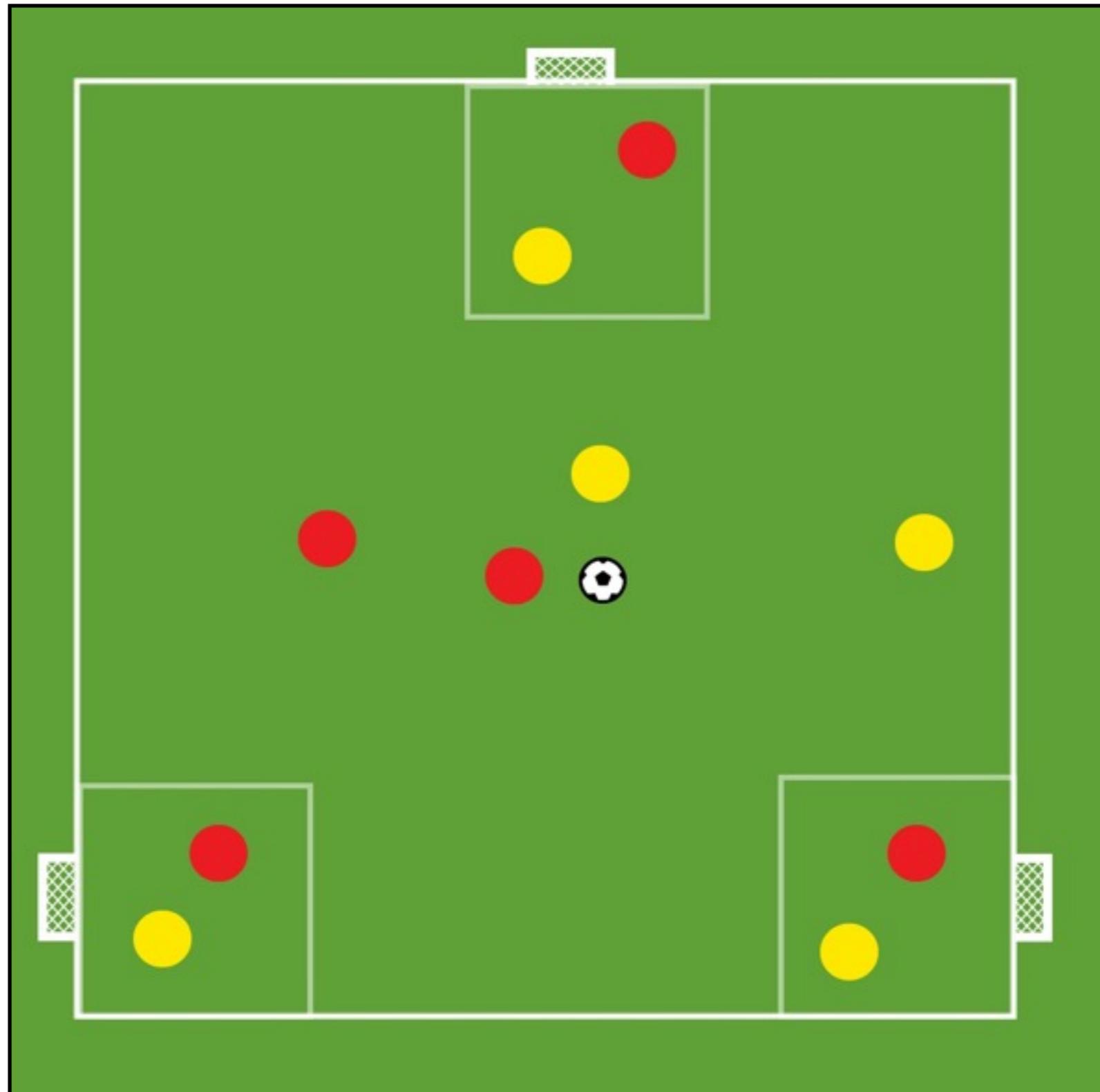




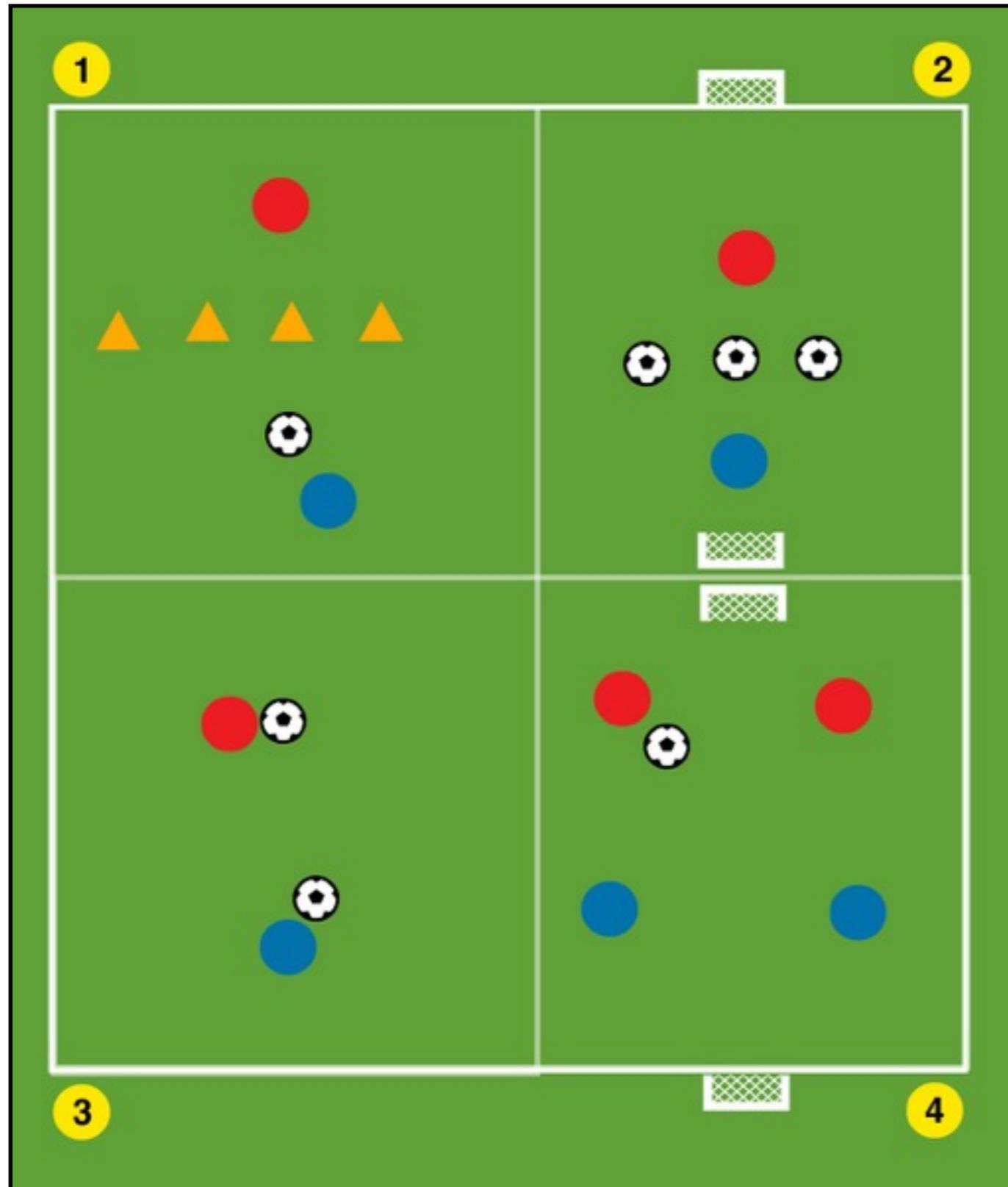
U11s Session Plans

1v1s in Boxes and Middle



- Both teams position 2 players in the main playing area and 1 in each of the three areas. The players in the corners cannot leave these areas.
- 5 passes before trying to score
- The player in the corner then has to try and score a goal. When trying to build up the 5 passes, the player in the corner can be involved in the passing.
- Coaching Points
- Players in the corners should always be on the move. Must always be paying attention as always involved.
- Important to instruct attacking player in the corner to break loose from the defender to get into position to receive and control the ball.
- Defending player must try and stop attacking player getting to the goal.

4 Station Circuit



1 - Heading

Players start by throwing the ball to each other and heading back into hands. Then working each other trying to head it to the side so they have to move to catch the ball.

2 - 1v1

Three balls in the middle, when a goal is scored players then run to get another ball.

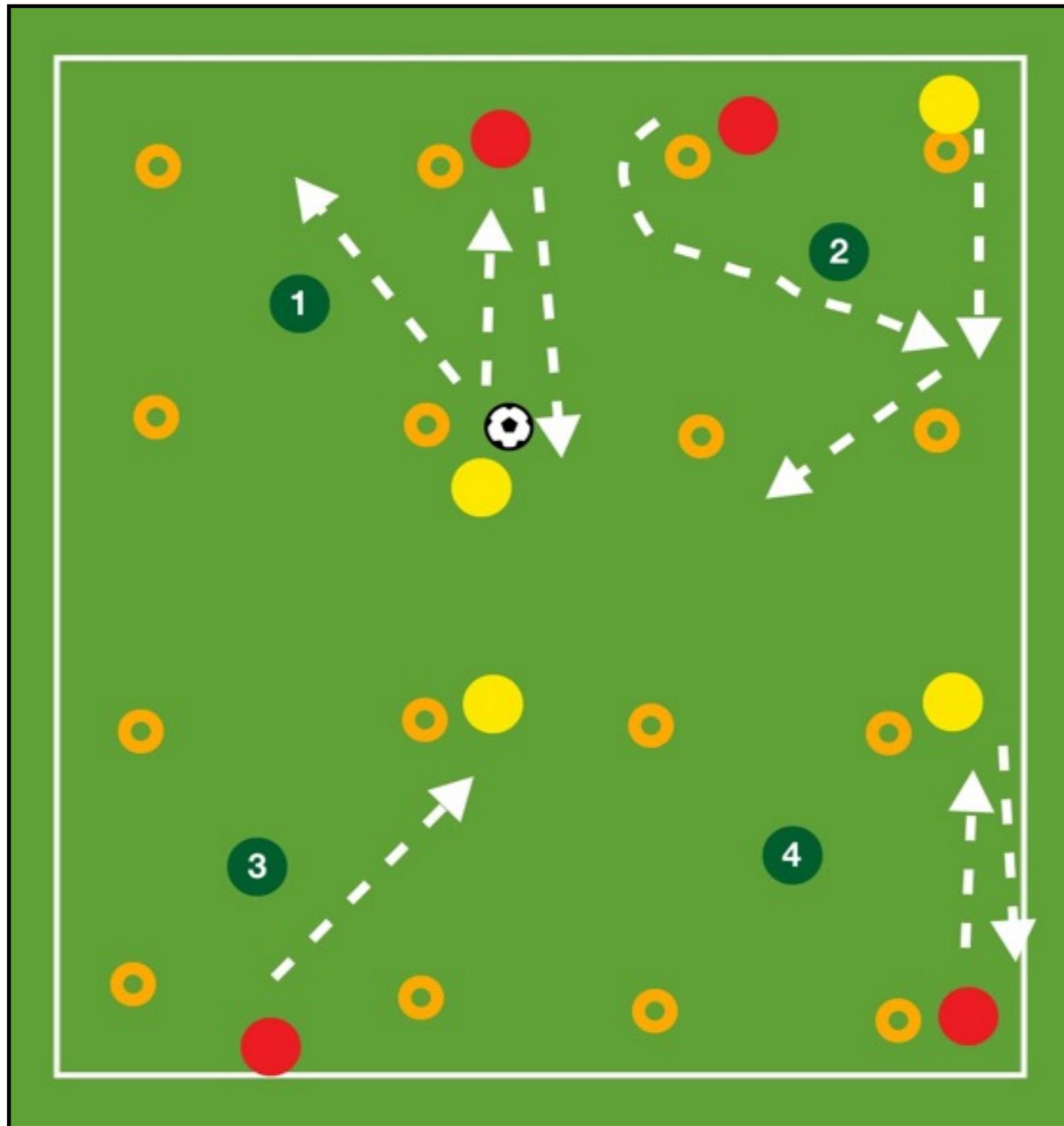
3 - Skills Zone

Show each other which skills you can do. Try new things, challenge each other.

4 - 2v2

Working with another player in a 2v2 situation trying to score in the goal.

Passing - Two around box

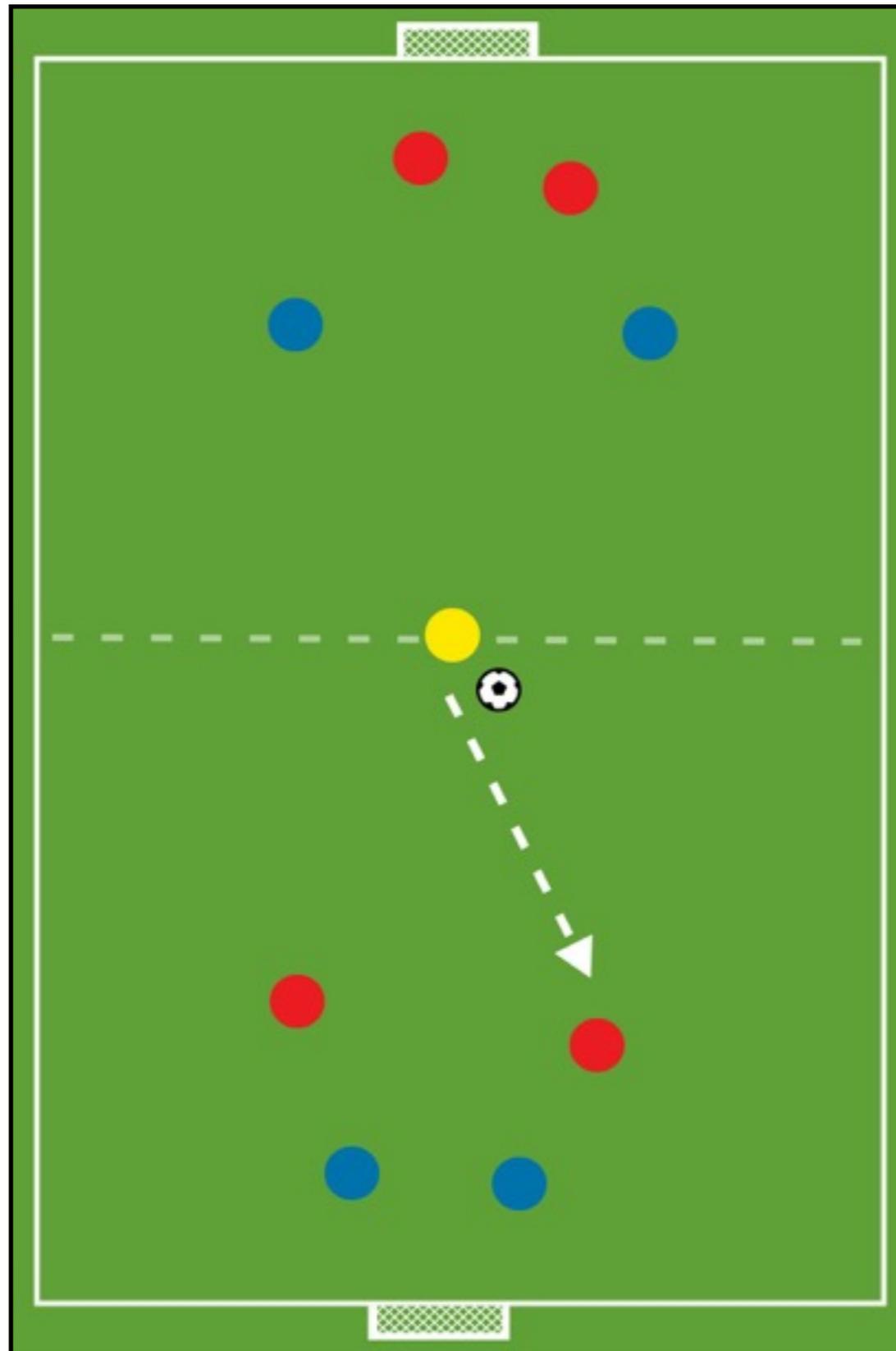


- Working around the box passing the ball with right or left foot depending on which side of the square they are passing through.
- Cone = Defender
- Make players think about protecting the ball. Keep on the safe side, using foot furthest away from the cone to pass the ball.

- Coaching Points
- Using correct foot to pass the ball, defender (cone) safe side
- Being positive with movement

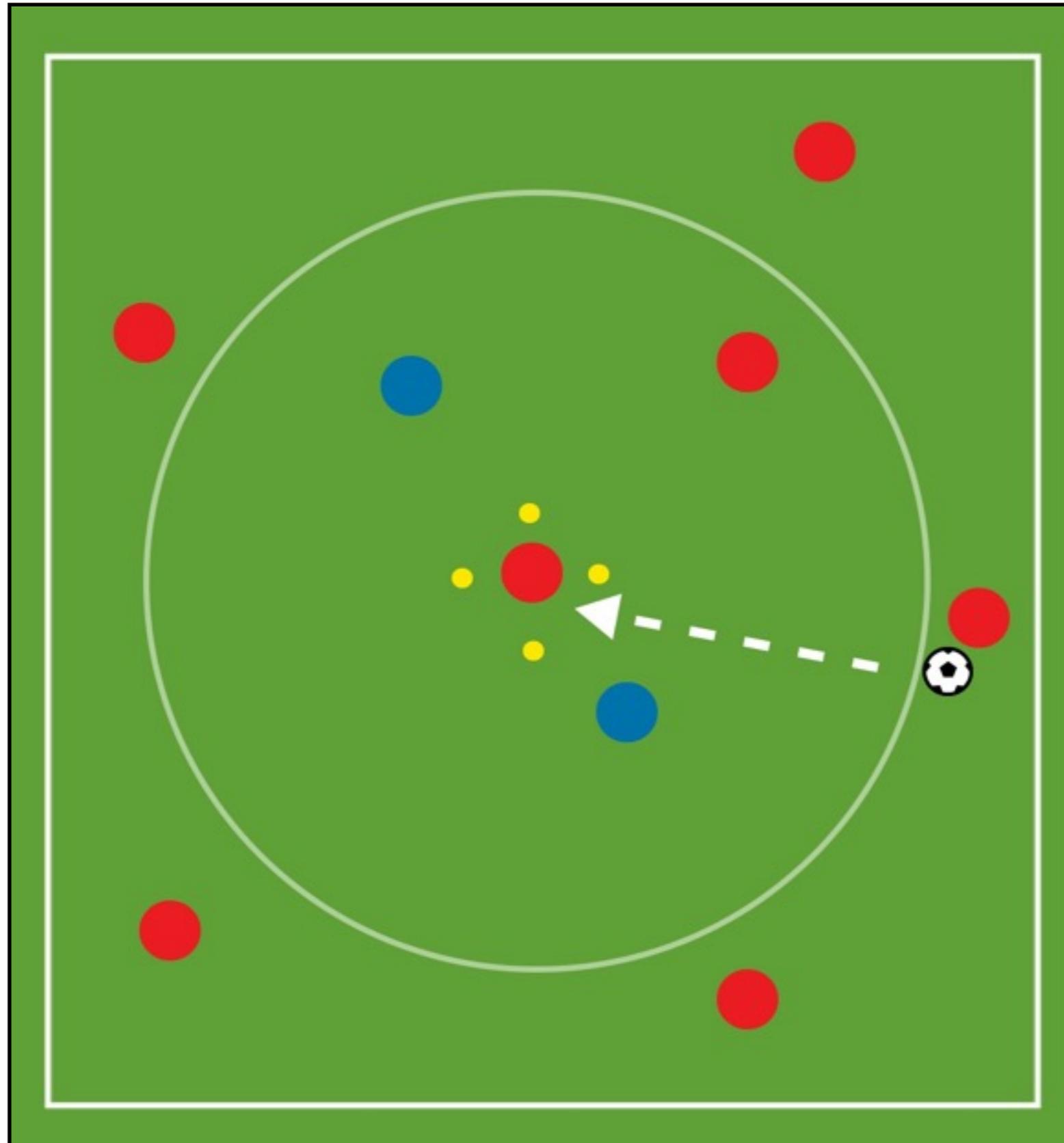
- Progression
- Turn around and go the other way. Give players plenty of chances to work it out.

Attacking 3v2



- Middle player makes a decision to break into an attacking third to make a 3v2 situation
 - Yellow player is on which ever team is attacking, to create the 3v2 overload.
 - When defenders win the ball back can they quickly get it to the attackers to try and create scoring opportunity
 - Rotate players so they all have a chance to be defenders/attackers. Try to get them all as the third attacker but this may take a few sessions to complete.
 - When defenders win the ball, yellow player drops to half way line ready for the attack to the other goal.
-
- Coaching Points
 - Quick passing
 - Good movement
 - Clever play
 - Awareness

Keep the Prisoner

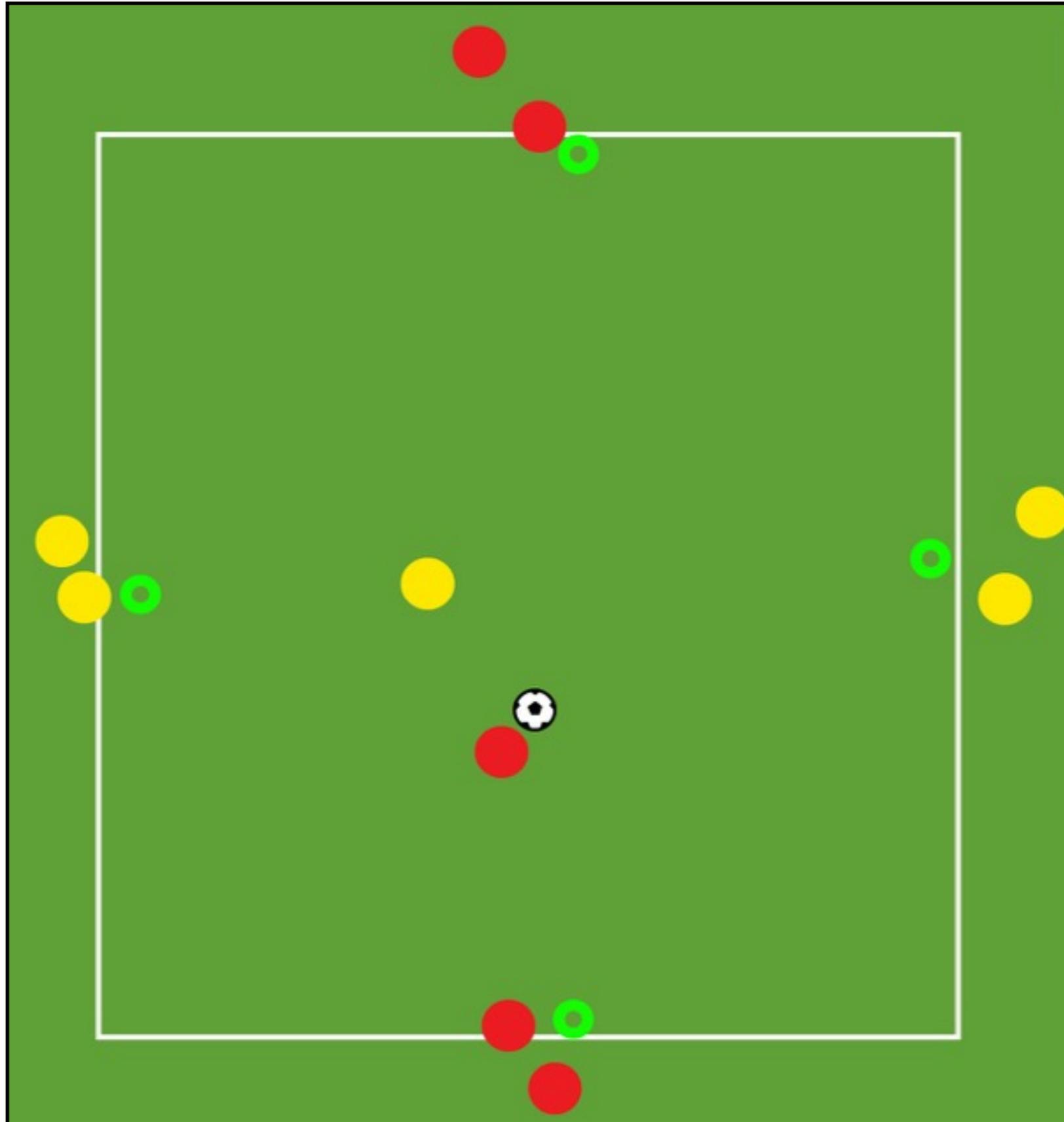


- Players aim to pass the ball into the target player in the centre.
- 2 defenders inside the circle. Must intercept the ball and put pressure on the players who are making a pass.
- Get players to think about different types of passing and movement.

- Coaching Points
- Passing Accuracy
- Players on their toes
- Communication
- Ability to find space - and pass into
- Pace of Passing
- Defending - pressuring the ball

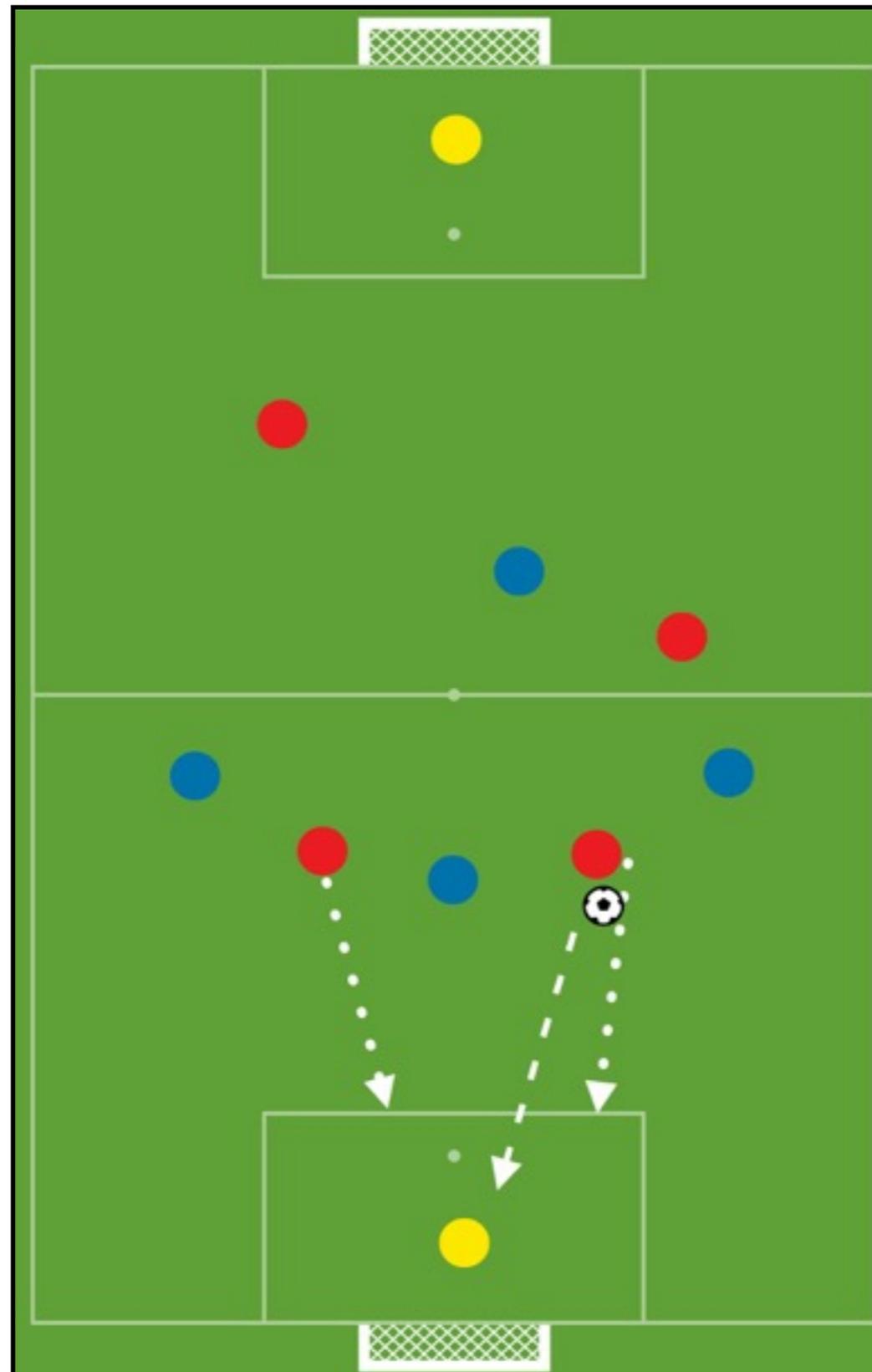
- Progression
- Players found it tough to get the ball to target, added player within circle
- Set a number of passes to be made before a pass can be made to the target player

1v1 Square



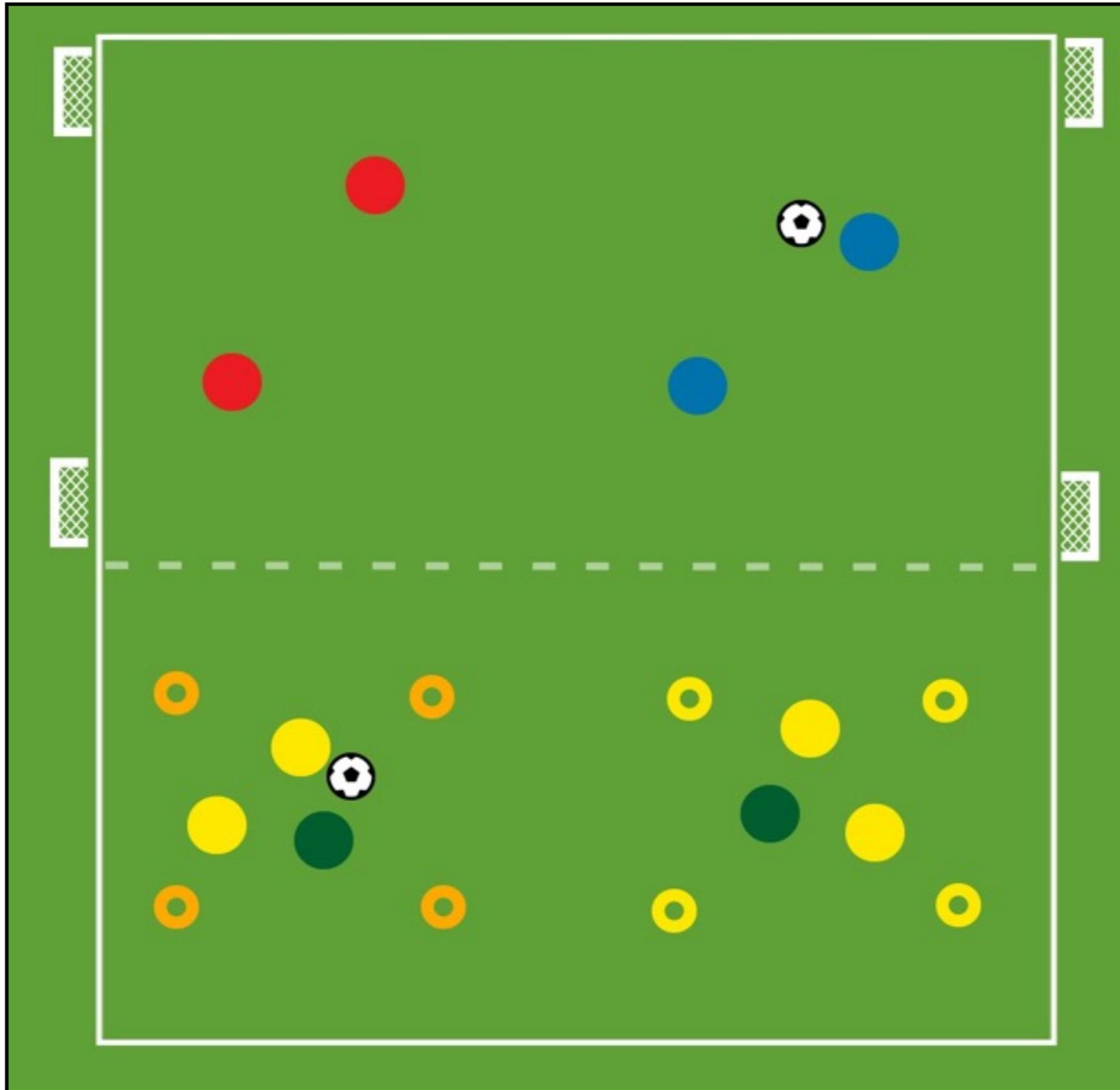
- One team starts with the ball and has to dribble across to their teammates on the other side.
 - The team without the ball must try and win it then get to their teammates.
 - Encourage dribbling with no passing, if they win the ball
 - Should flow nicely as the teams are opposite from one another.
 - Positive first touch and try to beat the defender. When winning the ball back can you get it to your team as quick as possible.
-
- Coaching Points
 - Decision making of when to pass and when to dribble
 - Head up
 - Positive first touch

4v4 with Target Players



- Target players (yellow) are used by the attacking team to play the ball into and then lay off or pass for a shot at goal.
 - Defending team can go in the box to try and win the ball back and then create an attack - like a normal match.
 - Allow players time to work it all out and link together with quick passing and movement.
 - Rotate target players so all players get a chance to do that role.
-
- Coaching Points
 - Quick play
 - Quality of passing
 - Good movement
-
- Progression
 - Add goalkeepers

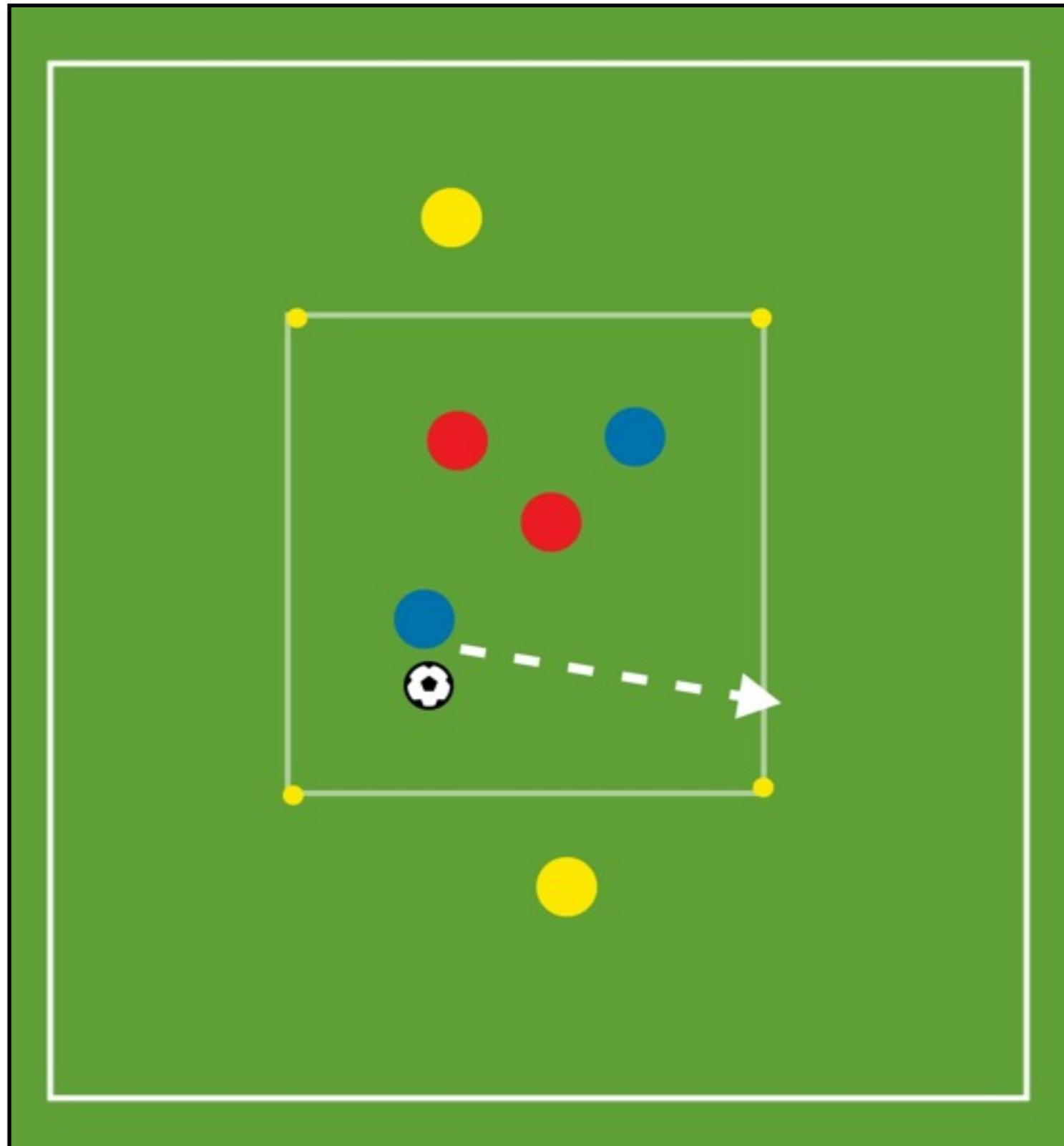
Warm up - 2v2 and 2v1



- 10 players
- Paired up and rotated
- 2v2 in 4 goal game
- Working hard for each other, winning 1v1 situations.
- 2v1 in square. Defender encouraged to keep the ball when winning it. Can you be clever. Communication and movement of the 2 players to make it difficult.
- Area of the pitch to think about when attacking and defending!

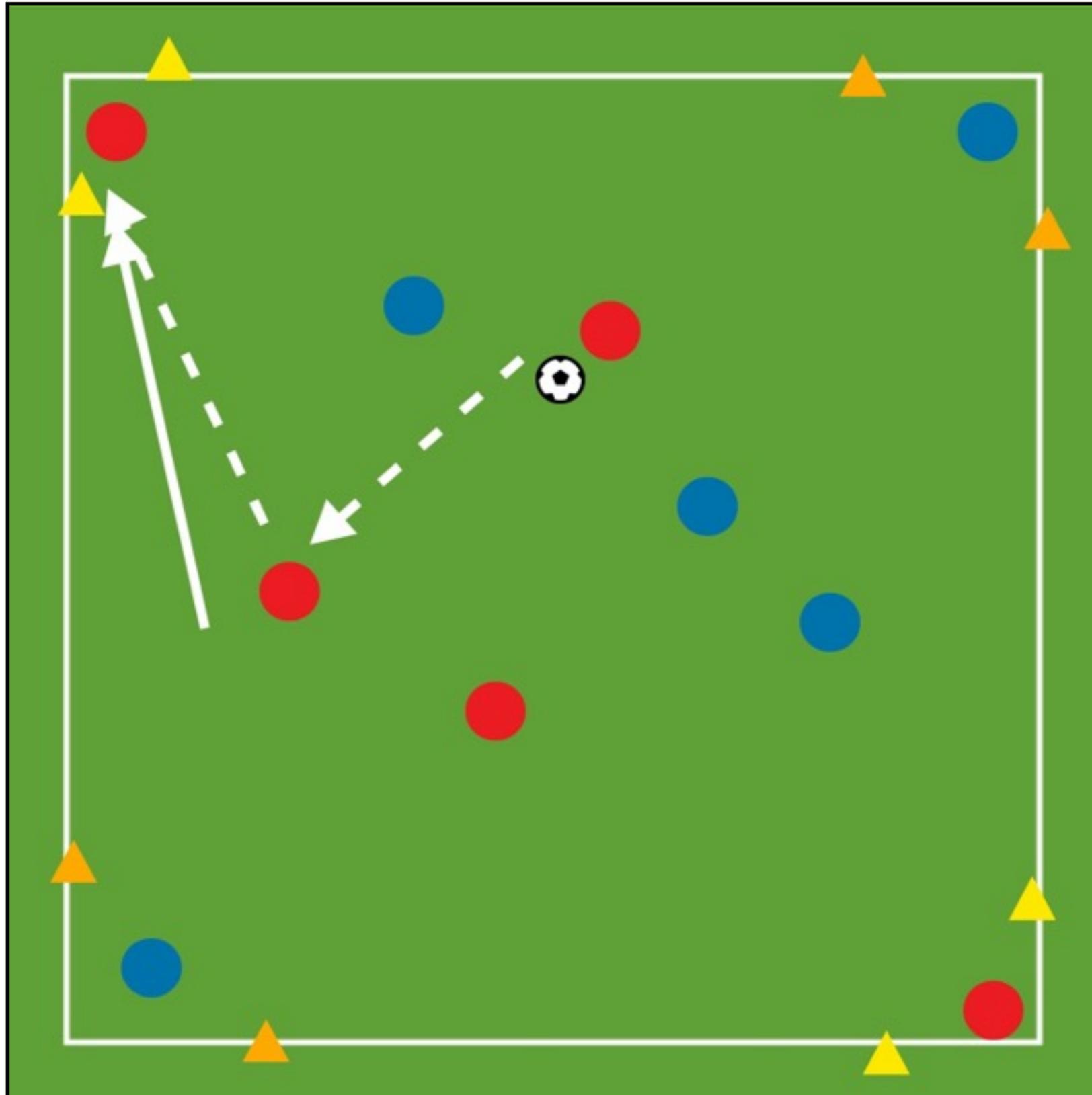
- Coaching Points
- High tempo!
- Being positive in 1v1s - situations
- When to pass and when to dribble

2v2 with 2 Target Players



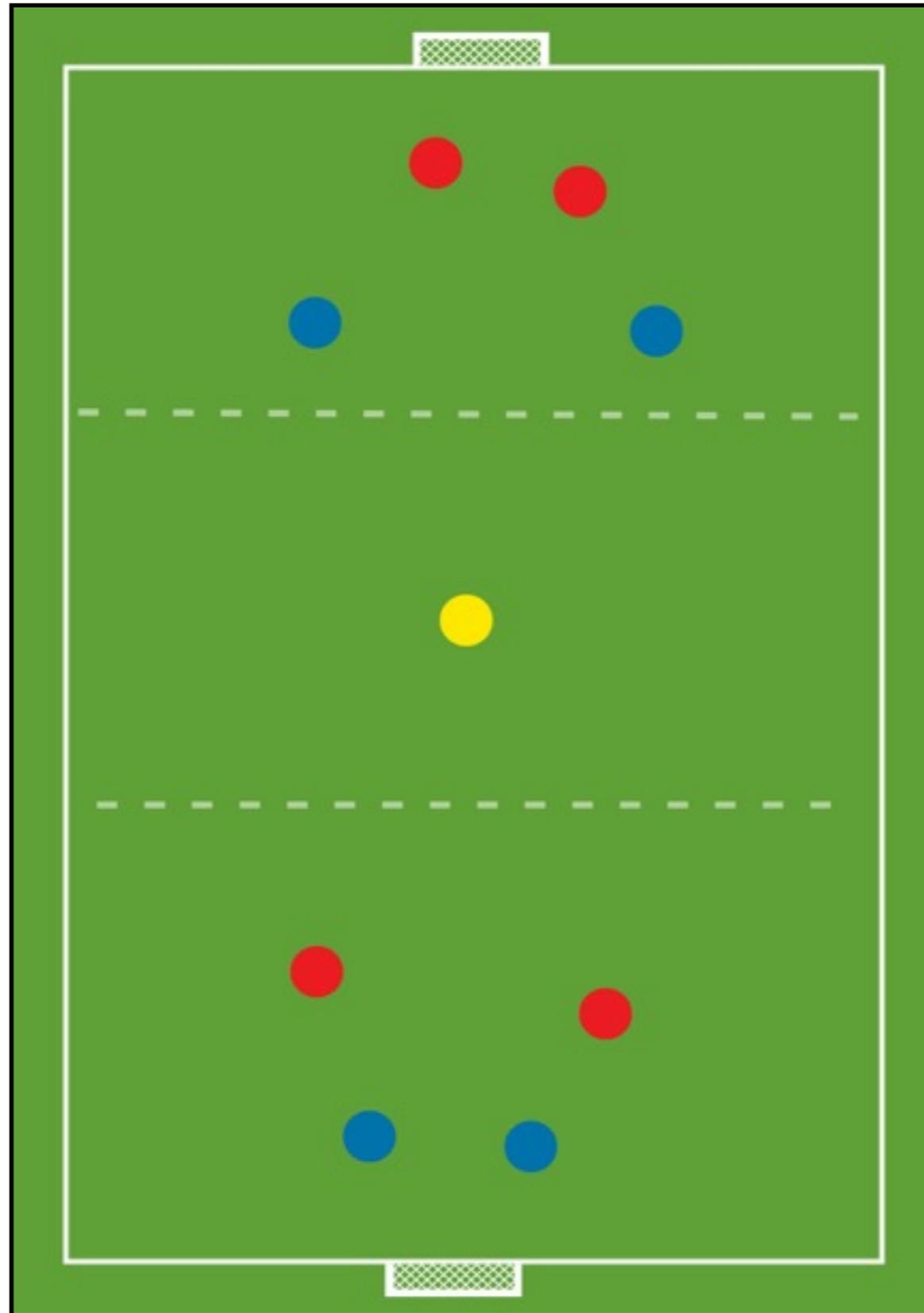
- Divide group into 2 teams of 4
 - 2v2 inside area - 2 players on outside as targets
 - Aim of the practice is for the 2 players in the middle to combine with player of the outside
 - Players in the middle must look to create space inside the grid. This is done by the players moving away from the ball to allow teammates to play a longer pass. Switching play from corner to corner.
 - Vary passes between long and short
-
- Coaching Points
 - Create Space
 - 1st Touch
 - Accuracy of passing - long/short
 - Support Angles
 - Combination Play

Release the Prisoner



- Pitch 20x20 yards
 - Divide group into teams of up to 6 players
 - 2 players from each team stand between the cones which is prison. Then a standard 4v4 in the middle with the rest of the players.
 - The aim of the game is for the players to try and release the prisoners. The only way to do this is to play the ball into the prisoner who much control the ball. The two players then switch places.
 - Get players to be creative and make sure that the released prisoner is positive when they come out - attack the space in front of them
-
- Coaching Points
 - Passing - accuracy/technique/weight/disguise
 - Receiving- first touch/part of the foot
 - Movement- on and off the ball
 - Creating Space- to receive a pass
 - Communication- verbal/non-verbal

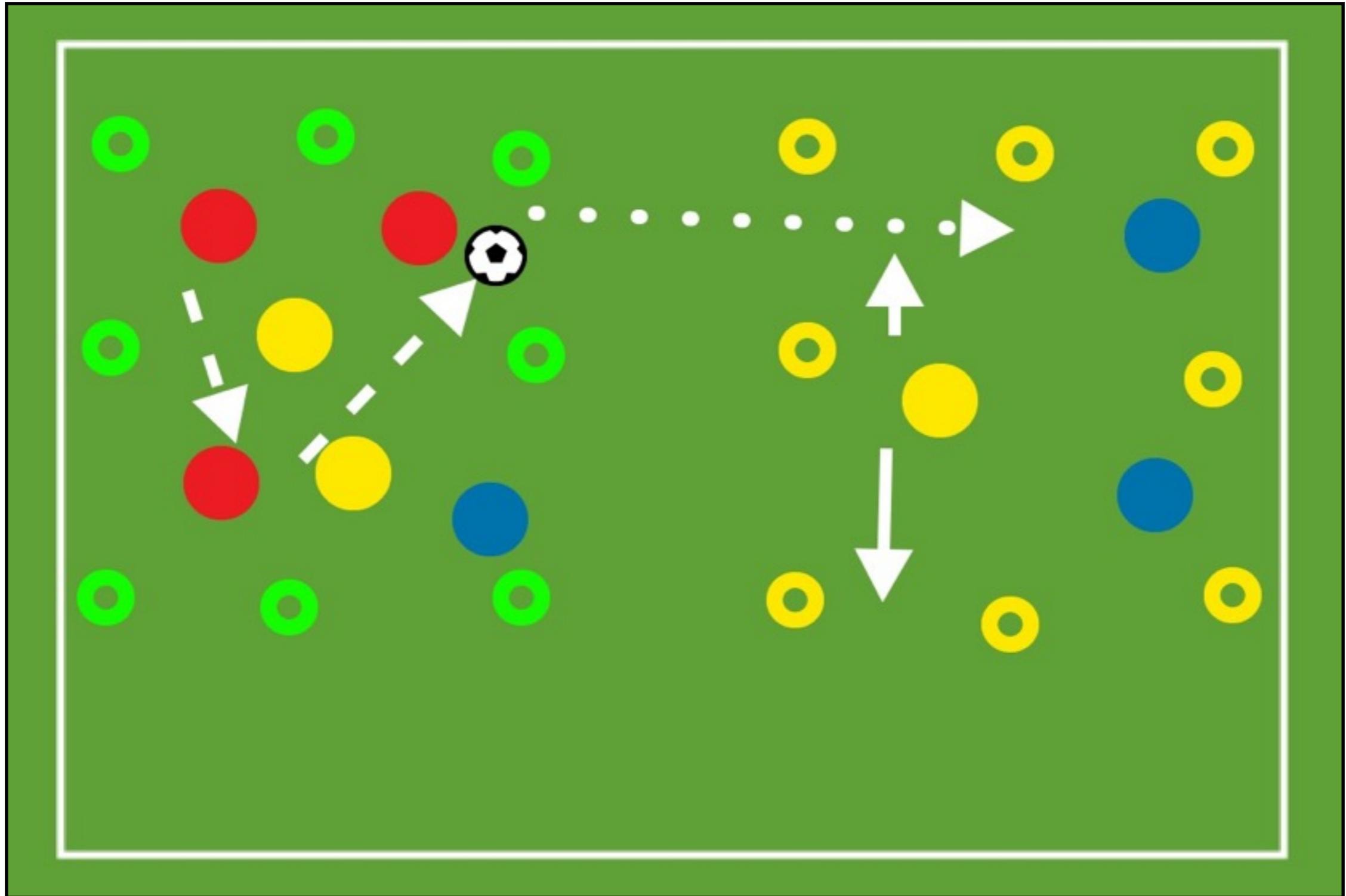
Defending Outnumbered



- Middle player makes a decision to break into an attacking third to make a 3v2 situation
- Defending team to contain attackers and try to force them back into the middle third, this then causes neutral player to attack other goal

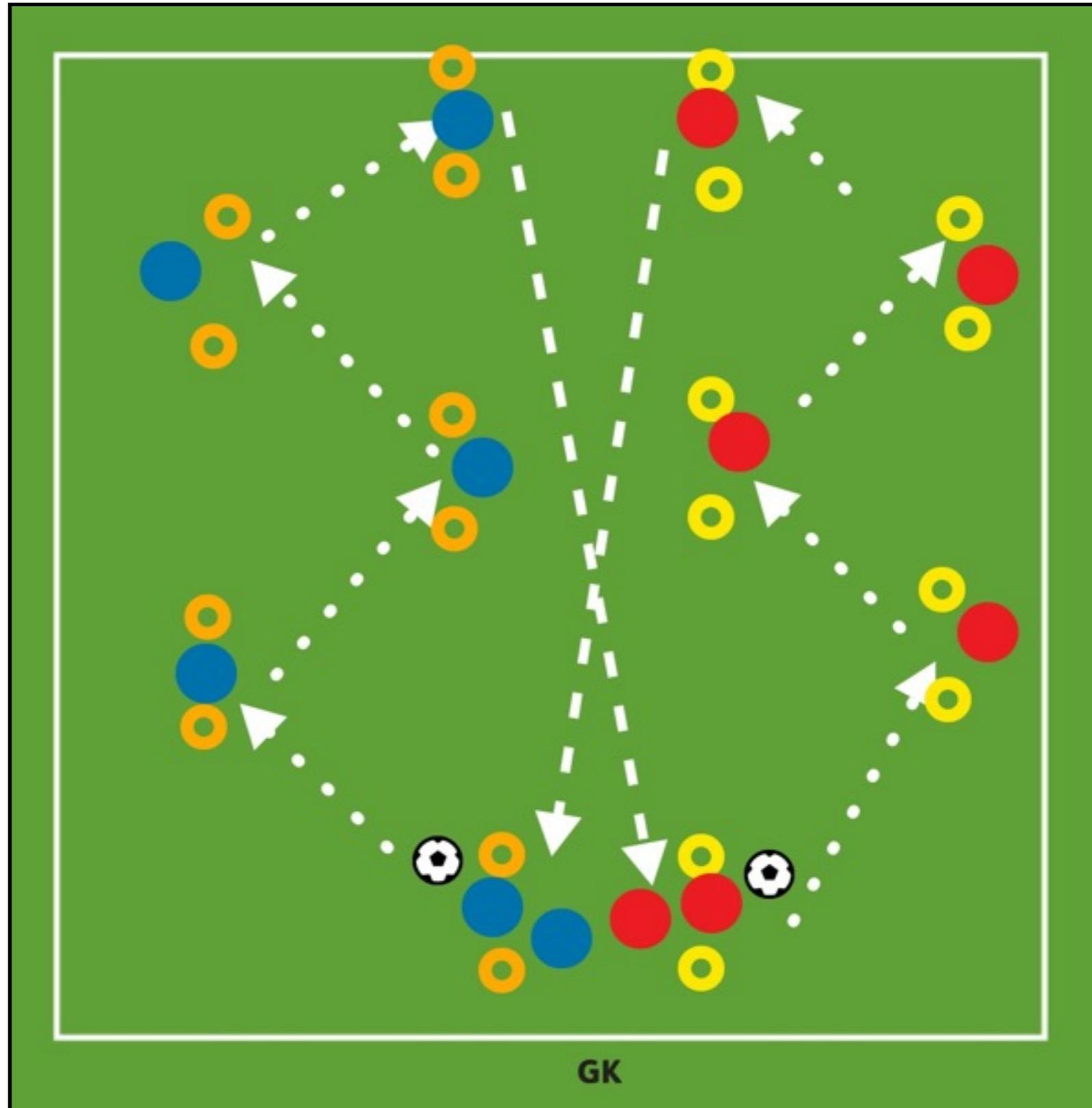
- Coaching Points
- Delay
- Deny
- Recover for teammates
- Don't dive in - be patient

Possession Game 6v3 (4v2)



- 2 Possession boxes side by side with receiving zone in the middle
 - Yellows are defending, blue and reds are combining to keep possession
 - 4v2 is allowed in each square when the ball is there.
 - An additional defender is on the other side of the receiving zone trying to stop the attackers playing out.
 - 2 additional attackers are also in the other zone waiting to become active. "Showing" for the ball.
 - Attacking team play to the other box once they have made 4 consecutive passes.
 - When ball is played across 2 attackers and 1 defender can join. 4v2 again with same conditions.
-
- Coaching Points
 - Quality on the ball - passing and keeping it
 - Movement off the ball to create space
 - Positioning of players in the other zone - good position to receive
-
- Progression
 - If defending team win the ball they become attackers - transition from defending to attacking should be quick

Passing - Playing out from the Back

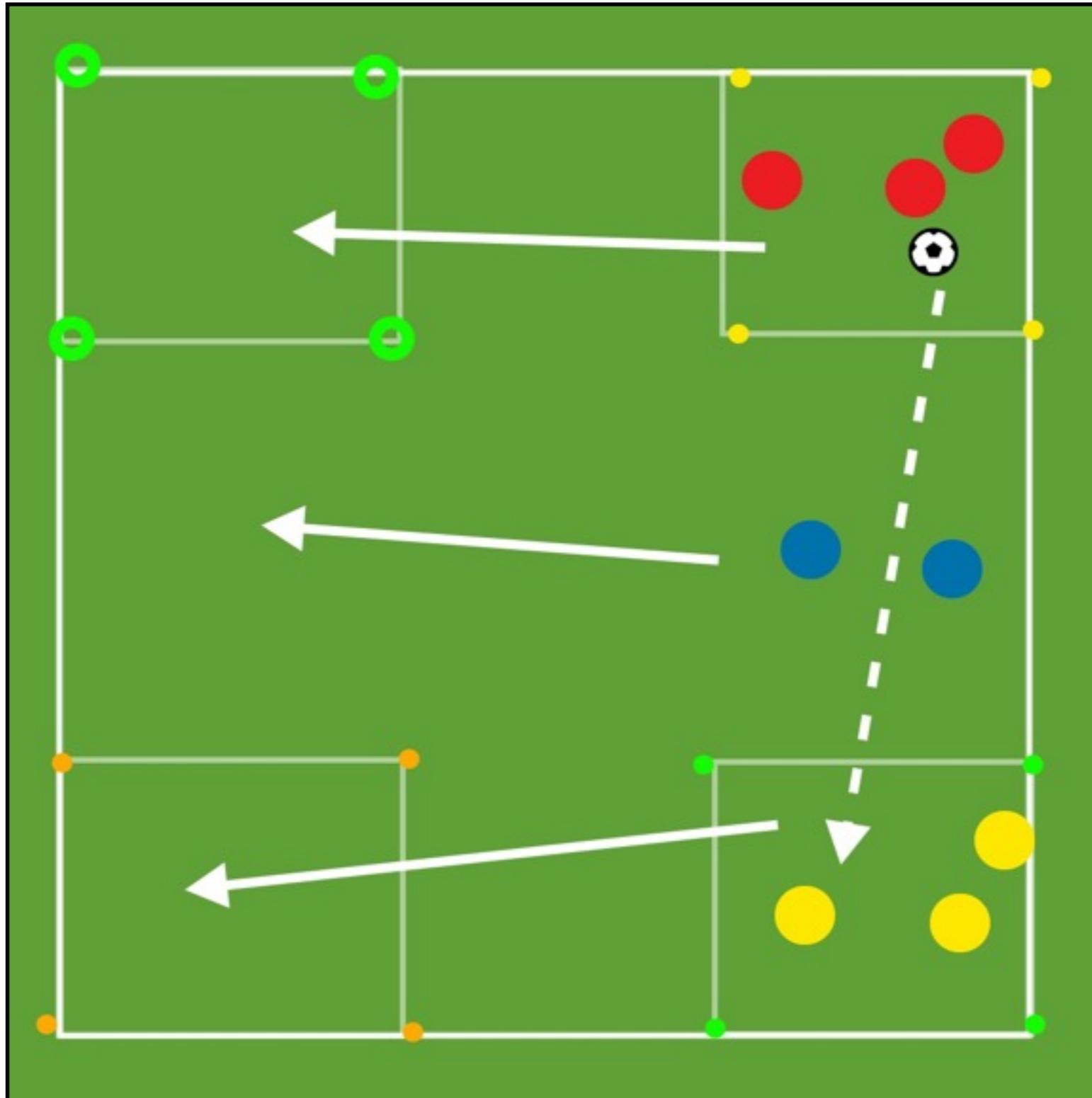


- Working through the cones passing and following.
- When the ball reaches the player at the top, dribble back to opposite side and begin pattern again.
- Think about session as playing out from the back (and through the thirds) using all positions.

- Coaching Points
- Good first touch
- Receiving on the back foot (get players to think about which side is easier for which foot)
- Play 2 touches when possible
- Quality pass through the cones (without hitting them)
- Head up
- Communication
- Confidence

Passing and Switching Play

3v2



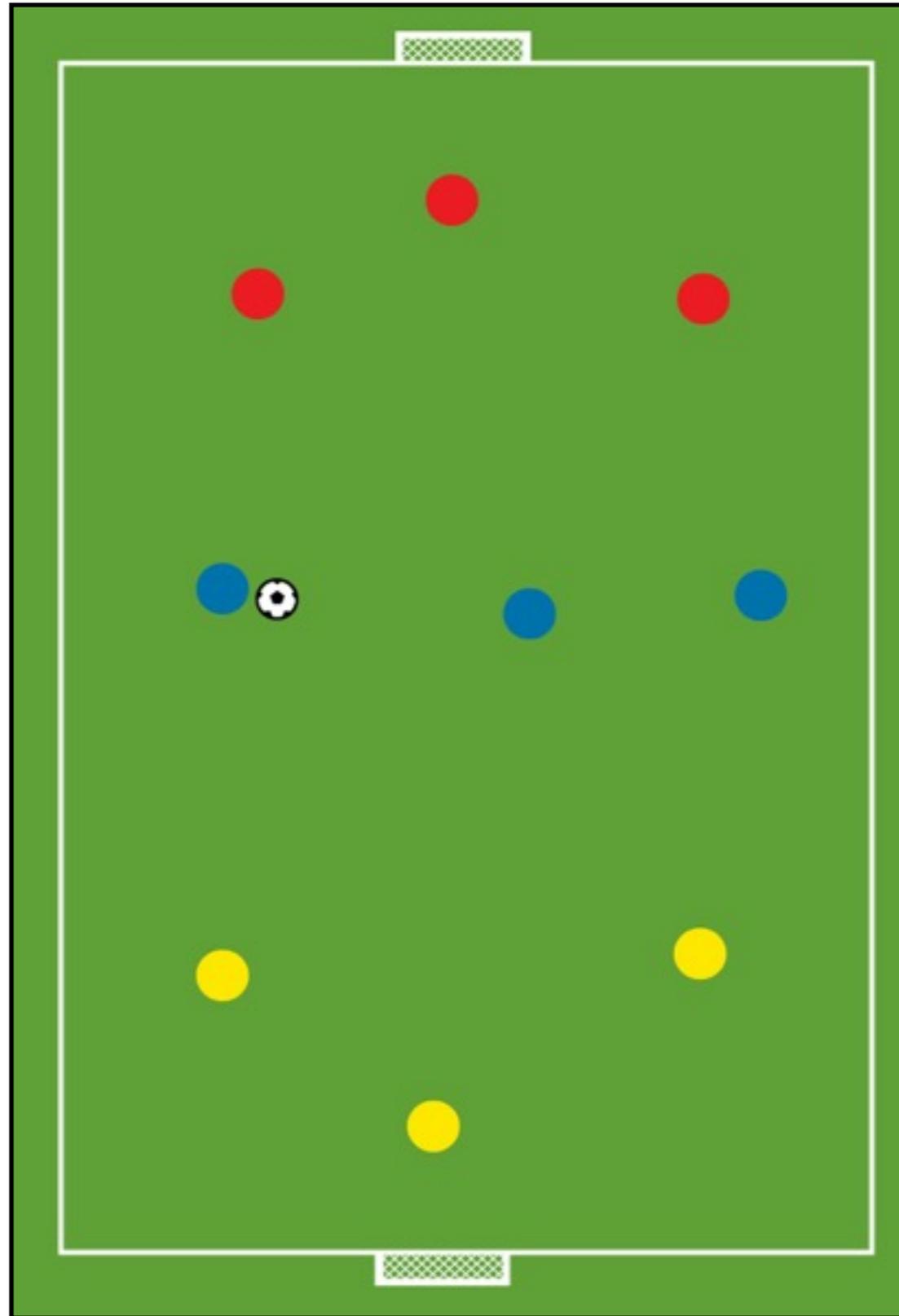
- Group split into 3 teams
 - 1 team starts out in the middle defending. Trying to win/block/intercept the ball
 - Think about the types of passing. Keeping it with partner before switching to the other square.
 - The players can come out of the square with the ball and attack the defenders.
 - If the defending team win the ball they switch with the team they win the ball from.
-
- Coaching Points
 - Short Passing
 - Long Passing
 - Movement
 - Creating Space
 - Dribbling
-
- Progressions
 - coach shouts switch and the players move to the other squares and continue the game
 - then move to the diagonal squares (more space/different problems to solve)

Warm Up - Ghostbusters



- Yellow = Ghosts
 - Red = Ghostbusters
 - Blue = People
-
- People dribbling round, keeping the ball close and doing skills. Must stay away from the ghosts.
 - Ghosts try to get a touch of the ball and this freezes the people who must stand with foot on the ball.
 - Ghostbusters must try to tag the ghosts to get them back between the yellow cones (for 10 seconds). They also free any frozen people.
-
- Coaching Points
 - good dribbling and touches on the ball
 - shielding the ball
 - movement
-
- Progressions
 - add more ghosts or ghostbusters
 - change time ghosts are back in the area

Possession - 3v3v3

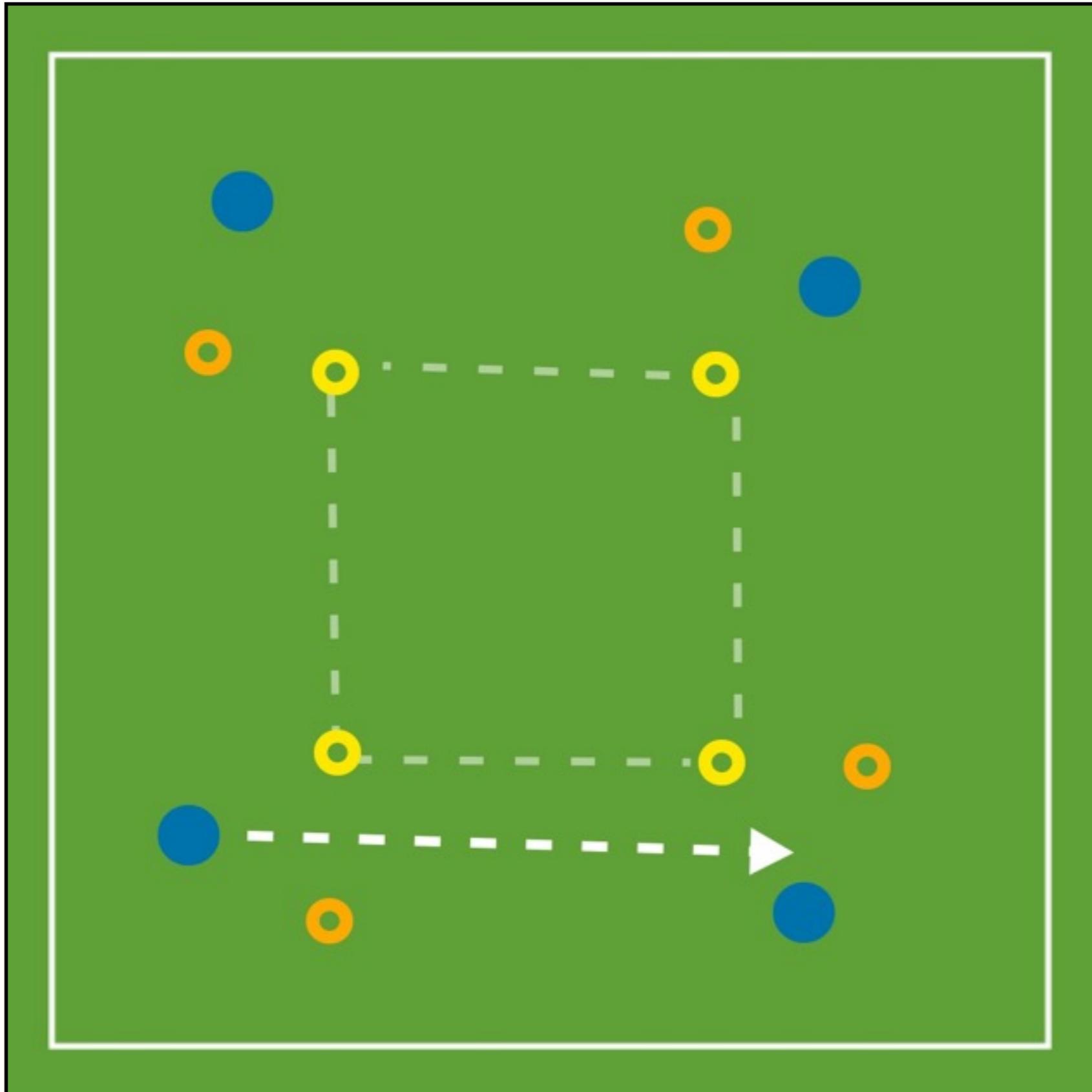


- 3 Teams
- Team with the ball attack goals to try and score. Can score in either goal.
- If either defending team win the ball they keep it in a 6v3 possession game.
- When the attacking team score they defend the goal they scored in with the other team then attacking.
- Focus on attacking quickly and scoring. Good passing and build up play towards goal.
- Help players gain an understanding of defending and switching on to win the ball back after they have scored a goal.

- Coaching Points
- Attacking quickly
- Working hard to get the ball back

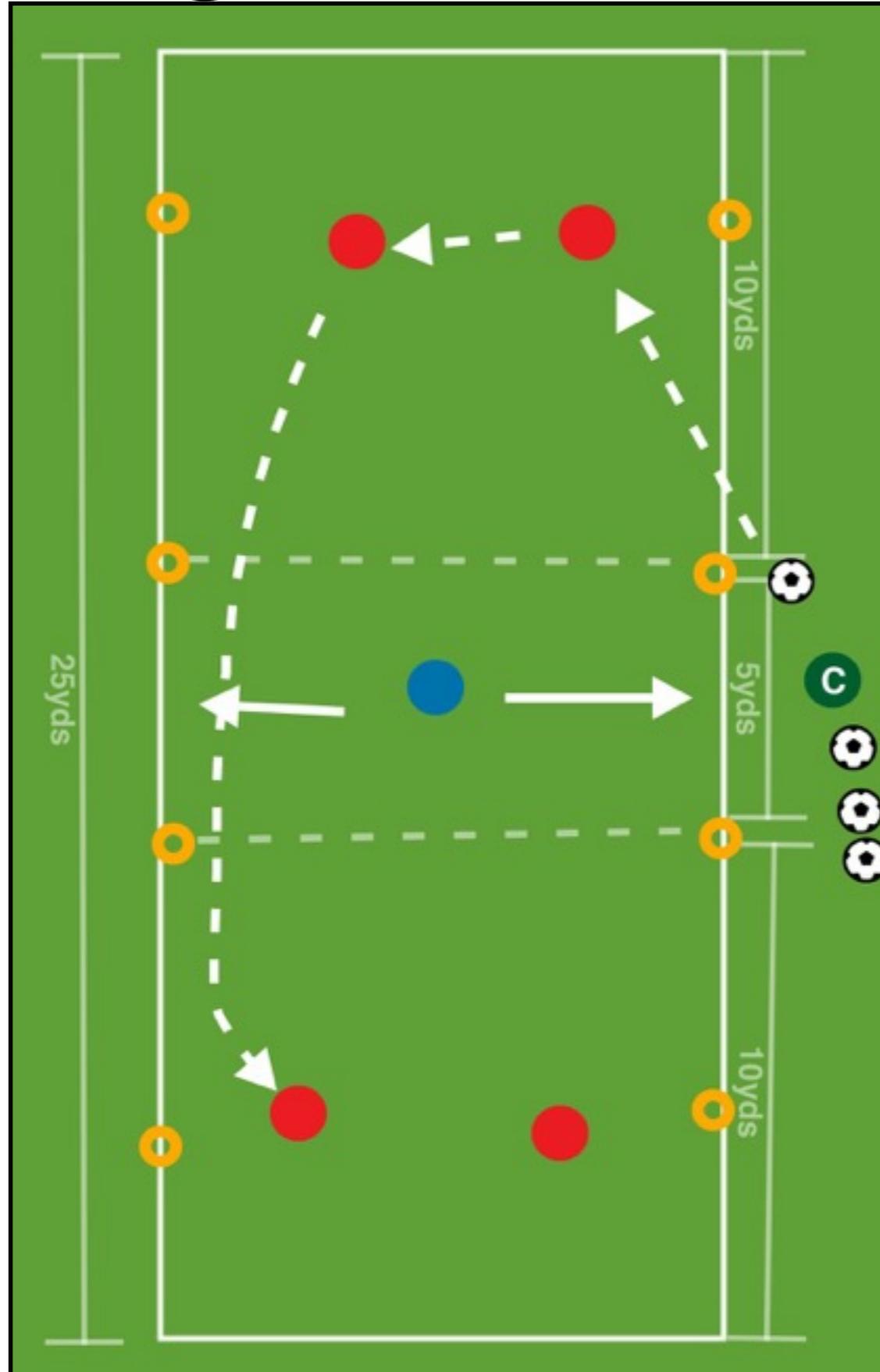
- Progression
- add direction so team who become attackers cannot score in the goal they have just been defending.

Breaking Lines



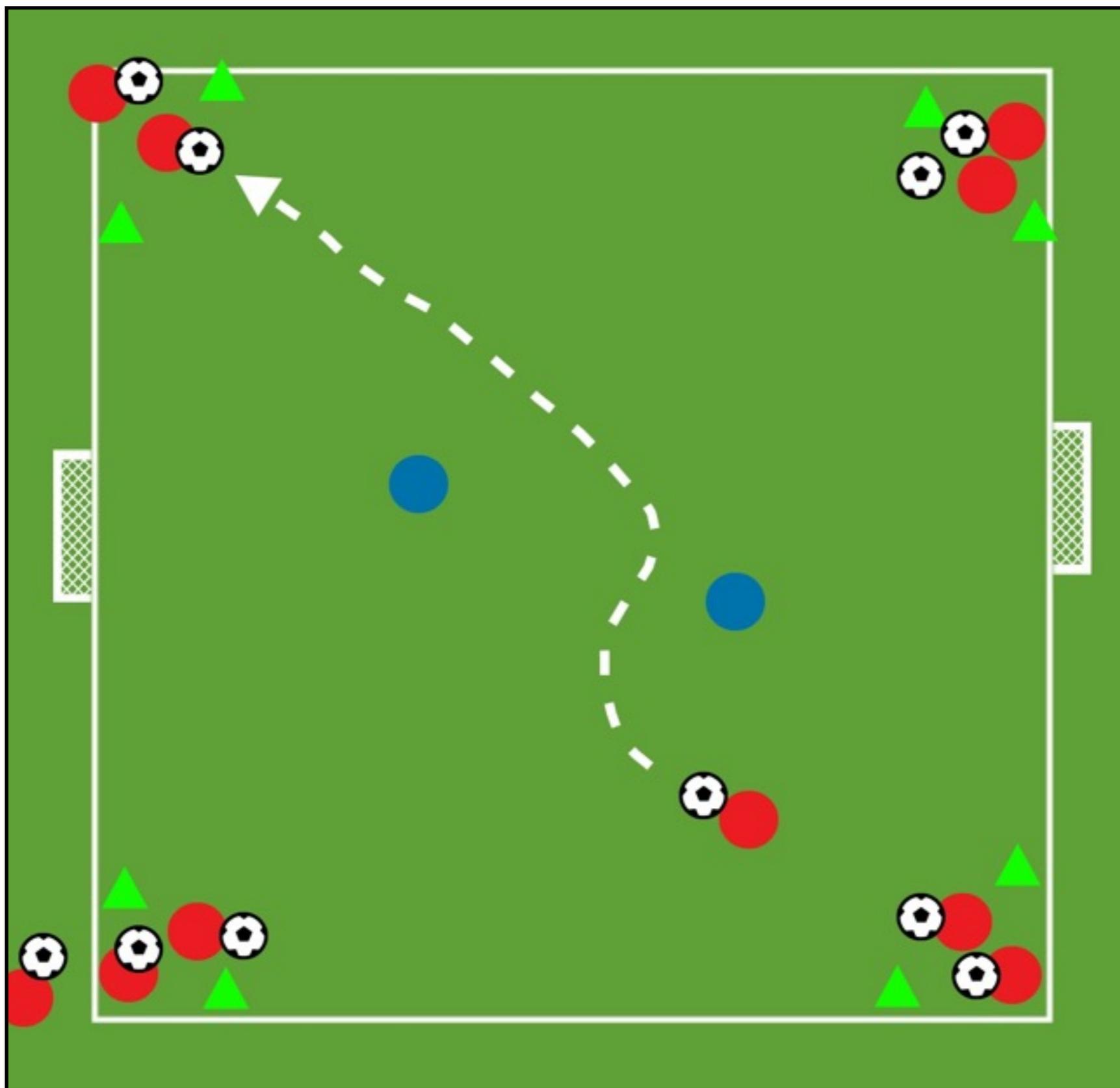
- 4 players per group - 1 at each corner of the grid
 - Get group to work on playing a good weighted pass to the person at the next corner of the grid from them.
 - The player receiving the ball must receive using the inside of the right foot making sure their first touch takes them through the gate.
 - Must work on a quality pass and first touch.
-
- Coaching Points
 - Passing
 - Quality of 1st Touch
 - Movement
 - Create Space
 - Accuracy and weight of pass
-
- Progression
 - 1-2 with person they are passing too
 - Must make a move to be in front of their gate, before the player makes the first pass. Once they play this back first time they must move back through their gate using 1 touch.
 - Work on different parts of the foot to take the 1st touch with and also both feet. (Opposite direction around the grid.

Sliding to Intercept



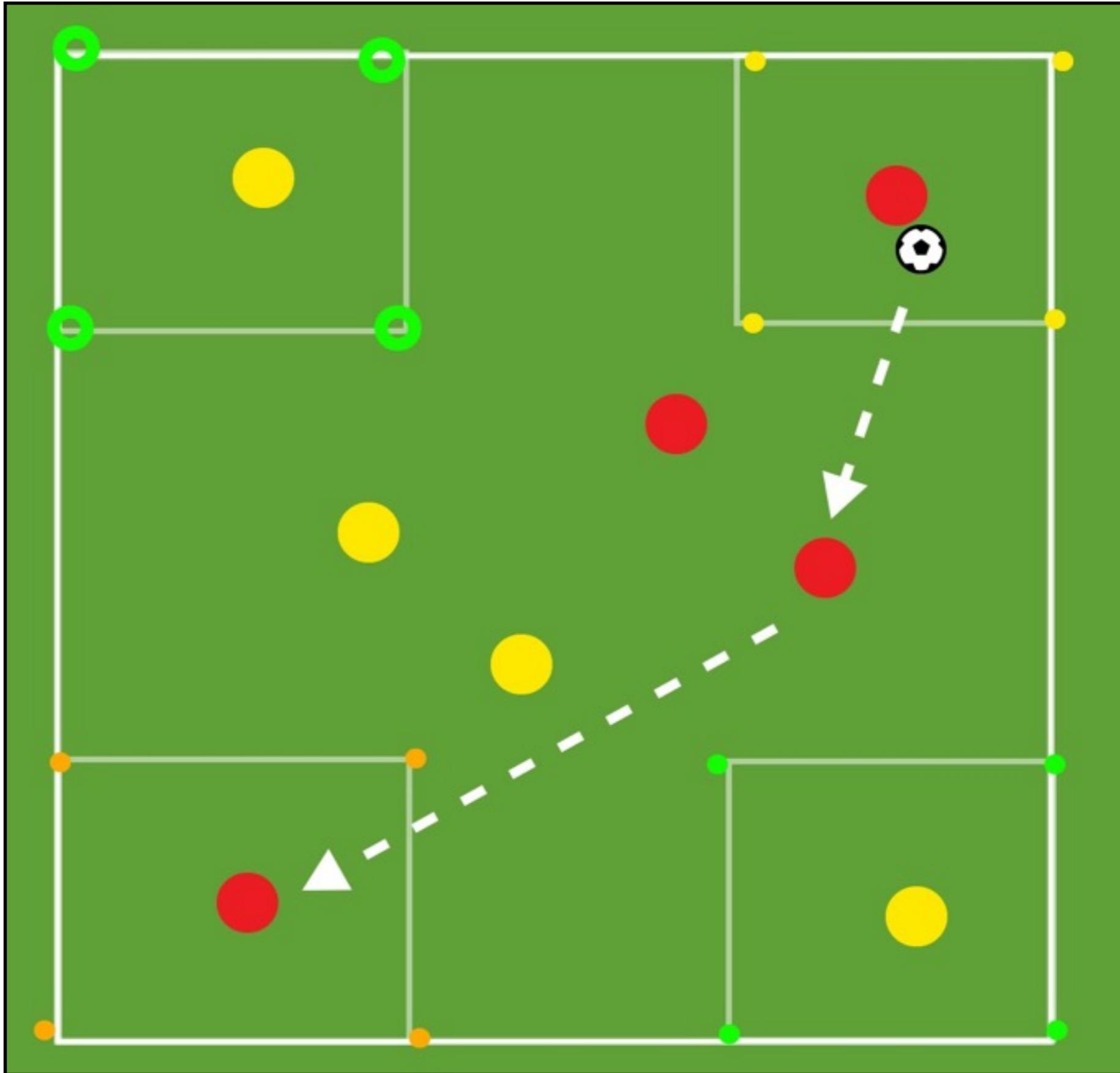
- Read and anticipate likely passes
 - Sliding movement across area, quick footwork
 - Looking for interceptions and/or deflections
 - Ball fed into one pair of attackers who receive and pass, looking for an opportunity to transfer ball across to opposite zone (below head height)
 - Defender in the central channel looks to block/screen ball being passed to end zones
 - If defender manages to intercept, ball is played back to the coach
 - Attackers must remain in back half of their zone when passing the ball
-
- Coaching Points
 - Working together
-
- Progressions
 - additional defender in central channel
 - widen playing area to 20 yards when 2 defenders

Dribbling - 1v2



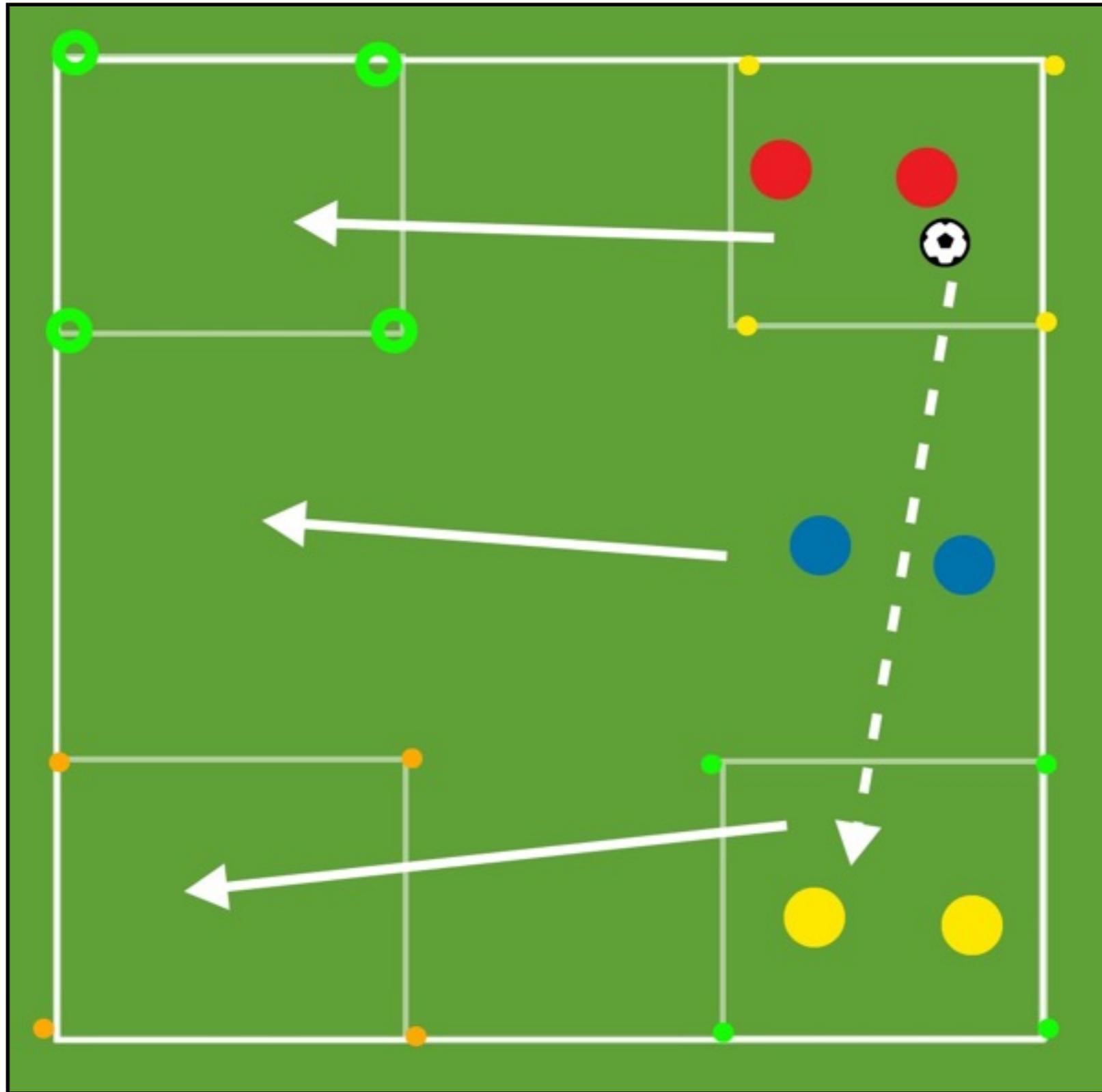
- Positive attitude to dribbling (try new things)
 - Keep close control of the ball
 - Timing of tricks and skills to unbalance defender
 - Acceleration into space
-
- Divide the group so you have 2 defenders in the centre and spread the rest of the players between cones in the corners of the pitch.
 - Aim of the game is for the attackers to get from one corner of the pitch to the opposite corner of the pitch without losing possession of the ball.
 - If the defenders win the ball they can score in any of the goals.
 - Attackers should be trying to use tricks and skills to beat defenders, but let them know that they don't always have to move forward and that sometimes they may have to shield the ball until space is available.
 - Play for a set time and rotate positions.

Passing - Decision Making



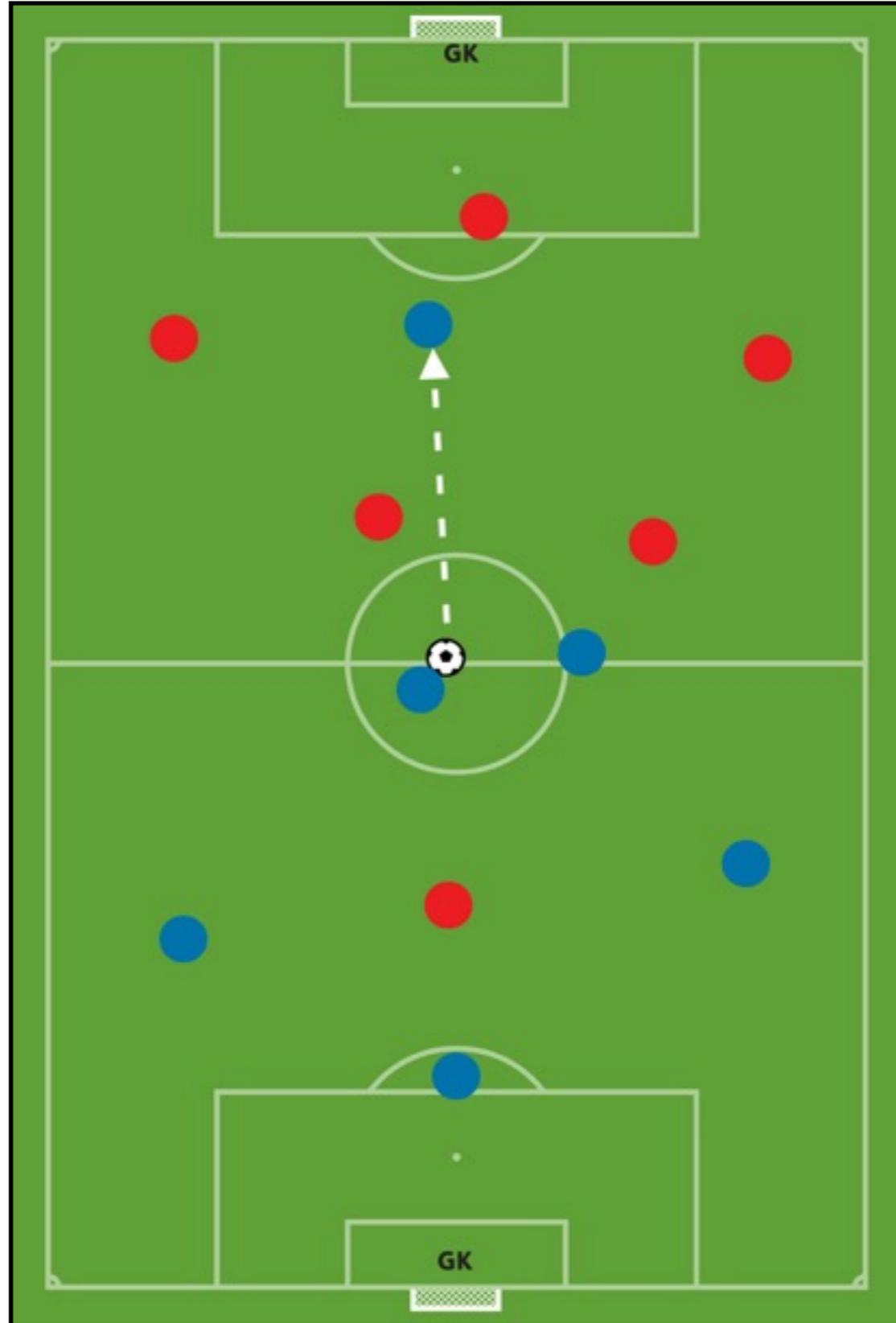
- Short Passing
 - Long Passing
 - Movement
 - Creating Space
 - Dribbling
-
- Groups split into 2 teams.
 - 1 player from each side in the square.
 - Aim of the session is to get the ball from one target player to the other.
 - Focus on the type of pass and seeing the opportunities.
-
- Progression
 - player who passes into target player switches places
 - bounce it ... Play a 1-2 then target player breaks out. If its not on don't force it

Passing - 2v2



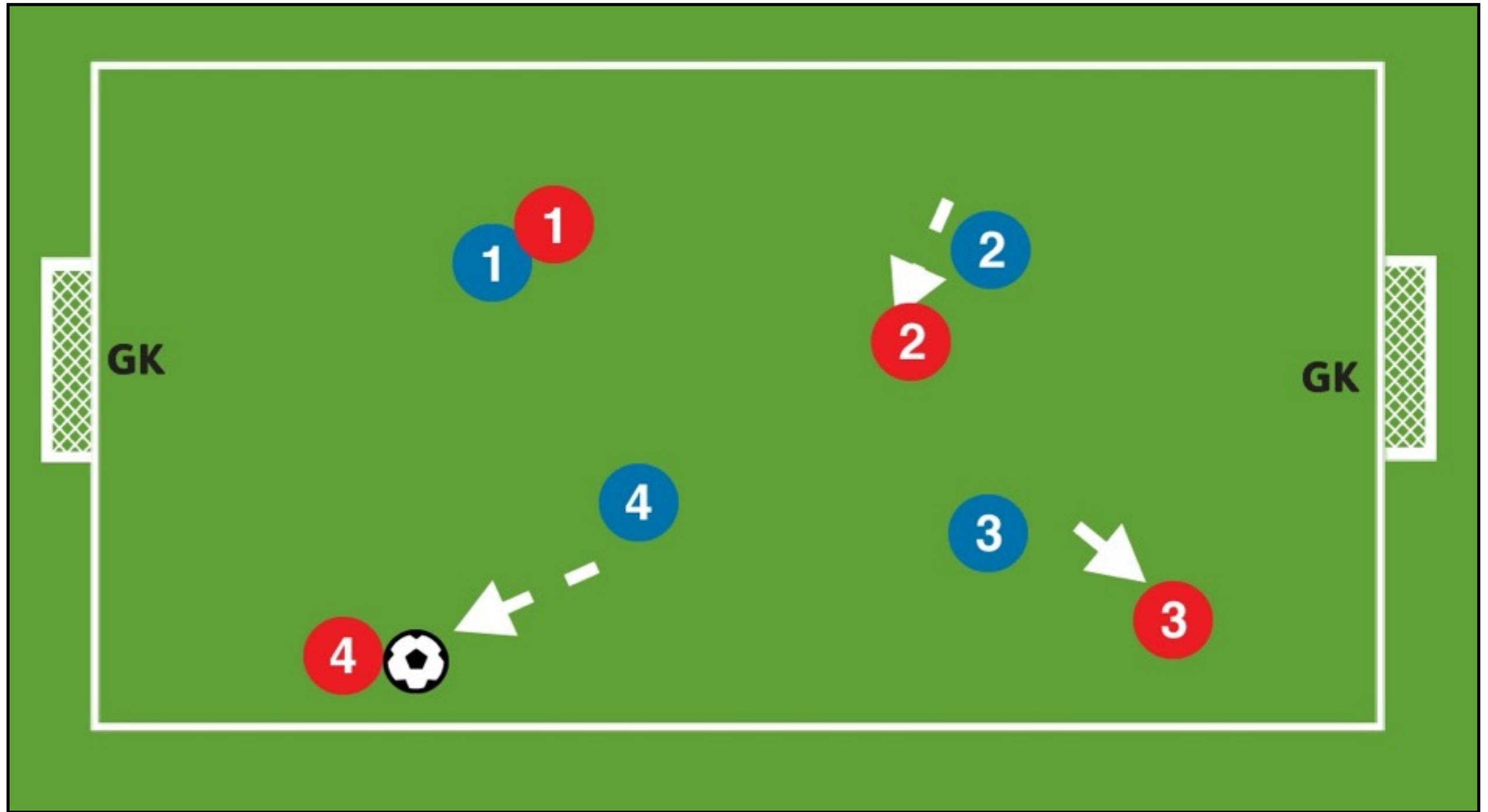
- Short Passing
 - Long Passing
 - Movement
 - Creating Space
 - Dribbling
-
- Group split into 3 teams
 - 1 team starts out in the middle defending. Trying to win/block/intercept the ball
 - Think about the types of passing. Keeping it with partner before switching to the other square.
 - The players can come out of the square with the ball and attack the defenders.
 - If the defending team win the ball they switch with the team they win the ball from.
-
- Progression
 - coach shouts switch and the players move to the other squares and continue the game
 - then move to the diagonal squares (more space/different problems to solve)

1-0 Game



- Can only be winning the game 1-0.
- If your team has scored, they can't score again. Must work on keeping possession of the ball.
- If a team is getting beat 1-0 they must score as need 2 goals.
- Score goes back to 0-0
- Highest it can be is 1-0
- Look at how teams react when winning or losing. This should be different in approach to the game.

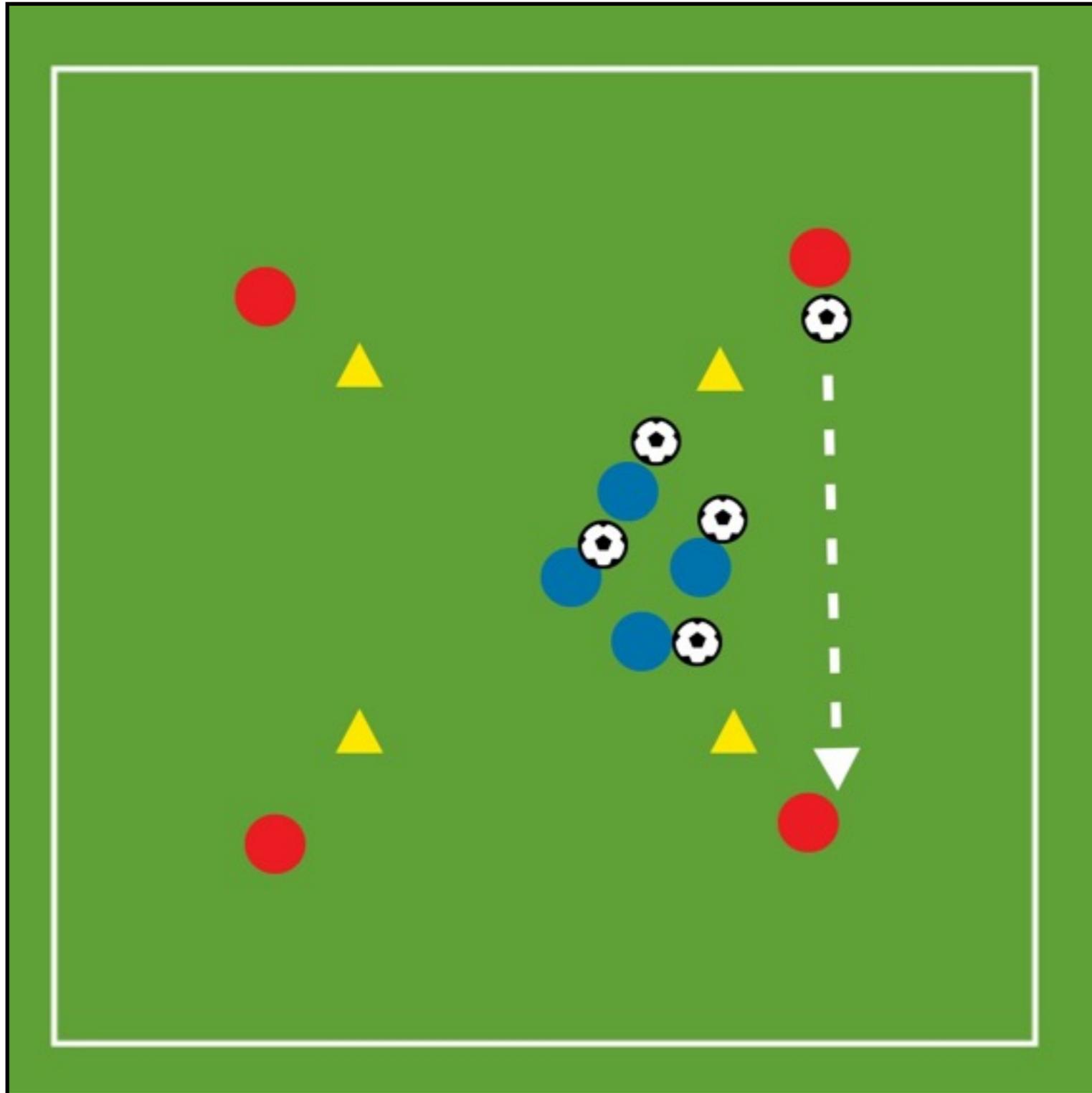
Player Marking Game



- Pitch - 40x20 yards
- Divide group into 2 teams. Pair the players up so they have someone to mark on the other team.
- The aim of the game is for players to try and loose there marker. Players can only tackle their partner, other players may try to hold them up but if they attempt to tackle a player they are not paired with a free kick is awarded.
- The team in possession must try and use all their skills and trickery in order to loose the person marking them.
- Defending team must keep as close as they can to their player, and stop them receiving the ball.
- Key Factors
 - - marking
 - - tracking back
 - - awareness (ball and player)
 - - movement

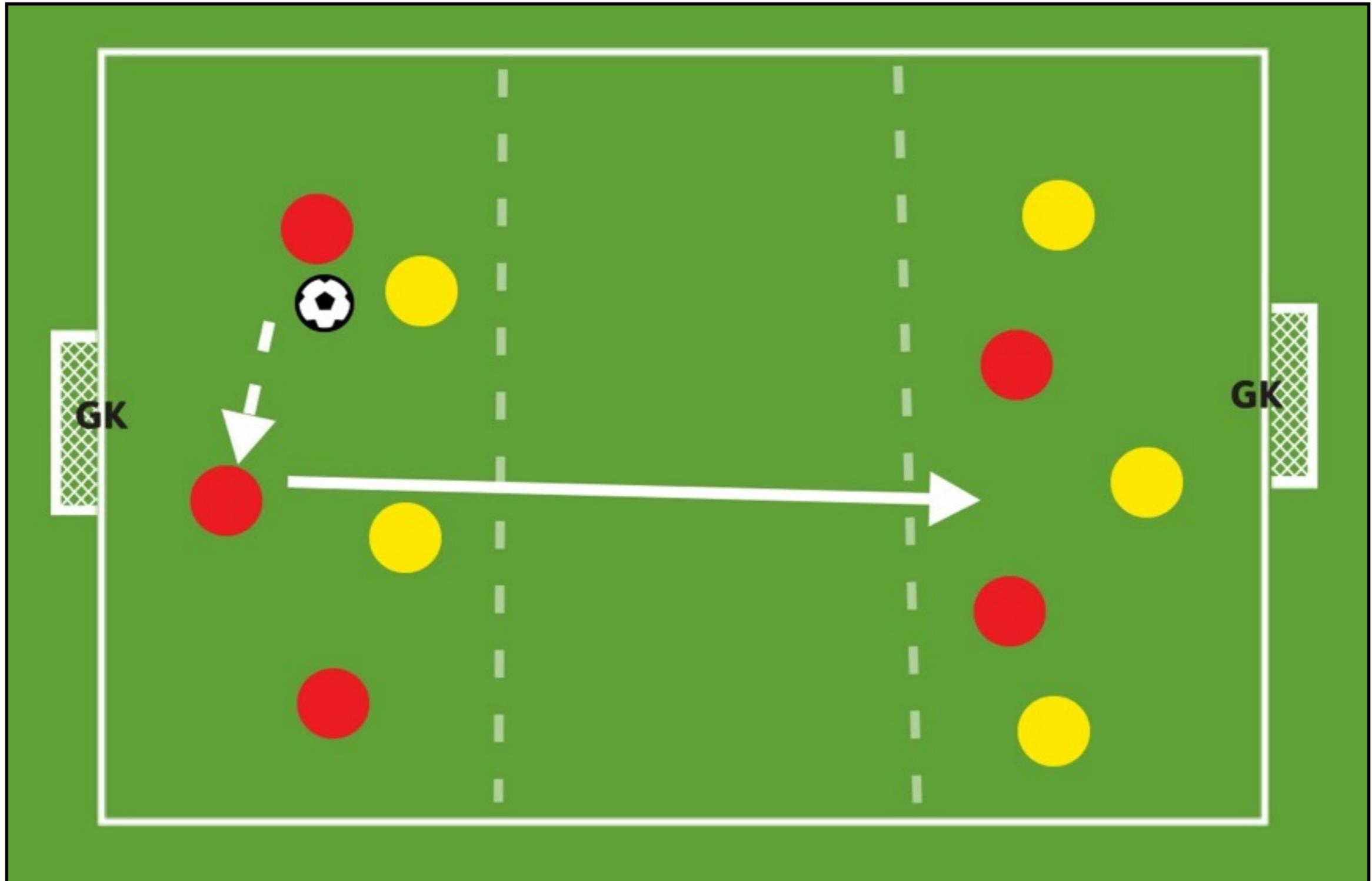
Perception & Awareness

Dribbling & Passing



- Close control
 - Head up
 - Awareness of Space
 - Use both feet
 - Use body and feints to disguise passes
-
- Divide the group into smaller groups of 8 players. 4 will need a football each while the other 4 need one between them.
 - Players work in a grid around 10x10 to 15x15 yards. (Depending on age)
 - The players with a ball each must go inside the grid and the other 4 will be positioned on each corner of the grid.
 - The players in the middle of the grid dribble the ball around inside the area using different parts
 - They must react to the ball moving around the outside of the area and move towards it.
 - Look to get players on the outside to pass the ball quickly, looking to disguise their passes. Players in the middle must be aware of passes and use close control to stay with the ball.

Running with the Ball - Transition



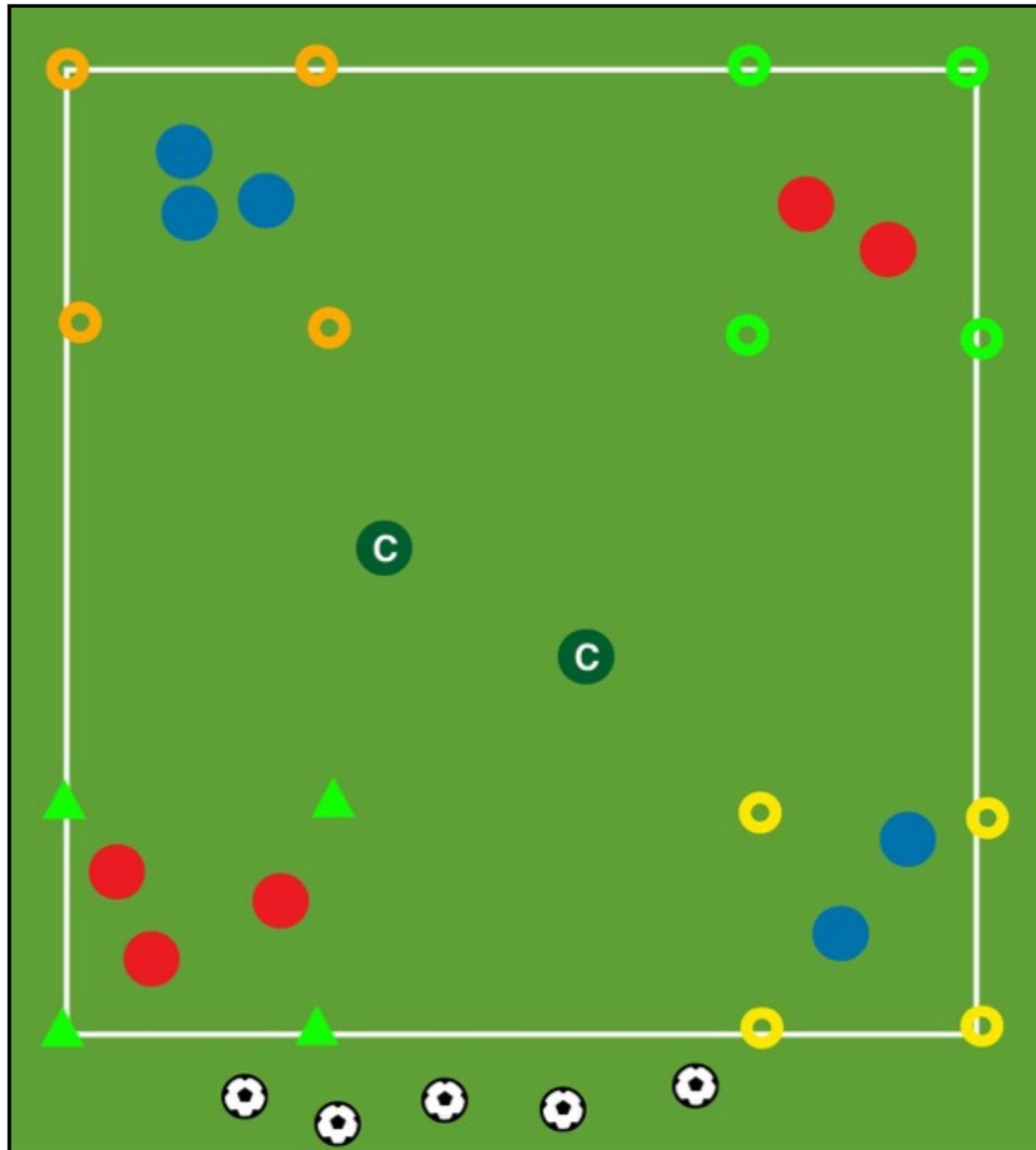
- Set out a grid 60x40 with 3 areas 20x40.
- 2 goals and 2 goalkeepers
- Divide group into teams of 5 and position them 3v2 in each end zone.
- The defenders look to maintain possession in the defending third of the pitch.
- When possible a defender can break forward to make a 3v3 in the attacking end zone.
- Only the player with the ball can run across to another third of the pitch.
- If the defenders win possession it works as a transition and they look to score at the other end.
- Play 4 four minutes sessions.

- Key Factors

- - decision making of the player in possession
- - dynamic movement to break forward
- - movement of attacking players to create options
- - weight and accuracy of pass
- - appropriate angles and distance of support
- - attempt on target
- - movement for rebounds
- - reaction to winning or losing possession (transition stage)

- Dribbling
- Passing
- Control
- Defending
- Shooting
- Goalkeeping
- Turning

Warm Up - Tom & Jerry



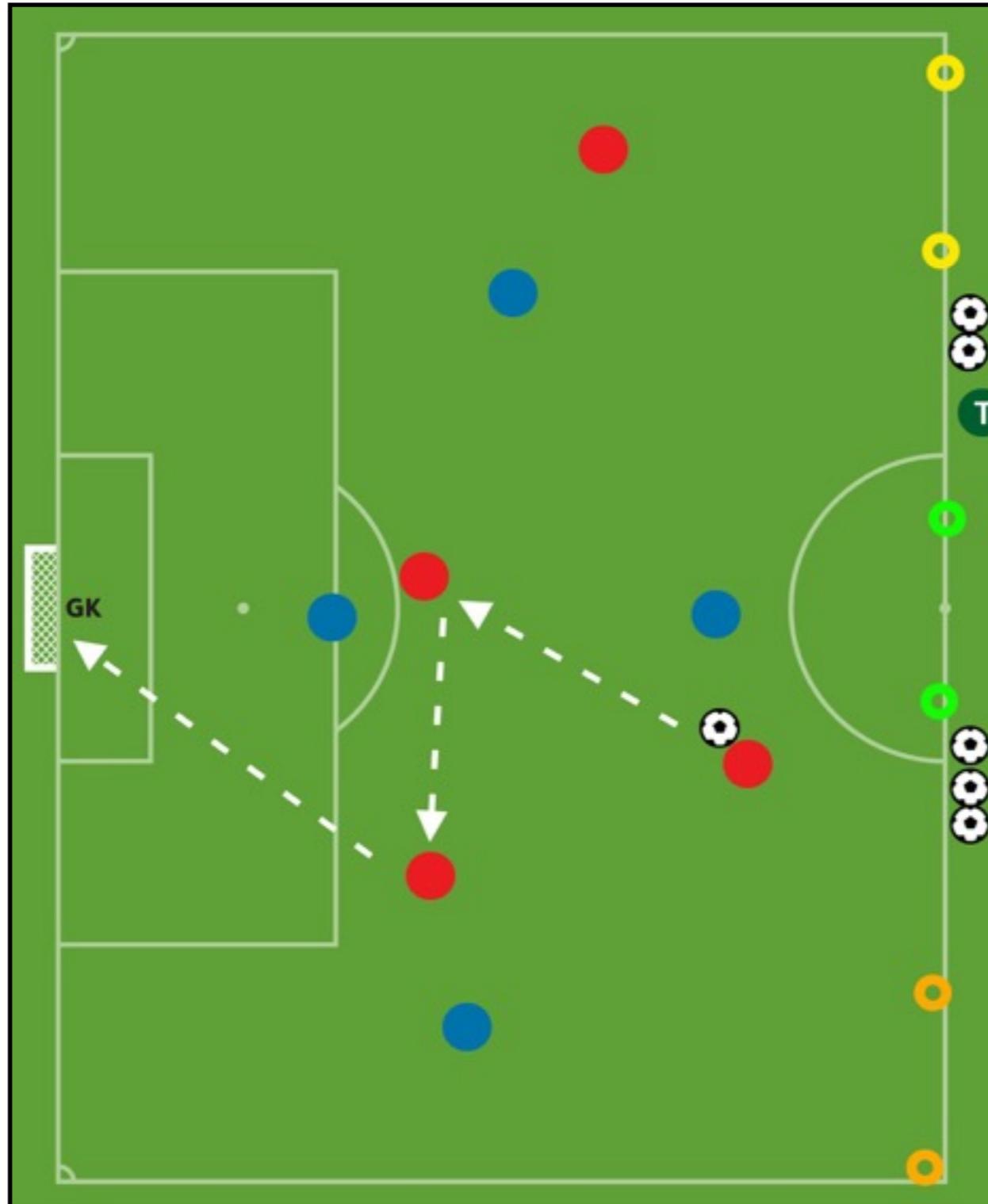
- Warm up to prepare for session
 - Reactions
 - Speed - movement
 - Quickness of feet
 - Turning/twisting
-
- 2 players are "it"/ catchers
 - Each of the 4 areas marked out with different coloured cones. The coach calls out a colour and the players must get to them, in the correct order.
 - If a player is caught when moving between the cones they become a catcher.
-
- Progression
 - Add in footballs so players must dribble
 - Catchers with a ball and still tagging
 - Then allow tackling

- 3 attackers in 1 area play 3v1 against 1 defender
- When possible an attacker runs with the ball into the middle.
- - Release a pass to one of the attackers in the opposite end zone and follow the pass.
- - keep repeating

- Key Coaching Factors
- - support positions to receive
- - awareness of space
- - quality of first touch on the ball (in order to run)
- - strength of touch into space
- - head up as carrying the ball
- - timing and accuracy of release of passes
- Extra blue player starts as a target for defenders to pass to if they win the ball.

- Progression - add this player in central zone (if too easy for attacking players)

Defending team breakout to attacking team

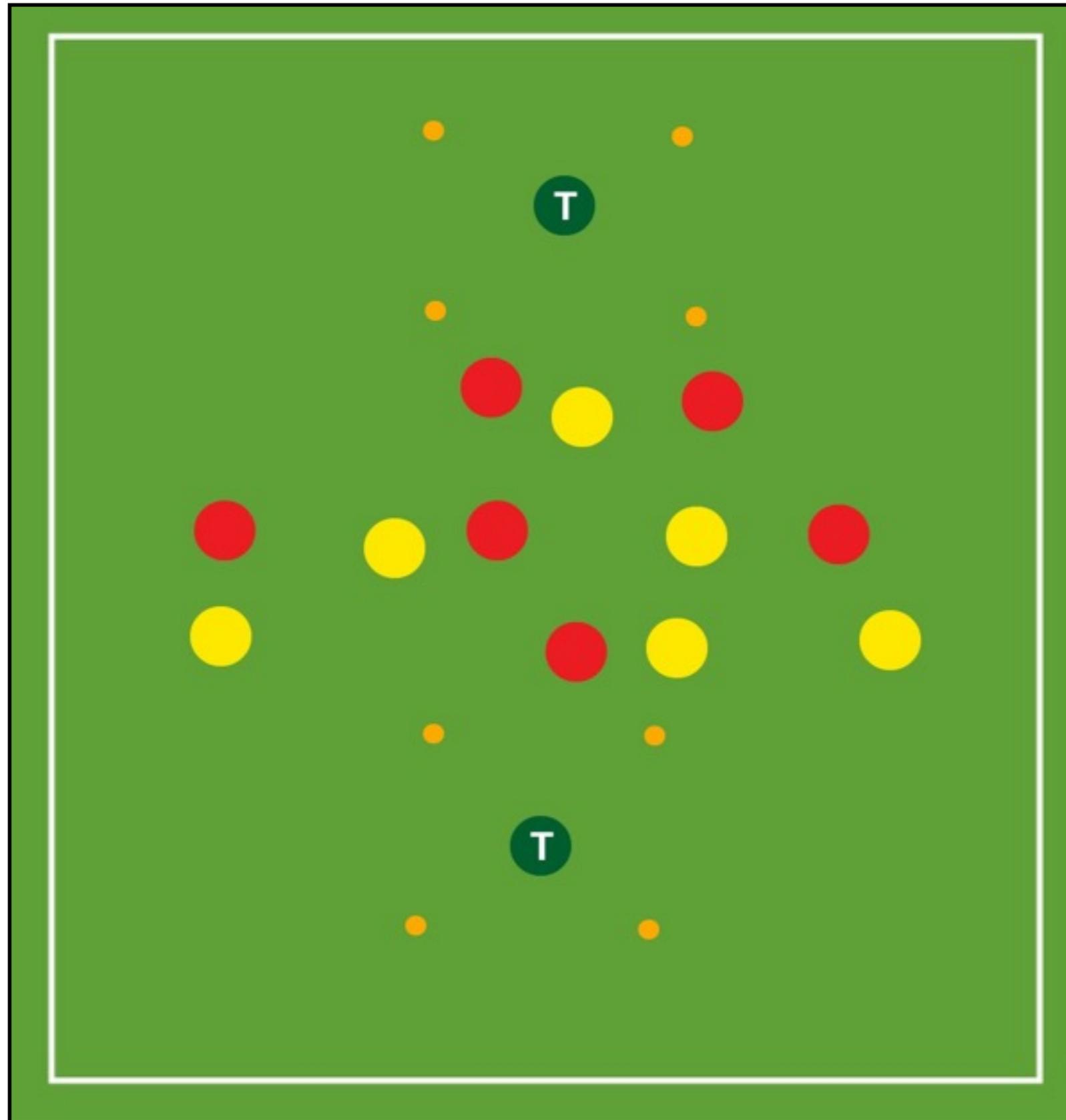


- Attacking team try to score
- Defending team when they win the ball must dribble through one of the 3 gates, then turn and become the attacking team. This means current defending team must react and get into defensive positions quickly.

- Coaching points
 - - high and wide when in possession to stretch the pitch
 - - be confident when receiving the ball
 - - don't stand still after a pass help each other

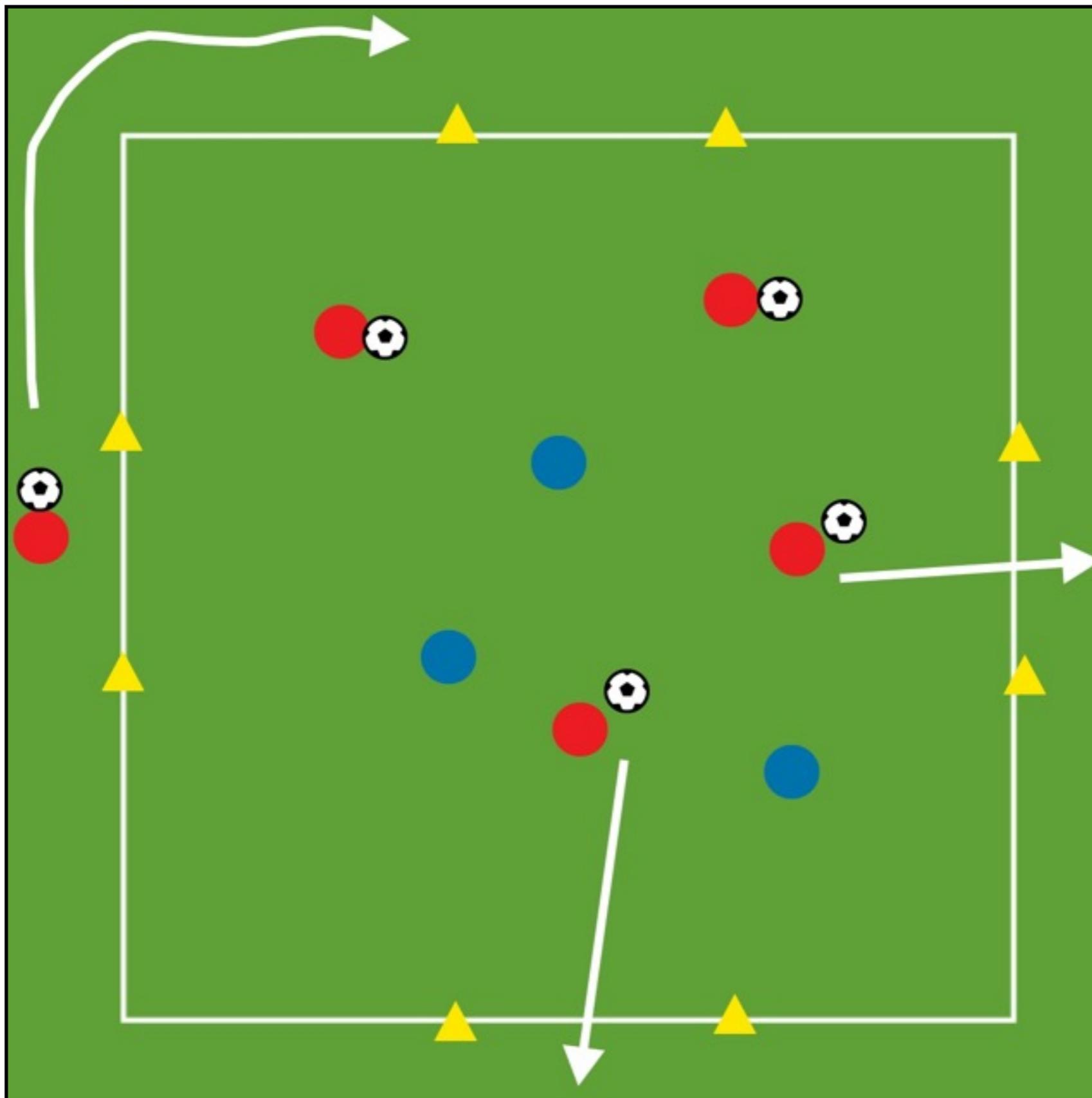
- Evaluation
 - - girls struggled to create space
 - - looked more comfortable as attacking team than defending team

Defending - Pressing



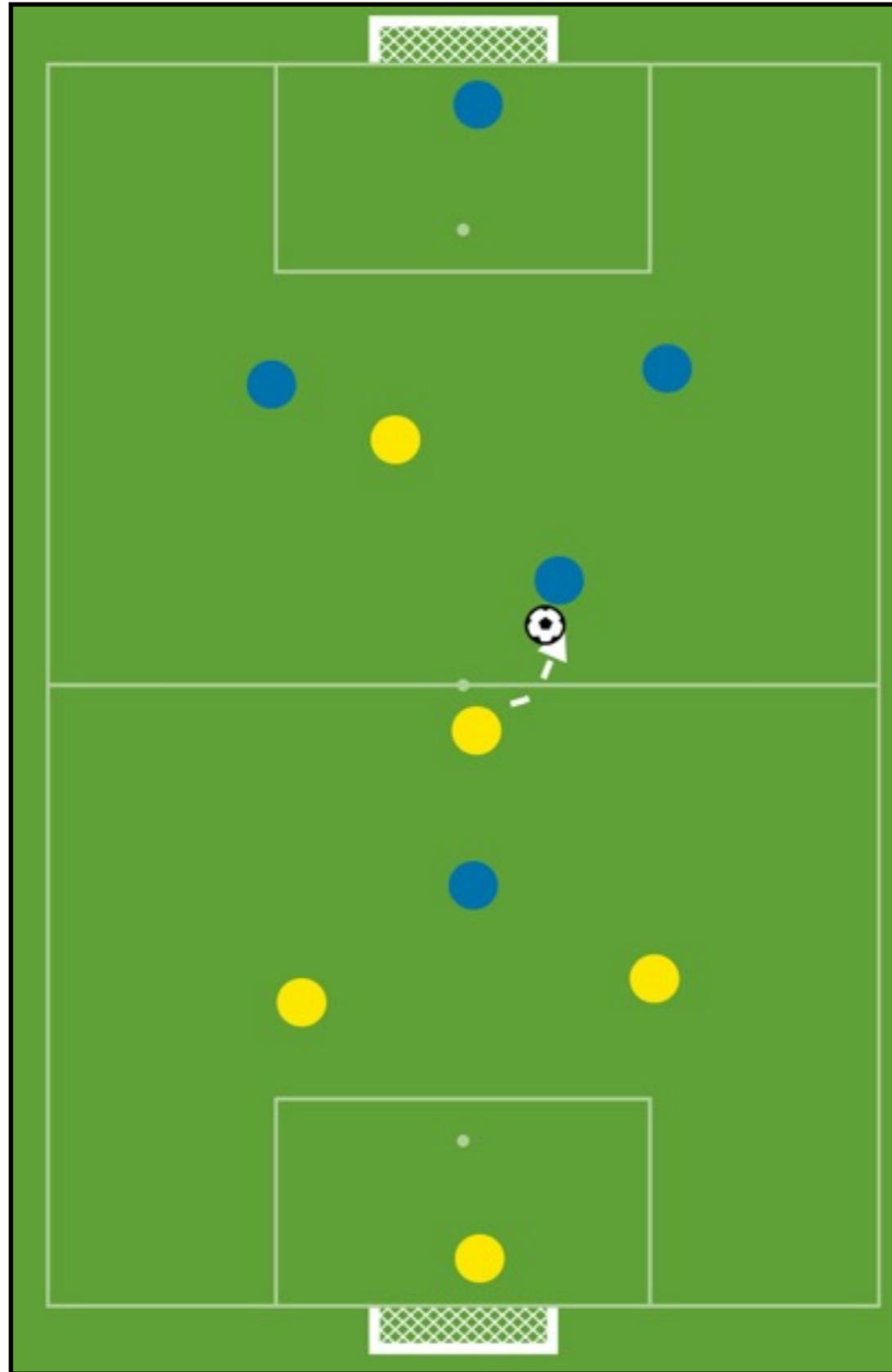
- Target players in box, must be played through the front of the square.
- Don't always have to win the ball
- Take position off the player who is putting pressure on the ball.
- Size of the pitch makes it possible for the ball to be pressed each time.
- Put them under pressure quickly to make the opposition play a ball they don't want to play - force them.
- Go in big, stop the ball from being played.
- If they go behind the goal don't want to press, just drop off and let them have it.

Find the Gap



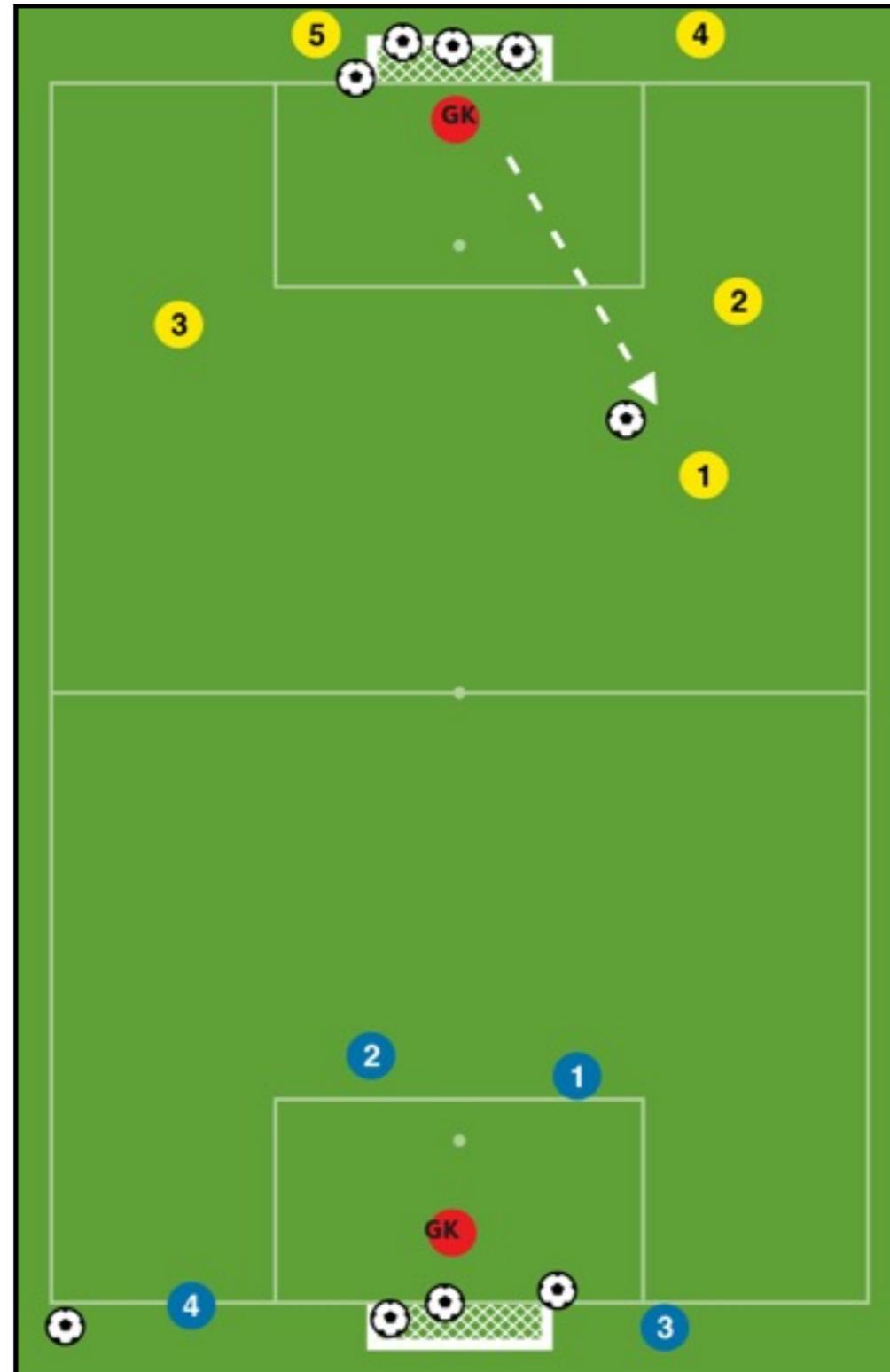
- Vision
 - Awareness of space
 - Dribbling/ Running with the Ball
 - Close Control
 - Turning
-
- 8 players
 - 5 attackers with a ball
 - 3 defenders
-
- Attackers aim is to get out of one of the gates in the area. Then re-entering the playing area via a different gate.
 - Defenders aim is to try and stop attackers getting through the gates. By blocking the gates or tackling.

SSG - Pressing



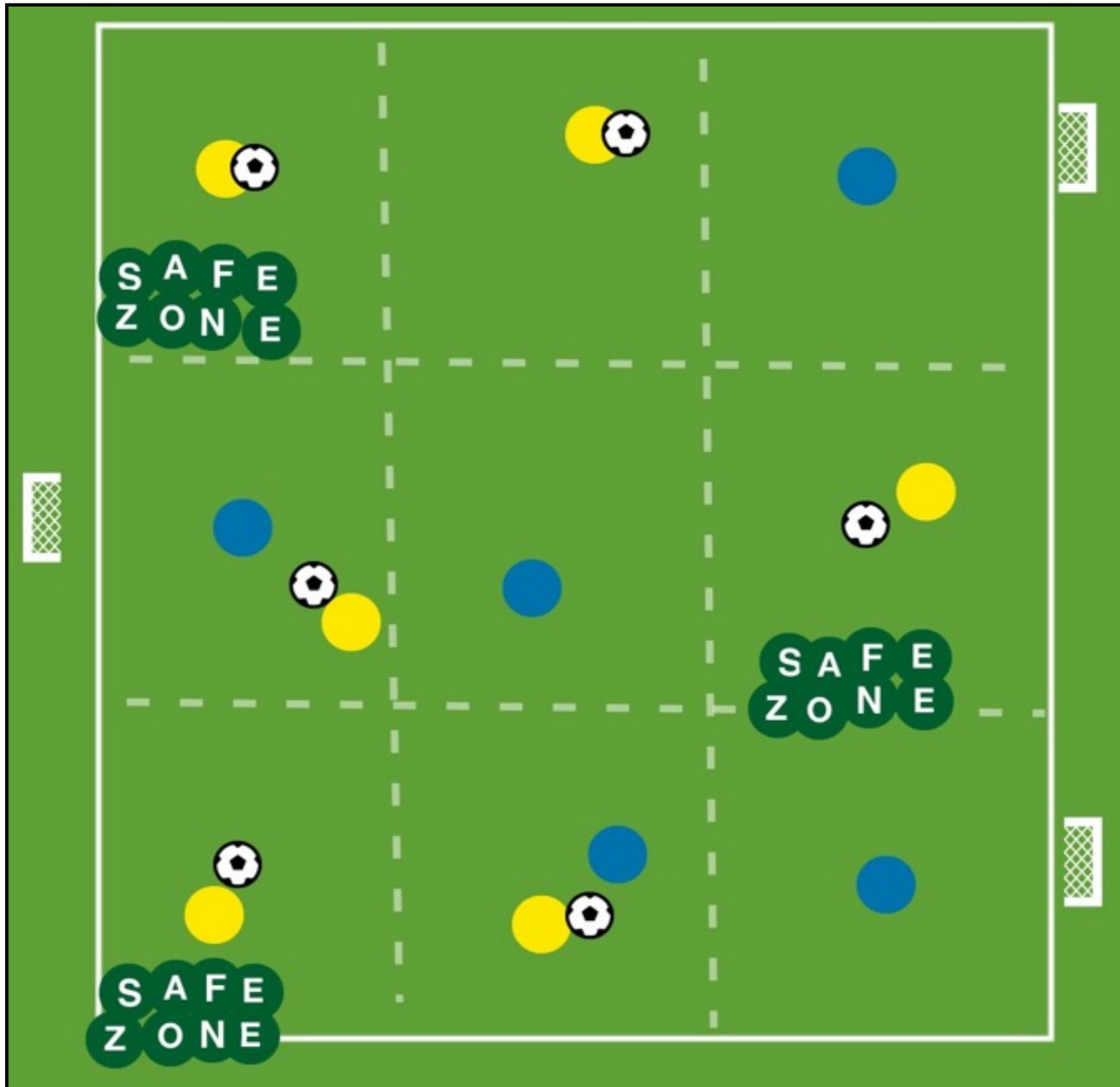
- Taking what was done in the 1v1 practice. The 5v5 game was focused on pressing the ball. Again reinforcing the timing and angle of the run.
- Extra coaching points
- think about which way you are showing the player on the ball. Down the line or outside? This depends on where your teammates are positioned
- This SSG will help to show which players understood the points in the 1v1 practice.

Numbers Up Counter Attack



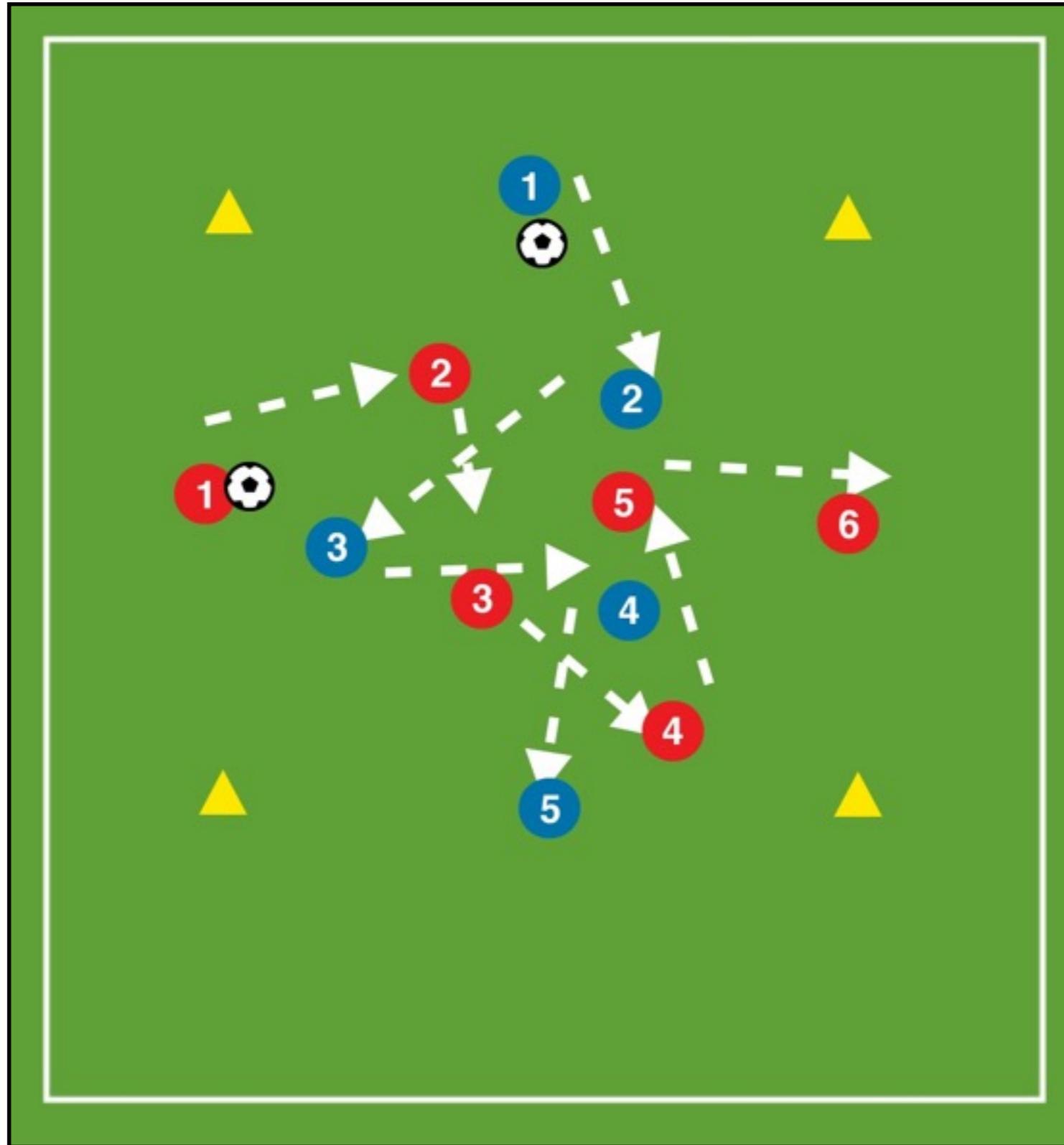
- Split your players into 2 teams, with GKs in each goal (and plenty of footballs in the goals). Each time it has played through swap the GKs so everyone has a chance to play in goal.
 - 11 players - if you have an odd number the attacking team starting from the GK will always end up outnumbering the other team, so make sure you swap players onto other team so they all get a chance to play both ways.
 - Blue 1 is fed the ball by GK then drives forward to shoot unopposed.
 - As soon as the shot is away yellow GK feeds in yellow 1 & 2 who play 2v1 against blue 1 who now defends the goal.
 - Once the 2v1 plays out the blue GK feeds in blue 2 & 3 who join with blue 1 to play 3v2 against yellow 1&2.
 - The game continues in the same fashion with 4v3 until reaching 5v4
 - Running order - 1v0 - 2v1 - 3v2 - 4v3 - 5v4
-
- Didn't use any of these but possible for when doing this session again
 - Progressions
 - - time limit to attack
 - - one touch finishes
 - - two touch max
 - Evaluation
 - - slow in the attack so didn't always manage to get a shot away at goal.
 - - players coming on from the same side of the goal stopped quick play with them being in the same space. Encourage players to be clever when coming onto the pitch.
 - - some very clever passes were seen during the session just have to encourage clever movement and runs to fit in with these.
-
- quick decisions/
solutions
 - clinical finishing
 - GK speed to attack
 - touches on the ball

1v1 - Dribble to Finish



- Players attacking the goals start in the safe zones with the ball.
 - One at a time the players dribble out of the safe zone to the first 1v1 zone, if they are successful beating the defender they then move into the second 1v1 zone.
 - In the second zone they must beat the defender and then score a goal.
 - Defenders are not allowed out of there 1v1 zones.
 - Attacking players after their turn join the back of the next line, starting in the safe zone.
 - Moving the ball around in the safe zone and getting plenty of touches ready for the attempt to beat the defender.
-
- Progressions
 - players can be clever and go to any spare area to take on the defenders instead of having a set order.
-
- Evaluation
 - started off very slow, until the players understood how it worked.
 - had to encourage players to move the ball quicker and be positive showing skills to beat the defenders.
 - shielding instead of attacking the space.
-
- Future session
 - allow the defenders to become attackers and switch with the player they win the ball off, which will make it better for the defenders to have a set goal. Realistic to the game as well, as after you win the ball back as a defender you try to attack.

Passing - Numbers 2 Teams



- Area 20x20
 - Starting out with ball in hands and passing in number order with your team. Getting used to who passes to who.
 - Quickly changing the session so that each team has 2 players on the outside.
 - The teams must then continue to play the ball around thinking about how many touches to have and showing for the ball when it's their turn to receive it. Rotate players on the outside.
-
- Key Factors/ Coaching Points
 - quality passing to players open to receive
 - quick movement to find space in congested area
 - scanning the area to see the next pass/move
 - control/first touch in direction of next pass
 - play with head up
 - communication

Passing - Transition Game



- Two different areas set up, with a gap in the middle which is "no mans land" only one player at any time is allowed in this area. 5v3 in the areas at all times.
- Each team has an area that when they have the ball they must keep it, passing as many times as possible.
- Scoring system
- When the defending team win the ball back they must play it to the other side
- 1 Goal getting it straight into the area - 2 goals passing to the player in no mans land first

- Coaching Points

- With the ball - making the area as big as possible giving more space to pass the ball around.
- Without the ball - defenders trying to get it back as quickly as possible
- When winning the ball - everyone sprinting back into area to start passing and moving

- quality passing to retain possession

- quick reactions when losing the ball

- focus on winning the ball back quickly

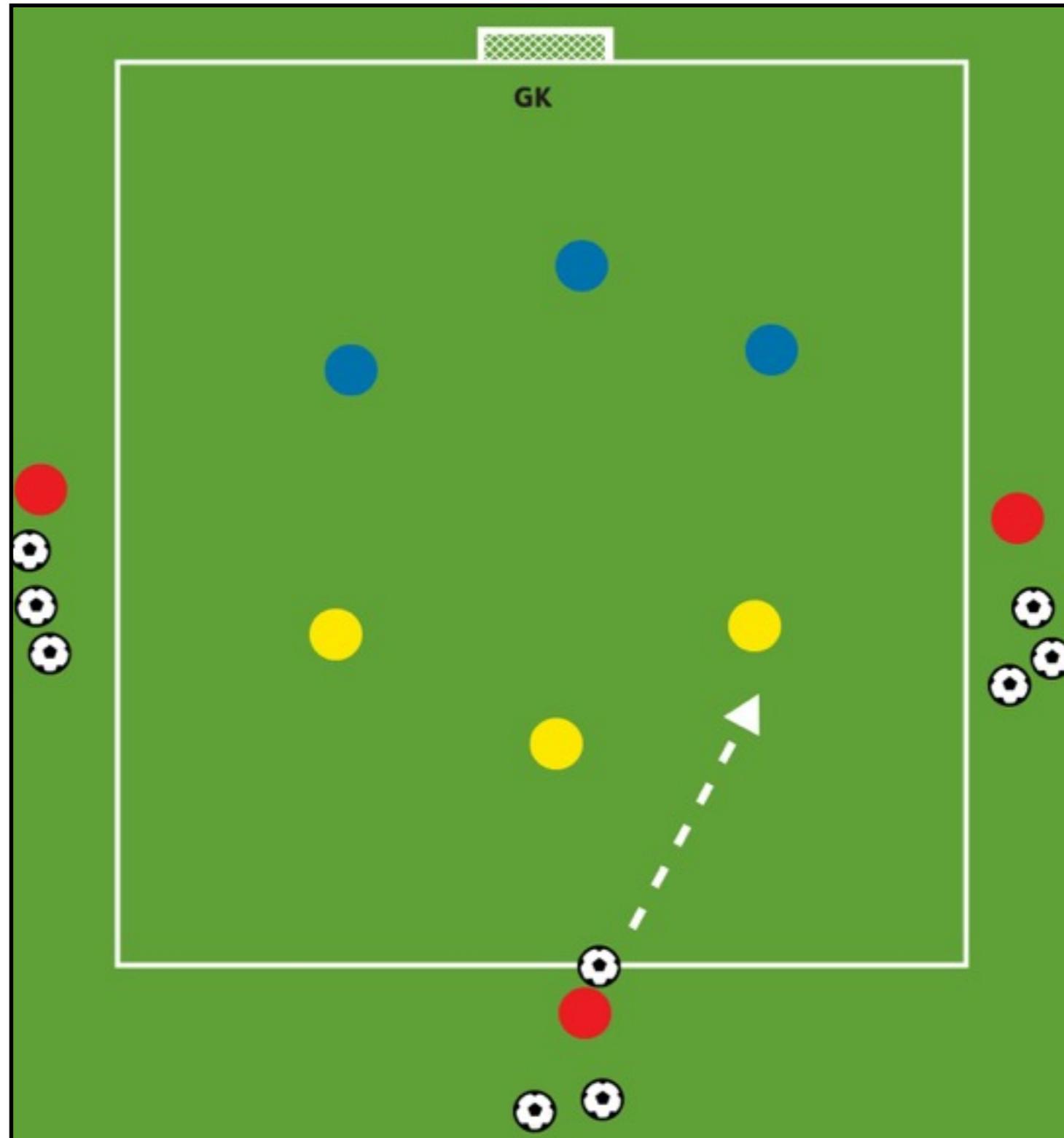
- communication (who goes where)

- width and depth using space when attacking

- compact and narrow to close down the space

- structured pressing (nearest player to the ball)

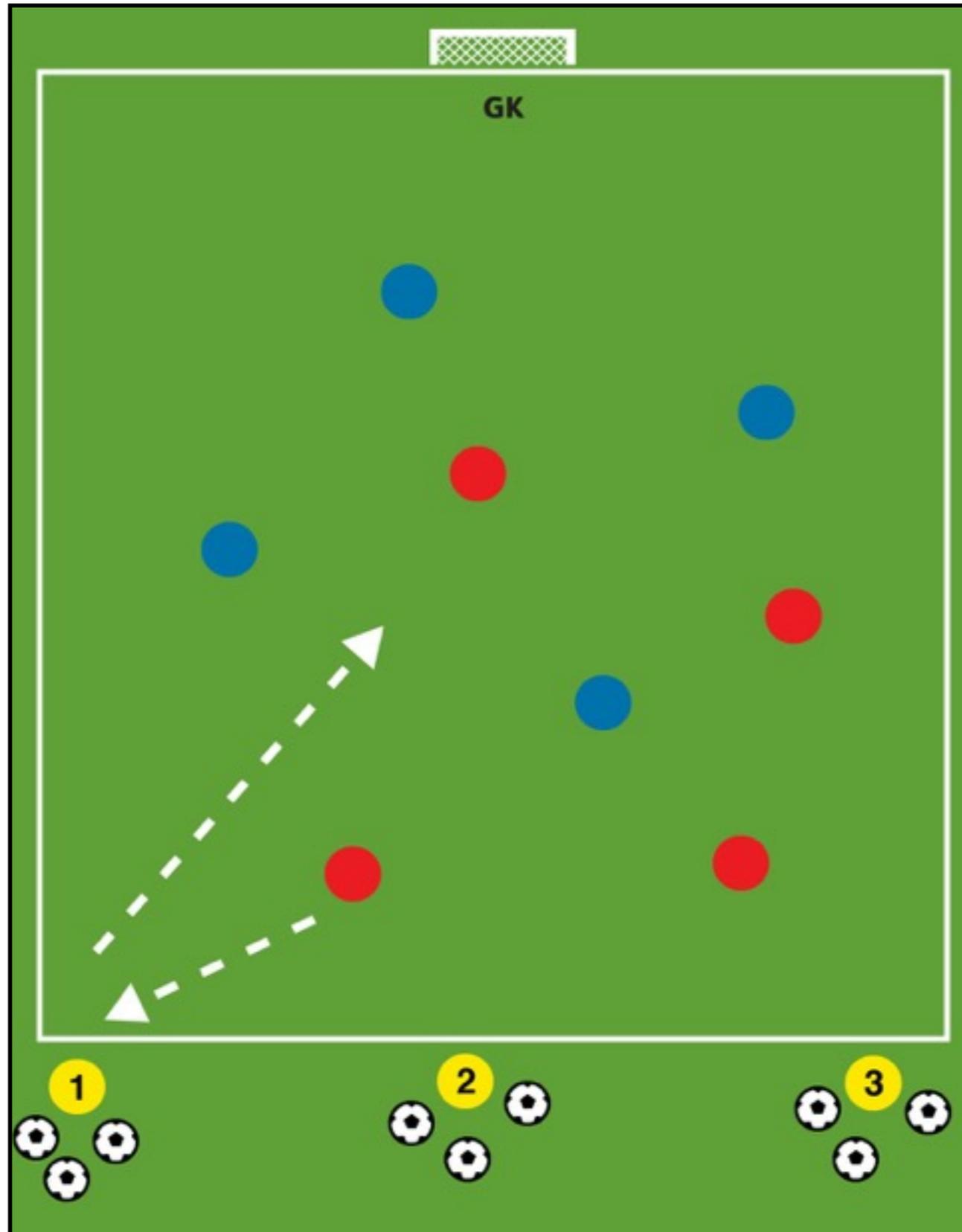
Shooting & Finishing 3 Teams



- Ball starts with players on the outside
- If that players name is called out they play the ball into the colour they are told is attacking.
- The players on the inside can use the outside players for a 1-2
- When a goal is scored the defending team switches with the outside team.

- Coaching Points
- creating space
- moving the ball quickly to score

Shooting - 9 Ball Game



- Coach shouts a number, this is where the attacking team must get the number from

- 4v4 with a goalkeeper

- Coaching points

- Attackers

- move the ball quickly

- minimum amount of touches

- can you score quickly?

- good movement off the ball

- quick passing and links

- don't panic on the ball

- Defenders

- work as a unit

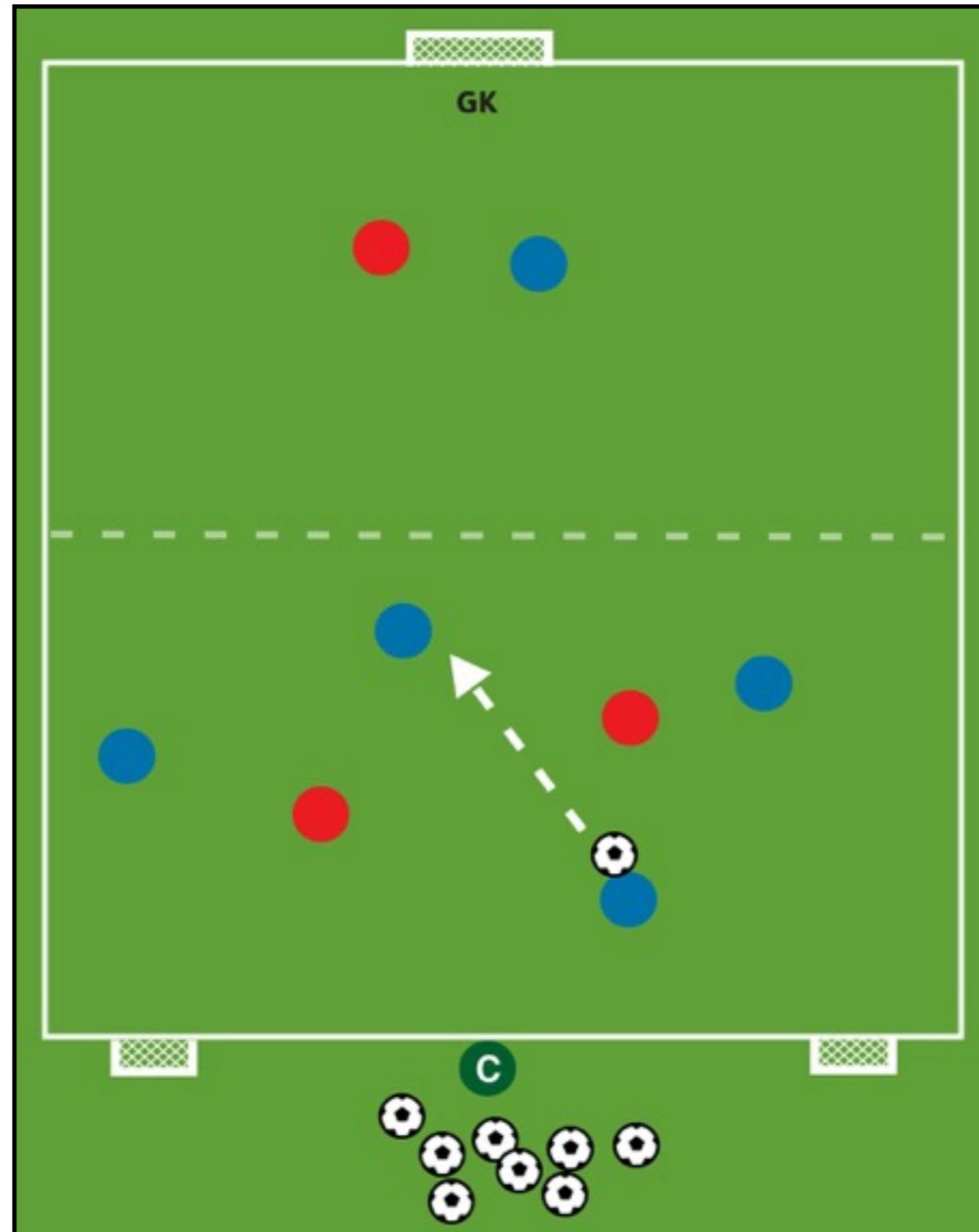
- deny them space

- pressure on the ball

- cover and support

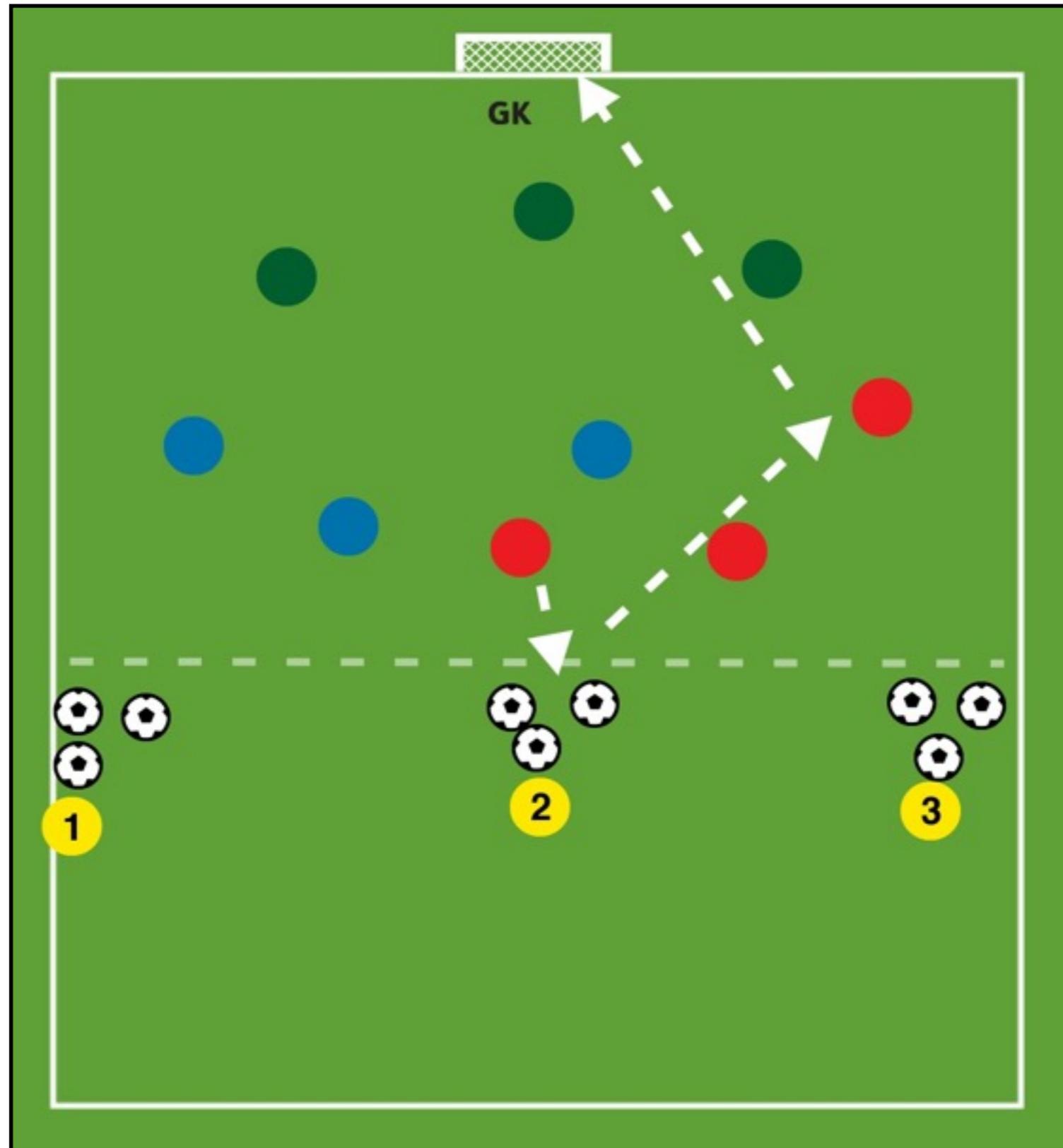
Shooting

Attacking Support Play



- The coach plays the ball into attackers, they have to make a minimum of three passes before playing into attacking half.
- They can pass or dribble across into the other half of the pitch. All attacking players can join into try and score.
- If the defenders win the ball attack the target goals as quick as possible.
- Progressions
- attackers can play forward without the three passes
- defenders track runners
- attackers 2 goals if they score with first touch
- free play and throw ins

Shooting - 9 Ball game (6v3)



- 9 footballs placed in different areas. Numbered 1/2/3. Coach shouts the number and that is where attackers get the ball from.
- Players split into 3 teams of 3. Have it as a competition for the number of times the defenders win the ball or force it out. To the number of goals scored. (Must equal 9)

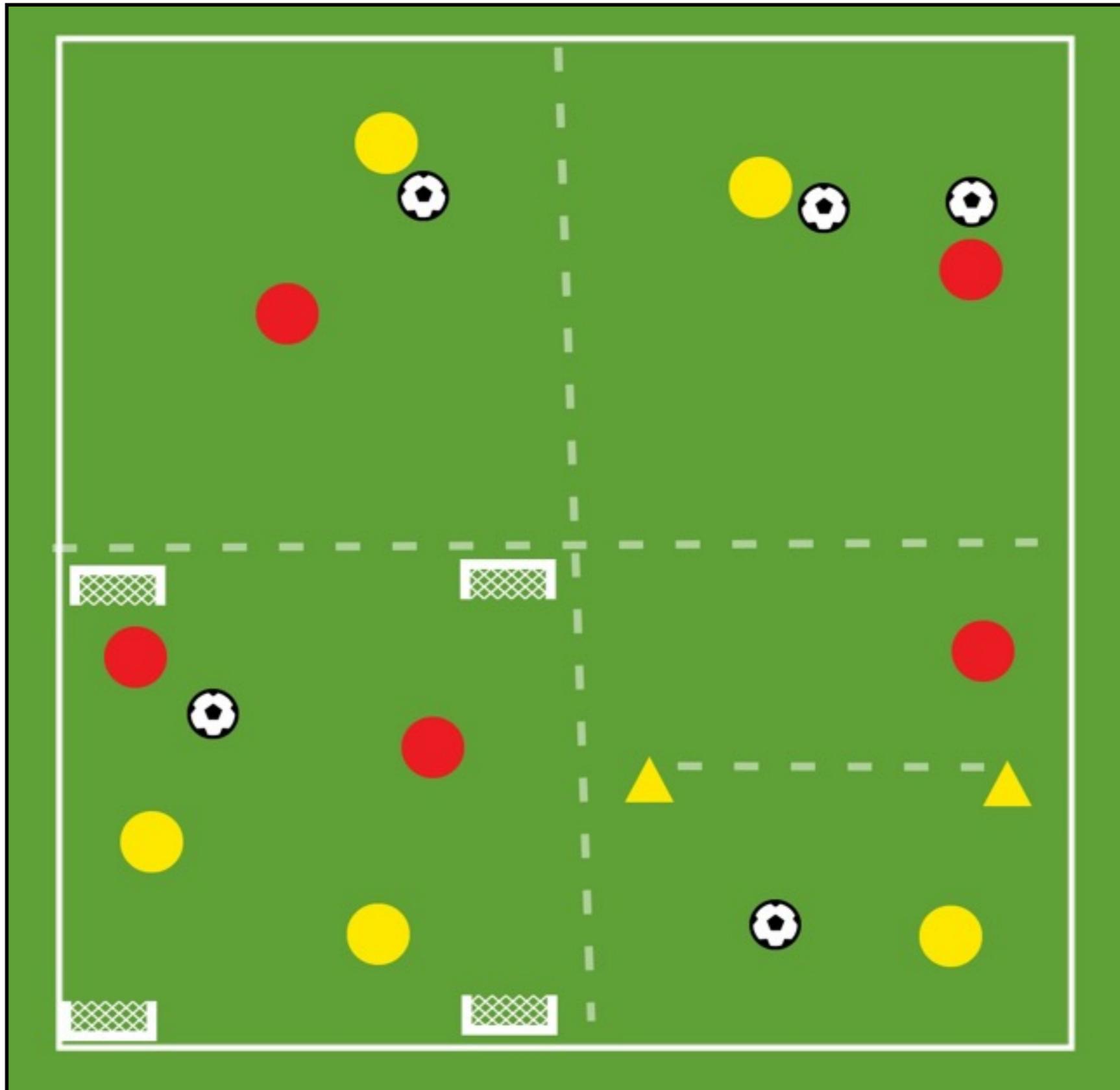
- Coaching points (attackers)

- move the ball quickly
- minimum touches
- can you score quickly?
- good movement off the ball
- quick passing and links
- don't panic on the ball

- Coaching points (defenders)

- work as a unit
- deny them space
- pressure on the ball
- cover and support

Technical & Tactical Circuit



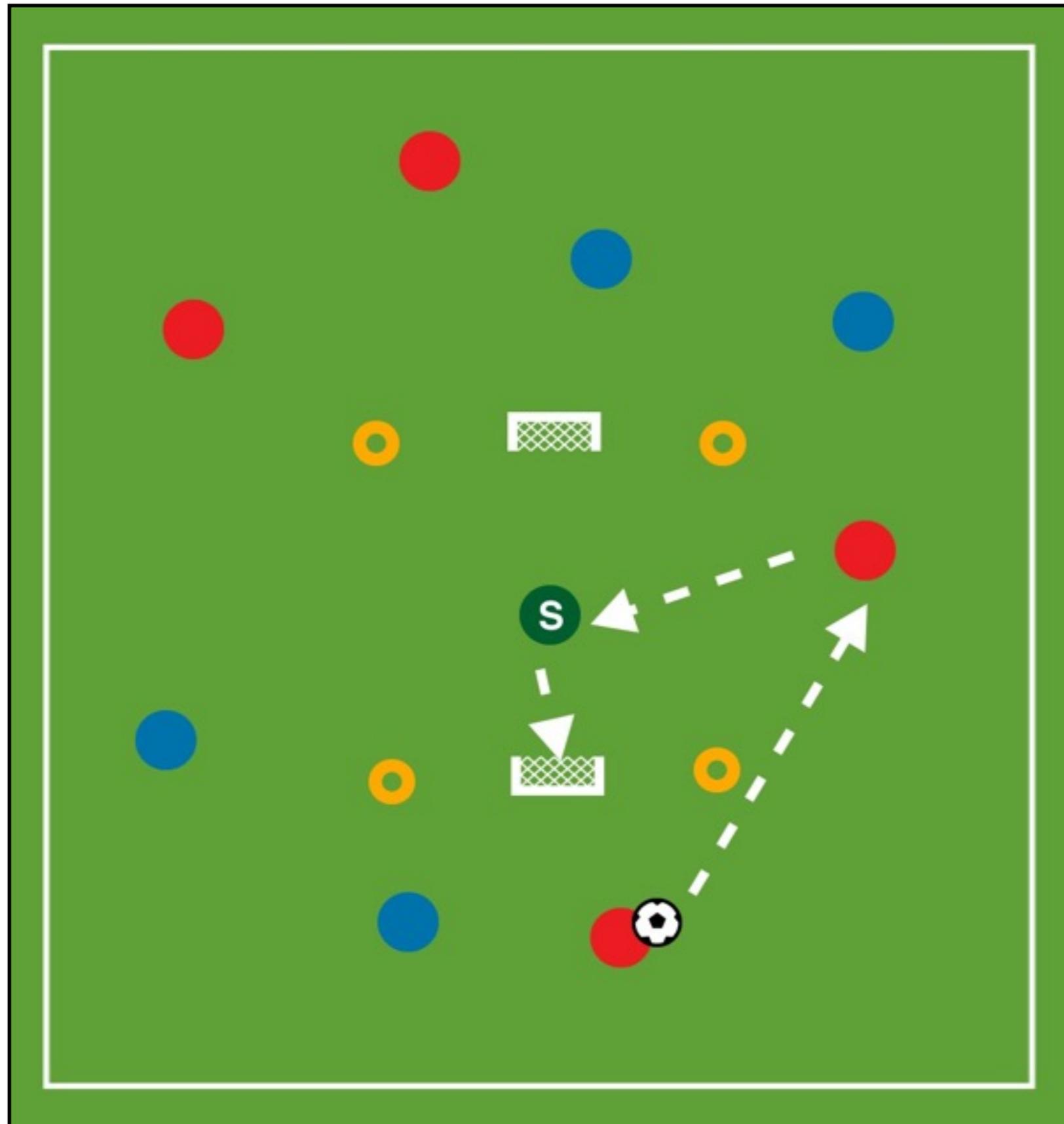
- 1v1
- score by getting over the line
- attack other player quickly

- Free Play
- as many touches on the ball as possible
- tricks and skills

- 2v2
- when to pass and when to dribble
- 4 goals
- positive attitude

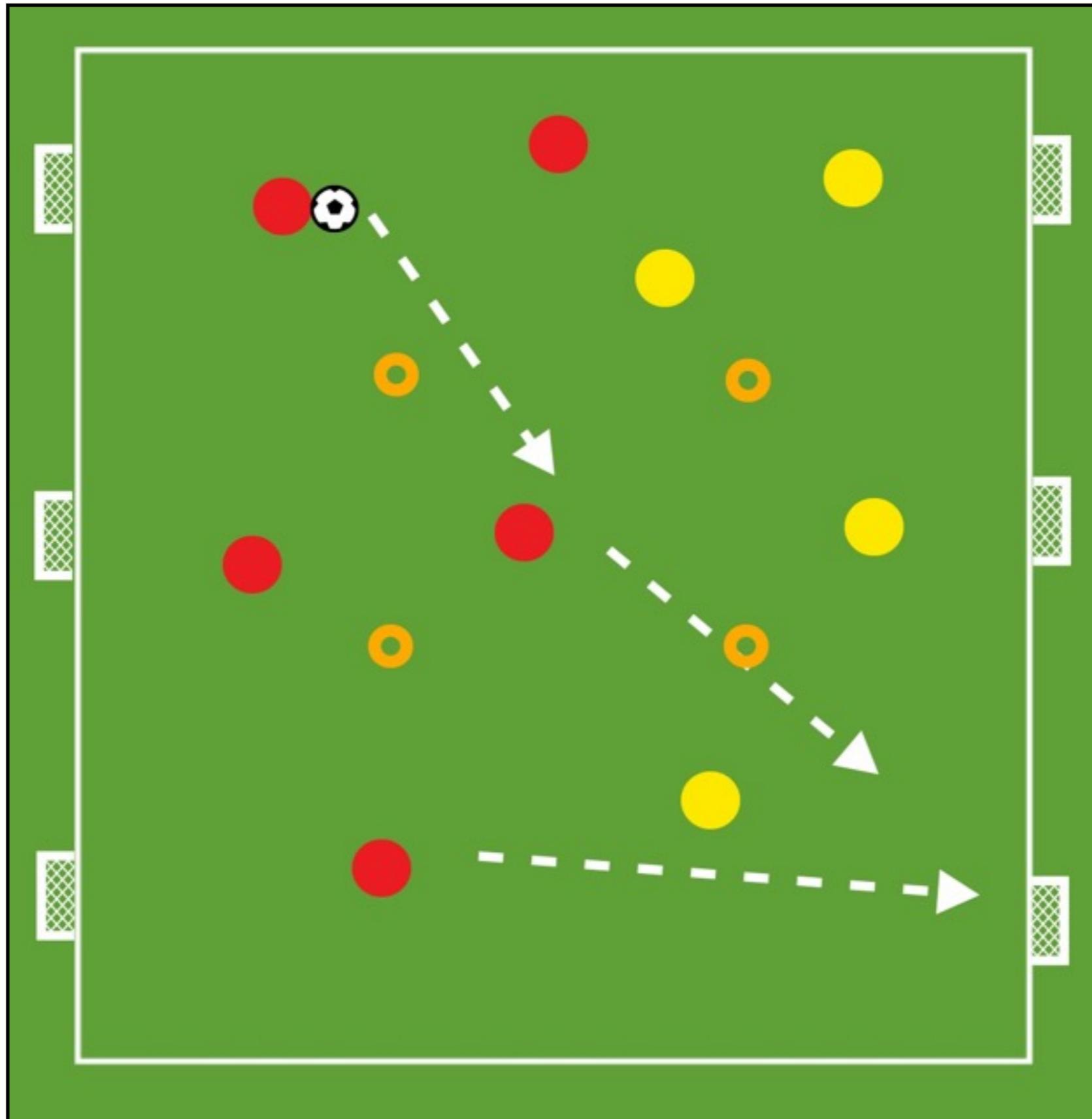
- Football Tennis
- work on touch and control
- 1 bounce
- 1v1 then 2v2

Striker Game



- Square in the middle of the area with 2 mini goals and one player as the striker.
 - Only the striker is allowed in the central square, rest of the players on the outside.
 - The teams play a normal game trying to pass into the striker who attempts to score in one of the mini goals.
 - Set time limit then change striker
-
- Progressions
 - 1 touch finish
 - weaker foot finish
 - volley finish
 - normal size goals
 - goalkeepers
 - 1v1 in central zone with both teams having a striker
 - direction (each team has an allocated goal)

Switching Play to Score

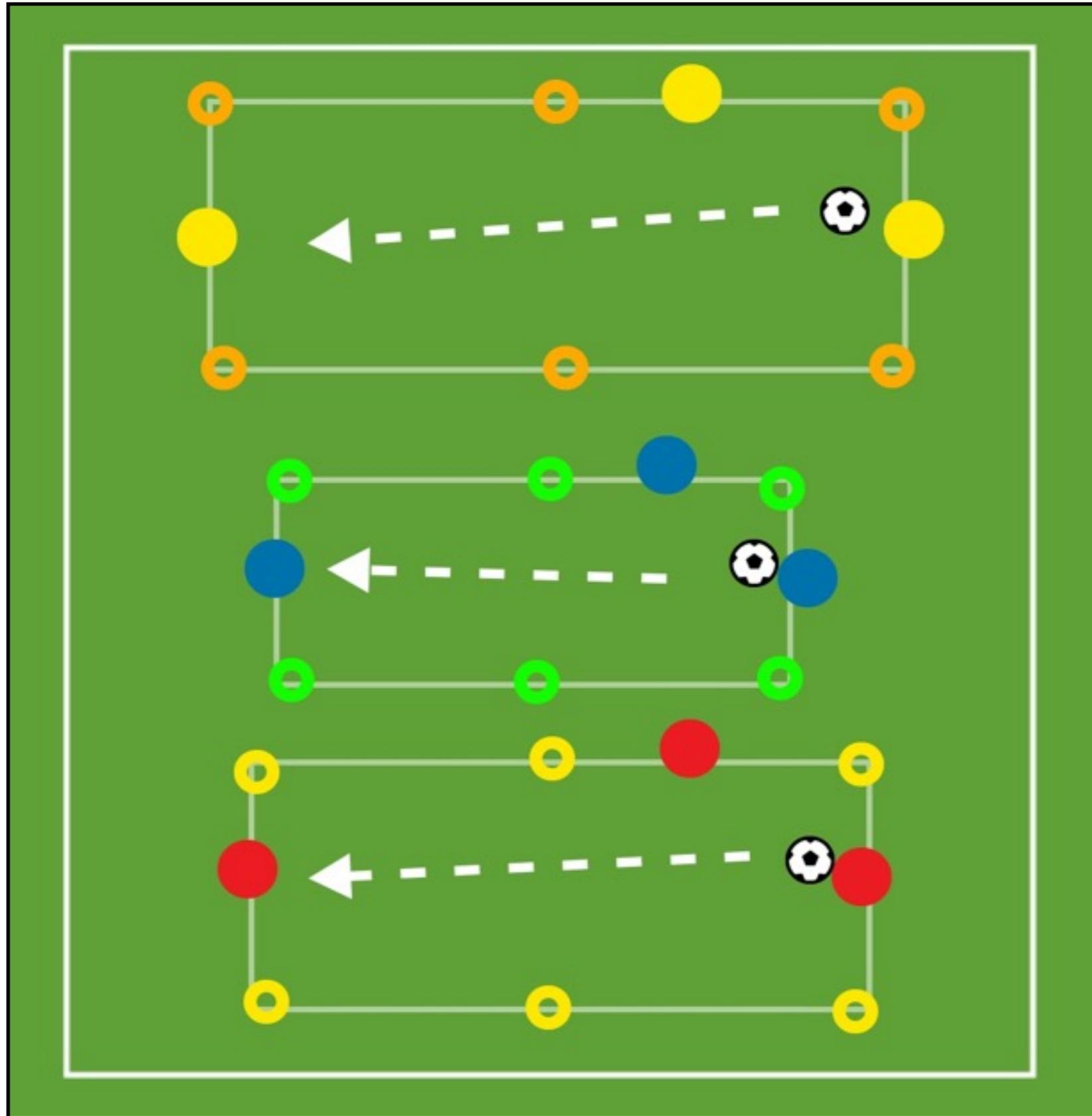


- 3 possible goals to score in, but they must play through the square in the centre before finishing.
- They can go through any side of the square. Encourage positive play especially from the player receiving the ball. Good first touch to then have a shot at goal.
- 5v4 - team with a player advantage was changed throughout, to give a different challenge.

- Coaching points
- head up/on a swivel
- quick play
- least amount of touches on the ball
- be clever with different types of passes

- Players struggled to come to terms with this, awareness was very poor and only two players began to show good understanding of the topic.

Defending - 1v1 groups of 3



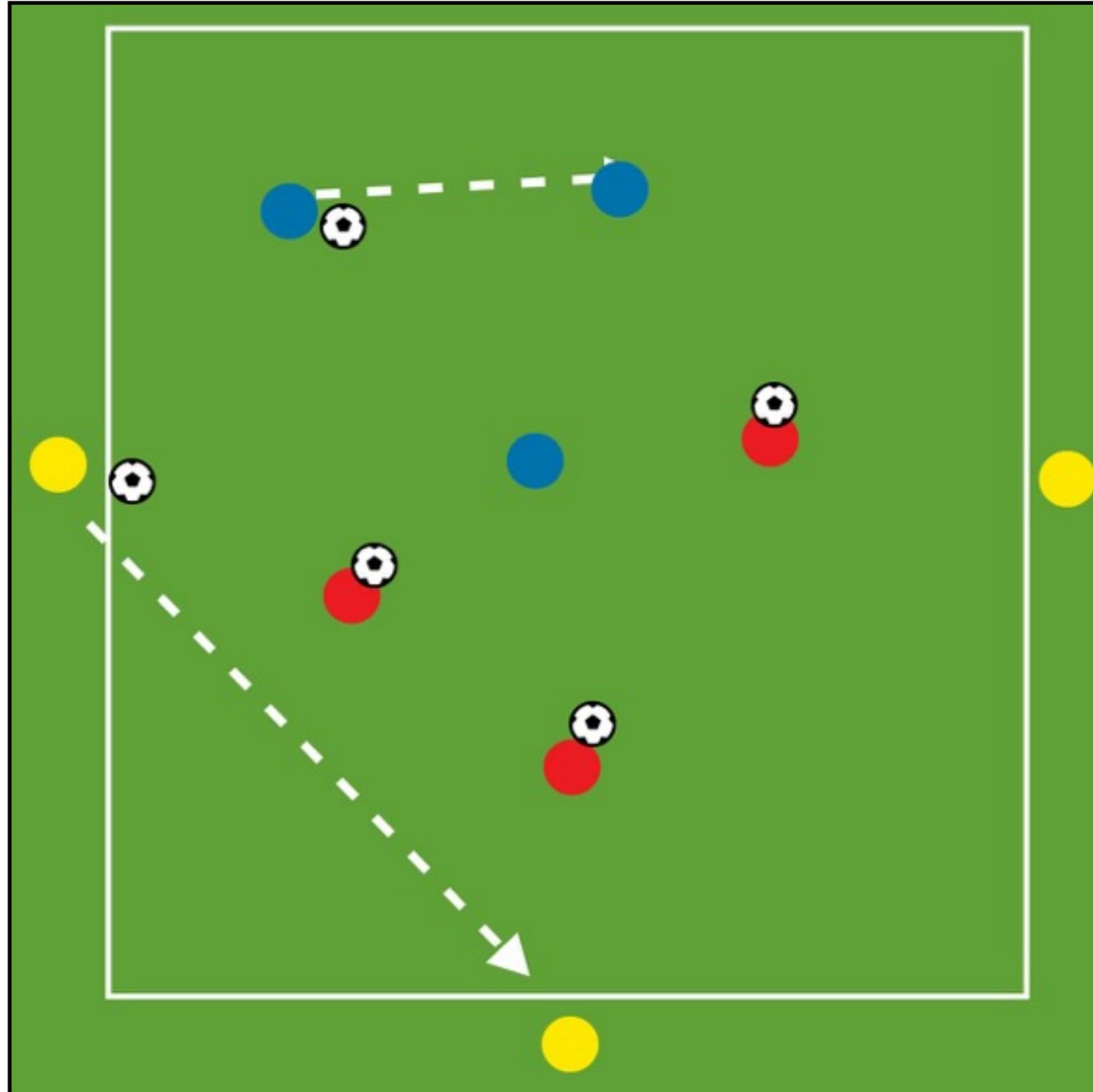
- Split team into groups of 3
- 3 areas are different sizes, giving different challenges. So rotate groups around the different areas.
- The player who starts with the ball is the defender and must work after playing the ball in. They must try to force the attacker out of the area, or win the ball. Stopping the pass to the player on the outside of the grid.
- Players rotate after each turn.

- Coaching points
- curve run
- side on, being able to quickly change if attacker moves the other way
- be patient
- don't dive in

- Progressions
- allow the third player to change sides, this will give the defender a new challenge when they have achieved the initial challenge

Passing & Dribbling

3 Teams

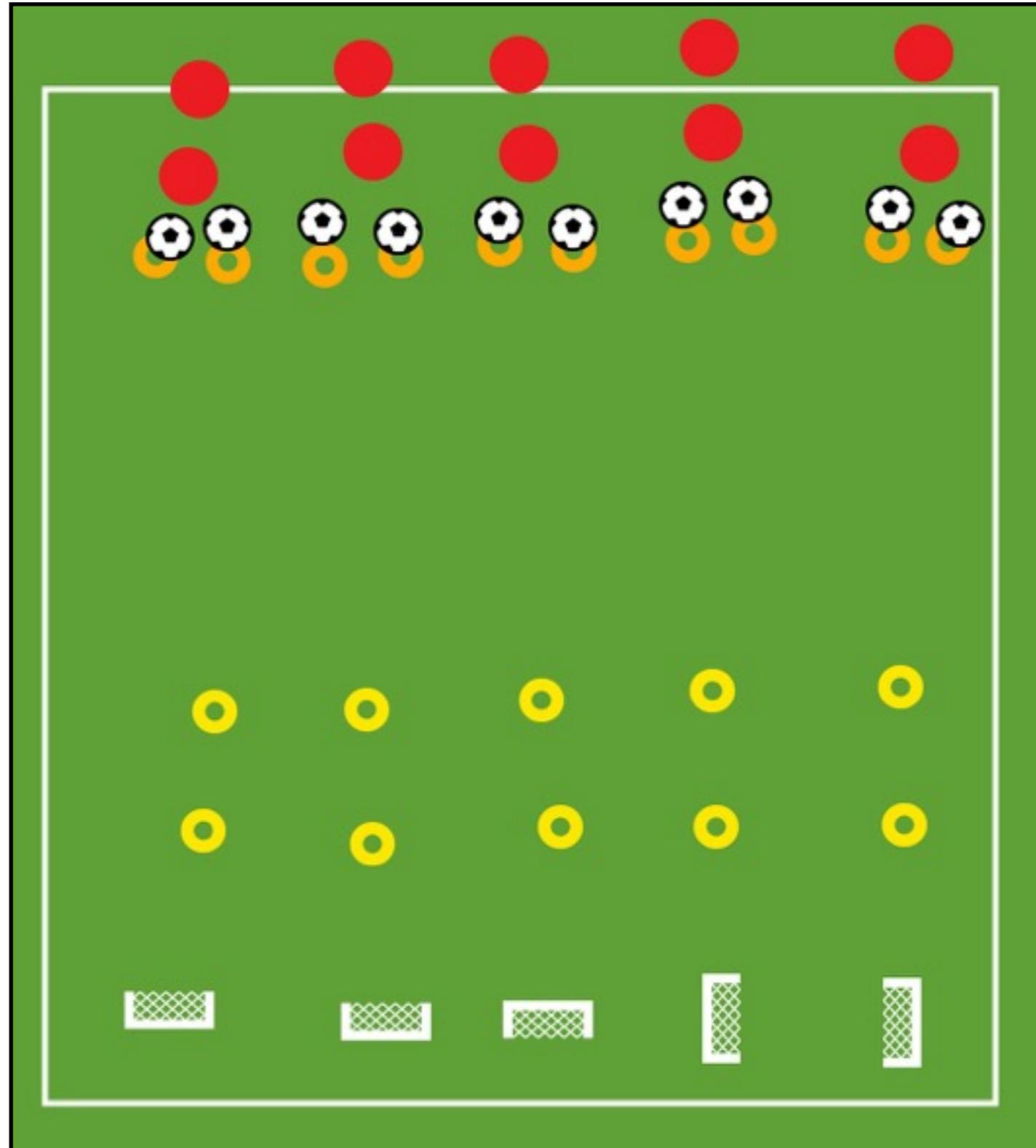


- 3 teams all working at the same time
- 1 team passing to each other from outside of the square - maximum 3 touches
- think about first touch into space
- should always have an option as have two possible players to pass to

- Blues - passing and moving around inside the square
- Reds - ball each dribbling round, creating a distraction for the players passing around the outside

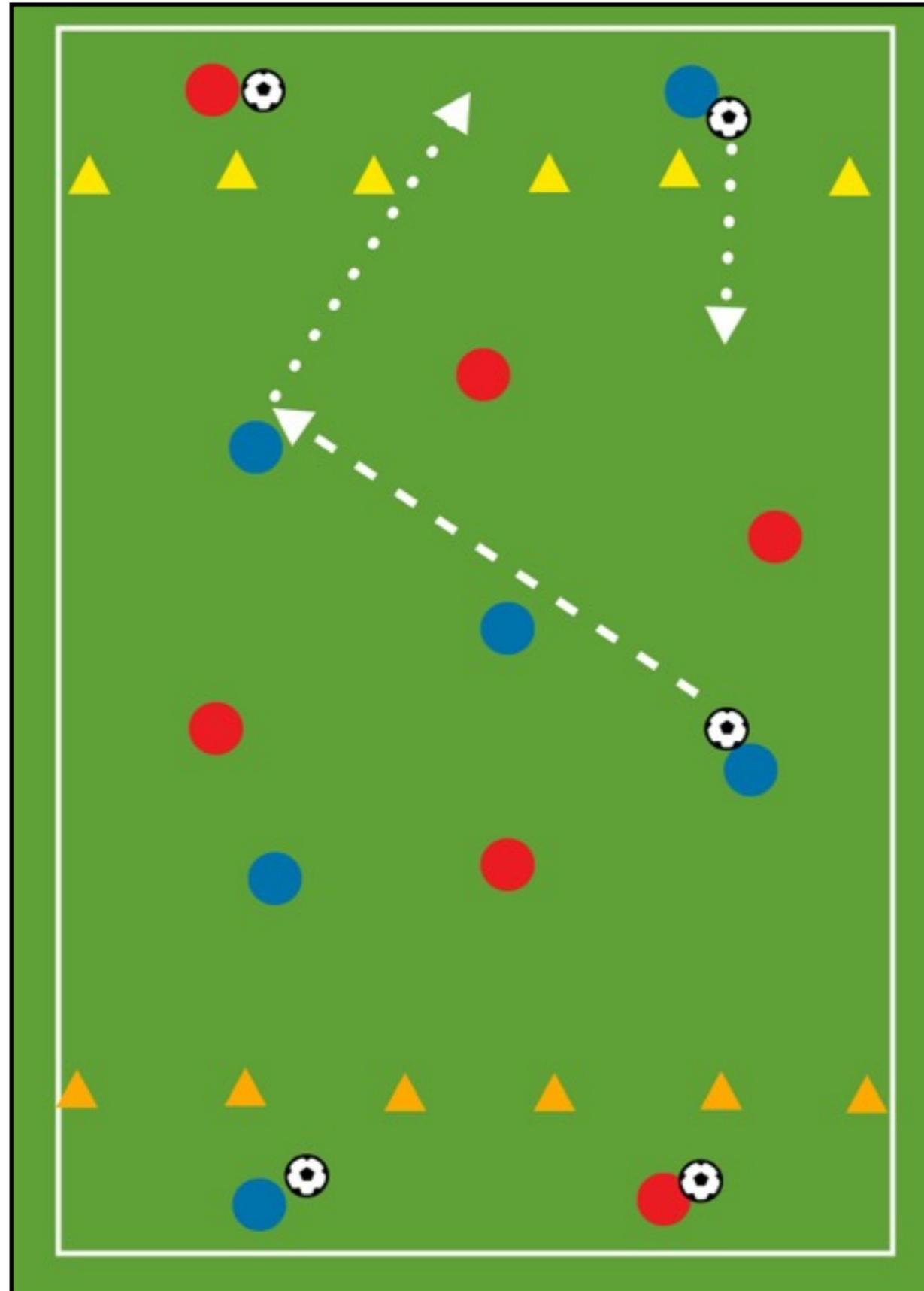
Dribble to Finish

Left foot. Right foot.



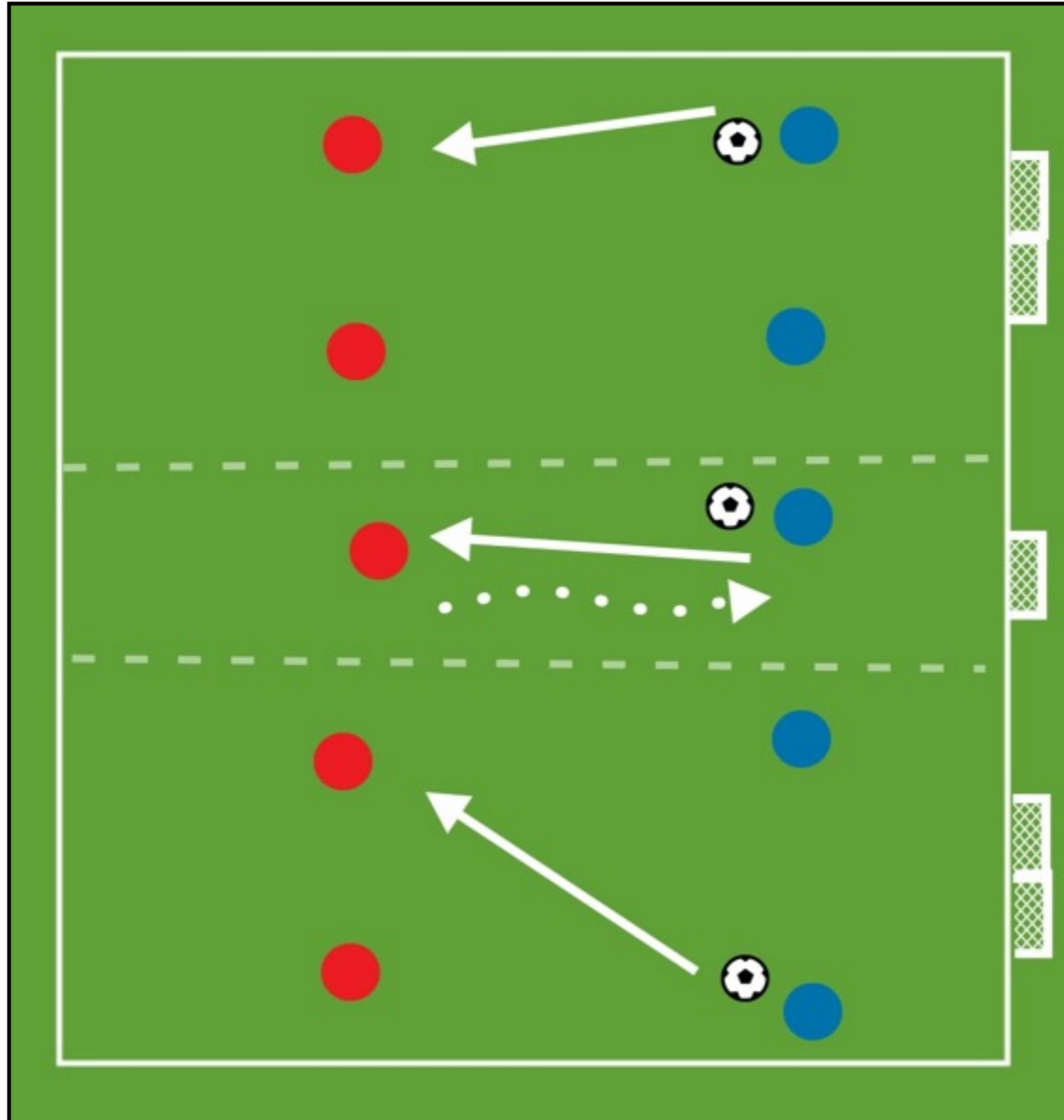
- Listen to instructions on which ball to play with the one on the left or right
- Using that foot to take the ball and the touches through the cones to finish in the small goals
- Have plenty of footballs to reset as players working quickly in pairs, so the practice is continuous

Across the River



- Getting players to make the decision of when to pass and when to dribble.
 - Can you get across either side to free your player. To score you dribble across the line and your team mate then attacks the space or passes.
 - Players in the end zone must move about to create space for themselves, moving away from the side of the pitch the ball may come into the end zone.
-
- Key factors
 - dribbling
 - passing
 - movement
 - decision making

Defending 1v1 & 2v2

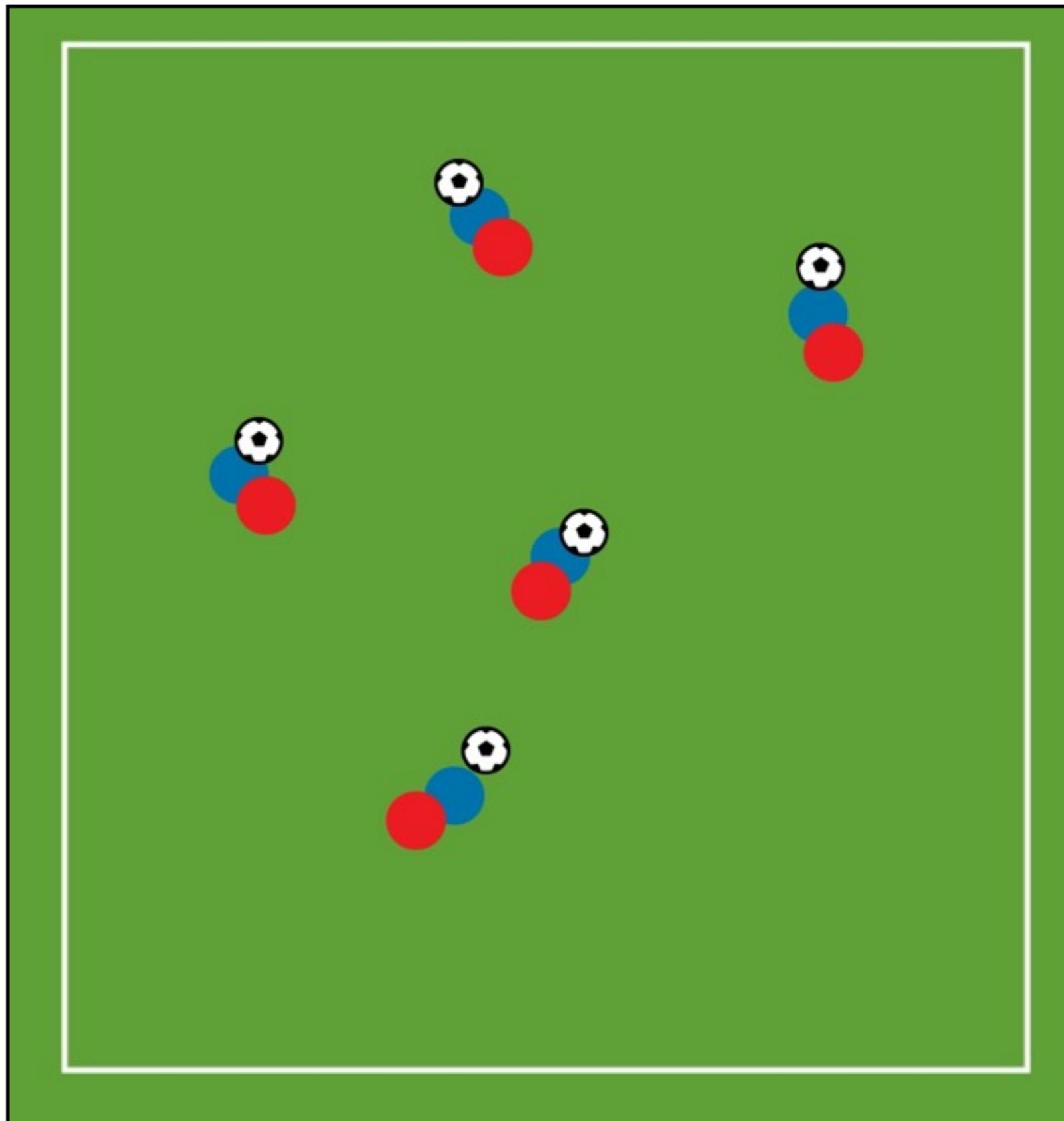


- Defender starts by playing the ball to the attacker who must then try and score.
- Focus on the defender trying to either force the attacker backwards and over the line ... Or winning it back and stopping it on the line.

- jockeying
- side on
- show them inside/outside
- show onto weaker foot

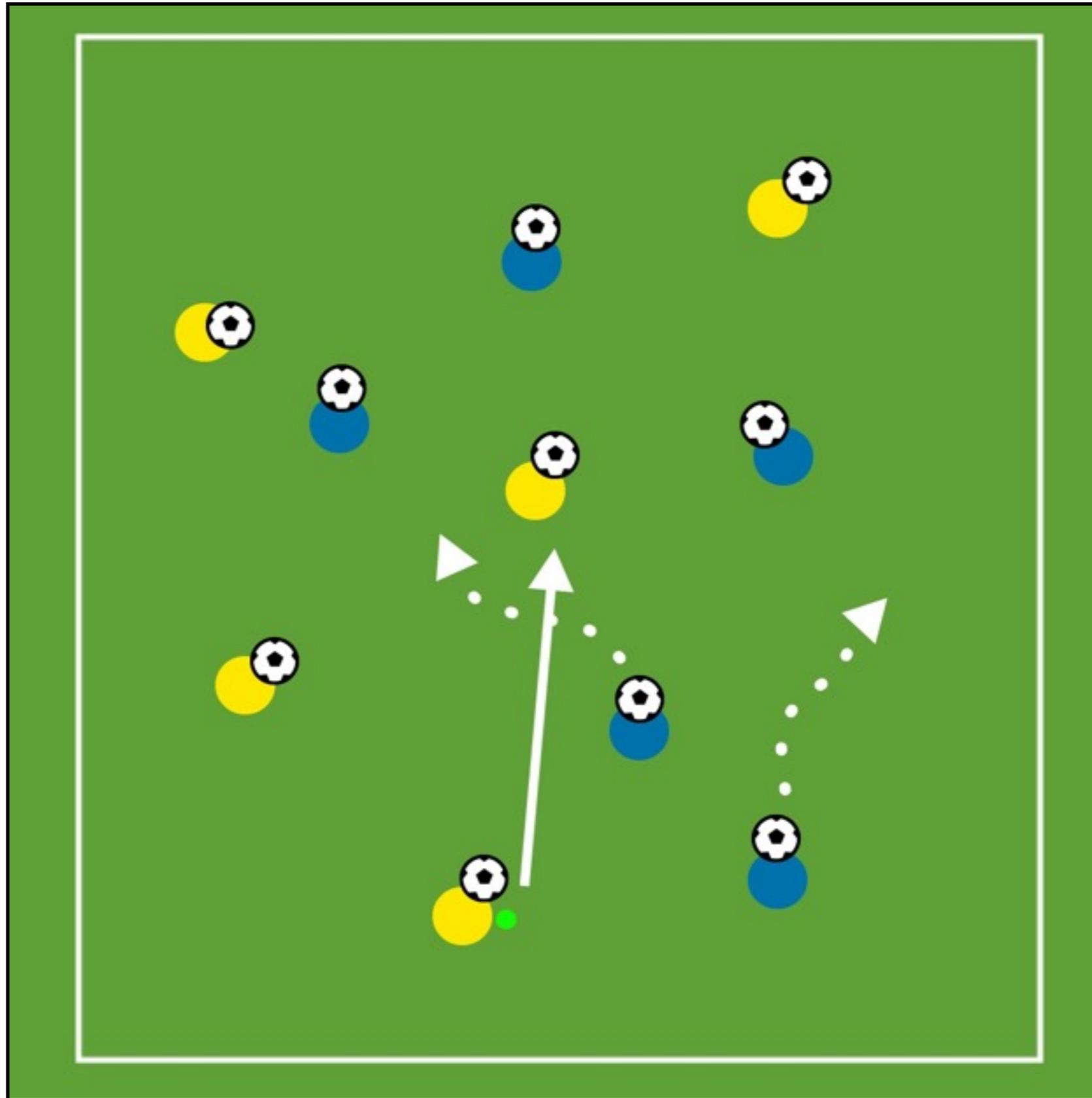
- 2v2
- run of 1st defender
- 2nd defender on positioning so they can see the ball, team mate and the 2nd attacker
- nearest player to the ball

1v1 - Shielding



- Split group into 2 teams and then into pairs.
- Each pair has a football and must shield the ball for 30 seconds. The player trying to win the ball back gets a point for each touch on the ball.
- After 30 seconds then switch over and other players then shield the ball.

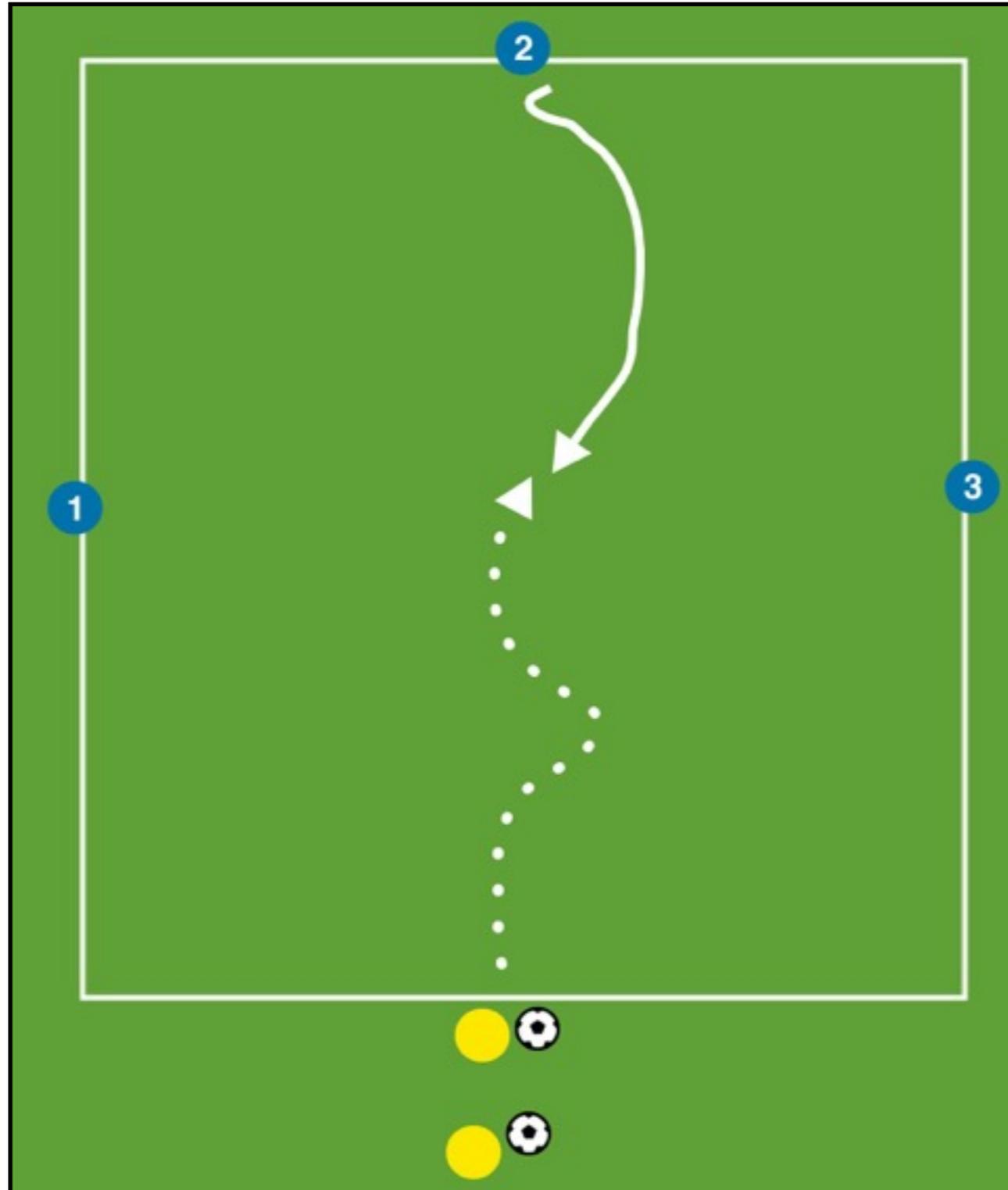
Dribbling and Handball



- Dribbling/ touches warm up.
- Using both feet and all parts, inside, outside, laces, sole. Zig zag. Tricks and skills.
- As players are working through the dribbling techniques as part of the warm up split them into two teams.
- Use a small football or tennis ball for throwing and catching. To any player to begin with, all must keep their football at their feet throughout the game.
- Then have two teams, so not only do the players have to keep their football with them dribbling they must throw and catch the small ball or try to get it back.

- Coaching points
- using the space available
- scanning, to check where the small ball is

1v1 - Pressing (3 Defenders)



- 10x10 grid
- 3 defenders on each side
- 1 attacker with the ball
- Number shouted out, the attacker then tries to beat that defender by getting past them and the ball over that line.

- Focus is on the defender

- - angle of the run
- - timing of the run
- - distance from the player with the ball

- Coaching points

- - angle the run
- - distance from the ball
- - think about attackers strong foot, show them onto weaker foot
- - delay
- - don't dive in, win the ball when possible

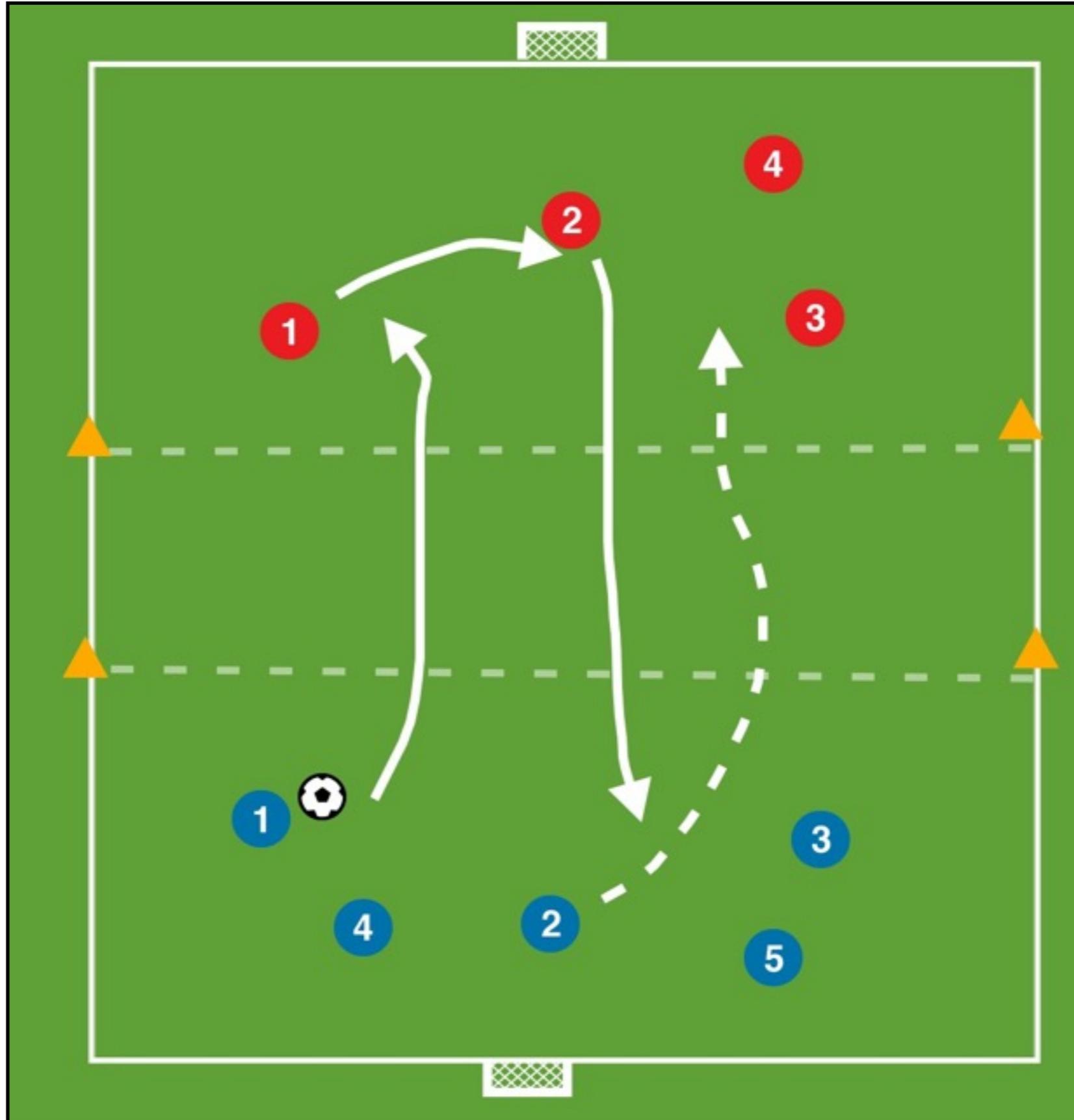
- Progressions

- change numbers, let defenders pick which number they want (Keeps attacker guessing)

- allow attacker to choose which side to attack

- bring in a second defender after 5 seconds

SSG - Head Tennis



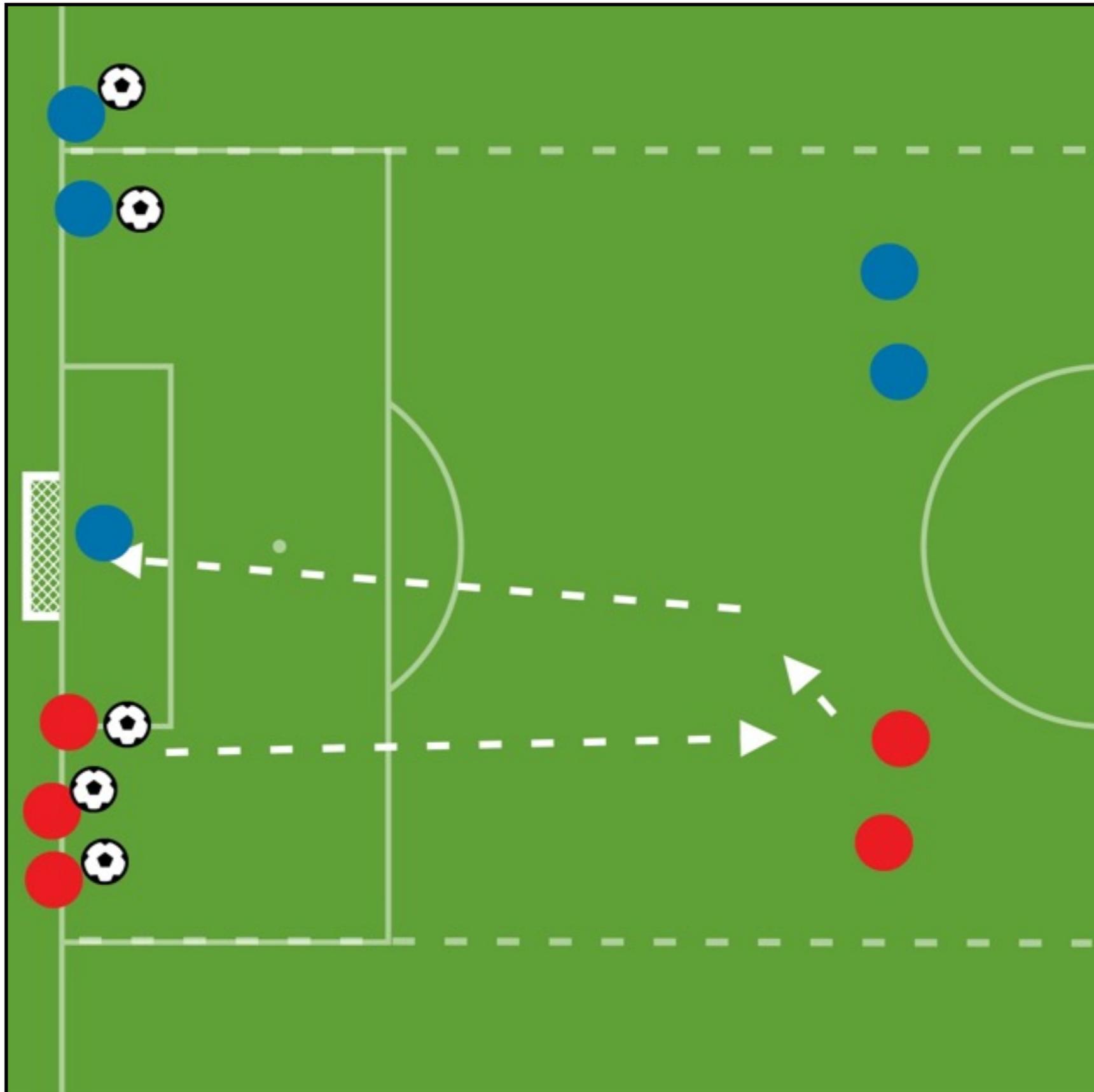
- Game of head tennis which transforms into a small sided game.
- No net to be used. Goal to be placed at each side of the pitch.

- Decide Rules
- is a bounce allowed?
- how many touches allowed?
- bonus points awarded for each player touching the ball before winning a rally?
- only score when you serve?

- At random times the coach's calls "go" - at this point the game becomes a normal game, until a goal has been scored.

- Progressions
- scoring in the match effects the head tennis game.
- instead of the coach deciding when the game becomes SSG let the players decide. Each player has a turn at saying "go"
- or have a trigger in the game to make it happen

Shooting - Everyone a GK



- Split group into 2 teams
- Balls start at the side of the goal, passed into teammate who takes a touch and strikes at goal- 1 touch and shot
- After passing the ball that player moves into the shooting position
- After the shot that player is the GK, for the other teams shot

- Progression
- swap the teams over so going other side, encourage shots with both feet
- have the players diagonal to create a longer pass

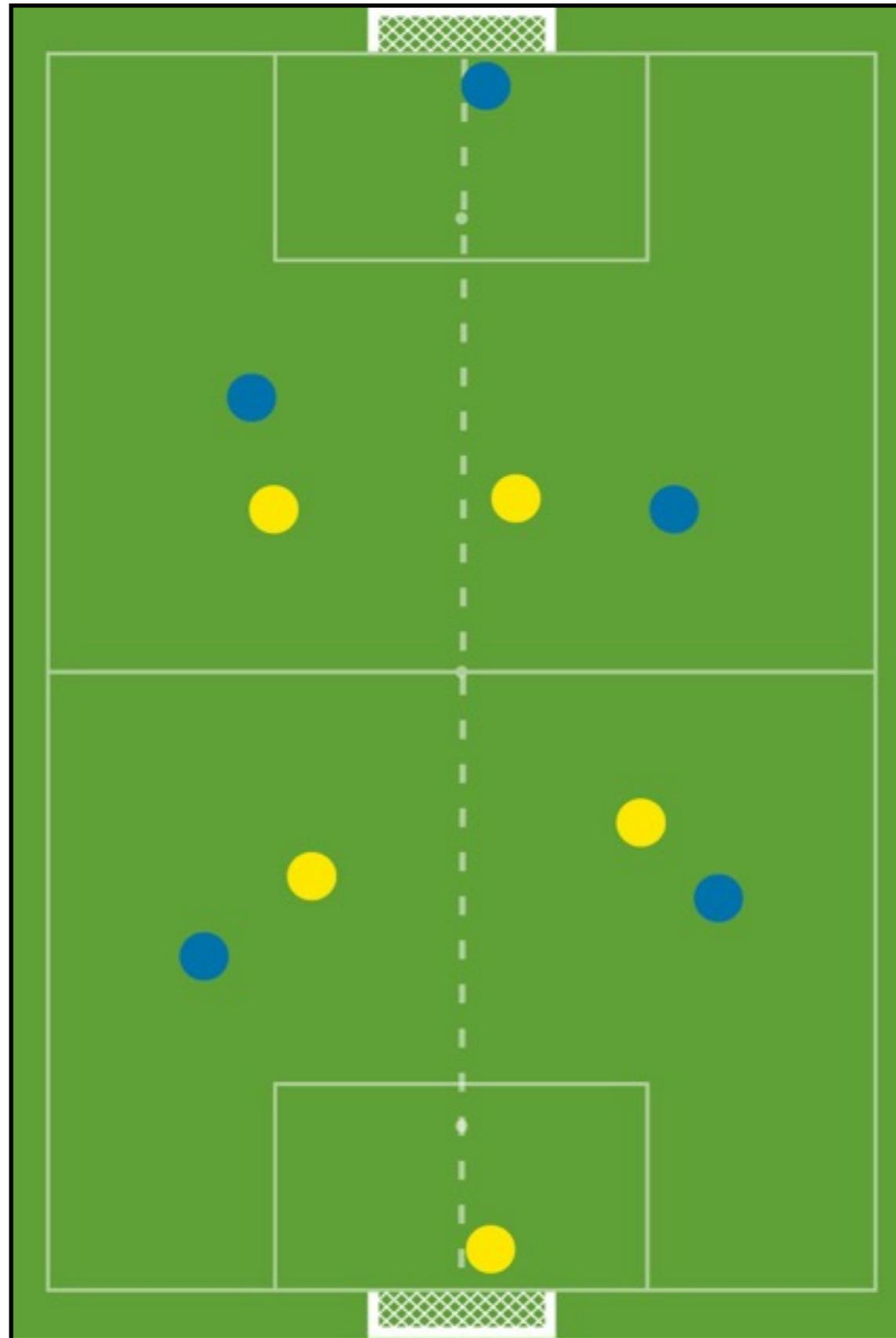
Head Tennis - Trios



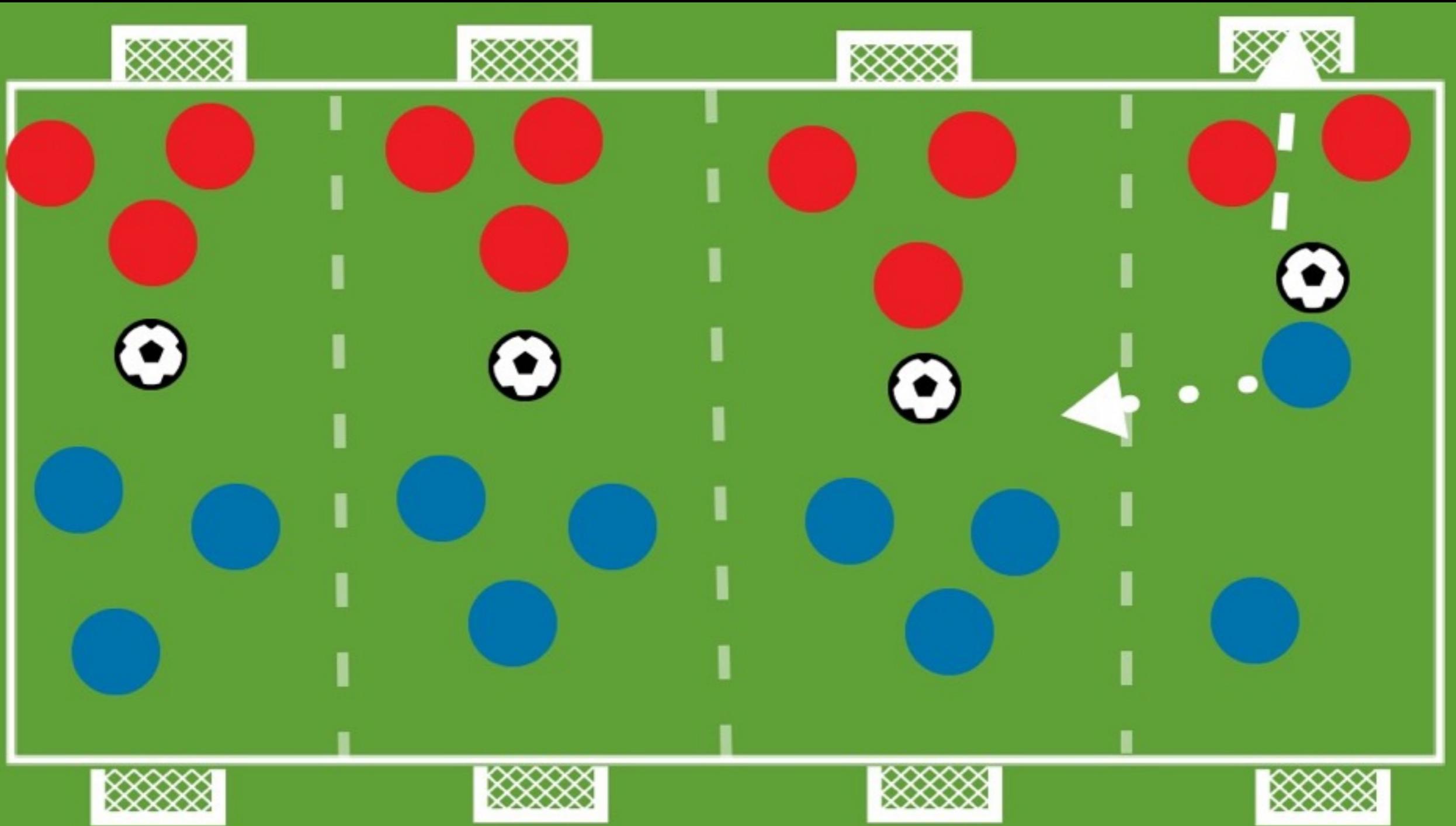
- 3 trios (or pairs) set up a game of head tennis
- Circle court with 3 nets (these can be made up with cones)
- Play with normal rules but players have the option to play the ball into either opponents court.
- This will encourage more disguise than in a normal game.
- Play for a set time limit or set score. After this rotate partners for the next game.

- Progression
- different shaped courts

SSG - 4 Grids



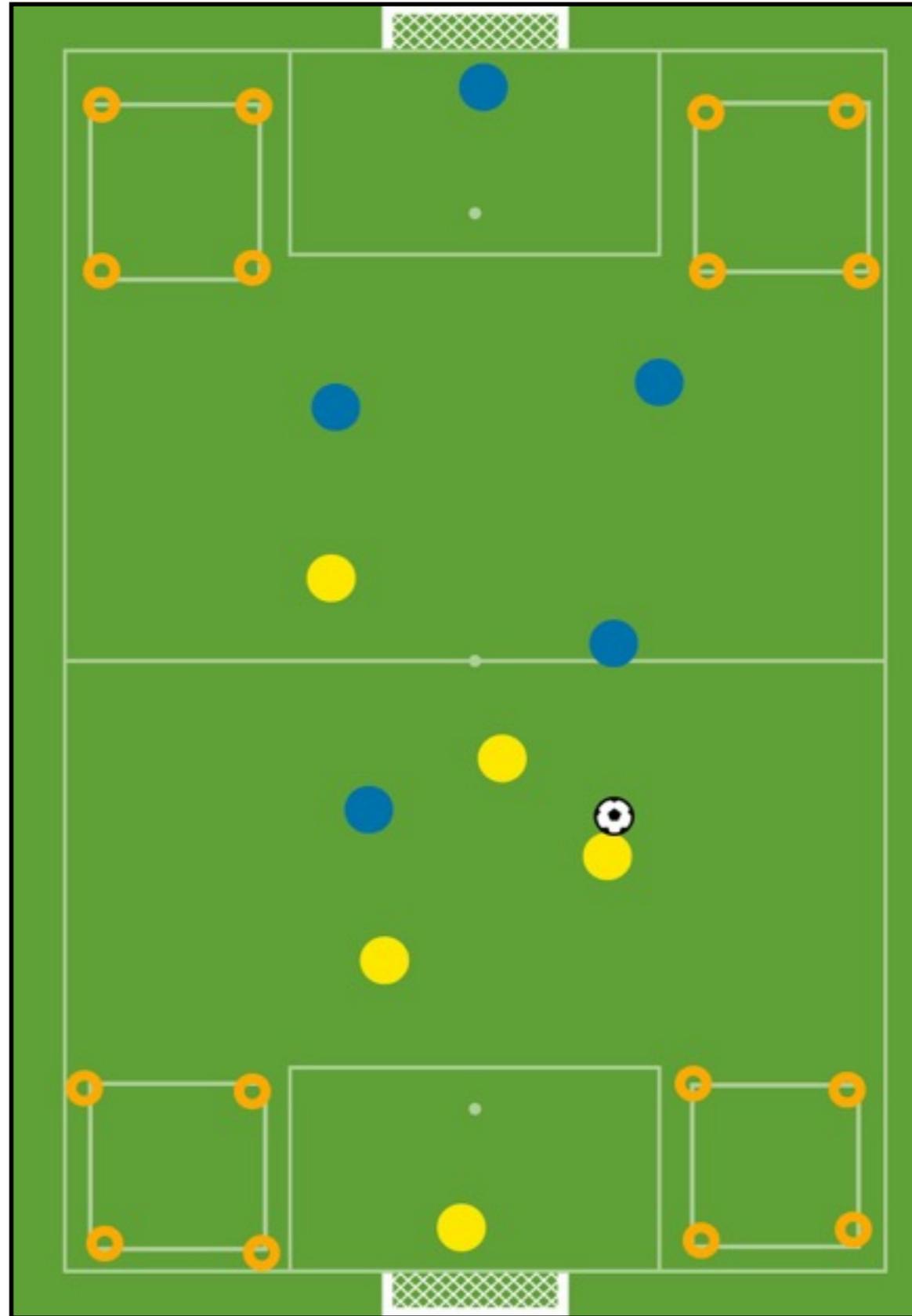
Transfer Game



- U11s and U13s
- When you score a goal, move onto the next pitch
- Get the players to think about which team mates might need help, and use the switch to score again
- Mix it up 1v1 2v2 3v3 4v4 - doesn't have to be an even number
- Minimum it can be on a pitch is 1v1 - if a player scores they pick a teammate to switch with

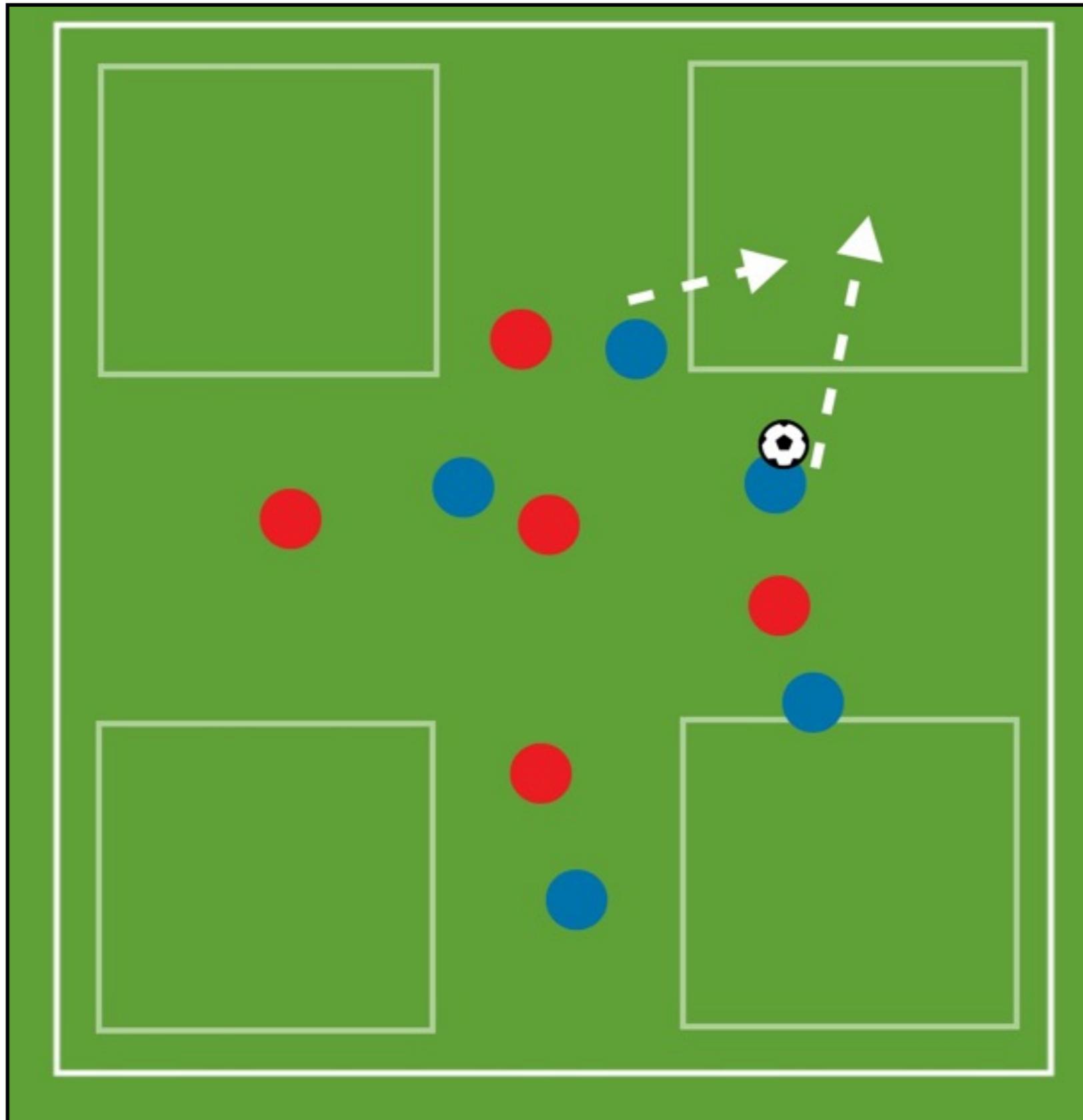
- Progression
- allow to players freedom to go on which pitch they think is best - showing that they recognise when to help teammates

SSG - Crossmania



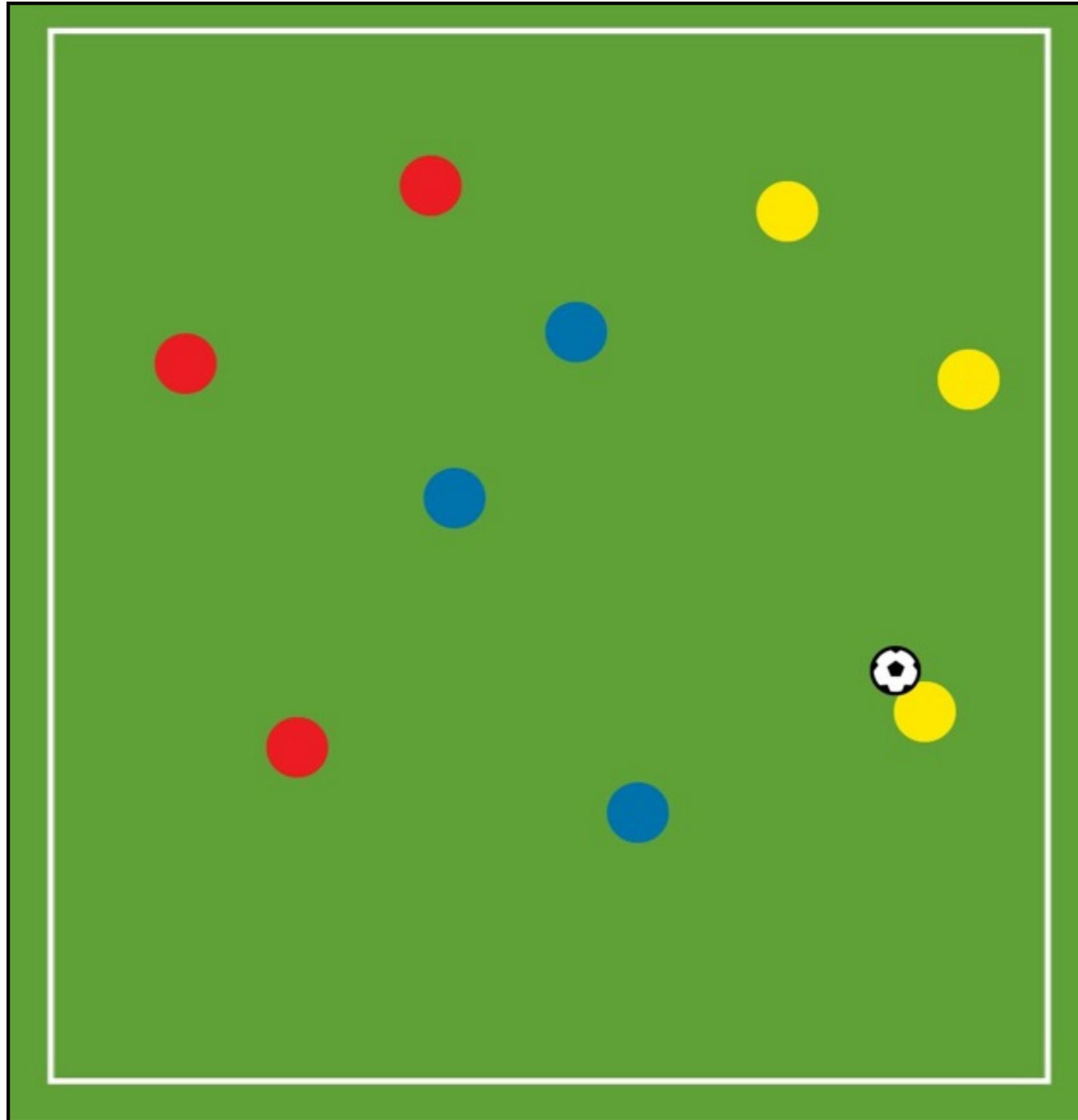
- Boxes are used as a guide to cross the ball. If a team score from a cross then you get 5 goals - must be first touch to finish.
- Not being encouraged to force the ball into the area to cross it. Only if this is the best way to play.
- If you can dribble to shoot or have chances to score then do it! - this will keep it game realistic

FIFA Through Ball



- 2 Teams
 - 4 squares in each corner of the whole area.
 - When a team is in possession they must try and play a pass into a square for a team mate to run into and receive the ball. This is how a goal is scored.
-
- Coaching Points
 - movement
 - good passing
-
- Progression
 - which team can get to all 4 squares first
 - how many passes can you make?
 - after scoring other team gets the ball to start the game

Possession - 6v3

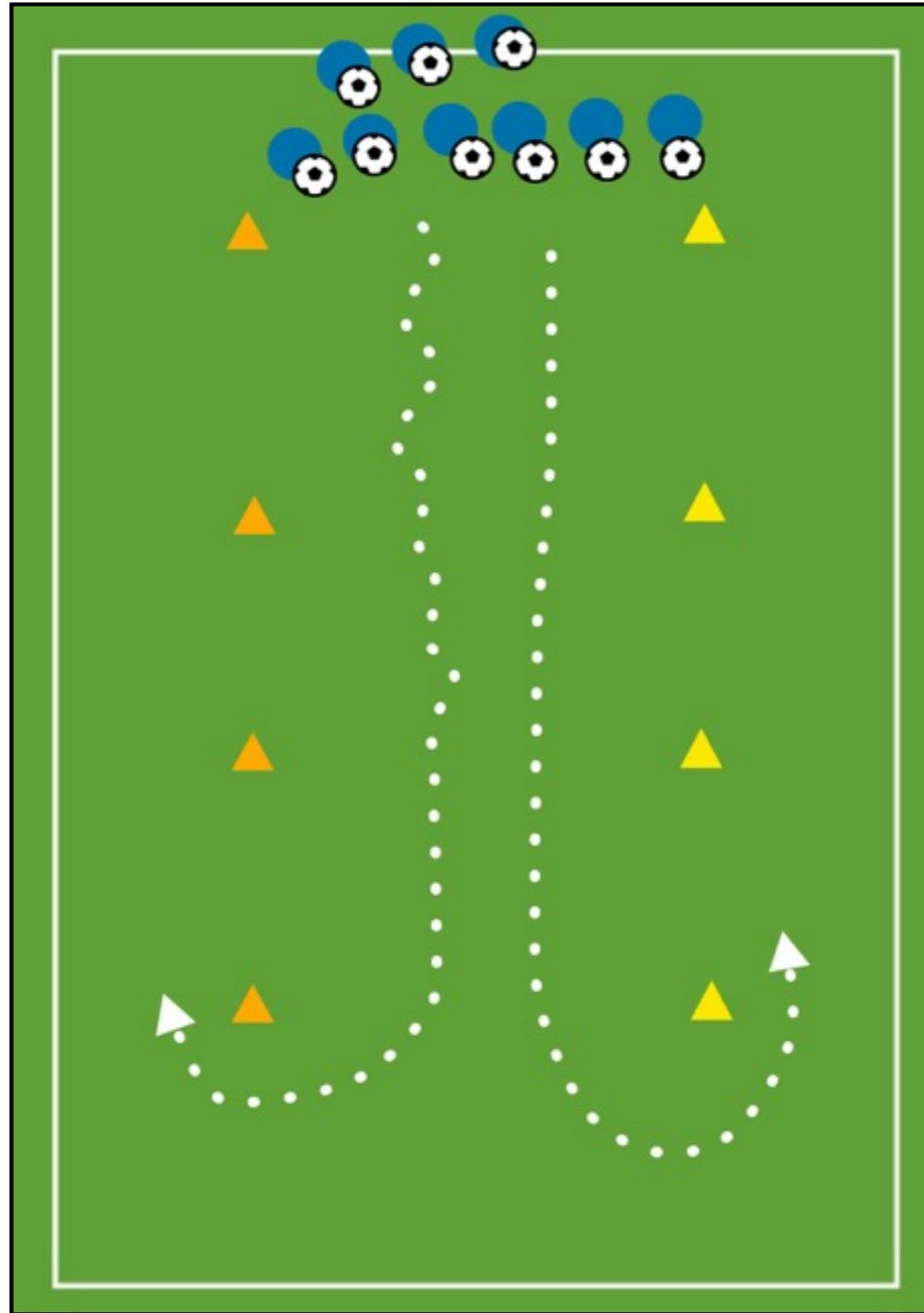


- 3 teams
- If a team is defending they must win the ball back to become the attacking players. Which every player they win the ball off, that team becomes the defenders.

- Coaching points
 - create space
 - movement
 - clever play

- Evaluation
 - girls need to think about when to pass and when to dribble. When winning the ball back they must remember a defender will be right next to them. A few times the girls tried to run through 2 defenders.
 - still need to work and reinforce scanning and safe side

Skills Corridor



- The skills corridor is a chance to get as many touches as possible.
- Challenge players to beat their number of touches when inside the corridor.
- how can we get more touches on inside? (Zig zag)

- Different challenges on outside
- maximum 4 touches
- ball can't touch the ground

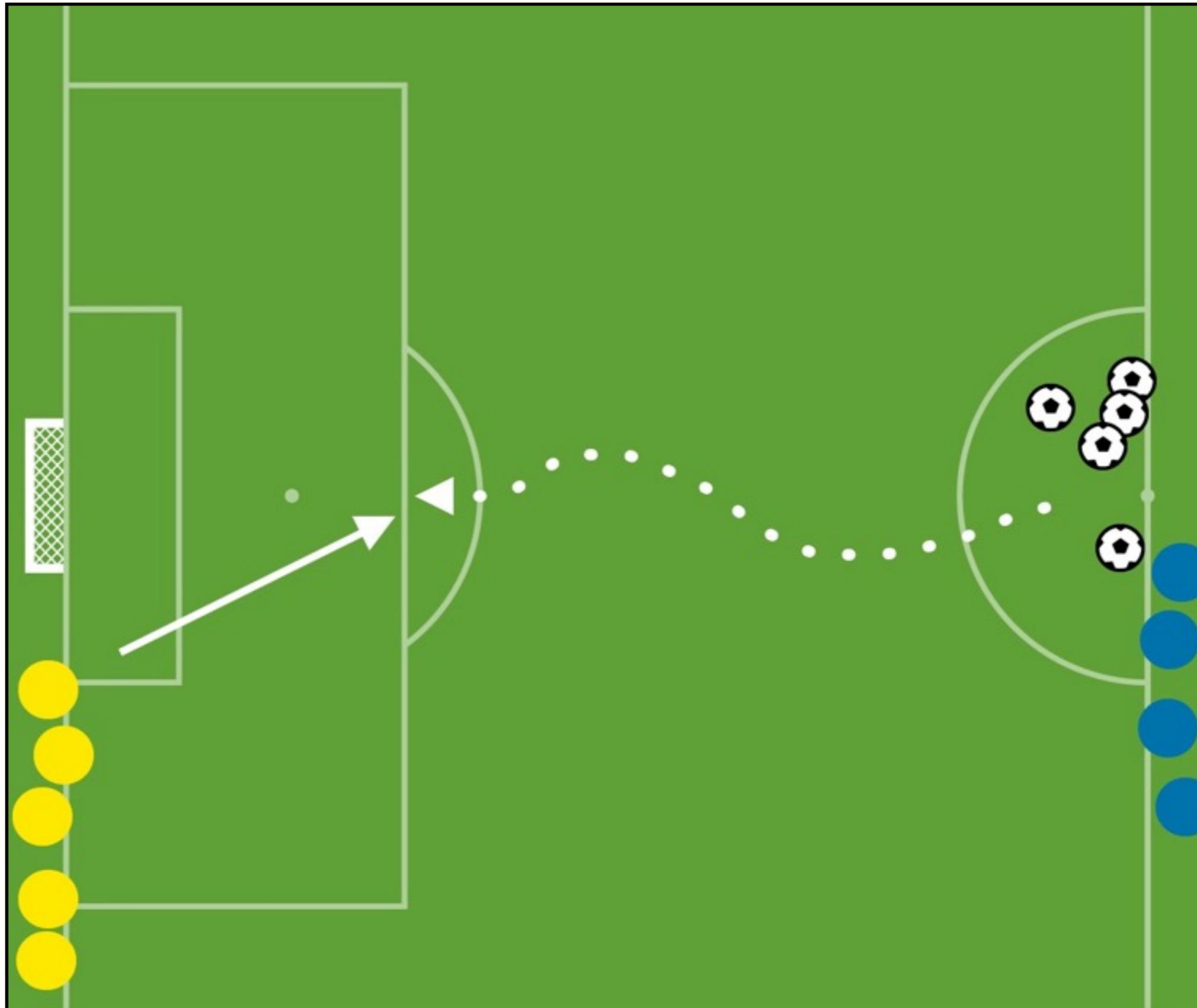
- Progression
- staying on inside, different ways to turn
- add players on the outside passing the ball. Looking for the gaps in between the dribbling players

- Encourage skills and tricks

Team Shape - 7aside



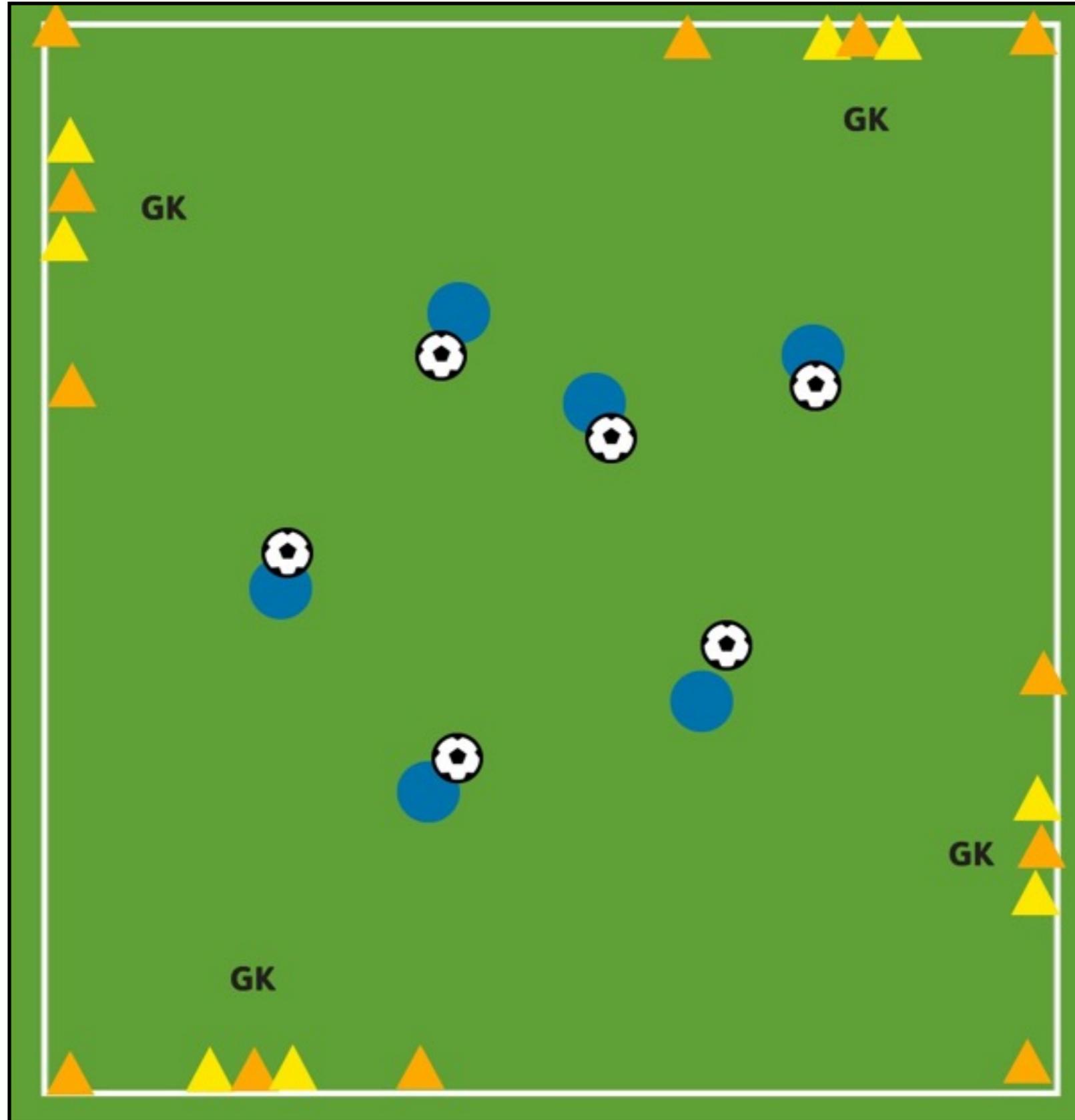
Risky Business



- 1v1 = 10 points
- 2v1 = 5 points
- 3v2 = 2 points

- Attacking players decide what they want to play and shout out the number as they start playing towards the goal.
- Defending team then send out the correct number of defenders.
- After all players have had a turn, switch roles

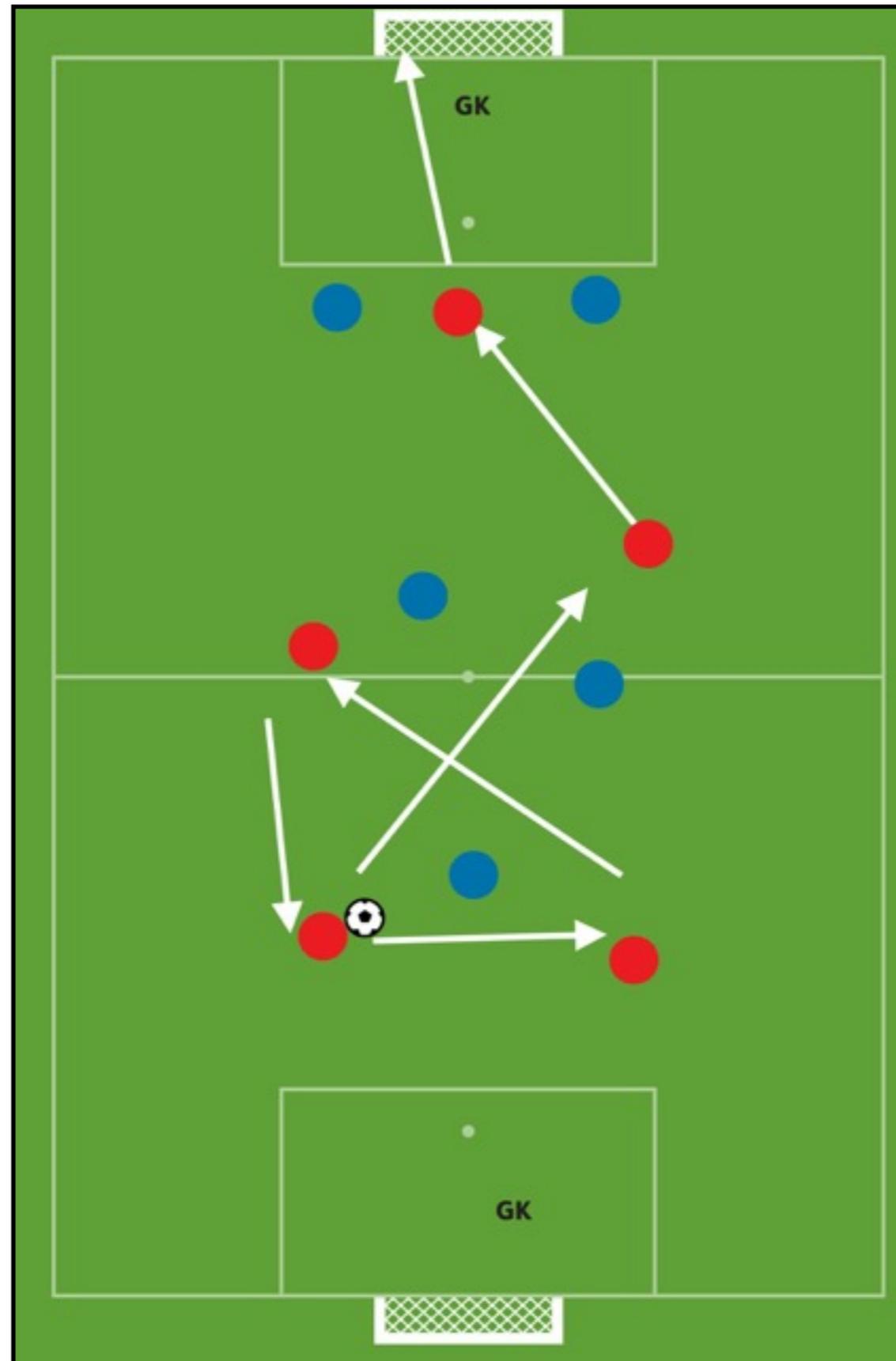
Great Escape (GKs)



- Players must dribble around the area and try to score a goal, by dribbling through either of the open areas in the bigger goal.
- If a goalkeeper stops a player from scoring they swap over and that player becomes the goalkeeper.

- Coaching Points
- using hands
- not allowed to use feet
- diving to save
- positioning, moving closer to the player attacking with the ball

SSG - 543210 Countdown

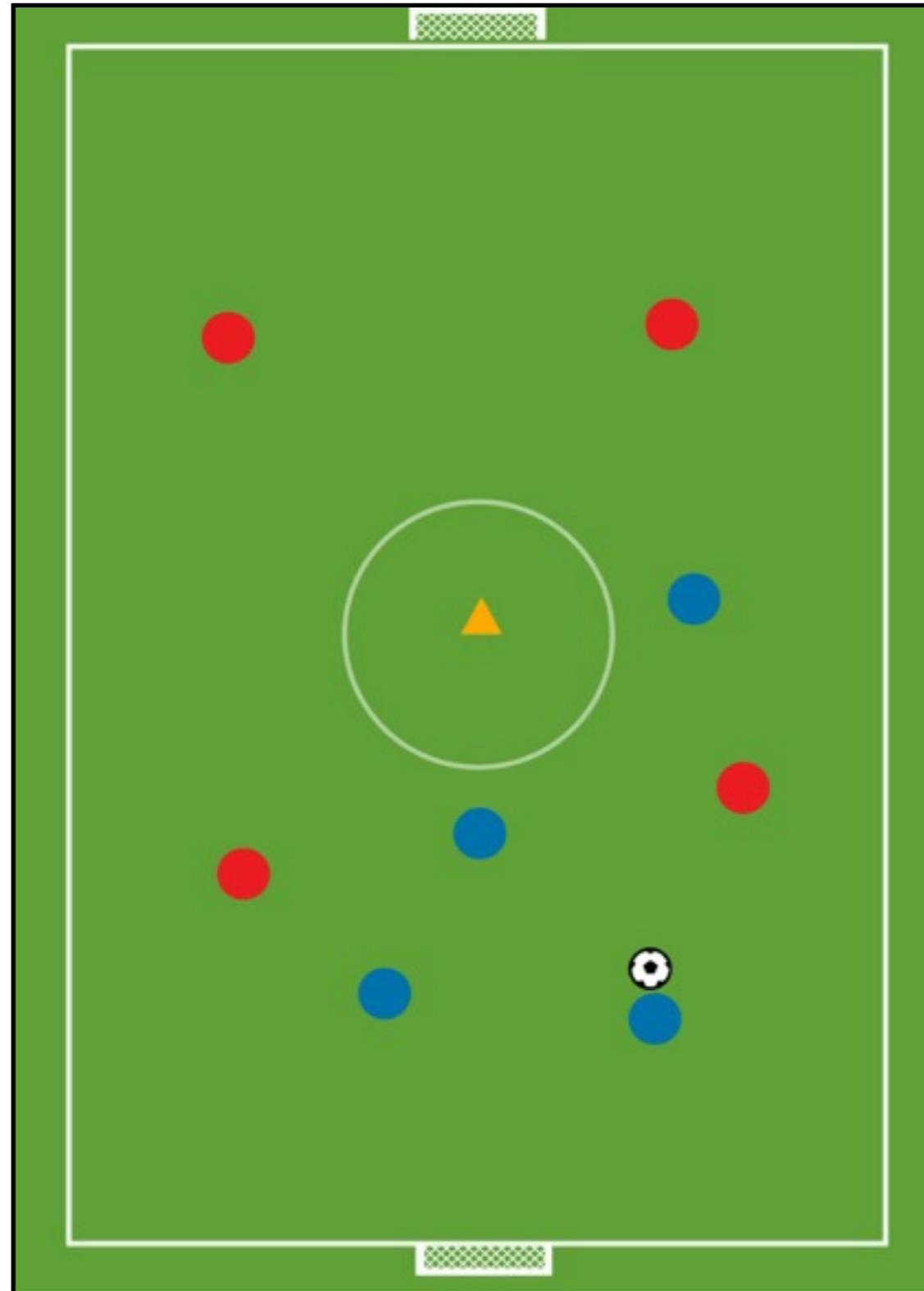


- Different styles of play, patient build up and quick counter attack
- The winning team will be the first team to score 6 goals - but these goals must be scored in the following ways ...

- RULES

- 1 goal after 5 passes
 - 1 goal after 4 passes
 - 1 goal after 3 passes
 - 1 goal after 2 passes
 - 1 goal after 1 pass
 - 1 goal after 0 passes (player regains possession and scores themselves)
-
- Goals can be scored in any order.
 - when a team has scored in one of those ways they can not do it again (if they do it doesn't count)
-
- Progression
 - divide the list between the two teams, so they have different challenges. Play first to 3 goals.
 - make one team countdown from 5 to 0 and one team count up 0 to 5

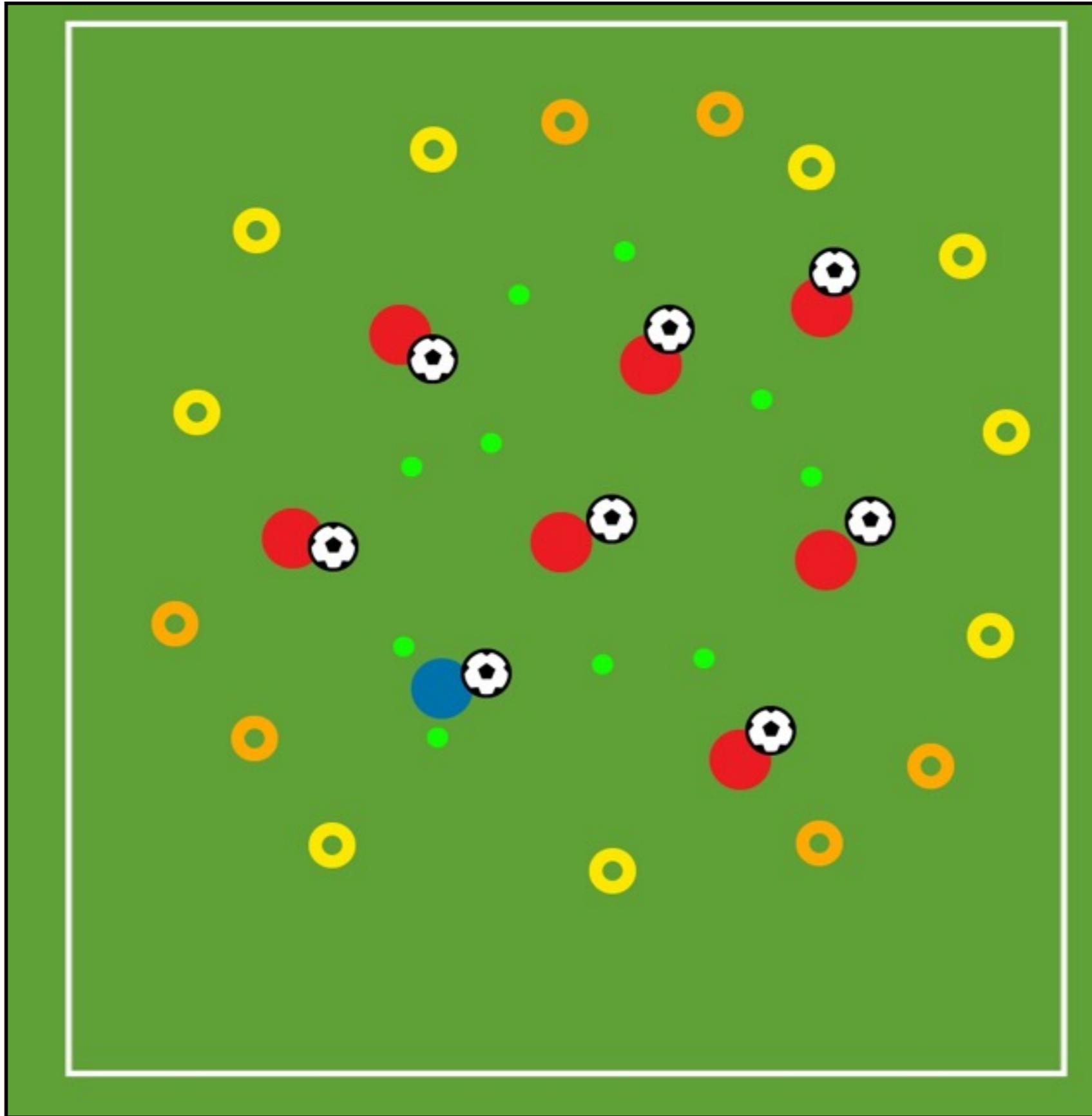
Possession Knock over Cone



- 4v4 using the whole area
- 3m circle in centre with pointy cone (target to score)
- Normal game of trying to keep the ball, tricks and skills.
- Coaching Points
- Creating Space
- bounce (1-2s)

- Progressions
- 1 touch finish
- time limit (1 minute for attacking/defending each team given a role. If team defending cone get the ball. Try to score in goal. Pass first time shot)

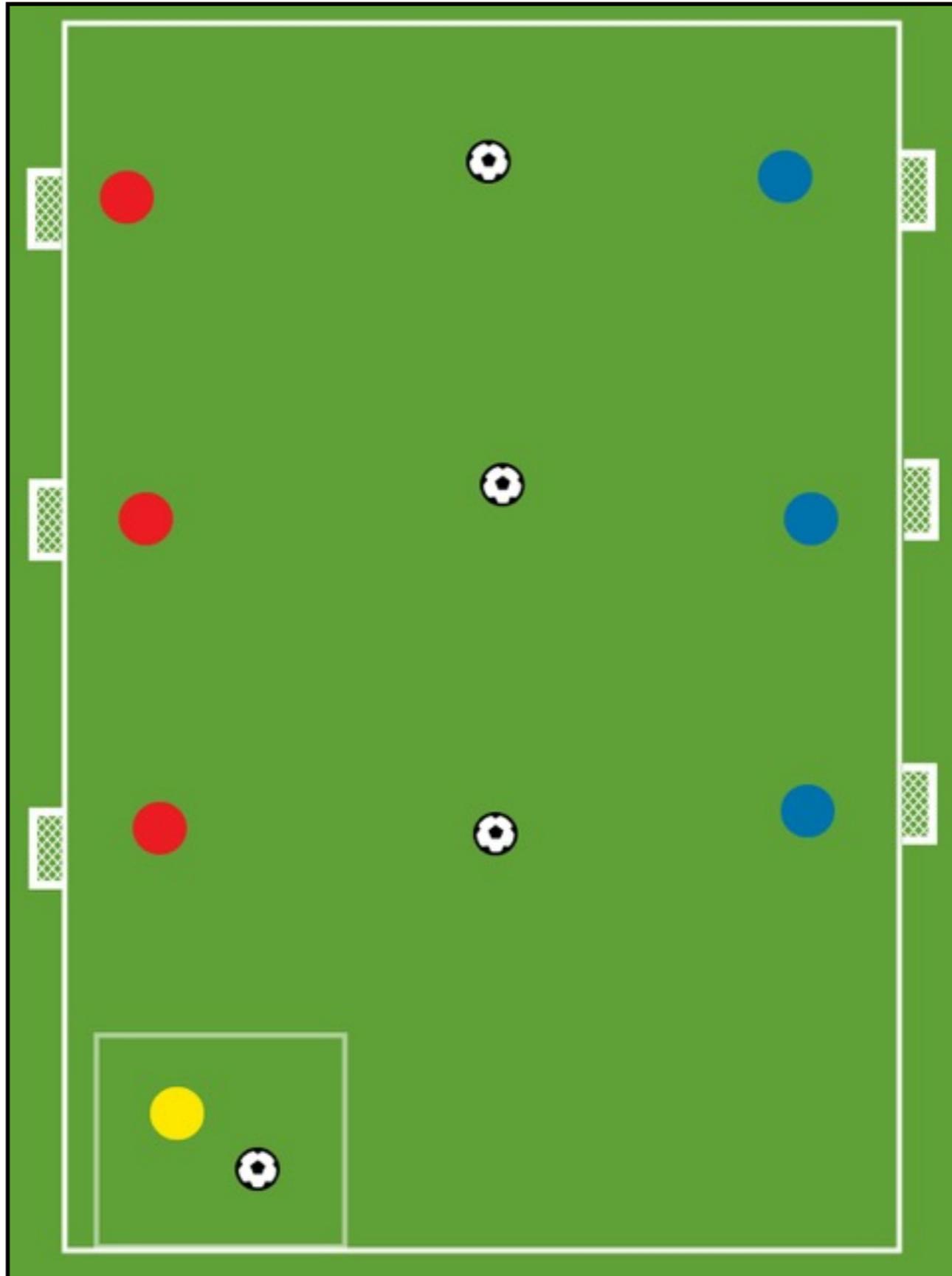
Dribbling Gates



- Each player has a ball, different ways to dribble. Parts of the feet, using both feet.
- Defenders can adjust the size of the gates they are in, but make sure you challenge them
- Possible for players to break out of the area to have a time for a rest. (Weaker players may need this to gain confidence)

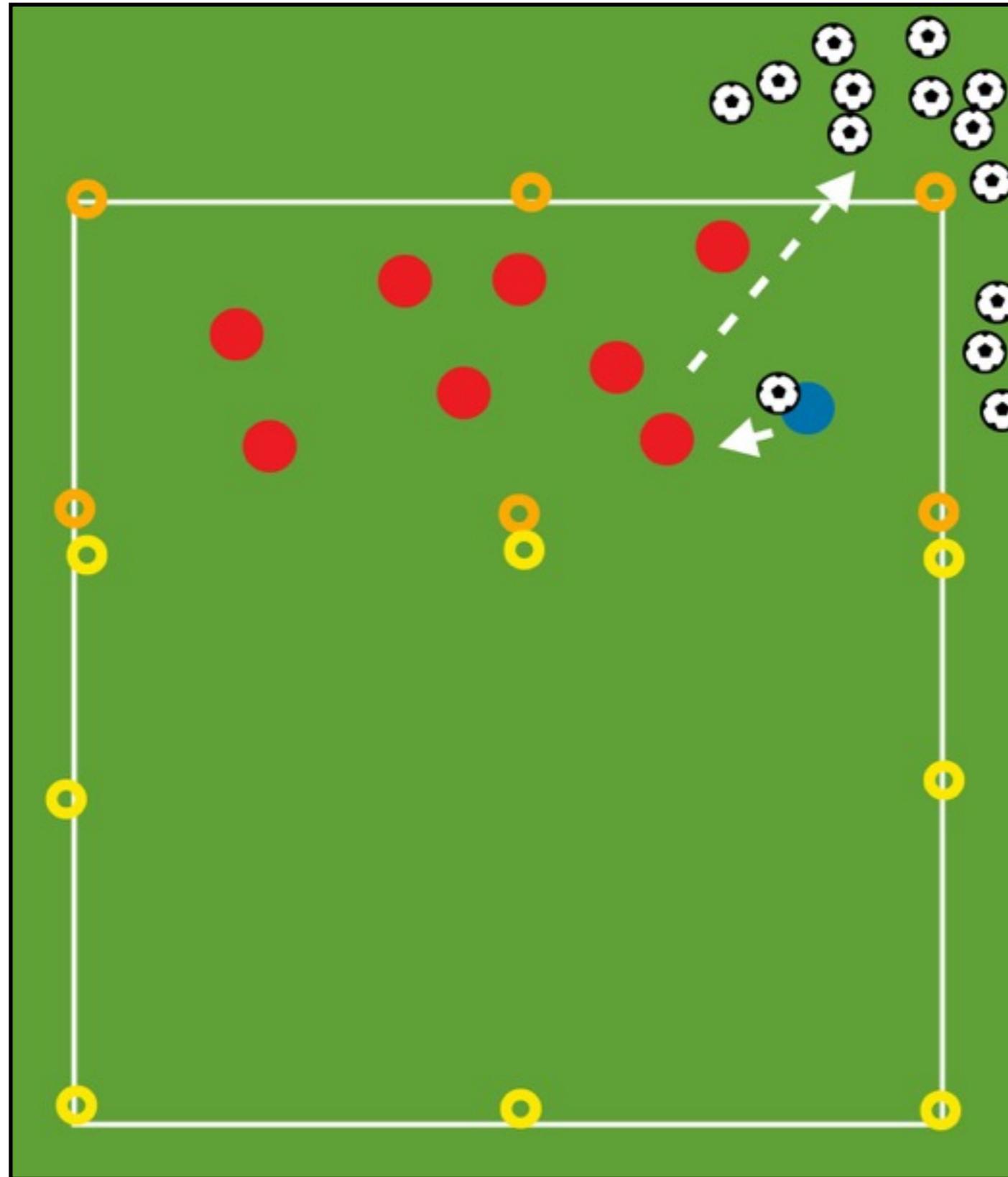
- Progressions
- defenders in gates
- still have ball - only move between cones
- break out gates (orange) then back in another
- defenders no longer have footballs

1v1 - Skills Square



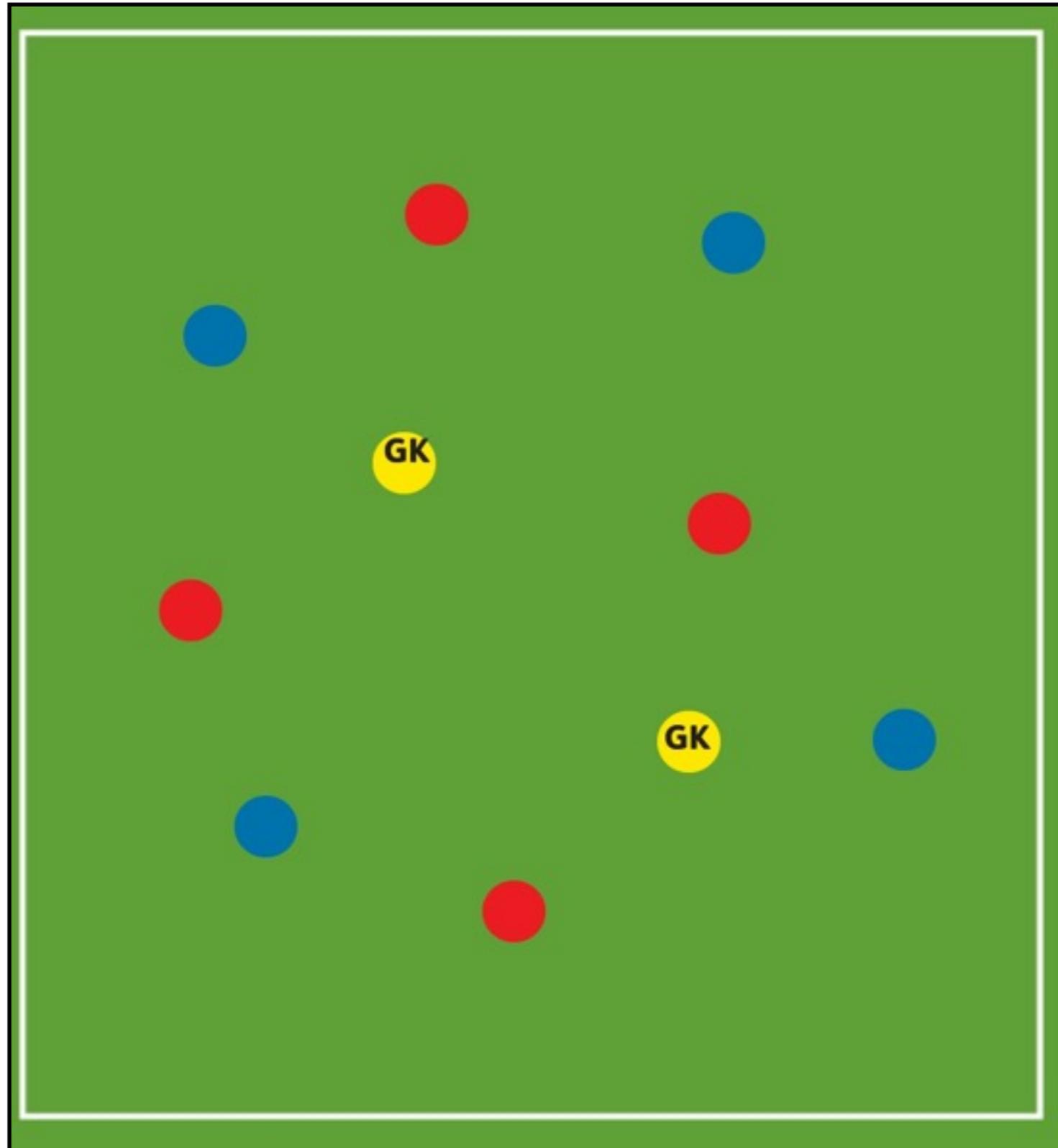
- 7 players
- 1v1 into goals - encourage positive play to score goals.
- Skills square - moving the ball around quickly. Tricks skills, keepy ups, turns, as many touches as possible.
- Work for 2 minutes then rotate round so each player works in the skills square.

Warm up - Pac Man



- Two different sized areas are set up, with different coloured cones.
 - Pac Man starts with a ball and must try to tig the other players. If a player is tiggged they must get a ball and become another pac man.
 - If three players are pac man they can then move into the bigger zone
 - Game finishes when they have got all of the players turning them into pac man.
-
- Key factors
 - movement
 - dribbling
 - turning
 - dodging

Possession - GK Targets



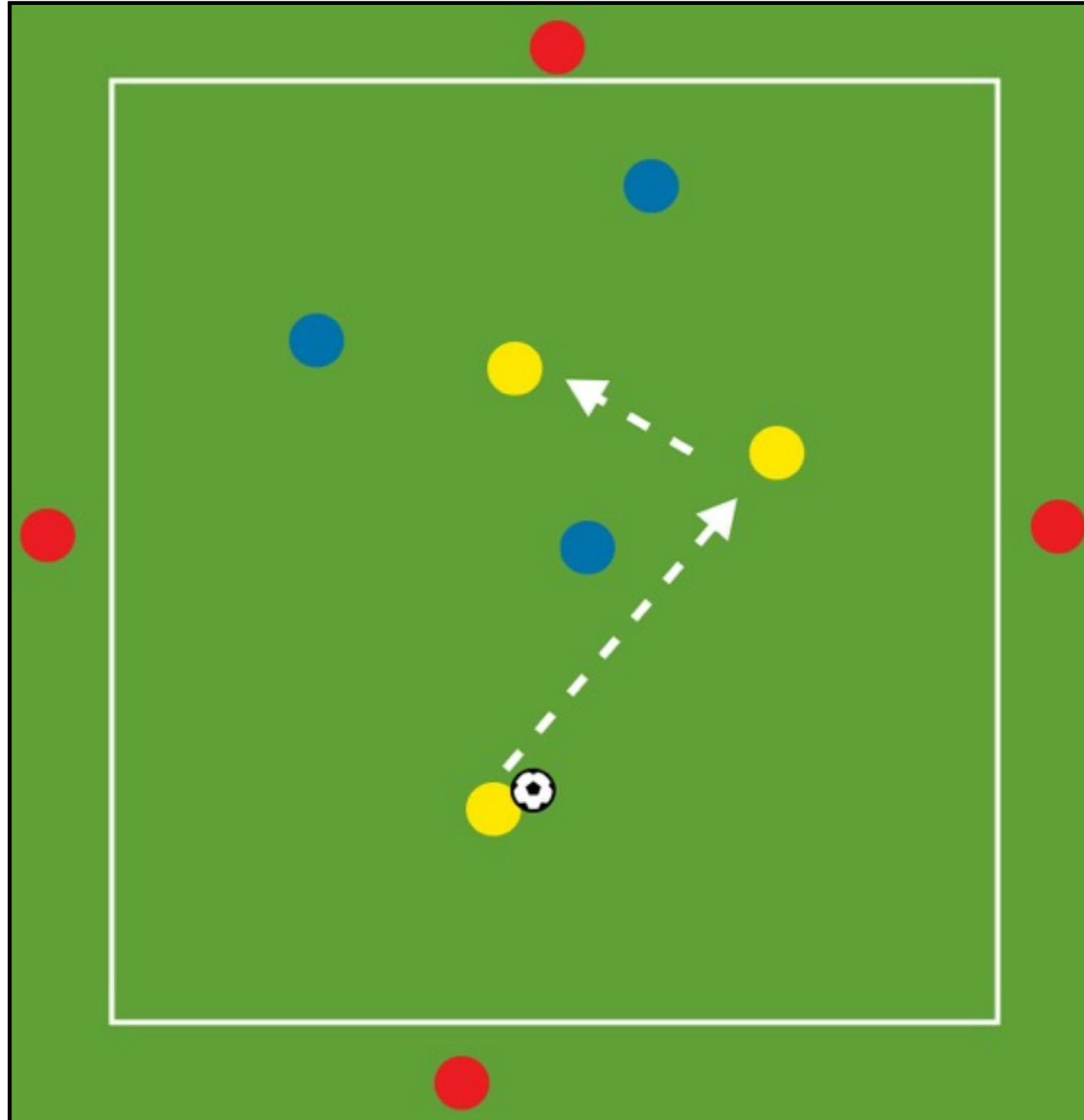
- 4v5 + 2 GKs
- the team in possession must deliver the ball to the GKs hands to score
- the GK then delivers it back to the team who played it in (they must then complete 3 passes before giving it back)

- Progressions
- have 1 GK assigned to a team
- visit 1 GK and then other

- Change GKs positions making it directional, but then having them moving around in the area to help players awareness

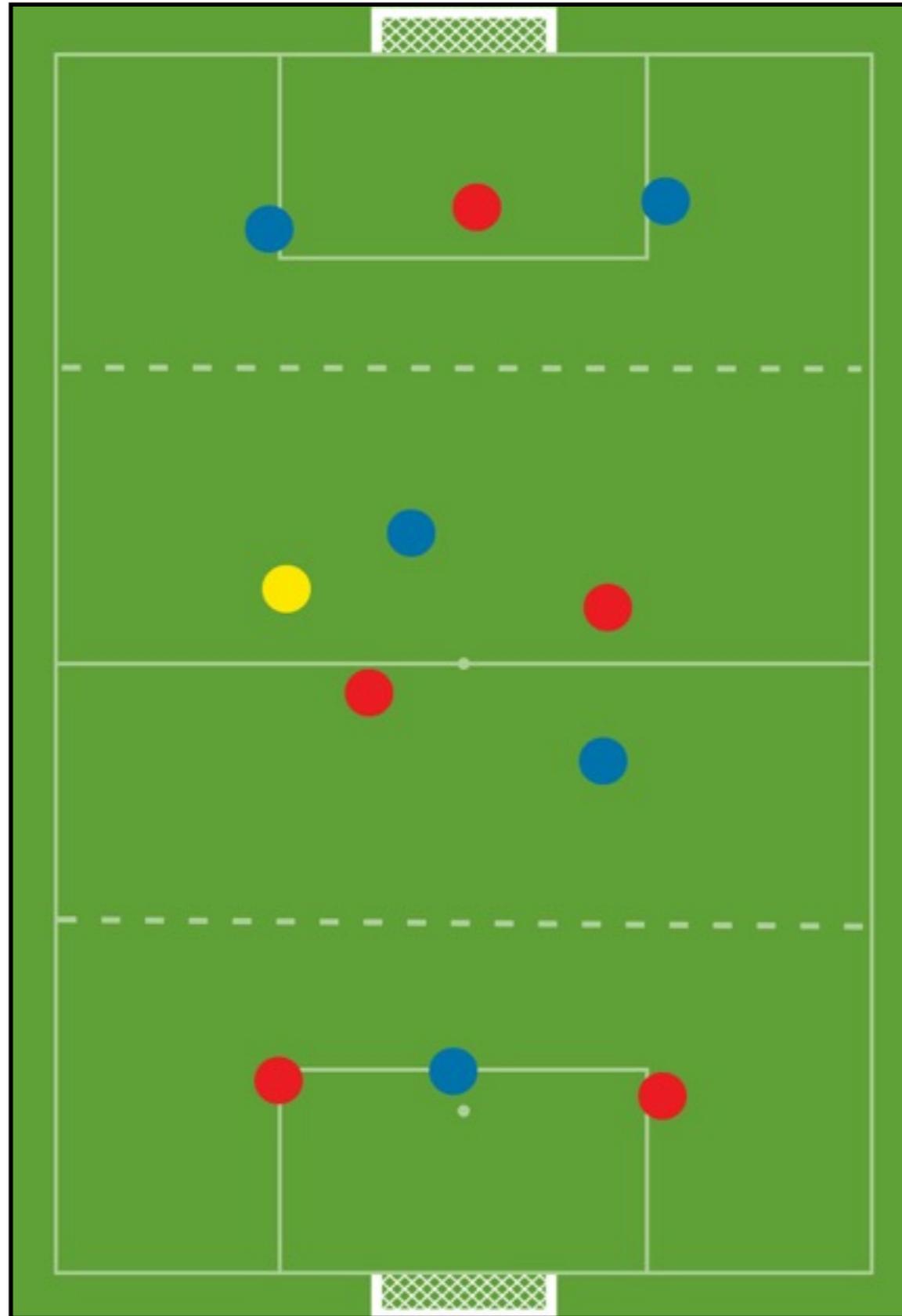
- Key Factors
- chipping
- passing
- movement
- handling

Possession Bounce Players



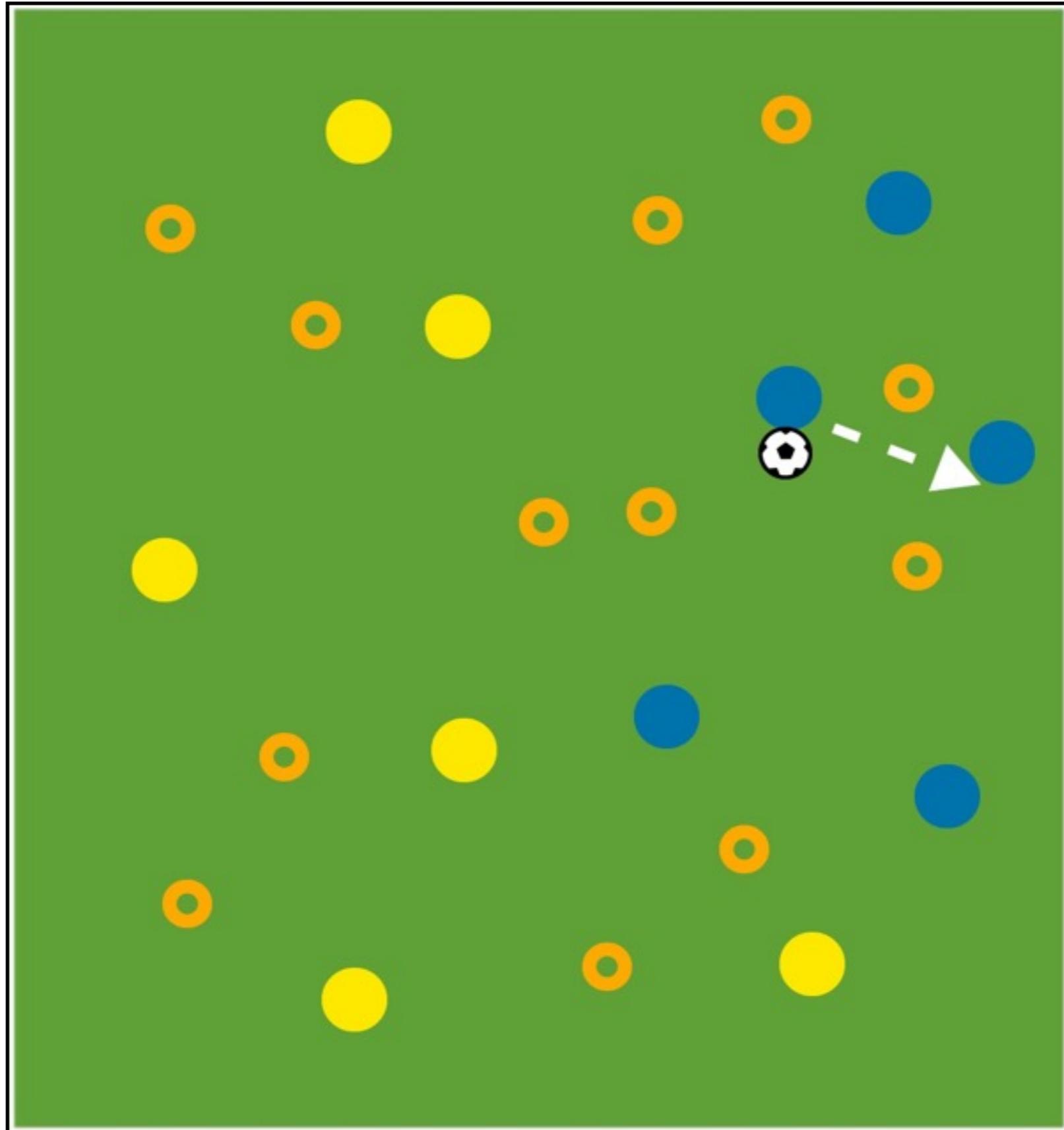
- 4v4 in the middle
- team that makes the most amount of passes in the middle wins
- challenge if blues make 6 passes then yellows must beat this number of passes.
- if a team makes 5 passes and uses a bounce player the count starts back from 1
- bounce players are on 1 touch

Possession - Thirds



- 2-2-1 formation
- aim of the game is to get the ball from the defending third to the attacking third to score
- Progressions
- players choose own formations, can miss out midfield
- if you regain possession must visit defending third before trying to score

Possession - Gates

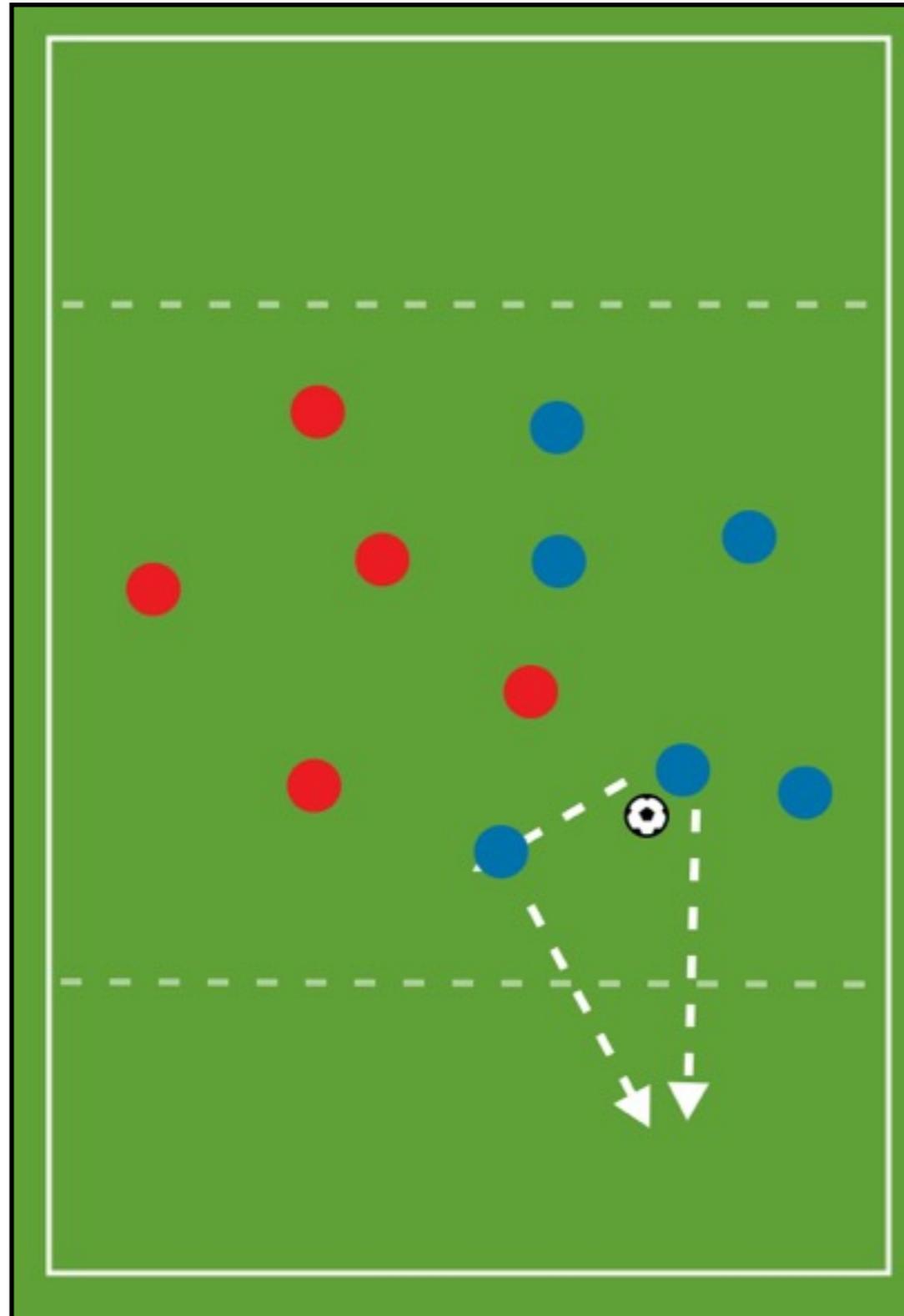


- 5v6
- Play by time or by points
- player in possession of the ball must pass through the gate to a teammate
- win a point if controlled

- Progressions
- 1 team can pass through gates
- 1 team can drive through

- 1st team to pass through all gates wins

Possession End Zones



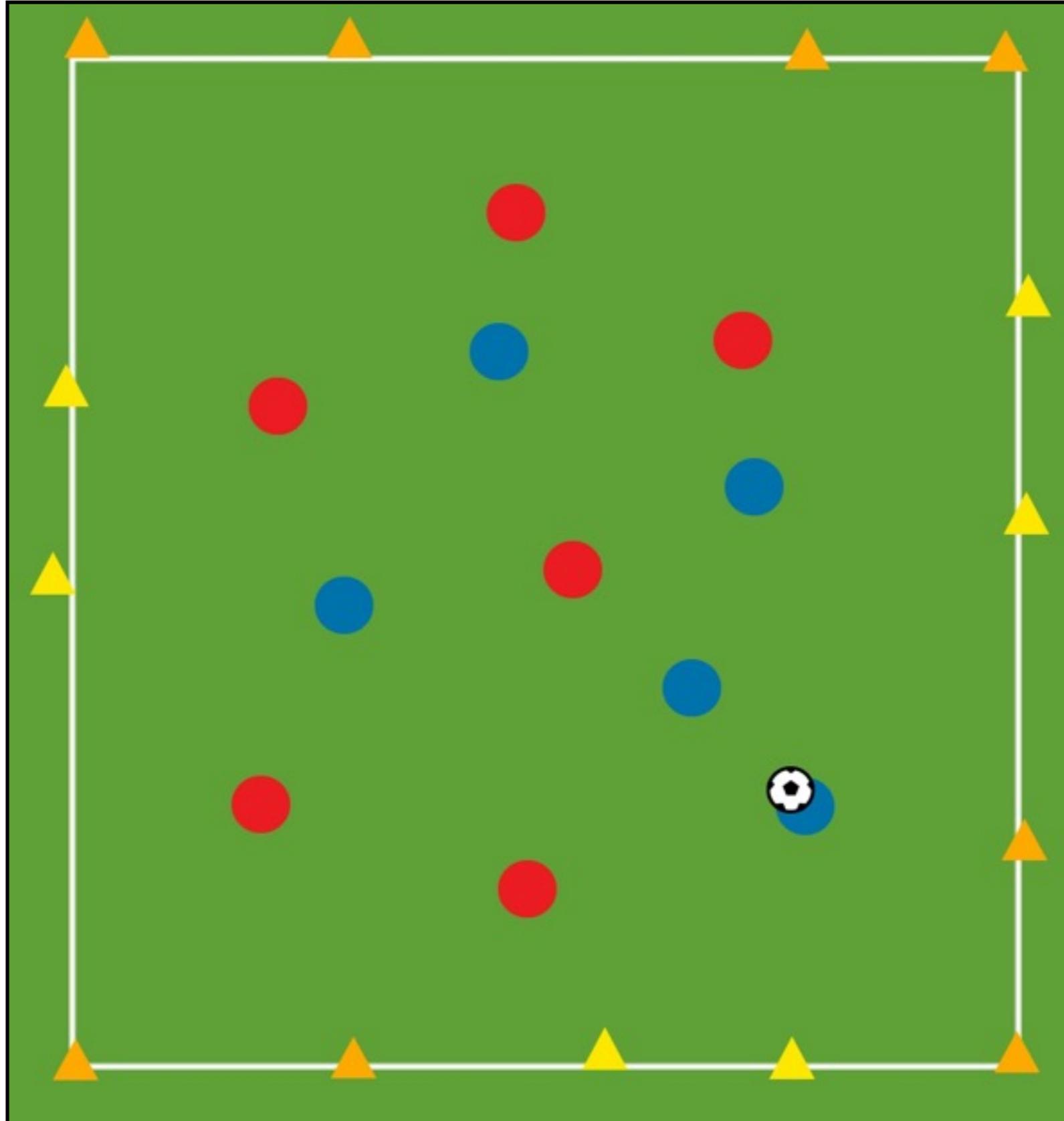
- 6v5 in the middle
- team in possession must try and get the ball into oppositions end zone

- Progressions
- only get ball in the end zone by dribbling or receiving a pass

- Challenges
- 2 minutes dribbling only
- 2 minutes receiving a pass

- Players cannot just stand in the end zone

SSG - Parma Game



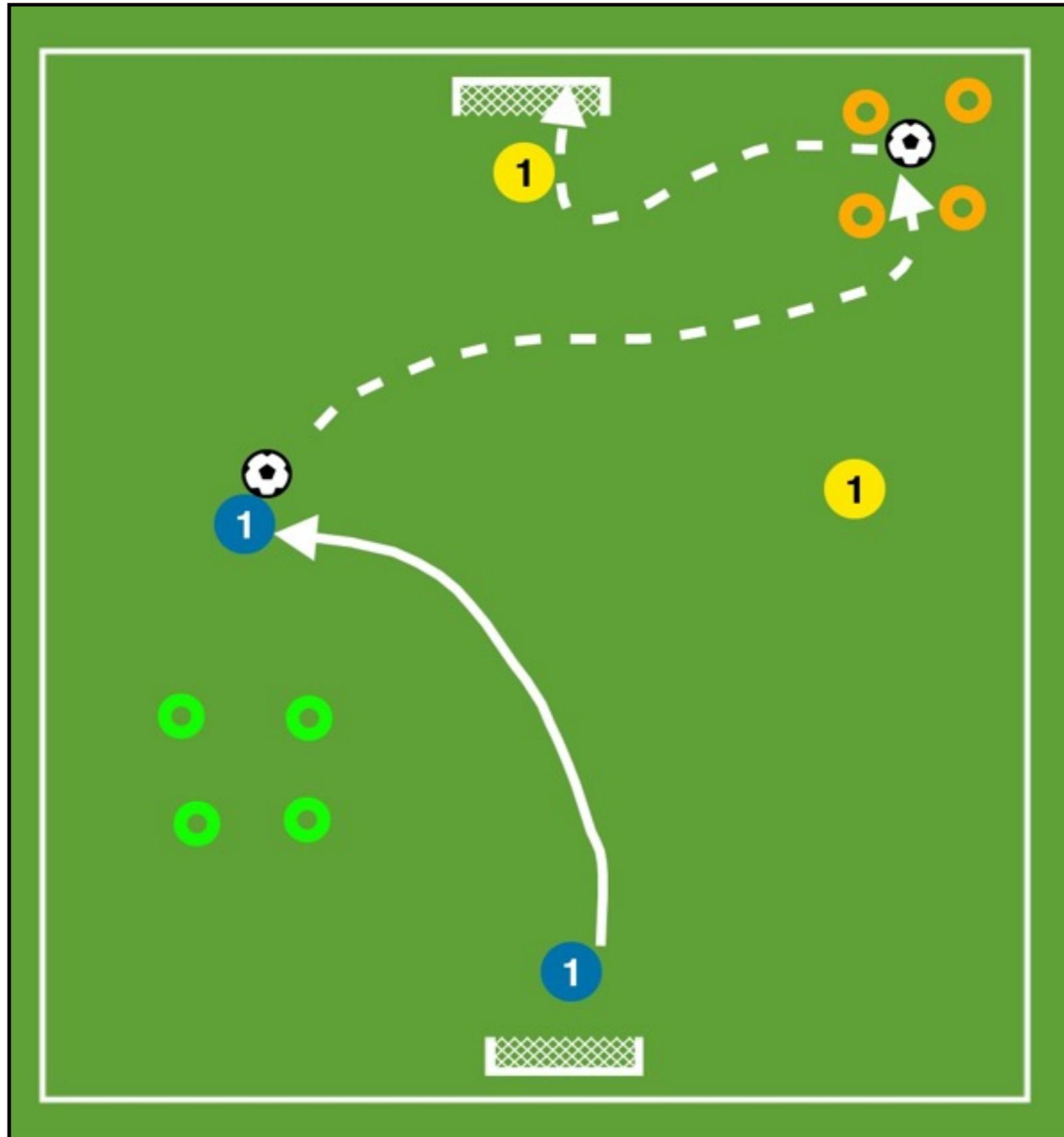
- 40x30 - 6v5
- super dome cones
- Need to have more than one goal than there are players in one team.
- Set up - 2/3 feet apart
- Distributed around the pitch

- Scoring
- To score a goal a player from one team has to pass the ball through the goal where a player from their team controls the ball on the other side. (Can score in either side of the goal)
- You then have to score through a different goal before you can return to the one you have just scored in, unless the other team gets the ball.

- Coaching points
- getting heads up to see pitch
- accurate passing
- good movement off the ball

- Key Factors
- Vision
- accurate passing

Box to Score

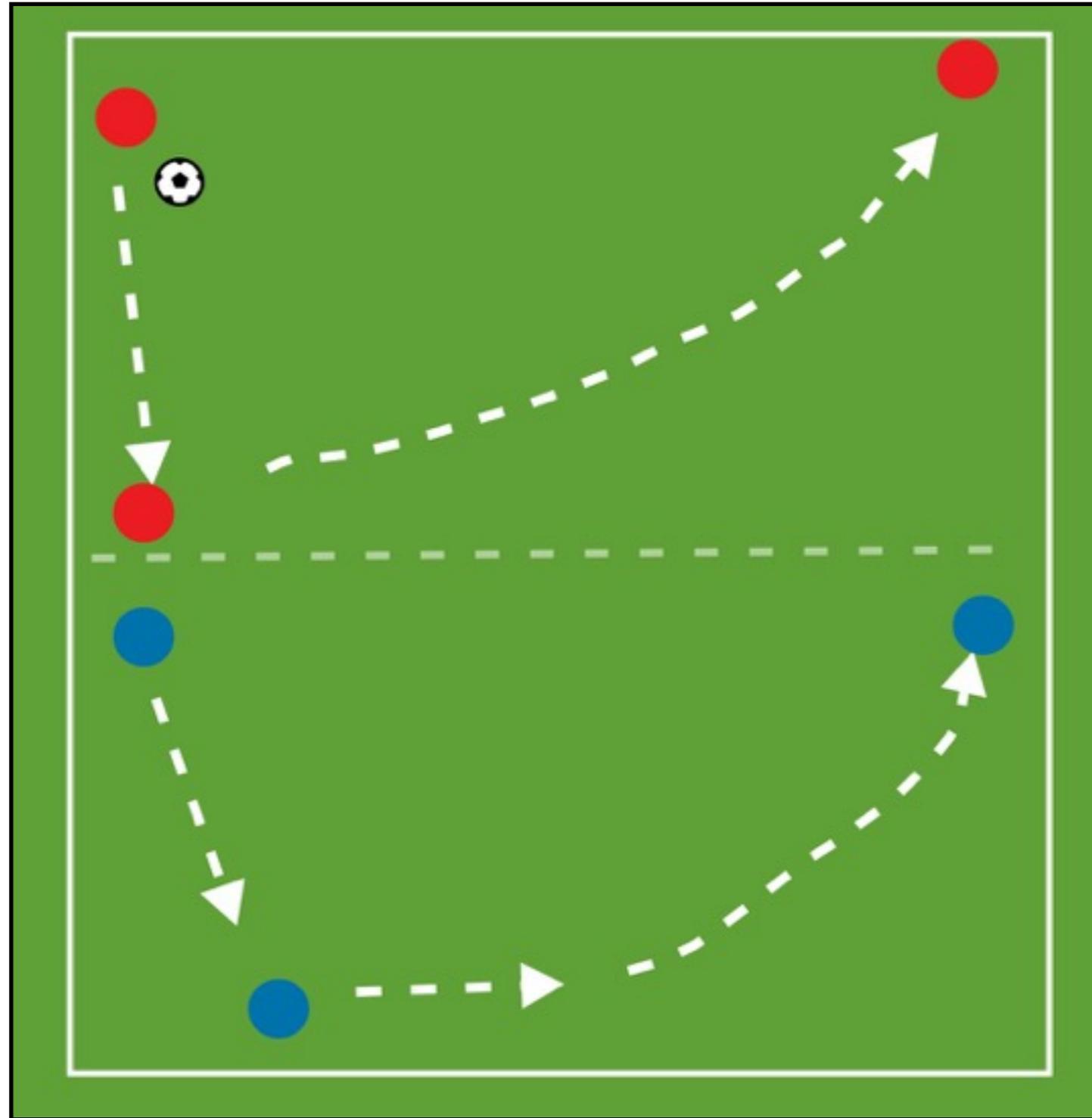


- Box made of 4 cones (other team organises where the box is placed)
- Working a team to try and score. Pass or dribble which is the best option?

- Progression
- own team moves the box, but you must have it in the attacking half of the field (can you be clever and recognise which areas of the pitch you are most likely to attack)

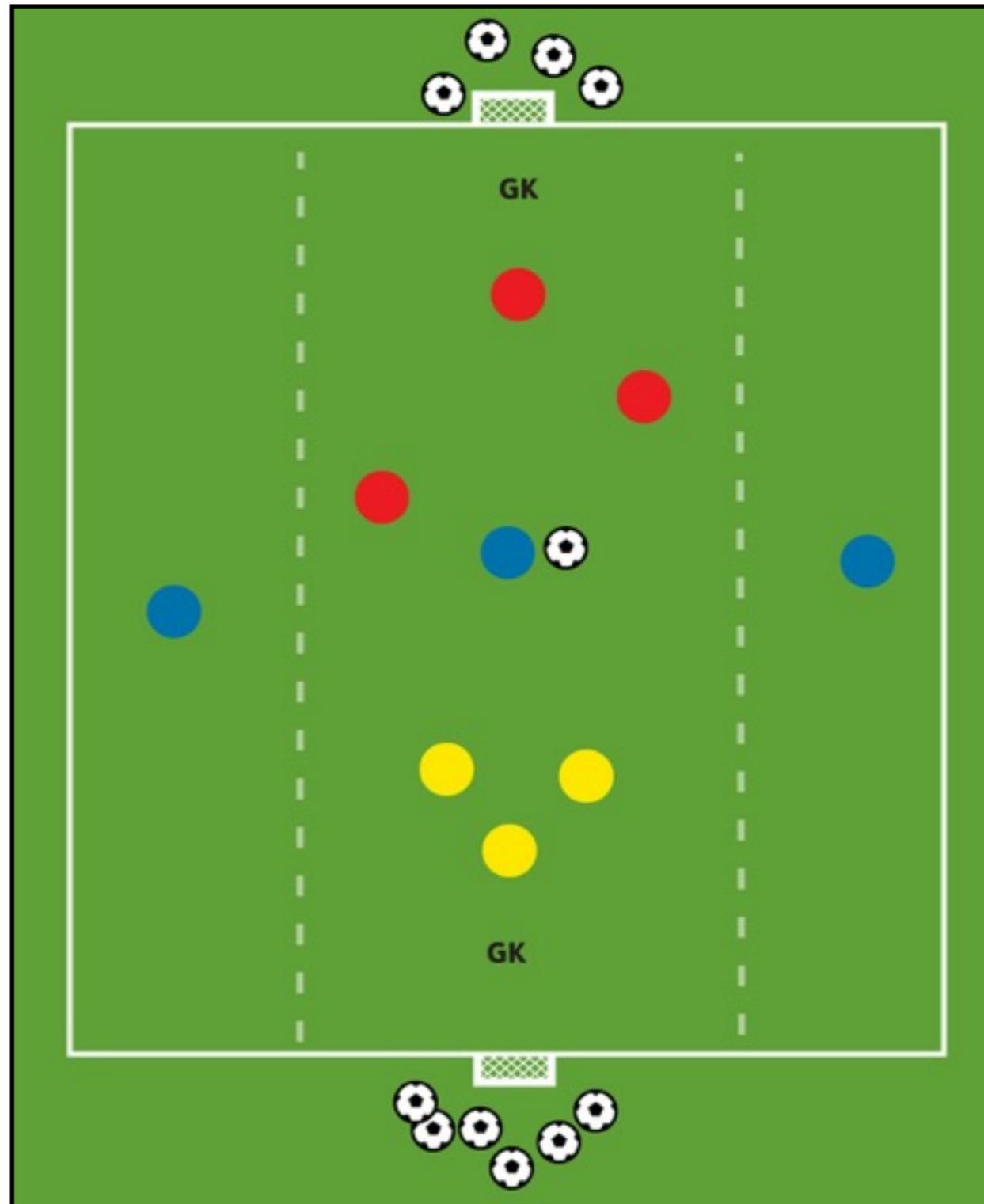
- Key factors
 - - passing
 - - dribbling
 - - shooting
 - - 1/2s
 - - quick play

Crossing Technical Warm Up



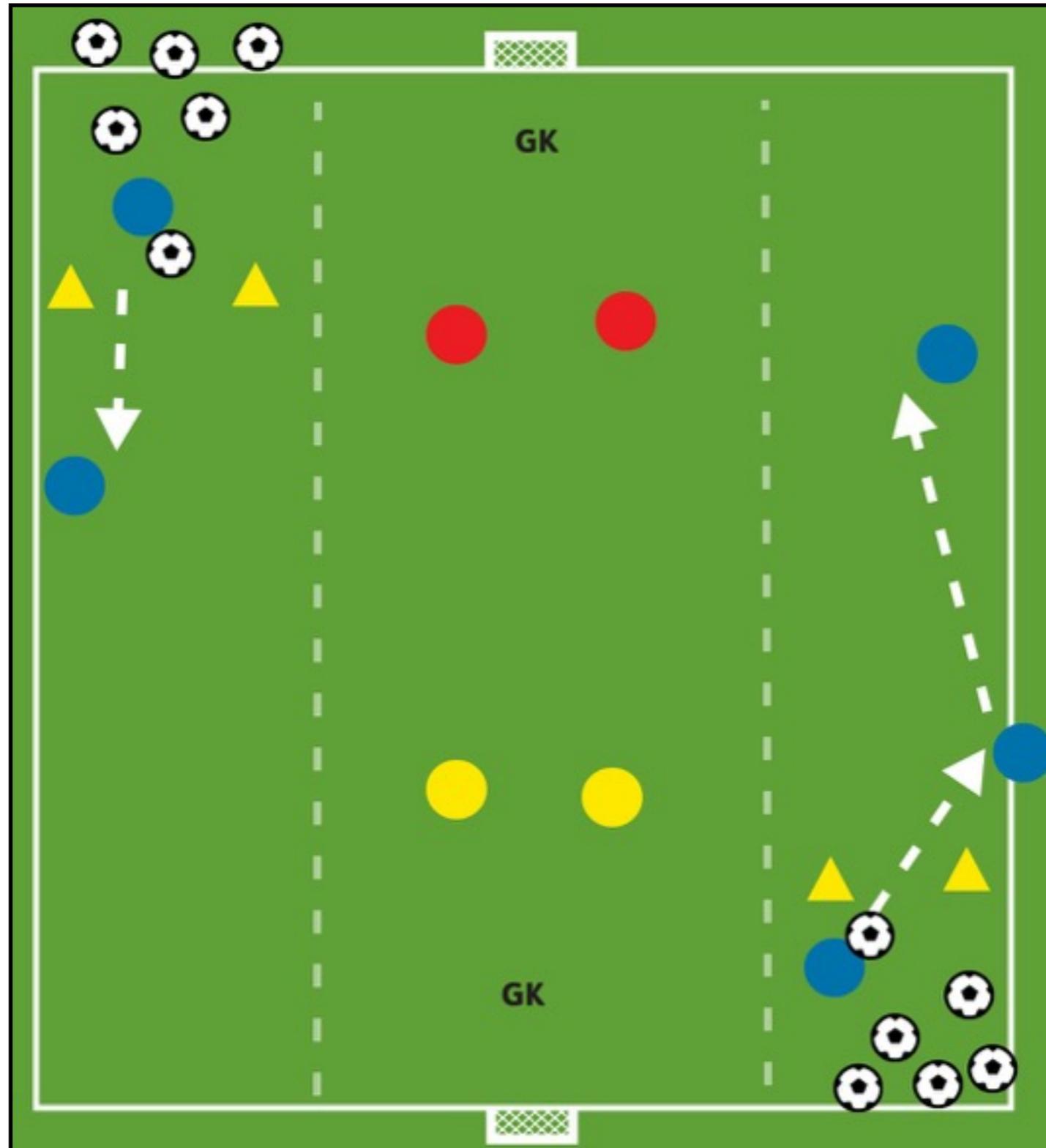
- Players working on crossing technique
- Coaching points
- appropriate crossing technique
- accuracy/pace

Crossing & Finishing Conditioned Game



- Players work on crossing and finishing with only the neutral players allowed in the channels to play the ball.
- Must cross either first time or on second touch. Can the players in the centre play the ball in front of the player on the wing ... So they can cross it in to finish.
- Coaching Points
 - crossing technique
 - timing and movement
 - accuracy and pace of deliverance

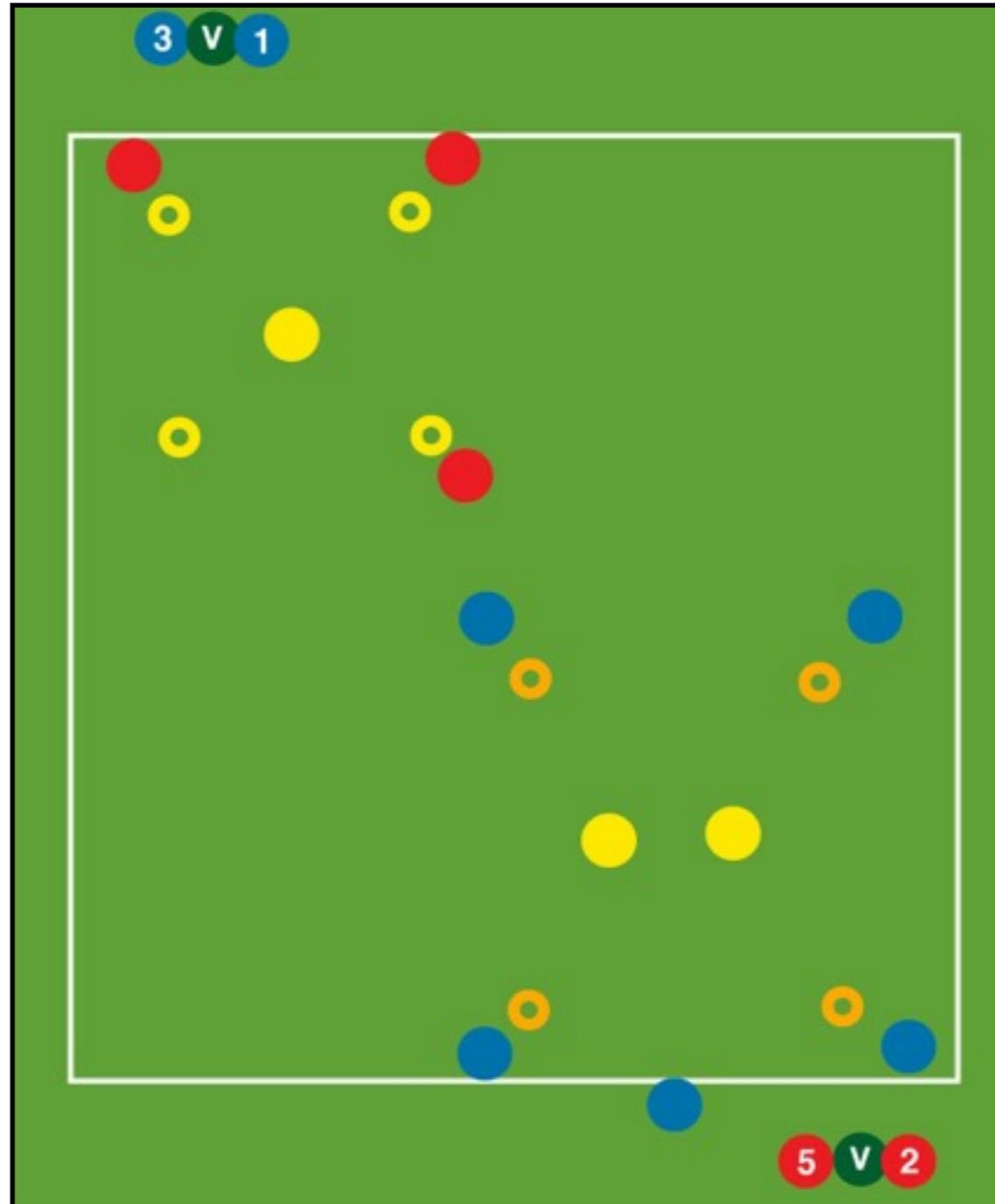
Crossing & Finishing Main Session



- Players work on crossing and finishing
- Players then combine and apply the crossing and finishing into the activity

- Coaching Points
- crossing technique
- timing and movement
- accuracy and pace of deliverance

Possession 3v1 & 5v2



- 3v1
- 10x10 grid
- 1 Defender - 3 players on the corners
- If the defender wins the ball change around, bib in hand

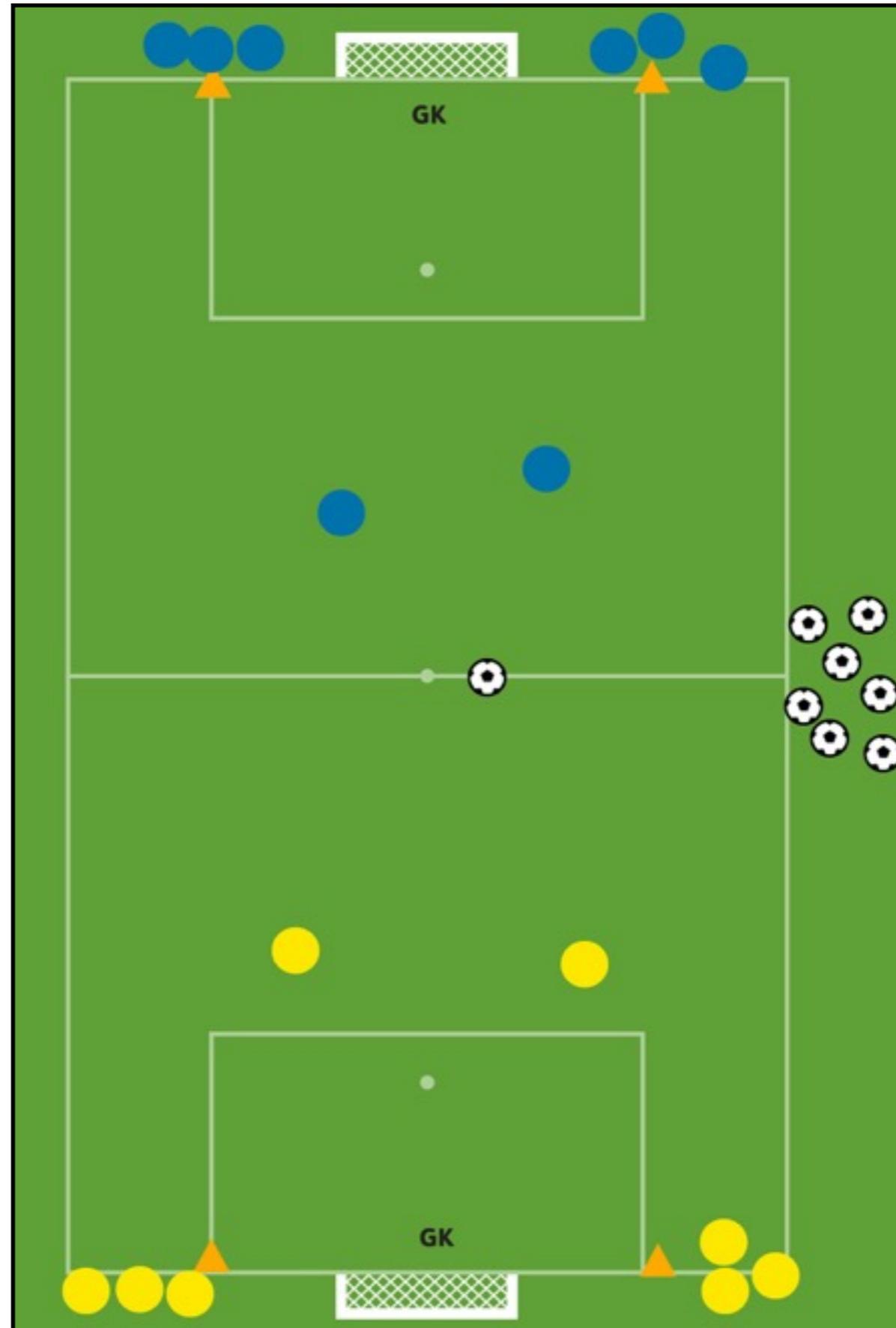
- Key factors
- movement off the ball
- quality of passing
- communication
- decision making
- draw defender in then pass/disguise
- keep it moving, don't over play

- Progression
- 1 point for 10 consecutive passes
- limit number of touches to 2 then 1

5v2
20x20 grid
(Same as above)

- Key factors
- use range of passes
 - bigger area (switch play)
 - look to split defenders and play between players
 - communication is key

2v2 with GKs

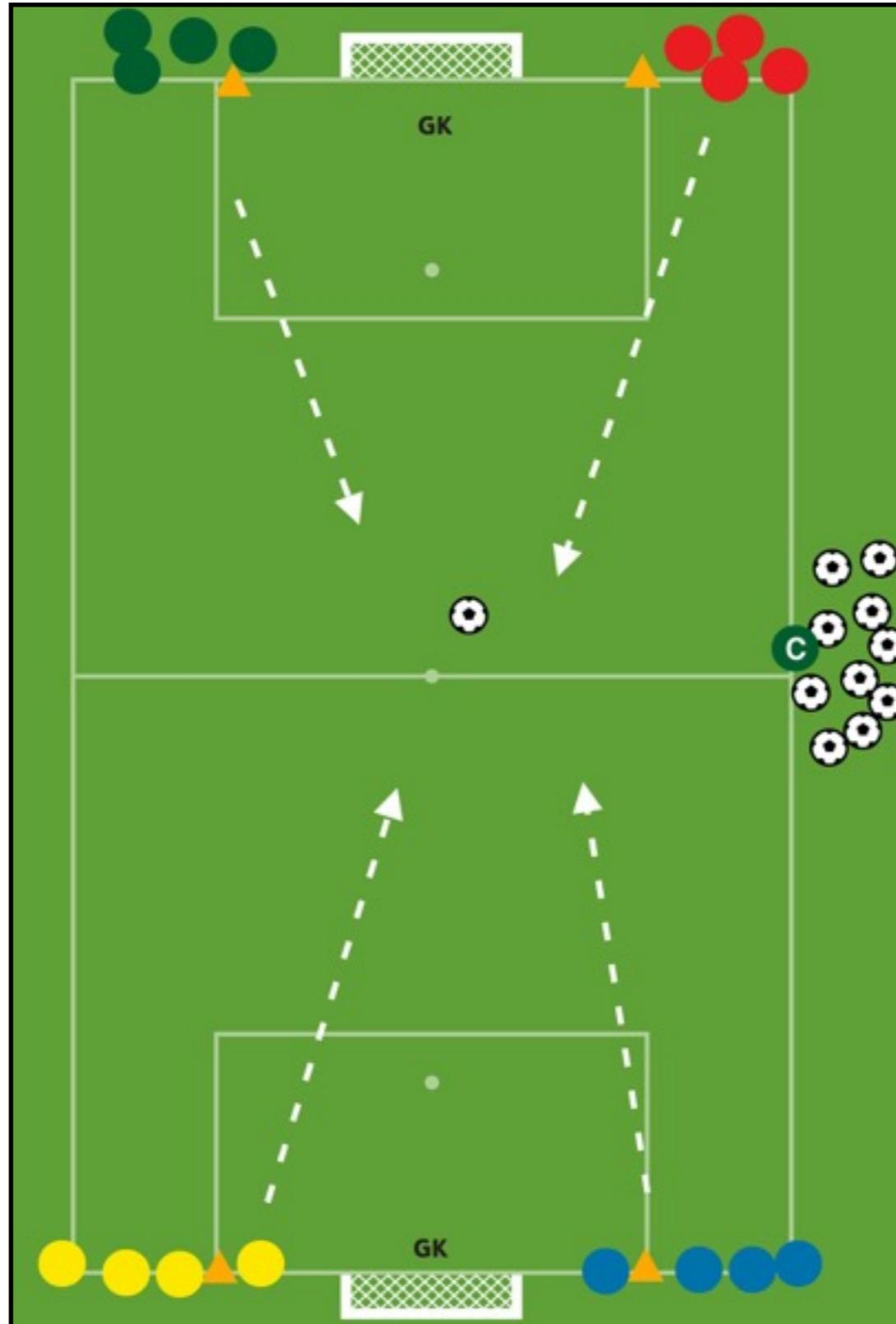


- 2 teams
- Split over both sides of the goal
- 2 GKs (who stay in the goals)
- Balls played into the middle of the pitch.
- Work together to try and score, good decision making between when to pass and when to dribble.

- Progression
- at least one pass before shooting

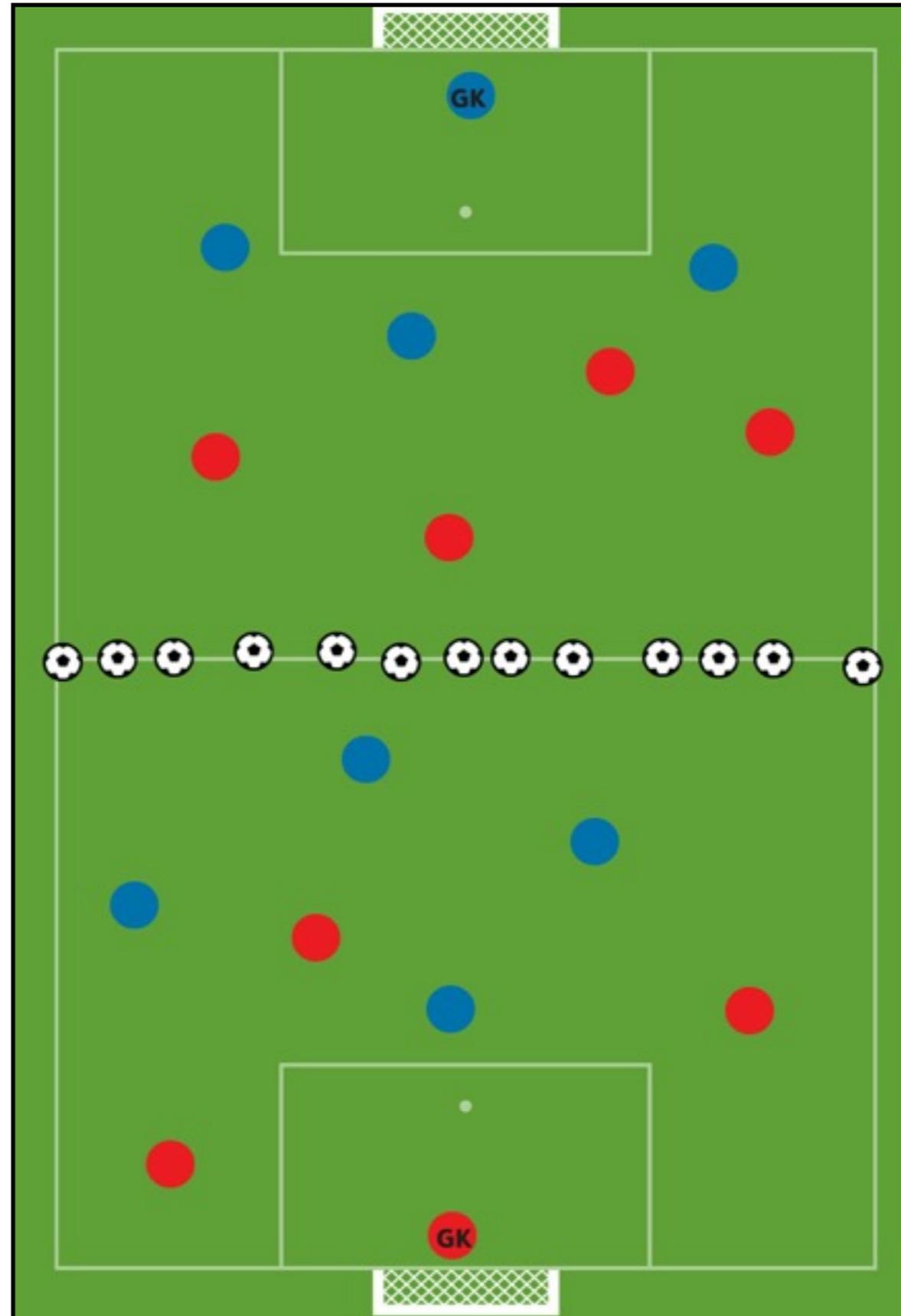
1v1

4 Teams



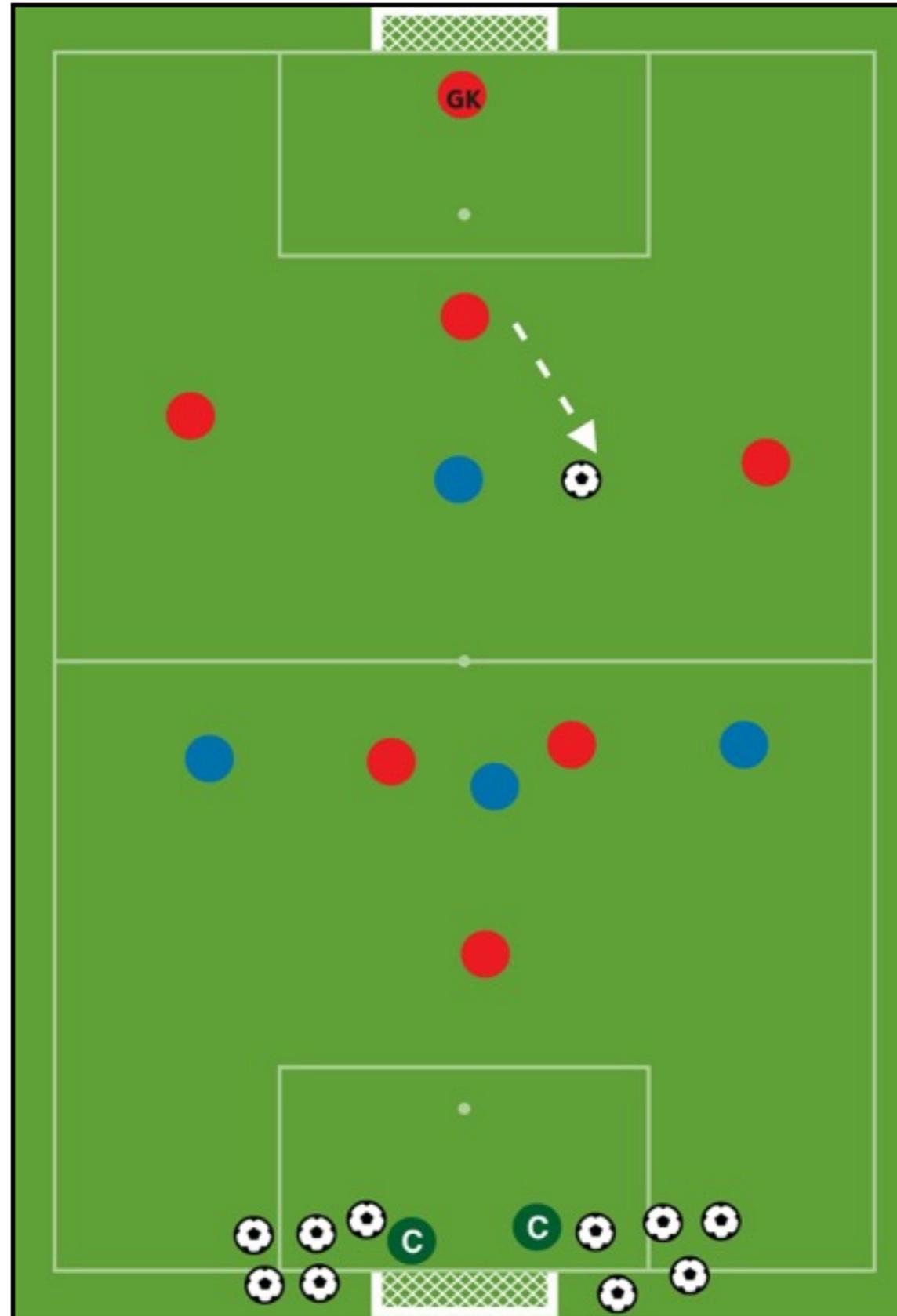
- 4 teams
- 2 GKs who stay in the goals.
- Coach plays the football into the middle of the pitch, one player from each team goes for the ball and can score in either of the goals.
- The team who touch the ball last win the point.
- Who can be clever and turn with the ball to try and score, create space for themselves and get into good positions.
- Start without goalkeepers and add them in as a progression when the players understand the rules and how it works.

Shooting - Quick Play



- Place footballs on the half way line of the pitch. The teams have to try and score quickly and then get another football to try and score with that.
- Whoever scores the most goals win. If the ball crosses onto the other half of the pitch it is dead and cannot be used again. If defenders win it they play it to the coach.
- Encourage quick play and trying to get a shot off as quickly as possible.
- Play with either 2 teams split in half or 4 different teams competing against each other.
- Footballs must be left in the goal if they have scored with it (this helps to see how many goals have been scored and stops arguments).
- Communication
- this must be good to make sure they know who is getting the ball and to avoid more than 1 ball being played with at the same time.

Aerial Control

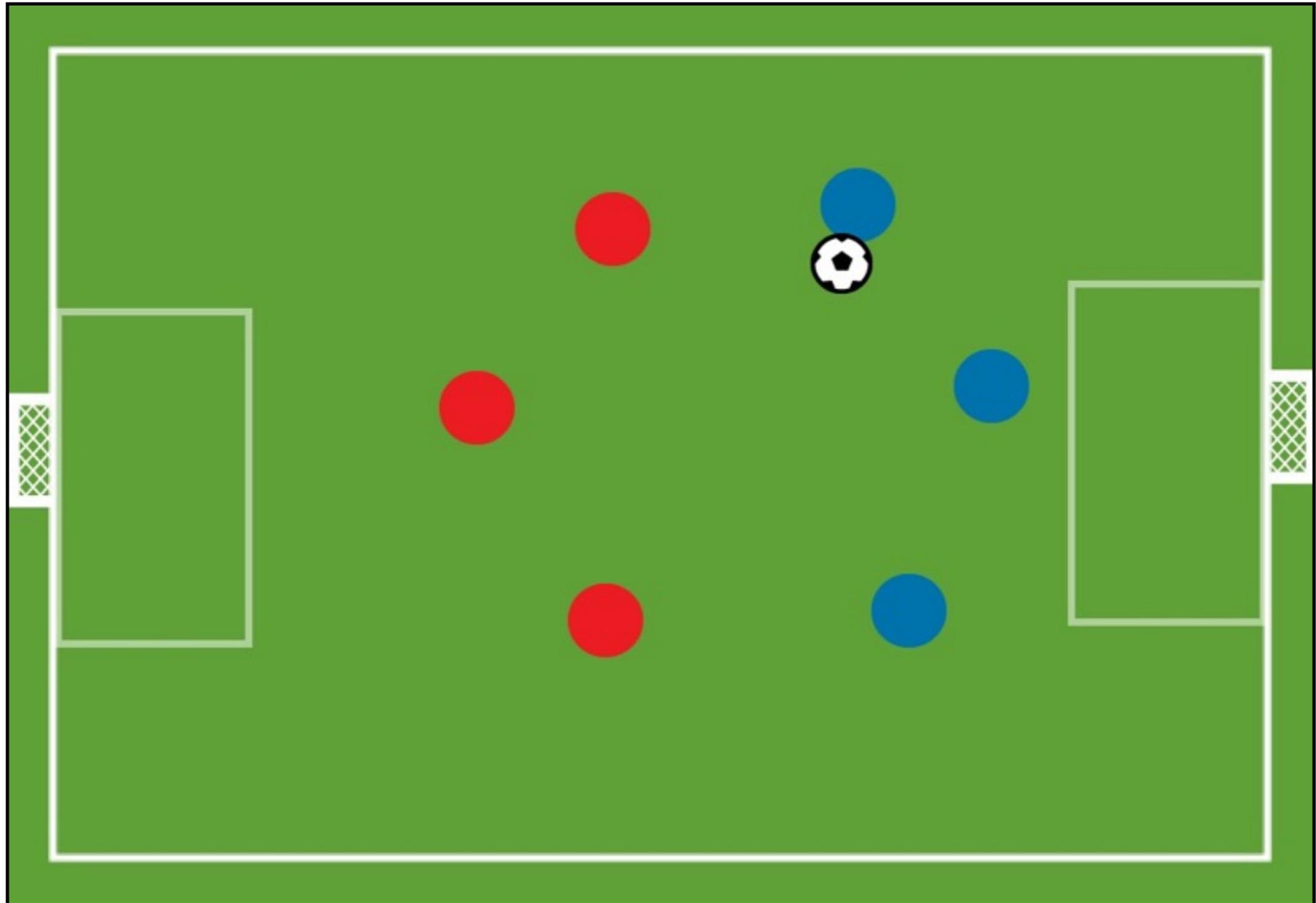


- Set up
- U11 pitch (60x40)
- plenty of footballs
- 7 in formation
- 4 to be attackers and try to score

- Footballs played into the pitch at different heights and angles for the team defending the goal to defend.

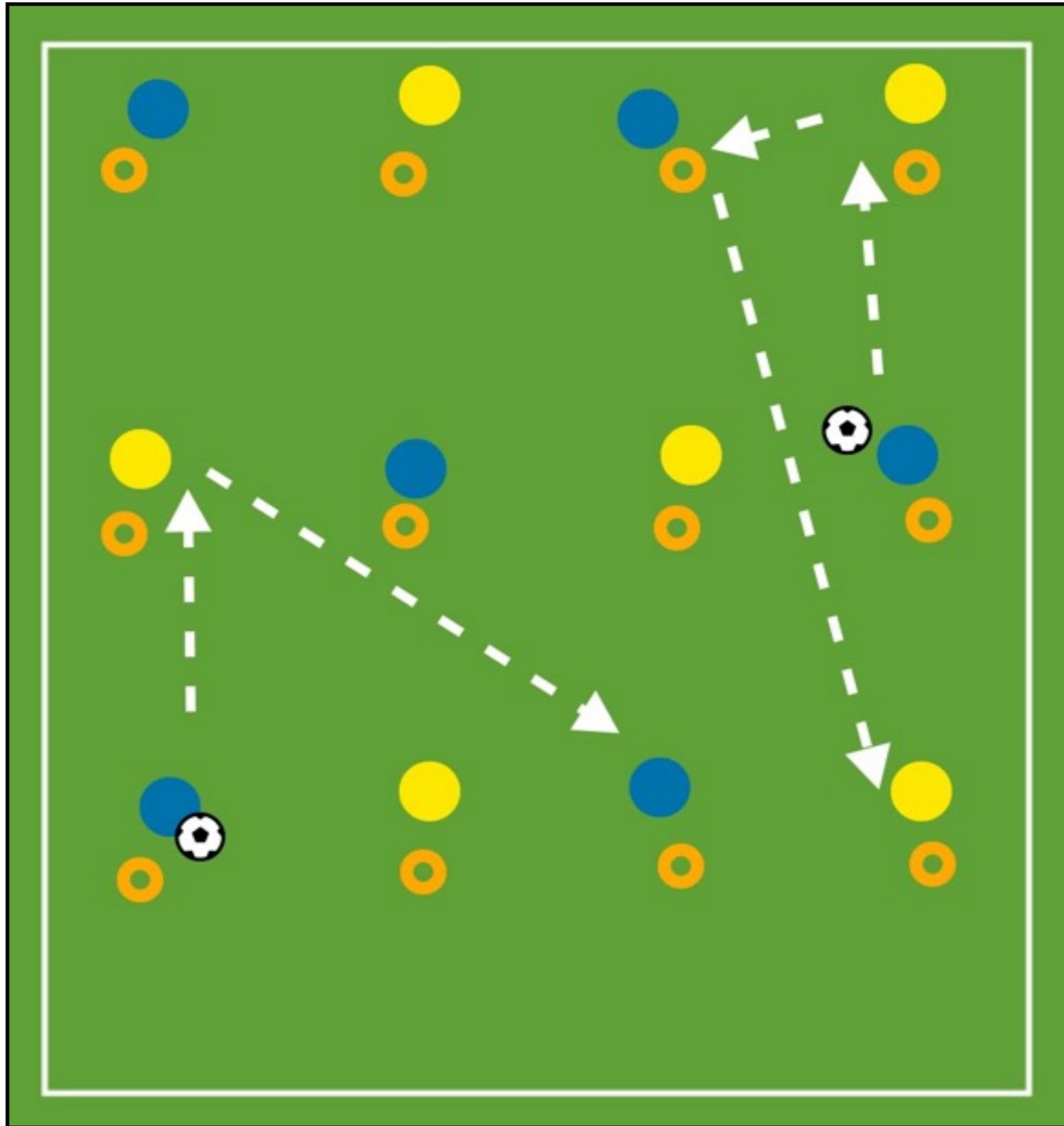
3v3

With "no go zone"



- 30 x 20
- 2 small goals
- No go zone (2x3) in front of each goal
- To score the player must be in the opponents half of the field but not in the "no-go zone" in front of the goal.

Passing - Patterns

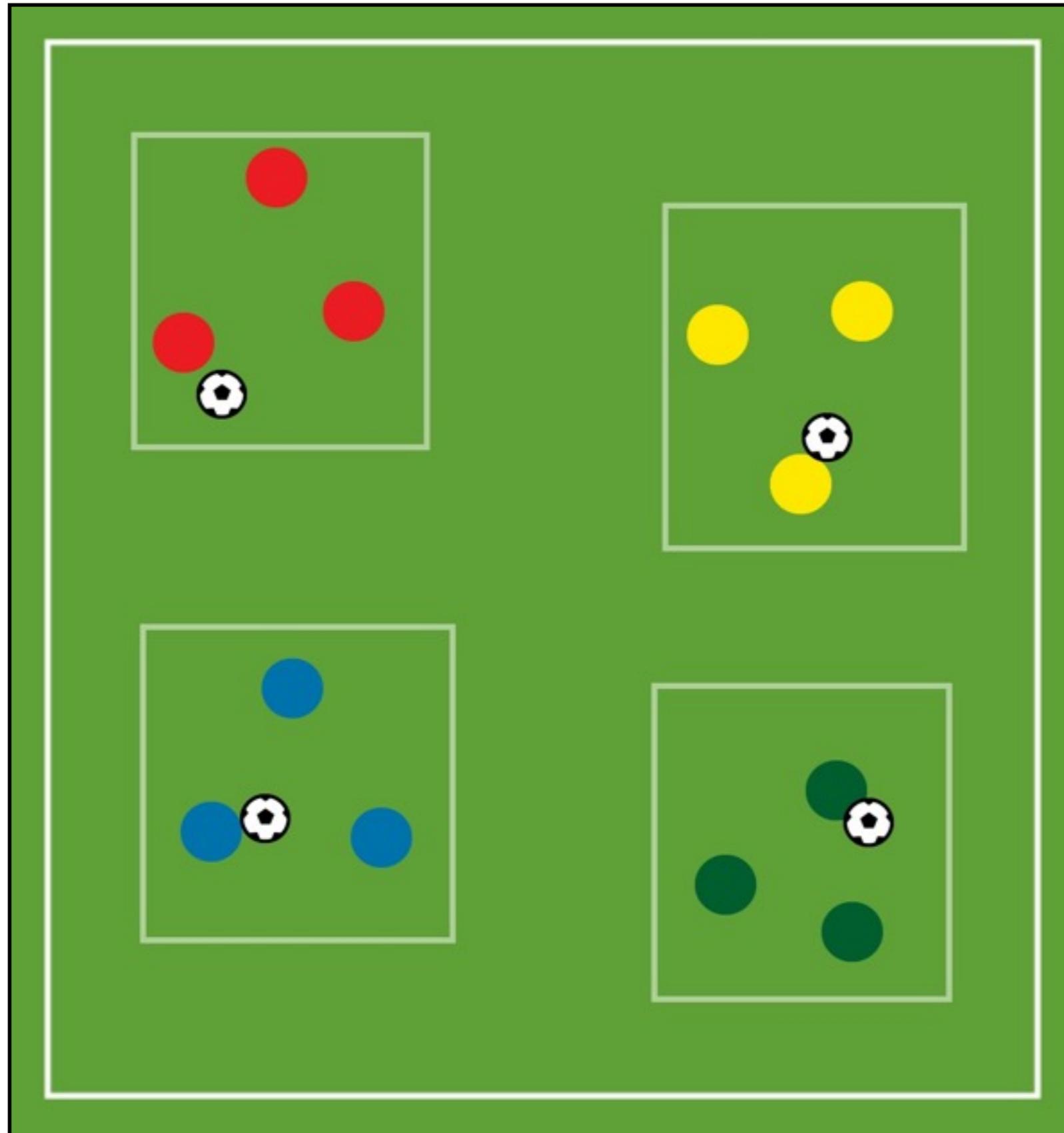


- Technical passing pattern
- Blue pass to yellow
- Yellow pass to blue
- Use two footballs to begin with
- Encourage players to move off the cones to receive, playing on two touch if possible.
- Must be a quality pass, get to the player with the right weight. Make sure you are ready for the ball, on your toes not on your heels. Always wanting the ball.

- Progression
- after passing the ball you must then switch with someone on your team. Communication is vital to make sure the switch and passing is good quality.

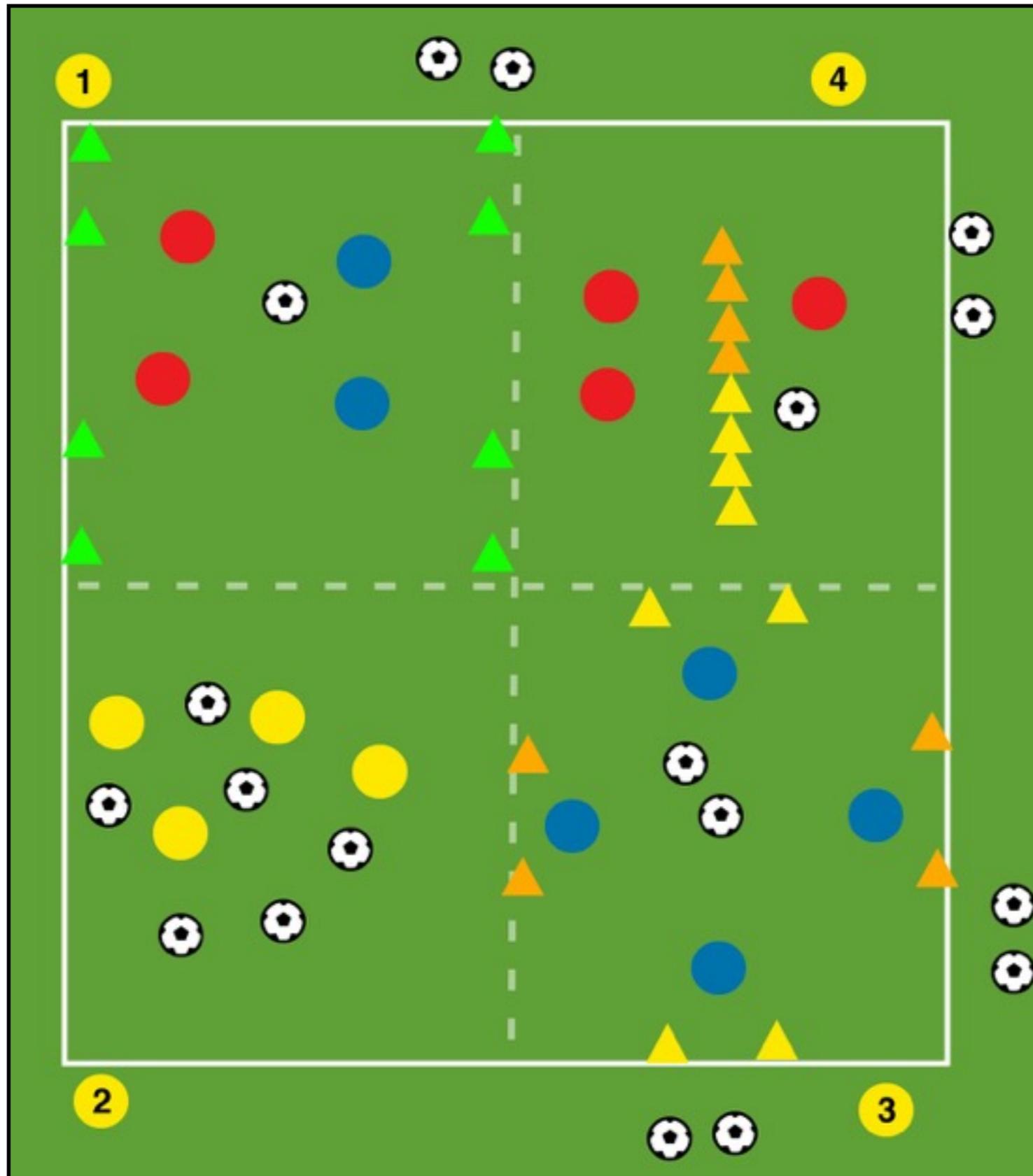
- Future Progressions
- use three footballs
- can we play 1 touch?

Technical - Control Work



- In 3s - one player throws the ball this must be controlled and passed to the third player. Keep rotating around and texting each other
- Can players be creative and use different parts of the foot and body to control the ball.
- Progression
- add a defender into the practice who can try and steal the ball only using feet
- 10x10 box
- Making sure close control is practiced by moving the ball around, chipping it to other players and testing them.
- Playing the ball above head head to make sure it is really testing the other player.

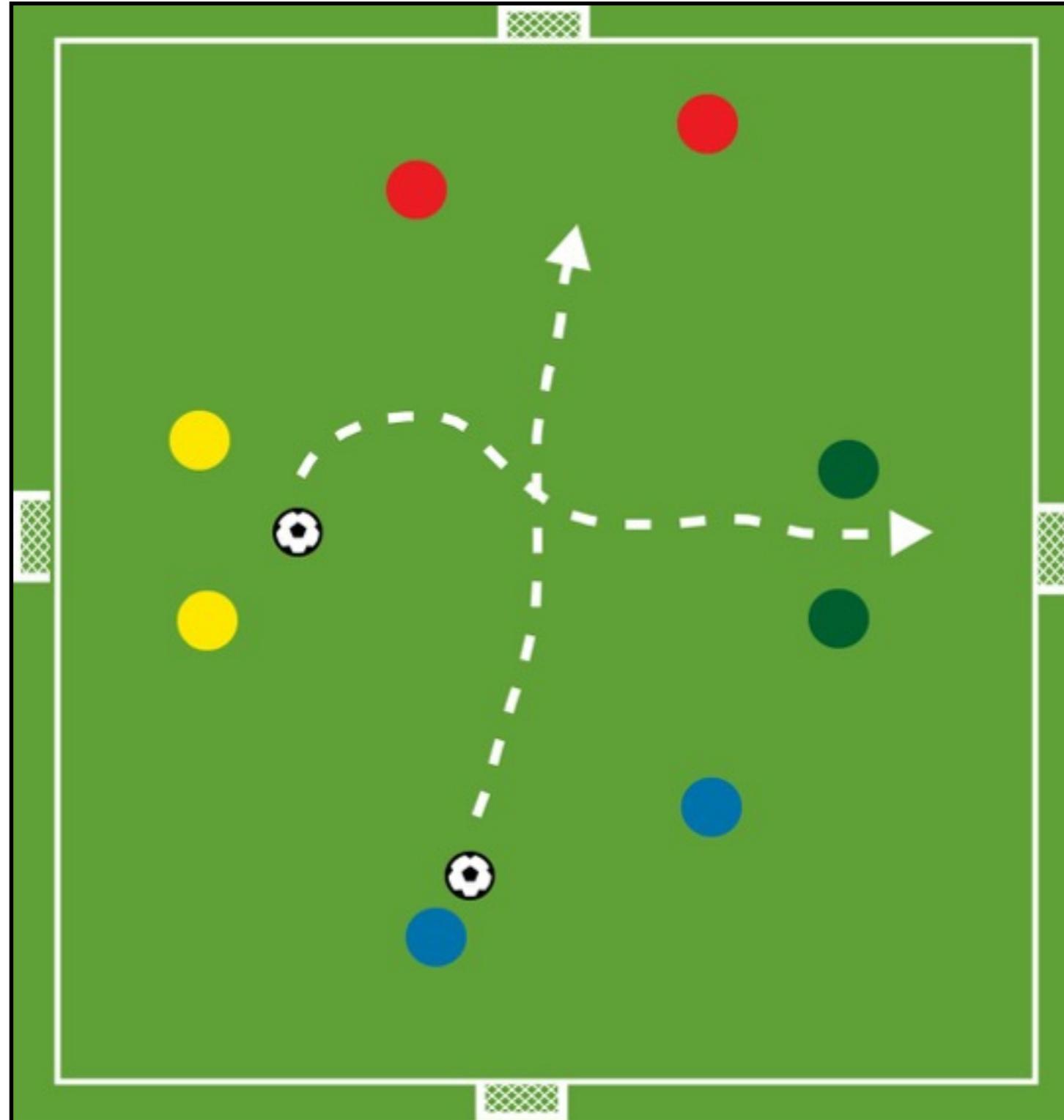
Technical - 4 Station Circuit



- U11s and u13s mixed together. 15 players in total - 3 groups of 4 and 1 group of 3.
- 1. 2v2 4 goal game
 - Players picked who was on each team. Make sure it is a high tempo with plenty of attacking from one side to the other. Thinking about when to pass and when to dribble.
- 2. Skills square
 - Different types of footballs. Let players decide if they want to practice skills, challenge each other. Keepy up challenges, heading challenges. So they are testing themselves and others.
- 3. 1v1s
 - Have the goals set up at different sides of the small pitch so the play is in a bigger area. Watching out for the other players so you don't crash into anyone.
- 4. Football tennis
 - Set up so players can decide whether to play 2v2 or 1v1. They can keep changing if they want to, depending if it is too difficult or easy.
 - Make sure you have plenty of footballs around the pitches, especially the 2v2 and 1v1 games so the play can flow.

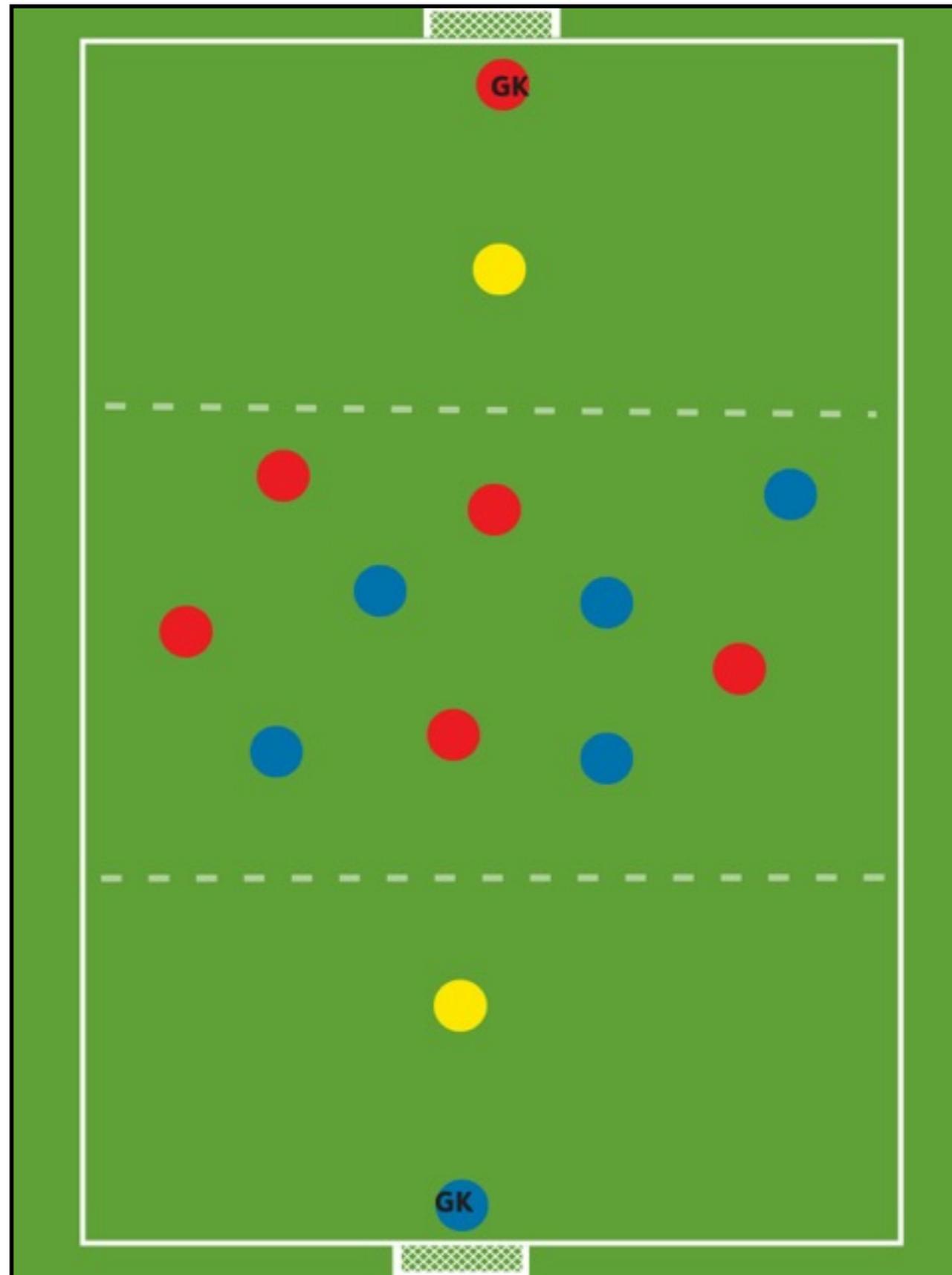
2v2 Matches

2 on 1 Pitch



- Pitch - 40x40
- 4 goals
- 4 teams of 2
- Different types/sizes of footballs
- 2v2 games but all on the same pitch, helping to raise awareness and getting head up to play. Attack as a pair and defend as a pair. No hiding for players in this practice.
- Progression
- changed to different footballs. So one game was played with a mini ball and the other with a Futsal.
- let players use hands when in goal to practice goalkeeping

SSG - Pressing in Final Third

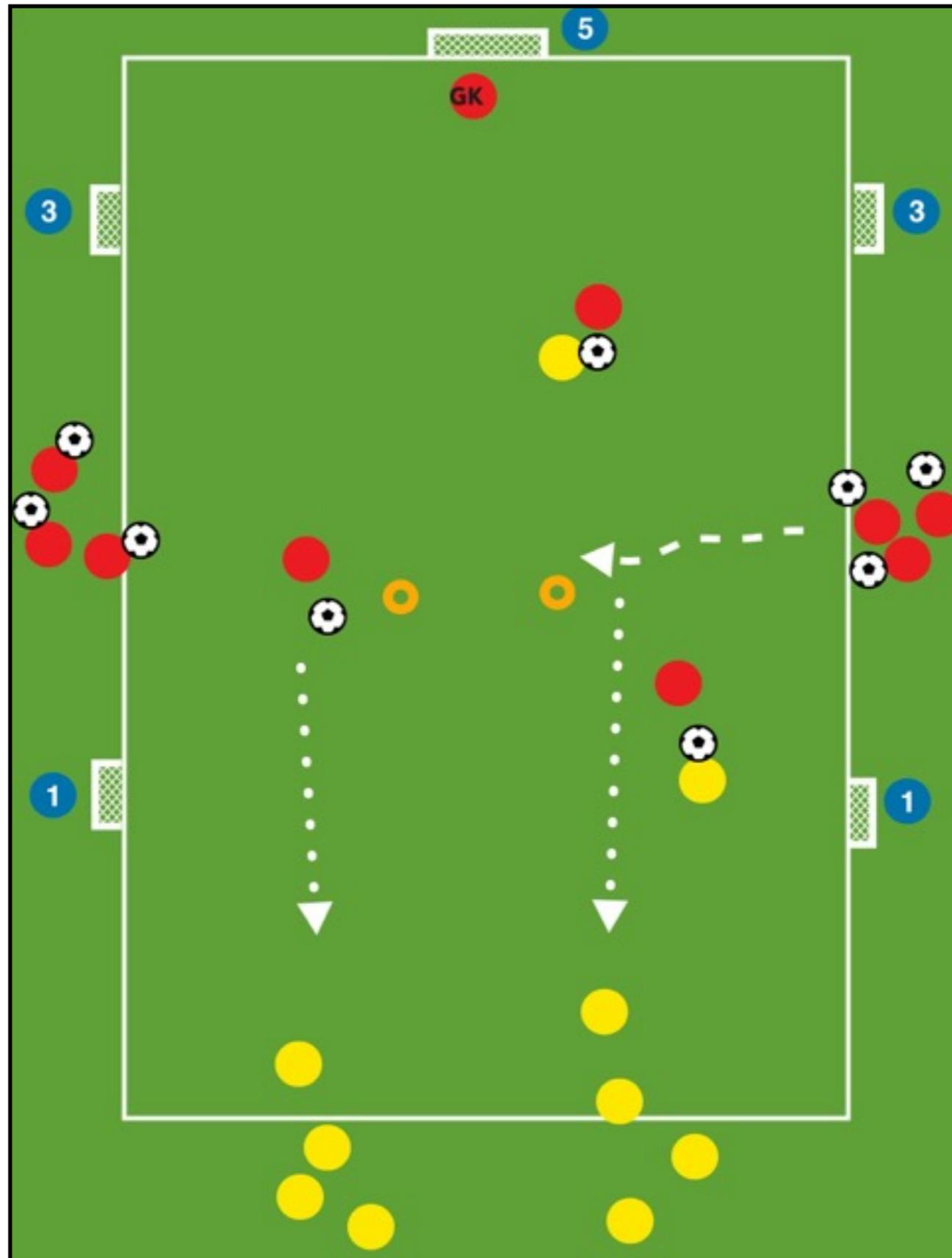


- This session teaches players to recognise opportunities to squeeze as a team, such as reacting to a poor pass (or forcing it).
- Organisation
- split pitch into equal thirds
- 2 Teams of 7 (GK and sweeper for each)
- middle third 5v5 - each player is matched up 1v1 and can only tackle that player.
- In the end thirds a GK and sweeper. The sweeper only has 3 touches. Players cannot tackle the sweeper.

- Coaching Points
- Recognise the triggers and cues, such as the sweepers 2nd touch/ players playing away from goal/ bad (sloppy) pass
- If you can't get pressure on the ball drop off
- move as the ball travels
- try not to let the opposition turn towards goal
- press as a unit

- Progression
- finish off with a normal game but the same principles as the practice. Press at the right times. If the ball goes out of play back to the GK to start again.

1v1s - Chaos



- 20 players - Mix of U11s and u13s
- A practice which combines 1v1s with plenty of movement and decision making.
- The Reds are the defending team but start with the ball dribble to the gate in the middle of the pitch and play the ball into the yellows.
- On the first touch of the yellow player, the red player can start defending. The yellow player has a decision to make on which goal they can try to score in, with a points system in place.

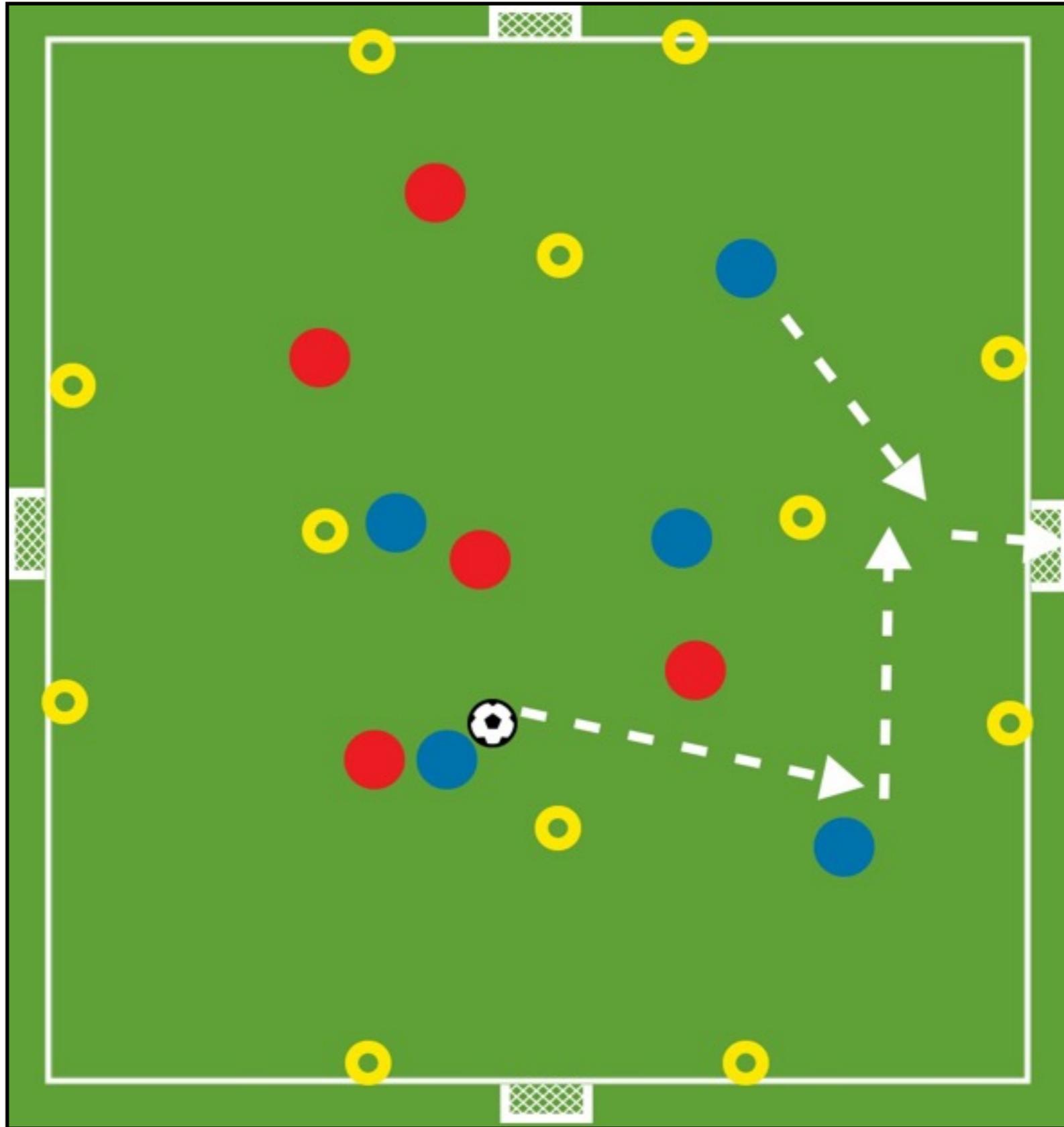
- 1 point - two closest side goals
- 3 points - bit further away side goals
- 5 points - scoring in the big goal which has a goal keeper.

- If the defender wins the ball back they take the ball back to the middle of the pitch ready to face the next attacker.

- Coaching points
- positive first touch
- driving into a good space
- good decision making, on where to score and if you can get past the defender.

- Progressions
- when the defender wins the ball they can now score to steal the attackers points. (expect in the big goal).
- Each player must keep count of own points and add them together as a team.

SSG - Killer Pass

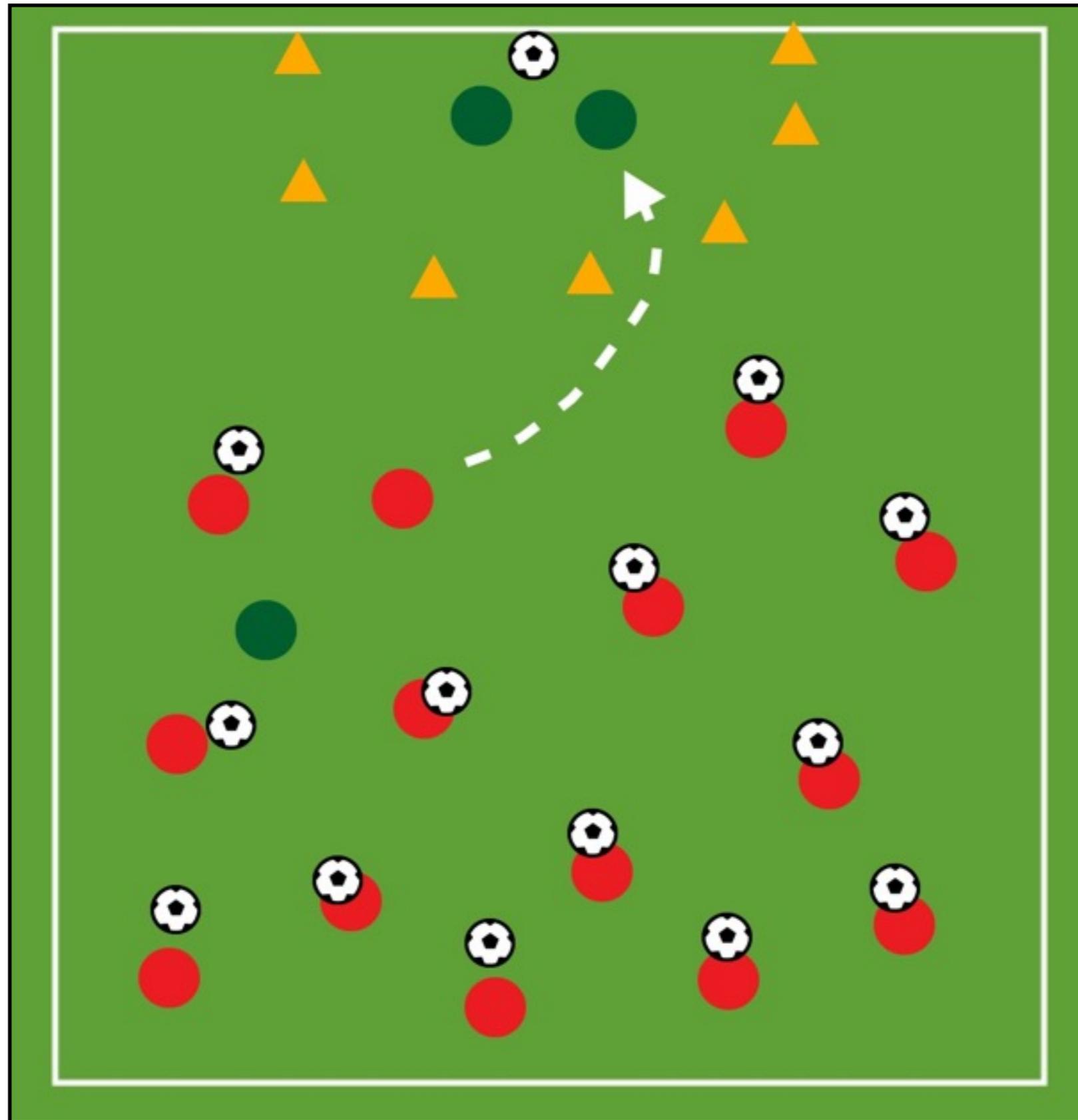


- 4v4 or 5v5
- Both the blue and the red teams can in any of the four goals.
- To score a goal the runner must receive a pass inside the triangle in front of a goal then finish.
- Once a goal is scored play is started back from the coach, who plays the next ball in.

- Coaching points
- quick play
- good movement off the ball
- head up
- body position to finish

- Progressions
- only score in 2 goals

Warm Up - The Grinch



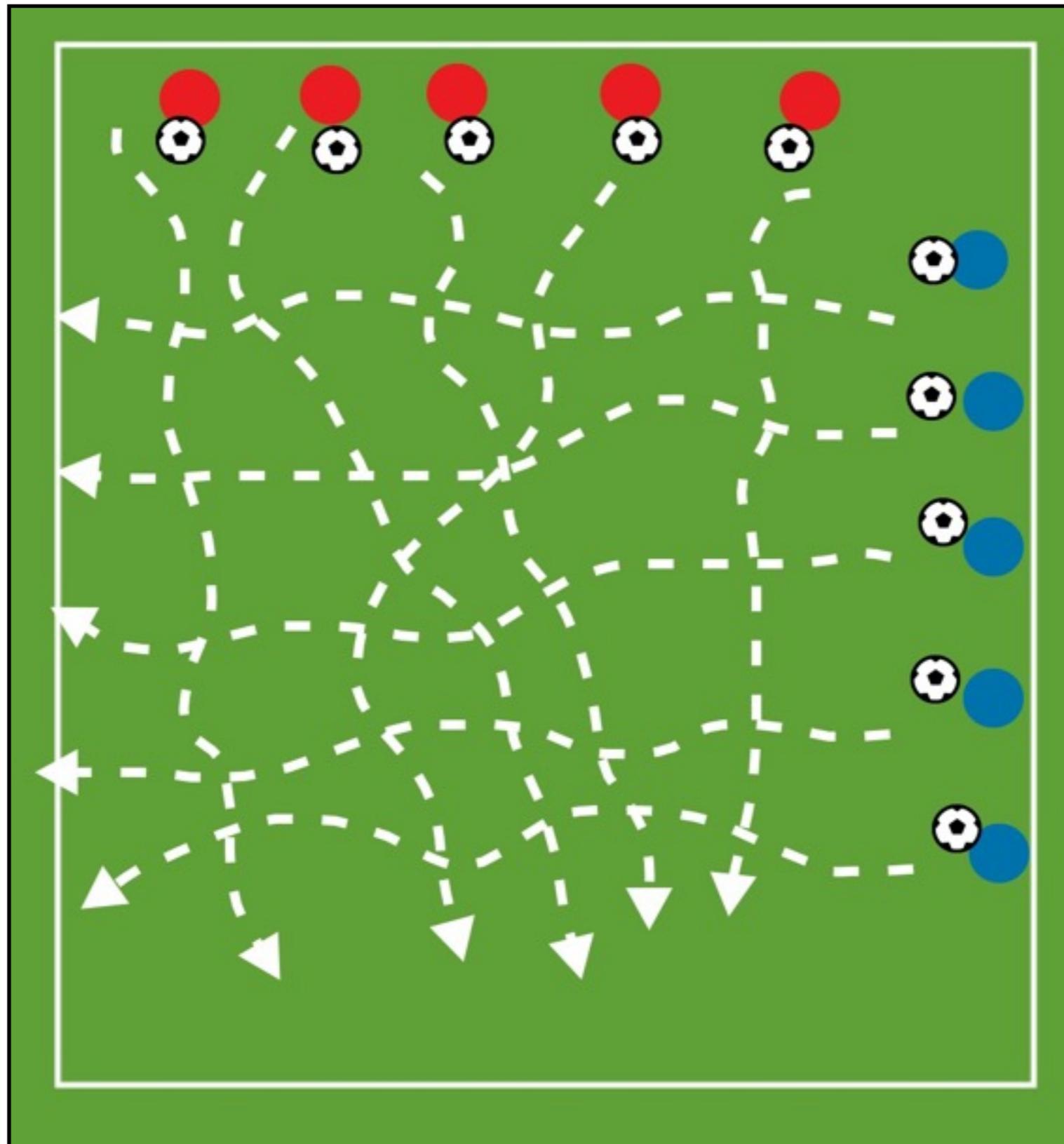
- Christmas fun game
- Footballs = presents
- The Grinch(s) must try and steal the presents and take them back to the cave. Once the football is in the cave the player can steal it back.

- Encourage good dribbling skills and focus on how to make it harder for the Grinch to get the ball.
- accelerate away
- turns
- skills
- shielding

- If the Grinch gets your ball are you going to just let them? Encourage the players to battle for the ball back before the Grinch gets to the cave.
- Encourage the Grinch to get the balls quickly and make it hard for the players.

- Progression
- add more players as The Grinch if it is too easy or too slow

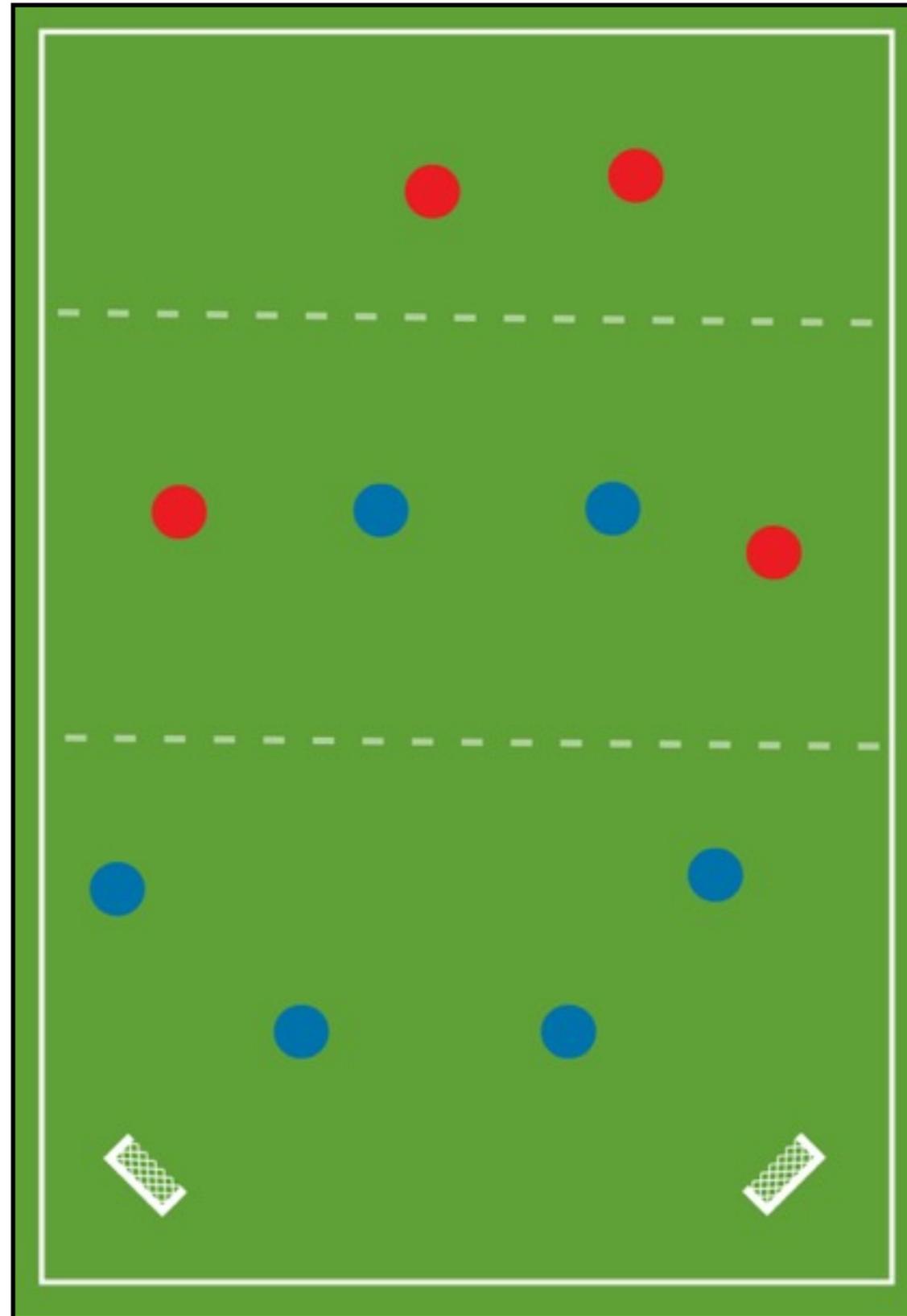
Ball Mastery



- To improve ball touch, control and flexibility.
- Each player has ball and must dribble from one side of the area to other. Getting as many touches on the ball as possible.
- Each group alternatively crosses the grid after the other on the coaches call.
- right foot
- left foot
- both feet inside
- both feet outside
- both feet sole
- both feet laces
- push pulls every step
- Focus on good technique before increasing speed. Lots of repetitions without mistakes. Head up and being aware of players around you.

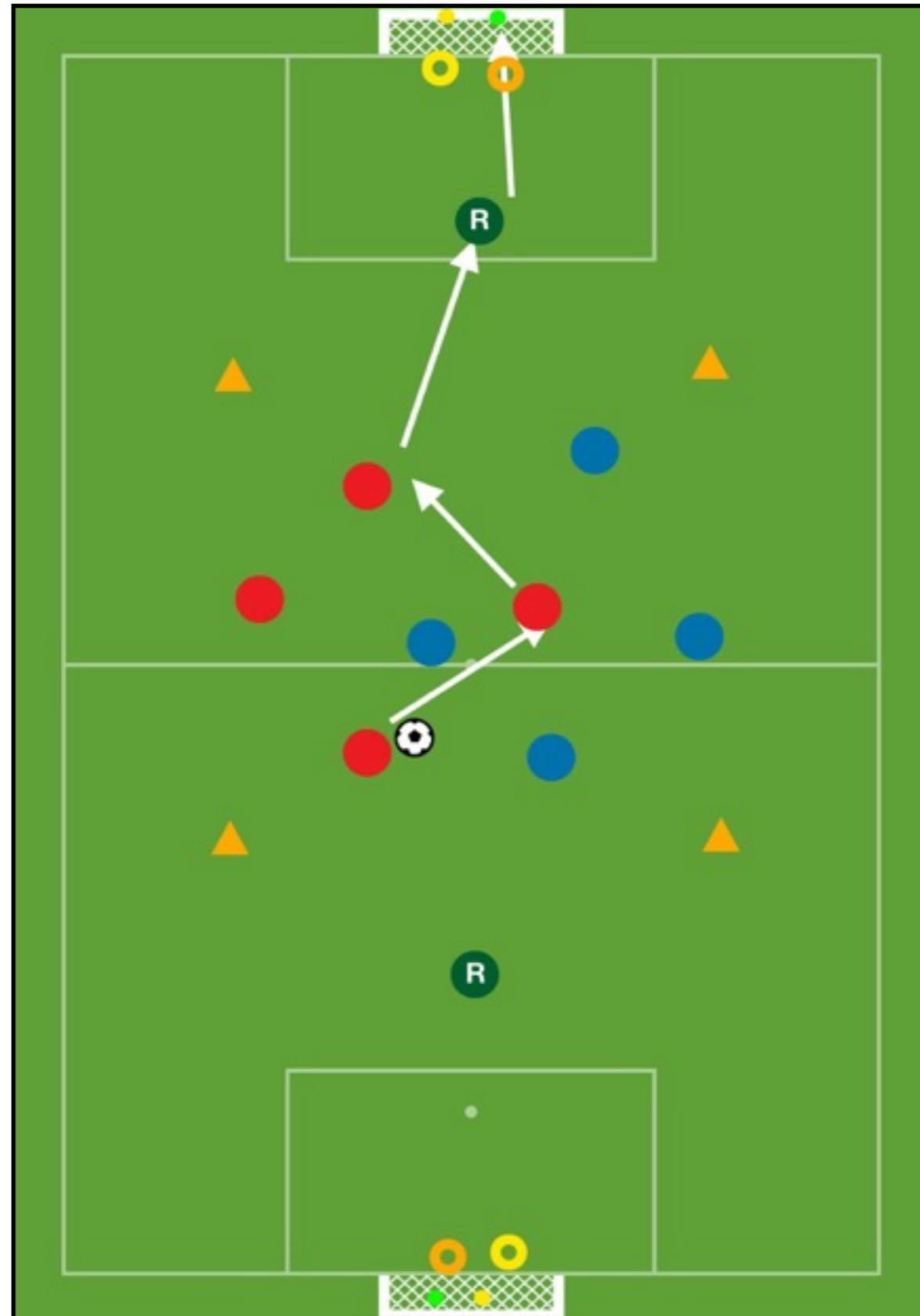
Defending

When to press & when to drop off



- 2 teams
- 1 team - 6 players
- 1 team - 4 players

SSG - Ronaldo Finishing



- Colours of cones and bibs to set a test for shooting practice.
- Set up
- In the middle zone blues and reds play against each other in normal game - outside square are two Ronaldo's who will be scoring in the practice.

- A goal is placed at either end of the pitch. The four corners of the goals are marked.
- yellow and orange cones are in the middle of the goal
- bibs are placed in the middle of the crossbar

- Bottom left finish - yellow cone
- Bottom right finish - orange cone
- Top left finish - yellow bib
- Top right finish -green bib

- A team must try and make a set number of passes. They can then get the ball to either Ronaldo who must shoot into the corner of the colour shouted by the player passing the ball. If Ronaldo then scores that team gets a point.

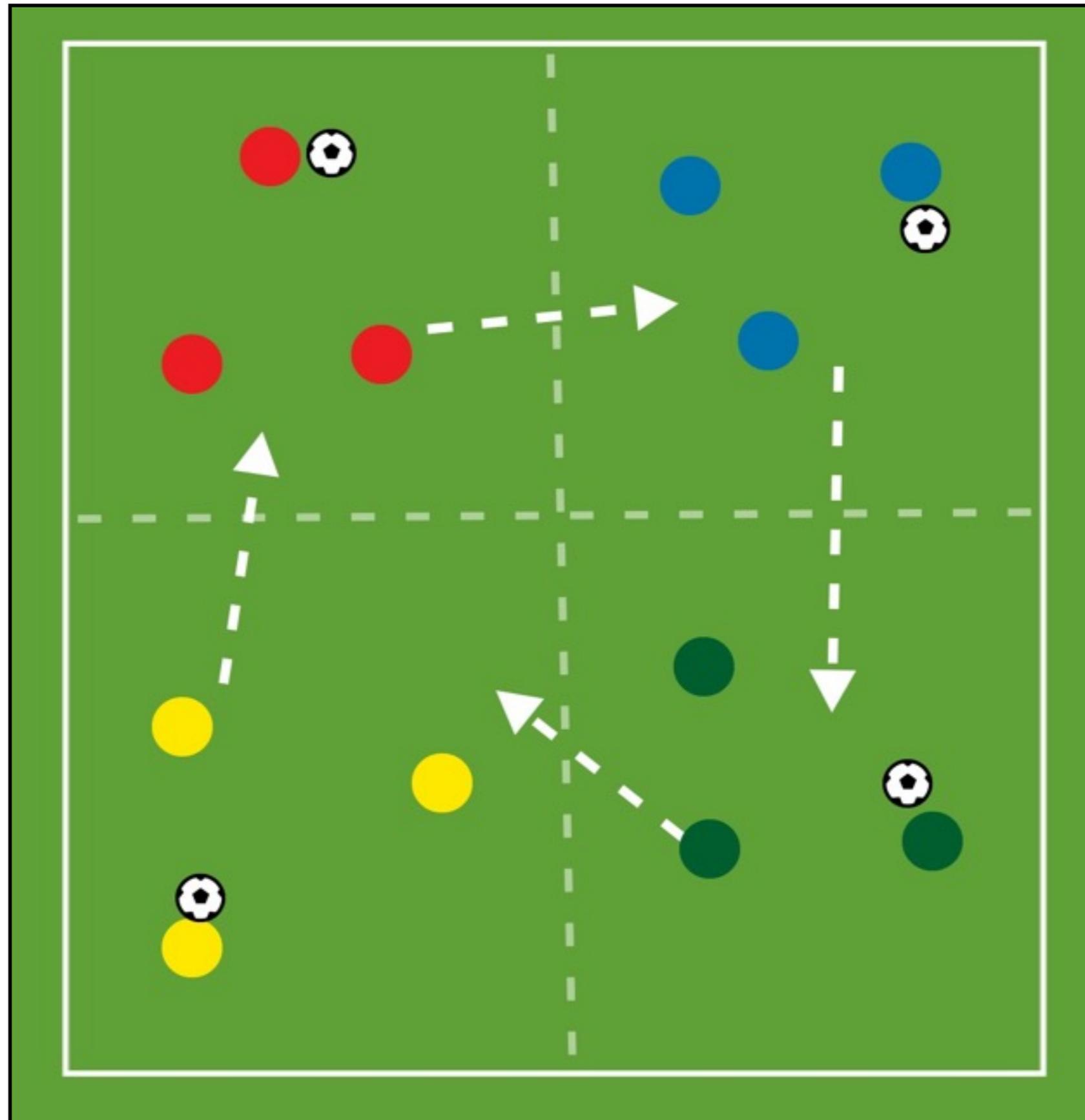
- Progressions
- add GKs
- allow the team that didn't pass to Ronaldo to get a defender in the area to add pressure.
- 1 point for shot on target, 2 points for scoring in the right corner.
- vary Ronaldo's start position and type of finish used!

Wembley Chaos



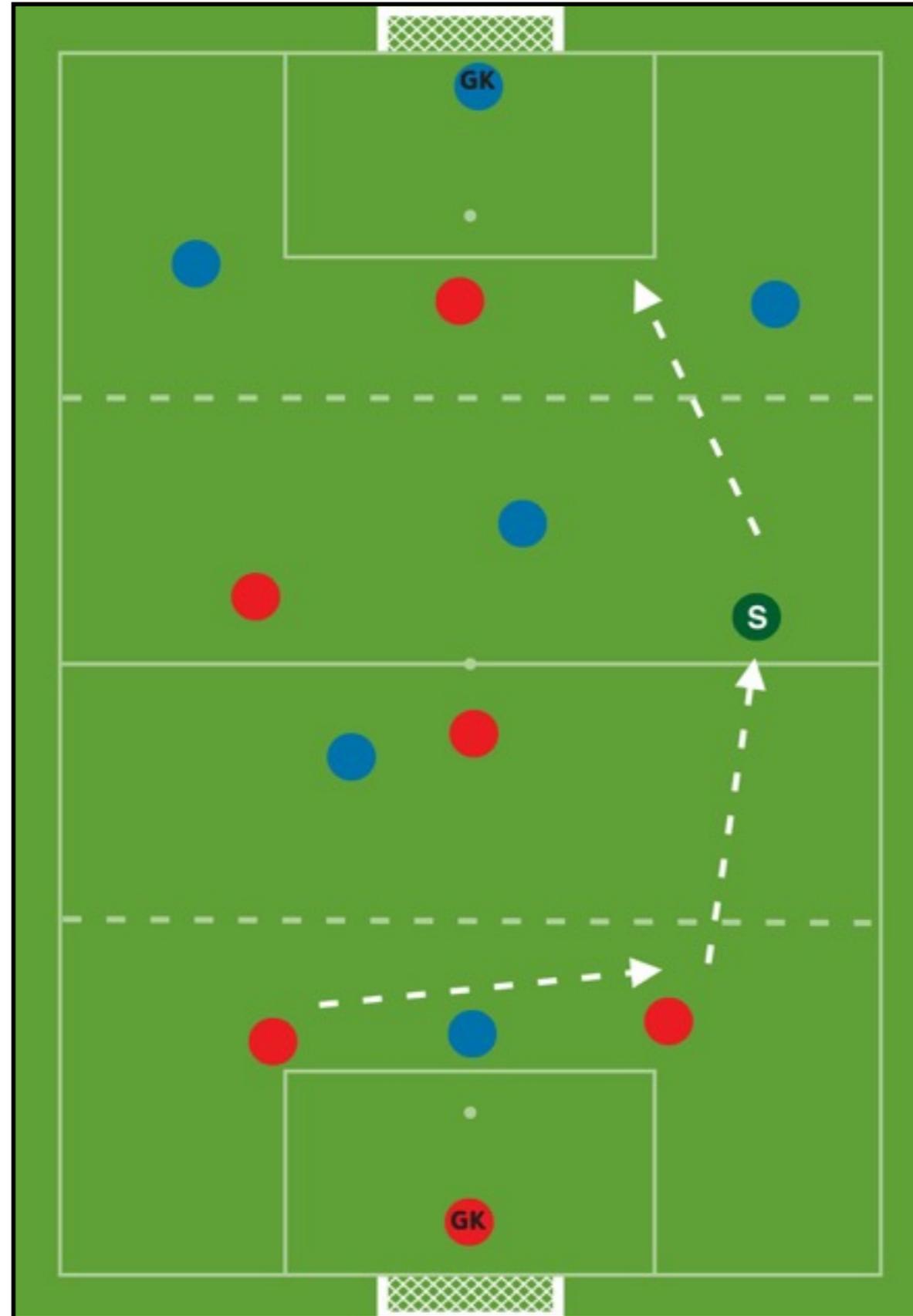
- A chaotic continuous version of Wembley singles.
- Set up
- organise multiple pitches where players have to score 1 goal
- 1v1v1v1
- When a player scores, they move to the next pitch and join in that game.
- remember how many goals scored or whiteboard to record it
- When on the new pitch this will create a 2v1v1v1, the player who scores will then move to the next pitch.
- The only exception is when two players are left on a pitch and someone scored. They switch with teammate on the next pitch. So each pitch always has 1v1 on it.
- Which team has scored the most goals after the set period of time?
- Progressions
- each team takes it in turn to be goalkeepers
- Wembley doubles - when a player scores they move pitches but swap with teammates

4 Team Invader Game



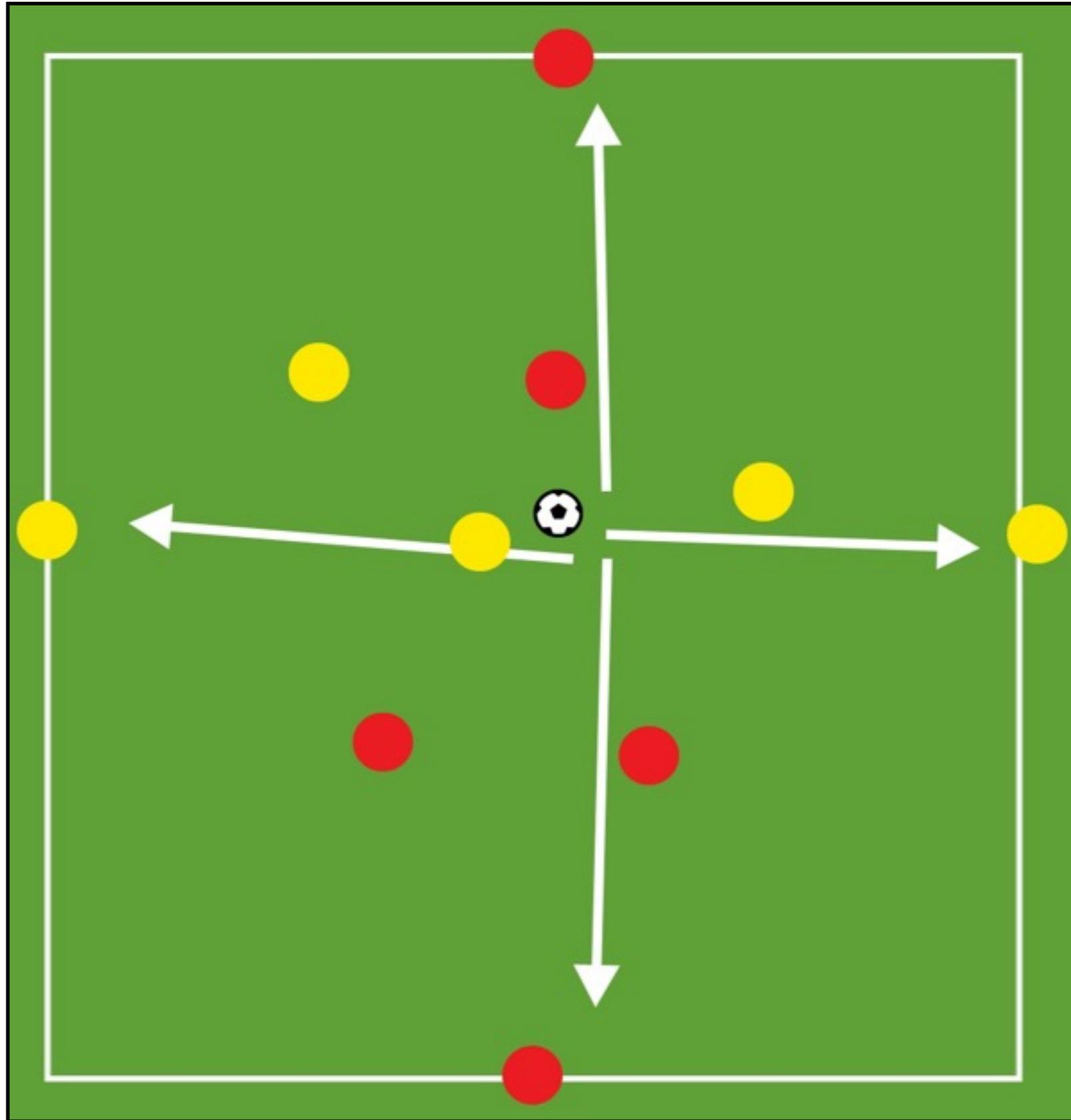
- Split area into 4 zones and group into 4 teams.
 - Each team has a ball, passing and moving in the area.
 - On the coaches call one player from each area moves to the next area to try and win the ball. If they win the ball they must dribble it back to their area. 20/30 seconds
 - Once a ball is out of the area it is dead and play stops in that area.
 - Points awarded for every ball that is in that teams zone at the end of the time.
 - Players take turns being the invader.
 - Team with the most points after every player has gone twice wins.
-
- Coaching Points
 - correct body shape to shield/protect the ball
 - players look after the ball and only use teammates when they need too.
 - teammates support angles
 - - players to move around own zone so next player to invade is closer to opponents zone/ball
-
- Progressions
 - move anti clockwise
 - players can go in any zone

SSG - Silva Game



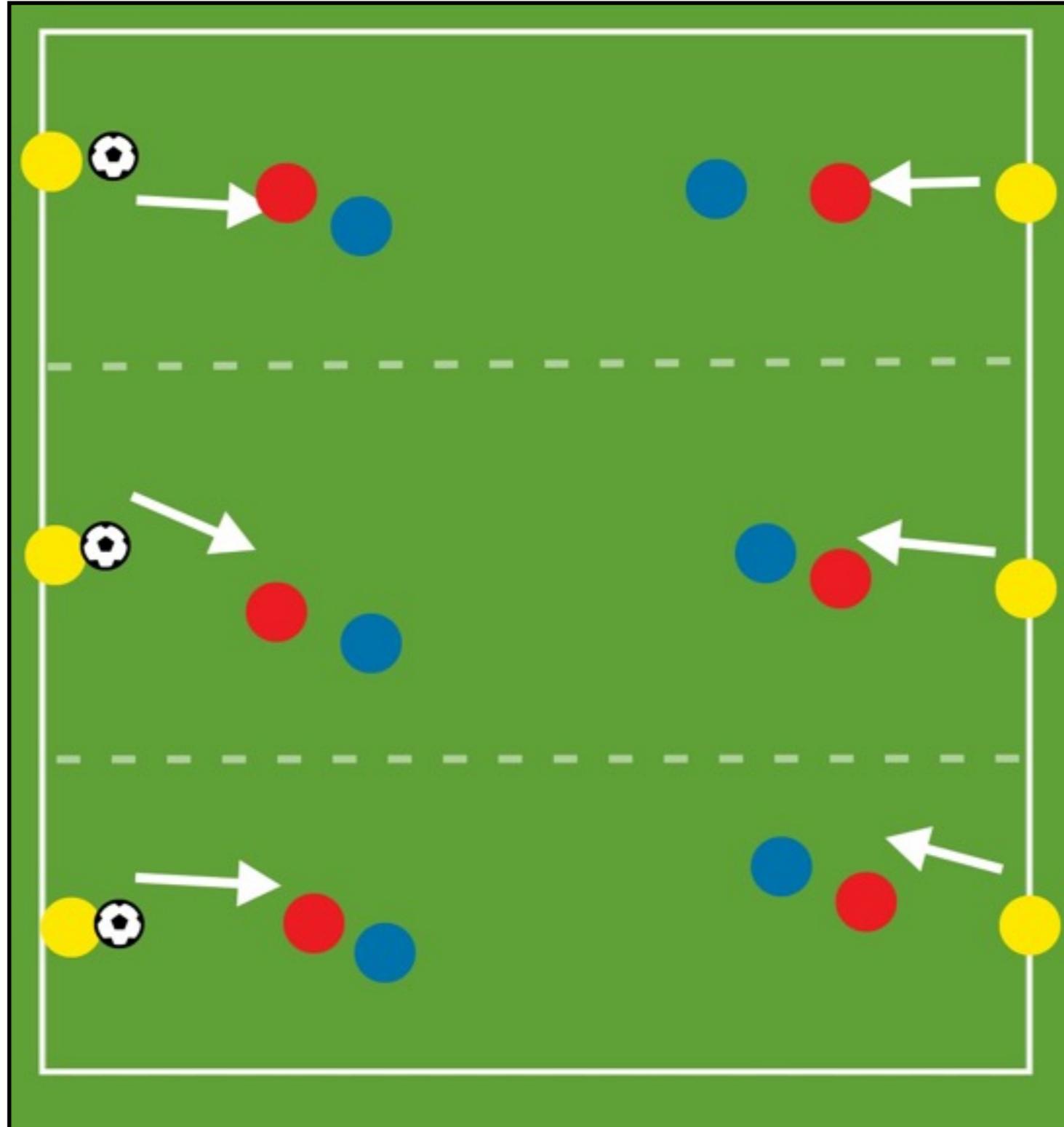
- Split pitch into 3 zones - defending third / midfield third / attacking third
- One player is Silva - plays for the team in possession
- 2 defenders
- 2 midfielders
- 2 attackers
- (Goalkeeper if available)
- Players cannot leave their zones. Only player that can in Silva.
- The Silva player:
 - create chances for team mates or attempt to score themselves.
 - to find enough space so they can receive the ball (and sit on it) bonus pen kick for that team at the end.
 - can be tackled
- Change the Silva player every few minutes.
- Progressions
 - - if you have enough players, each team can have a Silva player to work in midfield and attacking thirds
 - - players can move between the 3 zones with the condition that at least one player from each team is in every zone.

Crossfire Target



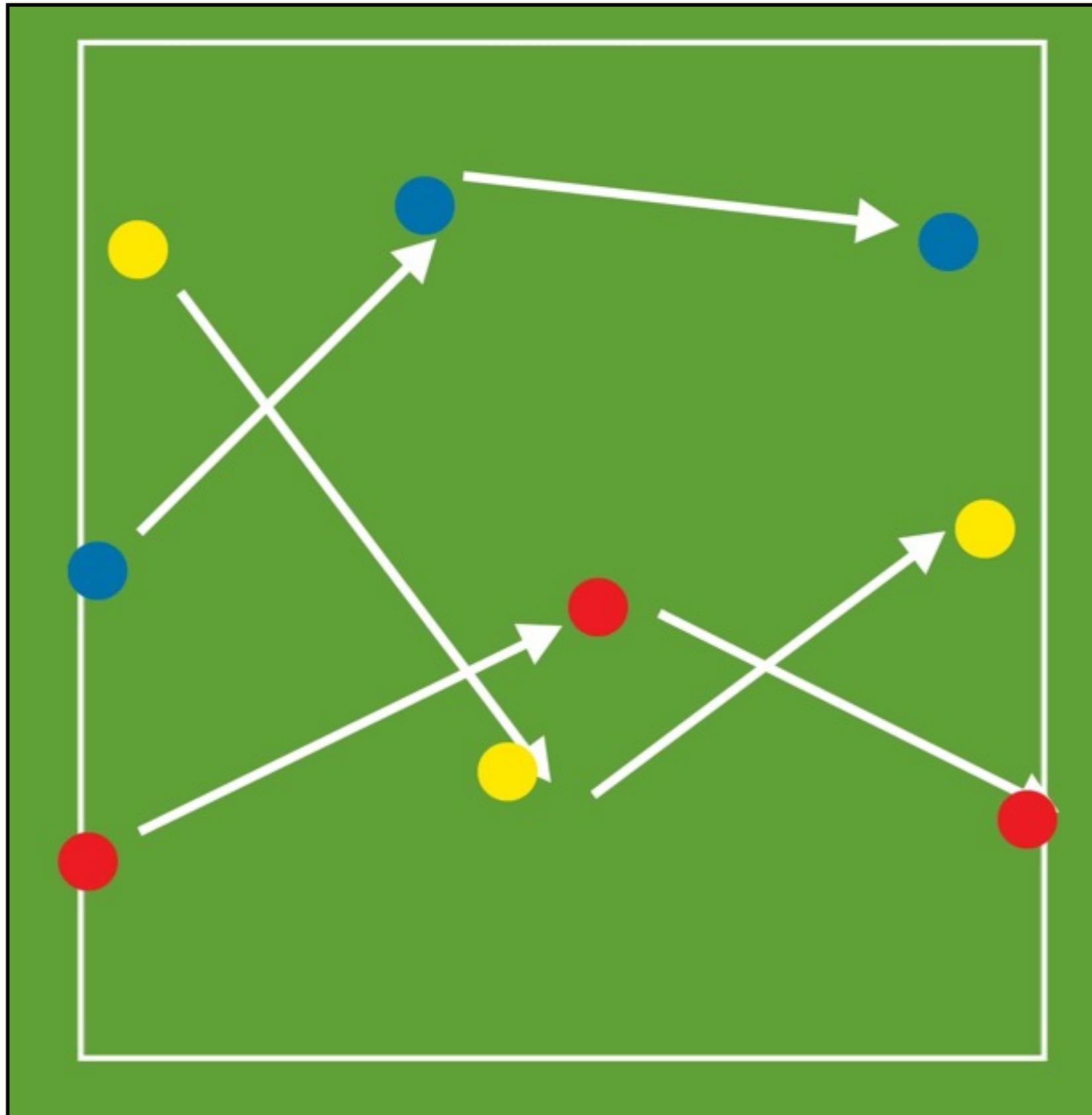
- Red team try to get the ball to the target players and the yellow team do the same but in the other direction.
- Receiving to turn
- Get the ball to the other target player
- Good first touch
- Positive
- Movement
- Movement to receive the ball
- Progressions
- Target player gives the ball to opposite team

Dealing with pressure when turning



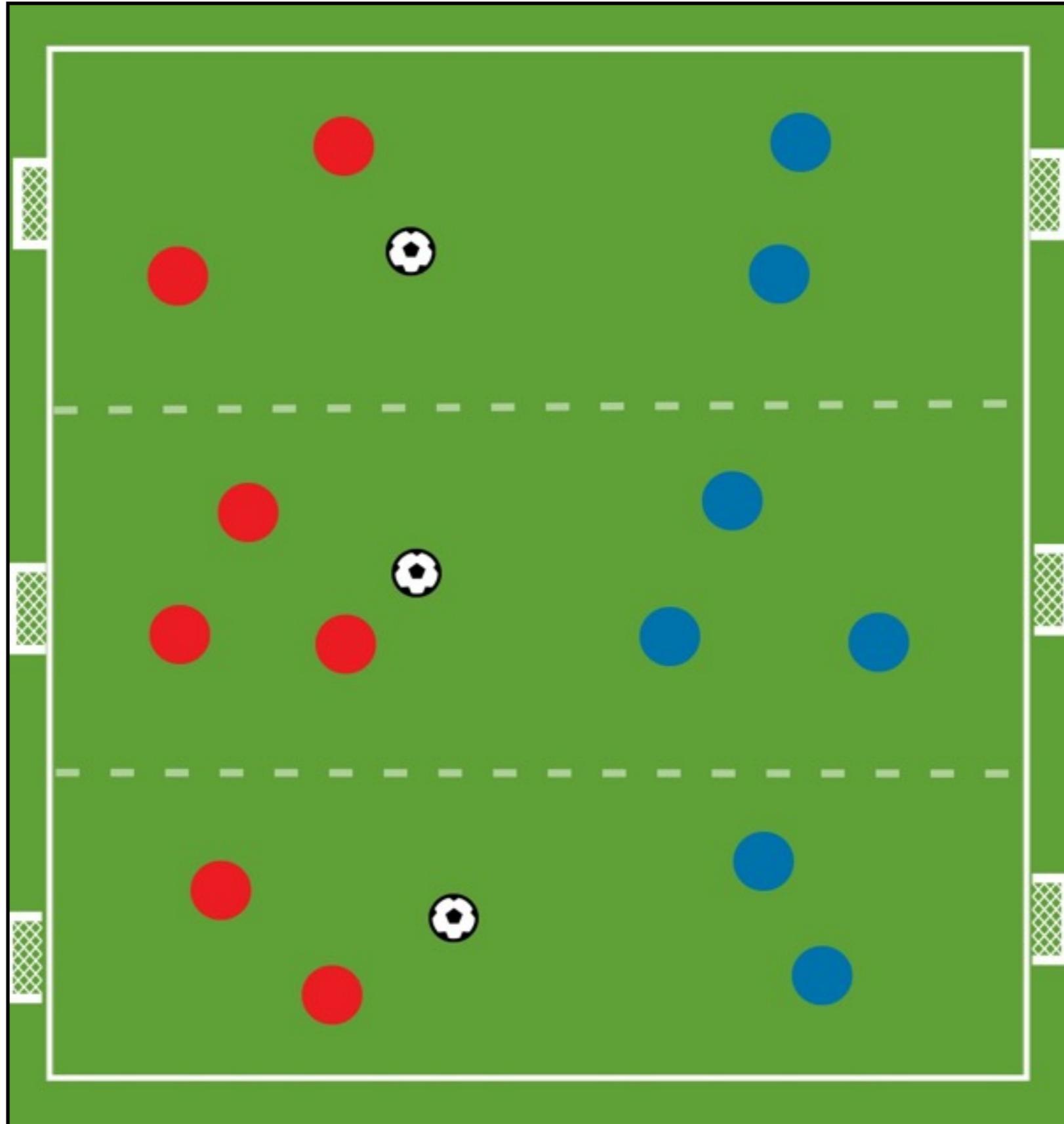
- Yellows - feeders
 - Reds - receivers
 - Blues - defenders
-
- Practicing dealing with pressure when receiving the ball.
 - Players must receive from the feeder and attempt to turn in order to play the ball to the feeder on the opposite side.
-
- 1 Touch
 - No Touch
 - Multi-touch
-
- Check shoulder
 - side on
 - good first touch
-
- Progressions
 - be creative
 - different skills

Receiving to Turn



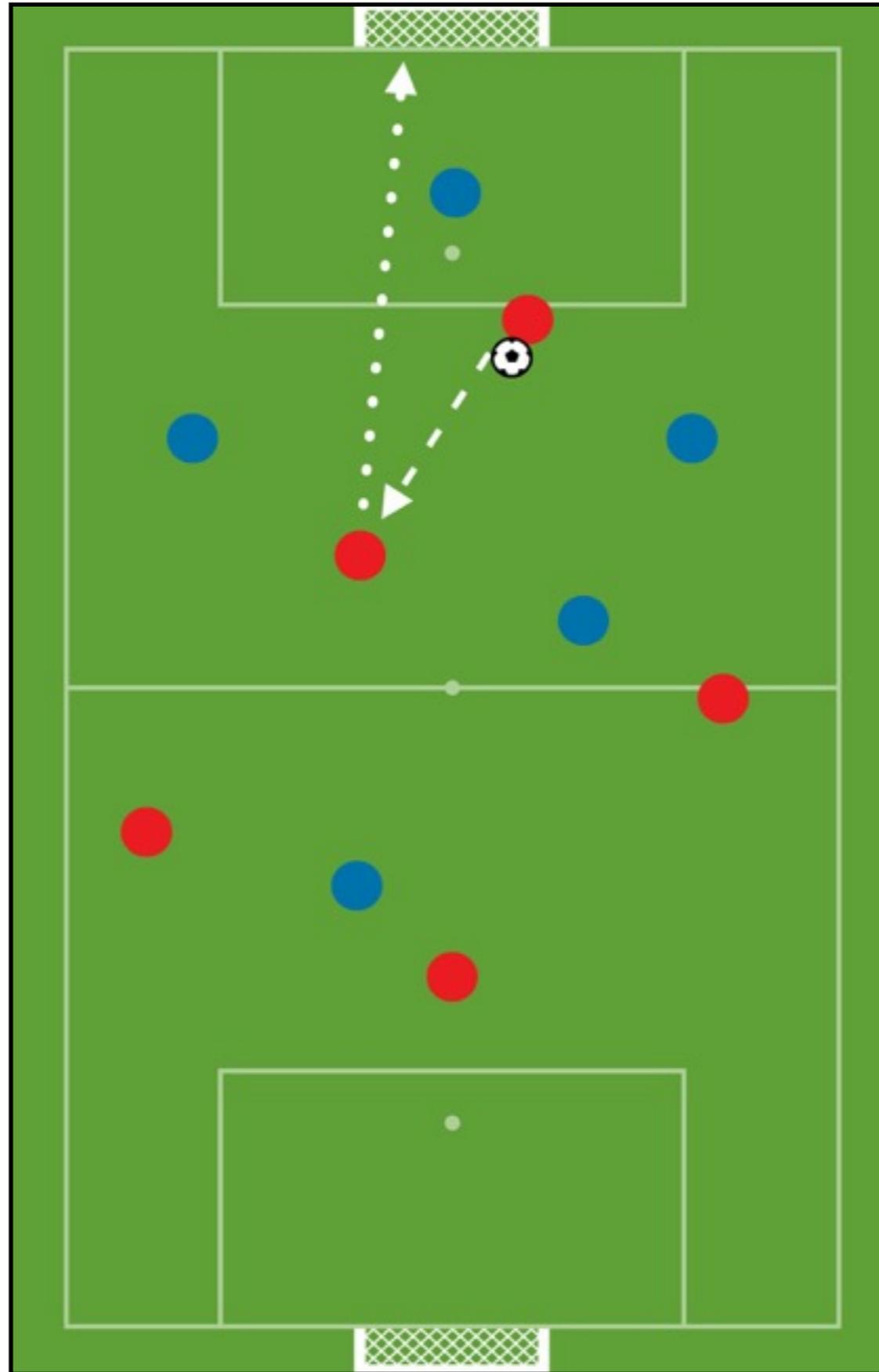
- Working in 3s
 - Players must receive the ball from one player, open out/turn and pass to the player on the other side of the area.
 - good first touch
 - body position to receive the ball
 - scanning over shoulder when receiving
 - being positive and creative
-
- Progressions
 - Outside players to move along the line to challenge the middle player to check where they have moved to before they receive to turn (scan)
 - Outside players have the chance to step in front of the outside line.
 - If they do, this is a trigger for the middle player not to turn and pass it back to the player they received it from without turning.
 - if they don't, this is the trigger to turn out and pass it to the player on the other side.

SSG - Transfer Game



- Number of pitches - at least 2
- 2v2 - 3v3 - 4v4 - can be anything really!
- If you score on your pitch you automatically move to the next closest pitch.
- If you are on the middle pitch, then you have a choice of which pitch to move onto.
- Dealing with overloads and under-loads
- Thinking about scoring quickly
- Good passing and movement to create chances
- Being positive

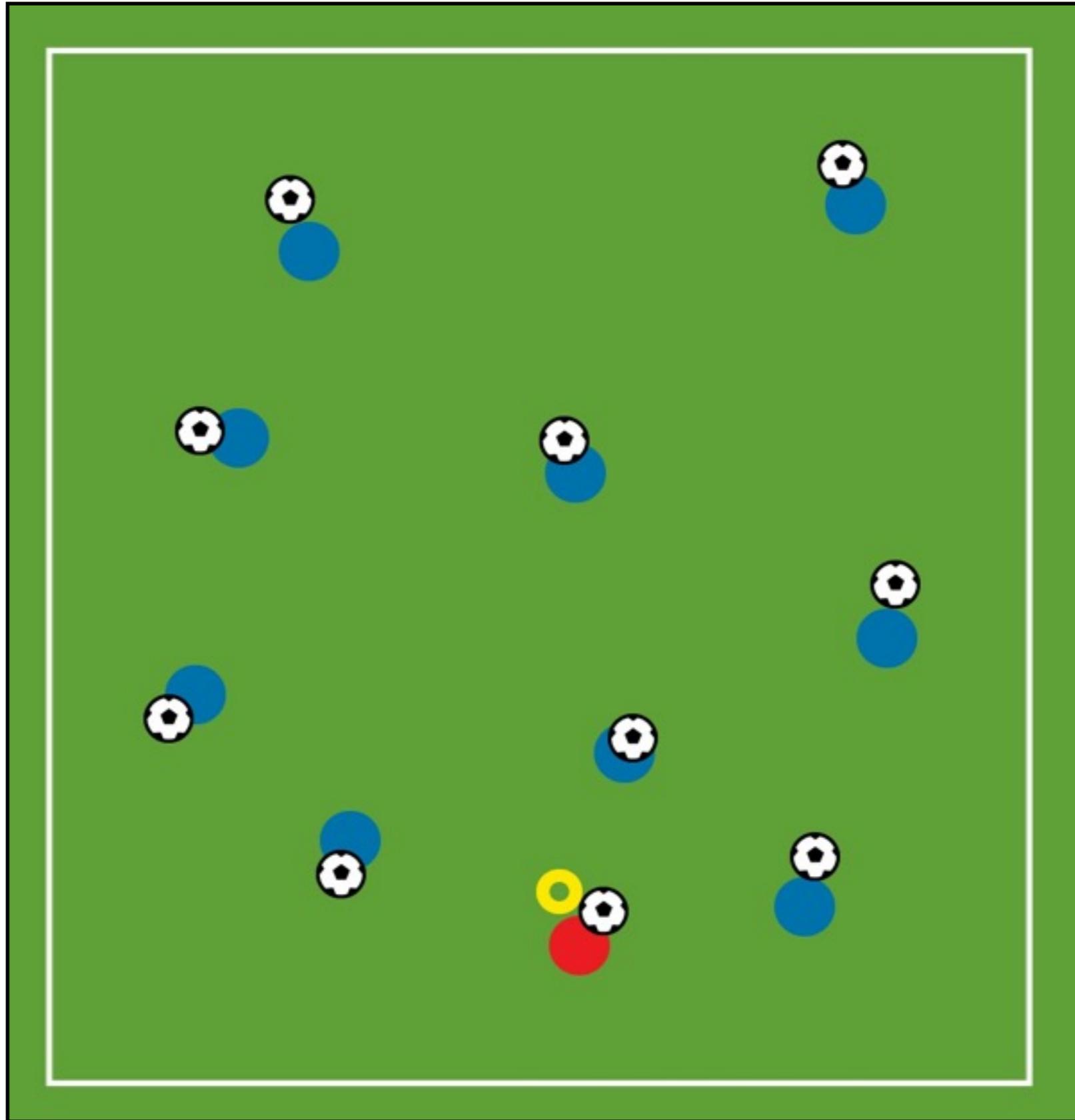
SSG - Pull back to Score



- Teams can only score when a player has pulled the ball back (squared the ball or passed the ball backwards) first before the shot
- Shooting from distance
- Clever play between players to keep the ball moving and creat opportunities to score

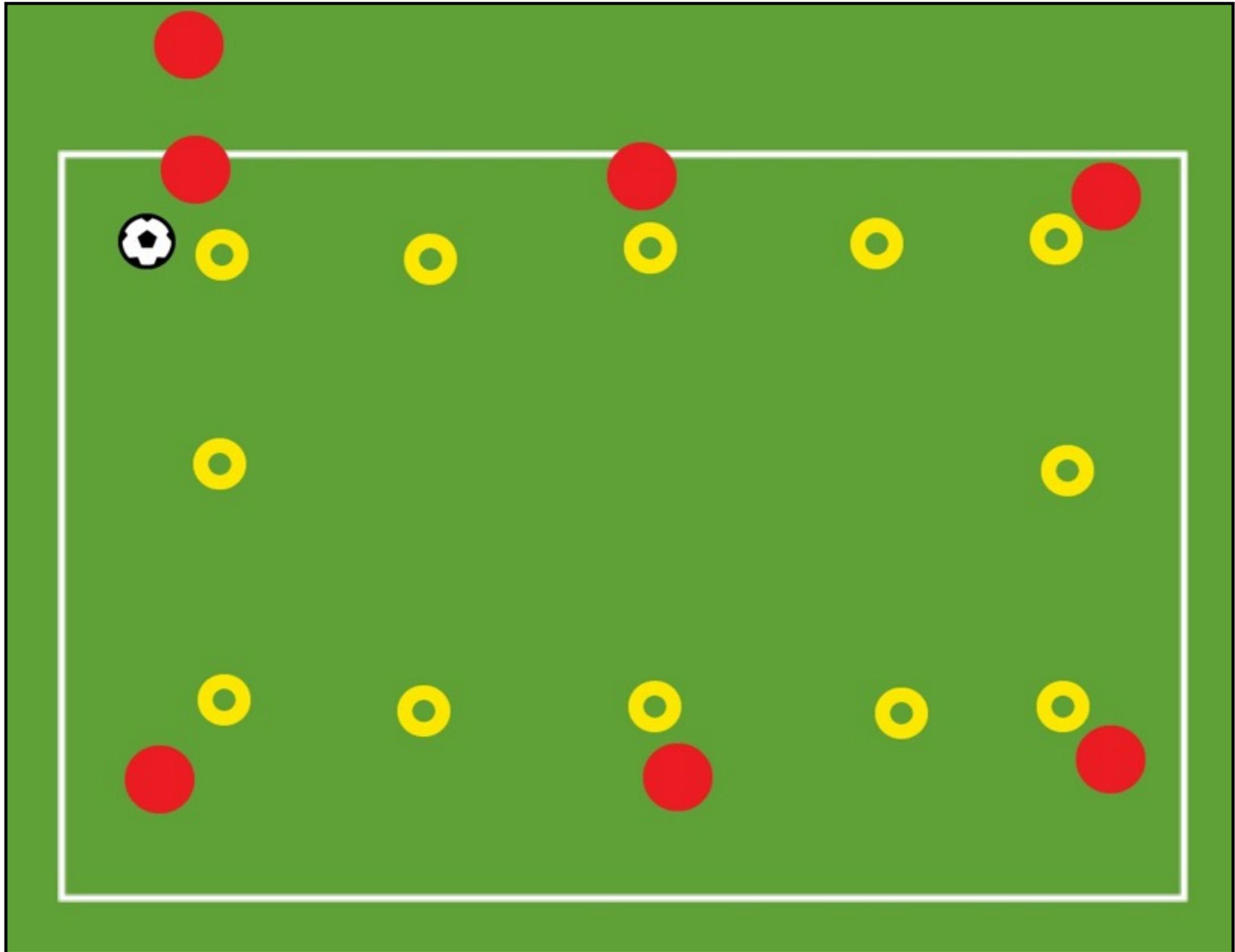
- Coaching Points
- Technique of shooting - depending on distance
- Body position
- Timing of the run
- Combination play

Warm Up - Spider-man



- Dribbling
 - Different parts of the feet
 - Turns
 - Skills
-
- One player is chosen as Spider-man and must throw a bib at other players footballs, who are then frozen by getting caught in the web
 - Players freed by another player dribbling ball and tapping their ball off the stuck players ball
-
- Progression
 - Spider-Man also has a football (if too easy for some players)
 - Have more than 1 player as Spider-Man

Passing - Rectangle

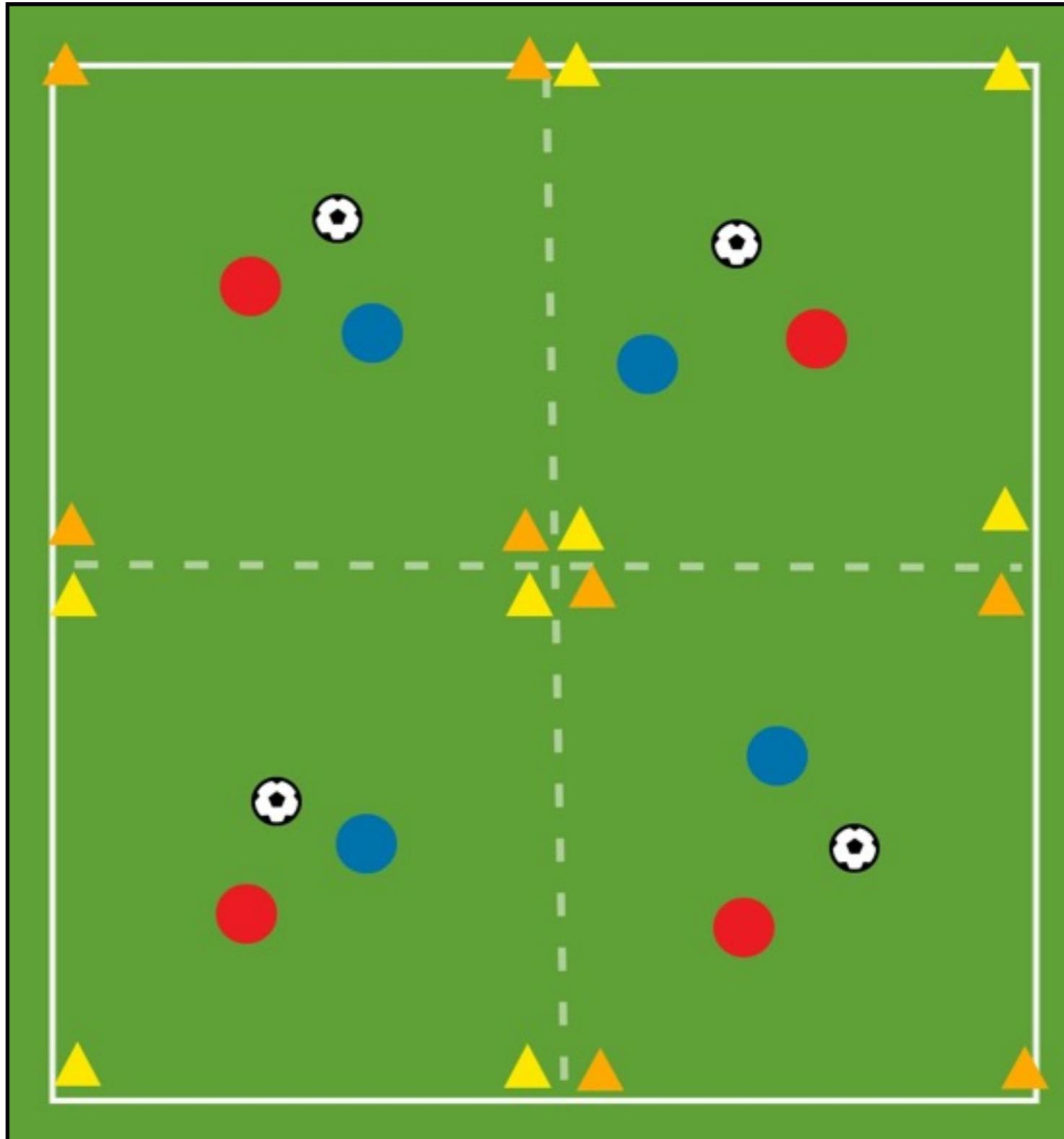


- 7 Players
- Working the ball around the square passing, look at movement checking off the cone to receive the ball on back foot then playing to the next player. Always following pass in process.
- All right foot first
- When changing to left foot go opposite way around the area
- Two touches if possible, positive first touch out of feet then pass to the next player.
- On your toes ready to receive the ball, remember to check shoulder as the ball is travelling.

- Coaching Points
- Positive first touch
- Awareness - look around
- Working right foot - then left foot

1v1

Two Touch Keepy Up



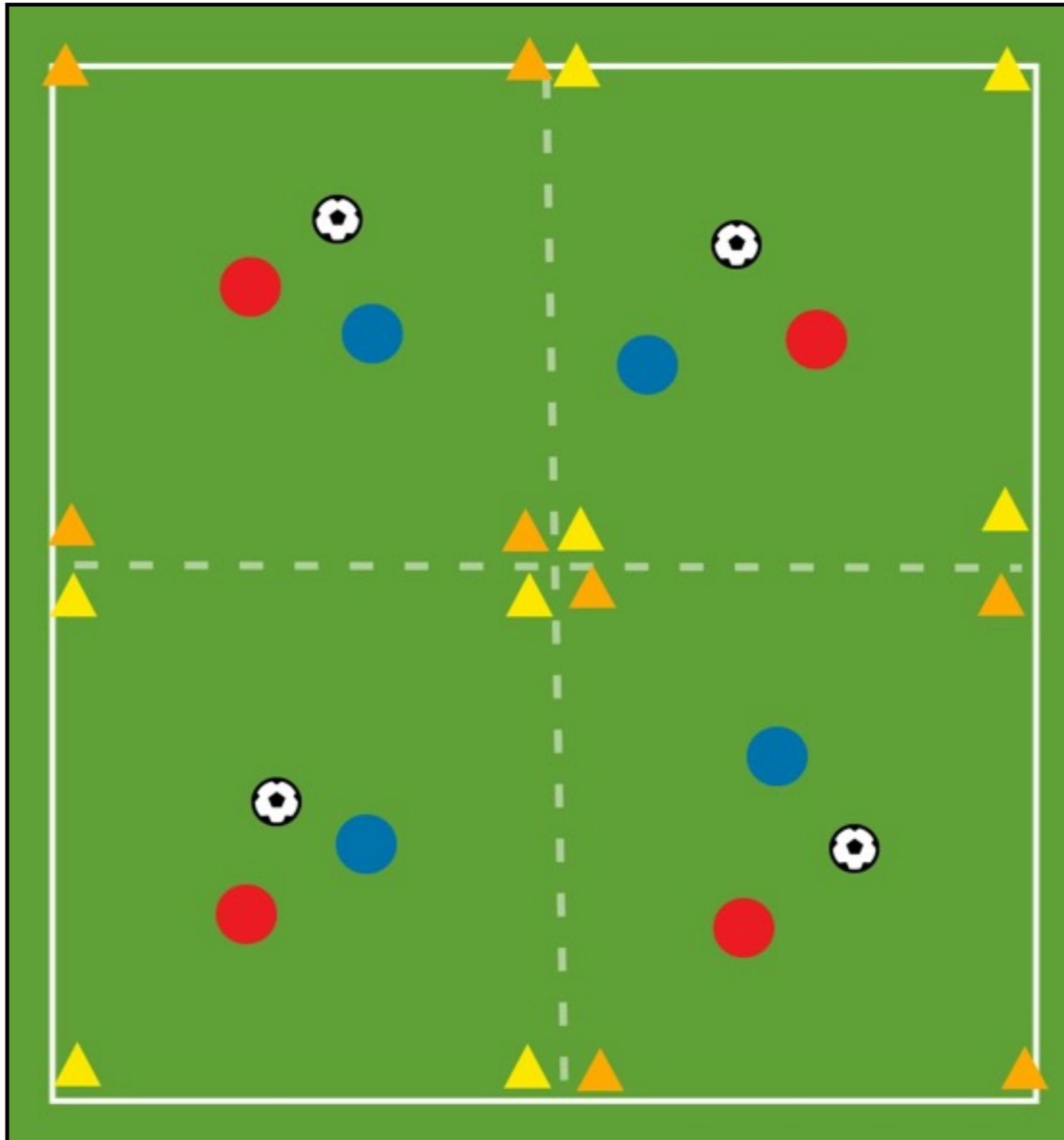
- Players must keep the ball up between themselves in pairs
- They must have 2 touches keeping the ball in the grid

- Competition
- last to not let the ball drop/most keeps ups

- Progression
- on call red players move to a new grid, blue player keeps the ball up
- larger distance between players
- half volleys (1 touch)
- headers (1 touch)
- alternate feet (2 touch)
- Individual (Ronaldo 7)

1v1

Three Way Goals

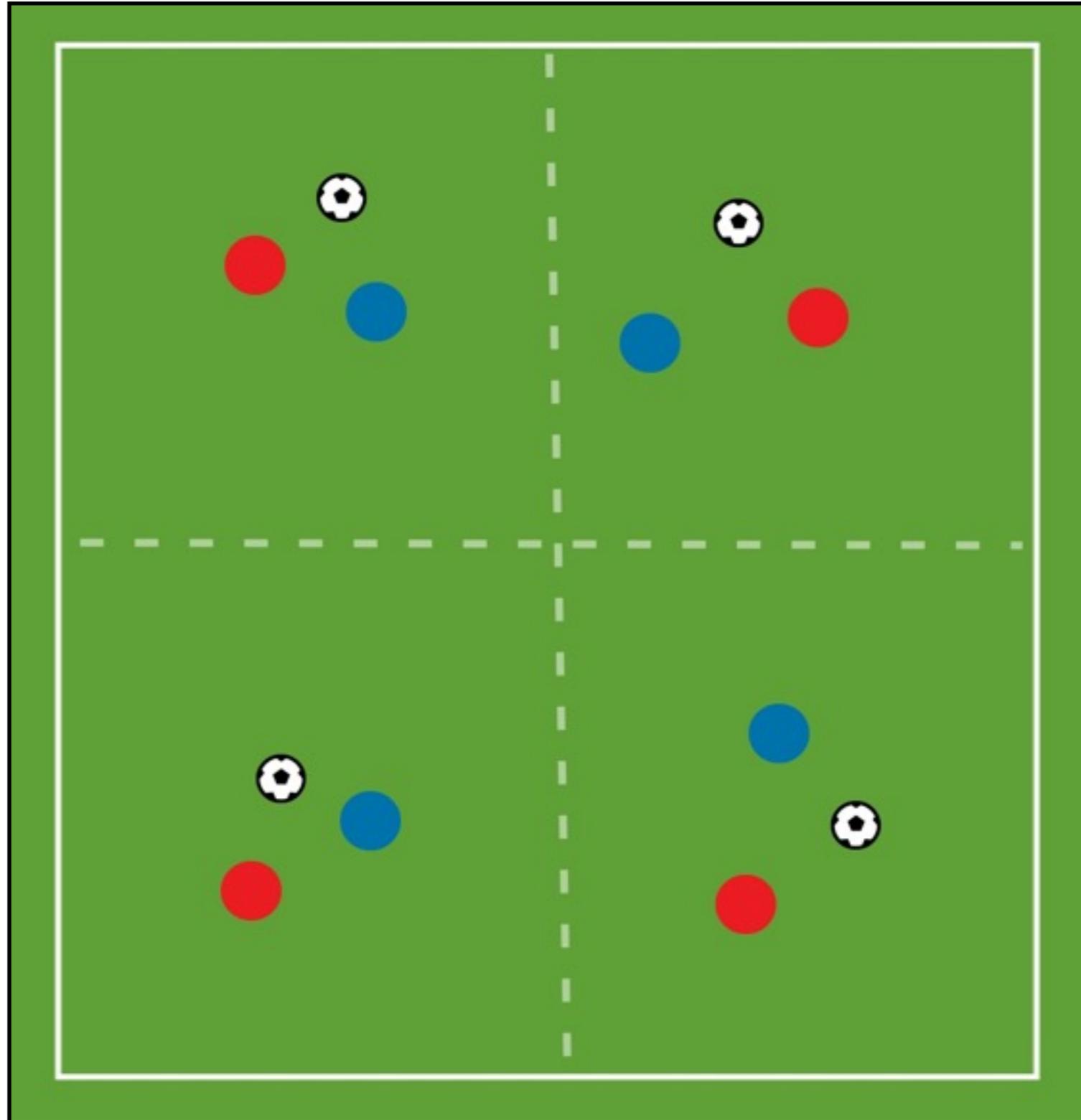


- 1 Point cone corner goals
- 3 Points cone behind defender
- Dribbling and trying to beat the player and hit the ball off the cone

- Coaching points
- 1st touch (positive out of feet)
- Feints/dummies

- Progression
- Beat player knock cone over (emphasis on beating player and creating space for a pass)

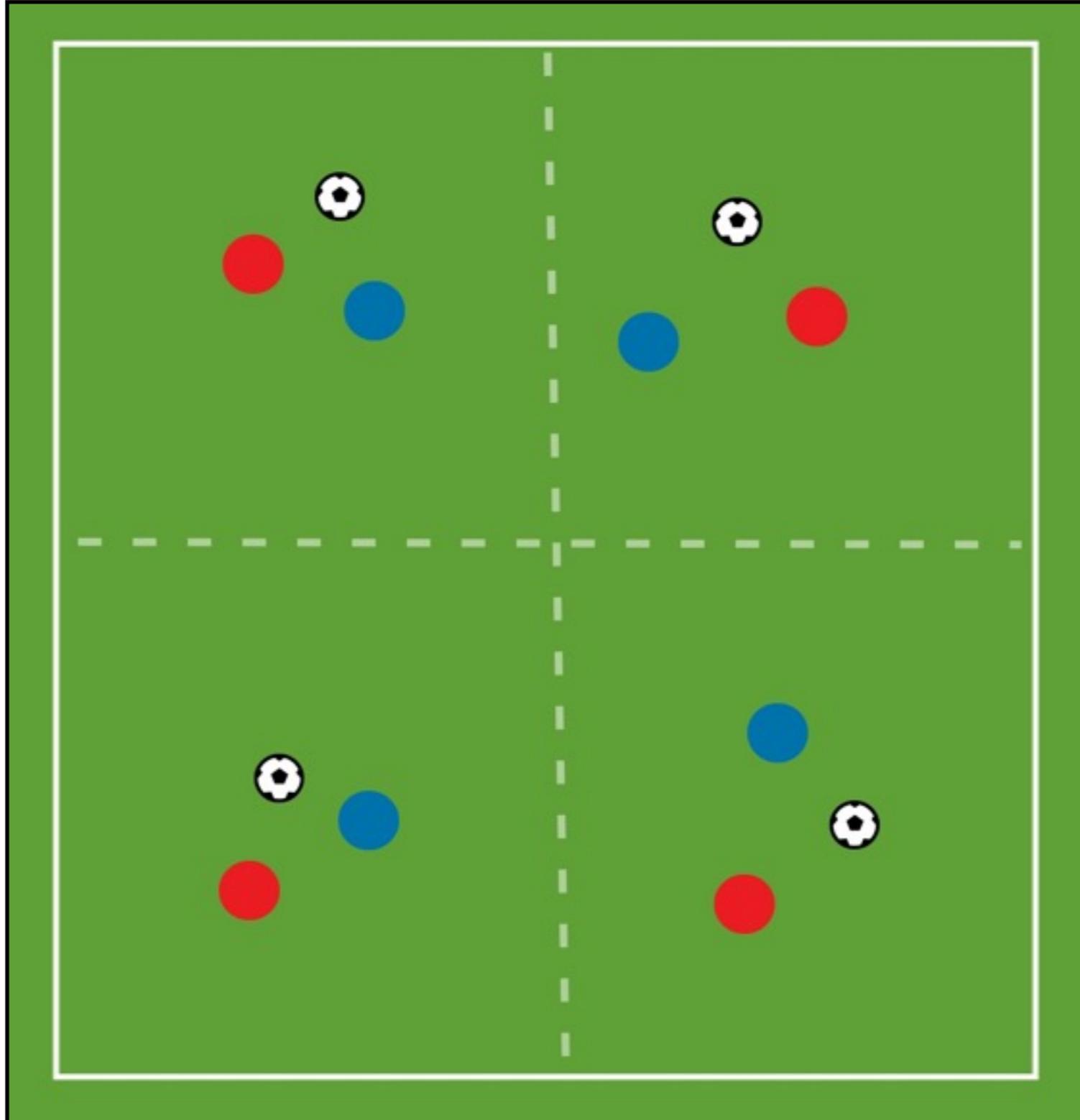
1v1 Line Goal



- Red player passes to blue player who must then try and stop the ball on the line, after beating the other player
- Extra point for nutmeg and skills/creativity
- Coaching points
- 1st touch (positive out of feet)
- feints/dummies

1v1

Keep Ball

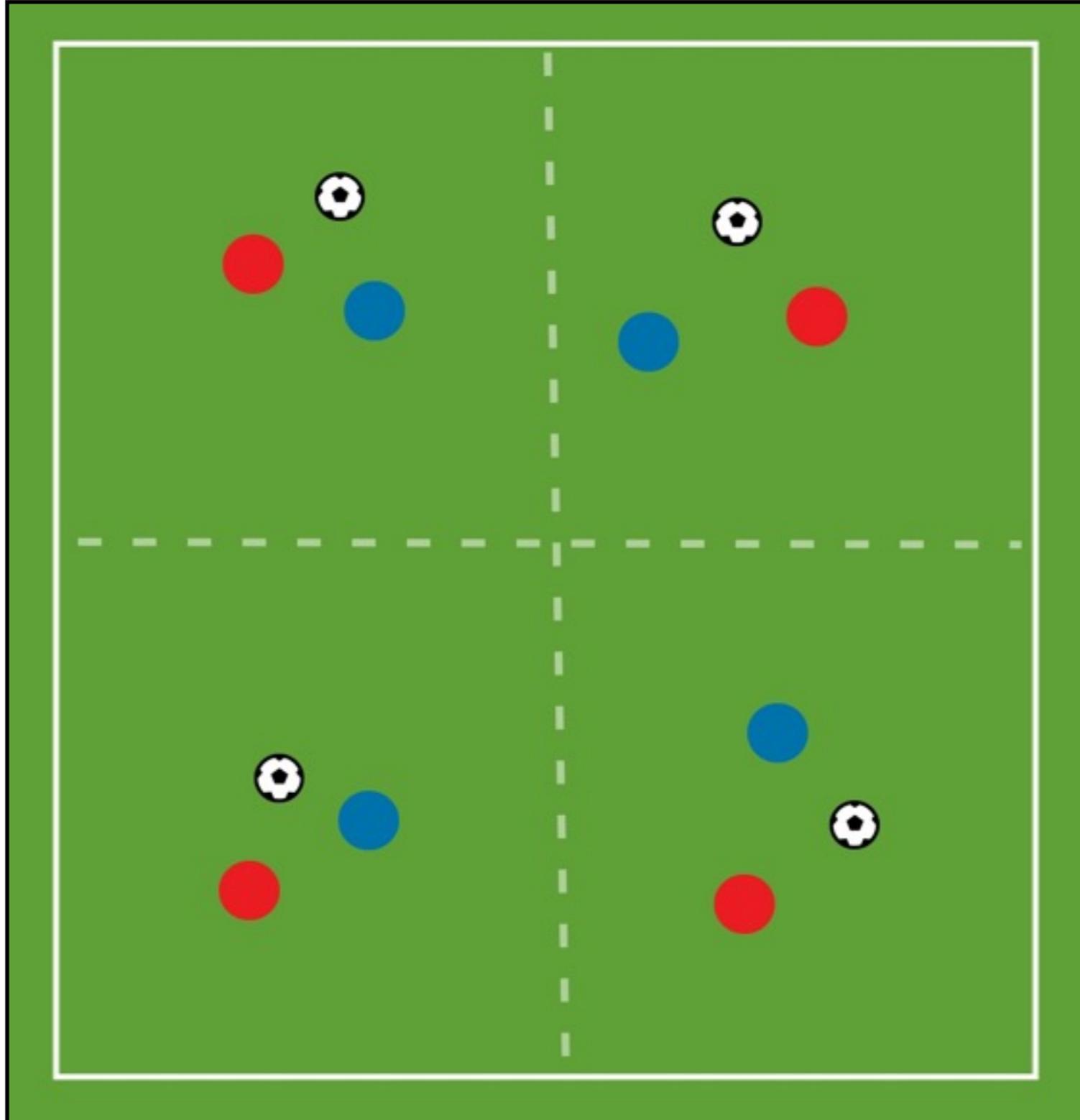


- Red dribbles ball around trying to shield it from blue player
- Blue player must regain possession of the ball for a point
- 3 turns each starting with the ball

- Coaching points
- shield ball
- body position
- strength

1v1

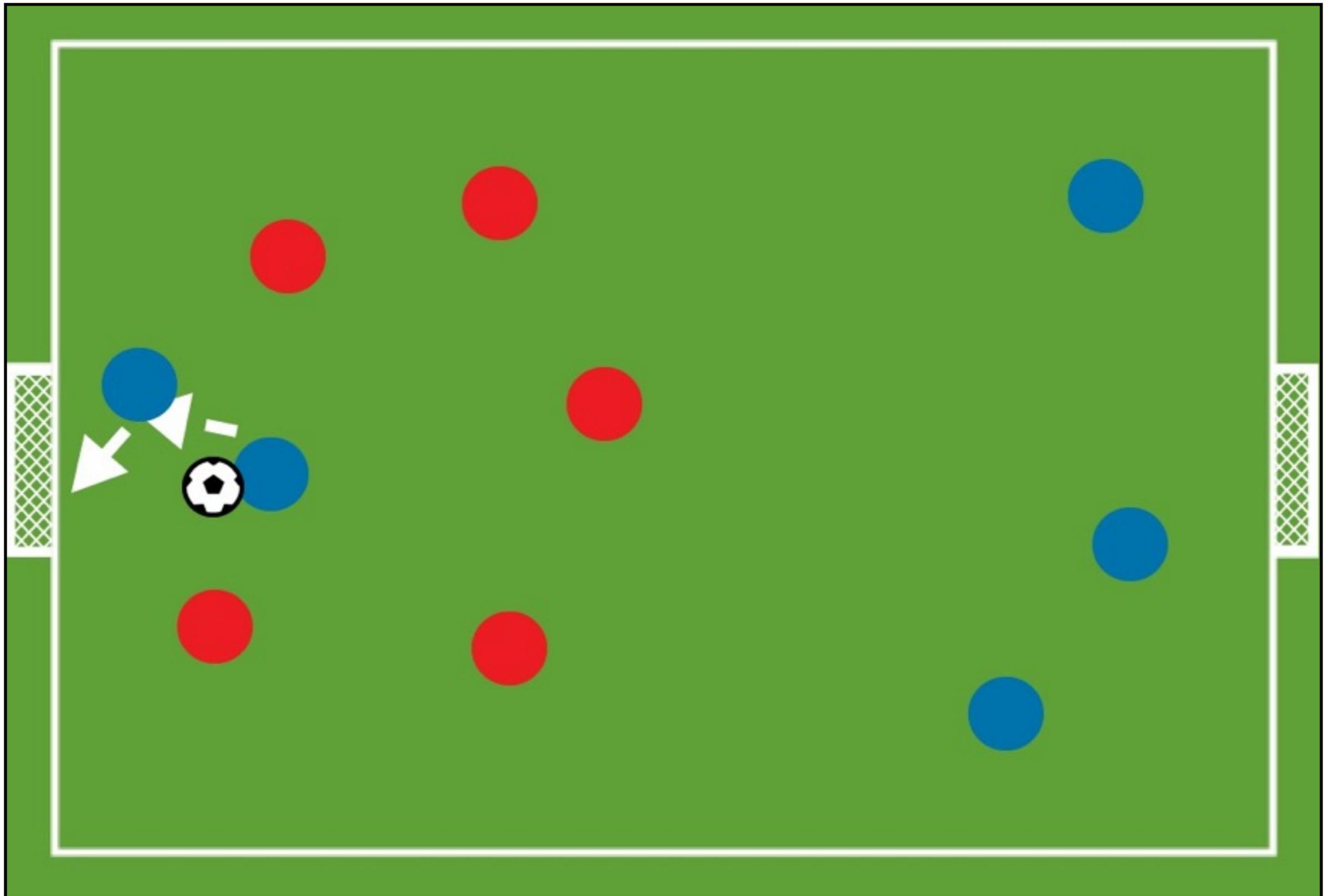
Leg Goals



- Dribble the ball around the grid trying to kick it into the legs of opponent
- Other player must avoid this by using quick feet

- Coaching points
- Quick feet
- Agility
- Feints/dummies
- Clever movement

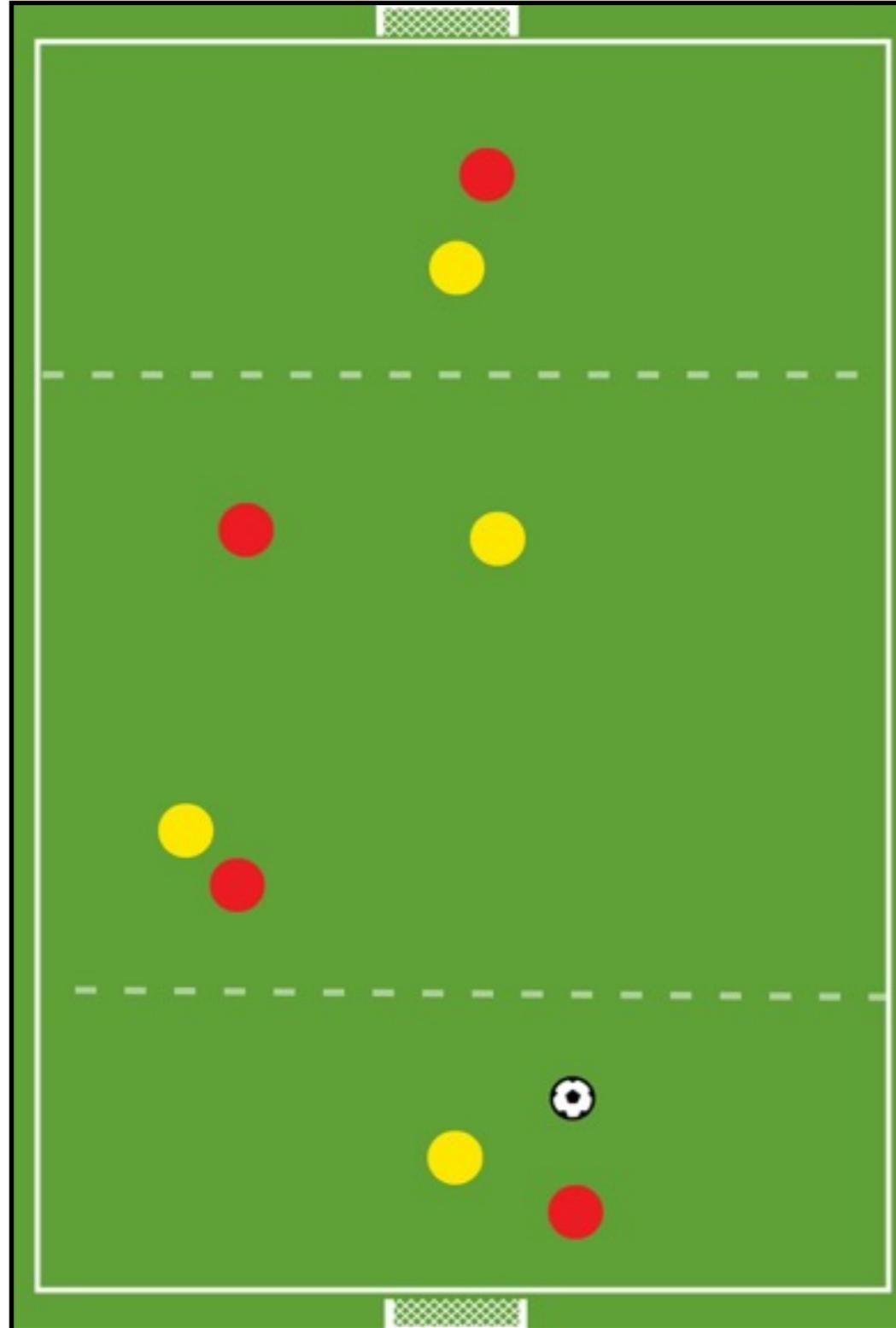
SSG - Heading



- 2 Teams
 - Ball in hands, must throw it around to each other (quickly) but to score it has to be with a header
 - Working on movement from players to help out teammates to pass the ball quickly to try and score
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- Coaching Points
 - Quick movement
 - Positive in heading
 - Creating opportunities to score

4v4 Break Out Game

1v1 & 2v2

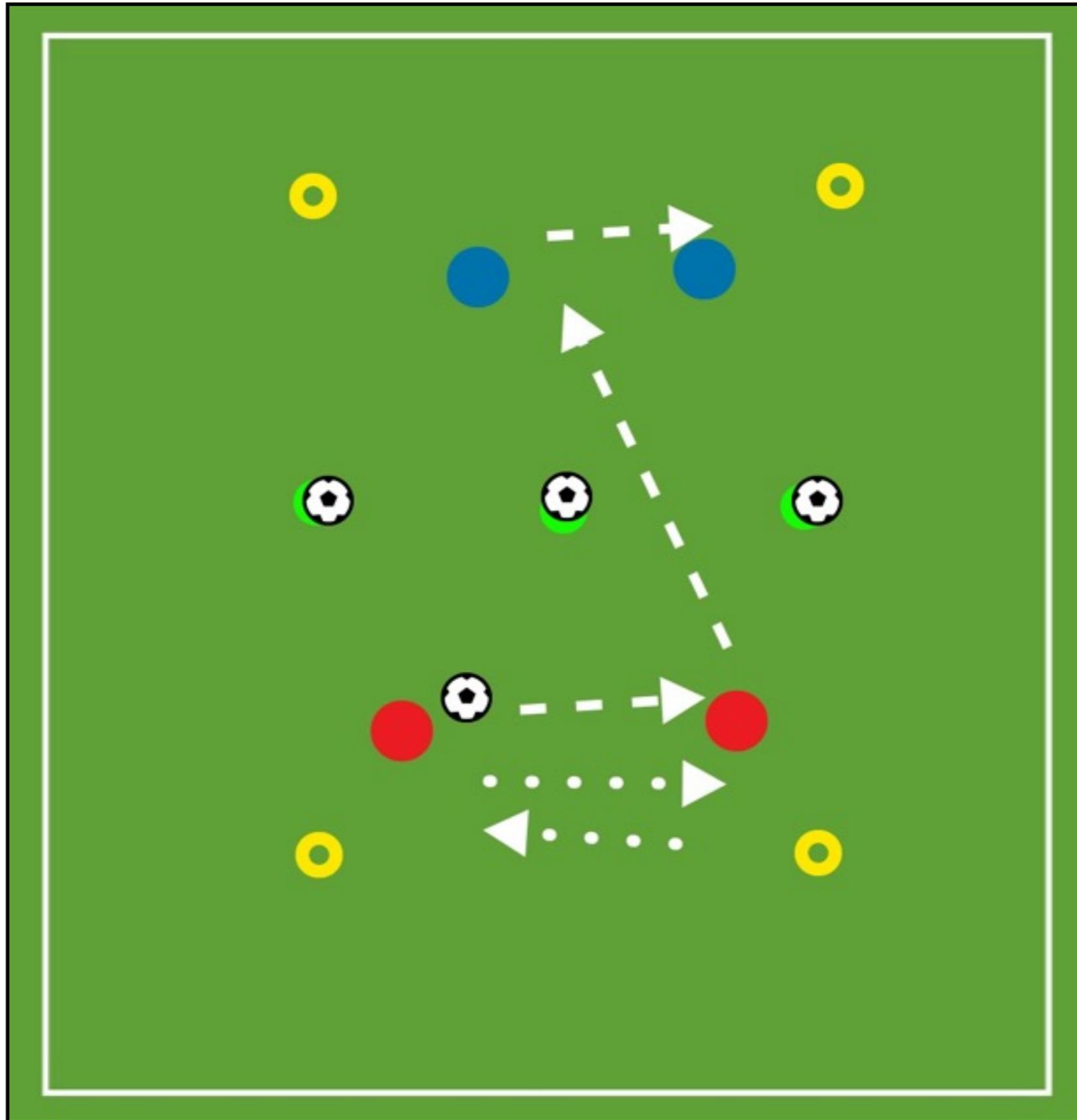


- Start with normal game as a whole practice
- 1v1 in end zones
- 3v3 in midfield
- Ball into striker then 1v1 to score
- Defender wins back if they cannot play into midfield. Long ball to striker

- Coaching Points
- First touch of striker
- Movement of striker to play the ball into space
- Communication
- Passing/dribbling in midfield

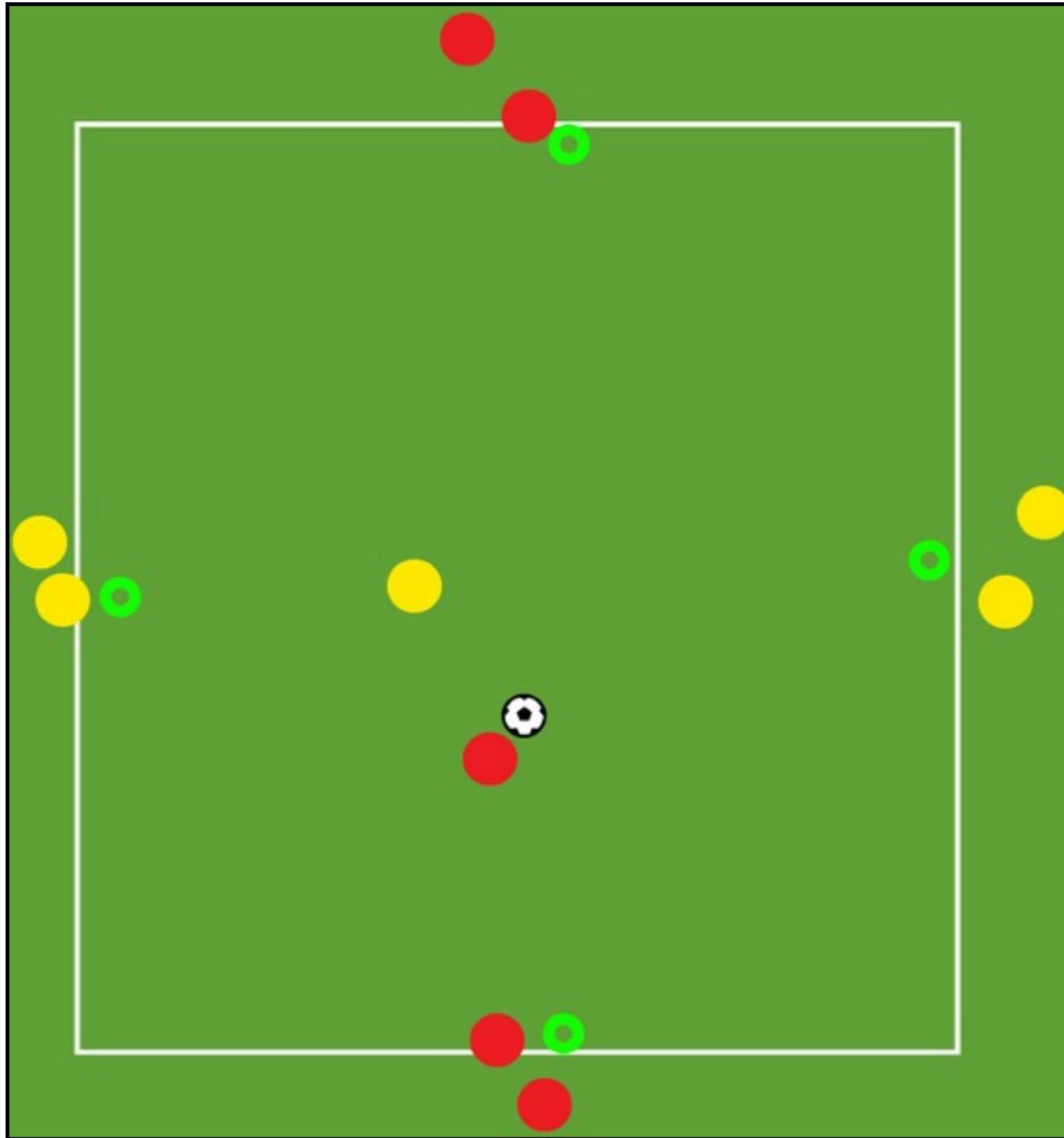
- Progression
- Midfielder can join striker to create 2v1 situation to score (does not have to be the player who passes ball in)
- Extra defender can also track back 2v2 in end zone

Passing - Challenge



- Pass the ball between the balls on the cones without knocking them off.
 - No blasting the ball hard, must be a good pass.
 - Ideally playing 1 touch.
 - Pass the ball to teammate who plays it to the other side.
 - Keep score - then rotate players around in the group to play another pair.
-
- Coaching Points
 - Ready for the ball
 - Quality of pass
 - Two touch then changing to one touch, be positive

1v1 Square



- One team starts with the ball and has to dribble across to their teammates on the other side.
- The team without the ball must try and win it then get to their teammates.
- Encourage dribbling with no passing, if they win the ball
- Should flow nicely as the teams are opposite from one another.
- Positive first touch and try to beat the defender. When winning the ball back can you get it to your team as quick as possible.

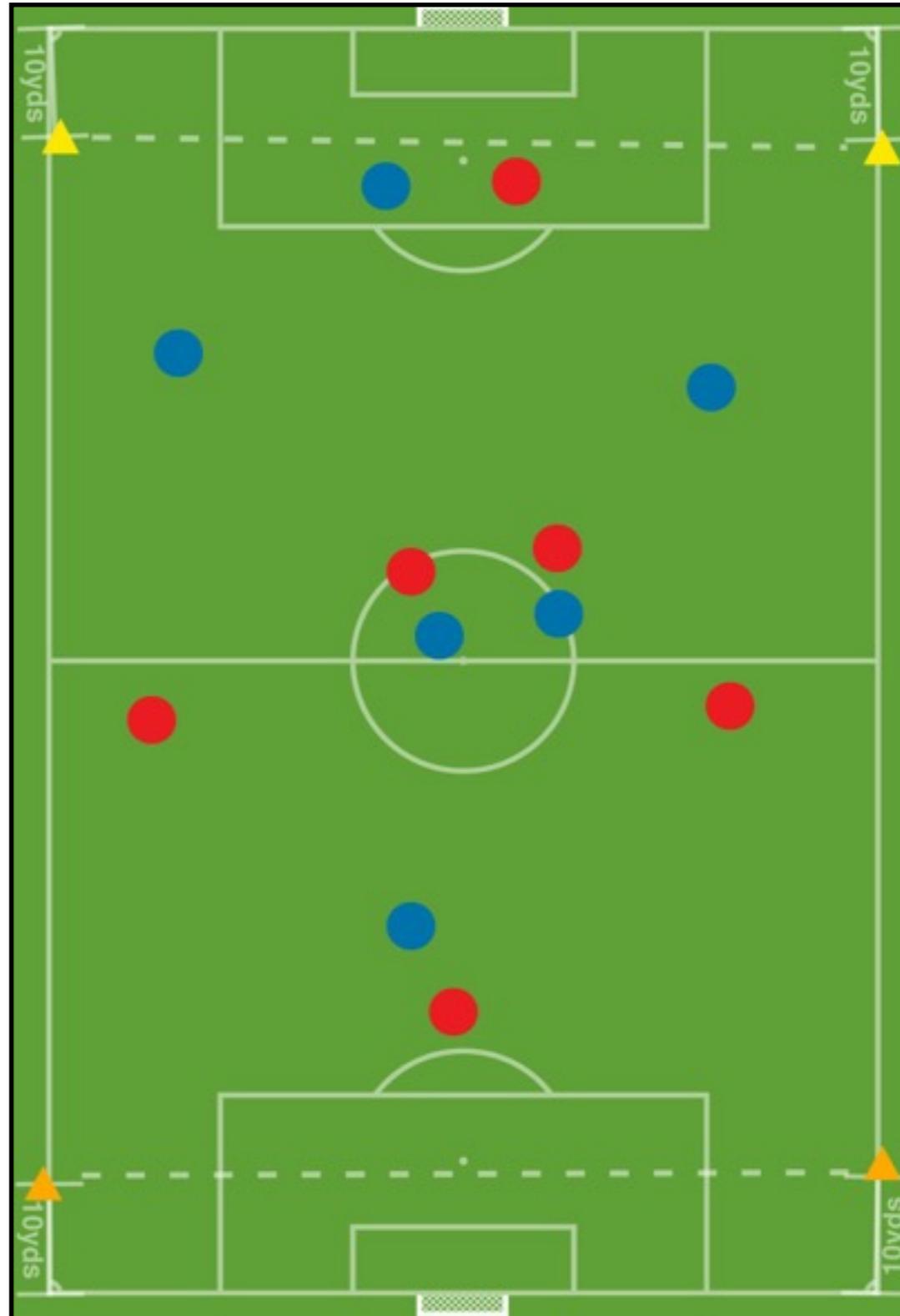
- Coaching Points
- First touch
- Dribbling - head up

Warm Up - Ghostbusters



- Yellow = Ghosts
 - Red = Ghostbusters
 - Blue = People
-
- People dribbling round, keeping the ball close and doing skills. Must stay away from the ghosts.
 - Ghosts try to get a touch of the ball and this freezes the people who must stand with foot on the ball.
 - Ghostbusters must try to tig the ghosts to get them back between the yellow cones (for 10 seconds). They also free any frozen people.
-
- Coaching points
 - Good dribbling and touches on the ball
 - Shielding the ball
 - Movement
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- Progression
 - Add more ghosts or ghostbusters or change time ghosts are back in the area

SSG - Score with First a Touch from 10 yards or less

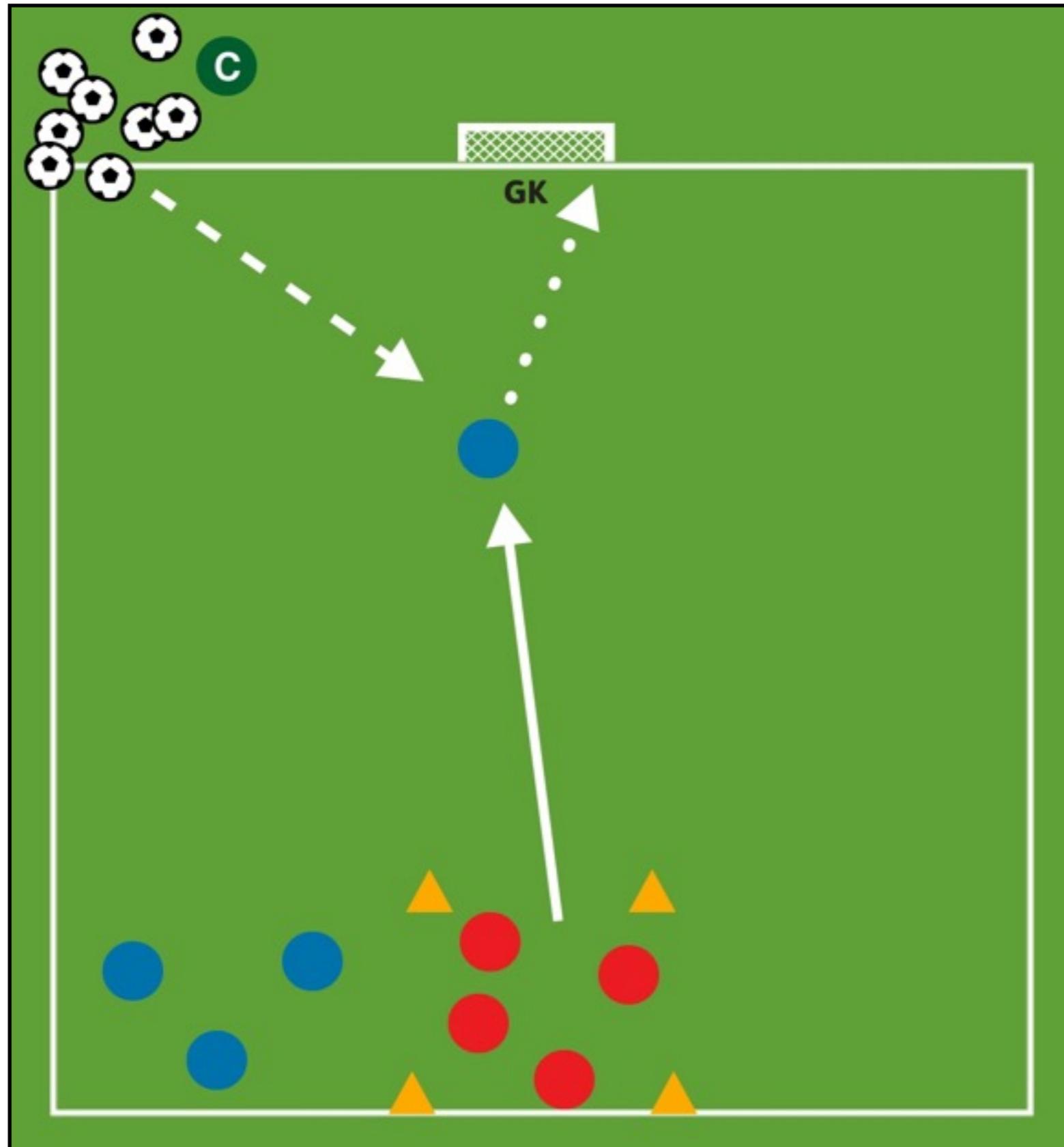


- Score from quick play
- Yellow/orange comes show 10 yard line

- Try to score with 1 touch
- this needs to be quick play
- 1/2 touch play
- positioning
- movement

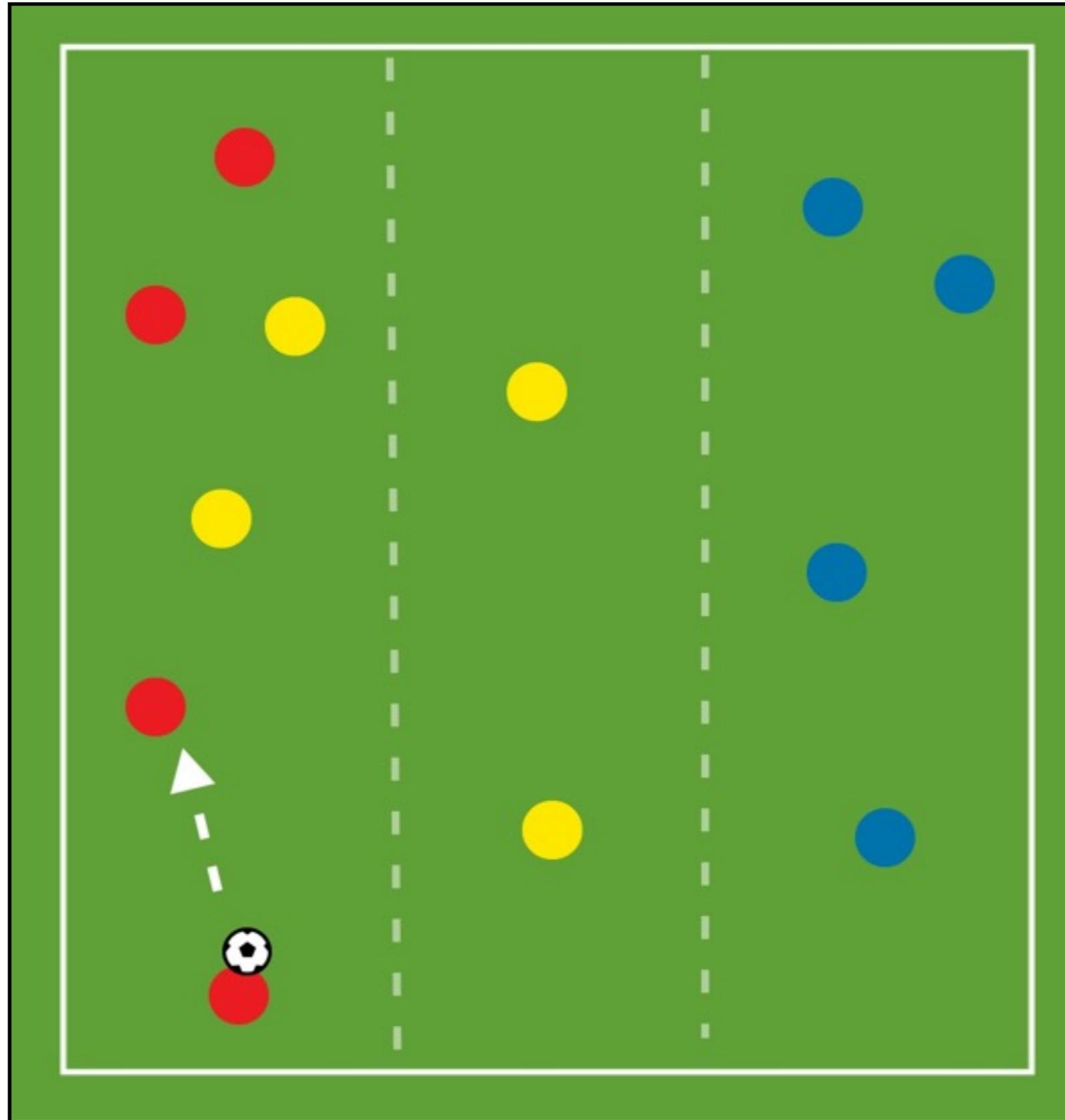
- Coaching Points
- 1st touch
- Working with teammates
- communication
- movement/ finding space

Passing - Positive Game



- In the 10x10 yard area - marked out in cones
 - The passing team is in this area and must retain possession of the ball.
 - The other team is the defending team and 1 player at a time must try and win the ball in the area.
 - If the defender wins the ball in the area they can break out and receive a pass from the coach to shoot at goal.
 - If the passing team makes 10 passes they score 1 goal.
 - Once each defender has had 2 turns switch the players.
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- Coaching Points
 - Pressurising in defence
 - Pouncing on the through ball
 - Dealing with recovering defenders
 - Shooting (accuracy/technique)

SSG - Keep Ball Transfer

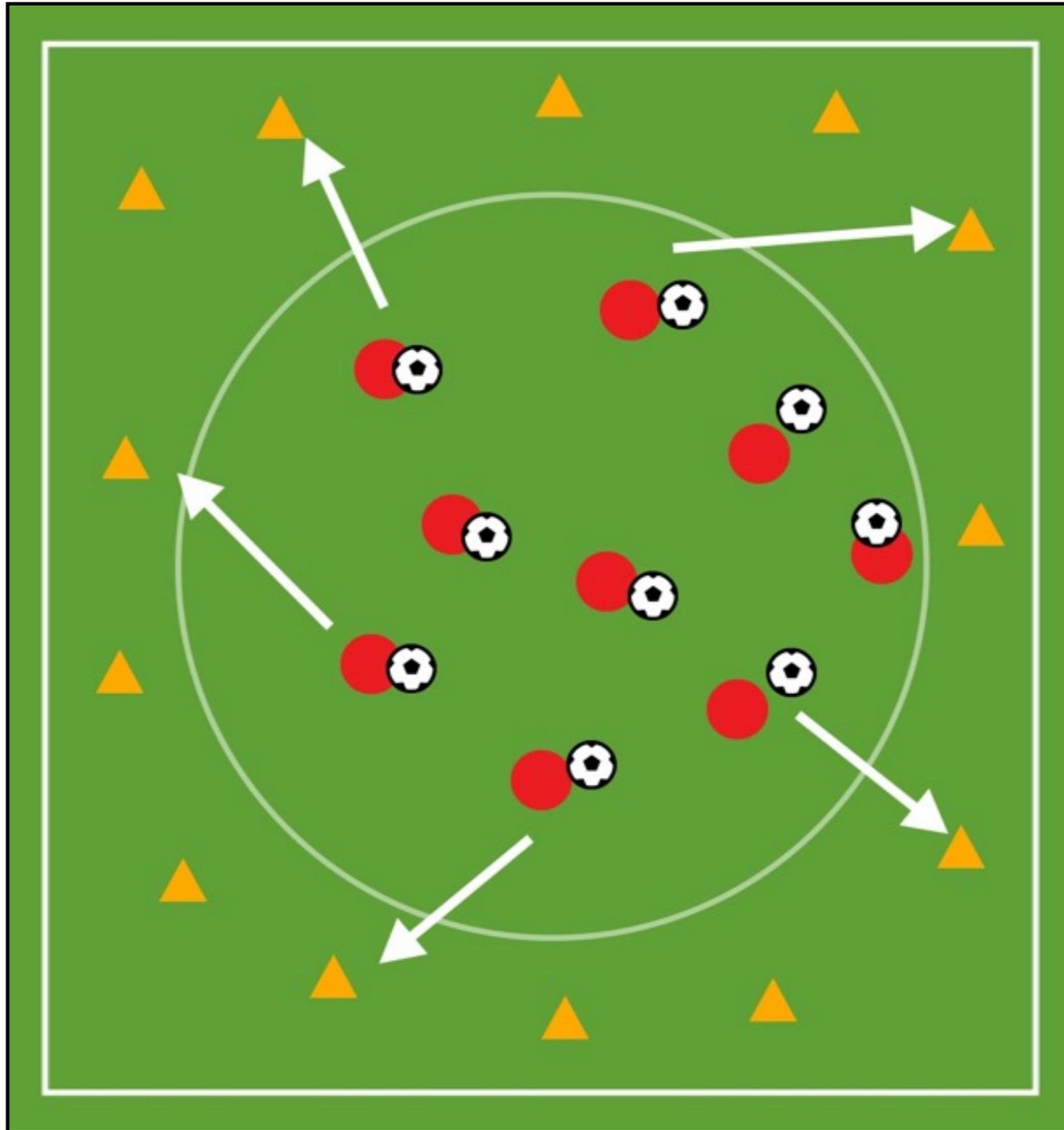


- Set out 35x20 yard grid
- Divide into 3 areas - 2 areas of 15 yards, 1=5 yards
- Split group into 3 teams

- Red team start with the ball. Must try and make 4 passes before transfer ball across the middle to the blue team on the other side.
- Ball can be transferred in the air or along the floor.
- As the ball is being transferred the team in the middle can try and block the ball.
- When a team loses the ball they become the defending team.

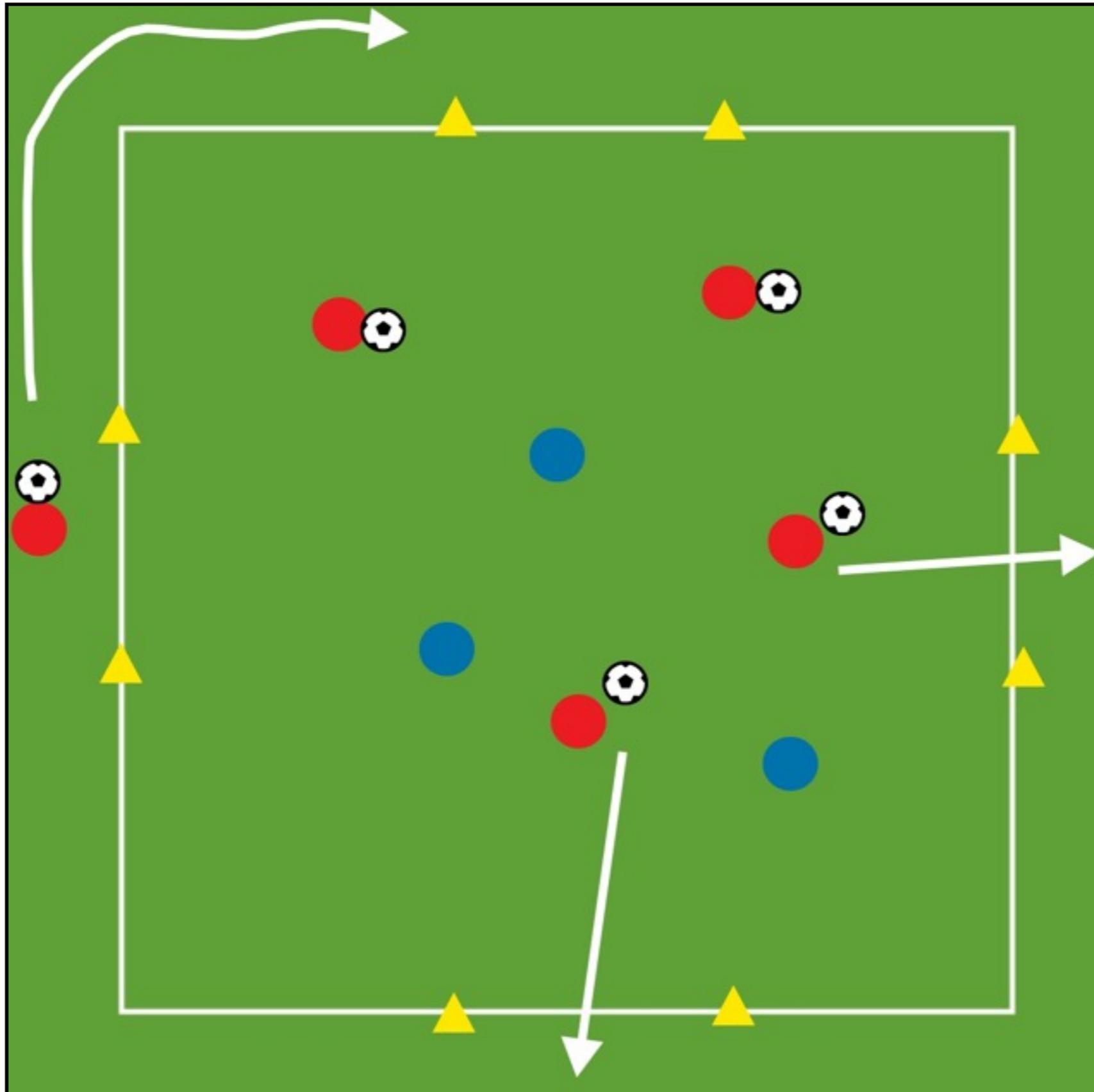
- Coaching Points
- Passing (accuracy/technique/weight)
- Movement (on/off/away from the ball)
- Communication
- Transfer of Play

Dribbling - Explode



- Each player has a football.
 - Make sure the circle is big enough for players to dribble and be able to turn and perform tricks.
 - Players start by dribbling round inside the circle. Give players instructions whilst dribbling, different parts of the foot, step over etc
 - After players have completed different turns and tricks introduce the word "explode". When the coach calls out "explode" the players must leave the circle and go to a cone and perform a turn or trick (cone = defender)
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- Coaching Points
 - Close control
 - Dribbling
 - Awareness of Space
 - Turning
 - Quickness of Feet

Dribbling - Find the Gap



- 8 players
 - 5 attackers with a ball
 - 3 defenders
-
- Attackers aim is to get out of one of the gates in the area. Then re-entering the playing area via a different gate.
 - Defenders aim is to try and stop attackers getting through the gates. By blocking the gates or tackling.
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- Coaching Points
 - Vision
 - Awareness of space
 - Dribbling/ Running with the Ball
 - Close Control
 - Turning