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## Defending Tech/Skill

1 v 1 to the end line. The defender starts with the ball and passes across to the attacker. As soon as the ball is played the game is live. If it goes out then start the game again.

### Progressions:

- Can start with only pressure (no tackling)
- Play as a ladder game to add fun/competition element to the game (winner goes up a group and losing player goes down a group)
- 2 v 2

### Key points:

- Jockeying technique
- Slow the attacker down
- Individual defending tactics (show onto weak foot etc)
- When to win the ball (after big touch, mistake etc)



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**Starter games/small drills - Some examples of games to use while players are arriving and quick drills. Small matches can be used as well.**

**1 - 1V1 with one player trying to pass the main ball to hit the ball off the cone. If the other player wins the ball then they become the attacker.**

**2 - Passing game where player have a gate each. They receive the ball through either the middle or one of the sides and then must take a touch and pass it back through another side. Game can be used to see who is the quickest passing group (first to 20 etc) or against each other (if you mis-control it etc then you lose a point/other player gets a point).**

**3 - Dribbling game where one player is the tagger and the other has to get away. They can't go in the triangle and must keep the ball with them at all times. Players swap when either tagged or after a time limit to see how many times they can tag someone in that limit.**

**4 - Keepy up game. Players have to work together to keep the ball off the floor but must have only 1 touch each first, then 2, 3, 4 etc as they keep the ball up longer.**

**5 - Tennis game. Tennis but with a football and in a small area.**



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## Defending Tech/Skill

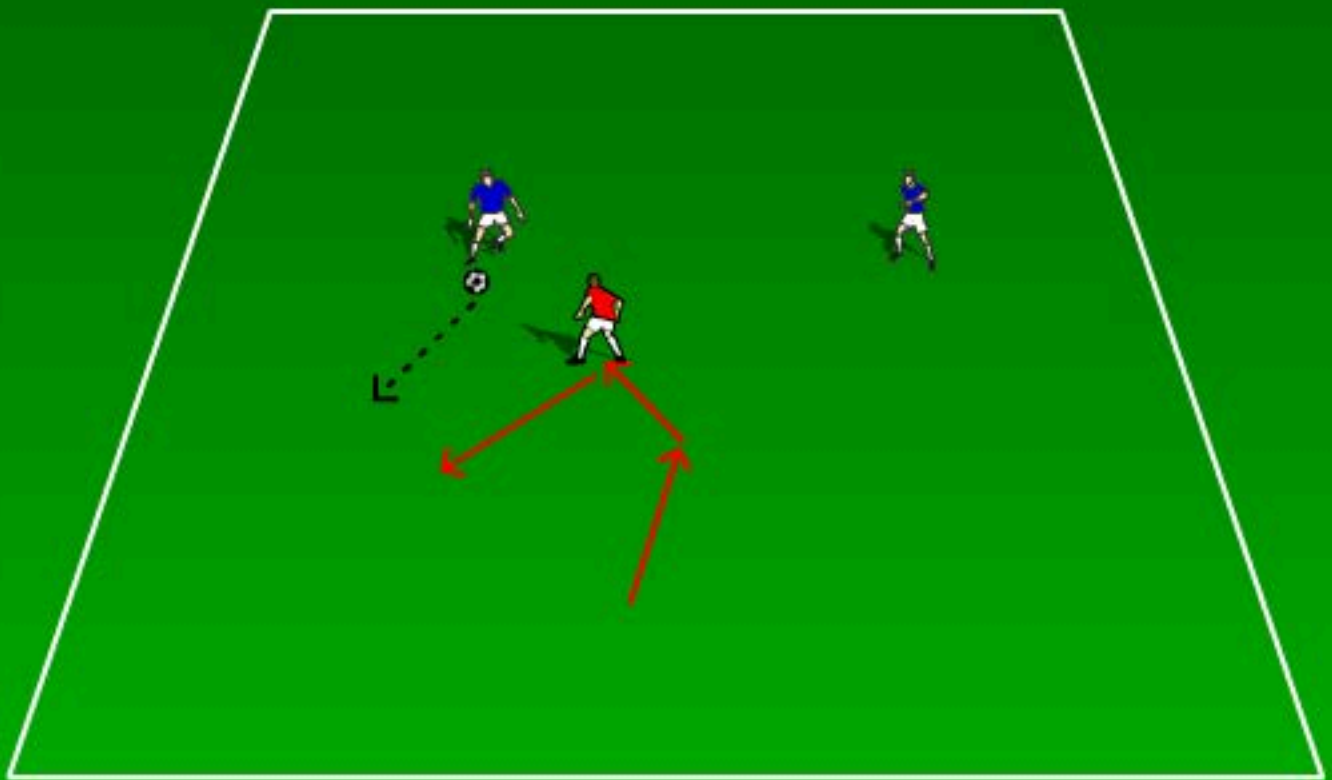
1 v 1 to the cone. Attack has to try and pass the ball to hit/knock over the cone. Defender has to stop them and win the ball to become the attacker.

### Progressions:

- Can start with defender only defending and not trying to win the ball (taking it in turns to see which attacker can get the most points)
- 2 v 1 to cone

### Key points:

- Defending technique (jockeying)
- Tactical points (show towards weak foot etc)
- Slow down attacker
- Stop attacker turning if facing the other way



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## Defending unbalanced Tech/Skill

1 v 2 to the end line. The defender starts with the ball and passes across to the attacker. As soon as the ball is played the game is live. If it goes out then start the game again.

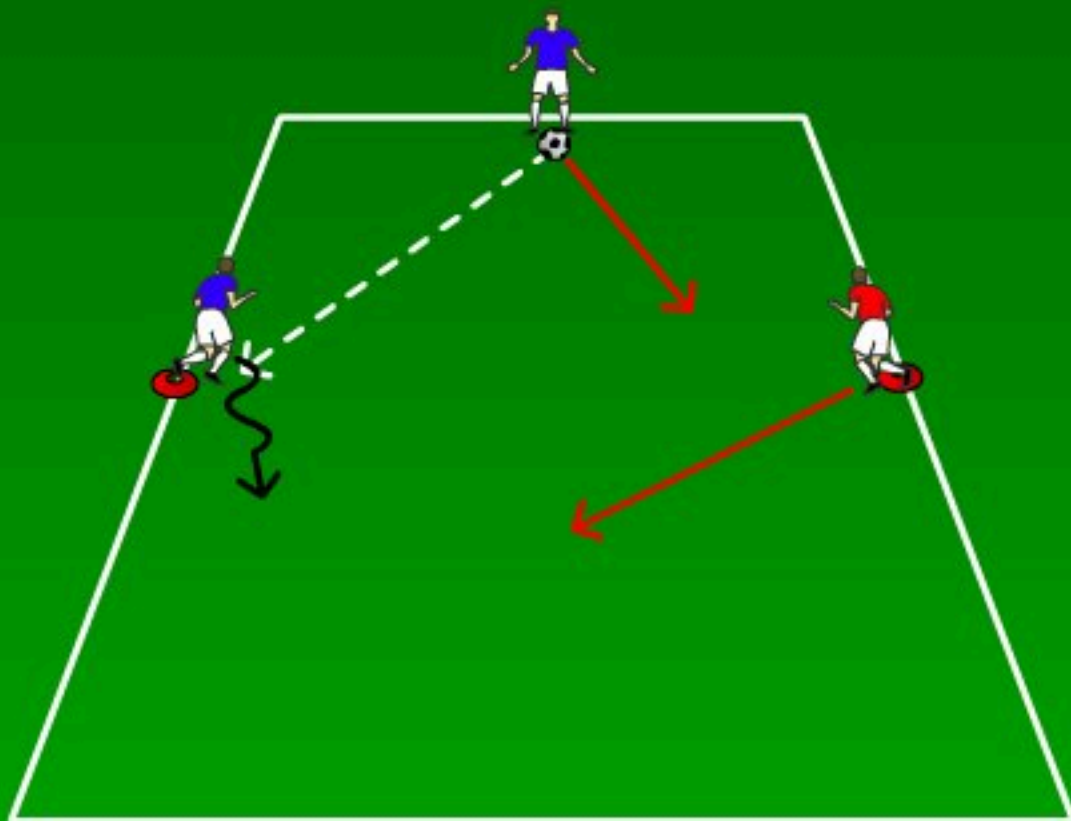
### Progressions:

- Can start with only pressure (no tackling)
- 2 v 3
- Add goals

### Key points:

- Jockeying technique
- Slow the attacker down
- Create 1 v 1 by showing the attacker away from the other attacker (cut off early by curving run)
- When to win the ball (after big touch, mistake etc)



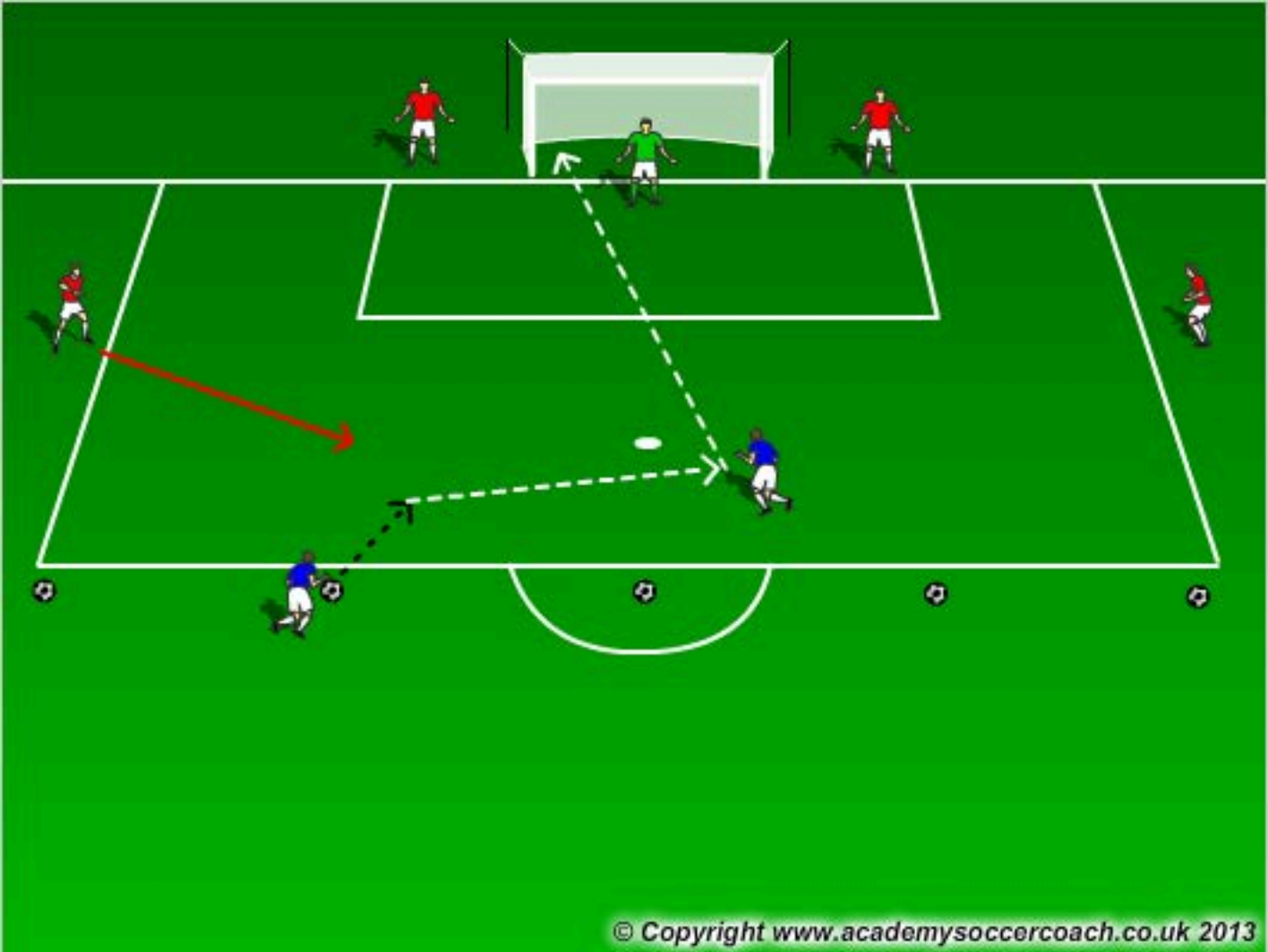


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## 2 V 1 - Passing/first touch/movement off the ball/defending

1 player stands with the ball at the end of the area. 2 players stand either side of the area about halfway. The player with the ball passes to one of the players. The player that receives the ball then becomes an attacker with the player that started with the ball. The other becomes the defender. The 2 players working together have to try and get to the other end while the defender tries to stop them. If the defender wins the ball then they have to dribble the ball out the area to score. Once one team scores or the ball goes out of play start again.

**Key points -** This session can be used for a few different topics but in general the defender needs to drop in quick and show the player with the ball away from the other player to create a 1 V 1 and not a 2 V 1. The player who receives the ball should keep their body open (so they can see the whole area. if the defender gets across quickly they can take their touch back or if not take a touch on their back foot down the line). The attackers should keep the ball moving but keep changing speed and direction on and off the ball.



### Shooting/Finishing - Tech/Skill

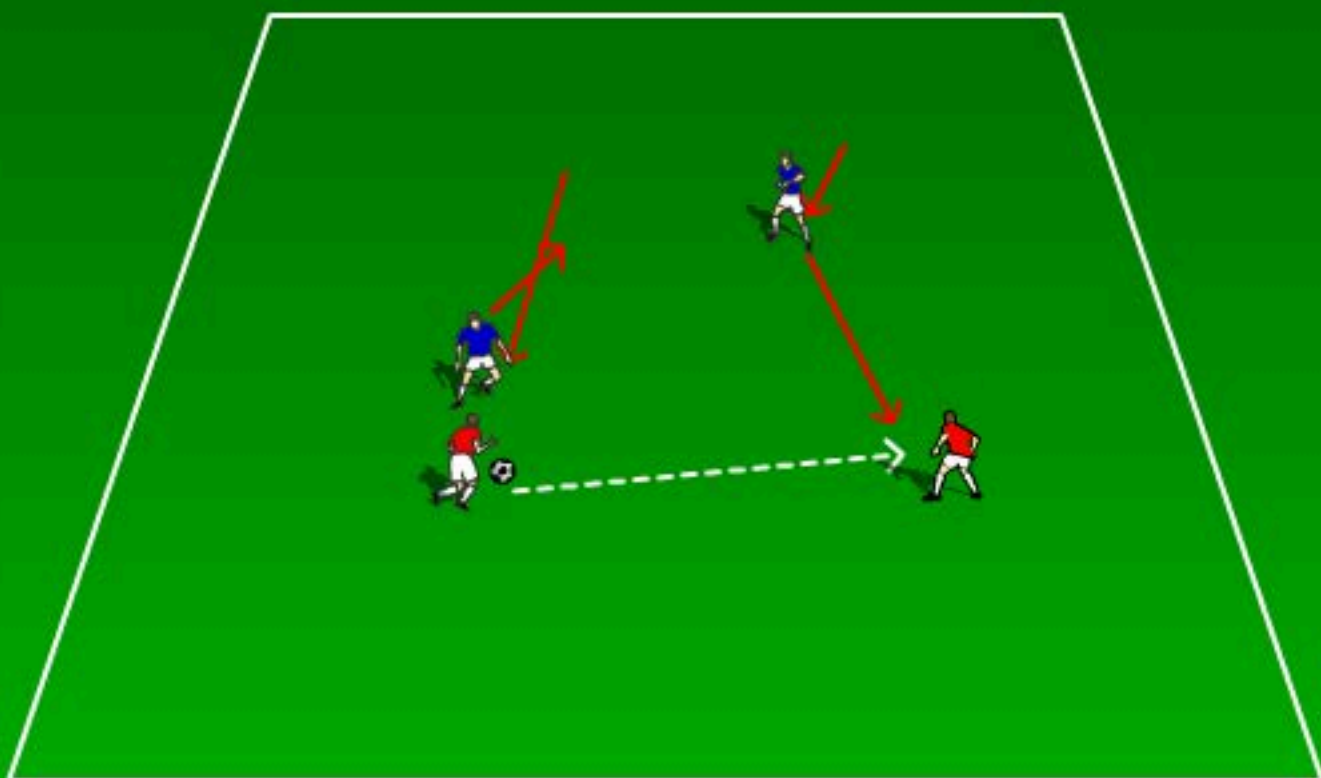
Two strikers have to score as many goals as possible from the five chances they get. The reds and the goalkeeper have to try and stop them and get the ball out of the area. Only one defender can come in at a time. Once that ball is used (goal, miss or tackle), that defender drops out the area and the strikers run and get one of the other balls. As soon as the strikers touch that ball then the next defender can come in. After 5 swap the attackers over and reset/repeat.

#### Progressions:

- Start with defenders only pressuring (no tackling) (tech)
- Add another defender

#### Key Points:

- Finishing tech
- Shooting tech
- Quick shots/passing
- Strikers movements (follow up shots, open up space for outside players to shoot, blindside runs etc)



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## Defending Tech/Skill

2 v 2 to the end line. The defender starts with the ball and passes across to the attacker. As soon as the ball is played the game is live. If it goes out then start the game again.

### Progressions:

- Can start with only pressure (no tackling)
- Play as a ladder game to add fun/competition element to the game (winner goes up a group and losing player goes down a group)
- 1 v 2
- 3 v 3/4 v 4
- Add goals

### Key points:

- Jockeying technique
- Slow the attacker down
- Better to show down the line (if defender can stop/slow the attacker 1v1) or show towards other defender (if defenders can stop/slow the attackers 2v2)
- When to win the ball (after big touch, mistake etc)
- Communication





## Defending Tech/Skill

**2 v 2 in the area with the defending team having a goalkeeper and the attacking team having 4 players to pass to on the outside. The attackers have to score while the defending have to stop them. Attackers have 5 goes to try and score, after this swap defenders and attackers over.**

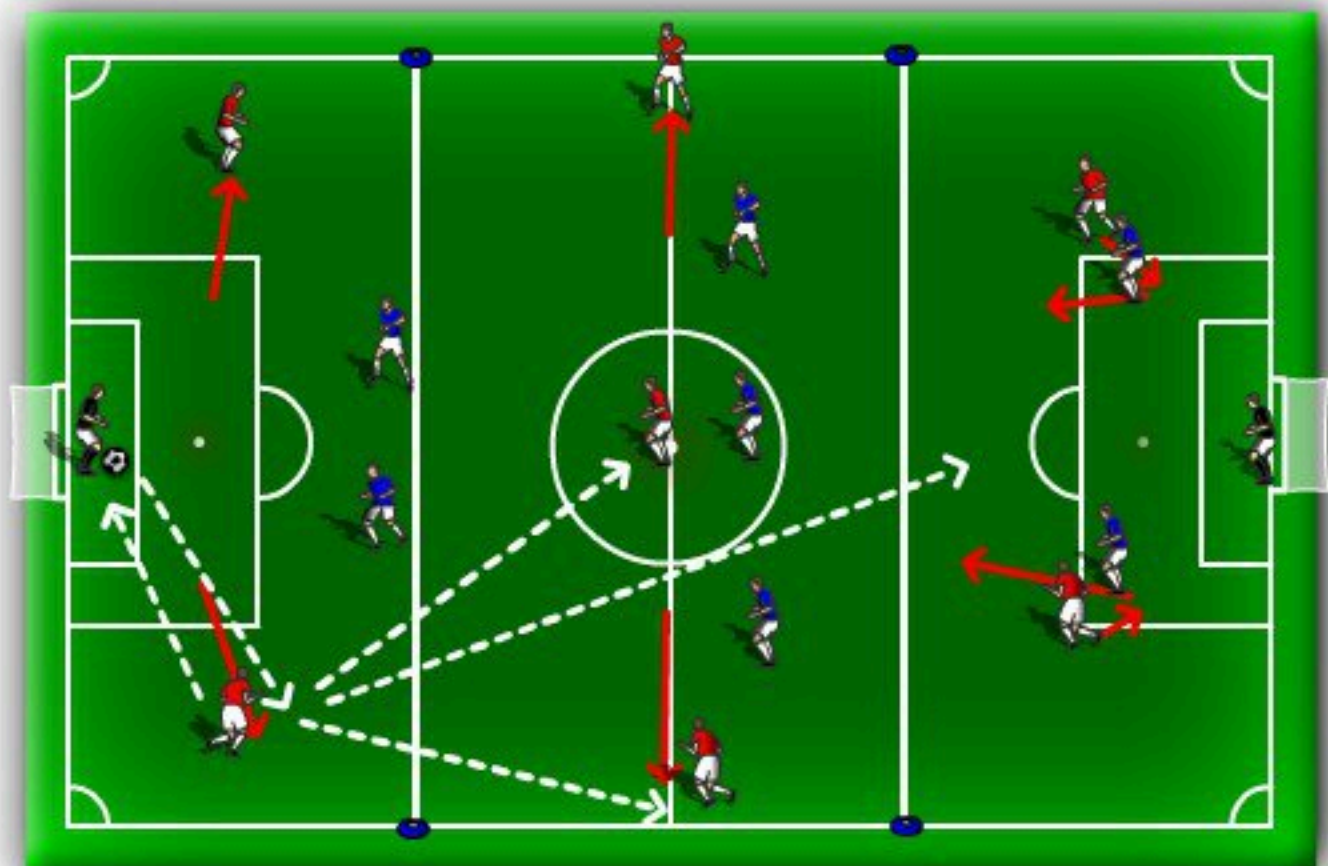
### Progressions:

- Can start with only pressure and blocking (no tackling)
- Can start with 1 v 1 in the middle
- Outside players can shoot
- Defending team have to play to a outside player to score a point

### Key points:

- Jockeying technique
- Slow the attackers down
- Think about where to show the attacker (towards/away from goal/other players)
- When to win the ball (after big touch, mistake etc)
- Communication
- Put high pressure on the attacker to stop them from turning and shooting
- In the penalty area/6 yard box the goalkeeper has to act as a third defender and be ready to come out to claim the ball

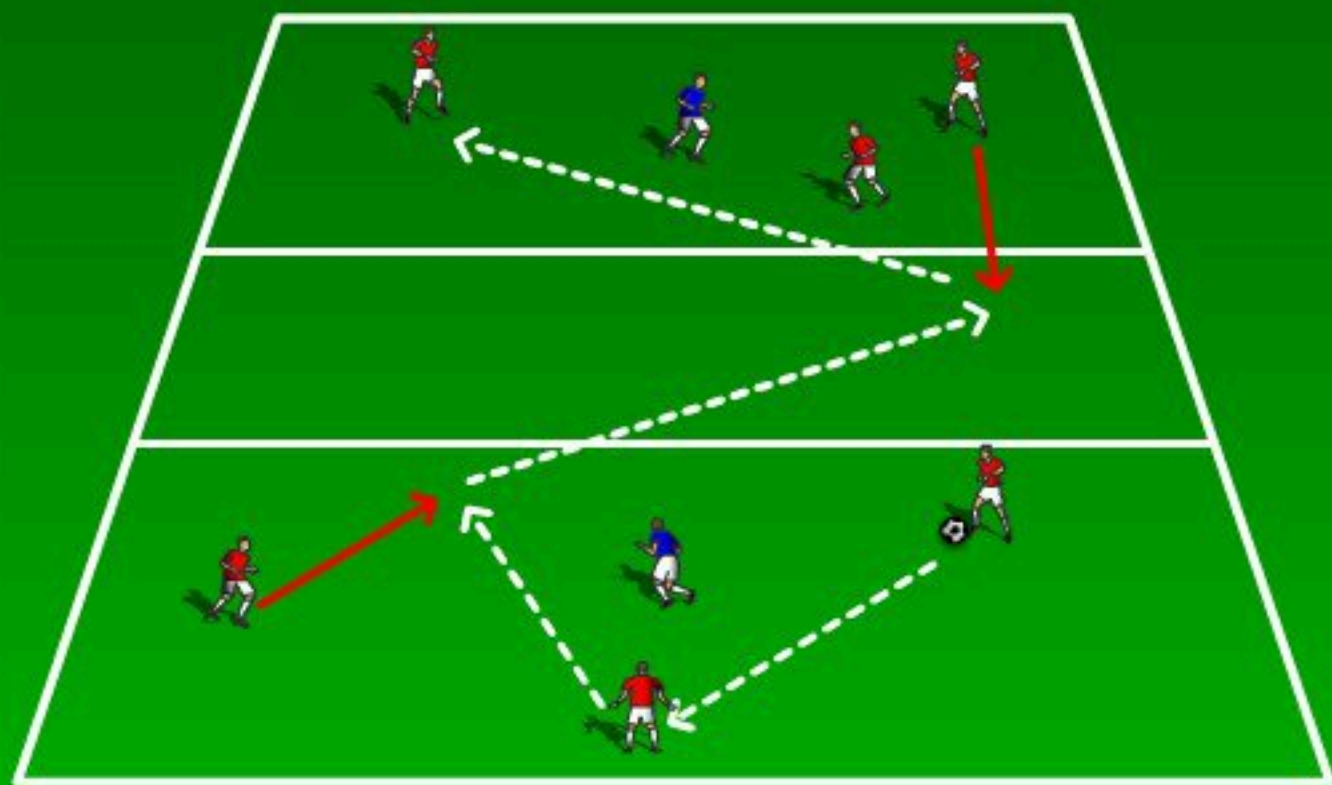




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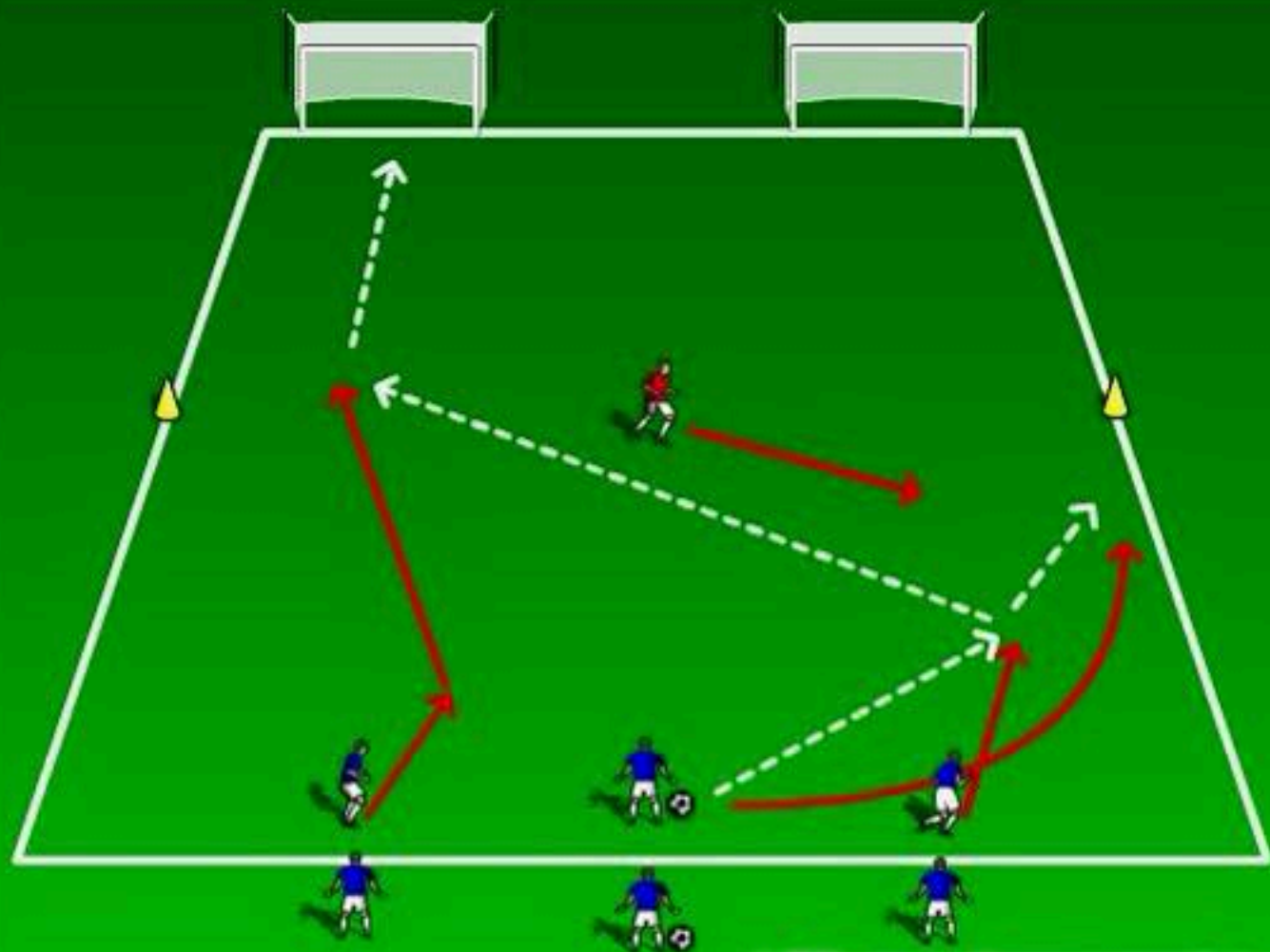
**Through the thirds game** - It is a normal game apart from players cannot exit their zone (defending zone, middle zone, attacking zone to start with). Through the thirds game is very useful for coaching certain points in games in regards to attacking principles or skill related subjects. For younger players it is great for getting them to understand shape and why it is important. For example helping a team keep possession by looking at what area they can pass the ball into (forward, side ways or backwards), looking at counter attacking and seeing if they can play straight into the other end, looking at playing out from the back (3v2 so only limited pressure) etc.

**Progressions/adaptions** - Change the formation in regards to what you are working on, add neutral players, allow player on the ball to move into different areas, allow the attacking team to move into different areas, allow defending team into different areas etc.



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**Zola zone - Movement off the ball - Red team has to make a few passes and then pass the ball into the other area to the rest of the red team. They can only do this by passing into the middle area first to a red from the other area. Other than this players cannot exit their area.** The player who receives it in the middle area can then either turn and play it into the area or bounce it back to then be passed across. This session can be started with no defenders and then add them in. Key points - keep on the move, trick the defenders by faking runs, make quick movements into the middle area at the sides to receive the ball on the back foot and open up (can see the whole area then), if a player receives the ball centrally in the middle area they should look to turn quickly if they know nothing is behind them or bounce the ball back at an angle, if they don't receive the ball in the middle area then they should get back out of there so they don't close the space down, look to play the ball quickly and shift in across the width of the area to pull defenders. Progressions - add more defenders, add more attackers, add offsides, add goals, allow attackers to make supporting runs, allow defenders to enter different areas etc.



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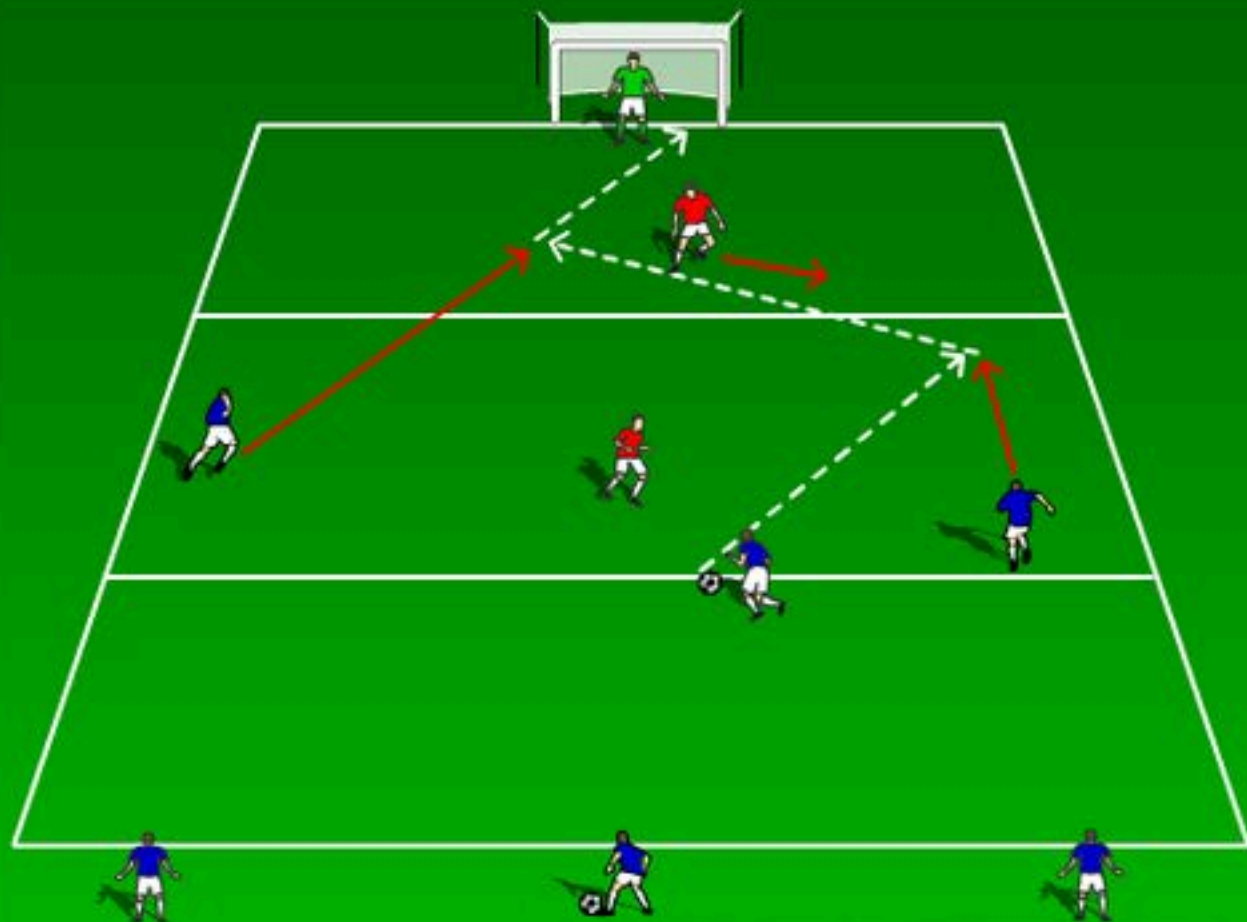
### Switching play (FA Level 2 Session)

**Part 1 (Technique)** - 3 v 1 with 2 goals at one end. The blue team have to get past the yellow cones (halfway) to then shoot. The red defender can only put pressure on and is not allowed to tackle. If the ball goes out of play or the red intercepts the ball then the next 3 go.

**Part 2 (Skill)** - Same as above but the red defender is now live and can tackle.

**Key Points** - Players without the ball should look to make movements into space/create space and call for the ball (For example in the picture one player makes a run that stays wide while the other makes an overlapping run). Make sure the players make angles for each other and don't make easy to read runs (run in a line towards goal). Players when on the ball should choose which pass to use for example lofted through ball behind defender, one-two down the line, driven pass across pitch etc.





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**Counter Attacking Tech/Skill (Can be used for switching play and other attacking sessions)**

Repetition circuit with the pitch split into three. The attacking team starts at the other end to the goal and attack with three players at a time. They have to break through the areas and score. The defenders are set up with none in the first area, one in the second and the final one with a defender and a goalkeeper. If the defenders win the ball they have to try and pass it to the next three attackers (should outside of the area) to score.

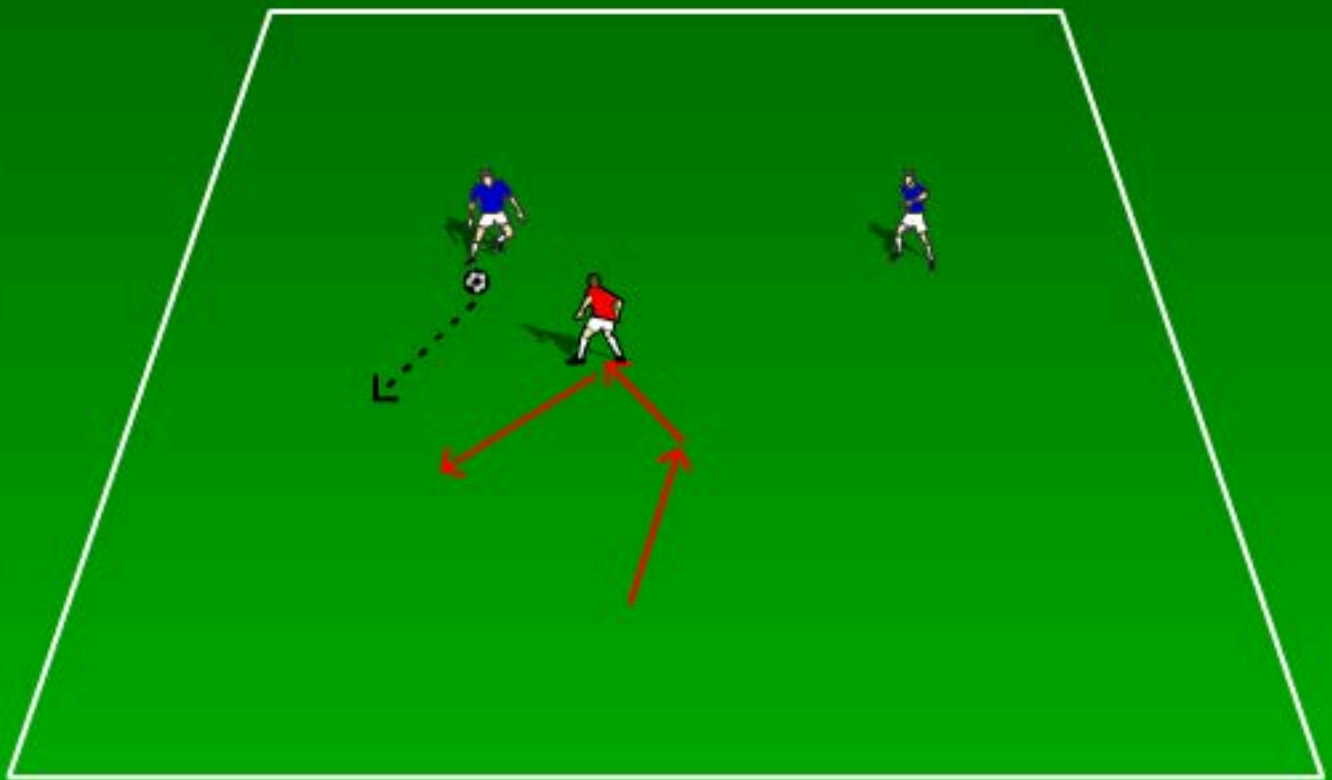
**Progressions:**

- Can start with no tackling to make it easier
- Add another defender
- Change the order of defenders (GK-2-1-0 formation)
- Time limit to score
- Add a defender that comes into play after 5 seconds (comes from where the attackers comes from, makes the attackers attack quickly)

**Key Points:**

- Quick decisions
- Act quickly
- Varied runs (not just straight for example curved, blindside, decoy run etc)
- Draw defenders out of position
- Make/Keep width and depth (don't commit one way and offer option to switch play)





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### Defending unbalanced Tech/Skill

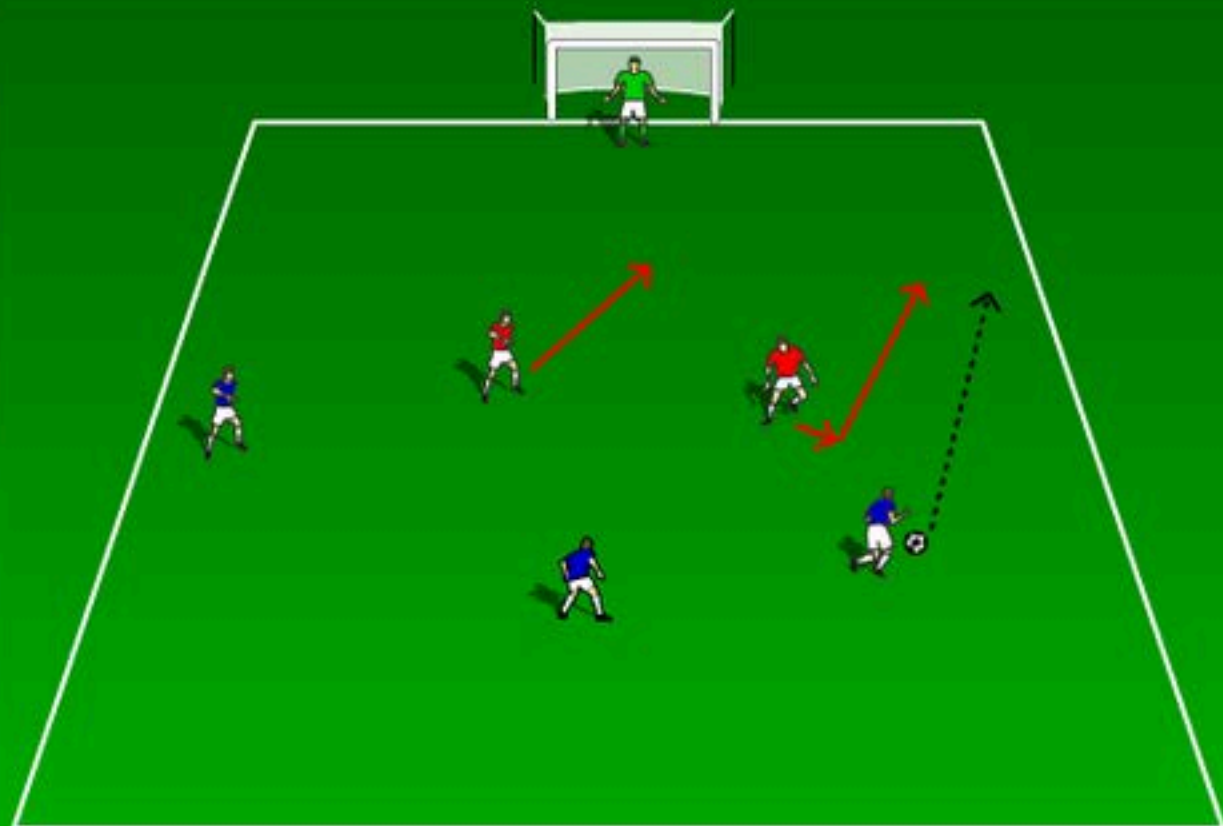
1 v 2 to the end line. The defender starts with the ball and passes across to the attacker. As soon as the ball is played the game is live. If it goes out then start the game again.

#### Progressions:

- Can start with only pressure (no tackling)
- 2 v 3
- Add goals

#### Key points:

- Jockeying technique
- Slow the attacker down
- Create 1 v 1 by showing the attacker away from the other attacker (cut off early by curving run)
- When to win the ball (after big touch, mistake etc)



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## Defending unbalanced Tech/Skill

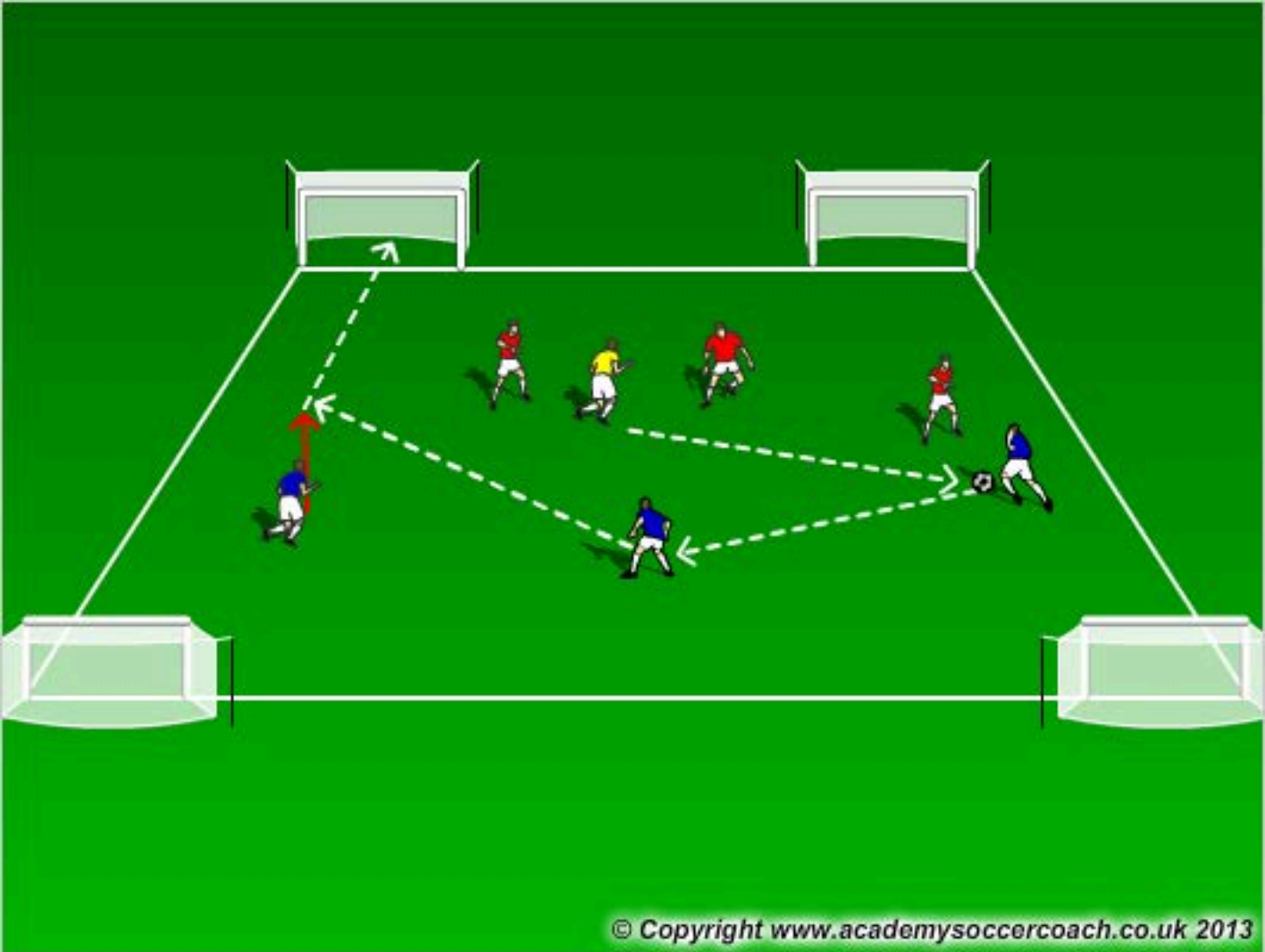
3 v 3 with the defending team having 2 defenders and a goalkeeper and the attacking team having 3 attackers. The goalkeeper starts by throwing the ball out to the attackers. The attackers have to score while the defending have to stop them to score a point. If the defenders can counter attacker and get over the attackers starting line then they get double points. If it goes out then start the game again.

### Progressions:

- Can start with only pressure (no tackling)
- Have a defender that starts on the attacker line who can only come in after 5 seconds of play
- Defending team have to play to a target player on the attackers starting line

### Key points:

- Jockeying technique
- Slow the attackers down
- Create 1 v 1 by showing the attacker away from the other attacker (cut off early by curving run)
- When to win the ball (after big touch, mistake etc)
- Communication
- If the ball is central, don't pressure too high as this will leave 1 option open, be patient
- In the penalty area/6 yard box the goalkeeper has to act as a third defender and be ready to come out to claim the ball



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## Switching Play Tech/Skill

Three vs three with one neutral. The teams have to score in the other teams goals that are placed wide on each side. At first there is no tackling, only intercepting and blocking.

### Progressions:

- Open up into a normal two goal game
- Add more players on each team/take away the neutral

### Key Points:

- Quick passing
- Width and depth (movement to open up angles, options wide and pivot players)
- Open up on back foot and play





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## Keep Ball

1 - 4V2 keep ball. If a player gives the ball away (gets tackled, passes to a blue or passes off the area) then they swap with one of the players in the middle.

2 - 3+3V3 keep ball. Two teams keep the ball away from another. What every team gives the ball away swaps with the team in the middle.

3 - 4+2GKV4 keep ball. One team keep the ball with the help of the GKs. the other teams try to win it and once they do score as soon as they can. OR team must get a certain amount of passes before they can score etc.

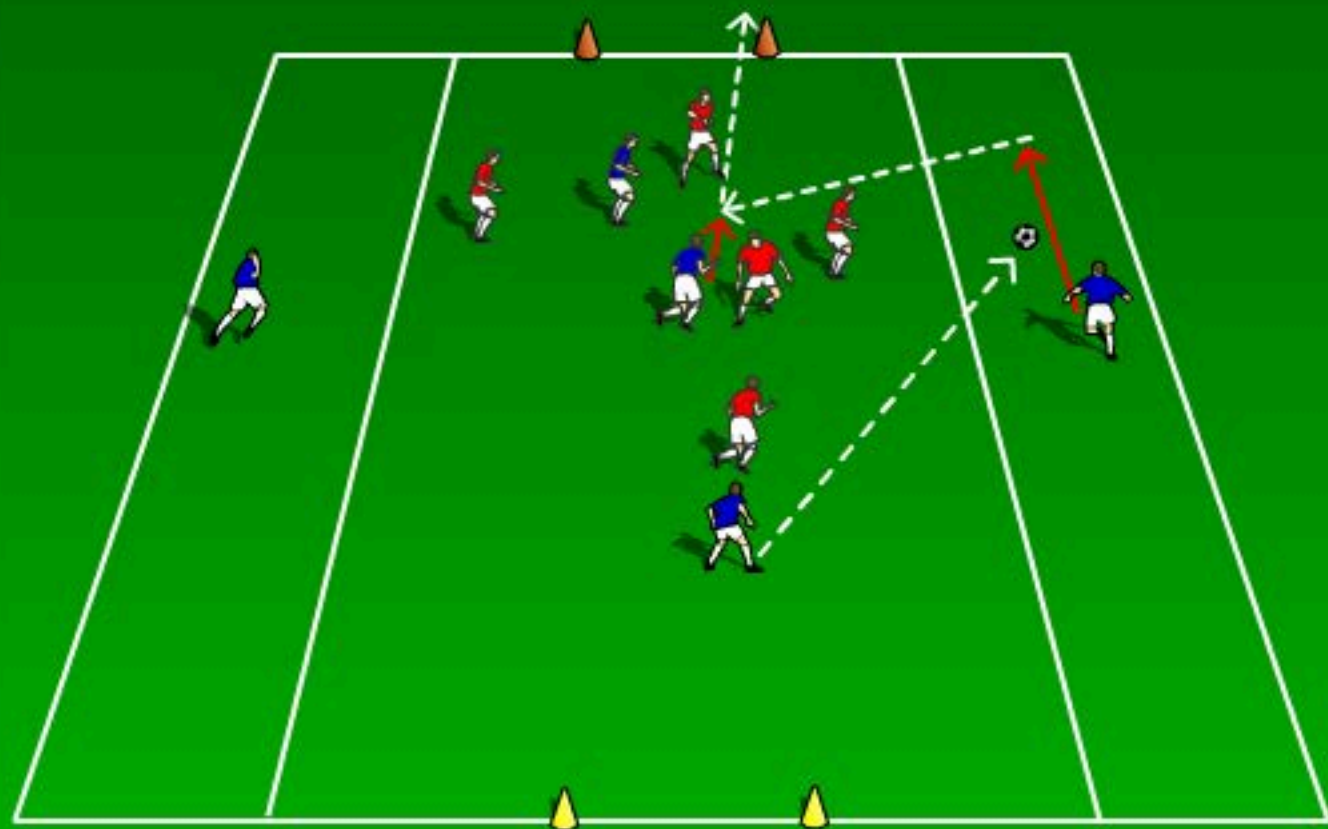
4 - Game with keep ball tactic. The 1-0 game. Once a team has scored 1 goal they can't score again therefore they have to keep the ball. If the other team scores it goes back to 0-0.





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**Through ball** - Red team have to play the ball forward either to the strikers who can turn with the ball and dribble through/can set it back or play it forward as a through ball for the strikers to run onto. To start with only the strikers can leave their area to the end area. All other players have to stay in their areas. The strikers area doesn't count offside but in the next area there is. If blues win it then they have to hit either of the goals that are off screen below. Key points - strikers movement should be looking for the ball through/over the top and to feet, strikers make feints to trick defenders, strikers use arm to push off/hold off defenders, strikers make runs along the offside line and then peel off as the ball is played to continue momentum, don't force the ball through, look for gaps, hit angles for the through as the strikers will normally be closer to the ball than the GK rather than a ball straight through, strikers should look to stagger the defence to allow gaps with players being onside the whole time (shown in picture above - notice how the striker has come forward, the defender has follow creating a staggered defence and then the striker has span off as they have laided the ball back giving them a couple of yards advantage over the defence). Progressions - Allow defenders to drop back into the other area, allow all players to go anywhere (looking for through balls to the wide players more), add more defenders.



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### Using width (attacking organisation and attacking transition)

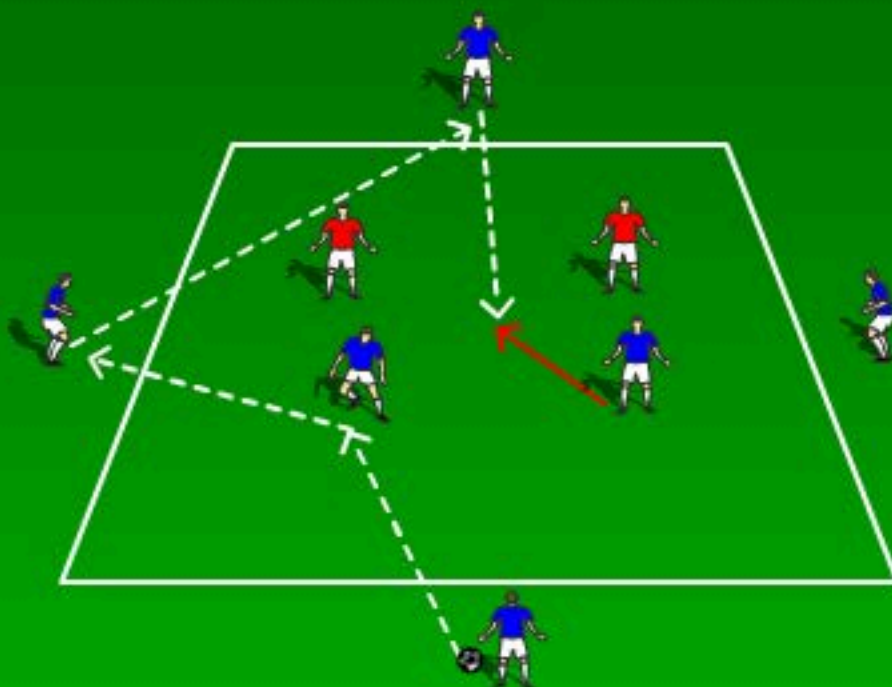
Attacking team must fill all 3 channels in order to score. Defending team are only allowed in the central channel. On the transition, the teams switch roles.

#### Progressions:

- Defending team can go anywhere.
- Can use a neutral before to create either a over or under load.

#### Key Points:

- Get width and depth quickly after gaining possession of the ball.
- Technical points (open body, touch on back foot, drive on first touch, add disguise etc).
- When to drive forward and when to switch play (either from central or wide)



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## Passing Tech/Skill

4 blue players on the outside with 2 in the middle. There are 2 defenders in there as well. The blue have to keep the ball away from the defenders. The defenders can't tackle the players on the outside. The defenders have to win the ball and dribble out the area.

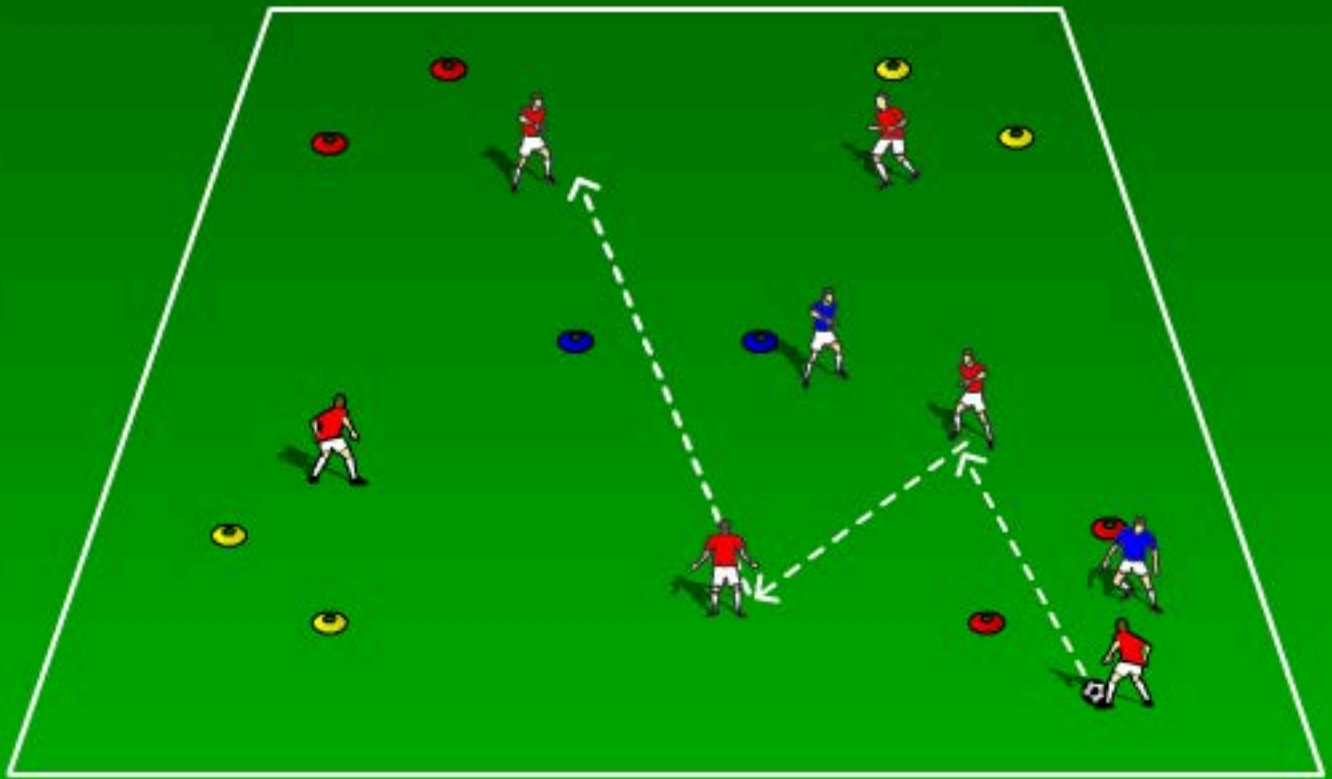
### Progress:

- Have 2 outside players as targets
- The outside players are neutral so it's a continuous game

### Key points:

- Communication
- Quick passing
- Movement from the middle players (angles, not preventing other options)
- Passing back to keep possession





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## Passing Tech/Skill

Red team have to keep the ball away from the blues while trying to score through the goals. If the blue defenders win it they have to dribble out of the area to score (or swap out).

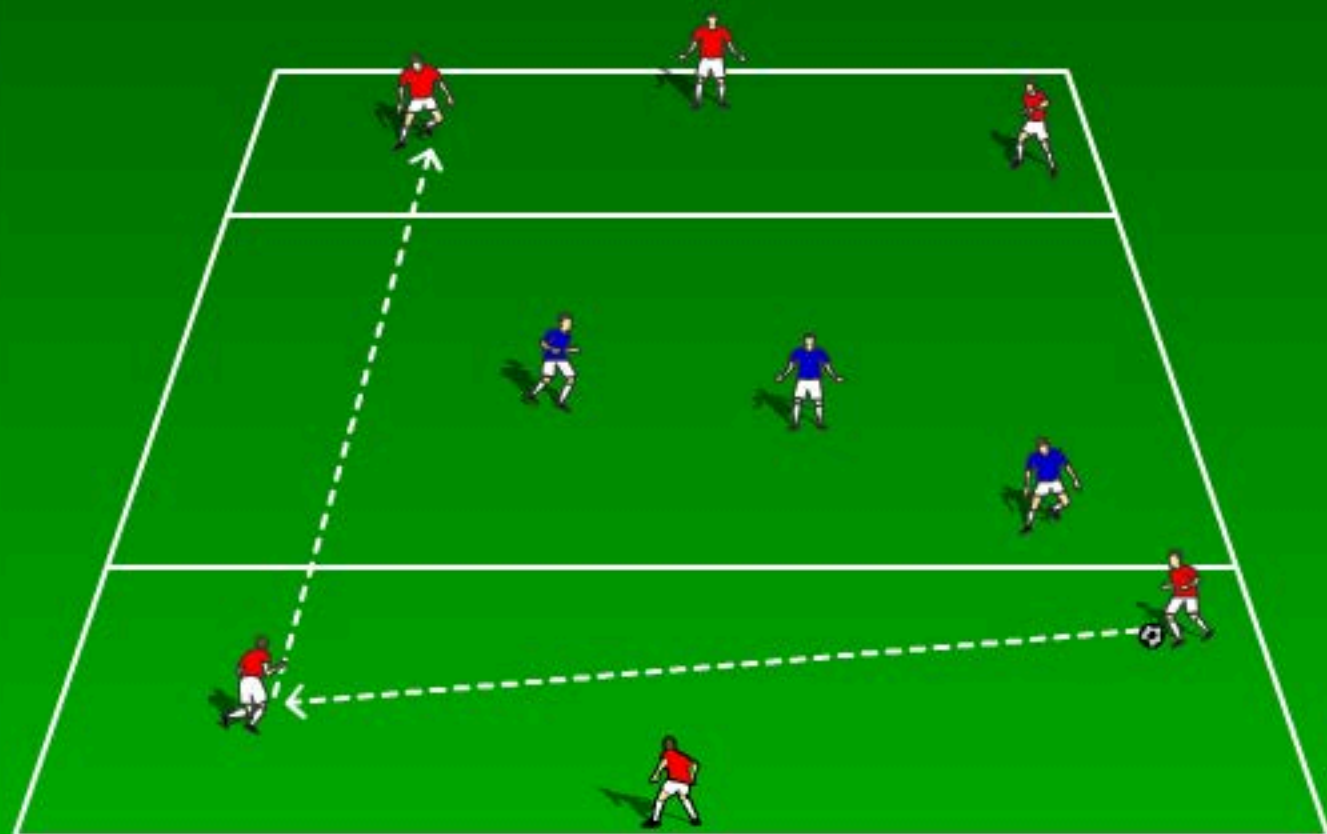
### Progressions:

- More defenders
- Once a goal is scored in, that goal cant be scored in again

### Key points:

- Communication
- Quick passing
- Spread out
- Draw defenders in
- Different passes (reverse, short, long, in the air)





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## Passing Tech/Skill

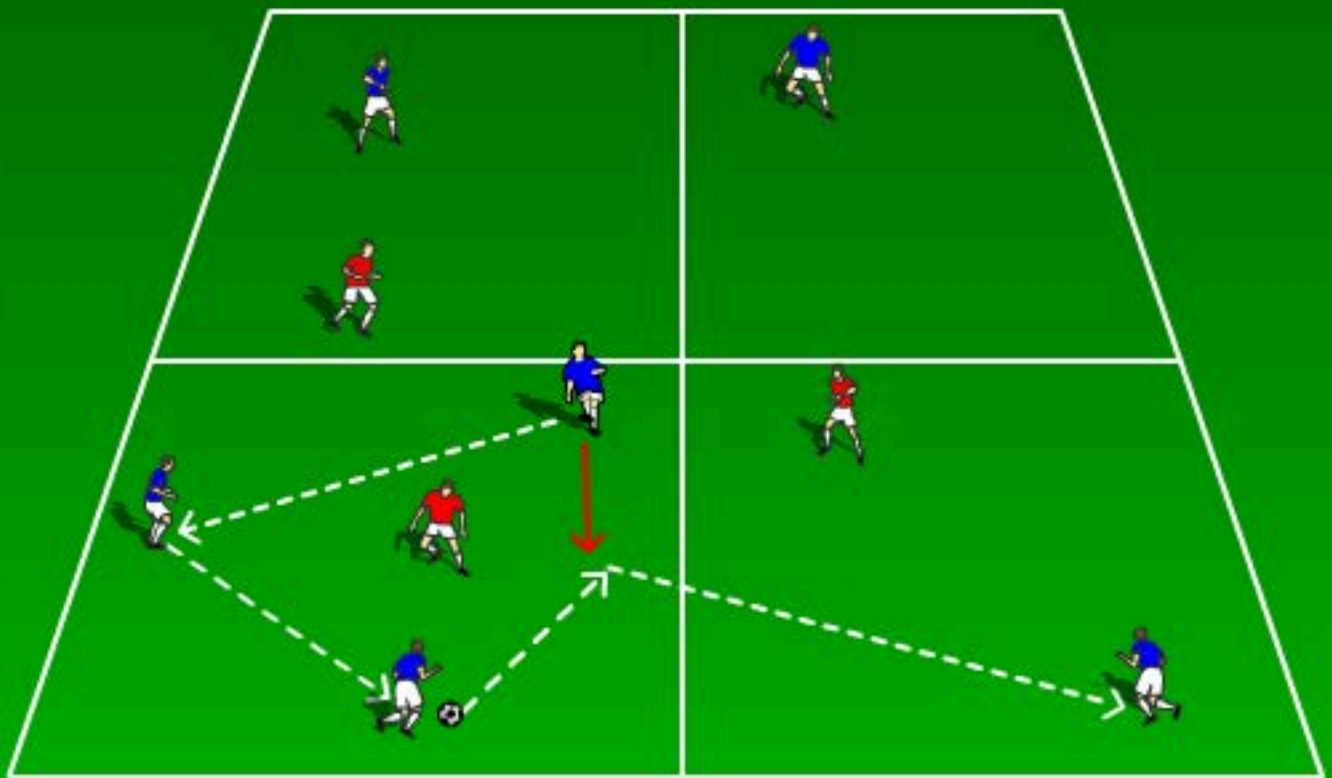
Outside teams have to try and pass the ball from one side to the other to score a point. The middle team have to try and block/intercept the pass to get a point. Players are not allowed out of their zones. Swap teams and repeat.

### Progressions:

- If one team loses the ball then they go into the middle. The team in the middle after a time limit loses
- Middle team can send one player into the outside zones to try and tackle/win the ball

### Key Points:

- Passing tech (short and long)
- Quick choices
- Making angles
- Look for gaps
- Communication
- Don't force it/panic



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### Possession (can be used for many session topics)

Area split into four with two teams. The blue team has six players and have to try and complete three passes in one area to score a goal. They can pass into any area and move freely between areas. The red team have three (half of the other team) and have to win the ball. They get a goal each time they can pass it to each other.

#### Progressions:

- Add defenders
- Smaller area

#### Key Points (depending on the session topic):

- Quick passing/movements
- Once area is crowded play into another (switch play)
- Passing combinations
- Disguised passing/movements/touches



## Finishing From Crosses

Blues have to get the ball into the wide areas to then cross and finish. Red team have to prevent them from doing this but are not allowed in the wide areas. If the red team wins it then they try to score in one of the goals on the half way line.

### Progressions:

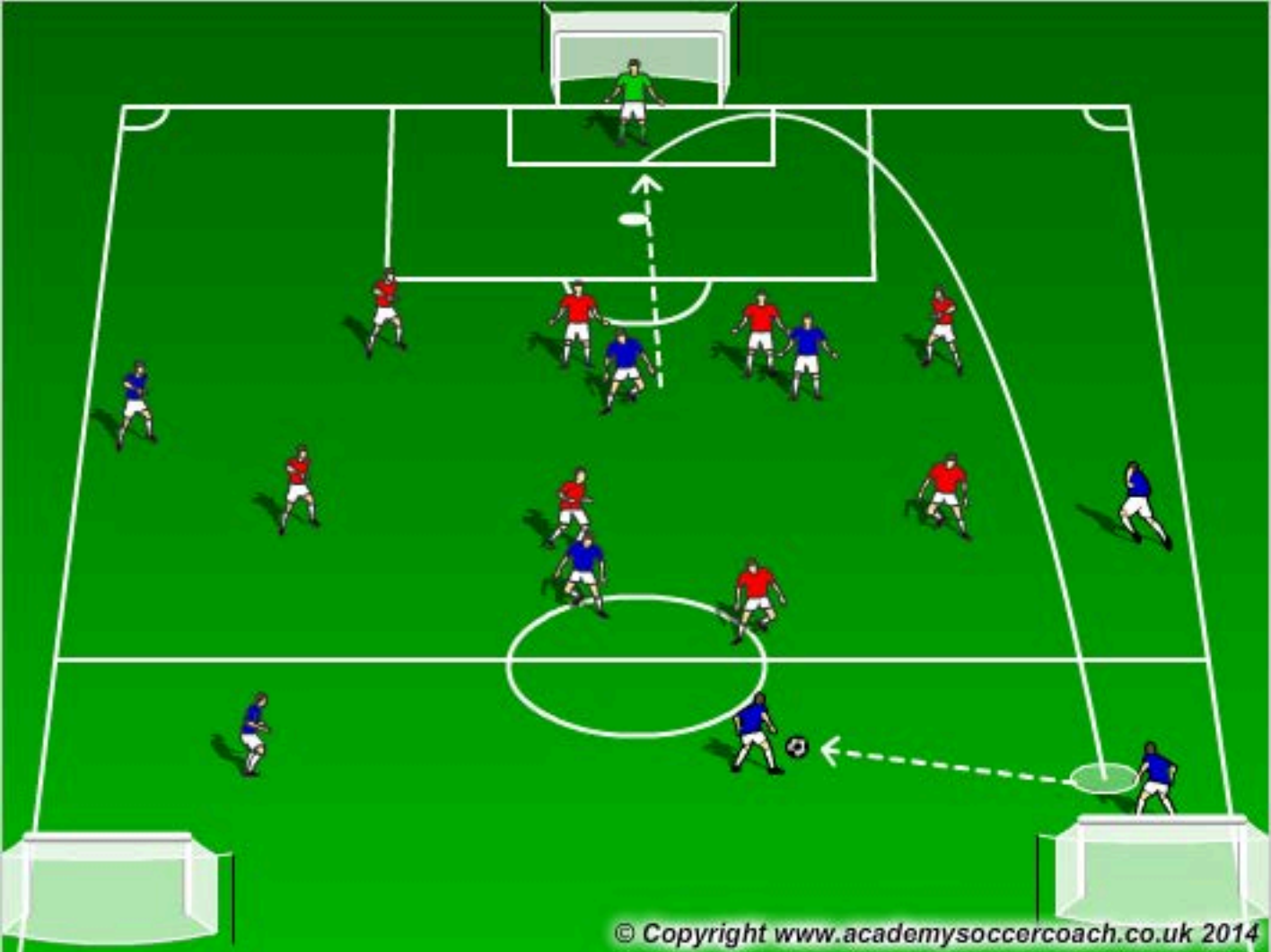
- Reds can go into the wide area once the blue player has taken a touch in there (or entered the area).
- Reds can go anywhere.
- Add 2 fullbacks for the blues and 2 wide midfielders for the reds.

### Key Points:

- Have width and depth.
- Try to get the ball into the wide area using different methods (dribble in, passed in to feet, through ball, ball over the top).
- Use different types of crosses depending on the situation (early cross, late cross, cut back, driven, lofted, inswing, outswing etc).
- At least 3 players enter the area with one at the front post, one at the back at one near the penalty spot.
- Movement should be done to run onto the ball, don't make the run too early.







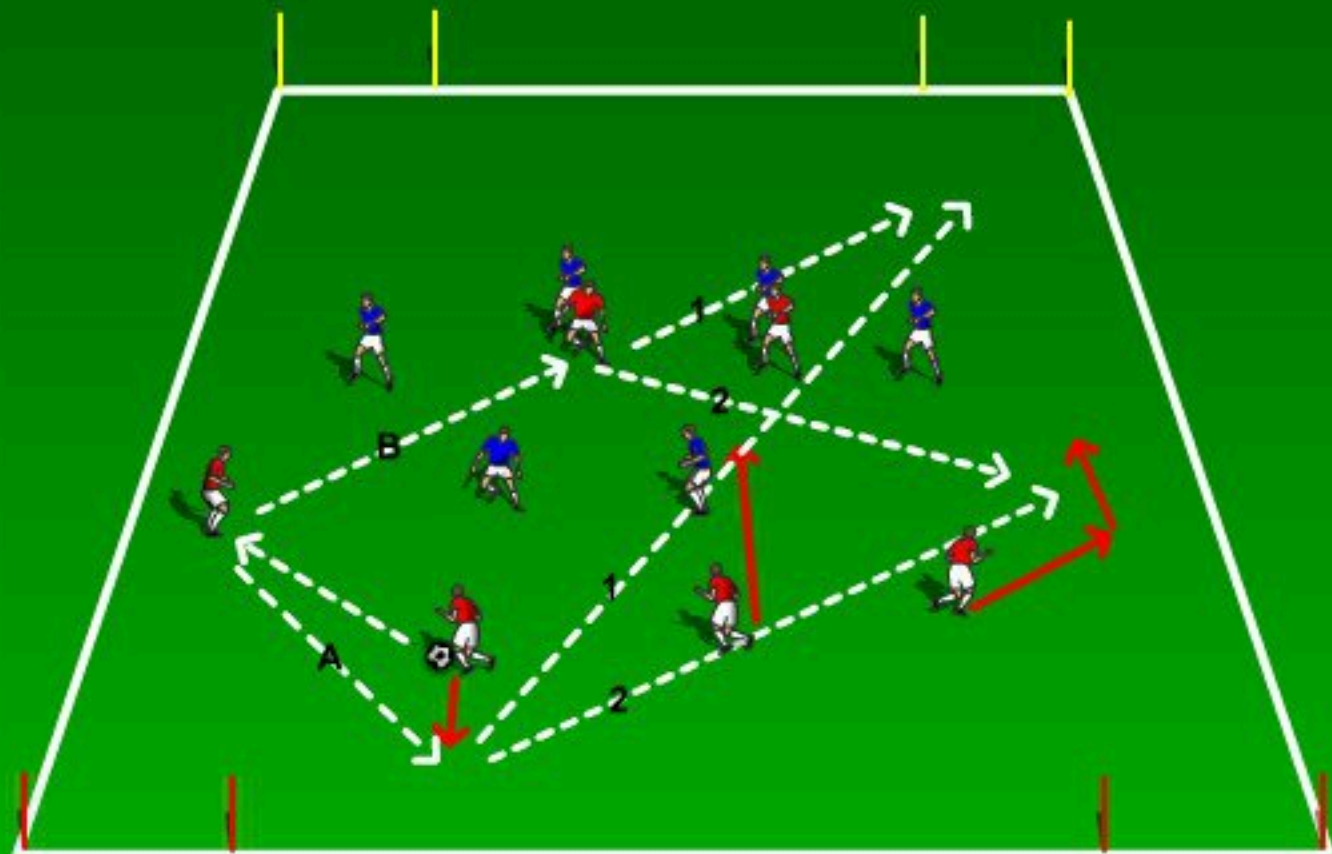
### **Defending Phase of Play (defence and midfield)**

Blues have to attack in a 2-4-formation (2 wing backs, 4 midfielders and 2 strikers) and score in the main goal. The reds (in an 4-4 formation) have to defend the main goal and attack the two other goals. Have a starting point, for example, a blue striker takes a shot and then the red goalkeeper takes a goal kick that goes to one of the blue wing backs.

#### **Key points:**

- Pressuring and covering
- Marking players
- Compactness
- Defenders stand side on (on the half turn) just in case ball is played over the top
- If there is pressure on the ball then defenders should step up (no chance of ball over the top/through) and vice versa
- Defending line (how much the defending team is pressing)





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**Creating and exploiting width - Red team score by passing into one the 2 goals while the blue team try to stop them. If the blue team wins the ball or red play it out then blues have to try and score in the reds goal. The 6 players should try to keep in an formation realistic to the game (4 defenders and 2 CMs or 4 midfielders and 2 strikers).**

**Key points - If the ball is with one of the wide players then the closest CM should drop and support, the other one should make a blind side run, the strikers should make different movements but not come into the wide players space and the other wide player should remain in a wide position (not too high up the pitch). Once the other team has closed down the space on that side then look to switch the ball by either setting it back and passing across, into the strikers to play across or a lofted ball to the other side. Look to play either behind the wing back to the wide player (1) or to the wide players feet (2). If a 1v1 is on then try to take it past the player either down the line or central, drive at the defender to keep options open or if there is enough then go for those option straight away. Other players should not come in to the wide players space. Look to repeat the movements from above (strikers make different movements, closest CM supports, furthest makes blind side run etc). If the option to play forward is not on then play across again. Do not force play.**



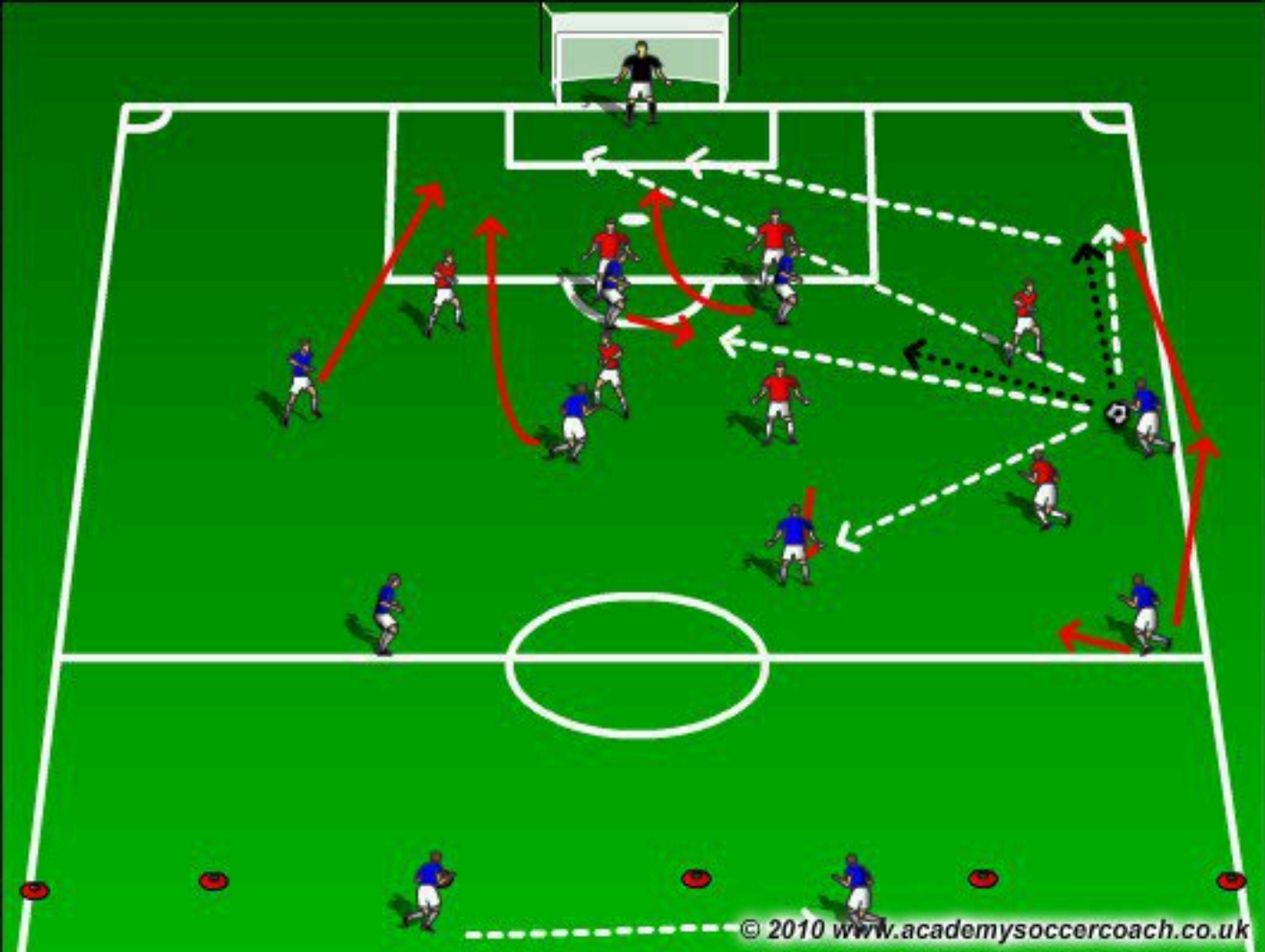




**Phase of Play - Passing into feet (Picture 2):**

**KF = Width, Depth, Mobility, Strikers look to play high and create space, RM/LM play high and wide, RB/LB play wide and deep, CM's to create space.**

**Picture = Ball passed into CM and depending on how much space/where the defender is, take a touch either back or to either side. On all options make sure the right movement from all players.**



**Phase of Play - Passing into feet (Picture 2):**

**KF = Width, Depth, Mobility, Strikers look to play high and create space, RM/LM play high and wide, RB/LB play wide and deep, CM's to create space.**

**Picture = Ball with the RM on wing. RM either Dribbles down line to cross or cuts inside to shoot/cross. RB does a under/over lap if possible, Strikers look to either receive the ball to feet or behind the defenders, Closest CM drops/holds so he doesnt cut off options, Far CM and LM make runs into area ready for cross. LB holds in case attack breaks down.**





### Finishing from crosses (FA Level 3/UFEA B) (Phase of play)

LB makes a overlapping run and the LM plays a through ball to them. They then cross the ball in (lofted, driven, front post, back post, middle, flat, in front of players, backwards, early etc). 2 strikers make movements towards goal but make different movements first. The far CM makes a blindside run towards goal. The RM makes a run towards the far side of the area.

**Key points -** Don't make the runs too early/too late, blindside (running the other side to where the ball is. The defender struggles to see the player and the ball), decoy runs, look to make contact with the ball while moving towards goal (the momentum will take the ball in the direction the player is going if enough contact is made) and quality of cross (as written above, the different crosses).

## 1 TECH



## 2 SKILL



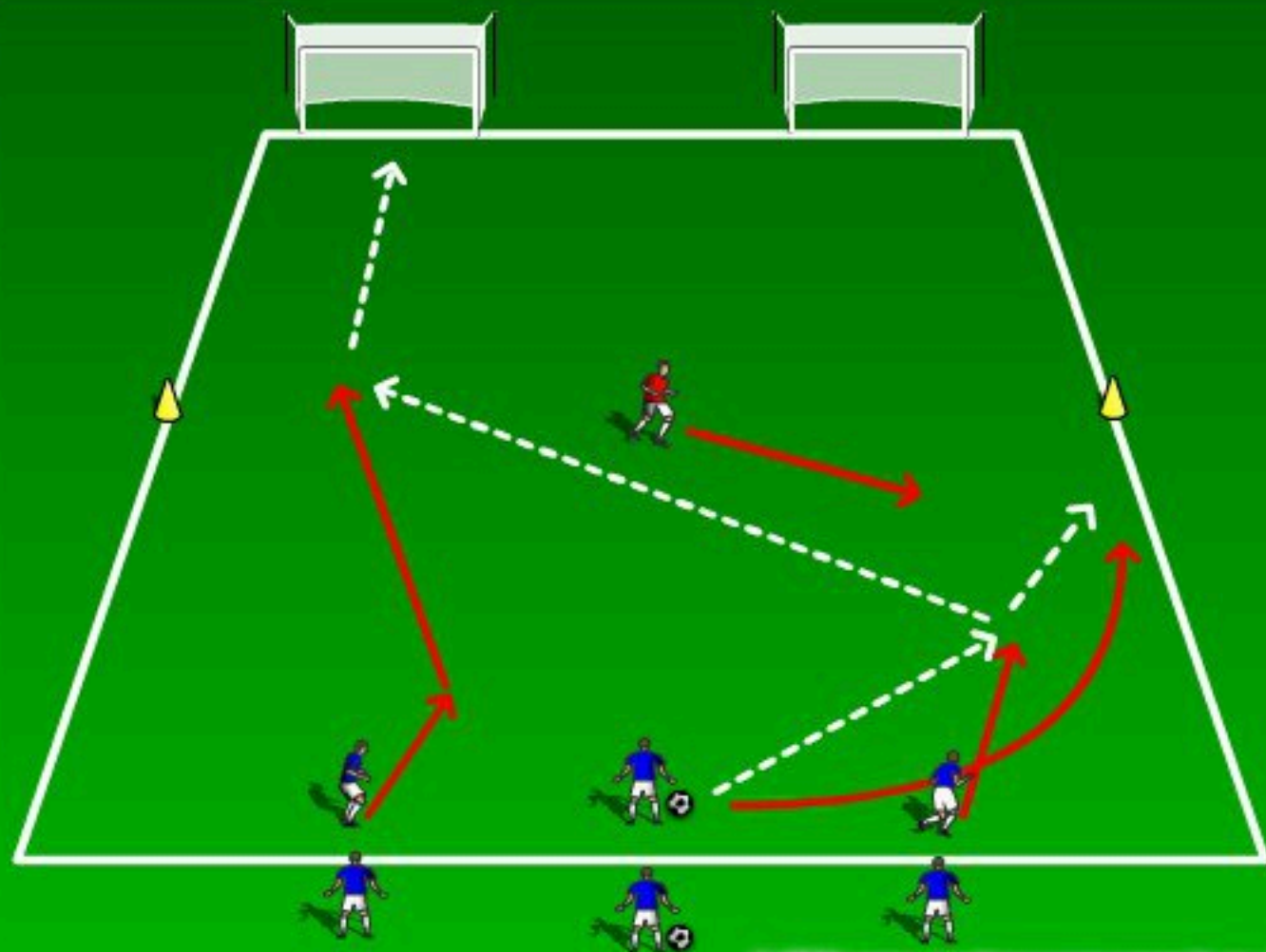
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### Ball control (FA Level 2 Session)

**Part 1 (Technique)** - In pairs, players pass the ball to each other looking to touch away from other players and poles (acting as defenders).

**Part 2 (Skill)** - 2 pairs play against each other in the middle. One pair will start of the attacking team and have to try and get the ball from one side of the circle to the other. Each time they do this they get a point. If the other team wins the ball then they turn into the attacking team.

**Key Points** - Use inside and outside of the foot, disguise where you are going, sprint away from defender after touch, first touch into space, different turns you could use.



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### Switching play (FA Level 2 Session)

**Part 1 (Technique)** - 3 v 1 with 2 goals at one end. The blue team have to get past the yellow cones (halfway) to then shoot. The red defender can only put pressure on and is not allowed to tackle. If the ball goes out of play or the red intercepts the ball then the next 3 go.

**Part 2 (Skill)** - Same as above but the red defender is now live and can tackle.

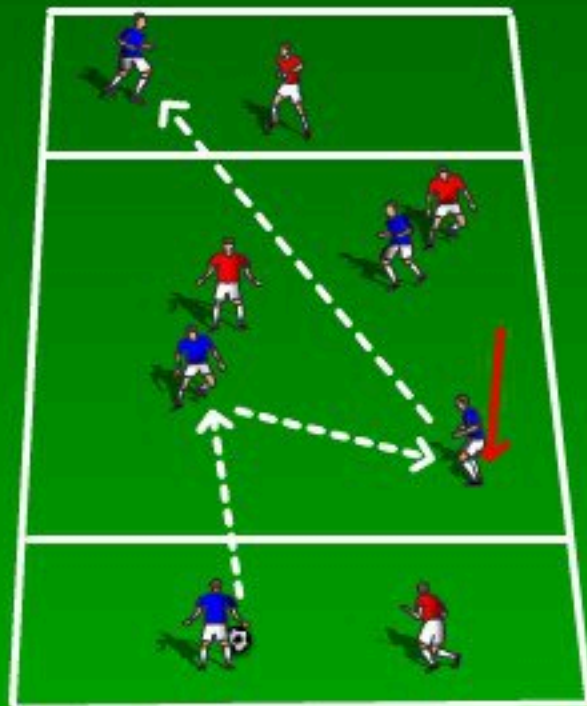
**Key Points** - Players without the ball should look to make movements into space/create space and call for the ball (For example in the picture one player makes a run that stays wide while the other makes an overlapping run). Make sure the players make angles for each other and don't make easy to read runs (run in a line towards goal). Players when on the ball should choose which pass to use for example lofted through ball behind defender, one-two down the line, driven pass across pitch etc.



1



2



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### Receiving Priorities (FA Level 2 Session)

**Part 1 (Technique)** - Players work in pairs to pass the ball to target players on the outside of the square. Once they have been to one target player they then have to go to another target player. When receiving the ball the player chooses to either do a no touch turn, one touch turn, multi touch turn, pass or hold on to the ball.

**Part 2 (Skill)** - One team looks to pass the ball into the end target player and then get the ball to the other target player. Each time this is done it results in a goal. The other team tries to stop them/win the ball and then do the same.

**Key points** - Player receiving the ball must have a look over their shoulder to check where players, space etc are and then make a decision what to do (If there is space behind then no touch turn to then pass to other target player, other turns if a little bit of space behind/at sides, pass or hold up ball if pressure from behind/sides). Technical points on turns and how to disguise the turn. While this happens another player should be making a run to support that player by making an angle for them.

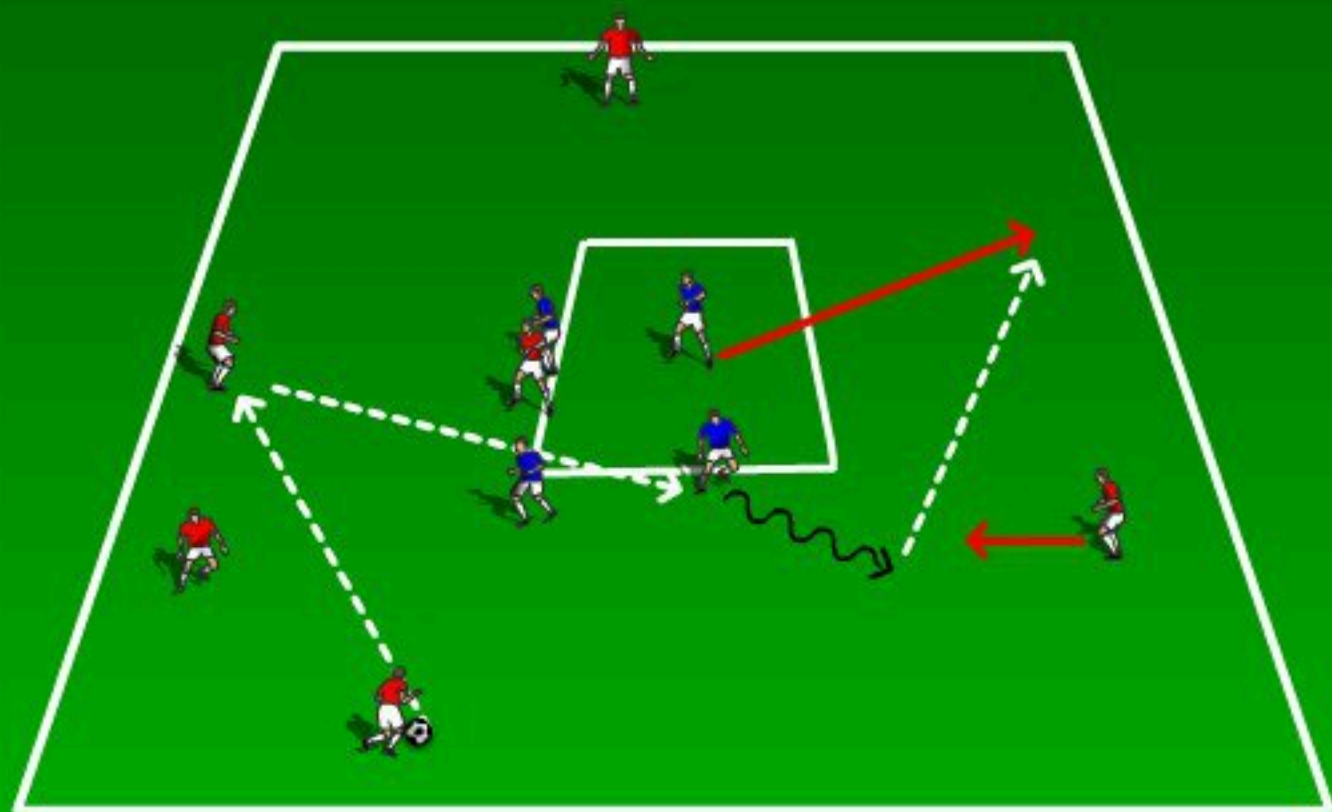


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**Counter attacking - 4 V 2 in area on the half way line, 1v1 just outside of area and 1 GK (Can be done with any numbers). Red team has to try and get 3/5 passes and then can break out of area to try and score. Red team must score within 10 seconds to keep realism. Blue team have to defend and either break down the attack and win the ball or just slow it down.**

**Progressions -** Add more defenders, add defenders that can only start once the ball has been played out the area, change time limit, make area in own half, make full pitch and start with red GK in own half.

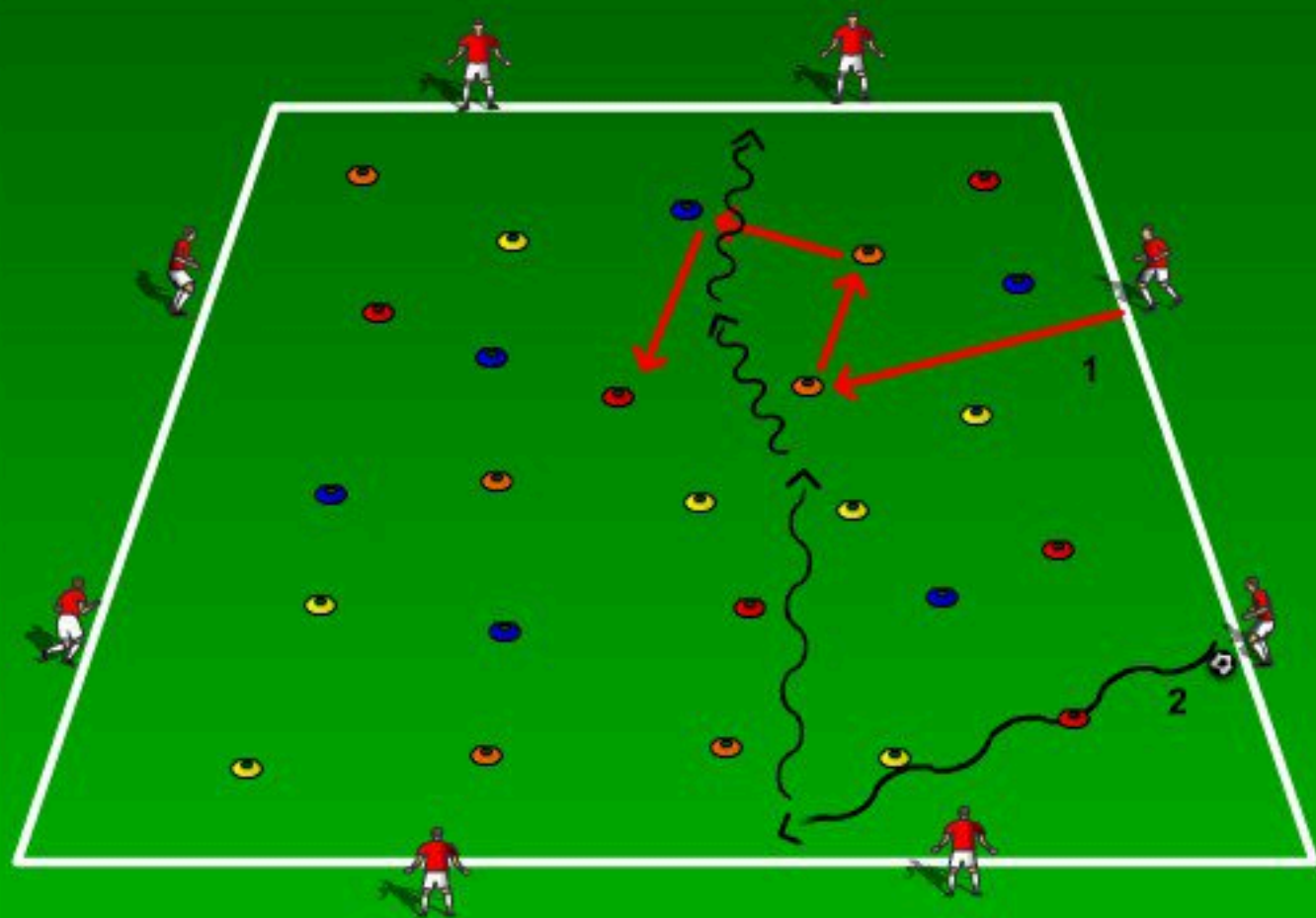
**Key points -** Keep a bit of width to keep options open, don't run in straight lines towards goal, if in numbers then players make different runs (one right, one left, one holding etc), once near the area look for through balls, set backs, shots etc, keep the ball moving quick as once the ball is slower down it becomes easier for the defenders to slow down the attack and also tackle. Every attack is going to be different with players always in different positions so players must assess the situation and pick the best option.



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**Counter attacking/Passing/Movement off the ball - 6 V 4 - Red team have to try and get the ball into the middle area under control to score a goal, once they get in the area with the ball they can pass it back out to then try and score again. When the blue team gets the ball they have to try and get the ball to the outside of the big area to score. They can keep the ball and try to score again. (Both teams must get the ball to/through another side of the areas to score) - Progressions - Increase numbers, time limits, include goals, etc. - Key points - Once the blue team gets the ball try to keep it rather than just kick it away anywhere, play the ball into an space that there isnt many reds, try to attack quickly so red team is un-balanced/un-organised, If attack breaks down then attack in a different direction (switch play).**





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**SAQ and Dribbling (Also used as a warm up) (Technical) -** A square area with cones spread out at random. Players around the outside without a ball at first. Players have to touch as many cones as possible with feet/hands (1). Then with different movements like when getting to each cone players have to do side steps, jumping, jumping to the next cone, big steps, backwards, stepovers around each cone, sprints, etc (Also have the colours meaning different things like red = sprint, blue = backwards jog etc). After the SAQ/Dynamic warm up then give each player a ball. Players have to dribble around avoiding cones and other players. Other progressions include changing pace, direction or doing a certain trick when players reach different colours. More progressions include players have to face the same way the whole time meaning they have to dribble forwards, backwards and sideways. Key Points - Quick feet, keep head up, try new tricks, use all parts of feet.



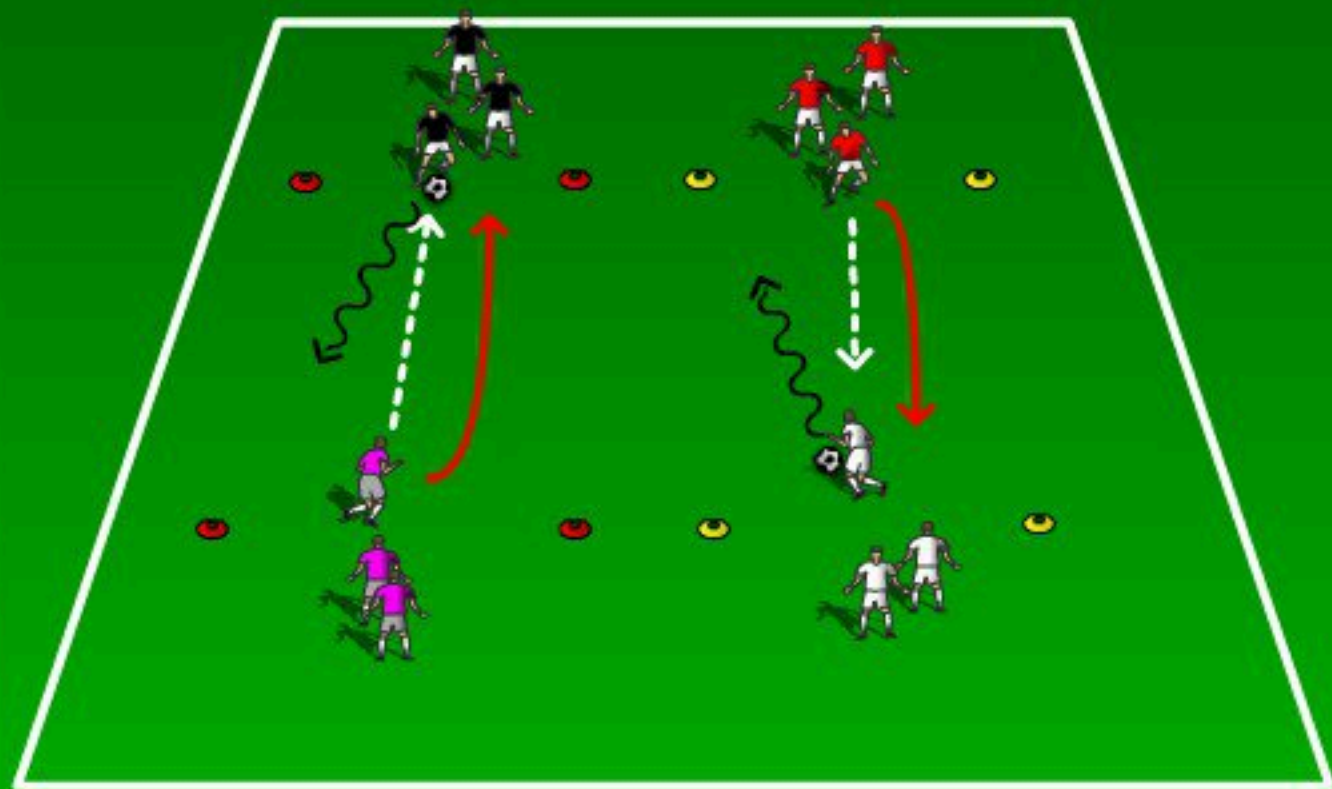
## Pass and Pressure

**Organisation.** 10 x 10 area. Set out Two small goals halfway in the area on either side.

**Objective:** The Blue Player passes the ball to the yellow player and applies pressure as soon as the ball is moving. The Yellow attempts to take the ball past the defender with their first touch and dribble through either of the two goals. Each player has 5 attempts before switching roles.

## Key Points;

- 1) Observe the position of your opponent as the ball travels.
- 2) iF you have the opportunity move the ball beyond the defender with your first touch, otherwise control the ball and then look to move past them at speed.
- 3) Use disguised movements to beat your opponent.



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Set Up: 15x15 Area. Two lines of players either end.

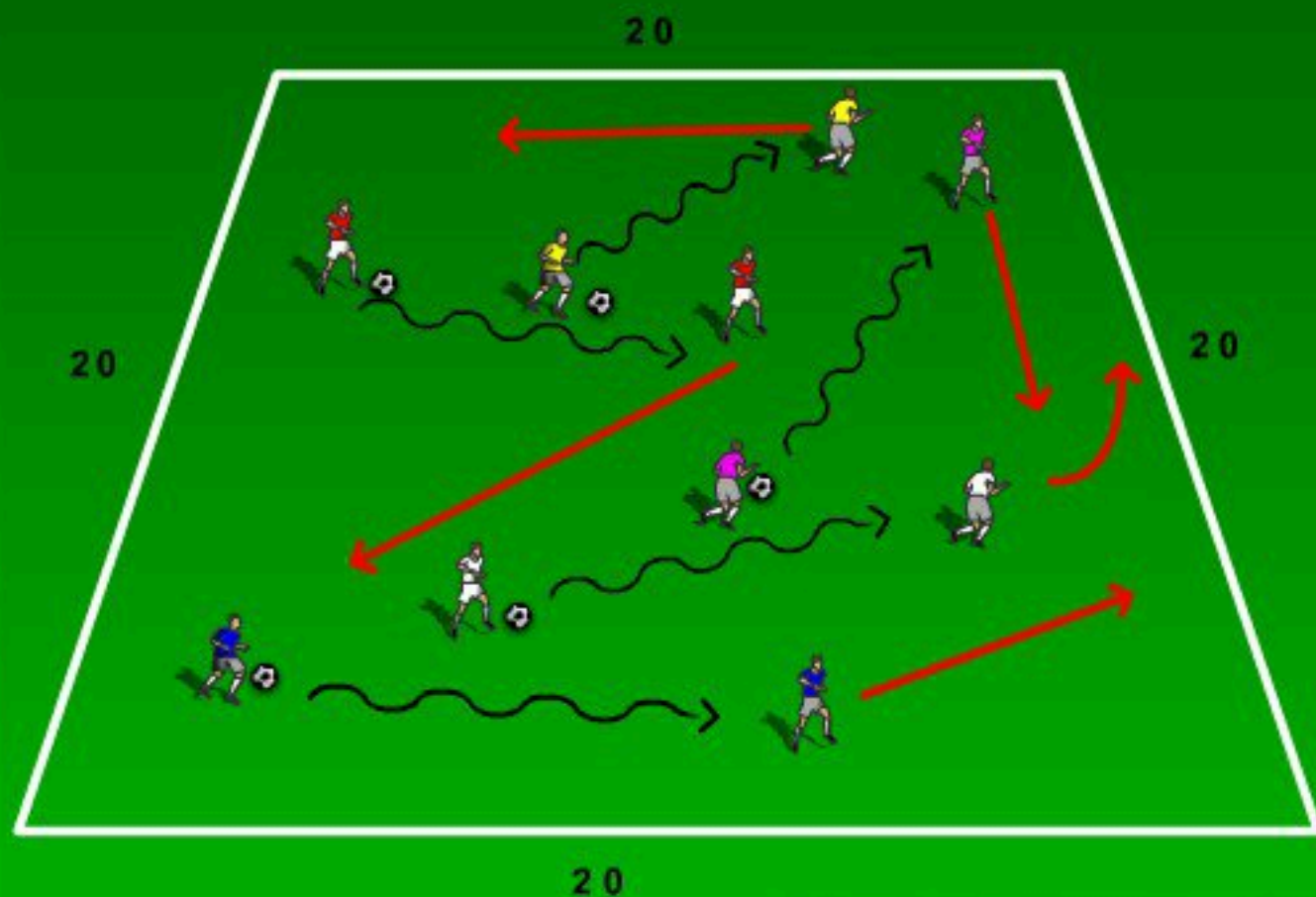
Equipment: 1 ball, 4 cones.

Directions: The Defender passes the ball to the Attacker who must dribble the ball round the defender within the confines of the area. Stop when ball goes out of play and repeat with next players.

Progressions: Decrease or Increase the area. 2vs2

Key Factors: Be Positive. Use Fakes. Attack the Space. Keep ball Safe Side.





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Set Up: 30x30 area. Pair off players with a ball between them.

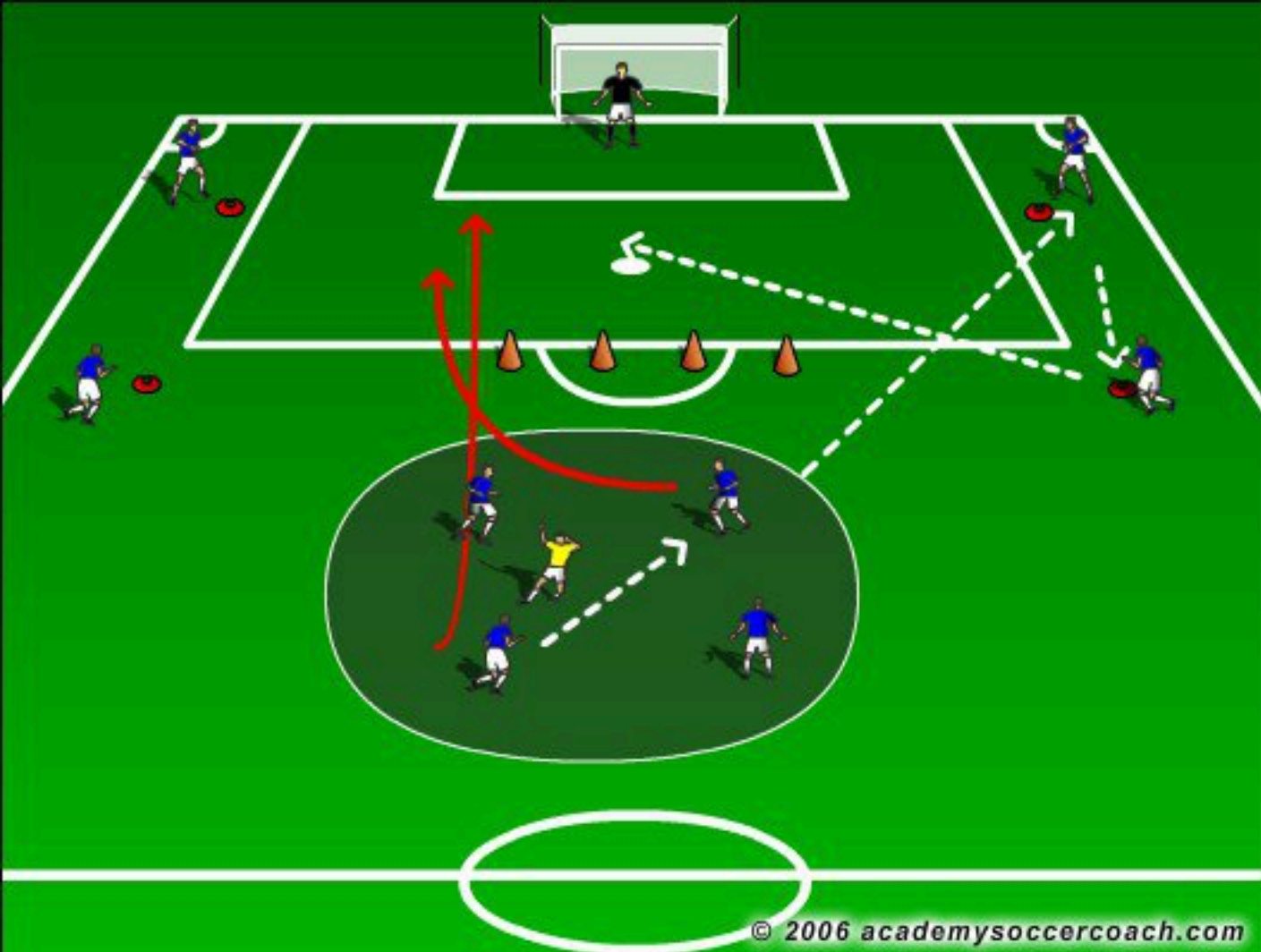
Equipment: Cones, bibs and Footballs.

Directions:

- Player with ball follows partner without ball. Can they tag them?
- Player without ball follows partner with ball. Can they tag them?
- Player 1 does a trick. Can their partner do it? Vice versa.

Key Factors: Head up between touches. Aim for space.

Progressions: Vary the pace, walk, jog and run. Play as team game, bibs Vs non-



## CROSSING GAME.

20 x 20 Area.

4 vs 1. Team in possession must make 4 consecutive passes before they play the ball to player 1. After playing the ball 2 attacker make a curved run round the cones to attack the cross.

In order to get started, you can start with no defenders and get the players to make 4 consecutive passes. You can alter the number of passes when a defender is present or even add another defender.



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Finishing from crosses/ putting the ball wide.

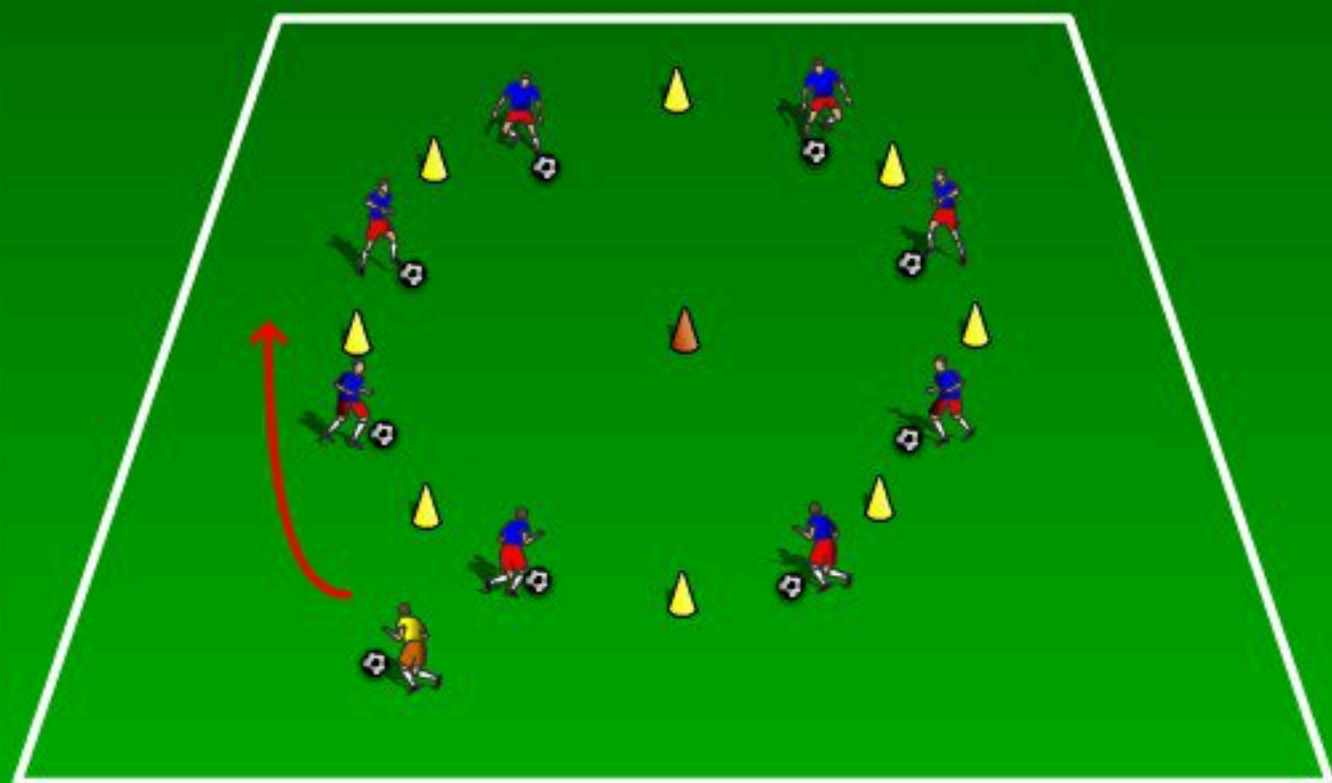
Set Up: 30 x 30 Area divided into 2 with 2, 5 x 30 area's at either side.

Directions: 2v2 in each area + Gk with 2 Floaters in each channel. Players at first are restricted to staying within the area. defenders can either pass the ball straight to the attacker or pass to a floater on the wing who then crosses to the attacker to score. Progress by making player who passes the ball to either the attacker or floater enter the attacking zone.

Key Points.

- 1) Staggered attacking shape.
- 2) good attitude towards shooting placement over power
- 3) attacking crosses
- 3)





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### Sticky Donut (Duck, Duck, Goose without a ball)

**Set Up:** Set out a circle of discs in a 20x20 area. Station a player in each of the gates made by the two discs. 1 player remains outside the circle to act as the initial beat the clock dribbler.

**Objective:** A player dribbles around the outside of the circle. When he tags someone, he shouts out "Sticky donut"! The two players then dribble round the circle in opposite directions. The first player back to the vacant gate fills the spot. The other players dribbles on and repeats the practice. Start first without a ball.

### Key Points:

- 1) Keep the ball within 2-3 feet between touches.
- 2) Look up between touches to get a better sense of direction and to avoid the other player



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## Hennigans Game

**Purpose:** To develop awareness of defenders and attackers, communication and passing.

**Set Up:** 20x20 area. of the 12 players, 2 hold bibs to identify themselves as catchers and 2 hold balls.

**Objective:** The object of the game is for the catchers to tag someone else in the area. That player, once tagged, becomes a catcher. If a player is chased out of the area, they change places with the catcher. A player cannot get caught if he has a ball in his hands. Therefore, the object is to throw the ball to a team-mate who is about to be tagged.

**Progressions:** Put the ball on the ground and make players pass the ball to feet.

### Key Points:

- 1) If a player is coming towards you, then shout for the ball (Give information)
- 2) Players with the ball should move around and give the ball to a player in danger, then move.
- 3) Body position, try to always see where the catchers are
- 4) Make curved runs.



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## FOXES & FARMERS

**Set Up:** 20x20 area. 2 catchers and the rest of the players use bibs as tails tucked into shorts or trousers.

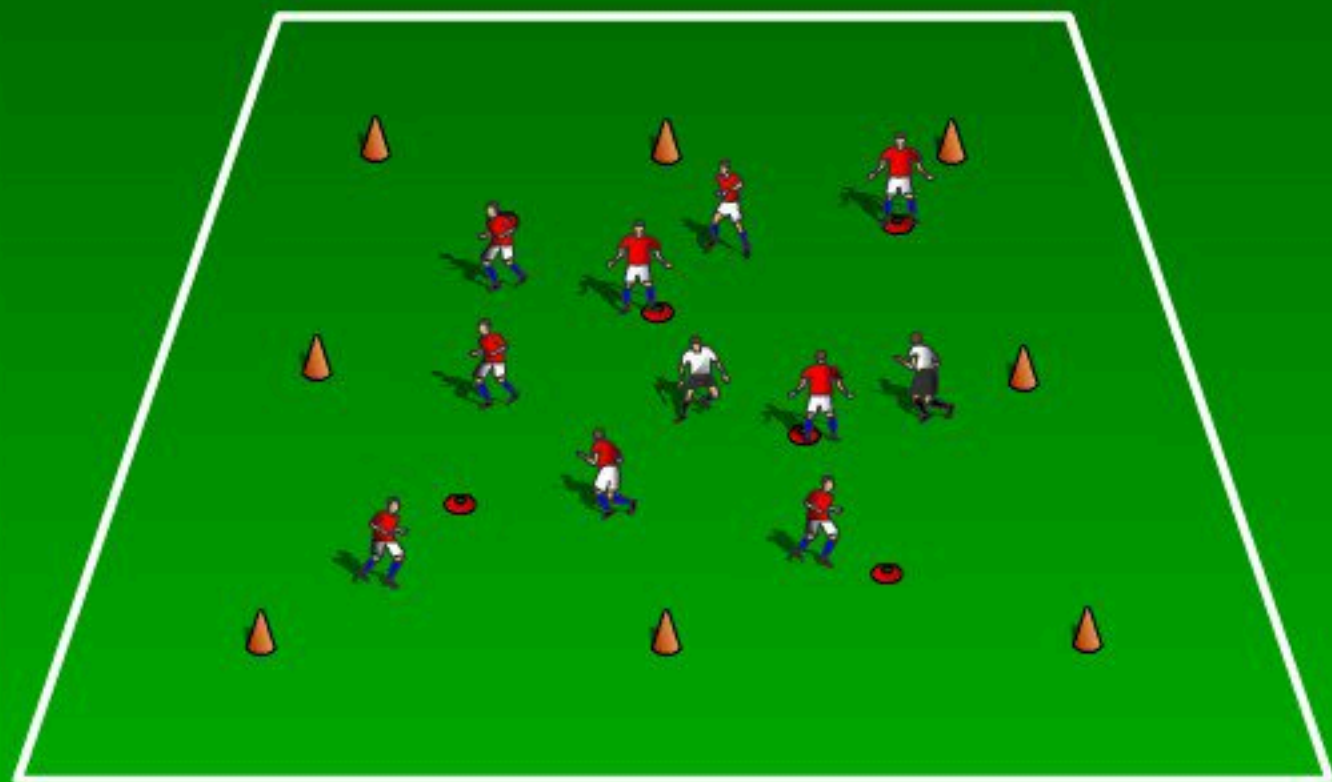
**Equipment:** cones and bibs.

**Directions:** Catchers (Farmers) must pull out the bibs of the players (Foxes). Once a player loses their bib, they become a catcher. Winner is last person left with their bib. Player loses their bib if they step outside the area.

**Key Factors:** Looking up, change of speed and direction.

**Progressions:** Farmers dribble with a ball. Foxes dribble with a ball.





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## DESERT ISLAND DISCS

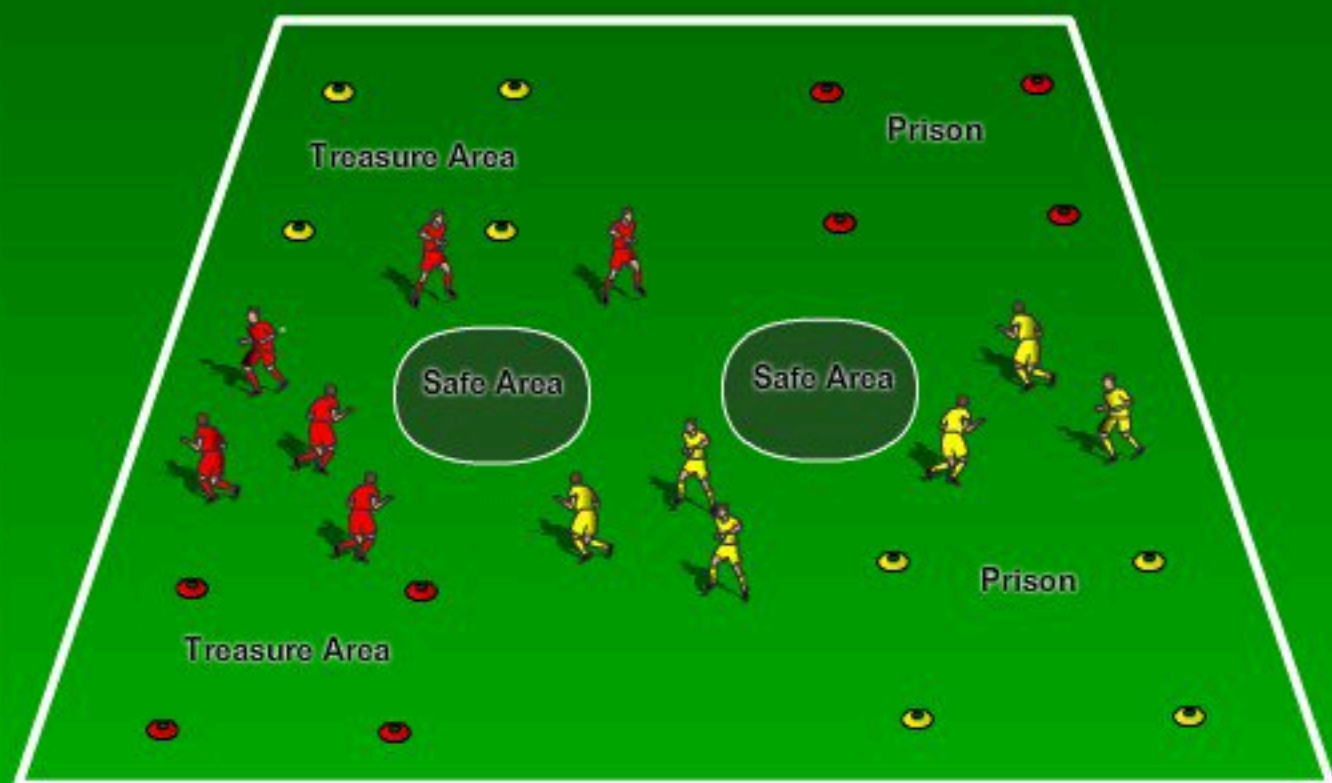
**Set Up:** 20 x 20 area. 2 catchers, holding bibs. Cones scattered within the area.

**Equipment:** Cones, bibs.

**Directions:** The object of the game is for players to avoid being tagged by the catchers. Players can run to safety by placing a foot on one of the allotted discs. When another player runs to a disc that is occupied they must move and look for another disc. If a player is tagged by a catcher or runs out of the area, they must exchange roles.

**Key Factors:** Change of speed and directions. Feints and fakes.

**Progressions:** Introduce a ball.



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### Fundamentals - up to age 11 - Catch the Flag

Set up area as illustrated above. Each Player has a bib put in the back of the trousers and is split into two groups.

#### Rules.

- 1) Score by taking opponents flag to treasure area.
- 2) Can only protect your flag by movement.
- 3) Once flag is lost, go to prison.
- 4) Player can be released from prison, if flag is retrieved.
- 5) can stay in safe zone for 10 secs
- 6) Can defend treasure but not inside the box.



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## BATMAN & ROBIN

**Set Up:** 20x20 area. 2 catchers (Mr Freeze), 2 release players (Batman and Robin) and the rest of the players are runners.

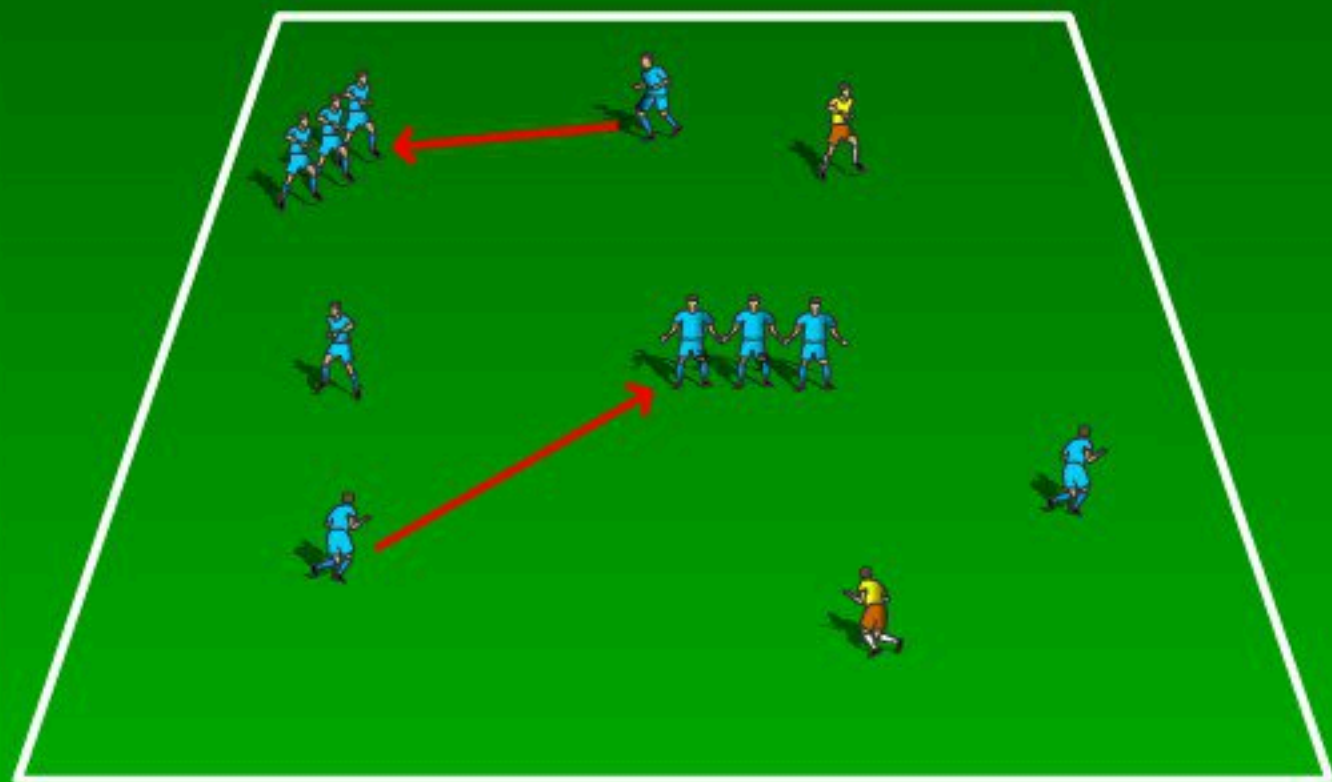
**Equipment:** Cones, bibs.

**Directions:** The object of the game is for the runners to avoid being tagged by the catchers. If a player is tagged by the catcher he "freezes" at the point he was tagged. The only way a frozen player can be "thawed" is if Batman and Robin encircle him by linking hands. Once released the player is back in play. Batman and Robin cannot be frozen.

**Key Factors:** Communication, teamwork, change of speed and direction.

**Progressions:** Catcher has a ball. They can freeze the runners by passing the ball to them on or below the knee.



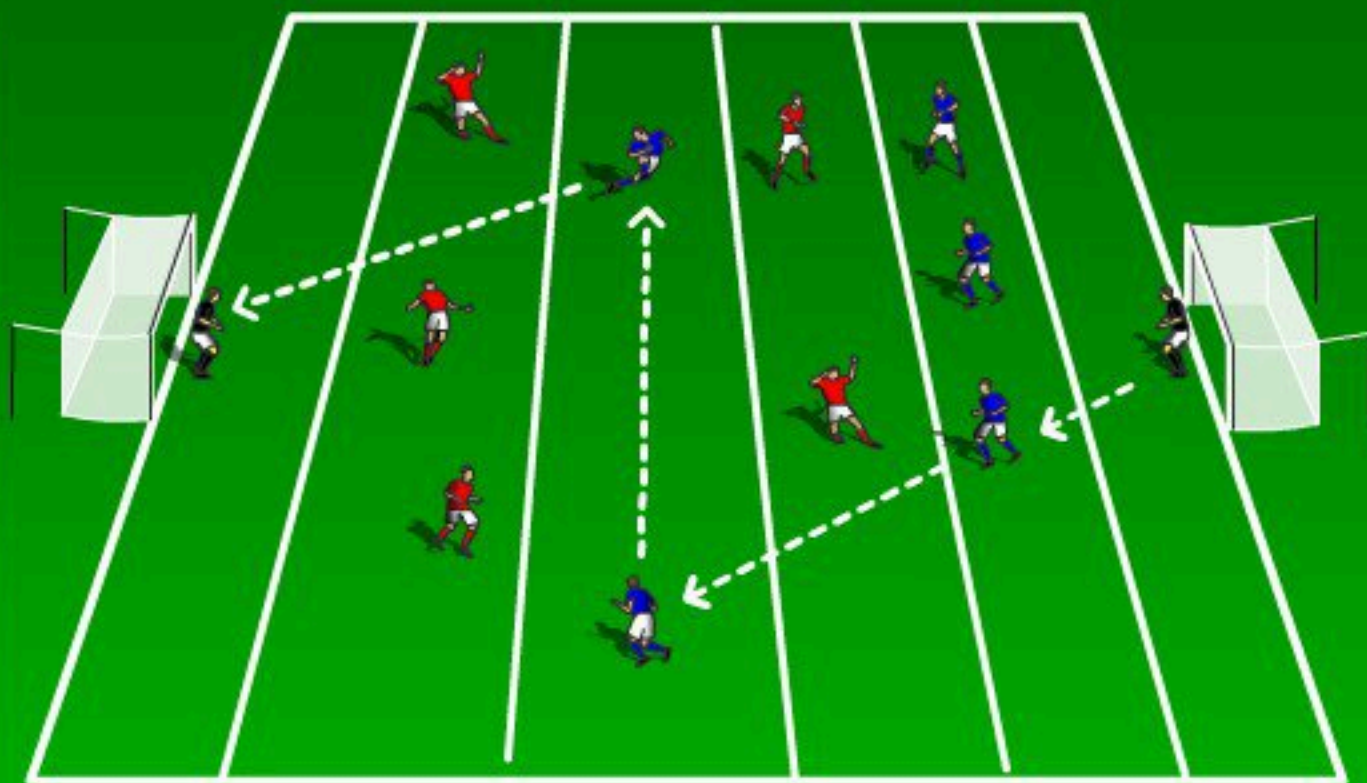


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### 3 Amigo's

**Set Up:** 20x20 area. Group players as shown in the diagram in 2 groups of 3, 4 runners and 2 catchers.

**Objective:** The players grouped in 3's form a human chain by linking arms. The object of the game is for a catcher to tag one of the 4 runners in the area. Runners must attempt to escape catchers. Players in the chain are safe from catchers. When a runner attempts to join a chain, the player on the far side of the chain becomes a runner. There can only be 3 players on a chain at one time. When a player is tagged he replaces the catcher.



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## TABLE FUSSBALL

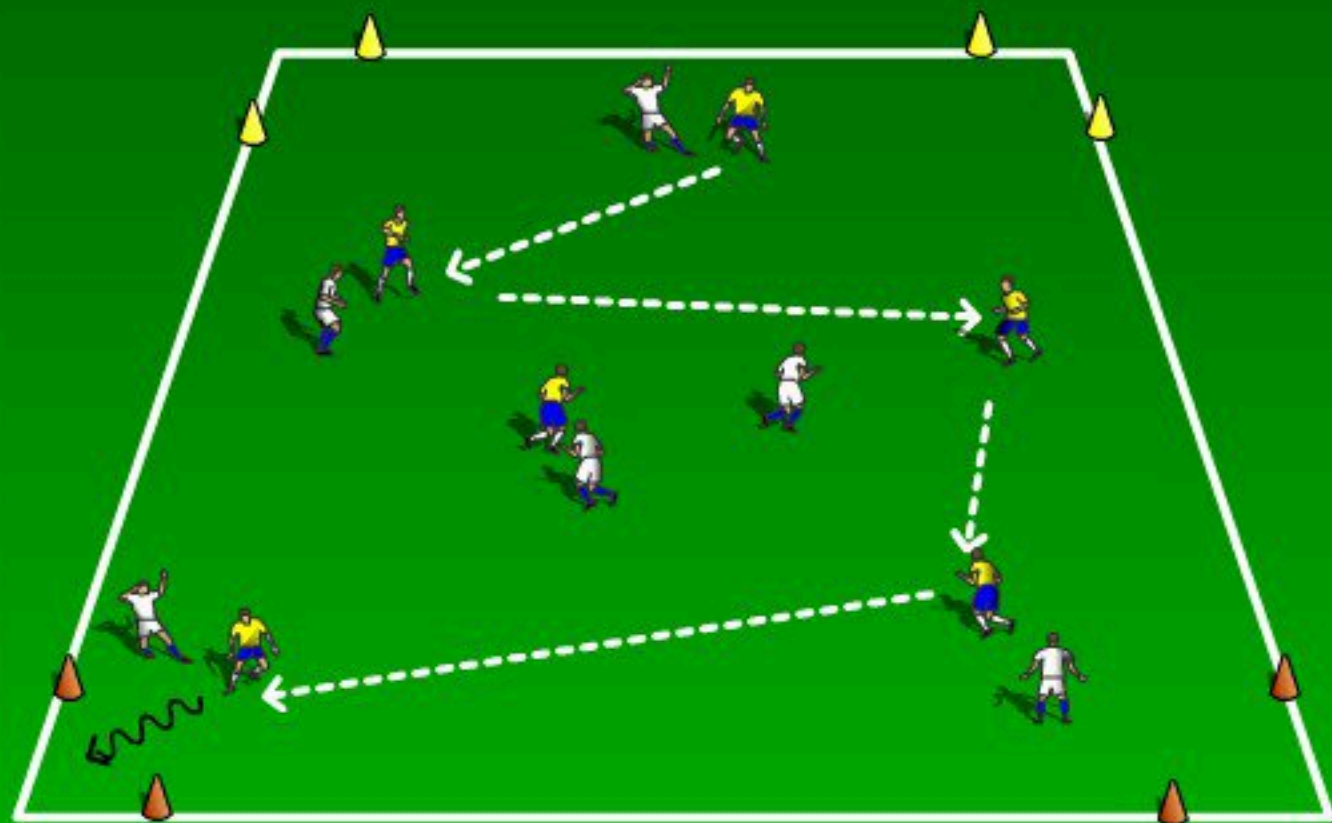
**Set Up:** 30 x 20 area, divided into 6 lanes approx 5 yards wide. 2 goals. 2 teams of six players arranged as in diagram.

**Equipment:** cones, bibs and balls.

**Directions:** The object of the game is for defenders to intercept the ball and pass to the attackers to score. Players must stay in their respective areas. Change positions after period of time.

**Key Factors:** Pass ball sideways if you can't forward. Movement off the ball to receive a pass. Accurate passing.

**Progressions:** Limit touches on the ball. Make area smaller or larger.



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## SWITCHING THE PLAY

Set Up: 60x40 area. A goal is placed in each corner.

Equipment: 1 Ball, cones, Bibs.

Directions: Play 6 v 6 or 7 v 7. Blacks attack one end and can score in either goal. Whites defend and when they win possession attack other end. Throw ins if ball goes out of play. A goal is scored when a player dribbles or passes the ball through the goal.

Key Factors: Get players to spread out and switch play when in possession.



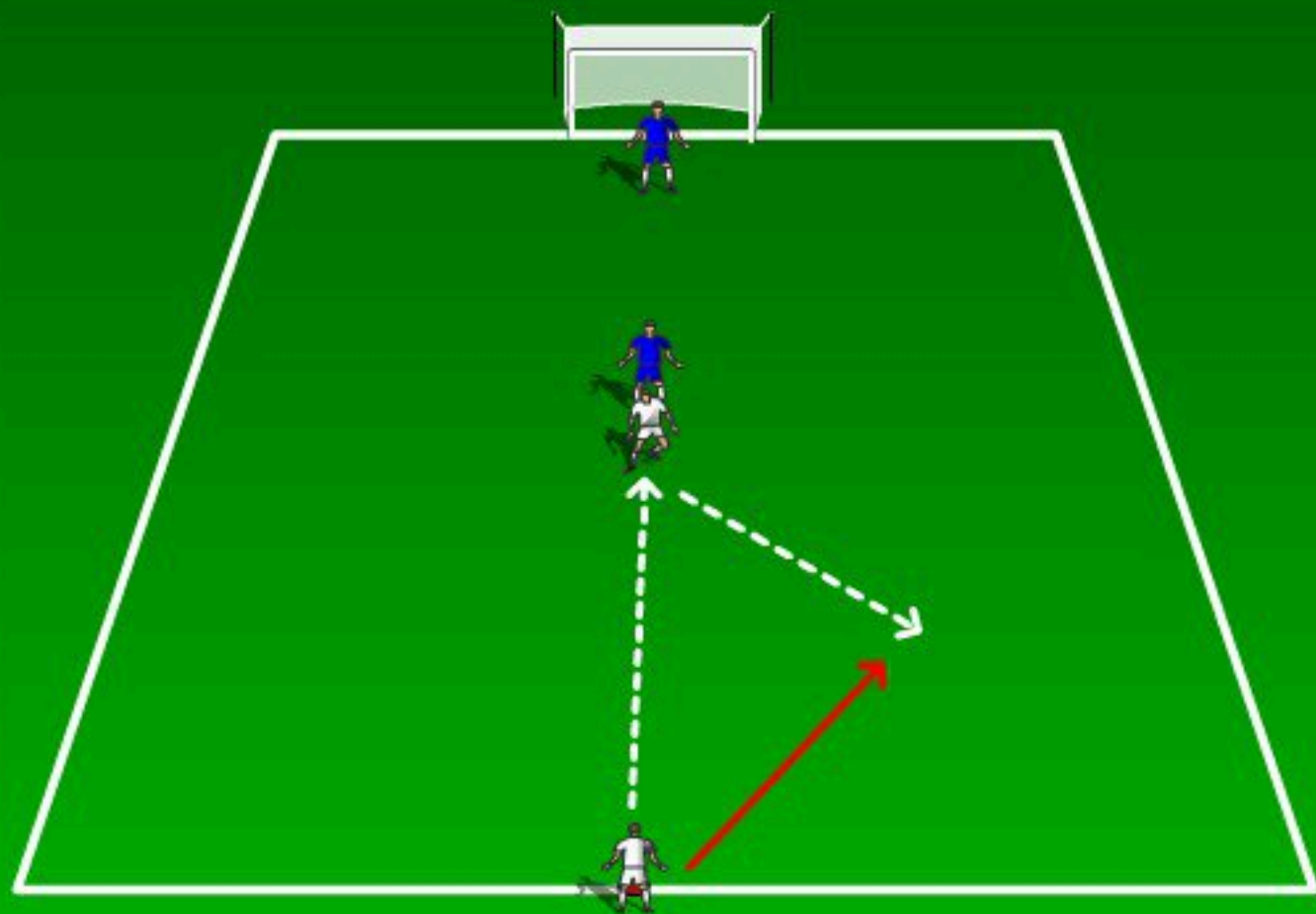


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## SNOOKER

40 x 20 Pitch with a 5 metre exclusion zone at each end. 8 player, cones and 5 balls are needed.

To score a goal a player must be outside the exclusion zone and kick the ball so that it hits one of the balls in the zone which in turn pots the ball into one of the goals. If both balls go into the goal it is worth 3 goals. You can move the stationary balls and add more depending on age and ability.



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## 2v1 Attacking.

Set Up: 20x15 Area. 2 Attackers, 2 defenders (1 Goalkeeper).

Directions: Attacker without ball creates space and on their signal receives ball from their teammate. They can then combine to create a scoring opportunity. After 6 attacks (rotating attackers positions) attackers swap positions with defenders.

### Key Points:

- 1) Positive attitude towards shooting.
- 2) Movement off the ball, decision making when to pass, dribble or shoot
- 2) Accuracy over power, follow up shots.



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## SHOOTOUT

Set Up: 50 x 50 area. One goal on each line. 2 VS 2.

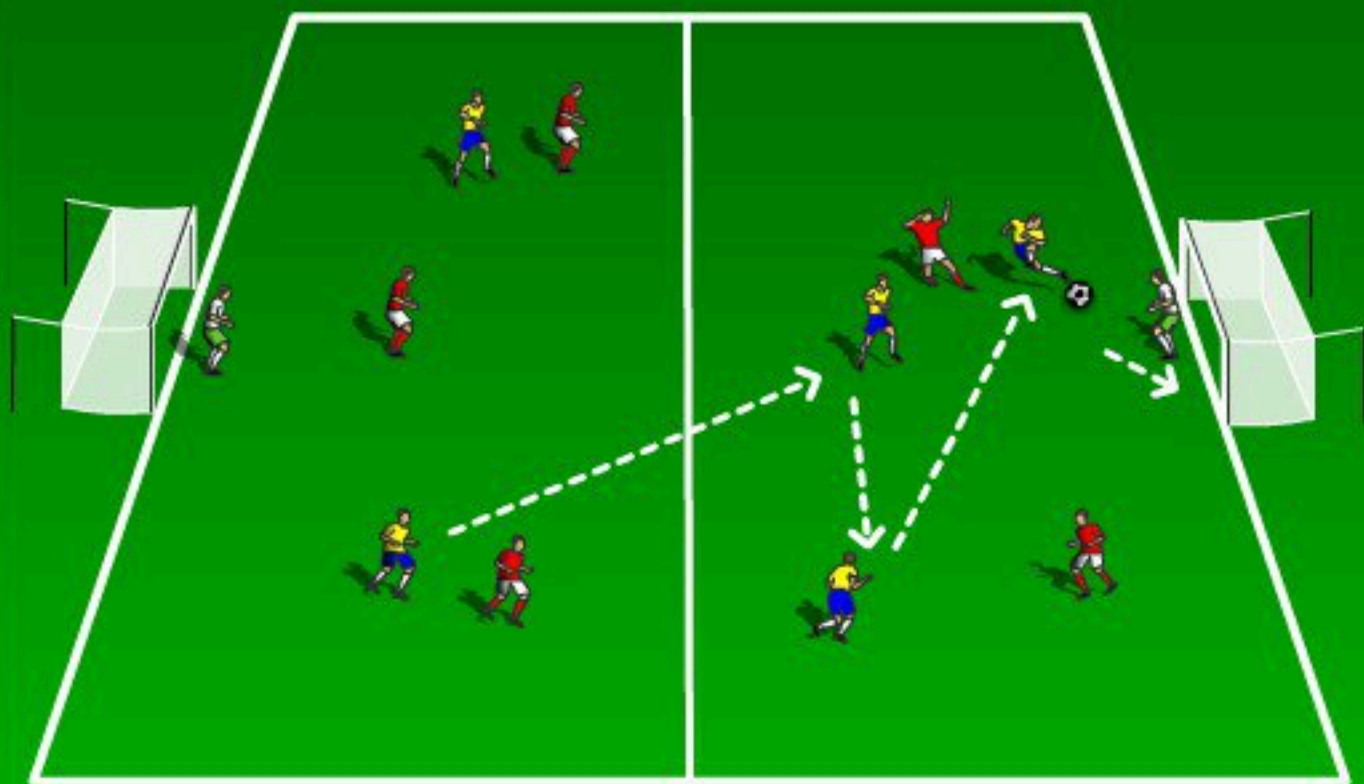
Equipment: 1 Ball, cones and Bibs.

Directions: Yellows team to defend their goals and attack the Reds and vice versa. Yellows pass the ball in to create a 4 vs 2 situation. Once yellow attack is over, reds pass the ball in to create a 4vs 2 situation. Swap and change roles. Ensure the attackers spread out so as to create space for player on the ball

Key Factors: Ensure the ball is passed quickly and players spread out to create space. Ensure attackers create good angles and distances to create quality shooting opportunities.

Progressions: Play a 5 vs 5 game. If ball goes out either corners or goal kicks.





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## DIAMONDS ARE FOREVER

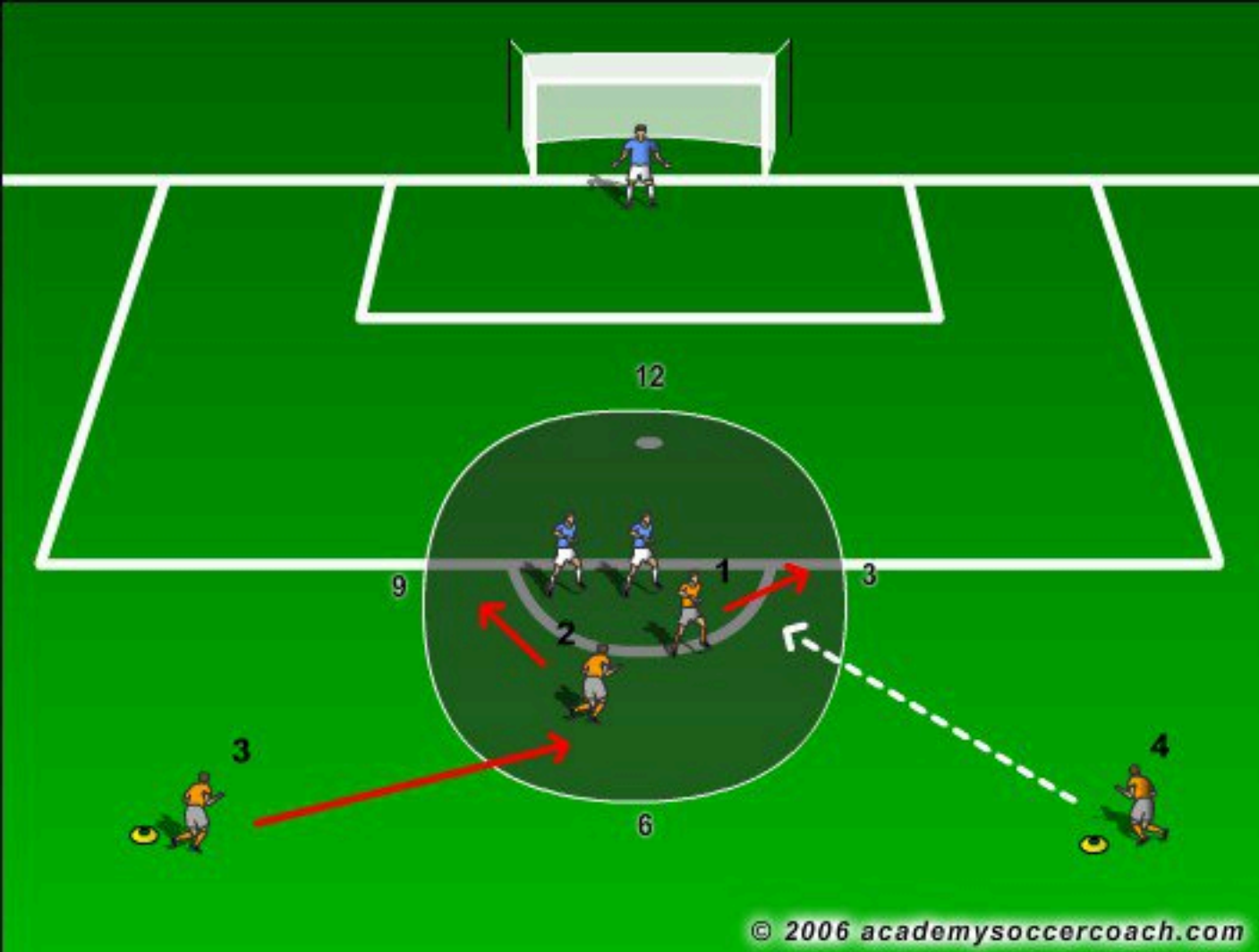
**Set Up:** 60 x 30. 2 goals either end and a line of cones through the middle to create 2 30 x 30 areas. A Gk and 2 defenders Vs 3 attackers in each area.

**Equipment:** Discs, Bibs, 2 Goals either end and a Football.

**Directions:** Players are restricted to their own half. Defenders must win the ball and pass it to the attackers. Here the attackers must create a shooting opportunity.

**Key Factors:** The team in possession looks to keep the ball by passing and moving until they have a shooting opportunity. Movement off the ball.

**Progressions.** Defenders can follow their pass to create a 4 vs 2 situation. They must return to original area when attack breaks down. Follow up on keeper after shot.



### Clock Practice - Attacking understanding.

**Set Up:** 15m diameter circle with cones positioned as a clock face. 2 defender, 2 attackers, 2 midfielders and 1 gk. 1 goal.

#### Directions:

The forwards must always be at opposite ends of the clock face. If Player 1 is at 3 O'Clock, player 2 must be at 9 O'clock. If player 1 then moves to 12 o'clock, player 2 then moves to 6 o'clock. Players 1 and 2 to make moves as players pass the ball. Player 3 can move into the area to create a 3v2.

#### Coaching Points:

- 1) Movement of front 2.
- 2) Understanding of each players movement. Back player should react off front players movement.
- 3) Combinations
- 4) Movement from that to score.



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**Set Up:** Grid 50 x 40 or smaller/larger if required. Small circle area in the middle and 2 cones. 2 Teams and 1 Gk

**Equipment:** Discs, Bibs, 1 Football and 2 Cones.

**Directions:** Both Teams attack the same goal. Goals can be scored either side of the goal. The team in possession looks to keep the ball by passing and moving until they have a shooting opportunity.

**Key Factors:** Is a teammate in a better position to score. Communication, body shape, Movement off the ball.

**Progressions:** Restrict player's touches to 2 or 3 touches.



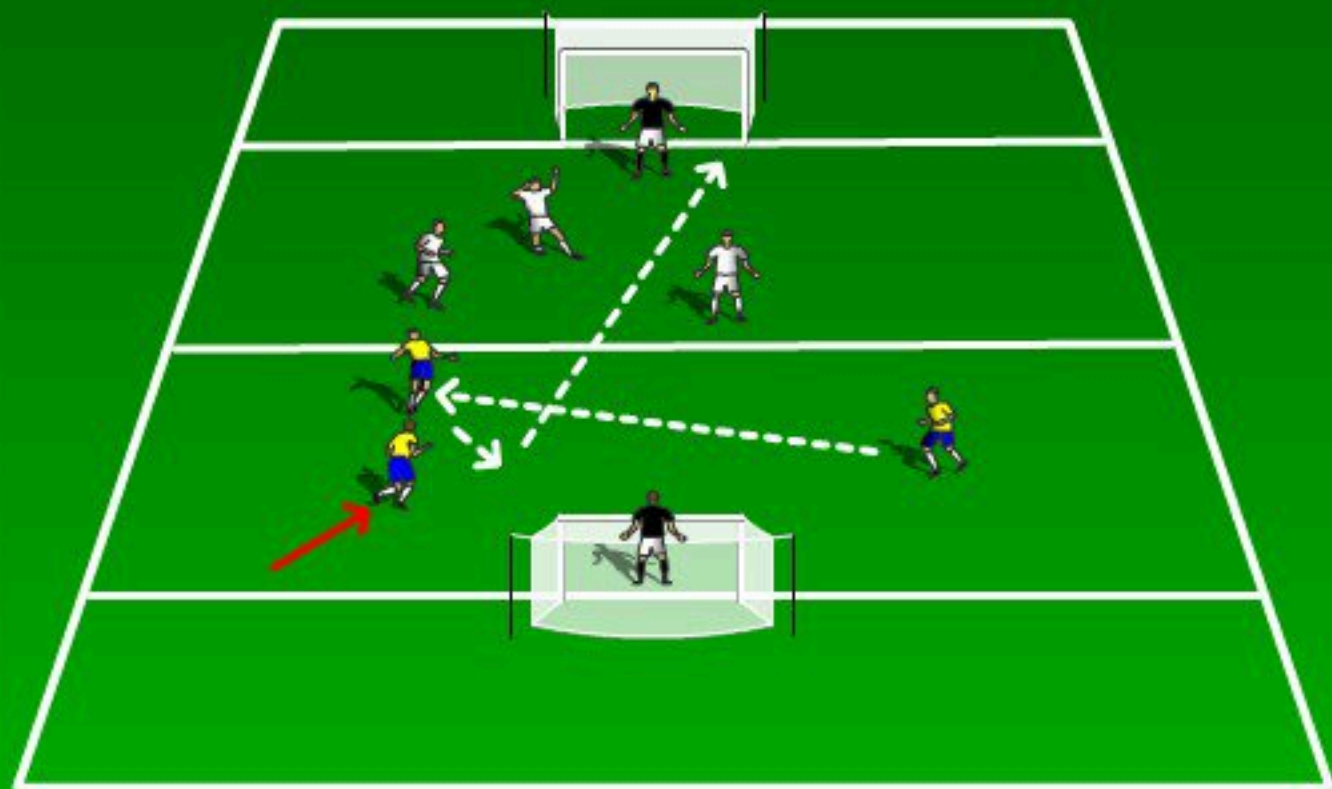


### 4 + 4 + 4 Funnel Practice

Set Up: As Above. 2v2 in each area with the Floaters aiding the team in possession. 5mins per practice before rotate teams round. Floaters have maximum of 2 touches.

#### Key Points:

- 1) Create Space.
- 2) Good Combination Play/decision making.
- 3) Body Position
- 4) Accuracy and Techniques.



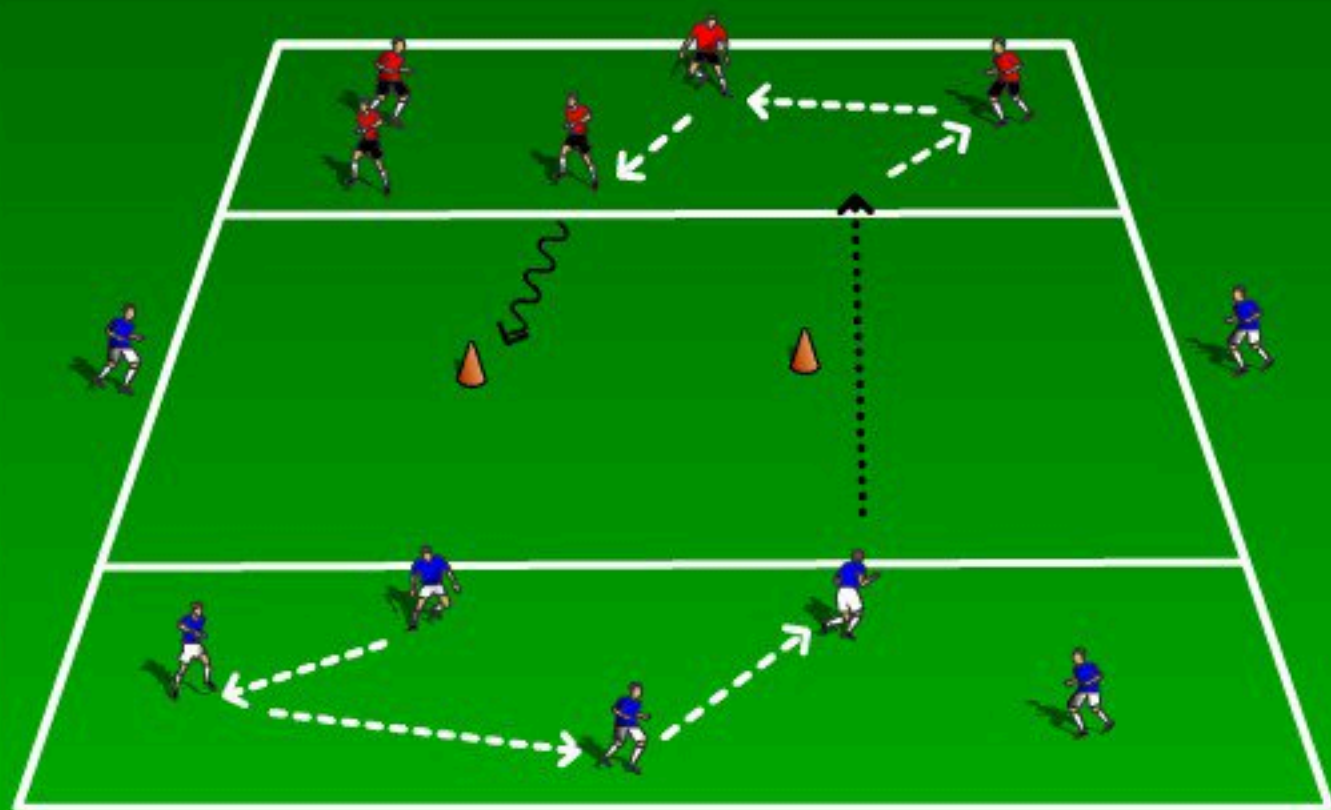
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### 3 vs 3 Shooting Game

**Set Up:** 30 x 30 area divided into two. Players must remain in zones.

**Directions:** Players must use approach play to create a shooting opportunity, whilst remaining in their area. 1st time finishes only.

**Progressions:** Add a defender to create 3vs 1. Defender then follows up for rebounds when his team has possession.



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## Running with the Ball 2

**Set Up:** 20 x 50 area. Divided into 3 sections. 2 balls. 6 players in either end.

**Equipment:** Balls and cones.

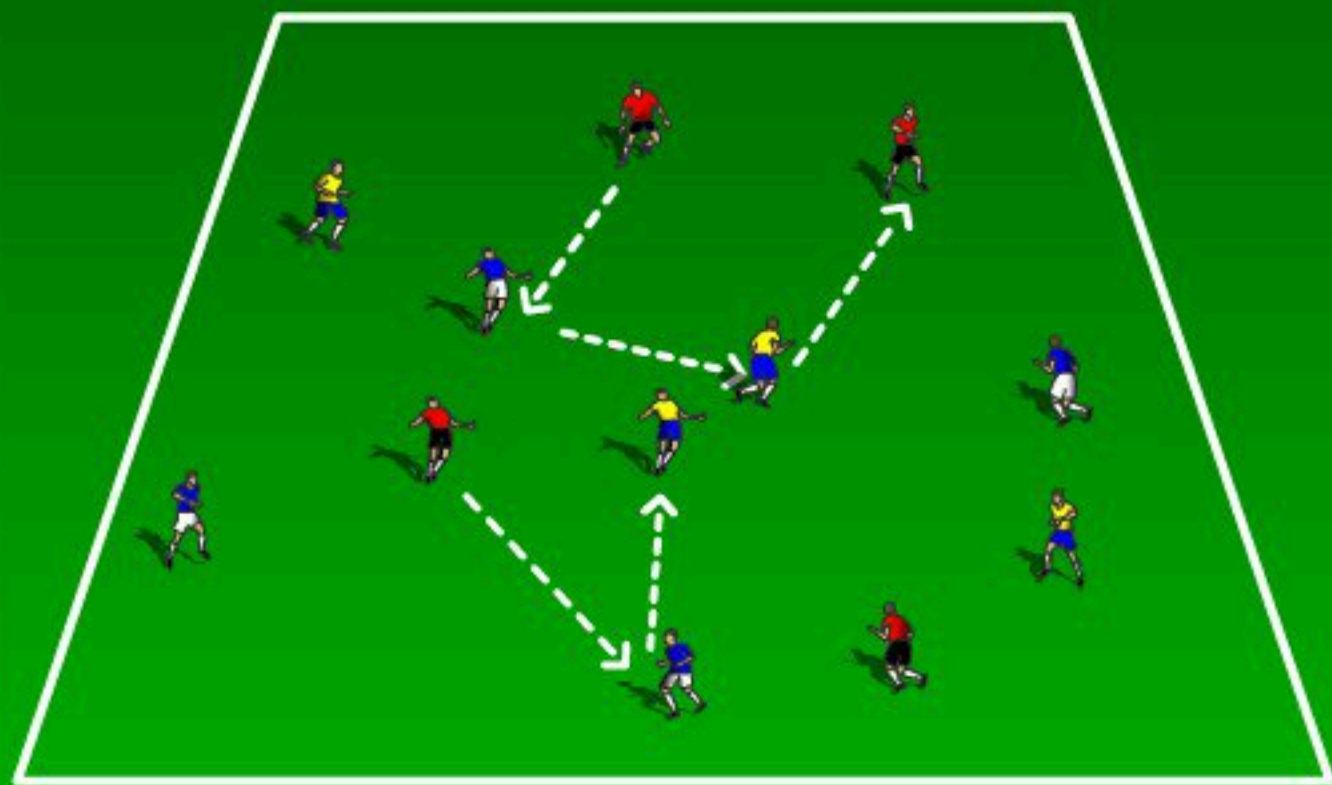
**Directions:**

- Players make 3 passes and run the ball to the other end. Repeat in other direction.
- Add cones in the middle zone. Player has to perform a fake to go past a cone.
- Add a player either side of the middle zone. Players make a wall pass to go through the middle zone.

**Key Factors:** good 1st touch. Accurate passing. Communication. Get ball out of feet when running with it.

**Progressions:** Players make an overlap after passing the ball. The travelling player after passing tries to win the ball back.





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## TRI COLOUR

**Set Up:** 30x30 area. 3 teams. 1 ball per 3 players. 3 teams with different coloured bibs on.

**Equipment:** Bibs, balls cones.

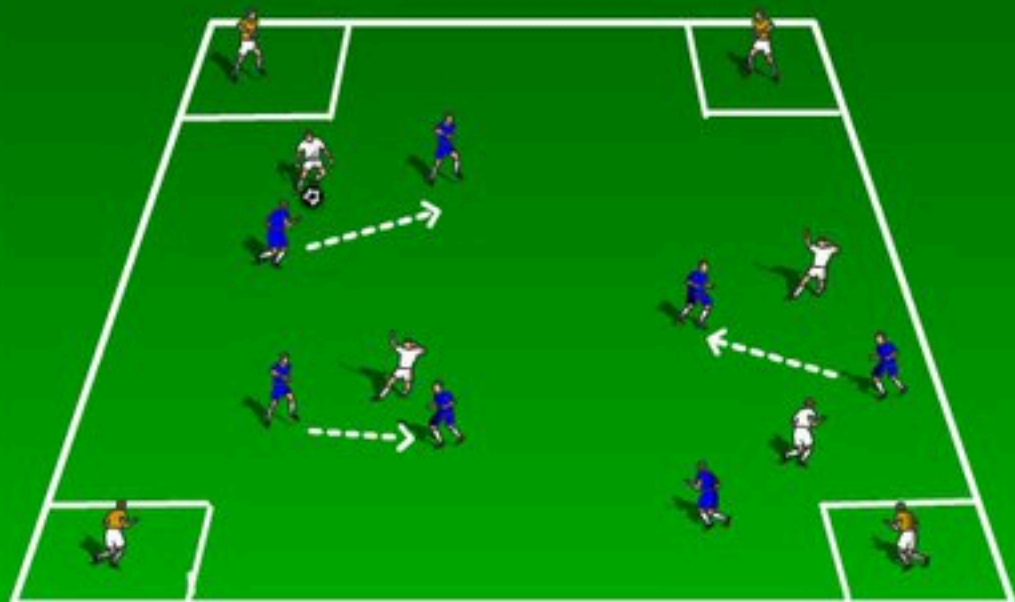
**Directions:** Players pass the ball in this sequence. Red, Blue, Yellow, Red

**Progressions:**

- Players perform an overlap after their pass.
- Throw, volley catch.
- Throw head catch.
- Throw, control, volley catch
- Pass, turn pass.

**Key Factors:** Players look up whilst with the ball. Communication. Good passing, and 1st touch.

Utilise the space. Movement off the ball.



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## Youth Module 1 – Developing the Environment

### Pass and Move

#### Directions

- 2v1 (Blue vs White)

They have to keep possession and pass to the Oranges in each corner (In any order) until they have passed to all four corners. Each pair of Blues are trying to do this faster than the others.

Important to realise that practices for both stronger players and weaker players can be incorporated in the same practice.

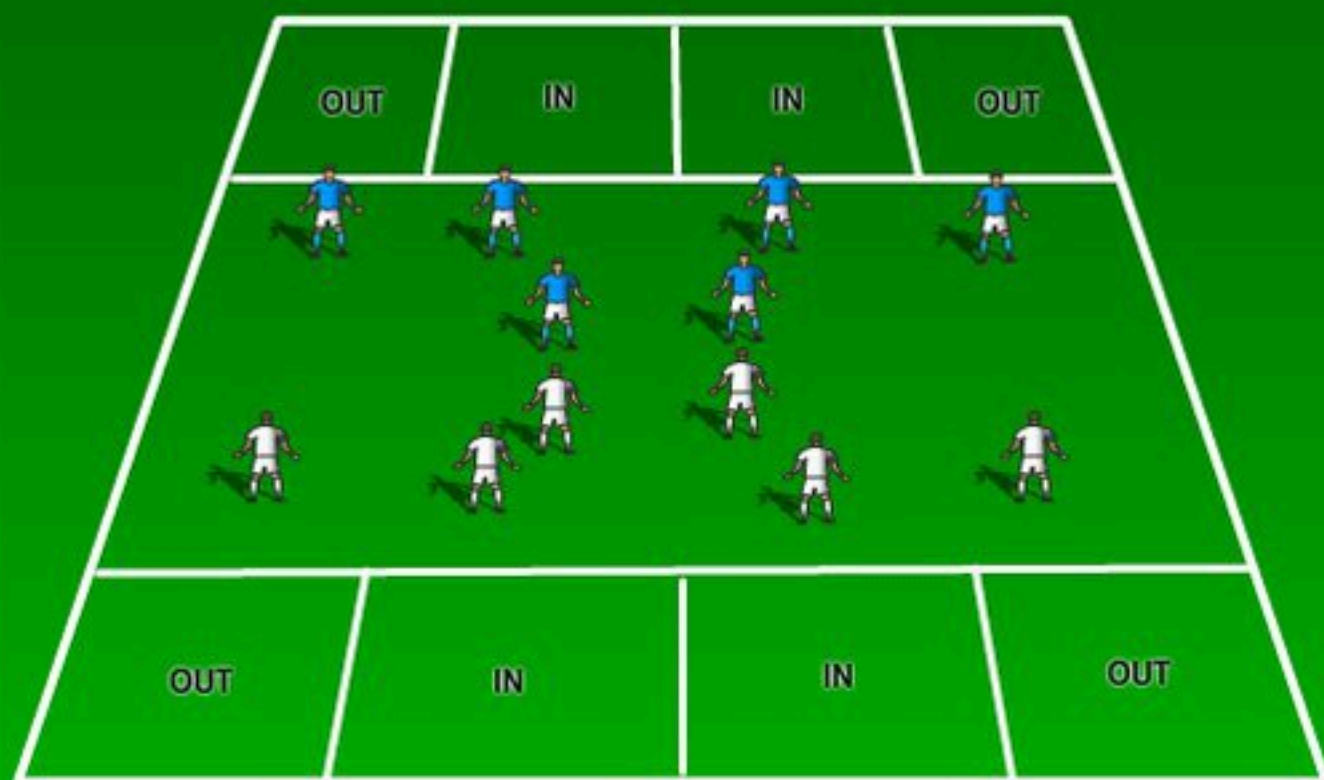
#### Progressions

##### To reduce the challenge:

- Increase the size of the area and the corners they are passing into.
- Increase the overload to 3v1 or any suitable "challenge" for the passers.
- Ask the defender to either dribble a ball or carry a ball in their hands (any suitable method of slowing them down so that the pressure on the passers is reduced)
- Have support players around the outside that you can use to help you retain possession.

##### To increase the challenge:

- Designate how the ball must be passed into the corners ie. Left foot, right foot, back heel, chip etc.
- Have the player who passed the ball to the corner player change places with him. (Bibs must be same colours)
- Ask the player who doesn't pass the ball into the corner player to change and take their place.
- Increase the overload. ie. 3v2 or 1v2. Can they still pass it into the corners?



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## Defensive Box.

**Set Up:** Set out 60x40 area. Mark out 10x10 end zones divided into 4 boxes at either end. Play 6v6.

**Objective:** The teams compete to score a point by running the ball into the opposition end zone in either the outer or inner boxes as designated by the coach. Teams score 1 point by forcing their opponents to score in the "wrong areas". The Wrong area is the area not designated by the coach.

## Progressions

1) The coach can shout switch at any time and both teams must force their opponents into the other area.

## Key Points:

- 1) Nearest defender pressures the ball and forces the play in one direction.
- 2) Supporting defender moves close to provide cover.
- 3) Communicate so players know where players are and to force players in which direction.



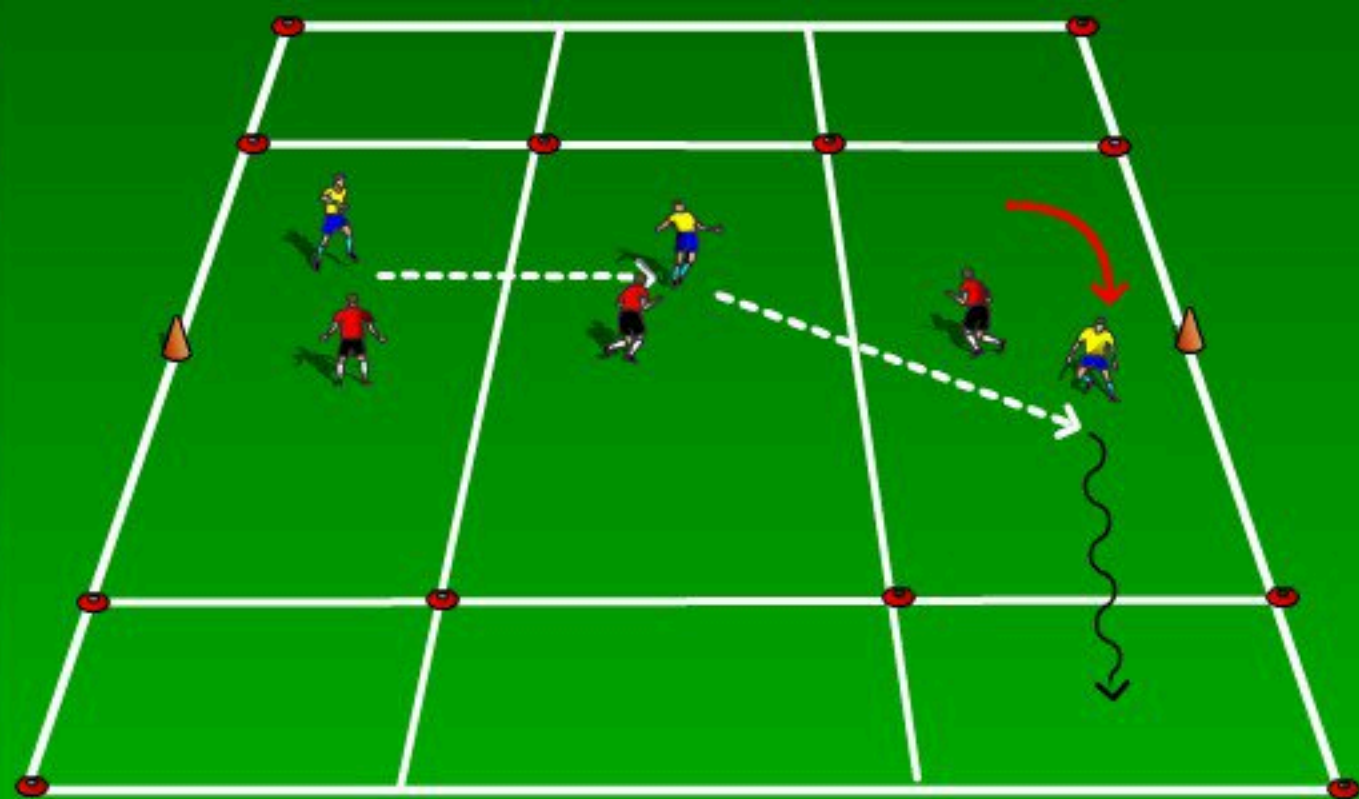


### 3v2 Game (Attack or defend)

Set Up: 25x25 or appropriate playing area. Players as depicted in the picture.

Directions: Coach/Server passes to the whites who attack the goal. Two defenders defend (3v2). When defenders gain possession they can attack the opposite end.

Key Points:



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### 3 vs 3 defending in Zones.

**Set Up.** 30 x 30 Area. Divided into 3 area's with a 5 yard end zone at each end.  
**Directions:** 3 vs 3 zonal game. Here players cannot go out of their zones. Creates 1 vs 1 situations. Players score by running the ball into the end zone.

#### Key Points.

- 1) Correct body shape. On your toes. Tackle with foot nearest ball.
- 2) Angled Approach, quick then slow down. Travel when the ball is moving.
- 3) Stay low, drop turn if beaten.
- 4) Communication.

#### Progressions:

- 1) Add Offsides.



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### Organisation

- 4 attackers v 4 defenders, 1 Goalkeeper, Footballs with each attacker.
- Area- Half of pitch, 1 goal.
- Attackers play ball into defenders, defenders to clear the ball out, attackers retain possession and attack.

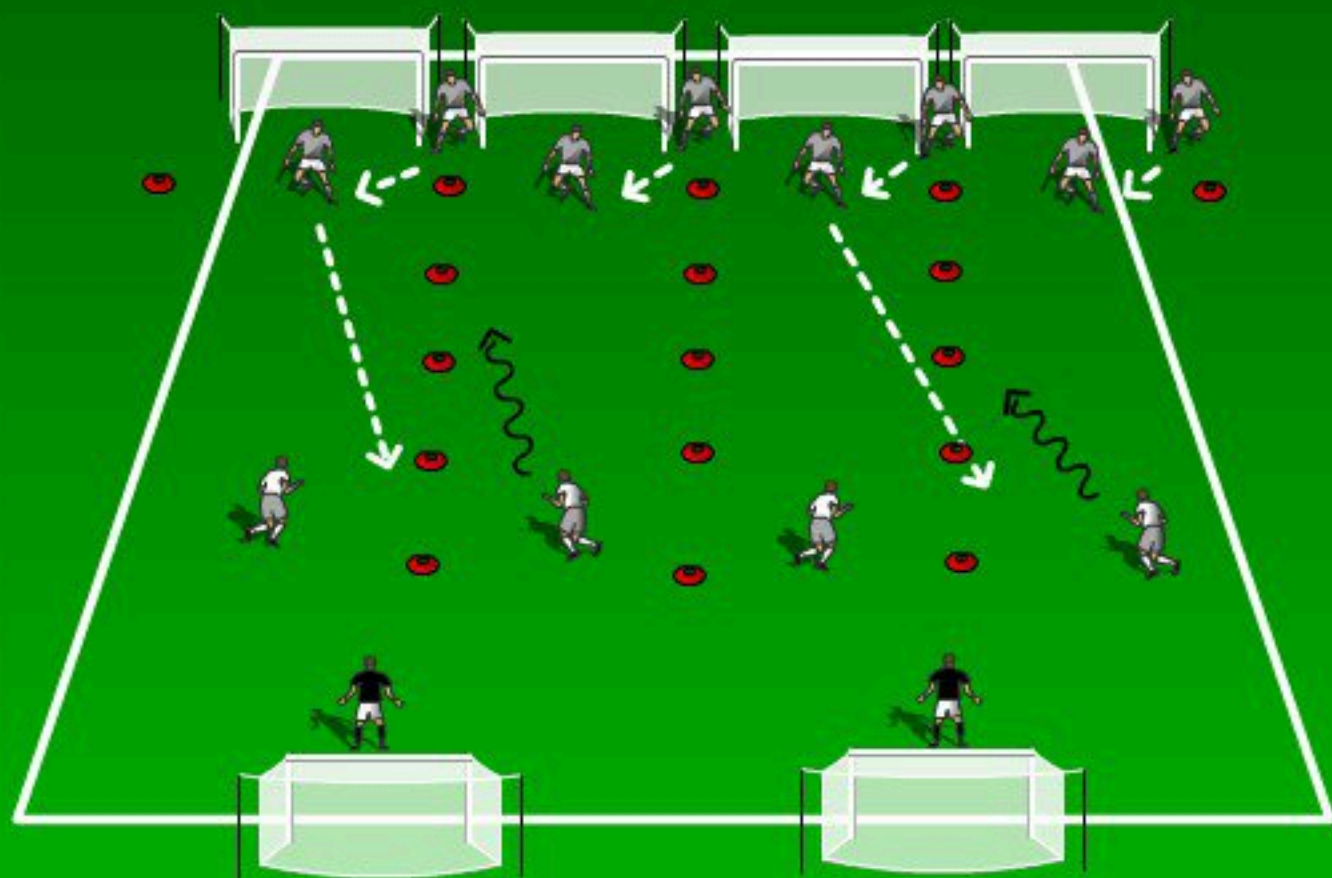
### Coaching Details

- When to engage/when not to
- Move shape to where the ball is cleared to
- Fbs to show into a crowd
- Work as a unit when engaging and dropping off
- Defenders to 'Frustrate' attackers by being patient and working as a unit
- Communication or 'Key words' - 'Press', 'Hold', 'Second ball etc.

### Progression

- Developing overloads i.e. 4 v 5
- Game based i.e. back four with two central midfielders v attacking players (midfield four and front two)





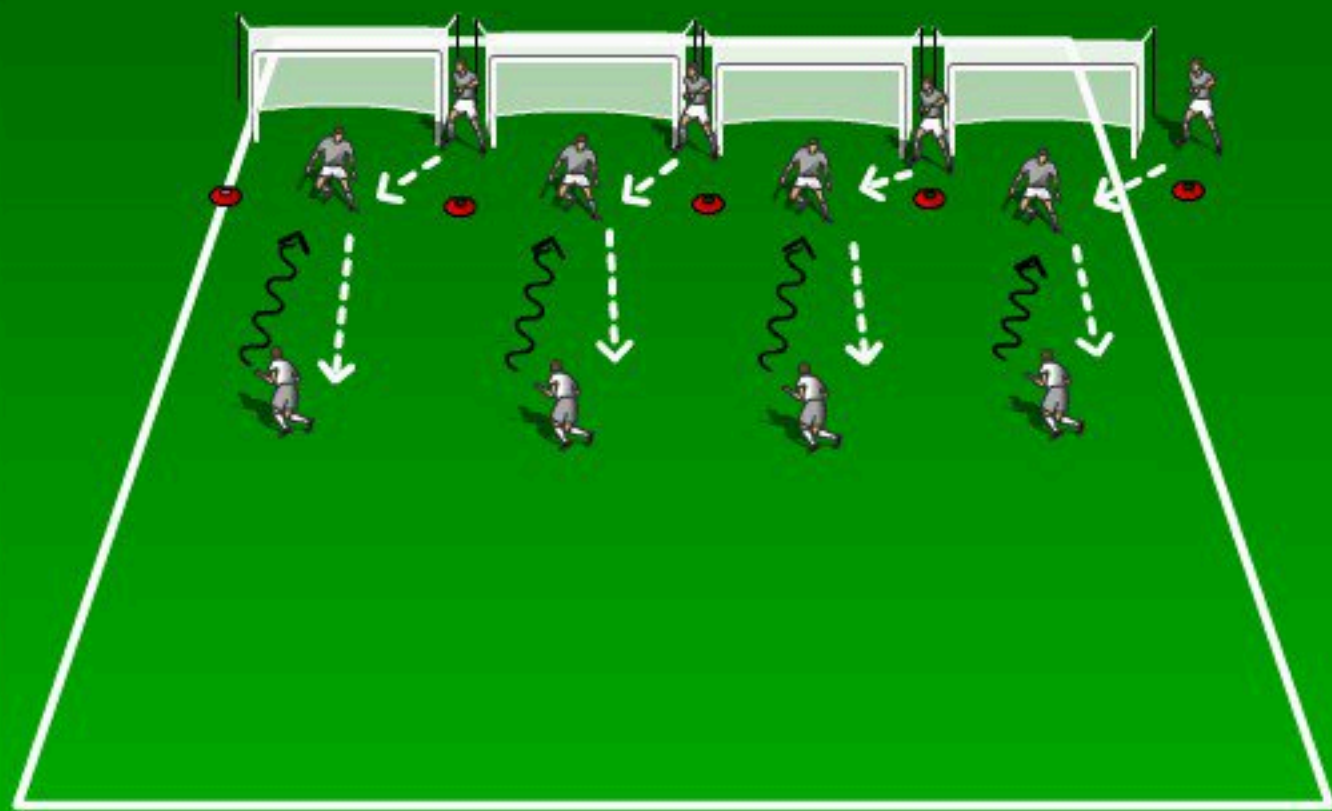
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### Organisation

- Same set up as before
- 2 v 2, defenders to try and stay within there lanes
- If defenders win the ball, score in the top goal

### Coaching details

- 1 engage/press
- 2nd defender to cover
- Look to show players into congested areas



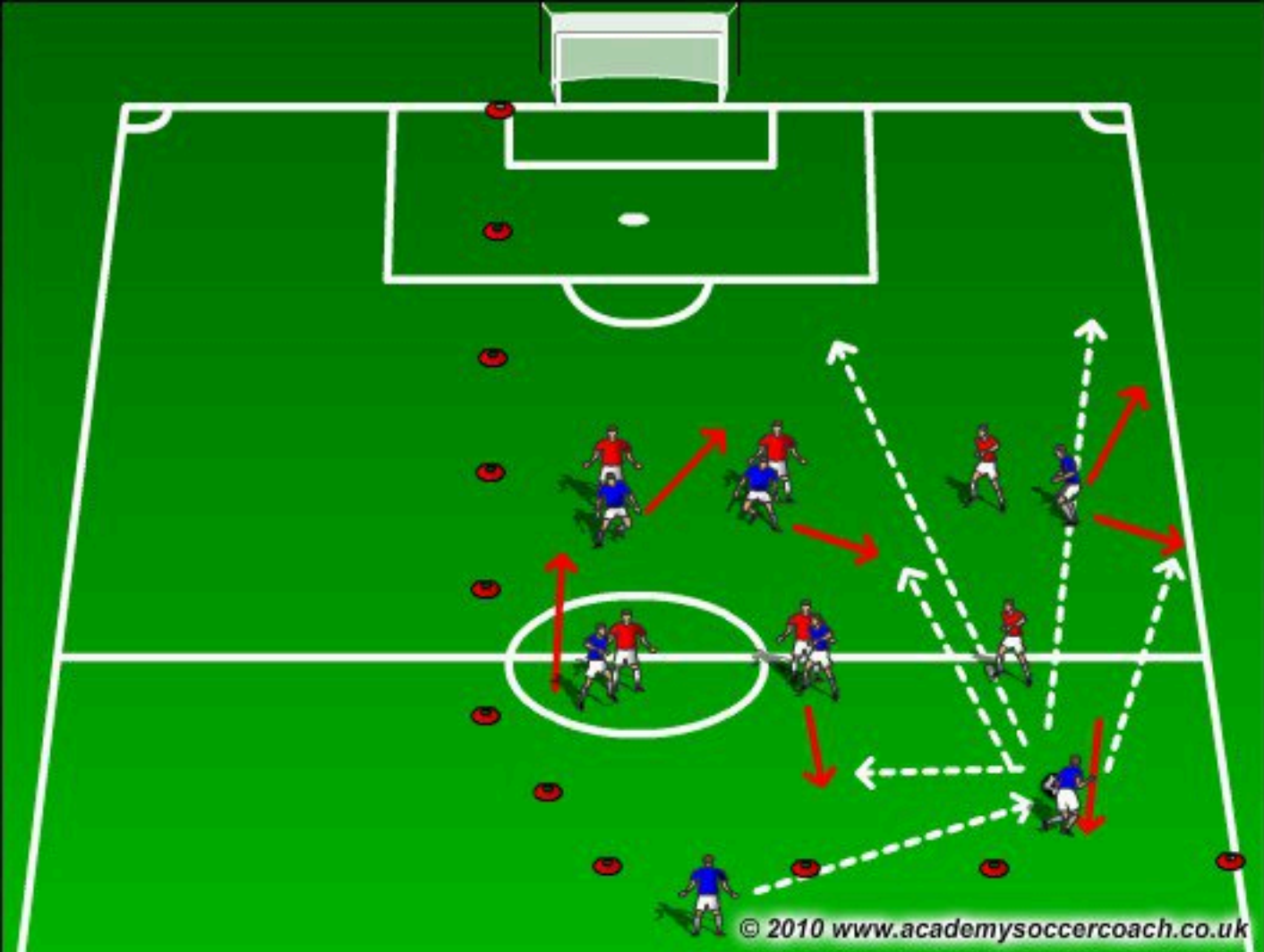
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### Organisation

- 1 goal in each area, 4 areas with server, defender and attacker
- 1 v 1, server plays into defender, plays into attacker and attacker to try beat defender to score, attacker can not score until reached red area.

### Coaching details

- Show attackers away from goal
- Acceleration/ Deceleration
- Defenders to give themselves every advantage to win the ball by figuring out attackers strong side



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**Functional - Passing forward from a full back:**

**KF = FBs movement to receive ball, FBs first touch, Movement of strikers, Movement of RM and Movement of CMs.**



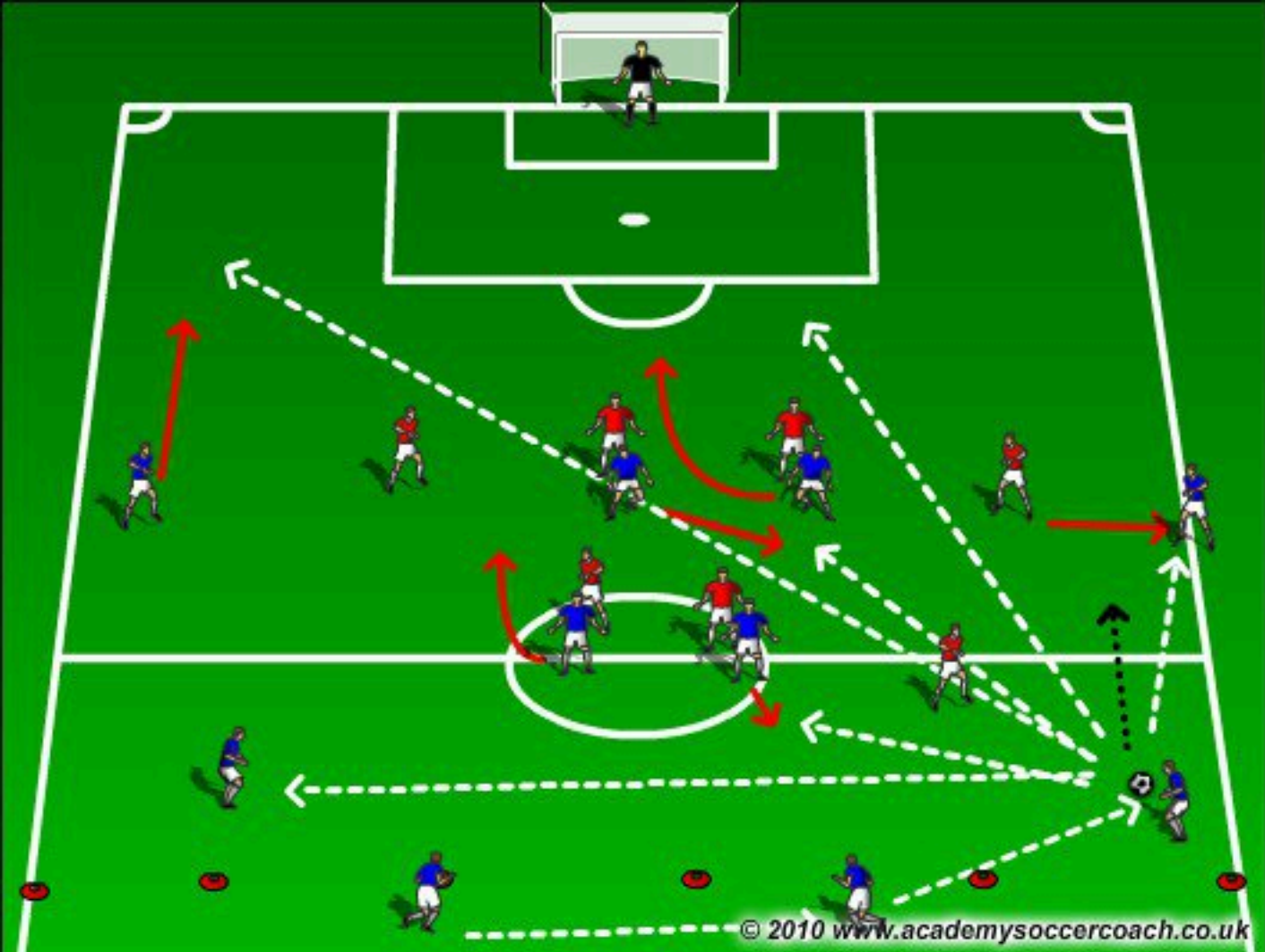
**Phase of Play - Passing into feet (Picture 2):**

**KF = Width, Depth, Mobility, Strikers look to play high and create space, RM/LM play high and wide, RB/LB play wide and deep, CM's to create space.**

**Picture = Ball passed into CM and depending on how much space/where the defender is, take a touch either back or to either side. On all options make sure the right movement from all players.**



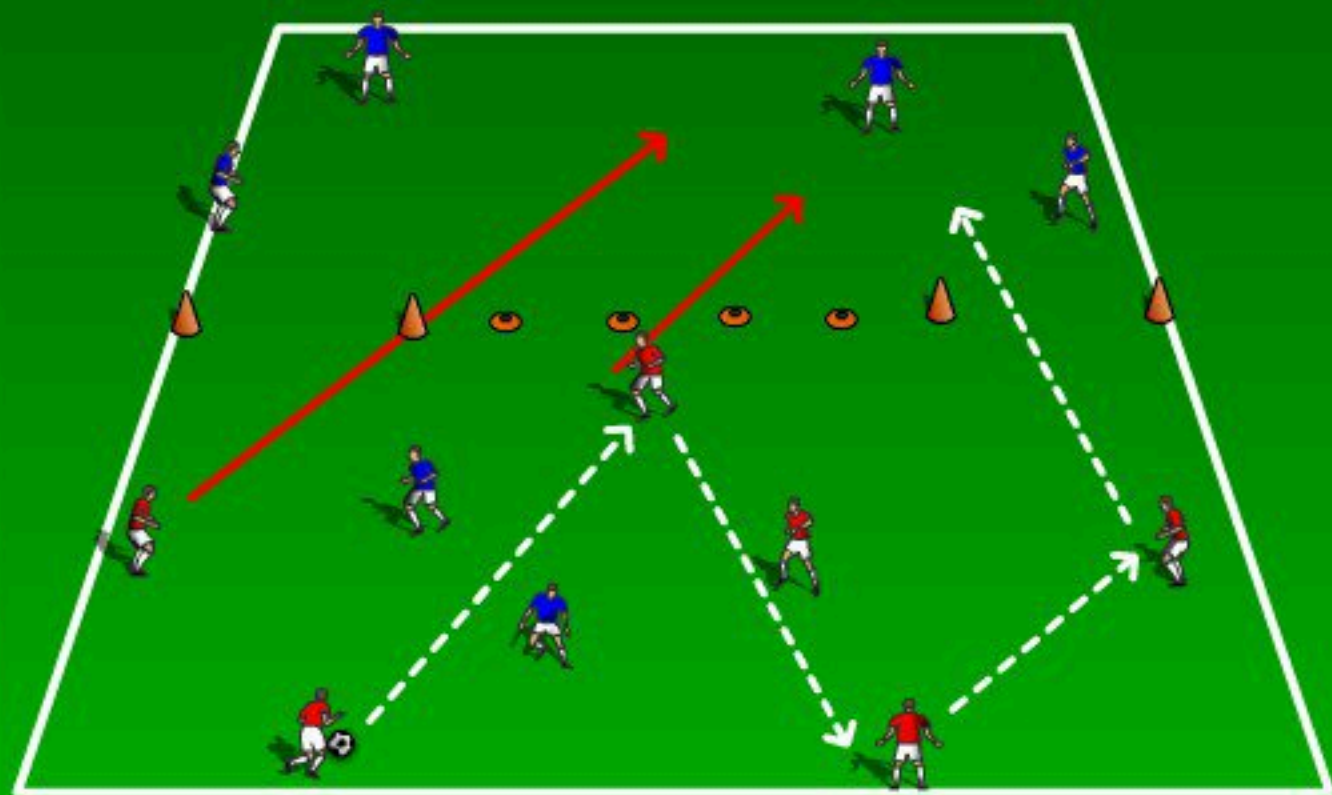




**Phase of Play - Passing into feet (Picture 1):**

**KF = Width, Depth, Mobility, Strikers look to play high and create space, RM/LM play high and wide, RB/LB play wide and deep, CM's to create space.**

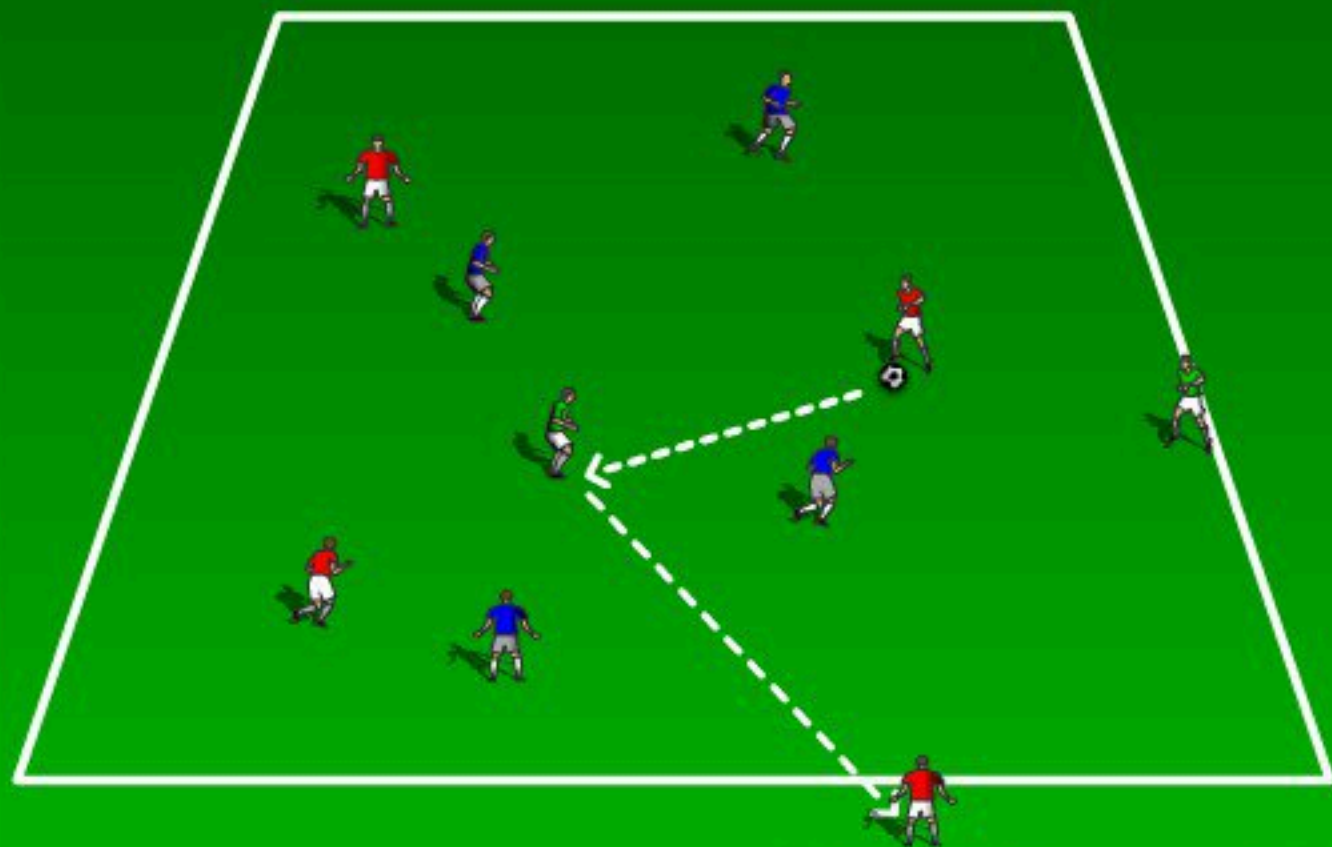
**Picture = Ball passed into RB, movement from strikers for ball into feet/behind, RM's movement wide to receive ball to feet, Ball across to LB or Closest CM to switch play.**



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Possession game 6v6. If the ball is in one half then 2 players from the other team come into their half to try and win the ball (6v2). Team with the ball have to get 5 passes before they can pass into one of the goals. The same then happens in the other half straight away. If one of the defenders wins the ball, if they kick it out then their team gets the ball. If they can pass back to their team though they get a goal as well.





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**3 V 3 with 2 neutral players.** The team with the ball has to play the ball to one of their players on the side of the area, they then had to play to the opposite side to one of their players to get a goal. Then they can play to any side again. If the other team win the ball then they do the same. Looking for quick passing, using the whole pitch (depth and width) with movement to create space and proceed forward. Progression - once the team has played to one side and is looking to get the goal at the opposite, the offside rule starts making a more realistic game which then can involve more tactics and ways to get around the offside.





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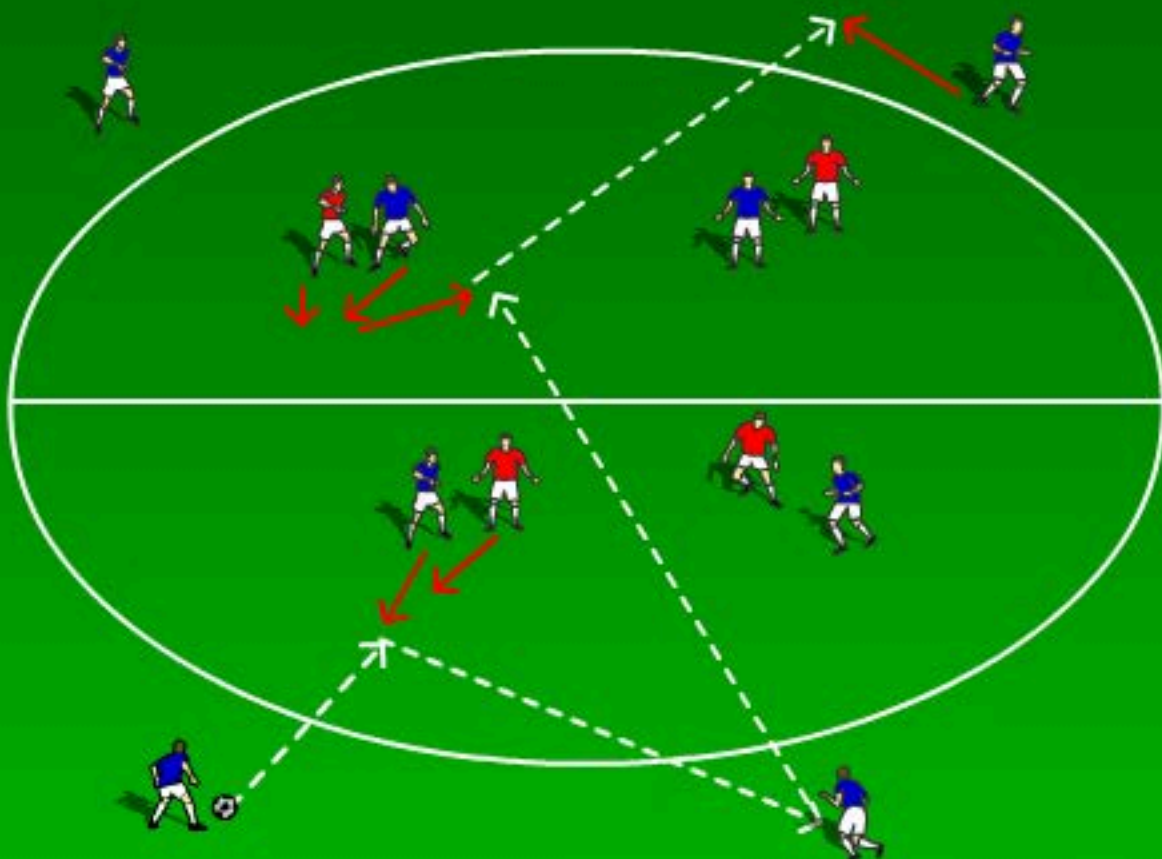
## Warm Up - Passing Technical

Half the players have a ball while the other half don't. The players have to pass with targets:

- Pass to everyone
- Pass to a different colour only
- Pass to a certain colour only
- Pass within a time limit (for example 3 seconds to pass once taking a touch)
- Pass within a certain amount of touches
- Without letting the ball stop
- Without the player stopping

## Key Points:

- Not using toes
- Head up looking for players/the best option to play to
- 'Radar' (knowing where players are around you)
- Predicting where players will be
- Getting into a space
- Calling for the ball
- Pass with the inside of the foot
- Using different types of passes (reverse, short, long, driven, in the air etc)



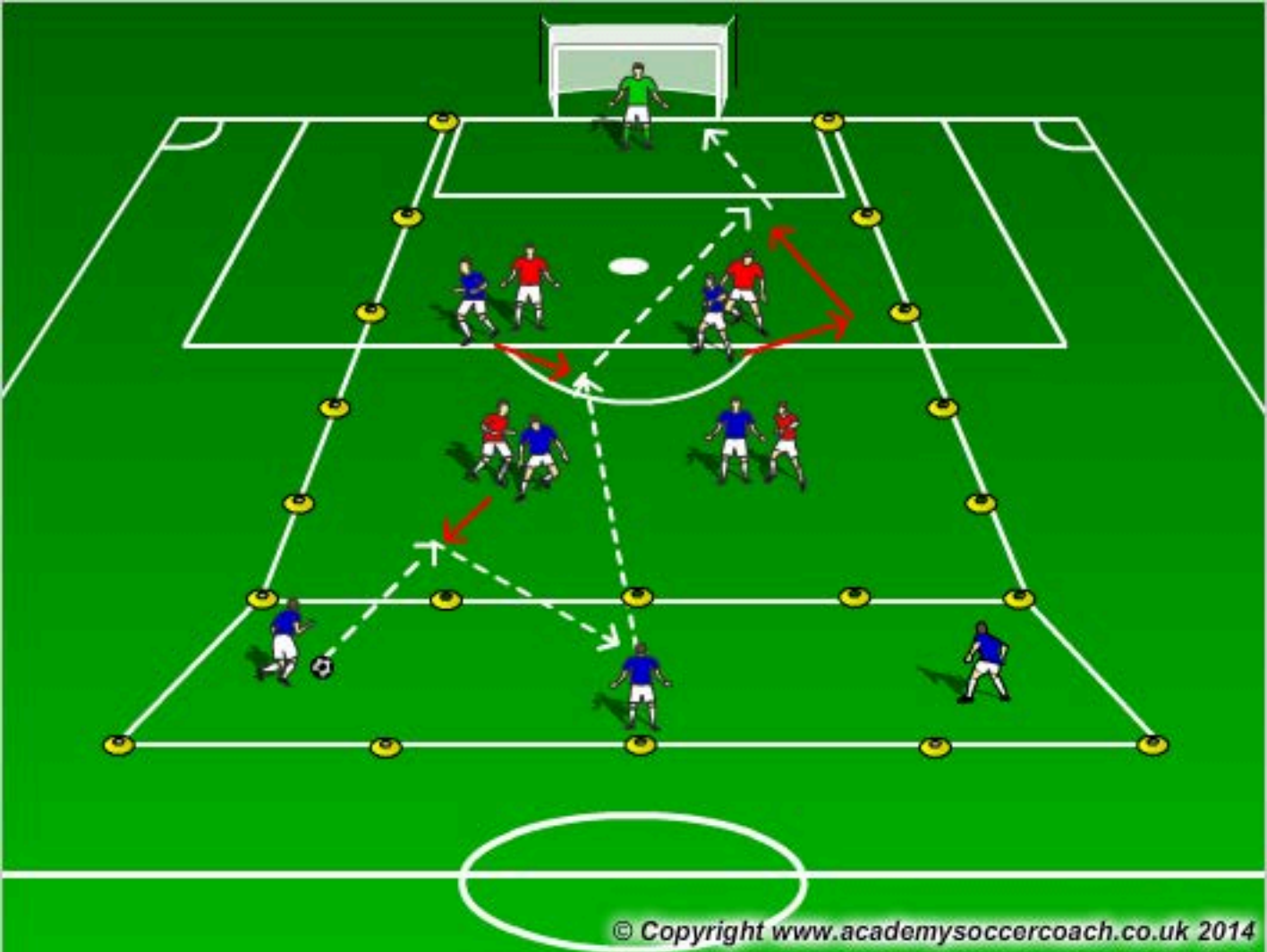
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### Attacking centrally/Build up play (CM/ST)

2 V 2 in each side of the circle and 4 servers around the outside. The blues have to get the ball from one set of servers on the outside to the opposite side (as above) to score. The reds have to stop them/win the ball and play to one of the outside players to score. No one can leave their areas at first. To progress, allow the attackers to move where they want and finally take the middle line away.

#### Key points:

- Quick play
- Blindside movements
- Go high to receive short and vice versa
- Patterns of play (for example, closest CM receives short and bounces back, CB plays through the gap into the striker who plays it round the corner)
- Keep the ball moving
- Play back if not sideways or forward



## Defending Centrally

Four versus four in the middle with a goalkeeper and three servers. The blue team have to try to score while the red team have to prevent them from scoring and win the ball. If they win it then they must play to the servers to score.

### Key points:

- Centre mids and centre backs either both push up or both drop back. If there is pressure on the ball then the centre backs can step up (ball can't be played over the top), if there is no pressure then step back (ball can be played over the top).
- Centre mids prevent ball through to strikers while marking their players.
- Centre backs stood side on ready to drop or step up.
- Communication
- Defensive triangle (defender can see the ball and the other player)

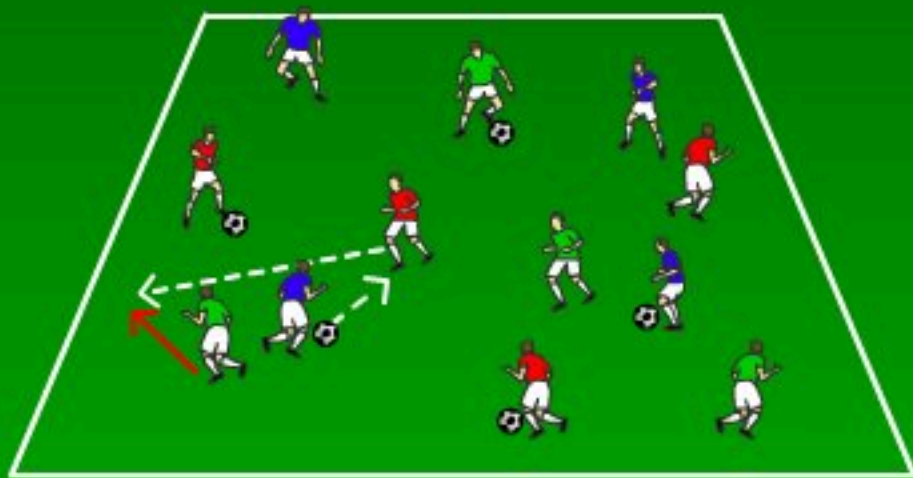




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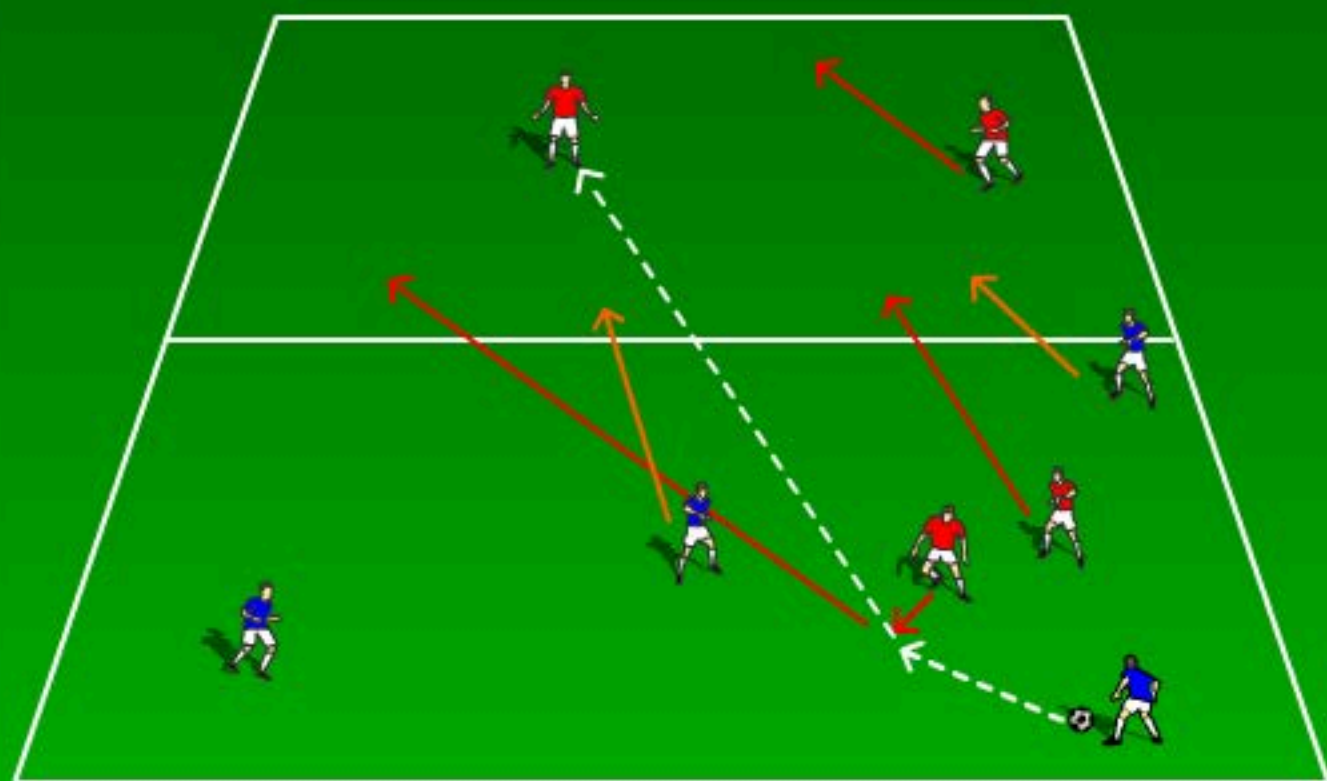
**Defensive headers - 2 defenders vs 2 attackers in the area, a goalkeeper and 2 servers.** The 2 blue attackers start in the zone near the half way line and the defenders start just outside that area. The ball is played into one of the wide players who takes a touch or two and then crosses the ball in to the 2 attackers that have made runs forward into the area. The other wide player drops back and gets a ball. Once either the defenders have cleared the ball out of the area or the ball goes off then the ball the other wide player has is played forward in the air for the defenders to clear again. After this players return to where they started and play again. Key points - Track runs made by the attackers, drop slightly so that when the ball is played in you can meet the ball going forward (it is easier to move forward than backwards. Plus the momentum will take the ball further from goal), clear the ball high, if you are not going to make it to the ball before the attacker then put as much pressure as you can and try and block the path of the ball etc. Progressions - add more attackers/defenders, start with a possession keep ball game in the other area and then breakout, open it up into a game with two channels either wide that players have to cross from to score.





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**Tri-colours** - 3 sets of players in different colours. At first players can pass to anyone and then after this you can progress it so players can't pass to the same colour, players act as if a certain colour are defenders (pass quick, take a touch away, take past etc), have to perform a certain skill or move when they come up to a certain colour, must get a one-two with a certain colour, can only pass to a certain colour etc



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## Counter Attacking

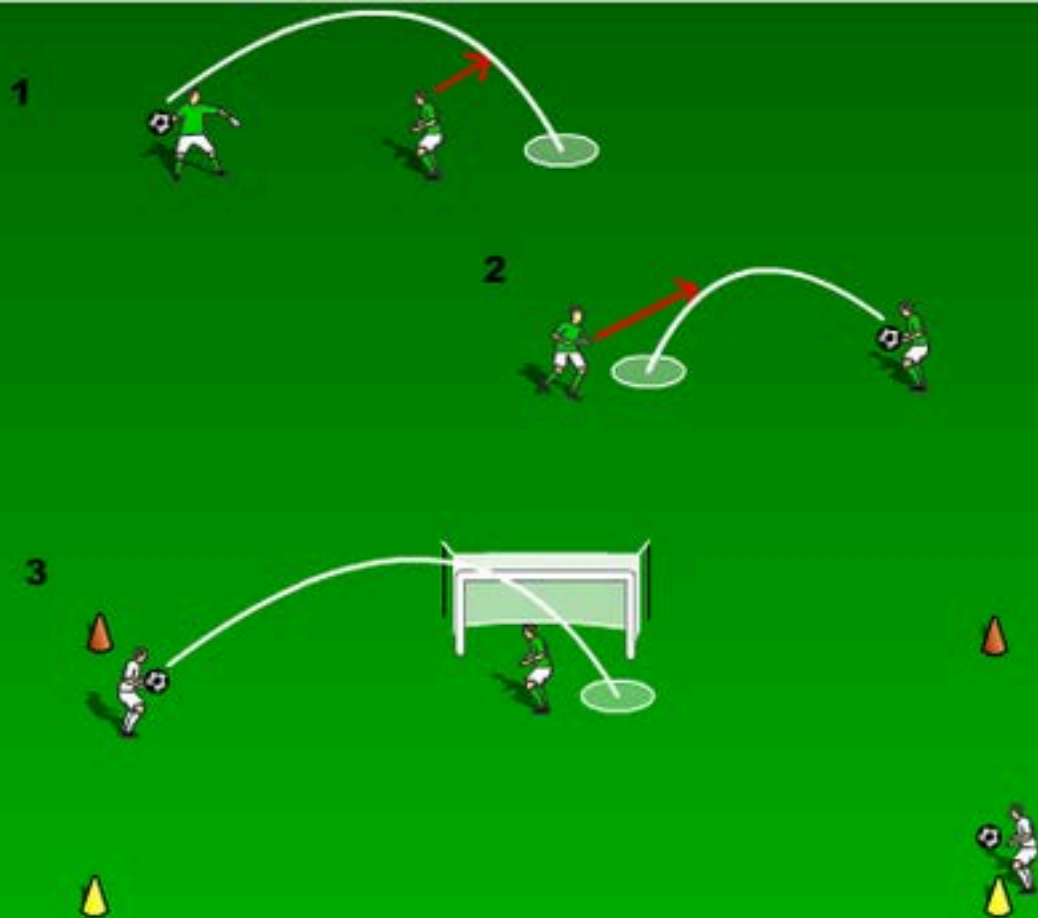
Two teams of four with a four vs two in one side and the other two in the other. The four have to get ten passes to score a goal and can continue to score more with twenty passes etc. The two have to try and win the ball and play it into their own side. Once they do this they quickly support the player they just passed to. Two defenders can then go to try and win the ball back.

### Progressions:

- Add another defender in (three defenders and one player as outlet).
- Add goals so once they get the ball they aim to score.

### Key Points:

- Different ways of counter attacking (running with the ball, long pass to feet, long pass over the top and short passes). Prioritise.
- Quick attack/passes/movement.
- Create depth and width quickly.
- Angles of support (wide, behind, in front).
- Drawing players out of position via runs.



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## Goalkeeping - Dealing with crosses

**1** - Goalkeepers in pairs facing each other with one acting as a server while the other one is working (swap whos working after each go). The keeper with the ball throws the ball high over the other keepers head. That keeper steps back and catches the ball. Swap roles and repeat.

**2** - As above but now the thrower throws the ball high and short so the keeper has to move forward and jump to the ball.

**3** - A player on either side of the penalty area throws/kicks the ball in for the keeper to deal with. The keeper then throws the ball back. Mix up the crosses (short, long, low, high, lofted, driven). Mix up where the crosses are sent in from (early, late, cut back etc).

### Progressions:

- Add another player to put pressure on the keeper
- Harder, quicker crosses

### Key points:

- Judge where the ball is going (don't commit too early)
- Catching technique (W shape with hands, head behind the ball, jump up with one leg coming up for power and protection, meet the ball at the highest point)
- Positioning





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## Defending Tech/Skill

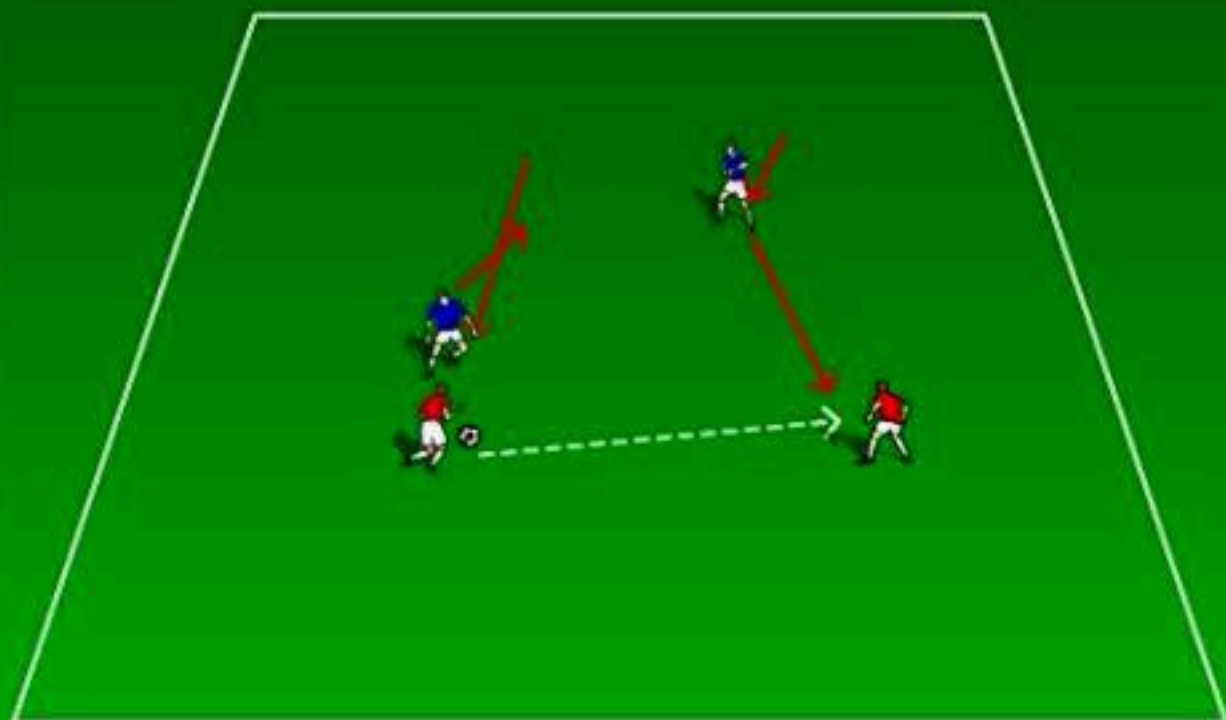
**1 v 1 to the cone.** Attack has to try and pass the ball to hit/knock over the cone. Defender has to stop them and win the ball to become the attacker.

### Progressions:

- Can start with defender only defending and not trying to win the ball (taking it in turns to see which attacker can get the most points)
- 2 v 1 to cone

### Key points:

- Defending technique (jockeying)
- Tactical points (show towards weak foot etc)
- Slow down attacker
- Stop attacker turning if facing the other way



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## Defending Tech/Skill

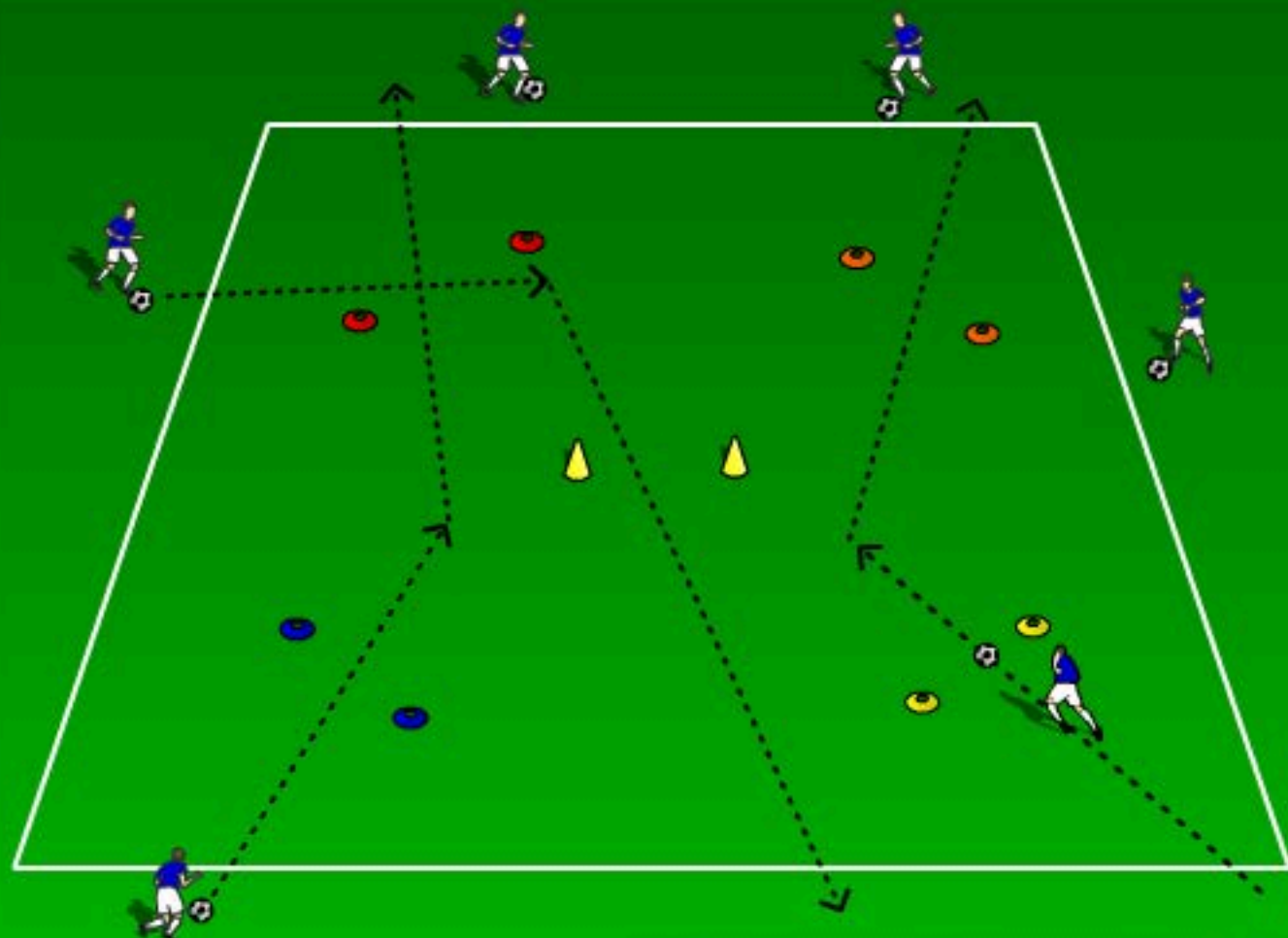
**2 v 2 to the end line.** The defender starts with the ball and passes across to the attacker. As soon as the ball is played the game is live. If it goes out then start the game again.

### Progressions:

- Can start with only pressure (no tackling)
- Play as a ladder game to add fun/competition element to the game (winner goes up a group and losing player goes down a group)
- 1 v 2
- 3 v 3/4 v 4
- Add goals

### Key points:

- Jockeying technique
- Slow the attacker down
- Better to show down the line (if defender can stop/slow the attacker 1v1) or show towards other defender (if defenders can stop/slow the attackers 2v2)
- When to win the ball (after big touch, mistake etc)
- Communication



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## Running with the ball/Dribbling Tech/Skill

Players have to get from one side to another going through at least 2 gates. They repeat this as many times as possible in the time limit.

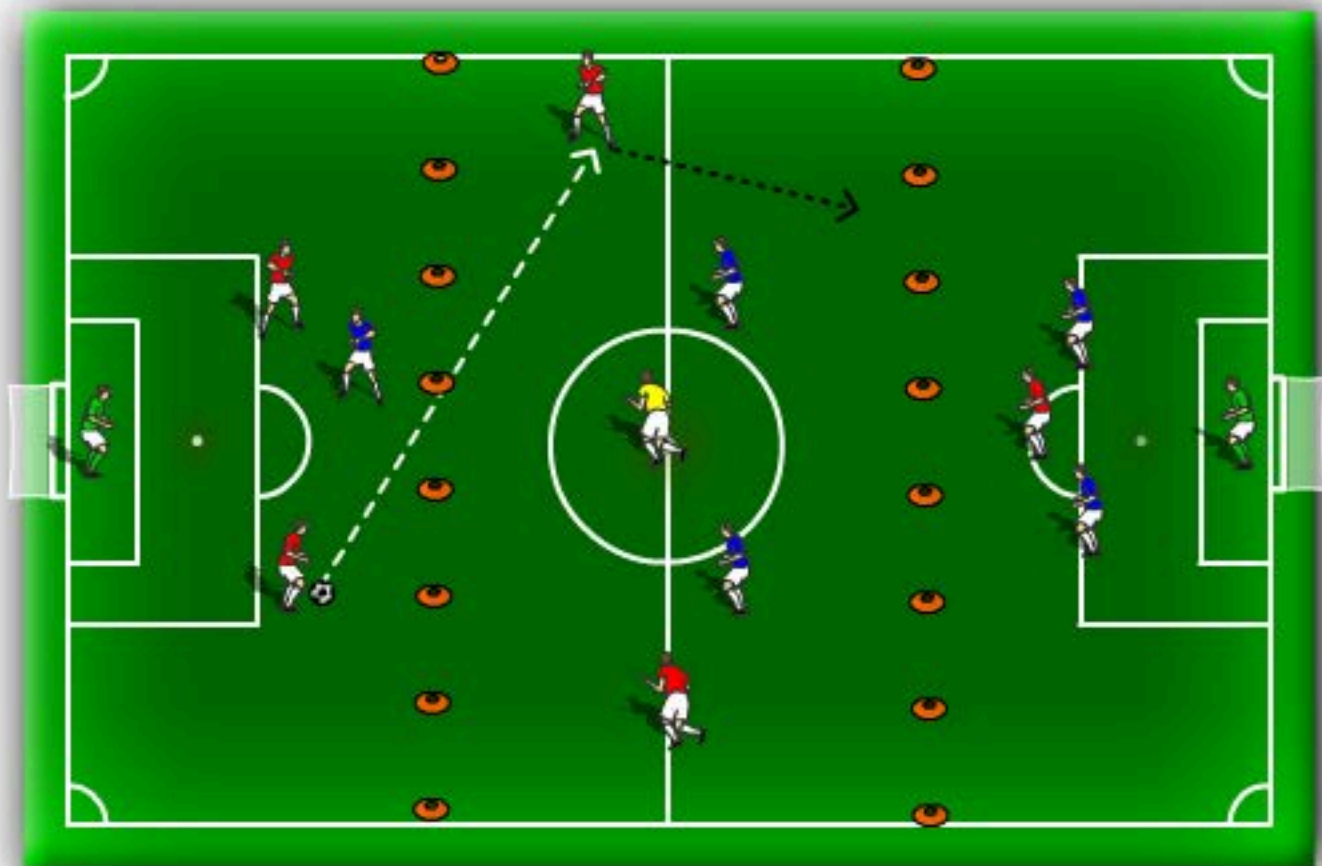
### Progressions:

- Add defenders (make sure to have twice as many gates as defenders)
- Players only get a certain amount of time to get across the area and through the gates

### Key points:

- Big touches when there is space to do so (laces)
- Small touches if there is no space (all parts of the foot)
- What gates to go for (look for space/gaps)





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## Dribbling/RWTB Through The Thirds Game

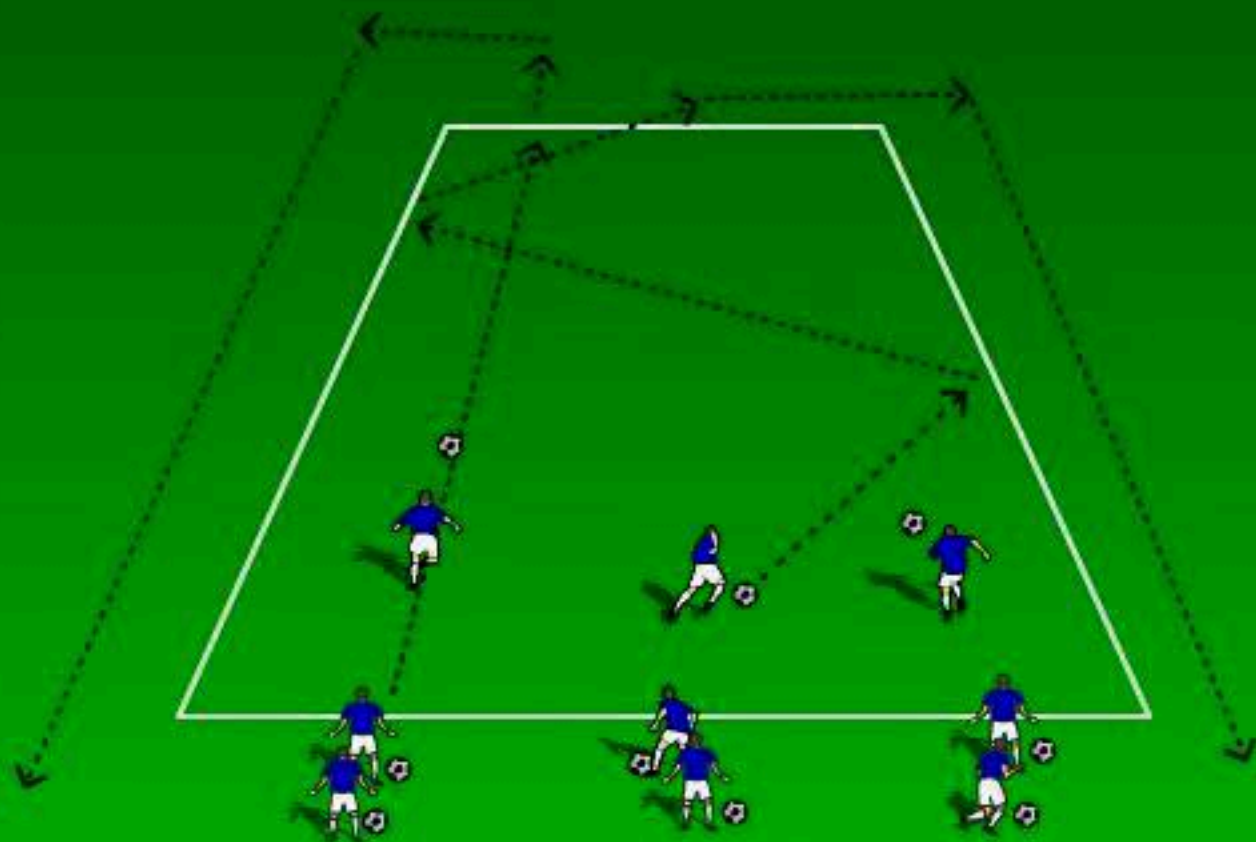
Pitch split into thirds with each team playing a 2-2-1 with a goalkeeper and a neutral player that can go anywhere. All other players have to stay in the zone they are in.

### Progressions:

- Player on the ball can go into different zones
- Team in possession can go anywhere

### Key Points:

- Dribble/RWTB in the right areas at the right time (defender breaking forward, wide midfielder going down the wing, striker/centre midfielder breaking into the box etc)
- Other players stay out of the player on the balls space/the area they want to attack
- If dribble/RWTB isn't on then keep the ball/pass
- Head up



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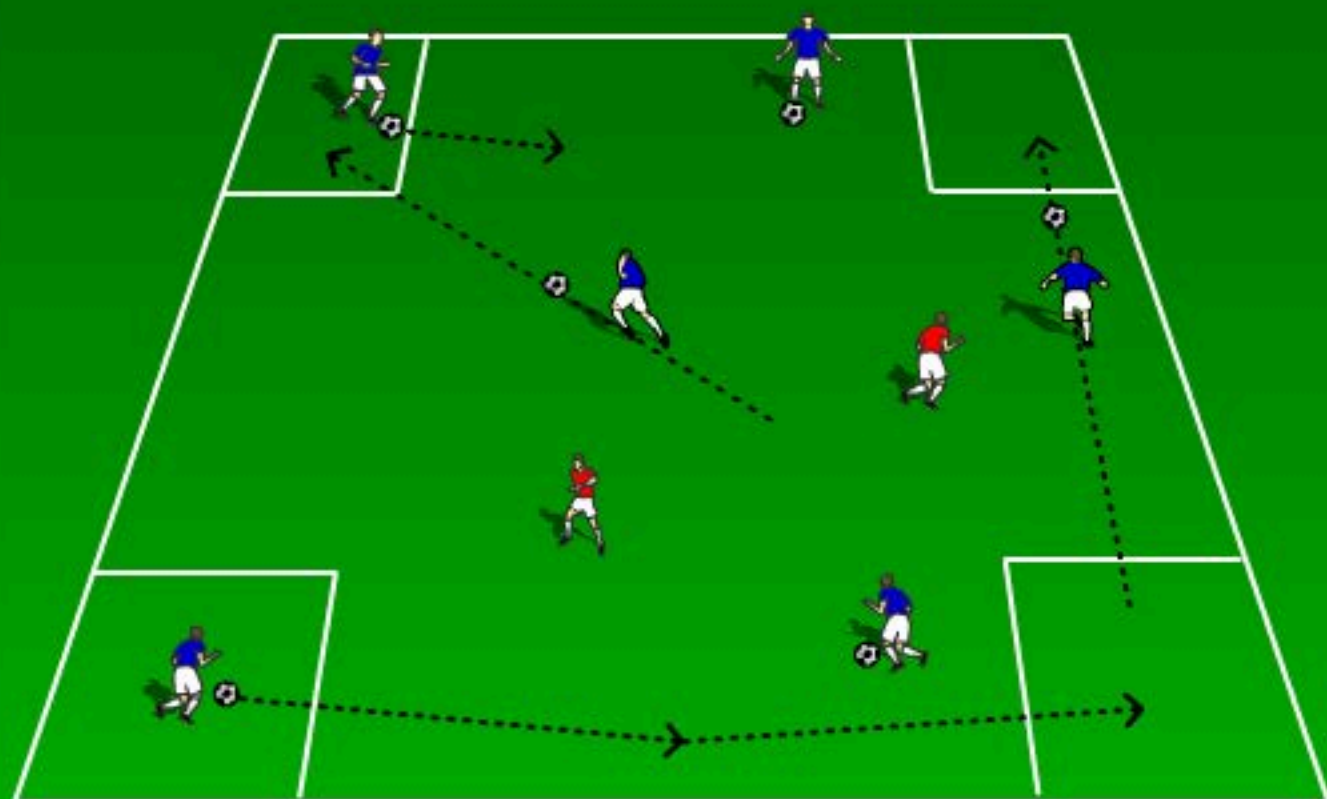
## Dribbling/RWTB/Turning Tech/Skill

3 players go at a time and dribble to the end performing certain tasks. On the way back they have to try and complete another task. A few examples:

- Get to the end with as little/many touches as possible
- Go to both sides before getting to the end
- Use a certain part of the foot
- Perform a certain skill at least 3 times on the way to the end
- Beat a player (add a defender)
- Juggle as many times as possible on the way to the end
- Perform a certain turn 3 times on the way there

### Key points:

- Head up (looking for space/defenders)
- Touches on all parts of the feet
- Big or small touches
- Skills and turn tech



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## Running with the ball/Dribbling Tech/Skill

Players have to get from one scoring zone to another to score a goal. While in these zones the players can not be tackled. If they do lose the ball then they must perform a task before playing again (for example 5 juggles, 10 toe taps, a certain skill etc).

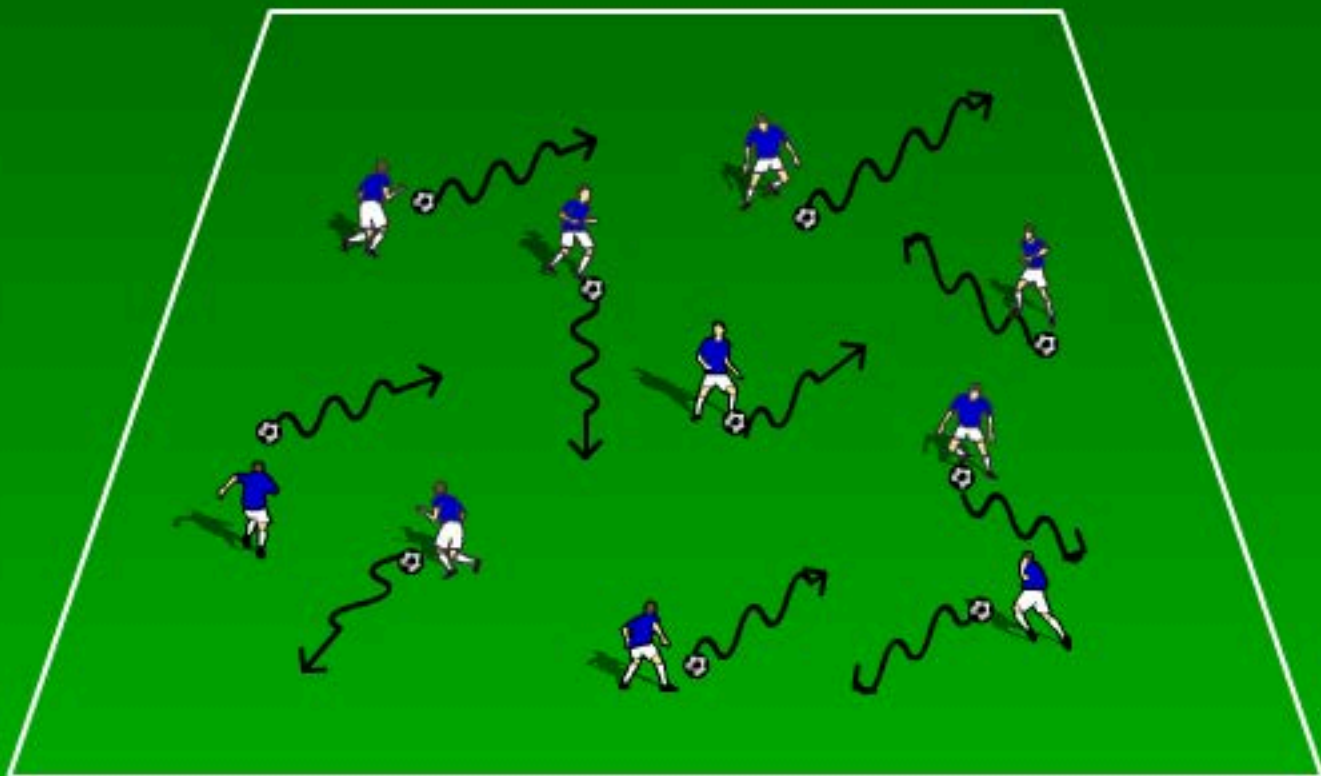
### Progressions:

- Make defenders live (if started with defenders only put time pressure)
- Add more defenders
- Players can only be in a scoring zone for 5 seconds
- Only one player can be in a scoring zone

### Key points:

- Head up looking for space/gaps/defenders etc
- When to take big/small touches
- Changing direction and speed when under pressure





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## Warm Up - Dribbling Technical

Players dribble in the area with different targets:

- Use certain feet/parts of the foot
- Change speed/direction every couple of touches
- Take a certain amount of big touches followed by a certain amount of small touches
- Take 'double touches' (2 touches on the ball without that foot touching the ground)
- Master certain skills/turns
- Beat other players in the area (everyone has a ball)

Key Points:

- Not using toes
- Head up looking for space
- 'Radar' (knowing where players are around you)
- Predicting where space/players will be





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### Using width (attacking organisation and attacking transition)

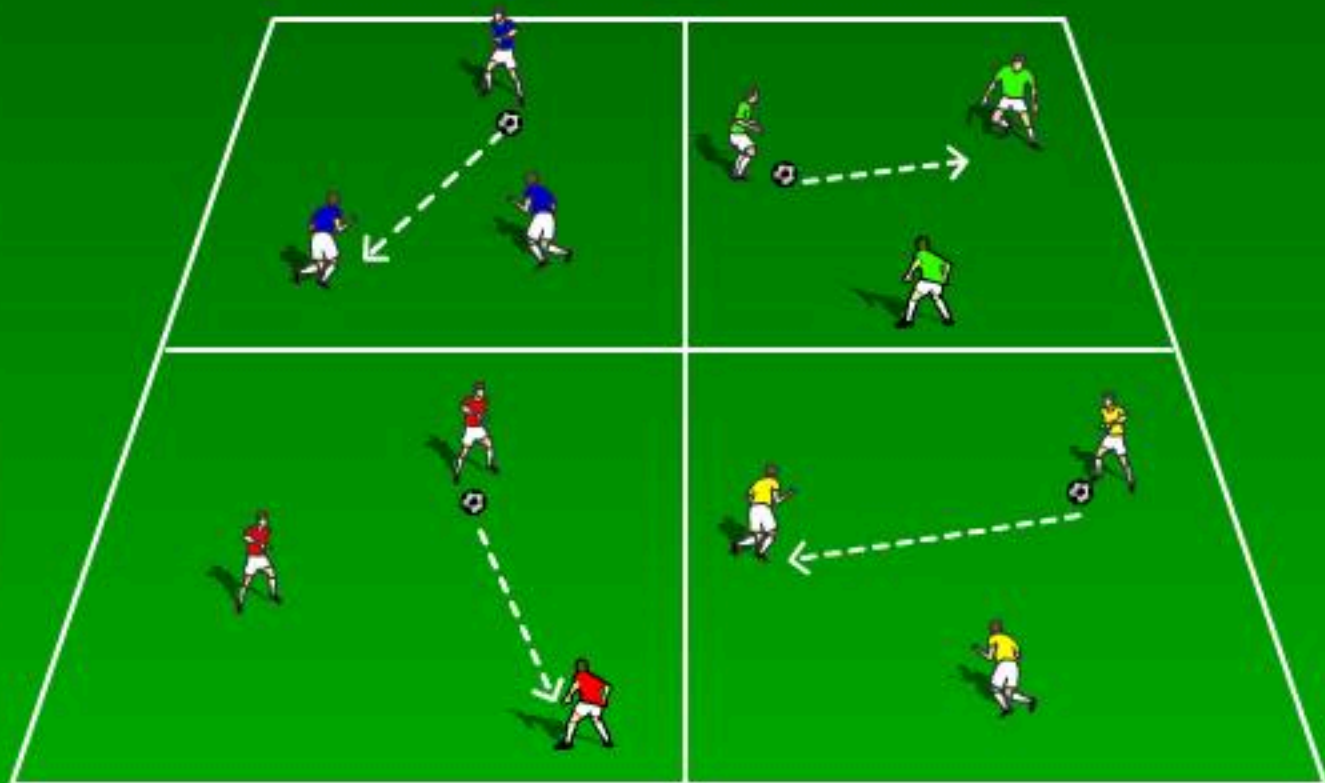
Blue team have to try and score by can only do so by filling all 5 channels. The defending red team can only go in the central 3 channels to start with. On the transition, the roles switch.

#### Progressions:

- Defending team can go anywhere but can only fill 3 channels at a time.
- Defending team can go anywhere.

#### Key Points:

- The fullback and wingers should get into the channels as soon as the team gains possession (quick, sharp movements wide).
- They shouldn't fill the same channel. Depending on the situation, either the winger drives in and the full back goes wide (and possibly overlaps) or the winger pulls wide and the full back steps in to be able to play a ball down the channel to the winger.
- Communication and awareness from both the full back and winger.
- Central players look to play within the attacking principles, play forward early and if not, play into the channels. Look at which option and which channel has the most space and potential for attack.



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## Warm Up

Players pass and move in their area. After a 30 second period the players perform a certain dynamic movements like lunges, skipping, kick outs etc.

### Progressions:

- After a certain number of passes or at the coaches call the players play the ball to a different/certain area
- After a certain number of passes or at the coaches call the players move to a different area
- One team splits and puts a player in each other area to play keep away



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## Goalkeeping - Handling/Reactions

Goalkeepers on the outside have to throw the ball at the cone in the middle to score. Goalkeeper in the middle has to block the ball hitting the middle cone. If the goalkeeper in the middle gets the ball then they swap with the player who just gave it away. If the middle cone gets hit 3 times then the player in the middle loses. Players on the outside can pass the ball with the other outside players. 5 second limit on holding the ball to speed game up.

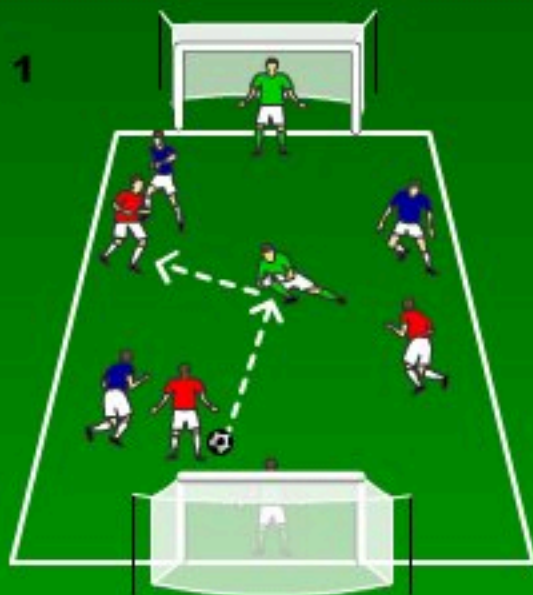
### Progressions:

- Move outside cones closer
- Add another outside player
- Add a 3 sided goal into the middle

### Key points:

- Positioning
- Short diving tech (W behind the ball, land on side/shoulder not elbow etc)
- Ready position (feet facing forward, on toes, knees bent slightly, hands up ready etc)





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## Using goalkeepers out of goal -

1 - If you have an extra goalkeeper you could have them playing as a neutral player on the pitch that can use their hands and can't be tackled. They can't move though.

2 - Use them as a defender that can use their hands. This means they can either dive to stop a ball being passed or go towards the player and claim it with their hands.

3 - They can be target players but the ball has to be played into their hands/above their head/on the floor (different rules depending on the session).



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## Goalkeeping - Handling/Reactions

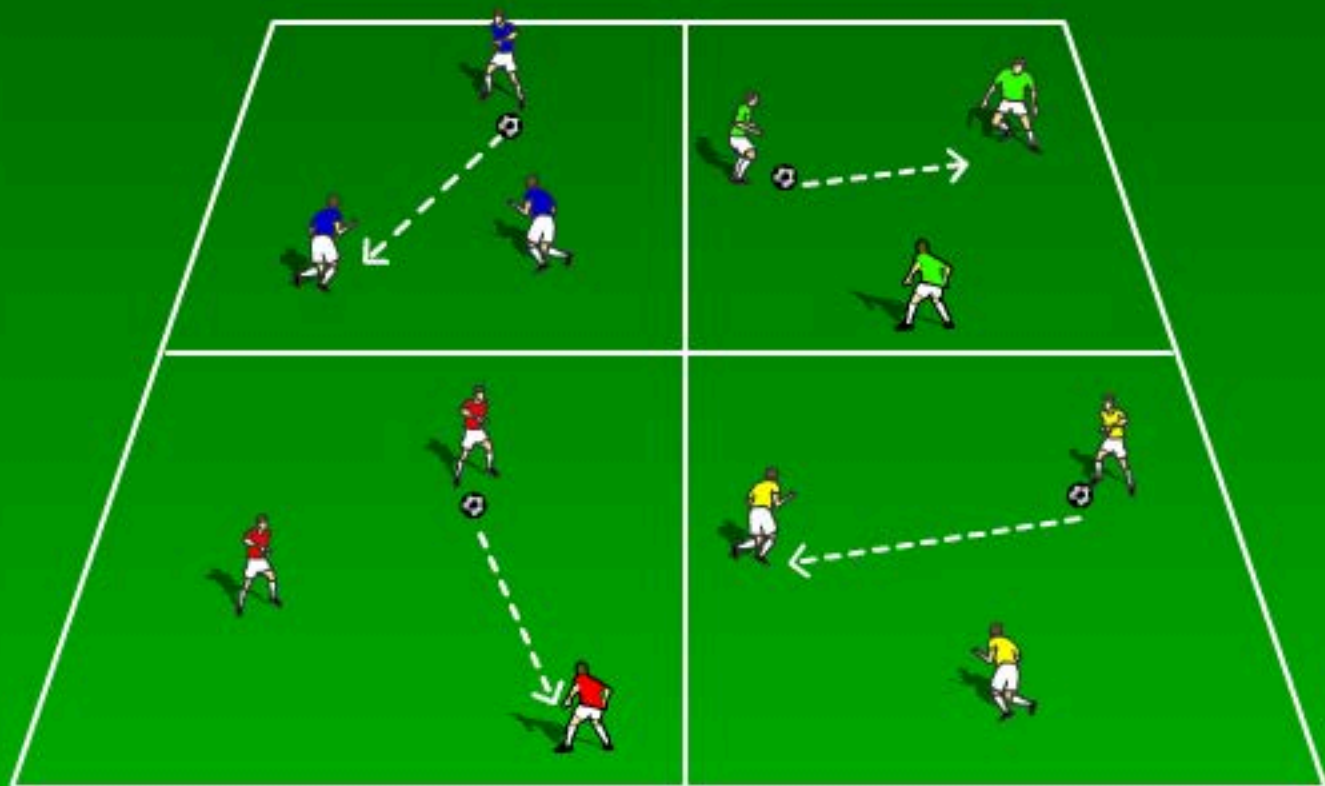
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### Progressions:

- Move outside cones closer
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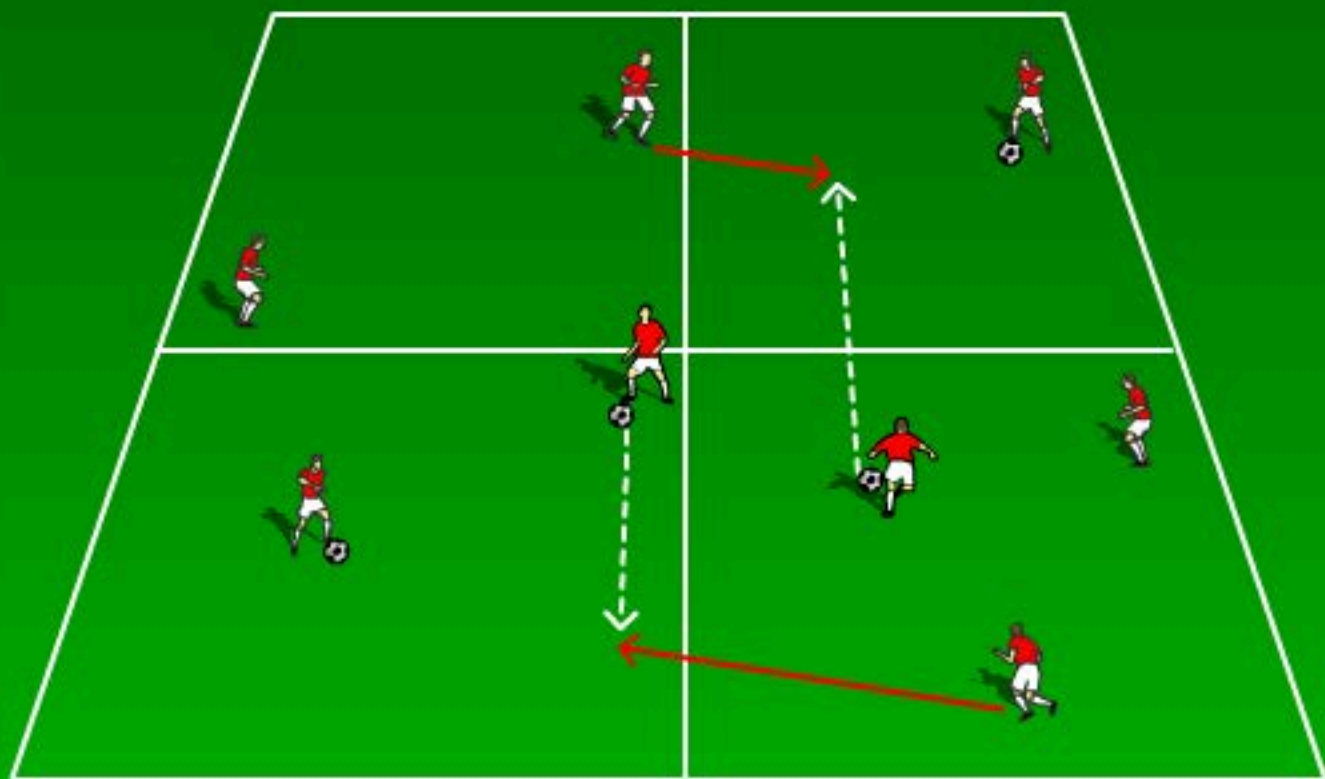
## Warm Up

Players pass and move in their area. After a 30 second period the players perform a certain dynamic movements like lunges, skipping, kick outs etc.

### Progressions:

- After a certain number of passes or at the coaches call the players play the ball to a different/certain area
- After a certain number of passes or at the coaches call the players move to a different area
- One team splits and puts a player in each other area to play keep away





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## Passing Tech/Skill

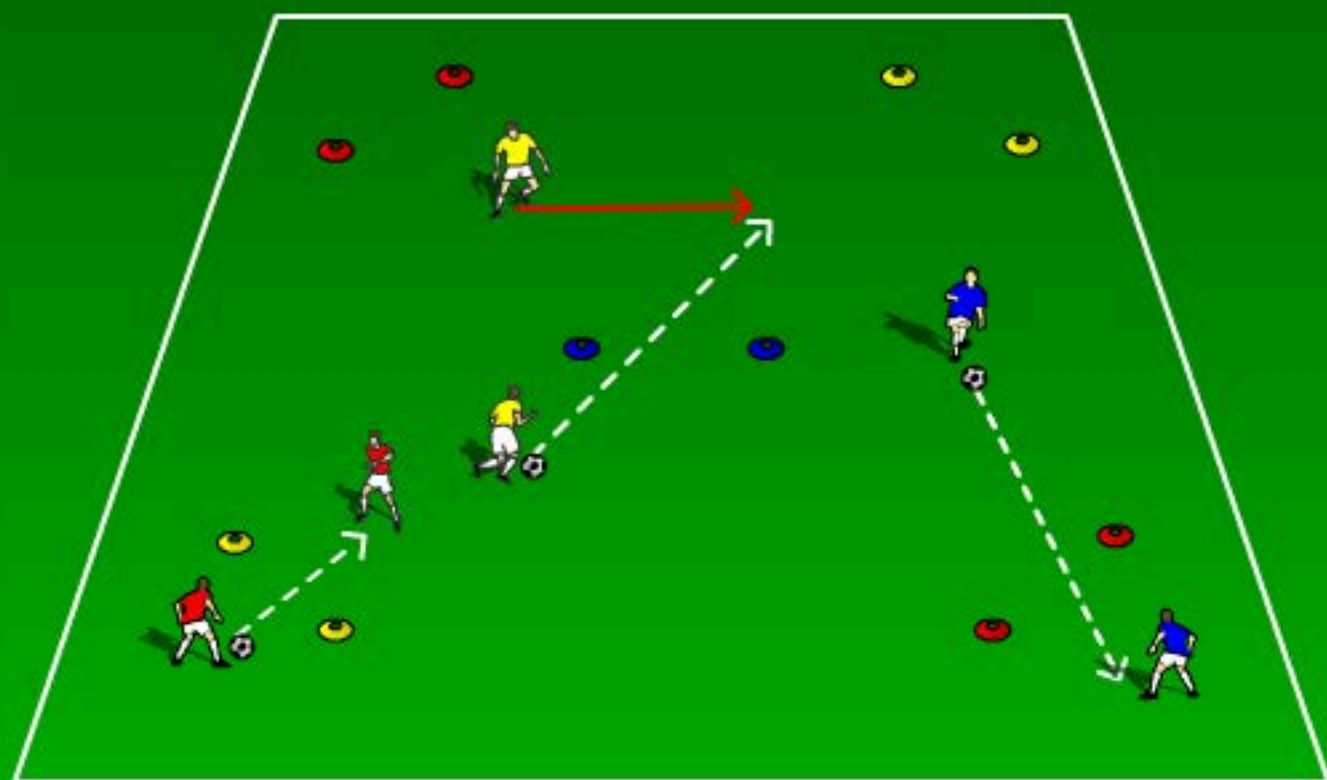
Players have to pass to each other but they can't pass to them in the area they are in (as shown above, players have to pass into a space for another player to run onto).

### Progress:

- Add a defender(s)
- Add a defender in each area

### Key points:

- Head up
- Communication (point to where the pass should go)
- Weight of pass
- Angle of pass
- Timing of run



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## Passing Tech/Skill

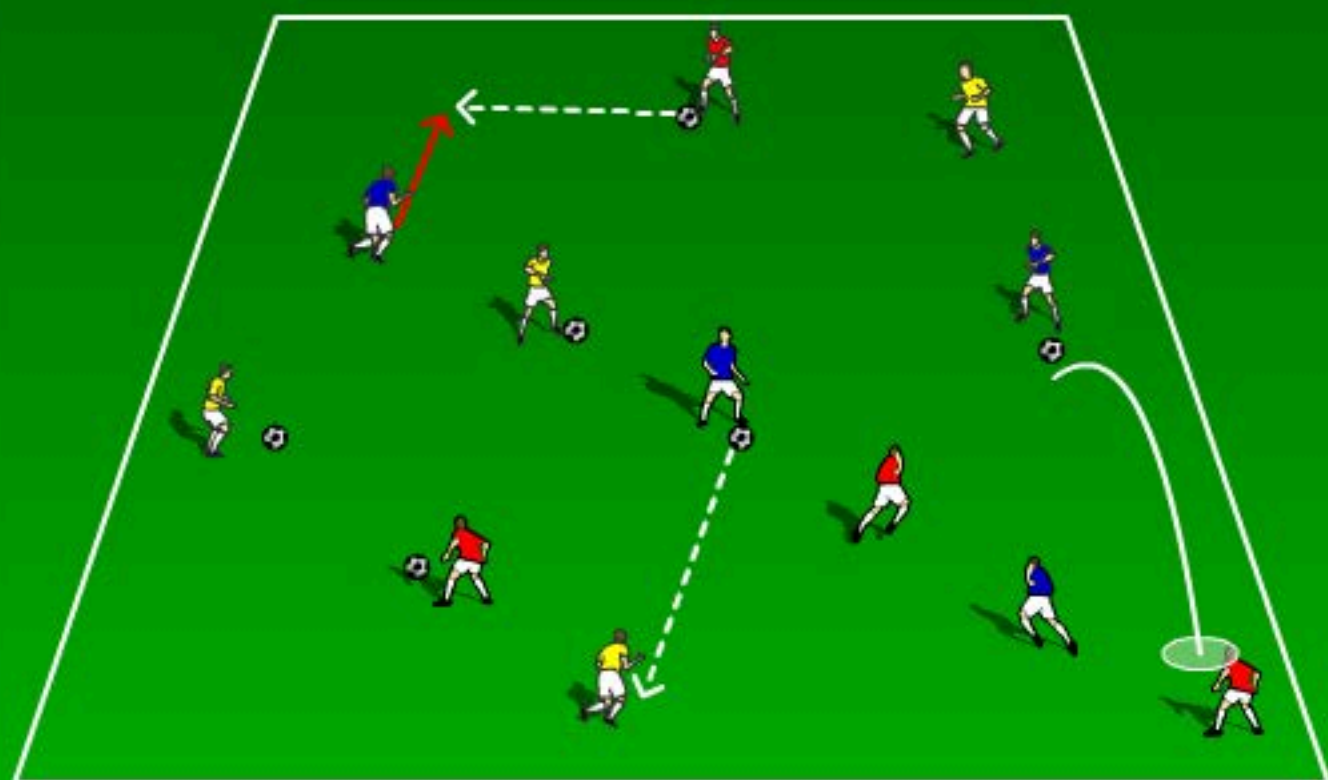
In pairs players have to pass through as many goals as possible. They can't go in a goal if someone else is already there.

### Progressions:

- Add defenders into the goals
- Defenders can go anywhere

### Key points:

- Communication
- Quick passing
- Through passes
- Different passes (reverse, short, long, in the air)



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## Warm Up - Passing Technical

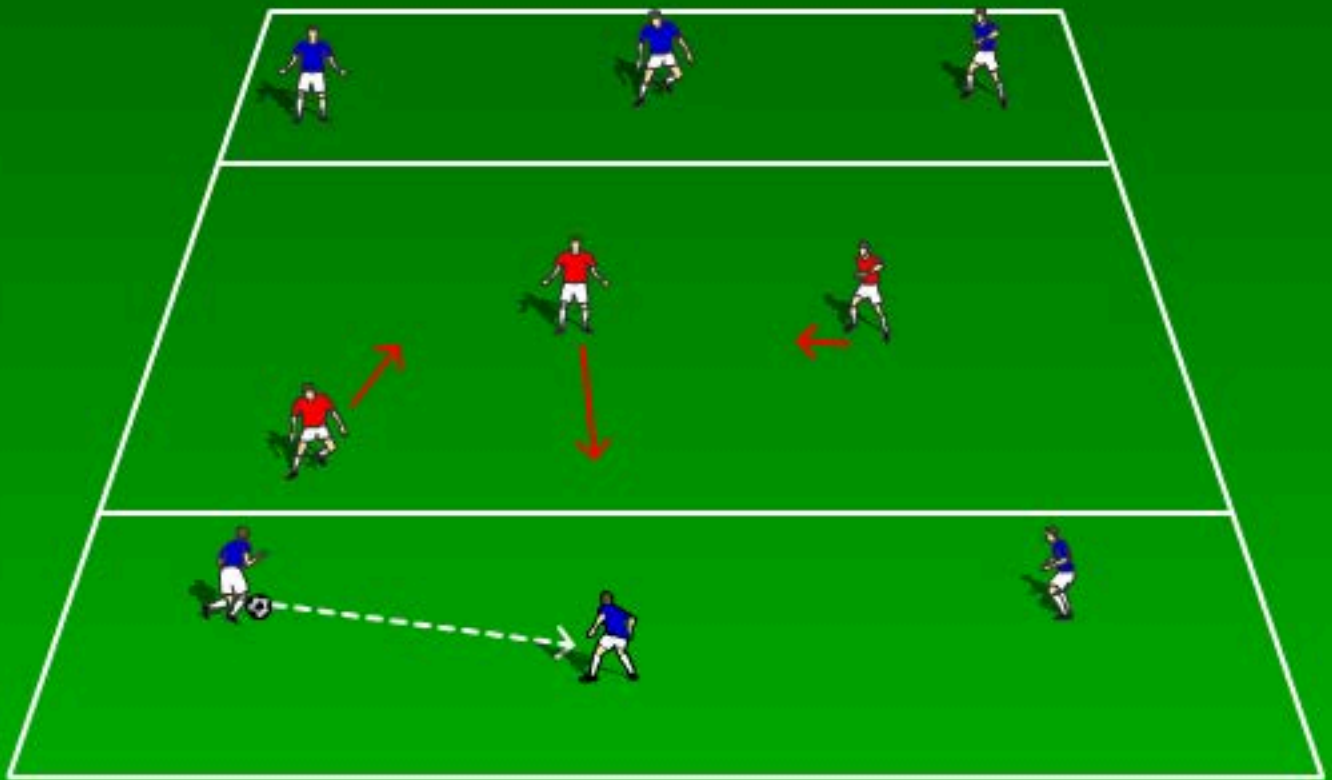
Half the players have a ball while the other half don't. The players have to pass with targets:

- Pass to everyone
- Pass to a different colour only
- Pass to a certain colour only
- Pass within a time limit (for example 3 seconds to pass once taking a touch)
- Pass within a certain amount of touches
- Without letting the ball stop
- Without the player stopping

## Key Points:

- Not using toes
- Head up looking for players/the best option to play to
- 'Radar' (knowing where players are around you)
- Predicting where players will be
- Getting into a space
- Calling for the ball
- Pass with the inside of the foot
- Using different types of passes (reverse, short, long, driven, in the air etc)





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## Defending Tech/Skill

3 defenders in the middle and 3 attackers in both end zones. Attackers have to try and pass the ball through the middle zone to the players on the far side to score. Defenders have to try and block the pass to score. To start with all players must stay in their own zone.

### Progressions:

- Defenders can go into the zone the ball is in to pressure/win the ball
- If the team in the middle wins the ball they quickly pass to the other side and swap with the team that just lost the ball

### Key points:

- Jockeying technique
- Communication
- Positioning for all defenders
- Covering across



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## Goalkeeping - Shot stopping/Reactions

Two players pass the ball back and forth until at a random time the player facing goal shoots in one of the two smaller goals. The goalkeeper has to stop the ball going in either of the goals. Swap and repeat.

### Progressions:

- Harder, quicker shots
- Player facing away from goal blocks the view of the goalkeeper as much as possible
- Player facing away from goal turns after the shot to get to any rebounds

### Key points:

- Diving technique
- Ready position (as well as other things, stay on toes so ready to react)
- Read the shot, react to certain body movements



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## Goalkeeping - Shot stopping/Reactions

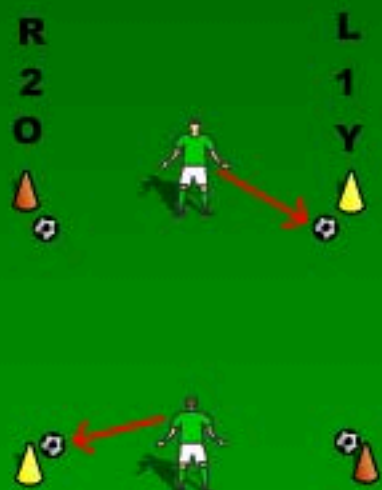
Goalkeepers have to shoot at the other goalkeepers goals to score. Goalkeepers can't score in the goals either side of them. Players can either roll, throw or kick the ball (coach can limit to one to make it easier or harder).

### Progressions:

- Elimination (if scored on, that player goes down on one knee, then 2 knees, then sat down and finally out)
- Add striker in the middle

### Key points:

- Positioning (between the middle of the goal and the ball while cutting off as much of the goal as possible)
- Diving technique
- Ready position



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## Goalkeeping - Shot stopping/Reactions

Coach calls out a colour and the goalkeepers have to dive to that side and touch the ball with both hands. First one wins (against their partner). Reset and then the next one.

### Progressions:

- Call 1 and 2
- Call left and right
- Call colour, number and direction
- Opposites

### Key points:

- Diving technique
- Ready position



**1****2**

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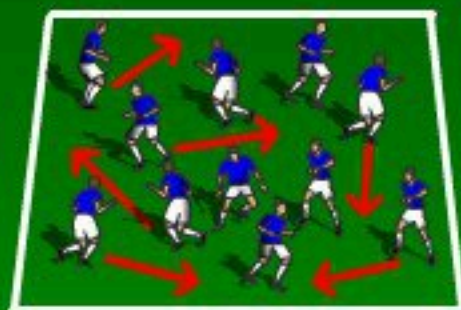
## Goalkeeping - Shot stopping/Reactions

1. Goalkeeper who starts with the ball always makes the save. The ball is given to the other player who then throws the ball back towards the other goalkeepers goal. Swap and repeat.
2. Almost the same but now one player is the leader. The goalkeepers keep throwing/passing the ball back to each other until the leader shoots. Swap and repeat.

For both start with the goalkeepers sat on the floor to work on technical points. Follow this with knees and then finally feet. Start with easy saves and progress to harder ones.

### Key points:

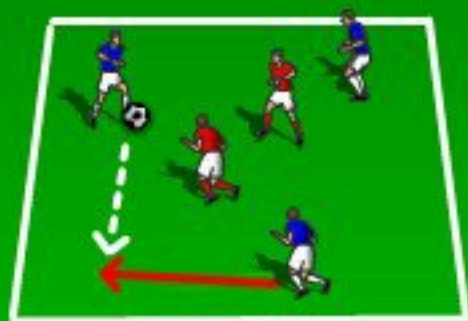
- Ready position (feet facing forward, knees bent, on toes, hands ready etc)
- Dives (W with hands behind the ball, land on side/shoulder, leg up for balance when on the floor etc)



1



2



3



4

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## Match warm up

- 1 - Players make movements and dynamic stretches in the square (Jogging, side stepping, skipping, lunges, open the gate, etc)
- 2 - (This can still be done inside the square in part 1 but just tell the players to move closer) Players have to move quickly in and out of each other while avoiding contact. When a shout from coach or another player is said then all players have to turn and sprint out the area by 10 yards. The players then walk back in while performing any stretches or movements they need to do. Then perform again (certain number of times).
- 3 - Keep ball session at high intensity.
- 4 - Change the keep ball session into a mini game.
- 5 - Team talk, tactics etc. Then allow players to play the ball about on the pitch/prepare how they need to. As a coach use this time to talk to players individually to motivate them, talk them through their role, etc.



**12 Week Syllabus**

**12 – 16 Year Old Players**

This is a 12 week syllabus for 12 to 16 year old players from grassroots standard to elite levels. Each session can be adapted slightly to be appropriate for the quality/age of the players.

All sessions are based around a 4-4-2 formation. Change sessions if you use a different formation.

As the players are 12+, focus should be on the opposed part of the practice. Technical work can be involved briefly during the first part of the session and the warm up.

The importance of nutrition, fitness and injury prevention (warming up/cooling down) will increase as the players get older. Please check out articles on The Football Coaches Library's website for more details.

Please visit our website, Twitter and Facebook page at:

[www.thefootballcoacheslibrary.com](http://www.thefootballcoacheslibrary.com)

[www.twitter.com/T\\_F\\_C\\_L](https://twitter.com/T_F_C_L)

[www.facebook.com/thefootballcoacheslibrary](https://www.facebook.com/thefootballcoacheslibrary)



All sessions are designed via Academy Soccer Coach's software. Please visit their website at:

[www.academyfootballcoach.co.uk](http://www.academyfootballcoach.co.uk)

Here are the session topics:

Week 1: Attacking - Switching play

Week 2: Attacking - Build up play

Week 3: Attacking - Playing out from the back

Week 4: Attacking - Movement of the strikers

Week 5: Defending - Back 4/Midfield

Week 6: Defending - Strikers/Midfield

Week 7: Defending - As a team

Week 8: Defending transition

Week 9: Attacking transition

Week 10: Attacking - Support play

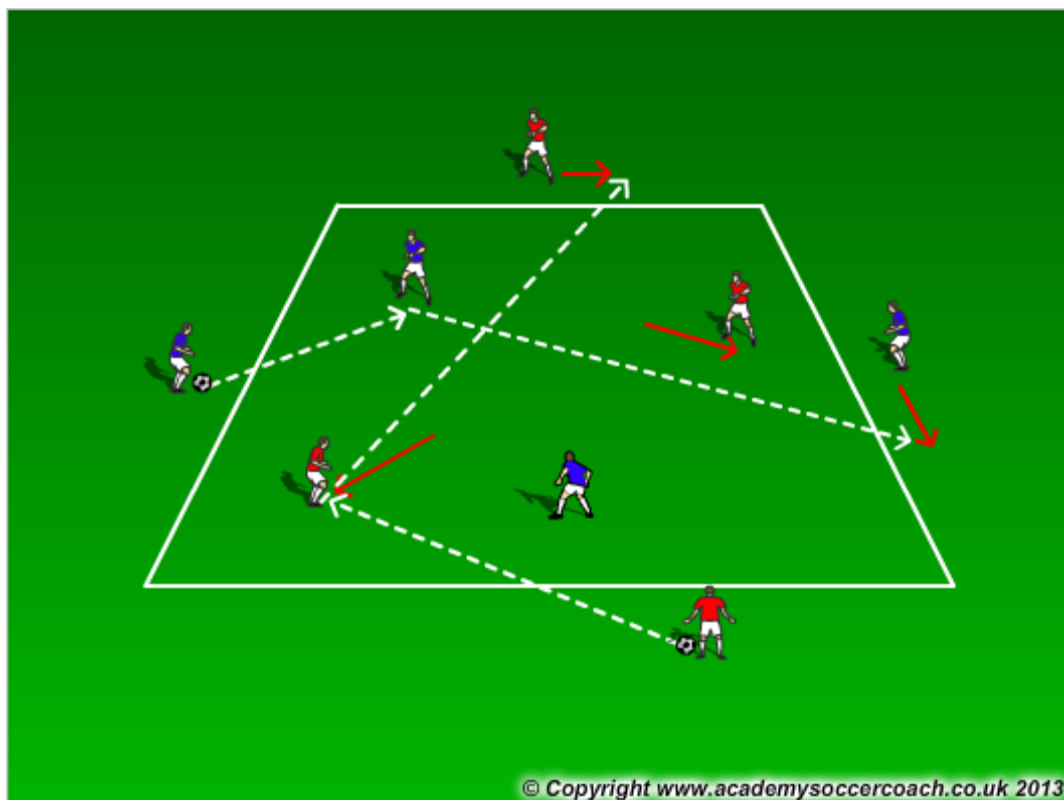
Week 11: Attacking - Through balls/playing into space

Week 12: Attacking - Crossing and finishing

Thank you for viewing, using and sharing!

Ben King @ The Football Coaches Library

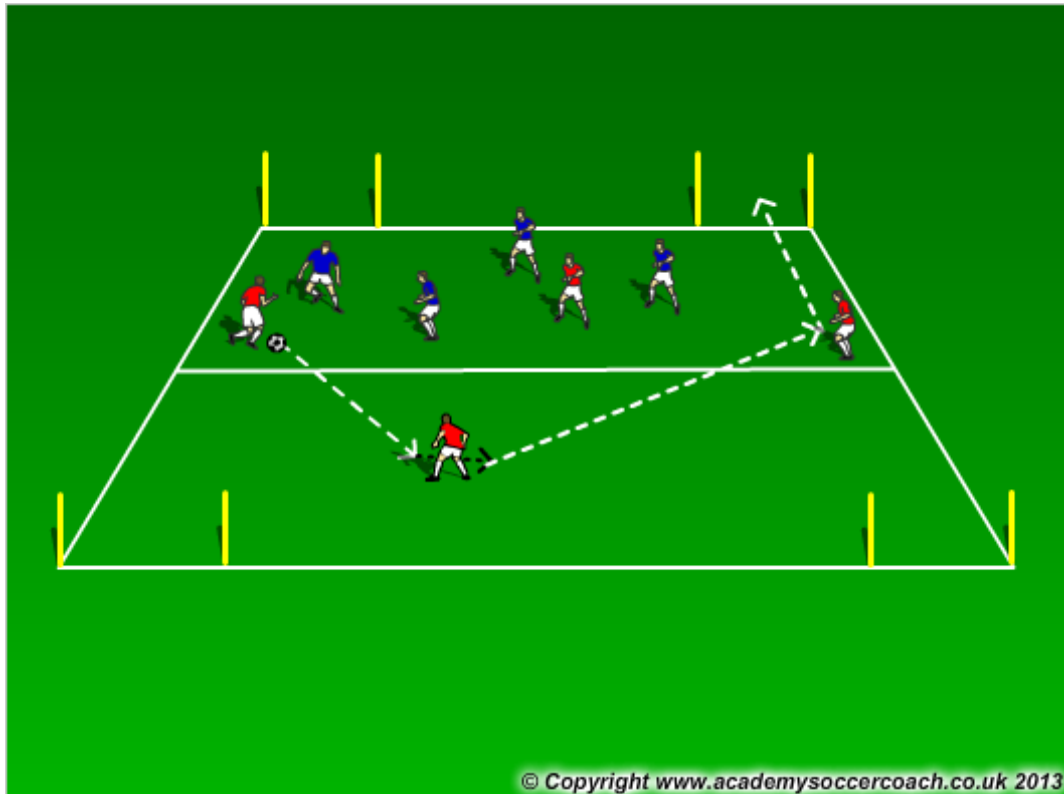
## Week 1: Attacking – Switching Play



### **Week 1 - Switching Play - Technical**

Each team has 2 players in the middle and 2 on the outside. Teams have to get the ball from one side to the other to score a goal. Each team has a ball so no tackling.

**Key points -** Make angles, open up, receive on the back foot, play quickly, take a touch/pass back or to another player if you can play to target player etc.



### Week 1 - Switching Play - Skill

**4 V 4 with 4 goals.** Team that don't have possession of the ball are not allowed into the other teams half (as above blue team can not go into the red teams half).

**Key points** - Closest CM drops to support/act as pivot point, that CM opens up on back foot to play to the other side, other CM makes a blind side run forward (to attack/act as a forward pivot point), be patient etc.

**Progressions** - Players are only allowed to dribble through the goals, 1 defender can go into the other half etc.



### **Week 1 - Switching Play - Conditioned Game**

6 V 6 in the middle with 2 neutrals in each end zone. Each team sets out in a 4-2 formation. Teams have to get the ball into the neutrals at the other end to score. Once a goal is scored, the ball is played into the other team.

#### **Pivot Points**

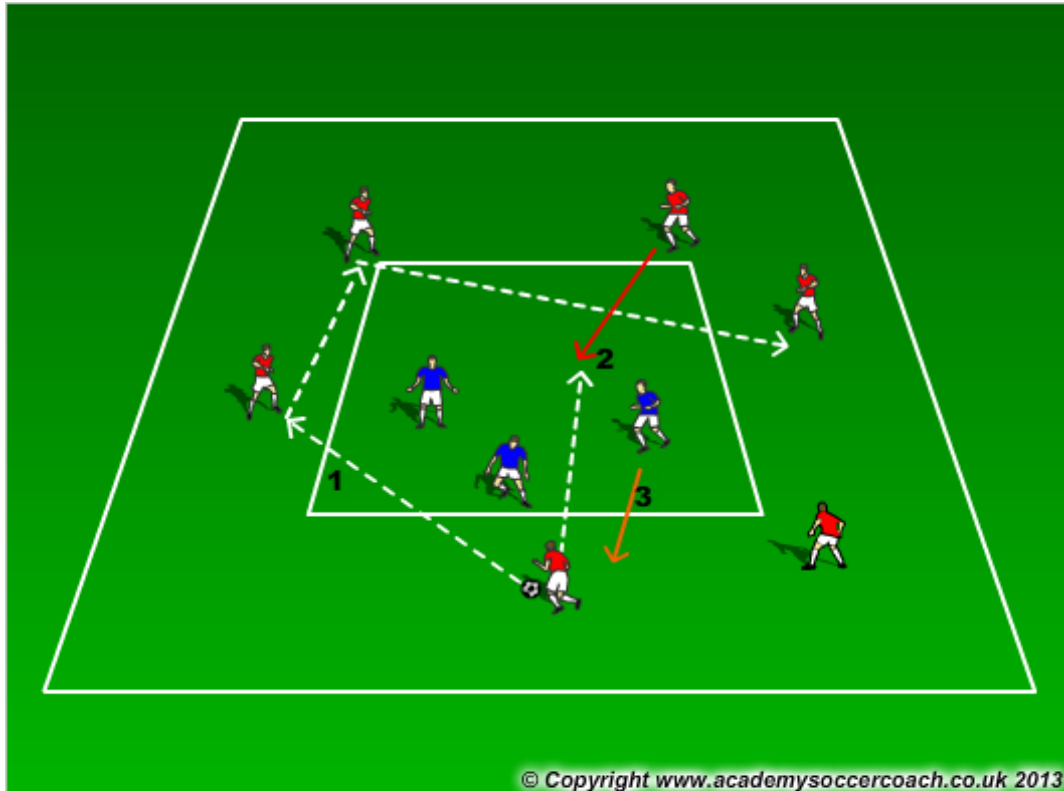
- 1 - From LM to CM who opens up and plays to RM
- 2 - LM plays into the neutral (CB) who plays wide to RM
- 3 - LM passes forward into the striker who opens up and plays to the RM

**Key points** - Pivot points as above, switch quickly, play forward, play side ways, play backwards, be patient etc.

**Progress** into a 8 V 8 game with teams playing a 3-3-1 formation.



## Week 2: Attacking – Build Up Play



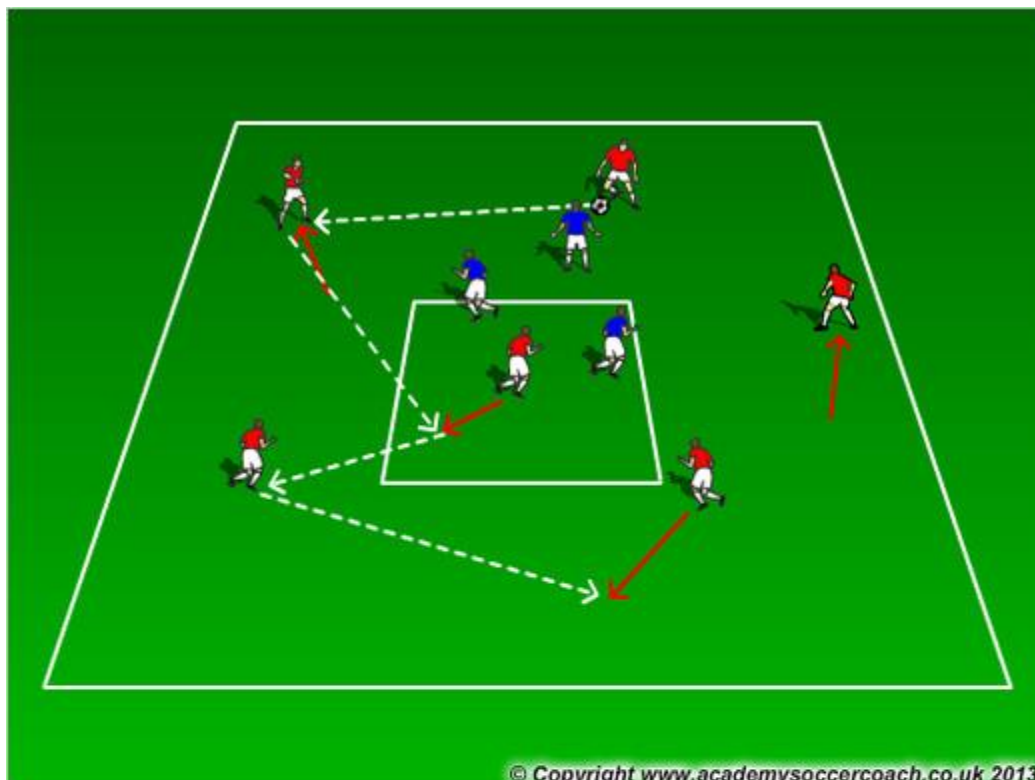
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### **Week 2 - Build up play - Tech into Skill (part 1)**

Red players have to pass through the middle area to score. The blue players have to intercept to score. (1) Blue players must stay in the middle area while red must stay in the outside area.

Progressions - (2) Red players can go into the middle area to receive the ball and then pass or dribble out to score. (3) After this progression then 1 blue player can come out the area to try and win the ball.

Key points - Play quickly, give the player on the ball options (angles), minimal touches, don't force the play, keep the ball moving etc.



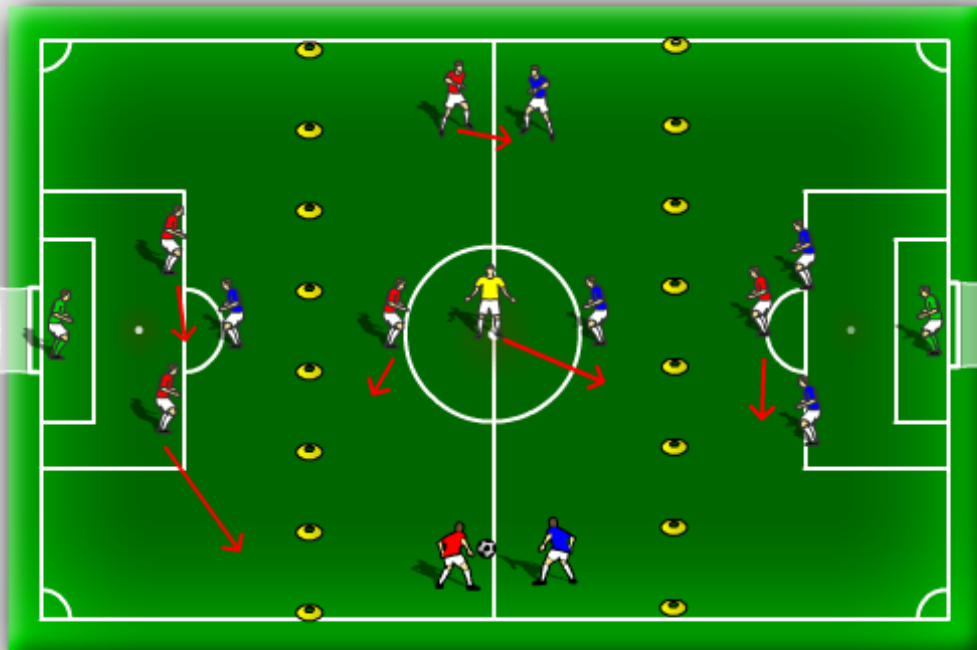
#### Week 2 - Build up play - Skill (part 2)

Players are now all free to go where they want. Red team still score by playing the ball through the middle area either by dribbling through, passing through, passing into someone in the area etc. Blue team now score by dribbling the ball out of the big area (must be in possession of the ball to score, cant just kick it out and chase it).

**Progressions** - Ask the defenders to use different tactics (like high pressure, sit deep, 2 stay 1 goes etc), add more defenders, make the middle area smaller etc.

**Key points** - Same as part 1 plus: Blindsides runs into middle area, making the field big, getting the ball back quickly if lost etc.

With both part 1 and 2 of this, it is important to remind players to be patient. If the defenders get the ball there is a high chance they will score. Also tell them that while the attacking team is passing the ball around, they are not using much energy. The defending team will be using loads of energy chasing after the ball. They will then become tired which means a) they will be slower so players will have more time on the ball b) mistakes will be made and gaps left c) if they win the ball then they will be tired meaning they will have less chance of scoring.



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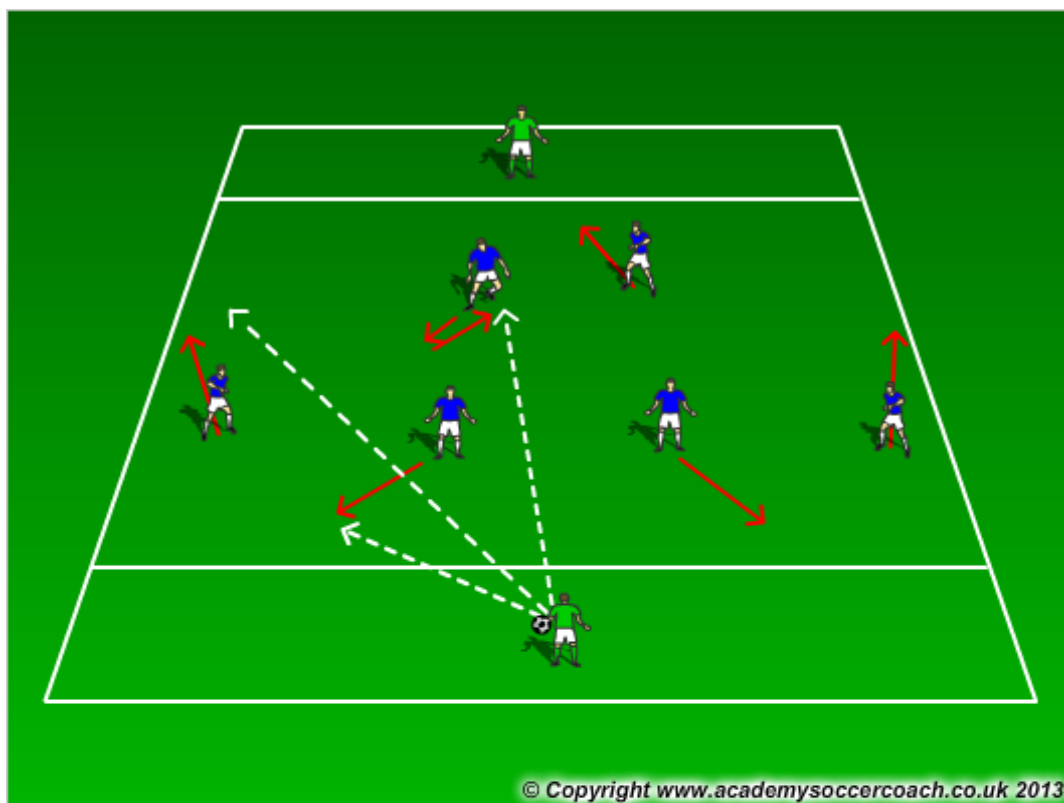
### Week 2 - Build up play - Game

Through the thirds game with both teams playing a 2-3-1 (with a GK and 1 neutral). The neutral can go anywhere. So if the reds have possession they have a 3v1 in the defending third, a 4v3 in the middle third and a 1v3 in the attacking third. This will promote the teams to keep the ball and play forward only when it is possible to do so.

Progress so that the attacking team can go anywhere and then into a normal game.

**Key points** - As mentioned in tech and skill, movements to support play in certain positions (as shown in picture) etc.

## Week 3: Attacking – Playing Out From the Back



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### **Week 3 - Playing out from the back - Tech**

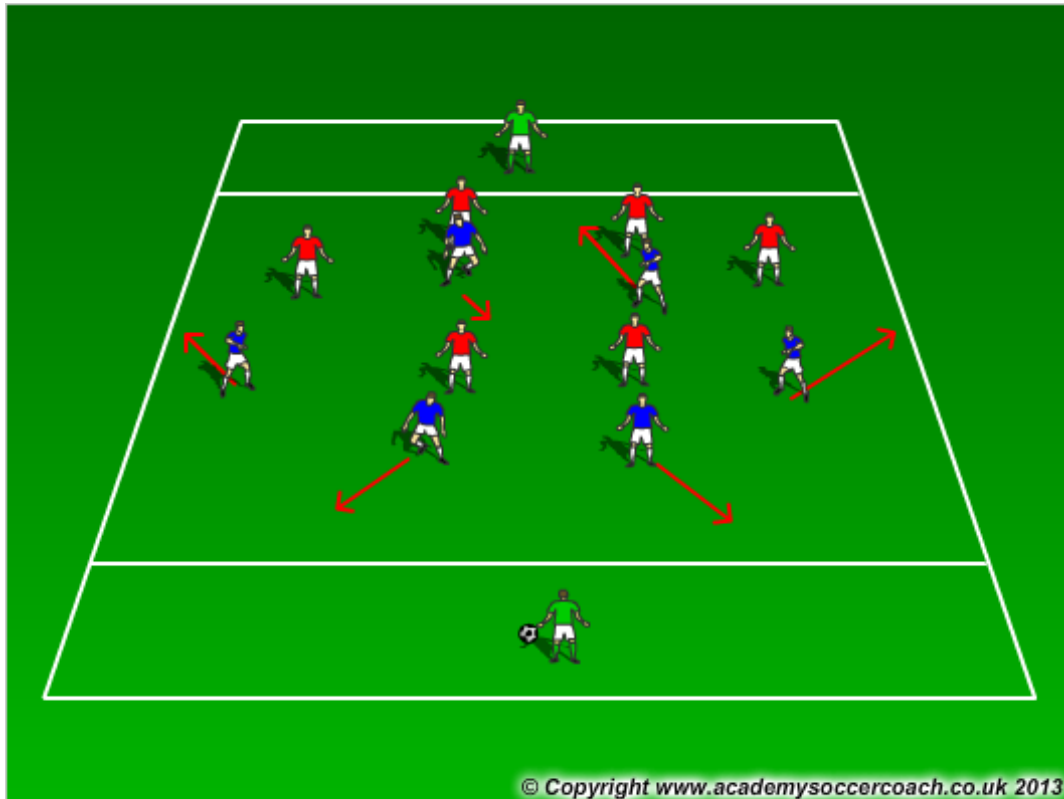
Either use 2 fields of this or use the same field but have the teams going different ways. Players have to get the ball from 1 target player to the other to score.

**Key points** - Movements off the ball as shown above and in other image (wide players go wide and high, 2 closest central players drop and split and furthest 2 central players make different movements to each other), play the ball quickly, passing tech etc.

**Progressions** - Ask for different passes to be made. For example ball has to go into the middle area and back to the target player who has passed it in before playing to the other target player.





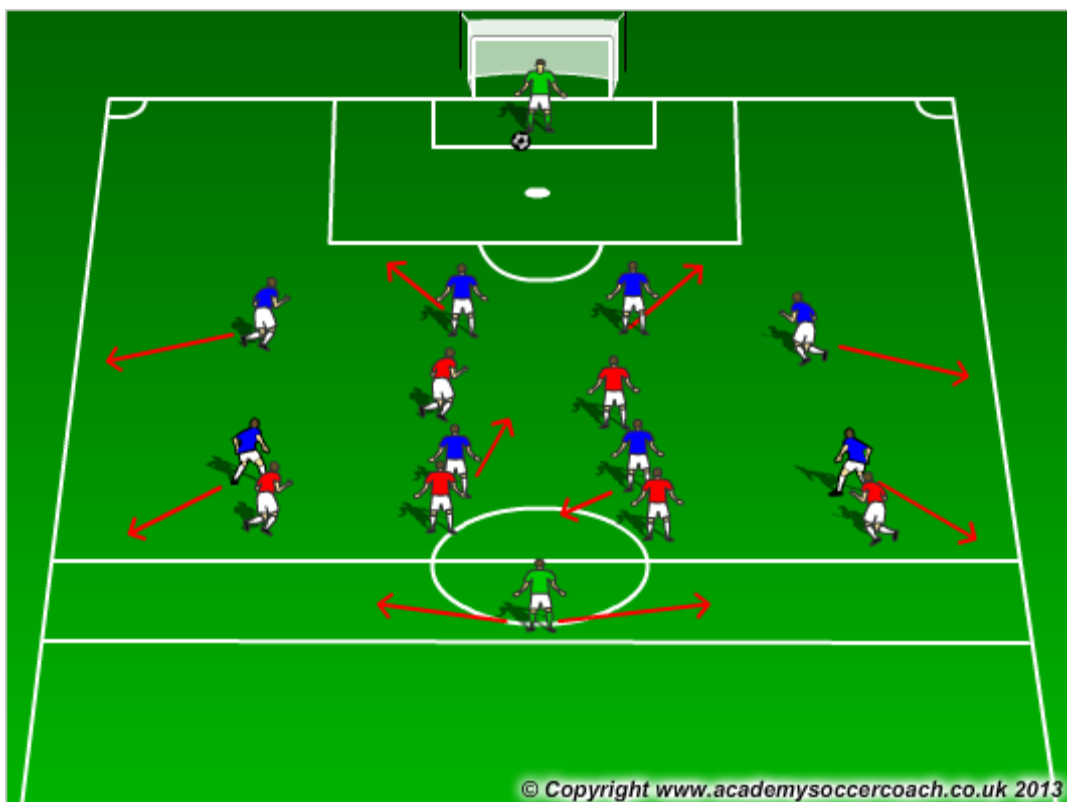


### Week 3 - Playing out from the back - Skill

Play in a bigger area than shown above. Same as tech but now the teams are against each other. Target players can play directly to each other to score (keeps it realistic as then the other team will have to drop allowing space for play into defenders/midfield).

**Key points** - Movements as shown in tech, quick passing, play back to target player (GK), use passing combinations etc.

**Progressions** - Certain number of passes before playing into target player, must play into target player twice to score (play in, pass back out and play back in) etc.



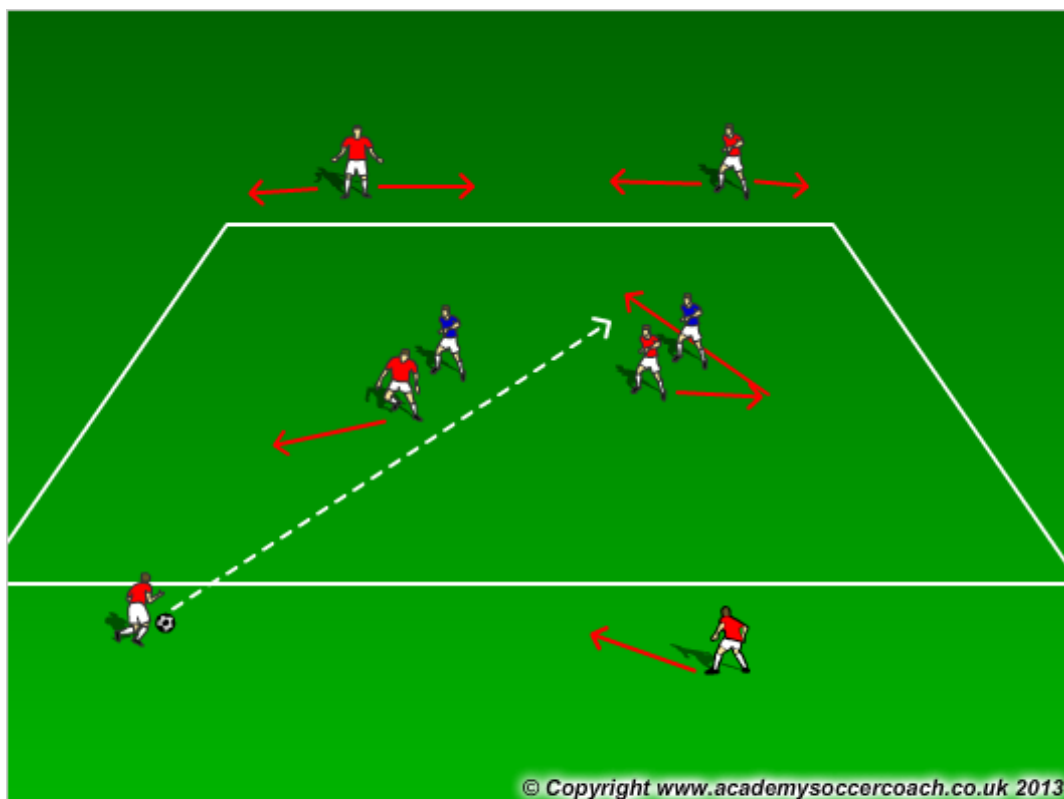
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### **Week 3 - Playing out from the back - Phase of play**

**Blues score by playing into the target player in the channel over the half way line. Reds can use the target player as a CB when in possession.**

**Key points - Movements done in tech/skill, quick transition, use GK, don't force play, quick passing, use passing combinations (or own patterns of play) etc.**

## Week 4: Attacking – Movement of the Strikers



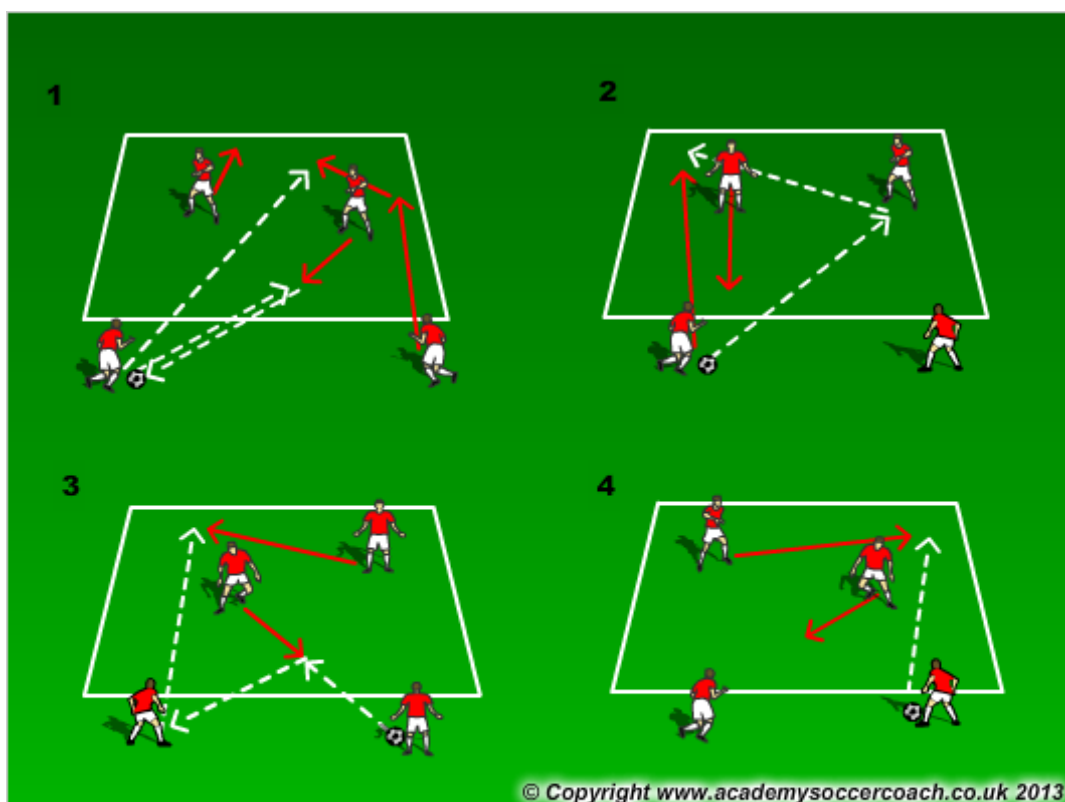
### **Week 4 - Movement of the Strikers (midfield into strikers) - Tech into Skill**

Reds on one side have to pass into the middle red players (strikers) who then have to play to the other side to score. Repeat. The ball can be passed back. Outside players have to keep the ball moving to keep the game realistic. Tell the strikers to relax and then make big changes in speed and direction (its not a fitness session, don't let them keep running around in circles). Defenders are passive at first.

**Progressions** - Defenders are then live, ask the defenders to use different tactics (drop, press, show inside, show outside etc), allow a outside player to go into the area to make third man runs, add a defender (so they play a 2-1 formation in the area) etc.

**Key points** - Change speed/direction, fake/feint/drop the shoulder, use different patterns of play (for example, if the ball is on the left, the closest striker drops/goes wide while the furthest striker goes wide and then cuts in - as shown above), trigger points (when the outside player moves the ball forward, the strikers should make their movements) etc.





#### Week 4 - Movement of the Strikers - Tech into Skill - Patterns of Play

Few ideas for patterns of play involving just the strikers and third man runs by the other outside player (CM)



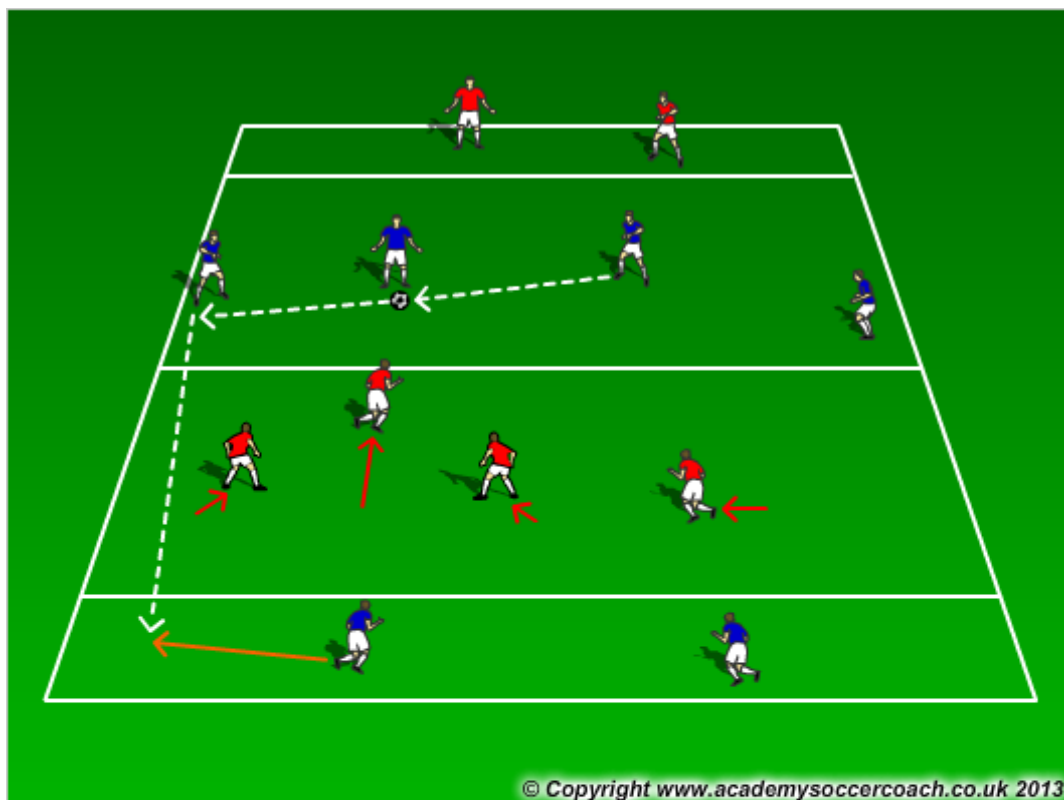
#### **Week 4 - Movement of the Strikers (midfield into strikers) - Skill/Functional**

4 V 2 in the area furthest from goal and a 2 V 2 excluding GK in the area closest to goal. Players have to stay in the area they are in (to start with). Reds have to try and score while the blues have to play the ball over the half way line to score.

**Progressions** - Allow one midfielder to go into the other area, open up to allow all players anywhere, add more defenders, change into a phase of play or SSG etc.

**Key points** - As in Tech/Skill, movement of midfield (shown in the last session - playing out from the back), keep the ball moving, change speed/direction, use patterns of play etc.

## Week 5: Defending – Back 4/Midfield

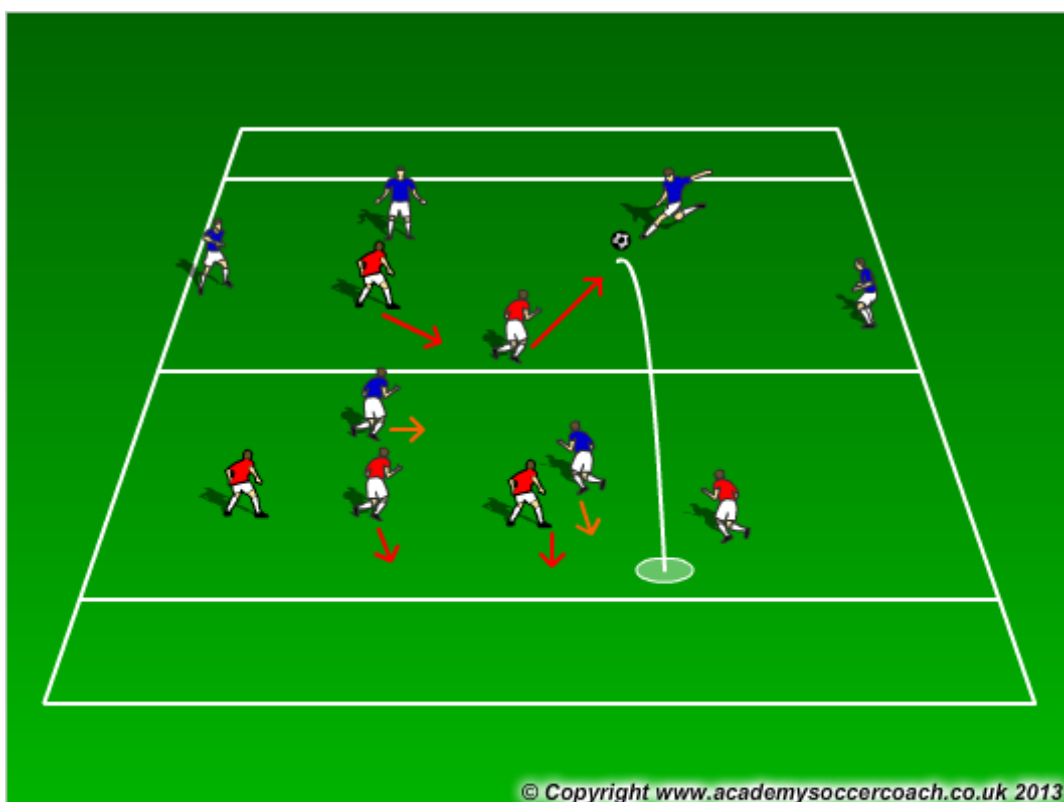


### **Week 5 - Defending (Defence/Midfield) - Tech into Skill**

All players must stay in the area they are in. Blues (midfield) have to pass into the blue target players (strikers) to score. After this the blue target players pass into the closest red player. Reds do the same.

**Progression** - Allow the blue midfielders into the reds area (tackles can now happen)

**Key Points** - Closest defender puts pressure, second/third defender offer cover, forth pulls across, move quickly to prevent pass, communicate etc.



#### **Week 5 - Defending (Defence/Midfield) - Skill**

...If there is no pressure on the ball, then defence/CBs should drop and stand side on just in case the ball is played through or over the top.



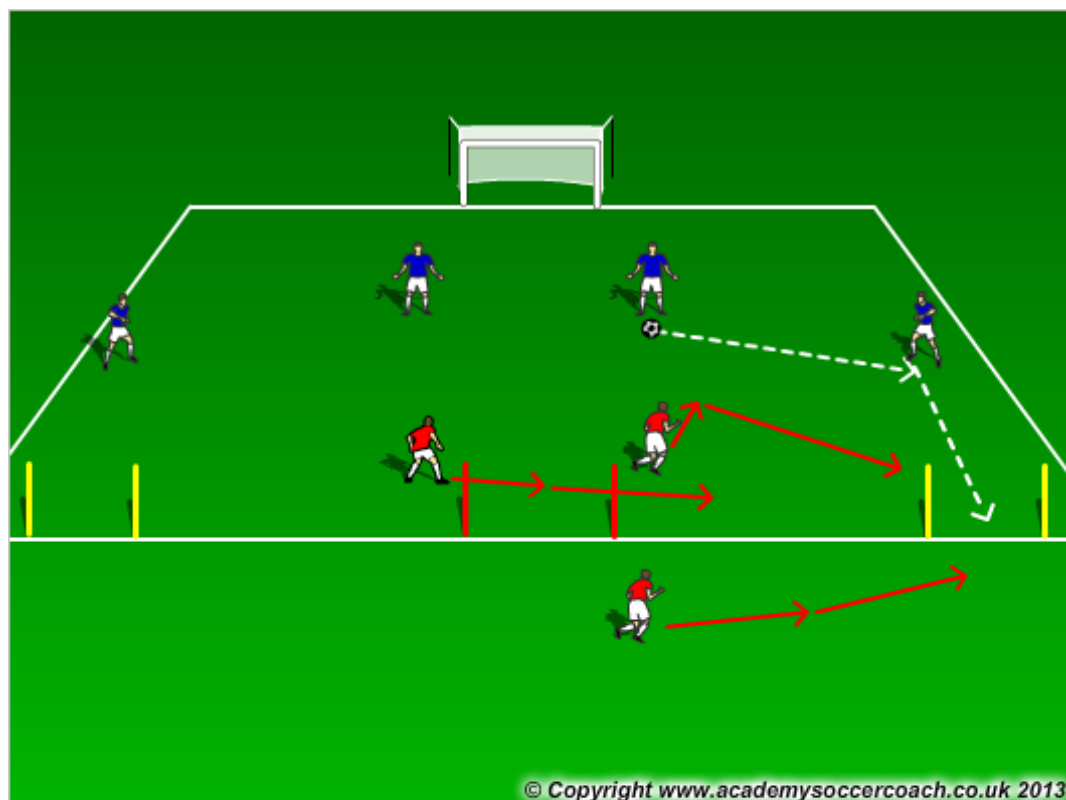


#### **Week 5 - Defending (Defence/Midfield) - Phase of Play**

This phase of play has been done with the numbers involved in the whole session (12), if you have more players, change the phase of play to have a 4 defenders and 4 midfielders for the reds and 2 strikers, 4 midfielders and 2 fullbacks for the blues.

Ask the defending team to use different tactics like pressing high, dropping deep, show inside, show outside etc. Ask the attacking team to use different tactics like try to play into the strikers feet/over the top, try to keep the ball etc.

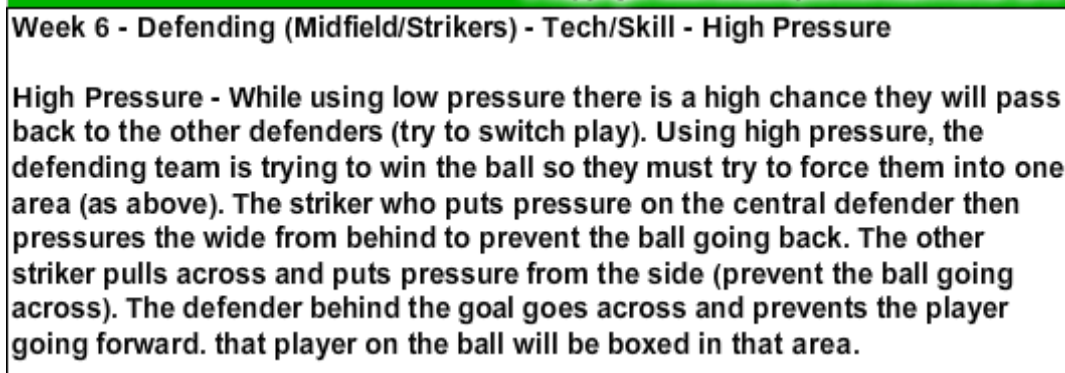
## Week 6: Defending – Strikers/Midfield

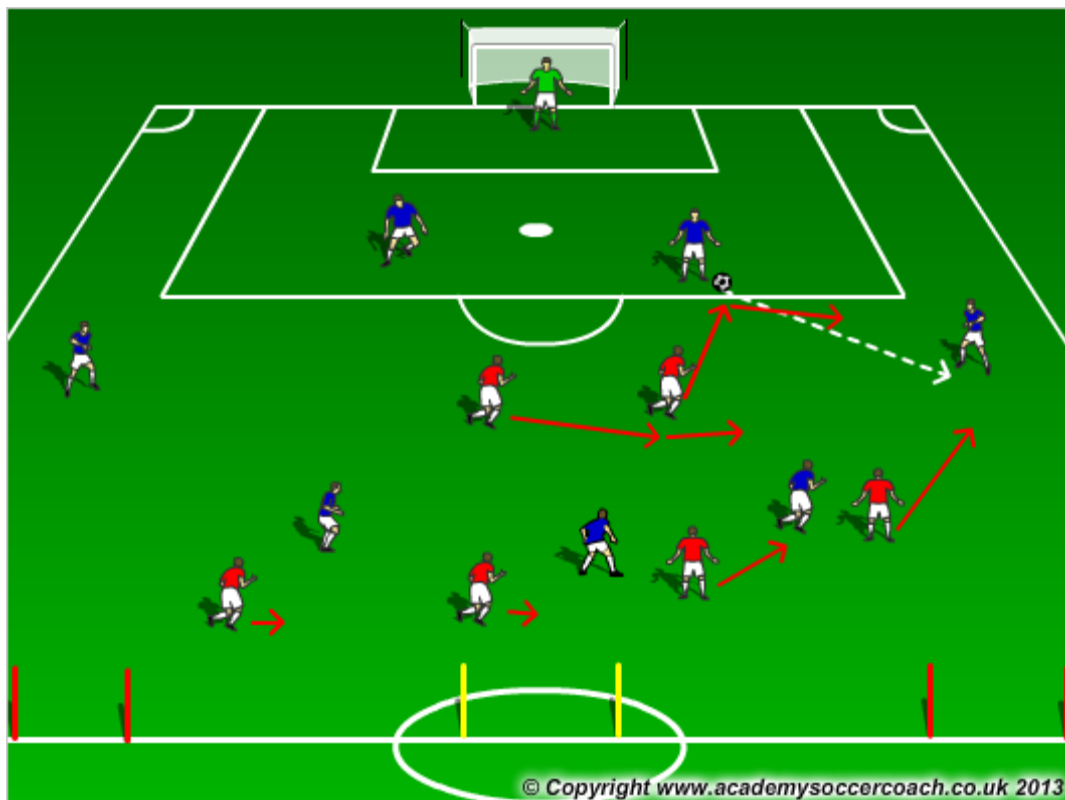


### **Week 6 - Defending (Midfield/Strikers) - Tech/Skill - Low Pressure**

Blue team have to try and pass the ball through one of the 3 goals (poles). The reds have to prevent them from doing this. If the reds win the ball then they can shoot on goal. Red player who is behind the goals can only move behind them but can step into any goal to block. No tackling at first, just intercepting.

Low Pressure - As above, the defenders should be looking to prevent the other team scoring by stopping them going forward. This is their priority, not winning the ball (as above there is 3 players between the player on the ball and the closest 2 goals).





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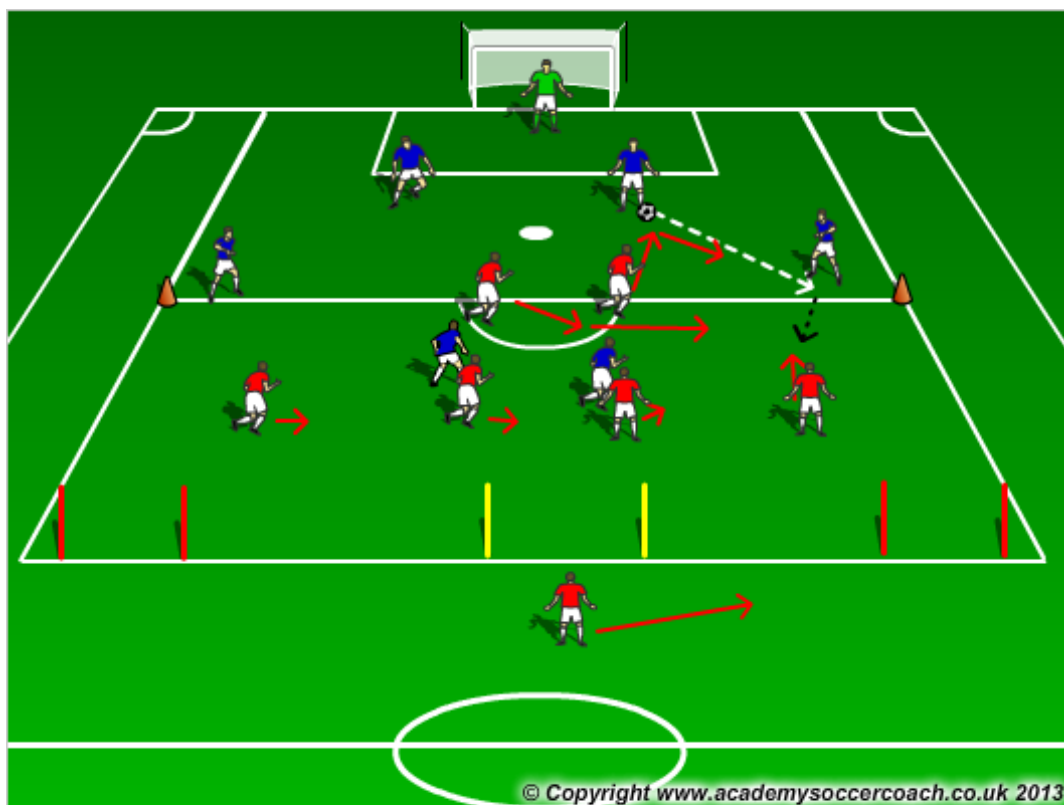
#### **Week 6 - Defending (Midfield/Strikers) - Phase of Play**

**Phase of play** with increased numbers on the blue team (to make it more realistic). The blue team plays a 4-3 formation with a GK. The reds play a 4-2 formation.

**Key points** - As in other parts of the session, tactics (high or low pressure) may have to change depending on the situation.

**Progressions** - Take away the middle goal (get reds to show inside), take away outside goals (get reds to show outside) etc.





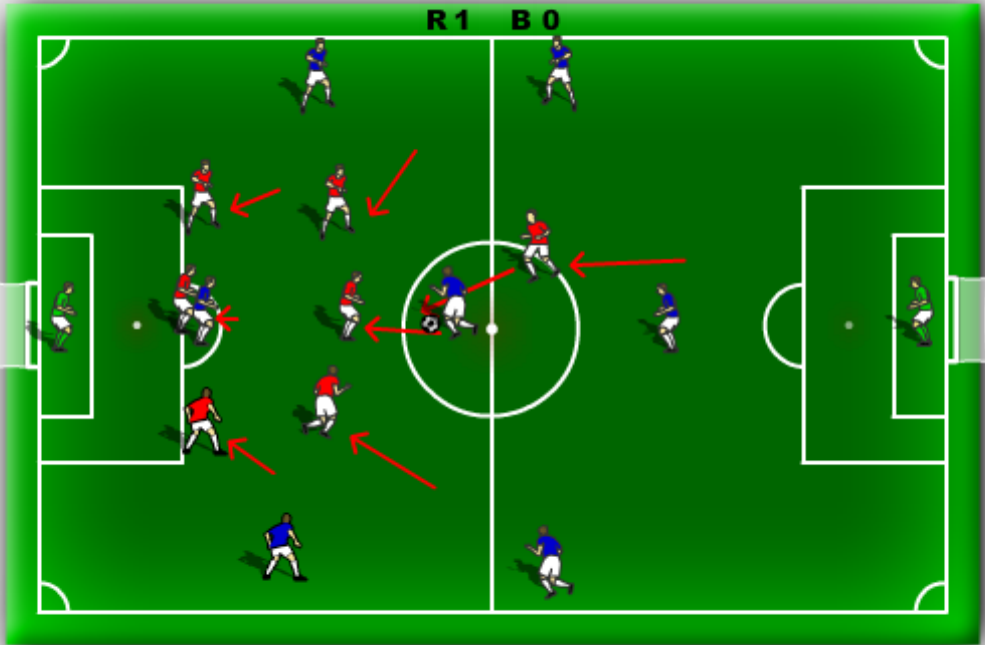
#### **Week 6 - Defending (Midfield/Strikers) - Skill/Game**

Each team plays a 4-2 formation in the area with a GK for the team defending the goal and a defender outside the area for the other team. As in the first tech/skill, the blue team have to try and score through one of the 3 goals. The reds have to stop them either using high or low pressure. If they get the ball they have to try and score within 15 seconds.

**Progressions** - Make the area a bigger length to promote defending deep (low pressure), make the area a smaller length to promote using high pressure etc.

**Key points** - As in Tech/Skill, other midfielders pull across when the ball goes wide to make that area compact, midfield/outside defender be aware of ball over the top into one of the goals (if there is no pressure on the ball, drop slightly and be on the half turn and vice versa if there is pressure on the ball) etc.

## Week 7: Defending – Defending as a Team

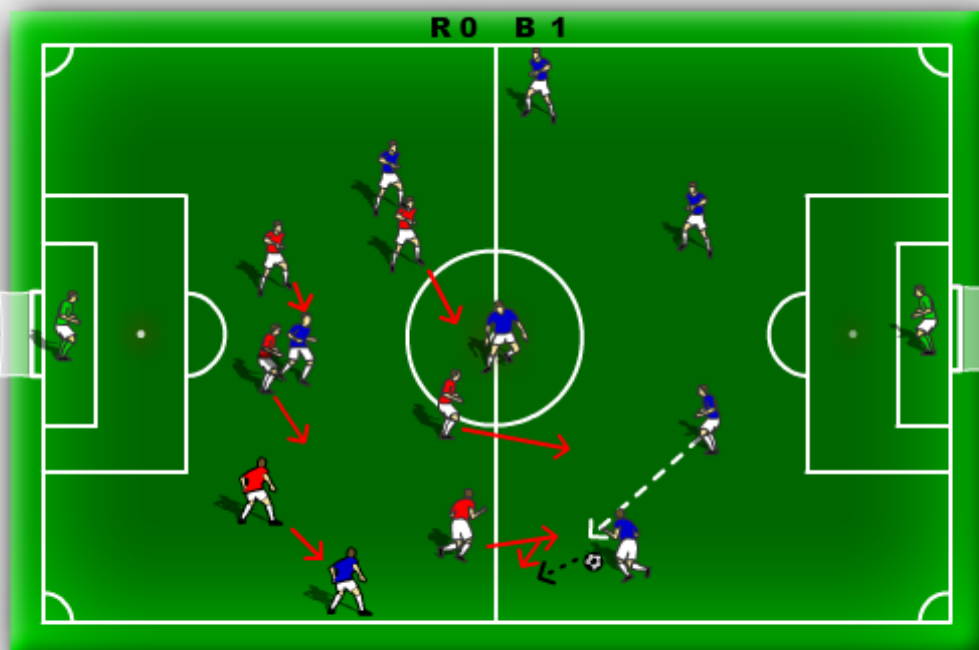


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**Week 7 - Defending as a team - Problem Solving Game**

**Scenario 1 (as above)-** Reds are winning 1-0 (this scenario can be combined with any other) - Unless there is another scenario involved, the reds should try to focus on preventing the other team playing the ball forward and not on trying to win the ball. This will involve sitting slightly deeper and allowing the blues to have the ball in the blues half without pressure from the reds.

**Scenario 2 -** Reds are losing 1-0 (again, can be combined) - Reds need to try and win the ball as they are losing. This involves high pressure and trying to win the ball in the middle/attacking third. Like the first scenario, this may change depending on the other teams tactics etc.



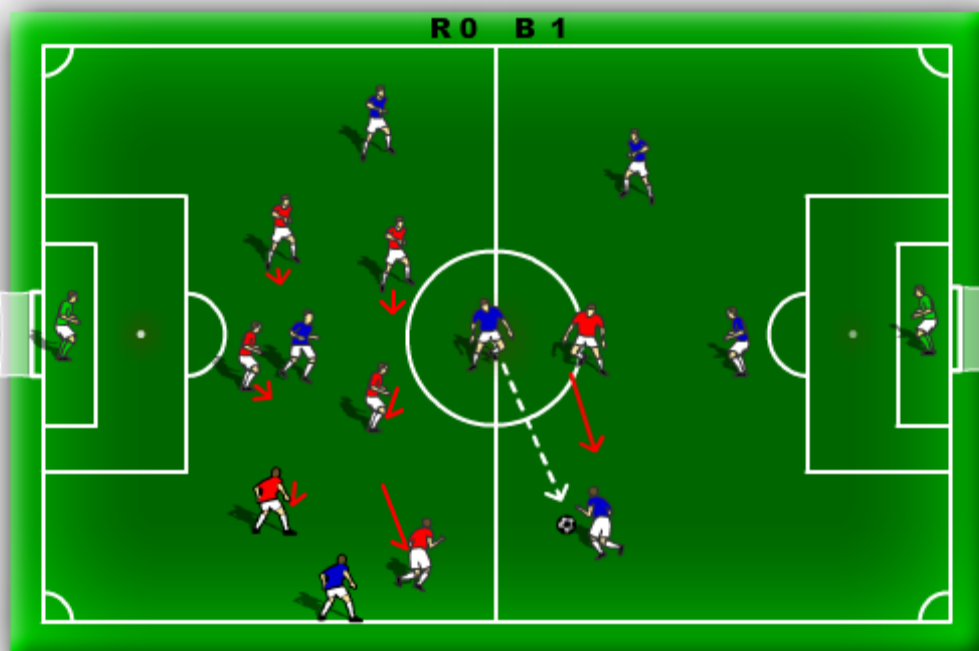
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### Week 7 - Defending as a team - Problem Solving Game

**Scenario 3 - Team is a player or two down (red card/injury etc) - Either put a player on the other team (7v9) or have one player as neutral. If the red team is:**

**A) losing/drawing (as above), then they have to try press the other team to win the ball. As they are a player down though, they will have to smart when pressing. If there is a chance they will win the ball the whole team should press and try to win the ball in that area. When they do this they should force the other team down the line/outside to cancel out the numerical advantage by making that area compact. If the ball is played out of that area (switched) they should drop, organise and then press again when/where they think they will win the ball.**

**B) winning/drawing, then they should just focus on preventing the other team scoring and playing forward. This involves sitting deep and not pressing in the other teams half.**

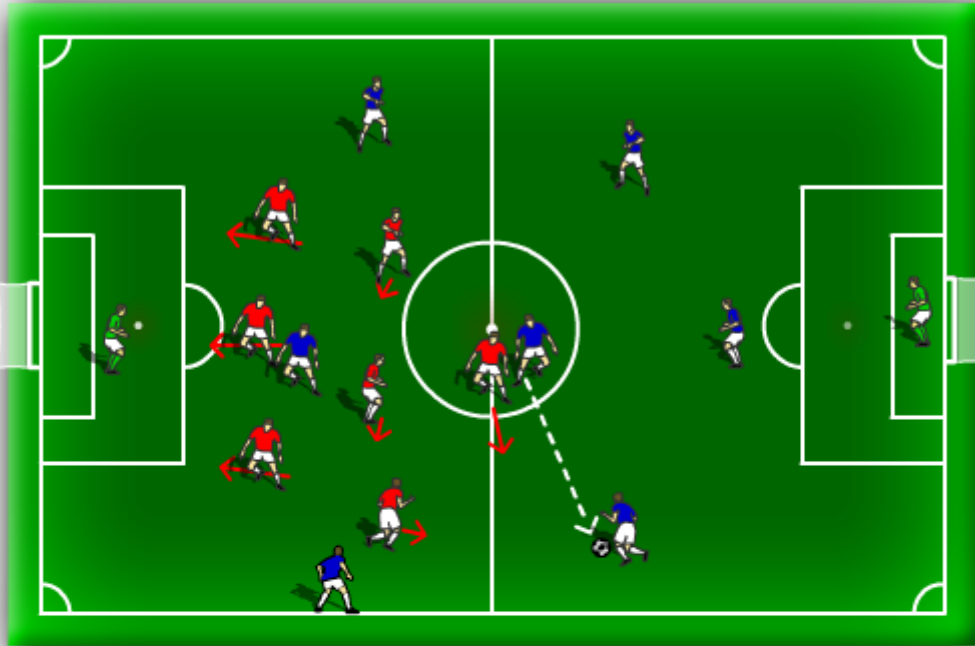


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#### Week 7 - Defending as a team - Problem Solving Game

**Scenario 4 - A team with a tall striker/a striker with good aerial ability. Or a team with good wide players that can cross the ball well - Whether winning, drawing or losing, this tactic can be used. Show the other team inside and don't allow the wide players to get the ball or if they do, don't let them go down the line. Push up the defence to prevent the chance of crosses being made/played into dangerous areas.**



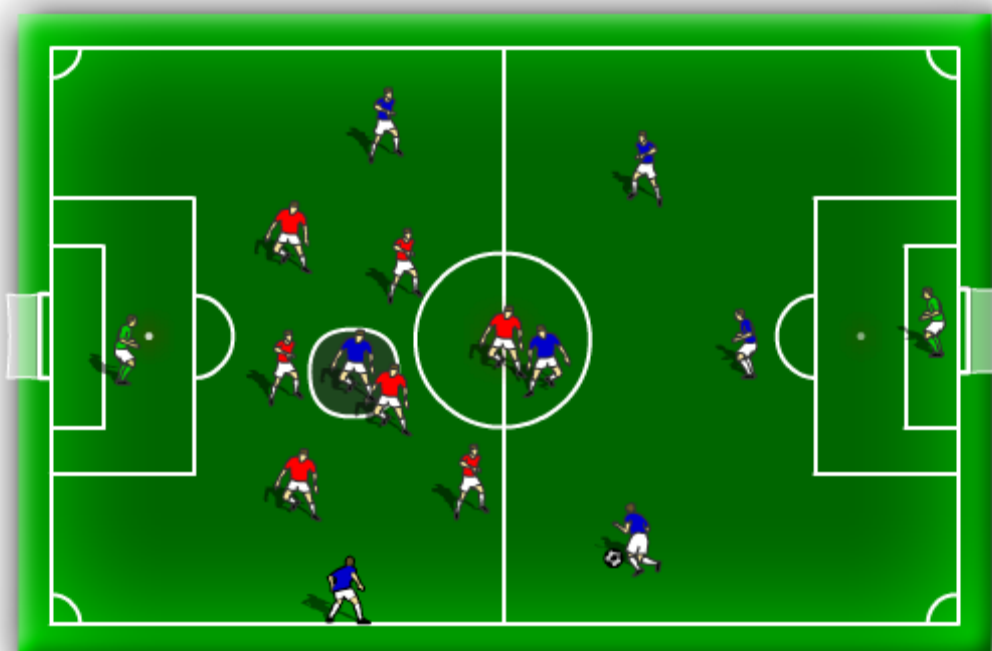


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### **Week 7 - Defending as a team - Problem Solving Game**

**Scenario 5 -** The blues have a fast striker and they keep playing the ball over the top/through - There are a few main ways to combat this, the first way is to drop the defence and push the goalkeeper up high so if the ball goes over the top/through, the reds will get there first. Another way is to use the offside trap to try to catch that player offside by stepping up just before the ball is about to be played over the top/through. This way is very risky though.

One important thing for the players to remember is that if there is pressure on the ball, the ball cannot be played long (so the defence can step up) and vice versa, if there is no pressure on the ball it can be played long (defence should drop and be on the half turn). This was covered in the week 6 session.

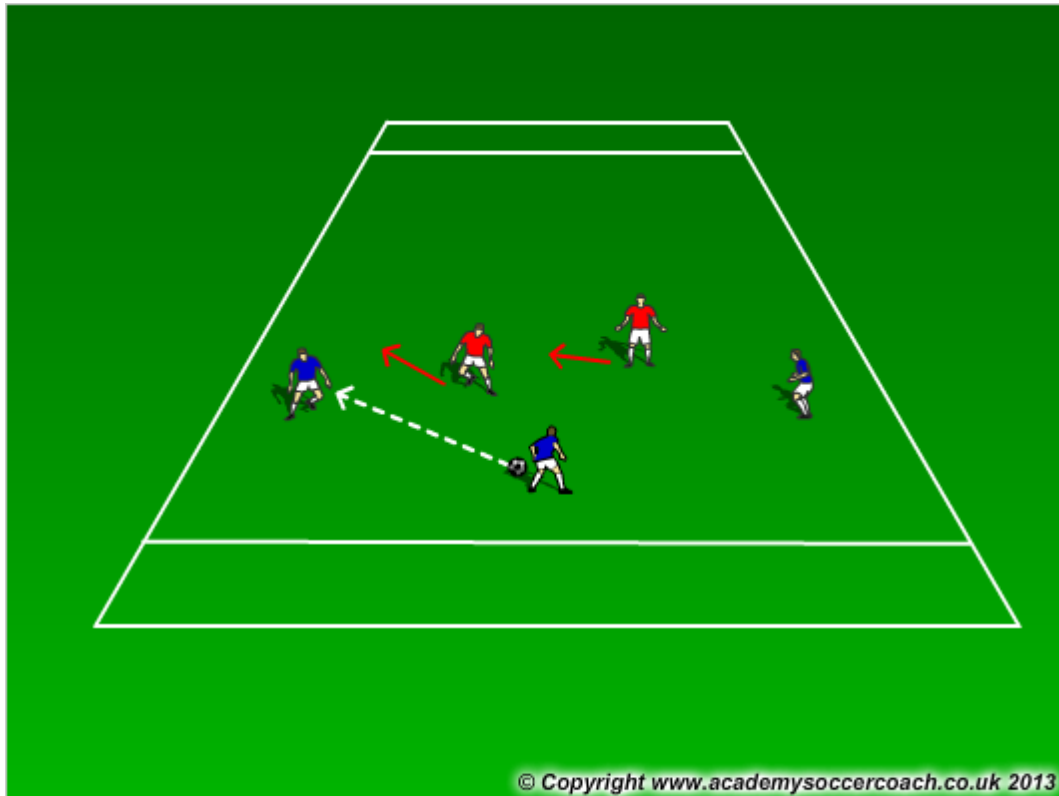


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### **Week 7 - Defending as a team - Problem Solving Game**

**Scenario 6 - The other team has a extremely good striker or midfielder (put a condition on the game that this player cannot be tackled unless in the penalty area if need be) - Show the other team away from this player and make it compact in that area. If it is a striker then have a midfielder drop to stop the ball going into them. If it is a midfielder then man mark that player. With both of these a high level of communication is required.**

## Week 8: Defending – Defending Transition

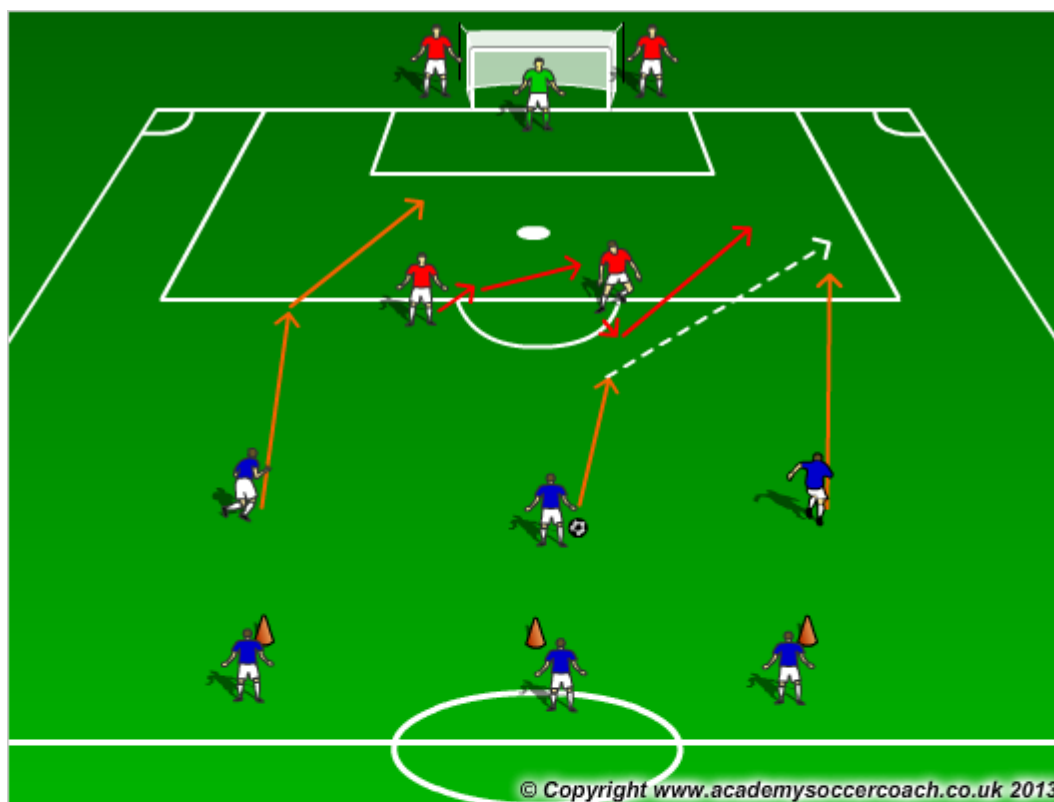


### **Week 8 - Defending Transition - Tech/Skill**

2 defenders vs 3 attackers. Attackers score by dribbling/passing into the end zone. Defenders score by stopping the attack (it goes out of play) or winning the ball and dribbling out of play. Repeat each time with different players in different roles.

**Progressions** - Have a 2v2 plus a neutral to make the game continuous, add more attackers etc.

**Key Points** - Don't commit to the player on the ball but keep slight pressure, show them wide to create a 1v1 wide, slow them down, covering player needs to be in a position to be able to block the ball going forward etc.



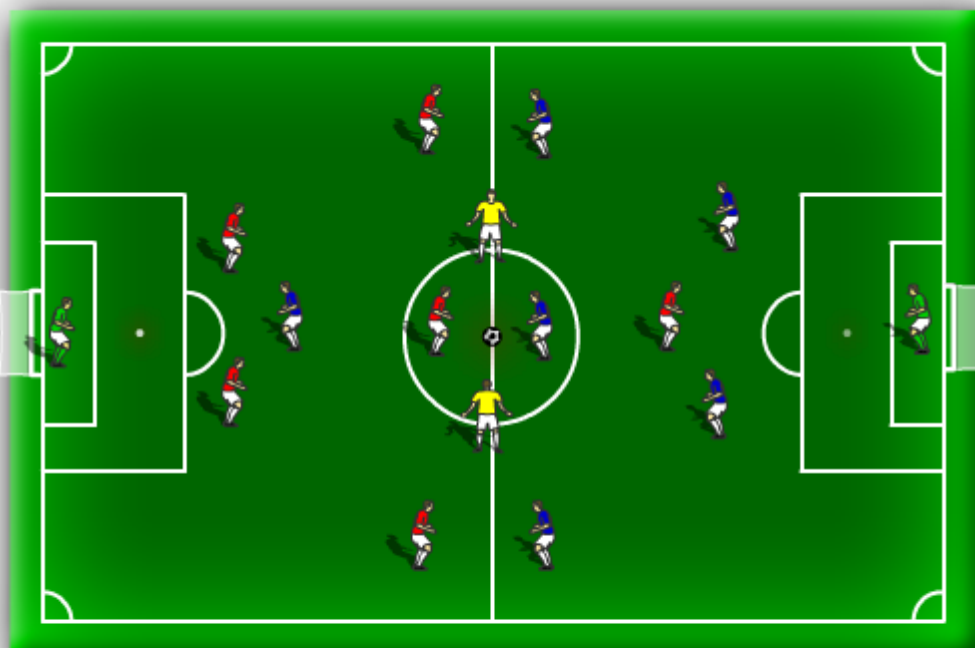
### Week 8 - Defending Transition - Skill

3 attackers against 2 defenders and a goalkeeper. Attackers have to try and score in the goal in 15 seconds. The defenders have to stop them scoring and if they win it, play it to the 3 attackers waiting. Once one team wins, the next group of players step on.

**Progressions** - After 15 seconds another defender and attacker step on (as if in a game with players recovering back/supporting the attack), add more attackers etc.

**Key Points** - Players shouldn't commit until the ball has been played wide, keep enough pressure to block a early shot, when the ball goes wide the closest player pressures, the other player gets in a position so they can block the ball across goal and if it goes back, the goalkeeper gets ready for the shot and the ball across goal, etc.





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### **Week 8 - Defending Transition - Game**

**Normal game but with 2 neutrals so there is always an overload on the attacking team.**

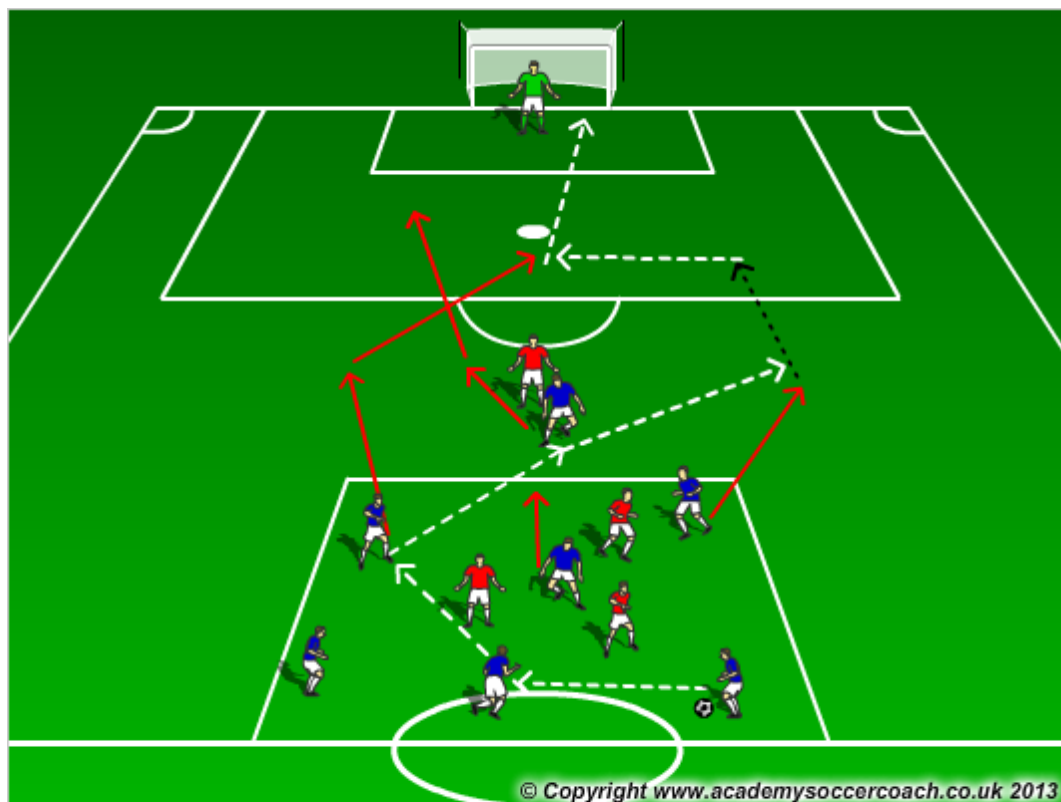
## Week 9: Attacking – Attacking Transition



### **Week 9 - Attacking Transition - Tech/Skill**

6v3 in the middle area with 3 defends on the outside. The blues have to make 6 passes and then break out the square to score in 1 of the goals. Once this happens then start again. If the red team wins the ball, then they can play out to one of the outside reds to score on goal. For the tech part have the defenders only passive (can only intercept passes, not tackle). For the skill have the other team live.

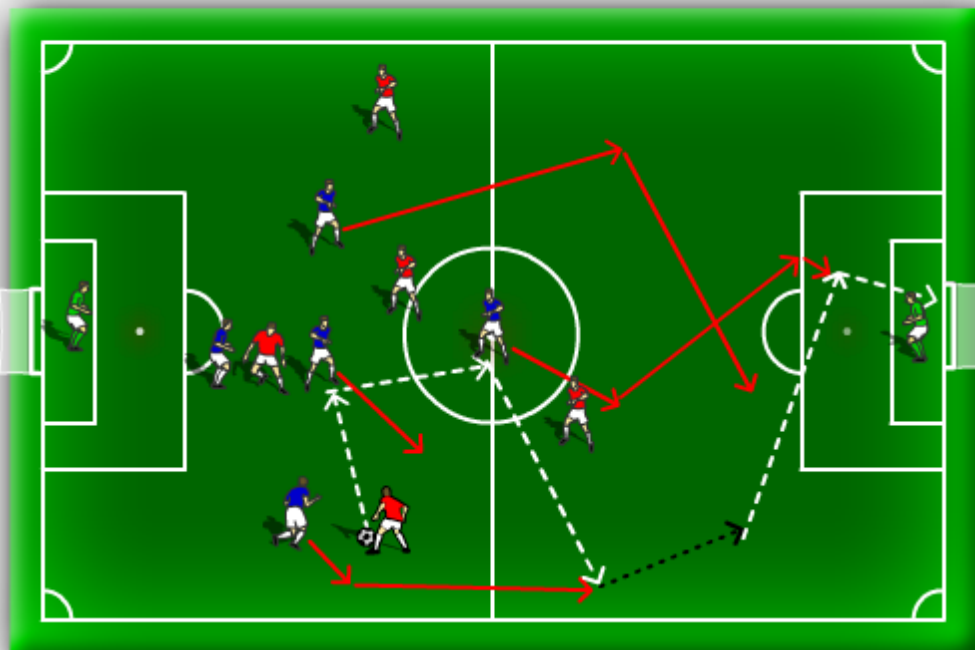
**Key points** - Play the ball quickly, make options/angles for the player on the ball, score/play forward as soon as possible, pass (the ball moves faster than a player), make the field big (make runs wide and give depth) etc.



### Week 9 - Attacking Transition - Skill

As in previous part of the session, blue team have to make 6 passes before breaking out the square to goal. They have 10 seconds to score once breaking out of the area. Red team can leave the area once the blues break out. Reds have a GK and 1 defender outside the square marking 1 blue striker. If reds win the ball they have to dribble out the square to score.

**Key points** - As before, play into striker, make support runs, deceiving runs into the penalty area, blind side of the defender(s), run across the front of defenders to drag them out of place for another player to make a run into etc.



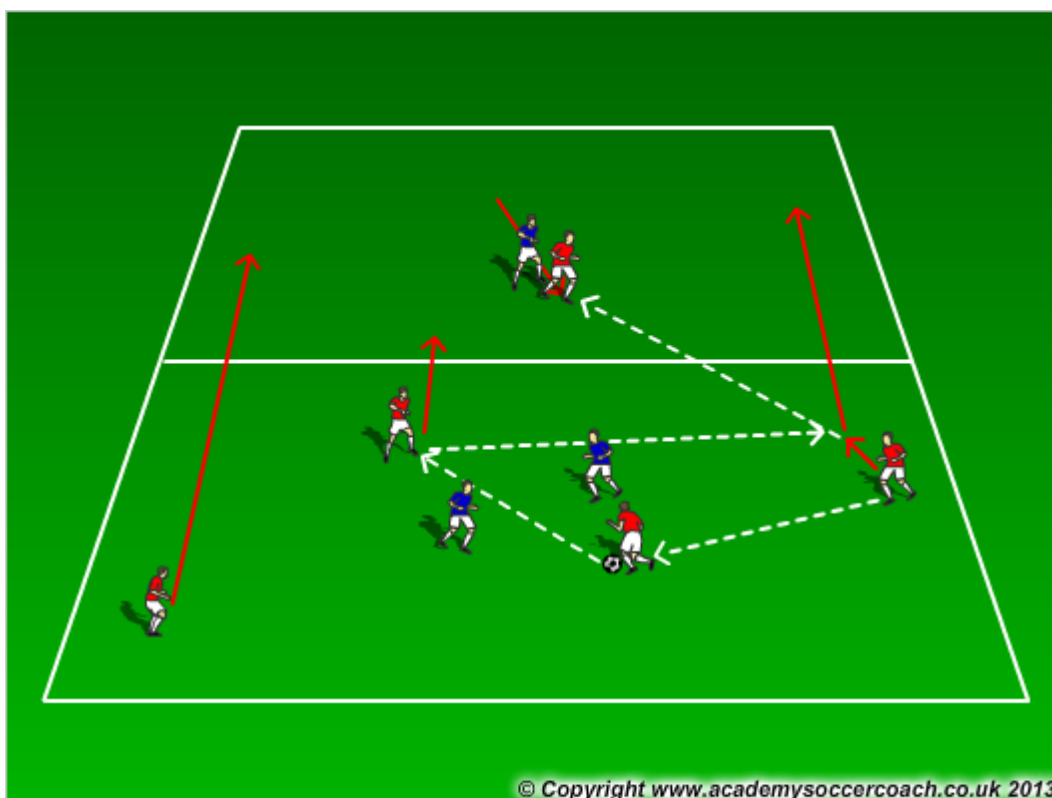
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### Week 9 - Attacking Transition - Game

Normal game however once a team gains possession, if they score within 10/15 seconds they get 3 goals. OR the coach counts down from 15 to 1 and whatever second they score on is how many goals they get. For example, score when the coach gets to 6 seconds and that team gets 6 goals.



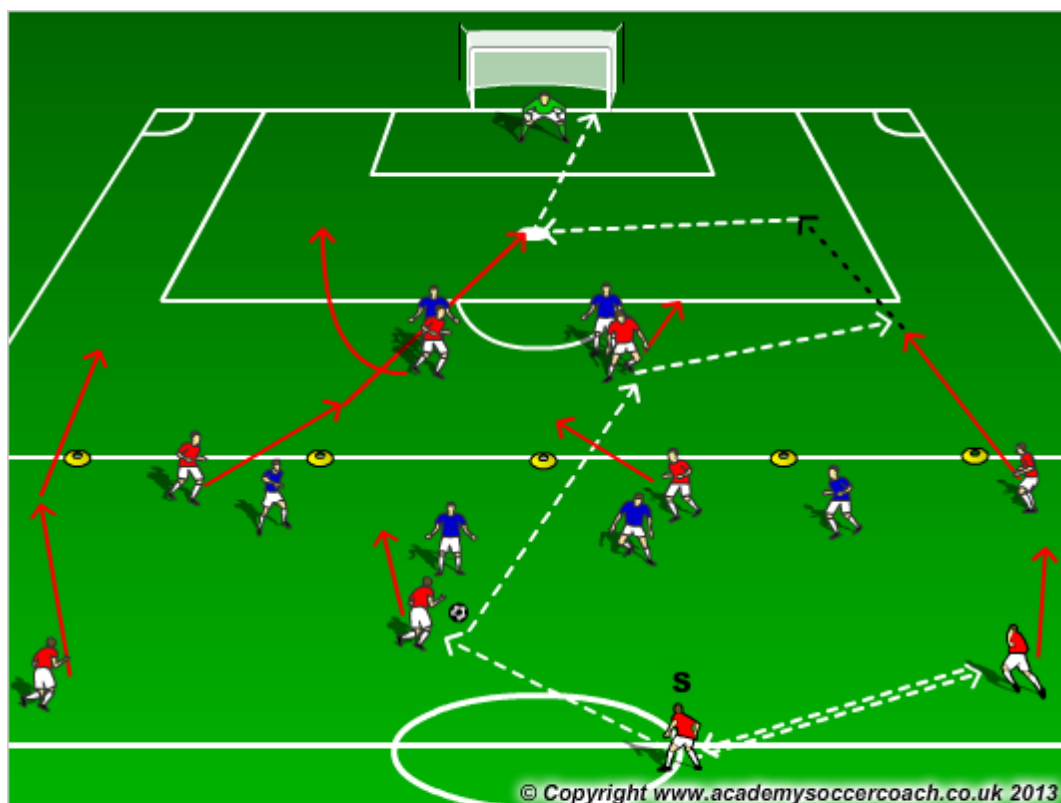
## Week 10: Attacking – Support Play



### **Week 10 - Support Play - Tech/Skill**

4v2 in one half and 1v1 in the other. The 4 have to make 3 passes and then play into the other half into the 1 player. 3 of the players then make runs in to support the player on the ball and then begin again. The defenders have to try and win the ball and then play into the other half to score. the side with the ball should always have 2 defenders in it. No tackling at first and the defender in the 1v1 cannot put pressure/tackle till the player takes a touch. Progress so the defenders can do what they want.

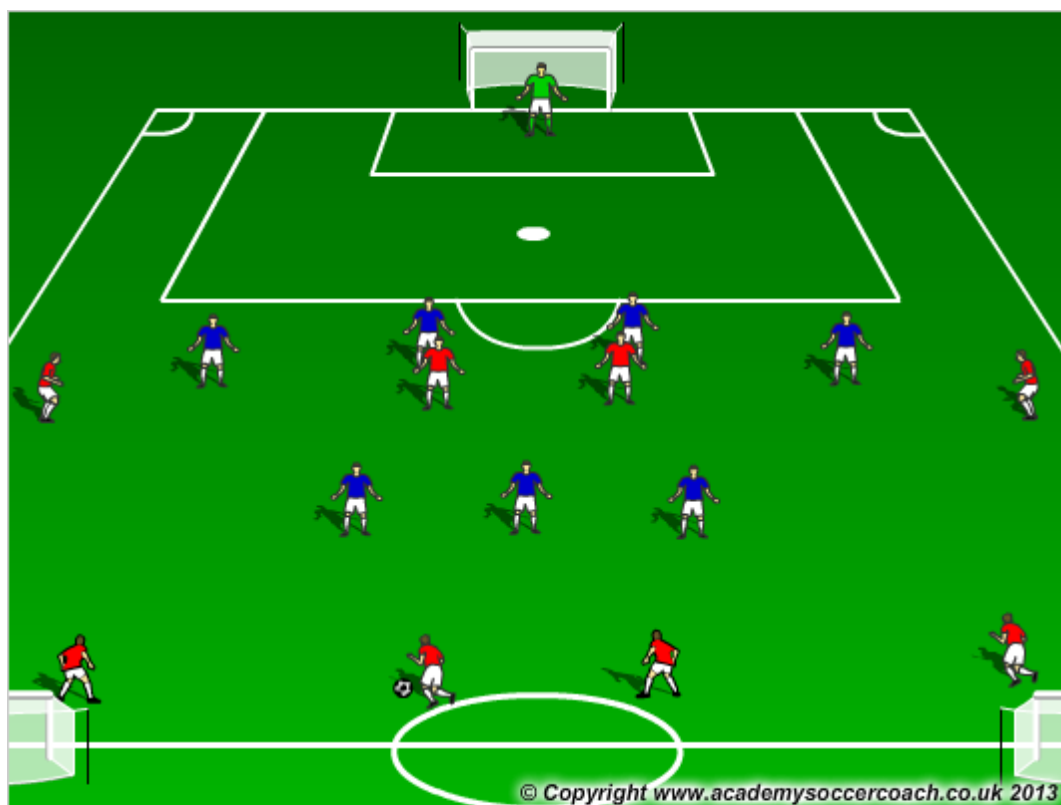
**Key Points** - Quick passes, support runs into gaps, support runs both wide and one in behind (this offers both forward, sideways and backward passes), use different passing combinations etc.



#### **Week 10 - Support Play - Skill/Phase of Play**

**A 2v2 with a GK in the final third and a 6v4 plus a server in the middle third. The red team must make 3 passes in the middle third before playing into the final third. Once the ball goes into the final third the reds can go in there and make support runs and try to score in the goal. If the blue team gets it they have to try and play into the server to score.**

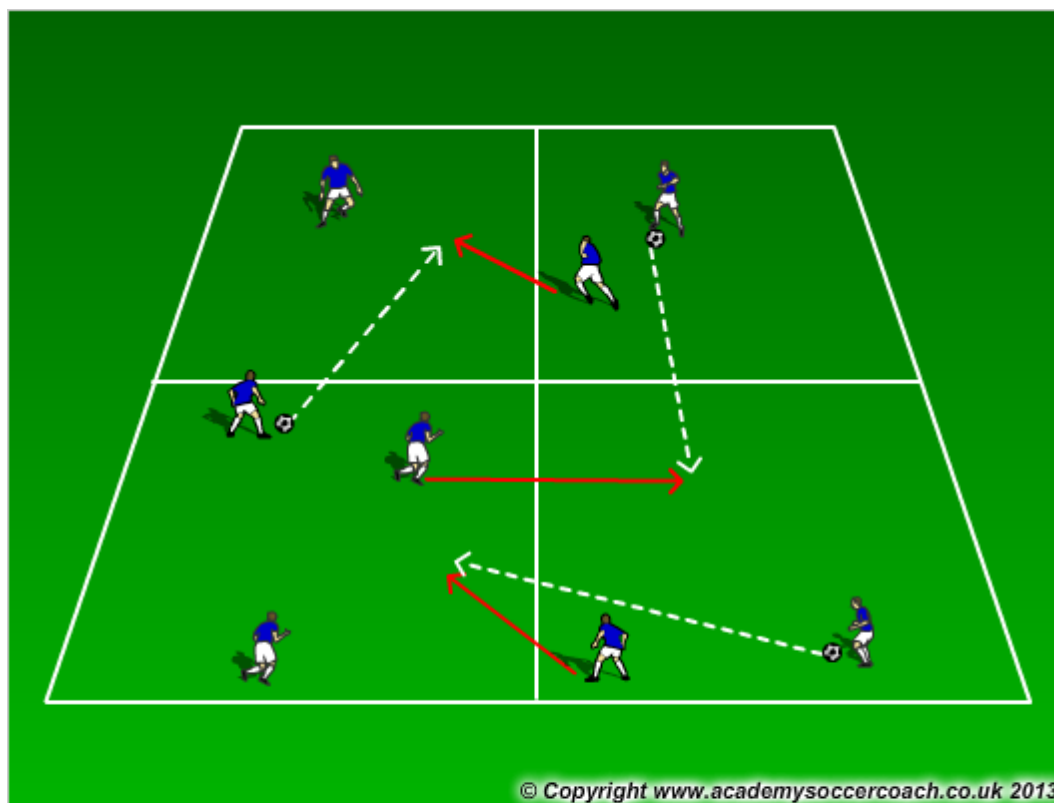
**Key Points - As in tech/skill, quick movements to get away from defenders, making blind side runs, dragging defenders out of position and opening up gaps for midfield players to run into (as shown above), always have a option back etc.**



#### Week 10 - Support Play - Phase of Play

Normal phase of play with the red team playing with 2 wingbacks, 4 midfielders and 2 strikers. The blues play a 4-3 formation with a GK. Blue score by playing into the 2 wide goals on the half way line while the reds have to score in the other goal.

## Week 11: Attacking – Through Balls/Playing into Space

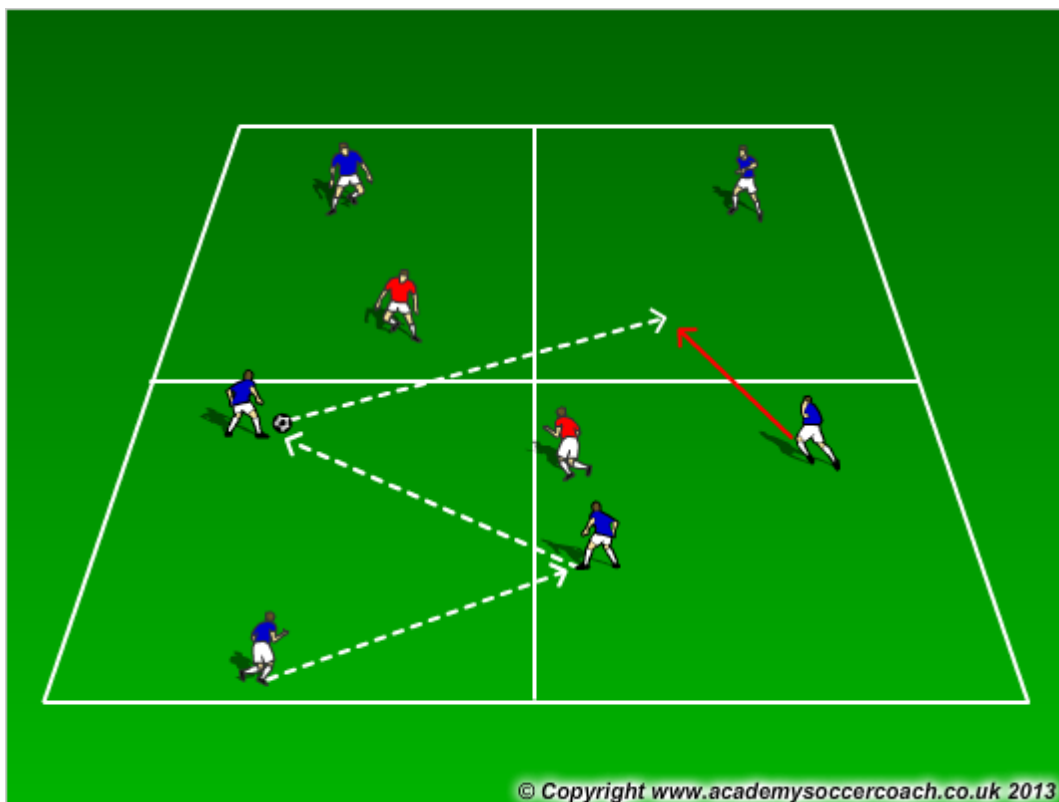


### **Week 11 - Through Balls - Tech**

**Large area split into 4. Players have to pass to another player but they cannot start in the area that they receive the ball (must run onto the pass).**

**Key Points - Weight of the pass, angle of ball, communication (pointing where you want the ball), meeting the ball in stride, checking the run etc.**

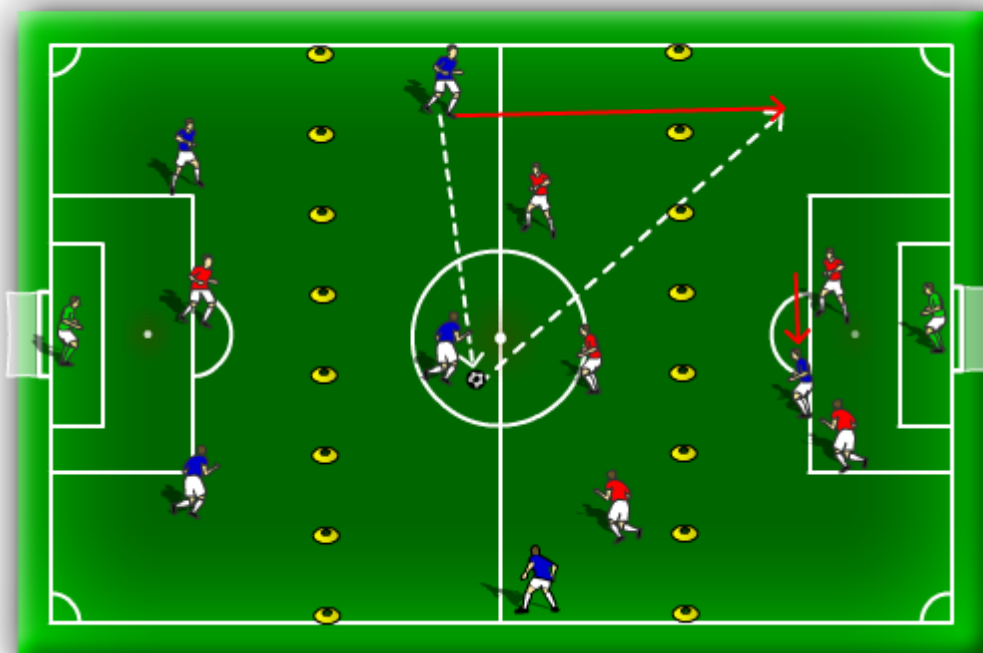




### Week 11 - Through Balls - Skill

As before, the area is split into 4 and the blues have to pass to a space for a player to run onto to score. The 2 defenders have to try and win the ball and try and dribble out the area to score.

**Key Points** - Weight of the pass, angle of ball, communication (pointing where you want the ball), meeting the ball in stride, checking the run etc.



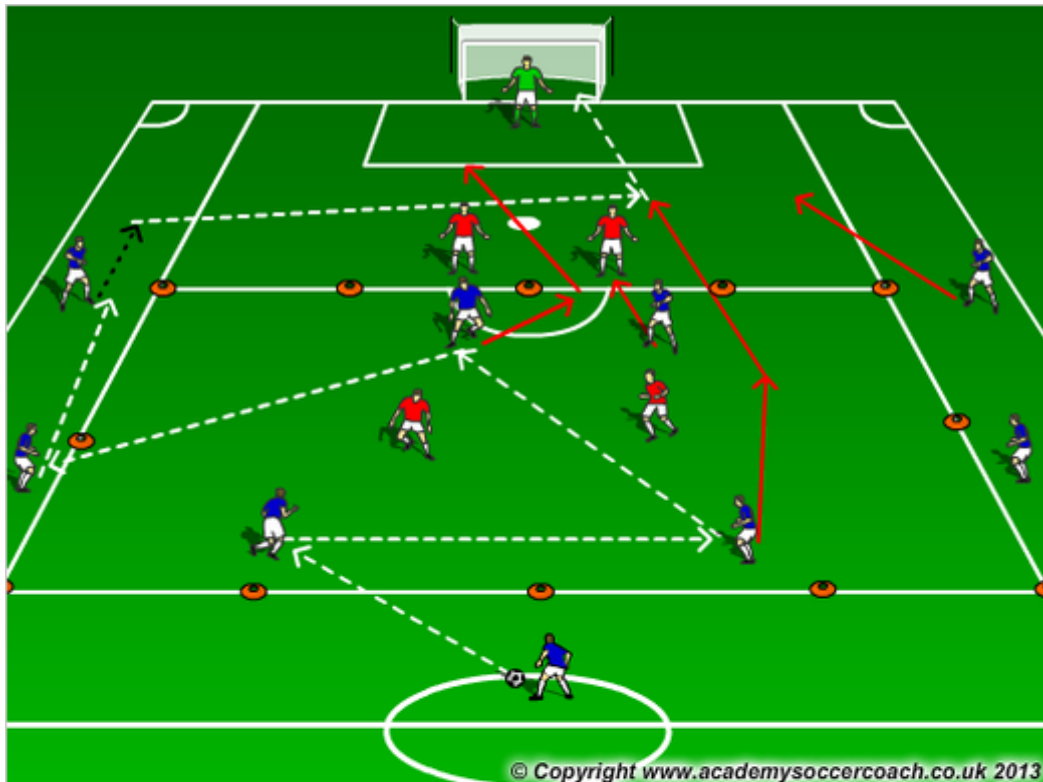
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### Week 11 - Through Balls - Game

A through the thirds game with the team in possession being allowed to move anywhere. Once they lose the ball they must go back to the area they started in before they can defend. Progress into a normal game.

**Key Points** - Weight of pass, angle of run, blind side runs, one-two passes, movements off the ball to open up space for other players, overlapping runs etc.

## Week 12: Attacking – Crossing and Finishing



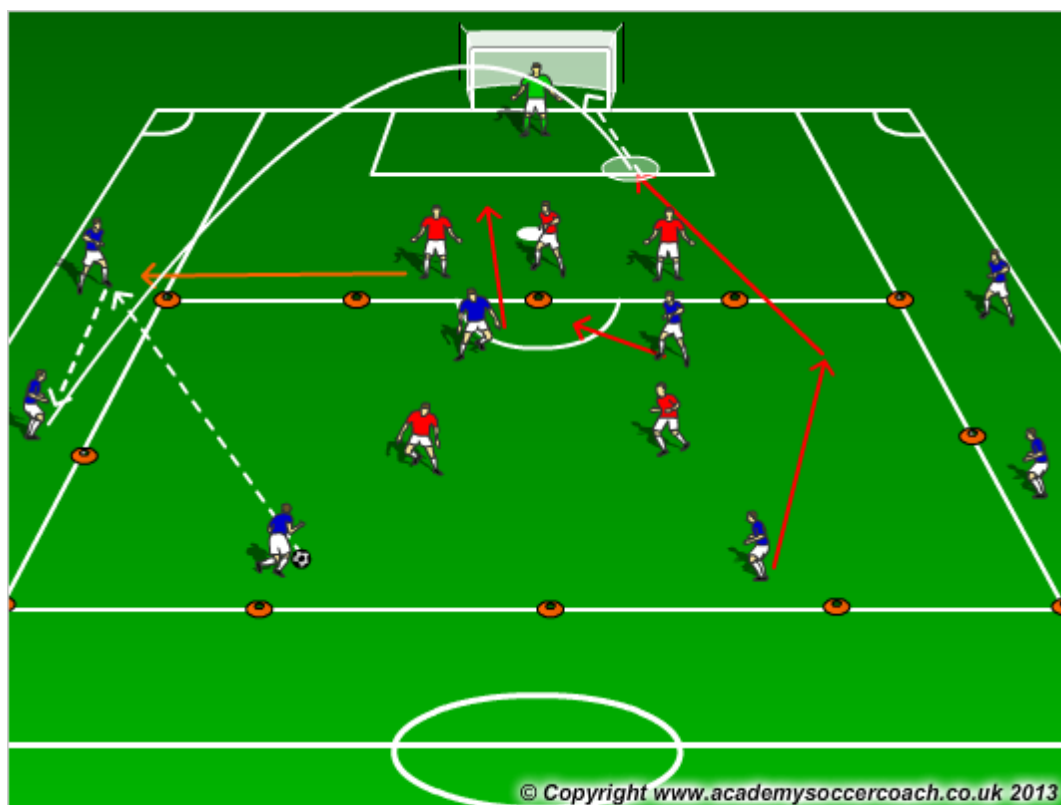
### **Week 12 - Crossing and Finishing - Tech/Skill**

**Set up:** Either start with poles or have defenders who cant tackle and put light pressure. In the penalty area there is a goalkeeper and 2 defenders who cant leave that area. The wide areas each have 2 attackers (WB and WM) who cant leave that area unless the ball is about to be crossed in. In the middle is a 4 V 2 (2 CMs and 2 STs for the attackers). The middle area, only the attackers can leave and push forward. Just outside of the middle area is a server who can be passed back to.

**Targets:** Attacking team has to get 3 passes in the middle area before playing out wide and then crossing the ball back in to finish (breakout game). Defenders have to win the ball and play to the server.

**Progressions -** Add more defenders, let the defneders tackle/put high pressure, the attackers have to get more passes, the attackers only have 10 seconds after breaking out to score, the wide players have to do a overlapping run and then cross etc.

**Key points -** Timing of the runs, decoy runs, blindside runs, running front/back post, running to the middle front/back, early cross, late cross, cutback, driven cross, lofted cross, spinning cross towards/away from goal, timing of meeting the ball, wide players passing the ball back for the WB to cross etc.



### Week 12 - Crossing and Finishing - Tech/Skill

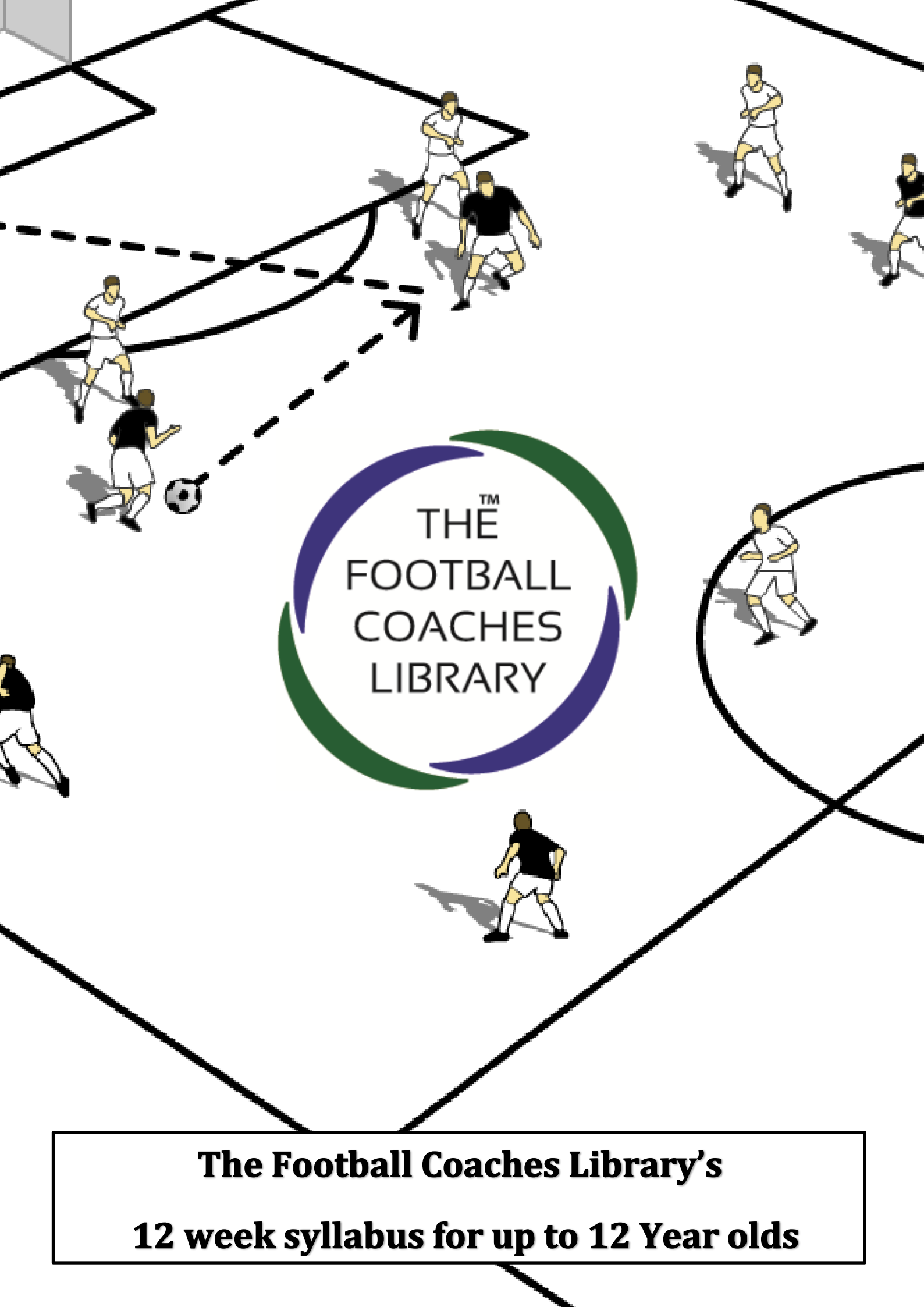
Example of progressions: Add extra defender at the back and allow one of them to put pressure on the wide player (wide player then passes the ball back and the left back crosses to back post while the furthest centre midfielder makes a blind side run to the back post)





### **Week 12 - Crossing and Finishing - Phase of Play**

The blues have 2 strikers, 2 wide midfielders, 2 centre midfielders and 2 fullbacks. The reds play with 4 defenders and 3 midfielders. Blues have to score in the main goal and the reds have to score in the 2 smaller goals on the half way line. Focus on getting the blues to attack by using the over load on each side to cross in and finish.



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**The Football Coaches Library's  
12 week syllabus for up to 12 Year olds**

This is The Football Coaches Library's 12 week syllabus for up to 12 year olds (5-11). Obviously every player and team you coach is different so this syllabus should be adapted for each group you coach making it more advanced or easier.

This syllabus was made to work on the core techniques and skills used in football and to help players develop on the long term. Although topics like movement off the ball are not included above, they will be developed in each of the sessions and taught regarding the core topic (like players making angles and getting into space off the ball in the passing sessions).

A few points for each week –

- The warm up each week should be used as an introduction to the session ahead and also to work on the fundamental movements.
- The sessions are based around an hour and a half session. Roughly split into a 10 minute warm up, 25 minute technical, 25 minute skill, 25 minute game and a 5 minute cool down/debrief.
- Homework should be set each week for the players to work on different skills, ball control etc.

The top quality session plan software used is from Academy Soccer Coach. Please visit their website at [www.academyfootballcoach.co.uk](http://www.academyfootballcoach.co.uk)

For more information regarding the syllabus or more session plans and articles please visit us at our website, Twitter page or Facebook page.

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Here is the syllabus with all the session plans on the following pages:

Week 1 – Dribbling

Week 2 – Running with the ball

Week 3 – Turning

Week 4 – Defending (In balance 1v1/2v2)

Week 5 – Defending (Out of balance 1v2 and as a team)

Week 6 – Passing (Possession)

Week 7 – Passing (Directional)

Week 8 – Passing (Combinations)

Week 9 – Receiving (Floor)

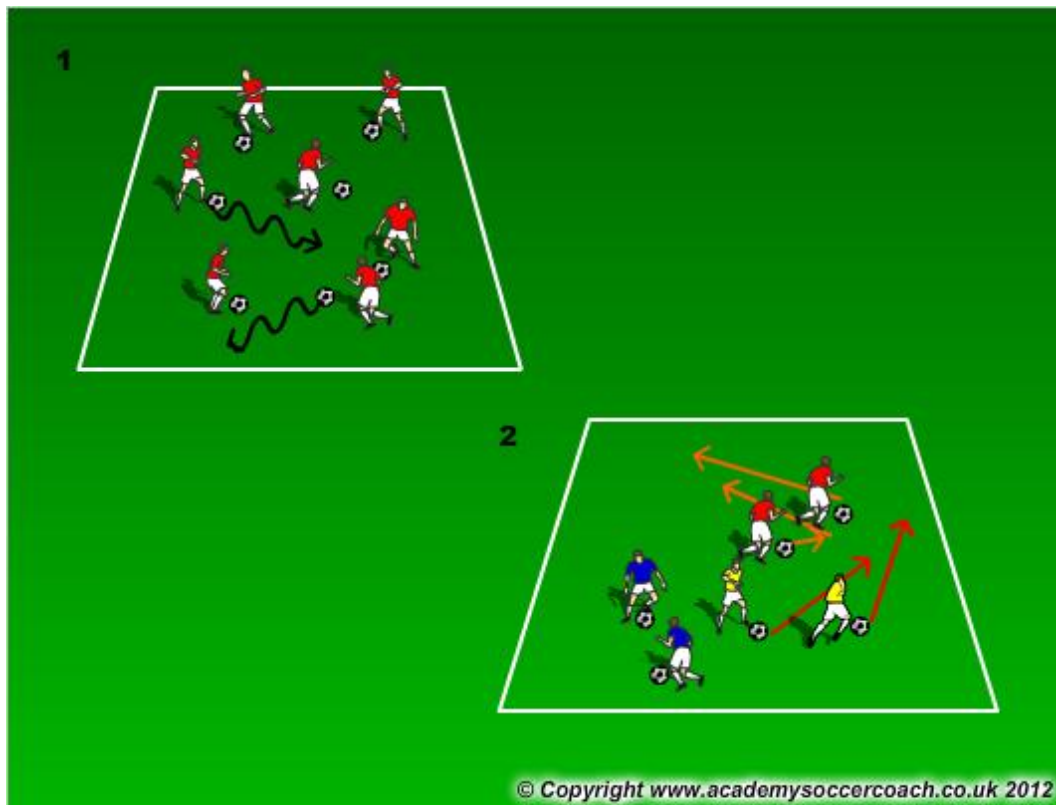
Week 10 – Receiving (Air)

Week 11 – Finishing

Week 12 – Shooting

Thank you for viewing, using and sharing.

# Week One - Dribbling



## Week 1 - Dribbling - Technical

1 - Players dribble around the area using different parts of their feet (inside, outside, sole), use certain skills (step overs, scissors etc) and finally trying to beat each other (both players going against each other try to take it past each other).

2 - Players are in pairs. One partner is the leader with the other the follower. The leader has to get away from the follower while they have to try and stay close. Players should use skills, change speed and change direction to get away from other player.

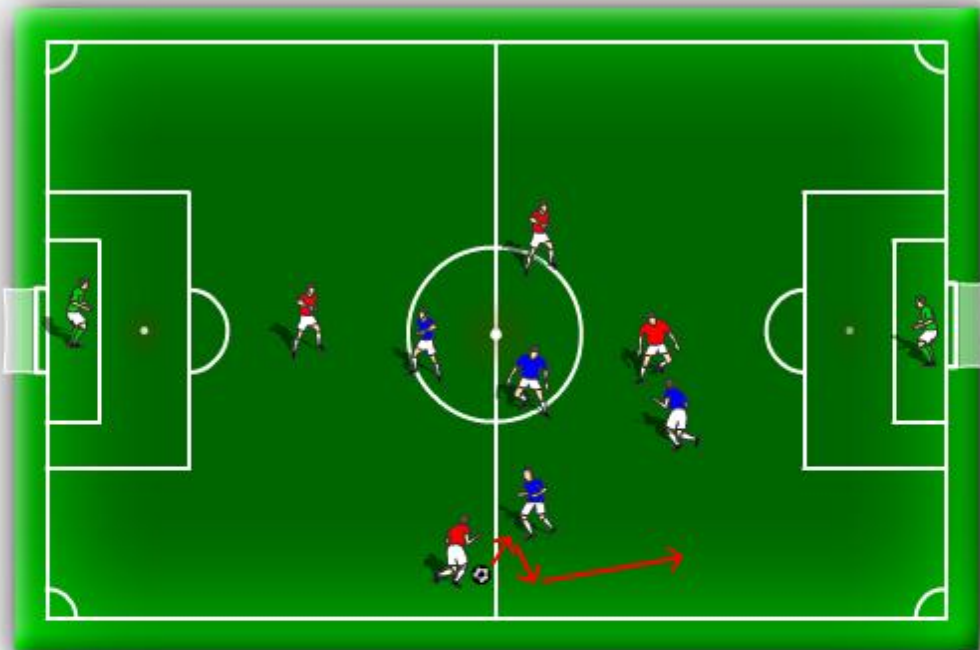




### **Week 1 - Dribbling - Skill**

The defenders (red) have to stay on their goal and stop players dribbling through. The attackers (green) have to get through as many goals as possible. They get a point each time they stop a player or get through a goal. Attackers should use skills, change speed and change direction like practiced in the tech.

**Progression -** Defenders don't have to stay in their goal.



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### **Week 1 - Dribbling - Game**

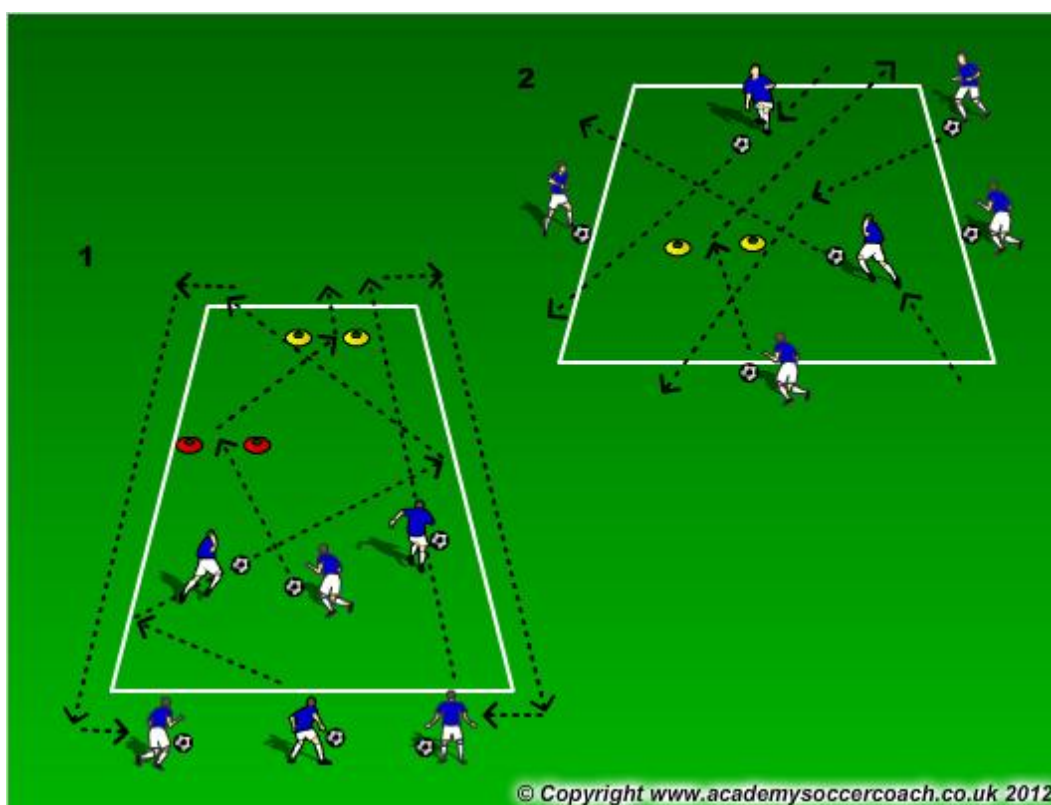
**Normal sided game with one of the following conditions -**

- Players get a goal if they beat a player using a skill.
- Players have to do a skill before they can score.
- Each player the team beats, that team gets that many goals if they score (if they beat 3 players and then score they get 3 goals).

**Make sure players make the field big to allow the player on the ball space to beat the defender.**

# Week Two – Running with the Ball

With regards to running with the ball, most sessions are based around players getting from one area to another or through an area. Three drills are detailed below but all three can be used for both the technical and skill part of the session. There are loads of different 'through the area' drill that can be made.

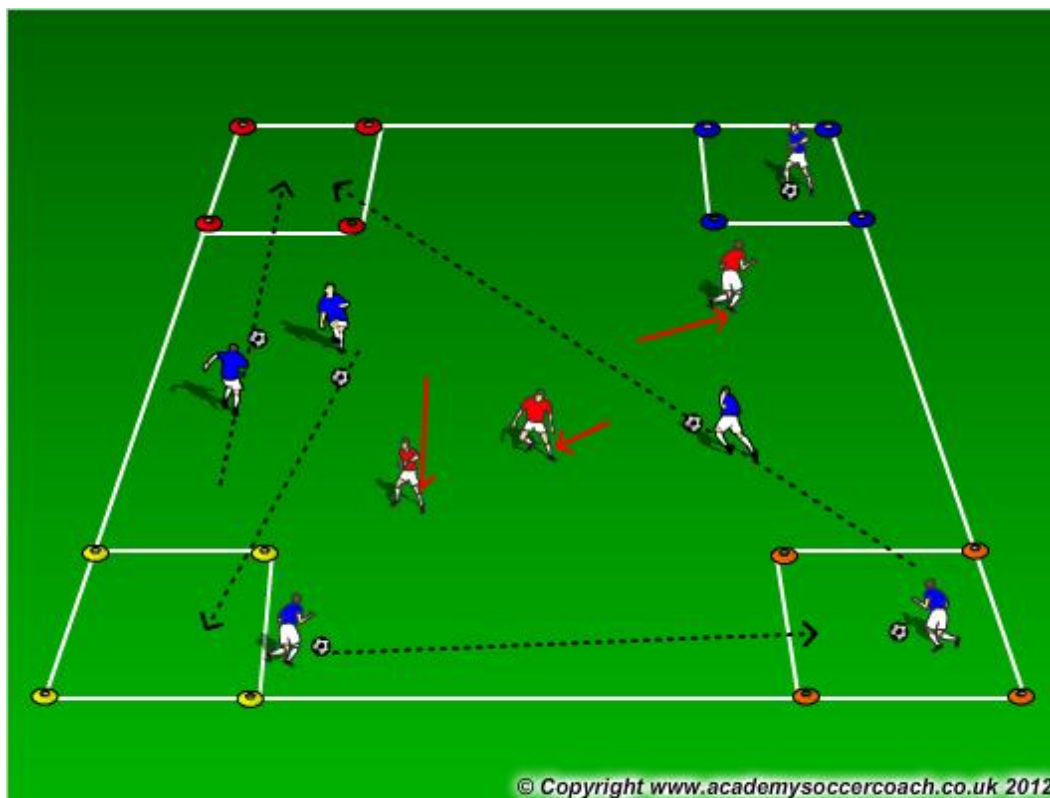


## Week 2 - Running With The Ball - Technical

Two similar sessions to choose from (or use both):

**1:** Players have to run with the ball to the other end, turn and go round the outside and back to the start. To progress this add goals like who can do it in the least amount of touches while keeping it under control and not bumping into anyone/going out the area. Other progressions/goals include players have to go to each side first before finishing, who can get back the fastest, only using right/left, adding targets like the gates shown etc.

**2:** Players have to get across the square to another side while not crashing into anyone (looking for gaps, head up) and not going too far from the square. Progressions/goals include how many sides can they get to in a time limit, who can get to all four sides the fastest, right/left foot only, adding gates to get points but only one player at a time can go through etc.



### Week 2 - Running with the ball - Skill

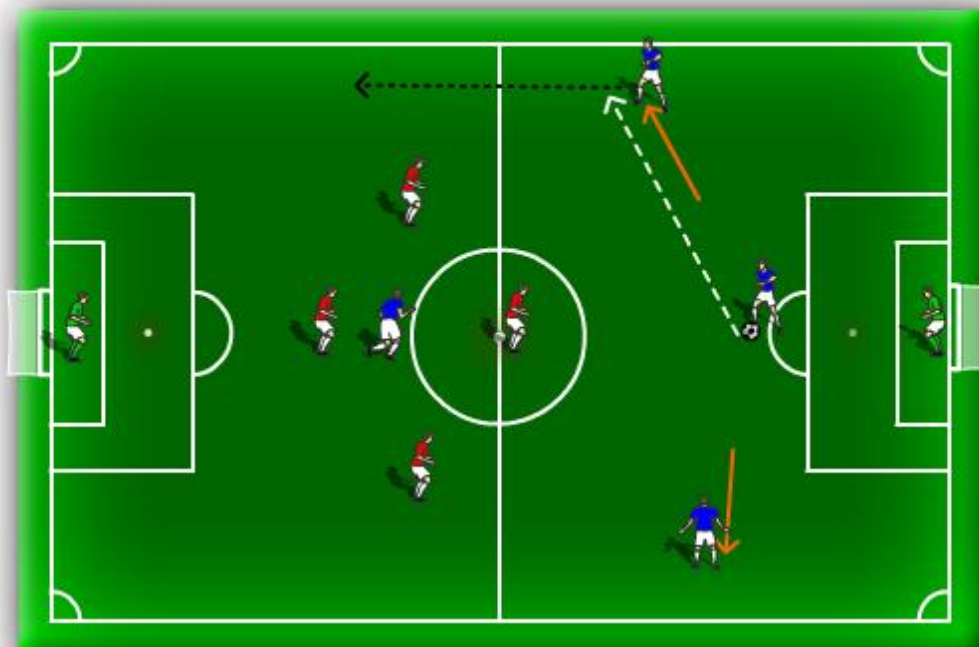
Players have to get from one corner (safe zone) to another without losing the ball. Time they get to a corner they get a point. If they get caught they lose 3/all of their points.

**Key points** - Laces, head up, look for gaps to open up, big touches on the ball, when to dribble and when to run with the ball etc.

**Progressions** - Other games that involve getting through a area (see below), more defenders, only one attacker in a safe zone at a time etc.

Any 'through the area' game will work. For example like the ones done in the Technical. The area could be split into thirds and the middle third is the one they have to get through to get to the other side.





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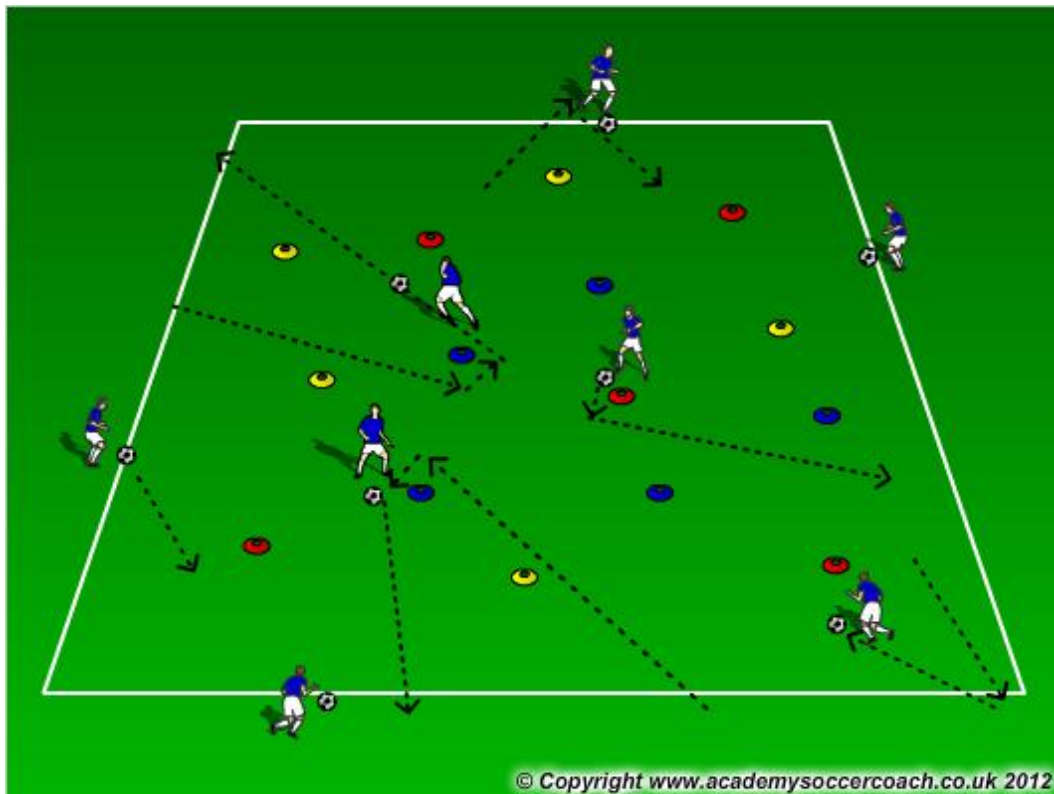
### Week 2 - Running with the ball - Game

Normal game with each team playing a 1-2-1 formation. Field should be a little bigger than normal to open up more space to promote running with the ball.

Running with the ball happens when there is space in front of the player with the ball. Common situations in games where this occurs include when players are wide, when a striker has the ball played over the top/through or when a team counter attacks. To promote these three situations:

- 1) Ask players (guided discovery) to get wide and into spaces where they will have the chance to run with the ball (wide).
- 2) Tell them they will get 3 goals if they score within 15 seconds of winning the ball (depending on the ability of the group).
- 3) All players have to be in the half the ball is in (to push players to play the ball through and run with the ball into the other half).

# Week Three – Turning



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## Week 3 - Turning - Technical

Players have to dribble into the middle get round a cone and back to the outside of the square to get a point (performing a turn both round the cone and when getting to the outside of the square). Players have to go back to the side of the square that they came from though.

**Progressions** - Players have to do certain turns (demo different ones like inside hook, outside hook, drag back etc), players have to go to certain colour cones, two cones in a row etc.

**Key points** - Different turns, faint/fake, head up (gaps, players), increase speed after turn etc

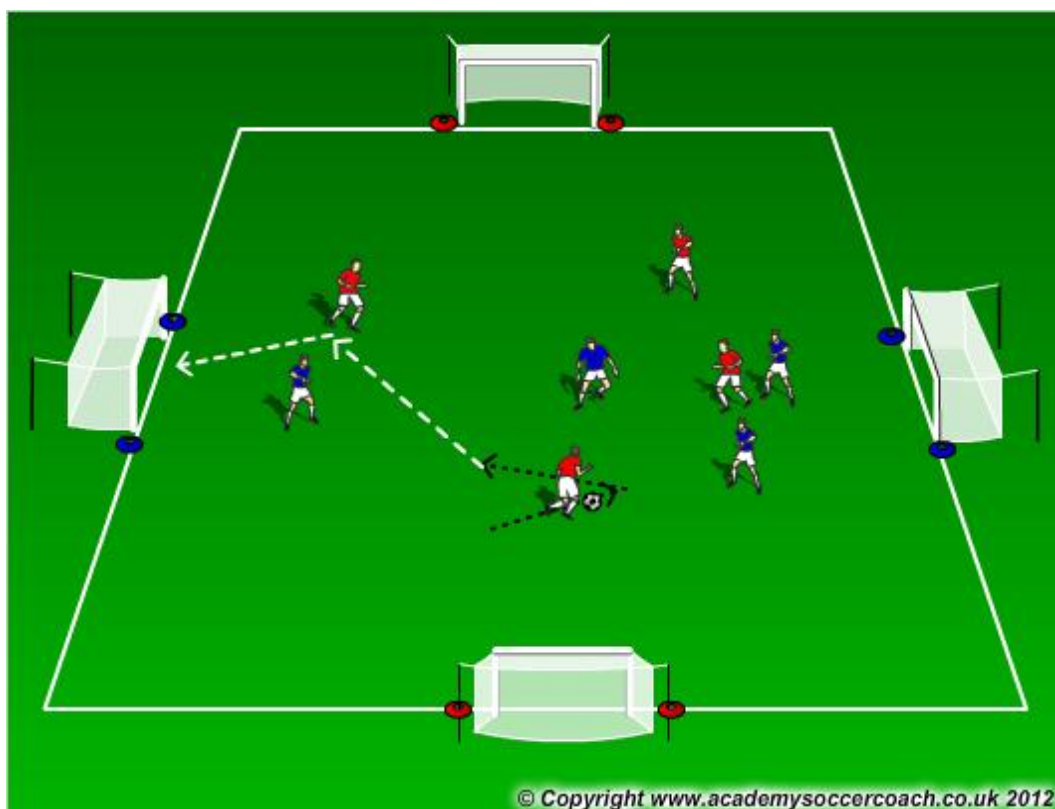


### Week 3 - Turning - Skill

Players have to get into one of the areas and back out the same side to score a point. If the defenders touch the ball they lose three points (plus the defenders get three).

**Progressions** - Change the area (1 shown above or another example, 2 top left), Make different areas different sizes (more points for smaller areas etc), Defenders can come out their areas etc.

**Key points** - Same as technical, when to turn, when to go into a area (attack), What turn to use etc.



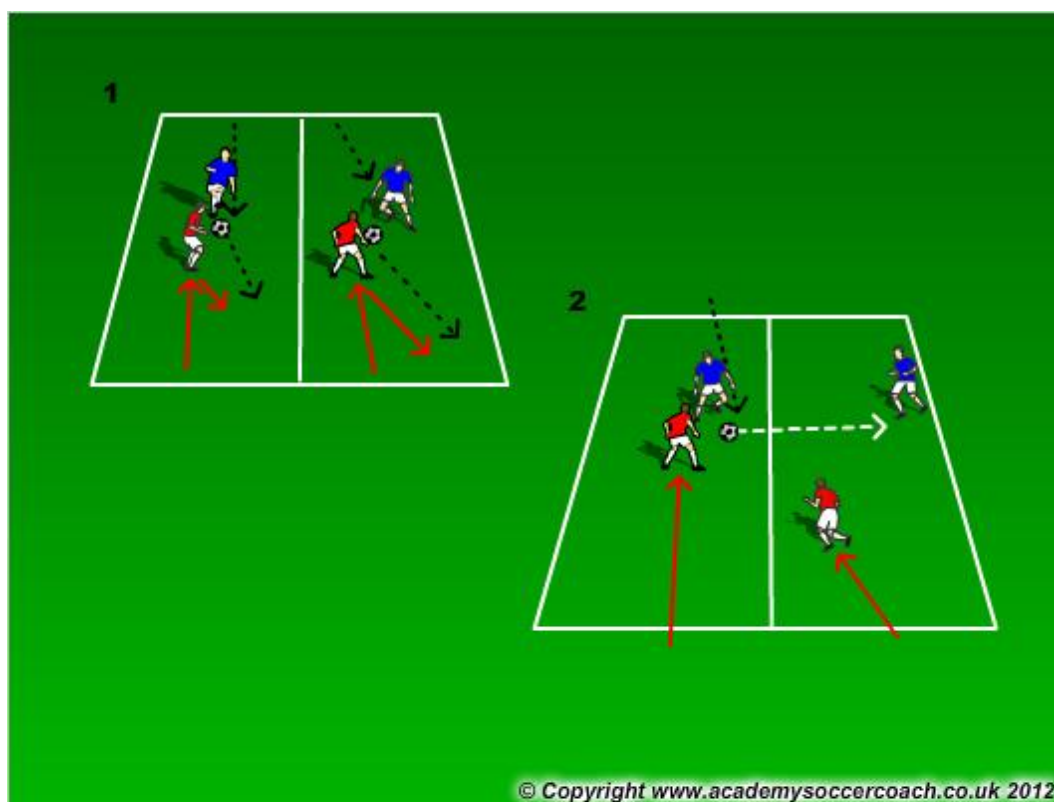
### Week Three - Turning - Game

Red vs Blue, each team has two goals (with or without goalkeepers) After this go into a normal game but add incentives for the players to turn on the ball.

Key points - As in tech and skill, look at numbers (above, 2 red vs 3 blue, turn 2 red vs 1 blue), what to do once turned (shoot, switch play, pass, dribble) etc.



## Week Four – Defending (In Balance 1v1/2v2)



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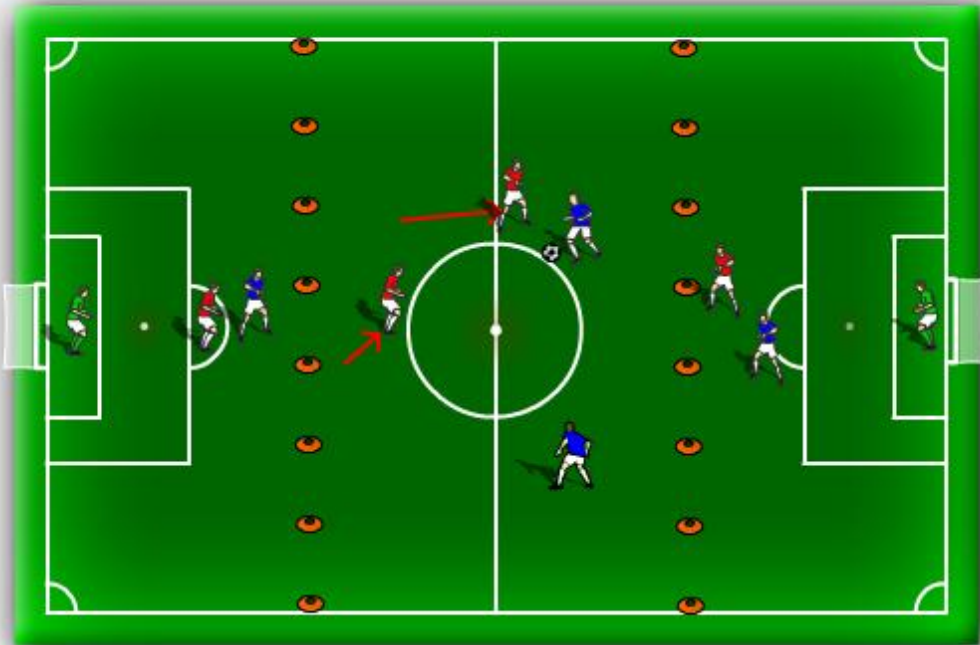
### Week Four - Defending - Tech into Skill

1 - 1v1 with defender not allowed to tackle (to focus on movement/tech points). Defender plays the ball into the attacker from the edge of the area to start play. Attacker has to try and get to the ball over the defenders line. Progress this so that the defender can tackle (if they win the ball then they have to try and get over the attackers line).

Key points - Curved run to show attacker one way, side on body shape, looking at the ball not the player, not too close/far away from the attacker (dependant on the individual players), continue to show one way and not switch (jockey), stand to one side slightly to show one way, tackle when the attacker takes a big/bad touch, slow them down, etc.

2 - Same as above but 2v2. To start with players can not go over the middle line. Progress so they can.

Key points - Same as above, one player closes while the other covers (a bit deeper than the team mate and pulls in slightly), switch from closing to covering and vice versa when the ball is played across, choose to stay with player or swap if attackers cross over, communication etc.



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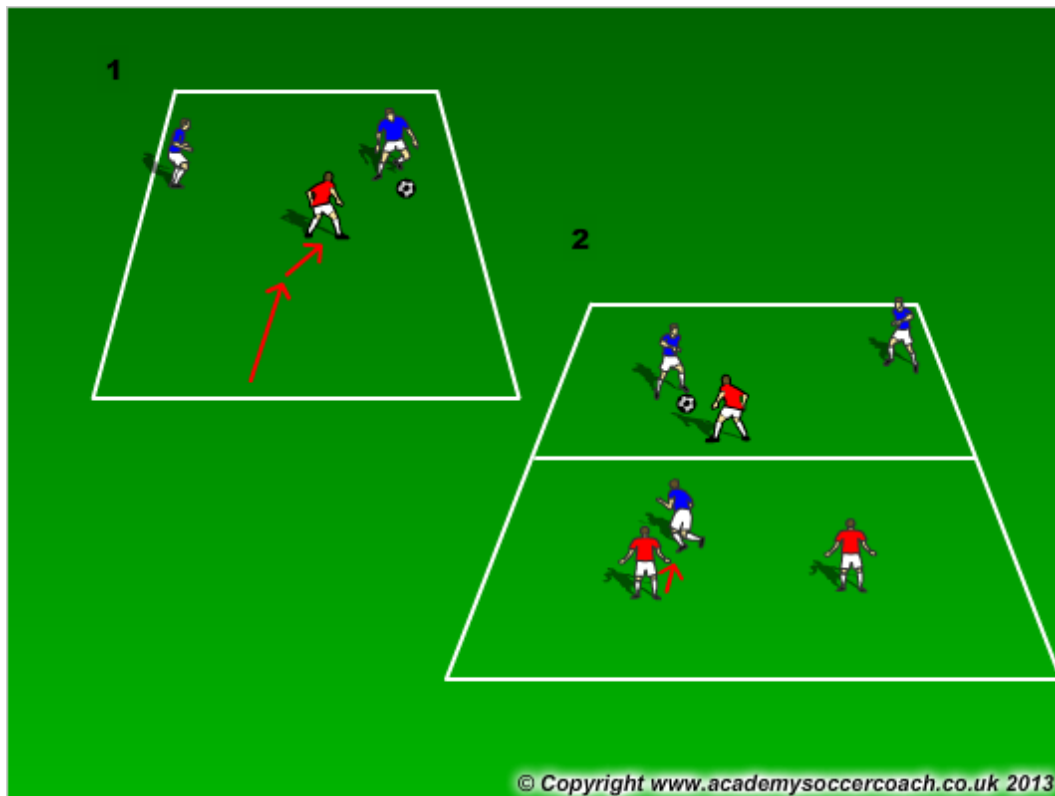
#### **Week Four - Defending - Game**

Through the thirds game with a 1v1+GK at each end and a 2v2 in the middle.

Progress into a normal game.

**Key points** - Same points as in the rest of the session, try to stop attackers playing the ball forward into the next area etc.

## Week Five – Defending (Out of Balance 1v2 and Defending as a Team)



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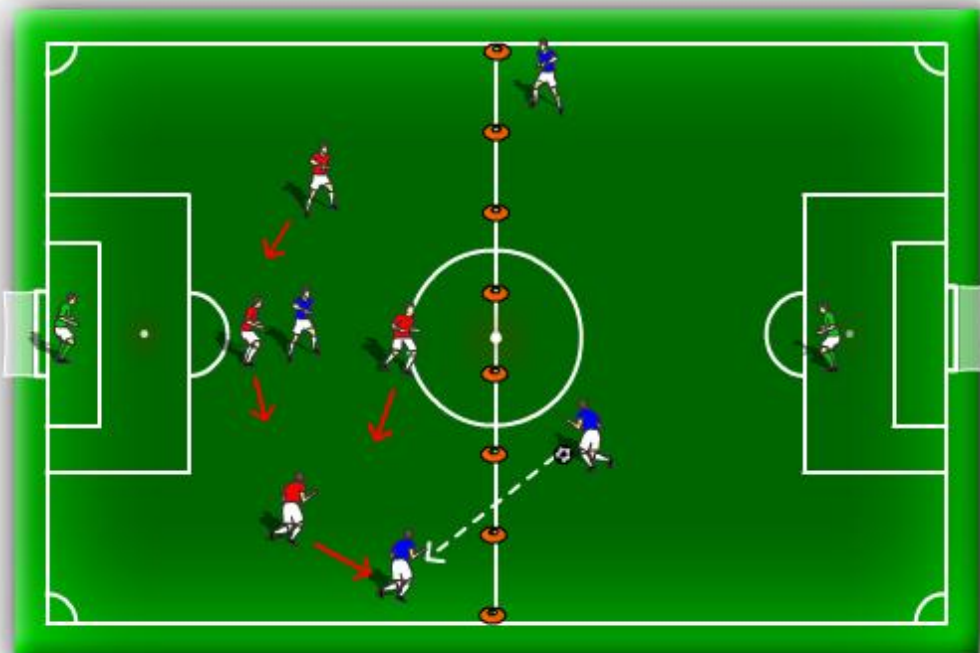
### Week Five - Defending - Tech and Skill

**1 - Defending outnumber 2v1.** Attacking team has to try and get to the defenders end line while the defender has to slow them down/stop them. At first there is no tackling and the attackers can only go half pace. Then progress to live play.

**Key points -** Create a 1v1 by showing the attacker on the ball away from the other attacker, plus tech points from previous defending session etc.

**2 - 2v1 in each half.** The team on the ball has to try and get to the other teams end line to score (you could also put goals in). Players are not allowed to cross the middle line. To progress allow one attacking player to move into the other half. Once they lose the ball though they must return to when they started.

**Key points -** Same as above and previous session, marking the striker (and the communication involved), should the front defender show down the line or sit back and prevent ball going through to their striker (depends on positioning and tactics etc).



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### **Week Five - Defending - Game**

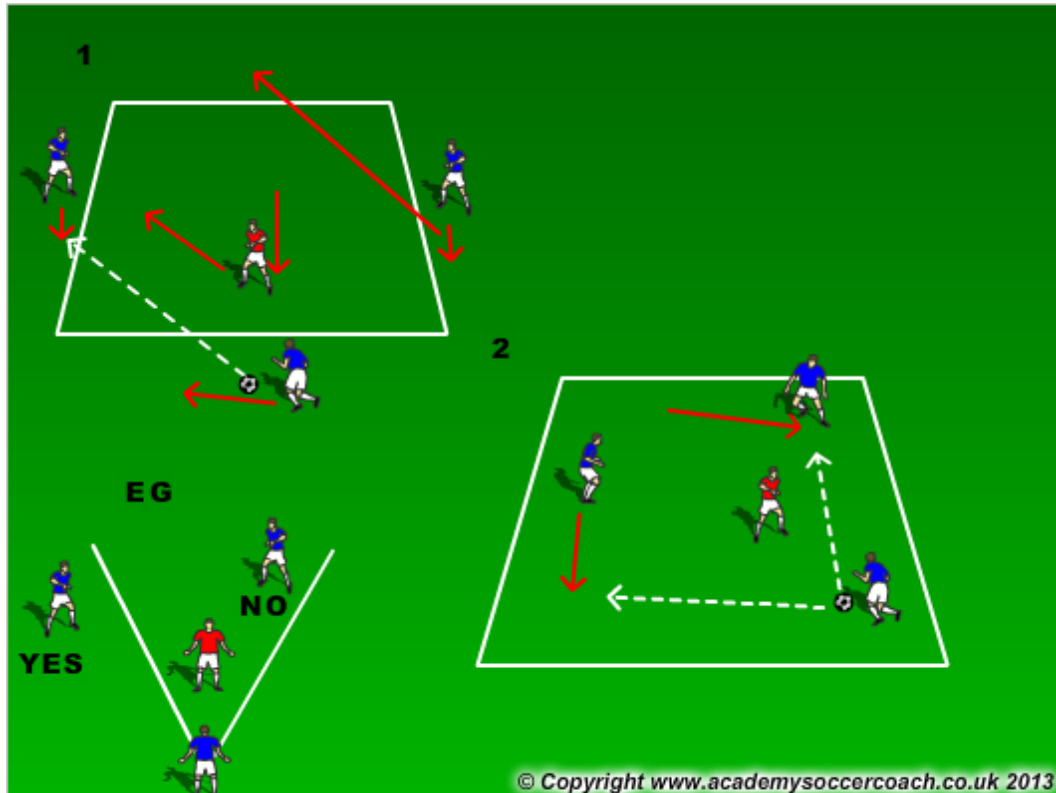
**Normal game but the defending team can not tackle in the other teams half. This means players have to get back quickly and won't just chase the ball.**

**Progress into a normal game. You can move the line up or down the field so one team will be defending deep while the other is defending high to introduce tactics at a basic level.**

**Key points - Everything covered in the defending sessions, get back quickly after losing the ball, priority is to defend the goal/not win the ball, etc.**



# Week Six – Passing (Possession)

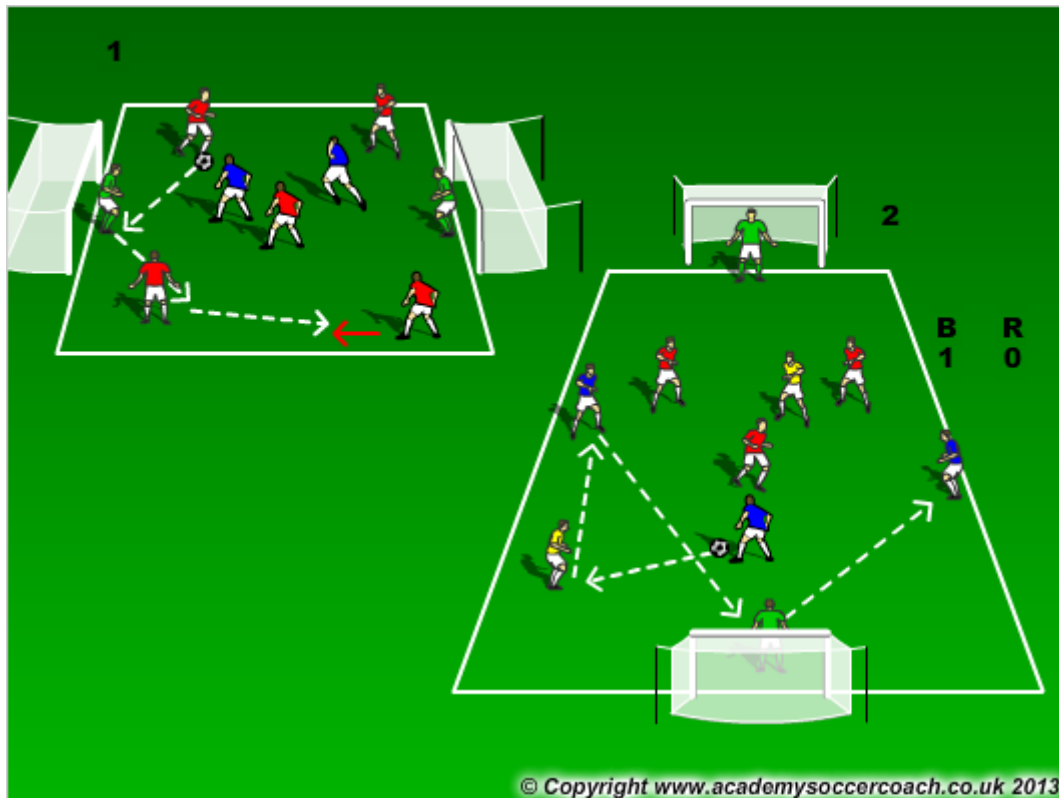


## Week Six - Passing - Tech into Skill

1 - Three players on the outside with one in the middle. Players have to pass the ball through the area to another player on the outside to get a point. The middle player has to try and get in the way but cannot leave the inside of the area. If the middle player gets it then they swap with the player who gave it away (basic version of keepball).

2 - Same as above but now the players are in the area so the defender can tackle.

Key points - Basic passing tech (inside of the foot, straight swing etc), make angles (example in picture), when the defender is closer/closing down the other players have to make bigger angles, communication, quick passing etc.



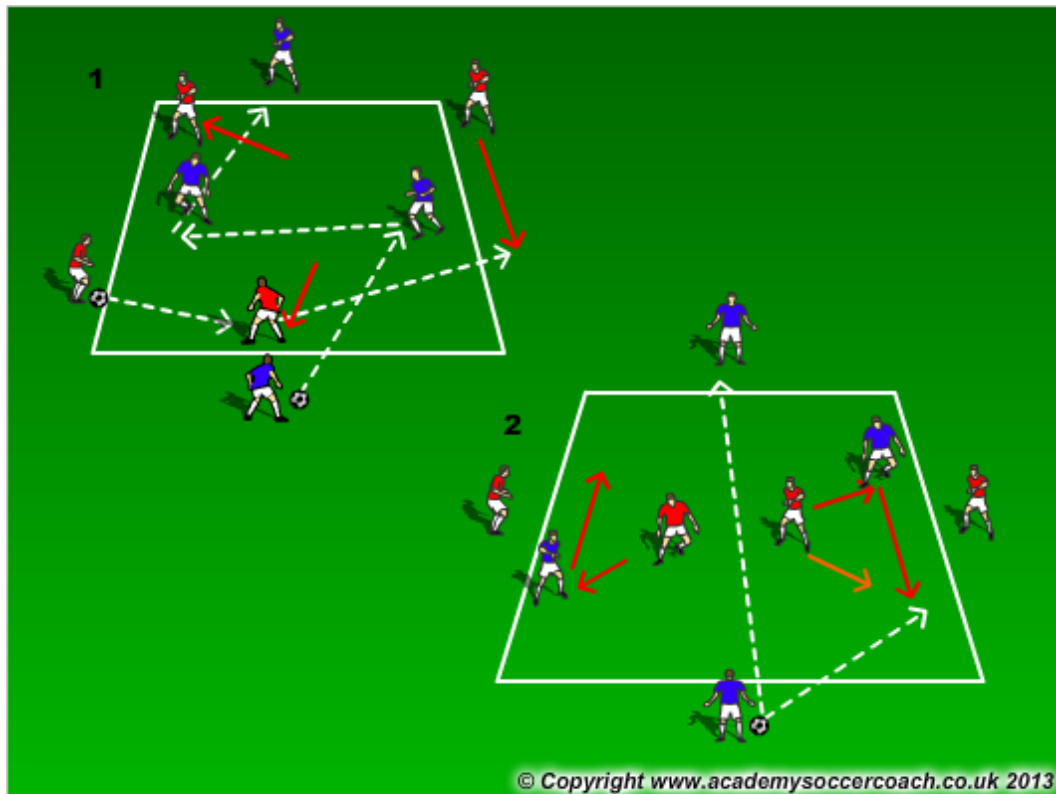
### Week 6 - Passing - Skill and Game

**1 -** Progressing from a 3/4 vs 1 keepball, put 2 groups together so you have 6,7 or 8 vs 2. Change the numbers as need be. The reason for the goals is motivation for the defenders. If they win the ball they can score. You can then move this into a game to see which 2 defenders can get the most goals (even though the focus is on the players keeping the ball).

**2 -** The 1-0 game is a normal game but once a team scores 1 goal they cannot score again. Therefore they must try to keep the ball. If the other teams scores then the score goes back to 0-0.

**Key points -** Same as in tech/skill, play quickly, once a area has been crowded look to play out somewhere else, pass to the goalkeepers to play out of danger etc.

# Week Seven – Passing (Directional)

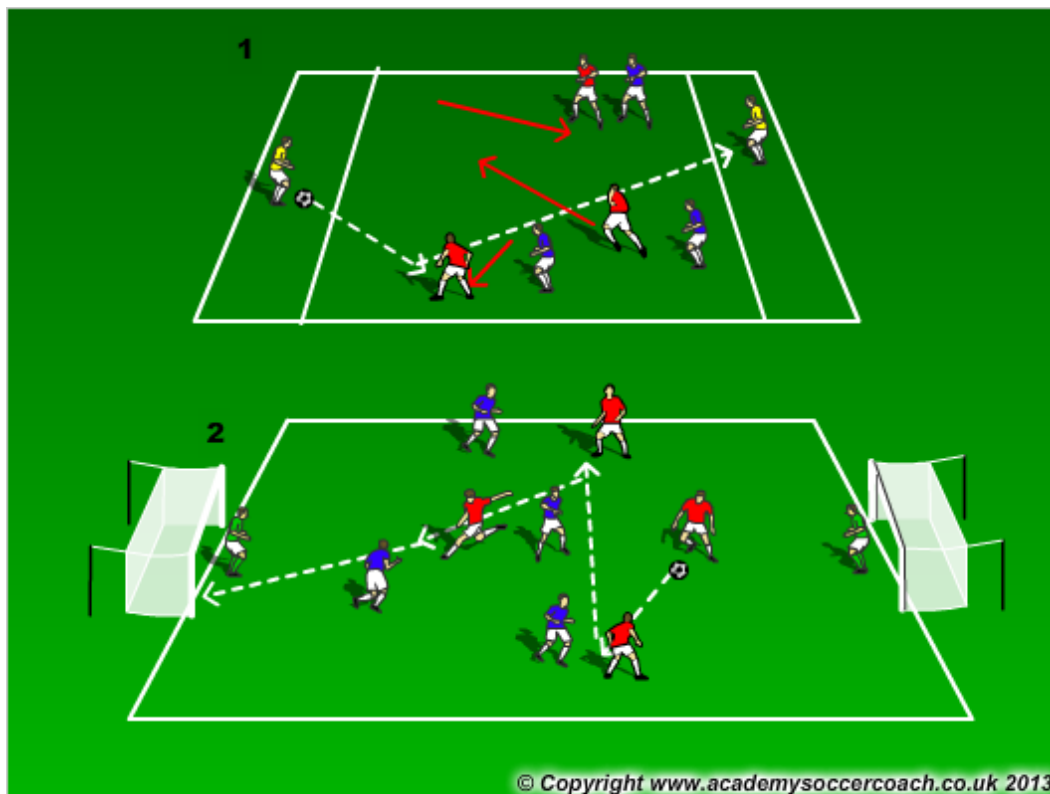


## Week 7 - Passing (directional) - Tech into Skill

**1 -** Each team has 2 players on each far side of the area and 2 in the middle. They have to get the ball from one end player to the other end player. Each team has a ball. The teams are not against each other.

**2 -** The same as above but now with only 1 ball so the teams are against each other. If the defender team wins the ball they play to their players on the outside.

**Key points -** As learnt in the week before (make angles, firm pass etc), quick movements off the ball, change speed and direction to trick the defender, feint/fake to get away from the defender, pass back etc.



### Week 7 - Passing (directional) - Skill/Game

**1 - 3v3 in the middle with target players in the end zones. The team that has possession has to try and get the ball to the other target player. If they do then they get a goal and turn to play the other way. Effectively the team in possession has 5 players against 3.**

**Key points - Same as in tech, make space for team mates, if a team mate makes space then use it (swap) etc.**

**2 - Normal game but each pass is how many goals that team will get if they score. For example (as above) If they 3 passes and then score they will get 3 goals. Therefore there must be at least 1 pass.**



## Week Eight – Passing (Movement off the Ball/Combinations)

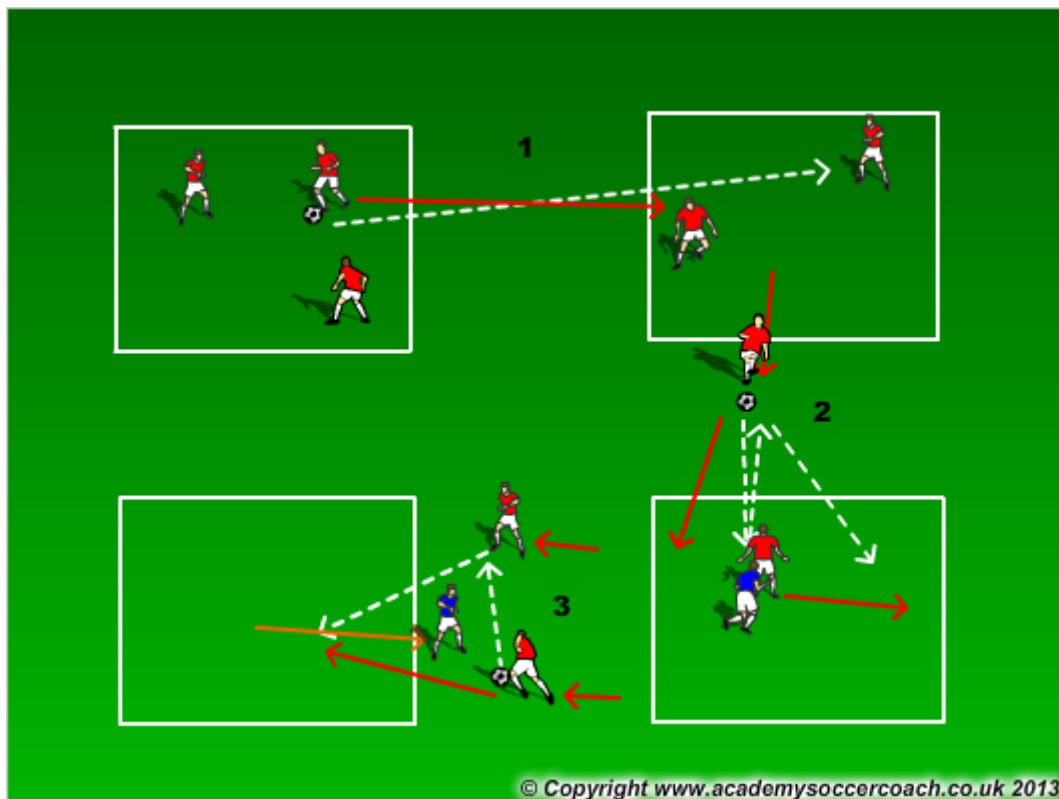


### Week 8 - Passing (movement off the ball/combinations) - Tech

Players in groups of 3 pass the ball around in their group while moving round the square. If the groups stay in the same areas ask them to get from one side to the other and back.

Then introduce different passing combinations:

- 1 - A 1-2/wall pass
- 2 - Overlapping run
- 3 - Bounce pass with a player spinning off



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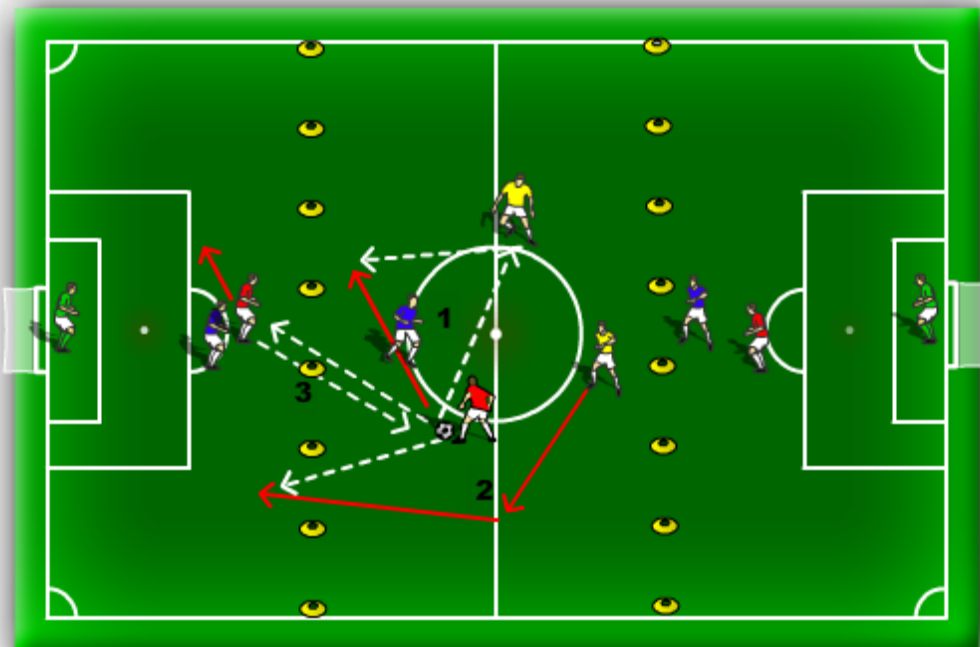
### Week 8 - Passing (movement off the ball/combinations) - Tech into Skill

Each of the below are progressions to build this drill up. The defenders are only players acting as defenders for a short period of time. They then are attackers again.

**1** - 4 squares set out like above with 3 players in each passing the ball. Each player has a number. When the coach calls out their number they pass the ball (or dribble or both) into the next area and follow their pass.

**2** - The first progression is the player makes the pass in, the player who receives it plays it back out (1-2/bounce pass) and spins off into space and the original player who had the ball dribbles the ball in or passes it back to the other player. The player who doesn't receive the ball becomes the defender until the third player enters the square.

**3** - The coach calls 2 numbers out. Those 2 players move into the next square with the player whose number hasn't been called out becoming the defender to the 2 players entering the square. They have to either dribble the ball into the next square, get a 1-2/wall pass or 1 player makes an overlapping run. The player who is the defender stops acting as the defender once the players get into the square as shown above.



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### Week 8 - Passing (movement off the ball/combinations) - Game

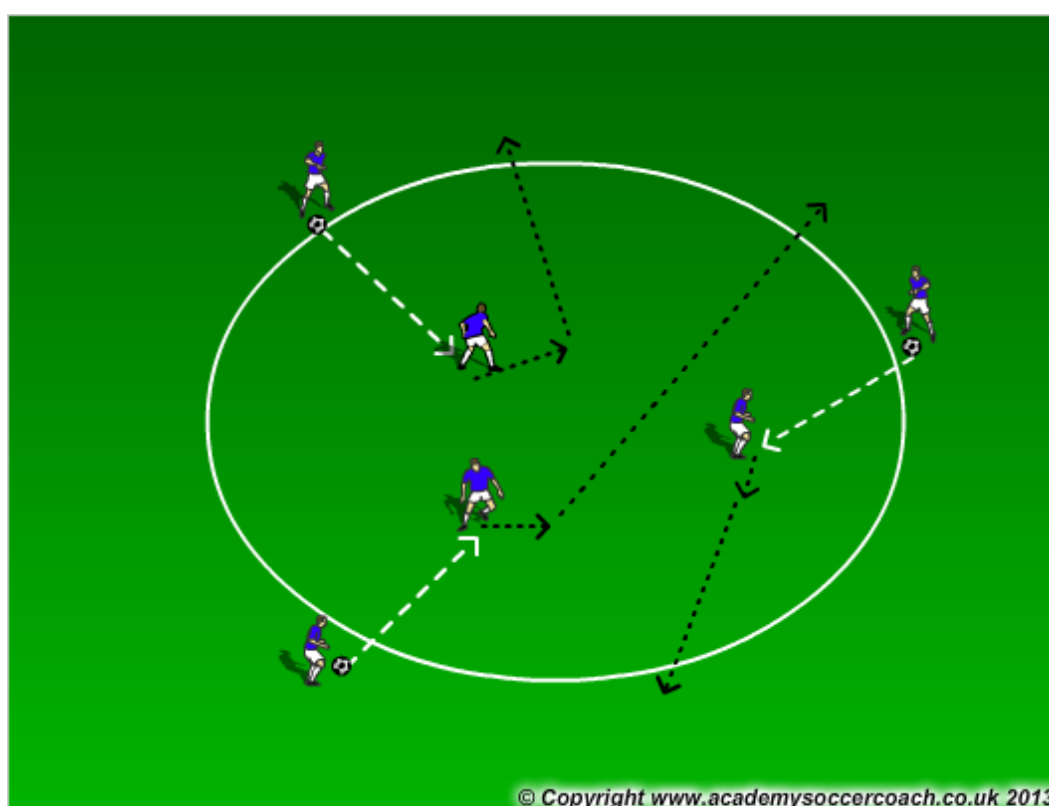
Through the thirds game a 1v1 in each area and 2 neutrals. At first the neutrals can go where ever. Progress it so that the attacking team can go where ever they want and then finally into a normal game.

Each of the combinations practiced in the tech and skill can be used in here:

- 1 - 1-2/wall pass
- 2 - Overlapping run
- 3 - Bounce pass and spin

# Week Nine and Ten – Receiving (Floor and Air)

Here is 3 receiving based tech/skill phases that can be used for both receiving on the floor and in the air. All 3 can be turned into skill phases by adding defenders. Each of the session parts below focuses on receiving to do different things like pass, dribble/RWTB and shoot.



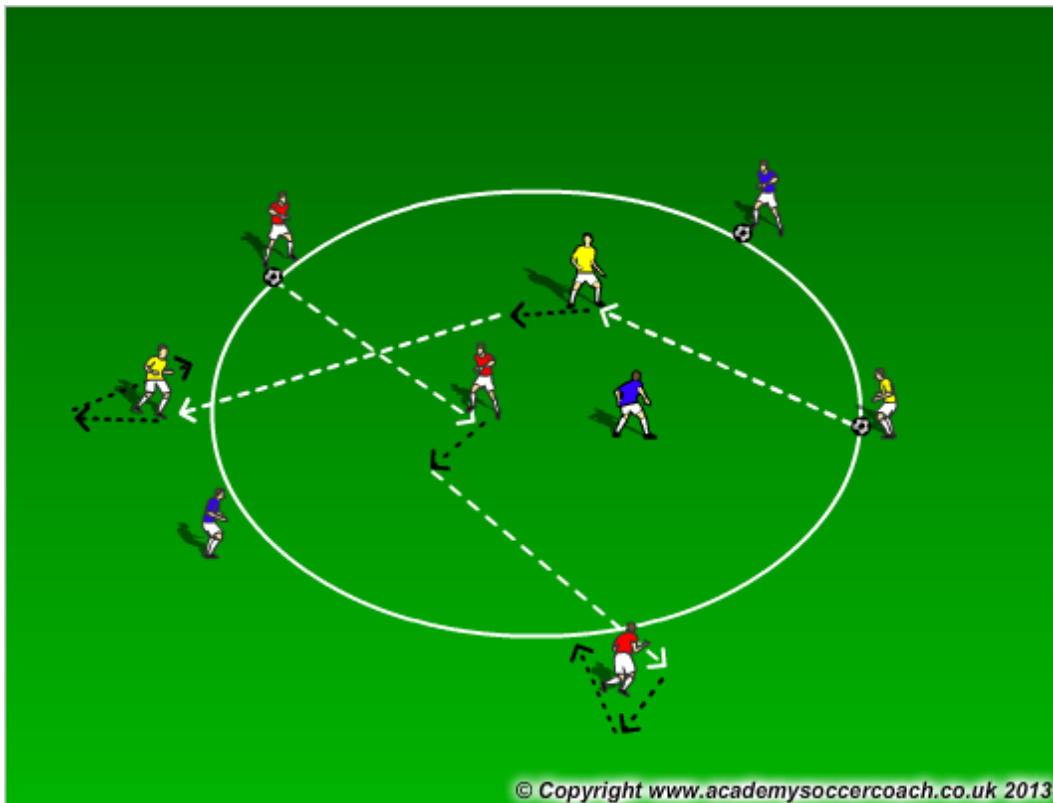
## Week 9/10 - Receiving - Tech/Skill

**Receiving to dribble/RWTB.** Players with a ball are on the outside while the players without a ball are in the middle. Once an outside player passes the ball in, they go into the middle. Once a player in the middle is passed a ball, they turn and dribble/RWTB to the outside.

**Progressions -** Add defenders in the middle.

**Key points -** Which turn to use, check shoulder (know whats around you), get away from defender by changing direction, change speed etc.



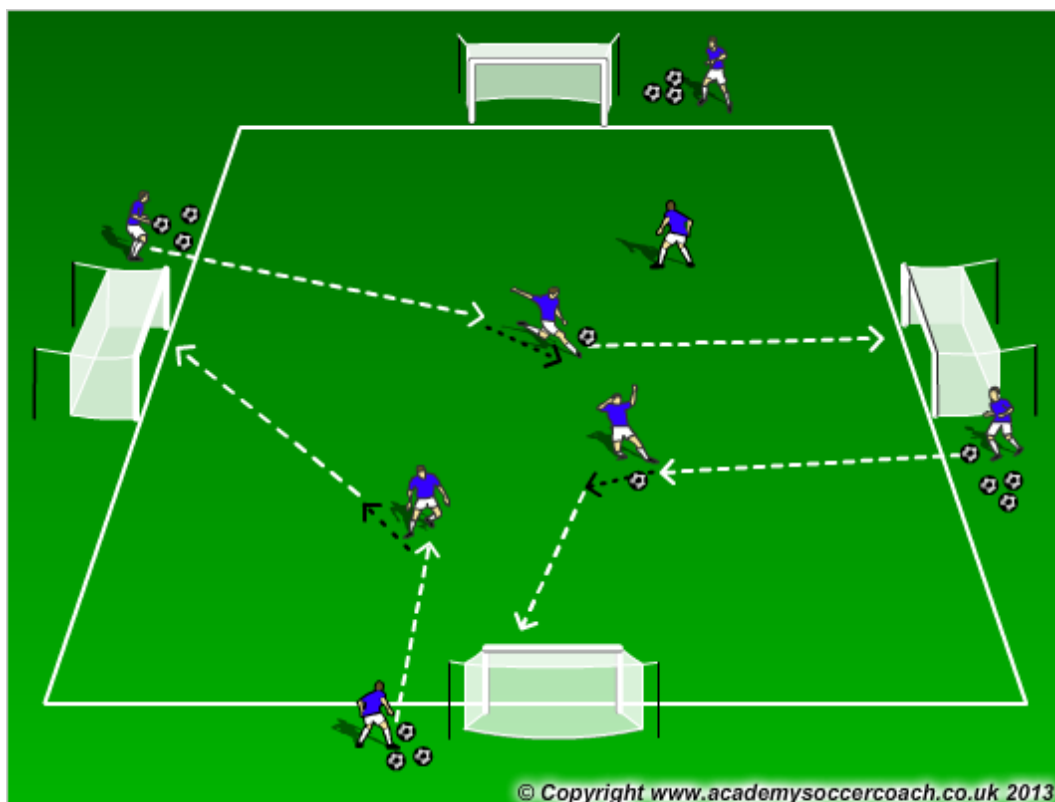


#### **Week 9/10 - Receiving - Tech/Skill**

**Receiving to pass.** Players work in teams of 3. The player in the middle receives the ball, turns and passes out to the other player on their team. The player who receives it on the outside performs a turn as well and then turns back in. Then repeat.

**Progression -** Add defenders, take a ball away from one team (they have to win it back on the outside or inside).

**Key points -** Which turn to use, check shoulder (know what's around you), get away from defender by changing direction, change speed etc.

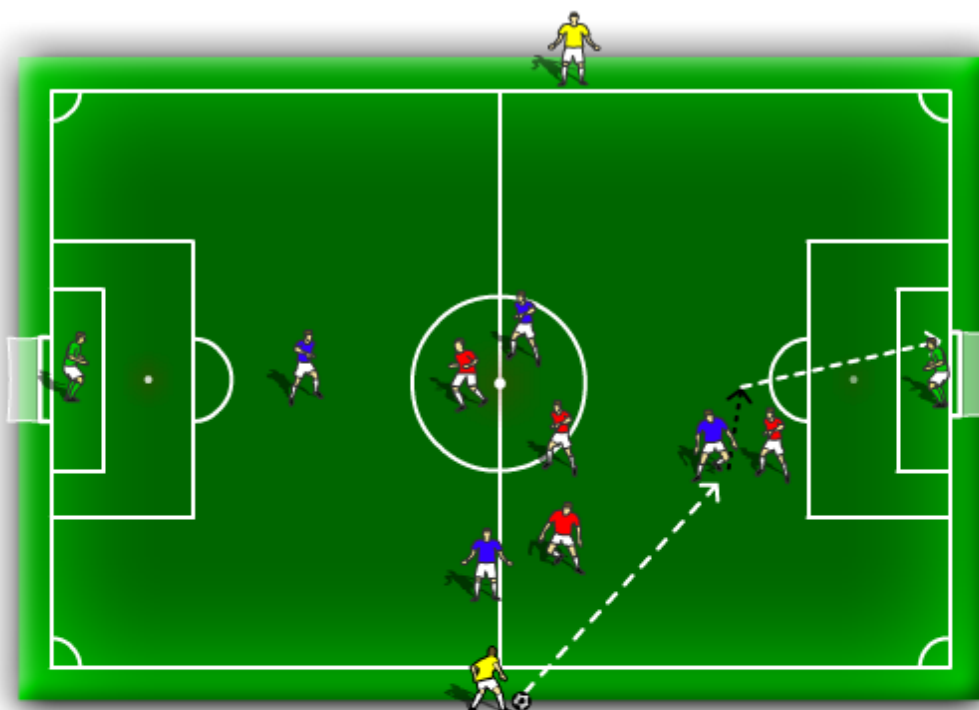


#### **Week 9/10 - Receiving - Tech/Skill**

**Receiving to shoot.** Players are either served the ball on the floor or in the air. They then have to shoot in one of the goals except the goal where the ball was served from.

**Progression -** Add goalkeepers, add defenders.

**Key points -** Quick turn and shot, which turn to use (no touch, one touch, multi-touch), get away from defender or pin them, change speed and direction etc.



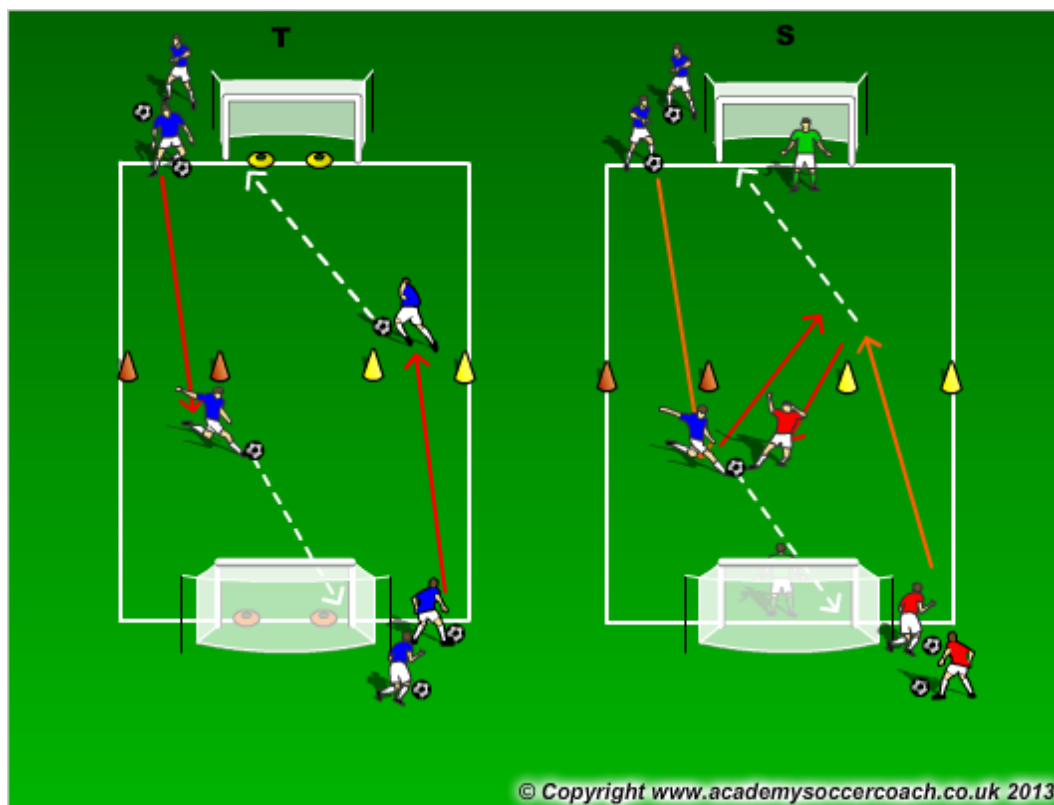
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### **Week 9/10 - Receiving - Game**

**Normal game but with 2 (or 4) neutral players on the outside of the field. If focusing on receiving on the floor then the neutral players play with feet. If the session was based around receiving in the air then neutral players only play with hands (throw the ball back in). The neutrals could be put on the side of the field or at the ends near the goals.**

**Key points - Which turn to use, check shoulder (know whats around you), get away from defender by changing direction, change speed etc.**

# Week Eleven – Finishing



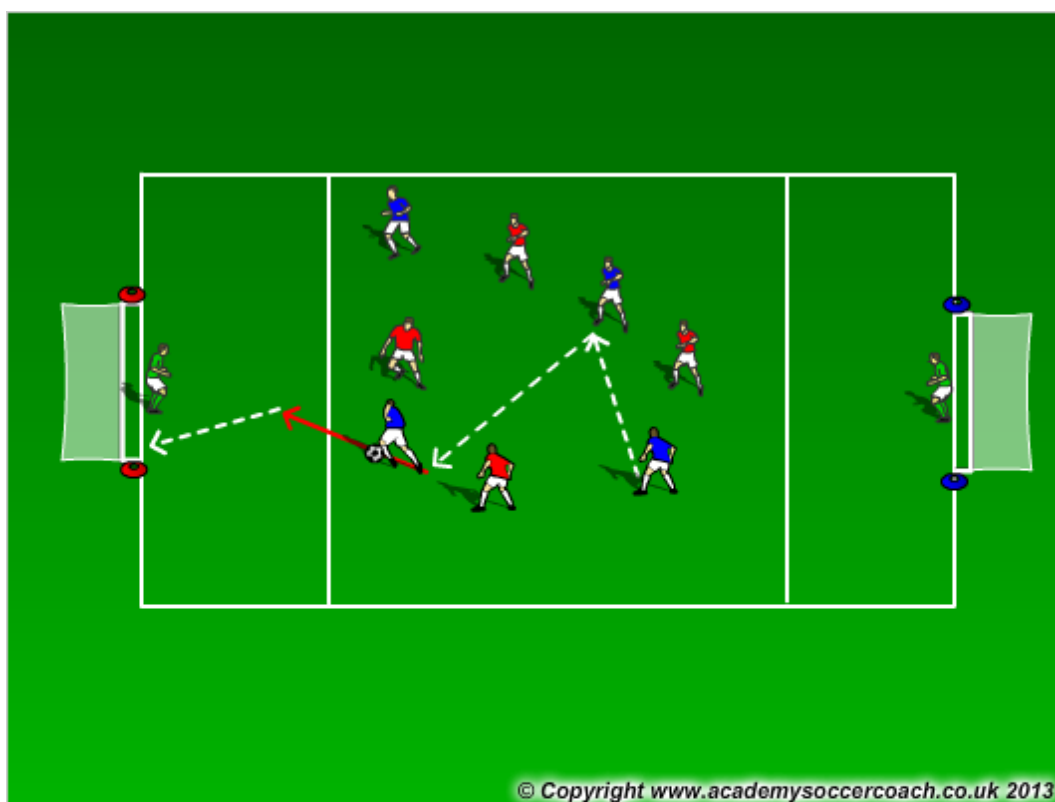
## Week 11 - Finishing - Tech/Skill

**T** - First player dribbles up, goes through the gate and strikes at goal (aiming for the corners). As soon as they go through the gate the next player goes. Once they take their shot they get their ball and go to the other side. Try not to have more than 2 players waiting at a time. Make sure to swap the side they are coming from (left and right).

**S** - Same as the technical but with goalkeepers. Progress this on so that once the player takes their shot they turn and defend their goal against the other team player coming through the gate. Once they defend they go back to their side.

**Key points** - Aim for the corners (accuracy), inside of the foot, take the shot quickly (not too many touches, try to disguise the shot/where its going etc).

**Progression** - Take the ball past the keeper.



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### Week 11 - Finishing - Skill

4v4 (or with neutrals) in the middle area and goalkeepers in the goals. All players have to stay in the middle area unless they dribble into the other teams end zone. The player that dribbles out can go on to shoot/take the ball around the keeper. No other players can follow.

Progressions - One defender can track back into the their teams end zone once the player breaks through, one defender can stay in their teams end zone etc.



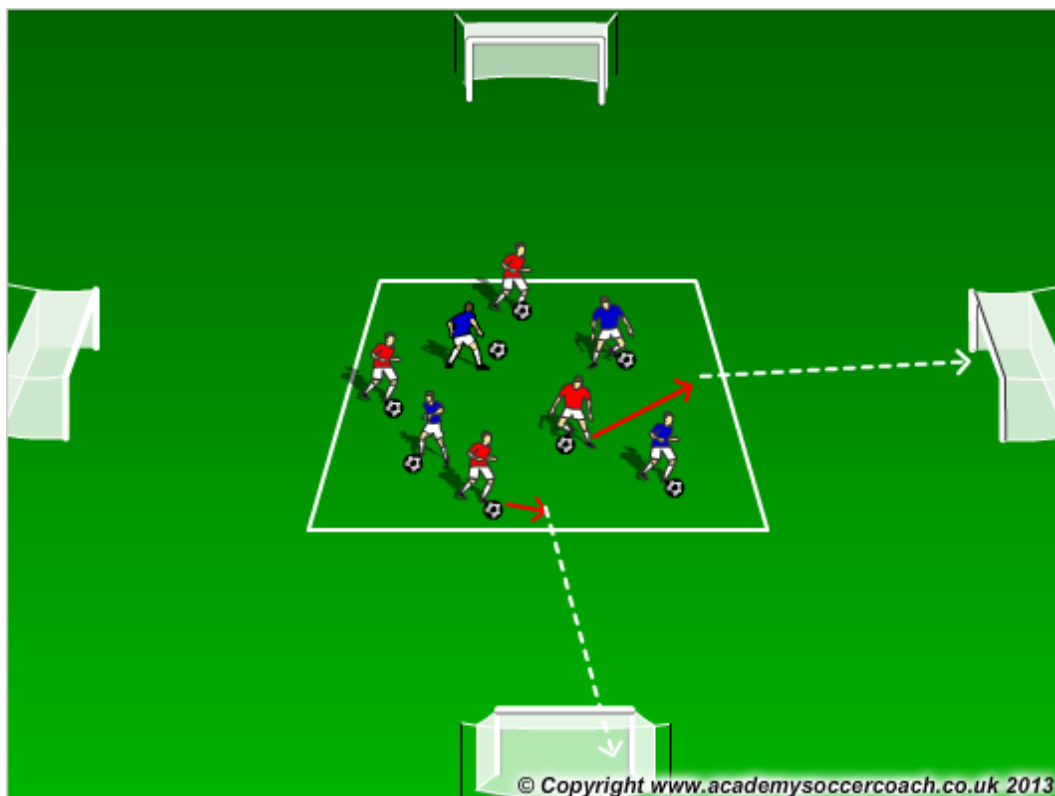


### **Week 11 and 12 - Finishing and Shooting - Game**

**Week 11 - Attacking team get 3 goals for scoring in the attacking half and 1 for being in their half.**

**Week 12 - Attacking team get 3 goals for scoring in their half and 1 for scoring in the attacking half.**

## Week Twelve – Shooting



### Week 12 - Shooting - Tech (could also be used for week 11 finishing)

Players are in teams (no bigger than 4/5 per team) and they dribble in the area. When the coach calls out their colour, they take a shot at one of the goals and then go collect their ball. Only one player can shoot at one goal so they may have to turn and go towards a different goal.

**Progressions** - One team becomes goalkeepers, add defenders in the area to tackle, on defenders on the outside to block shots.

**Key points** - Laces. take the shot quickly (when the opportunity to shoot is there), body angled off slightly, standing foot a little bit back and not fully next to the ball etc.



### Week 12 - Shooting - Skill

**Double penalty area game.** Teams have to stay in their own half. They have to try and score from there. The other team can block.

**Progressions** - One defender can move into the other half and try and win the ball/follow up shots/score/be passed to etc, add more defenders into the other half etc.

**Key points** - Take the shot when the opportunity is there (don't take too many touches), shooting/finishing tech points, hit the corners of the goal/where the keeper isn't, follow up shots etc.








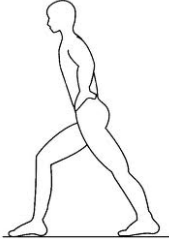

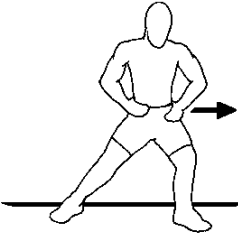


## The Football Coaches Library's



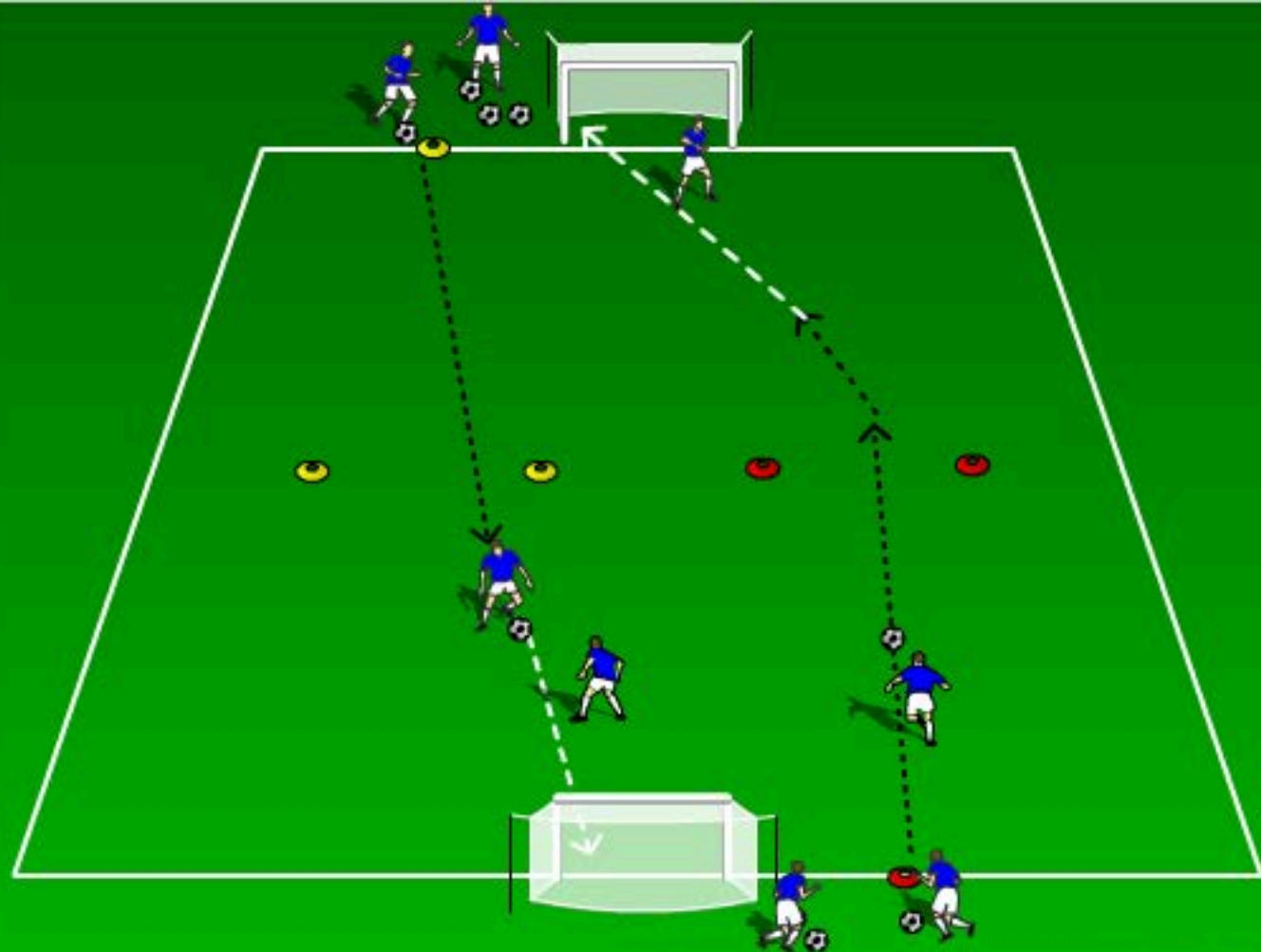
### Cool Down/Individual Stretching Programme

All stretches to be performed over 30 seconds and pushed further every 10 seconds. All of these stretches together will take no longer than 10 minutes. These should be performed after training and games as part of the cool down. Also these stretches should be done as part of your individual stretching programme at least once a day.

<u>Quads</u>	
	Hold above the ankle and pull your leg back behind you. Make sure to lean back. This can also be done when lying down on your side.
	Lunge forward and place the back knee on the floor. Keep your back up straight and slowly bend your front knee more. You should feel the stretch in your back quadriceps.
<u>Hamstrings</u>	
	Lunge forward and place the back knee on the floor. Slowly move backwards so that your front leg is extended in front. Lean forward to push the stretch more.
	Sit down and put the sole of one foot on the other knee. Lean forward (like you are trying to touch your toes). The stretch should be felt in
<u>Calves</u>	
	One leg is placed slightly in front of the other and is kept straight. The leg that is now behind is bent so that the stretch can be felt in the calves. To push the stretch further, point the foot on the front leg up.

	<p>With both feet facing forward, take one step forward and keep the back leg straight while bending the front leg. Keep the heel of the back foot on the floor to push the stretch further.</p>
<p><b><u>Groin</u></b></p>	
	<p>While sitting on the floor, bring both feet together so the soles are touching. Place your elbows on the inside of your knees and lean forward.</p>
	<p>Step to the side and place that foot at a 45 degree angle to your body. Bend that knee and slowly bend down in that direction. The stretch should be felt in the groin of the other leg.</p>
<p><b><u>Glutes</u></b></p>	
	<p>Lay on the floor with one foot on the floor and the other in the air. Pull the leg that is in the air towards your chest.</p>
	<p>While sitting on the floor, pull one leg across your body and pull it into your chest. The stretch should be felt in that leg</p>





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## Finishing/Shooting - Tech/Skill

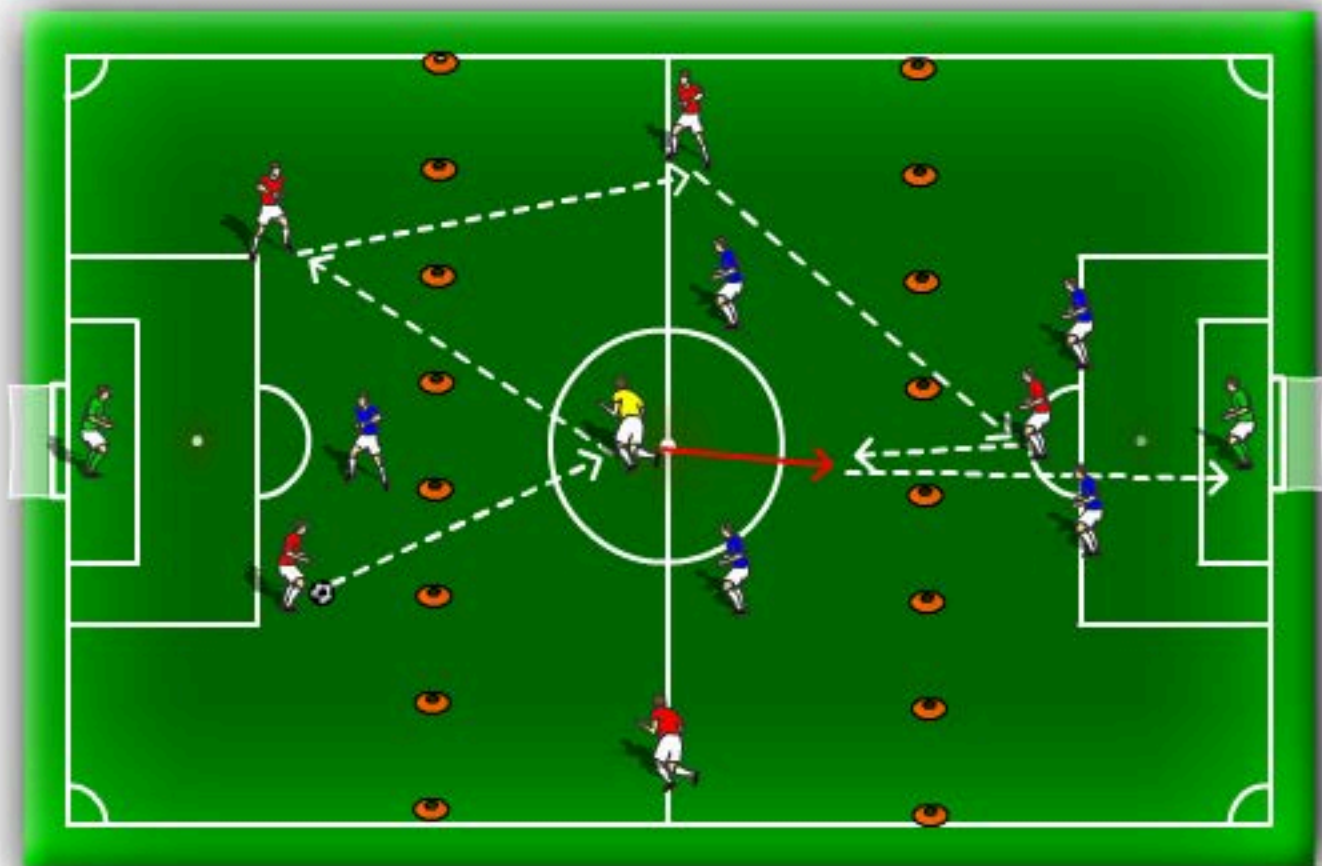
Players start on the cone next to the goal, one at a time they dribble through the gate in front of them and try to score. Once the shot is taken that player that just shot goes in goal and the next player starts dribbling. The old goalkeeper gets a ball and joins the back of the other line. Repeat.

### Progressions:

- Limit amount of touches once through the gate
- Have to shoot before the gate (Shooting rather than finishing)
- Add a defender
- Can start without a goalkeeper (targets in the corners etc)

### Key Points:

- From close place the shot in the corners with the inside of the foot
- From far away use laces
- Can use the part of the foot between the laces and inside
- If cutting inside use closest foot to goal, if going outside use furthest foot to goal



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## Passing/Receiving Through The Thirds Game

Pitch split into thirds with each team playing a 2-2-1 with a goalkeeper and a neutral player that can go anywhere. All other players have to stay in the zone they are in.

### Progressions:

- One player off the ball can go into different zone (team in possession only)
- Players off the ball can go into different zones (team in possession only)
- Team in possession can go anywhere

### Key Points:

- Head up (look for players in space/gaps)
- Quick passes (mostly 1 or 2 touch)
- Don't force passes (play back or sideways if no forward pass on, sometimes have to play back to go further forward)
- Good touch (best touch for situation for example open up on back foot for a wide player looking to play forward)



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### Warm up/SAQ/Prehab/S&C - Circuit (2 minutes on each station)

**1 - Quick touches through the cones and either volley or pass back to the server (use both feet).**

**2 - (Best to use flat discs) Players stand one footed on a disc each and hold a bib between them. Players must then try to pull the bib to try and make the other player step off their disc.**

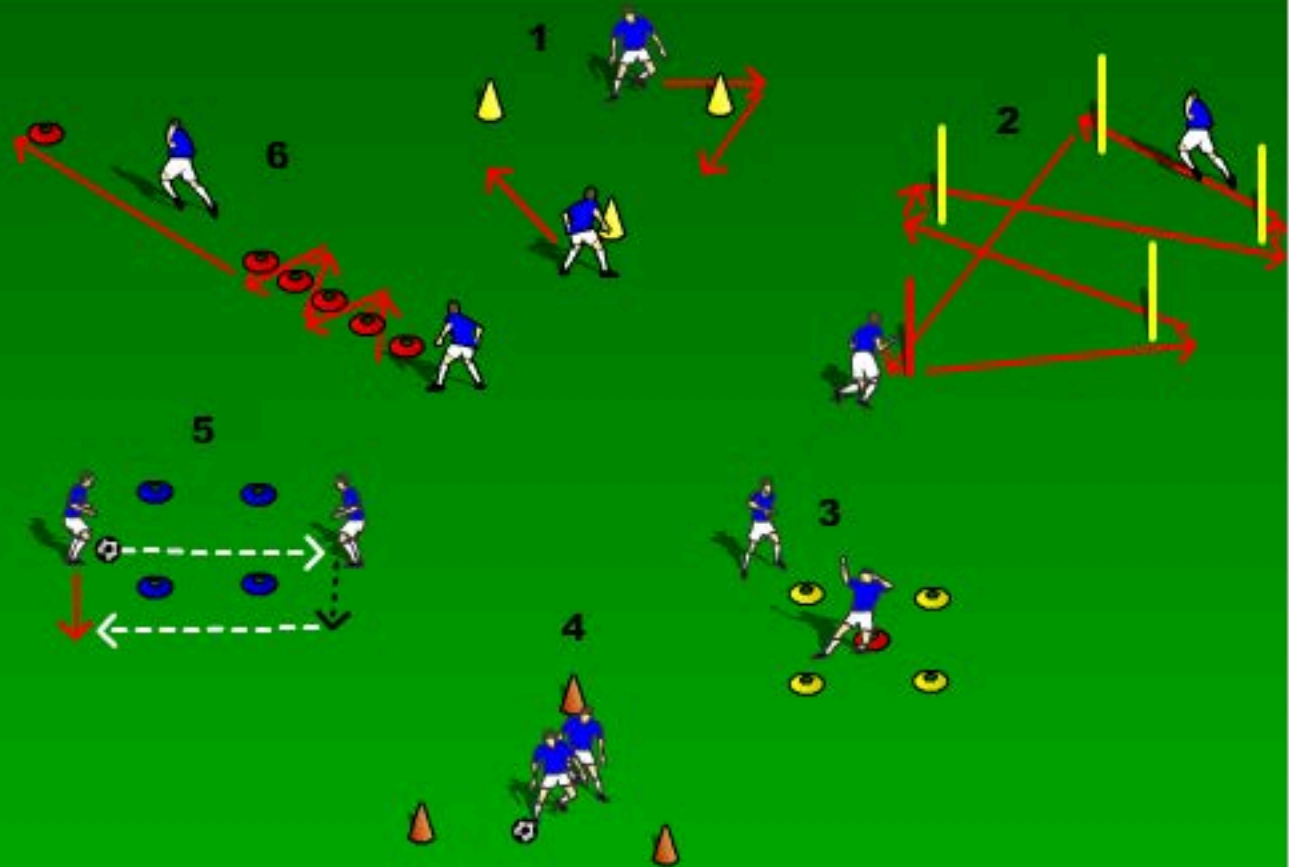
**3 - Players must jump from cone to cone and hold for 3 seconds at each.**

**4 - Single/Double/Jumps/Hops on each side of the square and finish with a sprint.**

**5 - Players have to try and tag the other players knee with their hand to score a point.**

**6 - One player is the leader and one is the chaser. The leader has to try and touch one of the cones with their hand while the chaser has to try and touch their cone before. First person to the cone gets a point.**





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### Warm up/SAQ/Prehab/S&C - Circuit (2 minutes on each station)

**1 -** One player is the tagger and the other has to get away although players can only move around the outside of the circle.

**2 -** Players must sprint round all four poles in a different way each time (example: start, front left, back right, front right, back left and finish).

**3 -** (Best done with flat discs) Player stands on middle disc on one foot. They then have to reach out with the other leg to the other cones and hold for 3 seconds.

**4 -** One vs one in the triangle, players should focus on protecting the ball.

**5 -** Players have to take their first touch either side or the middle of the square and then pass through to the other player. Try to get the passes and touches as quick as possible.

**6 -** Single steps/double steps/two-forward-one-back steps through the first cones into a sprint (use a ladder if possible).