

Warm Up: (15 mins)

Technical Warm up:

set up area relevant to players and age. players dribble ball around square and enter trick box in the middle to perform a skill move. have players practice their own and coach within. progress to defender, players must dribble into the middle and back out of the box without getting the ball stolen. switch defender if lost.

Coaching Points:

8 surfaces to dribble
 scanning of head
 change of speed and direction
 positivity and creativity



Practice 1: (25 mins)

Skill Practice:

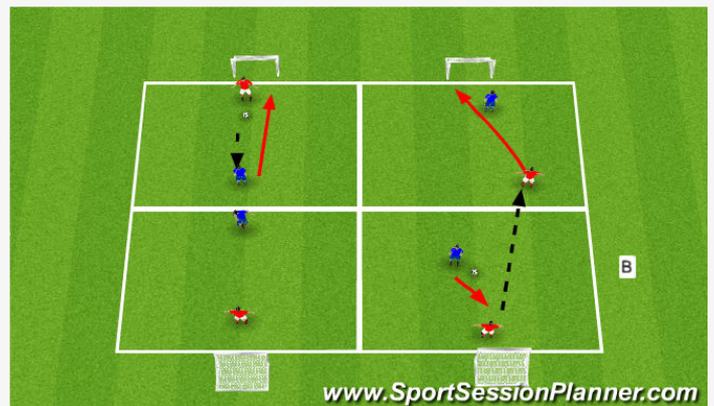
set up four 1 v 1 squares with two teams of red and blue. one team starts as defenders who serve the ball to attackers who try to score. play 2 minutes and rotate. play 3 games of 4 minutes and total team scores.

Progress:

split into 2 v 2 restricted boxes (image B) one square has one blue GK and one blue attacker with one red gk and red attacker. red gk plays ball into blue attacker to score. if red gk wins ball, they can turn and shoot for 1 point or play into other square for red to score for 3 points. play 3 games and switch roles. players stuck to zones. rotate opposition and play 3x4 minute games.

Coaching Points:

Balls of feet
 positive first touch
 positivity and creativity
 use of body/skill move to create space
 change of speed and direction
 identify space to drive into
 running with ball vs close control



Conditioned Scrimmage (20 mins)

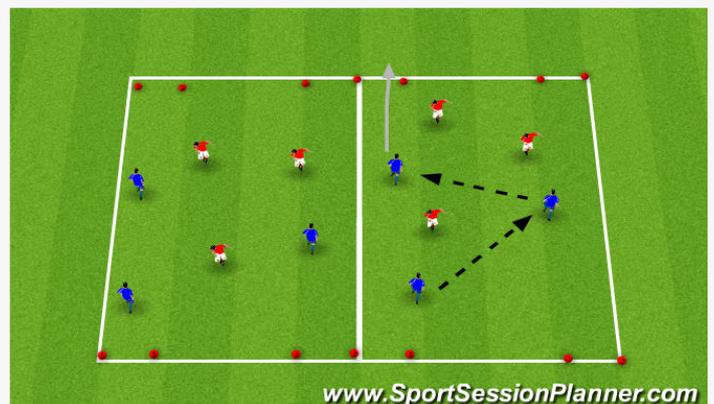
Conditioned Scrimmage:

3 v 3 world cups
 conditioned scrimmages:
 dribble into end zone
 dribble onto line
 dribble into gates

gates vs goals for points

Coaching Points:

previous Points
 movement of team mates to create space
 identify weight of defender to change direction
 when/where/why to dribble



Scrimmage: (25 mins)

Finish with Scrimmage





1 v 1 domination

Category: Technical: Dribbling and RWB
Difficulty: Moderate

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: ball manipulation/RWTB

tact: when and where to attack with the ball

Phys: ABCS

Social: fun, enjoyment, competitive

objective: identify how to beat a player

use of 4 ways to dribble in 1v1

1 v 1 warm up: (20 mins)

- Set up 4 squares suitable to players and age with equal numbers, go through following exercises:

1. ball manipulation in competitive environment
2. follow the leader - one player has a ball must protect ball, defender gets a point for stealing and rotate.
3. 1 v 1 box - work in 4s with 2 players rest, defender passes ball to attacker, first player over line wins.
4. 1 v 1 box - players must stop ball on open corners.

AT:3 R:1 I:4

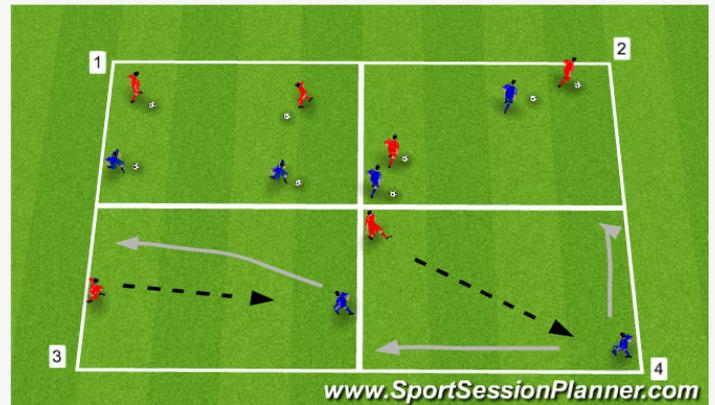
Coaching Points:

Scanning with head

change of speed/direction

creativity and disguise

use of 8 surfaces to beat player



Skill Phase: (20 mins)

1 v 1 Chaos:

-set up area suitable to players and age, approx 20 x 25. divide team into 4 lines with defenders starting on outside with a ball each and attackers facing field.

- 5 goals, 2 goals on each side and main goal with gk

- play 2x 1 v 1s, defender dribbles and passes to attacker, attacker can score in any goal but each goal has a different point value.

- defender win ball they can either protect for time limit or score goal.

- can play individual or team

AT:4 R:1 I:3

Coaching Points:

4 types of dribbling: Messi/Ronaldo/Poke and go/Protect

visual cues: space available, shift of defender, slip or mistake

decision making - when to attack vs protect/choice of goal



Scrimmage: (20 mins)

3 v 3 chaos!

- set up 3v3s suitable to players and age, no GK.
- play normal game but add 1v1 challenges, allow players to pick goal amount for success:
 - nutmeg
 - beating a number of players
 - stopping ball in side gates
 - defender shielding ball in their end zone for time limit

AT:4 R:1 I:3

Coaching points:

5Ws of 1v1





1 v 1/RWTB scenarios

Category: Technical: Attacking skills
Difficulty: Moderate

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: Dribbling/RWTB

Tact: where to attack with the ball individually

Phys: ABCS

Mental: Fun/interactive/competitive

L/O - technical competency in dribbling/RWTB

- Identify space to attack/penetration vs possession

Technical Warm Up: (20 mins)

- set up areas suitable to players and age, can do all 3 together and players switch on command or as a circuit.

1. players dribble in boxes performing skill moves, ball manipulation etc.
2. players dribble around square staying on line performing skill moves
3. players start on middle cone in pairs doing manipulation - race with ball to coloured cone called

AT:4 R:2 I:3

Coaching Points:

scanning with head

use of 8 surfaces

body behind ball

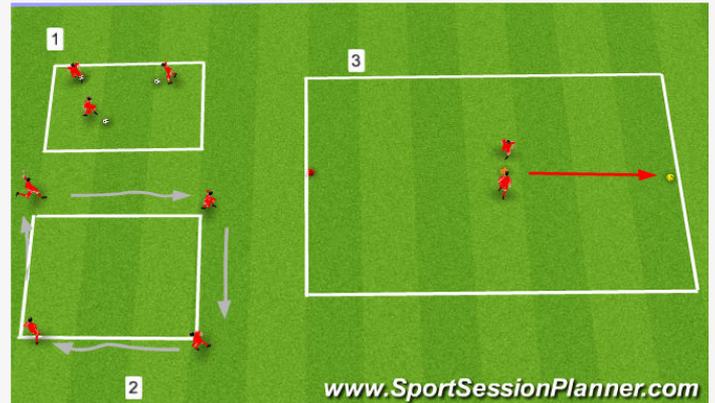
use of laces/outside to RWTB

change of speed/direction

close control

Questions: what tells you to run with the ball vs dribble?

why is my body behind the ball/knees bent when turning?



Skill Phase 1: (20 mins)

- set up squares suitable to players and age, suitable is 10x10 area. play following 1 v 1 practices, can do as a circuit or in order.

1. must dribble over opposite players line
2. must dribble over any line for 1 point, 3 points for stopping on a line.
3. must stop the ball on opposite corner for 3 points, 1 point for open corners.
4. pana - attacker must nutmeg player for a point, defender must stop ball on line.

AT:5 R:1 I:4

Coaching Points:

previous points

use of body to create space/manipulate defender

attacking in all 4 directions depending on defender and space

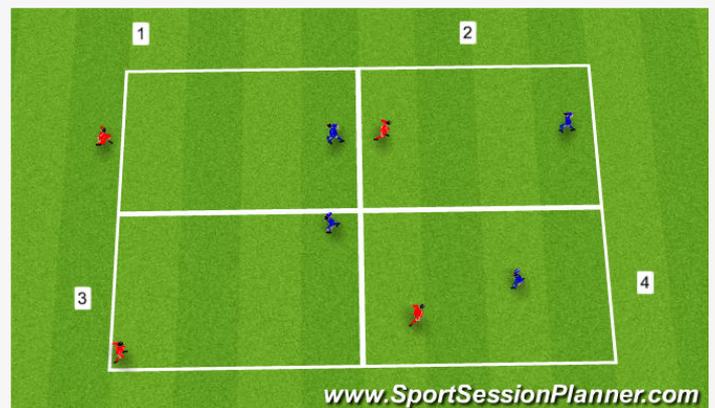
use of 4 ways to dribble: Messi/Ronaldo/Poke and go/Protect

visual cues: shift of legs, mistake of defender, space

Q: why must I attack the space available?

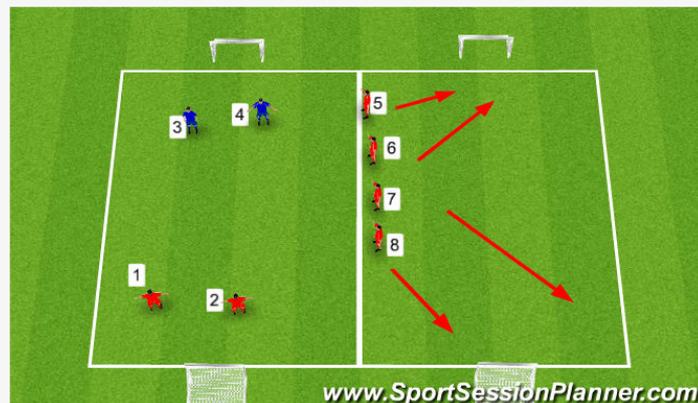
Q: why is attacking different areas important?

Q: what are visual cues to beat players?



Skill Phase 2: (50 mins)

- Set up two small sided fields suitable for players - 20 x 30 appropriate.
 - every player lines up on field divide in middle with a number each, have pinnies set up on the floor on both fields.
 - Coach calls numbers out (i.e. 1-4) and those players must run onto the field and pick up a pinnie, players without pinnies make non pinnie (red) team. all players not called out must then do the same on the other field.
 - coach serves ball in and both field play until: goal is scored, time limit, condition is met etc. players then drop pinnies and return back to middle line, team who won in scrimmage get individual point each.
 - manipulate pinnies to create overloads/underloads/start position etc.
 - Finish with normal small sided with player led scrimmages
- AT:90 R:1 I:8
Coaching Points:
Previous Points
5Ws of 1 v 1 attacking
possession vs penetration





1v1 from wide areas

Category: Technical: Attacking skills
Difficulty: Beginner

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: dribbling/ball manipulation/shooting
Tact: how to attack with the ball from wide areas
Phys: ABCS
Social: fun, enjoyment, competitive, goalscoring
L/O: identify how to beat a player from an angle
cues to shoot or cross from wide areas

Technical Warm up: (20 mins)

- Set up area relevant to players and age or two small squares with static objects to be defenders.
- players dribble ball around area in competitive environment, performing skill moves in 3 directions, focus on sideways/cuts.
- progress to opposed, players play knockout between them, or have defenders and play 1v1s/individual possession.

AT:2 R:30 I:5

Coaching Points:

- scanning with head
- change of speed/direction
- use of 8 surfaces

Messi/Ronaldo

questions: what can I use to protect the ball as I turn?

how can I turn the ball at speed?



Technical Phase: (20 mins)

- Set up area suitable to players and age, with two teams starting opposite and goalkeeper.
- players dribble one at a time from each team to the goal to shoot, can add cone to beat, players then join opposite line
- progress to having a set player, player passes the ball to player to pass back and run to goal, attacker can either cross or shoot.
- dribbler to replace setter, with setter getting ball and going to opposite line

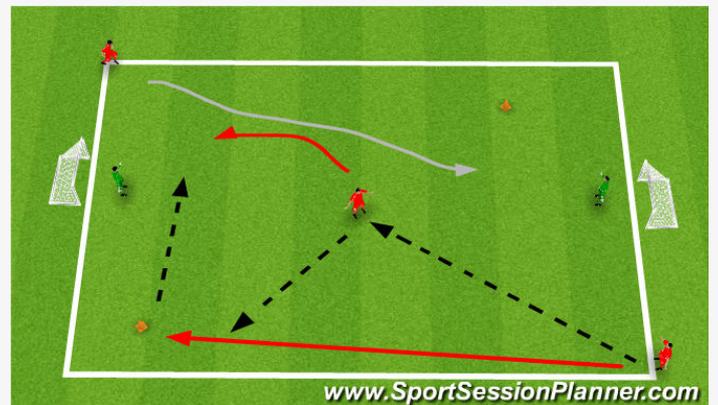
AT:4 R:1 I:3

Coaching Points:

- previous points
- weight/accuracy/projection of pass
- movement of body to change direction and explode at speed
- angle of goal to shoot or cross
- position of player to goal/support

Key Questions:

- how do you know when to shoot?
- where is a good position to receive the ball?
- when to perform a cut?



Skill Phase: (20 mins)

- Set up area suitable to players and age with four gates
- two teams with gk, can play individually or as a team
- defender passes ball to attacker and presses, defender looks to score
- add condition/challenge such as first touch must go through a gate, or dribble through a gate before shooting
- progress to 2 v 1 to goal

AT:2 R:20 I:6

Coaching Points:

previous points

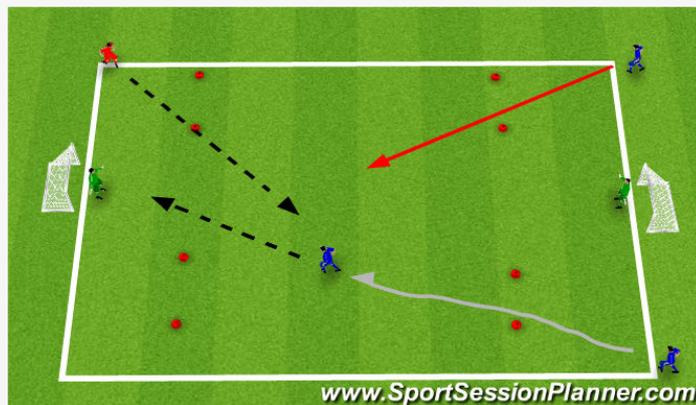
change of speed/direction

creativity and disguise

cues: space to attack, movement of goalkeeper, passing line to possess or dribble, defenders shift

Questions: when would you look to cross the ball?

what does the space tell the attacker to do?



Scrimmage: (25 mins)

-3v3 scrimmages in small sided fields

- add challenges related to wide play

AT:4 R:1 I:4

Coaching points:

Previous points

5Ws of attacking



Description

Technical: dribbling/RWTB
 Tactical: 5W to beat a player
 Physical: ABCS
 Social: fun/interactive/competitive

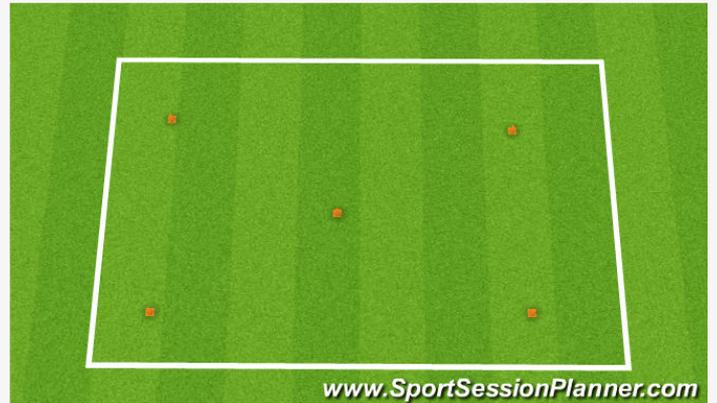
Technical Warm Up: (20 mins)

Phase 1:
 Players dribble ball around area in competitive environment performing a number of ball manipulation.

Phase 2:
 Players dribble to cone and perform skill moves, focus on 3 directions, Messi/Ronaldo/Poke.

AT:1 R:20 I:12

Coaching Points:
 Scanning with head
 use of 8 surfaces
 Messi/Ronaldo Dribbling
 use of body/creativity



Skill Phase: (30 mins)

Phase 1:
 set up 10 x 15 1 v 1 channels with 2 gates working in groups of 4-6.
 defender passes ball into attacker and presses on first touch, attacker goes to opposite line.

scoring:
 1 point for dribbling over line
 2 points for dribbling through gate
 3 points for stopping on line.

Phase 2:
 defender passes ball through attackers legs who then turns and goes to goal.

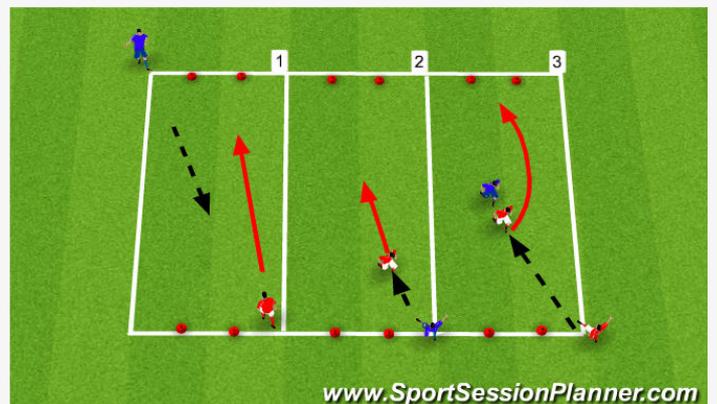
Phase 3:
 attacker stands in front of defender, receives ball and turns.

AT:2 R:30 I:9

Coaching Points:
 Previous Points
 attack space early
 change of speed and direction
 variation and creativity
 use of 3 ways to beat a player

visual cues:
 defender shifts one way to attack other
 approach - space left to attack
 weakness of player - slow positioning or turn

Q: how do you know which space to attack? A:space not open to defender
 Q: what can the defenders position tell us? A:where to shift the ball



Scrimmage: (40 mins)

Scrimmage:
play 3v3/4v4 world cup
add conditions in such as:
partner soccer
dribble over line to score
nutmeg for goals



Description

2 v 2 combinations

technical: passing and dribbling

tactical: movement to support/5ws of passing

physical: ABCS, strength, endurance

Social: fun, interactive, teamwork

Technical Warm Up: (15 mins)

Warm up:

players dribble ball around area, must beat a cone with skill move. allow players to perform own skill moves then add specific ones to focus.

add defender to finish.

coaching points:

8 surfaces to dribble

scanning with head

change of speed/direction

use of body

creativity and variation



Phase 1: (20 mins)

Phase 1:

play 2 v 2 with keepers in 15 x 20 area.

players start next to goal and attackers start with ball, first team to score in directional goals.

play 2 minutes and rotate sides.

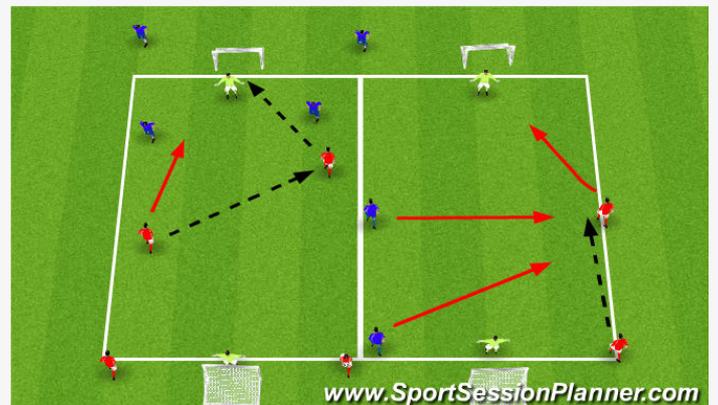
Coaching Points:

width and depth

weight/accuracy/projection of pass

movement of player to support

when/where/why to pass or dribble



Phase 2: (20 mins)

Phase 2:

set up 20x50 area divided into 4 10 x 15 squares and two 20 x 10 end zones.

3 x 4 teams who play 3 x 4 minute games.

start with one team attacking, neutral player in middle passes to attacking team in a box to make 2 v 1. can head to any goal, if attacker passes or dribbles into a box those 2 players join in to make 3 v 2/4v3 etc.

score a point by having a box join in (4 max points) and 1 for a goal. end zone is offside.

defenders score in side goals for point to take point off attacking team.

coaching points:

previous points

5Ws of attacking

penetration vs possession



Scrimmage: (30 mins)

Scrimmage:
3 v 3 /4v4 world cup
4 minute games
coach within game
bonus goals for combinations



Description

Ball Manipulation

Technical: dribbling/running with the ball

Tactical: when to use Ronaldo/Messi Touches

Physical: ABCS

Social: Fun, Interactive, Teamwork

Technical Warm Up: (20 mins)

Technical Warm Up:

set up 5 x 5 boxes for all players.

Players dribble ball around whole area on Ronaldo call, on Messi call they have to explode and remain inside a box.

AT: 1 R:20S I:3

players are restricted to a box each, must dribble around area going through all types of surfaces, ball manipulation moves. Add competition such as scores or targets.

AT:1 R:20S I:6

progress to freeze tag, players can tag a player who are frozen for 3 seconds, can enter any square.

progress to players not being allowed in same zone as tagger.

AT: 45s R:10 I:5

Coaching Points:

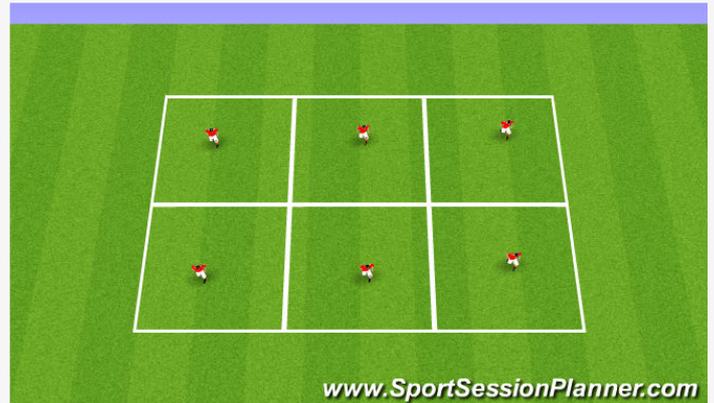
head scanning

messi - close control, tight touches

Ronaldo - pushes of ball, open strides

use of 8 surfaces

change of speed/direction



Skill Phase: (25 mins)

Skill Phase:

1. set up 2 cones 6 yards apart. players work in threes with one resting and two face each other opposite, cannot cross line. Red player must manipulate the ball, with blue trying to copy.

AT:1 R:1 I:3

2. progress to red player stopping ball on cone, with blue player trying to block the cone. each player with a ball.

AT:2 R:30 I:4

3. Finish with red player trying to break line and stop ball on top cone, blue must chase player and beat to cone.

At:2 R:30 I:4

Coaching Points:

previous points

variation of surfaces

use of body to control/protect

5Ws of dribbling



Scrimmage: (40 mins)

Scrimmage:
set up 20 x 30 fields for 3v3/4v4.
Players play tournament scrimmages with conditions on games.
4 minute games.
Coaching Points:
Previous Points
5Ws





Receiving arials balls/first touch

Category: Technical: Passing & Receiving
Difficulty: Beginner

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: receiving/first touch

Tact: choice of surface/movement to receive

Phys: ABCS

SOcial: fun,interactive,challenging

Technical Warm Up: (30 mins)

Set up circle with with a number of gates around circle.
players have ball each and dribble around in competitive environment such as number of gates, tag games or skill moves.
Progress to two teams, one outside serving with other players receiving.

players receiving must dribble ball through gates and pass to other player, focus on variation of serves and types of surface to recieve:

inside

outside

laces

thigh

chest

Progress: Players must receive and take first touch through a gate

AT:90 R:1 I:8

Coaching Points:

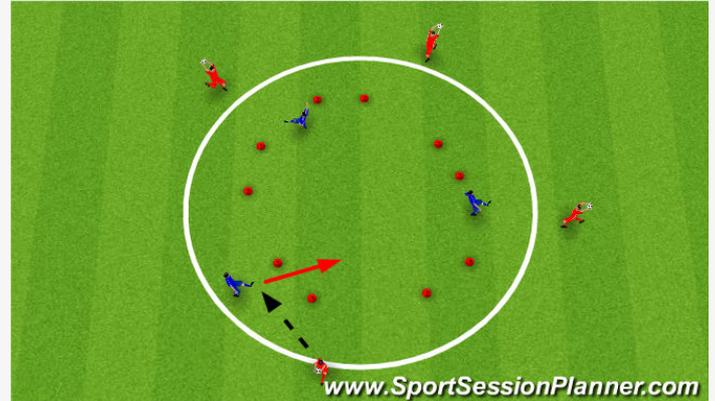
Balls of feet

verbal/non verbal communication

body behind ball

cushion ball with surface

anticipate serve



Skill Phase: (30 mins)

players work in two groups of 3 in area suitable to players and ability.

start unopposed, players score a point by receiving the ball from a team mate from a throw in and pass to the opposite target player.

Players switch once passing the ball to target by playing a bounce pass. team with most points after time limit win.

Progress to opposed, can pass back to target player for support but cannot switch.

Progress to only 2 target players and play directional

AT:2 R:1 I:6

Coaching Points:

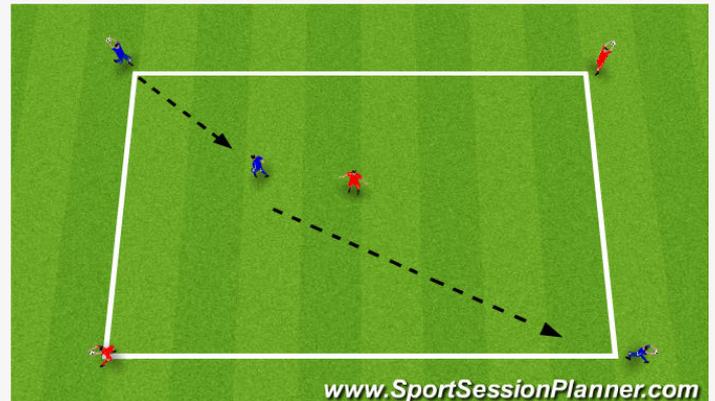
previous points

angle and distance

movement to support thrower

type of touch to recieve

choice of surface



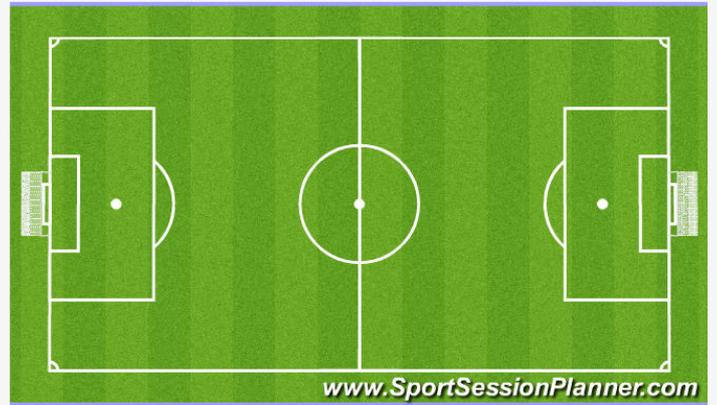
Small Sided Game: (25 mins)

3 v 3 world cup

Players must take throw ins whenever ball goes out
score from an arial goal equals 3 goals

Coaching Points:

5Ws of receiving



Description

Passing and receiving away from pressure

Technical: Receiving on front or back foot with open body

tactical: when to receive on either foot and why

Physical: abcs

social: communication/teamwork/enjoyment

Warm Up: (15 mins)

Warm Up:

Y passing pattern

A passes to B, who turns and plays to C who passes back to A. follow your pass and alternate to C and D.

Progress:

C pressures B who must turn and play to D when receiving from A. follow your pass. C receives ball on next turn with B pressuring A as they all moved to the next cone.

Coaching Points:

Balls of feet

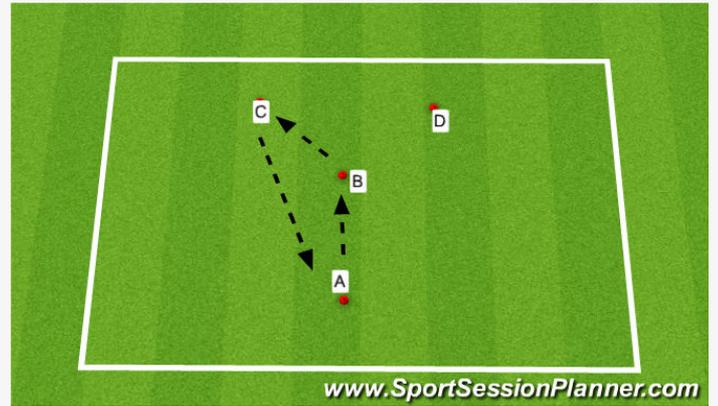
weight/accuracy of pass

open body

back foot to receive

check and scan before pass

when to turn on front or play back foot



Practice 1: (20 mins)

Practice 1:

set up 2 v 2 in the middle with two end players suitable to players and ability. start unopposed, score by playing from one end player to the other. must receive ball in 2 different quarters before playing to end zone.

play 3 x 1 minute games and rotate players.

progress to opposed.

Coaching Points:

previous points

different surface to receive

back foot to change direction

front foot into space when under pressure

angle and distance

mobility and support



Practice 2: (50 mins)

Practice 2:

3 v 3 + neutral with end zone in suitable area. gates along outside. score by receiving the ball in end zone through a pass. if pass to neutral player they can join that team if their first touch enters field through a gate.

3 x 4 minute game including 2 touch limit.

Finish with normal scrimmage, 3 passes equal a goal.

Coaching Points:

Previous points

attacking principles

when/where/why to receive on front or back foot





Switching the point of attack

Category: Tactical: Switching play
Difficulty: Moderate

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: First Touch/range of passing

Tact: why and how to change an attack

Phys: Mobility, Endurance

Social: Teamwork, decision making, interactive

L/O: show intent to go forward with first touch

Know when and how to switch the point with visual cue

Technical Warm Up: (20 mins)

Set up area suitable to players and age - add pinnies/spots etc on floor.

players move around area in competitive environment - tag/challenges/races etc.

add ball to play unopposed possession - can add defender with a ball to dribble and catch players.

use equipment on floor for players to touch after pass/check to receive/first touch through gap etc.

can finish with possession based or directional possession.

AT:2 R:30 I:5

Coaching Points:

Balls of feet

body position

communication - verbal/non verbal

weight/accuracy/projection of pass

type of first touch - intent



Skill Phase: (20 mins)

play 4 v 4 in area suitable to players - use 2 target players for each team. Score a point every time ball is switched, can drop ball to target to keep possession. Target player can switch with passer when point scored.

Progress: Can include all 4 players and score by playing into a corner for a point/use 1 target player or add goals.

AT:4 R:1 I:4

Coaching Points:

previous points

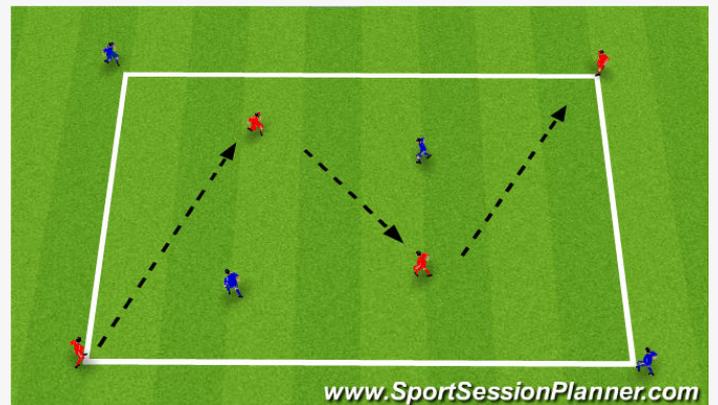
width and depth

movement to support

penetration vs possession

Q: when should you play forward? A: passing line to penetrate

Q: why am I looking to switch to a different corner? A: to attack more space/unbalance defence



Small Sided: (40 mins)

Set up area as shown, adding diagonal lines to make 4 equal corners on field towards goal. Can play SSG or function to goals. Set up team relevant to game - aim is for players to receive the ball in one of two attacking corners to score.

challenges/conditions: must visit both channels before scoring; 1 point for goal + 1 point for amount of times corners are visited upon switching

AT:8 R:2 I:3

Coaching Points:

previous points

visual cues: movement of defenders to switch point - high pressure

overload to create weak side

movement of 7/9/11 to attack space to create switch

Q: when do you switch the point? A: space available/overload

Q: how do you switch the point? A: penetrating pass/fast build up



Description

Technical: 1 v 1 and 2 v 2 defending stances

Tactical: defending principles of pressure, balance, cover

Physical: ABCS, strength, endurance

Mental: decision making, teamwork, communication

Warm up: (15 mins)

Warm up:

set up area suitable to players and age.

Players dribble ball around square, on command 1 player must steal a ball. if ball is stolen, that player joins defending team, play until 1 player left.

3 x 1 minute game.

progress to pairs, two players must work together to steal ball. if ball is stolen, that player can support other players off the ball. how many balls can defenders steal within 1 minute.

6 x 1 minute games.

Coaching Points:

Scanning with head

communication

teamwork

defending principles



Skill Phase 1: (20 mins)

Skill Phase 1:

1 v 1 boxes, 10 x 10 area. can play simultaneously or in order.

vary serve i.e. defender plays different pass, different starting position, attacker starts with ball. defender scores a point by winning ball and dribbling out of box. 3 goes and rotate.

A: attacker starts opposite line, dribbles over opposing line for 1 point or stops on line for 3 points.

B: start on opposite corners. 1 point for stopping ball on open corners, 3 points for defender corner.

C: Pana. attacker scores 5 points for a nutmeg, defender has 3 points for dribbling over line. 1 go and rotate.

D: 4 v 2, attackers must stay on line and score by playing splitting pass. D must intercept ball.

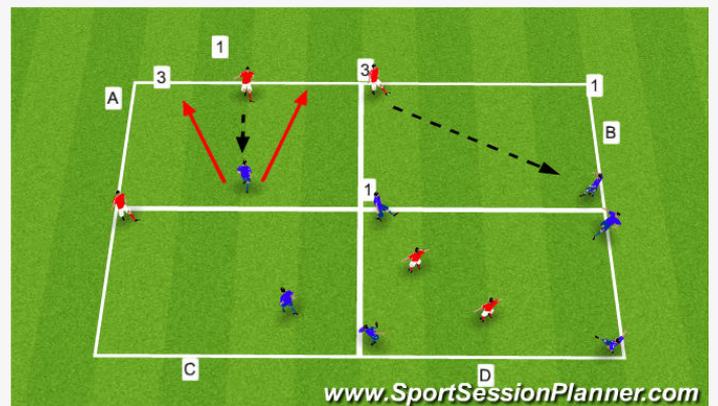
Coaching Points:

Pressure, balance, cover.

pressure at an angle, low body stance arms length apart

cover at an angle behind to stop split, 5-10 yards apart.

trigger: head down, closed hips, big touch, mistake



Skill Phase 2: (20 mins)

Skill Phase 2:

possession

3 teams of 4 with red team defending and blue team in middle, other team play on outside line.

blue team score by playing a pass from one side player to opposite for split pass.

defending team must win ball back, if so they switch with outside team. blue team stay inside for 1 minute and rotate.

Progress:

if defending team win ball, they score by playing into one of corner goals. play 2 minutes and rotate.

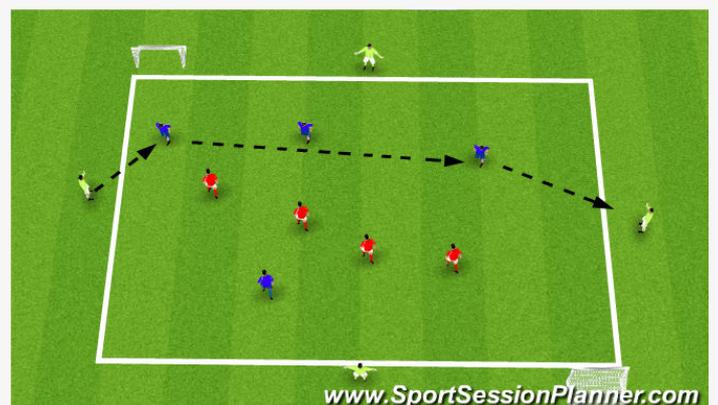
Coaching Points:

pressure, balance, cover

angle of approach, show inside or outside depending on support

communication

closest player pressures



shape as a unit to prevent gaps
triggers: slow pass, delay open body vs pressing closed body

Conditioned Scrimmage: (25 mins)

Scrimmage:

set up three thirds and play 2 v 2 in each third. players cannot leave third unless they pass or dribble.

play 3 x 4 minute games and rotate players.

Finish with scrimmage

Coaching Points:

Previous points

5ws of defending in a game.





Defending Long Balls

Category: Tactical: Defensive principles
Difficulty: Moderate

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: Headers and volleys from in front

Tact: when/how to defend long balls

Phys: ABCS, Endurance, Mobility

Social: FUn, competitive

Warm up: (15 mins)

Technical Warm Up:

set up area relevant to players and age. 2 teams with multiple balls pass and move around area with chest passes. players without ball cannot stand still. most passes wins.

Progress to volleys, defensive header, bullet header and glancing header.

AT:1 R:20 I:5

Progress:

players now play handball, can score in a goal with a header.

Progress to normal game with 3 points for headed goal.

AT:4 R:1 I:3

Coaching Points:

Communication - verbal/non verbal

balls of feet

weight/accuracy/projection of pass

body behind ball

use of forehead

body shape to balance

surface in relation to type of header

follow through



Skill Phase 1: (20 mins)

Skill Phase 1:

set up area suitable to players and ability, with 5 yard channel in the middle. three teams with 2 attacking and 1 defending team in middle channel.

Attackers pass ball with hands around area and must serve ball to be headed over to other team to catch, if both team catch its a point. if players can serve ball with volley or floor its 3 points. team in middle must intercept ball to rotate and gain 1 point.

Progress: must play on floor. Can add time limit if needed.

AT:4 R:1 I:3

Coaching Points:

communication

decision and commitment

judge flight of ball to decide type of header or volley

angle and support of defending line



Skill Phase 2: (20 mins)

Skill Phase 2:

Set up area suitable to players and age, one main goal with 2 target goals. 3 teams, one attacking, one defending and one serving.

red team defend goal and score in 2 target goals, blue team attack normal goal but must play ball to side player, who takes throw in to goal.

attacking team can score with: 1 point for goal, 2 for volley, 5 for header.

Defending team score extra point if intercepting arial ball.

AT:5 R:2 I:3

Coaching Points:

Previous Points

balls of feet and body position to adjust to ball

defending principles - Pressure, cover balance, tight and compact, angle and distance, communication.

Adjustment to ball

second balls, no or limited bounce

attitude to compete



Function: (30 mins)

Function:

Set up area and players suitable to team. Blue attacking team have 4,5,8,9,10 with red defending team having 1,4,5,6,8,9 with 2 wingers on both team. ball can start from anywhere, but can be played into the coach who plays into blue 9. wide players can play free or be challenged after 2 touches.

Attacking team score in main goal for 1 goal, or 3 points from arial cross. Defending team look to score in 2 target goals.

AT:4 R:2 I:4

Coaching Points:

Previous points

projection of pass depending on forward movement

defending cues:

type of pass - on floor look to stop the turn, arial ball look to cover to protect flick on

midfield movement to mark player for rebound or compete for second ball

slow possession - step forward with sweeper

step forward then drop space behind when attackers head goes down to pass



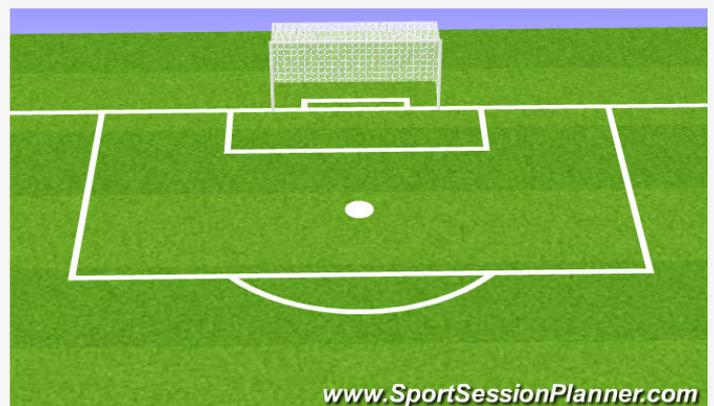
Set Pieces: (20 mins)

Set pieces:

Focus on attacking and defending pieces from corners and indirect free kicks.

Corners: group run, triangle run, dummy run

free kicks: inswinging vs outswinging, timing of movement and pass





Defending - as unit

Category: Tactical: Defensive principles
Difficulty: Moderate

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: 1v1 defending/passing/dribbling

Tact: Defending in numbers/as a unit

Phys: ABCS/mobility

Social: Teamwork/communication/patience/decision making

L/O: show defending principles as a unit
cues for defending

Multi Direction Warm Up: (20 mins)

Set up area suitable to players/age - approx 30 x 35.
two teams - start unopposed. teams have 2 gates/goals set up opposite each other to play into, one team play width ways other go length ways. Teams play in competitive environment scoring by receiving a pass in one of 2 goals.

Progress to opposed, aim is for the team in possession to score in both their goals, with defending team looking to slow down attack and win ball back to play to their goals.

Add stretches

AT:4 R:2 I:3

Coaching Points:

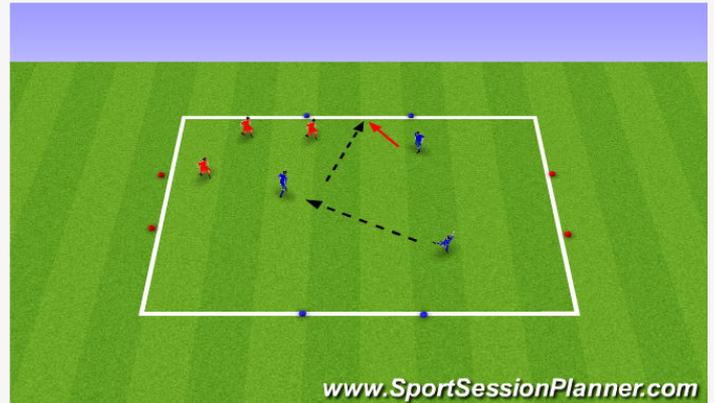
1v1 pressure/position/patience

pressure/cover/balance

angle and distance

communication

Q: why do we need to communicate? why do we need pressure/cover?



Skill Phase: (20 mins)

set up four 10x10 channels with GK and three teams. each team has 1 player in each box. one team defends with the other 2 keeping possession, players are restricted to boxes. ball looks to move through all channels and score. If team lose possession, whichever color lost the ball defends.

Can add transition or set time as defending team.

AT:4 R:2 I:3

Coaching Points:

angle of approach - inside vs outside

delay/deny/defect forward passing

defensive triangle - player sees ball/space/player

cues: Head down/big touch/press on pass

Q: how do you know where to press? Do you have to win the ball?



Function: (20 mins)

Set up as shown in desired formation/roles.

ball starts from GK who plays ball out, blue team score by passing ball into target square. If the ball can be played into middle square, they receive 3 points.

Red team look to not get split/caught out over the top and win the ball back to shoot on goal.

AT:6 R2: 1:3

Coaching Points:

Previous points

pass runners sideways/follow runners forward

cue: slow pass to press/squeeze

medium pass detain

fast passes look to protect/show away from goal





First Touch - turning

Category: Technical: Turning
Difficulty: Moderate

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: first touch/turning

Tact: when and why to receive to turn

Phys: ABCS/mobility

Social: FUN/interactive/competitive

L/O: show variation in receiving on front/back foot

identify when to turn if on front foot

Warm Up; (20 mins)

Set up area above suitable to players and age. 3 teams work unopposed keeping possession in competitive environment. add in conditions such as: 2 touch/receive back pass front/turn on first touch/turn on front foot/first touch must enter a box/3 passes and enter box

Finish with 3 team possession - add scoring points such as: 10 passes a point/turn into a box a point/dummies 3 point

AT:4 R:1 I:3

Coaching Points:

balls of feet

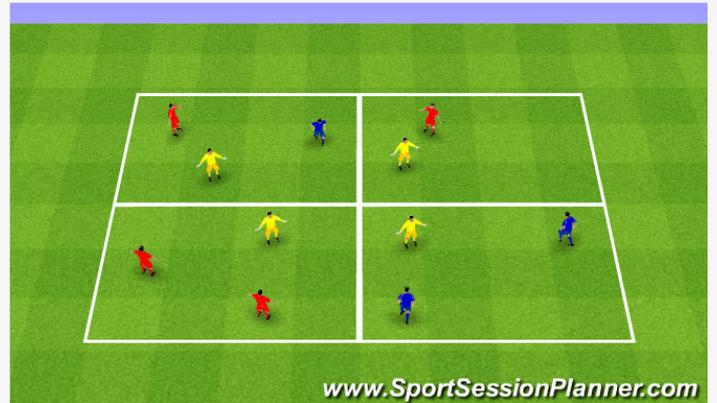
open body

choice of foot

communication - verbal/non verbal

weight/accuracy projection of pass

Q: why am I using my back foot? how can I turn the ball?



Skill Phase: (20 mins)

Set up above with 4 goals back to back and 2 GK protect opposite goals.

two teams look to score in two designated back to back goals.

Progress: once scored in goals, GK joins team and look to score in all 4 goals.

AT:4 R:1 I:3

Coaching Points:

previous points

angle and distance

width and depth

support and creativity

penetration vs possession

purposeful touch

Q: what can I do to prevent turning? Q: what tells me to turn or dribble?



Function: (25 mins)

set up above in desired formation or numbers. can have goalkeepers, end zones or gates for defending team (blue) with red team starting with the ball and attacking blue goal.

start with players restricted to areas and progress to following pass/free play. Start with 4 zones, to score red forward can drop in unopposed and turn to score. Can add pressure.

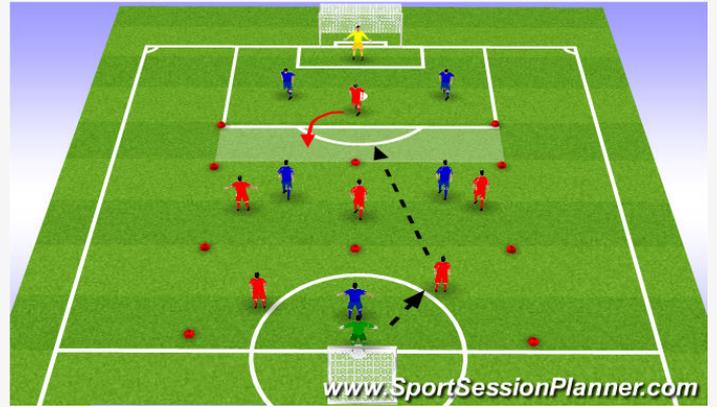
AT:7 R:2 I:3

Coaching Points:

Previous points

cues: space available to check and turn/position of defenders in relation to ball/player: high pressure over the top, mid pressure wide, low pressure penetrate.

Q: why are defenders important to positioning? Q: what are cues?





Passing and Receiving - Chaos

Category: Technical: Passing & Receiving
Difficulty: Moderate

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: passing and receiving/body angle/
Tact: when and why to use variation of touch
Phys: ABCS
Social: Teamwork/decision making/fun
L/O: look to use 3Ps to receive
identify which touch to use

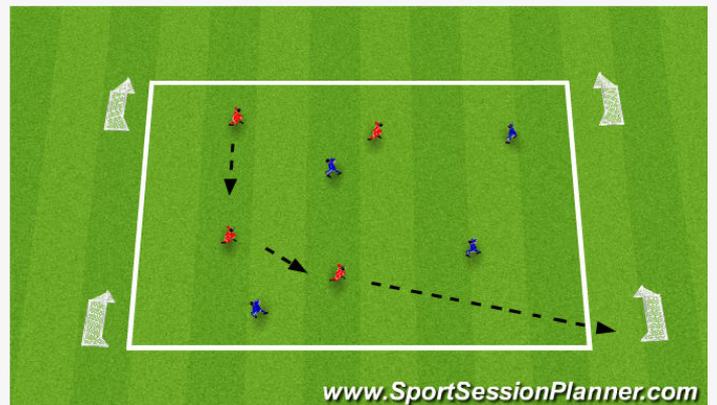
Ball Warm Up: (10 mins)

Ball Warm Up:
Players dribble ball around area in competitive environment with challenges and free play skill moves.
focus on skill moves when receiving the ball, play games such as: tag/knockout/poke and go
Coaching Points:
scanning
use of 8 surfaces
close control/RWTB
creativity and disguise
change of speed/direction
AT:4 R:1 I:2



Small sided game: (20 mins)

Set up area suitable to players and age, play small sided or 2 teams. directional scrimmage with each team scoring on 2 corner goals.
Can add GK to protect both goals, or move goals 10 yards back from line to focus on passing technique.
Progress: 3 points equal a goal/number of passes equal that amount of goals once scored
AT:4 R2 I:3
Coaching Points:
balls of feet
communication - verbal/nonverbal
weight/accuracy/projection of pass
purposeful touch - place/prepare/protect
Q:why are we taking a touch when receiving? What type of touch can I take?



Technical Phase: (10 mins)

set up 3-4 different teams in one area suitable for players - 30 x 30 rough.

Teams play possession unopposed to complete following challenges:

- first team to 30 passes
- must receive ball with 3 types of touches or skill move
- all teams wear same colour
- score a point by receiving on a cone

AT:2 R:30 I:4

Coaching Points:

balls of feet

body behind ball to prepare

face target/approach/step/choice of surface to pass/surface of ball/lock oh hips/ankle/follow through

scanning

playing to feet/space

identify space to explode/turn/protect

-double points if you can receive and turn near opponent

Q: how do you know what touch to take? what does space tell you do to with your touch? Q:where/why are we playing our pass?



Directional: (20 mins)

set up area as shown, play 2 scrimmages in one area. reds vs blue play width ways with yellow and green going length ways.

Add challenges/conditions such as: no GK/number of passes a goal/correct touch for goal

AT:5 R:2 I:3

Coaching Points:

previous points

width and depth

angle and distance

awareness

penetration vs possession

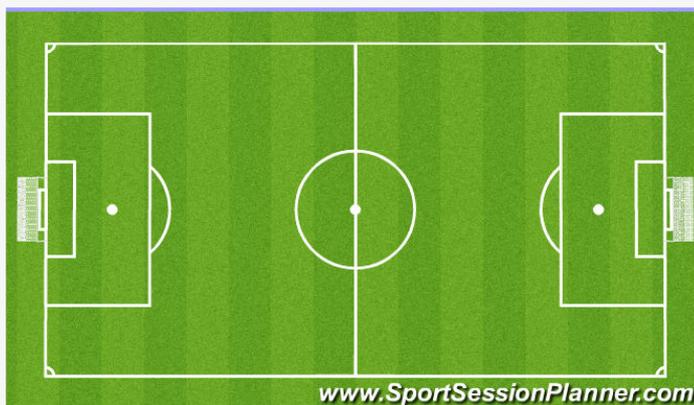


Screen 5 (25 mins)

Finish with normal scrimmage or small sided. Allow players to pick rules/scoring/formation

Coaching Points:

5Ws of passing and receiving





Receiving on the back foot

Category: Technical: Passing & Receiving
Difficulty: Beginner

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: first touch/body shape
Tact: When and why to use the type of first touch
Phys: ABCS/Mobility
Social: fun, interactive, decision making
L/O: understand and show a side on stance and why
choice of first touch to keep possession and attack

Warm Up: (10 mins)

Players dribble ball around in competitive environment. focus on free play and following:
toe taps/v cuts/boxes/insideoutside/outsideinside/stopandgo
Progress to skill moves to beat cones, use free play then focus on 3 different skill moves in each direction.
Coaching Points:
scanning
use of 8 surfaces
change of speed/direction
creativity and disguise



Multidirectional: (20 mins)

set up area suitable to players and age. two teams with four goals, can have balls in each corner to pass in or have one set server.
Teams look to score as many goals as possible in any goal available. play to set time limit. progress to first to score in all 4 goals or have set goals to attack and defend.
AT:4 R:1 I:3
Coaching Points:
Scanning
communication - verbal/non verbal
weight/accuracy/projection of pass
width and depth
angle and distance
first touch - purposeful
Q: how can you see the whole field? What are you thinking about with your first touch?



Technical: (20 mins)

Set up area with cones/spots on the floor and two teams, working unopposed keeping possession in competitive environment.
Focus on following challenge:
pass and move to target number
check to a spot and must receive on back foot/furthest foot
receive on front foot to go forward
possession with no pinnies on
possession with no pinnies - most passes but opposition can steal your ball to lose 5 passes
AT:2 R:30 I:5
Coaching Points:
open body
quality of pass - technical points
use of back foot to go forward
front foot to turn/protect
prepare/place/protect first touch
scanning
positive movement to receive



Q: how do you know which foot to receive on? why do we want to use our back foot?

Condition: (20 mins)

Set up area suitable to players and age and formation. players play scrimmage but are restricted to their zones, can only leave zone if they pass/dribble over line. Can progress to must receive and take first touch over line.

AT:5 R:2 I:3

Coaching Points:

Previous points

5Ws of first touch

cues of first touch: space/defender/goal





Finishing

Category: Technical: Shooting
Difficulty: Difficult

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Technical: 12 surfaces of striking

Tactical: when/where to attack and support goal

Phys: ABCS

Social: fun, interactive, goalscoring, competitive

Technical Wrm Up: (15 mins)

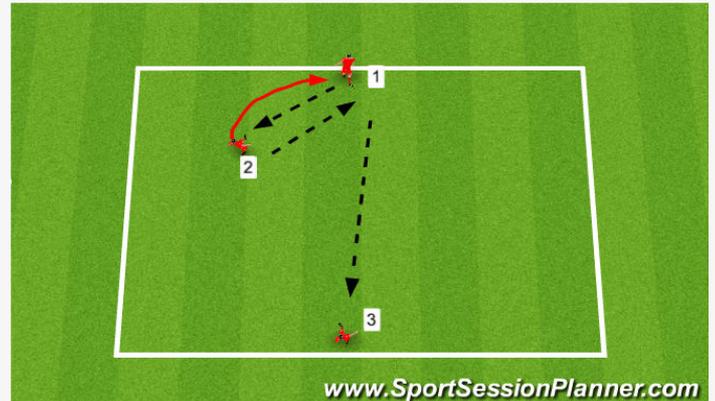
Technical Warm Up:

players work in groups of 3 in area suitable to players and age. 2 players stand opposite with 1 player in middle, closest to player with ball. 1 passes to 2 who sets the ball back to 1, who plays a long pass into player 3. 1 takes 2 place.

Add target or time limit for who can make most successful pass. focus on variation of strikes, inside, laces, outside, chipped or driven.

Coaching Points:

- balls of feet
- purposeful/prepare touch
- weight/accuracy/projection of pass
- choice of surface
- communication



Technical: (15 mins)

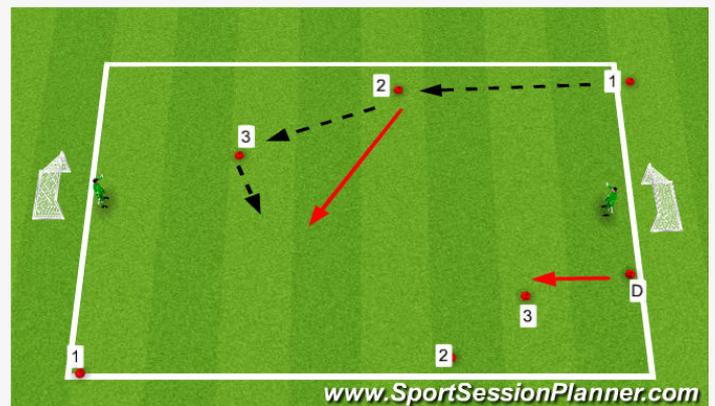
Technical:

Set up area suitable to players and age. players follow passing pattern around circuit, once 2 passes to 3, they continue their run for a shot on goal. Following shot, they receive ball and join opposite side to repeat.

Progress: change starting point/variation of combinations
add Defender, both passive and live, to press on 3s touch to set.

Coaching Points:

- weight/accuracy/projection of pass and shot
- angle and distance
- movement to support - eyes and first touch
- type of shot, driven, accuracy, toe poke
- choice of 12 surfaces
- attacking space



Skill Phase 1: (20 mins)

Skill Phase 1: individual attacking

set up 3 channels 10 x 15 with attacker, defender, server and GK. Players have 4 minutes on each station to score as many goals as possible, rotating roles after 3 attempts.

1. server plays attacker for 1 v 1 with defender coming from in front or a angle

2. server plays ball forward for attacker to run onto with defender coming behind.

3. server plays ball into forward who starts back to goal with defender behind.

count all points, defender scores whenever ball is won.

AT:2 R:30 I:8

Coaching points:

- movement to receive
- communication - verbal/non verbal
- type of touch - place/prepare/protect



attack space early - position of GK/Defender
type of shot - 12 surfaces depending on distance
shift and score
creativity and disguise

Skill Phase 2: (20 mins)

Skill Phase 2:

set up area suitable to players and ability. start with 2 attacking forwards, with 1 gk and 1 defender and 4 servers.
attacker gets 5 balls, 4 from servers and 1 from gk. server plays into attacker who look to score, defender must steal ball and attack goal. 5 attempts to score goals and rotate.

Progress:

attackers choice type of surface and start position
once server passes in they defend to make over/under loads.

Coaching points:

Previous points

angle and distance

width and depth

speed of play

positivity and creativity

support play - forward angle or movement to goal

cues for rebound - head down, shift of attacker



Skill Phase 2: (20 mins)

Skill Phase 3:

set up 20 x 30 field divided into halves, with 2 defender and 1 attacker. players cannot leave half. when team dont have possession, have one of 2 defenders play fly GK.
team who score from own half get 3 goals, with forward getting 1 goal from attacking half. if forward gets rebound they get 4 goals. rotate positions after each round.

AT:4 R:1 I:3

Coaching points:

Previous points

width and depth

movement of forward to goal

cues: attacker to shoot with space available

forward movement to goal when head of shooter goes down



Function: (30 mins)

Function:

set up area suitable to players and age. work wit attacking team with 11,9,7, 8 and 6. defending team have back four and no 6.
ball is served from coach to attacking team who look to score, red look to hit two corner goals once possession is won.

AT:6 R:2 I:4

Coaching Points:

Previous points

Attacking Principles - width and depth, angle and distance,

support, creativity and mobility

5Ws of finishing





Finishing - small sided

Category: Technical: Shooting
Difficulty: Moderate

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: striking

tact: when and how to shoot

Phys: ABCS

Mental: FUN

L/O: identify choice of shot available

visual cues to shooting 1v1/2v2

Warm Up: (20 mins)

Set up 3 x 10 by 10 squares with SAQ equipment linking all the boxes.

Split group into three groups and have a ball each dribbling around area in competitive environment: toe taps, boxes, skill moves, v cuts, stop and go, tag, marbles etc.

on command have players run through ladders to next box to play tag, steal all balls, play rondo etc.

ensure to keep competition high with quick, frequent changes.

AT:2 R:30 I:5

Coaching Points:

Balls of feet

scanning with head

use of 8 surfaces

ronaldo/Messi

change of speed/direction



Skill Phase: (30 mins)

Set up area suitable to players and age - can be 10x15 or 15 x 20. play through 1v1 scenarios, can move position of defenders or start point/serve. Ensure to focus on 1 v 1 forward, angle, behind and back to goal. both players can score on goal when in possession. add more numbers/overloads/underloads when needed.

A: defender starts by goal, attacker makes a movement to cone, check and receive pass from team mate.

B: attacker dribbles ball around defender and then explodes to goal, defender makes recovery run.

C: attacker starts back to goal marked by defender, receives pass from teammate.

AT:2 R:30 I:12

Coaching Points:

Purposeful touch - place, prepare or protect

attacking space at speed

use of body/creativity/disguise

shift and score

visual cue: shift of knees/mistake/distance

striking to space

use of inside/outside/laces/sole/toe poke/heel



small sided: (25 mins)

Set up area shown suitable to players and age with 3 teams. start with teams restricted to areas, play normal scrimmage. if goal is scored from own half = 3 goals, goal from forward is 1 goal and rebound is 5 goals. Use neutral players in corners to keep possession or supply service. can playtime limit and winning team stays on.

Progress: team are not restricted, can move to make overloads with pass/dribble.

wide players can join in when played too.

AT:4 R:1 I:5

coaching points:

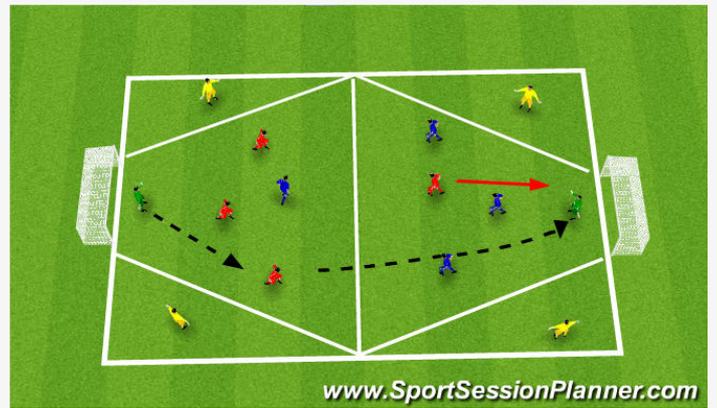
previous points

width and depth

speed of play

body to receive to create shot

visual cue: rebound on teammate body position to shoot, type of shot





Pass and Position 1

Category: Tactical: Possession
Difficulty: Beginner

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: receiving and passing

Tact: position to support

Phys: ABCS, Mobility

social: interactive, teamwork, competition, decision making

Technical Warm Up: (15 mins)

Technical Warm Up:

set up 10 x 10 triangles in group of 4 suitable to players and ability. Players start by dribbling with a ball each around triangle at same time and performing skill moves on a corner.

Progress to passing, each player follows pass in numerical order. Ensure to be competitive environment. Add combination if needed.

AT:90 R:30 AT:5

Coaching Points:

balls of feet

communication - verbal/non verbal

approach of ball

choice of surface

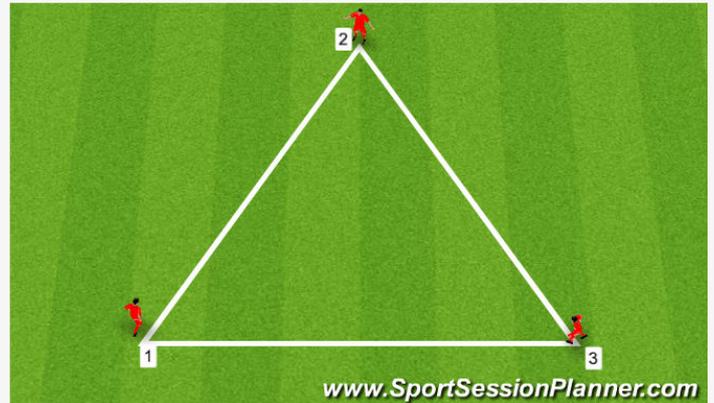
strike middle ball

follow through

weight/accuracy/projection of pass

Q: why is it importance to strike middle of ball? A:

power/accruacy/follow through



Skill Phase: (25 mins)

Skill Phase:

Players pass and move unopposed in square, on command one player from group must move into open box, receive ball and pass the ball to opposite group to receive.

Each player has 1 attempt to make run and play to other team, add competition such as races, number of passes etc.

Progress: add a defender to each box (yellow defender) teams must make 3 passes and move into next box for a point. If defender wins ball they receive a point.

AT:2 R:1 I:6

Coaching Points:

Previous Points

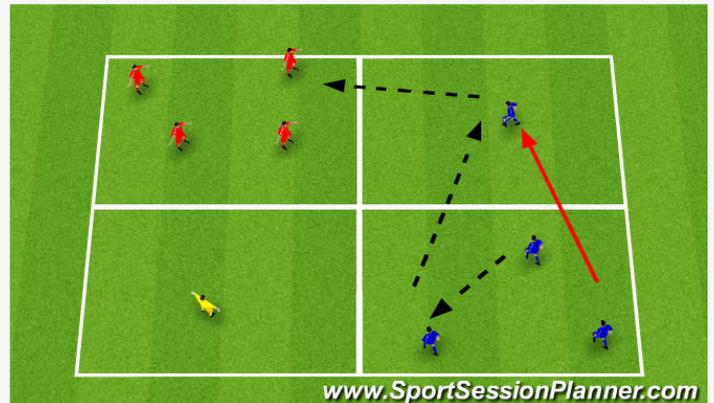
angle and distance

movement of support

play to feet or space

position to receive after pass

Q: what is a good position to receive the ball? A: space/angle away from defender with passing line



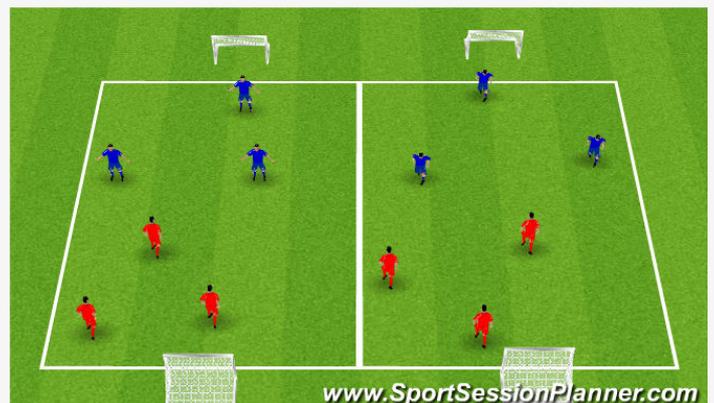
Scrimmage: (25 mins)

Conditioned world cup:

players play 3v3/4v4 with challenges. Players can set own challenges for each game i.e. 3 passes a goal, combination equal a goal.

Coaching Points:

5ws of positioning off the ball





Pass and Position 2

Category: Tactical: Possession
Difficulty: Beginner

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: passing and receiving

Tact: when and why to find a position to pass

Phys: ABCS

Social: decision making, interactive, fun

Technical Warm Up: (20 mins)

Technical boxes:

set up 5x5 boxes with a player in each box, ball each warm up in each box in competitive environment.

toe taps, sole role, skill moves, ball manipulation etc.

Progress:

3 balls in certain squares, players must pass ball from one box to another, add conditions such as type of touches, movement to cones etc.

AT:1 R:20 I:8

Coaching Points:

Balls of feet

communication - verbal/non verbal

type of first touch - purposeful/3Ps

weight/accuracy/projection of pass

Q: how can the pass be quick? A: purposeful touch/number of touches



Skill Phase: (20 mins)

Phase 1:

Set up squares equal enough for teams to pass and move, depending on ability and age.

Teams work in small numbers, set up in one square with an open square available. pass and move in designated square, on command one player moves to open square, receives ball and passes to other team. First team to play ball to other team wins, 1 attempt per player per box.

Progress:

add a defender in each box, attacking team move between boxes but defenders are restricted. team score a point every time they go to another box, add challenges such as 3 passes and move equals more points.

Defenders switch when ball is won or time limit.

AT:2 R:30 I:8

Coaching Points:

previous points

width and depth

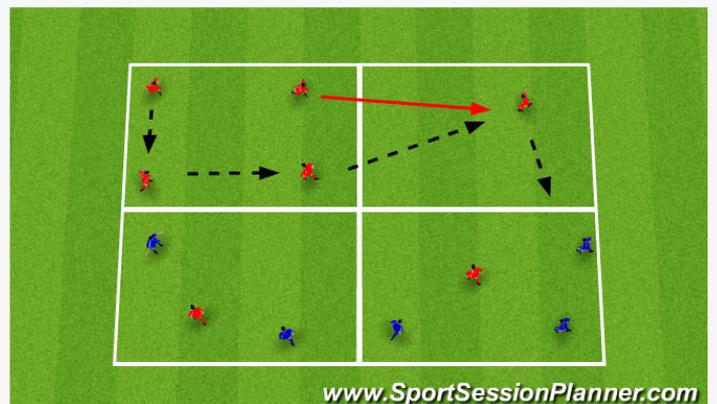
angle and distance to support

passing line to player

position to receive ball away from defenders

Q: why would I find a new position? A: Space away from defender

Q: where is a good position to receive the ball? A: forward movement into space



Scrimmage: (20 mins)

World Cup:
play small sided scrimmages and players can pick challenges and points

Coaching Points:

Previous points

5Ws of pass and position

AT:4 R1 I:3





Pass and Position 3 - position to goal

Category: Tactical: Possession
Difficulty: Beginner

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: first touch and passing

Tact: position to support forward line

Phys: ABCS/Mobility

Social: fun, interactive, decision making

Technical Warm Up: (20 mins)

- Players perform ball manipulation in small area, work in competitive environment.
- competition can be juggles, toe taps, boxes, area invasions, tag etc.

AT:4 R:30 I:3

Coaching Points:

Scanning with head

change of speed/direction

choice of surface

creativity



Skill Phase: (20 mins)

- Set up two areas suitable to players and age, with 3 attackers and 1 defender in one half and 1 v 1 in other half.

- Start with defenders unopposed or with a ball, restricted to their half. attackers play set number of passes, pass into forward and one player can follow and receive a set to shoot on goal.

- Progress to opposed, manage numbers of players allowed to leave box.

AT:4 R:1 I:3

Coaching Points:

type of first touch - 3Ps with purpose

weight/accuracy/projection of pass

angle and distance to support player on the ball

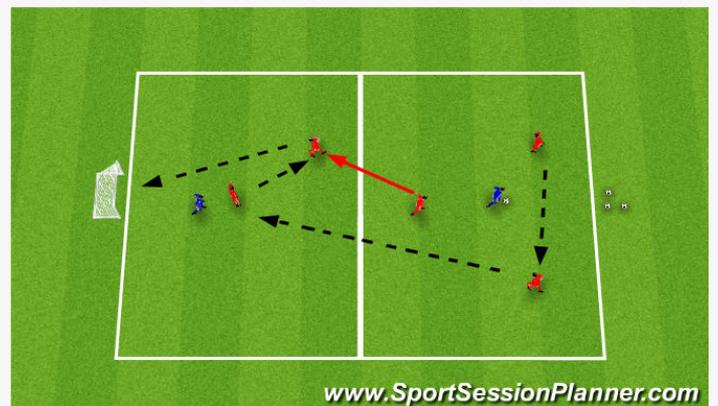
timing of run - when the ball is moving

position to support - angled to the goal

movement of forward for depth

Q:when would I make a move to find a position? A: as the ball is moving

Q: why do I make a forward position? A: to receive a pass in attacking area



Scrimmage: (20 mins)

- set up scrimmage field suitable to players and age with two end zones and a goal

- set up formation suitable to players and team, with attacking lines.

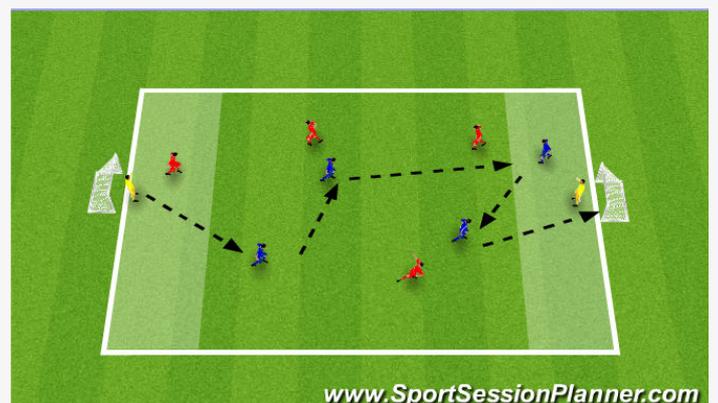
- teams play normal scrimmage with goalkeeper, if teams can play off number 10 to score they receive 3 goals. can restrict forward to staying in end zone for constant link.

AT:5 R:2 I:3

Coaching Points:

Previous Points

visual cues: eyes, type of touch, movement to support, position to receive in attacking position





Playing under pressure - number 9

Category: Tactical: Possession
Difficulty: Moderate

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: first touch/shielding

Tact: penetration vs possession

phys: ABCS, Mobility

Social: competitive, decision making,

Objectives: 1 v 1 protection of ball under pressure

support of runs of when to possess vs penetrate

Warm Up: (20 mins)

- set up area suitable to players and age, 4 groups, players pass and move ball in competitive area.

- each player has a number, on command that player must shield the ball from one player in group, player who passes ball can go press.

- progress to time limit, after time limit progress to possession box, number goes to steal ball from another box

AT:2 R:1 I:5

Coaching Points:

balls of feet

open body to receive

receive on back foot to protect

body - body - ball

use of arms to protect ball

angle and distance to support



Skill Phase: (20 mins)

- Set up area relevant to players and ability, attacking team (blue), receiving team (yellow) and defending team (red). blue team set up in one box with 1 player from red and yellow in remaining boxes.

- team in possession make number of passes and then play a pass to yellow player in a box, remainder of yellow team join that box. blue team then expand to empty box.

- one point for attacking teams when point scored, defending team score a point when ball stolen.

- progress to transition, when red win ball they switch with team who gave up possession or play time limit for each team.

- add goals, after number of boxes can shoot on goal.

AT:4 R:1 I:3

Coaching Points:

angle and distance

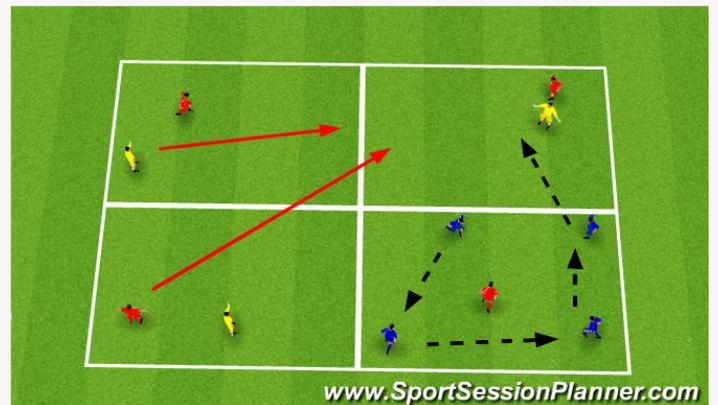
movement to support

position of number 9 in relation to defender

when to penetrate vs possess

use of body to protect when under pressure

cues: type of first touch from forward, eye contact, angle of support in relation to forward



Scrimmage: (20 mins)

Scrimmage:

-play normal scrimmage, can add target players to play to for extra points when involved in play.

- add end zones if needed

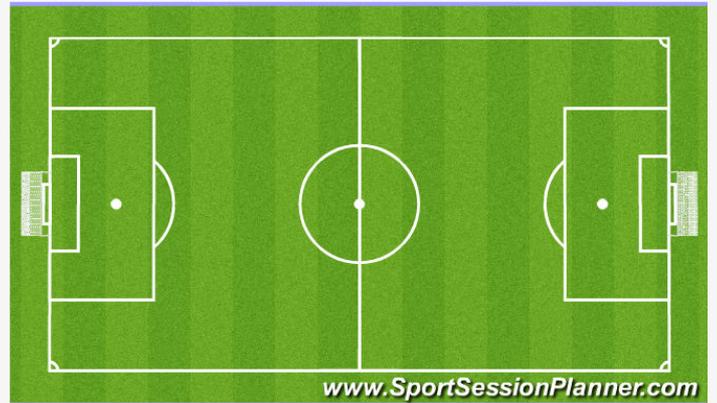
AT:6 R:2 I:3

Coaching Points:

Previous points

visual cues

5W's of attacking



Description

Tech: first touch and striking

Tact: opportunity to play forward

Phys: ABCs, endurance

Pysch: fun, competitive, decision making

Technical Warm Up: (20 mins)

Phase 1:

work in groups of 3 unopposed, score a point by receiving a pass inside corner triangle, can only be in a triangle for 3 seconds before leaving and being replaced.

AT:2 R:30 I:4

Phase 2:

Three team possession - can score by going to a corner to receive

AT2: R30: I3

Coaching Points:

Balls of feet

open body to receive

choice of foot and type of first touch

weight/accuracy/projection of pass

communication

angle and distance

Q: how can we change the distance of our pass? A: Variation of movement for supporting angles



Skill Phase 1: (20 mins)

Skill Phase 1:

4 v 2 rondo - area suitable for players and ability.

4 outside players stay on line but can move to support, score a point by splitting the two defenders, person who splits and receives get point. if defender win ball two players switch.

AT:2 R:30 I:3

Skill Phase 2:

add two attackers to middle to player 6 v 2, score a point for splitting or 3 points if you can split by playing to middle players.

AT:2 R:30 I:3

Coaching Points:

previous points

scanning and thinking ahead

number of touches/speed of play

communication

Choice of pass to penetrate

penetrate early

Q: what tells you when to penetrate forward? A: when a forward option is available



Skill Phase 2: (20 mins)

Skill Phase 3:

set up area suitable to players with 3 gates and a target player. team score by playing a pass to a target player, that player then returns ball to defending team to attack.

AT:4 R:1 I:2

Progress to players play to target player who then plays back to that team to dribble through a gate to score.

AT:4 R:1 I:2

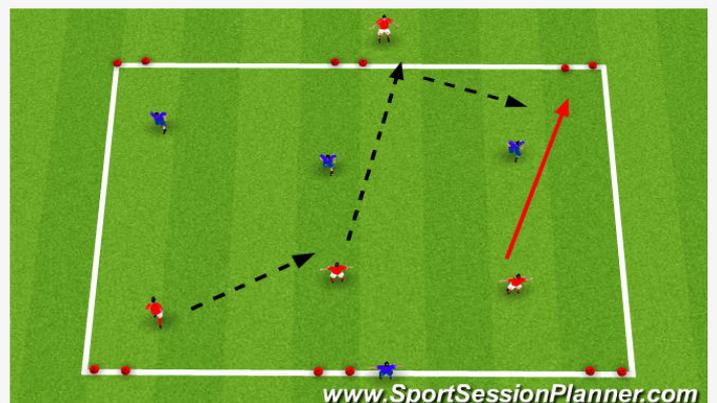
Coaching Points:

Previous points

width and depth

movement to support

cues: head down to strike, shift of defender, space available forward





R.A.P.I.D. week 1

Category: Physical: Speed

Difficulty: Beginner

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: first touch/dribbling

Tact: when/how to move quickly

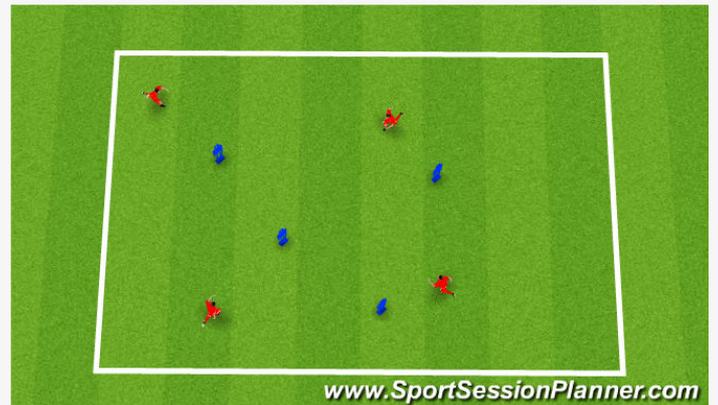
Phys: ABCS

Social: Fun, individual, competitive

L/O: show basic understanding of SAQ/ABC technique

Warm Up: (10 mins)

- set up area relevant to players and age.
 - players move around area in variation of soccer movements (running, jumping, back peddle, shuffles) in competitive environment i.e. tag
 - add in conditions such as have to touch object after tag point, have to move around object etc to score point
 - add balls and play unopposed/conditioned possession in competitive environment
- Coaching Points:
- scanning with head
 - communication - verbal/non verbal
 - change of speed/direction
 - soccer movements



Technical Phase: (30 mins)

Phase 1: players start at angled position with one player standing with a ball at the opposite end. Players do SAQ through the ladder and receive pass from server once completed. Server then runs to the corner and sprints back to start - worker dribbles ball to cone and replaces server.

SAQ - one foot/two foot/sidesteps/sidesprints/one leg run

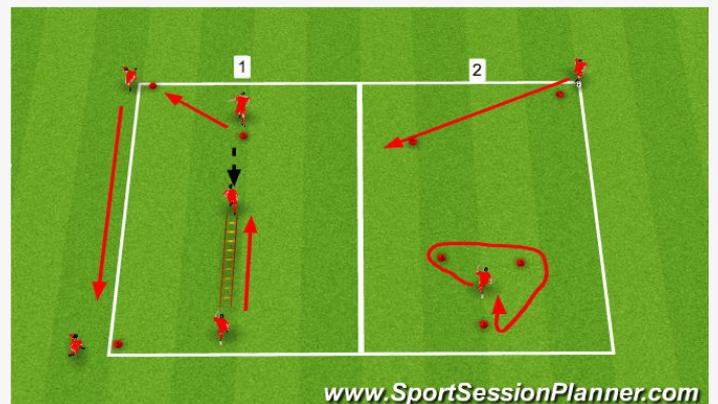
Phase 2:

Player starts in triangle and touches all 3 cones and sprints forward, opposite player dribbles to a cone and makes skill move - players either perform take over/bounce pass/combination etc to switch roles.

Ensure to add competition and realism with correct technique.

Coaching Points:

- Balls of feet
- use of arms and legs
- explosive movement
- small contact time



Skill Phase: (20 mins)

Set up area suitable to players and age with server. players perform SAQ through ladders, one player from each side. First player into channel receive pass and play 1 v 1, score a point by dribbling over opposite line.

Change movement pattern/SAQ and can add more players for recovery runs.

Coaching Points:

- previous points
- ABCS
- dribbling vs running with the ball
- use of body to balance and create



Scrimmage: (30 mins)

Finish with small sided scrimmages - 3v3/4v4.
Can add SAQ exercises on outside for goalscoring, conditions or overloads.





RWTB 1

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: Dribbling/RWTB with 8 surfaces

Tact: when to RWTB vs dribble

Phys: ABCS

Social: fun, competitive, enjoyment

Technical Warm Up: (15 mins)

Technical Warm Up:

Set up area suitable to players and age, using 3 boxes with different sizes working from large to small with a color each.

Players dribble ball around area playing a variation of games: tag; knockout; marbles in a competitive environment.

on a color command, players are not allowed to leave that square.

AT:2 R:30 I:4

Coaching Points:

scanning with head

use of 8 surfaces

Ronaldo/Messi touches

change of speed/direction

Q: when do we run with the ball? A: when area is available with no players



Technical Phase: (15 mins)

Technical Phase:

set up 10 x 20 channel which can be divided into 3 equal boxes, players work in groups of 3 split at each end with ball starting with team of 2 players. player dribbles ball down the channel and stops ball for team mate who then takes over.

change variation of pattern:

1. running with the ball
2. must dribble to a cone to perform skill move
3. must dribble to the wall 3 times
4. add a defender/object to perform skill move

AT:90 R:20 I:4

Coaching Points:

previous points

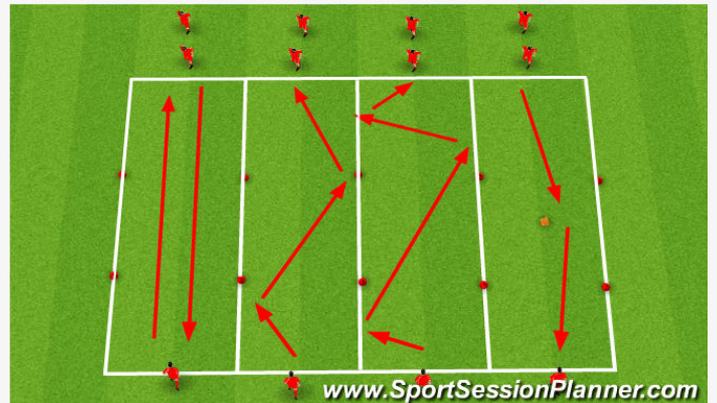
body position when driving - open and scanning

ronaldo into messi touches when space is smaller

change of speed/direction

creativity - use of arm and body

Q: why are we using laces/outside to run? A: push out of feet and control into Messi touches



Skill Phase 1: (15 mins)

Skill Phase 1:

Progress into the channels with 1 defender, 1 attacker and 1 server.

server players attacker who must dribble to end line for a point. Defender cannot leave middle zone.

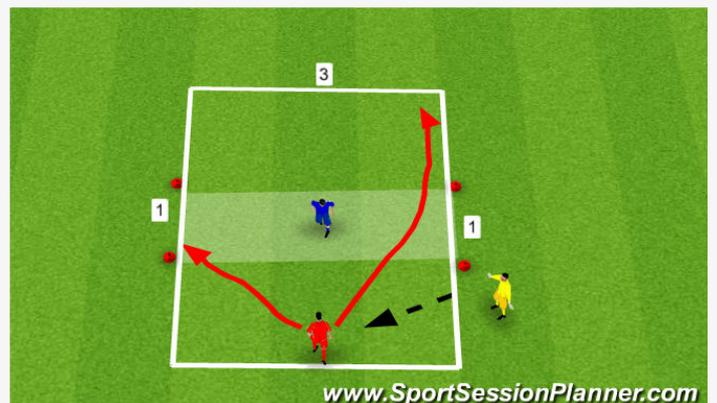
Progress: Defender can go anywhere on channel, attacker stops the ball on side channel for 1 point of end line for 3 points.

Defender can pass to server for a point or dribble to opposite end line for 3 points.

3 attempts and rotate.

AT:2 R:1 I:4

Q: how do you know which gate to attack? A: position of defender and space to run vs dribble



Skill Phase 2: (20 mins)

Skill Phase 2:

set up 15 x 30 channel or relevant to players and split into thirds. 1 GK and 2 defenders who start on line. attacker dribbles through the boxes to goal. 1 point for each box broken into and 2 for a goal. if defender wins ball they receive a point and attacker leaves box.

Progress:

Defenders can enter any square

change start position

AT:4 R:1 I:3

Coaching Points:

Previous Points

cues:

shift of defender to create space

hesitation

space available to run into

Q:where would you run with the ball A: to goal/area available/area

to cut of defender





Speed of play - body movement

Category: Tactical: Possession
Difficulty: Moderate

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: Passing/receiving

Tact: when to play quickly

Phys: ABCS

Social: fun, interactive, tempo, decision making

L/O - when to speed up play with touches

to read body movement of teammates

Technical Warm Up: (10 mins)

set up area suitable to players and age - two teams with neutral players

teams pass and move unopposed in competitive environment:

-number of soccer balls

-number of touches

-number of combinations

AT:2 R:30 I:4

Coaching Points:

body position

communication

weight/accuracy/projection of pass

width and depth

support

Q: how do you know how many touches to take?

Q: where do players need to move to support



Skill Phase 1: (10 mins)

progress from warm up to possession, first team to set number of passes wins. Can add conditions:

nutmeg = game over

dummies = 5 passes

first time = 2 passes

skill move pass = 2 passes

AT:4 R:1 I:3

Coaching points:

width and depth

penetration vs possession

movement to receive - timing of eyes and touch

when to play first time vs take a touch

Q: what tells you to play forward?



Skill Phase 2: (20 mins)

Set up as shown suitable to players and team. play directional possession to target players in gate, can drop to target player to keep possession if needed. neutral players are restricted in wide channels.

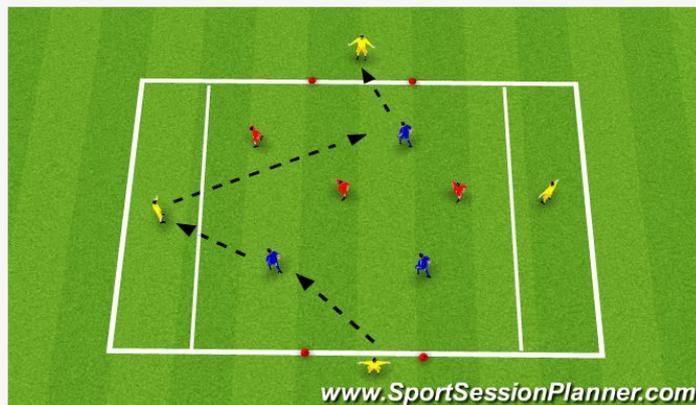
AT:5 R:1 I:3

Coaching Points:

visual cues: movement of defender sideways = forward vs pressing = over

body position = closed or open to support

5Ws of possession



Function: (20 mins)

progress previous practice to function - include goal and outside backs - set up team formation relevant to team with overload ball starts from GK - score by getting to target player on end line/target goals

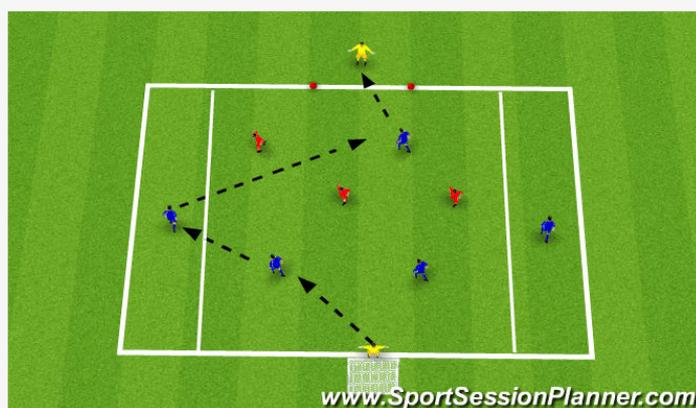
AT:6 R:2 I:3

Coaching points:

start positions of players in relation to ball

visual cues

5Ws of possession





Speed of play - feet or space

Category: Tactical: Possession
Difficulty: Moderate

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: First touch/passing
Tact: when to play to feet/space at speed
Phys: ABCs/Mobility
Social: teamwork, decision making, confidence
L/O: identify when to play to feet or space in number of touches
movement to create support off the ball

Possession Warm Up:

set up 10 x 10 boxes can play 3 v 1 or 4 v 2. if 3 v 1 players can move to empty line, 4 v 2 players are stuck on lines.
score a point by playing a split pass, if defenders steal ball they switch. individual points win.

AT:4 R:1 I:3

Coaching Points:

Balls of feet

type of first touch

weight/accuracy/projection of pass

body position to receive

Q: when would you take a touch vs play first time?

Q: how to know when to play feet vs space



Skill Phase 1:

set up two 10 x 15 squares with halfway line, play with 5 v 1 in one side, 1 player on each line as a defending unit in possession and one holding midfielder against one defender. in opposite square have 1 defender and 2 central defenders.

team keep possession and score by getting the ball from one box to the other by passing to the CB. can restrict that only the midfielder can play the pass. Once passed the midfielder and full backs join the opposite box, CB stay on line.

AT:2 R:30 I:5

Coaching Points:

angle and distance

movement to support

speed of play

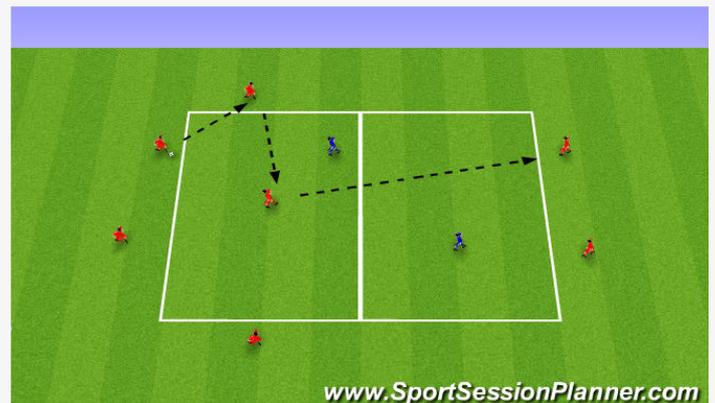
penetration vs possession

shape to support - triangle/diamond

timing of movement to receive going forward

Q: when do you play forward?

Q: how can you lose the defender



Skill Phase 2:

set up area suitable to players and age. play 9 v 3 or manipulate players, have 1 midfielder against 3 defenders in the middle with players stuck on outside lines.

red team keep possession and score a point by playing a split pass across the field, if the midfielder can join in they receive 3 points.

Defenders must win possession and make set number of passes to leave defending roles.

progress to goal, if you split pass and score you get a goal, if midfielders can shoot and score double points.

AT:5 R:2 I:4

Coaching Points:

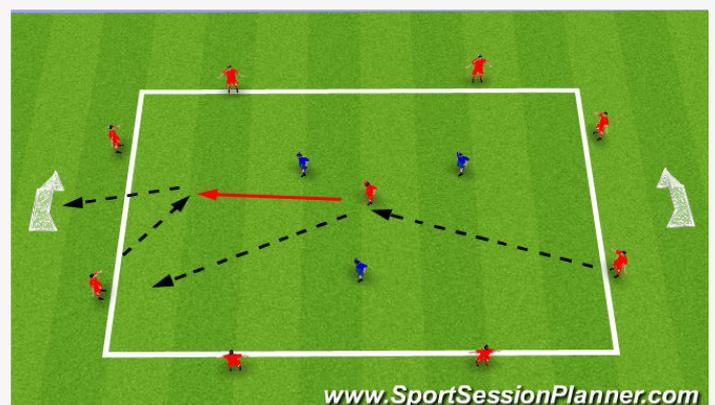
Previous Points

number of touches to play quickly

when to play to feet/space

visual cues: space, movement of defender/teammate

Q: when would you support after playing quickly?



Description

Switching the point of attack

Technical: weight/accuracy/projectory of pass

body shape/first touch in receiving

tactical: when/why/how to switch the attack

physical: strength, speed, endurance

social: communication. teamwork, trust.

Warm Up: (20 mins)

Warm up:

set up area with two halves and 2 corner goals with one main goal relevant to players and age.

start with rondo warm up of 4 v 2 with stretches.

progress to 4 v 2 to goal, 4 attackers must score in 2 corner goals, with 2 defenders scoring in the middle goal. defenders can switch with two attackers if they score.

Progress to two teams playing towards two goals.

Coaching Points:

Balls of feet

weight/accuracy/projection of pass

body to receive - open with front or back foot

movement to support

possession vs penetration



Skill Phase 1: (20 mins)

Skill Phase 1:

two teams playing directional towards 3 target gates.

start with scoring by dribbling through any gate.

progress to having a target player, score by playing to target through a gate.

finish by scoring through playing a bounce pass with a target player.

play 3 x 4 minute games. rotate roles.

Coaching Points:

width and depth

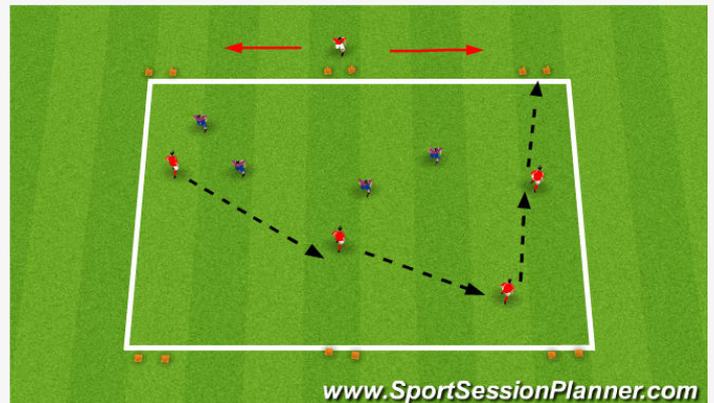
angle and distance

mobility and support

penetration vs possession- do not force play and be patience

penetrating pass - diagonal ball to switch

timing of runs to switch



Skill Phase 2: (40 mins)

Phase 2:

set up area in one half of field, with 3 gates on 18 yard box.

attacking team play 4 midfielders two attackers against a back 4, 2 midfielders.

attacking team have 4 minutes to score as many goals as possible, but must dribble through a gate before shooting (can add passing too).

defending team must win ball back and have everyone to touch the ball to win and switch sides.

play 3 x 4 minute games.

Coaching Points:

previous points

midfield player to be trigger: back foot and rotate to switch play

movement of forwards with ball to allow to create space

speed of play



Finish with scrimmage.



Transition to defend

Category: Tactical: Defensive principles
Difficulty: Beginner

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: First touch/passing/dribbling

Tact: when to recover/attack space vs player

Phys: ABCS/Mobility

Social: Interactive, challenging, teamwork

L/O: can we be tight and compact and identify defending cues on transition

Technical/Smash and grab: (15 mins)

Set up area suitable to players and age.

start ball each warm up in competitive environment.

Finish with 2 defenders, 4 players with a ball each. 2 defenders look to clear all 4 balls, once an attacker loses a ball, they can support the attacking team for a pass.

time limit for each round.

Coaching Points:

change of speed and direction

attacking space quickly

anticipation to win the ball

angle and distance to support



Skill Phase 1: (15 mins)

Set up two lines of 3 and two gates/goals for direction.

Attacker dribbles ball out and looks to score, as soon as goal is scored blue attacker dribbles out and red attacker becomes defender and looks to steal ball and score. Once blue is scored the next red attacker joins in and previous red joins opposite line. Work towards time limit or goal target.

Coaching Points:

reaction and anticipation

running in straight vs angle lines

attacking space/body behind the ball at speed

cues: big touch/mistake/hesitation



Skill Phase 2: (20 mins)

number 1 starts by having time limit/touches to score 1 v 1 with goalkeeper. Once shot, number 1 always becomes defender and looks to steal the ball of number 2 who attacks when their attempts finish. Following number 1, if the attacker scores they then stay as an attacker and look to support the next player (number 3) if they miss, they join defending team. Keep playing until all players have shot to create over/underloads and players move down one number.

Coaching Points:

body behind the ball

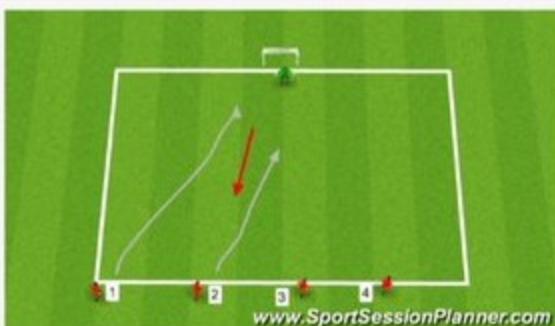
angle and distance to support

when to press the ball vs player vs space

why to attack? delay or deny

what line to run in/cover

anticipation on and off the ball



Game Related: (20 mins)

Set up as shown - 3 teams of 4 with two playing and one neutral. Can use outside players for support but limit touches.

If a team score, they gain an outside player to join their team but must either: be the furthest player in the half or run towards goal scored in to join field. can play to time limit, goal target or player target.

add pinnies on floor to allow overloads or have outside stay neutral when entering field.

Coaching Points:

Cues: space available/slow vs fast passes/number of touches

5ws of transition to defend



Warm Up/SSG: (20 mins)

Set up as shown to suit players and age.
small sided/scrimmage scoring in 3 goals. Can have 1 GK protect all 3 or open goals. Play time limit, first to target or score in all 3 goals.

Activity time: 4m Rest:1m intervals: 3

Coaching Points:

width and depth

angle and distance

weight/accuracy/projection of pass

technical breakdown of pass

purposeful/3Ps in first touch

Q: why do we need width and depth? Why do we use different ways to communicate? When to pass vs dribble?



Skill Phase: (10 mins)

Rondo:

play 4v1 rondo with time limit - set competition with number of passes, number of split etc.

Every 5 passes completed one attacker becomes defender.

AT:2 R:30 I:4

Coaching Points:

passing lines - angle vs straight

choice of foot - front vs back

support - as the ball moves

penetrate or possess

Q: why do we want an angle pass? why must I know why foot to use? Why do I check/move as the ball moves?



Skill Phase 2: (10 mins)

3 v 1

red team keep possession of the ball with one blue defender pressing, once the defender wins the ball or possession is lost blue team gain possession and play into their box, red defender must steal.

first to target number of passes wins.

Can add new defender after certain passes

AT:4 R:1 I:2

Coaching Points:

Penetration vs possession

movement to new position to change line

play to feet or space

change of direction

creativity

Q: how do I know when to play forward? when do I play to feet or space? Why do I need a purposeful touch?



Game Related: (30 mins)

3 teams of 2 players each - two teams keep possession and look to score, defending team switch with attacking team when or who loses possession.

Add time limit/direction/free play

Challenges: Can every player touch the ball? can you play 2 touch/limited passes

Conditions: set number of passes equal a goal

AT:6 R:2 I:3

Coaching Points:

Previous points

why to play forward or keep possession

cues: open line/forward option/defenders





Striking from Distance

Category: Technical: Shooting

Difficulty: Moderate

Matt Brewer, Seattle, United States of America

Individual-Adult Member

Description

Tech: striking the ball

Tact: choice of shoot/when to shoot

Phys: ABCS

Social: FUN/interactive/competition

L/O: show variation of striking

identify forward runs to goals

Technical Warm Up: (10 mins)

Set up area suitable to players and age - dribble ball in competitive environment performing ball manipulation skills/technical games etc.

Add target score/aims to allow players to shoot on goal when completed. Can add GK/Defenders if needed.

Activity time: 2 mins Rest: 30 secs Intervals: 4

Coaching Points:

Scanning with head
change of speed/direction
creativity and disguise
timing of shot
choice of shot



Skill Phase: (30 mins)

Set up four 10 x 15 channels with goals in group of three. one server, one goalkeeper and one attacker and rotate roles after 1 round of 3 balls.

1. server plays pass into forward who shoots on GK.

2. server plays pass from in front and pressures as defender.

3. server plays pass from same line and makes recovery run.

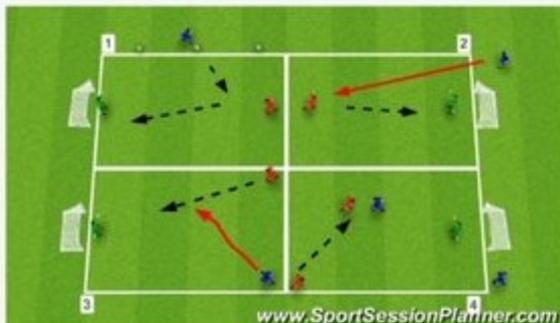
4. play 2v2 - 1 attacker being marked by defender with pass from other attacker and recovery run.

AT: 4 R: 1 I: 6

Coaching Points:

back foot to goal - purposeful touch
early shot to goal
choice of shot - driven/chipped/placement
choice of surface - inside/outside/laces/sole/toe/heel
Shift and score
attacking space

Q: which choice of surface? which choice of shot? When to shoot?
Why a purposeful touch?



Game Related: (20 mins)

set up 20 x 35 area with halfway line and 3v2 + 2v3 for each team. ball starts from GK - defending team are stuck to halves with attacking team allowed free movement. Play time limit or first team to goal target with following:

goal from defending half - 3 goals

goals from a defender - 2 goals

goals from forward - 1 goal

goal from rebound - 5 goals.

AT: 5 R: 90 I: 3

Coaching Points:

angle and distance to support
movement to goal for target
when to pass vs dribble vs shoot
creativity and disguise
rebound runs to goal

Cues: space/distance/head down/defenders shift

Q: when do we make a rebound run? When to shoot vs pass?

Q: how can we be creative with shots





Description

Tech: Defending stance

Tact: roles as a individual/team unit off the ball

Phys: ABCS/Mobility/endurance

Social: Communication/teamwork/understanding

L/O: understand individual roles in a unit

identify when to follow or pass a marker

Possession Warm Up: (20 mins)

Set up area suitable to players and age, 3 teams of 4 with two keeping possession in the middle and one supporting on all 4 corners.

Team in possession can use outside players for support - score by either making a number of target passes or playing from one side of support player to the other (split).

Defending team must win the ball back and score with same rules. Play time limit and rotate outside team.

Activity time: 2 mins Rest 30 Secs Intervals: 6

Coaching points:

Pressure/cover/balance

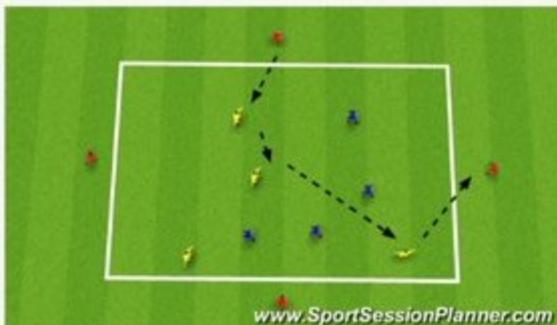
angle and distance

tight and compact

shape as a unit

Communication

Q: what must we protect first? which player has what role?



www.SportSessionPlanner.com

Skill Phase: (20 mins)

Set up as shown - focus on red (defending team) players are restricted to their boxes. Ball can start from both ends to keep all players active but focus from half way.

Blue play ball in from the top box and look to score from distance or play in the blue forward. Red must intercept ball and play into the red 9 for a goal.

AT:4 R:1 I:4

Coaching Points:

Defensive triangle - seeing the player/space/ball

Defensive shape to prevent penetration

mark closest players to maintain shape

follow diagonal/vertical runs

pass on/rotate lateral runs

Q:how do you know when to pass or follow? what happens if a defender follows their man? when do you press/steal ball?



www.SportSessionPlanner.com

Function: (20 mins)

Remove boxes and progress into function. Play within channels for compactness then can play wider. Set up formations relevant to teams/players/numbers. Can also have attacking overload.

Ball starts from half way line and reds have time limit to score in 3 small goals.

AT:6 R:90 I:3

Coaching Points:

Previous points

5Ws of defending

clues: movement/speed of play/number of attackers vs defenders

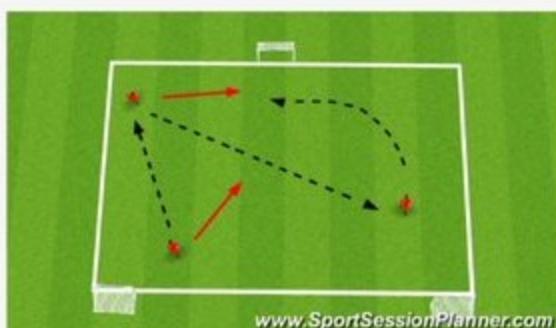


www.SportSessionPlanner.com

Technical Phase 1: (10 mins)

Set up as shown, can have multiple groups playing at once. Players pass and move in variation of passes in groups of 3 in area. Focus on different types of passes/crosses/

Players then make number of passes and can shoot on goal from cross. Add one main goal and then two target goals to focus on different types of deliveries.
Activity time: 3 mins Rest: 30sec 1:4
Coaching Points:
balls of feet
width and depth
angle and distance/passing lines
weight/accuracy/projection of pass
movement/direction of runs



Technical Phase 2: (10 mins)

Set up 4 players in central third - player at the bottom starts with a pass to forward and completes the passing order as shown. Once 1st pass is made they make an overlap run and receive through ball - 3 attackers make move to goal and score from crosses.

AT: 4 R: 1 I: 3

Coaching Points:

timing of run - head down/approach to ball/type of touch

type of run: straight/angle/hold/zigzag

number of runs: front/back/middle/edge

type of cross: driven/low/curled/pull back

Q: what type of run? when do we take the run? why do we change the run? what to do try to attack with the cross?



Conditioned Game: (20 mins)

play two team scrimmage in middle third, score in any end zone. Player who scores in end zone (blue) leaves the ball and runs to a ball in wide area to cross, remaining blue players make run towards goal to score. once goal is scored they return to game and red start possession.

Use start position of different balls.

Progress:

team conceded must defend

neutral players on goal side must defend, while neutral players on other side can be late runners.

AT: 6 R: 90S I: 3

Coaching Points:

previous points

type of cross depending on ball situation

type of finish - attacking ball for volley/first touch and strike

goal side of defender

drawing defenders

recycle of movement

Q: when do we make the run? what type of finish do we want? how do we know what type of cross and area to attack?



Function: (25 mins)

Set up as shown - work in with the red team. Ball starts from GK, can add following:

set players in channel to cross or empty channel with one unopposed player allowed in at once

must score from a cross or 3 points for a cross

1 point for a goal, 1 point from a cross and variation of points depending on finish

Can progress to overlap/underlap or over/under loads

use arced lines to promote running with the ball and cutbacks.

Coaching Points:

When to cross vs switch

choice of cross vs shot

width and depth

attacking mobility/support

5Ws of attacking/crossing



Whole: (15 mins)

Set up area as above suitable to players and age. two teams in possession look to score in corner goals. Can make it directional or multidirectional. play to time limit or target goals and can have gates or goalkeeper to protect both goals.

Activity time: 3 minutes Rest: 1 Intervals: 3

Coaching Points:

width and depth

angle and distance

weight/accuracy/projection of pass

open body/back foot/purposeful touch

penetrate when angled line is available

Q: why do we need triangles in possession? why must our touch go forward to penetrate? how do we penetrate?



Part 1 - Skill: (15 mins)

Set up as shown - one team (red) keeps possession and scores a point by playing a long pass into the blue team. Yellow must steal ball and play into the middle box for a point. Yellow team can send in any amount of defenders. Play time limit or amount of goals.

AT: 2 R: 30 I: 4

Coaching Points:

Scanning/vision to penetrate

movement of forward to support

angle and distance varied

Type of penetration/pass

penetrate vs possess

Q: when do we penetrate? what pass do we use? areas to penetrate?



Part 2 - Skill: (20 mins)

two teams play possession and look to score to target player in gate. Can use drop to neutrals and make either directional or multidirectional.

Play to time limit or goals and rotate

AT: 5 R: 90 I: 3

Coaching Points:

when/where/why to play forward

shape/triangles to support

cues: open line/space or forward player available/

Q: how can you penetrate without a forward pass? how can we possess and still go forward?



Part 3 - Shadow: (15 mins)

Set up formation and players suitable to age and preference. Follow following passing patterns to number 9 to finish on goal.

1: 5-6-10-9

2: 4-8-2-7-9

3: 4-10-6-9-11-3-9 (up back through x2)

Coaching Points:

Previous points

movement as the ball moves

positivity and creativity

penetration

AT: 3 R: 1 I: 3

Finish with 4 goal game or scrimmage



Whole:

Start with normal game but whenever the ball goes out the opposing team start from a goal kick.

Activity time: 4 minutes Rest: 1 minute Intervals: 1

Coaching Points:

width and depth

angle and distance

weight/accuracy/projection of pass

support and rotation on and off the ball



Part - Technical patterns:

Set up as shown with 2 GK as targets, 2 players in each half (4/5-7/11) and one free player (8). Can have separate fields or have two teams playing in same area. Ball starts from goalkeeper and team must get the ball to other goalkeeper for a point. Players then go other way and wide player switch roles. Add time limit to see how many points can be made.

Patterns:

1: GK-4-11-GK

2: GK-5-8-7-GK

3: GK-8-11-GK

4: GK-5-GK-8-free play

AT: 3 R: 1 I: 3

Coaching Points:

Width and Depth

Angle and Distance

back foot to goal

weight/accuracy/projection of pass

movement as the ball is passed



Part - Skill Phase:

Progress to opposed - score by playing the ball from GK to the other. Can restrict player movement or allow free play.

AT: 2 R: 30 I: 4

Coaching Points:

Previous points

dribble vs pass

change of position to create passing lines

direction - penetrate vs possess

Q: which directions can we play in? When should I dribble or pass? Why do we need to change position?



Part - Game Related:

Set up as shown or suitable to players and numbers. Ball always start from GK, must work through the thirds to score.

Players cannot leave their third apart from a GK, and when they pass or dribble the ball into a new third. Set time limit to recover to own third when possession is lost.

AT: 4 R: 1 I: 4

Coaching Points:

previous points

when/where/why/what to play out from the back

clues: space to dribble/defender to pass/goalkeeper to drop/defending units stance



Screen 1 (15 mins)

Set up players to do ball manipulation in competitive environment. Progress to unopposed possession, using multiple balls or challenges.

Add opposition, can have a defender with a ball dribble to intercept the ball and progress into keepaway.

Coaching Points:

Balls of feet

scanning with head

type of first touch

weight/accuracy/projection of pass

angle and distance



Screen 2 (15 mins)

set up two teams with 4 target players - start unopposed and a team score a point by getting the ball to a target player. Add in defenders - can drop to target players but must find a new target. 3 goals if you score on opposite target player.

Coaching Points:

Timing of run

angle and distance

pass into feet or space

when to pass vs dribble

speed of play

forward passing lines



Screen 3 (15 mins)

Set up area suitable to players and age - players score by playing into their target player. once a point is scored the player who made the pass takes the receiver spot, receiver plays first pass into opposite team.

Add side goals, score a point and keep possession if they play into a goal. Can add conditions of 3 points for a target player and 1 point for a goal.

Coaching Points:

Width and depth

angle and distance

movement to support

possession vs penetration



Screen 4 (15 mins)

Set up as shown - similar to previous but now have goals and goalkeeper. Keeper can move and protect two goals. Can keep wide goals to encourage wide play.

Coaching Points:

previous points

cues - angles/space/forward options/movement of defenders





Finishing outnumbered

Category: Technical: Shooting
Difficulty: Moderate

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: variation in finishing/first touch
Tact: when to shoot vs choose support
Phys: ABCS
Social: fun/competitive/teamwork
L/O: identify choice of shot and correct technique
when to attack outnumbered vs use support

Technical Warm Up: (10 mins)

Set up 3 areas working from large to small with different shapes or color cones. Players perform ball manipulation warm up in competitive environment. add areas - when a color is called out they can only dribble in that space i.e. red is everywhere, green is a tight space.

Progress to defenders - only allowed in certain areas/points for certain areas invaded etc.

Activity time: 2 Rest: 20 Intervals: 4

Coaching Points:

Scanning

choice of surface - 8 surfaces

change of speed/direction

creativity/disguise

type of dribbling - messi/ronaldo/shield/poke and go



Skill Phase: (25 mins)

Set up 20x25 area with 4 starting points and goalkeeper.

1 - set and shot

2 - enters 1v1 to goal (1 becomes defender)

3 - passes to number 2 and then defends (1v2)

4 - dribbles out and plays 2v2 with number 2

defenders win the ball and score on goal.

Change starting points

progression 1: number 4 to dribble in and play 1v3

progression 2: once number 3 scores, number 1 runs around their cone and join number 4 for 2v2

AT: 4 R: 1 I: 5

Coaching Points:

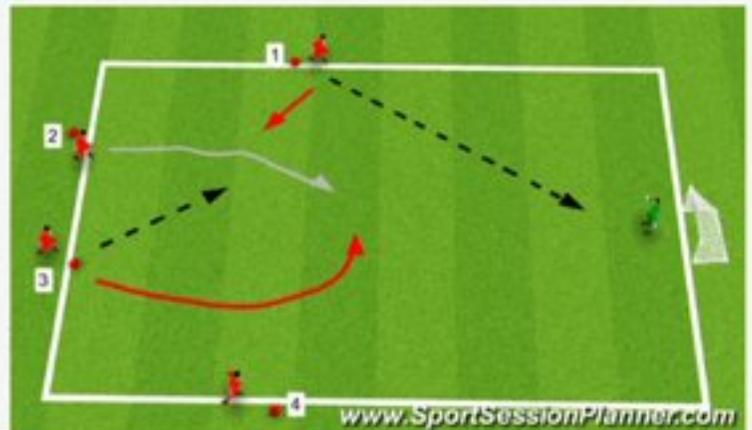
purposeful touch

choice of shot - driven/chipped/place

choice of surface - inside/outside/laces/sole/toe/heel

timing of shot - attack space or shift and shoot

when to attack vs protect



Game Related: (25 mins)

Set up area and players shown relevant to ability/age and team.

Defenders are stuck to third - attackers can only leave with a pass or dribble.

Challenges - goal scored by forward = 1 goal

goal scored from middle third - 2 goals

rebounds - 5 goals

goals scored from underload in final third - 5

AT: 6 R: 90s I: 3

Coaching Points:

previous points

width and depth

angle and distance

cues - space to shoot or dribble/number of defenders to create space or drop/first touch backwards look to turn and shoot or drop





Attacking in the final third - offside

Category: Tactical: Attacking principles
Difficulty: Beginner

Matt Brewer, Seattle, United States of America
Individual-Adult Member

Description

Tech: Dribbling/passing/shooting

Tact: when to make forward runs/how to stay onside

Phys: ABCS

Social: Fun/interactive/decision making

L/O: identify how to stay onside

use of different runs to beat offside line

Warm up: (20 mins)

Set up area suitable to players and age, 2 goals with end zone lines.

Players have ball each and dribble in competitive environment - can add targets to shoot on goal i.e. number of touches/skill moves/ball manipulation.

Progress to pairs, players look to pass and move and score in either goal in a time limit. Use zones as an offside line. Finish with defenders, either certain defenders or two teams and score by breaking into the end zone. Condition with a pass if needed.

Activity time: 2 minutes R:30 I:4

Coaching Points:

Angle and distance between pass

weight/accuracy/projection of pass

timing and variation of run

choice of finish

Q: when do we make a run forward? Why do we need to time our run?



Skill Phase: (20 mins)

set up area 15 x 25 with one goal and offside line around 8-10 yards out. Have a server and 3 attackers vs 2 defenders and a goalkeeper.

Server starts attack and reds look to score, must be a pass into the end zone. only one attacker can enter the end zone to start, can change number of defenders/attackers but use as an offside line. If blue win the ball they can either score or play a pass to server.

AT:4 R:1 I:4

Coaching Points:

Width and depth

angle and distance

timing of run - head down as the ball passes

type of run - angled/spun/drop

possession vs penetrate?!

Q: who makes a run forward? What happens if I'm offside? What tells me to make a run?



Game Related: (20 mins)

Play normal scrimmage to start, and add in retreat lines. Start full field and then pick different lines that would be an offside or rough area for defenders to stand to change field sizes.

AT:6 R:90s I:3

Coaching Points:

previous points

attacking principles

in game coaching - 5Ws





Category:	Warm Up
Duration:	00:15
Players:	12
Age Range:	All Ages
Player Level:	Grassroots
Coach Level:	Level 2

Practice: Match Day Warm Up

Each round lasts 2-3 minutes allowing enough time in between sets for players to stretch

Objectives & Aims

To prepare the mind and body for competitive performance

Organisation & Setup

Set up as shown a 30 by 30 circle

Use cones for SAQ if needed

Phase 1:

Players spread out around the circle and jog around, turning when instructed. Coach calls out movements such as: heel flicks, high knees, side taps etc.

Pause to static stretch.

Phase 2:

Players jog around performing dynamic stretches such as: gate opening, lunges etc.

Phase 3: jog around the outside and perform SAQ stations such as: fast feet, side step, hurdle jumps etc.

Phase 4: include balls, players stand on the outside and pass and follow to teammate. Progressions include one- two at the end and the player who passes the ball acts as a passive defender.

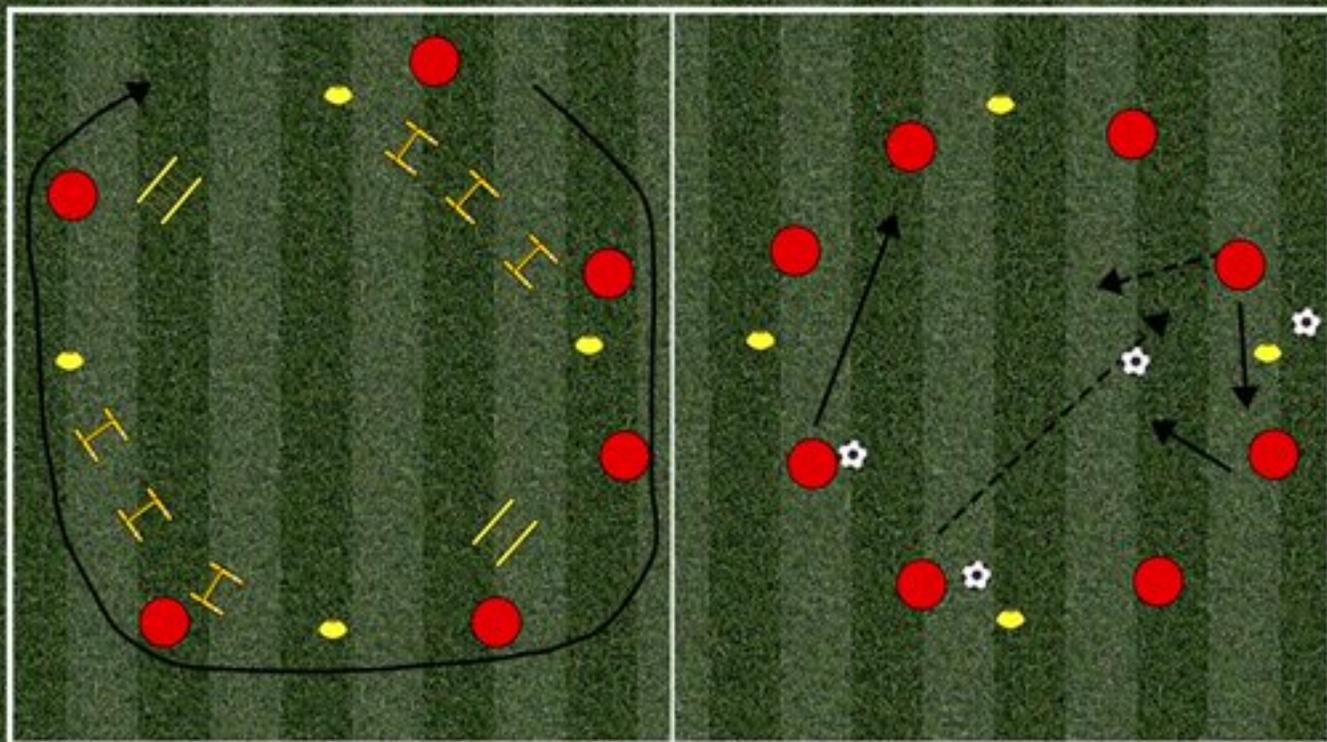
Finish with small sided or possession games.

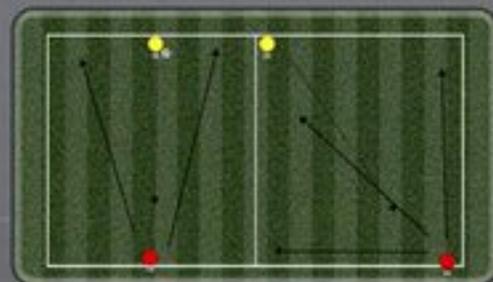
Coaching Factors & Outcomes

N/A

Match Day Warm Up - Warm Up

X Close





Category: Attacking
Duration: 00:15
Players: 2
Age Range: Foundation Phase (8-11)
Player Level: Grassroots
Coach Level: Level 2

Practice: 1 V 1

Have 3 goes each and rotate
Switch partners for different opposition

Objectives & Aims

To be confident in 1v1
Understand when and how to beat a defender

Organisation & Setup

Set up as shown 10x10 Boxes

Working in pairs

Practice 1:

Attacker and defender number 1 start opposite each other with defender starting with the ball
Defender plays ball to the attacker and on first touch can look to steal ball
1A must stop the ball on the line.

Practice 2:

Same as above, 2A and 2D start opposite on corner cones.

2A must stop the ball on either corner cone for 1 point or the defenders cone for 3 points.

Coaching Factors & Outcomes

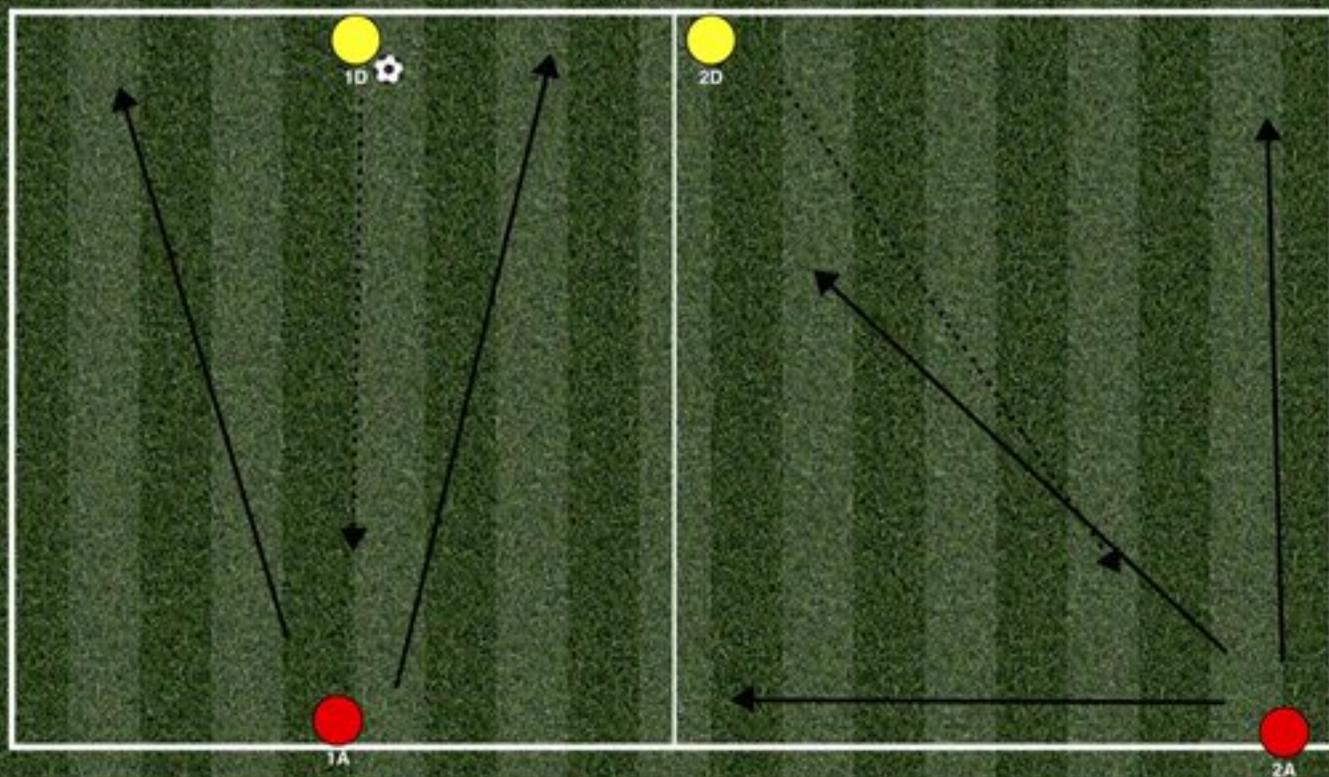
N/A

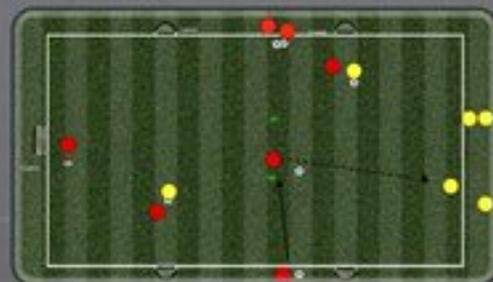
Adaptation & Progression

Change service point /type of defender for realism
Defender same points to ensure no confusion of cones

1 V 1 - Attacking

X Close





Category:	Attacking
Duration:	00:25
Players:	13
Age Range:	Foundation Phase (8-11)
Player Level:	Grassroots
Coach Level:	Level 2

Objectives & Aims

- To be confident in 1v1
- To understand when or where to attack a defender
- To understand when to attack and when to keep possession

Organisation & Setup

Set up as shown relevant to players ability and age

Two teams equally split with a goalkeeper
Split each team into two to allow constant play

Defenders (red) dribble the ball to the gate in the middle and pass to the attacker (yellow) and can steal the ball on their first touch

Attacker must score a goal in any of the goals available
The two closest goals equal 1 point, the two furthest goals equal 3 points with the goal with GK worth 5

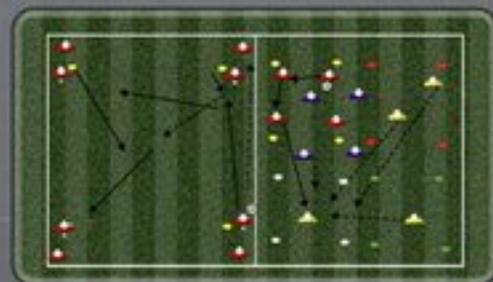
Add up goals scored both as a team and as individuals

Coaching Factors & Outcomes

N/A

Adaptation & Progression

- Change the service point and type of service
- Change the number of attackers and defenders
- Include overloads
- Allow counter attacking, defenders can score goals when ball is taken and take their total score of attacking team
- Allow minus scores



Category: Possession
Duration: 01:00
Players: 16
Age Range: Senior Phase
Player Level: Grassroots
Coach Level: Level 3

Practice: Possession And Transition

Set up suitable to number, ages and ability

Objectives & Aims

To be able to keep possession
Understand when to attack
Be confident in transition on and off the ball

Organisation & Setup

Set up as shown

Practice 1: Technical practice

Set up a square with players on each cone, if an odd number ball always starts with largest group

To start: pass around the square always following your pass

Progression 1: include one-two at each corner

Progression 2 (shown): player A passes to player B, player B sets ball back to A, A passes to player C and joins back off player B cone. Player C sets ball in front of player B to run on and play to player D. B joins back of D and D starts again.

Add 2 balls and change direction of square

Practice 2: crows nest

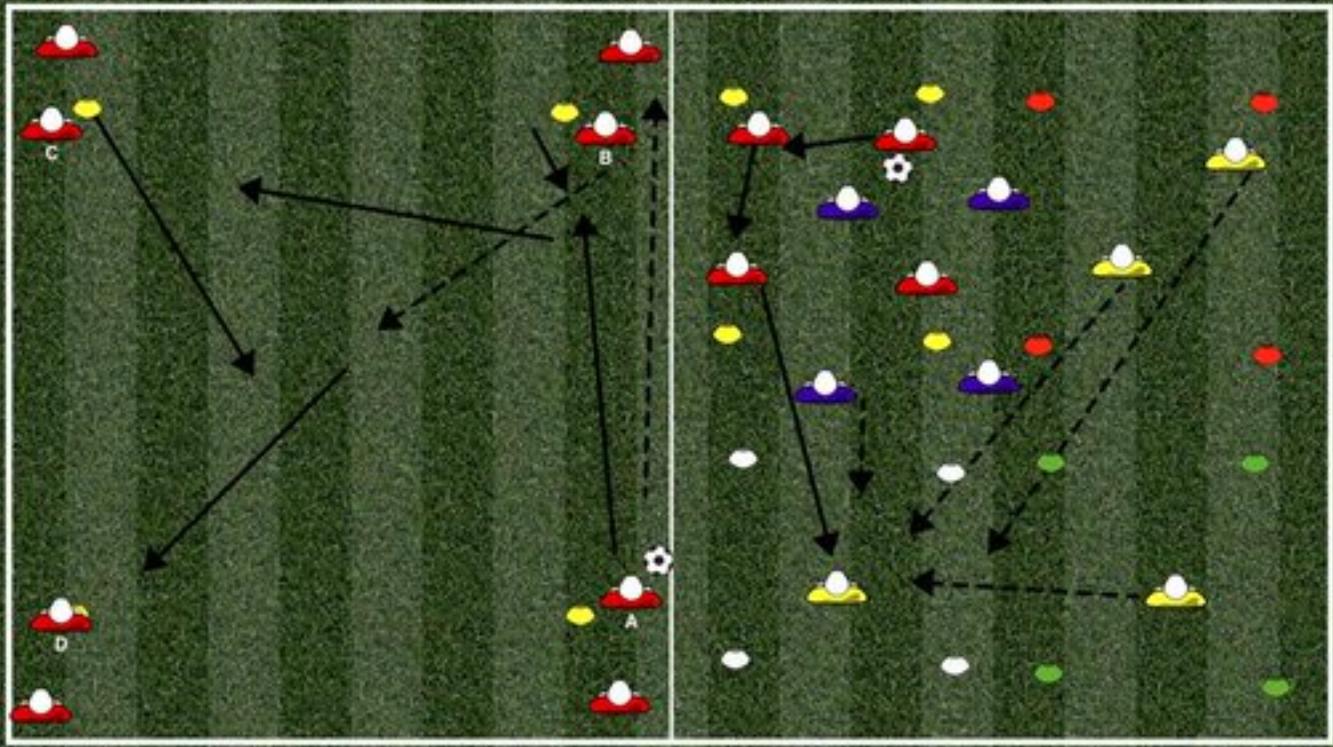
Set up as shown, 4 different boxes divided by channels. Red team stand in a box, yellow spread out in remaining boxes and purple act as D. 1D joins the box to win the ball back, red team must make certain amount of passes and play to any yellow player. The remaining yellow players must join the other box to keep possession, while red filter to open boxes and another D enters the square.

Play for 4 minutes and rotate.

Defenders start in the middle but can spread outside a box to stop passes

Possession And Transition - Possession

Close





Category: Possession
Duration: 00:45
Players: 15
Age Range: Foundation Phase (8-11)
Player Level: Grassroots
Coach Level: Level 2

Practice: Possession

N/A

Objectives & Aims

Understand the importance of possession
Be able to keep possession under pressure
Understand basic shapes and movement

Organisation & Setup

Set up four 15x10 squares and divide equally into four teams

Practice 1: technical warm up

Players have a ball each and dribble around their area practicing skills, toe taps ball manipulation etc.
work on both feet make it competitive
Play king of the ring

Practice 2: technical passing

Each group passes and moves in their square, add competition like number of passes, pass in an order, touch cones etc.
Progress to certain number of passes in each square and rotate
Finish with 1 defender entering each box

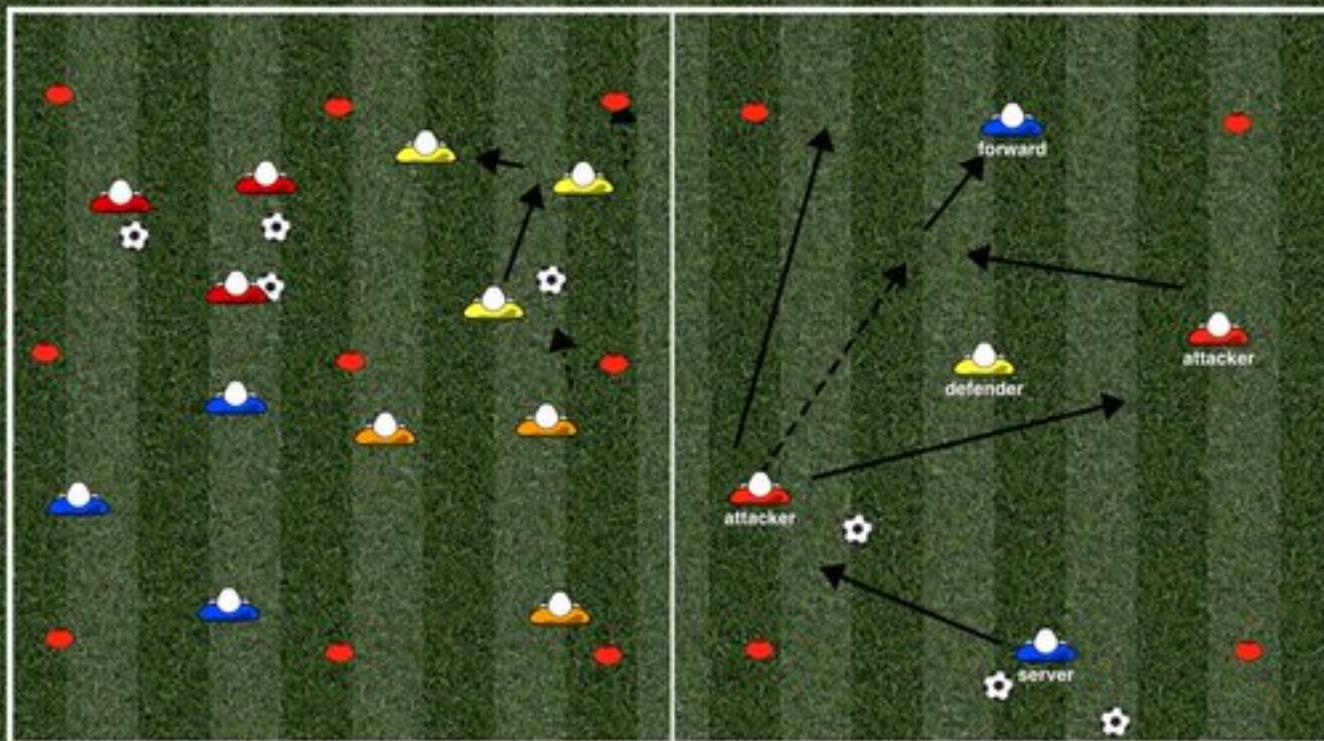
Practice 3:

Set up as shown in second square, use warm up squares and split group into one server, 1 forward, 2 attackers and a defender. Attackers must receive ball and play to the forward, 1 point each ball or 3 points if they make a combo.
5 goes and rotate.

Defender wins the ball game is over, can add counter attacking to take away attackers points.

Coaching Factors & Outcomes

Possession - Possession

[Close](#)



Category:	Defending
Duration:	01:30
Players:	12
Age Range:	Youth Development Phase (12-16)
Player Level:	Grassroots
Coach Level:	Level 3

Objectives & Aims

Understand and show the basics in defending
Understand the importance of working as a unit

Organisation & Setup

Set up as shown to suit players and ages

Practice 1:

In pairs or groups of four players play 1 v 1 in squares. 1D start with the ball and serve 1A who must stop ball on opposite line. Progress to attacking corners. 3 attempts and rotate.

Progress to possession:

Teams of four in each box must keep possession, on command a player must enter another box and attempt to win the ball.

Practice 2:

Set up as shown, 2D starts with the ball and plays into attacking box. 1 midfielder can enter in attempt to win the ball. After certain amount of passes attackers exit box towards goal, defender attempt to win ball back.

Can play 2 boxes at once or individuals, start in different boxes.

Progress to phase of play:

Attackers must score in a certain time limit and defenders must win the ball and play into 3 goals on halfway line.

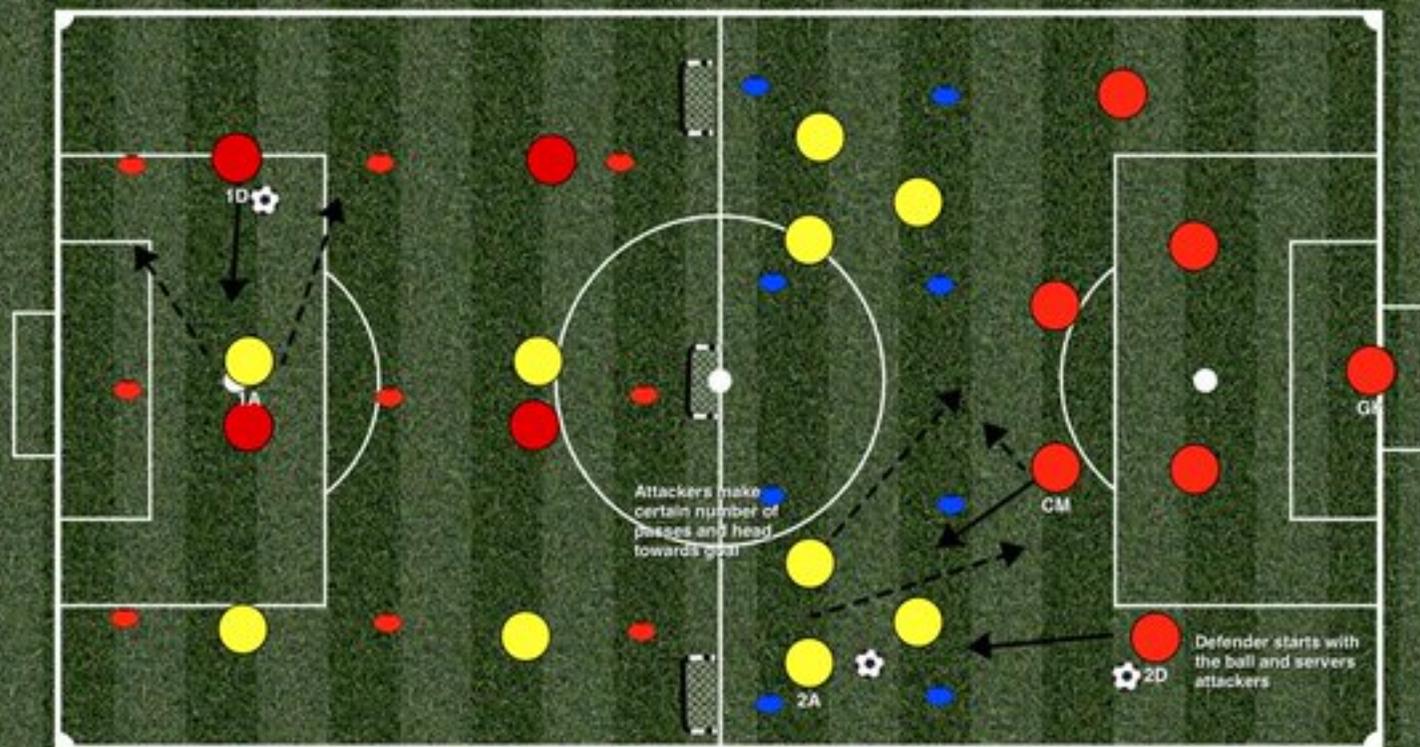
Finish with game.

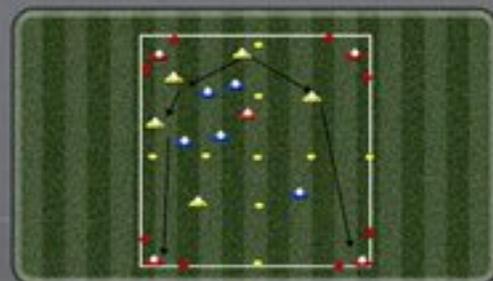
Coaching Factors & Outcomes

N/A

Defending - Defending

X Close





Category: Possession
Duration: 00:20
Players: 15
Age Range: Youth Development Phase (12-16)
Player Level: Grassroots
Coach Level: Level 3

Practice: Possession Under Pressure

Set up as shown relevant to numbers, ages and ability

Objectives & Aims

To be able to keep possession under pressure
To identify when to play long

Organisation & Setup

Set up as shown
40 x 50 square divided into four 20x25 squares, with a triangle set up in each corner.
Split into 3 teams
One team of four spread out into a triangle each
Leaving two teams and one common player

The aim of the game is for the team with the ball to keep possession and score by playing a long pass to any player in the triangles.
Players can enter any square but cannot score with the triangle player in that square.

Progressions:

Players must make a certain amount of passes in a square before scoring
Four triangle players join a team and any player can enter a triangle to receive the ball to score
5 points for 10 passes in a box or 1 point for direct pass

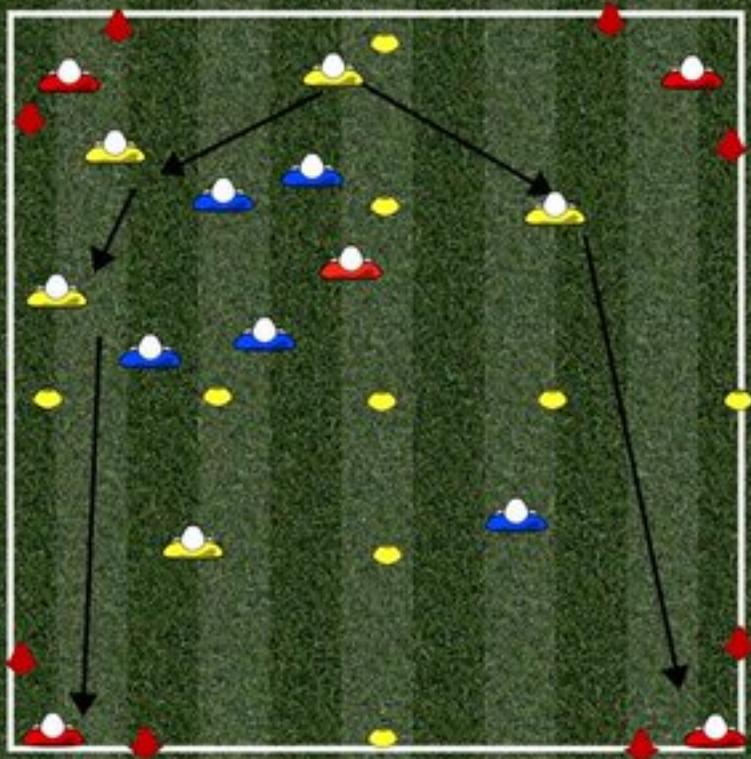
Coaching Factors & Outcomes

N/A

Adaptation & Progression

Possession Under Pressure - Possession

Close





Category:	Possession
Duration:	01:00
Players:	12
Age Range:	Youth Development Phase (12-16)
Player Level:	Grassroots
Coach Level:	Level 3

Practice: Passing And Possession

Set up all practices suitable to numbers, ages and ability.

Objectives & Aims

Be confident in playing in limited touches
 Understand when to speed up or slow down tempo
 Show competence in movement off the ball

Organisation & Setup

Warm up: Slam

Set up two 10x10 boxes 15 yards apart. Yellow serves the ball into red box who must then serve ball back.

Rules include:

One touch only

Every player must touch the ball before returning

Opposite team get a point if the ball is not returned to get box or conditions are broke.

Progressions include:

Every player must rotate in box

Ball must be clipped over

Ball cannot touch floor

Technical practice: the Y

Set up as shown, players always follow their pass. 4 players to ten, who plays to 11 who plays back to four, and then down the opposite side.

Progressions include:

Number 10 plays 1-2 for 11

(Shown) 4 plays to 10, 10 plays a 1-2 with 11, 11 then plays a 1-2 with 4 who is following their pass to number 10 role.

Skill practice: river game

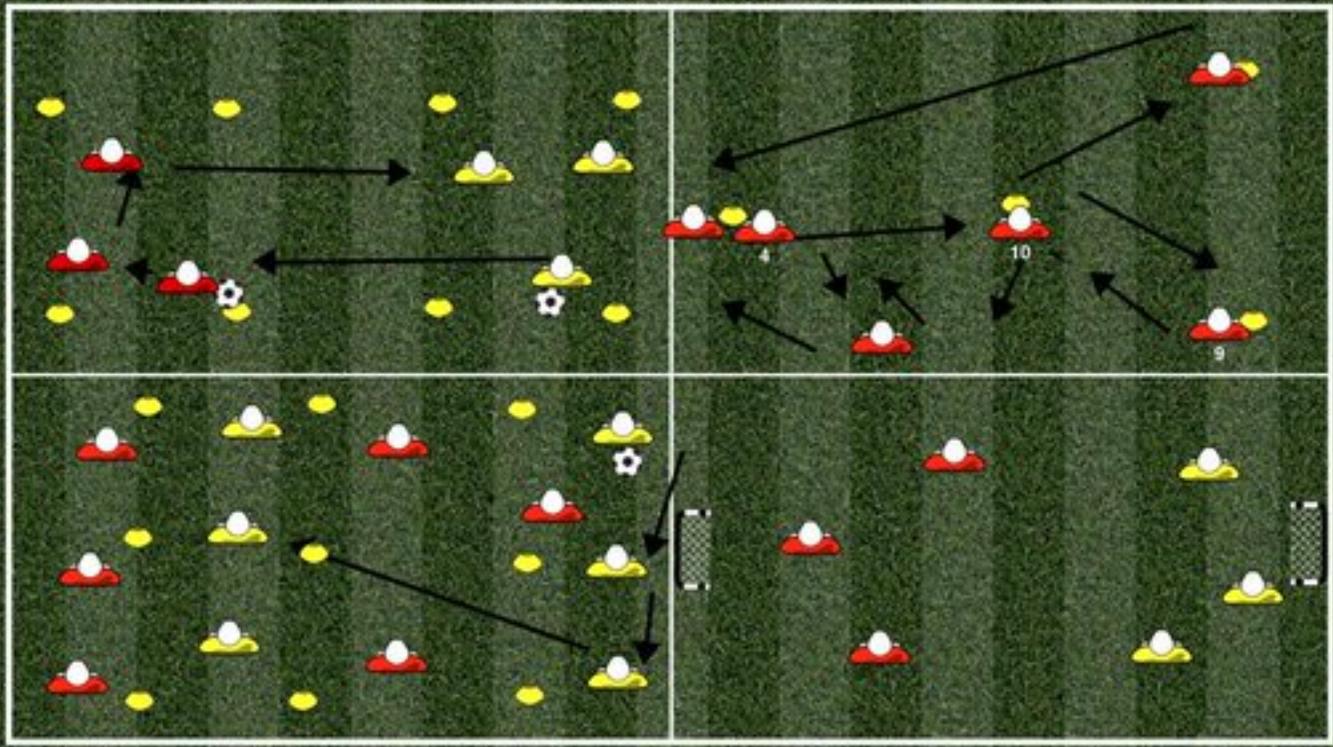
Split group into two teams and then split each team into two. Set up as shown. Yellow team must keep possession and pass through the red zone to other yellow team for a point. If red team win the ball back they then play to their other team. Progression:

1 player can enter a zone to win the ball back for their team

Team in possession must make certain number of passes before passing to other zone

Passing And Possession - Possession

Close





Category: Shooting
Duration: 01:30
Players: 12
Age Range: Foundation Phase (8-11)
Player Level: Grassroots
Coach Level: Level 2

Practice: Finishing For U8/9

Set up relevant to players, ages and ability

Objectives & Aims

Show competence in striking a ball when shooting
Understand the difference between striking and finesse

Organisation & Setup

Warm up: dribbling

Set up as shown players dribble in an area and on command must dribble through s slalom and score. Green cones are straight, yellow in and out and red you cannot touch any cones. Include targets in goal, hit corners for more points

Technical practice: shooting

Set up as shown, green cone takes a touch and shoots, then sets yellow for a shot with a 1-2 both players then enter the box for red to cross the ball

Jailbreak:

Set up as shown, players take in turn to pass to the middle man who sets the ball for a shot. If you hit the target you stay in the game, if you miss you enter your colour box and do dribbling/keepy up etc. if you score you pick someone to join back in on your team or eliminate opposition player. If a player hits the woodwork they shout jailbreak to let everyone back in. First team to eliminate other team wins.

1 v 1s

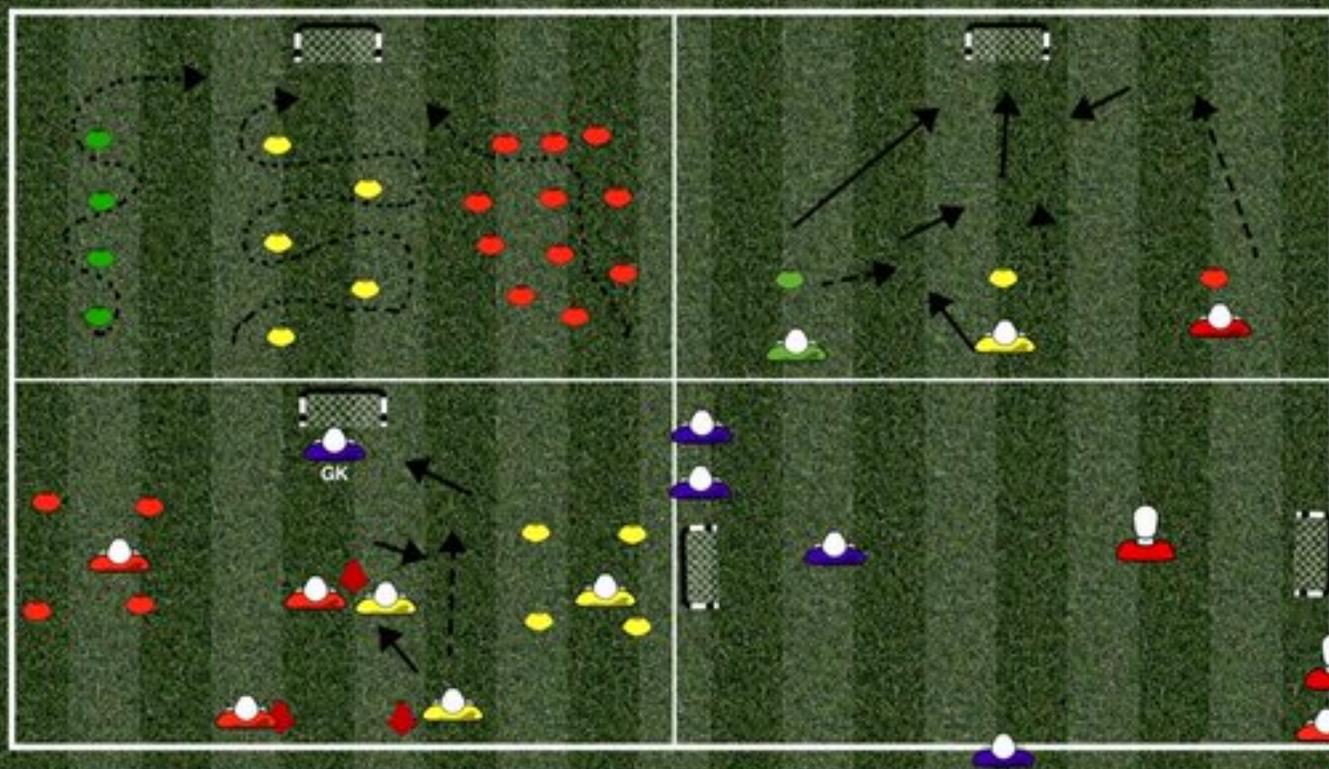
Play 1 v 1 and first team to score wins. Progress to 2v2 etc and finish with small sided games

Coaching Factors & Outcomes

N/A

Finishing For U8/9 - Shooting

X Close





Category: Possession
Duration: 01:30
Players: 12
Age Range: Foundation Phase (8-11)
Player Level: Grassroots
Coach Level: Level 3

Practice: Pocket Chaos

Set up all practices relevant to age, numbers and ability

Objectives & Aims

To be confident in scanning and identify when to decisive or pass
To be confident in keeping possession
To identify pockets of space

Organisation & Setup

Practice 1: technical passing

Set up four teams of three who keep possession in their own group, set conditions such as 1-2 touch, combos etc.

Progress to one player must receive the ball in a corner triangle, once all four triangles have had a pass that is one point. How many points can they get in time limit? Only allow in a triangle for 3 seconds

Allow time for group talks to come up with a plan

Progress to possession, 3 of the teams keep their ball, the remaining team split and pick one team each to defend and steal that ball, play for time and switch group defenders. Can use triangles still to score or set own challenges

Practice 3:

Set up two small sided games of 3 vs 3 on one pitch. Teams can score in any two goals they are attacking

Practice 4: ladder goals

Set up as shown

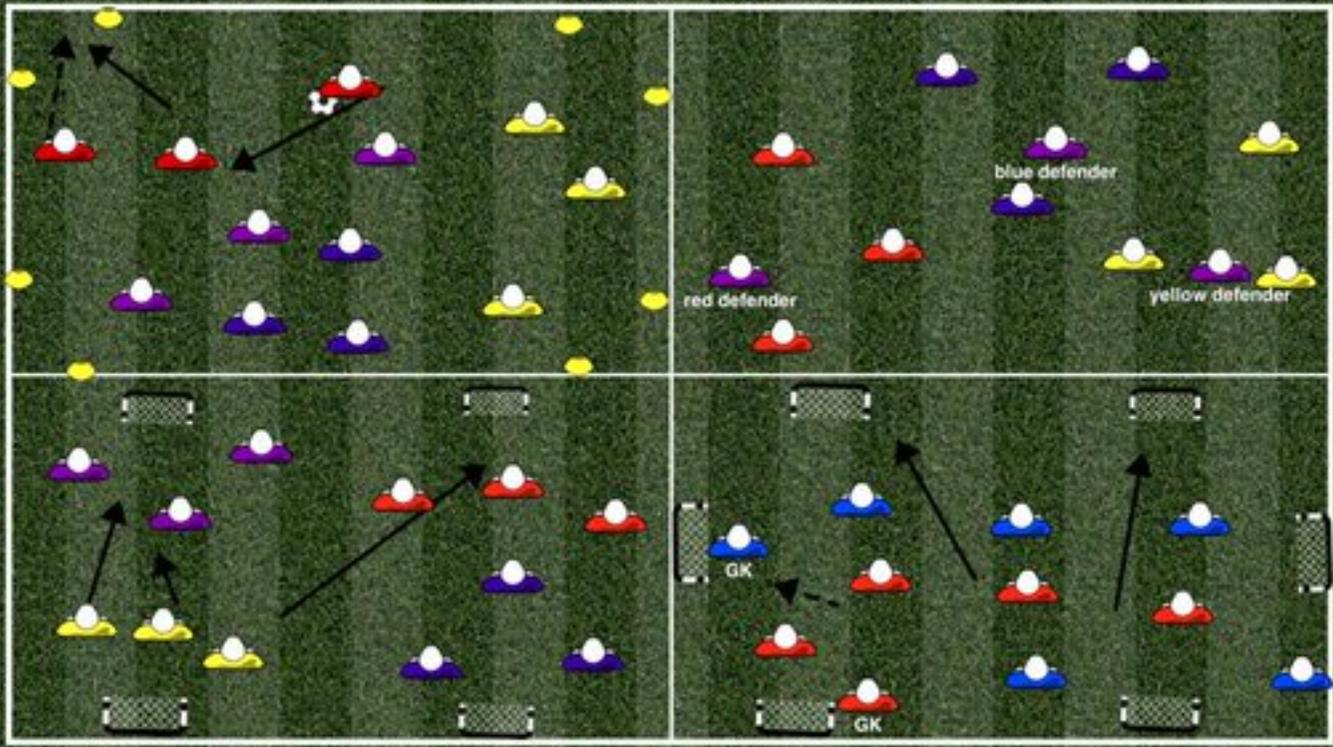
Red and blue play a game and attack their two goals, when the red team e.g score two goals they can attack the big goal. First team to score in big goal wins. Include 1 gk for all 3 goals.

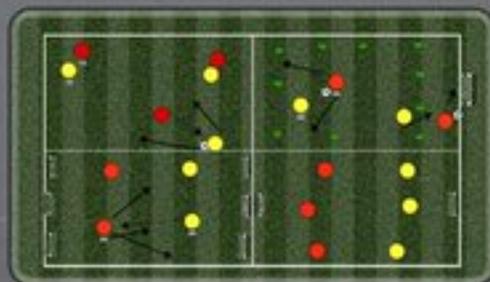
Progress to ladder system, if red team are on two goals and blue score first the red tea, lose their previous goal.

Finish with SSG

Pocket Chaos - Possession

Close





Category: Defending
Duration: 01:00
Players: 12
Age Range: Foundation Phase (8-11)
Player Level: Grassroots
Coach Level: Level 2

Practice: 1 On 1 Defending

N/A

Objectives & Aims

Understand the basics of defending within 1 on 1 situations

Organisation & Setup

Set up each practice as shown relevant to ages and players

Practice 1:

In an area players work in pairs standing arm length apart. The aim is to touch the opposite players knee without them touching yours. Aim is to not run away, but to face each other in side in position. Progress to introducing a ball, 1D passes to 1A and closes down, start no tackling and progress. After 3 goes rotate

Practice 2:

2A start with the ball and must dribble through a gate to earn a point. 2D must steal the ball to earn a point, defender with most points wins. Progression: remove cones apart from gates in front of goal, 2A must dribble through any gate and score, 2D is not allowed behind the gates.

Work in pairs.

Practice 3:

Set up as shown, 3D passes to 3A and looks to steal ball on first touch, 3A can score in any goal. If 3D steals ball they can score in opposite goal.

Play more then one 1v1 at a time or play 2v2, 3v3 etc,

Practice 4: finish with small sided games

Coaching Factors & Outcomes

N/A

1 On 1 Defending - Defending

✕ Close

