



U9-U14 Elite Training Manual



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INTRODUCTION

Activity manual how it works?

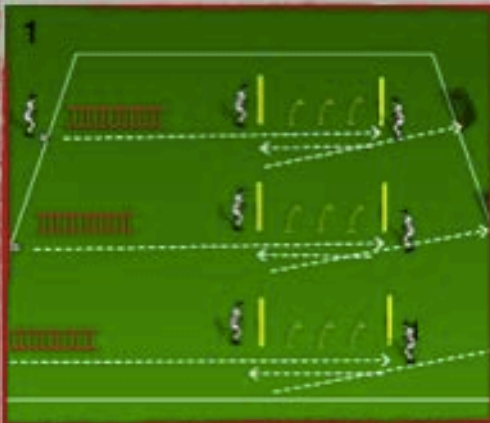
SAQ activity sheet- 6 activities, from easy to advanced based up Speed, Agility & Quickness. Some need a lot of equipment, some less.

Small Sided Games (SSG) activity sheet- 6 Activities based all around small sided activities, this would be more towards the end of your session, but feel free to have a Whole-part-Whole also. With these ensure they are short games, 3-5mins, then have rest, create good quick repetitions rather than a long 20minute game.

Striker (STR) clinic activity sheet- 6 Activities based upon quick movements off and on the ball, all towards goal and created based upon a Forwards (#9) movement and finishing skills.

There are 6 sessions per activity sheet. You have two options :

- 1) Either select an activity from each activity sheet and create your own session.
- 2) Follow the above contents page on what was suggested for the elite training session. Run the sessions in the order shown.



Organisation/Explanation:

- Starting at top left going along then down.
- 1)
 - Pug/Bownet added ten yards from 2nd pole
 - Competitive competition, specify 1 or 2 touch combination play, with movement after passing through ladder and over hurdles
 - Player on first pole will pass/strike at pug/bownet, player on second pole retrieves ball whether goal or miss and passes to ladder
 - First team to a certain amount of goals wins
- 2) 25x40 area with SAQ equipment on either side of field
 - 12 players inc 2 GK
 - Players split into 2 teams and then again into 2 groups per team
 - On coaches command 1 player from each group 2 red/2 blue moves quickly through their SAQ equipment before entering playing field. Each team has a chance to attack/defend in a 2v2. Once through SAQ attackers receive ball from GK then attack. When a goal is scored or play breaks down the next 4 players begin on coaches command. Players return to their side but swap groups
- 3) 4x 12x12 areas with ladders and poles. 14 players with 1 ball per group
 - Players split into 2 groups & play 5v2 rondo keep away
 - SAQ circuit opposite each group
 - Rondo rules: 1) Two touch max. 2) 10 passes = 10 push ups for defenders. 3) Splitting defenders with pass = 2 passes. 4) Players that gives ball away becomes defender as well as player to left
- 4) 1st station is SAQ equipment. Then figure 8 dribbling. Leave ballot start. Then change of direction to receive ball from server and go to goal. Player becomes server for recovery server recovers to end line.
- 5) Two 15x30 areas (SAQ & Game) 8 players + 3 feeders
 - Players split into 2 teams behind red gates
 - 1 player from both teams race through their SAQ circuits, hurdles = 2 footed jumps, out to cone then backwards to with left or right cone. Forwards through poles then they play a volley back from feeder with both left and right foot, then the first one through the gates starts with the ball 1v1. Next pair begin when players get through gates.
- 6) red and blue disks 6 yards apart with a tall cone directly in middle as starting position
 - Two players face each other either side of the cone
 - Coach calls out red or blue and players must react and race to the cone
 - Coach can call red and then blue so that players react to communication
 - Then there can be a lead player selected out of the two players so that the reaction becomes visual - player 1 from a standing position sprints to red or blue - player 2 must react and try to tag the player

Coaching Points/Progressions:

Notes:



Organisation/Explanation:

-Starting at top left

1) 30x40 field, with two goals and a cone out half way line with 5 yards in-between

- 2v2 in both ends and 1v1 in the middle zone.
- Players have to play through the middle zone to create overloads in the attacking thirds. Players can either dribble into the zones or pass

2)-20x30 area, a goal in each corner.

-4v4, coach has the ball.

-Set challenges for players relating to the topic of the session, for example if you have done passing, 5 passes before you score? Or switch the play before you score?

If it is driving you may want to have coned goals, so players can dribble through them. Ideas to add: if you score, you keep the ball and attack the opposite goal. This makes it transitional. Touch your own goal after you score.

3) 20x30 area split in half. Teams split evenly with 1 neutral.

- Each team will have a goalkeeper and 2 players in each half.

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

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

4) 3 (10x10) boxes on top of each other and then add another 3 to the side.

- 1 defender starts in the middle and end box, 1st box is free. Attackers begin at orange gates, aim to dribble through the yellow gates, by beating the defenders in each zone. A point is rewarded for each zone entered, if you dribble out of the zone or defender wins the ball, you start again.

- Once you have completed one side of the gauntlet you join the other.

- Ensure defenders and attackers are rotated every 5mins. Move around defenders in different zones.

- Look to perform a feat around defender, or beat with speed. Point system: 1 point for beating defender with speed, 3 for beating defender with a feint.

5) 20x 15 area (possible 30x20.)

- 2 teams of 3/4

- first team in possession (blues) its a 3v1 blues have to make 5 passes before they score. If scored another defender comes in 3v2. Cycle repeats itself for 3v3. Players will then swap after 3v3.

- Players are looking to receive the ball on their back foot to open up the game.

6) 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/Progressions:

Notes:



Organisation/Explanation:

Warm Up (10 minutes) - Players will be put into three different groups all wearing different color pennies and must dribble around the 20x20 area. When the coach calls a color they must leave their own ball and finish someone else ball in one of the goals around the square whilst the other color continue dribbling in the area

Main Session (40 mins)

1. Shooting in a crowded box - Player starts on edge of the box and plays a give and go before shooting through a crowded area provided by mannequins or players
2. Finishing the rebound - Player A drives at goal and shoots directly at the goalkeeper who looks to parry the ball back in play for Player B and C to follow up and try and finish first time. (Players rotate roles each time)
3. Finishing from a cross - Player A plays out wide to Player B who crosses the ball in to the box with player A and C looking to cross runs before attacking the ball in the box. (Players rotate roles each time)
4. 2v1 with back to goal - Player A passes into Player B who has his back to goal and Player C defending him. Both Player A and player B then have 5 seconds to get a shot off before the play ends. (Players rotate roles each time)

Opposed Practice (10 mins) - Game situation with 30 x 20 area and two goals either end. The first goal scored for each player counts as double

Coaching Points/Progressions:

- Look for early shots. Awareness of surroundings. Decision making (when to take a touch and when to shoot first time). Timing of runs. Use of different shooting techniques in different situations

Notes:

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