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EXAMPLE COACHING SESSIONS

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Passing control 1 -

Advanced technical practice

Passing and control 2

Wave: Passing and control on the move

Retain possession (Squad session)
passing, support, movement

Passing and receiving priorities
(S.S.G. 8 vs. 8)

1. Receiving skills and protecting
the ball

2. Receiving skills and protecting
the ball

Running with the ball skill practice

Running with the ball - Squad practice

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KEY

GK - Goalkeeper

MF - Midfielder

SSG - Small sided game

CB - Centre back

RW - Right wing

D - Defender

RB - Right back

FB - Full back

A - Attacker

→ Player movement without the ball

→ Player running with the ball

- - - Ball movement

Recommended student coaching sessions

Small-sided games

In a 7 v 7 or 8 v 8 small sided game.

Coach: -

- a team when and when not to pass the ball forward.
- a team to improve its understanding of support play and movement.
- a team to establish width to attack from the flanks.
- a team when to use individual and combined clever play when attacking.
- a team to attack quickly on gaining possession of the ball.
- a team to use combination play (wall-passes, overlaps etc.) when attacking.
- a team to improve its passing choices and deliveries when attacking.
- a team to spread out and utilise space when attacking.
- a team when to risk and when to retain possession of the ball.
- a team when and when not to play quickly when in possession of the ball.
- a team to retain possession in a congested area and attack when appropriate.
- a team to defend early when appropriate.
- a team to defend against counter-attacks.
- a team to show opponents 'in-field' when they have possession.
- a team to pass, mark and cover as appropriate.
- a team to be compact when defending.
- a team to defend against combination play in the defending half of the field.
- a team to 'man - mark' opponents.
- a team to defend against opponents' movement in the defending half of the field.
- a team to prevent opponents playing through midfield when in possession of the ball.

Phase of play

Coach: - Attacking

- a team to play from the back, from a goalkeeper's possession.
- a team to attack quickly on gaining possession.
- support play and movement in the attacking half of the field.
- a team to attack down the flanks.
- full backs and wingers to attack down the flanks.
- a team to attack using wall-passes and combination play in the attacking half of the field.
- a team to 'change the play / switch the play' to advantage.
- a team to produce and score from crosses.
- a team to use long passes when attacking.
- clever movement from attacking players in the attacking half of the field.
- a team to attack centrally and quickly on gaining possession of the ball.
- midfield players to move into goal-scoring positions.
- strikers when and how to combine their play to create scoring opportunities.
- defenders to move forward and join in attacking play.
- a team to attack quickly from a goalkeepers possession.
- a team when and when not to attack quickly.

Coach: - Defending

- a team to defend early on losing possession of the ball.
- a team to defend in its own half of the field.
- a team to defend from crosses.
- a team to defend when outnumbered in the defending half of the field.
- a team to defend against counter attacks.
- a team how to mark, cover and press when defending.
- a goalkeeper and back 4 to defend from crosses.
- a team to 'show' opponents infield when defending on the flanks.
- a team to press whenever appropriate in the defending half of the field.

Advanced technical practice

Coach: -

- a central midfield player to distribute the ball over long distances.
- a central midfield player to pass off his front foot over a variety of distances.
- a full back to control and pass the ball in the air.
- a full back to cross the ball “off the run”.
- a central back to receive from a goalkeepers throw and run with the ball.
- a winger to control and combine his play with others to produce a cross.
- a winger to drive infield with the ball and shoot.
- a striker to control and turn to strike at goal.
- a striker to combine play with others to produce a strike at goal.
- a striker to move into goal scoring positions and strike at goal from crosses.

Wave practice

Coach: -

- crossing and finishing.
- passing and movement.
- combination play to produce strikes at goal from strikers.
- overlapping play to produce crosses.
- “switching the play”.
- quick forward passing and movement.
- goal scoring from low crosses.
- passing and controlling the ball at speed.
- forward runs into goal-scoring positions.
- wall-passes and movement at speed.

Functional practice

Coach: -

- a full-back to defend in wide positions in the defending half of the field.
- a full-back to receive and cross the ball in the attacking half of the field.
- a centre-back to defend against strikers who receive the ball to feet and lay the ball off to other players before moving to to a goal scoring position.
- two centre-backs to defend against two strikers who display clever movement.
- a winger to attack and dribble past a full-back to produce crosses.
- a winger to position themselves to receive the ball in a flank position.
- a winger to attack a full-back on gaining possession of the ball.
- a striker to play against a tight-marking centre-back.
- a striker to move into goal-scoring positions when the ball is being crossed.
- a midfield player to move into a goal scoring position in the penalty box.
- a midfield player to use wall-passes in order to move into goal-scoring positions around the penalty box.
- two midfield players to combine their play to create space to shoot at goal.
- a midfield player to run with the ball and create a goal-scoring opportunity for himself or others.
- a striker to play with his back to goal in and around the penalty area.
- two strikers to combine their play to create a goal-scoring opportunity.
- two midfield players how to defend against opponents who use clever movement and interplay around the penalty box.

Pattern drills

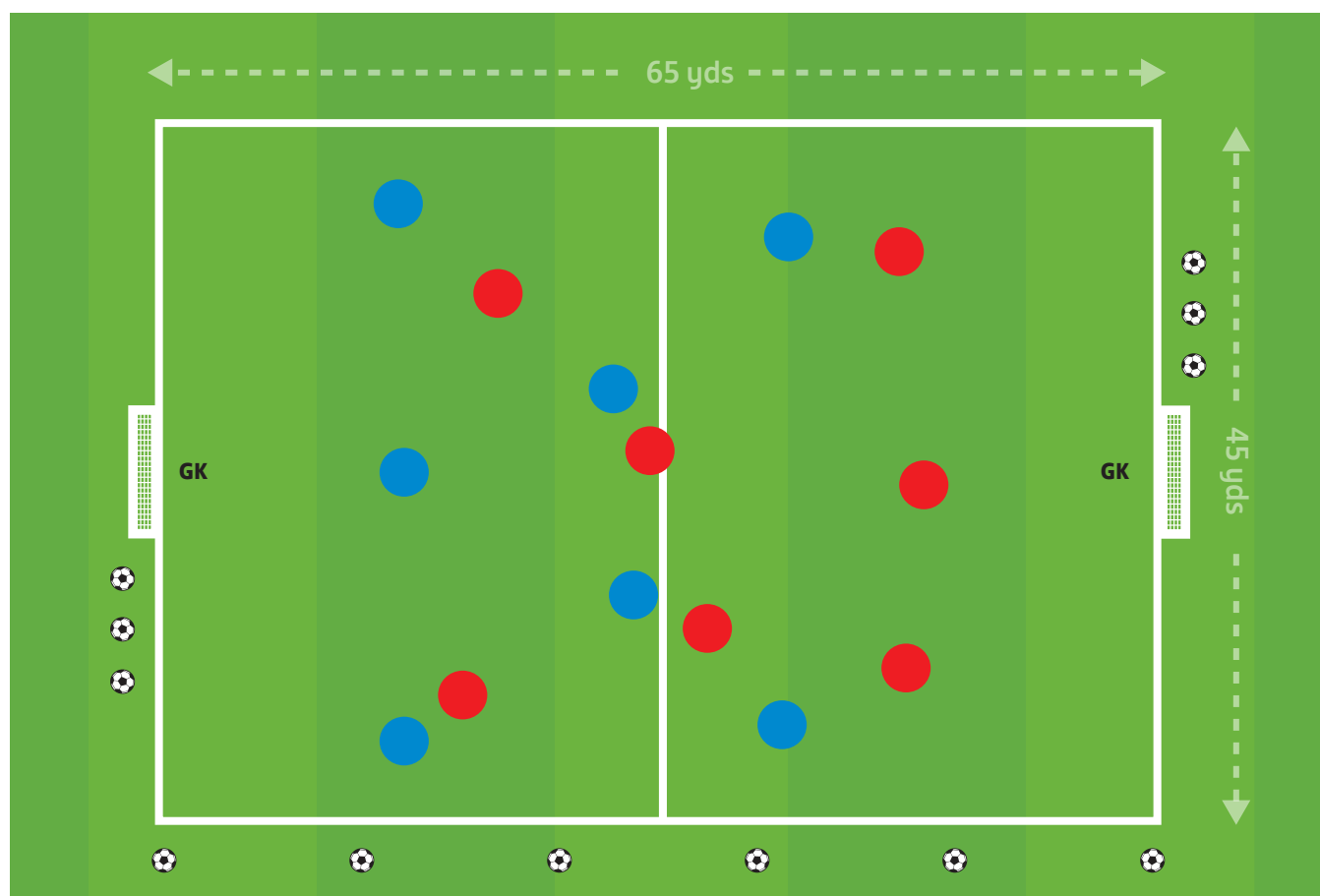
Coach a team: -

- to build attacks from a goalkeepers possession.
- to improve understanding of combined movement in flank positions.
- to improve understanding of central movement in build up play.
- to develop build up play through central strikers.
- to develop central midfield players ability to break forward beyond forward players.
- to develop understanding of interchanges of play between forward and midfield players.
- to use full-backs and central defenders when attacking.
- to attack down the flanks and produce crosses.

Coach: -

- wingers and full-backs to combine their play in flank positions.
- midfield players to break forward into goal-scoring positions when the ball is in flank positions.
- strikers to interchange positions with other attacking players to produce strikes at goal.
- overlapping play in flank and central areas.
- combination play in central attacking areas.
- crossing and finishing.
- movement in wide areas to produce crosses.
- central attacking movement to produce strikes at goal.

Principles of attacking play



Practice organisation

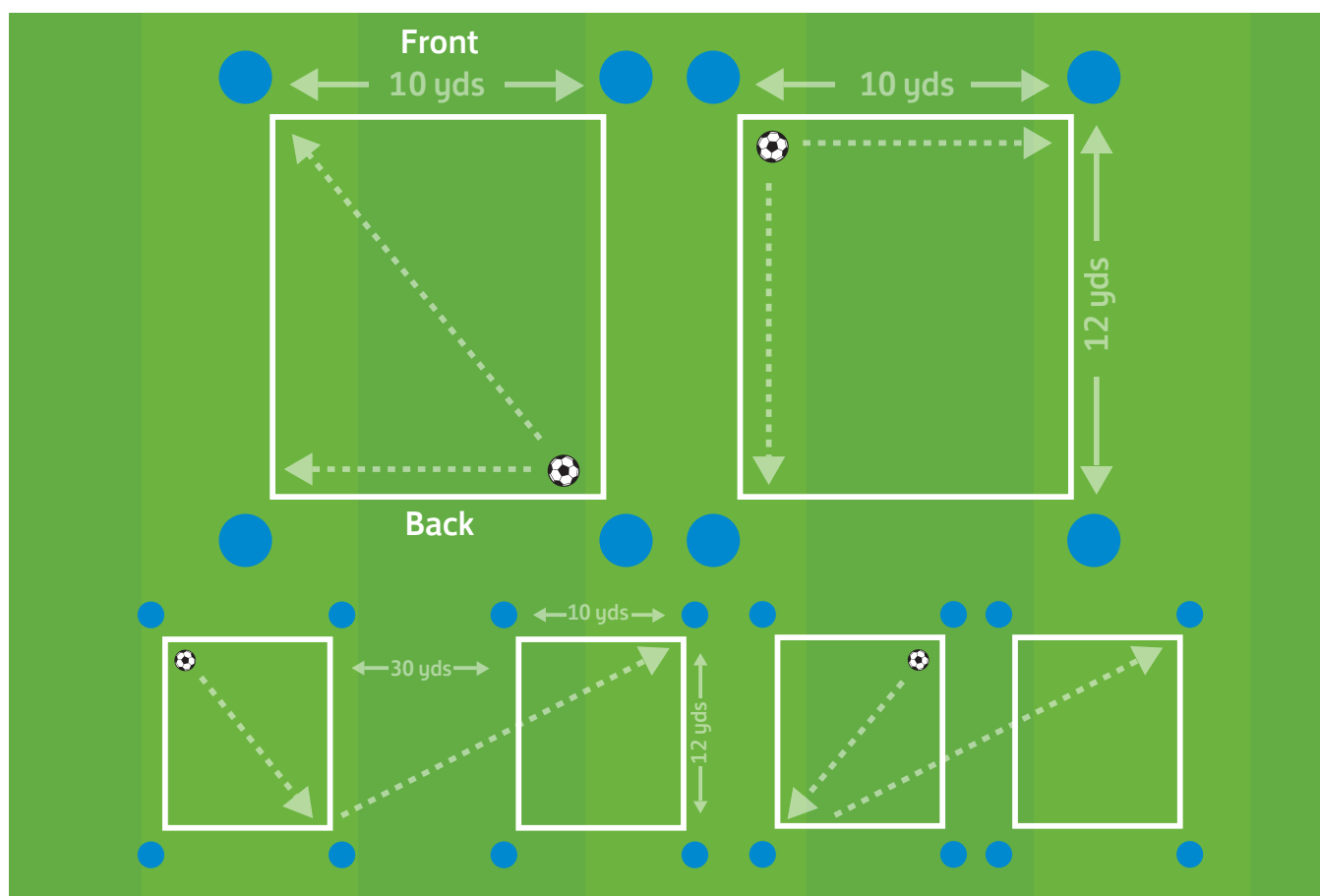
- 8 v 8 – different or similar team organisation, including GK's.
- Area of 65 x 45 yards wide (adjustable according to needs).
- Coach one team, one theme.
- Footballs around the pitch and to side of goals.
- Normal rules of the game apply.
- Offside rule applies – according to coach's wishes.

Key coaching factors

Team in Possession

- "Dispersal" (spreading out – creating space).
- "Support Play and Movement" to create passing options.
- "Penetration" as a principle and priority where possible, but with accuracy.
- Width – distance between opponents and self.
- Individuals and Combined Creativity (Improvisation).

Passing and control 1 - Advanced technical practice



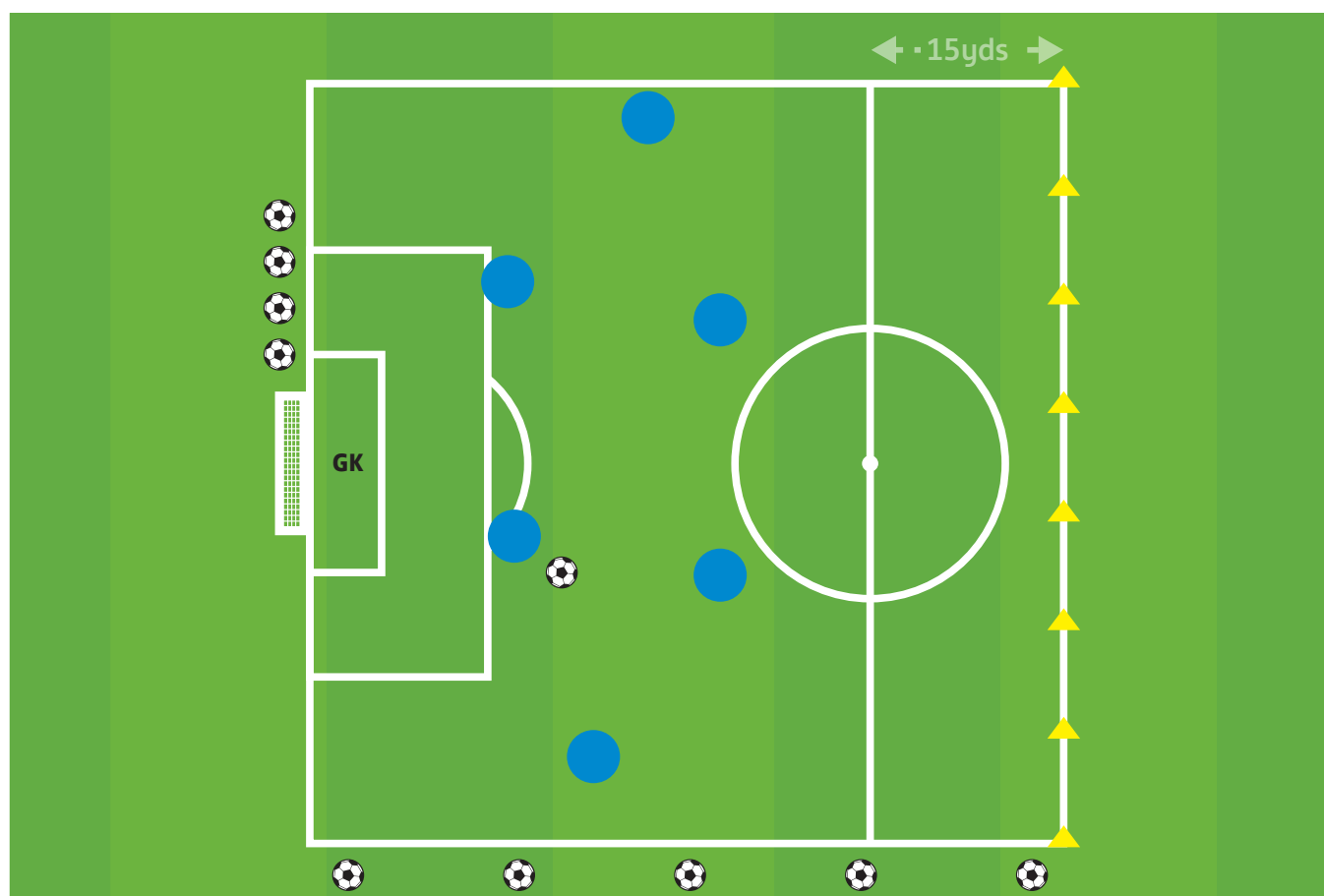
Practice organisation

- Adjacent areas of 10 yds x 12 yds maximum.
- 4 players for each area, 1 on each corner.
- Pass forward on angles only from back to front.
- On receiving a diagonal back pass – change the play to other area.
- Players can interchange from side to side or front to back relevant to and concurrent with appropriate movements of the ball.

Key coaching factors

- Quality of diagonal and vertical passes – speed, accuracy, trajectory.
- Quality of receiving touch.
- Encouragement of variety of passing and receiving surfaces.
- Recognising when to change the angle of 1st touch and direction of pass.
- Timing of movement by “end” players to receive the ball.

Passing and control 2



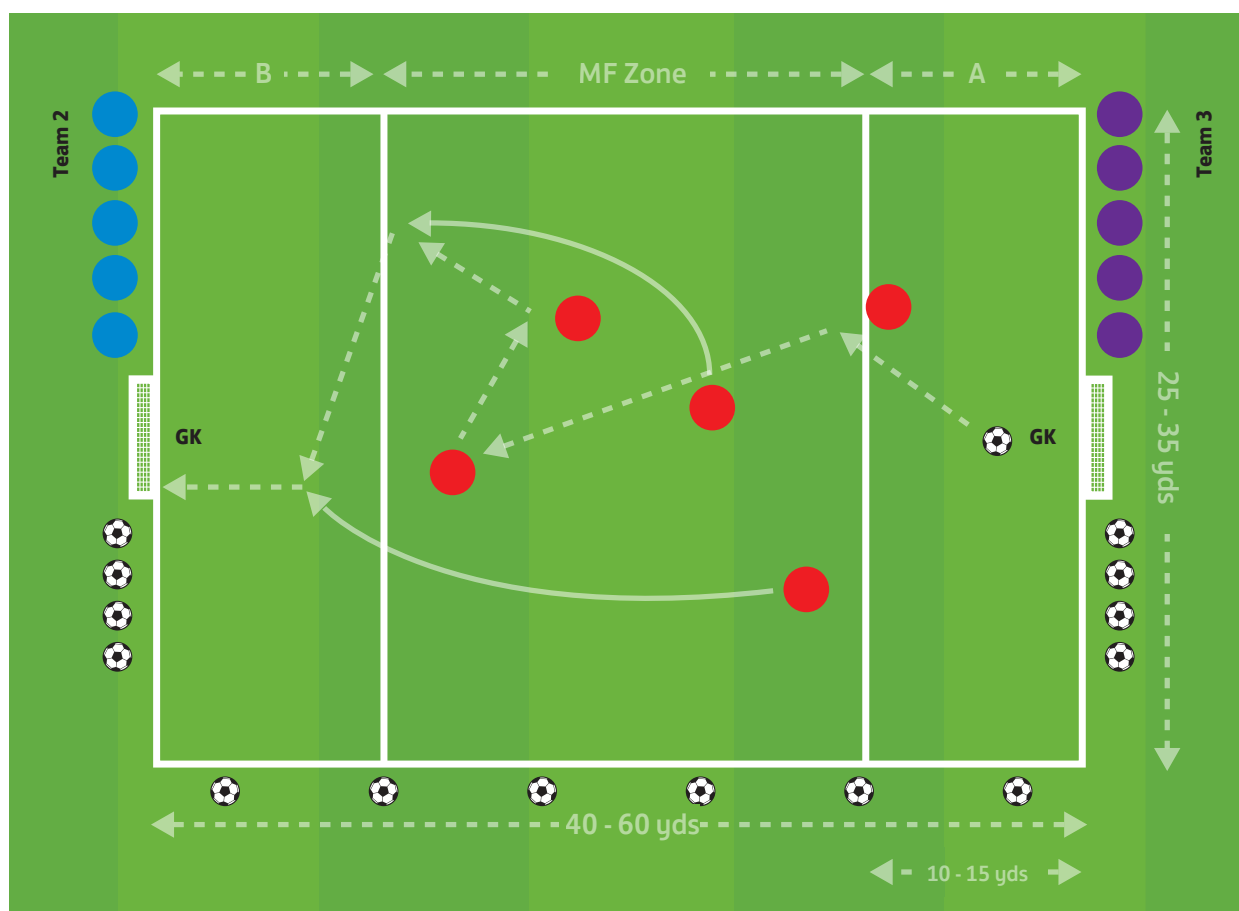
Practice organisation

- Full width, $\frac{1}{2}$ way + 15yds to line.
- GK, back 4, midfield 2.
- Work to line, return to GK to serve.
- Drop in and receive from the GK.
- Repeat.
- Mannequins may be used to challenge technical competence and decision-making.

Key coaching factors

- Distances and angles of support from player in possession.
- Awareness of positions of other players ahead and around ball holder.
- Quality of delivery of passes:
 - Varied distances.
 - Varied skills.
 - Accuracy, speed, trajectory.
- Support role after release of passes.
- Progress the play with accuracy, speed and passes to space.

Wave: Passing and control on the move



Practice organisation

- Team 1 starts in the MF zone.
- 1 player drops into end zone A to receive from GK.
- All players must touch ball before a shot at goal.
- Work various passing/movement patterns.
- Repeat from opposite end with team 2 etc.
- Offside lines applicable even without opposition ie player cannot be in the end zone in advance of the ball and receive a forward pass.
- Attack alternate ends.
- Increase complexity of passing and receiving on the move by adding conditions e.g.
 1. Time to complete.
 2. Number of touches on the ball.

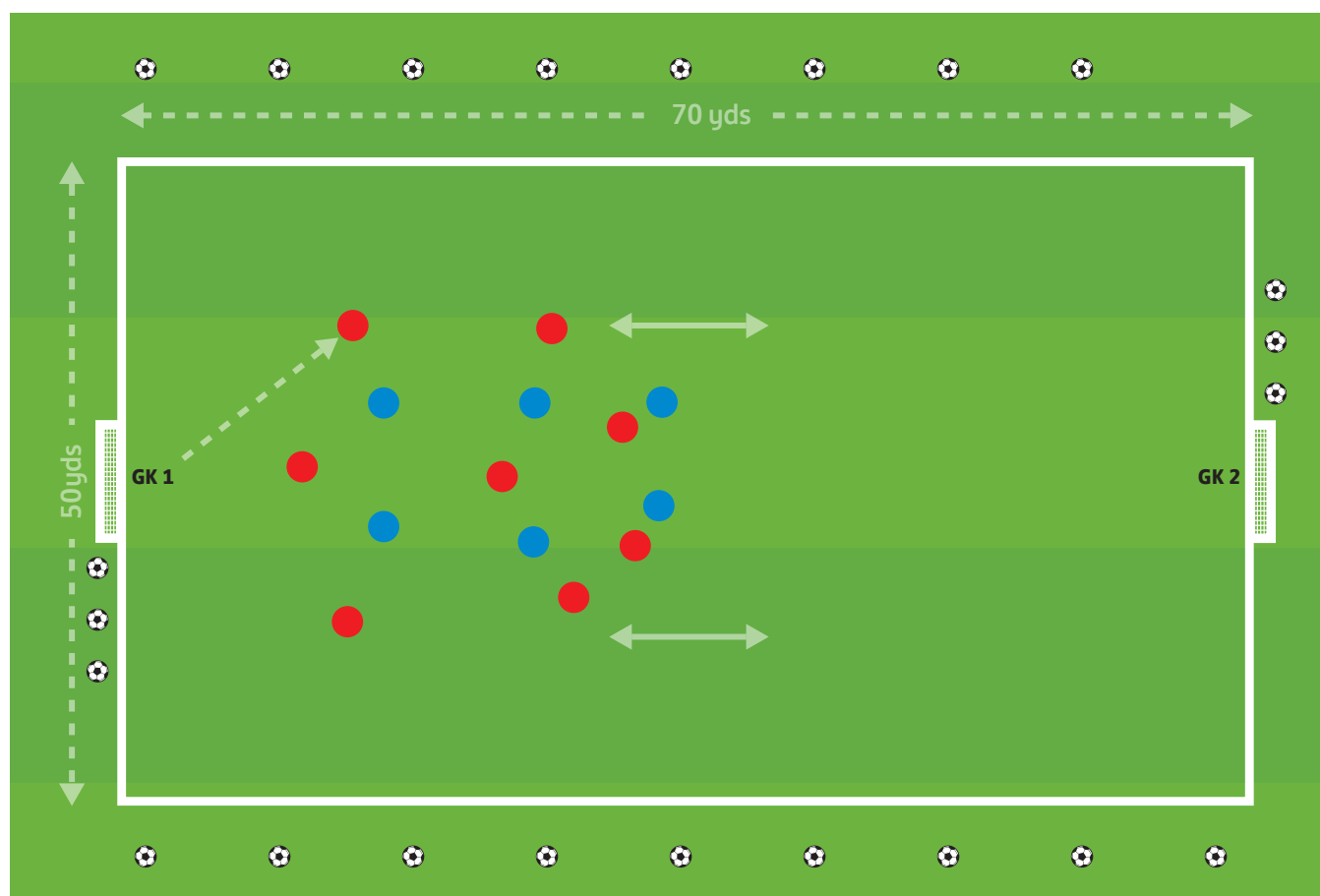
3. Mannequins as static interference.

4. Progress to a number of defenders e.g. 2, 3, 4.

Key coaching factors

- Awareness of own receiving situation and location of other support players.
- Quality of first touch:
 - To control.
 - To release the pass.
- Speed – accuracy of passes:
 - 1 touch, 2 touches etc.
 - Which player?
 - Where: feet and space?
- Support and movement after releasing the pass.
- Passing in stride.

Retain possession (Squad session) passing, support, movement



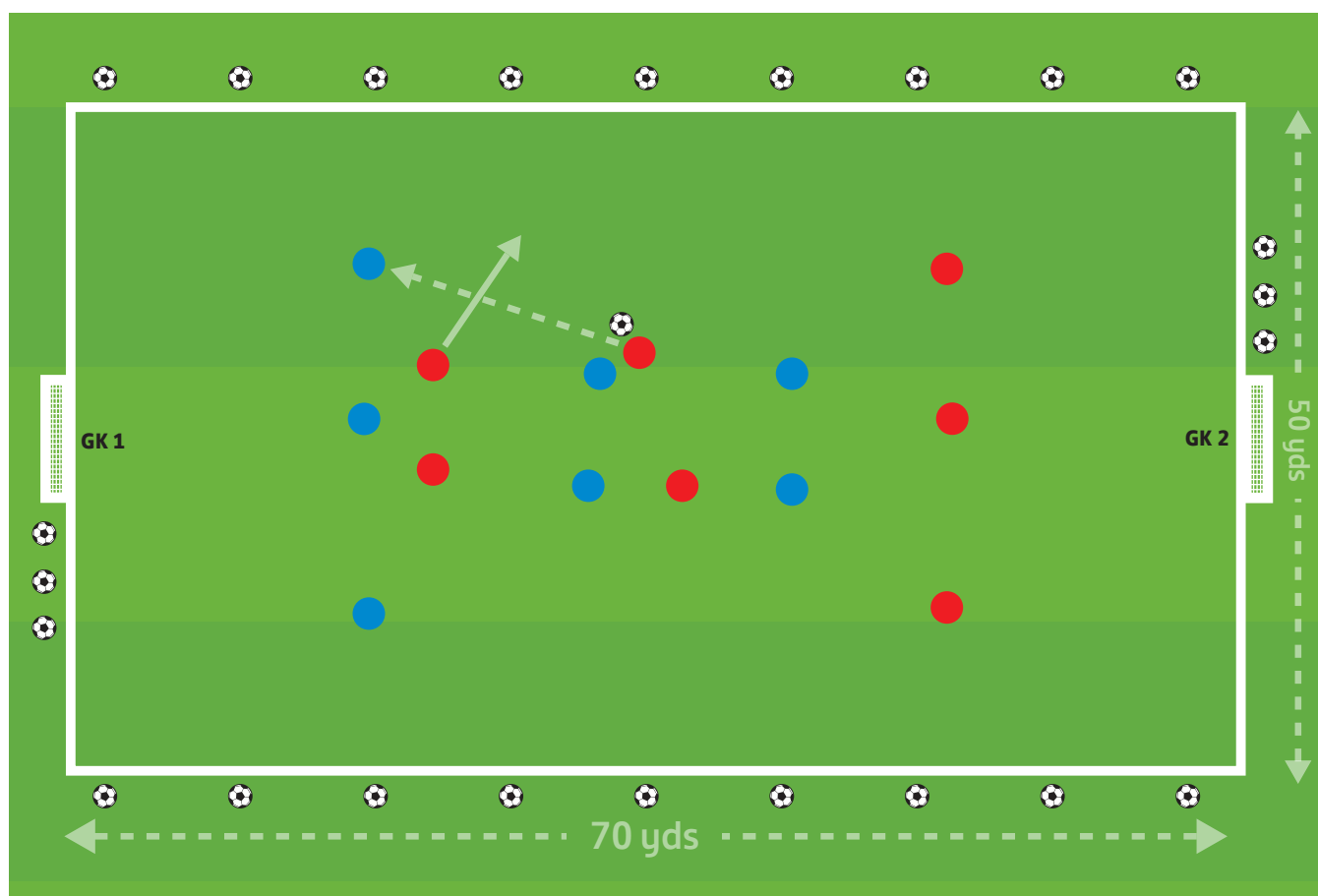
Practice organisation

- Area of 70yds x 50yds.
- Footballs around pitch and beside the goal.
- Begin the session with GK 1.
- All the players in one half of the pitch - 8 red v 6 blue.
- Advance into the other half of the pitch through retaining possession.
- All players transfer into the empty half of the pitch initiated through attacking teams' forward runs/pass.
- Pass to the hands of GK 2 to finish the attack.
- Repeat in the other direction to GK 1.

Key coaching factors

- Positioning to receive:
 - Support.
 - Movement.
- Awareness, decision-making on receiving ball.
- Receiving skills: D D D D! Decision, direction, distance, disguise.
- Passing – decision, delivery: who, where, when, how, why.
- Support for receiver.
- Movement, interchanges to create pass outlets.

Passing and receiving priorities (S.S.G 8 vs. 8)



Practice organisation

- Area of 70yds x 50yds.
- Two teams of 8v8 including the GKs.
- Starting Positions:
 - Free play.
 - Overhead pass from opposition into GK/Defender.
 - Interception.
- Two teams of equal number – different formations?
- Footballs distributed around pitch and beside goal.
- Offside does apply according to the coach's wish.

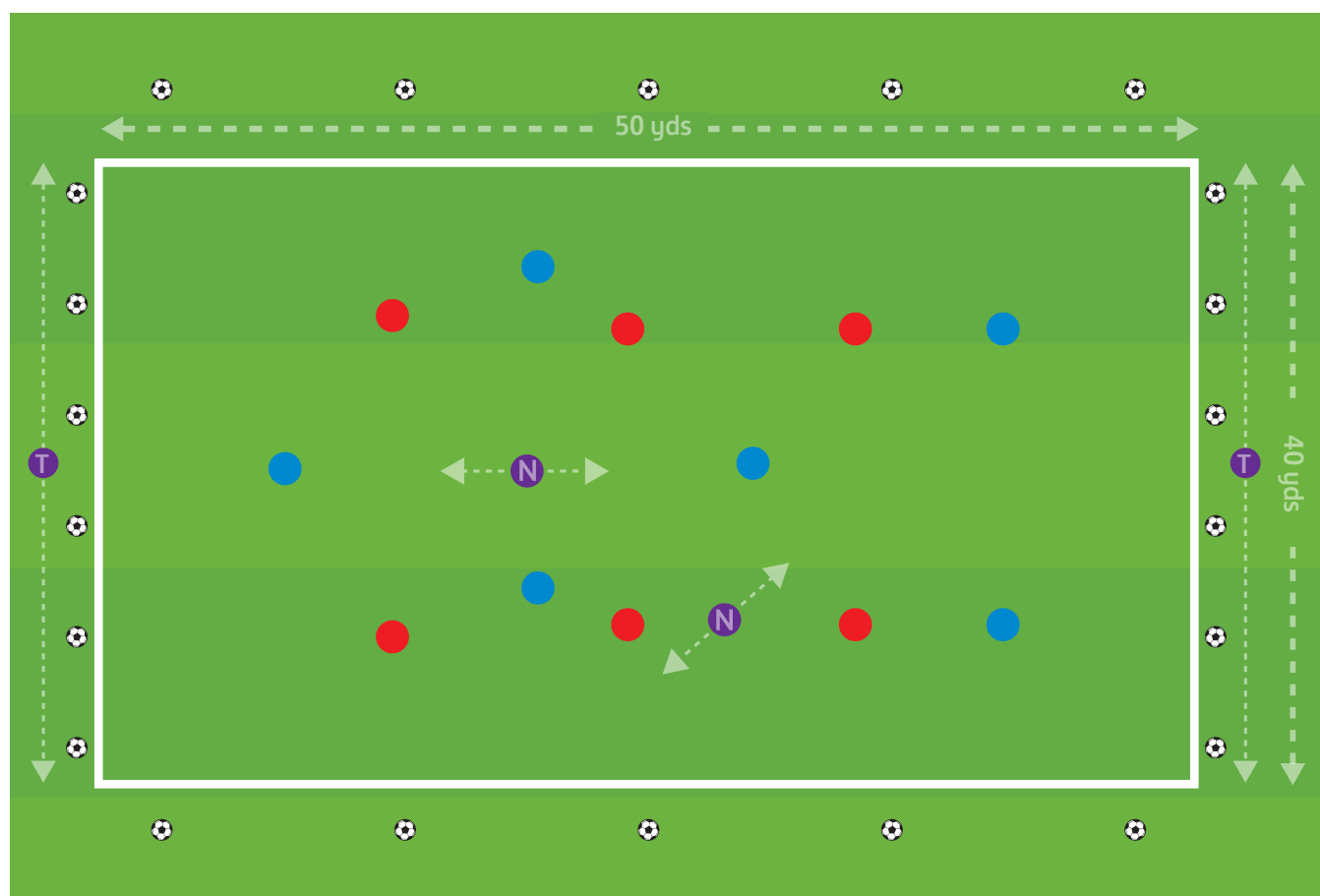
Key coaching factors

Dispersal on regaining possession

- Good first touch – how, where, why?

- Observation – pass options – forward, sideways, back?
- Quality of pass – weight, accuracy, feet/space?
- Movement to receive the ball – where, when?
- Touch on the ball – take on the move, stand still, forward movement?
- Support for the player receiving the ball – where, when?
- Options for the player with the ball – turn, dribble, shoot?
- Compactness – players stay in touch, GK position?
- Support and movement positions.
- Awareness and action selection – how?
- Receiving skills – decision, disguise, direction, distance.
- Pass selection – who, where, when, how, why?

1. Receiving skills and protecting the ball



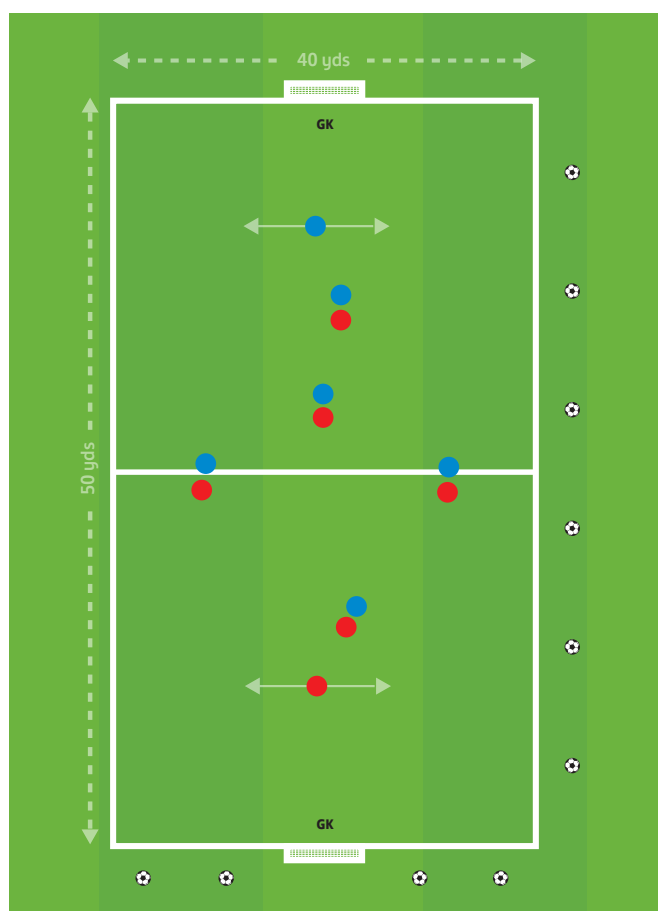
Practice organisation

- Teams of 6v6/7v7 and 2 neutral players.
- Area of 50 x 40 yards.
- Supply of football around the pitch.
- 2 target players at each end with a maximum of 3 touches per possession.
- Team in possession include 2 neutral players in attempting to pass the ball to a target player behind the end line.
- If successful, target player returns the ball to the same team to attack in the other direction.
- On gaining possession from the opponent, a team can pass to any target before then attacking in the other direction.
- Throw-ins taken for ball leaving the pitch.

Key coaching factors

- Positioning to receive a pass.
- Awareness of circumstances before and on arrival of the pass.
- Body and feet position for ease of control – early or late!
- Decision-making on receiving the pass.
- Quality and requirements of first controlling touch.
- Action after the controlling touch.

2. Receiving skills and protecting the ball



Key coaching factors

- Man-marking distances and responsibilities.
- Sweeper role and positioning.

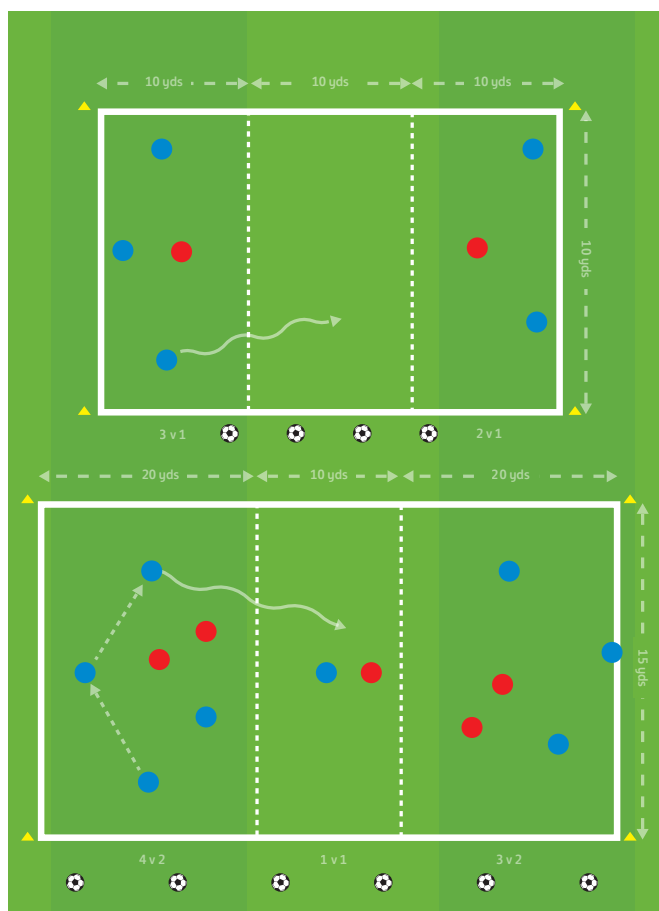
Receiving Skills

- Positioning to receive the ball.
 - Awareness of position of marker.
 - Assessment of incoming pass.
 - Decision on controlling touch:
 - Touch into space.
 - Touch ball away from opponent.
 - Secure possession by “screening” the ball – interposing the body between opponent and the ball.
 - Turning with ball etc.
- Protecting the Ball.
 - Awareness of opponent’s position.
 - Balance and body strength.
 - Escaping the tight-marking.

Practice organisation

- Pitch of 50 yds x 40 yds.
- Game of 7 vs. 7. Each team plays with a GK and a “sweeper” type player.
- “Sweeper” has a maximum of 3 touches in each possession (sweeper’s possession).
- Teams mark man-for-man during free play.
- Each team plays to score.

Running with the ball skill practice



Practice organisation 1

- Area of 30 yards (3 x 10 yards) x 10 yards.
- 3 attackers in one area play 3 v 1 against a defender.
- When appropriate, one attacker runs with the ball into the middle zone and:
 1. Release a pass to one of the other attackers and follow the pass to make 3 v 1.
 2. Continue to run with the ball from the centre zone and release to one of the other 2 attackers, to make 3 v 1.
- Repeat in the other direction.

Key coaching factors

- Support positions to receive.
- Awareness of space available.
- Quality of first touch on ball in order to run decisively.
- Strength of touch into space. Head up as carrying the ball.
- Timing and accuracy of release of passes.

Practice organisation 2

- Area of 50 yards (20, 10, 20 wide zones) x 15 yards.
- 4 v 2 – 1 v 1 – 3 v 2 practice.

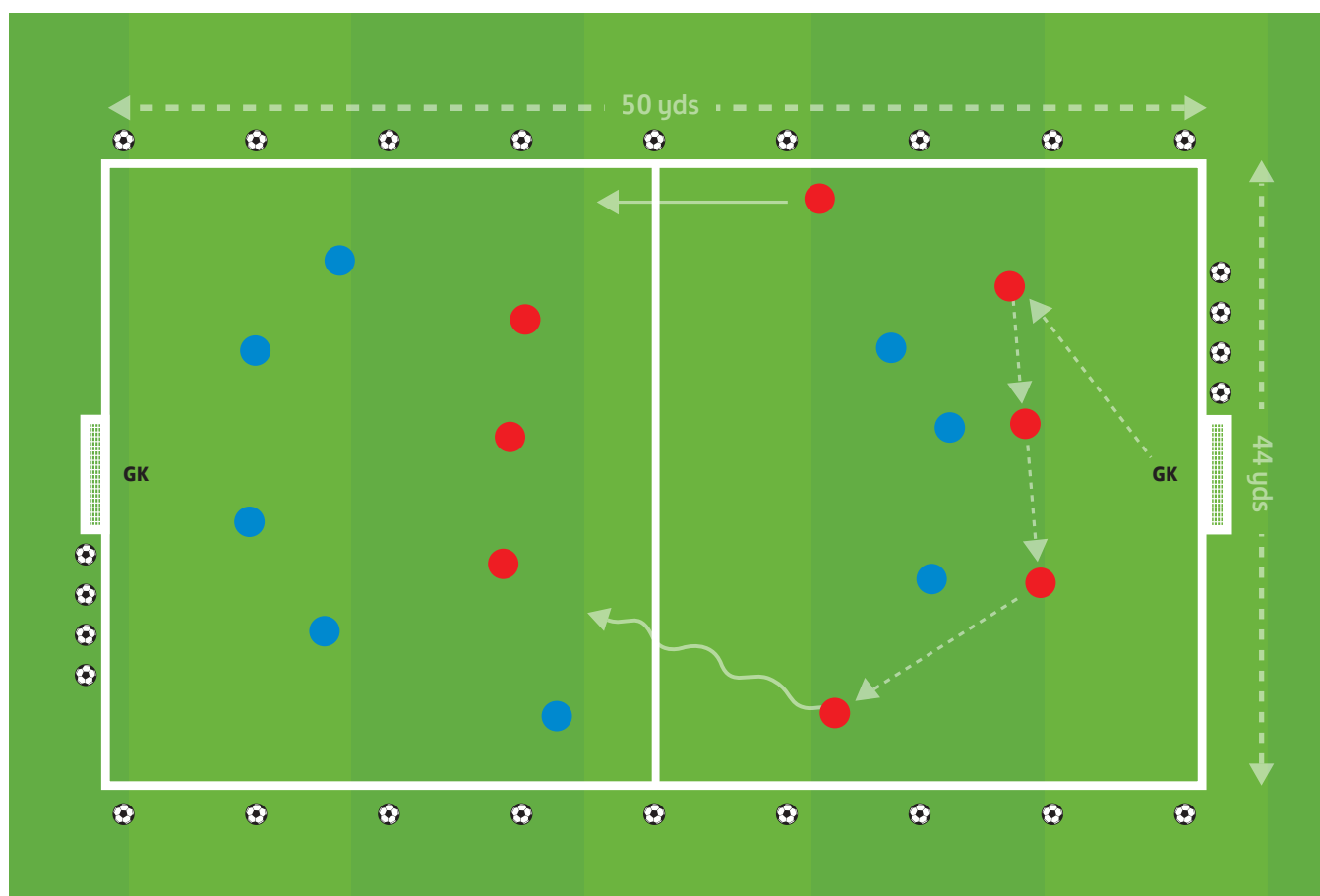
Also:

- As for 3 vs. 1 practice:
- On approaching centre grid.
- DECISION:
- Continue to run with ball.
- Combine play with blue central zone player.
- Release blue central zone player to carry the ball into the end grid and supply the blue player on the end line.

Key coaching factors

- On approaching centre zone.
- Decision:
- Continue to run with the ball.
- Combine play with the attacker marked by a defender in the centre zone.
- Release attacker to carry the ball into the end zone and supply an attacker on the end line with a pass.

Running with the ball - Squad practice



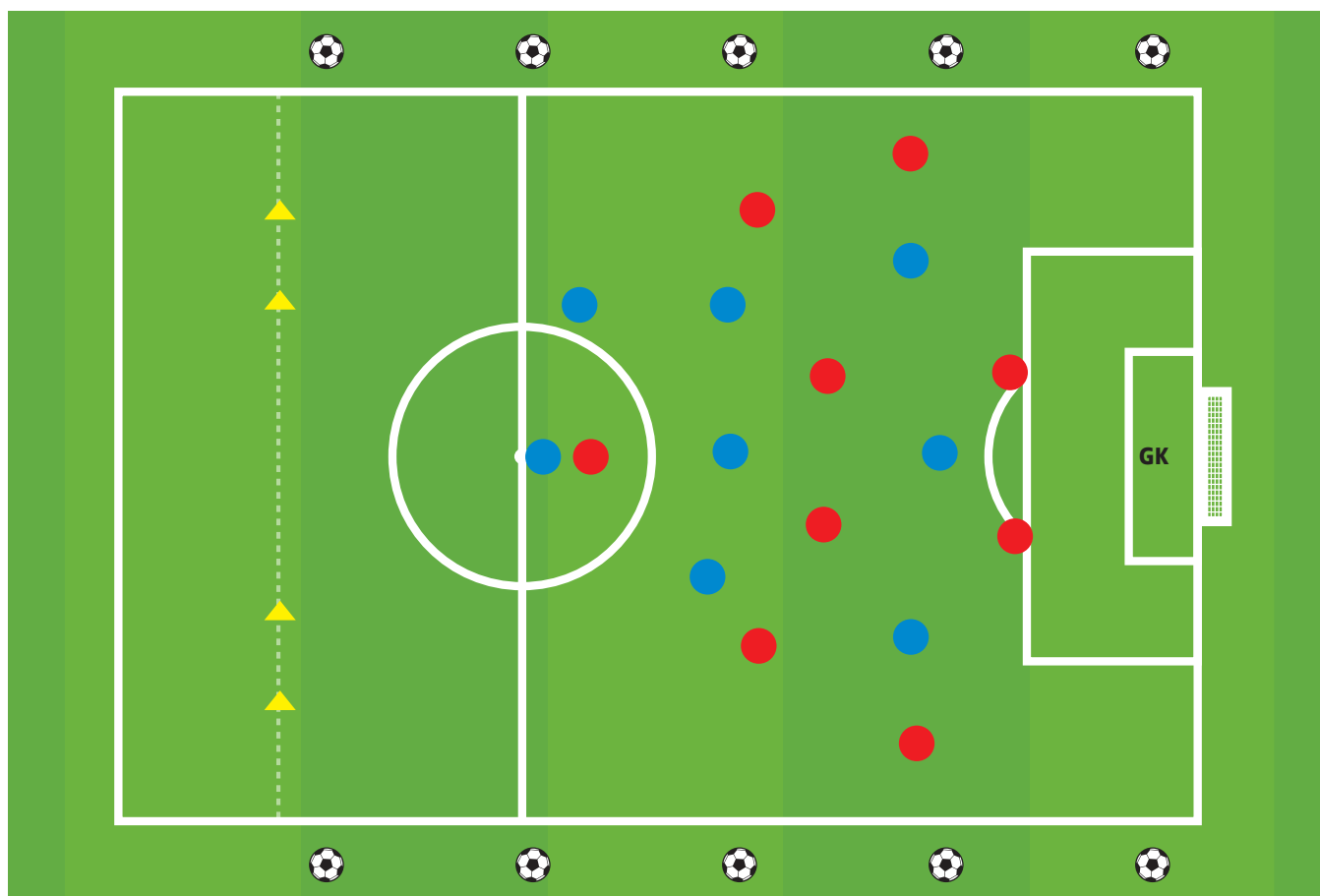
Practice organisation

- Area of 50 yards x 44 yards.
- Footballs around pitch and beside the goal.
- Two teams of 5 players in the defending half and 3 players in the attacking half.
- 1 of the 5 players at appropriate time runs with the ball into opposition half.
- 1 of the other 5 players may also move forward to join the attack to produce a strike on goal – i.e. 5v5.
- On taking possession, the defending team can now counter-attack, possibly by running the ball.

Key coaching factors

- Recognise the opportunity to run with the ball.
- Quality of the first touch when moving onto or with the ball.
- Quality of the touches when running with the ball.
- Observation of play ahead when running with the ball.
- Decision-making and quality of action on releasing or striking the ball at goal.

Playing out from the back - Phase 1



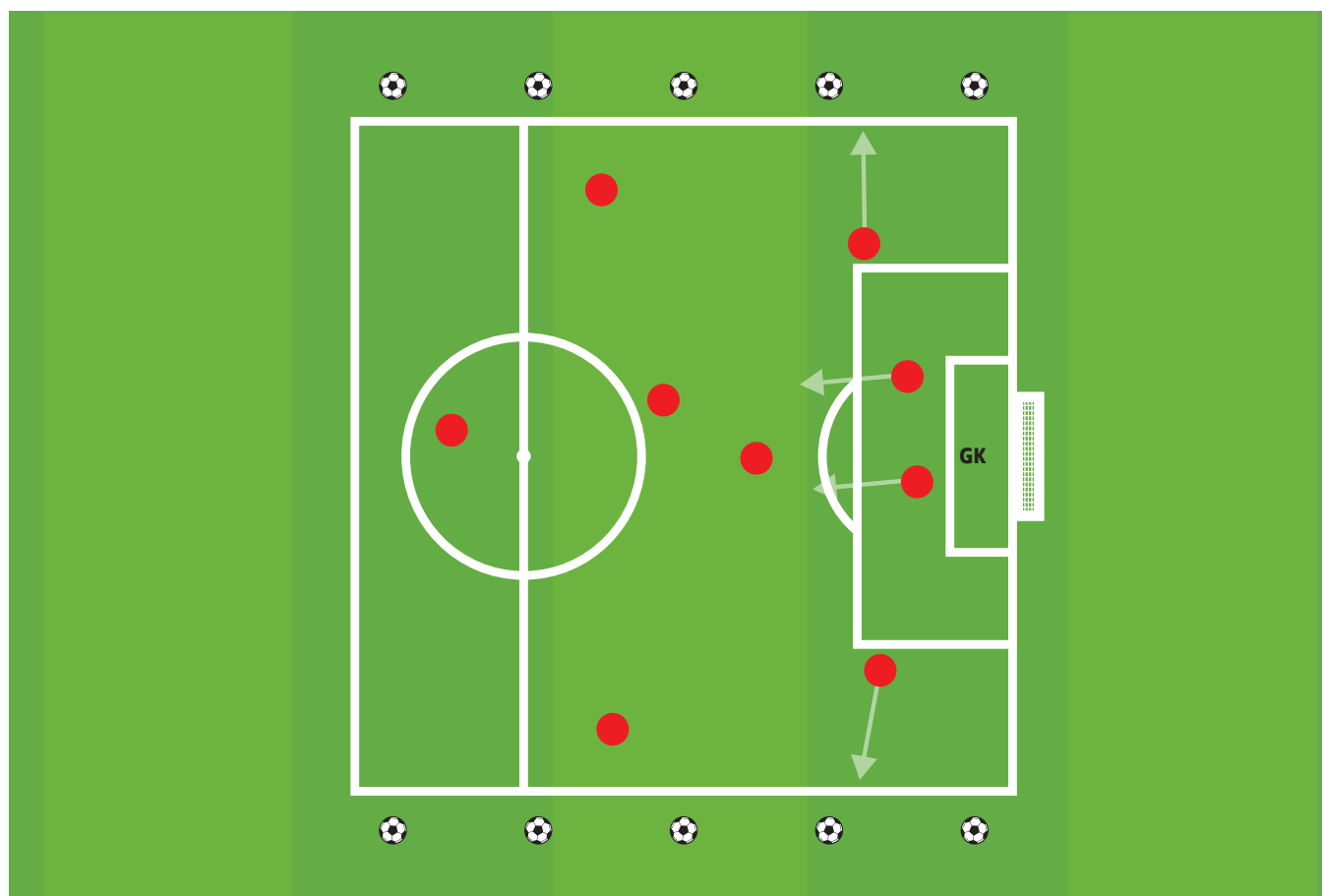
Practice organisation

- 2 thirds of the pitch.
- 10 attackers, including goalkeepers, and 8 defenders.
- GK – 4 – 4 – 1 v 2 – 3 – 3.
- Attacking team attempt to score through either of the small goals on the edge of the attacking third.

Key coaching factors

- Dispersal of team – who, where, why, how when?
- GK – decision, delivery, support.
- Receiver – awareness, decision (release, retain, run), 1st touch.
- Movement (if needed) to create attacking outlets:
 - Pass receiver.
 - Pass routes to other players.
- Developments – change play, across back, across midfield.
- Support and security as team advances play.

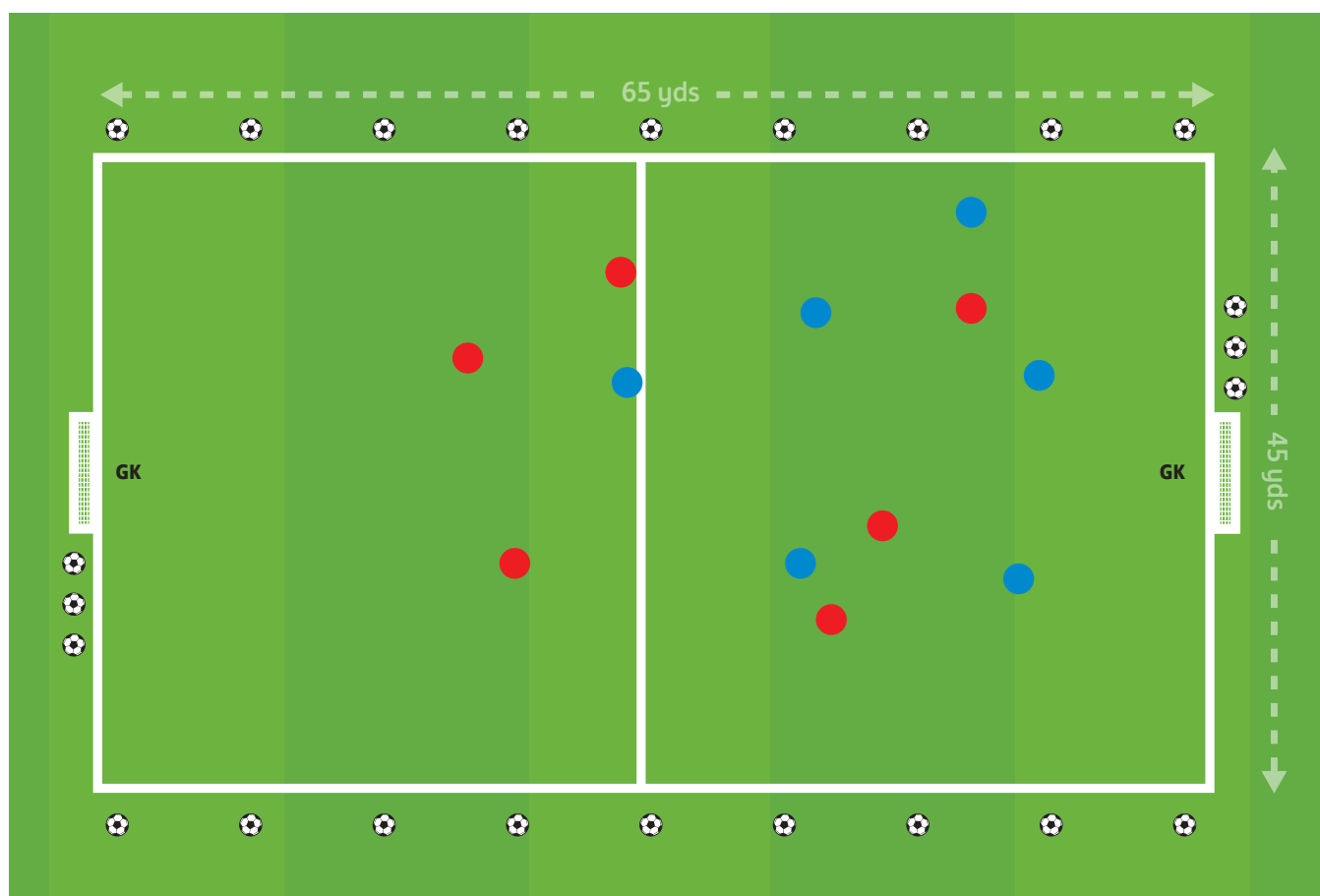
Playing out from the back - Phase 2



Technical - Tactical detail

- Fullbacks pull wide/stand still?
- CB's move to the edge of the penalty area and split.
- GK delivers the ball to the best option.
- Full backs advance forward – how far?
- MF – one short/long, 2 wide?
- Wide MF – push high.
- Striker – high starting position – why?

Principles of defending play



Practice organisation

- 7 vs. 7 (inc GK).
- 65 yards x 45 yards.
- Footballs around pitch and beside the goal.
- Coach one team – 1 theme.
- Offside rule applies according to coaches wishes.

Key coaching factors

DELAY

- Pressure on the ball – why, when, where, how?
- Giving ground – why, when, where, how?
- Pressure, cover, marking.

CONCENTRATION – (Compactness)

- Distances – between players, units, from goal, from ball.
- Relationships – angles, cover etc.
- Movement – as a defending team.

DEPTH

- Protecting the space behind the back line – how?
- Distance from goal, of back line.

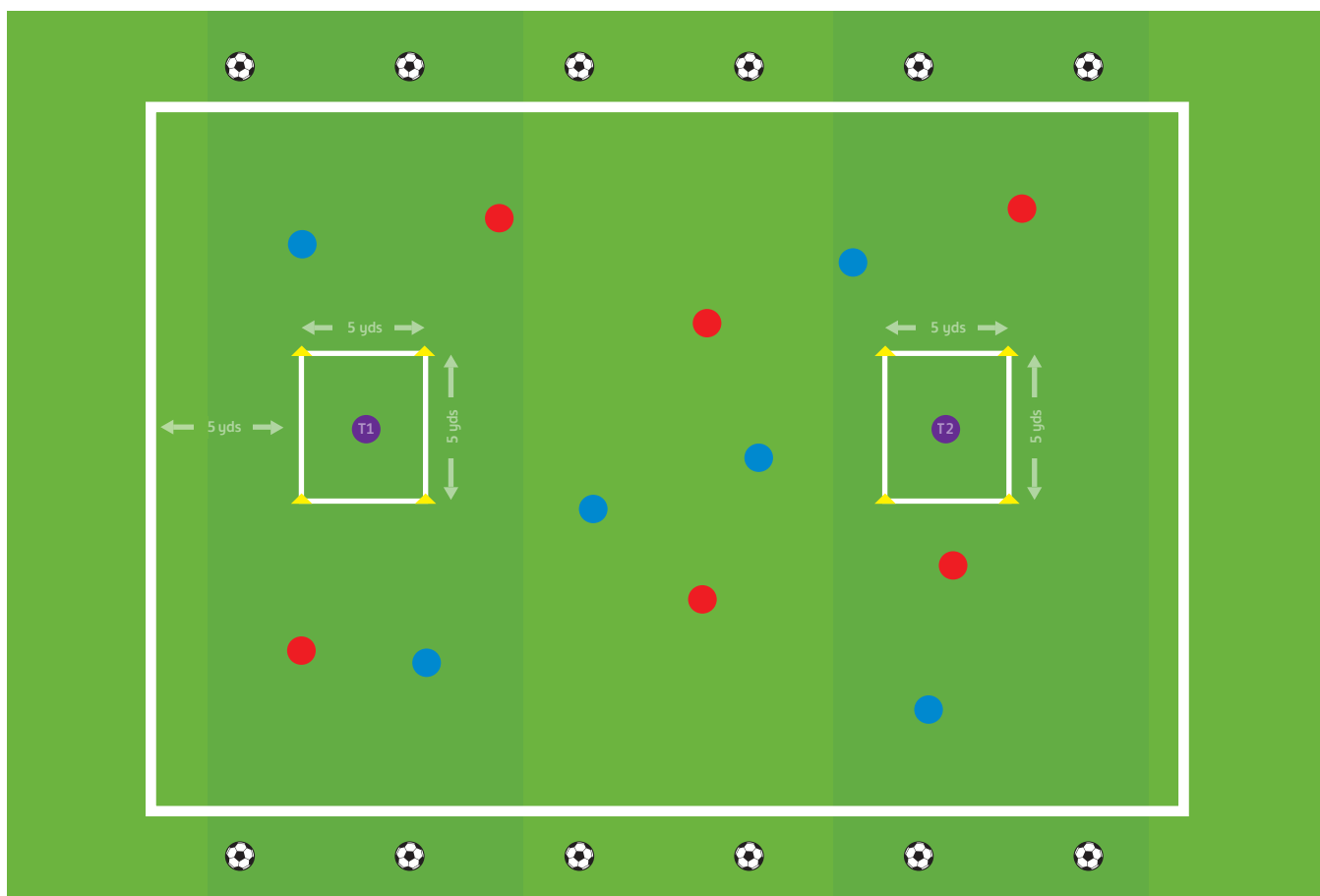
BALANCE

- Supporting.
- Defensive symmetry – marking opponents, marking/occupying significant spaces at right time.

CONTROL/RESTRAINT

- Personal defensive discipline – decision-making, defensive actions, control of thoughts and actions.

Pressing - Skill practice



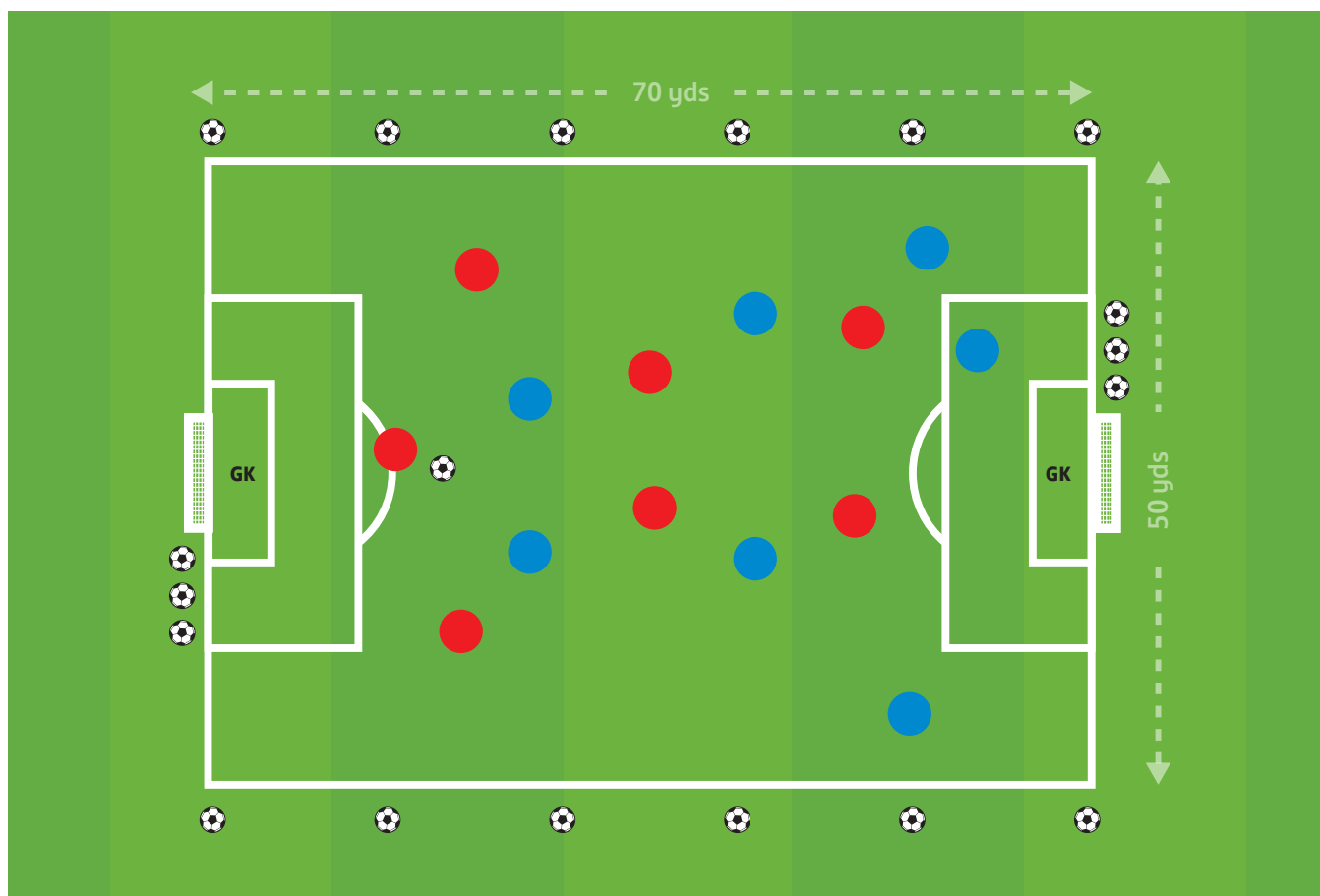
Practice organisation

- Area as appropriate.
- 2 x target players in target areas. 5 yards in from end line to box (5 yards x 5 yards).
- Teams play 1 direction only. On reaching T1, they then defend as other team attacks other target player.
- T1 rolls to other team who try to pass to T2.
- Opposition try to press ball and prevent forward passing opportunities.

Key coaching factors

- Start positions.
- Travelling/speed, angles, distances.
- Prevent forward passing opportunities.
- Control and restraint when pressing.
- Angles/distances of support.
- Appropriate compactness between individuals/units/team.
- Receiving as appropriate.

Sliding and screening



Practice organisation

- 8 vs. 8 games (including GKs).
- Area of 70 x 50 yards.
- One team – one theme.
- Offside rules apply.
- Footballs around pitch and beside the goals.

Key coaching factors

PRESSING THE BALL

- When? Why? How?

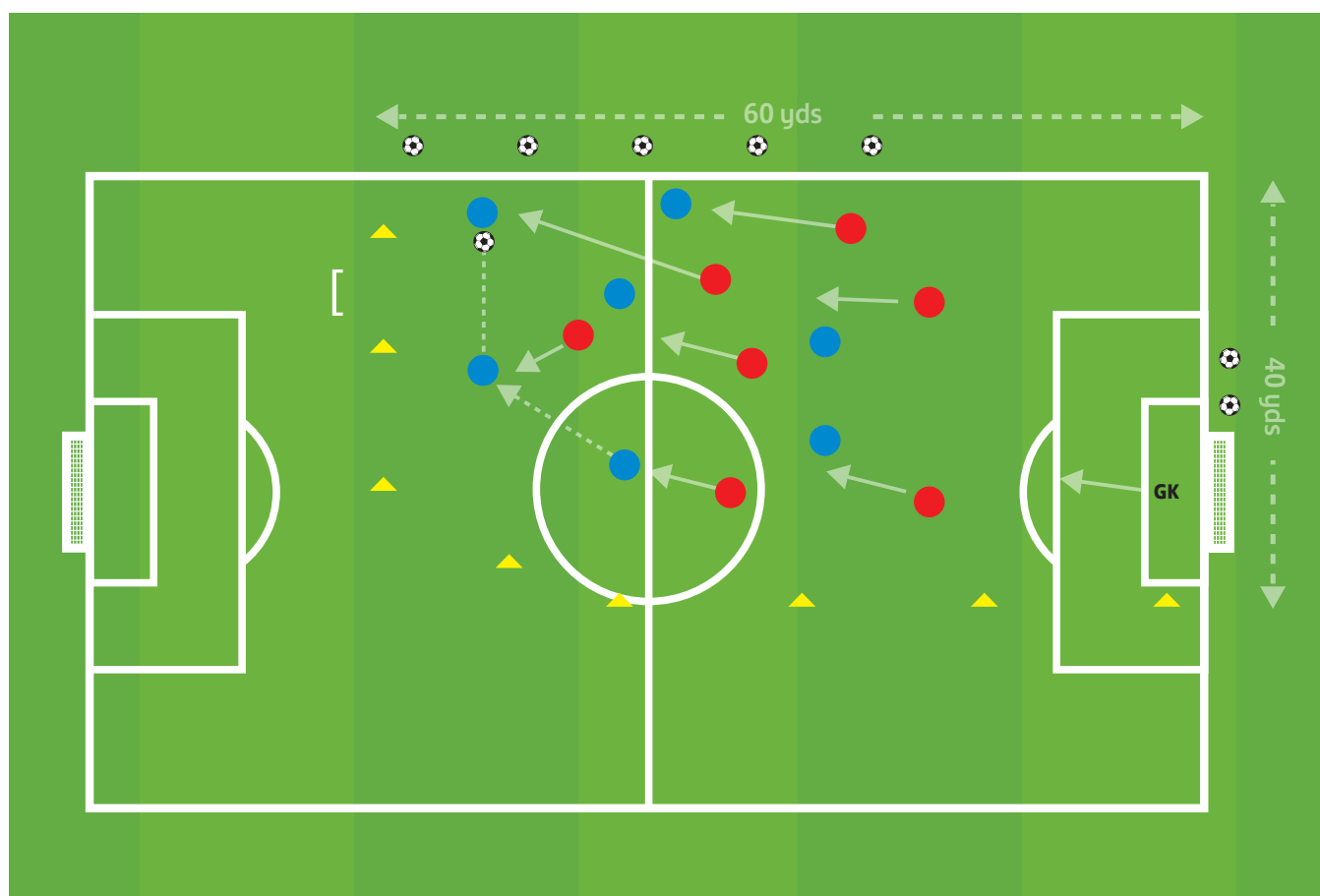
CONCEDING POSSESSION

- When? Why?
- Recovery to defensive organisation.

DEEPER DEFENDING

- 1st defending line.
- Team movement in response to opponent's ball movement.
- Distances and relationships between defenders.
- Reading opponents intentions.
- Preventing penetrative passes when unable to press the ball.
- Directing opponents play into chosen areas.
- Securing the space behind and ahead of the back line.

Defending in wide areas: Functional practice



Practice organisation

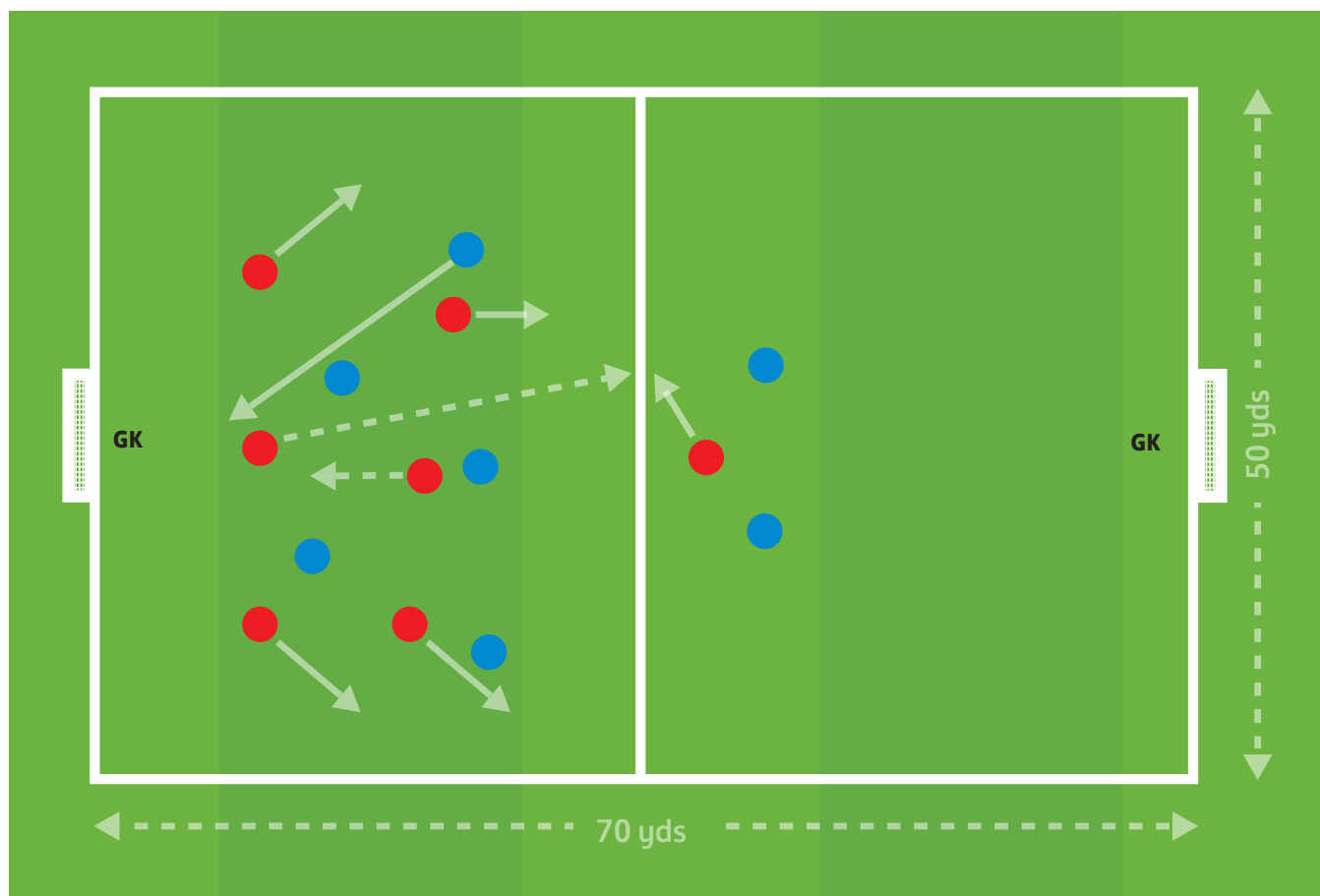
Starting Positions:

- Reds have the ball.
- Red play forward – intercepted by blues.
- Lose possession/free play. Blues attempt to score past GK.
- Area of 40 x 60 yards as illustrated.
- GK – 3 – 3 – 1 vs. 2 – 3 – 2.
- Defend on the half way line.
- Defend in final 1/3.
- Reds on regaining possession - deliver ball into goal behind end line (as illustrated).

Key coaching factors

- Pressing the ball -
 - When? Why? How?
- Supporting the press -
 - Marking spaces.
 - Marking opponents.
 - Who? How?
- Tracking and marking opponents.
- Defending responsibilities in/around the penalty box.

Defend deep to counter attack (S.S.G 8 vs. 8)



Practice organisation

Starting Positions:

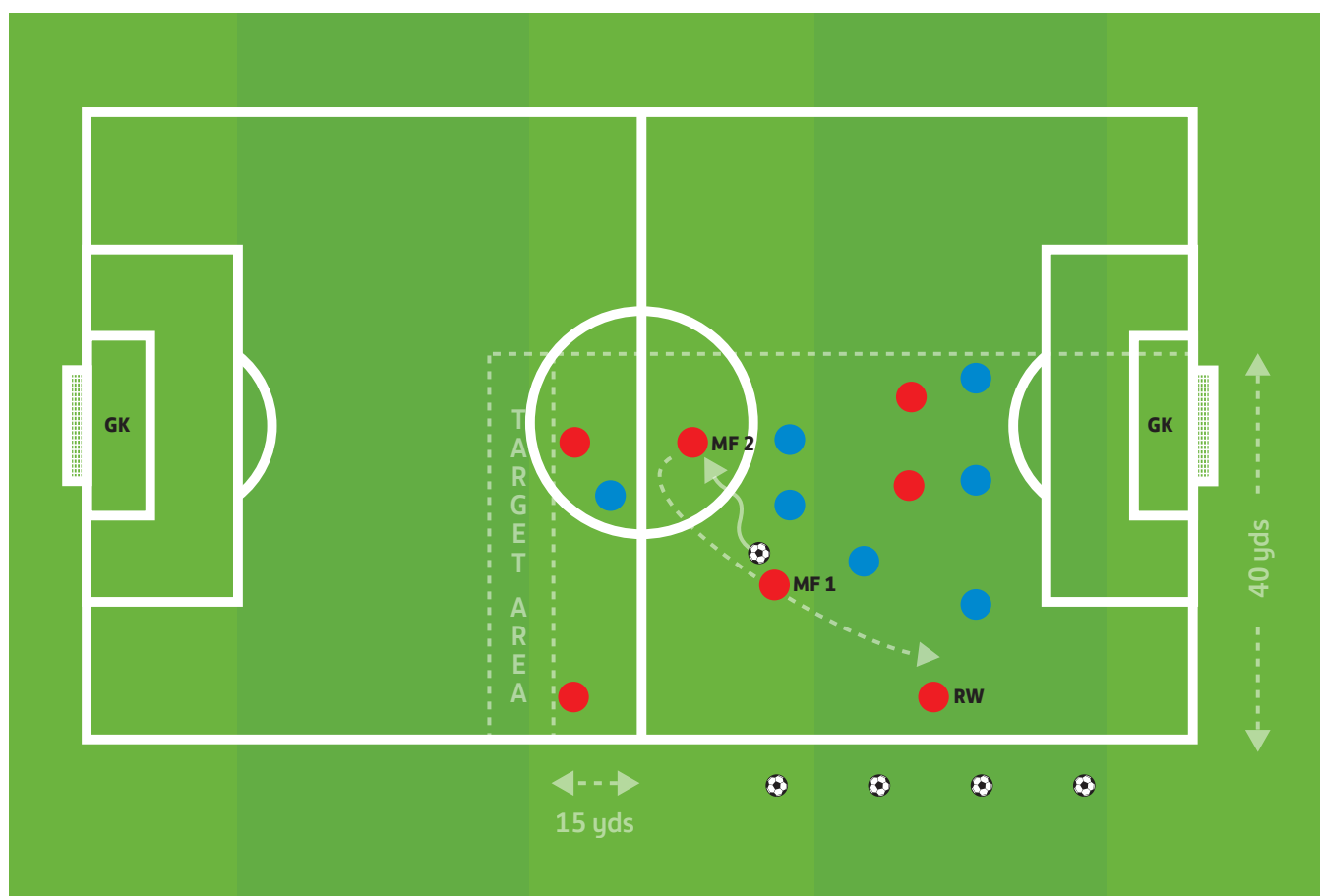
1. GK possession.
 2. Interception from defenders.
 3. Free play.
- Area of 70 x 50 yards.
 - GK – 3 – 3 – 1 vs. GK – 2 – 3 – 2.

Key coaching factors

- Recover possession early if possible.
If not then drop deeper.
- 1st defending line – where?

- Secure space behind back line.
- Pressure applied – Where? When? How?
 - Regain possession from:
 - Pressing.
 - Challenging.
 - Intercepting.
- Early and quick attacking from the regain of possession by: –
 - Early pass release.
 - Running with the ball.
 - Presence of support ahead/around ball.
- Strike at goal from the counter attack.
- Security as counter attack takes place.

Function: Winger to receive and cross



Practice organisation

- 7 attackers vs. 8 defenders (inc. GK).
- Length – half way + 15 yards. - width 40 yds approx.
- Target area for defenders to attack – score with ball under control in area.
- Normal offside rules apply.
- Start with MF1 who runs the ball across pitch towards MF2 – cross over and switch to RW.

Or

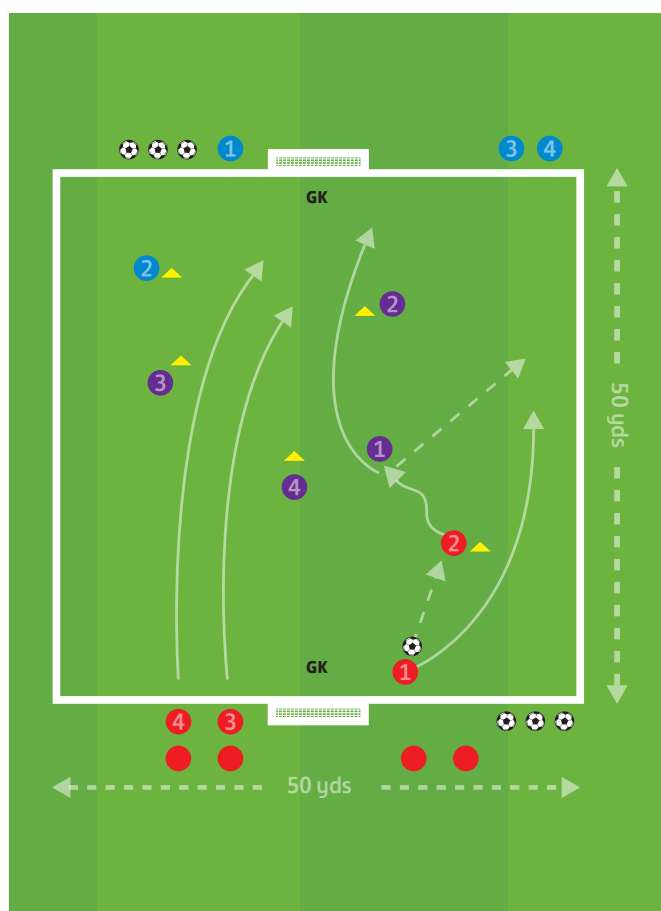
- Work situations for flow of game – overload, clever/combination play.

Key coaching factors

Winger

- Movements to receive as required.
- Selection and quality of pass to the winger/wide forward.
- Receiving skills.
- Eliminate defenders – alone or in combined play.
- Cross selection/execution.
- Movements to attack cross/support play/secure.

Crossing and finishing (Skill)



- Red 2 continues into penalty box after releasing red 1.
- Red 3/red 4 make forward runs into goal scoring areas and attack the crosses from the flank players red 1/red 2.
- D2 attempt to defend the cross and prevent it reaching red 3/red 4.
- Blue can now attack in other direction.

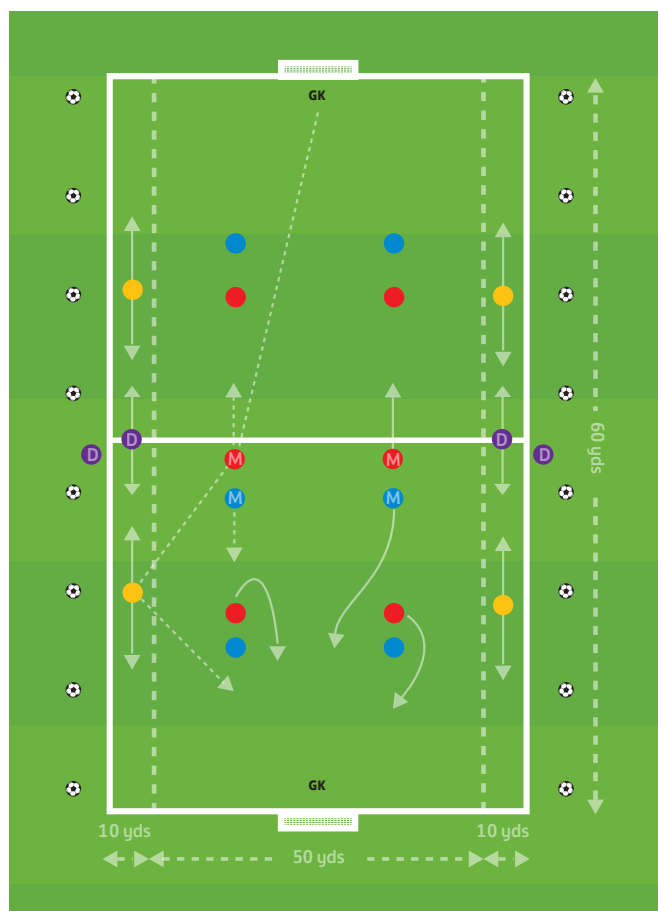
Key coaching factors

- Overlap/under lap – how?
- Releasing the overlapping player – how, where?
- Crossing the ball from distance –
 - Observe the penalty box situation.
 - Decide an area to cross and type of cross.
 - Avoid GK and defender.
- LATER – over lapper attack infield with ball and cross.
- Goal scoring –
 - Observe the situation on the ball.
 - Identify spaces in box to attack.
 - Timing and type of runs to move to the ball.
 - Decision-making on skill to score.
 - Quality of contact (technique).

Practice organisation

- Area 50 yards long x 50 yards wide.
- Footballs at starting point of the practice, with red 1 and blue 1.
- 2 GK's, 4 defenders, outfield players.
- A crossing channel (early part of practice).
- Defenders start 20 yards from goal.
- Red 1 pass forward and diagonally to red 2 and over/under lap. red 2 attack the defender with the ball and either feed red 1 on the overlap to cross OR eliminate the defender and feed red 1 on an overlap to cross.

Attacking in wide areas (Squad)



Practice organisation

- Area 60 yards long x 50 yards wide.
 - Crossing channel – 60 yards x 10 yards.
 - 22 players.
 - 4 pairs of attackers/defenders.
 - 4 neutral wide players.
 - 4 midfield players (2 for each team).
 - 2 defenders (1 in each channel) and 2 resting defenders (change after 90 seconds work).
- 2 goalkeepers.
 - GK supplies MF (unopposed) to start practice. MF feeds ball to any neutral wide player.
 - D's react to service to wide player. Wide player produces crosses from crossing channel.
 - 1 MF along with two attackers attacks the cross into goal-scoring areas.

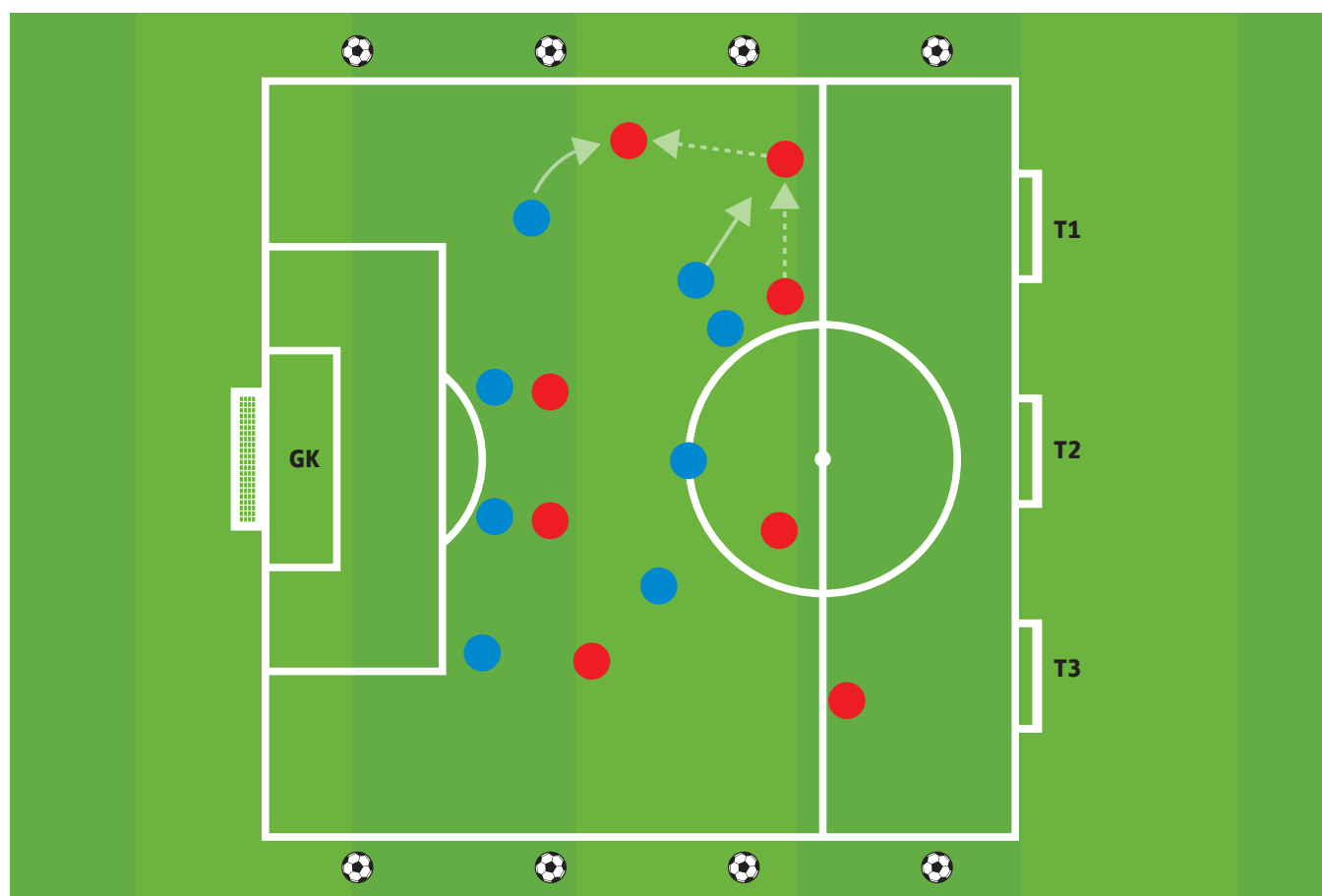
Key coaching factors

- Wide players:
 - Available to receive passes.
 - Aware of reactions of defender in channel.
 - Overlap/under lap/wall passes to produce crossing opportunities.
- Delivery of the cross:
 - Observe circumstance in scoring areas.
 - Choice of delivery for cross.
 - Delivery quality.
- Cross early – how, where?
- Cross later – how, where?

Developments:

- Wide player may attack infield with the ball to produce shorter distance crosses and passes/strikes at goal.
- Far side red moves into goal-scoring areas.

Phase: Wingers when forced inside



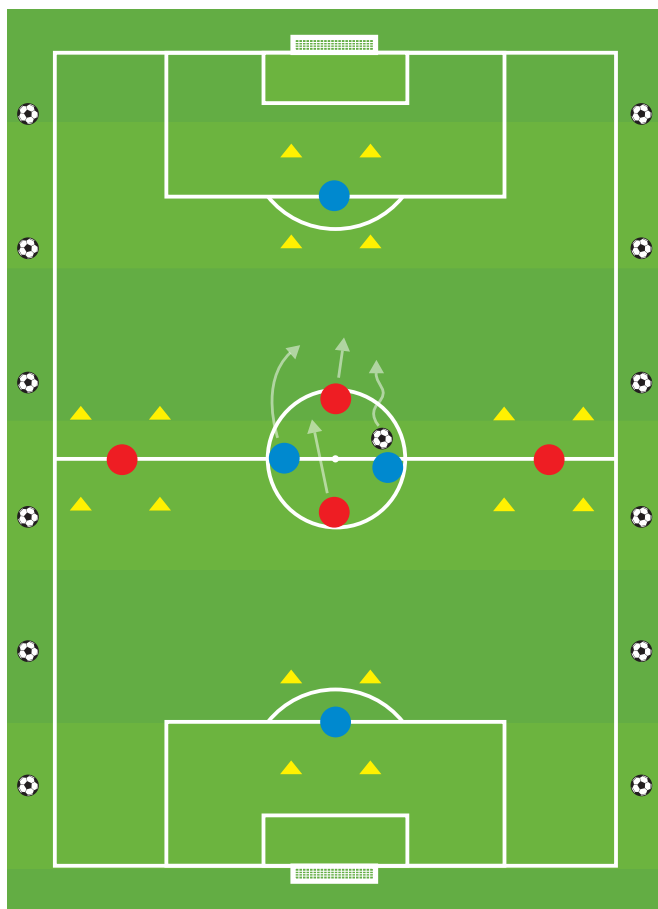
Practice organisation

- Full width, $\frac{1}{2}$ way + 10 yards.
- Defenders score by taking ball under control through T1 - T2 - T3.
- 8 attackers and 9 defenders (inc GK).
- Normal offside rules apply.
- Start MF, pass to RB then RB passes to RW.
- Ensure realistic start positions in relation to ball.
- All react realistically.
- Work both sides through free play when possible.
- Defending team 'show infield' – how?

Key coaching factors

- Movement to receive and receiving skills.
- Carrying and protecting the ball.
- Release – shooting/passing.
- Movement in advance of the ball to clear space/link play.
- Movement behind to support/secure play.

Defending when outnumbered - Skill practice



Practice organisation

- Full pitch with boxes marked by cones set-out as illustrated.
- 8 players, arranged 2Reds and 2Blues in centre circle, plus 2Reds and 2Blues who serve as target players, one in each of the 4 boxes, as shown. 1 ball.
- Practice starts with: 4 players in centre circle passing randomly.
- Either Reds or Blues initiate attack with one player breaking from circle supported by team mate, looking to gain entry to the target box.
- Opposing player in circle, closest to box being attacked; drops off to defend against counter (1 vs. 2).
- Defender delays attack whilst team mate from circle recovers from behind ball (to make 2 vs. 2).

- Players in possession can only pass (below head height) through front of box or run ball into box.
- If recovering players gain possession: they pass to either of their target players located in boxes to conclude practice.
- Practice recommences with players from circle and boxes alternating position and changing point of attack from circle.

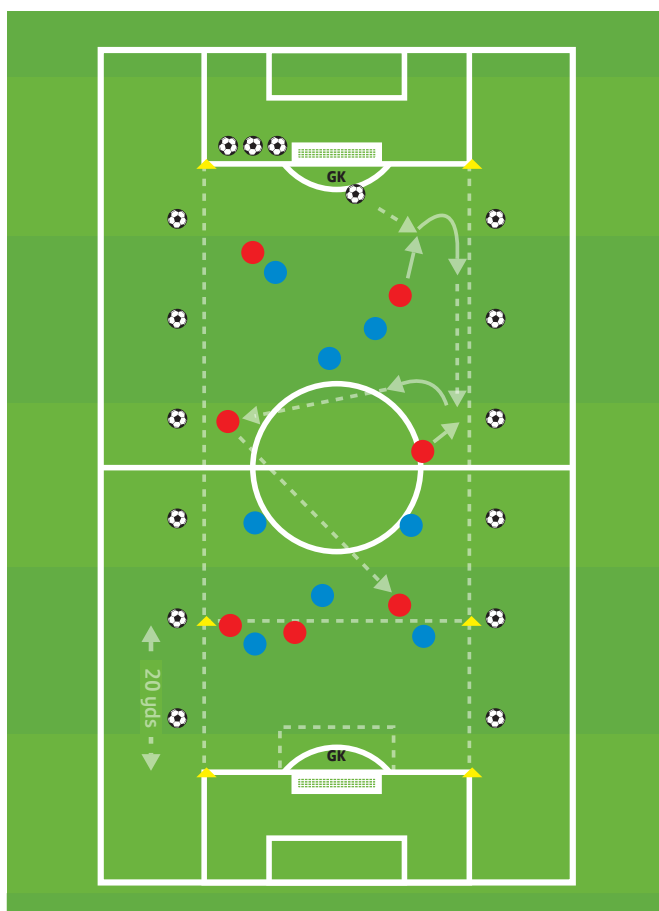
Detail

- D presses ball, deflecting play away from supporting A – when?
- Body shape of D: low stance, split feet, changing feet as appropriate, shoulders forward.
- Staying inside line of ball and goal.
- Attempt to tackle off front foot and remain on balance, if not successful.
- Simple progression for this practice is: A's have to score within a time frame (e.g 6 seconds).

Key Coaching Factors.

- Quick realisation and reaction to movement of players from centre circle.
- Initial D engages attack early without becoming isolated too far from defensive box.
- D denies space, delays progress, deflects ball to defend target box whilst recovering D makes ground.
- Recovering D engages ball if possible on his recovery run.
- Once recovery is complete: defend with two as required.

Defending when outnumbered - Squad practice



Practice organisation

- Full pitch marked with cones (penalty area to penalty area) including a 20 yard channel marked across pitch and goals at each end, set out as illustrated.
- 17 players (inc 2 GK's), 1 ball.
- Practice starts with FB dropping to receive the ball from GK on the edge of the penalty area, as shown.
- FB's are initially unopposed and feed ball to MF.
- MF's play 2 touch and feed into A's who play with any number of touches.

- 3 vs. 3 in attacking area.
- On gaining possession – defending team attacks their opponents who are allowed to defend with 2FB's and 2MF's v 3 counter attacking D's, creating 4 vs. 3 initially, leading to 5 vs. 4 with MF players from both teams joining in.
- Offside rules apply.
- Practice recommences with original set-up from GK.

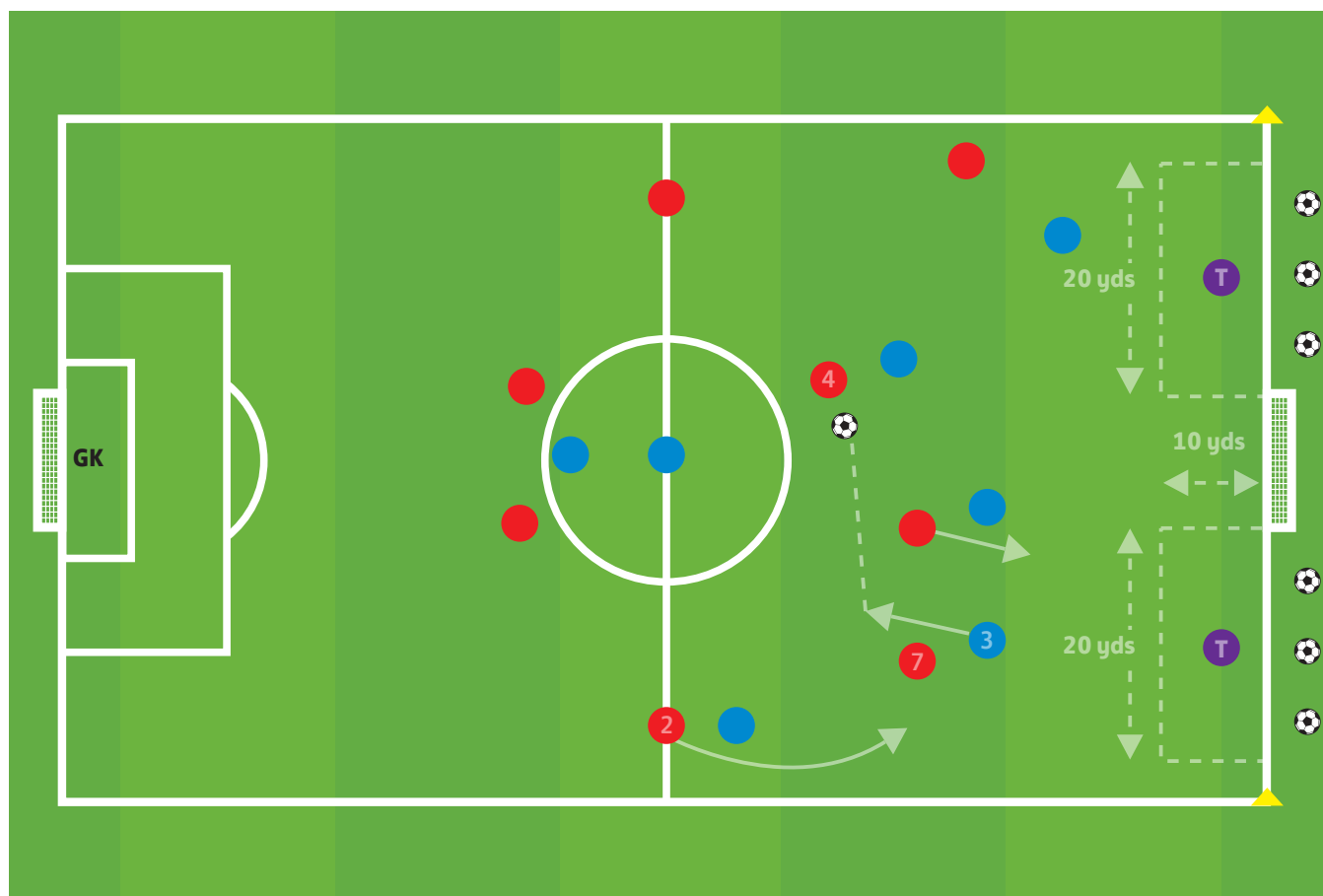
Detail

- Good concentration and communication of GK and FB's when attacking team is in possession: anticipating/assuming turn over.
- D's deny opportunities behind defence through early pressing and D's positioning on half turn.
- Show good judgement on when to leave marker and press ball.
- Simple progression for this practice is:
 - Initially: one forward is active to press first ball out from back.

Key coaching factor

- Attackers try to win ball early.
- Defenders delay progress of opponents and remain narrow.
- MF player tracks attacker's runs, looking to get goal-side of ball and player.
- Forcing play away from goal as a unit.
- GK supports defenders from behind with good position and communication.
- Defending team try to remain as compact as possible to defend goal.
- On regaining possession: defenders make early pass from back into MF and forwards, whilst pushing-up from back marking and assessing opponent's recovery.

Defending when outnumbered (Phase of play)



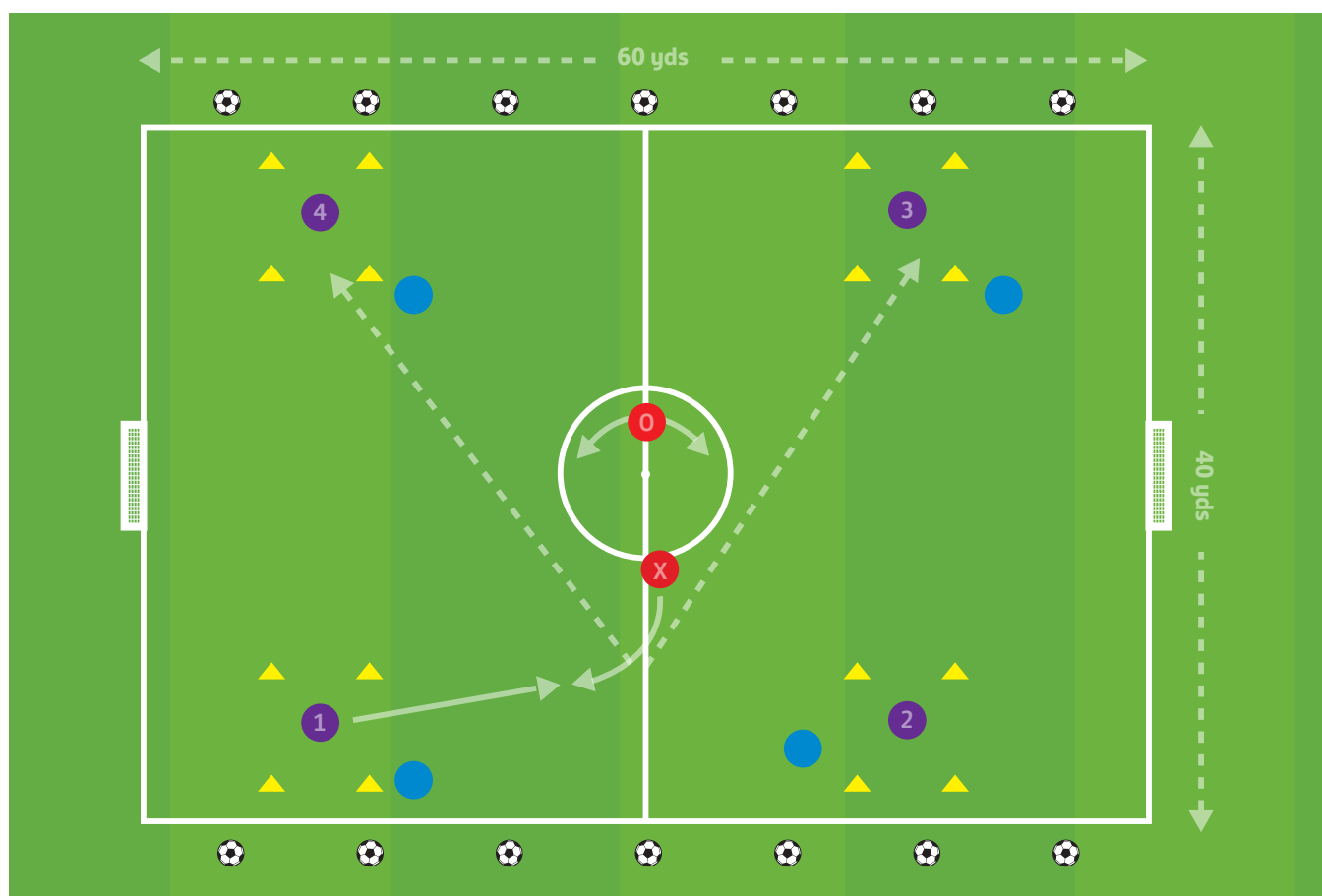
Practice organisation

- Area – $\frac{2}{3}$ pitch and full width.
- 8 red's and 1 GK vs 7 blue's.
- Red 4 MF attempts a cross field pass to overlapping red 2 with red 7 having moved infield to vacate the space.
- FB blue 3 intercepts the intended pass ahead of red 7.
- Blue's attempt to score.
- Red's recover, regain possession and attempt to pass to target in the boxes who will within 2 touches pass to blue's to attack quickly if possible.

Key coaching factors

- Early decision:
 - Delay the attack early through pressure.
- Or
 - Recover and regroup to a 'later' defending position.
- Recovery runs to?
- Deflect the attack to?
- Delay the speed of the attack – how?
- When to engage the player in possession of the ball.
- Positioning and responsibilities of back players and recovering defenders as the attack is delayed.
- Regain possession and attack as appropriate.

Central midfield - Receive and distribute



Practice organisation

- Area of 60 x 40 yards.
- 4 servers and 2 MF players.
- S1 feeds X to turn and distribute initially to find S3 or then S4.
- Repeat using O working with S1 and S2 to pass to.

Development 1

- Receiver combines play with other MF players (eg X with O) and distribute the ball to S players who change places.

Development 2

- O and X change places up and down to receive possession from S players.

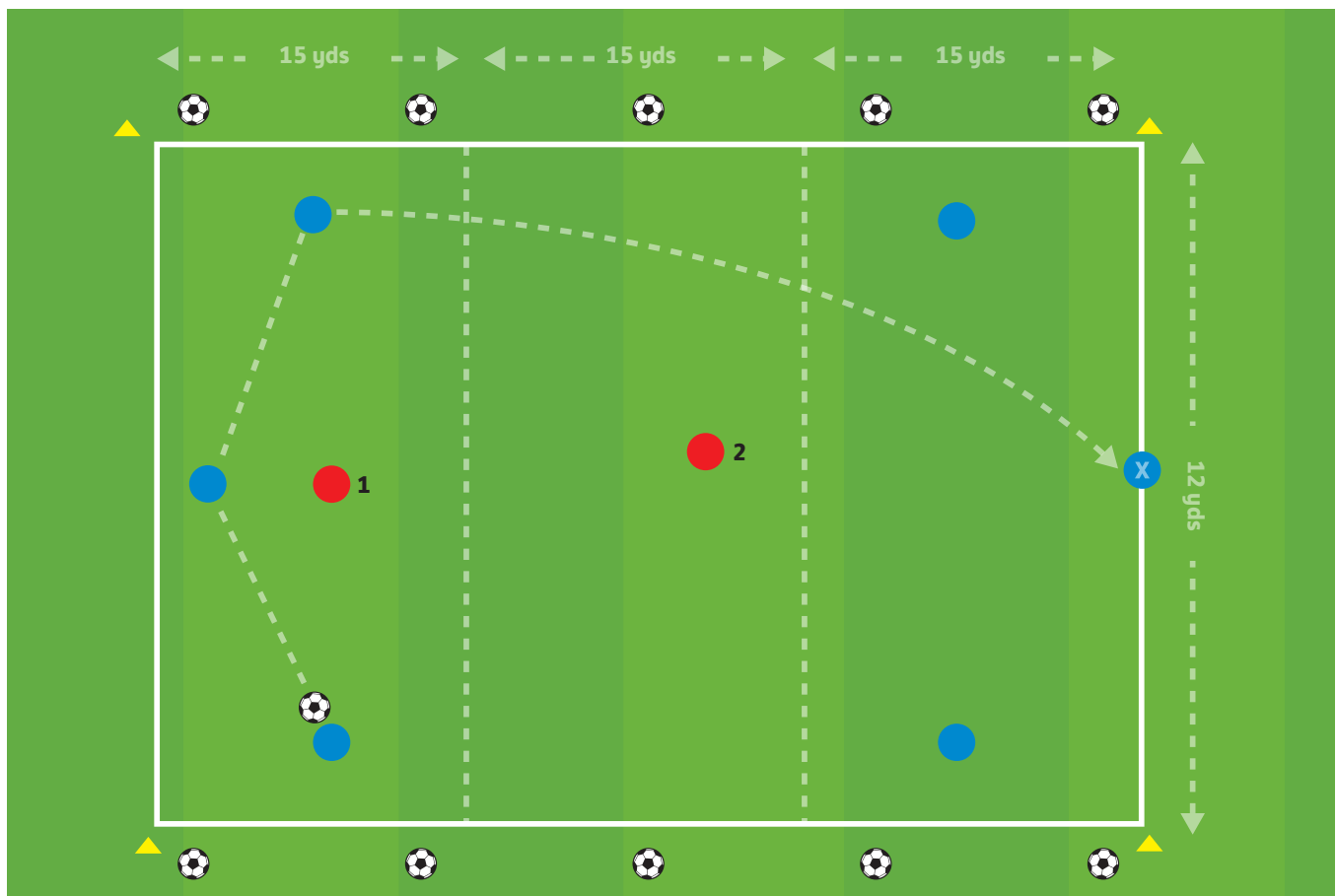
Development 3

- Include a defender in the central areas to oppose X and O on gaining possession.

Key coaching factors

- Positioning to receive at angle.
- "Know" circumstance before/as receive.
- Turn on receiving the ball (variety of turns).
- Quality of turning touch.
- Distribution quality:
 - Over varying distances and angles.
- Passes to feet or space ahead of receivers.

Central midfield - Receive and distribute (Skill practice)



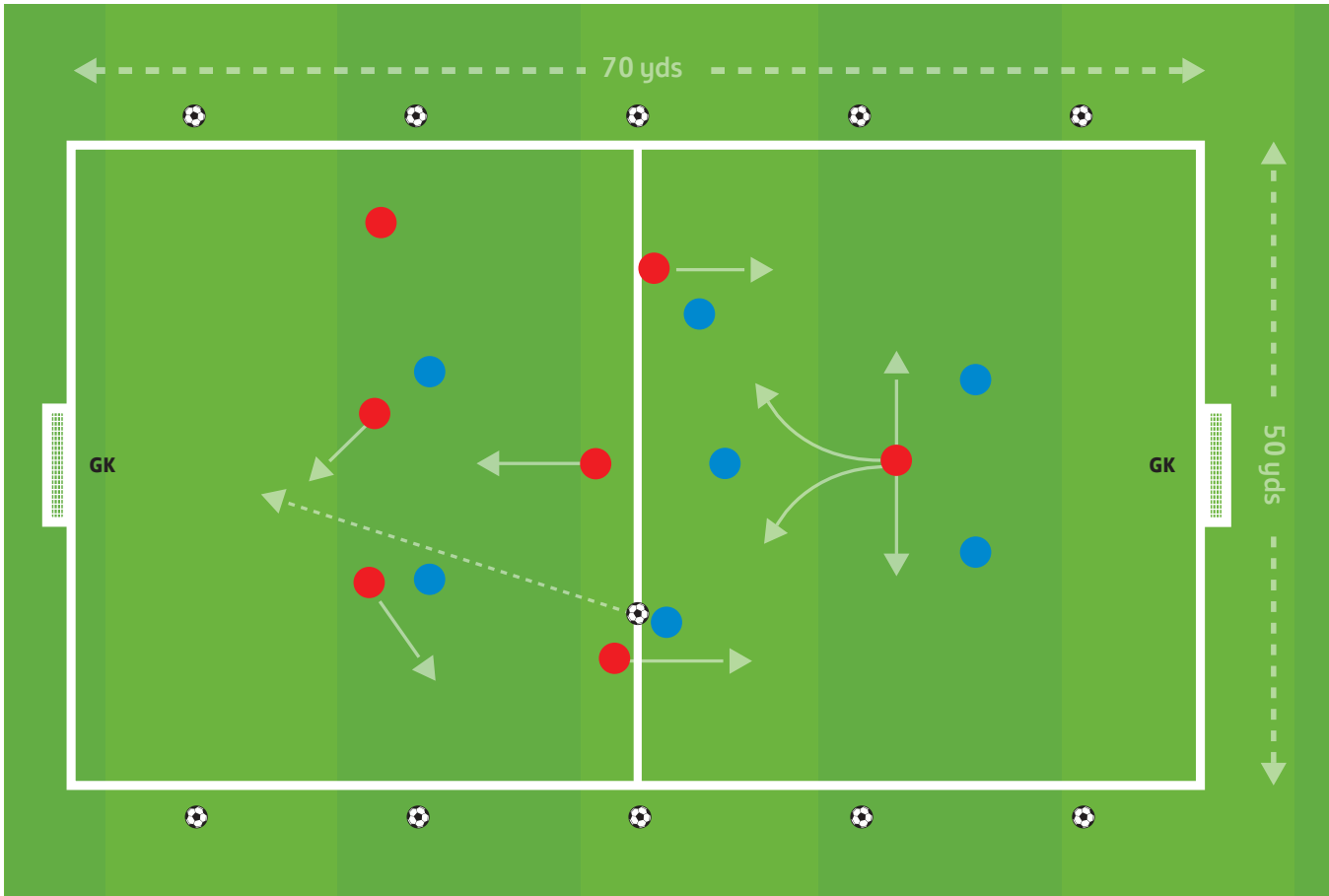
Practice organisation

- Area of 45 x 12 yards wide (as shown).
- 3 attacker's v 1 defender in one zone. 1 defender in mid-zone, 3 attacker's at opposite end with one mobile along the end line.
- Play 3 vs. 1 until one of the attackers (MF) recognises and takes the opportunity to deliver a long pass to X, who is mobile along end line.
- Both defenders change roles with red 2 now pressuring the three attackers and red 1 occupying the mid-zone.

Key coaching factors

- Support and movement to receive the ball.
- Quality of 1st touch in order to set the ball up to deliver over some 45 yards.
- Range and deliver the long pass with accuracy.
- Quality of the delivery –
 - Accuracy, applied spin if necessary.
- Employment of both feet and different surfaces of the foot to produce different deliveries.

Central midfield play - (S.S.G 8 vs. 8)



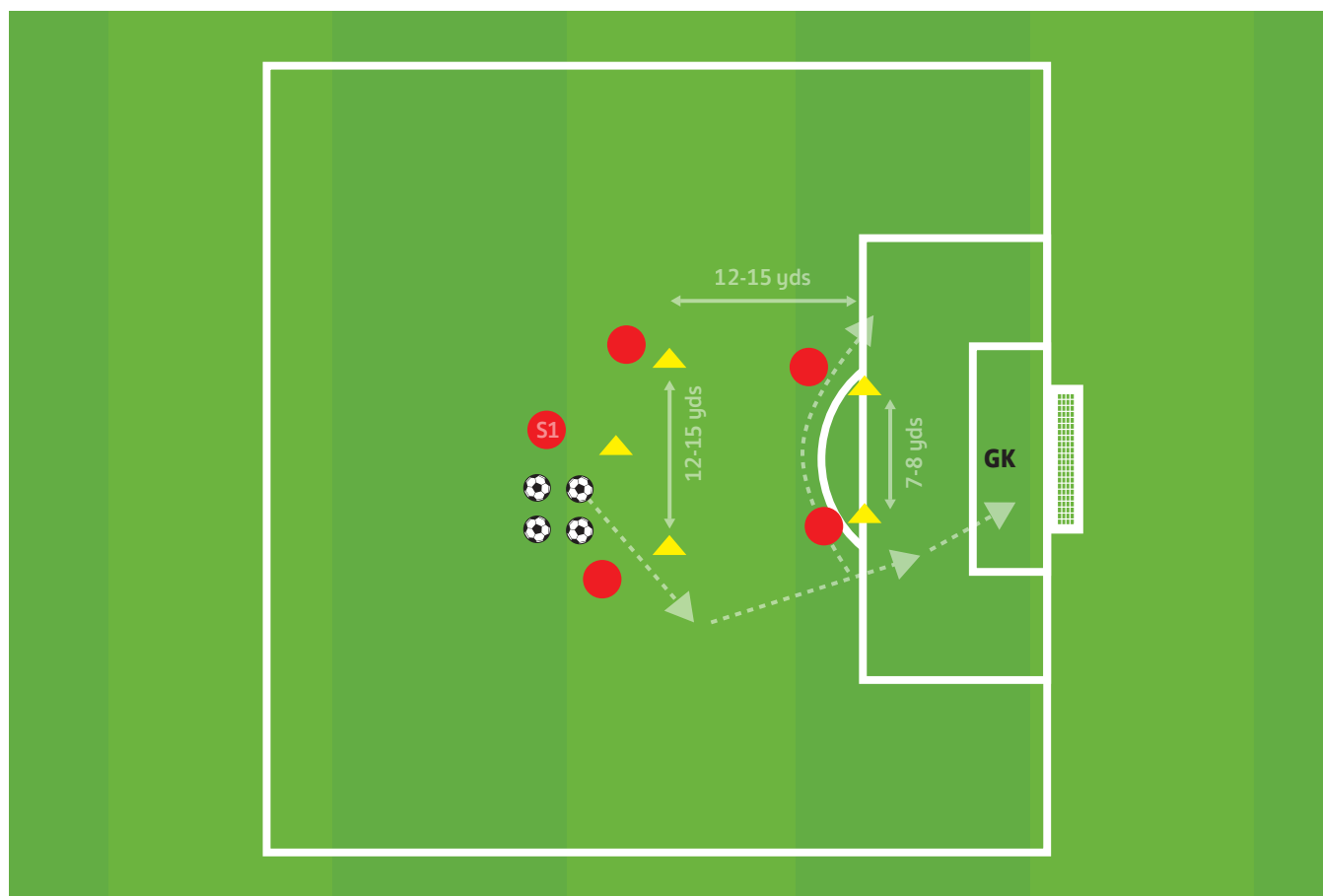
Practice organisation

- Area of 70 yards long by 50 yards wide.
- GK-3-3-1.
- GK-2-3-2.
- 1 Ball.

Key coaching factors

- Positioning and/or movement to receive the ball and body position.
- Awareness on receiving passes.
- Possession priorities –
 - Turn.
 - Secure ball.
 - Supply others.
 - Run with ball.
 - Combination.
- Support and interchanges of possession around/ahead of ball.
- Playing out of middle areas.
- Support and security from back play.

Advanced technical practice: Forwards movement and finishing



Practice organisation

- Supply of balls at S1.
- Cones/mannequins for reference points.
- Work formal patterns initially – into free movements.

Detail

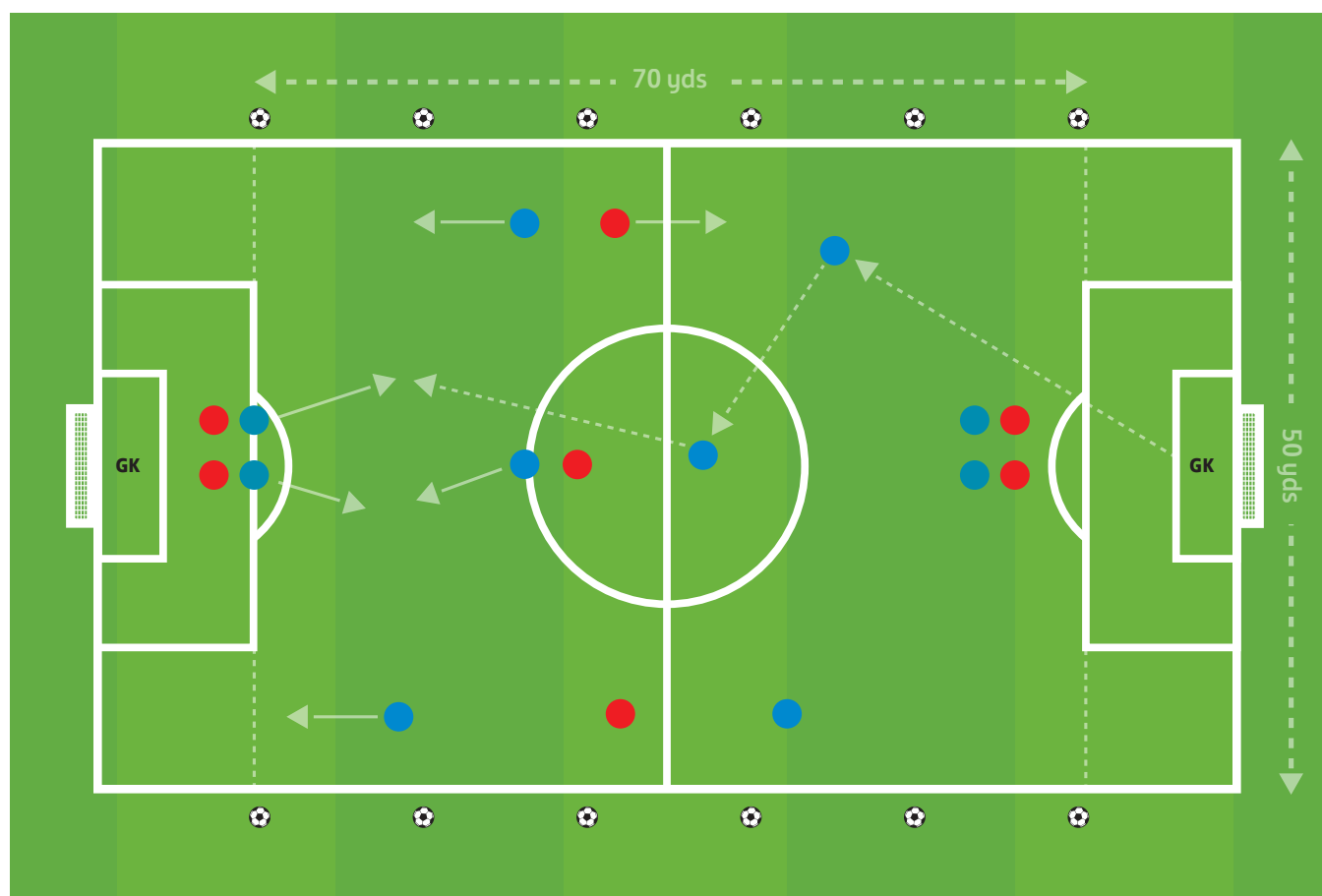
- Work with one striker to initiate movements based on transfer of the ball. Work to receive behind, inside, in front of defender (mannequin). Repeat from both sides.
- Work with 2 strikers to combine movements based on transfer of the ball. Work to play to furthest striker, nearest striker to combine, nearest striker to set back etc.
- Ball can be played in from wider servers or central server based on demand and movement patterns required.
- Gradual introduction of defenders.

Key coaching factors

Strikers

- Recognising possible pass routes from servers.
- 'Knowing' distance and angles from mannequins.
- Timing of movement to position to receive passes from servers.
- Observation of GK positioning.
- Appropriate striking skill.
- As above and possible combination plays between strikers.

Strikers movement/finishing (Individual combined movement) - Squad



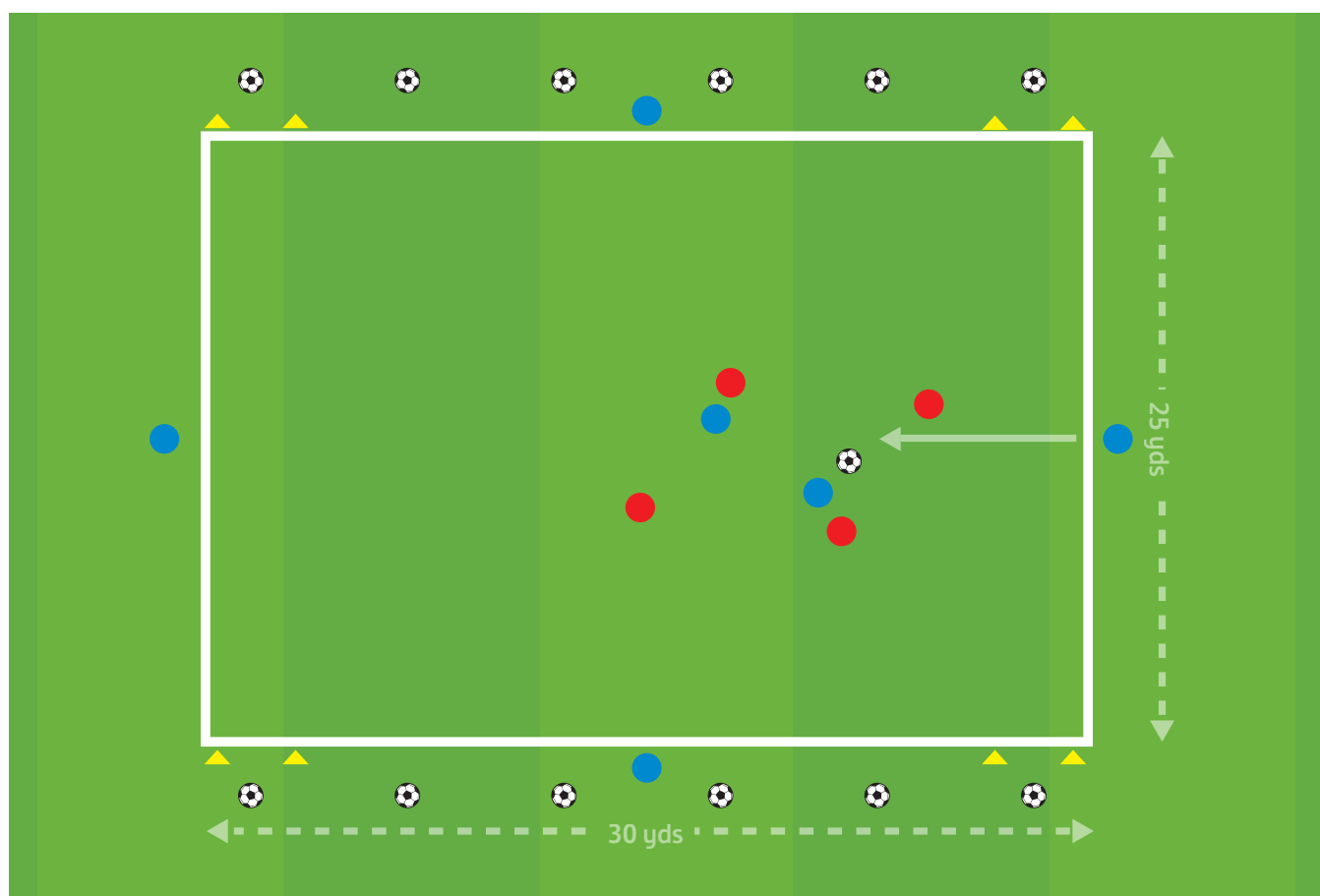
Practice organisation

- Penalty box to penalty box on a full size pitch.
- 70 x 50 yards.
- Footballs around the pitch.
- 7 red players, 10 blue players and 2 goalkeepers.
- Goalkeeper commences the practice by distributing to a blue player, who supplies the strikers to combine with others.

Key coaching factors

- Quality of passing and receiving skills on developing the play.
- Timing of movement by strikers.
- Awareness on receiving possession.
- Individual skills of turning, passing to others, holding the ball.
- Combination play between two strikers.
- Goal scoring – decisions and execution of skills.

Skill practice: Counter attacking - Winning the ball back



Practice organisation

- Area of 30 yards x 25 yards.
- Inside area 4 vs. 2. On outside 4 support players who play with 2 when they are in possession (creating 6 vs. 4).
- 2 + 4 seek to retain possession (conditions may be imposed on 4 outside players if required).
- 4 inside grid look to regain possession and release player through any target gate within specified time limit (eg: 4 seconds).
- Key focus for 4 inside grid:
 - Efficient and effective collective pressure on the ball.
 - Preparatory release of 1 player in anticipation of regaining possession.
 - Exploiting turnover quickly with efficient movement of ball and players as appropriate.

Key coaching factors

Defenders

Decision making:

1. Press ball, or
2. Patience as a unit to manoeuvre ball into favourable defending area.

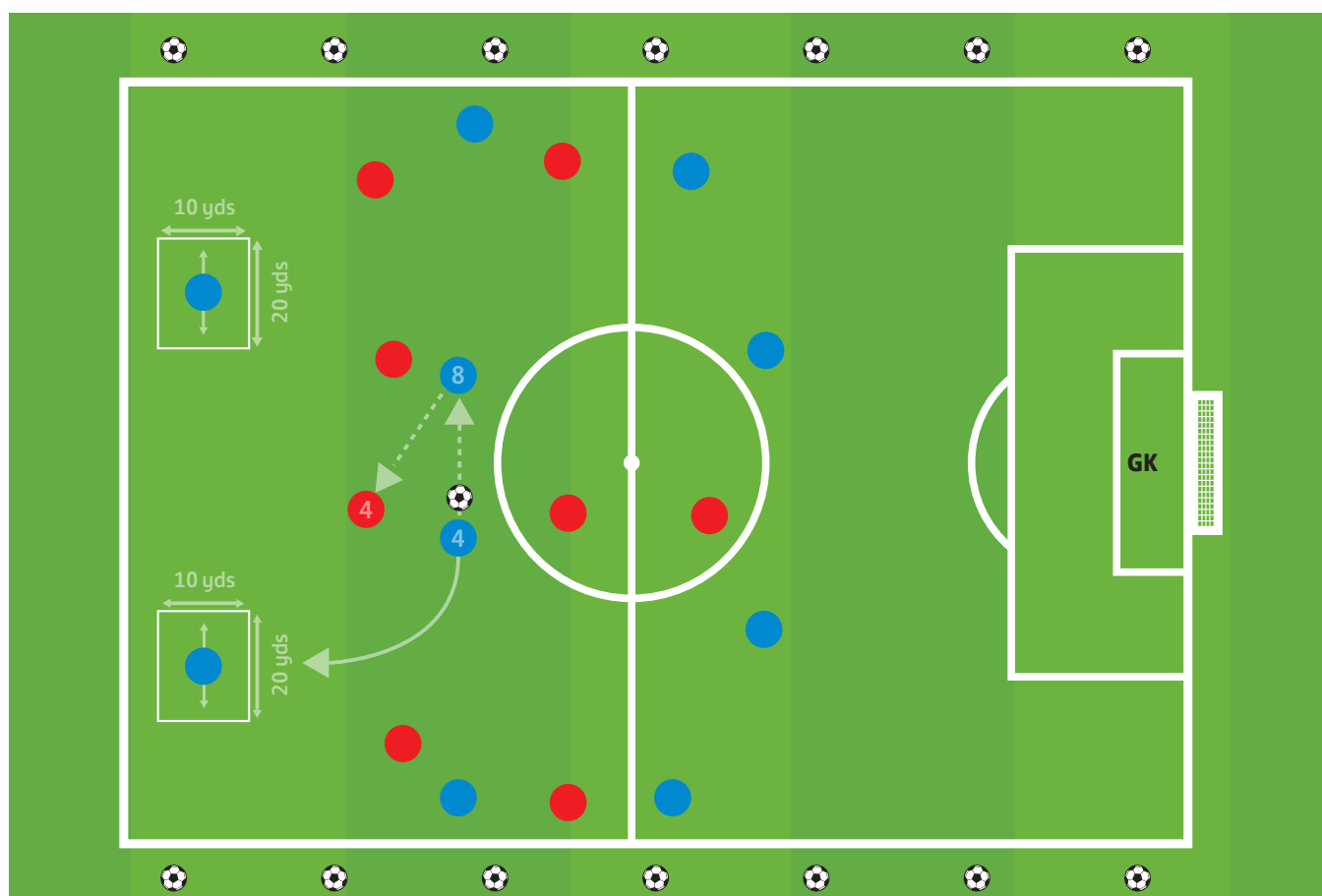
- Press and support the press.

1. Preventing certain passes.
2. Challenging, pressing opponents.

On regain of possession:

1. Early decision to counter-attack; where, how?
2. Support for counter attack.
3. Change of direction if necessary.

Counter-attack - Phase of play



Practice organisation

- 9 blues (inc GK) vs. 8 reds.
- Two target players in boxes for blues to find when in possession, and to then within 2 touches, pass to any red to initiate an early and possible counter-attack situation.
- Blue 4 passes to blue 8 and moves forward for the return pass.
- Red 4 intercepts the intended pass to blue 8 from blue 4 and initiates a counter-attack.

Key coaching factors

- Recognise the possibility of a counter-attack on moving to intercept passes.
- Start any counter-attack with an early decision to do so AND:
- Pass early and quickly to a player ahead of the ball.
- Run with the ball.
- Quality of the first touch to pass or to run with the ball.

Players ahead of and around the ball make:

- Outlets to receive possession.
- Runs to support the counter-attack.
- Continue the counter-attack to its conclusion or build if opponents recover quickly and prevent the early penetration.

11 vs. 11

THEORY

- Why is 11 vs. 11 necessary?
- Purpose of 11 vs. 11 coaching?
- How to consider 11 vs. 11 sessions? – Methodology.
- Stages of conducting 11 vs. 11 sessions

PRACTICE

- Organisation and explanation of team system, tactics and player roles?
- Information on rules, circumstances in practice (eg. opponent tactics/ style of play).
- Purpose of session being conducted?
- Observation position of coach?
- Observation factors?
- Intervention skills?
- Communication skills?
- Progress of the practice – logical, explained to students etc.

Clarity in understanding of: - process, content and outcome (achieving what you want).

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Q: What are the **signs** of a good youth football coach?

- ☐ Motivated players
- ☐ A team that enjoys playing more than winning
- ☐ Players with self-esteem

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