



## Interactive Session Plan™



Coach

Barker

Session date

1 Jan 2015

Time available

75mins

Topic

4-2-3-1 Formation in possession (attacking)

Technical / Tactical ☐Tactical / Technical ☒

## WARM-UP

Organization	Key Coaching Points
<p>40 yds of width, 35 yds of length</p> <p>Servers on each side of the space</p> <p>Servers are targets for the team defending the big goal</p> <p>Attacking team (black) sets up in a 3-1</p> <p>Defending team (white) sets up in a 2-2</p>	<p>Movement as the ball is moving both to and away from the action</p> <p>Maintaining depth/angles off of teammates</p> <p>Unbalance the block of 3 defenders</p> <p>Look to penetrate</p>

## ACTIVITY 1

Organization	Key Coaching Points
<p>40 yds of width, 35 yds of length with wide space beyond the cones</p> <p>Servers on each side of the space</p> <p>Servers are targets for the team defending the big goal</p> <p>Attacking team (black) sets up in a 2-3-1</p> <p>Defending team (white) sets up in a 4-2</p> <p>Back four is restricted to the space until the ball is played wide. Then they can go out to defend</p>	<p>After the ball is entered centrally look to play it out wide to on rushing full backs</p> <p>The 3-1 look to keep the opponents defending narrow</p> <p>If the opponents defend effectively wide then look to penetrate centrally</p> <p>Unbalance the opponent with width and mobility</p> <p>Maintain depth relative to teammates and their movement</p>

## ACTIVITY 2

Organization	Key Coaching Points
<p>Phase of play</p> <p>Attacking team (black) goes to big goal</p> <p>Defending team (white) goes to counter goals</p> <p>Attacking team (black) has two servers/(center backs) and is in 2-2-3-1</p> <p>Defending team (white) is a 4-4-2</p>	<p>Exploit the opponents' 3 lines by playing into the OCMs or to the dropped of DCMs</p> <p>Seek to draw the opponent in before exploiting the width provided by full backs</p> <p>Servers set wider than the DCMs so the entry ball is initially played in field</p> <p>The x3 OCMs seek to create space for full backs and make central attacking runs to support the lone forward</p>

## GAME

Organization	Key Coaching Points
<p>11 vs. 11 full game</p> <p>Identified attacking space</p> <p>W= wide channel</p> <p>C= central attacking channel</p> <p>D= deep space for DCM to control the action</p>	<p>In the full game identify key attacking themes and areas based on the formation and the personnel employed</p> <p>In the full game identify attacking themes and areas based on the opposing formation</p> <p>W Wide space when opposing full backs are drawn in</p> <p>C Central channels when opposing full backs are drawn out and the lone forward engages the opposing center backs</p> <p>D Deep attacking space for center mid fielders when the opposition is forced to defend deep</p>



Coach

Barker

Session date

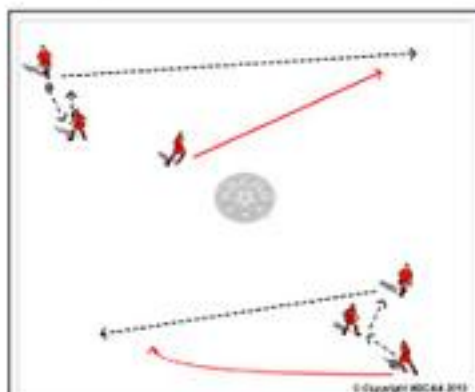
October 2014

Time available

75 mins

Topic

Third Man runs for penetration

Technical / Tactical ☐Tactical / Technical ☒

## WARM-UP

Organization	Key Coaching Points
Short, short, long 3 man passing sequences in an unrestricted space	Timing of movement off the ball. Weight of pass, pass to space Develop a pattern and rhythm with team mates

## ACTIVITY 1

Organization	Key Coaching Points
3 vs. 2 to end zone Penetrate between the cones, line serves as offside Counter option is server	Quick passing sequences to spring a player Outside to in movement Look for combinations to spring a player Create passing angles with movement

## ACTIVITY 2

Organization	Key Coaching Points
6 vs. 6 if ball can be played through central channel red may go into zone for a finish Counter option is server	Movement of central player to show for the ball and create passing channel Outside to in movement Make central penetrating runs from deep

## GAME

Organization	Key Coaching Points
8 vs. 7 Phase of Play Offside is enforced Counter goals for black	OCM movement to ball creates space wide and unbalances opponent F movement creates space centrally and draws opponents up Attack space behind opponents created by F movement





## Interactive Session Plan™



Coach

Ian Barker

Session date

January 14, 2015

Time available

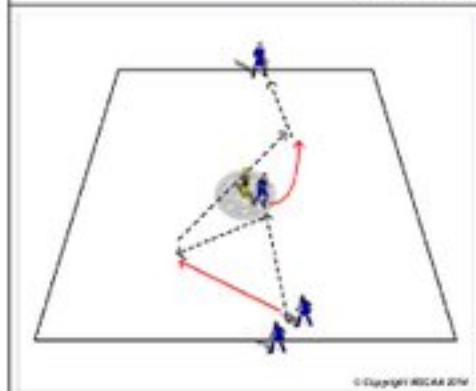
65-75

Topic

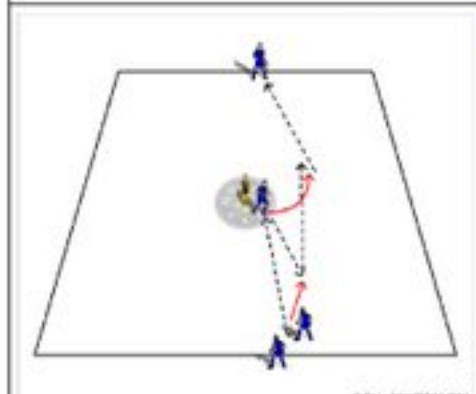
Attacking movement in the final third

Technical / Tactical ☒Tactical / Technical ☒

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## WARM-UP

Organization	Key Coaching Points
<p>Knock and Move sequence</p> <p>Each pass is followed by corresponding movement</p> <p>Initial pass is off a two touch to cue the sequence</p> <p>Subsequent passes should be one touch if possible</p> <p>Sequence is continual back and forth</p> <p>Use a mannequin for a good visual</p> <p>Progress to using a live defender</p>	<p>Initial pass is to the foot away from the mannequin/defender</p> <p>The angle the ball is dropped to is determined by the target player</p> <p>The dropped ball incites the forward movement of the server</p> <p>The movement of the target is to be wide and shallow to honor the offside consideration</p> <p>TARGET'S MOVEMENT IS ACROSS THE MANNEQUIN WITH A VIEW TO LOSING THE OPPONENT</p>

## ACTIVITY 1

Organization	Key Coaching Points
<p>Knock and Move sequence</p> <p>Each pass is followed by corresponding movement</p> <p>Initial pass is off a two touch to cue the sequence</p> <p>Subsequent passes should be one touch if possible</p> <p>Sequence is continual back and forth</p> <p>Use a mannequin for a good visual</p> <p>Progress to using a live defender</p>	<p>Initial pass is to the foot away from the mannequin/defender</p> <p>The angle the ball is dropped to is determined by the target player</p> <p>The dropped ball incites the forward movement of the server</p> <p>The movement of the target is to be wide and shallow to honor the offside consideration</p> <p>TARGET'S MOVEMENT IS IN THE EYE LINE OF THE MANNEQUIN WITH A VIEW TO DRAGGING THEM</p>

## ACTIVITY 2

Organization	Key Coaching Points
<p>Knock and Move sequence</p> <p>Each pass is followed by corresponding movement</p> <p>Initial pass is off a two touch to cue the sequence</p> <p>Subsequent passes should be one touch if possible</p> <p>Sequence is continual back and forth</p> <p>Use a mannequin for a good visual</p> <p>Progress to using a live defender</p>	<p>Initial pass is to the foot away from the mannequin/defender</p> <p>The angle the ball is dropped to is determined by the target player</p> <p>The dropped ball incites the forward movement of the server</p> <p>The movement of the target is to be wide and shallow to honor the offside consideration</p> <p>TARGET TURNS TO THE SAME SIDE AS THE PASS IS DROPPED TO WITH A VIEW TO GETTING TURNED TO GOAL AS QUICKLY AS POSSIBLE</p>

## GAME

Organization	Key Coaching Points
<p>Knock and Move sequence</p> <p>Each pass is followed by corresponding movement</p> <p>Initial pass is off a two touch to cue the sequence</p> <p>Subsequent passes should be one touch if possible</p> <p>Sequence is continual back and forth</p> <p>Use a mannequin for a good visual</p> <p>Progress to using a live defender</p> <p>Have wide player/s run two sequences and then switch</p>	<p>Initial pass is to the foot away from the mannequin/defender</p> <p>The angle the ball is dropped to is determined by the target player</p> <p>The dropped ball incites the forward movement of the server</p> <p>The movement of the target is to be wide and shallow to honor the offside consideration</p> <p>THIRD PASS IS TO A WIDE RUNNER WHO MUST TIME THE RUN BEHIND MANNEQUIN RE ONSIDES AND THEN CUT THE BALL BACK TO TARGET</p>



# Interactive Session Plan™



Coach **Ian Barker**

Session date **January 14, 2015**

Time available **65-75**

Topic **Attacking movement in the final third**

Technical / Tactical ☒

Tactical / Technical ☒



## WARM-UP

Organization	Key Coaching Points
<p><b>Pattern Play</b>            Set up mannequins in a defensive formation            Place individuals in their specific position            Set up team in the formation to develop            Play is initiated by the #6 and #8            Each sequence always includes #9 and #10 and either #2 and #7 or #3 and #11. One half of the team is worked, then alternate flanks            Here: #8 to #6 and #8 drops a step in support            #6 to #2 who drives and mannequin            #2 drops the ball to #7            #7 finds the run of #9 and #10 supports</p>	<p>Defensive center midfielders must support the initial pass            Ball to full back should have good pace, be on the ground and be played across the front of the runner            Full back must drive at the mannequin            #7 or #11 must adjust position to receive the cut back and be able to play 1/2 touch to #9            #9's run is timed to split center back mannequins            #10 fills the space vacated by #9</p>

## ACTIVITY 1

Organization	Key Coaching Points
<p><b>Pattern Play</b>            Set up mannequins in a defensive formation            Place individuals in their specific position            Set up team in the formation to develop            Play is initiated by the #6 and #8            Each sequence always includes #9 and #10 and either #2 and #7 or #3 and #11.            Here: #8 to #6 and #8 drops a step in support            #6 to #2 who drives infield as #7 goes wide            #2 plays the ball to a checking #9            #9 plays wide to #7 and team goes to goal</p>	<p>Defensive center midfielders must support the initial pass            Ball to full back should have good pace, be on the ground and be played across the front of the runner            Full back must drive infield as #7 goes wide            #9 should check away and then to #2. #9 must be shaped to receive the pass and then turn it wide across the front of #7            #7 should deliver the ball for #10 running centrally and # continuing</p>

## ACTIVITY 2

Organization	Key Coaching Points
<p><b>Phase of Play and Pattern Play</b>            Live defenders and mannequins are placed in a defensive formation            Set up team in the formation to develop            Play is initiated by the #6 or #8            Each sequence always includes #9 and #10 and either #2 and #7 or #3 and #11.            Here: #8 to #10 as #7 steps up            #10 finds #7, #7 finds #9            #9 turns the ball wide to off the ball run of #2</p>	<p>All passes should be played along the ground            Passes should lead the movement of the receiver            The movement of #7 should be timed to elude the opponent as #10 receives and looks to play on            #9 is to turn the ball outside and then turn in the opposite direction            #2 should time forward run to be able to meet the ball for 1/2 touch finish            #7, #9, #10 continue into the box</p>

Defending team has counter goal options

## GAME

Organization	Key Coaching Points
<p><b>Phase of Play and Pattern Play</b>            Live defenders are placed in a defensive formation            Set up team in the formation to develop            Play is initiated by the #6 or #8            Each sequence always includes #9 and #10 and either #2 and #7 or #3 and #11.            Here: #8 to #9, #9 drops the ball to #10            #2 and #7 cross runs out to in and in to out            #10 is faced up and finds the #7 wide</p>	<p>All passes should be played along the ground            #8 must see a passing channel #9 offers and #10 opens            #10 should not move forward to support and kill space. #10 seeks to play a one time pass into the wing space            The crossing movement of #2 and #7 must be communicated early and be executed at speed to cross up opponents            Runs should continue into the box for finishes</p>

Defending team has counter goal options





## Interactive Session Plan™



Coach

Ian Barker

Session date

IYSA 2015

Time available

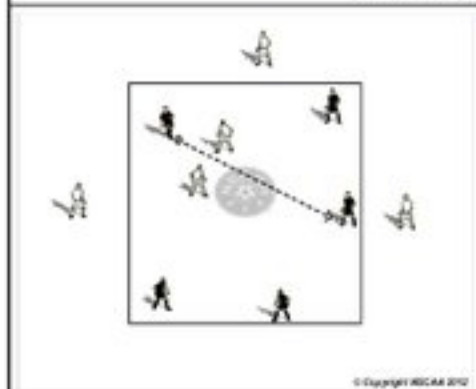
75 mins

Topic

Training activities to develop effective transition

Technical / Tactical ☐Tactical / Technical ☒

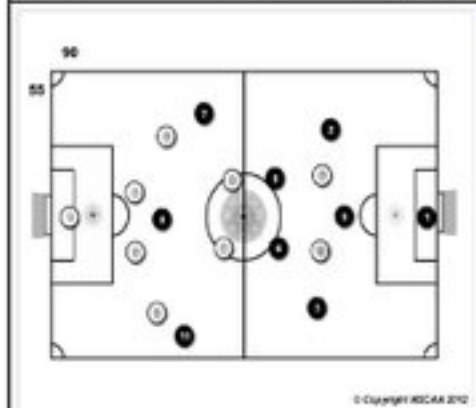
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## WARM-UP

Organization	Key Coaching Points
<p>Activity 1: Player A dribbles the ball to the feet of player B. Immediately the ball is given up, player A backpeddles to their starting point. Player B then dribbles the ball to player A and immediately recovers to their starting point.</p> <p>Activity 2: Player A plays a long pass to player B and then moves to support for a two-pass interchange. Immediately after the 'long-short-short' sequence is played, player A recovers to their starting point. Player B then plays long to player A.</p>	<p>Activity 1: Dribble ball at speed, head up, touch the ball with each stride, controlling surface is outside of the foot. Carry ball right foot to right foot, or left to left, exchange by letting the ball run to the other player. Mentality upon giving up the ball is to recover goal side as quickly as possible.</p> <p>Activity 2: Play a weighted, accurate long pass with inside of the foot. Play a give and go and maintain angles. Immediately the third pass is played, the mentality must be to recover goal side as quickly as possible.</p>

## ACTIVITY 1

Organization	Key Coaching Points
<p>5 vs. 2/3 (+3/2) Team of 5 must maintain possession. If 2/3 win the ball, they must pass it to their teammates outside the grid. If a pass is completed to the outside players or the 5 lose possession outside the grid, the teams switch roles. If the team of 5 loses possession to opponents, they may immediately win it back.</p>	<p>The possession group should keep the space big and look to split opponents when possible. 2/3 must pressure the ball to force a turnover and then identify the pass to the outside. Team of 5 must have the mentality to immediately regain possession with pressure on the ball and deny the pass out of the grid.</p>

## ACTIVITY 2

Organization	Key Coaching Points
<p>Play begins with a midfielder +40 yards from goal. Attacking team plays to the goal. Team defending goal seeks to win possession and play to target. Target must receive immediate support and team attacks counter goals. Team attacking goal must seek to immediately regain possession in the final third to maintain attack and deny the counter attack.</p>	<p>Team attacking the goal must circulate the ball to create a goal scoring opportunity. Team defending goal must maintain shape in order to win the ball and be able to transition to the target player and support the target player. If the ball is lost by the team attacking the goal, they must immediately pressure to keep ball in the final third. If the ball leaves the final third, the team attacking the goal must recover deeper to defend the counter attack goals.</p>

## GAME

Organization	Key Coaching Points
<p>9 (4-2-2) vs. 9 (3-2-3) Unconditioned play. Attention should be paid to any throw in or dead ball situation where possession is exchanged.</p>	<p>Upon gaining possession, the mentality must be to go forward and maintain possession. Emphasis should be placed on regaining possession in the attacking third and maintaining an attack at the opponent's end. Upon losing possession, the mentality must be to win the ball back immediately. Pressure must be directed to the ball and supported by the rest of the team. Maintaining team shape and balance in and out of possession will allow for more effective transition.</p>



Coach NSCAA Coaching Academy

Session date 1 Sep 2012

Time available 75

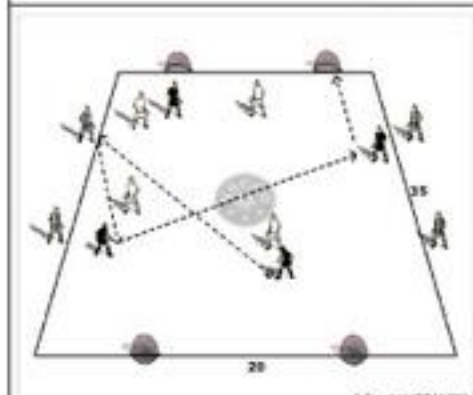
Topic

Attacking Principles  
Possession and PenetrationTechnical / Tactical ☐Tactical / Technical ☒

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## WARM-UP

Organization	Key Coaching Points
<p>4 vs. 2 keep away</p> <p>15x20 yard space</p> <p>Switch defenders if possession group lose it out of the grid</p> <p>Maintain a space between each working group</p> <p>Develop to a two touch activity</p>	<p>3 roles</p> <ul style="list-style-type: none"> <li>-player in possession (penetration)</li> <li>-players in immediate support right and left (support)</li> <li>-players looking for the split (unbalance)</li> </ul> <p>Players to consistently shift position relative to the defenders</p> <p>Play to foot away from the opponent</p> <p>In receiving keep hips and shoulders open to all three teammates</p> <p>Move the ball to move opponents to create the chance to split and turn opponents around</p>

## ACTIVITY 1

Organization	Key Coaching Points
<p>4 vs. 2 in a three team activity</p> <p>20x25 yard space with the 3 zones</p> <p>If a 4 successfully completes a # of passes or a split they try to play to another group of 4 in another space</p> <p>If the ball is won by the 2 defenders or intercepted by the 2 in the neutral zone the teams transition roles</p>	<p>Reinforce the coaching points in the Warm-Up</p> <p>Have head up and awareness of the option to transition ball to the other grid</p> <p>Take a look before receiving the ball</p> <p>Choose the technical option, driven ball, chip etc to get the ball through or over the middle area</p> <p>Team of 4 away from the action should take up position to receive the long ball and be able to get in to the 4 vs. 2</p>

## ACTIVITY 2

Organization	Key Coaching Points
<p>4 vs. 4 (+4) to 4 small goals</p> <p>20x35 yard space</p> <p>The 4 players on the outside play one touch with which ever team is in possession</p> <p>(Diagrammed here the top left "neutral" player supports a combination of passes resulting in a switch of play)</p>	<p>2 goals to attack allows for decisions to be made</p> <p>4 neutral players support and give combination opportunity</p> <p>Keep the ball moving to move the opponents and "open" one goal to score</p> <p>Maintain possession using the advantage of the "neutral" players</p>

## GAME

Organization	Key Coaching Points
<p>4 vs. 4 (one team of 4 on deck)</p> <p>20x35 yard space</p> <p>Play mini games of 3-8 minutes or first to 2 goals</p> <p>Have "off" team chase balls to keep action continuous</p> <p>(Diagrammed here the ball carrier sets up a give and go. The receiver of the first pass elects to keep the switch going to the left sided player who sets up a shooting opportunity for the forward player)</p>	<p>Player in possession looks to penetrate by a shot, a dribble or a pass</p> <p>Closest players to the ball look to support to maintain possession and set up combinations</p> <p>Players not involved around the ball move in to wide or advanced positions to stretch the opponent</p>





Coach

NSCAA Academy Staff

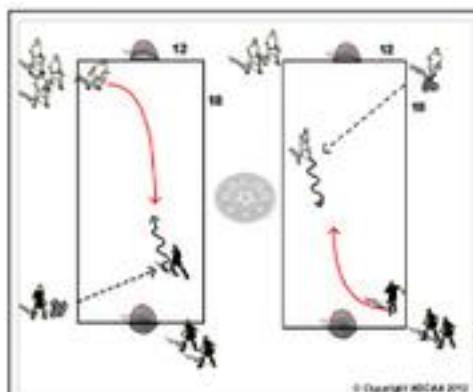
Session date

1 Sep 2012

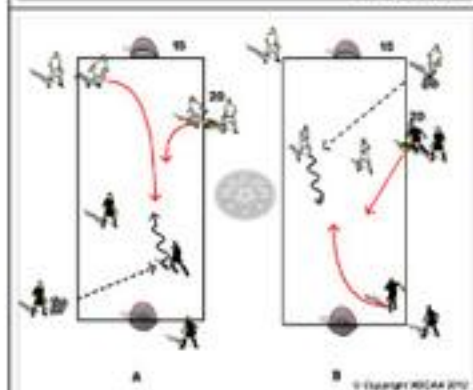
Time available

75

Topic

Defending Principles  
1vs.1 through 4 vs.4Technical / Tactical ☐Tactical / Technical ☒

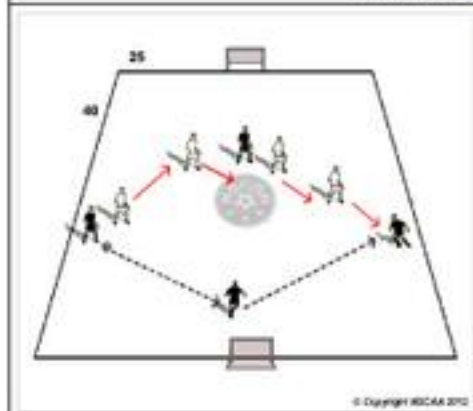
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## WARM-UP

Organization	Key Coaching Points
1 vs. 1 12x18 yard space Keep work to rest ratio 1 to 3, 1 to 4 by making more grids If defender wins the ball they counter	Close to the ball as it is traveling (pressure) Shape the run to protect the target/goal, get there quickly and slow into the challenge Shape body at 45 degrees to force the ball left or right Tackle with foot closest to the ball

## ACTIVITY 1

Organization	Key Coaching Points
2 vs. 2 15x20 yard space Keep work to rest ratio 1 to 2, 1 to 3 by making more grids Vary the position of the 2nd defender to change the way they must defend  (Diagrammed in A both defenders are goal side. In B one defender recovers from the "wrong" side)	1st defender must pressure the ball 2nd defender moves to cover teammate (diagram A) or recovers deep of the ball and then closes to help (diagram B) 2nd defender must communicate their help and work to force the play one way or the other 2nd defender must take a position so that they can pressure immediately if 1st defender is beaten Transition to attack if ball is won

## ACTIVITY 2

Organization	Key Coaching Points
4 vs. 4 to 4 goals 25x40 yard space  (Diagrammed here the white team is defending. Player 1 presses the ball, Player 2 moves to cover, Player 3 and 4 recover in to spaces of secondary threat)	Effective pressure is the most important coaching point 1st defender must get help from closest teammate Other defenders move in to positions to balance of the the space the opponents can most easily attack The "balance" is between being aware of the opponents off the ball and defending the space

## GAME

Organization	Key Coaching Points
4 vs. 4 25x40 yard space  (Diagrammed here the white team is attacking. As the ball gets switched the white team shifts over to where the ball is going. Closer to the ball the defenders step up and across to the ball, the furthest defender shifts and recovers to stay connected)	Move as the ball is moving Be prepared to apply pressure to the ball Communicate cover to the 1st defender Move as a unit and remain compact Balance off marking a player who is no immediate threat and watching the ball Be aware of the opponent and the space Upon winning the ball get in to a shape to attack from



Coach

Tony DiCicco

Session date

August, 2013

Time available

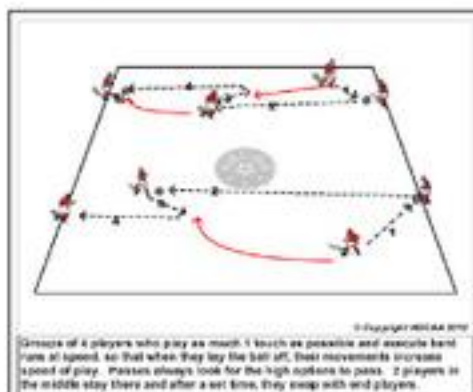
60 min

Topic

Possession to Penetration  
- NSCAA Summer Symposium

Technical / Tactical

Tactical / Technical



## WARM-UP

Organization	Key Coaching Points
Create 4 or 5 yard grids with 4 players. Start with 1 touch passing (2 touch when necessary). Player 1 passes across, player 2 drops a pass to player 3 who plays across and player 4 drops a pass to player 1 who starts the sequence over.	1. World on technical 1 touch passing that is played to the correct (lead foot). The ball should be firm but still allow for receiving player to play 1 touch.
Expand grid now to 4x8 and create linear passing sequence (similar to diagram) but in much smaller space.	2. Movement to support is critical. player must get close to each other. Small triangles create options before the defense can respond and recover.
Expand the grid to 4x12 and same movement and sequence.	3. As grid gets better - anticipation and quick support is required
Expand the grid to 40 yards x 15 yards same sequence with bent run added in.	4. At final size - Quality bent runs are needed along with technical 1 touch passing as often as possible. - can also require end players to flight balls into center players for 1 touch lay-offs.

## ACTIVITY 1

Organization	Key Coaching Points
Using cones, coaching sticks or mannequins create a back four and have two groups of 4 on each half of the field go through patterns of play.	1. Quality of passes - firm and to the correct foot
Start simple and then add in overlaps, midfield penetration runs and quicker ball movement	2. Quality and quickness of CLOSE support
Make sure runs are on-side when ball is played. Can go to goal for shot or just reload and redo in opposite direction	3. Quality of final pass. Is it textured in with backspin or outside of foot spin or is it just a straight ball that may favor an aggressive goalkeeper?
	4. Who is the receiver of the final pass needs to make one more pass to secondary option.

## ACTIVITY 2

Organization	Key Coaching Points
Create a grid in the middle/final third - Preparation - play making zone. Object is to get the ball to the target player. Coach can decide to mark target player or not.	1. Look for penetrative options FIRST
Score - phase 1 - by getting the ball to target player who has 1 touch to play off to support player	2. Read, anticipate and Speed of Support to get ball of the target - beat your defender to the ball to create 2v1 for few seconds
Score - phase 2 - by getting the ball to target player who has 1 touch to play off to support player who has 1 touch to play to player in advance of the ball	3. Read, anticipate support and make an on-side run to "get in" in advance of the ball.
Phase 4 - play to the target player and free play.	4. Speed of Play is: - speed of ball movement; speed of player movement. Player movement to support and make runs to get in.

## GAME

Organization	Key Coaching Points
3+3 vs 3+3 to 1 goal. Size of the field should be 25-30 yards from goal and width of the penalty area.	1. Offensive team players opening up to create space for through balls
This game is a finishing game that a coach can add restrictions to such as only score via a combination play or 1 point from any goal; 2 points from combination play and 2 points from flank play goal.	2. Offensive players receiving balls (after taking a look) side on so that they can get a shot off quickly
Final exercise should be 8v8 game with no restrictions and little coaching	3. Offensive team, seeing and executing combination play
	4. Quality of flank service and quality of runs in the box - clockwise and counterclockwise rotations of players in front of goal.
	5. Finishing - driving, bending, passing, heading balls into the back of the net





## Interactive Session Plan™



Coach

Barker

Session date

IYSA 2015

Time available

75 mins

Topic

Speed of Play and Penetration

Technical / Tactical ☐Tactical / Technical ☒

12 x 15



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## WARM-UP

## Organization

5 vs. 2/3 keep away activity  
The objective is to:  
-keep the ball  
-for individuals to get the ball behind opponents

Options:  
-beat a player 1 vs. 1  
-play a wall pass  
-overlap  
-pass beyond the opponent and receive back

## Key Coaching Points

Maintain possession  
Commit opponents on the dribble  
Look to get behind the opponent with the ball  
Look for combinations  
Look for space to get into  
If the defender defends the space, drop off and start again  
Off the ball be available  
Off the ball be ready to vacate space

## ACTIVITY 1

## Organization

Fast break activity  
3 vs. 2+GK (progress to 4 vs. 3+GK)

One CB and one forward in each final third remain in play at all times  
Attack goes in one direction  
After a goal/shot at keeper/turnover one player from each team leaves the field  
The GK now distributes to one of the two wide options and a 3 vs. 2 ensues the other way

## Key Coaching Points

Commit the defender  
Look to combine in the midfield  
Look to play into and off of target  
Be direct and positive  
Look for the movement of the warm up  
Be quick in transition

## ACTIVITY 2

## Organization

7 vs. 7 in a field with 3 zones

One CB and one forward in each final third  
4 vs. 4 in the middle zone  
The objective of the 4 in possession is to play into the target player  
When the target player is played to a team mate may support in the final third  
Play resets in the middle zone with 4 vs. 4

## Key Coaching Points

Look to play forward quickly  
Identify opportunities to get behind opponents  
Look to move off of a forward pass to open space  
Diagonal pass may allow for a direct run  
A straight pass may require a diagonal run

## GAME

## Organization

7 vs. 7 in a field with 3 zones

6 vs. 6 in the middle zone  
The objective of the team in possession is to play into a designated forward player  
When the target player is found the team may then release on the pass or dribble one player into the final third  
Play resets in the middle zone with 6 vs. 6

Options: Require a # of passes before going to goal  
Permit a recovery defender

## Key Coaching Points

Seek to play quickly and combine  
Maintain length in a tight space  
Final ball into final third must elude the GK  
Time movement into final third to elude defender and remain inside  
Get a strike on goal



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Barker

Session date

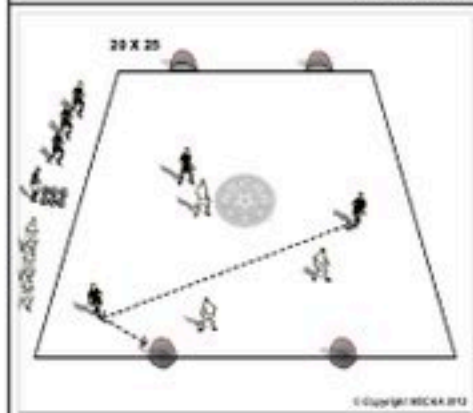
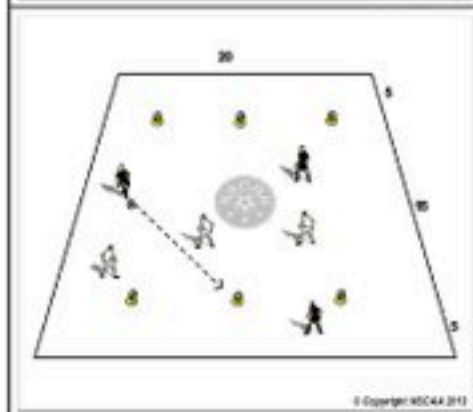
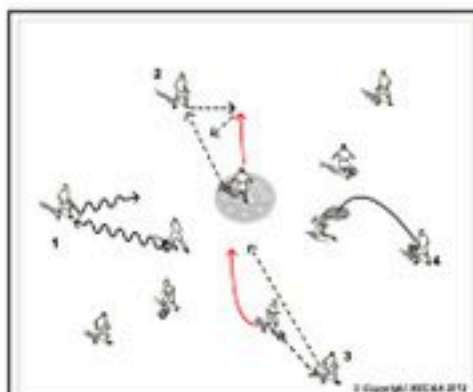
October 2013

Time available

60-75

Topic

Passing and Receiving (U10+)

Technical / Tactical ☒Tactical / Technical ☐

## WARM-UP

Organization	Key Coaching Points
<p>Windows:</p> <p>Half the players outside the space, half in</p> <p>Multiple options for technical repetition</p> <p>e.g.</p> <ol style="list-style-type: none"> <li>1. Dribble the ball out and teammate dribbles in</li> <li>2. Pass out, and play a "give and go"</li> <li>3. Pass out, move away, receive ball back</li> <li>4. Ball with outside player served for an air control/header</li> </ol>	<p>Explore technical and tactical opportunities</p> <p>Passing</p> <ul style="list-style-type: none"> <li>-make eye contact with receiver</li> <li>-keep the ball moving and in front of you</li> <li>-plant foot beside the ball</li> <li>-strike the ball with the inside of the foot</li> <li>-concentrate on accuracy and weight of pass</li> </ul> <p>Receiving</p> <ul style="list-style-type: none"> <li>-make eye contact with passer</li> <li>-have body open to the ball</li> <li>-receive the ball with inside of your foot</li> <li>-prepare the ball in front of you</li> </ul>

## ACTIVITY 1

Organization	Key Coaching Points
<p>Gate Game:</p> <p>Partners pass and move around the space completing passes through the gates</p> <p>Choice of gate:</p> <ul style="list-style-type: none"> <li>-Player with the ball</li> <li>-Player moving to the gate</li> </ul> <p>Make it a timed activity</p> <p>Track a team score allowing a pass to and from anyone on the team</p>	<p>Make eye contact with partner</p> <p>Play the ball to the space behind the gate</p> <p>Move to the space behind the gate</p> <p>Be aware of other players moving in the space</p> <p>Use a gate that is open</p> <p>Play pass with enough weight to get there and to be able to be controlled</p> <p>Receive the ball and move it quickly toward another open gate</p>

## ACTIVITY 2

Organization	Key Coaching Points
<p>Coconuts:</p> <p>The object of the game is to dislodge any one of the three balls on the opponent's cones</p> <p>If a ball is dislodged with the game ball a score is recorded. The dislodged ball is replaced and play continues</p> <p>The targets can be placed on the end line of the field OR inside the field allowing for playing space behind the targets (ala hockey)</p>	<p>You can score by dribbling over the target</p> <p>To score is most often through a pass at the target</p> <p>Pass and move the ball around to see an opening to hit the target</p> <p>Keep your head with and without the ball to see defenders and targets</p> <p>Without the ball move to receive a pass or collect a pass at a target</p> <p>Receive the ball and move it into a new line or angle from the pass</p>

## GAME

Organization	Key Coaching Points
<p>Get out of here:</p> <p>A high energy game activity</p> <p>Teams defend 2 goals and attack 2 goals</p> <p>Coach feeds the ball in</p> <p>If the ball goes out of bounds the coach plays immediately in a new ball</p> <p>Play is continuous</p> <p>When coach calls "get out of here" players must immediately tag out of the game with team mates on the outside of the field who step in</p>	<p>Choose when to pass to a team mate and when to pass at the goal</p> <p>Help a team mate by passing the ball in front of them so they can step forward and receive or pass while moving</p> <p>Change the direction of the attack with a pass to a team mate if one goal is well defended</p> <p>Be alert to new balls coming in</p> <p>Be alert to subbing out and getting your team mate in the game</p>





## Interactive Session Plan™



Coach

NSCAA Academy Staff

Session date

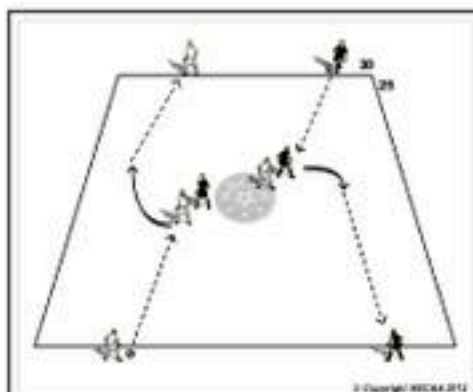
1 Jan 2015

Time available

75

Topic

Receiving and Turning

Technical / Tactical ☒Tactical / Technical ☐

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## WARM-UP

## Organization

20x25 yard space  
Groups of 4 players  
Servers play into an individual "passively" marked who turns and plays the ball to opposite end  
Work one individual for 4-8 reps and then switch receiver, server, "passive" defender roles

## Key Coaching Points

Keep sight of the ball  
Receive ball with inside or outside of foot  
Take the ball away from the pressure  
Try to identify target to play to on the turn

## ACTIVITY 1

## Organization

2 vs. 2 to targets  
20 x 25 yard space  
Both teams of two have a target at each end of the space. Play is continuous  
If a player cannot turn they can play back to target as support

(Diagrammed here. As the ball goes to the target the player who will receive it half turns to see the ball and the space to carry it into)

## Key Coaching Points

Check away from the ball to create space  
Be aware of opponent and target to play to  
Try to turn with the ball in one movement using inside or outside of the foot  
If the ball is stopped on reception be prepared to lay back to target/support

## ACTIVITY 2

## Organization

4 vs. 4 to 4 small goals  
25 x 40 yard space  
Both teams must try to keep two players in the opponent's half

(Diagrammed here. The player who receives the ball sweeps it to the outside to get a shot based on the inside position of the defender)

## Key Coaching Points

Take up a position based on the ball, the opponent and the goal  
Receive the ball on the foot away from the opponent  
Keep ball "out" of the feet  
Use body and head movement to "fake" the turn

## GAME

## Organization

4 vs. 4  
24 x 40 yard space  
(Diagrammed here. Player 1 plays a long ball to Player 2 and Player 3 turns without the ball to the "opposite" side of the defender and gets faced up)

## Key Coaching Points

Maintain length on the field  
Try to stay open to the field  
Be aware of the ball, opponent and goal  
Move away to make space  
Turn the ball with a minimum of touches using different foot surfaces  
Turn without the ball if it is played beyond



Coach NSCAA Coaching Academy

Session date 1 Jan 2015

Time available 75

Topic

Technical Session for Shooting

Technical / Tactical ☒Tactical / Technical ☐

## WARM-UP

Organization	Key Coaching Points
25 x 36 yard space Non pressured shooting Players play ball into to target who lays it off for a shot Players then move to the other end of the field Server can play ball back toward shooter, away from them etc to vary the type of technical demand on the shot Continuous play	Shooting surface is the instep Plant foot beside the ball pointing toward the target Head up to see the target and head down at the point of striking the ball Strike through the ball and land on shooting foot

## ACTIVITY 1

Organization	Key Coaching Points
25 x 36 yard space Pressured shooting Server plays the ball to one player who will shoot at goal A defender is positioned who can put pressure on the shooter Position the defender to allow the shooter to get the shot off Both players go to the other side and switch roles	Identify target while getting to the ball Get plant foot beside the ball with head down Take an extra touch if ball is under the body Keep body between the ball and defender Instep drive for power and across the goal Side foot for accuracy and near post

## ACTIVITY 2

Organization	Key Coaching Points
25 x 36 yard space 5 vs. 5 with offensive targets Each team may play to offensive target players on the goal line who one touch the ball back into play  (Diagrammed here, Player with the ball cannot shoot. Instead ball is played to end target who lays the ball back to an open teammate for a shot)	Always in shooting range Keep head up to the goal Keep ball out from under the body Strike the ball with inside or outside of the foot to impart curve Shoot on sight

## GAME

Organization	Key Coaching Points
25 x 36 yard space 5 vs. 5  (Diagrammed here, A through ball is played to lead the shooter. Far side player follows up for rebounds)	In possession shape body to the ball and the goal Allow for space that the ball can be played to to move on to Shoot across the goal to the bigger angle to keep the ball in play for teammates following up Head up to see the target Get plant foot to the ball Head down at point of impact and follow through





## Interactive Session Plan™



Coach

Ian Barker

Session date

January 2015

Time available

60-75

Topic

Principles of Play for Attack: Possession and Penetration (1 of 2)

Technical / Tactical ☐Tactical / Technical ☒

## WARM-UP

Organization	Key Coaching Points
<p>x3 areas of 12x12 separated with a 1 yard channel</p> <p>4 players per area with 2 balls per group</p> <p>Instruction is to be constantly moving and to keep balls moving</p> <p>Pass and move</p> <p>Pass and move with acceleration</p> <p>Pass and move on any other line than the ball</p> <p>Pass and move and "find" the second ball</p> <p>2 touch</p> <p>1 touch</p>	<p>Keep head up and see entire space</p> <p>After pass be sure to accelerate to space</p> <p>Get ball out from under the feet</p> <p>Distinguish between pass to the man or to space</p> <p>With one touch distinguish between a pass or "killing" the ball to incite movement</p>

## ACTIVITY 1

Organization	Key Coaching Points
<p>x2 areas of 12x12 with x2 mini goals in each area</p> <p>4 vs. 2</p> <p>Play for 2-3 minute sets and change the pairs</p> <p>Objective of the 4 is to maintain possession and to execute a split pass when it is on</p> <p>Objective of the 2 is to force the 4 to lose control outside the area or to dispossess and find the mini goal</p>	<p>Maintain possession as a priority</p> <p>Move the ball to move the opponents to create the split opportunity</p> <p>One player in possession, 2 players offer immediate support, 4th player offers the penetrating pass</p> <p>As the ball moves so roles and responsibilities change—possession, support, mobility</p> <p>Respond as the ball is moving to the pressure on the ball</p> <p>If dispossessed win it back immediately</p>

## ACTIVITY 2

Organization	Key Coaching Points
<p>x3 areas of 12x12 separated with a 1 yard channel</p> <p>4 vs. 2 in one area, central area has 2 defenders "on deck", far area has 4 players waiting to receive</p> <p>After a set # of passes or split the team with the ball seeks to switch it to furthest space</p> <p>Defenders in middle grid initially cannot intercept, then progress to allow them to</p> <p>If the ball is switched 4 vs. 2 ensues in new area</p> <p>If defenders win it and can play out teams switch</p> <p>Coach introduces ball each time to far grid</p>	<p>Body shape and vision must consider both immediate possession and the longer pass to space</p> <p>Longer pass out must be hit with purpose and be controllable</p> <p>A position on top of the grid is important to turn out of pressure or to drop the ball for a teammate faced up</p> <p>Receiving 4 must shape to be available and to stretch the opponent as they step in</p>

## GAME

Organization	Key Coaching Points
<p>25x40 field with x4 goals</p> <p>4 vs. 4 with 4 neutrals on the flanks</p> <p>Neutrals have a touch condition</p> <p>Neutral must be played before a goal can be scored</p> <p>Play 2-3 minute sets</p>	<p>Space according to the support offered by the neutrals</p> <p>Movement after finding a neutral must be distinct-</p> <ul style="list-style-type: none"> <li>-give and go on the blindside of opponent</li> <li>-give and go across the front of the opponent</li> <li>-give and drop into a support position</li> </ul>



Coach

Ian Barker

Session date

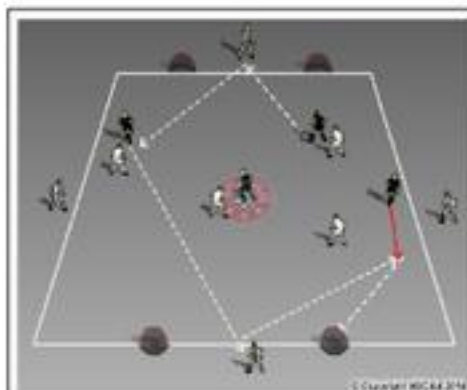
January 2015

Time available

60-75

Topic

Principles of Play for Attack: Possession and Penetration (2 of 2)

Technical / Tactical ☐Tactical / Technical ☒

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## WARM-UP

Organization	Key Coaching Points
25x40 field with x4 goals 4 vs. 4 with 4 neutrals on the flanks and on end lines Neutrals have a touch condition Attacking end line neutral must be played before a goal can be scored Play 2-3 minute sets	Be prepared to play the way you are facing and employ support neutral player Be aware of spacing in order to allow passing channels to flank and advanced neutral Move the ball to move the opponents and create channel to advanced neutral As ball is traveling support advanced neutral in order to find a strike at goal

## ACTIVITY 1

Organization	Key Coaching Points
25x40 field with x4 goals 4 vs. 4 One team has a support and target player One team has support flank players At least one of the +2 players must be played to before going to goal	Team with support and target players play the way they are facing and look to be direct Make early movement off the ball into positions for a strike at goal  Team with flank players must go wide to go forward Movement from a wide pass should be- -give and go on the blindside of opponent -give and go across the front of the opponent -give and drop into a support position

## ACTIVITY 2

Organization	Key Coaching Points
25x50 field with two small goals 5 vs. 5 Every restart comes from the goalkeeper	Team shape in possession should be a diamond (GK, flanks, deep central player) OR (Deep central player, flanks, high central player)  Every pass must have corresponding movement to penetrate, support or draw opponents  In possession employ the GK to create an effective overload, 5 vs. 4

## GAME

Organization	Key Coaching Points
40x70 field with two full goals A central zone 40x10 is delineated 7 vs. 7 (1-3-1-2) Every restart comes from the goalkeeper  Ball must be introduced into the first third If the ball is received by midfielder or forward one deep player may release forward If the ball is received by the forward the midfielder may release  Progress to 7 vs. 7 unconditioned play	Maintain possession on the entry pass from GK by offering width and length Maintain vision forward to find midfielder or forwards Support the forward ball Communicate the best option of player to release forward Forward players should identify support movement and clear and find space Objective is to score from an attacking overload





Coach

Grant Findlay

Session date

14 Dec 2015

Time available

60 mins

Topic

Building out from the Goalkeeper (7 vs. 7 Combination Play - 6 Patterns)

Technical / Tactical ☐Tactical / Technical ☒

## WARM-UP

Organization	Key Coaching Points
<p>Organization:</p> <ul style="list-style-type: none"> <li>- Field dimensions based on age and ability</li> <li>- Two teams (1-2-3-2 system of play)</li> </ul> <p>Instructions:</p> <ul style="list-style-type: none"> <li>- On command, both teams receive ball from GK and combine to score in opposition goal</li> <li>- Teams must perform either highlighted combination</li> <li>- Point awarded to first team to score</li> </ul> <p>Progressions:</p> <ul style="list-style-type: none"> <li>- Introduce time limit</li> </ul>	<ul style="list-style-type: none"> <li>- Type of pass (inside, driven, lofted, curled, disguised)</li> <li>- Quality of pass (weight, angle, timing, trajectory)</li> <li>- Receiving (surface, direction, distance, preparation touch)</li> <li>- Movement (speed, angle, timing, distance, blindside vs. across face, open vs. close passing lanes)</li> <li>- Speed of play (less touches vs. more touches, under-weighted vs. weighted pass)</li> </ul>

## ACTIVITY 1

Organization	Key Coaching Points
<p>Organization:</p> <ul style="list-style-type: none"> <li>- Field dimensions based on age and ability</li> <li>- Two teams (1-2-3-2 system of play)</li> </ul> <p>Instructions:</p> <ul style="list-style-type: none"> <li>- On command, both teams receive ball from GK and combine to score in opposition goal</li> <li>- Teams must perform either highlighted combination</li> <li>- Point awarded to first team to score</li> </ul> <p>Progressions:</p> <ul style="list-style-type: none"> <li>- Introduce time limit</li> </ul>	<ul style="list-style-type: none"> <li>- Type of pass (inside, driven, lofted, curled, disguised)</li> <li>- Quality of pass (weight, angle, timing, trajectory)</li> <li>- Receiving (surface, direction, distance, preparation touch)</li> <li>- Movement (speed, angle, timing, distance, blindside vs. across face, open vs. close passing lanes)</li> <li>- Speed of play (less touches vs. more touches, under-weighted vs. weighted pass)</li> </ul>

## ACTIVITY 2

Organization	Key Coaching Points
<p>Organization:</p> <ul style="list-style-type: none"> <li>- Field dimensions based on age and ability</li> <li>- Two teams (1-2-3-2 system of play)</li> </ul> <p>Instructions:</p> <ul style="list-style-type: none"> <li>- On command, both teams receive ball from GK and combine to score in opposition goal</li> <li>- Teams must perform either highlighted combination</li> <li>- Point awarded to first team to score</li> </ul> <p>Progressions:</p> <ul style="list-style-type: none"> <li>- Introduce time limit</li> </ul>	<ul style="list-style-type: none"> <li>- Type of pass (inside, driven, lofted, curled, disguised)</li> <li>- Quality of pass (weight, angle, timing, trajectory)</li> <li>- Receiving (surface, direction, distance, preparation touch)</li> <li>- Movement (speed, angle, timing, distance, blindside vs. across face, open vs. close passing lanes)</li> <li>- Speed of play (less touches vs. more touches, under-weighted vs. weighted pass)</li> </ul>

## GAME

Organization	Key Coaching Points
<p>Organization:</p> <ul style="list-style-type: none"> <li>- Full size regulation 7-a-side field</li> <li>- Two teams (1-2-3-2 system of play)</li> </ul> <p>Instructions:</p> <ul style="list-style-type: none"> <li>- Two teams play 7 vs. 7 small-sided game</li> <li>- All restarts begin from the GKs</li> </ul> <p>Progressions:</p> <ul style="list-style-type: none"> <li>- Reduce size of playing area</li> </ul>	<ul style="list-style-type: none"> <li>- Quality and execution of technique (passing and receiving)</li> <li>- Movement (speed, angle, timing, distance, blindside vs. across face, open vs. close passing lanes)</li> <li>- Speed of play (less touches vs. more touches, under-weighted vs. weighted pass)</li> <li>- Decision-making (effective vs. ineffective, option 1 vs. option 6)</li> </ul>



# SWITCHING THE POINT OF ATTACK

## Why use it?

The ability of a team to move the ball quickly from one side of the field to another is a tremendous advantage, particularly when faced with a well organized and resolute defense.

## Set up

Played on a 9v9 field, use cones to create zone down both sides of the field. The cones should extend from the goal post to the halfway line (approximately 2 yards from the sideline). Only after an attacker has received or dribbled the ball into the wide zone can a defender enter the same space. The coach observes from the sideline and is supported by 2 assistants monitoring offside.

## How to play

Play a regular game with only attackers permitted to enter the wide zones first. The objective for the attacking team is to move the ball at pace and attempt to pass the ball into the wide zone to exploit time and space. The central defenders and central midfield players are important in transitioning the ball from side to side. A goal can only be scored if the ball has 'visited' both wide zones consecutively. This condition forces the players to switch play.

## Coaching notes

**Coaching Objectives:** Help the players to recognize when a switch of play is available. Cues such as a defense playing high pressure on one side of the field and an attacking overload developing on the 'weak-side', provide some indication that a switch of play may be possible.

**Coaching Tips:** In this instance the use of a wide zone keeps the defense relatively narrow and provides an opportunity for the attacking team to make a switch of play into an area permitting only the attacker.

## How to modify

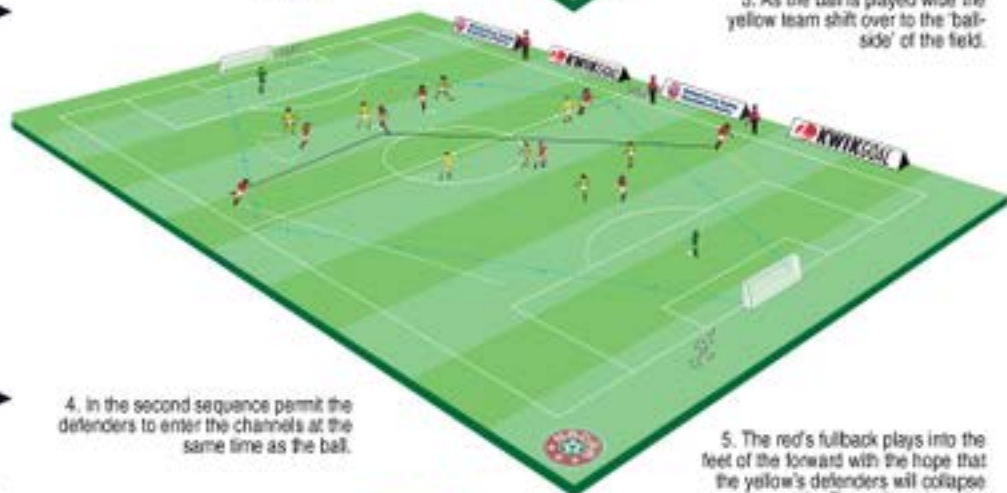
**Less Challenging:** Reduce the number of defenders and then add them back gradually. Also make the zones wider to force the defenders inside the field to free up more wide space.

**More Challenging:** Reduce the number of touches allowed for each player. Allow the defenders to enter the zones at the same time as the ball and attacker. The final progression is to allow players to go anywhere, but maintain the requirement of passing to both flanks consecutively before scoring.

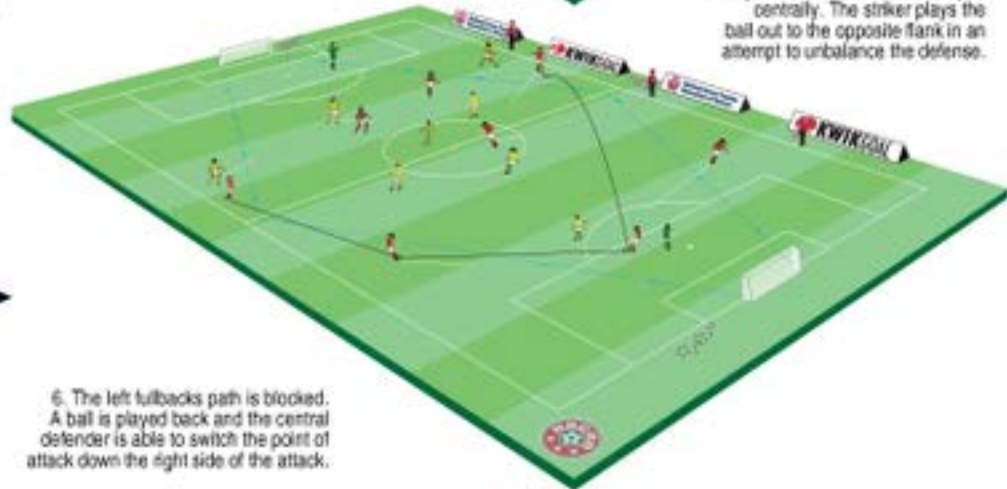
1. The red team have possession and the goalkeeper passes into a wide zone as the fullback creates space.



2. The yellow team can enter into the wide zone after a red player receives a pass or a red player dribbles into the zone.



3. As the ball is played wide the yellow team shift over to the 'ball-side' of the field.



4. In the second sequence permit the defenders to enter the channels at the same time as the ball.

5. The red's fullback plays into the feet of the forward with the hope that the yellow's defenders will collapse centrally. The striker plays the ball out to the opposite flank in an attempt to unbalance the defense.

6. The left fullbacks path is blocked. A ball is played back and the central defender is able to switch the point of attack down the right side of the attack.

## Stage/s of development covered by activity

Stages 4 & 5 - 12-18 year old players.

## Development themes and competencies

Top 3 Themes: Switching the point of attack, possession and creating space as a team.

Top 3 Competencies: Passing over medium and long distances, movement to create space and communication.



# 9V9 CREATING SPACE IN THE FINAL THIRD 2

1. Two games occur concurrently with goalkeepers initiating the attack.



## Why use it?

Continuing the theme of creating space, this activity provides the coach with opportunities to work with the midfield and forward players. With repetition the players will learn to identify visual cues and will respond with complementary movements.

## Set up

2 teams play on a full 9v9 field - 75x47 yards in size. The field is subdivided into 3 zones. To begin there are two games running concurrently each initiated by the goalkeeper. The coach stands on the sideline to observe and coach.

## How to play

The objective is to work with the front three forward and midfield players to create space in the middle and final thirds of the field. In the first sequence the goalkeeper initiates the attack with a pass or throw to a teammate. The attacking players are allowed to move freely, but the defenders must remain in the zone they started or quickly recover to their zone once an attack has broken down. The team the coach will work with first should be set up in a 1-2-3-3 formation and the opponent in a 1-3-2-3. The attacking team should attempt to create a numbers up situation in each zone. When possession is lost the players return to their original starting zone. Play until 3 goals have been scored or in 5 minute intervals.

## Coaching notes

**Coaching Objectives:** At first encourage the attacking team to attack from wide positions so the visual cues are clear for the forwards. Movements should be away from the ball carrier to create space in dangerous positions and then cut back towards the ball.

**Coaching Tips:** Insist the passing is crisp and realistic to the game. Creating movement restrictions on players can sometimes result in players losing concentration and playing at half pace.

## How to modify

**Less Challenging:** Remove defenders and work through some pattern plays. Add in 'passive' defenders and reduce the length of the field to start attacks closer to goal.

**More Challenging:** Remove the zones and play 9v9 without restrictions.

2. In the first diagram the keeper for the white team plays a long driven pass into the path of a wide striker 'pulling wide'. When confronted by the red defender, the white attacker passes to a supporting midfield player.

3. The red team combines in the defensive zone and releases the right midfield player who is in acres of space.

4. In the second sequence the red midfield player has time to turn and penetrate on the dribble. The white defending player commits leaving space wide for the right midfield player to exploit.

5. The right midfield player receives a pass with time and space and this triggers the movement of the red forwards.

6. As the red midfield player penetrates into the final third the remaining midfield players and the 3 attackers interchange positions to create space.

7. The movement is terrific and white's defense struggle to cope.

## Stage/s of development covered by activity

Stages 4 & 5 - 12-18 year old players.

## Development themes and competencies

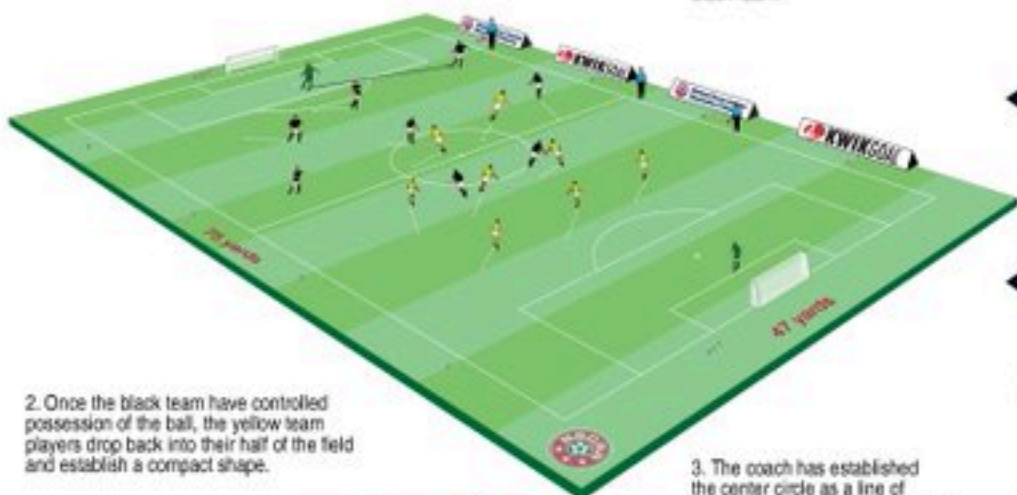
Top 3 Themes: Passing, creating space as an individual and team, and support.

Top 3 Competencies: Passing over short to medium distances, attacking as a unit of the team and communication.

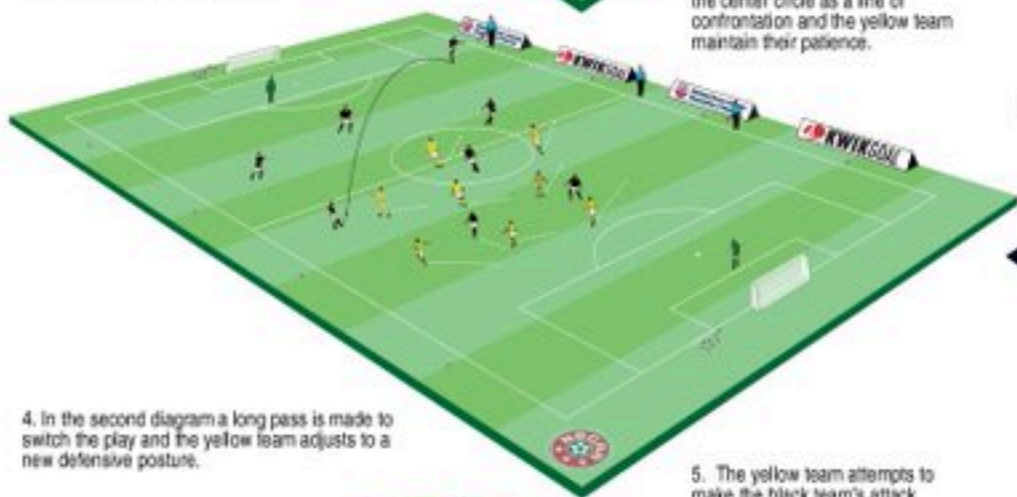


# 9v9 LOW PRESSURE DEFENDING

1. The yellow team defends against the black team.

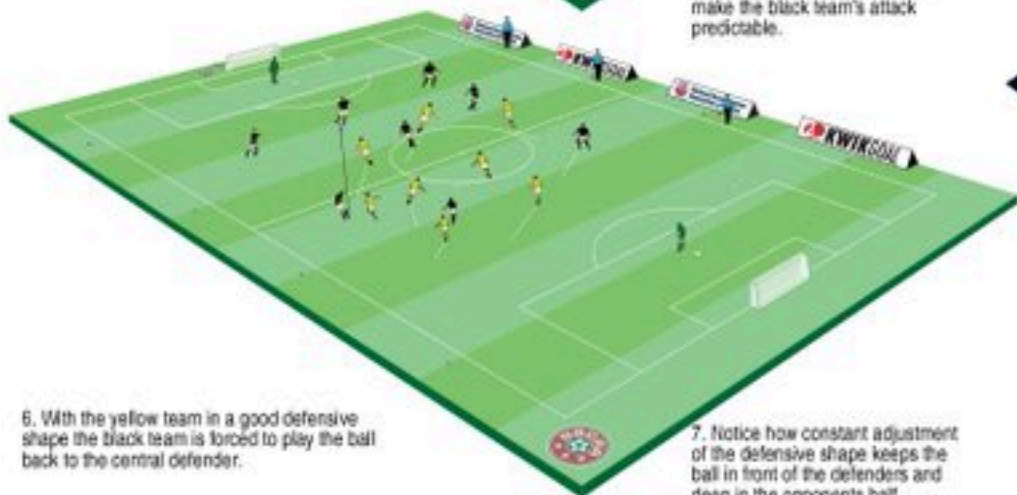


2. Once the black team have controlled possession of the ball, the yellow team players drop back into their half of the field and establish a compact shape.



3. The coach has established the center circle as a line of confrontation and the yellow team maintain their patience.

4. In the second diagram a long pass is made to switch the play and the yellow team adjusts to a new defensive posture.



5. The yellow team attempts to make the black team's attack predictable.

6. With the yellow team in a good defensive shape the black team is forced to play the ball back to the central defender.

7. Notice how constant adjustment of the defensive shape keeps the ball in front of the defenders and deep in the opponents half.

## Why use it?

This is an ideal activity for a team that is susceptible to counter attacks and is too slow to organize in defense.

## Set up

2 teams play 9v9 field on a full field. Balls are placed around the field just off the sideline. The coach stands on the sideline to observe and instruct.

## How to play

Play a regular game with both teams set up in a 1-3-3-2 formation. Make sure that balls are placed around the field at various points to get the game restarted quickly. Introduce situational play where the team you are coaching is winning 1-0 and must maintain a 1 goal lead for 5 minutes.

The defensive objective is to recover the defensive shape with a low pressure approach. All players should drop back into the defensive half of the field and form a compact shape. This tactic will allow the attacking team time and space in front of the defense, leaving less room for the opponents to play through or over.

## Coaching notes

Coaching Objectives: Work with players and their angles and speed of recovery.

The first instinct must be to get back between your goal and the ball and then once the defense is organized start to exert pressure.

Coaching Tips: Communication between the defenders is crucial to coordinate the movement of the defensive unit.

## How to modify

Less Challenging: Reduce the number of attackers and decrease the size of the playing area.

More Challenging: Add a touch restriction or time target for the attacking team to speed up play.

## Stage/s of development covered by activity

Stages 4 & 5 - 12-18 year old players.

## Development themes and competencies

Top 3 Themes: Defending as a unit, low pressure and shooting.

Top 3 Competencies: Recovery runs, defensive shape of the team and communication.



# ATTACKING WITH WIDTH - THE GAME

## Why use it?

We now progress the theme of creating width in attack into a game-like environment. This activity would be ideal at the end of a session to complement a technical or functional session to teach players when and how to support in wide positions.

## Set up

This activity is played on a 4v4 field measuring 30x20 yards and two appropriate size goals are at each end. 2 teams of 4 players start in the coach's preferred formations, in this example both teams are set up in a diamond 0-1-2-1. Balls can be placed next to the goals and/or the halfway line so the coach can initiate a restart from the goal line.

## How to play

Play a full complement of players for both teams - 4v4. Players are instructed the coach will stop the flow of play a few times to make a point or correction based on the topic. The coach will remain on the sideline and will enter the playing field with an announcement of "FREEZE", and with the players frozen the coach will make the coaching point. Play normal rules. The attacking players to the left and right of the diamond should stay as wide as possible to 'stretch' the defense horizontally. This shape will create 'seams' between the defenders allowing space for a penetrating pass to the striker. If the defenders remain in a compact shape, the attackers exploit the width and play 'around' the defenders. During the game the coach can freeze the play, demonstrate a preferred sequence and then restart play.

## Coaching notes

**Coaching Objectives:** The primary objective is for the attacking team to make the field as 'big' as possible by spreading wide and long. Creating space on the field typically favours the attackers.

**Coaching Tip:** Try to make stoppages to the game short and instruction concise. Ideally, the coach is able to identify a good example of a passing combination in wide areas to compliment and reinforce. If not, manufacture a sequence so the players can 'see' what you are looking for them to repeat.

## How to modify

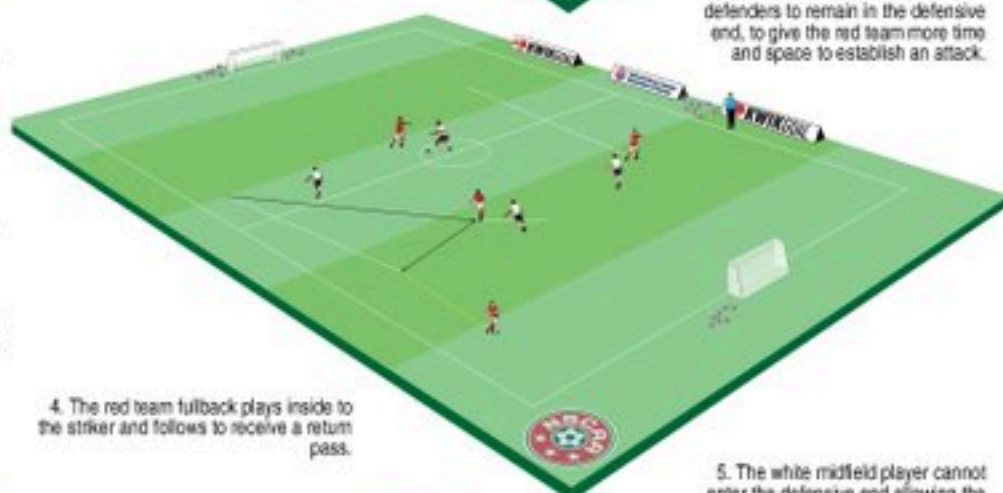
**Less Challenging:** To increase the likelihood of the attacking team achieving a wall pass combination, the coach can remove 1-2 defenders to create an attacking overload. The coach can also restrict 2 players from each team to stay in the attacking half.

**More Challenging:** Place a time restriction on the attacking team to get the ball forward and/or add 2-3 touch restrictions for each player.

1. Play 4v4 on a full 4v4 field.



2. The red attacking team has possession and attacks the white team's goal.



3. The coach has restricted 2 white defenders to remain in the defensive end, to give the red team more time and space to establish an attack.



4. The red team fullback plays inside to the striker and follows to receive a return pass.

5. The white midfield player cannot enter the defensive end allowing the attackers a 3v2 advantage.

6. The red team takes a more direct route and the central defender passes to the striker. The wide players work hard to get in support of the striker and provides an outlet on both wings.

Stage/s of development covered by activity

Stages 2, 3 and 4 - 6-14 year old players.

Development themes and competencies

Top 3 Themes: Dribbling, passing over a short distance and creating space.

Top 3 Competencies: Passing and receiving, movement off the ball and providing width in support of the ball carrier.



Coach

BARKER @barkernscaa

Session date

1 Jan 2016

Time available

75

Topic

Full squad defending and attacking activities

Technical / Tactical ☒Tactical / Technical ☒

## WARM-UP

Organization	Key Coaching Points
Six players warm up two keepers. Balls are played at keepers who collect the ball and return to the player. Player controls the ball and dribbles to the other end.  Remaining ten players play 4 vs. 4 + 2	Pass ball in on ground Strike ball with laces to the chest Chip ball to the hands  Pass and move to keep possession and maintain the large space. Defending four attempt to defend collectively.

## ACTIVITY 1

Organization	Key Coaching Points
4 vs. 4 to goal with "boppers" Either team of 4 may play to their own outside players/"boppers" to build an attack (progress to limit "bopper" touches). "Make it take it". If a team scores their keeper restarts. Play 2 minute games.	Elect to pass the ball to "boppers" ahead or to the side. Be aware of a the 8 vs. 4 overload "Boppers" should position themselves and shape their body to receive and play one touch passes Be sure to play and then move off the ball to get it back or support

## ACTIVITY 2

Organization	Key Coaching Points
Two defenders and one striker all time at each goal. Flank players on deck. 2 vs. 2 plus 2 neutrals in the center space. After a number of passes in the center space the ball is played wide and the flank players attack with a 3 vs. 2 overload to goal. After a goal or a defensive win restart in the center space.	Principles of attack in the center space before seeking to play an expansive wide ball. Flank players to drive toward goal and take advantage of the 3 vs. 2 overload. Striker should 1. be available, 2. clear space. Flank player without the ball should try to be available to combine or to maintain width and stretch opponent.

## GAME

Organization	Key Coaching Points
Keepers begin activity with service to flank players. Flank players drive forward into a 3 vs. 1 and in doing so create a 3 vs. 3. After a goal the opposing GK starts play the other way. A defensive win must played out to flank players to go the other way.	Decision making of the player on the ball based on the disposition of the opponents and team mates. 1. Play wide to flank team mate 2. Find entry pass to striker checking to 3. Go to goal on the dribble or shot Movement to the ball and away from the ball should be made to shift opposing defenders.  Finish with unconditioned 9vs. 9 with suggested formations e.g. 1-2-4-2 vs. 1-3-4-1



## Interactive Session Plan™

Coach **Ian Barker**

Session date **March 4th, 2016**

Team/Age Group **Youth Team**

Theme

Developing team play in 4 vs. 4 to 7 vs. 7 to 9 vs. 9

Time available

60 minutes



### NOTES

This activity is used to begin exploring the ideas of possession and attacking in a 4 vs. 4. This is the model for 8 and under soccer, but could apply to small group training for older players.

Play begins with a 3 vs. 1 in one area. The 3 must advance the ball into the next area on the dribble or by a pass. In doing so a 2 vs. 1 is now created in the second area. As with the 3 vs. 1 the 2 players in possession seek to penetrate into the final area and score quickly.

Progress the activity by adding a defender to make it 3 vs. 2 in the first area and later 2 vs. 2 in the second area by adding a defender in that area. The coach is the counter attack option for the defending team.

This activity incorporates wide channels. The team in possession can play in the wide space without pressure. Play in the wide space should be quick.

Progress so that upon possession in the wide space a defender may go out to create a 1 vs. 1. At that point a second attacking player may go out to create combination options in the wide space.

The focus of the activity is both the development of play in the wide channels and the movement of the attacking plays in the main playing area as they seek to attack the wide service.

This activity is used to coach both possession and penetration and the importance of pressure and cover. Typically the coach will focus on one side of the ball or the other in a single session.

The objective of the activity is to get the ball into the opposing goalkeeper's hands on the fly. The goalkeepers are restricted to a marked area.

To be successful the team in possession must move the ball always mindful of finding a channel to play directly. The opposing team can be played over so they must get effective pressure to the ball and then have cover for the pressing player so they are not exposed 1 vs. 1.

A good option here is to allow the team with the ball to use their goalkeeper as a support player in order to build.

This activity is played in 3 areas as an 8 vs. 8+1. Both teams set up in a 1-3-2-2 formation and an additional all time attacking player is employed. Each line of the team is restricted to a specific area. The all time offensive player plays in the middle area.

Play always begins with a goalkeeper and the team in possession looks to use their numerical advantage in the back and middle thirds in order to deliver a positive entry pass to their forwards.

An excellent option is to allow anyone of the three midfielder players to join in in the attacking third until the play goes dead.



# CENTER MIDFIELD LINK-UP AND FINISHING 5V3

## Why use it?

As young players start to develop a proficiency in the basic techniques, coaches can start to work with players on positional roles and principles of play. In this activity our focus is on the link play between central midfield players and strikers and creating depth in attack.

## Set up

A 40x30 yards area with 2 small goals at both ends of the field approximately 5 yards from the sidelines. Play 3v3 inside the area and 2 target players playing for the team in possession of the ball positioned off the end line and between the goals. The coach starts with the balls on the sideline.

## How to play

In a 7v7, 9v9 and 11v11 game, coaches will often play with 1 or more central midfield players and strikers. Time is well spent on the training ground working on link play and emphasizing different types of passing combinations and movements off the ball. The coach starts the activity by playing a pass to either team in their defensive half of the field. The objective is for the attacking team to score in either of the 2 small goals. The attacking team has a striker positioned between the goals that should be used to maintain possession and establish triangle combinations with the 3 attackers. The defenders must attempt to win possession and counter attack using the numerical advantage - 5v3.

## Coaching notes

**Coaching Objectives:** Work with the attacking team to use their numerical advantage and deep lying target players. Challenge the attacking team to play quickly to the unmarked striker and make runs off the ball to confuse the defense.

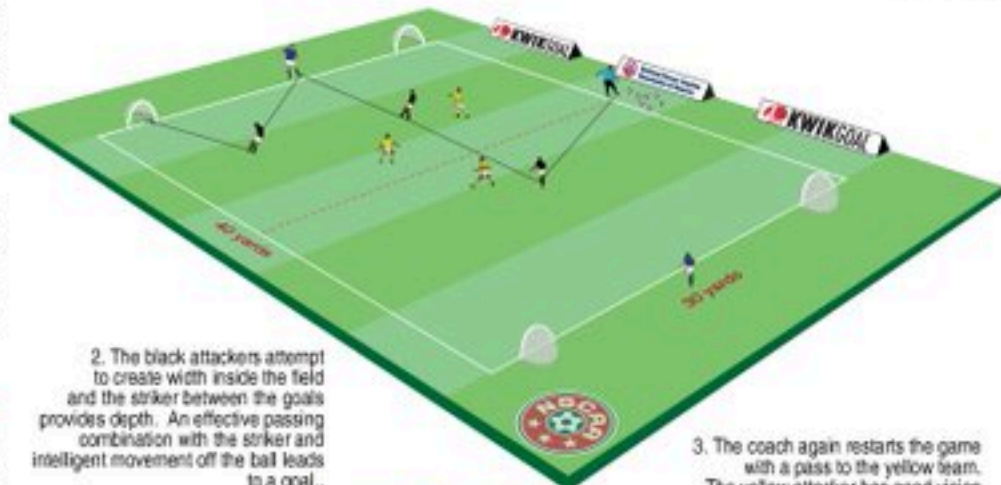
**Coaching Tips:** Playing with 4 lines - goalkeeper, defense, midfield and strikers - requires the team to develop depth (spreading the play vertically). With players in stage 3, in particular, the concept of depth is often hard to grasp, so the coach can impose conditions such as playing with a striker 'fixed' to the end line to establish depth.

## How to modify

**Less Challenging:** Remove 1 of the defenders if the attackers are struggling to combine and score. Move the goals further apart to spread the defenders and give the striker more room to operate. Start the defenders in the defensive end.

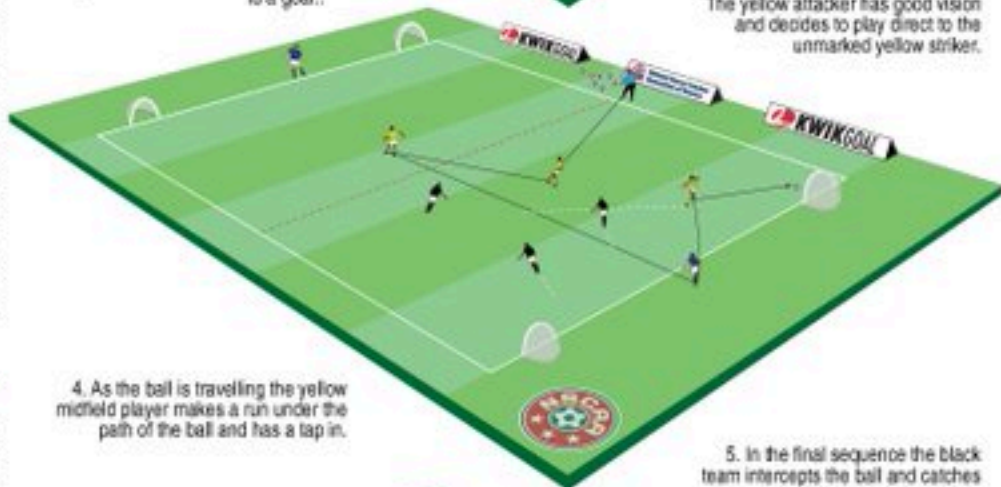
**More Challenging:** Limit finishing touches to 1 touch, insist that before every goal the striker must touch the ball and add a condition that all 3 attackers must touch the ball before a goal is scored.

1. The coach starts the activity with a pass to a black player in the defense half of the field.



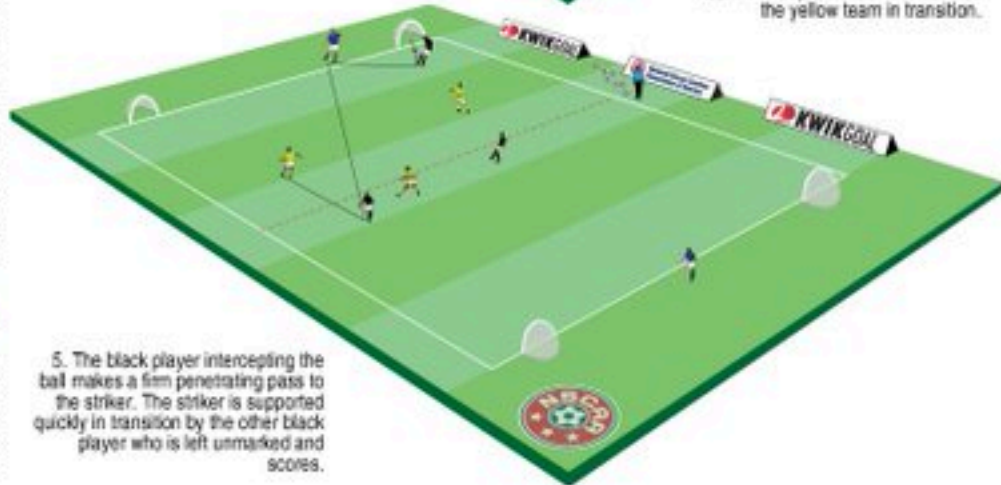
2. The black attackers attempt to create width inside the field and the striker between the goals provides depth. An effective passing combination with the striker and intelligent movement off the ball leads to a goal..

3. The coach again restarts the game with a pass to the yellow team. The yellow attacker has good vision and decides to play direct to the unmarked yellow striker.



4. As the ball is travelling the yellow midfielder makes a run under the path of the ball and has a tap in.

5. In the final sequence the black team intercepts the ball and catches the yellow team in transition.



5. The black player intercepting the ball makes a firm penetrating pass to the striker. The striker is supported quickly in transition by the other black player who is left unmarked and scores.

## Stage/s of development covered by activity

Stages 3, 4 & 5 - 9-18 year old players.

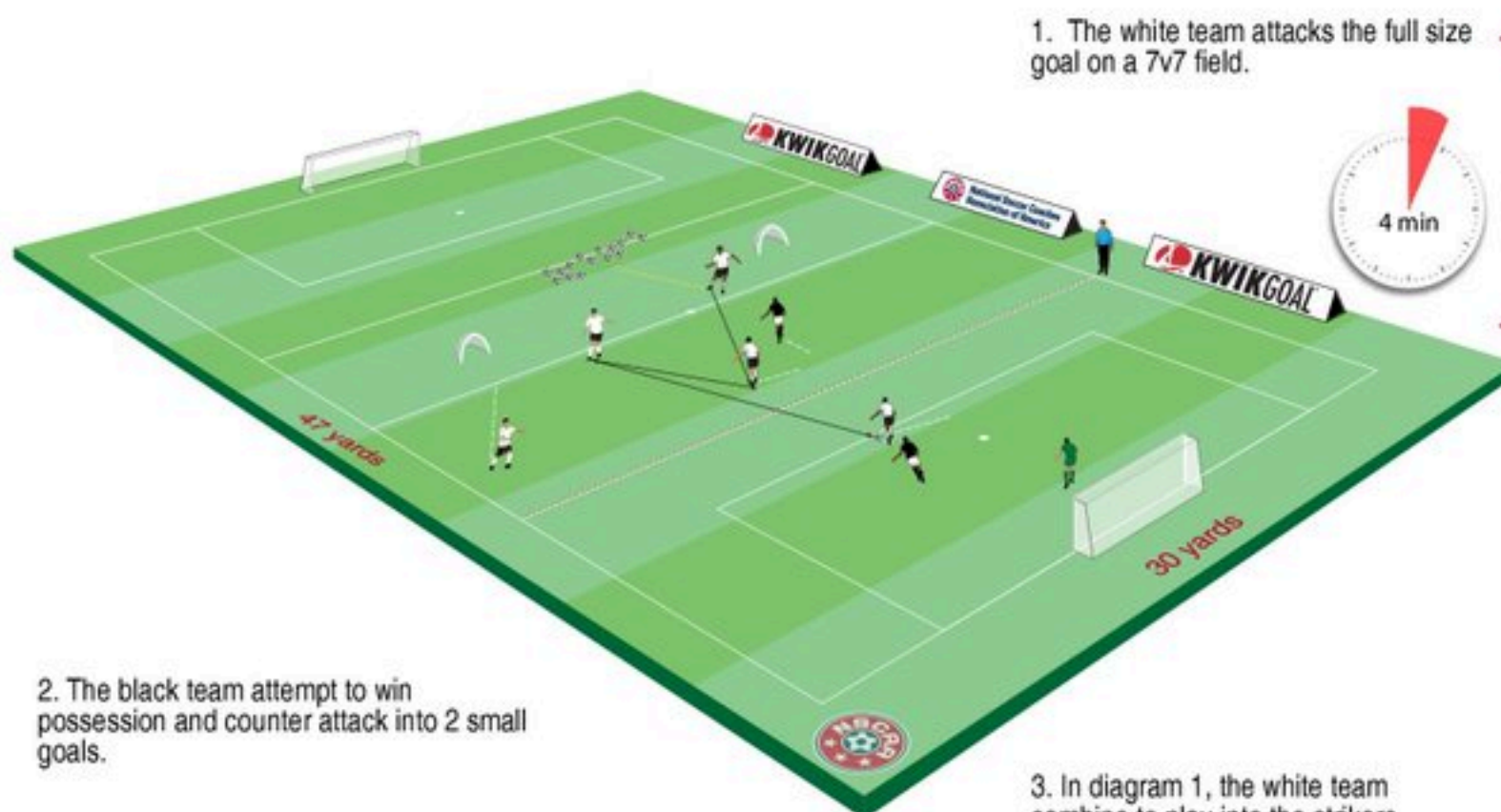
## Development themes and competencies

Top 3 Themes: Passing over short and medium distances, creating space and link play.

Top 3 Competencies: Passing and receiving, making support runs and defending pressure/cover.



# 5v3 TO 5v6 ATTACKING WIDTH - PHASE OF PLAY



1. The white team attacks the full size goal on a 7v7 field.

## Why use it?

This is a phase of play activity involving midfield and forward players on the attacking team. The attacking focus is to build up play through 2 lines of the team by playing around the defenders.

## Set up

The set up is 47x30 yards full 7v7 field. Played in approximately two thirds of the field, a large supply of balls are placed at one end of the field close to the restraining line. 2 small goals are set up as counter attacking options for the defending team midway between the restraining line and halfway and an appropriate size goal is at the other end. The restraining line, 16 yards from the end line separates 2 zones of the field. In the zone closest to the small goals commence with 4v1 in favor of the attackers and in the attacking zone play 1 attacker against a defender and a goalkeeper.

## How to play

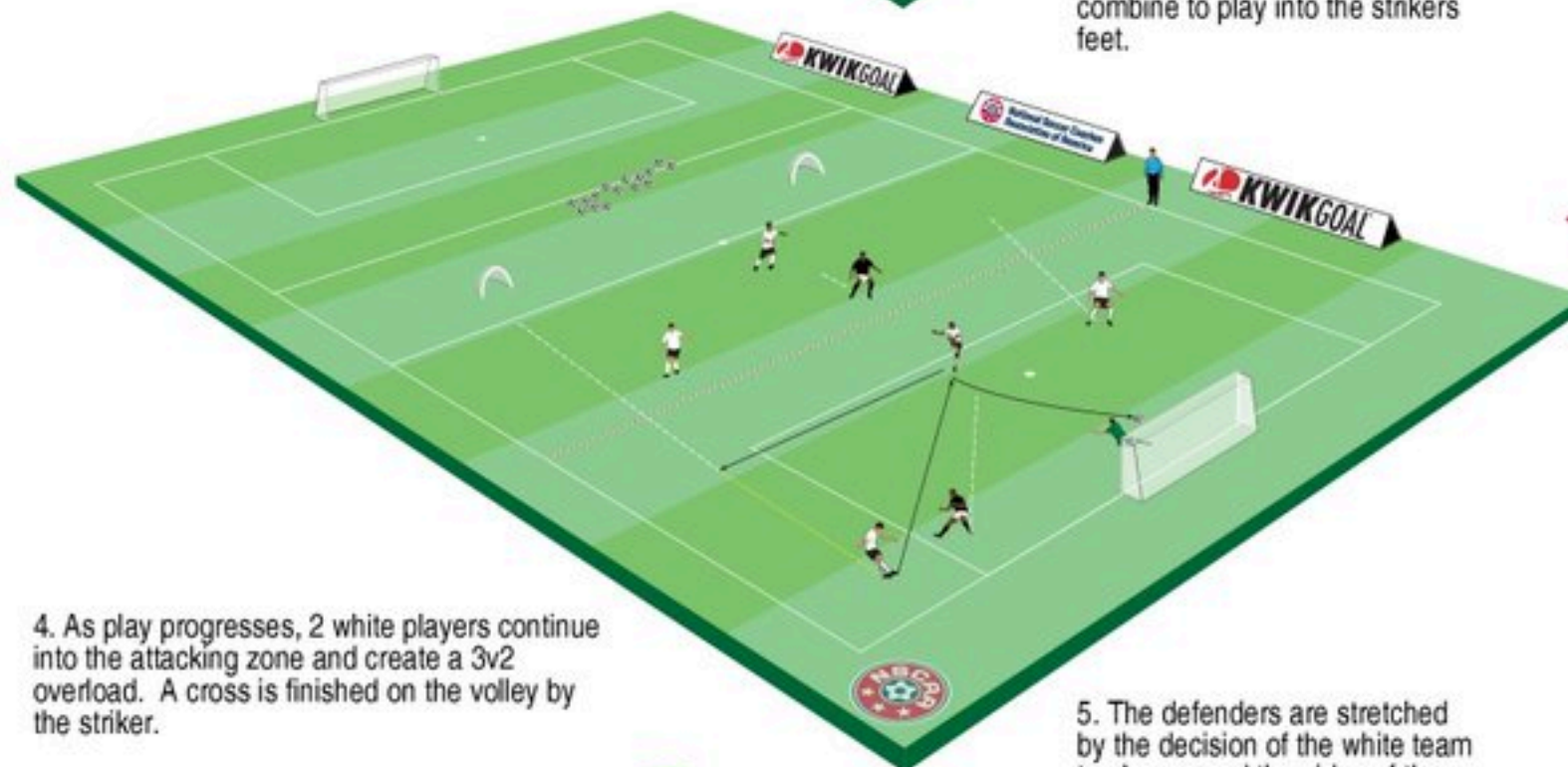
One of the attackers collects a ball from the pile and dribbles or passes to a teammate. Playing 4v1 should result in high passing success for the attackers. The attacking objective is to pass the ball to the striker and then for the midfield players to join into the attack. To begin the coach imposes a restriction on the defender in the attacking third - if a pass is made to the striker, the defender must permit the striker to receive the ball before playing high pressure. 2 midfield players are permitted to support the attacker once a pass is made to create a 3v2 overload. Play 4 intervals each 4 minutes in length. Intervals 1 & 2 - allow 2 attackers to join the striker, 3 - allow 2 defenders to recover, 4 - remove zonal restrictions and allow defenders to deny the pass.

## Coaching notes

Coaching Objectives: Stress the importance of stretching the defenders wide and high to create more space. Coaching Tip: Imposing a condition preventing a defender denying a pass to the striker ensures the defender in the other half will 'press' the ball in an attempt to win possession before the pass is made.

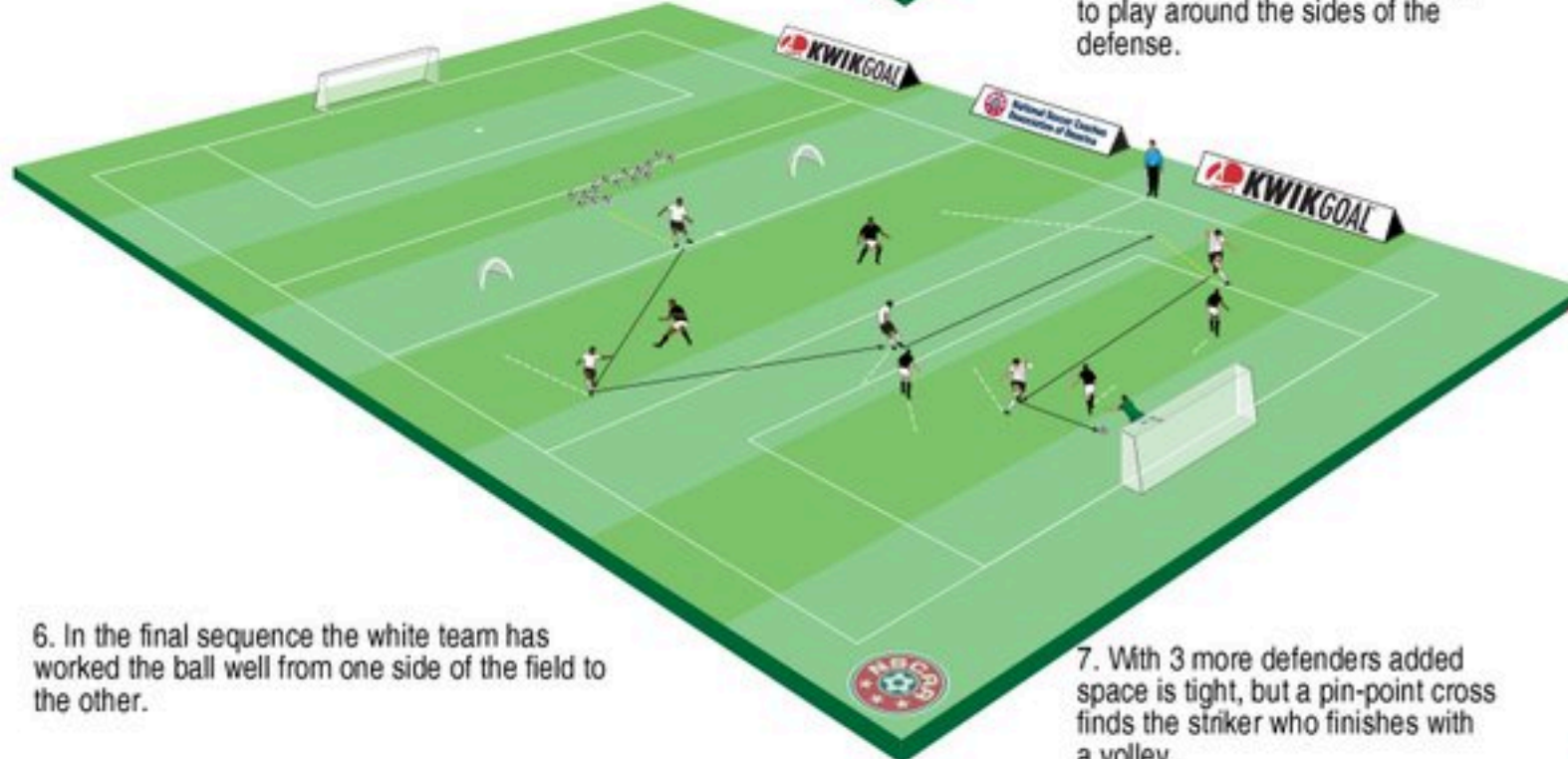
## How to modify

Less Challenging: Start with patterns of play and remove the defender. More Challenging: Add more defenders and remove all restrictions on the defenders.



2. The black team attempt to win possession and counter attack into 2 small goals.

3. In diagram 1, the white team combine to play into the strikers feet.



4. As play progresses, 2 white players continue into the attacking zone and create a 3v2 overload. A cross is finished on the volley by the striker.

5. The defenders are stretched by the decision of the white team to play around the sides of the defense.

6. In the final sequence the white team has worked the ball well from one side of the field to the other.

7. With 3 more defenders added space is tight, but a pin-point cross finds the striker who finishes with a volley.

## Stage/s of development covered by activity

Stages 3, 4 and 5 - 9-18 year old players.

## Development themes and competencies

Top 3 Themes: Passing technique, creating space as an individual/team and defending (pressure and cover).  
Top 3 Competencies: 1v1 attacking, passing over short/medium distances and movement off the ball.





## Interactive Session Plan™



Coach

Coach Barker

Session date

May 2016

Time available

90

Topic

To play directly. To be able to vary attacking approach. To be more effective getting attempts at goal.

Technical / Tactical ☒Tactical / Technical ☒

## WARM-UP

Organization	Key Coaching Points
<ol style="list-style-type: none"> <li>1. Pass and follow pass</li> <li>2. Pass, follow for give and go</li> <li>3. Drop pass, then move to play long ball across</li> <li>4. 3v1 keep away. Each pass must go through triangle</li> </ol> <p>Progress through as many of the variations as possible</p>	<ol style="list-style-type: none"> <li>1. Pass accurately and with good weight Receiver take ball with back foot and prepare in the direction of the next pass</li> <li>2. Pass long, move at angle, drop short pass in front of receiver. Receiver should not go too early for return pass</li> <li>3. Shape run to able to receive drop pass and still play across the space to the third man</li> <li>4. Move the ball to move the defender, try to keep ball out from the body and playable with both feet</li> </ol>

## ACTIVITY 1

Organization	Key Coaching Points
<p>Object of the game is to play in the air to the hands of the GK at the opposite end</p> <p>If successful the GK serves a long ball back to the team that scored (make it take it)</p> <p>If the ball does not reach on the fly the GK plays to the other team</p> <p>Have 1-2 subs to keep the energy level high</p>	<p>Move the ball quickly and efficiently to create a sight of the GK's hands and a passing option</p> <p>Have an expansive vision always looking to play forward</p> <p>If opponents cut off the pass or technical level is not good enough circulate the ball</p>

## ACTIVITY 2

Organization	Key Coaching Points
<p>Object of the game is to use width in attack</p> <p>Wide channels are free space for the team in possession</p> <p>Once possession has been acquired in the wide channel a defender may go out</p> <p>Progress from 1v0, to 1v1, then allow a second attacker to go out...2v1</p> <p>Have 1-2 subs to keep the energy level high</p>	<p>Take advantage of the width early to stretch the opponent</p> <p>If free in the wide channel look to penetrate on the dribble</p> <p>When confronted in the wide channel look to beat an opponent one on one or combine with a teammate</p> <p>Look to serve into the box in from high positions in front of opponent or in deep positions and cross behind opponents</p>

## GAME

Organization	Key Coaching Points
<p>Set up an even numbers game</p> <p>Identify a different team shape for each team (Here Blue 1-2-3-1, Red 1-4-2)</p> <p>Stipulate any rule modifications</p> <p>Have 1-2 subs to keep the energy level high</p>	<p>Each team should attack to the strengths of their shape and their player personnel</p> <p>Whenever possible go to goal quickly and efficiently while retaining possession</p> <p>If opposing defense is compact centrally look to go wide to move them or get behind them</p> <p>Blue team identify which line has width</p> <p>Red team seek to play to the two central strikers</p>



Coach **Barker**

Session date **Feb 2017**

Team/Age Group **13 and older**

Theme

**Receiving Aerial Balls**

Time available

**75 mins**



### NOTES

Players partner up and then one goes in one color and one in the other. Half the players form a circle around the other half. Those on the outside hold a ball in their hands. Players in the middle call for a service that is delivered two hands underhand. The coach determines if the ball is to be received directly out the air or after it has one or two hooped. Coach also specifies if ball is played back one touch e.g. a header or side volley, or if it is to be controlled and then returned e.g. cushioned on the thigh and controlled to the ground. Each player takes 5-6 services moving around the space and then trades off with their partner on the fly. Consider x3 to x4 sets with varying service and technical challenge for the players on the inside.

Play 5v2 in one end of three equally sized grids. After a determined number of passes the possession team looks to play the ball in the air to the team of five in the furthest grid. As the ball is traveling two players from the center grid may move to pressure the player receiving the aerial pass. The receiving player looks to control the ball to the ground and maintain possession, but if pressure is effective may lay the ball off one touch out of the air. If the team of two can win the ball or the ball is played out of bounds they switch with the team that lost it and the ball is introduced to the third team to maintain the flow.

Set up an appropriately sized field with a narrow center zone that houses two neutral players. The two teams are set up so as to have numbers up in their defensive end. This allows them a chance to possess and play forward. The ball must be played into the neutrals, received back and then played in the air to attackers who try to go to goal. All restarts will begin with the GKs. An excellent variation/addition is to allow one or more players from the back to support forward on each long ball and then return when the next series begins.

Play an even numbers final game with different starting formations. (Here 1-3-2-3 Blue and 1-4-2-2 Red) Provide each team with direction that may lead to balls being played in the air. Blue has numbers up in the back. They may player over the midfield to #9 or they may try to find #7 and #11 who will look to cross the ball into the area. Red has two target players centrally and a numbers up in the back. They might be encouraged to play over the midfield and then support the targets from deep. The targets will be challenged to receive a variety of service and hold the ball up as support arrives. The game should be unconditioned with the players trying to identify when the training theme applies in the training game.



Coach **Barker**

Session date **February 24th, 2017**

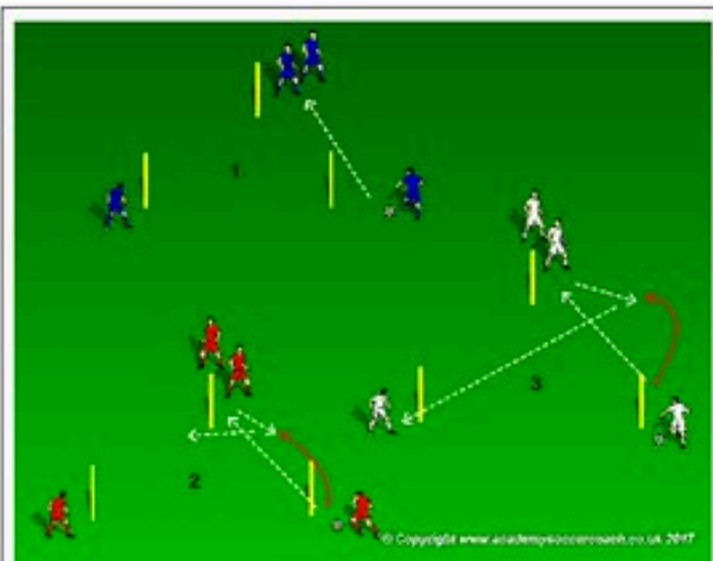
Team/Age Group **High School**

Theme

**Building out of the Back**

Time available

**75 mins**



### NOTES

The activation activity is designed to prep the players technically for the main part of the session. There are three variations in the activity:

1. Pass the ball and follow. The pass should be to the receiver's back foot. The receiver should be open to the ball and to the next pass. The receiver should also check off the cone/pole to receive.
2. Pass and follow playing a give and go around the cone/pole. The receiver must cushion the ball back to the passer and hold movement until the return pass is played.
3. Pass, receive a drop pass and then play across the triangle to a third player. The movement after the first pass should be such as to be able to receive the ball back and be able to play the ball with an open body across the space.

The activity begins with the coach serving the ball to the GK. All the players should be upfield and narrow as starting the point. As the ball is received by the GK the recovering red team should be seeking to take up positions to build from the back. The blue team may organize however they wish to defend the three counter goals. The number of blue players is reduced and then added to in order for the reds to have success and then increased challenge.

GK options:

1. Find the full backs and support.
2. Find the central player checking back and support.
3. Find the higher wider players with accurate delivery.
4. Play the highest player if the option is there with assured possession.

Wide players must maintain angles off of each other and not get stacked. GK must be active after releasing the pass. Central player must have excellent awareness and decision making.

The activity begins with the coach serving the ball to the blue team attacking the big goal. The red forward and one blue opponent are not initially involved. Blue team looks to score. Upon winning the ball red must seek to counter from the deep position and attack the counter goals.

Upon winning the ball player A's options are:

1. Play long quickly as the rest of the team supports the target.
2. To advance the ball on the dribble.
3. To pass out the back through the wide players.
4. To pass out the back through the GK.

Transition upon winning the ball by the red team is key and the decision making of the ball winner (A) relative to options is critical. If width is achieved early and quickly player A will have space somewhere to exploit through options 1-4.

To begin play with a reduced number of blue players for successful repetition of transition from deep and progress to even numbers for the fullest challenge.

Final game is 7v7.

1-2-3-1 v 1-1-3-2.

Develop the themes of the preceding activity. Decide whether to focus exclusively on one team or both teams. The option to restart each time from a keeper may be used initially and then play should be unconditioned.

Emphasis should be on developing play with possession from deep positions.

Emphasis must also be on risk/reward so building is optimum is possession is secure and more direct play occurs when a scoring chance is assured or "clearing the lines" is necessary.



Coach **Barker**

Session date **Feb 2017**

Team/Age Group **13 and older**

Theme

Playing with width

Time available

75 mins



### NOTES

At least four players to a triangle.

#1 pass and follow the pass. #2 pass and move for a give and go. #3 drop the pass to teammate who plays to third player across the grid.

The passer should try to pass the furthest foot so the receiver can be open to the other side of the triangle.

Pass must have weight and accuracy.

Longer passes are push passes, shorter passes are just to "deadend" the ball for the receiver.

Alternate directions and add touch conditions e.g. at least two touch, only one touch etc.

Play 5v5 to four goals with two target players on attacking end line.

Score by playing to targets and finishing off a ball played back.

Position of targets and position of goals will ensure passes are played wide and movement from inside to outside.

Make movements across defenders in order to be first to the ball.

Coach looks for vision to play wide.

Coach looks for movement off the ball to wide attacking positions.

Set up a small sided game with three zones and four flag gates.

1v1 in each end zone and even numbers in the middle zone.

Players in the middle zone seek to play the ball into their target.

If the target is found one or more players may come from the middle zone to support, but they must come through the gates.

Often attacking through the gates away from the ball is most successful in gaining space for a strike at goal.

Play an even numbers final game with different starting formations. (Here 1-3-2-3 Orange and 1-3-4-1 Sky Blue)

Provide each team with directions that will lead to them appreciating the value of width.

Orange has width in both the back and front lines. This should allow them to possess in build up and potentially attack from crosses.

Sky Blue has width in the back, but most significantly in the midfield. They should be encouraged to either play quickly out the back or go directly from the GK to the midfield

The game should be unconditioned with the players trying to identify when the training theme, the value of width, applies in the training game.



Coach **Barker**Session date **January 2017**Time available **60**

Topic

Developing the Principles of Play for Youth Players: Objectives and Opportunities

Technical / Tactical ☐Tactical / Technical ☐**WARM-UP**

Organization	Key Coaching Points
Multiple 1v1 grids, 4 players per grid. Do NOT use common sidelines. Goals are offset on a diagonal. One player takes a touch then plays to opponent. 1v1 until a goal is scored or the ball goes out of bounds.	The Principles of Play for the primary attacker and primary defender—Penetration and Pressure.  State primary objectives for each player based on who is on the attack or defense first.  State the opportunity for each player to make decisions and employ various techniques based on the game situation.

**ACTIVITY 1**

Organization	Key Coaching Points
Multiple 2v2 grids with four goals. 8 players per grid. One team of two plays to the opposing two and a 2v2 is played until a goal is scored or the ball goes out of bounds.  1v1 grids become 2v2 grids with minimal set up.  Variation: Change the start positions of all 4 players to create different challenges in and out of possession.	The Principles of Play for the secondary attacker and secondary defender—Support and Cover.  State primary objectives for each team of two based on who is on the attack or defense first.  State the opportunity for each team to collaborate in making decisions and employing various techniques based on the game situation.

**ACTIVITY 2**

Organization	Key Coaching Points
4v4 six goal game. Coach introduces the ball.  2v2 grids become 4v4 grids with minimal set up.  Variations: Include a GK behind each 4 who can be used as support player. Include a target ahead of each 4 who can be found with a penetrating pass and who can then play a drop pass.	The Principles of Play for the tertiary attackers and tertiary defenders—Width/Mobility and Balance.  State primary objectives for each team of four based on who is on the attack or defense first.  State the opportunity for each team to collaborate in making decisions and employing various techniques based on the game situation.

**GAME**

Organization	Key Coaching Points
Play 7v7 to full goals with given, opposed formations. Example: 1-2-3-1 v 1-1-3-2. Ask each player to be especially conscious of their primary opponent.	Team Principles of Play: --specifically when to engage with the ball (A) or when to engage the ball (D). --specifically when and how to attack off the ball or when and how to defend off the ball.



# ATTACKING COMBINATIONS CLOSE TO GOAL 1V1-2V1

## WHY USE IT

A dynamic attacking activity emphasizing accurate passing combinations, 1v1 and 2v1 attacking play, creating space and retaining possession. The activity can also focus on defending and goalkeeping.

## SET UP

20x10 yards area with 2 appropriately sized goals at both ends. A line/cones split the field in half. In one half, play 2 attackers v 1 defender and in the other half 1v1. A goalkeeper at each end. The coach has a supply of balls.

## HOW TO PLAY

The activity starts with one attacker in each half passing a ball to the attacker in the other half. The 2 attackers attempt to combine and score as quickly as possible against 1 defender. In the other half, the single attacker plays 1v1, attempting to score or to keep possession until attacking support is available. If the 2 attackers score, the player that did not shoot can quickly join the attacker playing 1v1 to create a 2v1 if the teammate still has possession. If the defenders win possession, they play a pass to the coach. Restart the activity with the same starting positions.

## COACHING NOTES

- Coaching objectives - With 2 games running concurrently, awareness of the other game progress is critical - discuss with players what decisions they can make to change this scenario. Emphasize how the urgency to attack and score is different at either end. The defensive challenges are of course opposite.
- Coaching tips - Coach the attacker playing 1v1 to use different shielding techniques to maintain possession. For example, positioning the body to block the defender, rolling the ball with the sole of the foot and/or dribbling to space.

## HOW TO MODIFY THE ACTIVITY

- Less challenging: Work through a few different patterns with passive defenders.
- More challenging: Increase the length of the area to practice shooting from greater distances. Allow the defender in the 2v1 game to recover and support their teammate and create 2v2. Add another attacker and defender to both ends to create 3v2 and 2v2. Establish a minimum number of passes before shooting. Add a coach to the 2v1 half of the field to call offsides.

## STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

## THEMES & COMPETENCIES

Top 3 themes: Passing over short and medium distances, creating space and shooting technique.

Top 3 competencies: Passing and receiving, support, movement and scoring.



- 2v1 in one half and 1v1 in the other half.
- An attacker in each half starts the activity with a pass.
- Attackers attempt to score past the defender and the goalkeeper.



- The 2 blue attackers score quickly against the red defender.
- The blue attacker - playing 1v1 - uses the space to create separation from the defender.
- If the defenders win possession they must pass to the coach.



- The support attacker in the 2v1 situation can support the attacker playing 1v1.
- The 1v1 attacker is successful in establishing possession and is able to play a pass in the path of the support attacker.

# I PATTERN PASSING - PART A

## WHY USE IT

This activity helps players to improve speed of play using quick inter-passing and combining in a tight space. It is best used as warm-up for improving first touch and speed of play.

## SET UP

30x15 yards. 2 groups of 3 at each starting cone with a ball. 2 cones 15 yards apart. 4-6 minutes each activity.

## HOW TO PLAY

Each group starts to the right of the cone. First player dribbles to the cone - diagram 1, turns with outside of right foot away from the cone and passes the ball back to the next person in line - diagram 2. The same player checks towards the ball on the opposite side of the cone and plays a double pass back - diagram 3. This is a good starting point for most players. To progress continue from diagram 3. After playing a double pass, the player spins away from 'pressure' and makes a curved run into space. The ball is played back into the path of the player who created space - diagram 4, on the next page. The player makes a firm pass to the next player in line at the opposite end of the area - diagram 5, on the next page. The player continues his/her run and joins the opposite end from where he/she started.

Now perform on the other side, so the player uses the inside of the left foot to turn away from the cone to gain proficiency with both feet.

## COACHING NOTES

- Coaching objectives - To get players to play quicker in tight spaces, improving speed of play and their first touch.
- Coaching tips - The little things matter - players should execute the activity at game speed using the appropriate foot to turn, pass and receive.

## HOW TO MODIFY THE ACTIVITY

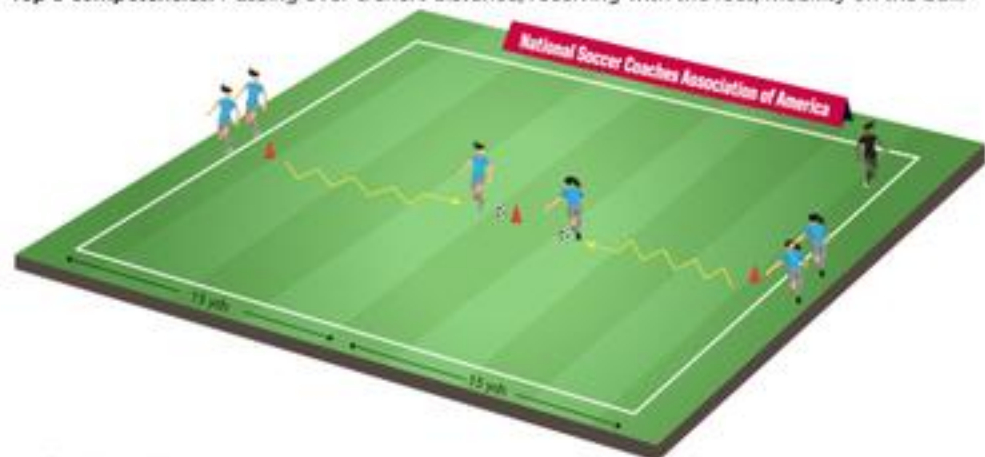
- Less challenging: A) Increase the space. B) Take off the touch restrictions and let players play with unlimited touches.
- More challenging: A) Require players to play one touch on the pass back and the double pass. B) Decrease the space.

**STAGES COVERED BY ACTIVITY** (Refer to NSCAA Player Development Curriculum) Stages 3, 4 & 5 - 9-18 year old players

## THEMES & COMPETENCIES

**Top 3 themes:** Passing, receiving and attacking principles of play.

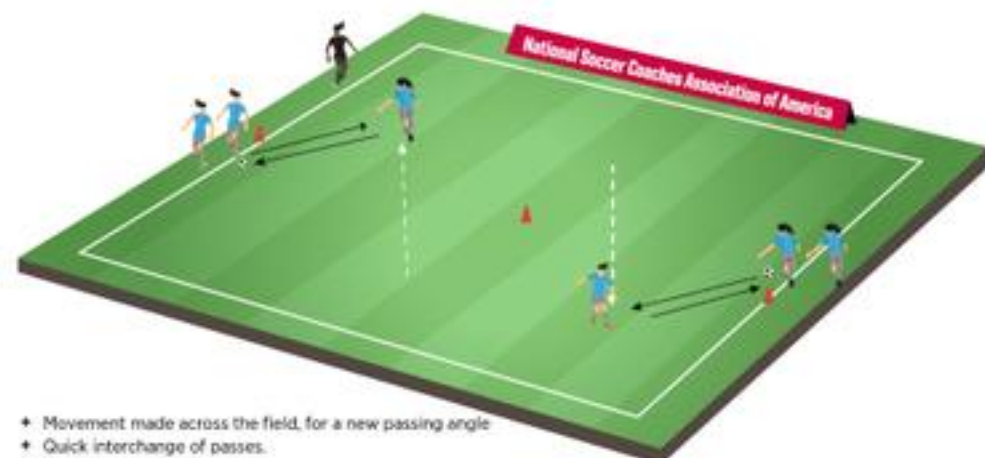
**Top 3 competencies:** Passing over a short distance, receiving with the feet, mobility on the ball.



- First player dribbles to the cone.
- 2 groups should go simultaneously.
- 2-3 players per group.



- Turn with the outside of the right foot - the cone represents a pressing defender - keep the ball far away.
- Receiver 'on her toes' and ready to receive the pass.
- Firm pass along the ground.



- Movement made across the field, for a new passing angle
- Quick interchange of passes.
- Work through this sequence a few times and then progress to diagram 4 (next page).



## FOUR CORNER PASSING

### WHY USE IT

This activity helps players to improve their first touch - concentrating on the decision, direction and distance of their first touch and speed of play. A good warm-up.

### SET UP

15x15 yards. Groups of 5 players, 4 Cones, 4-6 mins each activity, 12-16 mins total.

### HOW TO PLAY

2 players start in one corner and 1 player at each of the other three cones. Ball starts with the 2 players. First player in line plays a pass counter clockwise and follows. The player receiving, backs away from the cone opening their hips. As they receive the ball, they are facing the direction of the next pass. The pass is made and the player follows the pass. After a few minutes change the direction, so players are passing and receiving with the opposite foot.

### COACHING NOTES

- Coaching objectives - Decision, Direction and Distance of the first touch while increasing speed of play.
- Coaching tips - The little things matter, player should over hit the pass and play as fast as they can.

### HOW TO MODIFY THE ACTIVITY

- Less challenging - A) decrease the space between the cones, B) eliminate the player movement after the pass is made.
- More challenging: A) increase the space between the cones, B) require the activity be done in 2 touches, C) Increase the number of players to 8, 2 on each cone and add a second ball starting at opposite corners.

**STAGES COVERED BY ACTIVITY** (Refer to NSCAA Player Development Curriculum)  
Stages 3, 4 & 5 - 9-18 year old players

### THEMES & COMPETENCIES

**Top 3 themes:** Passing, receiving and attacking principles of play.

**Top 3 competencies:** Passing over a short distance, receiving with the feet, attacking support.



- Play quick and follow the pass.
- Passer should play to the receiver's front foot.
- Receiver should open hips to receive pass so the body faces in the direction of the next pass.
- Switch direction after 4-6 minutes to work on both feet.



- Set up multiple areas side by side.
- Each group will race against the other groups.
- Each time the ball passes the starting cone, the team gets a point. First team to 5 points wins.
- Change direction.



- Place cones between the corners.
- The receiver must play a pass before the teammate that just passed reaches the blue cone.
- If a player reaches the center cone, the receiver performs 2 push ups.

# HOSPITAL TAG

## WHY USE IT

This is a favorite activity to get young players moving, laughing and engaged in the training session. The game is played all against all. With or without soccer balls players must tag their opponent to send them to the hospital to receive medical treatment before returning to the game.

## SET UP

The setup is a 20x20 yards square with cones or lines used to indicate the boundaries of the area. This activity can be played with 8 to 12 players and each player should have a ball. The coach will need 6 cones to establish 2 triangles as the activity progresses.

## HOW TO PLAY

The coach can start this activity without the balls and players chasing each other around the area attempting to tag an opponent anywhere on the body. Alternatively, the coach can specify that a player must tag an opponent below the knee or on the arm. Players count how many times they have been tagged in 60 to 90 seconds.

## COACHING NOTES

- Coaching objectives - The primary coaching objective should be to work with young players on moves to escape pressure - a step-on turn, inside and outside of the foot hook and drag back are moves young players should learn in the first and second stages of development to help them maintain possession when confronted by a defender.
- Coaching tips - A critical component of individual defending is establishing a firm base and lowering the center of gravity when approaching an attacking player. By insisting players tag an opponent beneath the knee the coach is employing conditions to support a good defensive stance.

## HOW TO MODIFY THE ACTIVITY

- Less challenging: To make this activity less challenging the coach can limit the number of players, reduce the number of balls in play and increase the size of the area to give attacking players more space and time.
- More challenging: To make this activity more challenging the coach can reduce the size of the area, insist on a particular type of the escape move and add balls earlier in the process.

## STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

## THEMES & COMPETENCIES

Top 3 themes: Dribbling, ball mastery and 1v1 attacking and defending.

Top 3 competencies: Dribbling with the laces, changing direction and escape moves.



- In the first diagram the coach starts the activity by telling players to find space in the area.
- On the command of "GO" the players commence chasing and escaping from their opponents.
- At the end of the specified time, the coach asks players to announce how many times they were tagged.



- In the second sequence the coach has introduced soccer balls.
- Each player dribbles a soccer ball around the area and must tag an opponent.
- The introduction of the balls will slow down the player's movement and add additional challenge.



- The coaches now introduces 'hospitals' positioned in 2 opposite corners.
- If a player is tagged 3 times, he/she dribbles their ball to the hospital and perform 10 toe taps or foundations.
- Add a time limit of 3-4 mins. The winner is the player entering the hospital on the least number of occasions.





## Interactive Session Plan™



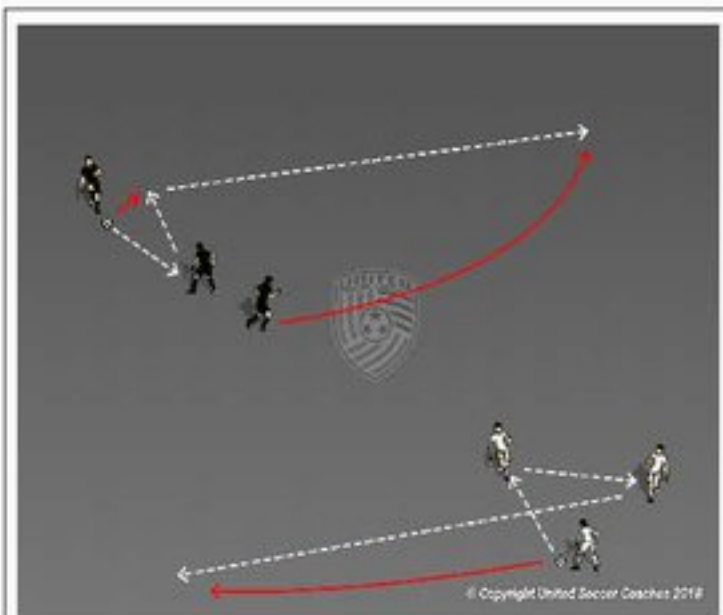
Coach: Barker

Date: Feb 24th, 2018

Team: Youth Team

Session Theme: Third man runs for penetration

Time: 75 mins



### THEME:

**Organization:**  
Short, short, long 3 man passing sequences in an unrestricted space

**Coaching Points:**  
Timing of movement off the ball. Weight of pass, pass to space  
Develop a pattern and rhythm with team mates



### THEME:

**Organization:**  
3 vs. 2 to end zone  
Penetrate between the cones, line serves as offside  
Counter option is server

**Coaching Points:**  
Quick passing sequences to spring a player  
Outside to in movement  
Look for combinations to spring a player  
Create passing angles with movement



### THEME:

**Organization:**  
6 vs. 6 if ball can be played through central channel red may go into zone for a finish  
Counter option is server

**Coaching Points:**  
Movement of central player to show for the ball and create passing channel  
Outside to in movement  
Make central penetrating runs from deep



### THEME:

**Organization:**  
8 vs. 7 Phase of Play  
Offside is enforced  
Counter goals for black

**Coaching Points:**  
OCM movement to ball creates space wide and unbalances opponent  
F movement creates space centrally and draws opponents up  
Attack space behind opponents created by F movement





# Interactive Session Plan™



Coach: BARKER

Date: Feb 24th, 2018

Team: Youth Team

Session Theme: Speed of Play and Penetration

Time: 75 mins



## THEME:

Organization:  
5 vs. 2/3 keep away activity  
The objective is to:  
-keep the ball  
-for individuals to get the ball behind opponents

Options:  
-beat a player 1 vs. 1  
-play a wall pass  
-overlap  
-pass beyond the opponent and receive back

Coaching Points:  
Maintain possession  
Commit opponents on the dribble  
Look to get behind the opponent with the ball  
Look for combinations  
Look for space to get into  
If the defender defends the space, drop off and start again  
Off the ball be available  
Off the ball be ready to vacate space



## THEME:

Organization:  
Fast break activity  
3 vs. 2+GK (progress to 4 vs. 3+GK)

One CB and one forward in each final third remain in play at all times  
Attack goes in one direction  
After a goal/shot at keeper/turnover one player from each team leaves the field  
The GK now distributes to one of the two wide options and a 3 vs. 2 ensues the other way

Coaching Points:  
Commit the defender  
Look to combine in the midfield  
Look to play into and off of target  
Be direct and positive  
Look for the movement of the warm up  
Be quick in transition



## THEME:

Organization:  
7 vs. 7 in a field with 3 zones

One CB and one forward in each final third  
4 vs. 4 in the middle zone  
The objective of the 4 in possession is to play into the target player  
When the target player is played to a team mate may support in the final third  
Play resets in the middle zone with 4 vs. 4

Coaching Points:  
Look to play forward quickly  
Identify opportunities to get behind opponents  
Look to move off of a forward pass to open space  
Diagonal pass may allow for a direct run  
A straight pass may require a diagonal run



## THEME:

Organization:  
7 vs. 7 in a field with 3 zones

6 vs. 6 in the middle zone  
The objective of the team in possession is to play into a designated forward player  
When the target player is found the team may then release on the pass or dribble one player into the final third  
Play resets in the middle zone with 6 vs. 6

Options: Require a # of passes before going to goal  
Permit a recovery defender

Coaching Points:  
Seek to play quickly and combine  
Maintain length in a tight space  
Final ball into final third must elude the GK  
Time movement into final third to elude defender and remain onside  
Get a strike on goal