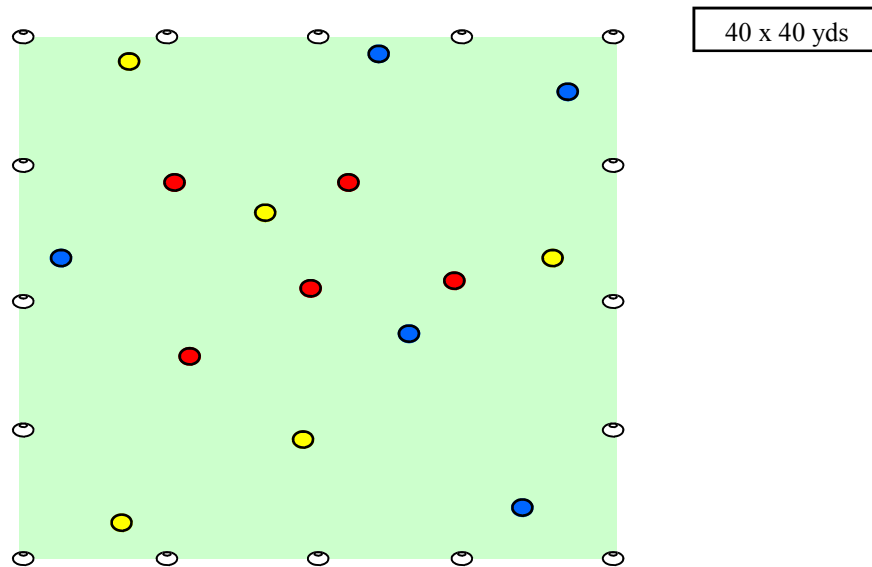


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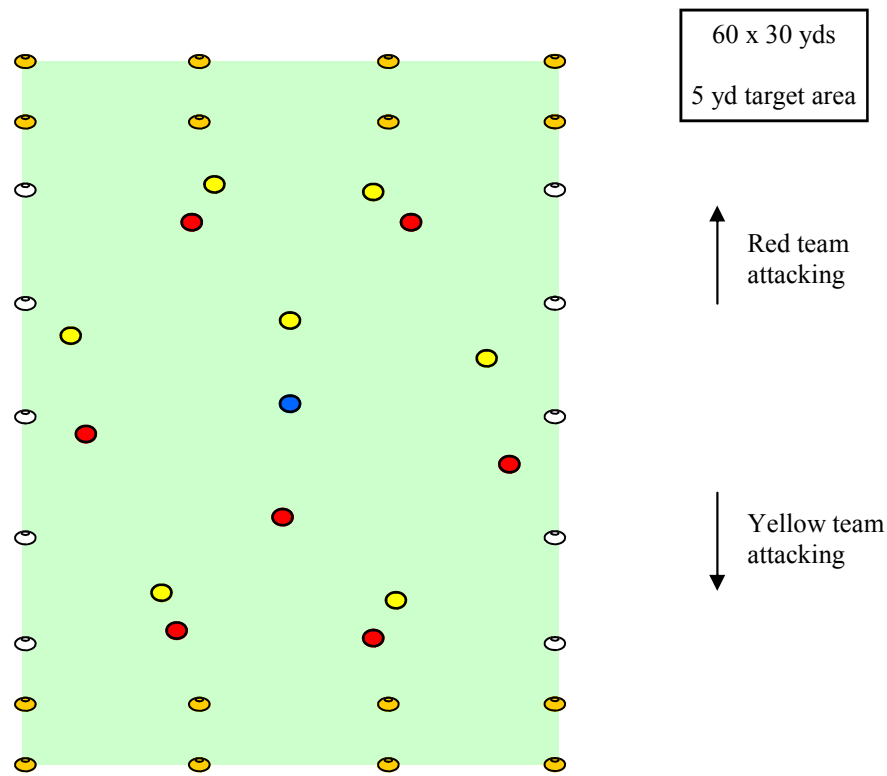
Drill 1



- This drill was set up in a 40 x 40 yd grid, and the players were split into 3 teams of 5.
- The drill involved 2 teams playing against 1 team with the aim to keep possession. The diagram is showing the red team as the defending team with the blue and yellow team attempting to keep the ball.
- The players were encouraged to maximise the size of the playing area by using as much of this area as possible.
- To begin with the players were allowed unlimited touches on the ball, the drill was then progressed into a '2 touch' drill.

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Drill 2

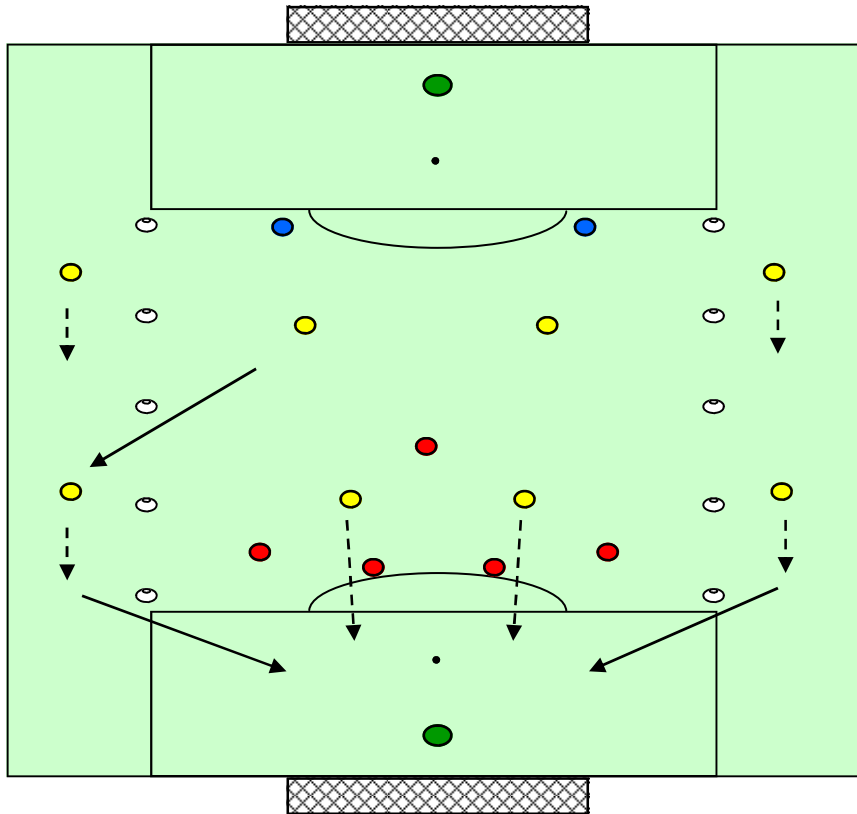


- This drill was set up in a 60 x 30 yd grid, with a 5yd target area at each end of the pitch.
- The squad was split into 2 teams of 7 players, and 1 player wearing a blue bib played as a floating player for the team in possession.
- To score a goal the team had to move the ball into the end zone they were attacking whilst keeping possession of the ball.
- The players were allowed unlimited touches on the ball, and an adapted version of the offside rule was enforced at all times (a player was deemed in an offside position if he was beyond the last defender when ball played).
- Teams were encouraged to use the floating player to create an overload when in possession, to move the ball quickly and to work the ball in behind the opposition as much as possible.

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Drill 3

60 x 70 yds approx



- This session worked with the red team as the defending team.
- The red team set up with a defensive back 4 along with a holding midfield player positioned just in front. The yellow team set up with 2 strikers and 2 midfield players inside the coned area, and 2 players outside of the cones area on each side (set up as a winger and full back behind). The blue players were used as strikers for the red team and stayed in their position throughout the drill being used as target players for the red team once they gained possession of the ball.
- To begin with only the 4 players starting outside the coned area could use the wide area of the pitch, the remaining players had to stay within the coned area. The yellow team was encouraged to get the ball out to either wide man and to attack the ball when played into the box.
- The defensive side were coached into defending the cross as the ball came into the area.
- The session was then progressed and the defensive full back on each side were allowed to leave the coned area to close down the cross when they were in a position to do so. The defence were coached when to and when not to close the cross down, and how to defend the cross coming into the penalty area depending on if the full back has gone to close down the cross or not.
- The yellow team were encouraged to play with a high tempo, and work the ball into the wide area's quickly.