



# Rec Coach Session Guide (U13 - U19)

Compiled by Dan Chubbock



@247UKSoccer

[www.24-7uksocceracademy.com](http://www.24-7uksocceracademy.com)

## INTRODUCTION

Dear Coach,

This session guide has been created with the intent to provide direction and guidance to the volunteer coaches of our programs, so that they can spend their time and energy on the field, rather than scouring the web for session ideas.

These 25 sessions are what we feel best represent the philosophy and playing style of the programs 24-7 work with. With sessions hand picked by our professional coaches, this manual gives a range of practice ideas for all stages of development from U13 - U19.

The practices in this guide contain a balance of the technical, tactical, physical and psychosocial aspects that will allow the players to push themselves to reach their goals in the game, whilst having fun in activities that are specifically designed to be enjoyable and adaptable to all levels.

The contents on page three, lists the recommended age groups that the sessions are aimed towards. The manual contains sessions from U12 - U19 giving a long term development plan to help players and teams, in order to help reach their potential. On Page four, you will also find a recommended syllabus to help you plan your entire season and allow for some familiarity with the activities the players are seeing each season.

The key below right should help identify each of the symbols within the session plan. For any activities or terminology that you do not understand, refer to the 24-7 online curriculum or contact your Director of Coaching and Player Development (DOC).

This guide is just a sample of the sessions available to our volunteer coaches, with many more available in 24-7 UK Soccer Academy's Online Curriculum. Login details will be provided by your DOC.

We are pleased to be able to provide this resource to our coaches and players and hope that it allows you to spend more of your energy on the field, to allow for maximum enjoyment and player development.



Dan Chubbock

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# SYLLABUS

Age Group	U9 - U10	U11 - U12	U13 - U14	U15 - U16	U17 - U19
Session 1	Dribbling - Basic technique	Receiving - Back foot	Possession Principles	Possession Principles	Possession Principles
Session 2	Receiving - Back foot	Receiving - Front foot	Turning - To keep possession	Passing - One touch	Passing - One touch
Session 3	Turning - To keep possession	Turning - To keep possession	Passing - Lofted, driven, chipped	Turning - Checking shoulder	Turning - Checking shoulder
Session 4	Shooting - Basic Technique 1	Shooting - Basic Technique 1	Attacking - Final third (finishing)	Attacking - Final third (finishing)	Attacking - Final third (finishing)
Session 5	Dribbling - Feints and Disguises 1	Dribbling - Feints and Disguises 2	Dribbling - Feints and Disguises 2	Defending - Pressure, Cover	Defending - Pressure, Cover

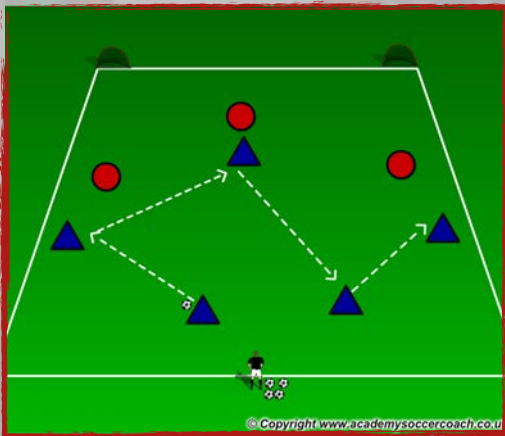
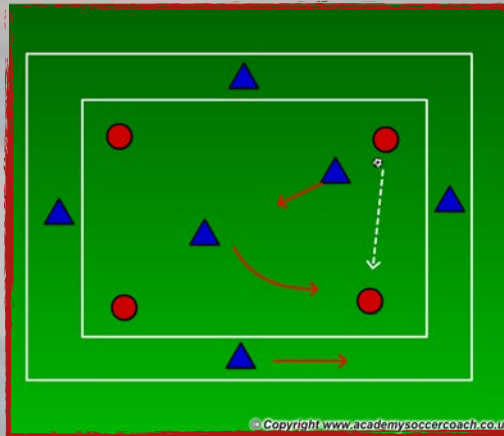
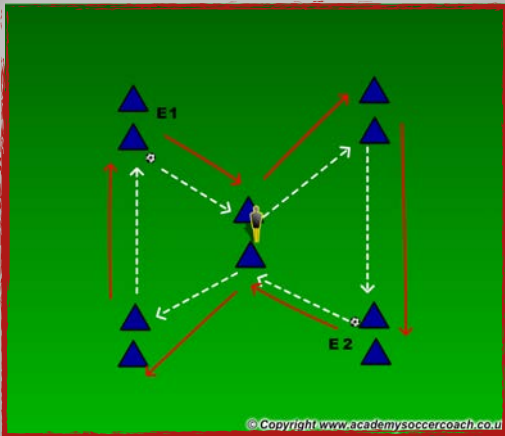
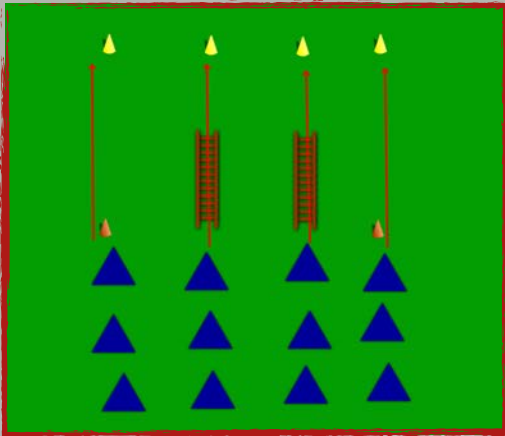
Depending on level of team, go back and repeat sessions 1 thru 5 or try out some of the sessions below

Session 6	Dribbling - Feints and Disguises 2	Passing - Lofted, driven, chipped	Passing - One touch	Attacking - Crossing and finishing	Attacking - Crossing and finishing
Session 7	Receiving - Front foot	Passing - One touch	Turning - Checking shoulder	Counter Attacking	Counter Attacking
Session 8	Turning - To keep possession	Attacking - Final third (finishing)	Shooting - For Accuracy	Possession With Purpose	Possession With Purpose
Session 9	Passing - One touch	Turning - Checking shoulder	Passing & Receiving - To play forward	Passing & Receiving - To play forward	Passing & Receiving - To play forward
Session 10	Defending - 1v1	Defending - 1v1	Defending - Pressure, Cover	Passing - Lofted, driven, chipped	Passing - Lofted, driven, chipped
Session 11	Dribbling - Running with the ball	Receiving - Various surfaces	Shielding & Turning - With & without pressure	Shielding & Turning - With & without pressure	Shielding & Turning - With & without pressure
Session 12	Defending - Block tackle	Defending - Pressure, Cover	Attacking - Crossing and finishing	Shooting - For Accuracy	Shooting - For Accuracy

## Theme/Objectives:

### PRE GAME WARM UP.

Multiple activities that can be used for a team warm up and modified to suit the age and level of the team being coached.



## Organisation/Explanation:

1. Dynamic stretching & Ladder Work.  
Team will go through a set list of dynamic stretches and patterns through the ladders.

For example...

- High knees/Heels up
- Sidesteps
- Open/Closing Gate
- Lunges
- Explosive Jumps
- Shuffle (forward)
- Shuffle (backward)
- Sprint
- Hops

2. Dribbling Activity

- Players with one ball per group, dribble ball to mannequins in the middle, perform a move and drive to other side.
- Progress by making players turn at mannequin and pass back to teammate.

3. Back Foot Passing Technique

- Two balls going at once. Pass and follow in the order of the dotted lines.
- Player in middle should open up with back foot and play ball to next person.
- Change direction to go reverse clockwise.
- Force outside players to move ball one touch.

4. 4v2 to 6v4 Keep-away Activity

- Red start with ball and play in central grid.
- Two blues must steal ball and then use outside blue players to maintain possession.
- Switch roles every 90 seconds

Defenders will work on activity 5, attackers activity 6...

5. 5v3 Basic Possession

- Ball is fed into blues, who shift ball back and forth until space opens up to drive into target goal.
- Red try and win ball and play into coach.

6. 4v3 to goal

- Ball can either start with Blue, or be played into them by red defender.
- Blue must try to break quickly and score
- Red team play to target goals

## Coaching Points/Progressions:

- Increase pressure and intensity as warm up progresses.
- Add in extra defenders/attackers as required
- Set restrictions related to player/team goals for the game

## Notes:

- Spend no longer than 45 minutes on the warm up (including time for team talk, goal setting and individual player instructions).
- Warm up for younger teams should be shorter

**Theme/Objectives:** TEACH PLAYERS BASIC DRIBBLING TECHNIQUE

Players should be challenged to move the ball, keeping it close to their feet, with their head up, to look for space.

Age: U8

Mesocycle: Spring

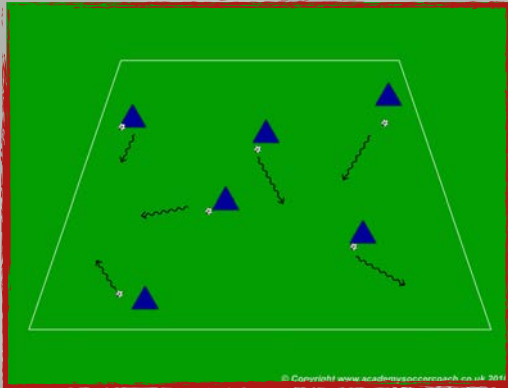
Microcycle: Technical

Duration: 20 mins

Intensity: Medium

Intervals: 15

Work:Rest: 2:1



**Organisation/Explanation:**

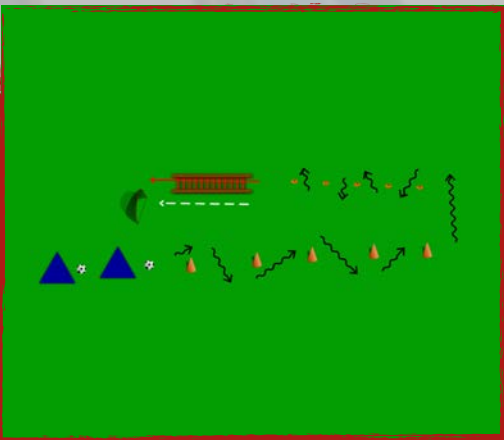
- 20x20 grid
- Every player dribbling with a ball.
- Players then asked to do various exercises...
  - Toe taps
  - Boxes
  - Outside-inside
  - V's
  - Pull-push
  - L turn

**Coaching Points**

- Use correct part of the foot.
- Stay on toes and keep ball moving.
- When dribbling...
  - Head up
  - Ball close to feet
  - Move into space

**Progression(s)**

- Add defender(s) to steal ball from players.
- Players must do 10 toe taps to get back in



Duration: 25 mins

Intensity: Medium

Intervals: 6

Work:Rest: 3:1

**Organisation/Explanation:**

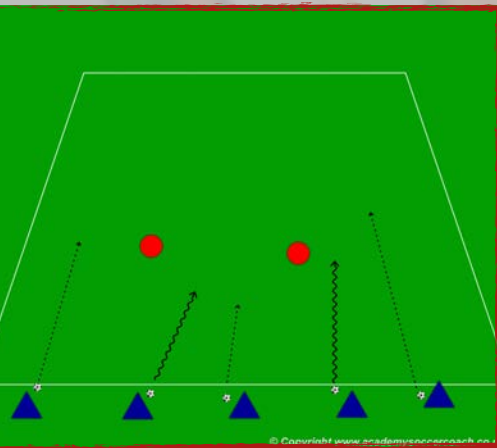
- Set up circuit with two sets of five cones for dribbling in and out (each set of five should have different distance between cones), a speed ladder and a goal.
- Player must dribble in and out both sets of cones, pass the ball into the goal and move through the ladder.
- Alternate movements through the ladder
- Alternate the way in which players move through the cones (inside, outside, sole and laces).

**Coaching Points**

- Players should stay close to the cones
- Keep ball close to feet
- Stay on toes
- Get head up
- Move at pace

**Progression(s)**

- Make it a race between teams.



Duration: 15 mins

Intensity: Medium

Intervals:

Work:Rest:

**Organisation/Explanation:**

- 20x20 grid.
- Blues have a ball each and must dribble to opposite side of grid, without red player stealing their ball.
- If a blue gets caught, they join the reds in the middle.

**Coaching Points**

- Keep ball close
- Take ball into space
- Keep head up
- Use different parts of the foot to create space.

**Progression(s)**

- Limit time to get to the other side.
- Make grid smaller.

**Notes:**

- Set up fields for 3v3/4v4 games to scrimmage (25 mins).

**Theme/Objectives:**

Teach players how to perform basic moves and then perform them under increased pressure.

Age: U8

Mesocycle: Spring

Microcycle: Technical



Duration: 20

Intensity: Medium

Intervals: 10

Work:Rest: 1:1

**Organisation/Explanation:**

- Set up 20x20 grid
- Players should have a ball each
- Players move around inside grid carrying out a variety of skills
  - Toe taps
  - Boxes
  - Vs
  - Inside/Outside foot dribbling
  - One foot dribbling only
- Introduce some of the 'feints' that will be taught in the session (Matthew's, Scissors)

**Coaching Points**

- Good tempo
- Players should be on balls of feet
- Keep ball close to feet and get head up.

**Progression(s)**

- Have players count touches and make it a competition



Duration: 25

Intensity: Medium

Intervals: 6

Work:Rest: 3:1

**Organisation/Explanation:**

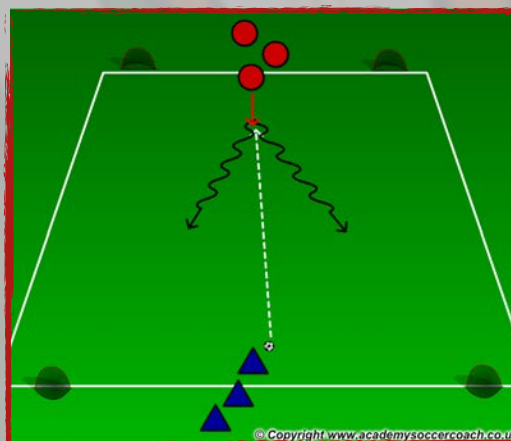
- Use same 20x20 grid, but add cones in the middle to act as defenders
- Players work in pairs, dribbling across grid, performing a move as they get to the 'defender'
- Demonstrate the following moves to perform...
  - Matthews
  - Scissors
  - Inside Outside
  - Double Touch
  - Jay-Jay (Okocha)

**Coaching Points**

- Use correct technique for each move (use technical videos as a guide on this)
- Accelerate out of move into the space
- Demonstrate a good 'feint' on the move to create space to beat defender.

**Progression(s)**

- Add a defender into the box to steal the ball
- Have two pairs go at a time (four players)



Duration: 20

Intensity: Medium

Intervals: 4

Work:Rest: 5:1

**Organisation/Explanation:**

- Set up 15x10 grid with two goals each end
- Player starts with ball and plays it to opposite end.
- Player receiving becomes attacker and must use 'feints and disguises' to beat the defender, scoring in one of the two goals
- Change ends after each play.

**Coaching Points**

- Move to ball and take a positive touch into the space.
- Be creative with the footwork and try different moves.
- Get head up to find space
- Use deception to create space

**Progression(s)**

- Make field smaller and play ball in from different heights

**Notes:**

- Set up fields for 3v3/4v4 games to scrimmage (25 mins).
- Free Play

**Theme/Objectives:** DRIBBLING: FEINTS & DISGUISES IN 1V1 SITUATIONS.

Age: U9-12

Mesocycle:

Microcycle:

**Duration:** 15 mins **Intensity:** Low

**Intervals:** 5 **Work:Rest:** 2:1



**Organisation/Explanation:**

- Players dribble in the area.
- If play approaches a cone, have to perform a feint.
- Feints: Matthews, maradona, jay jay, double scissors, scissors.
- Allow players to free dribble after going through the feints.

**Coaching Points**

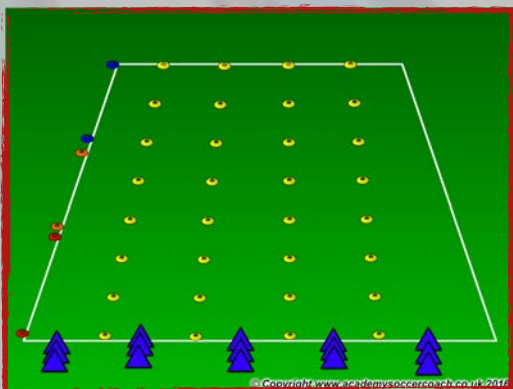
- Exaggerate the feint, drop the shoulder. Acceleration from opponent.
- Close control with the dribble/head up.

**Progression(s)**

- Let players express themselves.

**Duration:** 20 mins **Intensity:** Low

**Intervals:** 6 **Work:Rest:** 2:1



**Organisation/Explanation:**

- 20x20 area. 5 channels with three different zones (Red, Orange, blue) with 3 players at the start of them with a ball each.
- Once first player left the first zone next one can go.
- Each zone represents different moves/ amount of touches allowed in that zone, while continuing the dribble.
- Red to start allowed 5 touches, orange two big touches, blue 5 touches.

**Coaching Points**

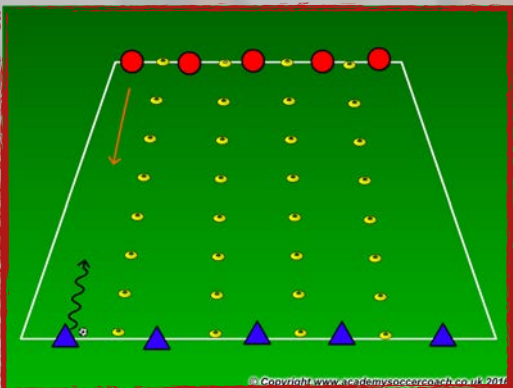
- Fluidity in the dribble, no sign of pause.
- correct technique for feint
- Close control, head up.

**Progression(s)**

- Passive defender in the middle zone to skill move past.
- Defender is no longer passive.

**Duration:** 25 mins **Intensity:** High

**Intervals:** 8 **Work:Rest:** 1:2



**Organisation/Explanation:**

- 1v1 attacker v defense.
- Defender passes ball into attacker, defender waits for first touch so attacker can build up speed.
- Passive to start.

**Coaching Points**

- Attack at pace
- Once feint is completed accelerate away.

**Progression(s)**

- Defenders can now challenge for the ball.
- Bring in a second defender.

**Notes:**

Allow 20 minute. SSG at the end. encourage players to beat opponent.



**Theme/Objectives:** DRIBBLING: RUNNING WITH THE BALL

Age: U9-12

Mesocycle:

Microcycle:

Duration: 15 mins Intensity: Low

Intervals: 4 Work:Rest: 3:1

**Organisation/Explanation:**

- 30x30 square, with a 10x10 square inside.
- Players are split into two, half in the middle, half in the big square.
- Little touches in the middle, big touches in the big square.
- When the coach claps or shouts GO! Players in both squares have to take a big touch out of their square. Players in the big square go back onto the middle. Emphasis on big touch.

**Coaching Points**

- Using laces to run with the ball.
- big positive touches.
- Head up and accelerate

**Progression(s)**

- Introduce pressure from defenders in big square.
- Time limit on the swap.

Duration: 20 mins Intensity: High

Intervals: 10 Work:Rest: 1:1

**Organisation/Explanation:**

- 30x30 square, players split in half, half on the outside and half in the middle.
- 5 balls
- Servers(outside) play the ball into feet of the players inside of the area.
- Players must then speed dribble to a server and leave the ball at their feet. The process is then repeated.

**Coaching Points**

- Head up awareness of the servers and observe.
- Big first touch out of your feet.
- Fewest number of touches to cover the distance.

**Progression(s)**

- Shout how many servers don't have a ball by checking shoulder.
- Introduce defender.

Duration: 25 mins Intensity: Medium

Intervals: 6 Work:Rest: 3:1

**Organisation/Explanation:**

- 50x30 area with two channels 5 yards wide.
- 3v3 with two goalkeepers and two neutral players in the channels
- Must look to pass into the neutral players and they have a max of 3 touches.
- No defensive player can enter the channel.
- If more than 3 touches then possession is surrendered.
- Simply a conditioned game, neutral players can cross the ball.

**Coaching Points**

- Positive touches, and observe.
- Fewest number of touches.

To make it easier for the neutral add 5 touches.

**Progression(s)**

- 1 defender can enter the channel.
- 1 attacking player can enter channel to Create overlaps in the channel.

**Notes:**

Take out channels at the end and ensure free play for the players, observe and see if players run with the ball.

Theme/Objectives: **PASSING: ONE TOUCH**

Age: U9-12

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 8

Work:Rest: 1:1



Organisation/Explanation:

- 5x5 boxes, with three players and one ball in each.
- Each player has a side of the box; players pass and move to the free side.
- To start players have to have two touches of the ball

Coaching Points

- Close control
- Quick sharp movements
- Lock the ankle
- Open body shape.

Progression(s)

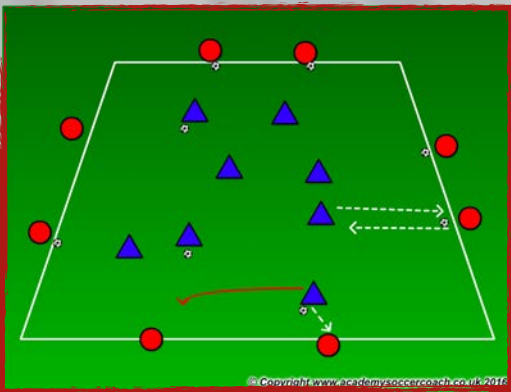
- Introduce one pass rule

Duration: 20 mins

Intensity: Medium

Intervals: 10

Work:Rest: 1:1



Organisation/Explanation:

- Half players in middle of 20x20 square. Half on the outside.
- Players in the middle are looking to receive the ball and play it within one touch to the players on the outside.

Coaching Points

- Check shoulder (3 check rule)
- Open body shape
- Quick movements around the square
- Inside pass, head up, communication.

Progression(s)

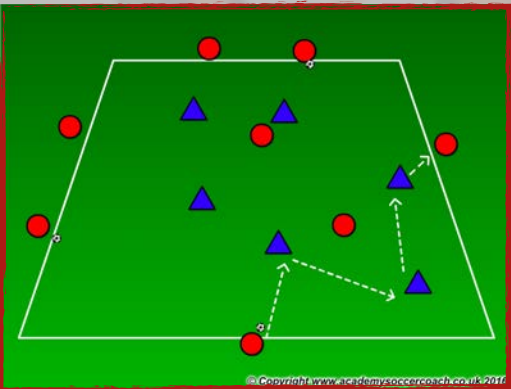
- Introduce defenders for pressure.
- Play to another free player on outside in one pass

Duration: 25 mins

Intensity: Medium

Intervals: 6

Work:Rest: 1:1



Organisation/Explanation:

- Same as the drill before but players are now in threes, two 3v1s within the area. The first pass from the outside player has to be played one touch and the pass moving the ball to the player on your team has to be one touch.
- Players move around the area receiving and working to make combinations with one touch.

Coaching Points

- Checking shoulder constantly
- Communication with teammates
- weight of pass/ open up your body.
- movement off the ball.
- Switch the play to allow more time.

Progression(s)

- See how many one touch passes in a minute.
- Competition with other three.
- Add more defenders in? make a 6 v 2?

**Notes:**

Ensure 15/20 minutes at the end for a free play repetition on one touch passing.

**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)**

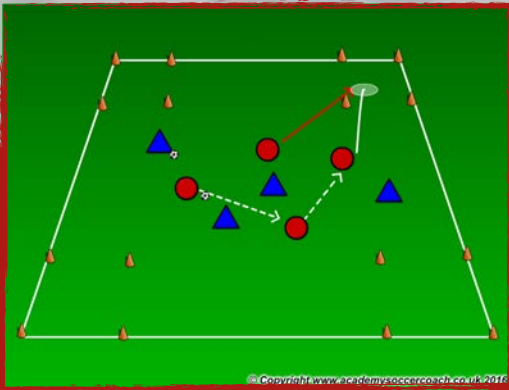
- See how many passes you can land in the box out of 10.
- Can you do it two touch?

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)**

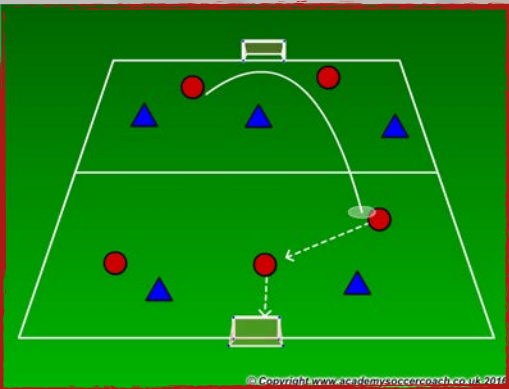
- Make an overload.
- Have to play one touch out of the box to score point off the pass.

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 mark 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 & RECEIVING: EMPHASIS ON BACK FOOT AND OPEN BODY SHAPE

Age: U9-12

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Low

Intervals: 5

Work:Rest: 2:1

**Organisation/Explanation:**

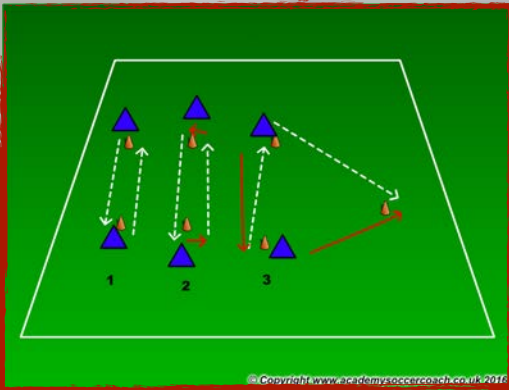
- 1. Simple passing down the line of the cones. One touch out your feet then play pass.
- 2. Receive the ball on back foot around the cone and then play the pass.
- 3. three cones, two players, one ball. Players have to pass then move to the other cone and receive the ball around the cone pass and move to free cone.

**Coaching Points**

- Head up when passing, inside of your foot. Follow through.
- Open your body up when receiving ball.
- Weight of pass.

**Progression(s)**

- Vary the feet



Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

**Organisation/Explanation:**

- In squares of 10x10
- Simply passing in threes using two touch, one to receive the ball on your back foot the other to play the ball
- Players only pass on the outside of the square
- One free cone for player to make the movement to.

**Coaching Points**

- Movement off the cone,
- Open body shape
- Communication

**Progression(s)**

- Have to go out of the square and back in before next pass received.



Duration: 25 mins

Intensity: High

Intervals: 6

Work:Rest: 1:3

**Organisation/Explanation:**

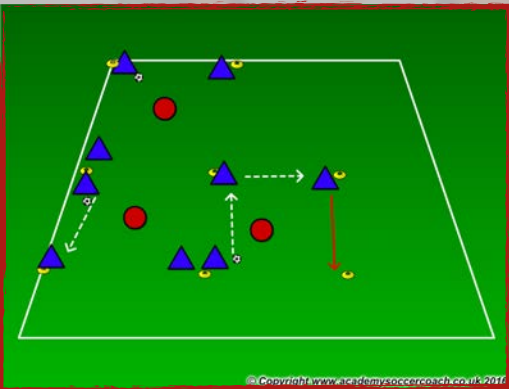
- Same organization as above but adding in a defender for pressure. Effectively a 3v1 rondo.
- Defender begins as passive and can only intercept, players are only allowed on the outside of the box.

**Coaching Points**

- Open body shape
- Sharp movements making space for the ball.
- Communication
- Quick fast passing.

**Progression(s)**

- How many passes can you get in 1 min?



**Notes:**

- Allow 20 minutes at the end for free play/ scrimmage. Observe and include repetition of back foot coaching points.

**Theme/Objectives:**

Receiving front foot/shielding: Teach the basic concept of receiving on the front foot to protect ball

Age: U9-12

Mesocycle:

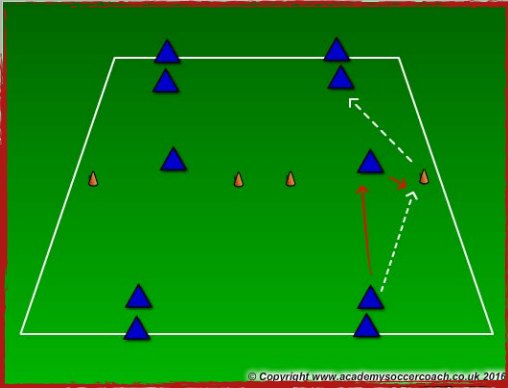
Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1



**Organisation/Explanation:**

- Ball starts with player either side of cones
- Player in middle must start behind 2 cones
- Ball is played towards one of the cones in middle. Middle player must receive on front foot before ball reaches cone, turn and play into player at opposite end
- Pass and follow pass

**Coaching Points**

- Move into line of ball
- Select surface to trap ball (sole)
- Get body in between ball and cone

**Progression(s)**

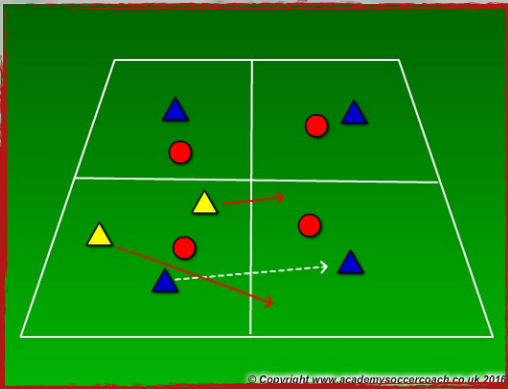
- Add passive defender

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



**Organisation/Explanation:**

- 4 10x10 grids with 1v1 in each grid + 2 neutrals to create 3v1.
- Team of 3 must make 3 passes then pass into a different grid
- Receiving player must protect ball until 2 neutral players provide support.

**Coaching Points**

- Use body to protect/shield ball
- Strength on ball
- Movement to receive

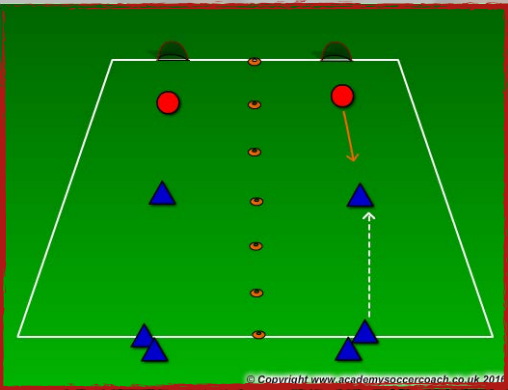
**Progression(s)**

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



**Organisation/Explanation:**

- 20x20 area with 2 corridors with small goal at each end.
- Players pass into attackers who must protect ball and try to beat defender to go to goal.
- Passer becomes attacker and attacker becomes defender

**Coaching Points**

- Movement to receive
- Use arms to feel for defenders position
- Body position to receive (side on)

**Progression(s)**

- Ball can be played back to passer to create 2v1

**Notes:**

- Play 6v6 for last 25 mins

Theme/Objectives: RECEIVING: VARIOUS SURFACES

Age: U9-12

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Low

Intervals: 4

Work:Rest: 3:1

Organisation/Explanation:

- Players each have a ball and jog around with the ball in their hands. When the coach shouts either foot, chest, head, shoulder, thigh. The player has to control the ball with that surface.
- Players then attempt juggling with the ball using all areas the coach used.

Coaching Points

- Relax on impact use surfaces as a cushion.
- Keep eye on the ball at all times
- Arms out for balance.

Progression(s)

- How many juggles can you do with any surface?

Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 1:1

Organisation/Explanation:

- Red players are either standing with balls in their hands or feet.
- 1. Ball to chest and back
- 2. two touch to feet and back
- 3. thigh and back
- 5. side foot volley and back.
- Players go around each player and performs the control on various surfaces of the body.
- Players swap

Coaching Points

- Relax on impact
- Keep on the ball
- Use both feet
- Quick sharp movements.

Progression(s)

- Attempt a variety i.e., thigh foot pass back. Chest, thigh volley back.

Duration: 25 mins

Intensity: Low

Intervals: 4

Work:Rest: 4:2

Organisation/Explanation:

- Players have to throw the ball to a team mate, team mate has to use one of the surfaces used to play the ball to another player on their team. Opponents can only intercept to win the ball back.
- Goal has to be scored by head, chest, thigh or foot volley.

Coaching Points

- Good control on impact
- Eye on the ball
- Movement off the ball

Progression(s)

- One player goes out of the field after each touch.
- How many touches can you take ?

**Notes:**

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

Theme/Objectives: TURNING: TO KEEP POSSESSION

Age: U9-12

Mesocycle:

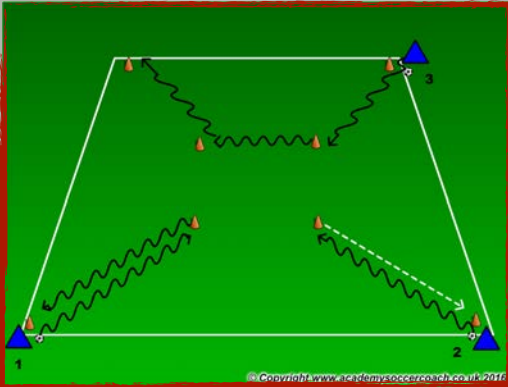
Microcycle:

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: High

Intervals: 10

Work:Rest: 1:1

Organisation/Explanation:

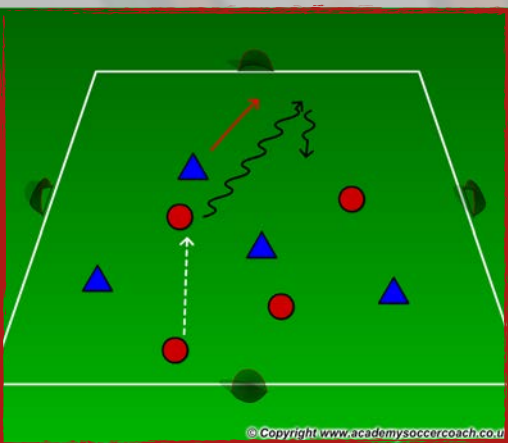
- 30x30 square, with two goals back to back.
- Players on the middle of the side, split in half, one set are defenders others have the ball and are attackers.
- Players attempt to dribble and turn in front of goal to score, defender attempts to stop them and counter them.

Coaching Points

- Turn away from defender, accelerate away.
- Turn or fake to create space for a shot.
- Head up to find space.

Progression(s)

- Make it 2v2 then 3v3.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

- 30x30 square with 4 goals in 1 goal on each side.
- Players attempt to keep possession while turning to find space and score in one of the 4 goals.

Coaching Points

- Look to turn when you can and change the way you are facing.
- Drive towards free goal, check shoulder can i turn?

Progression(s)

- Have to score in all 4 goals
- Overloads/ 5v3

Notes:

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

**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:** SHIELDING & TURNING: TEACH PLAYERS TO TURN WITH AND WITHOUT PRESSURE

- (1) Improve technical ability of how to turn with/without pressure (2) Improve ability to turn and go forward or shield and bring others into play (3) Improve ability to create space for yourself others via turning/shielding

Age:

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 7

Work:Rest: 1:1



**Organisation/Explanation:**

- 3 Routines, 4 players in each
- A: Player A passes to B who turns to pass to player C. Players follow their pass
- B: Player A passes to B who turns to pass to player C. Player B & C play 1-2 around cone before C passes into A.
- C: Player A passes to player B who turns to find player C. Player C plays to Player D who takes ball back foot to pass back into C to restart exercise. Can also play 1-2 but players switch out.

**Coaching Points**

- Quality of touch/pass
- Receive back foot, front foot
- Checking runs before receiving (mimic pushing off players)
- Speed of Play

**Progression(s)**

- Mix up distribution (play aerial passes)
- Race against other groups

Duration: 20 mins

Intensity: High

Intervals: 4

Work:Rest: 1:2



**Organisation/Explanation:**

- 2 x 18 yard boxes (44x36 yards) with two goals
- 1 attacker and defender in each half
- Blue team play into striker in one half to create a 2v1 situation and try to score.
- Transition occurs if red wins ball (1) Pass into teammate in other half (2) Pass into teammate to create 2v1 and attack goal
- Players inside switch roles depending on who plays ball in, players outside switch ends after each turn.

**Coaching Points**

- Expose 2v1 situation quickly to score
- Player receiving recognition of pressure vs no pressure on ball (turn or lay off)
- Offside Rule in effect (maybe progression)
- Pass vs dribble vs shoot
- Application of all technical points

**Progression(s)**

- (1) Limited touches (2) Pass restriction to score before second defender can help (2v2)

Duration: 25 mins

Intensity: Medium

Intervals: 4

Work:Rest: 1:2



**Organisation/Explanation:**

- 2x18 yard boxes (44x36 yards) with two goals.
- 2 attackers and 2 defenders in each half.
- Blue team play into striker in one half to create a 3v2 situation and try to score.
- Transition occurs if red wins ball (1) Pass into teammate in other half (2) Pass into teammate to create 3v2 and attack goal
- Players inside switch roles depending on who plays ball in, players outside switch ends after

**Coaching Points**

- Expose overload situation quickly to score
- Player receiving recognition of pressure vs no pressure on ball (turn or lay off)
- Offside Rule in effect (maybe progression)
- Pass vs dribble vs shoot
- Application of all technical points

**Progression(s)**

- (1) Limited touches (2) Pass restriction to score before second defender can help (3v3)

**Notes:**

- Finish with small sided game, set up teams with 1 or 2 strikers to bring out topic in game.

**Theme/Objectives:**

**SHOOTING: BASIC TECHNIQUE**

- To teach players how to correctly strike the ball with power to goal, using the laces.

Age: U8

Mesocycle: Spring

Microcycle: Technical

Duration: 15 mins

Intensity: Low

Intervals: 10

Work:Rest: 2:1

**Organisation/Explanation:**

- BATTLESHIPS game
- Set up a 20x20 grid, with different color ball (battleship) in middle
- In two teams, players line up on outside and strike ball with laces to try and hit 'battleship'
- After 60 seconds team with battleship furthest from them is the winner.

**Coaching Points**

- Strike ball using correct shooting technique
  - Non kicking foot shoulder distance from ball
  - Arms out for balance
  - Knee over ball

**Progression(s)**

- Ball is passed across by coach, so players have to hit a moving target.

Duration: 30 mins

Intensity: Med-High

Intervals: 6

Work:Rest: 4:1

**Organisation/Explanation:**

- SHOOTER BECOMES KEEPER
- Use same 20x20 grid, but add off center goal each end
- Players have a ball each and must dribble to goal, shooting behind yellow line.
- After shooting, they must sprint to own goal and play as goalkeeper for next shot.

**Coaching Points**

- Get ball out of feet at an angle
- Strike with laces for power
- Follow through landing on kicking foot

**Progression(s)**

- SHOOTER BECOMES DEFENDER
- Make field longer

Duration: 20 mins

Intensity: Medium

Intervals: 3

Work:Rest: 5:2

**Organisation/Explanation:**

- Use same grid from previous activity
- Move goals centrally and split team up as shown in diagram (adjust according to numbers available)
- Ball starts with goalkeeper, who plays out to teammate.
- Team must create space to get a shot on goal.
- Player in other half can follow in for a rebound.
- Play then starts from other end.

**Coaching Points**

- Follow in shot for rebound
- Get shot away early, when space becomes available.

**Progression(s)**

- Team must play into #9 before shoot
- Once ball is into #9, becomes a 3V2 overload

**Notes:**

- Set up fields for 3v3/4v4 games to scrimmage (25 mins).
- Free Play

**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)**

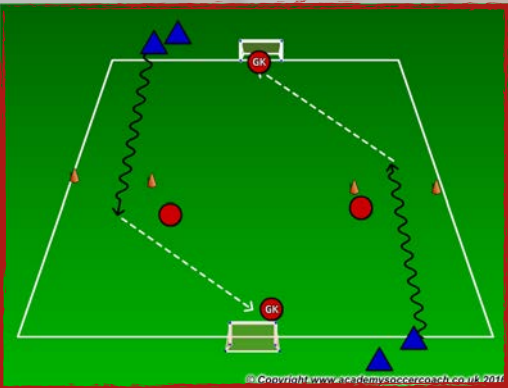
- Defender can now try to win the ball
- Keep your score, make it competitive, put another cone next to the goal for points.

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:**

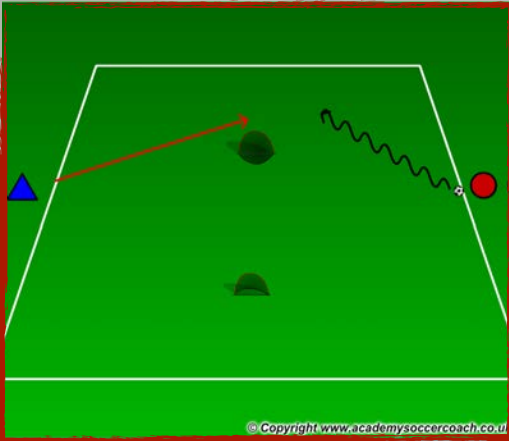
Ensure free play at the end of practice. 15/20minutes.

**Theme/Objectives:** SHOOTING FOR ACCURACY/COMBINATION PLAY

Age: U9-12

Mesocycle:

Microcycle:



**Duration:** 15 mins **Intensity:** High

**Intervals:** 4

**Work:Rest:** 1:3

**Organisation/Explanation:**

- Players split in half in a 20x20 area with two goals in the middle turned outwards
- Players start opposite each other one starts with the ball other has to win the ball and try to score.
- Can you turn to score? Can you find space for a shot?
- Once the ball is out next ones are in.

**Coaching Points**

- Create space for a shot
- Game speed intensity
- Strike ball with laces
- Change of direction

**Progression(s)**

- 5 points for a turn and goal.
- Time limit on the games.



**Duration:** 20 mins **Intensity:** Medium

**Intervals:** 5

**Work:Rest:** 3:1

**Organisation/Explanation:**

- Starts with a pass to the forward. The receive on their back foot around the cone and play a pass across.
- A lead pass is then played, the forward can't run before the pass is played (redline = offside)
- First time finish
- Repeat on the other side working both feet

**Coaching Points**

- Movement off the cone, check!
- Timing of run
- Finish across goal with laces, have a look before you shoot.

**Progression(s)**

- Introduce defender on red line for added pressure
- Go around the keeper, draw him out.



**Duration:** 25 mins **Intensity:** Medium

**Intervals:** 5

**Work:Rest:** 4:1

**Organisation/Explanation:**

- 40x20 area with a goal at each end.
- 5 blues v 5 reds. each team has a No.9 in the attacking half
- Look to play combinations around the no.9 and shoot.
- Can we play a combination off the no.9
- No.9 can you finish in two touch or one touch?
- How many ways can we combine?
- If no.9 wins ball shoot first time
- Ball restarts from the goal each time.

**Coaching Points**

- Strike ball with laces
- Look to combine
- Movement off the ball, into space.

**Progression(s)**

- One touch
- First time finish/shots, two players can go into attacking half.

**Notes:**

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

**Theme/Objectives:** DEFENDING IN 1V1 SITUATIONS

Age: U9-12

Mesocycle:

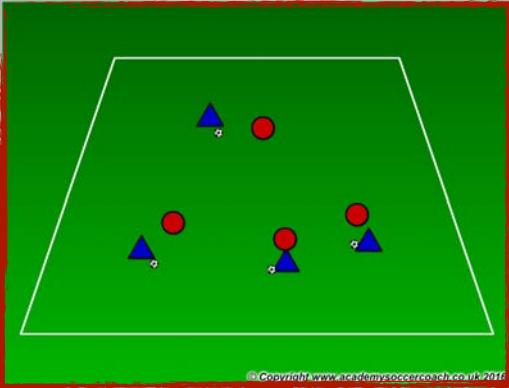
Microcycle:

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)**

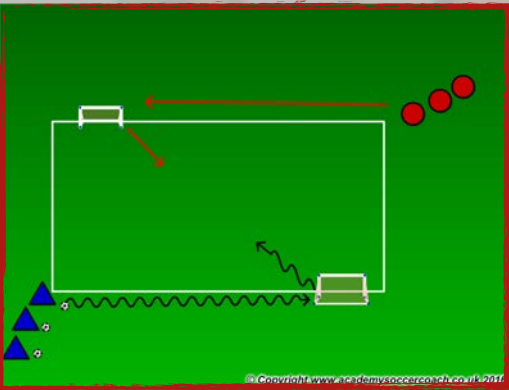
- Attacker has 10 seconds to get the ball on the line.
- If you poke the ball away 5 points.

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.

**Theme/Objectives:**

DEFENDING: TACKLING, FOCUS ON THE BLOCK TACKLE

Age: U9-12

Mesocycle:

Microcycle:

Duration: 20 mins

Intensity: Low

Intervals: 5

Work:Rest: 3:1

**Organisation/Explanation:**

- In a 20x20 area
- In pairs one ball between two.
- The ball is in the middle of the two players, each player must be 2-3 steps from the ball.
- Each play will squarely address and step into the ball to make a block tackle.

**Coaching Points**

- Using inside of your foot and lock the ankle
- Put your weight into the tackle
- Do not stretch or go to the ground

**Progression(s)**

-

Duration: 20 mins

Intensity: High

Intervals: 6

Work:Rest: 1:3

**Organisation/Explanation:**

- 15x20 area with two goals
  - 1v1s faced up
  - Coach serves the ball
  - If the ball goes out- reset
  - Players can only tackle using the block tackle.
- 1v1s from recovery
  - Coach serves the ball to a player who is through on goal.
  - The defender is trying to recover the ball and tackle. Stop the goalscoring opportunity

**Coaching Points**

- 1. maintain a good distance to tackle and recover.
- Put your body behind the tackle
- close down the ball quickly.
- 2. recover goal side, don't tackle from behind. Tackle firmly with closest foot.

**Progression(s)**

- Attacker has 10 seconds to score
- Introduce second attacker

Duration: 20 mins

Intensity: High

Intervals: 6

Work:Rest: 1:2

**Organisation/Explanation:**

- 2v2 to goal
- Players work in twos focusing on defenders.
- Attackers have 15 seconds to score a goal
- No goal after 15 seconds, the game resets.
- Focus on tackling for defenders/shape and communication.
- Invite pressure and destroy pressure.

**Coaching Points**

- Pressure and cover
- Communication
- Can we win the ball? be wise
- Close down space as ball travels
- Ensure correct technique for tackle. Poke/block.

**Progression(s)**

- Shorter time for attackers
- Point system for how defenders win ball, 2 points for block tackle etc.

**Notes:**

15 mins ball manipulation warm up  
15 mins free play at the end.

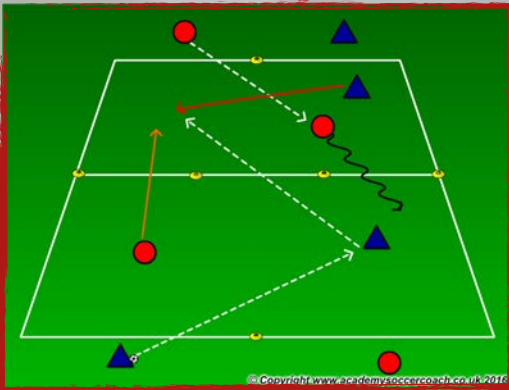
**Theme/Objectives:** PASSING & RECEIVING

(1) Develop awareness, decision making, and movement (2) Develop Ball control and Passing Techniques (3) Improve speed of play

Age:

Mesocycle:

Microcycle:



**Duration:** 15 mins **Intensity:** Low

**Intervals:** 4

**Work:Rest:** 3:1

**Organisation/Explanation:**

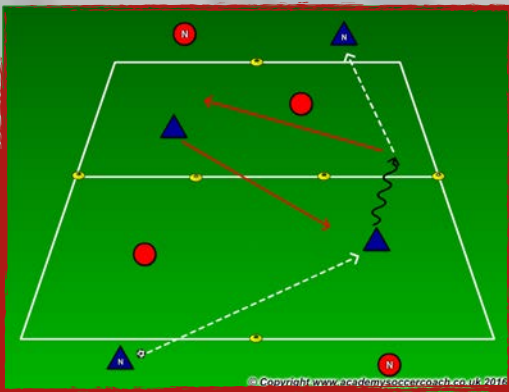
- 16x16 Area with 4 grids marked out within the area.
- 2 x teams of 4 players with 2 players in middle area and 2 players on opposite end lines.
- Each team has a ball and looks to work ball from end player to opposite end players.
- Players in middle are restricted to one half at one time and are encouraged to stay opposite and diagonal from one another.

**Coaching Points**

- Receive on the half turn
- Recognize when to dribble vs pass
- Move as the ball travels
- Move diagonal/opposite grids to receive and combine
- Play forward whilst seeing both targets

**Progression(s)**

- 2 touch restriction (speed of play)



**Duration:** 20 mins **Intensity:** High

**Intervals:** 6

**Work:Rest:** 1:2

**Organisation/Explanation:**

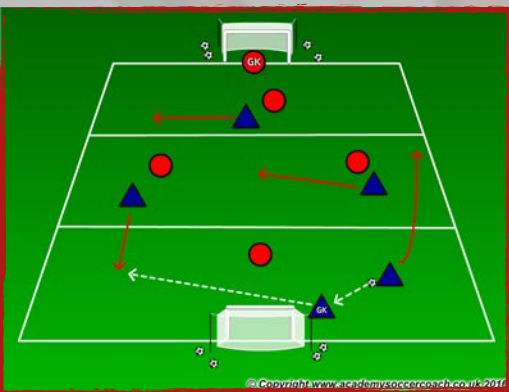
- Same layout as above
- 2v2+4 game
- Attacking team play ball from player on end line into players in the middle to combine and pass out to opposite end line player.
- Transition: If defenders win the ball they play to end players and become attackers.
- Attacking players can move but not be in same grid at same time, defenders must stay in their half.

**Coaching Points**

- Move as the ball travels
- Move diagonal/opposite grids to receive and combine
- Play forward whilst seeing both targets

**Progression(s)**

- Remove outside neutral, can only pass to team mate



**Duration:** 25 mins **Intensity:** Medium

**Intervals:** 4

**Work:Rest:** 4:2

**Organisation/Explanation:**

- 35x15 Area with goal at each end and pitch divided into thirds.
- 2 x teams of 4+GK with 2 x players in middle zone and 1 x player in each end zone.
- When ball is in either end third, the team in possession can send a player in that zone to create a 2 vs. 1 in attacking or defensive third to combine and finish or combine to play out.
- Players free to rotate positions

**Coaching Points**

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

**Progression(s)**

- Must play one pass in specific thirds before scoring

**Notes:**

- Small sided game to finish (25 mins)

**Theme/Objectives:** ATTACKING IN THE FINAL THIRD: FINISHING

- Understand and master basic shooting technique.
- Understand different types of finishing/shooting depending on where you are in the final third.

Age: U10

Mesocycle:

Microcycle:



Duration: 20

Intensity: med

Intervals: 4

Work:Rest: 4:1

**Organisation/Explanation:**

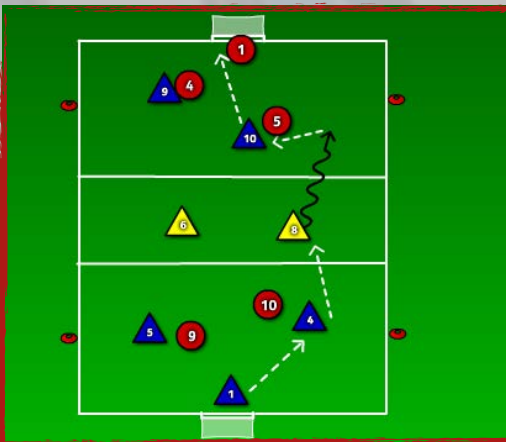
- 50x30 area with two goals, a finishing circuit, two cones inside of each goal for accuracy
- Players set up on cones, 6 as feeders, 6 a shooters.
- 1) Ball is played in, touch to make space and shoot.
- 2) Close range first time shot.
- 3) A ball is crossed in, and the player should be looking to guide the ball in the goal.
- Once done next player goes, Do this twice and then swap with feeders.

**Coaching Points**

- 1) Keep the distance, look up and make space to shoot (Awareness)
- 2) Attack the ball with open body position (Shooting technique)
- 3) Be patient, time your run, disguise with the run. Accuracy over power on the finish. (Decision making)

**Progression(s)**

- Introduce GK's and Defenders.
- 1 point if you hit the target, 2 if you score and 3 if you do the correct shot.



Duration: 20

Intensity: High

Intervals: 4

Work:Rest: 4:1

**Organisation/Explanation:**

- 50x30 field size, including 2 goals, a middle third and also red cones are the offside line.
- Always starts from the GK.
- 2 defenders v 2 attackers in each zone with two support/neutral players in the centre zone (8/6)
- Defenders or GK play into support/neutral players, then one player will play into the 10 or the 9 in the attacking third and make a 3v2, look to combine before shooting.

**Coaching Points**

- Create space to shoot. - Awareness
- GK position, (Head up)
- Follow the shot
- Shooting technique and type of shot.

**Progression(s)**

- Can we play into the 9, if so, they have two touch to shoot.



Duration: 25

Intensity: high

Intervals: 5

Work:Rest: 4:1

**Organisation/Explanation:**

- **VISUAL CUES:**
- When on a shot on goal a player has to frame the goal, ready for any saves from the GK to follow up on.
- When the ball is moving into the 7, 9 or 11 there should be supporting runs off the ball, either in behind or overlaps ready for a cross into the box, also timed run from 9/11/7
- To create space for a shot; judge the defenders body position whether to cut in or go wide, also GK position and whether its our preferred foot.

**Coaching Points**

- Awareness
- Shooting technique
- decision making
- GK Position
- Follow up on shots
- Angles and distance

**Progression(s)**

**Notes:**

15 minutes at the beginning for a specific warm up focusing on the basic technique of shooting. Breaking down the technique to the players.



## Theme/Objectives:

DEFENDING: DEFENSIVE THIRD, TEACH BACKS TO DEFEND - PRESSURE, COVER, BALANCE  
Teach #4 and #5 to work as a unit, focusing on pressure/cover.

Age: U13-18

Mesocycle:

Microcycle:

Duration: 15 mins Intensity: Medium

Intervals: Work:Rest:

### Organisation/Explanation:

- Set up 30 x30 grid
- One goal on each side
- Group split into four teams
- Play 2v2 to goal opposite (left to right)
- Once one game has finished, next group play 2v2 (top to bottom).
- Switch which color starts with the ball
- Alternate opponents.

### Coaching Points

- Defenders must communicate.
- Pressure/Cover
- Show inside/outside
- Distance/angle of cover
- ball side/goal side
- When to step (decision making)

### Progression(s)

- Add a neutral to make it 3v2 for team with the ball.

Duration: 20 mins Intensity: Medium

Intervals: Work:Rest:

### Organisation/Explanation:

- 40x40 grid
- 4v4 in middle, with two targets per team on outside.
- Team must get ball to target on opposite side of grid.
- Target player on outside can dribble in, but must be replaced by another player.

### Coaching Points

- Good defensive shape.
- Decision making (where to force play)
- When to pressure
- Line of confrontation?
- Transition to offense, once possession is won.

### Progression(s)

- Allow targets to switch corners during play.

Duration: 25 mins Intensity: Med - High

Intervals: Work:Rest:

### Organisation/Explanation:

- Set up 40 x40 grid.
- Split group into attacking and defending team (both teams with a goalkeeper)
- Attacking team starts with ball and attacks with 3 players, against defending team's two defenders.
- After shot from attacking team, the two defenders break in a 2v1
  - The player who shoots, becomes the 1 defender.
  - Attackers cannot shoot in own half.

### Coaching Points

- Delay attack for as long as possible
- Force play into cover, or shepherd away from goal.
- When to step
  - No need to press beyond yellow line (line of confrontation).

### Progression(s)

- Allow defending team to bring in one extra player after certain time (i.e. 10 secs)

Duration: 25 mins Intensity: Medium

Intervals: Work:Rest:

### Organisation/Explanation:

- Use half field, with three target players on halfway line.
- Play 5v5 (adjust to 6v6 / 8v8 if numbers)
- Reds must break down blue defense and score in goal.
- Red can use targets as support players
- Blue score, by passing ball to target.
- Coaches can act as target players.

### Coaching Points

- Maintain good shape.
- Communication throughout (from #1 as well as everyone else).
- Good decision making
  - Where to force play
  - When to step

### Progression(s)

- Increase numbers.
- Blue play down a player.

## Theme/Objectives:

- Develop team's ability to maintain possession of the ball. Can switch the focus of the session to the specific third as required and progress to finding passes into the final third to goal

Age: U13-18

Mesocycle:

Microcycle:

Duration: 15 mins Intensity: Medium

Intervals: 8 Work:Rest: 2:1

### Organisation/Explanation:

- Set up 20x20 grid with a 5 yard channel on the outside
- Red play a 4v2 in the middle until blue win the ball
- Game then becomes a 6v4.
- Blue cannot move into grid until they win possession.
- When ball goes out, red start with ball again.

### Coaching Points

- Angle of runs off the ball
- Change angle of pass to open up field
- Combination play between the two central players
- Good decision making

### Progression(s)

- Two touch limit
- Add extra defender

Duration: 25 mins Intensity: Medium

Intervals: 5 Work:Rest: 5:1

### Organisation/Explanation:

- Using field markings, set up as shown.
- Blue play with seven, (+ two GK) vs five red.
- Blue must maintain possession of the ball.
- Each time red wins possession they try to score (1 point for a shot on target, 3 for a goal).
- Play starts from either GK each time.
- Blue must go 5 minutes below 7 points (adjust for level of team).

### Coaching Points

- Good decision making
- Distance and angle of support
- Avoid square passes
- Transition to defense when losing possession

### Progression(s)

- Reduce touch limit (2 touch)
- Add extra defenders

Duration: 25 mins Intensity: Medium

Intervals: 5 Work:Rest: 5:1

### Organisation/Explanation:

- Set up using field markings as shown.
- Starting from GK, Blue must possess the ball behind the red cones.
- After certain number of passes, Blue can look for through ball to player to go 1v1 against GK.
  - Offside rule is in play behind red cones.
- If red win possession they can go straight to goal.

### Coaching Points

- Pick head up and look for positive balls forward.
- Draw defenders out of position by switching play with passes
- Move ball at a good tempo.

### Progression(s)

- Touch limit
- Allow defenders to track runner behind red cones

Duration: 25 mins Intensity: Medium

Intervals: 2 Work:Rest: 10:1

### Organisation/Explanation:

- 8v8 game with both teams set up in a 1-2-4-1 system,
- Offside and all other rules in play.
- Restart with Blue GK each time ball goes out of play.

### Coaching Points

- Speed of play
- Off the ball movement
- Deception of pass
- Look to get ball forward
- Early support to player in possession

### Progression(s)

## Theme/Objectives:

Teach players to possess ball and move the ball centrally into the middle third.

Age: U13-18

Mesocycle:

Microcycle:

Duration: 9 mins

Intensity: Medium

Intervals: 6

Work:Rest: 2:1

### Organisation/Explanation:

- Set up grids of 15x15 yards
- Groups of six, with 2 defenders (4v2)
- Teams play keep away for 60 seconds, before switching defenders.

### Coaching Points

- On toes
- Good quality passes
- Communication
- Deception of pass
- Speed of play

### Progression(s)

- Reduce touches (3, 2 or 1 touch max).

Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

### Organisation/Explanation:

- Set up 4, 15x15 grids.
- Groups of six and each team sends over two defenders, creating a 4v2.
- Teams must make 5 passes before moving clockwise to the next grid.
- Winning team is the first to have all players get into the other team's grid (catch).

### Coaching Points

- Quality of first touch
- Speed and quality of pass
- Off the ball movement
- Speed of movement into next grid
- Deception of pass

### Progression(s)

- Add an extra defender
- limit number of touches allowed

Duration: 30 mins

Intensity: Medium

Intervals: 5

Work:Rest: 5:1

### Organisation/Explanation:

- Set up two grids, approx 45W x 30L (yards)
- Teams split in 5 v 4 (plus GKs)
- Ball starts with #1, who plays to blue.
- Blue must move ball into #10 or #8, who then play to goal.
- #6 on blue can move into either grid.

### Coaching Points

- Create width and depth
- Speed of play
- Good off the ball movement
- Look to penetrate early
- Quick support

### Progression(s)

- Add an extra Red and play 5v5 (plus GKs).

Duration: 25 mins

Intensity: Medium

Intervals: 2

Work:Rest: 4:1

### Organisation/Explanation:

- 8v8 game with both teams set up in a 1-2-4-1 system,
- Offside and all other rules in play.
- Restart with Blue GK each time ball goes out of play.

### Coaching Points

- Speed of play
- Off the ball movement
- Deception of pass
- Look to get ball forward
- Early support to player in possession

### Progression(s)

## Theme/Objectives:

Teach the players how to break quickly, so that they are able to improve counter attacking play. Focus on visual cues and movement.

Age: U13-18

Mesocycle:

Microcycle:

Duration: 15mins Intensity: Medium

Intervals: 5

Work:Rest: 2:1

### Organisation/Explanation:

- Blue and Red divided into groups of four, with one target player.
- Team must play 5 passes, before hitting target.
- First team to get all players into opposite square win game.

### Coaching Points

- Quick movement
- Good touches
- Communication
- Body shape

### Progression(s)

- Add defensive pressure.
- Change combination to get to other square (i.e. Up, back and Thru)

Duration: 25mins Intensity: High

Intervals: 6

Work:Rest: 3:1

### Organisation/Explanation:

- Using Half a field, set up a 20x20 grid as shown with a 4v2
- After 3 passes, blue play to one of two forwards and break in a 3v2.
- After shot a ball is played to wide right player, who takes on mannequin and crosses ball (one more red and blue attack cross to make it a 4v3).
- Finally a third ball is crossed from the corner.
- 20 seconds to complete after the three passes of ball one.

### Coaching Points

- Speed of play
- Good movement off the ball
- Good delivery
- Timing of runs (reset between each ball).

### Progression(s)

- Add additional defenders.
- Switch positions of ball 2 and 3.

Duration: 20mins Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- Use half field and set up as a 4v1, with two additional red defenders on sideline.
- Ball starts with Blue, who break in a 4v1.
- When coach shouts out an additional defender joins in until it is a 4v3.

### Coaching Points

- Movement of target player.
- Quick supporting runs
- Distance and angle of support

### Progression(s)

- make it a 4v4
- set time limit to score.

Duration: 30mins Intensity: Medium/High

Intervals: 2

Work:Rest: 7:1

### Organisation/Explanation:

- Use whole field
- Ball starts with Red #4 or #5
- Red try to break down Blue and score
- Blue must win possession and move ball up to #9 and hit red on the counter attack.
- If not getting success for blue, add conditions...
  - Red must drop after losing possession
  - Red can only have #4 and #5 in their own half.

### Coaching Points

- Look up early and be positive in touch.
- #9 looking to play off shoulder and in behind, or into feet.
- Wingers and #10 should offer immediate support.
- High Tempo

### Progression(s)

- Play 11v11.

## Theme/Objectives:

**ATTACKING: WIDE PLAY - CROSSING AND FINISHING.**

Teach players how to combine in getting the ball wide and how/when/where to make runs into the box.

Age: U13-18

Mesocycle:

Microcycle:

Duration: 15 mins Intensity: Medium

Intervals: 10 Work:Rest: 2:1



### Organisation/Explanation:

- Set up a 15x15 grid on the halfway line for a 3v1 rondo to start the exercise.
- Using the 18 yard box width as a guide, mark a channel on each side of the field for the wide players.
- Play starts as a 3v1 and after 5 passes, ball is played out to the #7 or #11 to cross the ball.
- Play then becomes a 5v3 to goal (ball must be crossed from the channel).
- Extra players rotate in to form two defending/attacking teams.

### Coaching Points

- Quick combination centrally to get ball wide (play way facing)
- Movement of wide player (looking for visual cues)
- Crossing technique (direction of hips, type of pass, delivery area)

### Progression(s)

- Give players specific combinations to run through (up, back, through / allow central player to overlap winger)
- Restrict touches in the rondo (1 or 2 touch)

Duration: 20 mins Intensity: Medium

Intervals: 8 Work:Rest: 4:1



### Organisation/Explanation:

- Same dimensions as above, but make a little longer and add target goals for defending team (red)
- Add #2 and #3 for both teams, creating a 2v1 in each channel.
- Exercise runs in the same way, with ball starting in the 3v1 rondo and then played wide.
- Only one full back can go beyond half way line at a time.

### Coaching Points

- Timing of runs from wide players (allow them to now drive inside to create space for overlap).
- Distance and support of central players (to allow for ball to be switched).
- Timing of runs in the box (front post, back post, top of the box)

### Progression(s)

- First time finish only from cross.

Duration: 20 mins Intensity: Med - High

Intervals: 4 Work:Rest: 4:1



### Organisation/Explanation:

- Split field with a channel on either side and a goal at each end.
- Play is set up as a 3v3 + 1 centrally and 1v1 + 1 in the channels. Both teams have a Goalkeeper.
- Ball starts from Blue GK each time and blue must play to goal.
- Ball must go into channel at least once before a goal is scored.

### Coaching Points

- Speed/Tempo of play
- Looking to get ball to feet of wide players, or drawing space to get in behind full backs (#2 & #3)
- Decision making (don't force ball wide if it is not on).

### Progression(s)

- Remove neutral and make it 4v4 in the middle.
- Bonus goal for using a specific combination.

Duration: 35 mins Intensity: Medium

Intervals: 2 Work:Rest: 5:1



### Organisation/Explanation:

- Using 2/3 of the field, play 9v9.
- Attacking team (blue) play in a 1-3-1-3-1 (with #6 acting as a center back).
- Defending team (red) play a 1-4-3-1.
- Ball starts from Attacking team's goalkeeper each time.

### Coaching Points

- Quick ball movement to draw opposition out of position to create overloads in wide position.
- Recognition of visual cues (space inside vs outside)
- Quality of runs and delivery into box.

### Progression(s)

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