

Theme/Objectives: Defending: Transitioning to defend once we lose the ball, Teaching Players to make decision to pressure the ball quickly and how get compact/organized as quickly as possible. Players will be able to recognize who the first defender is and that they should pressure the ball to delay an attack while second and third defender provide cover and balance to deny penetration and get organized behind the ball.

Age: U10-12

Mesocycle: Fall

Microcycle: Tactical

Duration: 20mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:1

**Organisation/Explanation:**

- 2v2 Flying Changes.
- If goal is scored or ball goes out for goal kick at red end 2 reds rotate on with a ball. Same with blue end
- If play is too slow coach can call out new team to come on with a ball.
- Encourage attackers to counter attack quickly.

Coaching Points

- Pressure the ball quickly
- Cover to deny penetration.
- When to delay when to look to recover
- Communication.
- compact and organize within 3 seconds

Progression[s]

- progress to 3v3 flying changes

Duration: 20 mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:1

**Organisation/Explanation:**

- Rondo transition to defend
- Field split into half 25x30 split in half (adjust if needed)
- 5 passes make a goal
- if reds recover ball they look to switch to target in other half
- Blues look to transition quickly to delay attack and recover the ball.
- Target player has to start out the grid and then can check into space appropriately acting as a 9.

Coaching Points

- 1st Pressure the ball quickly
- deeper defenders cover and balance to deny penetrating pass
- delay attack to get organized and compact field

**Progression[s]**

- have 2 wider target players in opposite half.
- increase grid size.

Duration: 30 mins

Intensity: High

Intervals: 6

Work:Rest: 4:1

**Organisation/Explanation:**

- Play 5v4 with positions as shown to create transitional moments.
- Blues look to score in small wide goals
- Reds counter to big goal if they win the ball
- rotate players in accordingly (3 times ball goes dead)
- after 15 minutes swap teams.

Coaching Points

- 1st defender pressure the ball to delay
- Prevent passing lanes.
- 2nd and 3rd defender cover and balance to deny penetration.
- compact as a unit and organized in 3-5 seconds

Progression[s]

- add numbers to play 7v6

Notes:

- Finish with 2 3v3 games to see copious transitions and how players react.

Theme/Objectives: Playing out of the back- Teaching players how to build up and penetrate from deeper positions, with emphasis on support and counter flow (attack one side to score the other).

Age: 11-12

Mesocycle: Fall

Microcycle: Technical/Tactical

Duration: 12 mins

Intensity: Medium

Intervals: 4

Work:Rest: 2:1



Organisation/Explanation:

- 3v1 Rondo in a 8x8 grid
- defender stays in middle for 2 minutes.
- If defender wins the ball look the break out of square to score.
- Introduce angles and distance than will be expected when building out of the back.

Coaching Points

- Open Body, Scan field
- supporting angle & distance
- speed of support
- pass to back foot.

Progression(s)

- 2 touch max
- Players can rotate.
- adjust grid size

Duration: 20mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:1



Organisation/Explanation:

- Building out the back
- 5v3 to
- Play starts with GK and attackers look to score in goals representing 7,11,10
- If attackers win the ball look to counter.
- Players rotate in after 3 plays.

Coaching Points

- 2 & 3 wide and deep. Open Body. (Support Width)
- 5 central to prevent counter
- 6 supporting angle
- counter flow.



Progression(s)

- make defenders 9, 7,11
- add extra defender.

Duration: 30mins

Intensity: High

Intervals: 5

Work:Rest: 5:1



Organisation/Explanation:

- Playing out the back 7 v 5
- enlarged version of previous session.
- Ball starts with GK overtime ball goes out of play
- attackers look to build up and score in small goals
- if defenders win the ball they look to score.
- rotate players appropriately.

Coaching Points

- Supporting depth, angles
- read game ahead (recognize overloads or 1v1s)
- switch though central players
- counter flow



Progression(s)

- Vary starting position.
- adjust/ remove small goals.

Notes: Finish with Game

Theme/Objectives: Turning; Teaching players to turn with the ball at their feet and when receiving the ball with emphasis on quick sharp turns with disguise to beat a defender with their first touch or face defender up to dribble past.

Age:

Mesocycle:

Microcycle:

Duration: 20 mins Intensity: Medium Intervals: 10 Work:Rest: 1:1



Organisation/Explanation:

- A Player in the middle starts with ball
- Passes to outer player who has 2 touches
- passer checks away and on second touch checks back in to receive the ball on the half turn.
- once received the ball dribble to opposite side and repeat (Rotation).
- swap servers and receivers every minute.
- B Server passes into central player who turns with first touch and dribbles opposite end and repeats.

Coaching Points

- A check in when needed. (outer players first touch)
- hop into turn to face up defender
- B check shoulder

Progression(s)

- ~~Dropkick~~. Outside foot. Chop. touch & turn.
- Replace cone with passive defender



Duration: 20 mins Intensity: Medium Intervals: 4 Work:Rest: 3:1



Organisation/Explanation:

- Attacker dribbles towards defenders gate where attacker has to turn back through.
- Defender can defend as soon as attacker is through the gate.
- Attacker can score in either gate and should either break away quickly or turn to score.

Coaching Points

- Turn and explode away quickly
- If defender recovers turn and attack opposite gate.
- Disguise
- Change in speed and direction
- Shield the ball



Progression(s)

- Players pass the ball to each other, on command go player who has the ball tries to score.

Duration: 25 Intensity: High Intervals: 5 Work:Rest: 4:1



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.
- 2v2



Notes:

- Make space bigger. Move into 2v2

Theme/Objectives: Exploiting Space Quickly: 1. Teaching Players to play quickly firstly by knowing when to run with the ball and the benefit!
2. Teaching Players to move the ball quickly and break out quickly to exploit space.

Age: u9-10

Mesocycle: Spring



Microcycle: Technical

Duration: 20 mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:1

Organisation/Explanation:

- Break Out
- 4v2 in a 15 x 15 grid.
- Attackers pass the ball quickly and then score with 1 player breaking out the box and runs with the ball through one of the gates.
- If Defenders win the ball they try to counter quickly and run through the gates in the possession box.
- only 1 attacker can break out, both defenders can break out once attacker has initiated move.

Coaching Points

- Speed of play
- When to break out
- First touch into space
- Running with the ball.

Progression(s)

- 5 Passes before you can break out.



Duration: 20 mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:1

Organisation/Explanation:

- Break Out to Goal
- Same grid as before
- Replace gates with a goal and GK
- Players have to pass the ball out to break out. No Dribbling out!
- Once 1 Player has been led out other attackers can support to score.
- If Defenders win the ball they score by passing too the 2 Players waiting on the edge of the possession box. 2 players come on with ball they just received and keep tempo high, 2 players have to drop out.

Coaching Points

- Speed of Play
- Through Ball to break out
- Communication of when and who can break out.
- Support to score once break out.

Progression(s)

- 5 Passes before you can break out
- First time finish.



Duration: 30 mins

Intensity: High

Intervals: 6

Work:Rest: 4:1

Organisation/Explanation:

- 4v3 towards Goal
- Match realistic positions and set up
- Let players try to exhibit quick play.
- Play starts with #8 If attackers score or ball goes dead reset.
- If Defenders win the ball all GK saves they try to counter quickly into mini goals.

Coaching Points

- All above
- If there is no space to exploit possess the ball until you can penetrate quickly.

Progression(s)

- First Time Finish

Notes:

- Finish With SSG with emphasis on quick play and exploiting space quickly
-
-



Duration: 15

Intensity: med

Intervals: 5

Work:Rest: 2:1

Organisation/Explanation:

- Rondo Break Out
- 9 10x10 Squares set up as shown
- Start by having 3v1 rondo keep away with basic coaching points
- Progress to Break out rondo *make 5 passes move to a new grid
- cant have 2 teams in 1 grid

Coaching Points

- Shuffle to become available/angles
- move as ball moves
- disguise,
- 1 or 2 touch
- lead pass to break out
- forward supporting runs.

Progression(s)

- Vary Passes



Duration: 20

Intensity: Med

Intervals: 4

Work:Rest: 3:1

Organisation/Explanation:

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

Coaching Points

- positive take your space,
- Penetrate with dribble or pass
- Mobility, creativity width, angle support
- invite pressure and look to pass to exploit
- look to combine, wall pass, overlaps

Progression(s)

- Time limit to get through



Duration: 20

Intensity: Med/high

Intervals: 4

Work:Rest: 4:1

Organisation/Explanation:

- attacking overload attack vs defense
- defense plays with back 4
- attack plays with 6,8,10,7,11,9
- 6 starts with the ball looks to play forwards
- 9 stays high
- 7 & 11 provide width
- 10 & 8 look to support and penetrate
- if defenders win the ball they play into 3 waiting who replace 6,8,10

Coaching Points

- 10 looks to do opposite of 9
- 8 offers support around the box.
- where you can overload.
- 6 to give support to switch play if required.

Progression(s)

- See Below



Duration: 30 mins

Intensity: High

Intervals: 3

Work:Rest: 9:1

Organisation/Explanation:

- Attack vs Defense with Neutrals
- Vary between 6 and GK starting with the ball
- 2 & 3 are neutral so when defenders win the ball they turn into 7 & 11 to allow for counter.

Coaching Points

- Can we overload out wide with overlap and underlap
- 6 now has to shuffle to cut break out.
- can defense overload to counter and score.

Progression(s)

- first time finish



Duration: 15

Intensity: med

Intervals: 5

Work:Rest: 3:1

Organisation/Explanation:

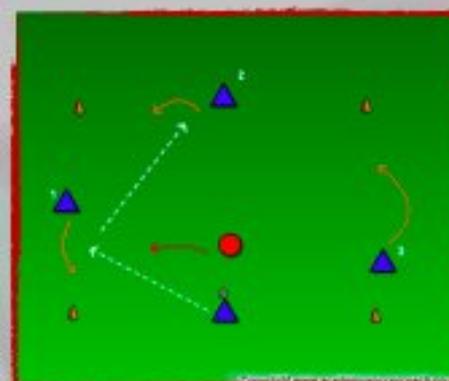
- 2 wide players with a centre midfielder in the middle
- player in the middle receives from one side, receives back foot and passes to the opposite side (Switching play)
- centre midfielder then moves to receives
- swap positions after 3 minutes

Coaching Points

- receive back foot
- pass to the centre midfield so they can open up,
- half turn (open Body)

Progression(s)

- rotation with a wall pass.
- 2 touch max



Duration: 20

Intensity: Med

Intervals: 6

Work:Rest: 2:1

Organisation/Explanation:

- 4 v 1 Rondo
- 7x7 grid [Adjust to make suitable]
- Players shuffling with open body to keep the ball
- if defender wins the ball they swap with attacker
- 1 moves to create option with open body
- 2 moves to see the ball
- 3 moves anticipating the play



Coaching Points

- Passes to allow player to open up.
- movement to become available
- anticipate the play
- Support

Progression(s)

- 2 touch



Duration: 20

Intensity: Med/high

Intervals: 4

Work:Rest: 4:1

Organisation/Explanation:

- 4 v 3 towards Goal
- Centre midfielder will start with a ball at the Half way line
- wide players look to provide width with an open body position
- Striker provides depth to occupy defenders
- Centre Midfielders always supporting and looks to quickly exploit spaces passing to space or open players (Be able to switch play)

Coaching Points

- Roles and Responsibilities
- first touch into space the way we want to play
- don't force the play

Progression(s)

- add extra defender to play matched up.



Duration: 30 mins

Intensity: High

Intervals: 2

Work:Rest: 15:1

Organisation/Explanation:

- 6v6 Game with two different goals
- No Corners
- attacking team sets up 2-3-1
- defending team 1-2-3

Coaching Points

- All of the Above
- Support
- speed of play
- space - where is it
- switching the play

Progression(s)

- Teams swap roles sides

Theme/Objectives:
Defending prevent forward passing

Age: u12-18

Mesocycle: Fall

Microcycle:



Duration: 15 mins Intensity: Med

Organisation/Explanation:

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

Intervals: 3 Work:Rest: 3:2

Coaching Points

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

Progression(s)

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



Duration: 30 mins Intensity: Med

Organisation/Explanation:

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

Intervals: 3 Work:Rest: 5:2

Coaching Points

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

Progression(s)

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



Duration: 25 mins Intensity: High

Organisation/Explanation:

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

Intervals: 3 Work:Rest: 5:2

Coaching Points

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

Progression(s)



Duration: 20 mins Intensity: High

Organisation/Explanation:

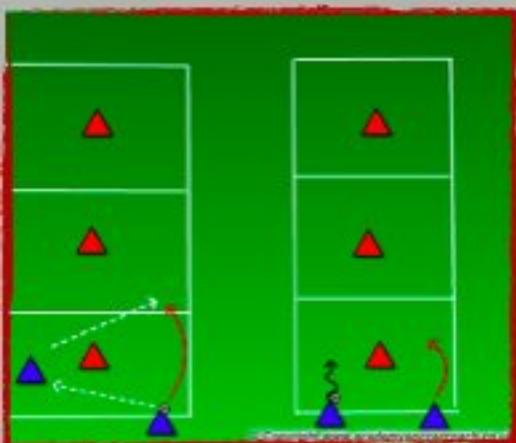
- Use 2 thirds of the field
- 7v7 or 8v8
- No restrictions

Intervals: 5 Work:Rest: 3:2

Coaching Points

- All of above

Progression(s)



Duration: 18

Intensity: med

Intervals: 6

Work:Rest: 2:1

Organisation/Explanation:

- 2v1 Gauntlet
- 3 10x10 boxes
- 1 defender in each box
- 2 attackers start at the end and try to get to opposite end.
- if the ball goes out of bound or tackled attackers have to restart.
- swap attackers after 3 minutes
- make sure to rotate end attackers start to keep defenders involved

Coaching Points

- Positive dribbling
- dribble to invite pressure and draw the defender, pass to exploit.
- keep width - Distance from defender
- pass in front of team mate to move forwards



Progression(s)

- split into separate lines and beat a cone



Duration: 20

Intensity: Med

Intervals: 5

Work:Rest: 3:1

Organisation/Explanation:

- 2v1 toward goal
- Defender serves to attackers then looks to get into position.
- Attackers then look to score.
- if ball goes dead or a goal is scored players rotate out.

Coaching Points

- Positive first touch
- Keep width
- invite and exploit pressure.
- Attack at speed
- Pass or Fake.

Progression(s)

- Play 3v2 next session



Duration: 20

Intensity: Med/high

Intervals: 5

Work:Rest: 3:1

Organisation/Explanation:

- 3v2 towards goal
- 1 GK 2 defenders and 3 attackers
- GK serves to attackers who then look to score
- if defenders win the ball they can counter
- when ball goes dead rotate players in.

Coaching Points

- Keep width to create 1v1s
- attackers look to play in behind
- overlaps
- quick combination

Progression(s)

- 1 attacker has to play #9



Duration: 30 mins

Intensity: High

Intervals: 3

Work:Rest: 9:11

Organisation/Explanation:

- 4v3 to goal
- #8 starts practice look to play into #9
- If defenders win ball they can counter

Coaching Points

- All Above

Progression(s)

- Add #6 for defensive team.

Theme/Objectives: Crossing and Finishing

Age: u11-12

Mesocycle: Spring

Microcycle: Technical

Duration: 15 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- crossing and finishing from midfield
- Ball starts with centre mid
- Lead pass out to either winger
- opposite winger and centre mid then run to attack the ball.

Coaching Points

- weight of pass
- movement off ball
- cross ahead of striker
- timing of run
- angle of run

Progression(s)

- Cross over runs
- add a #9 to combine and join attack.

Duration: 20 mins

Intensity: Medium

Intervals: 4

Work:Rest: 4:1



Organisation/Explanation:

- crossing and finishing opposed
- ball starts with centre mid
- has to combine with 9 before playing out wide
- ball gets passed wide, defenders can't enter wide channels

Coaching Points

- quick combo between 9 & 10. (set pass)
- lead pass to winger
- cross type
- timing & direction of run

Progression(s)

- 2 touch max in channel
- 1 touch finish

Duration: 30 mins

Intensity: High

Intervals: 2

Work:Rest: 15:1



Organisation/Explanation:

- 5v5 with Crossing channels
- wide channels are only for attackers
- players can dribble down channel opposed and look to cross

Coaching Points

- try to play out wide
- support run
- positive drive forward if in channel
- type of cross

Progression(s)

- 1 touch finish
- 2 touch max if in channel
- remove channel

Notes:

- Finish with SSG 5 points if a goal from a cross



Duration: 15 Intensity: med

Intervals: 3 Work:Rest: 4:1

Organisation/Explanation:

- Rondo 4 v 2
- 5x5 grid- Adjust if need more space
- 4 players not eh outside look to pass the ball as many times a possible
- If defenders win the ball ball restarts with attackers
- defenders stay in for 2 minutes then swap roles.

Coaching Points

- Disguise
- support
- 1,2 touch
- Penetrative pass (Split Pass)

Progression(s)

- 2 touch max
- decrease size



Duration: 20 Intensity: Med

Intervals: 5 Work:Rest: 3:1

Organisation/Explanation:

- 10x15
- 3 v 3 with 2 neutral players at each end.
- team possessing the ball tries to get the ball from end to end.
- If defenders win the ball they try to do the same.
- Match scenario neutrals are #9 with support from #7,11,8
- Match scenario play penetrative pass to #9

Coaching Points

- Create space, width, [depth provided by neutrals]
- speed of play.
- Split Pass.
- Keep ball on the floor.

Progression(s)

- 3 touch max
- neutrals have 2 touch max.
- #4 in middle



Duration: 20 Intensity: Med/high

Intervals: 5 Work:Rest: 3:1

Organisation/Explanation:

- grid game
- 3 grids with 3 players in each grid
- players in the middle are defenders
- Players at either end look to posses the ball and penetrate when possible
- start with players not being able to leave there grids to get pattern then allow 1 defender to pressure.
- defenders swap after 4 minutes.

Coaching Points

- keep width and open body
- scan the field, Know your next pass before you receive.
- When to penetrate (don't force)

Progression(s)

- add an attacker in middle grid to play through.



Duration: 30 mins Intensity: High

Intervals: 3 Work:Rest: 9:11

Organisation/Explanation:

- 7v7 game
- Ball always starts with GK. If ball goes dead restart with GK.
- defenders look to receive and play into #9
- if cant penetrate to #9 posses ball and look for other forward passes to either #7,11,8

Coaching Points

- Width & depth
- Receive half turn & look to play forwards.
- Furthest safest pass
- If cant penetrate posses (Don't Force)

Progression(s)

- Regular game no conditions.

Theme/Objectives: Attacking; Transitioning from defense to attack. Teaching a team to be compact and organized in defense and how to transition quickly with players learning to penetrate counter attack quickly or pass the ball.

Age: 10-12

Macrocycle: Fall

Microcycle: Tactical



Duration: 15

Intensity: med

Intervals: 5

Work:Rest: 2:1

Organisation/Explanation:

- 4 team grid game
- 3 players in a 15x10 grid x 4 (adjust if needed)
- teams look to be organized defensively compacting field to deny penetrative pass
- When team recovers the ball they look to play to their team via a penetrative pass. 1 point each time a team penetrates.
- progress to 1 touch.
- penetrating pass has to be on floor.



Coaching Points

- Organized defensively (compact)
- can you penetrate early (1 touch)
- if can't penetrate, possess ball, switch to penetrate.

Progression(s)

- 1 defender can pressure.
- have 4 players in central grids.



Duration: 20

Intensity: Med

Intervals: 4

Work:Rest: 3:1

Organisation/Explanation:

- Transition to attack
- 3v5 which turns into a 5v3 counter attack.
- goal resembles a 9 to focus on transitional movement from 7 & 11
- If ball goes dead 2 reds drive on to replace current 7 & 11, drive on quick to attack blue unorganized.

Coaching Points

- organized defensively (compact)
- Penetrate or possess.
- quickly move ball from compact area into space.
- Counter with speed. (Score in 6 seconds)

Progression(s)

- Add 3's forward
- Player coming on (red) can pass if better option to penetrate. (match realistic)



Duration: 20

Intensity: Med/high

Intervals: 4

Work:Rest: 4:1

Organisation/Explanation:

- Progression from phase 3
- 4v7
- players look to transition with a 9 and score.
- 6 looks to break up play and transition quickly
- if blues score new 2 new reds drive on to counter attack.

Coaching Points

- Compact as a unit
- penetrate or possess
- pass to space for 7, 11 or build off 9
- Possess, if ball goes back 7, 11 get wide.

Progression(s)

- Vary starting position of 2 reds that drive on to force header transitions.
- counter attack in 6 seconds



Duration: 30 mins

Intensity: High

Intervals: 3

Work:Rest: 9:5

Organisation/Explanation:

- Scrimmage
- set up as shown adjust to get varied transitions.
- add progression of first time finish for Blue as no GK.

Coaching Points

- how and where to create space.
- If players drop off shoot from distance
- space in-behind for split
- space out wide cross and finish.

Progression(s)

- counter and score in 6 seconds
- First time finish

Theme/Objectives: Switching Play; Teaching players to recognize when the field is compact and maintain patience with decision making to play back to invite defense out of compact shape and exploit with a switch.

Age: U9-12

Mesocycle: Fall

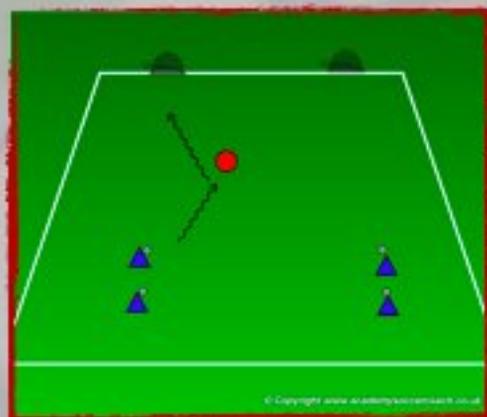
Microcycle: Technical Tactical.

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1



Organisation/Explanation:

- Transition 1v1
- attackers ready with a ball in 2 lines goals 8 yards apart (adjust to make easier or harder)
- Attackers can attack either goal, recognize which one is free to penetrate or switch.
- if defender gets touch goal is scored or ball goes dead, attacker becomes defender and a new attacker dribbles on with a ball.

Coaching Points

- Penetrate space if clear path to goal
- drive at defender if blocking goal
- recognize if cant attack 1 goal switch to other.

Progression(s)

- increase or decrease distance between goals
- change position of goals.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- 6 goal game
- teams can score in any 3 of the oppositions goals
- players should look to recognize where to penetrate,
- thought over or around,
- if cant penetrate through or over team looks to switch.

Coaching Points

- supporting angles and distance
- as ball moves back wingers provide width
- pass to back foot to open up.
- Patience and look to stretch defense long and wide

Progression(s)

- remove central goal and add big goal with GK

Duration: 45 mins

Intensity: High

Intervals: 5

Work:Rest: 8:1



Organisation/Explanation:

- Attack Vs Defense 6v6
- Exploit wide areas if compact switch out to opposite
- central players look to combine to switch or open out early to play longer pass.
- Defenders score by passing ball into rotational attacker by cones

Coaching Points

- Recognize where space is to exploit
- speed of play
- as ball goes back wide players get wide early

Progression(s)

- play 2-3-1 with both teams.
- add small goals to counter into

Notes:

- Finish with Scrimmage.
- Next session create over loads out wide

Theme/Objectives: Switching Play; Teaching players to recognize that we can't penetrate by going through or over so we go around. If we can't penetrate down one flank we switch to the other. Players will also learn some technical aspects such as receiving back foot and letting the ball run across their body to switch play with an emphasis on weight of pass and whether to play space or feet.

Age: U9-12

Mesocycle: Fall

Microcycle: Technical Tactical

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1



Organisation/Explanation:

- Pattern Play to switch from a throw in
- players follow pattern to score
- players pass and follow pass rotating positions.
- once 9 scores they restart as a 3 taking the throw in to continue the cycle.
- Once completed flip pattern to have 2 take throw in and attack left side to encourage players to use both feet.

Coaching Points

- Pass to back foot/ in-front
- allow pass to run across body or control ball.
- weight and angle of pass
- open body
- move into space don't stand.

Progression[s]

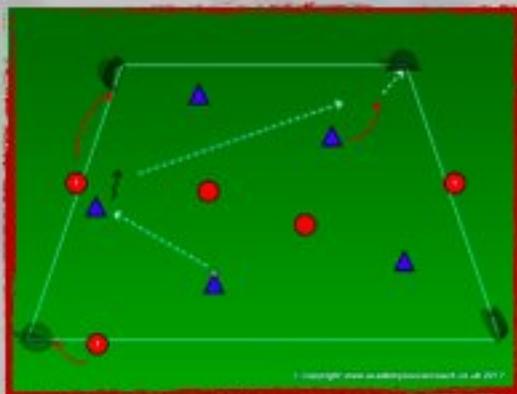
- 1 touch

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- 5v2 Rondo plus Gk
- 5v2 rondo in central area with 4 goals 1 in each corner facing the field at an angle
- 3 GK who can block goals
- Blues look to find open goal and exploit quickly
- If GK block goals blue move ball to find open goal
- Reds score by a central player passing to GK. If Gk can play back allow play to continue and score to increase.

Coaching Points

- supporting angles and distance
- as ball moves back wingers provide width
- pass to back foot to open up.

Progression[s]

- Touch restriction
- reduce overload in central area.
- 2v2+3 neutrals in central area.

Duration: 45 mins

Intensity: High

Intervals: 5

Work:Rest: 8:1



Organisation/Explanation:

- Attack Vs Defense 6v6
- Exploit wide areas if compact switch out to opposite
- central players look to combine to switch or open out early to play longer pass.
- Swap attacking and defending team.

Coaching Points

- If defense compact can we go around
- as ball moves back 7/11 get wide at angle
- Where is an overload or 1v1.
- Ball run across body with a shield or disguise.

Progression[s]

- play matched up formation

Notes:

- Finish with Scrimmage.
- Next Session Penetrating in the final third

Theme/Objectives: Passing & receiving: Teaching players to pass and receive with and without pressure. Players will learn different techniques to receive the ball whether its to control or let the ball run across their body. Passers will recognize safe side to pass too. Players will also look to build and add communication to their game.

Age: 9-12

Mesocycle: Spring

Microcycle: Technical

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1



Organisation/Explanation:

- Pass & receive square
- yellows have ball on outside of grid
- blues in middle without ball
- Blue receives a ball from yellow then looks to pass to a different yellow without a ball.
- add ball manipulation to improve dribbling
- add touch restriction to improve speed of play
- add turns to improve receiving to play.
- servers communicate turn, time man on.
- when man on blue pass back to yellow and swap roles.

Coaching Points

- Show for the ball, check away check too or check too check away.
- Communication (demand ball visual and verbal)
- Scan the field
- first touch, in space, let ball run, trap

Progression(s)

- Servers throw the ball in
- add defenders

Duration: 15 mins

Intensity: Medium

Intervals: 5

Work:Rest: 2:1



Organisation/Explanation:

- Pass & Receive 1v1.
- 8x10 grid.
- 1v1 Server passes to attacker who should be be "showing for the ball"
- Players score points by receiving from 1 yellow and passing to other
- if red wins the ball they pass to yellow and then receive the ball as the attacker.(transition)

Coaching Points

- Same as Previous
- if unsure where defender is first touch to space you can see
- can you roll defender,
- server to pass to safe side.

Progression(s)

- create small receiving gates for yellows to receive in challenging passer and creating movement for yellow.

Duration: 45 mins

Intensity: High

Intervals: 5

Work:Rest: 8:1



Organisation/Explanation:

- Pass and receive 2v2 /3v3
- same rules as previous
- Make positional by having partners such as strikers, midfielders.

Coaching Points

- Angle and distance of support
- Communication
- create space for self and team mate
- depth and width
- rotation to lose defenders.
- move as ball moves to support.

Progression(s)

- Players must combine before scoring.
- add wall pass players acting as 7 & 11

Notes:

- Finish with SSG 4v4 or 5v5.