



# Volunteer Coach Field Training Manual Level 1

    @247UKSoccer

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# INTRODUCTION

Dear Coach,

This manual was created to accompany 24-7 UK Soccer Academy's field training clinic for Volunteer Coaches. It contains activities for you to utilize throughout your team's fall season, as well as some other useful hints and tips.

Each activity in the manual works on specific themes, including dribbling, turning, passing, receiving and shooting! The activities are age group specific, but using the progressions and modifications listed in the descriptions, you can adapt almost all activities to make them suitable for the age and level of player/team you are working with.

The manual also has an example session plan for each age group to show you how an entire session can be run.

Our aim as coaches is to ensure all of the players are able to participate in a safe, fun and positive environment, where they can nurture a life long love for the game of soccer, team work and good sportsmanship.

We are confident that this guide has enough content to get you through your Fall season, but if you would like further guidance, please visit 24-7 or your club's website for more coach education resources.

Sincerely,

Dan Chubbock  
Piedmont SC, Director of Coaching

Rob Busa  
Montclair SC, Director of Coaching

# Coaching tips checklist!

## **Make sure the players have fun!**

- Check field to ensure facilities are safe (stones, sprinkler heads, holes, etc)
- Ensure the kids apply effort and focus for a smooth practice.
- Have the growth mindset of developing each and every player.
- Let the game be the teacher (do not continuously freeze the practice).
- Allow players to make mistakes. This is how players learn.
- Demonstrations are vital! Players learn by watching how it is done. Have them do the demo (they love showing their friends what they can do).
- The more energy you provide, the more engaged the players will be.
- Positive reinforcement is crucial. Young players thrive off it.
- Do not have kids face the sun when talking to them.
- No skins vs shirts, always use pennies.
- No long lines (run same exercise side by side for more touches if high numbers)
- Ensure nobody stays in goal for a long period of time (play every player in every position throughout season).
- If players are enjoying the exercise, keep it going.
- If an exercise is too easy/hard, change the area size.
- If an exercise is too easy/hard, add/remove defenders.
- Do not be afraid to run the same practice twice in a row if it is beneficial.
- For young age groups, do not end with any scrimmage bigger than 4v4 and instead run two small sided games parallel to each other for extra touches.
- Do not talk for too long. A good guide is to multiply their age by 2 and that is how long you have their attention in seconds for.

## **Make sure the players have fun!**

## Theme/Objectives:

- Passing Gates.
- Break down basic passing of the ball/understanding what is a successful pass.

## Organisation/Explanation:

-20x20 area with 8-10 gates around the area.

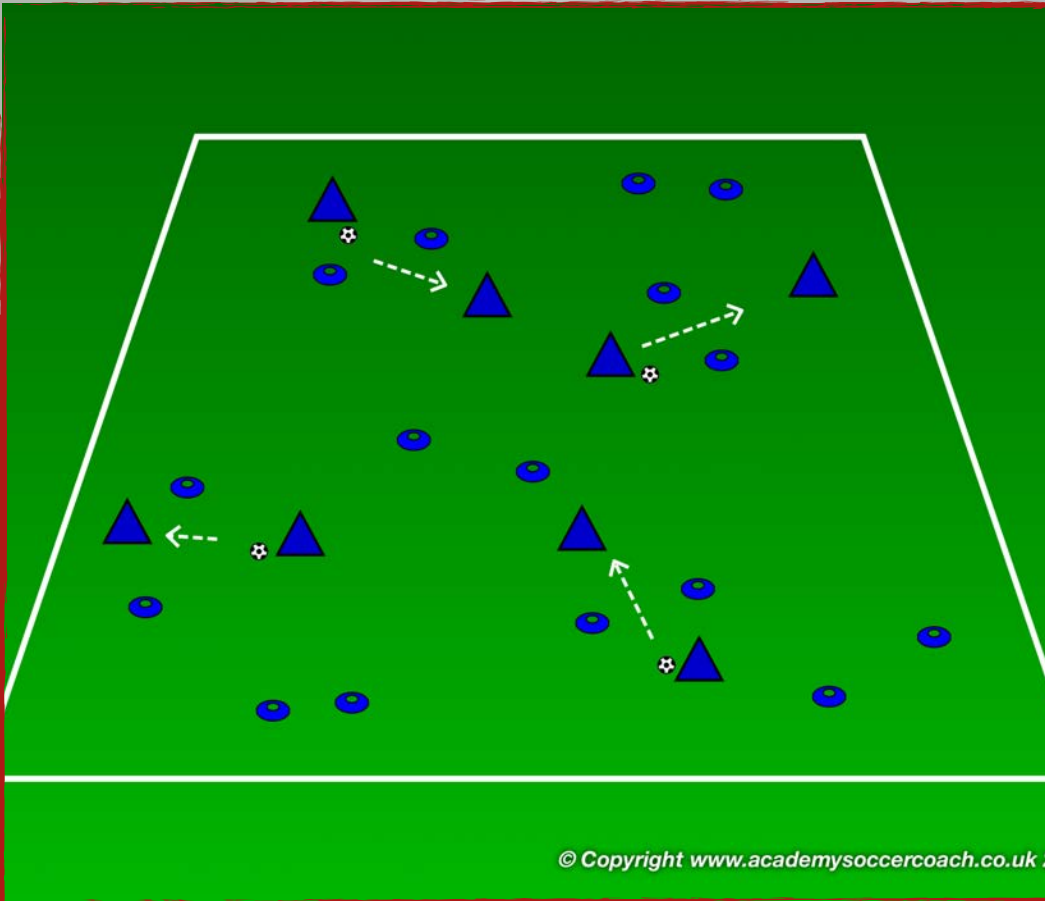
- Players are partnered up with one ball between two.
- Players aim to pass through the gates cleanly without touching a cone.
- Depending on ages, vary the length of the pass and the weight of the pass.

## Challenges:

- How many passes can you get in a minute?
- First 2 to 15 successful passes.
- Pass only with your non-dominant foot.

## Variations:

- Have different coloured gates (Blue, Yellow & Red) and give players patterns to pass through i.e. Blue, then yellow, then red.
- Tell players they get 1 point per blue and yellow but lose a point if they pass through the red gate.
- Vary the size of the gates to make some passes easier and some passes harder.



## Coaching Points/Progressions:

- Head up directed towards your target and over the ball.
- Plant standing foot next to the ball.
- Use the inside of your foot, and strike the ball in the middle.
- Follow through with kicking leg.
- Progressions: Add 2/3 defenders in to stand between the gates, then progress to let the defenders win the ball.

## Notes:

- Warm up ideas; ball manipulation in twos (After a certain amount of touches, pass the ball)



## Theme/Objectives:

- Dribbling Gates
- To understand why we use all four parts of the foot when we dribble.
- Why we need to change direction and speed when dribbling.

## Organisation/Explanation:

### Organisation of Exercise:

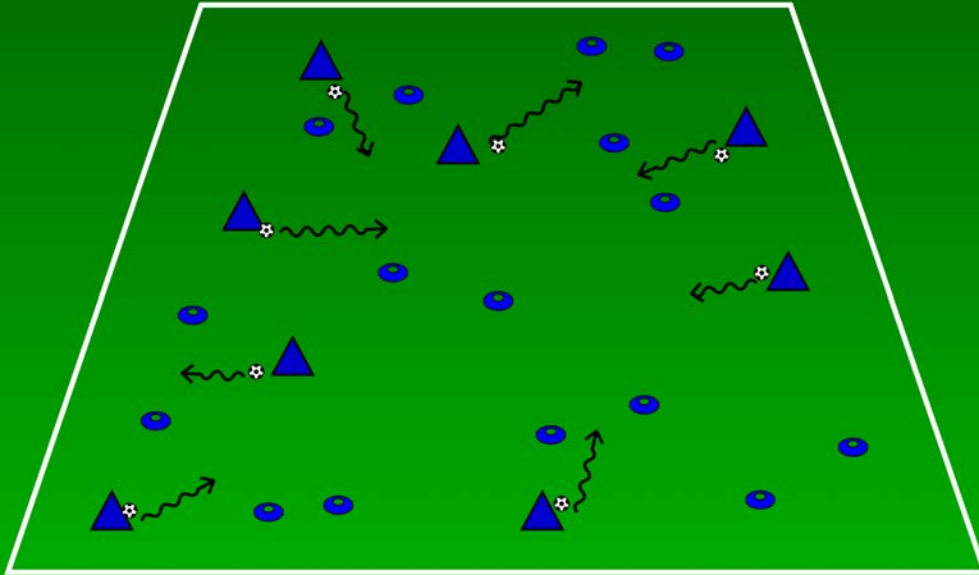
- 20x20 area with 8-10 gates in the middle. Depending upon the number of players you can add more or less gates.
- Every player with a ball, you can start with ball manipulation, understanding the four parts of the foot; sole, inside, outside and laces.
- 1 point for each gate which is dribbled through

### Challenges:

- How many gates can you get through within a minute?
- Can you Fake and then burst through a gate?
- Can you change direction and then find a gate?

### Variations:

- Have different coloured gates (Blue, Yellow & Red) and give players patterns to dribble through i.e. Blue, then yellow, then red.
- Tell players they get 1 point per blue and yellow but lose a point if they go through the red gate.



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## Coaching Points/Progressions:

- Head up when Dribbling, 4 parts of the foot being used.
- Change of direction/Change of speed.
- Low centre of gravity.
- Small touches/Every step is a touch/keep ball close.
- Progression; Add 2/3 defenders to stand in the gates, this will force the players to change direction and find another.

## Notes:

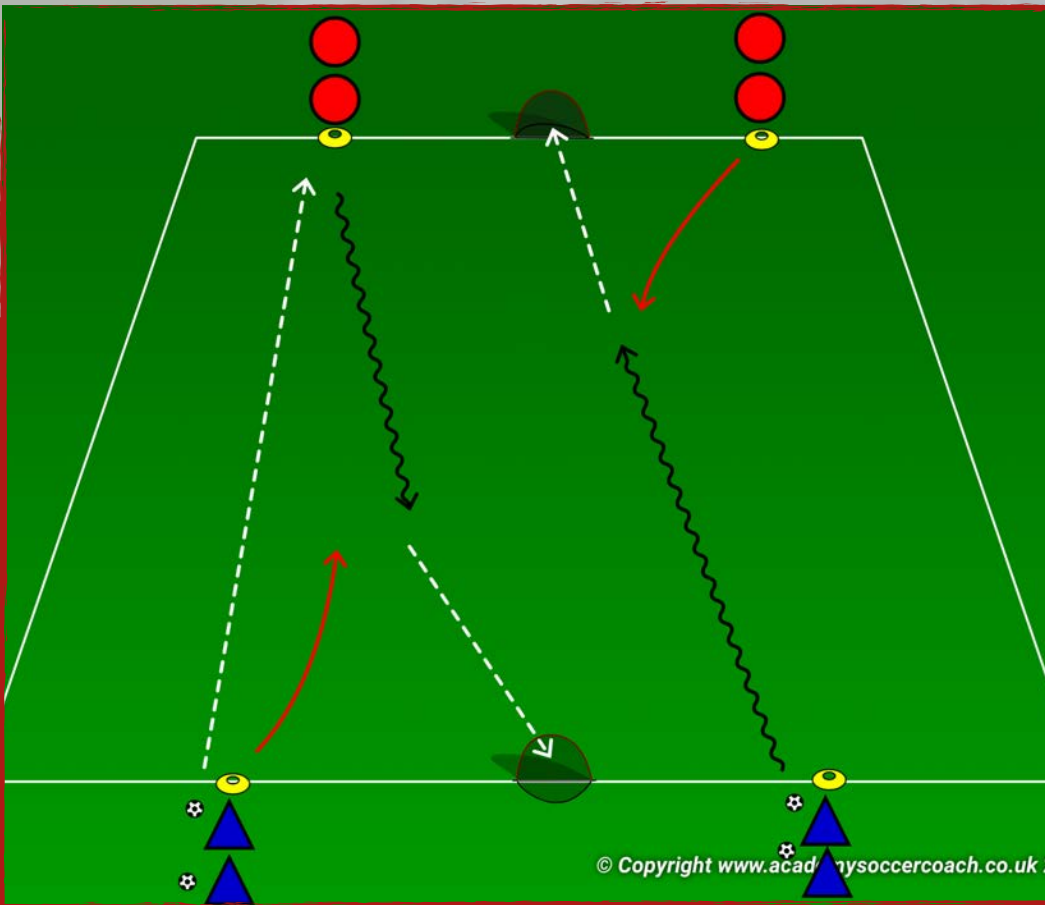
- Warm up Ideas ;
- Ball manipulation
  - Fun dribbling game, stuck in the mud or dribble tag.

## Theme/Objectives:

- 1v1s. Understanding where to beat the defender in a 1v1 situation in front of goal.

## Organisation/Explanation:

- Create a 15x15 area with two 1v1s going on at the same time towards the same goals for interference.
- Option 1 (left) Have player pass to opponent and then look to defend them. Play is directional.
- Option 2 (Right) Have players dribble out if they cannot yet pass it across and play is then live. Play is directional.
- Either have players alternate between being the attacker and defender by swapping lines after every go or swap attackers and defenders every 3/4/5 minutes.
- Can players do a move to get round the defender?
- Can we look to unbalance the defender and separate yourself from them to score?



## Variations:

- Points system for scoring after a certain move.
- Extra points for scoring with their non-dominant foot.

## Coaching Points/Progressions:

- Slow in & Accelerate out.
- Exaggeration.
- Unbalance the defender.
- Low centre of gravity.
- Attitude to beat the defender.
- Progression - Time limit within to score to increase speed and intensity.

## Notes:

- Warm up - Work on a variety of moves; Single Scissors, Double Scissors, Matthews, Inside/Outside, Ronaldo Chop

## Theme/Objectives:

- Circuit Shooting
- Understand correct shooting technique.

## Organisation/Explanation:

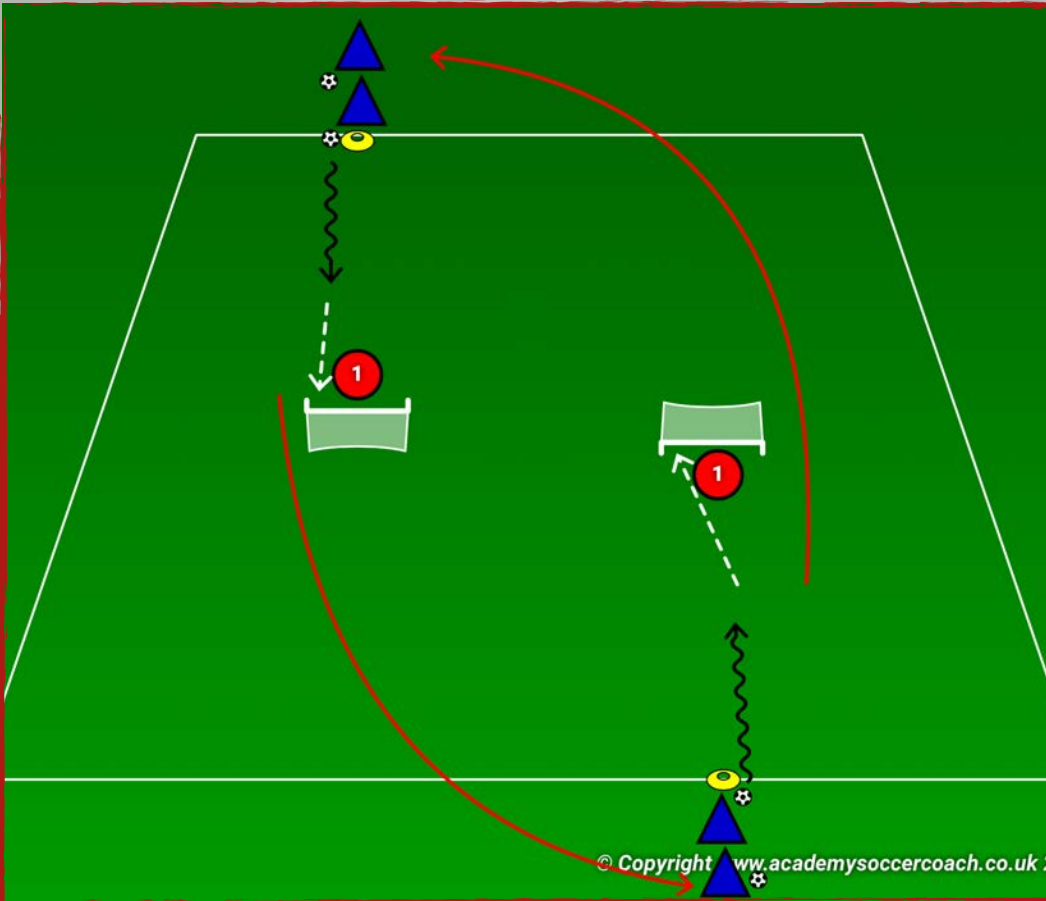
-30x30 area with 2 goals facing opposite directions 10/15 yards apart from each other.

- Attackers look to dribble and score past the goalkeeper. Players then get their ball and join the next line to shoot against a different goal keeping.

- Have the attacker become the goalkeeper straight away or rotate goalkeepers after a specific amount of time (2 to 3 minutes)

## Variations:

- Players have a 3 touch maximum (Have to get a shot off within 3 touches)
- Players have to take 1 touch out of their feet and then shoot.
- Players have to shoot with their non-dominant foot.



## Coaching Points/Progressions:

- Plant your foot next to the ball in the direction you want to shoot.
- Look up to see the target, and where the goalkeeper is.
- Arms out for balance, head and knee over the ball.
- Strike the ball with your laces and follow through with striking leg.
- Progressions: Have to do a move before you shoot.

## Notes:

- Warm up ideas: Focus on basic technique of shooting in pairs shooting towards each other on the floor.



## Theme/Objectives:

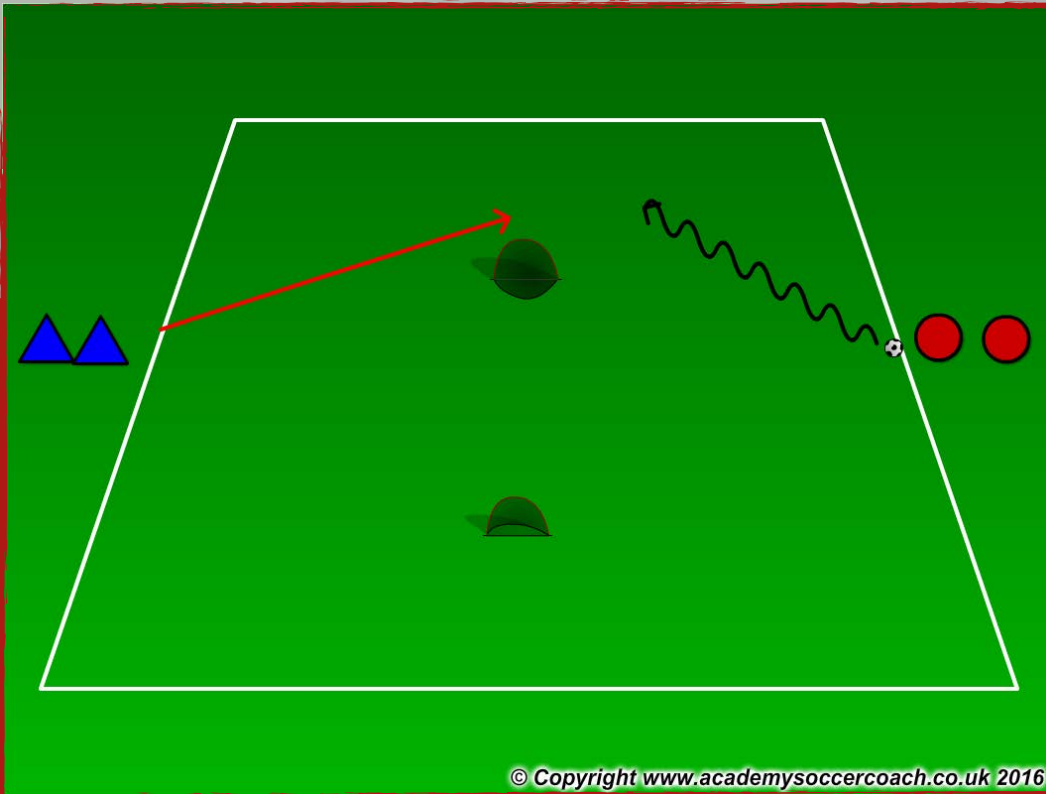
- Goals faced outwards.
- Understand when and where to turn into space to score.
- Why we turn and use various turns to maintain possession.

## 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.
- Can we use various turns to turn make space and score?
- Vary how players receive the ball, either dribble in or pass to the opposition.

## Variations:

- Change positions of the goals (Move them closer together or have one at each end of the grid facing each other) - Players can still score in either one.



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## Coaching Points/Progressions:

- Keep ball close and under control.
- Check shoulder before turning.
- Can we be creative and unpredictable when turning?
- Low centre of gravity when turning.
- Exaggeration of the turn.
- Progressions: 2v2 or 2v1. Players have a time limit within the square to score.

## Notes:

- Warm up ideas - Various turns; Inside hook, Outside hook, Cruyff turn, Drag/Pull back, Stop turn. Stopover turn, L-turn.

## Theme/Objectives:

- Dribbling; 1v1 chaos.
- Understand when and where to attack the defender, to attack the back foot and unbalance them.
- Understand the importance of keeping your head up when dribbling.

## Organisation/Explanation:

-20x20 square with a 10x10 square inside. Players pair up and position themselves on the outer square centrally.

- to begin 2 1v1s going on at once starting from opposite sides

- Players need to either feint or use their speed to separate themselves from the defender and dribble through the box to get to the other side.

- progress to all four players dribbling in at once, adding chaos to the situation, ensuring players have their heads up.

-One more progression would be to add, players have to go out a different side of the square each time and 2 players cannot go out the same side. Decision making.



## Coaching Points/Progressions:

- Head up when Dribbling, 4 parts of the foot being used.
- Change of direction/Change of speed.
- Low centre of gravity.
- Small touches/Every step is a touch/keep ball close.
- Progression; Add in another defender. Players have a time limit to get to the opposite side.

## Notes:

- Warm up ideas; Feints, moves and turns. Ball manipulation.

## Theme/Objectives:

- Dribbling 1v1 Gauntlet
- Understand when and where to attack the defender, to attack the back foot and unbalance them.

## Organisation/Explanation:

- 3 (10x10) boxes on top of each other and then add another 3 to the side.
- 1 defender starts in the middle and end box. 1st box is free.
- Attackers begin at orange gates, aim to dribble through the yellow gates, by beating the defenders in each zone.
- A point is rewarded for each zone entered, if you dribble out of the zone or defender wins the ball, you start again.
- Once you have completed one side of the gauntlet you join the other.
- Ensure defenders and attackers are rotated every 5mins.
- Move around defenders in different zones.
- Look to perform a feat around defender, or beat with speed.
- Point system; 1 point for beating defender with speed, 3 for beating defender with a feint.



## Coaching Points/Progressions:

- Head up when Dribbling, 4 parts of the foot being used.
- Change of direction/Change of speed.
- Low centre of gravity.
- Small touches/Every step is a touch/keep ball close.
- Progression; Defender in each zone. Mix up the ability of defenders.

## Notes:

- Warm up ideas; Ball manipulation, feints and moves up to a cone, practice some before entering the gauntlet. Scissors, maradona, matthews.



## Theme/Objectives:

- Tri-Colour Passing
- Enhancing Decision making and learning to check your shoulder when passing and receiving.

## Organisation/Explanation:

-20x20 area with three teams of 3/4 in a team.

- Each team has a ball, they begin just passing around in their team, ensuring they are moving, around the square.
- Now, each team has a sequence.
- Blues have to pass to yellow and yellow to red, red then back to blue. You can pass to anyone on the team as long as it is that specific colour.

## Progression:

- Begin with 6v3 for example yellow and blues on the same team vs the reds. If the reds win the ball, and yellows lot it, yellows will be defending, blues/reds vs yellows.



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## Coaching Points/Progressions:

- Head up directed towards your target and over the ball.
- Plant standing foot next to the ball.
- Use the inside of your foot, and strike the ball in the middle.
- Follow through with kicking leg.
- Check your shoulder to see where your next pass is going.
- Progressions: Staying in three teams, make it opposed, team in possession has support from another team, team who loses the ball will be the defending team. Transitional and understanding possession.

## Notes:

- Warm up; passing gates.

### Theme/Objectives:

- Passing in squares.
- Understand why we move to receive the ball.
- Why we receive at angles?

### Organisation/Explanation:

- 20x20 sure separated into 16 squares.
- Players are partnered up, and a ball between two.
- Players have to pass and find space to receive the ball in another square.
- Passes can only go into different squares
- Add challenges in, how many passes in a minute?
- First to 10 successful passes?
- How many passes at an angle can you make instead of square passes.



### Coaching Points/Progressions:

- Head up directed towards your target and over the ball.
- Plant standing foot next to the ball.
- Use the inside of your foot, and strike the ball in the middle.
- Follow through with kicking leg.
- Check your shoulder to see where your next pass is going.
- Progressions: players can gain extra points for passing through 2/3 squares. For longer passes. Add defenders in to deny the passes, players will have to move more consistently, and sharper movements needed

### Notes:

- Passing gates for the warm up. Hand ball in the squares

## Theme/Objectives:

- Shooting Small sided game, Combine and finish.

## Organisation/Explanation:

- 20x30 area split in half. Teams split evenly with 1 neutral.
- Each team will have a goalkeeper and 2 players in each half.

Start the game as all players can shoot from anywhere then add in the following restrictions/combinations;

- Can combine either ;
- 1) a wall pass with a player in the attacking half and bounced back then a shot.
- 2) play into the forward they have 2 touches to shoot.
- 3) Or play wide and cross with a 1 touch finish.



## Coaching Points/Progressions:

Plant your foot next to the ball in the direction you want to shoot.

- Look up to see the target, and where the goalkeeper is.
- Arms out for balance, head and knee over the ball.
- Strike the ball with your laces and follow through with striking leg.
- Communication to combine.
- Progressions: have to combine with the neutral before scoring. Players can dribble into the attacking half on the ball.

## Notes:

Warm up ideas; Some combination play patterns. Basic shooting technique.

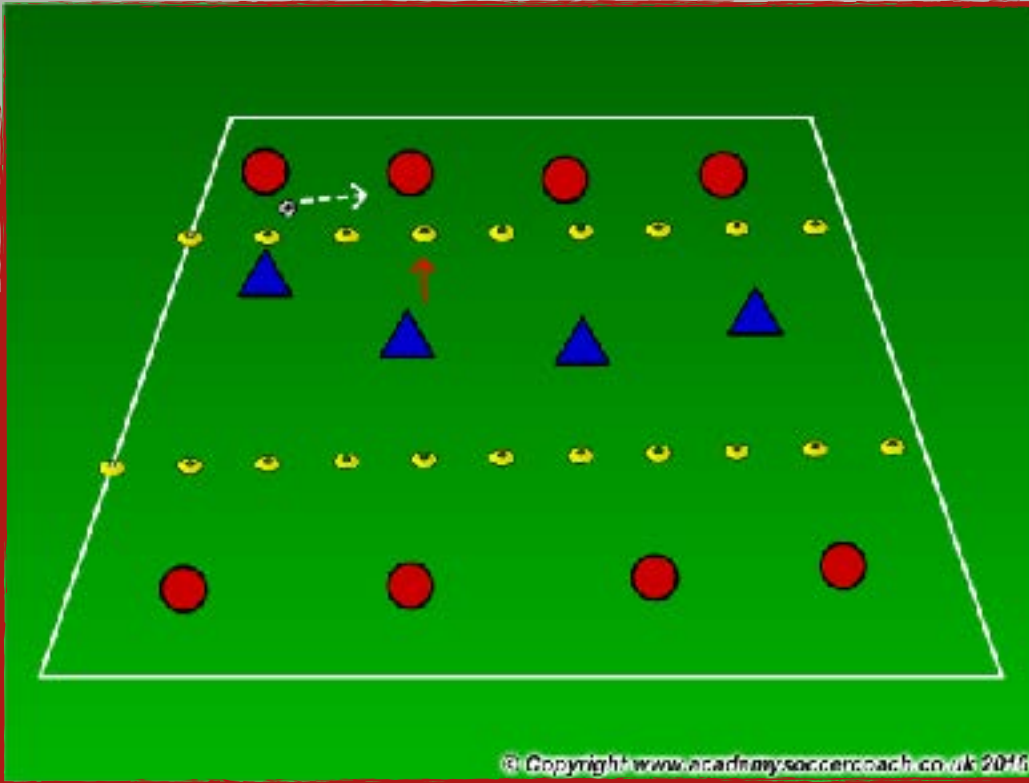


## Theme/Objectives:

- Defending 4v4v4
- Understand pressure, cover and balance.

## Organisation/Explanation:

- 30x25 area, split into thirds.
- Three groups evenly split, a group in each third.
- Work as a flat four, focus is on the players in the middle third and their defensive shape when pressing to win the ball.
- Players on the outside two zones have to play the ball to everyone in their zone and then look to pass through the defensive unit.
- Focus on pressure, cover and balance.
- Progressions:
  - One player can enter the end zones to try to win the ball, if the ball changes player in the end zone, then the defender can drop out and let the other player press. (Pressure, cover).



## Coaching Points/Progressions:

- Middle four has to ensure they keep their shape, if the ball is on the outside, first defender presses and others give cover and balance. Communication from who is stepping in to press the ball.
- Body shape, whether to show inside or outside.

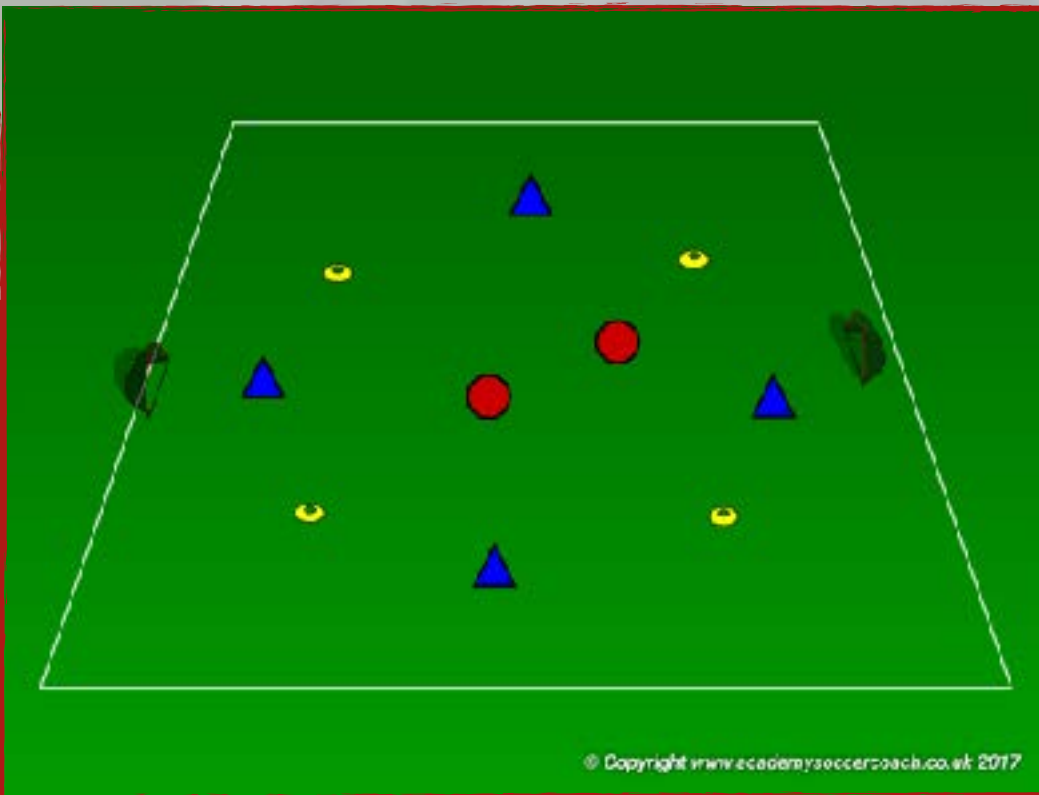
## Notes:

## Theme/Objectives:

- Passing: 4v2 rondo.
- Understand how to keep the ball in tight areas and how to split a defence.

## Organisation/Explanation:

- 4v2 rondo
- Blues look to keep the ball and find split passes between the defenders.
- Reds are trying to win the ball as quick as they can and finish on one of the two small goals on the outside the area. Longest player in will swap out with a blue.
- Blues working only on the outside to begin and reds on the inside.



## Coaching Points/Progressions:

- Receive back foot.
- Firm passes, offer supporting movement and angles. Communication.
- Progression: Blue players now work on the inside so can be tackled. Make the area slightly bigger.

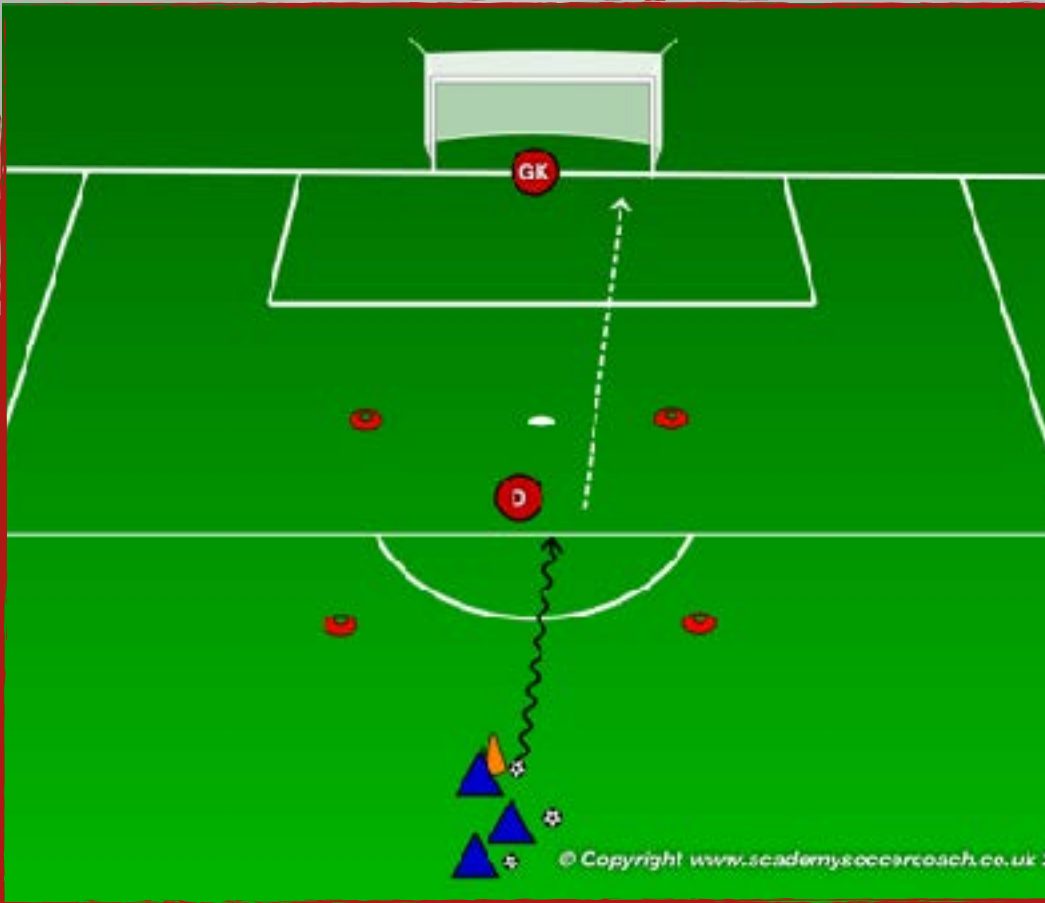
## Notes:

## Theme/Objectives:

- 1v1 Shooting
- Understand where to beat the defender in a 1v1 situation in front of goal.

## Organisation/Explanation:

- Create a GK box relevant for the format you play, 7v7, 9v9, 11v11.
- Cone out a 10x10 box on the edge of the area.
- 1 defender inside the area, attack the defender, unbalance them and shoot.
- Can we beat the defender with a fake and then shoot on target?
- Can we make space to shoot? (Shift n shoot)
- Can we look to unbalance the defender and separate yourself from them to finish?



## Coaching Points/Progressions:

- Plant your foot next to the ball in the direction you want to shoot.
- Look up to see the target, and where the goalkeeper is.
- Arms out for balance, head and knee over the ball.
- Strike the ball with your laces and follow through with striking leg.
- Progressions: Make it 2v1, take the box out, Gk more aggressive. Also add another defender in

## Notes:

- Warm up, ball manipulation, begin unopposed. Focus on basic shooting technique.



## Theme/Objectives:

- Turning, spin and shoot! The Lukaku.
- Understand when to turn with a defender on your back
- Where to turn into, space or play the ball back.

## Organisation/Explanation:

- 15x20 grids with small goals at either end.
- 2 cones in the middle, organisation is a defender and an attacker
- 1v1. Attackers look to receive the ball on their front foot and try to spin off the defender.
- Use the defender as a pivot and ensure you have body contact with them, shielding the ball and using your body as a pivot.
- Play the game in rounds of 3/5 or 7. First team to either score wins.



## Coaching Points/Progressions:

- Use body efficiently, and also defender's body as a pivot.
- Creativity, how are you going to turn? Outside of foot, inside, chop?
- Check away and check to receive, can your first touch make space to shoot?
- Check shoulder to find space, where to turn? Where is the goal?
- Progressions; add in 2nd attacker who you receive it off can support you to create 2v1.

## Notes:

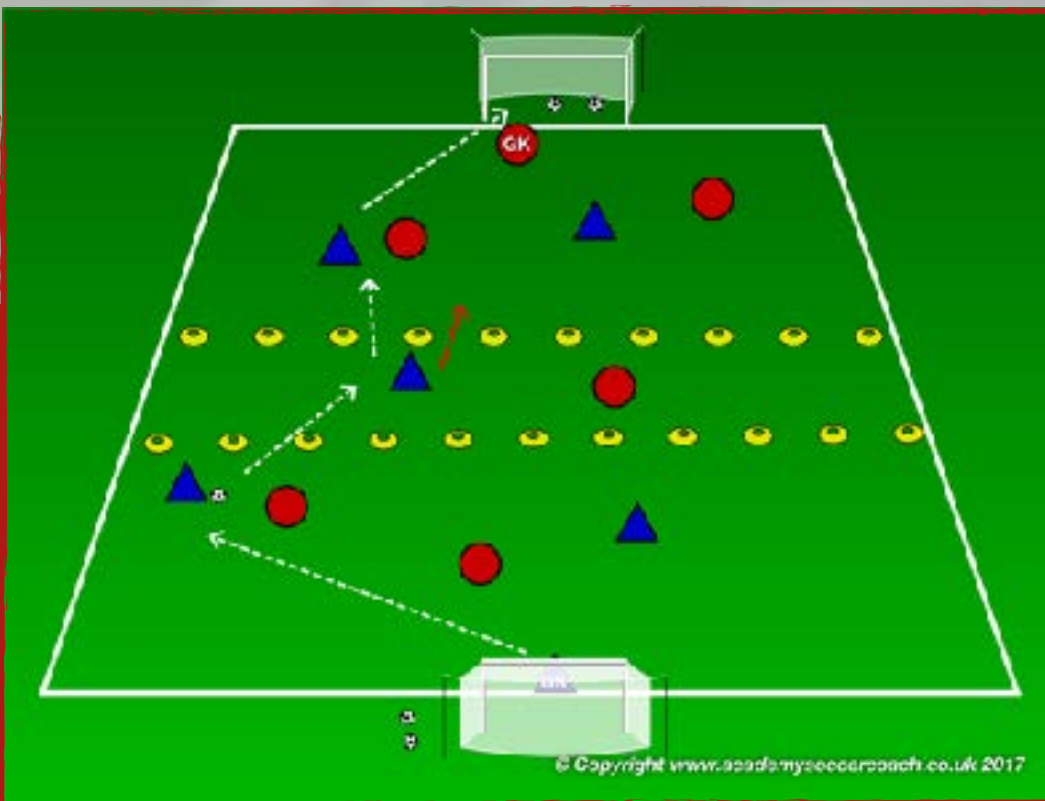
- Warm up ideas; Various turns, and shielding the ball. Also basic shooting technique to be stressed.

## Theme/Objectives:

- Small sided game, Counterattacking and Shooting.

## Organisation/Explanation:

- 30x40 field, with two goals and a cone out half way line with 5 yards in-between
- 2v2 in both ends and 1v1 in the middle zone.
- Players have to play through the middle zone to create overloads in the attacking thirds.
- Players can either dribble into the zones or pass
- Can we combine towards goal?
- Can we create overloads in the final third or even look to counter quickly and enter the final third after winning the ball within 5 seconds.



## Coaching Points/Progressions:

- Relate Session coaching points to your small sided games. If you have done passing still stress the importance of receiving on the back foot, or checking your shoulder, always relate back to your session coaching points.

## Notes:

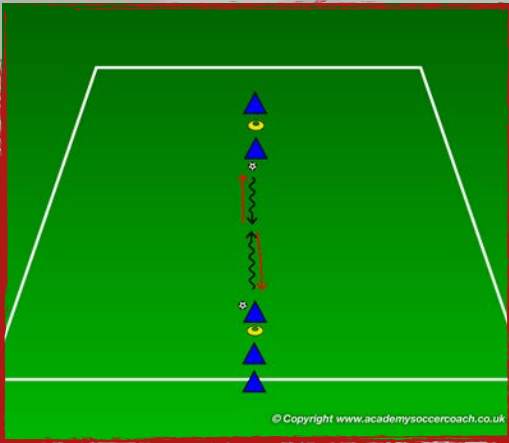
- Ensure session is topic related.

**Theme/Objectives:** - 1v1 (Turns) - Looking to get away from the defender to create space/keep possession of the ball.

Age: U6-U8

Mesocycle:

Microcycle:



Duration: 15

Intensity: Medium

Intervals: 3

Work:Rest: 3:2

**Organisation/Explanation:**

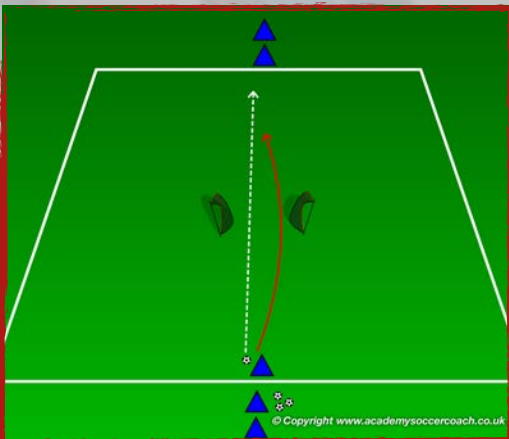
- Players dribble at each other and work through the following turns attempting not to bump in to each other. (If they continuously bump in to each other, put a cone down that players do the turn at.
- Drag Back
- Cruyff Turn
- Inside Hook/Outside Hook
- Step-Over Turn
- Stop Turn
- L-Turn

**Coaching Points**

- Slow in & Accelerate out.
- Exaggeration.
- Check shoulder before turning.
- Low centre of gravity.

**Progression(s)**

- Perform turns with both feet.



Duration: 20

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

**Organisation/Explanation:**

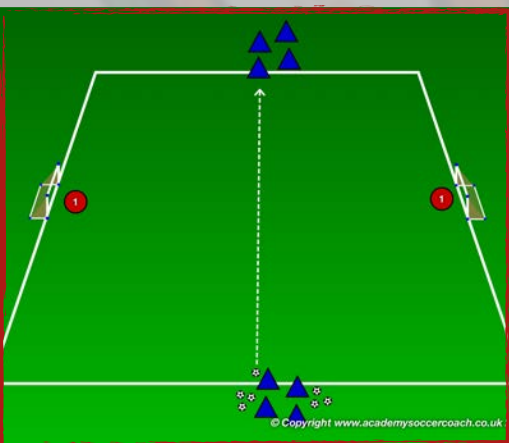
- Defender plays to attacker who then tries to score in either of the mini goals.
- If defender wins the ball, they then attempt to score in either of the mini goals.
- Players rotate roles after each go.

**Coaching Points**

- Previous Coaching Points.
- Positivity after turn.

**Progression(s)**

- Have two sets of players going at the same time for interference.



Duration: 25

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

**Organisation/Explanation:**

- Defender plays to attacker who then tries to score in either of the goals past the goalkeeper.
- If defender wins the ball, they then attempt to score in either of the goals.
- Players rotate roles after each go.

**Coaching Points**

- Previous Coaching Points.

**Progression(s)**

- Time limit to score depending on ability.
- Advance to 2v2's (Use pennies)

**Notes:**

- Stage IV: 2v2/3v3/4v4 SSG'S



**Theme/Objectives:** Passing and Receiving: EMPHASIS ON RECEIVING WITH BACK FOOT.

- Can we receive the ball across our body and open the entire field up?
- Why do we receive back foot?

Age: U10

Mesocycle: Fall

Microcycle: Week 2A

Duration: 15

Intensity: Med

Intervals: 3

Work:Rest: 4:1



**Organisation/Explanation:**

- One ball in pairs set up with a diamond, players opposite each other, blue player is moving to receive on his right foot and then play. two touch.
- Same happens with the left foot after back pedalling around the top blue cone. Swap after 1 minute.

**Coaching Points**

- Receive with an open body
- communication for the ball
- keep the touch close
- quick movements
- work rate

**Progression(s)**

- one touch
- how many in a minute?

Duration: 20

Intensity: med

Intervals: 4

Work:Rest: 4:1



**Organisation/Explanation:**

- 20x20 grid
- a player on each side, and four players in the middle with a ball.
- Players are playing to an outside player, creating an angle to receive with their back foot and look to play some where else.
- Swap after 2 minutes.

**Coaching Points**

- Check shoulder before receiving.
- firm passes
- Open out body position

**Progression(s)**

- Coach holds up pinnies to check shoulder (shout the colour pinnie)
- 1/2touch move it quicker.

Duration: 25

Intensity: high

Intervals: 5

Work:Rest: 4:1



**Organisation/Explanation:**

- 20x 15 area (possible 30x20. )
- 2 teams of 3/4
- first team in possession (blues) Its a 3v1 blues have to make 5 passes before they score. If scored another defender comes in 3v2, Cycle repeats itself for 3v3. Players will then swap after 3v3.
- Players are looking to receive the ball on their back foot to open up the game.

**Coaching Points**

- Movement off the ball
- open body position
- firm passes
- Communication/awareness
- check shoulder

**Progression(s)**

- GKs can come out to play

**Notes:**

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

Duration: 15 mins Intensity: High

Intervals: Work:Rest:

Organisation/Explanation:

- 2v1 between #9 and #10, player who starts can either dribble or pass into the #9. One defender(4) steps out once ball is moving.
- Once scored or ball is out, Rotation is, the player who played the ball in will become the #9 and the #9 is out. New #10 in.

Coaching Points

- Speed of play
- Attacking movement off the ball, ( overlaps, 1-2s, stay wide?)
- Communication,
- Pass appreciation.

Progression(s)

- Time limit 15 seconds to score

Duration: 25 Intensity: Med

Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- 3v2 to goal.
- Both teams #9 is always in the game, only when their team is in possession they are LIVE and can play. (Transitional).
- Look to create attacking movements off the ball and PENETRATE where possible.
- Create WIDTH and supply SUPPORT/ depth.
- Buzzwords: Width, depth, support,

Coaching Points

- width and depth in attack
- Mobility when going forward
- Pass appreciation.

Progression(s)

- Include offside line. Own half before receiving. - Time limit.

Duration: 25 mins Intensity: Med

Intervals: 3 Work:Rest: 5:2

Organisation/Explanation:

- 4v3 to goal. Always play from the #6 on the half way line.
- Blues play with a 6,7,9,10,11.
- Reds with a 1,4,5,6.
- 7/11 provide width, 10 provide support and look to play penetrating passes.
- Defenders can counter and score in the two goals on the halfway.

Coaching Points

- Penetration by either passing or dribbling
- Pass appreciation.
- Communication.
- Receive under pressure to break lines.

Progression(s)

- 5v3 then 6v4.-Defenders have 15 seconds to counter and score.

Duration: 25 mins Intensity: High

Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- Coaching in the game. 9v9 game. If numbers are short play 8v8 or 7v7.
- Blues in a 1-3-2-3.
- Reds. 1-4-3-1.

Coaching Points

- Stress coaching points from the above stages.

Progression(s)