



Full Season Academy Programme

Introduction

Full Season Training Program contains actual training sessions conducted daily with a Premiership Academy Club under 12, 13 and 14 team. These training sessions were collected and put into book form so that you can follow the progression of the practices over the course of an entire season. They are complete training sessions (warm up, technical, tactical and physical work) which will help coaches run better organized sessions and also will help them structure their sessions over the course over an entire season.

More than 250 easy to ready diagrams illustrate the practices along with clear explanations of the important coaching points. This combination will enable you to use these practices with your team in a clear and effective way.

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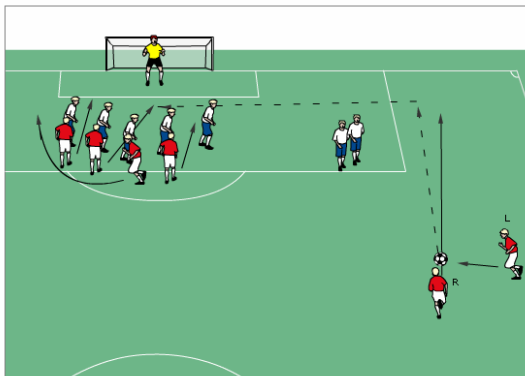
Full Season Programme

Week: 1

Session Aim: Attacking Set Pieces



- Warm up consists of running with ball up and down the pitch 4 times, passing in four's in a relay fashion.
- This is followed by dynamic stretching and ball juggling
- Players then split into 2 groups. The first group plays 2 v. 2 with two free players at both ends of the area.



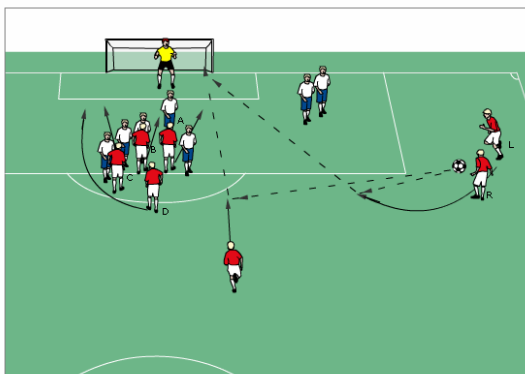
Attackers' Positions

- This variation is especially appropriate when the defenders are standing at the penalty box line
- Attackers position themselves in line with the far half of the goal

Execution

- R (right-footer) runs past the ball in an arc toward the endline
- L (left-footer) steps up and passes parallel to the sideline, into R's path
- R has 2 alternatives:

A ground ball on the first touch, or
Dribbling into the box followed by a square or back pass



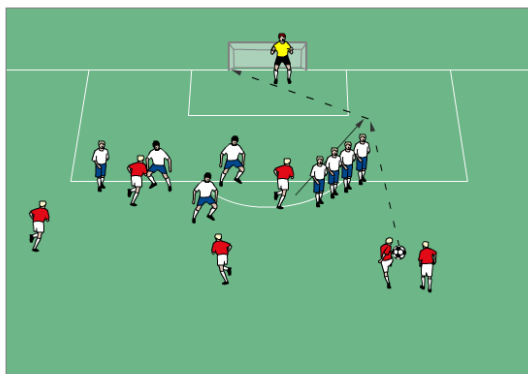
Tactical Options

This variation is ideal for balls played toward the near post, because attackers can keep the shooting path open. It can also be used on free kicks from inside positions when the defenders are spread out deep inside the penalty box

Execution

- L runs past the ball and curves around toward the penalty box line. R passes into L's path, and L shoots directly
- A defender from the attacking team suddenly moves up from the backfield, receives a pass and shoots directly

Session Aim: Attacking Set Pieces

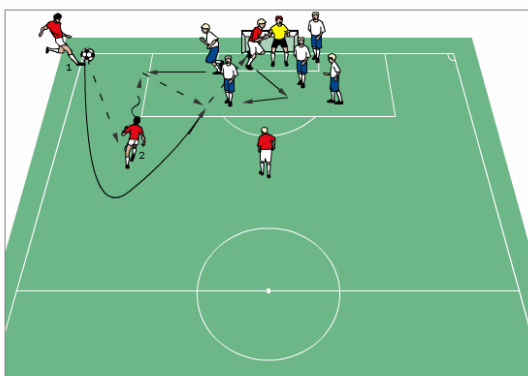


Organisation

- Two attackers with ball, 1 attacker on side of wall
- Ball is played to outside of wall. Attacker on inside of wall makes a run behind wall into path of ball
- Player turns and shoots at goal out of turn

Coaching Points

- If free kick is from right side of goal, let a left-footed player fake the kick as a distraction
- Right footed player makes pass

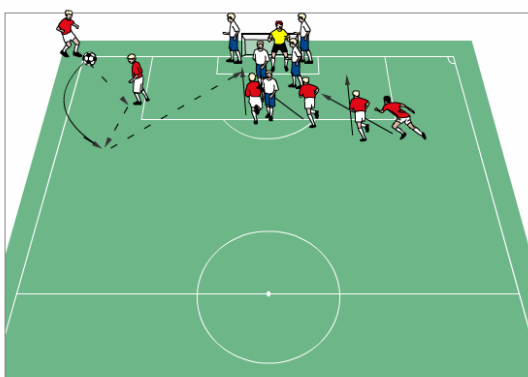


Organisation

- Player 1 plays a corner kick to player 2. after passing ball to player 2, player 1 overlaps and make run into 18 yard box
- Player 2 dribbles from top of box to end line where he fakes the cross. Instead of cross he plays ball back to player 1 who shoots at goal

Coaching Points

- Overlap run must be fast
- Player 2 passes into run of player 1 for shot on goal



Organisation

Players 1 and 2 play short corner. Player 1 ends up with ball at top of 18 yard box. He takes a shot at waist height to near post

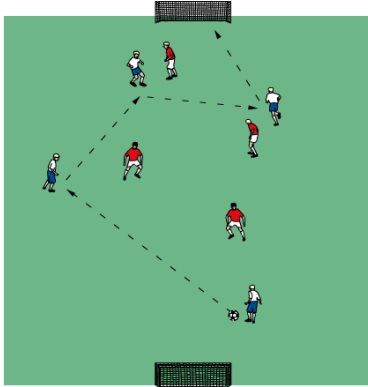
Coaching Points

- Passes to be accurate and with pace
- Other attackers start movement runs before shot has been taken
- Attackers collapse inside box
- Distract keeper
- Watch off-side

Week: 2

Session Aim: Crossing & Finishing

2 Goals without Keepers



Organisation

- Playing area is 40 x 25 yards - goals can be full size

Key Factors/Coaching Points

- Encourage scoring and taking shots
- Players initial thought is to shoot and pass second
- Defending team must close down quickly to prevent shots at goal
- Attackers must shoot accurately



Organisation

- Half pitch, 5 x 5 yard square on left/right wing
- Defender in Grid A serves ball into grid B to the team of three
- The team of three plays 3 v 2 until five passes are completed
- After 5 passes, the ball is played back to the defender in D who delivers a diagonal pass to either of the two small grids C
- One of the three players from B runs into C to collect and either shoots or crosses to another of the group of three making a run into the penalty area to score



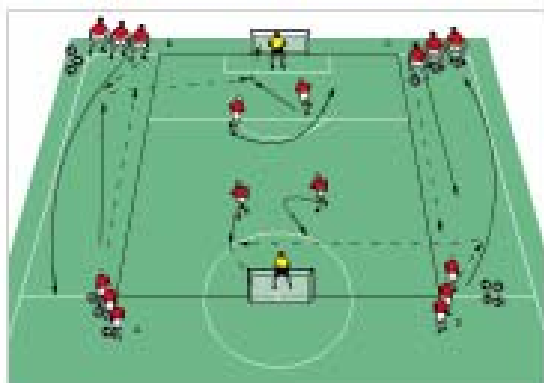
Organisation

- Half a pitch, cones, players, balls
- Wide player plays a ball into a player in the corner who lays the ball back for the wide player to deliver a waist high ball into the six-yard area
- Two players on the edge of the area work a switch before advancing to the near or far post for a one touch-finish.
- Alternate flanks

Key Factors/Coaching Points

- Focus on the quality of delivery
- Work on the quality and timing of the runs
- Emphasize the precision of the one-touch finish
-

Session Aim: Crossing & Finishing



Organisation

- Player A passes to player B then follows his pass
- Player B lays the ball off for player A to cross into the two forwards
- The two forwards attack the cross and attempt to shoot with one touch if possible
- Player C passes to player D at the same time so both sides are working at the same time

Key Factors/Coaching Points

- Vary the type of cross
- The crosser should look near or far post
- Timing of runs by forwards



Organisation

- Coach plays diagonal passes to wide players (alternate).
- Winger has option to either take a touch or play cross with first touch.
- 3 attackers start from edge of 18 yard box and try to finish with one touch
- opposite winger attack from deep if cross is over hit

Key Factors/Coaching Points

- A variety of serves are encouraged
- Focus on quality of serve
- Angle of runs made



Organisation

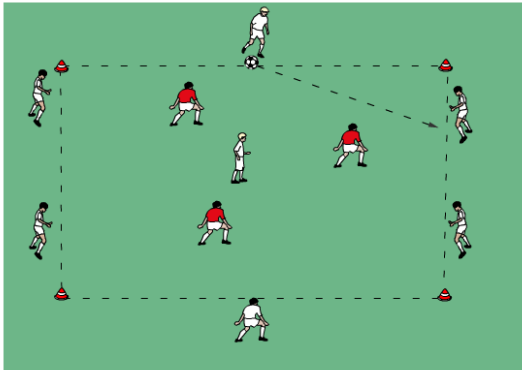
- X1 passes to x4, who has checked away from the ball before the pass and then back to the ball
- X4 then receives the pass, dribbles towards the defender in order to occupy him and then makes a soft pass to X3 who is making an overlapping run
- X4 and X5 make near and far post runs at X3 delivers a cross for a one-touch finish

Key Factors/Coaching Points

- Good first pass on the ground onto the front foot of the player receiving the ball

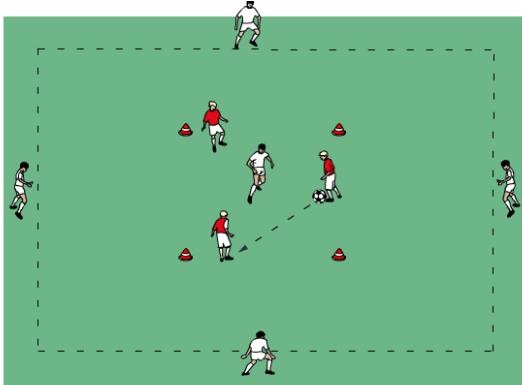
Week: 3

Session Aim: Possession



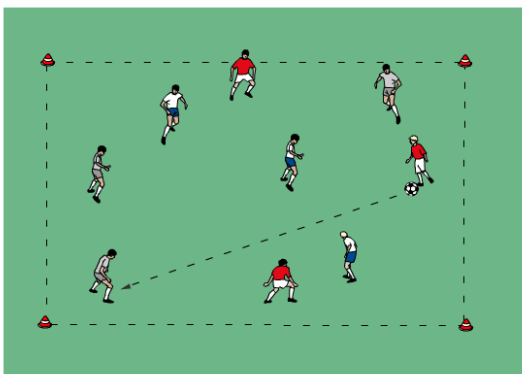
Organisation

- The outside players are in their playing positions.
- The wRmd and wRdef are positioned on one line and the left sided players on the opposite line.
- The target attacker and central defender along with the midfielder in the centre form the possession group.
- The middle 3 defenders play 3 v. 1 in the middle with limited touches



Organisation

- Start inside with 3 v. 1 playing 1 or 2 touch. When the 1 defender wins the ball, he plays out to the 4 outside players who play possession, now making it a 5 v. 3 game in the larger area.
- When the 1 defender in the middle wins the ball, he must quickly transition the ball to the outside players.
- The 3 in the middle must remain compact on defence and deny the through ball.



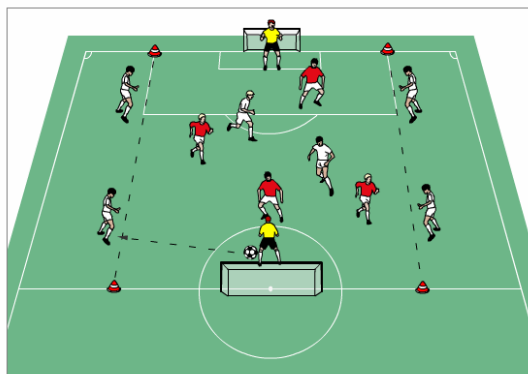
Organisation

Play 3 teams of 3 in different colours. 2 colours combine and play against the 3rd colour. When the defending team wins the ball, the team that turned the ball over becomes the defending team. It is always 2 colours v 1 colour. Play with limited touches.

Coaching Points

- Maintain proper shape with the possession team (width and depth)
- Make the playing area as big as possible
- Make the defending team defend the entire area
- Defending team should maintain compactness and play pressure, support and cover
- On winning the ball, quickly transition into possession with new group

Session Aim: Possession



Organisation

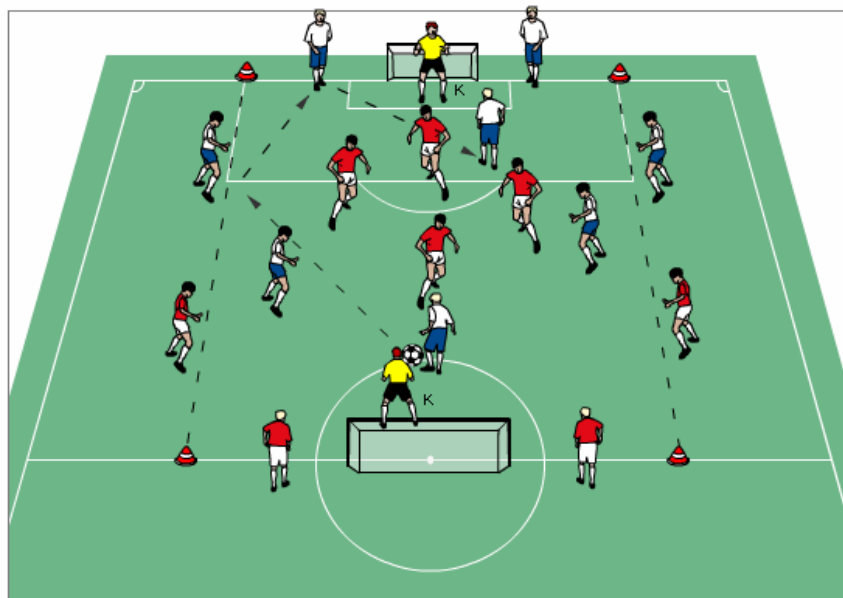
The possession team includes the 4 outside players, the 2 inside players and 2 keepers - a total of 8 players in possession team. The 4 inside players must first defend and win the ball and they can attack at either goal, playing 4 v. 2. The team of 8 are playing possession, while the team of 4 is playing to score goals.

Play attacking players in the middle and have them win the ball and then attempt to score. Use backs and midfielders as the possession team.

Coaching Points

- Possession team: play 2 touch and keep the ball moving quickly with constant changing the direction of play. The inside players may play only 1 touch - great exercise for the keeper as field players. The 2 inside players will become defenders when the ball changes over
- Inside team: defend in a diamond shape and stay compact. Work hard and communicate - the reward is to attack with goal

BUMPER!! 4 + 4 vs. 4 + 4 w 2 keeper in a 35 x 25 yard area



Inside players play 2 touch and the outside players play 1 touch. Very fast paced game and is all about scoring

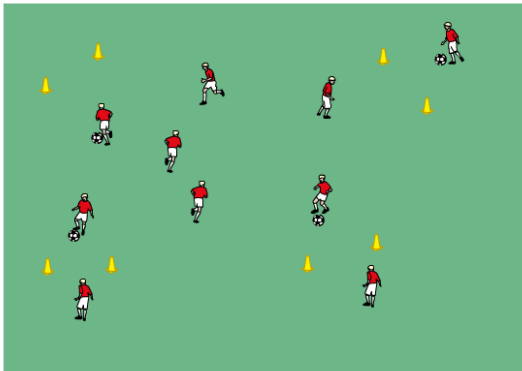
Everyone is always involved and it is very competitive

Coaching Points

- Encourage shooting. Rebounds, first time shots off wide players pass or target players
- Outside players on toes
- Constant transition - defenders become attackers and vice-versa

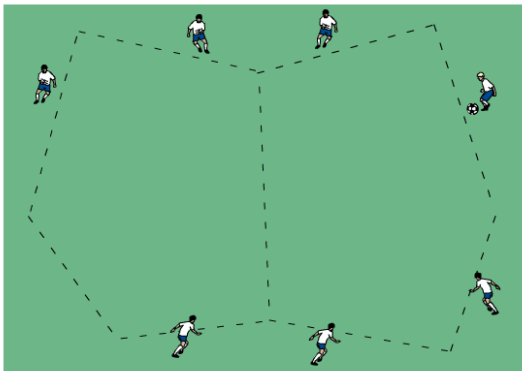
Week: 4

Session Aim: Passing & Support



Organisation

- Place cones 2m apart in various places round the pitch
- Vary the pitch size according to number of players
- Players pass through a set of cones and then move onto another set of cones.



Organisation

Mark out two joining 5 sided areas with markers at approx 10m intervals. Position 4 players on the outside of one area and 3 players on the outside of the other area.

Player with the ball passes to any other player in the same area, then moves to the free side of the area and so the practice continues.

When the player standing on the mid line receives the ball, he must turn with the ball and play a pass to any player in the other area.

Every time the player on the mid line receives the ball the ball changes areas.



Organisation

Mark out an area 40m x 20m. Area to be split into 2 end zones 20m x 10 m each and middle area 20m x 20m.

Player with ball runs towards an end zone and passes to any player in the end zone. The receiver either:

- 1) Passes through to other end zone
- 2) Passes to other player in his end zone
- 3) Combines with the passer and passes to other end zone

Passing player and supporting player always change places

Key Points

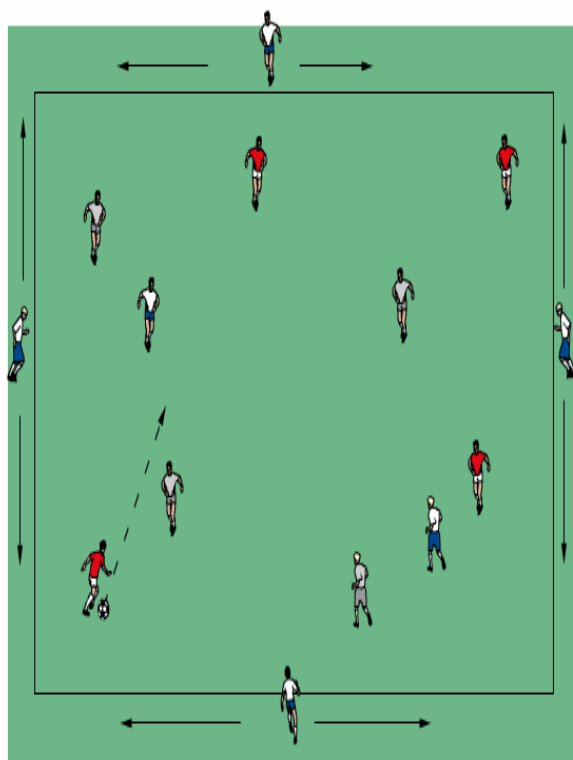
Timing/when to pass

Weight

Decision

Ball contact/follow through

Session Aim: Passing & Support

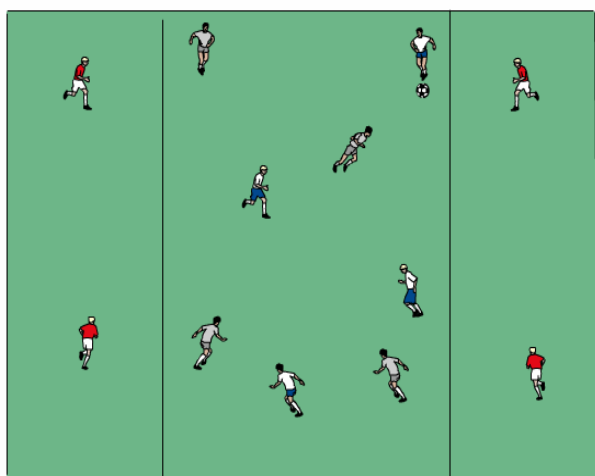


Organisation

Mark out an area 40m x 30m, play 4 v 4 in the area with 2 floating players. Position 2 target players one on each side of the area. Floating and target players can be conditioned to 1 or 2 touches and can move up and down the line.

Team with ball to play pass on ground to target player.

- Create space - individual/team - individual (lose marker - take defender away and then come close or vice versa) **Team** (width/length - use all space available) **key coaching point** = ensure that there is at least one player acting as a centre midfield player.
- Support - behind/advance of the ball **Behind** (a player should support behind the ball when the player in possession **can't turn**. If the player who receives the ball can turn (communicate - tell them they can turn) and then support **ahead** of the ball if the player receiving the ball can turn. Maybe **overlap** the player in possession, **cross over** etc.
- Individual technique - use coaching points from the technical session on passing, head over ball when 'drilling' the ball, lean back when playing lofted pass
- Selection of pass - **short passes** use instep, **long passes** use laces - 'drill' the ball into receiving player
- Movement/timing of runs - take defender away then come close to create space, **disguise the run** (fake to go one way then go the other)
- Good end product



Organisation

Mark out area 45m x 30m - there are two 15m x 30m target areas at either end.

Play 4 v 4, these players can go anywhere including the target areas. Two target players are positioned in each end zone and must stay in these areas. Target players can only provide support and cannot make long passes.

Objective

Make long passes at every opportunity into the opposite target area to score a goal. Possession is retained if a goal is scored.

Week: 5

Session Aim: Turning & Receiving



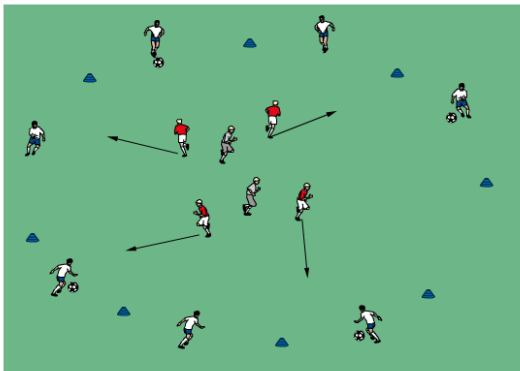
Organisation

Mark out 30m diameter circle, 4 players in circle, 8 players on outside of circle, four of which have a ball.

Players on inside of area receive pass from players on outside of area and turn with the ball then pass to a free player on the outside of the circle. Player on outside then moves to either side, turn and return ready to play ball back into area. Practice continues.

Key Points

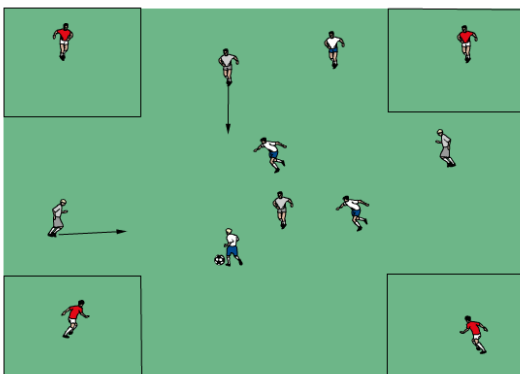
- Awareness of space to turn into
- Decision, no touch, 1 touch or multi touch turn
- Technique of turn - disguise intention
- Change of pace
- Good end product



Organisation

Mark out 30m diameter circle, 4 players in circle, 6 players on outside of circle, four of which have a ball and two defenders inside circle. Two defenders pressure two players as they receive the ball.

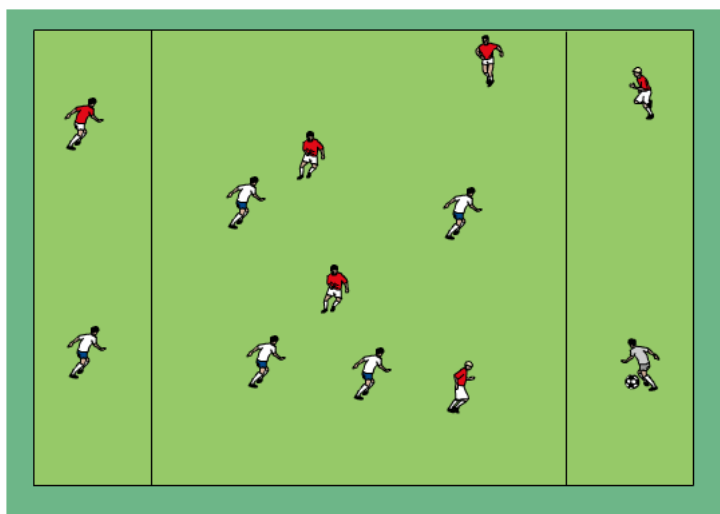
Players on inside of area receive pass from players on outside of area and turn with the ball then pass to a free player on the outside of the box. Player on outside then moves to either side, turns and returns ready to play ball back into area. Practice continues.



Organisation

Mark out a 40m x 40m area with 4 areas 10m x 10m in each corner. Play 3 teams of 4 players, 4 v 4 in the middle area and 1 player in each corner area. Players in middle area cannot go into corner areas. Play possession and team in possession can play into corner areas to retain possession but cannot play back into the same corner area once it has been passed out. If defenders win possession they play with the men in the corner areas.

Session Aim: Turning & Receiving



Organisation

Mark out 40m x 30m with two 5m x 30m end zones. Play 4 v 4 in the middle area and 2 players, one from each team in the end zones.

The ball is passed between target players and as the ball is passed the team in possession can move into position to receive the ball.

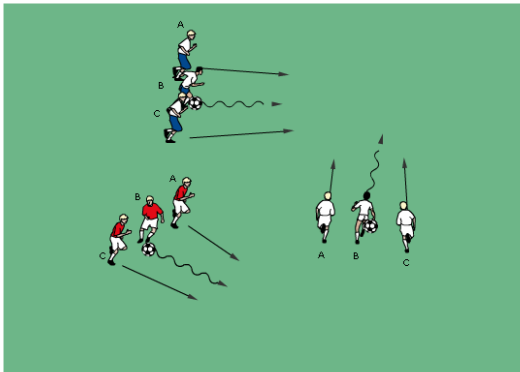
Objective

To receive the ball from one set of target players and transfer it to the other target players.

- **Key Points**
- Create space s individuals or as a team - **individual** (lose marker - take defender away and then come close or vice versa) **Team** (width/length - use all space available) **key coaching point** = ensure that there is at least one player acting as a centre midfield player. If all players are spread around the outside it is easy to defend against. Having a player in the centre of the pitch allows the team in possession to switch play and change the point of attack.
- Receive ball into space beyond defenders - Timing of run behind the defender
- Receive to control into space and play forward - **Body Shape** - half turned to enable player to play forward
- Receive to control and turn into space - multi touch - quality of touch/turn
- Receive to control and pass to supporting player - **Support Behind** (a player should support behind the ball when the player in possession **can't turn**. If the player who receives the ball can turn (communicate - tell them they can turn) and then **support ahead** of the ball if the player receiving the ball can turn. Maybe **overlap** the player in possession, **cross over** etc.
- Selection of pass - if it is on to play forward early do so with a 'drilled' pass along the floor or a lofted pass (depending on position of defenders)
- Movement/timing of runs - movement of players to support the target players is **key**. Player in the corner has to have at least 2 options in good supporting positions
- Good end product - retain possession, simple passing **don't force play forward**. Start again if have to

Week: 6

Session Aim: Fitness



Organisation

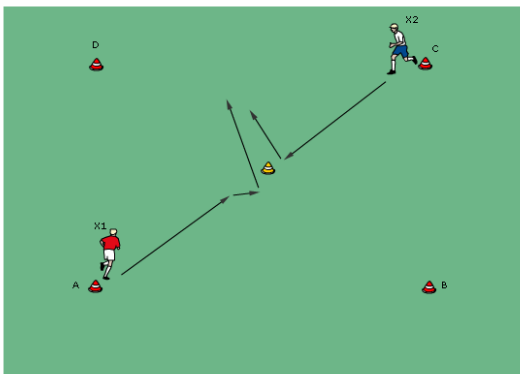
Player B dribbles ball while players A and C jog alongside him.

On signal player B passes ball into space. All 3 players try to win ball

Instructions: Alternate players after 5 passes

Coaching Points: React quickly to pass
Always stay on toes

Variations: Let player juggle and volley ball away



Organisation:

Players 1 and 2 start jogging toward cone in middle of grid

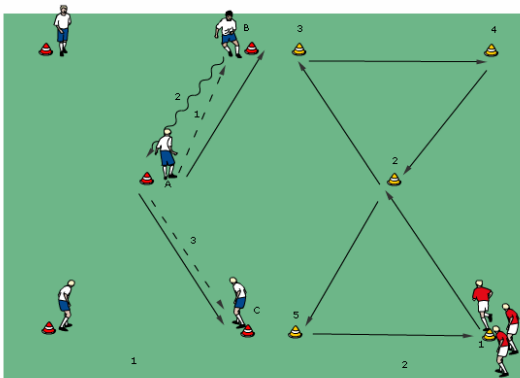
Player 1 fakes and sprints away toward outside of grid.

Player 2 follows and tries to beat player 1

Instructions: Get close to cone in middle before faking

Coaching points: Keep eyes on player

Variations: Use ball and dribble to cone in middle



Organisation:

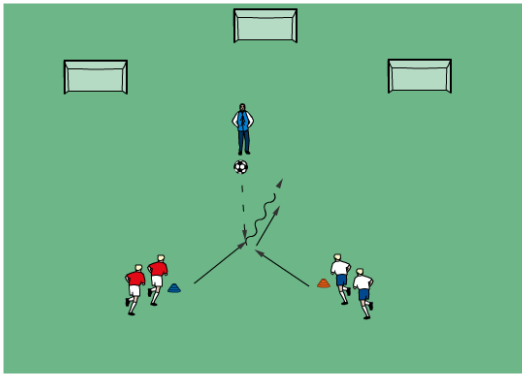
Grid 1: Player A passes ball to player B and follows ball by sprint. Player B receives ball and dribbles to middle. In middle player B passes ball to player C and follows ball with sprint.

Grid 2: Player 1 sprints from 1 to 2, 2 - 3, etc
Player sprinting goes around each cone

Instructions: Perform everything at full speed

Variations: Use 2 balls simultaneously

Session Aim: Fitness

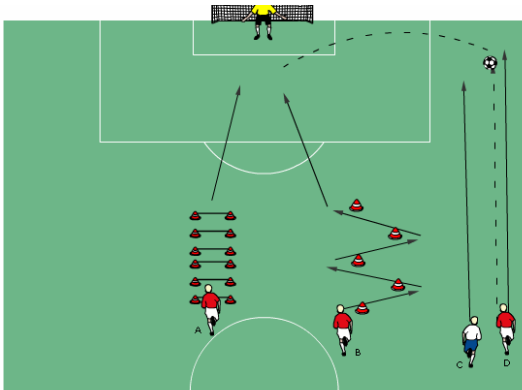


Organisation:

Coach plays ball in front of 2 players. Both players sprint to ball. They will try to win ball and score in one of 3 goals

Instructions: Score as quickly as possible

Variations: let players start from various positions: e.g. push-up position, face up, face down



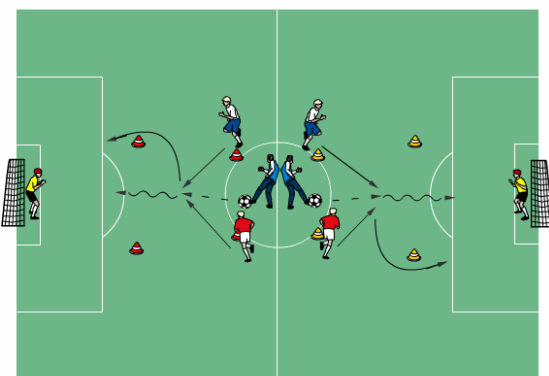
Organisation:

Players A and B go over/through obstacles. Player D plays a long ball into space. Player D goes after pass and tries to score.

Player C goes after player D and tries to prevent D from crossing. Players A and B finish cross

Instructions: Let players alternate positions

Coaching Points: Hit the PTA (Prime Target Area)



Organisation:

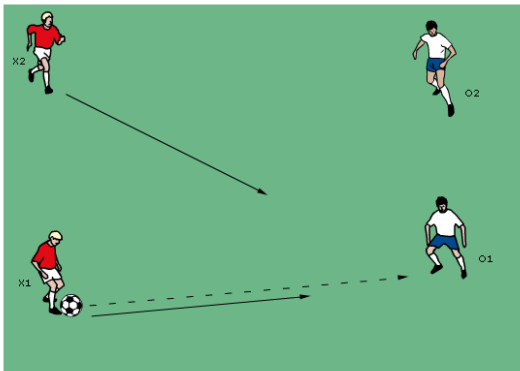
Coach passes ball into space in front of 2 players. Both players try to win ball. The player with ball goes on to shoot on goal. Payer without ball sprints around and then tries to stop other player from scoring

Instructions: Everything at game speed

Coaching Points: In possession of ball, take shortest route to goal

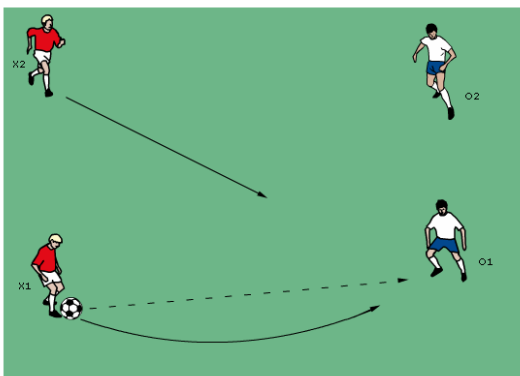
Week: 7

Session Aim: Defending 2 v.2 / 4 v. 4



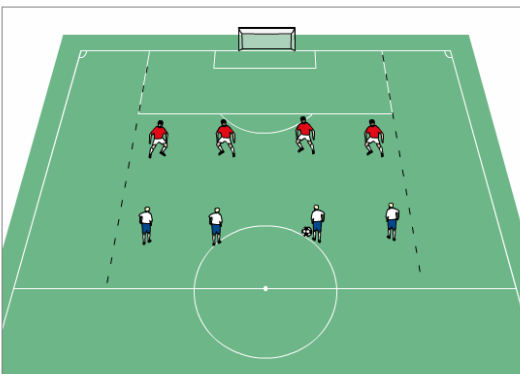
Organisation:

- X1 and X2 defend against O1 and O2.
- X1 passes ball to O1 and closes down O1
- O1 must close down the space and prevent O1 moving towards the end line.
- X2 provides cover and balance



Organisation:

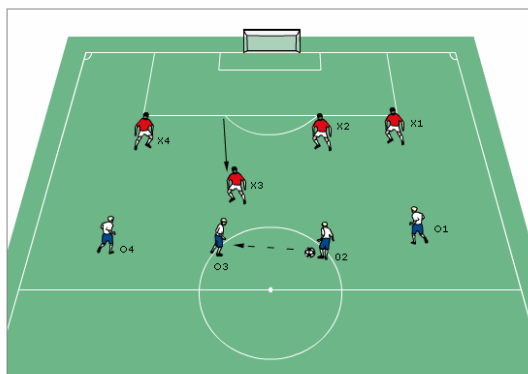
- X1 should try to angle his approach so that O1 is encouraged to move inside towards X2
- X1 needs to get close enough to O1 so that O1 has to look down at the ball
- If X1 is able to turn O1 back towards his own line, then he should move in quickly, maintain the pressure, and keep forcing him back



Organisation:

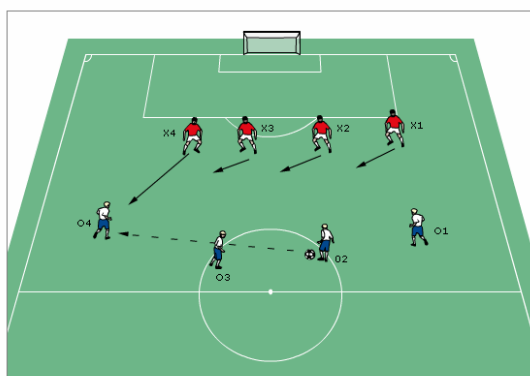
- this practice is designed to get the four defenders to understand how they need to react to the movement of the ball and the movement of forwards
- this is a passive practice where the four forwards move the ball and make the defenders adjust their positions
- forwards dribble at the defenders without intending to beat them and covering players have to understand their responsibilities

Session Aim: Defending 2 v. 2 / 4 v. 4



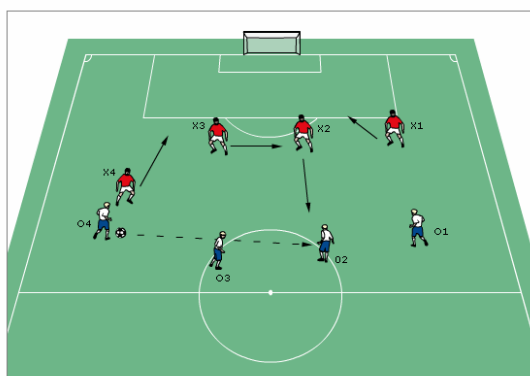
Coaching Points:

- if the ball is passed to O3, X3 should step and pressure the ball, X2, X4, X1 'compact' and tuck in. X2, 3, 4 form a defensive triangle



Coaching Points:

- if the ball is passed out wide to O4, X4 should pressure the ball and the other three defenders should slide over to that side of the field
- X4 should try and position himself so he forces O4 inside toward X3

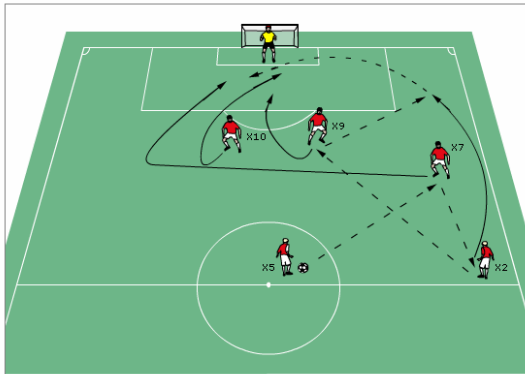


Coaching Points:

- if the ball is passed inside to O2, X2 must move quickly to pressure O2, while X4, X3 and X1 adjust their positions
- X3 and X1 provide cover and X4 takes up a position to balance the defence
- X2 shouldn't run straight at O2 but be angled and has the choice to force him either towards X1 or X3

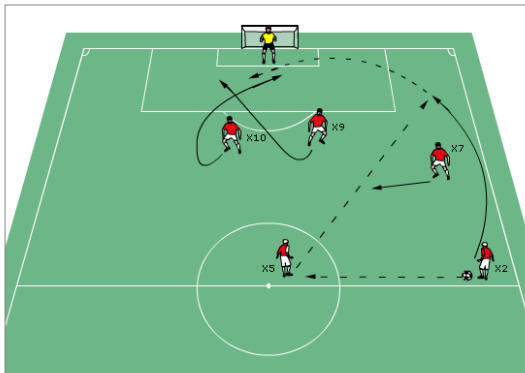
Week: 8

Session Aim: Attacking From the Back (Full-back)



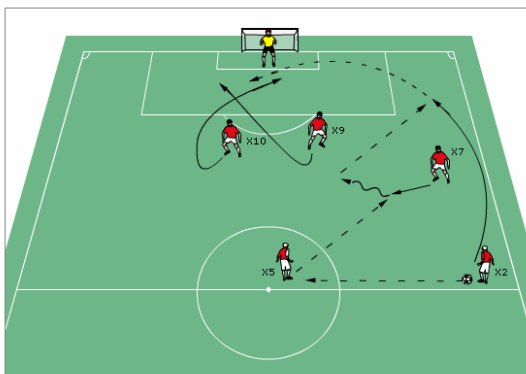
Set-up/Coaching Points:

- this practice takes the form of a drill to explain the interchange between the fullback and wide midfielder.
- By doubling up in some positions, and setting up players on the left flank, it is possible to get a continuous practice.
- X5 passes wide to X7
- X7 sets the ball back for X2 (fullback)
- X7 runs inside and across X9
- X2 passes to X9 and makes an overlapping run
- X9 passes wide for overlapping X2 who crosses
- X7 and X10 make far and near post runs
- X9 spin



Organisation:

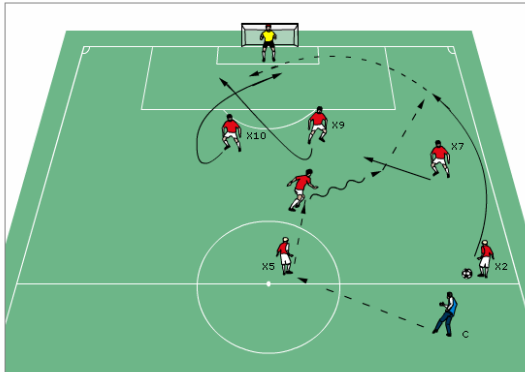
- X2 passes inside to X5 and makes an overlapping run
- X7 makes a run inside to make space for X2's run
- X5 passes wide to overlapping X2



Organisation:

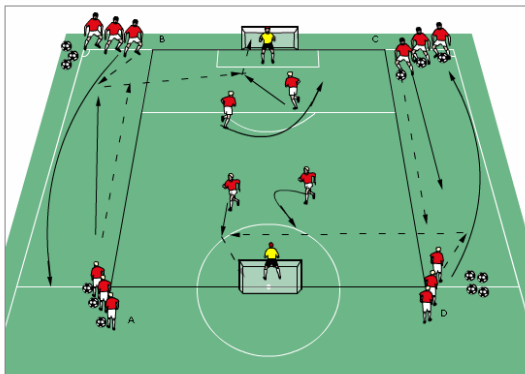
- X2 passes inside to X5 and makes an overlapping run
- X7 makes a run inside to make space for X2's run
- If X7 is free and has space, X5 passes to him. X7 then runs inside with the ball

Session Aim: Attacking From the Back (Full-back)



Coaching Points:

- coach passes to X5
- X5 passes into the midfielder, X8
- X7 makes an attacking run inside
- X8 attacks the space and passes to the overlapping X2

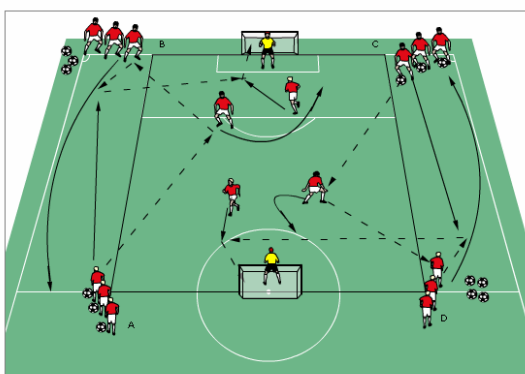


Organisation:

- Player A passes to player B then follows his pass
- Player B lays the ball off for player A to cross into the two forwards
- The two forwards attack the cross and attempt to shoot with one touch if possible
- Player C passes to player D at the same time so both sides are working at the same time

Coaching Points

- Vary the type of cross
- The crosser should look near or far post
- Timing of runs by forwards



Organisation:

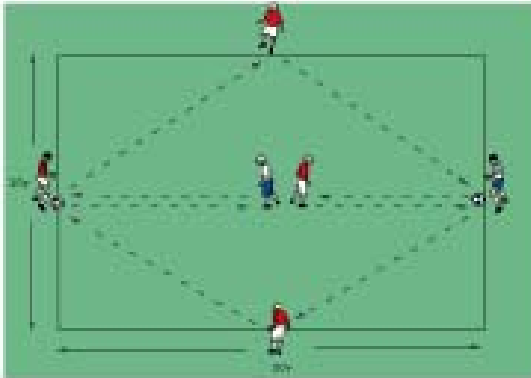
- As previous

Sequence:

- The first pass to player A is to one of the forwards who lays it off to Player B

Week: 9

Session Aim: Quick Play / Counter attacking

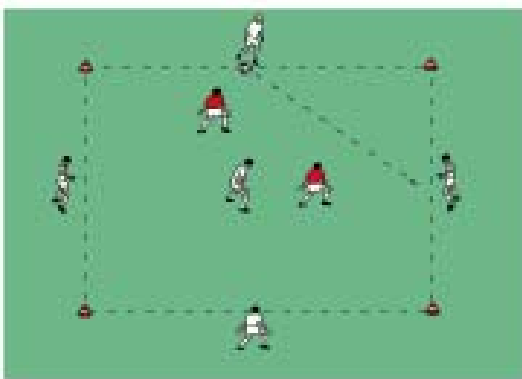


Organisation:

20 x 10 yard area

Sequence:

- Using two balls and placing two or more players at each station, players pass and follow using one touch



Organisation:

- Possession players add an additional player in the middle. Outside players play 2 touches and the middle player plays 1 touch.
- Excellent positional game with the middle player being a midfielder. Defenders play possession 2 v. 1 in the middle.

Coaching Points:

The key is to keep shape big - the middle possession player cannot restrict space - he needs to create space. Outside players look to play ball in when they can and the middle player plays out in 1 touch



Organisation:

- Half a pitch with a zone 15 yards x width of pitch
- Play two touch with the GK playing one touch. The GK starts with the ball and passes to one of the four defenders
- They have to try to pass the ball to the lone dark attacker.
- Upon making the pass, one defender can join the attacker in the end zone to try to get the ball to the halfway line
- Add players to the attacking third and introduce a second goalkeeper and goal
- Add some width to the practice by placing wide players in a five-yard zone either side of the pitch

Session Aim: Quick Play / Counter Attacking

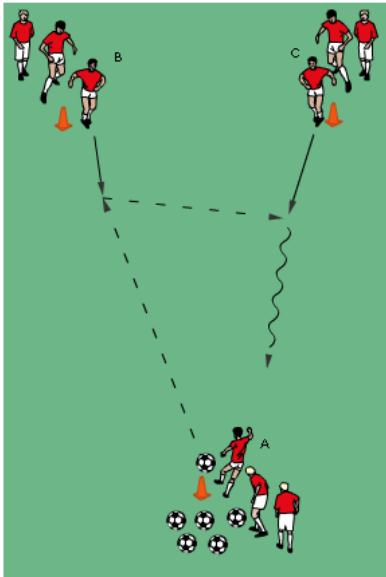


Organisation:

- Use 3 equal zones of 30 - 35 yards across the full width of the pitch - 8 v. 8 with keepers
- Teams play a possession game in the middle zone and on a turnover, the team winning the ball, should release the deepest player to go to goal.
- The player with the ball should look for and find that player and deliver a ball that will take the best chance possible to score.
- Any delay in the action will result in lower percentage chance at goal. You may choose to release a chasing defender or not.
- When the keeper gets possession, the ball is played back into the middle zone and possession starts.

Week: 10

Session Aim: Passing / Support

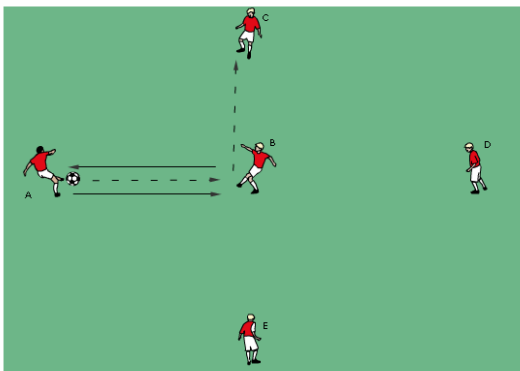


Setup:

- Split players into 3 groups of 3 or 4 and form a triangle 15-20 yards apart
- Player A passes to Player B, B receives the ball with his left foot and passes to C with right foot.
- Players rotate after each pass

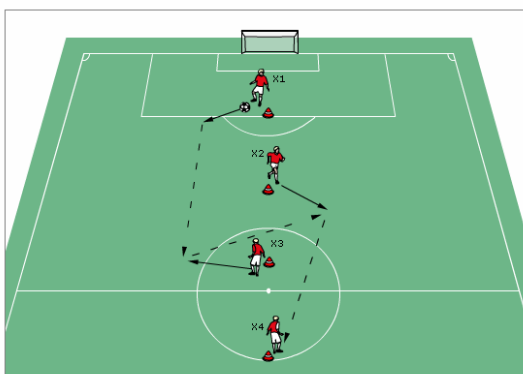
Coaching Points:

- Receiving and passing with the correct foot and with the correct speed
- Player C has to call for the ball at the proper moment (just before B receives the ball)



Organisation:

- Player A passes the ball to B. player B passes the ball to C.
- Meanwhile A has moved to B's spot and B moves to A's spot
- C passes to A, who passes to D. C moves to the central spot, A moves to C's spot, and so on



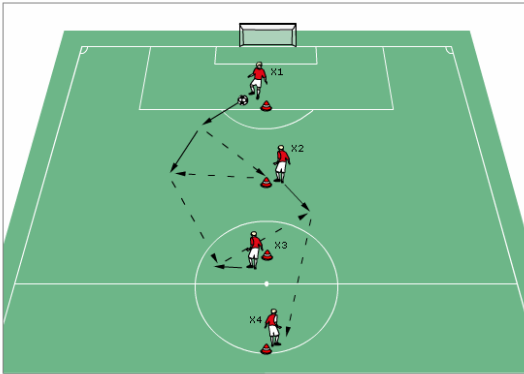
Organisation:

- X1 - one touch out of feet
- X3 - move to make passing angle
- X3 - set ball into X2's path to play one touch into X4
- X4 - starts practice again
- Rotate middle men with end players

Coaching Points

- Emphasise one touch play
- Timing of pass
- Weight of pass
- Angle of support

Session Aim:

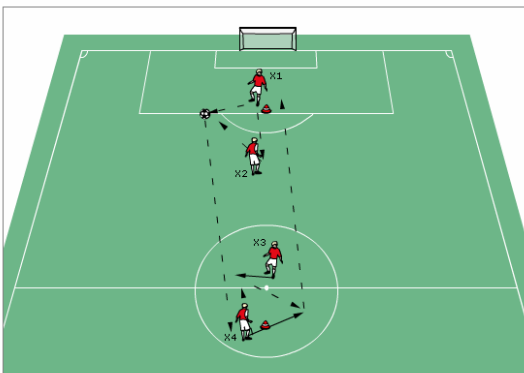


Organisation:

- X1 - play one touch out of feet
- X2 - makes an angle, plays back to X1 one touch
- X1 - plays into X3 who has made an angle
- X3 - plays one touch into X2's path who plays one touch into X4
- The routine is then changed the other way, ie change middle players with outside players to ensure all players work in the same manner

Coaching Points

- Emphasis on movement of players before and after receiving the ball

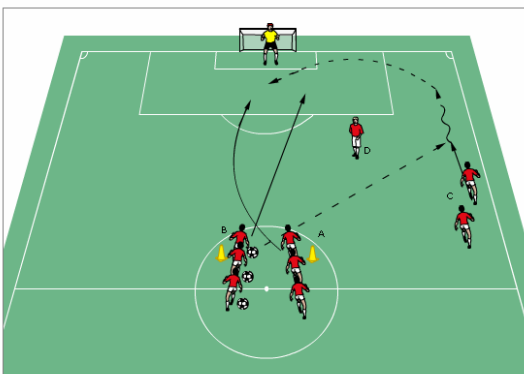


Organisation:

- X1 - one touch out of feet plays pass to X4
- X4 plays one touch into X3 who has made an angle of support
- X3 plays the ball back into X4's path to play one touch into X1
- X1 plays one touch into X2 who starts exercise again

Key coaching Points

- First touch
- Longer passing
- Quality of pass
- Angle of support

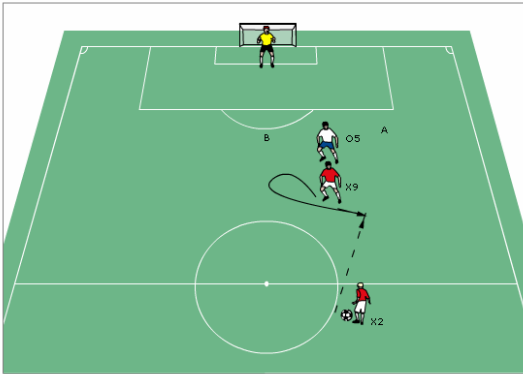


Organisation:

- A passes to B
- B plays a cross to a winger (who is already moving forward)
- Winger can make a wall pass to player D if necessary or player D can pick up the ball and pass to the winger
- Winger crosses to players A and B

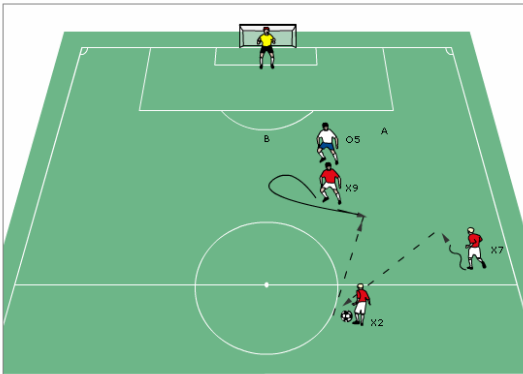
Week: 11

Session Aim: Attacking with Front Two



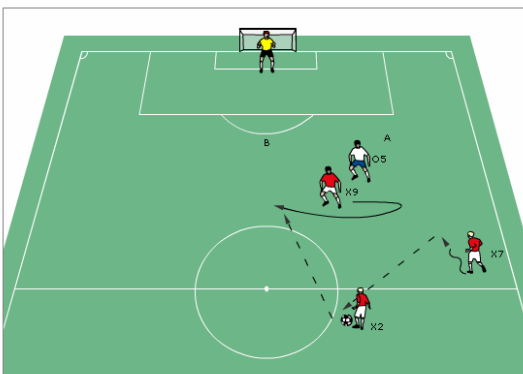
Organisation:

- X2 touches ball out his feet and then passes to X9
- X9 should move just as X2 is about to take that first touch
- In this instance, he moves to his right first and then left, and is looking for X2 to pass the ball to space A



Organisation:

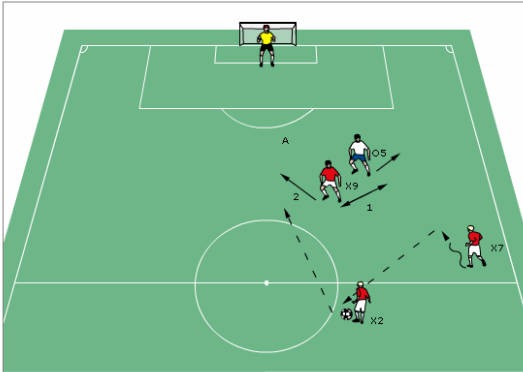
- to make the timing of the runs more realistic, X7 now starts the practice by dribbling the ball forward, turning and setting a pass back to X2
- as this is happening X9 should be getting ready by making that first run to the right so that when the ball arrives to X2, X2 is able to play it with one touch into the path of X9's second run



Organisation:

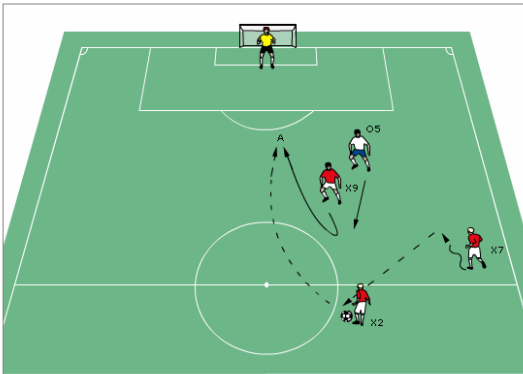
- if O5 marks on his left, X9 can make the first movement in that direction and the second towards space B

Session Aim: Attacking with Front Two



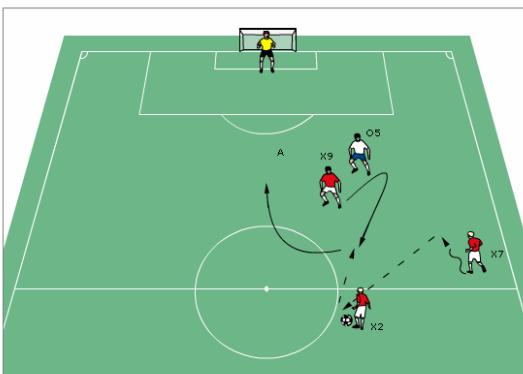
Organisation:

- here, X9 moves O5 back before coming across in front for a pass down the side into space A



Organisation:

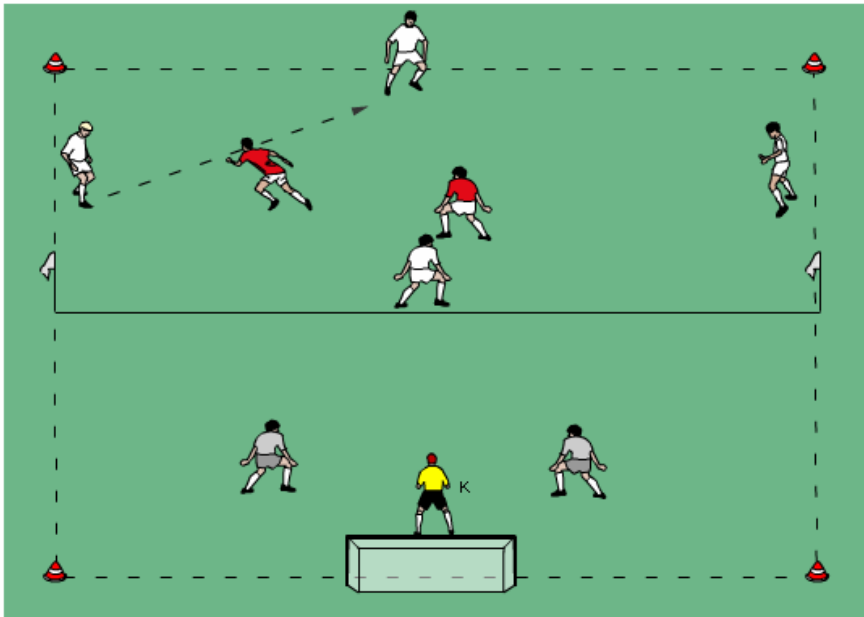
- Here, X9 comes short to go long.
- X2 must be ready to play the ball slightly past the striker into space A



Organisation:

- X9 goes long, checks back to receive short and then turns with the ball into space A

Session Aim: Attacking with Front Two



Organisation:

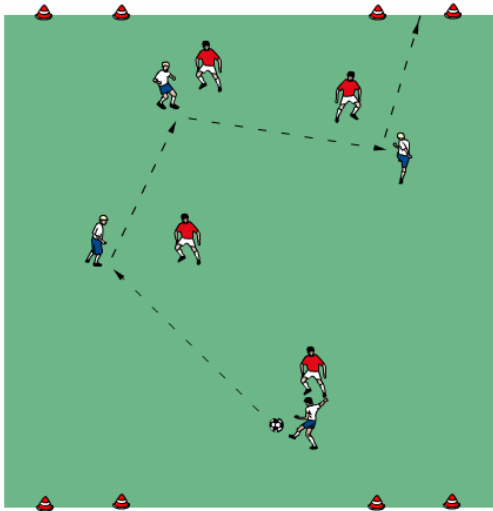
- play in an area of 20 x 30 yards (2 of each)
- 2 areas of 20 w x 15 L
- play starts with 4 v 2 in a possession game - when the 2 inside players win the ball, they play 2 v. 1 to leave the zone and then play 2 v. 2 in the other zone trying to score a goal.
- The 2 waiting players are the defenders in the second zone - should they win the ball, they return it to the 4 players of the first zone and the original 2 inside players and defend.
- If a goal is scored, the scoring group remains in zone 2 and the other group goes to zone 1 and plays 4 v. 2

Coaching Points:

- Possession team has only 1 aim: keep the ball
- Defending 2 players must win the ball, win a 2 v. 1 duel, and then play 2 v. 2 and try to score
- The 2 waiting players must defend and play out to the possession players
- If they concede a goal, then they become the defenders in the first zone
- Divide into groups of 4 and rotate the players into different positions

Week: 12

Session Aim: 4 v. 4 Small Sided Games

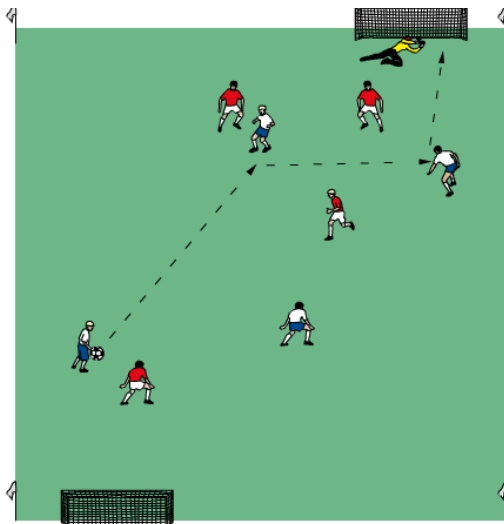


Organisation:

- Goals are positioned on the endlines spread to the width of the field

Coaching Points

- Encourage play from flank to flank and take the play out of the middle part of the field
- 4 goal setup encourages directional changes
- goals can be scored from direct passes or from a dribble
- coach may determine the exact method of scoring - direct pass, a give and go, 1 v. 1 dribble, switch field to score

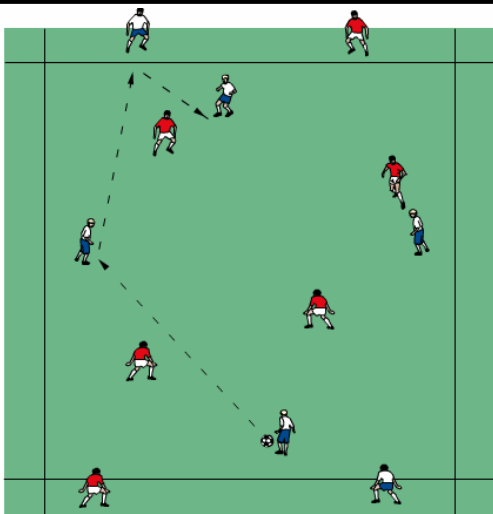


Organisation:

- Place 2 goals on the endlines at each corner of the pitch
- Size depends on number of participants

Coaching Points

- The pitch set up will create a one side of the field type game.
- Emphasis on counter-attacking



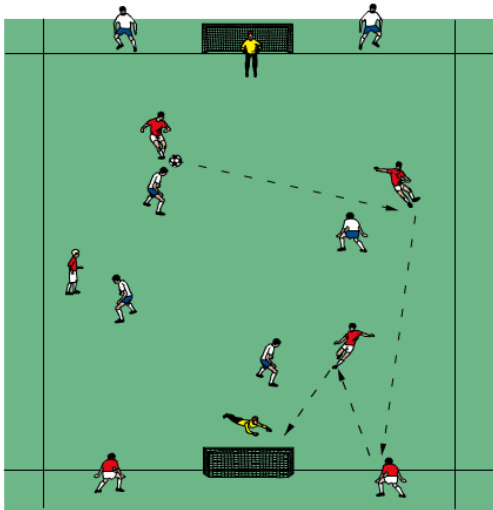
Organisation:

- 30 x 25 yard area
- 2 players one from each team on the endlines

Coaching Points:

- Play in the direction of the endline, play out to a target player and play back in and then go to the other end.
- Every time the ball is played out to the endline target player, play is restarted in the opposite direction

Session Aim: 4 v. 4 Small Sided Games

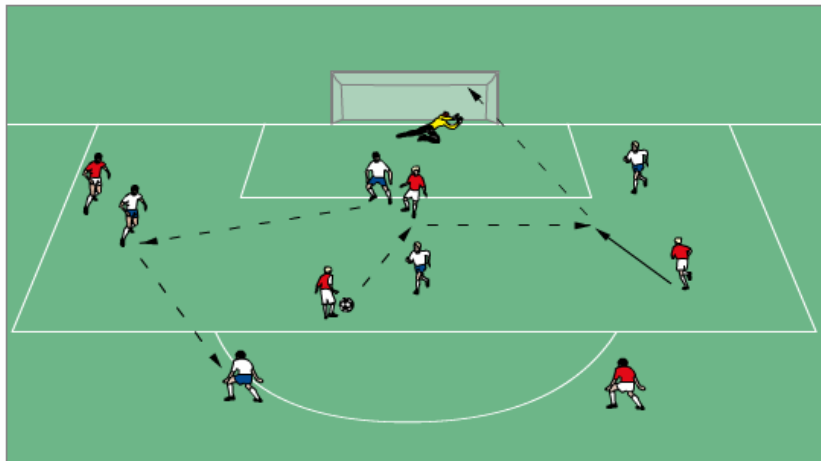


Organisation:

- Target players are positioned on the endline and they will play 1 touch
- Inside players should be encouraged to use the target player as they go to goal

Coaching Points

- Encourage positive decision making
- Be positive and shoot early



Organisation:

- Attacking team of 4 try to score against the defending team of 4 and the keeper

Coaching Points

- When the defending team wins the ball, they must play the ball out to the target player outside the penalty area.
- The player who plays out, follows the ball out and becomes the next target player and the target player brings the ball in and starts an attack at goal
- The attacking team, on losing the ball possession, should immediately try to regain the ball. Once the ball is played out, the roles reverse
- Keep score and make it competitive

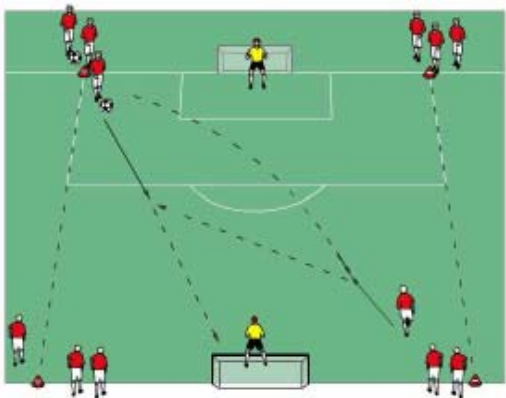
Week: 13

Session Aim: Shooting Drills



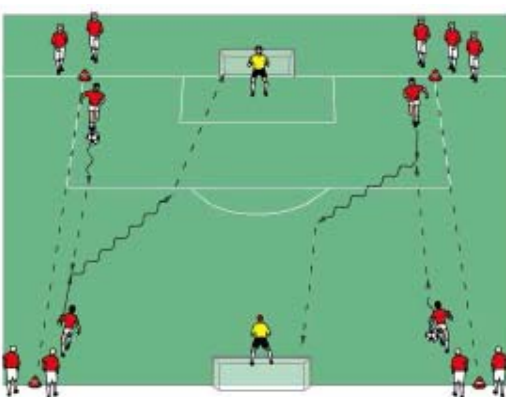
Organisation:

- Field is twice the size of the penalty box and has two goals with goalkeepers
- Place starting cones on each side of each goal, 15 yards away
- Divide players into two teams: team A lines up at the starting cones on the left side, Team B on the right
- At the starting signal, the first two players dribble a short distance and pass to their teammates, who drop the ball back. The first two players then finish on the second touch, Afterwards, players switch roles and position



Organisation:

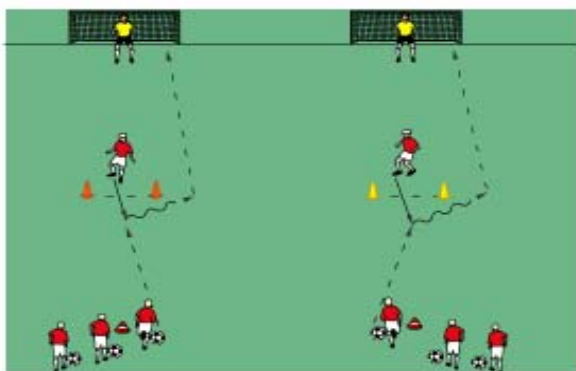
- Setup is same as for Exercise 1
- Divide players into two teams, which line up at diagonally opposite starting cones, each of the players at two of the cones has a ball
- The first player from one team plays a diagonally flighted ball to his teammate, who lets the ball bounce back to the passer, who finishes directly
- Afterward, players switch roles and positions while the first player from the other team starts



Organisation:

- Field is twice the size of the penalty box and has two goals with goalkeepers
- Place starting cones on both sides of each goal
- Using two cones, mark out a shooting line in the middle of the field
- Divide players into two teams, which line up at opposite starting cones
- The first two players play hard passes on the ground to their teammates, who control the ball while taking it forward and shoot from the shooting line
- Afterward, players switch roles and positions

Session Aim: Shooting Drills



Organisation:

- Set up two goals side-by-side, 15 yards apart
- Mark out a two-yard-wide goal 20 yards in front of each goal and place a starting cone 15 yards beyond it
- Players from two teams line up at the starting cones; each one has a ball. One player without a ball stands two yards behind each small goal
- The players in the middle signal for passes by sprinting to the small goal, then take the ball around them and finish

Coaching Points:

- Players receive and control the ball with the inside / outside of the foot
- Players do a body fake to the left before taking the ball to the right, and vice versa



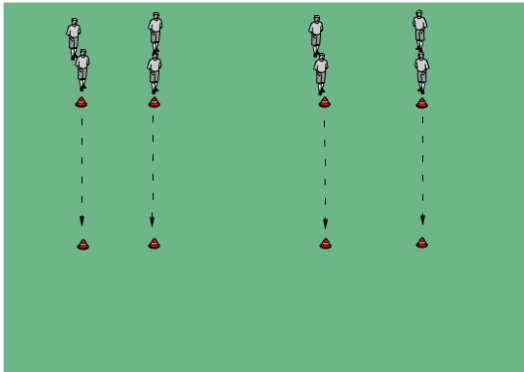
Organisation:

- A and C stand 25 yards in front of a goal with goalkeeper; A has a ball
- B and E stand 20 yards in front of the goal
- D stands near the edge of the penalty box

Coaching Points:

- A passes to B
- B passes directly to C, who passes to D
- D lays off to E, who shoots
- Each player moves to the next position
- Sequence repeats on other side
- B runs in front of the goal. After E shoots, another player crosses in front of the goal, and E and B try to score

Week 14
Session Aim: Possession

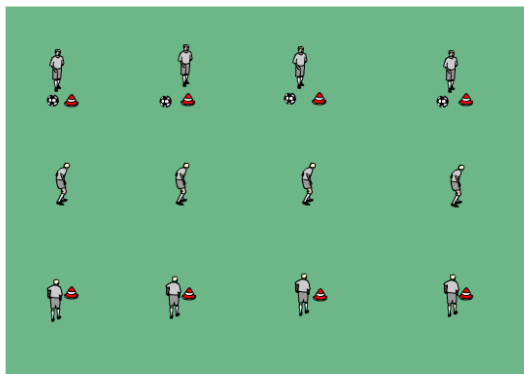


Dynamic Warm up

- Players Movements - jog, skip, side-step, heel kick, knee drive, carioca, jockeying

Dynamic Stretches

- Lunge + Twist, Russian Walks (hamstring), calf raises, shoulder slaps, high knees,

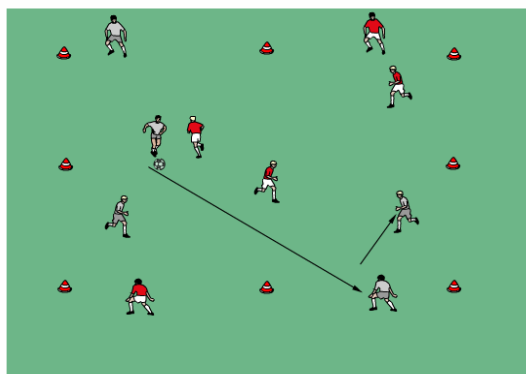


Passing & Turning

- Ball played in to centre player
- Centre player turns with one touch and turns out to play to opposite player

Variations:

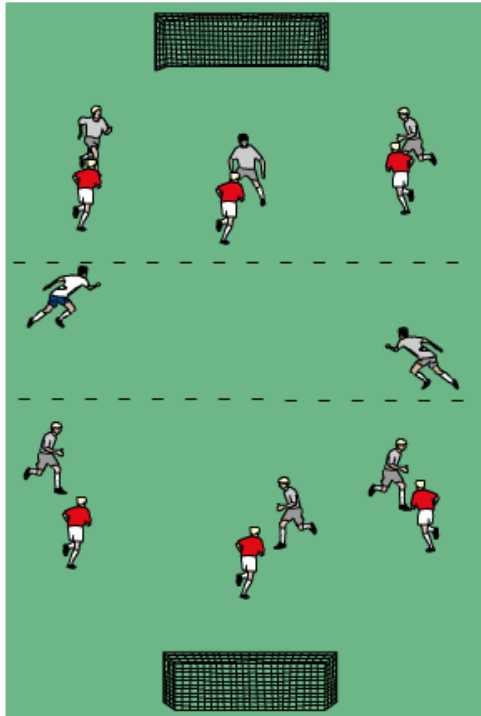
- left, right, inside, outside, different turns, cruyff etc



4 v. 4 Possession

- 2 teams play possession in a 30 x 25 yard grid. 2 players from each team (1 at either end) are used as target players.
- When a player from inside the square plays to an outside player, players switch positions

Session Aim - Possession

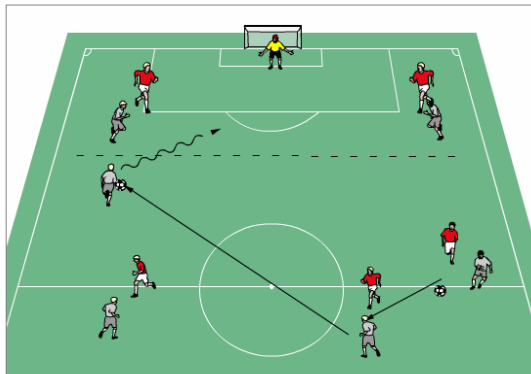


Dynamic Warm up

- Players Movements - jog, skip, side-step, heel kick, knee drive, carioca, jockeying

Dynamic Stretches

- Lunge + Twist, Russian Walks (hamstring), calf raises, shoulder slaps, high knees,



Passing & Turning

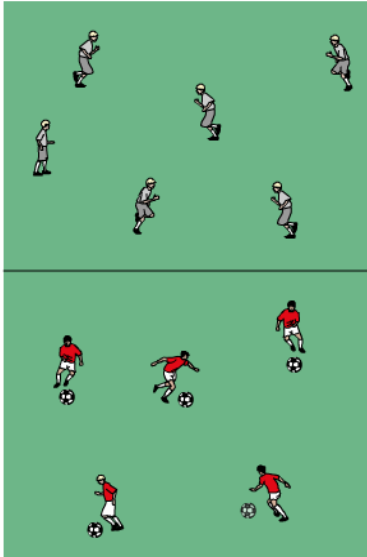
- Ball played in to centre player
- Centre player turns with one touch and turns out to play to opposite player

Variations:

- left, right, inside, outside, different turns, cruyff etc

Week 15

Session Aim: Passing & Receiving

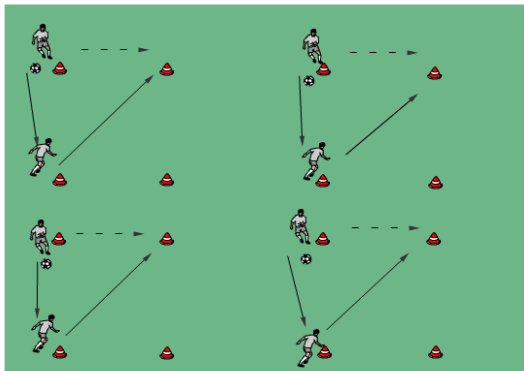


Dynamic Warm up

- Players Movements - jog, skip, side-step, heel kick, knee drive, carioca, jockeying

Dynamic Stretches

- Lunge + Twist, Russian Walks (hamstring), calf raises, shoulder slaps, high knees,
- Players in one half have a ball and perform kick ups, toe-taps, turns, touches. On coaches shout players swap sides

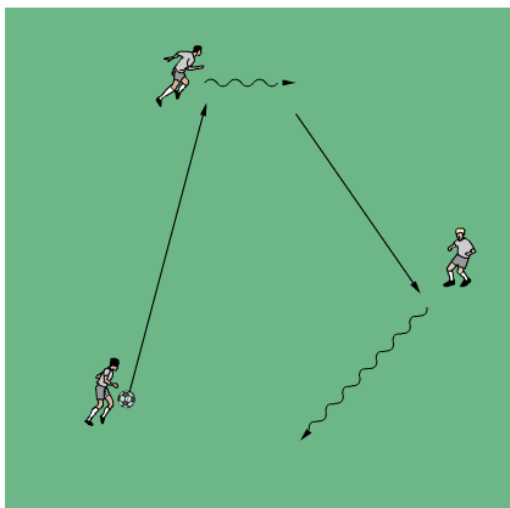


Passing & Receiving

- Players stand opposite each other.
- The game begins by one player passing to the other. The player receiving then passes into the run of player 1

Progression

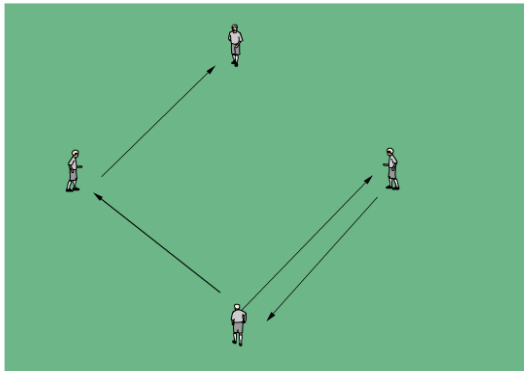
- Left foot, inside foot, outside foot



Passing into Space

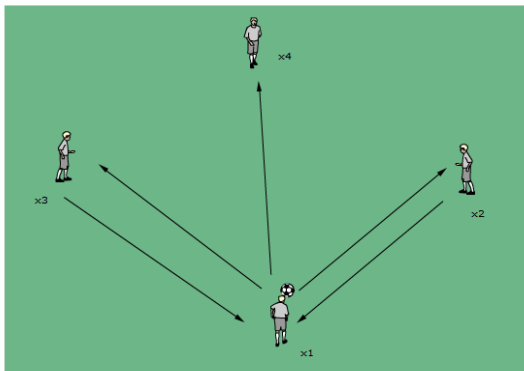
- Players work together in 3's ensuring each pass played is played into space in front of the player receiving

Session Aim: Passing & Receiving



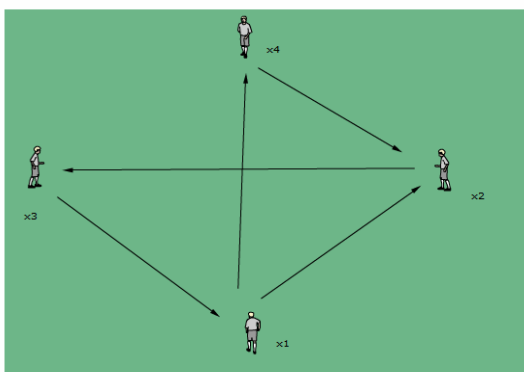
Forward Play Passing

- The player at the bottom (P1) plays a ball to the player on his right, who then plays the ball back.
- P1 open his body up and plays out to his left hand side.
- The player receiving it then plays up to the top player



Forward Play Passing Progression

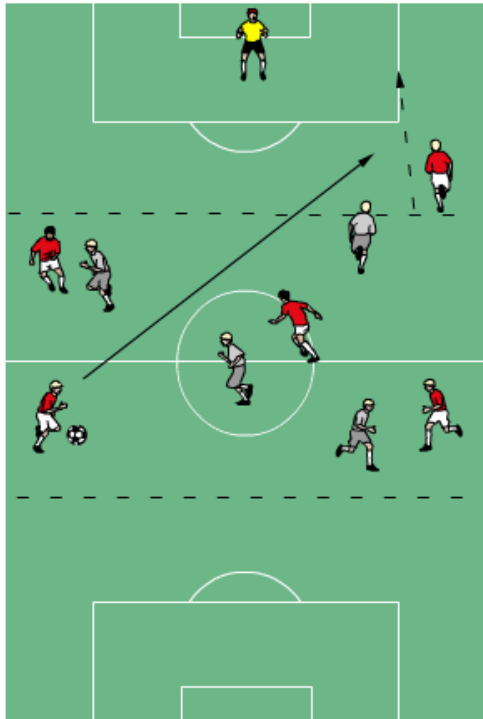
- X1 plays to X2, X2 plays ball back to X1
- X1 plays to X3 who plays back to X1
- X1 plays ball up to X4
- Try to play first time, good first touch if take 2, use left foot, right foot



Forward Play Passing Progression

- X1 - X2, X2 - X3, X3 - X1, X1 - X4

Session Aim: Passing & Receiving



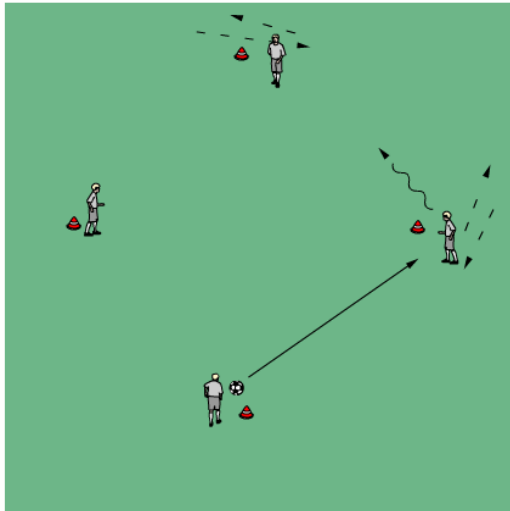
Breakout Game

- Depending on numbers play 4 v. 4 in centre area (25 x full width)
- Only 1 player can break into the final 1/3 and only one recovering defender
- Minimum amount of passes before playing into final 1/3

Coaching Points

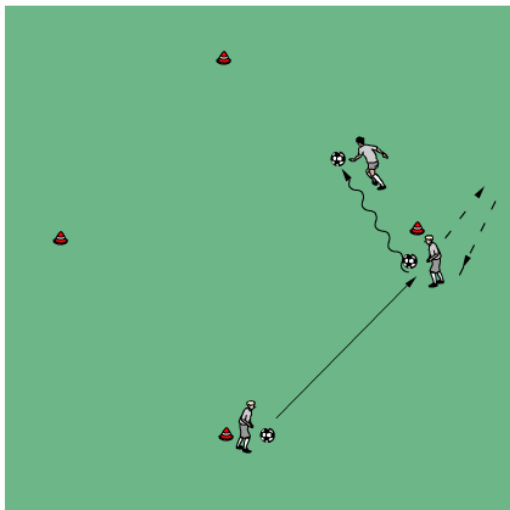
Angle/Support
Timing of Run
Positive (finish)

Week 18
Session Aim: Passing & Support



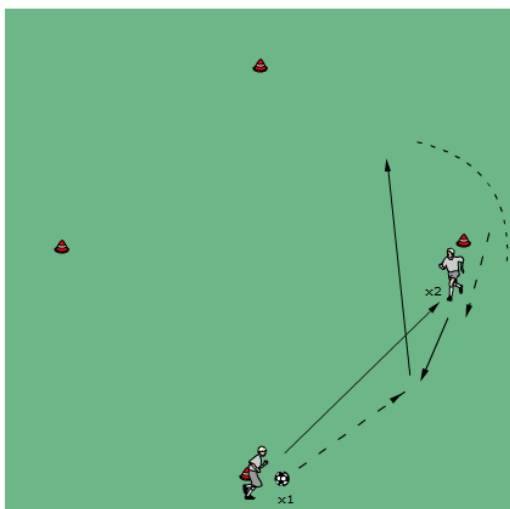
Diamond Drill

- Ball is played wide from player 1 to player 2.
- Player 2 must check away before receiving ball. Player 1 follows his pass and the drill continues.



Diamond Drill Progression

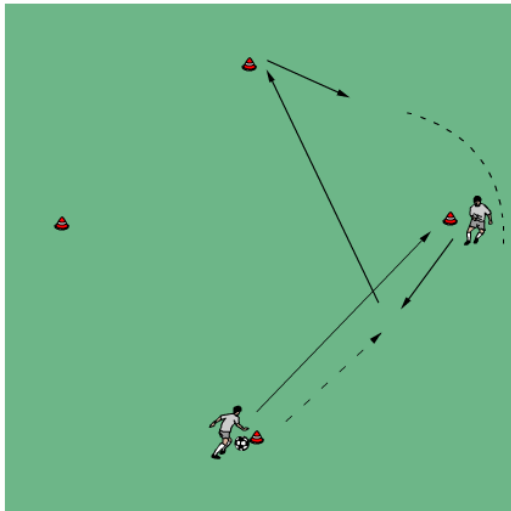
- Player 1 plays ball to player 2. Before receiving player 2 must come short before moving away to receive.



Diamond Drill Progression

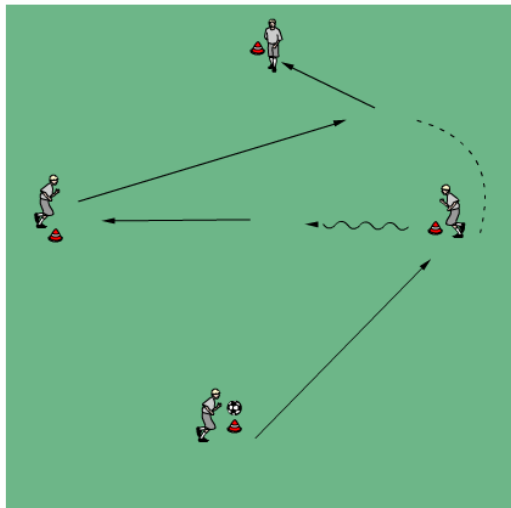
- X1 plays wide to x2 who has checked away.
- X2 sets the ball back to X1 who plays a wall pass with x2

Session Aim: Possession



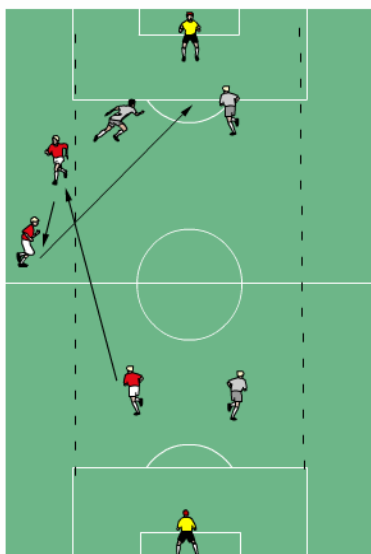
Diamond Drill Progression

- X1 plays to X2 who sets back to X1
- X1 plays to X3 at top who then sets back for X2 who has 'spun' to receive off X3



Diamond Drill Progression

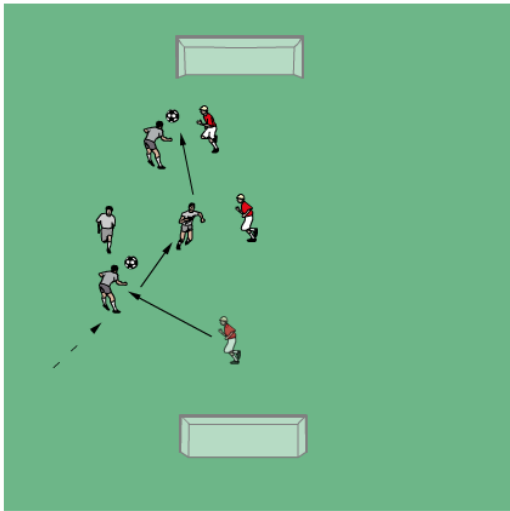
- X1 plays out wide to X2
- X2 dribbles across to X4
- X1 makes an overlap for a pass off X4



Crossing & Finishing Game

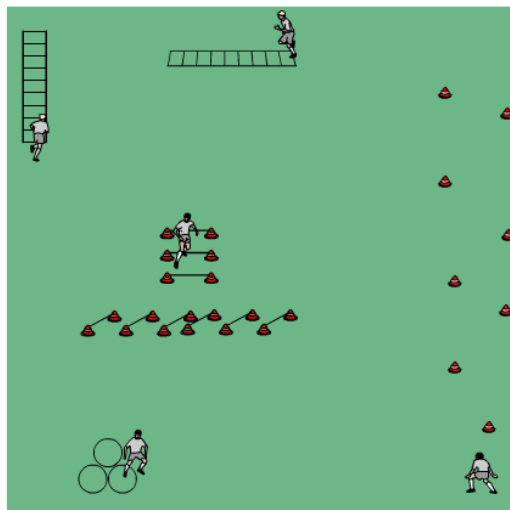
- 2 forwards in each end zone
- Ball played wide
- Set back for a cross
- Game continues on other side

Week: 17
Session Aim: Defending



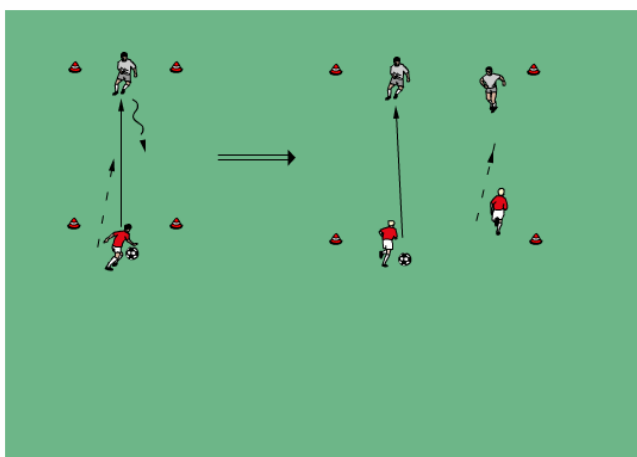
Warm Up
Throw - Head - Catch

- 2 teams play on a 30 x 30
- Rules of the game are in the name - players have to throw the ball to a team mate who then has to head the ball to another player.
- Only way to score is with head



SAQ Drills

- Various drills to improve speed, agility, quickness



1 v. 1 Defending / 2 v. 2

- Red plays to White and then closes him down

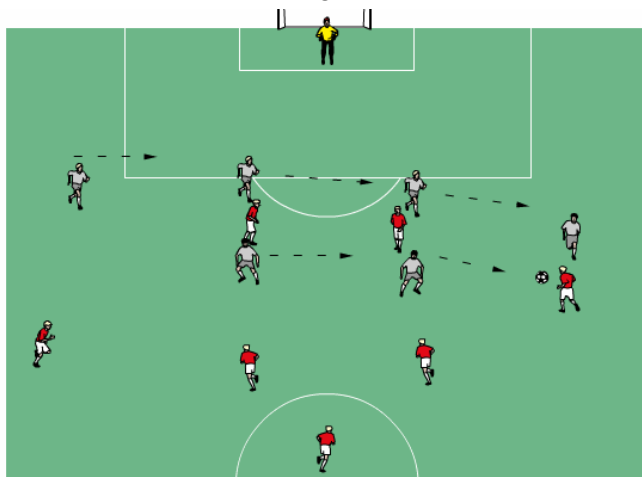
Coaching Points

Quick approach as ball travels, slow down on touch - stead - sneak - steal

Progress to 2 v. 2

Same as previous - supporting angle, communication

Session Aim: Defending

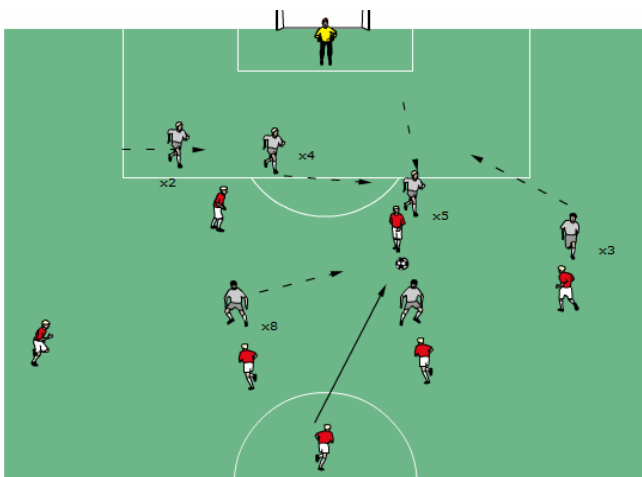


6 v. 6 Defending

- Half Field Set Up
- Defenders set up with a GK, 4 defenders, 2 centre mid
- Attacking team set up 2 strikers, 5 midfielders

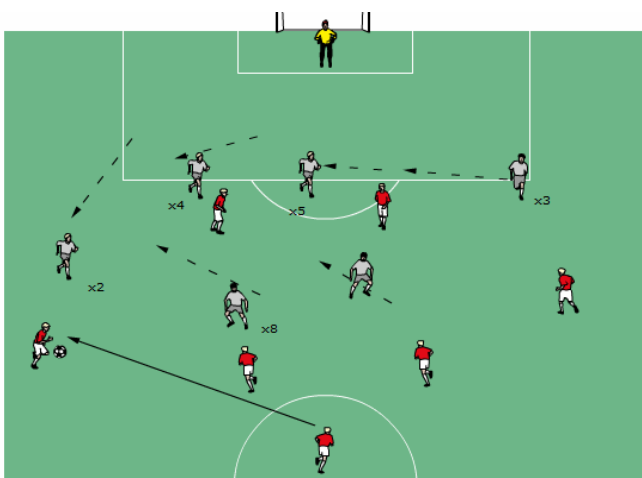
Coaching Points

Ball goes wide, all back 4 slide across as a unit. Full-back applies pressure and forces wide player inside



Ball into Centre Forward

- Centre back applies pressure (no turns), full back tuck in to create a defensive triangle
- Centre mid - drop in and 'squeeze' all the space
- Work together as a unit and keep tight - force the ball wide

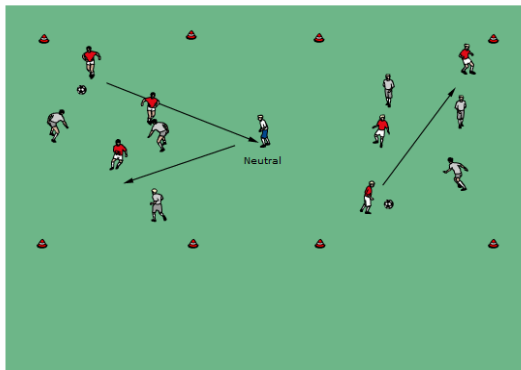


Ball out Wide

- Full back applies pressure - quickly as ball travels - slow down on touch - back 4 slide across (imagine tied together with rope)
- Centre Mid - drop in and 'squeeze' the space

Week 18

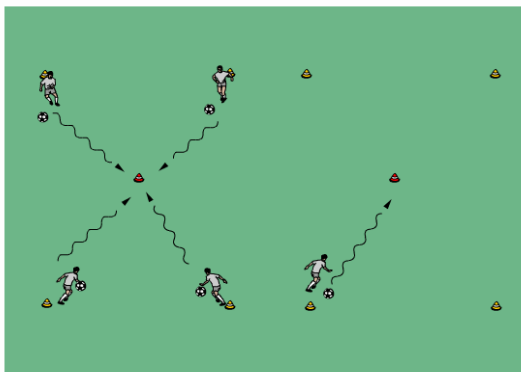
Session Aim: Developing Attacking in a 1 v.1 and 2 v. 2



Warm Up

Free Play

- 2 teams play on a 20 x 20
- 2 teams of 3 play in a 20 x 20 grid with 1 neutral player in middle of pitches - attacking team can use neutral player
- Score by stopping the ball on the line



Technique

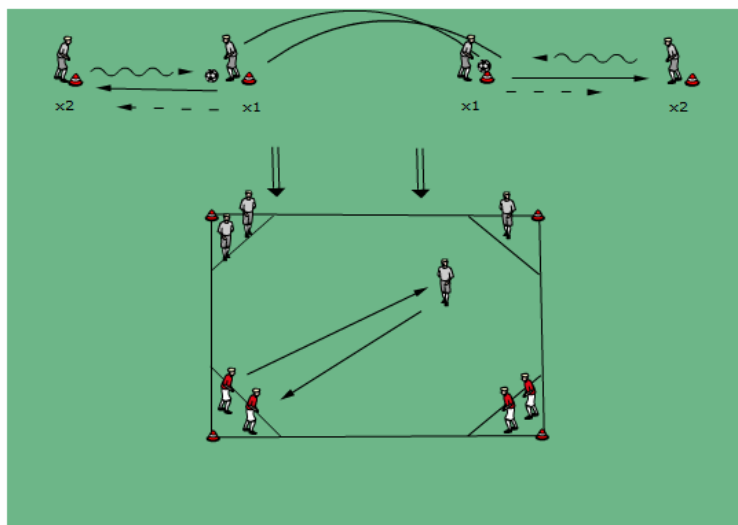
- 4 corners - 1 player at each corner, each player dribbles in towards the centre cone and perform a skill

Skills

- Step-over, single scissors, double step-over

Coaching Points

- Body shape - has to be realistic - drop the shoulder
- In slowly (perform skill) out quickly to get away from defender



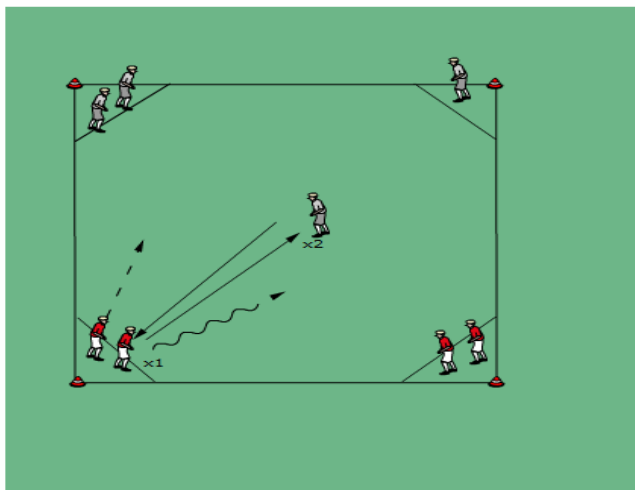
Top Diagram

- X1 passes into X2, good first touch, X1 walks out to act as a defender.
- X2 performs the skill then both X2 switch places and drill continues as X1 then perform the drill

Bottom Diagram

(Progression) 1 v. 1

Red's play a one two. As soon as they get the ball back they attack white



2 v. 1 contd.

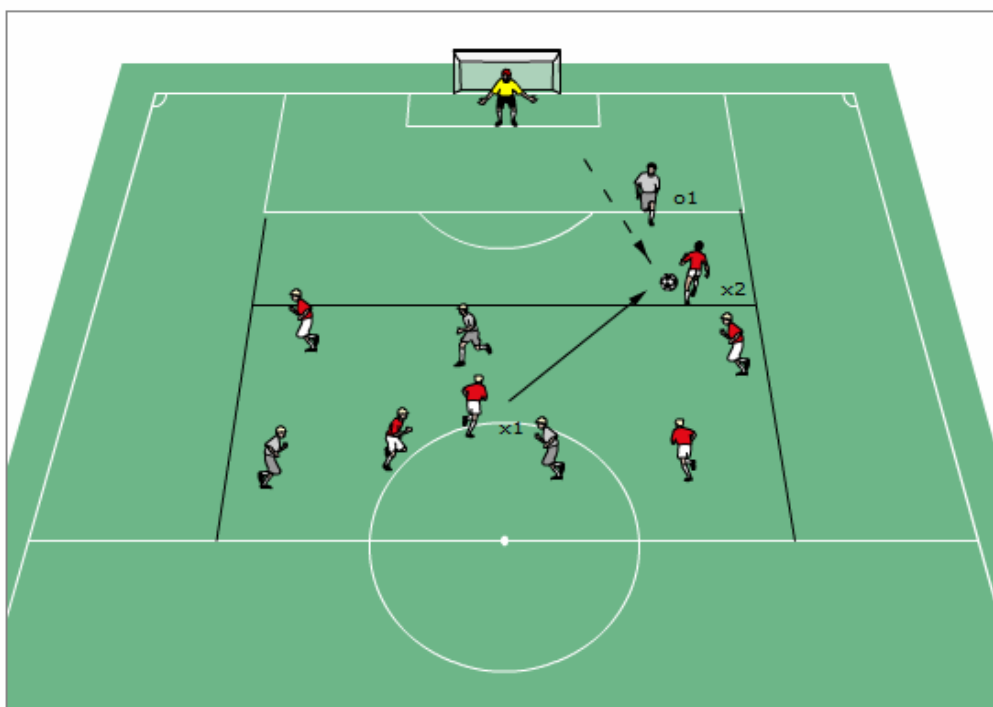
As Red's receive the ball they attack X2 (white) as quickly as possible in a 2 v. 1 situation

Skills

Step-over, single scissors, double step-over

Coaching Points

Encourage players to perform the skills practised earlier in the session



Session Aim: Developing Attacking in a 1 v.1 and 2 v. 2

Phase of Play

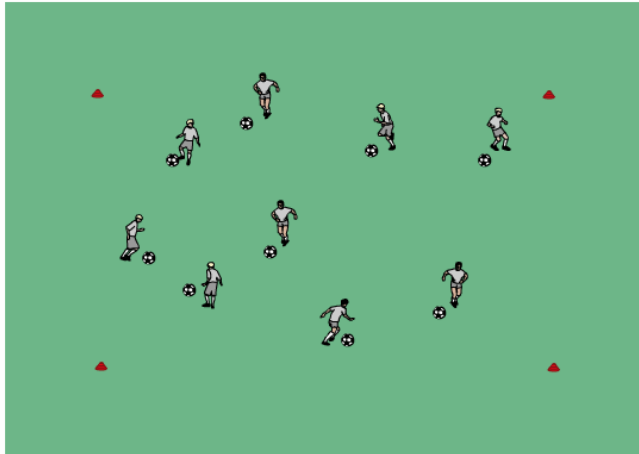
- X's (red) play possession and only 1 player is allowed to dribble out the area and create a 1 v. 1 with O1

Progression

- O's start with the ball
- X's have to win the ball and start the attack

Week 19

Session Aim: Maintaining Possession in the Centre of the Pitch

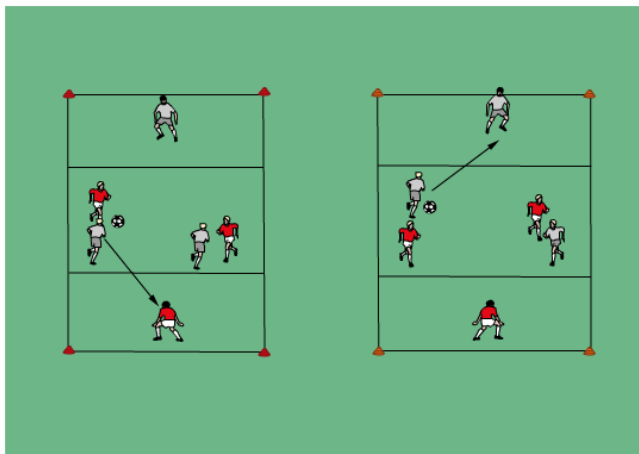


Warm Up Free Play

- Each player has a ball
- 5 mins of dribbling, turns, skills, passes

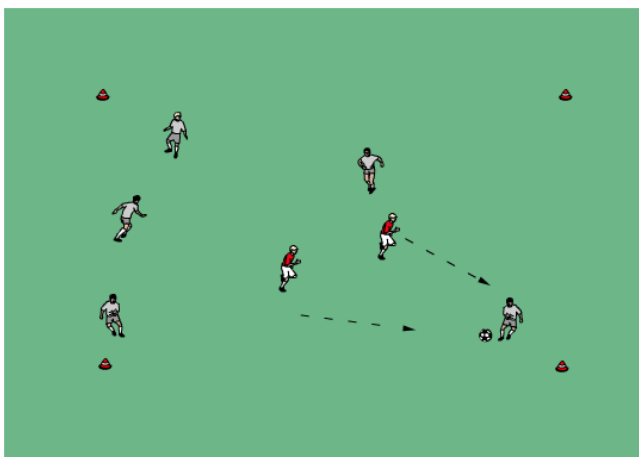
Coaching Points

No coaching - just tell the players to perform turns, passes, skills and let them be creative - let them have fun



40 x 30 area split into 3 sections

- Score by passing to target player
- Player who scores swaps places with the target player



5 v. 2

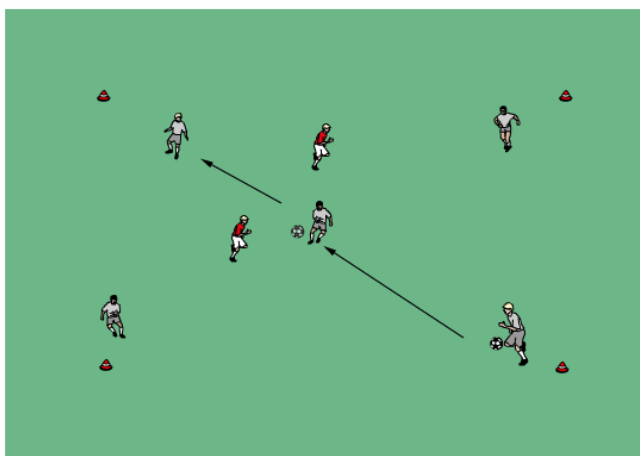
- 35 x 35 pitch
- Maintain Possession
- Whites score (5 passes)

If Red win ball - dribble out the box

Coaching Points

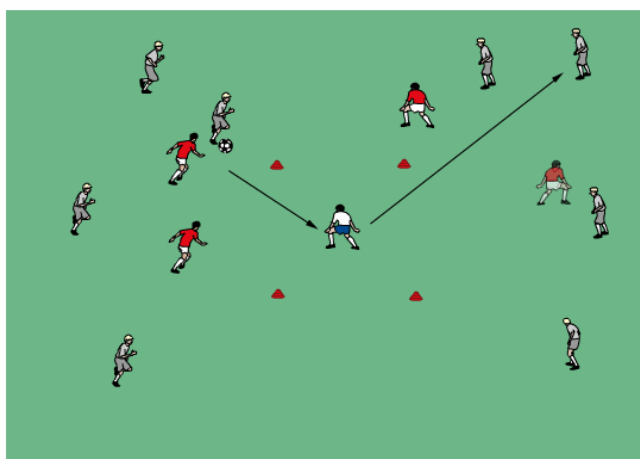
Create space (width/length), first touch, know where next pass is going

Session Aim: Maintaining Possession in the Centre of the Pitch



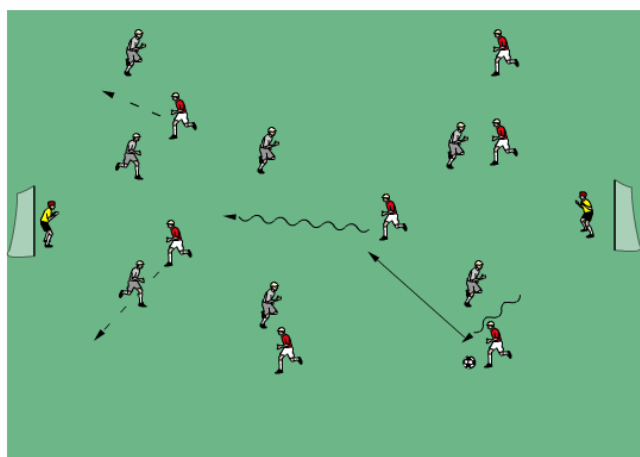
5 v. 2

- 35 x 35 pitch
- Maintain Possession
- Try to play through middle - open body position, turn out



8 v. 4 Possession with middle man

- Score by passing into player inside box and play out
- If x win the ball they must dribble out the box



Small Sided Game

7 v. 7 / 6 v. 6

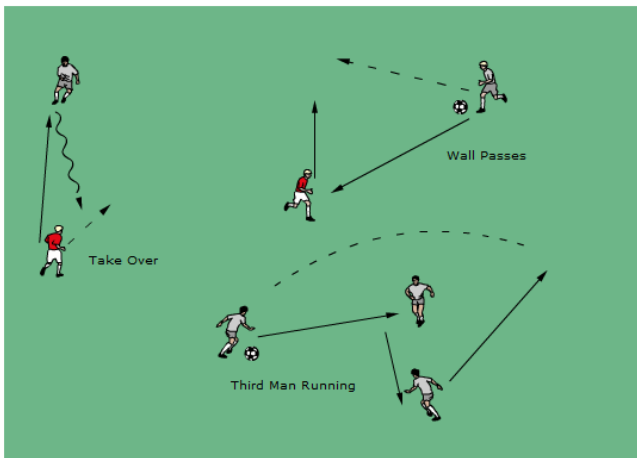
Coaching Points

Encourage midfield players to support ahead of the ball (midfield players like to support behind the ball or level with it)

Angle of support, open body position, can 1st touch open up the pitch

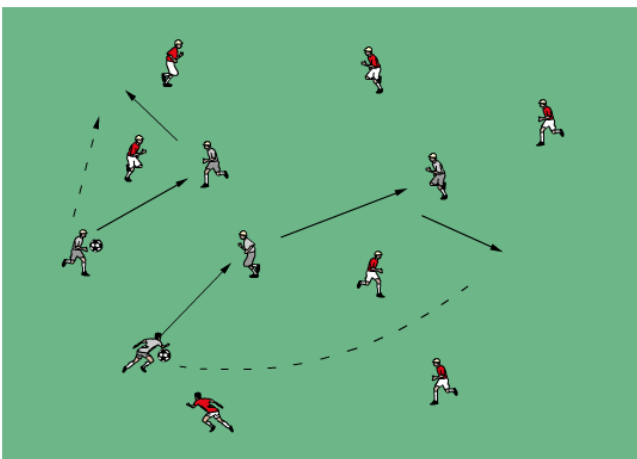
Week 20

Session Aim: Playing Out From the Back



Warm Up

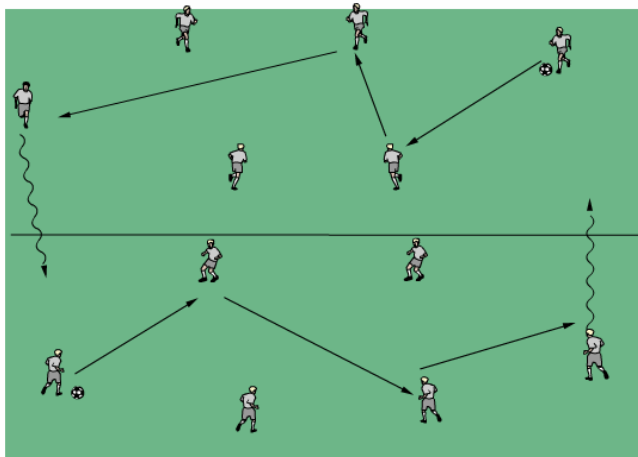
- Players perform various different passes and combinations
- Wall passes, take overs, third man running
- Rotate groups and let each group have a go at performing each combination



Warm Up Progression

Add Defenders

Can players perform the combinations with defenders in the area?



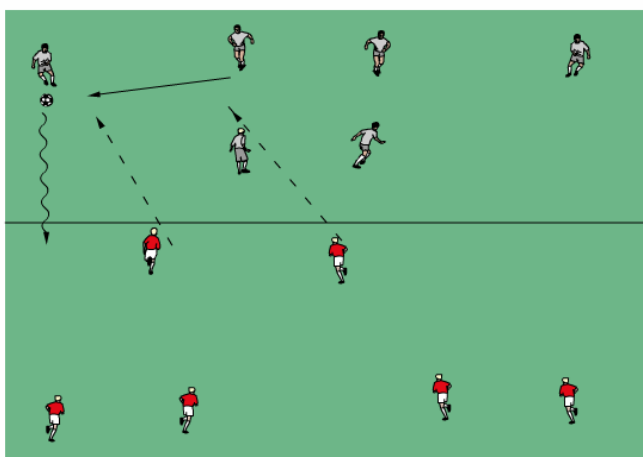
4 v. 2

Start with just 1 ball - 2 defenders have to prevent back 4 from playing out

Coaching Points

- Spread out - create space
- Supporting angle
- Be positive - run with ball when possible

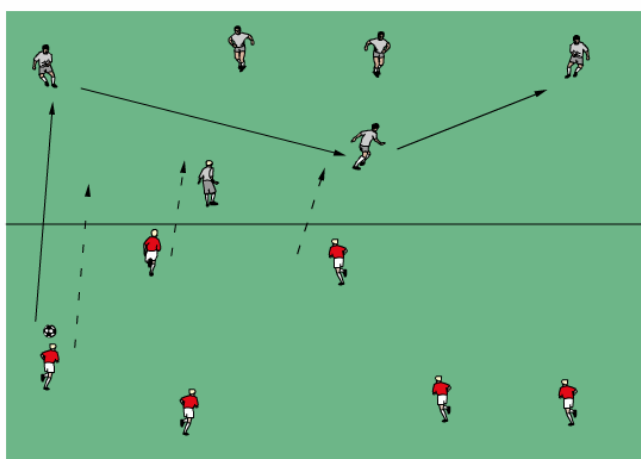
Session Aim: Playing Out From the Back



6 v. 2

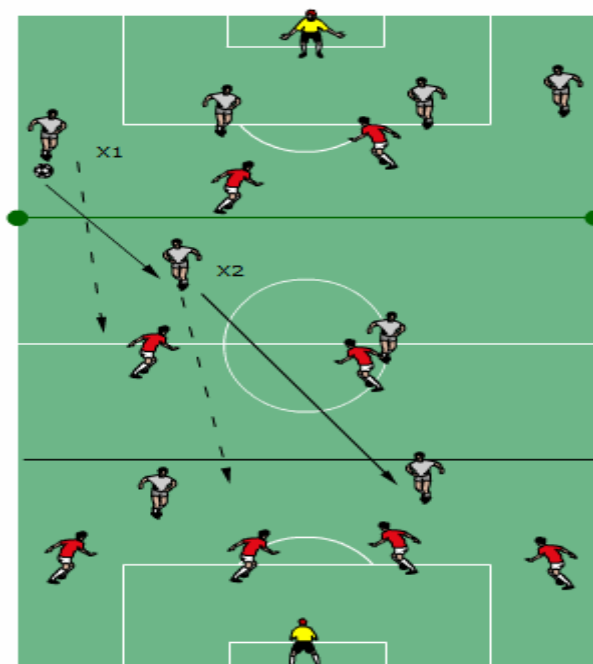
Coaching Points

- Spread out - create space
- Supporting angle
- Be positive - run with ball when possible



6 v. 2

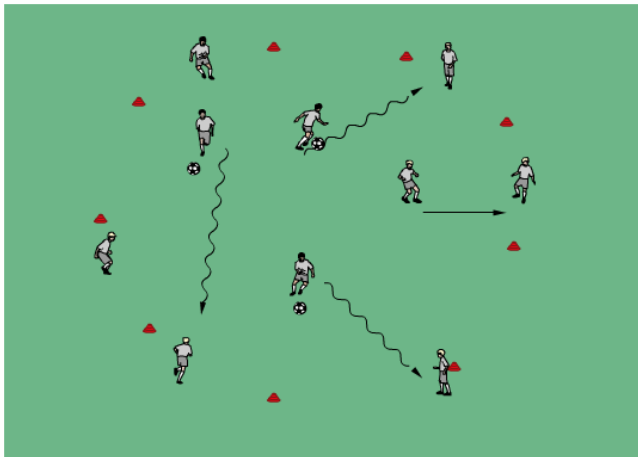
Move the ball through the midfield player who can switch play



Small Sided Game

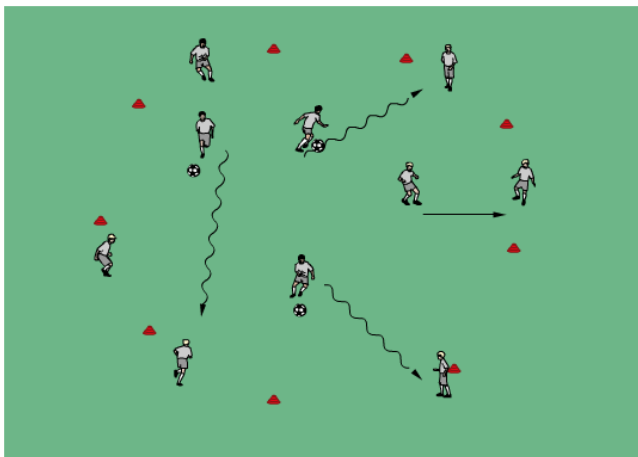
- Split pitch into 3 sections
- Both teams play 4 - 2 - 2
- Aim of game is to play out from back into midfield and then into final section
- Players can play ball into next section and then move into section to make it a man extra

Week 25
Session Aim: Fast Play



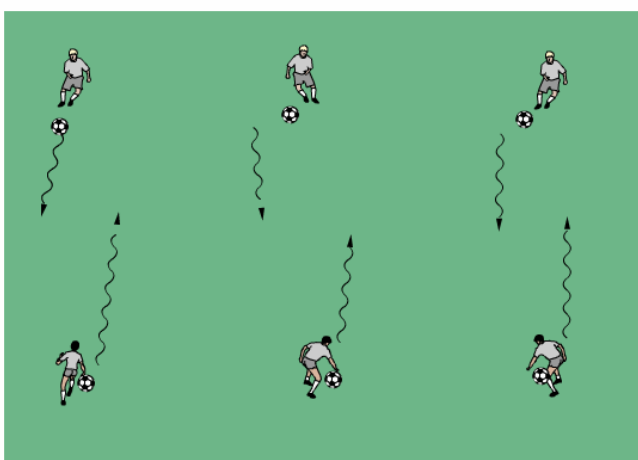
Warm Up

- Players in a circle with 4/5 players in middle with a ball.
- Players dribble towards player on the outside and then play a short pass with player on outside who then dribble across the middle of the circle



Warm Up Progression

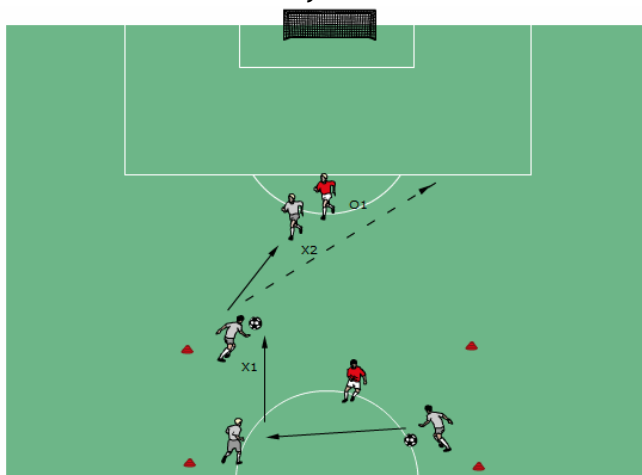
Player in middle plays a one two with player on outside



Skills

- Players dribble towards each other and perform a number of different skills
- Step-over, double step-over, two-touch, Matthews, Beardsley

Session Aim: Fast Play



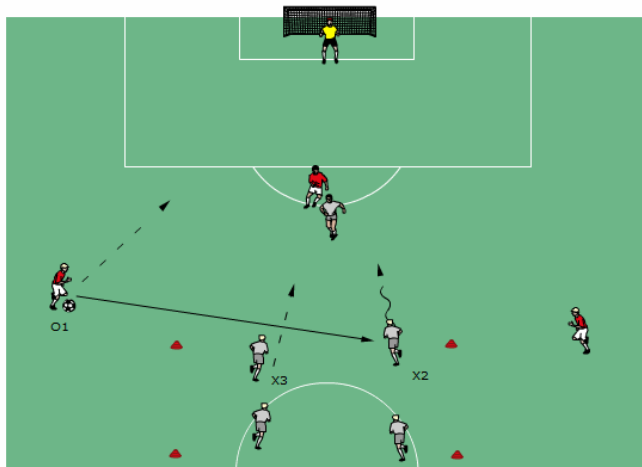
Breakout Game

- Set up - Half field
- On halfway line set up a 15 x 15 yard grid
- Players play 3 v. 1 and attempt to breakout and create a 2 v. 1 and play through on goal



Fast Play

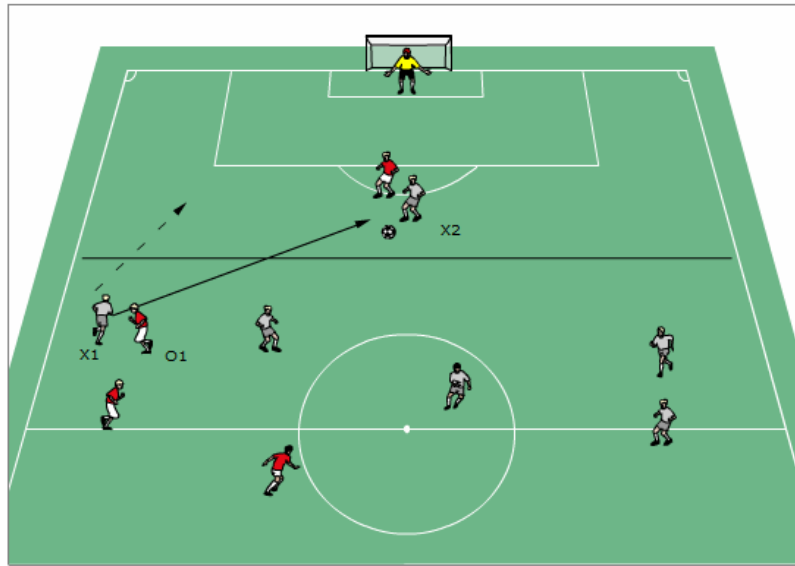
Coach plays a ball wide and creates a 2 v. 1 against the red defender and GK (right wing player waits - the coach can play to either right or left wing)



Fast Play Progression

- O1 plays a pass across midfield and the ball is intercepted by X2
- X2 and X3 break quickly, O2 must recover and create a 3 v. 2

Session Aim: Fast Play



Counter Attacking

Split the pitch into half and leave a defender and one attacker in the end zone (plus a keeper)

5 v. 3 in the other half

Minimum of 5 passes before breaking out into end zone

Progression

Let the red team start with the ball, attacking team have to win the ball back and can breakout as soon as they do this

Coaching Points

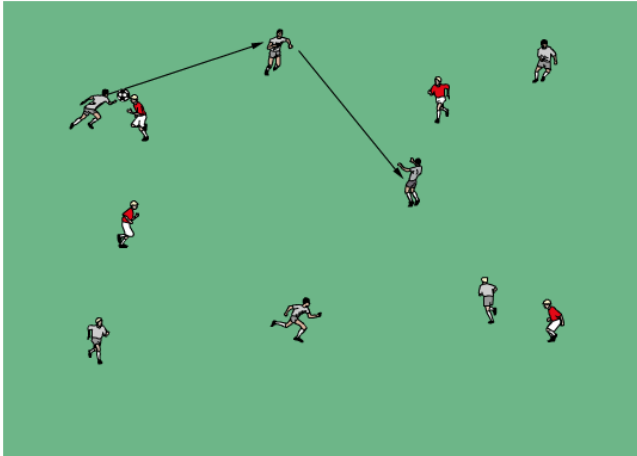
Create Space - individual and team

Angle/Support

Positive play - play forward as early as possible

Week 26

Session Aim: Possession/Support



Warm Up

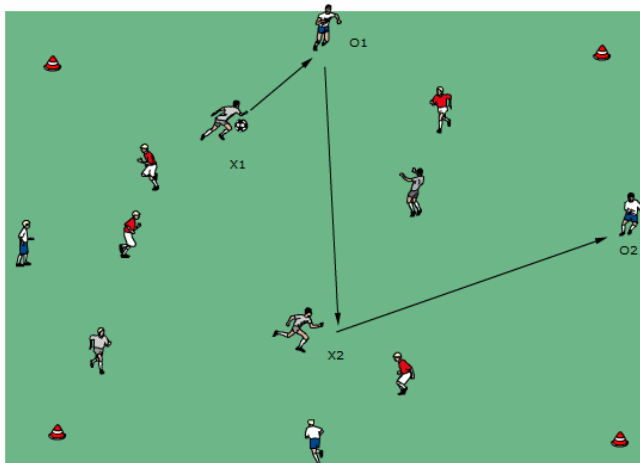
Players use hands to keep possession
Not allowed to run with the ball and they must use a bounce pass from one player to another

Coaching Points

Players without the ball must move to create angle of support for the player with the ball

Progression 1

Players now pass using throw in technique
Pass the ball to the chest of the player who has to chest the ball and catch it in one move

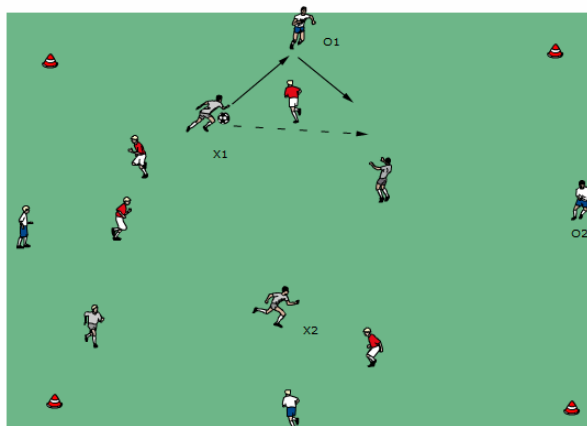


Keep away with Wall Passes

2 teams of 5 in a 30 x 20
Remaining players on outside
3 touches inside, 1 on outside

Progression

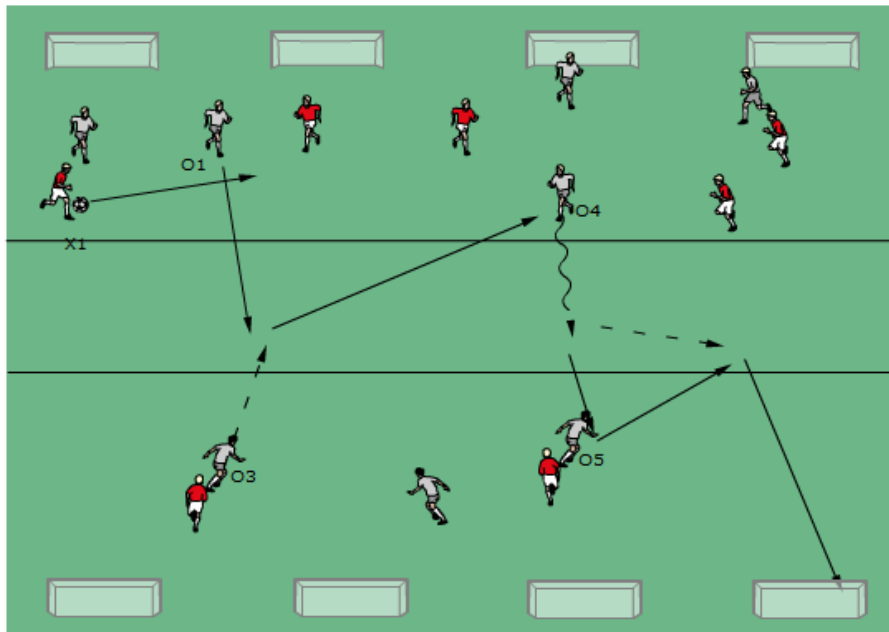
2 touches on inside then 1 on outside



Progression

The inside players must play a give and go with outside players or the other team gain possession

Session Aim: Possession/support



3 Zone Game

5 v. 5 in each end zone

Attacking team tries to score through one of the 4 small goals in their attacking zone

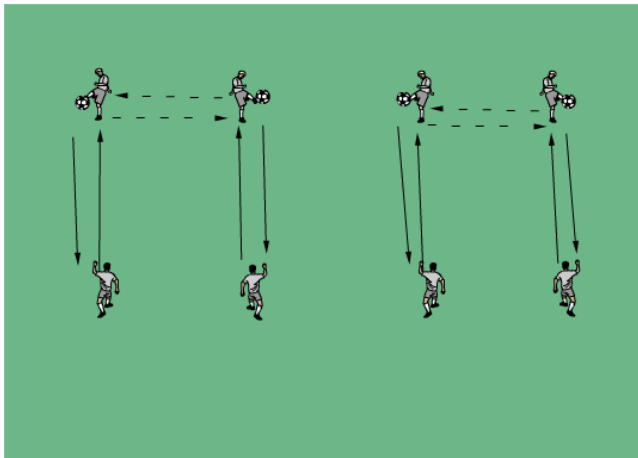
If defenders win the ball they keep it until they can pass it to an attacker who has checked back into middle zone to show for a pass

The attacking player then passes back to a different defender who passes to an attacker

Defender is allowed to follow pass into attacking zone

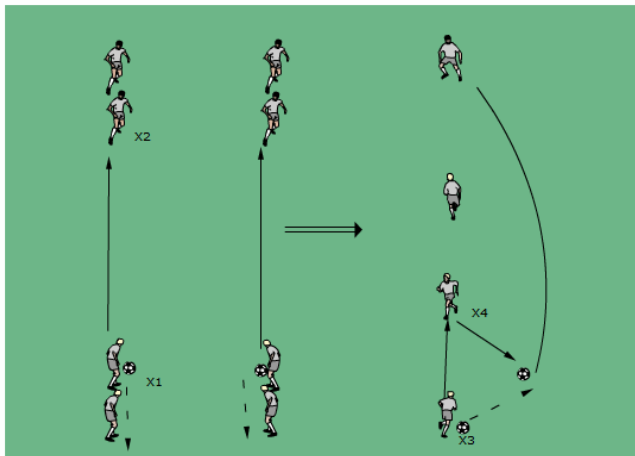
Week 27

Session Aim: Passing & Movement (touch work)



Warm Up

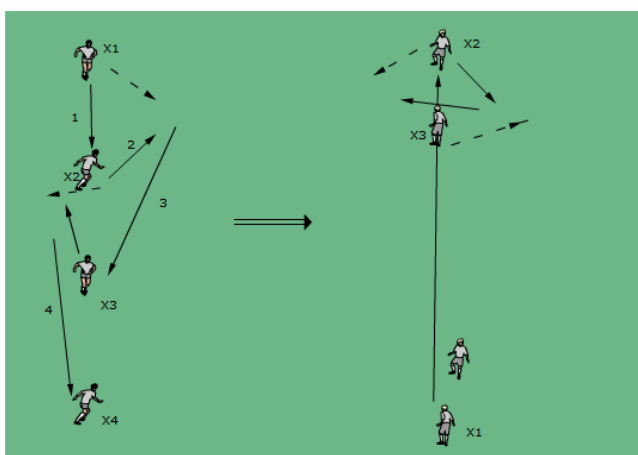
- Players work in pairs (4's) as in diagram. As ball is played in simultaneously players receiving play the ball back and switch places
- Variations
- Volley (L&R), headers, chest/volley, knee/volley



X1 plays ball across to X2 - various techniques, inside/outside foot, left / right foot

Progression

Set up as in diagram on **right**
X3 plays ball to X4 who sets the ball on an angle for X3
X3 plays long to top man and the sequence continues from the top



Passing Cont..

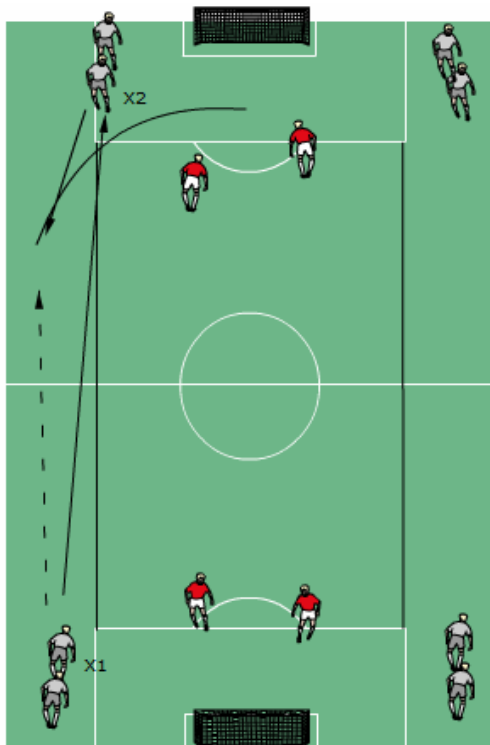
Diagram on Left

X1 plays to X2 who sets the ball for X1
X1 plays to X3 who has made an angle
X3 sets back to X2 who plays long to X4

Diagram on Right

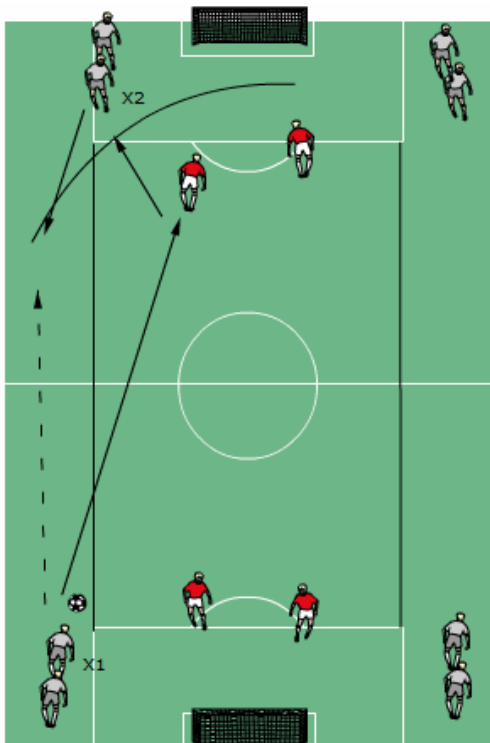
X1 plays long to X3 who lets it go through legs. X2 plays wall pass with X3 and plays long to X1

Session Aim: Passing & Movement (touch work)



Long Ball Crossing & Finishing

- X1 plays ball long to X2 who sets the ball back to X1 for him to cross to 2 strikers in red
- Use both sides of the pitch - so 2 crossing & finishing sessions running at once



Long Ball Crossing & Finishing Progression

X1 plays into centre forward who plays to X2
X2 sets the ball back for X1 to cross

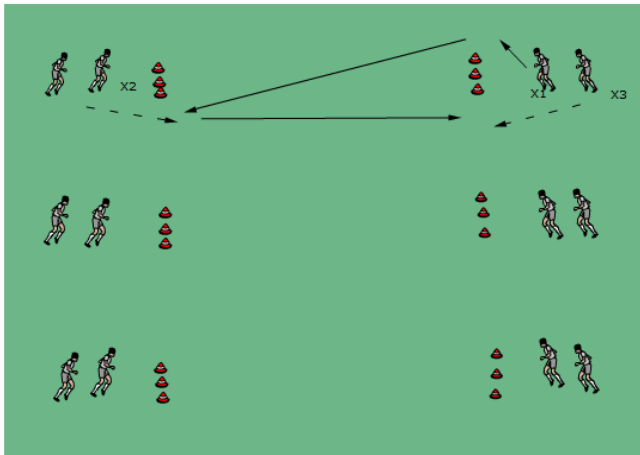
Coaching Points

Individual technique - pass with laces, drive the ball, follow through
Touch from X2 - can he do it in one touch

Movement of front two
Delivery from X1 - type of cross (deep, short, hard and fast)

Week: 28

Session Aim: Movement & Touch

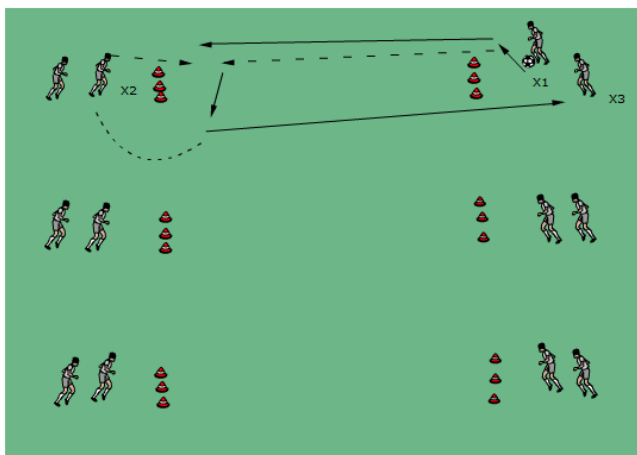


Warm Up

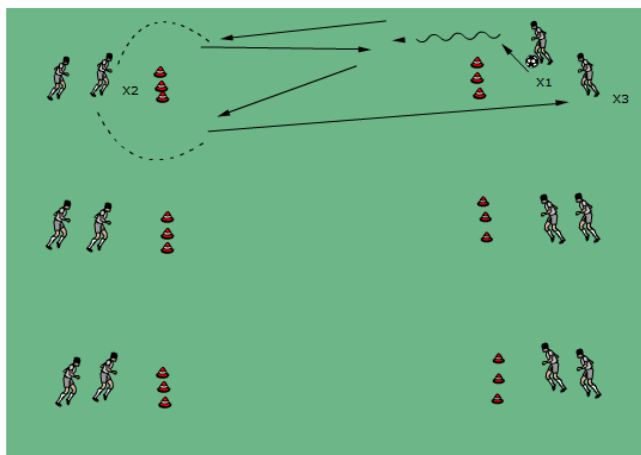
- X1 takes a touch out his feet and plays a pass across to X2
- X2 takes a touch out his feet and plays the ball to X3

Coaching Points

Touch out feet, accuracy of pass, players have to use the cones on floor as a defender

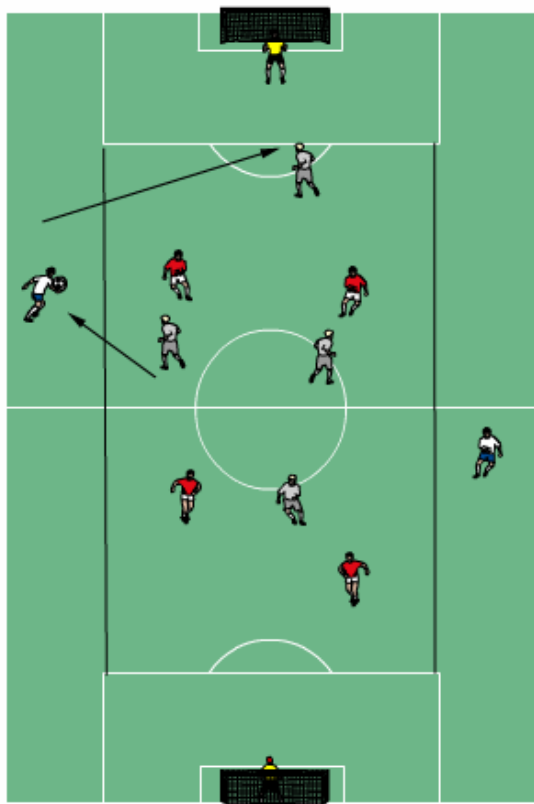


X1 takes a touch out his feet and plays to X2
X2 sets the ball for X1
X2 spins round cones (defender) and receives ball back from X1
X2 plays to X3



X1 takes a touch out his feet and plays a wall pass with X2
X2 spins round cones and plays to X3

Session Aim: Movement & Touch



Small Sided Game

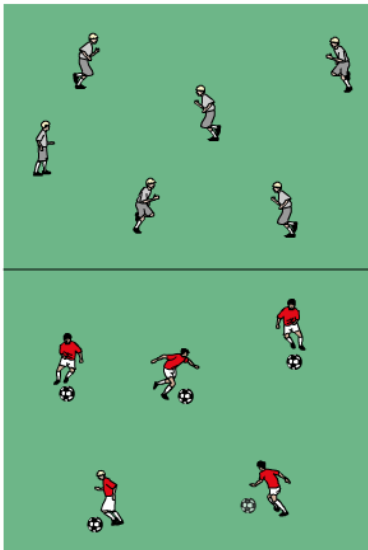
- Vary the playing numbers according to number available (3 v. 3 / 4 v. 4 etc)
- 2 wide players act as floaters (can play for both teams)
- Players in middle have 2 touches and can play anywhere

Coaching Points

- Quality of movement off the ball
- Create space individually and as a team
- Touch (can we play 1st time)

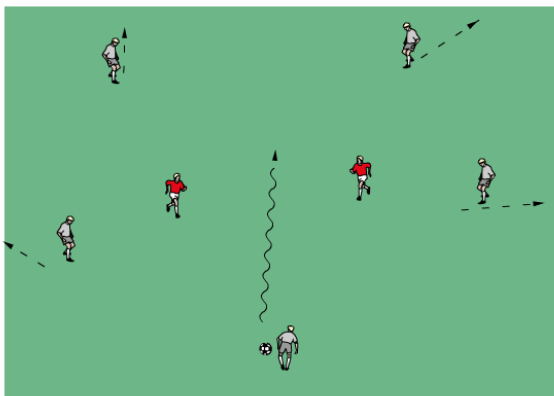
Week: 29

Session Aim: Running With the Ball



Warm Up

- Split players into 2 groups - one with ball one without
- Players without a ball perform dynamic stretches
- Players with the ball perform skills, turns, toe taps, ball manipulation



5 v. 2 RWB

- Set up area 35 x 25
- 5 v. 2 possession
- Aim is to run with the ball at every opportunity

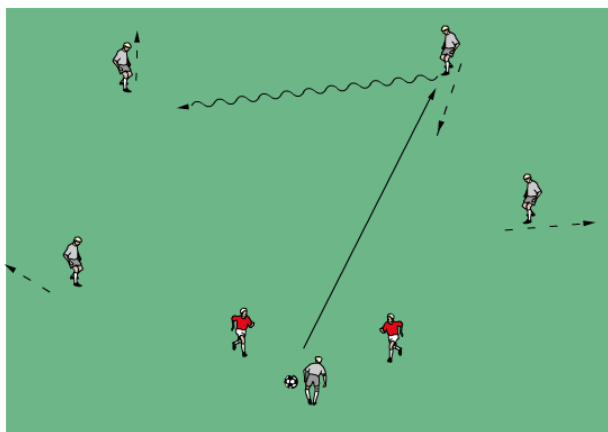
Coaching Points

Create space Individual/Team

Positive

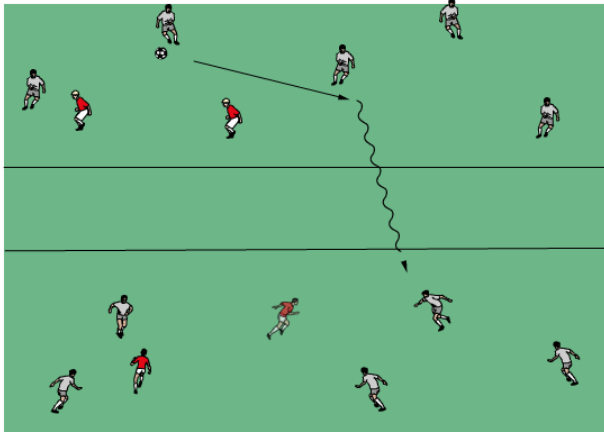
Use Laces

Draw defenders towards you

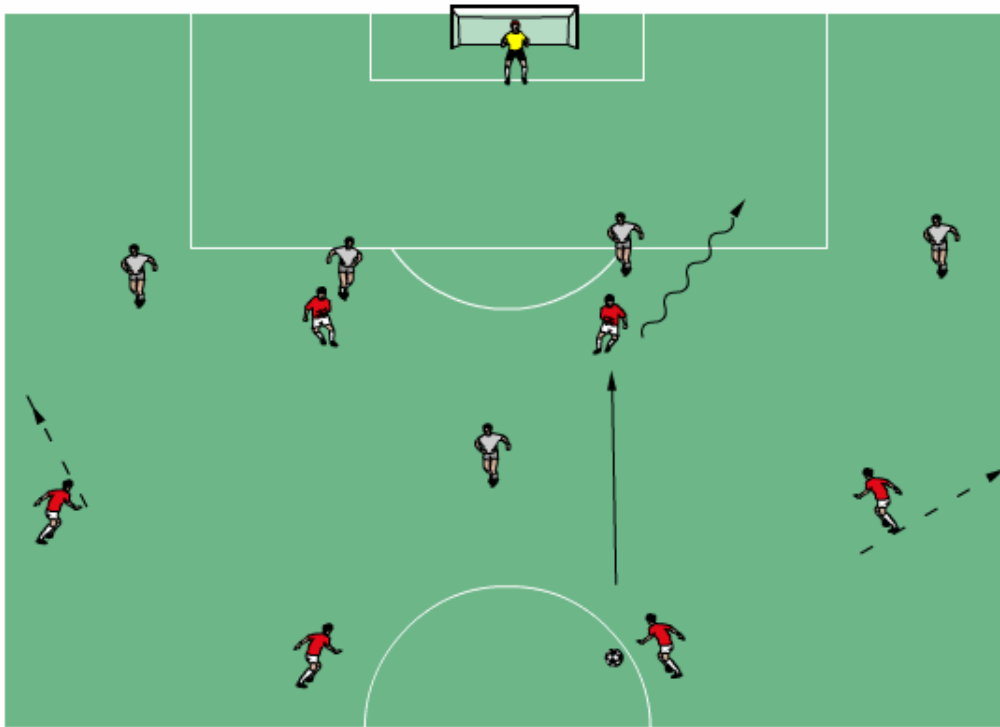


Draw defenders towards player with ball
and then pass into space for attacker to run
with it

Session Aim: Running With the Ball



- Set up area 35 x 30
- 2 teams Red (4 players - 2 in each end zone) and whites (2 teams of 5) whites play play possession with the aim of running into opposite half (through the middle section)
- Positive attitude
- Decision - pass/rwb



Small Sided Game RWB

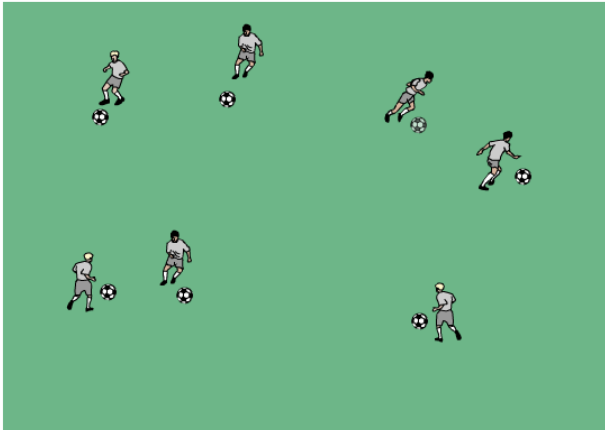
6 v. 5
Half Pitch

Coaching Points

Create Space (width/length)
Individually create space
Positive attitude

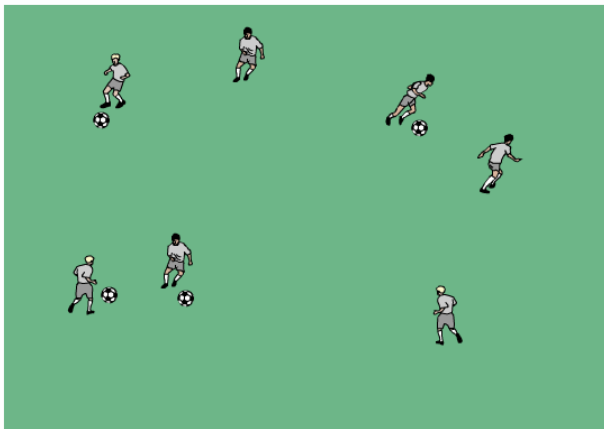
Week: 31

Session Aim: Creating & Exploiting Space



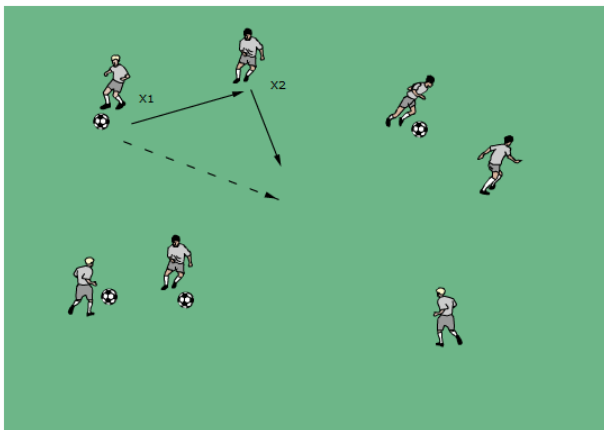
Warm Up

- Each player has a ball and performs various skills/movements/turns



Attackers' Positions

- Half the players have the ball and take turns passing and receiving then running with the ball, performing skills, turns



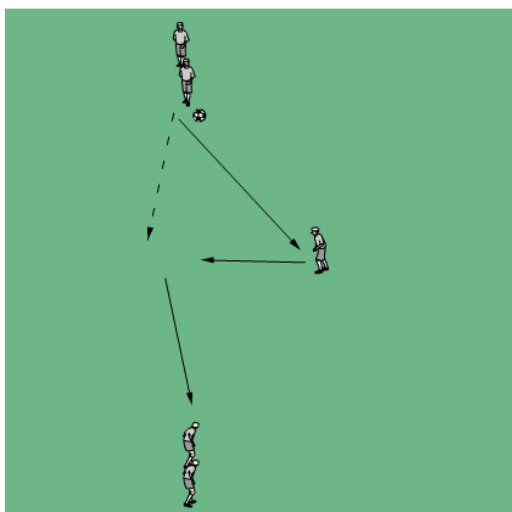
Variation

Players now play a wall pass with partner

Coaching Points

- Weight of pass
- Communication
- Timing of pass

Session Aim: Creating & Exploiting Space

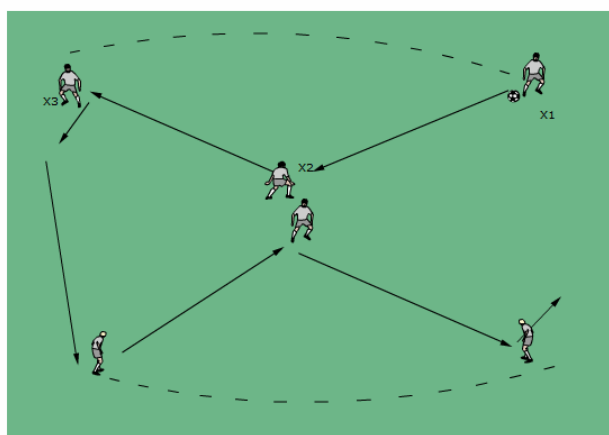


Quick Passing

- Play starts at the top
- Good positive ball into the wide player
- Wall pass

Coaching Points

- Alert (on toes) ready to receive
- Good positive pass (hard/direct)
- First touch

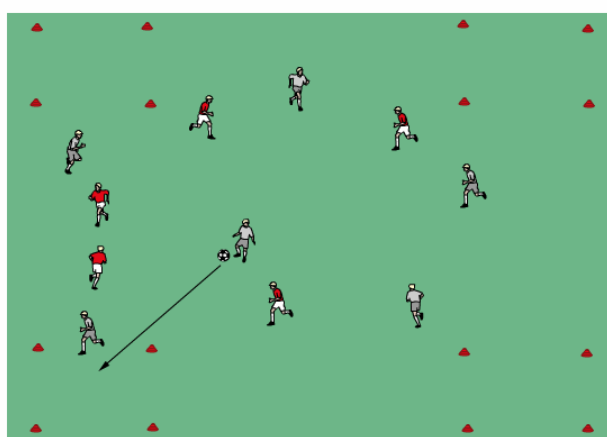


Quick Passing Progression

- X1 plays into X2
- X2 receives with open body position and plays out to X3
- X1 makes an overlap round X3 who lays ball off for him
- Work 2 balls at once

Coaching Points

- Overlap run must be fast
- Communication



4 Corners

Set up pitch 40 x 30 (depending on numbers)

4 corners 6 x 6

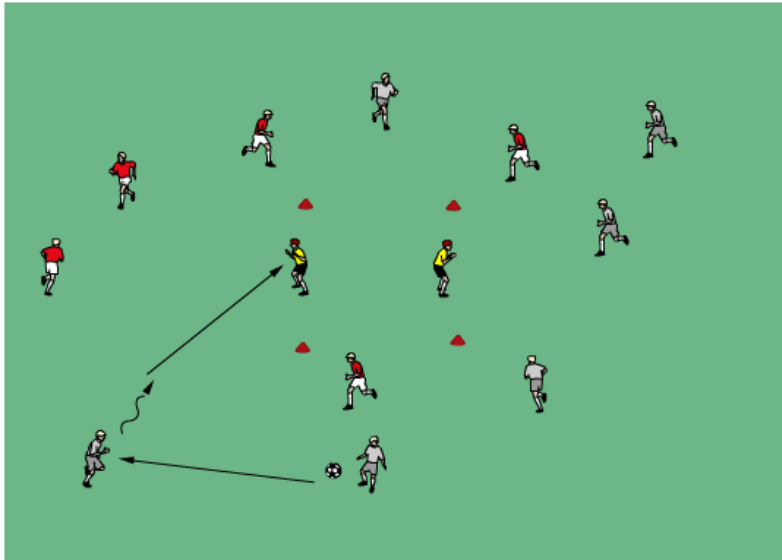
Aim of game is to play a pass into one of corners for a player to run onto

Cant wait in the corner

Coaching Points

- Passes to be accurate and with pace
- Other attackers start movement runs before pass

Session Aim: Creating & Exploiting Space



Organisation (Goal in centre + 2 keepers)

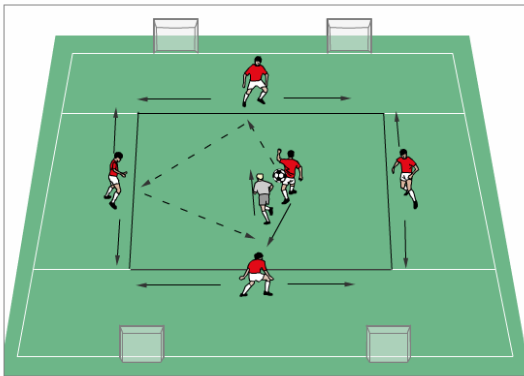
2 teams play around 2 goals
both teams can play and score through both sides of the goal
players can't run through the goal

Coaching Points

Play quickly
Rebounds
Communication

Week: 32

Session Aim: Conditioning with a Ball



Interval training 1 v 1

ORGANISATION:

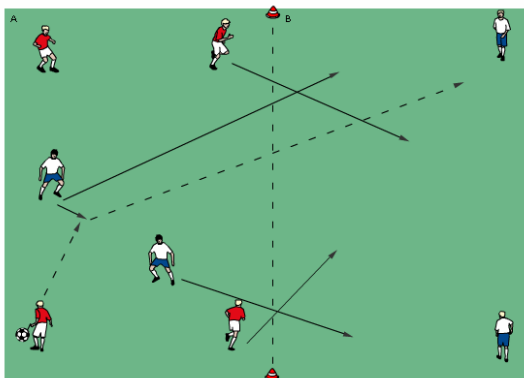
1 v 1 with neutral players to play wall pass

INSTRUCTIONS:

Neutral players only have 1 touch
Switch 1 v 1 after every 3 minutes

COACHING POINTS:

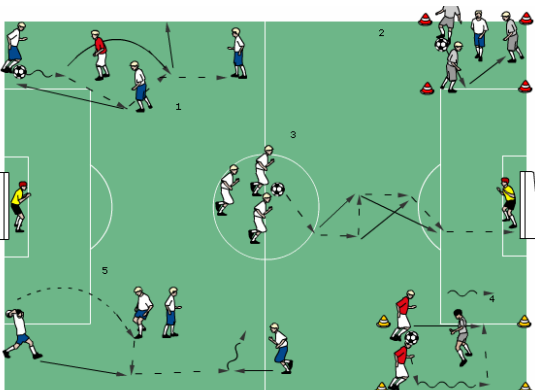
After pass to neutral player, immediate movement to create option
Play with head up
Neutral players are moving
Correct pace and accuracy of pass



Improve stamina through a 4 v 2

ORGANISATION:

4 v 2 keep away in grid 20 x 20 yards
Four attackers try to keep possession. When 2 defenders win ball they play ball quickly to team mates in adjacent grid and play 4 v 2

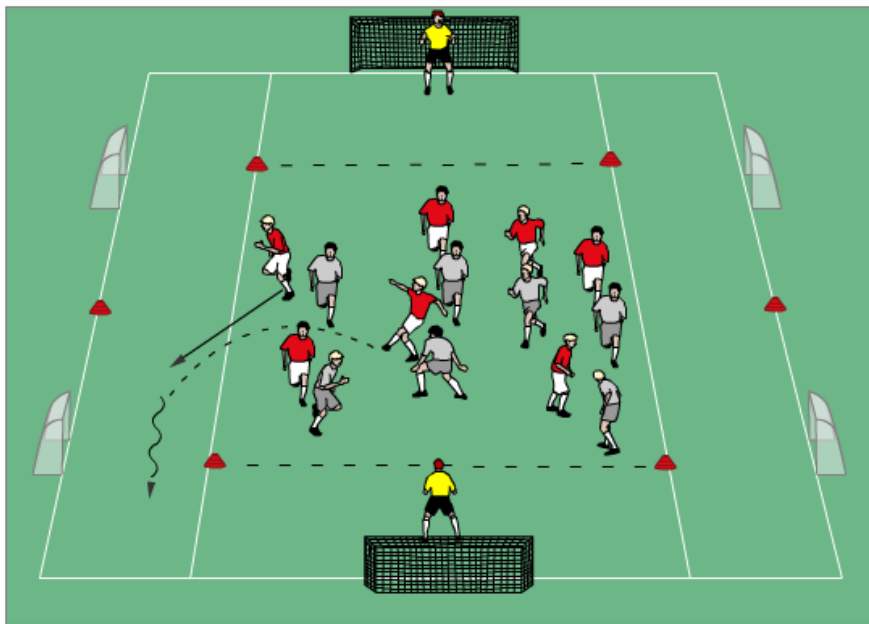


Improve stamina and fitness in stations

ORGANISATION:

1. 1 - 2 combination in rotation
2. 3 v 1 keep-away
3. 1 - 2 combinations to finish on goal
4. 2 v 1 (score by dribbling over line)
5. throw in, wallpass, long 1 - 2 combination

Session Aim: Conditioning with a Ball



Improve stamina and fitness in game situations

Field 40 yards x 50 yards

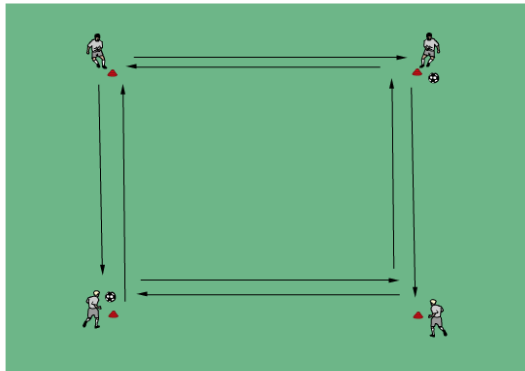
Neutral zone in front of goal 15 yards x 30 yards

Neutral zone on flanks 10 yards wide

ORGANISATION:

Two teams play 7 v 7 in field 40 x 50 yards. They have the opportunity to use neutral zones To cross ball from or to score from. Defending team is not allowed in neutral zones

Week: 34
Session Aim: Individual Skills

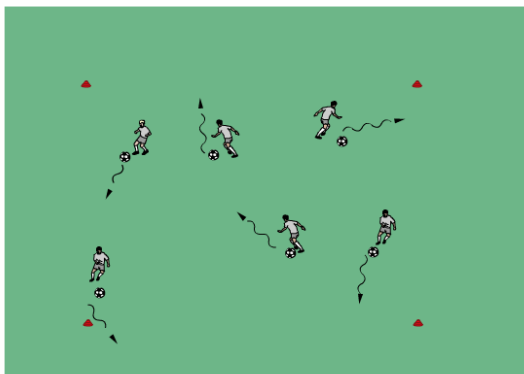


Warm Up

Players work in pairs (4's) as in diagram. As ball is played in simultaneously players receiving play the ball back

Coaching Points

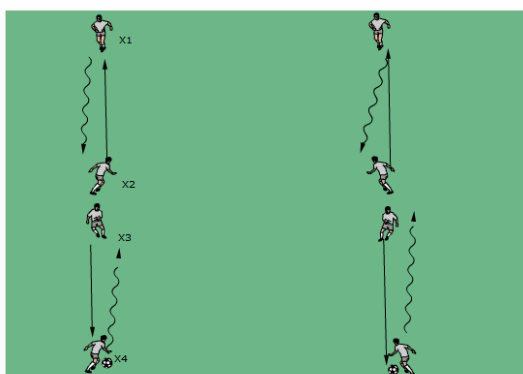
Good touch across body, open body position



Each Player has a ball and perform a number of skills/turns
 Step over, double step over, Cruyff, Beardsley

Progression

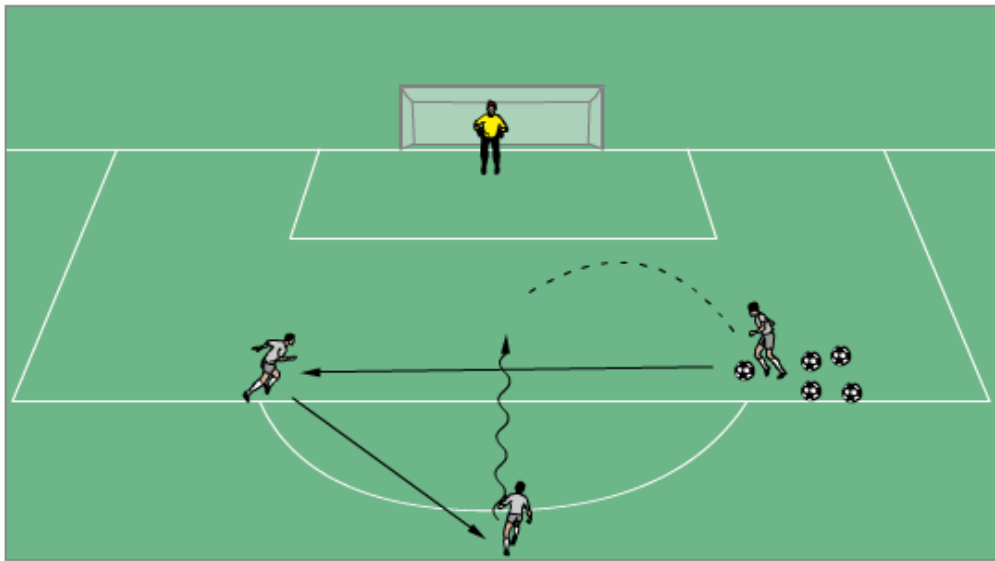
Let the children be creative and put together a number of moves themselves



1 v.1 Passive Defending

X1 plays into X2 at the same time X3 plays into X4
 Both X4 and X1 perform the same skill against X3 and X2. X2 and 3 just walk towards the player with the ball - they don't make any attempt to play it
 When X1 and X4 have performed the skill they pass into X2 and X3 to start the drill again

Session Aim:



Opposed 1 v. 1 on goal

Player 1 passes across to player 2

Player 2 passes into player 3 feet

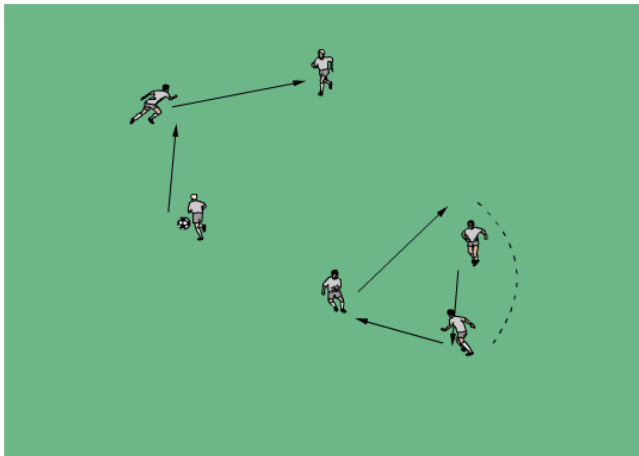
Player 3 attacks player 1 who has moved round and plays as a defender

Coaching Points

Be positive

Encourage players to express themselves by using the skills covered in previous drill

Week: 35
Session Aim: Attacking Patterns



Warm Up

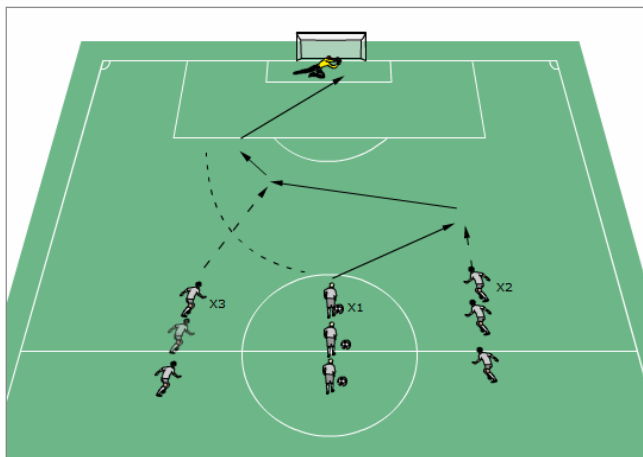
The players work in groups of three with a ball between them. They pass the ball around the group with one and two touch passes

Coaching Points

Player on ball must have head up to recognize where teammates are making their runs

One player should show wide as other player makes a penetrating run

Communicate the penetrating run with a sharp burst of pace



3 v. 0 with a GK

Three lines of players are organised from a goal defended by a GK. The players make runs and passes moving closer to the goal. They must make a shot after four passes

Coaching Points

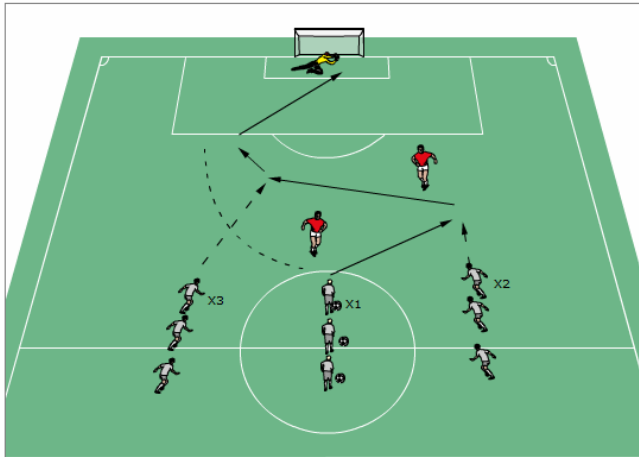
Play at 'match speed'

Challenge yourself to push the limit of how quickly you pass and move

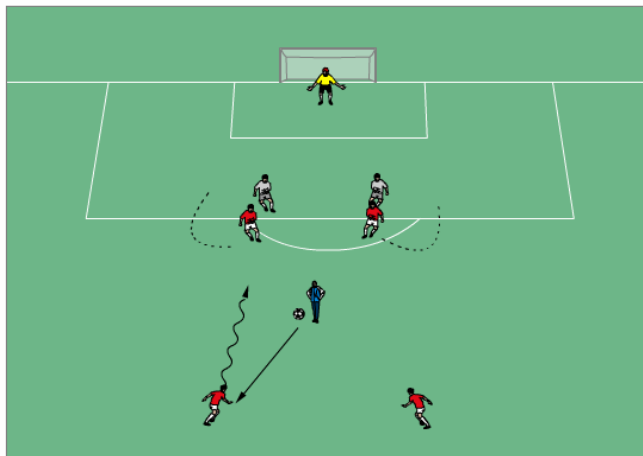
Communicate the penetrating run with a sharp burst of speed

One/two touch passing

Session Aim: Attacking Patterns



Progression
Add defenders to apply pressure. Begin with passive defenders and then move to active defenders to challenge the players to move with more speed and quality

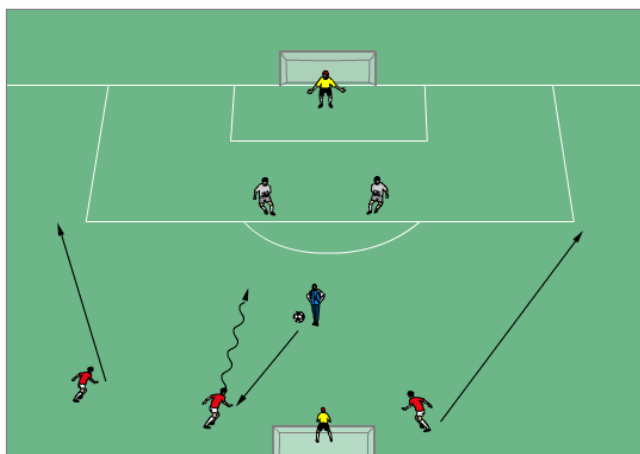


2 v. 2 + 2

2 centre midfielders start 40 yards from goal. two attackers are marked at the top of the box. Coach begins session by passing to one of the midfielder players and applying a small amount of pressure as the midfielder dribbles past him

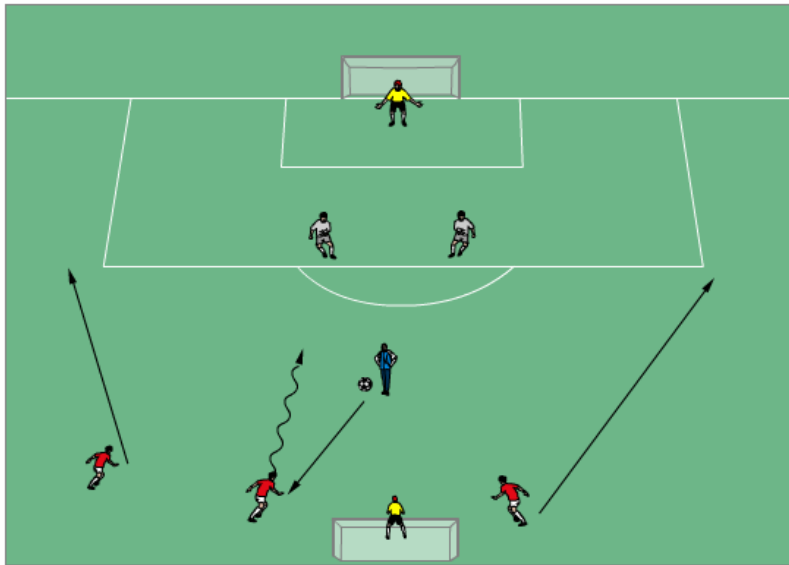
Coaching Points

2 forwards peel out wide
Midfielder must read the defenders move and choose whether to dribble and shoot or pass to an open forward
Forwards first touch should be towards goal



3 v. 2 - 2 v. 1

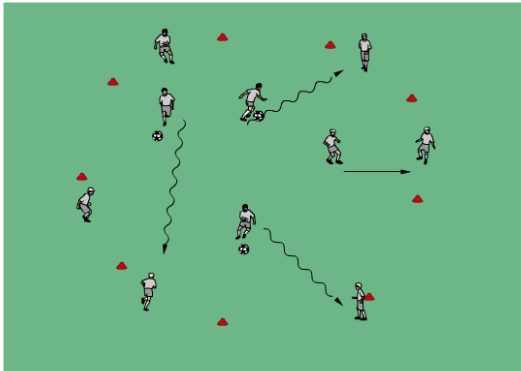
Coach passes to central attacker and applies small amount of pressure. Wide forwards spread the field. Play continues until a goal is scored, the defenders gain possession, or ball goes out of play. At that time the GK takes a ball from his goal and plays it to one of the 2 defenders who then play 2 v. 1



3 v. 2 - 2 v. 1

Coach passes to central attacker and applies small amount of pressure. Wide forwards spread the field. Play continues until a goal is scored, the defenders gain possession, or ball goes out of play. At that time the GK takes a ball from his goal and plays it to one of the 2 defenders who then play 2 v. 1

Week: 36
Session Aim: Attacking Patterns

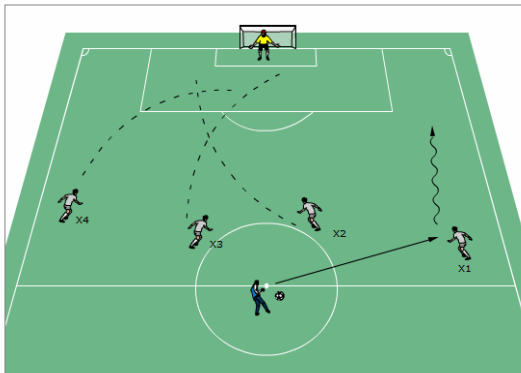


Warm Up

Players in middle have a ball and play wall passes with players on outside

Progression

Overlap the player on outside, dribble towards and beat the outside player



Combination One

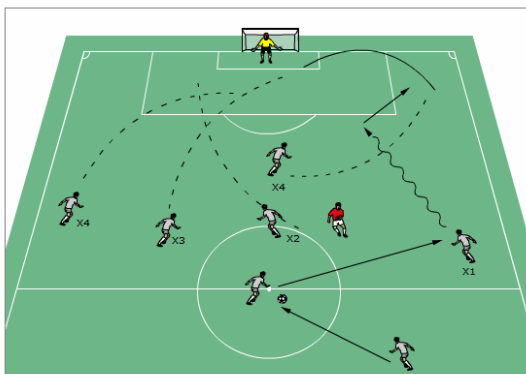
The ball is played from the coach to player A1 who is in a wide position. A1 attacks the end-line to a position where he can make a cross. Players A2, A3 & A4 make runs into the penalty area in an attempt to score

Coaching Point

Drill should be carried out at match pace
 Attacking players must get into the area as soon as they can

Timing of run

Quality of Cross



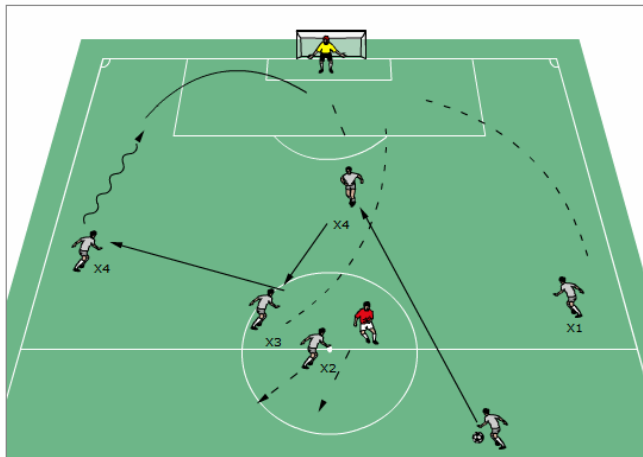
Combination 2

A1 - A2

A2 will attract the defender and pass to A3

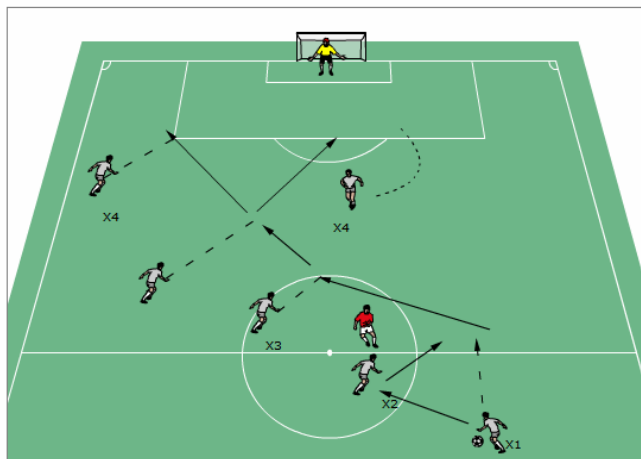
A3 dribbles until A4 has made overlapping run, A3 then plays the ball for A4 to cross. The three other players make attacking runs

Session Aim: Attacking Patterns



Combination 3

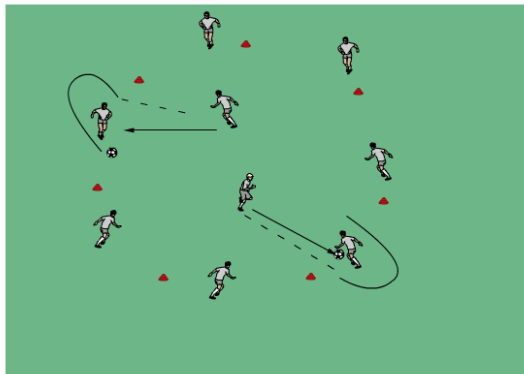
X2 moves inside and towards passer taking defender with him. This creates space for X1 to pass to X3. X3 lays ball off to X4 who started his run when X1 made initial pass. X4 passes ball wide to X5 and continues his run into attacking position. X5 attacks end-line and crosses, X3, 4, 6 make runs into box.



Combination 4

X2 takes defender away. X1 plays to X2 and gets a one-touch pass return then passes to X3 who has made a run to receive the ball. X3 receives the ball with open body position and passes to X4. X4 then has two options - pass to X5 or X6.

Week: 37
Session Aim: Attacking Patterns

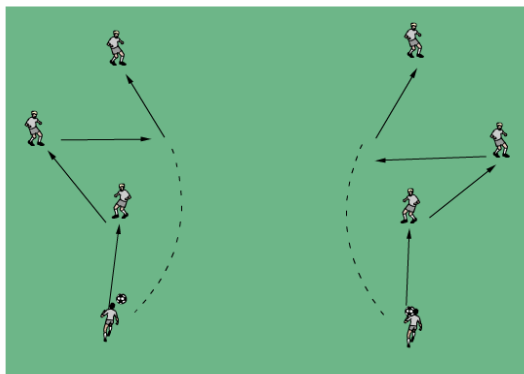


Warm Up

Players in middle have a ball and play wall passes with players on outside (overlap)

Coaching Points

Hard pass into feet
 Communication (“hold”)

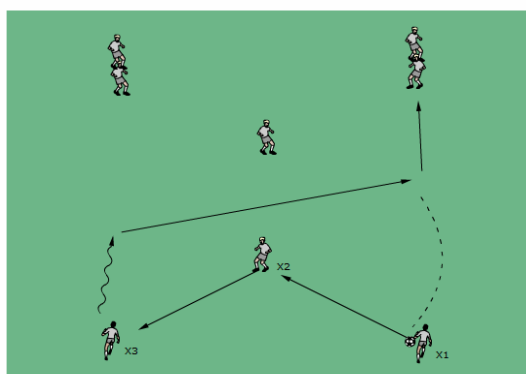


Quick Passing & Overlap

Outside players start with the ball, good quality pass and an overlapping run.

Coaching Points

Communicate the overlap by making a quick positive run past middle players



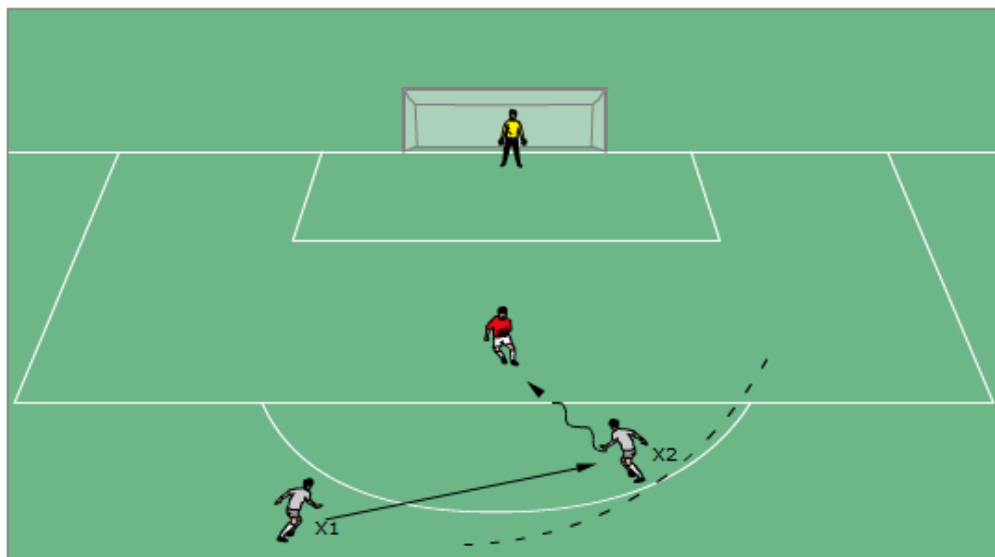
Quick Passing & Overlap Progression

X1 plays to X2 who then passes to X3
 X1 makes an overlapping run and receives a pass from X3

Coaching Points

Communicate the overlap by making a quick positive run past middle players

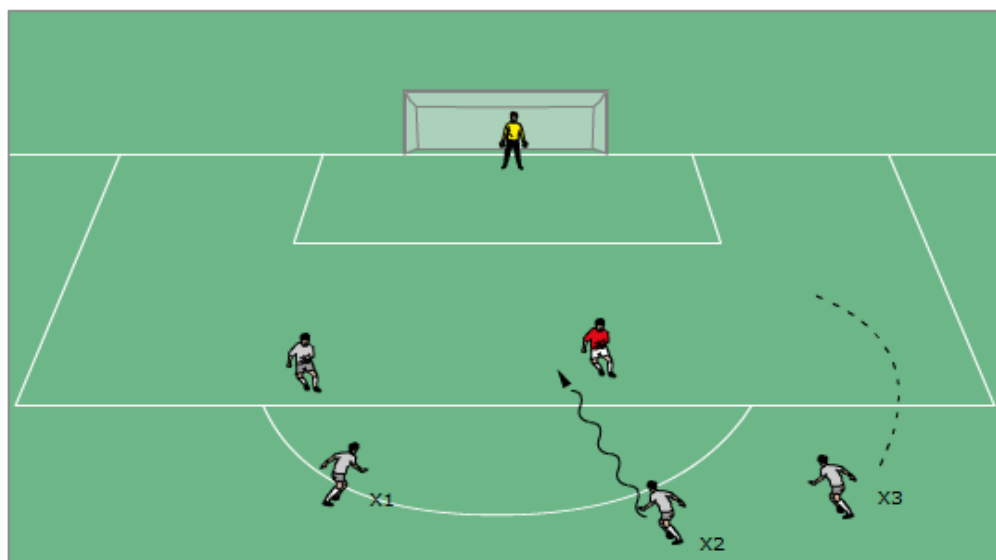
Session Aim: Attacking Patterns



2 v. 1

X1 plays to X2 and make an overlapping run

X2 drives towards the defender, X2 must decide whether to pass or play to X1



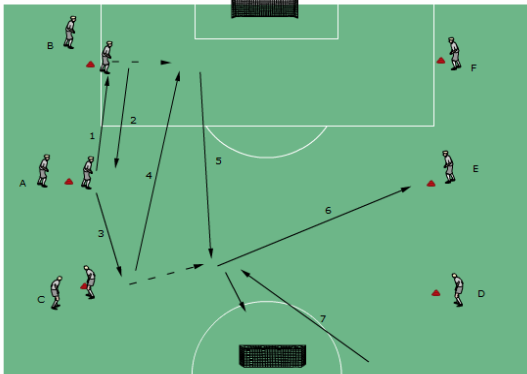
3 v. 2

X2 drives towards one of the defenders

X3 makes an overlapping run and X1 pulls wide

Week: 38

Session Aim: Offensive and Defensive Transition



Warm Up

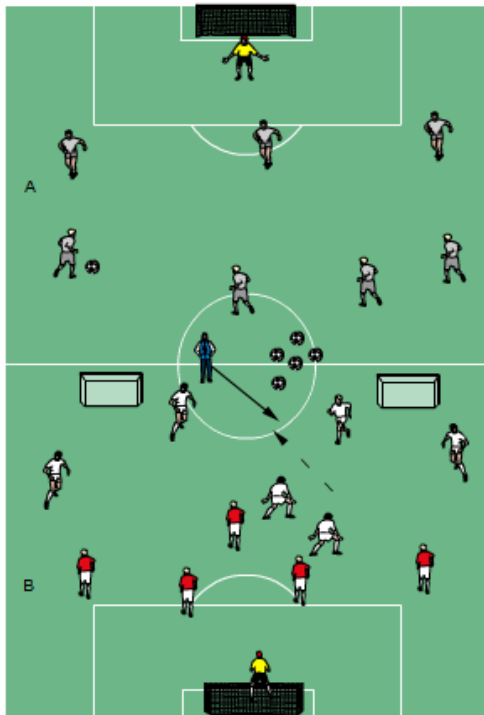
The players warm up indoors. Afterwards, the players come onto the field for 10 min of dynamic stretching

Technical Practice

A passes to B, B passes the ball, one touch, back to A, player A pass ball to player C, player C passes to B, who then passes back to C who plays longer ball to E, who starts doing the same play with D and F. After long ball, C turns and receives a ball from the coach to finish one touch. Right after shooting, C sprint to player D. Player B takes the place of A who takes the place of C

Coaching Points

Quality of 1st touch, short and long passing,. Body position while shooting one touch, reaction right after shooting



Phase of Play (10min. + 2 rest + 10min. +2 rest)

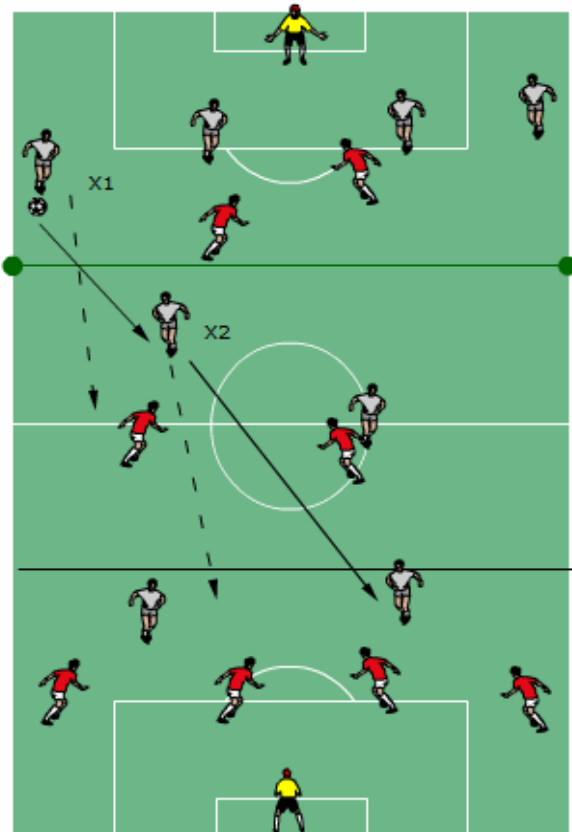
Group A

4 defenders, one defensive mid play against four midfielders and two forwards. Play starts with a pass from the coach. After 10 mins, the coach starts play by playing a ball in air for one of strikers. White team tries to score. If reds win it they attack 2 small goals

Group B

3 midfielders, 3 strikers play against GK. Play starts with a pass from coach to one of midfielders. Play fast with quality. Create good passing lines.

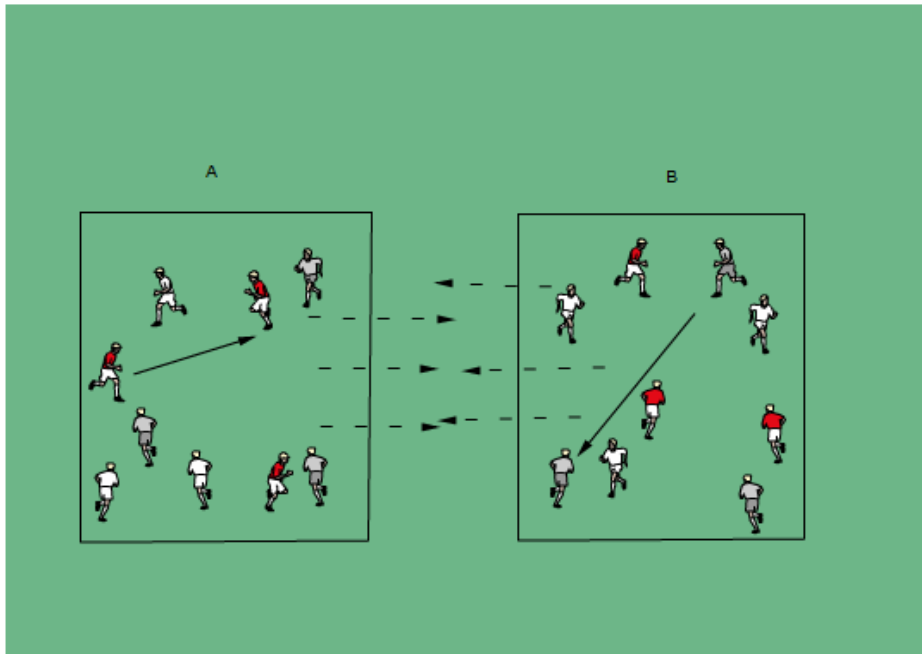
Session Aim: Offensive and Defensive Transition



Small Sided Game

Set up 4 - 2- 2 both teams
Work on defensive shape both teams

Week: 39
Session Aim: Fast Ball Movement

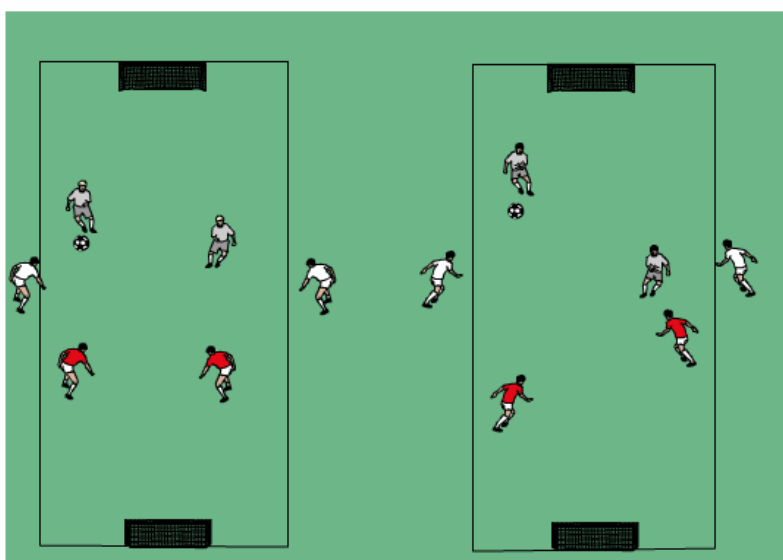


Warm Up

Team is divided into 3 groups of players of 6. Nine players are inside square A. Nine players are inside B. One ball per player. The players are asked to dribble with ball inside squares using every part of foot. This exercise is alternated with dynamic stretches

6 v. 3

20 x 20 yard grids (A and B) play 6 v. 3. Every time coach shouts go 3 players run across to other square and act as defenders

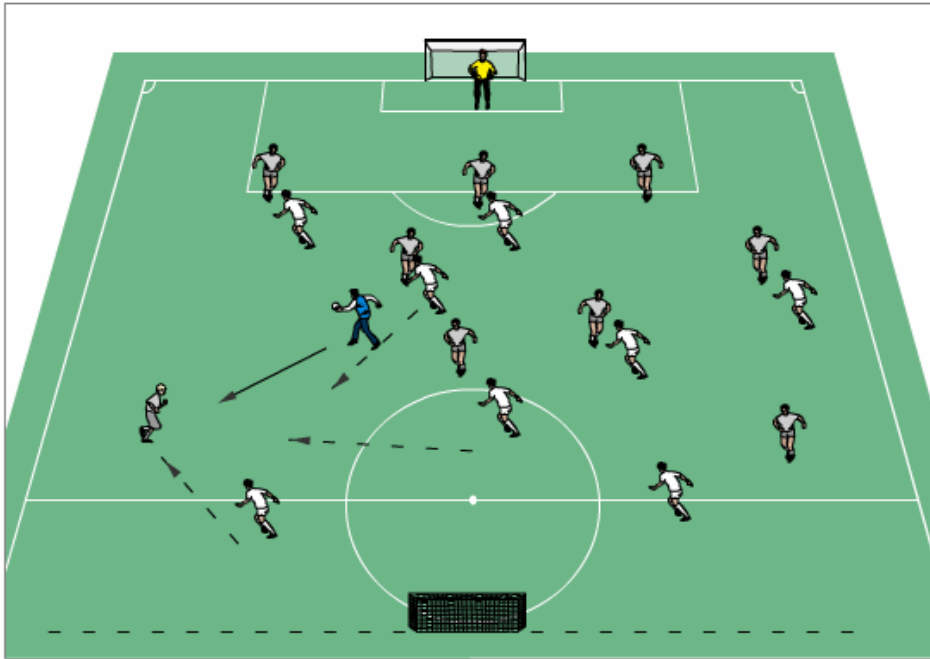


2 v. 2 + 2

Three 15 x 20 yard grids. 3 groups play 2 v. 2 with targets on each side. Players inside have unlimited touches and targets play one-touch. Games last a minute with 30 seconds rest in between

Objectives

Defensively: work of the defenders (pressure and cover)

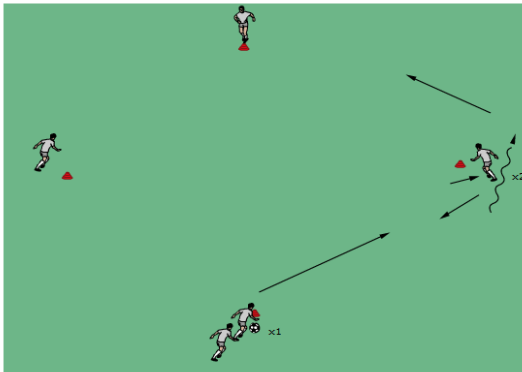


10 v. 9

Focus on the transition from offense to defense. Dark team plays with one gk, 4 defenders, 2 midfielders and three forwards
 White team plays one gk, 2 defenders, 3 mid, 3 forwards.

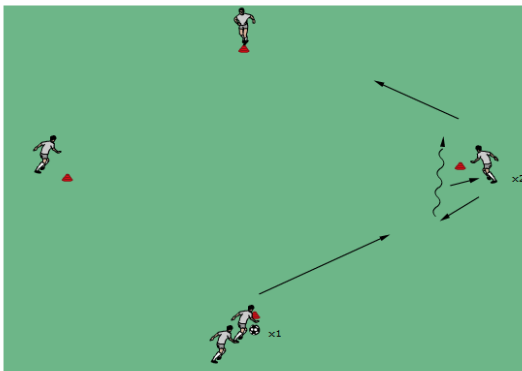
Week: 40

Session Aim: Diamond Drills



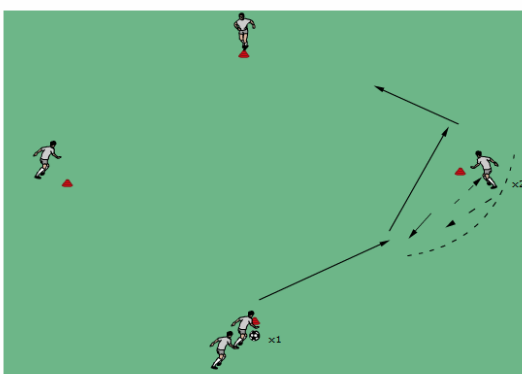
X1 takes touch out feet and passes to X2
Before receiving X2 must check away - when he receives ball he dribbles round the cone and the sequence continues

Coaching Points: React quickly to pass
Always stay on toes, touch round cone



Organisation:

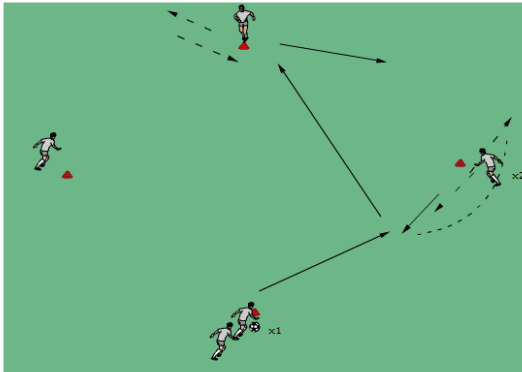
As previous, however, X 2 checks away to receive in front of the cone



Organisation:

X1 takes a touch out his feet and plays to X2 who has checked away to receive in front of the cone. X2 then plays a ball back to X1 - after passing to X1 X2 spins round his cone to receive the ball back from X1

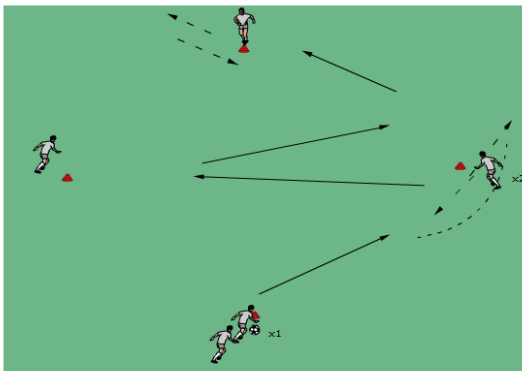
Session Aim: Diamond Drills



X1 takes touch out feet and passes to X2
Before receiving X2 must check away

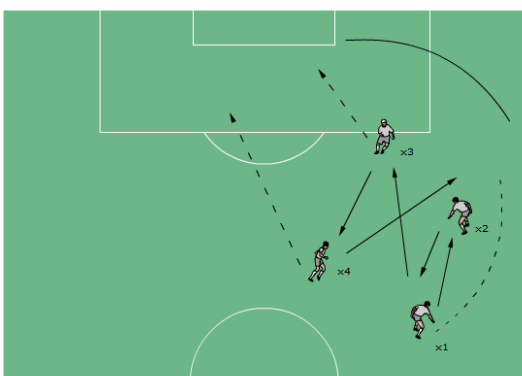
X2 sets ball back to X1
X1 plays long to X3 who sets the ball back for X2

Coaching Points: React quickly to pass
Always stay on toes, touch round cone, movement away from ball (check)



Organisation:

X2 receives and passes inside to X4
X2 spins round cone and receives back from X4



Organisation - Open Play

X1 takes a touch out his feet and plays to X2 who has checked away to receive in front of the cone. X2 then plays a ball back to X1 - after passing to X3 X1 plays to top man who sets for midfield player who passes to X1 on overlap

This drill turns into a crossing and finishing session. Just add a GK to begin with, then as the players improve you can add a defender