



# SkillsKool Session Guide

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## INTRODUCTION

SkillSkool is a technical based program created and used by professional academy players with the aim to produce technically strong and confident players. SkillSkool uses our 1k touch philosophy to move and manipulate the ball with a ranges of surfaces.

SkillSkool is broken up into 4 segments;

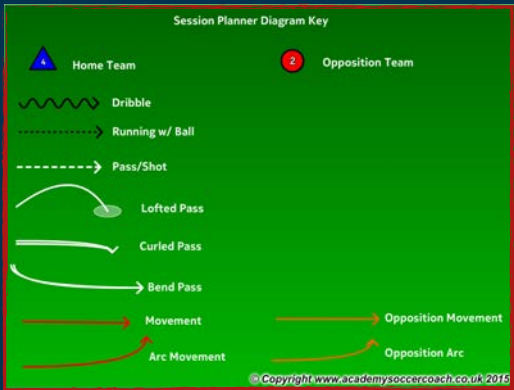
- **Ball Manipulation**
- **1v1's**
- **Passing/possession (Rondo's)**
- **Small Sided Games (SSG)**

**Ball Manipulation** is focused around our 1k touch philosophy of getting 1,000 touches on the ball within a ball manipulation session working on touches, turns and dribbling. Once players have learned the ball manipulations in the first week coaches will introduce our very own score cards where players will look to improve scores and technique each week.

**1v1's** are focused on getting players comfortable with the ball at their feet while under pressure and lead to players growing in confidence and take control of attacking situations with the ball at their feet looking to beat the defender.

**Passing** will be split into two areas technique and Rondo's. Passing technique will involved players getting comfortable receiving and passing the ball with a range of surfaces and learn different types of passes. Rondo's will focus on retaining possession and making quick decisions on the type, direction and weight of a pass. Once players understand key techniques coaches will then introduce passing score cards using 2 different set ups as seen in week 2.

**Small Sided Games (SSGs)** will give the players opportunity to put their newly acquired skills into practice in small games 3v3's or 4v4's which will allow for a lot of touches on the ball while also forcing players to make quick decisions in match realistic situations.

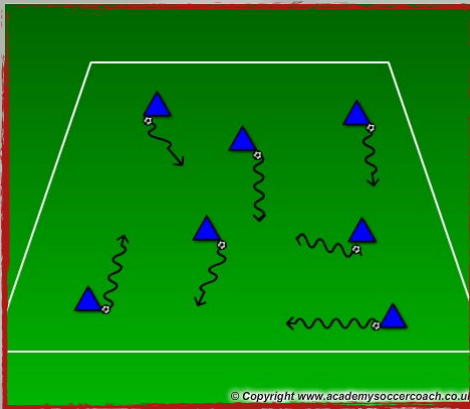


Ben Russell

**Theme/Objectives:** Ball Manipulation & 1v1's

Half the group do ball manipulation while the other half do 1v1s swap at 26 minutes

Age:  Mesocycle:  Microcycle:



Duration:                      Intensity:                      Intervals:                      Work:Rest:

Organisation/Explanation:

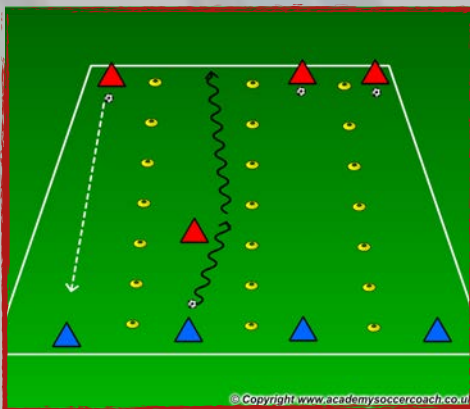
- Ball Manipulation
- Every player has a ball
- Stop and start when Coach calls
- Ball Manipulation
- only right foot, only left foot.
- sole of the foot.
- inside outside
- 

Coaching Points

- 1 touch for every step.
- no straight lines
- no 1 direction.
- quick touches/ quick step.
- 

Progression(s)

- time limit how many touches



Duration:                      Intensity:                      Intervals:                      Work:Rest:

Organisation/Explanation:

- 1v1 Ladder tournament
- Defender passes ball to attacker
- win a point by stopping ball at end.
- ball goes out of play swap roles and play again.
- play for 2 minutes.
- winner moves left loser moves right

Coaching Points

- Positive first touch
- Change speed and direction
- Make defender wobble

Progression(s)

- increase/decrease size
- 



Duration:                      Intensity:                      Intervals:                      Work:Rest:

Organisation/Explanation:

- 1v1
- Defender Passes ball to attacker, attacker tries to beat defender and score.
- If ball goes out players swap roles

Coaching Points

- Positive first touch
- Change speed and direction
- Make defender wobble
- 

Progression(s)

- Turn Goals so attacker has to beat player and goal to score.

Notes:

**Theme/Objectives:** Passing & SSG

Passing will focus on specific techniques when passing the ball & using a range of surfaces  
SSG's will be 3v3 or 4v4 and allowed to play. Street soccer if the Ball goes out get the closest ball and dribble or pass in to restart

Age:  Mesocycle:  Microcycle:



**Duration:**

**Intensity:**

**Intervals:**

**Work:Rest:**

**Organisation/Explanation:**

- Passing in Pairs
- 1 ball each, only using the bottom of your foot (<https://www.youtube.com/watch?v=pOYcvmk2KhU>),
- Roll over pass (<https://www.youtube.com/watch?v=lc2LuzA-Dmc>).
- chip and roll game, one player has to roll the ball other has to chip their ball over the rolling ball.
- Brazilian toe tap pass ([https://www.youtube.com/watch?v=3IWHk\\_LiDZ0](https://www.youtube.com/watch?v=3IWHk_LiDZ0))

**Coaching Points**

- Lift ball up in pair with inside to learn technique.
- On toes ready to receive
- correct technique
- punch through middle of the ball

**Progression(s)**

-



**Duration:**

**Intensity:**

**Intervals:**

**Work:Rest:**

**Organisation/Explanation:**

- 3 Cone Passing drill
- set up as shown. 1 server and 1 player working. start off with ball on floor and pass to side of the cone, then player side steps to opposite side and repeats for 2 minutes then swap over.
- outside of foot
- half volley
- volley

**Coaching Points**

1. always be facing server
2. quick feet to get around cone
- 3.

**Progression(s)**

1. passes only with outside of foot, volley passes, volley laces, High and back, chest and back. 4 passes between



**Duration:**

**Intensity:**

**Intervals:**

**Work:Rest:**

**Organisation/Explanation:**

- SSG
- 3v3 / 4v4 depending on numbers
- No GK's
- Street soccer instead of throw ins players can dribble or pass the ball in.
- have a supply of balls spread around the field to allow for quick restarts.

**Coaching Points**

- shape as a 3 triangle
- positive
- take 1v1s

**Progression(s)**

-

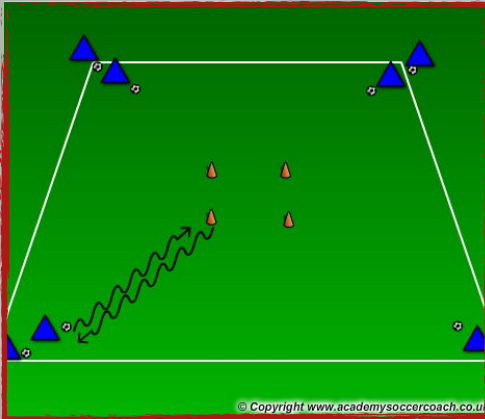
**Notes:**

-

**Theme/Objectives:** Turning & 1v1's

Half the group does turns while the other does 1v1's swap after 26 minutes.

Age:  Mesocycle:  Microcycle:



**Duration:**

**Intensity:**

**Intervals:**

**Work:Rest:**

**Organisation/Explanation:**

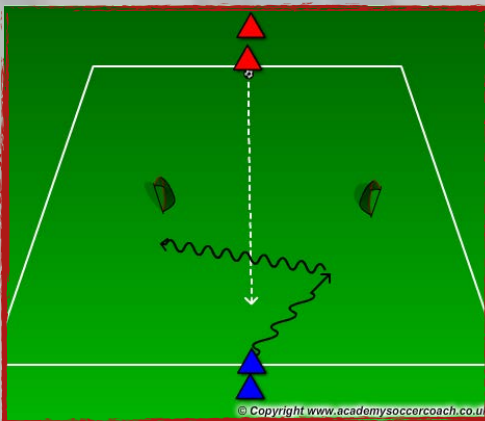
- Turning
- each player has a ball and will dribble up to cone and perform a turn
- inside hook, outside hook, drag back, step over, cruyff, Ake, L turn, Cruyff Outside. Drag back outside, Fake Pass

**Coaching Points**

- Close control up to cones
- Fake and Disguise
- Accelerate away

**Progression(s)**

- add 3 cones to dribble through.
- dribble to cone then move to different line.



**Duration:**

**Intensity:**

**Intervals:**

**Work:Rest:**

**Organisation/Explanation:**

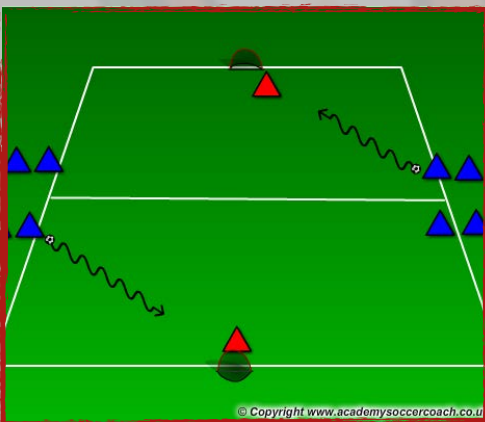
- Quick 1v1
- 2 lines of attackers with 1 defender to start.
- Attackers can only attack goal opposite
- Ball goes dead if defender gets a touch, ball goes out of play or goal scored.
- Attacker then becomes defender, previous defender gets the ball and joins the back of the line.

**Coaching Points**

- First touch at an angle
- be aware of defender
- if cant score in one goal score in the other
- fake and disguise.

**Progression(s)**

- 2v2



**Duration:**

**Intensity:**

**Intervals:**

**Work:Rest:**

**Organisation/Explanation:**

- 1v1 from angle
- 2 groups of attackers split on either side
- 1 defender
- attacker dribbles out tries to score
- if ball goes dead or goal is scored attacker becomes defender
- next attacker only goes once new defender touches goal (Trigger)

**Coaching Points**

- positive first touch
- Fake and Disguise
- Alter speed and direction
- make defender wobble
- try to make shot at goal from bigger angle.

**Progression(s)**

- 2v2

**Notes:**

**Theme/Objectives:** Passing & SSG

Passing will focus on specific techniques when passing the ball & using a range of surfaces  
SSG's will be 3v3 or 4v4 and allowed to play. Street soccer if the Ball goes out get the closest ball and dribble or pass in to restart

Age:  Mesocycle:  Microcycle:



**Duration:**                      **Intensity:**                      **Intervals:**                      **Work:Rest:**

Organisation/Explanation:

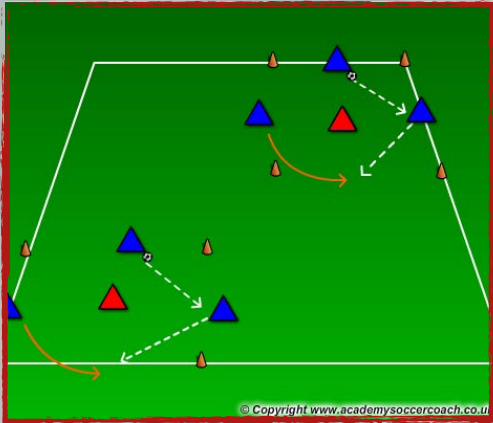
- Half the players in the middle half on the outside.
- Players in the middle check out of the box in the middle play 2 passes with players on the outside then check back in the box and move to new player.
- Middle players then start with ball and perform wall passes with players on outside.
- Pass ball in and overlap
- Pass ball in and rotate position

Coaching Points

- weight and angle on pass
- communication
- receiving first touch

Progression(s)

- wall pass
- overlap
- Rotation pass



**Duration:**                      **Intensity:**                      **Intervals:**                      **Work:Rest:**

Organisation/Explanation:

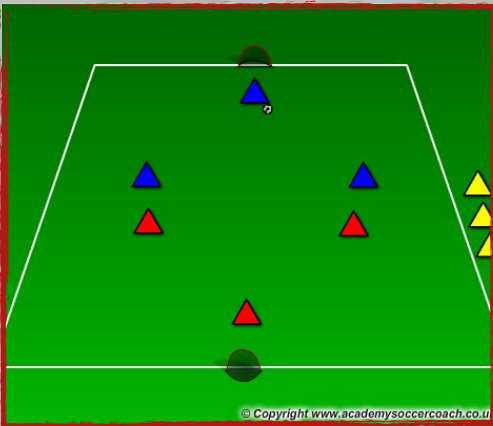
- Rondo
- 3v1
- set up 5x5 grid to play, (adjust if needed)
- defenders are in the middle for 3 minutes then swap over.

Coaching Points

- Movement off the ball
- Disguise
- try and keep the ball moving.
- 
- 

Progression(s)

- 2 touch max.



**Duration:**                      **Intensity:**                      **Intervals:**                      **Work:Rest:**

Organisation/Explanation:

- SSG
- 3v3v3
- if you score you stay on.
- score then get the ball out of the goal and attack the other goal.
- New team comes on and defend the goal opposite the goal which was scored on.
- If no goal is scored call out team color to be replaced.

Coaching Points

- shape as a 3 triangle
- positive
- take 1v1s

Progression(s)

- 1 touch finish

Notes:

**Theme/Objectives:** Tournament week, 5v5 tournament

Allow them to play street soccer rules to start where players can dribble or pass rather than throw ins. See variations of SSG if needed.

Age:  Mesocycle:  Microcycle:



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 5v5 with each side having GK's
- 5 minute matches & rotate teams.

Coaching Points

- Shape.
- encourage positive play

Progression(s)

- first touch finish



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

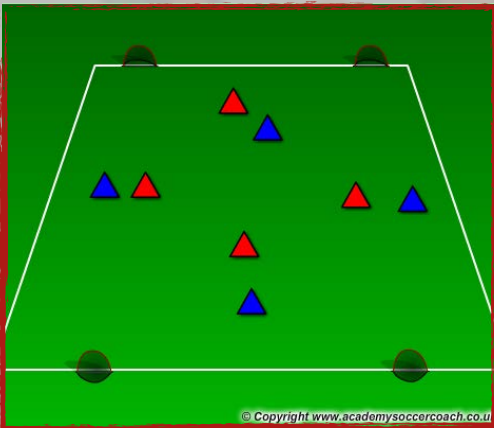
- 4v4
- 2 goal variations.
- Players aim to score then attack opposite goal once scored.
- If Blues score Blues get the ball from the goal and attack opposite goals.

Coaching Points

- Play Quickly
- Shape and Spacing
- Encourage positive play.

Progression(s)

- 2 touch max.



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- SSG with wide goals
- place goals in wide areas to teach players to get wide and learn to switch play if one goal is being defended.

Coaching Points

- shape as a 4 diamond
- positive
- take 1v1s

Progression(s)

- 1 touch finish

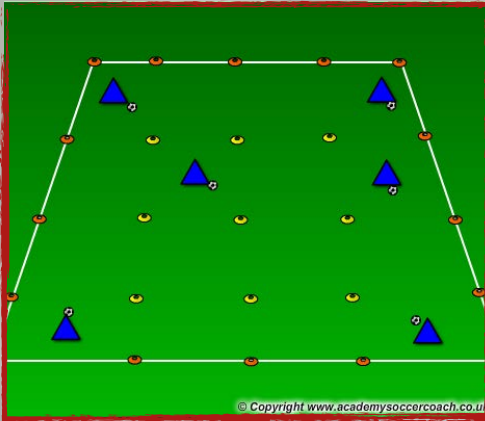
Notes:



**Theme/Objectives:** Week 6: Ball Manipulation & 2v2s

Ball Manipulation- Use Coaching points as guidelines and add more of your own ball manipulations. 2v2s to learn how to work in a group to beat the opposition.

Age:  Mesocycle:  Microcycle:



**Duration:**

**Intensity:**

**Intervals:**

**Work:Rest:**

Organisation/Explanation:

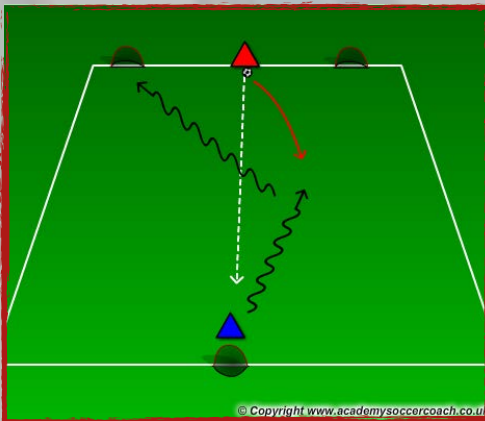
- Skill squares
- 4x4 squares red cones on outside to allow smooth transition to next session.
- Players perform static skills,
- Players then perform skills in their box
- Players then can dribble into any square
- Perform skills against cones perform turn against another player.

Coaching Points

- Static: toe tap, boxes, Brazilian toe taps, scissors, Sticky tape, Sticky ball, triangles,
- Move in box: drag back outside, step over outside, V, Roll stop, box box roll, box box cruyff, box box chop,

Progression(s)

- first touch finish



**Duration:**

**Intensity:**

**Intervals:**

**Work:Rest:**

Organisation/Explanation:

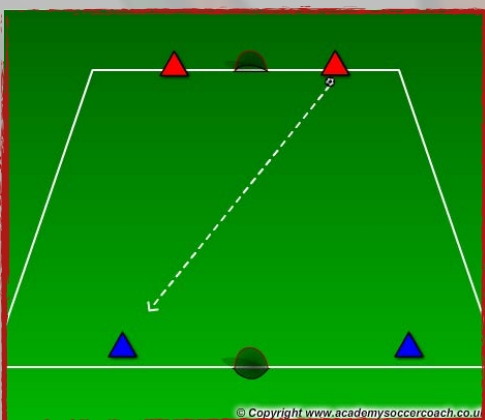
- 1v1
- two wide goals to attack with 1 central goal for defender to counter attack.
- Defender passes ball to attacker.
- Attack then has to beat

Coaching Points

- First touch
- make defender wobble
- turn and explode quickly

Progression(s)

- time limit to score



**Duration:**

**Intensity:**

**Intervals:**

**Work:Rest:**

Organisation/Explanation:

- 2v2
- Defender serves the ball to the attacking side with a diagonal pass
- If ball goes dead have new players come on.

Coaching Points

- Positive first touch
- width to create 1v1 opportunity.
- break down defense with runs in behind, overlaps or quick combination (wall pass)

Progression(s)

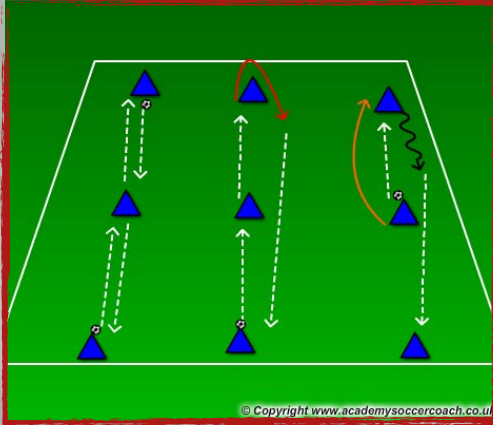
- add 2 more goals and position wide

Notes:

**Theme/Objectives:** Week 7: Possession & SSG

Possession: technical drill to create space part 2 Rondo to make quick decisions and passing movements.  
SSG: 2 different scoring opportunities and how to create opportunities for each situation.

Age:  Mesocycle:  Microcycle:



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

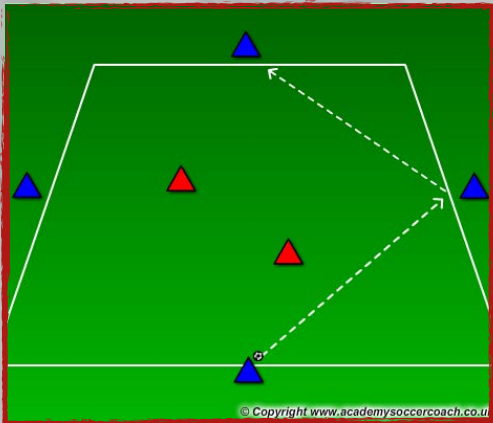
- Trio Passing.
- Phase 1 a player in the middle with players on either end with a ball, middle player receives and passes back. Players play for 2 minutes then swap roles.
- Phase 2 player in the middle passes and overlaps
- Phase 3 Passes and rotates to take positions.

Coaching Points

- Communication.
- Phase 1 "Man on" ,Use both feet and different surfaces
- Phase 2 "overlap, Hold, lead"
- Phase 3 wall pass, angle of support and lead pass.

Progression(s)

- Time limits how many passes.



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Rondo 4v2
- attackers try to possess the ball
- every time they get a split pass they earn a point
- if defenders win the ball the pass back to attackers
- players swap roles after 3 minutes

Coaching Points

- Movement to receive
- open body
- know your next pass before you receive
- patience
- penetration (Split Pass)

Progression(s)

- 3 touch max



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- SSG with different goals
- 1 futsal goal and 2 small goals.
- If you score you get the ball and attack the opposite end.
- 
- 

Coaching Points

- Shooting opportunity
- quick combinations
- If 1 small goal is defender switch play.
- defending big goal vs 2 smaller goals.

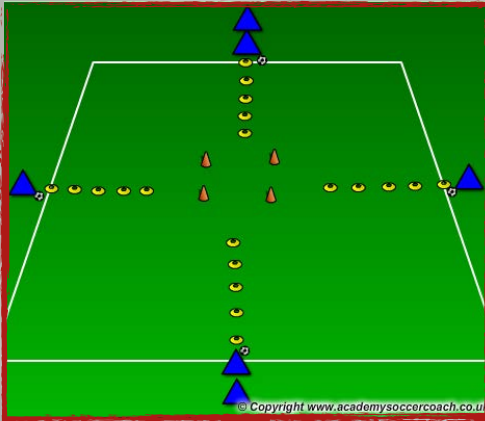
Progression(s)

- Nut megs count for goals.

Notes:

Theme/Objectives: Week 8: Ball Manipulation & 1v1s

Age:  Mesocycle:  Microcycle:



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

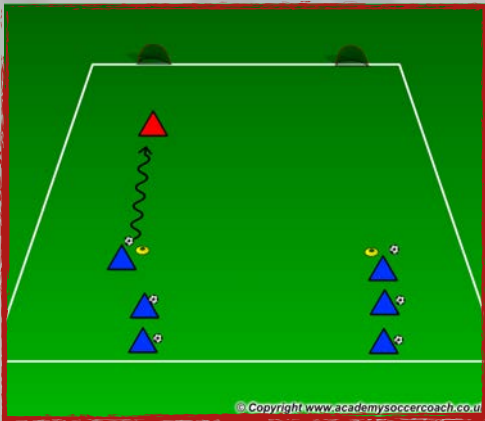
- Ball Manipulation
- Dribble through cones alter way to dribble through
- players can then explode into box perform turn and big touches to get back.
- Alter ways through first cones
- Alter turn from box, (Cruyff, drag backs, step over)
- Alter ways to get back (1 touch to get back, scissors, pass back, scoop back, Juggle back)

Coaching Points

- Close control
- head up
- 

Progression(s)

-



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

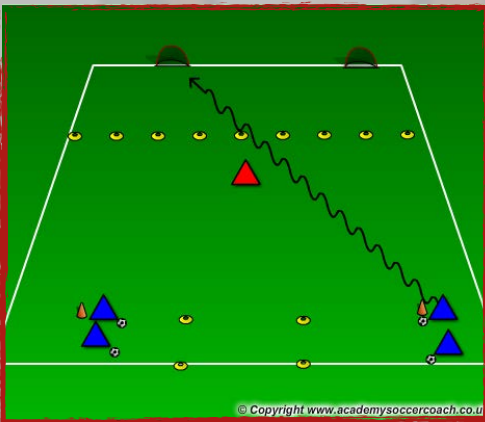
- Quick 1v1
- 2 lines of attackers with 1 goal directly in front of each line
- Attacker starts with the ball and has to attack the goal directly in front of them.
- If attacker scores or defender gets a touch of the ball, attacker then becomes defender to opposite line.
- 

Coaching Points

- Explode out quickly
- make defender wobble
- quick transition to defense
- 

Progression(s)

- Have to attack opposite goal
- can attack either goal



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 1v1 Diagonal
- 
- 
- 
- 

Coaching Points

- Same as above

Progression(s)

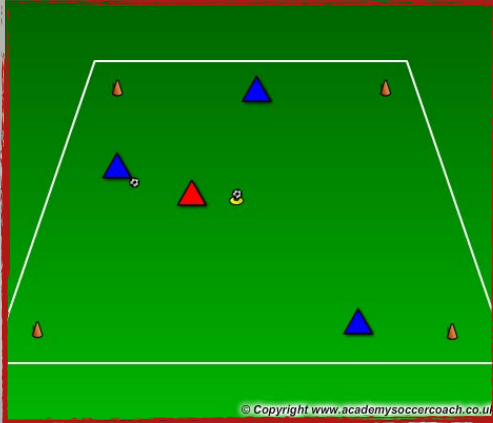
- turn goals

Notes:

**Theme/Objectives:** Week 9: Passing & SSG

Passing in pairs:  
SSG: 2 different scoring opportunities and how to create opportunities for each situation.

Age:  Mesocycle:  Microcycle:



**Duration:**

**Intensity:**

**Intervals:**

**Work:Rest:**

**Organisation/Explanation:**

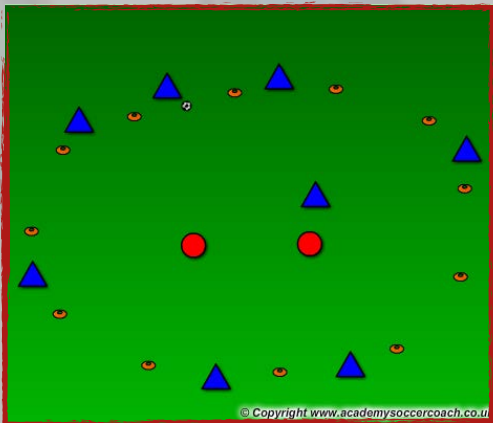
- Holy Grail
- 3v1
- 1 ball on a cone in the middle with 4 tall cones in the corner of the grid
- attackers try and knock the middle ball (Holy Grail) off the cone.
- if defender wins the ball they can counter and knock over a tall cone to win a point.
- Players cannot be closer than 1 yard to the cone.

**Coaching Points**

- invite and exploit pressure
- first time finish
- tempo of passing
- patience to who gets best shot.
- 

**Progression(s)**

- 3v2



**Duration:**

**Intensity:**

**Intervals:**

**Work:Rest:**

**Organisation/Explanation:**

- Big circle with players in-between two cones
- 2 defenders in the middle
- 1 attacker in the middle
- If defender wins the ball they drop pine and get replaced by player who lost the ball.
- Phase 1 Players have to pass and move in between a different set of cones.
- Phase 2 If Players play into middle player they then take their place
- Phase 3 Player makes pass and has to rotate with another player

**Coaching Points**

- Pass & Move
- invite and destroy pressure
- first touch
- 

**Progression(s)**

- add tall cones on edge for players to check out (Phase 4)
- add extra defenders



**Duration:**

**Intensity:**

**Intervals:**

**Work:Rest:**

**Organisation/Explanation:**

- SSG with different goals
- 1 futsal goal and 2 small goals.
- If you score you get the ball and attack the opposite end.
- 
- 

**Coaching Points**

- Shooting opportunity
- quick combinations
- If 1 small goal is defender switch play.
- defending big goal vs 2 smaller goals.

**Progression(s)**

- Nut megs count for goals.

**Notes:**

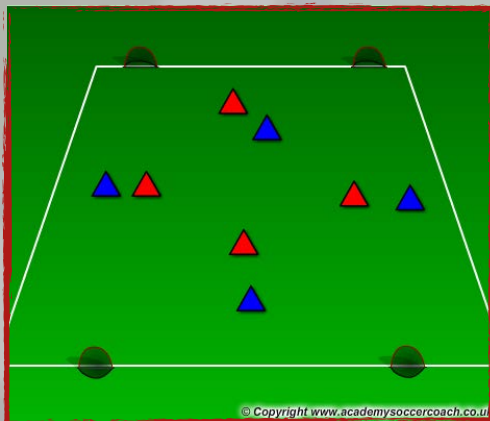
Theme/Objectives: Week 10  
SSG Week

A range of games to try and combine the four elements of SkillSkool

Age:

Mesocycle:

Microcycle:



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

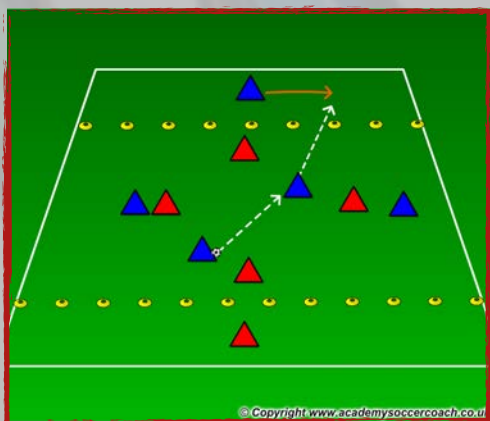
- 4v4 with wide goals

Coaching Points

- Shape
- if cant score in one goal switch play to score in other.

Progression(s)

- 3 touch max



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

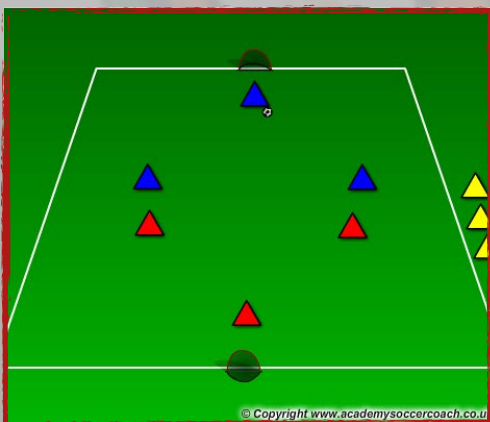
- End zone gam

Coaching Points

- Leading Pass
- movement
- open body
- know next pass before you receive

Progression(s)

- Players cant start in end zone



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 3v3v3
- if you score you stay on.
- score then get the ball out of the goal and attack the other goal.
- New team comes on and defend the goal opposite the goal which was scored on.
- If no goal is scored call out team color to be replaced.

Coaching Points

- shape as a 3 triangle
- positive
- take 1v1s

Progression(s)

- Nut megs count for goals.

Notes: