



West Region Soccer

Recreational Soccer - Coaches Technical Manual



Age Group - U14 (Boys & Girls)

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INTRODUCTION

Dear Recreational Coaches,

I would like to welcome you to an exciting 2008 soccer season. I am looking forward to my first season in Canada since my appointment as the West Region Regional Technical Director in December 2007.

As soccer coaches you play a very important part in teaching players the game as well as allowing the players to enjoy playing the most played sport in Canada and the World. Soccer is such a simple and easy sport to play that no matter the age, size, gender or ability anyone can play soccer.

I hope this Coaching Manual will offer you with vital information to assist you with your coaching and provide understanding on how children you coach operate and function. As coaches you can make a major impact on your player's enjoyment of the game and a successful season is when your players return and play again next season and the future. The Coaching Manual includes information on the characteristics of a player of a certain age, how to organize a training session, your role as a coach and what players you are coaching should have been introduced, learnt, developed and mastered at the end of the season.

Another exciting tool that all Recreational Coaches will receive this season to assist with your coaching is a Session Plan each week for eleven weeks during the soccer season. The Session Plan will be emailed to you and also be published on the West Region Soccer website www.westregionsoccernb.org. The weekly Session Plan is designed for coaches to use during their training session each week with clear diagrams and supporting information which are customized for each age-group with progressions and coaching/teaching key points.

Remember, be passionate and enjoy coaching then your players will learn, develop, improve and enjoy the game a lot more. I am looking forward to meeting you sometime during the season and I hope that the resources I have developed to assist your coaching sessions during the season are valuable and beneficial.

If you have any questions regarding this Coaching Manual, Session Plans or any technical aspects of soccer, please contact me and I will do my best to assist you.

Best of luck to the season!! Enjoy.

Macky Singh
West Region Regional Technical Director





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INTRODUCTION

Recreational soccer is a soccer program primarily devoted to the enjoyment and development of soccer players without the emphasis on travel and high-level competition but encourages participation. The purpose of recreational soccer is to provide an opportunity for the participants to have fun, learn the sport and develop life skills including a lifelong love of the game.

Therefore:

- Access is open to all who desire to participate.
- Emphasis is on active participation.
- Objective is for the players to enjoy the experience.
- Success and excellence are measured in players attracted and retained.
- Recreational soccer is all about fun, recreation, love of the game and winning is not a measure of success.

Some of the main characteristics of recreational play and recreational players are as follows:

- Almost every player and parent will start out in recreational soccer.
- Two-year age groups are typical of recreational teams so there is a wide range between the most skilled player and the least skilled.
- Wider age gaps create great differences in physical, mental and social development.
- Players new to the sport are constantly being introduced into the mix.
- Enthusiasm and dedication varies widely from the highly motivated to the socially involved.
- Soccer for the child, who wants to play, is an outlet for energy and enthusiasm. For others it is an imposed activity, something selected for the child by the parent.
- Fit and unfit players play together.
- Participation stretches from always there to when it is convenient.
- Parents often sign up a player for the next season without the child being involved in the process.
- Recreational players generally do not develop strong feelings against the opposing team because they often have friends on the opposing team.





- Many young children start out in soccer especially at the very young level where all skill levels of children can participate and have fun.
- Many young children try out many sports at a young age and may jump from one sport to another during the year or even the same season.

Some of the main characteristics of recreational coaches are as follows:

- Virtually every recreational coach will be an unpaid parent volunteer.
- Many recreational coaches are coaching their own children.
- Many of these children are “would-be stars” in the eyes of their parents. Equal treatment may not happen as a result sometimes.
- About half of youth sports coaches will drop out of coaching within the first year.
- Most experience of the youngest age-group coaches are the first-time coaches with little or no soccer experience, knowledge of the game and no coaching experience.





DEVELOPMENT OF INDIVIDUAL AND GROUP

Adult standards and formal rules become applicable. The pace of development quickens at this time due to the acceleration of physical and mental maturation. The demands of skill training as well as training loads should increase, thus provoking improvement with mental toughness, concentration and diligence. Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical and rebellious, but have a strong commitment to the team.

Coach must be:

A strong personality with some soccer knowledge. The coach should be enthusiastic and patient but demanding.

Factors of Player Development:

- Technical
- Tactical
- Physical
- Physiological
- Game

TECHNIQUE

Building on the base. Emphasize the development of individual skills under the pressure of time, space, and an opponent. Continuing to increase technical speed.

Technique	Description
Dribbling	Encourage the players to take opponents on 1 v. 1. Teach feints/moves, how to keep possession-, how to shield and spin turns.
Receiving	Emphasize a quality first touch. Have players take balls out of the air and work on turning. Players should use all surfaces and learn to receive the ball on the run.
Shooting	Work on shooting on the run, on the turn, from all angles, from crosses and from volleys.
Passing	Work on short, long, bent, crossed, driven and chipped using all surfaces. All should be learned on the run.
Heading	Work on going to goal (shoot/glance), to pass and to clear.
Tackling	Emphasize the proper techniques.





DEVELOPMENT OF INDIVIDUAL AND GROUP

TACTICS

Increase tactical speed (decision making under pressure).

Technique	Description
Individual	<p>Work on 1 v. 1, in attack and defense.</p> <p>In attack: Teach players to keep possession but encourage risk taking and taking players on in the proper areas of the field.</p> <p>In defense: Teach how to apply proper pressure (in front and behind), how to channel players, when to use immediate chase and how to use angles of pressure.</p>
Small Groups	<p>Continue with 2 v. 1, 2 v. 2, 3 v. 2, 3 v. 3, 4 v. 2 and 4 v. 4.</p> <p>In attack: Teach to keep possession, support, combination play (including the wall pass, takeover, overlap, the double pass). Introduce the concepts of width, depth and penetration. Begin work on crossing with proper runs in the box. Start to demonstrate simple set plays.</p> <p>In defense: Players should be introduced to angle and distance of cover, defensive balance, delay and pressing as a group.</p>
Team	<p>In the attack: Teach players how to keep possession and how to play the ball away from pressure. They should know how to maintain balance in the chosen system. Introduce interchange of positions during the run of play. Encourage attackers to take defenders on in the final 3rd. The GK becomes an integral part of the attack (play balls back to the keeper). Players should still play a variety of positions.</p> <p>In defense: Players should learn to maintain good “shape.” Zonal concepts should be introduced and should include knowing when to “delay” or “step.” Clear decision on where the “line of confrontation” should be is important at this level. Learn how to maintain pressure and cover in all thirds of the field.</p>
System	The recommended system for player and team development is a 3-4-3.

Note: a great deal of coaching/teaching within 4 v. 4 and 7 v 7 games.





DEVELOPMENT OF INDIVIDUAL AND GROUP

PHYSICAL

- All fitness work should be done with the ball
- Flexibility - static stretching and dynamic flexibility
- Agility - Coordination with and without the ball
- Speed
- Strength - non-weight bearing, core strength and stability
- Endurance
- Balance

PHYSIOLOGICAL

- The game should remain fun and enjoyable. Players should have a passion for the game
- Imagination/creativity
- Increase demands
- Establish training targets
- Maintain discipline
- Encourage players/teams to watch professional and National Team games on television

THE GAME

- 11 v 11 (includes keepers)





ACTION

Plan in your practice sessions.

Activity

Must be one of your main goals when dealing with young players. You must understand that, "players come to practice to play". Therefore, any activity that does not involve playing soccer may become disruptive.

Clarify

Your practice session rules and expectations through individual and team discussions. That is, having the team decide what is appropriate and inappropriate behavior. Then you must act firmly, fairly and consistently and when their actions go against their own established rules.

Teach less!!

When players and balls are moving, soccer learning is taking place. When players and balls stop moving, soccer learning stops!

Ask yourself - Does it happen in the game (i.e., drills)?

If the answer is YES	then do it in practice.
If the answer is NO	then don't do it in practice.

Interest

You may be faced with players who are not interested in playing our wonderful game and you must adjust accordingly. Give appropriate attention to the disinterested players but not at the expense of the rest of the team. Make the practices so much FUN that the disinterested players may want to join. Remember that when you are working with your players you must be as helpful, understanding and patient as you are with your own children when they are learning other skills in life.

No

No Lapse. No Lines. No Lectures! Running around the field may be considered punishment. They already know 'how to' stand in a line. Their attention span is less than 15 seconds. You must create a practice environment that minimizes listening/lecture time and maximizes touches with the ball and playing time. Allow them to play the game of soccer which forces them to make decisions and learn on their own. Allow them to experiment and fail their way to success!

ACTION

You may want to put into ACTION the Training to Train Soccer Routine!!!





THE TRAINING TO TRAIN PRACTICE ROUTINE

Coach: Before Each Practice - Establish a Theme - What they will learn

Step 1. BEGIN PRACTICE

Give a Demonstration/Explanation of your Theme

Step 2. WARM-UP

Play a Fun game related to Theme & Stretch

Step 3. TECHNIQUE SESSION

Players = Focus on Learning the Theme

Coach = Help only those who need help

Step 4. SKILL SESSION

(Competitive Play)

Players = Test the Theme vs. one opponent at a time

Coach = Observe & Take notes!

Step 5. PLAY - FUNCTIONAL/PHASE OF PLAY/SMALL SIDED GAME(s)

(Cooperative)

Players = Focus on Learning Theme vs. more opponents

Coach = Help only those who need help

(Competitive)

Players = Test the Theme vs. more opponents

Coach = Observe & Take notes!

Step 6. PLAY - SCRIMMAGE

(Cooperative)

Players = Focus on Learning Theme vs. opposing team

Coach = Help only those who need help!

(Competitive)

Players = Test Theme vs. opposing team

Coach = Observe & Take notes!

Step 7. COOL-DOWN (Stretch)

Step 8. END PRACTICE (Review & Compliment)

When explaining new skills and practices use the following method:





PLAYER DEVELOPMENT - U14

Characteristics

Players in this age group are experiencing great change, both physically and psychologically, with the increasing resistance to authority - parent, coach and teacher. Normally, there is rapid skeletal growth (with increased danger of injuries). Youngsters relate to one another (peer pressure) better than with adults; they are becoming accustomed to working and socializing in larger groups.

Recommended Environment - Games

Field Size:	50m X 80m
Ball Size:	Size 5
Goals:	Regulation goals (24' x 8')
Duration:	2 x 35 mins
Team Size:	16 - 18 Players
Game:	11 v 11

Recommended Environment - Practice

Continued skill development but without huge demands. More emphasis should be given to team tactics.

Coach / Administrator

Because there is a large range in ability during this stage of development, one must be careful when and how they criticize players.





ROLE OF A COACH

- To provide positive encouragement and support.
- Make training enjoyable and positive experience for children.
- Provide safe environment that is conducive to learning and development.
- Emphasis should be on:
 - Maximum participation
 - Skill improvement
 - Fostering good spirit
- Foster the promotion of good attitude and behaviour of players through:
 - Fair play
 - Good hard working ethics
 - Striving for success
 - Assisting with overcoming adversity
 - Having fun
- Promoting a healthy life style and nurturing the players with:
 - Self esteem
 - Raising his/her sense of responsibility
 - Fostering positive relationship within the team
- Providing an environment that makes participating in soccer challenging, exciting and lots of fun.





TEAM MANAGEMENT

To make coaching a lot more enjoyable the first step is to organize a parent-coach meeting prior to the beginning of the season.

Identify your philosophy of coaching and goals for the season

- Based on fun, learning and development
- Success based on how many players return next season

Collect player information

- Medical information
- Reason why they choose to play soccer
- Their individual goals

Collect parents' information

- Contact details

Identify player responsibilities

- Bring drink bottle
- Be dressed with appropriate gear such as shin pads and cleats
- Be enthusiastic and ready to learn
- Adhere to Fair Play

Identify parents' responsibilities

- Ensuring their children are at training and picked up on time
- Contact the coach if their children are unable to attend trainings and games

Identify communication methods between parents/players and coaches

- Email
- Texting
- Phone

Identify and communicate to the parents sideline behaviour expectations

- Applaud children's success
- Refrain from yelling out instructions
- Be positive and encourage the children
- Adhere Fair Play



COACHING ACTIVITIES CHECKLIST

When planning training sessions it is important a coach reviews how the training session went. The checklist below will help the coach to analyze and help with planning the next training session.

- ◆ Are the activities fun?
- ◆ Are the activities organized?
- ◆ Are the players involved in the activities?
- ◆ Is creativity and decision making being used?
- ◆ Are the spaces used appropriate?
- ◆ Is the coach's feedback appropriate?
- ◆ Is the coach guiding or controlling the players in the activity?
- ◆ Are there implications for the game?





COACHING TECHNICAL ELEMENTS - PASSING

Passing is one of the most important techniques in soccer. It allows players to mover and position the ball accurately to other players and to move up the field the goal.

INSIDE OF THE FOOT OR PUSH PASS

The most accurate method of passing. The surface of the foot used should be from the bottom of the big toe joint area to the bottom half of the arch of the foot. The approach to the ball should be almost in a straight line. The non-kicking foot should be alongside the ball pointing at the target. The kicking foot should strike the ball at the mid-line or slightly above, enabling the ball to stay on the ground. The knee should be bent and the swing action from the hip followed by a proper follow through with the foot ending up pointing at the intended target. The arms should be used for balance.

COACHING POINTS:

- Approach the ball almost in a straight line
- Strike through the middle part of the ball
- Point kicking foot outward
- Leg swing action from the hip

COMMON FAULTS:

- Young players often approach the ball from the side and attempt to use the inside of the foot making it almost mechanically impossible to pass the ball accurately.
- They may swing their leg across their body which also makes it impossible to kick the ball correctly.

DO

- Get in-line with the ball.
- Select the surface of the foot to make contact on the ball to bring under control.
- Use correct surface of the foot to make appropriate and effective pass.
- Keep head still and kick through the ball.

DONT'S

- Stand on the ball with your leading foot.
- Approach incorrectly.
- Set body position and/or posture incorrectly.





COACHING TECHNICAL ELEMENTS - PASSING

OUTSIDE OF THE FOOT

Approach at an angle and it will go straight.

Approach straight on it will bend or swerve.

This method can be used to perform one of three things:

1. bend the ball into the path of a team-mate
2. bend the ball into space away from a player to run onto
3. bend the ball during a shot on goal

The kicking foot should be pointed down and towards the inside of the player with the ankle locked. The foot should strike the ball either left or right of the centre, which will make the ball bend. The knee should be bent with the kicking action coming from the hip. The follow through should have the kicking leg come across the player's body. The non-kicking foot should be along side and slightly behind the ball at impact.

COACHING POINTS:

- Approach on the angle or straight on
- Point toe of kicking foot down
- Lock ankle
- Strike the ball slightly off centre

COMMON FAULTS:

- Approach angle to the ball wrong. Non-kicking foot too away from the ball.
- Unlocking the ankle.

CHIP PASS

To pass the ball in the air to players or into space. The approach to the ball is the same as for lofted/floated but a stabbing motion with the foot is made with limited or no follow through.

COACHING POINTS:

- Approach on the angle.
- Selection of the foot surface and which part of the ball to contact to achieve the desired result.
- Stabbing action with no or limited follow through.
- Correct posture and stance

COMMON FAULTS:

- No approach angle.
- Head comes up too early.
- Non-kicking foot too close or too far.
- Wrong foot surface used.
- Ankle unlocked.



COACHING TECHNICAL ELEMENTS - RUNNING WITH THE BALL

Travel/run with the ball quickly into unoccupied area or space of the field. Move at pace in possession of the ball in straight or angled running movements.

The first touch of the ball should be well in front to allow an opportunity to look up. Use the laces of the front foot to push the ball forward quickly. Once running with the ball, ensure players keep touching the ball well in front of them. This will enable the player to keep his/her head up and travel quickly. The fewer the touches the faster the player travels. When passing while running with the ball use the laces, as this will not slow the player down.

DO'S

- Take the first touch of the ball well in front to allow time to look up and travel quickly.
- Take fewer touches for greater speed.
- Keep your head up.

DONT'S

- Touch the ball too far in front of you.
- Touch it with the inside of the foot.
- Keep head down.





COACHING TECHNICAL ELEMENTS - DRIBBLING

Dribbling is an exciting and exhilarating technique by beating and moving past opponents with the ball by recognizing space between and behind players, unbalancing, changing direction with pace which allows the player to move past an opponent.

When dribbling use every part of the foot. The player should use either foot, keep the ball close to the foot about a stride away and able to change direction quickly without losing the ball.

The inside of the foot - allows the player to push or carry the ball.

The sole of the foot - allows the player to stop the ball quickly or pull it back to change direction.

The outside of the foot - allows the player to run at speed.

COACHING POINTS:

- Head up
- Awareness of other players and space
- Close control
- Bend knees
- Change direction and pace player and ball
- Decide on a technique to use to beat/pass an opponent eg: scissors
- Decide on a technique to use after a dribble eg: passing

WHERE?

Dribbling should be encouraged but it involves risk. Definitely dribble in and around your opponent's half, but not as much in defending half, depending on the situation.

WHEN?

As often as possible. DON'T be afraid to have a go as it is the best way to beat/pass an opponent.

WHY?

Good dribblers dribble for a purpose - to beat players, to cross, to pass or to shoot.





COACHING TECHNICAL ELEMENTS - HEADING

Using the head is another surface of the body which can be used to cushion or guide the ball. Heading should be encouraged as it is important element of both attacking and defensive play. Heading should only be introduced at seven or eight years old.

COACHING POINTS:

- Watch the ball to assess the flight, trajectory and pace of the ball.
- Withdraw head back and look through the ball.
- Arch the back and propel forward.
- Contact the ball below the mid-line.
- Head with forehead not the top of the head.
- Keeps eyes open.

DO'S

- Attack the ball - feet apart, head back and arch body.
- Use centre of the forehead.
- Keep your eyes open until your contact the ball.
- Head THROUGH the ball.
Attack the ball.

DONT'S

- Head the ball with the top of the head.
- Close your eyes.
- Let the ball hit the forehead.



COACHING TECHNICAL ELEMENTS - TURNING

Turning is an exciting technique used in order to change direction done while dribbling or running with the ball or losing an opponent. Turns helps to get out of tight areas, confuse opponents and maintain possession.

COACHING POINTS:

- Head up and body balanced
- Start slowly and get the technique right
- Bent knees
- Accelerate away as soon as you turn

DO'S

- Practice turns often.
- Learn at least three turns.
- Accelerate away after turning.

VARIOUS TURNS

- Inside and outside hook turn
- Step over/Figure eight
- Drag back
- 'Cruyff' turn
- Stop and turn
- Stop and roll





COACHING TECHNICAL ELEMENTS - TURNING

HOOK TURN

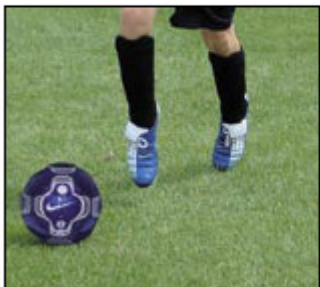
Hooking the ball with the inside of the foot

Reach and hook the ball back with the inside of the foot, move the ball into the opposite direction and push away.



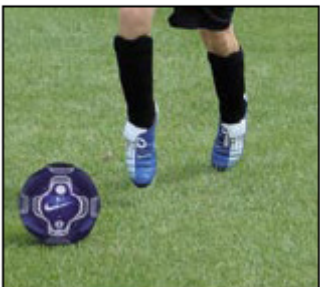
Hooking the ball with the outside of the foot

Reach and hook the ball back with the outside of the foot, move the ball into the opposite direction and push away.



STEP OVER OR FIGURE OF EIGHT

Step over the ball in a figure of eight movement, swivel your hips and hook the ball back with the inside of the foot and push away.





COACHING TECHNICAL ELEMENTS - TURNING

THE DRAG BACK

Stop the ball with the bottom part of your boot, half turn your body out and drag the ball in the opposite direction and push away.



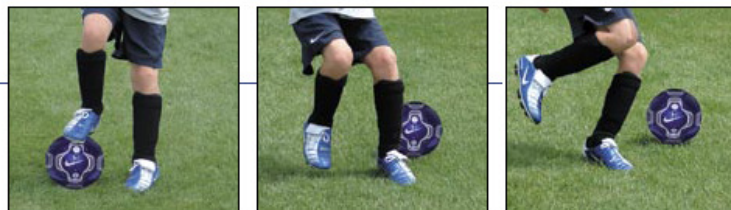
THE "CRUYFF" TURN

Feint to shoot or pass, position the standing leg in front of the ball, turn your foot inward with the toe and touch the ball with the inside of your foot. Push it through your legs, turn and push away.



THE STOP & TURN

Stop the ball with the bottom part of your boot, go past the ball, turn and push the ball away.



THE STOP & ROLL

Roll the bottom part of your foot over the ball, stopping it and pushing it in the opposite direction with the outside of the foot, turn and push away.





COACHING TECHNICAL ELEMENTS - SHOOTING

Shooting is an extension of passing, projecting ball towards the goal with a variety of techniques. The golden rule of shooting is to force the goalkeeper to save. You will not score if you don't shoot.

COACHING POINTS

- Place non-kicking foot along side and slightly behind the ball
- Point kicking foot downward and inward (from the knee running down the shins all the way to the toes should be one straight line)
- Strike the ball with the laces and full instep
- Make contact with the middle of the ball
- Keep the ball low
- Keep the body forward and eyes on the ball (remember the goal does not move)
- At least make the goalkeeper save your shot
- Focus initially on shooting accurate than power

DO'S

- Place non-kicking foot alongside and slightly behind the ball.
- Point kicking foot down and inward.
- Strike ball with the laces.
- Make contact with the middle of the ball.
- Keep the ball low.
- Accuracy in shooting is more effective than power.
- Lock your angle.

DONT'S

- Stretch to shoot.
- Look up.
- Make contact under the ball.



TECHNICAL SKILLS LEARN & DEVELOP - CHECKLIST

By the end of the season players should have at least **learnt** and **developed** the following technical and tactical skills:

Learn:

- Decision making
- Crossing technique
- Long passes
- Tactical aspects - 4 v 4; 7 v 7.

Develop:

- Wall passes
- Heading technique
- Volleys with the inside foot
- Movement and creating space
- The technique of tackling
- Handling skills for goalkeepers
 - catching and throwing
- Passing with the outside of the foot and laces
- Ability to run with the ball
 - in different direction & with different pace
- Dribbling using different surfaces of the feet:
 - inside, outside and laces
- Dribbling in 1 v 1 situation
- Stop turn & Drag back turn
- Inside & Outside hook turns
- Short passes with both feet using the inside of their feet
- Passing to feet
- Ability to receive the ball with the inside of the foot
- Ability to shoot at a target or goal





REFERENCES & RESOURCES

- “Wellness To World Cup LTPD” - Canada Soccer Association
- “Age Specific Player Development Characteristics” - Soccer New Brunswick
- “Small Whites Coaching Manual” - New Zealand Football
- “Recreational Coaches Manual” - Kanata Soccer
- “Grassroots and Youth Development Coaching Manual” - Asian Football Confederation





West Region Soccer

New Brunswick



CLUBS:
Fredericton District Soccer Association
New Maryland Soccer Club
Oromocto Soccer Club





TOPIC: ATTACKING TECHNICAL AND TACTICAL



KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

TACTICAL: PLAYING OUT FROM THE BACK TIME: 20 MINUTES NO.1



THE GAME:
 Play two-touch with the goalkeeper playing one-touch. The goalkeeper starts with the ball and passes to one of the four defenders. They have to try to pass the ball to the lone dark attacker. Upon making the pass, one defender can join the attacker in the end zone to try to get the ball to the halfway line.

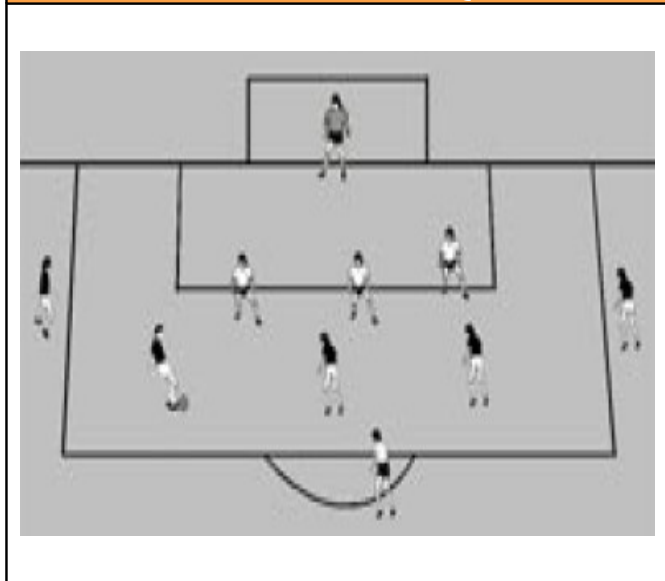
FIELD SIZE: Half the field.

COACHING POINTS:

- Keep possession of the ball
- Pass the ball when there is an option
- Looking both ways
- Playing the ball back then forward

PROGRESSION:
 Add two small goals at either end of the half-way for the attacking team the score.

TACTICAL: POSSESSION AND QUICK SHOOTING TIME: 20 MINUTES NO.2



THE GAME:
 Using the penalty area, three players and a goalkeeper defend the goal from a three-man attack. Three free players, all playing one-touch, are placed around the outside of the area. When defenders have possession of the ball, they play keepaway with the goalkeeper against the three attackers. When the attackers gain possession, they must look to score as quickly as possible, having the facility to use the free players if they so wish.

FIELD SIZE: Penalty box.

PROGRESSION:
 Players on the outside can exchange positions with those on the inside, but cannot join without a player on the inside covering their position.

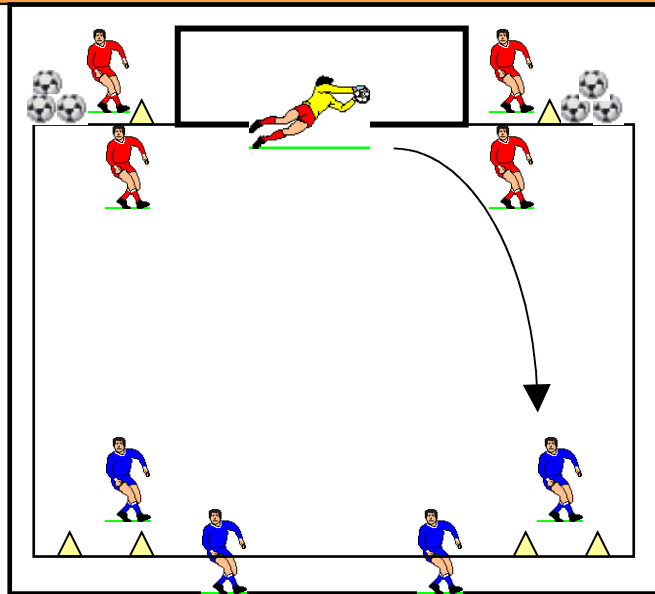




SKILL WORK - 2 v 2 + GK

TIME: 20 MINUTES

NO.3



ACTIVITY:

Divide players teams of 4's. To start the 2 v 2, get the GK to throw the ball out to a Blue player. Once the Blue player receives the ball the other Blue player joins in. 2 Red players run in to close down the 2 Blue players. Play 2 v 2 game with the focus on encouraging the players to run with the ball into space and try and shoot at goal. If a Red player manages to intercept the ball, the Red players try to score in either of the small goals. The game continues till the ball goes out of the grid. The Blue team are attackers and Red team defenders for 10 minutes before changing roles.

Have two games going at the same time.

COACHING POINTS:

- Encourage the player with the ball to exploit space
- Shoot as often as possible
- Follow up the shots from any rebounds

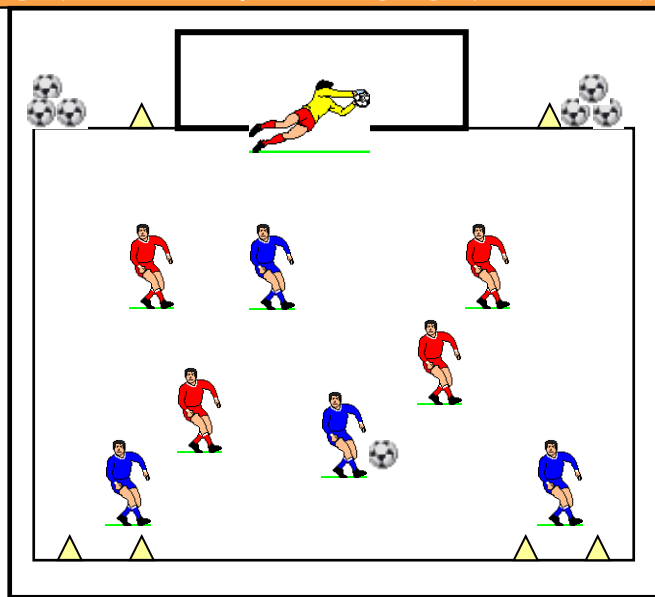
FIELD:

25m length x 20m wide.

GAME RELATED: 4 v 4 + GK GAME

TIME: 20 MINUTES

NO.4



ACTIVITY:

Divide players in teams of 4's. Play a 4 v 4 + GK. Have one team attacking the GK and the other team scoring at the opposite end where there are two small goals. Have two games going at the same time. After 3 minutes change the teams around and make sure every team gets to shot at the GK.

COACHING POINTS:

- Encourage the player with the ball to exploit space
- Shoot as often as possible
- Follow up the shots from any rebounds

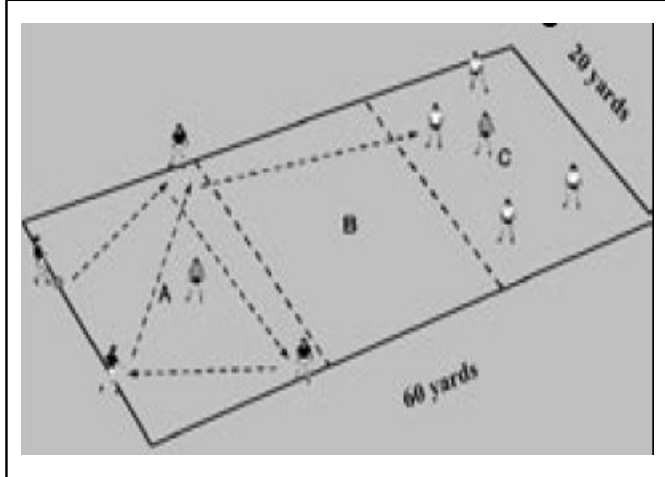
FIELD:

25m length x 20m wide.





SKILL: THREE ZONE GAME **TIME: 20 MINUTES** **NO.5**

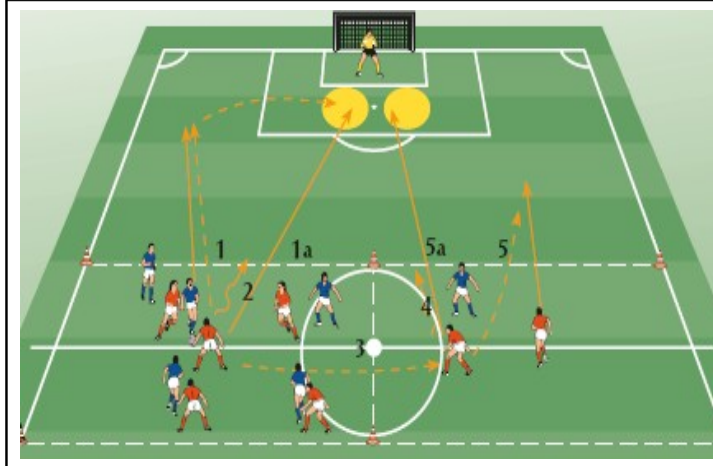


THE GAME:
In a 4 v 1 situation, the dark team has to put four passes together before passing the ball (across three grids) to the white team to do the same.

FIELD SIZE: 20m x 60m

- COACHING POINTS:**
- Keep possession of the ball
 - Pass the ball when there is an option
 - Playing the ball back then forward

TACTICAL: MIDFIELD PRESSING - COUNTER ATTACK **TIME: 20 MINUTES** **NO.6**



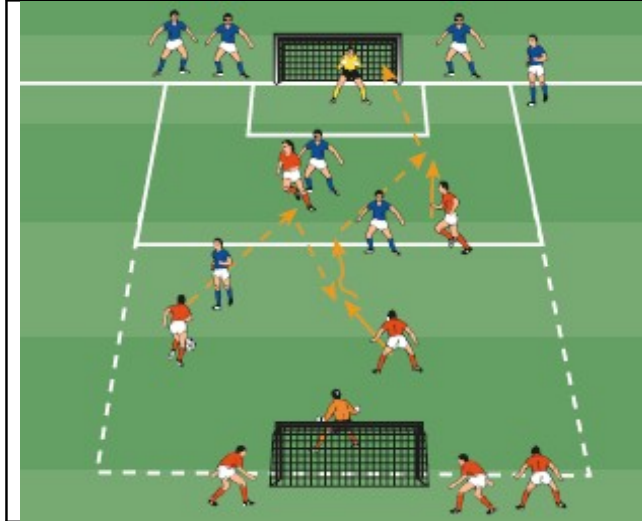
Description

- Teams play 5 v. 5 on one side near the centerline. One blue player and two red players are on the opposite side.
- Blue team plays to maintain possession.
- After winning the ball, red has the following options: Pass into the path of a wing player and cross (1, 1a), try a solo dribbling run (2) or shift the point of attack (3). Each pass gives the receiver the same options (4, 5, 5a).

Common mistakes and corrections (attackers)

- Bad timing, wrong running paths, attackers offsides
- Attack is too slow after winning the ball: Set time limit.

GAME RELATED: NUMBERS UP **TIME: 20 MINUTES** **NO.7**



Description

- Two teams of seven play 4 v. 3 in a field twice the size of the penalty box; extra players wait by the goals.
- The offside rule does not apply.
- If the team of four scores, teams remain the same.
- If the team of three scores, they get two points and gain one player while their opponents lose one.
- Goals scored from outside the penalty box also count double.

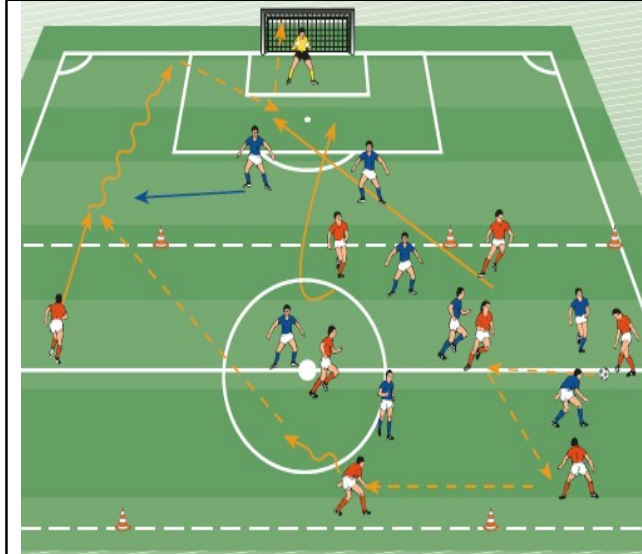
Common mistake and correction

- Counterattack is lacking in confidence: Play the first pass forward.





TACTICAL: 8 v 6 + 2 FAST BREAK **TIME: 20 MINUTES** **NO.8**



Description

- Teams play 8 v. 6 in a zone in the middle of a standard field.
- Two more defenders stand between middle zone and penalty box; they are not allowed to move beyond the penalty box sidelines.
- The team of eight plays to maintain possession at first. After seven passes (or 10 if defenders get a touch on the ball in between), they can start a fast attack on the goal.
- Depending on the situation (location of last pass and position/behavior of defenders), they can take advantage of their superior numbers on the wings or else try a fast breakthrough in the middle.

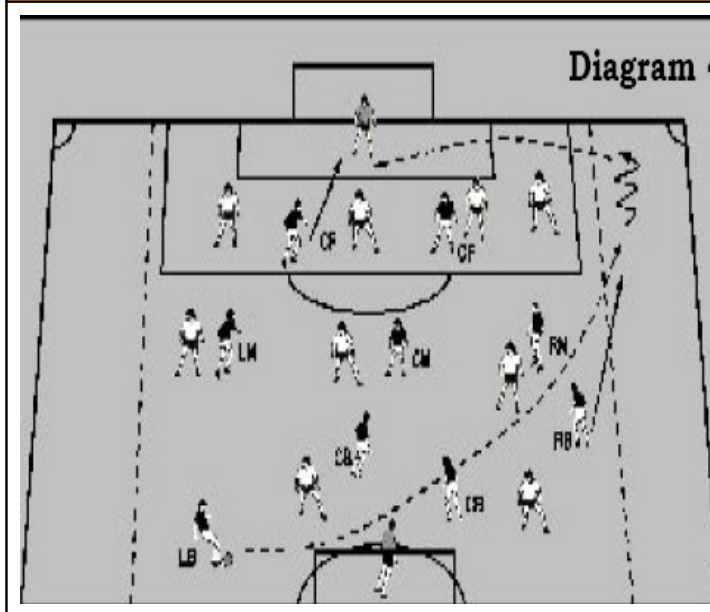
Variations

- Change team sizes in relation to one another, e.g. add another defender in front of the penalty box.
- Two defenders try to interfere with the two forwards.

Common mistakes and corrections

- Attackers fail to take advantage of available space, making it easier for defenders to win the ball: Cover corners and lines as well as “interior” space; coordinate attempts to get open and show for the ball (one short, one long).
- The first pass of the fast attack (or the last one before shifting the point of attack) is poorly aimed because players are in a hurry: Point out that the fast attack or shift doesn’t have to happen on the next pass.

GAME RELATED: CROSSING **TIME: 20 MINUTES** **NO.9**



ORGANIZATION:

Play 10 v 10 in one half of the field, with neutral channels on each flank. Any one player at a time can enter the channel to produce a cross (but can not be challenged by a defender). Both teams line up in a 4-3-2 formation. The emphasis of the drill is quality long flighted balls into the attacking zones followed by quality crosses and attacking runs.

Depending on the number of players you have divide the teams equally. Hence you could play 7 v 7 + GKS; 8 v 8 +GKS; or without GKS.

COACHING POINTS:

- Encourage players to play passes wide when the opportunity arises.
- Encourage players to overlap in the free zone.





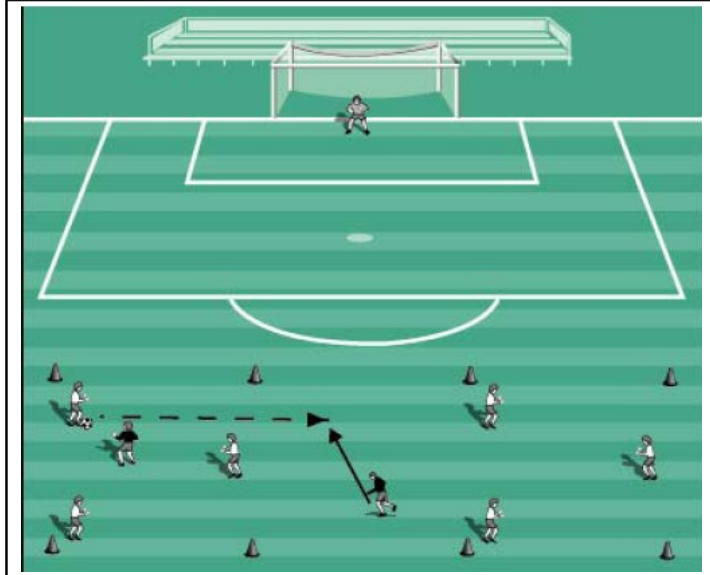
GAME RELATED: COUNTER ATTACKING **TIME: 20 MINUTES** **NO.10**



ORGANIZATION:
Divided players into two equal teams with one neutral player, two GKS and two strikers. Have the two teams with the neutral player play in the middle zone A. The team in possession must make at least 3 passes before playing into their striker waiting in the striking zone B.

- PGROSESSION:**
- When the ball is played into the striker in Zone B, one other teammate from Zone A joins in.
 - When the ball played in the striker in Zone B, one attacking and one defending player joins in making it 2 v 1.
 - Add a defender in Zone B.

TACTICAL: COUNTER ATTACKING - OUT OF POSSESSION **TIME: 20 MINUTES** **NO.11**



ORGANIZATION:
Place 3 players each in two grids along with 1 defender in one grid and another in the free grid. The white team plays a keep-away possession game and passing it onto the other grid. When the Defender intercepts/wins the ball s/he quickly runs the ball beyond the grid or makes a pass into the attacking zone for the other player to run onto the pass and shoot on goal. The other defender joins in the attack.

- PROGRESSION:**
- Allow a white player from where the ball lost to close down in the attacking zone 2 v 1.

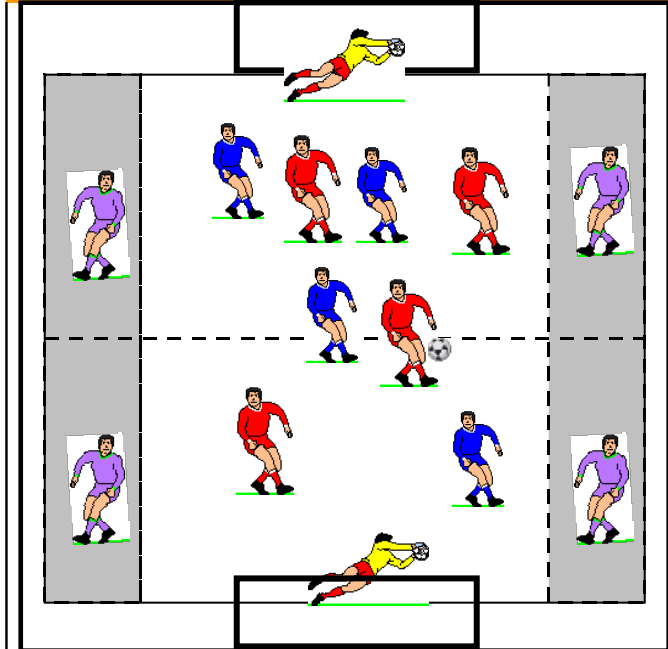
COACHING POINTS:
Quick transition the moment the ball is intercepted.

FIELD SIZE: 10m x 10m grids.





GAME RELATED: 4 v 4 + 4 CROSSING **TIME: 20 MINUTES** **NO.12**



THE GAME:
 Set up three teams of four players each. Red Team plays Blue Team while the Purple Team plays as a neutral team for the attacking team. The Purple team stays in the gray zone. Neutral players are allowed to cross the ball in and move along the zone to support the attacking team.

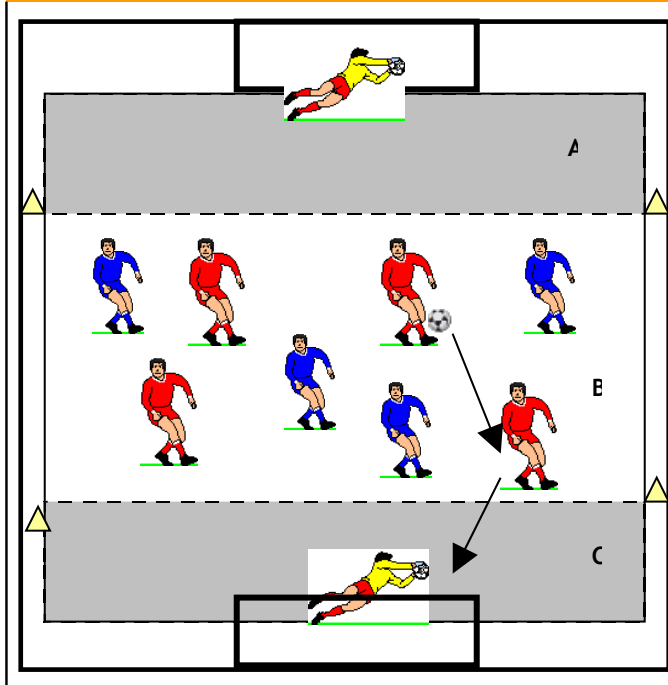
If you have GK's have them in goal.

FIELD SIZE:
 36m long by 25m wide with two goals on each end of the grid. A good supply of balls inside both goals is also needed. Each of the gray zones are 5m in width.

COACHING POINTS:

- Maintain possession
- Early shot
- After turn over, pressure right away and play away from pressure quickly

GAME RELATED: 4 v 4 NO GO ZONE **TIME: 20 MINUTES** **NO.13**



THE GAME:
 Divide players in teams of 4. Play 4 v 4 game. All players are in Zone B. No player are allowed into the "Free Zone" except when the GK has the ball to start the play, then only one player from the Attacking team is allowed in the area to either pass or dribble the ball into Zone B. Objective of the game is for teams to play 4 v 4 in zone B and shoot on goal from within zone B.

PROGRESSION:

- Must make at least 3 passes before shooting at goal.
- Limit players to 3 touches; 2 touches.

FIELD SIZE:
 25m long by 20m wide with goals on each end of the grid. A good supply of balls by both goals. Each of the grey zones are 5m long.

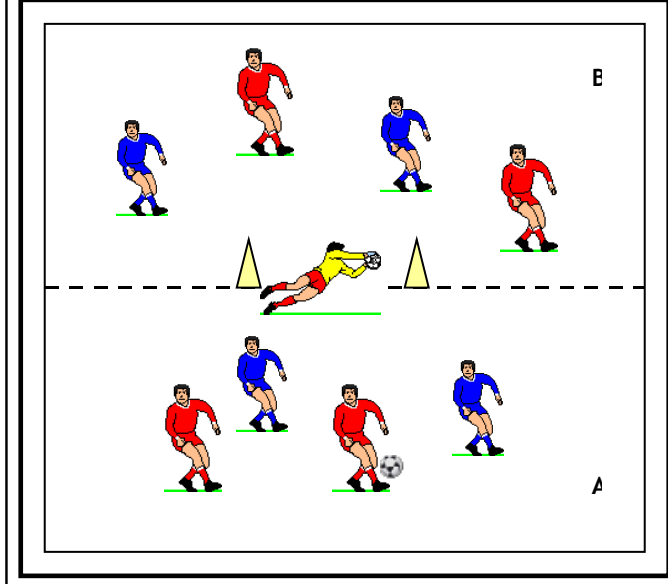
COACHING POINTS:

- Learn to keeping possession
- Shooting from distance using the laces.





GAME RELATED: 4 v 4 v GK GAME **TIME: 20 MINUTES** **NO.14**



THE GAME:
Set up two teams of four players and 1 GK in the middle of the grid. Each team can only score on the side of the zone. Red team can only score in zone A and Blue team can only score in zone B.

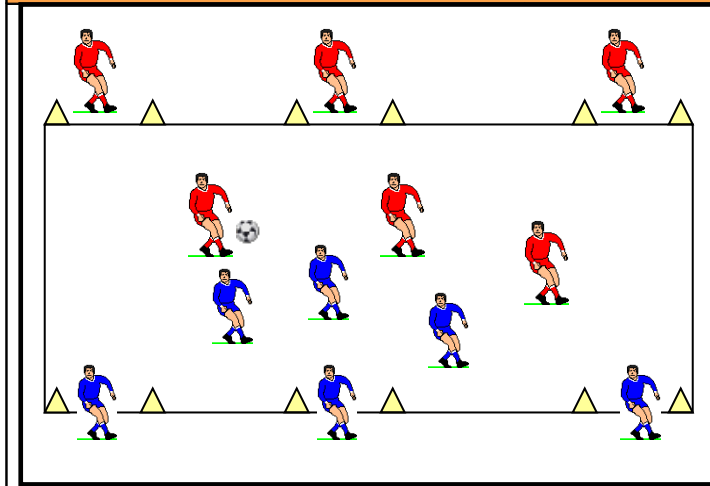
PROGRESSION:
Before a team can score the entire team must be in the attacking zone.

FIELD SIZE:
25m long by 20m wide with one goal in the middle of the grid.

COACHING POINTS:

- Maintain possession
- Early shot
- After turn over, pressure right away and play away from pressure quickly

SKILL: 3 v 3 SWITCH GAME **TIME: 20 MINUTES** **NO.15**



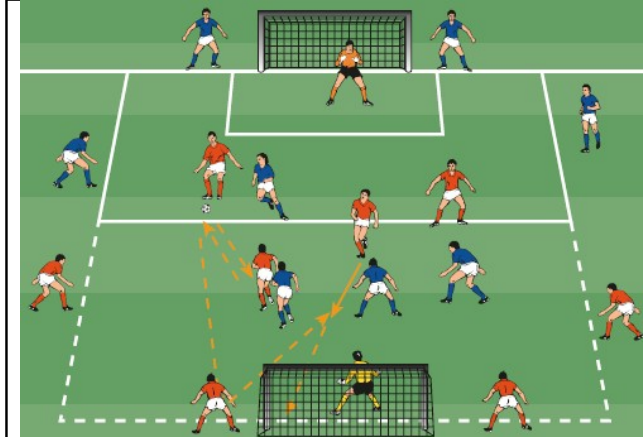
ACTIVITY:
Play 3 v 3 game. Each team defends 3 goals and attacks 3 goals. If Red team scores, the Blue team waiting behind the goals replaces the Blue team that was playing and are attackers, while the Red team now becomes defenders.

COACHING POINTS:

- Exploit space
- Keep possession
- Look to switch the play

FIELD:
15m long x 25m wide. 2m goals.

GAME RELATED: 4 V 4 WITH WALL PASSERS **TIME: 20 MINUTES** **NO.16**



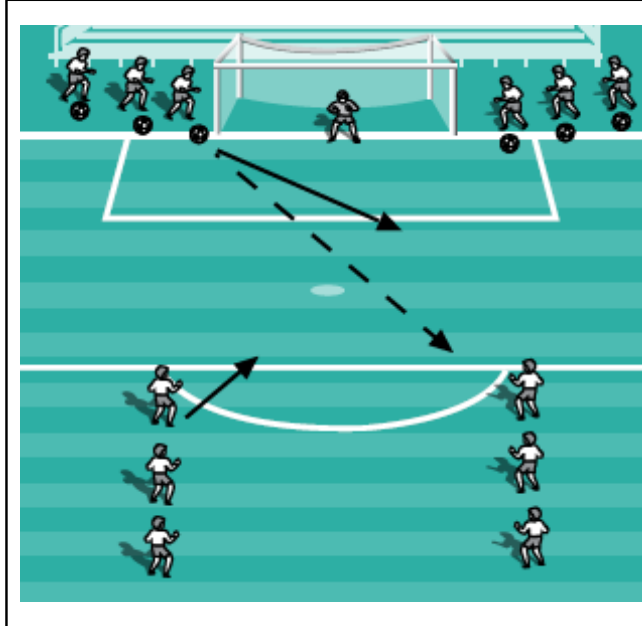
Game description

- Teams play 4 v. 4 in a 40 x 40-yard field on two goals with goalkeepers.
- Four more players from each team (passers) stand on the endlines and sidelines near the opposition's goal.
- Passers must pass directly.
- Shots do not count unless all attacking players have crossed the centerline.
- Back passes to the goalkeeper are not allowed.
- Place extra balls near the goals to minimize interruptions.





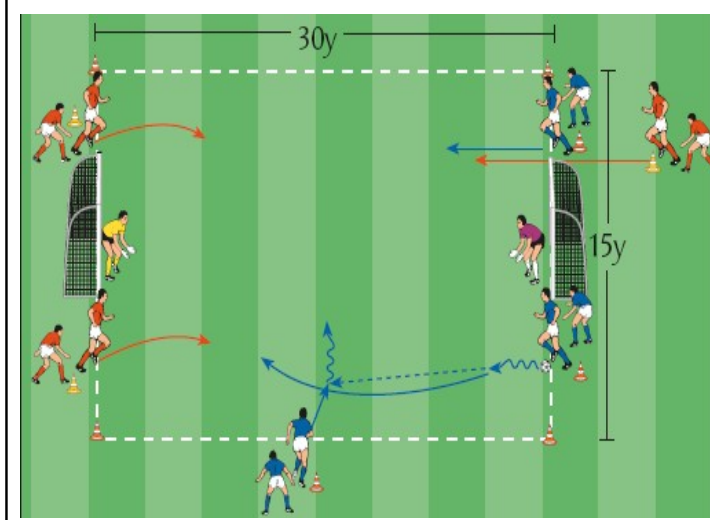
SKILL: 2 V 1 **TIME: 20 MINUTES** **NO.17**



ORGANIZATION:
There are two lines of defenders, one on each side of the goal, and two lines of attackers at the edge of the penalty area. One defender passes a ball to one of the two forwards and moves to close down the ball. The attacker that receives the pass from the defender has two touches to play the ball. After that, everything is played one touch.

- Coaching Points**
- The attackers should shoot as soon as possible
 - The goal keeper positions himself based on where the defender is

GAME RELATED: 3 V 2 + 1 FINISHING **TIME: 20 MINUTES** **NO.18**



- Setup**
- Mark out a 15 x 30-yard field.
 - Set up a goal with goalkeeper on each endline.
 - Place three attacker cones and three defender cones around the field as shown.
 - Divide players into two teams, attackers and defenders.
 - Attackers stand at the attacker cones, defenders at the defender cones.
 - One attacker has a ball.

- Sequence**
- The first three attackers take the field.
 - Defenders take the field at the same time.
 - The attackers first try to outnumber defenders 3 v. 2 and finish quickly, before the defense can get organized.
 - If the ball goes out of the field, the next set of players starts a new round.
 - Teams switch roles after 10 rounds.

Variations

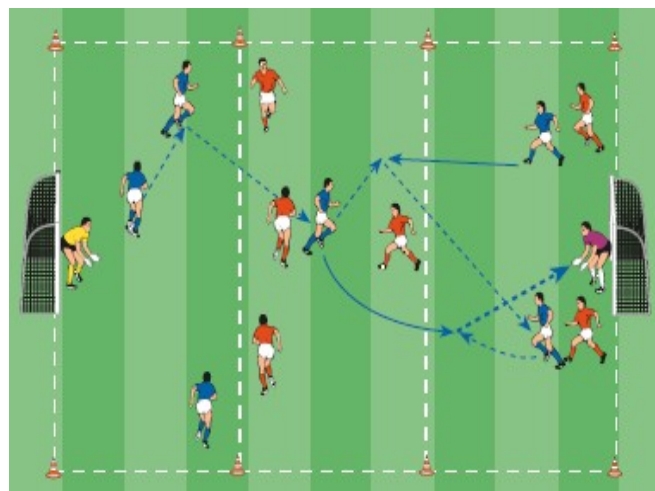
- Teams play 2 v. 1 plus 1.
- Teams play 4 v. 3 plus 1.
- If the ball goes out of the field, pass another ball in and continue play.
- Place attacker and defender cones in different locations.

- Coaching points:**
- Teams should not switch roles too soon, so you have plenty of time to make corrections.
 - The center player should start with the ball, so that there are two potential receivers.
 - Pass forward as fast as possible in order to pick up yardage quickly.
 - After a pass onto the wing, overlap the ball carrier, putting the ball back in the center.





GAME RELATED: 3 ZONE GAME TIME: 20 MINUTES NO.19



Setup

- Mark out a sufficiently large field.
- Set up a goal with goalkeeper on each endline.
- Using cones, divide the field into three zones: defensive, midfield and attacking.
- Divide players into two teams.

Sequence

- Teams play on two goals with goalkeepers.
- Players have unlimited touches in their defensive zone. They are limited to two touches in the midfield and one in their attacking zone.

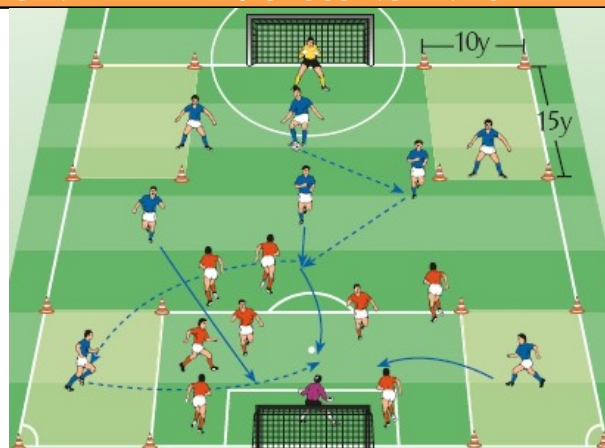
Variations:

- Change the touch limitations for the various zones.
- Divide the field into two zones with touch limitations.
- Divide the field into four zones with touch limitations.

Coaching points:

- Start with safe attack-building in the defensive zone.
- Begin to take more risks in the midfield.
- In the attacking zone, attack decisively regardless of risk.
- With limited touches, players need to get oriented and look for potential receivers before receiving the ball.

GAME RELATED: CROSSING AND SET PLAYS TIME: 20 MINUTES NO.20



Setup

- Field is half a standard field.
- Set up a goal with goalkeeper on each endline.
- Mark out 10 x 15-yard corner zones flanking each goal.
- Divide players into two teams.

Sequence

- Teams play on two goals with goalkeepers.
- Receivers inside a corner zone by the opposition's goal may not be attacked; they may control the ball and play it without interference.
- Make all set plays (free kicks and throw-ins) corner kicks.
- Goals following set plays or passes out of the corner zones count double.

Variations


- Make the zones larger or smaller.
- Receivers inside corner zones may be blocked.
- Receivers inside corner zones may be attacked (creating pressure).

Coaching points:

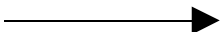
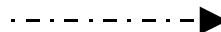

- Passes out of the corner zones should cross in front of the goal.
- Crosses should be precisely aimed (and announced beforehand). Accuracy is key.
- Play crosses to the near post and relay them from there to in front of the goal.





TOPIC: DEFENDING TECHNICAL AND TACTICAL 

KEY

		
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

Skill: 1 V 1 DEFENDING TIME: 15 MINUTES NO.1



Objective:
Training defenders in 1 vs. 1 situations. Training defenders to recognize when to drop back into space to prevent penetration and when to step to the ball to intercept or deny turns

Organization:
1 vs. 1 to endline targets

Set-up:

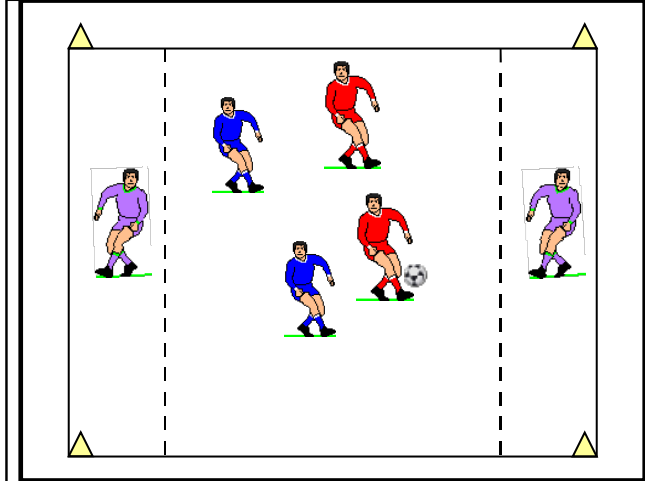
- Attacker (A) attempts to receive the ball from one target (T), turn and play to the other target. If he does so successfully he receives a point.
- Targets can play to the attacker in two touches. Targets can play across to each other but in 1 touch only. If they do so, the attacker gets a point.
- If the defender (D) wins the ball, he becomes the attacker.

Training:

- The defender must recognize when to step and pressure the attacker to intercept the pass or to prevent the turn, and also must recognize when to drop off the attacker to defend the penetrating pass from the target. This game trains recognition of when defenders can step to close space and when they must drop off because there is no pressure on the ball.
- Progression: This game can progress to 2 vs. 2 in the middle, thus shifting the focus to defending as a pair.



SKILL: 2 v 2 + 2 NEUTRAL PLAYERS **TIME: 15 MINUTES** **NO.2**

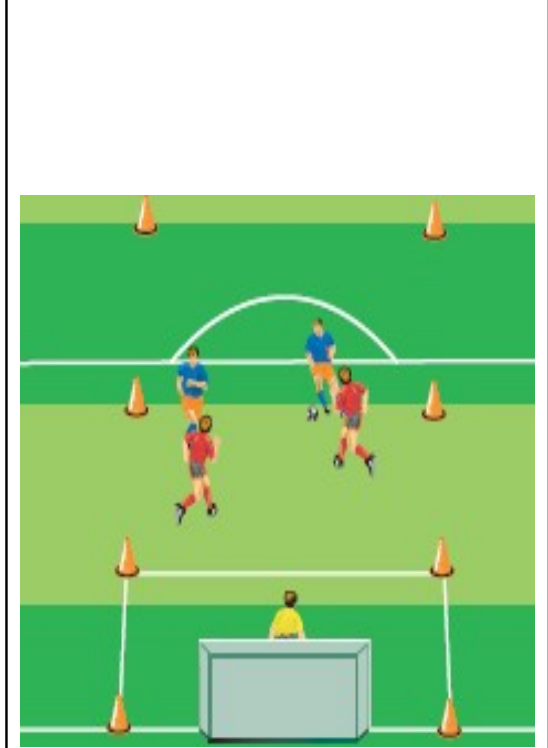


FIELD:
20m x 10m grid with 5m at each end zone within the grid

ACTIVITY:
Organize players in pairs. Play 2 v 2 with 2 neutral players in the scoring zone. The objective of the game is to keep possession and getting ball from one zone to the other. (Eg: Red team starts with possession and pass the ball among each other and try and pass the ball to one of the neutral players with the Blue team trying to intercept win the ball. The Red team can use the pass the ball back to the same neutral player to keep possession.

- COACHING POINTS:**
- Decision making when passing the ball
 - Awareness of the space and providing support for the player with the ball
 - Good control of the ball when receiving
 - Quality accurate passing

SKILL: 2 V 2 - COACHING THE CENTREBACKS **TIME: 20 MINUTES** **NO.3**



Objective:
Training center backs functionally to defend against center forwards.

Organization:
2 vs. 2 to goal playing inside the width of the 6-yard box.

Set-up:

- Attacker 1 (A1) plays a ball into forward A2, who is checking back to the ball. D1 defends A2 and D2 provides cover. A2 can either turn and go to goal, or lay the ball off for A1 to join the attack to goal.
- If the defenders win the ball, they score by serving the ball through wide gates at midfield.

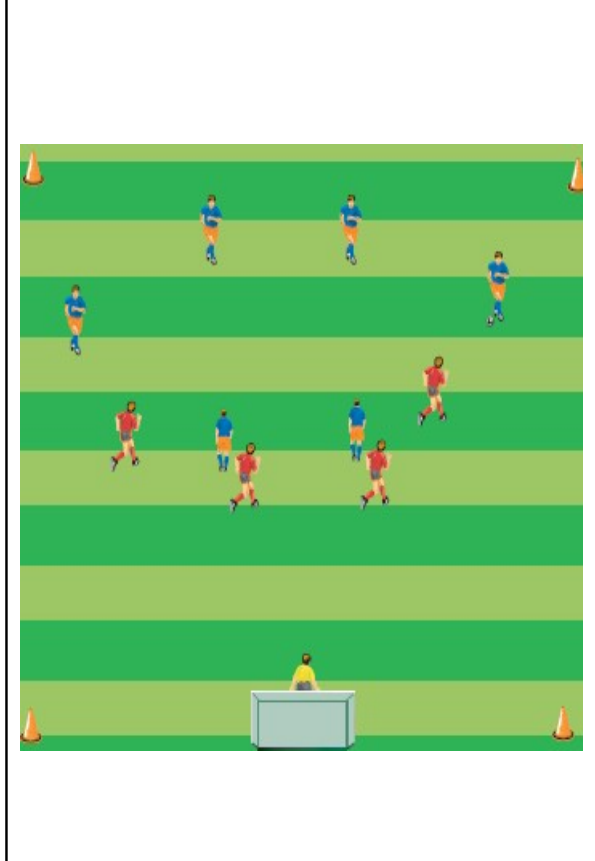
Training:

- Defenders must communicate and organize to pass the attacker to each other as he moves laterally before receiving the ball.
- Defense must organize who will step to pressure the attacker to possibly intercept the entry pass, or to at least to deny the turn.
- The covering defender must be in a good covering position.
- When the ball is laid back, the defense must re-organize to confront the new attacker and also to mark the initial attacker. Use of off-sides space will be important.
- Progression: You can add another attacking forward, so that the game becomes 3 attackers vs. 2 defenders.





FUNCTIONAL: COACHING THE BACK 4 TIME: 20 MINUTES NO.4



Objective:
Training the back four functionally.

Organization:
 6 vs. 4 to goal playing inside the width of the 6-yard box.

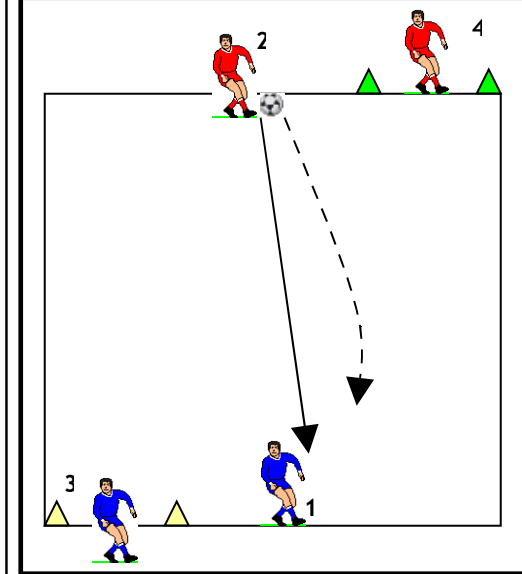
Set-up:

- 6 Attackers (4 midfielders and 2 forwards) attack the large goal. The back four and a GK defend the large goal and counter to wide gates at midfield.
- Attackers get 1 point for a goal. Defenders get 1 point for every 3 clearances through a wide gate.

Training:

- Defenders must organize to prevent penetration behind them, establishing good pressure and covering shape as the ball moves.
- The defense must shift, step and drop together, so that the backs do not get pulled apart. The backs should always be within 6 – 10 yards of the back next to them.
- The defense must hold the line when possible to use off-sides to limit attacking runs behind them.
- Progression: You can add a defensive midfielder and another attacking player to increase complexity in a 7 vs. 5.

TECHNIQUE WORK - 1 v 1 DEFENDING TIME: 20 MINUTES NO.5



ACTIVITY:
 Divide players in groups of 4 and pair them up in each group. Have one player from each pair stand behind the goal and the other player facing each other at the end of the grid. Player 2 passes the ball to Player 1. The moment Player 1 receives the ball, Player 2 closes Player 1 down and tries and stop Player 1 from scoring. If Player 2 intercepts the ball then Player 2 tries and score which Player 1 tries and defend.

COACHING POINTS:

- Defender closes the attacker as quick as possible
- Defender slows the attacker down
- Defender makes a curve run to channel the attacker away from the goal
- Defender stays patient till there is an opportunity to win the ball

PROGRESSION:

- Player 3 and 4 counts to five and joins in the game. Defending team work as a pair to try and win the ball and score.

FIELD:
 12m long and 10m wide and 2m wide for the goals.

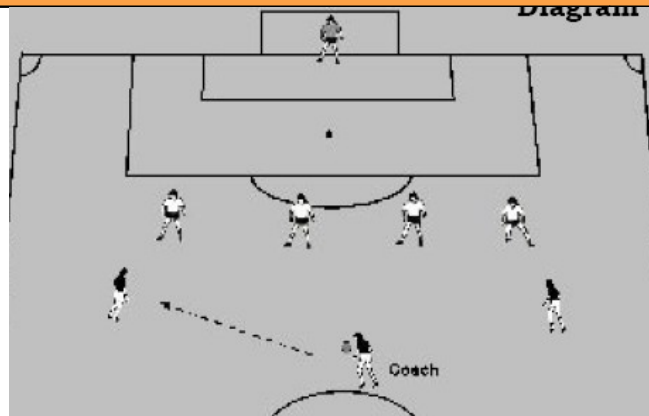




TACTICAL: COACHING THE BACK 4

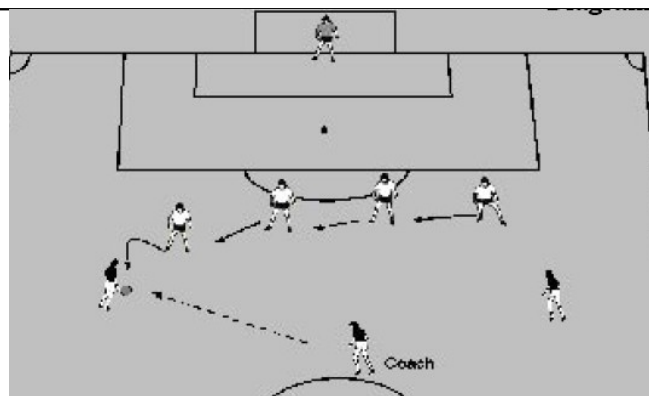
TIME: 20 MINUTES

NO.6



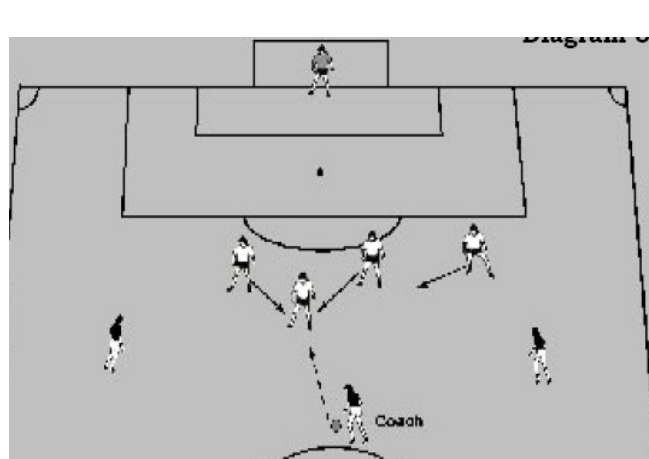
Organization

Play 3 v 4 plus a goalkeeper for the defending team. The coach acts as the middle player of the attacking triangle whose role is to circulate the ball from wide to middle to wide again. During this time the back four players adjust positions to counter the threat from a wide player or one from the coach in a central position.



Playing The Ball Wide

When the ball was played into a wide position, the nearest outside defender would challenge the player by closing him down quickly and forcing him infield into the covering defender (center back/stopper) who takes a very close supporting position. The other center back slides over to cover him, as does the opposite outside defender.



Pressure From The Center

When the attacking challenge came from a central player, one of the center backs stepped up to challenge with the other center back and the closest outside defender forming a “positive triangle”. The other player was instructed to hold in a line with the last center back and not to drop off deeper. As the defense was challenging near the edge of the penalty area, it was the goalkeeper’s duty to intercept any through balls. (The defensive line was formed and held about two yards in front of the penalty area.

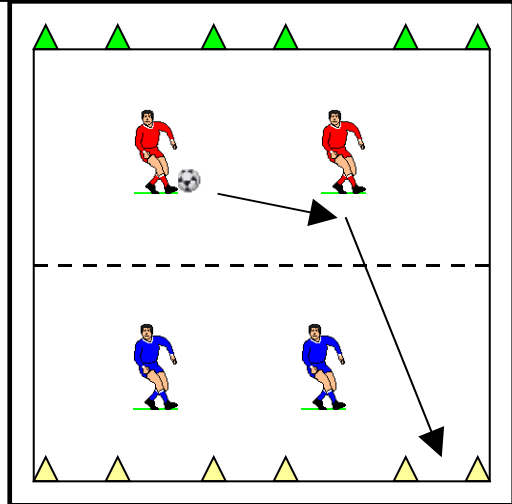
Coaching Points

- The quickness of the center backs to come and challenge an attack from the middle
- The communication by that center back with the other center back as to who would step up and who would drop off





SKILL WORK - 2 v 2 DEFENDING **TIME: 15 MINUTES** **NO.7**



FIELD:
15m long x 10m wide.

ACTIVITY:

Divide players in groups of 4 and pair them up. Have one pair in one half of the grid and the other pair in the other half. Objective of the game is for the Red team to pass the ball between each other till there is an opportunity to shoot at one of the 3 goals that the Blue team is defending. Blue team works together to cut out any opportunity for the Red team to score. Both teams not allowed to go beyond the halfway line. Two points for the middle goal and one point for the end goals. Keep scores.

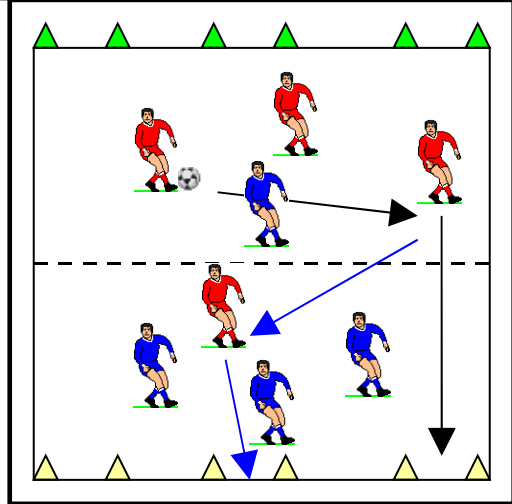
PROGRESSION:

- Two touch
- One touch
- Remove the halfway line and allow free play 2 v 2.

COACHING POINTS:

- Defending team move as a pair side to side to close down the scoring path

SKILL WORK: 3 v 1 DEFENDING **TIME: 15 MINUTES** **NO.8**



FIELD:
20 long x 15m wide. 10m per half.

ACTIVITY:

Divide players in groups of 4. Have three players in one half of the grid and the fourth player in the other half (as shown in the diagram). Objective of the game is for the Red team to pass the ball between each other till there is an opportunity to shoot at one of the 3 goals that the Blue team is defending. Blue team works together to cut out any opportunity for the Red team to score while the Blue player in the attacking zone tries to pressure the Red players. If the Blue player wins the ball s/he passes the ball back to the three Blue players. Players have to play within their half.

PROGRESSION:

- Two touch
- One touch
- Remove the halfway line and allow free play 4 v 4.

COACHING POINTS:

- Defending team move as a team side to side to close down the scoring path



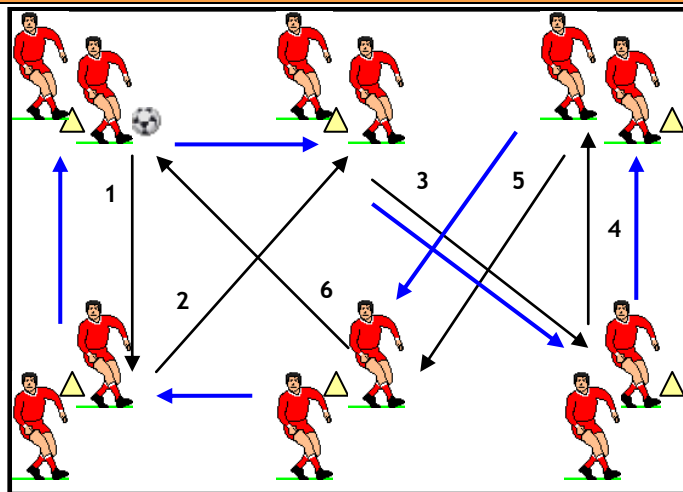


TOPIC: PASSING	TECHNIQUE WORK	
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KEY

 Movement of the ball	 Movement of the player without the ball	 Player dribbling with the ball
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PASSING IN A SIX CORNER GRID	TIME: 15 - 20 MINUTES	NO. 1
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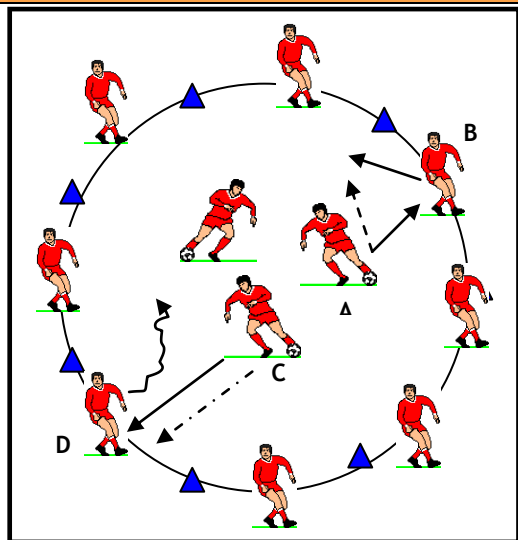


ACTIVITY:
Place players equal on the six cones as shown in the diagram. Start initially with players running with the ball as per sequence 1, 2, 3, 4, 5, 6 and continue again so players understand the movement path. After a few goes change it to passing. Similar sequence 1, 2, 3, 4, 5, 6 and continue again. Players follow their pass. When receiving a pass, players to take a touch first and then pass.

- PROGRESSION:**
- Gradual increase the number of balls.
 - Change the path of the ball (see blue lines).
 - Change direction of the pass.
 - Reduce to 1 touch where possible.

- COACHING POINTS:**
- Quality accurate passing using the inside of the foot with the right weight on the pass.
 - Receive the ball using the furthers foot from the ball (Eg: When player A passes the ball to player B (clockwise) player B uses left foot to receive the ball).
 - Communication - call for the ball.
 - Be ready and aware of the next pass.
- FIELD:**
10m - 15m distance between all cones.

CIRCLE PASSING	TIME: 15 - 20 MINUTES	NO.2
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ACTIVITY:
Have players spread around evenly in a circle with three players in the middle with a ball each. (Ratio players out side - players inside; 8 - 3; 12 - 5).

- EXERCISES:**
- Player C passes the ball to player D. Player D receives the ball and dribble and pass the ball to any player waiting on the circle.
 - Player A passes to Player B and receives it back and moves on to find another player (a wall pass).

- COACHING POINTS:**
- Quality accurate pass to feet with the right weight
 - Look up before passing making sure no one is in the way of the passing path
 - Encourage communication - calling for the ball

FIELD:
Coach's discretion, however a 10m or 12m radius is good.

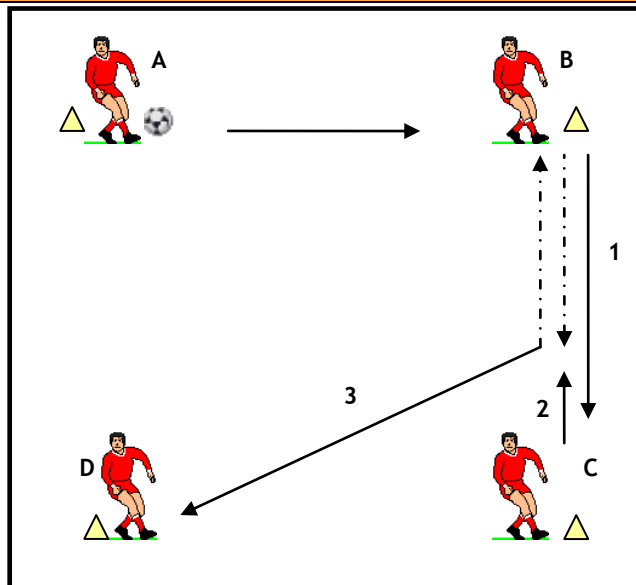




PASSING IN A GRID

TIME: 15 - 20 MINUTES

NO.3



FIELD:
 12m x 12m grid. If the players are skilled 15m x 15m grid.

ACTIVITY:

Divide players in groups of 4's with 1 ball per group. Pass the ball clockwise. Player A passes the ball to player B who controls the ball first and then passes the ball to player C and the sequence continues.

PROGRESSION:

- Change the direction of the pass - anti-clockwise
- Player B passes to player C, who lays the ball off for player B to pass on to player D. After player B passes the ball to player D, player B returns back to the original cone and the sequence continues.
- Add a second ball (only at the end for a bit of fun and challenge)

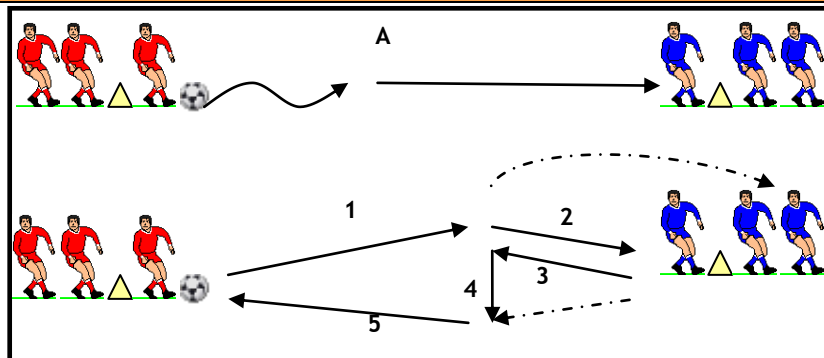
COACHING POINTS:

- Quality accurate passing using the inside of the foot with the right weight on the pass
- Receive the ball using the furthers foot from the ball (Eg: When player A passes the ball to player B (clockwise) player B uses left foot to receive the ball)
- Communication - call for the ball

PASSING IN LINES

TIME: 15 - 20 MINUTES

NO.4



FIELD:

Distance between the two cones - 12m to 15m.

ACTIVITY:

Divide players in groups of 6 with 1 ball per group. Line the players up in 3's on either side as shown in the diagram.

EXERCISES:

- Red player run with the ball and ¼ way through passes to the Blue player and sequence continues.
- 1st Red player passes the ball (1) to the Blue player (2). The blue player passes the ball back to Red player waiting (3) who then lays the ball off (4) for the Blue player to receive and passes (5) to the opposite end for 2nd Red player.
- Introduce 2 balls going at the same time on opposite ends and the same time.

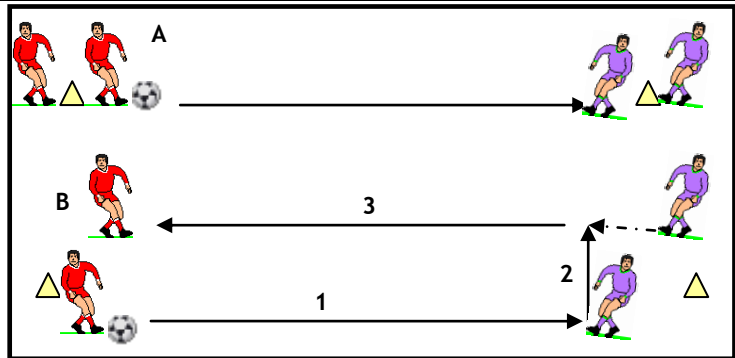
COACHING POINTS:

- Run with the ball as fast as possible while keeping close control of the ball
- Use the laces to push the ball forward
- Keep the ball in front of the feet
- Look up while running the ball





PASSING IN LINES - LONG BALL **TIME: 15 - 20 MINUTES** **NO.5**



ACTIVITY:
 Divide players in group of 4's. Have two players stand on one end and another two on the other end (10m apart). Get the players to pass the ball to each other with players rotating after each pass. Ensure that the players take a touch first before passing the ball to the other end. (As shown in A)

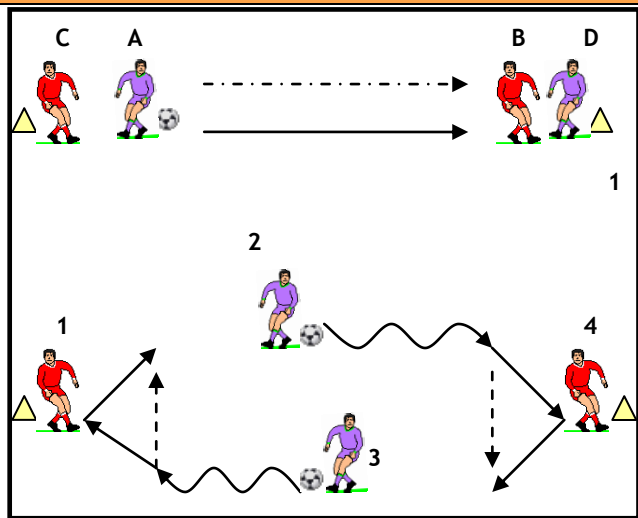
PROGRESSION:
 In B - Red player passes the ball to a Blue player who lays (sets) the ball of to the other Blue player who passes the ball to the Red player. Continue the sequence.

FIELD:
 10m x 10m grid. You can have three or four grids going at one time, depending on number of players.

GOALKEEPER:
 Get your GK to alternate receiving the ball with feet and hands. Alternate your GK when passing with feet and hands.

- PASSING TECHNIQUES:**
- Use the inside of the foot
 - Use the laces (top of the foot)
 - Pass with both feet

PASSING IN A GRID **TIME: 15 - 20 MINUTES** **NO.6**



ACTIVITY 1:
 Divide players in groups of 4's with 1 ball per group. Player A passes the ball to Player B and follows the pass. Player B takes a touch and then passes the ball onto Player C. Player B follows the pass. Player C takes a touch and passes onto Player D and follows the pass.

PROGRESSION:

- One touch passing

ACTIVITY 2:
 Players divided in groups of 4's with two balls per group. Player 2 runs with the ball and passes to Player 4 making a wall pass back to Player 2 and then run with the ball towards Player 1 and play a wall pass with Player 1. Player 3 does this at the same time as Player 2. After 2 minutes rotate the players around.

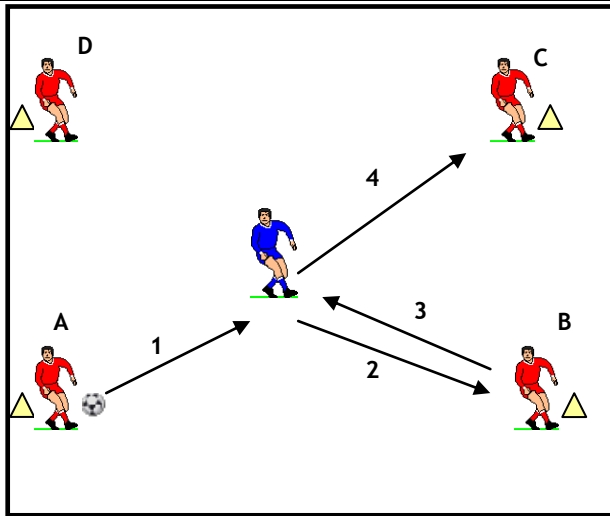
- COACHING POINTS:**
- Quality accurate passing using the inside of the foot with the right weight on the pass
 - Having a good first touch when receiving the ball

FIELD:
 15m x 15m grid.





PASSING IN A GRID **TIME: 15 - 20 MINUTES** **NO.7**



FIELD:
12m x 12m grid.

ACTIVITY 1:

Divide players in groups of 5's with 1 ball per group. Four players standing on each corner or the grid and 1 player in the middle. Player A passes to the Blue player (1). The Blue player takes a touch and then passes to player B (2) who takes a touch and passes it back to the Blue player (3). The Blue player takes a touch before passing to player C (4). Continue the sequence. Change the player in the middle every 2 minutes.

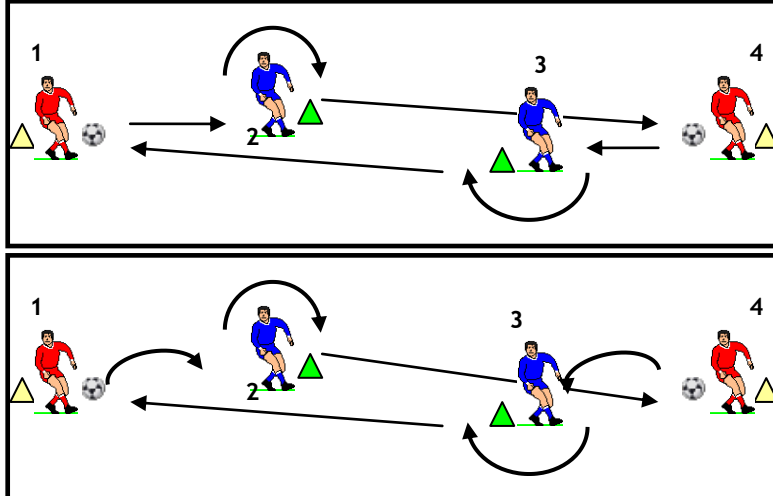
PROGRESSION:

- Change direction (clockwise)
- One touch passing
- Add a 2nd Blue player in the middle and a 2nd ball.

COACHING POINTS:

- Quality accurate passing using the inside of the foot with the right weight on the pass
- Having a good first touch when receiving the ball

TURN AND PASS **TIME: 15 MINUTES** **NO.8**



COACHING POINTS:

- Use the laces to make the long pass (practice the shooting technique)
- Keep eyes on the ball, open the face of the foot, strike with the laces

ACTIVITY:

Divide players in groups of 4. Two players with the ball each standing at the end of the cones and two other players in the middle. Player 1 passes the ball to Player 2 who receives, turns and passes the ball to Player 4 using the laces. Player 1 follows the pass and then receive a pass from Player 4, turns and passes to Player 1. As Player 2 is performing the exercise Player 3 is doing the same at the same time. Rotate players after every 2 minutes.

PROGRESSIONS:

- The server plays the ball to the thigh for the middle player to control turn and pass
- Play the ball to the chest

FIELD:

15m between the end cones (yellow cones); 5m between the end cones and middle cones (yellow and green cones).

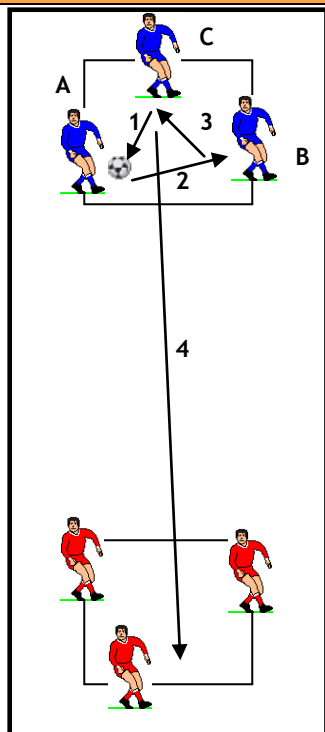




LONG PASS

TIME: 15 - 20 MINUTES

NO.9



ACTIVITY:

Divide players in groups of six with one ball. Place 3 players in one grid and another 3 players the other grid. Player C passes to Player A (1) who then passes to Player B (2). Player B passes then lays-off (sets) the ball (3) for Player C who makes a long pass to the Red team. Players in the Blue team rotate after each long pass. Sequence continues with Red team.

PROGRESSION:

Play the long ball in the air

FIELD:

Two 10m x 10m grids. 15m between the two grids.

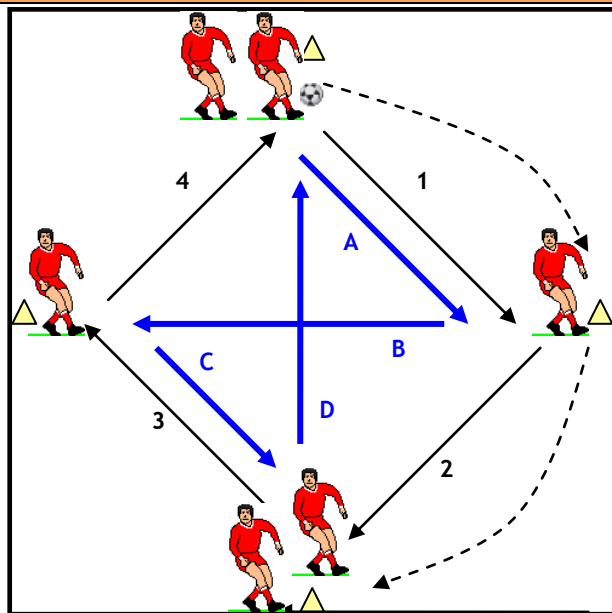
COACHING POINTS:

- Nice and light short passes
- Take the pace of the ball when laying-off (set)
- Use the roll of the ball to make a long pass

PASSING IN A GRID

TIME: 15 - 20 MINUTES

NO.10



ACTIVITY:

Divide players in groups of 6 with 1 ball per group. Have players stand as shown in the diagram. Passing sequence player with the ball passes to the next player in the diamond grid clock wise 1, 2, 3, 4. Each player takes a touch first before passing and follows his/her pass to the next cone.

PROGRESSION:

- Change direction of the pass anti-clockwise.
- Passing sequence A, B, C, D. Players follow their passes.
- Add a second ball.

FIELD:

10m x 10m grid. You can have two or three grids going at one time, depending on number of players.

PASSING TECHNIQUES:

- Use the inside of the foot pass.
- Pass the ball in front of the receiving player.
- Pass the ball with the right weight.

RECEIVING TECHNIQUES:

- Use the furthers foot to receive the ball.
- Keep eye on the ball and make the receiving part of the foot like a cushion.

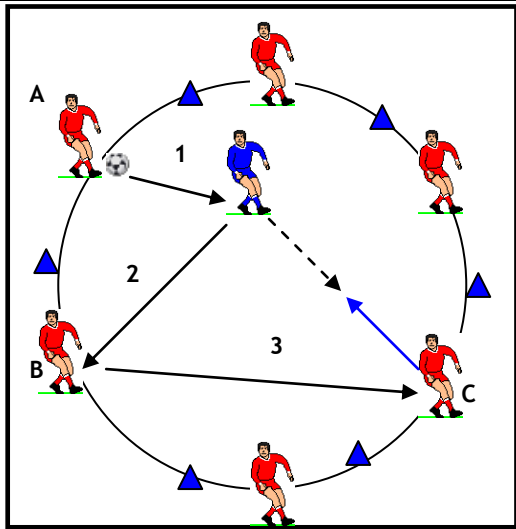
COACHING POINTS:

- Be aware of where the ball is coming from.
- Call for the ball - communication.
- Be light on the feet.





CIRCLE PASSING TIME: 15 - 20 MINUTES NO.11



ACTIVITY:

Have 6 players spread around evenly in a circle with 1 player in the middle. Red Player (A) passes (1) to the middle Blue Player (short pass) who passes makes a short pass (2) another Red Player (B). The Red Player (B) then makes a long pass to a Red Player (C) across the circle. Sequence continues with the Blue Player receiving a short pass from Red Player (C). Limit players to at least 2 touches. Rotate the middle player every 1 - 2 minutes.

COACHING POINTS:

- Quality accurate pass to feet with the right weight
- Look up before passing making sure no one is in the way of the passing path
- Encourage communication - calling for the ball

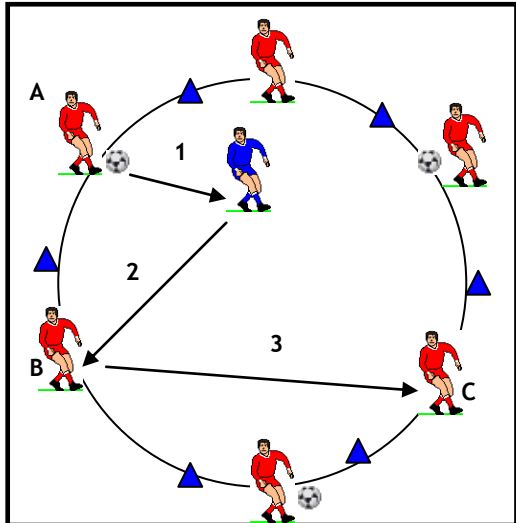
PROGRESSIONS:

- Limit all players to 1 touch.
- Introduce a 2nd Blue Player and 2nd ball.

FIELD:

Coach's discretion. about 10m or 12m radius.

CIRCLE PASSING TIME: 15 - 20 MINUTES NO.12



ACTIVITY:

The team is divided into groups of seven. Six players around the circle are with 3 players given a ball each. The player in the middle starts the drill by running away and then coming back toward a player in possession, calling for the ball (Pass 1) from Player A. His first touch lays the ball back (Pass 2) to a free player (Player B) on the circle, who plays the ball (Pass 3) to a player without a ball (Player C). The player in the middle then starts another run and keeps play dynamic. After a minute, another player rotates into the center and the play continues.

COACHING POINTS:

- Quality accurate pass to feet with the right weight
- Look up before passing making sure no one is in the way of the passing path
- Encourage communication - calling for the ball

PROGRESSIONS:

- Limit all players to 1 touch.
- Introduce a 2nd Blue Player and reduce to 2 balls.

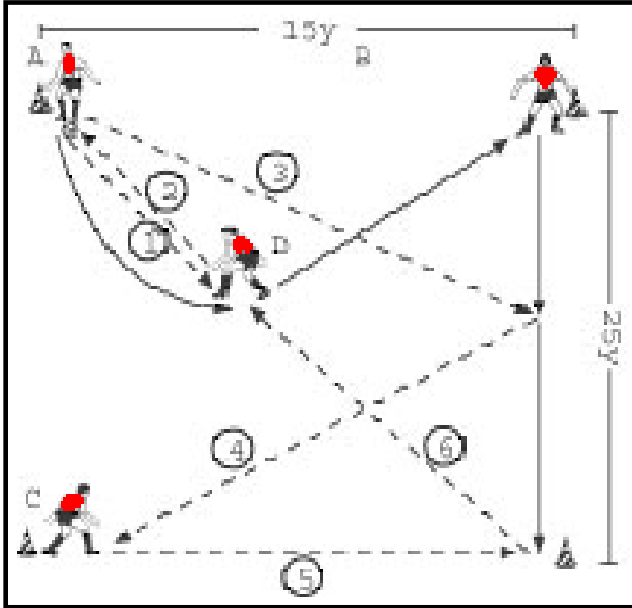
FIELD:

Coach's discretion, about 10m - 12m radius.





PASSING IN A GRID TIME: 15 - 20 MINUTES NO.13



FIELD:
15m x 15m grid.

ACTIVITY:

Players A (who has a ball), B and C stand at three of the cones. Player D stands in the center of the field. Player A passes the ball to Player D, who passes it directly back to Player A. Then Player A passes the ball to Player B (who is moving to meet it) and moves to the center. Player D moves to Player B's position. Player B passes diagonally to Player C, who then runs straight to the spare cone. Player C makes a square pass to Player B. The Player B passes to A, who passes it directly back to Player B, and the exercise starts again in a different direction.

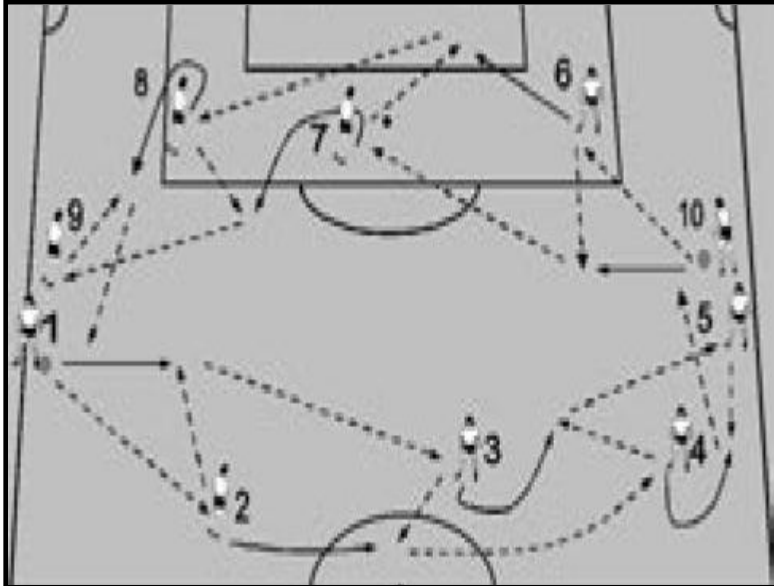
COACHING POINTS:

- Quality accurate pass to feet with the right weight
- Look up before passing making sure no one is in the way of the passing path
- Encourage communication - calling for the ball

PROGRESSIONS:

- Limit all players to 1 touch.

PASSING IN A CIRCLE - WALL PASS TIME: 15 - 20 MINUTES NO.14



FIELD:
Diameter of 20m. However depends on number of players.

ACTIVITY:

The exercise starts at the same time from both ends with Player 1 and Player 10. The sequence is a series of give-and-go 'combination' passes with players checking away and then back to receive the ball. Sequence starts with Player 1 passes to Player 2 who passes back to Player 1 who makes a pass to Player 3. Player 3 then lays (sets) the ball for Player 2 who passes to Player 4 who lays (sets) the ball to Player 4 who passes to Player 5 and so on.

COACHING POINTS:

- Quality accurate pass with the correct weight.
- Encourage communication - calling for the ball.
- Timing of movement.

PROGRESSIONS:

- Limit all players to 1 touch.
- Add more balls.





PASSING IN A GRID

TIME: 15 - 20 MINUTES

NO.15

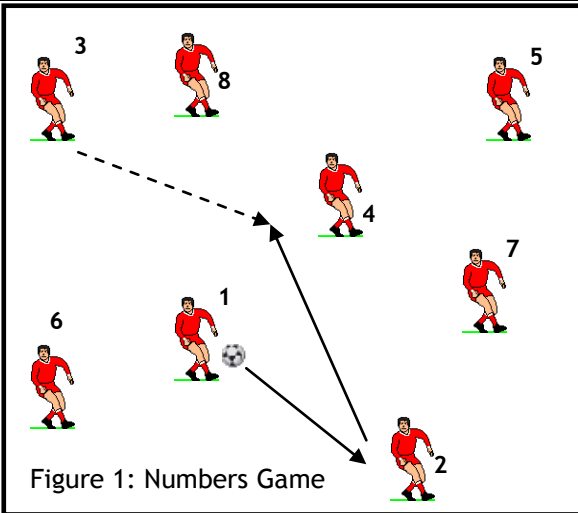


FIGURE 1:
Have players in the grid and number them from 1 - 8. Players pass the ball in sequence from 1 - 8. Players without the ball constantly are moving.

PROGRESSIONS:

- Change sequence backwards 8 - 1.
- Add another 1 or 2 balls.
- One touch passing.

FIGURE 2:

Divide players in two equal teams with each team having a ball each. Players pass to the opposite team. Red Player passes to Blue Player and so on.

PROGRESSIONS:

- Blue Player that passes the ball to the Red Player cannot receive the ball back.
- One touch passing.

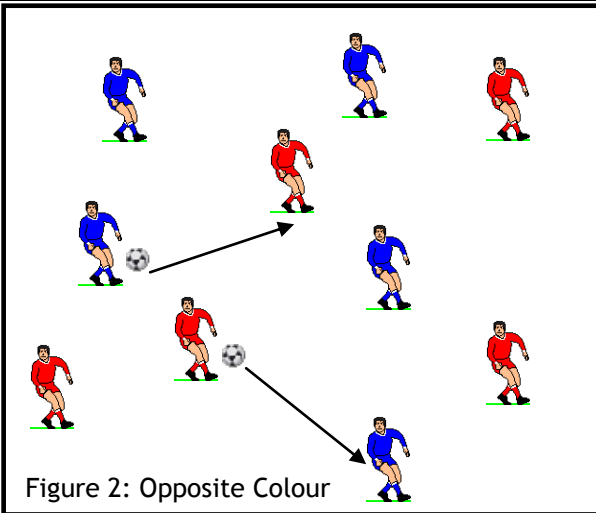


Figure 2: Opposite Colour

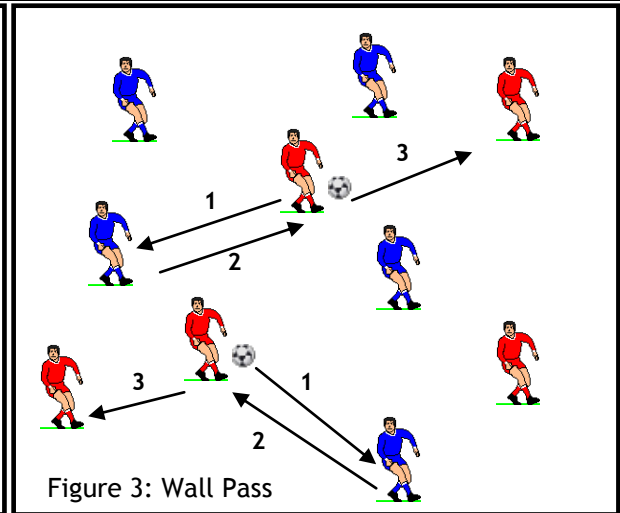


Figure 3: Wall Pass

FIGURE 3:

Divide players in two equal teams with two balls. Red team starts with the balls. Red Player makes a pass to a Blue Player (1) who passes it back to the same Red Player (2) who now makes a pass to another Red Player (3). Continue the sequence. The Blue team acts as wall passer. Rotate the wall passing team around after 2 - 3 minutes.

FIELD:

25m x 25m grid.

PROGRESSION:

- One touch passing.

COACHING POINTS:

- Quality accurate passing using the inside of the foot with the right weight on the pass
- Having a good first touch when receiving the ball
- Movement into the right area to receive the ball
- Call for the ball
- Be aware for the next possible pass.





3 MAN PASSING - OVERLAP MOVEMENT USING A TARGET PLAYER TIME: 20 - 25 MINUTES

NO.16

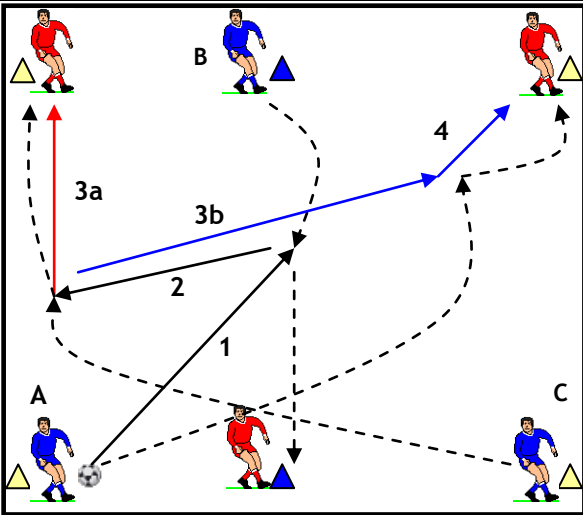
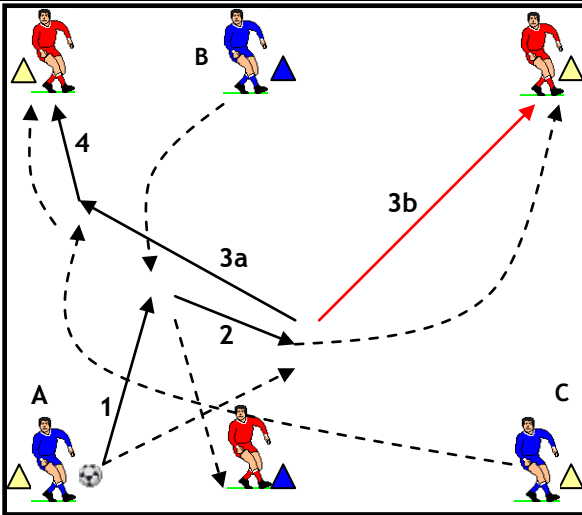
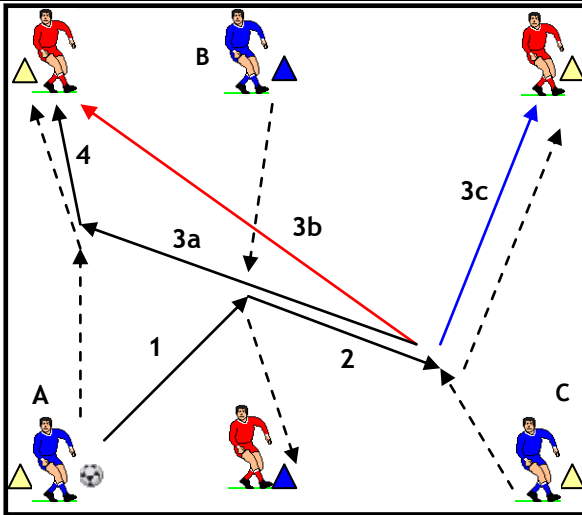


FIGURE 1: Divide players in groups of 3's. The players are in a triangle (as shown with the Red Players and Blue Players).

PASSING SEQUENCE (BLUE TEAM): Player B (Target Player) checks and runs in to receive a pass from Player A (1). Player B passes the ball onto Player C (2) who checks and makes a run forward to meet the pass. Player C then has three options to pass (3b) & (3c) are passes direct to the Red Team. (3a) is a pass to Player A, who continues his/her run and receives a pass from Player C and passes the ball into the Red Player (4). Rotate players after 5 - 6 times. The Red Team now performs the same exercise.

- COACHING POINTS:
• Quality accurate passing using the inside of the foot with the right weight on the pass
• Having a good first touch when receiving the ball

FIGURE 2: Organization as per Figure 1.

PASSING SEQUENCE (BLUE TEAM): Player B checks and makes a curve run to receive a pass from Player A (1). Player B lays the ball off for Player A (2) who makes a run on the inside of Player B while Player C makes an overlapping run on the outside of Player B. Player B now has two passing options: (3a) is a pass to the overlapping Player C who receives and passes the ball onto the Red Player (4). (3b) is a direct pass to the Red Player. Rotate players after 5 - 6 times. The Red Team now performs the same exercise.

- COACHING POINTS (CONTINUED):
• Movement into the right area to receive the ball
• Call for the ball
• Be aware for the next possible pass.
• Body shape when receiving a pass.
• Timing of movements.

FIGURE 3: Organization as per Figure 1 & 2.

PASSING SEQUENCE (BLUE TEAM): Player B checks and makes a curve run to receive a pass from Player A (1) and continues to make an overlapping run on the inside of Player A. Player A lays the ball outside onto Player C (2) who makes an overlapping run. Player C now has two passing options: (3a) a direct pass into the Red Player; (3b) a pass the overlapping Player A and passes into the Red Player (4).

- PROGRESSION:
• One touch passing.
• Have goals with/without GKs at the end of the move.
• Add Defenders 3 v 1; 3 v 2 with GKs.

FIELD: 20m x 20m grid.

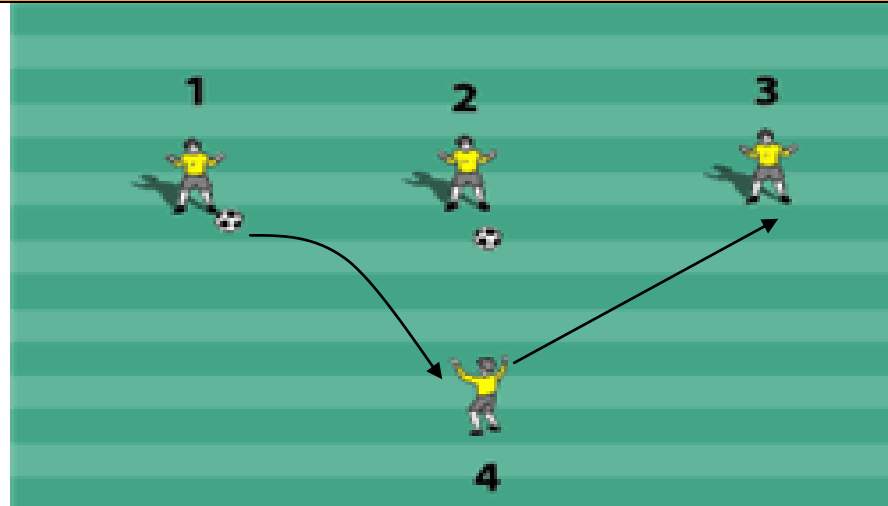




ONE TOUCH PASSING

TIME: 15 MINUTES

NO.17



PROGRESSION:

- All players limited to one touch.
- Increase the distance of the players.

TEACHING POINTS:

- Body positioning when receiving.
- Weight of the pass from all players.
- Use the inside of the foot to pass
- Constant movement of Player 4.
- Communication.

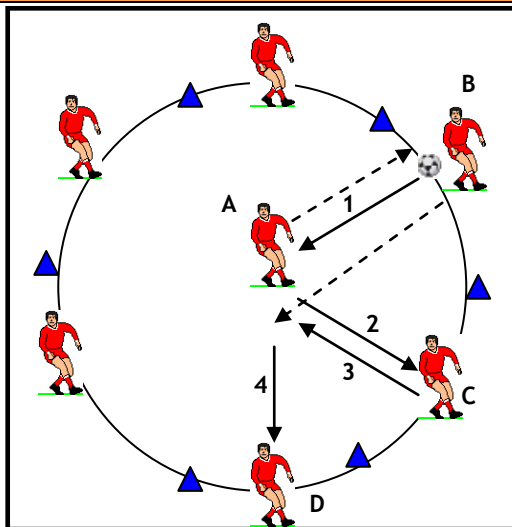
ACTIVITY:

- Start with three players in a line (or arc) approximately 2m apart from each other. A fourth player is 5m away and centered. Two of the players in the line have a ball.
- Player 1 passes to Player 4 who then controls the ball and passes the ball to Player 3 (the player without the ball).
- Player 2 then passes to Player 4 who controls and then passes to Player 1 (the player without a ball).
- The key is each player to pass to Player 4 and Player 4 controls the ball and passes to the player who doesn't have the ball and also the player who did not just pass to him.
- Initially Player 4 to have 2 touches, one to receive and another to pass. After a few passes, reduce Player 4 to one touch.
- Player 4 must constantly be moving their feet in order to position their body to receive the ball to control and pass it to the correct person.
- Rotate players after every 1 minute.

CIRCLE PASSING

TIME: 15 - 20 MINUTES

NO.18



ACTIVITY:

Have players in a circle with one player in the middle. The passing sequence - Player B passes to Player A (in the middle) who passes the ball to Player C. After passing Player A takes Player B's place. Player B moves into the middle to receive a pass from Player C who then passes to Player D and takes Player C's place and the sequence continues.

COACHING POINTS:

- Quality accurate pass to feet with the right weight
- Look up before passing
- Encourage communication - calling for the ball
- Timing of movement

PROGRESSIONS:

- Limit all players to 1 touch.
- Introduce a 2nd Blue Player and 2nd ball.

FIELD:

Coach's discretion, about 10m - 12m radius.





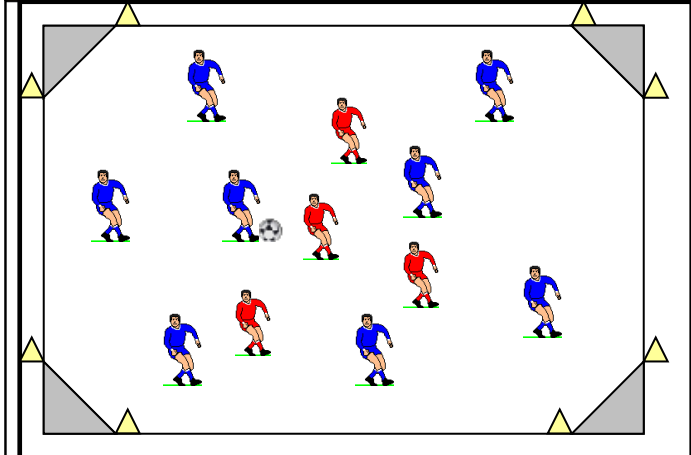
TOPIC: POSSESSION TECHNICAL AND TACTICAL



KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

SKILL WORK: 8 v 4 POSSESSION GAME TIME: 20 MINUTES NO. 1



ACTIVITY:
Organize your players in a 8 v 4; 9 v 5; The Blue team starts with the ball. The objective of the game is for the Blue team to keep possession of the ball while the Red team tries and win the ball and shoot at one of the four corner zones. Every time the Blue team makes 10 passes without losing possession they receive 1 point. Every time the Red team scores the receive 1 point. Keep scores. Rotate players every 2 - 3 minutes.

PROGRESSIONS:

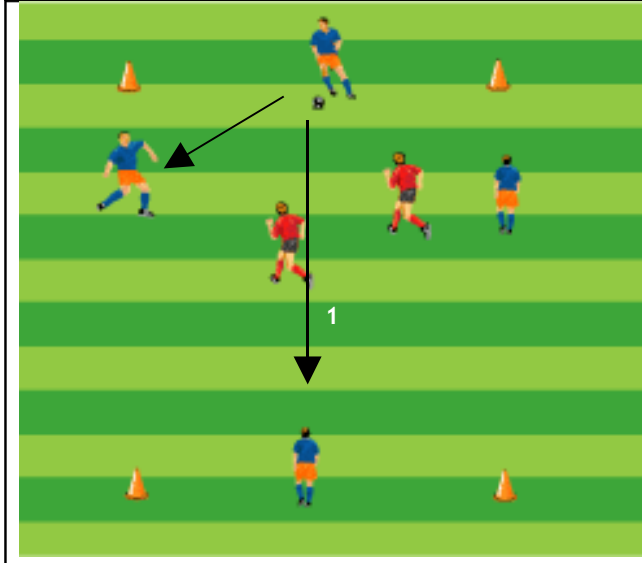
- Limit the Blue team to 3 touches; 2 touches.

COACHING POINTS:

- Movement of players to support the player with the ball
- Red team work together to win the ball and quickly try and score.

FIELD:
25m x 25m grid. Distance between cones 2m or 3m depending on ability of players.

SKILL: 4 v 2 RECEIVING AND PASSING TIME: 15 MINUTES NO.2



ACTIVITY:
Organize players 4 v 2. Place the 4 attacking players (Blue) along the outside of the grid in each of the four sides. The 4 attacking players pass the ball between each other while the 2 defending players (Red) attempt to intercept the ball if successful, return the ball back to the attacking team. Encourage the attacking players to move along the line. Look to play a penetrating pass (1). Rotate the players every 2 minutes.

PROGRESSION:

- 3 touch passing
- 2 touch passing

COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

FIELD:
12m x 12m grid

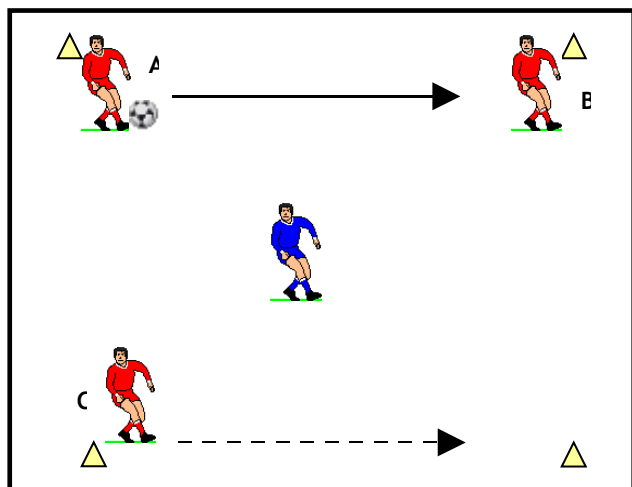




SKILL: 3 v 1 IN A GRID

TIME: 15 MINUTES

NO.3



FIELD:
12m x 12m grid.

ACTIVITY:

Divide players in groups of 4 players with one ball per group. Have 3 players stand by one of the cones while having 1 player in the middle of the grid. Player A starts with the ball and passes the ball to either player B or C. (Eg: If player A passes the ball to player B, player C moves to the empty cone to provide support for player B. Player B may choose to pass to player A or C). The Blue player tries to intercept the pass. Change the Blue player every 3 minutes.

You can have your GK in the middle and try intercepting the ball by dividing or using his/her hands.

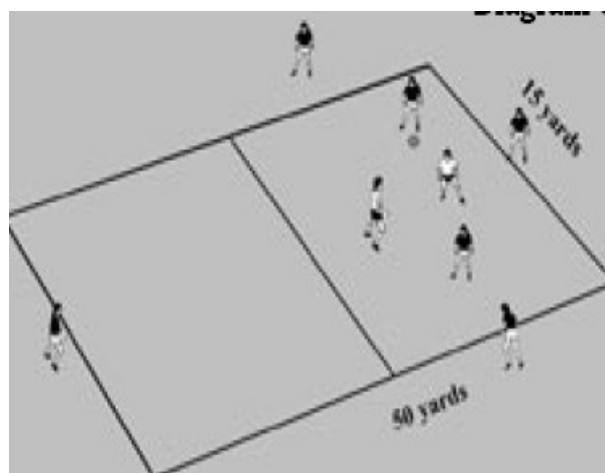
COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

SKILL: TWO ZONE GAME

TIME: 20 MINUTES

NO.4



THE GAME:

The team in possession has to make a minimum of three passes in the grid before they can play to the free player on the far side of the second grid. They can score again by repeating the feat and returning to the grid, following a pass to the 'new' free player.

The wide players outside the area support the team in possession with one-touch passes.

FIELD SIZE: 30m x15m.

COACHING POINTS:

- Movement and support
- Creating opportunities for forward passes under pressure
- Playing at a high tempo





SKILL: 3 V 3 + 3 **TIME: 20 MINUTES** **NO.5**



Organization

- 3 v. 3 +3
- Two-touch: The team that loses possession is the defending team

Coaching Points

- Quality of the Pass
- Support
- Check/Look
- Take your first touch out of pressure
- Don't kill the ball with your first touch
- Accuracy of the Pass
- Quality first touch to prepare you for your second touch

Progression: Can't pass the ball back where it came from

Coaching Points

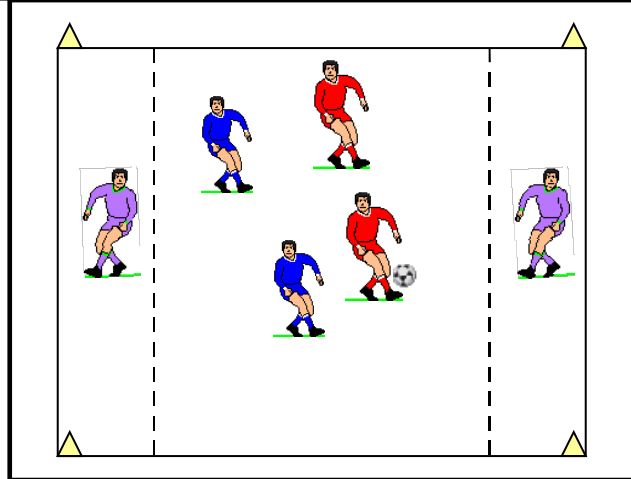
- As the ball travels, fix your shape
- Think a couple steps in advance
- Communication – Verbal

○ **Coaching Points**

- Keep possession
- Quality of the pass
- Quality first touch
- Settle down a little bit
- Don't show for the ball without an idea of where you want to go next

Progression: You cannot pass to one of your teammates

SKILL: 2 v 2 + 2 NEUTRAL PLAYERS **TIME: 15 MINUTES** **NO.6**



ACTIVITY:

Organize players in pairs. Play 2 v 2 with 2 neutral players in the scoring zone. The objective of the game is to keep possession and getting ball from one zone to the other. (Eg: Red team starts with possession and pass the ball among each other and try and pass the ball to one of the neutral players with the Blue team trying to intercept win the ball. The Red team can use the pass the ball back to the same neutral player to keep possession.

COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

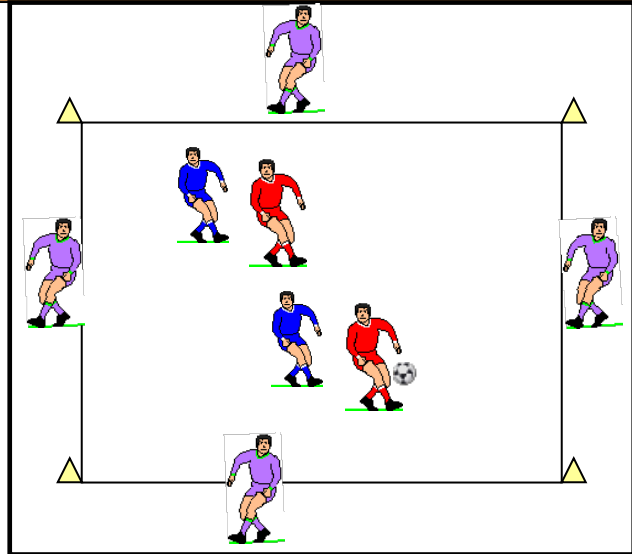
FIELD:

20m x 10m grid with 5m at each end zone within the grid





SKILL: 2 v 2 + 4 NEUTRAL PLAYERS - POSSESSION **TIME: 15 MINUTES** **NO.7**



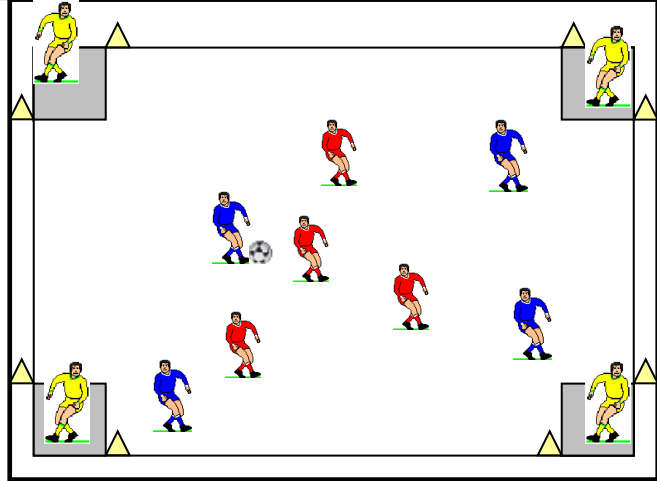
ACTIVITY:
Organize players in pairs. Play 2 v 2 with 4 neutral players on the outside grid. The objective of the game is to keep possession and getting ball. If the defending team intercepts/wins the ball retains possession. Change the players in the middle every 2 - 3 minutes. The neutral players allowed to touches.

PROGRESSION:
The neutral players only allowed one touch

- COACHING POINTS:**
- Decision making when passing the ball
 - Awareness of the space and providing support for the player with the ball
 - Good control of the ball when receiving
 - Quality accurate passing

FIELD:
12m x 12m grid

GAME RELATED: 4 v 4 POSSESSION GAME **TIME: 20 MINUTES** **NO.8**



ACTIVITY:
Organize your players in three teams of 4. The Blue team starts with the ball. The objective of the game is for the Blue team to keep possession of the ball while the Red team tries and win the ball and pass it to one of the Yellow players. Every time the Blue team makes 5 passes without losing possession they receive 1 point. Every time the Red team passes to Yellow they receive 1 point. Keep scores. Rotate teams every 3 minutes.

PROGRESSIONS:

- Limit the Red team (defending) to 2 touches.

- COACHING POINTS:**
- Defending team try to isolate the player on the ball with a 2 v 1 situation.
 - Work as a team to try and win the ball back.

FIELD:
25m x 25m grid. Distance between cones 2m or 3m depending on ability of players.

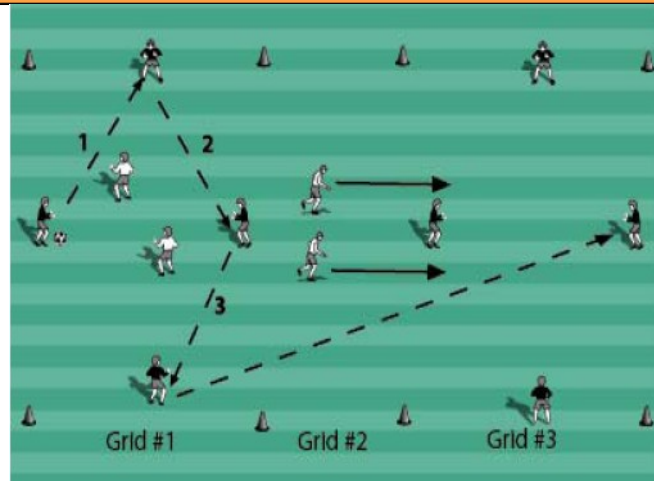




SKILL: SWITCH OF PLAY

TIME: 20 MINUTES

NO.9



Organization

- i. 4 vs. 2 in grid #1
- ii. 2 players in grid #2
- iii. 4 players in grid #3

Objective: Keep possession and change the point of attack

Rules: The team in possession must complete 3 consecutive passes and transfer ball to the other side of the grid. Upon transfer of the ball to the other grid, the 2 players in the middle grid must defend against the 4 players in the other grid. The defending players in the middle grid may try to intercept the ball as it travels to the other grid.

Attacking Coaching Points

- i. Recognize the situation and understand what the coach is asking from you as a player
- ii. Prepare for the next move: After you have passed the ball to the other grid, fix your shape in preparation to receive the next pass
- iii. Recognize the completion of the third pass and play the ball to the other grid
- iv. Communication: Help each other by giving instruction

Defending Coaching Points

- i. Watch and Prepare
- ii. Try to block the passing lanes

SKILL: POSSESSION WITH NEUTRAL PLAYERS

TIME: 15 MINUTES

NO.10



ORGANIZATION:

Divide players in two equal teams with two neutral players. The two neutral players stand at the end of the perimeter of the rectangle. Team with possession attempts to transfer the ball from one end to the other.

PROGRESSION:

The Black team maintains possession without using the neutral players, whereas the White team uses the neutral players.

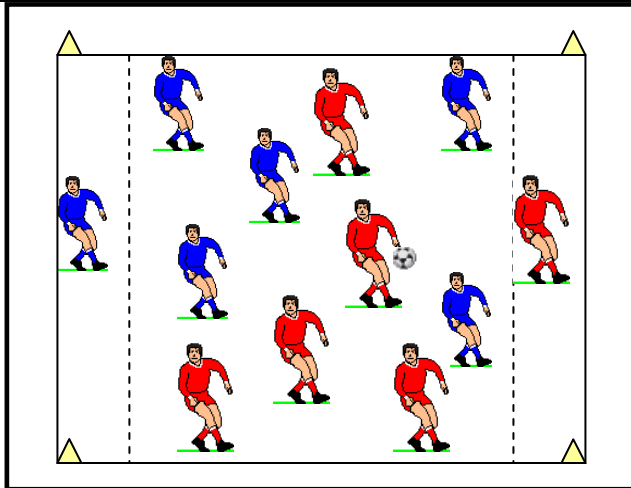
FIELD: 35m x 20m (depending on the number of players).





UNDER 14-18	SESSION 1	TOPIC: PENETRATING PASS 1	TIME: 1.5 HOURS	
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WARM - UP: HANDBALL **TIME: 15 MINUTES**

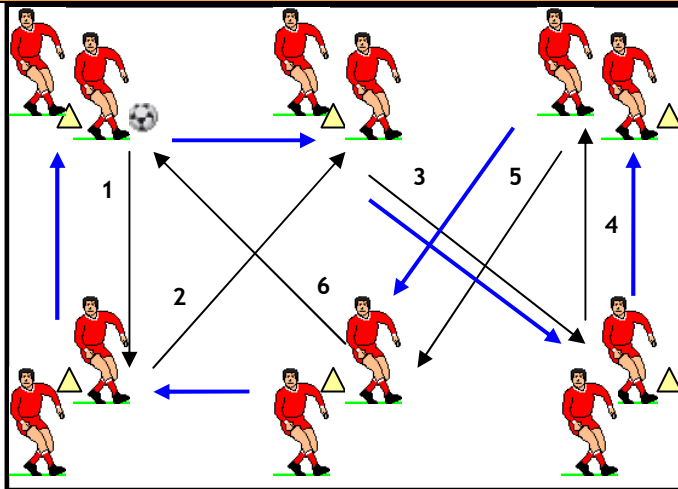


FIELD:
15m x 15m grid + 5m each end for scoring zone.

ACTIVITY:
Divide players in 2 teams. Have one player from each team stand in the scoring zone. Objective of the game is for the Red team to score by passing the ball to the Red player standing in the scoring zone. The game is played using hands. If the ball drops to the ground or gets intercepted by the Blue team they retain possession. Make sure to rotate the players on the other side every 1-2 minutes.

PROGRESSION:
Play the game with the feet. To score a point/goal, the team in possession passes the ball to the player standing in the scoring zone.

TECHNIQUE: PASSING IN A SIX CORNER GRID **TIME: 20 MINUTES**



ACTIVITY:
Place players equal on the six cones as shown in the diagram. Start initially with players running with the ball as per sequence 1, 2, 3, 4, 5, 6 and continue again so players understand the movement path. After a few goes change it to passing. Similar sequence 1, 2, 3, 4, 5, 6 and continue again. Players follow their pass. When receiving a pass, players to take a touch first and then pass.

PROGRESSION:

- Gradual increase the number of balls.
- Change the path of the ball (see blue lines).
- Change direction of the pass.
- Reduce to 1 touch where possible.

COACHING POINTS:

- Quality accurate passing using the inside of the foot with the right weight on the pass.
- Receive the ball using the furthers foot from the ball (Eg: When player A passes the ball to player B (clockwise) player B uses left foot to receive the ball.
- Communication - call for the ball.
- Be ready and aware of the next pass.

FIELD:
10m - 15m distance between all cones.

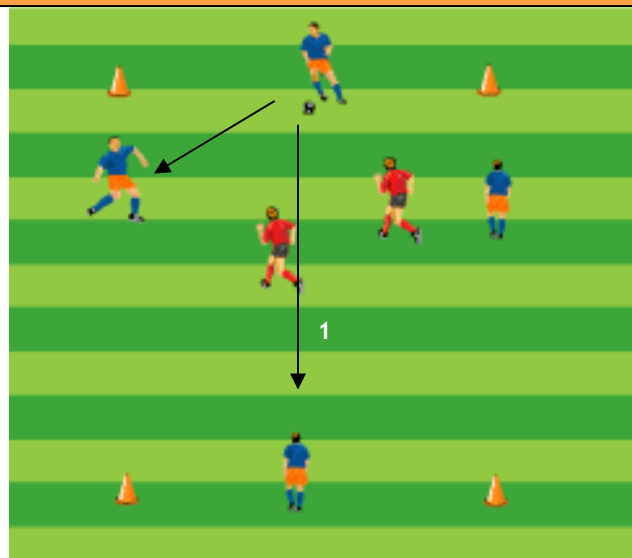
KEY		
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





SKILL: 4 v 2 PENETRATING PASSING

TIME: 20 MINUTES



FIELD:
12m x 12m grid

ACTIVITY:

Organize players 4 v 2. Place the 4 attacking players (Blue) along the outside of the grid in each of the four sides. The 4 attacking players pass the ball between each other while the 2 defending players (Red) attempt to intercept the ball if successful, return the ball back to the attacking team. Encourage the attacking players to move along the line. Look to play a penetrating pass (1). Rotate the players every 2 minutes.

PROGRESSION:

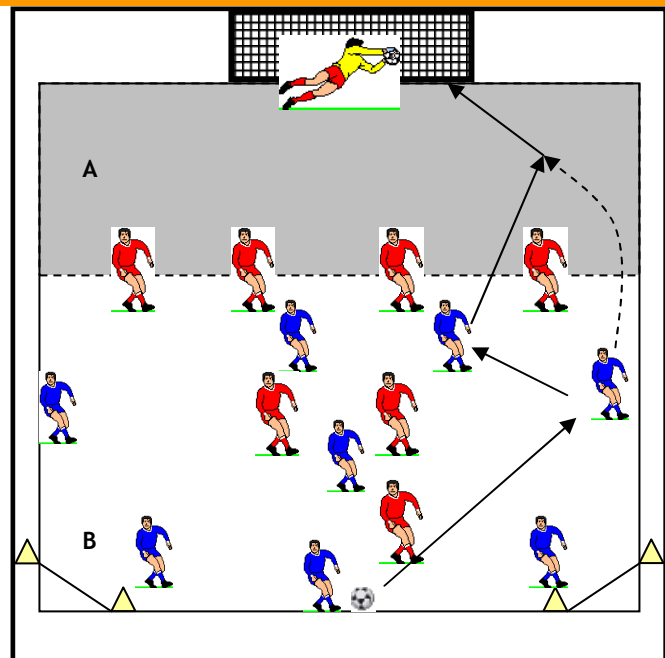
- 3 touch passing
- 2 touch passing

COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

GAME RELATED: PENETRATION PASS IN BEHIND THE BACK FOUR

TIME: 25 MINUTES



FIELD SIZE:
Use half the full size pitch. Size of Zone A is 20m from the goal line.

THE GAME:

Play 8 v 6 + GK. Organize the defending team (Red) GK-4-2-1 and attacking team (Blue) 3-3-2. The Blue team is trying to play a penetrating pass between the Back Four of the Red team for a Blue player to run onto the pass and shoot on goal. Only one Blue player is allowed in Zone A and can only run onto the pass. The game always starts from the Centre-back for the Blue team. If the Red team wins/intercepts the ball they have to try and score in either of the two small goals.

PROGRESSION:

- Limit players to 3 touches; 2 touches.
- Allow two Blue players into Zone A after the penetrating pass is made..
- Allow two Blue and one Red player in Zone A after the penetrating pass is made 2 v 1.

COACHING POINTS:

- Learn to keeping possession
- Look to make a split/penetrating pass to cut out defenders.
- Look to switch the play as quick as possible and then to make a forward penetration pass.

8 v 8 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

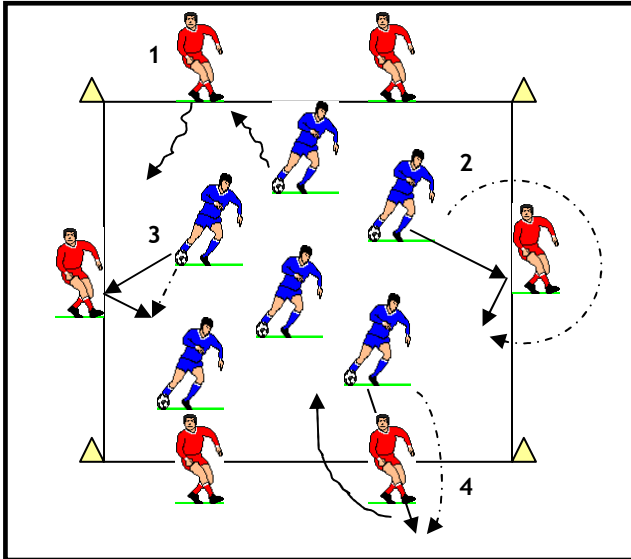
Let the players play but rein-force what has learn.





UNDER 14-18	SESSION 2	TOPIC: EXPLOITING SPACE 1	TIME: 1.5 HOURS	
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WARM - UP **TIME: 20 MINUTES**



FIELD:
20m x 20m grid.

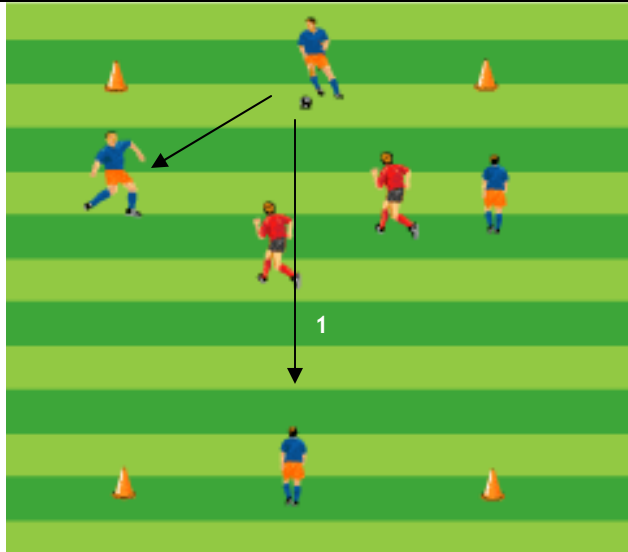
ACTIVITY:

Divide players evenly with a group inside the grid with a ball each and a group other side the grid without a ball.

EXERCISES:

- 1) Blue players dribbling the ball and interchange with the Red players (Work for 2 minutes). Encourage each player to try some tricks while dribbling
- 2) Blue player passes the ball to the Red player and run around the Red player and collect the ball back and find another Red player (Each group works for 1 minute)
- 3) Blue player passes to the Red player and receive it ball and dribble to find another Red player (Each group works for 1 minute)
- 4) Blue player plays the ball through the legs of the Red player and runs around to collect the ball and dribble back into the grid and fin another Re player (Each group works for 1 minute)

SKILL: 4 v 2 PENETRATING PASSING **TIME: 20 MINUTES**



FIELD:
12m x 12m grid

ACTIVITY:

Organize players 4 v 2. Place the 4 attacking players (Blue) along the outside of the grid in each of the four sides. The 4 attacking players pass the ball between each other while the 2 defending players (Red) attempt to intercept the ball if successful, return the ball back to the attacking team. Encourage the attacking players to move along the line. Look to play a penetrating pass (1). Rotate the players every 2 minutes.

PROGRESSION:

- 3 touch passing
- 2 touch passing

COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

KEY

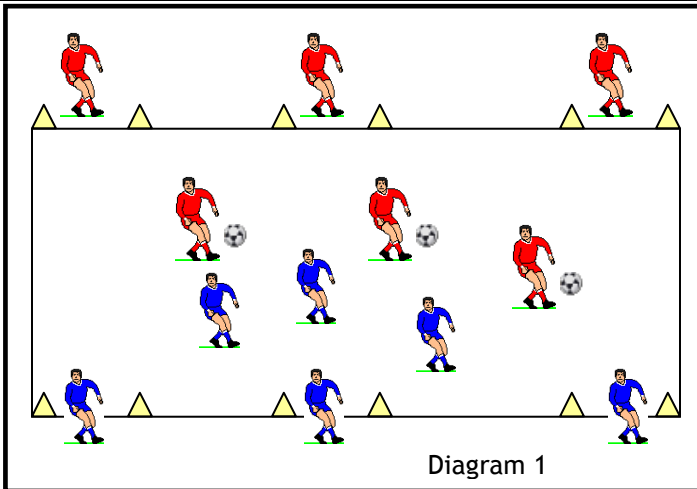
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





SKILL: 1 V 1; 2 V 2; 3 V 3

TIME: 30 MINUTES



ACTIVITY:

Diagram 1: Divide players in two even teams. Have three players from each group in the middle playing 1 v 1. Each team defends 3 goals and attacks 3 goals. If Red player scores, the Blue player waiting behind the goal replaces the Blue player that was playing and is an attacker, while the Red player now becomes a defender. Players can score in any of the three goals.

COACHING POINTS:

- Exploit space
- Accelerate pass the defender after beating him/her.

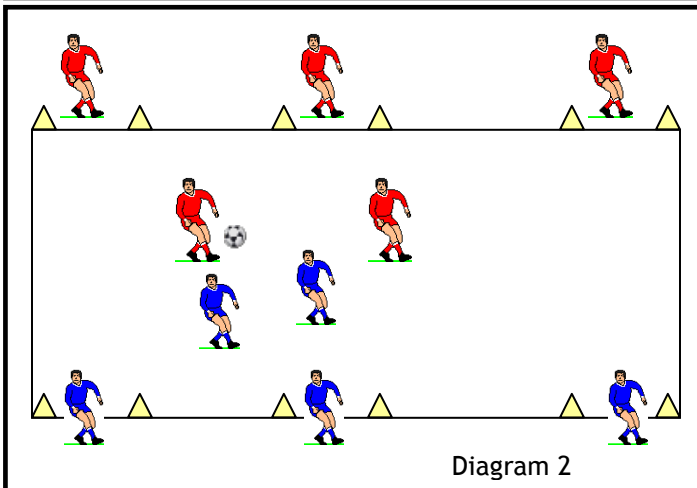
FIELD: 15m long x 25m wide. 2m goals.

PROGRESSION:

Diagram 2: Play 2 v 2 game. Each team defends 3 goals and attacks 3 goals. If Red team scores, the Blue team waiting behind the goals replaces the Blue team that was playing and are attackers, while the Red team now becomes defenders.

COACHING POINTS:

- Exploit space
- Keep possession
- Look to switch the play
- Look to link with partner

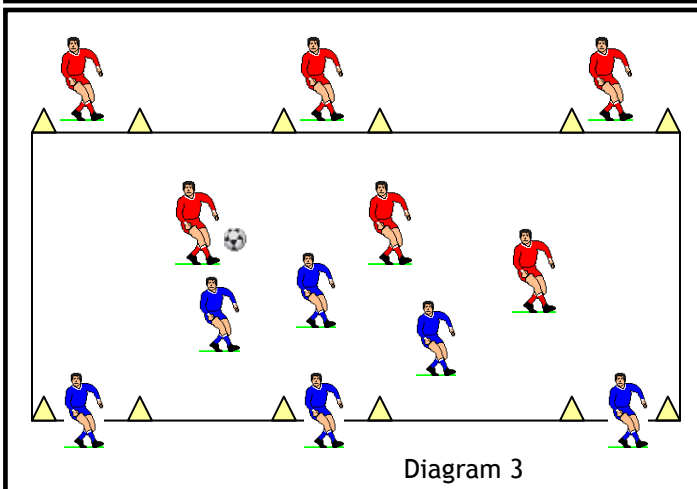


PROGRESSION:

Diagram 3: Play 3 v 3 game. Each team defends 3 goals and attacks 3 goals. If Red team scores, the Blue team waiting behind the goals replaces the Blue team that was playing and are attackers, while the Red team now becomes defenders.

COACHING POINTS:

- Exploit space
- Keep possession
- Look to switch the play
- Look to link with partner



8 v 8 (INCLUDE GKs) SRIMMAGE GAME

TIME: 20 MINUTES

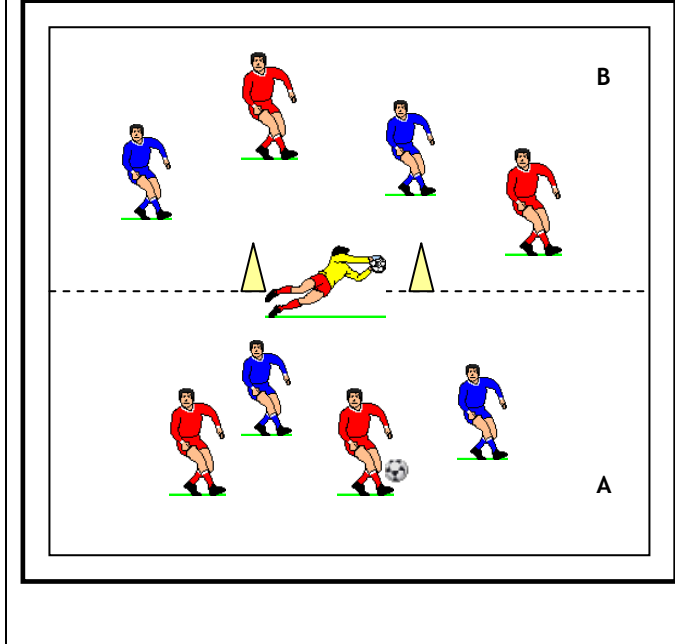
Let the players play but rein-force what has learn.





UNDER 14-18	SESSION 3	TOPIC: POSSESSION 1	TIME: 1.5 HOURS	
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WARM-UP **TIME: 20 MINUTES**



THE GAME:
Set up two teams of four players and 1 GK in the middle of the grid. Each team can only score on the side of the zone. Red team can only score in zone A and Blue team can only score in zone B.

PROGRESSION:

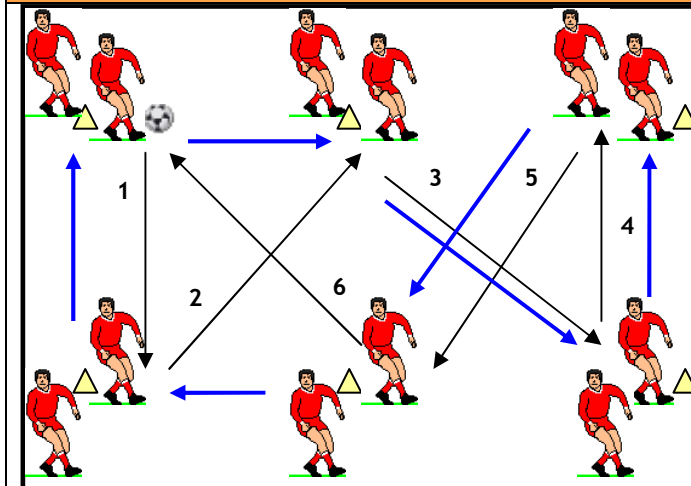
- Before a team can score the entire team must be in the attacking zone.
- Have only two players from each team in each Zones.
- Players only allowed two touches.

FIELD SIZE:
25m long by 20m wide with one goal in the middle of the grid.

COACHING POINTS:

- Maintain possession
- Early shot
- After turn over, pressure right away and play away from pressure quickly

TECHNIQUE: PASSING IN A SIX CORNER GRID **TIME: 20 MINUTES**



ACTIVITY:
Place players equal on the six cones as shown in the diagram. Start initially with players running with the ball as per sequence 1, 2, 3, 4, 5, 6 and continue again so players understand the movement path. After a few goes change it to passing. Similar sequence 1, 2, 3, 4, 5, 6 and continue again. Players follow their pass. When receiving a pass, players to take a touch first and then pass.

PROGRESSION:

- Gradual increase the number of balls.
- Change the path of the ball (see blue lines).
- Change direction of the pass.
- Reduce to 1 touch where possible.

COACHING POINTS:

- Quality accurate passing using the inside of the foot with the right weight on the pass.
- Receive the ball using the furthers foot from the ball (Eg: When player A passes the ball to player B (clockwise) player B uses left foot to receive the ball.
- Communication - call for the ball.
- Be ready and aware of the next pass.

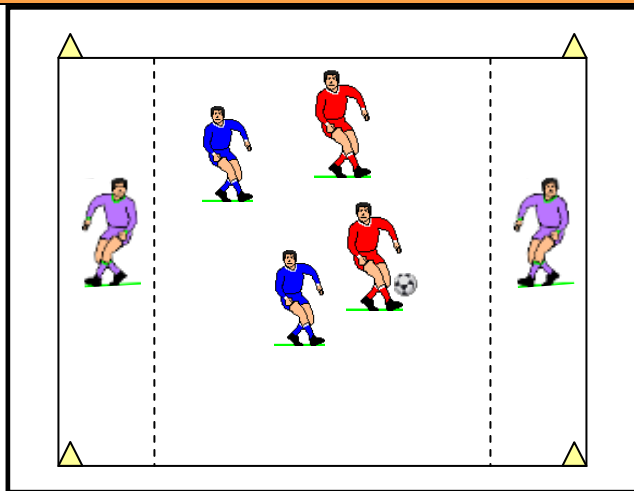
FIELD:
10m - 15m distance between all cones.





SKILL: 2 v 2 + 2 NEUTRAL PLAYERS

TIME: 15 MINUTES



FIELD:
20m x 10m grid with 5m at each end zone within the grid

ACTIVITY:

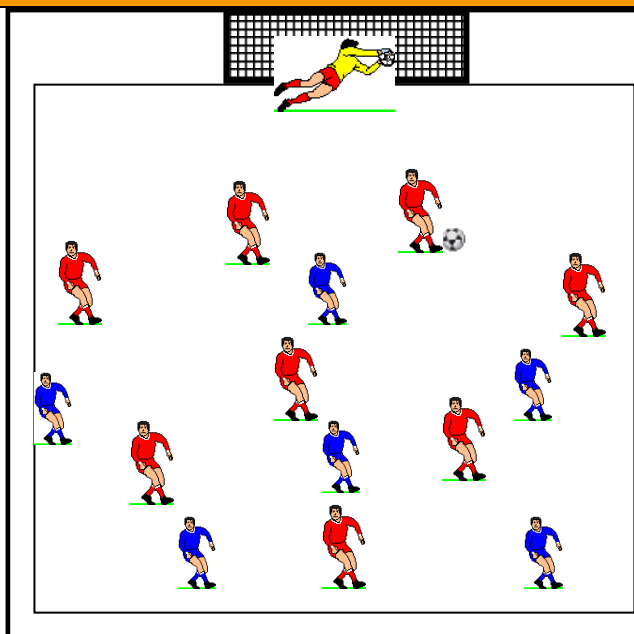
Organize players in pairs. Play 2 v 2 with 2 neutral players in the scoring zone. The objective of the game is to keep possession and getting ball from one zone to the other. (Eg: Red team starts with possession and pass the ball among each other and try and pass the ball to one of the neutral players with the Blue team trying to intercept win the ball. The Red team can use the pass the ball back to the same neutral player to keep possession.

COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

GAME RELATED: 8 + GK v 8 POSSESSION

TIME: 20 MINUTES



THE GAME:

Play 8 + GK v 6. Organize the defending team (Red) GK-4-3-1 and attacking team (Blue) 2-3-1. The Red team is trying to keep possession of the ball by passing the ball around. The Blue team is trying to win the ball and shoot at goal. Condition on the Blue team: the moment they win the ball they have a maximum of five passes to shoot on goal. If the Blue team makes more then five passes before shooting at goal, they lose possession.

PROGRESSION:

- Limit Red team to 3 touches; 2 touches.

COACHING POINTS:

• Learn to keeping possession
Encourage the Red team to use they GK to maintain possession.

FIELD SIZE:

- Use half the full size pitch.

8 v 8 (INCLUDE GKs) SRIMMAGE GAME

TIME: 15 MINUTES

Let the players play but rein-force what has learn.

KEY

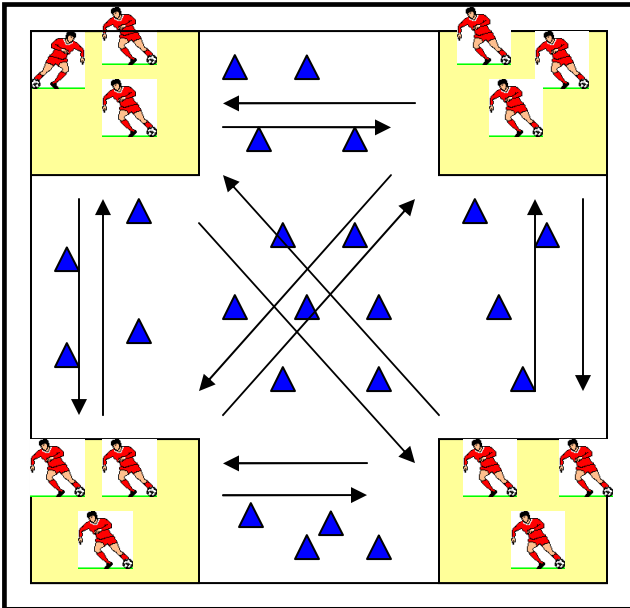
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 14-18	SESSION 4	TOPIC: DEFENDING 2	TIME: 1.5 HOUR	
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WARM - UP	TIME: 15 MINUTES
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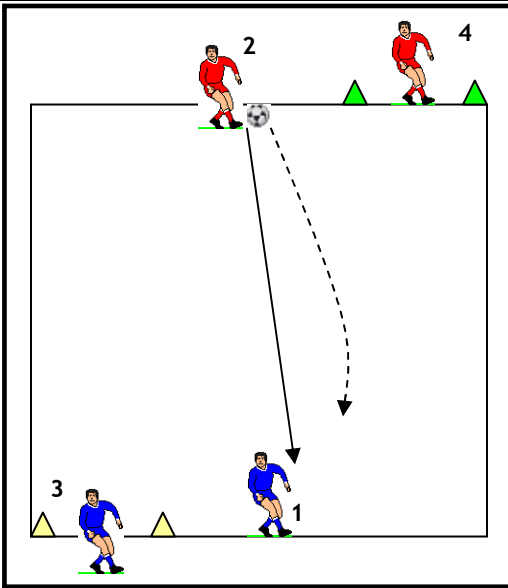
ACTIVITY:
 Divide players in four equal groups. Place each group in one of the four zones. Each player has a ball. Players dribble in their zone practicing their tricks and turns. On the coach's command, all the groups dribble the ball clockwise to the other zone avoiding the cones in the middle grid as fast as possible.

PROGRESSION:
 On coach's command:

- Dribble anti-clockwise
- Dribble diagonally
- Having one ball per group, get them pass the ball around, on the coach's command, players leave the ball in the zone and race each other to the next zone

FIELD:
 The big grid 30m x 30m. The four zones 10m x 10m.

TECHNIQUE WORK - 1 v 1 DEFENDING	TIME: 15 MINUTES
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ACTIVITY:
 Divide players in groups of 4 and pair them up in each group. Have one player from each pair stand behind the goal and the other player facing each other at the end of the grid. Player 2 passes the ball to Player 1. The moment Player 1 receives the ball, Player 2 closes Player 1 down and tries to stop Player 1 from scoring. If Player 2 intercepts the ball then Player 2 tries to score which Player 1 tries to defend.

COACHING POINTS:

- Defender closes the attacker as quick as possible
- Defender slows the attacker down
- Defender makes a curve run to channel the attacker away from the goal
- Defender stays patient till there is an opportunity to win the ball

PROGRESSION:

- Player 3 counts to 5 and joins in the game. Making it 2 v 1.
- Player 3 and 4 counts to 5 then join in the game. Making it 2 v 2.

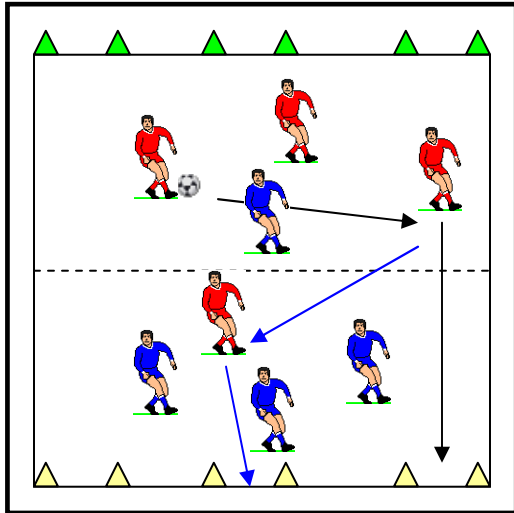
FIELD:
 12m long and 10m wide and 2m wide for the goals.





SKILL WORK: 3 v 1 DEFENDING

TIME: 20 MINUTES



FIELD:
20 long x 15m wide. 10m per half.

ACTIVITY:

Divide players in groups of 4. Have three players in one half of the grid and the fourth player in the other half (as shown in the diagram). Objective of the game is for the Red team to pass the ball between each other till there is an opportunity to shoot at one of the 3 goals that the Blue team is defending. Blue team works together to cut out any opportunity for the Red team to score while the Blue player in the attacking zone tries to pressure the Red players. If the Blue player wins the ball s/he passes the ball back to the three Blue players. Players have to play within their half.

PROGRESSION:

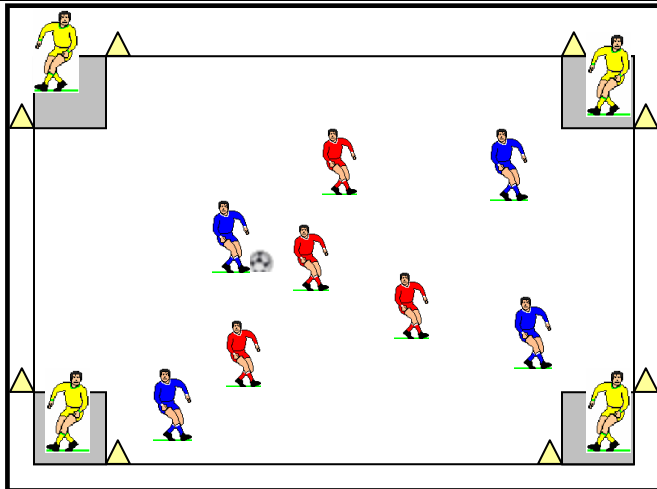
- Two touch
- One touch
- Remove the halfway line and allow free play 4 v 4.

COACHING POINTS:

- Defending team move as a team side to side to close down the scoring path

GAME RELATED: 4 v 4 POSSESSION GAME

TIME: 20 MINUTES



FIELD:
25m x 25m grid. Distance between cones 2m or 3m depending on ability of players.

ACTIVITY:

Organize your players in three teams of 4. The Blue team starts with the ball. The objective of the game is for the Blue team to keep possession of the ball while the Red team tries and win the ball and pass it to one of the Yellow players. Every time the Blue team makes 5 passes without losing possession they receive 1 point. Every time the Red team passes to Yellow they receive 1 point. Keep scores. Rotate teams every 3 minutes.

PROGRESSIONS:

- Limit the Red team (defending) to 2 touches.

COACHING POINTS:

- Defending team try to isolate the player on the ball with a 2 v 1 situation.
- Work as a team to try and win the ball back.

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 20 MINUTES

Let the players play but rein-force what has learnt.

KEY

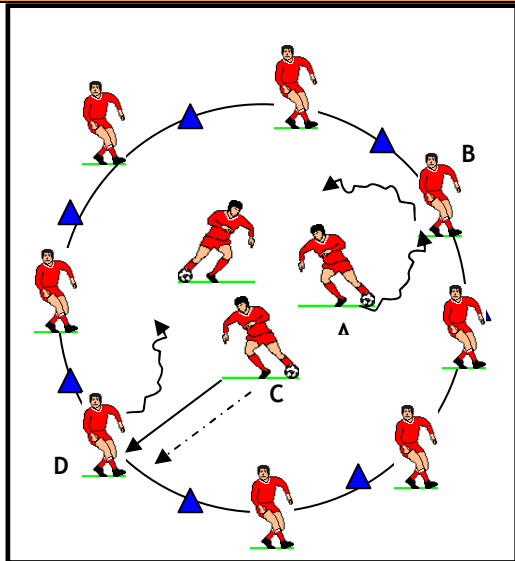
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 14-18	SESSION 6	TOPIC: CROSSING 1	TIME: 1.5 HOURS	
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WARM - UP: CIRCLE **TIME: 15 MINUTES**



ACTIVITY:

Have players spread around evenly in a circle with three players in the middle with a ball each. (Ratio players out side - players inside; 8 - 3; 12 - 5).

EXERCISES:

- To start the players in the middle with the ball dribbles the ball to any player on the outside. Eg: Player A dribbles the ball to player B and stops the ball. Player B takes the ball and starts dribbling the ball away while player B replaces player's A position on the circle.

PROGRESSION:

- Player C passes the ball to player D. Player D receives the ball and dribble and pass the ball to any player waiting on the circle

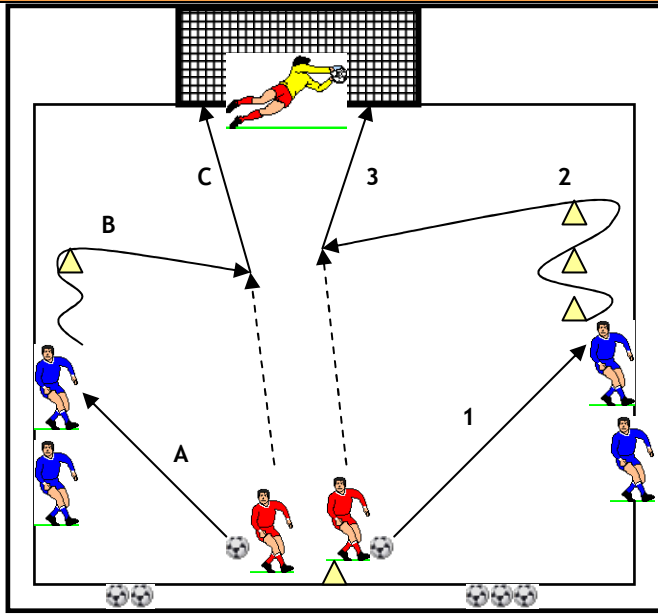
COACHING POINTS:

- Quality accurate pass to feet with the right weight
- Look up before passing making sure no one is in the way of the passing path
- Encourage communication - calling for the ball

FIELD:

Coach's discretion, however a 10m or 12m radius is good.

TECHNIQUE & SKILL: CROSSING & FINISHING **TIME: 15 MINUTES**



ACTIVITY:

Divide players in 3 groups.

- i) Red Player passes to Blue Player (1) who dribbles thru the cones and crosses the ball (2) to the incoming Red Player who finishes with a shot on goal (3). Players rotate after every move.
- ii) Red Player passes to Blue Player (A) who runs with the ball down the line and crosses the ball (B) to the incoming Red Player who finishes with a shot at goal (C). Players rotate after every move.

COACHING POINTS:

- Timing of the run from the Red Player
- Good cross from the Blue Player into the path of the Red Player away from the GK.

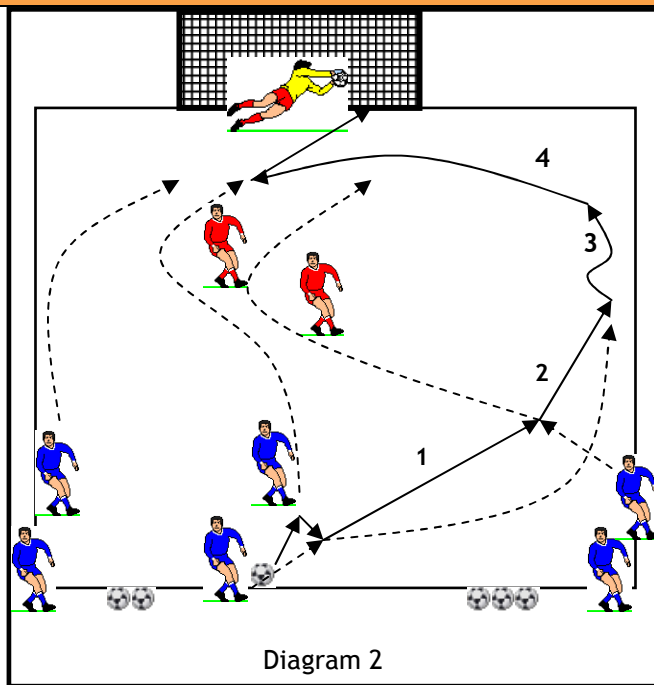
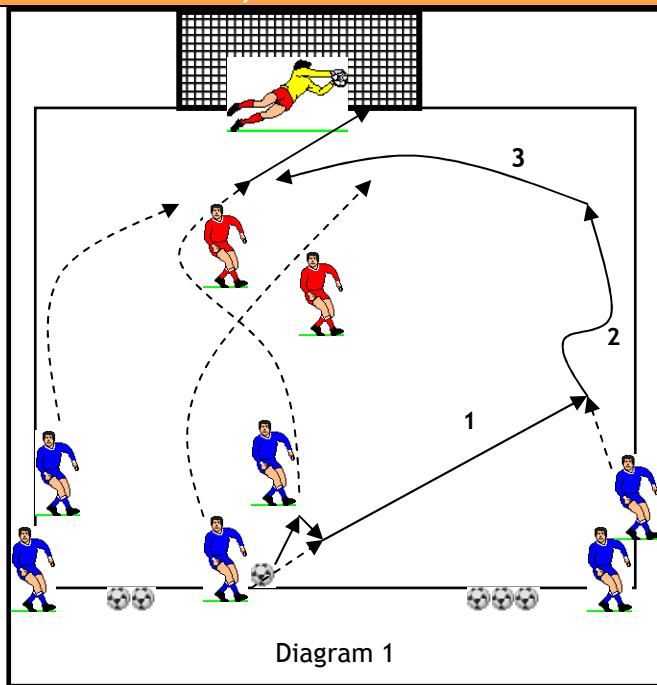
FIELD: Use half the pitch.





SKILL: CROSSING, OVERLAPPING & FINISHING

TIME: 25 MINUTES



ACTIVITY:

Diagram 1: Place players either side of the field as wingers and players in the middle as strikers (Blue players). Have two defenders (Red players) starting in middle. To start, the two strikers, 1st striker starts with the ball passing to the 2nd striker who then sets to ball for the 1st striker who makes a wide pass (1) into space for the winger on the right. The winger runs onto the ball and runs with the ball (2) to cross the ball (3) into the path of the two strikers. The winger on the opposite side joins in the attack as well. The two defenders tries to intercept/win the ball. Then perform the same sequence on the left.

PROGRESSION:

Diagram 2 (Overlap): After the 1st striker passes wide (1) to the right winger who come in to receive the pass creating space outside for the 1st striker to make an overlapping run around the right winger to receive a pass (2). The 1st striker now runs with the ball down the line to cross the ball into the path of the 2nd striker, the right winger who now makes a run into the box and the left winger who joins in the attack. Then repeat the sequence on the left.

COACHING POINTS:

- Quality and timing of the pass.
- Quality delivery of crosses in the target areas and to on running attackers.
- Timing of the runs from the two strikers and opposite winger.
- Good cross from the Blue Player into the path of the Red Player away from the GK.

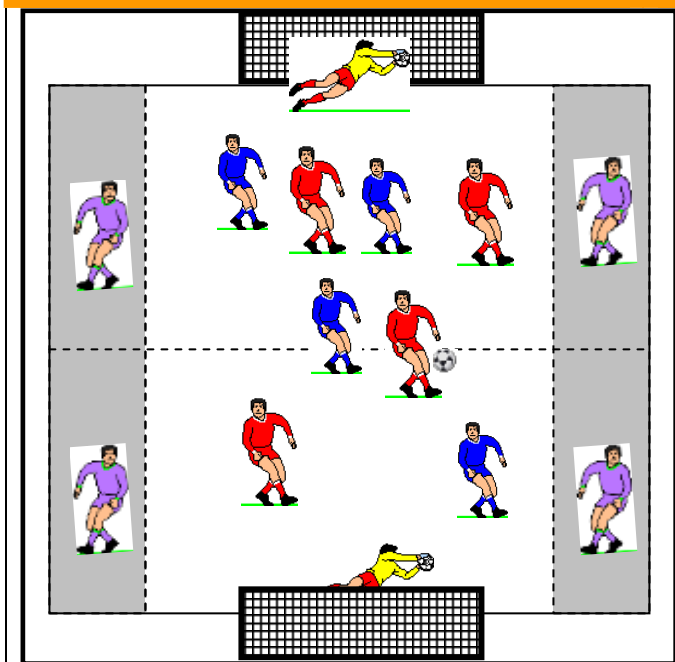
FIELD: Use half the pitch.





GAME RELATED: 4 v 4 + 4 CROSSING

TIME: 15 MINUTES



THE GAME:

Set up three teams of four players each. Red Team plays Blue Team while the Purple Team plays as a neutral team for the attacking team. The Purple team stays in the gray zone. Neutral players are allowed to cross the ball in and move along the zone to support the attacking team.

If you have GKS have them in goal.

FIELD SIZE:

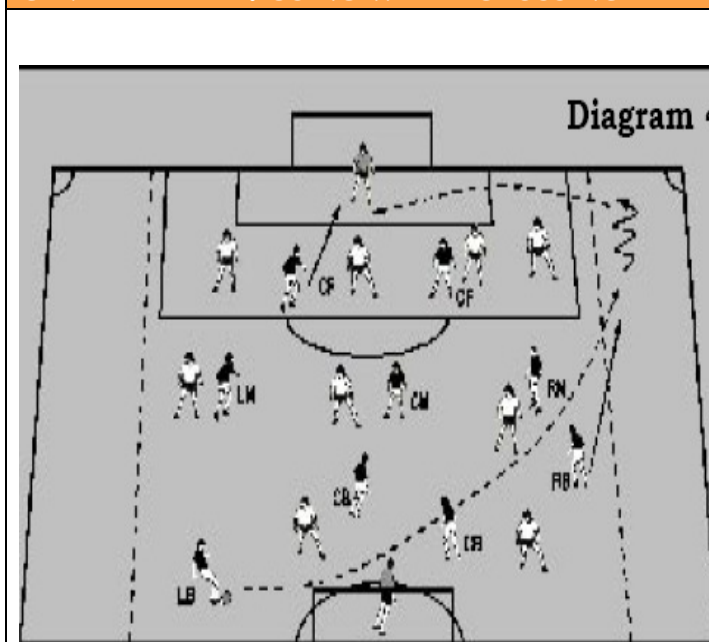
36m long by 25m wide with two goals on each end of the grid. A good supply of balls inside both goals is also needed. Each of the grey zones is 5m in width.

COACHING POINTS:

- Maintain possession
• Early shot
• After turn over, pressure right away and play away from pressure quickly

GAME RELATED: USING WIDE - CROSSING 8 v 8

TIME: 20 MINUTES



FIELD: half a full pitch. 'Free Crossing Zone' 7m wide.

ORGANIZATION:

Organize two equal teams with GKS. Team A GK-4-2-1; Team B GK-3-3-1. Only one player in the attacking team can enter the 'Free Crossing Zone' when the ball is played in the area. The player in the 'Free Crossing Zone' can use as many touches to get a cross in. Goals can only be scored from a cross.

PROGRESSION:

- Restrict player in the 'Free Crossing Zone' to two touches.
• One defender can enter the 'Free Crossing Zone' to defend the attacking player.
• Two attacking players can enter the 'Free Crossing Zone' making 2 v 1, looking for an overlap, wall pass or lay back.
• Remove the 'Free Crossing Zone' and have free play.

COACHING POINTS:

- Encourage players to play passes wide when the opportunity arises.
• Encourage players to overlap in the free zone.
• Encourage attacking team to switch the play.

KEY

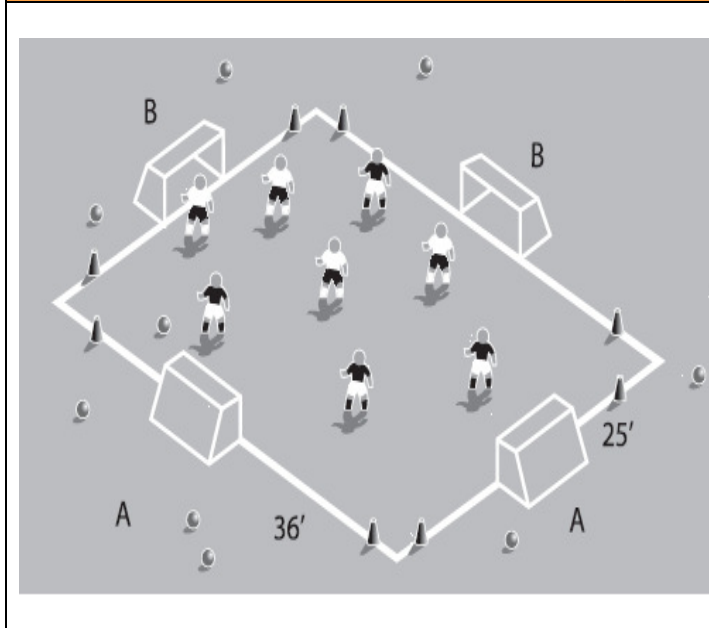
Table with 3 columns: Movement of the ball (solid arrow), Movement of the player without the ball (dashed arrow), Player dribbling with the ball (wavy arrow).





UNDER 14-18	SESSION 7	TOPIC: DEFENDING 1	TIME: 1.5 HOURS	
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WARM - UP: FOUR CORNER GOALS	TIME: 15 MINUTES
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THE GAME:
 This game is used for U-10s to get them used to looking both ways.

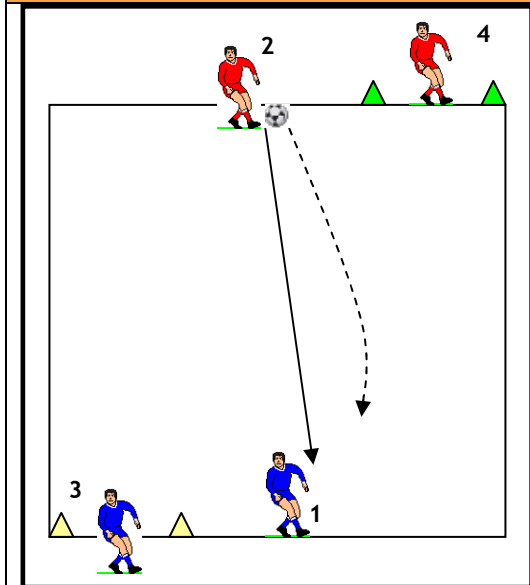
Set up the field by dividing players into two teams of four players each. Both Teams defend and attack two goals. The object of the game is to score on two small opposite goals. The team that scores more goals wins. The White team scores in the opposite goals (A & B) while defending other goals (A & B). When the ball goes out of play, restart it with the player dribbling in.

FIELD SIZE: 25m x 25m.

COACHING POINTS:

- Keep possession of the ball
- Pass the ball when there is an option
- Looking both ways
- Playing the ball back then forward

TECHNIQUE: 1 v 1 DEFENDING	TIME: 20 MINUTES
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FIELD:
 12m long and 10m wide and 2m wide for the goals.

ACTIVITY:
 Divide players in groups of 4 and pair them up in each group. Have one player from each pair stand behind the goal and the other player facing each other at the end of the grid. Player 2 passes the ball to Player 1. The moment Player 1 receives the ball, Player 2 closes Player 1 down and tries and stop Player 1 from scoring. If Player 2 intercepts the ball then Player 2 tries and score which Player 1 tries and defend.

COACHING POINTS:

- Defender closes the attacker as quick as possible
- Defender slows the attacker down
- Defender makes a curve run to channel the attacker away from the goal
- Defender stays patient till there is an opportunity to win the ball

PROGRESSION:

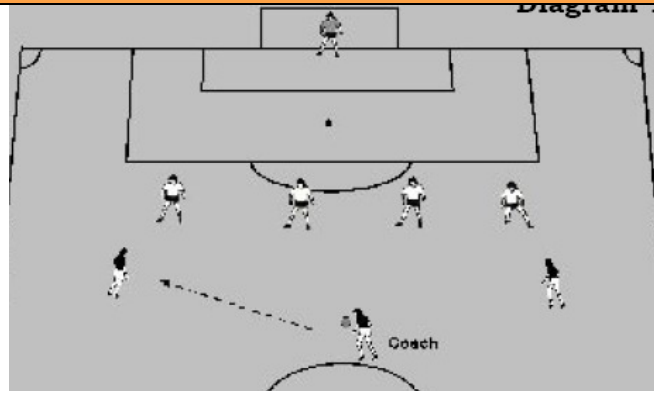
- Player 3 and 4 counts to 5 and joins in the game. Defending team work as a pair to try and win the ball and score.





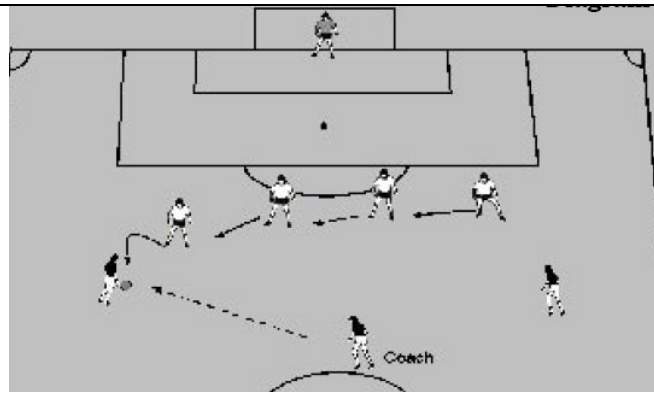
FUNCTIONAL: COACHING THE BACK 4

TIME: 20 MINUTES



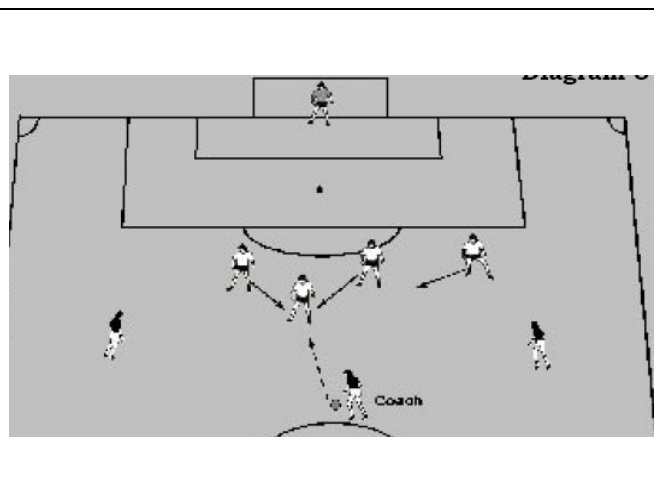
Organization

Play 3 v 4 plus a goalkeeper for the defending team. The coach acts as the middle player of the attacking triangle whose role is to circulate the ball from wide to middle to wide again. During this time the back four players adjust positions to counter the threat from a wide player or one from the coach in a central position.



Playing The Ball Wide

When the ball was played into a wide position, the nearest outside defender would challenge the player by closing him down quickly and forcing him infield into the covering defender (center back/stopper) who takes a very close supporting position. The other center back slides over to cover him, as does the opposite outside defender.



Pressure From The Center

When the attacking challenge came from a central player, one of the center backs stepped up to challenge with the other center back and the closest outside defender forming a “positive triangle”. The other player was instructed to hold in a line with the last center back and not to drop off deeper. As the defense was challenging near the edge of the penalty area, it was the goalkeeper’s duty to intercept any through balls. (The defensive line was formed and held about two yards in front of the penalty area.

Coaching Points

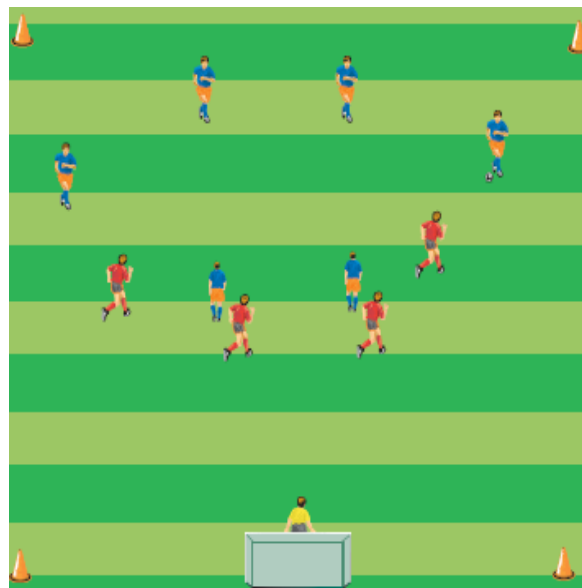
- The quickness of the center backs to come and challenge an attack from the middle
- The communication by that center back with the other center back as to who would step up and who would drop off





GAME RELATED: COACHING THE BACK 4

TIME: 20 MINUTES



Objective:
Training the back four functionally.

Organization:
 6 vs. 4 to goal playing inside the width of the 6-yard box.

Set-up:

- 6 Attackers (4 midfielders and 2 forwards) attack the large goal. The back four and a GK defend the large goal and counter to wide gates at midfield.
- Attackers get 1 point for a goal. Defenders get 1 point for every 3 clearances through a wide gate.

Training:

- Defenders must organize to prevent penetration behind them, establishing good pressure and covering shape as the ball moves.
- The defense must shift, step and drop together, so that the backs do not get pulled apart. The backs should always be within 6 – 10 yards of the back next to them.
- The defense must hold the line when possible to use off-sides to limit attacking runs behind them.
- Progression: You can add a defensive midfielder and another attacking player to increase complexity in a 7 vs. 5.

8 v 8 (INCLUDE GKs) SRIMMAGE GAME

TIME: 15 MINUTES

Let the players play but rein-force what has learn.

KEY

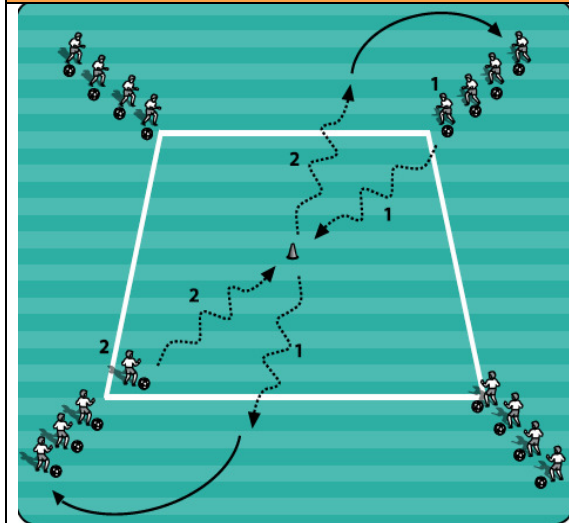
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 14-18	SESSION 8	TOPIC: SWITCHING & CROSSING 1	TIME: 1.5 HOURS	
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WARM UP **TIME: 15 MINUTES**



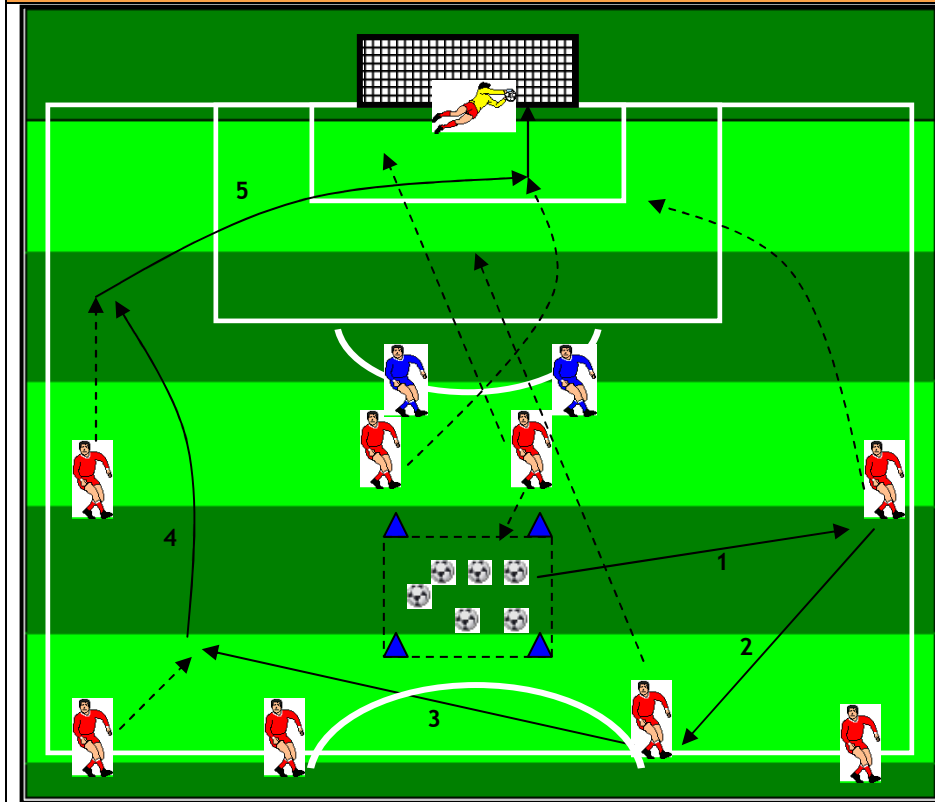
ORGANIZATION:

Players from opposite corners dribble toward a central cone and perform a scissors move, dribble passed the cone and join the opposite line. The exercise continues with players from the other lines.

PROGRESSION:

- Dribble to the cone pass the ball to the opposite side.
- Dribble to the cone turn and pass the ball back to his/her line.
- Dribble to the cone and pass anti-clockwise; clockwise; follow the pass.

TECHNIQUE: SWITCHING, CROSSING & FINISHING - PART 1 **TIME: 15 MINUTES**



ORGANIZATION:

Organize players in positions:
Red Team - 2 Fullbacks (RB & LB), 2 Centre Midfielders (RCM & LCM), 2 Wingers (RW & LW) and 2 Strikers (ST1 & ST2). Blue Team - 2 Centrebacks, 1 GK.

ACTIVITY:

ST1 starts with collecting a ball from the middle and passing out to the RW (1). The RW passes (2) to RCM who switches the play with a pass (3) into space for the LB to run onto. The LB now passes the ball into space (4) for the LW to run onto and cross the ball (5) into the penalty box. The 2 CB's (blue team) shadow the ST's and once in the box challenge for the ball. Repeat the sequence on the left.

RUNS INTO THE BOX:

ST1 further away the crosser (LW) make a near post run; ST2 makes the far post run; The RCM makes a run to the top of the box; RW makes a run back post as a 3rd striker.

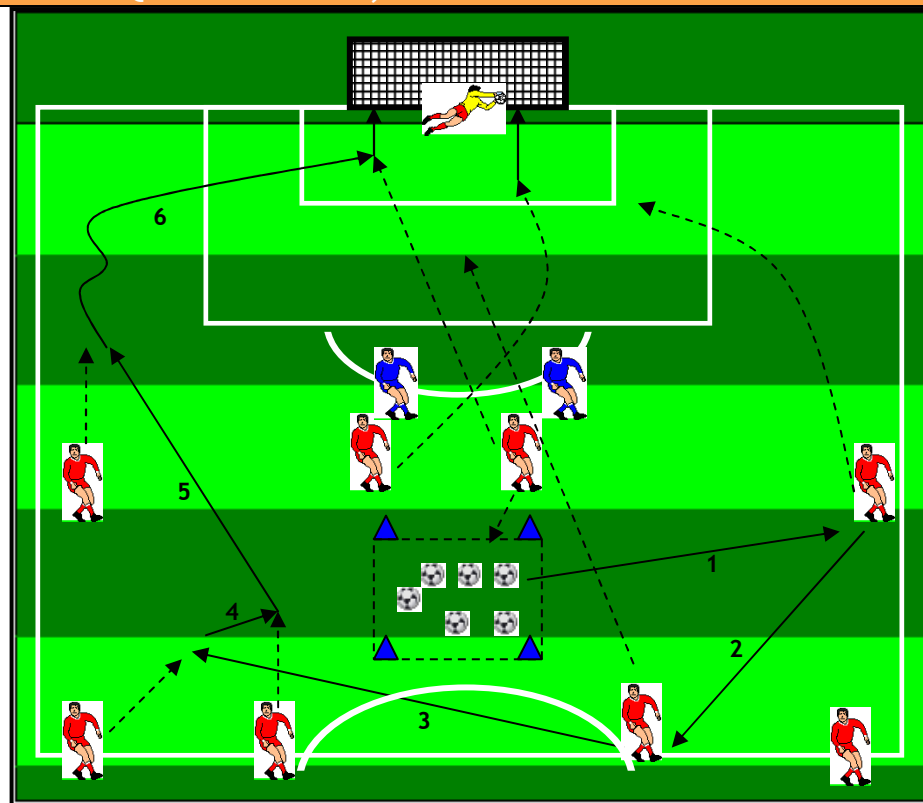
FIELD: Use half the field.





TECHNIQUE: SWITCHING, CROSSING & FINISHING - PART 2

TIME: 15 MINUTES



ACTIVITY:

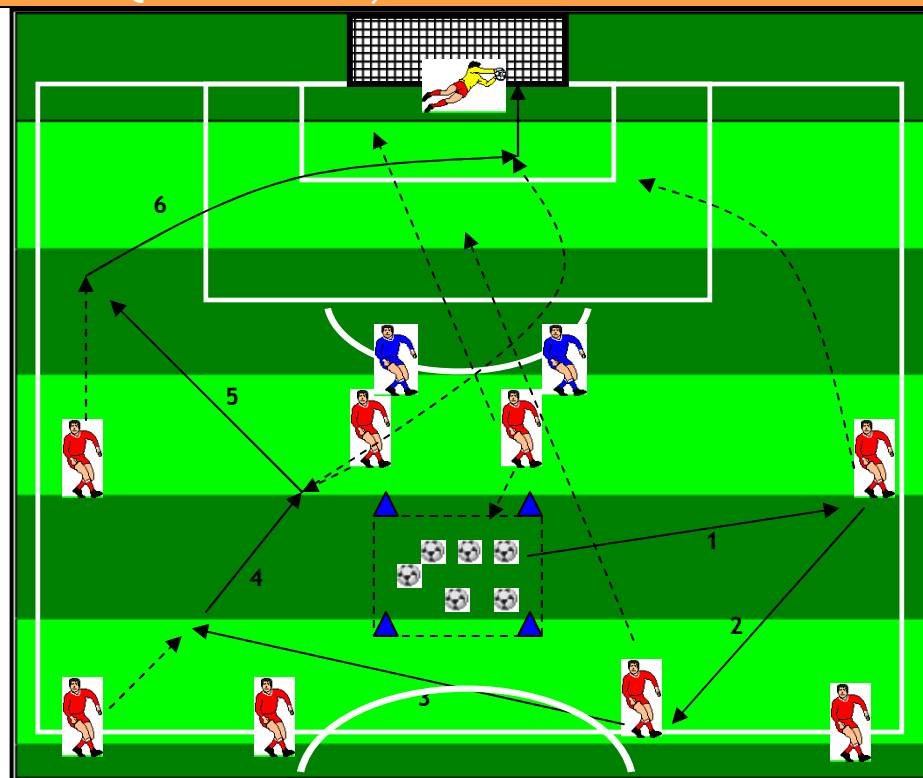
ST1 starts with collecting a ball from the middle and passing out to the RW (1). The RW passes (2) to RCM who switches the play with a pass (3) into space for the LB to run onto. The LB now passes the ball (4) for the LCM to run onto who passes (5) into space for the LW to run onto. The LW now crosses the ball (6) into the penalty box. The 2 CB's (blue team) shadow the ST's and once in the box challenge for the ball. Repeat the sequence on the left.

RUNS INTO THE BOX:

ST1 further away the crosser (LW) make a near post run; ST2 makes the far post run; The RCM makes a run to the top of the box; RW makes a run back post as a 3rd striker.

TECHNIQUE: SWITCHING, CROSSING & FINISHING - PART 3

TIME: 15 MINUTES



ACTIVITY:

ST1 starts with collecting a ball from the middle and passing out to the RW (1). The RW passes (2) to RCM who switches the play with a pass (3) into space for the LB to run onto. The LB now passes the ball (4) for the ST2 who moves towards in to receive the pass. The ST1 passes (5) into space for the LW to run onto. The LW now crosses the ball (6) into the penalty box. The 2 CB's (blue team) shadow the ST's and once in the box challenge for the ball. Repeat the sequence on the left.

RUNS INTO THE BOX:

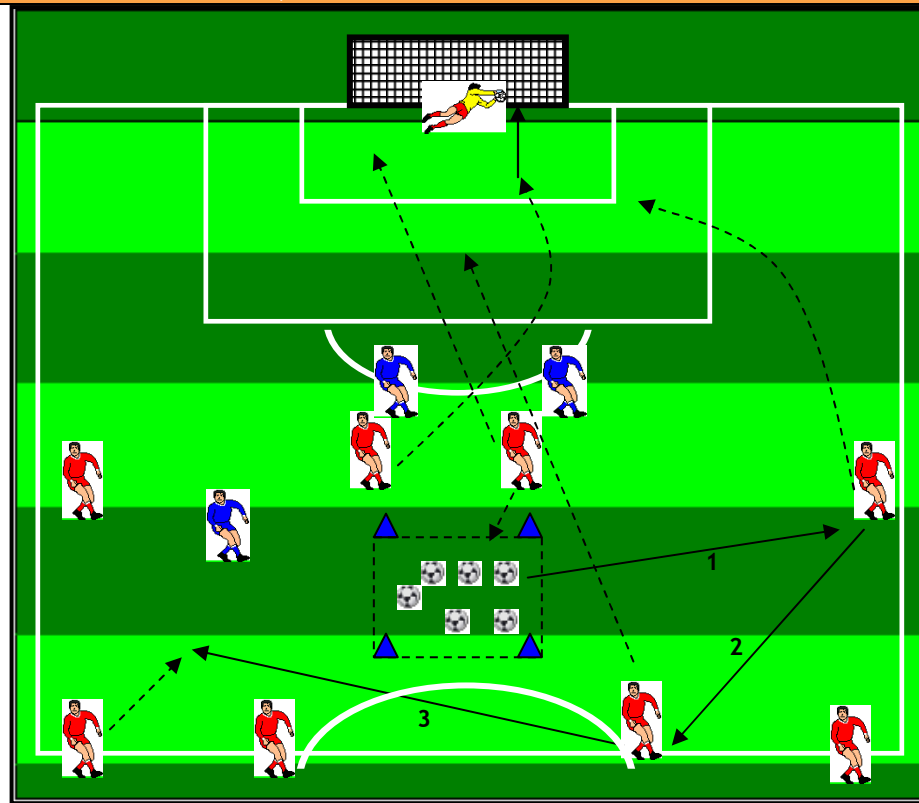
ST1 further away the crosser (LW) make a near post run; ST2 makes the far post run; The RCM makes a run to the top of the box; RW makes a run back post as a 3rd striker.





SKILL: SWITCHING, CROSSING & FINISHING

TIME: 15 MINUTES



ORGANIZATION:

As per previous set-up however add another 2 Blue player as defenders (RW & LW).

ACTIVITY:

ST1 starts with collecting a ball from the middle and passing out to the RW (1). The RW passes (2) to RCM who switches the play with a pass (3) into space for the LB to run onto. Once the LB receives the ball, the Blue RW becomes active to try and challenge/intercept the play. Encourage the Red team to create what they learnt before.

Repeat the sequence starting on the left.

GAME RELATED: 8 v 5 + GK - SWITCHING, CROSSING, & FINISHING

TIME: 20 MINUTES



ORGANIZATION:

Organize two teams - 8 v 5 + GK. Mark out the "Crossing Free-Zone" about 7m from the by-line.

Only two Red players are allowed in the Free-Zone at any one time. No defenders are allowed in the zone. However the Red players in the Free-Zone have only two touches. When the Blue team wins the ball, they have maximum of five passes to score in one of the two small goals on halfway.

PROGRESSIONS:

- Allow one defender into the "Free-Zone".
- Reduce the Red players in the Free-Zone to one touch.
- Remove the Free-Zone.





8 v 8 (INCLUDE GKs) SRIMMAGE GAME **TIME: 10 MINUTES**
Let the players play but rein-force what has learn.

COACHING POINTS

- Quality of passing
- Body shape when receiving the ball
- Knowing when to pass into space and when to pass into feet
- Quality delivery of crosses
- Crossing into target areas for players to run onto
- Timing of runs of all players into the penalty box
- Making the appropriate runs into the box
- Communication - calling for the ball

KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 14-18	SESSION 9	TOPIC: BALL CONTROL & CREATING SPACE	TIME: 1.5 HOUR	
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KEY		
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

KEY INFORMATION

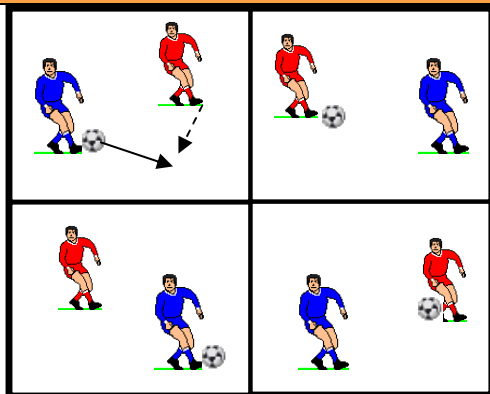
Ball Control & Creating Space

Objective: Receiving a moving ball and bringing it under control while encountering opposition.

Key Factors:

1. Get in line with the ball.
2. Select the controlling surface.
3. Wedge or cushion to control the ball.
4. **Moving into space to receive a pass.**

WARM - UP: PASSING INTO SPACE AND CONTROL TIME: 15 MINUTES



FIELD: 10m x 10m per grid.

ACTIVITY:

Pair players up with a ball in each grid. Players run/dribble the ball and pass into space for partner to run onto. Receiver controls the ball, then dribble/run with the ball before passing the ball into space for his/her partner.

PROGRESSION:

- On the Coach's command, the players without the ball move to another grid.
- On the Coach's command, the players with the ball move into another grid with the ball.
- On the Coach's command the player with the ball pass the ball to player without a ball from another grid.

COACHING POINTS:

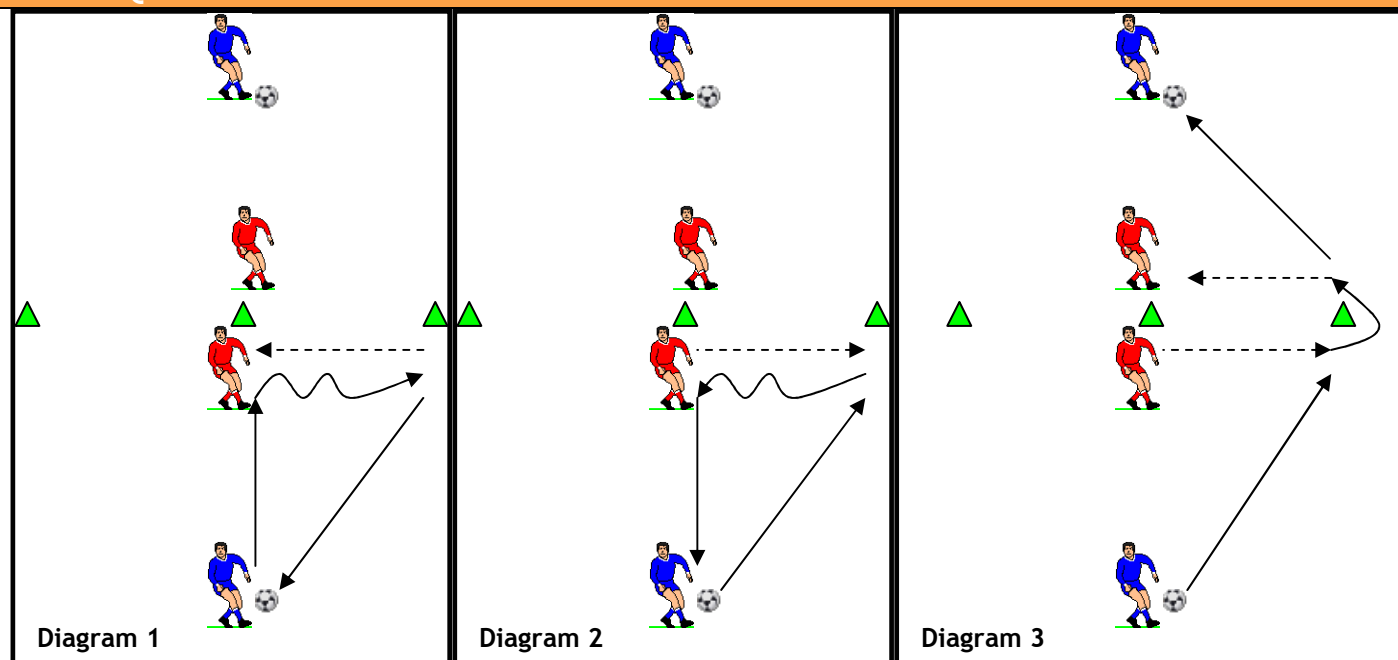
- Cushion the ball when controlling (use inside foot).
- Look for the first touch into space.





TECHNIQUE: CONTROL AND CREATING SPACE

TIME: 20 MINUTES



ORGANIZATION:

Divide players in groups of 4. Place two players at either end (Blue Players) with a ball each and two players in the middle (Red Players). Rotate players around after 2 minutes.

ACTIVITY:

Diagram 1 (Ball Control): Blue player passes the ball to the Red player who takes a first touch to control the ball and run/dribble the ball to the end cone and passes it back to the Blue player. After the pass, the Red player returns back to the middle cone and perform the same sequence again but this time to the opposite cone.

PROGRESSION:

- **Diagram 2 (Passing and Receiving in Space):** Blue player passes the ball to one of the end cones for the Red player to run onto. The Red player controls the ball and dribbles the ball back to the middle and passes the ball back to the Blue player.
- **Diagram 3 (Receiving into Space and Attacking the Space):** Blue player passes the ball to one of the end cones for the Red player to run onto. Red player takes a touch to open up into space and accelerates around the cone and passes it to the opposite Blue player. After the pass, the Red player moves into the middle and repeat the sequence.

COACHING POINTS:

- Good first touch to control the ball by cushion the ball with the inside of the foot.
- Accelerate away after taking the 1st touch.
- Timing of the run to receive the pass in space.
- Communication - Red player calls for the ball to be passed into spaced from the Blue player first before the ball is passed.

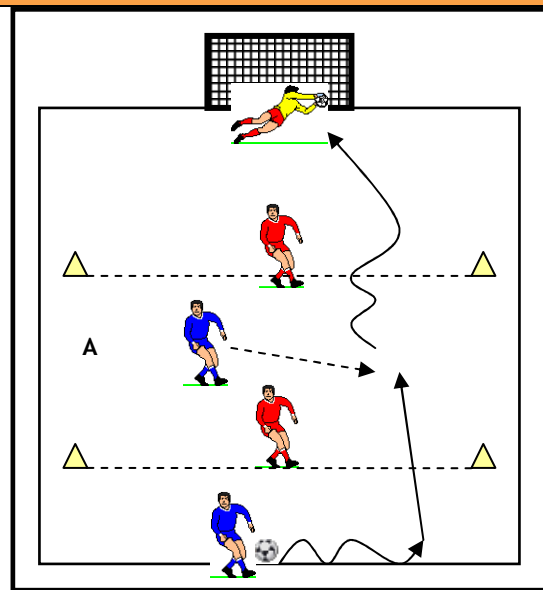
FIELD: From the middle cone to the Blue player 10m. Distance between each cone 10m.





SKILL: 2 v 1 v 1 AND FINISHING

TIME: 20 MINUTES



ORGANIZATION:

Divide players in groups of 5, two defenders, two attackers and one GK. The Blue player with the ball, dribbles/runs with the ball across the end line for an opportunity to pass the ball into space to the other Blue player in Zone A. The 1st Red defender moves along the line to cut out a passing option. Once the Blue player in Zone A receives the ball s/he attempts to dribble pass the 2nd defender who can only defend along the line and shoot at goal. Rotate all players after 3 minutes.

PROGRESSION:

- The Blue player who made the pass into Zone A, joins in the attack making it 2 v 1.

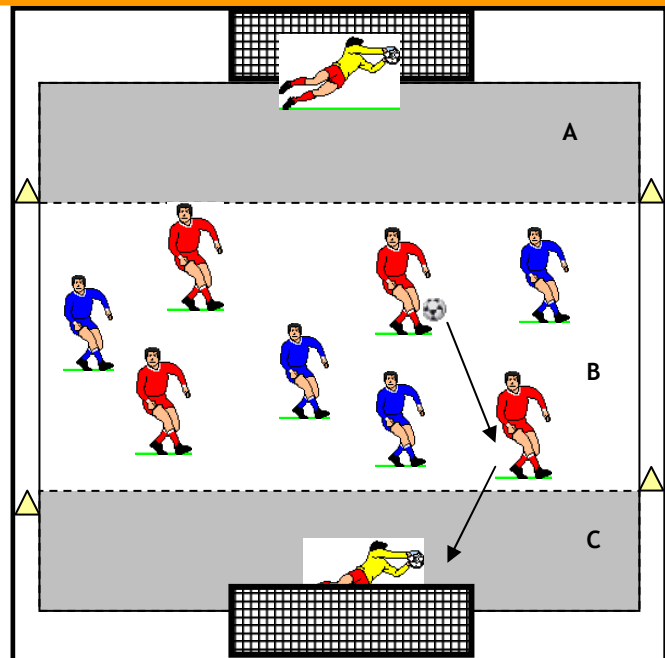
COACHING POINTS:

- Timing off runs into space to receive the pass.
- Communications.
- Attacker to play behind or off the shoulder of the defender (out of the defender's view).

FIELD: Distance between the two lines 15m and length of lines 15m. Distance from each line to goal and starting point 10m.

GAME RELATED: 4 v 4 ATTACKING FREE ZONE & FINISHING GAME

TIME: 20 MINUTES



THE GAME:

Divide players in teams of 4 or 5. Play 5 v 5 or 4 v 4 game with GKs. All players are in Zone B. Only one attacker is allowed into the "Free Zone" to receive a pass from Zone B and have a shot at goal. Whenever the GK has the ball to start the play, then only one player from the defending team is allowed in the area to receive the ball from the GK and to either pass or dribble the ball into Zone B. Objective of the game is for teams to play 5 v 5 or 4 v 4 in zone B and look for an opportunity pass into the 'Free Zone' for the an attacker to run onto and shoot at goal.

PROGRESSION:

- Must make at least 3 passes before passing into 'Free Zone'.
- Limit players to 3 touches; 2 touches.
- Remove 'Free Zone' and allow normal play.

COACHING POINTS:

- Learn to keeping possession.
- Look to pass into space.
- Weigh the pass when playing into the 'Free Zone'.
- Attackers to play off the shoulder out of the view of the defenders.

FIELD SIZE:

25m long by 30m wide with goals on each end of the grid. A good supply of balls by both goals. Each of the grey zones are 10m long.

8 v 8 (INCLUDE GKs) SRIMMAGE GAME

TIME: 15 MINUTES

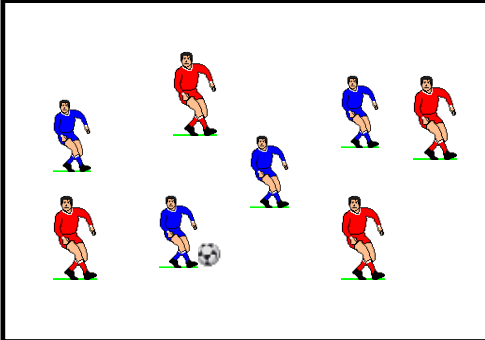
Let the players play but rein-force what has learn.





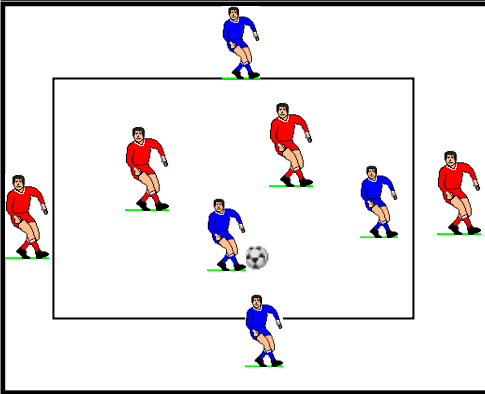
UNDER 14-18	SESSION 10	TOPIC: POSSESSION 2	TIME: 1.5 HOURS	
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WARM-UP: 4 v 4 VARIATIONS **TIME: 20 MINUTES**



ACTIVITY 1:

Organize two teams of 4 players playing 4 v 4. Teams keep possession by passing, dribbling, running with the ball. Teams get 1 point by making five consecutive passes without interception.



ACTIVITY 2:

Organize two teams of 4 players playing 2 + 2 v 2+ 2. Play 2 v 2 with the 2 other players from each team on the outside of the grid. Team with the ball keep possession and can only pass to players from their own team.

PROGRESSIONS:

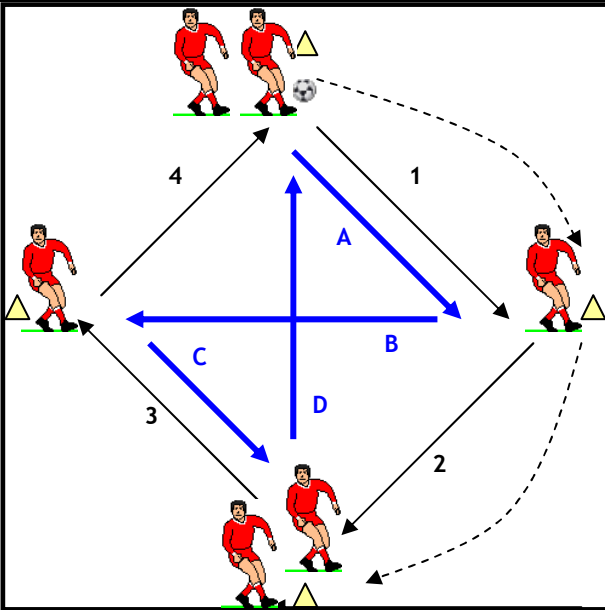
Start with players having unlimited touches then progress to 2-touches and then 1-touch. Play for 10 minutes.

COACHING POINTS:

- Decision making when passing the ball
- Space awareness and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

FIELD: 20m x 20m grid (Activity 1); 15m x 10m grid (Activity 2).

TECHNIQUE WORK: PASSING IN A GRID **TIME: 20 MINUTES**



ACTIVITY:

Divide players in groups of 6 with 1 ball per group. Have players stand as shown in the diagram. Passing sequence player with the ball passes to the next player in the diamond grid clock wise 1, 2, 3, 4. Each player takes a touch first before passing and follows his/her pass to the next cone.

PROGRESSION:

- Change direction of the pass anti-clockwise.
- Passing sequence A, B, C, D. Players follow their passes.
- Add a second ball.

FIELD: 10m x 10m grid. You can have two or three grids going at one time, depending on number of players.

PASSING TECHNIQUES:

- Use the inside of the foot pass.
- Pass the ball in front of the receiving player.
- Pass the ball with the right weight.

RECEIVING TECHNIQUES:

- Use the further's foot to receive the ball.
- Keep eye on the ball and make the receiving part of the foot like a cushion.

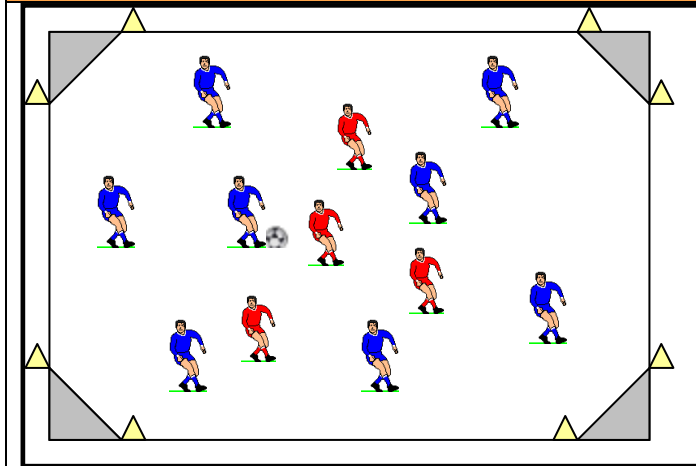
COACHING POINTS:

- Be aware of where the ball is coming from.
- Call for the ball - communication.
- Be light on the feet.





SKILL WORK: 8 v 4 POSSESSION GAME **TIME: 15 MINUTES**



FIELD:
25m x 25m grid. Distance between cones 2m or 3m depending on ability of players.

ACTIVITY:

Organize your players in a 8 v 4; 9 v 5; The Blue team starts with the ball. The objective of the game is for the Blue team to keep possession of the ball while the Red team tries and win the ball and shoot at one of the four corner zones. Every time the Blue team makes 10 passes without losing possession they receive 1 point. Every time the Red team scores they receive 1 point. Keep scores. Rotate players every 2 - 3 minutes.

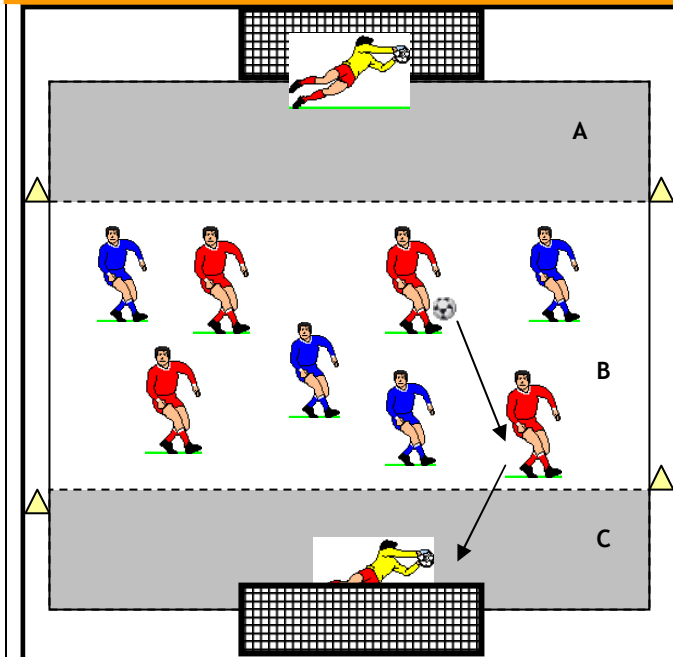
PROGRESSIONS:

- Limit the Blue team to 3 touches; 2 touches.

COACHING POINTS:

- Movement of players to support the player with the ball
- Red team work together to win the ball and quickly try and score.

GAME RELATED: 4 v 4 NO GO ZONE POSSESSION & SHOOTING GAME **TIME: 20 MINUTES**



THE GAME:

Divide players in teams of 4. Play 4 v 4 game. All players are in Zone B. No player are allowed into the "Free Zone" except when the GK has the ball to start the play, then only one player from the Attacking team is allowed in the area to either pass or dribble the ball into Zone B. Objective of the game is for teams to play 4 v 4 in zone B and shoot on goal from within zone B.

PROGRESSION:

- Must make at least 3 passes before shooting at goal.
- Limit players to 3 touches; 2 touches.

FIELD SIZE:

25m long by 20m wide with goals on each end of the grid. A good supply of balls by both goals. Each of the grey zones are 5m long.

COACHING POINTS:

- Learn to keeping possession
- Shooting from distance using the laces.

7 v 7 (INCLUDE GKs) SRIMMAGE GAME **TIME: 15 MINUTES**

Let the players play but rein-force what has learnt.

KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball



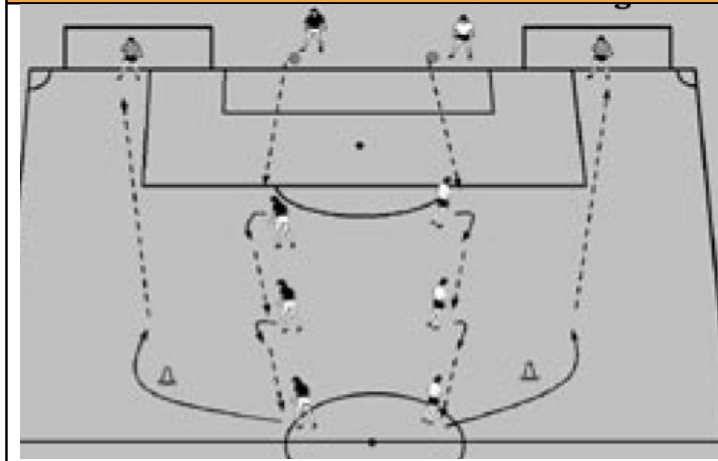


TOPIC: SHOOTING TECHNICAL AND TACTICAL

KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

PASSING AND SHOOTING TIME: 20 MINUTES NO.1

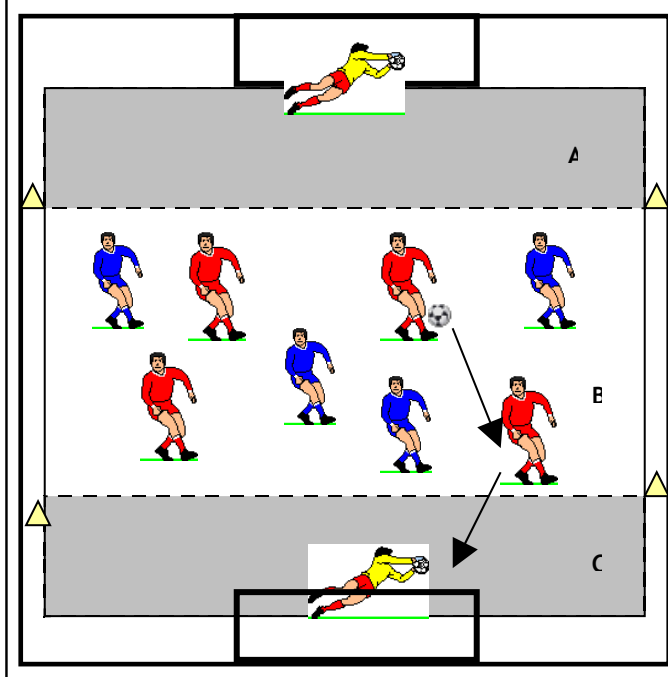


ORGANIZATION:
 Three players pass and turn to the fourth player who then takes the ball around the cone and shoots. Players move up one position with the shooter moving to the start position. The dark team use their left foot, the white team, their right.

Progression

- Incorporate some 'give-and-go's between the third and fourth player
- Shooting players shoot at the opposite goal
- Introduce a defender
- 2 v 2 situation following the passing sequence

GAME RELATED: 4 v 4 NO GO ZONE SHOOTING GAME TIME: 20 MINUTES NO.2



THE GAME:
 Divide players in teams of 4. Play 4 v 4 game. All players are in Zone B. No player are allowed into the "Free Zone" except when the GK has the ball to start the play, then only one player from the Attacking team is allowed in the area to either pass or dribble the ball into Zone B. Objective of the game is for teams to play 4 v 4 in zone B and shoot on goal from within zone B.

PROGRESSION:

- Must make at least 3 passes before shooting at goal.
- Limit players to 3 touches; 2 touches.

FIELD SIZE:
 25m long by 20m wide with goals on each end of the grid. A good supply of balls by both goals. Each of the grey zones are 5m long.

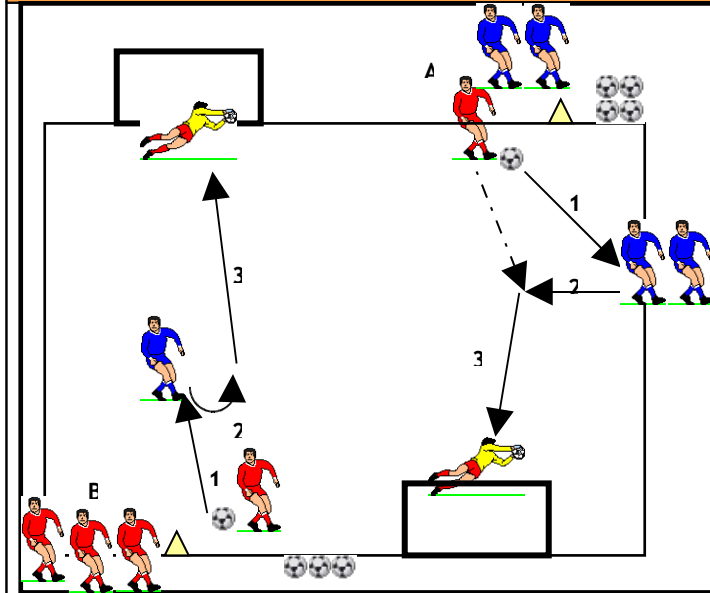
COACHING POINTS:

- Learn to keeping possession
- Shooting from distance using the laces.





SHOOTING AT GOAL **TIME: 20 MINUTES** **NO.3**



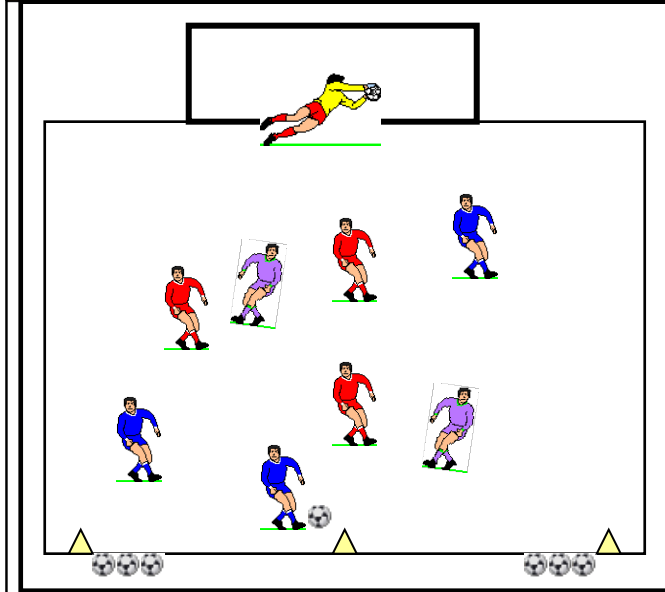
FIELD:
20m distance from goal and start point.

ACTIVITY:
Organize players evenly in two groups. Have one goal at the corner of end of the grid and another on the opposite end (as shown in the diagram).

- SHOOTING EXERCISES:**
- A) Red player passes the ball (1) to a Blue player who lays (sets) the ball (2) back for the Red player who shoots at goal (3). After the shot, the Blue player collects the ball and join group B. Red player now takes Blue player's position.
 - B) Red player passes ball to Blue player (1) who turns with the ball (2) and shoots at goal (3). After the shot, Red player collects the ball and going group A. Blue player now takes Red player's position.

- COACHING POINTS:**
- Use the inside of the foot
 - Use the laces (top of the foot)
 - Keep head down and eyes on the ball when shooting

GAME RELATED: 3 v 3 + 2 NUETRAL PLAYERS **TIME: 20 MINUTES** **NO.4**



ACTIVITY:
Divided teams in groups of 4's. Play 3 v 3 with the extra players from each team plays as a neutral players. The 2 neutral players play for the team that has the ball however they cannot shoot at goal. When the defending team intercepts the ball, the team becomes the attacking team. Change the neutral players every 3 minutes.

- PROGRESSIONS:**
- Team in possession of the ball make 3 passes before they can shoot

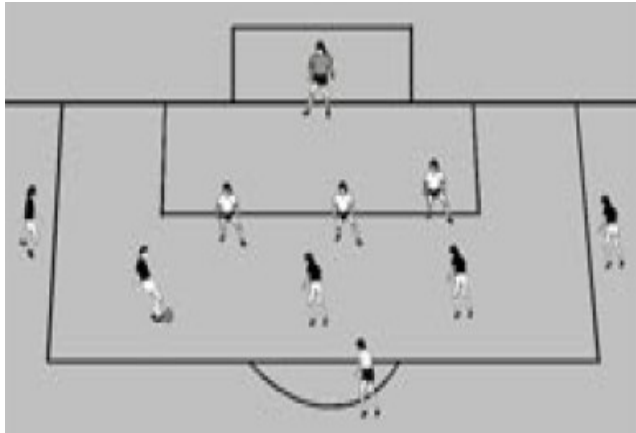
- COACHING POINTS:**
- Encourage the player with the ball to exploit space
 - Shoot as often as possible
 - Follow up the shots from any rebounds

FIELD:
25m length x 20m wide.





TACTICAL: POSSESSION AND QUICK SHOOTING **TIME: 20 MINUTES** **NO.5**



THE GAME:

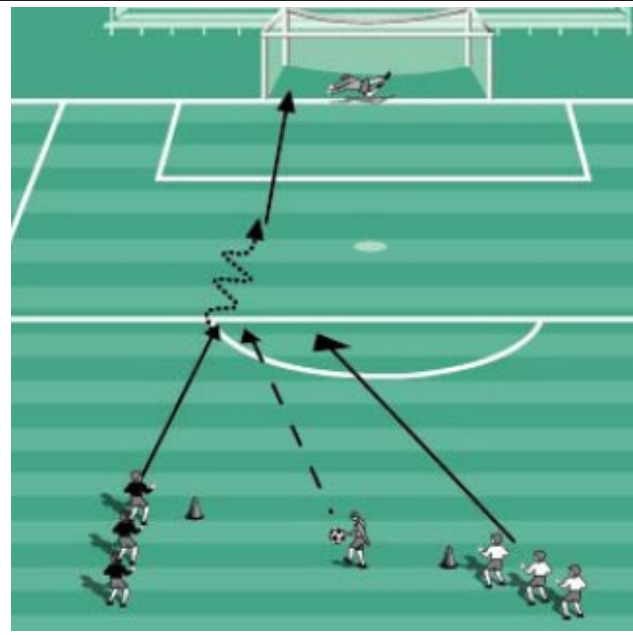
Using the penalty area, three players and a goalkeeper defend the goal from a three-man attack. Three free players, all playing one-touch, are placed around the outside of the area. When defenders have possession of the ball, they play keepaway with the goalkeeper against the three attackers. When the attackers gain possession, they must look to score as quickly as possible, having the facility to use the free players if they so wish.

FIELD SIZE: Penalty box.

PROGRESSION:

Players on the outside can exchange positions with those on the inside, but cannot join without a player on the inside covering their position.

SKILL: 1 V 1 ANAEROBIC AND PHYSICAL **TIME: 20 MINUTES** **NO.6**



ORGANIZATION:

Divide players in two lines. Line both teams next to each other about 10m outside the penalty box with the coach in between the two lines. Coach's plays the ball between the teams. Player from each team try and challenge each other to get a shot at goal.

Coaching Points

- i. Chasing Player – Really try to stop him scoring
- ii. GK – if the forward pushes it out to far – come and smother it
- iii. If you don't score – make the keeper make a save





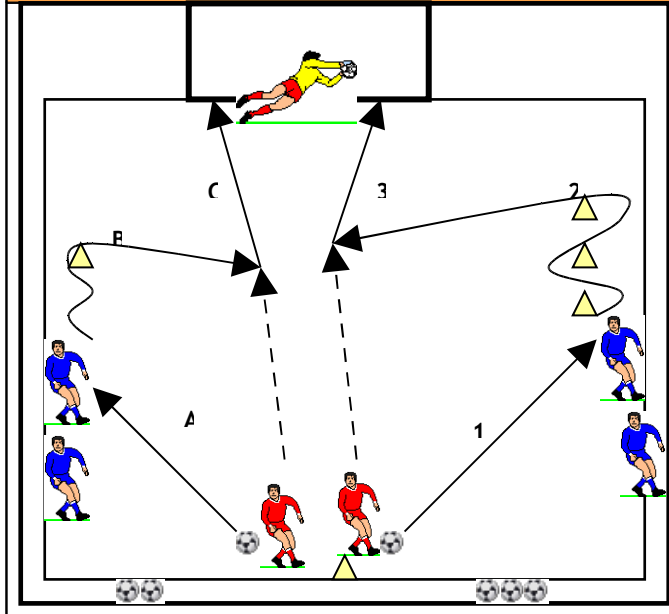
SHOOTING AT GOAL	TIME: 20 MINUTES	NO.7
	<p>ACTIVITY: Organize players evenly in two groups. Have one goal at the corner of end of the grid and another on the opposite end (as shown in the diagram).</p> <p>SHOOTING EXERCISES:</p> <ul style="list-style-type: none"> • Red Player dribbles through the cones and shoot at goal and then join the Blue line. • Blue Player run with the ball go round the cones and shoot at the end and then join the Red line. <p>COACHING POINTS:</p> <ul style="list-style-type: none"> • Use the inside of the foot • Use the laces (top of the foot) • Keep head down and eyes on the ball when shooting • Place shots at the corners of the goal <p>FIELD: 20m distance from goal and start point.</p>	

GAME RELATED: 4 v 4 + GK GAME	TIME: 20 MINUTES	NO.8
	<p>ACTIVITY: Divide players in teams of 4's. Play a 4 v 4 + GK. Have one team attacking the GK and the other team scoring at the opposite end where there are two small goals. Have two games going at the same time. After 3 minutes change the teams around and make sure every team gets to shoot at the GK.</p> <p>COACHING POINTS:</p> <ul style="list-style-type: none"> • Encourage the player with the ball to exploit space • Shoot as often as possible • Follow up the shots from any rebounds <p>FIELD: 25m length x 20m wide.</p>	





SKILL WORK - CROSSING & FINISHING **TIME: 20 MINUTES** **NO.9**



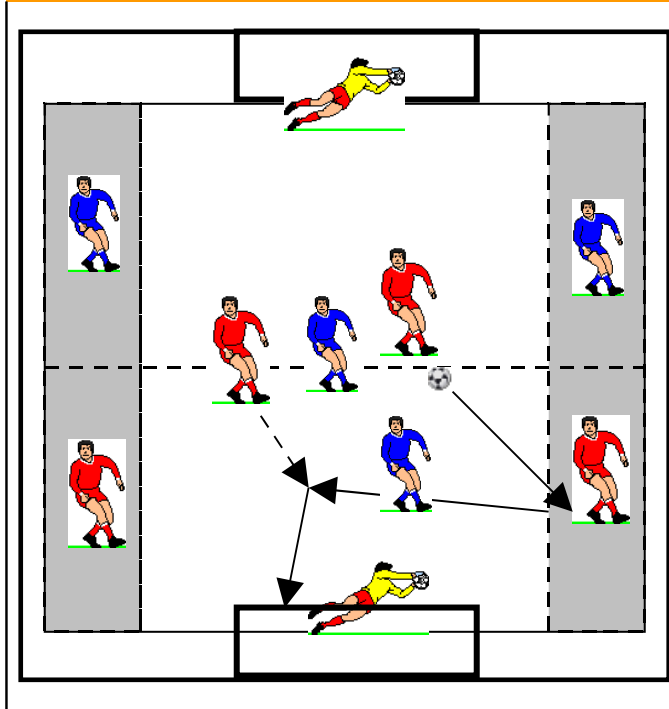
ACTIVITY:
 Divide players in 3 groups.
 i) Red Player passes to Blue Player (1) who dribbles thru the cones and crosses the ball (2) to the incoming Red Player who finishes with a shot on goal (3). Players rotate after every move.
 ii) Red Player passes to Blue Player (A) who runs with the ball down the line and crosses the ball (B) to the incoming Red Player who finishes with a shot at goal (C). Players rotate after every move.

COACHING POINTS:

- Timing of the run from the Red Player
- Good cross from the Blue Player into the path of the Red Player away from the GK.

FIELD: Coach's discretion. From the middle to the wide players 12m - 15m (depending on players ability).

GAME RELATED: 2 v 2 + 4 WINGERS - CROSSING GAME **TIME: 20 MINUTES** **NO.10**



THE GAME:
 Set up three teams of four players each. Red Team plays Blue Team 2 v 2 + 2 wingers each per team. Wingers for each team are in the attacking half of the field and in the free designated zones. Teams only can score from a cross. Rotate the players every 3 minutes.
 If you have GK's have them in goal.

PROGRESSION:

- Limit the wingers to 2 touch
- Limit the wingers to 1 touch

FIELD SIZE:
 20m long by 25m wide with two goals on each end of the grid. A good supply of balls inside both goals is also needed. Each of the grey zones are 5m in width.

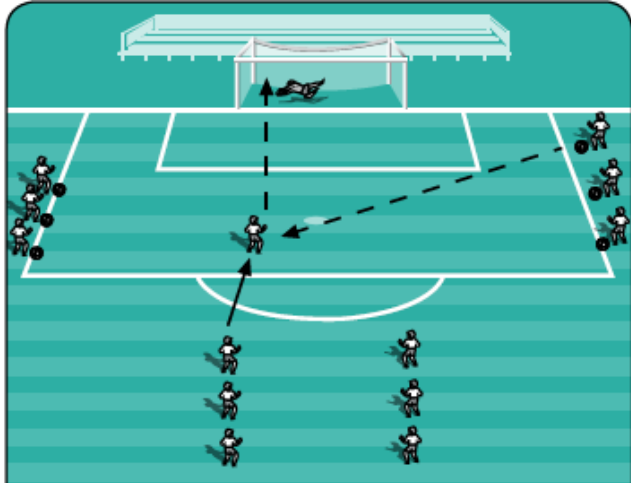
COACHING POINTS:

- Get the ball wide as quickly as possible
- Communication - call for the ball from the wingers





TECHNICAL: CROSSING AND FINISHING TIME: 20 MINUTES NO.11



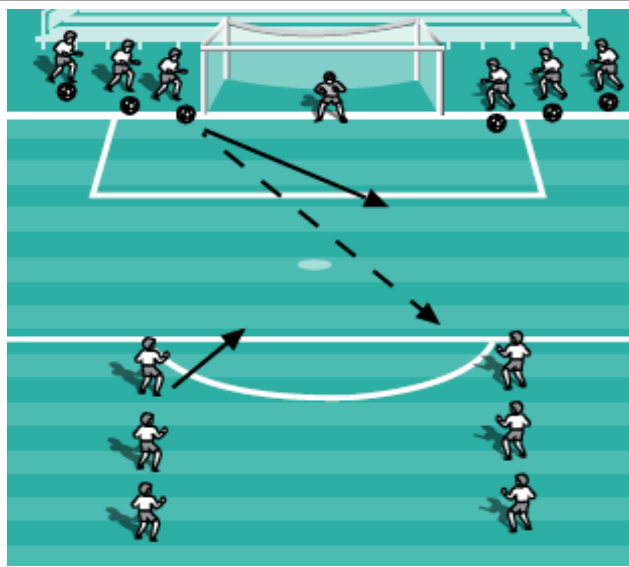
Coaching Points

- Keep crosses on the floor
- Finish with the nearest foot to the cross
- Hard, low shots
- Shooters switch lines after each shot
- Crossers stay on their side

ORGANIZATION:

The players are organized by position. The outside players serve the crosses and the central players take turns finishing the crosses.

SKILL: 2 V 1 FINISHING TIME: 20 MINUTES NO.12



ORGANIZATION:

There are two lines of defenders, one on each side of the goal, and two lines of attackers at the edge of the penalty area. One defender passes a ball to one of the two forwards and moves to close down the ball. The attacker that receives the pass from the defender has two touches to play the ball. After that, everything is played one touch.

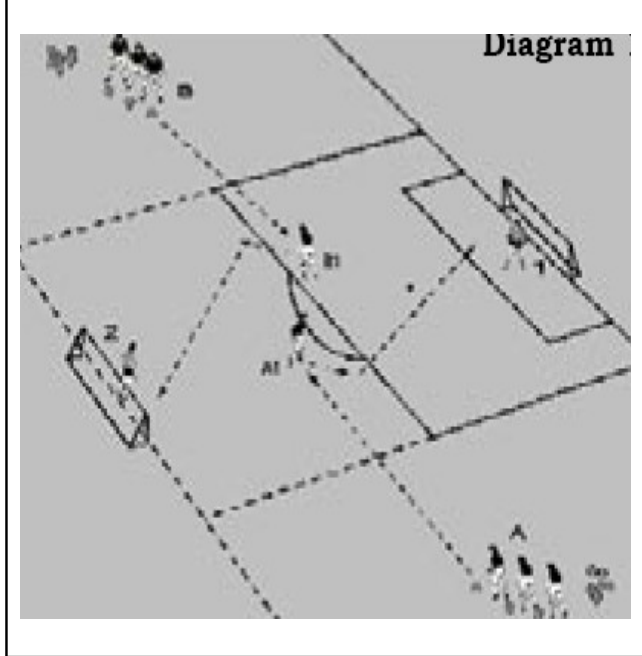
Coaching Points

- The attackers should shoot as soon as possible
- The goal keeper positions himself based on where the defender is





TECHNICAL: SHOOTING FROM SQUARE PASSES **TIME: 20 MINUTES** **NO.13**

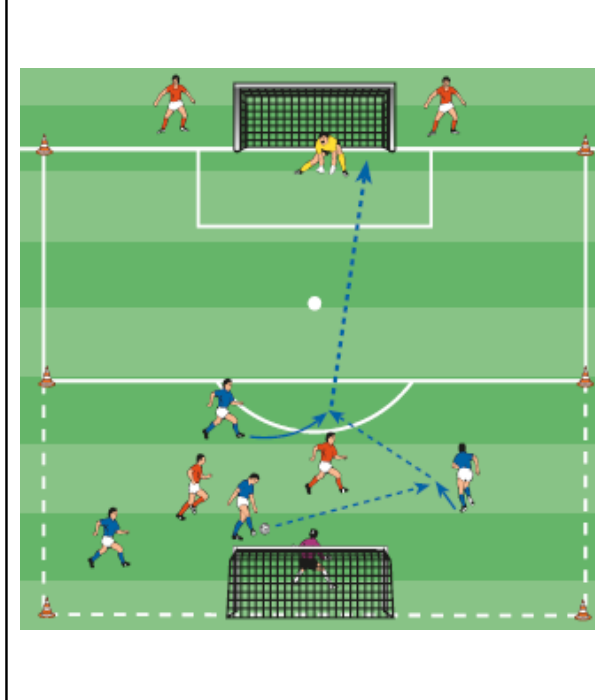


ORGANIZATION:
Organize two full-size goals and goalkeepers that are 36 yards apart (two penalty areas). The players in line A shoot to goal one and the players in line B shoot to goal two. Player A1 receives a pass facing his line. He has to receive and shoot using only his right foot and in two touches. Player B does the same. The shooter then joins the back of his line and is replaced by the passer.

PROGRESSION:
Reverse the practice with player A1 shooting to goal two and player B1 shooting to goal one. They will then control and shoot the ball with their left foot.

COACHING POINTS:
Remember, the players are only 18-20 yards from goal, so encourage a short, quick first touch as this will be required in game situations close to a crowded penalty area.

GAME RELATED: LONG RANGE SHOOTING **TIME: 20 MINUTES** **NO.14**



Setup

- Mark out a field twice the size of the penalty box.
- Set up a goal with goalkeeper on each endline.
- Using cones, mark out a centerline.
- Divide players into two teams, A and B.

Sequence

- Team A plays 4 v. 2 to score against Team B.
- Attackers may only shoot from their own half.
- If a goal is scored or the ball goes out, Team B attacks 4 v. 2.

Variations

- Teams play 3 v. 2.
- Teams play 4 v. 4.

Coaching points:

- Attackers should make the most of their superior numbers with fast combinations.
- Take advantage of every chance for a long-range shot.
- Dribble diagonally to the penalty box, turn and shoot.





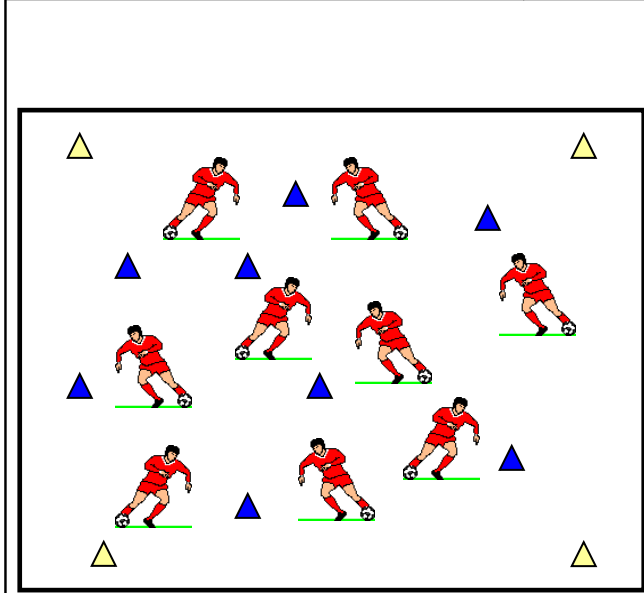
TOPIC: WARM-UP | TECHNICAL AND GAMES



KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

WARM - UP | TIME: 15 MINUTES | NO.1



FIELD:
20m x 20m grid.

ACTIVITY:

Have all the players with a ball each in the grid. Get the players to dribble around in the grid. Encourage the players to go around the random blue cones that are placed in the grid.

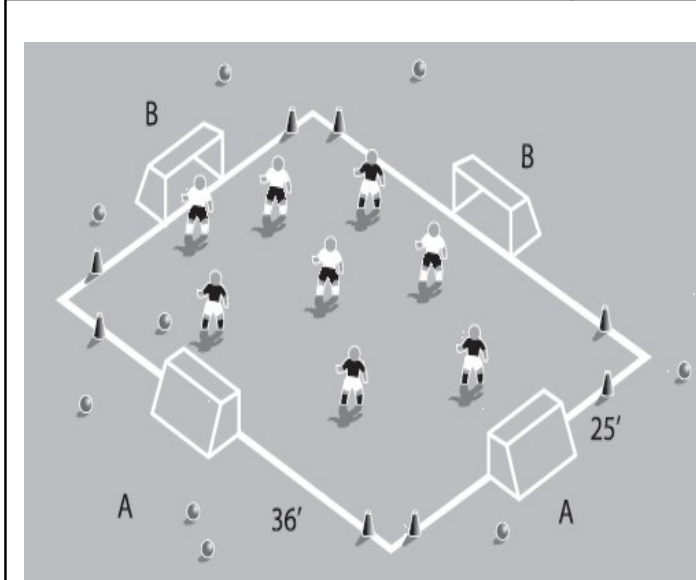
EXERCISES:

- Dribble around the blue cones
- Within 15 seconds try and dribble to all cones
- Change of directions while dribbling
- Stop and juggle the ball for 30 seconds every so often and then continue dribbling

FUN GAME:

- While protecting their own ball, try and kick someone else's ball out of the grid. Once the ball gets kicked, juggle the ball for 10 seconds and join back in.
- Have 2 players without the ball to try and kick the ball of other players out of the grid
- Have 2 players without the ball to try and win the ball off the players with the ball

WARM - UP: FOUR CORNER GOALS | TIME: 20 MINUTES | NO.2



THE GAME:

This game is used for U-10s to get them used to looking both ways.

Set up the field by dividing players into two teams of four players each. Both Teams defend and attack two goals. The object of the game is to score on two small opposite goals. The team that scores more goals wins. The White team scores in the opposite goals (A & B) while defending other goals (A & B). When the ball goes out of play, restart it with the player dribbling in.

FIELD SIZE: 25m x 25m.

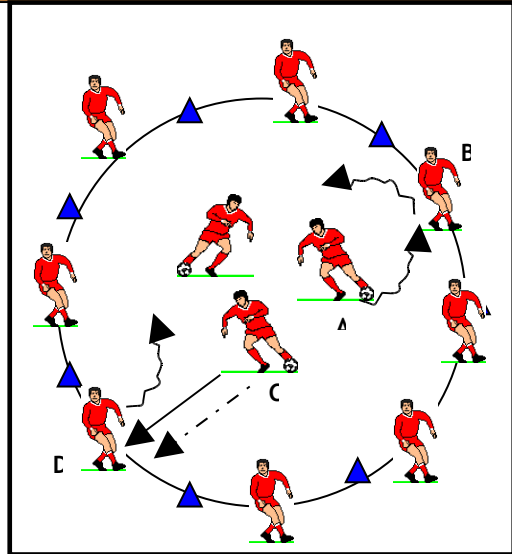
COACHING POINTS:

- Keep possession of the ball
- Pass the ball when there is an option
- Looking both ways
- Playing the ball back then forward





WARM - UP: CIRCLE TIME: 15 MINUTES NO.3



ACTIVITY:

Have players spread around evenly in a circle with three players in the middle with a ball each. (Ratio players out side - players inside; 8 - 3; 12 - 5).

EXERCISES:

- To start the players in the middle with the ball dribbles the ball to any player on the outside. Eg: Player A dribbles the ball to player B and stops the ball. Player B takes the ball and starts dribbling the ball away while player B replaces player's A position on the circle.

PROGRESSION:

- Player C passes the ball to player D. Player D receives the ball and dribble and pass the ball to any player waiting on the circle

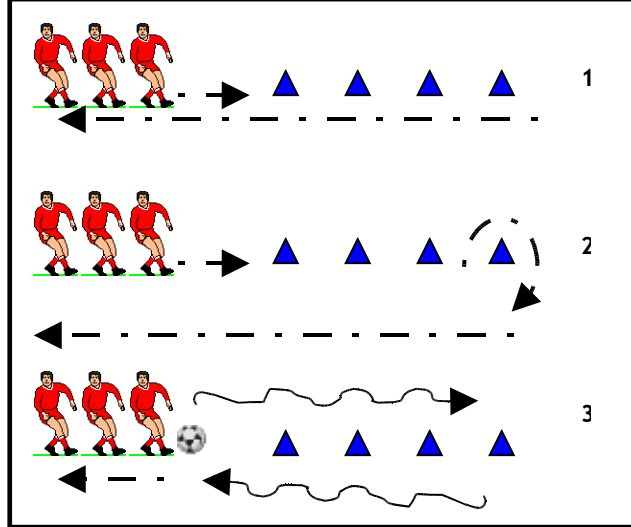
COACHING POINTS:

- Quality accurate pass to feet with the right weight
- Look up before passing making sure no one is in the way of the passing path
- Encourage communication - calling for the ball

FIELD:

Coach's discretion, however a 10m or 12m radius is good.

WARM - UP: SAQ (SPEED, AGILITY, QUICKNESS) TIME: 15 MINUTES NO.4



ACTIVITY:

Divide players in groups of 3 or 4. Players go through a few SAQ exercises.

EXERCISES:

- 1) First player run over the cones/ladder one foot in each gap and sprint back & tag the second player. Each player goes through 3 - 4 times
- 2) First player slalom through the cones/ladder and sprint back & tag the second player. Each player goes through 3 - 4 times
- 3) First player runs with the ball to the end of the cone/ladder and turn around and run back with the ball to the line for the second player. Each player goes through 3 - 4 times

ALTERNATIVE EXERCISES:

Alternate it without and with the ball. 3 - 4 without the ball and 3 - 4 with the ball. When using the ball, the first player pass the ball to the end of the cones/ladder, perform the SAQ exercise and collect the ball and run with the ball back for the second player. Only for exercises 1 & 2. Exercise 3 dribble the ball thru the cones.

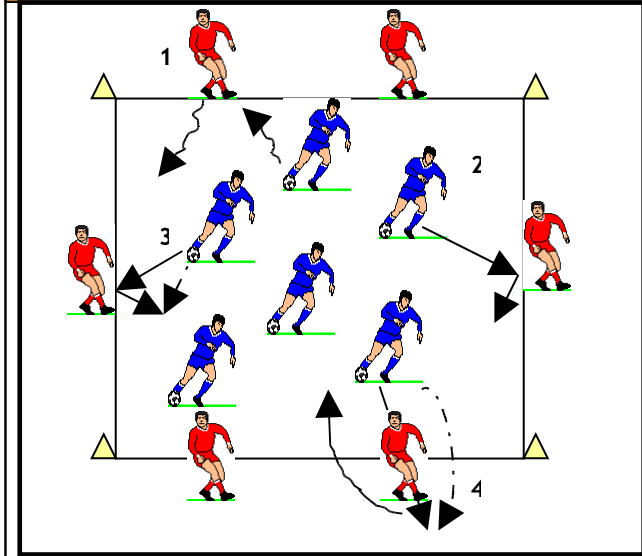
FIELD:

From stating point to the 1st cone/ladder 3m. Distance between cones, two foot length. Use 5 or 6 cones.





WARM - UP TIME: 15 MINUTES NO.5

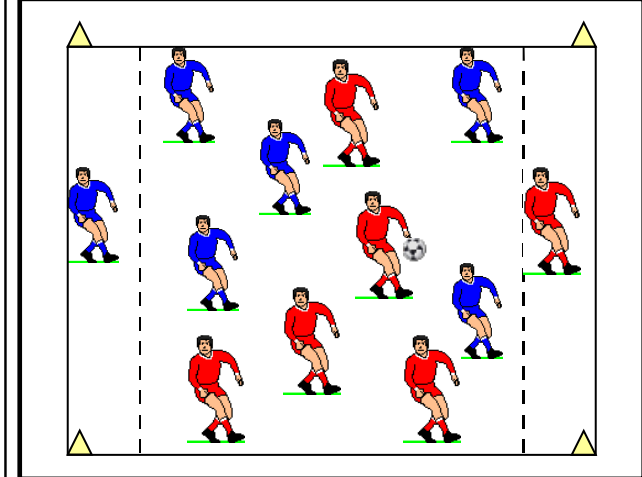


FIELD: 20m x 20m grid.

ACTIVITY:
Divide players evenly with a group inside the grid with a ball each and a group other side the grid without a ball.

- EXERCISES:**
- 1) Blue players dribbling the ball and interchange with the Red players (Work for 2 minutes). Encourage each player to try some tricks while dribbling
 - 2) Blue player passes the ball to the Red player and run around the Red player and collect the ball back and find another Red player (Each group works for 1 minute)
 - 3) Blue player passes to the Red player and receive it ball and dribble to find another Red player (Each group works for 1 minute)
 - 4) Blue player plays the ball through the legs of the Red player and runs around to collect the ball and dribble back into the grid and find another Red player (Each group works for 1 minute)

WARM - UP: HANDBALL TIME: 15 MINUTES NO.6



FIELD: 15m x 15m grid + 5m each end for scoring zone.

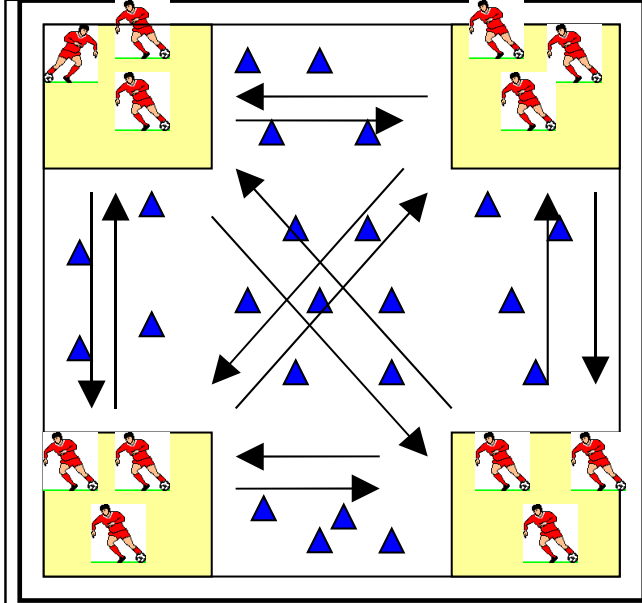
ACTIVITY:
Divide players in 2 teams. Have one player from each team stand in the scoring zone. Objective of the game is for the Red team to score by passing the ball to the Red player standing in the scoring zone. The game is played using hands. If the ball drops to the ground or gets intercepted by the Blue team they retain possession. Make sure to rotate the players on the other side every 1-2 minutes.

PROGRESSION:
Play the game with the feet. To score a point/goal, the team in possession passes the ball to the player standing in the scoring zone.





WARM - UP: 4 CORNER GRID TIME: 15 MINUTES NO.7



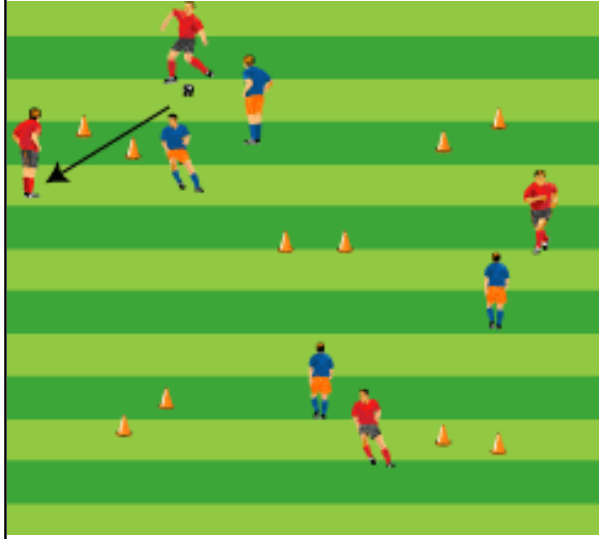
ACTIVITY:
 Divide players in four equal groups. Place each group in one of the four zones. Each player has a ball. Players dribble in their zone practicing their tricks and turns. On the coach's command, all the groups dribble the ball clockwise to the other zone avoiding the cones in the middle grid as fast as possible.

PROGRESSION:
 On coach's command:

- Dribble anti-clockwise
- Dribble diagonally
- Having one ball per group, get them pass the ball around, on the coach's command, players leave the ball in the zone and race each other to the next zone

FIELD:
 The big grid 30m x 30m. The four zones 10m x 10m.

WARM - UP: MULTIPLE GOAL GAME TIME: 15 MINUTES NO.8



ACTIVITY:
 To score a goal, a player from one team has to pass the ball through the goal, where a player from his team controls the ball on the other side without any of the opposition touching it first. (You can score in either side of the goal.) You then have to score through a different goal before you can return to that one, unless the opposition intercepts the ball.

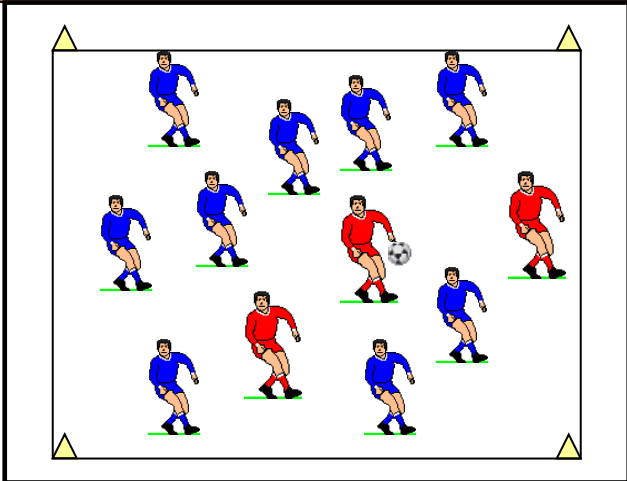
FIELD:
 At Coach's discretion, depending on the number of players. 6 v 6 (7 goals; use 2 or 3 balls); 7 v 7 (8 goals; use 2 or 3 balls so players are more involved).

COACHING POINTS:
 Players need to get their heads up to see the full picture, pass accurately and have good movement off the ball.





WARM - UP: TAGGING GAME TIME: 15 MINUTES NO.9

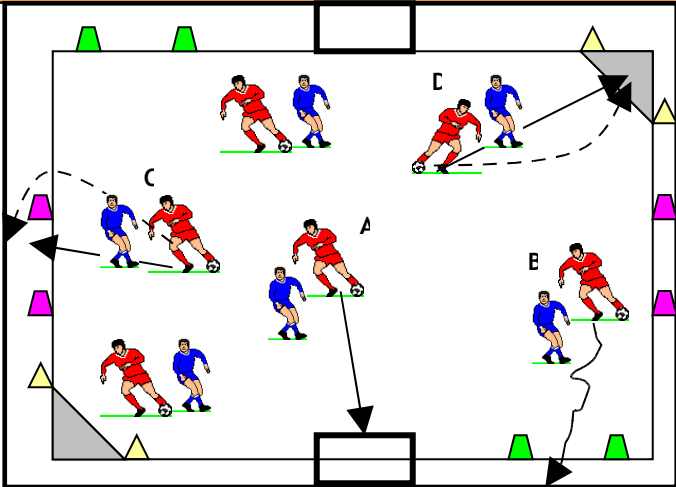


ACTIVITY:
In a group of 12 have 3 players in a different colour bibs (Red) and with one ball. Objective of the game is for the Red team to tag the Blue team. Only the player with the ball is allowed to tag. Players in the Red team can throw the ball to one another to corner a Blue player to tag. When a Blue Player gets tag, s/he stands like a statue with legs wide apart. For a tag player to get back into the game another Blue player crawls between the tagged player. Rotate players after 2 - 3 minutes.

PROGRESSION:
Instead of throwing the ball pass the ball with the feet.

FIELD:
20m x 20m grid.

WARM - UP: 1 V 1 TIME: 15 MINUTES NO.10



ACTIVITY:
Organize players in pairs with one ball. Start the warm-up with one player with the ball (attacker) dribbling the ball around the grid with the partner (defender) shadowing passively.
On the Coach's command:
A - Attacker shoots at goal.
B - Attacker dribbles between the green cones.
C - Attacker passes the ball into the purple cones and goes on the outside of the cones to meet the ball.
D - Attacker passes the ball into the grey zone and stops the ball in the grey zone.
The Defender tries and blocks the path of the attacker. The Attacker must attack a different option each time. The Attacker works for 2 minutes and then rotates with partner.

PROGRESSION:
• Defender becomes active making 1 v 1. Hence if Defender wins the ball s/he becomes Attacker.

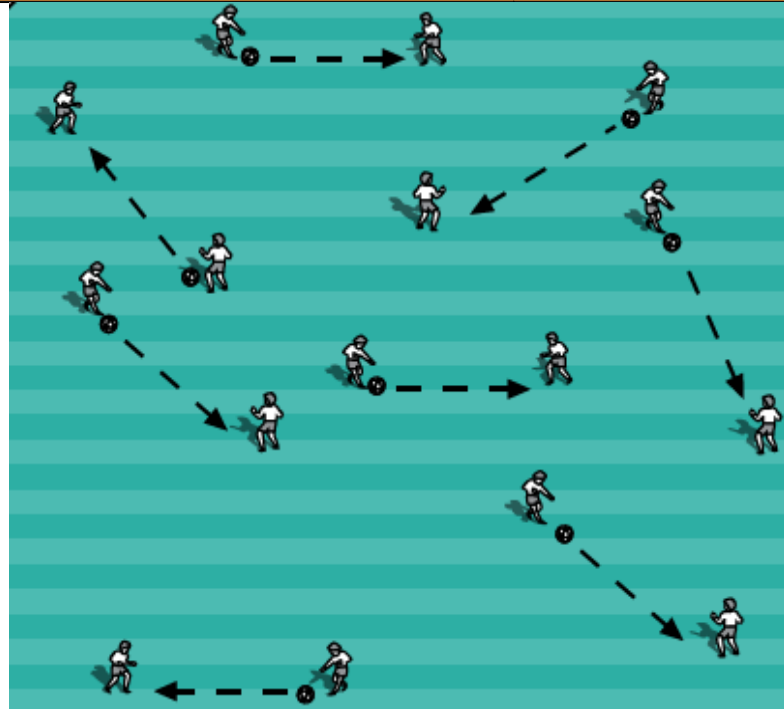
KEY POINTS:
• Encourage Attackers to experience with dribbling techniques
• Change of direction of Attackers
• Speed/running with the ball

FIELD:
25m x 25m grid. Distance between cones 2m.





WARM - UP: PASSING IN PAIRS TIME: 15 MINUTES NO.11



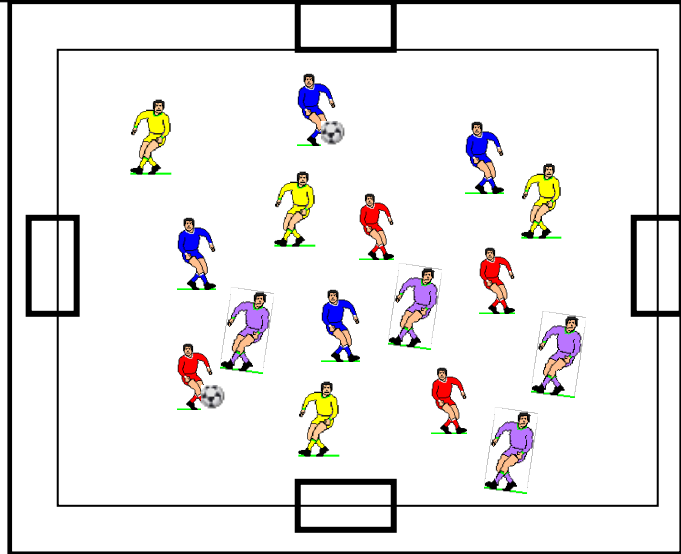
ACTIVITY:
Players break up into groups of two with one ball between them. They play short passes back and forth moving to a new space after each pass.

- COACHING POINTS:
• Pass with both feet
• Weight of the pass
• Timing of the pass
• Keep the ball on the ground
• Play with speed and possession

PROGRESSION:
Players spread out into a larger space and play low driven passes to their partners.

- COACHING POINTS:
• Use the laces to strike the ball
• Keep passes low and on the ground if possible
• Use two to three touches only

WARM - UP: FOUR CORNER GOALS 4 V 4 + 4 V 4 TIME: 15 MINUTES NO.12



ACTIVITY:
Organize players in four equal teams and give them four different coloured bibs (pinnies). Red Team v Yellow Team attacking and defending lateral goals. Blue Team v Purple Team attacking and defending the vertical goals. Rotate teams playing each other five minutes per game. Keep scores to identify winning team.

- KEY POINTS:
• Encourage players to dribbling
• Work as a team
• Look up before passing
• Communication
• Keep possession

FIELD:
30m x 30m grid.





PASSING IN A GRID

TIME: 20 MINUTES

NO.13

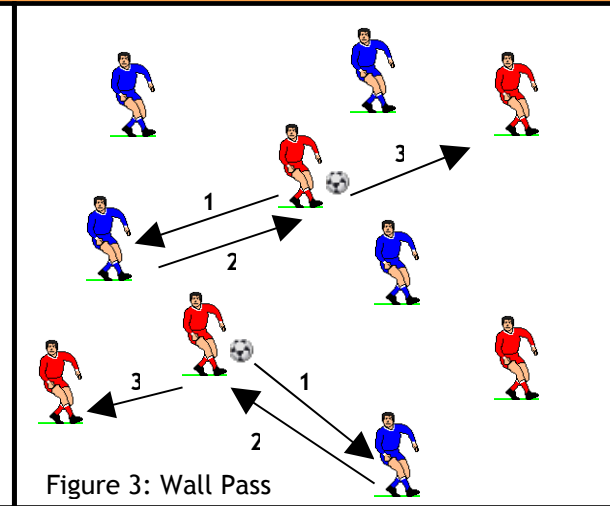
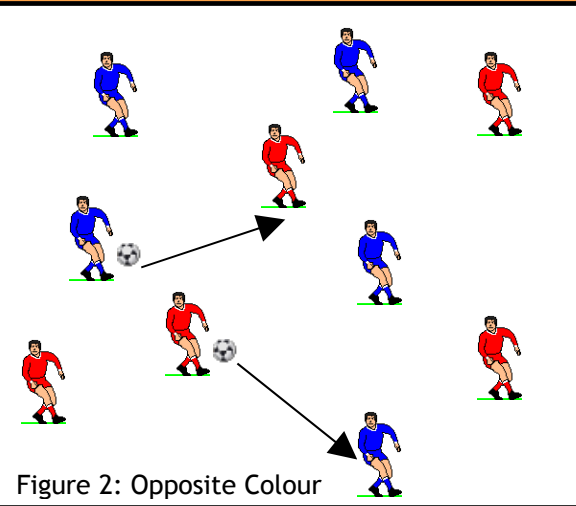
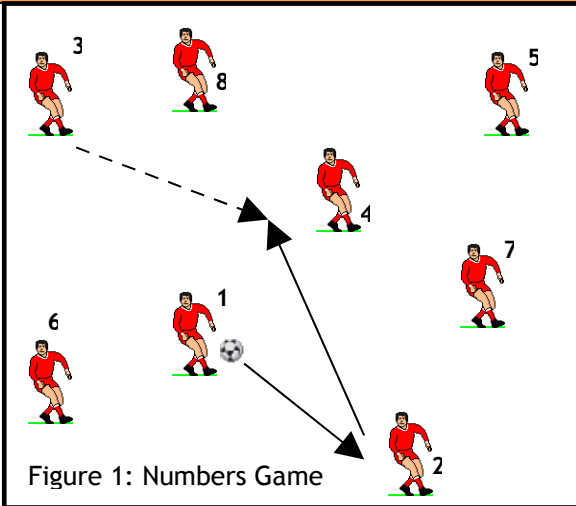


FIGURE 1:

Have players in the grid and number them from 1 - 8. Players pass the ball in sequence from 1 - 8. Players without the ball constantly are moving.

PROGRESSIONS:

- Change sequence backwards 8 - 1.
- Add another 1 or 2 balls.
- One touch passing.

FIGURE 2:

Divide players in two equal teams with each team having a ball each. Players pass to the opposite team. Red Player passes to Blue Player and so on.

PROGRESSIONS:

- Blue Player that passes the ball to the Red Player cannot receive the ball back.
- One touch passing.

FIGURE 3:

Divide players in two equal teams with two balls. Red team starts with the balls. Red Player makes a pass to a Blue Player (1) who passes it back to the same Red Player (2) who now makes a pass to another Red Player (3). Continue the sequence. The Blue team acts as wall passer. Rotate the wall passing team around after 2 - 3 minutes.

FIELD:

25m x 25m grid.

PROGRESSION:

- One touch passing.

COACHING POINTS:

- Quality accurate passing using the inside of the foot with the right weight on the pass
- Having a good first touch when receiving the ball
- Movement into the right area to receive the ball
- Call for the ball
- Be aware for the next possible pass.

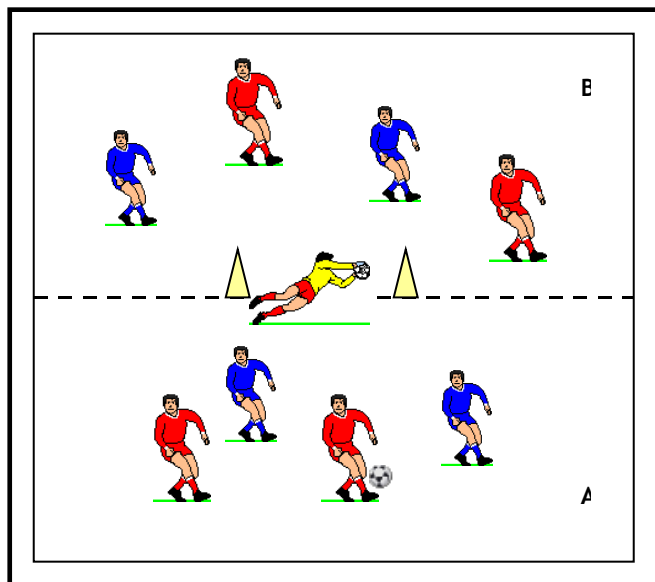




WARM-UP: 4 v 4 v GK GAME

TIME: 20 MINUTES

NO.14



THE GAME:

Set up two teams of four players and 1 GK in the middle of the grid. Each team can only score on the side of the zone. Red team can only score in zone A and Blue team can only score in zone B.

PROGRESSION:

Before a team can score the entire team must be in the attacking zone.

FIELD SIZE:

25m long by 20m wide with one goal in the middle of the grid.

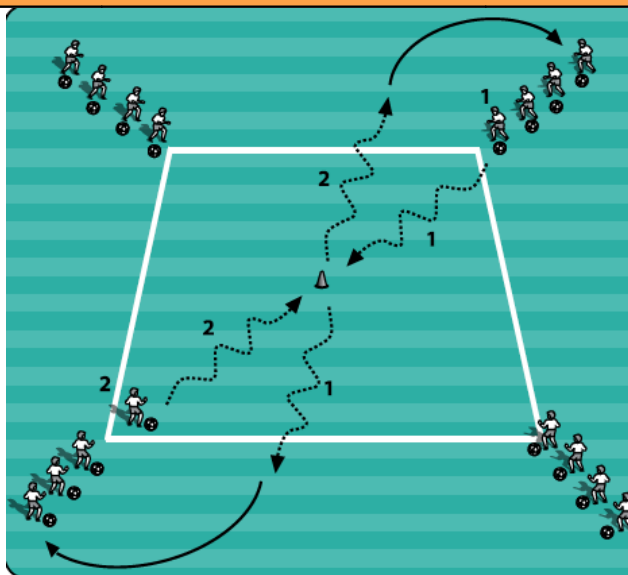
COACHING POINTS:

- Maintain possession
- Early shot
- After turn over, pressure right away and play away from pressure quickly

WARM UP

TIME: 20 MINUTES

NO.15



ORGANIZATION:

Players from opposite corners dribble toward a central cone and perform a scissors move, dribble passed the cone and join the opposite line. The exercise continues with players from the other lines.

PROGRESSION:

- Dribble to the cone pass the ball to the opposite side.
- Dribble to the cone turn and pass the ball back to his/her line.
- Dribble to the cone and pass anti-clockwise; clockwise; follow the pass.

