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Grid size 30x30. 2 groups of 4 players with 1 ball per group.

Players work together with their group passing the ball in the area. When a player passes a ball to a teammate they must call out a # between 1-3. If a player calls 1 then they must pass the ball with 1 touch etc. Once a player passes a ball they must leave the grid to the nearest side and perform the agility ladder in order to re-enter.

Coaching Points:

- Use of instep to pass
- Supporting foot next to ball
- Knee slightly bent
- Toes up to follow through



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Grid size 25x30. 2v2 or 2v2 +1 with GK's.

Player A plays starts off with a pass to player B while player C and player D defend the goal. Switch roles after every stoppage goal or ball is out of play.

Progression: Players attacking must start off with a pass and combination in order to go forward.

Can also add a N where the players attacking must play to the N before attacking the goal.

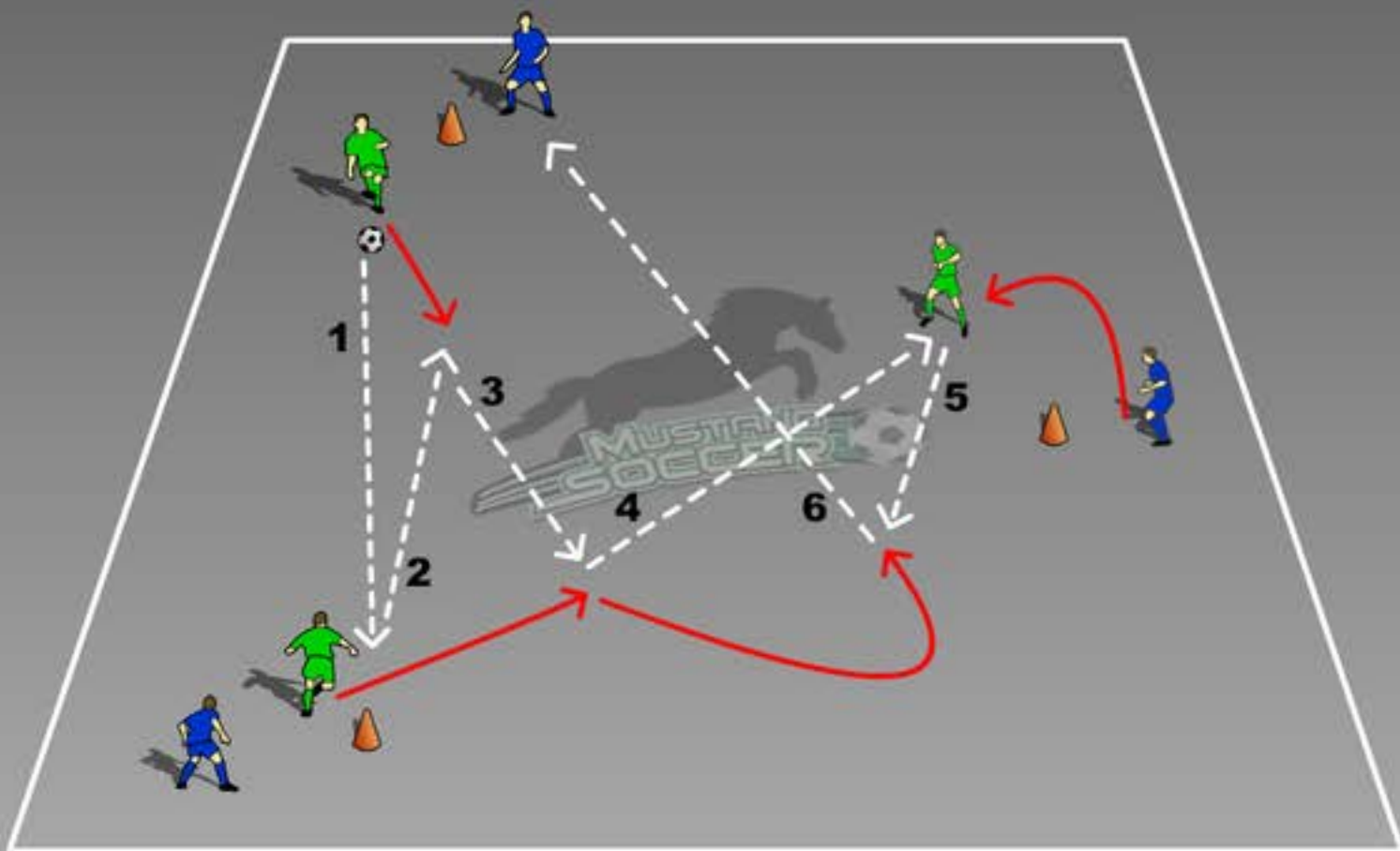
Coaching Points:

Pass to body or to space

Weight of pass

Communication (Verbal & Visual)

Contact between part of foot and ball



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Objective:

To develop passing, receiving & movement needed to create space

Description:

In an area of 15 x 20 yards, players in groups of 6 forming a triangle

Players receive the ball and pass with same foot. Players should follow their pass and take up position at next cone. Play the session in the opposite direction to work both feet. Players run to the next cone after completing their final pass. Limit players to one touch depending on their level

Coaching Points:

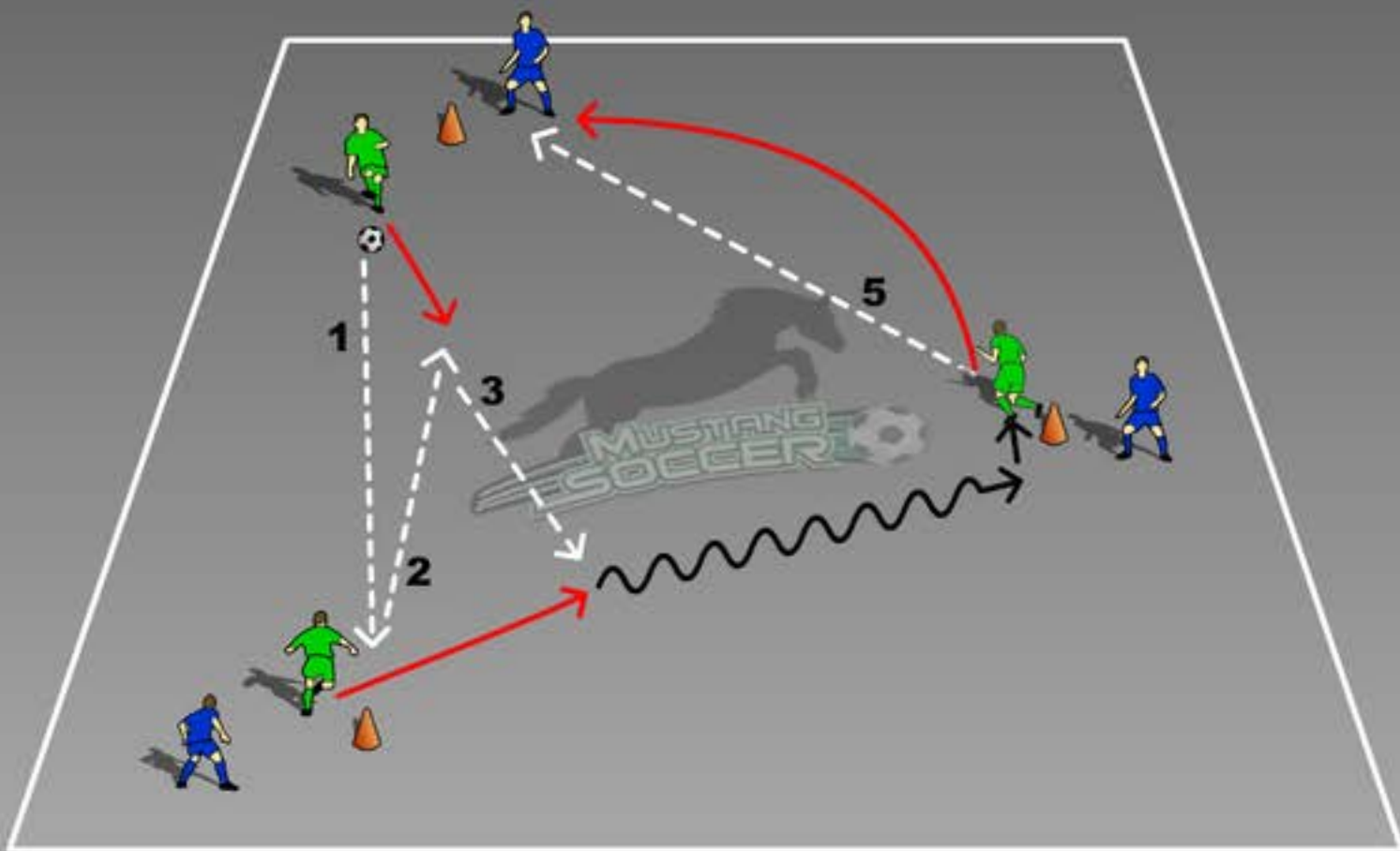
Corect body shape should be monitored (opening up) and receiving the ball with the back foot (furthest away from the ball)

Passes should be of high speed and accuracy

Timing of movement for checking away and moving to meet the ball is very important so that quick play is maintained

Make sure players communicate (Verbal and Visual) with their teammates and heads are up

As players are performing the whole session with one foot, change which one they use often



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Coaching Points:

Create space (check) before moving to meet the ball

Body shape should be open and players should use back foot to receive/pass

Timing is very important so that the ball is constantly moving

As the players are performing the whole session with one foot, change which one they use often

Make sure players communicate with their teammates (Verbal & Visual), and that their heads are always up



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Setting up 9v9 as shown, it's greens versus blues in one half with the three remaining blues in the other. Greens look to maintain possession against six pressing players. When blues turn over they transfer the ball quickly to the three team mates in the other half. Now a new pressing challenge begins in the other half. A point is scored on each turnover, providing a successful pass is made into the other half.

Coaching Points:

We want to see pressure on the ball, cover and support, good communication and recovery runs, and players recognising when to press and when to drop.



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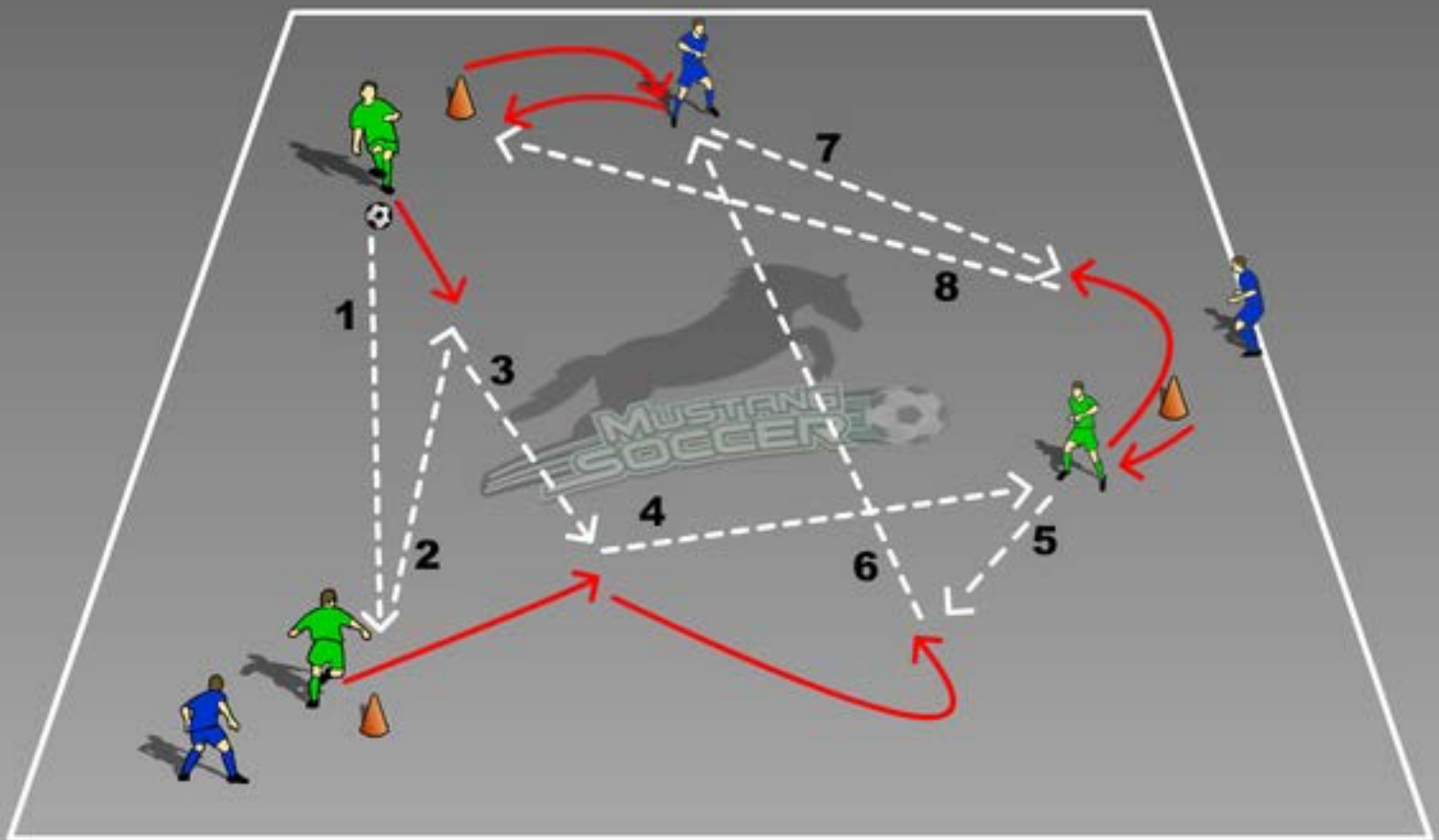
In a 60x44 yard area we now use three teams of six – the practice begins with blacks pressing. Greens and blues must retain possession for two minutes. If blacks turn over possession they score a point, with a second available for five consecutive passes. Each team takes it in turns to press the ball.

Progression:

The two teams in possession can only pass to an opposite colour (e.g. greens to blues). If a pass accidentally goes to the pressing team or the ball is intercepted, that team receives a point and continues with the ball.

Coaching Points:

We want to see pressure on the ball, cover and support, good communication and recovery runs, and players recognising when to press and when to drop.



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Objective:

To develop passing, receiving & movement needed to create space

Description:

In an area of 15 x 20 yards, players in groups of 6 forming a triangle

The players make "ASSIST" passes. Players should follow their pass and take up position at the next cone. Run session in opposite direction to work both feet. Players run to the next cone after completing their final pass

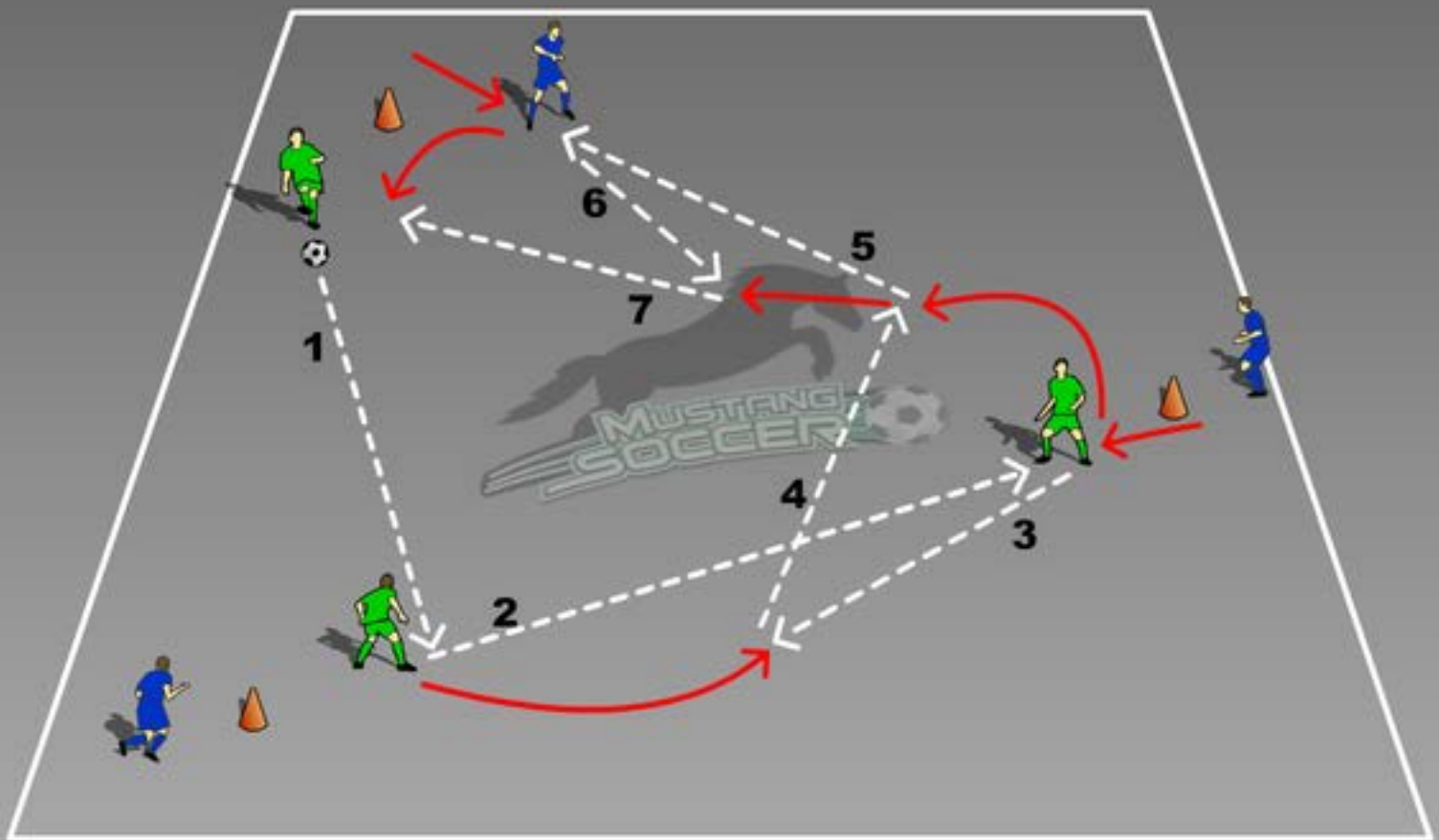
Coaching Points:

The timing of the pass is key, making sure the pass is played ahead of the next player to run onto.

The player should check away with an open body shape before moving to receive the pass

Passes should be of high speed and accurate

Make sure players communicate with their teammates (Verbal and Visual) and their heads are up



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Objective:

To develop passing, assists and timing of movement

Description:

In an area of 15 x 20 yards, players in groups of 6 forming a triangle

The players make "ASSIST" passes. Players should follow their pass and take up position at the next cone. Run session in opposite direction to work both feet. Players run to the next cone after completing their final pass

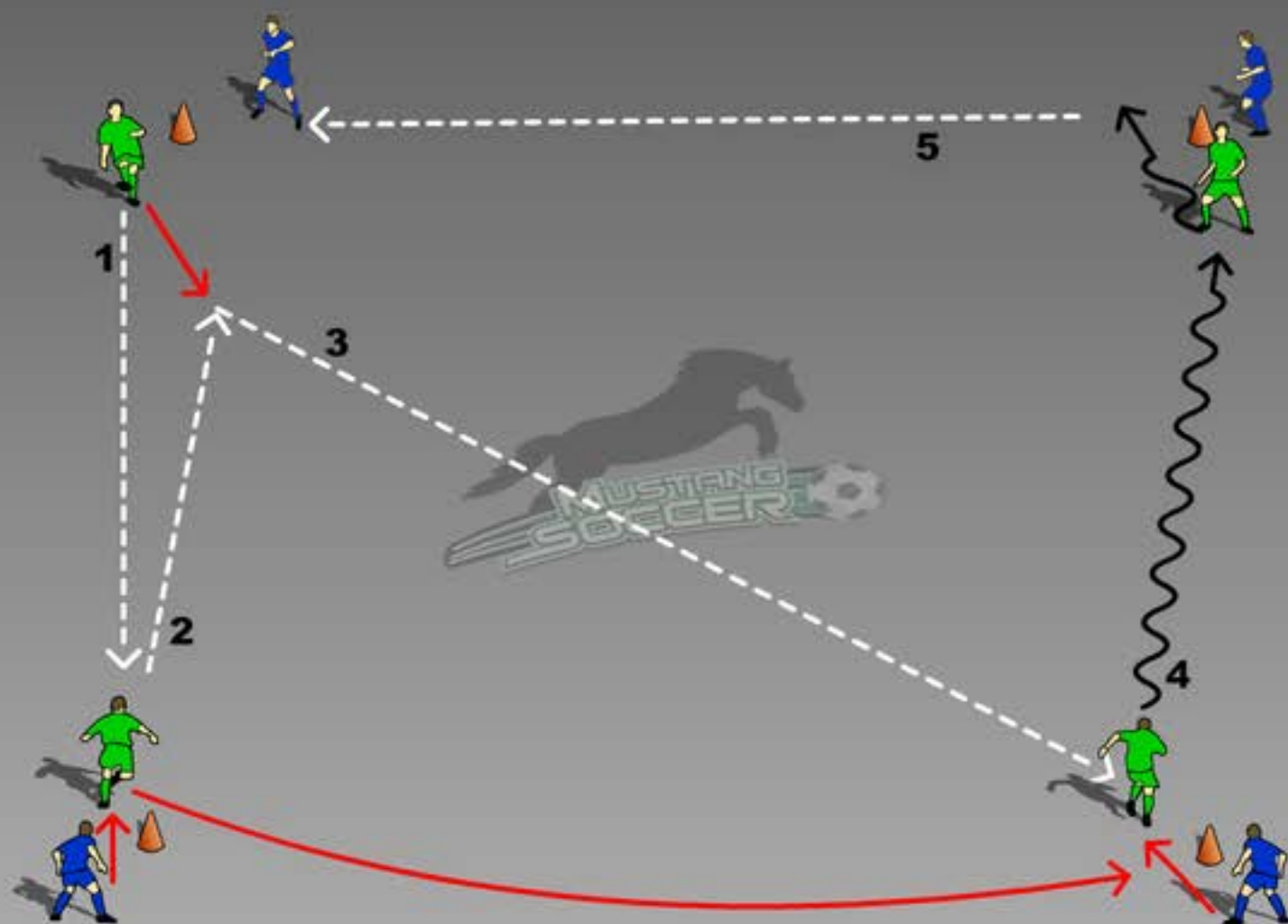
Coaching Points:

All players should receive the ball on the move

Players should time their movement well when creating space. It must be made while the pass is travelling between the two previous players

Players receiving the assist must open their body, arch their run and time it well so the assist (i.e. pass 4) is in front

Make sure players communicate (Verbal and Visual) with their teammates and heads are up



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Objective:

To develop passing and receiving

Description:

In a field area of 15 x 15 yards players are in groups of 8 forming a square. Start with 1 ball and first player passes the ball, receives a return ball and makes a diagonal pass. The next player controls the pass and runs with the ball to teammate facing him, who takes the ball and passes back to the first option.

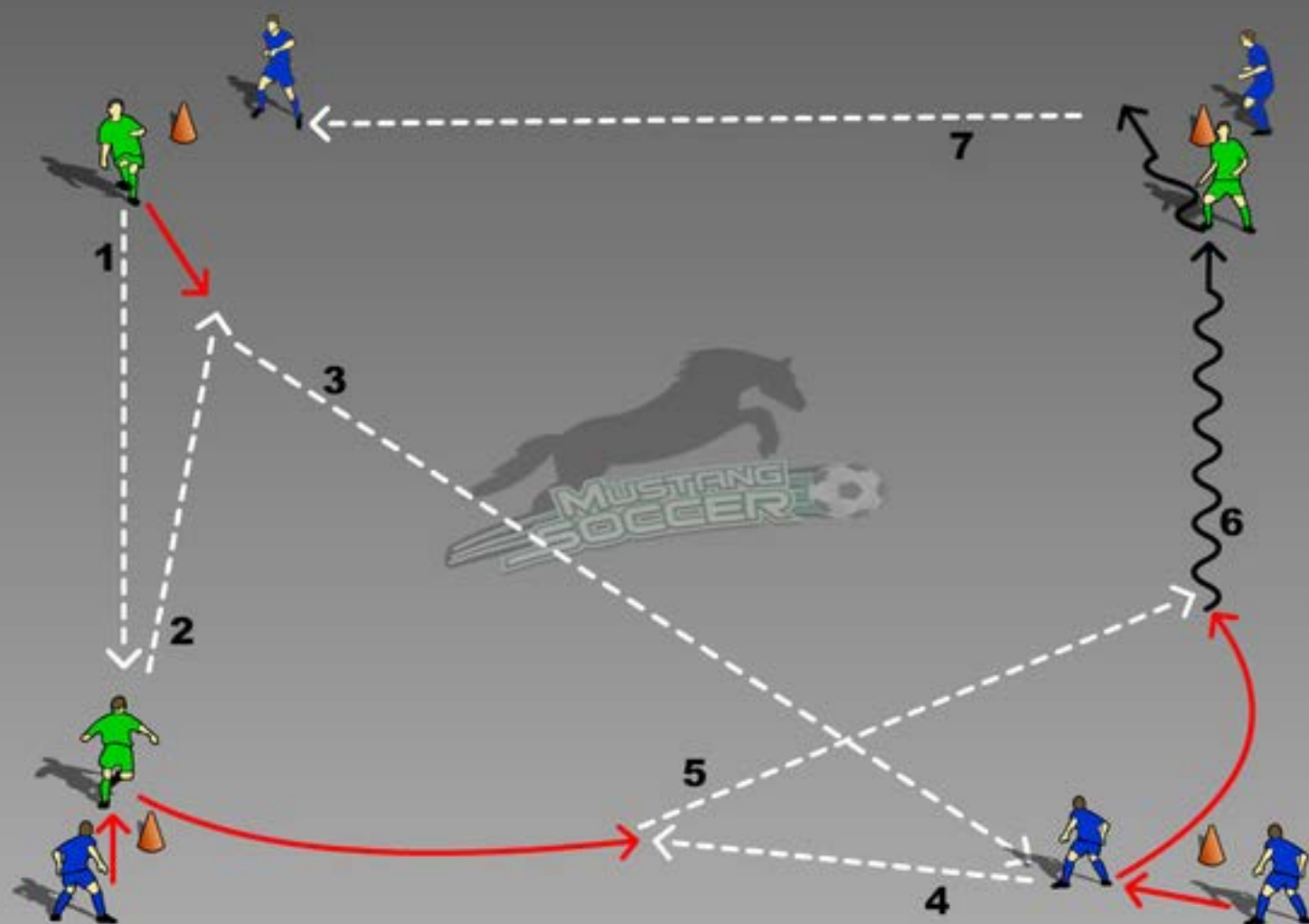
All players receive the ball on the move and control it with the same foot they pass with. Practice in both directions so that both feet are worked. Players move to next cone after passing

Coaching Points:

Encourage players to check to create space before moving to receive ball

Encourage players to look up even when dribbling to make sure passes and movements are accurate

Make sure players communicate (Visual and Verbal) with their teammates and heads are up



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Objective:

To develop passing and receiving and movements need to create space

Description:

In a field area of 15 x 15 yards players are in groups of 8 forming a square.

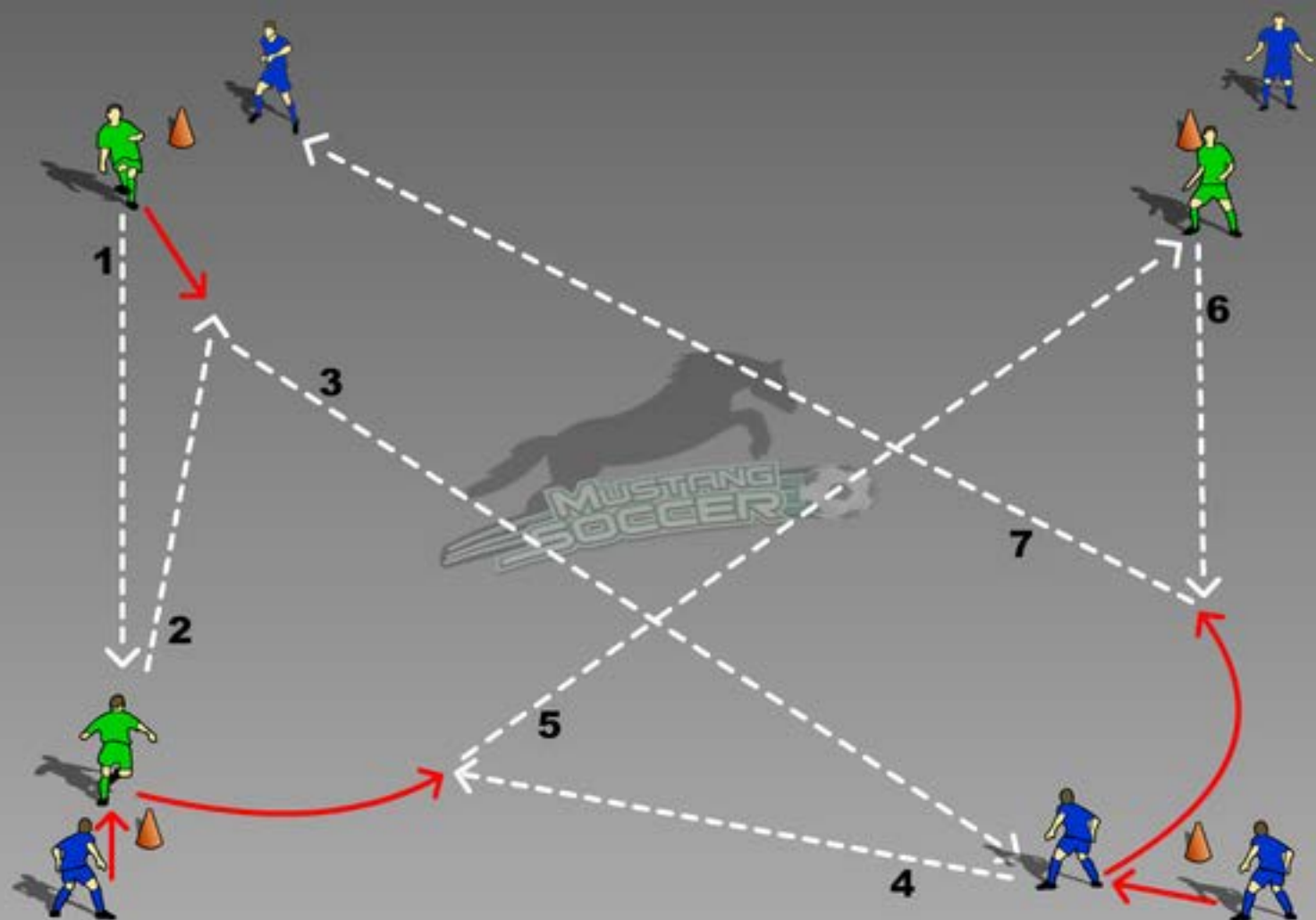
Start with 1 ball and first player passes the ball, receives a return ball and makes a diagonal pass. A one-two is played before the player controls the ball and runs with it to the teammate facing him, who takes the ball and passes back to the first option

All players receive the ball on the move and control it with the same foot they pass with. Practice in both directions so that both feet are worked. Players move to next cone after passing

Coaching Points:

Timing of the pass is key, making sure the ball is played ahead of the player receiving to run onto

The player should check away with an open body shape before moving to receive the pass



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Objective:

To develop passing and receiving and movements need to create space

Description:

In a field area of 15 x 15 yards players are in groups of 8 forming a square.

Different types of support appear in this session. This is what we call "short-long game" where, after frontal support you should look for depth. Practice in both directions so that both feet are worked. Players move to next cone after their last pass

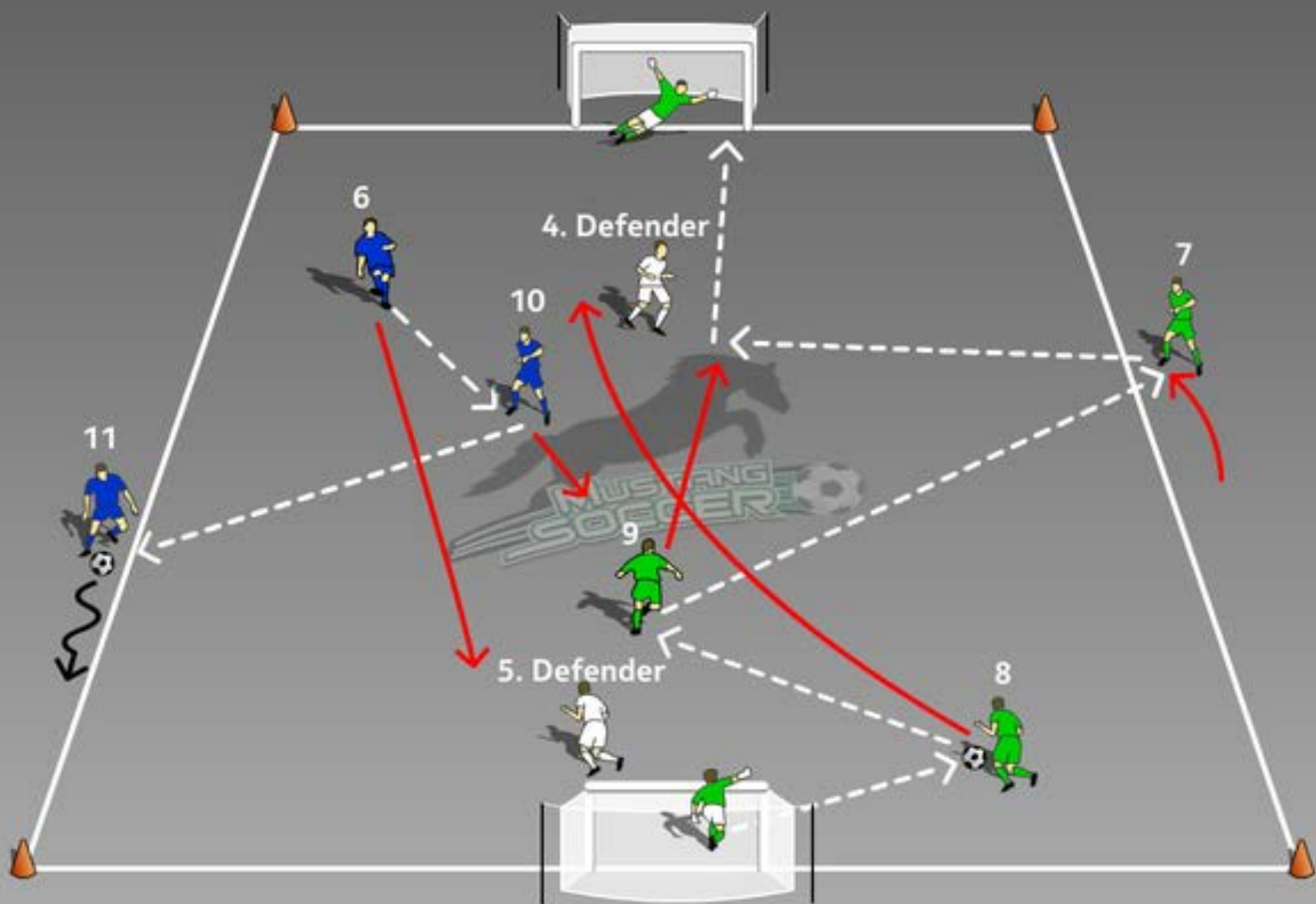
Coaching Points:

All players receive the ball on the move and control with the same foot they pass with

Players should check away with an open body shape before moving to receive the pass

Passes should be of high speed and accurate

Timing of movement in support is important. Not too early!



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Attacking Tactical Objectives:

Utilising width in attack and positional play

Defensive Tactical Objectives:

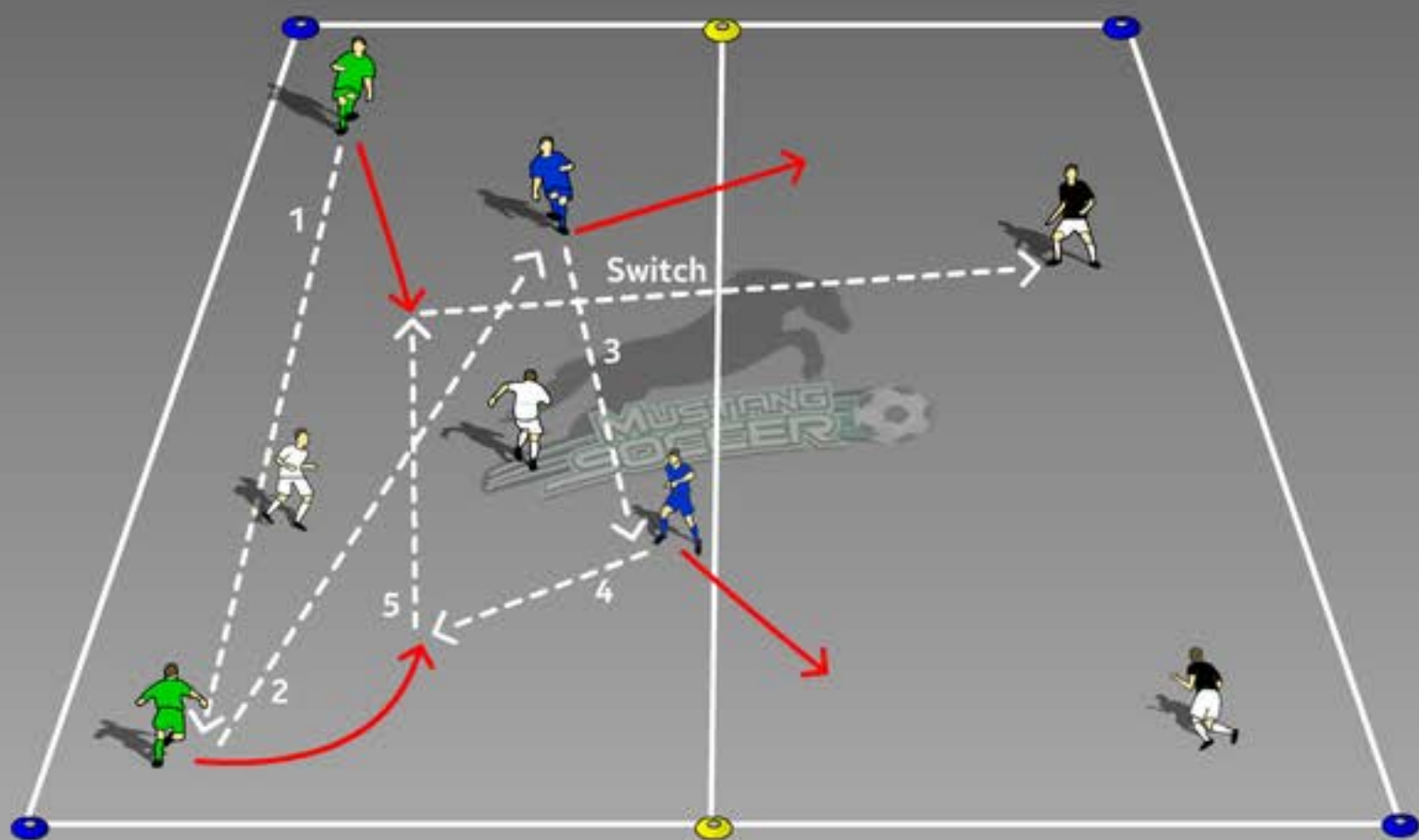
Positioning with lateral marking in the centre

Description:

In this session, we mark out an area 30 x 20 yards and work with 2 defenders, 2 centre midfielders, 2 wingers, 2 forwards and 2 goalkeepers. The outfield players are divided into 2 groups of 3 and work simultaneously in opposite directions. The goalkeepers and defenders stay in one position

Both goalkeepers start by passing to the centre midfielder who passes inside to the forward, the forward then passes out wide to the winger. The winger crosses the ball for the forward to finish and the defender tries to stop him. The same action is repeated consecutively 4 times with 2 in each direction.

Volume: 8 sets of 1 minute with 1 minute recovery time after each set (while the coach works with the 8 players in the other group). Vary the rules and sequence of passes



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Objective:

To develop passing, receiving, player movement and possession play in an exercise also intended to activate the muscles

Description:

We divide the team into groups of 8 players and mark out areas of 16 x 8 yards. Within each group, the players are divided into 4 pairs. The greens are positioned on the left, the blues in the middle, the blacks to the right and the whites are the defenders.

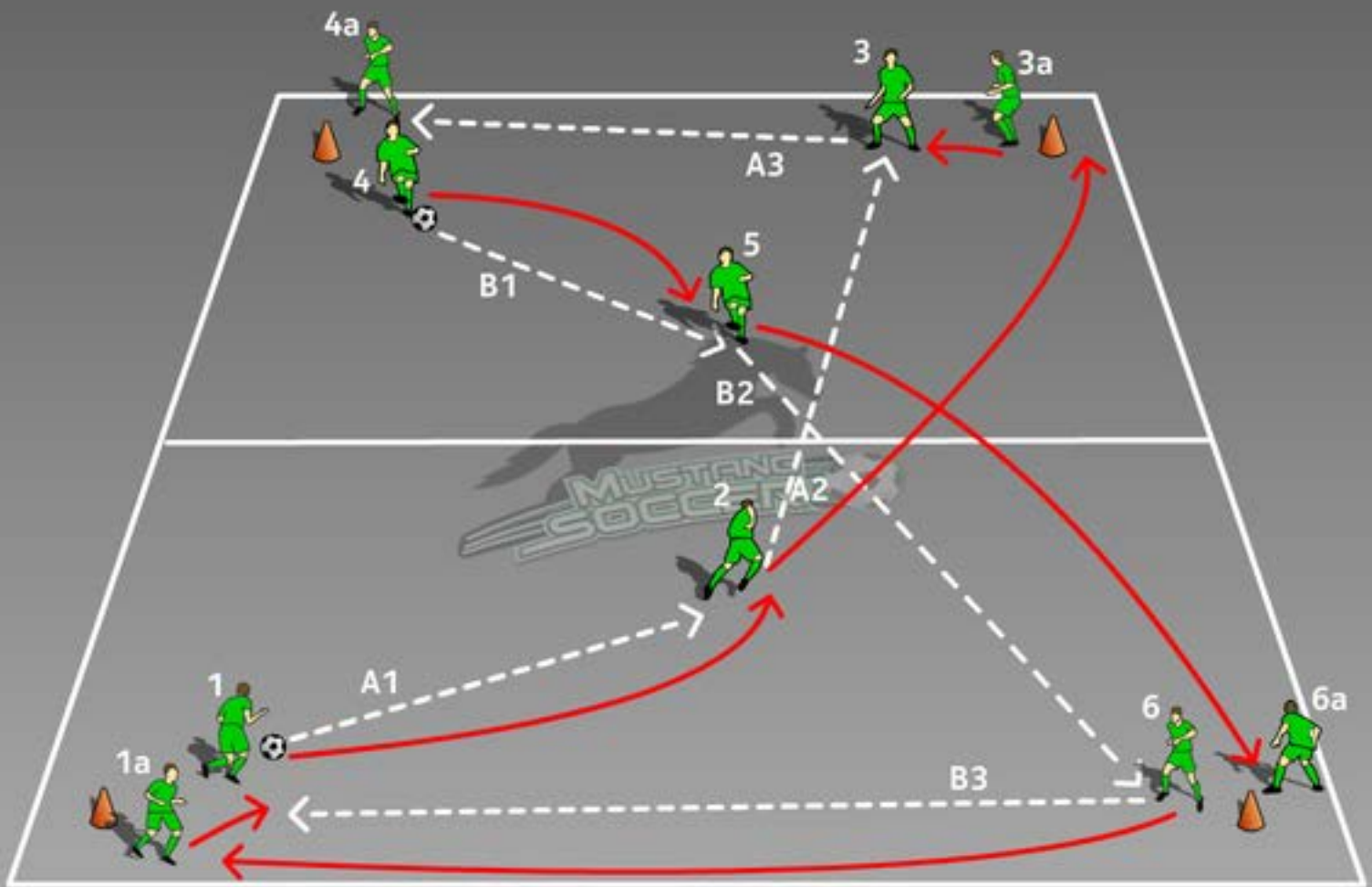
On one side we have a rondo possession game with players limited to 2 touches. 2 pairs aim to maintain possession against 1 pair (white in diagram).

After completing 5 passes the have to play the other side (to a black player). The blues and the whites then move across to the other side to continue the same exercise on the right side. If a pair lose the ball, that pair switches roles with the 2 defenders

Coaching Points:

1 - Speed of play needs to be high so the pass is played before angles are closed down

2 - The 2 defending players need to work together, pressing to block passing lanes



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The players work in groups of 10 and we mark out the square as shown. There are 2 players in each corner and 2 players in the middle. The passing sequence is indicated by the numbers.

The passing sequence starts simultaneously with players 1 and 4. When players 2 and 5 receive the ball, they pass to players 3 and 6 respectively. Players 3 and 6 then pass to the 2 players waiting (1a and 4a) who start the sequence again.

Each player follows their pass so that the session works as a continuous sequence. At first the players pass with their hands and then progress to passing with feet

Progression(s)

Increase difficulty: play 1-2 with middle players or double pass on the sides



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Attacking Tactical Objectives:

Utilising width in attack, short/long passing game, pressing & winning ball

Defensive Tactical Objectives:

Organisation, shape, pressing and quick collective reactions in transition from attack to defence

Description:

2 teams play a tactical 10v10 game in the area shown and both teams attack and defend 3 small goals, each using a different formations. Above greens are in a 4-4-2 formation and the blues are in a 4-3-3 formation.

Vary conditions for each of the 3 sets. For example, in the second set, both teams have a goalkeeper support player behind the end line and in the third set the teams always finish in a different goal from where the play was started to encourage switching the play.

Volume: 3 sets of 8 minutes with 2 minutes recovery time after each set



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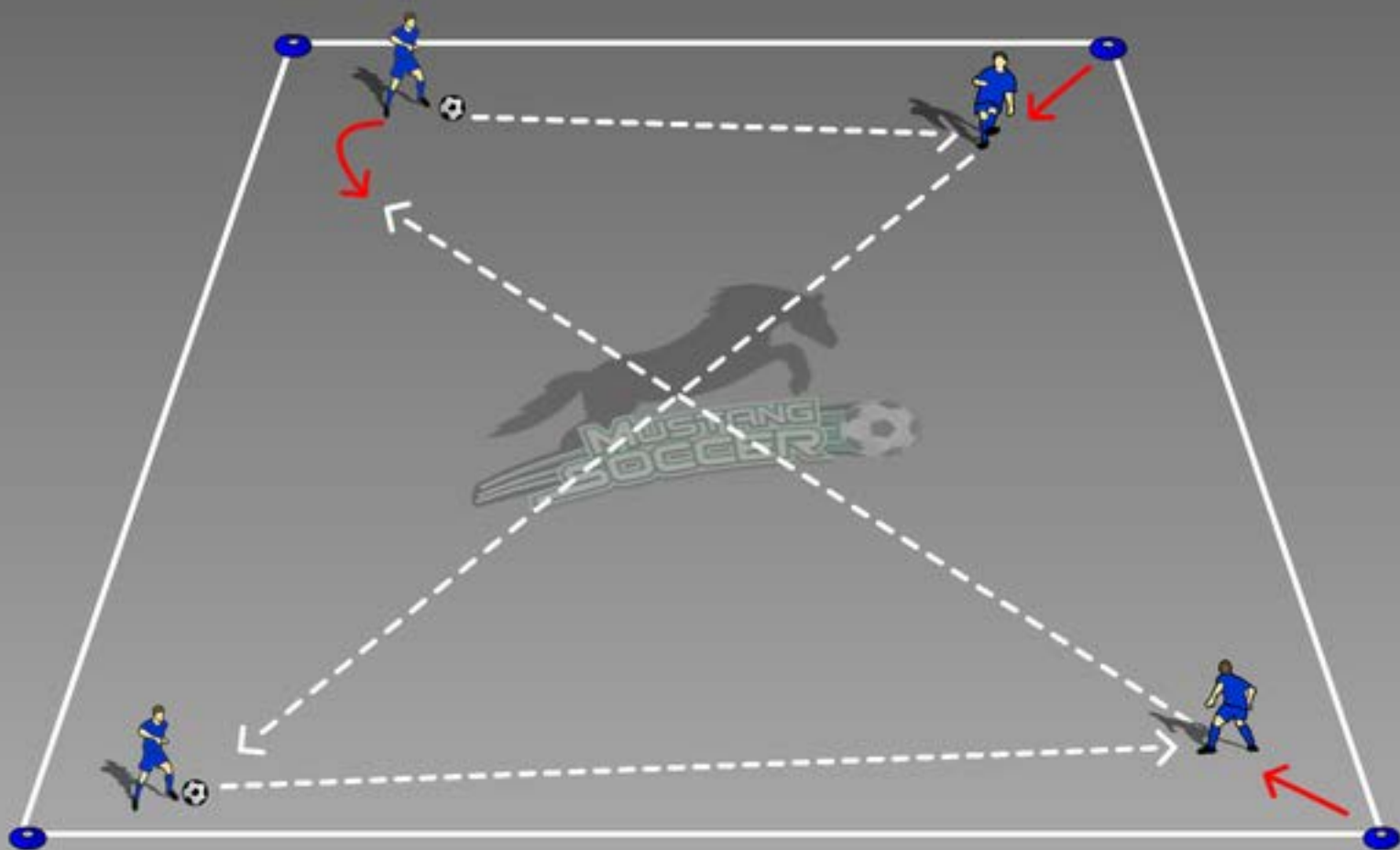
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Here we have the same principles as the previous session and add 2 goalkeepers. We replace the small goals with 2 full sized goals on the edge of each penalty area and play an 11v11 game

Players are limited to a maximum of 2 touches in their own half. In the attacking half, the players have unlimited touches.

A goal is worth double if it is scored from a cross from the wing

Volume: 2 sets of 12 minutes with 3 minutes recovery time between sets



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Objective:

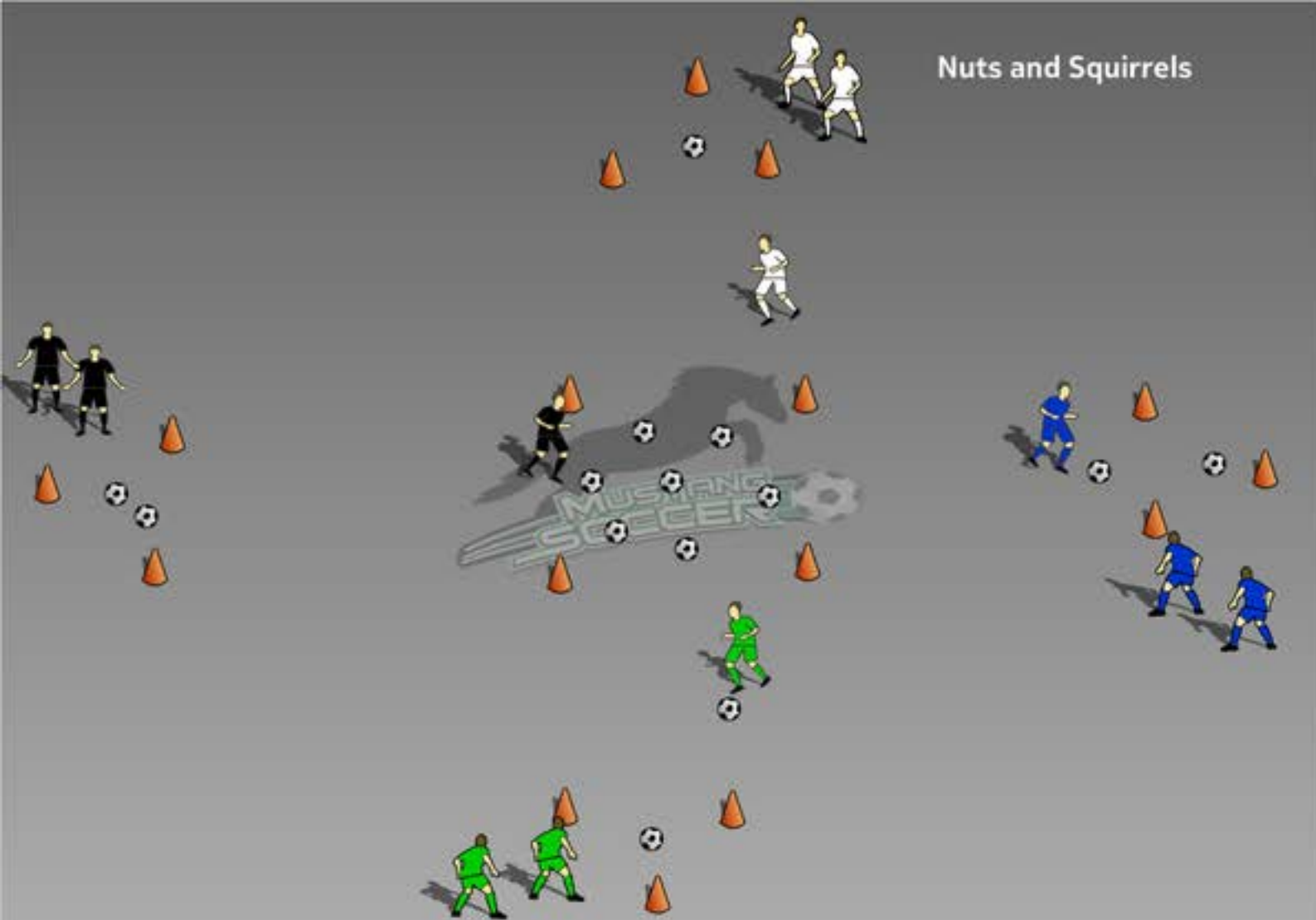
To develop the technique for passing and receiving, as well as awareness and timing during a warm up

Description:

We divide the players up into small groups of 4 and they work on this technical exercise within a small area. Each group of 4 players has 2 balls and simply pass the ball to each other using a maximum of 2 touches

Coaching Points:

- 1 - Players should pass and receive with their back foot
- 2 - The players need to have their heads up to see the position of their teammates and the other ball when making a pass. Good awareness will create the right timing of passes to avoid any collisions of the 2 balls



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ORGANIZATION

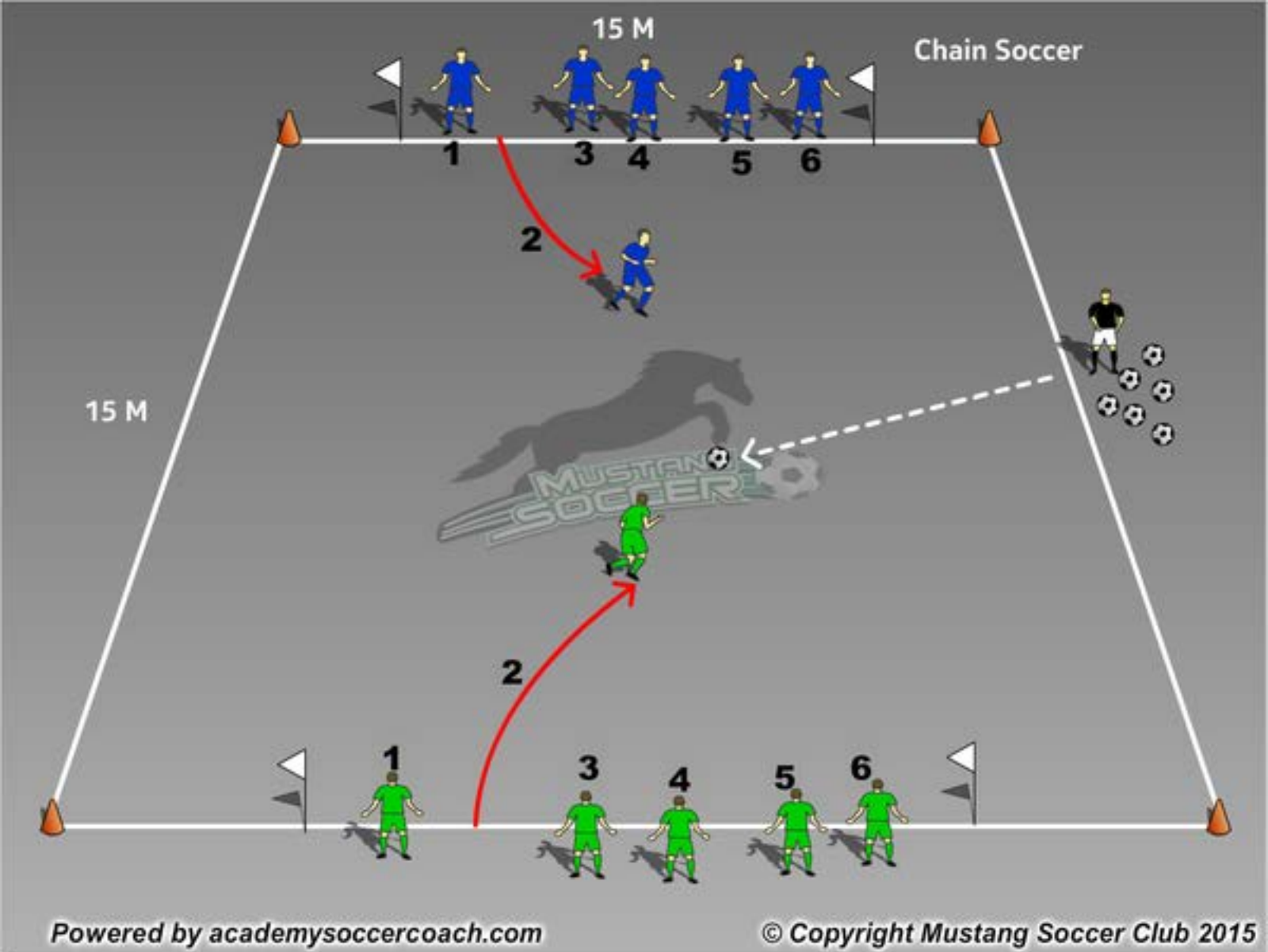
Teams are divided into 4 groups - each group is given a different colored bib. All the balls positioned in middle square. On coaches command 1 player from each group collects a ball (nut) from the middle. Player dribbles ball back to their triangle (tree) – next player can go when the ball is stopped in the triangle. When the coach stops the game, the team with the most balls (nuts) in their triangle wins the game

PROGRESSION

Easier – Instead of dribbling players use hands.
Harder – One player from each group is allowed to steal a ball from the other team's triangle

COACHING POINTS

Running
Turning – different types
Gets first touch out of feet to travel quicker
Keep ball in close control when approaching your tree.
Stopping the ball
Teamwork



ORGANIZATION

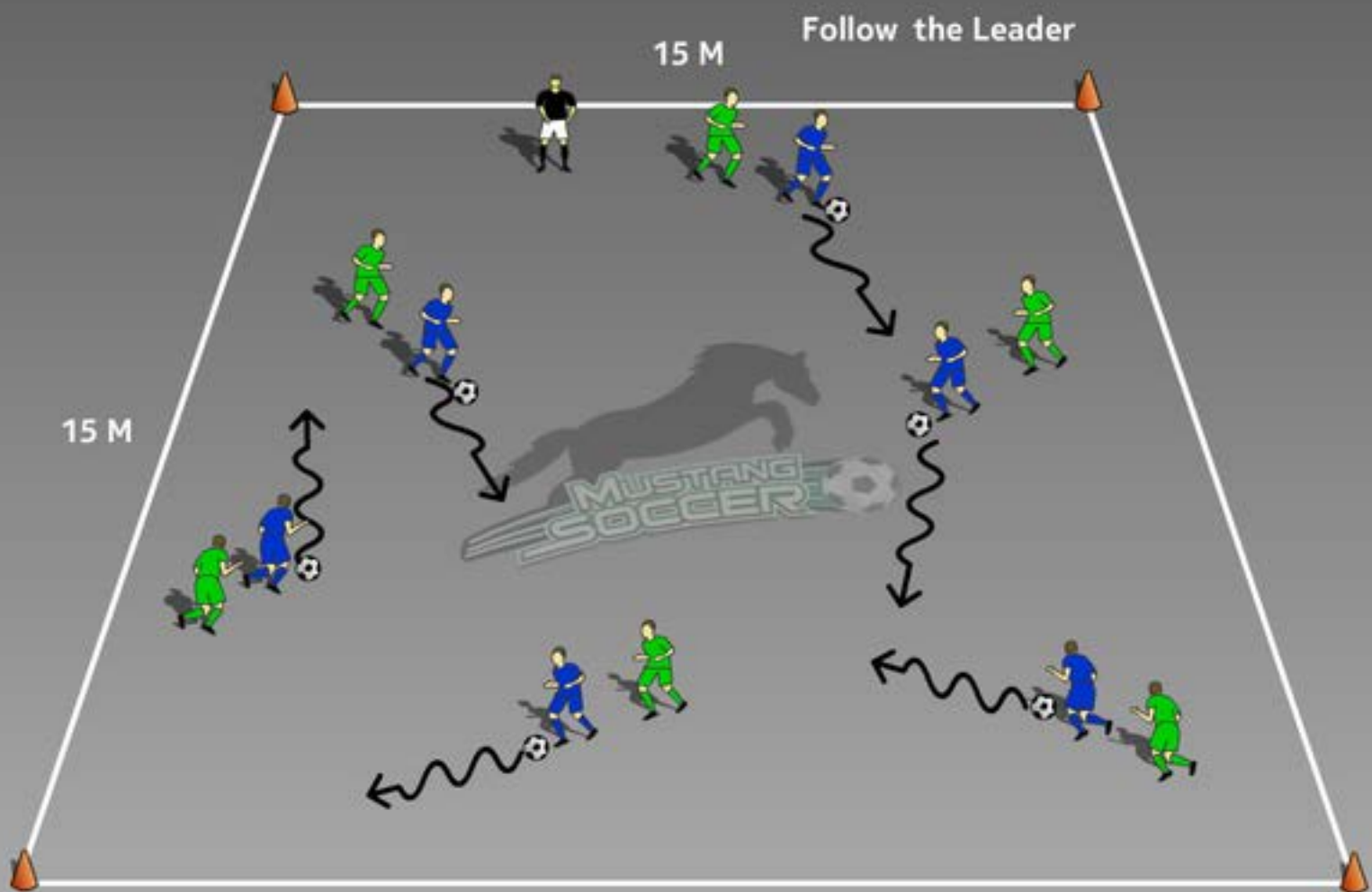
Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Parents and players not called can act as goalies on their side

PROGRESSION

Harder (U6) – No parents. Ask children to link arms and work together to stop goals.
Harder (U6) – Increase the # of players called into the grid to 2 or 3

COACHING POINTS

Dribbling
Shooting
Teamwork



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ORGANIZATION

Each child pairs with their parent or partner and finds space inside the playing area not too close to other pairs. As well as being purposeful each exercise described should be treated as fun/inventive and is performed alternately by the child and parent or partner together. Jogging forward – child follows parent or partner – parent or partner weaves around the area. As coach shouts change they quickly switch roles:

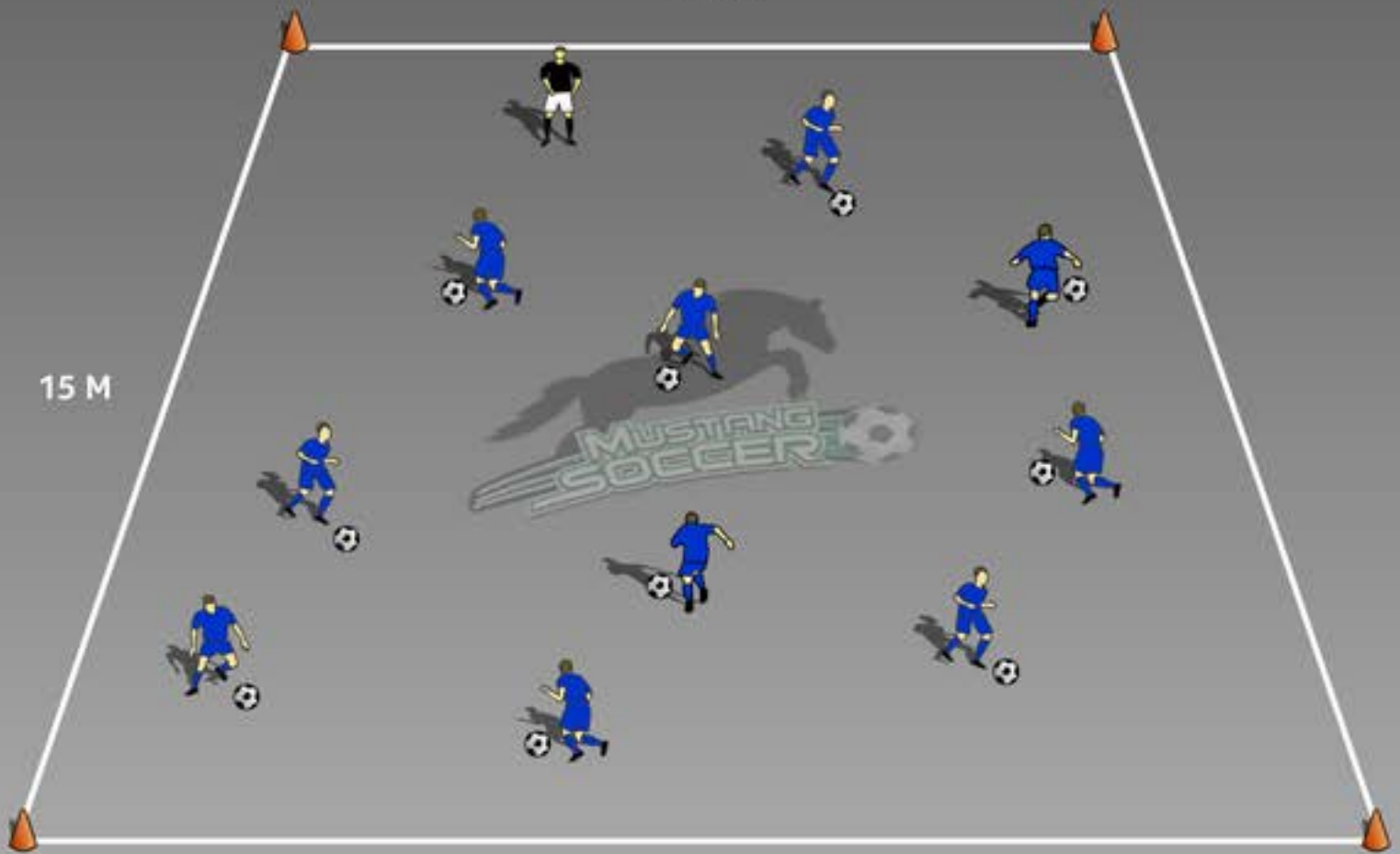
PROGRESSION

As above but skipping, hopping (one foot), bunny hopping (two foot) giant steps, walking backwards
Coach calls out commands, touch ground with hand, sit down, stand up, dive and roll on ground etc

COACHING POINTS

Listening
Following Instruction
Physical Literacy

15 M

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ORGANIZATION

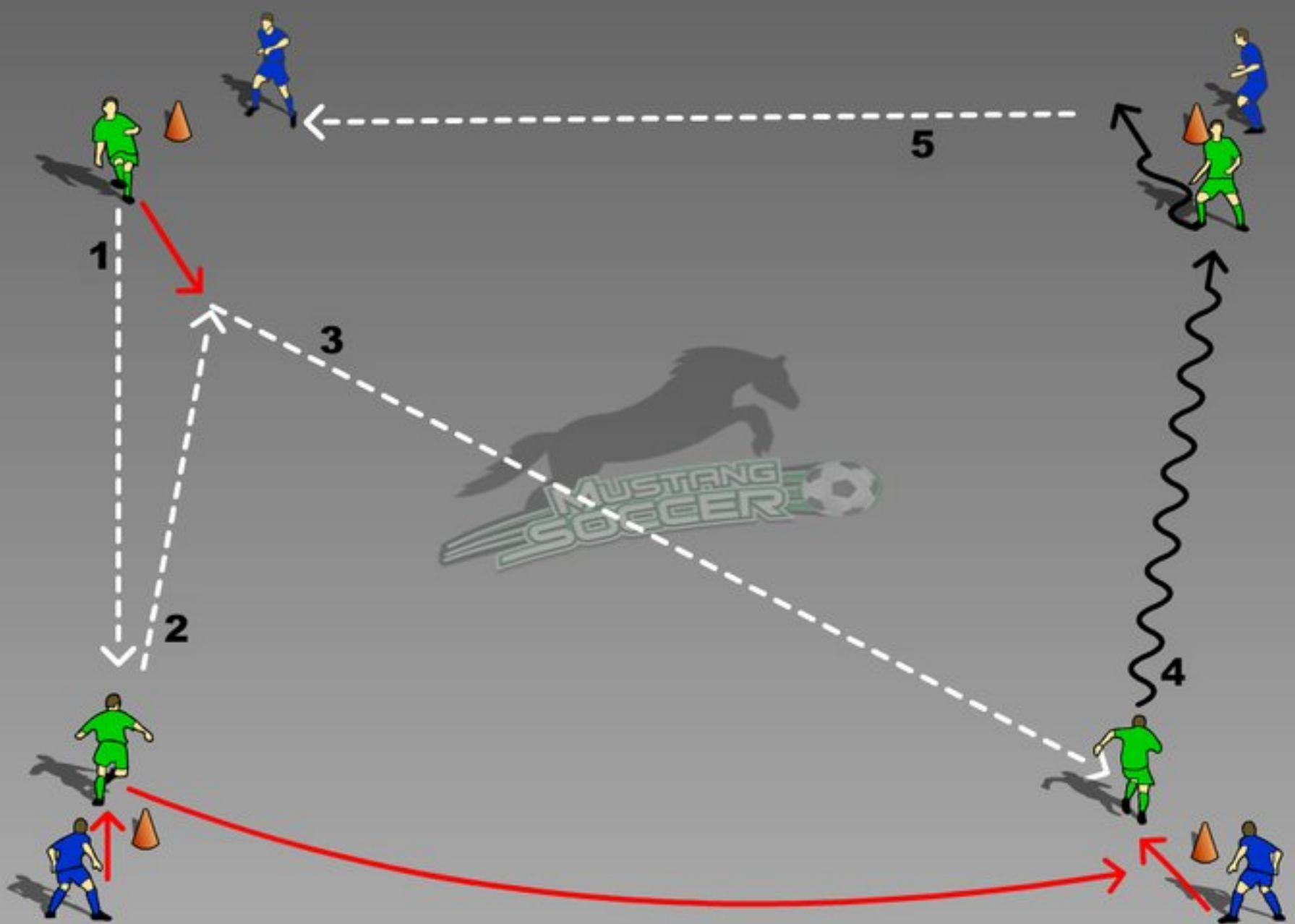
Players partner with their parents and find space in the area. Game starts with parents rolling the ball back and forth with the children. Parent and children take turns tossing and catching the ball back and forth to one another. Parents then hold the ball out (quite low to start) and drop it letting the child control it with the bottom of the foot. Have the child shout "Ole!" when successful in controlling the ball. Parents can play a pass 5-6 yards away and have child run and get the ball and bring it back. Parent send with legs shoulder width apart and child kicks the ball between their legs – child then dives on the ball on the other side. Repeat with child retrieving the ball with feet. Switch role to have child play a pass and parent retrieving the ball. Have parents set up a small net with cones and have them act as a passive goalkeeper with child taking shots on them to score.

PROGRESSION

Harder – Instead of parents perform in partners. Increase distances and add Competition between partners

COACHING POINTS

Becoming familiar with the ball
Basic kicking/passing motions



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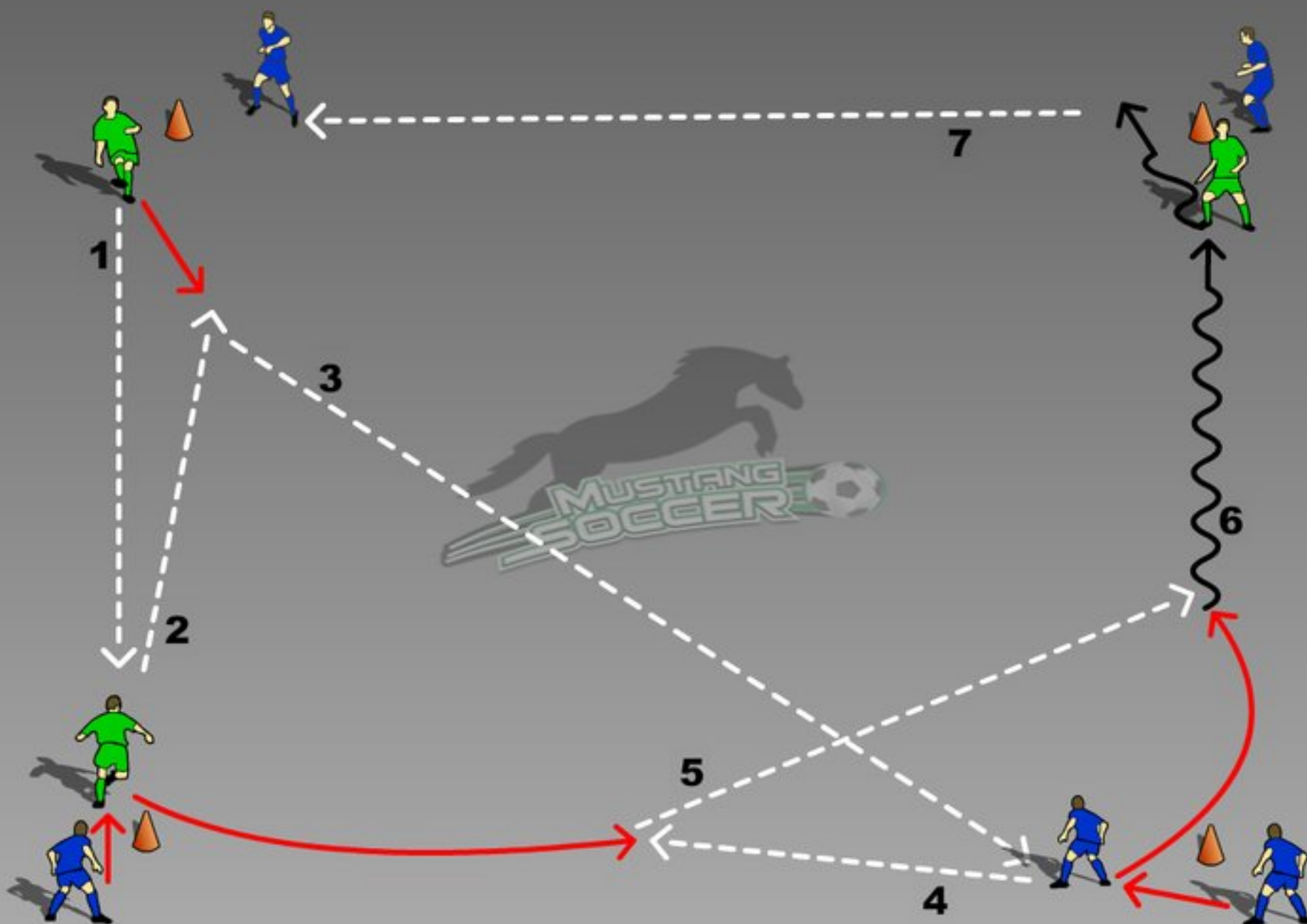
All players receive the ball on the move and control it with the same foot they pass with. Practice in both directions so that both feet are worked. Players move to next cone after passing

Coaching Points:

Encourage players to check to create space before moving to receive ball

Encourage players to look up even when dribbling to make sure passes and movements are accurate

Make sure players communicate (Visual and Verbal) with their teammates and heads are up



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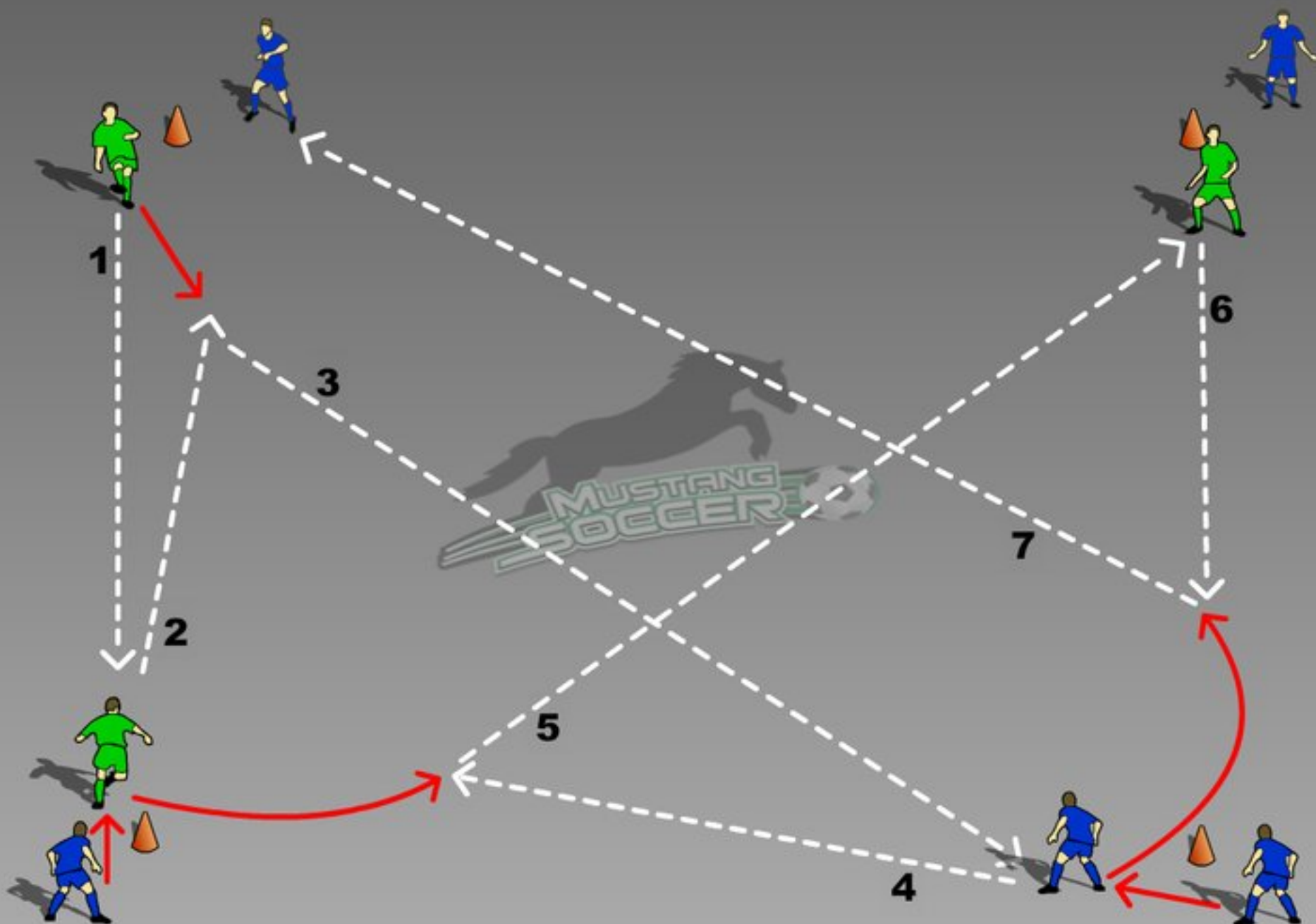
Start with 1 ball and first player passes the ball, receives a return ball and makes a diagonal pass. A one-two is played before the player controls the ball and runs with it to the teammate facing him, who takes the ball and passes back to the first option

All players receive the ball on the move and control it with the same foot they pass with. Practice in both directions so that both feet are worked. Players move to next cone after passing

Coaching Points:

Timing of the pass is key, making sure the ball is played ahead of the player receiving to run onto

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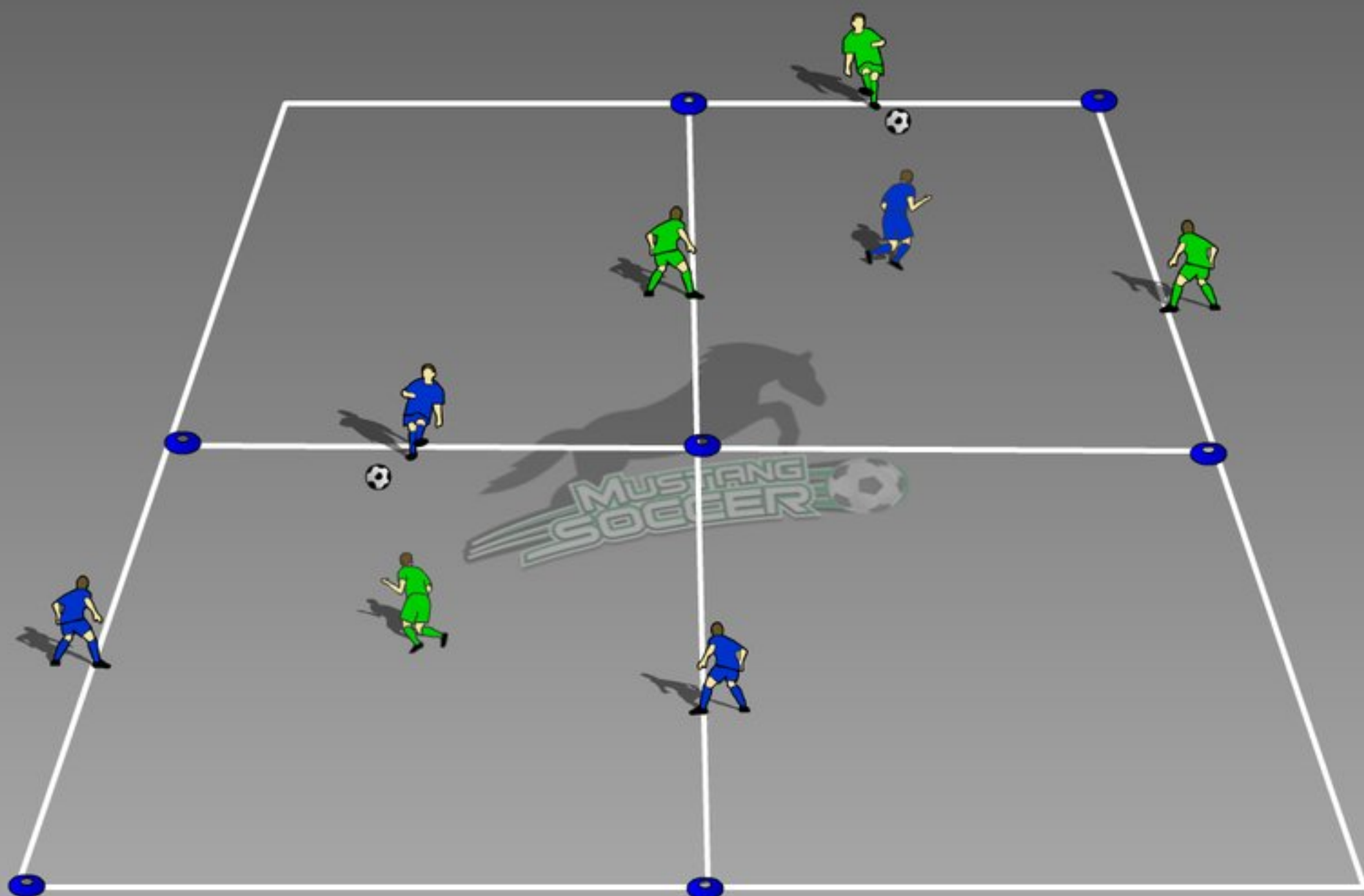
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Passes should be of high speed and accurate

Timing of movement in support is important. Not too early!



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Organization:

- 8 x 8
- 4 Players
- 1 Ball

Instructions:

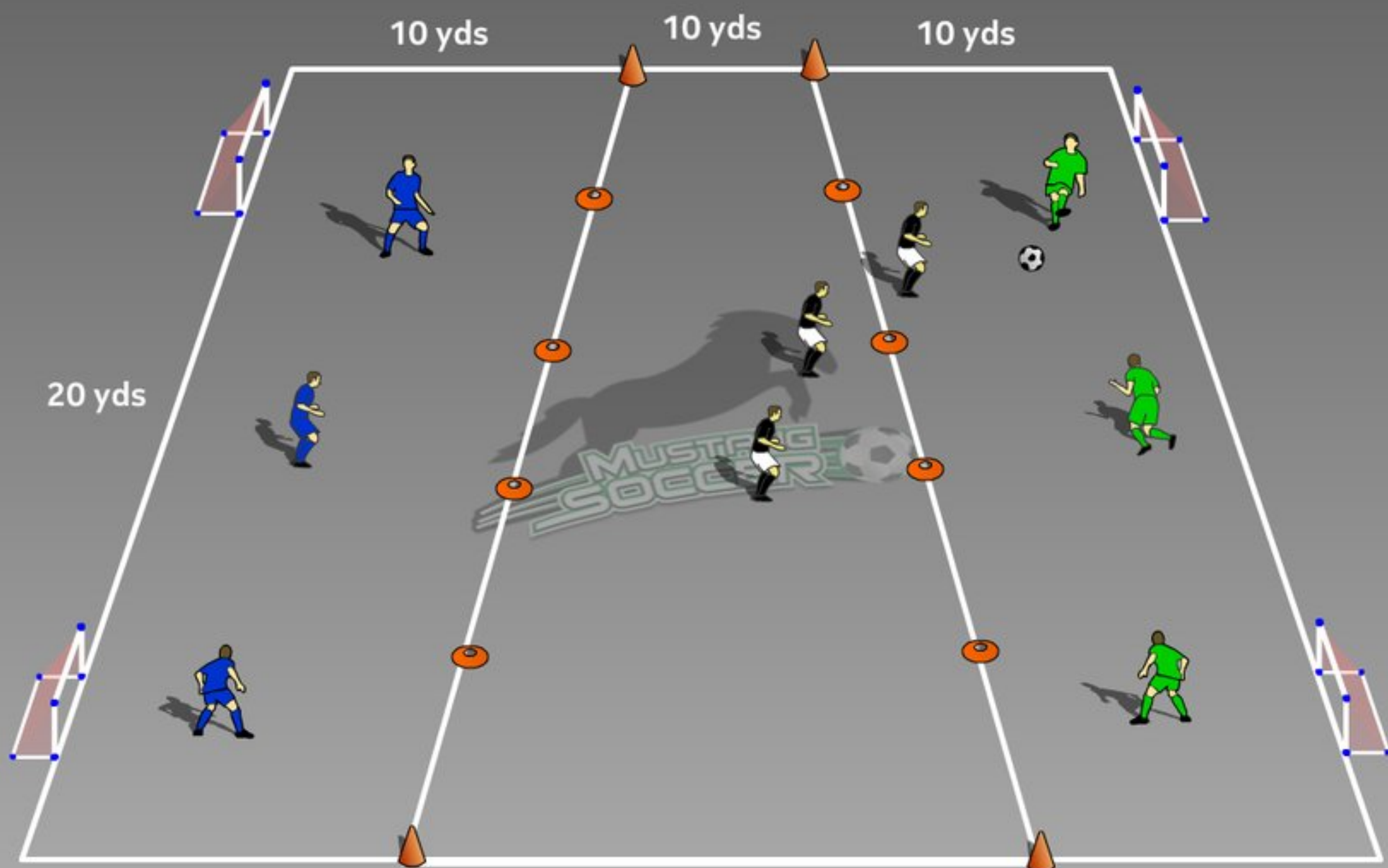
- Players will be involved in a 3 v 1 rondo activity.
- Objective: Possess/retain away from defender.
- Dynamic Stretches will be included during the warm up.

Coaching Points:

- Technical sharpness
- Accuracy & Pace of pass.

Progressions:

- 2 Touch Limit
- 1 Touch Limit



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Organization:

1. Set up as shown (3 zones of 10-12 yds & 20 yds width)
2. Three teams of 3 players

Instructions:

1. Semi-opposed.
2. If ball is played through, team receives a point and becomes defending team.
3. If defending team wins possession of the ball they attempt to score on small goals.

Coaching Points:

1. Roles - pressure, cover & Balance.
2. Technique - speed and angle of approach.
3. Compactness - don't get stretched or split.
4. Communication - urgent, loud, and specific



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Organization:

1. Set up as shown (30x20)
2. 3v3 plus targets

Instructions:

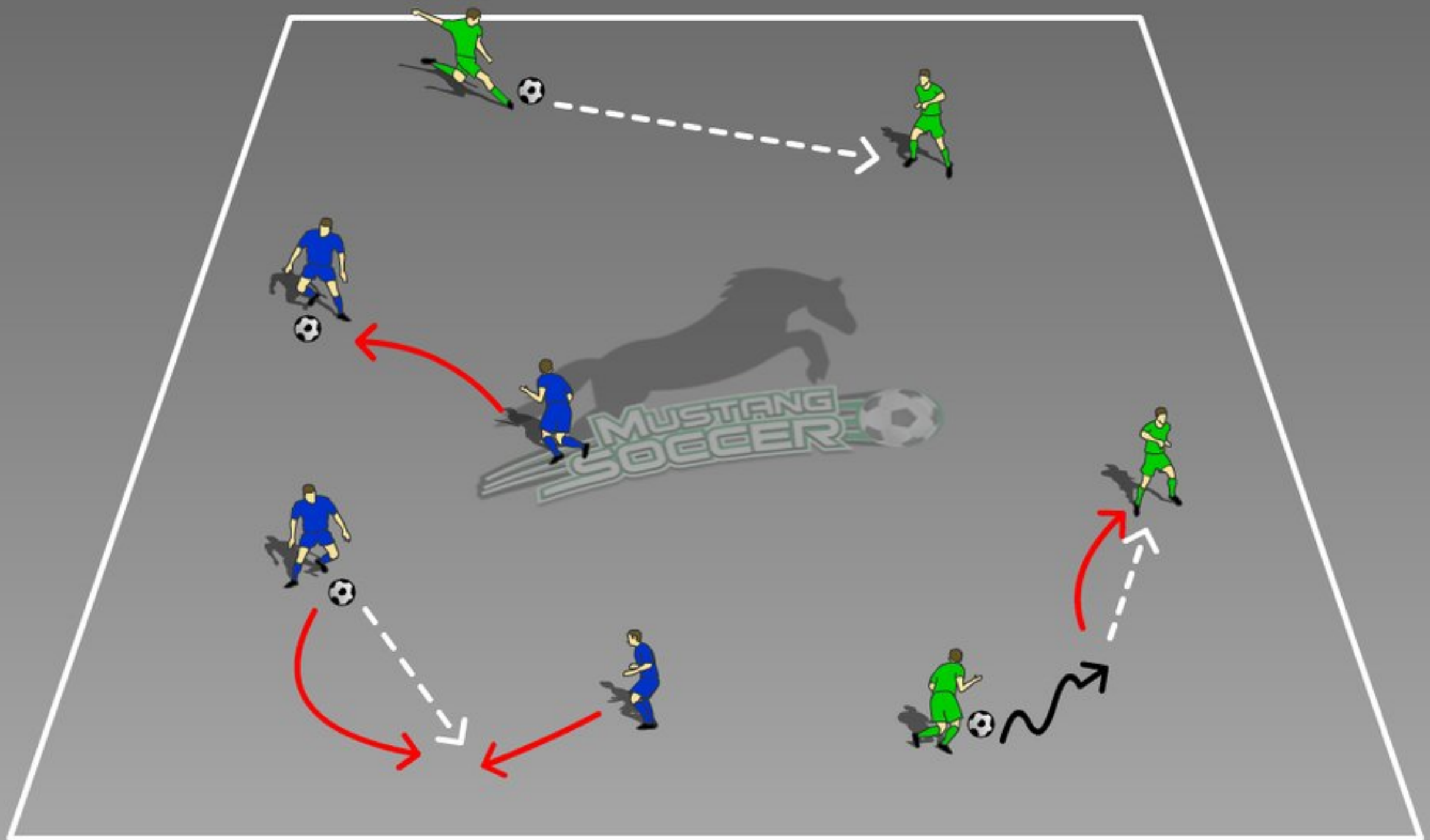
1. Players look to possess the ball and find pass to target on the ground.
2. One point for playing the ball to the opposite side target player.
3. After point ball will start with team that gave up point from target player.
4. Team that scored has to start behind confrontation line.

*** As session progresses show players cues of when to press higher.

Coaching Points:

1. Roles - pressure, cover & Balance.
2. Technique - speed and angle of approach.
3. Compactness - don't get stretched or split.
4. Communication - urgent, loud, and specific.

*** Visual cues to press: Bad touch or pass, backwards pass.



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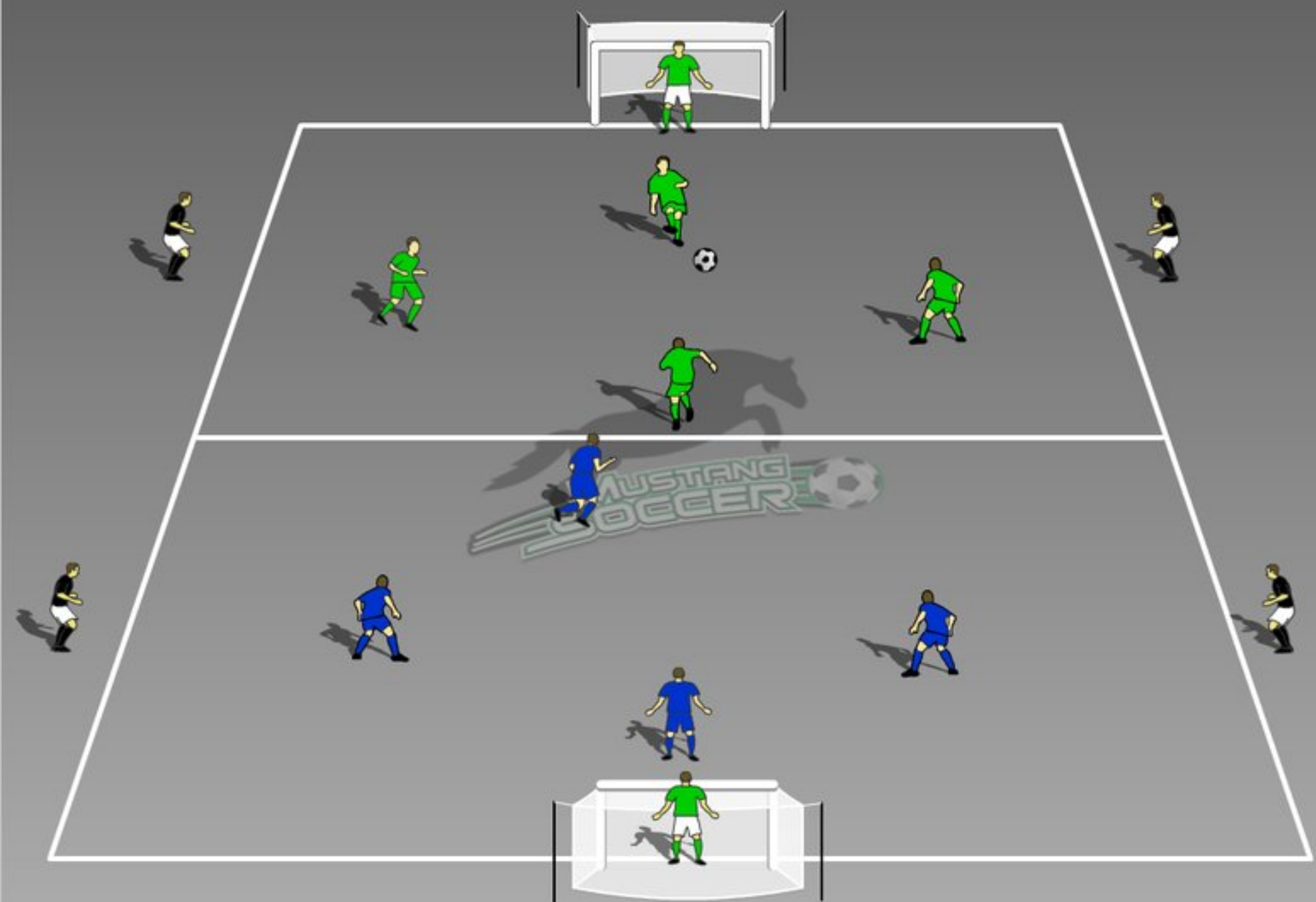
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INSTRUCTION

Players partner up to pass and move with a 30x35 yard area.
On coaches command, player without the ball closes down to defend partner in possession

COACHING POINTS

Speed of approach - Urgency but under control
Angle of approach - Show to sideline or weaker foot
Close enough to make attacker worry about ball protection (head down)
Within 3 - 5 yards shorten stride, sideways on and continue approach in shuffle with weight on back foot



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Organization:

40x30

6v6 with bumpers

Waiting team plays on the outside

Instructions:

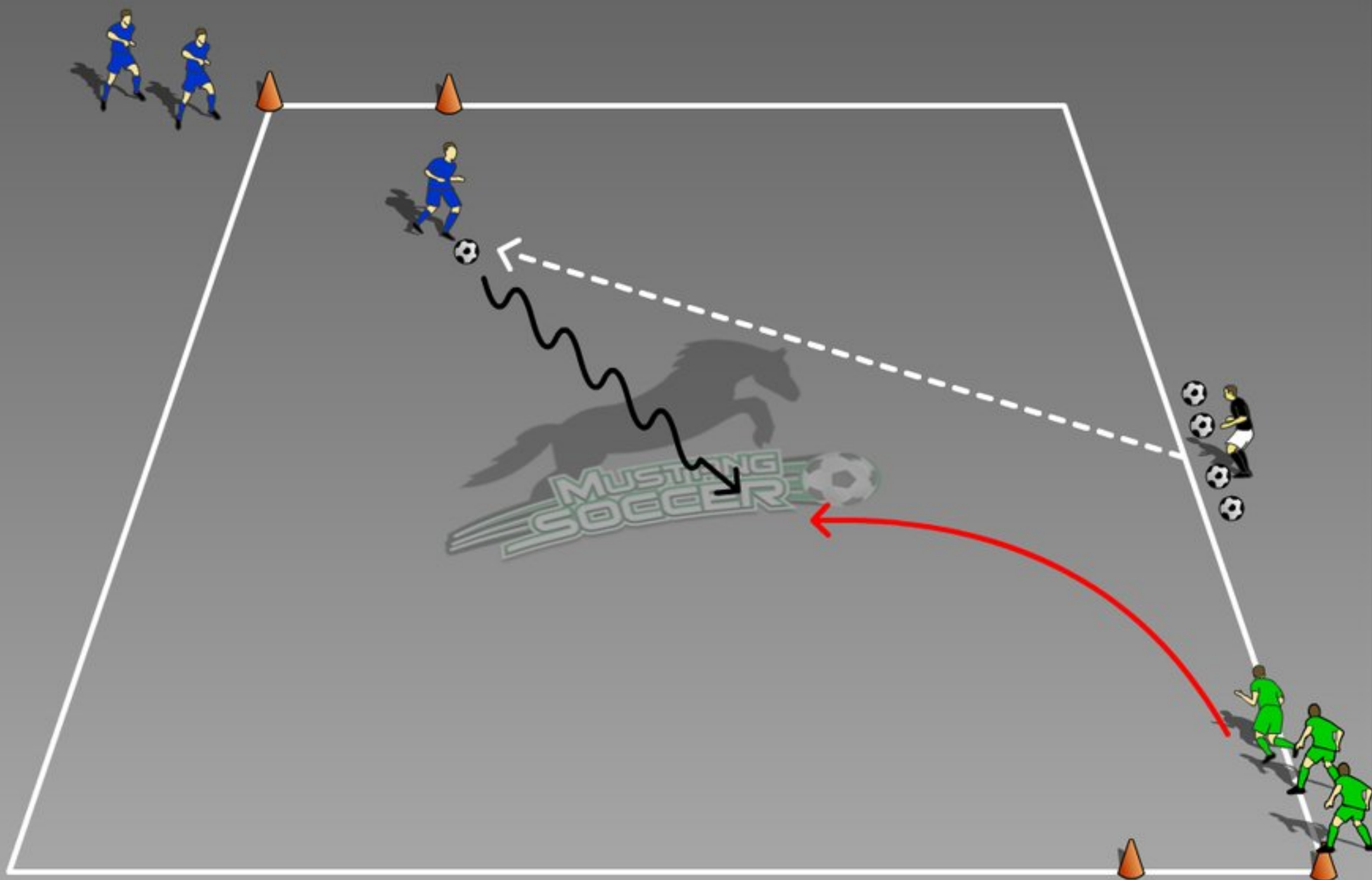
1. 3 touch inside.
2. 1 touch for bumpers.
3. Winner stays in.

Coaching Points:

Minimal coaching points on topics addressed during the session.

*** Encourage use of defensive principles worked on during session ***

1. Roles - pressure, cover & balance
2. Technique - speed and angle of approach.
3. Compactness - don't get stretched or split.
4. Communication - urgent, loud, and specific



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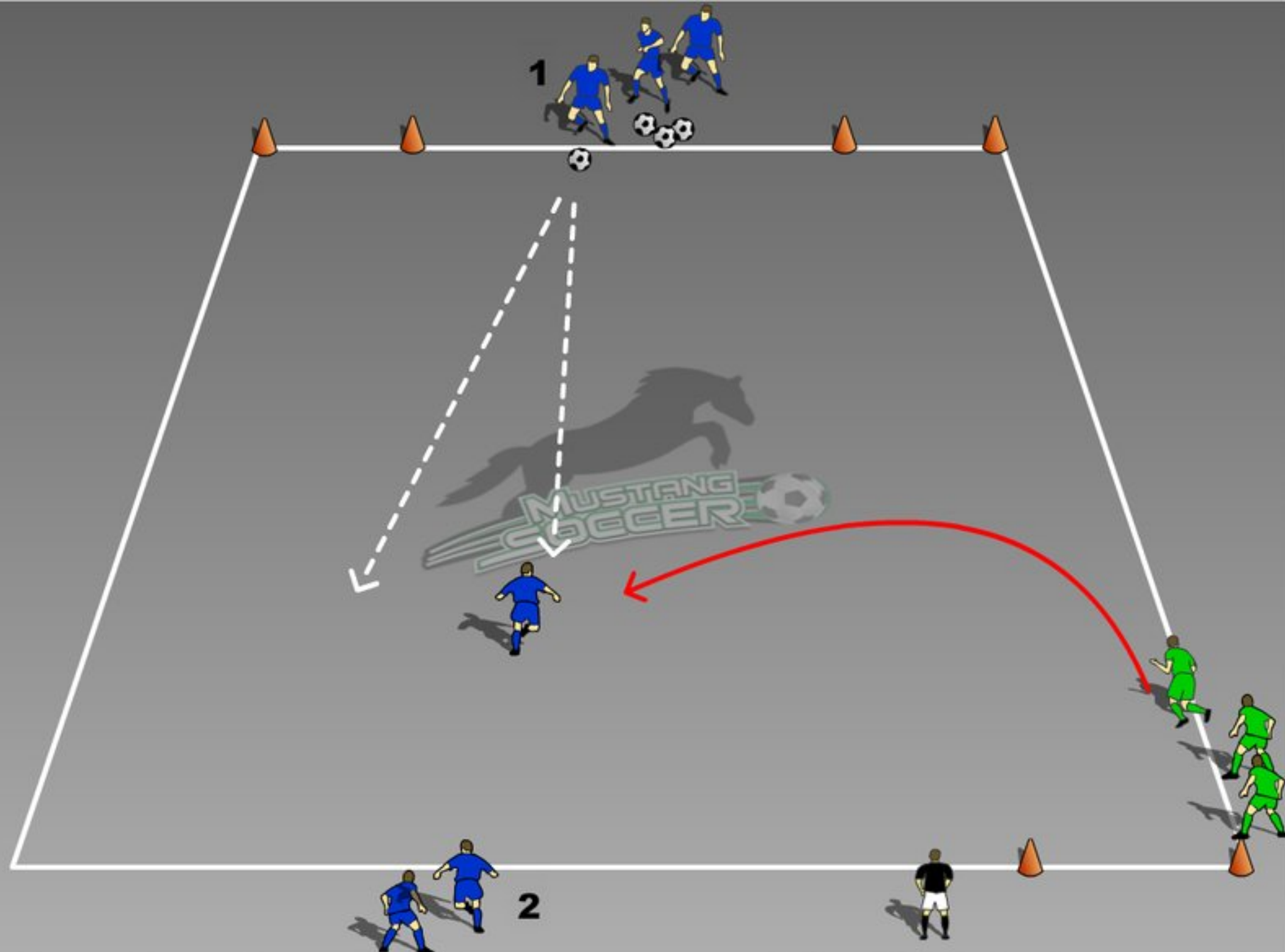
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ORGANIZATION

Two groups of 3 - 4 players
 10x15 yard grid with offset 1 - 2 yard goals
 Coach with supply of balls at half

COACHING POINTS

Close distance between defender and attacker quickly, place immediate pressure on the ball
 Can defender arrive at the same time as the ball is received
 Bend approach to "show" attacker towards sideline and away from goal
 At 3 - 5 yards approach in athletic shuffle sideways on
 Be tight enough to force attackers eyes/head down
 Be patient and wait for mistake, do not dive in!
 Once attacker misplays or loses control of ball, attack aggressively



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ORGANIZATION

Three groups of 2 - 3

10x15 yard grid, two 1 - 2 yard goals at one end

One offset goal of 1 - 2 yards at the other end

Supply of balls on the end with two goals

Player 1 serves to checking player 2 (blue)

Defender (green) closes and plays 1v2

Defender can score on either of 2 goals if they win the ball

Attackers attempt to dribble through single offset goal

COACHING POINTS

Close quickly, deny the receiving player the ability to turn

Approach foot on which the ball was received

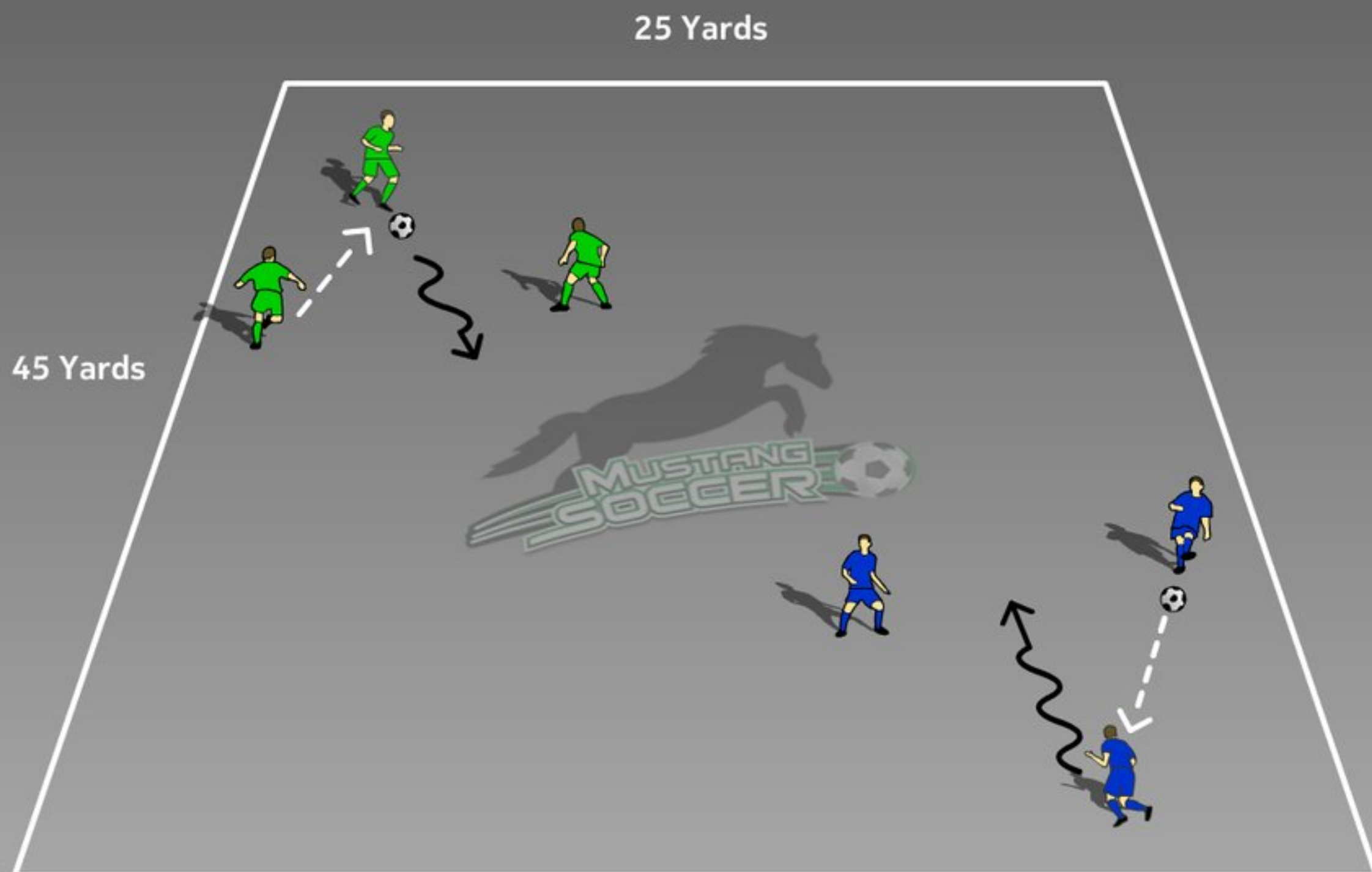
Look to poke tackle while player has their back to you

As player attempts to turn use block tackle

Close enough to touch players, but not so close as to be turned

If attacker has turned, drop off and attempt to separate the two attackers 1v1 vs 2v1

Jockey .. Do not dive in!



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ORGANIZATION

Playing area 45 x 25 yards

Up to 18 players

Groups of 3 players wearing matching bibs

Pass and move within space provided

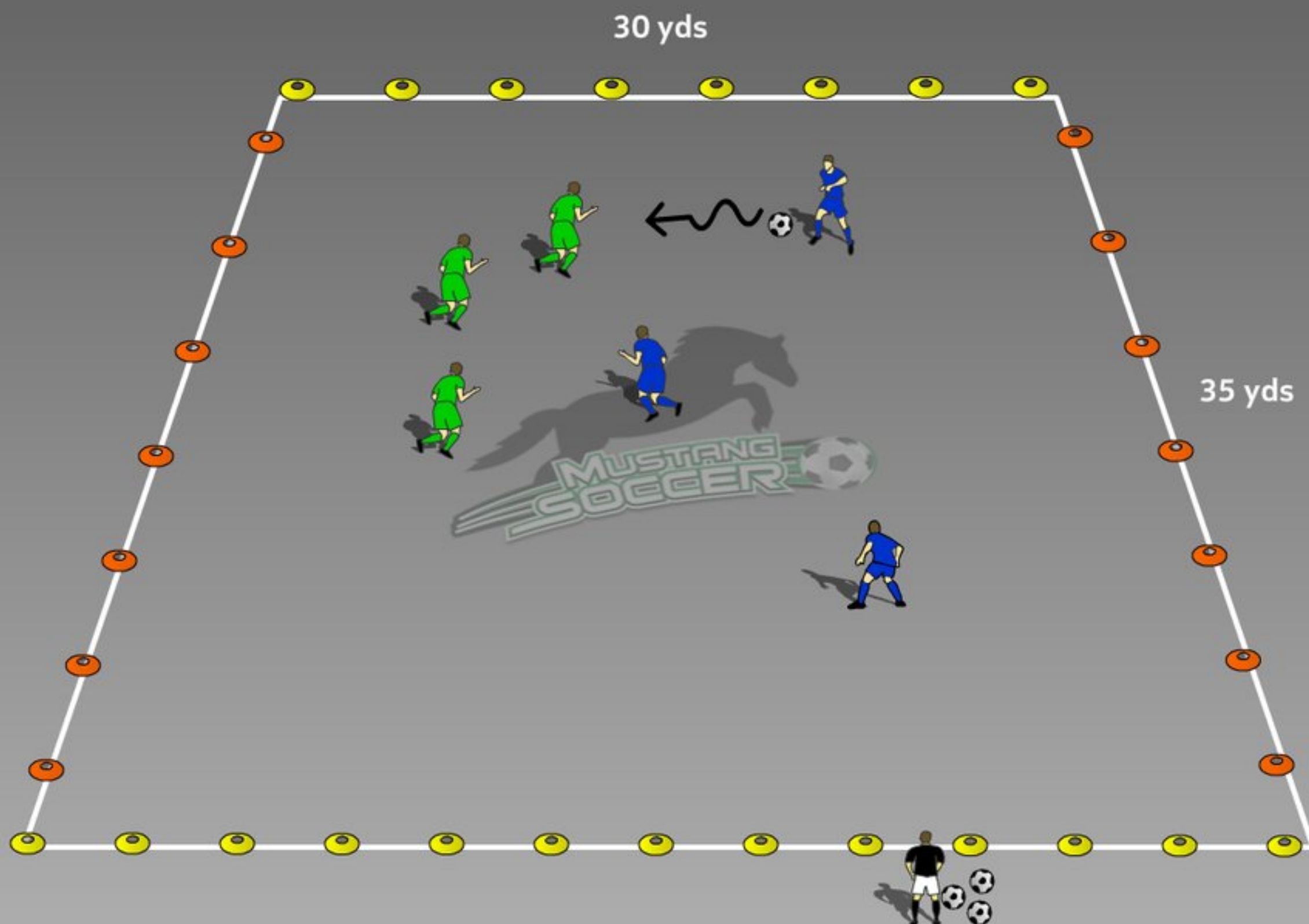
On coaches command player with the ball attempts to split his/her two teammates on the dribble

COACHING POINTS

Players without the ball work to deny the split

One player steps to apply pressure on the ball, 2nd defender provides cover

Encourage players to communicate "ball" "cover" etc



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ORGANIZATION

Two teams of three

30x35 yard pitch

Dribble end line to score

Attacking team must play at least three touches

If defending team wins the ball, they immediately attack the opposite end line

Coach restarts play, make sure both teams get to attack and defend

COACHING POINTS

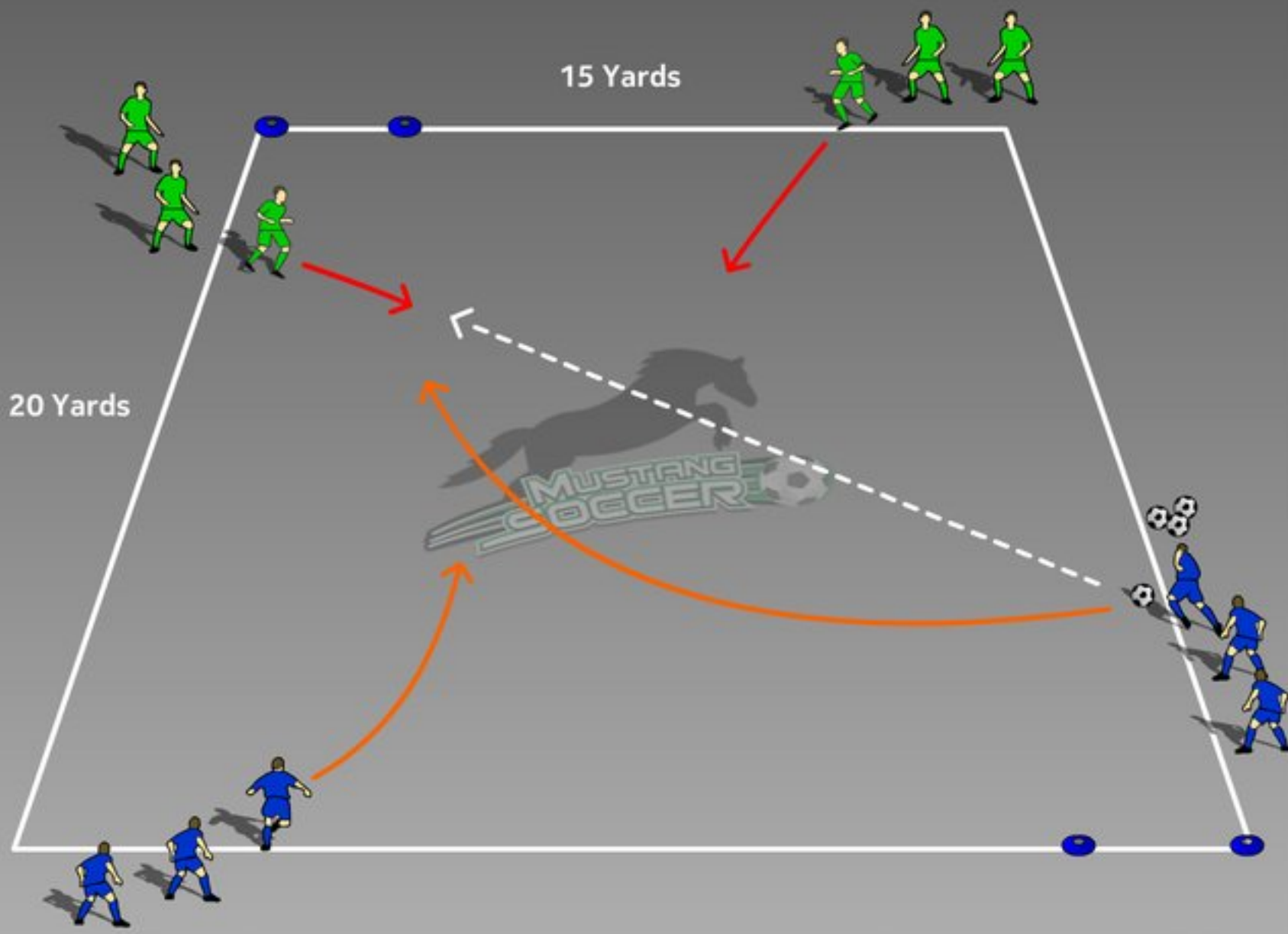
All included from session

Immediate pressure on the ball, to delay attack and deny penetrating run or pass

Communication between defenders

Make play predictable

First defender switches as ball moves, be alert and stay engaged



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ORGANIZATION

15 x 20 yard pitch with two offset goals

Four groups of 3 (2 attacking/2 defending) with defenders and attackers wearing different colours

Play begins with pass from blue to green, green attempts to dribble through goal

Blue defends and if they win possession, attack the opposite goal

COACHING POINTS

Defending players must communicate who has ball and who is covering

1st defender must close down space with correct angle and speed of approach to deny penetrating run or pass and make play predictable

Make attackers head go down

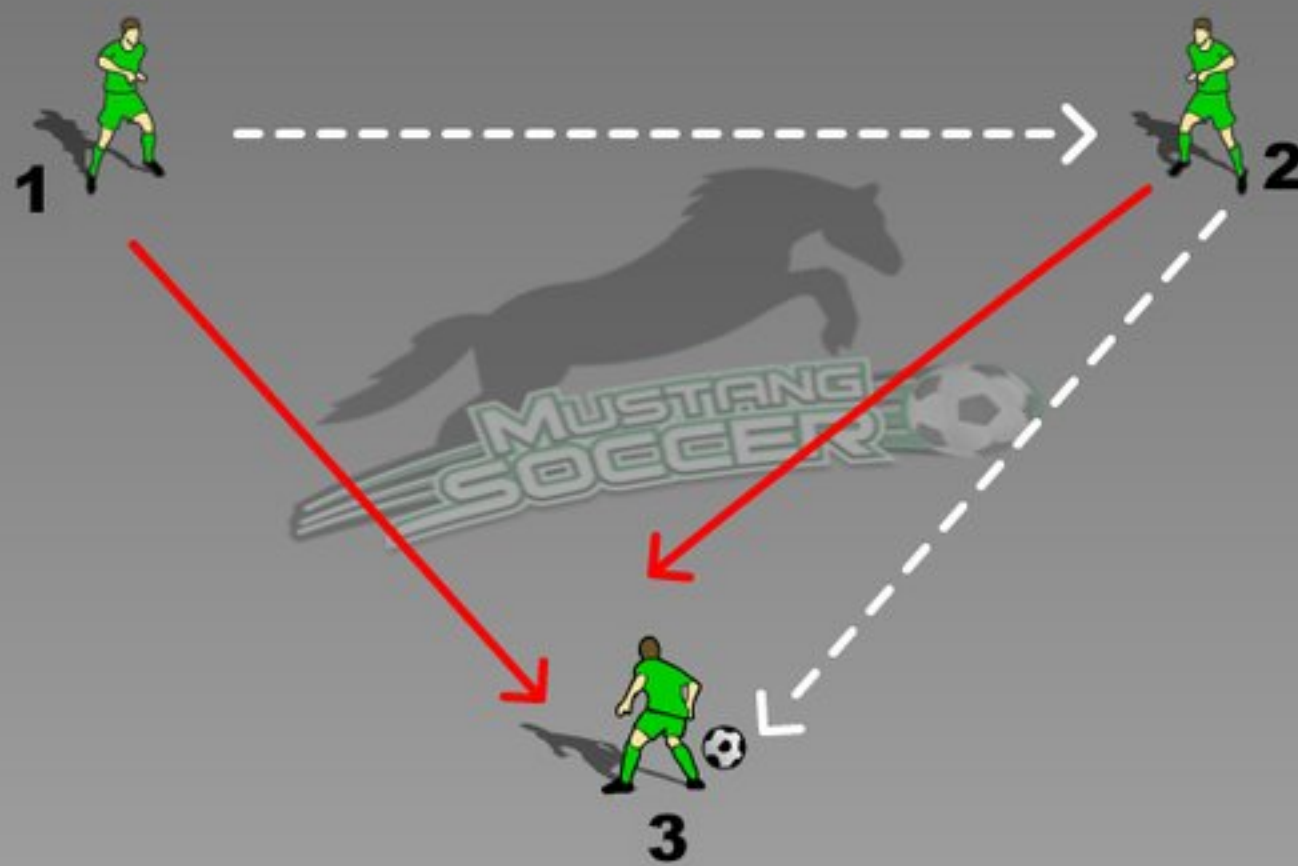
2nd defender must provide cover at 45 degree angle, close enough to create a 1v2 but able to react to 2nd attacker should he/she receive the ball

1st defender must not dive in, jockey and follow instructions from 2nd defender

Defend aggressively on bad touch by attacker, bouncing ball on surface or if player turns to face away from goal

2nd defender must provide clear instructions such as pressure, force left, no turn etc.

Recognise when roles change from being 1st defender to 2nd defender



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ORGANIZATION

3 players 12 - 15 yards apart

Play one touch for several passes

When one player (3) stops the ball, the other two must sprint to pressure it

Progress to when a player turns away the other two must sprint and shape to pressure and cover

Repeat

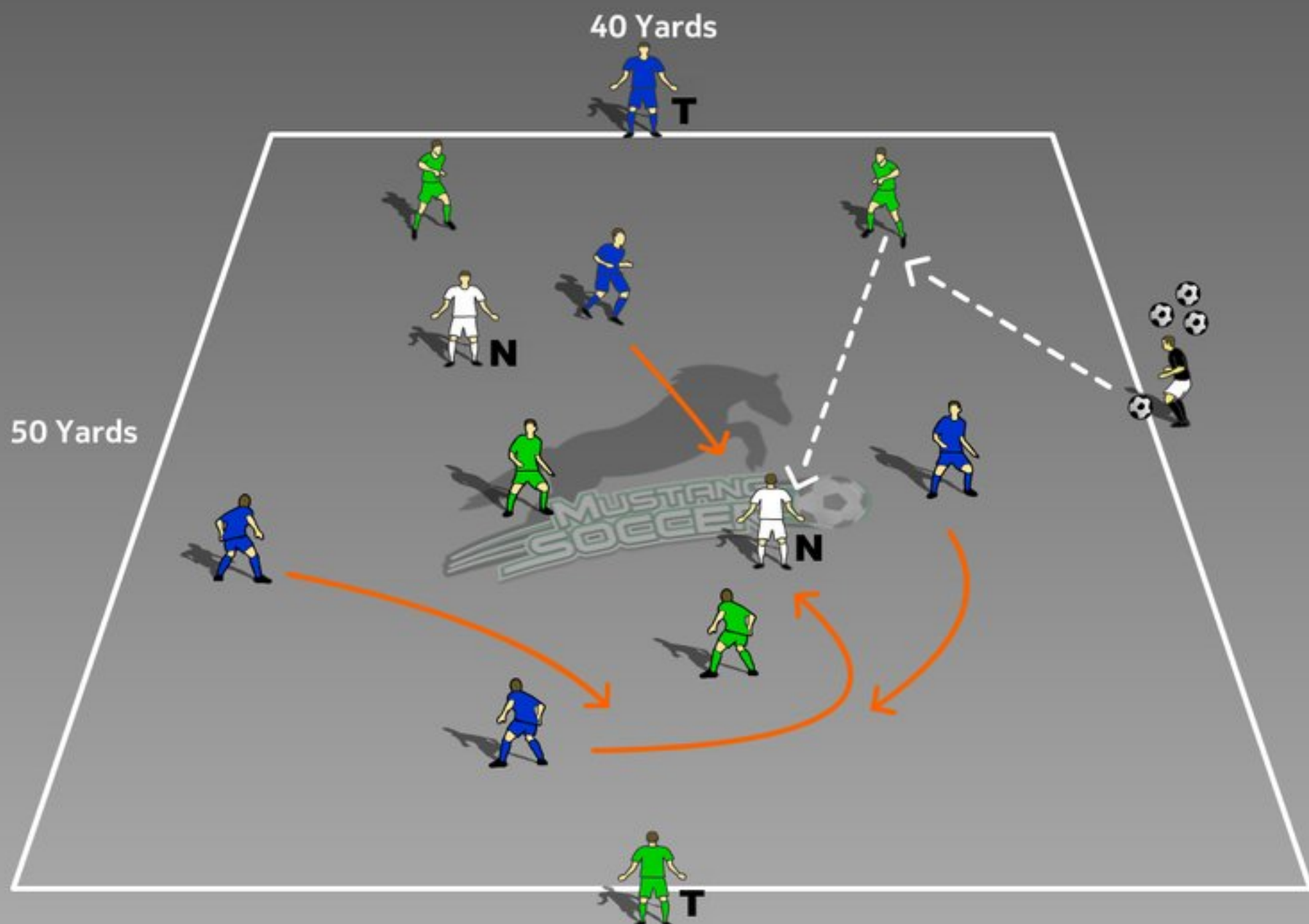
COACHING POINTS

Identify body shape

Respond quickly

Slow into the ball

Angle pressure to force into cover



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ORGANIZATION

40 x 50 yard pitch

4v4 plus 2 neutrals, attacking team always plays 6v4

Attacking players must have at least three touches of the ball

Score by passing on the ground to target players, rotate with target when goal is scored

Targets are free to move along the end lines

Coach starts and restarts play

COACHING POINTS

Make play predictable

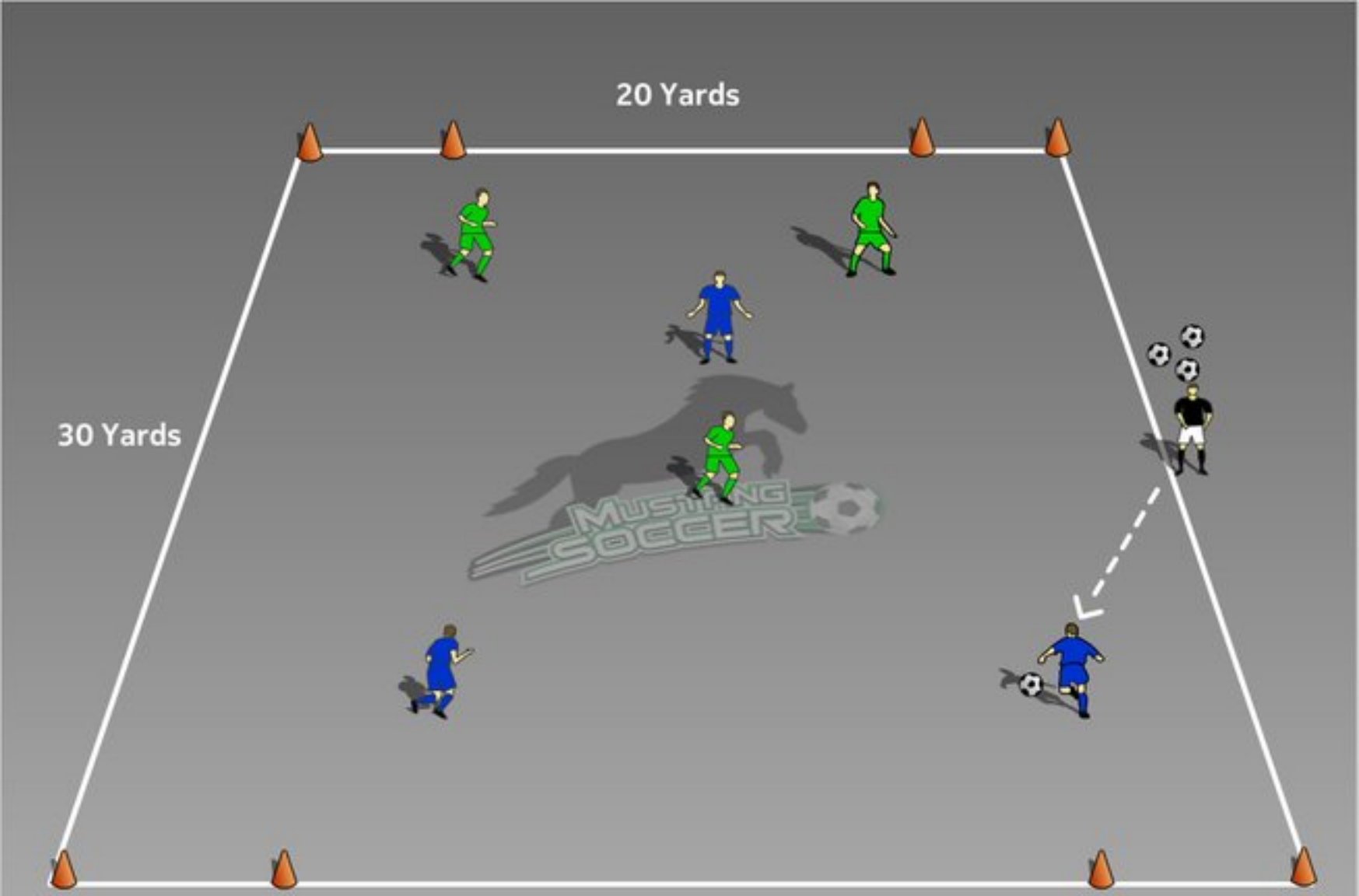
Immediate pressure on the player with the ball

Defenders must communicate in simple language to stay organized

Provide cover for pressure defender, be aware of angle and distance

Deny penetration to target player by taking away passing lanes

When/where to tackle vs when/where to jockey



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ORGANIZATION

20 x 30 yard pitch

3v3

Each team attacks 2 goals and defends 2 goals

Coach starts and restarts after goal is scored or ball goes out of play. Vary quality and type of service

Attacking players must dribble through goals to score

Attackers must take a minimum of 3 touches

COACHING POINTS

Defending players must communicate who has ball and who is covering

1st defender must close down space with correct angle and speed of approach to deny penetrating run or pass and make play predictable

Make attackers head go down

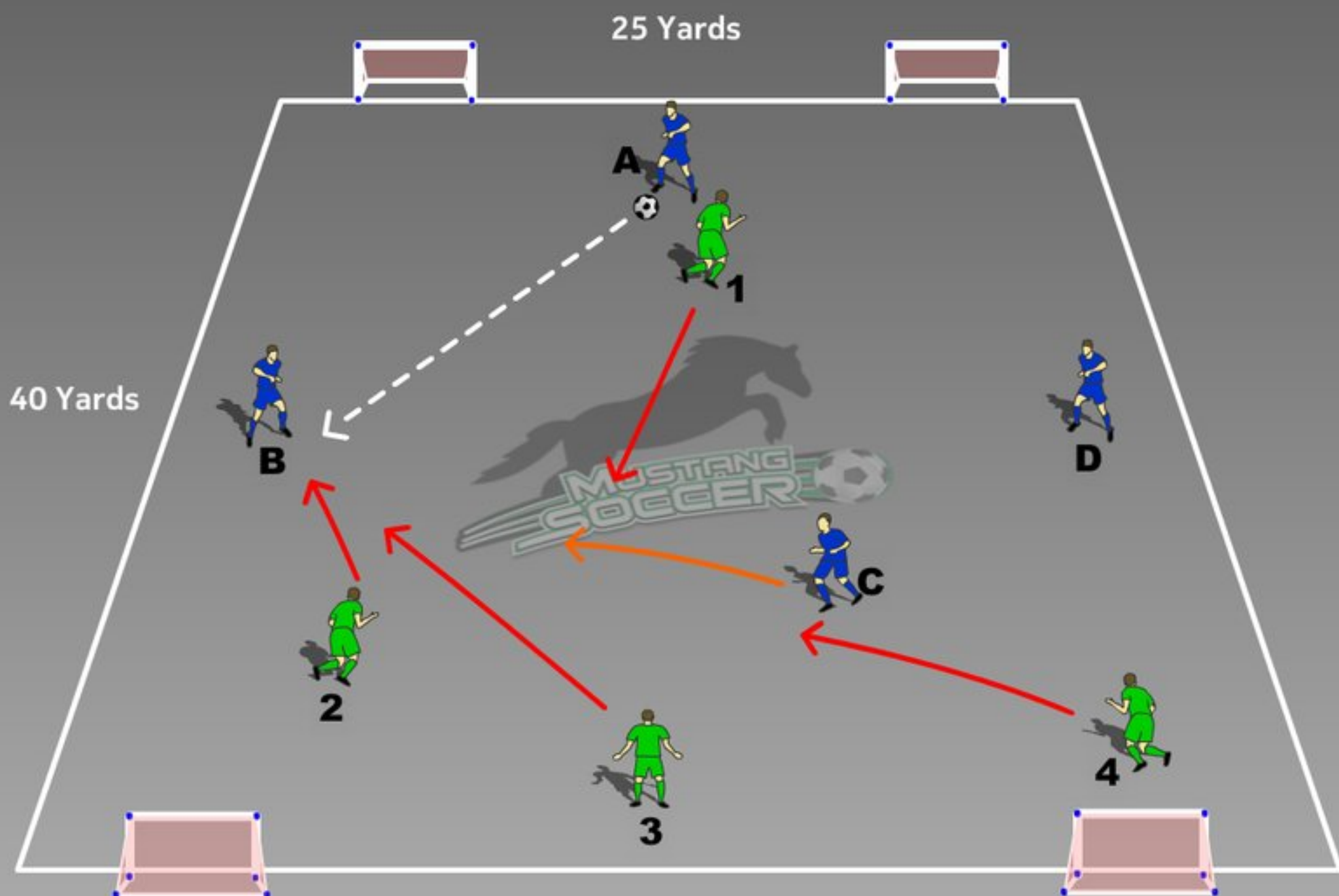
2nd defender must provide cover at 45 degree angle, close enough to create a 1v2 but able to react to 2nd attacker should he/she receive the ball

1st defender must not dive in, jockey and follow instructions from 2nd defender

Defend aggressively on bad touch by attacker, bouncing ball on surface or if player turns to face away from goal

2nd defender must provide clear instructions such as pressure, force left, no turn etc.

Recognise when roles change from being 1st defender to 2nd defender



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ORGANIZATION

40x25 yards .. 4v4 to small goals

Goals are set slightly in field

(Offside to apply)

COACHING POINTS

Player 1 has made Player A pass to Player B

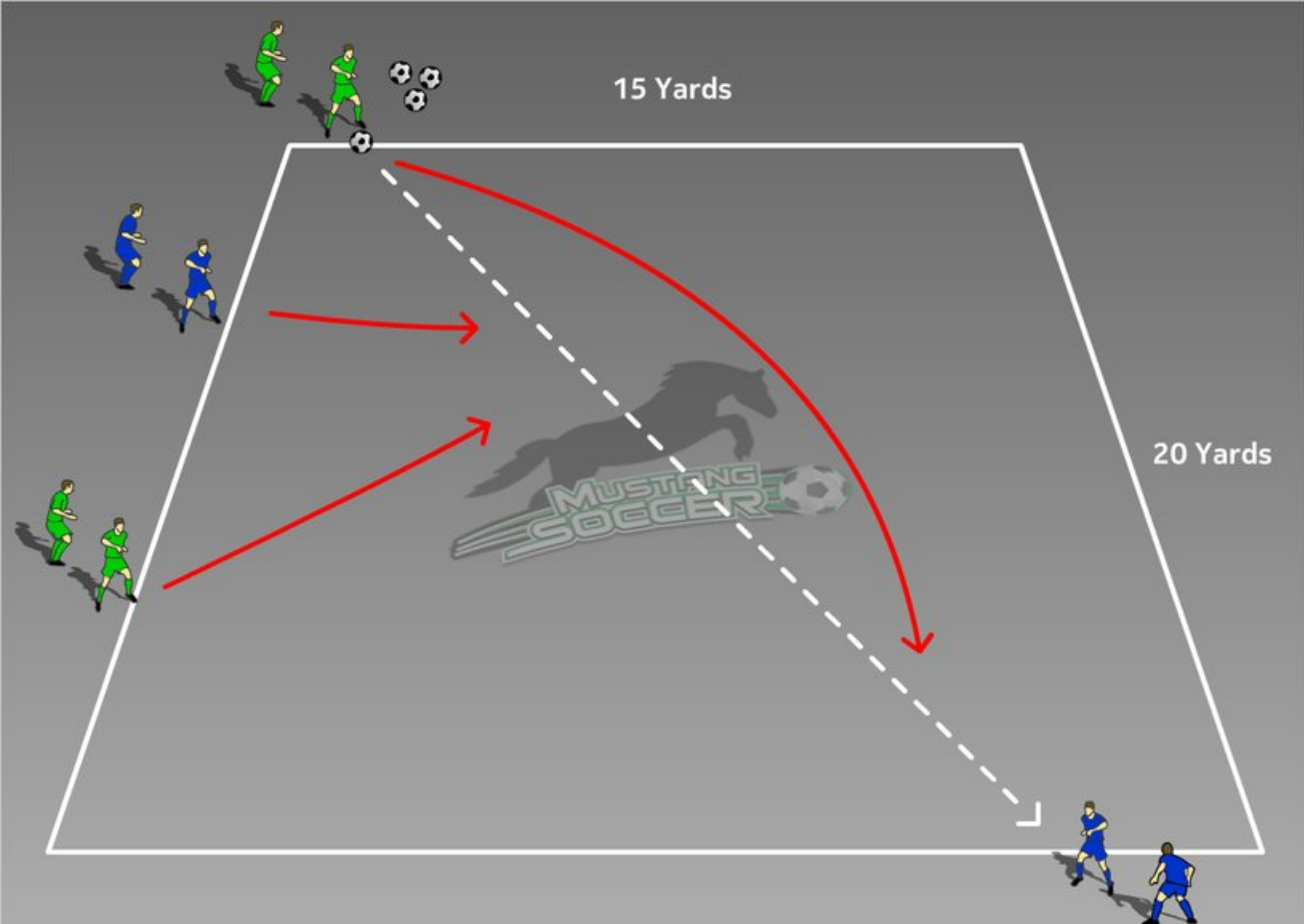
Defending high Player 2 gives immediate pressure, Players 3 and 4 slide/shift across. 3 to provide cover and 4 to balance the threat of Player C

Player 1 drops down to make central space smaller

Player D is not a threat if collective movement is good

Pressure, cover and balance are all to be reinforced

When and where to pressure as a unit can depend on opponents first touch, area of the field, effective support, score etc.



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ORGANIZATION

20x15 yards .. 2v2 to the end line

Ball is served to the opposite line

Server is live upon serving the ball, while the others are live on opponents touch

Alter start positions to create difference defensive response
(Offside to apply)

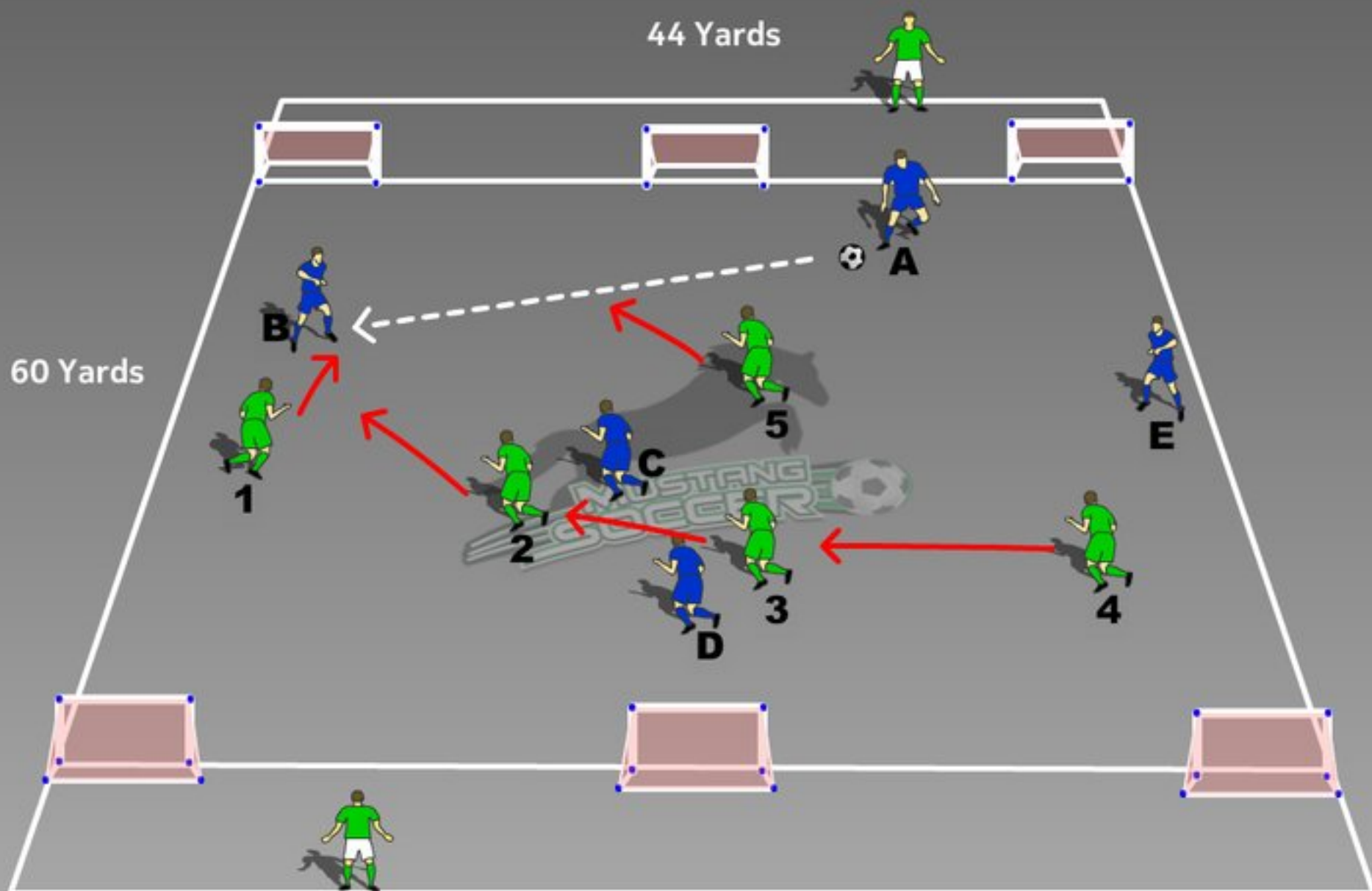
COACHING POINTS

The immediate pressure must be quick and controlled into the ball

Immediate pressure should direct the play into a smaller space or into the cover defender

Cover defender must communicate, read the body of teammate, be aware of player not on the ball and **CLOSE** to an effective distance

If first defender is beaten, the second defender must be ready to step up and roles exchange



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ORGANIZATION

60x44 yards .. 6v6 to 6 goals

GK's act as unopposed support players to their team

Goals should be set inside the touch line

(Offside to apply)

COACHING POINTS

Defending team must work and move together

As Player B receives, Player 1 is close enough to pressure. Player 2 offers cover, and Players 3 & 4 slide over

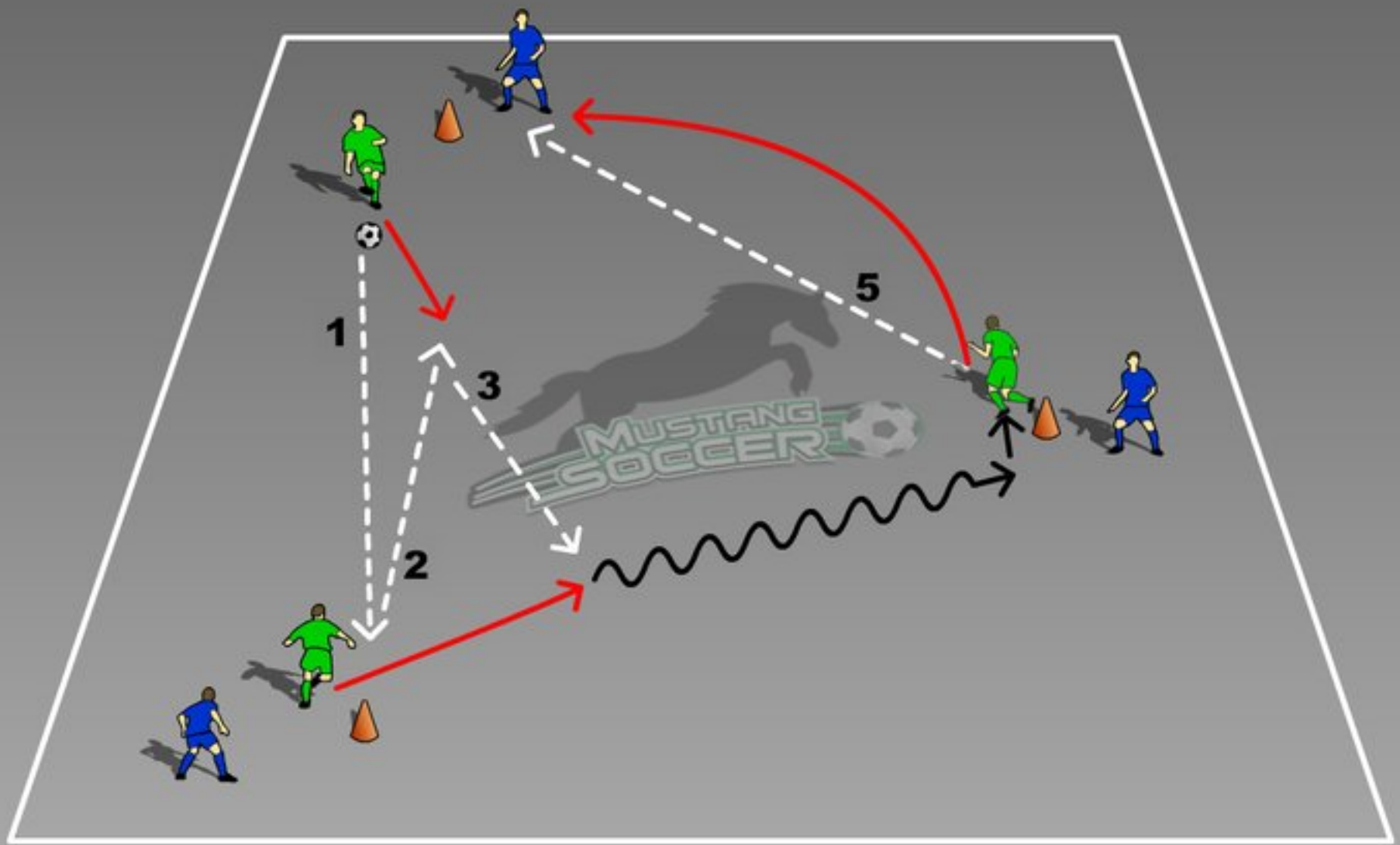
Player 4 can see the line and the potential for Player D to be in an offside position

The line of Player 4 is not a diagonal, rather a "hockey stick"

Player 5 seeks to deny a ball back to Player A

Player is not a threat at this point

Communication of the pressure comes from Player 1 moving, Players 2 - 5 must then communicate what they see and how that pressure is effective



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Objective:

To develop passing, receiving & movement needed to create space

Description:

In an area of 15 x 20 yards, players in groups of 6 forming a triangle

Players receive the ball and pass with same foot. Players should follow their pass and take up position at next cone. Play the session in the opposite direction to work both feet. Players run to the next cone after completing their final pass. Limit players to one touch depending on their level

Coaching Points:

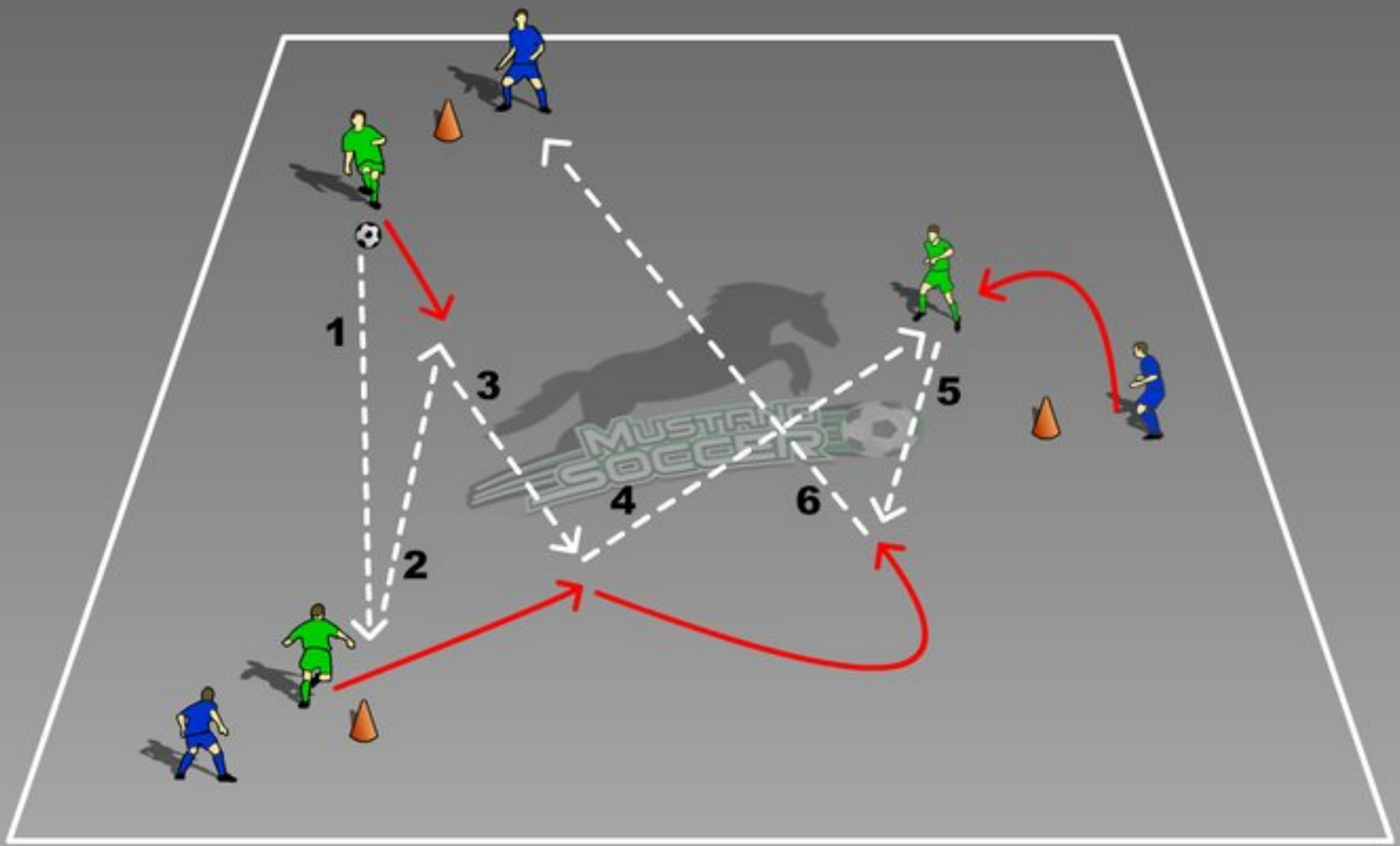
Create space (check) before moving to meet the ball

Body shape should be open and players should use back foot to receive/pass

Timing is very important so that the ball is constantly moving

As the players are performing the whole session with one foot, change which one they use often

Make sure players communicate with their teammates (Verbal & Visual), and that their heads are always up



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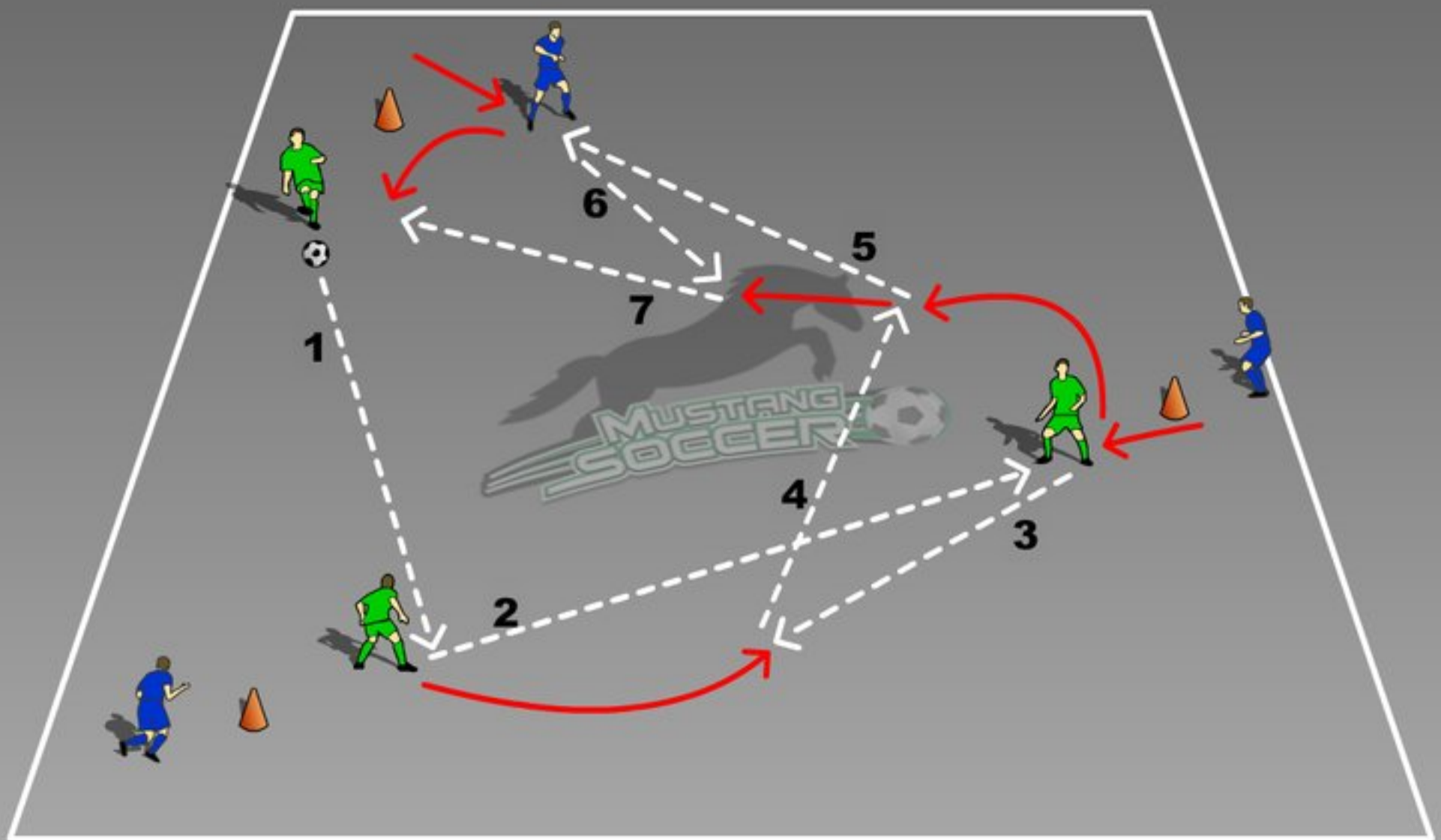
Corect body shape should be monitored (opening up) and receiving the ball with the back foot (furthest away from the ball)

Passes should be of high speed and accuracy

Timing of movement for checking away and moving to meet the ball is very important so that quick play is maintained

Make sure players communicate (Verbal and Visual) with their teammates ans heads are up

As players are performing the whole session with one foot, change which one they use often



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Objective:

To develop passing, assists and timing of movement

Description:

In an area of 15 x 20 yards, players in groups of 6 forming a triangle

The players make "ASSIST" passes. Players should follow their pass and take up position at the next cone. Run session in opposite direction to work both feet. Players run to the next cone after completing their final pass

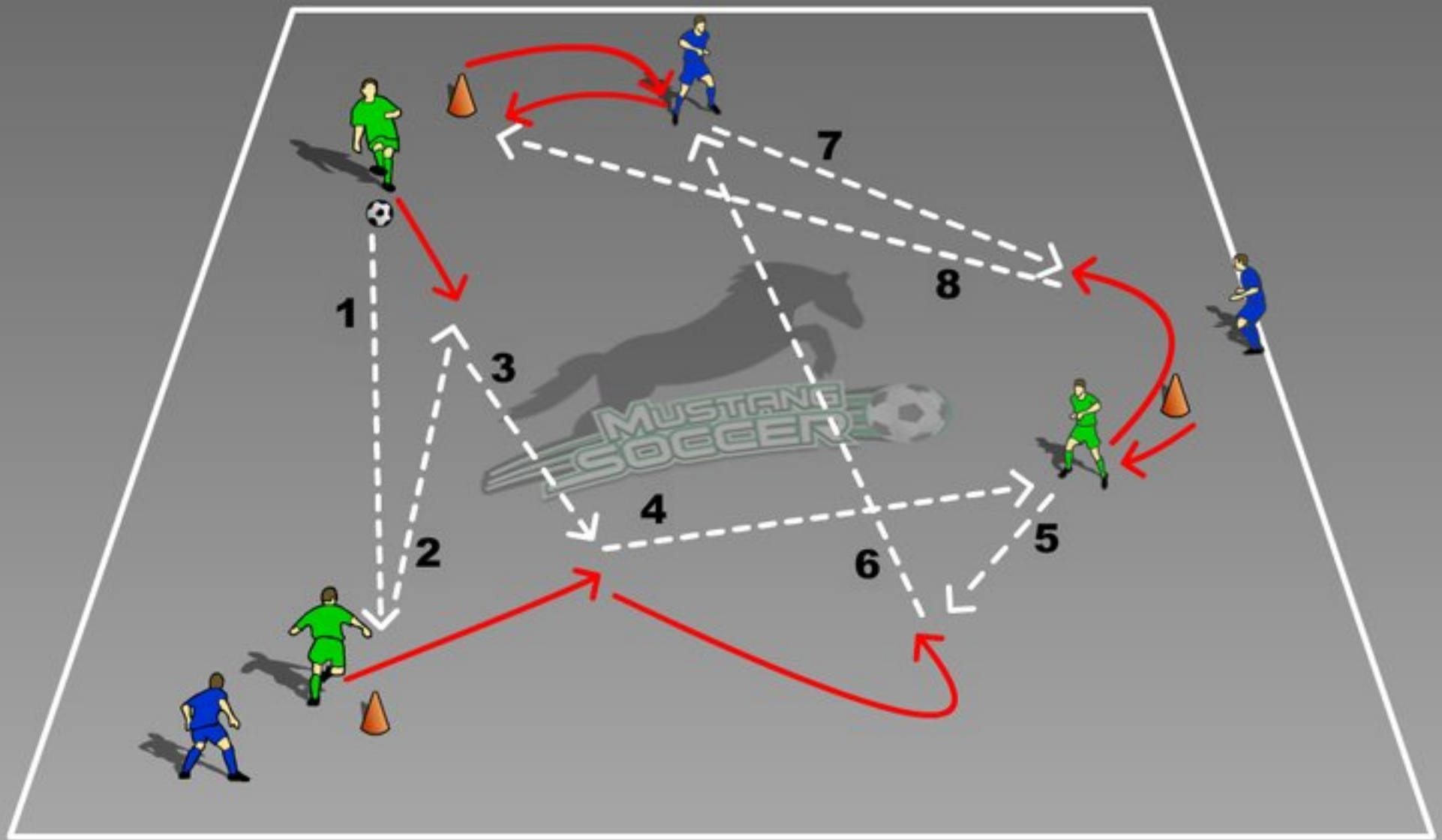
Coaching Points:

All players should receive the ball on the move

Players should time their movement well when creating space. It must be made while the pass is travelling between the two previous players

Players receiving the assist must open their body, arch their run and time it well so the assist (i.e. pass 4) is in front

Make sure players communicate (Verbal and Visual) with their teammates and heads are up



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Objective:

To develop passing, receiving & movement needed to create space

Description:

In an area of 15 x 20 yards, players in groups of 6 forming a triangle

The players make "ASSIST" passes. Players should follow their pass and take up position at the next cone. Run session in opposite direction to work both feet. Players run to the next cone after completing their final pass

Coaching Points:

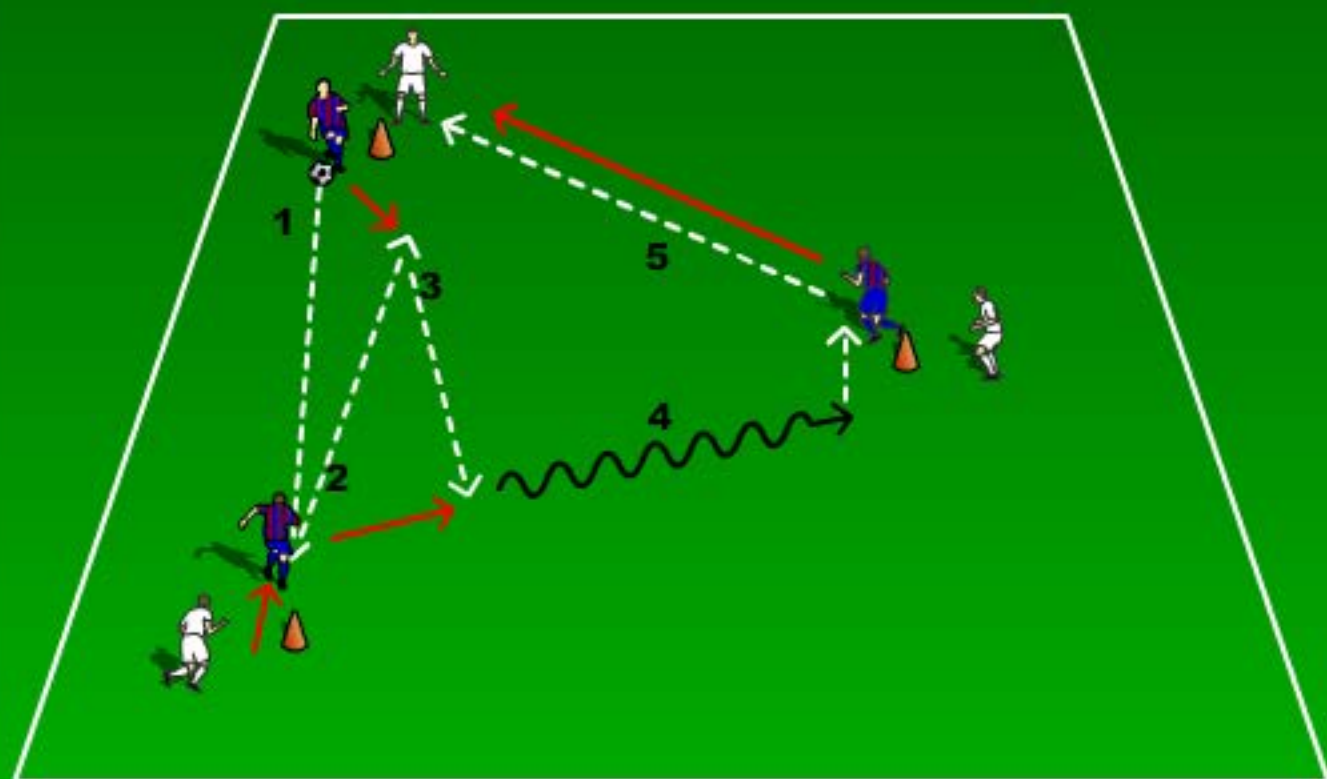
The timing of the pass is key, making sure the pass is played ahead of the next player to run onto.

The player should check away with an open body shape before moving to receive the pass

Passes should be of high speed and accurate

Make sure players communicate with their teammates (Verbal and Visual) and their heads are up

Passing Triangle with Quick One-Two



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OBJECTIVE

To develop passing, receiving and movements needed to create space

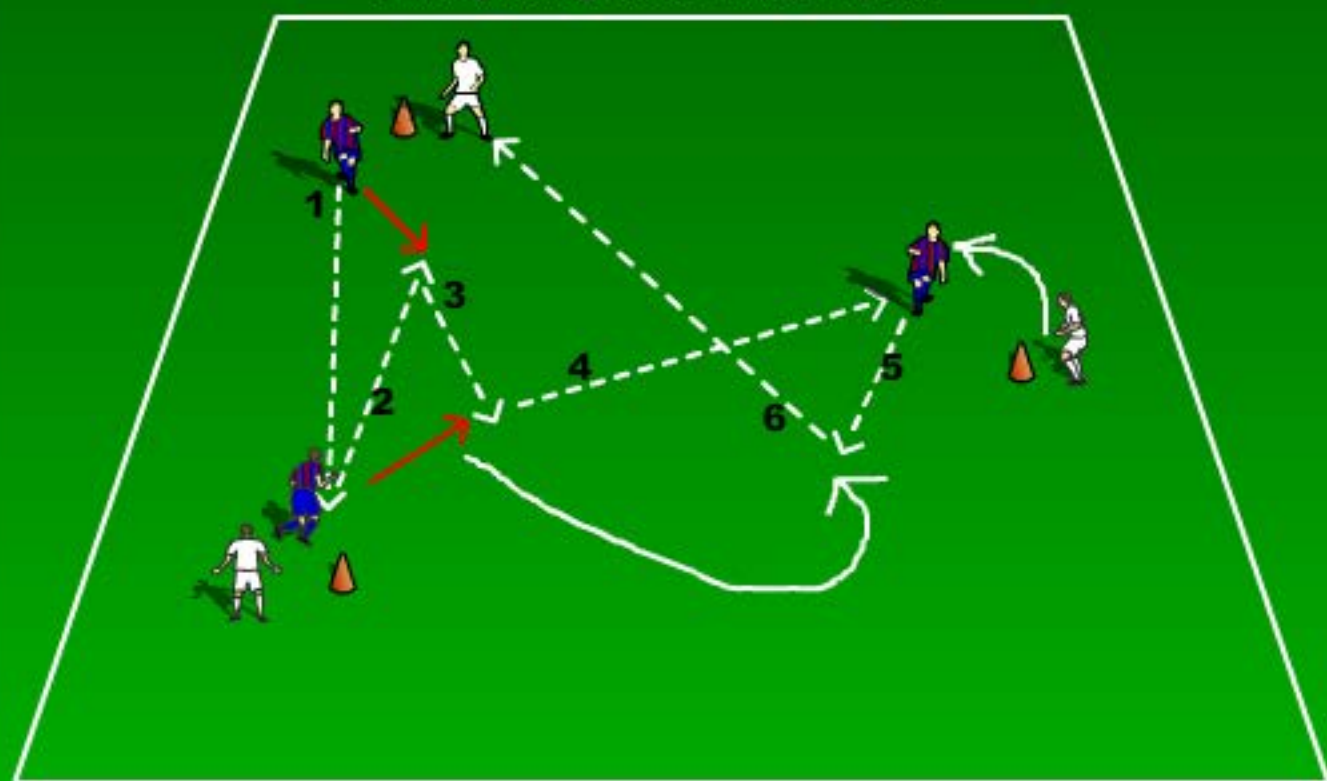
DESCRIPTION

In a field area of 15 x 20 yards players are in groups of 6 forming a triangle. Players receive the ball and pass it with the same foot. Players should follow their pass and take up the position at the next cone. Play the session in the opposite direction to work both feet. Players run to the next cone after completing their final pass. Limit players to one touch depending on their level

COACHING POINTS

1. Create space (check) before moving to meet the ball
2. Body shape should be open & players should use their back foot to receive/pass
3. Timing is very important so the ball is always moving
4. Players will be performing the session with one foot, so change which foot they use often
5. Make sure players communicate with teammates & their heads are up

Passing Triangle with Double One-Two



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OBJECTIVE

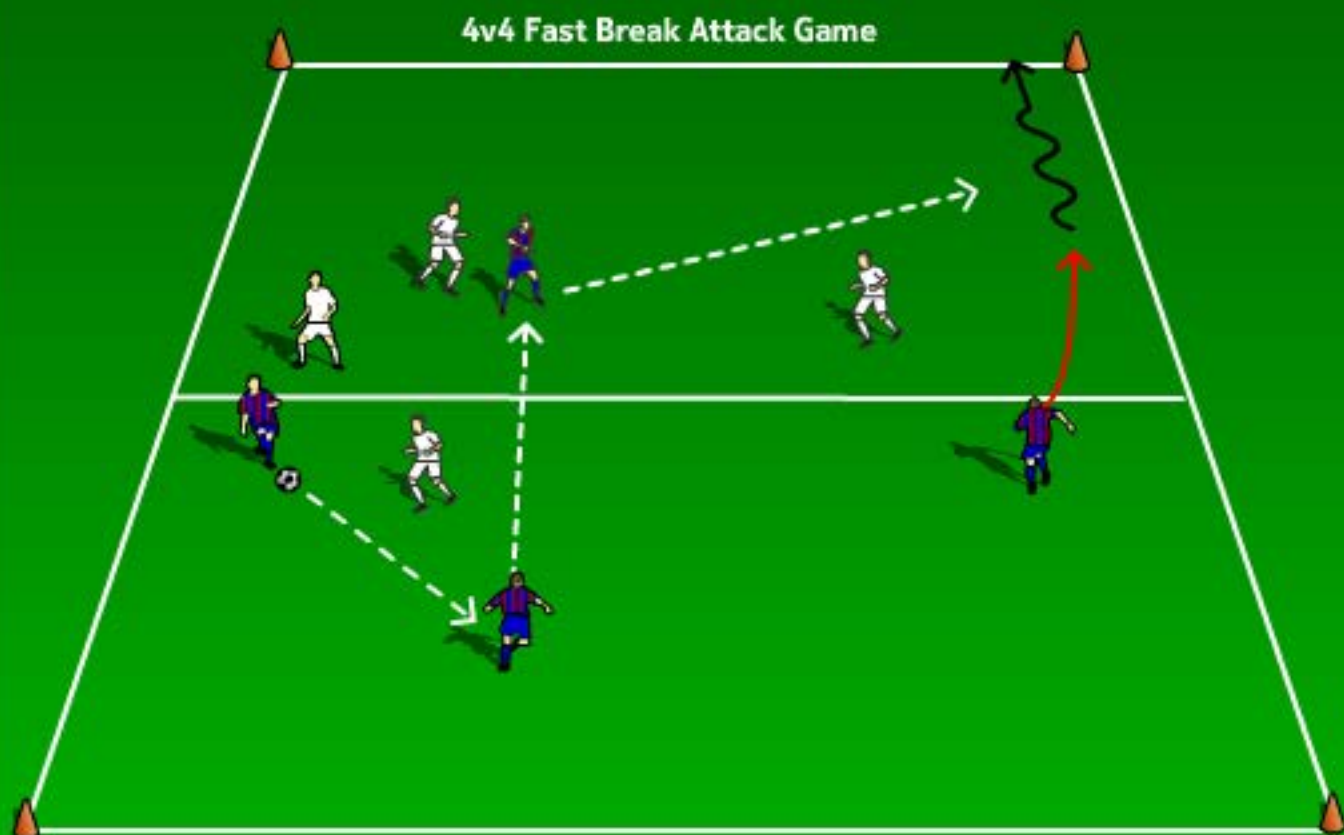
To develop passing, receiving and movements needed to create space

DESCRIPTION

In a field area of 15 x 20 yards players are in groups of 6 forming a triangle. The players receive the ball and pass it with the same foot. Players should follow their pass and take up positions at the next cone. Play the session in the opposite direction to work both feet. Players run to the next cone after completing their final pass. Limit players to one touch depending on their level.

COACHING POINTS

1. The correct body shape should be monitored (opening up) and receiving the ball with the back foot (furthest away from the ball).
2. Passes should be of high speed and accuracy
3. The timing of movement for checking away and moving to meet the ball is very important so that quick play is maintained
4. Make sure the players communicate with their teammates & heads are up
5. As players are performing the whole session with one foot, change which foot they use often



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OBJECTIVE

To improve dribbling, passing, receiving and fast break attacks

DESCRIPTION

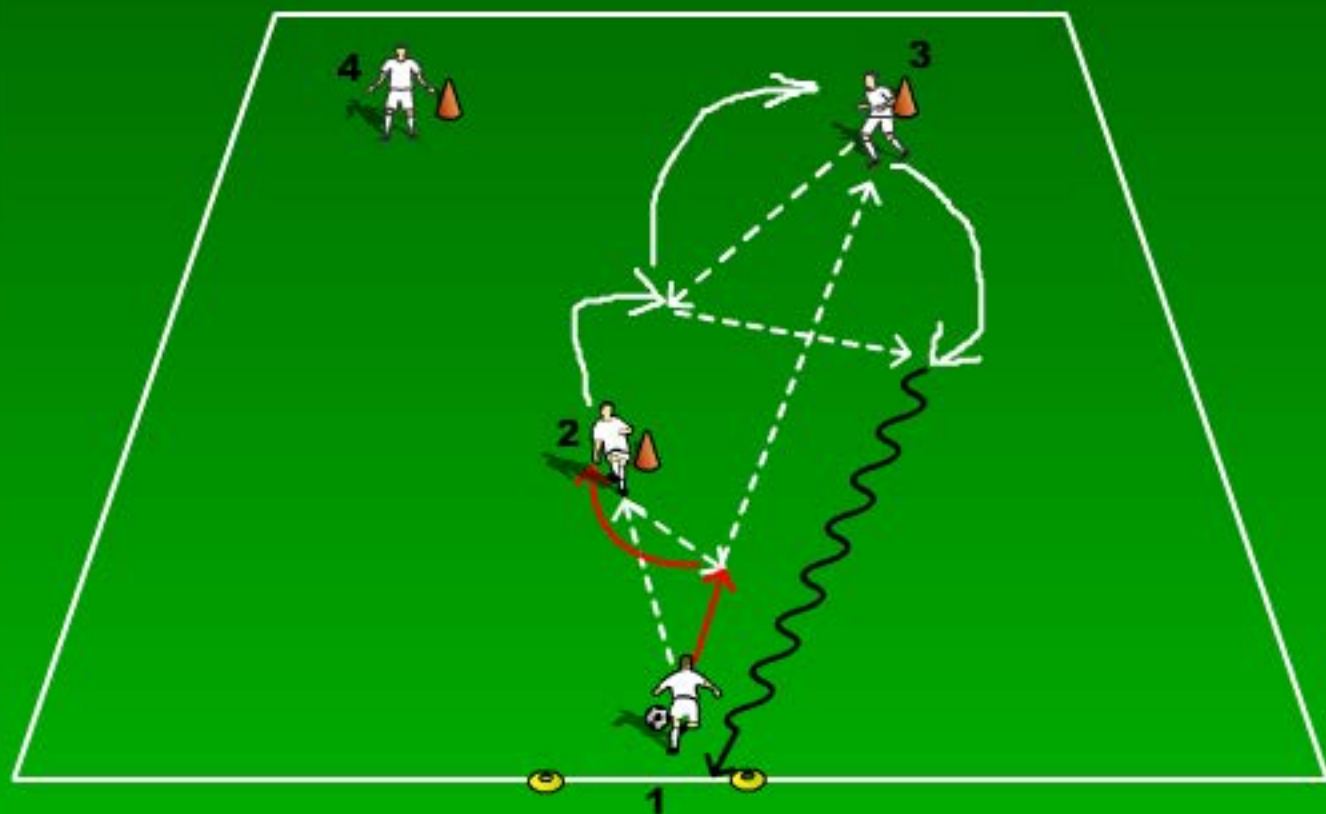
In a 25 x 30 yard area we play 3 periods of 5 minutes.

We play 4v4 in a limited area. The objective is to dribble the ball across the opposition line. To score a "goal" all of the players in the team must have touched the ball once. Play 2 touch football except when running for the line where there is no limit

COACHING POINTS

1. Combinations need to be quick & sharp, utilising the space in behind
2. Players need to create space and support their teammates
3. When dribbling the players need to move the ball away from the position of the defender

Passing 'Y' Shape (3) - with Combination and Dribble



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OBJECTIVE:

Improves short & medium range passing

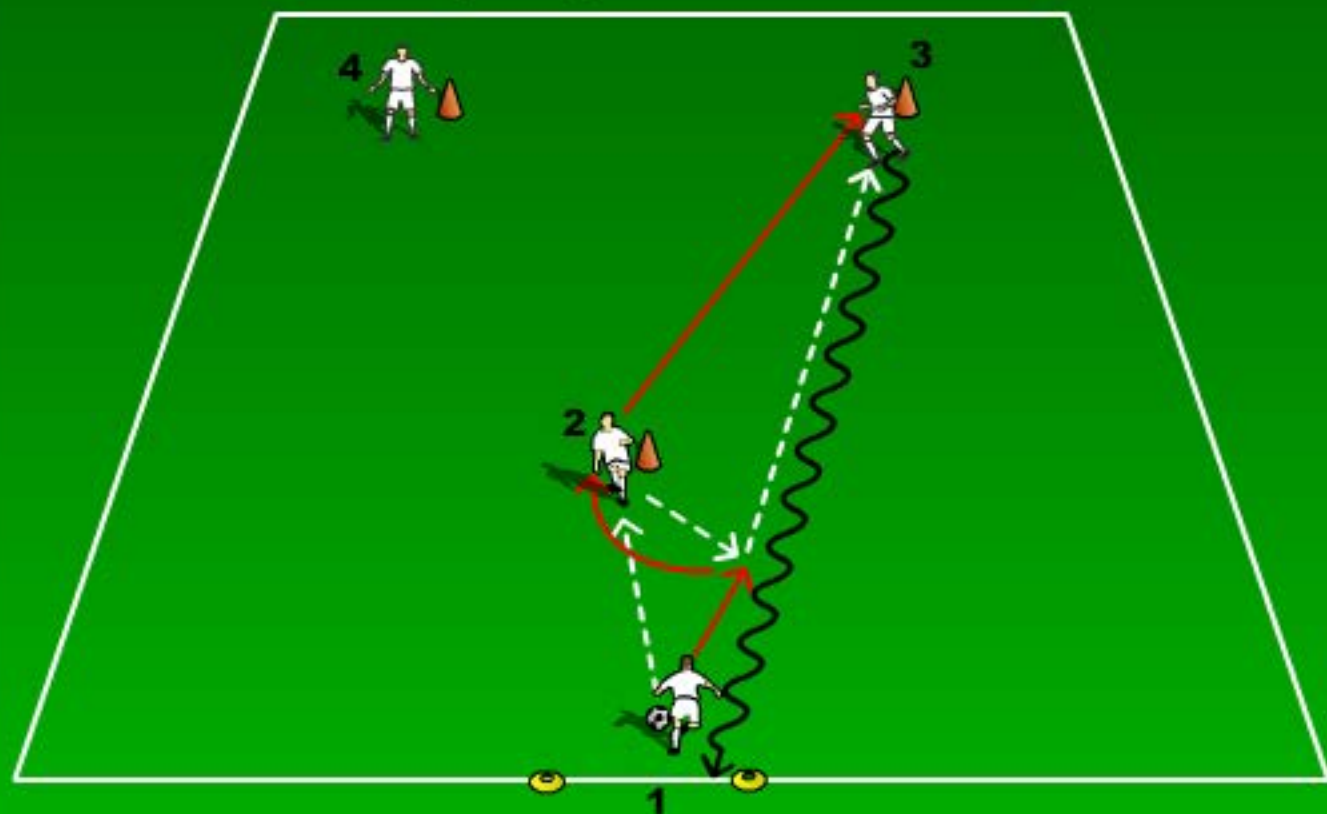
DESCRIPTION:

Players line up in a 'Y' shape. Player 1 passes the ball to player 2 who returns the ball to 1 so that 1 can pass first time to player 3, who combines with player 2 and subsequently dribbles the ball to position 1. The pattern begins again moving to the left side

COACHING POINTS:

Reduce time between 1st touch & pass; Weight and angle of passes in combination play; Passing & dribbling must be at high tempo

Passing 'Y' Shape - Give & Go with Dribble



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OBJECTIVE:

To develop short & medium range passing, as well as dribbling

DESCRIPTION:

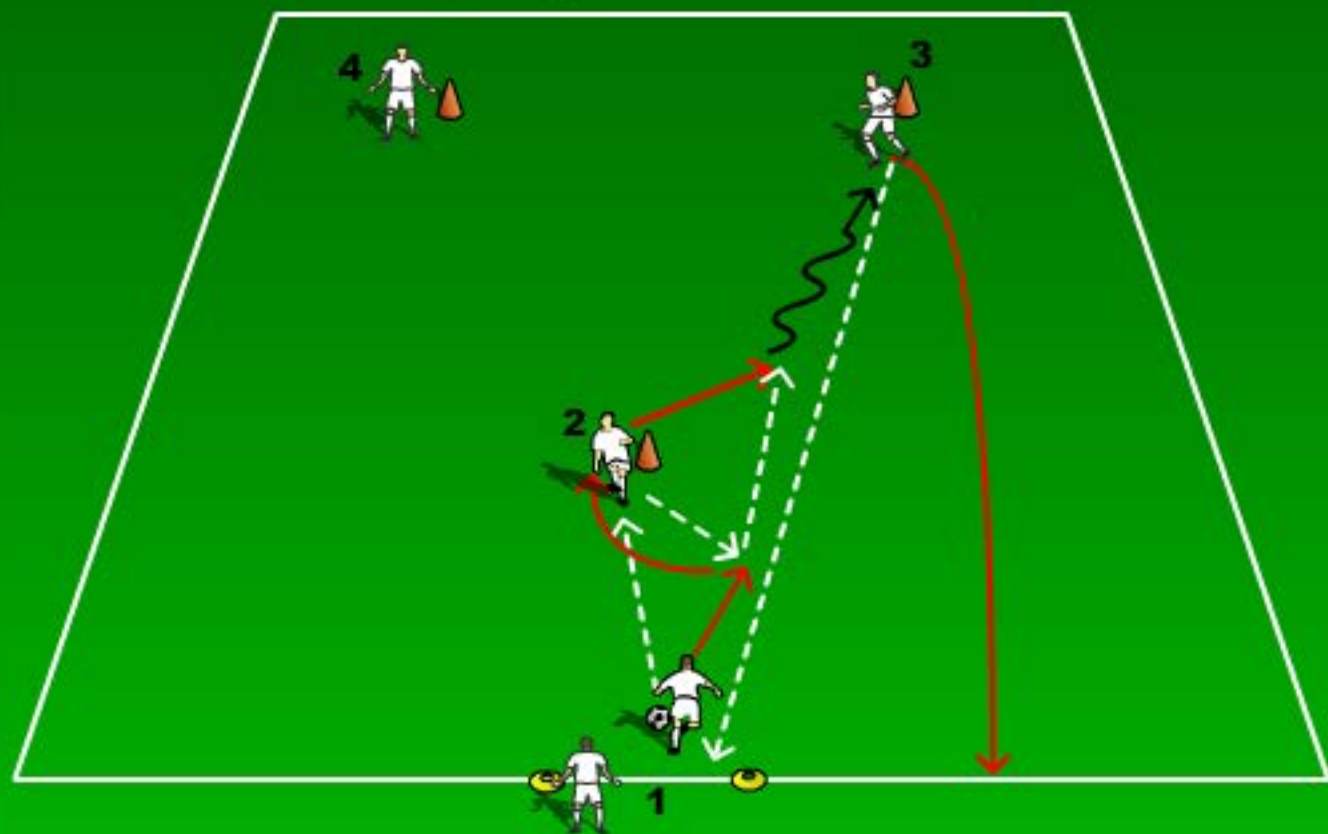
Players line up in a 'Y' shape. Player 1 passes the ball to player 2 who lays the ball into path of player 1, player 1 passes to 3.

Player 3 controls the ball & dribbles quickly to position 1. The next sequence starts with player one, but play is towards other side of the 'Y'. Player movement is shown

COACHING POINTS:

Quality of lay-off to player 1, and timing of player 1 run; Pass & receive with both feet; Communication both verbal and visual

Passing 'Y' Shape (2) - Give & Go with Dribble



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OBJECTIVE:

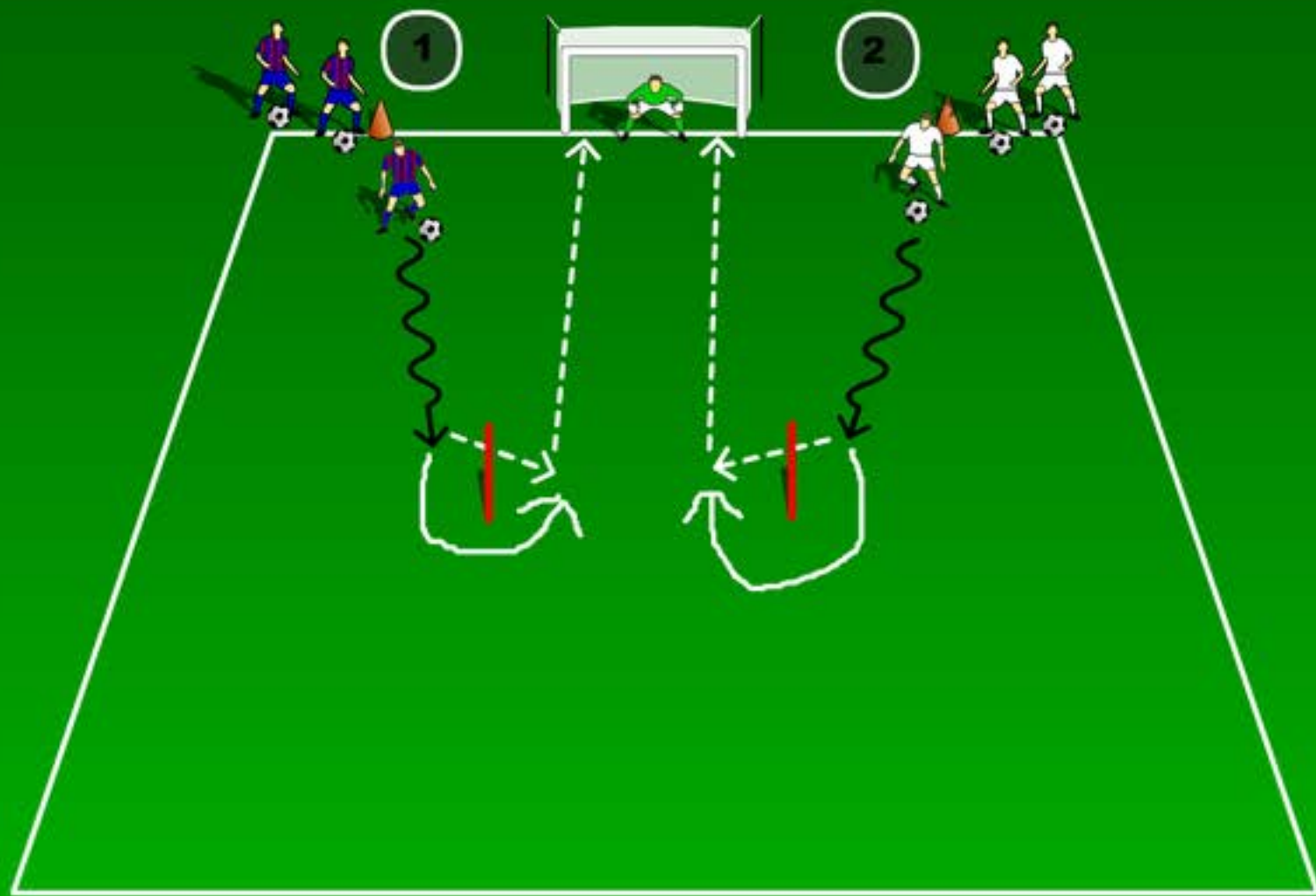
To develop short & medium range passing

DESCRIPTION:

Players line up in a 'Y' shape. Player 1 passes the ball to player 2 who passes the ball back to player 1, who returns the ball again to player 2. Player 2 controls it to dribble quickly to player 3, who then controls the ball and plays a long pass back to player 1

COACHING POINTS:

After player 2 lays the pass off to player 1, he must time his run so the pass is in front of him; In some cases player 2 may need to hold and arch his run



Shooting Wheel

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OBJECTIVE

To practice shooting when running onto the ball & turning in limited space

DESCRIPTION

The coaching poles should be 20 yards from the goal.

Players line up behind the cones in the corners of the goal-line. One at a time they dribble the ball up to the coaching pole where they play the ball slightly in front of it, then run around the pole to meet the ball.

The player then controls the ball and shoots at the goal. The players at cone 1 dribble and shoot with their right foot, and the players at cone 2 dribble and shoot with their left. After 10 minutes change players over so that they are working with both feet.

COACHING POINTS

1 - In the movement around pole players need to keep low to create a sharp change of direction, slowing down before accelerating towards the ball

2 - The weight of the pass to themselves needs to be coordinated with the time it takes to run around the pole

3 - Encourage the older or more advanced players to shoot first time, highlighting the importance of maintaining balance & keeping their head over the ball when shooting



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4-4-2 Diamond Phase One:

CB's and Diamond Midfield - Playing out from the back

Midfield rotation comes from opposite side.

Rotation comes to the ball

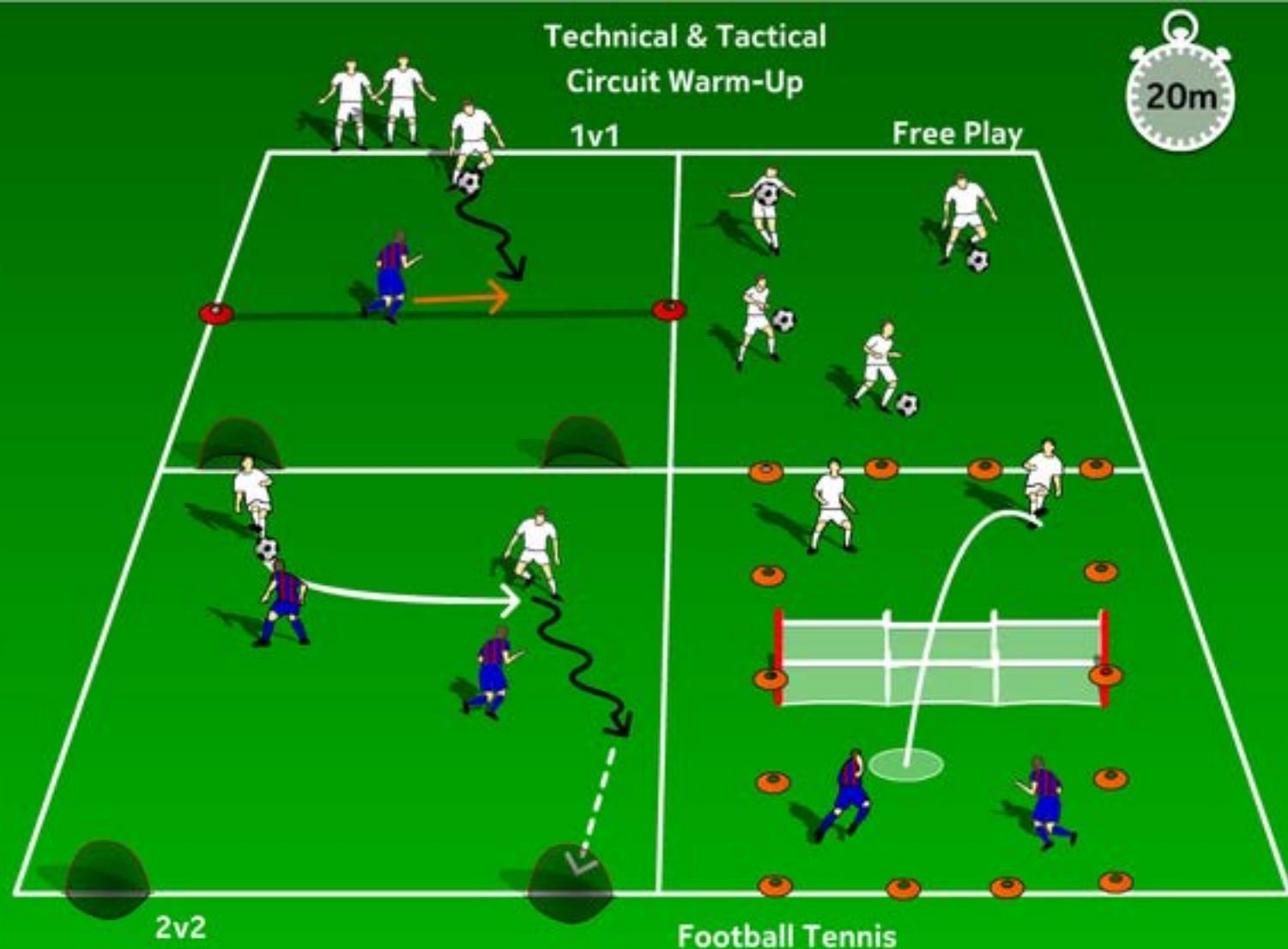
Must be constant communication between defenders, midfielders and combined blocks

Midfielders first option is back to ball playing defender; Second option is opposite defender

Defenders first option is showing midfielder; Second option is opposite defender

If ball is played to second defender flow of rotation changes

Midfielders should always have ball in their sight, never turn back on ball



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OBJECTIVE:

For the players to warm-up with free play or with technical aspects integrated into situations with competitive opposition. 5 minutes per section. Rotate players

DESCRIPTION:

- Section 1 - Players aim to dribble ball past their opponent 1v1
- Section 2 - Free play practicing technical ground or juggling skills
- Section 3 - Players play 2v2, with both teams defending 2 mini goals
- Section 4 - Again 2v2 as players compete in a football tennis match

COACHING POINTS:

- Section 1 - Get players to try different moves / feints to beat defender
- Section 2 - Coach can give specific juggling sequences or ground moves
- Section 3 - Quick accurate passing & creating space key to scoring goals
- Section 4 - Play one bounce or no bounce, depending on age & skill of players

Ghostbusters



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SET UP

Area: 30x30 yard square

Players: 12

Equipment: 10 balls

THE RULES

Inside the area 10 players have a ball while the two remaining players are the evil ghosts.

The players must dribble their ball around the area – they can move in any direction as long as they stay within the area – trying to stay away from the ghosts.

The ghosts attempt to tag the dribbling players. Once a player has been tagged they freeze and stand with their feet apart holding their ball above their head.

See how many players the ghosts can freeze in 1 minute. The quickest time to tag all players, or the most tagged when the time runs out, wins.

After each game nominate two new ghosts and restart with all players back in the game.

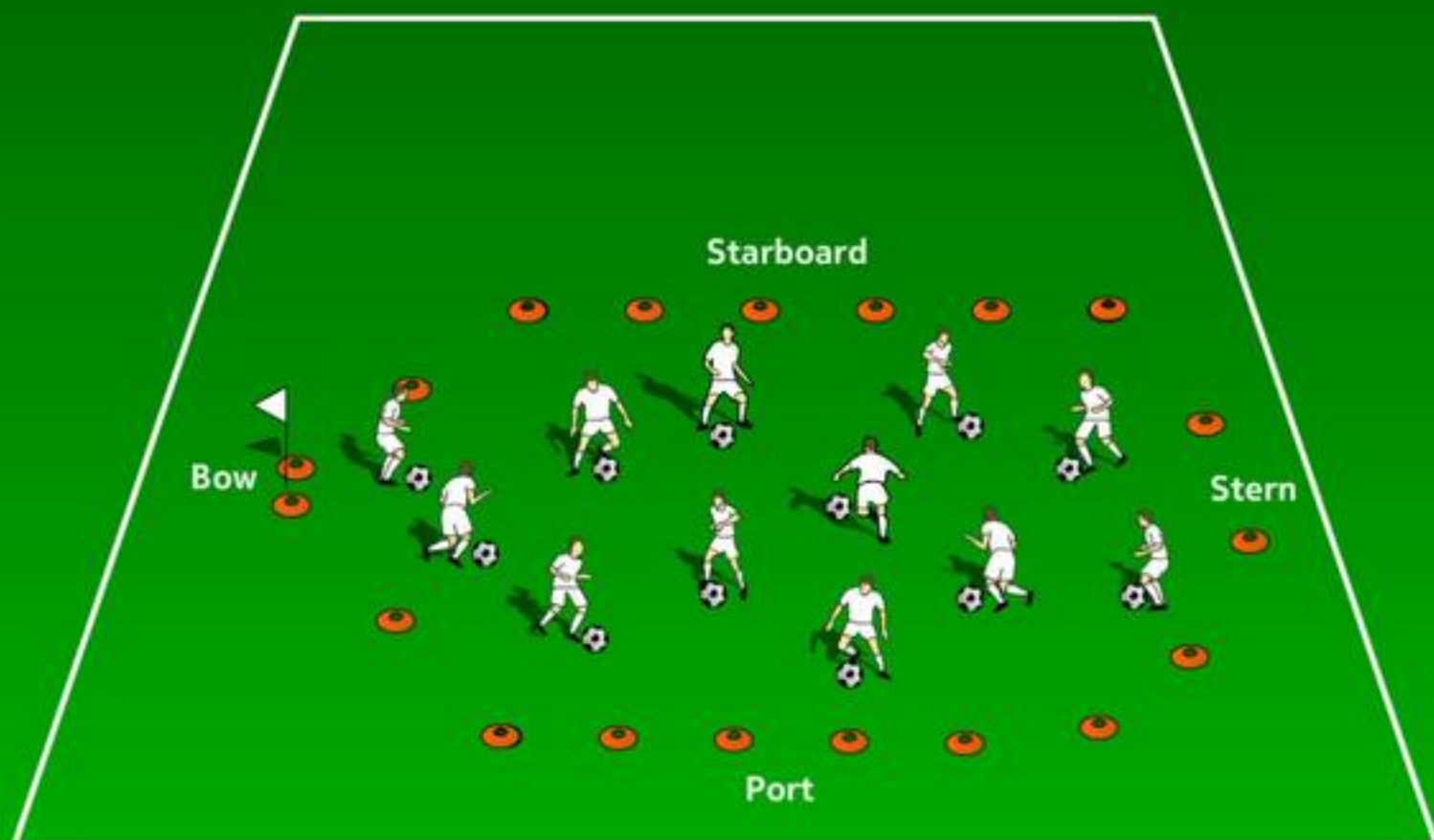
PROGRESSION

Allow free players to unfreeze tagged players with a nutmeg – playing the ball between their legs – which means the ghosts have to work harder to tag everyone. In order to be unfrozen players must shout out “I need a ghostbuster”.

Make it even harder by getting players to crawl through a frozen players legs after they have played the nutmeg

MAIN OBJECTIVES

Dribbling, close control, turning away from defenders.



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SET UP

Area: 50x40 yard area, shaped like a ship

Players: 12

Equipment: 12 balls

THE RULES

As captain of the ship, begin by telling your crew of pirates the names for each of the sides; Bow (front), Stern (back), Port side (left), and Starboard side (right). This acts as a little bit of education and a memory test. The pirates dribble around on deck and when the captain calls out one of the four names the pirates must dribble to that end or side. The last pirate to reach the side called has a small forfeit to undertake but nothing too nasty (5 or 10 star jumps for example).

PROGRESSION

Introduce some other skills to be completed on the captain's call.

"Scrub the deck" – control the ball using the inside of your feet, either static or moving.

"Climb the rigging" – do toe taps up and down on the ball as quickly as you can.

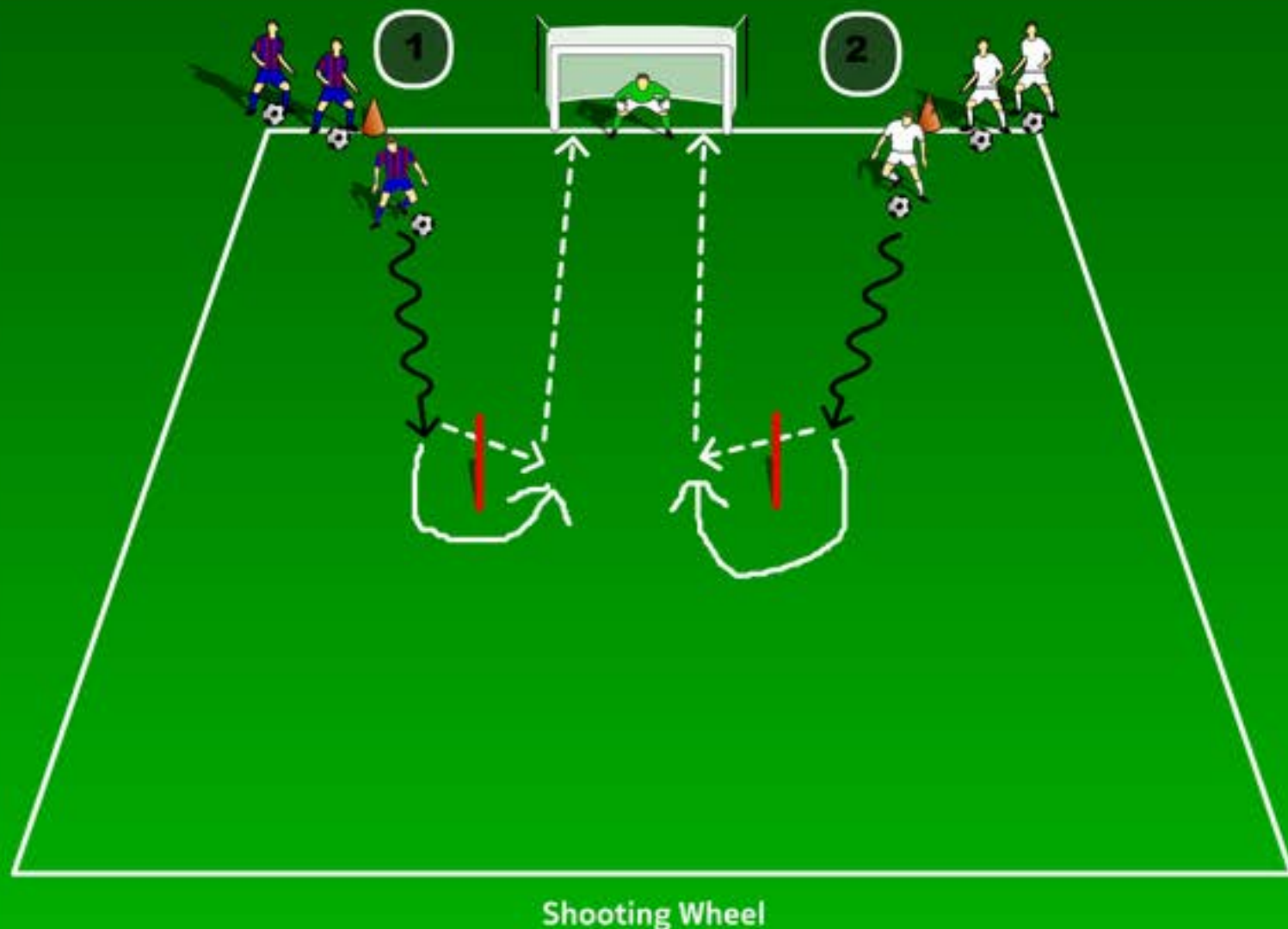
"Clear the decks" – try to flick the ball up and juggle it off of the deck as long as you can.

"Captain on board" – try to balance on the ball and salute the captain.

"Cannonball!" – hit the deck and lie down as quickly as possible to avoid the blast.

MAIN OBJECTIVES

Basic ball control, ball familiarity, changing direction.



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OBJECTIVE

To practice shooting when running onto the ball & turning in limited space

DESCRIPTION

The coaching poles should be 20 yards from the goal.

Players line up behind the cones in the corners of the goal-line. One at a time they dribble the ball up to the coaching pole where they play the ball slightly in front of it, then run around the pole to meet the ball.

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COACHING POINTS

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2 - The weight of the pass to themselves needs to be coordinated with the time it takes to run around the pole

3 - Encourage the older or more advanced players to shoot first time, highlighting the importance of maintaining balance & keeping their head over the ball when shooting