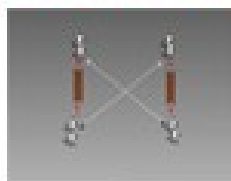


GRASSROOTS TRAINING DRILLS

EXCLUSIVELY AVAILABLE TO READ ONLINE AT DISCOUNTFOOTBALLKITS.COM

EVERY SESSION OF 2013



[CLICK HERE TO READ
THIS TRAINING DRILL](#)

TRAINING DRILLS CREATED BY:



**LEVEL 5
QUALIFIED COACH**



**WATFORD
U15'S COACH**

Training session created by



In association with



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the UK's leading branded teamwear specialist

The Partnership

We appreciate and acknowledge the dedication of Grassroots Managers, Coaches, Secretaries, Chairman's etc. These individuals dedicate their time to grassroots football, for the benefit of the players and local communities. That's why Discount Football Kits have teamed up with a number of influential coaches, tacticians, and sports writers to bring Grassroots training drills and football related stories to Grassroots managers, coaches & players, all **Free of Charge**.

When we had the chance to team up with Level 5 Coach Louis Lancaster it was an opportunity we did not want to pass up. We believe passionately that equipping grassroots coaches with more information will improve the grassroots game, while more importantly improve the fun all kids are able to have.

We are therefore providing every training drill of 2013 provided in association with Louis Lancaster in this one single document.

About Discount Football Kits

We are the UK's largest specialist supplier of branded football kits, tracksuits, rain jackets, footballs & accessories. With over 250,000 items in stock we can offer the best combination of price, service, lead time, & delivery. We only deal with the four major brands that have the same dedication to grassroots football as we do and the thousands of team managers, coaches, players & parents we supply every year.

About LOUIS LANCASTER - Level 5 COACH

"I have invested a huge amount of time and effort in developing myself. I have worked abroad, coached mixed abilities male and female ranging from 4 years old to senior professionals, which has all led to valuable experiences. The game as we know is evolving and I would like to consider myself moving in the same direction. In October 2011 I was selected as one of 16 candidates with an A License over the past decade to be the first to work towards the world's first Elite Coaching License (Level 5). This FA pilot program has helped me formulate a clear coaching philosophy, develop my practical experience, expose me to new thinking - especially around player and coach development - and test out my abilities."

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Follow US!

You can keep up to date on the latest offers, along with the latest coaching sessions, football blogs and information by following one of our accounts below.



Or visit the website and blog;

www.discountfootballkits.com

www.discountfootballkits.com/blog

You can also follow Louis Lancaster on Twitter [@LouisLancs](https://twitter.com/LouisLancs)

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Training Drills

There are many training drills that cover everything from shooting, dribbling, pressing, ball control and much more.

We hope that these sessions will help grassroots coaches and clubs.

Coaches are also able to develop and adapt each of the drills provided.

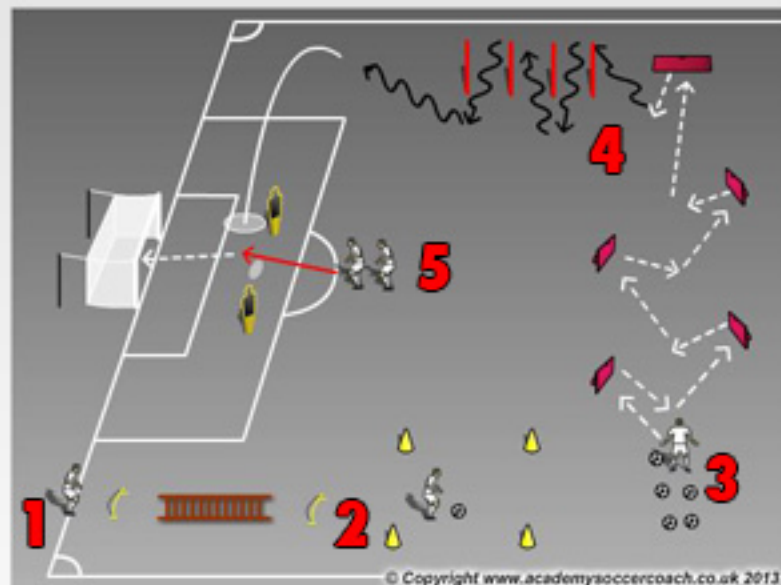
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FOOTBALL CIRCUIT

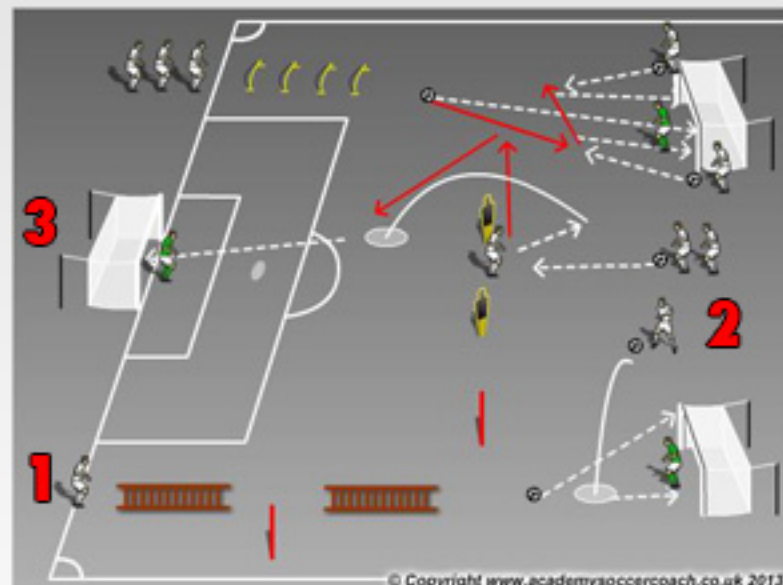


Process

1. Over the hurdle, through the ladder and over the hurdle.
2. Six quick turns within the square (leave the ball).
3. Go through the rebound boards.
4. Dribble through the poles and then explode out and produce a cross (then go to edge of the box)
5. Attack the cross and then repeat the circuit.

TIPS TO SUIT THE PLAYERS NEEDS

- Numbers are never a problem as you can add activities, also players go round on a conveyor belt system
- Try and use the four R's (receiving, releasing, retaining and running with the ball)
- This can be used as a call down or an intense session depending on work to rest ratios.
- Try different activities and see how they work. Get feedback from your players and in time get them to identify what they feel are crucial.



Process

1. Through the ladder, touch the pole, through the ladder, touch the pole followed by a striker and then a finish from a cross.
2. Play into the striker who plays it back. They move into the space in behind and play a pass to meet the run. The striker goes through to finish at goal and you become the striker.
3. Through the hurdles and then strike at goal. The receive a pass from each of the servers next to the goal

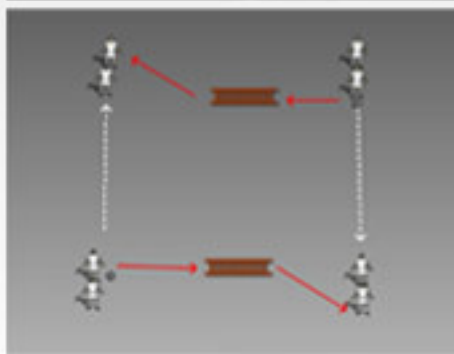
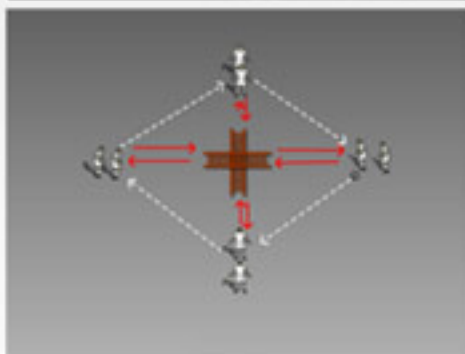
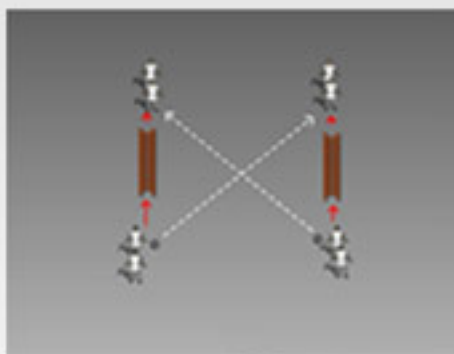
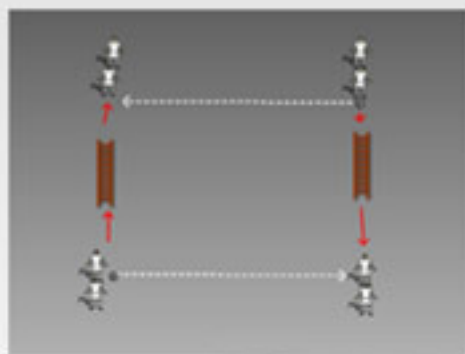
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SPEED AND AGILITY LADDER DRILLS

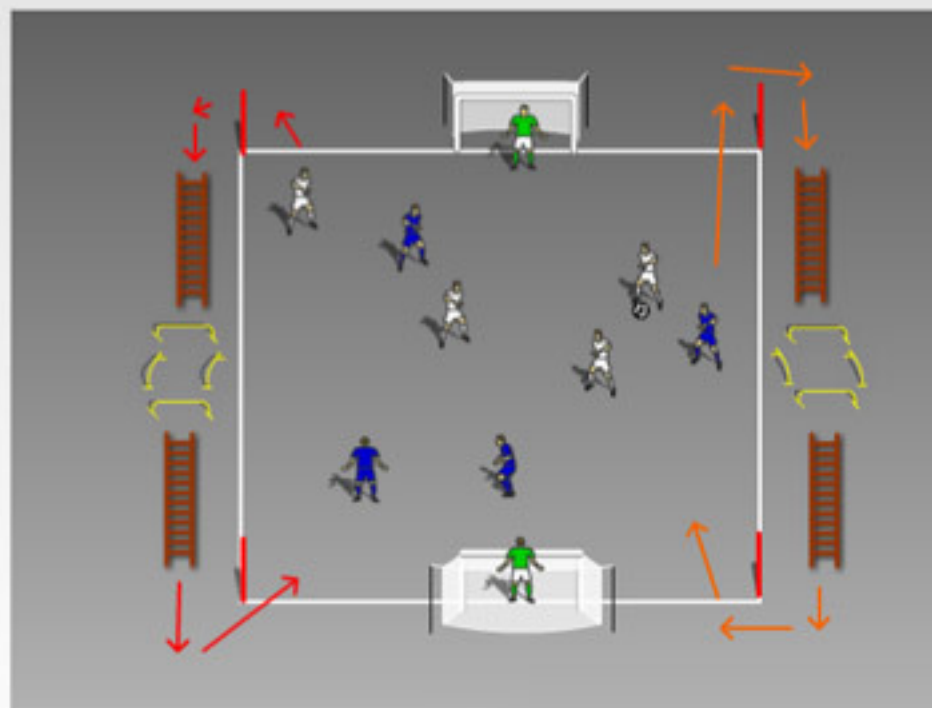


Rules:

- Pass in one direction and move in another through a ladder.
- Remember technique is crucial through the ladders, it is not race.

Progressions:

- There are countless combinations.
- Set up team patterns.



Rules:

- Game 4v4, 5v5, 6v6 etc.
- Each player is numbered.
- During the game the coach calls out a number and those players have to run off the pitch and complete the course.

Progressions

- Play for 3 minutes with only one team completing the course allowing overloads and then swap.
- Change the course.

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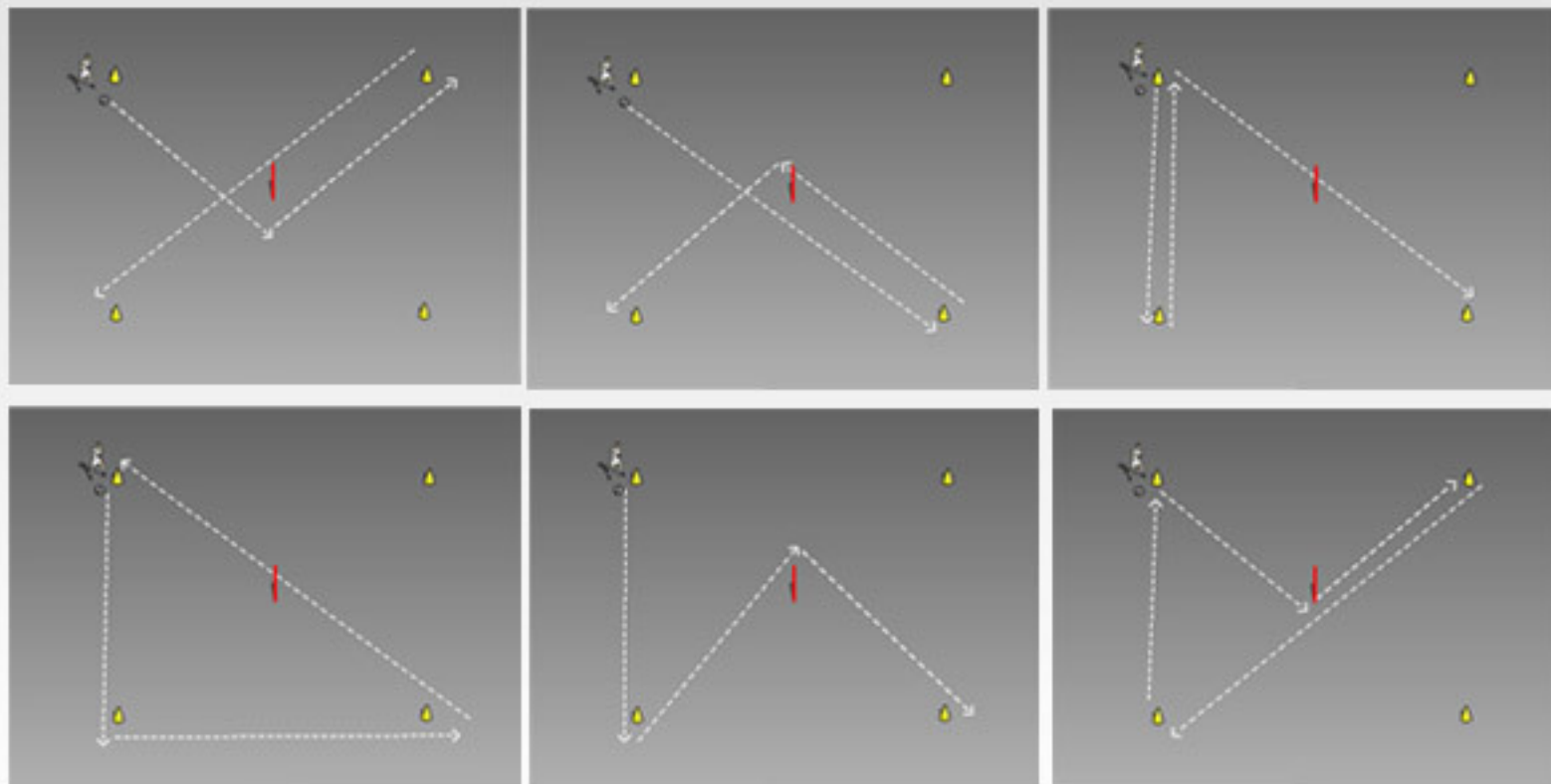


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The equipment required for this training drill is available to purchase from discountfootballkits.com

OFF SEASON INDIVIDUAL TRAINING



- I would suggest spending 10 minutes at least 3 days a week practicing.
- Use the courses above and feel free to design your own.
- Use all 6 parts of the foot (Inside, outside, sole, laces, heel and toes).
- It is imperative you use your weaker foot.
- Decelerate into the turns and accelerate out of them.
- If practicing with a friend, let them start in the opposite corner and race!

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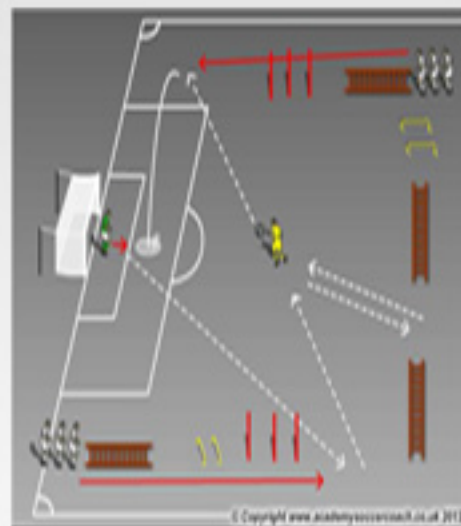
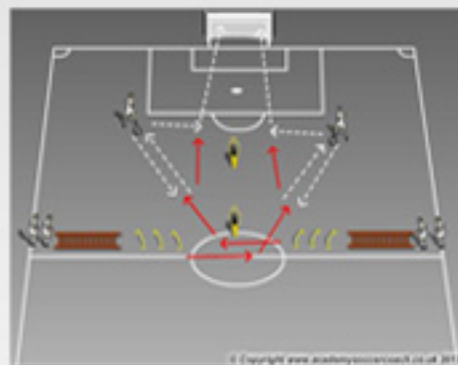


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ENJOYABLE SPEED AND AGILITY DRILLS

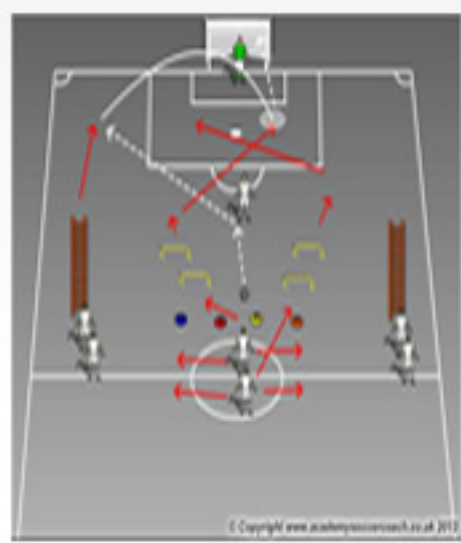
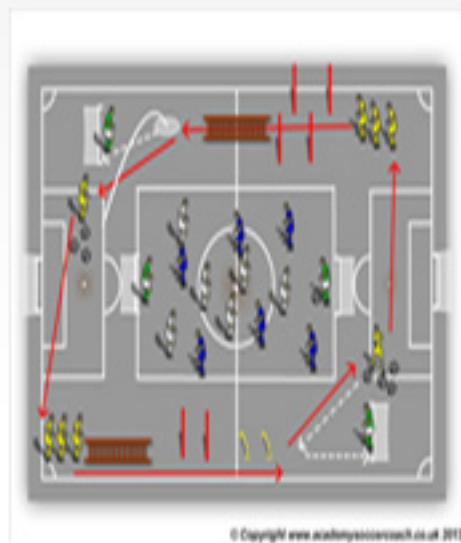


Speed and Agility Session Process:

In each session players simply follow the course, producing a shot to finish.
Use these as guides and create your own, using the tips below.

Tips:

- Add goals, time limits, use balls etc.
- Make it competitive..
- Create realistic passing patterns/movements.
- Change the distances, duration and reps to meet the intensity requirements.

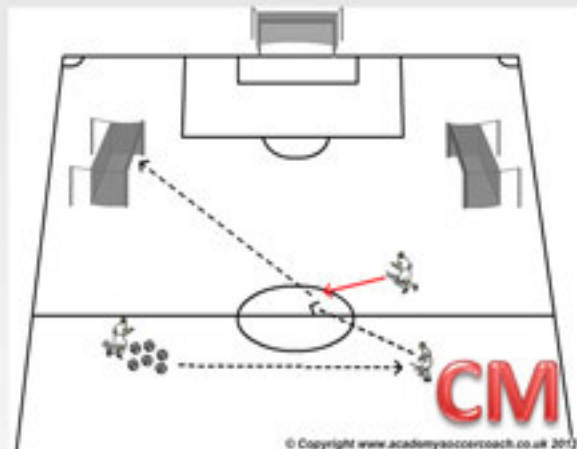


Player Technique created by In association with

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POSITION SPECIFIC WEEKLY CHALLENGES



- Players are **ONLY** allowed 20 attempts (10 minutes).
- Repeat practice 3 times during the week.
- You will find players are secretly competing against each other.
- You will notice the scores go up throughout the week 8/20, 11/20, 14/20!
- Change the sessions on a weekly basis.
- In time maybe let the players come up with their own.
- Let the players set up the practice and put it away giving them personal responsibility.

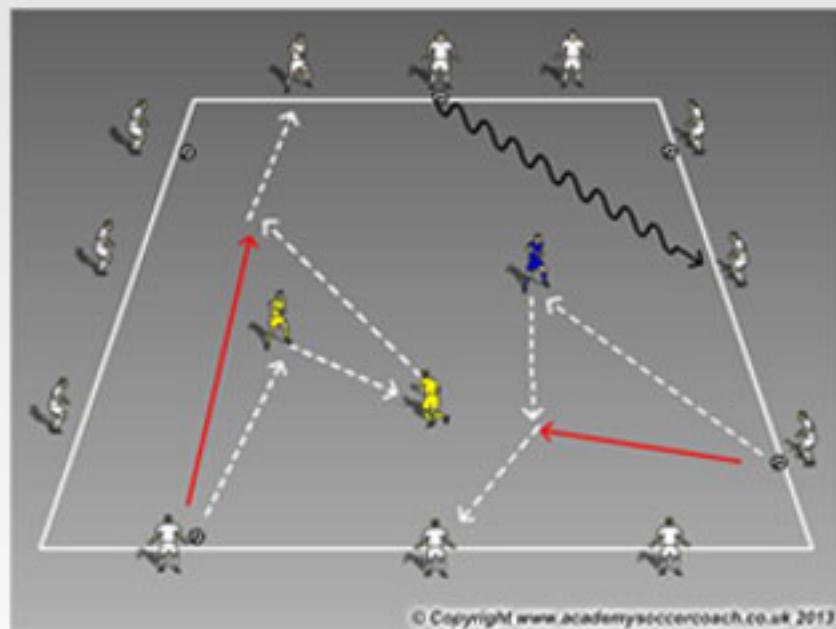
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BALL WARM UPS



Structure:

- Set up the area as above.
- Players on the outside, some with a ball, some without.
- 2 Yellows on the inside.
- 1 Blue on the inside

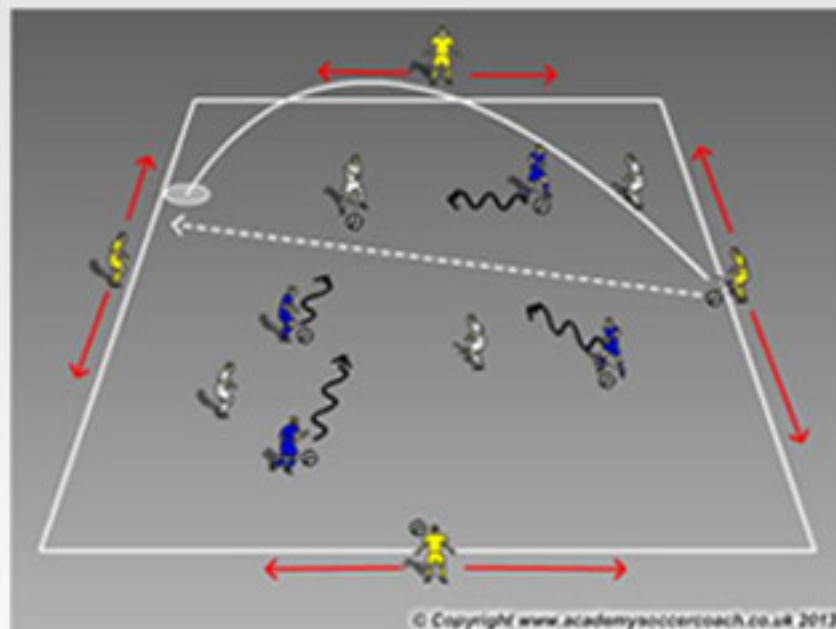
Rules:

- The idea is for players to travel across the square lending the ball to a free white player. They can do it 3 ways:
 1. Dribble straight across alone.
 2. Combine with the blue player for a wall pass.
 3. Combine with the yellows for a 3rdman run as shown in the diagram.

MAKING IT AGE APPROPRIATE

- Adjust the size of the area.
- Add defenders to increase challenge.
- Add mannequins for players to perform skills.

- Adjust size of the area.
- Allow yellows to loft the passes.
- Add more pressure on the whites by letting the blues have 2 on the ball and 2 runners etc.



Structure:

- Set up the area as above.
- Depending on number make sure you have three teams.
- 2 teams inside and 1 on the outside.

Rules:

- Yellows pair up one ball between two. The idea is to play splitting passes through the middle game. They players can move along the line to open passing lanes.
- Whites have one ball and try to keep possession from the blues.
- Encourage them to play quickly and against the blues movement.
- Blues have a ball each and their task is to tag the white player who has the ball.

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FOOTBALL TENNIS

Benefits of football tennis:

- Technique
- Team work
- Group cohesion
- Low intensity

GAME FORMATS

Premier League Format:

This can run in one afternoon or over a period of weeks

- 3 points for a win
- 1 point for a draw
- 0 points for a loss

FA Cup:

Divide your team in to pairs. I tend to put CB's, FW's together etc.
Run it exactly like the FA Cup.
This can be done over a period of weeks or in one session by having 3 of 4 games running simultaneously.

Round The Court:

This is always a winner from my experience.
Divide your squad into 2. A line in each half.
The idea is a player hits the ball across and runs round the court to join the back of other line. They can only play off one touch.
The last two players play a normal game first to 3 points.

Rules

- First team to 7 points, 11 points, 3 games, whatever you decide. A player/team must win by 2 clear points.
- You can only score on your service.
- One team serves the ball over using a half volley (no second serves).
- When the ball enters your side your team are allowed a maximum of 3 touches, however anyone player is only allowed a maximum of 2 touches.
- The ball can bounce once, however if you touch the ball before a bounce it can now not bounce.
- You can use all parts of the body except hands.
- If a team fail to return the ball, the other team is awarded a point or service.
- These rules are a guide. Implement whatever rules you wish. They may change depending on the ability of the players.



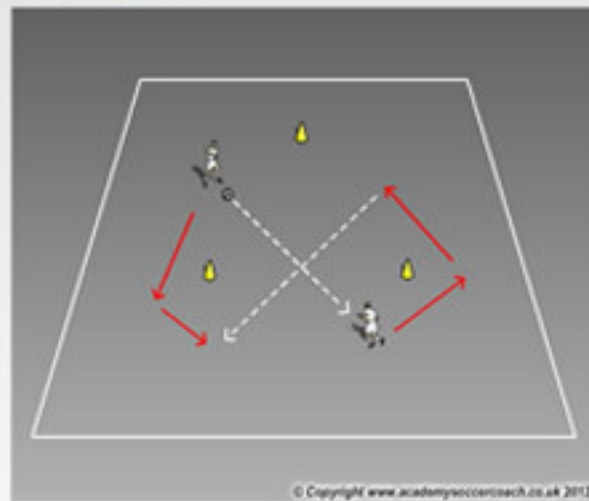
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IMPROVING 1st TOUCH



Structure:

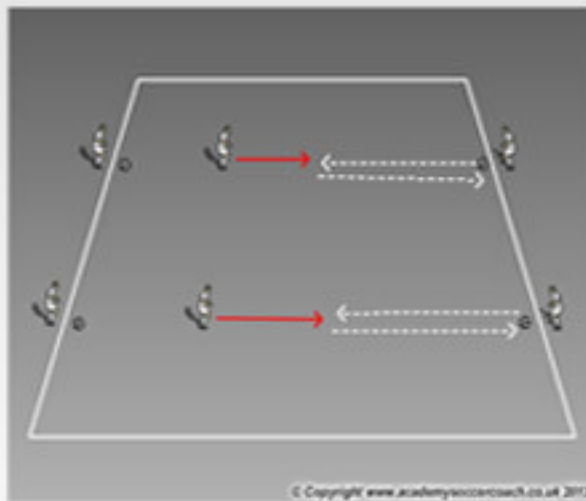
-Set up the area as above keeping the distance between the cones 2 yards apart.

Process:

- A player passes the ball through the triangle.
- The player receiving the ball is not allowed to pass the ball in the same path they received it from.
- Every time a player receives the ball they must shift it left or right and pass it through another channel.

Tips:

- Receive the ball on the back foot.
- Receive taking the ball across your body.
- Make it competitive by playing for points. If you hit a cone, take more than 2-3 touches etc.



Structure:

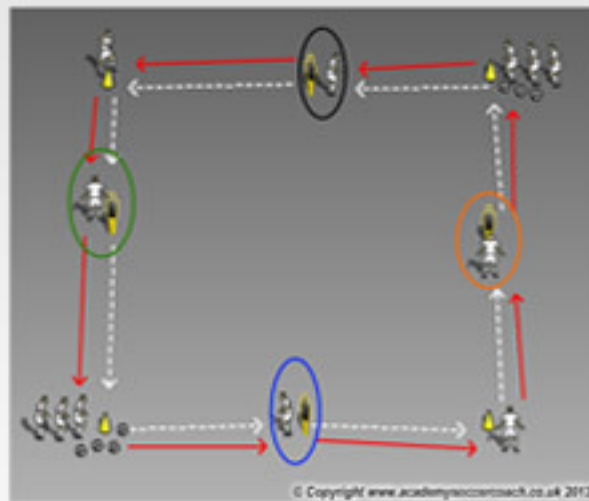
-Set up the area as above and vary the distances depending on what intensities are you are aiming for.

Process:

- Work in 3's and the players on the end have a ball each.
- The idea is the player in the middle receives the ball on the move at full speed, working end to end.
- Mix up the speed, spin and height of the service.

Tips:

- It is important that players do not slow down to receive the ball.
- Make sure the first touch is forward to maintain momentum.



Structure:

-Set up the area as above and vary the distances depending on what intensities are you are aiming for.

Process:

- Players follow the ball in a circuit.
- At the mannequins players use a clever first touch to turn and escape.
- Roll with the outside of the foot (Drogba).
- Chop with the inside of the foot (RVP).
- Drop deep to receive like a false 9 and beat the mannequin (Messi).
- A Wall pass (Ribery)

Tips:

- The best players can perform the skills at top speed.
- Replace mannequins with coaches using rugby pads.

POSSESSION IDEAS



TARGET PLAYERS

Structure:

- Set up the area as above.
- Notice the target players on the outside.

Process:

- Blues and whites aim to get the ball to their target players on the outside.
- If a player gets the ball to a target player that is a trigger, once they get the ball to the other side this is a point.
- Play for time, points etc.

Progressions

- Once the ball reaches the target player, they must join the game whilst another player becomes the target.

Coaching Tips:

- Dispersal
- Movement
- Support



BOUNCE PLAYERS

Structure:

- Set up the area as above.
- Notice the four bounce players on the outside.

Process:

- The blues have the overload in the middle and try to keep possession.
- The whites have the under load and try to keep possession using the bounce players.
- You can restrict bounce players to one or two touch, this is up to you.
- You could play for 3 minutes and see who makes the most passes etc.

Coaching Points:

- Blues to identify when to play quick or slow.
- Movement from the whites in the middle.
- Bounce players try to break lines.



TARGETS INSIDE THE GAME

Structure:

- Set up the area as above.
- Notice the two GK's in the game as targets.

Process:

- Both teams try and get the ball into the GK's hands.
- The GK then releases the ball to the team who gave it to them.
- The team must now make 2,3, or 4 passes before returning it.
- Every time is a point, play for time or points.

Coaching Tips:

- Instead of using GK's, you can use poles, gates, targets areas etc.

MORE POSSESSION IDEAS



CHANNELS

Structure:

- Set up the area as above.
- Notice the wide players in the wide channels.

Process:

- Blues and whites aim to get the ball to their target players in the wide channels.
- Once the wide players receive the ball, they provide a cross for the team to finish.

Progressions

- For movement and realism, allow the wide players to compete against each other.
- Allow players out wide to rotate with players in the middle.
- Allow teams to score without going wide.

Coaching Points:

- Type of delivery.
- Movement to score
- Finishing techniques



THIRDS

Structure:

- Set up the area as above.
- Notice players in each of the thirds

Process:

- Normal game rules apply, however all players must remain in their thirds.
- Players can pass from the defending third to the final third.

Progressions:

- Players can join other thirds when in possession to create overloads.
- Players can join thirds out of possession to create under loads.
- Players can go anywhere they like in possession, but remain the same out of possession.
- Let teams deploy the number however they wish.



AREAS

Structure:

- Set up the area as above.
- Notice the four target areas.

Process:

- The whites are the defenders. They have two in the grid with the ball and two in the middle zone.
- The blues keep possession of the ball in one grid. They must make 5 passes before transferring the ball to another grid.
- Whilst the blues keep possession for 5 passes the yellows cover the other 3 grids and so on..

Progressions:

- Instead of whites defending for a timed period, change it to whoever loses possession goes in.
- Teams need a one touch pass/dribble/etc to another area.

RISK OR RETAIN POSSESSION OF THE BALL



Structure:

- A grid as big or as small as you like depending on age/ability.
- Two teams in the middle ready to compete.
- One team act as bouncers on the outside.

Rules:

- The game is played for 3minutes.
- The whites and yellows have to keep possession of the ball.
- The team in possession can use the blues who can play off either one or two touches.
- For every pass a team make in the middle they get a point, so 6 consecutive passes equals 6 points.
- However if they pass to the blues on the outside, they keep possession but the number of passes reset to zero.

How you win the game:

- Team with the most consecutive passes in the 3minutes.
- They may get six and then lose possession. When they regain the ball they start from one. It is the highest score in a phase not all combined.
- If you make ten consecutive passes that team instantly wins the game.

MAKING THIS SESSION AGE SPECIFIC

Session 1:

- Change the size of the area.
- Add a floating player for the team in possession.
- Play in hands first like netball to get the decision making.

Session 2:

- Change the size of the area to suit the players needs.
- Allow the team in possession to use the yellow player 3 times.
- If the whites hit the yellow player 3times then change over.
- Give individual challenges to players

Structure:

- Cone off the pitch as above.
- You can do this 2v2/3v3/7v7 use overloads/under loads it really doesn't matter.
- Good ball supply with the yellow server.

Rules:

- Yellow server plays into the blues.
- The blues try and score a goal
- If the whites win the ball they must try and get it to the yellow server.
- During the play the blues can use the yellow player, but only once during each ball.
- This rules will force them to risk possession and try passes of the outside of the foot around corners etc.
- Play for 3-5minutes and change over...or keep it the same and add your own rules.

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RECEIVING AND RELEASING THE BALL ON THE MOVE

1.



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Structure:

- A rectangle roughly 30 x 40
- A square of cones in each corner 7 x 7
- 3, 4 or 5 teams made up of 3 or 4 players.

Rules:

- Each team has their own ball.
- They must pass and move towards one end.
- They must get the ball into one of the squares. If they visit the yellow square then the ball must go across to the orange. You can go back into the same square if it is not on to go across.
- Once both squares have been completed they must now pass and move down the other end.

Tips:

- Change size of area to suit players.
- Use as many teams as you wish.

2.



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Rules:

- Same rules as before however there is now opposed pressure.
- Teams must visit both squares.
- Play for 2 minutes and every time a team complete one end they get a point.
- A defender in each zone can win your ball. However they are not allowed in the squares. If they win the ball their objective is then to try and make 3 quick passes, then leaving the ball for opposition.

Tips:

- Receive the ball trying to face forward
 - Create a triangle once ball is in square (as above)
 - Use alternative ways to be successful.
- Playing over, around or through the defenders.

3.



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Rules:

- Same rules as before however the defenders are not restricted to zones. They can go wherever they wish except the squares.
- If they win the ball they can go for the goals.

Tips:

- Recognise when it is on to go to the other end and when it is not.
 - Do you go alone or combine with others?
 - Passing safe side
- One touch passing will help complete both squares.

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Receiving the ball on the move

Technical	Social	Physical	Psychological
<ul style="list-style-type: none"> -Receiving static and on the move -Different surfaces of the foot -Control with one foot and release with the other 	<ul style="list-style-type: none"> -Verbal and nonverbal communication -In 3's discussion 	<ul style="list-style-type: none"> -Multidirectional -Multispeed -Acceleration/Deceleration 	<ul style="list-style-type: none"> -Decision making -Dealing with mistakes -Creativity

Structure:

Make a circle as big or small as you want depending on the range of passing you are looking for.

Rules:

- Players work only in their colours
- The outside players pass the ball to the team mate inside the circle. They receive it and lend it outside to the other player, and so on.
- Encourage players on the outside to constantly move around the perimeter of the circle
- Set the player in the middle a challenge of always trying to keep both team mates in his vision.

Progressions:

Add a square in the middle. Can players go through the square on their first touch. If there are player in the way (interference), do what you would do in a game, shift the ball and then travel through. If players want to turn on the outside then the other two still rotate

Progressions:

Same process as before except when the outside player receives the ball they have a choice.

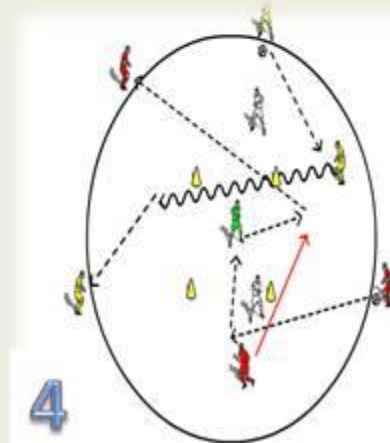
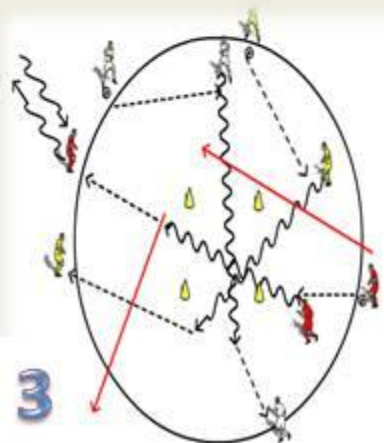
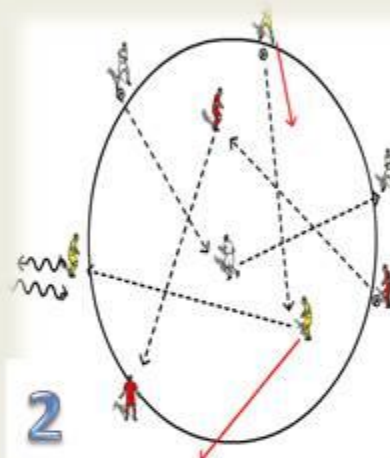
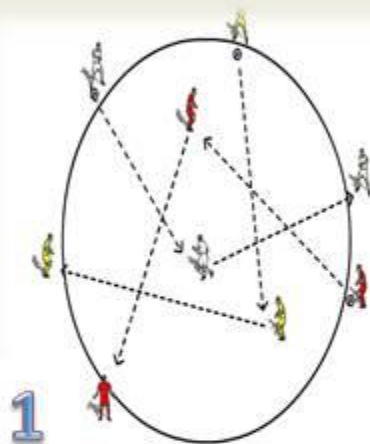
1. Pass the ball back into the circle as normal.
 2. Turn with the ball as on the diagram. If they decide to turn then the other two players swap.
- Set players a challenge of receiving with one foot ball and playing with the other.

Progressions:

-Add a target player in the middle square.

-Reds and yellows continue with the same process trying to get through the square. They can dribble their selves or combine with the green player.

-If the defenders win the ball (whites), can they make 3 quick passes



PLAYING OUT FROM THE BACK



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Structure:

-Set up the area as above.

Process:

- Players stay in their zone (2v2).
- The idea is the defenders get the ball and use the goal keeper to create an overload 3v2.
- Then 3 of them can either play it in to the striker or the striker can drop in to the channel unopposed.
- They then compete 2v2 for goal.
- Process continues.

Tips:

- Dispersal
- Movement in order to create space for one self and others..
- Make sure any progressions suit the needs of the players.



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Structure:

-Set up the area as above and you may even want to vary the size to suit the needs of the players.

Process:

- The greens attack the yellows playing normal 11v11 rules.
- Whoever takes the shot at goal drops out the practice and returns to the half way line.
- The goal keeper then distributes another ball for the yellows to play out.

Progressions:

- Vary the amount of players that drop out and it is up to the defenders to recognise the situation.



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Structure:

-Set up the area as above.

Process:

- Yellows are trying to play out from the back and get the ball to the red target player on the edge of the centre circle.
- The reds are marking the yellows man for man.
- As soon as the yellows hit the red target player they then cross the line and start the red attack towards goal.
- As the red player starts the attack another red player drops out the practice becoming the new target player.

Progressions:

- Use a back 3
- Add more players
- Create over or underloads.

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SWITCHING PLAY



Structure:

-Set up the area as above.

Rules:

- Reds and yellows having a fight in the middle.
- Each team attacks one end.
- They can only score by dribbling the ball securely through one of the three gates.

Tips:

-Dispersal, movement, support

Progressions:

-Wide gates are 1 point, central gate 2points.



Structure:

-Set up the area as above.

4v4

- Before a team can score they must visit the wide areas twice.
- They can visit the same channel twice or use each one.
- They can also switch the play from front to back in the wide channels.

Tips:

-Dispersal, movement, support



Structure:

-Set up the area as above.

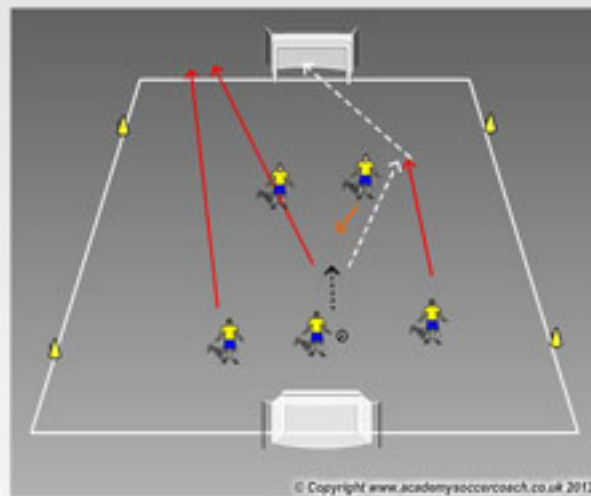
Rules:

- Same as the previous game with a different points structure.
- Visiting the channel and then again in your own half results in 1 point if they score.
- Visiting the channel and then again in the opponents half results in 2 points if they score.

Progressions:

-3 points if they identify when to go through the middle and score.

TRANSITION GAMES

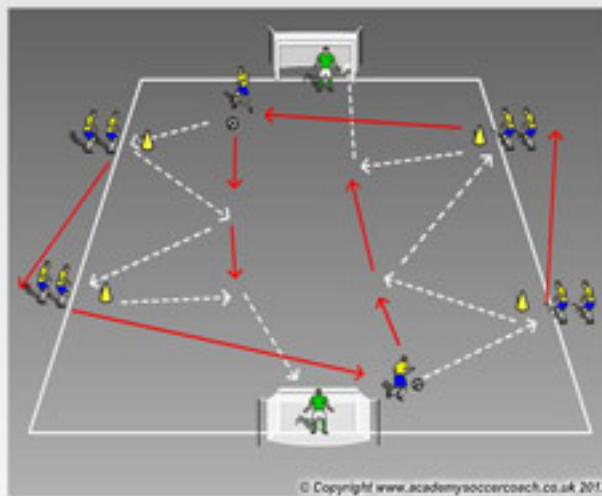


Structure:

- Set up the area as above.
- NO BIBS.

Process:

- 3 v2 towards goal.
- They can only score once past the yellow cones.
- Whoever shoots/scores now becomes the defender in a 2v1 situation against the previous defenders.
- The two defenders try and score down the other end.
- The other two who were previously in the three attackers now go to the top line.
- The process now repeats 3v2 once again.



Structure:

- Set up the area as above.

Process:

- The practice is symmetrical.
- The player with the ball plays a wall pass with the players on the side.
- Once they shoot they join the bottom station on the other side.
- The first wall passer moves to the next step.
- The second wall passer then becomes the player with the ball down the next side.



Structure:

- Set up the area as above.

Process:

- The yellows attack the white 3v2.
- As they cross the half way line another white player joins in from the side to make it 3v3. They must run around the mannequin.
- As the yellows enter the opposition half two more yellows join the other end ready to defend the next phase.
- Once the yellows 3v2 is finished the same process continues, but this time whites attacking yellows 3v2.

More Louis sessions @
discountfootballkits.com/blog

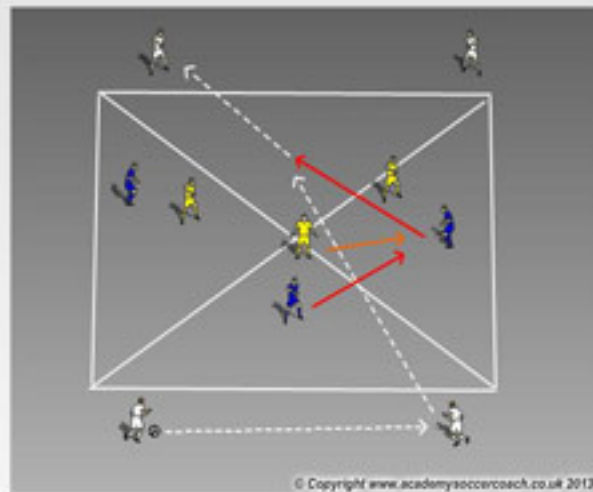
Training session created by



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MIDFIELD MOVEMENT



Structure:

-Set up the area as above keeping varying the distances depending on ability.

Process:

-The whites pass the ball between them and then lend it into the team in possession.
-The team in possession try and work the ball end to end.

Challenges:

-Try and find an area all to yourself.
-Try not to spend more than 3 seconds in the same zone.
-Can you clear space for others?
-Can you swap with someone to cause the defenders problems?



Structure:

-Set up the area as above.

Process:

-Players can go anywhere they like.
-Normal game rules apply.

Challenges:

-Try and find a zone to yourself.
-Identify when to play wide and when to cut through the middle.

Point Scoring System:

-If a player is in the same area for 3 seconds the other team get a goal.
-If you score from a sequence of play where a wide player rotates with a central player, 2 goals.
-Literally decide on whatever you want to do as long as you justify it.



Structure:

-Set up the area as above .

Process:

-11v11 game with the box in the middle.
-It is important that you explain to players that they are playing in a non pressured environment and they are free to do what ever movements they want.

Conditions I used:

It doesn't matter who does go where but I need 3 boxes at least filled when in possession.
-When you release the ball from the box you must move out of that box otherwise the opposition get a goal.
-I also gave extra goals for double or triple rotations.

No. 10 SESSIONS



CROSSING INTO THE GOAL ZONE

Structure:

-Set up the area as above.

Process:

- The two CB's pass the ball back and fourth.
- The number 10 makes a run in beyond, and is played in by the CB.
- Once the number 10 gets to the ball they must hit one of the mannequins.
- This can be done on the coaches command.

Tips:

- Recognising space in behind and timing of the run.
- Look up before crossing.
- Variety of cross (lofted, driven, cut back etc).



KEY PASSES

Structure:

-Set up the area as above.

Process:

- The two white CB's pass the ball laterally trying to hit the number 10.
- The number 10 must try and get into passing lanes allowing the ball through.
- Once they receives the ball they must turn and drive towards the goal 3v2.
- To add stress and realism a blue player in the channel can recover.
- If the blues win the ball they can score in the goals.

Tips:

- Get in to clear passing lanes.
- Commit/Fix defenders freeing up a striker.
- Weight of pass.



FINISHING

Structure:

-Set up the area as above.

Process:

- The number 10 sprays the ball out to either wing.
- The FB's drives down the line and delivers the ball in to the box.
- The number 10 and striker try to lose their markers and score.
- The process is repeated down the other side.

Tips:

- Play the pass in front of the FB to maintain momentum.
- The number 10 should use intelligent movement when arriving in the box to lose his marker.

AWARENESS 'KNOWLEDGE OR PERCEPTION OF A SITUATION'

1.



1. Rules:

- Whites and reds play across the pitch.
- Black and yellow play up and down the pitch.
- Play for 5mins and then change opposition.

Conditions:

Game 1 – Normal

Game 2 – Silence, free kick if sound is made (no clapping)

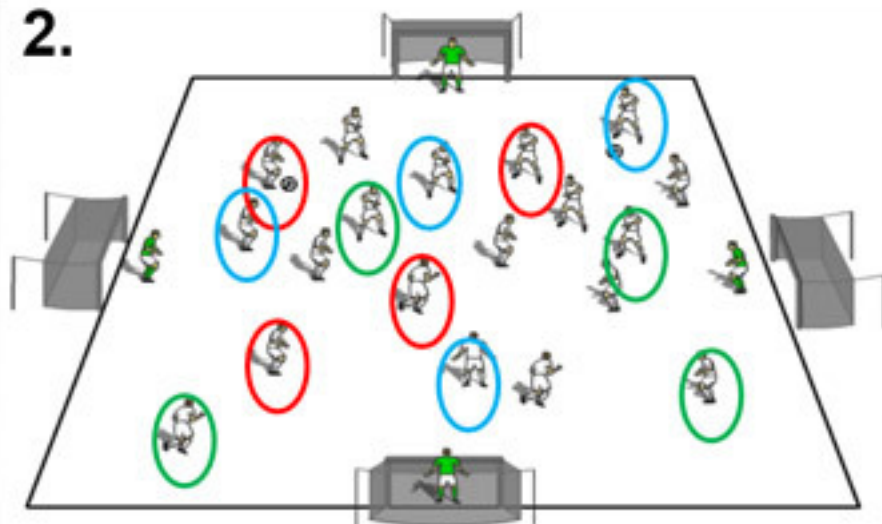
Game 3 – Hit the spare man to score double points (thee 'floater' or 'magic man' that can play for either team).

Game 4 - Give the players ownership to decide (this could get interesting, the players decide on their own rules, decide if the games are played in silence etc).

Tips:

1. Constantly checking shoulder 360degrees
2. Receive and face opposition goal when you can
3. Go past players alone or while combining with teammates.

2.



2. Rules:

- 2 teams compete up and down the pitch
- 2 teams compete across the pitch
- NO BIBS
- Normal football rules

This happens every school day at lunch time for many children, even if the match is 15 aside, and both teams are wearing the same school shirts, they will always remember who is on who's team.

To challenge player further, mix up the teams once again and play in SILENCE with NO BIBS

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DEFENDING WHEN OUT OF BALANCE



Rules:

- Whites defend the big goal and try to score in any of the four goals once they gain possession.
- Yellows play towards the big goal and defend the small goals if they lose possession.
- The goal keeper starts the game by playing to the yellows. As this happens a white defender must run around one of the red poles and re-join the game as quickly as possible. This gives the yellows a 4v3 overload.

Tips for defenders:

- Slow attackers down allowing defender to recover.
- Nearest player to the ball apply pressure
- Others provide support and cover
- Force the attackers away from the goal



Rules:

- 2 teams play each other 5v5, 6v6, 7v7 etc
- Before a team can score they must lend the ball to the red player (game changer) and get it back.
- However the game changer may give it back (orange line) or give it to the opposition (blue line).

Tips for defending:

- If the red players lends the ball to the opposition you now are defending out of balance.
- Slow down the opposition and allow team to reorganise.
 - Prevent forward passes
 - Try and force the play to the most advantageous area
 - Can forwards look to get into good positions early ready for the regain.

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DEFENDING WHEN OUTNUMBERED



Structure:

-Set up the area as above.

Rules:

- Back four and the goal keeper defend the goal.
- The two teams on the half take turns to attack the goal.
- If the defenders win the ball the attacking team sprint to the half way line in four seconds and the other team attacks.
- Play for 15 minutes.



Structure:

-Set up the area as above.

4v4

- Yellows play red 7v13.
- Yellows are winning the game 2-0 with 15 minutes to go.

Point System

- All yellows must get behind the ball in 3 seconds otherwise the reds get a goal.
- Red must have 3 players supporting the player on the ball within 2 seconds or yellows get a goal.



Structure:

-Set up the area as above.

Rules:

- Reds attack the yellows 7v5.
- As soon as the yellows win possession of the ball, 3 reds must leave the game and return to the half way line.
- The yellows now have 7 seconds to score 5v3.

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DEFENDING PRACTICES



Structure:

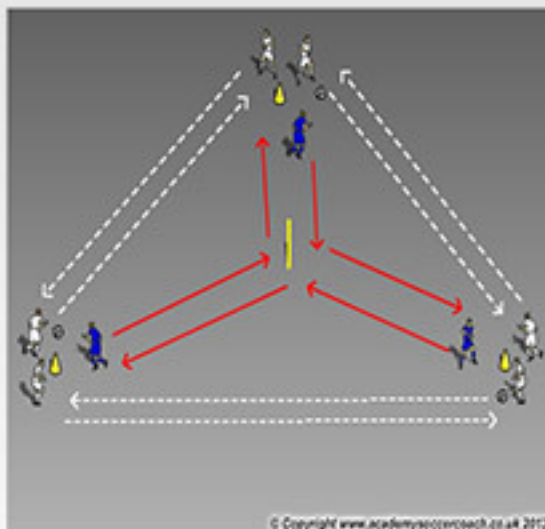
-Set up the area as above.

Rules:

- The whites pass the ball back and forth.
- The blues work in pairs laterally as the ball travels.
- As you can see one blue player marks the mannequin ball side with the other 2 yards deeper preventing the forward pass down the middle.
- The whites can also pass the ball backwards into the goal. If this happens then the blues must press forward to the next set of mannequins.

Progressions

- Repeat with 3,4 players.
- Allow the whites to play down the line and the middle.



Structure:

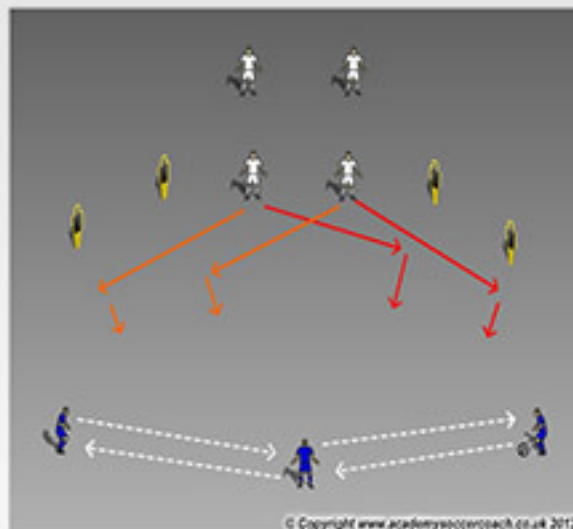
-Set up the area as above.

Rules:

- The whites pass the ball back and forth in their pairs. When they get an opportunity they can try and hit the yellow pole.
- The blues move laterally to prevent their pair hitting the yellow pole. They cannot tackle only intercept.
- They may not be able to cover enough ground so make sure they 'Block Passes and then Apply Pressure'.

Progressions:

- Vary the distances.
- Have 2,3,4's working.
- Call out left or right and the players rotate round.



Structure:

-Set up the area as above.

Rules:

- The blues pass the ball across laterally. The intention is for the blues on the end to hit either of the mannequins on their side.
- The whites move laterally to block the forward pass from the blues to the mannequins.
- The idea is for the whites to try and get closer to the blues instead of just moving laterally without ever getting closer to the ball. Once again 'Block Passes and then Apply Pressure'.

Progressions:

- Vary the distances.
- Put a blue player behind the whites who can move to receive the ball.

INTENSE PRESSURE



Structure:

-Set up the area as above.

Rules:

- The whites keep possession of the ball against the blues.
- The whites must play off 1 or 3 touches ONLY.
- If blues win possession they can score in either of the goals.

Progressions:

- Change the player ratio's.
- Whites play off 1 or 4/1 or 5 touches.
- With more players make it a transition game with another box.



Structure:

-Set up the area as above.

Rules:

- Play for 2 minutes.
- Have a blue and white play in each square with a ball (ball in each square).
- The idea is one player protects the ball in the square from the other.
- Have a good supply of balls, if one player fails to secure the ball then the other protects it.
- The yellows have to join a square to make it 3v1 and make 10 passes with however is in possession of the ball.

Progressions:

- When it turns in to 3v1 give players the choice of 1 or 3 touches



Structure:

-Set up the area as above.

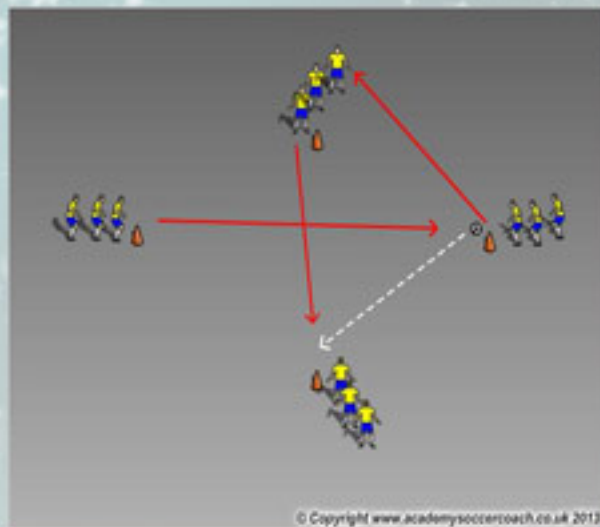
Process:

- 3v3 in the middle square.
- Blues keep possession and use the blues on the outside.
- Blue servers have to protect the ball from the white servers behind them. They must have 3 touches before lending it back in to the game.
- Whites keep the ball and use the whites on the outside. They must try and play a wall pass as their pressure is in front from the blue servers.

Progressions:

- Allow the blue servers to turn.
- Rotations, servers for servers or servers for players etc.

PRESSING PROGRESSIONS



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Structure:

-Set up the area as above keeping the distances roughly 8-10 yards.

Rules:

- If the ball is in front of the player he/she presses.
- The player receiving the ball must pass left and run right or vice versa.
- The process continues. I would maybe run this in hands first.

Progressions:

- Get players pressing to block a pass and then apply pressure making the play predictable.
- Once the player has blocked a pass, applied pressure they can now track the runner.



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Structure:

-Set up the area as above suiting the needs of the players.

Rules:

- Players must all stay in their zones.
- Yellows have the ball and try to transfer it end to end.
- The defenders try to block passes to the opposite end and then apply pressure.
- Rotate the defenders as you wish.

Progression:

- Add players at each end to stretch the defenders (5v3).
- Remove the zones.



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Structure:

-Set up the area as above.

Idea:

- Players obviously cannot press all the time and on the flip side you probably do not want them dropping constantly.
- The idea in this game is to get the players to identify when to press.

Rules:

- If you have no pressure on the ball the team must drop off and deny forward passes.
- If a player has pressure on the ball, then all other team mates mark man for man and deny all passing options.
- Explain that 1v1 defending needs to be unbelievable.

FINISHING GAMES



Structure:

-Set up the area as above.

Rules:

- Blues and whites fight in the middle for possession.
- The idea is to get the ball to your teams striker in the final third.
- The striker then sets it back for a team mate to shoot at goal.
- The team mate who took the shot can then replace the striker.

Tips:

- Have good ball supply as you want a high tempo.
- Get players to play forward when possible.
- Encourage creative, unorthodox techniques.



Structure:

-Set up the area as above.

Rules:

- Similar to the previous game.
- This time the striker sets back for a team mate to play in a winger. #3rdManRun
- The winger then crosses for the striker.

Tips:

- Timing of runs.
- Variety of finishing techniques.
- Progressions
- Add a defender in the end zones.
- Play from the keeper and allow to players to drop in and receive the ball in order to play out from the back.



Structure:

-Set up the area as above.

Rules:

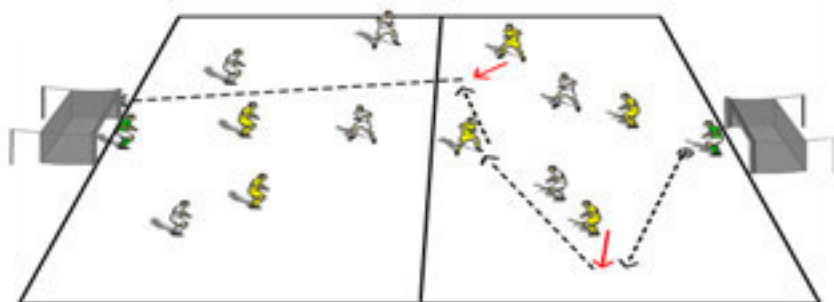
- 4v2 going towards goal in each half.
- It is a race to score 3 goals.
- The 4 attackers must make 4 consecutive passes before scoring.
- Rotate players after each game.

Tips:

- Good ball supply
- To spice things up always play by
- #Time
- #Points
- #WinnerStaysOn

SHOOTING TRAINING SESSION

1.



Structure:

- 44yds wide by 36yards long
- 4v2,5v3 in each half

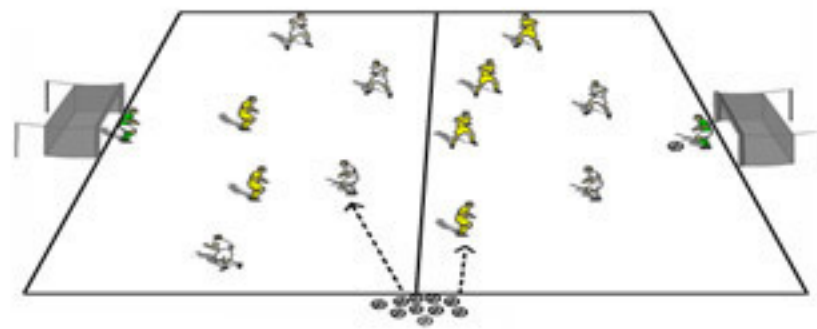
Rules:

- 4 players move the ball and try to score in the opposition goal.
- Players must stay in their own half.
- The two team mates in the opposition half can be used as target men, and score rebounds.
- If the defenders win the ball, they can score or retain possession by sending it back to their own half.

Tips:

- Dispersal
- Always in a position to receive the ball
- Receive facing opposition goal
- Assured first touch to set yourself for the strike

2.



Structure:

- 44yds wide by 36yards long
- 4v2,5v3 in each half

Rules:

- Yellows v Whites in one half and vice versa in the other
- First side to score 5 goals
- New balls come in from the side

Tips:

- Receive facing the goal
- Always in a position to receive the ball
- Quick passes to create shooting opportunities

Player Technique created by



In association with



ATTACKING CENTRALLY



- Set up the area as above.
- Keep it narrow, as any wider would mean adding wide players. The aim is to attack central.

- Whites have 2 CM's and 1 FW.
- Blues have 1 CB and 1 CM

- The whites try and get the ball to the FW.
- The blue player in the middle channel moves laterally to screen the pass..
- Once the white FW receives the ball they must try and turn to score.
- If the blues win the ball they must aim to score in any of the 3 goals around the perimeter

- Add another blue player in the middle channel.
- Once the ball gets to the FW either one of the whites can join the attack.
- A blue player can also join in to make it 2v2 in the final zone.

- As soon as the ball enters play for the whites the blue player can join in after 2 seconds.

- I touch passing.
- Pass against the defenders movement.
- Deliver the ball using disguise.
- Play over, around or through the channel.

- Move laterally into clear passing lanes.
- Roll the defender or face them up.
- Create half a yard for shooting opportunity.

ATTACKING CENTRALLY WITH NO STRIKERS



Structure:

- Set up the area as above.
- Keep it narrow, as any wider would mean adding wide players. The aim is to attack central.
- Whites are playing 4-3-3, with blues playing 4-4-2, but we have broken it down.
- The blues 6 players in the middle are made up of 2CM's, 2WG's and 2FW's all dropping the area.

Rules:

- The whites must only defend in their area.
- The blues have 6 players in the middle box and attack the goal.
- They keep the ball using a 6v3 overload. At any time 3 blues can escape the middle box and attack the 2 CB's and go for goal.
- If the whites win the ball they must try and hit the white players on the side. They then recycle the ball back into the practice.
- If whites get tired they can swap with the outside players.

WHY?

CB's strengths:
Strong in tackle, heading and combative duels.

CB's weaknesses:
Agility, acceleration and endurance.

The idea is to attack the CB's head on instead of having a duel for the whole game.

Get at their
weaknesses, not their
strengths

Progressions:

- Give the white CB's a choice. They can stay where they are or 1 of them can come into the middle to increase the numbers. This will now leave even more space in behind for you to attack.
- Allow one of the blue CB's to dribble the ball into the middle box adding another player.
- Allow both white CB's to join in with the understanding they are leaving lots of space in behind them.
- Play using the same size area, but with no zones. Add a linesman as you need it to be as realistic as possible.

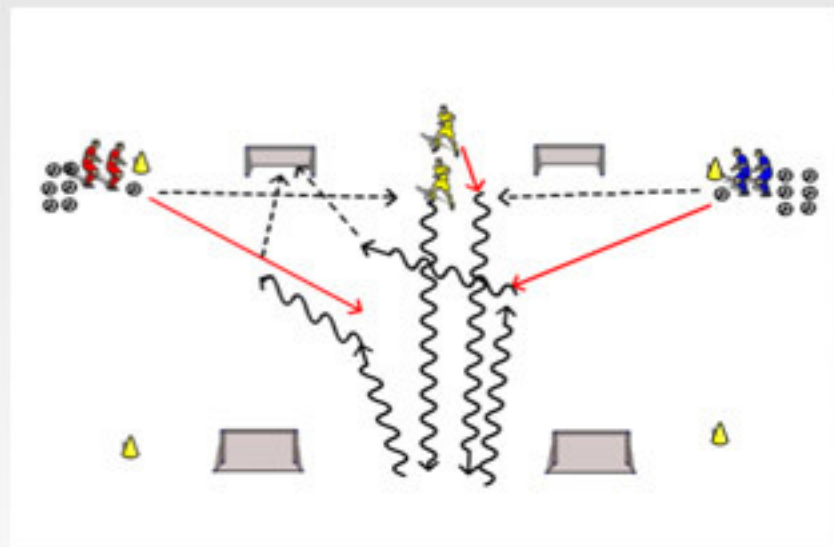
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DRIBBLING IN 1 v 1 SITUATIONS



Rules:

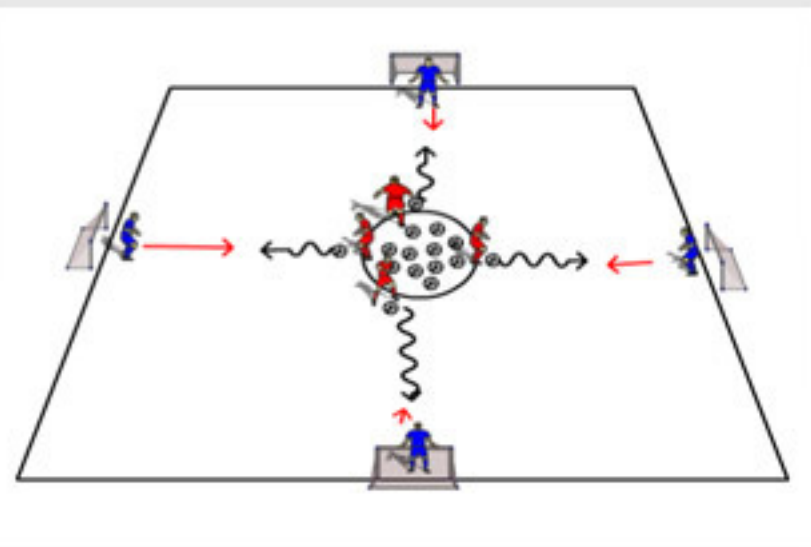
- Red plays to yellow.
- Yellow drives forward to the line, performs a quick turn and tries to score in either of the two goals at the end at which they started.
- The red players become the defender and protect the goals as the yellow makes his journey back once turning. If the red wins the ball they can score at the other end.
- Once the ball is dead the process is repeated, but this time the yellow receives the pass from the blue player.

Tips:

- Drive at the defender with speed.
- Keep the ball close to feet so you can move it quickly.
- Timing of the trick

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Rules:

- Reds attack blues 1v1.
- When ball is dead they return to centre circle and get another.
- If blues win the ball they must keep it for 4seconds.
- Play for 2mins and then change over

Tips:

- Same as previous

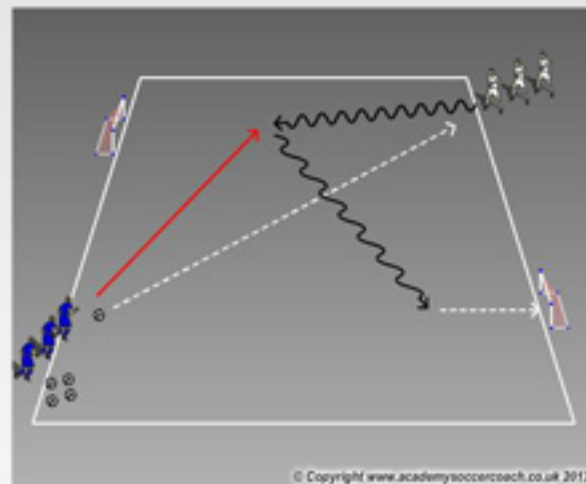
Progressions:

- Attack whatever goal you like.
- 2v2's
- 4v4's using one ball. Reds looking to score in whatever any goal, with the defenders looking to get the ball in the centre circle either dribbled or passed to a player.

VARIETY OF 1 v 1s



The white player goes 1v1 against the blue.
The blue then joins their queue where the white player then defends.



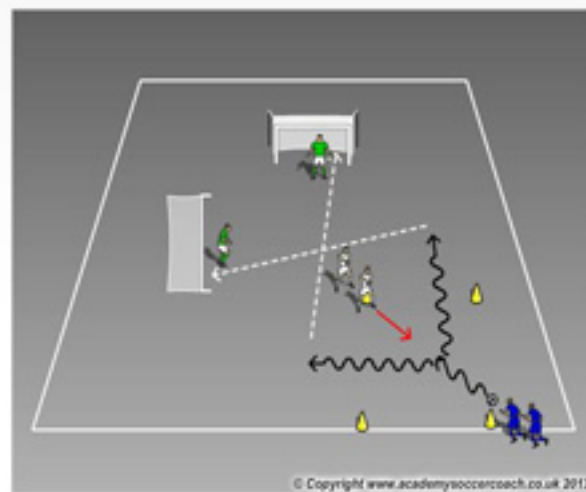
The blue player passes to the white.
The white player can now score in either goal.



The white player goes against the blue and attempts to score in the opposite goal.
They then defend the opposite goal



The whites perform a simple pass and follow resulting in a 1v1 towards goal.



The blue player attacks the white player 1v1 in the square. They can leave the square either side producing a shot at goal.



The whites have 3 minutes to score as many goals as they can.

DECISION MAKING GAMES



Swedish Hand Ball

Structure:

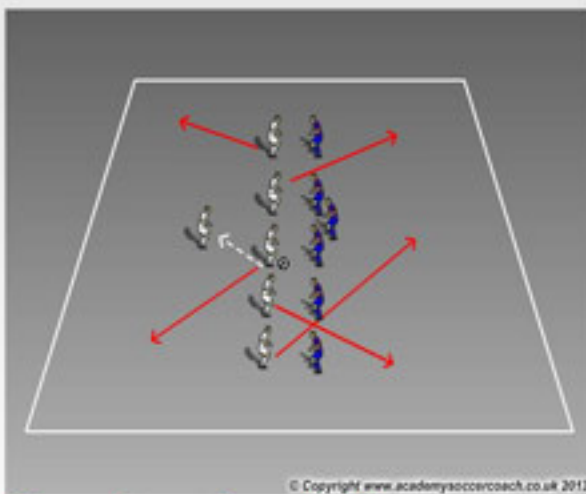
-Set up the area as above.

Rules:

- 2 teams trying to keep possession.
- Possession is in hands, but before a player catches the ball they must control it first (chest-catch, thigh-catch etc).
- The opposition only have to catch to steal possession.
- Failure to control the ball first or dropping the ball results in turnover of possession.

Progressions:

- Give players the choice to either control and catch the ball to secure possession, or pass the ball to a team mate using one touch.
- If a player receives a one touch pass they can either secure the ball, score one touch, or pass it again using one touch.



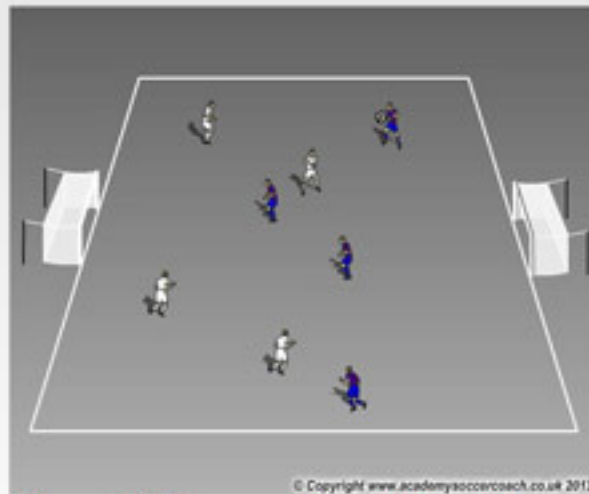
American Football

Structure:

-Set up the area as above.

Rules:

- To score a point the team in possession must run the ball over the end line.
- Each team has 3 plays. The ball is thrown to the quarter back and then players disperse (Length/Width and Depth).
- Ball and player can move multi-directional.
- If a team drop the ball possession turns over.
- The opposition can only stop play, when they tag the player in possession of the ball.
- If they manage to tag the player with the ball, play stops and players huddle up. The team in possession now have 2 plays left and so on.



Classic Throw Head Catch

Structure:

-Set up the area as above.

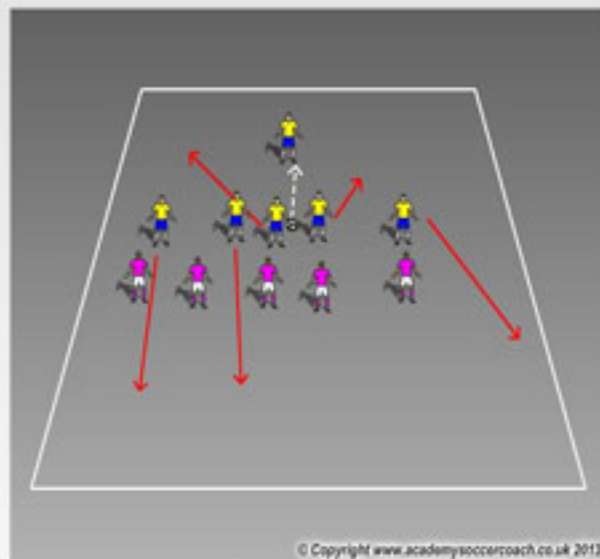
Rules:

- 2 teams trying to score.
- The team in possession move towards the goal using the throw, head and catch sequence.
- Player A throws the ball, Player B has to head the ball either back to player A, to another player or for goal.
- The team intercepting can just catch it and then the rules in possession apply for them.

Benefits

- Decision making in abundance
- Group cohesion
- Low to high intensity

@LOUISLANCS TRAINING SESSIONS



AMERICAN FOOTBALL

Structure:

-Set up the area as above. 40x30yards.

Rules:

- To score players must run the ball over the end line with the ball in hands.
- A team has 3 plays. They can only run and pass the ball (not kick).
- They can pass and run in any direction.
- The defending can only tag the player in possession. Once they do this, play stops and they attacking team lose a play. (remember they only have 3 plays).
- If the attacking team drop the ball that results in a turnover.



4v4 & SHOOTING

Structure:

-Set up the area as above.
The 4v4 was 30x25yards.

4v4

- Two teams having a fight.
- 3 minute matches.
- A team plays 2 games and then off.
- First team to win 5 matches.

Shooting: (Resting Team)

- Central player uses the wide players to move the ball laterally across the pitch.
- At any time they can play a forward one touch pass and combine with the striker for a wall pass, to then produce a shot at goal.
- Players move around



10 v 4

Structure:

-Set up the area as above.

Rules:

- 10 attackers take a ball from the half way line and attack the 4 defenders.
- On losing possession they must return to the half way line within 4 seconds. Failure to get back will result in a goal for the defenders.
- The defenders defend the goal. If they win the ball they must put it in a goal on the half way line within 4 seconds otherwise the pinks get a goal.
- 15 minutes.

THEY DID NOT SCORE

THE THEORY IS 5 ORGANISED DEFENDERS ARE MORE EFFECTIVE THAN 10 DISORGANISED ATTACKERS

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WHAT'S YOUR SIGNATURE SESSION?



HALF COURT

Structure:

-Set up the area as above.

Process:

- Blues and whites compete in the 18yard box.
- The team in possession of the ball, can only score once they visit the yellows on the outside and receive it back.
- If the other regain possession they must then go through the same process before scoring.
- The yellows must play off one touch.

Challenges:

- Try to receive the ball facing the goal.
- Try to get half a yard and release get shots off

Necessities:
Goals
Points
Time Limits



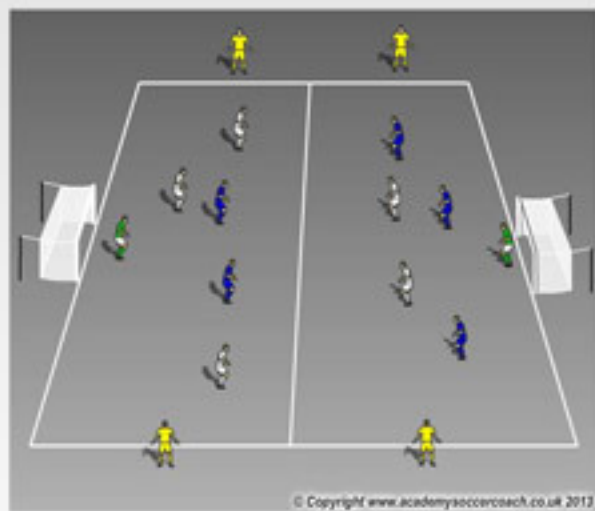
4 BALL

Structure:

-Set up the area as above.

Process:

- The white player dribbles to the mannequin and produces a shot.
- The blue player then plays a one two with the white player who just took a shot.
- Once the blue player shoots they collect a ball from the side and dribble down the line and produce a cross.
- Before this the pink player attacks a yellow defender one on one.
- Once this has finished the blue player will produce a cross for the white and pink player against two yellow defenders.



POWER SHOOTING

Structure:

-Set up the area as above and vary the size depending your objectives and ability.

Process:

- Each team is 4v2 in their own defending half.
 - The objective is to score goals either by
1. Power shot from your own half.
2. Either of your two strikers.
- Each team can use the yellows, however they must play off one touch.
First team to win 5 matches !!!

More Louis sessions @
discountfootballkits.com/blog

Player Skills

Want to learn how to take a free kick like Ronaldo?

Or run with the ball like Messi?

How about learning player skills like the Zidane Roulette, Ronaldo Chop, cryuff turn, and step over.

If you have mastered all of those you can try your luck with the RVP volley technique.

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LEARN THE RONALDO FREE KICK



1.

Standing foot close to & inline with the ball



2.

Clean contact with the instep (bone from toe to top of the foot)



3.

After contact swivel foot to point towards the goal



4.

Bring the knee towards the chin instead of normal follow through. This creates the up & down effect (top spin)



5.

Standing foot elevates. The kicking foot lands 1st. This generates the power



6.

Goal & celebration

Player Technique created by

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HOW MESSI RUNS WITH THE BALL



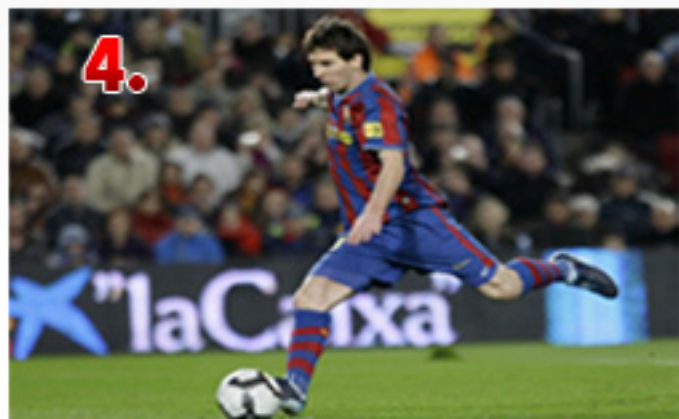
1) Messi drives towards a defender, fixing him. While travelling he has heavier touches to maximise speed and eliminate recovering defenders. Messi drives at the defender at full speed, this allows Messi to go inside or outside. Ideally he would like to go left on his preferred foot, but the defender can also decide for him once off balance.



2) Forward runs from team mates distract other defenders.



3) As he approaches the defender he keeps the ball closer to his foot, so he can move it instantaneously



4) Finish has clean contact and hit with pace using the inside of the foot curling out to in.(white)

PLAYER SKILLS

CRYUFF TURN



- Plant standing foot (closest foot to defender)
- Bring other foot round.
- Use inside of the foot to move the ball.
- Move the ball a fair distance to escape.
- Use plenty of disguise.

RONALDO CHOP



- Move at top speed
- Put the foot closest to the defender in front.
- Elevate body.
- Whilst in the air use the inside of the left foot to play the ball inside.
- Use plenty of disguise.

STEP OVER



- Dribble directly towards the defender.
- Perform the skill as close to defender as you can.
- Move the leading leg anti or clockwise around the ball.
- Keep the foot as close to the ball as possible.
- Use the second leg to escape from the defender.

ZIDANE ROULETTE



- Place the sole of the leading leg on the ball.
- Use your body to protect the ball.
- Take the ball and escape using the other leg.
- Use disguise

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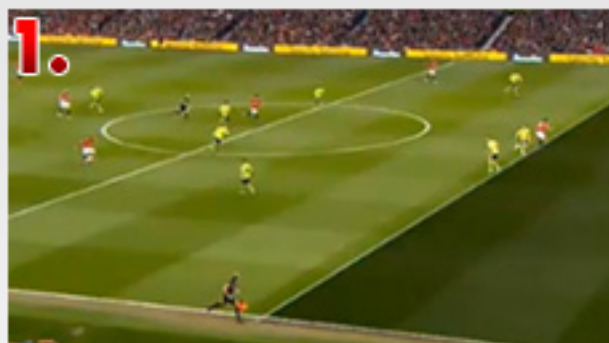
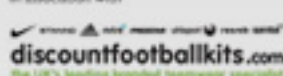
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RVP VOLLEY TECHNIQUE

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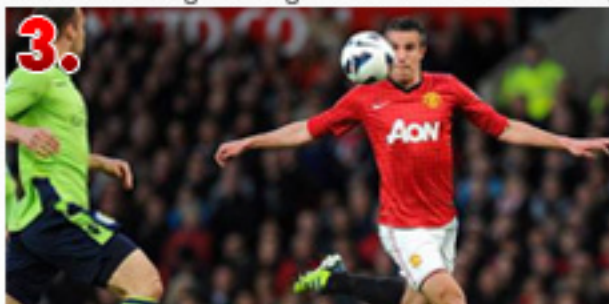
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Lose/Escape Marker

Know your players. If someone else was on the ball RVP may not have made the run. As it was Rooney, he knows he has the ability to deliver.

- RVP recognises the space in behind & attempts to lose his marker to create space.
- Notice as the ball is being struck from Rooney, RVP is not even looking.
- He moves along the long the back line to avoid being caught offside.



Make a decision

- Where is the defender?
- Where is the goal?
- Where is the goal keeper?
- What part of the foot?
- How can I score?
- Do I bring it down then shoot or volley?
- Have I got support around me.

The best players have the ability to change their decision at the last split second.



Asses the flight

- Where will it land?
- Is it driven, lofted (flight path)?
- Is it swerving with inswing or outswing?
- Has it got undercut?
- All this information helps RVP rearrange his feet.



Contact

- Hands out for balance and to fight off nearby defenders.
- Standing foot firmly planted for stability.
- Eyes constantly on the ball especially as it come over his shoulder.
- Contact must be clean (centre of the ball)
- Left foot is pointing in the direction he intends the ball to travel.
- Left foot is also pointing down to keep the ball down.
- Follow through to maximise power

Tactical Insight

If you are more of a budding tactician the following pages will be well worth looking at. @LouisLancs dives into a Champions League prediction based on the strengths of Bayern Munich.

A look into Messut Ozil.

He also takes a look at the advantages/disadvantages of zonal marking from corners.

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CHAMPIONS LEAGUE PREDICTION

Bayern 2 - 0 Dortmund

1 Bayern will ease themselves into the game. Dropping off out of possession and keeping ball in possession, unless they are presented with an obvious opportunity. This will enable them to work out Dortmund's tactics.

2 Bayern have had the better share of possession in previous meetings with 60% and 53%.

4 Bayern are vulnerable from set pieces, especially corners. Look what happened last year.

3 They will look to have more than 50% possession again, however they will be most dangerous out of possession. They defend deep, bringing everyone back leaving all that space in front to counter attack.

It will be a tactical master class from both sides and one I am very much looking forward to!

They can dominate possession like Barcelona.



Transition is a huge part of their game. They can counter attack extremely quickly.



Mandzukic is a key player giving Bayern the option to play longer passes acting as a target man.



Most teams have one style of play. Bayern have mastered them all.



They can attack the flanks using their wrong footed wingers and full backs.



Schweinsteiger and Muller give them cutting the edge to attack centrally. Wingers also come in off the line.



MESUT ÖZIL

INFO

- No.10
- False 9
- Shadow Striker
- Loose Striker
- Advanced Quarter Back
- Attacking midfielder

WHAT DOES HE PROVIDE?

- Constantly available
- Chess player always 3 moves ahead
- Creates space for self and others
- Scores and creates
- Link player
- OPPURTUNIST

END PRODUCT

- Shots 25%
- Key passes 20%
- Wide passes 18%
- Central passes 20%
- Play backwards 17%

HOW DOES HE FIND SPACE?

- In from wide 18%
- Drift of the back four 20%
- Runs from the central areas 13%
- STANDING STILL 33% (letting the game move around him).

MOURINHO ON ÖZIL

'He is the best no.10 in the world. He made things easier for me and his team-mates with his vision of the game and the decisions he made'

RONALDO ON ÖZIL

'The sale of Ozil is very bad news for me. He was the player that best knew my moves in front of goal...I'm angry about Ozil leaving'

THE GREATS

- Cantona
- Zola
- Bergkamp
- Kluivert

THE TOOLS REQUIRED

- Awareness on, near and away from ball
- Ghosts into positions
- Dissolves out of positions for others
- Immediate tight touch
- Never surrender the ball
- Cute, clever disguised passes
- Ability to turn under intense pressure
- All the golf clubs (putter, lob wedge, driver etc.)
- Ball mastery (dribbling and running with the ball)



ADVANTAGES OF ZONAL MARKING

Disadvantages

- More complicated to deliver to players as each player has a job. Every player must know their job and do their job.
- You leave attackers unmarked potentially allowing them to get a running jump for the ball giving them a better chance of clean contact.
- As you only have one defender in each zone, attackers can overload areas making it potentially 3v1 at the back post.
- If ball lands on edge of a zone two defenders may go for the same ball. If they misjudge the flight of the ball and miss it then a zone is left empty.

2nd line block runners coming through to the first line. This prevents the attackers running on to the ball maximising their height.

As you can see all bases are covered. You have defenders cutting out the ball at the front post, front/middle and back of goal, defenders in the 2nd 6yard box. Remember this is an example of one team. You can deploy your players as you wish.

You can position your strongest players how you want them. Best aerial defenders on the 6yard line, smaller player cutting out first ball and fast players looking to counter.

1st phase the ball is delivered.
2nd phase there is a fight for the ball and they may even be a 4th, 5th, 6th phase. Whatever the phase this player is there to apply pressure to the attacker, block shots and set up counter attacks.

If the delivery is in swinging like this one then the defenders may choose to go 1yard inside the 6yard box to come out and attack the ball. If the delivery is out swinging then they generally start on the line.

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