



U9-10 Fall Curriculum

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INTRODUCTION

Dear Coach,

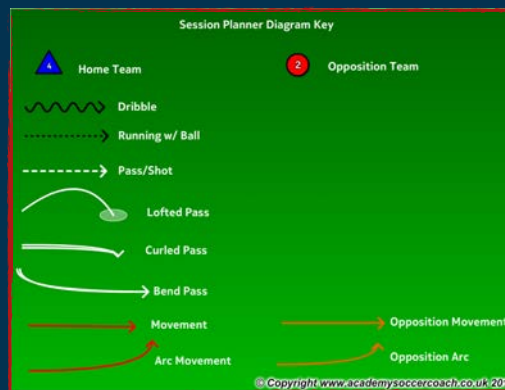
We hope you are looking forward to the forthcoming season. This manual offers a season long, age-appropriate practice plan. Each session has been selected to ensure that the players are receiving a structured approach to practice and that key technical aspects of soccer are covered throughout.

Each session plan contains a warm up and two progressive activities. After these activities, practice should conclude with a 15 minute scrimmage.

The above contents page will show the order in which the sessions should be run. These can be adapted to suit the coaches schedule and for when certain areas of player development may need to be addressed. e.g. it may be apparent from games that the team are struggling to get the ball out of the defensive half from from a goal kick - in this instance you may wish to run the 'playing out of the back' session earlier than proposed.

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

We are confident that this manual along with your knowledge and energy in delivering the sessions will help increase player development across the season.



Ben Solomon

Ali Feasey

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

Age: U9-12

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Low

Intervals: 5

Work:Rest: 2:1



Organisation/Explanation:

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

Coaching Points

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

Progression(s)

- Let players express themselves.

Duration: 20 mins

Intensity: Low

Intervals: 6

Work:Rest: 2:1



Organisation/Explanation:

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

Coaching Points

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

Progression(s)

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

Duration: 25 mins

Intensity: High

Intervals: 8

Work:Rest: 1:2



Organisation/Explanation:

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

Coaching Points

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

Progression(s)

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

Notes:

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

Theme/Objectives: DRIBBLING: Ball Manipulation, Feints & Disguises

Age: U9-12

Mesocycle:

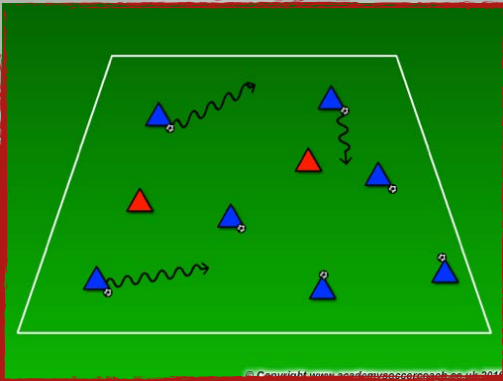
Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1



Organisation/Explanation:

- Ghost Busters
- 2 defenders have Pinnies, and try to throw the pine on the ball of the attacker.
- If attacker gets caught, ball goes above head, legs open, they get free by nutmeg.
- Swap defenders after 3 minutes

Coaching Points

- Ball Manipulation
- Head up to see where defender and space is.

Progression(s)

- Add point system.
- 1 point for save, minus 1 if caught, +10 if nutmeg defender

Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 2:1



Organisation/Explanation:

- 1v1 Ladder tournament.
- 2 minutes of 1 v1
- If you win you move up.
- If you lose move down
- To score a point you must stop the ball on the end line
- Defender passes ball to attacker, then presses.
- Swap roles after ball goes dead or point scored.

Coaching Points

- Change speed, directions,
- Disguise/exaggeration

Progression(s)

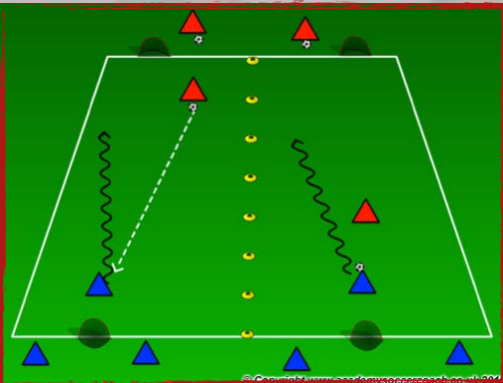
- Add points for a nut meg

Duration: 25 mins

Intensity: High

Intervals: 5

Work:Rest: 8:1



Organisation/Explanation:

- 1v1's
- Defender serves the ball into a striker who then tries to score.
- If defender wins the ball they try to counter
- Players then swap roles.

Coaching Points

- Positive First Touch
- Make Defender wobble, (change speed and direction)
- Move ball to move defender

Progression(s)

- Turn goals

Notes:

- SSG (25 mins)

Theme/Objectives:

DEFENDING

Age: U9-12

Mesocycle: Spring

Microcycle: Technical

Duration: 15 mins

Intensity: Medium

Intervals: 4:1

Work:Rest: 4

Organisation/Explanation:

- 1v1's
- Defenders pass the ball to attacker
- Shut down, slow down, sit down, show down.

Coaching Points

- Block fastest route to goal
- Travel as ball travels
- Don't dive in
- Shut down, slow down, sit down, show down.
- Use side line as extra defender

Progression(s)

- Increase size of grid

Duration: 20 mins

Intensity: Medium

Intervals: 4:1

Work:Rest: 4

Organisation/Explanation:

- 2 attackers vs 1 defender
- Defender passes the ball to one attacker and then tries to deny a goal scoring opportunity.
- If the defender wins the ball they can counter.

Coaching Points

- Delay attack
- Patience
- See offside as extra defender
- Communication

Progression(s)

- Add 1 point for goal
- 5 points for counter.

Duration: 25 mins

Intensity: High

Intervals: 4:1

Work:Rest: 4

Organisation/Explanation:

- 2v2's
- Defender passes ball to attackers.
- First defender puts pressure on the ball
- Second defender covers.
- Pressure decides to show player wide or outside.
- Second defender provides cover incase first defender gets beaten.

Coaching Points

- 1st defender pressure,
- 2nd defender cover
- Offside

Progression(s)

- Add 2 goals to score in
- 3v2

Notes:

- Finish with Scrimmage to see if players grasp concept of spacing

Theme/Objectives: PRINCIPLES OF DEFENDING IN GROUPS - TEACH PLAYERS TO PRESSURE, COVER, AND BALANCE

Age: U9-12

Mesocycle: Spring

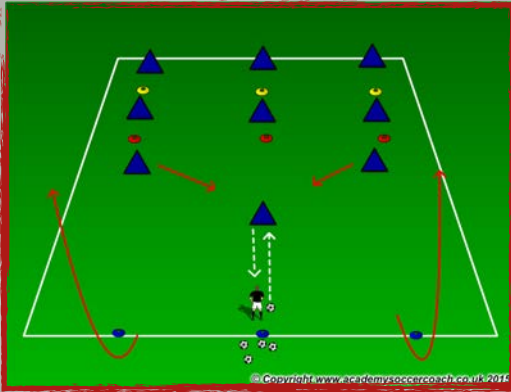
Microcycle: Thursday - Underload (Tec-Tac)

Duration: 15mins

Intensity: Low

Intervals: 3

Work:Rest: 4:1



Organisation/Explanation:

- 30x30 yard grid, 9-12 players
- First group of 3 line up in front of red cones, second behind, third behind yellow cones.
- Coach plays 3 passes per group, players replicate pressure, cover, balance according to where ball is played.
- After 3 passes players jog through to end blue cones and perform dynamic stretches on way back.

Coaching Points

- Body shape, angle, low to ground, feet spread to support weight
- Speed and reaction to ball (slide, step up, drop)
- Distances between players (width and depth) and shape

Progression(s)

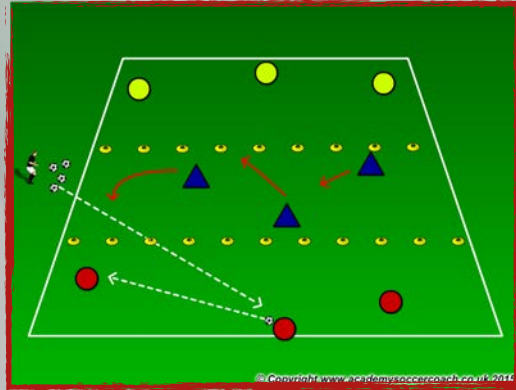
- (1) Vary service (ground, air, behind, in front)
- (2) Once warm groups increase intensity and speed to end blue cones (race)

Duration: 20mins

Intensity: Medium

Intervals: 4

Work:Rest: 3:2



Organisation/Explanation:

- 48x32 yard grid, 9-12 players
- 3 teams arranged as shown, middle team defending
- Coach serves ball to teams in end zones who have to play one pass before attempting to pass through middle zone (below waist height) to score point.
- Defending team earns 1 point every time they win the ball, but cannot leave zone.
- Play to a certain number of points or work intervals

Coaching Points

- Body shape, angle, low to ground, feet spread to support weight
- Speed and reaction to ball (slide, step up, drop)
- Distances between players (width and depth) and shape

Progression(s)

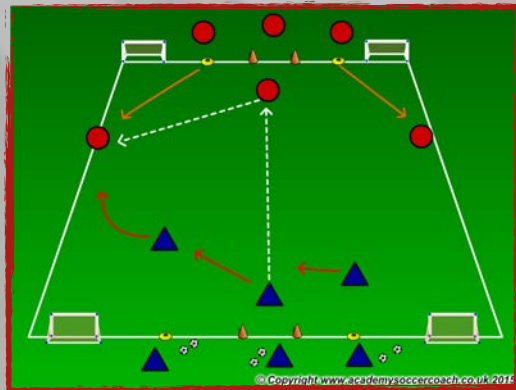
- (1) Touch restrictions on attacking teams
- (2) Allow 1 defender to leave middle zone

Duration: 25mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:2



Organisation/Explanation:

- 48x32 yard grid, 2 teams of 6
- 3v3 to 3 Goals: 2 wide goals with 1 central target goal
- Defending team play a pass to any of 3 attacking players to start drill.
- Vary ball entrance methods (aerial pass, driven etc.)

Coaching Points

- See one (player), screen one (goal)
- Speed and reaction to ball (slide, step up, drop)
- Zonal vs Man Marking (recognize situations)
- Communication

Progression(s)

- (1) Play 4v3 if defensive team getting lots of success
- (2) If Defensive team wins ball they gain an extra player

Notes:

- Small sided game (25 min)

Theme/Objectives: PASSING & RECEIVING: EMPHASIS ON BACK FOOT AND OPEN BODY SHAPE

Age: U9-12

Mesocycle:

Microcycle:

Duration: 15 mins Intensity: Low

Intervals: 5 Work:Rest: 2:1



Organisation/Explanation:

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

Coaching Points

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

Progression(s)

- Vary the feet

Duration: 20 mins Intensity: Medium

Intervals: 5 Work:Rest: 3:1



Organisation/Explanation:

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

Coaching Points

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

Progression(s)

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

Duration: 25 mins Intensity: High

Intervals: 6 Work:Rest: 1:3



Organisation/Explanation:

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

Coaching Points

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

Progression(s)

- How many passes can you get in 1 min?

Notes:

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

Theme/Objectives: 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)

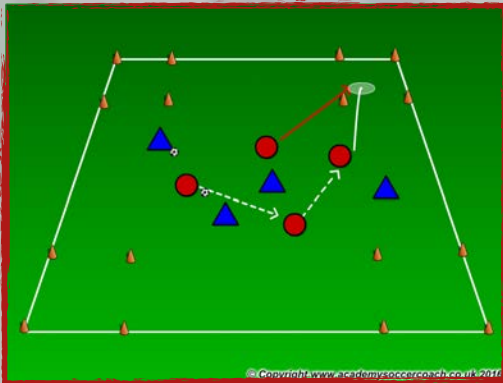
- See how many passes you can land in the box out of 10.
- Can you do it two touch?

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)

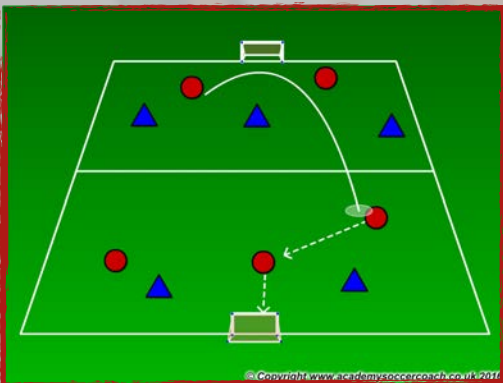
- Make an overload.
- Have to play one touch out of the box to score point off the pass.

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: RECEIVING: VARIOUS SURFACES

Age: U9-12

Mesocycle:

Microcycle:

Duration: 15 mins Intensity: Low

Intervals: 4 Work:Rest: 3:1



Organisation/Explanation:

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

Coaching Points

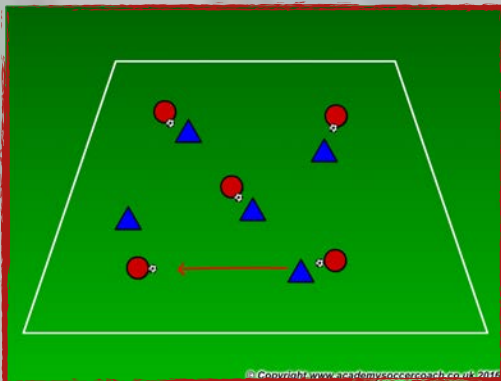
- Relax on impact use surfaces as a cushion.
- Keep eye on the ball at all times
- Arms out for balance.

Progression(s)

- How many juggles can you do with any surface?

Duration: 20 mins Intensity: Medium

Intervals: 5 Work:Rest: 1:1



Organisation/Explanation:

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

Coaching Points

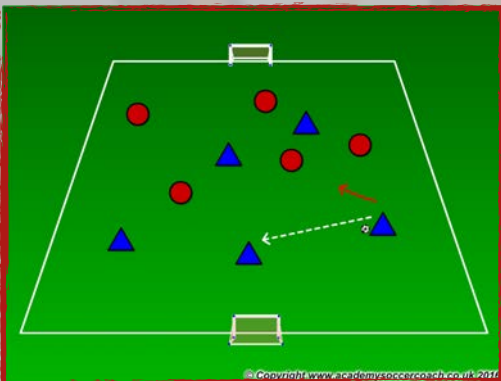
- Relax on impact
- Keep on the ball
- Use both feet
- Quick sharp movements.

Progression(s)

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

Duration: 25 mins Intensity: Low

Intervals: 4 Work:Rest: 4:2



Organisation/Explanation:

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

Coaching Points

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

Progression(s)

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

Notes:

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

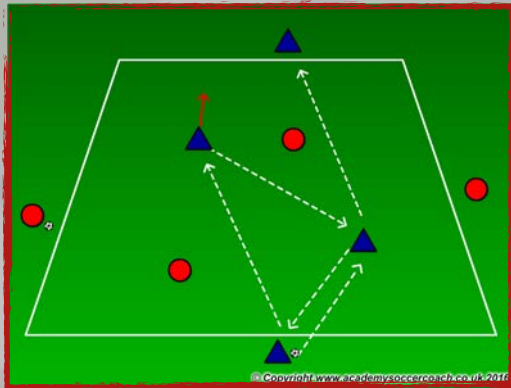
Theme/Objectives: POSSESSION THROUGH THE THIRDS

(1) Improve ability to break defensive lines (2) Improve movement off the ball to receive (3) Improve ability to keep possession

Age:

Mesocycle:

Microcycle:



Duration: 15 mins **Intensity:** Medium **Intervals:** 3 **Work:Rest:** 3:2

Organisation/Explanation:

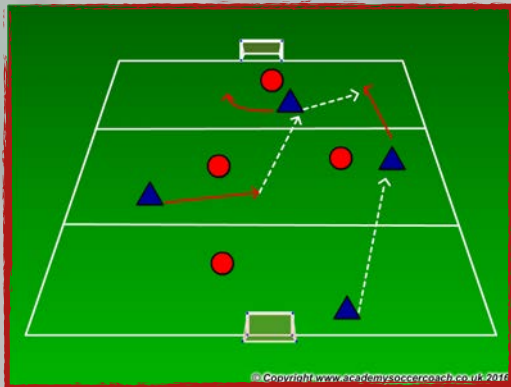
- 30x30 area.
- Players work in groups of 4 with one ball. Work on passing patterns to work ball from one side to the other.
- Players look to connect at least once before passing to other side.

Coaching Points

- Quality/Weight of pass
- Angle of support
- Body shape to receive
- Awareness of ball, space, teammates
- Speed of play
- Movement off ball to receive

Progression(s)

- End players switch and come in after receiving
- Blue vs Red teams



Duration: 20 mins **Intensity:** Medium **Intervals:** 4 **Work:Rest:** 3:2

Organisation/Explanation:

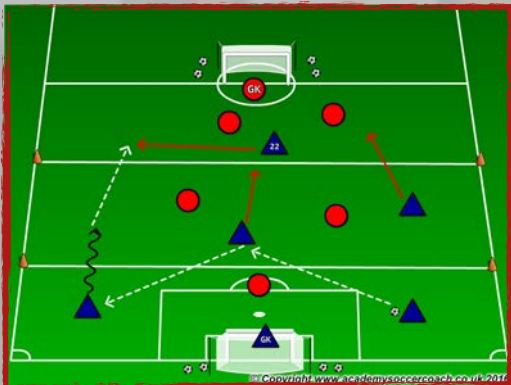
- 4 (1-2-1) v 4 (1-2-1).
- Directional game, attacking team can create 2v1 overload in defensive and attacking thirds.
- Ball starts from defensive zone of team in possession/coach can play ball in.
- Goal is to work ball through the thirds to score.
- Upon winning possession team can play from third of field they won the ball.

Coaching Points

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

Progression(s)

- Add more players/Gk's
- Must play 1 pass in defensive zone before playing forward



Duration: 25 mins **Intensity:** Medium **Intervals:** 5 **Work:Rest:** 3:2

Organisation/Explanation:

- 6 (1-2-2-1) vs 6 (1-2-2-1)
- Half field (7v7/9v9 format)
- Ball starts with GK who must build play from defensive third.
- Directional game with transition, upon winning possession team can play from third of field they won the ball.

Coaching Points

- Application of all previous points

Progression(s)

- Add more players
- Must play 1 pass in defensive zone before playing forward

Notes:

Theme/Objectives: PLAYING OUT OF THE BACK (2): TEACH PLAYERS TO MOVE THE BALL FROM DEFENSIVE TO FINAL THIRD
 (1) Improve ability to play forward early (2) Improve team shape (3) Improve decision making of passing and dribbling to penetrate

Age: U9-12

Mesocycle:

Microcycle:



Duration: 15 mins Intensity: Low

Intervals: 3

Work:Rest: 4:1

Organisation/Explanation:

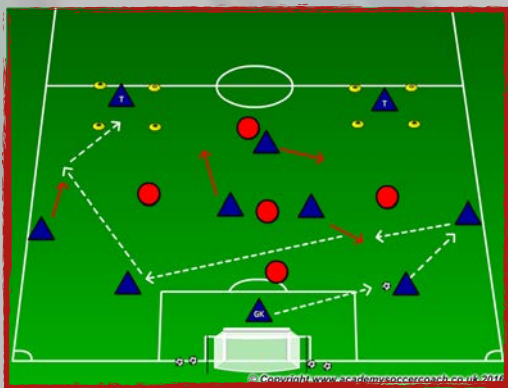
- 60x35 Area with mannequins/tall cones at different points throughout pitch (see image).
- Balls are worked down the left and right hand sides respectively and players stay in their position (may rotate with another player on same mannequin).
- Ball starts with GK, who plays to CB then plays to FB. Combination play through midfield with FB overlapping to receive and hit target player (T).

Coaching Points

- Supporting angles
- Movement to combine & receive
- Timing of runs to receive
- Quality of pass
- Speed of play

Progression(s)

- CM's from both sides can combine and rotate to play out to either side



Duration: 20 mins Intensity: Medium

Intervals: 4

Work:Rest: 4:1

Organisation/Explanation:

- 60x35 Area with attacking team (Blues) set up with GK - 4 - 2 - 1 + 2 Target Players. Reds have 5 defenders set up as diamond 4 and striker. If ball reaches target players, they play back to GK and restart the practice

Coaching Points

- GK safe and secure in possession
- Team Shape ready & set
- Decision making of pass

Progression(s)

- Blues need minimum of 5 passes before they can score at target player



Duration: 25 mins Intensity: Medium

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

- Small sided game 8v7
- 60x35 Area with goal and GK at one end and 2 small goals at opposite end.
- Attacking team (blue) playing out from the back towards goal and set up with S - 4 - 2 - 1. Red's set up in a GK - 3 - 1 - 2 and attempt to score in 2 small goals.

Coaching Points

- Team Shape
- Play forward early to break defensive lines
- Decision making of the pass or dribble
- Movements and timing of runs to combine and receive

Progression(s)

Notes:

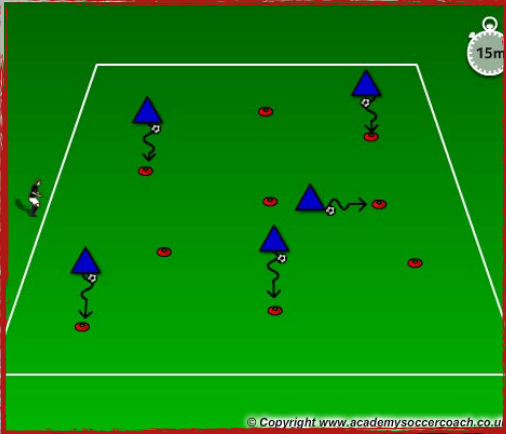
Theme/Objectives: - BASIC TURNING

(1) Stop (2) Inside/Outside Hook (3) Drag-back (4) Cryuff (5) Step over

Age: u9-12

Mesocycle: Spring

Microcycle: Tuesday - Tech/Tact



Duration: 15 mins Intensity: Medium Intervals: 7 Work:Rest: 1:1

Organisation/Explanation:

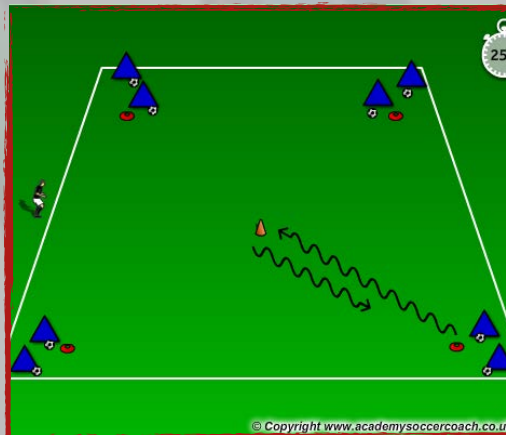
- 30x30
- 1 ball per person
- Cones spread out inside area.
- Ball manipulation - toe taps, boxes etc, look to get as many touches as possible.
- Players dribble towards cones and perform turn. Just show drag back and stop turn in warm up.

Coaching Points

- Keep ball under control
- Awareness of others - glance over shoulder before making turn
- Get body low
- Accelerate after turn
- Make contact with correct part of ball.

Progression(s)

- Make a competition, how many turns in one minute.
- Add a defender to apply pressure.



Duration: 25 mins Intensity: Medium Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

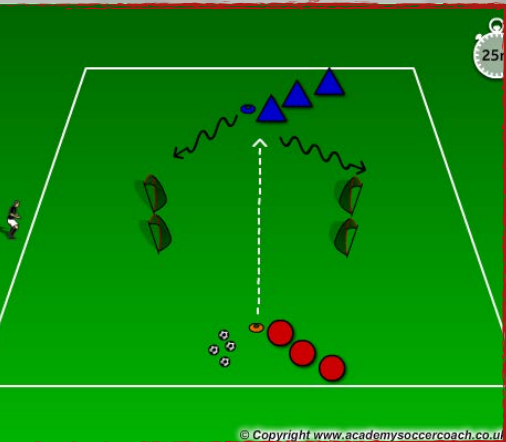
- 20x20
- Split groups
- Dribble to cone in the middle, perform turns.
- Drag back
- Stop turn
- Inside and outside hook
- Step Over
- Cryuff Turn

Coaching Points

- Same as above.
- Use correct part of the foot to perform turn.

Progression(s)

- Stick defender on cone - if player loses control, defender can take it



Duration: 25 mins Intensity: High Intervals: 6 Work:Rest: 2:2

Organisation/Explanation:

- 30x30
- Defender passes ball to attacker. Red to blue.
- Blue has to try and score in either of the goals that are facing away.
- If defender wins ball they become the attacker

Coaching Points

- Attack goals with speed, keep ball under control.
- Keep head up to be aware of the space.
- Perform turns with the correct technique.

Progression(s)

- Take away/add more goals.

Notes:

- Small sided game (25 mins)

Theme/Objectives: TURNING: TO KEEP POSSESSION

Age: U9-12

Mesocycle:

Microcycle:



Duration: 15 mins Intensity: Low

Intervals: 5 Work:Rest: 2:1

Organisation/Explanation:

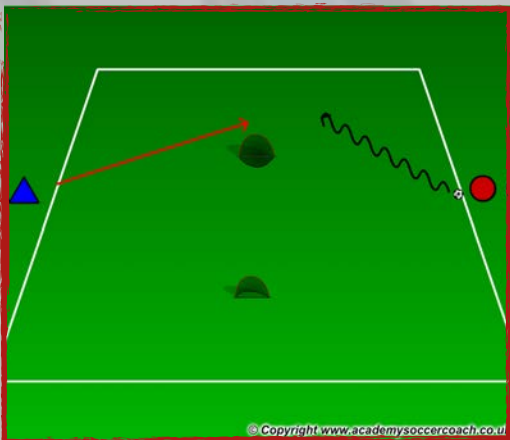
- Go through numerous turns.
- Cruyff, step-over, pull back, hook (inside and outside), L turn.
- 1. dribble up to cone turn and dribble back.
- 2. Dribble up and pass back
- 3. dribble up, hook right then hook right again to not cone. All the way around the square.

Coaching Points

- Close control dribble,
- Emphasis on turns, exaggerate the turn, i.e. arm up when performing Cruyff turn.
- Head up and accelerate after turn.

Progression(s)

- Make a race for 1. and 2. ensure turns are correctly performed.



Duration: 20 mins Intensity: High

Intervals: 10 Work:Rest: 1:1

Organisation/Explanation:

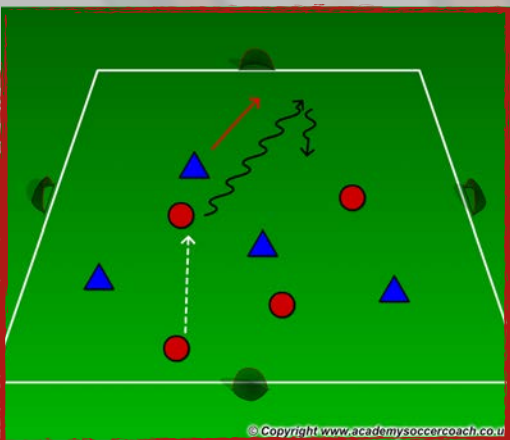
- 30x30 square, with two goals back to back.
- Players on the middle of the side, split in half, one set are defenders others have the ball and are attackers.
- Players attempt to dribble and turn in front of goal to score, defender attempts to stop them and counter them.

Coaching Points

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

Progression(s)

- Make it 2v2 then 3v3.



Duration: 25 mins Intensity: Medium

Intervals: 5 Work:Rest: 4:1

Organisation/Explanation:

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

Coaching Points

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

Progression(s)

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

Notes:

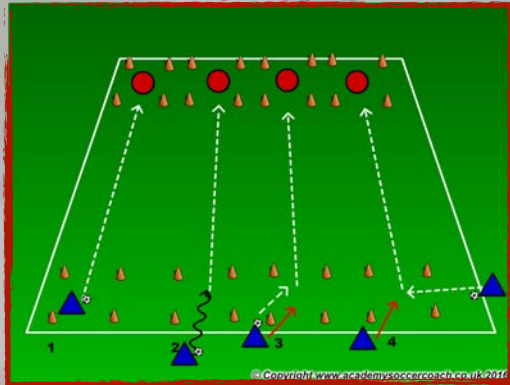
Ensure free play at the end of practice. 15/20minutes.

Theme/Objectives: SHOOTING: BASIC TECHNIQUE

Age: U9-12

Mesocycle:

Microcycle:



Duration: 15 mins

Intensity: Low

Intervals: 4

Work:Rest: 3:1

Organisation/Explanation:

- 5x5 squares 10-15 yards apart.
- 1. Strike the ball with the laces towards your partner aiming into their square.
- 2. Start from outside of the square, dribble in, and strike the ball before it rolls out of the other side.
- 3. Side foot, then outside foot around the cone and then strike the ball. Like your beating the defender and shooting.
- 4. Player passes the ball into the box and player runs onto the ball and strikes it.

Coaching Points

- Head up and over the ball into the direction of the shot
- Strike the ball with the laces and follow through.
- Arms out for balance,
- Lock ankle.

Progression(s)

- Point system for the squares. +5 if you get it in.
- Aim for on of the four cones. +5 points.



Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

Organisation/Explanation:

- One goal using large cones striker starts 15yds from the goal.
- 1. Player 1 plays the ball to 2 who plays a lead pass and 1 has to shoot first time. 1 goes to position of 2 and 2 goes in goal. GK comes as shooter.
- 2. 1 Passes to 2 who receives with a positive touch, can either shoot first time or beat defender and score. Constantly swapping positions. Defender can not tackle, only passive defending.

Coaching Points

- Strike the ball with laces and follow through
- Ensure we look up before shooting, giving us a better aim.
- Shoot in the corners, furthest from the GK.

Progression(s)

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



Duration: 25 mins

Intensity: Medium

Intervals: 6

Work:Rest: 3:1

Organisation/Explanation:

- 40x30 area with two goals.
- Players are split in half.
- half defend and half attempt to shoot.
- Blues are dribbling towards goal , dribble through the cones, take one touch and shoot. Once players are used to the cycle introduce pressure from the defenders.
- Two defenders in the middle can only try to win the ball in the attacking half,

Coaching Points

- Quick movements away from the defender
- Head up look where the GK is.
- Controlled dribble

Progression(s)

- Defender can win the ball anywhere.
- Must beat defender and score to get 10 points.

Notes:

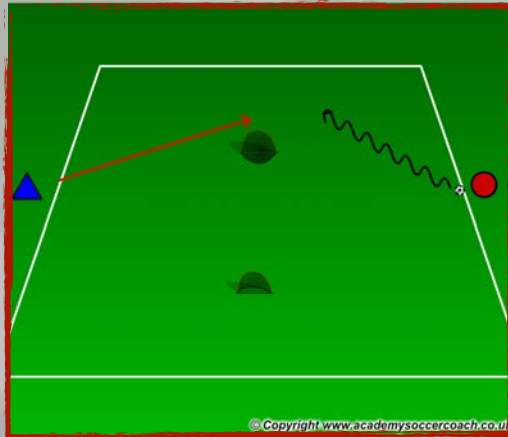
Ensure free play at the end of practice. 15/20minutes.

Theme/Objectives: SHOOTING FOR ACCURACY/COMBINATION PLAY

Age: U9-12

Mesocycle:

Microcycle:



Duration: 15 mins

Intensity: High

Intervals: 4

Work:Rest: 1:3

Organisation/Explanation:

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

Coaching Points

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

Progression(s)

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



Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

Organisation/Explanation:

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

Coaching Points

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

Progression(s)

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



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

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

Coaching Points

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

Progression(s)

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

Notes:

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

Theme/Objectives: Defending in 1v1 situations

Age: U10

Mesocycle: Spring

Microcycle: Week 5A



Duration: 15

Intensity: Low

Intervals: 3

Work:Rest:

Organisation/Explanation:

- 20x20 area
- split players in half, half defending and half with a ball.
- Players with the ball are just dribbling around the area
- focus is on the red players without the ball, jockeying the attacker showing them where they want the attacker to go.
- Start passive.

Coaching Points

- side on stance, with low centre of gravity, knees bent. (surfboard stance)
- defender on their toes, so they are able to change direction quickly.
- Delay the opponent

Progression(s)

- make it opposed.



Duration: 20

Intensity: med

Intervals: 5

Work:Rest:

Organisation/Explanation:

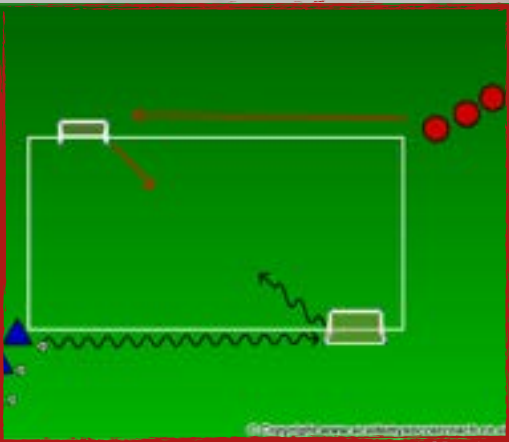
- 6x20 grids
- player at each end, the defender passes the ball to the attacker.
- The defender Cannot press the attacker until they have their first touch.
- Attacker is trying to fake past the defender and stop the ball on the line, if the defender wins the ball, same thing.
- Attacker- Can we attack at speed?
- Defender can we close the space down quick and get the attackers head down, delay and deny!

Coaching Points

- Soon as the attacker has a touch, get into the attacker quickly and have your stance ready.
- try to delay the attacker, then can we look to poke the ball, be patient.

Progression(s)

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



Duration: 25

Intensity: high

Intervals: 3

Work:Rest:

Organisation/Explanation:

- 1v1s players start on opposite corners. Split in half, half with a ball half without(defenders)
- run down towards the goal and enter the field next to the goal. It is now a 1v1 situation.
- Attacker- Can you attack at speed? Skill move?
- Defender- Delay and deny the opposition, can we be wise and look to steal the ball at the correct moment.
- defenders can score if they win the ball. Ball out next ones in!

Coaching Points

- be wise try to nick the ball
- 5 Ps
- Poke, patience, power, pace and position.

Progression(s)

- 2v2s
- time limit for attacker and defender win in 6 secs get 5 points.

Notes:

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

Theme/Objectives: Dribbling to penetrate: Attacking 1v1s, 2v2s.

Age: U10

Mesocycle: Spring

Microcycle:

Duration: 15

Intensity: Med

Intervals: 3

Work:Rest: 4:1



Organisation/Explanation:

- 20x20 grid
- players with a ball each, just getting comfortable on the ball
- address touch, every step should be a touch of the ball
- fakes and moves. Maradona, scissors, double scissors, drop the shoulder.

Coaching Points

- ensure 4 parts of the foot are used when dribbling
- head up
- change or speed and direction

Progression(s)

- introduce passive defenders



Duration: 20

Intensity: med

Intervals:

Work:Rest:

Organisation/Explanation:

- 1v1 set up inside a 40x20 box 4 x10 wide channels
- defenders start off passive the attacker has to beat them with a move and stop the ball on the line.
- defenders are now opposed and can with the ball.
- point system 1 point for speed past the defender 3 points for a move and stop the line.
-

Coaching Points

- Positive movement
- Attack at speed.
- Can we perform a fake?
- Don't be predictable

Progression(s)

- time limit on the attack



Duration: 25

Intensity: high

Intervals:

Work:Rest:

Organisation/Explanation:

- 2v2s two different set ups. Both sides are 20x15 but one side has a goal at each end other has goal in each corners. 4 goals.
- defenders play into attackers then its 2v2, can we dribble to penetrate.
- work with defenders on pressure cover but focus on attacking movement.
- overlaps, diagonal runs.
-

Coaching Points

- communication
- awareness
- movement
- positive dribble, can we fake?

Progression(s)

- Progress to 2v1s, /3v2s
- defenders has 6 seconds to score if ball is won.

Notes:

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

Theme/Objectives: Passing:

Age:

Mesocycle:

Microcycle:

Duration: 15

Intensity: med

Intervals:

Work:Rest:

Organisation/Explanation:

- 4 players split into 2 groups opposite ends. 1 neutral player. Grid 10-15 yards long. 6 wide.
- red passes to blue follows pass adding passive pressure. Joins new line.
- blue plays wall pass around red pressure. passes ball to next red before reaching middle cones.
- Neutral then moves to be option for next player.
- swap neutral every 3 minutes.

Coaching Points

- apply passive pressure by running straight.
- Neutral player movement to create angle for wall pass.
-
-

Progression(s)

- Vary Passes

Duration: 20

Intensity: Med

Intervals:

Work:Rest:

Organisation/Explanation:

- 2v1 Gauntlet
- 10x10 grids set up in a ladder.
- 2v1 try and dribble
- players have 2 minutes to try and get through as many times as possible.

Coaching Points

- positive take your space
- look to combine, wall pass, overlaps

Progression(s)

- Time limit to get through

Duration: 20

Intensity: Med/high

Intervals:

Work:Rest:

Organisation/Explanation:

- attacker split into two attacking groups outside of box
- GK set up in goal
- Defenders start to the side of the goal.
- Defender serves into either attack then attackers try to score.
-
-

Coaching Points

- Attackers start wide
- Invite Pressure and Destroy
- Wall Pass
- Overlap

Progression(s)

- Bonus for a combination
- GK serves the ball with defender in set position

Duration: 30 mins

Intensity: High

Intervals:

Work:Rest:

Organisation/Explanation:

- 30x25
- 4v4 with two neutral
- if ball goes out team have to touch their goal. encourage possessing the ball.
-
-

Coaching Points

- Space
- posses the ball
- take advantage of overload
- play quickly if other team kicks ball out

Progression(s)

- make 5 v 5 without neutrals
-

Theme/Objectives: 3v2

Age:

Mesocycle:

Microcycle:

Duration: 15 mins Intensity: Medium

Intervals:

Work:Rest:



Organisation/Explanation:

- 1v1s Ladder tournament
- 10x6 set up next to each other
- Defender serves the ball to attacker and play.
- score a point by stopping ball at end of grid.
- if ball goes out swap roles and play again.
- after 3 minutes winner moves up the ladder loser moves down the ladder.

Coaching Points

- Positive First Touch
- Make Defender wobble
- move ball to move defender
-
-

Progression(s)

- move to 2v1

Duration: 15 mins Intensity: Medium

Intervals:

Work:Rest:



Organisation/Explanation:

- 2v1 Gauntlet
- 10x10 grids set up in a ladder.
- 2v1 try and dribble
- players have 2 minutes to try and get through as many times as possible.
-

Coaching Points

- positive take your space
- look to combine, wall pass, overlaps
-
-
-

Progression(s)

-

Duration: 15 mins Intensity: High

Intervals:

Work:Rest:



Organisation/Explanation:

- 2v2
- GK Serves ball to attackers
- Attackers attack big goal, if defenders win the ball try to score in pug goal
- if ball goes out or tempo drops swap players out.
-
-

Coaching Points

- Be positive first touch out of feet
- invite pressure, destroy pressure
- Keep width to allow 1v1
- overlaps
- wall passes
-

Progression(s)

- Overlap
- 3v2

Notes:

- End on an overloaded game against the goal.
-

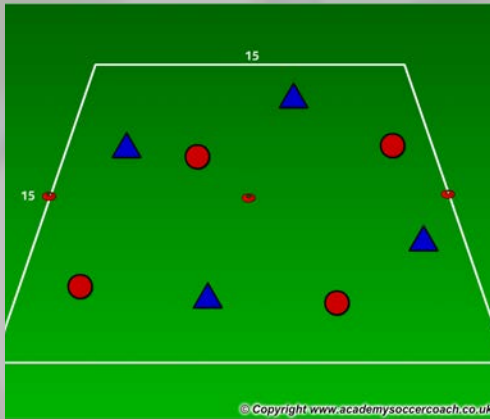
Theme/Objectives: - TEACH SUPPORT PLAY IN ATTACK

(1) Improve understanding of how to support when there is / is not pressure on the ball, (2) Use of space, (3) Supporting angles.

Age: U9-U12

Mesocycle:

Microcycle:



Duration: 15mins

Intensity: Low

Intervals: 4

Work:Rest: 3:1

Organisation/Explanation:

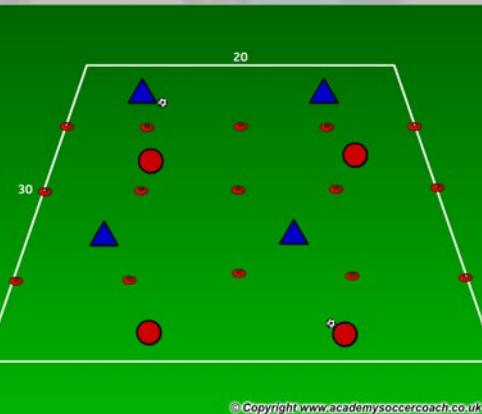
- Individual Ball Manipulation
- Paired passing with support play from one grid to the other

Coaching Points

- Quality touches on the ball
- Emphasis on correct technique
- Support play - pressure on the ball = support behind, no pressure on the ball = support going forward

Progression(s)

- Reduce size of playing area
- Increase number of players within area to create more interference



Duration: 20mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

Organisation/Explanation:

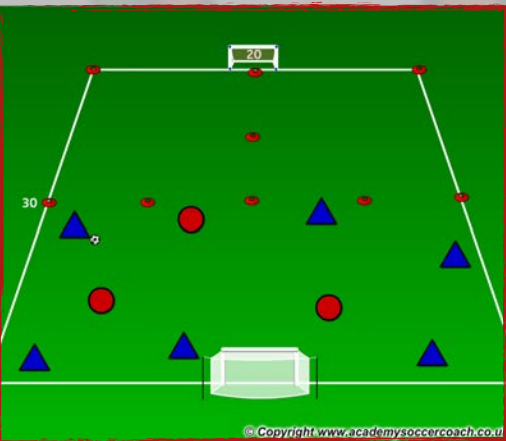
- Players of two different colors aim to pass through channels to one another

Coaching Points

- Appropriate supporting movement to make passes possible
- Communication
- Angles of support
- Type of support when pressure/no pressure

Progression(s)

- Make grids small
- Introduction of defenders



Duration: 25mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

- 6v3 - team of 6 must make 3 passes before moving to new zone, team of 3 must make 2 passes before moving to new zone.
- Players reaction to changing picture on the field and how to appropriately support
- When playing 5v3+GK, team of 5 aim to score against GK and team of 3 can transition to mini goal when in possession

Coaching Points

- Use of space
- Supporting angles
- Communication

Progression(s)

- Reduce space
- More passes before transitions
- Introduce GK and 5v3 with mini goal

Notes:

- Small sided game (25 mins)

Coach:

Age/Level: U9-12

Theme/Objectives: PASSING AND RECEIVING, CREATING SPACE

(1) Teach players where and when to check (2) Improve forwards and midfielder ability to work together to create space (3) Improve ability to play forward

Age: U9-12

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:1



Organisation/Explanation:

- Diamond 10x10
- 2 grids
- 1 ball
- 2 groups of 6 players
- Back foot round the cones
- Drop off to receive the ball

Coaching Points

- Weight of pass
- Communication.
- Movement off the ball.
- Check/drop off to receive ball.
- Scan before ball arrives.
- Ability to play 1-2 touch.

Progression(s)

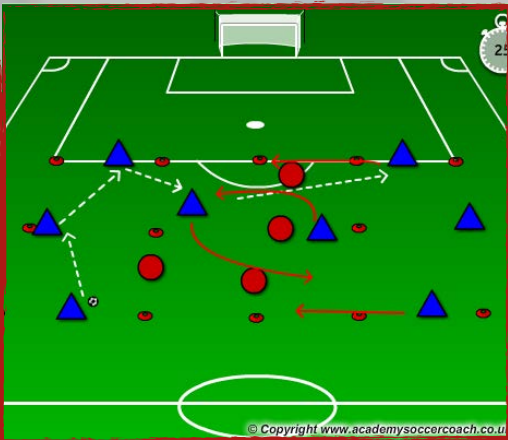
- Races
- Figures of 8

Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- 3 grid game 20x20x20.
- 3 teams of 4 players.
- play from grid 1 into grid 3.
- team in middle defends the ball being switched.
- Play for points overtime switched team gets one point, first to 5.
- 1 defender presses in end grids

Coaching Points

- Movement off ball.
- Checking or dropping off.
- Ability to play forward.
- Communication.
- Potential combinations to penetrate.

Progression(s)

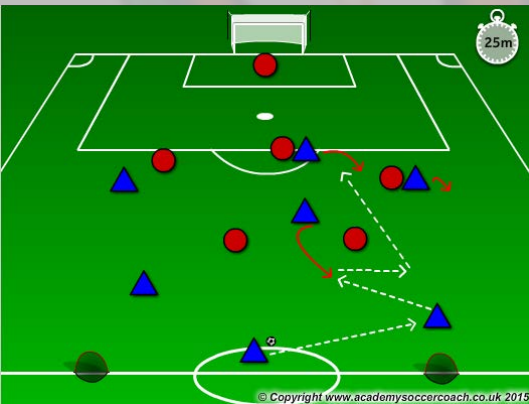
- Allow more pressure 2 defenders.

Duration: 25

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- Play front 7 vs 5 going to goal.
- Ball starts with center back
- team with 7 goes to goal.
- Team with 5 look to win ball and target areas placed at half.

Coaching Points

- Speed of play
- Ability to play forward
- Communication
- Ability to penetrate
- Movement off the ball

Progression(s)

- 7v6 & 7v7 if numbers allow.

Notes:

- Small sided game (25 mins)

Theme/Objectives: Shooting: Combinations

Age: U10

Mesocycle: Spring

Microcycle: Week 7B



Duration: 15

Intensity: Low

Intervals:

Work:Rest:

Organisation/Explanation:

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

Coaching Points

- Create space for a shot
- game speed intensity
- strike ball with laces
- change of direction

Progression(s)

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



Duration: 20

Intensity: med

Intervals:

Work:Rest:

Organisation/Explanation:

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

Coaching Points

- movement off the cone, check!
- timing of run
- finish across goal with laces, have a look before you shoot.

Progression(s)

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



Duration: 25

Intensity: high

Intervals:

Work:Rest:

Organisation/Explanation:

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

Coaching Points

- strike ball with laces
- look to combine
- movement off the ball, into space.

Progression(s)

- one touch
- first time finish/shots, two players can go into attacking half.

Notes:

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

Theme/Objectives: PASSING & RECEIVING

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

Age:

Mesocycle:

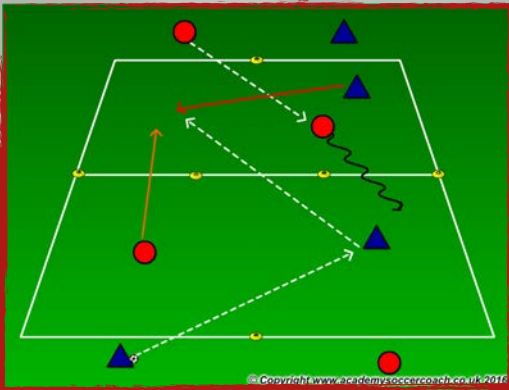
Microcycle:

Duration: 15 mins

Intensity: Low

Intervals: 4

Work:Rest: 3:1



Organisation/Explanation:

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

Coaching Points

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

Progression(s)

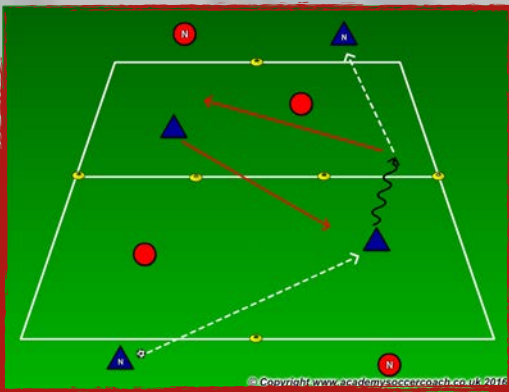
- 2 touch restriction (speed of play)

Duration: 20 mins

Intensity: High

Intervals: 6

Work:Rest: 1:2



Organisation/Explanation:

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

Coaching Points

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

Progression(s)

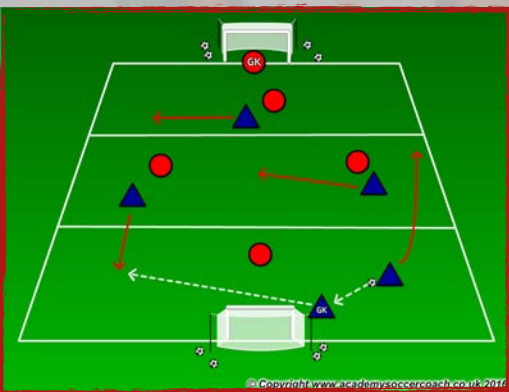
- Remove outside neutral, can only pass to team mate

Duration: 25 mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:2



Organisation/Explanation:

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

Coaching Points

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

Progression(s)

- Must play one pass in specific thirds before scoring

Notes:

- Small sided game to finish (25 mins)

Theme/Objectives: ATTACKING IN THE FINAL THIRD: FINISHING

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

Age: U10

Mesocycle:

Microcycle:



Duration: 20

Intensity: med

Intervals: 4

Work:Rest: 4:1

Organisation/Explanation:

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

Coaching Points

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

Progression(s)

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



Duration: 20

Intensity: High

Intervals: 4

Work:Rest: 4:1

Organisation/Explanation:

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

Coaching Points

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

Progression(s)

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



Duration: 25

Intensity: high

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

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

Coaching Points

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

Progression(s)

Notes:

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

Theme/Objectives:

OVERLAPPING RUNS: Teach players where and when to overlap (pace and angles of overlapping runs, weight of passing, end-product after overlapping runs)

Age: U9-U12

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 7

Work:Rest: 1:1



Organisation/Explanation:

- 2 team sof 5
- Players inside grid play to players on outside and overlap them to receive ball back
- One point awarded for each successful overlap
- Each interval is interspersed with dynamic stretches

Coaching Points

- Movement off the ball
- Head up at all times
- Awareness of what pass to make
- Pace and angle of overlapping run

Progression(s)

- Make space smaller
- Specify order in which players can visit outside players to overlap

Duration: 20 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- Unopposed practice with overlapping resulting in a shot on goal
- Three groups - ball always starts with central group
- Pass to one of wide players to then overlap
- Pass to other wide player and then overlap
- Sequence continues until a shot on goal is produced

Coaching Points

- Weight and accuracy of passing into space
- Timing of overlapping run
- Accuracy over power when shooting

Progression(s)

- Progress to 3v1 and then 3v2 with introduction of defenders - goals resulting from a successful overlap count double.

Duration: 25 mins

Intensity: High

Intervals: 6

Work:Rest: 3:2



Organisation/Explanation:

- 6v6 in central area
- Coach plays ball to one of blue attackers
- Blues aim to play into wide channels where they play either 3v1, 3v2, 2v1 - they combine in these areas with use of overlaps
- Produce a cross to goal to score (2 points) or score in mini goal (1 point)
- When Red defenders win ball, they aim to play to mini goals (1 point)

Coaching Points

- Getting the ball into wide areas
- When to dribble and when to pass.
- Awareness of space and teammates positions for combinations and overlaps
- Positive behavior on the ball

Progression(s)

- Allow more defenders into wide areas to create only one additional attacker in wide areas or even numbers there

Notes:

- Small sided game (25mins)

Theme/Objectives: PASSING: BASIC POSSESSION

Age: U10

Mesocycle: Spring

Microcycle:

Duration: 15

Intensity: Med

Intervals: 3

Work:Rest: 4;1



Organisation/Explanation:

- 20x20 square
- 3 players with a ball dribbling then 5 players passing the ball around the square.
- The reds have to tag the player with the ball while dribbling around the area.

Coaching Points

- Open body receive on back foot
- movement off the ball
- visual cue for players to move, when ball is halfway across to receiving player. We move as the ball moves.

Progression(s)

- Take the balls away from the reds and make it a 5 v 3

Duration: 20

Intensity: med

Intervals:

Work:Rest:



Organisation/Explanation:

- Players are looking to possess the ball, to gain a point they have to receive the ball in the square and play back out to the same player.
- Play begins where players can only intercept the ball.
- Progress to challenging for the ball.
- Players can score in any square.

Coaching Points

- Movement off the ball.
- Communication
- weight of pass

Progression(s)

- Players have to play to a different player after receiving in the square, movement.

Duration: 25

Intensity: high

Intervals:

Work:Rest:



Organisation/Explanation:

- Playing in a 20x20 area with two end zones 5 yards wide.
- two teams with one neutral player
- Players have to keep the ball and score a point by receiving the ball in one of the zones, the game is multi directional. Once scored in one zone, can you keep the ball and score in the other.

Coaching Points

- Communication
- movement off the ball
- timing of runs

Progression(s)

- Everyone has to touch the ball before scoring.
- one touch, then the next player has 3 or more.

Notes:

End with a game, for 20 mins. emphasis on possessing the ball. Conditions in the game 2 or 3 touch only

NOTES

Blank area for notes.