

ALASTAIR FEASEY



TWITTER



WEBSITE



3 v 1, 3 v 2, 3 v 3



Three Finishes



Pattern Play to Goal



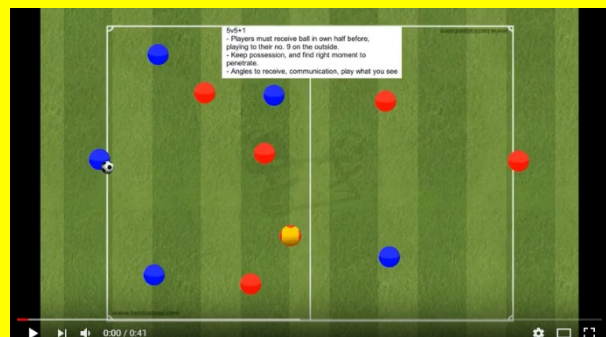
Pattern Play, Unopposed



2 v 2 + 1, Zones



5 v 5 + 1, Possession



Building From the Back



1 v 1 Into 2 v 2



Pattern Play to Goal



Build Up, Counter 1 v 1



4 v 2, Double Box





@247UKSocce

Theme/Objectives: Dribbling: Feints and Disguises in 1 v1 situations.

Age: 11-15-16

Mesocycle:

Microcycle:



Duration: 15

Intensity: med

Intervals:

Work:Rest:

Organisation/Explanation:

- 20x20. Cones dotted around area all players with a ball.
- Go through basic foot skills: toe taps, boxes, Vs, Ws, inside/outside, drag-push (laces, sole), Ls.
- Cruyff, JayJay, scissors, double scissors, hoo, Zidane, maradona.
- Perform the turn or feint up to or past the cone, image the cone as a defender.

Coaching Points

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

Progression(s)

- Free dribble, let players express themselves.



Duration: 15

Intensity: Med

Intervals:

Work:Rest:

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.
- keep mixing up the amount of touches.



Duration: 25

Intensity: Med/High

Intervals:

Work:Rest:

Organisation/Explanation:

- 1v1 attacker v defence.
- 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.



Duration: 25 mins

Intensity: High

Intervals:

Work:Rest:

Organisation/Explanation:

- 5v5 game or whatever suits the numbers.
- Two goals per team.
- encourage positivity and to be creative.

Coaching Points

- Positivity
- attack opponents at pace and accelerate into space.

Progression(s)

- Point system if you beat a player with a move.

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Duration: 15

Intensity: Low

Intervals: 3

Work:Rest:

Organisation/Explanation:

- 3 v 1 Rondos in 10x10 squares
- start off two touch only maximum

Coaching Points

- close control
- quick sharp movements

Progression(s)

- Introduce one touch
- every player has 10 points timed for a minute. If make a bad pass down to 9 etc



Duration: 25

Intensity: Med

Intervals: 6

Work:Rest:

Organisation/Explanation:

- 30x30 square with 9 (10x10) squares.
- Players are separated into three teams.
- Players have to play through all of the 9 squares by retaining the ball and moving off the ball.
- How quickly can you get through all 9 squares?

Coaching Points

- Head up and observe
- sharp movements off the ball
- Try to play quick and early
- check shoulder, open body up and receive on back foot.

Progression(s)

- 1 minute to see how many squares can players get through
- quickest team to do all 9 squares.



Duration: 20

Intensity: Med

Intervals: 4

Work:Rest:

Organisation/Explanation:

- Three teams are playing inside a 30x30 grid.
- two are keeping the ball together and other team is defending trying to win it back. Always an overload. 8v4.
- Keep possession
- Whichever team loses possession of the ball, that team is now the defending team.
- Constantly transitional.

Coaching Points

- Check shoulder, be aware of players around you, can you find space to receive the ball?
- six second rule for defending team to win the ball back.

Progression(s)

- Three touch max, player with the ball can only pivot allowing players around them to



Duration: 25 mins

Intensity: High

Intervals: 5

Work:Rest:

Organisation/Explanation:

- small sided game in a 40x30 area.
- normal game only condition is the players have to play into and pass out of the square before scoring whilst keeping possession.
- 3/5 second rule for time allowed in the box.

Coaching Points

- Look to exploit space
- check shoulder
- patience for the pass into the box

Progression(s)

- pass to everyone before scoring

Theme/Objectives:

Receiving: Various surfaces

Age: 1110

Mesocycle: Spring

Microcycle: Week



Duration: 15

Intensity: Low

Intervals: 4

Work:Rest:

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

Intensity: med

Intervals: 4

Work:Rest:

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.

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

Intensity: high

Intervals: 6

Work:Rest:

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.

Notes:

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



Duration: 15

Intensity: med

Intervals: 1

Work:Rest:

Organisation/Explanation:

- 4v4 in a 10x10 square.
- The blues pass to the blues and reds to reds.
- Simply starts from the outside, then a one-pass combination is played between the two central players then played into the other outside player.

Coaching Points

- Passing, movement, first touch communication

Progression(s)

- The outside player can play a long ball to the opposite outside



Duration: 25

Intensity: Med

Intervals: 3

Work:Rest:

Organisation/Explanation:

- Played in a 40x30 grid, using the width and depth in Passing and receiving, switching play.
- 1 start's with the ball as a FB/Winger and plays in to the CB/CM and 5 starts the cycle over again.
- **Progressions:**
- Player 1 can play a one two with player 2 and play the ball long to player 3.

Coaching Points

- First touch, cones acting as defenders, move off cone to receive.
- Weight of pass, timing of runs.
- communication

Progression(s)

- 2/3 balls going
- players in middle swap positions, play ball



Duration: 25 mins

Intensity: Med

Intervals: 3

Work:Rest:

Organisation/Explanation:

- 3 teams separated in 3 channels Acting as banks of 4. 40x30 grid
- The 2 teams on the outside channels are trying to switch the ball to each other; they have to pass to every player on their team before they do so.
- The yellows have to stop the switch; keeping compact as a defensive unit.
- Ball has to be played on the ground

Coaching Points

- Body Shape
- vision, checking shoulder.

Progressions:

- Players can play ball in the air.
- 2 players can press into opposite half.

Progression(s)

- Whichever team looses the ball they are instantly defending team.



Duration: 25 mins

Intensity: High

Intervals: 5

Work:Rest:

Organisation/Explanation:

- 40x30 rectangle with a goal at each centre.
- There are four lanes the team has to switch play by receiving the ball in each lane and attempt to score a goal after switching play.
- 10 points if a switch is created and a goal is scored from it.
- Having a player acting as a CM/CB to organise the switch.

Coaching Points

- Can we use width and depth to switch play?
- Weight of pass, when do we switch?

Progression(s)

- Everyone must touch ball, three touch. All lanes have to be visited, before scoring.

Theme/Objectives: Passing: One touch. Emphasis on checking the

Age: 11-14

Mesocycle:

Microcycle:



Duration: 15

Intensity: med

Intervals:

Work:Rest:

Organisation/Explanation:

- 5x5 boxes, with three players and one ball in each.
- Each player has a side of the box; players pass and move to the free side.
- to start players have to have two touches of the ball

Coaching Points

- close control
- quick sharp movements

Progression(s)

- Introduce one pass rule



Duration: 20

Intensity: Med

Intervals:

Work:Rest:

Organisation/Explanation:

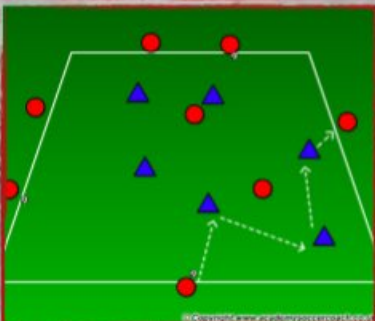
- half players in middle of 20x20 square. Half on the outside.
- Players in the middle are looking to receive the ball and play it within one touch to the players on the outside.

Coaching Points

- Check shoulder (3 check rule)
- open body shape
- quick movements around the square
- inside pass, head up, communication.

Progression(s)

- Introduce defenders for pressure.
- play to another free player on outside in one pass



Duration: 20

Intensity: Med/high

Intervals:

Work:Rest:

Organisation/Explanation:

- Same as the drill before but players are now in threes. two 3v1s within the area. The first pass from the outside player has to be played one touch and the pass moving the ball to the player on your team has to be one touch.
- Players move around the area receiving and working to make combinations with one touch.

Coaching Points

- Checking shoulder constantly
- Communication with teammates
- weight of pass/ open up your body.
- movement off the ball.
- Switch the play to allow more time.

Progression(s)

- see how many one touch passes in a minute. Competition with other three.
- add more defenders in? make a 6 v 2?



Duration: 30 mins

Intensity: High

Intervals:

Work:Rest:

Organisation/Explanation:

- 30x40 grid with two end zones.
- 6v6 or 7v7 with one neutral player.
- Players have to keep possession and score by playing a pass into the end zone and playing it back one touch. Player cannot stand in the end zone, has to be a quick sharp movement(5 second rule in end zone)

Coaching Points

- Check that shoulder! Always scanning.
- quick purposeful Movements into the end zone to receive ball.
- can we play first time?

Progression(s)

- make it multi directional
- how many one touch passes can you get?

Theme/Objectives:

Shielding the ball

Age: 1110

Mesocycle: Spring

Microcycle: technical



Duration: 15

Intensity: low

Intervals: 4

Work:Rest:

Organisation/Explanation:

- Ball comfort.
- Players dribbling inside a 20x20 area
- Emphasis is on the 4 parts of the foot, use all four, be comfortable with the ball.
- toe taps, boxes, Vs, Ws, etc

Coaching Points

- use all 4 areas on the foot (sole, inside, outside, laces)
- keep the ball moving
- change speed/direction frequently.

Progression(s)

- 5 second rounds in twos, see how far you can get away from the defender.



Duration: 20

Intensity: med

Intervals: 4

Work:Rest:

Organisation/Explanation:

- 30x20 area split down the middle.
- players are in two teams with an opponent opposite them.
- a ball is in the middle of both players.
- Players are competing for the ball
- When the coach says READY players have to show a low centre of gravity
- When coach says DRAW players have to drag the ball to their side using the

Coaching Points

- be on your toes ready
- low centre of gravity, bend your knees, shoulder width apart
- Turn and speed big touches

Progression(s)

- defender can pass the orange line and try to win the ball back.



Duration: 25

Intensity: high

Intervals: 5

Work:Rest:

Organisation/Explanation:

- 35x20 area with two goals and full field separated into two halves.
- 2 teams of 4 and a GK each.
- 2v2 in each half.
- check to the ball- Shield and then turn and finish with support from your teammate.
- quick and fast game with finishing.

Coaching Points

- communication
- movement off the ball looking to receive the ball.
- Check shoulder see where defender is

Progression(s)

- have to make one pass before scoring
- 10 seconds for defender to win it and

Notes:

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

Theme/Objectives:

Shielding (1) Using the body to help keep control and possession of the ball.

Age: 1110

Mesocycle: Spring

Microcycle: Technical



Duration: 15

Intensity: Low

Intervals: 4

Work:Rest:

Organisation/Explanation:

- 20x20 area
- players in twos with one ball
- simply blues are keeping the ball with passive pressure from the reds
- Keep your arm up and use as a 'iron bar' to shield the ball from the defender, keep your body in front of the ball.

Coaching Points

- use sole and inside/outside of foot to keep control of the ball.
- put your arm up to use as a Iron bar to help shield yourself and help with

Progression(s)

- reds have 10 seconds to try to win the ball if not won blue gets a point.



Duration: 20

Intensity: high

Intervals: 5

Work:Rest:

Organisation/Explanation:

- 20x20 area
- Players are in threes with one ball
- Player in the middle plays the ball to a player on the outside.
- The player on the outside (3), then has pressure from (2. middle player), 3 looks to keep the ball by shielding dribbling both directions and finally turning.

Coaching Points

- Iron bar for balance and help shield the ball
- keep ball under control using the sole and inside/outside.

Progression(s)

- Defender is now attempting to steal the ball. more pressure



Duration: 25

Intensity: high

Intervals: 3

Work:Rest:

Organisation/Explanation:

- 20x20 area split into 2 (20x10) channels. One side has two pug goals other one bigger goal.
- reds kick the ball through the blues legs, blue attempts to keep the ball and shield, turn and score on either of the pug goals.
- Red is attempting to steal the ball and breakaway to score at the other end,

Coaching Points

- speed of the turn
- lock arm for shielding
- control of the ball.
- keep checking shoulder when to turn

Progression(s)

- attacker has 10 seconds to score

Notes:

Ensure free play at the end of practice. 15/20minutes.Emphasis on shielding the ball.

Theme/Objectives: Shooting: Basic technique

Age: 1110

Mesocycle: Spring

Microcycle: Technical



Duration: 15

Intensity: Low

Intervals: 4

Work:Rest:

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

Coaching Points

- Head up and over the ball into the direction of the shot
- Strike the ball with the laces and follow through.

Progression(s)

- point system for the squares. +5 if you get it in.



Duration: 20

Intensity: med

Intervals: 4

Work:Rest:

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.

Coaching Points

- Strike the ball with laces and follow through
- ensure we look up before shooting, giving us a better aim.

Progression(s)

- Defender can now try to win the ball
- keep your score, make it competitive, put



Duration: 25

Intensity: high

Intervals: 5

Work:Rest:

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

Coaching Points

- quick movements away from the defender
- head up look where the GK is.
- Controlled dribble

Progression(s)

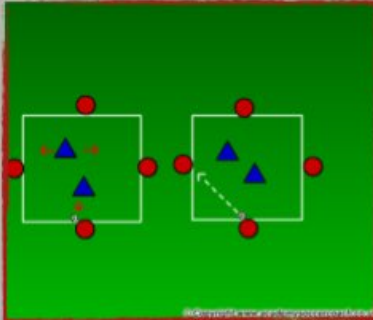
- defender can win the ball anywhere.
- must beat defender and score to get 10

Notes:

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

Theme/Objectives: Defensive shape

Age: Mesocycle: Spring Microcycle: technical/tactical



Duration:

Intensity:

Intervals:

Work:Rest:

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:

Intensity:

Intervals:

Work:Rest:

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:

Intensity:

Intervals:

Work:Rest:

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:

Intensity:

Intervals:

Work:Rest:

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.

Theme/Objectives: ATTACKING IN THE FINAL THIRD: FINISHING

- Understand and master basic shooting technique.

Age: 11111

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 as 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

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

Progression(s)

- Introduce GK's and Defenders.
- 1 point if you hit the target, 2 if you



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 of side 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

Coaching Points

- Create space to shoot. - Awareness
- GK position, (Head up)
- Follow the 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

Coaching Points

- Awareness
- Shooting technique
- decision making
- GK Position

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: 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: POSSESSION: BALL RETENTION; FOCUS ON PLAYING INTO CENTRAL

Age: 11-12

Mesocycle: SPRING

Microcycle: Week



Duration: 15

Intensity: Low

Intervals: 3

Work:Rest: 5:1

Organisation/Explanation:

- Passing tag inside a 20x20 area
- reds have a ball each, blues have one ball and are looking to keep possession.

Coaching Points

- close control dribbling for reds
- quick sharp movement off the ball
- angles and distance
- quality and weight of pass

Progression(s)

- Introduce one touch
- every player has 10 points timed for a minute. If make a bad pass down to 9 etc



Duration: 25

Intensity: Med

Intervals: 5

Work:Rest: 5:1

Organisation/Explanation:

- Rondo on Rondo
- 25x25 are with a 10x10 box in the middle. Essentially 2, 4v2 rondos going on. Blues are only allowed outside of the squares. If red wins ball swap with player who lost it.

Coaching Points

- Angles and distance
- movement
- open body shape

Progression(s)

- Swap squares.
- two touch



Duration: 20

Intensity: Med

Intervals: 4

Work:Rest: 5:1

Organisation/Explanation:

- 30x30 with a 10x10 square in the middle
- 5v5 with two neutrals
- when in possession look to receive and play into the box to get a point.
- 10 passes = 2 points

Coaching Points

- Check shoulder
- We move as the ball moves
- patience

Progression(s)

- time limit in the box
- same person cant go in box,



Duration: 25 mins

Intensity: High

Intervals: 5

Work:Rest:

Organisation/Explanation:

- small sided game in a 40x30 area.
- normal game only condition is the players have to play into and pass out of the square before scoring whilst keeping possession.
- 3/5 second rule for time allowed in the box.

Coaching Points

- Look to exploit space
- check shoulder
- patience for the pass into the box

Progression(s)

- pass to everyone before scoring

Theme/Objectives:

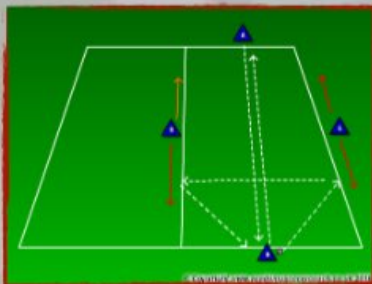
POSSESSION: PLAYING OUT THE BACK (7V7)

-Ensure players know the passing options and the order.

Age: 1110

Mesocycle: Fall

Microcycle: Week 1 R



Duration: 15

Intensity: Med

Intervals: 3

Work:Rest: 5:1

Organisation/Explanation:

- passing sequence.
- A -makes a long pass to B who plays it to one of the sides, the side players then will play across to each other, play back to B and switch down to A again to restart the sequence.
- Intensity is needed
- 10x20 channel, have three or four groups going at once.

Coaching Points

- communication
- movement
- touch/control
- body language

Progression(s)

- one touch.
- one side goes long other goes short.



Duration: 30

Intensity: med

Intervals: 6

Work:Rest: 5:1

Organisation/Explanation:

- 40 x 60 area split into thirds. 7v4
- Play always starts from the GK. Or play from a red defender plays the ball down to the GK
- Gk looks to play either 4,5,6.
- 7/11 stay wide.
- either 4/5/6 one has to always stay in defensive zone when attacking.
- Work through the zones to create a

Coaching Points

- create width and depth on the ball.
- move as the ball moves.
- Attacking movements off and on the ball

Progression(s)

- If defenders win it, score in 10 seconds.
- can we link players through the lines,



Duration: 30

Intensity: high

Intervals: 6

Work:Rest: 5:1

Organisation/Explanation:

- Same as above but opened out the game, with no zones.
- coach is GK for reds.
- start from different positions on the field so players can adjust to surroundings. Off side, throw ins, defending corners etc. From these options can we try to play it out quickly and efficiently.

Coaching Points

- DISCIPLINE; stay in positions
- Look for passing options, try to think of them in order. E.g. 4/5 passing options, 1. is 9 then 7 or 11 then 6 then GK.

Progression(s)

- add another red in to make it 7v5 or 6v5

Notes:

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

Theme/Objectives:

POSSESSION: Teach midfielders and the forwards to combine.

Age: U13+

Mesocycle:

Microcycle:



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Each cone is 10yards apart
- play begins by an outside player playing into the middle with a wall pass and then playing to another outside player then swapping with the player in the middle.
- Quick passes to keep the intensity high

Coaching Points

- Crisp firm passes
- movement and body open to receive when playing wide.
- Communication

Progression(s)

- change direction, and have two going then they race also 1 touch .



Duration: 20

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 18 yard and then 18x25 box. Offside on the edge of 18 Reds look to hold their line. If ball is out restart from coach, to re position shape.
- Players separated into two teams Reds (1,2,4,5,3,6) and Blues (6,8,10,7,11,9).
- Looking to make clever combinations into the forward and create goalscoring opportunities.
- Reds score by playing into the coach, also can only win the ball by intercepting.

Coaching Points

- Quick combinations
- Develop good link up play(1-2s, overlaps)
- Create space (check away, push defender away)
- 9 looks to break the lines or split CBs

Progression(s)

- one touch finish in the 18
- require a specific combination (1-2, overlap)



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Same as above but not defenders are able to break out keep the ball and score.
- Ball will start from different areas on the field, (throw ins, from the coach either play it into an area.) to create realism.
- Look to draw the defence out and find the penetrating pass.
- Ensure rotation is used (rotate positions also 7,11,10.

Coaching Points

- Ensure head is up to look for opportunities to penetrate the defensive line.
- Fast playing tempo
- Vary the type of pass, split, lead, over the top.

Progression(s)

- defenders have 15 seconds to score.
- Add Neutral in for overload.



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- half field
- 6v5 look to combine before scoring.
- Look to penetrate defensive line with different clever combinations. 1-2s, overlaps, take overs.
- 9 Attempts to play between the 6 yard box or the CBs and 9/ 10 work together making runs.
- 9/10 try to always be no more than 10yards apart.

Coaching Points

- Communication
- Type of pass variation
- 6 looks to command the attack, and 10 looks to break lines with 9, 7/11 stay wide.
- Few touches to create quick play

Progression(s)

- add neutral
- perform a combo for the goal to count

Theme/Objectives:

Passing and Receiving: EMPHASIS ON RECEIVING WITH BACK FOOT.

- Can we receive the ball across our body and open the entire field up?

Age: 1110

Mesocycle: Fall

Microcycle: Week 2A



Duration: 15

Intensity: Med

Intervals: 3

Work:Rest: 4:1

Organisation/Explanation:

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

Coaching Points

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

Progression(s)

- one touch
- how many in a minute?



Duration: 20

Intensity: med

Intervals:

Work:Rest:

Organisation/Explanation:

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

Coaching Points

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

Progression(s)

- Coach holds up pinnies to check shoulder (shout the colour pinnie)



Duration: 25

Intensity: high

Intervals:

Work:Rest:

Organisation/Explanation:

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

Coaching Points

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

Progression(s)

- GKs can come out to play

Notes:

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



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Theme/Objectives: Defensive Shape
Aims - to understand movement of the ball along back four. Make space to

Age: 11-14

Mesocycle: Fall

Microcycle: Week 5 in season



Duration: 15

Intensity: med

Intervals: 3

Work:Rest: 4:1

Organisation/Explanation:

- Shadow play with a Gk and back 4 and a number 6.
- Three red players just move the ball along. The blues follow the movement of the ball in their shape/ positions. Side to side, back and fourth.
- everyone should communicate which direction to go. Mainly GK and captain.

Coaching Points

- Keep shape
- communication
- follow movement of the ball.

Progression(s)

- Put attacking players in to let players focus on shape and the player.



Duration: 15

Intensity: Med

Intervals: 3

Work:Rest: 4:1

Organisation/Explanation:

- Every player starts on a cone. Starting with either 2 or 3 play it along the back and drop off the cone to receive the pass with an open body shape.
- once played along all 4 pass opposite to the midfield four then cycle begins with them,

Coaching Points

- Communication and body language
- open body shape to receive
- Check shoulder to see where player is.
- Play at a tempo, hard passes

Progression(s)

- 2 touch and 2 balls.



Duration: 25 mins

Intensity: High

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

- 15x18 box.
- three groups of four set out as a back four.
- yellows trying to stop the ball being transferred between their defensive line.
- Yellows look to keep a tight shape stopping any gaps for through balls. if on the sides create a Nike swoosh, if in the middle create a wave.
- Quick

Coaching Points

- Shape be logical in your movement
- move the ball quick with some disguise

Progression(s)

- one player can look to press but keep shape.



Duration: 25 mins

Intensity: High

Intervals: 5

Work:Rest: 3:2

Organisation/Explanation:

- 4v4 fly's but emphasis on keeping the shape.
- Once four has kept the ball and scored the next four are in, team that scored stay in.
- Max 3 minute games.

Coaching Points

- Drop off into space to receive the ball
- Create space by keeping width.
- off the ball shape should be tighter, close the gaps. (like a Nike Swoosh)

Progression(s)

- play along back before scoring.
- introduce another player for each team

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Theme/Objectives:

DEFENDING: PRESSURE, COVER, BALANCE.

Age: 1110

Mesocycle: Fall

Microcycle: WFFK



Duration: 15

Intensity: Med

Intervals: 3

Work:Rest: 4:1

Organisation/Explanation:

- 10x10 square with two players on each side.
- Defenders play the ball into the attackers, look to pressure and keep defensive stance
- attackers have to stop the ball on the line.
- Once one side has finished other side plays.

Coaching Points

- Side on defensive stance(surfboard)
- communication pressure.
- Get into the attacker quick, then approach, look to Poke.

Progression(s)

- 2v2



Duration: 20

Intensity: High

Intervals: 5

Work:Rest: 3:2

Organisation/Explanation:

- two 10x10 boxes on top of each other on the edge of the box and penalty area, goal and GK.
- Coach plays ball into the attackers(reds) who attempt to get past the defenders(blue)
- Once ball is dead players swap.
- attackers can be offside.
- Attackers don't go in straight lines

Coaching Points

- See the man and see the ball.
- Keep shape, imagine two zones
- Nearest defender press, 2nd covers.
- communication

Progression(s)

- Attackers have to receive back to goal.



Duration: 25

Intensity: high

Intervals: 5

Work:Rest: 3:2

Organisation/Explanation:

- 3v3 full width of the penalty area similar to first activity.
- Defender in the middle is playing square on (block with left and right)
- Attackers can be offside.

Coaching Points

- Keep shape, don't follow runner.
- 1st presses, 2nd offers cover 3rd offers balance and support.
- Communication

Progression(s)

- Introduce goals for when defenders win it back, score in 10 seconds.

Notes:

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

Theme/Objectives:

PASSING: PLAYING THROUGH THE THIRDS.

- TO UNDERSTAND WHAT PLAYING THROUGH THE THIRDS MEANS
- WHY AND HOW WE PLAY THROUGH THE THIRDS?

Age: 1110

Mesocycle: FA11

Microcycle: Week 6A



Duration: 15

Intensity: Med/High

Intervals: 3

Work:Rest: 4:1

Organisation/Explanation:

- 10x20 area balls start with reds
- 2v1 stop the ball on the opposite line.
- If Blue drives inside this is the cue for the second attacker to create an overlap.

Coaching Points

- Defender- Make it a 1v1 curve your run, show body shape
- Attacker- Overlaps, invite pressure then destroy pressure by a penetrating

Progression(s)

- can only overlap or one two to get a point.



Duration: 30

Intensity: Med/High

Intervals: 6

Work:Rest: 4:1

Organisation/Explanation:

- 30x20 area with 3 pug goals on each end, and split into thirds.
- 2v1 in each third, working with the blues. Balls on the side with coach.
- Blues have to play through the thirds to gain points, they cannot pass straight through end to end they have to go through a player in the middle third.
- If the reds win the ball they have to

Coaching Points

- Check in and out, movement to receive
- Pass appreciation
- Check shoulder, Scan.
- Possess the ball, patience.

Progression(s)

- reds -10 seconds to score if they win it.
- blues on two touch. Blues can swap a



Duration: 30

Intensity: High

Intervals: 6

Work:Rest: 3:2

Organisation/Explanation:

- 30x20 area, with 7v7 goal and also three pug goals at one end.
- 2v1 in each third again also final third has a GK.
- Looking to creating goalscoring opportunities by playing through the thirds.
- If reds win it look to score on the pug goals, replicating a 9, 7, 11.

Coaching Points

- movement to receive off the ball
- Play what you see, quick and simply.
- Check shoulder, communication and body language.

Progression(s)

- Take out the thirds and play
- One touch finish for blues.

Notes:

5 Minutes of SAQ Warm up

Theme/Objectives:

Shooting for Accuracy/ Combination play

Age: 1110

Mesocycle: Sprint

Microcycle: Technical



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



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?

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

Notes:

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



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**Theme/
Objectives:**

Possession vs Penetration: When to penetrate and when to possess, finding the right moments. Understand when and why we penetrate

Age: U13+

Microcycle:



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 1/2 a field.
- Cone out an area 30x40 and split in half
- 5 players on each side with an additional neutral player. 3 on the Sides of their half and two in the middle. N in middle.
- to begin both teams have a ball can pass to anyone in the area, just moving the ball between everyone, passing and movement around, players can switch on the outside also.

Coaching Points

- Firm passing
- Communication
- movement off and on the ball
- Receive back foot, to turn out.

Progression(s)

- Play a one two with players on the outside for them to enter the field and swap.



Duration: 20

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Same size as Stage 1.
- Same positions etc.
- There is now one ball, both teams look to possess the ball, when out of possession, two players can go into oppositions area to press and win the ball back. Once they have won it, transfer it to 'home' side and possess.
- Can we get to 10 passes?
- Who? 7,11,9,10,6,8.

Coaching Points

- Firm passing, technique of passing and receiving.
- check in and out to receive back foot.
- Check shoulder,

Progression(s)

- Once won back, play straight into the 9, on the end side.



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 1/2 field, 30x30 area just short of 18.
- 2v2(+1) in the middle of the area, and 3 players on the outside. When in possession players on the outside are active, when out of possession players are not active. 7,11,6 on outside, 8,9,10 in middle.
- 5 passes then we can play through the cones and its 3v2 to goal. Can pass over the line

Coaching Points

- Look to break lines, receive between 2 players.
- angles of movement, different passing lines. Width and depth and timing of runs to receive ball.

Progression(s)

- 10 passes. Or Have to play to 9 (Neutral player) to penetrate



Duration:

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 1/2 field with two small goals on the halfway line.
- reds line up with a 1,2,3,4,5,6. Blues with 6,8,7,11,10,9.
- Blues looking to keep the ball and possess, finding the right moment to penetrate, can we play through the 9/10? Can the 10 receive between the lines and combine with the 9? Can the 7/11 get in behind by penetration from the 6,8,10?

Coaching Points

- Visual cues for 7/11, any of 6,8,10,9 head up.
- VC for 9 is the 10 on the 1/2 turn, check in and out to make space in front/behind
- VC for 10 in behind. 9 check away

Progression(s)

- reds have 10 seconds to score once in possession.

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Theme/Objectives: Attacking 1v1 variations:

Age: U8

Mesocycle: Spring/Fall

Microcycle: Week 3A



Duration: 15mins Intensity: Med Intervals: 5 Work:Rest: 2:1

Organisation/Explanation:

- Ball manipulation skills
- Toe taps, flicks (boxes), L turns, inside/outside, sticky feet, flamingoes, toe tap rolls, etc
- Include fakes and turns.
- Stay inside your own square
- 5x5 squares.

Coaching Points

- Focus on technique of the skill, also ensure correct part of the foot is being used.
- Head up
- arms out for balance

Progression(s)

- Ensure foot skills are performed on the move not just statically. Move to other square



Duration: 20 mins Intensity: High Intervals: 4 Work:Rest: 3:2

Organisation/Explanation:

- 4 different coloured gates in a 10x15 area
- 1v1s: defender plays ball into attacker other attacker not involved holds up a coloured cone out of the four coloured gates, this player has to get their head up realise what gate and then look to beat defender and dribble through to win a point.
- mix groups up depending on ability.

Coaching Points

- attack space/back foot of defender.
- Technique of dribbling
- Close control, head up.
- Use various fakes to unbalance defender, be creative.

Progression(s)

- time limit
- Can we fake or turn before scoring a point.



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

Organisation/Explanation:

- 2v2 fvs dribble through the goal for a point
- if the ball goes out on your own half it is two new players in, they dribble in with the ball.

Coaching Points

- Techniques of dribbling, turning and faking.
- Attacking movement and defending pressure/cover/balance
- Communication

Progression(s)

- Fake before scoring?

Notes:

Theme/Objectives: Attacking 1v1 Variations

Age: U8

Mesocycle: Spring/Fall

Microcycle: Week 38



Duration: 20mins Intensity: Med

Intervals: 5 Work:Rest: 3:1

Organisation/Explanation:

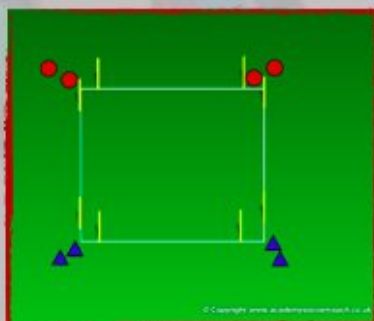
- Players dribble towards pole, fake around pole (defender)
- go through a series of different feints
- Be unpredictable when performing fakes

Coaching Points

- Technique of dribbling
- various fakes, Maradona, scissors, scissors fake, double scissors, jay jay, drop shoulder, roll overs,
- Head up
- arms out for balance

Progression(s)

- Add a player/defender in the middle, take out the pole.



Duration: 20 mins Intensity: High

Intervals: 4 Work:Rest: 3:2

Organisation/Explanation:

- 4 goals in the corners of a 20x20 area
- Two 1v1s going at the same time across the field.
- Chaos!
- Next 1v1 goes once that group is out
- Rotate after each go.

Coaching Points

- Technique of dribbling
- Can we feint/ fake?
- Attack the front foot of the defender

Progression(s)

- point system 1 point for a goal, 3 for goal and fake, 5 for goal, fake and celebration.



Duration: 25mins Intensity: High

Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- 3v3 flying changes
- players have to occupy a channel when in possession of the ball
- Look to create and dominate 1v1 situations

Coaching Points

- Technique of dribbling
- Can we feint/ fake?
- Attack the front foot of the defender
- Awareness/communication

Progression(s)

- touch your goal if you score.

Notes:

Theme/Objectives:

Building up from the midfield third into the attacking third using the 6,8,10,9.

Age: 11-12

Mesocycle:

Microcycle:



Duration: 15 mins Intensity: High

Intervals: 5 Work:Rest: 2:1

Organisation/Explanation:

- Pattern play
- 1) A-B-C(run with the ball)-D
- 2) A-B-A-C-B-C-D(ensure C drops to receive and B checks on C's first touch)
- 3) A-E(B Dummy)-C-B-C-D

Coaching Points

- Speed of play
- Communication,
- Pass appreciation.
- Firm passing, check in or out, depending on situation.

Progression(s)

- N/A



Duration: 25 Intensity: Med

Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- 30x45 area with two zones at either end.
- Both teams have a 4, 6, 8, 10, 9, 3v3 in the middle. Play starts from the 4.
- Look to check and find right angles to receive to play forward into the 9 to gain a point.
- Once your play into the 9, they turn into the 4 and you look to play the opposite way(multi-directional)
- Give width and depth when possible.

Coaching Points

- Mobility from 6,8,10. Look to penetrate when opportunities occur.
- Creativity, and firm quick passes needed to exploit defenders. Angles to receive, if not on move out and let others check in.

Progression(s)

- The 9 can be challenge by the opposition 4, they can step in to win the ball.



Duration: 30 mins Intensity: Med

Intervals: 6 Work:Rest: 3:2

Organisation/Explanation:

- Half field, with a line on the attacking third.
- 7v6 blues with a 4,6,7,8,9,10,11. Reds with 1,4,5,6,8.
- If reds win possession look to counter into two goals
- Blues look to penetration and play through into attacking third with combination play through 6,8,10,9.
- Use width from 7/11 to create attack,

Coaching Points

- Mobility from 6,8,10,9.
- Creativity from 10/9.
- Width from 7/11, Can we play through and build up from the 6/8/10, to create chances.

Progression(s)

- Introduce 10 and 9 for reds.
- Take out the line and play.



Duration: 20 mins Intensity: High

Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- 9v9
- Blues in a 1-2-3-3
- Reds in a 1-4-3-1
- Focus on blues playing through the midfield into the attack.

Coaching Points

- Technical ability for passing, heading, shooting etc.

Progression(s)

- N/A

Theme/Objectives:

Defending: 1v1 Situations in the defensive half.

- Understand; quick pressure, good body shape/positioning, preventing/blocking shots.

Age: U11

Mesocycle: Fall

Microcycle: Week 5A

Duration: 20

Intensity: High

Intervals: 5

Work:Rest: 3:1



Organisation/Explanation:

- 10x15 channel goals in each corner.
- Players begin by blues running out to the reds and tapping them on the shoulder. Reds then look to change direction and run through the gates to gain a point.
- If attacker gets past defender,

Coaching Points

- 4 Ps (Pace, position, patience, possess)
- Quick pressure
- Position- Bent knees, and touching distance.
- Look to possess the ball.

Progression[s]

- Add a ball in.
- Point system.

Duration: 30

Intensity: Med/High

Intervals: 6

Work:Rest: 3:2



Organisation/Explanation:

- 55x40 area, with two big goals at each end and a 5 yard wide section splitting the field.
- Attackers (reds) begin in the middle. 1st scenario is the 9 receiving it back to goal and defender adding pressure.
- Moment to pressure when their is eye contact between the attackers/ looking like he is going to pass.
- Attacker cannot turn.
- 2nd scenario attacker dribbles in facing defender.

Coaching Points

- Quick pressure from defenders, not allowing attacker to turn- touch tight!
- Prevent/block shooting opportunities.
- Body shape and positioning.
- Delay and Deny.

Progression[s]

- play for 3 minutes and see who gets the most points.

Duration: 25

Intensity: Med

Intervals: 5

Work:Rest: 3:2



Organisation/Explanation:

- 1-3-1 for blues and 10,7,11,9 for reds.
- 4v4.
- Looking for 1v1 defending situations.
- If blues win the ball they have 15seconds to score a goal in either on the half way line.

Coaching Points

- Previous coaching points apply.
- Compactness.

Progression[s]

- 6v6 game two goals. Add in a 10 for lee and 6/4 for red.

Notes:

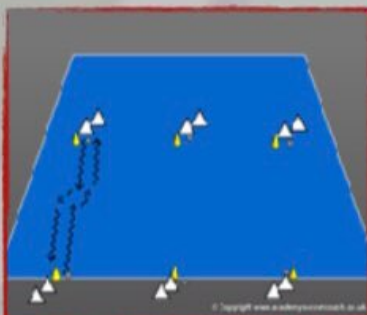
Theme/Objectives:

-Futsal Attacking overloads 1

Age: U9-U12

Mesocycle: Winter

Microcycle: Week



Duration: 15mins

Intensity: Med

Intervals: 3

Work:Rest: 4:1

Organisation/Explanation:

- Unopposed.
- Players dribble towards each other, when they meet both perform a fake.
- Fakes- Double scissors, scissors, roll over.

Coaching Points

- Small touches/Head up
- Exaggerate the fakes.
- Use four parts of the foot.

Progression(s)

- Introduce speed of play, add time limit and make a competition.



Duration: 25mins

Intensity: High

Intervals: 5

Work:Rest: 3:2

Organisation/Explanation:

- Play starts with 1v1.
- Then continues 1v1, 2v1, 2v2 3v2, ends with 4v3. The cycle will then start over again with the opposite team starting.
- Quick transitions.

Coaching Points

- use all 4 parts of the foot when dribbling.
- Combine and use players, attacking movement needed, overlaps.
- Communication.

Progression(s)

- play for 5 rounds, if you lose have a forfeit.



Duration: 20mins

Intensity: High

Intervals: 4

Work:Rest: 3:2

Organisation/Explanation:

- 2v2 (+4) and GKs.
- 4 neutral players in the corners, teams play 2v2 until you can unlock a neutral player, creating overloads.
- If you score and you unlocked 1 player its 2 points, every player unlocked score will double, 4,6,8 points.
- If you lose possession the neutrals have to go back to their corners.

Coaching Points

- Speed of play
- Movement off the ball
- Look to combine
- Communication

Progression(s)

- Time limit on the games.
- More points for creative goals.

Notes:

Theme/Objectives:
Futsal: Attacking overloads with transition.

Age: U9-U12

Mesocycle: Winter

Microcycle: Week



Duration: 15mins Intensity: Med

Intervals: 3 Work:Rest: 4:1

Organisation/Explanation:

- 2v1 to goal.
- If the attacker misses he will stay in as a defender (last player to touch the ball from whites) and the reds will bring in another attacker. Creating a 2v1 from the reds.
- If whites score new players in from both sides.
- Transitional.

Coaching Points

- Small touches/Head up
- Look for attacking movement. Touch inside attacking movement from 2nd attacker, overlap. Touch to the outside, keep your own space and stay wide.
- Beware of transition.

Progression(s)

- Introduce speed of play, add time limit and make a competition.



Duration: 25mins Intensity: High

Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- 3v2 transition.
- Similar to above. Whites attack with 3 and reds defend with two, if the whites miss the last player to touch the ball will go out, and reds will stay in creating a 2v1.
- If the whites score play ends and new players will enter the field.

Coaching Points

- Attack space.
- Combine and use players, attacking movement needed, overlaps. Focus on visual cues. Deny attackers.
- Communication.

Progression(s)

- Progression is stage 3.



Duration: 20mins Intensity: High

Intervals: 4 Work:Rest: 3:2

Organisation/Explanation:

- 3v2 transitional with the forwards.
- Play starts from white or red. Play into their advanced player (forward) it is then a 3v2, two reds come out, the other advanced forward is not LIVE until reds are in possession of the ball, then the white forward would not be active.
- White stay on if they score, new reds will come into play, forwards stay in the game for a max of 5 rotations then rotate new players in.

Coaching Points

- Speed of play
- Movement off the ball
- Look to combine
- Communication
- Deny attackers.

Progression(s)

- Time limit on the games.
- More points for creative goals.

Notes:

Theme/Objectives: Shooting: Basic technique.
Understand where, how and why we shoot the ball.
Understand the correct technique to shooting.

Age: U8

Mesocycle: Spring/Fall

Microcycle: Week 6A



Duration: 15mins

Intensity: Med

Intervals: 5

Work:Rest: 2:1

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. slide 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: Med

Intervals: 4

Work:Rest: 3:2

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)

- As in diagram add in defender for pressure away from goal.



Duration: 25mins

Intensity: High

Intervals: 5

Work:Rest: 3:2

Organisation/Explanation:

- 2v2 games
- Coaches throw balls in if the ball goes out of play.
- Play like a playdate.
- 7 minute games and then water break.
- If odd numbers have 3v3 or 3v2s.

Coaching Points

- Look to pass the ball if we can.
- Correct passing technique

Progression(s)

- Add in neutrals to create overloads when attacking, giving more shots. Also add in Gks.

Theme/Objectives: Shooting: Basic technique.
Understand where, how and why we shoot the ball.
Understand the correct technique to shooting.

Age: U8

Mesocycle: Spring/Fall

Microcycle: Week 6A



Duration: 15mins Intensity: Med

Intervals: 5 Work:Rest: 2:1

Organisation/Explanation:

- 20x20 area with four goals scattered around the edge.
- Half players behind the goals half in the middle of the field with a ball.
- Players begin dribbling around, when coach shouts GO! Players have a big touch out their feet and shoot into the goal, using the correct technique.

Coaching Points

- Head up when Shooting
- Lock the ankle
- follow through
- arm out of balance.

Progression(s)

- Competitive, Take a goal out every round, last two left winner is player who scores goal, add in defender.



Duration: 20 mins Intensity: Med

Intervals: 4 Work:Rest: 3:2

Organisation/Explanation:

- 30x40 area, two goals one at each end, With two gates in the middle of the field.
- Players start at opposite corners at the same time they will dribble towards the gate, perform a fake through the gate and then a big touch out their feet and shoot. Players become Gk and GK goes as attacker.
- Defender gets added in and also goalkeeper, depending on how well it is going.
- one touch rebounds.

Coaching Points

- Little touches when dribbling, can we fake?
- head up, follow through with striking foot.
- Far corner when shooting.

Progression(s)

- As in diagram add in defender for pressure.



Duration: 25mins Intensity: High

Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- 2v2 games
- Coaches throw balls in if the ball goes out of play.
- Play like a playdate.
- 7 minute games and then water break.
- If odd numbers have 3v3 or 3v2s.

Coaching Points

- Look to pass the ball if we can.
- Correct passing technique

Progression(s)

- Add in neutrals to create overloads when attacking.

Theme/Objectives: (9v9) Creating Overloads: Coach Backs to join attack
-WHO? 2 and 3. What? Overlaps. 3rd man runs. Why? to create overloads in attacking positions.
Create goalscoring opportunities.

Age: U11-U12

Mesocycle: Spring

Microcycle: Week



Duration: 20

Intensity: Med

Intervals: 5

Work:Rest: 3:1

Organisation/Explanation:

- 30x20. Maybe smaller.
- Attackers must shout what overload/ how many defenders. Defenders play the ball in attackers have a choice of: 1v1, 2v1 or 3v2.
- Point system for each: 1v1 = 1 point, 2v1 = 3 points, 3v2 = 5 points.
- Rotate after three goes, make it a competition.

Coaching Points

- Communication
- movement off the ball
- Unpredictability
- Attack back foot of defender.

Progression(s)

- 10 seconds to score.



Duration: 20

Intensity: Med

Intervals: 4

Work:Rest: 3:2

Organisation/Explanation:

- half field of a 9v9.
- 6v3. Attackers play with a 2,3,7,8,9,11
- Defenders: 1,2,3,4
- Play into the 9 then the 7/11 and can the 2/3 create a 2v1 in wide areas.
- Focus on overlapping runs and combinations out wide. Also runs into the box.

Coaching Points

- firm passes
- quick purposeful movements off the ball.
- Check to receive, receive back foot play forward.

Progression(s)

- Progress to 6v4.



Duration: 25

Intensity: high

Intervals: 5

Work:Rest: 3:2

Organisation/Explanation:

- 7v4 with two small goals on the half way line for defenders to counter.
- Can we create wide goalscoring opportunities either in 2v1s, 3 man combinations.
- Attacking team in a 2-2-3 formation
- Defending in a 1-3-1.

Coaching Points

- firm passes
- techniques of passing, shooting.
- Movement off the ball.
- visual cue for overlaps, receiving back foot.

Progression(s)

- progress to 7v7

Notes:

Finish with game related scrimmage. Based on 9v9 formation depending on players. 20 minutes.

Theme/Objectives:

Turning: Receiving the ball back to goal in a 1v1 situation.

- Can we look to create space to turn?
- Can we look to use the defender as a pivot to turn?

Age: U9-U10

Mesocycle:

Microcycle:



Duration: 15

Intensity: High

Intervals: 3

Work:Rest: 3:2

Organisation/Explanation:

- 1v0 unopposed activity to goal with GK.
- Attacker passes into 1st attacker, who looks to turn within 1 touch, using their inside or outside foot. Look to finish 1st time.
- Ensure you tag the defender(flag)
- Position=9. Rotation 2nd A-1st A to GK.

Coaching Points

- Check towards
- Check shoulder
- Communication from 2nd attacker. Man on or turn.



Progression(s)

- How many goals in 2 minutes? Competition.



Duration: 20

Intensity: High

Intervals: 4

Work:Rest: 3:2

Organisation/Explanation:

- 1v1 opposed activity to goal with GK.
- 2nd attacker passes into 1st attacker, who looks to turn the defender and shoots.
- Defender starts off passive then progress to win the ball and counter.

Coaching Points

- Arm up like a IRON BAR, to use the defender as a pivot.
- Communication
- Check towards and check shoulder.
- Keep foot on ball at all times.

Progression(s)

- Make more Defender has 5 seconds to score if they win ball.



Duration: 25

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

Organisation/Explanation:

- Small sided game. 1v1 in each grid.
- 1 attacker can join in other if they can enter from a side to create a 2v1.
- Attackers have freedom to rotate positions.

Coaching Points

- Movement from attackers.
- Decision making when to join in for a 2v1.
- Can we look to turn and attack space?

Progression(s)

- Open out area and play.

Notes:

- Warm up: Ball manipulation 15 minutes. Cover the skill card ball mastery moves.



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Theme/Objectives: Defending: Zonal defending in the defensive half.

Coach: All Feasey

Age: U13-19

Mesocycle: Fall

Fall

Microcycle: Week



Duration: 15 Intensity: High

Intervals: 3 Work:Rest: 3:2

Organisation/Explanation:

- 15x20 (x2) area with goal at each end.
- 2v2, blues play across to the reds.
- Work as a #4 & #5, to pressure/cover/ When out of possession keep good shape, and pressure own space in zone.
- Provide cover on the shoulder when other defender pressures.

Coaching Points

- Body position, side on.
- Try to make play predictable, body shape.
- Close down space vertically.
- Provide pressure/cover.

Progression(s)

- Include off side.



Duration: 20 Intensity: High

Intervals: 3 Work:Rest: 5:2

Organisation/Explanation:

- 40x60 area on edge of 18yard box. 4v4 with end zones on each side.
- Players in possession attempt to break the defensive line and receive the ball in the end zone.
- Blues (#2,#3,#4,#5) keep a compact shape and stay in zones, pressuring the ball when it enters their zone.
- 1st defender, pressures, 2nd supplies cover and 3rd provides balance.

Coaching Points

- Techniques of tackling.
- Communication
- Close down space quickly!
- Understand 1st, 2nd and 3rd defender.
- Body shape, force inside and cut line.

Progression(s)

- Blues have 15-20seconds to score once won the ball. Also add more players in.



Duration: 30 mins Intensity: High

Intervals: 3 Work:Rest: 5:2

Organisation/Explanation:

- 7v5 to begin. Blues with #1,#2, #3, #4, #5 and reds #4 #6 #7 #8 #9,#10 #11
- If blues win ball the counter and score on any of the goals.
- Reds look to penetrate the defence, anyway they can. Focus will be on the blues.
- Focus on stay compact as a defensive unit.

Coaching Points

- Make play predictable
- Communication between lines.
- Close down space quickly, when to slide and shuffle.
- Understand when to step up and drop

Progression(s)

- 15 seconds for blues to score.
- 7v7 add two players for blue 8 and 6.



Duration: 20 mins Intensity: High

Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- Reds in a 1-3-3-2
- Blues in a 1-4-3-1
- Stay compact and play 9v9.

Coaching Points

- Compactness
- Delay/Deny
- Pressure/Cover/balance
- Predictability

Progression(s)

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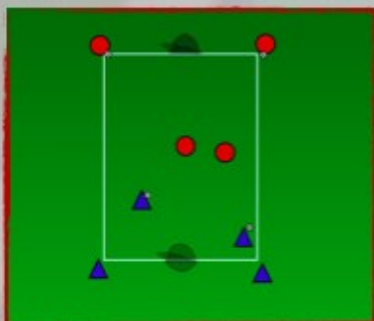
Theme/Objectives: 1v1 Facing goal

- Receiving playing forward
- Focus on creativity

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 1b



Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

Organisation/Explanation:

- 2x(1v1s) at the same time.
- Players look to score on goals, reds play ball. Once one is done another can play.
- Make it more competitive, keep your score and add more points on for the type of moves, the more creative the more points!

Coaching Points

- Unbalance defender. Attack from foot.
- Creativity & Positivity
- Acceleration away from defender.
- Slow in-> fast out.

Progression(s)

- N/A



Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

Organisation/Explanation:

- 2v1 to big goal, scenario based, 2v1 with defender in the box. Be clinical and as positive as you can.
- Look to create a 1v1, can you shift and shoot or use the second attacker.
- Invite the pressure in, and destroy the pressure by either passing to 2nd attacker, performing a move 1v1, or shooting.
- Defenders dribble half way then pass to make it harder.

Coaching Points

- Creativity & Positivity
- Combinations (1-2, overlaps.)
- Invite pressure, then destroy it.
- Communication.
- Use 2nd attacker.

Progression(s)

- Combination scoring, Over lap 2 points, 1-2, 2 points, 1v1 3 points.



Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

Organisation/Explanation:

- 3v2 to goal game
- Players play with a front 3
- A #9(forward) will stay in at all times. The forward is only LIVE when in possession. When out of possession they are passive and cannot win the ball. Hence 3v2.
- Ball goes out on blue side, blues play. Same with red. If blues score, they play again, same again with red.

Coaching Points

- Creativity & Positivity
- Communication

Progression(s)

- N/A

Notes:

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.

