24/7

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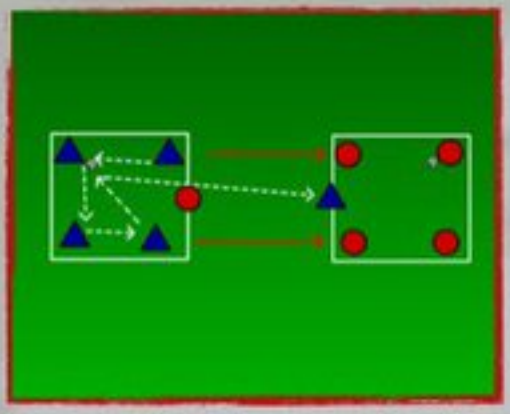
Theme/Objectives:

Teach the players how to break quickly, so that they are able to improve counter attacking play. Focus on visual cues and movement.

Age: U13-18 | Mesocycle: Winter | Microcycle: Technical - Tactical



Duration: 15mins | Intensity: Medium | Intervals: 5 | Work:Rest: 2:1

Organisation/Explanation:

- Blue and Red divided into groups of four, with one target player.
- Team must play 5 passes, before hitting target.
- First team to get all players into opposite square win game.

Coaching Points

- Quick movement
- Good touches
- Communication
- Body shape

Progression(s)

- Add defensive pressure.
- Change combination to get to other square (i.e. Up, back and Thru)

Duration: 25mins | Intensity: High | Intervals: 6 | Work:Rest: 3:1

Organisation/Explanation:

- Using Half a field, set up a 20x20 grid as shown with a 4v2
- After 3 passes, blue play to one of two forwards and break in a 3v2.
- After shot a ball is played to wide right player, who takes on mannequin and crosses ball (one more red and blue attack cross to make it a 4v3).
- Finally a third ball is crossed from the corner.
- 20 seconds to complete after the three passes of ball one.

Coaching Points

- Speed of play
- Good movement off the ball
- Good delivery
- Timing of runs (reset between each ball).

Progression(s)

- Add additional defenders.
- Switch positions of ball 2 and 3.

Duration: 20mins | Intensity: Medium | Intervals: 5 | Work:Rest: 4:1

Organisation/Explanation:

- Use half field and set up as a 4v1, with two additional red defenders on sideline.
- Ball starts with Blue, who break in a 4v1.
- When coach shouts out an additional defender joins in until it is a 4v3.

Coaching Points

- Movement of target player.
- Quick supporting runs
- Distance and angle of support

Progression(s)

- make it a 4v4
- set time limit to score.

Duration: 30mins | Intensity: Medium/High | Intervals: 2 | Work:Rest: 7:1

Organisation/Explanation:

- Use whole field
- Ball starts with Red #4 or #5
- Red try to break down Blue and score
- Blue must win possession and move ball up to #9 and hit red on the counter attack.
- If not getting success for blue, add conditions…
  - Red must drop after losing possession
  - Red can only have #4 and #5 in their own half.

Coaching Points

- Look up early and be positive in touch.
- #9 looking to play off shoulder and in behind, or into feet.
- Wingers and #10 should offer immediate support.
- High Tempo

Progression(s)

- Play 11v11.

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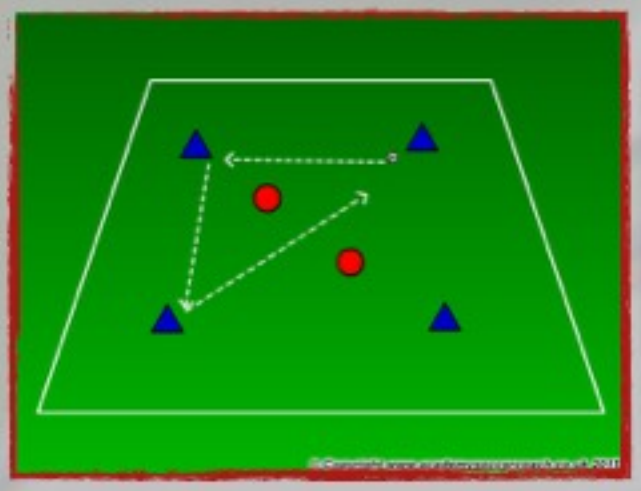
Theme/Objectives:

Teach players to possess ball and move the ball centrally into the middle third.

Age: U13-18 | Mesocycle: Winter (HS) | Microcycle: Monday/Overload



Duration: 9 mins | Intensity: Medium | Intervals: 6 | Work:Rest: 2:1

Organisation/Explanation:

- Set up grids of 15x15 yards
- Groups of six, with 2 defenders (4v2)
- Teams play keep away for 60 seconds, before switching defenders.

Coaching Points

- On toes
- Good quality passes
- Communication
- Deception of pass
- Speed of play

Progression(s)

- Reduce touches (3, 2 or 1 touch max).

Duration: 20 mins | Intensity: Medium | Intervals: 5 | Work:Rest: 3:1

Organisation/Explanation:

- Set up 4, 15x15 grids.
- Groups of six and each team sends over two defenders, creating a 4v2.
- Teams must make 5 passes before moving clockwise to the next grid.
- Winning team is the first to have all players get into the other team's grid (catch).

Coaching Points

- Quality of first touch
- speed and quality of pass
- off the ball movement
- speed of movement into next grid
- deception of pass

Progression(s)

- add an extra defender
- limit number of touches allowed

Duration: 30 mins | Intensity: Medium | Intervals: 5 | Work:Rest: 5:1

Organisation/Explanation:

- Set up two grids, approx 45W x 30L (yards)
- Teams split in 5 v 4 (plus GKs)
- Ball starts with #1, who plays to blue.
- Blue must move ball into #10 or #8, who then play to goal.
- #6 on blue can move into either grid.

Coaching Points

- Create width and depth
- Speed of play
- Good off the ball movement
- Look to penetrate early
- Quick support

Progression(s)

- Add an extra Red and play 5v5 (plus GKs).

Duration: 25 mins | Intensity: Medium | Intervals: 2 | Work:Rest: 4:1

Organisation/Explanation:

- 8v8 game with both teams set up in a 1-2-4-1 system,
- Offside and all other rules in play.
- Restart with Blue GK each time ball goes out of play.

Coaching Points

- Speed of play
- Off the ball movement
- Deception of pass
- Look to get ball forward
- Early support to player in possession

Progression(s)

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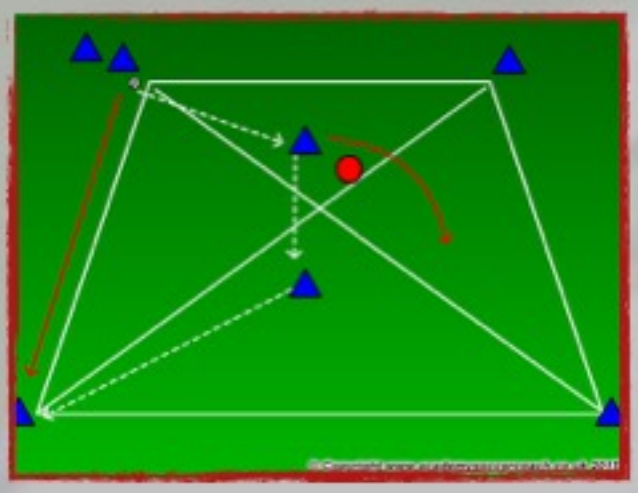
Theme/Objectives: to teach the #6&8 how to coordinate in attack. Players are taught off the ball movement, as well as how to change the angle, when receiving a pass.

Age: U13-18 **Mesocycle:** Winter **Microcycle:** Tactical

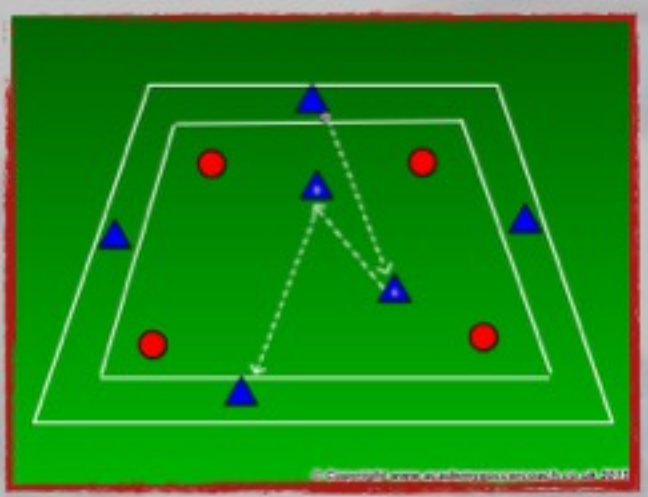


Duration: 15 mins **Intensity:** medium **Intervals:** 10 **Work:Rest:** 2:1

Organisation/Explanation:
- Set up a 30x30 grid, divided into quadrants.
- Player(s) in each outside corner
- Two center midfielders and one defender will start in center of grid.
- Ball starts on outside, with pass to blue center mid, who then must combine with other center mid, before passing back to outside.
- Players on outside must move to a different corner after passing ball
- Red must attempt to steal ball and play back to outside.

Coaching Points
- Speed of play
- Good movement to receive pass
- Quick combinations in middle
- Deception to create space
- Change angle of pass

Progression(s)
- Add extra ball
- Add extra defender



Duration: 15 mins **Intensity:** High **Intervals:** 5 **Work:Rest:** 2:1

Organisation/Explanation:
- Set up two grids (20x20 and 23x23)
- Set up is 6v4 when blue have the ball and 4v2 when red have the ball
- Players are required to stay in their square.
- Blues must attempt to keep ball by playing into #6 and #8, who can then either combine, or play back to outside grid.

Coaching Points
- Off the ball movement
- Check in/check out to make space to receive ball
- Speed of play
- Communication (verbal and non-verbal)

Progression(s)
- Limit touches
- Make space smaller

Duration: 30 mins **Intensity:** Medium **Intervals:** 5 **Work:Rest:** 5:1

Organisation/Explanation:
- Regular 7v7 game, with one goal for blue to score into and three small goals for red.
- Add in a grid for blue #6 and #8 to stay in.
- Blue team must go through #6 and/or #8 before scoring.

Coaching Points
- Timing of runs
- Quality of pass/touch
- Vision
- Switching play

Progression(s)
- Add an extra red into grid.
- Remove grid completely

Duration: 25 mins **Intensity:** Medium **Intervals:** 2 **Work:Rest:** 10:1

Organisation/Explanation:
- 9v9 game, with teams set up in a 1-2-4-2 system
- Alternatively have the red team play in a 1-3-3-2

Coaching Points
- Encourage team to play through #6 and #8
- Good movement off the ball
- Good timing of runs

Progression(s)

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Coach: @danchubbock

Duration: 90 Mins

Age/Level: U9-10

Theme/Objectives:

BALL MASTERY AND TURNS (1): Players taught the basic turns and then given opportunity for lots of repetition with individual ball work and increased pressure. Players will be taught how to perform five basic turns (pull back, inside hook, outside hook, Cruyff, stepover). Depending on ability and understanding, the session may need to be repeated to allow players time to understand each turn

Age: U9-10 Mesocycle: Microcycle:

Duration: 15 mins Intensity: Medium Intervals: 8 Work:Rest: 2:1

Organisation/Explanation:

- Set up 20x20 grid with a smaller grid in the middler
- Each player has a ball apart from a defender in the smaller grid
- Players must dribble into grid, perform a turn and get back to the outside line as quickly as possible.
- Point to everyone who manages it.
- Bonus point for first person to get back!
- Go through various turns (pull back, inside hook, outside hook, Cruyff, step over)

Coaching Points

- On toes
- Close control
- Accelerate out of turn
- Good technique in turn
- Add 'fake' / 'deception' to turn

Progression(s)

- Add additional defenders
- Add defenders outside grid too

Duration: 20 mins Intensity: Medium Intervals: 5 Work:Rest: 3:1

Organisation/Explanation:

- See diagram on left (10x20)
- Player 1 dribbles halfway across grid, turns and passes to Player 2.
- Player 1 then turns body to receive pass from player 3.
- Player 1 dribbles to where player 3 was and waits for player 2.
- (After Player 3 passes to player 1, player 3 jogs through cones to starting position)
- (When Player 1 passes to Player 2, player 2 dribbles and repeats exercise from there)

Coaching Points

- Communication (eye contact, check to ball)
- Ball out of feet after turn to pass
- Movement off ball after playing pass to keep activity flowing

Progression(s)

- Can start with more basic instructions··· i.e. dribble to half way, turn and pass back then repeat.

Duration: 20 mins Intensity: Medium Intervals: 5 Work:Rest: 3:1

Organisation/Explanation:

- 1v1s in a 20x20 grid
- Players pair up (red circle vs blue triangle)
- Player with ball passes across to attacker, who must dribble to opponent's 'end zone', turn and dribble back to own 'end zone'.
- Player can use 'safe zones (S)' where they cannot have ball stolen.

Coaching Points

- Head up
- Good quality turns to evade defender
- Check shoulder before turning
- Accelerate into space
- Turn away from defender

Progression(s)

- Serve balls into attacker at different height/speed to test first touch.
- Players must do a certain turn to score.

Notes:

- Put players into 4v4 small sided games to finish practice.
- Place two goals at each end to encourage players to turn and attack both goals (use set up from activity three with two goals on other end to complete field).

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Coach: @danchubbock

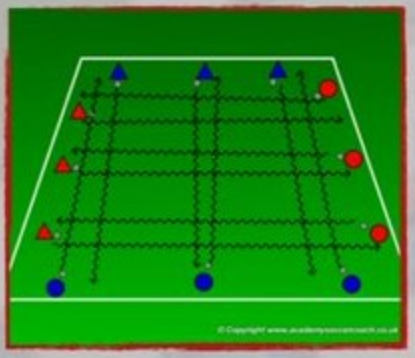
Duration: 90 Mins

Age/Level: U9-10

Theme/Objectives:

BALL MASTERY AND TURNS (2): Teach players to be comfortable on the ball and learn how to 'check shoulder' and 'scan field' before changing direction. Players will play opposed games to improve their individual ability to turn when under pressure and in tight spaces.

Age: U9-10 Mesocycle: Microcycle:



Duration: 10 mins Intensity: High Intervals: 5 Work:Rest: 3:1

Organisation/Explanation:

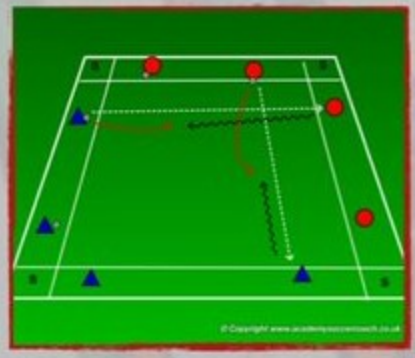
- 20x20 grid
- Players with ball divided evenly on each side
- Players all go at same time, but performing different ball manipulation exercise.
- For example…
  - Blue Triangles: Box-Box-Roll
  - Red Triangles: Inside-Outside
  - Blue Circles: Pull push
  - Red Circles: Free Creativity

Coaching Points

- Close control
- Head up / scan field
- On toes
- Move ball into space

Progression(s)

- Begin by having just two sides go at once if too chaotic.
- Add defender in a pennie to steal ball



Duration: 20 mins Intensity: Medium Intervals: 6 Work:Rest: 2:1

Organisation/Explanation:

- 1v1s in a 20x20 grid
- Players pair up (red circle vs blue triangle)
- Player with ball passes across to attacker, who must dribble to opponent's 'end zone', turn and dribble back to own 'end zone'.
- Player can use 'safe zones (S)' where they cannot have ball stolen.

Coaching Points

- Head up
- Good quality turns to evade defender
- Check shoulder before turning
- Accelerate into space
- Turn away from defender

Progression(s)

- Serve balls into attacker at different height/speed to test first touch.
- Players must do a certain turn to score.

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

Organisation/Explanation:

- 20x20 grid cut in half, with a goal one end
- Ball is played into attacker by yellow pole.
- Player receives ball on turn and shoots on goal
- Attacker signals when play starts by checking to the ball.

Coaching Points

- Communicate (check/show for ball)
- Check shoulder to find space
- Good touch to face up defender
- Be creative to find space to shoot
- Get shot away early

Progression(s)

- Shown on diagram…
  - Defender is added to close down attacker when ball is played

Notes:

- Put players into 4v4 small sided games to finish practice.
- Place two goals at each end to encourage players to turn and attack both goals (use set up from activity three with two goals on other end to complete field).

@247UKSoccer
@DanChubbock

Theme/Objectives:

ATTACKING: PLAYING INTO THE #9
Teach players to find balls into the forward and then work on the midfielders getting beyond them.

Age: U13-18 Mesocycle: Microcycle:

Duration: 15 mins **Intensity:** Medium **Intervals:** 10 **Work:Rest:** 2:1

Organisation/Explanation:

- Set up 40 x30 grid in middle of field.
- Play 4v4 +1 possession in marked grid.
- After set amount of passes attacking team looks to play ball into #9.
- One extra attacker can join the play creating a 2v1.
- Play first to five and rotate.

Coaching Points

- Movement of #9 to get open (feet or in behind).
- Decision making (back to goal/get beyond)
- Timing and weight of pass.
- Distance/Angle of support from players joining the attack.

Progression(s)

- Allow team to play back to #5 to relieve pressure.
- Allow 'up, back & through' combinations

Duration: 20 mins **Intensity:** Medium **Intervals:** 8 **Work:Rest:** 4:1

Organisation/Explanation:

- Same set up as Stage I, adding a #4 for each team and removing the neutral (#8)
- 3v3 in the middle, aiming to find #9 and go to goal.
- Two players may now join attack to create a 3v2.
- Ball can also start from #1, where there is a 3v1 to play out from the back into the midfield.
- Defenders can bypass midfield to find feet of #9

Coaching Points

- #9 must continue to move as the play develops.
- Midfielders can look to get beyond #9 as they check to ball.
- Decision making of #9. Turn & shoot, or combine/play back

Progression(s)

- Allow Midfield to play a through ball into a player making run into box.

Duration: 20 mins **Intensity:** Med - High **Intervals:** 4 **Work:Rest:** 4:1

Organisation/Explanation:

- Same set up as Stage II, adding #7 and #11 for both teams and allowing play in the channels.
- Each winger remains in their quadrant (not tracking back beyond halfway line).
- Balls start from either goalkeeper or given into 3v3 midfield grid.

Coaching Points

- Movement of #9 to create space for midfield to penetrate/attack the space.
- Good decision making in middle third to find the right pass.
- Timing of pass/run.

Progression(s)

- Allow defending team to track runs into final third, creating a 3v3.

Duration: 35 mins **Intensity:** Medium **Intervals:** 2 **Work:Rest:** 5:1

Organisation/Explanation:

- Play 9v9 (1-2-2–3-1) with a line marked for the final third.
- Regular game, but red line is the offside line instead of halfway line.

Coaching Points

- Look for balls into #9 early
- #9 must make right decision (hold up ball, turn, play back)
- Good distance/angle/timing of runs from midfield players.

Progression(s)

-

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Coach: @danchubbock

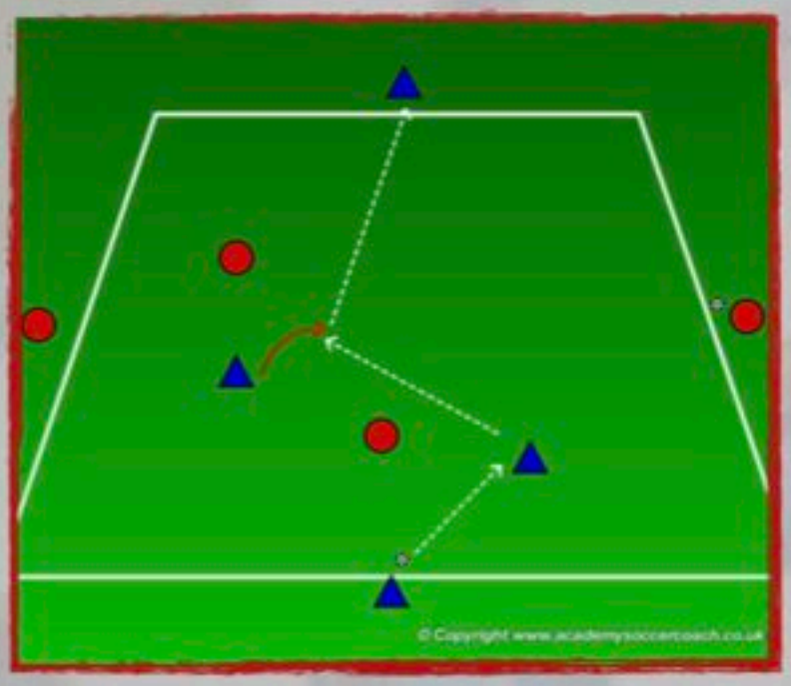
Duration: 90 Mins

Age/Level: U9 - U12

Theme/Objectives:

PASSING & RECEIVING: Teach players how to pass and receive over short distances, with an introduction to movement off the ball and basic communication when playing a pass ("TIME" & "MAN-ON").

Age: U9 - U12 Mesocycle: Microcycle:



Duration: 15 Mins Intensity: Medium Intervals: 5 Work:Rest: 2:1

Organisation/Explanation:

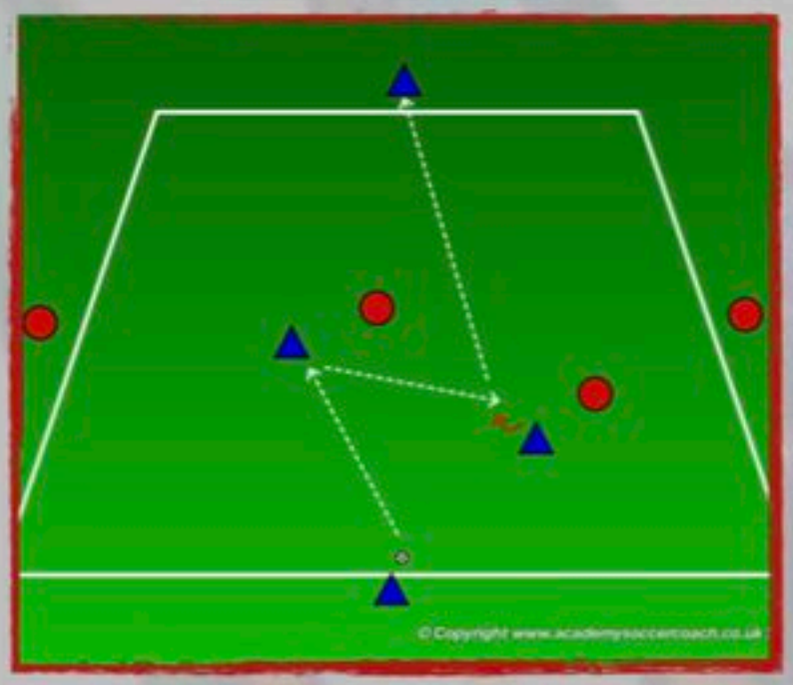
- Players are split into groups of four within a 20x20 grid.
- Each team has a ball starting on the outside of the grid.
- Ball is played to player in the middle, who must pass to their team-mate before playing back to outside player

Coaching Points

- Good passing technique
  - Inside foot, follow through to target, heel down - toe up, non-kicking foot pointing to target, hips facing target

Progression(s)

- Limit touches
- Have player perform a give & go or wall pass before playing back outside.



Duration: 20 Mins Intensity: Medium Intervals: 5 Work:Rest: 3:1

Organisation/Explanation:

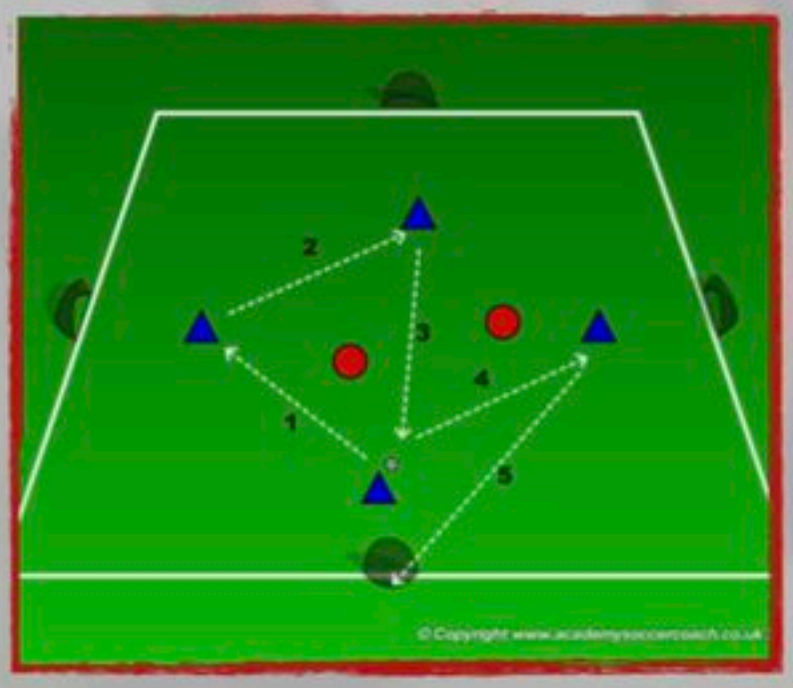
- Same set up as above, but now only one ball.
- Team without ball are defenders and must win possession.
- First team to 5 points win.
- Points scored, by players in middle combining and switching ball to opposite side.
- Can pass back to outside without combining to maintain possession, but no point scored.

Coaching Points

- Good weight of pass
- Move after pass is played
- First touch out of feet and into space
- Check shoulder when receiving
- Player passing should communicate (time or man on)

Progression(s)

- Add a neutral/magic man to increase success



Duration: 25 Mins Intensity: Medium Intervals: 4 Work:Rest: 6:1

Organisation/Explanation:

- Use same 20x20 grid, with one goal on each side of grid.
- Split team into 4v2
- Team of four must play a certain number of passes (5), before they can shoot on any of the four goals
- Team of two must try to win possession and can score straight away.

Coaching Points

- Good tempo to possession
- Good decision making
- Take touches/passes away from defenders
- Play the way you face
- Movement to create angles.

Progression(s)

- Use additional players and 'bumpers' on the outside of grid to play off.

Notes:

- Put players into 4v4 small sided games to finish practice.
- Add neutral player to improve team ability to maintain possession

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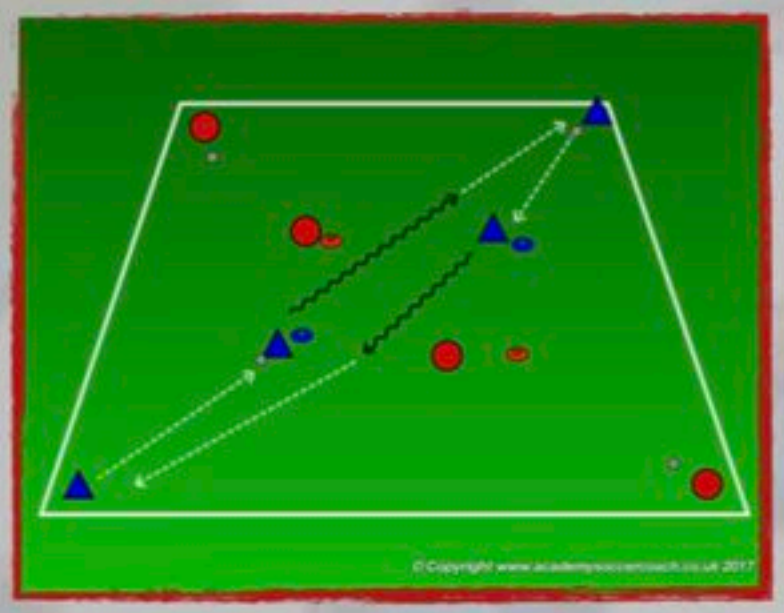
Coach: @danchubbock

Duration: 90 Mins

Age/Level: U9 - U12

Theme/Objectives:
- PASSING, RECEIVING & POSSESSION: An introduction to possessing the ball against an opponent.

Age: U9 - U12 Mesocycle: Microcycle:

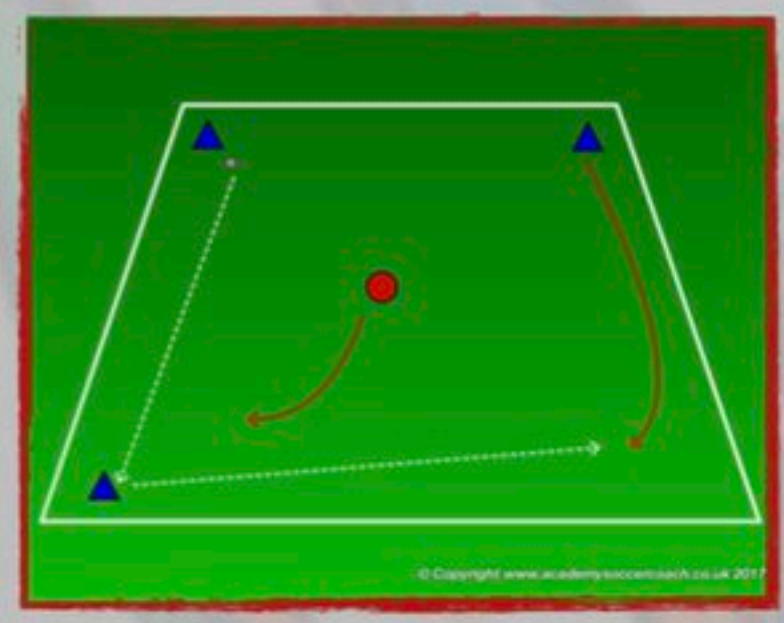


Duration: 15 Mins Intensity: Medium Intervals: 5 Work:Rest: 2:1

Organisation/Explanation:
- Set up 30x30 grid with four cones to mark a 5x5 square in the center of grid.
- Players split into groups of four, with two balls per team.
- Ball is played into central player, who receives, turns and plays to opposite side
- Can make it easier and start by having players receive and pass straight back to same player.

Coaching Points
- On toes when receiving & move to the ball
- Strong pass into feet
- Check shoulder/scan field when receiving ball
- Take ball with back foot into space

Progression(s)
- Use one ball only per team and players combine in middle before switching to team-mate

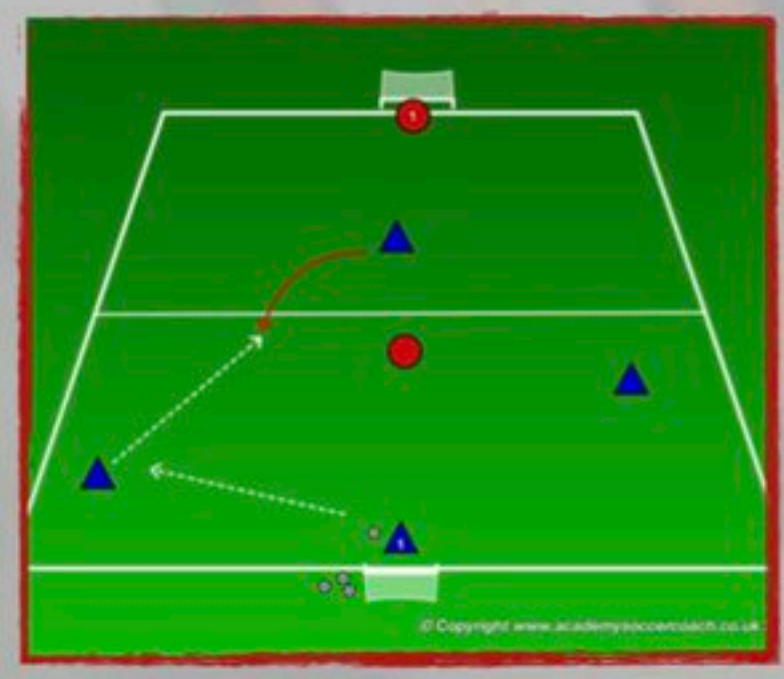


Duration: 20 Mins Intensity: Medium Intervals: 5 Work:Rest: 3:1

Organisation/Explanation:
- Set up a 10x10 grid and play 3v1
- Three attackers must keep the ball moving and play 'keepaway' from the one defender
- Once defender wins possession they score a point
- Attackers score a point for 5 consecutive passes

Coaching Points
- Good weight of pass
- Take first touch away from defender
- Movement off the ball to ensure passing option on the left and right
- Good distance/angle of support (make field as big as you can)

Progression(s)
- Limit touches
- Make grid smaller



Duration: 25 Mins Intensity: Medium Intervals: 4 Work:Rest: 6:1

Organisation/Explanation:
- Create a 20x30 grid with a goal (plus goalkeeper) each end
- 3v1 in the middle, plus one GK for each team.
- Ball starts with GK of attacking team, who then must play 5 passes (adjust number of passes based on player ability)
- If defender(s) win the ball they can go straight to goal

Coaching Points
- Make field big (spread out) in possession
- Close down space (make field small) when losing the ball
- Check shoulder when receiving
- Keep ball moving (good tempo)

Progression(s)
- Add bumpers to outside for each team to play off
- Adjust to 3v2 (plus GK)

Notes:
- Put players into 4v4 small sided games to finish practice.
- Add neutral player to improve team ability to maintain possession

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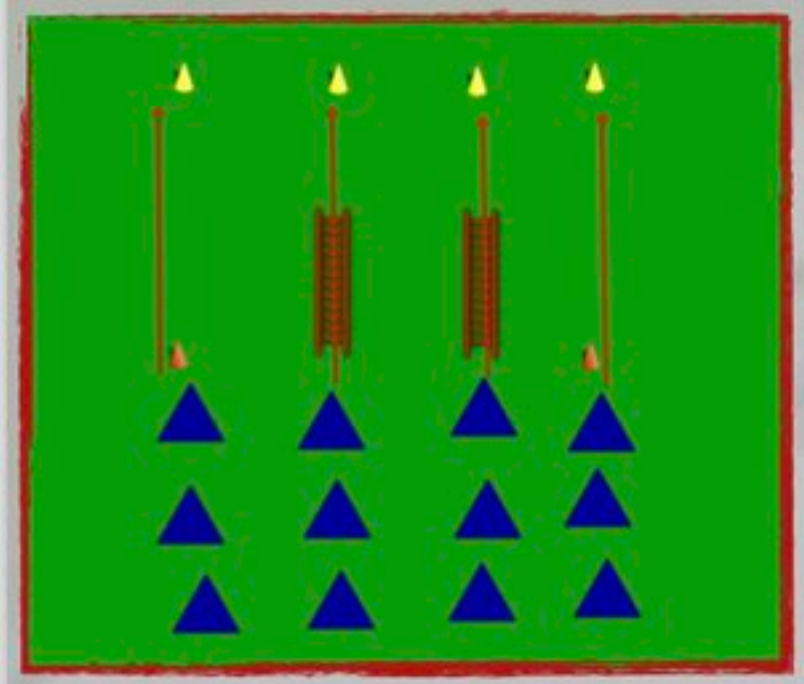
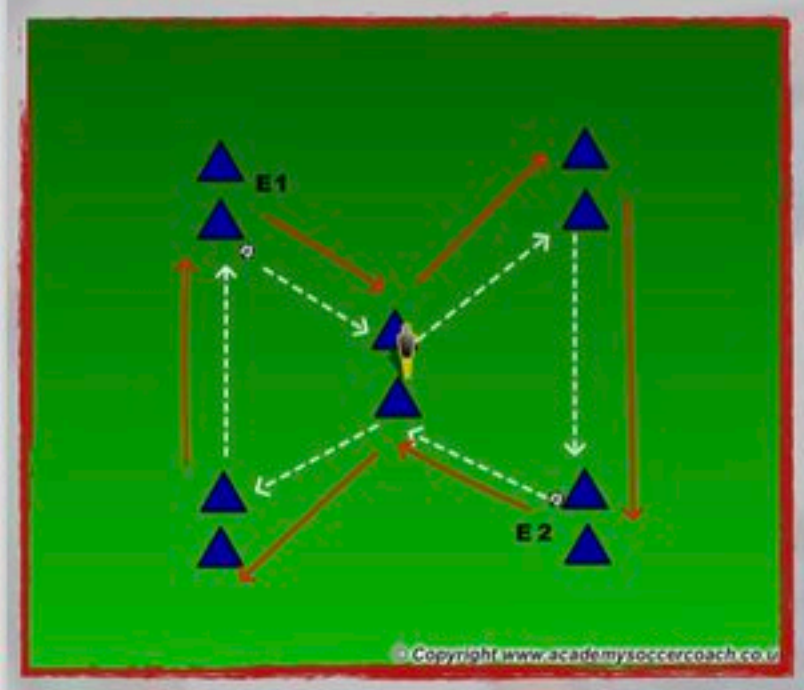
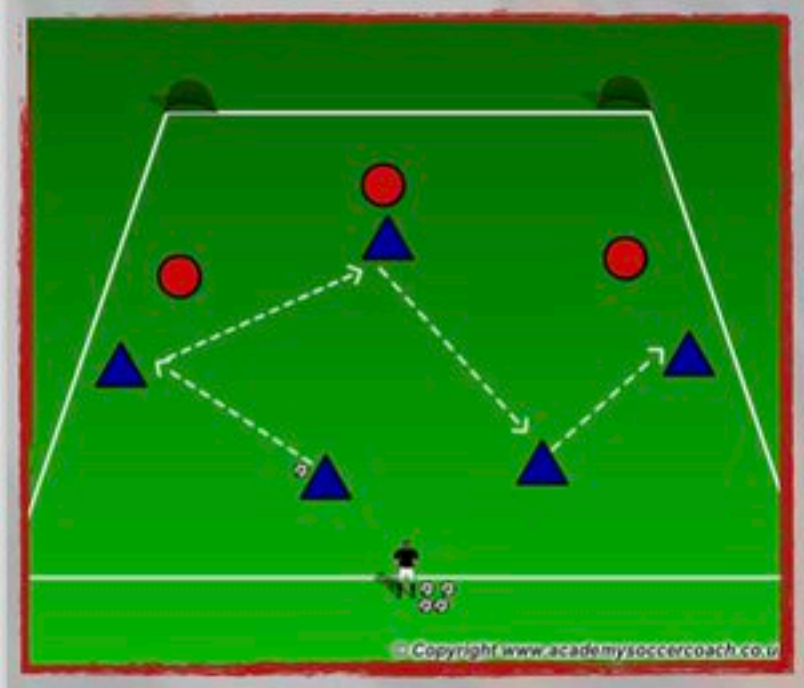
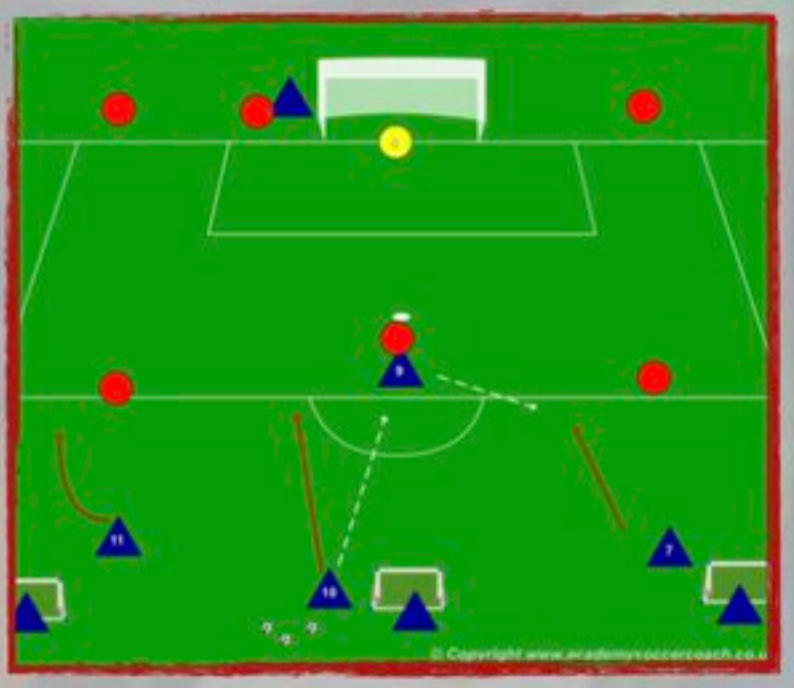
Theme/Objectives:

PRE GAME WARM UP.
Multiple activities that can be used for a team warm up and modified to suit the age and level of the team being coached.









Organisation/Explanation:

1. Dynamic stretching & Ladder Work.

Team will go through a set list of dynamic stretches and patterns through the ladders.
For example…

- High knees/Heels up
- Sidesteps
- Open/Closing Gate
- Lunges
- Explosive Jumps
- Shuffle (forward)
- Shuffle (backward)
- Sprint
- Hops

2. Dribbling Activity

- Players with one ball per group, dribble ball to mannequins in the middle, perform a move and drive to other side.
- Progress by making players turn at mannequin and pass back to team-mate.

3. Back Foot Passing Technique

- Two balls going at once. Pass and follow in the order of the dotted lines.
- Player in middle should open up with back foot and play ball to next person.
- Change direction to go reverse clockwise.
- Force outside players to move ball one touch.

4. 4v2 to 6v4 Keep-away Activity

- Red start with ball and play in central grid.
- Two blues must steal ball and then use outside blue players to maintain possession.
- Switch roles every 90 seconds

Defenders will work on activity 5, attackers activity 6…

5. 5v3 Basic Possession

- Ball is fed into blues, who shift ball back and forth until space opens up to drive into target goal.
- Red try and win ball and play into coach.

6. 4v3 to goal

- Ball can either start with Blue, or be played into them by red defender.
- Blue must try to break quickly and score
- Red team play to target goals

Coaching Points/Progressions:

- Increase pressure and intensity as warm up progresses.
- Add in extra defenders/attackers as required
- Set restrictions related to player/team goals for the game

Notes:

- Spend no longer than 45 minutes on the warm up (including time for team talk, goal setting and individual player instructions.
- Warm up for younger teams should be shorter

@247UKSoccer

Coach: @danchubbock

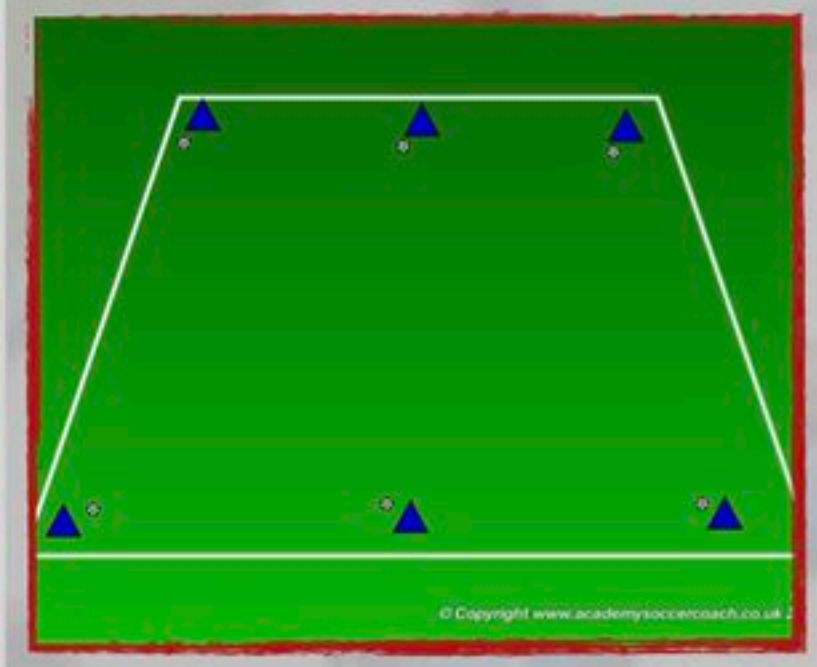
Duration: 90 Mins

Age/Level: U9 - 10

Theme/Objectives:

BALL MANIPULATION: Teach players various ways to move the ball individually, gradually adding pressure throughout session to finish with 1v1 activity, where players have to beat opposing defenders to goal.

Age: U9 - 10 Mesocycle: Microcycle:



Duration: 20 mins Intensity: Medium Intervals: 10 Work:Rest: 2:1

Organisation/Explanation:

- Set up 20x20 grid, with half team on each side of grid with ball
- On coach command, one side must complete ball manipulation task to get to the other side of the grid
- Next group then goes.
  - Toe Taps (forward & backwards)
  - Pull push (drag taps)
  - Inside/Outside (one foot & both feet)
  - Rollover Stop
  - Cruyff Turn
  - Scissors

Coaching Points

- Head up
- Close control
- Practice both feet
- Increase speed

Progression(s)

- Other group does standing version of skill
- Both groups go at same time

Duration: 20 mins Intensity: Medium Intervals: 3 Work:Rest: 5:1

Organisation/Explanation:

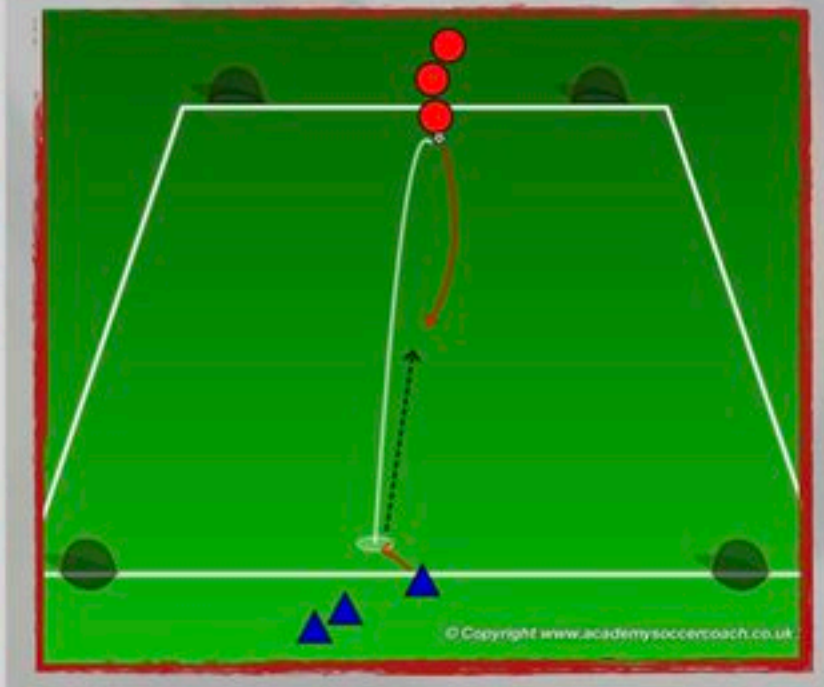
- Set up 30 x 20 grid, with four tall cones/ flags set up in each half
- Players must dribble through the cones, before taking on the defender and finishing on goal
- Give players various ways to go through the cones.
- Players must shoot from behind the line and ball cannot stop moving.
- First to 10 goals win!

Coaching Points

- Move ball at speed
- Use deception to create space when taking on defender
- Accelerate into space beyond defender

Progression(s)

- Use real defenders in place of mannequin.
- Add a goalkeeper



Duration: 20 mins Intensity: Medium Intervals: 4 Work:Rest: 5:1

Organisation/Explanation:

- Set up 20x20 grid, with goal in each corner and players at each end.
- Ball is played in (different heights and speeds) by red player
- Blue must take on red and score in one of the two goals on opposite half.
- If red wins ball, they must go to goal themselves.
- Switch roles after 3 mins.
- Keep score!

Coaching Points

- Move to ball
- Positive first touch into space
- Head up and move forward at an angle to create space

Progression(s)

- Make it 2v1 to encourage additional decision making.

Notes:

- Finish with 25 mins of 3v3 small sided games (no goalkeepers).
- Use 1v1 fields from previous activity.

@247UKSoccer

Coach: @danchubbock

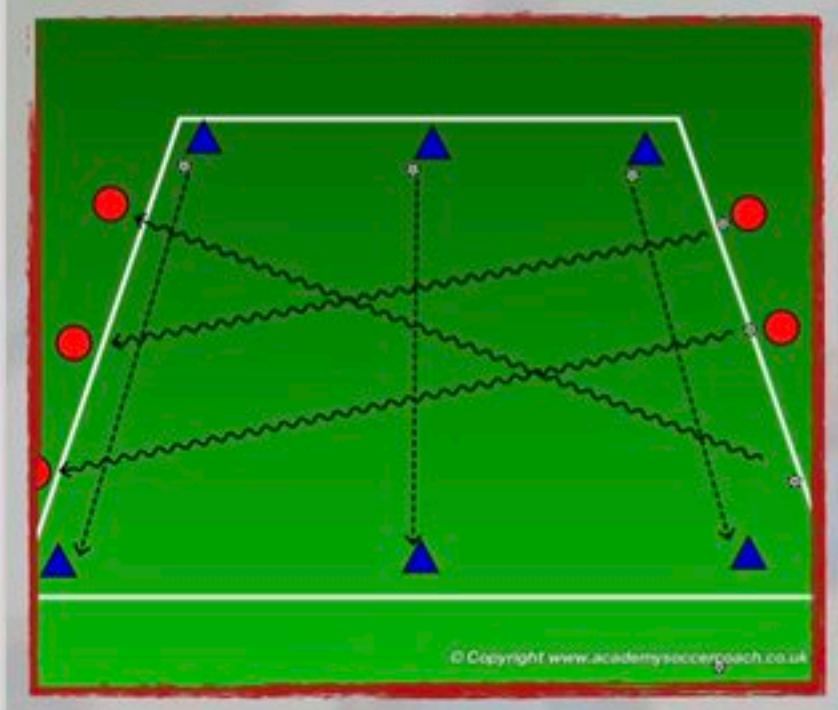
Duration: 90 mins

Age/Level: U9 - U10

Theme/Objectives:

1v1 ATTACKING: Teach players to be confident in 1v1 situations, by encouraging movement at speed with their head up. Players will be taught to use various parts of their foot to manipulate the ball and create space to beat an opponent/defender. This session also focuses on decision making on 'when to pass and when to dribble'.

Age: U9-10 Mesocycle: Microcycle:



Duration: 15 mins Intensity: Medium Intervals: 4 Work:Rest: 3:1

Organisation/Explanation:

- Set up a 10 x10 grid with team divided into pairs, with one player on each side

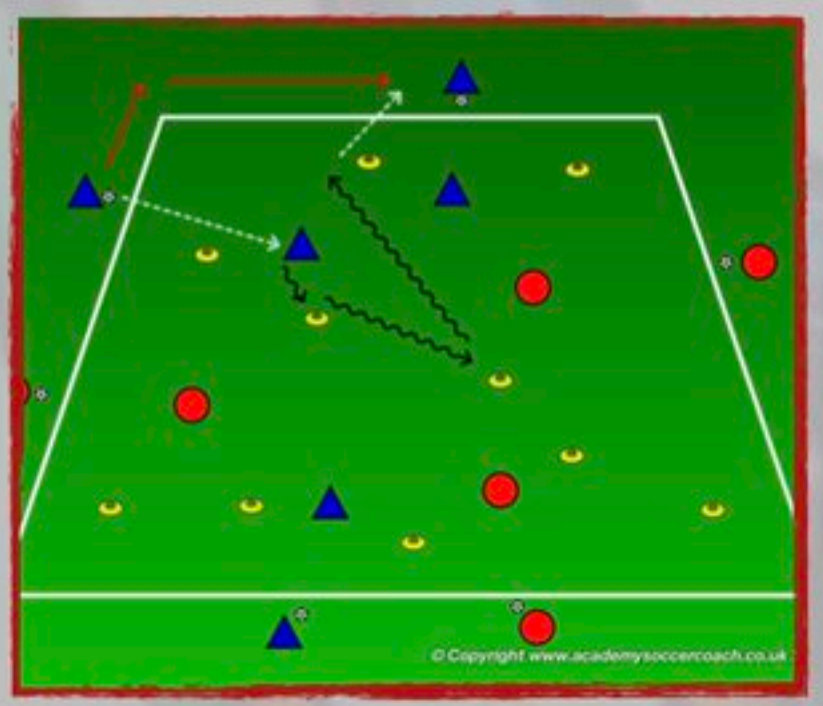
1. Players start by dribbling across grid to player on opposite side.
2. Players dribble to any player on opposite side
3. Players can pass or dribble to team-mate on other side
4. Place player in the middle to act as buffer to help players move across grid

Coaching Points

- Close control when dribbling
- Decision making: when to pass, when to dribble
- Head up to find space
- Use different parts of foot to move ball into space

Progression(s)

- See left
- Add a neutral defender to steal ball



Duration: 20 mins Intensity: Medium Intervals: 5 Work:Rest: 3:1

Organisation/Explanation:

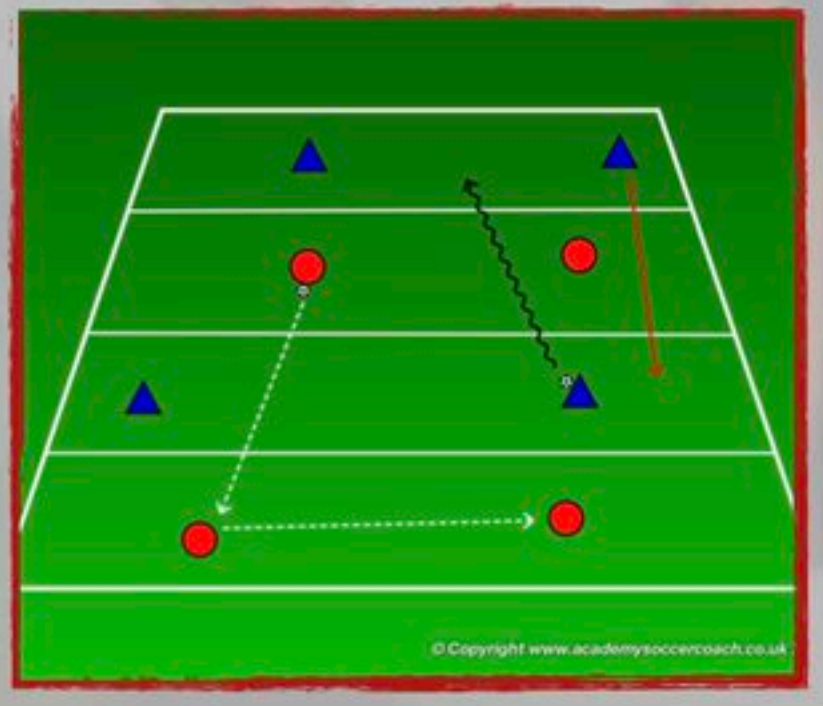
- Set up 20x20 grid, with players in pairs and one ball between two.
- Player on outside passes to partner in the middle, who moves to cones (defenders) and performs 2/3 ball manipulation tasks, before playing back to same partner.
- Partner on outside must move around outside of grid in order to encourage communication.
- Switch players on outside.

Coaching Points

- Good first touch into space
- Creativity when beating the defender
- Change of pace
- Work on both feet
- Deception when receiving the ball to create space

Progression(s)

- Add defenders in the middle to steal ball
- Play give and go with outside player.



Duration: 25 mins Intensity: Medium Intervals: 4 Work:Rest: 5:1

Organisation/Explanation:

- Set up 40x20 grid, with 2-3 players in each grid.
- One ball per team and two grids per team.
- Players must keep possession by passing or dribbling into their other grid.
  - If dribbling across, another player must switch to keep a minimum of two in each grid.

- Progress so players can now steal ball from opposition. If they steal ball, they possess two balls (players must stay in grid still)

Coaching Points

- Good decision making
- Good first touch
- Keep ball moving
- Move off ball to create space

Progression(s)

- Players must stay in grid still, but can now steal ball from opposition. If they steal ball, they possess two balls.

Notes:

- Finish with 3v3 small sided games.
- Set players the task of making a decision of whether to pass or dribble every time they receive it.

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Coach: Dan Chubbock

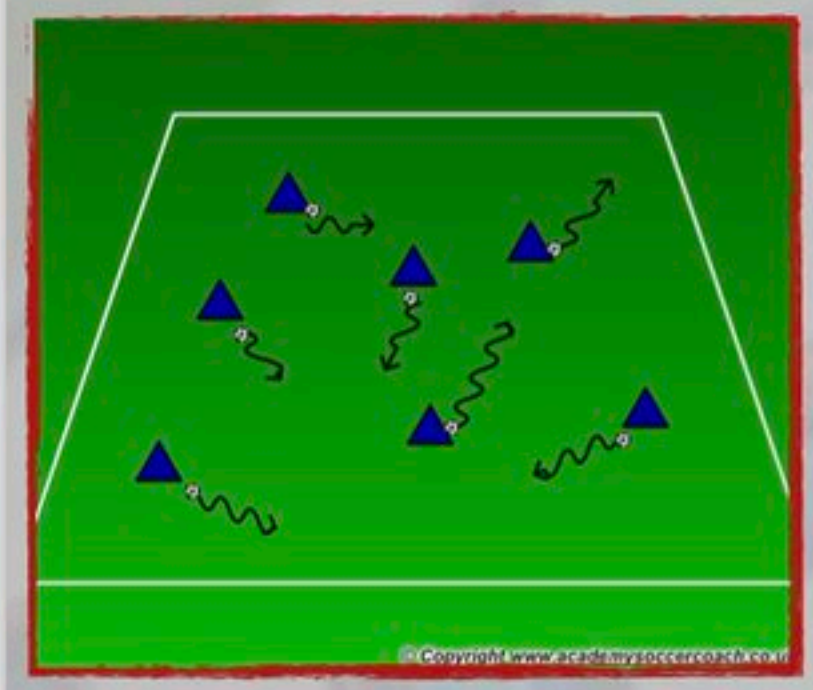
Duration: 90 Mins

Age/Level:

Theme/Objectives:

Teach players how to perform basic moves and then perform them under increased pressure.

Age: U8 | Mesocycle: Spring | Microcycle: Technical



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

Organisation/Explanation:

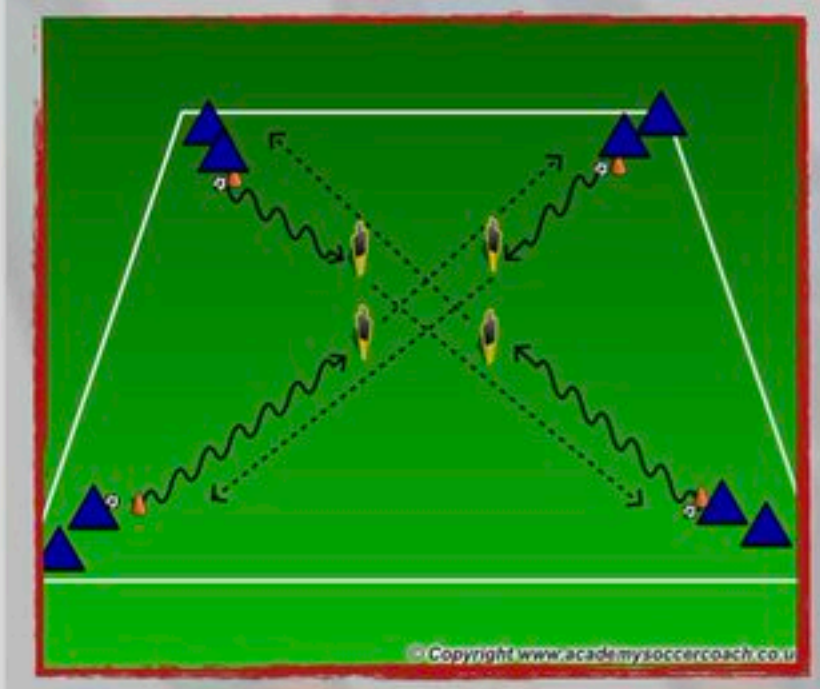
- Set up 20x20 grid
- Players should have a ball each
- Players move around inside grid carrying out a variety of skills
  - Toe taps
  - Boxes
  - Vs
  - Inside/Outside foot dribbling
  - One foot dribbling only
- Introduce some of the 'feints' that will be taught in the session (Matthew's, Scissors)

Coaching Points

- Good tempo
- Players should be on balls of feet
- Keep ball close to feet and get head up.

Progression(s)

- Have players count touches and make it a competition



Duration: 25 | Intensity: Medium | Intervals: 6 | Work:Rest: 3:1

Organisation/Explanation:

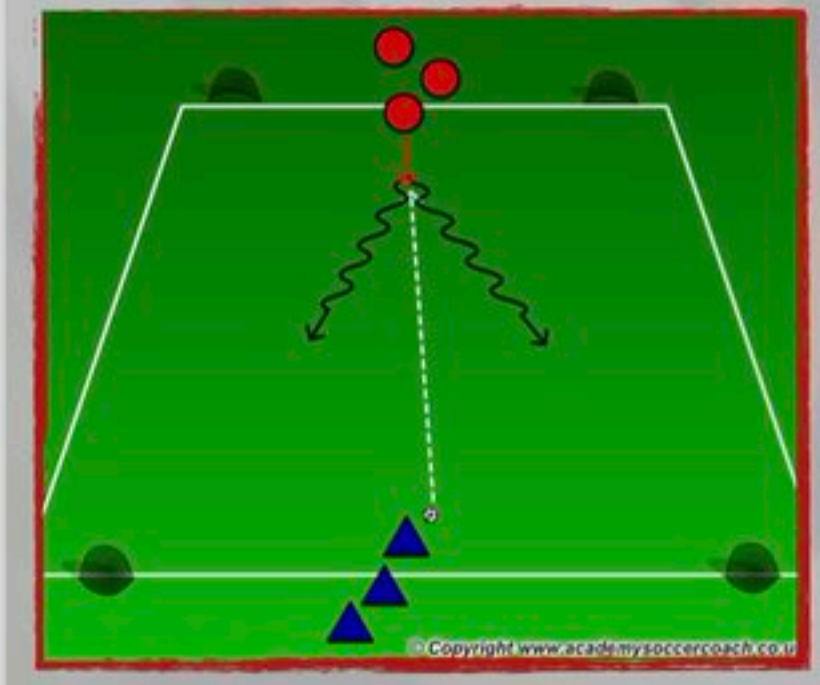
- Use same 20x20 grid, but add cones in the middle to act as defenders
- Players work in pairs, dribbling across grid, performing a move as they get to the 'defender'
- Demonstrate the following moves to perform…
  - Matthews
  - Scissors
  - Inside Outside
  - Double Touch
  - Jay-Jay (Okocha)

Coaching Points

- Use correct technique for each move (use technical videos as a guide on this)
- Accelerate out of move into the space
- Demonstrate a good 'feint' on the move to create space to beat defender.

Progression(s)

- Add a defender into the box to steal the ball
- Have two pairs go at a time (four players)



Duration: 20 | Intensity: Medium | Intervals: 4 | Work:Rest: 5:1

Organisation/Explanation:

- Set up 15x10 grid with two goals each end
- Player starts with ball and plays it to opposite end.
- Player receiving becomes attacker and must use 'feints and disguises' to beat the defender, scoring in one of the two goals
- Change ends after each play.

Coaching Points

- Move to ball and take a positive touch into the space.
- Be creative with the footwork and try different moves.
- Get head up to find space
- Use deception to create space

Progression(s)

- Make field smaller and play ball in from different heights

Notes:

- Set up fields for 3v3/4v4 games to scrimmage (25 mins).
- Free Play

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24/7

Duration: 90 Mins

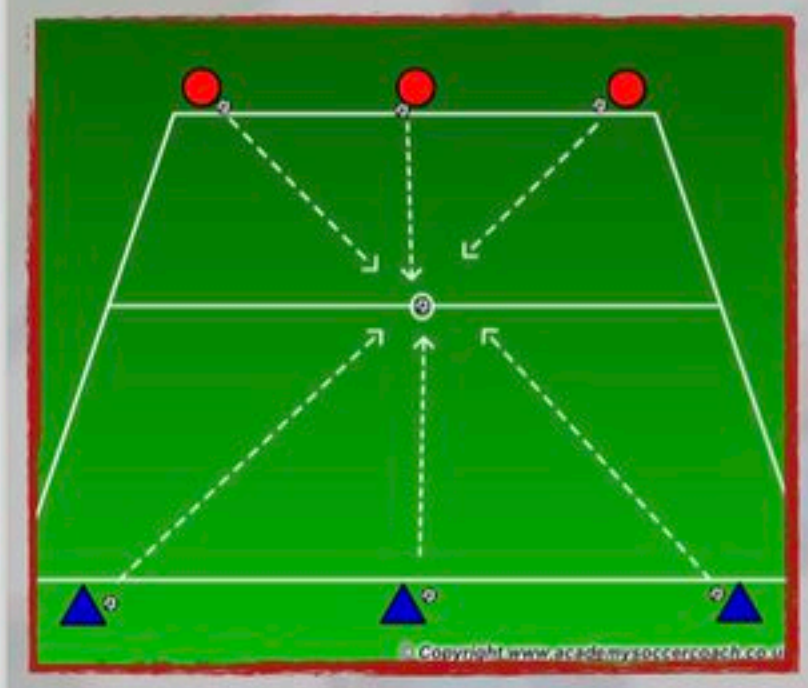
Coach: Dan Chubbock

Age/Level: U8

Theme/Objectives:

SHOOTING: BASIC TECHNIQUE
- To teach players how to correctly strike the ball with power to goal, using the laces.

Age: U8 | Mesocycle: Spring | Microcycle: Technical



Duration: 15 mins | Intensity: Low | Intervals: 10 | Work:Rest: 2:1

Organisation/Explanation:

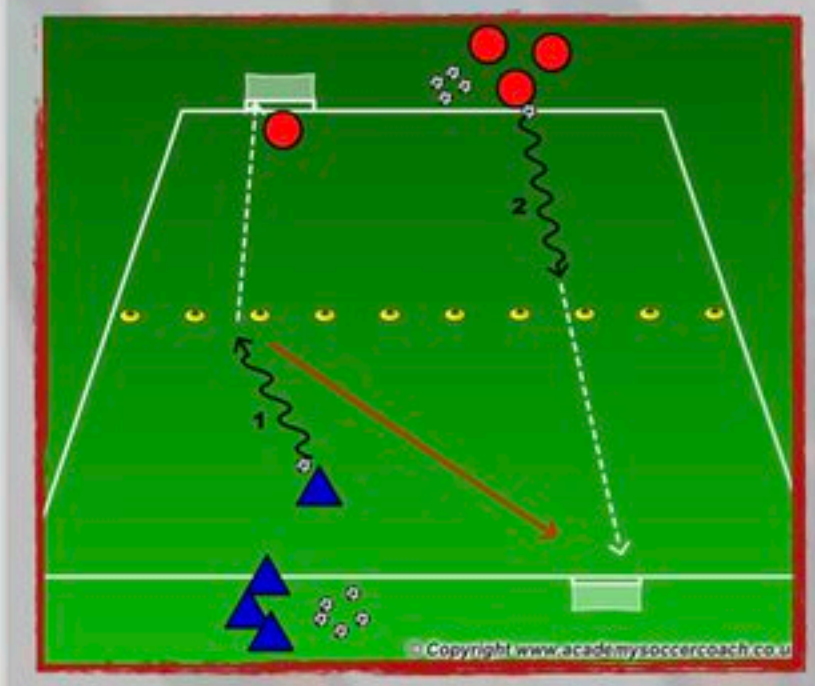
- BATTLESHIPS game
- Set up a 20x20 grid, with different color ball (battleship) in middle
- In two teams, players line up on outside and strike ball with laces to try and hit 'battleship'
- After 60 seconds team with battleship furthest from them is the winner.

Coaching Points

- Strike ball using correct shooting technique
  - Non kicking foot shoulder distance from ball
  - Arms out for balance
  - Knee over ball

Progression(s)

- Ball is passed across by coach, so players have to hit a moving target.



Duration: 30 mins | Intensity: Med-High | Intervals: 6 | Work:Rest: 4:1

Organisation/Explanation:

- SHOOTER BECOMES KEEPER
- Use same 20x20 grid, but add off center goal each end
- Players have a ball each and must dribble to goal, shooting behind yellow line.
- After shooting, they must sprint to own goal and play as goalkeeper for next shot.

Coaching Points

- Get ball out of feet at an angle
- Strike with laces for power
- Follow through landing on kicking foot

Progression(s)

- SHOOTER BECOMES DEFENDER
- Make field longer

Duration: 20 mins | Intensity: Medium | Intervals: 3 | Work:Rest: 5:2

Organisation/Explanation:

- Use same grid from previous activity
- Move goals centrally and split team up as shown in diagram (adjust according to numbers available)
- Ball starts with goalkeeper, who plays out to teammate.
- Team must create space to get a shot on goal.
- Player in other half can follow in for a rebound.
- Play then starts from other end.

Coaching Points

- Follow in shot for rebound
- Get shot away early, when space becomes available.

Progression(s)

- Team must play into #9 before shoot
- Once ball is into #9, becomes a 3v2 overload

Notes:

- Set up fields for 3v3/4v4 games to scrimmage (25 mins).
- Free Play

@247UKSoccer

Coach: @danchubbock

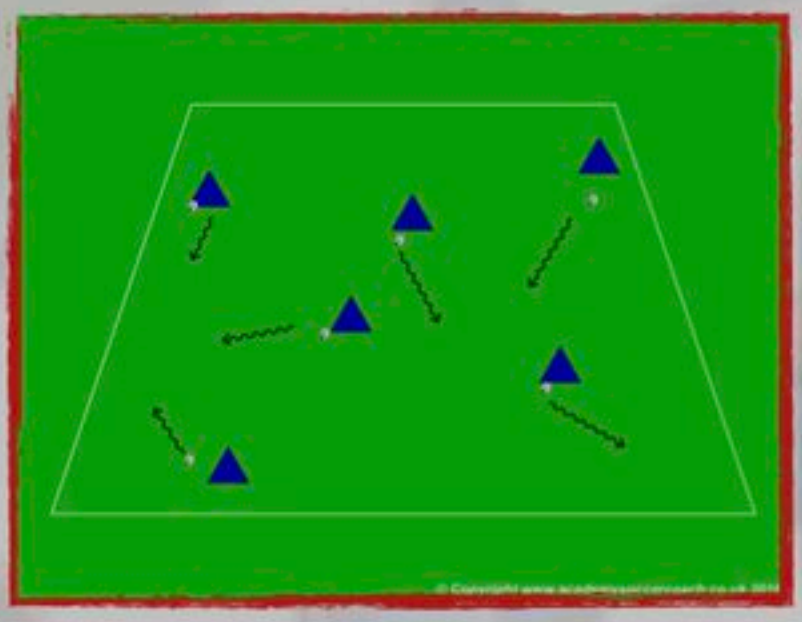
Duration: 90mins

Age/Level: U6-8

Theme/Objectives: TEACH PLAYERS BASIC DRIBBLING TECHNIQUE

Players should be challenged to move the ball, keeping it close to their feet, with their head up, to look for space.

Age:	Mesocycle:	Microcycle:
U8	Spring	Technical



Duration: 20 mins Intensity: Medium Intervals: 15 Work:Rest: 2:1

Organisation/Explanation:

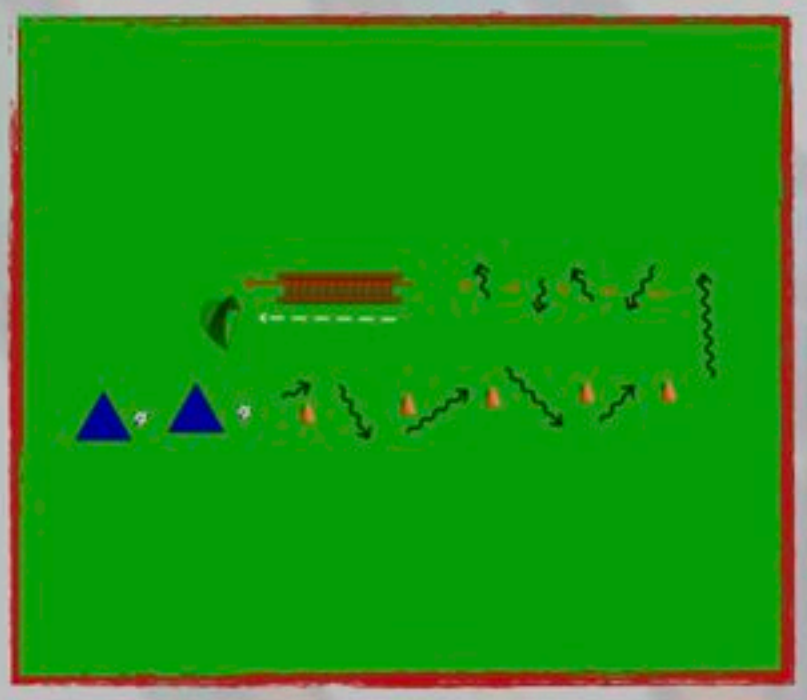
- 20x20 grid
- Every player dribbling with a ball.
- Players then asked to do various exercises...
  - Toe taps
  - Boxes
  - Outside-inside
  - V's
  - Pull-push
  - L turn

Coaching Points

- Use correct part of the foot.
- Stay on toes and keep ball moving.
- When dribbling...
  - Head up
  - Ball close to feet
  - Move into space

Progression(s)

- Add defender(s) to steal ball from players.
- Players must do 10 toe taps to get back in



Duration: 25 mins Intensity: Medium Intervals: 6 Work:Rest: 3:1

Organisation/Explanation:

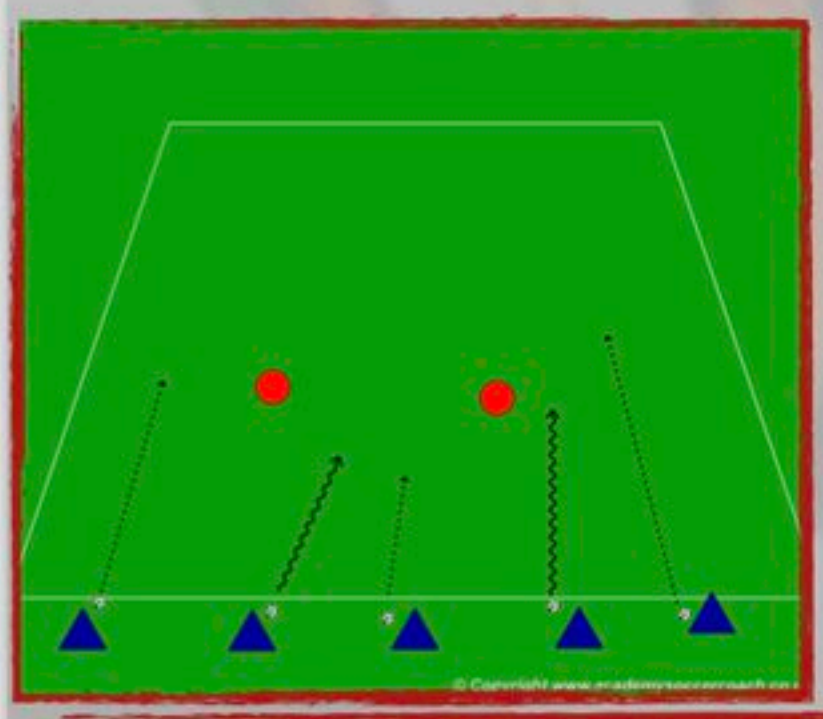
- Set up circuit with two sets of five cones for dribbling in and out (each set of five should have different distance between cones), a speed ladder and a goal.
- Player must dribble in and out both sets of cones, pass the ball into the goal and move through the ladder.
- Alternate movements through the ladder
- Alternate the way in which players move through the cones (inside, outside, sole and laces).

Coaching Points

- Players should stay close to the cones
- Keep ball close to feet
- Stay on toes
- Get head up
- Move at pace

Progression(s)

- Make it a race between teams.



Duration: 15 mins Intensity: Medium Intervals: Work:Rest:

Organisation/Explanation:

- 20x20 grid.
- Blues have a ball each and must dribble to opposite side of grid, without red player stealing their ball.
- If a blue gets caught, they join the reds in the middle.

Coaching Points

- Keep ball close
- Take ball into space
- Keep head up
- Use different parts of the foot to create space.

Progression(s)

- Limit time to get to the other side.
- Make grid smaller.

Notes:

- Set up fields for 3v3/4v4 games to scrimmage (25 mins).

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Theme/Objectives:

ATTACKING: CREATING SPACE. RUNS FROM MIDFIELD BEYOND FORWARDS
Teach midfielders, when, how and where to make runs into the final third, getting beyond the forwards.

Age: U13-18 Mesocycle: Microcycle: Tech - Tactical

Duration: 15 mins **Intensity:** Medium **Intervals:** 10 **Work:Rest:** 2:1

Organisation/Explanation:

- 30x30 grid, with 3v3 plus a goalkeeper on each team.
- Attacking team play ball into #9 and try to create space and go to goal.
- Attacking team can use goalkeeper as a #6 for support.
- Red team go to goal once possession is one.

Coaching Points

- Quick combinations to create space
- Work through set patterns (For example… up, back and through)
- Good first touch
- High tempo

Progression(s)

- Play two touch maximum
- Add a neutral player

Duration: 20 mins **Intensity:** Medium **Intervals:** 8 **Work:Rest:** 4:1

Organisation/Explanation:

- Set up using width of 18 yard box and 36 yards in length.
- Play 5v3 (plus Goalkeeper for Red).
- Ball starts with Blue (#11, #8 or #7) and played into #10 or #9.
- Blue go to goal.
- Red can pass/dribble into target goals.

Coaching Points

- Timing of runs (stay onside)
- Visual cues.
- Draw defenders out of position for Mids to get in behind, between or around.
- Move ball around at speed to create the space required to penetrate.

Progression(s)

- Add a red #2 and #3 to make it 5v5
- Use edge of 18 yard box as offside line.

Duration: 20 mins **Intensity:** Med - High **Intervals:** 4 **Work:Rest:** 4:1

Organisation/Explanation:

- Play whole half 5v5 (plus Goalkeeper for Red)
- Ball starts with #8 and played into #10 or #9,
- Blue play to goal.
- Red can pass ball into targets.

Coaching Points

- Look for combinations between forwards and midfielders.
- Good movement off the ball required (third man runs)
- Positive touches to draw defenders in.

Progression(s)

- Make field shorter and narrower
- Add additional Red to play 5v6.

Duration: 35 mins **Intensity:** Medium **Intervals:** 2 **Work:Rest:** 5:1

Organisation/Explanation:

- Play 8v8 regular game, with ball starting at Blue #6 each time.
- Blue set up in 3-3-2
- Red set up in 1-4-3-1.

Coaching Points

- Quick ball movement
- Look for gaps between defenders
- #9 and #10 should be checking in to create space
- Look for opportunities to create overloads

Progression(s)

- Only allow Red #8 to press beyond halfway line.

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Theme/Objectives:

ATTACKING: WIDE PLAY - CROSSING AND FINISHING.
Teach players how to combine in getting the ball wide and how/when/where to make runs into the box.

Age: U13-18 Mesocycle: Microcycle:

Duration: 15 mins Intensity: Medium Intervals: 10 Work:Rest: 2:1

Organisation/Explanation:

- Set up a 15x15 grid on the halfway line for a 3v1 rondo to start the exercise.
- Using the 18 yard box width as a guide, mark a channel on each side of the field for the wide players.
- Play starts as a 3v1 and after 5 passes, ball is played out to the #7 or #11 to cross the ball.
- Play then becomes a 5v3 to goal (ball must be crossed from the channel).
- Extra players rotate in to form two defending/attacking teams.

Coaching Points

- Quick combination centrally to get ball wide (play way facing)
- Movement of wide player (looking for visual cues)
- Crossing technique (direction of hips, type of pass, delivery area)

Progression(s)

- Give players specific combinations to run through (up, back, through / allow central player to overlap winger)
- Restrict touches in the rondo (1 or 2 touch)

Duration: 20 mins Intensity: Medium Intervals: 8 Work:Rest: 4:1

Organisation/Explanation:

- Same dimensions as above, but make a little longer and add target goals for defending team (red)
- Add #2 and #3 for both teams, creating a 2v1 in each channel.
- Exercise runs in the same way, with ball starting in the 3v1 rondo and then played wide.
- Only one full back can go beyond half way line at a time.

Coaching Points

- Timing of runs from wide players (allow them to now drive inside to create space for overlap).
- Distance and support of central players (to allow for ball to be switched).
- Timing of runs in the box (front post, back post, top of the box)

Progression(s)

- First time finish only from cross.

Duration: 20 mins Intensity: Med - High Intervals: 4 Work:Rest: 4:1

Organisation/Explanation:

- Split field with a channel on either side and a goal at each end.
- Play is set up as a 3v3 + 1 centrally and and 1v1 +1 in the channels. Both teams have a Goalkeeper.
- Ball starts from Blue GK each time and blue must play to goal.
- Ball must go into channel at least once before a goal is scored.

Coaching Points

- Speed/Tempo of play
- Looking to get ball to feet of wide players, or drawing space to get in behind full backs (#2 & #3)
- Decision making (don't force ball wide if it is not on).

Progression(s)

- Remove neutral and make it 4v4 in the middle.
- Bonus goal for using a specific combination.

Duration: 35 mins Intensity: Medium Intervals: 2 Work:Rest: 5:1

Organisation/Explanation:

- Using 2/3 of the field, play 9v9.
- Attacking team (blue) play in a 1-3-1-3-1 (with #6 acting as a center back.
- Defending team (red) play a 1-4-3-1.
- Ball starts from Attacking team's goalkeeper each time.

Coaching Points

- Quick ball movement to draw opposition out of position to create overloads in wide position.
- Recognition of visual cues (space inside vs outside)
- Quality of runs and delivery into box.

Progression(s)

-

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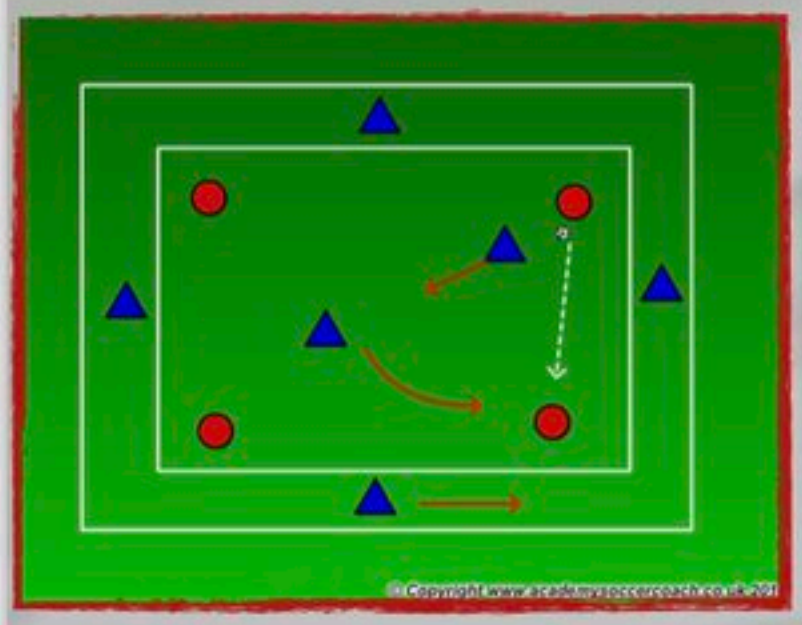
Theme/Objectives:

- Develop team' s ability to maintain possession of the ball. Can switch the focus of the session to the specific third as required and progress to finding passes into the final third to goal

Age: U13-18 Mesocycle: Microcycle:



Duration: 15 mins Intensity: Medium Intervals: 8 Work:Rest: 2:1

Organisation/Explanation:

- Set up 20x20 grid with a 5 yard channel on the outside
- Red play a 4v2 in the middle until blue win the ball
- Game then becomes a 6v4.
- Blue cannot move into grid until they win possession.
- When ball goes out, red start with ball again.

Coaching Points

- Angle of runs off the ball
- Change angle of pass to open up field
- Combination play between the two central players
- Good decision making

Progression(s)

- Two touch limit
- Add extra defender

Duration: 25 mins Intensity: Medium Intervals: 5 Work:Rest: 5:1

Organisation/Explanation:

- Using field markings, set up as shown.
- Blue play with seven, (+ two GK) vs five red.
- Blue must maintain possession of the ball.
- Each time red wins possession they try to score (1 point for a shot on target, 3 for a goal).
- Play starts from either GK each time.
- Blue must go 5 minutes below 7 points (adjust for level of team).

Coaching Points

- Good decision making
- Distance and angle of support
- Avoid square passes
- Transition to defense when losing possession

Progression(s)

- Reduce touch limit (2 touch)
- Add extra defenders

Duration: 25 mins Intensity: Medium Intervals: 5 Work:Rest: 5:1

Organisation/Explanation:

- Set up using field markings as shown.
- Starting from GK, Blue must possess the ball behind the red cones.
- After certain number of passes, Blue can look for through ball to player to go 1v1 against GK.
  - Offside rule is in play behind red cones.
- If red win possession they can go straight to goal.

Coaching Points

- Pick head up and look for positive balls forward.
- Draw defenders out of position by switching play with passes
- Move ball at a good tempo.

Progression(s)

- Touch limit
- Allow defenders to track runner behind red cones

Duration: 25 mins Intensity: Medium Intervals: 2 Work:Rest: 10:1

Organisation/Explanation:

- 8v8 game with both teams set up in a 1-2-4-1 system,
- Offside and all other rules in play.
- Restart with Blue GK each time ball goes out of play.

Coaching Points

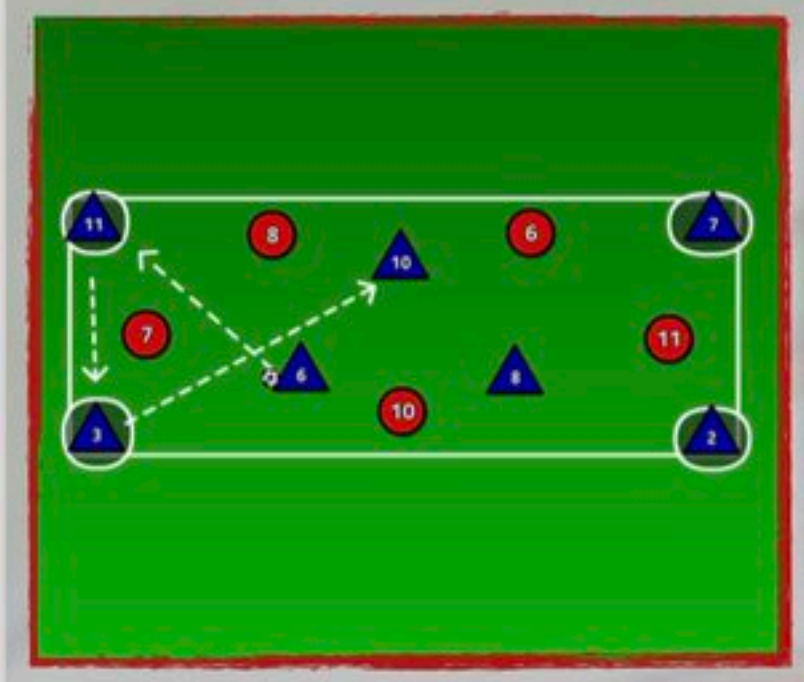
- Speed of play
- Off the ball movement
- Deception of pass
- Look to get ball forward
- Early support to player in possession

Progression(s)

@247UKSoccer

Theme/Objectives: ATTACKING: SWITCHING THE POINT OF ATTACK
Teach players to change the point of attack through the #6 and #8

Age: U13-18 **Mesocycle:** **Microcycle:** Technical / Tactical



Duration: 20 Mins **Intensity:** Med **Intervals:** 5 **Work:Rest:** 3:1

Organisation/Explanation:
- Set up a 30x50 grid with three attackers vs five defenders.
- Teams play 7v5 keep away when Blue have the ball and 5v3 when Red have it.
- Blue score a point every time they get ball from #3 / #11 to #7 / #2.
- Red score a point by playing 10 passes
- Blue start with ball each time.

Coaching Points
- Good speed/tempo of play
- Body shape when receiving ball
- Check shoulder / scan field when receiving ball
- Change angle when receiving

Progression(s)
- Allow red players to pressure wide players
- Add touch restrictions

Duration: 20 Mins **Intensity:** Med **Intervals:** 5 **Work:Rest:** 3:1

Organisation/Explanation:
- Using half field set up 8v6 as shown in diagram
  - 5v3 in defensive third
  - 3v3 in middle third
- Ball starts with Goalkeeper, who can play out to any of the four defenders or the #6/8, who can check to the defensive grid.
- Blue can have one player move up/down grid and must score in target goals
- Red try to win possession and go to goal.

Coaching Points
- Timing of runs and good movement off the ball
- Good decision making
- Quality of pass/touch
- Communication between players (verbal, non-verbal)

Progression(s)
- Add #7 and #11 to the red team
- All three midfielders must touch ball before scoring.

Duration: 25 Mins **Intensity:** Med-High **Intervals:** 6 **Work:Rest:** 3:1

Organisation/Explanation:
- Add a third grid and make it 11v8
- Ball still starts with Goalkeeper and one player from blue can move up/down a grid in order to create overloads.

Coaching Points
- Shift ball quickly to off balance opposition
- Patience when moving the ball
- Positive touch to take ball into space when it is available.

Progression(s)
- Remove grid lines
- Allow additional red players to move across grids.

Duration: 25 Mins **Intensity:** Med-High **Intervals:** 2 **Work:Rest:** 4:1

Organisation/Explanation:
- Both teams set up in a 1-4-2-3-1
- Play 11v11 with ball starting from Blue Goalkeeper each time.
- Have red play low line of confrontation to start with, allowing blue to play out of the defensive third.

Coaching Points
- Movement of players off the ball.
- Good decision making
- Head up and look for defensive gaps to penetrate.
- Look to play through #6 and #8 to change angle and switch the ball.

Progression(s)

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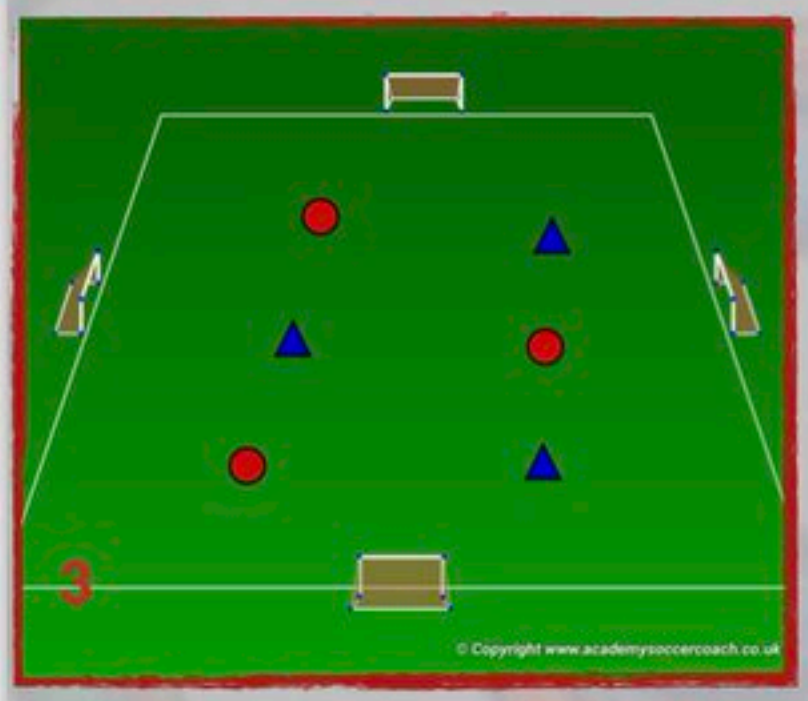
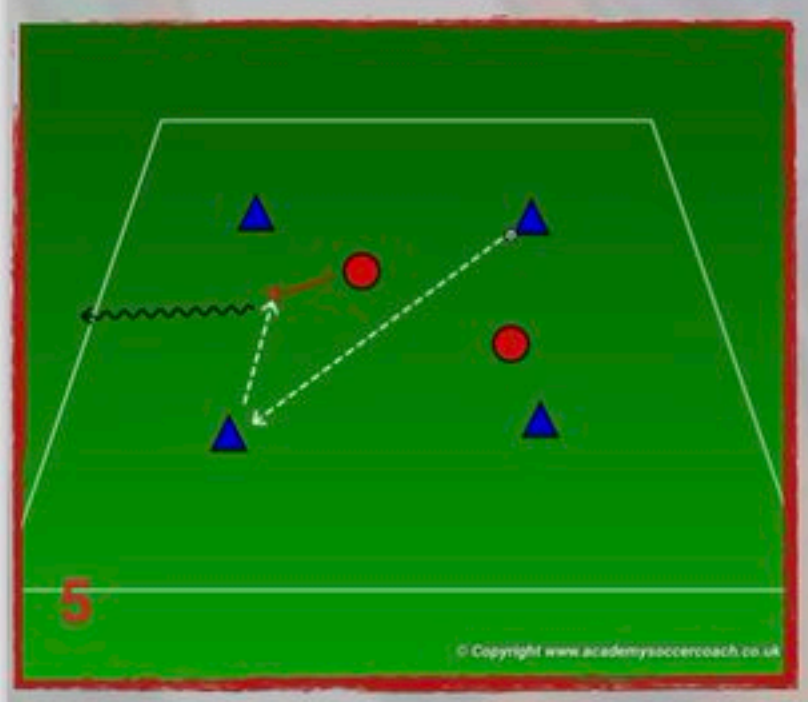
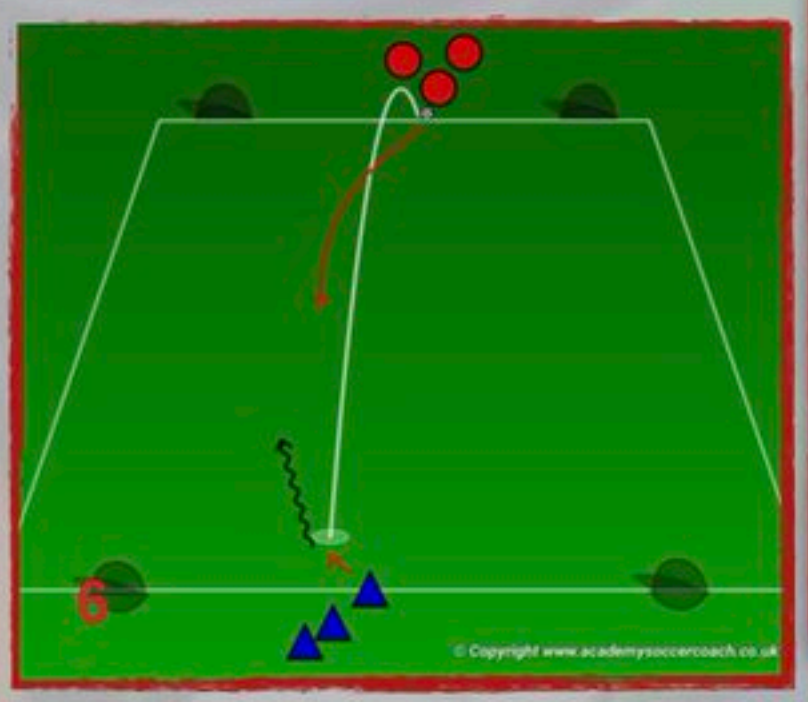
Theme/Objectives:

- MULTI ACTIVITY CIRCUIT SESSION
- 10 minutes at each station.
- Ideally require a full field, so that activities can flow without having to set up between each activity
- If possible have an assistant on each station to keep intensity high
- Players should be focusing on decision making, good technique and speed of play/tempo







Organisation/Explanation:

1. Attacking Corners
   - Set up some mannequins to make it harder on GK.
   - Players divide into two equal teams, with one player delivering corners
   - Play five from each side and then switch defense with attack
2. Transition Attack
   - Build up from 1v0, 2v1, 3v2, 3v3 to goal
   - After each shot one attacker must get a ball from behind the line
3. 3v3 possession game
   - Team can score in any goal after making five passes
4. Four Finish Game
   - Attackers try to score as many as they can from the five shots
   - Shot 1 is out of feet with power, then a corner from right, followed by set up from goal line and finally a stand up cross from deep left.
   - Attacker must run around pole after each shot
5. 4v2 Possession Break out
   - Keepaway, but defending team earn one point for getting ball under control and a bonus point by dribbling out of the grid
   - Attacking team earn 1 point for every 10 passes (limit two touch)
6. 1v1s
   - Regular 1v1 activity, but vary type of delivery into attacker (height, angle, from behind, etc)

Coaching Points/Progressions:

- Carry out a team warm up.
- Break team into groups of six and spend ten minutes on each activity, with a two minute break in between each activity.
- Coaching points vary for each activity, but speed of play, decision making and quality of technique will be important throughout.
- Finish with cool down

Notes:

- If you have a larger/smaller group, you can just have two/three stations used at once and still rotate through all six.
- Adapt the size of grids to suit ability.

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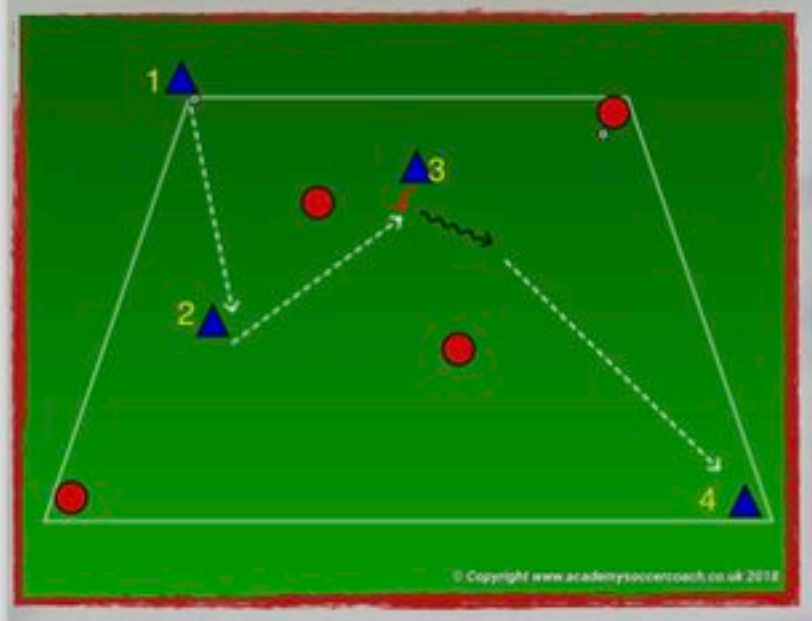
@DanChubbock

Theme/Objectives:

ATTACKING: CREATING SPACE IN THE FINAL THIRD: Teach players various combination patterns to improve finding space and create goalscoring opportunities. Focus on balls through #8, #9 and #10 to link play and attack centrally (Zone 14)

Age: U13-19 Mesocycle: Microcycle:



Duration: 20 mins **Intensity:** Medium **Intervals:** 8 **Work:Rest:** 4:1

Organisation/Explanation:

- In 40x40 grid, players are split into two teams of four, with a ball each
- Ball is played into one of the two middle players, who combine to switch ball to opposite corner
- Work through various combinations
  - Ball into furthest player (2), set to other (3) to switch to 4
  - Ball into 3, back to 1, to 2, who has made a run behind and across 3, set back to 3 to play 4
  - Lofted ball from 4 to 1, who controls, sets 2, who rolls back to 3, back to 1.

Coaching Points

- Quality of touch and pass
- Good tempo
- Timing of runs
- Distance and angle of support
- Communication

Progression(s)

- Play with one ball and have red act as defenders. 1 point every combination to switch.

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

Organisation/Explanation:

- Using same teams and 40x40 grid, add a goal each end and a dividing line
- One player in each team acts as a sweeper keeper
- Ball is played in from coach to team, who play a 3v1 in their half. After 3 passes team play into #9
- #9 can turn and shoot, set back to #10/8 for them to shoot/pass/drive
- One player can enter opposing grid after ball is played to #9, making it 2v2 plus GK.
- No offside rule in place

Coaching Points

- #9 needs to move to find space in behind, wide and into feet between two reds.
- Recognition of visual cues (head up, hips, communication, position of opponents)

Progression(s)

- Remove three pass rule
- Add in offside rule

Duration: 25 mins **Intensity:** Medium **Intervals:** 4 **Work:Rest:** 4:1

Organisation/Explanation:

- Using half field and width of 18, set up 7v7 (including GK).
- Blue play with 3 mid and 3 forwards.
- GK acts as a sweeper when in possession
- Blue must combine to break the lines and score
- Red may counter and go to blue goal
- Ball starts with blue GK every time

Coaching Points

- Speed of play
- Utilize previously learned combinations
- Drive into space when available
- Quality finishing when chances arise
- Good decision making (cues)

Progression(s)

Duration: 25 mins **Intensity:** Medium **Intervals:** 2 **Work:Rest:** 10:1

Organisation/Explanation:

- Half field 9v9 (expand to longer if space available)
- Ball starts with blue GK each time

Coaching Points

- Recovery in transition
- Look for additional overloads on wing, with #2/3 moving forward

Progression(s)

- Play with regular restarts when ball goes out

Coach	Dan Chubbock	Session date	2013-12-05	Team/Age Group	U18s
Theme	Attacking play - Teaching Midfielders and Forwards to Combine and go to goal.			Time available	60 Minutes

Objectives:
work on going to goal quickly
Explanation:
- two forwards come out from behind the goal into play
- one of two Mids plays ball to a forward.
- games is then live and a 4v2 is created
Coaching Points:
- communication
- one mid must get beyond forwards
- try different combos (up, back and through. Miss out first forward)
Progression:
- add an extra defender
- time limit to get a shot on goal

Explanation:
- ball starts in middle third in 4v3.
- four blues must make 3 passes and attempt to play ball to a forward in the final third.
- two mid can then support and help go to goal.
- red team aim to win ball and score in mini goals
Coaching Points:
- midfielders look to open up early and play forward.
- timing of runs
- distance and angle of support
Progression:
- add extra defender(s)
- add an empty grid in the middle, for longer balls into forwards

Objectives:
teach players to play off of forwards
Explanation:
- target player starts with ball
- Mids play 2/3 passes before finding forward.
- forward can then play back to a mid, who goes wide, or play wide themselves.
- one mid can attack ball in box.
Coaching Points:
- good runs in the box.
- quick combinations in final third.
Progression:
- add defenders
- allow centre midfielders and forwards to overlap and support wide players
- move wide players deeper for different angle on crosses
- add a middle grid to make balls into forwards harder

Action Points/Notes:

Allow 10 minutes of free play at the end.

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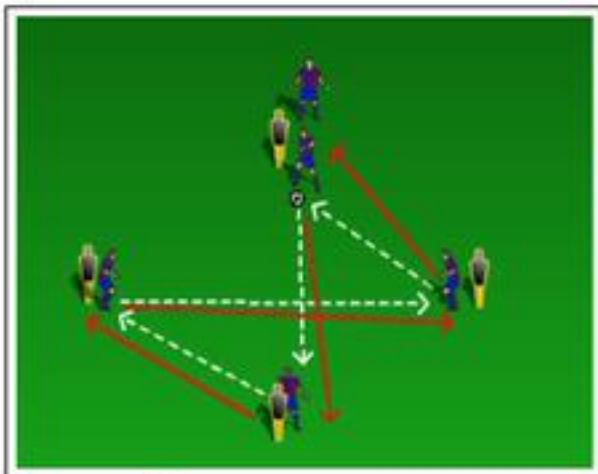
Coach	Dan Chubbock	Session date		Team/Age Group	U12-14

Theme

Passing - One Touch
Teach the players how and when to play one touch passes, improving speed of play
Teach players to play combinations quicker, with one touch passing

Time available

90 Minutes



Explanation:
Players pass the ball in an hourglass pattern and follow their pass. Players should attempt to play each pass one touch.

Coaching Points:
When receiving: on toes, eye contact with player passing to, move to ball and open hips
When passing: locked ankle, eye on ball when passing, quick movement to space behind receiver. Punching motion with foot in a first time pass.

Progression:
Add an extra ball. play in any direction. add defender.

Explanation:
Split into two teams of seven.
Each team has two target players, both ends.
Three players in the middle have a ball per team.
Must play at least three one touch passes, before playing a first time ball into target player.
Target player passes into middle and switches with player, who passed them the ball.
First team to switch all four target players gain point.

Coaching Points:
Play the way you face. Constantly scan field for options. Communicate. Think one pass ahead. Good body position when receiving. Good passing & receiving technique.

Explanation:
set up same as previous exercise, but now only one ball between both teams.
Teams must play a minimum of five passes, before playing to, and switching with target.
Players can use targets to maintain possession

Coaching Points:
Decision making. Movement off the ball. Communication. Passing/ Receiving technique.

Progression:
Add Touch restrictions.
Encourage players to play 'round the corner' pass.

Action Points/Notes:

Set players up, according to numbers available.

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Coach	Dan Chubbock	Session date		Team/Age Group	U12s
Theme	Finishing Inside 18 Yard Box			Time available	90 Minutes

Objectives - Work on finishing from close range
Explanation - Set up two off centre goals in a 36x44 yard grid. Players run at keeper, with a ball at their feet, once inside the 18-yard box, they have 3 seconds to score (no rebounds). First team to 10 goals wins.
Coaching Points - Composure inside the box, keep ball close to feet, pick a corner and put the ball hard and low, look at goalkeepers positioning.
Progression - After player has shot, they then become the defender and try to stop opponents shot (players cannot shoot from outside 18 yard box), Add progression that defender can go to opposite goal if they win the ball.

Objectives - Work on receiving the ball and creating space to shoot inside 18 yard box.
Explanation - Blue players at orange cones on edge of 18 yard box have a ball each. They pass the ball to blue player in the middle, who must create space to shoot and score.
Coaching Points - First touch away from defender, curve run when receiving ball to create space to turn toward goal, dynamic runs to lose marker, work on moves to beat defender, composed finishing on goal (see coaching points from warm up)
Progression - Add a touch restriction, allow forward to play pass back to the defenders on the outside, set a time limit to get all five shots away.

Objectives - To create space to shoot in even numbers, or numbers down situation.
Explanation - Set up 44x50 yard grid, with 3v2(+GK) in each grid. The 3 defenders, plus goalkeeper, must make 3 passes, before finding a pass to a forward. The forwards, must then look to score. The forwards may combine with each other before shooting.
Coaching Points - Forwards must look to move off ball to create space, glance over shoulder when receiving pass. Check in and out to make space.
Progression - Allow player from defensive grid to come and support the attackers in order to create a 3v3 situation.

Action Points/Notes:

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Coach	24-7 UK Soccer Academy	Session date	N/A	Team/Age Group	U9-U11

Theme	Basic Defending Objectives: to teach players the basics of defending 1v1 and to encourage players to force attackers to the sideline	Time available	60

Explanation:
Set up a 40 x 40 area (approx) as shown, Add a number of small gates and split your team into defenders and attackers (there should be more gates than defenders), Defenders must stop the attackers from dribbling through the gates by using either the block tackle or side tackle, Switch every 2 minutes

Coaching Points:
Get close to attacker, Don't dive into tackle, be patient, Channel attacker to one side (not straight on), Make sure you know where the goal is that you're defending, Be strong in the tackle, Toe-poke the ball away if necessary

Explanation:
Set up a 15x25 yard grid with a goal in one corner at each end. Defender passes ball to opponent, who becomes attacker, Defender becomes attacker if they win the ball, Change ends after each game.

Coaching Points:
Curve your run to attacker, forcing the first touch away from goal, Pace - Start quick and slow down as you get to the attacker, Position - 'Surfer position.' Get sideways on to the attacker between the ball and the goal. Get 'touch tight', Patience - Do not dive in. Wait for attacker to make a mistake, Power / Poke - Strong block tackle with front foot / Get between ball and attacker to shield ball away from goal / poke the ball away from goal.

Explanation:
Set up a 6v6 game with cones dividing a 5 yard middle section and two 5 yard lines on the outside, Attacking team must try to dribble across mid section to get a point, Defenders must force attacking team to the wide sections to score a point, Each time point is scored opposition gets the ball.

Coaching Points:
Four P's (Pace, Position, Patience, Poke/Power), Know where the goal is, When possession is won, take ball away from goal.

Coaching Progression:
Add goals as well, Only allow teams to score points in opposing half.

Action Points/Notes:

This session allows for 10 minutes of scrimmage time at the end

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Coach	24-7 UK Soccer Academy	Session date	N/A	Team/Age Group	U15 - U19
Theme	Working on Different crossing techniques and the forward runs			Time available	90 Minutes

Objectives
Work on different crossing techniques
Explanation
Half a field
In pairs
Passing the ball using different techniques, instep, driven, lofted, curled
Passes have to made over at least a 20 yard distance
Coaching Points
Technique of pass
Speed of pass
First touch
Movement of player receiving
Progression
Add a few active defenders - who can look to intercept passes but cant tackle

Objectives: Work on different crossing techniques to match the runs of the forward players
Explanation:
3 players down each flank - one in each position (look at diagram)
Cone 40yds, 30yds, and 20yds from goal
Work in 3's in middle, one attacks front post, back post and penalty spot. (Start in a square in line with player 1's starting
position)
1 passes to 2, who lays back to 1, who passes to 3, who then plays in front of 1 to run onto an cross.
Change variations - i.e 1 to 3, who sets back to 2 who plays ball forward for 1 to cross
Rotate positions
Coaching Points
Angle of runs of the wide players
Wide players to check for the ball, create an angle
Angle of runs of the forward 3
Right type of cross
The end product
Attackers to attack the ball
Att 3 to always stay in line or behind the ball
Progression: Add defender(s)
Increase distances so start position of player 1 is further from goal and so on, to create crosses from different angles

Objectives
Encourage players to cross when chances occur and the runs of the attackers into the box
Explanation
50 x 50
2 goals
5 x 5 in middle (2v3 in each half)
Neutral player in middle
1 in each wide zone, both neutral
Get ball wide as soon as possible
Coaching Points
Type of cross
End product
Speed of support
Angle of runs into the box
Attacking mentality of wide players, encourage them to run at speed, don't delay
Progression
No restrictions on positions
Limit outside to a number of touches
Allow defenders to close down after wide player has had control of the ball for 3 seconds
Teams can score in any end, team that plays the ball out wide can just choose to attack any end. If breaks down, ball has to be played wide when possible, team can change goal to attack every time if necessary

Action Points/Notes:

Session allows 20 minutes for scrimmage

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Coach	Dan Chubbock	Session date	2014-05-12	Team/Age Group	U10s

Theme: Dribbling - Feints and Disguises (2)
Teach players moves that can be used to beat a defender in a 1v1 situation.

Time available: 90 Mins

Explanation.
- Player starts with the ball, dribbles up to cone and does a move around then dribbles through cones opposite. Partner does the same, then go back the other way.

Coaching Points.
- Matthews: http://youtu.be/SBX_YsezsTc
- Scissors: http://youtu.be/eVYe9umVk2M
- JJ: http://youtu.be/VixQdCYyPcQ
- Double Touch: http://youtu.be/XODZ1OeDmDI
- Inside-Outside: http://youtu.be/VixQdCYyPcQ

Progression.
- Increase pace of approach to cone.
- do move on both right and left side
- add a passive defender to stand as cone
- place a 3x3 square, with a cone in the center. Defender can win ball, but one foot must stay at center cone.

Explanation - Defender plays ball to attacker, who then must beat defender and go to one of the two goals. After their turn, players switch sides.

Coaching Points.
- Attacking player should be on toes and move to ball.
- Take a positive first touch.
- Get head up to see where defender is and where space is.
- Have an idea of the move(s) you are going to do.
- Maintain close control.
- Take ball past defender and accelerate to goal.

Progression.
- Add a goal with a goalkeeper to score in.

Explanation:
- 1v1, but with bumper players on outside
- allows dribbler to make decision (pass or dribble)
- if defender wins ball they go to goal

Coaching Points:
- positive first touch
- get head up and draw defender in
- make good decision
- accelerate into space on pass or dribble

Progression
- take out neutrals on the side and put one in middle

Action Points/Notes:

Allow 15 minutes at the end for small sided game(s).

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Coach	Dan Chubbock	Session date		Team/Age Group	U10s

Theme	Wing Play - Crossing and runs in the box Objectives: coach players combinations to get ball wide and create opportunities to cross the ball. Build up and begin to introduce how to make runs into the box.	Time available	90 Minutes

Explanation:
- circuit with teams moving ball up, wide and then down the line.
- get at least two balls going at once
- switch sides to work on right foot also.

Coaching Points:
- work on front foot and back foot.
- take with right foot when opening up right and vice versa.
- check in and out from cones as if they are defenders.

Progression:
- add passive defenders on cones to apply pressure on ball

Explanation:
- same set up as before but different combination.
- team play ball up (to forward), back (to CM) and thru (to winger).

Coaching Points:
- speed of play
- play one or two touch.
- timing of runs
- player appreciation (give ball to teammates on correct foot)

Progression:
- come up with different combinations and have team learn them and perform them in games (don't give so many they won't remember).

Explanation:
- divide into groups of three.
- teams play to goal, going through previously learned combinations.
- score points for different types of goal (1 touch finish, header, volley).

Coaching Points:
- timing of runs into box
- look for visual cues
- make more than one run, if ball doesn't come in early.
- cross should arrive between six yard box and penalty spot (2nd six)

Progression:
- add defender(s)

Action Points/Notes:

Allow 10 minutes free play at the end.

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Coach	Dan Chubbock	Session date		Team/Age Group	U14s

Theme	Wing Play - Width attack Objectives: work on combinations to get ball wide and create scoring opportunities.	Time available	90 Minutes

Explanation:
- blues play one/two touch combination laid out by coach to get ball to a winger, who then delivers a cross.
- in this example the ball is played to the forward, who opens up to play other CM, at which point ball is released wide.

Coaching Points:
- must be played at a high tempo
- timing of runs into the box (arrive as ball arrives)
- ensure runs are dynamic and creative. No straight runs.
- look for visual cues for when cross is coming in (head down, hips, etc)

Progression:
- work on different combinations that can be used in a game
  e.g. Up back and thru, overlap from CM, channel ball to forward.

Explanation:
- blues play 3v1 in yellow square.
- must make three passes and then look to get ball wide
- encourage players to use combinations just worked on.
- white can go to small goals if they win ball.
- when ball goes wide, it is a 5v3(+GK)

Coaching Points:
- look for visual cues on when/where to make runs
- where is the space?
- where are the defenders?
- which run to make in the box?
- which combination can be used to create best opportunity.

Progression:
- add extra defenders to make it 5v5.

Explanation:
- 5v3 in one grid. 7v7 total.
- after three passes, ball can go wide/forward.
- one blue can go in outside channel to create 2v1

Coaching Points:
- speed of play
- good decision making
- first touch into space
- ball into feet, or into space?
- good delivery into box (2nd six)
- runners attacking all areas (front post, back post, penalty spot, top of 18, GK)

Progression:
- take out grids and allow free play.

Action Points/Notes:

Allow 10 minutes free play at the end.

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Coach	24-7 UK Soccer Academy	Session date	N/A	Team/Age Group	U9-U11

Theme	Dribbling feints and disguises Objectives: to improve your players ability to dribble with the ball in a game situation	Time available	60 min

Explanation:
Set up a 25 x 30 grid (approx) as shown, Inside the grid place a number of gates, there should be ones set of gates for each player, Players dribble ball in area while the coach gives various commands for the players to execute; attack the gate, figure 8's through gate, turns with inside/outside of foot, etc.

Coaching Points:
Keep ball close to feet, Encourage "touch step", Guide ball, don't kick, Keep eyes on ball, Keep head up to see space and other players, Practice changing pace and direction as well as feints, When turning, bend knees, keep balance, and use various surfaces of the foot, Accelerate through gate

Explanation:
Divide the players into two teams and have them take turns dribbling through the maze, Players must dribble between five different gates before returning to their line, Once the first player returns, the next player goes, Once the players have practiced the drill, proceed to two team races

Coaching Points:
Players should dribble with their heads up looking for the next gate to go through. Work towards players running at pace, Players need to keep the ball close to their feet,
Have players in the line encourage their teammates dribbling

Explanation:
The players are divided into two teams, Each team attacks three goals that the other is defending,
Each goal has a ball close by, A goal is scored when a player dribbles through the opposition's goal, Play begins with the opposition

Coaching Points:
1st touch, Head-up/eyes on the ball, Prepare to attack the space and player at pace, Unbalance the defender by feinting one way then the other, Be creative

Action Points/Notes:

This session allows for 10 minutes of free scrimmage at the end.

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Coach	Dan Chubbock & Alex King	Session date		Team/Age Group	U7/8
Theme	Basic Passing 2: - teach players the correct technique of a push pass.			Time available	60 Minutes

Explanation:
- 20x20 Grid.
- on coach's command, white team run to the other side (where coach is).
- blue team must stand behind the line and pass their ball, attempting to hit the white players below the knee.
-If white player is hit they join the blue team.
- play until only one white is left.
- when white make it to the other side, blue players collect the balls and get ready to go again.

Progression:
- make grid smaller
- blue players may only use non-preferred kicking foot.

Explanation:
- 15x15 Grid.
- split team in two.
- each player with a ball.
- one ball in the middle (preferably a different colour).
- players must stay behind their line and pass the ball, attempting to hit the ball in the center.
- each team is trying to knock the central ball past the opponent's line.
- players can go in and get any ball, but cannot touch the middle one and must dribble back behind line before passing again.

Progression:
- increase distance from central ball.
- force players to use non-preferred foot only.

Explanation:
- split field in half
- number players 1 thru 3.
- players must pass in number order.
- players always on the move.
- ball must always be moving.
- ball must stay in the grid.

Progression:
- coach calls out one number and one colour, that player goes into the opposite box to try and steal the ball.
- if attacking team can make 5 passes they get a point, if the defender steals the ball, that team get a point.
- during these progressions, team may pass in any order.

Action Points/Notes:

15 Minutes to Scrimmage at the end.

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Coach	Dan Chubbock	Session date		Team/Age Group	U10s
Theme	Introduction to Playing out the Back			Time available	90 Minutes

Objectives - Work on passing and movement of the ball.
Explanation - In two 15x15 yard grids have players numbered one to four. Players must pass in number order, the ball cannot leave the grid, the ball must keep moving and the players must keep moving. Points awarded to other team if rules are broken.
Coaching Points - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target. Ensure you can always see the ball and are not close to teammate when passing or receiving the ball.
Progression - Limit players to two or three touch maximum.

Objectives - Teach players to pass and move against defenders
Explanation - Three team keepaway. One team are the defenders and the other two, must possess the ball, within the grid. If defenders win ball, they then possess it. Switch defenders after 90 seconds.
Coaching Points - Distance and angle of support. Get back to line, when receiving wide. Communicate (time/man-on). On your toes. Think one pass ahead. Front foot, back foot.
Progression - Three touch maximum. Make the grid smaller. Increase the number of defenders.

Objectives - Teach players to pass the ball out of the defensive third.
Explanation - Ball starts at centre back and players must pass through the grids and hit the forward. Blues then play back through midfield to defenders. White must win the ball for a point.
Coaching Points - First touch away from defender. Do not play square across goal. Move towards ball. Good decision making. Communicate.
Progression - Add Goalkeeper to start ball at. Allow players to overlap into next grid. Forward must score in one of the three goals for a point. Take out grid lines and allow free play.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

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Coach	Dan Chubbock	Session date		Team/Age Group	U10s

Theme: Turning - To create space
Objectives: to teach the players how to perform various turns and use them to create space to move the ball.

Time available: 90 Minutes

Explanation:
Use each of the below progressions, spending time on each of the five turns (pull back, inside hook, outside hook, Cruyff turn, stepover turn.
- dribble to middle cone, turn and dribble back
- dribble to middle cone, turn and pass back
- dribble to middle cone, turn and open up to right
- dribble to middle cone, turn and open up to left

Coaching Points:
- Plant foot in correct position
- Bend knee in order to allow leverage to accelerate out of turn
- Glance over shoulder to ensure turn is away from pressure
- Either fake (Pull back/Cruyff/Stepover), or stretch (inside/outside hook) to create space to evade defender
- Solid contact on the ball to get it out of feet
- Accelerate into space for next pass/shot/dribble

Organisation:
- play 4v4 in the middle with neutral players in corner boxes.
- teams score, by playing to outside corner (any of four).
- must receive ball back from outside to count
- cannot go to same corner twice

Coaching Points:
- glance over shoulder when receiving ball
- drop shoulder to fake when turning
- get head up after turning to see next pass/dribble

Progression:
- corner players can switch play
- play 6v6 with no corner players and have team receive ball in square to score.
- players then turn and come out to score point.

Explanation:
- four goals and team can score in each goal at the end

Coaching Points:
- get head up to find space and switch field where available
- accelerate into open area
- good tempo and speed of play

Progression:
- team can score in any of the four goals.
- add a goalkeeper/defender to the goal and team can only score in goal where goalkeeper is not.

Action Points/Notes:

Allow 10 minutes free play at the end.

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Coach	Dan Chubbock	Session date		Team/Age Group	U10s

Theme	Passing - Lofted, driven and chip passes Objectives: Teach players the fundamentals of how to play longer range passes and implement them in a game.	Time available	90 Minutes

Explanation:
- In pairs, players pass ball back and forth
- players should be 15+ yards apart (depends on age and ability)
- score points for pass crossing partners square chest height or below.

Coaching Points:

LOFTED PASS
- approach ball from angle, place non-kicking foot to the side and slightly behind ball to give natural loft.
- strike through underside and center of the ball, with instep (bone in foot going from big toe, through to your shin).
- keep eye on ball when striking.

DRIVEN PASS
- same approach as lofted ball, but non kicking foot level with ball.
- point toe down, keep ankle locked and strike with laces.

CHIP PASS
- approach ball straight on and plant non-kicking foot several inches to side and behind ball.
- bend knee back of kicking foot and strike under ball with laces, or instep.

Explanation:
- teams work in their grid to make three passes, before switching to opposite grid.
- points scored by teammate getting ball under control inside square (extra points for taking it out of the air)

Coaching Points:
- main focus on passing technique (see above)
- make sure when receiving, choose correct part of body
- get behind ball and think one pass ahead.

Progression:
- add defender to make it a 3v1

Explanation:
- blues play three passes and then look to switch to opposite grid.
- add a neutral to play in middle grid and help change angle of passes.
- reds can play to neutral to score a point.

Coaching Points:
- try to move ball and create space to switch ball.
- choose lofted/driven/chip pass, depending on time and space of passer and receiver.
- player on ball should be receiving ball on back foot and adjust hips to play into opposite grid.

Progression:
- add goals or target players on end lines to allow reds to score in when they win ball.
- have three colours and reds replace colour that loses possession.

Action Points/Notes:

Allow 10 minutes free play at the end.

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Coach	Dan Chubbock	Session date	2014-04-08	Team/Age Group	U14s
Theme	Passing - Developing the long game			Time available	90 Minutes

Explanation:
- players work on driven and lofted ball technique
- ball played back and forth
- score points, by playing ball in opponent square, with them unable to control (must be chest height or below).

Coaching Points:
- Driven pass
  - approach from an angle
  - non kicking foot to side of ball (shoulder distance)
  - knee over ball, arms out for balance, eye on ball
  - point toe to ground at angle, lock ankle and strike with laces
  - follow through low
- Lofted pass
  - approach from an angle
  - non kicking foot shoulder distance to side and behind ball (toe level with back of ball for natural lift).
  - long swing into strike and straighten let on contact, arms out and eye on ball
  - contact ball with ridge above big toe, through horizontal midline and under vertical midline.

Progression:
- allow players to pass across to any square.

Explanation:
- 4v3, but one player comes across to make a 5v3
- blue complete three passes and then look to switch to opposite side.
- red score by winning ball and scoring in goal

Coaching Points:
- move ball quickly to create space to play a lofted or driven ball into opposite square.
- get body behind ball when receiving and work on using different parts of the body to get ball under control
- good distance and angle of support.

Progression:
- make space smaller and limit touches.

Explanation:
- 4v3 in one grid and 3v2 in the other with no one in the middle grid.
- one player comes across and creates a 5v3.
- after three passes the ball is played into forward and two more blues support to create a 4v3.
- red go to small goals

Coaching Points:
- quick passing patterns in the final third
- early ball into forward where possible
- good support into final third

Progression:
- allow free play after three passes
- have one red to drop back and make it 4v4
- take out grid lines

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

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Coach	Dan Chubbock	Session date	2014-04-24	Team/Age Group	U12s

Theme	Teach Midfield to Defend - Shape Objectives: Introduce roles of Midfielders when defending (adapt instructions for each third of the field).	Time available	90 Minutes

Explanation:
- 4v3 flying changes
- when goal is scored, red become attacker (4v3 for red)
- red can steal ball and go to goal in the 3v4

Coaching Points:
- when ball is wide 'Nike Swoosh'
- when ball is central 'Wave Shape'
- try to take away numbers up situation
- get pressure on the ball and make play predictable
- when high pressure, play as compact as possible

Progression:
- make it 3v3 plus neutral for quicker transition and continuous play

Explanation:
- 6v6 attack vs defence
- can play 4v2 in each half to get coaching points across to begin.

Coaching Points:
- front two, should shift to make play predictable (depending on area focussing on, front two could be two holding mids, or two forwards).
- try to win ball if possible, but be patient.
- Good shape.
- Cut off passing lanes
- Delay (slow down attack),
- Depth (supporting player),
- Balance (third and fourth defender),
- Compactness (make field small),
- Discipline (patience)

Explanation:
- add goalkeepers and play 7v7.

Coaching Points:
- as above.

Progression:
- play full field if you have numbers.

Action Points/Notes:

Allow 10 minutes free play at the end.

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Coach	Dan Chubbock	Session date	2014-04-28	Team/Age Group	U12s

Theme: Possession: Ball retention
Objectives: work on possessing the ball, with a focus on the 4-2-3-1 System of Play, being used by the team.

Time available: 90 Minutes

Explanation:
- four squares set up.
- teams broken up into teams of 6.
- two defenders go into opposition square.
- team must play five passes, then move to next square.
- idea is to catch other team, who are doing same.

Coaching Points:
- good decision making
- good distance and angle of support.
- touch away from pressure
- good body shape when receiving.

Progression:
- play 2 or 3 touch
- add extra defender.

Explanation:
- keepaway
- blues have both GK on their team and must maintain possession for five minutes before reds score six points
- red score 1 point for stealing ball, 2 for a shot on target and 3 for a goal.

Coaching Points:
- transition when possession changes ends
- spread field in possession and compact when defending
- open up hips when receiving ball to change angle of pass

Progression:
- add extra defenders
- make field smaller
- reduce number of touches for blue

Explanation:
- set up 4v3 in each grid
- blue may have one player from other grid come in to play 5v3.
- adjust positions and instructions according to system of play
- in this example, team working on CB splitting and allowing FB to push on in a 4-2-3-1 system

Coaching Points:
- when in possession, 2 FB push high and wide
- CB split wide and DM can drop in to cover gap in middle (can play with one or two DM).
- play way you are facing, make good decisions and receive with good body shape.
- move to keep natural triangles all over field.

Action Points/Notes:

Allow 10 minutes free play at the end.

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Coach	Dan Chubbock	Session date	2013-11-18	Team/Age Group	U16s

Theme: Team Tactics: Shape (2)
Team shape with a focus on ball retention.

Time available: 90 Minutes

Explanation
- players pass ball to next player in grid
- player receives ball and takes with their back foot
- passes to next player
- players on outside drive down line and play to next player
- follow pass each time

Coaching points
- check away from cone, open up with ball, positive touch.

Progression
1. bypass middle player, pass to opposite side, where middle player checks to ball to play a wall pass

2. Middle player passes back to first player, who plays through ball to outside player.

Explanation
- blue must make three passes and then look to switch ball to red
- white can have three players pressure
- one red can also check across to make a 5v3
- if ball goes out, or white win possession and switches ball to red, blue become defending team.

Coaching Points
- arc shape, with a player from opposite grid to change point of attack, good decision making, speed of play, move ball into space, show for ball, timing of runs

Progression
1. Take out grids and play 8v4
2. Add goals and if defending team wins ball, they go to goal.

Explanation
- ball starts from GK each time
- blue must possess ball and play thru grids to score in goals
- one blue can move up or down grid to make a 5v3
- Red go to goal if they win ball.

Coaching Points
- Shape (depth and width), timing of runs, look to switch field.

Progression
1. Add a third grid (if you have numbers)
2. Add a goalkeeper on opposite side and play full game

Action Points/Notes:

Adjust drills for numbers

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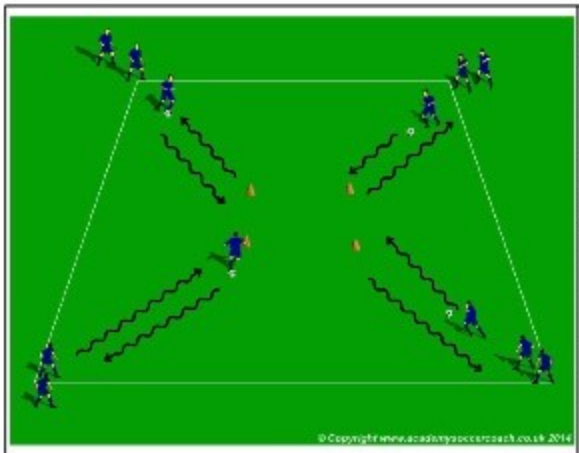
Coach	Dan Chubbock	Session date		Team/Age Group	U10s

Theme: Turning - Basic technique
Objectives: to teach the players how to perform various turns and gradually build pressure.

Time available: 90 Minutes



Explanation:
Use each of the below progressions, spending time on each of the five turns (pull back, inside hook, outside hook, Cruyff turn, stepover turn.
- dribble to middle cone, turn and dribble back
- dribble to middle cone, turn and pass back
- dribble to middle cone, turn and open up to right
- dribble to middle cone, turn and open up to left

Coaching Points:
- Plant foot in correct position
- Bend knee in order to allow leverage to accelerate out of turn
- Glance over shoulder to ensure turn is away from pressure
- Either fake (Pull back/Cruyff/Stepover), or stretch (inside/outside hook) to create space to evade defender
- Solid contact on the ball to get it out of feet
- Accelerate into space for next pass/shot/dribble

Explanation:
- set up a 15x15 yard square
- Play 1v1's, with pugg goals turned inwards
- players must create space for themselves to score in either goal

Coaching Points:
- turn away from defender
- cut into open space, across goal to shield ball
- accelerate out of turn
- use fakes to create space

Explanation:
- four goals and team can score in each goal at the end

Coaching Points:
- get head up to find space and switch field where available
- accelerate into open area
- good tempo and speed of play

Progression:
- team can score in any of the four goals.
- add a goalkeeper/defender to the goal and team can only score in goal where goalkeeper is not.

Action Points/Notes:

Allow 10 minutes free play at the end.

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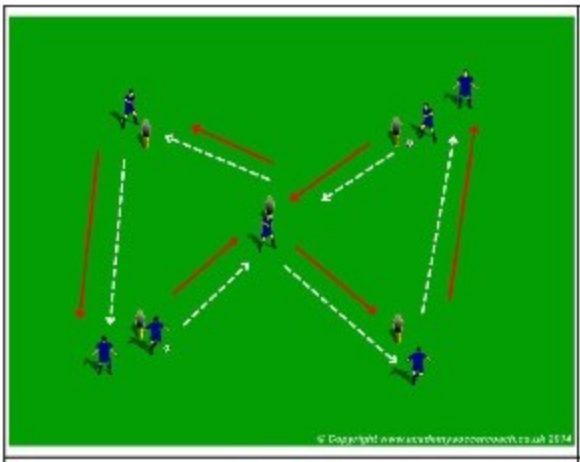
Coach	Dan Chubbock	Session date	2014-03-20	Team/Age Group	U14s

Theme	Receiving - Back foot (advanced) Objectives: coach players to take ball with their back foot, in a pressured environment.	Time available	90 Minutes



Explanation:
- ball is played to inside player, who opens up (back foot) and plays to player to their left.
- passing player follows their pass.
- two balls going at once, then rotate direction on coaches call.

Coaching Points:
- on toes
- move to ball
- body position (open up hips)
- communicate

Progression:
- add a passive defender in the middle

Explanation:
- 4v4 in middle with 4 neutral on each team on outside
- play keep away in the middle and use neutral players to maintain possession.

Coaching Points:
- communicate (time/man on)
- check shoulder when receiving ball
- decision making (front foot/back foot)
- touch away from defender and out of feet

Progression:
- add a neutral for the defensive team
- play two touch max

Explanation:
- teams set up in 8v8, plus GK.
- 4v4 in each end third.
- middle third left open for receiving players to check in to.
- attacking team possesses the ball and tries to find pass to player in middle grid.
- one player joins attack to create a 5v4 to goal

Coaching Points:
- communication (verbal and non verbal)
- open up body early and play positive first touch
- bend run to ball and take with back foot
- deception (drop shoulders to create space when receiving ball under pressure)

Progression:
- allow defender to pressure in middle grid.
- add a neutral player

Action Points/Notes:

Allow 10 minutes free play at the end.

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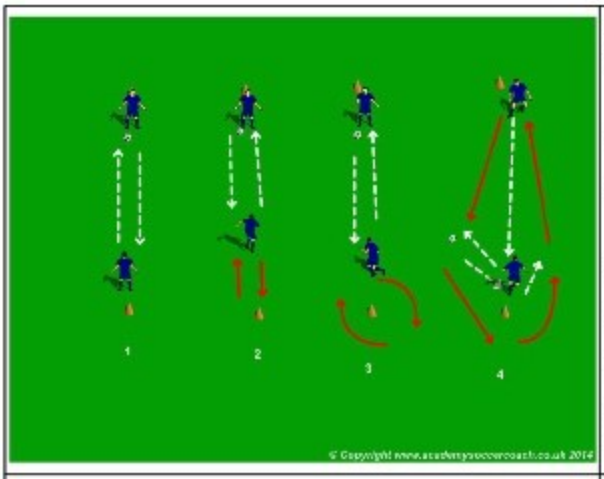
Coach	Dan Chubbock	Session date	2014-03-17	Team/Age Group	U10s

Theme: Passing - Basic Technique
Objectives: to teach the players how to perform a push pass effectively and at a good tempo.

Time available: 90 Minutes



Explanation:
1 - two touch passing back and forth.
- receive with one foot and pass with the other.
- receive and pass with the same foot.
2 - receiving player checks in to cone and plays pass.
- then checks away before checking in for next pass.
3 - add a third player
- receiving player spins out after each pass
- pass with left foot on left and right foot on right.
4 - players moves to ball after playing pass.
- plays a wall pass and then runs around to receive ball back.

Coaching Points:
- approach ball from an angle to step into pass.
- non kicking foot next to ball and pointing towards target.
- pass with inside of foot, following through towards target (for one touch, just punch at ball. No follow through)
- hips pointing towards target.

Explanation:
- set up four squares and divide into two teams
- each team sends over a defender to opposite square.
- team must make 5 passes before moving to next square.
- first team to get all players into same square as other team gets a point

Coaching Points:
- first touch away from defender
- use space
- decide whether to pass one or two touch

Progression:
- play three touch max.
- add extra defender

Explanation:
- set teams up into 4v4, plus two neutrals.
- ten passes equals a point.
- start game without direction and don't allow teams to score in goa

Coaching Points:
- move ball away from pressure.
- good weight of pass.
- good speed of play.

Progression:
- add goals and direction to game.
- force players to play two touch max.
- play with only one neutral.

Action Points/Notes:

Allow 10 minutes free play at the end.

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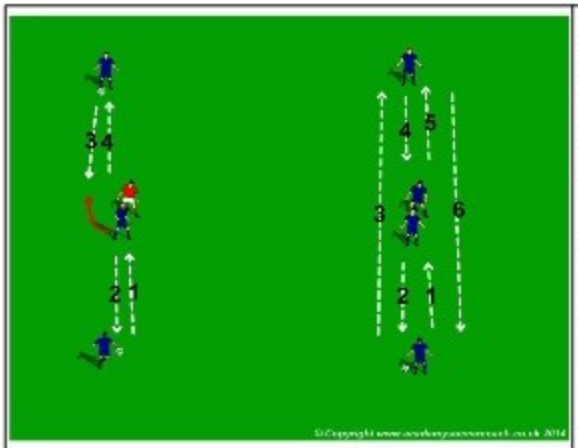
Coach	Dan Chubbock	Session date	2014-03-17	Team/Age Group	U12s

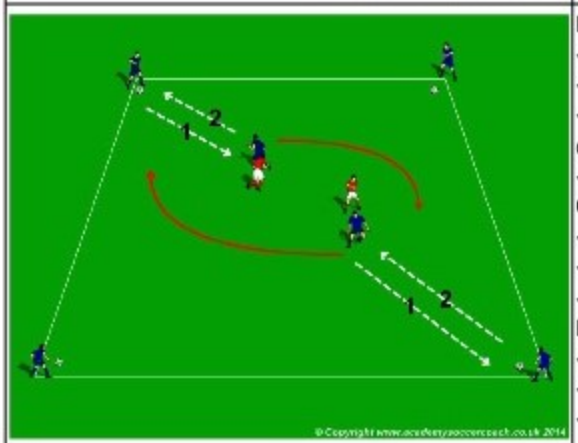
Theme: Receiving - Front foot
Objectives: Teach players when to take with front foot, when to change the angle and when to turn

Time available: 90 Minutes



Explanation:
A - players on outside, with ball, play to blue in the middle, who receives ball and passes back. Then repeats with other outside player.
B - one ball on outside. Sequence follows passes 1 thru 6, with middle players acting as defenders against each other.
- If player has space to turn, he can play out of sequence.

Coaching Points:
- bend run to ball
- receive side on, with arm out for protection.
- glance over shoulder.
- receive with outside of front foot.
- push ball out of feet in direction you wish to take ball.



Explanation:
- each player on outside with a ball.
- two attackers and two defenders in the middle.
- blue on outside, plays to blue in the middle, who must take a touch and play back to outside.
- if defender wins it, they just play ball to the outside.

Coaching Points:
- move to the ball and take with front foot.
- accelerate into space after releasing ball
- short sharp turns in order to create space to receive ball.

Progression:
- player on outside, switches to middle of grid after receiving.
- player receiving changes angle and plays to different outside player
- players in middle of grid, may combine.

Explanation:
- teams divided into 5v4, plus 1 GK for red.
- blue must play ball to one of two forwards, who take a touch and pass to one of three midfield players.
- blue must try to score in goal.
- set up target players, or goal for red to score into.

Coaching Points:
- decision making. Turn, change angle, or play back.
- good first touch
- good movement to the ball
- good stance

Progression:
- allow forwards to combine with each other, or turn and shoot.
- rotate positions to allow other players to work on receiving with their front foot.

Action Points/Notes:

Allow 10 minutes free play at the end.

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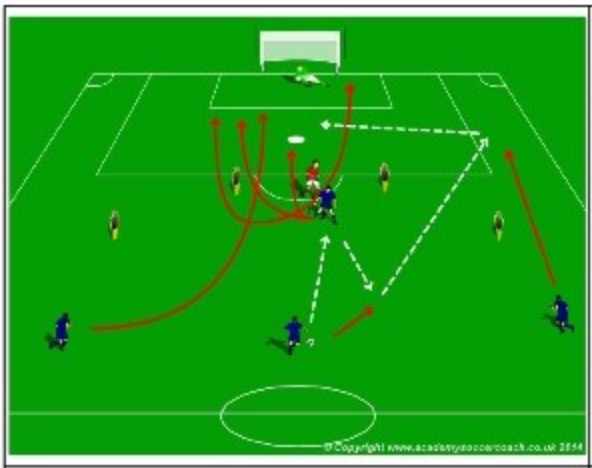
Coach	Dan Chubbock	Session date	2014-05-05	Team/Age Group	U14s

Theme	Crossing and Finishing (part two of two) Teach players to get ball wide and score from deliveries into the box.	Time available	90 Minutes



Explanation.
- attacking team, set up in groups of four, with CM, LM, RM & CF.
- CM starts with ball and plays ball into feet of CF
- CF sets ball back to CM to play 1st time
- CM then plays through ball to oncoming wide player
- LM/RM crosses ball to be finished

Coaching Points.
- Communication and body position.
- CF should look to receive sideways on with front foot and then set ball back.
- movement off ball to receive pass. CM should shift and show for ball.
- try to play one or two touch max.
- be creative with runs into the box.

Progression.
- additional defenders for red team.
- recap session one combinations and allow one touch finishing only.

Explanation.
- 15x15 square with 3v1 for attacking team
- 3 blues in square must play three passes minimum
- blues then look to get ball wide to white players.
    - they can use the 2CF in order to get ball wide.
- once ball is wide two blues can make runs into box to create a 4v3.

Coaching Points.
- good runs into the box
    - runs to front post, back post, middle and penalty spot for cut back.
- communicate with runs.
- look for visual cues (hips, body position, eyes).
- time runs to arrive with ball
- reset and change runs if required.

Progression.
- allow one player from each team to go into wide channels, creating a 2v1

Explanation.
- teams play 6v6, with two neutral players.
- ball starts with neutral player for blue team to attack.
- ball must go wide before either team can score.
- one player from attacking team can go into channel to create 2v1.

Coaching Points.
- get ball wide early.
- look for quick combinations to create space.
- good movement off the ball
- early delivery into box (2nd six).

Progression.
- three touch maximum
- one player from each team can go wide
- take out channels

Action Points/Notes:

Allow 10 minutes free play at the end.

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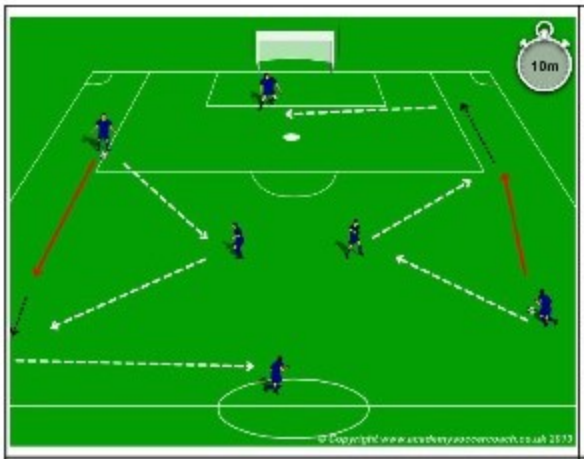
Coach	Dan Chubbock	Session date	2014-05-05	Team/Age Group	U14s

Theme: Crossing and Finishing (part one of two)
Teach players to get ball wide and score from deliveries into the box.

Time available: 90 Minutes



Explanation.
- Using half a field, set players up at three points on each side.
- The player with the ball (wide right), plays a give and go with the player in front of them.
- They then try to cross the ball to the waiting player, who is stood in the area between the six yard box and penalty spot (2nd six).
- That player then begins the sequence on the opposite side of the field.

Coaching Points.
- Communication.
- Accuracy of pass.
- Weight of pass.
- Get ball out of feet.
- Ensure hips are facing target.
- Curve run to ball, or push ball inside at an angle.

Progression.
- Two balls going at once.
- Have crosses from left hand side.
- Allow player in box to attack cross
- add goalkeepers.

Explanation.
- set up groups of four, with two wide players, a target player and a center mid.
- these groups play against a goalkeeper and one defender, who will defend the crosses (depending on ability can start with two def, or no def)
- ball starts with RM, who plays to CM, to switch to LM.
- LM and CF play a give and go.
- LM crosses the ball or be finished.

Coaching Points:
- speed of play
- starting positions
- good first touch and weight of pass
- timing and shape of runs in box

Progression.
- start with LM and have RM cross ball

Explanation.
- positions as before.
- ball starts with RM, who plays to CF.
- CF sets ball back to CM, who plays a split pass to LM.
- LM crosses ball to be finished.

Coaching Points.
- good movement off ball to create space for passes
- body shape when receiving ball to increase tempo
- hips face where passing/crossing
- touch out of feet if needed, before crossing.
- good delivery into box (2nd six), between CB, but not too close to GK.

Action Points/Notes:

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Coach	Dan Chubbock	Session date	2014-04-03	Team/Age Group	U10s

Theme: Feints and Disguises.
Teach players moves that can be used to beat a defender in a 1v1 situation.

Time available: 90 Mins

Explanation.
- Players dribble around in grid and perform the various moves, when they get to the cones.
- Play for two minutes on each of the five moves.
  - Matthews,
  - Scissors,
  - JJ,
  - Double Touch,
  - Inside-Outside.

Coaching Points.
- Move towards cone at speed.
- Accelerate after move.
- See where space is beyond defender (cone).
- Know which move you are going to do
- don't start move too close/far away from cone (approx 3 feet is good)

Progression.
- Add defenders to win ball from players with ball.

Explanation.
- Player starts with the ball, dribbles up to cone and does a move around then dribbles through cones opposite. Partner does the same, then go back the other way.

Coaching Points.
- Matthews: dribble ball with right foot, drop left shoulder for disguise, flick ball to the right with the laces/outside of the foot in a diagonal movement. Same with other foot.
- Scissors: dribble ball with right foot scissor the ball in clockwise motion then flick ball with laces/outside of left foot in diagonal movement. For left foot scissor the ball in an anti-clockwise motion.

Progression.
- Increase pace of approach to cone.
- do move on both right and left side
- add a passive defender to stand as cone
- place a 3x3 square, with a cone in the center. Defender can win ball, but one foot must stay at center cone.

Explanation - Defender plays ball to attacker, who then must beat defender and go to one of the two goals. After their turn, players switch sides.

Coaching Points.
- Attacking player should be on toes and move to ball.
- Take a positive first touch.
- Get head up to see where defender is and where space is.
- Have an idea of the move(s) you are going to do.
- Maintain close control.
- Take ball past defender and accelerate to goal.

Progression.
- Add a goal with a goalkeeper to score in.

Action Points/Notes:

Allow 15 minutes at the end for small sided game(s).

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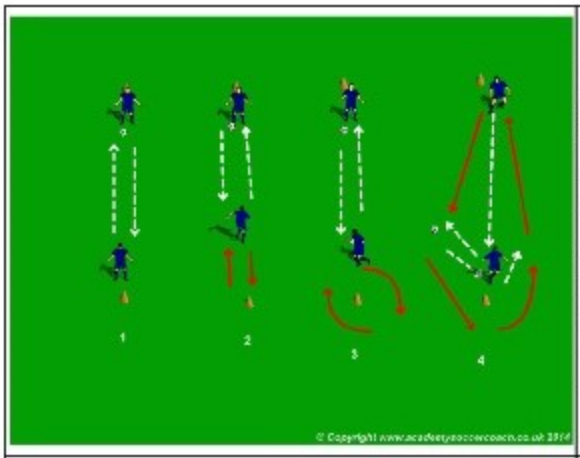
Coach	Dan Chubbock	Session date	2014-03-13	Team/Age Group	U12s

Theme	Changing the point of attack - teach players to switch the play to create space	Time available	90 Minutes



Explanation (1-3 in pairs. 4 in threes)
1) two touch, pass back and forth.
2) player receiving checks in and out playing ball back first time
3) player receiving spins off to left, plays left foot, then to right and plays ball back right footed.
Switch receiving player after one minute.
4) receiving player sets ball back to player and then plays a give and go, as player makes run round back of receiving player.
Coaching Points
- body position when receiving ball
- weight of pass
- timing of movement

Explanation
- split into three teams
- blue must make three passes, then switch ball to red.
- two white players press to win ball from blue.
- team that loses ball, then becomes defending team
- coach puts new ball in every time it goes out, to keep drill going.

Coaching Points
- good shape
- open up when receiving
- high tempo
- good decision making

Progression
- limit touches
- make grid smaller
- increase defensive pressure (3 defenders press)

Explanation
- set team up, so there are two neutral player, for team in possession.
- attacking team can score in any of the three goals.

Coaching Points
- shape, tempo, touch and decision making

Progression
- touch restrictions
- add a defender to stay in goals and team can only score in one of open goals.
- take out middle goal and allow teams to score in any of the four goals.

Action Points/Notes:

Allow 15 minutes free play at the end.

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Coach	Dan Chubbock	Session date	2014-02-17	Team/Age Group	U18s
Theme	Teaching players to possess the ball and pass under pressure			Time available	90 Minutes

Explanation:
- divide players up into groups of six
- split field up into six grids.
- send two players to go into another grid to act as defenders.
- each grid then plays a 4v2 and must play 5 passes.
- after 5 passes, move clockwise to next grid.
- first team to catch another team wins.

Coaching Points:
- use space.
- touch away from defender
- open up and drive into next grid after five passes.

Progression:
- more passes required.
- make grid smaller.

Explanation:
- ball starts with goalkeeper, who plays to a blue defender.
- blues must play out of the back and get ball to small goals
- red players are neutral.
- if whites win ball they go to goal.

Coaching Points:
- front foot/back foot.
- change the angle of the pass, to move ball into space.
- ensure open players are offering width and depth.
- good decision making.
- drive into space when available.

Progression:
- put players on three/two touch max.

Explanation:
- field divided into three grids.
- one player can move up/down grid, as ball moves.
- start without goalkeeper and have blue just possess.
- white win ball and do the same.
- goalkeeper neutral to start.

Coaching Points:
- good off the ball movement to create support for player on ball.
- try to create overloads, where possible.
- good decisions on passes and first touch.

Progression:
- team with ball can go to opposing goal.
- take out grid lines and allow free movement throughout field.

Action Points/Notes:

Continue into a free play game, with no more stoppages.

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Coach	Dan Chubbock	Session date	2014-01-06	Team/Age Group	U18s
Theme	Combination play in wide areas			Time available	90 Minutes

Explanation:
ball is moved from CB, through midfield and out wide to allow FB to make an overlapping run to cross the ball.
Coaching Points:
- High tempo. Two touch max
- Timing of runs.
- Winger must check to ball on CM touch toward ball
- FB starts run on Wingers movement.
- Two forwards, winger and CM make runs into box.
- All players must shift as play develops.

Progression:
- Play to a finish (goal kick, corner kick, throw in, goal)
- Add defenders

Explanation:
Winger now comes inside early to create width.
FB plays the ball outside of the winger to make it a race with opposing FB.
Coaching Points:
- Winger checks inside on CB first touch.
- Winger checks and spins out early.
- Pass must be well timed and well weighted.
- Forwards should try to move out of sight of defender when making runs.

Explanation:
Ball now played into forward, who has option to open up and play FB on the overlap, or set it back to winger to play the FB.
Coaching Points:
- Good runs into the box. Arriving as the ball is arriving.
- Reset runs if ball is played out wide again, or cross comes in late.

Progression:
- Add several defenders and allow play to flow.
- Build up to a 10v8, with red playing a 1-4-2-1.
- Free play at end of session.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

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Coach	Dan Chubbock	Session date	2013-12-16	Team/Age Group	U18s
Theme	Defensive Shape - teach defensive shape to the midfield and back line in the defensive and middle third			Time available	90 mins

Explanation:
- red team must play three passes and then look to switch the ball to white team (below waist height).
- blue team must prevent split passes by shifting as a unit.
- players restricted to own grid.

Coaching Points:
- DELAY opposition's attack.
- DEPTH from supporting (covering) defenders.
- Ensure the rest of the backline is offering BALANCE.
- Keep the field small when not in possession and stay COMPACT.
- Stay DISCIPLINED and do not dive in when stepping to ball.
- Constant communication from all defenders.
- closest player to ball sets line of confrontation.
- Wave shape when ball is central and Nike Swoosh shape when ball is wide.

Progression:
- allow defenders to step into oppositions' grid.

Explanation:
- ball starts with red midfield, who can move anywhere and try to score in goal.
- blue must try to win ball and can score in either small goal.

Coaching Points:
- as above.
- when ball is in middle third (grid), two midfielders help funnel ball centrally to make play predictable.
- in defensive third (grid), force play wide, or into cover and prevent ball/ cross into box.
- push up back line as red team passes backwards to make field smaller.

Progression:
- add a neutral player to allow overloads for team in possession.

Explanation:
- teams play 8v8 plus a GK.
- have ball start with red every time ball goes out.

Coaching Points:
- as above.
- when ball is in front of midfield, play with two banks of four.
- midfield and backline shape should be same.
- shift as a unit.

Progression:
- allow free play.

Action Points/Notes:

Allow 15 minutes free play at end of practice

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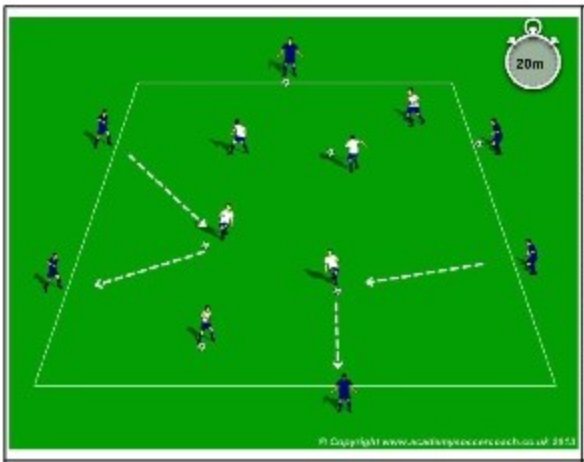
Coach	Dan Chubbock	Session date		Team/Age Group	All
Theme	Teach and improve players ability to receive the ball with their back foot			Time available	90 Mins



Objectives - Teach players to receive the ball and open up with their back foot.
Explanation - Blue players on outside start with a ball. White players without. The players on the inside without a ball, must call for the ball, receive it and pass to an open blue player. Rotate outside and inside players after one minute.
Coaching Points - Receive ball on your back foot, control with the inside of your foot, communicate (time/turn), move to the ball and open your hips to find next pass, glance over shoulder when turning, stay on your toes.
Progression - Add a defender in the middle, have blue players move up and down the line to make more game like.

Objectives - Improve receiving ball with the back foot.
Explanation - Set up a 20x30 grid. Player in bottom right, plays ball to player at yellow cone, who then passes to player at next orange cone. This player then dribbles to next orange cone and passes to player at next yellow cone. Sequence continues all the way round to the final orange cone, when that player dribbles ball back to starting point. The player, who passes it, follows their pass each time.
Coaching Points - Take ball with your back foot, check away from cone (treat cone like a defender), look for visual cues (where are hips facing?), get ball out of feet.
Progression - Add a second ball, reduce players to two/three touch, time the players from start to finish and have them beat their time.

Objectives - Work on opening up with your back foot in a game situation.
Explanation - 4v4 (+2 neutral) in a 40x40 yard grid. Players possess ball in their teams and can score in any one of the four goals. Red team plays for, whichever team has the ball. When the ball goes out, coach restarts play. Team to score in all four goals first wins.
Coaching Points - Move off the ball to create space to go to goal, communicate (time/turn/man-on), open your hips and show which foot you want to receive ball on, when opening up left, use left foot and right foot when opening up to the right.
Progression - Add touch restrictions (two/three touch), Only allow team to score in two of the goals, take out neutral players and play even numbers.

Action Points/Notes:

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Coach	Dan Chubbock	Session date		Team/Age Group	U13s
Theme	Principles of Defending			Time available	90 Mins

Objectives -
Explanation - 2v2 (+1 neutral). Players aim to dribble towards one of three goals opposite end.
Coaching Points - Closest player to ball pressures and next player covers. Curve run to ball, forcing attacker into your covering player. Communicate. Covering player, ball side - goal side of open player. When ball is wide, can you keep the opposition wide and away from goal. Cut off passing lanes.
Progression -

Objectives -
Explanation - 3 grid game. Blue team must try to win ball with good defensive shape.
Coaching Points - 'Nike Swoosh' when ball is wide. 'Wave' when ball is central.. Communication. Ball side - Goal Side.
Progression -

Objectives -
Explanation - 6v6 on field, plus GK and one neutral. Neutral starts game and plays 5v2 in first grid. Must play to Forward and then two players can go and support in a 4v4.
Coaching Points - Good shape. Cut off passing lanes. Delay (slow down attack), Depth (supporting player), Balance (third and fourth defender), Compactness (make field small), Discipline (patience)
Progression - Allow 3 players to attack final third. Take out grid altogether.

Action Points/Notes:

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Coach	Dan Chubbock	Session date		Team/Age Group	U11s
Theme	Passing: Combination play: Overlapping runs from full backs.			Time available	90 Minutes

Objectives - Teach players how to make an overlapping run
Explanation - Players are in groups of three/four and must work on passing and moving in a grid. Working on overlapping runs.
Coaching Points - Timing of run. Player should be getting round player with ball, as they receive it. Do not make the overlap, if hips of teammate are facing wrong direction. Communication.
Progression - Work on different combinations. Wall pass, give and go, third man run. Have teams play keepaway against each other in the grid.

Objectives - Work on combinations against pressure.
Explanation - Ball starts with Blue players, who play 3v2, moving towards goal. If White win the ball, then they must try to score in one of the three small goals.
Coaching Points - Good decision making. Look for visual cues (space to make runs, position of team-mate's hips). High tempo in final third. Quick combinations. Players should be thinking about attacking principles of play: Penetration, Support, Width, Mobility and Creativity.
Progression - Add a third defender and play 3v3. Progress to 3v3 flying changes and add a goalkeeper for blue team.

Objectives - Work on Combinations to get into final third.
Explanation - Ball starts with GK. Blue play 3v1(+GK) in defensive third and must look to play pass to centre midfielder. Centre Mid, must then switch ball to winger on opposite side. Ball is then played to overlapping full back. Opposing players can pressure centre mid on their first touch.
Coaching Points - Good decision making. Look for visual cues (space to make runs, position of team-mate's hips). High tempo in final third. Quick combinations. Players should be thinking about attacking principles of play: Penetration, Support, Width, Mobility and Creativity.
Progression - Change pattern of play. 1. Have winger play to centre forward. 2. Have Centre Mid play to winger on side they received it. 3. Centre Mid can play to either winger, who plays back to centre mid, who then finds full back. 4. Centre Mid plays directly to forward, who finds winger.

Action Points/Notes:

Allow 15 Minutes free play.

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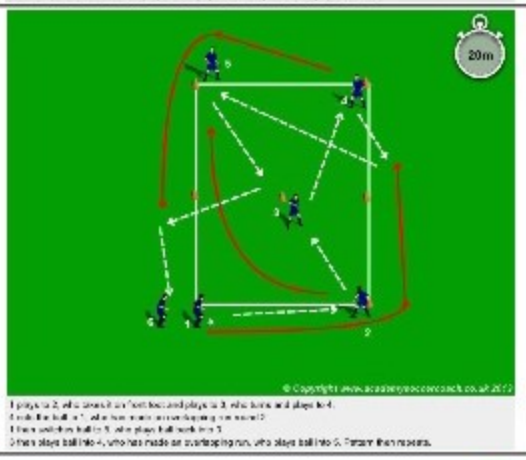
Coach	Dan Chubbock	Session date	2013-11-04	Team/Age Group	U12s
Theme	Passing: Combination Play in Final Third			Time available	90 Minutes

Objectives - Work on passing combination patterns and speed of play.
Explanation - 1 plays to 2, who takes it on front foot and plays to 3
3 plays to 1, who has made an overlapping run
1 plays to 4, who opens up with back foot to face 5 (in the meantime 2 runs towards position of 5).
Pattern repeats on other side (4 plays to 5, 5 plays to 3, 3 plays to 4, who plays ball into 6).
Coaching Points - Shape and timing of runs. Good distance and angle of support. Take ball with correct foot (front foot/back foot).
Progression - Have a second group doing the same pattern.
Teams then race to complete combinations.



Objectives - Work on passing combination patterns and speed of play.
Explanation - 1 plays to 2, who takes it on front foot and plays to 3, who turns and plays to 4,
4 sets the ball to 1, who has made an overlapping run round 2
1 then switches ball to 5, who plays ball back into 3.
3 then plays ball into 4, who has made an overlapping run, who plays ball into 5. Pattern then repeats.
Coaching Points - Shape and timing of runs. Good distance and angle of support. Take ball with correct foot (front foot/back foot).
Progression - Have a second group doing the same pattern.
Teams then race to complete combinations.

Objectives - Teach players to combine and go to goal.
Explanation - Ball starts with blue players in defensive third, who must possess the ball, until they are able to play to an attacking player, who has checked to receive ball in middle third. Player, who received ball then turns and plays 3v3 to score in one of three goals. If white wins ball, they try to do the same.
Coaching Points - Good decision making. Look for visual cues (space to make runs, position of team-mate's hips). High tempo in final third. Quick combinations. Players should be thinking about attacking principles of play: Penetration, Support, Width, Mobility and Creativity.
Progression - Add a goalkeeper at each end. Can start more basic and allow player from defensive third to join attack and create a 4v3. Will allow for more combinations and overload opportunities.

Action Points/Notes:

Allow 15 minutes free play at the end.

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Coach	Alex King	Session date		Team/Age Group	U6-8

Theme: Warm Up's:
Three Different Choices.
Emphasis is on the players getting as many touches on the ball as possible.

Time available: 60 Minutes.

Explanation:
- 20x20 Grid
- Players dribble the ball in the area, when the coach says 'Go', the players must try and kick each others ball out while protecting their own. Person with ball at the end wins.

Add numbers which should be called out throughout to increase there touches.
1. Toe Taps
2. Boxes
3. Accelerate with ball for 3 seconds.
4. V's
5. Box-Box-Roll

Progression:
- Make the grid smaller
- If no-one is attempting to kick other balls out, add a Defender.

Explanation:

- Players set up in a diamond formation (this will give the players a good idea when it comes to setting up in a game)
- Start with one ball.
- Player passes ball then follows pass to the next cone.
- Players encouraged to take three touches, 1. to control, 2. to set up, 3. to pass (some players may only need two touches).
- Change direction.

Progression:
- Add a second ball.

Explanation:

- Each side of the grid will be given the name of a soccer team.
- Cones placed inside the grid randomly.
- Players dribble in the grid, when coach calls out a soccer team, players have to dribble to that side.
- If player dribbles into a cone, must perform fivetoe taps before continuing.
- Use numbers from warm up one to get additional coaches.

Progression:

- Make it a competition, players must make it to the side in under 5 seconds.
- Last player to the side has to do 10 boxes.

Action Points/Notes:

1 Ball per Player
As many touches as possible during every warm up.
During the sessions make sure the coach calls out the numbers. Can add a few different numbers if coach has a few ideas.

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Coach	Alex King	Session date		Team/Age Group	U6-8

Theme: Basic Dribbling 1
Teach Players how to dribble the ball under close control with different parts of the foot.

Time available: 60 Minutes

Explanation:

- Players must dribble the ball around the cones in their lane. When they get past the last cone dribble ball to the back of their line.
- Use different parts of the feet (Inside, Outside, Soul, Laces).
- Use both feet.

Progression:

- Make it a competition (left foot only, inside only).
- Put cones closer together.

Explanation:

- 20x20 Grid.
- White (Attackers).
- Blue (Defender).
- White must dribble to the other end of the grid.
- Blue must steal the ball and knock it out of the square, using their feet.
- If defender steals the ball from the attacker then that attacker becomes defender.
- Last attacker left wins.

Progression:

- Make grid smaller or bigger depending on success.
- Add extra defender(s) to start.
- Non preferred foot only.

Explanation:

- Play 5v5.
- Play against team opposite (1 GK and 4 on the field).
- Depending on numbers and coaches discretion, use subs and rotate or play more on the field.
- Players should play an 'airplane formation'
  - Tail (defender)
  - Nose (forward)
  - Wings (left and right midfield)

Progression:

- Add conditions based upon session theme.
  - Put some gates in for players to dribble through for an additional goal.

Action Points/Notes:

1 Ball per player
12 cones.

Focus on players keeping the ball under close control and not just kicking and chasing it. Small touches to keep the ball under control.

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Coach	Alex King	Session date		Team/Age Group	U6-8
Theme	Basic Dribbling 2 Introduction to the 'Matthews Move' and 'Scissors'			Time available	60 Minutes

Explanation:

- Place cone in the middle 5 yards away from either end.
- Player starts with the ball and dribbles up to the yellow cone
- When at cone, player does a move past it and dribbles to opposite red cone.
- Next player goes, once partner is at opposite red cone.
- When both players have gone, repeat on the way back.
- Start with 'Matthews Move' and then progress onto 'Scissors'

Progression:

- Increase pace of approach to the cone.
- Do moves on both right and left foot.
- Have players start at opposite cones and go at the same time.

Explanation:

- Players must dribble to the cones and go around as many different cones as they can in a designated time.
  - Players must use either the 'Matthews Move' or 'Scissors'.
  - Players must use a certain part of the foot.

- Attackers count the number of cones they go around.

Progression:

- Make it a competition, first player to do 5 moves correctly.
- Add a Defender to tag Attacker on the shoulder to get a point. Attacker has to do 10 toe taps before continuing after getting tagged.

Explanation:

- Play 5v5.
- Play against team opposite (1 GK and 4 on the field).
- Depending on numbers and coaches discretion, use subs and rotate or play more on the field.
- Players should play an 'airplane formation'
  - Tail (defender)
  - Nose (forward)
  - Wings (left and right midfield)

Progression:

- Add conditions based upon session theme.

Action Points/Notes:

1 Ball per player
14 Cones.

Focus on breaking down the technique of each move. Emphasis on the execution of each move.

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Coach	24-7 UK Soccer Academy Coach	Session date	N/A	Team/Age Group	U12-U14

Theme: Objectives: Teach players when to turn against opponents. To develop Turning and Shooting with back to goal.

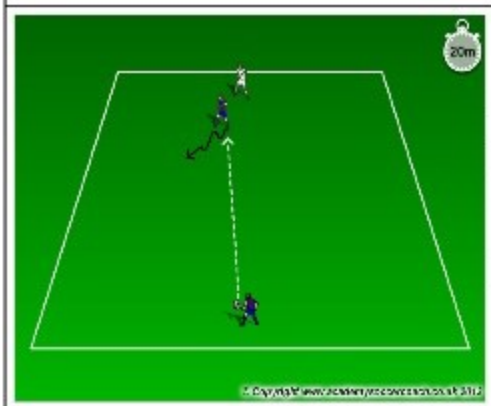
Time available: 90 Minutes

Gates

Explanation: Players have one ball each in 30x30 grid. 2 yard wide gates are positioned around the grid. Players must dribble from gate to gate and perform a turn at each gate. At the same time Two defenders will be trying to win the ball and play it out of the grid. The winner is the last player left in the grid. Switch defenders and play again. See which player can win the game with the most gates.

Coaching Points: Demonstrate correct technique on each turn. Check over shoulder before turning. Accelerate into space after turn. Turn away from defender.

Progression: Add additional defenders.



Back to a defender:
Explanation: 20x20 yard area. Groups of three. Station players as shown in diagram. The server passes the ball into the striker who has made a call of either 'to feet' or 'to space'. The defender scores 1 point by getting a touch on the ball within 5 seconds, or 2 points for winning the ball. The striker scores 1 point for holding the ball up and 2 points for turning with the ball past the defender and over the end line.
Coaching Points: The striker should be half turned and check away from the defender. Striker should adjust body position as he moves toward the ball to control it. Can the forward turn as the ball travels? If not, protect the ball by bending the knees and raising the arms for balance, controlling the ball with the furthest foot.

Progression: Server varies height and speed of pass. Defender attempts to win the ball and pass back to the server.

Back to Goal:
Explanation: 20x20 yard area (size of area increases with number of players). Position 1 Defender, 1 Attacker and 3 Servers as shown in diagram. On the command of the coach a designated server plays the ball into the attacker, who is standing with his back to goal. As soon as the attacker touches the ball, the defender can close in. The attacker can either turn and shoot or play the ball back to any of the servers for a first time shot on target. Repeat from all servers and rotate positions.
Coaching Points: Servers should communicate with the attacker to inform him of his options. If the attacker plays the ball back to the server, can the server play an angled ball for the attacker. Make an angled run to receive the ball sideways on. Before the attacker receives the ball he should check over his shoulder for the defender.
Progression: Gradually increase the number of attackers and defenders to the game as necessary.

Action Points/Notes:
Each activity can be extended as required to make up a 90 minute session
Allow for 10 minutes free play at the end of the session

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Interactive Session Plan ™

24-7 UK SOCCER ACADEMY
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Coach	24-7 UK Soccer Academy	Session date	N/A	Team/Age Group	U9-U11

Theme	Shooting Technique Objectives: to teach correct shooting technique to young players	Time available	60

Explanation:
Set up a goal with cones/flags with a goalkeeper, One player either side of the goal 15 yards back, Player with ball shoots at goal, If Goalkeeper saves it they roll ball to other player.

Coaching Points:
Head over the ball, Non-kicking foot along side of ball, Approach ball from an angle, Arms out by side for additional balance, Strike through the center of the ball and follow through, Use laces as shooting from distance.

Coaching Progression:
Player takes touch out of feet to strike a moving ball, Place cones in the corner of goal and give points for hitting corner.

Explanation:
Facing and attacking one goal, set up a box approximately 6x6 yds, Split the players into attackers and defenders, with attacker on front cones and defenders on back cones, The coach or feeder passes the ball towards the goal and the first two players attack ball for a shot at goal, Rotate positions

Coaching Points:
Head up to see and pick spot, then down to strike, Keep eyes on the ball, Keep ankle locked, Hit through middle of ball, Use arms to keep balance, Hips should face goal, Body and knee should be over the ball, Shoot with side foot close to goal and shoe laces when further out

Explanation:
Set up 6v6 field 40 x 60 (approx) with shooting zones as shown, Attacking player can only enter the shooting zone when running onto a pass, Two touches to finish, Defender cannot track into shooting zone, Teams should be in diamond shape with center midfielder

Coaching Points:
"Let Them Play", But!
Encourage Inter-changeability in positions but keep team shape "diamond shape", Emphasize movement to lose defenders, Encourage taking every scoring opportunity "quickly", Accuracy before power, Side foot finishes from close

Action Points/Notes:

This session allows for 10 minutes of scrimmage time at the end

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Coach	24-7 UK Soccer Academy Coach	Session date	N/A	Team/Age Group	U12-U14

Theme: Objectives
To teach players to strike the ball correctly using laces. To improve technique and work on the players accuracy when

Time available: 90 Minutes

Explanation: As a team, using one half of a full sized field have the team using 3 balls. They must move around the field, striking balls to each other using laces. They must vary the distance and keep the ball on the floor to begin with.

Coaching Points: Striking ball with laces - When approaching the ball build up some speed with some powerful short steps to the ball. Place your standing foot beside the ball, but not right next to it. Use your arms to help balance. With a bend in the knee, bring your kicking foot to the ball. Have your toe pointing down and across the ball, exposing your laces to the center of the ball. Keep your knee and body over the ball, as you make contact with the ball follow through to generate power. Ensure that your hips and your laces are facing your intended target.

Explanation: Using one half of the field and using four goals on each side of the field. Have a square filled with balls in the middle. Divide your team into four teams. Position one team next to each goal. Have them compete against each team. They have to sprint to the square, use a turn to get the ball out in front of them. There will be a line of disks in front of each goal where they have to strike behind. There will be no goal keeper but the goal will divided into three. The corners will be worth 2 points and the middle 1 point.
Coaching Points: Striking ball with laces - build up some speed with some powerful short steps to the ball. Place your standing foot beside the ball, but not right next to it. With a bend in the knee, bring your kicking foot to the ball. Have your toe pointing down and across the, exposing your laces to the center of the ball. Keep your knee and body over the ball, as you make contact with the ball follow through to generate power. Ensure that your hips and your laces are facing your intended target.
Progression: Adding a goalkeeper in each goal. Shoot low into corners. Weak foot

Explanation: 36x18 Yard, 5v5. There will be two goals and two goalkeepers. The two teams will play but will only be able to score inside the opposition's18 yard area. If you have a large squad you can make it a tournament format. First team to 2 goals wins, with winners staying on and next team entering. The game speed should be quick with the emphasis on taking quick touches and shots inside the 18 yard area.
Coaching Points: Players must build some power in the last few steps of their approach to the ball. Standing foot planted next to the ball. Their arms must be out and used for balance. Their shooting foot must approach the ball with their toe pointing down and across the ball. They must keep their shooting legs knee over the ball as well as their body weight. They must strike through the center of the ball and follow through to generate power. Ensure that hips and laces are pointing towards intended target.
Progression: Specify laces or instep. Specify what area of the goal they must aim at - bottom corners, top corners. Limit touches when shooting - two touch max. One touch

Action Points/Notes:
Each activity can be extended as required to make up a 90 minute session
Allow for 10 minutes free play at the end of the session

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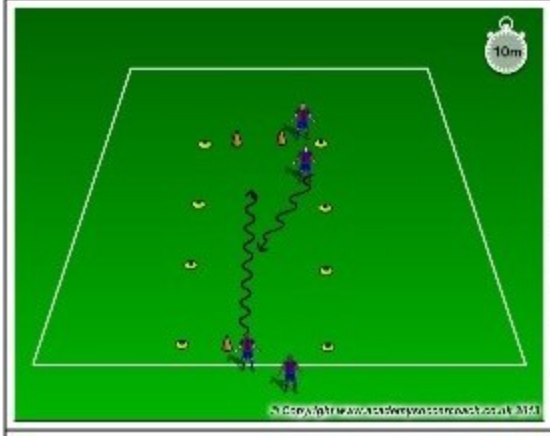
Coach	N/A	Session date	N/A	Team/Age Group	U10s

Theme	Defending Objectives: to make sure all players understand the principles of- 1v1 defending, 2v2 defending and 1st defender, 2nd defender, and 3v3 defending and 1st, 2nd, and 3rd defender	Time available	60



Explanation:
Players are working in 1v1 situations, Attacking players start low pressure so defenders can work on correct technique
Coaching Points:
Curve your run to attacker, forcing the first touch away from goal,
Remember the 4 P's of defending, Pace - Start quick and slow down as you get to the attacker, Position - 'Surfer position.' Get sideways on to the attacker between ball and goal. Get 'touch tight', Patience - Do not dive in. Wait for attacker to make a mistake, Power / Poke - Strong block tackle with front foot - Get between ball and attacker to shield ball away from goal - Poke the ball away from goal, Force attackers direction you want them to go - towards 2nd defender, 3 types of tackle - Poke - Block - Slide
Coaching Progression:
Go to full-pace so defenders are live

Explanation:
Players are working in 2v1 situations, Attacking players start low pressure so defenders can work on correct technique

Coaching Points:
Reinforce coaching points from 1v1's, 2nd defender angle and distance of support, Communication from both 1st defender and 2nd defender

Coaching Progression:
Go to full-pace so defenders are live, Add in 2nd attacker to make 2v2

Explanation:
Players are working in 3v3 situations, Ball starts from the same end and is played down by defenders to the attacking team, Creates 3v3 in the middle going to any of the 3 goals, If attacking team loose the ball then they become defenders, Switch roles so defenders get to become attackers

Coaching Points:
1st defender pressure, 2nd defender cover, 3rd defender balance, Ball out wide - Nike swoosh, Ball in the middle - Drop and tuck (wave) - wing man, COMMUNICATION

Coaching Progression:
Make field bigger and add in goalkeepers

Action Points/Notes:

This session allows for 10 minutes of scrimmage time at the end

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Coach	Dan Chubbock	Session date	N/A	Team/Age Group	U12s

Theme: Feints and Disguises
Objectives: teach players how to use feints and disguises to beat players in a 1 v 1 situation

Time available: 90 min

	Explanation: - Players dribble in grid. - Put cones in grid to represent defenders. - Introduce different moves: Matthews, Scissors, Jay Jay, Inside outside, Double touch. Coaching Points: Exaggerate the move, Drop the shoulder, Explain importance of a disguise, Once move has been demonstrated accelerate away from opponent Coaching Progression: Free play, Let them try their own moves.
	Explanation: 1 v 1 Att v Def. Attacker starts with the ball, has 10 yards to build up some speed before they reach the defender. Must try a move to go around them to get to the line at the other end. Defenders start with passive pressure only Coaching Points: Attack at speed, Once move is completed accelerate away, Try not to stutter, otherwise move will be difficult to pull off successfully Coaching Progression: Defenders can now tackle. Bring in another defender behind the 1st def, so now attacker has to beat two instead of one player
	Explanation: 5 v 5 game, Two goals per team, Neutral player Coaching Points: - Don't be afraid to try moves out - Be positive - Attack opponents at pace - Accelerate into space Coaching Progression: - Take away neutral player - Introduce another goal

Action Points/Notes:

This session allows for 10 minutes of free scrimmage at the end.

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Coach	24-7 UK Soccer Academy Coach	Session date	N/A	Team/Age Group	U12-U14

Theme	Objectives: To encourage players to switch the field of play.	Time available	90 Minutes

Switching the field:

Explanation: Two 10 x 20 yards areas approximately 15 yards apart. 5 or 6 players in each area numbered 1-5. Short passing and movement going from 1-5. When a player's number is called out, they sprint to the other box and try and win the ball. Remaining players must retain possession. First team to win the ball wins a point

Coaching Points: Ready, Communication, First touch / control, Head up, Technique, Movement

Progression: Add more balls. Limit touches, Combine with stretching

Switching thru the midfield:

Explanation: Coach plays the ball into either of the X1's who play the ball back to one of the two waiting midfield players. They then switch the play into one of the target areas where a wide player will attack the ball and cross it in for the 2 attackers and 2 midfield players. The 2 defenders (O's) will try and stop them scoring. Ask the attackers to try and switch play without using the midfield support

Coaching Points: Good first touch, Observation and awareness of teammates' positions, Quality of pass, Movement

Progression: Limit touches, Give them the choice of whether to use the midfield support or not

Conditioned Game:

Explanation: Area of play is 70 yards x 50 yards. Play starts from pass from coach to attacking team, then from GK. If the ball goes out of play then play starts from where the ball goes out

Coaching Points: Body stance open wide field of vision, Looking up to cross ball across pitch, Screen to allow taking of ball and switching play, Positive runs into space, Quality passing, Reverse pass, Good control of ball, Disguised pass to change direction, Early decision to pass, First touch, Supporting players must work hard off ball to provide an outlet for pass, i.e. make runs into areas, check out and switch direction will also cause defenders to move out of position to create space, Good communication from all players, Be Alert

Action Points/Notes:
Each activity can be extended as required to make up a 90 minute session
Allow for 10 minutes free play at the end of the session

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Coach	24-7 UK Soccer Academy	Session date	N/A	Team/Age Group	U9-U11

Theme: Moving to the ball
Objectives: to teach the importance of coming to meet the ball

Time available: 60

Explanation:
Circle with 20 yd diameter, X1 starts with the ball and passes to X2. X1 then sprints behind X2 (so it's a pass and follow the pass). X2 then passes to X3 and sprints and follows the pass. X 3 then passes to X 4 and does the same. X 4 passes to X5 and then X5 passes to X1. After each pass the player follows the pass and goes to the back of that line, 2 players in each position, As pass is played player comes towards the ball to control it whilst on the move

Coaching Points:
Meet the ball on move, Locked ankle, heel down, toe up, Control with the instep and take it towards next pass. Player should know where they are going to pass the ball, First touch out of feet, so player is able to play the pass with their next touch.

Coaching Progression:
Introduce another ball, Players can pass in any order

Explanation:
30 X 30, 5 Players. 1 on each side, 1 in the middle, Each player on outside with ball and is numbered 1-4., Box in the middle that player has to go through each time to start again, Coach shouts out a number player in middle must react, show for the ball from that player and lay the ball back, Also same situation but player can turn with the ball quickly and pass off to another player

Coaching Points:
Sharp quick movement to the ball, Drop a shoulder to gain a yard or so over opponent, Good control with the instep, Depending on whether player passes ball back or turns look at body position. If player is turning make sure he meets ball side on and turns to where he is going to pass. If player is passing back make sure body position is correct in run up.

Coaching Progression:
Add a def, who puts pressure on every ball, if attacker delays going for the ball, then defender can jump in and win possession, Let attacker choose where he wants to go, allow him to gain a small advantage over defender, Have two grids going and allow them to compete for the number or passes received and played back to team-mate, Have only three balls on outside and have attacker turn to play pass to open player.

Explanation:
40 x 40 with 10 yard channels either side, Put in Halfway line, One Big Goal at attacking end, 2 small gates for defending team, 3 v 1 in defensive half, 2 v 2 in attacking half. Defenders have to start behind 10yd line. Attackers can start anywhere in the 20 x 20 area, 1 v 1 in each channel, 3 attackers in defensive half, who start with the ball must make 3 passes then pass the ball to any of the 4 attackers, who can either turn or pass back. Once this has been achieved it becomes a game situation with the attacking team trying to score in the goal. If defensive team obtain the ball they have to try knock it through the 2 gates at the other end.

Coaching Points:
Check away from the ball first before receiving, create an extra bit of space, Short sharp bursts to receive the ball, Arm out to 'feel' defender, Change the angle of the pass, by arcing run slightly, whilst still protecting it from defender, Communicate. Time (means turn), Man-on (play way you face).

Coaching Progression:
Take out defensive restrictions, Introduce neutral player in Attacking section.

Action Points/Notes:

This session allows for 10 minutes of scrimmage time at the end

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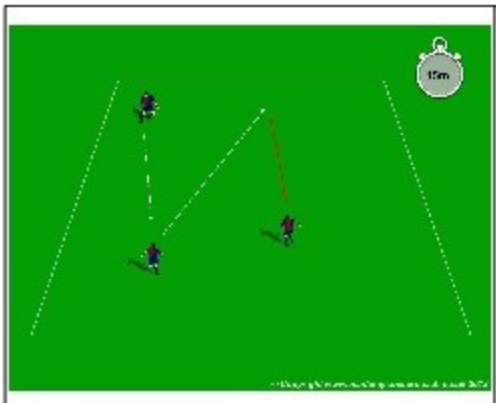
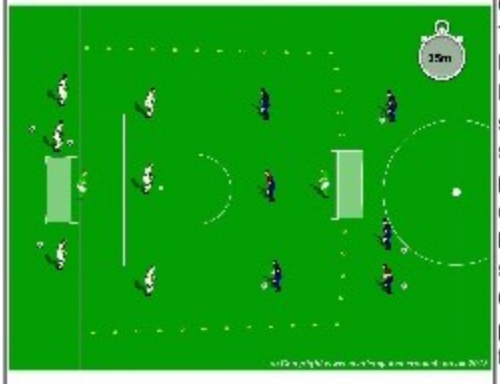
Coach	24-7 UK Soccer Academy	Session date	NA	Team/Age Group	U12-U14
Theme	Movement off the Ball			Time available	90 minutes

	Objectives: To teach players where and when to move when they do not have the ball Explanation: Players working in 3's with one ball between 3. Players can move anywhere in the grid. Player's looking to work on 1-2's, overlapping runs, third man runs Coaching Points: Angle of support. Speed of play. Movement to open up space. COMMUNICATION Progression: Everything has to be one or two touch
	Objectives: To make sure all players understand the principles of 2v1 and 2v2 attacking Explanation: Players are working in 2v1 situations. Attackers can score in either of the 2 goals Coaching Points: Try and create 1v1 sitiuations for player with the ball. Overlapping runs. Diagonal runs. One-two's Progression: Progress to 2v2
	Objectives: To make sure all players understand the principles of 3v3 attacking Explanation: Players are working in 3v3 situations. 'Flying Changes' with goalkeepers. If a team scores then the next 3 players from the other team take the place of the 3 who where scored upon. If a team misses the goal then that team leaves the field and the next 3 players form their team enter the field quickly. If the ball is saved then both teams remain on the field, if the ball goes off the side then both teams leave the field. Make sure you know which team will be starting with the ball if both teams leave the field and how they start, do they dribble in or pass the ball down to the other team Coaching Points: Overlapping runs. Diagonal runs. One-two's. Third man runs. Link up play. Width. COMMUNICATION Progression: Have to combine to score: Can only score from a one-touch or a cross
Action Points/Notes: Free play the last 20 min.	

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