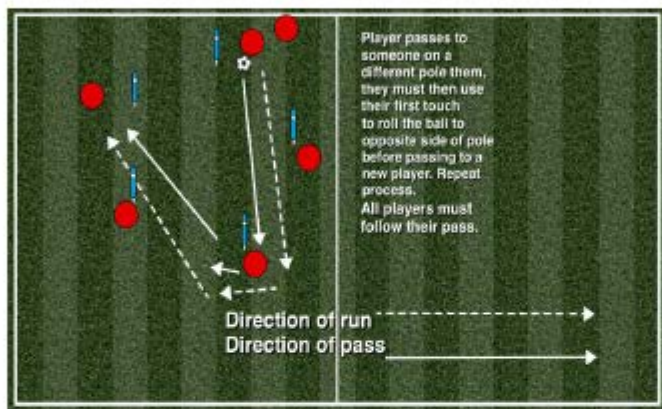


Drill #1 (Passing & Receiving)



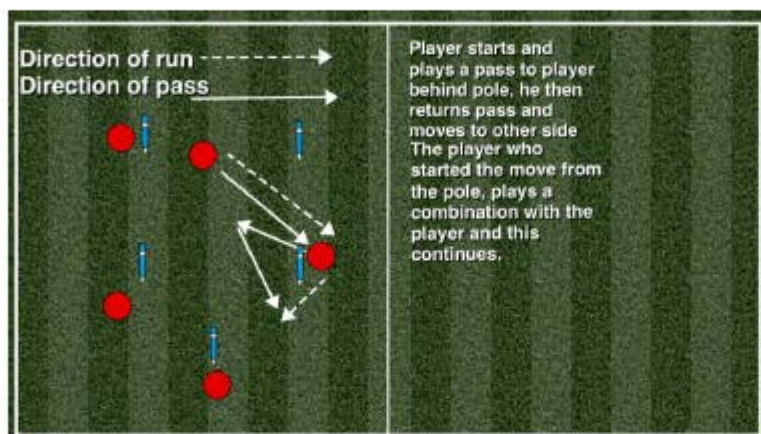
Player passes to another player behind another pole. They must use first touch to move the ball from one side of the Pole to the other and then pass to another. All players follow their passes.

Challenges

- vary the style of touch you take (inside/outside foot)
- Can you play at speed?
- Play to different poles each time to vary angles of pass

Progression

Drill #2 (Passing & Movement)



The player who starts with the ball plays a pass to player on another pole. They play the ball to them, and then move to other side of the pole to receive bounce pass. Now they repeat process finding another player. All players follow passes.

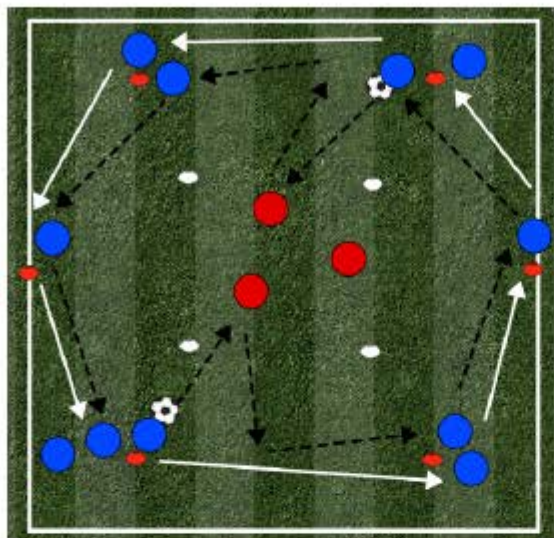
Challenges

- play using both feet to pass or receive
- Speed of run
- Come onto the ball at pace (timing of movement/pass is important)

Progression

In a 25 x 25 square, play possession football in equal teams. A team is awarded a point if they can play a combination around an opponent at pace and accurately.

Drill #3 (Passing Combinations)



White arrows - direction of run
Black arrows - direction of pass

3 players in the inside square. Begin with two players each starting on cones on outside and one player each on the two middle cones.

Players diagonally opposite begin with a football. When play starts, player with ball plays a wall pass to the players in the inside square and then pass to Players opposite. The player with ball now passes to necessary middle cone player on outside who turns on the back foot if possible to pass to edge players again. Rotate middle players.

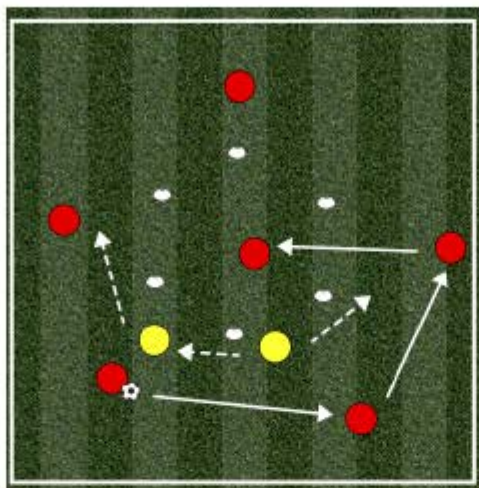
Progression

- Reverse the pattern, now completing the drill in a clockwise direction.

Challenge

- How many footballs can you use in drill successfully?

Drill #4 (Passing for Penetration)



Set up 25 x 20 area (bigger or smaller depending on the amount of players and how challenging you want it to be)

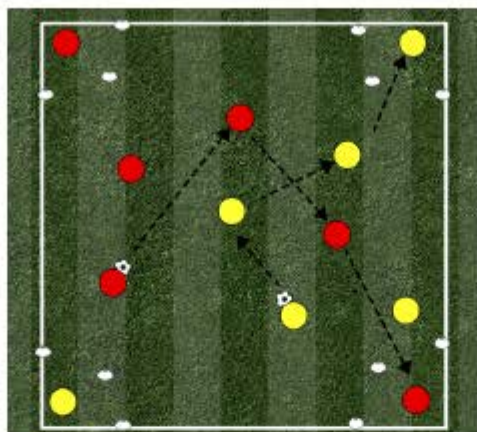
Inside this area is a 7x7 yard square or circle. Numbers can be easily adapted.

The team places 1 player in the smaller square and the other 5 around the rest of the area. The defending team has 2 players. The attacking team score a goal by making a pass between defenders into their target player in the small square. Once player in middle has the ball, they must then try to safely play out of small area back out to teammates.

Progressions.

- Play a competitive game outside in bigger area (5v5) to make it two equal teams and the target player becomes neutral and plays for each team
- Keep the target box empty and if teams want to score one of their players must make a run into the box to receive

Drill #5 (4 Corner Passing)



Set up a 25 yard square which has an area in each corner. Divide the players into 2 equal teams and nominate 2 players from each team go and stand in a different corner each and become the target players.

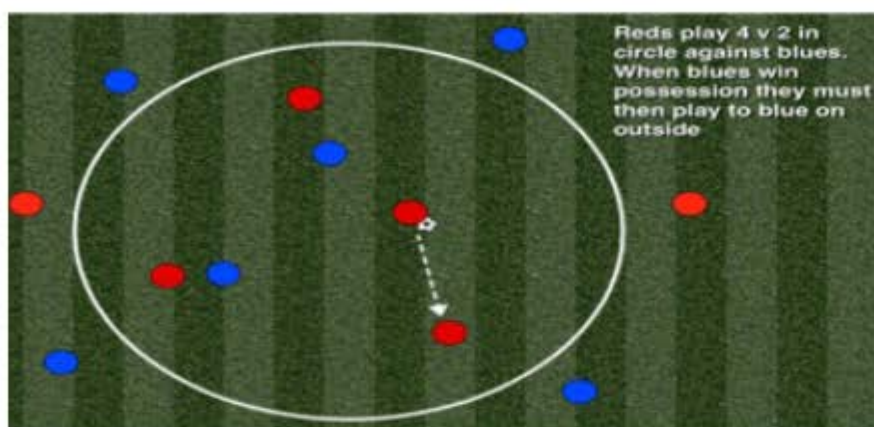
Players pass the ball using 2-3 touches maximum depending on the ability. After a few passes in their teams using the corner players as often as possible to link up with.

Swap over the target players every few minutes.

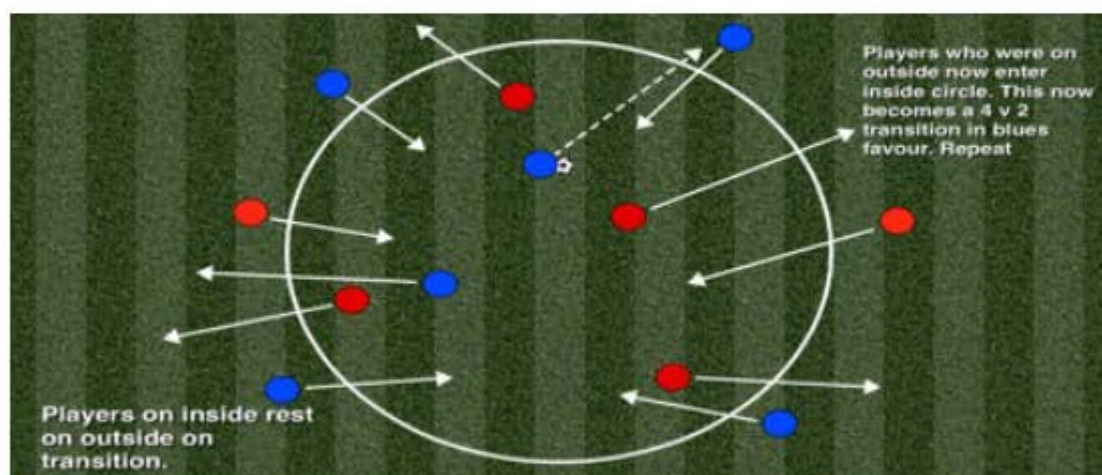
Progressions

- When a player passes in through one side of a corner area, the pass is played out the other side of the area
- As a player passes into a corner area, they follow the pass and swap over with the player who was in the corner
- If a red player has the ball, they can only pass to a player on the yellow team and a yellow player to a red player
- SSG, play a possession game with equal teams inside the area and players in the corners. These can be used as safe zones to help retain possession.

Drill #6 (Possession & Transitions)



This should be set up in an area appropriate to level and size of



team.

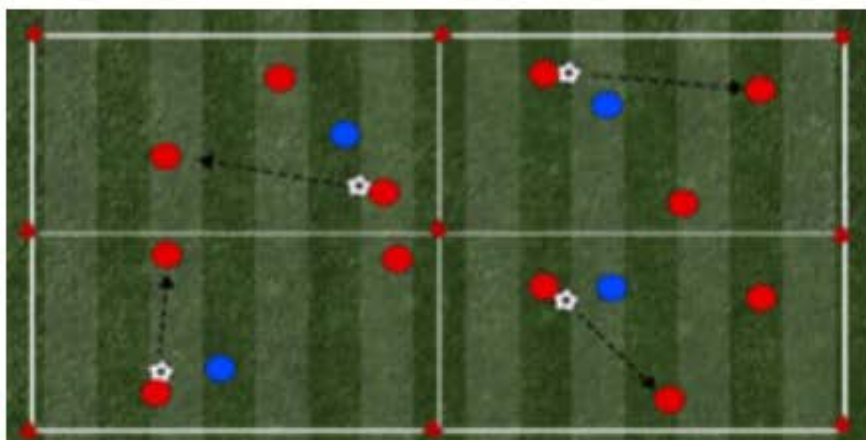
What you are looking for:

- Speed of transition from defence to possession
- Level of composure in possession
- Movement and communication throughout

Challenges

- Use outside players and perform a rotation of positions after playing a pass
- Can outside players play off one touch when their team are the team of 4 in middle?

Drill #7 - 3 v 1 with Rotation (Passing & Movement)



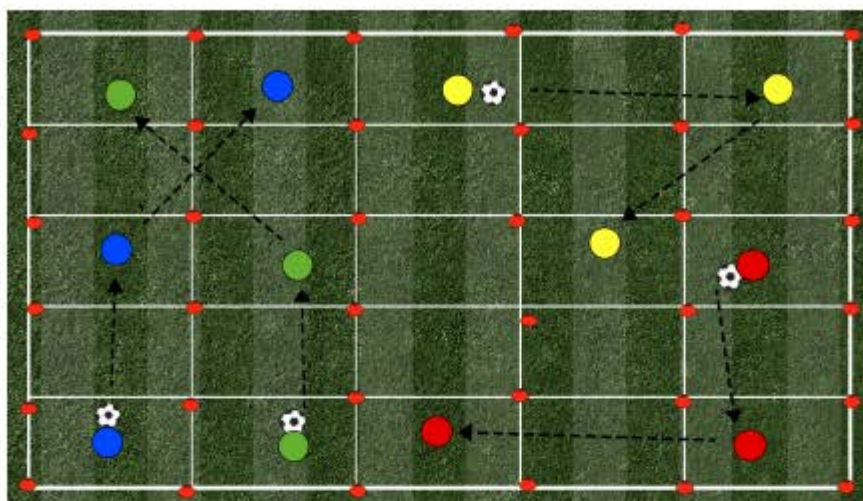
40 yard square split into 3 or 4 smaller squares depending on numbers. 3 v 1 in each square, one player in the grid will start as a defender and hold bib in his hand.

Play 3v1, when the coach calls "switch" the defender drops the bib and the 3 must stop the ball in the area before moving clockwise into the next area. Last one to enter the grid becomes the defender.

Progressions

- Increase/decrease the playing area depending on the ability, age and success rate of the players participating
- Add a touch limit for each player to increase difficulty and intensity of the drill
- Depending numbers within the drill, it can be made into three areas and groups of 4 to cater for 12
- if group are finding this too easy maybe look at 2v1 instead to test players both physically and tactically

Drill #8 (5x5 Grid Work)



Set up a 5x5 grid that are of equal sizes.

In teams of 3-4 with one ball between each team, they must pass the ball amongst their team and move from one grid to another after passing. Players cannot pass back to the player they received the pass or another team mate who is in the same square as them.

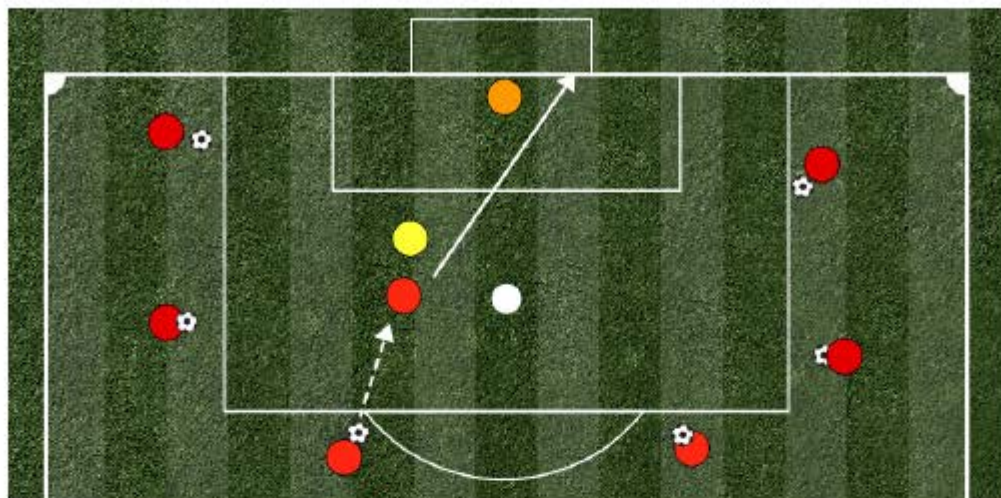
Progressions

- Pass must now miss out a square that is directly next to the square the player with the ball is stood.
- After receiving the pass the player must then dribble to a box next to them before passing to another team mate.
- Now teams can only pass to a player of a different colour bib to themselves, EG. Red to Yellow, Green or Blue and so on.

Challenge 1: Can you receive a pass in as many different squares as possible in the time frame set by the coach?

Challenge 2: How many different type of pass can you use? (Inside/ outside etc.)

Drill #9 (Finishing in & Around the Box)



Place 6 players just outside the 18 yard box each with a ball on each cone. These are your 6 stations.

1 attacker (red) and 1 defender (yellow) start inside the 18 yard box.

The defender must mark the attacker as he moves around the box.

The attacker chooses 1 station at a time to receive a pass from by calling the player on that cone. The defender must try to stop the attacker from scoring past the goalkeeper.

Once the ball goes out of the box it is dead and the attacker chooses a different station to receive a pass from. This continues until all 6 stations have been used.

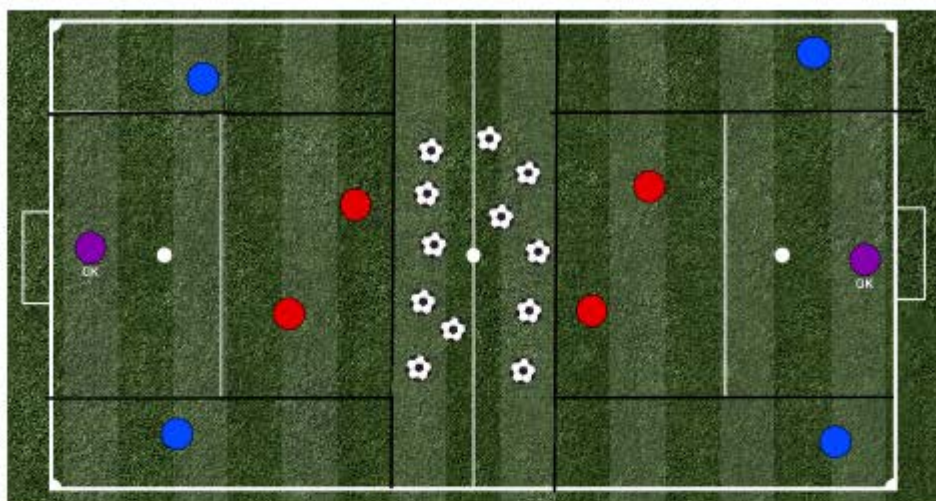
Play until every player has been both defender and attacker.

Progressions

- For younger aged children you may just have one attacker in the box and no defender or no GK to start with to allow for higher level of success and then to progress to having one of them and finally both.
- Play 2 vs 2 or 3 vs 3 inside the box.
- Time limit or a touch limit when playing from each station to try and encourage quicker player for the better players

Challenge: Can a pass be played that allows the attacker to shoot first time?

Drill #10 (Shoot or Pass?)



Two areas set up either side of half way line with a good supply of footballs in each.

Now mark an area on each side for the defenders to start from every time the ball becomes live.

The two attackers begin by collecting a ball from area. As soon as the attacker touches the ball, a defender can then leave the box to try and shut the 2 down (2v1)

As soon as the phase is completed the 2 repeat the process and the defenders may swap over

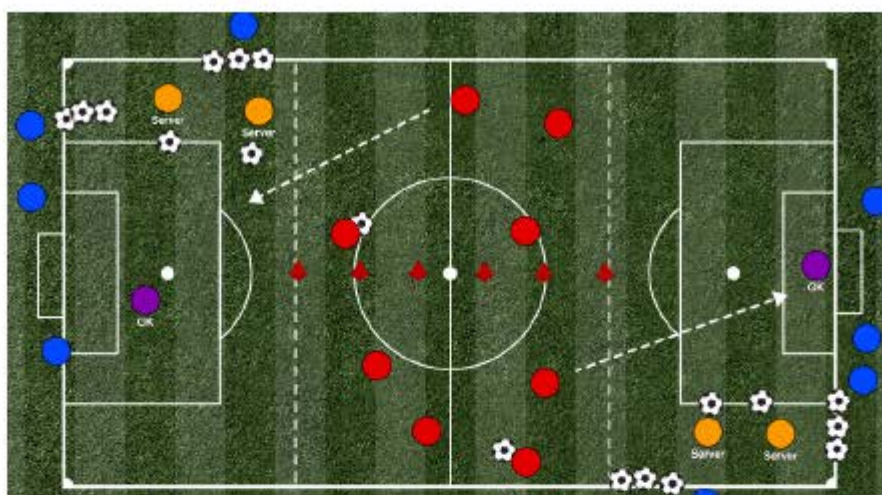
Progressions

- 2/3 touch football
- Bring in extra defender (2v2)
- Vary the size of the footballs (Sizes 1,2,3,4,5)
- First time finish

Challenge

How many goals can you score before you run out of footballs?

Drill #11 (Get Out of Jail - Shooting)



Teams split 4 v4 defenders against attackers on both sides of the pitch. 2 goalkeepers and 4 servers (could be coaches, orange players) pitch split into thirds and middle third split in half.

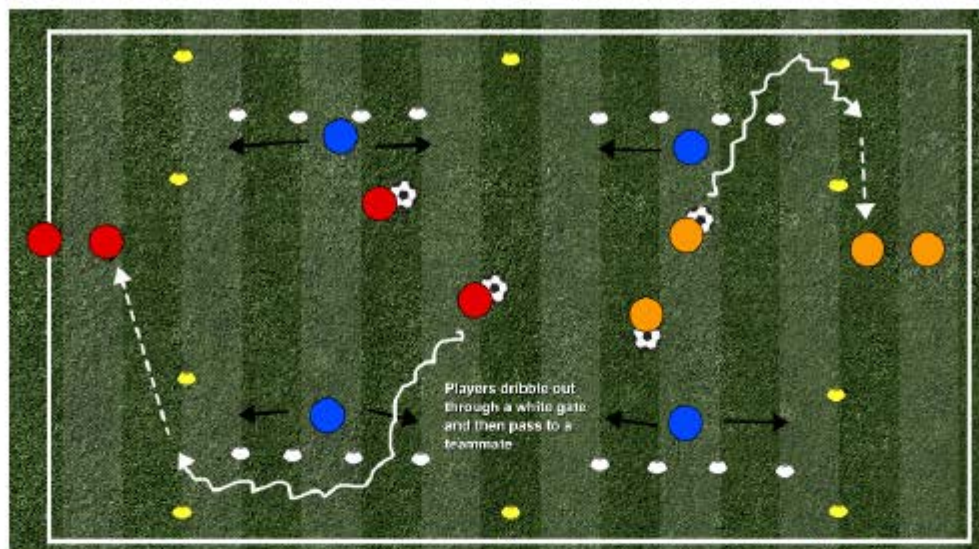
Attackers in the middle zones start by making at least 3 passes. The final player who has the ball on the third pass can break out of jail. To do this they must first have a long range shot (before the dotted line).

They must then receive the ball from the first server and have a first time shot. Finally they receive the ball from the final receiver in a crossing position and must try a header to score. Once the player has taken all the game continues from the start. Rotate positions, shooters and switch defender/attacker roles.

Progressions

- Use weak foot to shoot
- From the 1st receiver, the player will try to score a volley
- Could have the servers be players who instead of throwing the ball in could cross it
- Have a couple of players from the team who are shooting become defenders who are live from a point that you choose so that the attacker has to try and create space from the defending player

Drill #12 (The Great Escape - Dribbling)



Set up 40 x 20 grid with 4 sets of 3 gates marked out (5 yards in from edge) and try to have 3 teams of 4 if possible.

- 2 teams in attack
- 1 team in defence (each guarding a set of 3 gates, can only move from side to side not forwards)

On coach's command two players from each team enter the area and attempt to dribble the ball out and escape through a gate. Once this is achieved or the attempt has failed they pass to a teammate who repeats...team who escapes the most in the time limit wins.

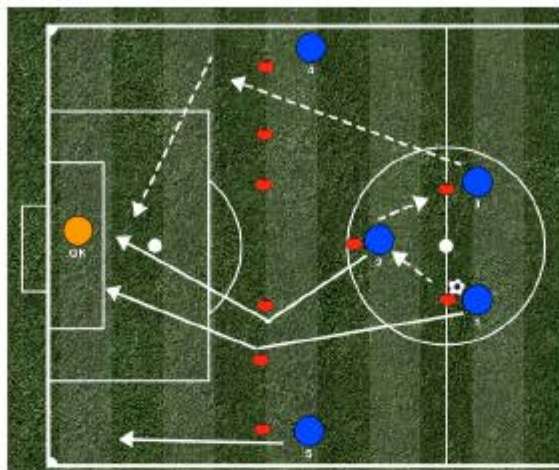
Swap over defending team then repeat the game.

Progressions

- Smaller gates to try and escape through for the dribblers trying to escape the area
- Defenders must dribble a ball side to side to slow them down and allow for high levels of early success
- Defenders can now move freely in area ensuring less time on the ball to dribble and think (no longer side to side movements at gates)

Challenge: How many different gates can you escape through both as an individual and a team?

Drill #13 (Crossing Combinations)



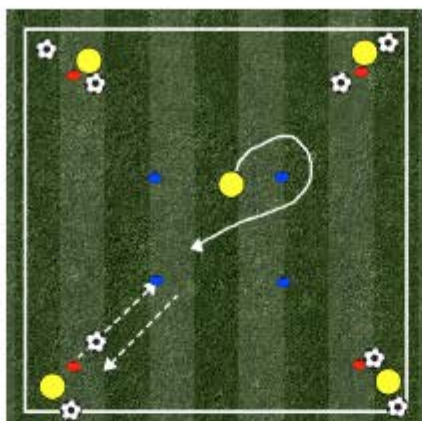
Player 1 (left hand cone on halfway line) plays a pass to player 2 (opposite), player then passes to player on his left (player 3). Player with ball then looks to play a pass out wide in to the channel in front of the winger (player 4). Winger then receives this pass and crosses the ball across the front of the goal and players 1 & 2 have to run through the coned gate furthest from the cross and then try to score.

GK should be passive to begin with and gradually build up opposition. After attack is finished, player 3 takes the place of player 4 and players 1,2 & 4 koine back of the lines.

Progressions

- vary the side the ball that the ball is crossed from, players must react and may have to use opposite gate to previously before.
- If the cross is over hit then allow the winger to gather the ball and then cross into the box
- Include 2 defenders, this will allow players free choice of the gate that they run through as a way of creating space from defenders
- Create a 5v3 in attackers favour, with no pattern of practice but see if they can look to play wide for a cross and when not to (this is better for older age groups) depending on space and position of defenders

Drill #14 (Decisions - Heading)



20 by 20 yard square with a 5 by 5 yard square inside that. The squares can be reduced or increased according to ability/age of the group.

Have a player on each corner of the outside square with one player inside the small square in the middle. The players on the outside feed the ball in 1 at a time (underarm serve) the player in the middle checks off of the cone diagonally opposite before turning and attacking the serve and performs a header.

To be able to header the ball effectively depending on the flight of the ball

Using various types of header

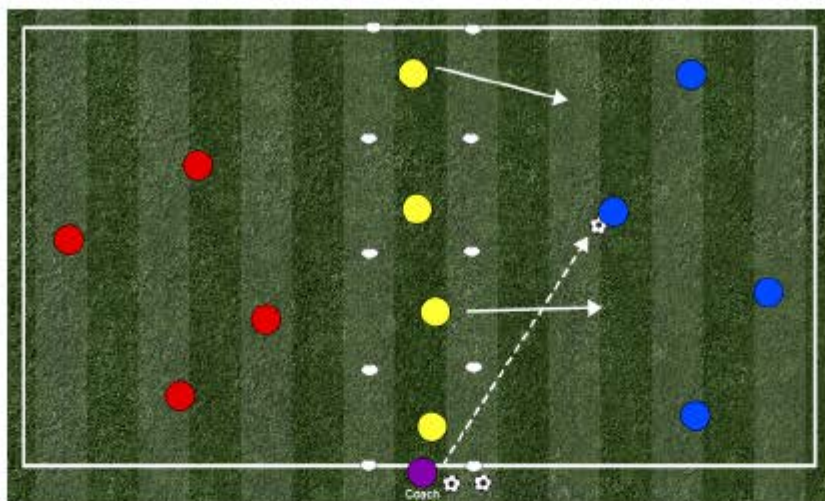
- defensive header (over the head of server is ideal)
- cushion header (should drop just short of feet of server)
- flick on (behind player)
- attacking header (low hard)

The coach calls the name of a server and the player in the middle reacts.

Progressions

- Now add in another player to the middle, players must now decide between them who is better situated using communication. When on this progression with two players in the middle, players must decide who is better situated to header the ball from the server
- If you have a GK in the session instead of always heading this could be a good chance to practice high catches etc.
- Feeders can also serve ball in using a throw-in style to be more match realistic

Drill #15 - Tennis Court Drill (Possession)



Set up a 40 x 20 yard grid with a centre line 2 yards wide with the players being divided into 3 equal teams (red, blue, yellow). Red team start in the left court and blue team in the right court. The yellow team start in the centre line (net).

The coach plays the ball into the right court. Two players from the yellow team rush into the right court and try to win the ball before the blue team can make 5 passes. Once 5 passes are achieved, the blues can now switch play to the left hand court, avoiding the remaining yellow players still at the net.

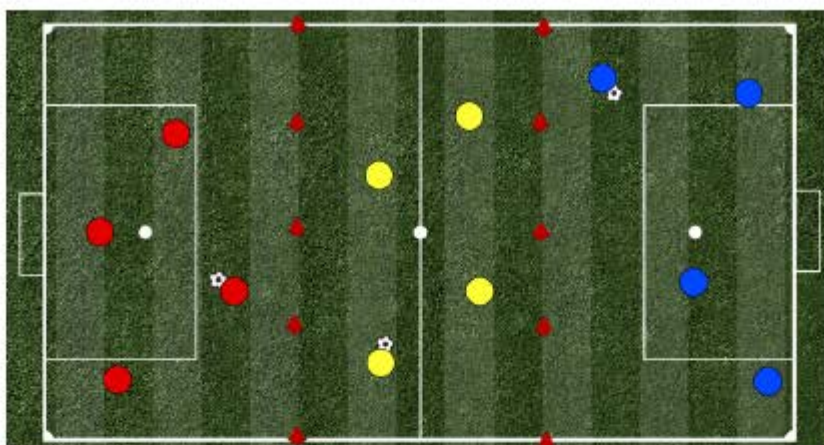
The yellow players in the right court return to the net and 2 different yellow players rush into the left court to shut down the red team. This continues until the yellows win the ball or it goes out of play. When this happens, yellows score a point and the coach restarts the game by serving the ball into the opposite court.

After 4 minutes, swap the team on the net. Highest scoring team on the net wins.

Progressions

- Make court smaller, so players in possession learn to pass ball in a confined space
- Increase the number of players pressing from the net to 3 at a time.
- Increase the number of passes before being able to switch to other side

Drill #16 - 3 Team Possession Game



Setup an area, 45 x 15 yard grid with a goal at each end. Divide the area into 3 with a team in each third with a ball. The team in the middle third are the team trying to win possession the team is split in pairs and numbered 1 & 2.

Practice starts with all 3 teams passing their ball in their own area. The Coach calls "1" and one Yellow player from each pair from the team enters each end third and tries to steal ball and score in the goal at that end.

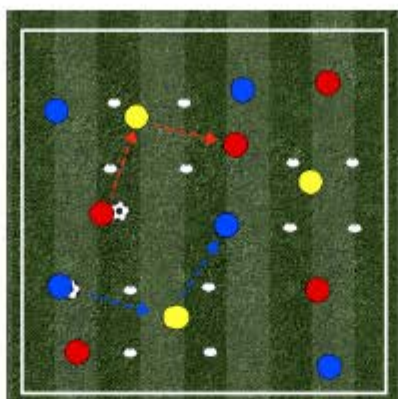
Reds and Blues must try and retain possession.

Other Yellows continue to pass their ball around in their area. Now the Coach now calls "2" and one Yellow from that pair now joins in each end third and tries to win the ball (15 second time limit for each phase) If the Coach calls "3" then both pairs enter a third to create 4v2 in each third.

Progressions

- When the coach calls "3" the middle team can choose whether to go:
 - . 4v1 & 4v3
 - . 4v2 & 4v2
 - . 4v3 & 4v1
 - . 4v4
- Increase or decrease the size of the playing area depending on the ability and level of success

Drill #17 - Possession Activity



In an area about 40x40 or, that is appropriate to the size and ability of the group. In the playing area, mark out 3 squares (5x5) these should be in different areas and done using flat discs if possible.

Begin with a neutral player in each of the squares and the others split into two equal teams. The image above is designed for a group of 13 children. Adapt accordingly.

When play begins the teams keep possession within their teams and can play bounce passes off the players in the squares to link up play and incorporate combinations whenever possible.

Progressions

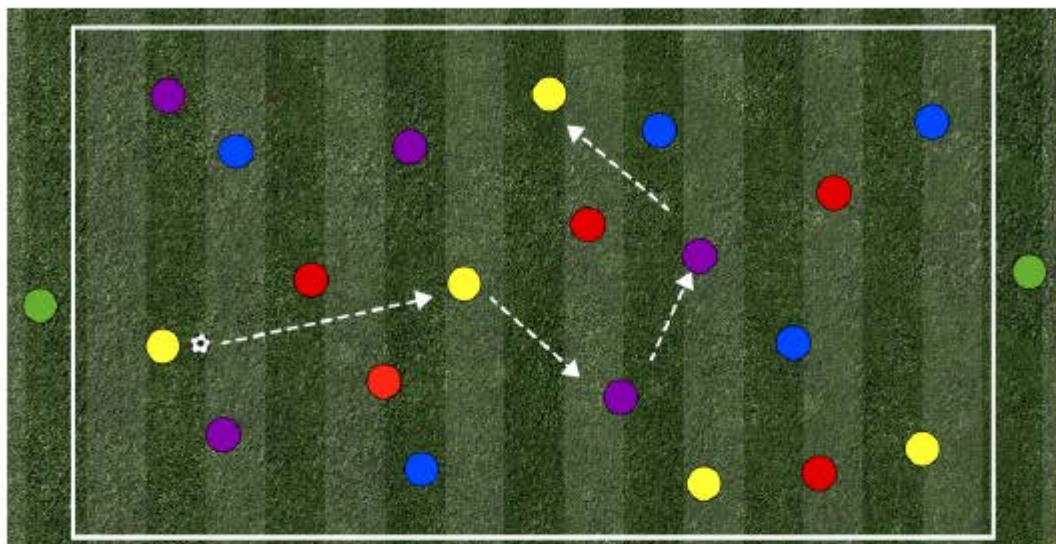
- Teams play 5v5 in the area. Keeping possession of the football whenever possible and if necessary, use the players in the squares to help rebuild.
- One team are in control of the game and must try to keep possession and keep the game at 5v5 whereas the other team are trying to create an overload by releasing the neutral players from their squares.

This is done when the team trying to release the player in the square play a first time pass in to a player in a square. The team trying to keep the game at 5v5 can return a player back to their square by either playing 5 consecutive passes as a team or by playing a bounce pass around an opposing player using a teammate.

Questions to ask:

- How can you increase your success in this game?
- How can you create space for yourself?
- What are you going to do after you have passed the ball?

Drill #18 - Mourinho Possession Game



This drill is ideal for a bigger sized group of 14 players and upwards. The drill will need:

- 4 equal teams (all different coloured bibs)
- 2 end players

Image above is for a group of 18 players.

Once ball is in play, 2 teams play together at any time. Coach can call any 2 colours at any time. Those teams then play together. Passive defending to begin with to build confidence on the ball.

Keepers to be on the outside, they must play with feet.

Players should look to use keepers on the outside if players become flustered by quick changes of instruction or lack of passing options.

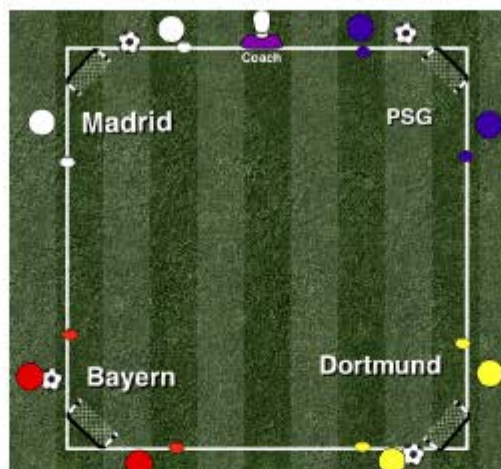
Challenge

Can you use your first touch to take you away from pressure?

Progressions

- Allow keepers to use their hands.
- Becomes a directional game - the team joining the team with the ball will need to change their direction.

Drill #19 - SSG 1 - 2v2, 4 Goal Champions League Game



Set up a 30 yard square, 4 teams of 2 are situated in each corner. Each team have a goal to guard and a ball. The coach will call out the name of two teams, the team called first start and have possession, first team to score a goal wins. If a team wins the ball off of the other, they then attack the teams goal. If the ball goes out of play then the phase is over and teams return to goals.

Rotate teams and their starting role. Try to challenge players as much as you can to keep possession before creating an opportunity at goal.

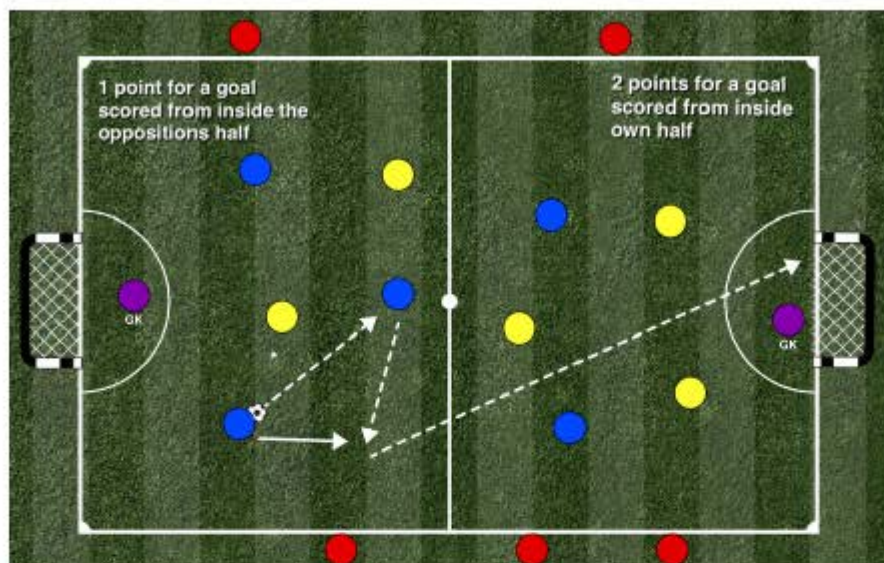
Idea: For younger children use names of professional teams.

Progressions

- 1 touch finishes only to score
- Weak foot finish to score
- 2-3 touch football
- Teams must score more than one goal to win
- Two games running simultaneously to create interference and raise the difficulty in creating space and passing opportunities

Game/Competition Challenge: who can win the most games in a tournament style format to offer maximum interaction and levels of engagement in the session

Drill #20 - SSG 2 - Shooting from Distance SSG



30-35 yards long by 30 yards wide. Three teams of five with two teams active and one team around the outside of the field. Teams play with 2 players in the forward zone and 3 in the back. Players are confined to their zones. Play starts with a ball from the keeper. Restart with the keeper on all dead balls.

Play to 3 pts. A goal from the back is 2 pts and one from the front is 1 pt. losing team switches with the team along the outside.

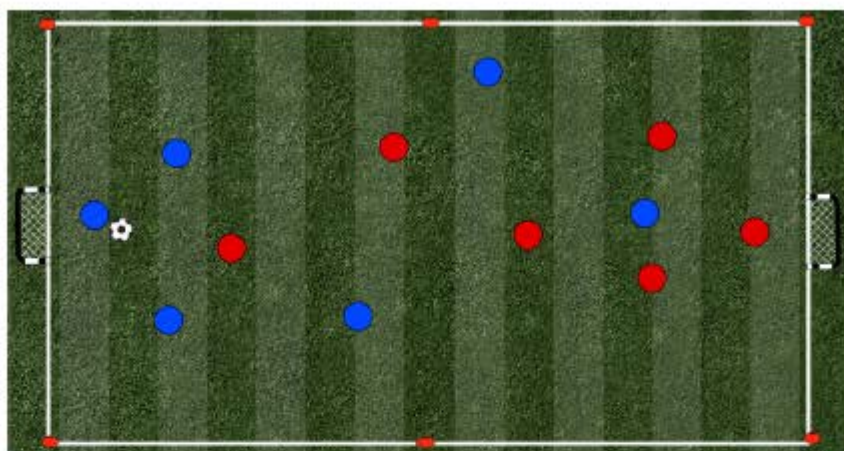
Things to be encouraging

Quick play, combinations, support and finishing. Players should be looking to shoot constantly when able to

To develop speed in play

Restrict all players to two touch forcing quicker movement and support

Drill #21 - SSG 3 - One Nil (Possession)



Use either a 7 a side pitch or mark out a pitch roughly that size unless you have a group bigger than 14. Match the pitch to help work on the way you play or what you are trying to work on, within the session.

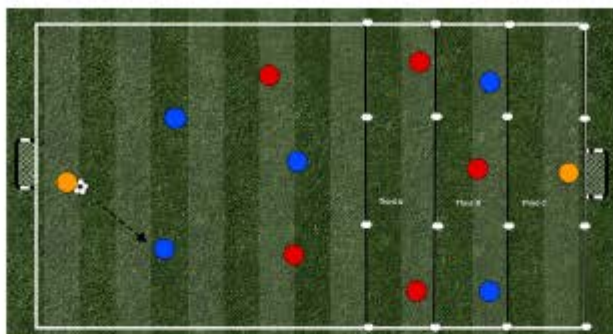
Two teams play normal rules. When a team scores a goal they are now winning One Nil and must now try and win and then maintain possession without scoring a goal. If a goal is scored by team winning it does not count and is restarted by a goal kick.

The team losing must try to score and if they do, it becomes one nil to them and, when so they must now try to maintain possession whilst the other team try to score and repeat process.

Progressions

- Amount of touches used (3 touch maximum but, can be lower for higher ability)
- Size of the goals in the game (increase/decrease)
- Size of the pitch to increase/decrease the tempo and the space available depending on success and the ability of the group you are coaching
- No GK's and instead use small goals made up on cones (from adaptation above)

Drill #22 - SSG 4 - Counter Attack Game



Set up a 50 x 30 area to play in, one half will be separated into thirds (A,B,C) and then into 9 smaller areas (counter attacking sides half) and the other, 1 big area (attacking sides half).

Try to play 2 equal numbered sides. The ball starts with the attacking side, they pass the ball out from the GK and then try to create an attacking opportunity.

If a goal is scored play restarts from attacking GK again.

- if counter attacking side win the ball in one of the thirds they can try to counter attack and score 2 points in.

The attacking side can try to counter themselves if the GK or defence can get the ball out quickly.

Swap teams over after 6 attacks to give them opportunity to do both.

Progressions

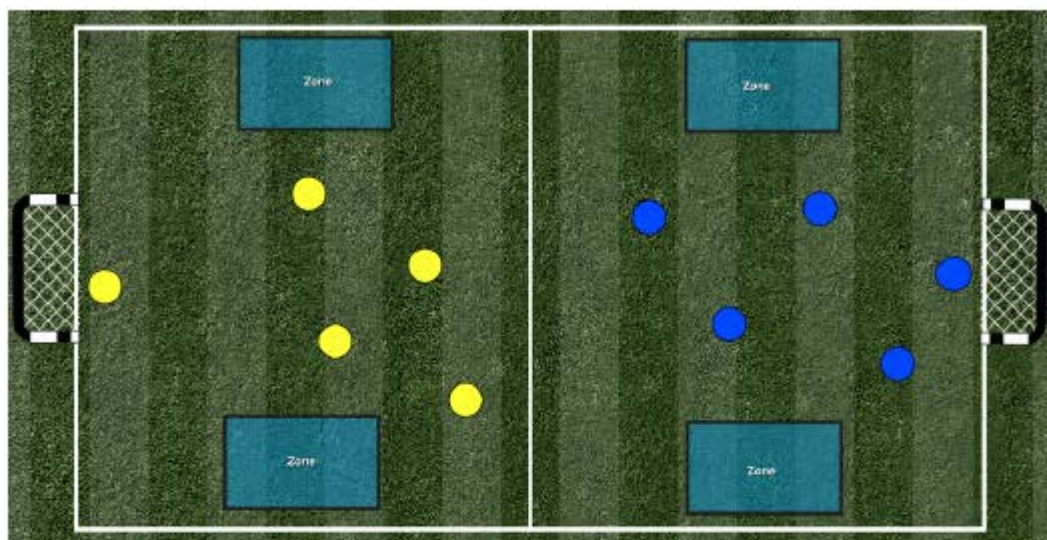
- Introduce a time limit for counter attack to be completed in according to abilities etc.
- 8 passes or seconds maximum to increase the match realism
- Increase point scoring opportunities by saying if counter attack is from
 - .third A it is 2 points
 - .third B is 3 points
 - .third C is 4 points

Challenges

- how quickly can you counter attack ?
- can you score using a 1 touch finish?

Tactical Challenge: how can you best set up, to be most effective in both attack and on the counter attack? (Formation, shape, etc.)

Drill #23 - SSG 5 - 5 Goals, 5 Ways



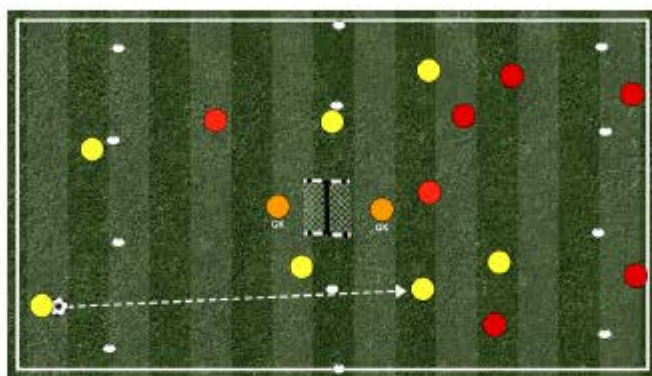
Set up a suitably sized pitch for the game, the rules of the game are simple, except that, it is the first team to score 5 goals. The goals must be:

- 1 x left foot,
- 1 x right foot
- 1 x header
- 1 x volley
- 1 to include a nutmeg or a trick to beat a player and score

Progressions

- Up the challenge by challenging all players on a team to be involved within the build-up to a goal / shot.
- Lower the challenge by sectioning off a safety zone in which any player who enters the designated area can (1) cross without being closed down or (2) use their hands to deliver a throw-in. Position the zone accordingly.
- Remove the safe zones for the better players so they can create a more match realistic scenario

Drill #24 - SSG 6 - Attack to Defence (Transitions)



Set up a 40 x 60 yard grid with goals back to back in the centre with two teams of 7 with a Gk.

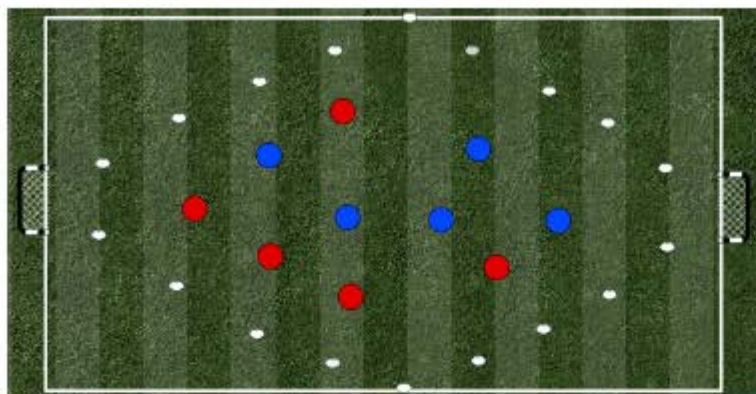
7 aside with two players in each end zone and a Goalkeeper. One team serves the ball from the end zone into the other half. Once received, the Attacking team must make 5 passes and score to end phase, ball is returned and serves again.

If the defending team win the ball, they must play the ball to one of their end players then they must make a number of passes to score with other team now becomes defending team gk/floater rotate goal. Play for 4 minutes with rest period and rotate players.

Progressions

- Minimum number of passes before the team can shoot
- Change area size to be either bigger or smaller depending on the numbers and ability of the group
- Restrict all players to two touch forcing quicker movement and support

Drill #25 - SSG 7 - Diamond Shaped Pitch



Mark a pitch out up to 40 yards long and 25 yards wide at the half way line (widest part) getting thinner towards both goals to create a diamond shape looking pitch. Goals are of a small size with no GK to first encourage teams to pass the ball more.

Teams should be equal but can be a slight overload in numbers. In this game, there are no corners instead, play is restarted through a goal kick. If a team win a thrown in, they simply play a free pass to a teammate from the floor.

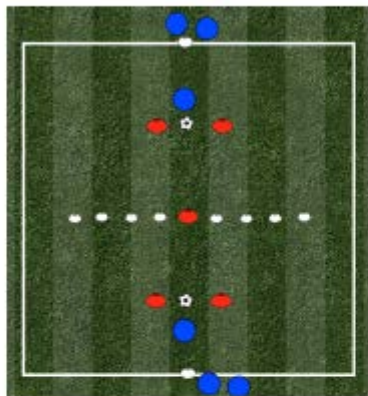
This drill is designed for players to learn to play in confined areas and assess different situations depending on where on the pitch they are.

Progressions

- Adjust the playing size (bigger/smaller)
- Touch limit rule (2-3 touches)
- Increase the size of the goals and introduce a GK.

Drill #1 - T-Shaped Warm Up

4 players+



Organisation & Set up:

Equipment you will need for this drill:

- cones (giant cones would be better)
- footballs
- can use poles alternatively to cones

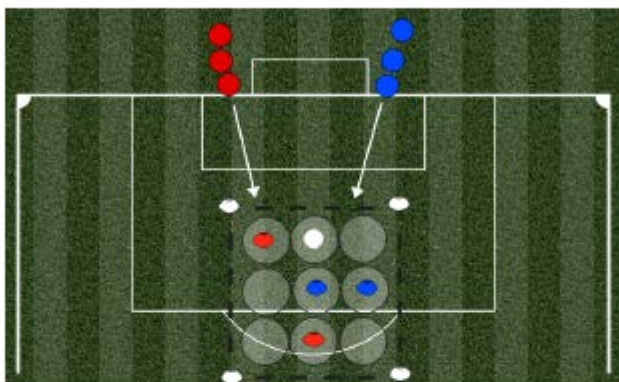
Place a cone in the middle and line up 4 cones either side of this 2 yards apart. Now opposite these set up a gate each side about a 2 yards wide, and a cone to start the drill from a further 10 yards back for the players with a ball (as shown above).

Players begin by dribbling the ball up to the gate, stop the ball continue their run to the centre cone, start by side stepping left and side stepping back to the right to the middle on other side before passing the ball.

If there is more than 8 players then set up the same drill next to this to minimise the amount of players lining up and standing still.

Drill #2 - Naughts & Crosses

4 players+



Equipment needed:

- Bibs or cones (for markers)
- Hoops (or other alternate, for the areas to play in)
- Cones

Organisation & Set up:

Teams start either side of the goal in lines. Each team has 3 bibs of the same colour to act as markers. They must try to make a line of bibs like the game naughts & crosses.

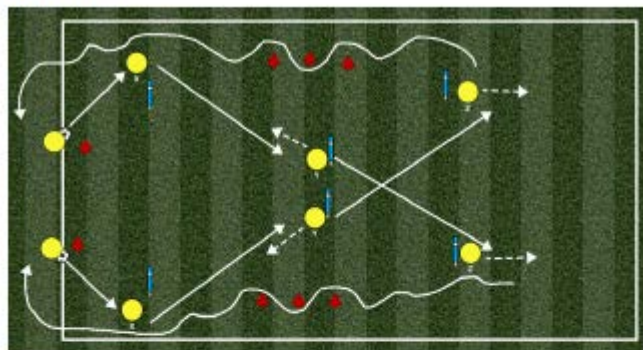
One player of each team run out at a time and place marker down in hoop. Once done, they return back and next teammate Repeats. Once team has laid down all three markers, if not victorious the player runs out and can move an already laid down marker to another hoop that is vacant. Repeat until a team is victorious.

Note: No two markers in each hoop. Coach decides who was in hoop first.

This warm up was taken from a tennis coaching session I recently observed but is just adapted to be fun, simple and to encourage tactical and quick thinking as a team

Drill #3 - Varying Passing Distances

10 players+



Organisation & Set up:

Play starts with a short diagonal pass to player on first poles They must receive and turn to face player on side poles The player on inside poles comes to the ball a few yards and receives pass, opening out and dribbling past pole before passing diagonally across

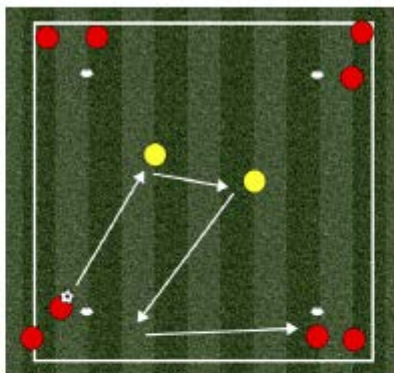
Player on far pole drops a few yards into space and receives on front foot to then dribble between cones and back to where started the drill All players follow their passes

Progressions:

- Players on first poles make run around the back of it to receive in front and on the move. (Talk about timing of the run and weight of pass)
- The middle pole players knock ball one side of pole and run the other before passing
- Players on final pole play a wall pass back and create a combination with middle player around the last pole.
- Now vary length of passing. Middle player returns pass to first pole player. They then hit long grounded pass to diagonal player missing middle man out. Middle man follows to end pole. Player at end still dribbles back through to start.
- same pattern as previous progression only this time, the long pass is lofted to furthest player who can control it and dribble back to start. Middle player follows long pass.
- For higher ability can always get player receiving long pass to set it to on coming middle player and play combination around pole.

Drill #4 - Passing Combinations 1

8 players+



Organisation & Set up:

Set up a 20 x 20 square with two players (yellows) in the middle and then place pairs on each cones on the outside as shown above.

Play begins at a corner, the player passes into the middle player who plays a first time pass into the other middle player. They now return pass to outside player, they play long pass to opposite corner. Repeat process.

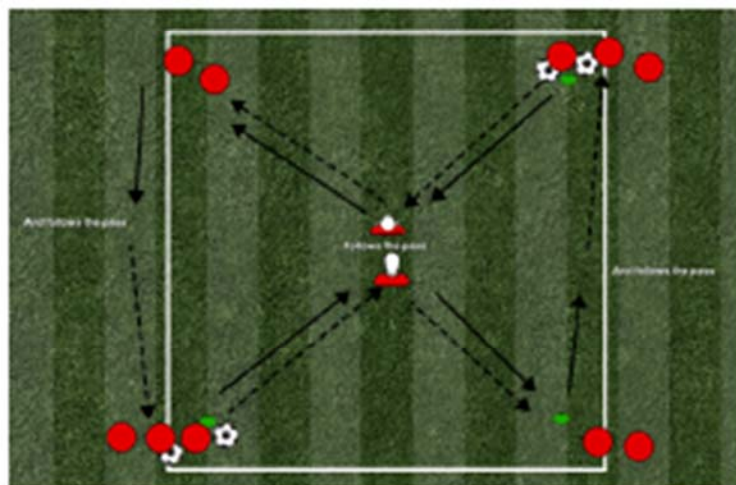
As this can be rather hard work, rotate middle players every 45 seconds or so.

Progressions:

- Reverse the pattern and go clockwise instead.
- middle players must rotate their roles in the middle on every phase, i.e. If they received the first pass from the first corner they must receive the next pass from their partner inside with them.

Drill #5 - Passing Combinations 2

12 players+



Organisation & Set Up:

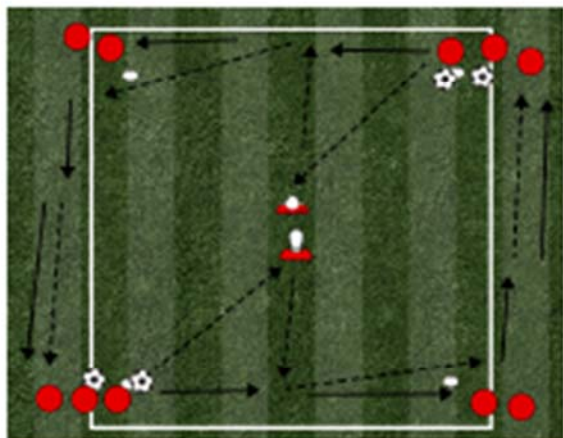
Equipment you will need for this drill:

- footballs
- cones

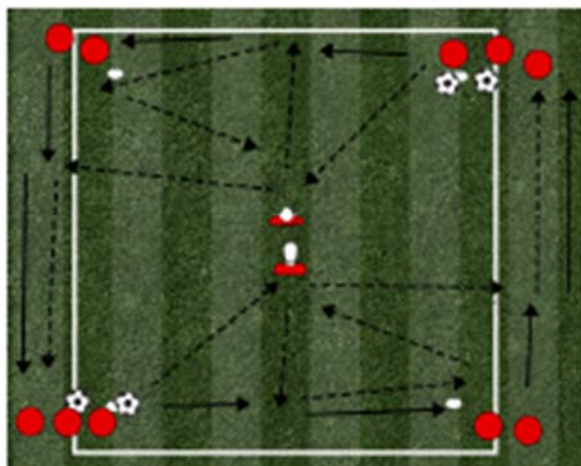
Set up a 20x20 yard square with players in positions shown in diagram.

The starting player passes the ball to the player in the middle and follows their pass and takes over the middle position. The player in the middle then passes to the the corner. Player in the corner dribbles half way before passing to the player opposite to them and follows.

Progressions & Adaptations:



First Progression. Player in the corners play a give and go pass with the player in the middle before passing to a player in the opposite corner to where they started. The player receives the ball now dribbles half way down to other corner before passing to a player without a ball (shown above).



- Second Progression. After receiving the give and go pass the same as progression 1 the player repeats the process instead of dribbling and then passing like before. This is designed to give more opportunities to play give and go passes and furthering the intensity and tempo that the players must play at (shown above).

- Change the direction of the practice to encourage players to use both feet
- On the progressions, players should look to rotate the middle players on a regular basis to help develop the players and the varying roles within the drill

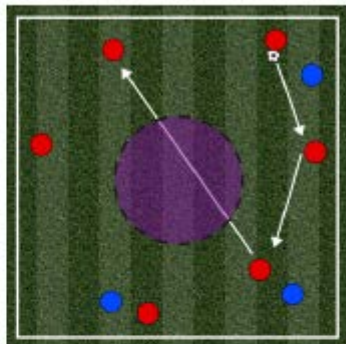
Challenge: Can you vary the style of pass (inside/outside/weak foot) to a teammate?

Coaching Points:

- Ensure the weight of the pass is to be right for the situation (do I need to take a touch before passing or can I pass first time?)
- Time your movement on and off the ball to help this be sure to manage the timing of the run onto the ball
- Play with your head up to see surroundings and where teammates and opponents are within the area
- When receiving the pass from the player, be sure to judge the type of pass as this dictates on the foot that the player receives with
- Increase/decrease the passing distance to speed up tempo or raise the difficulty and the opposite depending on the ability

Drill #6 - Possession & Switching Play

8 players+



Organisation & Set up:

The idea is to play 6v3 reds v blue. The area in the middle is the point where the team in possession must look to maintain by switching the play through this. This can be called by players to encourage understanding/communication.

For more able teams/players don't allow for the switch to count if the call for a switch is not heard. Red players cannot run through the middle area to move around.

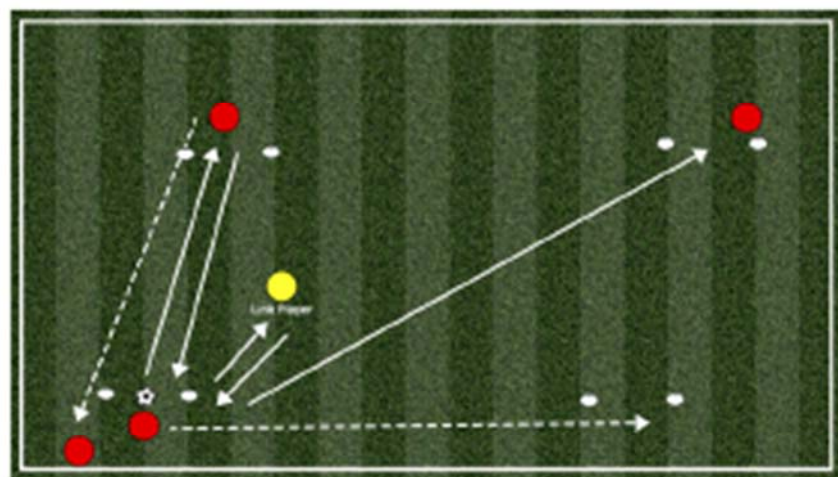
Progressions:

- Now defenders can run through the middle area to shut down defenders quicker to increase pressure on the ball
- Now add another defender 5v4
- Now remove area, can players still implement a switch of play in an area of a marked out pitch?

Questions to ask:

- What effect does a switch of play have?
- When would you use this in a match situation?

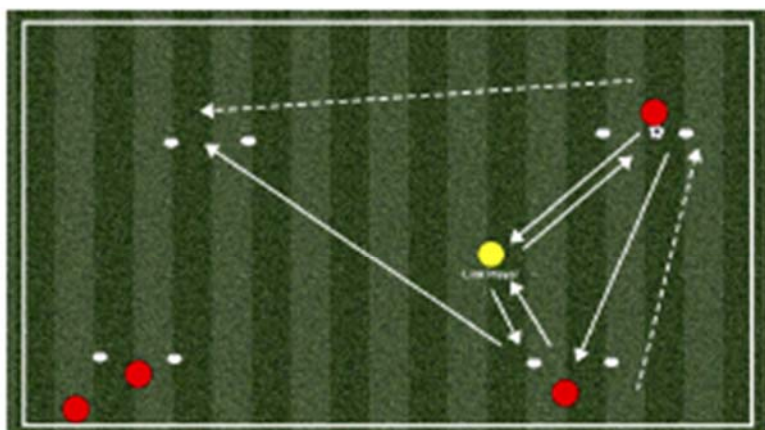
Drill #7 - Link Up Play
5 players+



Organisation & Set up:

This drill is designed to encourage combinations in play and a switch of play that must be reacted to by the link up player in the game (yellow player).

The solid arrows are the direction of the pass and the dotted lines are the direction of the run of a player during the drill.



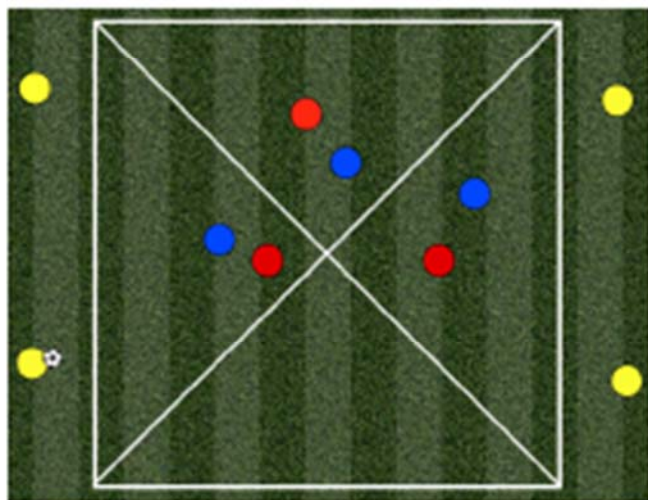
The pattern of the play is a short combination between the two red players opposite, before now including the next combination between the link up player (yellow) and the player who started the drill. On the return pass, the player plays a diagonal pass the spare red and then runs to spare set of white cones as shown above in diagram.

The link up player must now run to the player with the ball and play a bounce pass back. By now the other players should be in place and be ready to receive the pass, they also play a bounce pass opacity link up player and then look to switch the ball out to the cones where the player should be running to as shown above. And now repeat the process.

This drill if done at a high tempo can be extremely tiring so rotate the link up player very few minutes.

This drill does allow each player plenty of touches throughout and a variety of passes so allow each player to vary style of pass (first time/inside or outside of foot etc.)

Drill #8 - Movement in Midfield
10 players+



Organisation & Set up:

Set up area as above, the yellows pass the ball between them and then lend the ball into a team in the middle to keep possession. Players should be looking to receive the ball in another area to any other teammate if possible. Movement should be quick and players should not spend more than 5-6 seconds in the same area if possible.

Team in the middle, who are in possession must look to play from end to end. Game scoring, how many times can you get from end to end?

If you cannot go forwards straight away, then play back to outside players and be patient in possession. Look after the ball.

Questions to ask players:

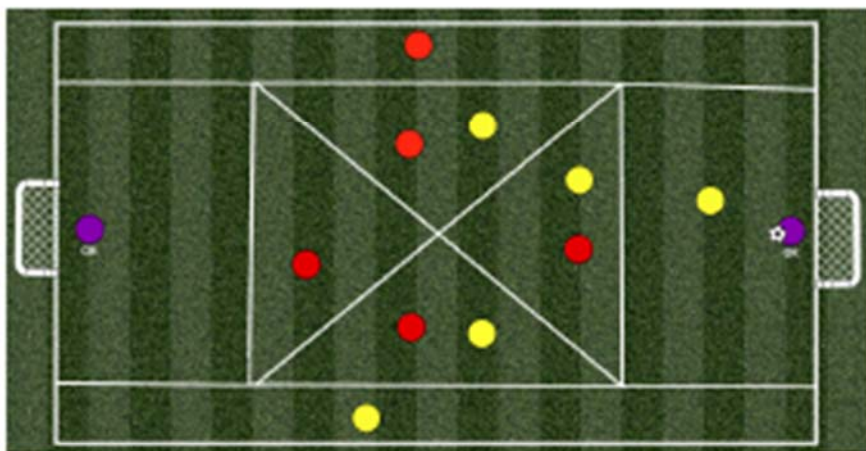
How can your rotation in play cause problems for opposing team?

Can you clear and create space for others with your movement?

What is the benefit of rotation in this drill? How can it be linked to a game situation?

Progression

- If players cannot go forwards from outside players, they can use outside players, though their team's score goes back to 0 although they do maintain possession. Speak about how keeping possession is more important than scores. (This progression can be used more for higher level teams to encourage risks and creativity on and off the ball).
- Players play SSG in pitch marked above, the players involved must try to find a zone to themselves.



- Talk to players about when they feel it is best to play wide and when it is better to play in the middle areas.

Point Scoring Systems that can be used:

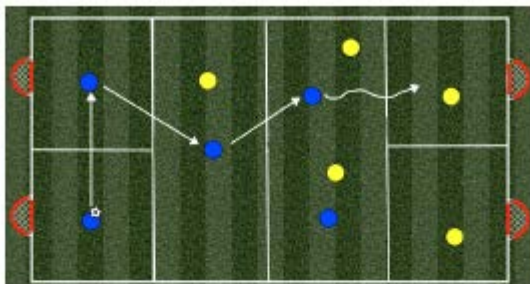
If you score from a rotation of a wide player with a central player - 2 pts

If you spend more than 6 seconds in same area, opposing team gets a point (time can be adjusted accordingly)

When you release the ball from the middle area you must move out of the box after or opposing team are given 1 point

Drill #9 - Direct Play for Midfielders

10 players+



Organisation & Set up:

Set up area as above, varying the size of pitch and areas on age and the ability of the group.

2 players play as CB's for each team and each should be in own box. When a CB receives a pass, they must transfer the ball across to the other CB before returning the ball back to the game. 3v3 in the middle two areas with the only rule being that all 3 from each team can never be in the same half.

If a player cannot go forward then they can play to CB of own team to rebuild the attack and maintain possession. This is all about patience in possession and not forcing a forward pass. The final part of the drill is that a midfield player can break out from the middle areas and attack a defenders goal lvl.

Encourage movement and rotation amongst players as much as possible to create space and opportunities to score.

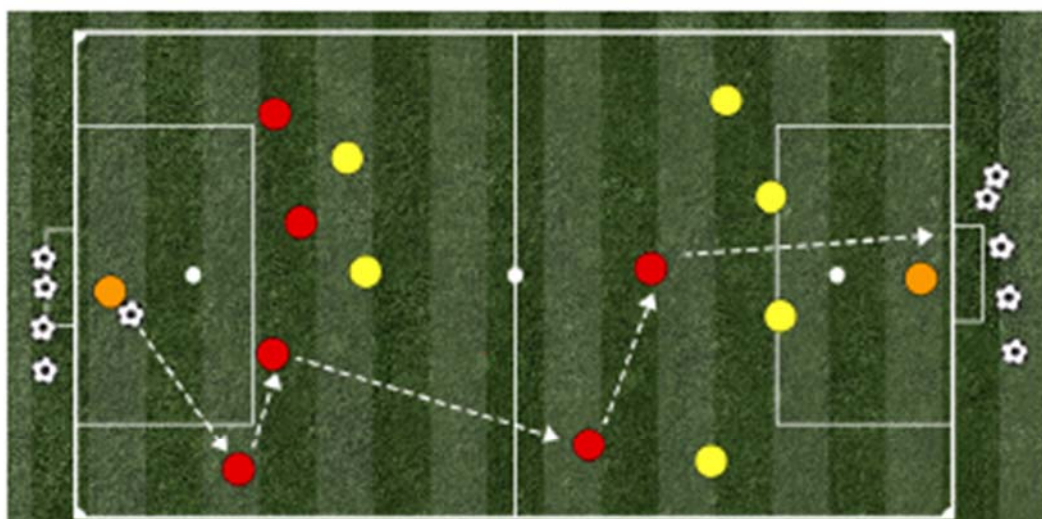
Progression

Introduce a floater/spare player who can go in any area they want to.

When the ball is with CB's, 1 player is allowed to press them in their area. This is to make players in middle areas move more and be available off the ball.

If a player in a middle area cannot go forwards and plays back to CB, they must rotate in their place and CB goes in to the middle areas. Ball must still be switched across CB's.

Drill #10 - Possession (Halves)
14 players+



Organisation & Set up:

Equipment you will need for this drill:

- 10 footballs (5 in each goal)
- bibs
- cones (flat markers would be better)

Set up area in half pitch, 7v7 4v2 each half with GKs. Reds and yellows each have 5 balls. Red begin, the GK passes out to the four who combine to play forward. 4v2 stay in each half.

If yellows steal the ball they can attempt to score in the reds goal. This encourages the team to be patient. The ball can be played back in to first half if the team are struggling to penetrate the defence. After the reds have had all 5 attacks then the teams swap and the yellows now attack.

Progressions & Set up:

- Once the 1st ball crosses half way the red GK must release the second. Reds cannot play that ball forward until 1st is no longer in play. However, if the yellows steal the ball they play forward to score, if this happens in defensive half, This means there may be two balls in play.
- Progress to letting one player cross over half way in attack, one ball in play but encourage transition at pace.. Can the defence organise?
- Now implement a time limit on the time that the team counter attacking have to score to increase the rate of recovery in both attack and defence.

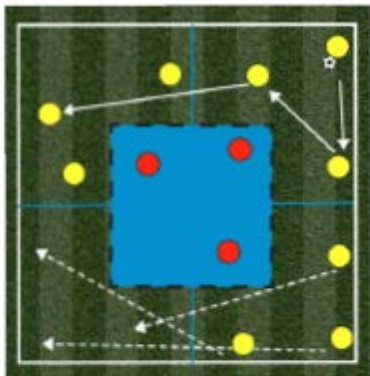
Coaching Points:

- In transition from defence to attack and vice versa, Are players aware to situation? How can they use this to their advantage?
- As you receive the pass, look up to see where the spare player is in advance to speed up tempo

Questions to ask the children:

- Q. When are good times to play the ball into target players?
- Q. How can you find or create space for yourself or team mate?
- Q. What do you need to think about after releasing the ball?
- Q. What are the risks and advantages of advancing into the other half once ball is played into target players?

Drill #11 - 3v1 Possession with Transitions **12 players+**



Organisation & Set up:

The aim of the drill is to play 3v1 in each small area. The group with the ball must keep ball against the 1, whilst this is happening the other two groups must move to the areas that are directly next to the one with the ball to increase level of support.

Middle players can rotate accordingly too so that they match the 3 yellows in each the relevant areas.

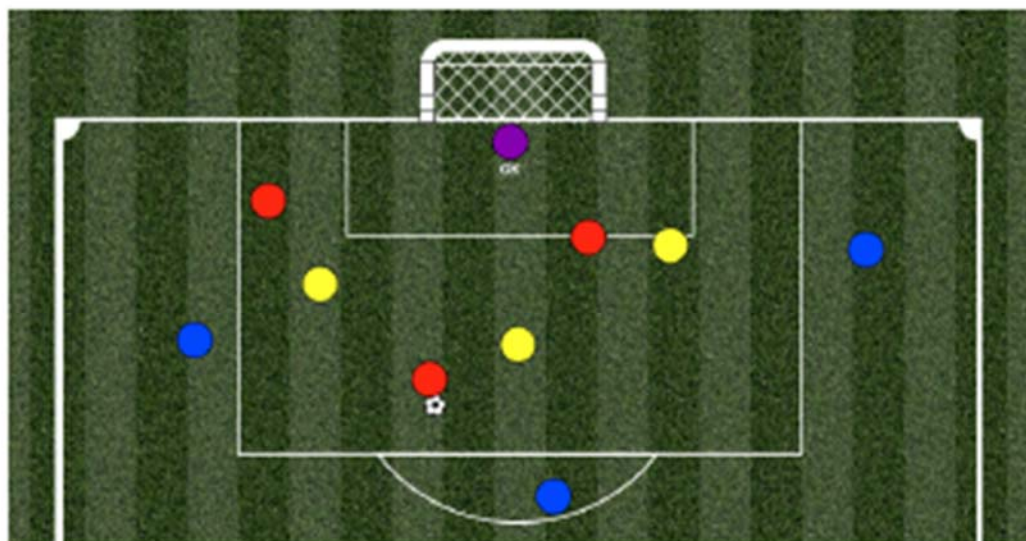
Progressions:

Play can be switched from one area to another but doesn't have to be directly next to the area with the ball. The ball does have to travel through the middle area though.

Now game is played in 2 areas at the same time 6 v 2 in yellow favour. Coach can dictate what two areas by labelling them 1-4 or a coloured zones.

Transfer from one zone to the other must a first time pass only to increase speed of play throughout.

Drill #12 - Shooting Session with SSG
10 players+



Organisation & Set Up:

Equipment you will need for this session:

- footballs
- 2 mannequins
- cones
- Bibs 3 different colours at least

Begin with a 3v3 (+3) Shooting Opportunities game.

Reds & Yellows compete in 18 yard box. Team in possession can only shoot after using a blue player on outside and receive it back. If opposite team gain possession they must also go through this process before shooting at goal.

Challenges:

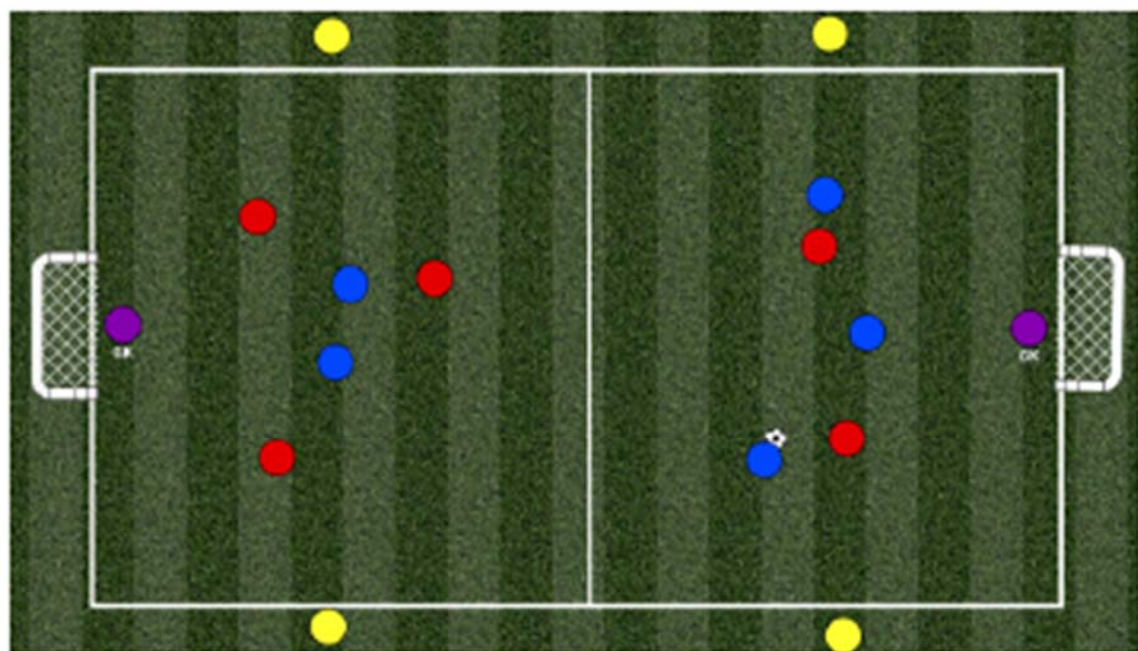
Can blues play off one touch?

How many different players can you get into a shooting opportunity?

Can you vary the type of shot you take?

(Curled effort/laces/outside of foot/weak foot)

SSG



Now play 3v2(+GK) in own defending half each.

Players look to keep possession and attempt to score a goal either:

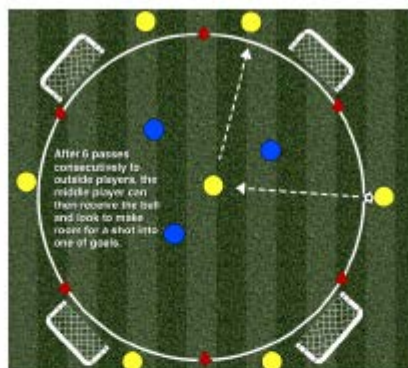
- Using a shot from distance in own half
- playing in a striker for a shot

Either side can use yellows on outside but yellows must play off one touch

- can say the player receiving from Yellow must then play off one touch also (pass or shoot)
- First time finishes
- One point for shot with weak foot and Two points for weak foot goal to encourage players to take risks

Drill #13 - Circle Passing with Shooting Drill

10 Players (7v3 is ideal)



This is a good attacking exercise that works on disciplined passing and movement. It develops good passing techniques, good movement and first touch. Field Preparation

Organisation & Set up:

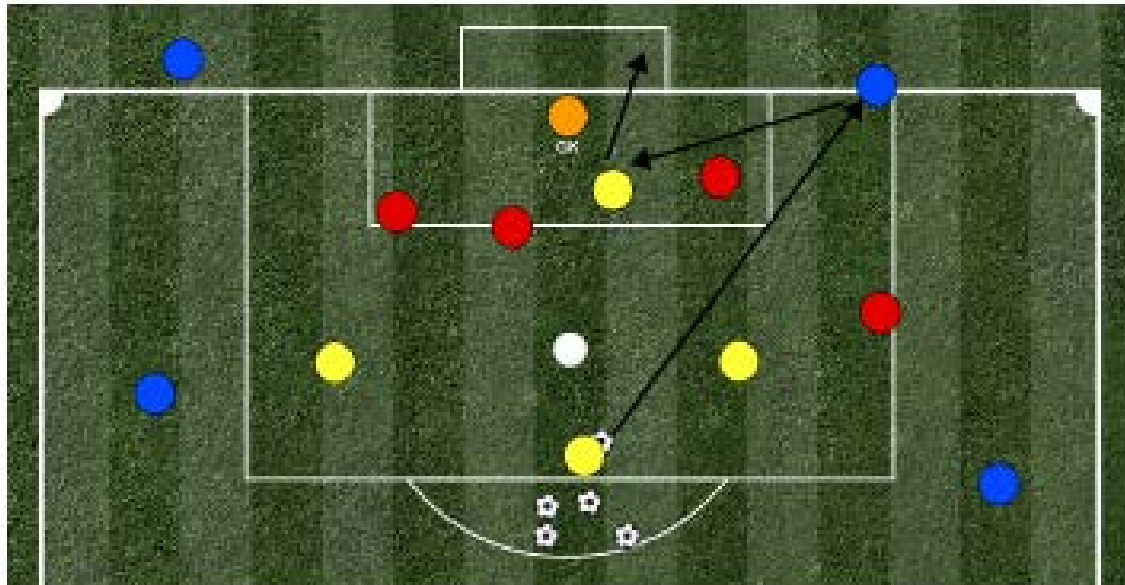
Place six cones equally distance around the circle perimeter. Place one player between each cone. These players are restricted to moving on the line and in between their cones.

One receiver and three defenders inside the circle. The object is for the seven player to maintain possession of the ball and achieve 10 consecutive passes. Start with unlimited touches then develop to "two touch, then "one touch" passing.

If the defenders win the ball the must try and keep the ball away from the centre player. If they get 6 passes, they can score a point or progress to creating space from a pass to shoot at one of four goals.

Drill #15 - 4 Point Crossing Drill

12 players + GK



Organisation & Set up:

Equipment you will need for this drill

- bibs
- footballs

3 teams of 4 if possible or equal team and adjust accordingly.
Set roles for 90 seconds (attacking, defending, serving) then rotate after period to ensure each team has a go at each.

Attacking players must try to penetrate the defending team and score by playing out to a blue who crosses for the attacking side. They can play the ball to four areas, these can be either side of the goal and outside the 18 yard box.

Progressions & Adaptations:

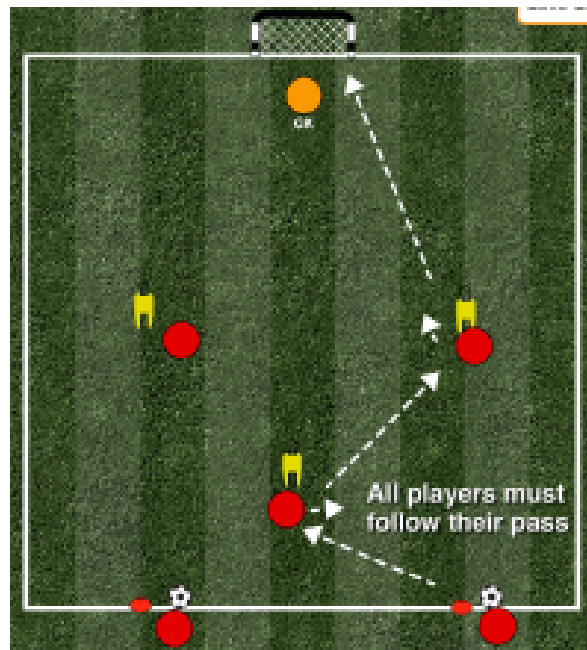
- Attacking side must look to score directly off serves, higher emphasis on the delivery and the selection of the players crossing
- If working more on penetration through creative passing or with higher ability, focus more with ball on floor and allow to play combinations with neutrals to create an attacking chance
- If the defending team win the ball, and they can gain control of the ball, they can look to play the ball out to a server and then try to penetrate and score a point. Previous Attacking team must adapt and try to get defend goal

Coaching Points:

- Variety of crosses! Depend on the position of server, and the situation
 - . Edge of 18 target server can look to play a lofted ball to back post
 - . Goal line - see if the ball can be driven towards the penalty spot or a little cut back for someone to come on to
- Try to judge the flight of the ball and adapt your body accordingly to improve scoring possibility
- The service selection should be judged according to the pass played and what players may ask.
 - . Can you cross the ball first time?
 - . Do you have someone unmarked? I
 - . What type of cross? (Position of defenders/GK)
- Movement off the ball to try and lose the defenders and create an opportunity to score
- First time finish whenever possible; volley, half volley or header

Drill #14 - Mannequin Shooting Drill

7 players+



Organisation & Set Up:

Equipment you will need for this drill:

- footballs
- 2-3 mannequins
- cones

Set up 2 mannequins 10 yards apart, around 25 yards away from goal. A further 10 yards back from these, place a mannequin in the middle as shown above. Play starts from the two cones. Have a player on each mannequin and start with the ball at one of the cones. The player who passed now becomes the player on the middle mannequin as the middle man will have turned the mannequin and passes towards one of the two mannequins so the receiving player can turn and run on to the ball and shoot. They then take over that players position on the mannequin. Repeat.

Progressions & Adaptations:

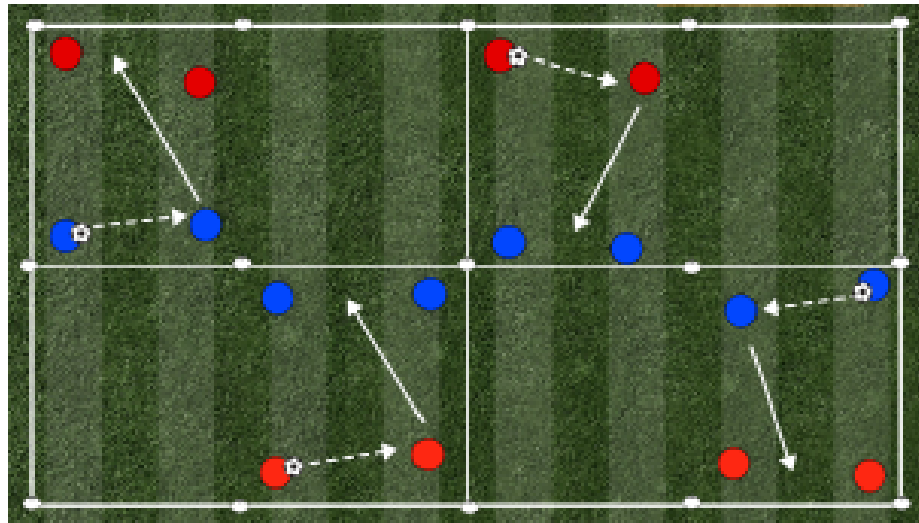
- Now play that as the middle man turns the mannequin, he then dribbles towards one of the two mannequins before slipping the pass in for the player to turn and run on to the ball and shoot. They then take over that players position on the mannequin.
- Middle player plays a 1-2 pass before slipping the ball through for the player on the mannequin closest to goal to finish
- Start from cones, this player plays into the middle player, who sets the ball back to the start player. He now passes to the striker who then sets the back to middle man who plays a reverse pass to the second player on the other mannequin
- Now replace mannequins with real defenders, can you transfer this into a more realistic situation? Variation of run and direction/angle of pass can help success rate.

Coaching Points:

- Good movement off of the first mannequin is important to set tone and tempo of the drill
- Weight of the pass is important to the player, this will dictate if he is able to turn at speed. So will he need an extra touch to control the ball?
- Questions you can ask the players:
 - Q. What technique do you use when shooting? (Placement, power etc.)
 - Q. To perform these shooting techniques, what part of the foot do you use?
 - Q. To get the accuracy and power in the header, what part of our head do we use?
- Taking shooting opportunities early. Is there space to shoot? Is the GK off guard or out of position?
- Body position when shooting/heading at goal is important, if the player is leaning back the ball will go up more, whereas the more you get over the ball the lower to the floor it will stay

Drill #16 - Heading 2v2 Drill

4 players+



Organisation & Set Up:

Equipment you will need for this drill:

- footballs
- cones or agility poles to mark out the area

2 v 2 game in a 10 by 10 yard square area. One player starts as the server for their partner, who makes the first attempt to score past the opposite 2.

The opposite team must try to catch the headers at goal.

After the first pair have made an attempt they now have to defend their goal from the opposing pair who defended the goal.

If a header is scored the a point is scored. Most points after a time limit wins.

Progressions & Adaptations:

- Players who are defending the goal can use a header or a body part except for their hands to try and clear the ball from goal.
- Team can 2 points if they manage to score a goal directly from an opponents header
- Now play in a smaller area and goals and play a 1 v 1 game with their partners acting as servers. First to 3 points wins, then swap over the pairs heading and feeding

Coaching Points:

- Get your body in line with the ball
- Players should be looking to judge the flight of the ball which will allow for a cleaner connection, whilst making contact at the best possible point.
- Make contact with the ball using the forehead
- Keep your eyes on the ball at all times

Drill #17 - Heading Combinations

5 players at each end including GKs.



Organisation & set up:

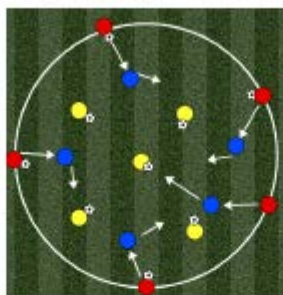
Ball starts with the server, he serves using an underarm throw. This goes to A. They must head the ball upwards towards to player C. From C, the header should be well weighted and aimed to the middle of the area to player B. Player B will use the time he has to judge the flight of the ball and aim a powerful towards to goal. Players rotate positions to change roles.

Progressions:

- These are ore preferences and about the ability of the group. You can vary the direction of the play and who does what job. One variation I have used successfully is the ball is served to B, goes to C they head the ball upwards for A to attack and head towards goal.
- Goalkeeper can only clear ball using feet, body or head. No hands.
- Once the ball has been served, the server can become an active player and must head the ball towards goal. Teams aim is to keep the up to create am opportunity for server to score.

Drill #18 - Turning Drill

12 players+



Organisation & Set up:

Aim of the session is to encourage players to think about when to turn and also how (back foot/front foot) and by doing this moving away from pressure/finding space or facing the way you are playing

Firstly red players on the outside feed the ball in to blue players who must look to perform a turn on the ball into space, and then pass to another red on the outside before repeating this

The yellows, whilst this is going on are simply dribbling and turning to add some interference, encourage ball manipulation, to try new turns and to ensure players are looking up to create space and not bump into players Rotate roles within the drill every few minutes. After doing each role once progress

Progression

Now the yellows become passive defenders against the blues in the middle. They must receive from the red, turn and then pass to another red player on the outside without a ball. Receiving player must look over shoulder to see where defender is, to then dictate what way they turn and how. Rotate roles

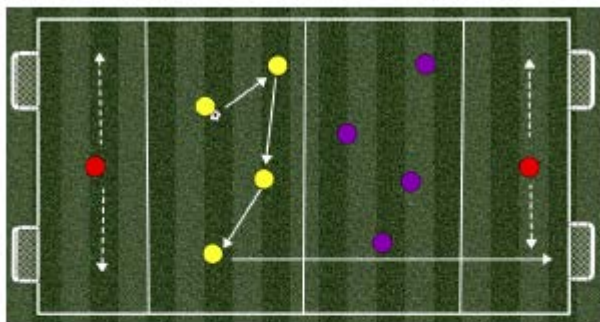
SSG where players are encouraged to turn on the ball:

- One point - Perform a correct turn under little or no pressure
- Two points - awarded by coach for a successful turn from a pass under pressure
- One point - awarded if a player can shoot from a turn they have used

Drill #19 - SSG 1 - Defensive SSG

10 players+

This a SSG seen in a Diego Simeone training session.



Organisation & Set up:

Pitch is divided into 4 areas, reds are at each end. Goals are not initially used at the start. The yellows look to pass the ball amongst themselves to try and create an opening to then play the ball to the red behind the purples. This can be done on a points scoring system. The red now gives the ball to the purple team, they must now try to do the same. Most points in a set amount of time wins.

Progressions:

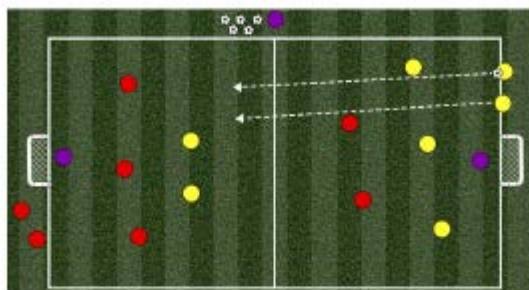
- Now add in goals, the emphasis is on the speed of play and creating an opening to score in a small goal. The red can defend both goals and if they win possession. They give the ball to the team they are defending for.
- One touch finish/final pass to end zone/goal.

Q. How can your defensive shape/set up affect your level of success in winning back the ball?

Q. What is the first thing you are looking to do if you do win back possession? (Can you play early? Switch the ball quickly?)

Drill #20 - SSG 2 - Overload SSG

14 players+



Organisation & Set up:

Start with 3v2 in each half, and two players of each colour at each end of the pitch as shown above.

Play starts when two yellows enter reds half. They play 4v3 and try to score. Once ball is out of play, the coach feeds another ball into the 4 who now have to play against the 3 again.

Now the two reds at end of the half attack the yellows end. The yellows must now defend against the reds (4v3). Same rules as reds when they attacked. Rotate roles within the drill.

Progressions

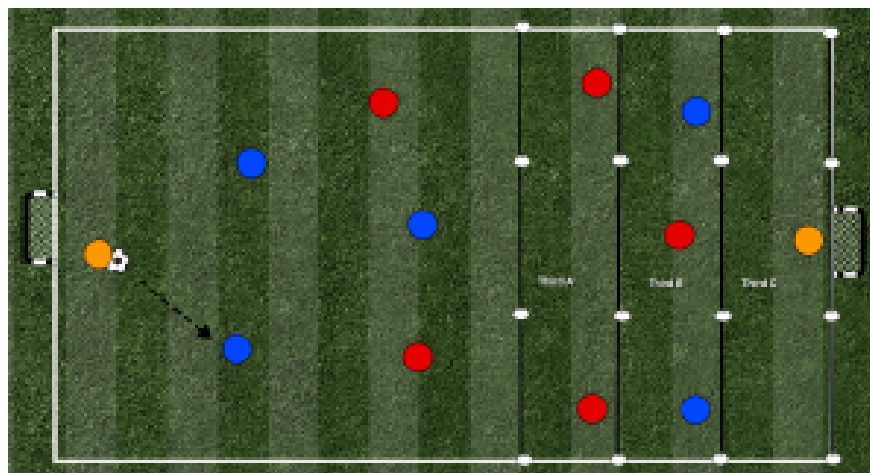
Add a time limit of 10 seconds to each attack. If team scores with 6 seconds left, they get 6 points if they score with 1 left, they get 1 point etc.

If defending team win the ball, they can play forward to attacking players and can then support to create a 3v3/4v3/5v3 situation and score a bonus point.

- what are the risks of doing this?
- when do you risk a 5v3, what are problems with this situation?

Drill #21 - SSG 3 - Attack & Counter Attack

12 players+



Organisation & Set Up:

Equipment you will need for this drill:

- footballs
- bibs
- cones/flat markers are better if you have them
- 2 goals

Set up a 50 x 30 area to play in, one half will be separated into thirds (A,B,C) and then into 9 smaller areas (counter attacking sides half) and the other, 1 big area (attacking sides half).

Try to play 2 equal numbered sides. The ball starts with the attacking side, they pass the ball out from the GK and then try to create an attacking opportunity.

If a goal is scored play restarts from attacking GK again.

- if counter attacking side win the ball in one of the thirds they can try to counter attack and score 2 points in.

The attacking side can try to counter themselves if the GK or defence can get the ball out quickly.

Swap teams over after 6 attacks to give them opportunity to do both.

Progressions & Adaptations:

- Introduce a time limit for counter attack to be completed in according to abilities etc.
- 8 passes or seconds maximum to increase the match realism
- Increase point scoring opportunities by saying if counter attack is from
 - .third A it is 2 points
 - .third B is 3 points
 - .third C is 4 points

Challenge 1: how quickly can you counter attack ?

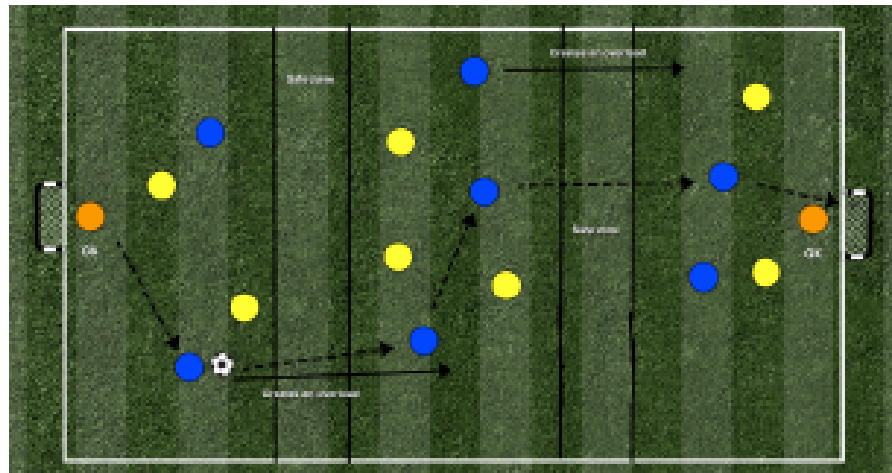
Challenge 2: can you score using a 1 touch finish?

Tactical Challenge: how can you best set up, to be most effective in both attack and on the counter attack? (Formation, shape, etc.)

Coaching Points:

- Don't force the pass and be patient in attack using as many passes as necessary until an opening is created.
- Passing should be to feet and at the right pace but, on the counter attack the pass may be ahead of player to run on to
- The attacking team will have a number advantage in their own half of 4v2, be sure to use this until you can safely pass the ball into a player in the other half
- follow your pass into the other half to try and create an overload in attack and from it a scoring opportunity

Drill #22 - SSG 4 - Playing With Speed & Vision 14 players+



Organisation & Set Up:

Equipment you will need for this drill:

- cones
- bibs
- footballs
- 2 goals

Use a 7 a side pitch if under 14 players in session, (can increase numbers and size depending on age/ability). Split pitch into 3, the dividers are the safe zones. Any player of the team in possession can use the safe zones and cannot be challenged.

Both teams set up in a 2-3-2 formation with a GK.

Play starts with the GK, he will try to play out from the back to a defender. The defender will try to then pass through to the next third.

-they can dribble/pass in to safe zone where they cannot be tackled to attempt a pass.

Once in the middle third one of the defenders can move into the middle third to create an overload (4v3) the midfielders try the same and attempt to get the ball into the final third before of then creating an overload in attack (3v2).

Once a goal or shot has been taken the ball starts with the GK repeat.

Progressions & Adaptations:

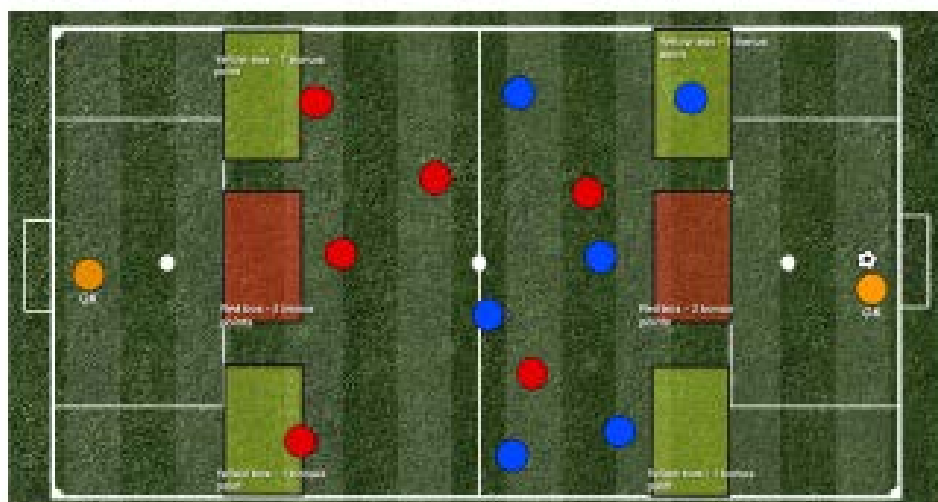
- Remove the safe zones slowly until there are none
 - . no defensive or attacking safe zone depending on how session is going
 - . then no safe zones at all
- Smaller or bigger goals depending on the age/ability of the group.
- allow more than one player to move into the next area of the pitch at a time
- After a period of time, stop the game and give each team 2 minutes to speak to each other about how they can improve both as an attacking side and in defence (problem solving/strategy).

Coaching Points:

- Play with your head up, can recognise the space and where you can pass to
- Use the overload, 3v2, 4v3 etc. by using movement off the ball and drawing a player away from a player before passing
- Can your team use the safe zone in some way (after dribbling into it/find unmarked player with a pass) to create an opening find space
- Player who makes a run into another area to be done at pace to create indecision in defence and also a chance to exploit space
- Do you have to use the player who is making the overlapping run or can they be used as a decoy to create space and an attacking opportunity?

Drill #23 - SSG 5 - Dangerous Situations

10 players+



Organisation & Set up:

Equipment you will need for this drill:

- footballs
- bibs
- 2 goals
- cones (flat markers are better if you have them)

Play a normal SSG, If players receive the ball in a box in their own half and can play out from a box they receive the point according to the box. If players receive the ball in either of the 3 boxes in the attacking half they get extra bonus points if they then score directly from that phase of play.

Receiving in the red box - 2 bonus points

Receiving in the yellow box - 1 bonus point.

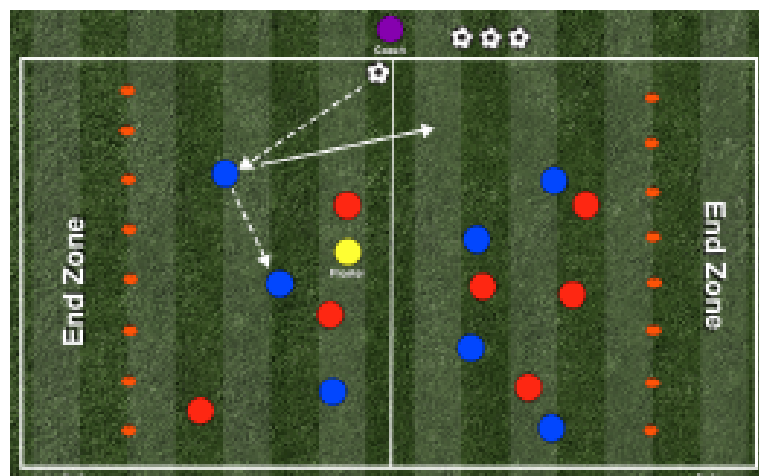
Progressions & Adaptations:

- Increase/decrease the size of the pitch according to ability and numbers on each team
- Increase/decrease the size of the boxes to score points
- For a lower ability group remove the middle box in each half and play, using only the boxes either side of the area.
 - . To begin with, play with the boxes being safe zones and that they cannot be tackled in these, this a way of encouraging players to play out from the GK with confidence
 - . Depending on the success, you can remove the safe zone rule or apply a time limit for players in the safe zone and then progress
 - . If success is high in this then maybe bring in the middle box if appropriate.

Coaching Points:

- Receive so you can play forwards (side on) using an open stance
- Create space to play forwards - Off the ball movement is essential for this SSG to be effective and successful
- Play with width, as soon as GK has ball, players should be looking to move wide and into the boxes to receive and then play from there
- Decision making with the players deciding whether they have to pass or dribble from their position on the pitch or from the boxes, is there space to dribble before passing?

Drill #24 - SSG 6 - Counter Attack 7v7 +1



Organisation & Set Up:

Equipment you will need for this drill:

- footballs
- bibs (one different colour for floater)
- 2 goals
- cones (flat markers are better if you have them)

Use half a pitch, working across the width, with 5yd channel marked by cones at each end, as shown. 15 players, arranged 7v7, plus one floater, who plays for the team in possession at all times.

Practice starts when Coach passes into practice area, to blue team. Blues look to keep possession & look for opportunity to get ball into the opponents end zone. Once the first player of blues plays a pass, they must advance into the attacking half.

On loss of possession Reds look to quickly break forward to other end & score by running ball into opposite end zone. After counter-attack attempt: coach restarts practice by feeding into to blues.

Progressions & Adaptations:

- Introduce 2 GK's (one at either end), initially without goals to act as 'sweepers' & defend end zones.
- Introduce goals for each GK to defend
- After counter-attack attempt: coach restarts practice by feeding into to the team that has just conceded to see if they can counter quickly.
- Create a time limit for team counter attacking to score, this creates a realistic match situation

Coaching Points:

- Quick reaction to movement of players to initiate counter-attack.
- Look to penetrate behind opposition with runs & well-placed passes.
- Intelligent use of possession, movement & individual skills, on & off the ball.
- Team defending should look to deny space & delay progress, looking for opportunities to intercept, spoil & initiate counter-attack from regains of possession.

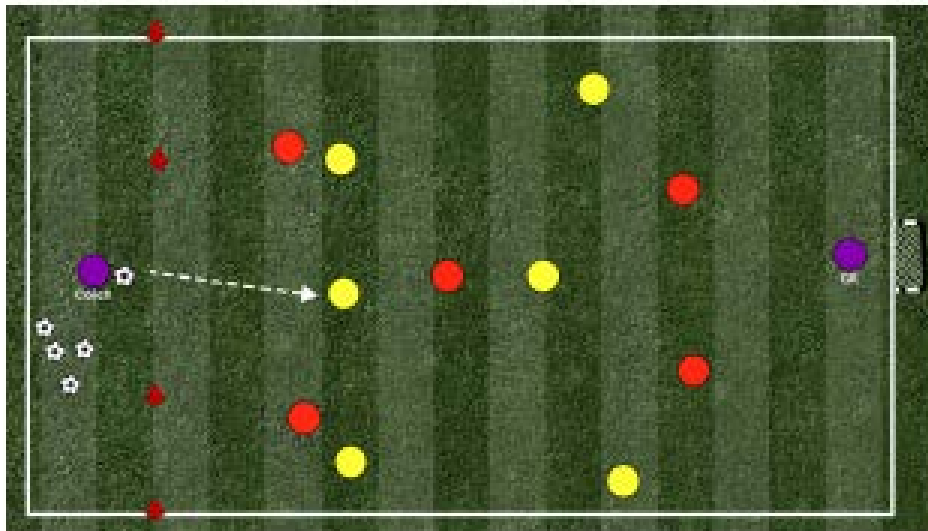
Transition to attack

- Speed
- Less than 7 seconds
- Direct/positive

Transition to defence

- Tight and compact
- Recover quickly/effectively
- First player closes to delay

Drill #25 - SSG 7 - 3 Goal Game
10 players+



Organisation & Set up:

Equipment you will need for this drill:

- bibs
- footballs
- cones or pop up goals if possible.

1 goal and 2 'cone goals' set up as shown

Play starts with the Coach playing the ball to Yellows from between coned goals.

Yellows have to score in the goal for 1 point, Reds can score through coned goals for 1 point or can run it between a coned goal for two points.

Progressions & Adapataions:

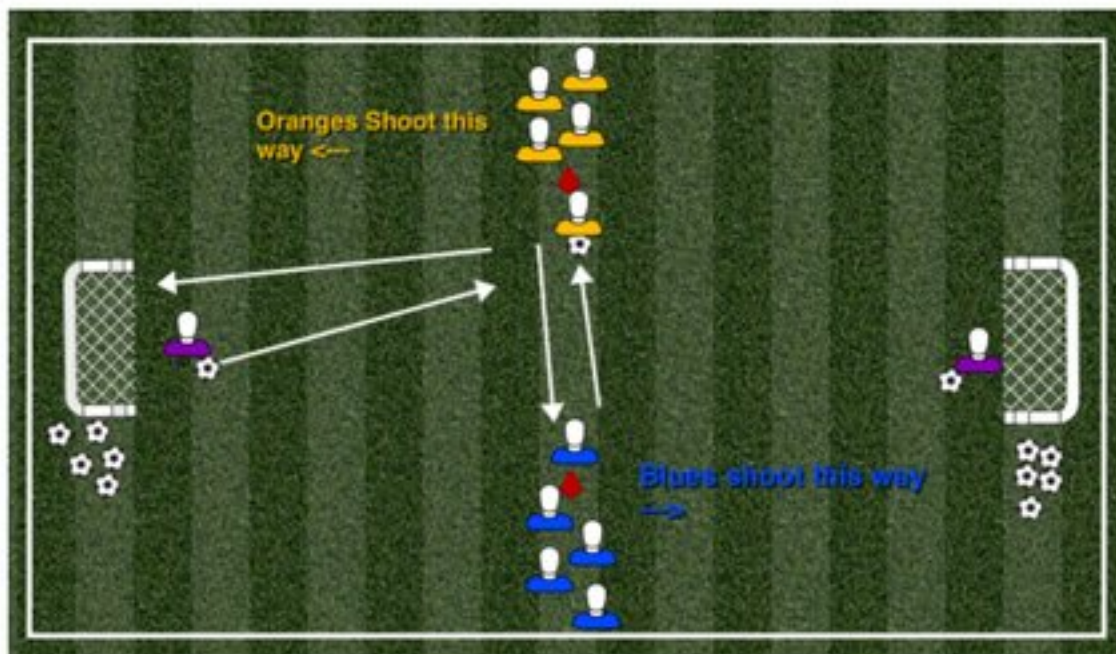
- Reduce the size of goals or even the position of the coned goals
- Amount of touches such as 3 touch football
- Take away the overload and play 6v6 on the the pitch to increase the tempo and competitiveness

Challenge: can you score using a 1 touch finish?

Coaching Points:

- Can you take advantage of the overload whilst being aware of the possible overload?
- Can you defend your goal compactly whilst countering quickly if you gain possession?
- Can you look to switch play when one coned goal is obstructed by a defender
- Using the 'Spare Man' but, make players aware of a possible counter attack.
- Be patient when in possession and look for an opening in attack

High Tempo Shooting Game



Organisation & Set up:

You will need a good supply of footballs at each end of the pitch and one in the middle. Play begins with one blue and one orange playing 1 touch passes back and forth. On coaches call or whistle, the player who has ball stops it dead and turns to goal they are shooting at. The GK rolls the ball out to that player who must shoot as quickly as possible. Above picture is for an orange shooting.

If the ball goes wide/over shooting player must retrieve it.

As soon as the shot has been taken, new middle players begin passing to repeat process.

Progressions & Adaptations:

- Player shooting must shoot first time at goal
- Coach calls Blue or Orange, player reacts as to who they are receiving from to shoot at that GK.
- The shooting player receives ball from opposite GK and must turn out and shoot before a set line or in time limit
- (Carrying on from previous progression) non shooting player can act as a passive defender to try and create an angle for shot and perform turn or trick to then shot.

1v1 Dribbling to Shooting Drill



Organisation & Set up:

Split group into two teams, a defending team (blues) and shooting team (yellows) with a GK in each goal set up as shown above. Yellow begins with football and dribbles towards the blue in between the two poles.

- If the player dribbles right of the pole they must then cut inside and shoot at goalkeeper B (white arrowed route).
- If the player dribbles left of the pole they must then cut inside and shoot at goalkeeper A (red arrowed route).

Progressions & Adaptations:

- Now play with 2 in attack, if player decides to shoot, the other must look for the rebound opportunity
- This time, if first attacking player dribbles right of the poles the second player runs through poles and is fed in by first player to shoot at GK B and if he dribbles left of poles they play in player to shoot at GK A.

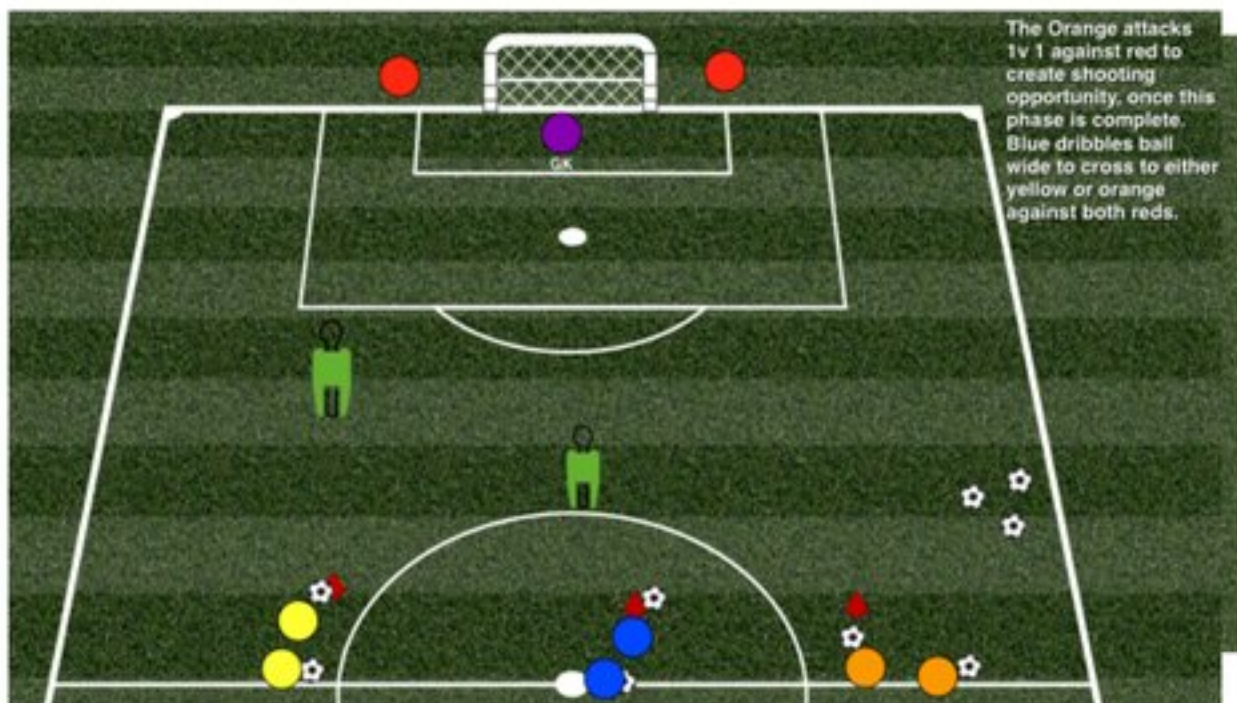
Attacking Points:

- Accelerate when you are close to defender to create space and a shooting opportunity
- Keep the defender guessing by varying the skill you perform each time changing direction at pace
- Vary your type of shot (curled, drilled etc.) with both feet if and when necessary. Follow up shot for rebound opportunity

Defending Points:

- A good solid body position depending on the attacking players position in relation to the goal
- Can your position dictate the direction/foot the attacking player uses?
- After shot, ensure you or GK can safely gather rebound to end attack

Shooting Session (3 part) - 10 players+



Organisation & Set Up:

Equipment you will need for this session:

- footballs
- 2 mannequins
- cones
- Bibs 3 different colours at least

Begin with a 3v3 (+3) Shooting Opportunities game.

Reds & Yellows compete in 18 yard box. Team in possession can only shoot after using a blue player on outside and receive it back. If opposite team gain possession they must also go through this process before shooting at goal.

Challenge.

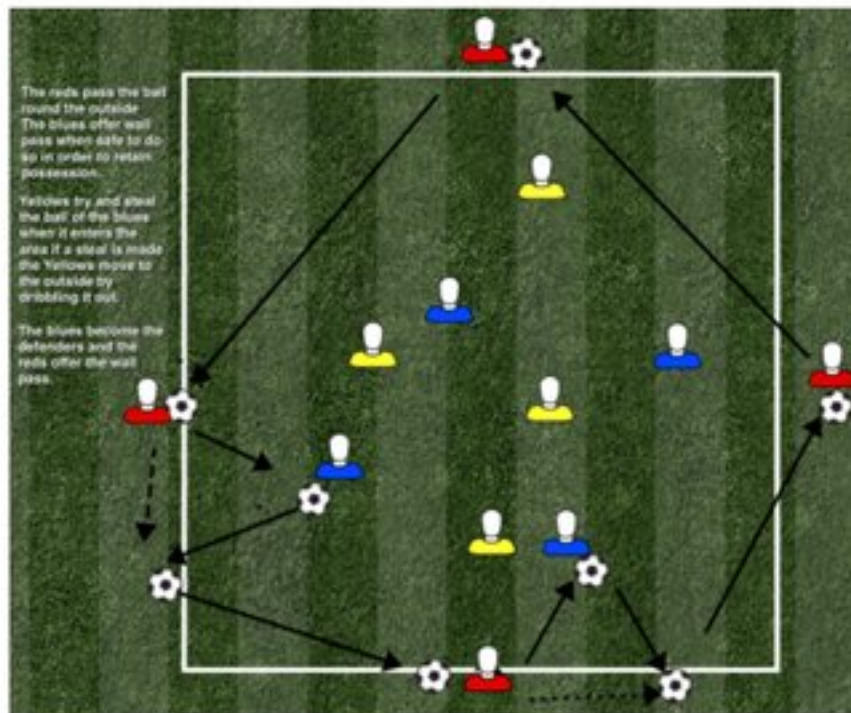
Can blues play off one touch?

How many different players can you get into a shooting opportunity?

Can you vary the type of shot you take?

(Curled effort/laces/outside of foot/weak foot)

Combinations to Keep Possession



Organisation & Set up:

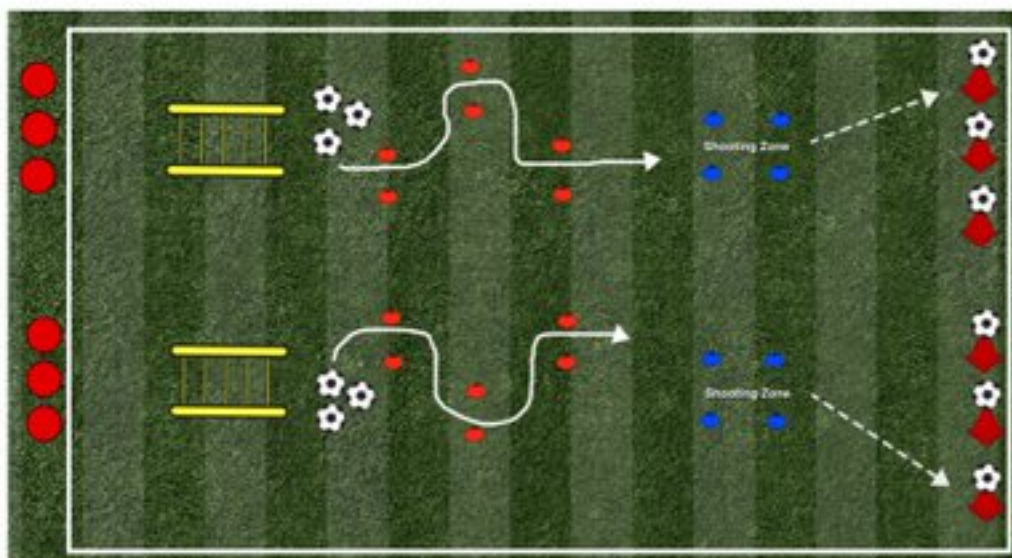
Players work keep the ball by moving the ball without pressure round the outside when on to play the players play a combination with attacking team to keep possession and switch play.

- The reds pass the ball round the outside. The blues offer wall pass when safe to do so in order to retain possession.
- The Yellows try and steal the ball of the blues when it enters the area if a steal is made the Yellows move to the outside by dribbling it out.
- The blues become the defenders and the reds offer the wall pass.

Progressions & Adaptations:

- One touch on the inside , Two touch on the outside
- Coach calls switch, team on inside who are in possession give ball out to the other team and swap places. Now inside team who were in possession are now outside players and outside players are middle players in possession.

Obstacle & Cone Game - 6 players+



Organisation & Set up:

Split players into two equal teams and on different stations, players start at the opposite end to the cones that hold the footballs (the amount of target footballs can depend on numbers in group or ability). The first player leaves the station and goes through the agility ladder. Once through the ladder, the player then collects one of the balls that are in a group before dribbling through the gates and arriving at the shooting zone.

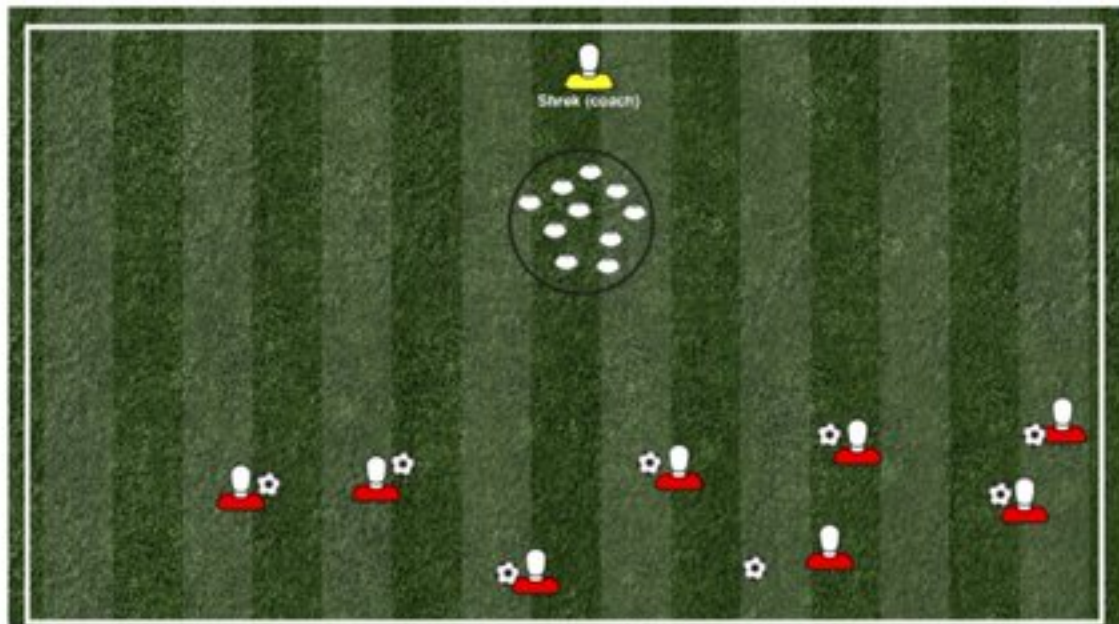
When they arrive there, the player next in line can leave their station and repeat the process. The player in the shooting zone must try to knock the ball off the cone. After taking their shot, they must then collect their ball and return it to the group of footballs. Repeat process.

Progressions & Adaptations:

- Reduce the size of the footballs that the players are dribbling or that they have to hit off the cones
- For younger players look to take away the ladder and use something else instead such as players jumping over a few little hurdles etc.
- Make the gates to dribble through either bigger or smaller depending on ability and age group
- Increase or reduce the distance between the shooting zone and the target cones

Challenge: how quickly can you knock all the balls off the cones?

Shrek



Organisation & Set up:

Use all available space. Create a small circle near the top of the area and lay down numerous cones in the middle of the circle. Each player has a ball at their feet.

Coach stands near the circle with cones on their ears.

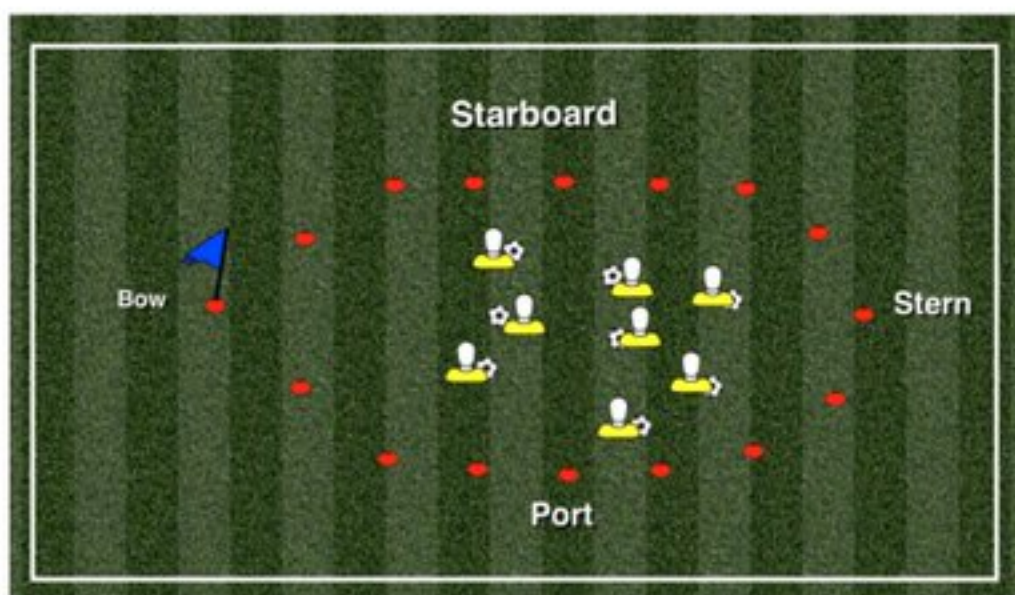
Aim of the game is to sneak up to the circle and steal "food" (1 cone at a time) without waking Shrek (coach) up.

Players start at the opposite end to the food area and they have to dribble up to the circle without making a noise and waking Shrek up. If Shrek wakes players have to freeze on the spot with the ball under control if they move they have to go back to the beginning.

Once the player has stolen the food they need to get it back home (start) without been caught.

Game continues until all food has been taken home by the players.

Pirates of the Caribbean



Organisation & Set up:

Area marked out should be shaped like a ship.

As a captain of the ship, begin by telling your crew of pirates the names for each of the sides:

- Bow (Front)
- Stern (Back)
- Port (Left side)
- Starboard (Right side).

This acts as a little bit of a memory test.

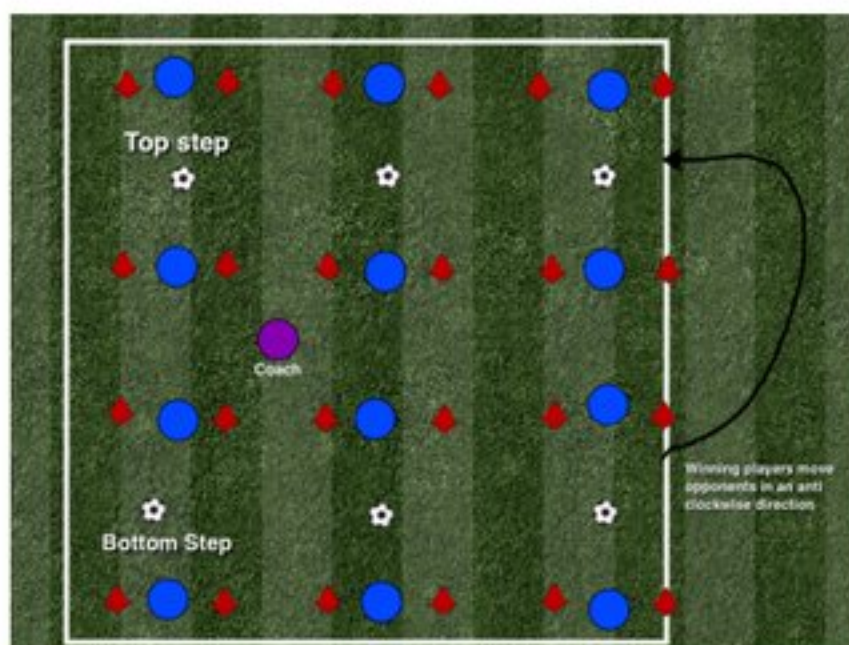
The Pirates dribble around on deck and when the captain calls out one of the four names the Pirates must dribble to that end or side. The last pirate to reach the side called has a small forfeit to undertake. Maybe a skill or something like that.

Adaptations & Progressions:

Introduce some other skills to be completed on the captains call.

- 'Scrub the deck' control the ball using the inside of your feet either static or moving
- 'Climb the rigging' do toe taps up and down on the ball as quickly as you can.
- 'Clear the decks' try to flick the ball up and juggle it off of the deck as long as you can.
- 'Captain on board' try to balance on the ball and salute the captain.
- 'Cannonball' hit the deck and lie down as quickly as possible to avoid the blast.

The Magic Word Game - 6 players+



Organisation & Set Up:

Set up a areas like a over for each air to play in. Should be around 6 yards long and 3 wide. It is a lvl game and try to leave space behind to avoid collisions etc.

The coach begins by either making up a story or just saying random words when he says the magic word* the players attempt to win the ball.

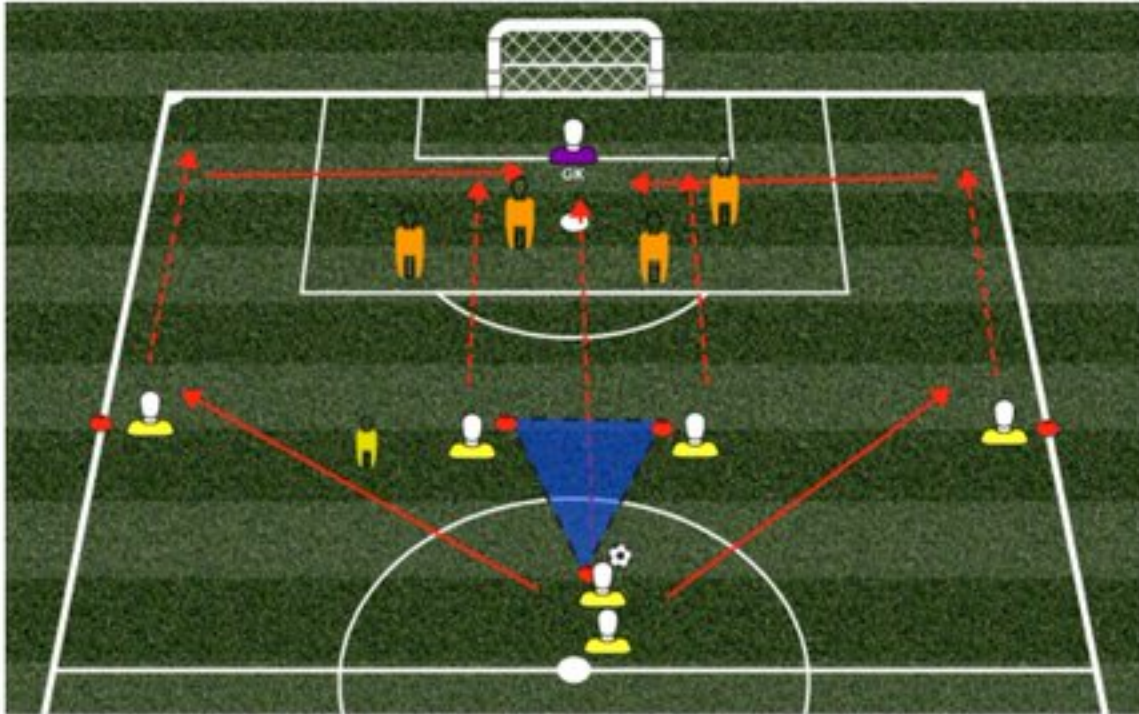
The aim is to beat your opponent to the ball and turn back and dribble over the line you started from. The If the ball goes out at the side, replay the games that didn't have a winner. If a player wins they move up the grid, the loser stays where there are. The player on the top step is king, when the player loses they must rotate round and start again at the Bottom step.

*The magic word can be anything you want it to be

Progressions & Adaptations:

- Increase the distance that all the players must travel. If the Players who are more talented are successful consistently, then increase the distance they travel only to increase the level of Competition and to reduce the level of failure for others.
- Make the gates to dribble through either bigger or smaller depending on ability and age group
- Teams instead of individuals, players try to win points for their teams after playing each other players swap over. Most points win

Crossing&Finishing- 6 players+



Organisation & Set up:

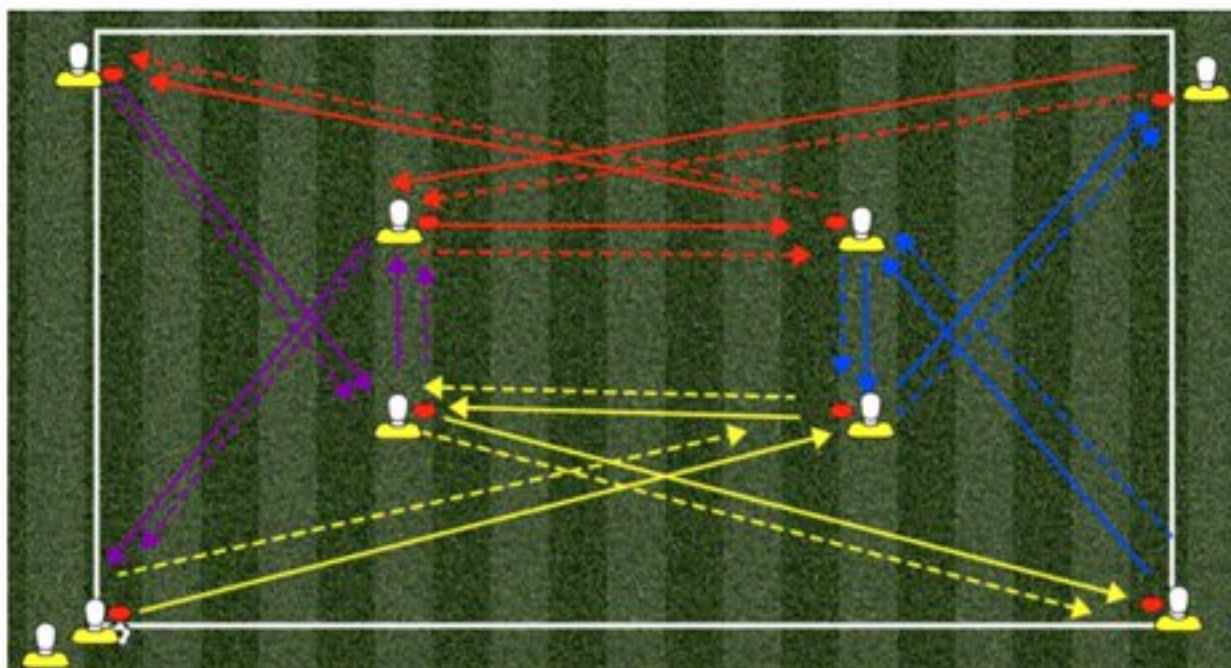
Player at bottom of area starts with ball, they play one touch passing in triangle, when coach calls "play" the ball is played out to one of the wingers depending on the players position and angle of pass available.

As soon as the ball is on way to the winger, the middle three players begin their run into the box and look to attack the cross in. Try to encourage players to attack the ball and players can make contact with the ball at pace to generate power.

Progressions & Adaptations:

- The crossing players should be looking to vary the style of cross (low, curled, drilled, lofted etc.)
- Now include an active defender that can make player crossing react to their positioning and then use style of cross appropriately.
- Add another defender into the equation that can be a recovering defender. They apply pressure firstly in the middle area vs the middle 3 shutting down the players to encourage quick passing and decision making in the middle.

Passing Pattern



Organisation & Set up:

Dotted line = direction of run of player
Solid line = direction of pass by player

Ball begins with player on outside, the player plays a long pass diagonally opposite and follow the pass. Ball is played through yellow route onto the blue, red and purple. Ball then returns back to start. All players follow their pass at pace to increase tempo.

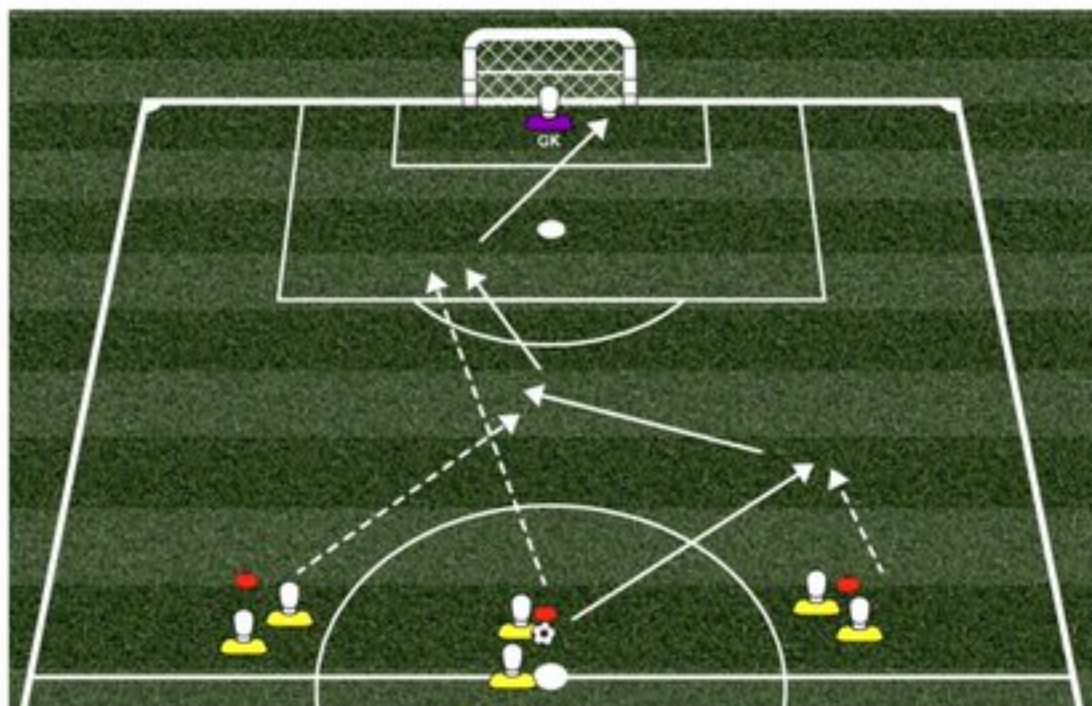
Progressions & Adaptations:

- Reverse the direction of the practice to encourage players to use their weaker foot.
- Increase or decrease the playing area size depending on the needs of the players (short or long passes, these could be lofted)

Challenge:

How many footballs can you use in this drill? This will rely on tempo and accuracy of the passes during the practice.

Shooting Combinations



Organisation & Set up:

Solid line = direction of pass
Dotted line = direction of run

Ball starts with middle player, they play a pass right to the moving player. The player on the left makes an angled run into the centre to receive from the second player. The middle player finishes the move by receiving a short pass from the middle to then finish ideally first time.

As group get more consistent with pattern of play, then encourage a higher tempo and rebounds.

Progressions & Adaptations:

- Reverse the pattern of practice. Player passes left at start to begin. To vary the shooting foot.
- 2 defenders apply pressure and now the players in attack can choose if and when to pass or shoot using the previous pattern of play.

Challenge:

- Ask players to come up with their own pattern of play. With a similar amount of passes and a first time finish. Get creative!

Multi-box Transition Game for Possession



Organisation & Set up:

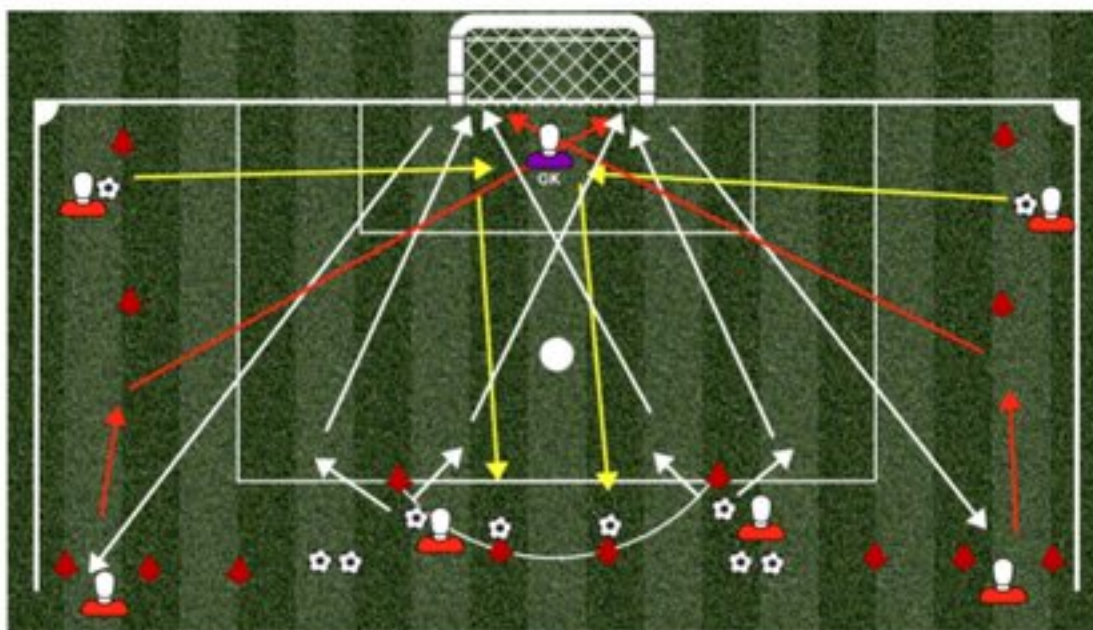
Set up an appropriate size playing area.

Two teams play possession aiming to get the ball to a team mate inside one of the four colour boxes (players should not stay in any one box), that team then attacks the goal of that boxes colour. (Example in the above box) Yellow player receives in yellow box, so therefore yellow team attack the yellow goal).

Progressions & Adaptations:

- First time finish only
- Cannot attack same colour in consecutive goes.
- Coach can at any time call a colour and the team in possession must adapt and then try to score in that goal.
- Offsides apply from the edge of the of the boxes (the blue dotted line). About timing of run
- Optional progression. Have GKs that can react to cover relevant goal.

GK Workout. All Round.



Organisation & Set up:

Excuse the arrows. They will all be explained clearly in order of when they should happen.

White arrows.

- Red player cuts outside the cone and shoots at GK. Then other red player repeats.
- Now each red will go 1v1 vs GK in turn.
- Now GK sprints to penalty spot and red now tries to lob GK 1 at a time. If GK can hold on to the ball they then play a controlled kick from hand or a throw to far wide players.

Yellow arrows.

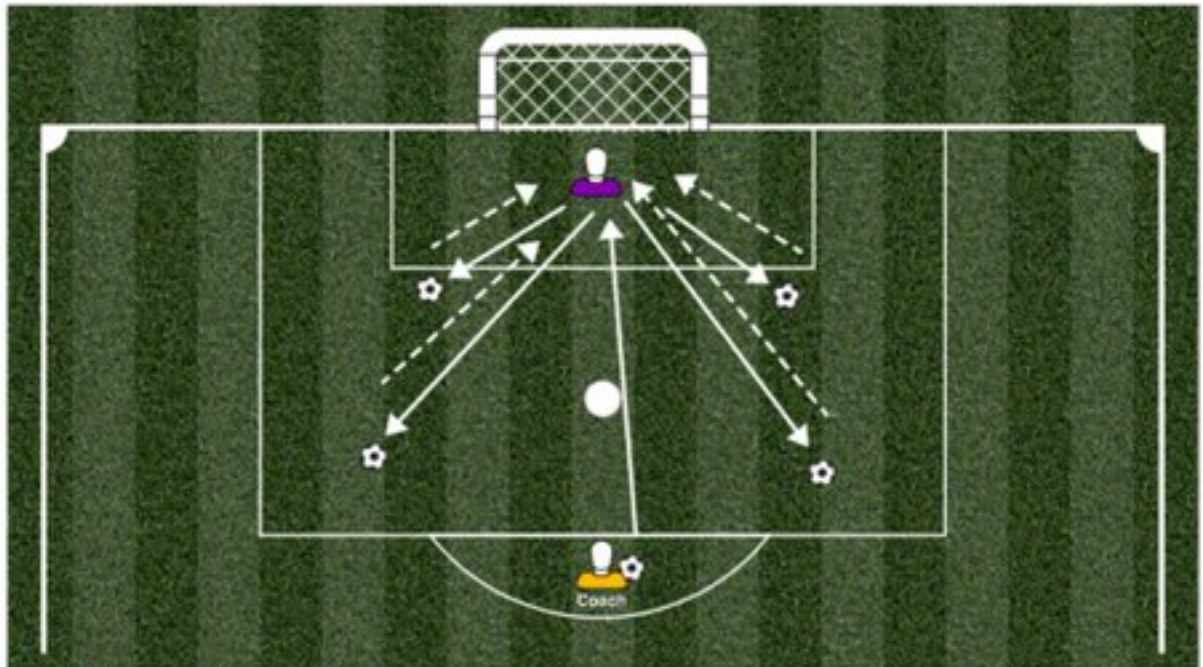
- Player crosses into the area for GK to claim. When they get the ball under control, they then look to overarm throw or roll the ball at ball on the cones. This is to develop accuracy.

Vary cross style - bouncing, whipped, drilled, low.

Red arrows.

- Player dribbles forward and then cuts inside to shoot at the GK. The Two reds who shot first look to rebound if GK spills the ball.

GK Diving on the Ball



Organisation & Set up:

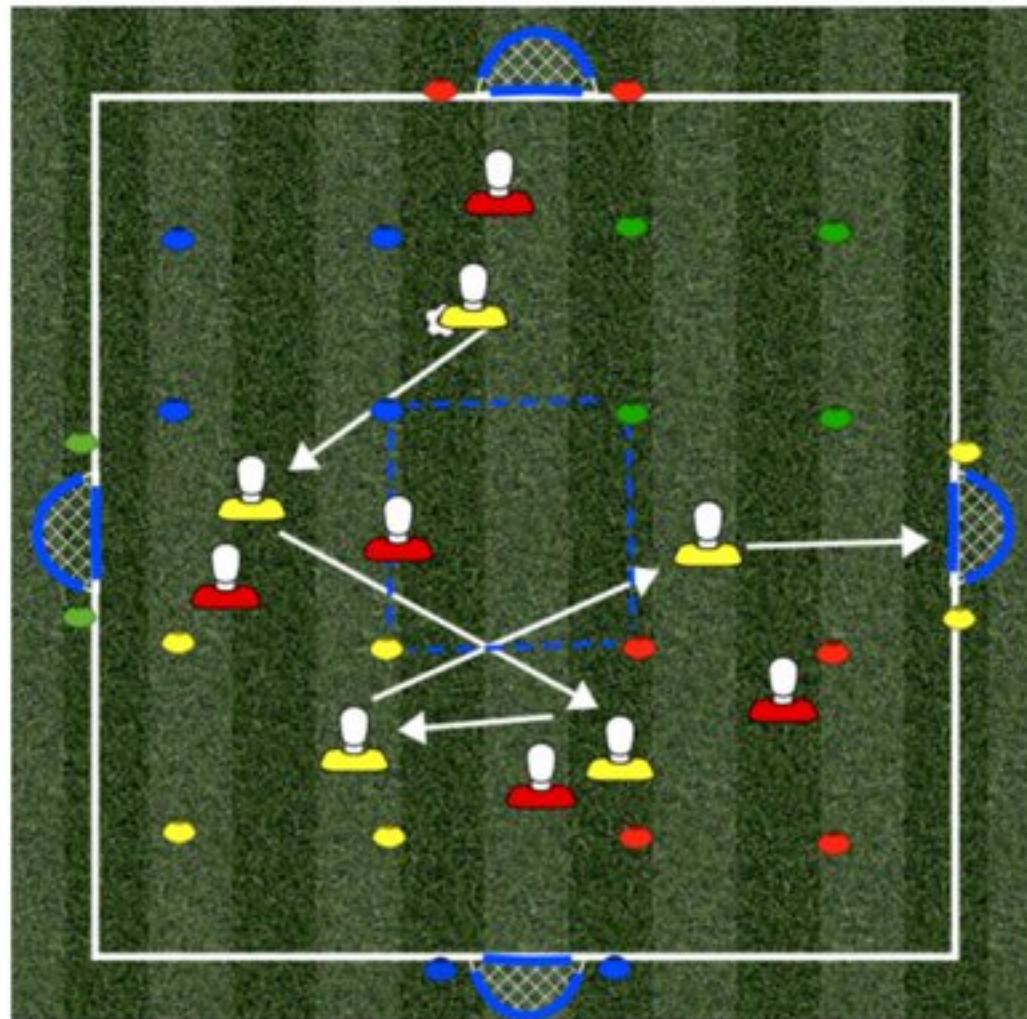
This practice is designed to improve a GK's ability to dive. GK starts in the middle of their goal, with the coach directly opposite on the edge of the area. 4 balls are placed around the penalty box as shown.

On coaches call, GK must then look to run and dive onto each of the four balls, returning to his starting position in the middle of the goal each time. After this, the coach volleys the final ball at the GK ensuring he catches the ball cleanly.

Note: you can vary the positioning of the balls and the distance the coach is away from the goal to increase/decrease difficulty.

This drill needs to be done at a high intensity for it to be most effective in a GK development and adds a higher level of realism as to how they would do it in a game.

Multi-box Transition Game for Possession



Organisation & Set up:

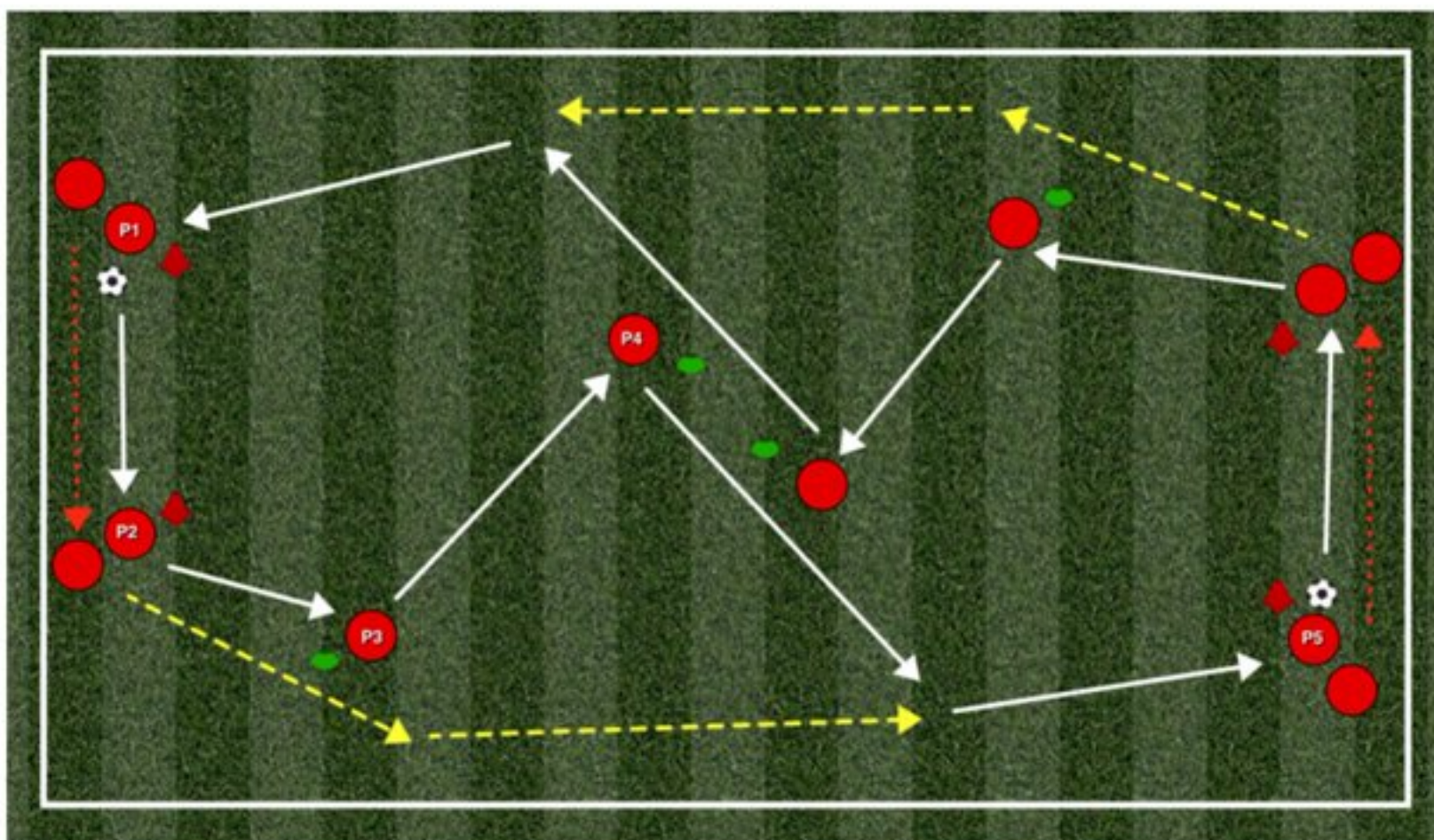
Set up an appropriate size playing area.

Two teams play possession aiming to get the ball to a team mate inside one of the four colour boxes (players should not stay in any one box), that team then attacks the goal of that boxes colour. (Example in the above box) Yellow player receives in yellow box, so therefore yellow team attack the yellow goal).

Progressions & Adaptations:

- First time finish only
- Cannot attack same colour in consecutive goes.
- Coach can at any time call a colour and the team in possession must adapt and then try to score in that goal.
- Offsides apply from the edge of the of the boxes (the blue dotted line). About timing of run
- Optional progression. Have GKs that can react to cover relevant goal.

Overlapping Combinations



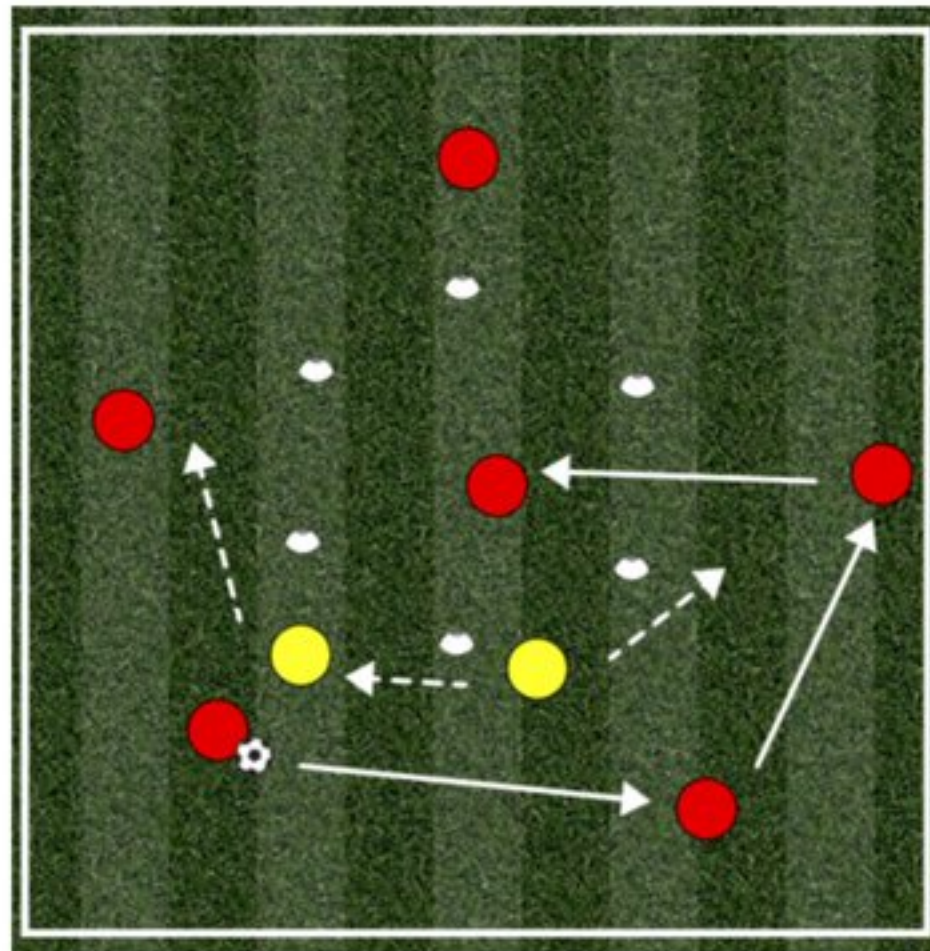
Organisation & Set up:

- 10 players minimum
- P1 passes ball to P2 (& follows pass), P2 on half turn moves ball quickly onto P3 (creating angle away from marker) and starts an overlap run, P3 to P4 (as above) who then passes ball wide to overlapping P2 player to match run tempo (without breaking stride)
- P2 finishes move with pass to P5 who then starts the move down the opposite flank.
- Drill starts with two balls in motion from either end

Progressions & Adaptations:

- P2 passes to P4, who passes back to P3 who picks out the overlap pass to P2 from a different angle (shallower angle of pass)
- Rotate direction of the play

Passing for Penetration - 7 players+



Organisation & Set up:

Set up 25 x 20 area (bigger or smaller depending on the amount of players and how challenging you want it to be)
Inside this area is a 7x7 yard square or circle.
Numbers can be easily adapted

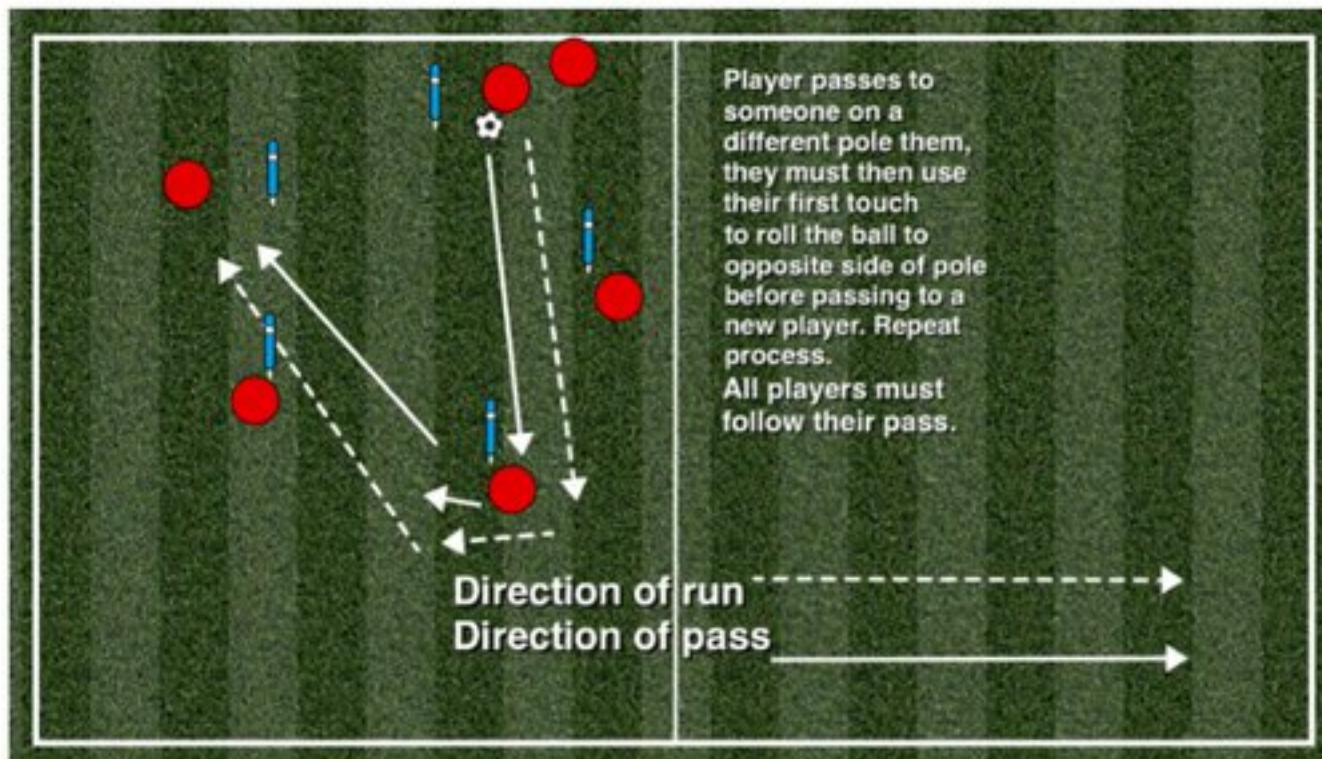
The team places 1 player in the smaller square and the other 5 around the rest of the area. The defending team has 2 players
The attacking team score a goal by making a pass between defenders into their target player in the small square. Once player in middle has the ball, they must then try to safely play out of small area back out to teammates

Progressions & Adaptations:

- Play a competitive game outside in bigger area (5v5) to make it two equal teams and the target player becomes neutral and plays for each team
- Keep the target box empty and if teams want to score one of their players must make a run into the box to receive.

Swansea Passing Drills.

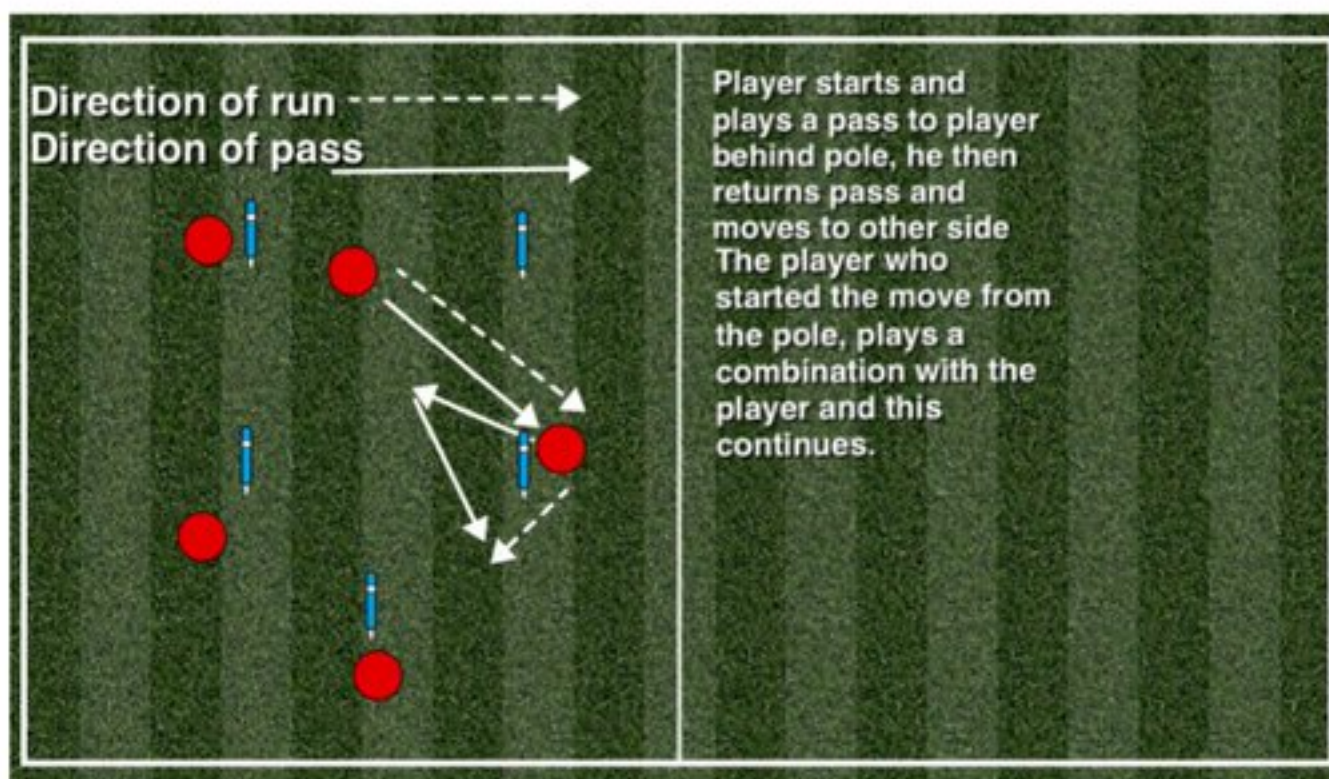
Drill #1



Challenges:

- vary the style of touch you take (inside/outside foot)
- Can you play at speed?
- Play to different poles each time to vary angles of pass

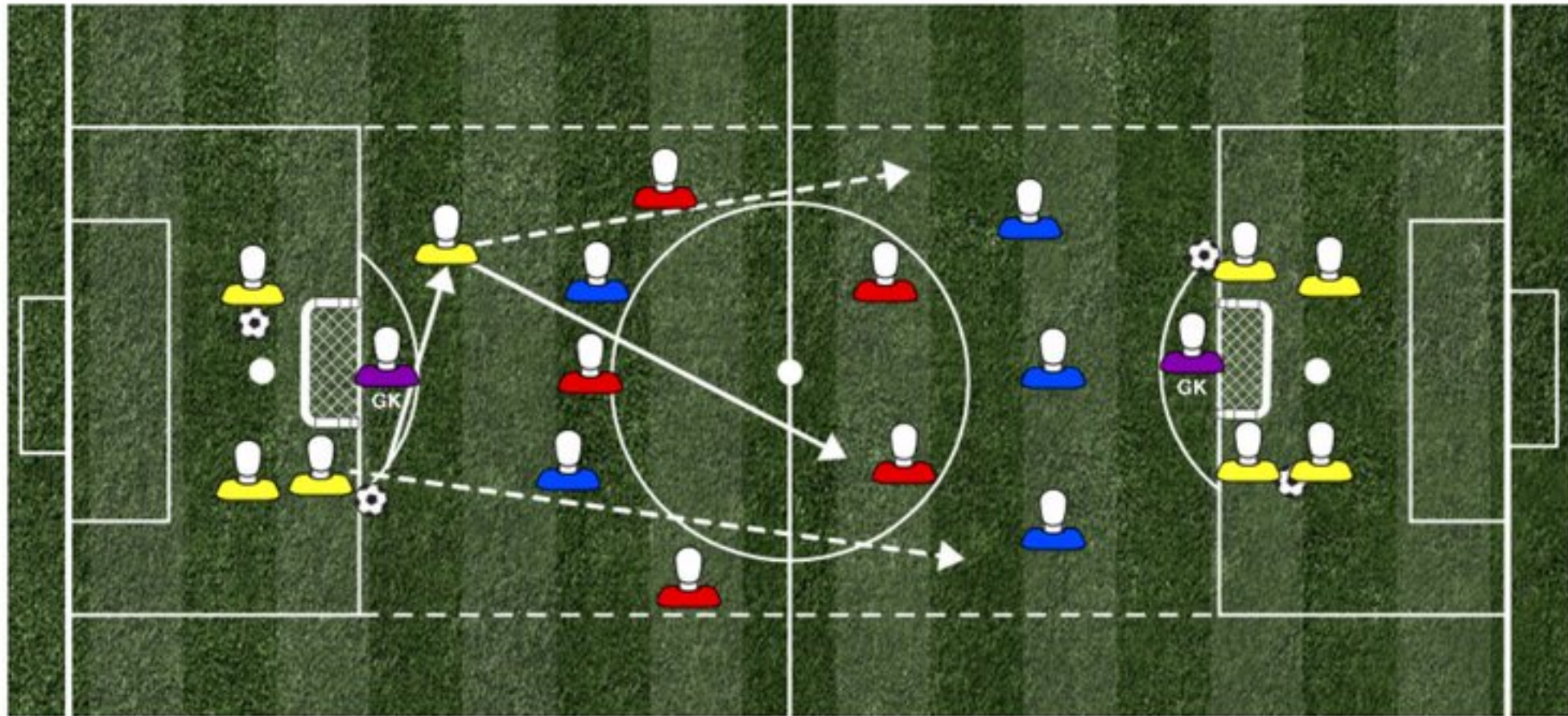
Drill #2



Challenges:

- play using both feet to pass or receive
- Speed of run
- Come onto the ball at pace (timing of movement/pass is important)

Support Play in Attack



Organisation & Set up:

Each Red and Blue are restricted to their own half (3 Defenders and 2 Attackers in each half) as shown in diagram. Yellow midfielder players are positioned either side of the goal at either end.

One Yellow player passes to the other yellow on other side of the goal. They then play forward into the front man. Both yellows now sprint to offer support and create a 4v3 in the attacking half as shown.

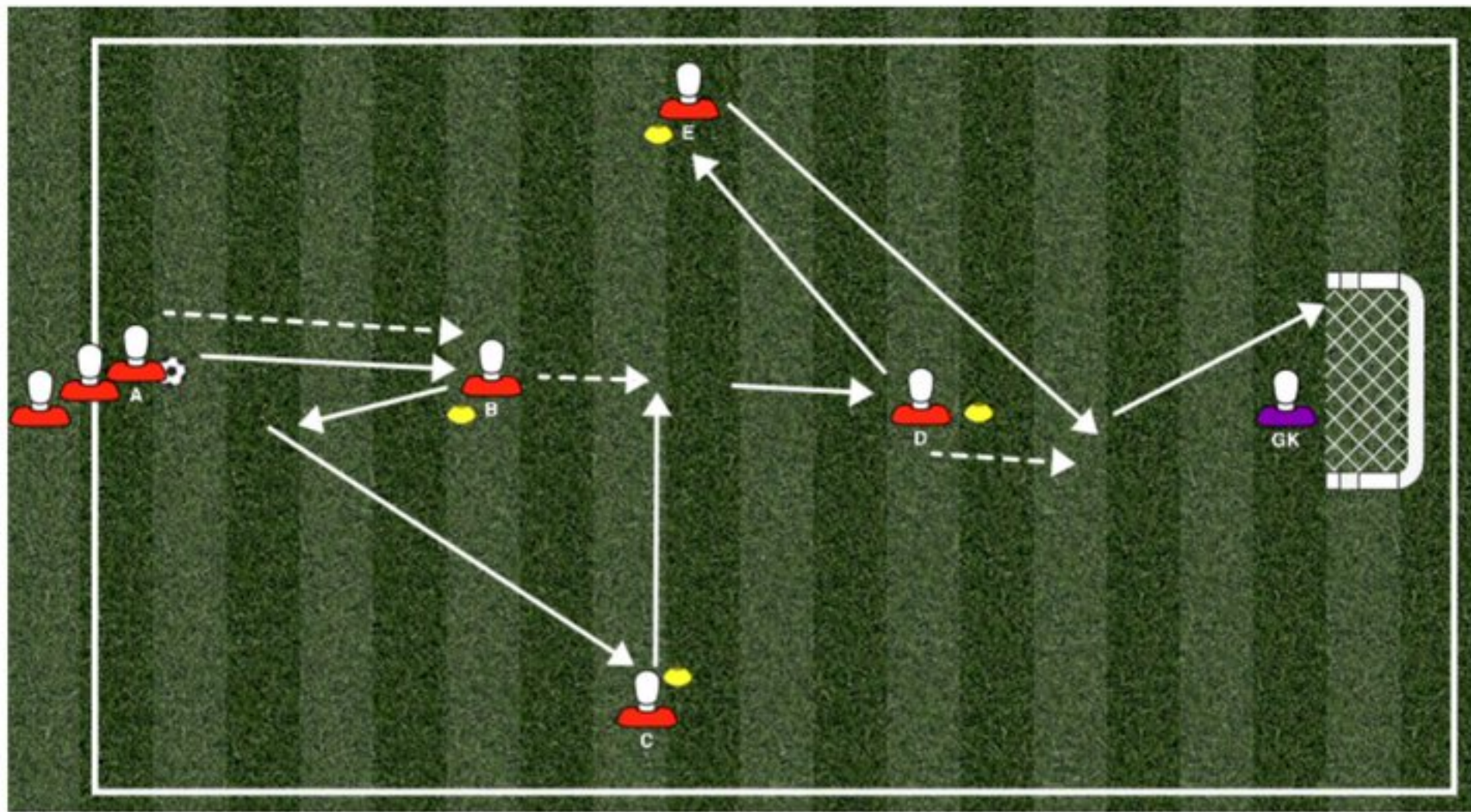
Each attacking team has 10 seconds to score a goal.

If the defending team win the ball they must keep possession until the time elapses.

Progressions & Adaptations:

- Introduce offsides to add realism to the game.
- If defending team win the ball, can they then create a counter attack using 2 of their defenders to create their own 4v3 in opposition half. Keep time limit.
- Progress into a SSG on support play when attacking.

Shooting Pattern.



Organisation & Set up:

Play begins with player A. They play a pass into B, B Returns a wall pass and turns facing the goal.

A now gives it wide to player C. Player C, plays a pass into the middle to where player B now is.

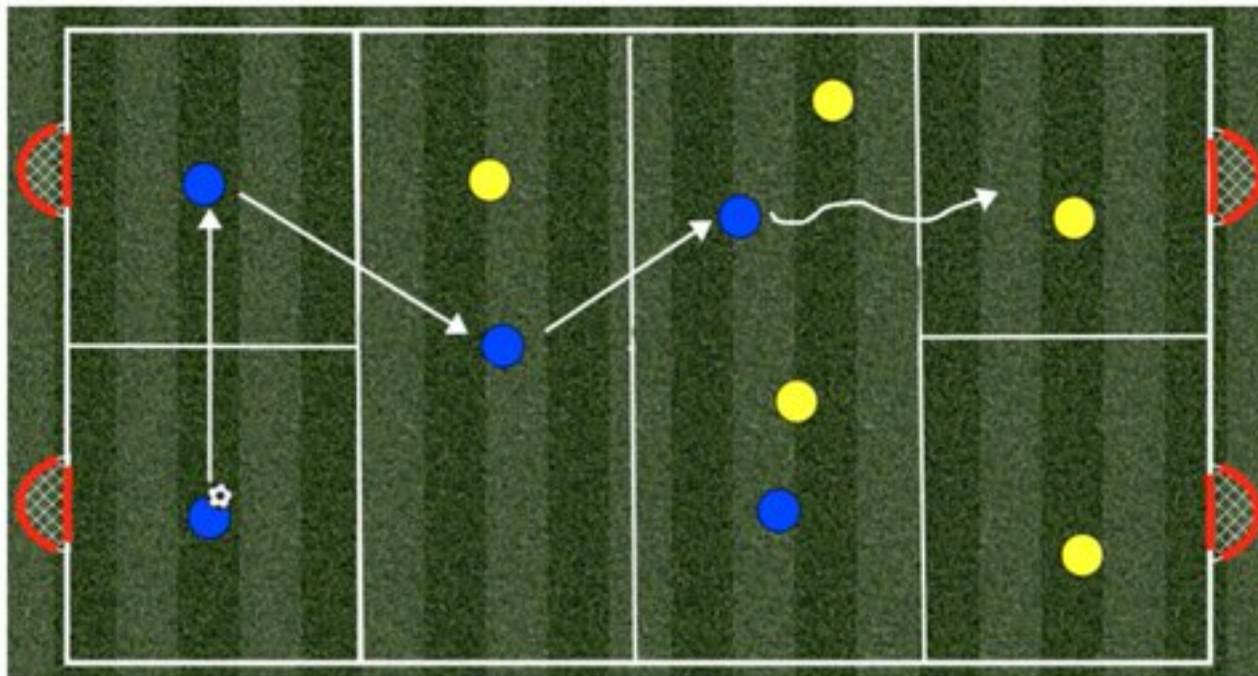
B gives the ball to player D, who plays first time out to player E and turns towards goal. Player E plays forward pass to D who runs on to the ball and shoots at goal.

Rotate positions. Ensure all players try each position in the pattern of play.

Progressions & Adaptations:

- Add in two passive non tackling defenders, the player D must look to run in behind them to shoot. Creating an offside situation. Looking for players to time run and pass.
- Reverse pattern, pass left first not right. Using alternate feet and different angles of attack.
- First time finish only
- Player E can vary type of pass, floated for heading if desired by coach, curled in from angle, Player E could dribble a few yards forward before cutting back to player D.

Direct Play for Midfielders - 8 players+



Organisation & Set up:

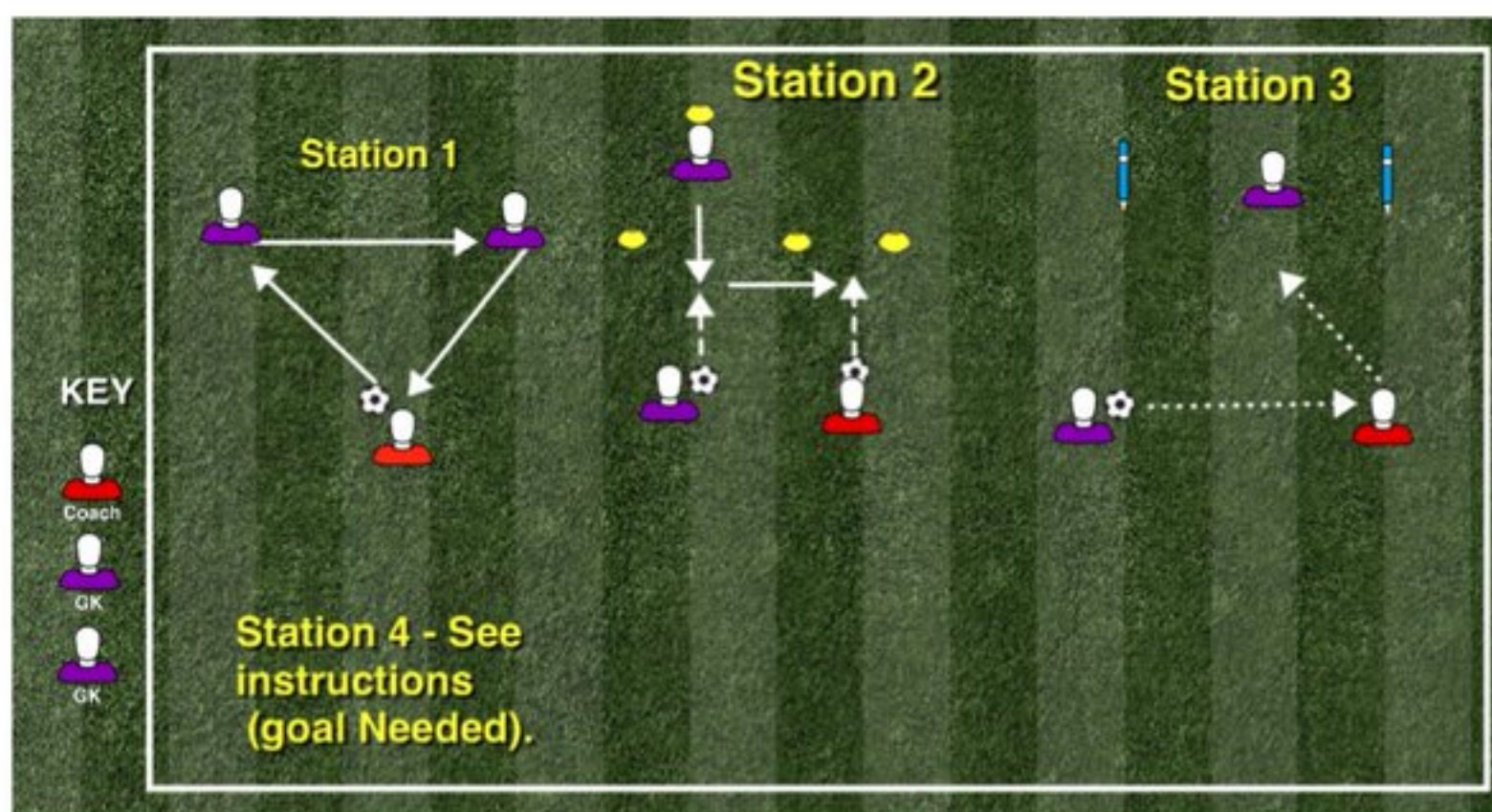
Set up area as above. 2 players play as CB's for each team and each should be in own box. When a CB receives a pass, they must transfer the ball across to the other CB before returning the ball back to the game. 3v3 in the middle two areas with the only rule being that all 3 from each team can never be in the same half.

If a player cannot go forward then they can play to CB of own team to rebuild the attack and maintain possession. This is all about patience in possession and not forcing a forward pass. The final part of the drill is that a midfield player can break out from the middle areas and attack a defenders goal 1v1.

Progression:

- Introduce a floater/spare player who can go in any area they want to.
- When the ball is with CB's, 1 player is allowed to press them in their area. This is to make players in middle areas move more and be available off the ball.
- If a player in a middle area cannot go forwards and plays back to CB, they must rotate in their place and CB goes in to the middle areas. Ball must still be switched across CB's.

GK Match Day Warm Up



Organisation & Set up:

Station 1. Pass ball in triangle, different directions.
Underarm/Overarm throw/Pass/Volleys

Station 2.

1. Gk goes forward to take volley.
Into line with server for volley (both sides)
2. IVolley & mid dive
3. Scoop & low dive
4. Dipper & shot

Station 3.

Working from edge of area. GK passes ball across to the server who takes a touch and has a shot. Working both sides, 6 per side then swap GK's.

From central, GK starts in front of server to pass them the ball. Server takes a touch wide of the GK and has a shot.

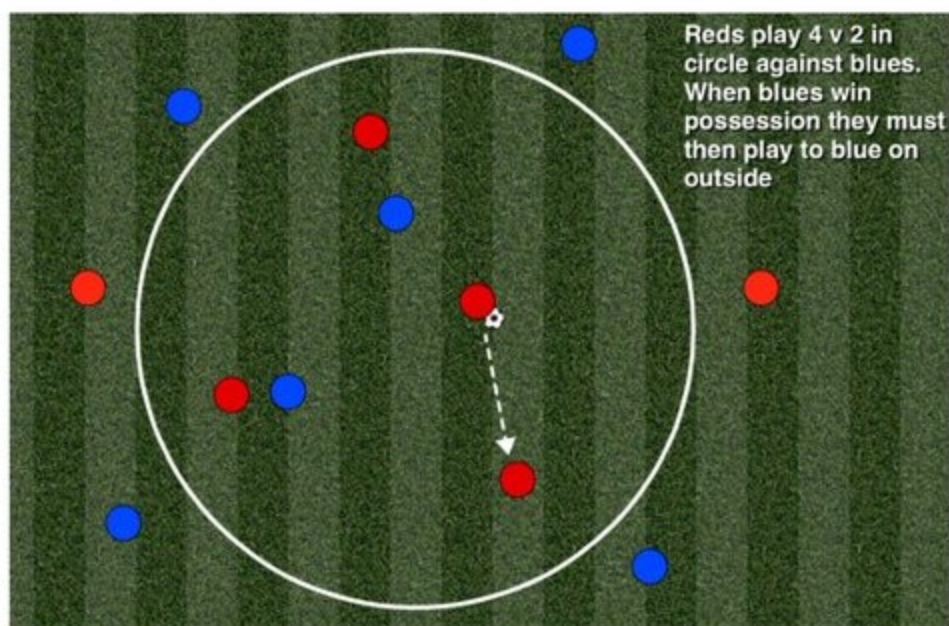
Station 4.

Crosses - server out wide crossing into the box for the GK to claim. Once caught, distribute ball out to other GK who is positioned wide on the half way line.

Work both sides, 5 per side and swap GK's. Have target square if necessary

Note: This is a match day warm up I observed at a non league game that has been adapted slightly for younger ages. Progressions & adaptations are more dependent on age/ability and need of the GK.

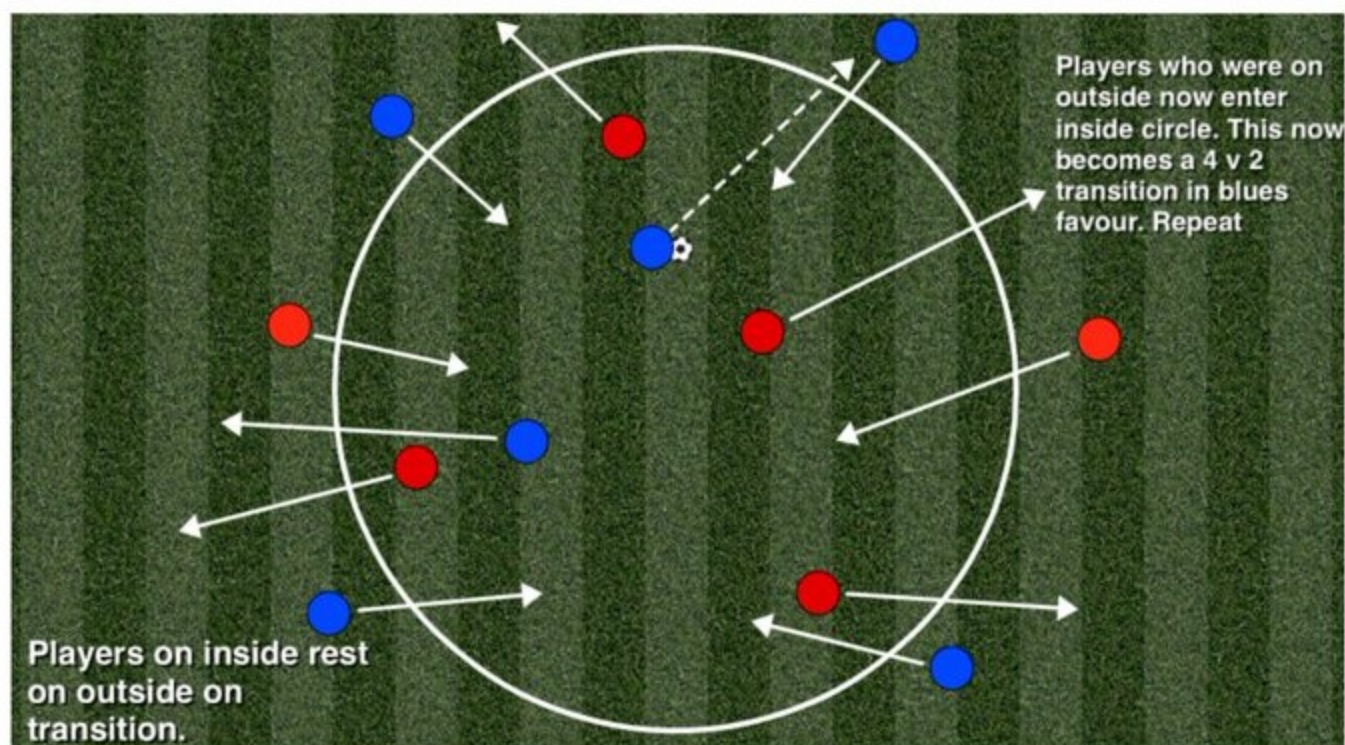
Possession & Transitions.



This should be set up in an area appropriate to level and size of team.

What you are looking for:

- Speed of transition from defence to possession
- Level of composure in possession
- Movement and communication throughout

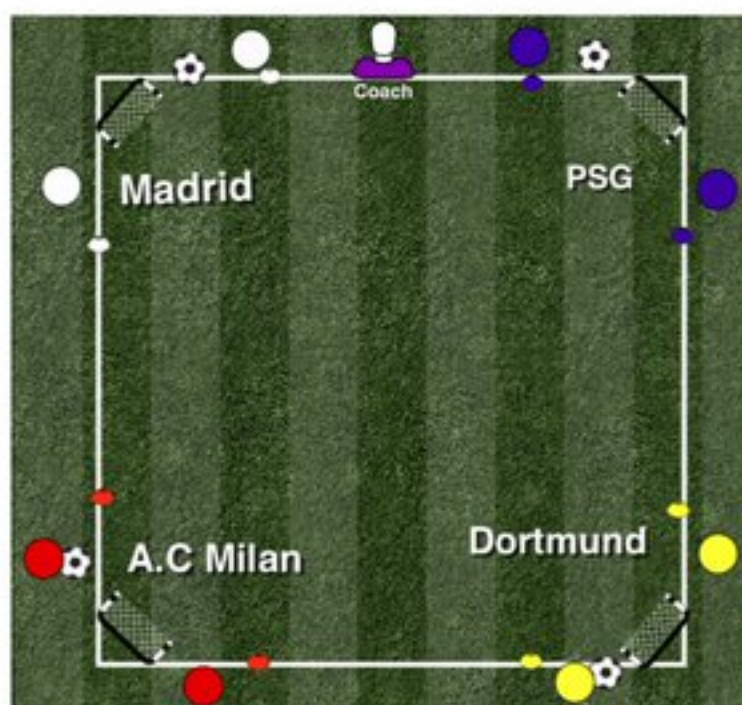


Challenge:

Use outside players and perform a rotation of positions after playing a pass.

4goal - 2v2 Champions League - 8 players+

(Can be adapted depending on the session numbers)



Organisation & Set Up:

Equipment you will need for this drill:

- bibs
- cones
- footballs
- 4 goals

Set up a 30 yard square, 4 teams of 2 are situated in each corner. Each team have a goal to guard and a ball. The coach will call out the name of two teams, the team called first start and have possession, first team to score a goal wins. If a team wins the ball off of the other, they then attack the teams goal. If the ball goes out of play then the phase is over and teams return to goals.

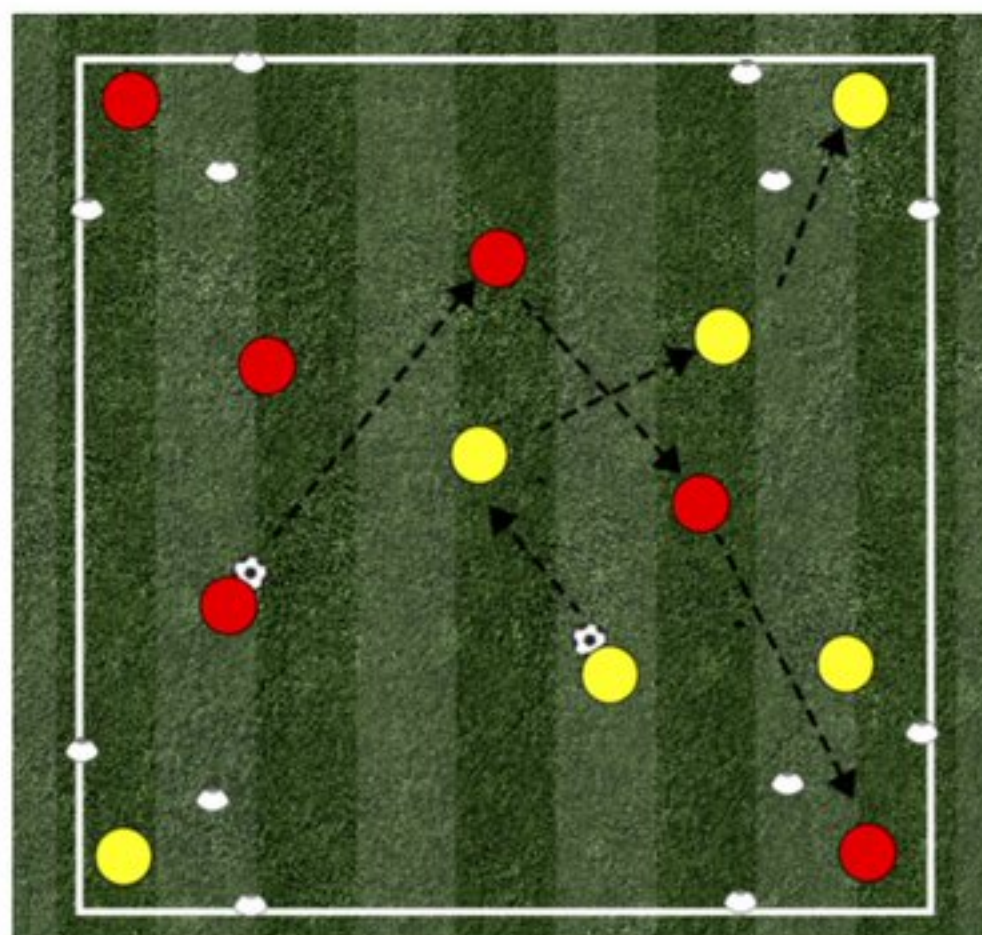
Rotate teams and their starting role. Try to challenge players as much as you can to keep possession before creating an opportunity at goal.

Idea: For younger children use names of professional teams.

Progressions & Adaptations:

- 1 touch finishes only to score
- Weak foot finish to score
- 2-3 touch football
- Teams must score more than one goal to win
- Two games running simultaneously to create interference and raise the difficulty in creating space and passing opportunities

4 Corner Passing – 8 players+



Organisation & Set Up:

Set up a 25 yard square which has an area in each corner. Divide the players into 2 equal teams and nominate 2 players from each team go and stand in a different corner each and become the target players.

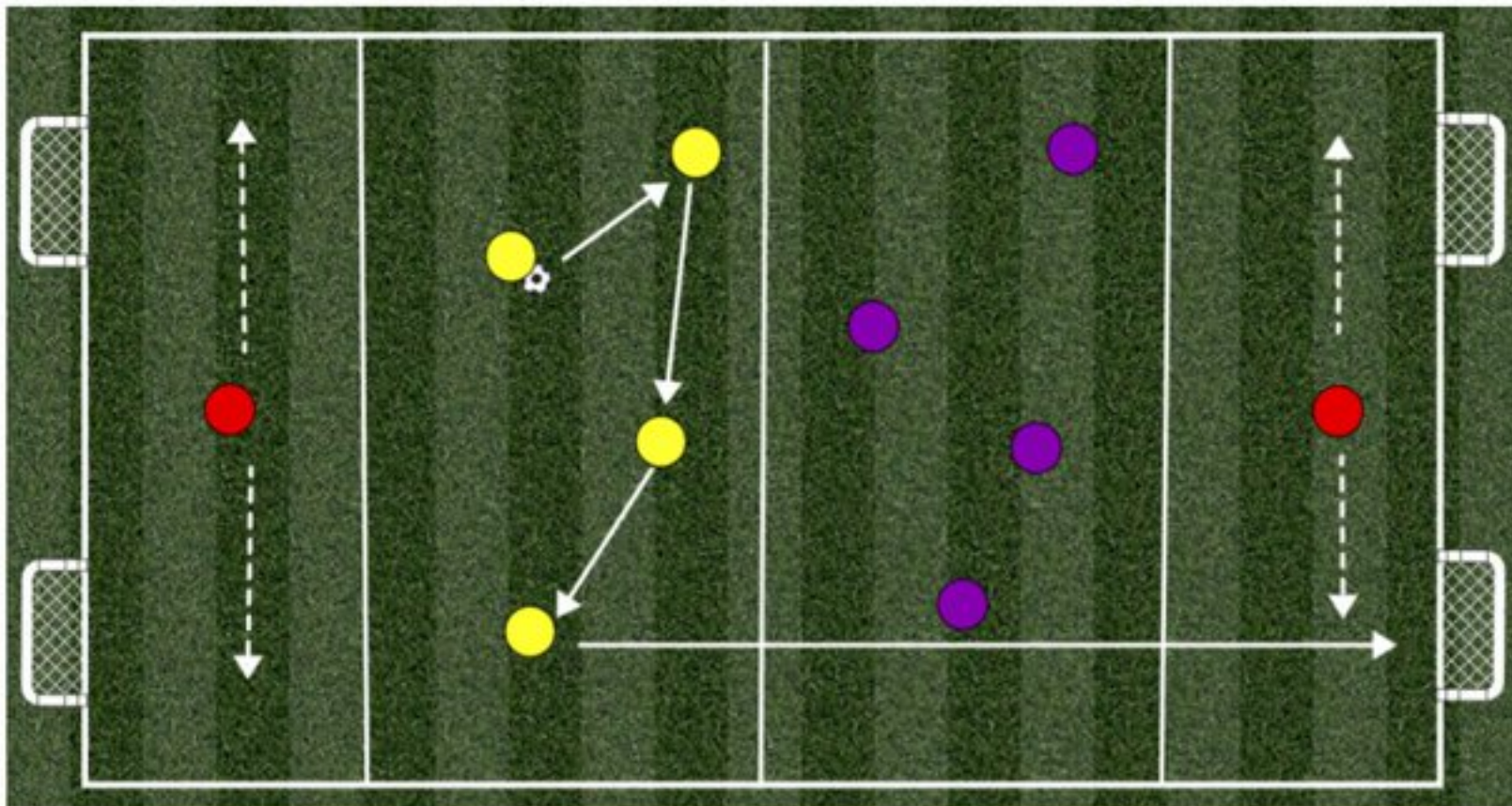
Players pass the ball using 2-3 touches maximum depending on the ability. After a few passes in their teams using the corner players as often as possible to link up with.

Swap over the target players every few minutes.

Progressions & Adaptations:

- When a player passes in through one side of a corner area, the pass is played out the other side of the area
- As a player passes into a corner area, they follow the pass and swap over with the player who was in the corner
- If a red player has the ball, they can only pass to a player on the yellow team and a yellow player to a red player
- Increase the number of footballs per team to increase the intensity and work rate for the higher ability groups
- SSG, play a possession game with equal teams inside the area and players in the corners. These can be used as safe zones to help retain possession.

Defensive SSG – Diego Simeone



Pitch is divided into 4 areas, reds are at each end. Goals are not used initially used at the start. The yellows look to pass the ball amongst themselves to try and create an opening to then play the ball to the red behind the purples. This can be done on a points scoring system. The red now gives the ball to the purple team, they must now try to do the same. Most points in a set amount of time wins.

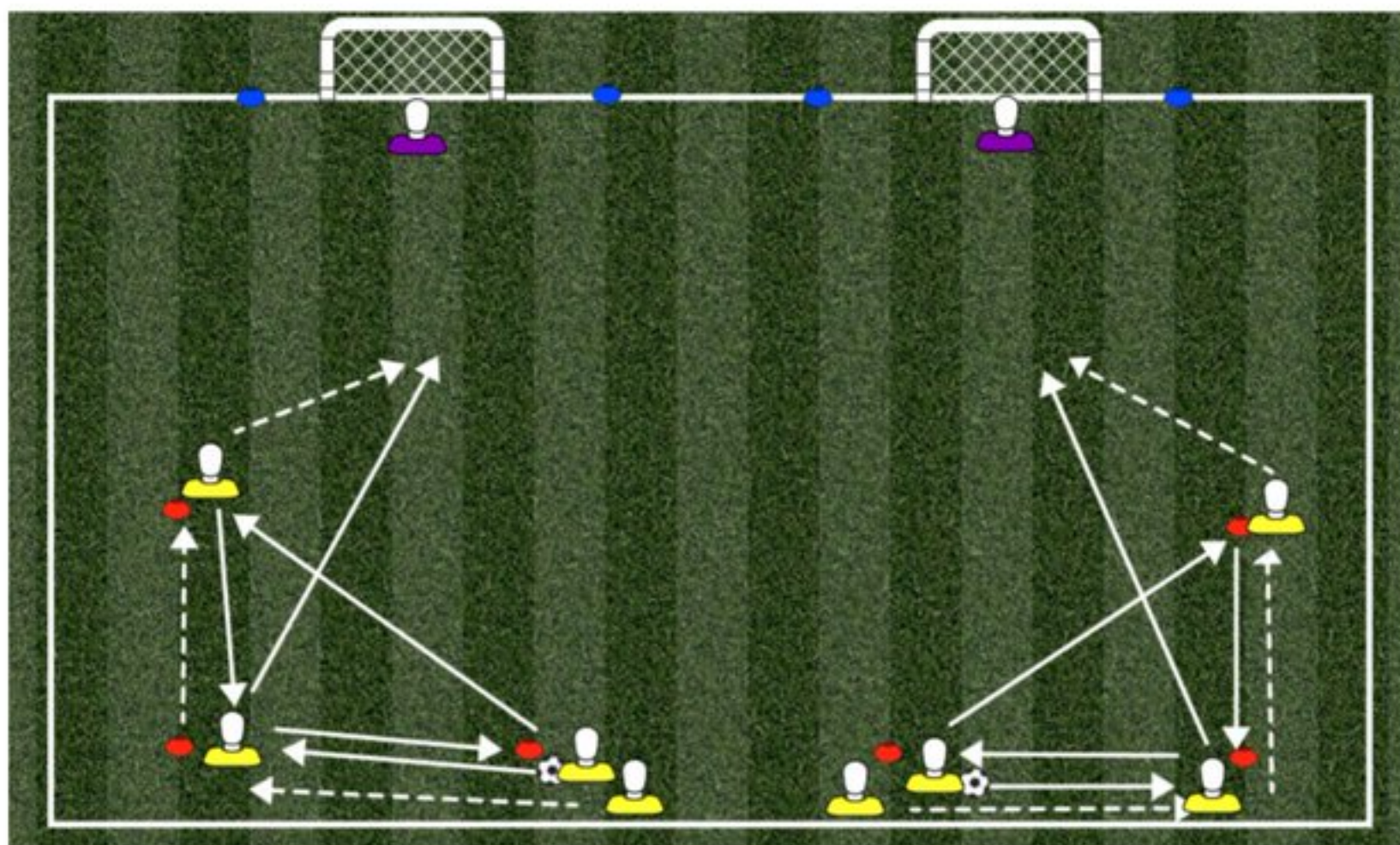
Progression

- Now add in goals, the emphasis is on the speed of play and creating an opening to score in a small goal. The red can defend both goals and if they win possession. They give the ball to the team they are defending for.
- One touch finish/final pass to end zone/goal.

Q. How can your defensive shape/set up affect your level of success in winning back the ball?

Q. What is the first thing you are looking to do if you do win back possession? (Can you play early? Switch the ball quickly?)

Combination Shooting Drill



Organisation & Set Up:

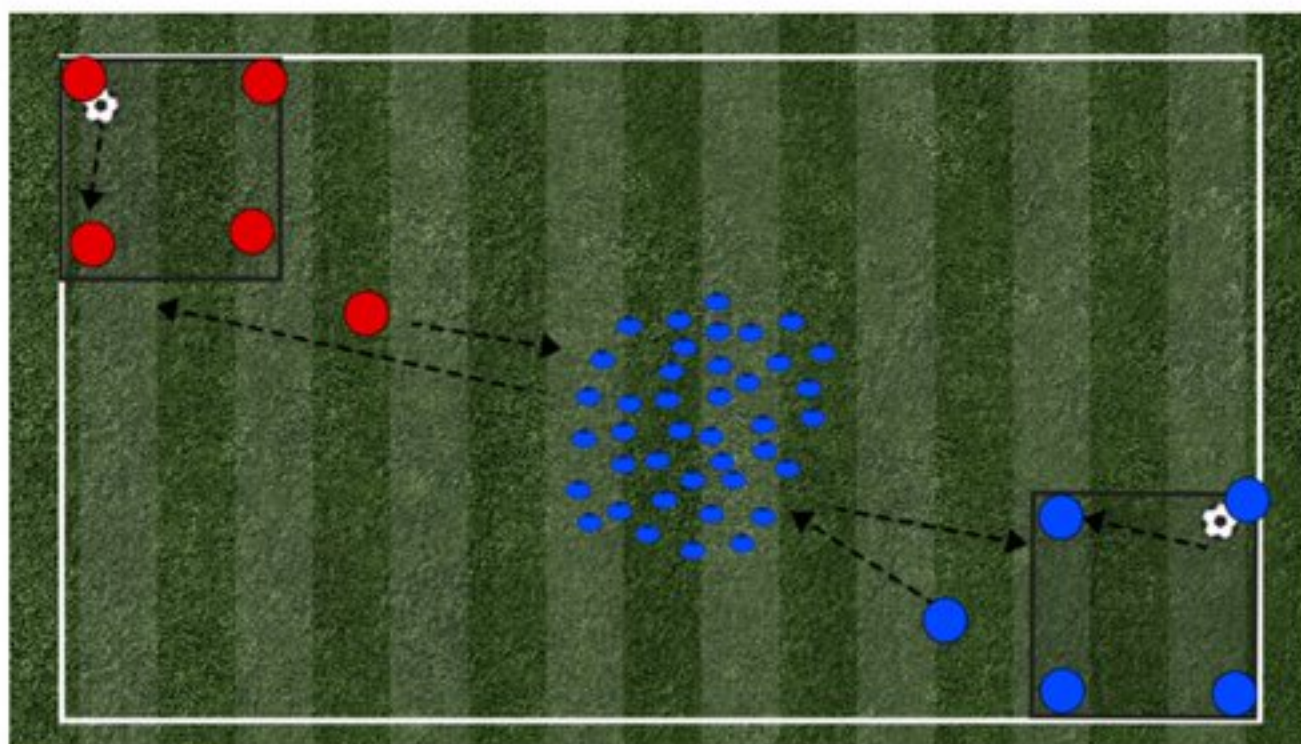
Ball begins at the inside players. They play a pass to opposite player, they bounce ball back. Now play a diagonal pass to front player. The front player bounces a pass back to middle player and makes a forward run towards goal.

The middle player lays ball forward to player to finish past GK. All players follow pass and rotate position.

Progressions & Adaptations:

- First time finishing using both dominant and weaker foot depending on position of the ball and player.
- A defender starts on a blue cone and must pressure the player shooting to encourage quicker decision making in front of goal. Do not tackle player but ensure pressure is applied.
- A defender can start behind area and chase down player shooting to represent a lvl in a game under pressure.
- Encourage players in a lvl situations to take on the goalkeeper and try to score by dribbling past them.

Finding Nemo - 10 players+



Organisation & Set up:

Use all available space and set up up so that the area has:

- 2 grids that are 10x10 in the corners of the pitch
- Set up numerous cones in the middle to act as the ocean
- Split players evenly so that 5 players are in each grid with 1 ball per team.

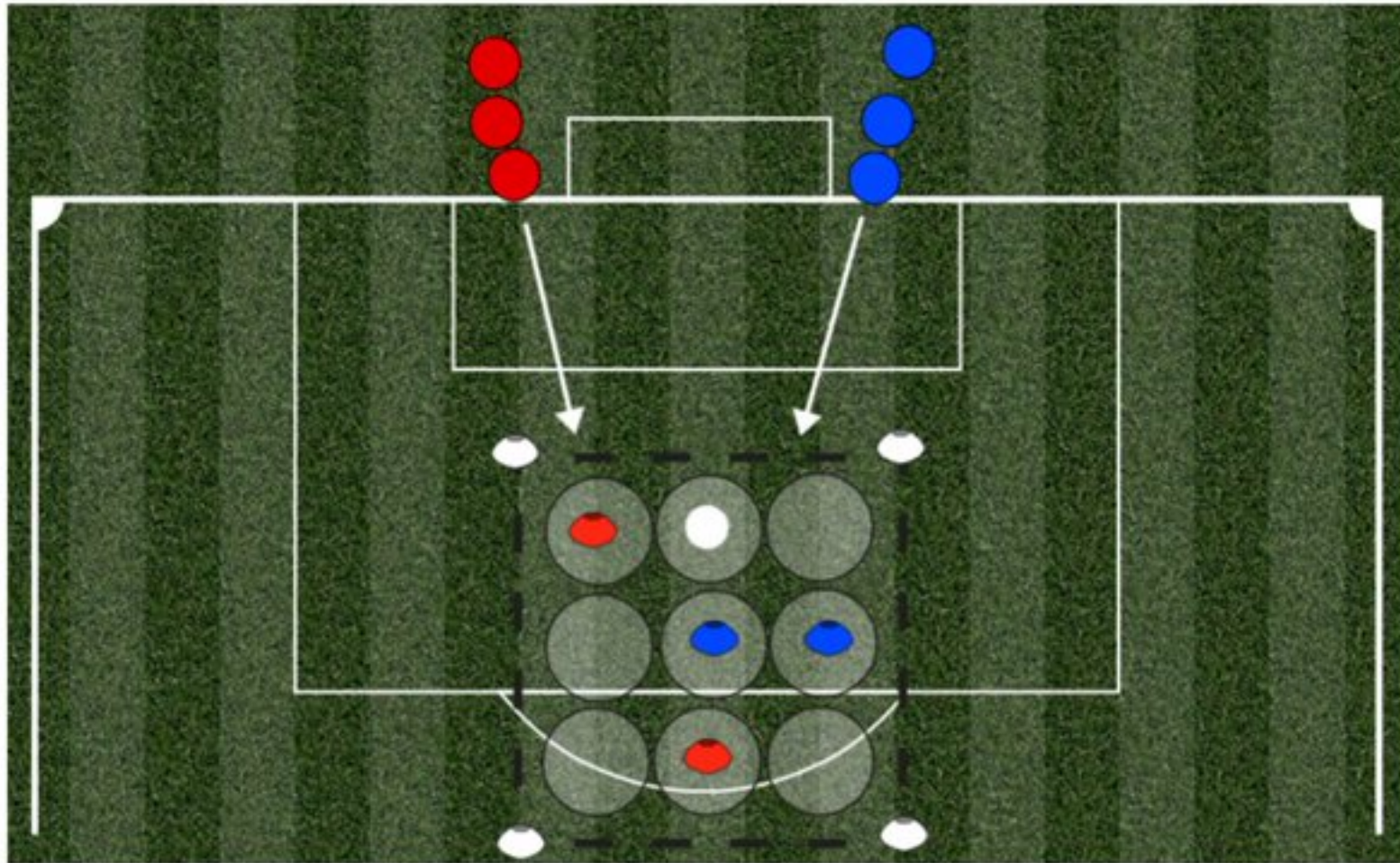
Whilst the players are distracted places a bib under one of the cones in the middle. Players in their teams have to make 5 continuous short passes to each other inside their grid (start from zero if the ball goes out). On the fifth pass 1 player from each team breaks out and selects one cone to look under to "find Nemo" the bib. Continue until 'Nemo' is found

Progressions & Adaptations:

- One player from each team can enter the opposing grid and become a shark, who spoils the passing chain (defender) stopping the team breaking out
- Player must dribble the ball out on the fifth pass to look for "Nemo" and dribble back
- Passes made must be made using:
 - . Weak foot
 - . Outside of the foot
- Instead of having just a bib acting as Nemo. place 8 bits of card with a single letter on each. For two teams you will need:
 - . 2 x N . 2 x E . 2 x M .2 x O

The teams must try to create the word Nemo from the letters found. If a team find a piece they already have, they put it back.

Naughts & Crosses - 6 players+



Equipment needed:

- Bibs or cones (for markers)
- Hoops (or other alternate, for the areas to play in)
- Cones

Organisation & Set up:

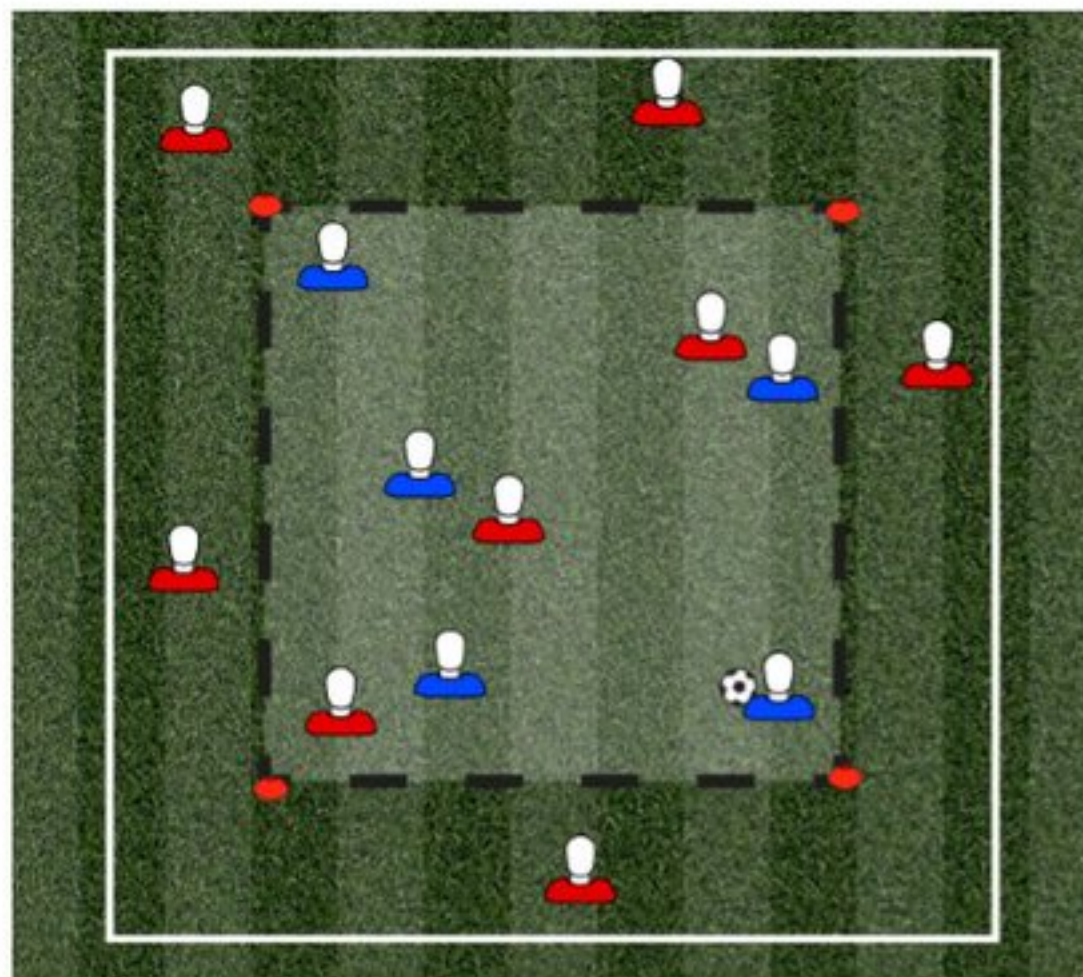
Teams start either side of the goal in lines. Each team has 3 bibs of the same colour to act as markers. They must try to make a line of bibs like the game naughts & crosses.

One player of each team run out at a time and place marker down in hoop. Once done, they return back and next teammate Repeats. Once team has laid down all three markers, if not victorious the player runs out and can move an already laid down marker to another hoop that is vacant. Repeat until a team is victorious.

Note: No two markers in each hoop. Coach decides who was in hoop first.

This warm up was taken from a tennis coaching session I recently observed but is just adapted to be fun, simple and to encourage tactical and quick thinking as a team.

Possession & Transition - 13 players



Organisation & Set up:

Set up playing area that is 1 big square with another inside as shown above and play 8v5 in reds favour.

(Flat discs work better for marking inside area if you have them).

How it works:

Improve transition from in-possession to out of possession and vice versa

Play begins with blues playing 5v3 against reds inside small square.

Reds may press in bursts to ensure rest.

When the ball is won by reds or ball leaves inside area, the middle area now becomes void and blues play 8v5 in whole area.

If the blues can win possession back and shift the ball to the inside square again they resume 5v3 against reds.

Key points:

- Losing possession has consequences for your team.
- Controlled possession to relieve pressure (keeping ball away from pressure and tempo of play)

GK Distribution Game.



Organisation & Set up:

Pitch cut off to focus on 2/3 of half a pitch. Score zone in the corner near the halfway line. Can replicate to practice with opposite players.

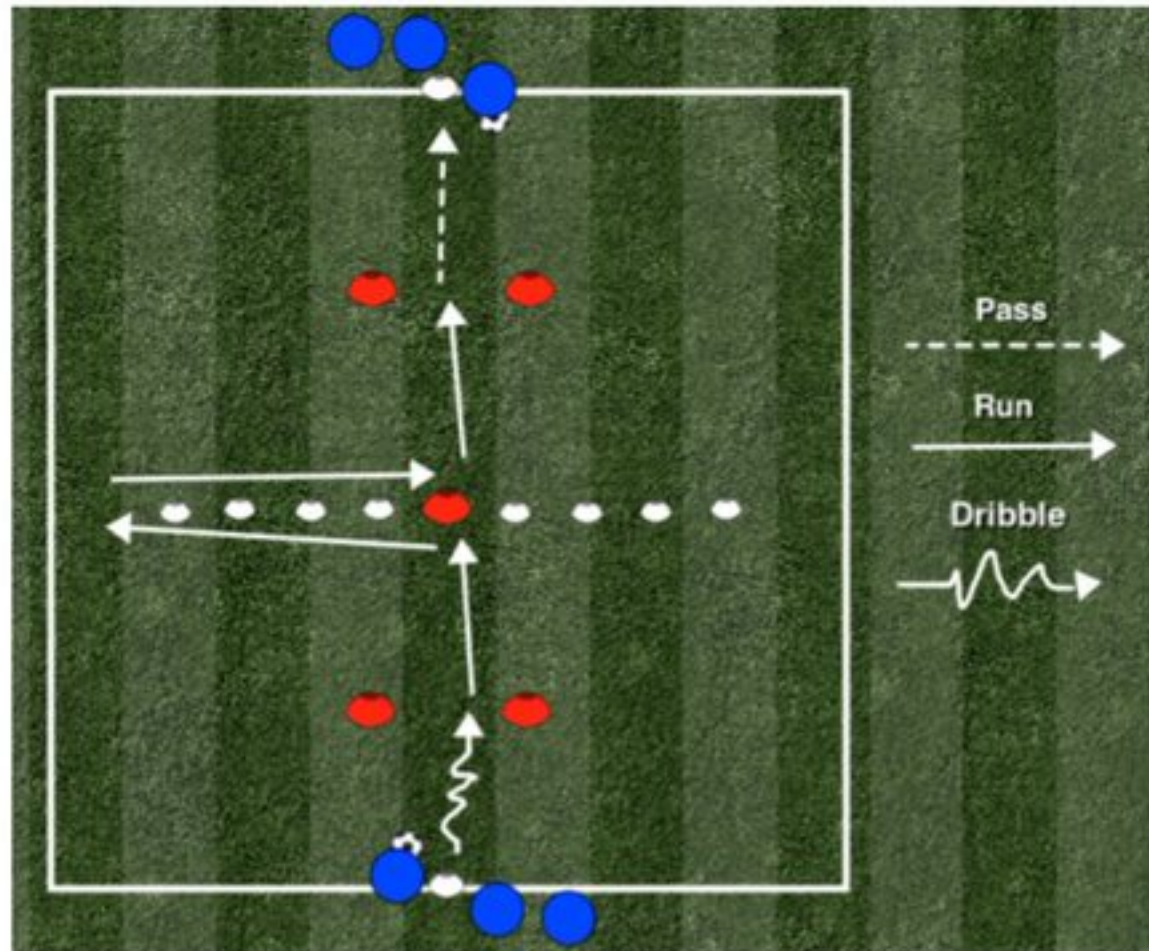
GK 2 begins by starting off practice, with either a volley to throw at GK 1 to make keeper dive. GK 1 to look up, where can you play to next? What throw will you use?

Play out to try and reach the red target square at the end of the pitch. Use available players to build up play and go forward.

Progressions & Adaptations:

- Alternate sides. Play using a LB to play out, use GK 2 as the RB and start from that side instead.
- GK throw to CB's using underarm throw
- Throw to RB javelin or sidewinder
- If player is deep, throw to RB if in good position using sidewinder or bowl. Feet or space.
- Over arm or sidewinder to RW either to feet or space

T-shaped Warm Up - 4 players+



Organisation & Set up:

Equipment you will need for this drill:

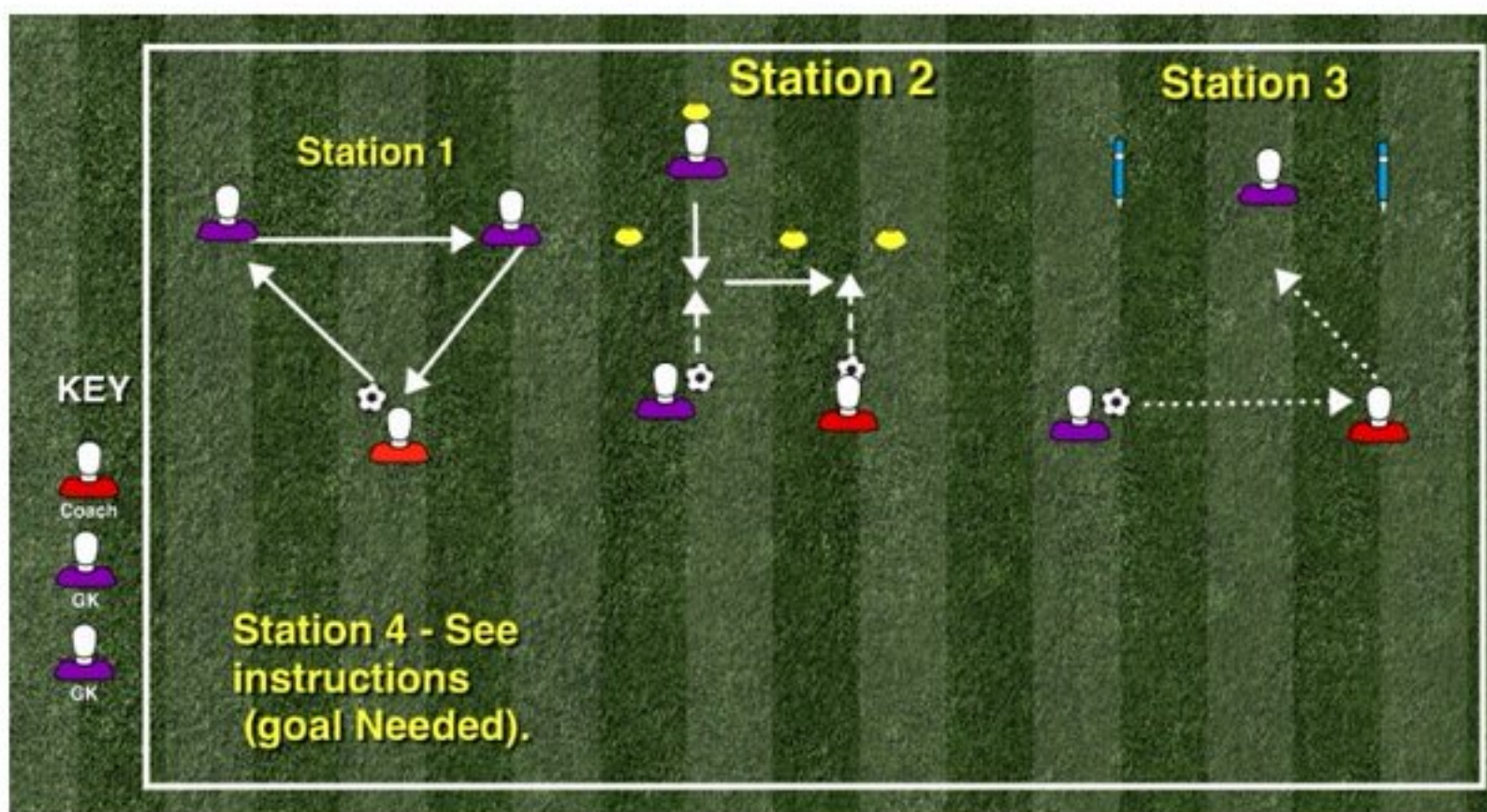
- cones (giant cones would be better)
- footballs
- can use poles alternatively to cones

Place a cone in the middle and line up 4 cones either side of this 2 yards apart. Now opposite these set up a gate each side about a 2 yards wide, and a cone to start the drill from a further 10 yards back for the players with a ball (as shown above).

Players begin by dribbling the ball up to the gate, stop the ball continue their run to the centre cone, start by side stepping left and side stepping back to the right to the middle on other side before passing the ball.

If there is more than 8 players then set up the same drill next to this to minimise the amount of players lining up and standing still.

GK Match Day Warm Up



Organisation & Set up:

Station 1. Pass ball in triangle, different directions.
Underarm/Overarm throw/Pass/Volleys

Station 2.

1. Gk goes forward to take volley.
Into line with server for volley (both sides)
2. IVolley & mid dive
3. Scoop & low dive
4. Dipper & shot

Station 3.

Working from edge of area. GK passes ball across to the server who takes a touch and has a shot. Working both sides, 6 per side then swap GK's.

From central, GK starts in front of server to pass them the ball. Server takes a touch wide of the GK and has a shot.

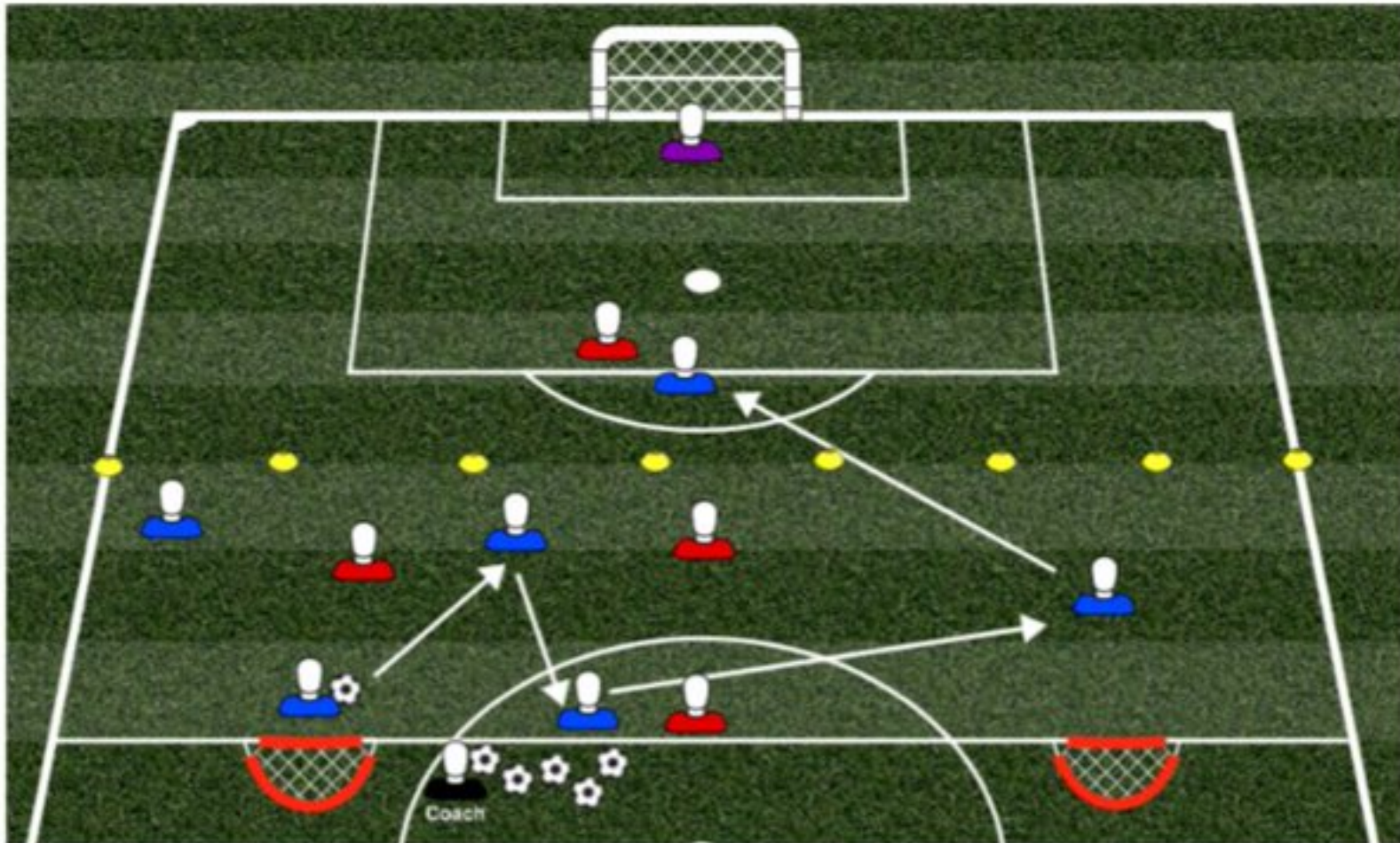
Station 4.

Crosses - server out wide crossing into the box for the GK to claim. Once caught, distribute ball out to other GK who is positioned wide on the half way line.

Work both sides, 5 per side and swap GK's. Have target square if necessary

Note: This is a match day warm up I observed at a non league game that has been adapted slightly for younger ages. Progressions & adaptations are more dependent on age/ability and need of the GK.

Attacking Support Play -10 players+ (plus GK)



Organisation & Set Up:

Set up on half pitch. Now split this into halves as shown above using cones (preferably flat discs to avoid any problems with the ball hitting them). Attacking team play 5v3 in first half with a 1v1 in the other plus GK.

Coach plays the ball in to attackers who look to play pass the ball and play forward when possible or by dribbling into area. As soon as blues enter the area, as many blues as they like can join in to score.

- If red wins possession they can look to break out and score in either of the two goals.

Repeat practice.

Progressions & Ideas:

- Defenders can now track runners into own half. (Risks/think tactics and how may want to leave at least one in attacking half.
- First time finish only.
- Must try to play through to attacking player who is 1v1 via a different "gate" each time. Encourage movement, variation and speed of play.

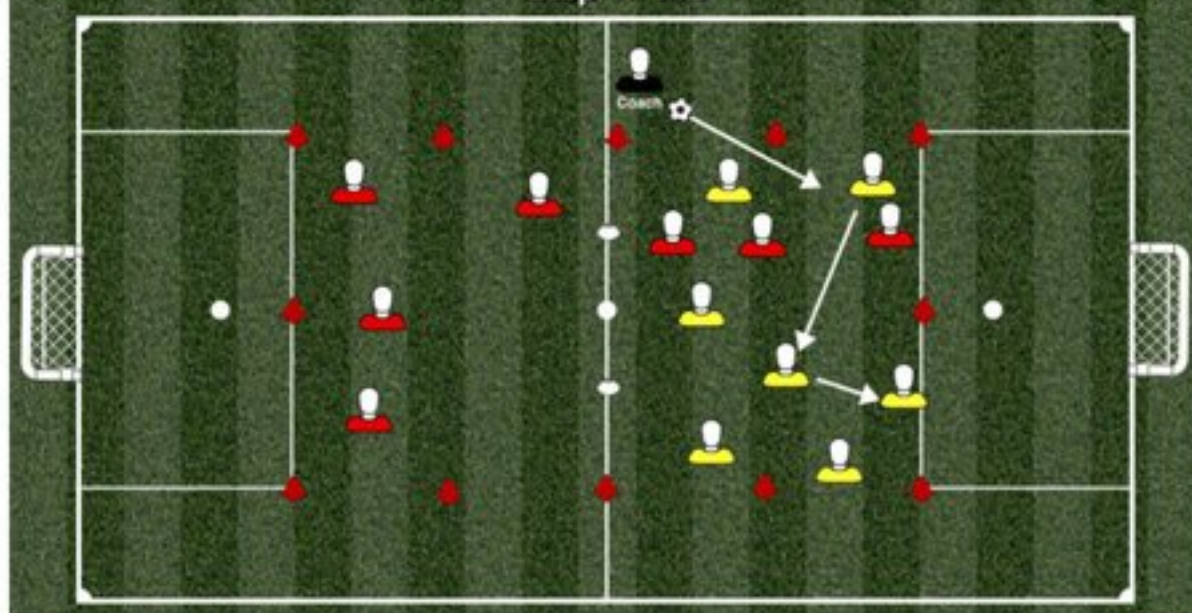
SESSION 1



Transition Session

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Step 1 - 7v3



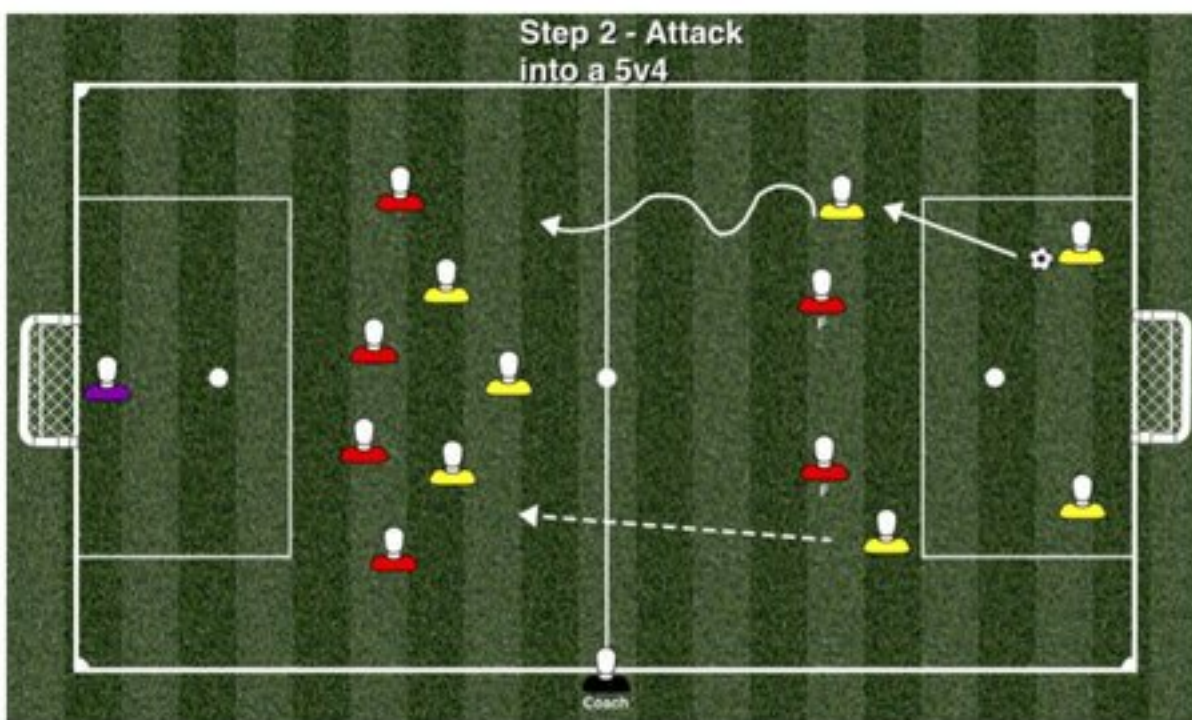
Part 1 - Yellows play a 7v3, 6 consecutive passes is 1 point. If defender wins the ball, coach plays a pass in to reds half and they now play 7v3.

Can add a touch limit.

Key aspect:

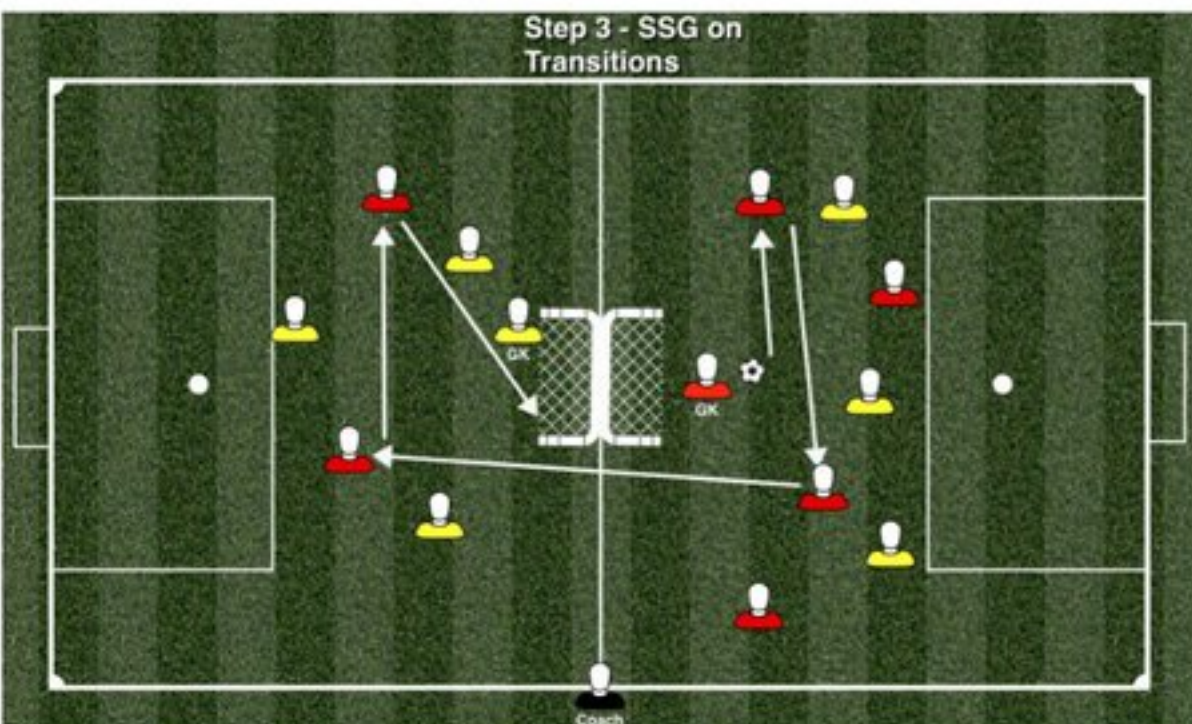
Speed of transition from defence to attack and vice versa to be successful.

Step 2 - Attack into a 5v4



Part 2 - Ball starts with yellow as shown, they play a 4v2 in that half. As soon as a yellow can dribble or pass it into play in the red's half, they are joined by one more yellow to create a 5v4. As soon as phase over, coach plays a second ball in for yellows. If reds gain possession, they can try to play forward to red F and score. Swap over. Repeat.

Step 3 - SSG on Transitions



Part 3 - SSG, Set up pitch as shown. Reds and yellows must transfer ball from own half to the oppositions by working the ball around pitch maintaining possession.

Progression: First time finish only.

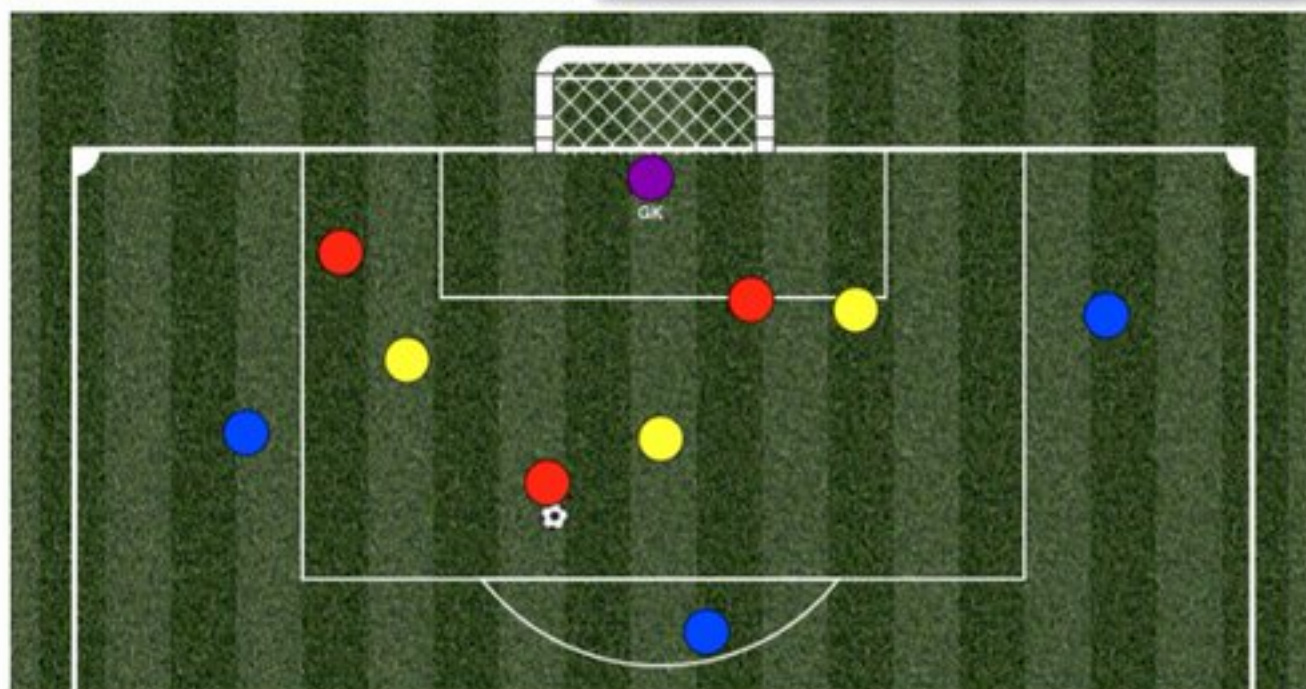
Idea: For step 2, put in place a time limit of 10 seconds to speed up play.

SESSION 2



3 Part Shooting Session

Twitter: @GR_CoachShare



Part 1 -

Begin with a 3v3 (+3) Shooting Opportunities game.

Reds & Yellows compete in 18 yard box. Team in possession can only shoot after using a blue player on outside and receive it back. If opposite team gain possession they must also go through this process before shooting at goal.

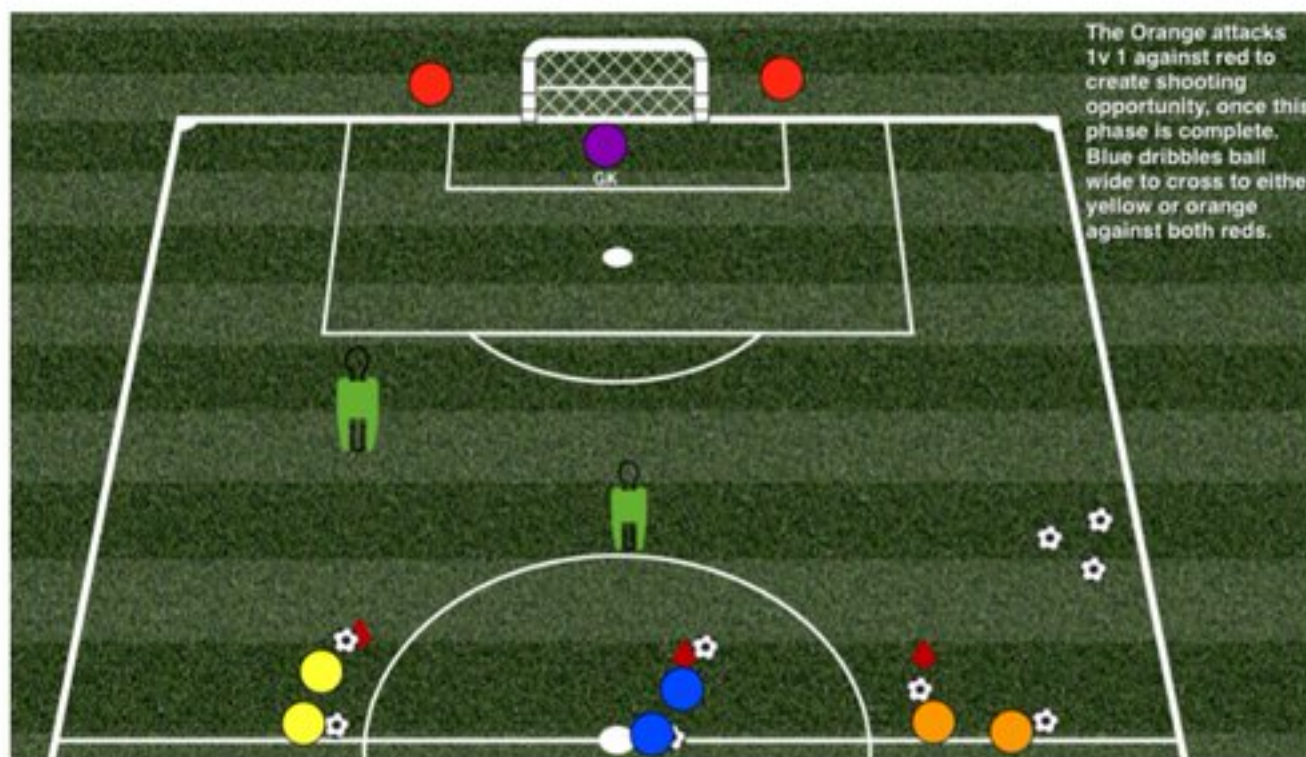
Challenge.

Can blues play off one touch?

How many different players can you get into a shooting opportunity?

Can you vary the type of shot you take?

(Curled effort/laces/outside of foot/weak foot)



Part 2 -

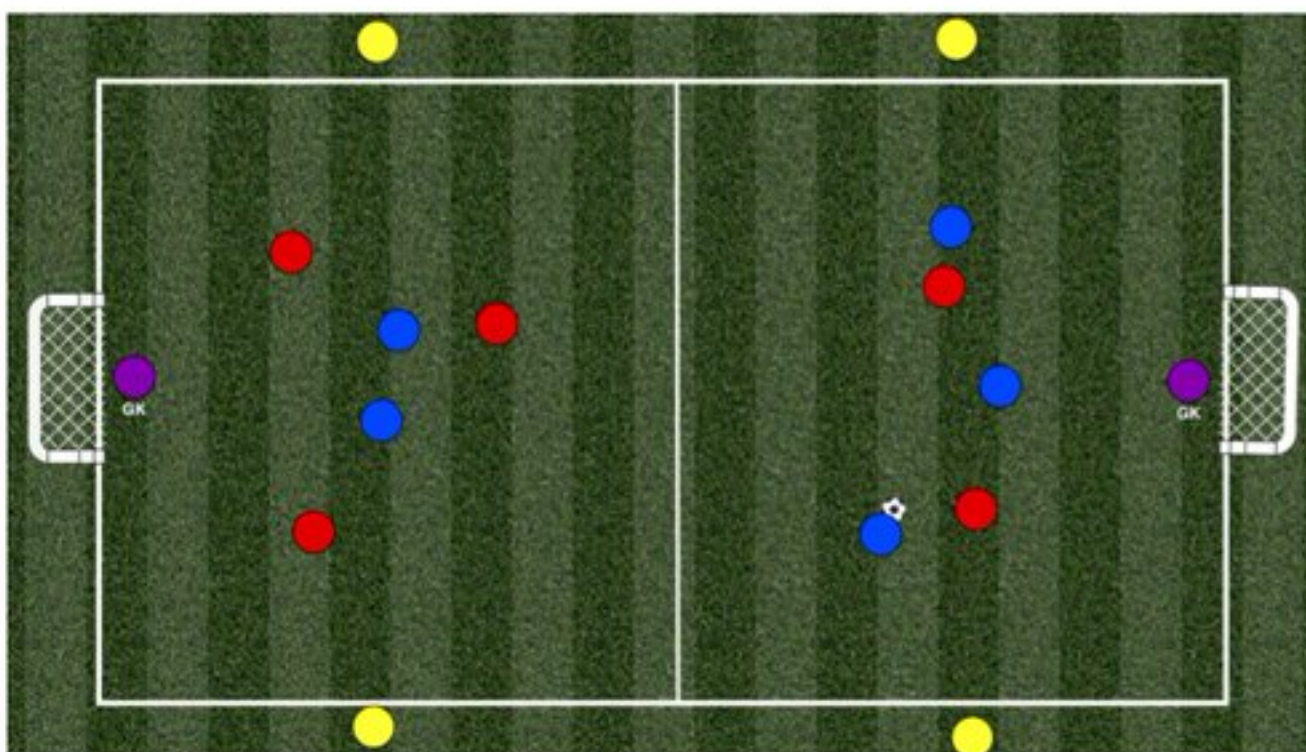
. Yellow begins by dribbling ball out towards mannequin opposite. They cut inside on to strong foot and shoot at goal.

. Blue now plays a combination around second mannequin using the Yellow player who then shoots at goal.

. Blue players runs to far side and waits next to a ball. Whilst this is happening the Orange player dribbles out 1v1 against a red defender to create shooting opportunity

. Blue player now dribbles ball down line and looks to cross to either yellow or orange player who are in box. BOTH reds now try to clear the ball.

Repeat process when ready. Rotate roles and positions



Part 3 - SSQ

Players look to keep possession and attempt to score a goal either:

- Using a shot from distance in own half
- playing in a striker for a shot

Either side can use yellows on outside but yellows must play off one touch

- One point for shot with weak foot and Two points for weak foot goal to encourage players to take risks

Progressions:

- To build confidence in younger players, you could add a safe zone to shoot in
- First time finishes only

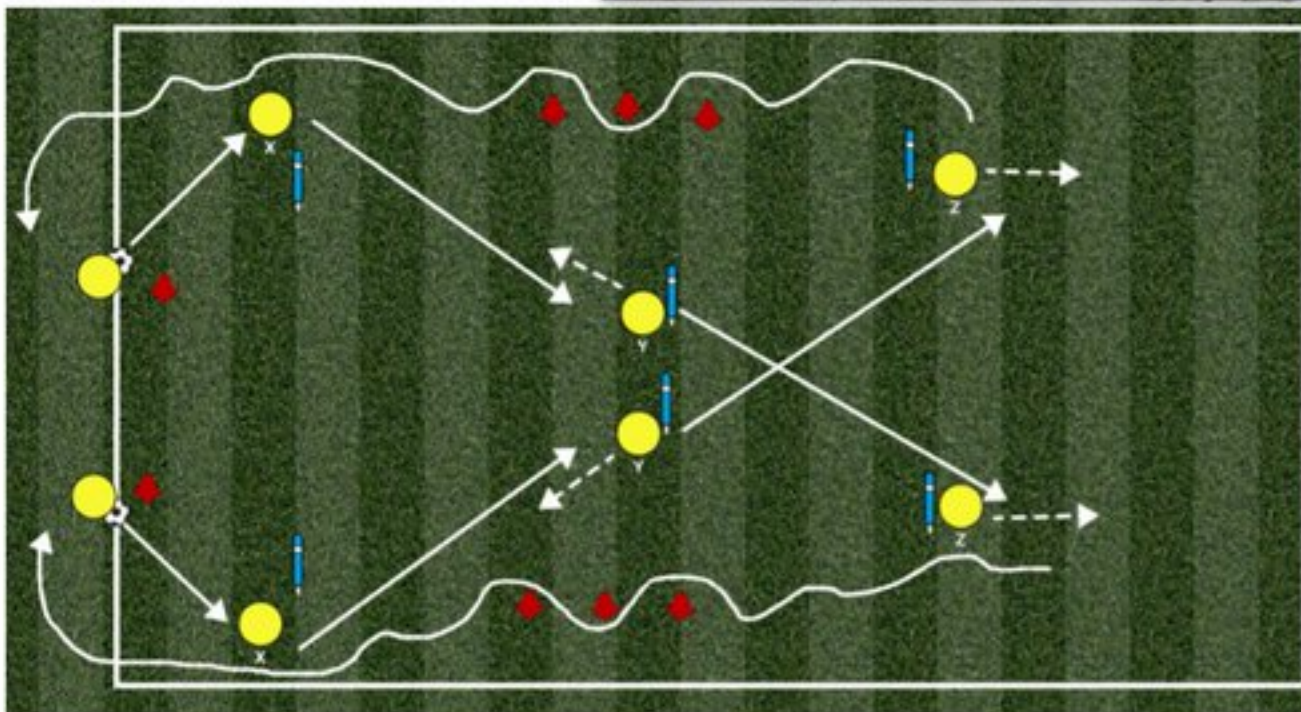
Idea: For step 1, blues can play off one touch to not play the same player in consecutive goes. Means more movement and awareness.

SESSION 3



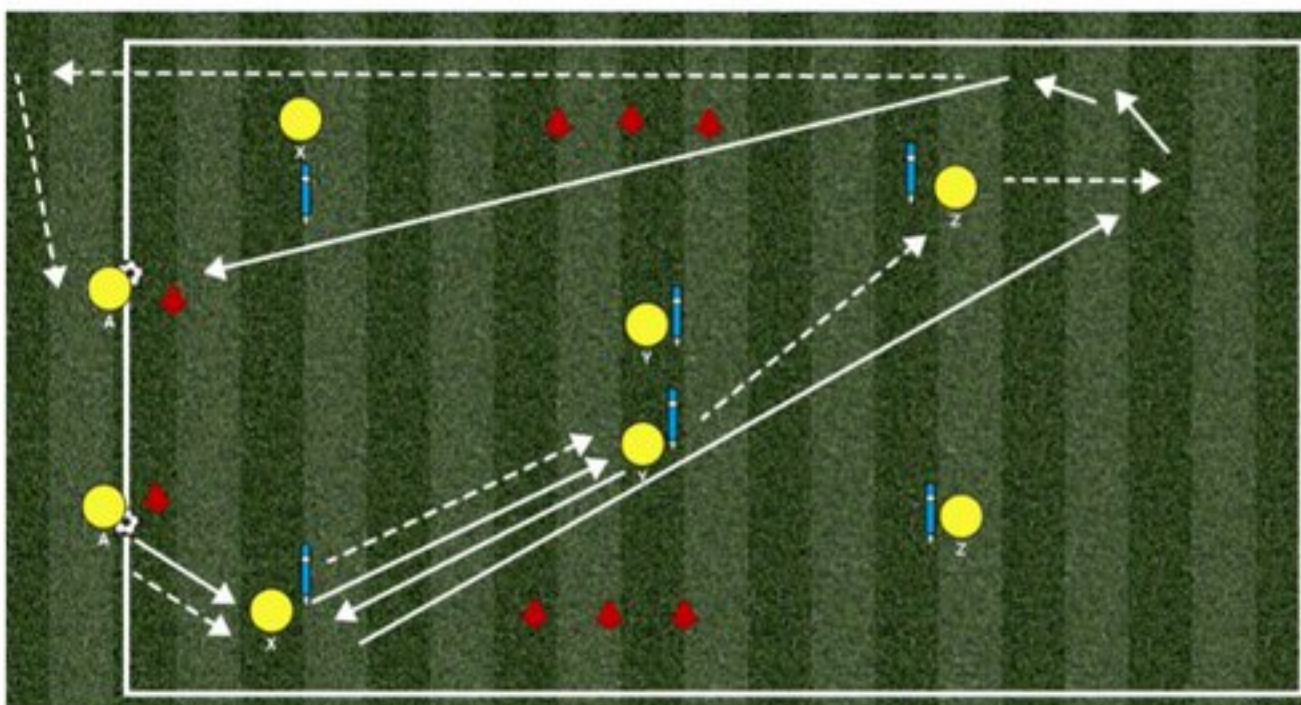
Short and long passing Session

Twitter: @GR_CoachShare



Part 1 -

Play starts with a short diagonal pass to player on first pole.
They must receive and turn to face player on the inside.
The player on inside poles comes to the ball a few yards and receives pass, opening out and dribbling past pole before passing diagonally across.
Player on far pole drops a few yards into space and receives on front foot to then dribble between cones and back to the end where the drill started.
All players follow their passes.

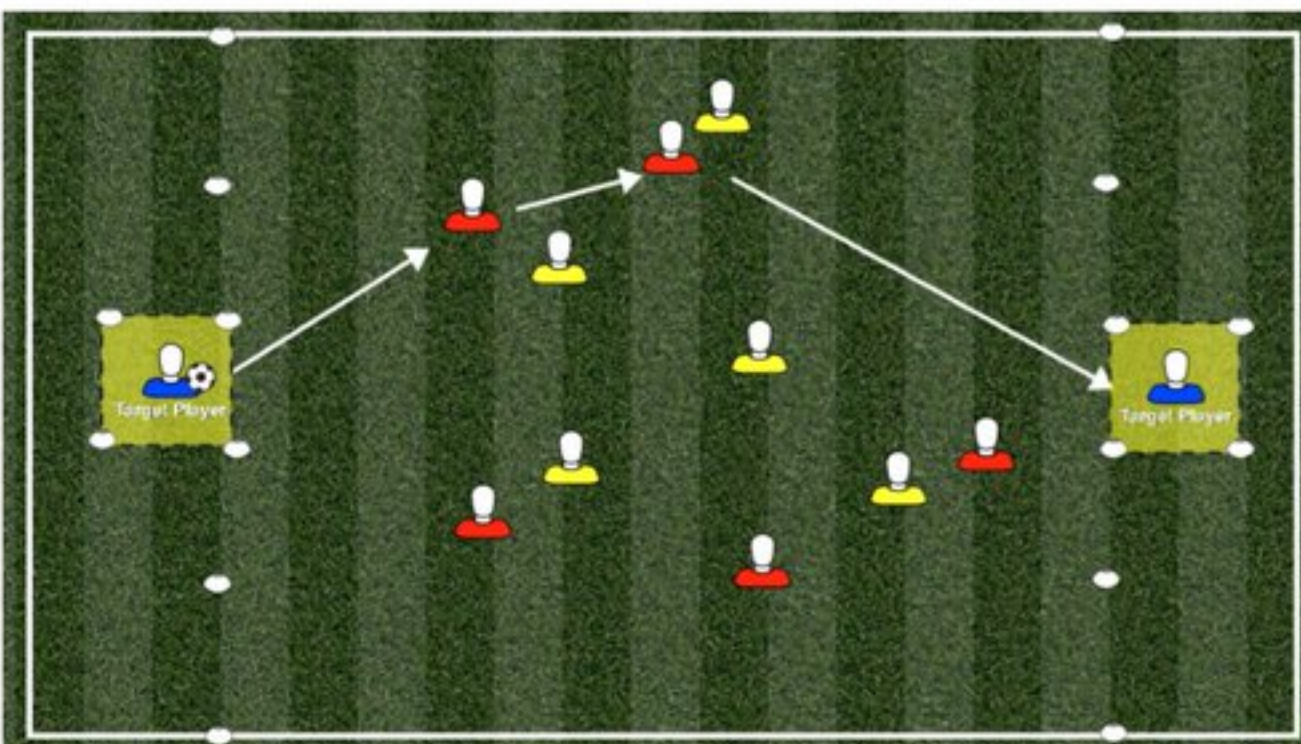


Part 2 -

- Now vary length of passing. Middle player returns pass to first pole player. They then hit long grounded pass to diagonal player missing middle man out. Middle man follows to end pole. Player at end this time plays ball in front then a diagonal pass towards player A at start of drill as shown.

Progression:

- Same pattern as previous progression only this time, the long pass is lofted to furthest player who can control it and dribble back to start. Middle player follows long pass.



Part 3 - SSQ

Play 5v5 with a neutral target player in each box, teams must maintain possession using a variety of passing distances and styles. When they can create an opportunity to play a pass into a target player that is a point, they then receive pass back from target player and look to get ball to opposite end and so on.

Encourage players to play in early to target players if they can, using varied passing distances if necessary too.

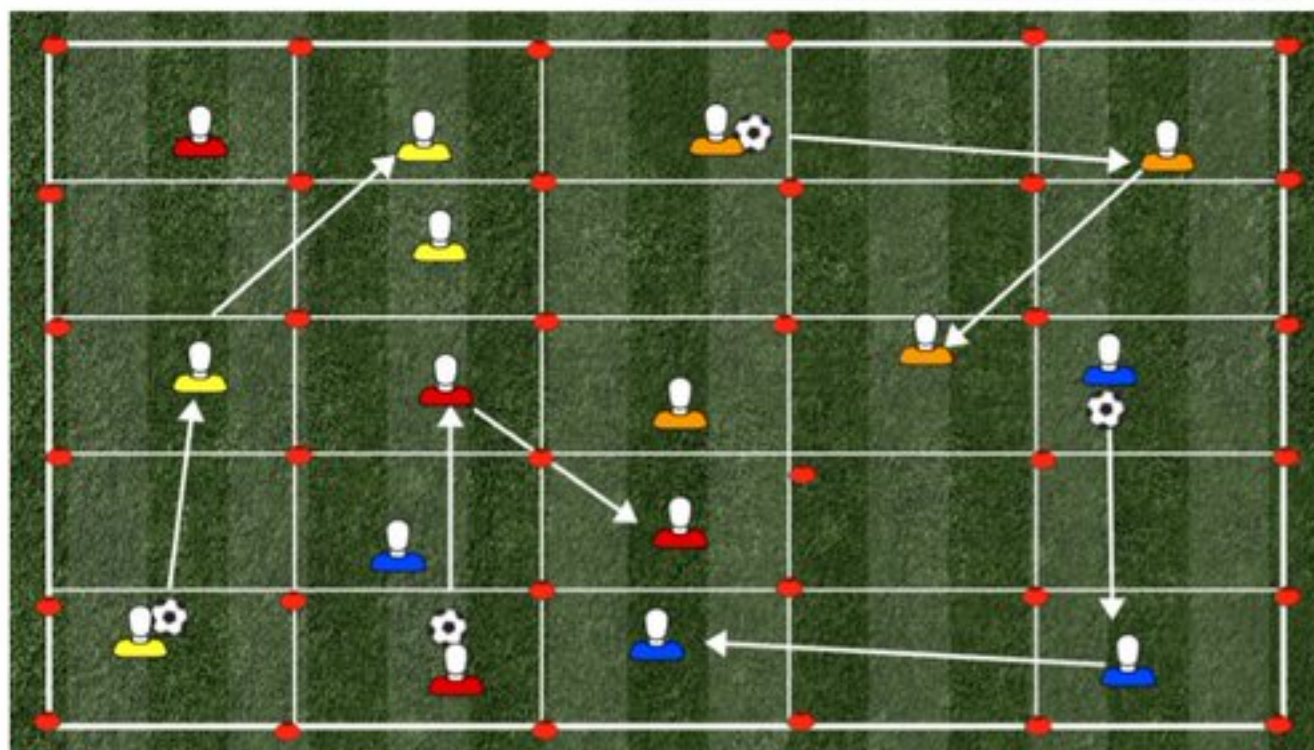
Idea: For step 1, player Y could receive the pass from A and when they approach the pole, play one side and run other pass ball to Z on the move.

SESSION 4



Possession Session

Twitter: @GR_CoachShare

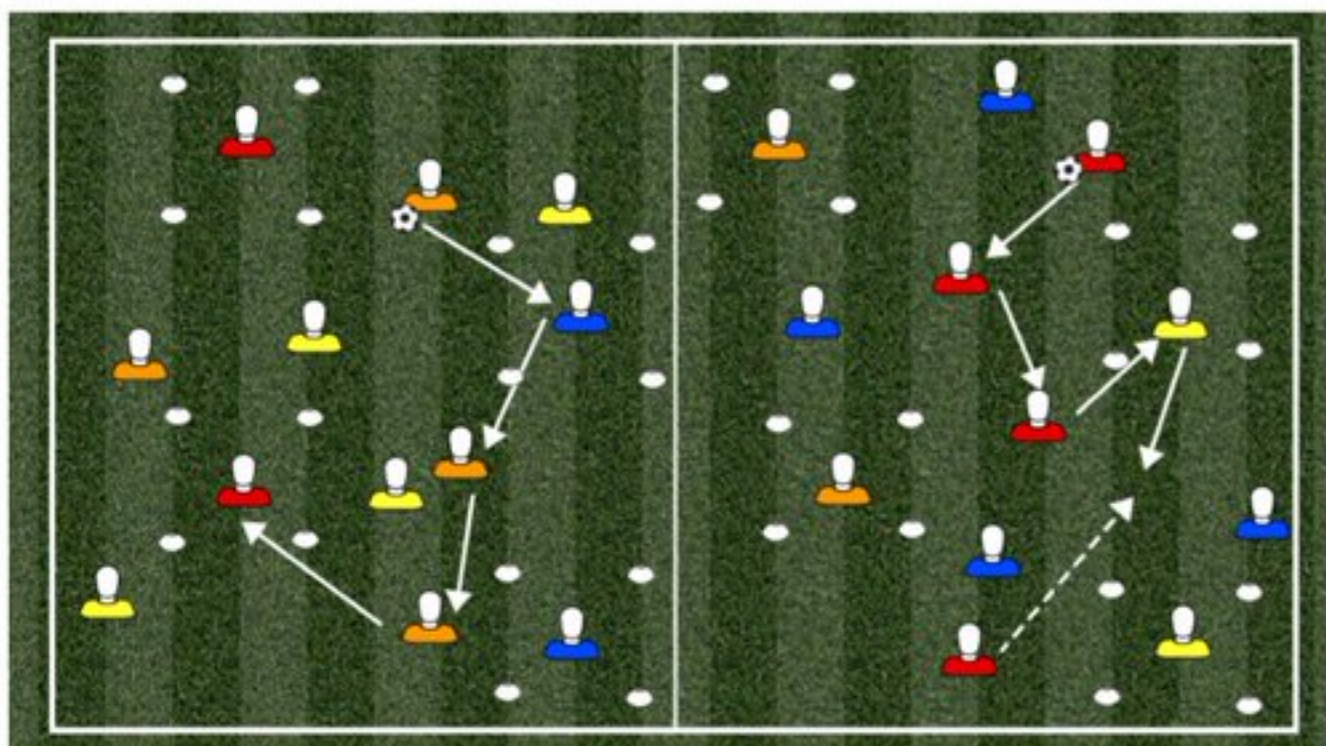


Part 1 -

In teams of 3-4 with one ball between each team, they must pass the ball amongst their team and move from one grid to another after passing. Players cannot pass back to the player they received the pass or another team mate who is in the same square as them.

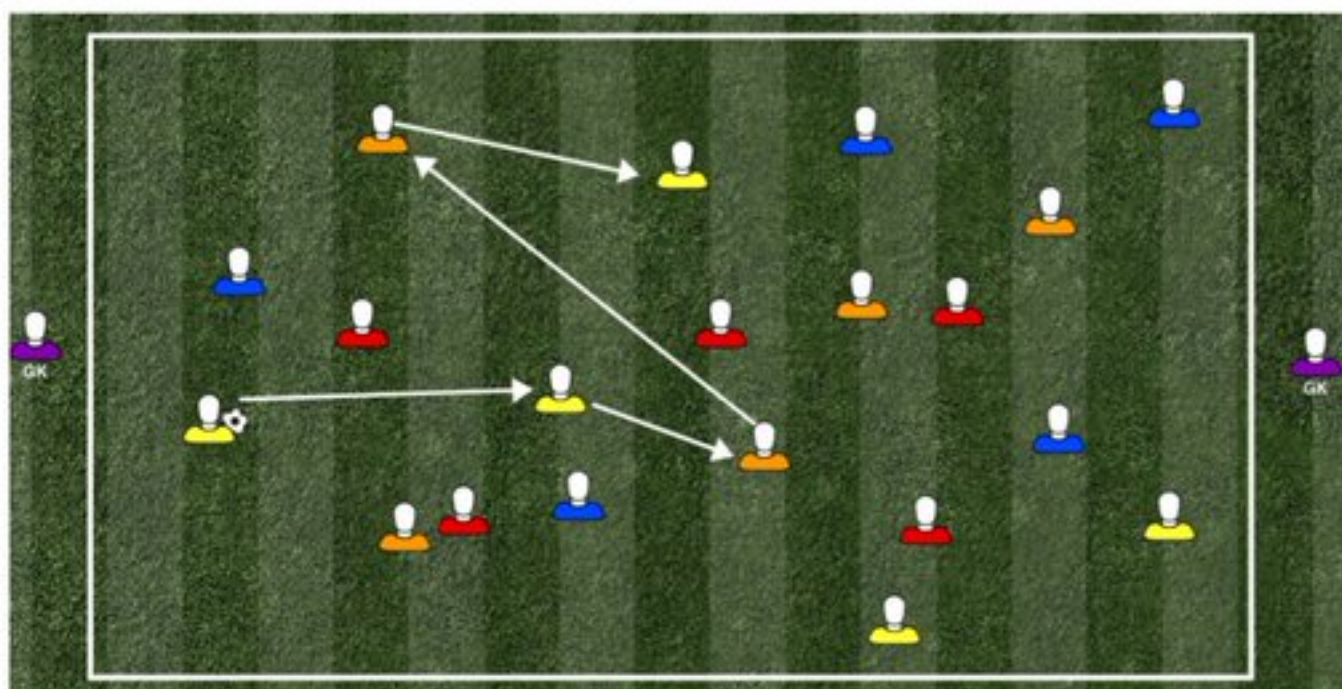
Progressions:

- Pass must now miss out a square that is directly next to the square the player with the ball is stood.
- Now teams can only pass to a player of a different colour bib to themselves, EG. Red to Yellow, Green or Blue and so on



Part 2 -

Split players into four teams. 2 from each go to other pitch and play as neutral target players in the squares as shown. One team begin in possession. Play one team are in possession who are trying to keep possession whilst one team are defenders, use target zones as a safe zone. If the defending team win possession, they must now try to keep possession and attackers now become defenders



Part 3 - SSQ

Now bring 4 teams together. Once ball is in play, 2 teams play together at any time, maintaining possession. Coach can call any 2 colours at any time. Those teams then play together. Passive defending to begin with to build confidence on the ball.

Keepers to be on the outside, they must play with feet.

Coaching point: Use first touch to take the ball away from pressure to allow for more time.

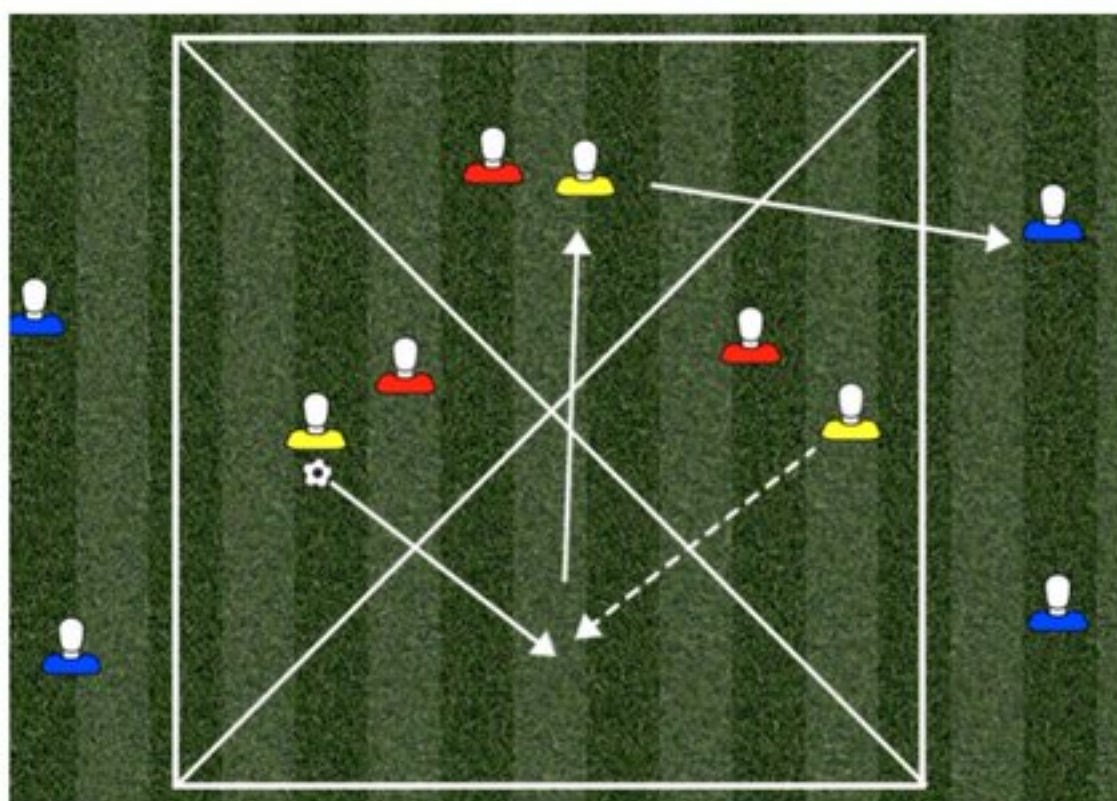
Progression idea: After receiving the pass the player must then dribble to a box next to them before passing to another team mate

SESSION 5



Movement in Midfield Session

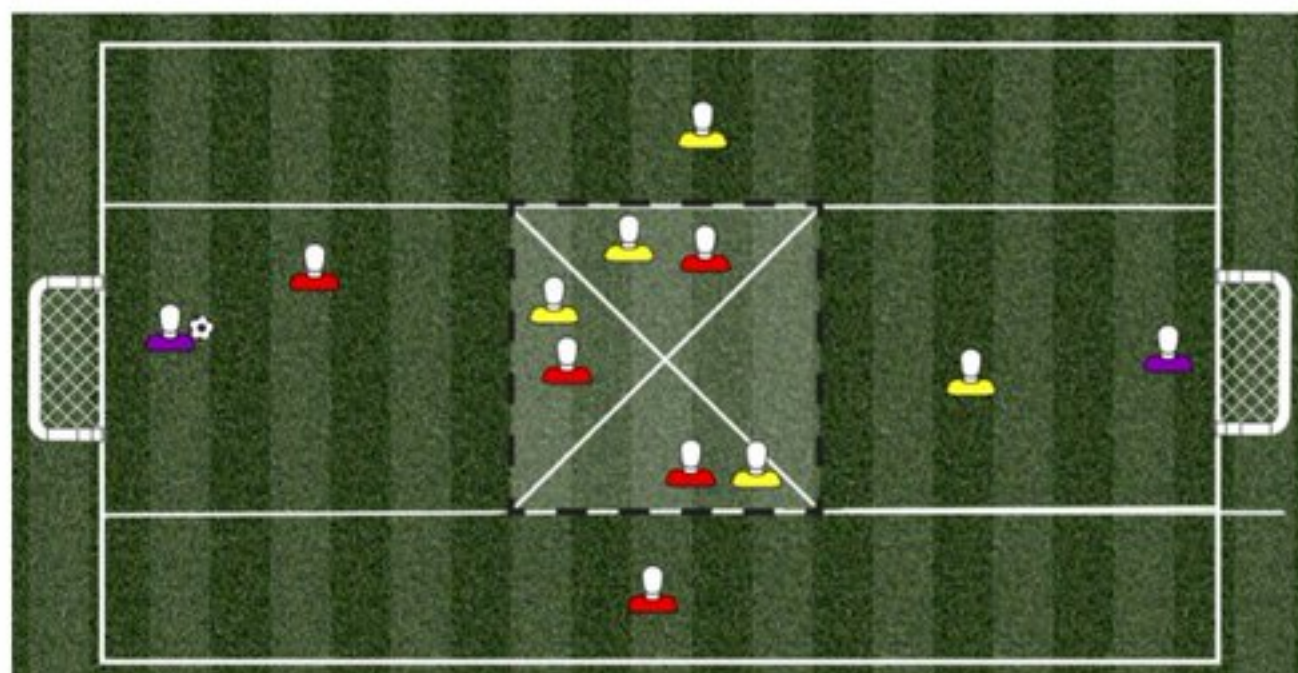
Twitter: @GR_CoachShare



Part 1 -

Set up area as above, the blues pass the ball between them and then lend the ball into a team in the middle to keep possession. Players should be looking to receive the ball in another area to any other teammate if possible. Movement should be quick and players should not spend more than 5-6 seconds in the same area if possible.

Team in the middle, who are in possession must look to play from end to end. Game scoring, how many times can you get from end to end?

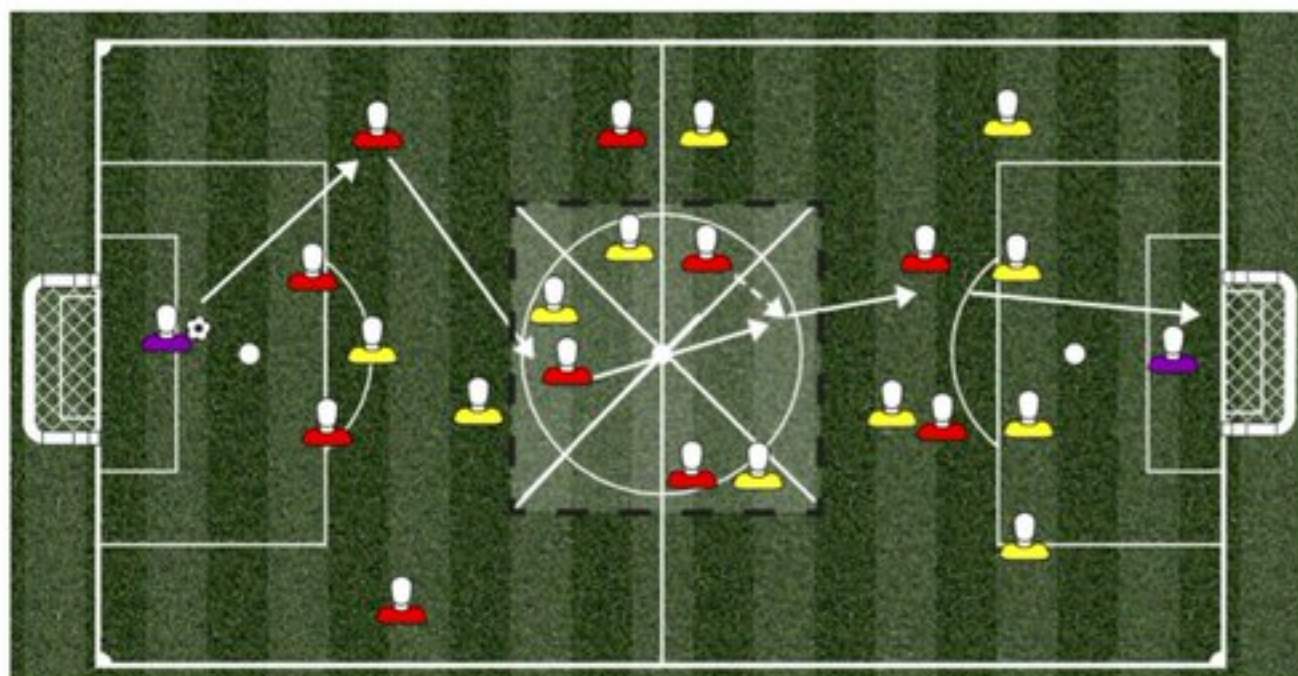


Part 2 -

- Players play SSQ in pitch marked above, the players involved must try to find a zone to themselves.

Teams try to play in to the middle area and out again to create scoring opportunities, encourage rotation and keeping possession.

- Talk to players about when they feel it is best to play wide and when it is better to play in the middle areas.



Part 3 - 1v1 game with midfield rotation. Same principle as before but now in an 1v1 situation, players are encouraged to use the rotation practice in the middle of the pitch.

Point Scoring Systems that can be used for steps 2 and 3:

- If you score from a rotation of a wide player with a central player - 2 pts
- If you spend more than 6 seconds in same area, opposing team gets a point (time can be adjusted accordingly)
- When you release the ball from the middle area you must move out of the box after or opposing team are given 1 point

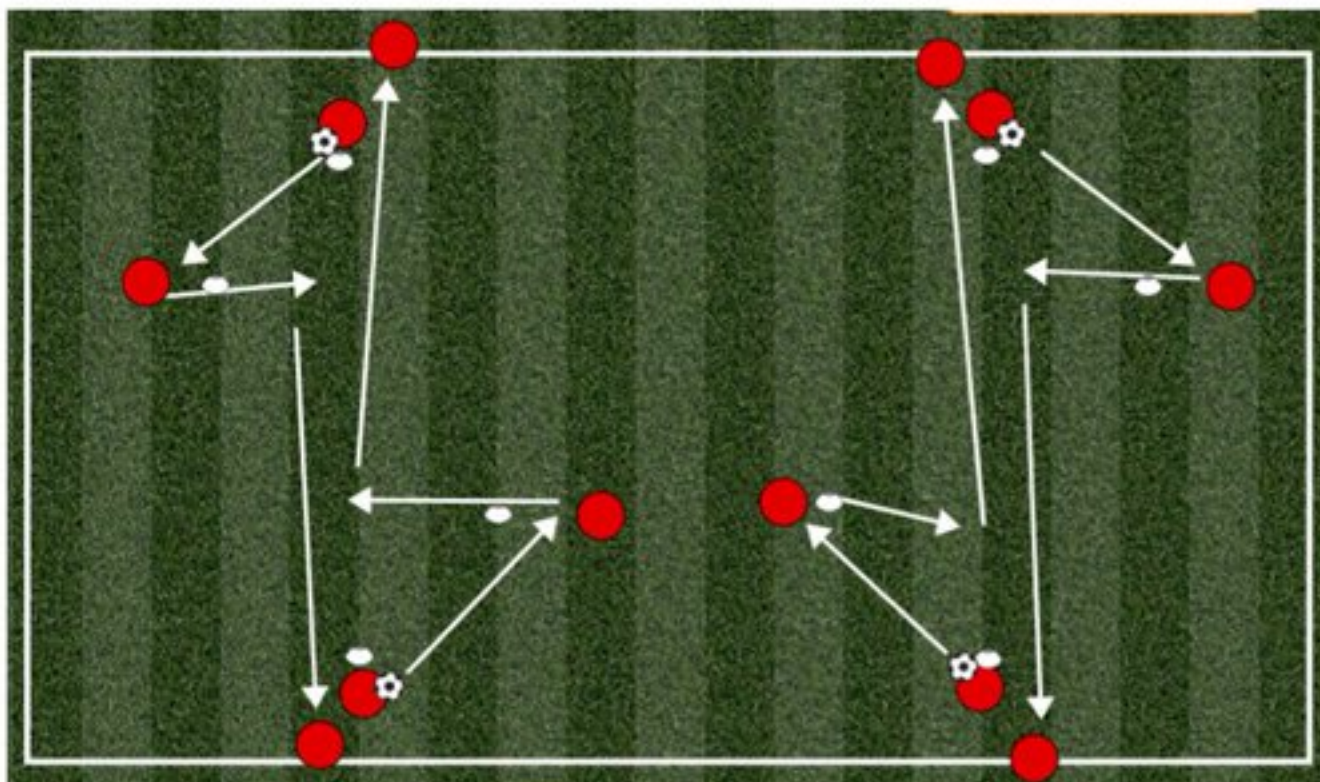
Coaching point: If you cannot go forwards straight away, then play back to outside players and be patient in possession. Look after the ball.

SESSION 6



Passing Combinations Session

Twitter: @GR_CoachShare

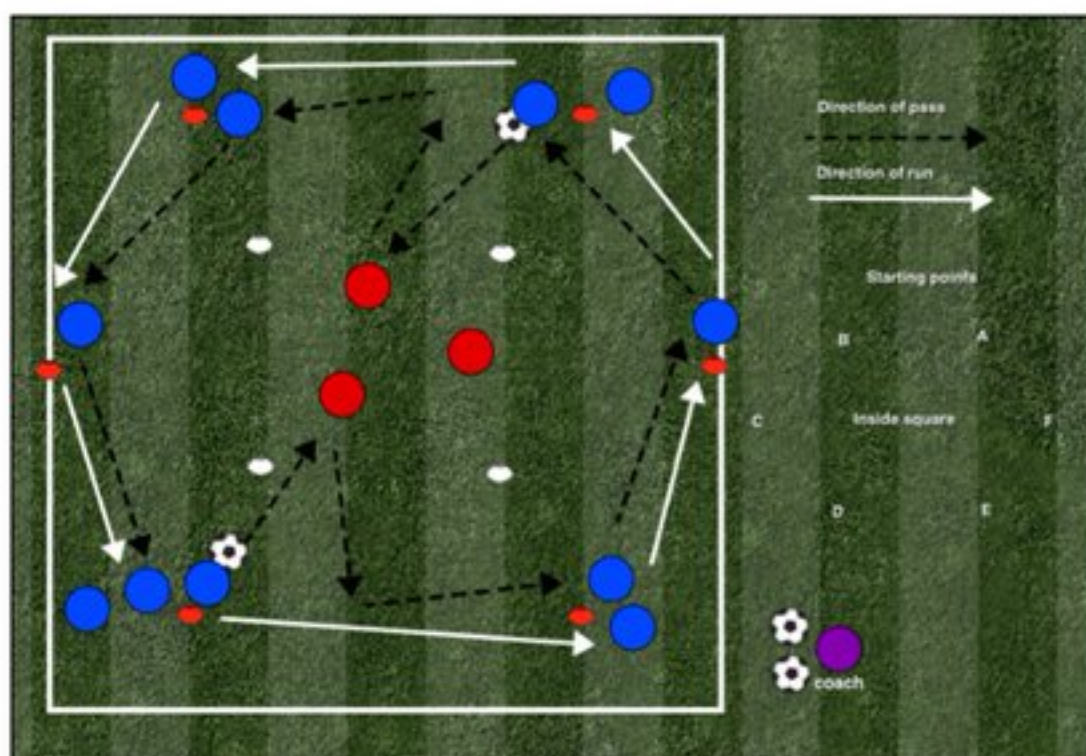


Part 1 -

Simple combinations and confidence builder. Split group in 2. Choose 2 wall pass players and rotate every 45 seconds or depending on success longer. Players with ball as shown in diagram, they play a pass outside to wall pass player, they play pass back in to the middle to oncoming player, they play long pass to player opposite. Repeat.

Swap groups over each play had a go as target player.

Encourage speed of combination and accuracy as it will be necessary in the next drill and SSQ.

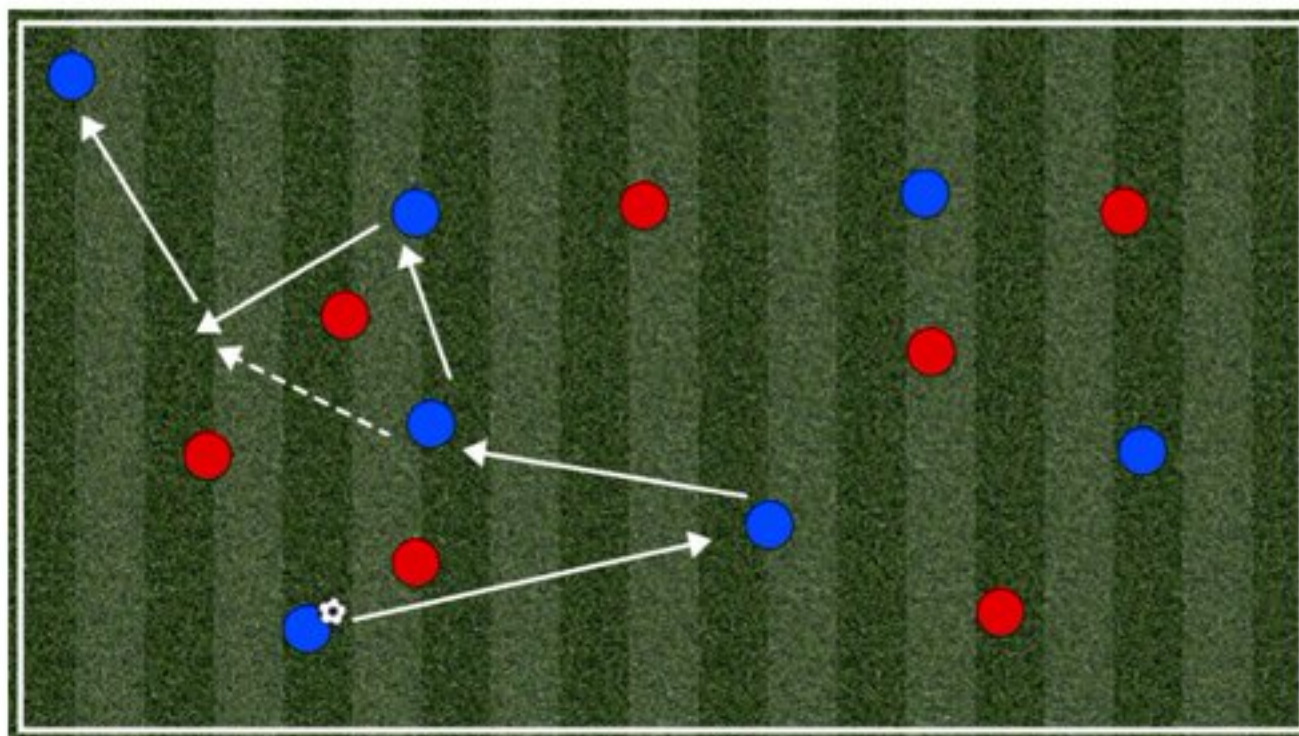


Part 2 -

Set up a 30 yard square now add in a cone either side in the middle of the square that creates a hexagon looking shape. Inside this area, mark out a 10 yard square.

For starting positions read this and see the diagram on the right hand side.

- 3 players in the inside square
- now two players each starting on cones (A,B,D,E) and one player each on the two middle cones (C & F)
- A and D start with a football
- A and D play a wall pass to the players in the inside square and then pass to B and E respectively
- B and E now pass to C and F who turn on the back foot if possible to pass to E and F
- F passes to A and C to D and then repeat process



Part 3 - Combinations SSQ

Play a 7v7 game in an area that has enough space to encourage combinations.

One team starts in possession. They must try to eliminate the opposition team by playing a combination around a player. Once eliminated, the player goes to the outside and can be used by his own team. If they play a successful combination using outside man then he re-enters the game.

If the combination is slow or defender gets a touch on it, then the defending player is not eliminated.

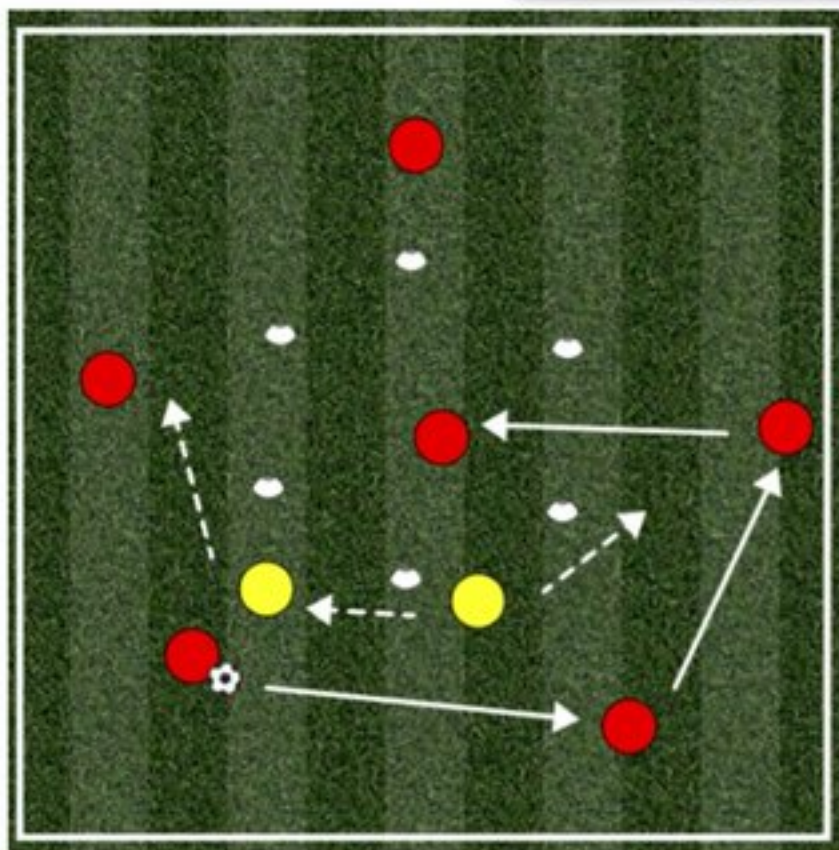
Play for a set time. Team with most players left in playing area wins.

SESSION 7



Passing for Penetration Session

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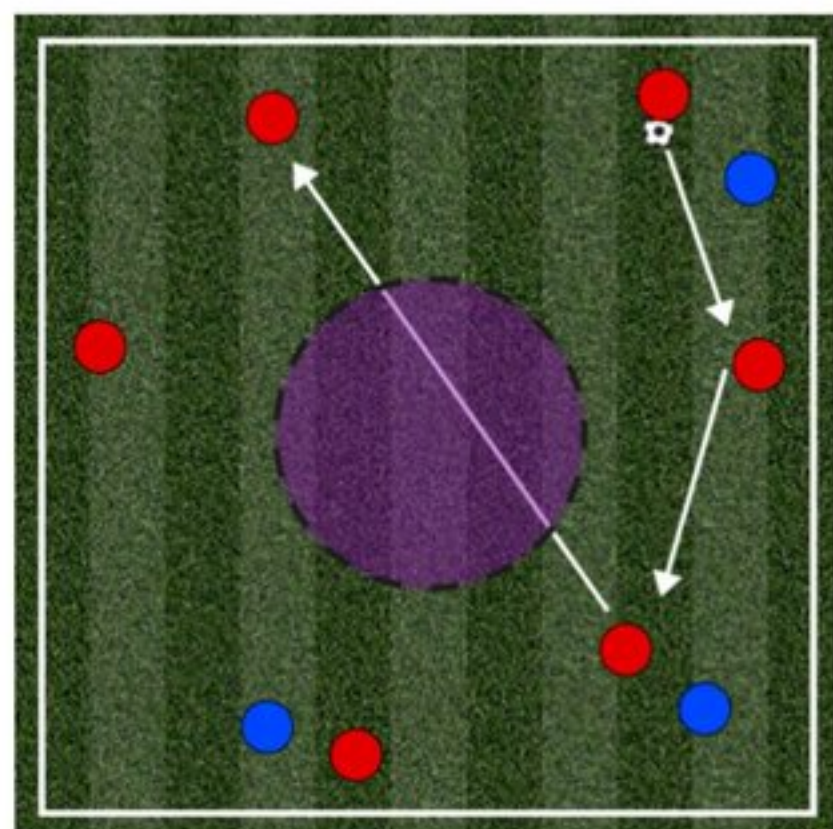


Part 1 -

Set up 25 x 20 area (bigger or smaller depending on the amount of players and how challenging you want it to be) Inside this area is a 7x7 yard square or circle. Numbers can be easily adapted

The team places 1 player in the smaller square and the other 5 around the rest of the area. The defending team has 2 players

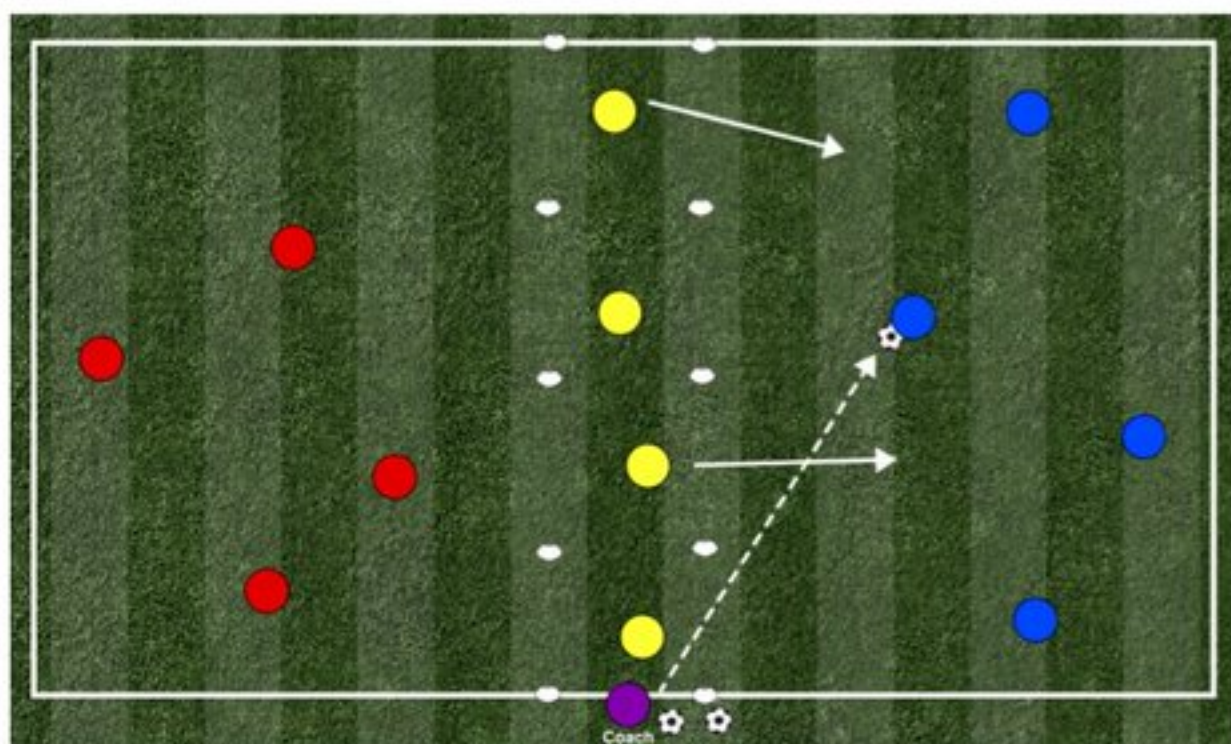
The attacking team score a goal by making a pass between defenders into their target player in the small square. Once player in middle has the ball, they must then try to safely play out of small area back out to teammates



Part 2 -

The idea is to play 6v3 reds v blue. The area in the middle is the point where the team in possession must look to maintain by switching the play through this. This can be called by players to encourage understanding/communication.

For more able teams/players don't allow for the switch to count if the call for a switch is not heard. Red players cannot run through the middle area to move around.



Part 3 - Tennis Court SSG

Set up a 40 x 20 yard grid with a centre line 2 yards wide with the players being divided into 3 equal teams (red, blue, yellow). Red team start in the left court and blue team in the right court. The yellow team start in the centre line (net).

The coach plays the ball into the right court. Two players from the yellow team rush into the right court and try to win the ball before the blue team can make 5 passes. Once 5 passes are achieved, the blues can now switch play to the left hand court, avoiding the remaining yellow players still at the net.

The yellow players in the right court return to the net and 2 different yellow players rush into the left court to shut down the red team. This continues until the yellows win the ball or it goes out of play. When this happens, yellows score a point and the coach restarts the game by serving the ball into the opposite court.

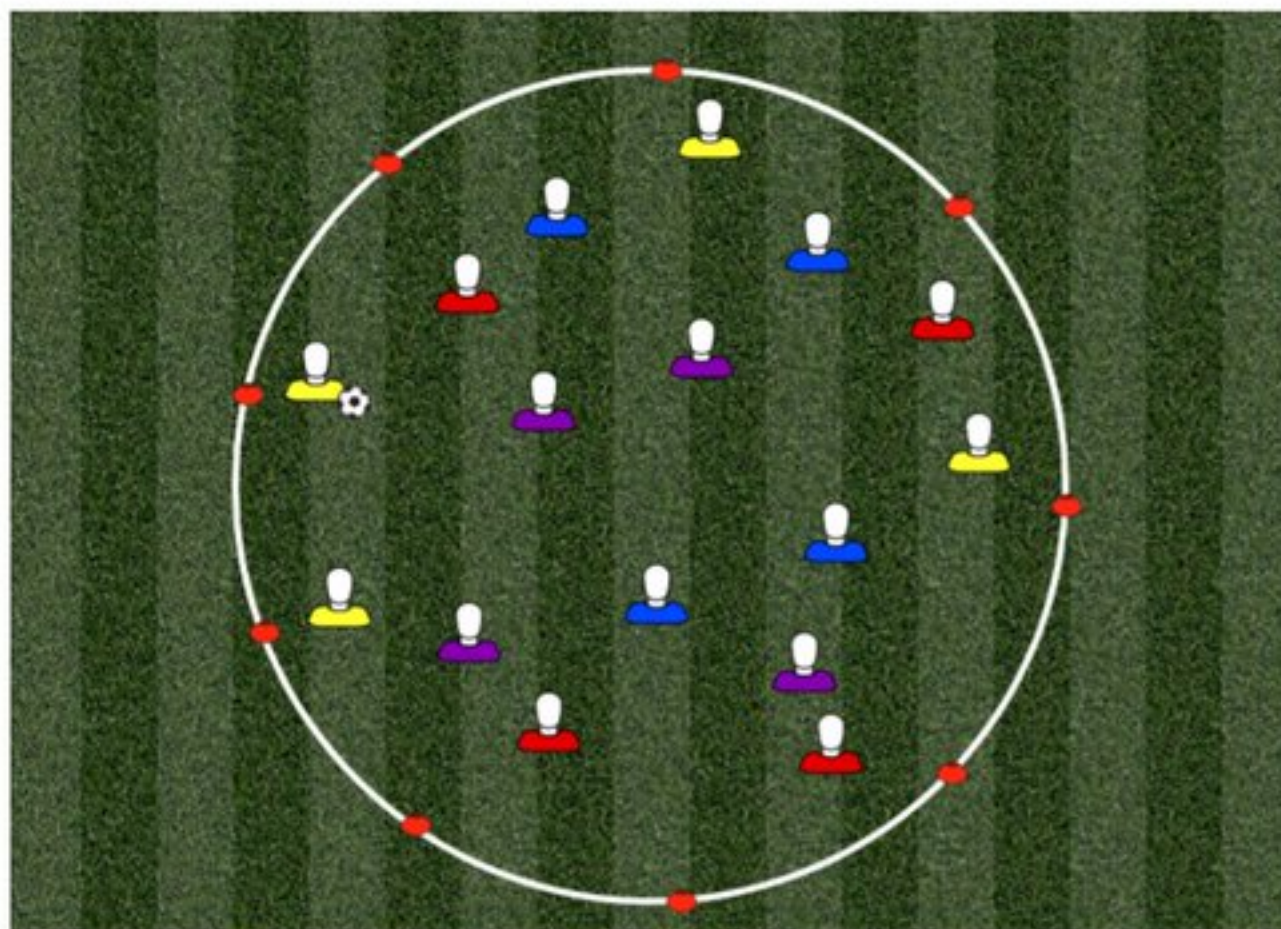
After 4 minutes, swap the team on the net.

SESSION 8



Transitions Session 2

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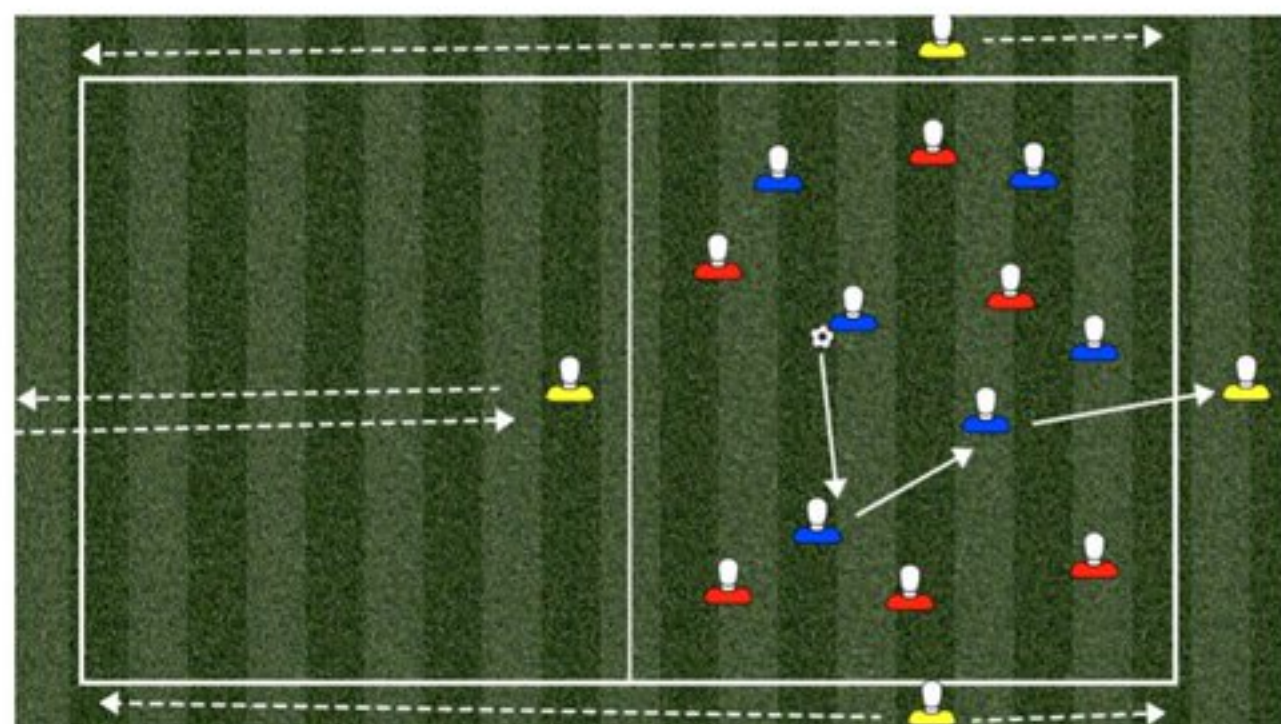


Part 1 - 4 Team Rondo

4 team rondo, 3 teams maintain possession whilst other must try to regain possession. If the ball is played out the circled area or intercepted by defending team, the team who did so now become team trying to regain possession.

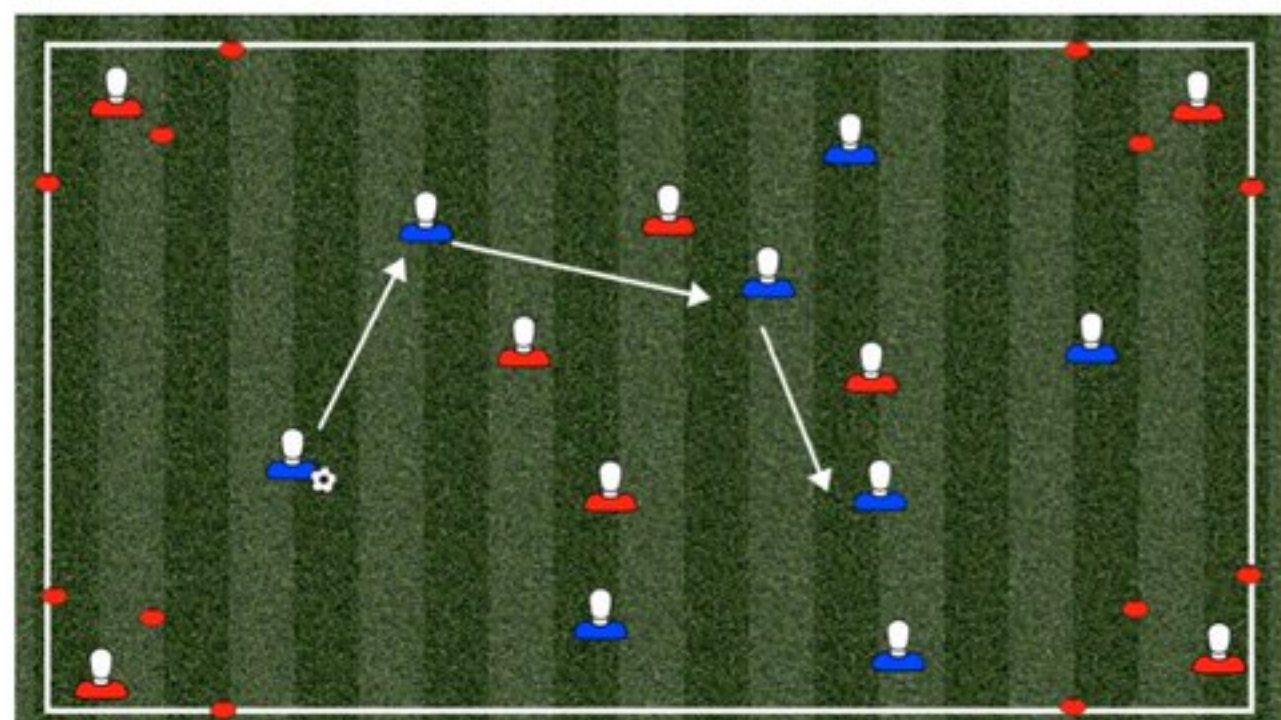
To challenge higher level players, encourage a 2 touch rule. This will increase speed of the drill and also create quicker thinking.

Encourage quick decision making and movement on and off the ball. Can you always try to create an overload in possession.



Part 2 - 6v6 +4

Team of 4 yellows play on outside of area. Play starts in one area, 6v6 in middle playing possession football. If the ball is played to yellow on halfway line, they receive pass the play is switched to the other half. The yellow who revives it plays a pass to a player of team in possession and then drops back to line to create a square of yellows around the teams. The wide yellows, shuffle down and help in other half, the yellow on far side moves up and plays on half way line.



Part 3 - Transitions SSG

Play an 8v4 possession game in the area with the other 4 players in small areas in the corners. For example from image. Blues maintain possession 8v4, if the Reds win possession, they play the ball out to a player in the corners. When this happens, 4 blues move to the outside areas and reds come in and now play 8v4 in their favour. combination using outside man then he re-enters the game.