



U13-15 Fall Curriculum

Compiled by Ben Russell

    @247UKSoccer

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INTRODUCTION

Dear Coach,

Welcome to a new season with your U13-15 team. In this manual you will find session plans to take you through your entire season. Each Season is specifically designed for players in the tactical phase with an introduction to the competition phase of soccer.

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

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

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

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

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

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

Ben Russell



Theme/Objectives:

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

Age: U13-18

Mesocycle:

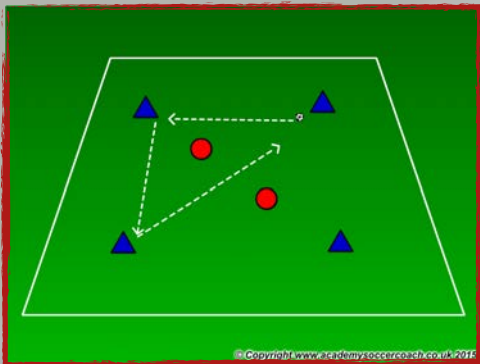
Microcycle:

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)

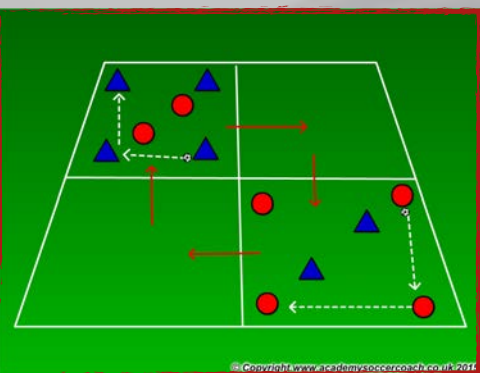
- Reduce touches (3, 2 or 1 touch max).

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)

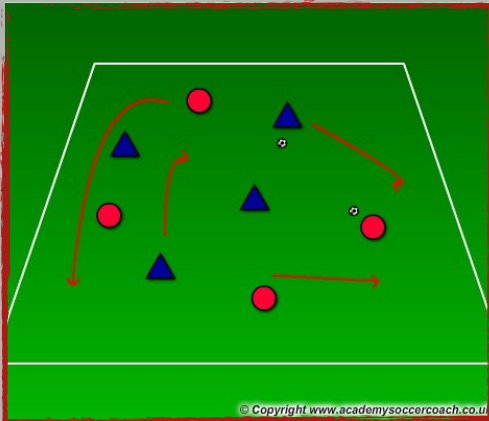
Theme/Objectives:

WIDTH AND DEPTH IN ATTACK: Coach a team to spread out and utilize space when attacking

Age: U13-18

Mesocycle:

Microcycle:



Duration: 15 mins Intensity: Med

Intervals: 3 Work:Rest: 3:2

Organisation/Explanation:

- 4v0 + 4v0
- 2 groups of 4 players each with one ball per group.
- Play through each other in the same 30x40 yard grid
- Each group focuses on their ball, individual/group shape, and speed of play

Coaching Points

- Keep body position open to the field
- Strike the ball with the proper weight and surface - Take 1st touch toward a passing option -

Progression(s)



Duration: 20 mins Intensity: Med

Intervals: 3 Work:Rest: 5:2

Organisation/Explanation:

- 5v5 to 4 goals
- In a 40x50 yard grid, 2 teams are trying to score in any of the two goals on each of the end lines
- Players will try to get in good angles of support while maintaining good width and depth on the attack

Coaching Points

- See above
- Increase speed of play in traffic
- Keep the width and depth
- Communication

Progression(s)



Duration: 25 mins Intensity: Med

Intervals: 3 Work:Rest: 5:2

Organisation/Explanation:

- 5v5 or 6v6 with GK's
- 50x60 yard area with goals, 2 teams of 5 or 6 players with goalkeepers will try to keep the integrity of their attacking shape by creating good angles and effective angles of support, staying wide and making penetrating runs while in possession of the soccer ball

Coaching Points

- Recognize visual cues
- Rhythm of play based on what game gives you by increasing speed of play at the right time. - Adjust team shape as players move

Progression(s)

- A goal only counts if all players are over the mid line



Duration: 30 mins Intensity: High

Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- If 6v6 play in a 45x60 yard field. If 8v8 play in a 55x80 yard field. Play with goalkeepers and encourage them to communicate with team mates

Coaching Points

- All of above

Progression(s)

Duration: 15 mins **Intensity:** Med

Intervals: 3 **Work:Rest:** 3:2



Organisation/Explanation:

- 3 groups of 4 players, each team needs #2,3,8,9
- 2 DF that rotate out
- 1 GK
- Combination play, playing towards goal.
- Ending with scoring opportunity.
- All players get forward and support early.

Coaching Points

- Quick movement
- Good touches
- Communication
- Body shape, when delivering cross.

Progression(s)

- 1-2 Touch
- First time finish

Duration: 25 mins **Intensity:** Med

Intervals: 3 **Work:Rest:** 5:2



Organisation/Explanation:

- 8v6 in attacking third
- specific combinations working on #2 and #3 getting forward
- Through switching play creating overlap.
- Lead pass

Coaching Points

- Play quickly 1-2 touch
- Movement off the ball
- Anticipation from players when ball goes forward.
- Weight off pass
- #9 checking and holding ball
- #2 support early, looking to get forward.

Progression(s)

Duration: 25 mins **Intensity:** Med

Intervals: 3 **Work:Rest:** 5:2



Organisation/Explanation:

- 10v8 In attacking half
- Free play starting with #4 or #5
- Blues have to score, while involving #2 and #3.
- Look to hit 9 and then ask #2 & 3 to support early.
- If defenders win ball, and hit #4 or #5 they get point
- Play to 5 points.

Coaching Points

- See above
- Asking players to be positive and direct
- Can #10 get beyond #9
- #2 support early
- Overlap/Underlap

Progression(s)

- Allow extra defenders where you see fit, to challenge attacking team

Duration: 25 mins **Intensity:** High

Intervals: 5 **Work:Rest:** 3:2



Organisation/Explanation:

- 11v11,
- Blue team plays 4-3-3

Coaching Points

- See above

Progression(s)

Duration: 10 mins Intensity: Low

Organisation/Explanation:

- #7, #11, #6, #8 + 1 more on outside. #9, #10 in the middle.
- 2 Balls starting with #7 and #8.
- Must receive from one player and play outside to someone different.
- Then work other ball

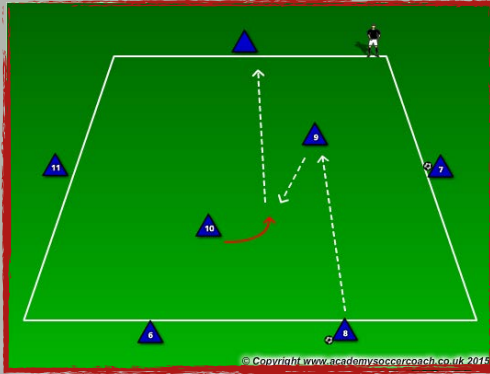
Intervals: 2 Work:Rest: 3:2

Coaching Points

- Good supporting angles. start 2 touch, then progress on 1 touch.
- Movement of supporting player.
- Weight of pass.
- Quality of touch. Angles to receive.

Progression(s)

- Add defender for light pressure
- Move to 1 touch all round



Duration: 25 mins Intensity: Med

Organisation/Explanation:

- Front 6 vs 4 in space below.
- Follow combinations, low pressure to start with.
- Positions on the field in relation to the ball.

Intervals: 3 Work:Rest: 5:2

Coaching Points

- Movement of front 2.
- Speed, weight on the passes.
- Execution of decisions.
- Positive play in and around area.

Progression(s)

- Add #2, and #3 Att and #2 and #3 Def
- Allow players to build up play without specific combinations.



Duration: 25 mins Intensity: Med

Organisation/Explanation:

- Att team 2-4-2 vs Def team 1-4-2
- Def team have 2 small target goals
- Balls start with the coach

Intervals: 3 Work:Rest: 5:2

Coaching Points

- Width of #7, #11 to create space
- Movement off the ball of #9, #10.
- Stay close together to be able to link up
- 1, 2 touch combinations

Progression(s)

- Defenders to increase pressure.



Duration: 25 mins Intensity: High

Organisation/Explanation:

- 11v11 game
- 1-4-4-2 vs 1-4-2-3-1

Intervals: 5 Work:Rest: 3:2

Coaching Points

- Width of #7, #11 to create space
- Movement off the ball of #9, #10.
- Stay close together to be able to link up
- 1, 2 touch combinations

Progression(s)

- Defenders to increase pressure.



Theme/Objectives:

COACH A TEAM EFFECTIVE COMBINATION PLAY

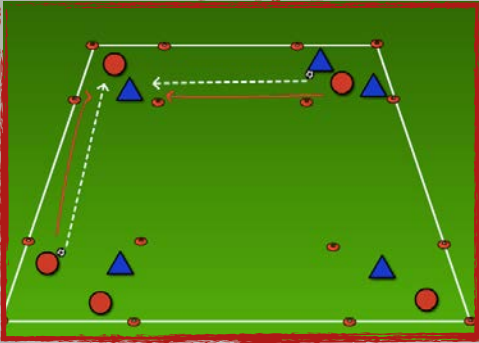
Age: U13-U18

Mesocycle:

Microcycle:

Duration: 15 mins Intensity: Medium

Intervals: 7 Work:Rest: 1:1



Organisation/Explanation:

- 30x30 area with receiving zones in each corner
- One team passes clockwise, the other anti-clockwise
- Players follow their pass to next receiving square
- Activity interspersed with dynamic stretches every few minutes
- Can make competitive by setting target number of 'laps' of the square for each team

Coaching Points

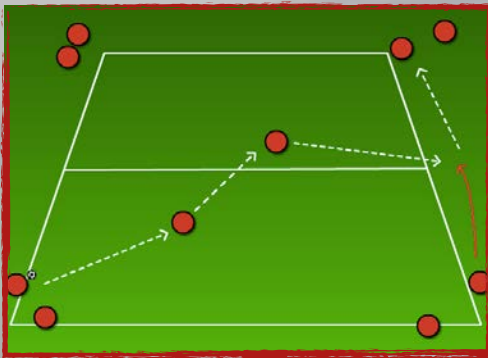
- Awareness of space and position of interfering players
- Tight first touch
- Receiving back/front foot
- Accuracy and weight of pass
- Communication

Progression(s)

- Players can come out of square to receive and can play back to player who passed to them to combine

Duration: 20 mins Intensity: Medium

Intervals: 6 Work:Rest: 2:1



Organisation/Explanation:

- 25x25 or 30x30 area dependent upon ability
- Players playing around outside of square or using either of the central two players to combine and play out
- Rotate player roles every few minutes
- One defender are introduced, use point scoring system for no. of successful combinations by attackers and number of interceptions by defenders

Coaching Points

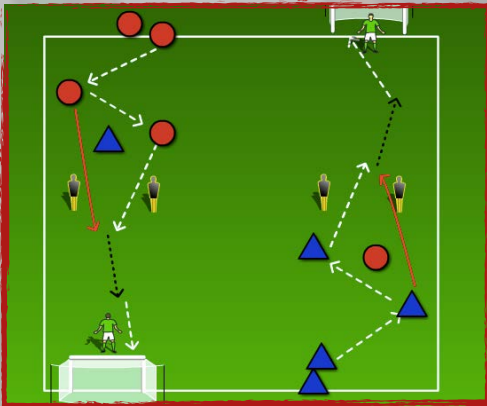
- Awareness of ball, opponents and team mates
- Communication
- Accuracy and weight of pass
- Movement off of the ball
- Effective combinations to unbalance

Progression(s)

- Add one defender to middle area, defender and attackers can move in either half.
- Add 3v2 in middle area

Duration: 25mins Intensity: Medium

Intervals: 6 Work:Rest: 3:1



Organisation/Explanation:

- 60x40 area divided in half with goals in corners with GKs and mannequins/poles at half way line to form gates
- 2x circuits playing at once with attackers combining to play around defender, through gates and going to goal
- Players rotate positions accordingly
- Defenders only allowed in designated had and cannot recover past gates
- Rotate defensive and offensive players every few minutes

Coaching Points

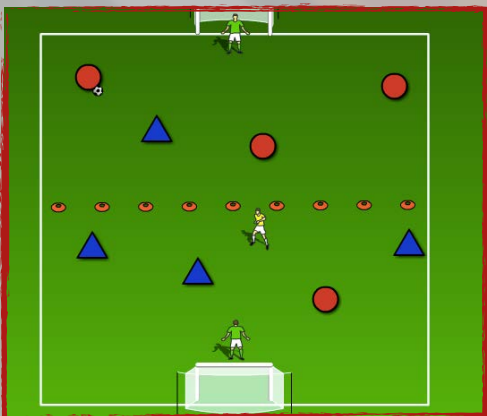
- Movement to create space
- Combinations to unbalance defenders
- Weight and accuracy of passing
- Communication
- When to pass to feet, when to pass to space
- Variation of finishes

Progression(s)

- Add 2nd defender to each circuit once success achieved

Duration: 25mins Intensity: Medium

Intervals: 5 Work:Rest: 4:1



Organisation/Explanation:

- 40x25 area divided in half with goal and GK at each end
- Two teams of 4 with 3v1 in each half plus a neutral player
- Neutral player can play anywhere on the field for whichever team is in possession
- Teams look to combine from GK to 3v1 + N to shoot within own half
- Player in attacking half follows in for rebounds

Coaching Points

- Awareness of space, team mates and opponents
- Movement to create space
- Weight and accuracy of passing
- Combinations to unbalance defenders
- Communication
- When to pass to feet and when to pass to space

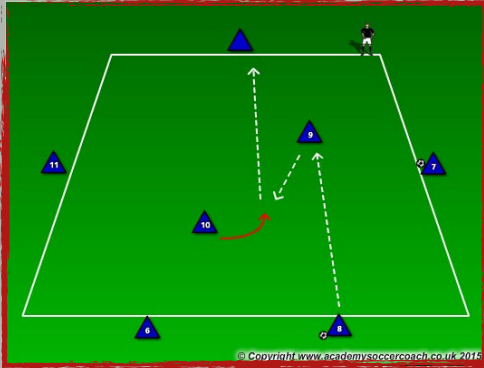
Progression(s)

- Team in possession can play in to target player in other half or combine in attacking half to finish

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Duration: 10 mins **Intensity:** Low

Intervals: 2 **Work:Rest:** 3:2



Organisation/Explanation:

- #7, #11, #6, #8 +1 more on outside. #9, #10 in the middle.
- 2 Balls starting with #7 and #8.
- Must receive from one player and play outside to someone different.
- Then work other ball

Coaching Points

- Good supporting angles. start 2 touch, then progress on 1 touch.
- Movement of supporting player.
- Weight of pass.
- Quality of touch. Angles to receive.

Progression(s)

- Add defender for light pressure
- Move to 1 touch all round

Duration: 25 mins **Intensity:** Med

Intervals: 3 **Work:Rest:** 5:2



Organisation/Explanation:

- Front 6 vs 4 in space below.
- Follow combinations, low pressure to start with.
- Positions on the field in relation to the ball.

Coaching Points

- Movement of front 2.
- Speed, weight on the passes.
- Execution of decisions.
- Positive play in and around area.

Progression(s)

- Add #2, and #3 Att and #2 and #3 Def
- Allow players to build up play without specific combinations.

Duration: 25 mins **Intensity:** Med

Intervals: 3 **Work:Rest:** 5:2



Organisation/Explanation:

- Att team 2-4-2 vs Def team 1-4-2
- Def team have 2 small target goals
- Balls start with the coach

Coaching Points

- Width of #7, #11 to create space
- Movement off the ball of #9, #10.
- Stay close together to be able to link up
- 1, 2 touch combinations

Progression(s)

- Defenders to increase pressure.

Duration: 25 mins **Intensity:** High

Intervals: 5 **Work:Rest:** 3:2



Organisation/Explanation:

- 11v11 game
- 1-4-4-2 vs 1-4-2-3-1

Coaching Points

- Width of #7, #11 to create space
- Movement off the ball of #9, #10.
- Stay close together to be able to link up
- 1, 2 touch combinations

Progression(s)

- Defenders to increase pressure.

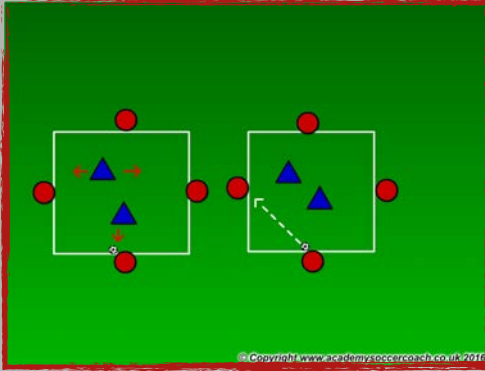
Theme/Objectives:

DEFENSIVE SHAPE OF BACK FOUR AND #6, #8

Age: U13-18

Mesocycle:

Microcycle:



Duration: 15 mins Intensity: Medium

Intervals: 5 Work:Rest: 2:1

Organisation/Explanation:

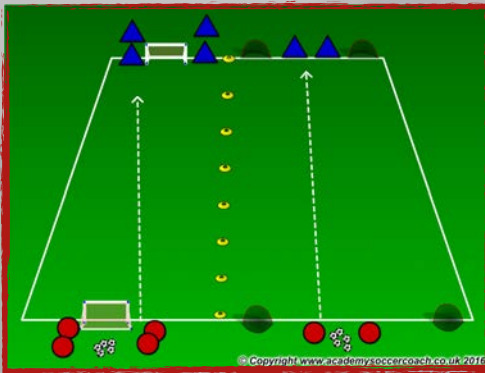
- 4v2 Rondo. Two 10x10 squares
- 4 players on the outside of each square and 2 on the inside.
- Reds trying to find the split pass and keep the ball staying outside of the square.
- blues trying to close the passing lanes and keep shape. One press one cover.

Coaching Points

- Head up, close control
- Can we play two touch?
- Movement on your side offer the angles.
- Communicate

Progression(s)

- One touch
- once player has played the ball have to move to the other square.



Duration: 20 mins Intensity: High

Intervals: 10 Work:Rest: 1:1

Organisation/Explanation:

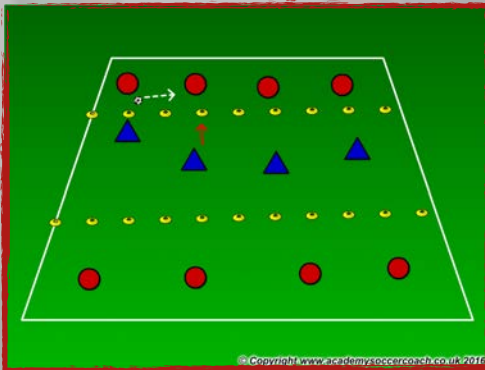
- 2 x (40x20) grids.
- One grid with box net goals other grid with 4 pop ups.
- Defenders (Red) play the ball into the attackers, defenders cannot pressure until attacker has first touch.
- Pressure and cover.

Coaching Points

- Blues: Positive first touch, gain speed.
- Reds: Pressure the player quickly, defensive body shape, one covers one pressures.
- Communicate.

Progression(s)

- 6 seconds for the defenders to win the ball.



Duration: 25 mins Intensity: Medium

Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- 40x30 grid. Split into three zones
- split players into three zones
- 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.
- Defensive unit looks to keep its shape and close the passing lanes.

Coaching Points

- Keep shape if the ball is on the left or right create a nike swoosh shape, first defender is highest up. if its in the middle create a wave.
- Communication

Progression(s)

- One defender can add pressure.



Duration: 25 mins Intensity: Low

Intervals: 4 Work:Rest: 4:2

Organisation/Explanation:

- Defensive shape (blues) is a back 4 and a no. 6 and no.8
- Attackers play with midfield three, 6,8,10 and front three, 7,11,9.
- Attackers have to play a combination off the no.9 then can go forward and attack.
- 5 passes before playing ball forward.
- if blues win ball look to break out and score in two goals.

Coaching Points

- Defenders, look to keep their shape, communicating about the no.9
- 6/8 on blues look to add pressure from high but keep shape to stop passing into the 9.

Progression(s)

- if blues win ball they have 10 seconds to score.

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

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

Age:

Mesocycle:

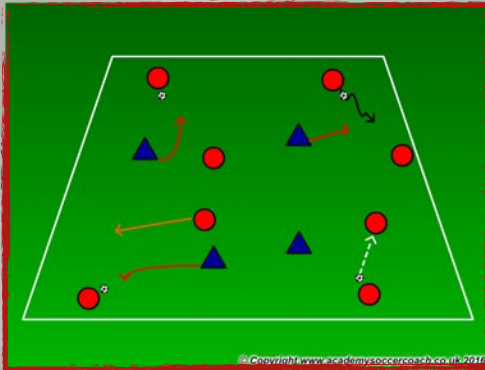
Microcycle:

Duration: 15 mins

Intensity: High

Intervals: 7

Work:Rest: 1:2



Organisation/Explanation:

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

Coaching Points

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

Progression(s)

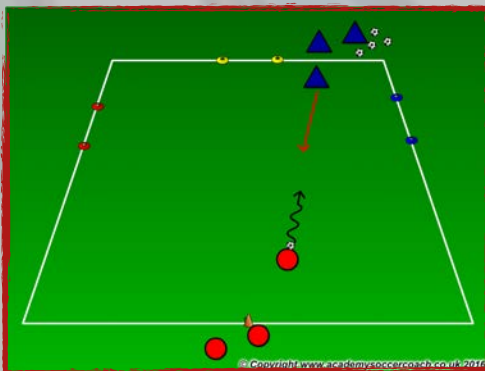
- GK's introduced and can dive on any loose balls and distribute to defenders

Duration: 20 mins

Intensity: High

Intervals: 6

Work:Rest: 1:2



Organisation/Explanation:

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

Coaching Points

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

Progression(s)

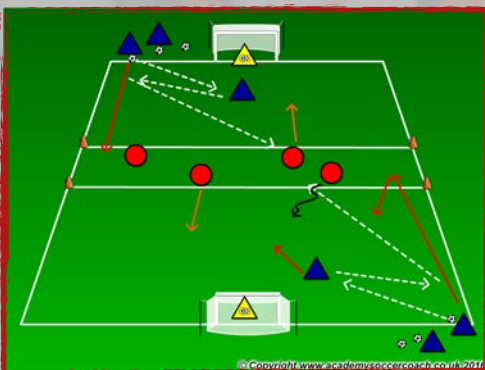
- Progress into 2v1 (attackers only score in 1 goal defenders calls out)

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2



Organisation/Explanation:

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

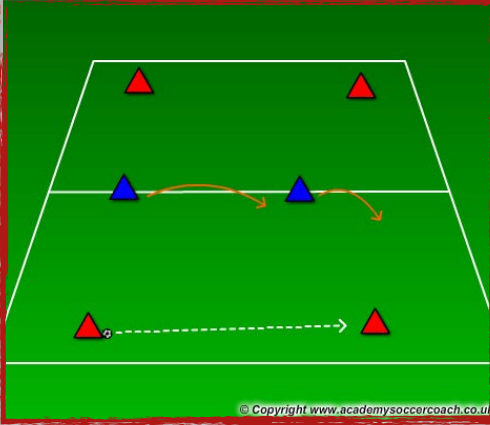
Coaching Points

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

Progression(s)

Notes:

- Small sided game (25 mins)



Duration: 15 mins Intensity: Med

Organisation/Explanation:

- 4v2 Prevent forward Passing
- 4 Grids as shown with 2 teams on each half.
- 4 attackers v2 2 Defenders

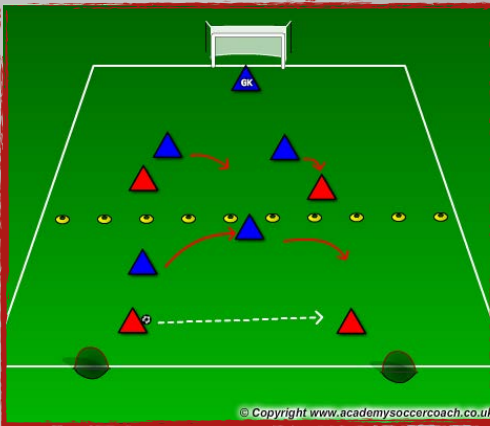
Intervals: 3 Work:Rest: 3:2

Coaching Points

- 1st Defender Block Forward pass up the line
- 2nd Defender block diagonal split pass.
- angle of defensive run
- Keep play in front of you!

Progression(s)

- Increase area size
- Add extra attacker who can play in middle



Duration: 30 mins Intensity: Med

Organisation/Explanation:

- 5v4 prevent forward passing
- set up as 2 centre backs and 2 midfielders
- 2 red midfielders cant cross cones to start. Have to try and pass through

Intervals: 3 Work:Rest: 5:2

Coaching Points

- 1st defender cuts the line
- 2nd defender provides cover and cuts split
- back two defenders slide to compact one side

Progression(s)

- Remove cones allow red midfielders to run with ball/ dribble



Duration: 25 mins Intensity: High

Organisation/Explanation:

- Defending in opposition half
- prevent forward pass
- Ball starts with GK, distributes to 2/3
- Defending number 7 cuts line pass
- 8 prevents infield pass
- 9 prevents pass to centre back
- rest of the team slides across to compact field

Intervals: 3 Work:Rest: 5:2

Coaching Points

- prevent forward play
- compactness as team
- communication
- Make play predictable

Progression(s)



Duration: 20 mins Intensity: High

Organisation/Explanation:

- Use 2 thirds of the field
- 7v7 or 8v8
- No restrictions

Intervals: 5 Work:Rest: 3:2

Coaching Points

- All of above

Progression(s)

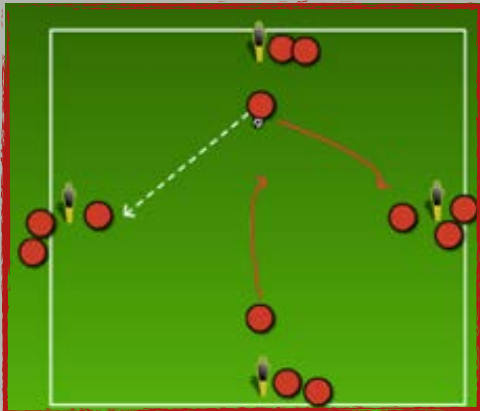
Theme/Objectives:

COACH A TEAM HOW AND WHEN TO PRESS IN THE FINAL THIRD

Age: U13-U18

Mesocycle:

Microcycle:



Duration: 15 mins Intensity: Low

Organisation/Explanation:

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

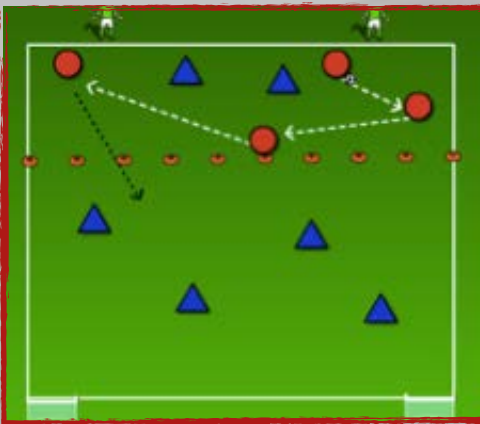
Intervals: 5 Work:Rest: 2:1

Coaching Points

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

Progression(s)

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



Duration: 25 mins Intensity: Low-Mod

Organisation/Explanation:

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

Intervals: 7 Work:Rest: 2:1

Coaching Points

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

Progression(s)

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



Duration: 25 mins Intensity: Mod-High

Organisation/Explanation:

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

Intervals: 6 Work:Rest: 3:1

Coaching Points

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

Progression(s)

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



Duration: 25mins Intensity: High

Organisation/Explanation:

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

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

Coaching Points

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

Progression(s)

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

Age: U13-18

Mesocycle:

Microcycle:



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Duration: 15 mins Intensity: Med

Intervals: 3 Work:Rest: 3:2

Organisation/Explanation:

- 30x30 area.
- Players work in groups of 4 with one ball. Work on give and go's, overlaps and third man runs.

Coaching Points

- Quality of Pass.
- Weight of pass.
- Angle of support.
- Speed of Play.
- Movement off the ball to create passing channels.
- Communication.

Progression(s)



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Duration: 25 mins Intensity: Med

Intervals: 3 Work:Rest: 5:2

Organisation/Explanation:

- 6 v 5. Balls start at either Center Mid.
- Follow Pattern.
- Work both sides. Low defensive pressure.
- Defenders have to clear the ball away from trouble.

Coaching Points

- Speed of Play.
- Quality of pass.
- Movement off the ball to create angle to receive.
- Communication.
- Forward runs into the box.
- Type of cross depending on position of defenders.
- Weight of pass.

Progression(s)

- Different combinations.
- Allow defenders to pressure when ball gets out wide.



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Duration: 25 mins Intensity: Med

Intervals: 3 Work:Rest: 5:2

Organisation/Explanation:

- 8 v 7. Start with low Pressure.
- Player (4) pass to either fullback or Centre Mid.
- Follow Pattern.
- Defenders have to clear ball away.

Coaching Points

- Same as above
- Winger to drive inside or outside to create space for fullback. Quick 1, 2 touch passing.

Progression(s)

- Defending team try and score in 2 target goals. Increase pressure.



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Duration: 25 mins Intensity: High

Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- 11 v 11.
- Attacking team 1-4-2-3-1. Defending team 1-4-4-2.
- Both teams going to goal.

Coaching Points

- Timing of runs.
- Identifying when to pass and when to dribble on the ball.
- Mentality of wide players.
- Quality of Pass and Cross.
- Runs into the box.

Progression(s)

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)

Theme/Objectives:

Defending wide areas: Coach a full back to defend in wide positions in the defending half of the field

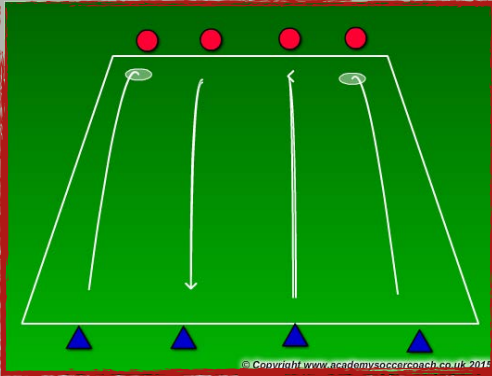
Age:

Mesocycle:

Microcycle:

Duration: 15 mins Intensity: Med

Intervals: 3 Work:Rest: 3:2



Organisation/Explanation:

- Players work in pairs on different techniques of long passes
- Driven, inside curl, outside curl and chip passes

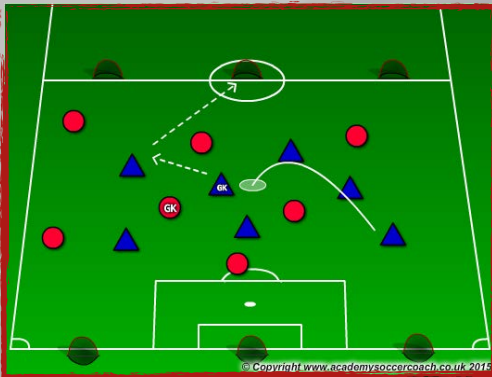
Coaching Points

- Correct technique
- Quality touch
- Correct weight and pace of the ball

Progression(s)

Duration: 30 mins Intensity: Med

Intervals: 3 Work:Rest: 5:2



Organisation/Explanation:

- 60x50 area
- 2 teams play to keep possession and try to penetrate by chipping the ball into their GK
- GK has 4 seconds to release the ball
- Once released players can go to any of the 6 goals to score

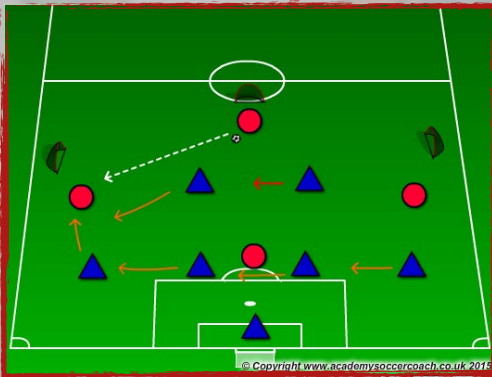
Coaching Points

- Pressure to stop the ball getting to the GK
- Defensive communication and work rate

Progression(s)

Duration: 25 mins Intensity: High

Intervals: 3 Work:Rest: 5:2



Organisation/Explanation:

- Half a field
- 6v4 to goal with pugs
- 7 and 11 play with 9 and 10 to try to go to goal and score
- Defenders score by winning the ball and placing the ball in one of the 3 pugs
- The pugs symbolizing 7, 11 and 10

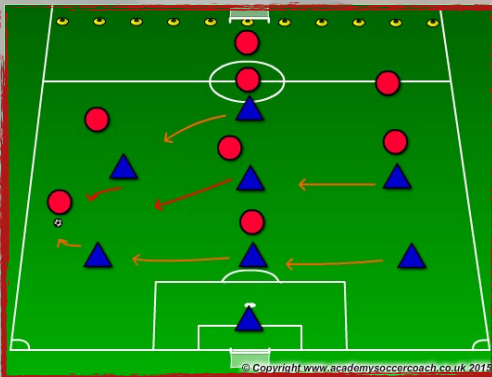
Coaching Points

- Movement in relation to the ball
- Organized movement and communication into wide areas
- Double teaming where possible

Progression(s)

Duration: 20 mins Intensity: High

Intervals: 5 Work:Rest: 3:2



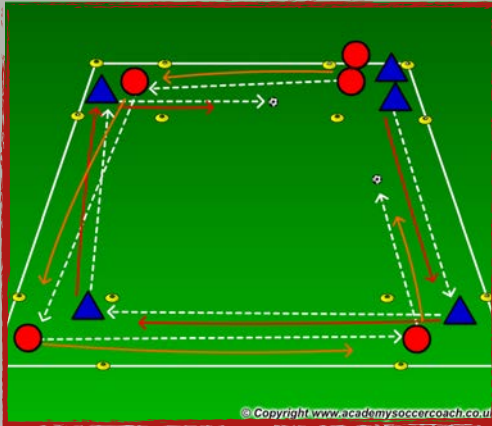
Organisation/Explanation:

- Use 2 thirds of the field
- 7v7 or 8v8
- No restrictions

Coaching Points

- All of above

Progression(s)



Duration: 15 mins **Intensity:** Med

Organisation/Explanation:

- 30 x 30 area
- Receiving square in each corner
- 1 team passes clockwise
- 1 team passes anti-clockwise
- Follow pass

Intervals: 3 **Work:Rest:** 3:2

Coaching Points

- Awareness of ball, teammate and opposition
- Quality first touch and open out body to pass

Progression(s)

- Teammate comes outside of the box to receive ball



Duration: 25 mins **Intensity:** Med

Organisation/Explanation:

- 25 x 25 area
- 4 on outside and 2 in middle
- Pass and move (follow pass on the outside)
- Passing options A, B, C, D
- 2 players in middle, move to receive and provide an additional option

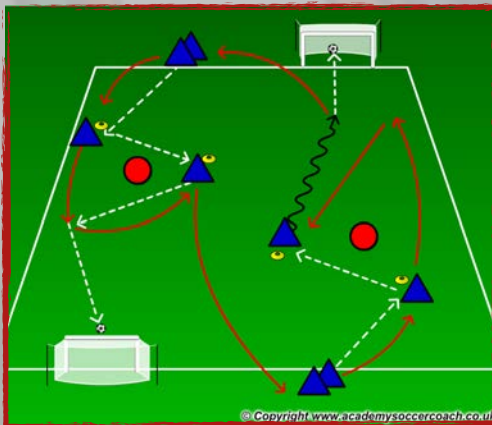
Intervals: 3 **Work:Rest:** 5:2

Coaching Points

- decision-making
- Pass and move
- Communication
- Combine

Progression(s)

- Add defender



Duration: 25 mins **Intensity:** Med

Organisation/Explanation:

- 60 x 40 area
- 2 goalkeepers and 2 starting positions on each flank
- Pass and combine to beat player and attack goal
- Reset by rotating starting position

Intervals: 3 **Work:Rest:** 5:2

Coaching Points

- Movement to create space
- Combinations to draw away defender
- Decision: Pass to feet or into space

Progression(s)

- GK starts 10 yards off line heightening the need for pass accuracy
- Defenders to increase pressure.



Duration: 25 mins **Intensity:** High

Organisation/Explanation:

- 6v6/7v7/8v8
- If odd number, add a neutral
- Two goalkeepers in regulation size goals
- Open scrimmage
- Review practice topic prior to starting

Intervals: 5 **Work:Rest:** 3:2

Coaching Points

- Movement to create space
- Combinations to draw away defender
- Decision: Pass to feet or into space

Progression(s)

- Limit touches (2/3 touch)
- Set a number of passes before shot on goal

Theme/Objectives:

Midfield Distribution: Coach a central midfielder to pass off his front foot over a variety of distances

Age: U13-18

Mesocycle:

Microcycle:

Duration: 15 mins Intensity: Med

Intervals: 3 Work:Rest: 3:2

Organisation/Explanation:

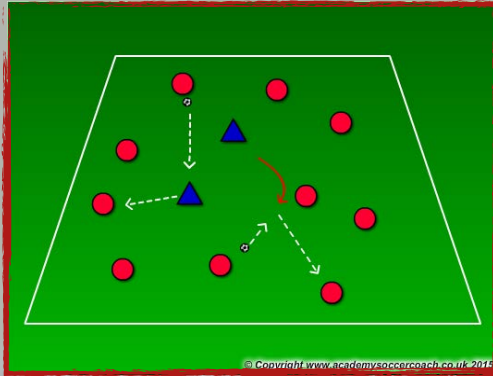
- 40x40 area and have your 2 midfielders in a different bib with multiple balls
- Players move around freely in area passing and moving and midfielders must constantly be moving and looking for ball to be passed to them
- After 2-3 minutes have 2 midfielders compete and see how many times they receive and pass the balls

Coaching Points

- Eye contact
- Verbal and visual cue
- Demand the ball
- Receive under control
- Distribution

Progression(s)

- Coach to add more balls to the activity



Duration: 20 mins Intensity: Med

Intervals: 3 Work:Rest: 5:2

Organisation/Explanation:

- 2 grids of 30x30 with small goals on each end
- Players will play 2v2, 3v3 or 4v4 depending on the number of players
- Each of the 2 midfielders in a different color bib will be the neutral player in each grid
- Team can score if they utilize the neutral midfielder as they are attacking goal

Coaching Points

- Midfielder make themselves available
- Receive under control
- Good decisions on the attack for the team in possession

Progression(s)



Duration: 25 mins Intensity: Med

Intervals: 3 Work:Rest: 5:2

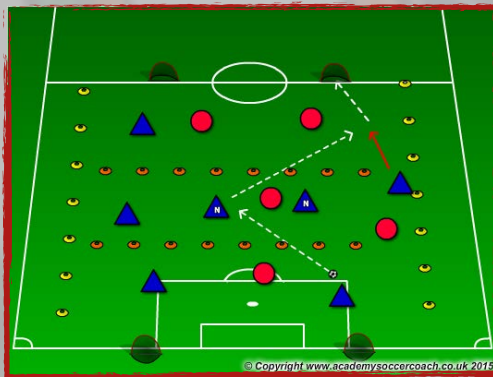
Organisation/Explanation:

- 40x50 grid with 2 goals on each side
- Zone in the middle of the field
- 5v5 or 6v6 +2 in the zone
- 2 midfielder players are neutral and restricted to the zone
- Game is directional and can score on either goal when attacking
- Teams must use the midfielder and then penetrate in their attacking area

Coaching Points

- Movement of the ball with verbal and visual cues
- One or two touch play
- First touch to space or away from def
- Look over shoulder to check pressure

Progression(s)



Duration: 25 mins Intensity: High

Intervals: 5 Work:Rest: 3:2

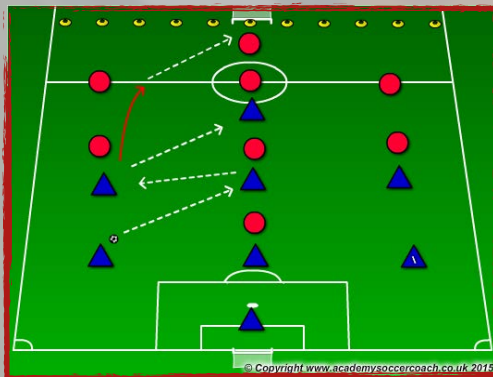
Organisation/Explanation:

- 7v7 or 8v8 game
- No restrictions

Coaching Points

- All of above

Progression(s)



Theme/Objectives:

Creating Space/Movement Off The Ball - Coach a team to use individual and combined clever play in order to play out of pressure.

Age: U13-U18

Mesocycle: Spring

Microcycle: Tech/Tact

Duration:

Intensity:

Intervals: 5

Work:Rest:

Organisation/Explanation:

- 20x20 area
- One team passing and moving within grid
- Other team dribbling as interference for passing team, attempting to block passing lanes
- Both dribbling team and passing team should play at high tempo

Coaching Points

- Communication
- Movement off of the ball by passing team
- Creativity and quick movement by dribbling team
- Scanning of playing area

Progression(s)

- Passing team limited to two touches to unbalance dribblers

Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 30x30 area divided into 16 equal squares
- 3 teams playing within area, each has a ball, passing and moving
- Condition on combination play - must pass through a minimum of one square to a team mate
- Players without ball need to move into appropriate squares to find space to receive
- Have one team defend other two teams, team losing possession then defends

Coaching Points

- Patience when moving ball to break defensive shape
- Wide goals should encourage switching of play
- Penetrate centrally when breaking defensive line

Progression(s)

- 'Safe zone' - square where team with ball can go for 3 seconds, defending team aim to win ball & go there

Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 35x40 area divided into 4 channels in order to allow directional play
- Teams both look to play to keeper as 'bounce player' and then playing using every channel to reach 'bounce player' at opposite end
- Players must move off of the ball to enter another channel after making a pass

Coaching Points

- Creative movement off of the ball to receive
- Awareness of space/team mates/opposition
- Angles to receive
- Communication
- Width and depth

Progression(s)

- Intro of 'playmaker' that both teams must use in each play
- Teams can pressure/tackle one another

Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Small sided game
- Half field playing to the width of the 18 yard box
- 6v6 or 7v7
- Pressure applied on ball by playing in small area
- Can also create a 'numbers up' situation to increase pressure on one team

Coaching Points

- Communication
- Movement off of the ball to receive
- Using width
- Creative combination playing
- Use of both width and depth

Progression(s)

- Limit amount of touches
- Ball must stay below head height

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

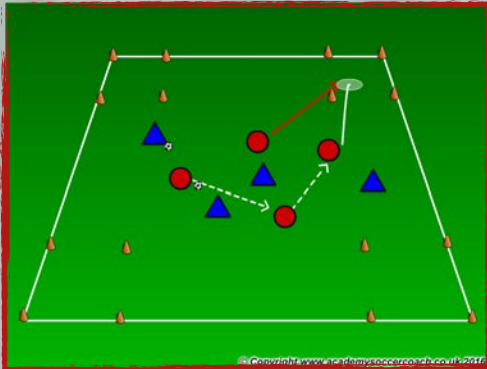
- Head up, lean back slightly when performing lofted/chipped.
- Head over the ball for driven passing, and strike through the ball with laces.

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

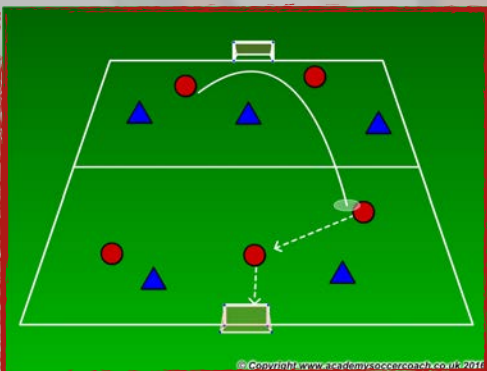
- Awareness
- Head up and check shoulder
- Communication.

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:

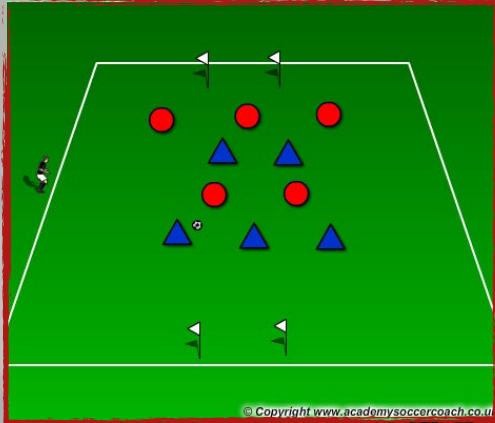
20 minutes at the end for free play scrimmage, encourage various long passing, if the pass is right.

Theme/Objectives: - TEACH PLAYERS BASIC TECHNIQUE OF HEADING TO PASS OR SHOOT

Age: u9-12

Mesocycle: Spring

Microcycle: Tech



Duration: 15 mins Intensity: Medium

Intervals: 7

Work:Rest: 1:1

Organisation/Explanation:

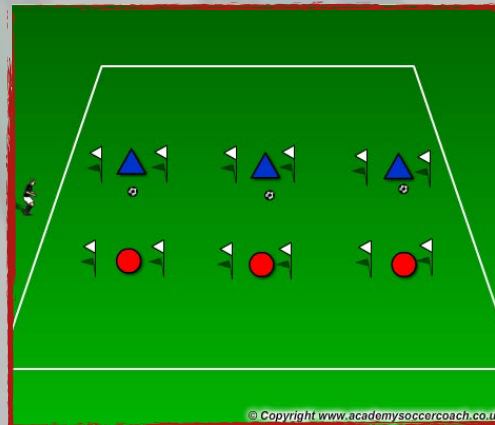
- 2 teams, 2 goals
- Throw, head, catch
- Has to be done in that order or the ball goes to the other team
- Goal can be scored by throwing the ball in the goal when you get close

Coaching Points

- When heading the ball:
- Eyes on the ball
- Sideways on
- Head through with forehead
- Attack the ball and use neck muscles for power

Progression(s)

- Goal has to be scored with a header



Duration: 25 mins Intensity: Medium

Intervals: 8

Work:Rest: 3:1

Organisation/Explanation:

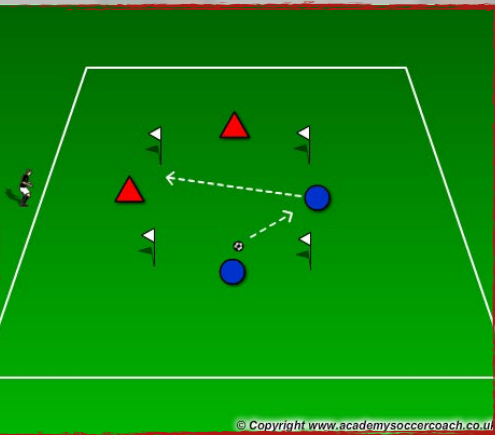
- Players in 2s defending a goal each
- Start by just throwing the ball to each other and have to head back
- Go through different types of headers:
- 1) Attacking headers standing
- 2) Defensive headers standing
- 3) Attacking headers jumping
- 4) Defensive headers jumping
- 5) Then get into 3s and work on flick headers

Coaching Points

- Feet movement to get in line with the ball
- Sideways on
- Forehead
- Neck for power
- Attack ball

Progression(s)

- Make into a competition
- Winners up, losers down



Duration: 25 mins Intensity: Medium

Intervals: 6

Work:Rest: 3:1

Organisation/Explanation:

- 10x10
- Teams of 2
- Your partner feeds you the ball and you have to try and score in one of the other teams 2 goals
- Other team then has a go
- After you will feed your partner and so on
- 1 point for every goal scored
- Keep score
- 3 minute games
- Winners up, losers down

Coaching Points

- Same as before
- Look to see where opponents are

Progression(s)

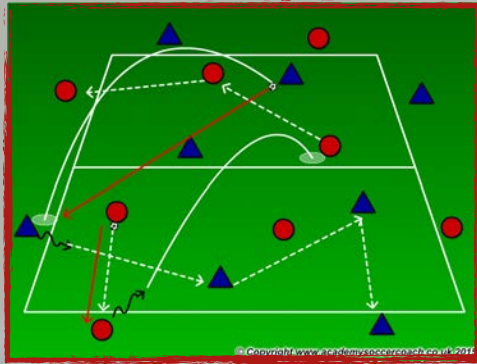
- Only score with headers in the air
- Only score with diving headers

Notes:

- Small sided game (25 mins)

Duration: 15 mins **Intensity:** Low

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



Organisation/Explanation:

- Two teams of 8 players. One ball per group. Pass and exchange positions in middle third (35x50 yards)
- (1) Receiving player focus on 1st touch to turn inside the grid and attack space when entering the grid from the out side. Exchange positions with the player on the outside.
- (2) Address speed of play basics.
- (3) Promote rapid switches in the point of attack through interposing and networking the ball. Create overloads and numerical superiority around the ball when it is central and quickly play to the outside

Coaching Points

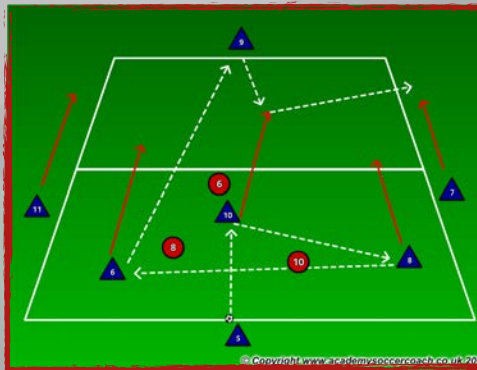
- Use of 1st touch to turn
- Quality and tempo of pass
- Switch play (when? where? how?)
- Support Play and Positioning

Progression(s)

- Touch restrictions
- Possession game (blue v red)

Duration: 20 mins **Intensity:** Medium

Intervals: 4 **Work:Rest:** 4:1



Organisation/Explanation:

- Middle third of field (35x50 yards)
- Server (5) plays a ball into the near half where #5,6,7,8,10,11 work to establish a rhythm and tempo in a 6 vs 3.
- Attacking team attempt X amount of passes before changing the POA to #9 working to establish the overload on the other half of the field. When play goes other directions outside players switch roles.

Coaching Points

- Out playing your direct opponent.
- Body shape and vision.
- Rotation and shape of the midfield triangle in support of the wide and deep players to create space and passing lines.
- Vision to see the switch pass.

Progression(s)

- Increase number of passes before switch
- Touch restriction
- Method of switch (ground, air, through ball)

Duration: 25m **Intensity:** Medium

Intervals: 4 **Work:Rest:** 4:2



Organisation/Explanation:

- Play in middle 3rd or 40x75 yards
- Attack 3 goals and defend 3 goals
- 8v8 Functional organization
- Team Shape 3-3-1

Coaching Points

- Width and depth
- Speed of play to switch
- Recognize overload situations and types of passes (diagonal, short, long) to exploit.
- Look to attack centrally on switch

Progression(s)

- Play 9v9
- Play with 2 full sized goals

Duration: 25m **Intensity:** Medium

Intervals: 2 **Work:Rest:** 10:2



Organisation/Explanation:

- Full Field
- 11v11
- 1-4-3-3
- Adjust according to numbers

Coaching Points

- Change the POA out of the build up play
- Look for switches of play as the attack solution to play middle to the final 3rd.
- Capitalize on the switch pass by working at speed to create scoring chance.
- Coach the weak side attackers to make diagonal runs to get on the end of the crossing actions.

Progression(s)

- Adjust playing style (buildup vs direct)

Theme/Objectives:

COACH A TEAM TO KNOW WHEN AND HOW TO SWITCH PLAY

Age: U13-U18

Mesocycle: _____

Microcycle: _____



Duration: 25mins Intensity: Low-Mod

Intervals: 5-8 Work:Rest: 2:1

Organisation/Explanation:

- Activity to be setup using half field as shown
- Cones positioned to denote player starting points and 6x 8x8 yard middle boxes for no.6/8 movement
- Initial shadow play exercise to show passing pattern
- Players pass and move in 'figure of 8' sequence performing switches of play through no.4/5 and no.6/8 positions
- Can introduce point scoring for number of switches within given time
- Interspersed dynamic stretches

Coaching Points

- Weight and accuracy of passing
- Movement to receive (especially for no.6/8)
- Weight and type of pass
- Communication

Progression(s)

- Introduce 2nd ball starting at position currently occupied by 3 Blue Triangle players



Duration: 25mins Intensity: Moderate

Intervals: 5-8 Work:Rest: 2:1

Organisation/Explanation:

- Same setup as above
- No.9 now introduced for both teams - they do not rotate but can be played ball (check deep to receive) to set back to no.6/8 to complete switch of play
- Players now have choice of bypassing players in sequence to switch play (but rotate positions the same way)
- Players now rotate back to own lines to make competitive between both teams

Coaching Points

- Weight and accuracy of passing
- Movement to receive (especially for no.6/8)
- Weight and type of pass
- Communication
- Decision making

Progression(s)

- Introduce 2nd forward player (no.10) to check deep into one of 6 boxes to receive to help switch play



Duration: 20mins Intensity: Mod-High

Intervals: 5-8 Work:Rest: 3:1

Organisation/Explanation:

- SSG set up in half field
- One team is playing numbers up in both wide areas
- Play starts with team that is numbers up (Red) playing ball to 7/11 from 4/5 who look to switch play through their 6/8
- Game then becomes live and defenders can now move into wide areas
- Attacking players are free to move anywhere
- Rotate roles of teams every 5-7mins
- Progress into SSG without restrictions

Coaching Points

- Movement off of the ball to support and combine
- Weight and accuracy of passing
- Decision making - when to switch play
- Movement and effective possession to unbalance team that is numbers down

Progression(s)

- Ball must enter both wide areas and central area before every attack

Duration: 20mins Intensity: High

Intervals: 5-8 Work:Rest: 3:1

Organisation/Explanation:

- SSG in half field
- Channels for wide areas have now been removed
- Play starts with team that is numbers up
- Previous restrictions taken off but encourage themes of the session
- To encourage this, make goals scored resulting from a switch of play to be worth 2

Coaching Points

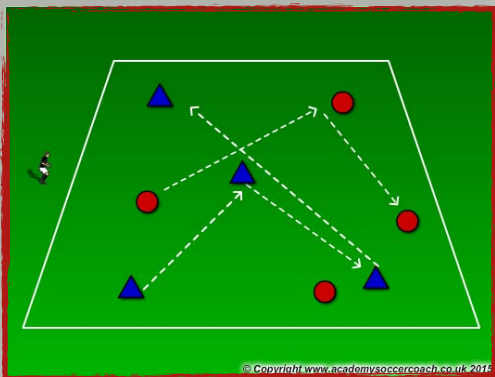
- Movement off of the ball to support and combine
- Weight and accuracy of passing
- Decision making - when to switch play
- Movement and effective possession to unbalance team that is numbers down

Progression(s)

- Progress to small sided game with free play
- Change team that is numbers up

Duration: 15 mins Intensity: Low

Intervals: 3 Work:Rest: 4:1



Organisation/Explanation:

- Groups of 4's
- Working on a range of different striking techniques. Driven, Lofted, Whipped, Curled balls.
- Look to control with different parts of the body.

Coaching Points

- Striking correct part of ball
- Control on the ball

Progression(s)

- Player has to play first time touch to another player.

Duration: 25 mins Intensity: Med

Intervals: 3 Work:Rest: 5:2



Organisation/Explanation:

- Work in groups of 6.
- Follow pattern, work both sides
- Work on types of crosses that were focused on in the warm up.

Coaching Points

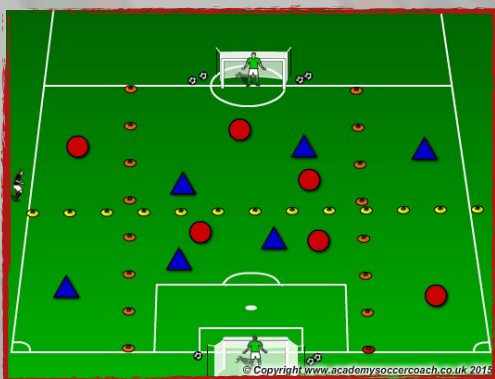
- Technique of each cross
- Execution of finish
- Movement and runs into the box
- Timing of each cross into each players run.

Progression(s)

- Add defender to apply light pressure on 2 forwards then defend ball into box.

Duration: 25 mins Intensity: Med

Intervals: 3 Work:Rest: 5:2



Organisation/Explanation:

- Use half a field
- 2 players from each team in diagonal boxes
- 4v4 in middle
- Teams can score in either goal, ball must be played in from one of the wide players

Coaching Points

- Getting ball out wide when possible
- Choice of cross into the box
- Movement of players
- Players attacking the ball

Progression(s)

Duration: 25 mins Intensity: High

Intervals: 5 Work:Rest: 3:2



Organisation/Explanation:

- 11v11 game
- 1-4-4-2 vs 1-4-2-3-1

Coaching Points

- Same as above
- Look to create overloads on the flanks
- Delivery of balls into the box and runs into it. Execution on finish.

Progression(s)

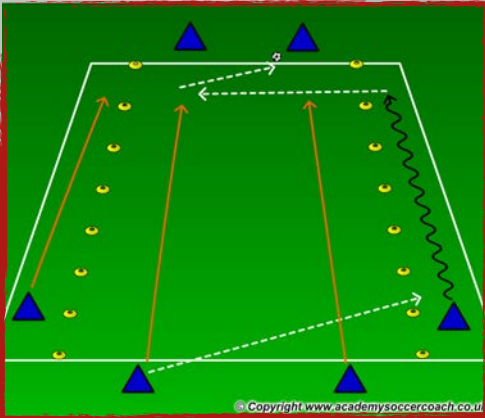
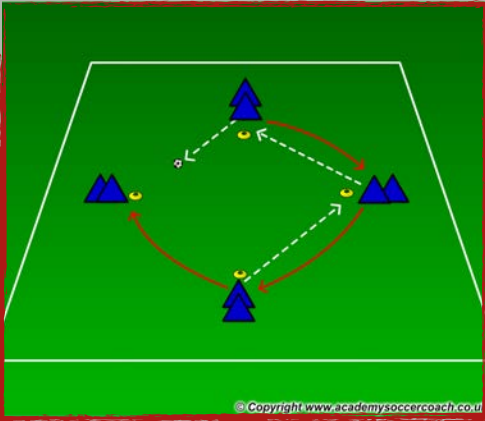
Theme/Objectives:

- ATTACKING: Coach a team to establish width in attack from the flanks

Age: U13-18

Mesocycle:

Microcycle:



Duration: 15 mins Intensity: Med

Organisation/Explanation:

- 20x20 grid
- 4 cones 15 yards apart (North, South, East and West)
- Pass to the left and move to the right
- After 5, swap direction
- After 5, decide on pass either side

Intervals: 3 Work:Rest: 3:2

Coaching Points

- Pass wide and move
- Communication
- On toes to receive, pass and move at pace

Progression(s)

- Person opposite ball presses and then joins back of that line

Duration: 25 mins Intensity: High

Organisation/Explanation:

- 40 x 40
- 2 wing zones
- Unopposed
- Working in pairs, pass ball to winger they dribble up field and cross ball
- Opposite winger becomes active as an attacker
- Must try to guide ball to opposite pair
- They then attack using winger

Intervals: 3 Work:Rest: 5:2

Coaching Points

- Pass and move
- Accuracy of passing
- Body shape to receive

Progression(s)

- Add switch play to opposite wing

Duration: 25 mins Intensity: High

Organisation/Explanation:

- Full half of regulation size field
- 2 goals with keepers
- Play ball to wing and then attack goal opposite
- 2 defenders come from behind goal
- Once play is over, defenders become offense, play wide and attack with 2 from behind goal moving to defense

Intervals: 3 Work:Rest: 5:2

Coaching Points

- Opposite winger becomes offense
- Move towards the crossed ball
- Vary your run(s)/movement

Progression(s)

- Add a 3rd defender

Duration: 25 mins Intensity: High

Organisation/Explanation:

- 6v6/7v7/8v8
- If odd number, add a neutral
- Two goalkeepers in regulation size goals
- Open scrimmage
- Review practice topic prior to starting

Intervals: 5 Work:Rest: 3:2

Coaching Points

- All of above

Progression(s)

- Limit touches - 2 touch/3 touch
- Set a number of passes before shot on goal

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:

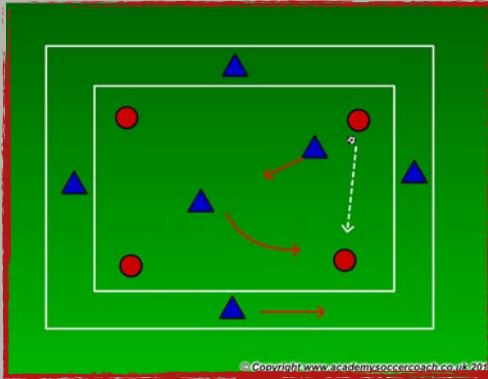
- Set up 20x20 grid with a 5 yard channel on the outside
- Red play a 4v2 in the middle until blue win the ball
- Game then becomes a 6v4.
- Blue cannot move into grid until they win possession.
- When ball goes out, red start with ball again.

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:

Possession v Penetration: Coach a team when to risk and when to retain possession of the ball

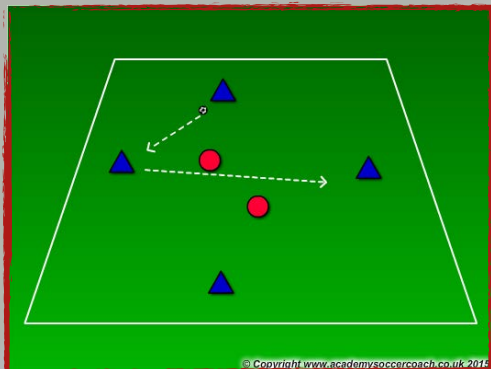
Age: U13-18

Mesocycle:

Microcycle:

Duration: 15 mins Intensity: Med

Intervals: 3 Work:Rest: 3:2



Organisation/Explanation:

- 10x12 yard grid, four players possess the ball against two players
- Possession players stay on line
- Change the two defenders every 90 seconds. This prevents attackers from being afraid to make mistakes
- When the defenders win the ball, the four attacking players must press to get the ball back. This creates transition

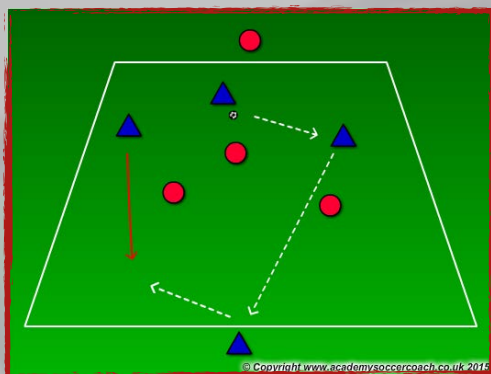
Coaching Points

- Timing and distance of support players
- Weight and accuracy of passes
- Use a variety of surfaces for passing
- Decide when to possess and when to split

Progression(s)

Duration: 20 mins Intensity: Med

Intervals: 3 Work:Rest: 5:2



Organisation/Explanation:

- 3v3 in a 20x30 yard area with 2 end zone
- The teams play to the same colored target player
- The team can use the opposite color target player as support player
- Players look to combine to a spring a player into the end zone
- Targets must stay on the line. The targets are used as a "bumper"

Coaching Points

- Maintain possession under pressure
- Utilize the support play to maintain possession
- Do not force the play
- Encourage creativity

Progression(s)

Duration: 25 mins Intensity: Med

Intervals: 3 Work:Rest: 5:2



Organisation/Explanation:

- 7v7 + 2 to corner end zones
- 50x44 yards, end zones 5 yard deep
- Balls cannot be dribbled into the end zone, but must be passed into the end zone as player runs into the space

Coaching Points

- Quick movement of the ball from side to side to create space for through ball
- Maintain width in attack
- Timing of passes and runs into the end zone

Progression(s)

Duration: 25 mins Intensity: High

Intervals: 5 Work:Rest: 3:2



Organisation/Explanation:

- Same activity as above, but the attacking team attacks the end zones at the top of the box
- If doing this on a regulation field. Use the end zone lines as a means to penetrate the final flank area.

Coaching Points

- All of above

Progression(s)

Theme/Objectives: Attacking: teaching Strikers how to create and exploit space in behind the defense

Age: U16

Mesocycle: Spring

Microcycle: Tactical

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

- Playing into #9
- set defense up as back 4 with #6 in front
- attackers set up with #2,3,6,7,11,10,9
- #6 starts each pattern
- Defenders cant drop past cones until ball is played behind.

Coaching Points

- #9 check to side of the ball
- #10 leave space for #9
- #11-7 trigger to make run when #9 sets ball for #10

Progression(s)

- Can #9 play to wingers



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

- set up 3/4 of field with practice starting with #2./3
- Cones act as offside line
- closest striker checks in to bring defender out of position
- wing back then looks to play ball into space behind created by check.
- furthest striker makes diagonal run across back four into space
- attackers then look to support as shown. closest winger can either stay wide or cut infield.
- striker peels off & runs to box

Coaching Points

- First striker when to check
- timing, speed & angle of deeper striker run
- weight and angle on through ball
- support once behind defense

Progression(s)

- Remove cones



Duration: 30 mins

Intensity: High

Intervals: 3

Work:Rest: 9:1

Organisation/Explanation:

- 11v9 game with defense set up as back 4 and a diamond midfield.
- Practice always starts with attacking GK
- Start defense with high line.
- wingers can also look to run in behind

Coaching Points

- Keep field stretched wide.
- Midfielders allow strikers space
- Midfielders look to split defenders.
- If cant play strikers can you play wide players.
- support once in behind.

Progression(s)

- 11v11



Notes:

- Wingers can also look to get in behind
- has to be an angle on the run/the pass/both

Theme/Objectives:

COUNTER ATTACKING MIDDLE TO FINAL THIRD - Teach the players how to break quickly and score from the middle to final third.

Age: U13-18

Mesocycle:

Microcycle:



Duration: 15mins Intensity: Medium

Intervals: 5 Work:Rest: 2:1

Organisation/Explanation:

- A = P1 pass to P2 to receive on back foot, P2 plays wall pass with P3, P2 passes to P4 while P3 moves around cone to receive from P4. P3 passes to P1 to restart exercise.
- B = P1 passes to P2 (check before) who plays another wall pass. After checking wide P2 plays a 1-2 around cone with P3 who passes to P1 to restart exercise. Exercise restarts by going to other side (P4).

Coaching Points

- Movement to receive (check)
- Timing of runs
- Quality of pass (weight, accuracy)
- Quality of first touch
- Speed of play

Progression(s)

- 2 touch max
- Race

Duration: 20mins Intensity: High

Intervals: 6 Work:Rest: 2:1



Organisation/Explanation:

- 3v2, 40-60 yard grid 16 players
- Two teams, each team nominate a forward that continually plays the game
- The other players must get themselves into pairs
- The blue team dribble forward and combine with their forward to make a 3v2 situation in the attacking zone
- Immediately two new red players come into the defending zone
- Once the blue teams attack is completed, the game is reversed and the two red defenders dribble forward for a 3v2
- Adjust to 2v1 if numbers are lower

Coaching Points

- Exploiting space via pass, dribble, shot
- #9 holding ball up and recognizing to turn or lay off
- Support play of #6, 8 to get into goal scoring positions
- Speed of play

Progression(s)

- Defender can drop in to create 3v3
- Must play off striker first before scoring
- Transition to other goal if defender wins ball

Duration: 25mins Intensity: High

Intervals: 8 Work:Rest: 1:2



Organisation/Explanation:

- 3v3 Transition to goal
- Use area as shown
- Red team play into blue who look to exploit 3v1 situation.
- Red after passing into blue must spring around red cone before getting back to help

Coaching Points

- Mobility in getting to goal and supporting positions
- Decision making of passing vs dribbling vs shooting
- Holdup play of #9 (turn vs layoff)
- Be Clinical in 3v1 situation

Progression(s)

- Play 4v4 (two strikers, two defenders)
- Time/pass limit to score

Duration: 30mins Intensity: Medium/High

Intervals: 2 Work:Rest: 7:1



Organisation/Explanation:

- Small sided game 8v8
- 1-3-3-1 vs 1-3-3-1

Coaching Points

- Application of all relevant points

Progression(s)

- Play 9v9 or 11v11

NOTES

Blank area for notes.