



U11-12 Fall Curriculum

Compiled by Ben Russell & Corey O' Neill

    @247UKSoccer

www.24-7uksocceracademy.com

CONTENTS

PAGE #	DESCRIPTION	WEEK
3	Introduction (with key)	N/A
4	Dribbling: using four parts of the foot	1A
5	Dribbling: 1v1	1B
6	Basic Defending	2A
7	Defending 1v1	2B
8	Dribbling Turning	3A
9	Dribbling turning: checking the shoulder	3B
10	Passing Techniques	4A
11	Passing and receiving	4B
12	Defending Pressure Cover	5A
13	Defending: Pressure, Cover, Balance	5B
14	Shooting: Technique	6A
15	Shooting: Creating Space to shoot	6B
16	Attacking Principles: creating space	7A
17	Attacking Principles: Attacking Overloads	7B
18	Defending Out of Balance	8A
19	Defending in Pairs	8B
20	Shielding	9A
21	Penetrate or possess	9B
22	Passing: wall pass	10A
23	Passing: Split pass	10B
24	Attacking overloads: 2v1	11A
25	Attacking Overloads	11B
26	Defending from the front	12A
27	Possession: Playing out from the back	12B
28	Possession through the Thirds	13A
29	Switching Play	13B
30	Crossing & Finishing	14A
31	Crossing & Finishing 2.0	14B

INTRODUCTION

Dear Coach,

Welcome to a new season with your U11-12 team. In this manual you will find session plans to take you through your entire season. Each Season is specifically designed for players in the technical phase with an introduction to the tactical side of soccer.

The session plans consist of three activities building in pressure until the session concludes with a small sided game, where you can allow the players to exhibit what they have worked on in the session.

We have listed the sessions by week, giving you two sessions each week, depending on the number of practices and weeks your season cycle has.

This session guide should serve as the structure to your season's practices and can be a base for you to progress from.

The sessions are adaptable and can be adjusted to challenge your stronger players, as well as allow your less experienced the opportunity to thrive in each activity.

The key to the right should help identify each of the symbols within the session plan.

We hope that you find this manual a useful resource in your coaching toolbox and can use it to help develop the knowledge, skill and understanding of the game in both coach and player.



Ben Russell

Corey O' Neill

Theme/Objectives: - DRIBBLING: TEACH PLAYERS HOW TO USE THE FOUR PARTS OF THE FOOT

(1) Improve dribbling ability of players via use of the four parts (2) Teach players the difference and purpose of each part (3) Compare and contrast small vs big touches

Age: U9-12

Mesocycle: SPRING

Microcycle: TEC-TAC



Duration: 15mins Intensity: MEDIUM Intervals: 7 Work:Rest: 1:1

Organisation/Explanation:

- 1 ball per player, 30x30 grid
- Ball manipulation warmup (aim for as many touches as possible)
- First five minutes (recommended for younger players) = basic movement patterns without ball (jog, skip, high knees, butt kicks, jump sideways over ball etc.)
- 10 mins of Beast Mode Soccer Footwork (Toe taps, boxes, pull-push, sticky tape, Brazilian toe-taps etc.)
- Competitive element (time, first to a specific number)

Coaching Points

- ABC's (Agility, balance, coordination) with and without ball
- Quality of execution over speed
- Spatial awareness (avoid teammates, scanning for space)
- Technical breakdown of ball skills

Progression(s)

- (1) Adjust footwork patterns per level of team (2) Assign different sets of patterns for players to follow



Duration: 20mins Intensity: Medium Intervals: 5 Work:Rest: 1:3

Organisation/Explanation:

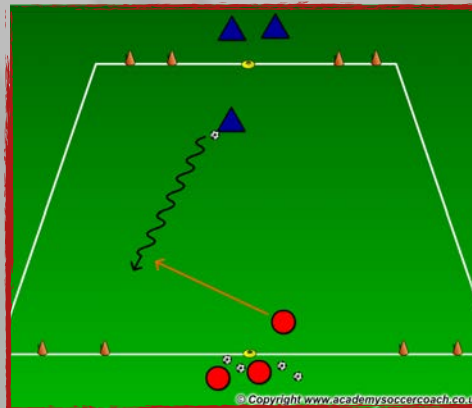
- 1 ball per player, 30x30 grid
- Players dribble through gates via different dribbling techniques
- E.g. right/left foot only, dribble to first gate doing boxes, then use sole to next gate etc.
- Players follow color sequence of dribbling through gates (yellow, then blue, then red)
- Competitive element (first player to dribble through 20 goals etc.)

Coaching Points

- Control while dribbling
- Small vs big touches
- Head up when dribbling, decision making (colors to dribble to)
- Compare and contrast use of the four parts of the foot

Progression(s)

- (1) Players can perform moves/turns at gates (relate these to the four parts of foot)



Duration: 25mins Intensity: HIGH Intervals: 6 Work:Rest: 1:3

Organisation/Explanation:

- 2 teams of 3-4, 6 balls
- 1v1 to two goals (16x24 yard grid)
- Attacking players score by dribbling through either tall cone goal.
- Players switch roles according to who has the ball, and play until a goal is scored or out of play.
- Players switch sides after turn to provide quick opportunities to attack/ defend

Coaching Points

- Correct technique on how to receive pass, positive first touch
- Ball manipulation using four parts of foot to create opportunity to score
- Compare/Contrast use of 4 parts

Progression(s)

- (1) Players can pass to score (2) 2v1/2v2

Notes:

- Small sided game (25mins): Depending on numbers and level of team play 3v3 or 4v4 to create more 1v1 opportunities in a game situation.

Theme/Objectives: - 1V1 ATTACKING PRINCIPLES - TEACH MOBILITY IN POSSESSION WHILE ATTACKING

Age: U9-12

Mesocycle: TECH-TACH SPRING

Microcycle:



Duration: 15 mins Intensity: Med

Intervals: 5 Work:Rest: 3:1

Organisation/Explanation:

- 6 large orange cones, 2 triangular shaped grids.
- 2 teams of 6, (take turns defending various touches round cone then go 1v1 vs defender
- Maximize touches/ball manipulation
- boxes, inside outside, toe taps, sole role etc...

Coaching Points

- Be positive/creative
- Attack space
- keep ball moving, to keep defender off balance
- change of pace
- eyes up, know where space is.

Progression(s)

- Competition first to 7 goals



Duration: 20 mins Intensity: High

Intervals: 7 Work:Rest: 1:2

Organisation/Explanation:

- 20x20 grid
- 4 pug goals
- can score in either 2 goals, goals placed in wide areas.
- vary how ball is fed in.
- if defender wins ball, he goes to other 2 goals.

Coaching Points

- Positive touch
- Play with head up/attack space
- Keep ball moving.
- Change of space
- be positive/creative
- scissors, Matthew's, etc...

Progression(s)

- 2v1 bringing in another option, work on correct decision
- Vary how ball is played in.



Duration: 25 mins Intensity: Medium

Intervals: 5 Work:Rest: 4:1

Organisation/Explanation:

- 3 grids game
- 1 defender in each end zone, plus 2 pugs.
- 5v5 in middle area.
- 4 passes then drive into area create 1v1 and try and score.
- its not directional, score in either goal
- could progress to directional.

Coaching Points

- Moving ball quickly.
- trying to create 1v1.
- + SEE ABOVE

Progression(s)

- Second striker to enter zone to create 2v1, decision.
- Allow extra recovering defender.

Notes:

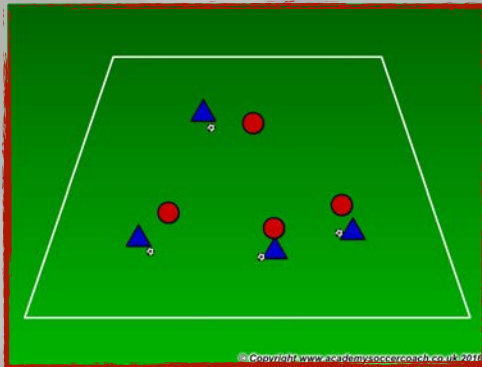
- Small sided game (25 mins)

Theme/Objectives: DEFENDING IN 1V1 SITUATIONS

Age: U9-12

Mesocycle:

Microcycle:



Duration: 15 mins Intensity: Low

Intervals: 5 Work:Rest: 2:1

Organisation/Explanation:

- 20x20 area
- Split players in half, half defending and half with a ball.
- Players with the ball are just dribbling around the area
- Focus is on the red players without the ball, jockeying the attacker showing them where they want the attacker to go.
- Start passive.

Coaching Points

- Side on stance, with low centre of gravity, knees bent. (surfboard stance)
- Defender on their toes, so they are able to change direction quickly.
- Delay the opponent

Progression(s)

- Make it opposed.



Duration: 20 mins Intensity: High

Intervals: 10 Work:Rest: 1:2

Organisation/Explanation:

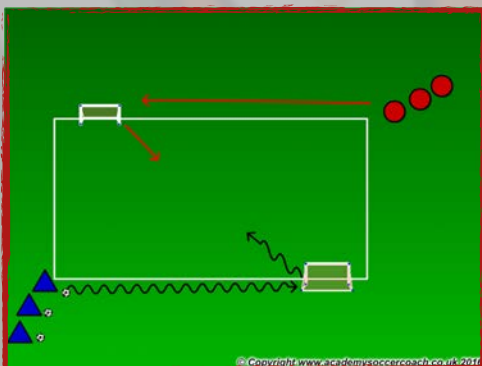
- 6x20 grids
- Player at each end, the defender passes the ball to the attacker.
- The defender Cannot press the attacker until they have their first touch.
- Attacker is trying to fake past the defender and stop the ball on the line, if the defender wins the ball, same thing.
- Attacker- Can we attack at speed?
- Defender can we close the space down quick and get the attackers head down, delay and deny!

Coaching Points

- Soon as the attacker has a touch, get into the attacker quickly and have your stance ready.
- Try to delay the attacker, then can we look to poke the ball, be patient.

Progression(s)

- Attacker has 10 seconds to get the ball on the line.
- If you poke the ball away 5 points.



Duration: 25 mins Intensity: High

Intervals: 6 Work:Rest: 1:3

Organisation/Explanation:

- 1v1s players start on opposite corners. Split in half, half with a ball half without(defenders)
- Run down towards the goal and enter the field next to the goal. It is now a 1v1 situation.
- Attacker- Can you attack at speed? Skill move?
- Defender- Delay and deny the opposition, can we be wise and look to steal the ball at the correct moment.
- Defenders can score if they win the ball. Ball out next ones in!

Coaching Points

- Be wise try to nick the ball
- 5 Ps
- Poke, patience, power, pace and position.

Progression(s)

- 2v2s
- Time limit for attacker and defender win in 6 secs get 5 points.

Notes:

Ensure free play at the end of practice. 15/20minutes.

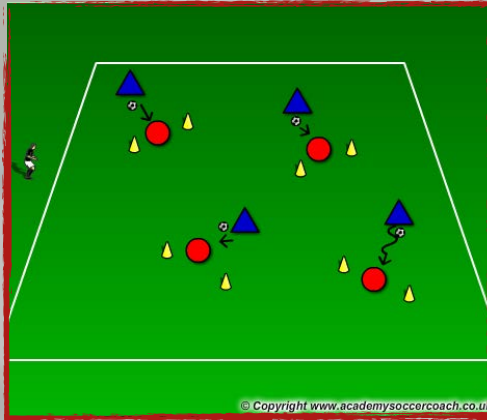
Coach:

Theme/Objectives: 1V1 PRINCIPLES - TEACH FIRST DEFENDER WHEN TO DELAY AND WHEN TO TACKLE

Age: U9-12

Mesocycle: Spring

Microcycle: Tech-Tach



Duration: 15 mins Intensity: Medium Intervals: 7 Work:Rest: 1:1

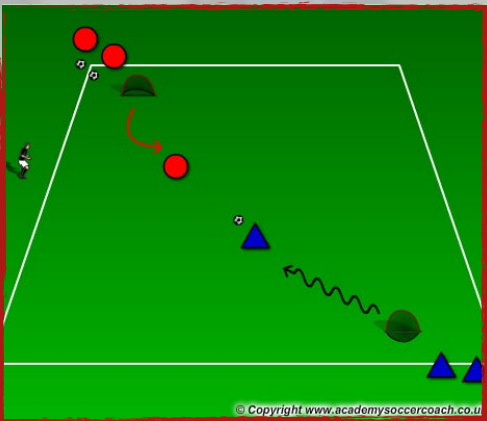
Organisation/Explanation:

- 40x40 area
- Add a number of small gates and split team into defenders and attackers (there should be more gates than defenders)
- Defenders must stop the attackers from dribbling through the gates by using either the block tackle or slide tackle
- Switch every 2 minutes

Coaching Points

- Get close to attacker
- Don't dive into tackle
- Be patient
- Channel attacker to one side (not straight on)
- Be strong in tackle

Progression(s)



Duration: 20 mins Intensity: Medium Intervals: 5 Work:Rest: 4:1

Organisation/Explanation:

- 15x25 area
- Goals in opposite corners
- Defender passes ball diagonally across to opponent who becomes attacker
- They have to try and dribble ball into goal
- Defender becomes attacker if they win the ball
- Change ends after each game

Coaching Points

- Curve you run to attacker
- Communication
- 4 p' s (Pace, position, patience, poke)

Progression(s)

- Attacker can pass/shoot into the goal instead of dribble it



Duration: 25 mins Intensity: High Intervals: 6 Work:Rest: 3:2

Organisation/Explanation:

- 40 x 60 yard field
- 6v6 game with cones dividing a 5 yard middle section and two 5 yard lines on the outside
- Attacking team must try and dribble across mid section to get a point
- Defenders must force attacking team to the wide sections to score a point
- Each time point is scored opposition gets the ball

Coaching Points

- 4 p' s (Pace, position, patience, poke)
- Know where the goal is
- When possession is won, take ball away from goal

Progression(s)

- Add goals as well
- Only allow teams to score points in opposing half

Notes:

- Small sided game (25 mins)

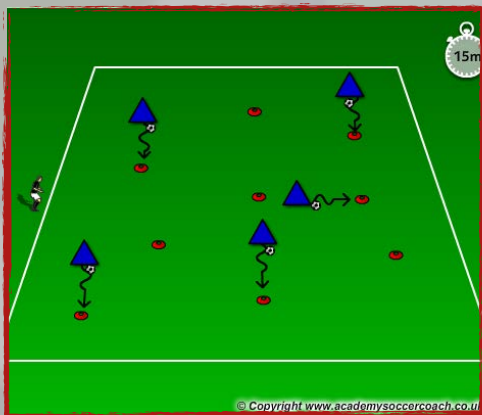
Theme/Objectives: - BASIC TURNING

(1) Stop (2) Inside/Outside Hook (3) Drag-back (4) Cryuff (5) Step over

Age: u9-12

Mesocycle: Spring

Microcycle: Tuesday - Tech/Tact



Duration: 15 mins Intensity: Medium Intervals: 7 Work:Rest: 1:1

Organisation/Explanation:

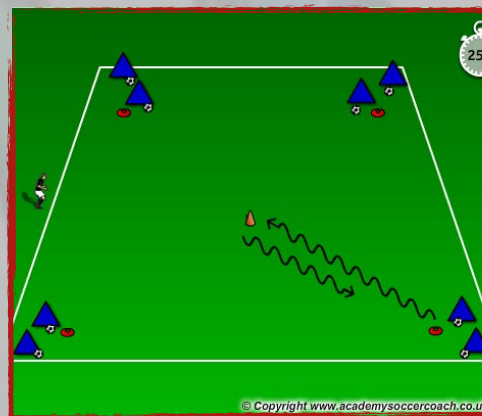
- 30x30
- 1 ball per person
- Cones spread out inside area.
- Ball manipulation - toe taps, boxes etc, look to get as many touches as possible.
- Players dribble towards cones and perform turn. Just show drag back and stop turn in warm up.

Coaching Points

- Keep ball under control
- Awareness of others - glance over shoulder before making turn
- Get body low
- Accelerate after turn
- Make contact with correct part of ball.

Progression(s)

- Make a competition, how many turns in one minute.
- Add a defender to apply pressure.



Duration: 25 mins Intensity: Medium Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- 20x20
- Split groups
- Dribble to cone in the middle, perform turns.
- Drag back
- Stop turn
- Inside and outside hook
- Step Over
- Cryuff Turn

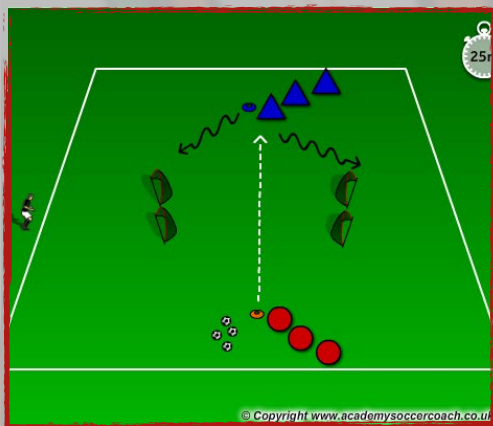
Coaching Points

- Same as above.
- Use correct part of the foot to perform turn.

Progression(s)

- Stick defender on cone - if player loses control, defender can take it

Make into a relay race



Duration: 25 mins Intensity: High Intervals: 6 Work:Rest: 2:2

Organisation/Explanation:

- 30x30
- Defender passes ball to attacker. Red to blue.
- Blue has to try and score in either of the goals that are facing away.
- If defender wins ball they become the attacker

Coaching Points

- Attack goals with speed, keep ball under control.
- Keep head up to be aware of the space.
- Perform turns with the correct technique.

Progression(s)

- Take away/add more goals.

Notes:

- Small sided game (25 mins)

Theme/Objectives: TURNING: CHECK SHOULDER

Age: U9-12

Mesocycle: Spring

Microcycle:

Duration: 15 mins

Intensity: Low

Intervals: 5

Work:Rest: 2:1



Organisation/Explanation:

- Go through numerous turns.
- Cruyff, step-over, pull back, hook (inside and outside), L turn.
- 1. dribble up to cone turn and dribble back.
- 2. Dribble up and pass back
- 3. dribble up, hook right then hook right again to not cone. All the way around the square.

Coaching Points

- Close control dribble,
- Emphasis on turns, exaggerate the turn, i.e. arm up when performing Cruyff turn.
- Head up and accelerate after turn.

Progression(s)

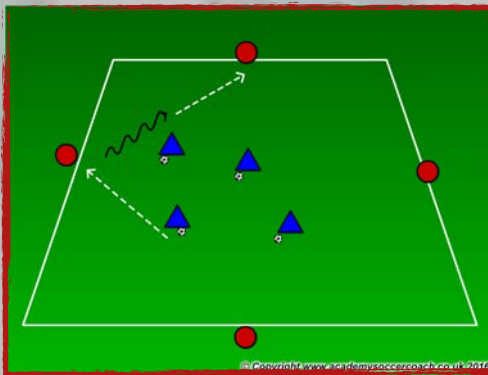
- Make a race for 1. and 2. ensure turns are correctly performed.

Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:1



Organisation/Explanation:

- 30x30 square with players split in half, half in the middle half on the outside.
- Players on inside have a ball. Simply dribbling and playing a pass to the free outside player.
- Ensure; shoulder is checked before receiving next pass.

Coaching Points

- Check shoulder! (3 check rule)
- Receive with open body and on back foot.
- First touch in direction of next pass.

Progression(s)

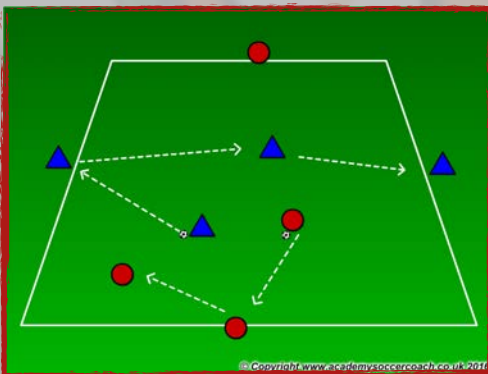
- Can you play quicker? if so how can we do this?
- Defender for pressure.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- Same organization as above but this time reds are playing one way and blues are playing one way, Both teams have a ball to start.
- Pass to outside player, outside player has to pass back to the other player. Then ball gets played to other outside player,

Coaching Points

- Check shoulder and know where your team mate is.
- play quick and early

Progression(s)

- Have one ball and layer 2v2 in the middle, still play to same sides.
- Players swap with outside player.

Notes:

Ensure free play at the end of practice. 15/20minutes.

Theme/Objectives: PASSING: LOFTED, DRIVEN AND CHIPPED

Age: U9-12

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Low

Intervals: 4

Work:Rest: 3:1



Organisation/Explanation:

- Each player has a box (5x5) and a ball between two.
- Players have to simply play a pass to their opposite player.
- 1. Lofted pass
- 2. Driven pass
- 3. Chipped pass

Coaching Points

- Head up, lean back slightly when performing lofted/chipped.
- Head over the ball for driven passing, and strike through the ball with laces.

Progression(s)

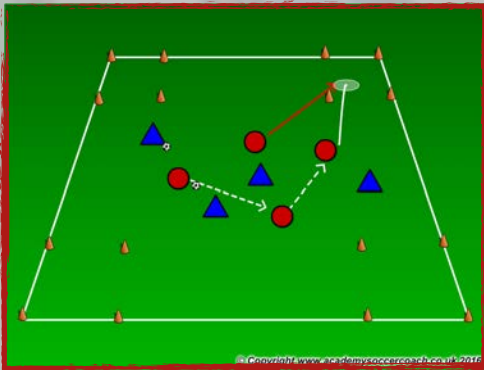
- See how many passes you can land in the box out of 10.
- Can you do it two touch?

Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:1



Organisation/Explanation:

- 30x30 square with 5x5 boxes in each corner.
- Split players in half, simply keep possession of the ball and to score a point, you have to play a lofted, driven or chipped pass into a box to be received.
- A player is only allowed in a box for 5 seconds.
- Can Players go around all 4 boxes?

Coaching Points

- Awareness
- Head up and check shoulder
- Communication.

Progression(s)

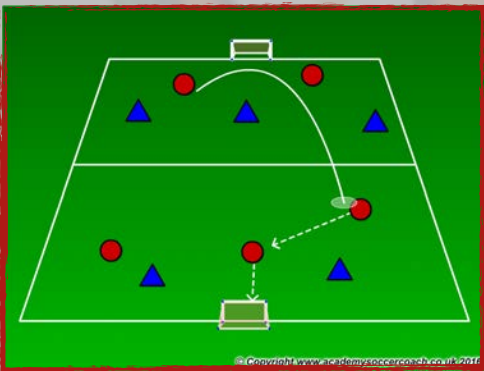
- Make an overload.
- Have to play one touch out of the box to score point off the pass.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2



Organisation/Explanation:

- 50x30 playing area, with a goal at either end and two zones marked out by a halfway line.
- 3v2 in each zone.
- Players have to play a long pass to the attacking zone for their team to score a goal.
- First pass is free, once the long pass is played then defenders can attempt to win possession back.
- Players aren't locked in zones, but 3v2 has to be in both zones.

Coaching Points

- Make space for the long pass into attackers.

Progressions:

- Players have to play to every before scoring, only have one touch finish.

Progression(s)

- Players are locked in.
- First pass isn't free, make space for the long pass.

Notes:

20 minutes at the end for free play scrimmage, encourage various long passing, if the pass is right.

Theme/Objectives: PASSING AND RECEIVING, CREATING SPACE

(1) Teach players where and when to check (2) Improve forwards and midfielder ability to work together to create space (3) Improve ability to play forward

Age: U9-12

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:1



Organisation/Explanation:

- Diamond 10x10
- 2 grids
- 1 ball
- 2 groups of 6 players
- Back foot round the cones
- Drop off to receive the ball

Coaching Points

- Weight of pass
- Communication.
- Movement off the ball.
- Check/drop off to receive ball.
- Scan before ball arrives.
- Ability to play 1-2 touch.

Progression(s)

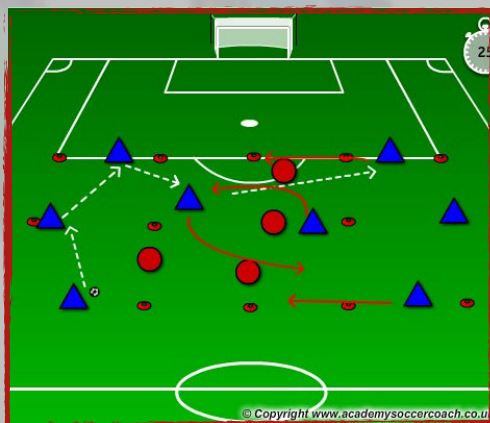
- Races
- Figures of 8

Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- 3 grid game 20x20x20.
- 3 teams of 4 players.
- play from grid 1 into grid 3.
- team in middle defends the ball being switched.
- Play for points overtime switched team gets one point, first to 5.
- 1 defender presses in end grids

Coaching Points

- Movement off ball.
- Checking or dropping off.
- Ability to play forward.
- Communication.
- Potential combinations to penetrate.

Progression(s)

- Allow more pressure 2 defenders.

Duration: 25

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- Play front 7 vs 5 going to goal.
- Ball starts with center back
- team with 7 goes to goal.
- Team with 5 look to win ball and target areas placed at half.

Coaching Points

- Speed of play
- Ability to play forward
- Communication
- Ability to penetrate
- Movement off the ball

Progression(s)

- 7v6 & 7v7 if numbers allow.

Notes:

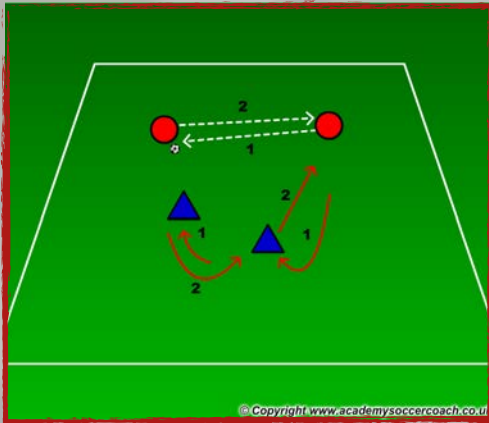
- Small sided game (25 mins)

Theme/Objectives: DEFENDING - COACH SECOND DEFENDER IN PROPER ANGLES AND DISTANCE IN COVERING SITUATIONS

Age: U9-12

Mesocycle: Spring

Microcycle: Tech/Tac



Duration: 15 mins

Intensity: Medium

Intervals: 4

Work:Rest: 5:1

Organisation/Explanation:

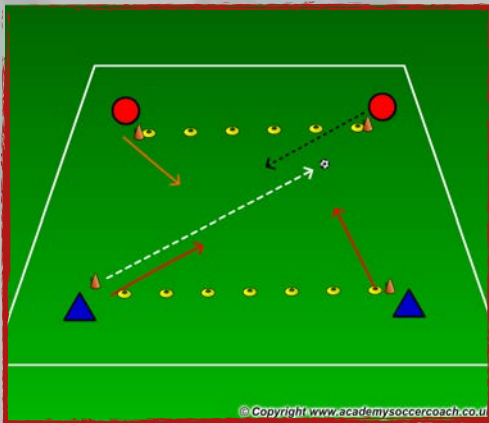
- Setup approx. 10 yards apart
- 1 ball with opposition
 - Moving side to side
 - Do not try to get past defense
- Team alternates after 5mins
- '1' movement phase
 - defender presses the ball whilst partner gets into cover position
- '2' movement phase
 - As ball moves across both defenders reposition themselves
- Swap roles after 2.5 mins

Coaching Points

- As ball is played across, nearest defender must press at pace
- Second defender should find a 'balanced' covering position
- Keep both opponents in view
- Body in defensive stance as pressing
- 'Pistons'

Progression(s)

- The game becomes live and opponents try to pass the defense. No goals



Duration: 20 mins

Intensity: Med/High

Intervals: 4

Work:Rest: 3:1

Organisation/Explanation:

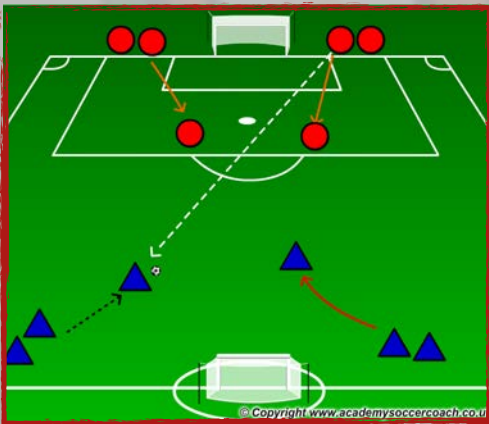
- 20 by 20 grid
- 2v2
 - Starting on corners of grid
- Defender passes opposition and closes
- Second defender finds cover position
- Offense must dribble across opposite line for point
- Defense can win ball and dribble across opposite line for a point
- Rotate Attackers and Defenders after 3 attempts

Coaching Points

- Cover and balance
- Press ball
- Drive at defender
- Movement of the ball
- Creativity

Progression(s)

- Can pass in across scoreline, but partner must meet and control the ball



Duration: 25 mins

Intensity: High

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

- setup on full half field
- 2v2
- Defense plays ball diagonally opposite to offense and then immediately presses
- Offense run at pace towards defense and tries to beat defense
- Once attempt complete players join back of opposite line
- Rotate once everyone has gone 4 times

Coaching Points

- Close the ball down (at high intensity)
 - Second defender: cover position
- Offense try to put defensive on back foot by running directly at them

Progression(s)

- Add a 3rd player to each team

Notes:

- Small sided game to finish (25 mins)

Theme/Objectives: PRINCIPLES OF DEFENDING IN GROUPS - TEACH PLAYERS TO PRESSURE, COVER, AND BALANCE

Age: U9-12

Mesocycle: Spring

Microcycle: Thursday - Underload (Tec-Tac)

Duration: 15mins Intensity: Low Intervals: 3 Work:Rest: 4:1



Organisation/Explanation:

- 30x30 yard grid, 9-12 players
- First group of 3 line up in front of red cones, second behind, third behind yellow cones.
- Coach plays 3 passes per group, players replicate pressure, cover, balance according to where ball is played.
- After 3 passes players jog through to end blue cones and perform dynamic stretches on way back.

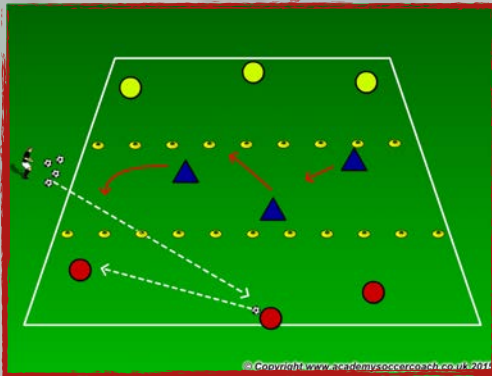
Coaching Points

- Body shape, angle, low to ground, feet spread to support weight
- Speed and reaction to ball (slide, step up, drop)
- Distances between players (width and depth) and shape

Progression(s)

- (1) Vary service (ground, air, behind, in front)
- (2) Once warm groups increase intensity and speed to end blue cones (race)

Duration: 20mins Intensity: Medium Intervals: 4 Work:Rest: 3:2



Organisation/Explanation:

- 48x32 yard grid, 9-12 players
- 3 teams arranged as shown, middle team defending
- Coach serves ball to teams in end zones who have to play one pass before attempting to pass through middle zone (below waist height) to score point.
- Defending team earns 1 point every time they win the ball, but cannot leave zone.
- Play to a certain number of points or work intervals

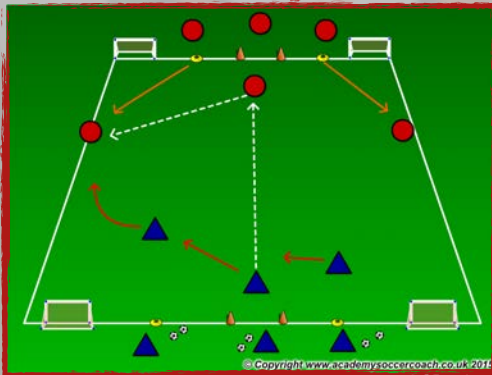
Coaching Points

- Body shape, angle, low to ground, feet spread to support weight
- Speed and reaction to ball (slide, step up, drop)
- Distances between players (width and depth) and shape

Progression(s)

- (1) Touch restrictions on attacking teams
- (2) Allow 1 defender to leave middle zone

Duration: 25mins Intensity: Medium Intervals: 4 Work:Rest: 4:2



Organisation/Explanation:

- 48x32 yard grid, 2 teams of 6
- 3v3 to 3 Goals: 2 wide goals with 1 central target goal
- Defending team play a pass to any of 3 attacking players to start drill.
- Vary ball entrance methods (aerial pass, driven etc.)

Coaching Points

- See one (player), screen one (goal)
- Speed and reaction to ball (slide, step up, drop)
- Zonal vs Man Marking (recognize situations)
- Communication

Progression(s)

- (1) Play 4v3 if defensive team getting lots of success
- (2) If Defensive team wins ball they gain an extra player

Notes:

- Small sided game (25 min)

Theme/Objectives: SHOOTING: BASIC TECHNIQUE

Age: U9-12

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Low

Intervals: 4

Work:Rest: 3:1



Organisation/Explanation:

- 5x5 squares 10-15 yards apart.
- 1. Strike the ball with the laces towards your partner aiming into their square.
- 2. Start from outside of the square, dribble in, and strike the ball before it rolls out of the other side.
- 3. Side foot, then outside foot around the cone and then strike the ball. Like your beating the defender and shooting.
- 4. Player passes the ball into the box and player runs onto the ball and strikes it.

Coaching Points

- Head up and over the ball into the direction of the shot
- Strike the ball with the laces and follow through.
- Arms out for balance,
- Lock ankle.

Progression(s)

- Point system for the squares. +5 if you get it in.
- Aim for on of the four cones. +5 points.

Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:1



Organisation/Explanation:

- One goal using large cones striker starts 15yds from the goal.
- 1. Player 1 plays the ball to 2 who plays a lead pass and 1 has to shoot first time. 1 goes to position of 2 and 2 goes in goal. GK comes as shooter.
- 2. 1 Passes to 2 who receives with a positive touch, can either shoot first time or beat defender and score. Constantly swapping positions. Defender can not tackle, only passive defending.

Coaching Points

- Strike the ball with laces and follow through
- Ensure we look up before shooting, giving us a better aim.
- Shoot in the corners, furthest from the GK.

Progression(s)

- Defender can now try to win the ball
- Keep your score, make it competitive , put another cone next to the goal for points.

Duration: 25 mins

Intensity: Medium

Intervals: 6

Work:Rest: 3:1



Organisation/Explanation:

- 40x30 area with two goals.
- Players are split in half.
- half defend and half attempt to shoot.
- Blues are dribbling towards goal , dribble through the cones, take one touch and shoot. Once players are used to the cycle introduce pressure from the defenders.
- Two defenders in the middle can only try to win the ball in the attacking half,

Coaching Points

- Quick movements away from the defender
- Head up look where the GK is.
- Controlled dribble

Progression(s)

- Defender can win the ball anywhere.
- Must beat defender and score to get 10 points.

Notes:

Ensure free play at the end of practice. 15/20minutes.

Theme/Objectives: SHOOTING - CREATING SPACE TO SHOOT

Teach the first attacker (1) when to dribble and when to shoot (2) How to create space via dribble/pass

Age: U9-12

Mesocycle: SPRING

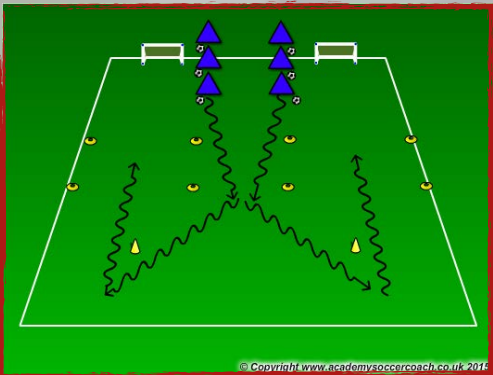
Microcycle:

Duration: 15mins

Intensity: Low

Intervals: 4

Work:Rest: 3:1



Organisation/Explanation:

- Players dribble round the cones and then get a shot away once they get in to the grid.
- Use different parts of the foot i.e inside/outside/soul whilst dribbling round the cones to get various different touches on the ball.

Coaching Points

- Close ball control whilst going round the cones.
- Big touch/drive in to space.

Progression(s)

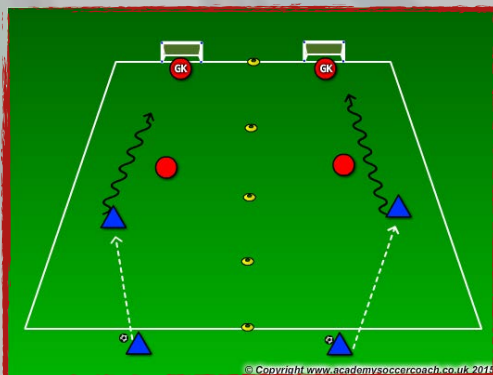
- Make it a competition. (Which team can score 15 goals first)

Duration: 20mins

Intensity: Medium

Intervals: 4

Work:Rest: 3:2



Organisation/Explanation:

- Player passes to team-mate to receive, turn and score.
- Passive practice so the attacker cannot be tackled.
- Change roles after a certain amount of goals are scored.

Coaching Points

- Movement to create space – check out/in/spin
- Awareness of defenders position
- Dribble past the defender or get a shot away before hand.

Progression(s)

- Make it opposed.

Duration: 25mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2



Organisation/Explanation:

- 4 V 4 with GK' s & 2 floaters.
- If coaching one certain team, give the ball to the opposition to check player reaction once possession is regained.

Coaching Points

- Create space as an individual.
- Movement of attacker.
- Decision to dribble/shoot.
- End product.

Progression(s)

- Remove the floaters to take away the overload.

Notes:

- Small sided game (25 min)

Theme/Objectives:

ATTACKING: CREATING SPACE. RUNS FROM MIDFIELD BEYOND FORWARDS
Teach midfielders, when, how and where to make runs into the final third, getting beyond the forwards.

Age: U13-18

Mesocycle:

Microcycle: Tech - Tactical



Duration: 15 mins Intensity: Medium

Intervals: 10 Work:Rest: 2:1

Organisation/Explanation:

- 30x30 grid, with 3v3 plus a goalkeeper on each team.
- Attacking team play ball into #9 and try to create space and go to goal.
- Attacking team can use goalkeeper as a #6 for support.
- Red team go to goal once possession is one.

Coaching Points

- Quick combinations to create space
- Work through set patterns (For example... up, back and through)
- Good first touch
- High tempo

Progression(s)

- Play two touch maximum
- Add a neutral player



Duration: 20 mins Intensity: Medium

Intervals: 8 Work:Rest: 4:1

Organisation/Explanation:

- Set up using width of 18 yard box and 36 yards in length.
- Play 5v3 (plus Goalkeeper for Red).
- Ball starts with Blue (#11, #8 or #7) and played into #10 or #9.
- Blue go to goal.
- Red can pass/dribble into target goals.

Coaching Points

- Timing of runs (stay outside)
- Visual cues.
- Draw defenders out of position for Mids to get in behind, between or around.
- Move ball around at speed to create the space required to penetrate.

Progression(s)

- Add a red #2 and #3 to make it 5v5
- Use edge of 18 yard box as offside line.



Duration: 20 mins Intensity: Med - High

Intervals: 4 Work:Rest: 4:1

Organisation/Explanation:

- Play whole half 5v5 (plus Goalkeeper for Red)
- Ball starts with #8 and played into #10 or #9,
- Blue play to goal.
- Red can pass ball into targets.

Coaching Points

- Look for combinations between forwards and midfielders.
- Good movement off the ball required (third man runs)
- Positive touches to draw defenders in.

Progression(s)

- Make field shorter and narrower
- Add additional Red to play 5v6.



Duration: 35 mins Intensity: Medium

Intervals: 2 Work:Rest: 5:1

Organisation/Explanation:

- Play 8v8 regular game, with ball starting at Blue #6 each time.
- Blue set up in 3-3-2
- Red set up in 1-4-3-1.

Coaching Points

- Quick ball movement
- Look for gaps between defenders
- #9 and #10 should be checking in to create space
- Look for opportunities to create overloads

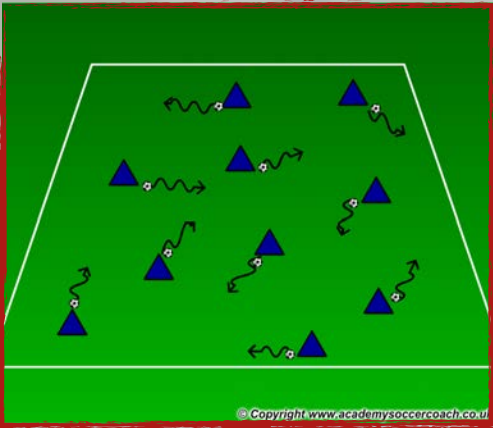
Progression(s)

- Only allow Red #8 to press beyond halfway line.

Theme/Objectives: ATTACKING OVERLOADS: TEACH PLAYERS HOW TO EXPOSE 2V1 & 3V2 SITUATIONS

(1) Improve ability to penetrate successfully via pass/dribble/shoot (2) Improve understanding of when and how to penetrate based on specific situations

Age: Mesocycle: Microcycle:



Duration: 15 mins Intensity: Medium Intervals: 5 Work:Rest: 2:1

Organisation/Explanation:

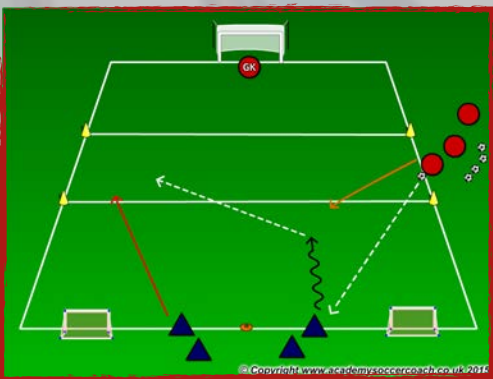
- 40x40 yard grid, adjust as necessary
- 1 ball per player
- (A) Physical warmup - players perform different dynamic stretches while moving from ball to ball.
- (B) Dribbling with the ball - right/left foot, inside feet, soles, different dribbling patterns, moves, turns.
- (C) Footwork Series - Toe taps, boxes, scissors, Brazilian toe taps, step over touch, toe tap drag backs, bells, sticky tape, pull back push, pull back push behind, rolls, box box roll, any other movement patterns.
- (D) Passing and dribbling

Coaching Points

- Agility, balance, coordination
- Quality and consistency of execution
- Speed of execution

Progression(s)

- Advance routine by increasing difficulty levels



Duration: 20 mins Intensity: High Intervals: 5 Work:Rest: 1:3

Organisation/Explanation:

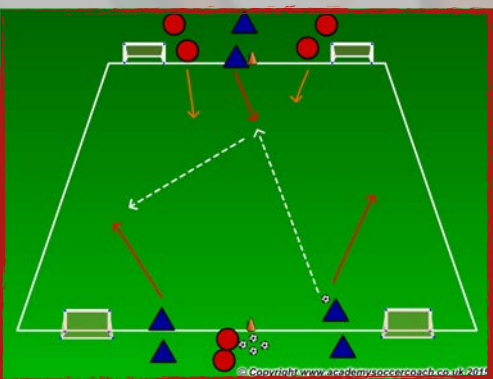
- 2v1/2v2
- 32 x 24 Area with goal and GK at one end and 2 small goals at opposite end.
- Red begins with ball and passes to Blue.
- Attackers attempt to beat the defender and finish at goal. If defender wins possession they score in any of the 2 small goals.
- Rotate roles of players.

Coaching Points

- Awareness of ball/team mates and defenders.
- Speed of play (exploit overload)
- Play forward, attack space behind defenders
- Create space to combine and attack

Progression(s)

- Play 2v2
- 1 or 2 touch finish for points



Duration: 25 mins Intensity: Medium Intervals: 4 Work:Rest: 4:2

Organisation/Explanation:

- 3v2/3v3
- 40x32 area with four goals.
- 3v2: Blue passes into advanced player who looks to turn or layoff in an attempt to score against two red defenders.
- Rotate roles of players.
- 3v3: Same as above only advanced red will join in as a defender.
- Rotate roles of players.

Coaching Points

- Awareness of ball/team mates and defenders.
- Speed of play (exploit overload)
- Play forward, attack space behind defenders
- Create space to combine and attack

Progression(s)

- Play 3v3
- 1 touch finish

Notes:

- Stage IV: Small sided games 4v4 or 5v5 with GK's.

Theme/Objectives: DEFENDING OUT OF BALANCE: TEACH PLAYERS HOW TO DEFEND WHEN OUTNUMBERED

(1) Improve defensive body shape and technique (2) Speed and angle of approach (3) Delay forward players for recovering defenders to support

Age:

Mesocycle:

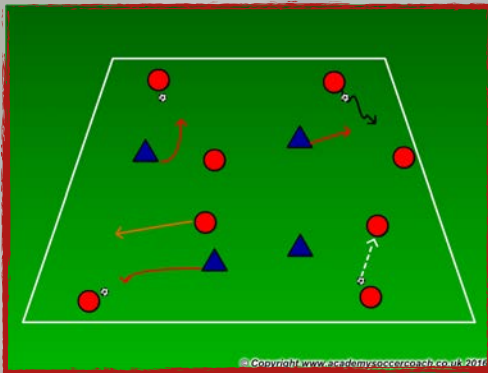
Microcycle:

Duration: 15 mins

Intensity: High

Intervals: 7

Work:Rest: 1:2



Organisation/Explanation:

- Area 20x20. Attackers attempt to keep the ball in the square playing 2 vs. 1 against the defender & using ball mastery moves.
- Defender attempts to win possession of the ball & can then stop the ball on any line of the square to score.
- Rotate roles of players after 50 seconds maximum work.

Coaching Points

- Awareness of ball and receiving player
- Body Shape
- Speed of approach & angle when closing down space

Progression(s)

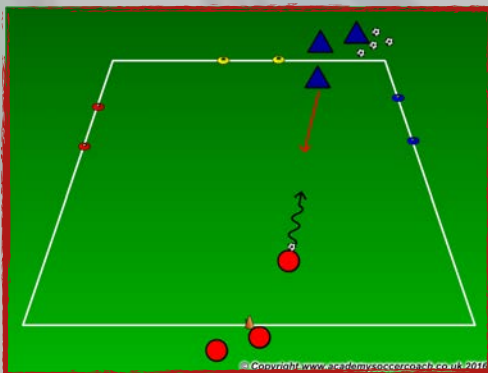
- GK' s introduced and can dive on any loose balls and distribute to defenders

Duration: 20 mins

Intensity: High

Intervals: 6

Work:Rest: 1:2



Organisation/Explanation:

- Area 20x15.
- Defender plays ball to 1 red attacker & then shouts out a gate that the attacker will lose a point if they go through.
- Objective of the defender forcing the attacker towards non scoring gate & showing the attackers away from the 2 other scoring gates.
- Transition: Defender wins ball dribbles through gate they called out

Coaching Points

- Make play predictable
- Show the attacker one way
- When to press or drop off & delay

Progression(s)

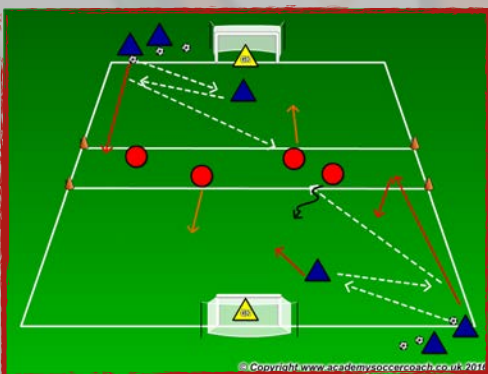
- Progress into 2v1 (attackers only score in 1 goal defenders calls out)

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2



Organisation/Explanation:

- Area 60x40.
- Defenders play a wall pass then passes to Attackers.
- 1 x defender comes out to defend in a 1 vs. 2 whilst the other defender performs an overlapping run, in to central channel, then makes a recovery run to make 2 vs. 2.

Coaching Points

- When to press or drop off & delay
- Where to channel opponents
- Speed & lines of recovery

Progression(s)

Notes:

- Small sided game (25 mins)

Theme/Objectives: DEFENDING 1V1 PRINCIPLES (2)

(1) Improve speed and reaction to attackers (2) Introduce concepts of angles and distances (3) Teach when to press or drop

Age:

Mesocycle:

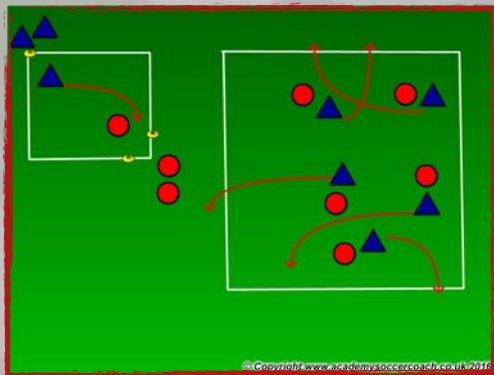
Microcycle:

Duration: 15 mins

Intensity: High

Intervals: 4

Work:Rest: 1:3



Organisation/Explanation:

- 10x10 area and coned gate.
- Players split into two lines and play 1 vs. 1 with attacker attempting to run through the gate whilst defender attempts to tag the attacker. Swap roles.
- Progress to 20x20 area with players in pairs, 1 attacker & 1 defender. On coaches whistle attacker has 20 seconds and 1 change of direction to lose the defender and run out of the area. Defender attempts to tag attacker before leaves the area. Swap roles.

Coaching Points

- Correct body shape to adjust to attackers
- Touch tight
- Changes of speed & direction
- Awareness of attackers movements
- Block attackers line

Progression(s)

- Add balls
- Work in groups of 4 (2v2)

Duration: 20 mins

Intensity: High

Intervals: 5

Work:Rest: 1:3



Organisation/Explanation:

- Penalty Area with goal and GK + 2 10x10 areas. Blue plays ball to the attacker (Red) who attempts to get past defender in 1 vs. 1 for attempt at goal.
- Defender attempts to stop the attacker. Once ball is dead, next 2 players and swap roles.
- Transition: If defender wins ball they can pass or dribble to end line.

Coaching Points

- Close attacker down as ball travels
- Controlled approach
- Show attacker to weaker foot

Progression(s)

- Attacker receives ball from teammate with back to goal

Duration: 25 mins

Intensity: High

Intervals: 5

Work:Rest: 1:2



Organisation/Explanation:

- Penalty Area with goal and GK + 2 20x20 areas. Blue plays ball to the attacker (Red) who attempts to get past defender in 2 vs. 2 for attempt at goal.
- Attacking players can create 2v1 or expose 1v1 in 20x20 areas.
- Defending players cannot be in the same 20x20 area but can drop into 18 yard box to cover.
- Once ball is in 18 yard box it can become 2v2.
- Transition: Blue dribble pass over end lines

Coaching Points

- Nearest defender presses
- Covering defenders take position ensuring they see ball and man
- Communication between GK and defenders
- Screen passes

Progression(s)

- Vary entry points (GK=long pass/throw)
- Increase numbers (3v2/3v3)

Notes:

- 25 mins: Small sided game to finish

Theme/Objectives:

SHIELDING: (1) Using the body to help keep control and possession of the ball.

Age: U9-12

Mesocycle:

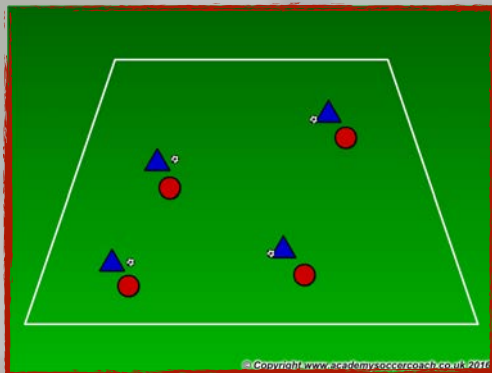
Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 7

Work:Rest: 1:1



Organisation/Explanation:

- 20x20 area
- Players in twos with one ball
- Simply blues are keeping the ball with passive pressure from the reds
- Keep your arm up and use as a 'iron bar' to shield the ball from the defender, keep your body in front of the ball.

Coaching Points

- Use sole and inside/outside of foot to keep control of the ball.
- Put your arm up to use as a Iron bar to help shield yourself and help with balance.
- Keep the ball moving.

Progression(s)

- Reds have 10 seconds to try to win the ball if not won blue gets a point.

Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:1



Organisation/Explanation:

- 20x20 area
- Players are in threes with one ball
- Player in the middle plays the ball to a player on the outside.
- The player on the outside (3), then has pressure from (2. middle player), 3 looks to keep the ball by shielding dribbling both directions and finally turning.
- Once turned they are now passing towards the third player and now trying to win the ball. (passively)

Coaching Points

- Iron bar for balance and help shield the ball
- Keep ball under control using the sole and inside/outside.

Progression(s)

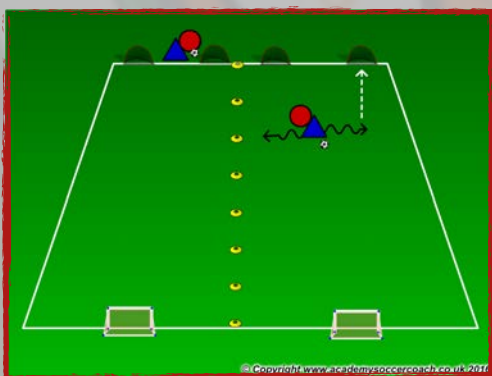
- Defender is now attempting to steal the ball. more pressure
- Can play a pass to the other player.

Duration: 25 mins

Intensity: High

Intervals: 6

Work:Rest: 1:3



Organisation/Explanation:

- 20x20 area split into 2 (20x10) channels. One side has two pug goals other one bigger goal.
- Reds kick the ball through the blues legs, blue attempts to keep the ball and shield, turn and score on either of the pug goals.
- Red is attempting to steal the ball and breakaway to score at the other end,

Coaching Points

- Speed of the turn
- Lock arm for shielding
- Control of the ball.
- Keep checking shoulder when to turn
- Find the right opportunity to turn.
- Angle of run to check to the ball.

Progression(s)

- Attacker has 10 seconds to score

Notes:

Ensure free play at the end of practice. 15/20minutes.Emphasis on shielding the ball.

Theme/Objectives: TEACH PLAYERS WHEN TO PENETRATE AND WHEN TO KEEP THE BALL

Age: U9-12

Mesocycle: Spring

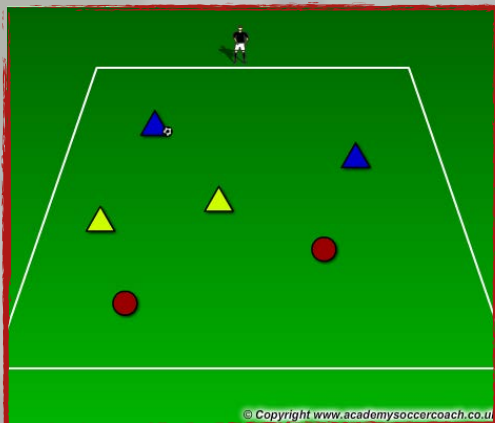
Microcycle: Tech-Tach

Duration: 15 mins

Intensity: Medium

Intervals: 7

Work:Rest: 1:1



Organisation/Explanation:

- 3 teams of 2.
- 4 vs 2
- Every pass is a point.
- If you can make a split pass counts as 3 points.

Coaching Points

- Movement off the ball
- Head up at all times
- Awareness of what pass to make
- Execution of touch and pass.
- Look to draw defender.

Progression(s)

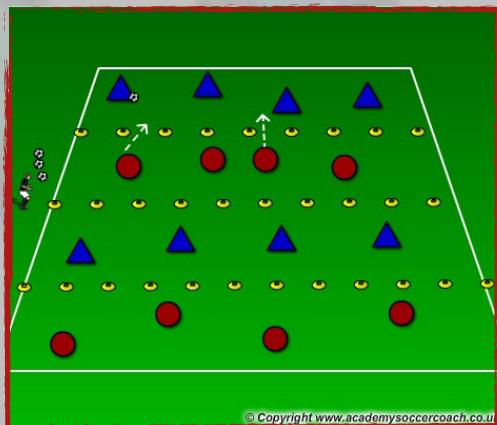
- Limit the no of touches.

Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- 4 teams of 4.
- 2 defenders go in to win the ball.
- Look to get ball to other team.
- Must make 5 passes before playing forwards.
- Can pass from own box or can dribble into next box to make pass.
- Middle groups act as defenders.

Coaching Points

- Same as above.
- When to play pass, when to take on the dribble.
- Awareness of surroundings.

Progression(s)

- Take away pass restriction, can play forward at anytime.

Duration: 25 mins

Intensity: High

Intervals: 6

Work:Rest: 3:2



Organisation/Explanation:

- 8v6
- Coach plays ball to one of blue defenders.
- Going to goal
- 2 target goals for Reds if they win ball

Coaching Points

- When to dribble and when to pass.
- Awareness of space and teammates positions
- Positive behavior on the ball

Progression(s)

- Add more defenders

Notes:

- Small sided game (25 mins)

Theme/Objectives: Introduction to a 1,2 (Wall Pass)

Age: 9-12

Mesocycle: Spring

Microcycle: Technical

Duration: 15 mins

Intensity: Medium

Intervals: 5

Work:Rest: 2:1



Organisation/Explanation:

- 20x20
- Divide into 4. half players have a ball in grid, half stand between grids.
- 3 skills then wall pass to move to next grid
- Players swap after 3 mins.
- Start off free play to see how players perform a wall pass.
- after 1 round add point system to promote better distances and angles.
- perform wall pass through close cones 1 point, second set of cones 5 points, 3rd 10 points

Coaching Points

- connect with passer, Eye contact, Talk.
- pass to team mate, then run forward past team mate.
- Emphasis on Angle and distance. (use cones)
- lead pass

Progression(s)

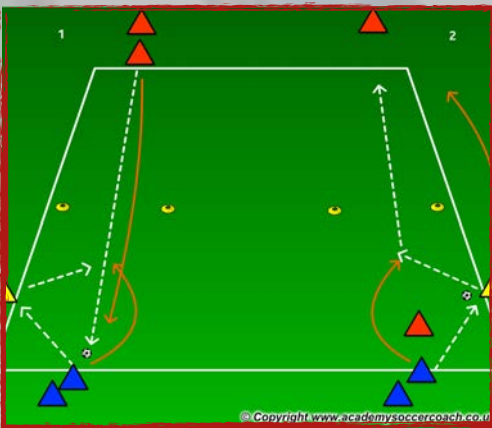
- 1 blue without a ball moving in any grid to play a wall pass.

Duration: 15 mins

Intensity: Medium

Intervals: 5

Work:Rest: 2:1



Organisation/Explanation:

- 4 players split into 2 groups opposite ends. 1 neutral player. Grid 10-15 yards long. 6 wide.
- red passes to blue follows pass adding passive pressure. Joins new line.
- blue plays wall pass around red pressure. passes ball to next red before reaching middle cones.
- Neutral then moves to be option (Wall) for next player.
- swap neutral every 3 minutes.

Coaching Points

- apply passive pressure by running straight.
- Pass then run past defender to receive back.
- Neutral player movement to create angle for wall pass.

Progression(s)

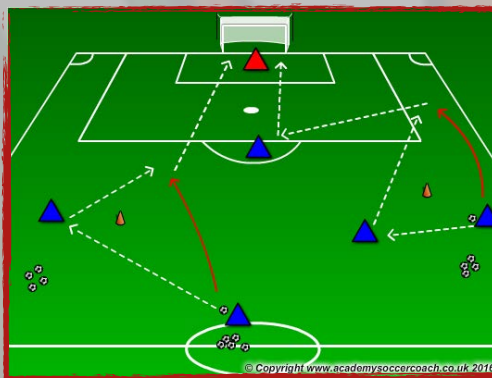
- vary passes.

Duration: 15 mins

Intensity: High

Intervals: 3

Work:Rest: 2:1



Organisation/Explanation:

- Wall pass to create opportunities on goal
- set up with #9,11,7,6
- #6 starts with ball plays a wall pass with #11 and then looks to shoot quickly
- #11 then plays wall pass to #6 and looks to cross to #9
- #7,9,11 stay in positions for 3 minutes then swap.
- #6 swap after both phases on 1 side are complete.
- repeat on opposite side

Coaching Points

- depth and angle
- pass and move
- communicate
- wall feed the ball into team mate path

Progression(s)

- defenders replace cones

Notes:

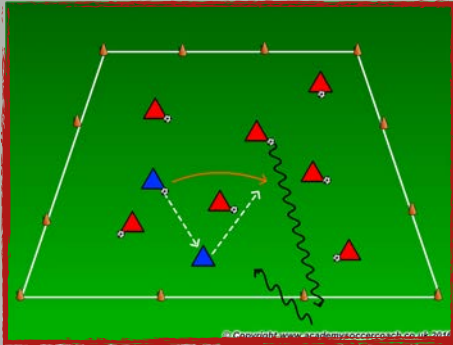
- Finish with 25 minute scrimmage

Duration: 15

Intensity: med

Intervals: 5

Work:Rest: 2:1



Organisation/Explanation:

- Players set up next to cones in Y formation. vary distances between cones.
- ball starts at bottom of Y play ball into feet player turns and passes the ball wide, (2 Touch), wide player then dribbles ball back to start.
- Players always follow there pass and replace the previous players space.
- player first receiving changes direction of play each time.

Coaching Points

- look to pass between players.
- receiving player movement
- lead passes.
- wall passes

Progression(s)

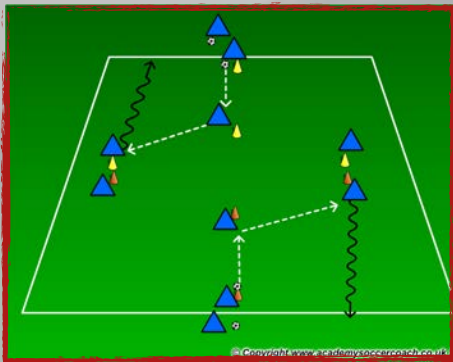
- Add pass blockers

Duration: 20

Intensity: Med

Intervals: 4

Work:Rest: 4:1



Organisation/Explanation:

1. 1 pair with 1 ball between them every other player has a ball each
2. players with ball try to dribble between 2 players and then dribble around a cone on the outside to earn a point
3. pairs passing the ball look for try and pass to each other between 2 players

Coaching Points

- Split passes through defender.
- receiver timing of the run

Progression(s)

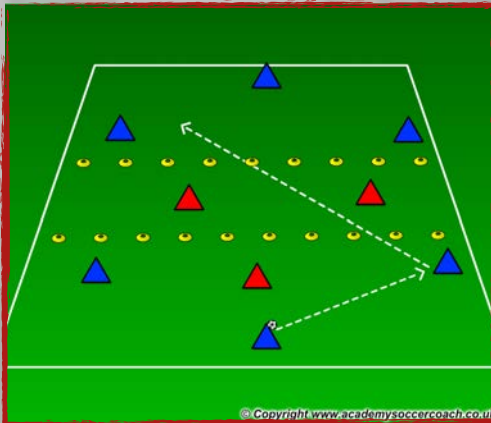
- 1 touch passes

Duration: 20

Intensity: Med/high

Intervals: 4

Work:Rest: 4:1



Organisation/Explanation:

- 3 separate grids
- 10x15 adjust if needed
- start off 3 players in each end grid, 3 defenders in middle grid
- attackers have 1 make 4 passes then transfer to other side.
- 1 defender can pressure the attacking team other 2 try to cut passing lines

Coaching Points

- move the defenders by moving the ball
- patient until opportunity presents itself
- split needs to be 1 touch
- keep an open body to see bigger picture.

Progression(s)

- have to play 5 passes before split
- 3 touch max

Duration: 30 mins

Intensity: High

Intervals: 2

Work:Rest: 14:1



Organisation/Explanation:

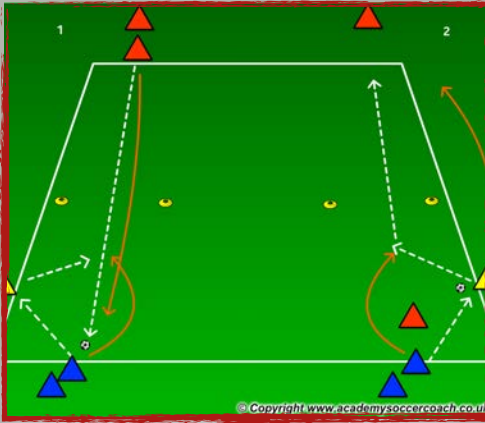
- End zone game
- 25x20
- 3 yard end zone at either end
- start with a player from each team in end zone
- team tries to pass ball to player in end zone to score. once score serve the ball to the opposition and swap end zone player.
- only 1 player in end zone at a time

Coaching Points

- know your pass before you get the ball
- play quick 1, 2 touch
- rebuild if needed don't force the play

Progression(s)

- has to be a lead pass into end zone to score, no player standing in end zone.



Duration: 15

Intensity: med

Intervals: 5

Work:Rest: 2:1

Organisation/Explanation:

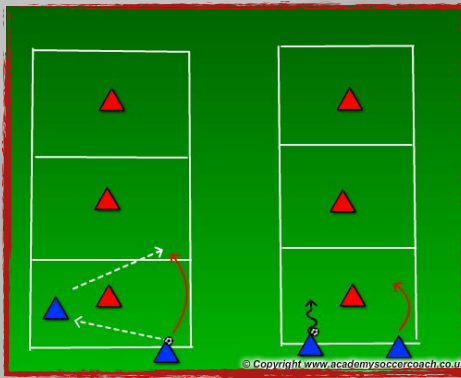
- 4 players split into 2 groups opposite ends. 1 neutral player. Grid 10-15 yards long. 6 wide.
- red passes to blue follows pass adding passive pressure. Joins new line.
- blue plays wall pass around red pressure. passes ball to next red before reaching middle cones.
- Neutral then moves to be option for next player.
- swap neutral every 3 minutes.

Coaching Points

- apply passive pressure by running straight.
- Neutral player movement to create angle for wall pass.
-
-

Progression(s)

- Vary Passes



Duration: 20

Intensity: Med

Intervals: 4

Work:Rest: 3:1

Organisation/Explanation:

- 2v1 Gauntlet
- 10x10 grids set up in a ladder.
- 2v1 try and dribble
- players have 2 minutes to try and get through as many times as possible.

Coaching Points

- positive take your space.
- invite pressure and look to pass to exploit
- look to combine, wall pass, overlaps

Progression(s)

- Time limit to get through
-
-



Duration: 20

Intensity: Med/high

Intervals: 4

Work:Rest: 4:1

Organisation/Explanation:

- attacker split into two attacking groups outside of box
- GK set up in goal
- Defenders start to the side of the goal.
- Defender serves into either attack then attackers try to score.
-
-

Coaching Points

- Attackers start wide
- Invite Pressure and Destroy
- Wall Pass
- Overlap

Progression(s)

- Bonus for a combination
- GK serves the ball with defender in set position



Duration: 30 mins

Intensity: High

Intervals: 3

Work:Rest: 9:1

Organisation/Explanation:

- 30x25
- 4v4 with two neutral
- if ball goes out team have to touch their goal. encourage possessing the ball.
-
-
-

Coaching Points

- Space
- posses the ball
- take advantage of overload
- play quickly if other team kicks ball out

Progression(s)

- make 5 v 5 without neutrals
-

Theme/Objectives: attacking overloads, inviting and destroying pressure

Age: 9-12

Mesocycle: Spring

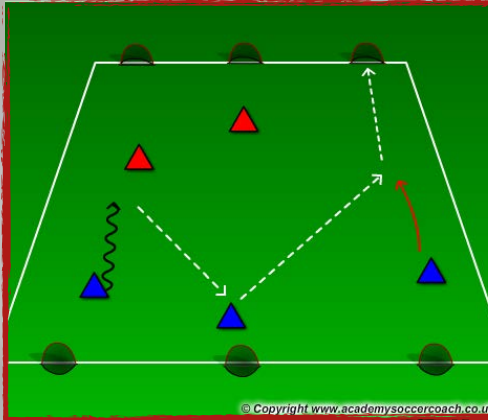
Microcycle: Technical

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1



Organisation/Explanation:

- defender serves to a wide attacker
- then play 3 attackers vs 2 defenders
- if defenders win the ball they can counter
- swap roles to see if other team understands attacking principles

Coaching Points

- drive forward to invite pressure
- beat player or pass to destroy pressure.
- keep width/ create space
- overlaps
- quick combination/wall pass

Progression(s)

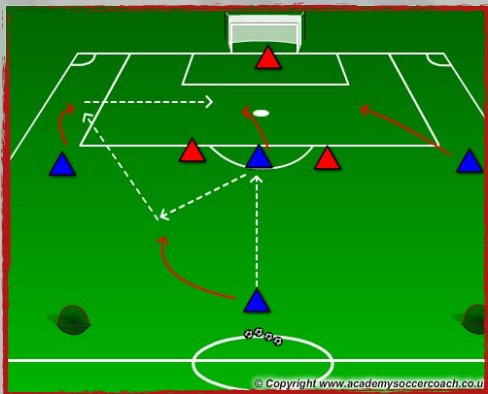
- time limit to score
- take away overload

Duration: 20 mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:1



Organisation/Explanation:

- 4v3 towards goal
- set up match realistic with attackers having #9,11,7,8
- defenders set up #1,4,5
- #8 starts with the ball, plays into #9 and then looks to attack and combine with other players
- if defenders win the ball they can counter to pug goal.

Coaching Points

- #9 movement to receive and hold the ball up
- supporting angles
- looking to get behind
- quick combination
- best shooting opportunity

Progression(s)

- add an extra defender
- add #6

Duration: 20 mins

Intensity: High

Intervals: 4

Work:Rest: 4:1



Organisation/Explanation:

- 3 player attack
- 4 teams of 3, including 2 defending teams
- first wave starts with blue player by 1 goal
- blue player dribbles out at speed and 2 other blues then come into play and try to score.
- if defenders win the ball they attack opposite goal.
- once a goal is scored or ball goes out of play second wave attack by yellow shooting opposite direction.

Coaching Points

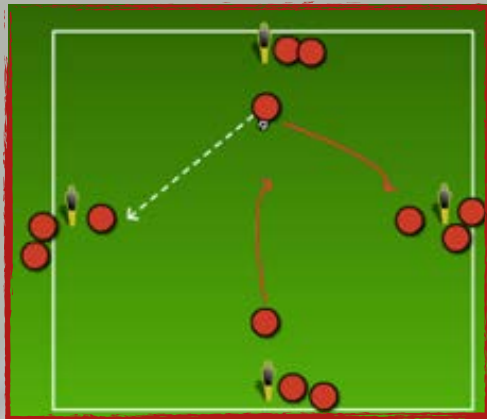
- first player has to drive at goal (Invite Pressure)
- beat or pass to free player (destroy)
- supporting runs, angles
- open body (see ball and goal)

Progression(s)

- time limit to score
- 1 touch finish

Notes:

- End with SSG



Duration: 15 mins Intensity: Low

Organisation/Explanation:

- 10x10 or 15x15 yard grid dependent upon ability
- 4x mannequins and 3x players on each mannequin
- Player with ball passes to his right and rotates to his left
- Player opposite the ball presses it
- Can limit number of touches if appropriate to challenge players more
- Add in a target number of passes within a given time period to increase intensity

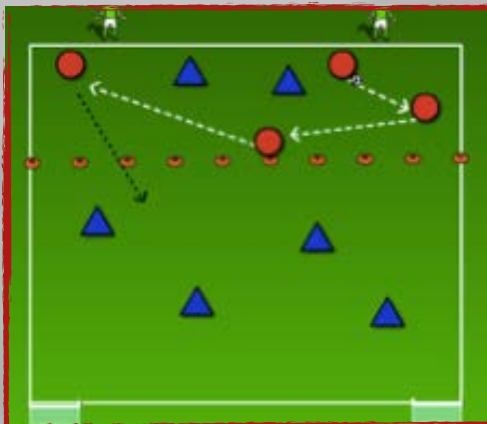
Intervals: 5 Work:Rest: 2:1

Coaching Points

- Press the ball quickly (Introduce pressing cues)
- Force play to one side when pressing
- Read triggers and cues
- Move as the ball travels
- Communication

Progression(s)

- Pass left, rotate right
- Remove stipulations on which direction to pass - pressing now needs to be reactive/



Duration: 25 mins Intensity: Low-Mod

Organisation/Explanation:

- 35x30 area with 2 target players at one end and small corner goals at the other
- 4v2 in one third of the field
- 4 players look to combine to unbalance the 2 and break out to attack 2 corner goals
- 4 defenders look to defend two corner goals
- If defenders win possession they can play to target players to score a point
- Rotate offensive and defensive roles between intervals

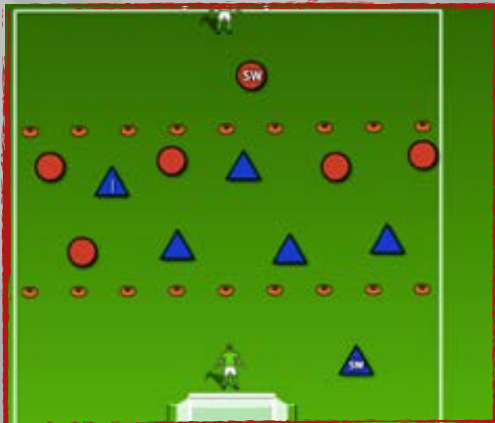
Intervals: 7 Work:Rest: 2:1

Coaching Points

- Read pressing cues and triggers
- When to press the ball and when to drop off and defend the line/space
- Pressure on the ball = squeeze in, high line, threaten the ball
- No pressure on ball = drop and defend

Progression(s)

- If attacking team breaks line 2 points, score in small goals = 3 points, defenders play to targets = 1 point



Duration: 25 mins Intensity: Mod-High

Organisation/Explanation:

- 60x35 area with goals and GKs
- 5v5 + 1 assigned Sweeper (SW) for each team
- SW must stay in defensive third and is limited to 3 touches
- All other players free to play in all thirds and are partnered with opposing player - players can only tackle their assigned opposing player
- Remove thirds and progress to conditioned game to finish session, still focusing on pressing themes within play

Intervals: 6 Work:Rest: 3:1

Coaching Points

- Read pressing triggers and cues
- No pressure on ball = drop and narrow off
- pressure on ball = squeeze in, high line, threaten the ball
- Communication
- Awareness of position of team mates and opponents

Progression(s)

- Remove sweeper roles
- Remove restriction on only tackling assigned opponents



Duration: 25mins Intensity: High

Organisation/Explanation:

- SSG played in half a field
- Keep Sweeper roles from previous activity
- Encourage pressing cues and when/how to press
- Allow free play near the end of the activity

Intervals: 5-8 Work:Rest: 5:1

Coaching Points

- Read pressing triggers and cues
- No pressure on ball = drop and narrow off
- pressure on ball = squeeze in, high line, threaten the ball
- Communication
- Awareness of position of team mates and

Progression(s)

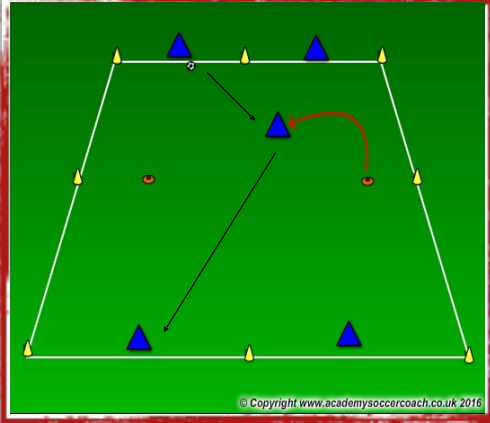
- Removal of Sweeper roles
- Goal scored from pressing in the final third count as 2

Theme/Objectives: To Transition the ball from the goalkeeper through the playing thirds within game limitations. Use of triggers to view in drills are then performed in a game scenario.

Age: 10 & 11

Mesocycle: Spring

Microcycle: Passing



Duration: 10 Mins Intensity: Building Intervals: 2 Mins Work : Rest: 4:1

Organisation/Explanation:

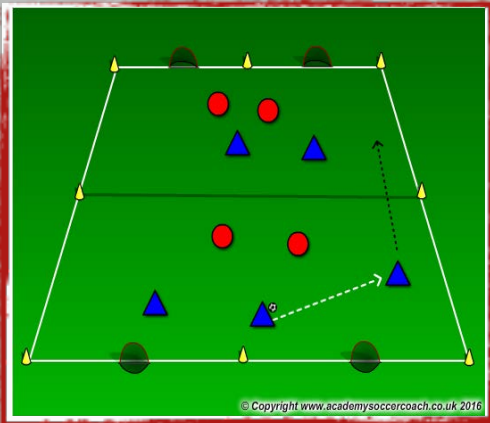
- Grid: 20*20. 5 players per grid using one soccer ball at the beginning.
- One player in the middle, rotate the movement of the ball from one area to another.

Coaching Points

Close control and body position to take the ball on the back foot to move play quickly.

Progression(s)

Move the ball from a diagonal pass, further distance.



Duration: 15 Mins Intensity: Building

Intervals: 2 Mins Work: Rest: 4:1

Organisation/Explanation:

- Grid: 30*30. 9 Players. 4 Goals. Server plays the ball from the top.
- Changing the point of play from one area to the next with a penetrating run/pass as we try to play out from the back.
- Penetrating player transitions to score.

Coaching Points

- Body position, taking the ball on our back foot.
- Lock the ankle when passing the ball.
- Movement of support players.

Progression(s)

Increase the number of defenders & Number of passes until transition.



Duration: 15 Minutes Intensity: Building

Intervals: 2 Mins Work: Rest: 4:1

Organisation/Explanation:

- Grid: 40*30. 10 players. 2 Goals with the ball beginning with the blue team's goalkeeper.
- A 5v5 game with the goal to transition the play from one side to the end to the other by having the wide players touch the ball to move forward.

Coaching Points

- Body position of the receiving player.
- Moving the ball create penetration in the next third.

Progression(s)

Over load on attacking wingers. Expand to a full size.

Notes: Triggers to use when playing from the back: Defenders is when the ball is at the GK. Midfielders to move off the defenders in possession.
Visual Cues: Defender position. Positive first touch control. Movement off the midfielder to create space.

Theme/Objectives: POSSESSION THROUGH THE THIRDS

(1) Improve ability to break defensive lines (2) Improve movement off the ball to receive (3) Improve ability to keep possession

Age:

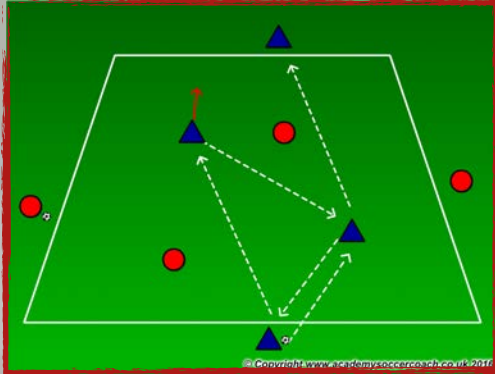
Mesocycle:

Microcycle:

Duration: 15 mins Intensity: Medium

Intervals: 3

Work:Rest: 3:2



Organisation/Explanation:

- 30x30 area.
- Players work in groups of 4 with one ball. Work on passing patterns to work ball from one side to the other.
- Players look to connect at least once before passing to other side.

Coaching Points

- Quality/Weight of pass
- Angle of support
- Body shape to receive
- Awareness of ball, space, teammates
- Speed of play
- Movement off ball to receive

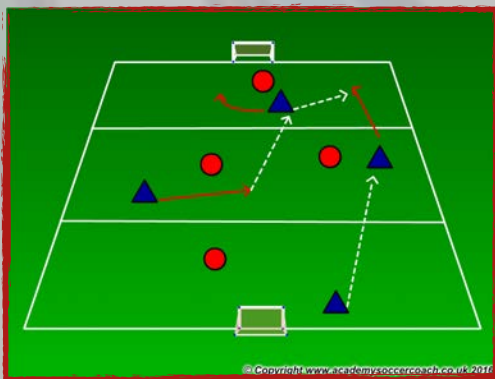
Progression(s)

- End players switch and come in after receiving
- Blue vs Red teams

Duration: 20 mins Intensity: Medium

Intervals: 4

Work:Rest: 3:2



Organisation/Explanation:

- 4 (1-2-1) v 4 (1-2-1).
- Directional game, attacking team can create 2v1 overload in defensive and attacking thirds.
- Ball starts from defensive zone of team in possession/coach can play ball in.
- Goal is to work ball through the thirds to score.
- Upon winning possession team can play from third of field they won the ball.

Coaching Points

- Move as the ball travels
- Move diagonal/opposite runs to receive and combine
- Play forward to break defensive lines

Progression(s)

- Add more players/Gk's
- Must play 1 pass in defensive zone before playing forward

Duration: 25 mins Intensity: Medium

Intervals: 5

Work:Rest: 3:2



Organisation/Explanation:

- 6 (1-2-2-1) vs 6 (1-2-2-1)
- Half field (7v7/9v9 format)
- Ball starts with GK who must build play from defensive third.
- Directional game with transition, upon winning possession team can play from third of field they won the ball.

Coaching Points

- Application of all previous points

Progression(s)

- Add more players
- Must play 1 pass in defensive zone before playing forward

Notes:

Theme/Objectives: Switching play, Changing the point of attack

Age: u9-12

Mesocycle: Spring

Microcycle: Technical

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

Organisation/Explanation:

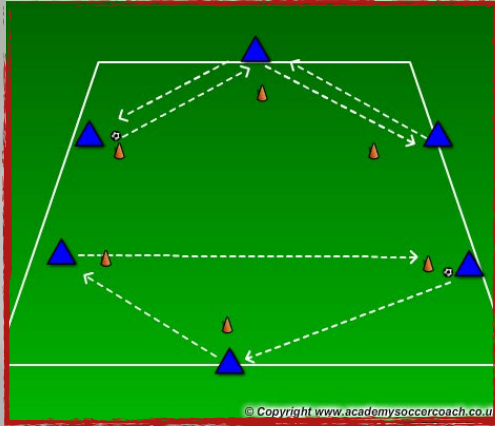
- 3 set up as shown with 10 yards between each cone
- Player in the middle receives ball back foot, open out and pass other side, repeat
- Change middle player every 2 minutes

Coaching Points

- check away from cone
- open out body
- server pass in-between player and cone
- Check switch before you receive ball.

Progression(s)

- wide players can then play big switch



Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

Organisation/Explanation:

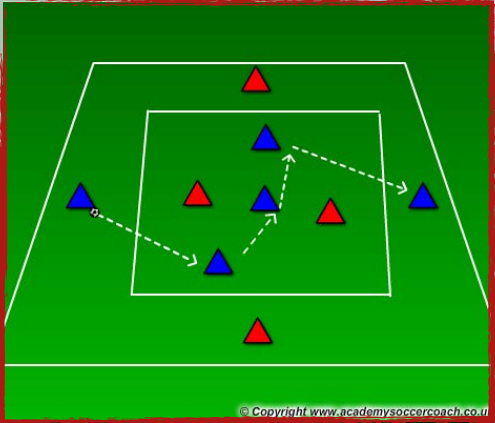
- 3v2 in the middle
- 2 team mates on outside of the grid
- practice starts with ball on outside, pass into team mate who aim to try and play out to opposite side. (Switching Play)
- a goal for every time a team switches play successfully

Coaching Points

- open body position
- quick combination
- create triangles as a team

Progression(s)

- 3v3 in middle



Duration: 15 mins

Intensity: High

Intervals: 3

Work:Rest: 4:1

Organisation/Explanation:

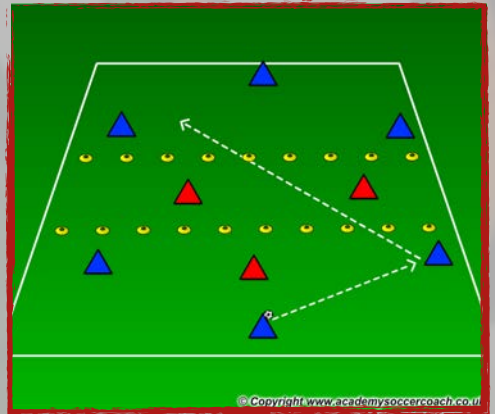
- 3 Grids
- 3 teams of 3 in each grid
- defenders in middle
- 2 teams at opposite ends work to try and keep the ball and switch play
- 1 point every time the ball is successfully switched
- if defenders win the ball they swap areas with unsuccessful team.
- 1 defender can go into attackers grid to press the ball, other 2 defender cut passing lines

Coaching Points

- shape, triangle
- open body to see when to switch
- receiving team be alert and move
- create angles to with and split defenders

Progression(s)

- add a attacker in middle grid to play though
- 4 passes before switch



Notes:

- End on small sided game to see if players picked up principles
- coach serves ball if it goes out

Theme/Objectives: CROSSING & FINISHING: INTRODUCTION

(1) Develop type and quality of cross (2) Timing of runs and movement off the ball (3) Ability to get into crossing positions

Age:

Mesocycle:

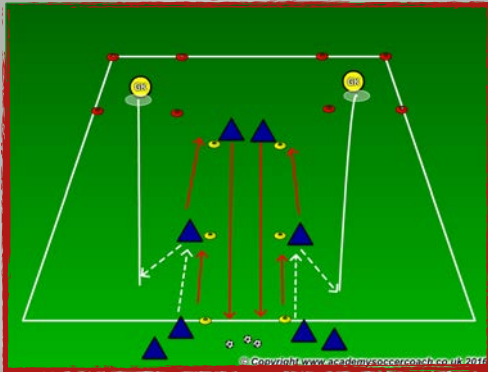
Microcycle:

Duration: 15 mins

Intensity: Low

Intervals: 3

Work:Rest: 4:1



Organisation/Explanation:

- 40 x 20 with 2 x GK' s at one end of the area and 2 lines of players at opposite end.
- 2 circuits. Player sets the ball to player on yellow cone to receive back and play a long pass/cross to the GK' s hands. Player who sets the pass then turns and performs dynamic stretches to next yellow cone and the player who played the long pass becomes the set player.
- Work both sides.

Coaching Points

- Accuracy of pass/cross
- Type of pass/cross (lofted/chip/swerve/driven)
- Communication
- Varied dynamic stretches and techniques

Progression(s)

- Cross first time after lay off
- Add balls into dynamic area

Duration: 20 mins

Intensity: Low

Intervals: 4

Work:Rest: 4:1



Organisation/Explanation:

- 2x Areas 20 x 10 with 6 mannequins/ large cones between the 2 x areas.
- Players divided into 2 teams with each team in 20 x 10 area passing and moving.
- (A) On coaches call, teams deliver and cross the ball from one area to another.
- (B) Progress by adding GK' s, receiving players drive out and cross to player from other team to finish.

Coaching Points

- Quality of cross
- Type of cross
- Timing of runs to finish

Progression(s)

- 1 or 2 touch finish
- Call numbers to designate who crosses or type of cross

Duration: 25 mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:2



Organisation/Explanation:

- 40 x 30 with goal and GK at each end. Players on orange cone pass; combine to deliver a cross for 2 x attackers to finish from yellow square.
- Rotate roles of players.

Coaching Points

- Accuracy of the pass/cross
- Timing of runs
- Types of attacking runs into the area to finish

Progression(s)

- Increase numbers of defenders
- Increase number of attackers

Notes:

Theme/Objectives: Crossing and Finishing

Age: u11-12

Mesocycle: Spring

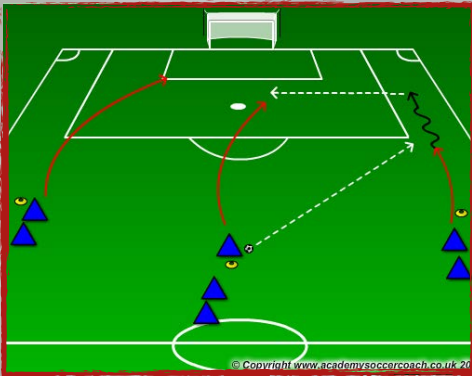
Microcycle: Technical

Duration: 15 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- crossing and finishing from midfield
- Ball starts with centre mid
- Lead pass out to either winger
- opposite winger and centre mid then run to attack the ball.

Coaching Points

- weight of pass
- movement off ball
- cross ahead of striker
- timing of run
- angle of run

Progression(s)

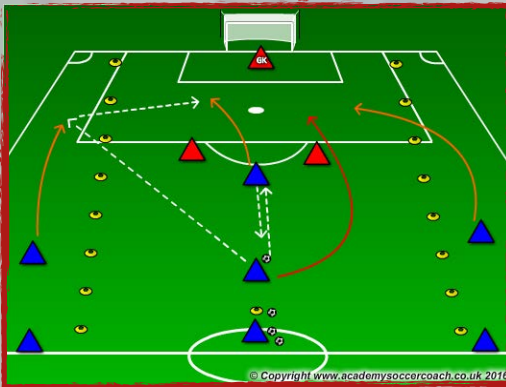
- Cross over runs
- add a #9 to combine and join attack.1

Duration: 20 mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:1



Organisation/Explanation:

- crossing and finishing opposed
- ball starts with centre mid
- has to combine with 9 before playing out wide
- ball gets passed wide, defenders can't enter wide channels

Coaching Points

- quick combo between 9 & 10, (set pass)
- lead pass to winger
- cross type
- timing & direction of run

Progression(s)

- 2 touch max in channel
- 1 touch finish

Duration: 30 mins

Intensity: High

Intervals: 2

Work:Rest: 15:1



Organisation/Explanation:

- 5v5 with Crossing channels
- wide channels are only for attackers
- players can dribble down channel opposed and look to cross

Coaching Points

- try to play out wide
- support run
- positive drive forward if in channel
- type of cross

Progression(s)

- 1 touch finish
- 2 touch max if in channel
- remove channel

Notes:

- Finish with SSG 5 points if a goal from a cross

247



adidas

BRUNO MAGUIRE

