



U8-10 Winter Development Center 2017



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Week	Topic
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4	Passing & Receiving
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7	Attacking Overloads
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The development center is aimed at getting advanced level players the opportunity to receive high level coaching, from some of our top coaches during the winter months.

Each training session will have a specific theme, building into small-sided games to reinforce the topic. Focus will be upon the development of the players technical skills and introducing basic tactical understanding. The sessions themes are based around technical areas of the game such as passing, receiving, and overball mastery.



Theme/Objectives: - BALL MANIPULATION & CLOSE CONTROL

(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: U8-10

Mesocycle:

Microcycle:



Duration: 10 mins

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: 15 mins

Intensity: Medium

Intervals: 5

Work:Rest: 1:3

Organisation/Explanation:

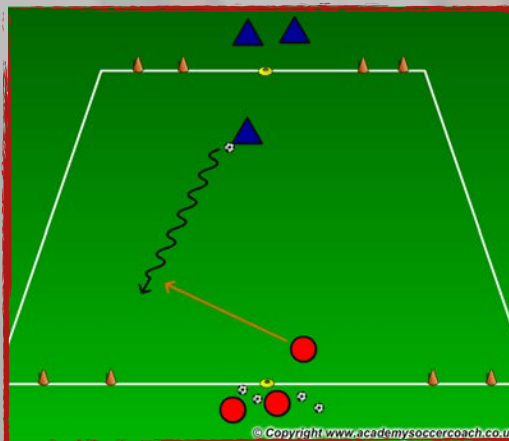
- 1 ball per player, 30x30 grid
- Players dribble through gates via different dribbling techniques
- E.g. right/left foot only, dribble to first gate doing boxes, then use sole to next gate etc.
- Players follow color sequence of dribbling through gates (yellow, then blue, then red)
- Competitive element (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: 15 mins

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:

Can use second activity as warmup to allow time for small sided games at the end.

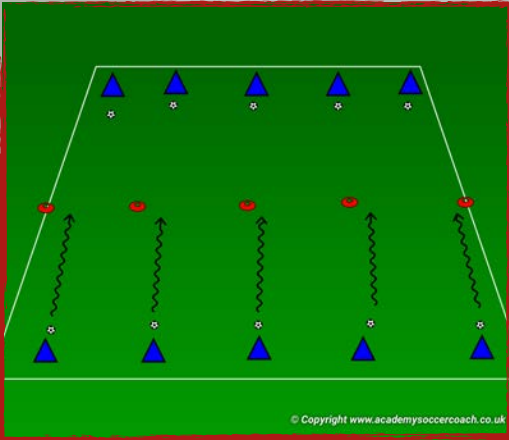
Theme/Objectives:

- Dribbling: Running with the ball - 1) To teach players basic technique of running with the ball 2) Teach players to identify when to use big vs small touches

Age: U8-10

Mesocycle:

Microcycle:



Duration: 10

Intensity: Low

Intervals: 7

Work:Rest: 1:1

Organisation/Explanation:

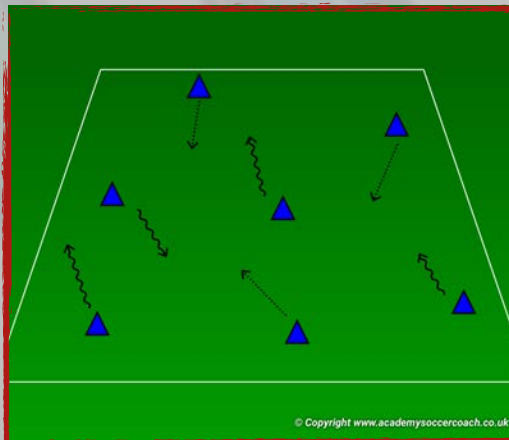
- 2 teams set up on each end line.
- On coaches command, team must dribble to the line opposite.
- Challenge players to perform change of speed when they reach middle set of cones
- All players dribble to different lines and perform change of speed (and direction) at red cones

Coaching Points

- Close control
- Use different surfaces (inside, outside, laces, sole)
- Keep head up

Progression(s)

- Add defender



Duration: 15

Intensity: Medium

Intervals: 5

Work:Rest: 1:3

Organisation/Explanation:

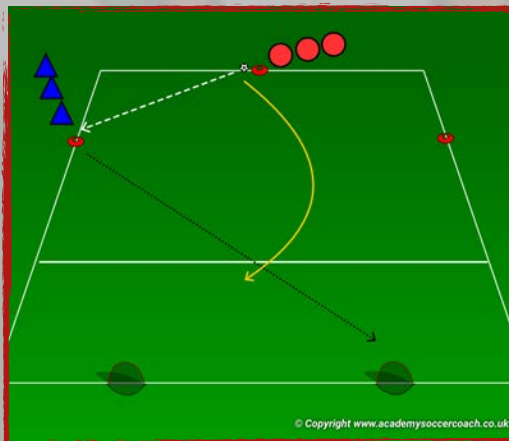
- All players dribbling inside the area
- Players must keep close control, then drive into space with a fast change of speed as it opens up.
- Coach calls a colored line and players must dribble to that line

Coaching Points

- Close control in tight areas
- Identify when/how to exploit space (bigger touch to travel quicker)

Progression(s)

- Dribble between 2 other players to an outside cone for a point
- Add defender



Duration: 20

Intensity: High

Intervals: 6

Work:Rest: 1:3

Organisation/Explanation:

- 20x15 area with a 5 yard end zone at each end
- Defender starts with ball at end line and plays into attacker
- Attacker must attempt dribble into end zone before scoring in either goal
- Closest goal = 1 point
- Furthest goal = 2 points
- If defender wins the ball they must dribble over the end line (starting line) to score a point

Coaching Points

- First touch - out of feet, away from pressure
- Attack space at speed
- Change of speed and direction

Progression(s)

- Have defenders start in line (red cone on opposite side) with attackers.

Notes:

- Small sided games to finish (15 mins)

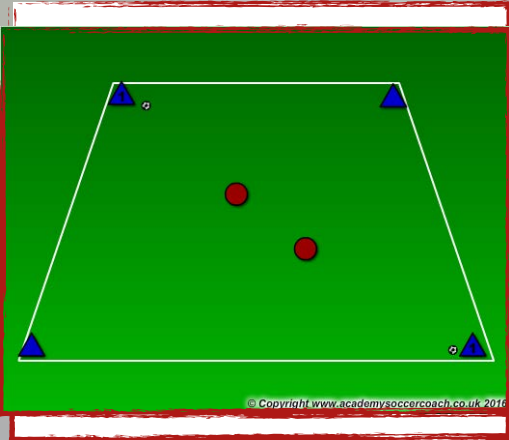
Theme/Objectives:

- Ball Mastery: Basic Receiving and Turning

Age:

Mesocycle:

Microcycle:



Duration: 20mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

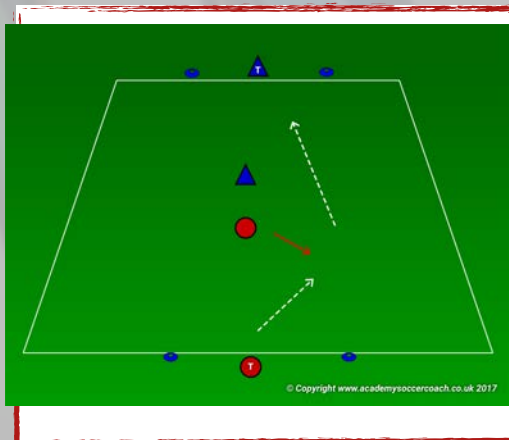
- Back Foot/Front Foot
- 2 Balls, start opposite each other. 2 players in the middle
- Players work on receiving front foot and back foot.
- Work with the same ball.
- Rotate players

Coaching Points

- Front foot - body side on, laces to receive.
- Back foot, open body up, take touch in direction you want to go.

Progression(s)

- Players now say 'man on' or 'turn'. Players execute correct control dependent on command



Duration: 20mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 2 targets on the outside
- 1v1 in the middle
- Player looks to create space to turn and play to opposite target.
- Player can also use same target if they can't turn.

Coaching Points

- Initial movement to create space
- Protect the ball, use body to protect.
- Scan to play forward, keep head up so you are constantly aware.

Progression(s)

- Make competition
- Adjust area to make easier/harder



Duration: 20mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Same as above

Progression(s)

Notes:

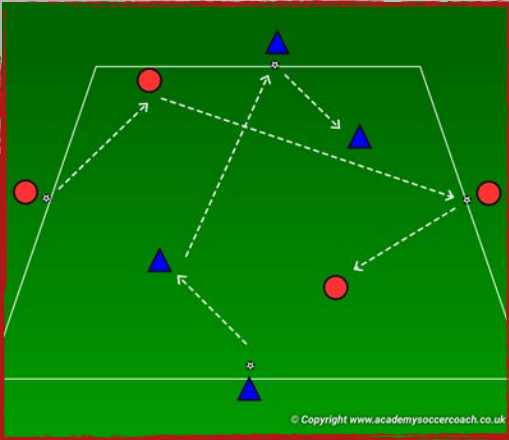
Theme/Objectives:

- Passing & Receiving: 1) To teach players basic passing technique 2) To teach players basic receiving technique with and without pressure.

Age: U8-10

Mesocycle:

Microcycle:



Duration: 15

Intensity: Low

Intervals: 4

Work:Rest: 4:1

Organisation/Explanation:

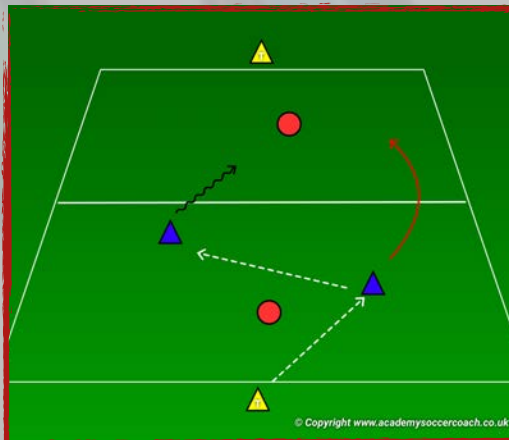
- 2 teams of 4 with 2 balls per team
- Players in middle receive from outside players and transfer ball from end to end.
- Rotate players after 2 minutes

Coaching Points

- Use correct passing technique
- Quality of pass & first touch
- Movement & angle to receive

Progression(s)

- 1 ball per team. 2 middle players must combine in the middle before transferring the ball



Duration: 15

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

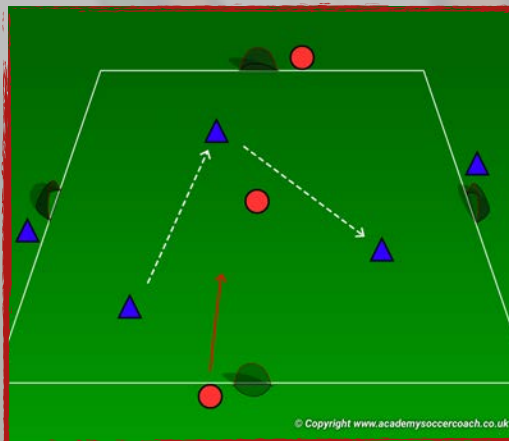
- 2v2 in middle with 2 target players at either end
- Defenders must have 1 defender in each half creating a 2v1 overload
- Attackers attempt to transfer ball from one T player to another

Coaching Points

- Players work opposites (one short, one long)
- Movement and angle to receive
- Patience - if forward pass is not on, encourage players to play back and start again

Progression(s)

- Defenders can play anywhere - 2v2
- add more players to create 3v3 in middle



Duration: 20

Intensity: High

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

- 3 attackers vs 1 defender
- Attackers must make 3 passes for a point
- Each time attackers make 3 passes, another defender come in (3v2, 3v3 etc)
- If defending team win the ball and score in any of the 4 goals, they become attackers
- Extra points for split passes to encourage players to break lines.

Coaching Points

- Move as ball travels
- Width and depth
- Speed of play

Progression(s)

- Add more players
- Increase number of players

Notes:

- Small sided games (10 mins)

Theme/Objectives:

- Creating chances and Finishing

Age:

Mesocycle:

Microcycle:

Duration: 20mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Groups of 3
- 1 Gk, other 2 with a ball opposite ends
- Work on strikes with the inside and laces parts of the foot
- One shoots, Gk then turns around an other player shoots
- Rotate players

Coaching Points

- Head over the ball, non kicking foot beside the ball
- Follow through on contact
- Preparation touch before shot

Progression(s)

- Make competition
- Try both feet



Duration: 20mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Players split up as shown in picture
- Coach plays ball to one team, player tries to beat player and gets shot off on goal.
- Join the back of the line

Coaching Points

- Close control in 1v1 situations
- Try to create half a yard (add move/disguise) to get shot off
- Choice of shot
- Head up, be aware of Gk position.

Progression(s)

- Make competition
- If player scores they stay on



Duration: 20mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

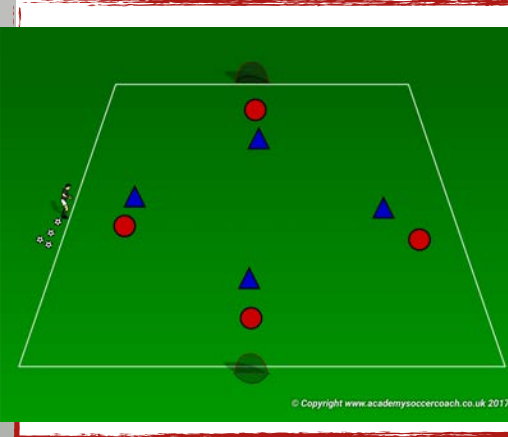
- Play 4v4

Coaching Points

-

Progression(s)

-



Notes:

Theme/Objectives:

Combination Play

Age:

Mesocycle:

Microcycle:

Duration:

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- Two 20x20 Boxes
- Box 1 - 4v3
- Box 2 - 3v2
- Neutral Player can join in with any box to keep possession of the ball
- Defenders are dribbling a ball and trying to tag the player in possession of the ball.
- If successfully tagged then the attacking team lose a life

Coaching Points

- Movement off the Ball
- Communication
- Timing of runs
- Speed of Play

Progression(s)

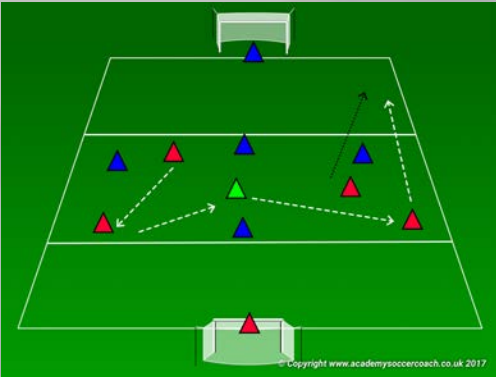
- Limit Touches

Duration:

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- 4v4 in the middle zone with a neutral player creating a 5v4 for the team in possession.
- Attacking team has to make 3 consecutive passes before playing a through ball into final third. 1 Player can go and score

Coaching Points

- Movement off the ball
- Communication
- Timing of runs
- Speed of play
- Rotations

Progression(s)

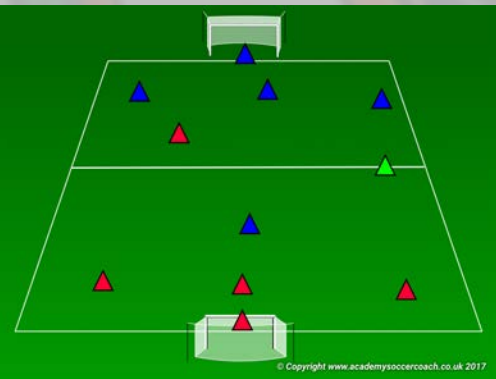
- Time limit
- Make Area Smaller

Duration:

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- 30x30 Grid
- 3v1 in each half
- Neutral player can go into either half.
- Players have to stay in there zones.

Coaching Points

- Movement off the Ball
- Communication
- Speed of Play
- Weight of Pass

Progression(s)

-

Duration:

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- Small Sided Games
- Pitch 1 - 3v3 with two goalkeepers outside the pitch. Attacking team has to get the ball to the opposite Goalkeeper to get a goal.
- Once the Goalkeeper receives the ball then they will play it to the opposite team.

Coaching Points

- Use of Space
- Communication
- Weight of Pass
- Speed of Play

Progression(s)

-

Theme/Objectives:

Attacking Overloads

Age:

Mesocycle:

Microcycle:

Duration:

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- Two 20x20 Boxes
- Box 1 - 4v3
- Box 2 - 3v2
- Neutral Player can join in with any box to keep possession of the ball
- Defenders are dribbling a ball and trying to tag the player in possession of the ball.
- If successfully tagged then the attacking team lose a life

Coaching Points

- Movement off the Ball
- Communication
- Timing of runs
- Speed of Play

Progression(s)

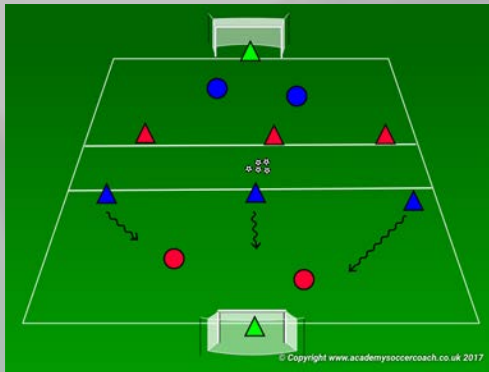
- Limit Touches

Duration:

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- Field split into 2 halves.
- 3v2 in each half.
- Attackers are looking to create an overlap or a combination before they can score.
- Defenders are trying to win the ball and then dribble the ball into the centre zone to get a point.

Coaching Points

- Movement off the ball
- Communication
- Timing of runs
- Speed of play
- Rotations

Progression(s)

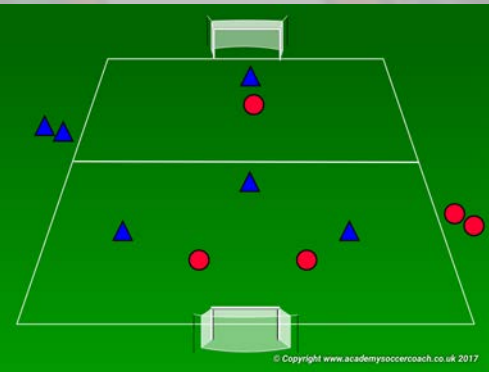
- Time limit

Duration:

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- Practice starts with 3 x attackers vs 2 x defenders.
- All remaining players are positioned on the side of the pitch. 3 x attackers attempt to score in the goal.
- If they score or if the GK saves the ball then 1 x attacker 1 x defender leave the pitch. The remaining red becomes a recovering defender and 2 x whites enter the pitch as attackers to create a 3v2 to the opposite goal. Repeat with players interchanging to create 3v2 attacking overloads.

Coaching Points

- Movement off the Ball
- Communication
- Speed of Play
- Weight of Pass

Progression(s)

-

Duration:

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- Small Sided Games
- Pitch 1 - 3v3 with two goalkeepers outside the pitch. Attacking team has to get the ball to the opposite Goalkeeper to get a goal.
- Once the Goalkeeper receives the ball then they will play it to the opposite team.

Coaching Points

- Use of Space
- Communication
- Weight of Pass
- Speed of Play

Progression(s)

-

Theme/Objectives:

Small Sided Games Session

Age:

Mesocycle:

Microcycle:

Duration:

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- Two 20x20 Boxes
- Box 1 - 4v3
- Box 2 - 3v2
- Neutral Player can join in with any box to keep possession of the ball
- Defenders are dribbling a ball and trying to tag the player in possession of the ball.
- If successfully tagged then the attacking team lose a life

Coaching Points

- Movement off the Ball
- Communication
- Timing of runs
- Speed of Play

Progression(s)

Duration:

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- Set up the session with a 4v4 in the central zone and with 1 defender and 1 striker in the end zones. Players must stay in their zones.
- The coach or a server passes the ball to one of the teams who must keep possession and then try to find the striker in the end zone who is pressured by a defender.
- The games should be played at a high tempo so experiment with one and two touch to get a faster game. You can also put a number of passes on the 4v4 game so three passes before they can pass to the striker.

Coaching Points

- Movement off the ball
- Communication
- Timing of runs
- Speed of play
- Rotations

Progression(s)

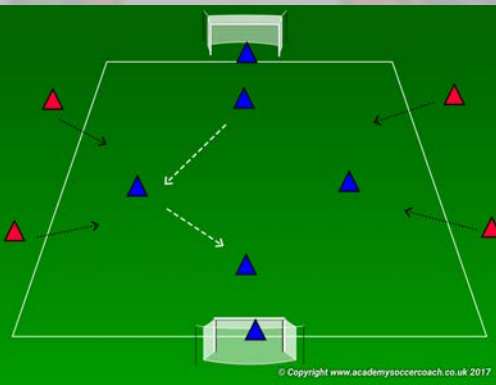
- limit touches

Duration:

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- Team on the field keep possession of the ball
- On coaches shout the team on the outside run in to try and win the ball back.
- Passing team must try and keep possession until they reach a certain limit of passes set by the coach.
- If defending team win the ball they try and score.
- If passing team keep ball successfully they get a point.
- Rotate teams after defending team score or attacking team are successful.

Coaching Points

- Movement off the Ball
- Communication
- Speed of Play
- Weight of Pass

Progression(s)

Duration:

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- Small Sided Games
- Pitch 1 - 3v3 with two goalkeepers outside the pitch. Attacking team has to get the ball to the opposite Goalkeeper to get a goal.
- Once the Goalkeeper receives the ball then they will play it to the opposite team.

Coaching Points

- Use of Space
- Communication
- Weight of Pass
- Speed of Play

Progression(s)