



PK Soccer Inc.

PK Soccer

Youth Soccer Coaching
Podcast



U6

PRACTICE

SESSIONS

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

3 Speeds
All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.
Candy Store
Players dribble in all directions of the field. The coach names each side of the area after a piece of candy. When the coach shouts out the name of a candy bar, the children dribble their soccer ball to the appropriate side.
Coaching Points:
• Start by naming only two side of the field, then three and four.
• This practice should be "upbeat": it requires a dynamic coaching performance.

Coneman
Players dribble around the field. The coach acts as the catcher (coneman) and attempts to place a cone on top of the player's ball. Once caught players perform a set number of juggles or foundation moves to re-enter the game.
Coaching Points:
• Dribble with heads up, looking for space and defenders (coneman).
• Take as many touches as possible.
• Use both feet.
• Use the drag back or fake to avoid the catcher.
• Make it known that you are looking for hard workers to be next coneman.

The Golden Eggs
Create two, three or four bases (nest). The coach places all the soccer balls into the middle of the Field (the golden nest). The soccer balls have turned into "GOLDEN EGGS" that the players have to save. The balls (eggs) are then taken back to the nests. On the coaches command the players run to the middle to save the balls. The players then dribble the ball to the base. Once all ball are taken from the middle the teams can steal for each base.
Coaching Points:
• Feet only. No hands.
• When the balls are in the middle they should be slightly spread out, so as to avoid collisions.
• Use the drag back to retrieve balls.

SSG 3v3 Soccer
Play 3v3 with small goals and no goalkeepers
Coaching Points:
• Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
• Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
• Encourage the use of the drag back and fake.

Interactive Session Plan™

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NOTES

3 Speeds
 All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.
 Encourage the use of the drag back turn as used in week one.
 Introduce the "fake" dip of the shoulder to beat a defender 1v1.



Coneman
 Players dribble around the field. The coach acts as the catcher (coneman) and attempts to place a cone on top of the player's ball. Once caught players perform a set number of juggles or foundation moves to re-enter the game.
 Coaching Points:
 • Dribble with heads up, looking for space and defenders (coneman).
 • Take as many touches as possible.
 • Drag back or fake to "avoid capture"



Bull Dogs
 All players line up on the goal line with their ball. Coach acts as the bull dog and stands in the middle of the field. When the coach calls "BULL DOGS" the player dribble to the opposite side of the field. If their ball is kick out of bounds, they become a bull dog. Last one dribbling is the winner.
 Coaching Points:
 • Dribble with heads up, looking for space and defenders.
 • Take as many touches of the ball as possible.
 • Use both feet.
 • First run should be a practice run.
 Use fake to dip shoulder and beat bulldog (defender) 1v1



SSG
 Play 3v3 with small goals and no goalkeepers, throw ins, corners.
 Coaching Points:
 • Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
 • Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
 • Encourage the use of the drag back and fake.

Interactive Session Plan™

Coach

Session date

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Theme

Time available



NOTES

3 Speeds

All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.

Encourage use of the drag back & fake to change direction

Body Brakes

The players dribble around with a ball each. The coach calls out a body part, for example knee. All players should stop the ball first with the foot and then the body part. When the coach calls "HANDS" players should put hands in the air and call "NO HANDS I" or "NO HANDS COACH"

Move the Step over/Survivors

Select a catcher. All the players dribble around the area with a ball. The catcher gets players out of the game by touching their soccer ball with his/her foot. The catcher is "The monster" he/she can win the game by getting all the players out of the square. The players must perform Foundation moves or juggles to get back in the game.

Coaching Points:

- For the first game the coach should be the catcher (monster).
- In the next catcher should be the child who is working the hardest.
- The coach should encourage the children to perform the step over within the game.
- The same game can be played, but this time the children can freeze the catcher by performing the step over move.
- The coach should encourage the children to do the step over move.

Stuck in the Mud

The children dribble around the field performing moves. Two mud monsters attempt to freeze the players by touching the player's ball with their foot. Once the player is frozen he/she picks up the ball and stands with their legs open, ball held on head. Players can set each other free by passing the ball through a frozen players legs.

Coaching Points:

- Use whoever tries the hardest to do X amount of juggles as the catcher.
- Encourage players to use the correct technique when setting the players free i.e.
 - o Non kicking foot by the side of the ball.
 - o Lock ankle and follow through in the direction you want the ball to go.
 - o Watch the foot make contact with the middle of the ball.

SSG

Play 3v3 with small goals and no goalkeepers.

Coaching Points:

- Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
- Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
- Encourage the use of the drag back, fake and step over.

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3 Speeds
 All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.
 Encourage use of Drag back, Fake & Step over
 Coneman (progression)
 Players dribble around the field. The coach acts as the catcher (coneman) and attempts to place a cone on top of the player's ball. Once caught players perform a set number of juggles or foundation moves to re-enter the game.
 Coaching Points:

1v1 to Goal
 Players stand next to each other on the touch line with a ball. Players take turns kicking the ball forward. Once the ball is kicked forward both players compete to score in the goal on the opposite touch line.

Batman and Robin
 Players are divided into two teams. Each player is give a number (1, 2, 3, 4 etc.) or a character (Batman, Robin, Joker etc.) Players sit in the corner of the field. The coach calls a number or character's name and rolls the ball into the field. Both players now play 1v1 to score a goal.
 Coaching points:
 - Call multiple numbers/characters and play 2v2, 3v3 etc.

SSG
 Play 3v3 with small goals and no goalkeepers, throw ins, corners.
 Coaching Points:
 - Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
 - Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
 - Encourage the use of the drag back, fake & step over
 Who can take on a player 1v1

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3 Speeds
All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.

Stuck in the Mud
Players dribble around the field performing tricks and turns, every 3 touches. Two mud monsters (Catchers) attempt to freeze out the players. To do this, they simply have to touch the player's ball with their foot. Once the player is frozen he/she picks up the ball and stands with their legs open, ball held on head. Players can set each other free by passing the ball through a frozen players legs.

Coaching Points:

- Encourage players to use the correct technique when setting the players free i.e. For this to be an effective practice the coach has to see the children passing the ball as many times as possible. If the catcher is having little success the coach is not seeing many of the children pass the ball. He/she therefore needs to use more catchers to increase the chances of the children being caught, which in turn will increase the number of children who are making passes. The coach should be aware that youngsters, in general, will not help their team mates, preferring instead to concentrate on looking after themselves. This is a great opportunity for the coach to provide a moment of social education, explaining to the children that they all play on the same team and that they should all try to help each other. This should also encourage them to pass more!

Freeze Coach
Players dribble around the field attempting to pass the ball against the coach's ankles. The coach has 3 lives. Once hit 3 times the coach can be replaced by a player in the group.

Coaching points

- Encourage them to try frequently to pass the ball against the coach.
- As you play, attempt to correct technique, as above.

Freeze Teams
Divide the group into two teams. One team has a soccer ball each and the other team runs without balls. The team with balls has to pass the ball against their opponent's legs to freeze them. Once a player is frozen they stand still with their legs wide apart. A player is unfrozen if a team mate crawls through his legs.

Coaching Points: • Correct passing technique

SSG
Play 3v3 with small goals and no goalkeepers, throw ins, corners.

Coaching Points:

- Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
- Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
- Encourage the use of the drag back and fake.

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All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.

Pirate Ship (intro to foundation moves/warm up variation)
Players clean the ship (dribble around the field). Once the coaches command "Captain aboard" players freeze and call "Aye Aye Captain"

- Climb the Riggins = toe taps
- Load the Cannons = inside-inside



Marbles
Players dribble around the area as in warm up. On the coaches command "Marbles" players attempt to pass their ball against opponent's ankle. First player to 10 hits wins.
Coaching points:

- Weight of pass
- Distance of pass
- Keep ball on the ground



Battle Ships
Divide the field into two halves with a row of cones. Form two teams and get them to stand on opposite goal lines. All balls are lined up in the middle (similar to dodge ball). Players run and pass/shoot balls over the dividing line. Team with least amount of soccer balls on their ship wins.
Coaching points:

- Teams cannot cross the dividing line.
- Keep balls low and on the ground



SSG
Play 3v3 with small goals and no goalkeepers, throw ins, corners.
Coaching Points:

- Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
- Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
- Encourage the use of the drag back, fake & step over

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NOTES

3 Speeds
All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast).
Candy Store
Players dribble in all directions of the field. The coach names each side of the area after a piece of candy. When the coach shouts out the name of a candy bar, the children dribble to the side
Coaching Points:

- Start by naming only two side of the field, then three and four.
- This practice should be "upbeat": it requires a dynamic coaching performance.
- When the children reach the particular candy, they should perform a foundation move (toe taps or inside, inside)



Golden Eggs
Create two, three or four bases (nest). The coach places all the soccer balls into the middle of the field (the golden nest). The soccer balls have turned into "GOLDEN EGGS" that the players have to save. The balls (eggs) are then taken back to the nests. On the coaches command the players run to the middle to save the balls. The players then dribble the ball to the base. Once all ball are taken from the middle the teams can steal for each base.
Coaching Points:

- Feet only. No hands.
- When the balls are in the middle they should be slightly spread out, so as to avoid collisions.
- Use the drag back to retrieve balls.



Golden Boot
All players are given a number. Players dribble in all directions of the field. When the coach calls a number the corresponding player attacks the goal and shoots.
Coaching points

- Attack goal with speed.
- Shoot with the laces and in the corners
- Keep the ball low



SSG
Play 3v3 with small goals and no goalkeepers, throw ins, corners.
Coaching Points:

- Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
- Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
- Encourage the use of the drag back and fake.

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NOTES

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All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.
Candy Store
Players dribble in all directions of the field. The coach names each side of the area after a piece of candy. When the coach shouts out the name of a candy bar, the children dribble their soccer ball to the appropriate side.
Coaching Points:
• Start by naming only two side of the field, then three and four.
• This practice should be "upbeat": it requires a dynamic coaching performance.

Coneman
Players dribble around the field. The coach acts as the catcher (coneman) and attempts to place a cone on top of the player's ball. Once caught players perform a set number of juggles or foundation moves to re-enter the game.
Coaching Points:
• Dribble with heads up, looking for space and defenders (coneman).
• Take as many touches as possible.
• Use both feet.
• Use the drag back or fake to avoid the catcher.
• Make it known that you are looking for hard workers to be next coneman.

The Golden Eggs
Create two, three or four bases (nest). The coach places all the soccer balls into the middle of the Field (the golden nest). The soccer balls have turned into "GOLDEN EGGS" that the players have to save. The balls (eggs) are then taken back to the nests. On the coaches command the players run to the middle to save the balls. The players then dribble the ball to the base. Once all ball are taken from the middle the teams can steal for each base.
Coaching Points:
• Feet only. No hands.
• When the balls are in the middle they should be slightly spread out, so as to avoid collisions.
• Use the drag back to retrieve balls.

SSG 3v3 Soccer
Play 3v3 with small goals and no goalkeepers
Coaching Points:
• Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
• Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
• Encourage the use of the drag back and fake.

U7

PRACTICE

SESSIONS

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

Dribble based warm up
 All players dribble around inside area. Every three touches they do a move, changing direction. Coach calls the name of a foundation move or skill the players have previously been taught. On command the players do the move at speed until they are told to begin dribbling again.
 Coaching Points:
 - Dribble at game speed with their heads up.
 - When performing moves they do them with both feet, at speed.
 - Use this warm up game to introduce new moves and reinforce moves previously taught.
 - Look for hard workers



Knock out
 Players dribble around in the square. On command catchers can go in and kick player's ball from square. Once your ball is out you become a catcher. Last player in square with ball is the winner.
 Coaching Points:
 - Encourage the players to beat defenders rather than simply shield the ball or stand still



1v1 to a Ball
 Players stand next to each other with two balls (goal ball and moving ball). Player with moving ball passes to open space. When ball stops rolling players chase the ball. Players score by playing moving ball against the goal ball. There is no out of bounds. The player who is the first one to three is the winner of the game.
 Coaching Points:
 - Encourage the players to play high-pressure defense always.
 - Encourage the players to use the moves that you have taught them to create space in for a shot.
 - Use this game to develop an attitude where the players always attack space.
 - Use individual juggling as the break up activity.



SSG
 Play 4v4 with small goals and no goalkeepers, throw ins, corners.
 Coaching Points:
 - Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
 - Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
 - Encourage the use of the drag back, fake & step over

Interactive Session Plan

Coach Session date Team/Age Group

Theme Time available



NOTES

Dribble Based Warm up
 All players dribble around inside area. Every three touches they do a move, changing direction. Coach calls the name of a foundation move or skill the players have previously been taught. On command the players do the move at speed until they are told to begin dribbling again.
 Coaching Points:
 • Dribble at game speed with their heads up.
 • When performing moves they do them with both feet, at speed.
 • Use this warm up game to introduce new moves and reinforce moves previously taught.
 • Look for hard workers



Freeze Teams
 Divide the players into two equal groups. One team has soccer balls and the other team doesn't. Players with balls dribble and attempt to pass the ball against the opponent's legs. The team without the ball runs away to avoid being hit. Once hit by the ball the player freezes with their legs spread. Players are unfrozen when a team mate crawls through their legs.
 Coaching points:
 • Use inside of foot, not the toe.
 • Keep the ball below knee height.
 • Dribble to get closer to opponent



Golden Boot
 All players dribble around the area changing direction every three touches. Every player is given a number. When the coach calls out the player's number they dribble and shoot on the goal.
 Coaching points:
 • Attack goal at speed
 • Strike ball with laces
 • Head over the ball and shoot low in corners



SSG
 Play 4v4 with small goals and no goalkeepers, throw ins, corners.
 Coaching Points:
 • Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
 • Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
 • Encourage the use of the drag back, fake & step over

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NOTES

Dribble Based Warm up/Nine lives
 All players dribble around inside area changing direction. When coach calls "freeze" they have to stop straight away. Failure to do so leads to players losing a life. Players also lose lives if; they dribble out of bounds, they move too slowly or their ball hits any other player. After 5 minutes let them earn lives back by being in the biggest space when you say freeze, or by performing any move that you give them at the quickest speed. After ten minutes the player with most lives is the winner. Any player who gets down to zero lives needs nine juggles to get back in the game.
 Coaching Points:
 - Head up.
 - Three touches do a move then switch feet.
 - Encourage high intensity.



Knock out
 Players dribble in all directions. On the command "Knock out" players attempt to kick opponent's ball out of bound while protecting their own ball. Once eliminated players must complete a set number of juggles to re-enter the game.
 You can also play by selecting a catcher and he/she tries to kick balls out of bounds. Once opponents are eliminated they also attempt to kick balls out of bounds. You win the game by being the last player dribbling.
 Coaching points:
 - No hiding or standing still.
 - Stay on feet.
 - Encourage moves to keep the ball.



1v1 to a line
 Players are put into pairs. Players stand opposite touch lines facing their opponent. A player scores a goal by stopping the ball on the line between the cones. Winners move up and losers move down.
 Coaching points:
 - Don't let players stand still. Encourage high pressure attack and defense
 - Attack the space behind opponents.
 - Keep the ball close



SSG
 Play 4v4 with small goals and no goalkeepers, throw ins, corners.
 Coaching Points:
 - Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
 - Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
 - Encourage the use of the drag back, fake & step over

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NOTES

Dribble Based Warm up
 All players dribble around inside area. Every three touches they do a move, changing direction. Coach calls the name of a foundation move or skill the players have previously been taught. On command the players do the move at speed until they are told to begin dribbling again.
 Coaching Points:
 • Dribble at game speed with their heads up.
 • When performing moves they do them with both feet, at speed.
 • Use this warm up game to introduce new moves and reinforce moves previously taught.
 • Look for hard workers



Pass and Move to 1v1
 Put into pairs with one ball for each pair and pass and move. Players try and cover whole area. When the coach calls "ATTACK" the two players compete 1v1. Whichever player has possession of the ball when the coach calls "freeze", wins one point. The first player to three points is the winner.
 Coaching Points:
 • Each time they receive the ball they should play a pass to themselves before passing to their partner.
 • Try and encourage them to pass into the space in front of their partner and always be moving.
 • When they are playing 1v1, encourage them to use moves and skill as well as speed to keep the ball away from their partner.



Smash and Grab
 Each player begins with ball. One player is the Catcher and starts the game as a defender outside the area. When the coach calls, "go", the defender starts to take balls off the players dribbling. When a ball is knocked out of the area player attempts to combine with other players to help them possess the ball. At the end of the game there will be one ball with the rest of the team trying to possess against one defender.
 How long can team keep possession?
 Coaching Points:
 • keep ball close and use skill to avoid the defender.
 • encourage them to try and help other players keep their balls by moving into positions where they could receive a pass.
 • Time how long it take all the balls to be kicked out.



SSG
 Play 4v4 with small goals and no goalkeepers, throw ins, corners.
 Coaching Points:
 • Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
 • Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
 • Encourage the use of the drag back, fake & step over

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NOTES

Dribble Based Warm up
All players dribble around inside area. Every three touches they do a move, changing direction. Coach calls the name of a foundation move or skill the players have previously been taught. On command the players do the move at speed until they are told to begin dribbling again.

Coaching Points:

- Dribble at game speed with their heads up.
- When performing moves they do them with both feet, at speed.
- Use this warm up game to introduce new moves and reinforce moves previously taught.
- Look for hard workers



Smash and Grab
Each player begins with ball. One player starts the game as a defender outside the area. When the coach calls, "go", the defender runs into the area and starts to take balls off the players dribbling. When a player's ball is knocked out of the area he attempts to combine with other players to help them possess the ball. At the end of the game there will be one ball with the rest of the team trying to possess against one defender.

Coaching Points:

- encourage each player to keep their ball close and use their skill to avoid the defender.
- As soon as their ball is knocked out of the area encourage them to try and help other players keep their balls by moving into positions where they could receive a pass.
- Time how long it take all the balls to be kicked out.



Pass and Move to 1v1 Battle
Players pass and move with their partner. The coach should ensure that one of each pair has a pinnie. When the coach calls "Attack" the two players compete against each other to possess the ball. Whichever player has possession of the ball when the coach calls freeze, wins one point. The first player to three points is the winner. The winner of the 1v1 is the pinner who gets the pinnie.

Coaching Points:

- Each time they receive the ball they should play a pass to themselves before passing to their partner.
- Try and encourage the players to pass into the space in front of their partner and always be moving.
- When they are playing 1v1, encourage the players to use moves and skill as well as speed to keep the ball away from their partner.



SSG
Play 4v4 with small goals and no goalkeepers, throw ins, corners.

Coaching Points:

- Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
- Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
- Encourage the use of the drag back, fake & step over

*Do not expect great results straight away. This game has a long term aim of introducing some of the concepts of possession to the young players.

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Dribble Based Warm up
 All players dribble around inside area. Every three touches they do a move, changing direction. Coach calls the name of a foundation move or skill the players have previously been taught. On command the players do the move at speed until they are told to begin dribbling again.
Coaching Points:

- Dribble at game speed with their heads up.
- When performing moves they do them with both feet, at speed.
- Use this warm up game to introduce new moves and reinforce moves previously taught.
- Look for hard workers



Stuck in the Mud
 The coach selects two mud monsters who attempt to freeze out the players. To do this they simply have to touch the player's ball with their foot. Once the player is frozen, he/she picks up the ball and stands with their legs open, ball held on head. Players can set each other free by passing the ball through frozen players' legs.
Coaching Points

- Encourage players to use the correct technique when setting the players free i.e.
 - o Non-kicking foot by the side of the ball.
 - o Lock ankle and follow through in the direction you want the ball to go.
 - o Watch the foot make contact with the middle of the ball.
 - o Encourage the correct weight of the pass.



Smash and Grab
 Each player begins the game with ball. One player is chosen to be Catcher. This player starts the game as a defender outside the area. When the coach calls, "go", the defender runs into the area and starts to take balls off the players dribbling. When a player's ball is knocked out of the area he attempts to combine with other players to help them possess the ball. At the end of the game there will be one ball with the rest of the team trying to possess against one defender.
 If the group trying to possess the ball can play ten passes in a row, they win. Each player gets to defend. The player who gets all the balls out in the quickest time is the winner
Coaching Points:

- At the start of the game encourage each player to keep their ball close and use their skill to avoid the defender.
- As soon as their ball is knocked out of the area encourage them to try and help other players keep their balls by moving into positions where they could receive a pass.



5Ss
 Play 4v4 with small goals and no goalkeepers, throw ins, corners.
Coaching Points:

- Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
- Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
- Encourage the use of the drag back and fake



5Ss
 Play 4v4 with small goals and no goalkeepers, throw ins, corners.
Coaching Points:

- Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
- Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
- Encourage the use of the drag back and fake

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NOTES

3 Speeds
All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.
Candy Store
Players dribble in all directions of the field. The coach names each side of the area after a piece of candy. When the coach shouts out the name of a candy bar, the children dribble their soccer ball to the appropriate side.
Coaching Points:
• Start by naming only two side of the field, then three and four.
• This practice should be "upbeat": it requires a dynamic coaching performance.

Coneman
Players dribble around the field. The coach acts as the catcher (coneman) and attempts to place a cone on top of the player's ball. Once caught players perform a set number of juggles or foundation moves to re-enter the game.
Coaching Points:
• Dribble with heads up, looking for space and defenders (coneman).
• Take as many touches as possible.
• Use both feet.
• Use the drag back or fake to avoid the catcher.
• Make it known that you are looking for hard workers to be next coneman.

The Golden Eggs
Create two, three or four bases (nest). The coach places all the soccer balls into the middle of the Field (the golden nest). The soccer balls have turned into "GOLDEN EGGS" that the players have to save. The balls (eggs) are then taken back to the nests. On the coaches command the players run to the middle to save the balls. The players then dribble the ball to the base. Once all ball are taken from the middle the teams can steal for each base.
Coaching Points:
• Feet only. No hands.
• When the balls are in the middle they should be slightly spread out, so as to avoid collisions.
• Use the drag back to retrieve balls.

SSG 3v3 Soccer
Play 3v3 with small goals and no goalkeepers
Coaching Points:
• Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
• Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
• Encourage the use of the drag back and fake.

U8

**PRACTICE
SESSIONS**

Coach Paul Kelshaw

Session date 01/15/18

Team/Age Group U8/2nd grade

Theme

Week 1: 1v1 Dribbling/attacking

Time available

60mins



NOTES

Dribble Based warm up

All the players have a ball and dribble inside the area. Every three touches they do a move, changing direction and feet. Every twenty seconds or so you call the name of a move that they have previously been taught. On command the players do the move at speed until they are told to begin dribbling again.

Coaching Points:

- Insist that the players dribble at game speed with their heads up.
- When performing moves they do them with both feet, at speed.
- Use this warm up game to introduce new moves and reinforce moves previously taught.

1v1 ladder

Players stand opposite a partner in the small call situated on the touch lines. The player with the ball passes to opponent and then becomes the defender. Players score by playing ball through their opponent's goal. There is no out of bounds. If you win you move up the ladder. Lose and you move down.

Coaching Points:

- Encourage the players to play high-pressure defense always.
- Encourage the players to use the moves that you have taught them to create space in for a shot.
- Use this game to develop an attitude where the players always attack space.
- Use individual juggling as the break up activity.

1v1 to goal

Divide the players into groups of 3. Two players play 1v1 and the third player is the goalkeeper. Attacker starts the practice with possession of the ball and gets five attempts to score a goal. Players rotate to be the defender and goalkeeper. Player with the most out of five wins.

Coaching Points:

- Encourage players to use their moves to create enough space for a shot.
- Through use of appropriate questions lead attackers to problem solving i.e. if defender lacks pace, how might he be beaten?
- Try to vary the situations in which the attacker has the ball. For example back to goal under pressure or racing away from recovering defender.

SSG

Play four or five a side with the following restrictions enforced at various times:

- No passing.
- Only pass after beating a defender.
- Open game.

Coaching Points:

- At appropriate moments in the game highlight effective dribbling techniques and attempts at moves with positive reinforcement.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

3 Speeds
All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.
Candy Store
Players dribble in all directions of the field. The coach names each side of the area after a piece of candy. When the coach shouts out the name of a candy bar, the children dribble their soccer ball to the appropriate side.
Coaching Points:
• Start by naming only two side of the field, then three and four.
• This practice should be "upbeat": it requires a dynamic coaching performance.

Coneman
Players dribble around the field. The coach acts as the catcher (coneman) and attempts to place a cone on top of the player's ball. Once caught players perform a set number of juggles or foundation moves to re-enter the game.
Coaching Points:
• Dribble with heads up, looking for space and defenders (coneman).
• Take as many touches as possible.
• Use both feet.
• Use the drag back or fake to avoid the catcher.
• Make it known that you are looking for hard workers to be next coneman.

The Golden Eggs
Create two, three or four bases (nest). The coach places all the soccer balls into the middle of the Field (the golden nest). The soccer balls have turned into "GOLDEN EGGS" that the players have to save. The balls (eggs) are then taken back to the nests. On the coaches command the players run to the middle to save the balls. The players then dribble the ball to the base. Once all ball are taken from the middle the teams can steal for each base.
Coaching Points:
• Feet only. No hands.
• When the balls are in the middle they should be slightly spread out, so as to avoid collisions.
• Use the drag back to retrieve balls.

SOG 3v3 Soccer
Play 3v3 with small goals and no goalkeepers
Coaching Points:
• Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
• Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
• Encourage the use of the drag back and fake.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

Dribble Based Warm Up
 All the players have a ball and dribble inside the area. Every three touches they do a move, changing direction and feet. Every twenty seconds or so you call the name of a move that they have previously been taught. On command the players do the move at speed until they are told to begin dribbling again.
 Coaching Points:
 • Insist that the players dribble at game speed with their heads up.
 • When performing moves they do them with both feet, at speed.
 • Use this warm up game to introduce new moves and reinforce moves previously taught.



Survivors
 Select a catcher. All the players dribble around the area with a ball. The catcher gets players out of the game by touching their soccer ball with his/her foot. The catcher is "The monster" he/she can win the game by getting all the players out of the square. The players must perform Foundation moves or juggles to get back in the game.
 Coaching Points:
 • For the first game the coach should be the catcher (monster).
 • In the next catcher should be the child who is working the hardest.
 • The coach should encourage the children to perform the step over move within the game.
 • The same game can be played, but this time the children can freeze the catcher by performing the step over move.
 • The coach should encourage the children to do the step over move.



2v1 to goal
 Players are divided into groups of 3. Players take turns being the defender. The two attackers pass and move using combinations to beat defender and score a goal.
 Coaching points:
 • Angled of support
 • High pressure attack and defense



SSG
 Play four or five a side with the following restrictions enforced at various times:
 • No passing.
 • Only pass after beating a defender.
 • Open game.
 Coaching Points:
 • At appropriate moments in the game highlight effective dribbling techniques and attempts at moves with positive reinforcement.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

3 Speeds
All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.
Candy Store
Players dribble in all directions of the field. The coach names each side of the area after a piece of candy. When the coach shouts out the name of a candy bar, the children dribble their soccer ball to the appropriate side.
Coaching Points:
- Start by naming only two side of the field, then three and four.
- This practice should be "upbeat": it requires a dynamic coaching performance.

Coneman
Players dribble around the field. The coach acts as the catcher (coneman) and attempts to place a cone on top of the player's ball. Once caught players perform a set number of juggles or foundation moves to re-enter the game.
Coaching Points:
- Dribble with heads up, looking for space and defenders (coneman).
- Take as many touches as possible.
- Use both feet.
- Use the drag back or fake to avoid the catcher.
- Make it known that you are looking for hard workers to be next coneman.

The Golden Eggs
Create two, three or four bases (nest). The coach places all the soccer balls into the middle of the field (the golden nest). The soccer balls have turned into "GOLDEN EGGS" that the players have to save. The balls (eggs) are then taken back to the nests. On the coaches command the players run to the middle to save the balls. The players then dribble the ball to the base. Once all ball are taken from the middle the teams can steal for each base.
Coaching Points:
- Feet only. No hands.
- When the balls are in the middle they should be slightly spread out, so as to avoid collisions.
- Use the drag back to retrieve balls.

SSG 3v3 Soccer
Play 3v3 with small goals and no goalkeepers
Coaching Points:
- Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
- Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
- Encourage the use of the drag back and fake.

Interactive Session Plan

Coach Session date Team/Age Group

Theme Time available



NOTES

Dribble Based Warm up
All the players have a ball and dribble inside the area. Every three touches they do a move, changing direction and feet. Every twenty seconds or so you call the name of a move that they have previously been taught. On command the players do the move at speed until they are told to begin dribbling again.
Coaching Points:
- Insist that the players dribble at game speed with their heads up.
- When performing moves they do them with both feet, at speed.
- Use this warm up game to introduce new moves and reinforce moves previously taught.



1v1 Ladder
Players stand opposite a partner in the small call situated on the touch lines. The player with the ball passes to opponent and then becomes the defender. Players score by playing ball through their opponent's goal. There is no out of bounds. If you win you move up the ladder. Lose and you move down.
Coaching Points:
- Encourage the players to play high-pressure defense always.
- Encourage the players to use the moves that you have taught them to create space in for a shot.
- Use this game to develop an attitude where the players always attack space.
- Use individual juggling as the break up activity.



Pass and Move
Players pass and move with a partner. They aim to cover all parts of the field using two touches
Coaching points:
- One touch to receive, one touch to pass
- World Cup Keep away
- Game speed



SSG to 5v5
Play four or five a side with the following restrictions enforced at various times. Eventually play 5v5 on a bigger field enforcing the restrictions below.
- No passing.
- Only pass after beating a defender.
- Open game.
Coaching Points:
- At appropriate moments in the game highlight effective dribbling techniques and attempts at moves with positive reinforcement.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

Dribble Based Warm Up
 All the players have a ball and dribble inside the area. Every three touches they do a move, changing direction and feet. Every twenty seconds or so you call the name of a move that they have previously been taught. On command the players do the move at speed until they are told to begin dribbling again.
 Coaching Points:
 - Insist that the players dribble at game speed with their heads up.
 - When performing moves they do them with both feet, at speed.
 - Use this warm up game to introduce new moves and reinforce moves previously taught.



Expert Knock out
 All players moving around in the square with a ball. When coach says "knock out" the players try and use their ball to knock any of their teammates balls out of the square. They can only do this by playing their own ball against their teammates. Once out of the square the only way back in is by doing a set number of juggles.
 Coaching Points:
 - Unless the players dribble with their heads up they will never know when their teammates have lost control of their balls.
 - Once they see a teammate has lost control encourage them to try and knock their ball out. Try using the first one to knock three balls out is the winner if you find they are not shooting at each other's balls.



World Cup Keep away
 Divide team into groups of 4/5. Each team passes and moves inside a 15x15 yard grid. Each team is given a country (Spain, Brazil etc.) and each player is given a number 1-5. When the coach calls a number those players defend the grid opposite (clockwise) group. First team to a set number of passes wins. If the defender wins the ball he gives it back to team and they start from 0.
 Coaching Points:
 - Player on the ball should:
 - Draw the defender to him before passing.
 - Control the ball into space every time he receives.
 - Attempt to disguise his intentions.
 - Move to support player on the ball.
 - Focus upon technical perfection with the short pass.
 - Make the best tactical decision possible.



SSG to 5v5
 Play four or five a side with the following restrictions enforced at various times. Eventually play 5v5 on a bigger field enforcing the restrictions below.
 - No passing.
 - Only pass after beating a defender.
 - Open game.
 Coaching Points:
 - At appropriate moments in the game highlight effective dribbling techniques and attempts at moves with positive reinforcement.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available

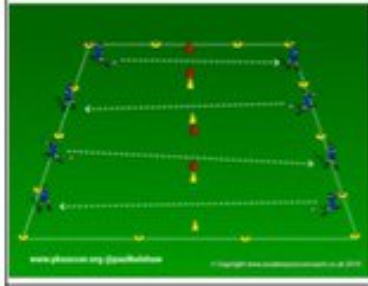


NOTES

Dribble Based Warm Up
 All the players have a ball and dribble inside the area. Every three touches they do a move, changing direction and feet. Every twenty seconds or so you call the name of a move that they have previously been taught. On command the players do the move at speed until they are told to begin dribbling again.
 Coaching Points:
 - Insist that the players dribble at game speed with their heads up.
 - When performing moves they do them with both feet, at speed.
 - Use this warm up game to introduce new moves and reinforce moves previously taught.



Battleships
 Divide players into two equal groups. Place all balls in the middle of the field. Teams line up on opposite goal lines. On the coaches command "Fire the cannons" players shoot the soccer balls onto the opposite side of the field. Team with the least amount of soccer balls on their side of the field wins the game. The other team's battleship is sunk.
 Coaching points:
 - Use the laces or inside of the foot to shoot.
 - Keep soccer balls low.
 - Do not back up to shoot
 - Do not cross the dividing line



Shooting Grid No GK
 Players stand opposite a team mate stood on opposing touch lines. Players strike a ball back and forth through a coned goal. The coach should pay extra attention to shooting technique.
 Coaching points:
 - Shots should be hard and low
 - Aim for corners
 - Don't back up to shoot.



SSG to 5v5
 Play four or five a side with the following restrictions enforced at various times. Eventually play 5v5 on a bigger field enforcing the restrictions below.
 - No passing.
 - Only pass after beating a defender.
 - Open game.
 Coaching Points:
 - At appropriate moments in the game highlight effective dribbling techniques and attempts at moves with positive reinforcement.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

3 Speeds
All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.
Candy Store
Players dribble in all directions of the field. The coach names each side of the area after a piece of candy. When the coach shouts out the name of a candy bar, the children dribble their soccer ball to the appropriate side.
Coaching Points:
• Start by naming only two side of the field, then three and four.
• This practice should be "upbeat": it requires a dynamic coaching performance.

Coneman
Players dribble around the field. The coach acts as the catcher (coneman) and attempts to place a cone on top of the player's ball. Once caught players perform a set number of juggles or foundation moves to re-enter the game.
Coaching Points:
• Dribble with heads up, looking for space and defenders (coneman).
• Take as many touches as possible.
• Use both feet.
• Use the drag back or fake to avoid the catcher.
• Make it known that you are looking for hard workers to be next coneman.

The Golden Eggs
Create two, three or four bases (nest). The coach places all the soccer balls into the middle of the Field (the golden nest). The soccer balls have turned into "GOLDEN EGGS" that the players have to save. The balls (eggs) are then taken back to the nests. On the coaches command the players run to the middle to save the balls. The players then dribble the ball to the base. Once all ball are taken from the middle the teams can steal for each base.
Coaching Points:
• Feet only. No hands.
• When the balls are in the middle they should be slightly spread out, so as to avoid collisions.
• Use the drag back to retrieve balls.

SSG 3v3 Soccer
Play 3v3 with small goals and no goalkeepers
Coaching Points:
• Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
• Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
• Encourage the use of the drag back and fake.

U9

PRACTICE

SESSIONS

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

Pass & Move
 Pairs pass and move. Players dribble the ball, taking as many touches as needed then pass to their partner. After they have passed the ball they have to move in to a new space in time to receive a return pass. Encourage each pair to cover as much of the field as they can and to perform a move before they return the pass.
 Pass, Move and fake: Each player must fake before they receive the ball, by disguising the space where they intend to control the ball they can neutralize a defender,
 Coaching Points:
 - Encourage lots of touches & sharp movement off the ball as soon as they release the pass.
 - By faking and disguising the space in which they intend to control the ball they can learn to neutralize a defender. This will give them more space and time to play in.



Pass & Follow
 groups of four, play with one ball and simply pass and follow. After they have played a pass to any other member of their group they follow the ball, simulating a defender putting pressure on the player receiving. The player receiving the ball should continue to fake as they receive and then play a pass to the third member of the group and continue the sequence by pressuring in the direction of the ball. Note that initially as each player pressures they should allow the receiving player to be successful. The coach should encourage the players to try the things they have been working on (faking as they receive, controlling the ball in the direction they wish to pass the ball) under the pressure of the defender.
 Coaching Points:
 - Stress that the player receiving the ball fake as he receives.
 - Stress the use of the first touch to guide the ball away from the oncoming player and into space.



3v1 world cup Keep away
 Keep the players in the same groups of four and place them in marked areas that are 12yards by 10 yards, and then have them number themselves 1 to 4. Each team is given the name of a soccer playing country e.g. Brazil, Spain, USA etc. To begin with each group should pass and move (in any order) with one ball inside their area. At regular intervals the coach will call out a number. The players whose number is called then leaves their area and runs to another group (this is predetermined) and becomes a defender. Once the defender has forced the ball out of each area the three players have to sit down. The last group in possession of the ball scores a goal for their team. This has the effect of allowing the groups having less success to observe the groups possessing the ball more effectively. Every player should have the opportunity to defend. The coach should make every effort to ensure that the training environment is competitive and players are motivated to practice at a high intensity.



SSG
 Finish with a small-sided game of 6v6. Restrictions can be placed on the game to bring out certain coaching points achieved throughout the practice such as 3 passes = a goal or every player must touch the ball before scoring.

Coach

Paul Kelshaw

Session date

01/23/18

Team/Age Group

U9/3rd grade

Theme

Week 2: Applying Pressure

Time available

75mins



NOTES

Dribble Based Warm up
 Each player has a ball and dribbles around inside the penalty area. Once the players have started working at a high intensity the coach will call out certain body parts. The players have to place the selected body part on the ball until the coach instructs them to dribble again. As soon as the coach commands, the players have to get up from the ground and dribble. Prior to the practice the players should be informed that they are not allowed to use their hands to get up, thus allowing the coach the opportunity to talk to his/her players about the necessity for soccer players to be athletic and not easily knocked off balance.
Coaching Points:
 - Talk to all the players about what an athlete is – e.g. are athletes easily knocked off balance. Lead the players to the belief that to do well in today's game they need to be athletic.



Pass and Chase
 groups of four they play with one ball and pass and follow. After they have played a pass to any other member of their group they follow the ball, like a defender putting pressure on the player receiving. The player receiving the ball should continue to fake as they receive and then play a pass to the third member of the group and continue the sequence by pressuring in the direction of the ball. This continues so that all of the players have repeated opportunities to both pressure the ball and receive the ball under pressure. Focus on the role of the pressuring player, importance of a positive and aggressive attitude when defending. discuss stride patterns and angle of approach and how they can be adopted to help the defender win the soccer ball.
Coaching Points:
 - Stress the importance of a **POSITIVE** and **AGRESIVE ATTITUDE**. Their ability to pressure quickly will be derived from their attitude towards winning the ball.



7v4 + GK (Team shape possession)
 The team is divided into two groups. The attackers should always have two or even three more players than the defenders with an ideal number being 4 defenders (plus a goalkeeper) playing against 7 attackers. This practice should ideally take place inside the penalty area. The coach feeds the balls to the attackers in the area and they attempt to score. The aim of the defenders is to gain possession of the ball and play it outside of the area. After all the balls have been used the players can be switched. Focus on the role of the defenders, stressing the importance of them being aggressive in their attempts to win the ball and pressuring the attackers quickly. The coach should also talk about forcing the attackers into spaces that suit the defenders.
Coaching Points:
 - Stress the importance of an aggressive attitude for the defenders,
 - Don't dive in



SSG
 Finish with a small-sided game of 6v6. Restrictions can be placed on the game to bring out certain coaching points achieved throughout the practice such as 3 passes = a goal or every player must touch the ball before scoring.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

3 Speeds
All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.
Candy Store
Players dribble in all directions of the field. The coach names each side of the area after a piece of candy. When the coach shouts out the name of a candy bar, the children dribble their soccer ball to the appropriate side.
Coaching Points:
• Start by naming only two side of the field, then three and four.
• This practice should be "upbeat": it requires a dynamic coaching performance.

Coneman
Players dribble around the field. The coach acts as the catcher (coneman) and attempts to place a cone on top of the player's ball. Once caught players perform a set number of juggles or foundation moves to re-enter the game.
Coaching Points:
• Dribble with heads up, looking for space and defenders (coneman).
• Take as many touches as possible.
• Use both feet.
• Use the drag back or fake to avoid the catcher.
• Make it known that you are looking for hard workers to be next coneman.

The Golden Eggs
Create two, three or four bases (nest). The coach places all the soccer balls into the middle of the Field (the golden nest). The soccer balls have turned into "GOLDEN EGGS" that the players have to save. The balls (eggs) are then taken back to the nests. On the coaches command the players run to the middle to save the balls. The players then dribble the ball to the base. Once all ball are taken from the middle the teams can steal for each base.
Coaching Points:
• Feet only. No hands.
• When the balls are in the middle they should be slightly spread out, so as to avoid collisions.
• Use the drag back to retrieve balls.

SSG 3v3 Soccer
Play 3v3 with small goals and no goalkeepers
Coaching Points:
• Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
• Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
• Encourage the use of the drag back and fake.



Interactive Session Plan™

Coach Paul Kelshaw Session date 1/24/18 Team/Age Group U9/3rd grade

Theme Week 3: Front foot passing Time available 75 mins



NOTES

Pass and Move Continued
Divide into pairs and pass and move. Encourage each player to dribble and perform a move before they return the pass. Explain to the players their aim is to discover how best to play passes without slowing down their dribble or make obvious as to whom and where they will pass. The players, with help from the coach if necessary should discover that passing with the toe and the outside of the foot are both techniques, which will have the desired effect.
Outside of the foot pass
- Non kicking foot a little behind and to the side of the ball with the toe pointing away from target (the inside of the non-kicking foot is at about 45-degree angle to the target)
- Kicking foot is led by the knee and strikes the mid-point on the side of the ball using the area just below the little toe



2v1
Divide into groups of three. Each player within the group is given a number 1,2 or 3. The groups begin passing and moving. When a number is called that player becomes the defender. The game is now 2v1, this continues until either the coach shouts "Pass and Move" or the defender wins possession of the ball. If either occurs the players resume passing and moving as a three. Within this practice the coach encourages the attackers to run at the defender and use the disguised passes which were discovered in the previous practice. One of the reasons that possession may be lost to a defender is the poor weight of the pass; as such the coach should talk to his/her players about playing their passes with fast pace. This will make it less likely that a defender will intercept the pass while also improving the control of the player receiving the ball.
Coaching Points:
- play passes with the forward foot within the rhythm of the dribble.
- Talk about the pace of the pass, which they play, and how the pass should zip.



2v1 to a Line
This set up for this practice is exactly the same as 2v1 but now the two players in possession of the ball have to move the ball in towards one of the goal or touch lines. This continues until either the two players are successful, the coach shouts "pass and move or the defender wins possession of the ball. If either occurs the players resume passing and moving as a three.



SSG
Finish with a small-sided game of 6v6. Restrictions can be placed on the game to bring out certain coaching points achieved throughout the practice such as 3 passes = a goal or every player must touch the ball before scoring.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

Pass and Move
 Players work in pairs with one ball for each group. Players dribble the ball, taking as many touches of the ball as they want then pass to their partner. After they have passed the ball to their partner they have to move in to a new space in time to receive a return pass. Encourage each pair to cover as much of the half field as they can and to dribble and perform a move before they return the pass. During this time the Give and Go Combination should be taught.

Coaching Points:

- Encourage lots of touches and sharp movement off the ball as soon as they release the pass
- Encourage the players to pass within the rhythm of their dribble. That is without changing their stride pattern or setting their body



2v1
 divide into groups of three, number 1,2 or 3. The groups begin passing and moving. The coach randomly calls out one of the numbers and that player becomes the defender. The game is now 2v1, this continues until either the coach shouts "Pass and Move" or the defender wins possession of the ball. If either occurs the players resume passing and moving as a three.

Coaching Points:

- Encourage the attackers to run at the defender and play passes with the forward foot within the rhythm of the dribble.
- Talk about the pace of the pass, which they play, and how the pass should zip.



2v2 to a Ball
 The players are placed in pairs. Each pair is going to compete against another group. Instead of each group defending and attacking a goal they place a soccer ball at each end of their field. The two teams then compete over another ball in order to get possession and score. A goal is scored each time a player touches the other team's goal ball with the free ball.

In keeping with the focus of the session the players are encouraged to use the wall pass to play through the other team, while sometimes faking to pass and taking on a defender with the ball at their feet.

Within this game there are many techniques that the coach could work on, such as weight of pass, passing with disguise, movement off the ball and acceleration when taking on a defender.



SSG
 Finish with a small-sided game of 6v6. Restrictions can be placed on the game to bring out certain coaching points achieved throughout the practice such as 3 passes = a goal or every player must touch the ball before scoring.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

Dribble Based warm up and Turns
 player dribble around with a ball. When the coach says "turn" the players have to turn and explode away in the opposite direction. The players should take lots of touches on the ball and move very quickly through and after the turn. Continue to add new moves and skills

Coaching Points:

- Encourage lots of touches and sharp movement off the turn.
- Assess the type of turns that they do.
- Encourage lots of touches and sharp movement off the turn.
- Assess the type of turns that they do.
- keep center of gravity low as they turn so that they can turn quickly.



Pass and Move + Turn
 The team is divided into threes. Encourage players to try and check back to the ball and perform a turn as they receive the ball and then pass the ball in the direction they moved into.

Coaching Points:

- Encourage lots of touches and sharp movement off the ball as soon as they release the pass.
- Encourage a sharp turn as they receive the ball and explain to the players why they should turn their body sidewise as they receive.



2v2 to a Ball
 The players are placed in pairs. Each pair is going to compete against another group. Instead of each group defending and attacking a goal they place a soccer ball at each end of their field. The two teams then compete over another ball in order to get possession and score. A goal is scored each time a player touches the other team's goal ball with the free ball.

In keeping with the focus of the session the players are encouraged to use the wall pass to play through the other team, while sometimes faking to pass and taking on a defender with the ball at their feet.

Within this game there are many techniques that the coach could work on, such as weight of pass, passing with disguise, movement off the ball and acceleration when taking on a defender.



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Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



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All players dribble around the field. On the coaches command "FREEZE" players stop ball with foot. Introduce 3 speeds (Slow, Medium and Fast). Use characters, animals to represent the 3 speeds.
Candy Store
Players dribble in all directions of the field. The coach names each side of the area after a piece of candy. When the coach shouts out the name of a candy bar, the children dribble their soccer ball to the appropriate side.
Coaching Points:

- Start by naming only two side of the field, then three and four.
- This practice should be "upbeat": it requires a dynamic coaching performance.



Coneman
Players dribble around the field. The coach acts as the catcher (coneman) and attempts to place a cone on top of the player's ball. Once caught players perform a set number of juggles or foundation moves to re-enter the game.
Coaching Points:

- Dribble with heads up, looking for space and defenders (coneman).
- Take as many touches as possible.
- Use both feet.
- Use the drag back or fake to avoid the catcher.
- Make it known that you are looking for hard workers to be next coneman.



The Golden Eggs
Create two, three or four bases (nest). The coach places all the soccer balls into the middle of the Field (the golden nest). The soccer balls have turned into "GOLDEN EGGS" that the players have to save. The balls (eggs) are then taken back to the nests. On the coaches command the players run to the middle to save the balls. The players then dribble the ball to the base. Once all ball are taken from the middle the teams can steal for each base.
Coaching Points:

- Feet only. No hands.
- When the balls are in the middle they should be slightly spread out, so as to avoid collisions.
- Use the drag back to retrieve balls.



SSG 3v3 Soccer
Play 3v3 with small goals and no goalkeepers
Coaching Points:

- Throughout the game, discourage them from just kicking the ball. They should always be either trying to pass or dribble.
- Do not stop the game every time the ball goes out of play. Simply roll another ball on and let the game continue.
- Encourage the use of the drag back and fake.

Coach

Paul Kelshaw

Session date

1/28/18

Team/Age Group

U9/3rd grade

Theme

Week 8: Creating Space to Shoot

Time available

75mins



NOTES

Dribble Based Warm Up

Players dribble around in area with a ball each. On command of switch from the coach, they stop their ball dead spin through 180 and go and collect another ball. On taking, the ball they have to again spin through 180 turning as quickly as they can. The players should be encouraged to increase the intensity level as they warm-up.

Coaching points:

- Opportunity to teach different turns
- Turn with both strong and weak foot
- Maradona move (for fun)



Golden Boot

Players dribble in the middle of the field. The coach gives each player a number. When the coach calls out a number the corresponding player dribbles and shoots on goal. If using two goals give two players the same number e.g. 1A and 1B. A goes to one goal and B goes to the other.

Coaching points:

- Attack goal at speed
- Shoot hard and low
- Aim for corners



Pass and Move 2v1 to Goal

In each grid, place three players with one ball. Pass and move until their grid letter is called. Each player within the grid is also given a number, one two or three. When the coach calls a letter followed by a number that group become active. The player whose number has been called retreats and becomes a central defender. Once the defender is set two players' attack in an attempt to score.

Coaching points:

- Utilizing two goals have two groups go to goal at the same time.
- practice at a fast pace always attempting to elevate the intensity with which the players work.
- Show the players different ways in which they could combine and runs they could make.
- Teach the players to frame the goal – effectively following in all attempts to score.
- Encourage them to get the defender to concede either the pass or the dribble.
- Limit the time in which they have to score.



SSG

Finish with a small-sided game of 6v6. Restrictions can be placed on the game to bring out certain coaching points achieved throughout the practice such as 3 passes = a goal or every player must touch the ball before scoring.

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NOTES

Dribble Based Warm Up
 Each player should begin with a soccer ball and perform a move that breaks pressure.
Juggling
 All players work with a ball each, a record needs to be kept of all scores whilst juggling to include the following, feet only, head only and all body parts. (Results should be recorded)

Pass and Move
 The session will then progress to passing and moving in pairs with the emphasis placed on,
 • Front foot passing
 • Players encouraged making passes into an attacking space.
 • The players should then be encouraged to fake before they receive the ball
 • Players should have an open body when they receive a pass.

2v2 Ladder
 continue into a 2v2 ladder, this is the stage were the coach can introduce two player combinations to include,
 • fake overs, take overs, over laps and Give and Go's.
 The ladder works on both the physical aspects of the game as well as the mental side of the game, i.e. when and where to play the correct two-player combination.

4v1 Keep away
 At this point during the practice, the session will move onto a 4v1 possession grid. The coach will now be able to concentrate on quality of passing, receiving passes and body positions.

Coaching points:
 Who to pass
 When to pass
 What surface of the foot to use

SSG
 Finish with a small-sided game of 6v6. Restrictions can be placed on the game to bring out certain coaching points achieved throughout the practice such as 5 passes = a goal or every player must touch the ball before scoring.

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NOTES

SSG
Small-sided game without restrictions. The coach allows the games to be played and watches the players and gives feedback later on.

Juggle
The results of this juggling will be recorded on the sheet used in previous weeks to see if the players are developing and improving their first touch.



Pass and Move
Passing and moving using all field space. The coach should now concentrate upon making the players use combinations that could be used during the game. The combinations that could be used are to be taken from previous training sessions.

2v2 Ladder
2v2 ladder will test the ability of the players to perform the two player combinations that have been coached in this session. The ladder will concentrate on the player's ability to make decisions that will affect the games progress, i.e., if the player can make the correct combination to achieve the best result. This could be seen as a direct shot on goal or a goal scored by controlling the ball between a set of cones. The fields are set out to achieve such results by having the fields vertically long to encourage the double pass



PK Shooting Grid
Divide the players into groups of three and use cones to set them up goals:
One player starts the practice with a ball. With the ball stationary he shoots on goal. If he scores past the goal keeper the ball goes through to team mate and the sequence begins again. If the goalkeeper saves a shot he turns and feeds the ball to the player behind him. The first player to score five goals gets to choose who goes in goal next.

Coaching Points:

- Throughout the practice correct technique.
- Each time the goalkeeper changes the chosen technique should change, for example;
- Stationary ball - strongest foot.
- Stationary ball - weakest foot.
- Ball rolling away/toward strongest foot.
- Ball rolling away/towards weakest foot



SSG
The aim SSG is to set challenges to the players such as 5 passes before the players can score or that the players can only score with a strike at goal using the instep. If levels are sufficient then the players can be challenged to score with a volley.

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NOTES

Dribble Based Warm up
 Players dribble in all directions of the field. Players perform a trick or turn every 3 touches of the ball
Juggle
 Players should juggle Laces only, head only and all body parts. Keep a record of scores and track progression.



1v1 Ladder
 1v1 ladder will develop their ability to use moves from an unopposed situation to a game realistic one playing against another player. This 1v1 ladder will again help with all aspects of the game ranging from the physical, mental, tactical and technical, the 4 pillars of the game. The 1v1 ladder as well as the 2v2 ladder will become an integral part of all practices. These ladders will be set out as below;



4v1 to 3v1 Keep away
 Play 4v1 or 3v1 as played in previous weeks. The emphasis is now placed on the movement of the ball and the decision making of the players and how quickly they can make game decisions themselves. The coach can now work on the weighting of the passes and the support runs made by the players. The players should be aware that the player with the ball should always have two supporting players who have created two short passing options ready to receive the ball. The natural progression from the 4v1 is to work on the players in a 3v1 situation. This would depend upon the levels of the player's ability.



6v6
 6v6 small-sided game. Restrictions are placed on the game such as every time you score each player on your team must score before you can score again, every player must score with a header, each player must beat a player before they can make a pass.

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NOTES

Dribble Based Warm up
Every player performs a trick or turn every 3 touches of the ball.
Doorbell to goal
Players are divided into groups of two. Groups are positioned in gates close to the goal. Groups play the doorbell game. When the groups number is called they attack the goal. (one player plays 1v1 to goal and the other has to turn and is chased)
Doorbell game
Two players face each other between two cones (gate). Player with the ball has to try dribbling ball to cone for a point. Opponent has to stop player with ball by standing on the cone.

FK Shooting Grid
Divide the players into groups of three and use cones to set them up goals:
One player starts the practice with a ball. With the ball stationary he shoots on goal. If he scores past the goal keeper the ball goes through to team mate and the sequence begins again. If the goalkeeper saves a shot he turns and feeds the ball to the player behind him. The first player to score five goals gets to choose who goes in goal next.
Coaching Points:
- Throughout the practice correct technique.
- Each time the goalkeeper changes the chosen technique should change, for example:
- Stationary ball - strongest/weakest foot.
- Ball rolling away/towards strongest foot.
- Ball rolling away/towards weakest foot

4v1 to 3v1
Play 4v1 or 3v1 (level dependent).
concentrate on the weighting of passes and the movement of players to pass and support within area. The coaching points for this to work are as below;
- Player with the ball has to have 2 short passing options at all times
- Players must be brave when drawing in defender
- Quality of decision making
- Defender must apply pressure
- Stress the movement off the ball/help player in possession
- Body position when receiving the ball (open or closed)
- Range of passes used
- Disguising the pass and playing it into space

SSG
Small-sided game with no restrictions. The coach needs to reiterate all coach's points from the above. The game can be a 6v6 or group dependent on numbers of players.

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NOTES

Dribble Based Warm up
 Players can be challenged to dribble and execute tricks and turns. The coach can centrally control the grid by calling out a series of moves from previous sessions.

Coaching Points

- Players should keep the soccer ball a comfortable distance away from them
- Players are to dribble with their heads up
- Players should dribble with both feet and all parts of their feet
- Players should perform super skills at game speed, ensuring changes of both direction and speed



2v2 + GK
 Divide team into groups of 6. The group is split into four outfield players (2v2) and two goalkeepers. Teams play 2v2 by passing, moving and using combinations. Now teams score by shooting past a goalkeeper.

Coaching Points

- Players need to recognize the position of the defenders as they attack
- If the attacker has the 1v1 situation encourage the player to attack aggressively with individual ability
- If the 1st attacker carries the ball inside can the 2nd attacker make a run outside to draw the 2nd defender out of position for an overlap, fake overlap or do they look for a takeover
- If the defenders are pulled out of position can the attackers play a wall pass to penetrate
- In all of the above the attackers must maintain the pace of attack throughout



4v1 to 3v1
 Begin with 4v1. If the players are comfortable with this concept then the coach can further challenge their players by moving into 3v1 situation.

The coaching points

- Player with the ball has to have 2 short passing options at all times
- draw in the defenders (i.e., using a super skill to beat the player and make a pass)
- Quality of decision making
- Defender must apply pressure

Progresses the practice to a 3v1 situation the points move to,

- Reiteration of 4v1 coaching points
- Stress the movement off the ball/ help player in possession
- Body position when receiving the ball (open or closed)
- Range of passes used & Disguising the pass and playing it into space



SSG
 Finishes with a game 6v6 or similar
 The coaching points for the game are as follows;

- Reiteration of coaching points from the body of work of the session
- Combination has to be played before a goal can be scored
- Passing and movement must be made and carried out at game speed

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NOTES

Dribble Based Warm up
 Players continue to warm up as in previous weeks. Every three touches players perform a trick or turn.

- Keep their head up when dribbling
- Use both feet at all times
- Accelerate after each of the moves into a space
- Play at game speed
- Players should have the soccer ball kept at a comfortable distance away from the body



Combinations
 Players should pass and move within the area. On the coaches command players should perform a combination move.

- Give and Go
- Overlap
- Take and Fake over
- Double Pass

Coaching points:
 pass within the rhythm of your dribble (i.e., not letting the ball stop)

- Head up whilst dribbling
- Keep the ball within a comfortable distance to your body
- Fake before you receive the ball



4v1 to 3v1
 Start with 4v1 situations. The coach can move the session onto a 3v1 situation depending upon the skill levels of the players. The main difference for this week is the fact that the players are playing as a team and are numbered 1-4. When the coach calls out a number, that player becomes the defender in another grid. As soon as the ball is won by the defender the team sits down, the winning team is the one that are still standing at the end.



SSG
 The game is played with restrictions such as 5 passes equals a goal as well as being able to score regular goals.

Encourage combination play.

When to pass/dribble
 What surface of the foot to use/What type of pass.
 Penetration vs possession

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NOTES

SSG: Whole part Whole. Start & End session with 6v6 or similar Small sided game where the coach uses restrictions such as 5 passes = a goal and a regular goal for a normal goal. This set out as previous weeks small sided games.



Pass and Move
 The coach can now let the players pass and move within a half field space thus allowing the players to play a wide variety of passes. The restrictions on this part of the practice are to have everything carried out as a combination. By doing this the coach can look at individuals techniques of playing passes ranging from short 1st time passes to playing longer lofted passes. The coaching points for this type of practice are as follows:

- In pairs passing dead ball, stressing different techniques
- Ball must now be moving as pass is made
- Control and pass with same foot
- Control and pass with different foot
- Pass and move sideways
- Pass and move backwards and forwards



PK Shooting grid
 Divide the players into groups of three and use cones to set them up goals:
 One player starts the practice with a ball. With the ball stationary he shoots on goal. If he scores past the goal keeper the ball goes through to team mate and the sequence begins again. If the goalkeeper saves a shot he turns and feeds the ball to the player behind him. The first player to score five goals gets to choose who goes in goal next.

Coaching Points:

- Throughout the practice correct technique.
- Each time the goalkeeper changes the chosen technique should change, for example;
- Stationary ball - strongest foot.
- Stationary ball - weakest foot.
- Ball rolling away/towards strongest/weakest foot.



2v2 Ladder
 2 sets of players have to score by stopping the ball in between 2 cones. There are no outs in this game and the game is continuous.

The coaching points:

- Players need to recognize the position of the defenders as they attack
- If the 1st attacker has a 1v1 situation encourage the player to attack aggressively with individual ability
- If the 1st attacker carries the ball inside can the 2nd attacker make a run outside to draw the 2nd defender out of position for an overlap, fake overlap or do they look for a take over
- If the defenders are pulled out of position can the attackers play a wall pass and penetrate
- In all of the above the attackers must maintain the pace of the attack

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NOTES

Dribble Based Warm Up
Each player should begin with a soccer ball and perform a move that breaks pressure.
Juggling
All players work with a ball each, a record needs to be kept of all scores whilst juggling to include the following, feet only, head only and all body parts. (Results should be recorded)



Pass and Move
The session will then progress to passing and moving in pairs with the emphasis placed on,

- Front foot passing
- Players encouraged making passes into an attacking space.
- The players should then be encouraged to fake before they receive the ball
- Players should have an open body when they receive a pass.

2v2 Ladder
continue into a 2v2 ladder, this is the stage were the coach can introduce two player combinations to include,

- fake overs, take overs, over laps and Give and Go's.

The ladder works on both the physical aspects of the game as well as the mental side of the game, i.e. when and where to play the correct two-player combination.



4v1 Keep away
At this point during the practice, the session will move onto a 4v1 possession grid. The coach will now be able to concentrate on quality of passing, receiving passes and body positions.

Coaching points:
 Who to pass
 When to pass
 What surface of the foot to use



SSG
Finish with a small-sided game of 6v6. Restrictions can be placed on the game to bring out certain coaching points achieved throughout the practice such as 5 passes = a goal or every player must touch the ball before scoring.

U11
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SESSIONS

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NOTES

Dribble based warm up and Stretch
 All players dribble their ball and perform a move every third touch. Players should be encouraged to change speed and direction adding an exaggerated 'fake' (to trick the defender) if required. After completing a move, all players should seek to accelerate away (losing the defender). Stretching may be incorporated into the above practices whereby the players periodically stop to stretch the various muscles groups in a sequence from "Head to toe and back to head again". On the commands of the coach, the group should:
 • Switch – players stop their own ball, and sprint to find a new ball – which must be taken with a move – and continue dribbling as above.



Pass and attack
 In groups of 2, pass and move. Play short passes and perform a move with their first touch. When Coach calls 'Attack' for the two players compete 1v1 for the ball. The player who has control of the ball when the coach calls 'freeze' can be awarded points if necessary to maintain intensity within the practice.
Coaching point
 The player in possession of the ball should be encouraged to attack the defender and is rewarded with extra points if they successfully beat the defender with a move or if they nutmeg them.
 The coach should talk about the quality of the first touch, taking the ball into the best attacking space so the player can 'snap' their head up and play from there.



3v1 Keep away to 4v2
 Each group is given a team name and each player is given a number. The players pass and move within their area until the coach calls out a number. The player whose number is called then become a defender. Once the defender has forced the ball out of each area the three players have to sit down. The last group in possession of the ball scores a goal for their team. This has the effect of allowing the groups having less success to observe the groups possessing the ball more effectively. Every player should have the opportunity to defend.
Coaching Points:
 • Emphasize both the quality and the timing of the pass.
 • Commit the defender (i.e. draw them in) before passing.
 • The players must make both appropriate decision-making and a quality first touch.
 • Emphasize player movement on and off the ball (i.e. supporting runs).



SSG
 Organize the players into teams of no more 6v6 and start to play no restriction game. If there are an uneven number of players, use a 'neutral' who plays for the team in possession. If there are more than thirteen players, play two games simultaneously.
 As the game progresses the coach may place certain restrictions upon play dictating the way the game is played.

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NOTES

Dribble based warm up and Stretch
 dribble their ball -using all parts of both feet - at game speed and intensity anywhere in the soccer area executing a move every third touch. After completing a move, all players should seek to accelerate away (losing the defender). Stretching may be incorporated into the above practices whereby the players periodically stop to stretch the various muscles groups in a sequence from "Head to toe and back to head again".
 Coaching Points:
 • keep the soccer ball a comfortable distance away from them
 • dribble with their heads up, with both feet, and all parts of their feet.
 • encourage to take lots of touches and have sharp movements off the ball.
 • perform moves at game speed, ensuring changes of both direction and speed

1v1 to a ball
 The players are placed in pairs and play with one target ball and one game ball. Player 1 starts in front of the target ball and passes the ball through player 2's legs to begin the game. Both players then compete for the ball. There are no outs and after a score the game begins with another pass through the legs. Play for an allotted time and record the score after every game. This can be played as a league table of results being composed to ensure suitable game intensity.
 Coaching Points:
 • The game should be played at a high level of game-like intensity
 • The coach should reward players for trying Superskill moves to beat the defender
 • The defenders need to defend using high pressure rather than simply guard the ball

4v2 Possession
 If necessary start with a recap of the 3v1 practice and thereafter the players should be organized into a 4v2 possession practice as in previous weeks
 Coaching Points:
 • Emphasize both the quality and the timing of the pass.
 • Commit the defender (i.e. draw them in) before passing.
 • The players must make both appropriate decision-making and a quality first touch.
 • Emphasize player movement on and off the ball (i.e. supporting runs).
 • The defender must apply realistic pressure
 • Encourage communication between all the attacking players (i.e. both verbal and non-verbal communication).
 • Players should now also recognize when to split defenders with a pass.

SSG
 Organize the players into teams of no more six-a-side and start to play a no restriction game.
 As the game progresses the coach may place certain restrictions / rules upon play
 The initial rule should be that if a team can possess the ball for a total of five passes their team is rewarded with a goal.
 Remember, players at this level need a shape to play from. Instead of playing top-heavy formations, coaches involved in such a developmental program as this should be concerned with developing players and manufacturing a possession style of play

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NOTES

Dribble based warm up and Stretch
 Dribble ball -using all parts of both feet - at game speed and intensity, executing a move every third touch. While performing a move the players should be encouraged to be dynamic showing a distinct change in both speed and direction adding an exaggerated 'fake' (to trick the defender) if required. After completing a move, all players should seek to accelerate away (losing the defender). Stretching may be incorporated into the above practices
 Coaching Points:
 • Players should keep the soccer ball a comfortable distance away from them
 • Players should dribble with their heads up, with both feet, and all parts of their feet. - take lots of touches and have sharp movements off the ball.
 • Perform moves at game speed, ensuring changes of both direction and speed

Knock out
 The players have a soccer ball each and dribble anywhere within the area. On the coaches command the catcher attempts to kick the other players soccer balls out of the area. When a players ball has been kicked out they leave it and join the catcher(s). The last player remaining with a soccer ball wins the game. The game can be played again with the winner starting as the new catcher and restrictions placed upon the game i.e. specific foot dribbling etc.
 Coaching Points:
 • The game should be played at a fast pace (i.e. set high standards from the beginning).
 • The coach should be aware of the physical nature of this game and identify any potential mismatches.

Progress to 4v2

5v2 Possession
 The game should be played the same as before except this time the attackers have the option of an extra player, and the chance to play a longer pass. Again the coach should ensure a competitive environment where no player has to defend for a prolonged period.
 Coaching Points
 • Emphasize both the quality and the timing of the pass.
 • Commit the defender (i.e. draw them in) before passing.
 • The players must make both appropriate decision-making and a quality first touch.
 • Emphasize player movement on and off the ball (i.e. supporting runs).
 • The defender(s) must apply realistic pressure
 • Encourage communication between all the attacking players
 • Give a blueprint for success (i.e. 2 short options, 1 long split pass and 1 pass to link play).
 • Promote constant movement to keep the shape.

SSG
 Organize the players into teams of no more six-a-side and start to play a no restriction game.
 As the game progresses the coach may place certain restrictions / rules upon play
 The initial rule should be that if a team can possess the ball for a total of five passes their team is rewarded with a goal.
 Remember, players at this level need a shape to play from. Instead of playing top-heavy formations, coaches involved in such a developmental program as this should be concerned with developing players and manufacturing a possession style of play

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NOTES

Dribble based warm up and Stretch
dribble using all parts of both feet executing a move every third touch. After completing a move, all players should seek to accelerate away (losing the defender). Stretching may be incorporated into the above practices whereby the players periodically stop to stretch the various muscles groups in a sequence from "Head to toe and back to head again".
Coaching Points:

- keep the soccer ball a comfortable distance away from them
- Dribble with heads up, with both feet, and all parts of their feet.
- Encourage to take lots of touches and have sharp movements off the ball.
- Perform moves at game speed, change direction and speed



Pass and Move
Pass and move showing a two-player combination after every fourth pass. The coach should actively encourage players to perform both moves and passes using both feet. As the players become comfortable with the short passes they have been playing they should attempt to play every fifth pass longer and lofted.
introduce the double pass
Coaching Points:

- Speed, communication and acceleration should be incorporated into any of the above movements.
- The player in possession of the ball should draw/commit the imaginary defender, and then execute the desired movement.



5v2 Possession
The players should be organized into a 5v2 possession practice where they should be encouraged to recognize, and play longer passing opportunities.
Coaching points:

- Who to pass to
- What type of pass
- When to pass/move
- Where to pass/move



SSG
Organize the players into teams of no more six-a-side on an appropriate sized field (half field) and start to play a no restriction small-sided game.
As the game progresses the coach may place certain restrictions / rules upon play thus dictating the way the game is played. Initially these could be any of the restrictions used thus far, with the addition of a target player who cannot leave the attacking half thus ensuring a longer passing option is always available. The coach should now start to focus on the style of play within the game; can they possess, draw the defenders in, and then play long?

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NOTES

Pass and Move in Pairs
 The players should pass and move within the field showing a two-player combination after every fourth pass. As the players become comfortable with the short passes they have been playing they should attempt to play every fifth pass slightly longer and lofted if possible.
 The coach can then introduce the double pass whereby Player 1 makes a checked run to Player 2 who has the ball. Player 1 receives the ball, lays it back first time, and spins away while Player 2 plays a lofted pass into the space for Player 1 to run onto.
 • Speed, communication and acceleration should be incorporated into any of the above movements.
 • The player in possession of the ball should draw/commit the imaginary defender, and then execute the desired movement.



Passing in Three's (Short, Short, Long)
 The players are placed in groups of three using the numbers. The middle player starts with the ball and plays it to one of the end players, who then strikes a longer pass with the laces over the middle player's head to the other end player. As the pass is struck the middle player then goes to play a quick give and go with the end player who again strikes a longer pass with the laces back over the head of the middle player to the end player. The sequence continues for an allotted time and then the middle player should be changed. The practice can then be run again using weak foot only.



5v2 Possession
 The players should be organized into a 5v2 possession practice where they should be encouraged to recognize, and play longer passing opportunities.

Coaching points:
 Who to pass to
 What type of pass
 When to pass/move
 Where to pass/move



SSG
 Organize the players into teams of no more six-a-side on an appropriate sized field (half field) and start to play a no restriction small-sided game.
 As the game progresses the coach may place certain restrictions / rules upon play thus dictating the way the game is played. Initially these could be any of the restrictions used thus far, with the addition of a target player who cannot leave the attacking half thus ensuring a longer passing option is always available. The coach should now start to focus on the style of play within the game; can they possess, draw the defenders in, and then play long?

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NOTES

Pass and Move in Pairs
 The players pass and move within the field showing a two-player combination after every fourth pass. The coach should actively encourage players to perform both moves and passes using both feet in order to further aid all-round player development. As the players become comfortable with the short passes they have been playing they should attempt to play every fifth pass slightly longer and lofted if possible. Stretching may be incorporated into the above practice whereby the players periodically stop to stretch the various muscles groups in a sequence from "Head to toe and back to head again".
 The coach can then recap on the double pass whereby Player 1 makes a checked run to Player 2 who has the ball. Player 1 receives the ball, lays it back first time, and spins away while Player 2 plays a lofted pass into the space for Player 1 to run onto.



2 v 2 Ladder
 The game will again be run on a ladder basis whereby the winners move up while the losers move down. The game starts with a pass from one pair to the other, and is live from the first touch of the receiving player. The game is played to small goals, and the defending team can score by stealing the ball and counter attacking. During this week, the coach should concentrate on the attackers within the game and coach them accordingly.
 Coaching Points:
 - If the 1st attacker can shoot or attack 1v1 they should be encouraged to be direct. If not how do the two players combine to attack.
 - The attackers should recognize the position of the defenders as they attack
 - attack in different ways if the early shot is not available
 - use a two-player combination to penetrate



5v2 Possession
 The players should be organized into a 5v2 possession practice where they should be encouraged to recognize, and play longer passing opportunities.
 Coaching points:
 Who to pass to
 What type of pass
 When to pass/move
 Where to pass/move



SSG
 Organize the players into teams of no more six-a-side on an appropriate sized field (half field) and start to play a no restriction small-sided game.
 As the game progresses the coach may place certain restrictions / rules upon play thus dictating the way the game is played. To further stress the need to possess the restriction can again be placed whereby all players on a team need to touch the ball before they can attempt to score. The coach can again focus on the style of play within the game; can they possess, draw the defenders in, and then play long?

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NOTES

4v4 Games
 Organize the players into teams of four on fields approx. 35 x 25 and start to play an initial no restriction small-sided game.
 To ensure a competitive element the teams could play a round robin mini tournament where all the results are noted.
 Play each game for approx. 5 – 10 mins and rotate the teams. As the game progresses add the restriction that five passes also equals a goal.



Dribbling, Moves and Stretching
 The players should dribble in the soccer area. Players should be encouraged to perform all moves at game speed and the coach may also ask the players to link two moves together. Stretching may be incorporated into the above practices whereby the players periodically stop to stretch the various muscles groups in a sequence from "Head to toe and back to head again".



2 v 2 Ladder
 The game will be run on a ladder basis whereby the winners move up while the losers move down. The emphasis for this practice will be on the defensive points for both the first and second defender.
 Before looking at the roles of the two defenders the coach should recap if necessary on basic defending techniques and principles, such as being sideways on to the attacker in a balanced defensive stance keeping goal side at all times.
 The simplest way to comprehend the roles of the defenders is as follows; the first defender should apply pressure to the ball carrier and aim to give the attacker only one passing option thus making their play predictable, the role of the second defender is to cover and give support to the first defender, track the run of the second attacker if necessary, and read the pressure applied by the first defender.



4 v 4 Games
 Organize the players into the same teams of four that they began the practice with on field's approx. 35 x 25 and continue to play an initial no restriction small-sided game.
 To ensure the competitive element is consistent the teams scores should be added to those from the first series of games.
 Again the restriction may be added where five passes equals a goal, this time with a limited number of touches for the attackers.
 The coach may also use floating players if needed to ensure a numbers up attacking situation, which will produce coachable defensive points.

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NOTES

Dribble, Moves and Stretch
 Dribble using all parts of both feet. Players should be encouraged to be dynamic showing a distinct change in both speed and direction adding an exaggerated 'fake' (to trick the defender). After a move, all players accelerate away (losing the defender). Stretching should be incorporated. On the commands of the coach, the group should play the following:

- Switch – stop ball, and sprint to new ball – must be taken with a move – continue dribbling.
- Specific Foot Dribbling Left/Right/Both, inside, outside, sole & laces

Coaching Points:

- Keep the ball a comfortable distance
- Dribble with heads up, with both feet, and all parts of their feet.
- Perform moves at game speed, ensuring changes of both direction and speed



3v1 World Cup Possession With 4v2 progression
 Each group is given a team name and each player is given a number. Pass and move in area until the coach calls out a number. The player whose number is called then leaves their area and runs to another group to become a defender. Once the defender has forced the ball out of each area the three players have to sit down. The last group in possession of the ball scores a goal for their team. Every player should have the opportunity to defend. Make every effort to ensure that the training environment is competitive.

Coaching Points:

- Playing correctly weighted passes with both feet.
- Playing passes with appropriate disguise.
- Quick and intelligent movement off the ball to maintain shape.
- Quality of controlling touch.



5v2 Possession
 Utilizing the same organization used in the 3v1 and 4v2 practices above arrange players into groups of seven so that they play 5v2 in a slightly larger area (30 x 5 yards).

Coaching Points:

- Emphasize both the quality and the timing of the pass.
- Commit the defender (i.e. draw them in) before passing.
- The players must make both appropriate decision-making and a quality first touch.
- Emphasize player movement on and off the ball (i.e. supporting runs).
- The defender(s) must apply realistic pressure
- Encourage communication between all the attacking players
- Give a blueprint for success (i.e. 2 short options, 1 long split pass and 1 pass to link play).
- Promote constant movement to keep the shape.



Game Situation 8v8 with Gks
 8v8 on (half field) and start to play a no restriction game. If there are an uneven number of players, use a 'floater' who plays for the team in possession.

- If a team can possess the ball for a total of five passes their team is rewarded with a goal.
- All players in the team have to touch the ball before a goal can be scored.
- A goal may only be scored if the ball when won has been played through the goalkeeper's feet.
- Play the last ten minutes with no restrictions.

Remember, players at this level need a shape to play from.

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NOTES

Pass, Move and Stretch
The players are put into pairs with one ball for each pair. Using approximately one quarter of a field they simply pass and move. Limit the layers to four touches or less and instruct them that all passes should be short ones. After five minutes instruct the players to demonstrate all short two-player combinations. (Take overs, Fake overs, Give and go and overlap)

Pass and Move + Receiving
when the coach calls out "one" each pair position themselves approximately six feet apart and play short one time passes to each other.



Move performed as follows.

- As the ball rolls towards you begin to turn your body sideways so that the outside of the weakest foot is closest to the ball.
- Position the feet so that the inside of the strongest foot is forward of the weak foot.
- Receive the ball with the inside of the strong foot dragging the ball backwards using this surface.
- As the ball is dragged backwards begin to rotate the hips so that the ball can be pushed forwards with the inside of the strong foot in the same direction that it was initially traveling.

Coaching Points:
Have the players perform at game speed throughout.
Insist on "technical perfection" with all fundamental techniques involved.



5v5+5
equal groups (5s or 4s) each team play in a different color. Coach stands in positions shown with a supply of soccer balls. The coach starts the practice by playing the ball to one of the teams and calling the color of the team to defend. The defending team attempt to gain possession of the ball whilst the two other teams attempt to combine to keep possession of the ball. The players should be encouraged to count out loud the number of passes they make in a row.
Any player who gives the ball away, e.g. Kicks it out, loses possession to the defending team automatically places their team as the defending team. Each team prior to begin defending is instructed to run around the back of the coach and re-enter the practice area.

- Prior to beginning to defend your team must place both knees on the ground
- Defend straight away.



Game Situation 8v8 with Gks
Organize the players into teams of eight-a-side on (half field) and start to play a no restriction game. If there are an uneven number of players, use a 'floater' who plays for the team in possession. As the game progresses the coach may place certain restrictions / rules upon play thus dictating the way the game is played.

Restrictions to use

- If a team can possess the ball for a total of five passes their team is rewarded with a goal.
- All players in the team have to touch the ball before a goal can be scored.
- A goal may only be scored if the ball when won has been played through the goalkeeper's feet.
- Play the last ten minutes with no restrictions.

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NOTES

Pass and Move + Receiving
 Pass and move within half a field. All passes must be short passes. When the coach calls out "one" each pair position themselves approximately six feet apart and play short one time passes to each other. Every 3rd or fourth pass the players are asked to demonstrate receiving moves. Have the players stretch.
 After ten minutes of activity introduce 3rd receiving move

- As the ball rolls towards you begin to turn your body sideward so that the outside of the strongest foot is closest to the ball.
- Lift the arm that is furthest away from the ball as though feeling for the pressure of a defender.
- At the moment the ball arrives open your legs letting the ball roll through them As quickly as possible turn your body through 180 degrees and accelerate way with the ball.



Groups of three Passing and Moving.
 Letter players A, B or C. Player B checking back to the ball and receiving it from player A then passes to player C and the passing and moving begins again.
 coach calls out A, B or C. When the letter is called player goes to defend another group. No two defenders can pressure the same group. The first defender to win the ball off the group that they chose to pressure wins a point for their team.
 Coaching Points:
 situations that a player can be in when they check back to the ball. These situations are as follows:

- Checked away quickly so you have created a space between you and the nearest defender.
- Checked away from the defender who has pursued aggressively and at the moment of the receiving touch is too close and has somewhat over committed to the challenge.
- Checked away from a defender who has stayed with the run. Defending intelligently not to tight



3v3 to target players
 The target players placed in the zone at each end of the area are the only players allowed in this zone. Target players can only pass to the team that passes them the ball. A team scores one point by collecting the ball from a target player and combining to get it to the target payer at the opposite end of the area. Any team with possession may play back to the target player they initially received from in order to maintain possession. First team to score 5 points win the game and play against the two target players plus one player from the team just beat. To help establish a competitive edge allow the target players to pick the player of their choice.



Game Situation 8v8 with Gks
 Organize the players into teams of eight-a-side on (half field) and start to play a no restriction game. If there are an uneven number of players, use a 'floater' who plays for the team in possession. As the game progresses the coach may place certain restrictions / rules upon play thus dictating the way the game is played.
 Restrictions to use

- If a team can possess the ball for a total of five passes their team is rewarded with a goal.
- A goal may only be scored if the ball when won has been played through the goalkeeper's feet.
- Play the last ten minutes with no restrictions.

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NOTES

Dribble Based Warm Up
 Each player should begin with a soccer ball and perform a move that breaks pressure.
Juggling
 All players work with a ball each, a record needs to be kept of all scores whilst juggling to include the following, feet only, head only and all body parts. (Results should be recorded)

Pass and Move
 The session will then progress to passing and moving in pairs with the emphasis placed on,
 • Front foot passing
 • Players encouraged making passes into an attacking space.
 • The players should then be encouraged to fake before they receive the ball
 • Players should have an open body when they receive a pass.

2v2 Ladder
 continue into a 2v2 ladder, this is the stage were the coach can introduce two player combinations to include,
 • fake overs, take overs, over laps and Give and Go's.
 The ladder works on both the physical aspects of the game as well as the mental side of the game, i.e. when and where to play the correct two-player combination.

4v1 Keep away
 At this point during the practice, the session will move onto a 4v1 possession grid. The coach will now be able to concentrate on quality of passing, receiving passes and body positions.

Coaching points:
 Who to pass
 When to pass
 What surface of the foot to use

SSG
 Finish with a small-sided game of 6v6. Restrictions can be placed on the game to bring out certain coaching points achieved throughout the practice such as 5 passes = a goal or every player must touch the ball before scoring.

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NOTES

Pass and Move + Receiving
 Pass and move within half a field. All passes must be short passes. Coach calls out "one" each pair six feet apart and play short one time passes. Every 3rd pass the players demonstrate either receiving moves.
 Have players stretch- Move to use receiving: performed as follows.
 • Ball rolls towards you turn sideward so that the outside of the strongest foot is closest to the ball.
 • Lift the arm that is furthest away from the ball as though feeling for the pressure of a defender.
 • Ball arrives take an aggressive touch using the outside of the foot closest to the passing player.
 Turn 180 degrees with the outside of the strong foot moving the ball in the opposite direction from where it came.
 • Dribble the ball forwards as though attacking the defender that you initially checked away from.



3v3 to target players
 The target players in the zone at each end of the area are the only players allowed in this zone. Target players can only pass to the team that passes them the ball. A team scores one point by collecting the ball from a target player and combining to get it to the target player at the opposite end of the area. Any team with possession may play back to the target player they initially received from in order to maintain possession.
 Coaching Points:
 • Target players to move within the zone constantly making themselves available for a pass.
 • Make intelligent and complimentary runs. (support/mobility)
 • okay to make a run simply to pull a defender out of position
 • make sharp "checks" to the ball.
 • play backwards through the supporting target player rather than give the ball away.



4v4 to 4
 Organize the players into three groups of four in an area
 A team score by receiving the ball from a server, combining and passing the ball to the service players at the opposite end of the playing area from where they originally receive the ball. The team in possession may use the service players to help them maintain possession. The service players must remain behind the line (cones). The first team to score 5 points wins the game. The losing team becomes the service players. The first team to win 5 games wins the competition.
 Coaching points:
 Technique receiving & passing)
 When to penetrate & when to possess (who to pass to)
 What type of movement? check, supporting run (support/mobility)



8v8 with GK
 Organize the players into teams of eight-a-side on (half field) and start to play a no restriction game. If there are an uneven number of players, use a 'floater' who plays for the team in possession. As the game progresses the coach may place certain restrictions / rules upon play thus dictating the way the game is played.
 Restrictions to use
 • If a team can possess the ball for a total of five passes their team is rewarded with a goal.
 • A goal may only be scored if the ball when won has been played through the goalkeeper's feet.
 • Play the last ten minutes with no restrictions.

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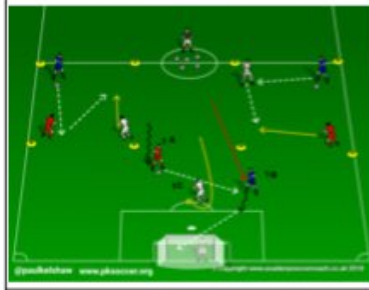


NOTES

Dribble and Stretch
 Players dribble (GK bounce/catch) around in penalty area with a ball each. On command of switch from the coach, they stop their ball dead on any line, spin through 180 and go and collect another ball. On taking, the ball they have to again spin through 180 turning as quickly as they can. Every three or four minutes the player's stretch. The players should be encouraged to increase the intensity level as they warm-up.
 Coaching points:
 • Teach the players different turns to use.
 • Turn with both strong and weak foot and turn both ways.



Golden Boot
 Players are grouped in pairs and given a number and letter eg. 1a & 1b. If number 1 is called player 1a attacks one goal and simultaneously player 1b attacks the opposite goal. The coach should ensure that as soon as these two players have completed their finishing opportunity another number is called and two more players go to goal.
 Coaching points:
 • Analyze the different ways they choose to score – pass the ball in, chip the ball in, curl the ball in, power the ball in.
 • Can they perform techniques with both feet?
 • Have the players mentally record how many goals they score.



2v1 to Goal (Golden Boot 2)
 In each grid, place three players with one ball. The players pass and move until their grid letter is called. Each player within the grid is also given a number, one two or three. When the coach calls a letter followed by a number that group become active. The player whose number has been called retreats and becomes a defender. Once the defender is set in a position on top of the 18-yard box the two players' attack in an attempt to score.
 Coaching points:
 • Utilizing two goals have two groups go to goal at the same time.
 • practice at a fast pace always attempting to elevate the intensity with which the players work.
 • Show the players different ways in which they could combine and runs they could make.
 • Teach the players to frame the goal – effectively following in all attempts to score.
 • Encourage them to tempt the defender to concede either the pass or the dribble.



Bv8 with GK
 In ¾ of a field play 8v8. Divide the game into 7-minute segments and attempt to place one team in an environment where they must score. E.g you are playing in Cup final there is two minutes to go and you are losing 1-0. All restrictions should be designed to increase the intensity of the game and the desire of the players to get forward and score.

When to pass/dribble/shoot?
 What type of pass/dribble/shot?
 When/where Penetration/support/width/mobility/creativity?

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NOTES

Dribble and Stretch
 Players dribble around in penalty area with a ball each. On command of switch from the coach, they stop their ball dead on any line, spin through 180 and go and collect another ball. On taking the ball they have to again spin through 180 turning as quickly as they can. Every three or four minutes the player's stretch. The players should be encouraged to increase the intensity level as they warm-up.
 Coaching points:
 • Teach the players different turns to use.
 • Turn with both strong and weak foot and turn both ways.



2v2 to Goal
 Groups of 4 in in grids shown. Give each group a number and each pair within a group a letter. For example you have 1A, 1B, 2A, 2B. Designate which of the two goals they will attack when their number is called. Passing and moving within their grid the coach randomly calls group numbers. Once a number is called, for example 1A, these two players keep the ball moving within the grid while the other two players from that group (e.g. 1B) retreat to the edge of the box to become two central defenders. The two players from the grid attack them creating a 2v2 to goal.
 Coaching points:
 • Player movement within the grid should be active and the passes technically perfect.
 • All players must concentrate so that as their group is called the game goes quickly to goal.
 • Speed in this part of the field is key – they should be alert and processing ideas quickly.



Patterns for target players. (Progress to use wide players)
 groups of 4 and place them in grids. Give each group a number. For example you have 1, 2, 3 and so on. Once the groups are passing and moving within their grid the coach calls group numbers. Once a number is called, for e.g. 1, two players within the group set themselves as target players on the edge of the box. The two players remaining in the grid play into the target players and combine off them to go to goal. Have all players record how many goals they score.
 Coaching Points:
 • Target players to make lateral runs across the box and slightly back to receive the ball.
 • Show the mids & targets different ways to combine as a group/create finishing opportunities.
 • runs into the box and areas to attack when the ball is played wide – front/far post, penalty area,



8v8 with GK
 Using ¾ of a field play 8v8 with goalkeepers. Play each team out of a 2-3-2 formation so that they can work specifically on combining with the two central attackers. If extra players are available it is possible to play with the two unrestricted wide players so that effective crosses may be delivered and runs into the box examined.

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NOTES

Dribble and Stretch
 Dribble at game speed and intensity, executing a move after every third touch. Players Periodically stop to stretch the various muscles groups in a sequence.
 On the commands of the coach, the group should play the following:
 - Switch – players stop their own ball, and sprint to find a new ball – which must be taken with a move and continue dribbling as above.
 - 3. Specific Foot Dribbling i.e. inside of left foot.
 Coaching Points:
 - Keep the soccer ball a comfortable distance away from them
 - Dribble with heads up, with both feet, and all parts of their feet.
 - Lots of touches and have sharp movements off the ball.



2 v 2 Ladder
 winners move up while the losers move down. The game starts with a pass from one pair to the other, and is live from the first touch of the receiving player. Defending team can score by stealing the ball and counter attacking.
 Coaching Points:
 focus upon the role of the first defender (The defender closest to the ball)
 - 1. Encourage the first defender to "close down" the attacker with the ball quickly.
 Teach the first defender good times to "tackle" are
 - Attacker has a bad touch.
 - Attacker puts head down denying themselves any options but to dribble.
 - The ball is stationary between the attackers legs.



2v2 Tournament
 The game starts with a pass from one pair to the other, and is live from the first touch of the receiving player. The game is played to small goals, and the defending team can score by stealing the ball and counter attacking. The first team to win four games wins the tournament.
 Coaching Points:
 Use this environment above and move players around so that the teams are more evenly matched. Play a mini tournament. Concentrate coaching points on the role of the 2nd defender
 The second defender has three responsibilities – these are
 - Provide cover for the first defender.
 - Cover the 2nd attacker
 - Ensure the two defenders cannot easily be beaten with a through ball.
 - The 2nd defender should also be taught to communicate with the first defender



8v8 with GK
 Using ¾ of a field play 8v8 with goalkeepers. Play each team out of a 3-2-2 formation so that they can work on the roles of the 1st and 2 defender.
 Coaching Points:
 Use this environment to illustrate to the players that they can and should defend differently in different parts of the field
 Give the following example
 The two attackers playing out of the 3-2-2 formation when attempting to win the ball from the three defenders should be "aggressive" in their attempts to win the ball. These two players should be encouraged to gamble – perhaps even slide tackle or over commit to a challenge. If these two players get beat in this part of the field there is cover behind them, if they win the ball they create a goal scoring opportunity.

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NOTES

Passing, Moving and Stretching
 Players work with a partner with one ball for each pair. Pass and move. Players are instructed to ensure that all passes played are "short ones".
 On the command one, two or three from the coach the players perform the activities described below
 1. 5 feet apart, play one touch passes to their partner using their strong and weak foot.
 2. 15 feet apart and they pass to each other using two touches only. The receiving touch to "break pressure" and the next touch, the pass
 3. 20 feet apart and play one time passes to each other ensuring they are checking to the ball as they play the pass.
 Coaching Points: Passing, receiving & checking technique

3v1 Weak foot only World Cup Possession
 Each group is given a team name and each player is given a number. Pass and move in area until the coach calls out a number. The player whose number is called then leaves their area and runs to another group to become a defender. This player defends for two minutes and counts how many times he forces the three players possessing the ball to make a mistake. After two minutes the defender goes back to their team and they pass and move. Every player should have the opportunity to defend. restriction that all touches must be with the weak foot.
 Coaching Points:
 • Playing correctly weighted passes with both feet.
 • Playing passes with appropriate disguise.
 • Quick and intelligent movement off the ball to maintain shape.
 • Quality of controlling touch.

5v5 (or similar)
 Players are divided into three groups of six. One team defends against the other 10 players. The aim of the twelve is simply to possess the ball. Any player who losses possession to the defending team forces their team to defend. Initially the coach should call out the color of the defending team and have them run around his position before they can defend. This delay will allow the twelve players possessing the ball to get a sensible team shape.
 Coaching Points:
 • Emphasize both the quality and the timing of the pass.
 • Commit the defender (i.e. draw them in) before passing.
 • The players must make both appropriate decision-making and a quality first touch.
 • Emphasize player movement on and off the ball (i.e. supporting runs).
 • The defender(s) must apply realistic pressure. • Encourage communication between all the attacking players

Game Situation 8v8 with Gks
 Organize the players into teams of eight-a-side, (on half field) and start to play a no restriction game. As the game progresses the coach may place certain restrictions / rules upon play, thus dictating the way the game is played.
 Restrictions to use
 • If a team can possess the ball for a total of five passes their team is rewarded with a goal.
 • All players in the team have to touch the ball before a goal can be scored.
 • All players can only play with their weak foot only.
 • Play the last ten minutes with no restrictions.

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NOTES

Passing and Moving Weak foot only + Stretch
 The players are put into pairs with one ball for each group and pass and move. Limit the players to four touches or less and instruct them that all passes should be short ones. After five minutes instruct the players to demonstrate all short two-player combinations. (Take overs, Fake overs, Give and go and Overlap). All controlling touches and passes are played with the weak foot.
 Coaching Points:
 • Have the players perform at 50%, 75%, 100% effort and between each stage give them time to stretch.
 • Insist on "technical perfection", with all fundamental techniques involved.



3v1 Weak Foot Only World Cup Possession
 Each group is given a team name and each player is given a number. The players pass and move within their area until the coach calls out a number. The player whose number is called then leaves their area and runs to another group (this is predetermined) to become a defender. This player defends for two minutes and counts how many times he forces the three players possessing the ball to make a mistake. After two minutes the defender goes back to their team and they pass and move until another number is called. All players play weak foot.
 Coaching Points:
 • Players should focus upon
 • Playing correctly weighted passes with both feet.
 • Playing passes with appropriate disguise.
 • Quick and intelligent movement off the ball to maintain shape.
 • Quality of controlling touch.



8v8 with GK to one goal
 Organize the team into two equal teams of 8v8 with two goalkeepers working on the edge of the 18-yard box. The teams play 8v8 for possession, they have to play five consecutive passes and serve the ball to either goalkeeper. Once served to one goalkeeper the ball must be then played to the goalkeeper. Each time the sequence is completed a "goal" is scored.
 Coaching points:
 First touch: When to play one or two touch.
 Support/Width (team shape)



Game Situation 8v8 with Gks
 Organize the players into teams of 8, and start to play a no restriction game. If there are an uneven number of players, use a 'floater' who plays for the team in possession. As the game progresses the coach may place certain restrictions / rules upon play thus dictating the way the game is played.
 Restrictions to use
 • If a team can possess the ball for ten passes, their team is rewarded with a goal.
 • All players in the team have to touch the ball before a goal can be scored.
 • A goal may only be scored if the ball when won has been played through the goalkeeper's feet.
 • Play the last ten minutes with no restrictions.



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Coach Paul Kelshaw Session date 02/27/18 Team/Age Group U13

Theme Week 3: Penetration vs possession in the final 3rd Time available 90mins



NOTES

Pass and Move + Stretch
 The players are put into pairs with one ball for each pair and pass and move. Limit the layers to four touches or less and instruct them that all passes should be short ones. After five minutes instruct the players to demonstrate all short two-player combinations. (Take overs, Fake overs, Give and go and Overlap). Alternate between players using both feet and playing weak foot only.
 Coaching Points:
 • Have the players perform at 50%, 75%, 100% effort and between each stage give them time to stretch.
 • Insist on "technical perfection" with all fundamental techniques involved.



3v3 to target players
 The target players placed in the zone at each end of the area are the only players allowed in this zone. Target players can only pass to the team that passes them the ball. A team score by collecting the ball from a target player and combining to get it to the target player at the opposite end of the area. Any team with possession may play back to the target player they initially received from in order to maintain possession.
 Coaching Points:
 • target players to move within the zone constantly making themselves available for a pass.
 • team of three on attempting to receive a pass from a target player should make supporting runs
 • pull a defender out of position so that a teammate can receive the ball.
 • sharp "checks" to the ball.
 • backwards through the supporting target player rather than give the ball away.



8v6+GK
 Play half field with target goals on the half way line. Attacking team tries to score in full size goal after 4 passes. Defending team try to score in counter goals.
 Coaching points:
 When to penetrate & when to possess
 When to support add width/mobility
 what type of pass (shot, long chipped/driven)
 Who to pass to/ where to pass.



8v8 with GK
 Organize the team into two equal teams of 8v8 with two goalkeepers working on the edge of the 18-yard box as shown. The teams play 8v8 for possession, they have to play five consecutive passes and serve the ball to either goalkeeper. Once served to one goalkeeper the ball must be then played to the goalkeeper. Each time the sequence is completed a "goal" is scored.

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NOTES

Players dribble and stretch in preparation for Golden boot game.
 Coaching points:
 keep the ball close
 Keep head up
 use both feet to change direction
 Encourage tricks and turns at game speed.

Golden Boot 1v1
 Players a grouped in pairs and given a number, passing and moving in the area. As they pass and move, the coach calls a number, whoever has the ball from that pair, may attack the goal. The partner not in possession, "after kneeling", tracks the attacking player as a defender
 Coaching Points:
 • Make this an intense competition -attempt to replicate the intensity of a game
 • Assess the methods with which they try to score.
 • By having the trailing defender kneel, the coach can introduce pressure in a staggered fashion. This should lead to a high level of success.

2v1 to Goal
 groups of three with one ball per group, numbered 1,2& 3. Each player within each group is also given a letter A, B or C. When the coach calls a number followed by a letter that group becomes active. The player whose letter has been called becomes a central defender. Once the defender is set in a position on top of the 18-yard box the two players' attack and attempt to score.
 Coaching points:
 • Run the practice at a fast pace always attempting to elevate the intensity with which the players work.
 • Show the players different ways in which they could combine and runs they could make.
 • Teach the players to frame the goal - effectively following in all attempts to score.
 • Encourage them to tempt the defender to concede either the pass or the dribble.
 • Limit the time in which they have to score.

8v8
 Play 8v8 with Gk with the following restrictions:
 • Once possession is gained, team only has 30 seconds to attempt to finish within.
 • Once one player in the team has scored, they cannot score again until all team members have scored.
 • No restrictions.
 Coaching points:
 • Any goal scored in the final game is worth double points.
 • Have the keeper record or each player announce the total number of goals they have scored throughout the practice.(They should be reminded throughout the session that this will happen- this will help put more stress on the finishing environment)



Interactive Session Plan™

Coach Paul Kelshaw Session date 3/5/18 Team/Age Group U13

Theme Week 5: Attacking when out-numbered Time available 90mins



NOTES Golden Boot + Stretch Players are grouped in pairs and given a number and letter eg. 1a & 1b. If number 1 is called player 1a attacks one goal and simultaneously player 1b attacks the opposite goal. The coach should ensure that as soon as these two players have completed their finishing opportunity another number is called and two more players go to goal. Coaching points: - Analyze the different ways they choose to score - pass the ball in, chip the ball in, curl the ball in, power the ball in. - Can they perform techniques with both feet? - Have the players mentally record how many goals they score.



1v1 to goal Players compete in a series of 1v1 games. After each game has finished the coach rotates players to a new field ensuring that all players play a number of games where there is a goalkeeper in a full sized goal. Emphasis throughout is placed upon the attackers beating players with speed and skill to place themselves in a position where they can take the keeper on or pass the ball into the net. Coaching Points: - Encourage players to quickly assess whether they have more pace than the defender - stress the technique of dribbling the ball to goal and beating the keeper one on one. - get the goalkeeper to commit to a faked shot or move so the ball can be dribbled in. - less pace than the defender, use moves to create enough space in which to shoot or pass the ball into the goal



1v2 to goal (one attacker and two defenders) 1v2 games. In those areas where there are no goalkeepers allow the game to flow. Where a goalkeeper is present focus on the one attacker playing against two defenders. As soon as the defenders win the ball restart the process by the defenders playing the ball to the keeper. Once the keeper is in possession of the ball the sequence starts again with the attacker in possession. Coaching points: - One attacker against two defenders. - Stress the importance of a positive, aggressive attitude. Must believe they can score. - assess the position of the goalkeeper by sneaking a peak at their position and stance. There is a possibility in this scenario that the keeper may become lazy. - Analyze the positions of the defenders and the possibility of beating them both with one touch and pace.



Game Situation Play 8v8 with goalkeepers with the following restrictions. - 1.Number all outfield players 1-8. When a team loses possession of the ball the two players closest to the goal must kneel down until their team wins the ball back or a goal is scored. - 2.When the coach calls a number or numbers, those players must take a knee until their team win the ball back or a goal is scored. - Upon gaining possession the team has 45 seconds in which to make an attempt on goal.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

Golden Boot
 Players are grouped in pairs and given a number and letter eg. 1a & 1b. If number 1 is called player 1a attacks one goal and simultaneously player 1b attacks the opposite goal. The coach should ensure that as soon as these two players have completed their finishing opportunity another number is called and two more players go to goal.

Coaching points:

- Analyze the different ways they choose to score – pass the ball in, chip the ball in, curl the ball in, power the ball in.
- Can they perform techniques with both feet?
- Have the players mentally record how many goals they score.



PK Shooting Grid
 Arrange the players into groups of three. Every 5 minutes rotate the player who is playing in goal. (Let your regular goalkeepers stay in goal the whole time). If the goalkeeper makes a save he turns and feeds the ball to the opposite player. If a goal is scored or the shot misses, it is simply collected by the opposite player who then strikes on goal. Stress the importance of the players performing with urgency so that a large number of shots are performed in the given time.

Have the players strike the ball in the following ways:

- A ball that they pass in front of them and strike before it stops rolling.
- A ball that they roll across their bodies and strike before it stops rolling.
- A ball that it passed towards them and they strike first time.
- A ball that they throw in the air and strike after one bounce.



3v2 to Goal
 Arrange the players into groups of three. The practice starts with the 3 attackers combining to produce a finishing opportunity against 2 defenders and a GK. If the defender wins the ball from the two attackers, they play into counter goals on opposite side. If the goalkeeper makes a save he feeds the ball to the 3 attackers. The first team to score three is the winners. After each round change the defenders.

Coaching Points:

- By keeping the practice outside an imaginary 18-yard box it is possible to focus the player's attention on beating the goalkeeper with a shot.
- Emphasize this as a 3v3 competition placing suitable emphasis on the intensity level that is present in goal scoring situations.
- Appropriate technical points (What type of pass/shot), When to dribble/pass/shoot



8v8 with goalkeepers

- Number all outfield players 1-8. When a team loses possession of the ball the two players closest to the goal must kneel down until their team wins the ball back or a goal is scored.
- When the coach calls a number or numbers, those players must take a knee until their team wins the ball back or a goal is scored.
- Upon gaining possession the team has 45 seconds in which to make an attempt on goal.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

Golden Boot + Stretch
 Players are grouped in pairs and given a number and letter eg. 1a & 1b. If number 1 is called player 1a attacks one goal and simultaneously player 1b attacks the opposite goal. The coach should ensure that as soon as these two players have completed their finishing opportunity another number is called and two more players go to goal.
 Coaching points:
 • Analyze the different ways they choose to score – pass the ball in, chip the ball in, curl the ball in, power the ball in.
 • Can they perform techniques with both feet?
 • Have the players mentally record how many goals they score.



7v4 to goal. One attacking defender should start each attack with either a dribble or a pass into one of the four-midfield players. The two attackers should initially be encouraged to stay central and position themselves in high and low positions as shown. The aim of the attacking unit is to develop the ball into a situation where they can make an attempt on goal. The four defenders need to win the ball back and pass it or dribble it through either of the gates shown.
 Coaching points:
 When to pass/dribble or shoot
 Where to pass/dribble or shoot
 Principles of attack (Penetration, Support, Width, Mobility & creativity)



7v4 to 3 Target players
 Arrange the players as shown below. The defending unit score against the attackers by winning possession and playing the ball through any of the three gates to the target players.
 As a progression to this practice tell the defenders they can only play to a target player after they have combined for 5 or 6 passes.
 Coaching Points:
 • To stress the competitive nature of the practice play the first teams to score. The three target players get to take the place of three members of the losing team.
 • As the attackers become more successful add additional defenders - initially add a defender to the defending teams midfield unit making the session into a 7v5 to goal practice.
 • Where and when appropriate encourage the blueprints for success that were developed at the start of the session



Game Situation 8v8 with Gks
 Organize the players into teams of eight-a-side, and start to play a no restriction game. As the game progresses the coach may place certain restrictions / rules upon play, thus dictating the way the game is played.
 Restrictions to use
 • If a team can possess the ball for a total of five passes their team is rewarded with a goal.
 • All players in the team have to touch the ball before a goal can be scored.
 • All players can only play with their weak foot only.
 • Play the last ten minutes with no restrictions.

U14
PRACTICE
SESSIONS



Interactive Session Plan™

Coach Paul Kelshaw Session date 03/21/18 Team/Age Group U14

Theme Week one: Switching the point of attack Time available 90mins



NOTES

Dribble and Stretch
Warm up individually with ball for 8-10 mins incorporating stretching. Each player has a ball and will work on specific moves and change of pace.



8v8 with multiple goals
- Full size field with five small goals (2-4 yards wide) made with flags or cones.
- A pass or shot through a goal is a score. Players may pass from either side of the goal, but may not shoot through the same goal twice consecutively. Players may not run through goals. Players may stay near a goal for a maximum of five seconds.
Coaching Points:
- Improving combination play via short passing and switching the point of attack with longer passing.
- Improving vision and anticipation of opening the field.
- Players should strive to remain open for a pass at all times.
Progression
- Players can score by passing through a goal to a teammate with a give n go.



8v8 to Two Small Goals
In an area of field length: 50 yards, small goals (2-4 yards wide) should be set up with flags or poles about 10 yards out from each end line. Play 7v7 or 8v8. Play 4x8mins with 3 minutes rest between each round.
- Initially, teams can attack either goal (however, they cannot score in the same goal twice consecutively), then, each team should defend a specific goal and players must shoot from behind the goal to score. Passes from behind must be received on the front side for the goal to count.
- The focus of this practice is to improve soccer specific endurance and to increase the speed of play through the accurate use of combination play.
Coaching Points:
- Quick transition from defense to attack.
- Accurate quick combinations.
- Counterattack.



Four Zone Soccer with progression to full game.
- Play on full field with two normal sized goals. A 10x10 yard zone is marked out in each corner of the field. Play 8v8 with two goalkeepers. Play in segments of 3x8 mins with coaching breaks in between.
- Players can shoot on goal only after receiving a pass from one of the zones or by making ten consecutive passes (i.e. to avoid defenders guarding the zones).
- The focus of this practice is the improvement of player speed and endurance and switching the point of attack continuously.
Coaching Points:
- Quick transition from defense to attack.
- Accurate quick combinations.
- Counterattack.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

Pass and Move in 4's + Stretch
 • Groups of four and utilize one half of the field. Stretch before engaging in long passing. Players pass and move using the following restrictions:
 Long pass, short pass
 Players should make appropriate runs to receive a rotation of long and short passes. Player's first touch and decision-making should be quick and appropriate.
 Short, short long.
 Players should combine to release a third player running for the longer pass.
 Coaching Points:
 • Players should work hard at movement off the ball, always showing and communicating.
 • Players should concentrate on technique, first touch and passing ability.

3v3 to Neutral Targets
 • Set up two grids, 8 players in each, 3v3 to two target players on each end line.
 • Each team must possess and attempt to play forward to a target player at the end line. To score, the target must play back to the same team. Once a point is scored the team must then go to the opposite target. When the defending team wins possession they should attack the furthest target.
 • The focus of this practice is to determine when to play direct and indirect.
 Coaching Points:
 • Players should keep possession of ball until an attacking channel opens up to move forward.
 • Read the visual cues of the defensive team.
 • Players must adjust positions as the point of attack changes creating good support and attacking shape.
 • Combinations must be encouraged to get behind the defensive line.

Short and Long Possession Play
 • Two grids with a smaller middle neutral zone. Play 5v2 in each of the larger grids. Have two floating players in the central zone, one offensive and one defensive.
 • The five attacking players on one side keep possession from the two defenders. They have the option of playing long into the opposite grid to keep possession. The floating defender can support in any side of either grid as can the floating attacker. This will create differing numbers in attack and defense.
 • Attacking player's score by making ten passes. Defenders score by passing to the floating defender in the central zone or dribbling into the center zone.
 Coaching Points:
 • Supporting positions should provide width and depth.
 • Players should be aware of more defensive pressure and/or attacking support.
 • Read game and make smart decisions i.e. when to play across zones.

8v8 Game (Inc. GK's)
 Each team will play with different formations in order to create uneven situations
 Team one: 3-3-1 Team two: 3-2-2
 • This will allow teams to work on directed possession. Players must solve the tactical and technical problems that arise in the game. They must read the visual clues and decide when to possess and when to penetrate.
 • The focus is to create situations on the field where each team finds itself in a numbers up situation and can possess in search of the penetrating dribble or pass.
 Coaching Points:
 • Teams must recognize the numbers up situations and play quickly away from pressure.
 • Teams must adopt good shape and create open channels in which to penetrate.
 • Switch the point of attack quickly.



Interactive Session Plan™

Coach Paul Kelshaw Session date 4/19/18 Team/Age Group U14

Theme Week 3: The right time to play short & long Time available 90mins



NOTES

Pass and Move in 4's to 3v1 Organize into fours and utilize half field area
 Players will number themselves one to four and then pass and move using two touch maximum. (Stretching should be implemented until players are ready to play in a competitive environment.)
 The coach will call out a number. This player will defend and create a 3v1 situation or calls out two numbers creating a 2v2 situation. A goal is scored by the attackers making 5 passes in concession, and by the defender touching the ball. First team to three goals wins, passing and moving should continue thereafter.
 Coaching Points:
 • Movement off the ball, always showing and communicating.
 • Technique, first touch and passing ability.
 • Transition/quickly adopt a suitable shape to keep possession.



Right time to play long
 • Set up three grids side by side (40x20 yards). Create three teams of four players and place them in each grid.
 • The coach plays a ball into one of the outside grids. Two players from the central grid will go in and pressure. Players must make five short passes and then play a long ball through/over the center zone to the team at the other end to score. At this point both defenders will return to the center and another two will be released. If the defenders gain possession of the ball the whole team will move to the outside grid to replace by the team that gave away possession of the ball.
 Coaching Points:
 • Players should create space in possession and when appropriate play the long ball.
 • Coach should correct long ball technique where appropriate.
 • Players should create good shape quickly when possession is won.



5v5 or 6v6
 Create three teams of five/six players to play in a half field area. The coach names two teams that will begin in attack. The other team defends creating a 10v5 / 12v6 situation. A goal is scored when 6 passes are made between two teams. When the defending team wins possession back, the team that lost the ball switches to defense and the remaining teams combine to possess. In this practice, train the goalkeeper on maintaining possession using their hands or their feet.
 • The focus is on improving work rate when possession is lost and to react and organize quickly when possession is gained.
 Coaching Points:
 • The attacking teams must create width and depth.
 • The defenders must work exceptionally hard as a unit immediately at the point of transition.
 • There must be good communication between players in both attack and defense.



8v8 Game
 • Play 8v8 with goals from edge of 18yard box to edge of opposite 18yard box on a full size field.
 • Each team will play with different formations in order to create uneven situations in defense, midfield and attack. Team one: 3-3-1 Team two: 3-2-2
 • This will allow teams to work on directed possession.
 • The focus is to create situations on the field where each team find itself in a numbers up situation and can possess in search of the penetrating dribble or pass.
 Coaching Points:
 • Teams must recognize the numbers up situations and play quickly away from pressure.
 • Teams must adopt good shape and create open channels in which to penetrate.
 • Supporting runs must be made both in attack and in defense.
 • Quick transition must be achieved.

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES	
	<p>Pass and Move in 3's + Stretch On receiving ball players accelerate on the dribble and change point of attack before passing again. Stretch at regular intervals.</p> <p>7v7+2</p> <ul style="list-style-type: none"> Four x 3 yard-wide goals are set up five yards from the touch line on each side of field. Players are divided to make a 7v7 + 2. Each team should set up in a 4-3 formation. Play 3x7mins with stretching in between. The attacking team will have 2 extra players and will play a possession game. Either team can score by dribbling or passing through a goal. The focus is to introduce directed possession and to recognize numbers up situations. <p>Progression: Each team should be assigned two goals to attack and two to defend.</p>
	<p>7v7+2 to Three Goals Play 7v7+2 with three x 5 yard-wide goals at each end line. Set up in a 4-3 formation. Players play with numbers up to attack one goal and quickly switch when defenders have compacted in one area.</p> <p>The focus is to; implement more standard direction to play, to create width, and to switch points of attack.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> Recognize numbers and change point of attack. Quickly establish good shape in attack. Lots of movement and communication <p>Progression Each team can be assigned two goals to attack and two to defend.</p>
	<p>8v8 with Channels Set up a field 85x75 yards. Divide field horizontally into two 10-yard zones on the flanks leaving the middle 55 yards wide. Play 8v8 with GK's using a 3-2-2 or 3-3-1 formation.</p> <p>Play with only two touches allowed in the center zone. Encourage teams to use the flanks to penetrate quickly. Also, promote combination play and the utilization of the early cross to get behind the defense. Incorporate offside in order to influence decision making from wide areas. The focus is to encourage quick decision making in the wide areas. One only player can enter the attacking channel at one time, defenders is not permitted in this area as long as the ball keeps moving.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> Make quick decisions in the flanks on when to change the point of attack. Spread the defense to open channels to goal. Be patient and change point of attack as many times as is necessary. Stress the defense.
	<p>8v8 Free Play with GK's Use tactics employed in the first three exercises.</p> <p>Coaching points</p> <ul style="list-style-type: none"> Recognize numbers and change point of attack. Quickly establish good shape in attack. Lots of movement and communication <p>Make quick decisions in the flanks on when to change the point of attack.</p> <ul style="list-style-type: none"> Spread the defense to open channels to goal. Be patient and change point of attack as many times as is necessary. Stress the defense.

Interactive Session Plan™

Coach Session date Team/Age Group

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NOTES

Pass and Move to goal
 The players pass and move in their groups of four. Progress by giving each group a number and each player within the group is lettered, A, B, C or D.
 coach calls out a number & letter (for example # 1A), group 1 attack one goal and at the same time group 2 attacks the opposite goal. Each group has to develop the player whose letter has been called into a wide position attack and attempt to score.
 Coaching Points:
 • time runs/arrive in the penalty area at the same time as the ball. ensure that the front post, penalty spot, and far post areas are all covered as the ball arrives.

Attacking the Box 4v1 & 4v2
 • Place one defender in the penalty area whose responsibility will be to defend against any attacking group.
Attacking the Box 4v2
 Coaching Points:
 • Stress the importance of timing the runs so that they arrive in the penalty area at the same time at which the ball arrives. To achieve this it is essential that they begin to read the body language of the player who is about to deliver the ball.
 • ensure that the front post, penalty spot, and far post areas are all covered as the ball arrives. Once they decide to attack a certain area they should do so with pace and conviction.
 • Encourage the players attacking the box to make angled runs into the box.

7v7 with Wide Players
 Play 7v7 with goalkeepers and two neutral wide players who are situated in the wide channels as show below. Once the ball is player to any of the wide players they cannot be tackled. The team who played the ball wide is free to attack the goal.
 Progression
 • Limit the number of players that can retreat and defend the attacking team.
 Coaching Points:
 • As the game develops tell the team in possession that they must combine for a number of passes before they can go wide.
 • To keep the defending realistic the team in possession can score without playing the ball wide. Any goal scored this way is worth double.

8v8 Game
 • Play 8v8 with goals from edge of 18yard box to edge of opposite 18yard box on a full size field.
 • Each team will play with different formations in order to create uneven situations in defense, midfield and attack.
 Team one: 3-3-1
 Team two: 3-2-2
 • This will allow teams to work on directed possession.
 • The focus is to create situations on the field where each team find itself in a numbers up situation and can possess in search of the penetrating dribble, pass or cross

Interactive Session Plan™

Coach Session date Team/Age Group

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NOTES

4v2 Warm up progress to 2v2 to a line
Establish basic shape and structure in defense.

- Focus on positional awareness, and teamwork in pairs
- Each pair should play as a defensive unit to deny penetration and avoid being split.

Coaching Points:

- First defender should try to either; win, deny penetration, or make play predictable (Pressure)
- The Second defender should provide cover for the first defender in case he/she is beat 1v1.
- The Second defender should also mark and track the movement of the second attacker.
- The success of the defensive pair is hugely dependent on the second defender's ability to read the pressure on the ball.



3v3 to Goal

- Concentrate on the third defenders role to provide balance in the defensive unit.
- The defensive team should move as a unit as the point of attack changes. Encourage pressure on the ball when the attackers get into a dangerous area.
- Discuss the containment triangle, which keeps the defense compact and forces play wide.
- When they win possession of the ball, the defensive team should counter attack quickly to the opposite goal, as they should have good shape to do so.

Coaching Points:

- Re-iterate the roles of the pressuring and covering defenders.
- Coach the role of the third defender (i.e. the balancing defender – who should take away the attacking team's option of the long/diagonal or through ball)
- Defensive team working as a unit.



Zonal Defending in Midfield (4v4)

Three small gates are set up on the half way line with one goal set up on the 18 yard box. Line up 4v4 with a GK. The ball is passed to the team defending the goal that attacks the three gates in the centerline. A goal is scored when this team dribbles through any wide gates. Two goals are awarded for a goal scored through the center gate. The other team must zonally defend these gates and try and counter to goal.

Coaching Points:

- Organization and communication.
- Discipline in defense, knowing when and where they are going to win the ball. Don't get pulled
- Keep the play in front of the zone.
- The recovery runs should be at angles.



8v6 leading to 9v6

- Play attack versus defense with a 3-3 defensive formation.
- The coach should apply all of the points covered in this session. Keep the compactness, by preventing your opponent from switching the point of attack.
- TIP: Defending is about an aggressive attitude; zonal defending is an intelligent attitude. Playing a zonal system relies on having players who can read when to slide in and out vertically and diagonally.

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Theme Time available



NOTES

2v2 to a Line

- Establish basic shape and structure in defense/Focus on positional awareness
- Each pair should play as a defensive unit to deny penetration and avoid being split. The practice begins by one team simply dribbling the ball into play.
- The principles of; pressure and cover should be coached as the role of the 1st and 2nd defender.

Coaching Points:

- Whilst pressuring the ball the First defender should try to either; win, deny penetration, or make play predictable.
- The defensive pair must communicate effectively
- Individual defensive body shape.
- Switching roles as the point of attack changes.



4v4 to Two Goals

Players must constantly read and react to the ball and not get pulled out of the zone.

Restrictions / Game Rules - initially, the ball must go through the side / wing gates before progressing to score on the opponent's goal.

Coaching Points:

- As soon as you lose the ball, get shape and pressure (force to where support is).
- try force play and the attackers (inside) into the zone. The 1st defender should pressure very quickly and take out the passing lane.
- Can the other defenders slide across . principles of 'Pressure, Cover, and Balance'.
- It is important that when one defender pressures the ball, the other defenders slide across.
- Only go forward/backward if the unit does so together.
- Zonal defending requires good communication



4 v 4 to Two Goals Continued

Progressions of the above practice will be to; dribble through the gates, and then, pass through any of the middle 3 gates before scoring.

- The third (and middle) gate should only be placed in as the session progresses

Coaching Points:

- if the ball is maneuvered into a central position, the whole zone now formats to an inverted 'v-shape' whereby the two wide defenders pinch in.
- Whoever pressures the ball must try stay with the dribbler.
- Players must be aware that if the opposition goes through any of the gates, they have broken the zonal system down.

Progression

- Take out the middle three gates and play regularly between both goals, the off-side rule should be in effect.



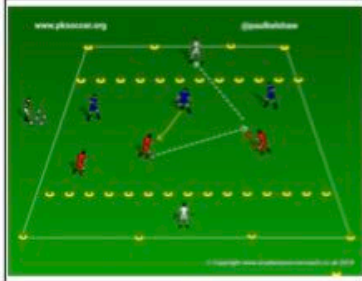
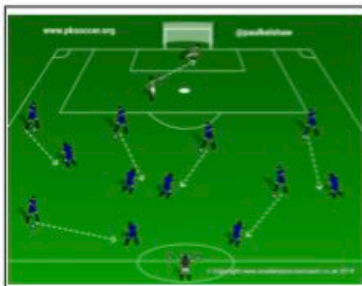
9v9 Game with GK

- Adopting previously employed tactics play a 9v9 game from penalty box to penalty box with full size goals.
- The defensive team should play; 4-3-1 and the attacking team should adopt a 3-3-2 formation.
- If an attacker makes run across the defensive line (without the ball), a defender should go with and then pass on. If attacker make a run behind the line, there should be a decision to either; go with him/her, leave them (they might run off-side), or pass on.

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NOTES

Pass and Move + Receiving
 Players pass and move within the field. All passes must be short passes. When the coach calls out "one" each pair position themselves six feet apart and play short one time passes to each other. Every 3rd or fourth pass the players are asked to demonstrate receiving moves as desired by the coach. Intermittently have the players stretch.
 Coaching Points:
 • During this warm up exercise the players should get at least three periods of stretching.
 • Introduce the players to the idea that the "receiving" move can be used when an attacker has attempted to check away from a defender BUT the defender has managed to stay "tight" and has over committed to the challenge. • As the ball is received and the defender over commits to the attacking player can use the defenders body as a pivot to help them turn.

Groups of three Passing and Moving
 one ball for each group passing and moving within half a field. give players a letter A, B or C. Player B checking back to the ball and receiving it from player A then passes to player C and the passing and moving begins again.
 coach should call out; A, B or C. When the letter is called that player s defends another group. The first defender to win the ball wins a point for their team.
 Coaching Points/ scenario
 • Checked away so quickly that you have successfully created a big space between you and the nearest pressing defender.
 • Checked away from the defender who has pursued aggressively and at the moment of the receiving touch is too close and has somewhat over committed to the challenge.
 • Checked away from a defender who has stayed with the run.

3v3 to target players
 The target players placed in the zone at each end of the area are the only players allowed in this zone. Target players can only pass to the team that passes them the ball. A team scores one point by collecting the ball from a target player and combining to get it to the target payer at the opposite end of the area. Any team with possession may play back to the target player they initially received from in order to maintain possession.
 • Encourage the target players to move around within the zone constantly making themselves available for a pass.
 • Each team of three on attempting to receive a pass from a target player should make intelligent and complimentary runs.
 • Stress the notion that it is okay to make a run simply to pull a defender out of position so that a teammate can receive the ball.

4v4 to 4
 three groups of four in an area approximately 30yards by 50 yards
 A team score by receiving the ball from a server, combining and passing the ball to the service players at the opposite end of the playing area from where they originally receive the ball. The team in possession may use the service players to help them maintain possession. The service players must remain between the flags and behind the line.
 • Educate the players to make sharp "checks" to the ball. These runs should be made at an angle so the player hoping to receive has some vision of the target they want to go to.
 • Players should play with patience. This is a possession exercise, play backwards through the supporting service player rather than give the ball away.
 • Encourage the defenders to attempt to play man-to-man and high pressure.
 • Focus upon those moments when attackers receive the ball with their back to pressure.

U16
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Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES	
	<p>(Warm-Up: Include Stretching)</p> <p>One ball per pair. Players move across field performing a variety of passes, volleys and headers. Active players perform activities moving forwards and backwards.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • Passing technique • Volleying technique • Heading technique • Control
	<p>Attack 'vs' Defense</p> <p>One team plays possession, while other team attempts to score on goal. Progression: Place a touch condition on one of the teams. Progression: Add a second goalkeeper who plays for the team keeping possession.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • Possession 'vs' Penetration • Maintaining shape in attack and defense • Communication
	<p>Breakout zones</p> <p>Both teams play in central zone. Each team is required to make five consecutive passes before attacking either goal. The ball must precede an attacking player into the final third of the field before a shot can be taken. Progression: Allow a defender to track back and challenge the attacker</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • Recognizing attacking opportunities • Finishing 1 v 1 on a goalkeeper • Combination play • Switching point of attack
	<p>Two teams play 8v8. All players (except goalkeeper) must be in opponents half to score. Final game play 8v8 on a full field with no restrictions.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • Team shape • Support play • Communication • Movement to support attack • Possession in opponents' half of field • Transitional play



Interactive Session Plan™

Coach Paul Kelshaw Session date 2/22/19 Team/Age Group U15/16

Theme Week 2: Principles of attack (Penetration in the middle third) Time available 90mins

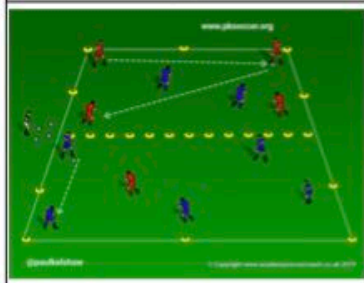


NOTES

One ball per player. Each player dribbles in and out of teammates. Gradually add conditions and trick/turn requirements.
 Progression: Upon command, players change to a different ball and perform a skill/turn upon meeting the ball.

Coaching Points:

- Dribbling techniques
- Vision



Keep-Away

5 v 1 & 4 v 2 : Change the defender after 1-minute or if an attacker loses possession. Progression: Limit the number of touches for the attackers. Adjust numbers based on ability.

Coaching Points:

- Passing technique
- Quality of first-touch
- Body positioning
- Choice of foot surface when receiving and playing the ball



6 v 6 + 2

Players are divided into 3 v 3 plus a neutral player in each end zone. The neutral player plays for the team in possession. The ball must be played across a smaller central zone to teammates before passing to a target goalkeeper.
 Progression: Attacking team shoots on goalkeeper.

Coaching Points:

- Utilizing numerical advantage (Support)
- Recognizing the moment to play the ball into attack (Penetration)
- Connecting the backs with the forwards (Support/Width)



6 v 6 + 6

Divide the group into 3 teams. Two teams play on the field (4-2 'vs' 3-3), and the third team plays as neutral players on the outside. Neutral players limited to 1-touch. The team that scores stays on the field and the other team changes with the neutral players. Progress full game if possible.

Coaching Points:

- Team shape & Support



Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

(Warm-Up: Include Stretching)
Number Passing

Number passing (1-2-3-4) in groups of 4.

Progression: The coach calls out a number who becomes the defending player. The other three players form a tight triangle and attempt to keep the ball from the defender.

Coaching Points:

- Passing technique (Who to pass, When to pass & how to pass)



4 v 2 + 2'

One team of four attempts to keep possession in their own half against two defenders. If the defenders win possession, they pass to their teammates in other half of grid and support, while two opponents enter the grid to try to regain possession.

Coaching Points:

- Possession
- Speed of play
- Regaining possession and transitional play
- Support play



8 v 4

Two teams combine to play 8 v 4. Each group team keeps a diamond formation among it's own players (resulting in an overall 2-4-2 formation.) The defending team can play the ball into the arms of a goalkeeper on the half-way line, or dribble over the half-way line to become part of attacking team. The group that loses possession becomes the defending team.

Coaching Points:

- Maintaining an attacking diamond
- Staying connected in attack
- Combination play



4 v 4 + 4

Two teams play 4 v 4. The team in possession can use the neutral wingers (limited to a maximum of 2-touches) or on-field neutral players (1-touch limit) to develop an attack.

Coaching Points:

- Utilizing numbers in attack
- Combination play through central 'pivot' play makers
- Finishing from crossed balls
- Switching the point of attack

Progress to as full game without restriction



Interactive Session Plan™

Coach Paul Kelshaw Session date 3/11/2019 Team/Age Group U15/16

Theme Week 4 Time available 90min



NOTES

Circle Warm up
Divide the group into pairs of players. Players alternate between serving and active participation inside the circle. Each pair changes after 30-60 seconds of activity. (Include movement with and without the ball.)

Coaching Points:

- Control techniques
- Dribbling technique
- Passing technique
- Heading technique



1 v 1 Ladder
Divide the players into pairs. At the end of each game, the winning player moves up a group, and the losing player moves down a group. If the score is tied, and both players scored, the player who scored first is the winner. If neither player scored, the player who performs the most juggles is the winner. Each game lasts up to 1-minute

or 1 v 1: Divide the players into groups of three or four players. The player that scores stays on the field to face a new opponent. The player who is scored upon retrieves the ball for the next game.

Coaching Points:

- Fakes & feints
- Change of pace
- Deception



2 v 1 + 1'
The coach passes a ball from the half-way line towards one end of the field. Two players from that end attack a single defender from the other end. Play to large goals with goalkeepers, and play off-side. Gradually introduce attacking requirements such as wall-passes and overlapping runs for creativity in attacking play.

Progression: If a defender touches the ball, or gains possession, a second defender may enter the field in support creating a 2 v 2 situation.

Coaching points

Composure when finishing

- Timing of support run
- Wall-passing
- Overlapping run



1 v 1 to 8 v 8

Game 1: Divide the team into pairs. Each pair starts in a 1 v 1 confrontation. Once a ball is out of play it cannot be put back into play. The players that were playing with that ball now move to assist teammates. The game eventually develops to full-sided game with one ball as each ball goes out of play.

Game 2: Divide the team into groups of four and start with 2 v 2 games.

Game 3: Two-touch game with multiple balls placed around the field to maintain the flow of the game.

Coaching Points:

- Creating individual space, • Taking on an opponent, Speed of play, Defensive pressure

Interactive Session Plan™

Coach Session date Team/Age Group

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NOTES

Number Passing & Stretching

Groups of four "number" passing (1-2-3-4). When the coach calls out a number, that player sprints into space to receive a long pass from a teammate. Progression can include adding a defender.

To play 3v1
Coaching Points:

1. Technique of long passing
2. Bending the ball into the path of a running player



5 v 3 + 5 v 3

Team in possession plays keep-away until the ball can be played long to their forwards. The forwards attempt to make 5 passes to score a goal. The goalkeepers may use their hands to intercept a pass, and use their feet to support their teammates.

Coaching Points:

1. Patient build-up in defense
2. Recognizing when to play forwards
3. Accuracy of distribution



6 v 4

Six attackers take on four defenders. The defenders attempt to win possession and pass to any of the target players at the half-way line. The defending team may use the goalkeeper to pass out of defense.

Coaching Points:

1. Defending against superior numbers
2. Counter-attacking
3. Using the goalkeeper



Divide the group into two even teams. Implement a two touch restriction in own half, and unlimited touches in opponent's half.

Coaching Points:

1. Restricted touches forces team in possession to play the ball quickly in the back
2. Recognizing when to counter-attack

Final game – unrestricted

Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available

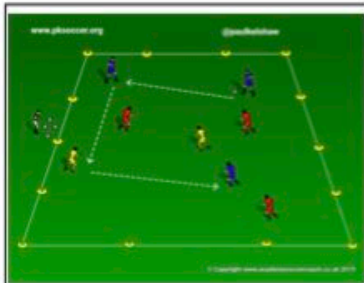


NOTES	
<p>4 v 2 + Stretching</p> <p>Four attackers attempt to split two defenders as many times as possible.</p> <p>Coaching Points:</p> <ol style="list-style-type: none"> 1. Maintaining shape and passing options 2. Weight, accuracy and timing of passes 	
<p>4 v 4</p> <p>Set-up the playing area with 3v2 in one half and 1v2 in the other half. The attacking team must pass or dribble through one set of flags on the half-way line before dribbling to an end zone. Once the ball is played across the half-way line, two players from the attacking team may move into the other half to create a 3v2 situation.</p> <p>Coaching Points:</p> <ol style="list-style-type: none"> 1. Forward movement to create space 2. Switching the point of attack 3. Change conditions for central gates – dribble or pass through to initiate an attack 	
<p>8 v 8' (4v2 + 2v2 + 2v4) Zones</p> <p>Each team has numerical advantage in the back. All players stay in zones. Ball must be played through the middle zone.</p> <p>Progression: A player from the back may support if the ball is played back from a central midfielder.</p> <p>Progression: A player from midfield may support if the ball is played back from the forwards.</p> <p>Coaching Points:</p> <ol style="list-style-type: none"> 1. Creating and using space in the midfield 2. Supporting through the midfield 	
<p>7 v 7 + 2</p> <p>Two neutral players play for team in possession. Each team may play a maximum of 5 passes before the ball must be touched by one of the neutral players.</p> <p>Coaching Points:</p> <ol style="list-style-type: none"> 1. Building through the midfield using numbers <p>Final game – unrestricted</p>	

Interactive Session Plan™

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NOTES

(Warm-Up: Include Stretching) 3 v 3 + 2 or 4v2 + 2

Two teams of three play against each other. The playmakers play for the team in possession. 5 passes = 1 goal.

Coaching Points:

1. Using numerical advantage to maintain possession
2. Angle of support
3. Position of playmakers in relation to the ball
4. Position of playmakers upon receiving ball



Activity 3 – 4 v 4 + 2

Four attackers plus two neutral players keep possession against three defenders and a goalkeeper. If defending group wins possession they quickly play the ball to the other grid. Both playmakers move into grid to support play.

Coaching Points:

1. Combination play
2. Transitional play



6 v 5

Attacking team plays a variety of combinations between the playmakers and wide midfielders or central strikers. Defending players attempt to score on small counter-goals on half-way line. If attackers are successful, playmakers stay on and new attacking team enters field from half-way.

Coaching Points:

1. Combination play
2. Linking midfielders with forwards
3. Learning to “re-set” the game with the playmakers



7 v 7 or similar

Both teams play 6v6 in central zone. Playmakers play for team in possession. Playmakers are responsible for playing the ball into the final third to initiate attacking play. Play offside for final 1/3rd of field.

Progression/variation play 9v7 & Progress into unrestricted game

Coaching Points:

1. Initiating attacking play
2. Creating individual space
3. Switching the point of attack

Interactive Session Plan™

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NOTES

(Warm-Up: Include Stretching)
7 v 7 + 2 (or similar)

Both teams attempt to connect 5 passes to score a goal. Every time a player passes the ball, that player must run around one of the cones before rejoining the game. Neutral players play for team in possession.

Coaching Points:

1. Shape
2. Communication & 3. Movement off the ball



8 v 8 + 1

Teams play 3-3-1 vs 2-3-2. Neutral player plays for team in possession. Goalkeepers stay in own half of field. If the defending team wins the ball they pass the ball to their goalkeeper in the other half of the field, and play keep-away in their own half. (Goalkeepers limited to 1-touch play.)

Coaching Points:

1. Shape
2. Communication
3. Transitional play



Attack 'vs' Defense

Attackers play 2-4-2 to a full-size goal. Defenders play 4-3 + goalkeeper to small counter goals which are level with the back of the center circle.

Coaching Points:

1. Manipulate play by limiting touches for one team, or by introducing requirements such as overlapping runs, combination play from the forwards, shots inside the penalty area, or long-range shots by attacking midfield



Goal Difference: Both teams need to score as many goals as possible. In order for a goal to count, all players must be in their opponent's half of the field.

Progression: Goals count double if all players are in the opponent's half.

Coaching Points:

1. Staying connected as a team
2. Supporting the player with the ball

Man-Up, Goal Down: One team plays with an extra player, but is a goal down. The other team is a goal up and plays with a numerical disadvantage.

Coaching Points: 1. Use extra player to unbalance defense and create goalscoring opportunities 2. The team with the numerical disadvantage needs to possess the ball to protect the lead, and counter-attacks if possible.

Play regular unrestricted game with equal teams