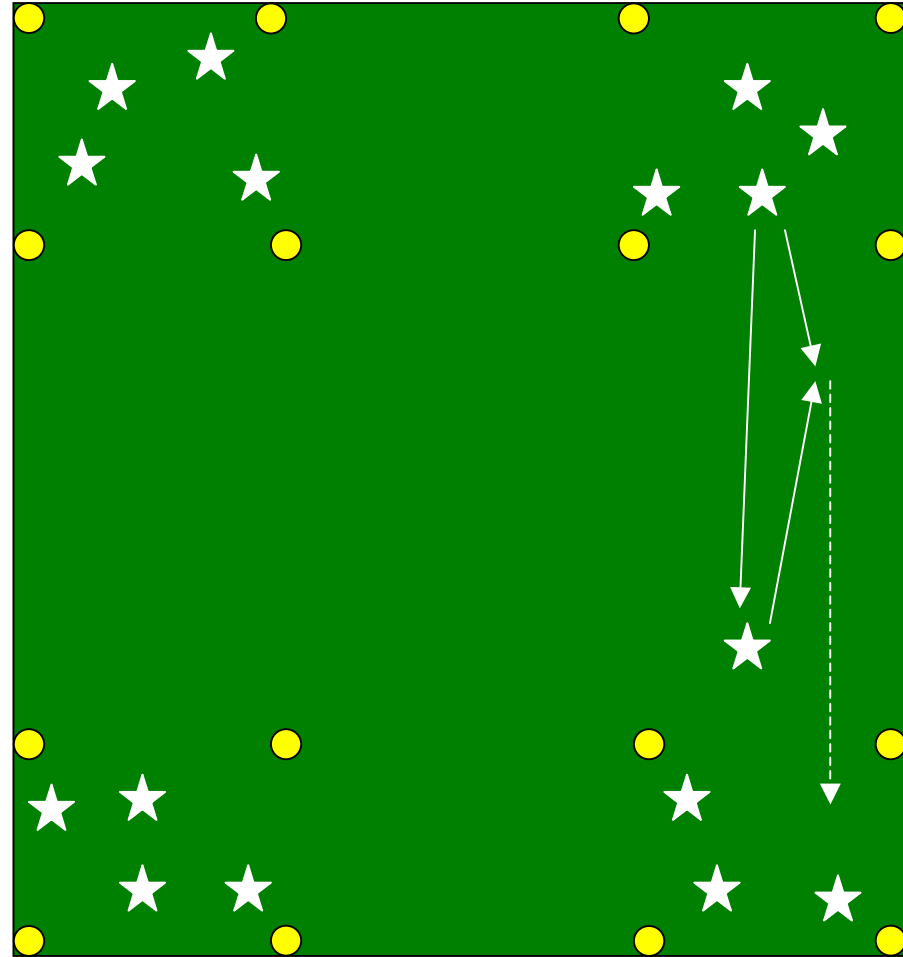


Practical Sessions

Warm - ups

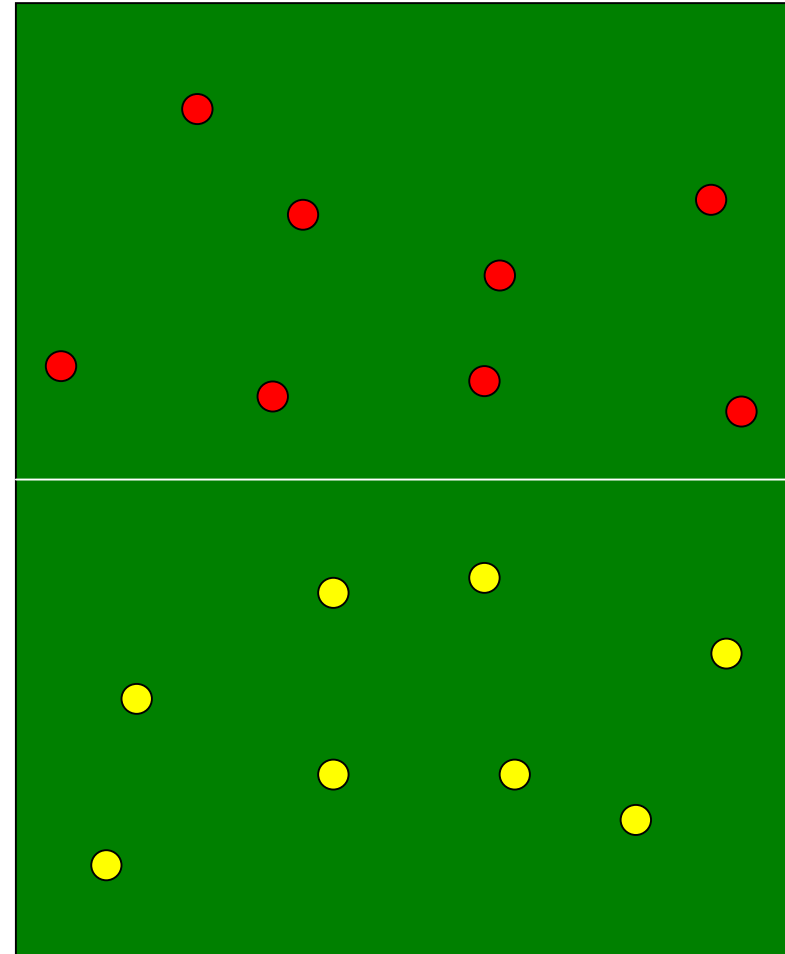
Directional warm up

- **Organisation**
- Size of playing area will vary depending on age of players etc.
- 4 players are organised within each 15x15 grid. Players pass & move in area.
- On the coach's command players leave their ball & change groups individually or together clockwise & perform the following movements;
 - Calf swings or straight leg jogging
 - Hamstring volleys (hip flexors)
 - Thigh volleys or heels to buttocks
 - Groin abductors / adductors
 - Lunges
- Intensity should be gradual leading into higher intensity bounding movements (including lateral) to prepare for extended warm up to develop speed, strength, power.
- Such movements can also be performed in the area in the centre of the squares.
- **Progressions on the coach's command;**
- 1 Player passes clockwise & follows
- 1 player's pass is met by a supporting player from the new group, 1-2 & player 1 passes into the new area (As shown)
- O1 to O2 who lets the ball run to a supporting player (Yorke/Cole combo)
- Players must come off to receive at angles
- O1 to O2, O2 back to O1, O1 slides ball down side of a waiting O2
- O1 plays a 1-2 with O2 & transfers via a longer diagonal pass to the third group
- Pass to the next group must be a certain type, eg, chip, lob, drive etc
- Pass must be controlled in a certain way, eg chest etc
- Pass & join the group diagonally opposite yours.



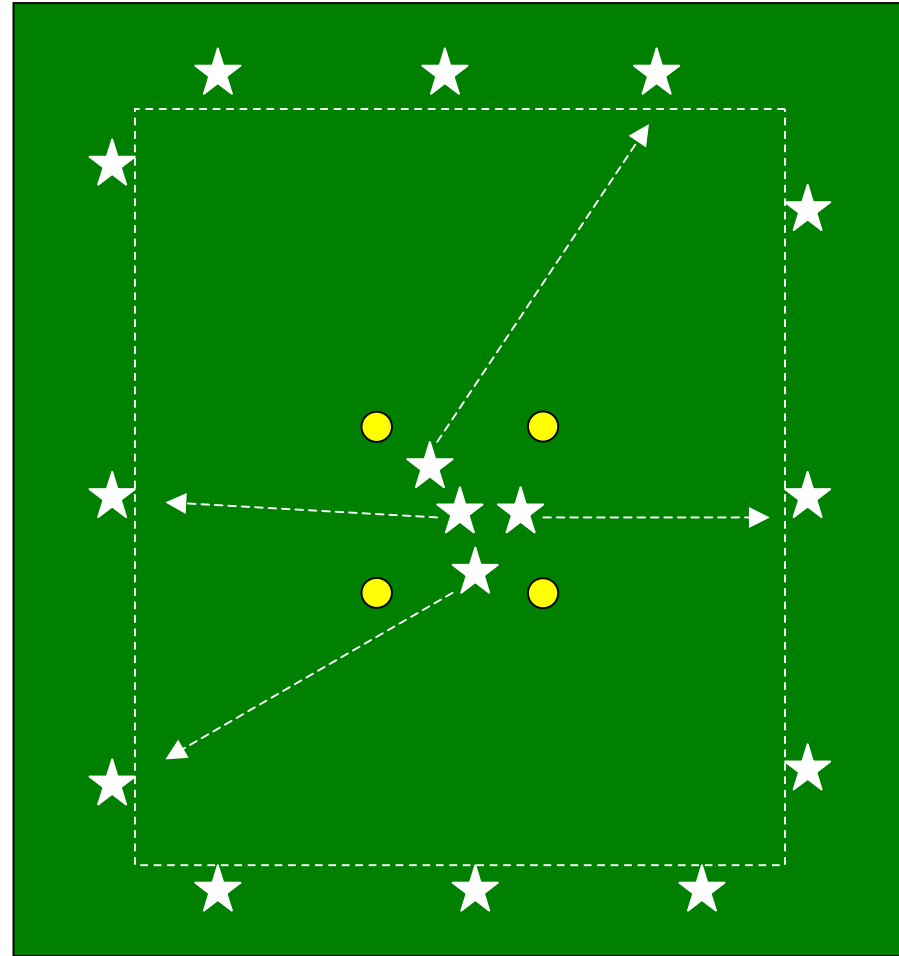
Dynamic Football Warm up

- **Organisation**
 - Split the players into two groups within a 15 x 15 yard area
 - To begin players choose their own route by moving through out the area.
 - Players perform a variety of movements that can include;
 - Calf swings or straight leg jogging
 - Hamstring volleys (hip flexors)
 - Thigh volleys or heels to buttocks
 - Groin abductors / adductors
 - Lunges
 - Intensity should be gradual leading into higher intensity bounding movements (including lateral) to prepare for extended warm up to develop speed, strength, power.
-
- **Progressions:**
 - Incorporate balls by asking players to pass and move to begin with.
 - Other activities can include;
 - Once players have passed the ball they must run one side of the area;
 - Pass in a certain order (Number players)
 - Call a number and following a pass the player leaves and moves to a different area (Diagonal/Across);
 - 3 balls in play - pass across area on coaches command then switch areas;
 - Keep ball up and pass – run 2 sides;
 - Pass by hand and pass – run 3 sides;
 - Players can pass to players running down the sides.



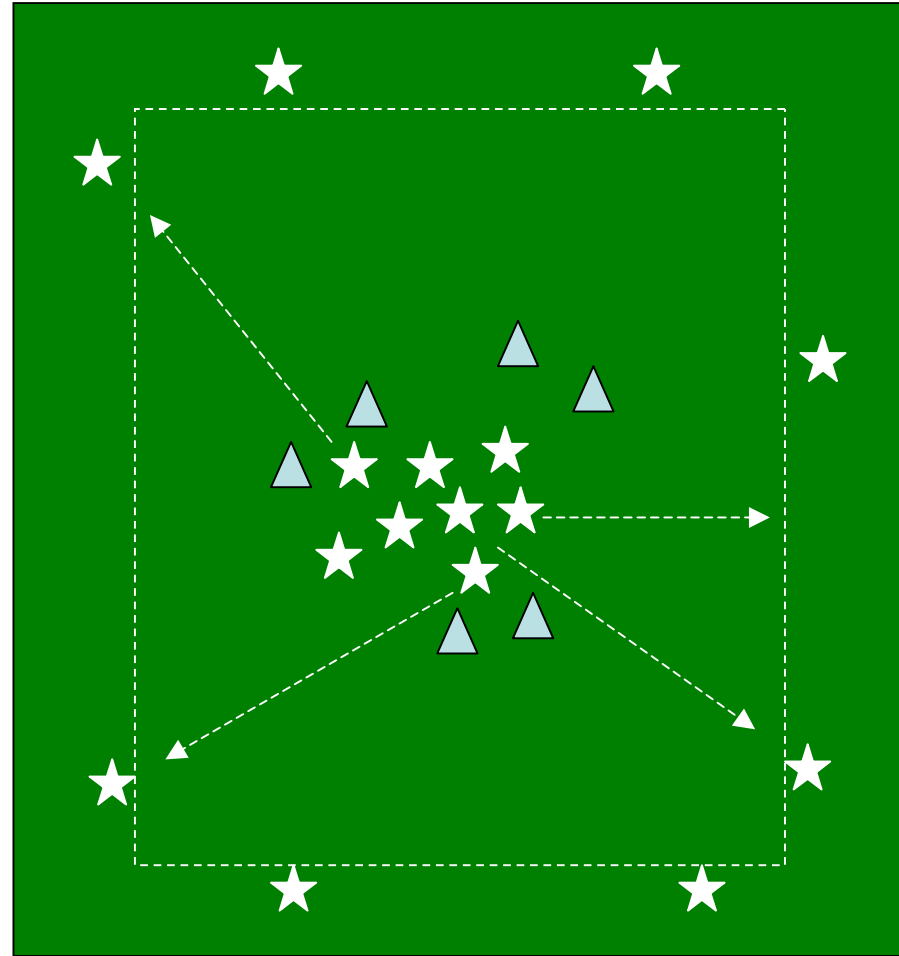
Dynamic Football Warm up

- **Organisation**
- Players begin by passing & moving in a 30 x 40 area. 1 Ball to 4 players ratio / 2 balls in hand 2 on floor etc.
- To progress 4 players placed in a central square, pass to players on outside and swap places. Players on entering the square must make sure they pass and leave via a different side of the square.
- Players should perform the following movements before, during and after the passing movements;
 - Calf swings or straight leg jogging
 - Hamstring volleys (hip flexors)
 - Thigh volleys or heels to buttocks
 - Groin abductors / adductors
 - Lunges
- Intensity should be gradual leading into higher intensity bounding movements (including lateral) to prepare for extended warm up to develop speed, strength, power.
- Such movements can also be performed in the area in the centre of the squares.
- **Progressions;**
- Perform various movements when taking the ball into the square; ie, toe taps, moving backwards dragging ball, rolling ball on the side, Keep ups etc
- When keeping the ball up on reaching the square, pass via high ball for next player to control.
- Place the players in pairs, one ball per group on the outside. Players on the inside travel to every player with a ball. Players with balls hold them out for players to high kick with feet / Jump to head / side volleys with thighs etc.



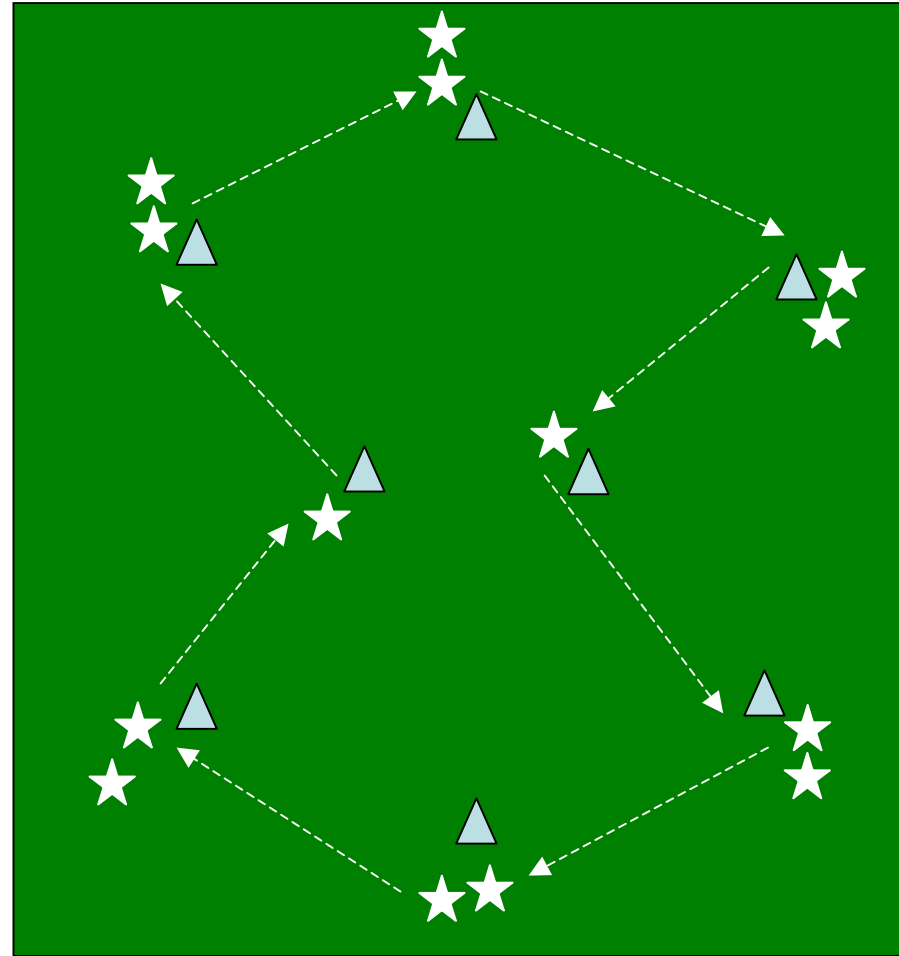
Dynamic Football Warm up

- **Organisation**
- Players are organised within a 20 x 20 area, half of the group are positioned on the outside of the square with half of the group in a central position.
- Players on the outside of the pitch have a ball each, with players in the central area travelling through a gate before performing a series of techniques to include;
- Volley, ½ volley, thigh volley, chest head, double header, etc
- Players must always return through a gate before leaving through a different gate to perform another technique
- **Progressions;**
- Players must move through two gates before performing a technique;
- Players defend a gate by blocking players for a maximum of three seconds (Strength);
- Players perform Power related activities at each partner (Squat & header etc);
- Keep the practice moving by swapping roles on the move.



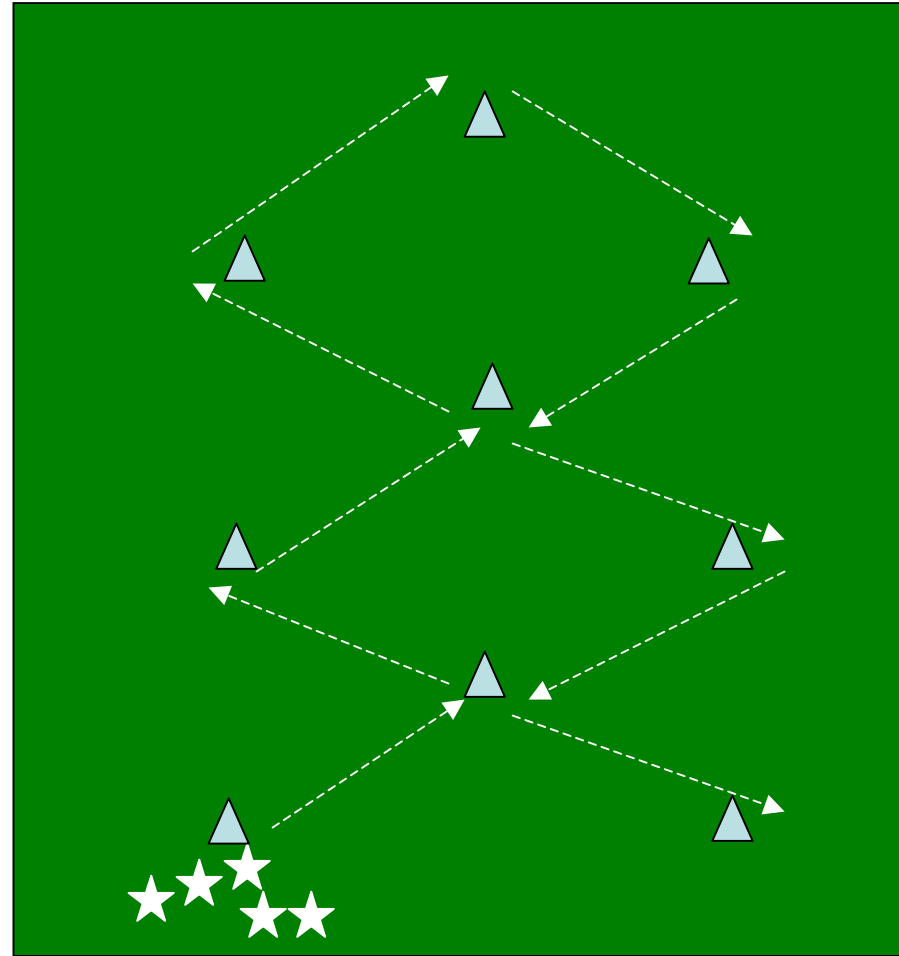
Dynamic Football Warm up

- **Organisation**
 - Players organised at a series of mannequins with balls starting at either end of the practice.
 - The ball is transferred clockwise around the area.
 - Size of area 30 yds x 20 yds.
 - Players move from station to station.
-
- **Progressions;**
 - Players begin by dribbling with the ball from mannequin to mannequin;
 - Pass and follow;
 - Players do a 1-2 with the person they pass to;
 - Players play a 1-2 with the next ball being passed to the next station;
 - Go in the opposite direction;
 - Players decide when to take it themselves and when to play a 1-2;
 - The first touch of the receiving player must take them around the mannequin either in front or behind;
 - One touch only.



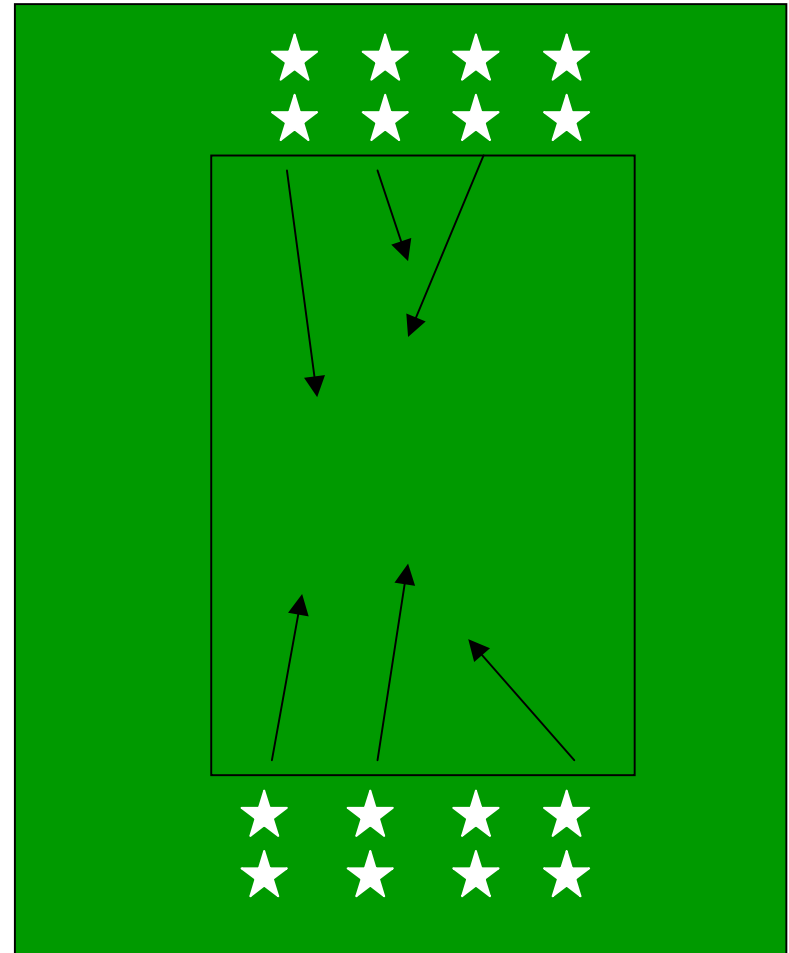
Dynamic Football Warm up

- **Organisation**
 - Players are organised at one end of the practice area.
 - Players take it in turns to work through the course performing dribbling and turns with the ball using both feet.
 - Players work clockwise with particular emphasis placed on coordinating movements with both feet.
-
- **Progressions;**
 - Cut the ball with the outside of the left foot at the 1st cone, right foot at the next cone;
 - Drag the ball with the sole of the foot with the right foot at the first cone, left foot at the next cone;
 - Dribble around the cone and accelerate to the next cone / repeat with other foot;
 - Dribble to cone turn back on next cone & cut ball with left foot back and then across to next cone, repeat at next cone with right foot;
 - Dribble to cone and pass ball to one side of the cone move to receive ball on other side;
 - Dribble to first cone, disguise to pass or shoot and cut ball with right foot across front of cone, repeat with other foot ;
 - Go in opposite direction;



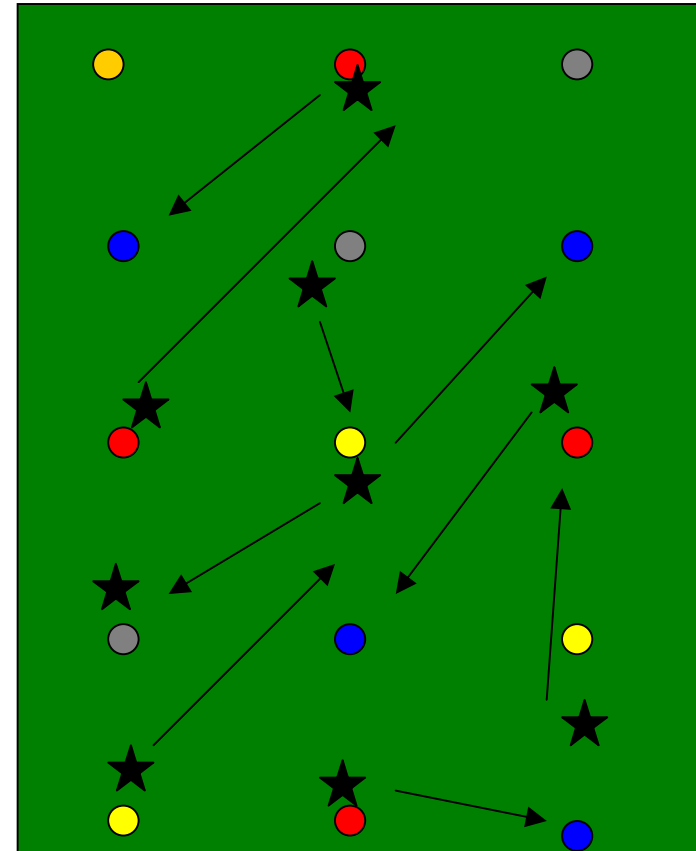
Football Warm up

- **Organisation:**
- Place all players in groups of three and at opposite ends of a 30 x 20 area;
- The player at the front of each group has a ball and performs a number of activities as he travels across the area.
- **Recommendations:**
- Dribble across area with ball;
- Keep ball up to half way and pass across;
- 1 touch / 1 bounce across;
- 1 touch / 1 bounce across and pass to head;
- Fake to pass when dribbling across;
- Don't run straight, run in a slalom;
- Toe taps and pass when ten yards away;
- Keep ball up all the way;
- Add in 5 yard central zone – dribble to zone, leave ball, pick up new ball and continue;
- Bring in end line so players work at a higher tempo;
- Coach stands in middle zone and attempts to block / pressure players.



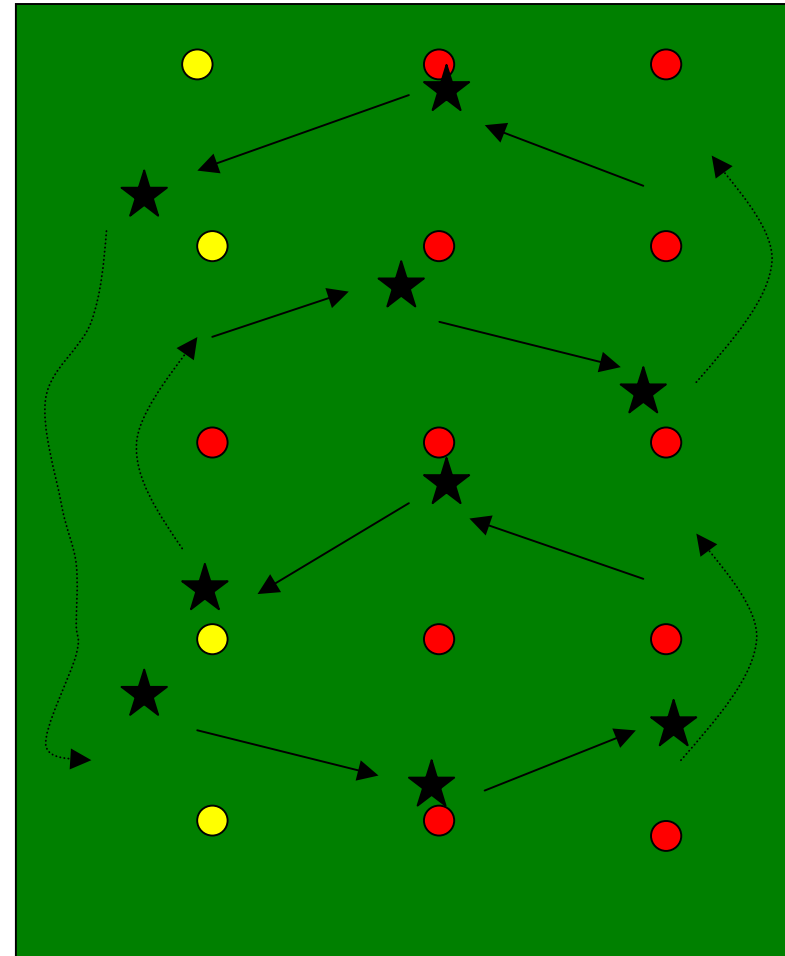
Dynamic Football Warm Up

- **Organisation**
- 8 10 X 10 squares are set up with players positioned at any “spare” cone
- To begin players choose their own route by moving from cone to cone.
- Create a network by asking players to move through a sequence of colours.
- Players perform a variety of movements either at or between the cones. These can include;
- Calf swings or straight leg jogging
- Hamstring volleys (hip flexors)
- Thigh volleys or heels to buttocks
- Groin abductors / adductors
- Lunges
- Intensity should be gradual leading into higher intensity bounding movements (including lateral) to prepare for extended warm up to develop speed, strength, power.
- Incorporate balls into the practice by allowing players to perform basic movements on or between cones including;
- Dribbling, turns at each cone, keep/takes, 1-2's etc
- **Progressions:**
- Organise players into pairs, 2 players per square.
- Players begin by keeping the ball up between them practicing various activities including;
- 1/2/3 touch, touch ball with different parts of the body, pass over head height, pass with head etc.
- 1 player serves ball to 2nd player keeping them on their toes through varied service. Six services each and swap over.
- Complete the above activity but instead after 4 services the server rolls the ball into a new area and both players race to get there first. Switch roles.



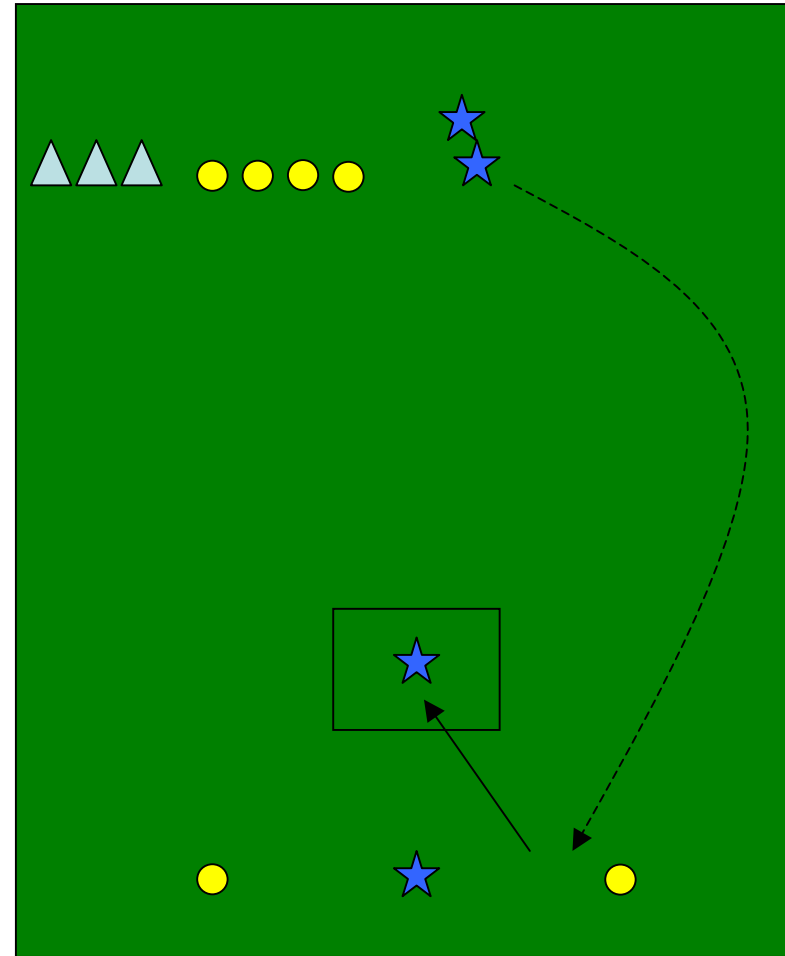
Extended Football Warm Up

- **Organisation**
 - 8 10 X 10 squares are set up with players positioned as shown in diagram.
 - To begin player 1 passes forward through yellow gates to player 2. Player 1 then follows pass taking the place of player 2.
 - Player 2 receives pass from player 1 and passes forward to player 3. Player 2 then follows pass and takes the place of player 3.
 - Player 3 moves ball into the next "lane" and repeats the process.
 - As soon as ball is in next lane another player can start through yellow gates.
 - When ball reaches end yellow gates, player dribbles ball back to start.
-
- **Recommendations:**
 - Number of touches on the ball can be limited to increase the tempo of the practice.
 - Player one plays a 1-2 with player two and transfers to player three, Player two supports. Player three plays a 1-2 with player two who transfers the ball into the next lane. Continue.
 - Players can perform dynamic flexibility movements between yellow end and start gates:
 - Calf swings or straight leg jogging
 - Hamstring volleys (hip flexors)
 - Thigh volleys or heels to buttocks
 - Groin abductors / adductors
 - Lunges



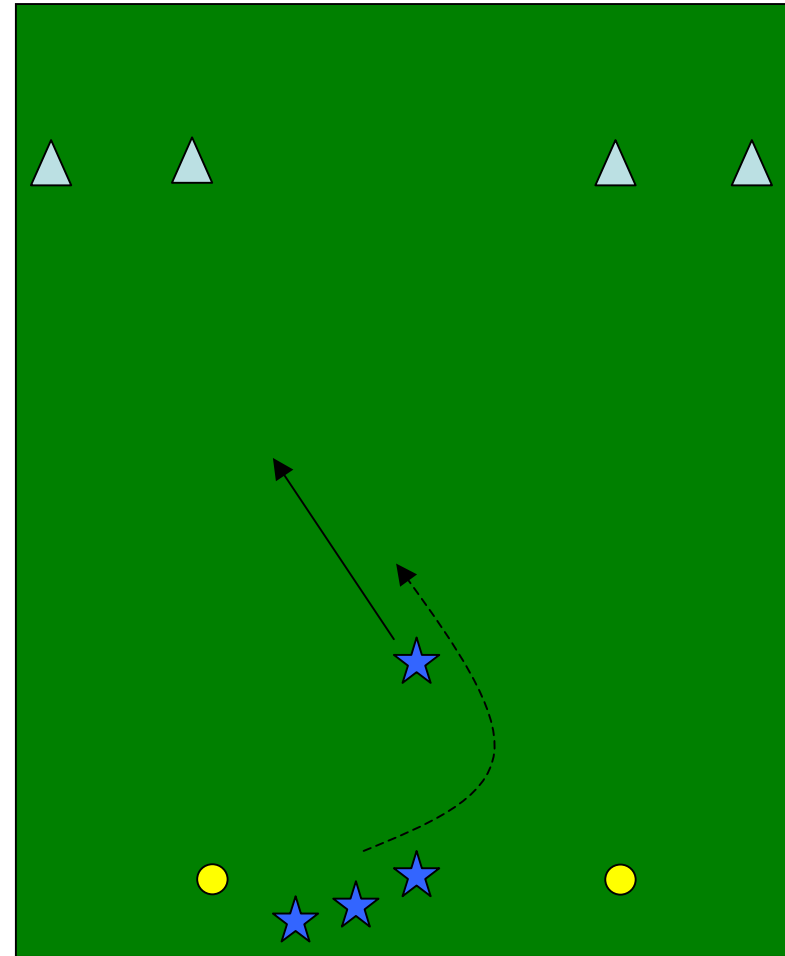
Extended Football Warm up

- **Organisation;**
 - Organise players into 2 teams. Players begin by making a lofted pass to another member of the team 20/25 yards away. This player must volley the ball into the player in the box without it touching the ground.
 - The player in the box must always have one foot in the square.
 - Players rotate roles with the first passer entering the box, the box player becoming the volleying player, the furthest player running to the start after working through a set of ladders and poles.
 - Players sprint back to the beginning.
-
- **Recommendations/ progressions;**
 - The first receiving player can;
 - Head it, volley it, chest it, thigh volley etc
 - Play a competition - first team to ten successful passes.



Extended Warm up Speed and Agility

- **Organisation;**
 - Organise players into pairs;
 - One player acts as the attacker / one as a defender;
 - The attacker sets off and attempts to get through one of the goals without being tagged.
- **Recommendations/ progressions;**
 - Add in balls for the attacker only;
 - Add in balls for each player.



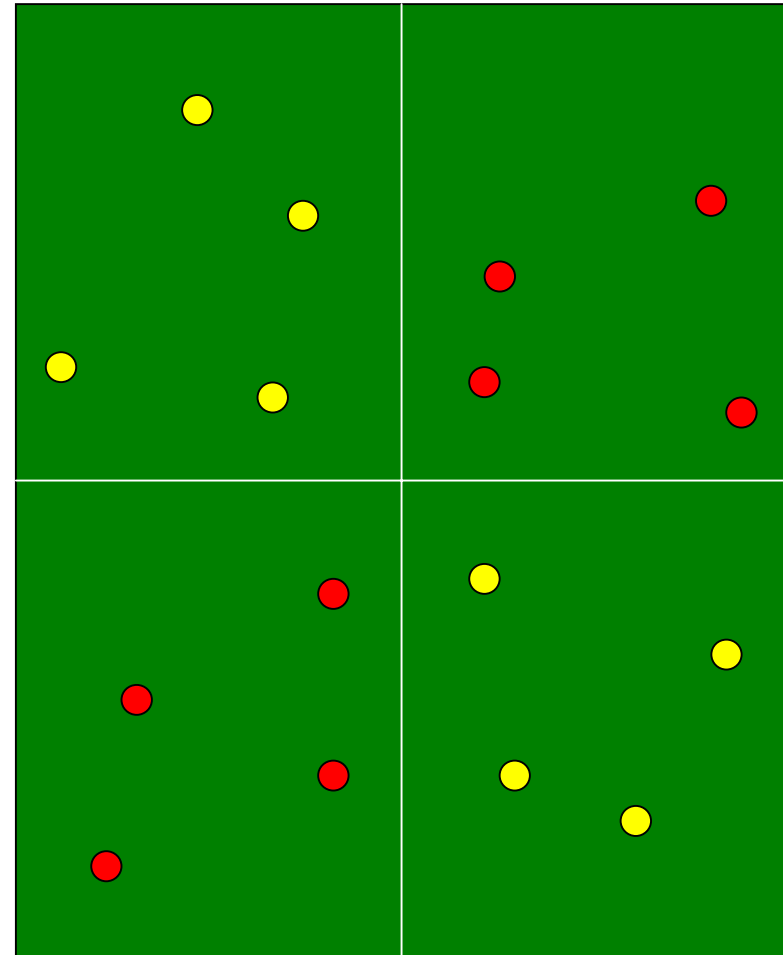
Dynamic Football Warm up

- **Organisation**

- Situated between the 18yard box and the $\frac{1}{2}$ way line four areas are created with four players per area and one ball.
- To begin players choose their own route by moving through out the area.
- Players perform a variety of movements that can include;
- Calf swings or straight leg jogging
- Hamstring volleys (hip flexors)
- Thigh volleys or heels to buttocks
- Groin abductors / adductors
- Lunges
- Intensity should be gradual leading into higher intensity bounding movements (including lateral) to prepare for extended warm up to develop speed, strength, power.

- **Progressions:**

- Incorporate balls by asking players to pass and move to begin with.
- Other activities can include;
- Keep ball up as a group
- Pass in a certain order (Number players)
- Call a number and following a pass the player leaves and moves to a different area (Diagonal/Across)
- All players pass and move in a clockwise/anti clockwise direction.
- Short pass that remain in the centre of the area forcing players to move quickly from out to in.
- 1-2, spin off to receive again, pass to new player.
- Add ladders / jumps / cones etc around the area for players to perform activities at after passing the ball at any given stage of the warm up.



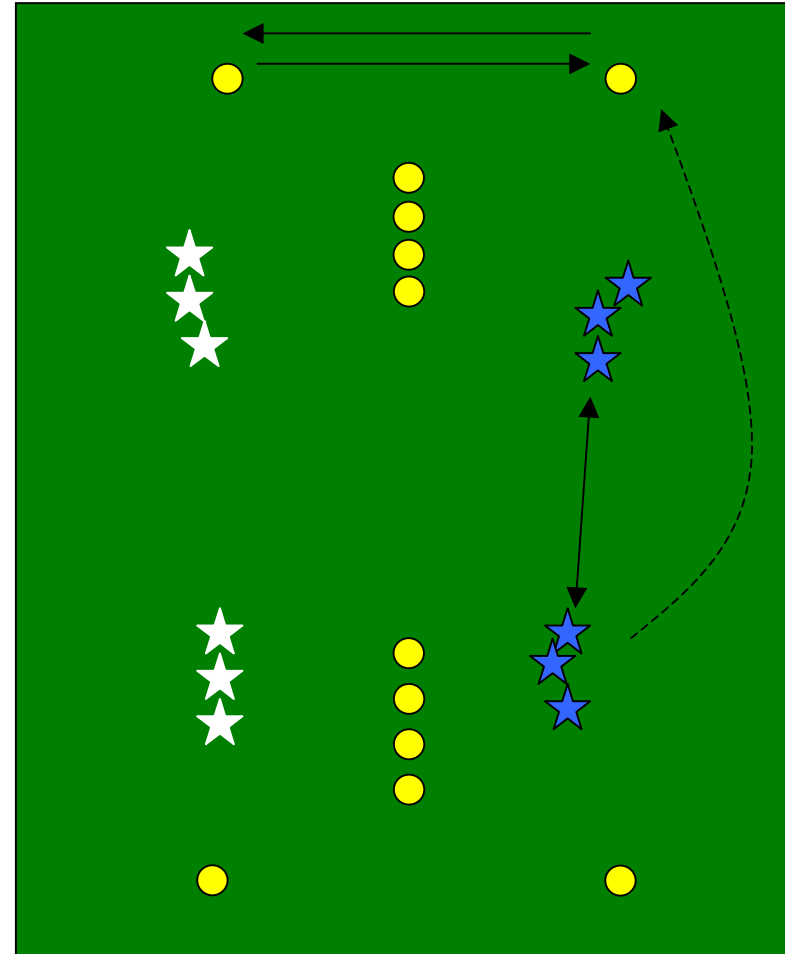
Dynamic Football Warm up

- **Organisation;**

- Organise players into 4 groups positioned at each corner of a 12 metre square
- Players pass to line opposite and join end of own line

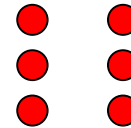
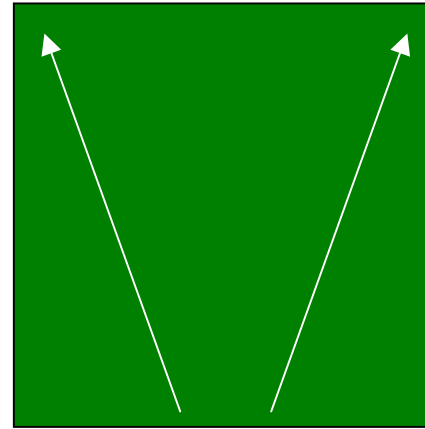
- **Recommendations/ progressions;**

- Players pass and follow to end of opposite line performing random dynamic flexibility movements up to end cone.
- As above but players perform dynamic flexibility sequences up to end cone and dribble ball across to opposite end cone.
- As above but players perform dynamic flexibility sequences up to end cone and complete fast feet circuit (Yellow Cones situated between groups)
- Players play one – twos each time and increase sprints to end cone or spins to behind cone.

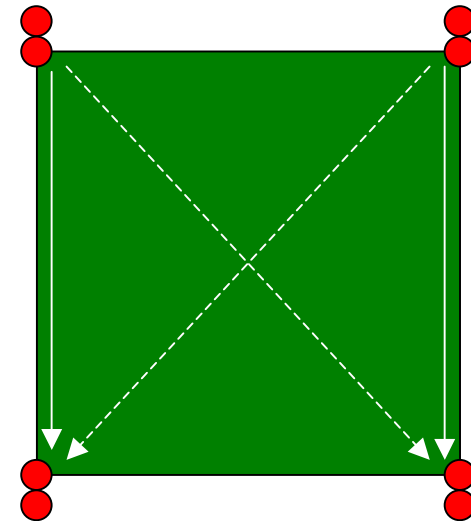


Dynamic Football Warm up

- **Organisation**
- 30 x 20 area players begin by jogging in pairs to the far corner of each area and back down the sides to rejoin the group
- Players perform a variety of movements that can include;
- Calf swings or straight leg jogging
- Hamstring volleys (hip flexors)
- Thigh volleys or heels to buttocks
- Groin abductors / adductors
- Lunges / jog on side / arm swings / disco etc
- To increase intensity number the following activities;
- 1) Sprint to top corner 2) Sprint to middle cone 3) Diagonal to top cone 4) Return to back of Q.
- Call numbers consecutively so players perform a variety of movements.



- **Progressions:**
- Organise players at each corner of the area;
- Incorporate balls by asking players to pass and move to begin with to the players in the Q in front of them.
- Other activities can include;
- Pass and follow ball;
- Pass and run to the group diagonally opposite;
- Pass and run to the group horizontally opposite;
- Pass the ball diagonally and follow;
- Pass the ball diagonally and run to group in front;
- Players can now move anywhere they like BUT; They must ensure that group numbers remain balanced at all times to ensure that the practice keeps working.



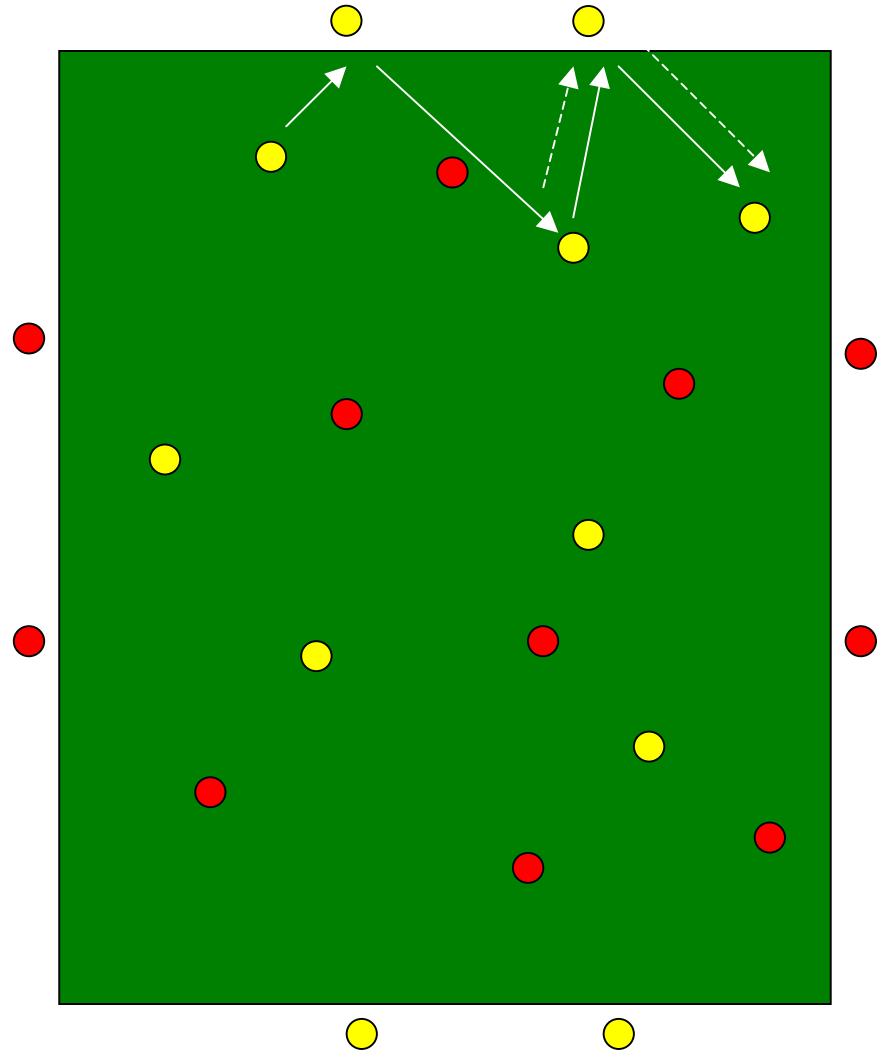
Dynamic Football Warm up

- **Organisation**

- Situated between the 18yard box and the $\frac{1}{2}$ way line 2 players from each team are placed at either end of the playing area.
- One ball per group each team transfers the ball to the outer players at one end and then the other.
- The outer player is replaced on each occasion by the passer
- Players not in possession perform a variety of movements that can include;
 - Calf swings or straight leg jogging
 - Hamstring volleys (hip flexors)
 - Thigh volleys or heels to buttocks
 - Groin abductors / adductors
 - Lunges
- Intensity should be gradual leading into higher intensity bounding movements (including lateral) to prepare for extended warm up to develop speed, strength, power.

- **Progressions:**

- When an outer player receives a pass he plays a 1-2 with the other outer player before transferring the ball back in & joining the practice.
- One outer player passes & overlaps the other, receives the ball back & passes back into the practice.
- A pass to an outer player is supported by another player who transfers the ball between the two before the 2nd outer player passes back into the practice (As shown)
- Perform various combinations within the practice (Yorke / Cole, Shevchenko)
- Limit the number of touches by all / certain players.
- Time limit for transfer eg, Can only pass forward etc



Dynamic Football Warm up

Organisation;

Players are organised into pairs and positioned
At each outside cone.

Cones / Mannequins are set up 6m and 12m from centre
cone.

Players alternate by performing a variety of
dynamic movements from start to centre cone
and back.

Recommendations;

Players progress by performing forward
backward and lateral movements at random
between own and other groups cones.

Progress to dynamic sequences and
chopdowns.

Progress to high intensity sprints and agility
sequences between cones. (variation of
commands)

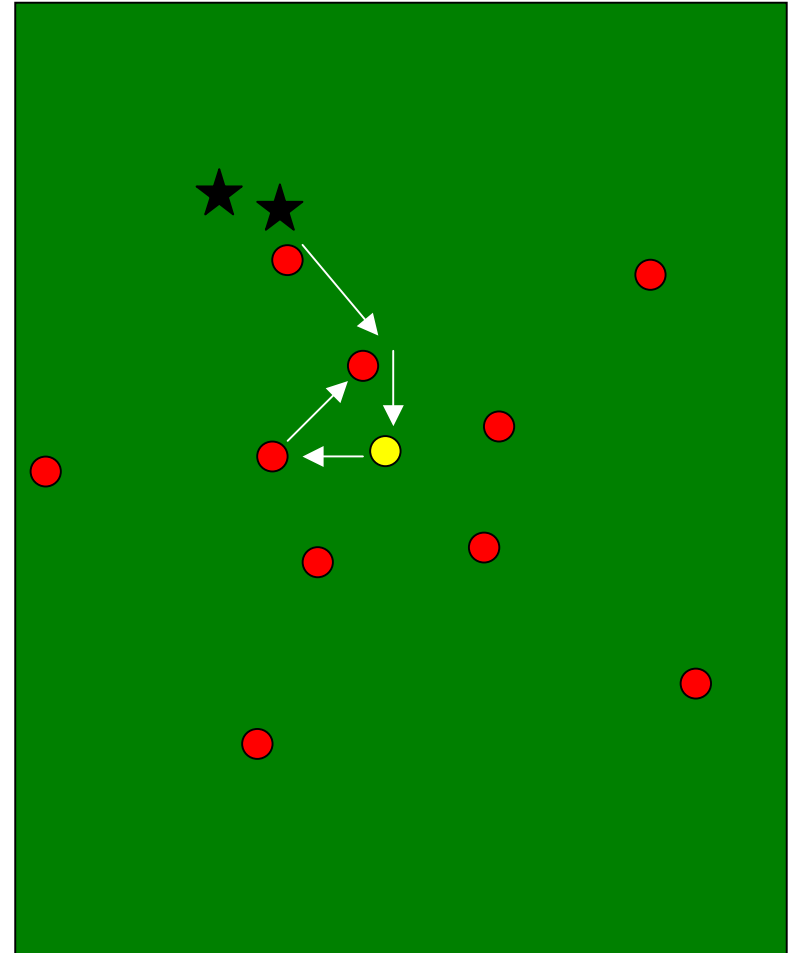
Progressions;

Add a ball for each group and perform similar
movements around the cones;

Perform movements around the cones and finish at the
group to your left;

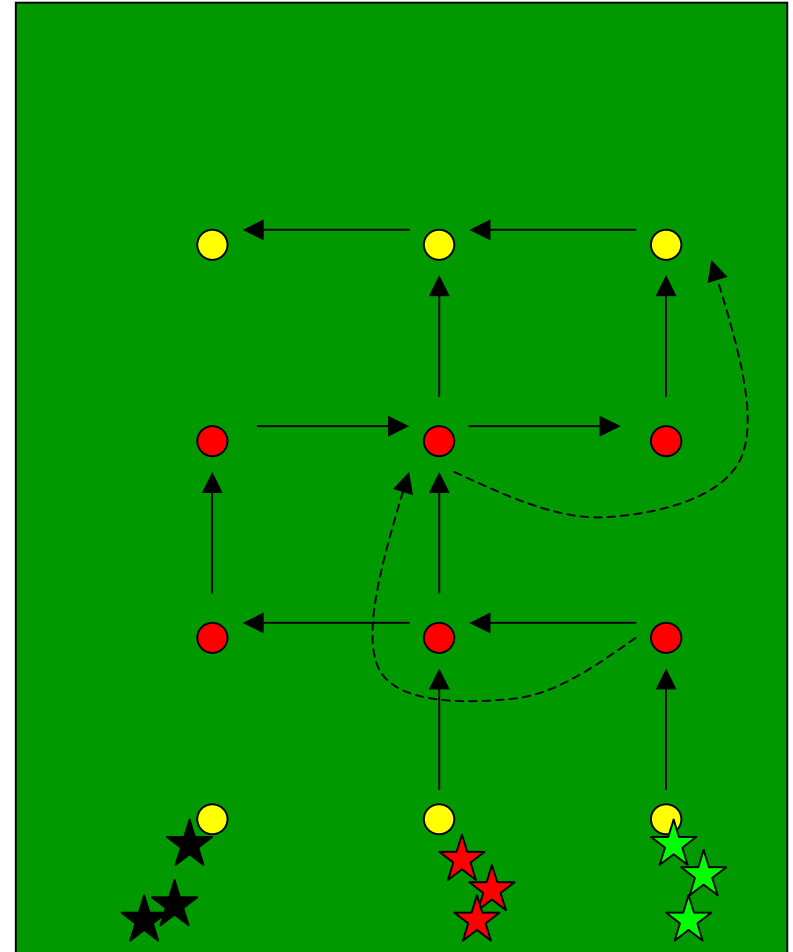
Dribble and pass across the area and join the group to
your left;

Use the spare player at each group top play
into/overlap/dribble round/Play 1-2 with etc



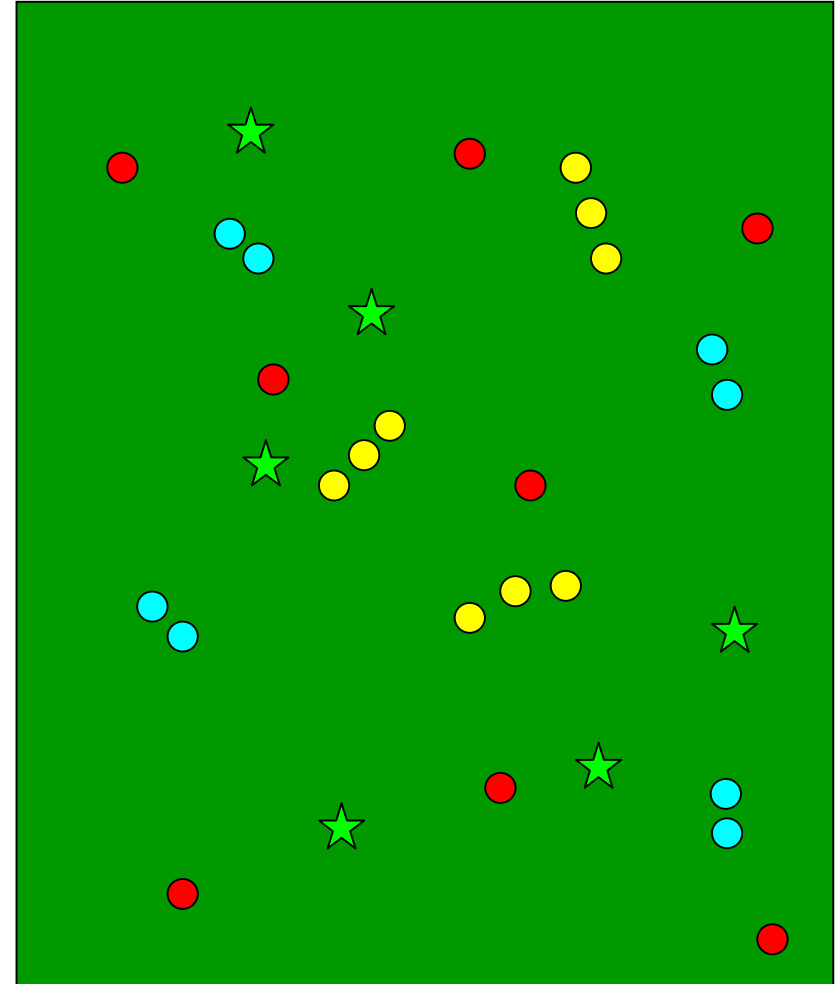
Dynamic Speed & Agility Warm Up

- **Organisation;**
 - 3 10 X 10 squares are set up with players positioned as shown in diagram.
 - To begin players in the left and middle columns jog forwards to nearest cone, sideways to next cone, forwards etc to end and return to own line.
 - Repeat with players in right and middle columns.
 - Overload number of players in middle column.
- **Recommendations/ progressions;**
 - Introduce dynamic flexibility movements between each cone
 - Introduce a ball at each stage of cones for players to move laterally
 - The ball can be moved in a number of different ways;
 - Toe taps (Forwards/Backwards) drag foot over ball etc;
 - One touch to control and one to pass the ball;
 - One touch only (weight of pass)
 - As above but all players overlap ball quickly when passed which triggers next group of players to “go”.



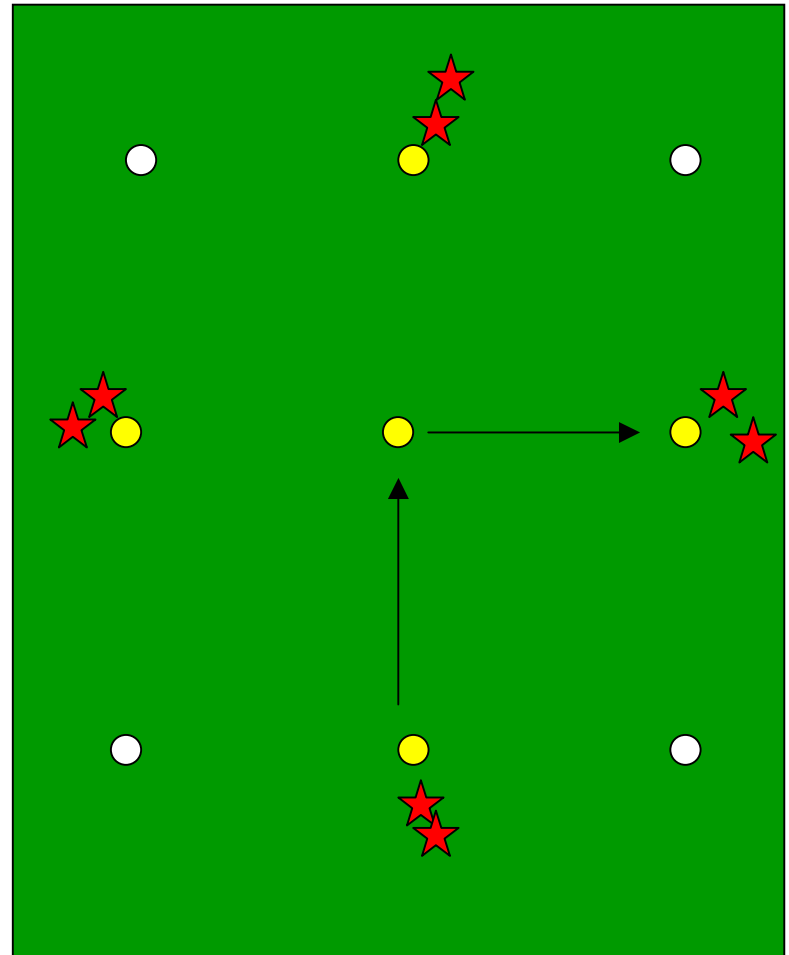
Dynamic Warm Up

- **Organisation:**
- Players are split into small groups
- Different coloured cones are spread around area at random in 1's, 2's and 3's.
- **Recommendations/ progressions:**
- To begin players jog around coned area performing dynamic flexibility movements and sequences.
- Players progress to performing fast feet movements:
- 1 cone – lateral hops X 4
- 2 cones – lateral side steps X 2
- 3 cones – forward high knees X 1
- Progress to building up fast feet sequences (move to 1 cone then 3 cones then out of area etc.)



Dynamic football warm up

- **Organisation**
- Players are organised into pairs at each yellow cone
- **Recommendations/ progressions:**
- Players begin by moving to centre cone, and to left or right cone performing dynamic sequences.
- Progress by adding a ball: dribble to centre, cut back with instep out to right, cut back with instep out to white cone, cut back with instep back to start position.
- Vary technical work to any type of turns;
- Work clockwise and anti clockwise;
- Vary shape of practice & add additional cones to make a clock face, players perform tasks in and around the times of the clock;
- Perform 12 hour / 24 hour clocks;
- Players progress to performing sprints after second cut back.



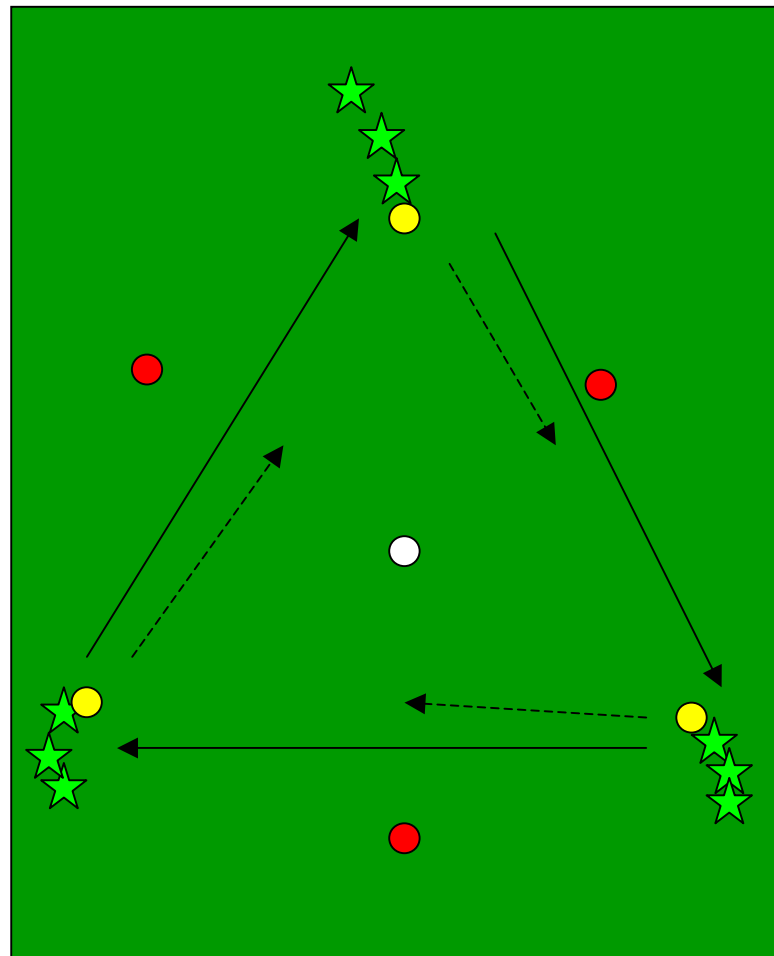
Position Specific Warm up / Technical Practice

- **Organisation:**

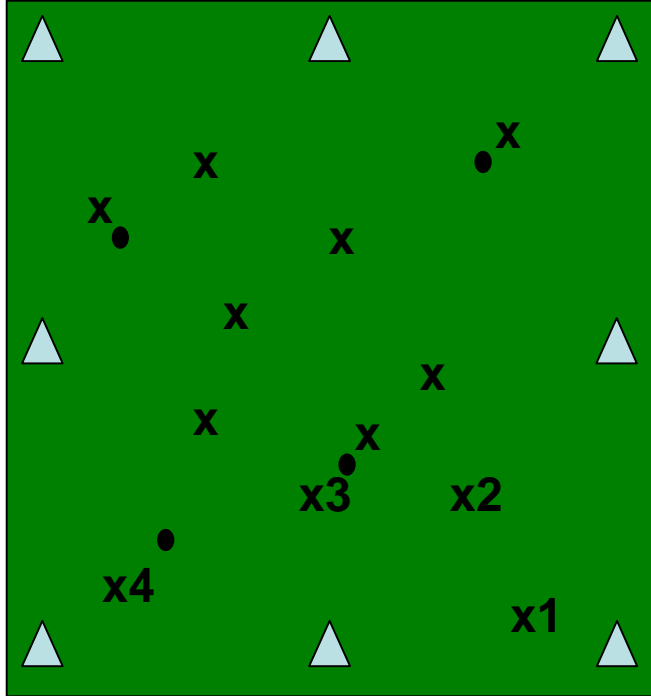
- Players begin with a range of light dynamic stretches in area moving to and from different coloured poles.
- Players are then split into 3 groups on yellow poles.
- Players jog into middle pole (white) and out to next group performing dynamic movement sequences.

- **Recommendations/ progressions:**

- With a ball players get ball out of feet in direction of next group clockwise, stop ball in between cones and join end of line.
- Next player in line follows and passes ball to player in next line to repeat sequence;
- Repeat but move inside or outside around red/white poles at speed;
- Player who leaves ball, performs movement around cones & supports ball played to front of next group;
- Pass to next group, make angle, receive back, pass to moving runner;
- Play 1-2 with player at front of group, receive back and transfer to player at front of next group, the ball is supported by the player playing the lay off pass for you to transfer;
- Player One Plays pass to player at front of next group and moves to white cone, checks off and performs a Shevchenko to play into receiving players pass who is travelling to next group.



Dynamic Warm up



Comments

Organisation

In a 20 x 20 area each player jogs around the specified area, 4 players have 4 balls. After 3 mins add 4 extra balls to be passed randomly by hand. Thus players are continually giving and receiving passes to feet and by hand

Key Factors

Increase muscle temperature

Increase Heart Rate

Increase flexibility

Incorporate stretching

Progression

Pass & Receive in sequence: One to feet, one to hands

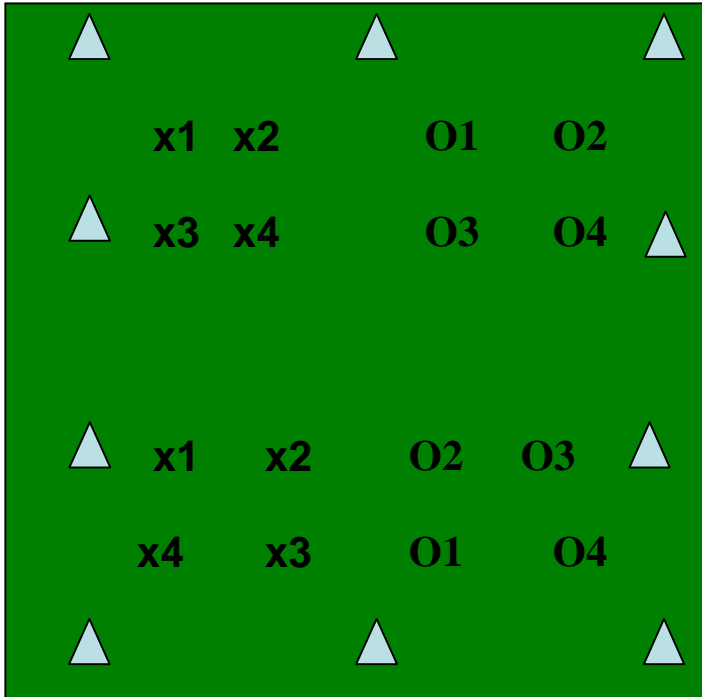
Players continue to pass to feet – but "serve" for a header to be directed to a new player

A one – two must be performed before a pass is made to a new player

1 touch one – two

3 touches / seconds possession maximum

Dynamic warm up



Comments

Organisation

Split group into 4 teams: (2 x blue, 2 x red), and position them in each corner. Players in each group are numbered 1-4, passing in sequence.

Key Factors

Increase muscle temperature

Increase heart rate

Increase flexibility

- incorporating stretching

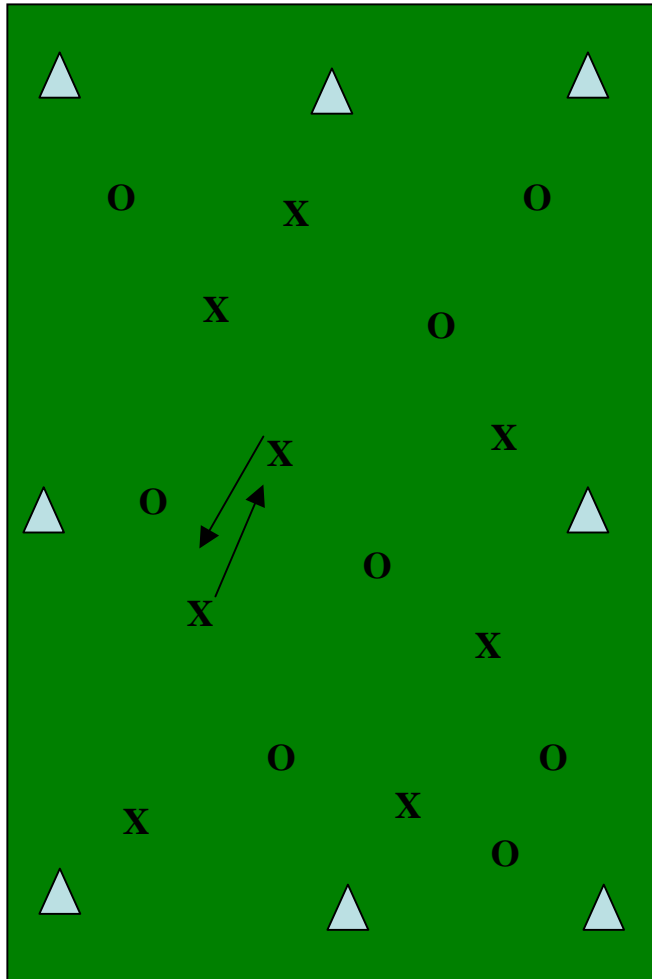
Progression

Upon command number called to swap with opposite team in other half

Once a pass is made players must run to outside markers and return

Use whole area and combine two groups of 4 and repeat above

Dynamic warm up



Organisation

Players (split into 2 teams of 8) jog around area passing 1 ball per group.

Key Factors

Light intensity

Stretch

Increase intensity

Concentrate on body position when receiving ball.

Progression

Add another ball per group

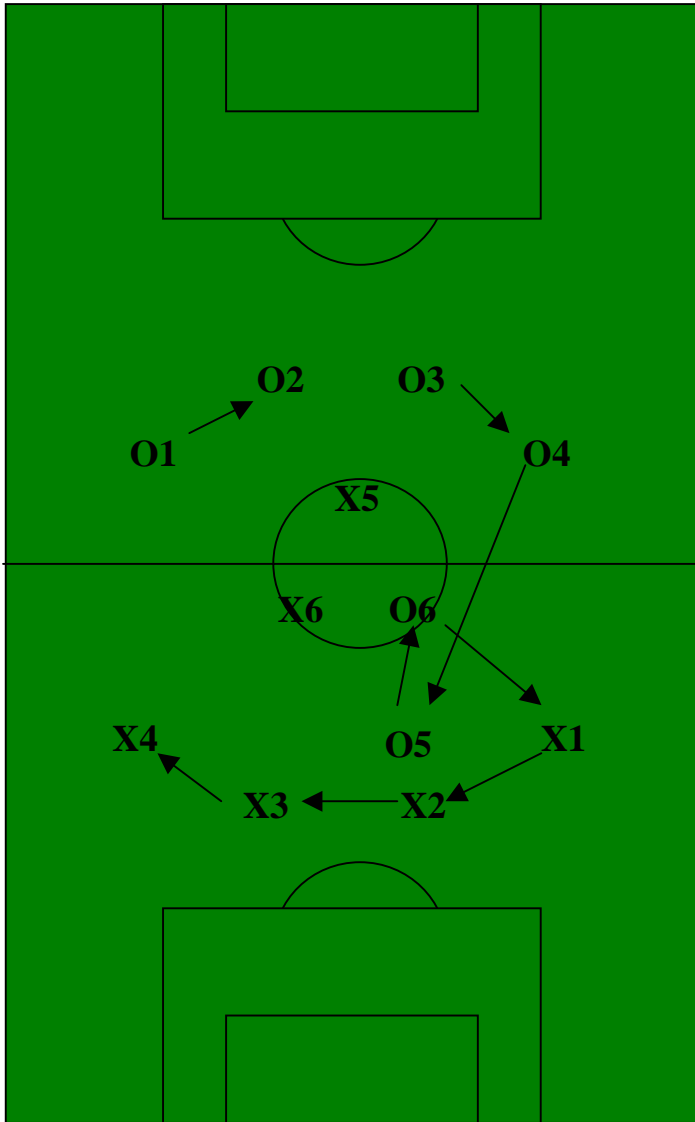
1 ball in air, 1 on floor

Introduce headers, volleys and turning

Comments

Technical Practices

Build Up Play



Organisation

Players are organised into two teams. Teams transfer the ball across the back four and then deliver the ball for the opposing back four who mimic their play

Key Factors

Quality of passing and control

Angles and distance of support

Body Position

Decision

Movement to receive

Transition from defence to attack and vice versa

Progression

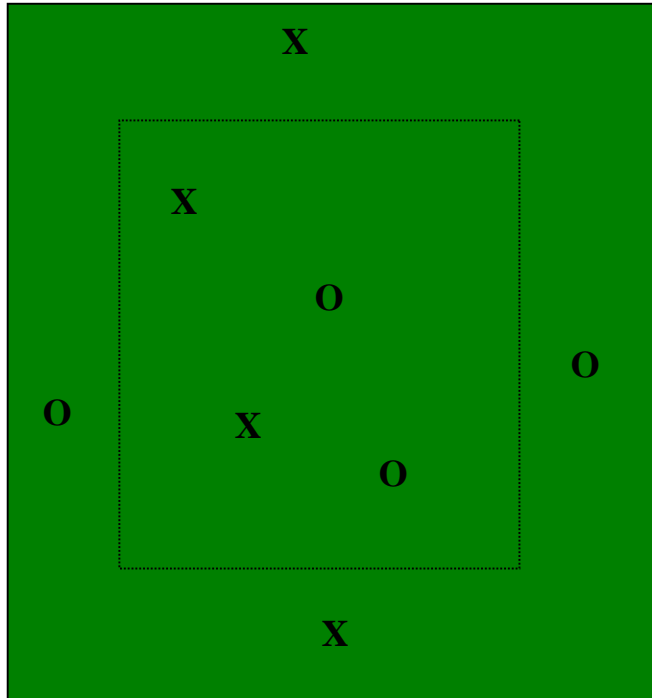
Add a centre midfield player to support the transfer of the ball

Add a centre forward to allow combinations for transfer

Add wide midfield players to allow combinations for transfer

Free play

Possession



Comments

Organisation

Players form a 2v2 inside an area (20x20) with 4 outside players

Players in possession inside can use any outside player

Key Factors

Remain composed and keep the ball

Pass back or sideways if you can't go forward

Angle of body to see "free" players

Pass early where possible

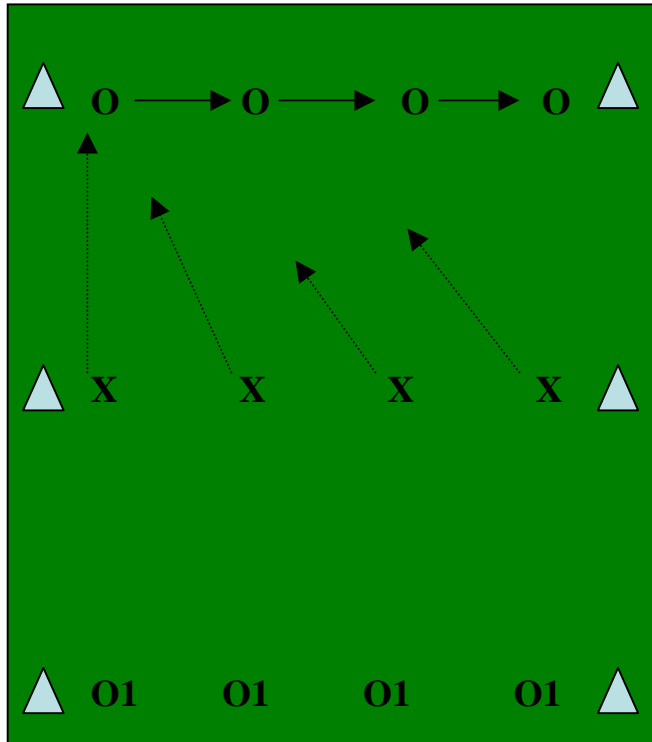
Movement off the ball from inner player to create space

Progression

2 touch on the inside, 1 touch on outside

Xs can only play to Xs

Defending : Pressurising



Comments

Organisation

4 players (O) pass the ball along the line (10x20) from player to player. Each player must take 1 touch. The 4 defending players (x) pressure the ball as it travels.

Key Factors

Pressure on the ball

Cover and support

Recovery runs

Tracking players

Communication.

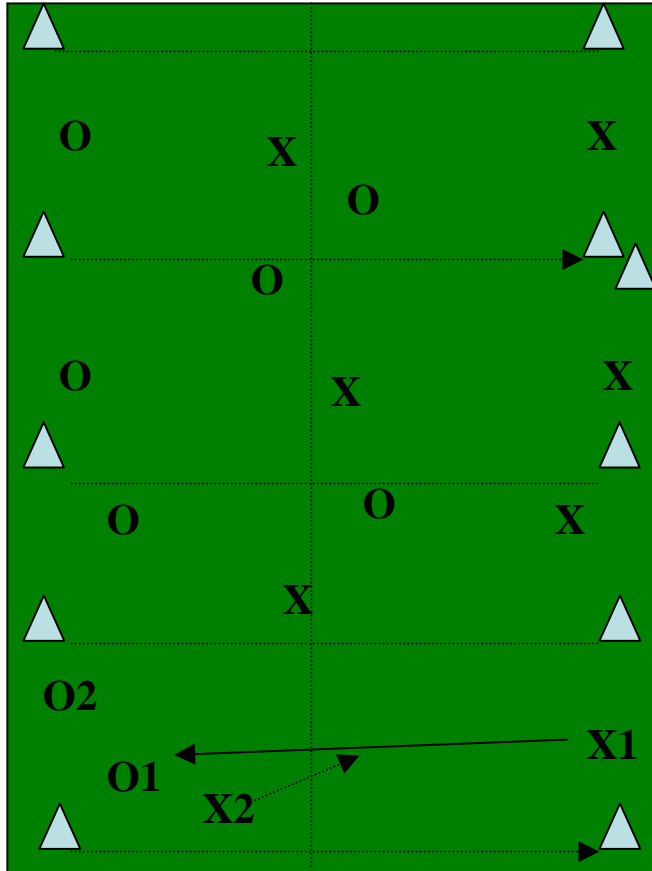
Progression

Players must take a touch before passing

Add in 4 players (O1) behind the 4 defenders, for the attackers to pass into.

Free play so attackers have to track players

Defending : Retreating Defence



Comments

Organisation

Players are organised into groups of 4

Player X1 serves the ball to O1 who attempts to beat X2

X2 must “retreat” into own half before applying pressure

Key Factors

Get back behind the ball as a priority

Apply pressure when in own half

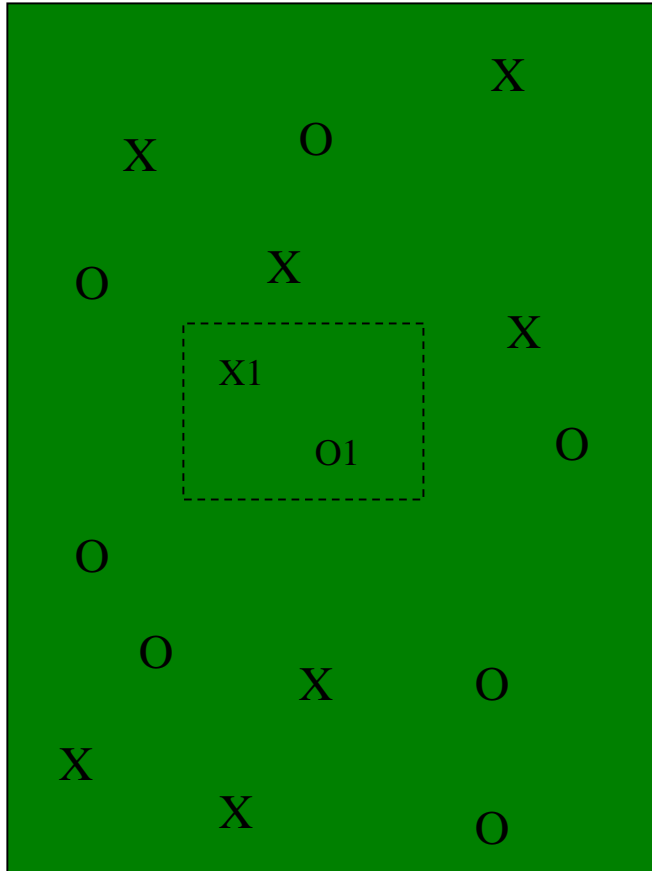
When ball moves forward or sideways retreat back behind ball again.

When to apply press

Progression

X1 and X2 verses 1 and O2

Coaching the Strikers / Team Play



Comments

Organisation

- X1 and O1 are strikers in need of work with back to goal in a 10x10 area.
- Players on outside pass into striker to score

Key Factors

Environment: Size, structure and relevance to the area being used in relation to the age, ability, number of players and topic of session being conducted

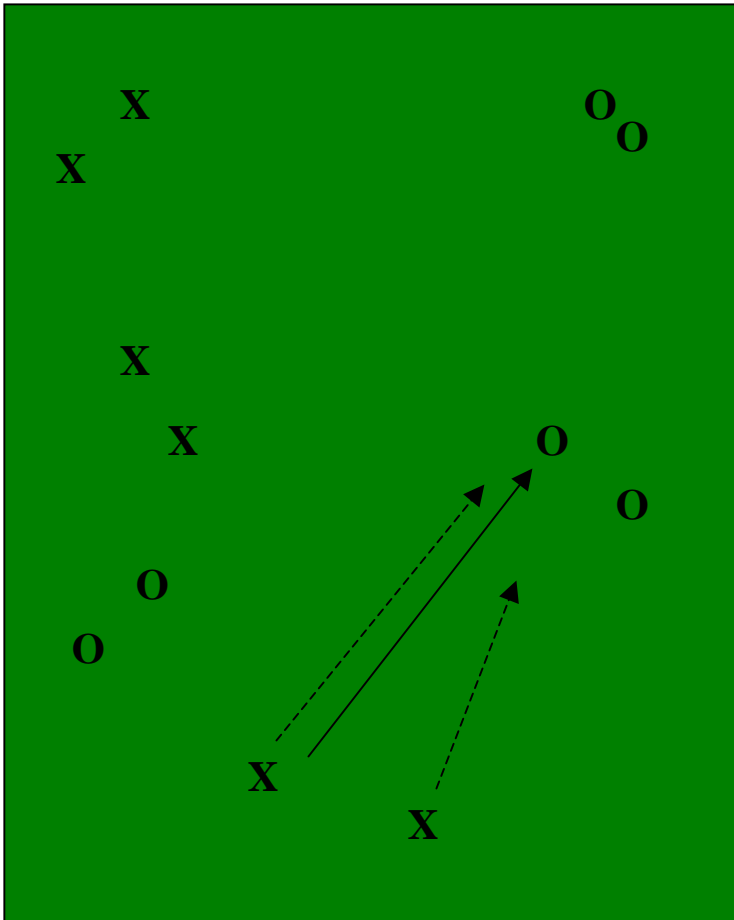
Targets: The targets set out the key points and conditions of the activity in order to effect the players and the session as a whole

Role: Including aspects such as organisation, safety, communication, observation and leadership

Progression

- Must pass to striker after 3 passes
- Place 2 Xs and 2 Os on outside to create more space.
- X1 must pass O1 before passing outside

Defending (Pressurising)



Comments

Organisation

In pairs players receive ball, pass or move in area

1 ball per 4 players

Every time a pass is made by players in pairs passively pressurise the pair receiving

Key Factors

Nearest man horizontally pressure ball.

Cover, balance and distance of second defender

Remain “compact” at all times

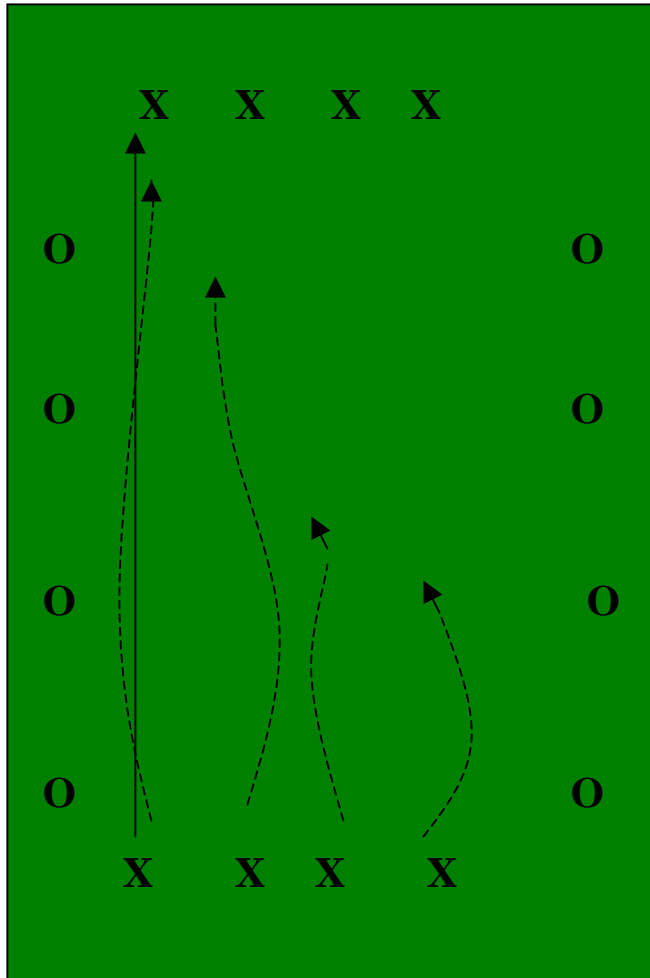
When ball travel back, move forward as a unit until ball stops

Progression

Work in 4's therefore operating as a “unit”

Actively defend until ball is repossessed

Defending (Pressurising)



Comments

Organisation

4 groups of 4 are organised around a square 20x20

1 group working at a time pressurising as a unit, preventing ball from passing own line

Key Factors

Nearest man horizontally applies pressure

If ball moves sideways, retreat behind ball until pressure is required.

When and when not to press

Angles, distance of support and cover of 2nd defender.

Progression

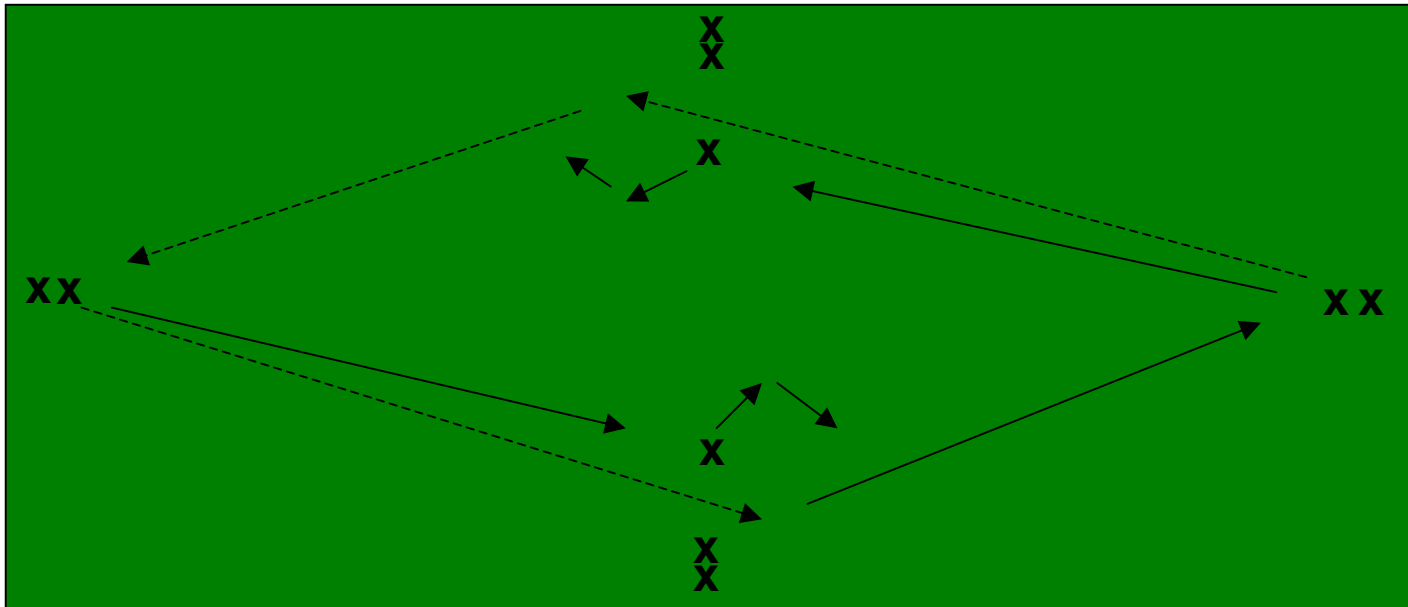
Add players in middle behind pressing defenders

Forward Movement 1a

- Organisation : Players rotate down one side of the Diamond only.
- Players work both ways to practice overlapping down left side as well as down the right.

Progression : Add a passive defender marking the receiver, thus affecting the decision making of the players.

Key factors : Quality of passing, Accuracy, weight, quality of control, quality of support, Communication

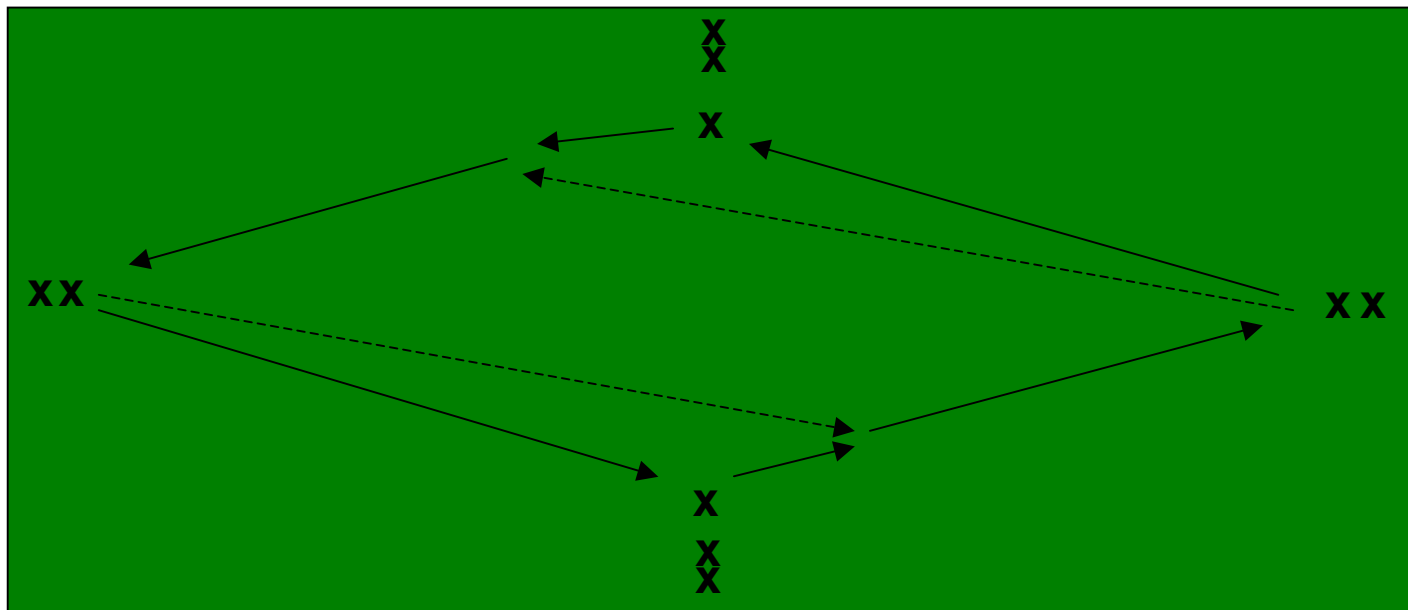


Forward Movement 1b

•Organisation : As practice 2.1 but X1 runs inside for either a pass down the outside of the passive defender or a pass inside. (Often demonstrated by Robert Pires / Ashley Cole)

Progression : Add a passive defender marking the receiver, thus affecting the decision making of the players.

Key factors : Quality of passing, Accuracy, weight, quality of control, quality of support, Communication

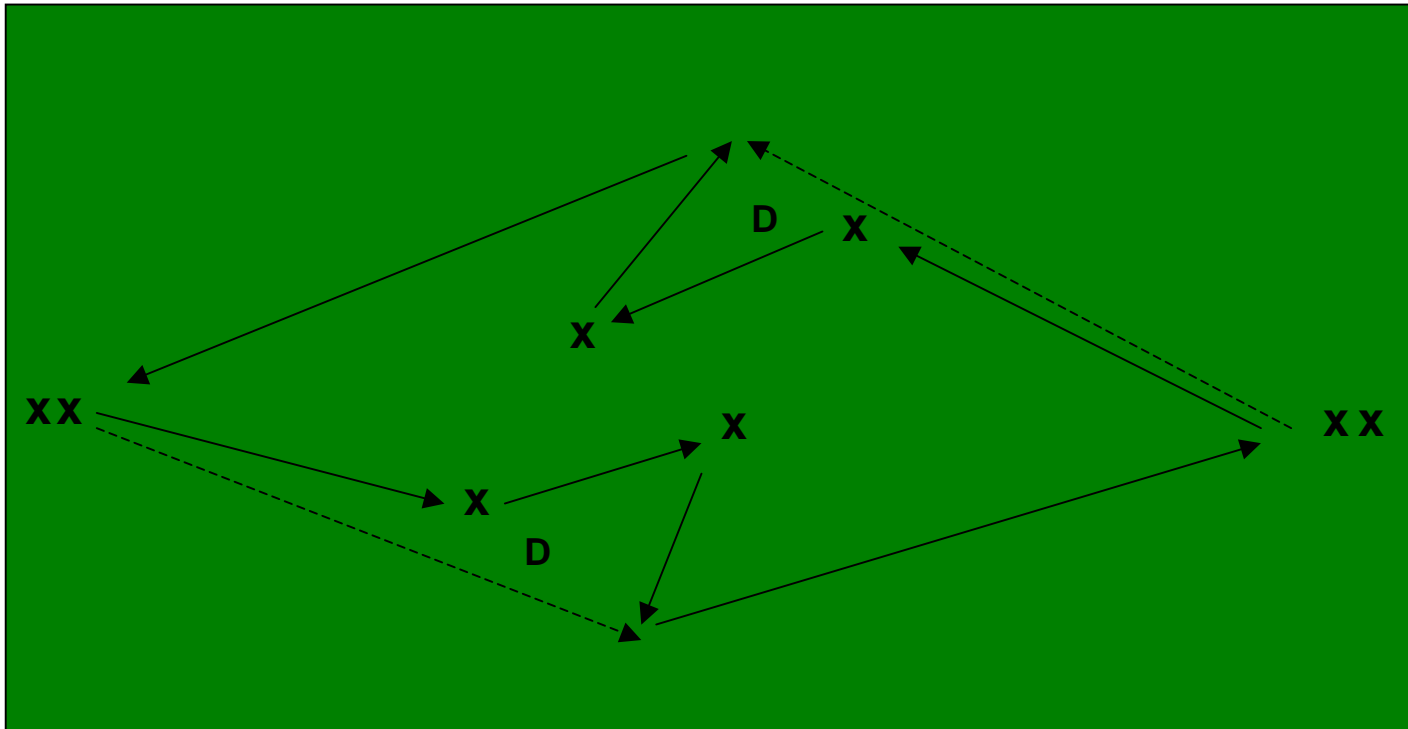


Forward movements inc positional play 1c

•Organisation : As practice 1b but a Striker is added who will become available for the wide player to “bounce” the ball off behind the passive defender to the overlapping player.

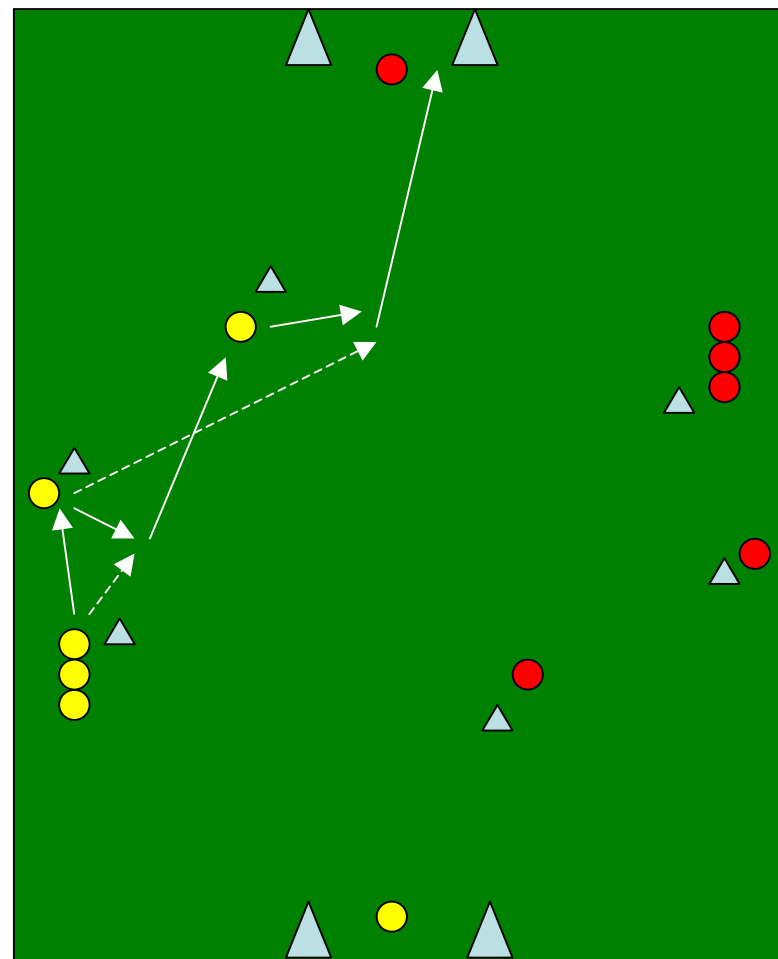
Key factors

Quality of passing, Accuracy, weight, quality of control, quality of support, Communication, Timing & angle / distance of support to the Striker



Combination Play Technical Practice

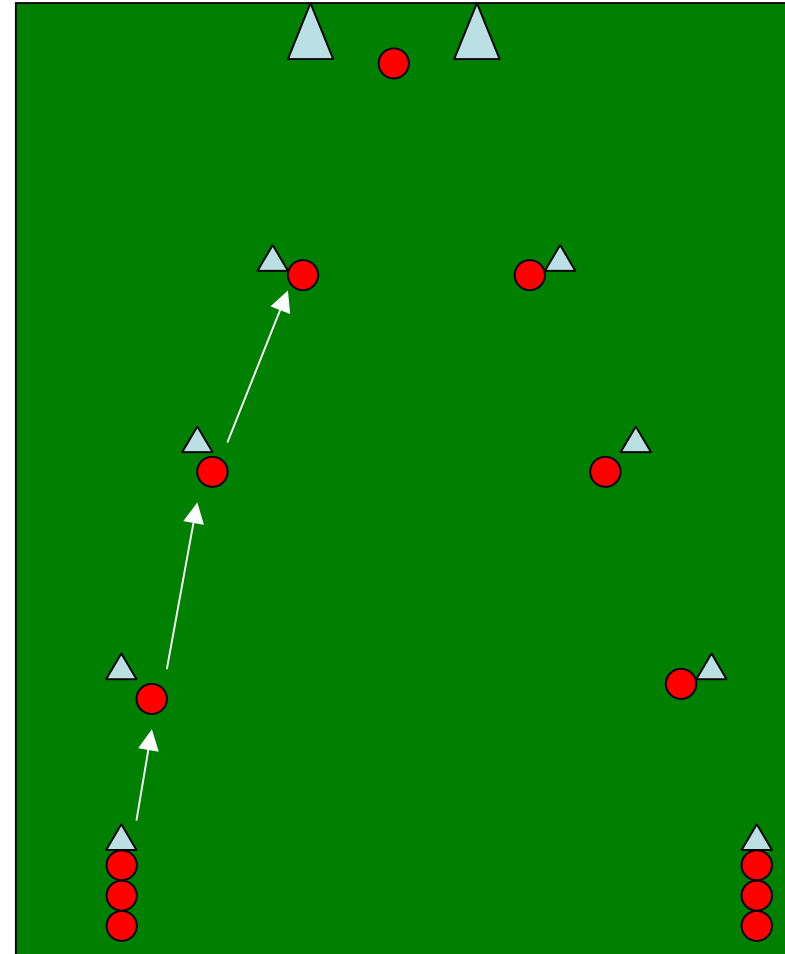
- **Organisation**
- Simple ½ combination practice
- Organised in half pitch practice plus 10 yards;
- 2 groups work, player who shoots joins the end of the other group;
- Players follow their passes and take up the next position in the practice;
- **Progressions;**
- P1 to P2, P2 to P1, P1 to P3, P3 to P2 who shoots;
- P1 to P2 who turns with ball plays ½ with P3 and shoots;
- Can CF (P3) play in supporting player with 1 touch;
- CF can take ball away and back heel to supporting player;
- P2 gets in line with P3 & allows pass to run to P3, receives pass & shoots;
- P1 combines with either P2 / P3, one player must provide support in wide area to cross – allow players to determine how to do this (Overlap / run from P2, P3 etc)
- **Key factors;**
- Quality of pass;
- Quality of movement to receive;
- Body position;
- Foot to receive with;
- Angle & Distance of support etc
- Decision
- End product



Body Position / Combination Play

Technical Practice with Mannequins

- **Organisation**
- Simple ½ practice to develop opening the body to play forwards;
- Organised in half pitch practice plus 10 yards;
- 2 groups work, stagger their start so they don't shoot at the same time;
- Players follow their passes and take up the next position in the practice; player who shoots joins the end of the other group;
- **Progressions;**
- P1 to P2, P2 to P1, P1 to P3, P3 to P2 etc;
- P1 to P2 who turns with ball plays ½ with P3 and slides in P4 or running P3;
- Move Mannequins based on possible positions of opponents, eg, Place Mannequin one in wider position so WM has to roll inside to receive.
- Add additional mannequins in central midfield with players to work through a range of combinations.
- **Key factors;**
- Quality of pass (Safe side / far side);
- Quality of movement to receive;
- Body position;
- Foot to receive with;
- Angle & Distance of support etc
- Decision
- End product



Shooting practice with pattern

- **Organisation:**

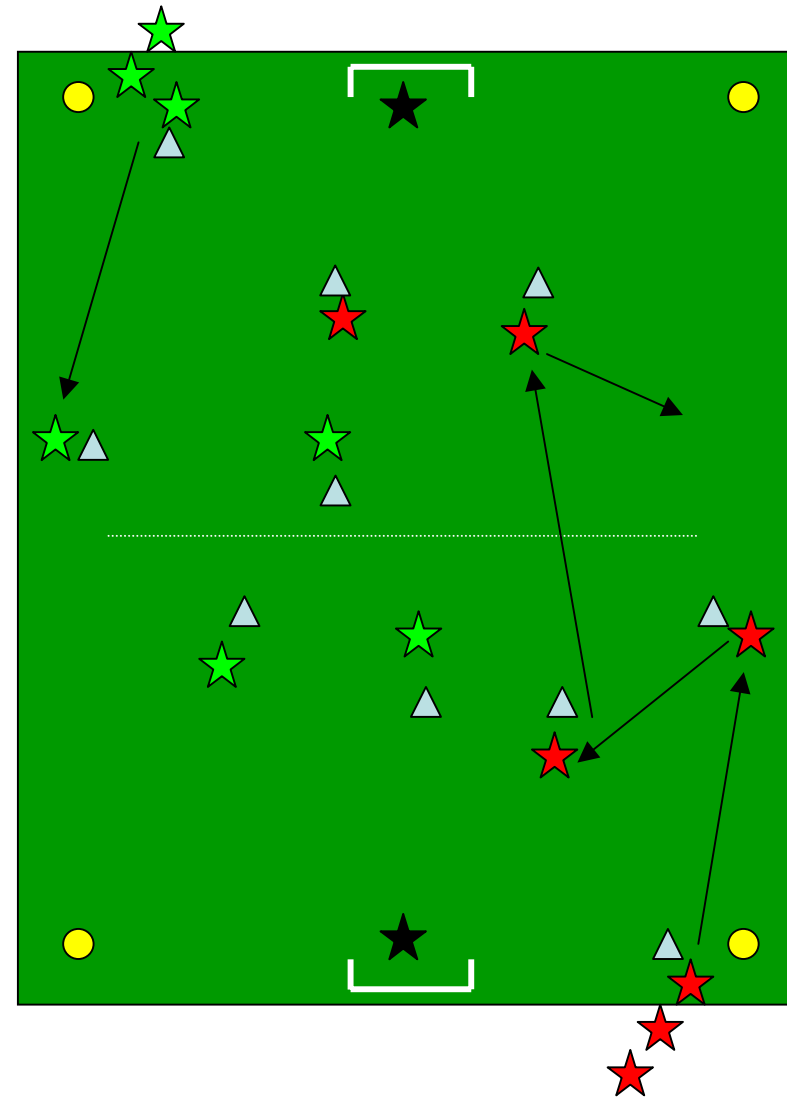
- 16 – 22 players
- Players are organised into 4 groups with 2 groups situated to the right of each goal, 2 groups are placed on the respective mannequins.
- Players play a series of patterns to transfer the ball for a cross / shot;
- Area size 50/60 x 40 to allow quick play.

- **Recommendations:**

- Play starts from the full back position rather than the GK to ensure that play starts quickly;
- Players play safe side to ensure the ball is protected to allow safe progression of the ball;

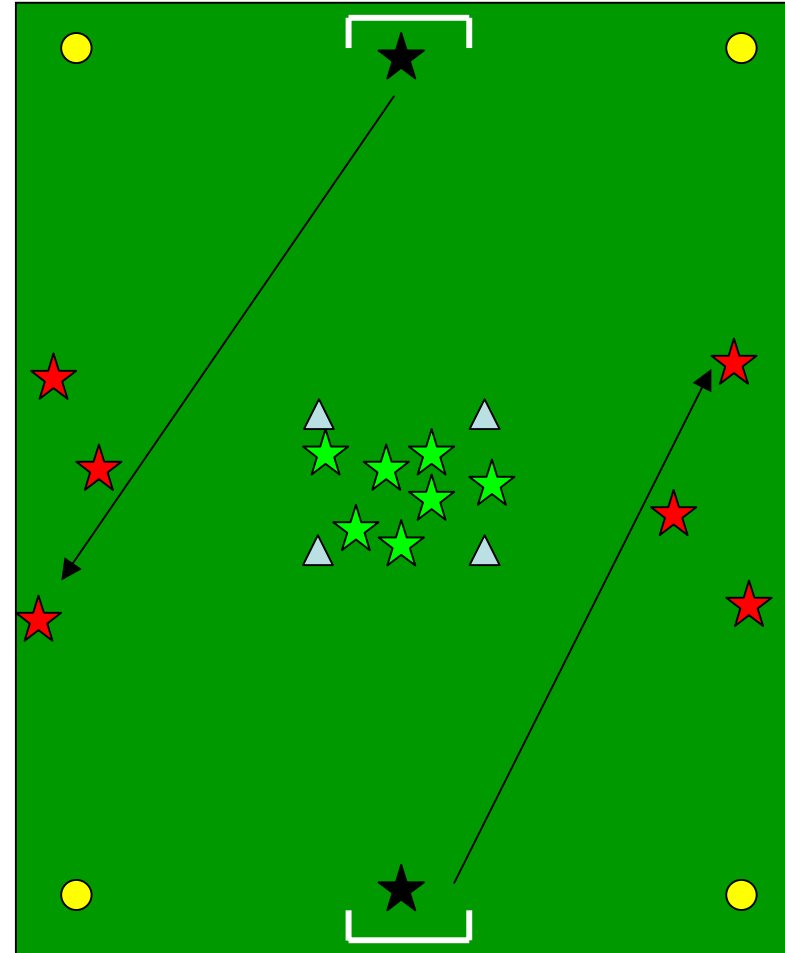
- **Progressions;**

- Players play one/two touch;
- Players play wide players first to begin the pattern;
- Place play striker first to begin the pattern;
- Wide players can stay wide or cut inside;
- Work on the situations that develop. Depending on theme.
- Themes can include; Defending as a back four, defending crosses, Compactness etc
- Link Play, combination play, wide attackers, w/m rolling inside etc



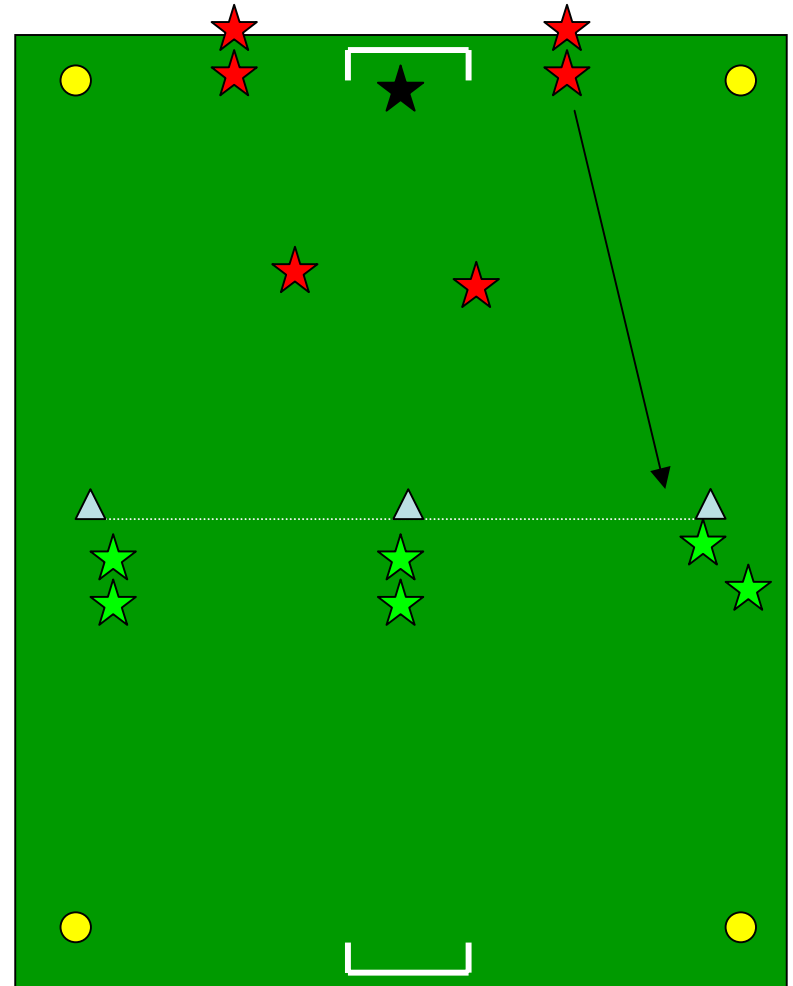
Shooting practice with pattern 2

- **Organisation:**
- GK throws / kicks ball wide to furthest wide player, receiving player dribbles ball before crossing for 2 forwards to finish
- **Size of area; 54 x 45 (Width of Penalty area + 3 yds either side)**
- **Progressions;**
- GK throws / Kicks to furthest player who lays ball back to supporting player. This player then takes on player one before crossing;
- As above but player now passes through the defenders legs before moving to cross;
- As above but player now plays a 1-2 around the defender before crossing;
- Use mannequins as defenders in wide areas. Vary the service to the wide players / Add support from a central position;
- If the GK serves to the closest player he plays a 1-2 with a player from the central group who passes around the mannequin for the furthest attacker to cross;
- If the GK serves to the furthest attacker, he travels inside to pass to a player from the central group he plays the ball to the overlapping deeper player.
- 2 servers introduced and are positioned by the goals, if one player shoots the 2nd attacker is fed a ball for a reaction finish.



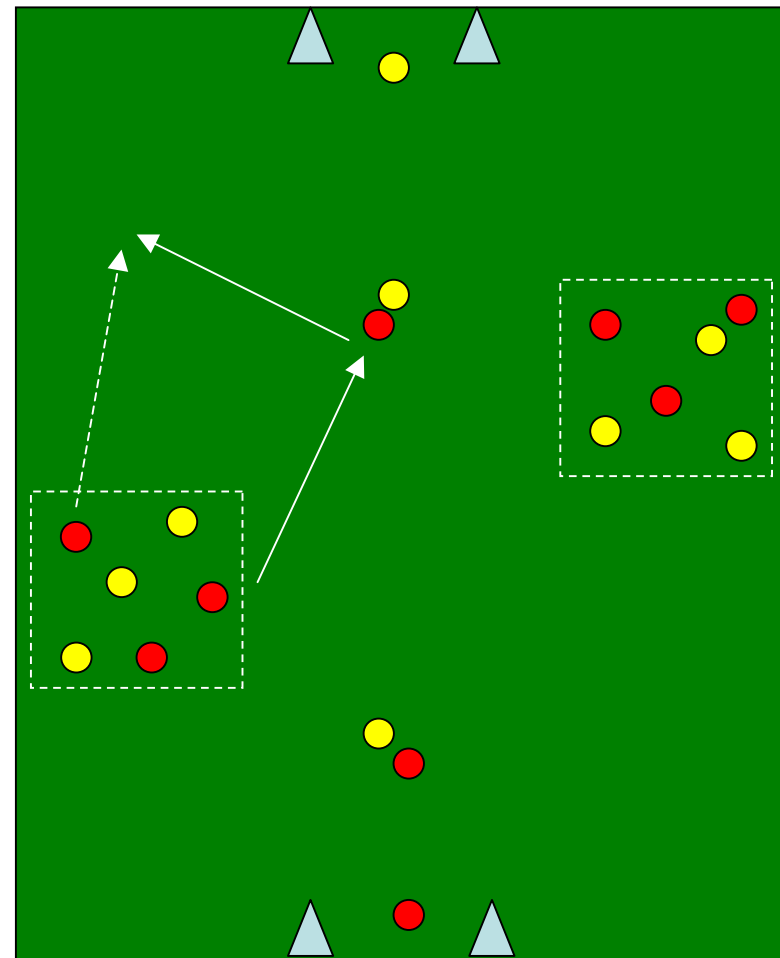
Defending practice; Technical

- **Organisation:**
 - 16 – 18 Players
 - Players are organised into 2 groups, one group attacks (3 players) whilst 2 players defend;
 - Rotate attacking and defending players
 - Area; Width of 18 yard box / 18 yard box + 10 yards
- **Recommendations:**
 - Play starts from a waiting defending player who plays to one of the attacking group;
 - The defending players can move once the attacking team is in possession
- **Key Factors;**
 - Pressure on the ball;
 - Cover and support
 - Angles and distances to ensure defenders can swing across quickly if ball transferred;
 - Communication;
 - Recovery runs;
 - Tracking players



Counter attacking Technical Practice

- **Organisation**
- 18 players organised into two teams
- 4 Vs 4 in defined area on half way line
- One team attempts to keep ball, if possession lost the defending team can break out to attack to score.
- Repeat with other group.
- **Progressions;**
- Add 1 defender to attempt to break down attacks (Positioned in front of goal)
- Add CF to play ball into (As shown)
- Players can chase in an attempt to stop a goal being scored.
- Teams can only break out on the coach's command
- **Options;**
- Get ball out of box
- Play wide to supporting runner
- Be direct and attack goal
- Play into CF (What type of ball / m'ment to receive / m'ment off the ball)
- **Key factors;**
- Be direct
- Attack at pace
- Decision
- Angle & distance of support
- Timing of movement on/off the ball
- Quality/type of pass depending on decision



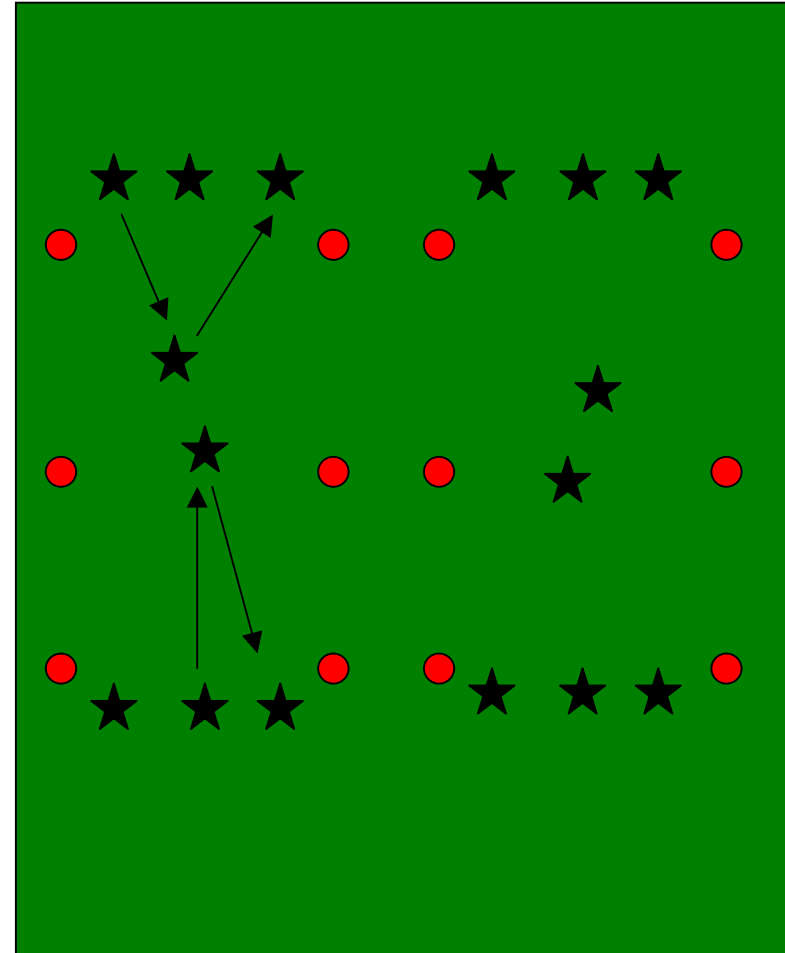
Technical Practice

Passing & Control

- **Organisation**
- Eight players in each group with two working at any one time. Players work for One minute and change over.
- Three players are situated at the end of each practice. Two with a ball each, one without.
- 30 x 15 sized area. To begin a ball is served into the central player who finds a spare player with a pass. This player then repeats this practice by swapping positions with the other working player.

Progressions:

- Short passes so that working players have to make longer runs to receive a pass.
- Volley / ½ Volley / Chest volley etc
- Turn with ball and transfer to second group.
- Turn with ball, pass to opposite group, support and receive second pass which is transferred to the free player at that end.



Technical Practice

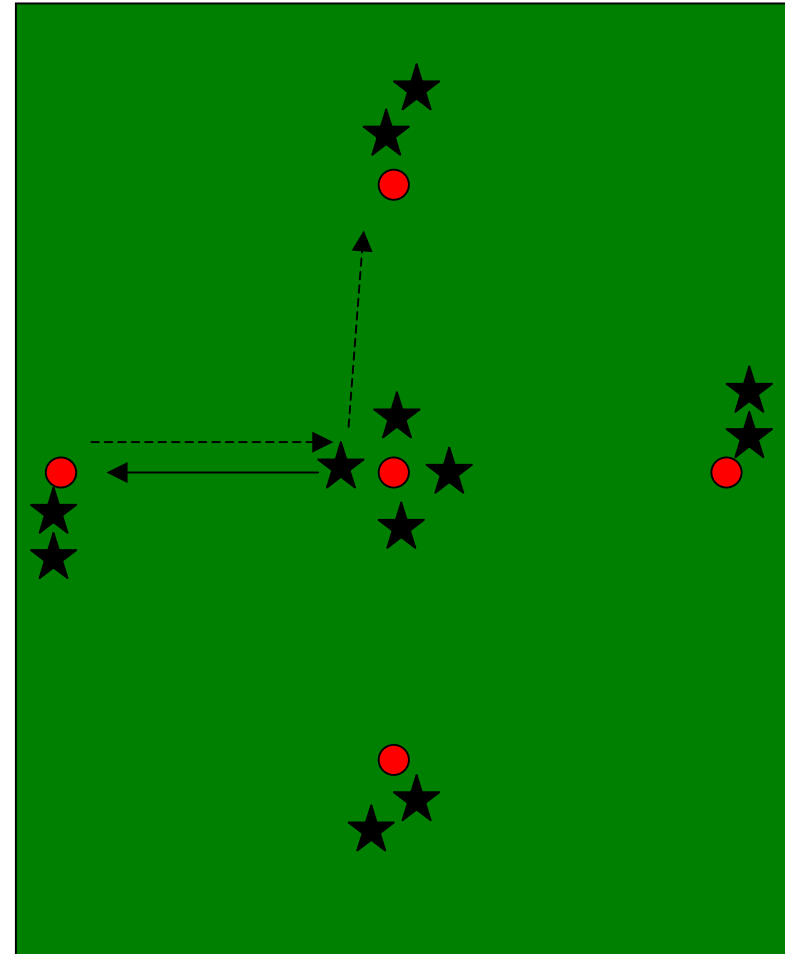
Passing & Control

- **Organisation**

- 12 – 20 Players organised as teams;
- 1 player from each team positioned at a central cone with all other players facing at an outside cone;
- Each player runs to group and performs a technique before moving back to the central cone and then out to another group to perform the same technique;
- The coach determines whether the players work clockwise or anti clockwise;
- Each player works around the group until they are back to their team.

Progressions:

- Techniques to include;
 - Chest / Volley;
 - Head / Volley;
 - Chest / Head;
 - Double Header;
 - Step over/ kick with back foot & volley etc
- Vary intensity as practice progresses.



Technical Practice

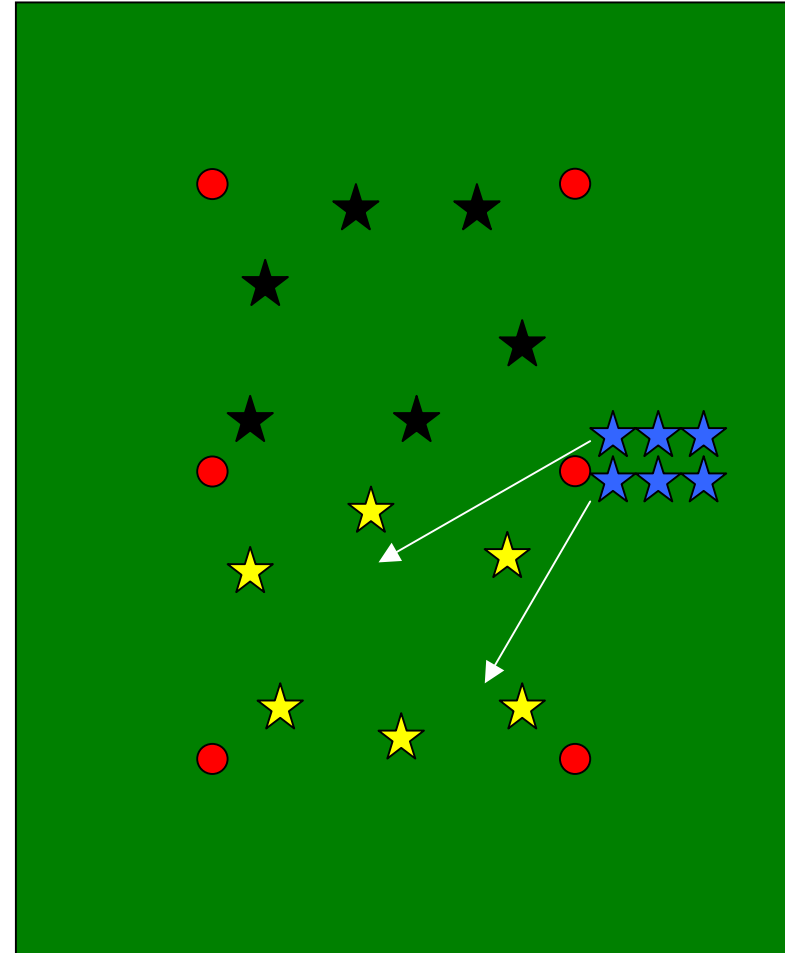
Pressing & “Hustle”

Organisation;

- Eighteen players organised into three teams. Two team's occupy two 12 x 12 square areas with the third team's players organised into pairs and sent into an area to win possession when the ball is played in.
- The coach passes the bal alternately to the black and yellow team and they attempt to keep possession in their area. If the defending pair win the ball, a new ball is played by the coach to the waiting team who once again attempt to keep possession in their area.
- Each defending pair has to win back three balls for their team before the next pair go in.

Progressions:

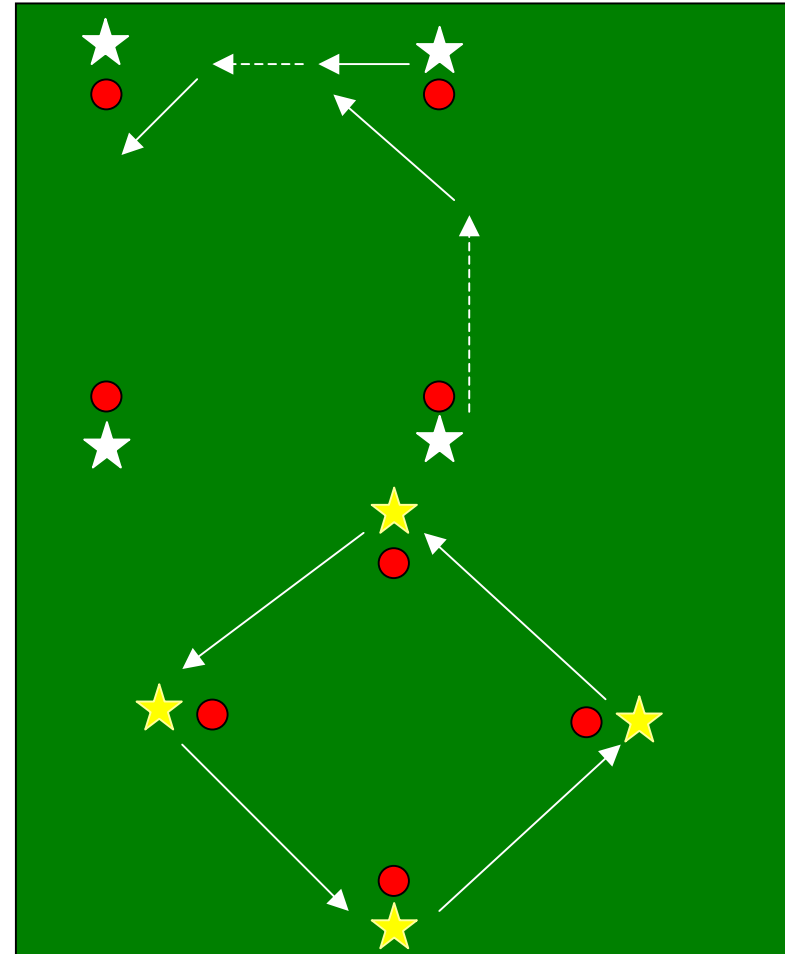
- The coach maintains control of the practice by serving to each group;
- All scores are added with the worst team performing a punishment;
- 10 extra passes are added to the teams score if they slide tackle. This is for two reasons;
 - 1, Good habits; Keep players on their feet
 - 2, Safety of team members in such a tight area.



Technical Practice

Passing & Control

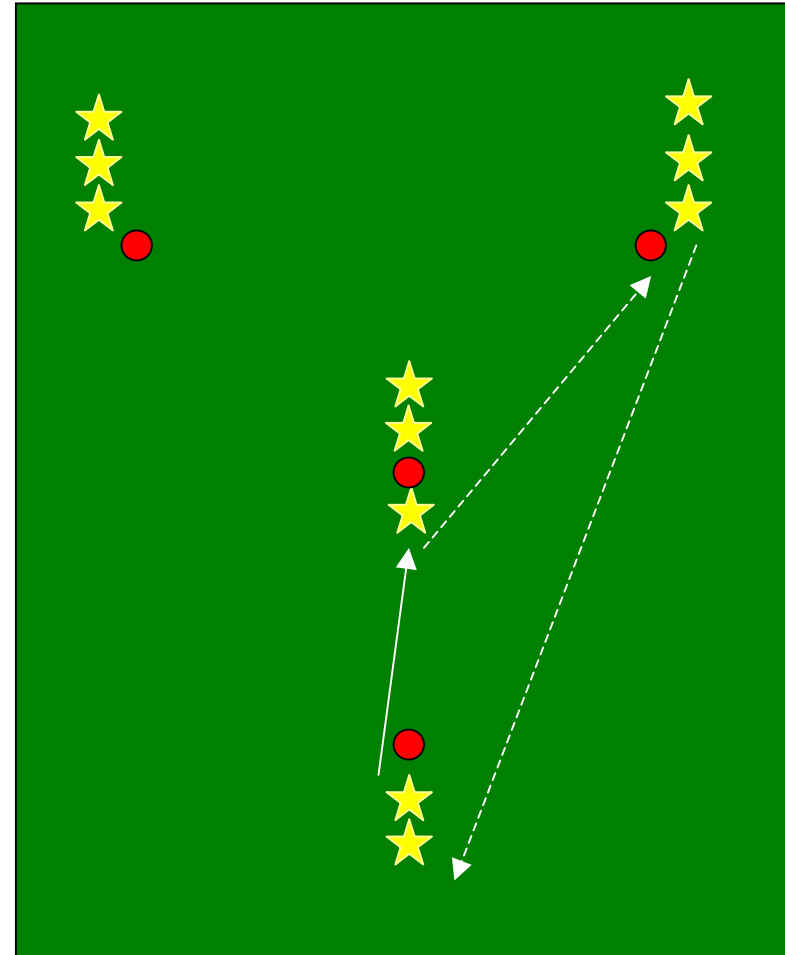
- **Organisation**
- Eight players in each group performing simple passing techniques.
- Group One; Player 1 dribbles towards partner & passes off front foot into path of player 2. Repeat.
- Group Two; Pass & control ball around the outside of the cone. Repeat
- **Progressions:**
- Change direction
- Reduce the number of touches
- Increase / Decrease tempo.
- Vary technique of control for Grp 2
- Grp 1 can use other foot to pass.
- **Key Factors**
- Quality of pass / Control
- Movement to receive ball
- Disguise in pass
- Communication



Technical Practice

Passing & Control / Mourinho “Y” Practice relating to movements of Attackers / Midfielders

- **Organisation**
 - Four groups positioned in a “Y” shape;
 - Player one passes into the player at the front of the central group;
 - This player creates space to receive, checks around the corner and passes to the player at the front of the group on the left / Right (Work left/right groups alternately)
 - Receiving player dribbles the ball to the back of the bottom group.
- **Progressions:**
 - Take the ball with either foot; Inside / Outside
 - Ensure a face to face pass takes place after the turn;
 - Player 1 plays a 1-2 with player 2 & supports ball to player 3, Player 3 to player 2 and passes back to player 1's group. Repeat on other side;
- **Key Factors**
 - Quality of pass / Control;
 - Angle & Distance of support;
 - Movement to receive ball;
 - Disguise in pass;
 - Communication;



Technical Practice

Passing & Control Practice relating to movements of Attackers / Midfielders off the shoulder / in the hole

- **Organisation**

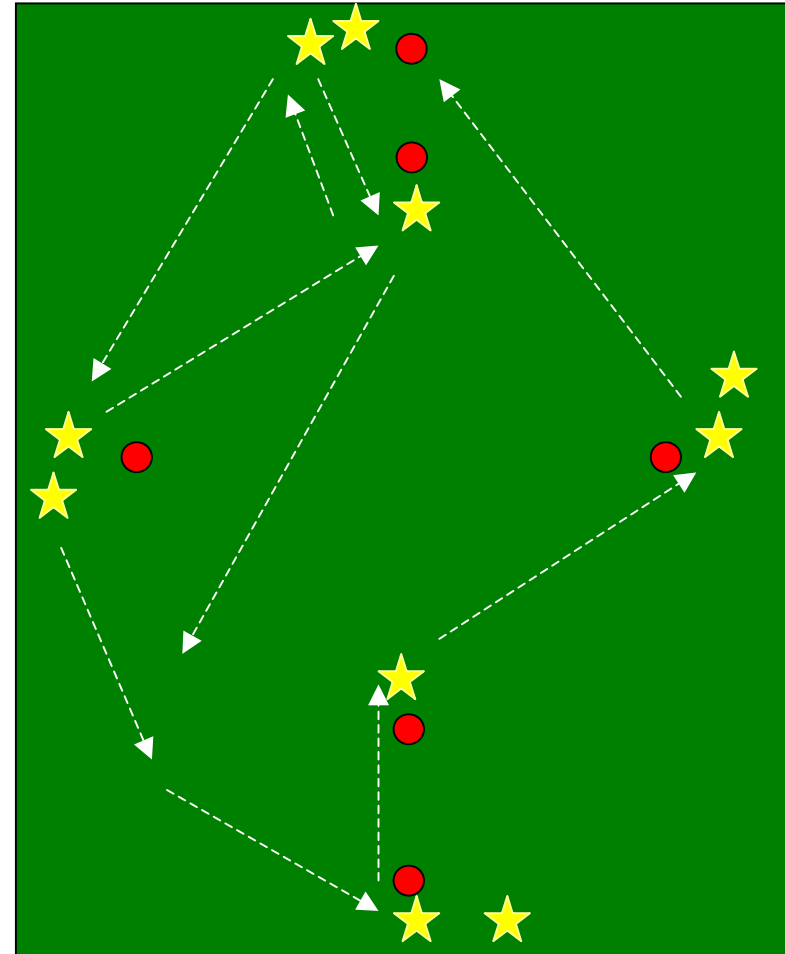
- Four groups positioned in a diamond shape;
- Player one passes into the player in front who turns and plays into the wide group;
- This player creates space to receive, checks around the mannequin and passes to the player at the front of the group in front.
- Receiving player continues the practice by passing to the player in front.
- Simple rotational practice with both sides playing at the same time with each player following their pass.

- **Progressions:**

- Alter the direction in which play is developed;
- Players drive towards each other and pass round the mannequin on the front foot;
- Players play a 1-2 to transfer the ball – the ball is always played into space;
- The first player to receive the ball in the central position turns (As if he is the player in the hole) and passes straight into the space between the 2 mannequins for the running wide player (As if he were sliding a ball between the full back & Centre back)

- **Key Factors**

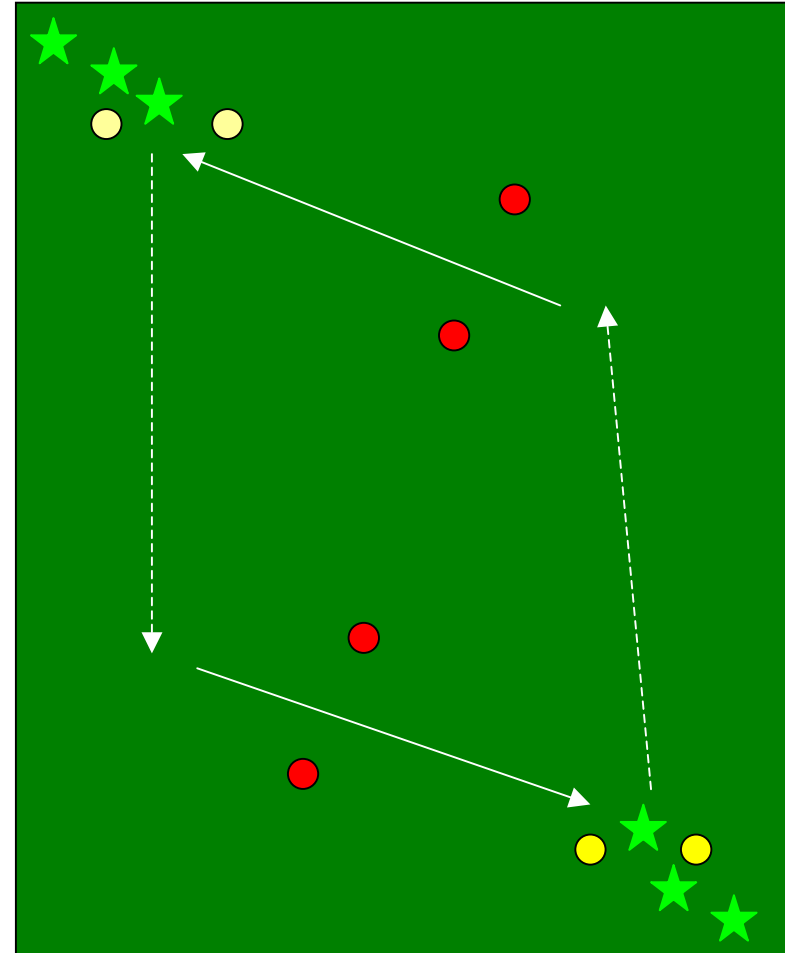
- Quality of pass / Control;
- Angle & Distance of support / Playing off the shoulder;
- Movement to receive ball 1;
- Movement to receive ball 2;
- Disguise in pass;
- Communication;



Technical Practice

Running with the ball

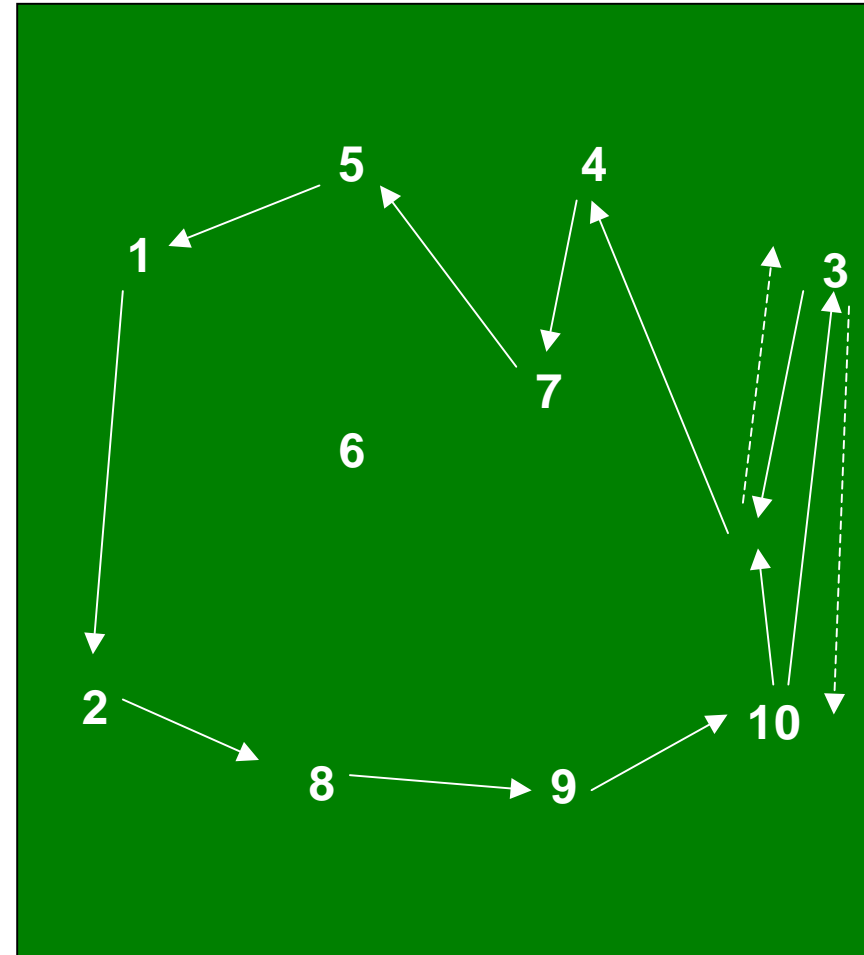
- **Organisation**
- Squad practice incorporating 16 players
- Player 1 runs with the ball to the red cones & passes across to the opposite group. Repeat.
- **Progressions:**
- Add more balls to allow greater player involvement.
- Passing player chases receiver.
- Increase tempo where each player tries to catch up the player in front.
- **Key Factors**
- First touch out of feet
- Laces to move the ball
- Head up / Get into stride
- Movement to receive ball
- Quality of pass
- Communication



Technical Practice

Passing & Control / Team shape & Movement

- **Organisation**
- Ten players organised across the width of the pitch transfer the ball across the shape.
- 10 passes the ball to 3 receives it back & passes to 4, 10 & 3 change places. Continue with 1 & 2 changing places etc
- 40 Yards approx between units.
- **Progressions:**
- 2 comes short to receive off 5, 2 to 6 who passes in the moving 1.
- 4 to 6, 9 comes in short to receive, 6 plays 8, 8 plays supporting 7 who plays out to 10, 7 & 9 have changed roles.
- 8 comes short to receive off 1, shevchenko to 2, 2 plays 6, 6 plays 9, 6 & 8 change.
- 4 to 6 & set back for 4 to play 2, 2 plays 1 who plays 8, 6 & 4 and 1 & 2 change places.
- Have two team transferring the ball in opposite directions.
- **Key Factors**
- Angle & distance of support
- Transition from defence to attack
- Timing of movement & supporting runs
- Quality of passing
- Communication



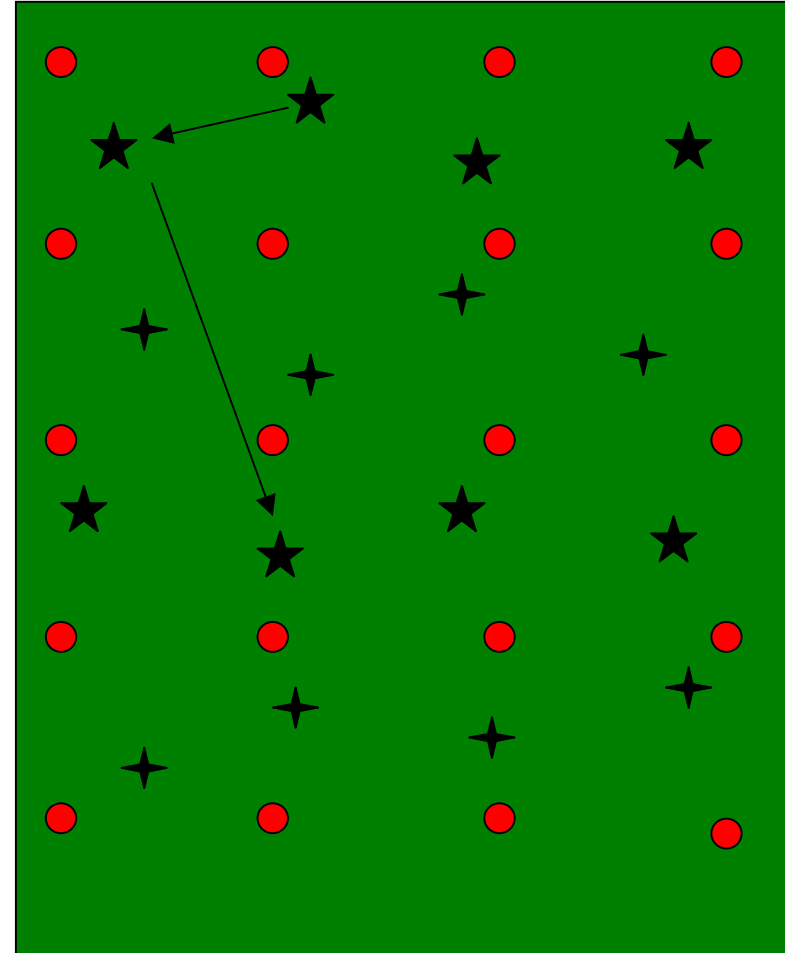
Technical Practice

Defending

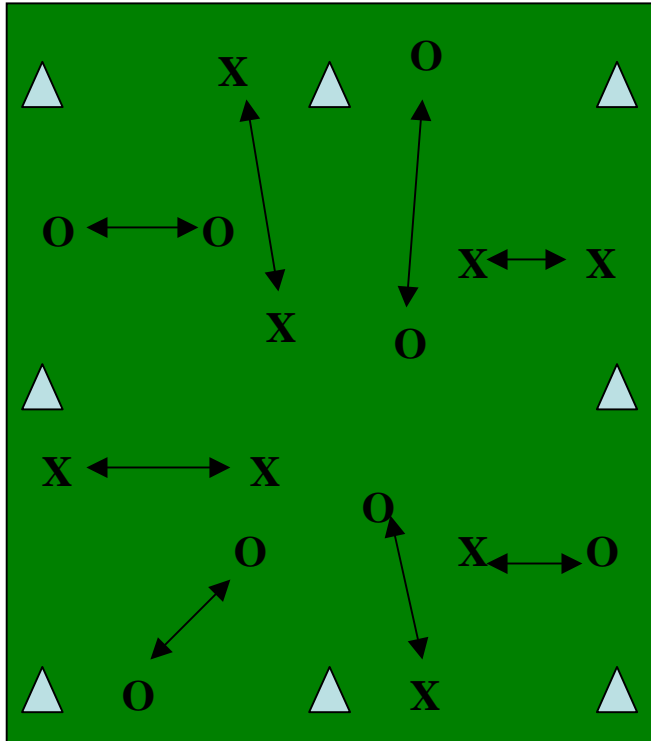
- **Organisation**
- 60 x 40 area with two teams of 8 players organised into four separate / alternate areas
- To begin, players are not allowed out of their defined areas with the team in possession attempting to transfer the ball to their team in a separate area (As shown)
- This practice allows you to focus on both attacking and defending principles.
- The defending team focuses on staying compact as a unit and not allow the ball to be played through them.
- The attacking team attempt to pass forwards quickly or switch play to find a better passing option.

Progressions:

- Number of touches on the ball can be limited to increase the tempo of the practice.
- One touch to pass through
- Eight passes max before transfer
- Switch groups over to ensure each group has the opportunity to practice attacking & defending movements.
- No passes to be overhead height
- Change positions with other players in your group
- Passing player switches zone with receiving player if ball passed through zones successfully.



Control



Comments

Organisation

Players are organised into pairs and control the ball before passing. To begin, players are stationary and play two touch. Players remain stationary whilst working on control and aerial control (chest, thigh, head).

Key Factors

Get in with the ball.

Select controlling surface.

Show surface to control the ball.

Withdraw surface to reduce impact.

Angle of body to turn.

Progression

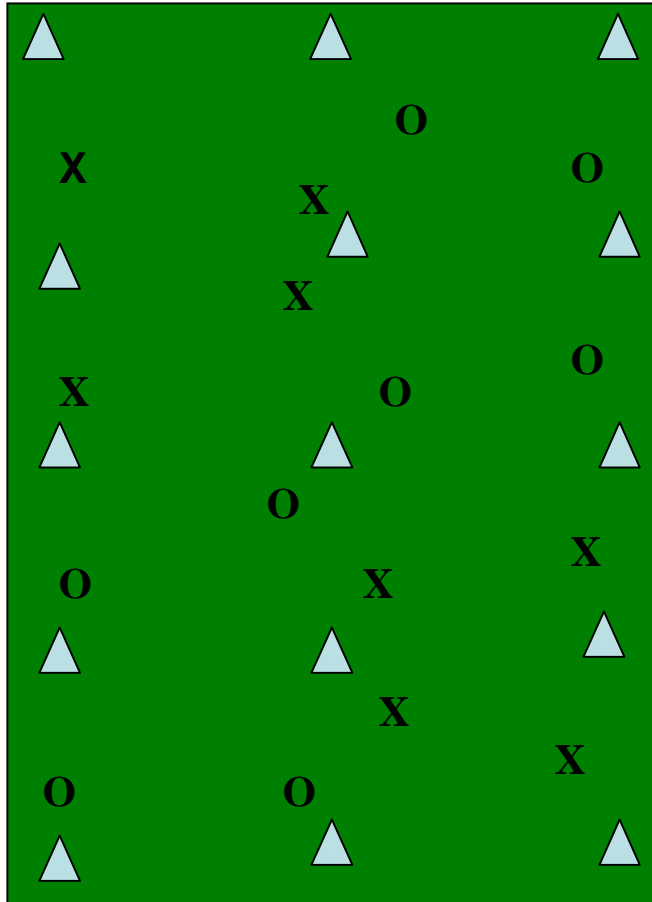
Servers remain on the outside whilst players move randomly from server to server.

Players control to turn and pass to 'any' free server.

Players control to turn and pass to servers in the same colour only.

Work through ground and aerial control to turn.

Control



Organisation

Organise players into pairs, 1 ball between two in each grid.

Players begin by passing back and forth.

Introduce key points 1 at a time.

Players number cones of grid 1-4.

Key Factors

Move into line with ball

Offer surface area to control ball

Relax on impact

Angle body to enable turn

Progression

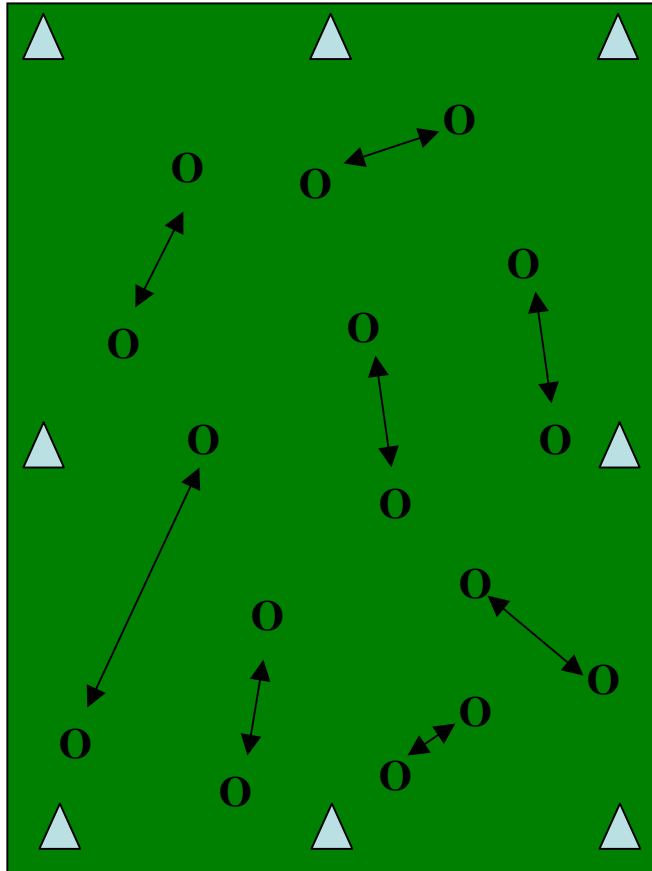
Players sending calls out number, to which receiver controls in that direction.

Players inside control and pass in direction of player on opposite end.

Incorporate aerial control and repeat.

Comments

Passing



Comments

Organisation

Players work in pairs and pass and move randomly within the defined area. On the shout of change, the player in possession finds a new 'free' partner with a pass, the partner without the ball becomes open for a pass from a new partner

Key Factors

Non kicking foot by the side of the ball.

Open up foot to connect with instep.

Keep from ankle on impact.

Follow through with kicking leg.

Focus on accuracy and weight of pass.

Progression

Players play 1/2/3 touch

Players play a 1-2, then find a new partner with the next pass.

Players work in groups of 4, 1 ball between each pair. On the shout of 'change' the 2 players in possession pass to the opposite free player.

Players are numbered with 1 ball between the group and pass in sequence.

Dribbling

Organisation

Players are organised into 2 groups

Players are instructed to dribble to the cone, move around it and then on to the next group.

Both groups work at the same time.

Key Factors

Keep the ball close

Keep your head up

Good first touch

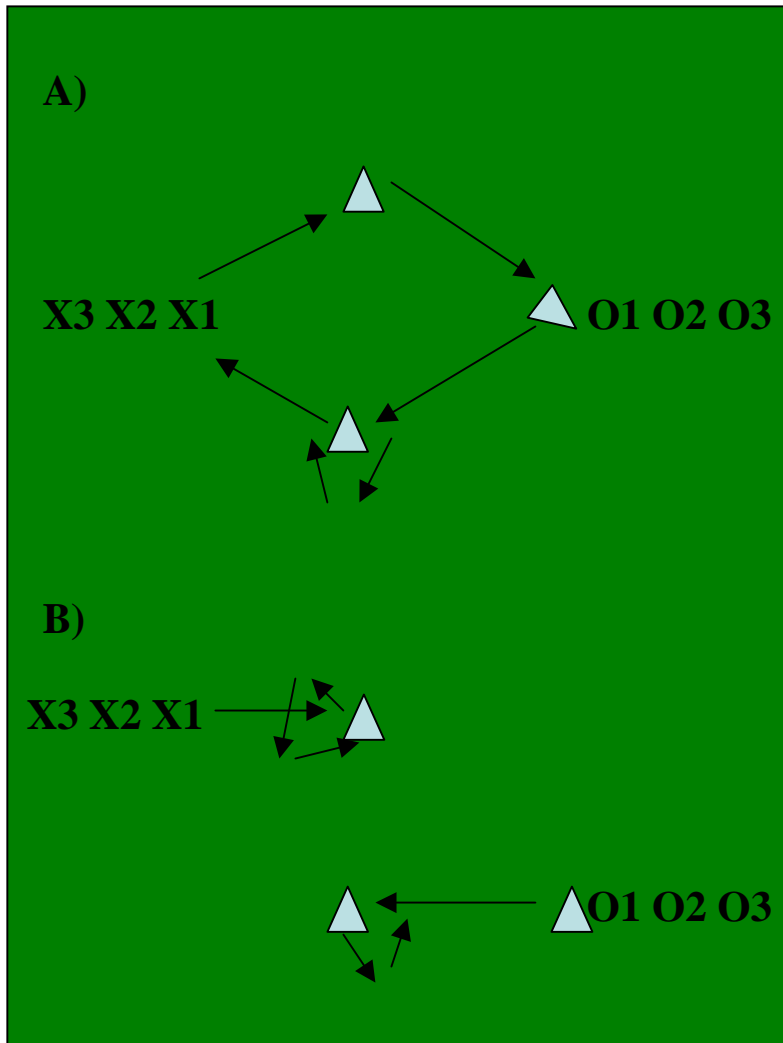
Change of speed and direction.

Progression

Players use varying fakes / feints to go around the central cone
1.e scissors / double scissors turning using the body (as in B)

Add a passive defender to pressure players.

The defender can chase the attacker once he has been beaten.



Comments

Dribbling

Organisation

Players are organised into 4 group, 2 groups are attackers, 2 act as defenders.

Players take it in turn to attack and defend.

Attackers score points by reaching the end lines.

Players switch roles following activity.

Key Factors

Keep the ball close

Keep your head up

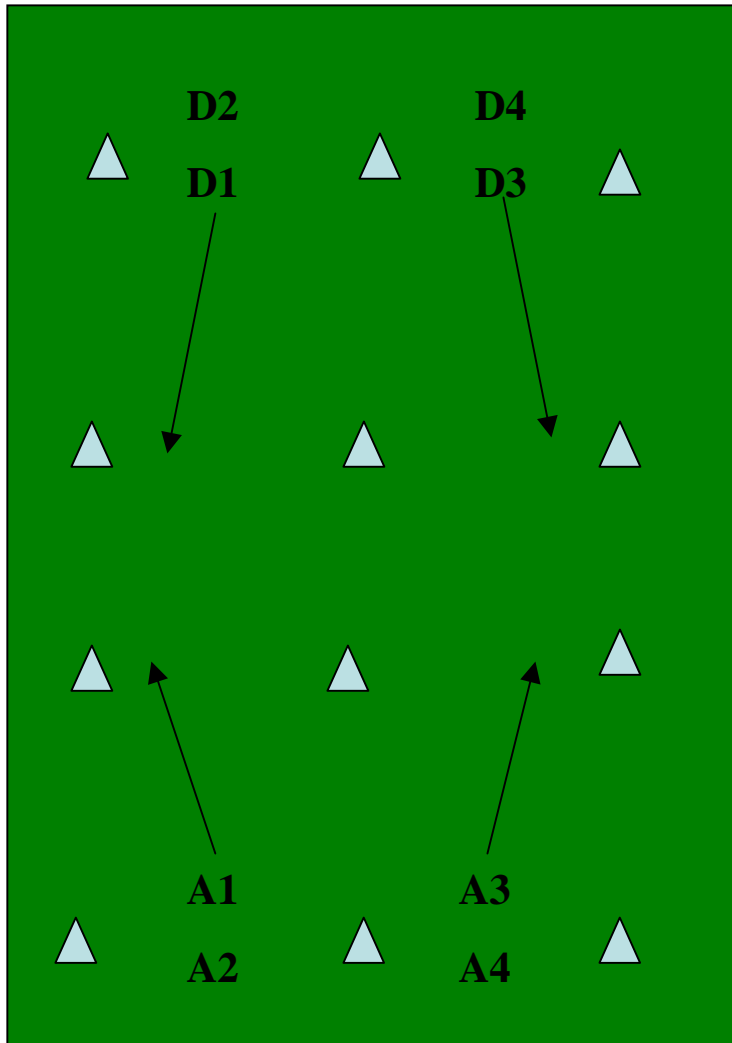
Change of direction at pace.

Progression

Players play 2 V 1, 2 V 2, 3 V 3

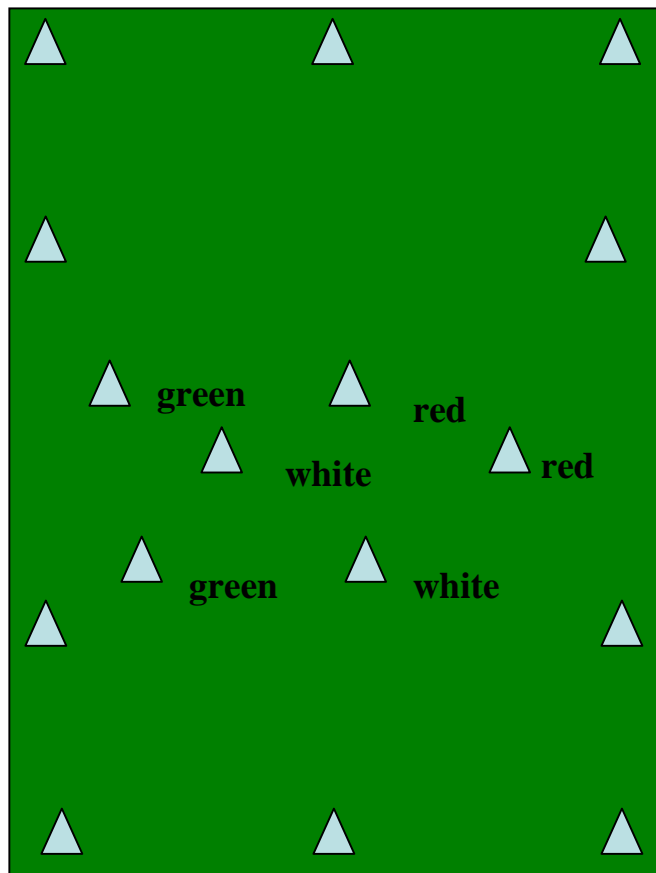
If an attacker is having difficulty, an extra attacker can join in to support play.

If an extra attacker joins in so can an extra defender.



Comments

Running with the Ball



Comments

Organisation

Players are split into 4 teams of 4 in 2 end areas, 1 team of blue and red in each, all given numbers 1-4.

Players pass in sequence ensuring that they control ball into space on receipt each time.

Key Factors

Move ball out of feet to build up speed.

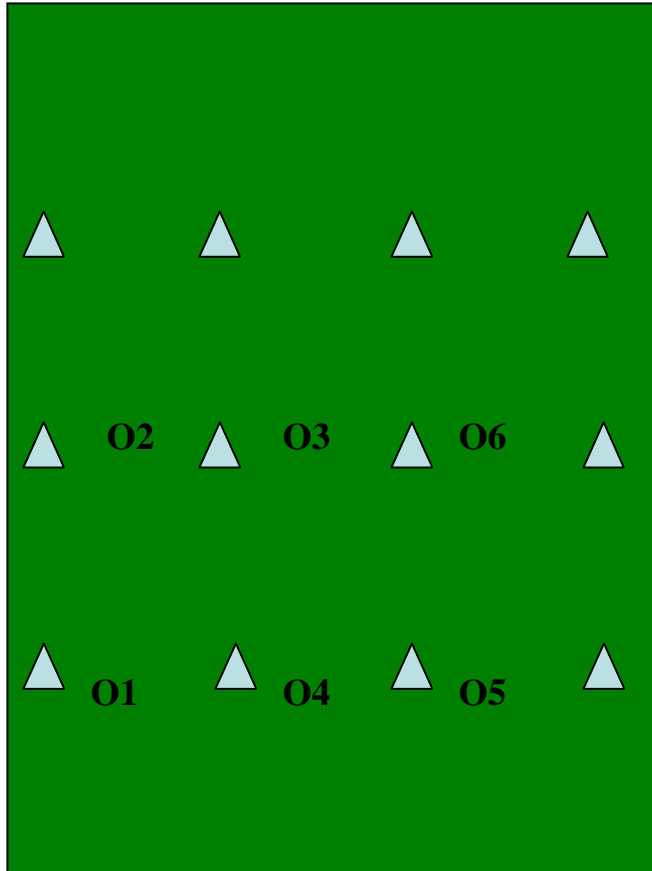
Use laces to maintain running pattern.

Keep head up.

Progression

Upon number called players run with ball across central area to opposite team of same colour.

Players repeat, but move ball around additional coloured cones called.



Comments

Heading

Organisation

Players work in pairs to begin with. 1 player acts as a server whilst the second player heads the ball back. To progress, players head the ball to their partner and run around them and back to their original position.

Key Factors

Eyes open / mouth closed

Make contact with the forehead

Arms out of balance

Arch your back and follow through.

Progression

Initially players serve to themselves.

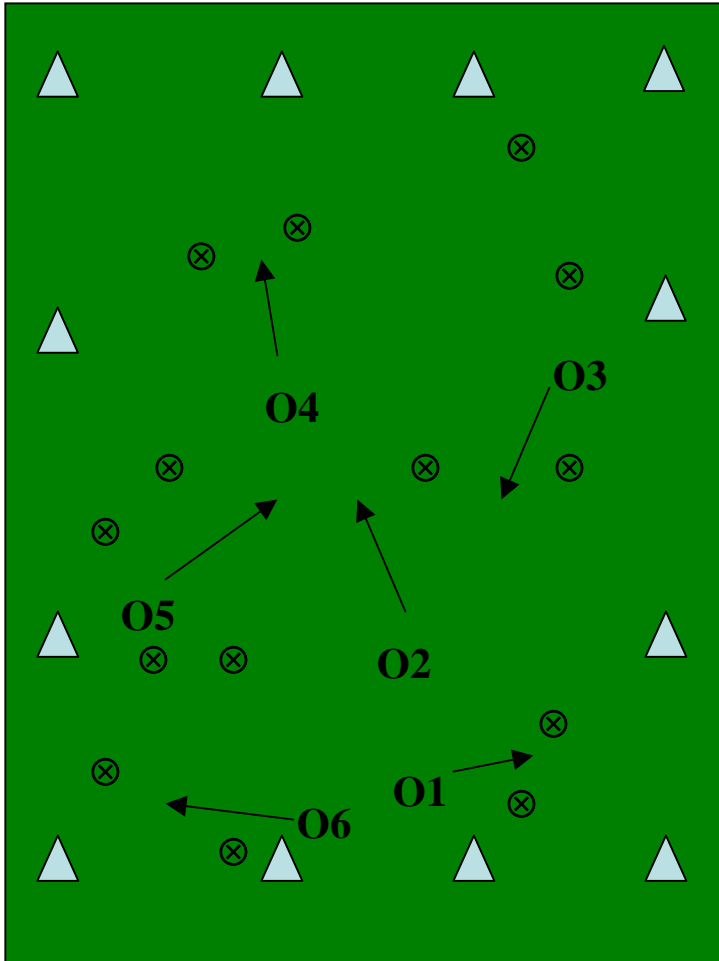
Players serve to each other.

Add a third player and work on attacking and defensive headers:-

– Attacking headers: the middle player serves to an outside player who heads through the servers legs to score.

–Defending headers: the outside player heads the ball over the server to player three.

Passing / Control



Comments

Organisation

Split the group into pairs. One player rests whilst the other dribbles around the area. The player with the ball scores a goal by passing through the legs of the stationary player.

Key Factors

Keep your eye on the ball

Use the inside of the foot to pass

Place non-kicking foot down the side of the ball

Keep ankle firm on impact

Pass through the ball and follow through.

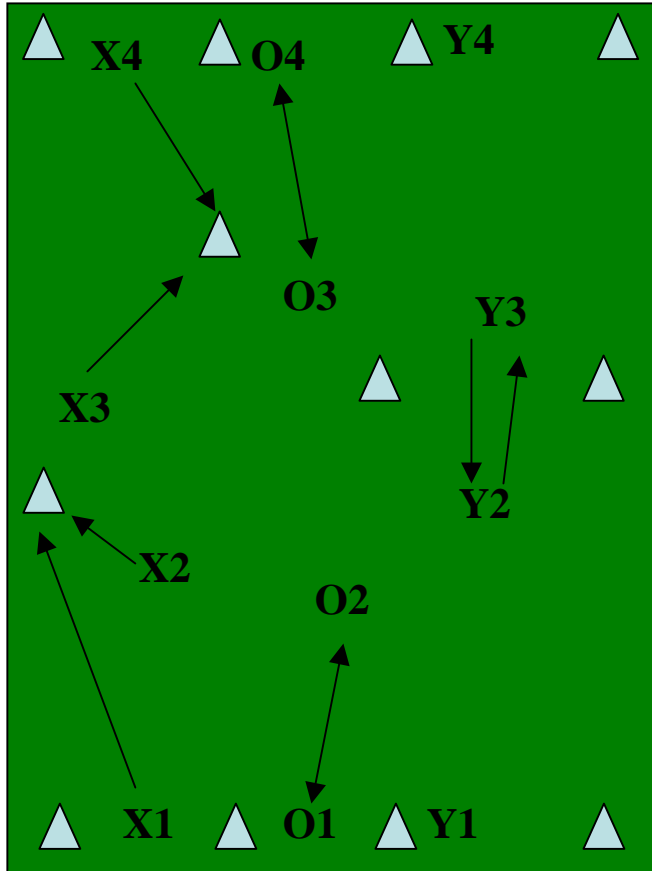
Progression

Players play for 60s - The player with the most goals wins.

Players score goals by making a 1-2 with stationary players.

To increase intensity; players switch roles once a pass is made. The receiver must dribble and pass the ball through the legs of the passer before they can switch roles with a different player.

Passing / Control



Comments

Organisation

Players are organised into pairs and work in 10 x 10 areas.

Players begin by simply passing the ball to and from each other over this 10 yard distance (as demonstrated by O1 - O4)

Key Factors

Keep your eye on the ball

Use the inside of the foot to pass

Place non kicking foot down the side of the ball

Keep ankle firm on impact

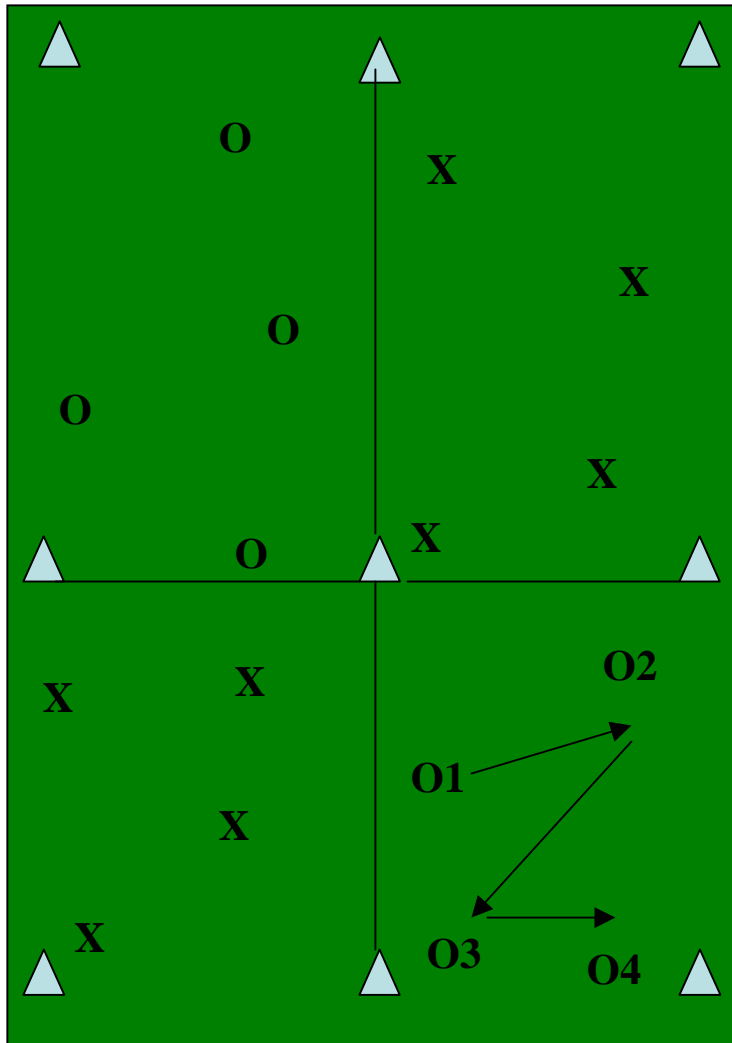
Pass through the ball and follow through.

Progression

Players play 1/2/3 touch

Players pass to their partner and then rotate in a clockwise movement to receive a pass in the opposite area(as demonstrated by Y1 -Y4).

The central cones are placed at varying distances. Players receive the balls at these cones ensuring they pass over varying distances (as demonstrated by X1-X4)



Comments

Passing

Organisation

Players are split into 4 groups of 4 numbered 1-4

Players pass and move in sequence.

Key Factors

Low intensity

Stretch

Increase intensity

Progression

Upon command players swap groups.(Yellows with yellows, reds with reds).

Upon command players whose number is called make an angle in next area to receive ball.

Player receiving passes to opposite group of same colour.

Players when number is called enter opposite group to form 3 V 1 to act as passive defender.

Control

Organisation

Players organise into pairs, 1 player outside, 1 inside

Players on outside with ball pass into middle through markers

Players in middle control and pass back

Change roles and repeat.

Key Factors

Move body in line with ball

Offer surface area to control

Relax surface on impact

Prepare next pass

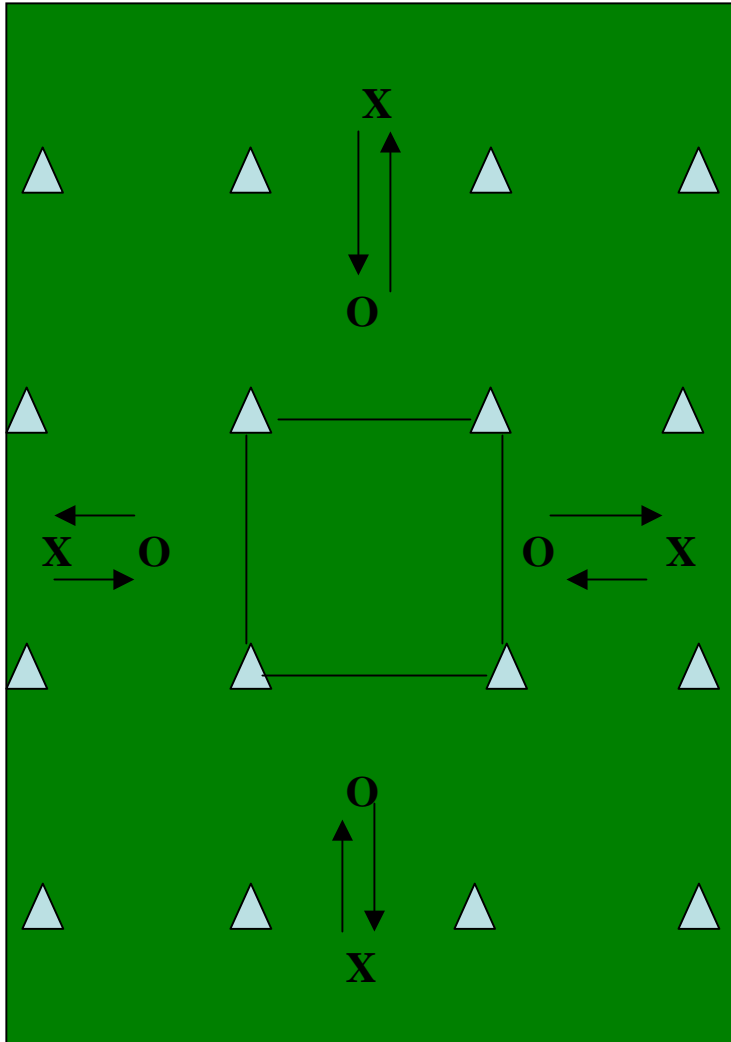
Progression

Upon receipt players control in different direction and pass to alternative outside player.

Vary service - thigh, chest, head and play speed game.

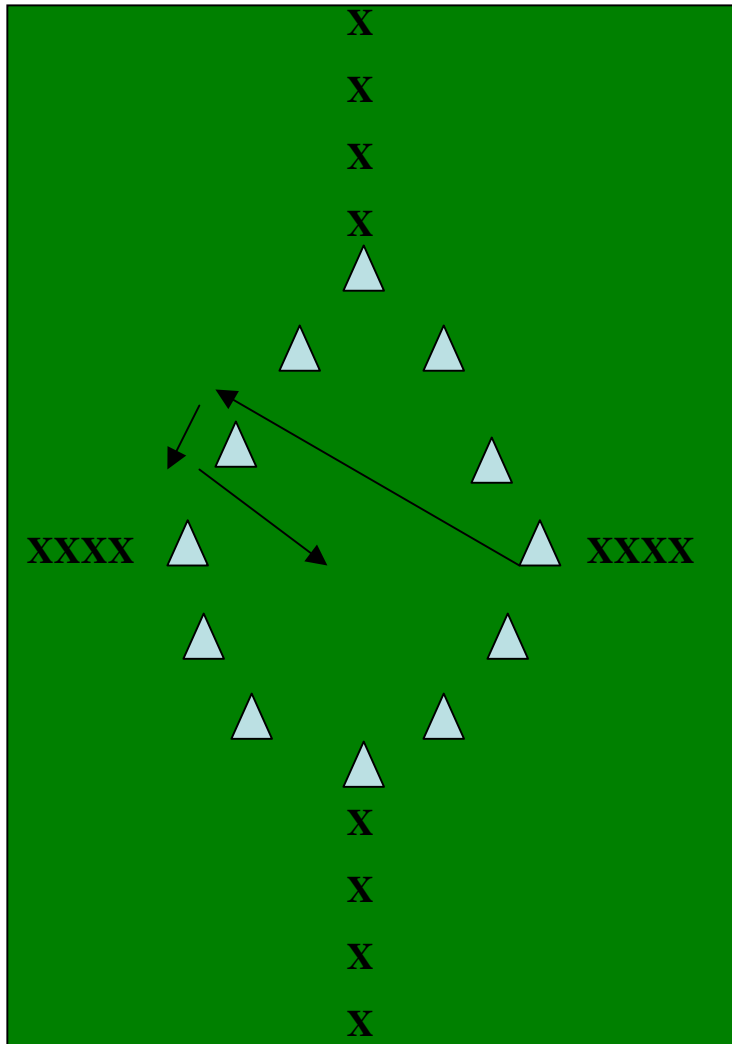
Progress to 3 V 1 inside area where 1 defends

Progress to 2 V 2



Comments

Running with the Ball



Organisation

Players are split into 4 groups of 4 positioned at different points at the clock face given numbers 1-4.

Every group are to pretend that they are standing at 6'O' Clock.

Upon command players run with the ball to appropriate cones.

Key Factors

First touch out of feet

Head up

Maximise running speed

Use laces

Progression

Players run clockwise around circle before returning to group.

Add defenders to form 4 V 1, 4 V 2, 4 V 3 etc.

Turning

Organisation

All players dribble around the designated area with a ball each

Key Factors

Keep the ball close

Keep your head up

Change of direction at pace

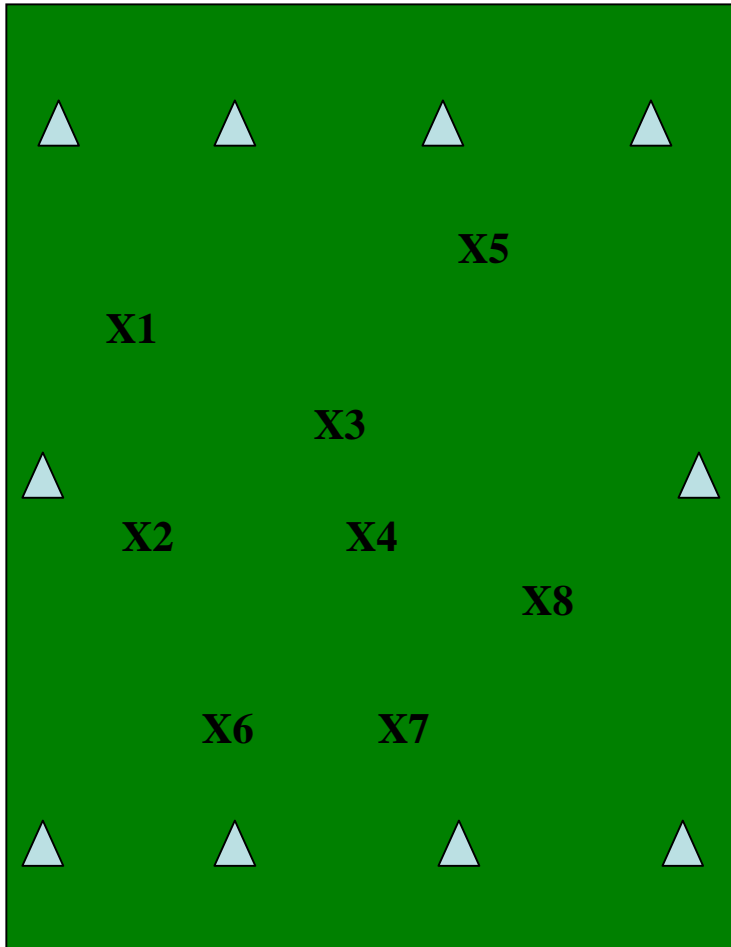
Progression

Players are instructed to dribble and are given specific turns to do.

Players dribbling with their left foot, keep their right arm out and vice versa.

Add a passive defender to ensure the ball is kept safe at all times

Allow defender to 'steal' the ball if possible



Comments

Turning

Organisation

Players start at opposite corners. The player with the ball acts as the attacker, whilst the player without the ball acts as the defender.

The attacker has to reach any cone, without losing possession.

The attacker gains points for reaching certain cones.

Key Factors

Keep the ball close

Keep your head up

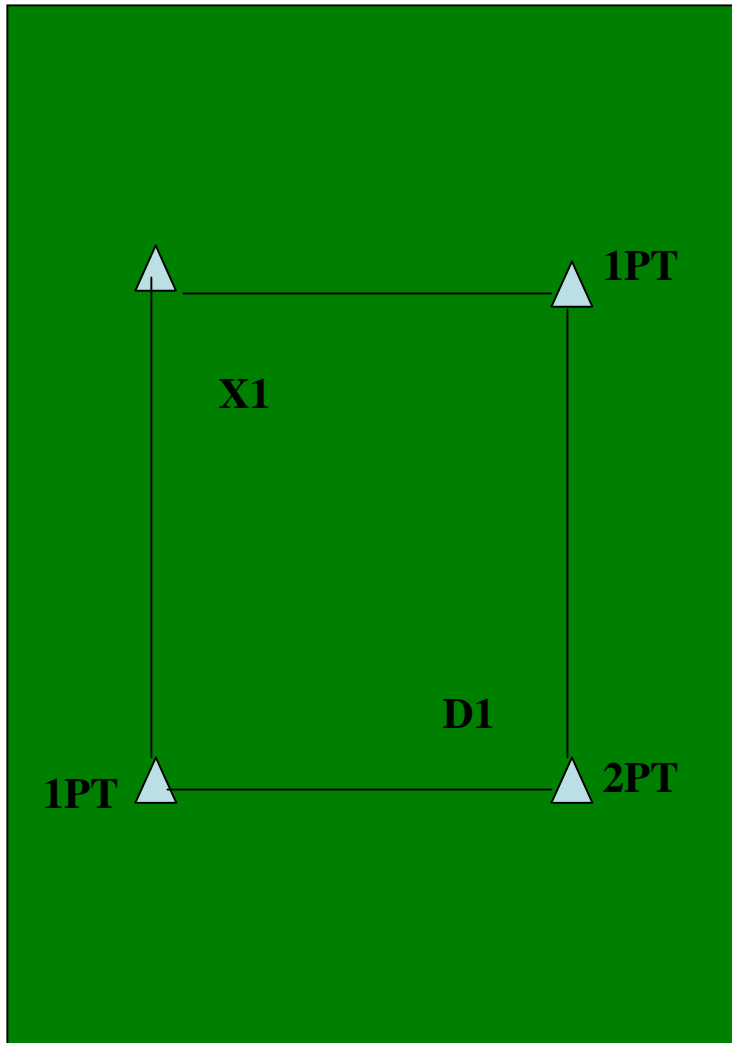
Change of direction at pace

Progression

Each player has a ball. 1 player still acts as the attacker, 1 as the defender.

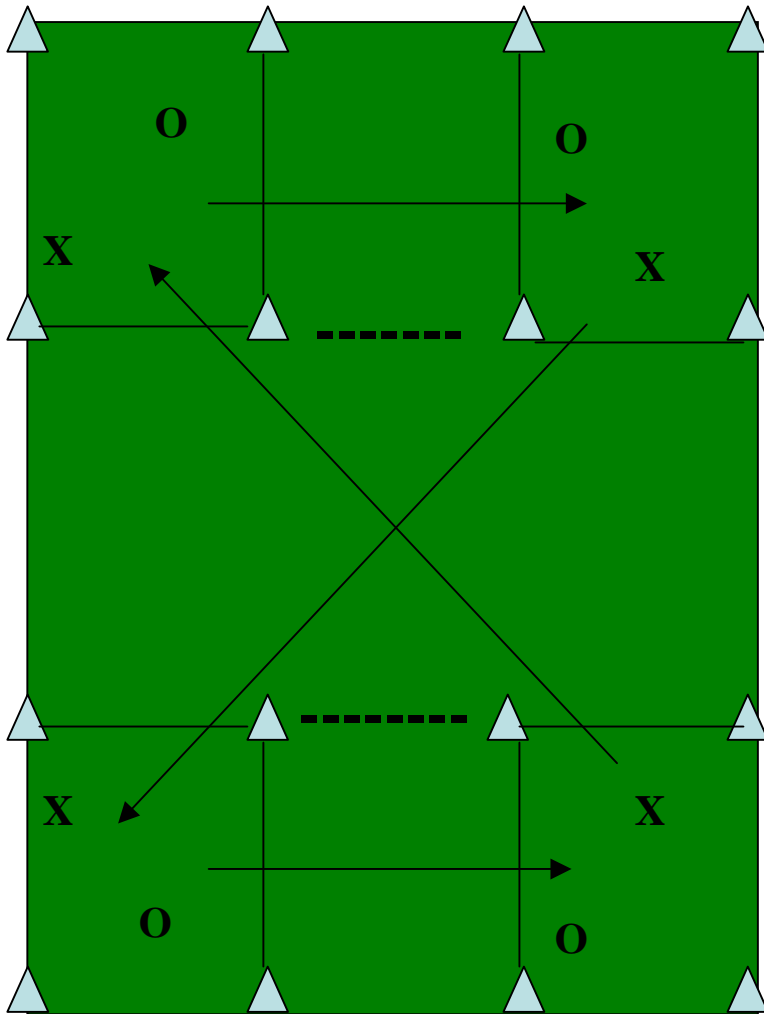
The attacker has 60s to avoid the defender who tries to tag the attacker to score points.

Play 2 V 2 in a 20 X 10 area. Players score by playing the ball into an end player.



Comments

Long Passing



Comments

Organisation

Players are organised into pairs and positioned into 4 boxes.

1 ball is passed between the groups parallel to each other, initially, then 2 balls in a figure 8 as illustrated.

Key Factors

Move in line with the ball

First touch out of feet slightly behind ball

Lean back / Use laces

Strike underneath centre of ball

Follow through

Progression

Players form 3 V 1 in each end zone.

1 group starts with ball and must complete 3 passes before passing across to opposite group.

Add 1 ball.

Heading

Organisation

3 Players per group, 2 players act as servers, 1 player heads the ball.

Or travels from server to server

Switch roles.

Key Factors

Get in line

Keep your eye on the ball

Make contact with your forehead

Eyes open, mouth closed

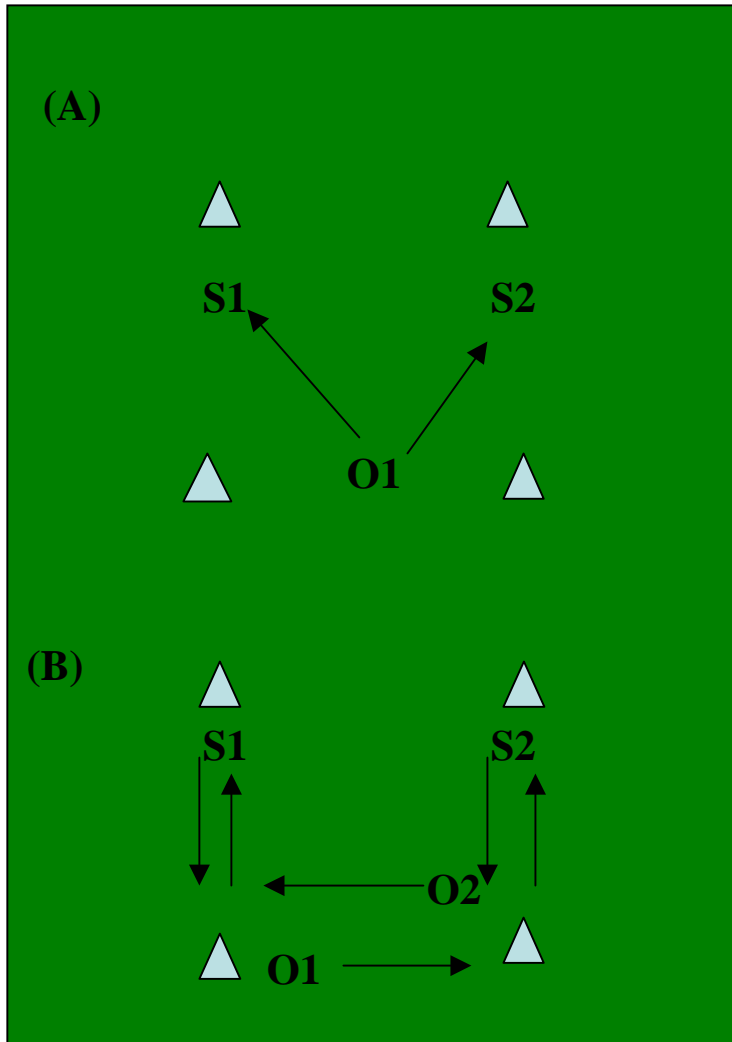
Follow through for power

Body position and stance

Progression

4 players per group. Once each has completed a header they shuffle across to receive off the next server.

Players still change positions but must now head diagonally. One player practices attacking headers whilst the other practices defending headers.



Comments

Heading

Organisation

2 V 2 in a 10 X 10 area. X1 serves to X2 who attempts to score by heading past the opposing players.

Key Factors

Get in line with the ball.

Keep your eye on the ball

Make contact with your forehead

Eyes open, mouth closed

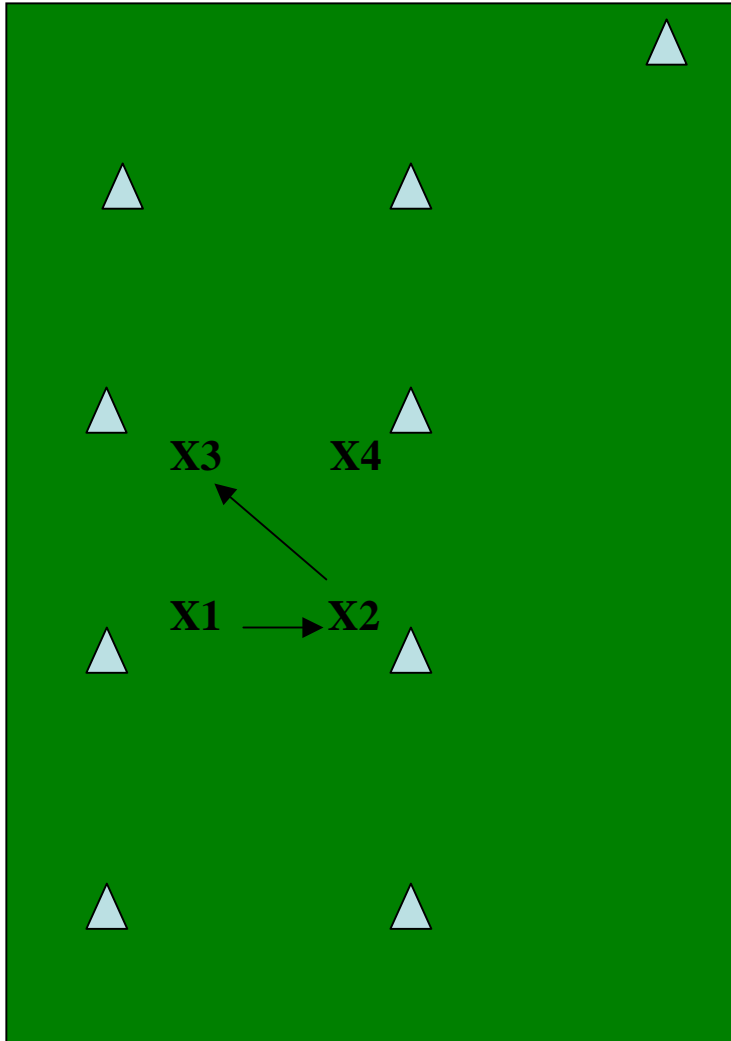
Follow through for power

Body position and stance

Progression

Players can practice defending headers by attempting to head 'over' the opposing players.

Score extra points by scoring directly from an opponents header.



Comments

Shooting

Organisation

Players are organised into 4 groups of 4

Groups 1 and 3 pass alternatively to groups 2 and 4 and change groups.

Players in groups 2 and 4 shoot and change groups.

Key Factors

First touch out of feet

Angled approach

Non kicking foot beside ball

Use laces to stroke through centre of ball

Follow through

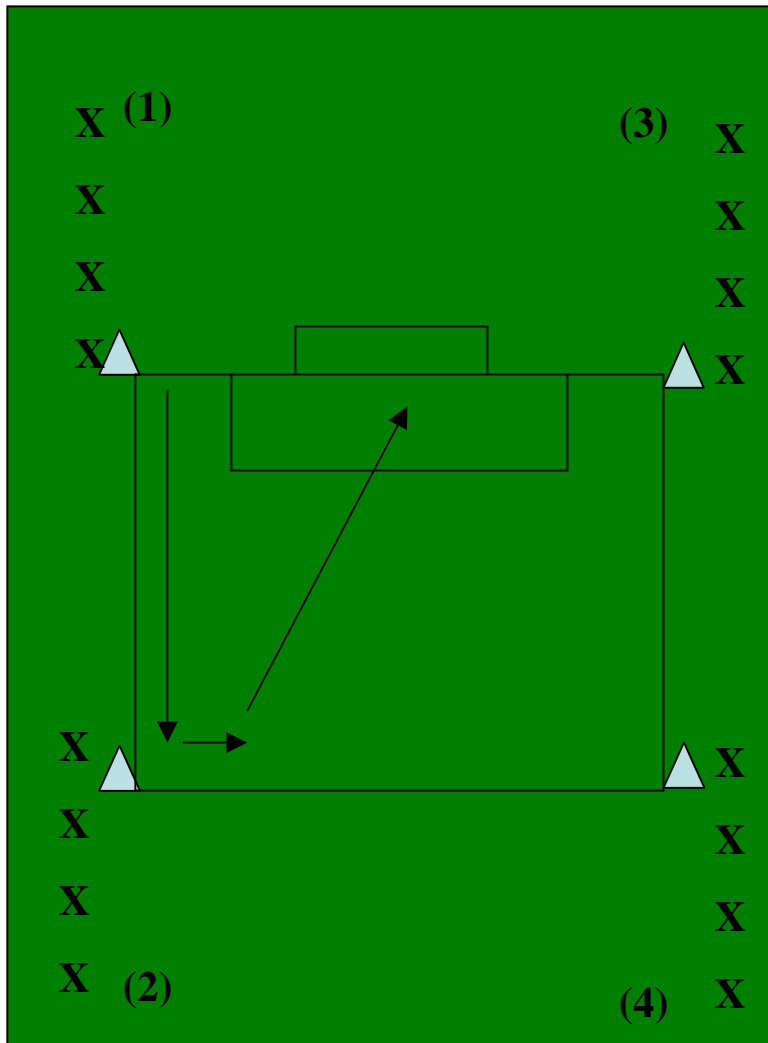
Aim low and across goal

Progression

First time finish when appropriate.

Upon completion of pass, players become defenders.

Incorporate 2 V 1, 2 V 2



Comments

Defending

Organisation

Defender plays the ball to the attacker and follows his pass

The defender then jockeys the attacker back to the start position.

Key Factors

Get in line

Pressure on the ball

See the ball

Patience

Body position

Decision

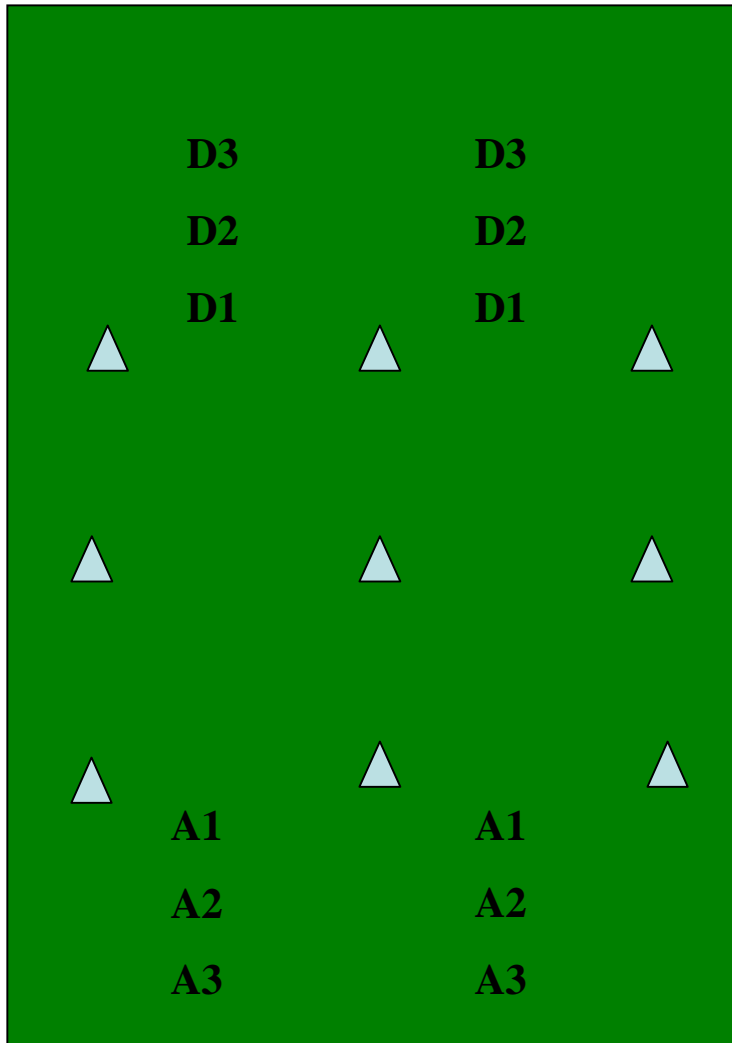
Recovery runs

Tracking players

Progression

Organise the groups of players into groups of 3 - a server, an attacker in the middle and a defender. The defender attempts to stop the attacker from crossing the end line.

Take out the central cone and play 2 V 2



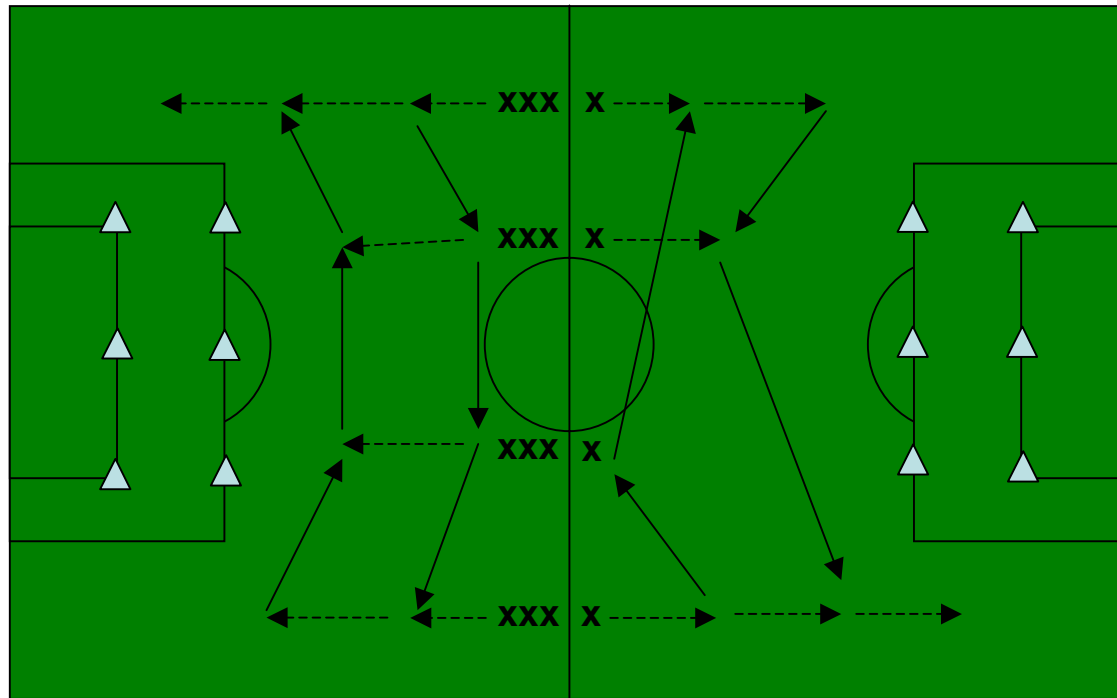
Comments

Switching Play to good effect

- Organisation :
- Players are organised in fours across the width of the pitch
- Players switch play from side to side quickly into the target area

Progression : On ball transfer from the midfield player to the opposite winger, nearest midfield player to amend run into a crossing position.

Key Factors : Quality of passing, control, running with the ball, crosses, finishing. Movement of players on & off the ball.



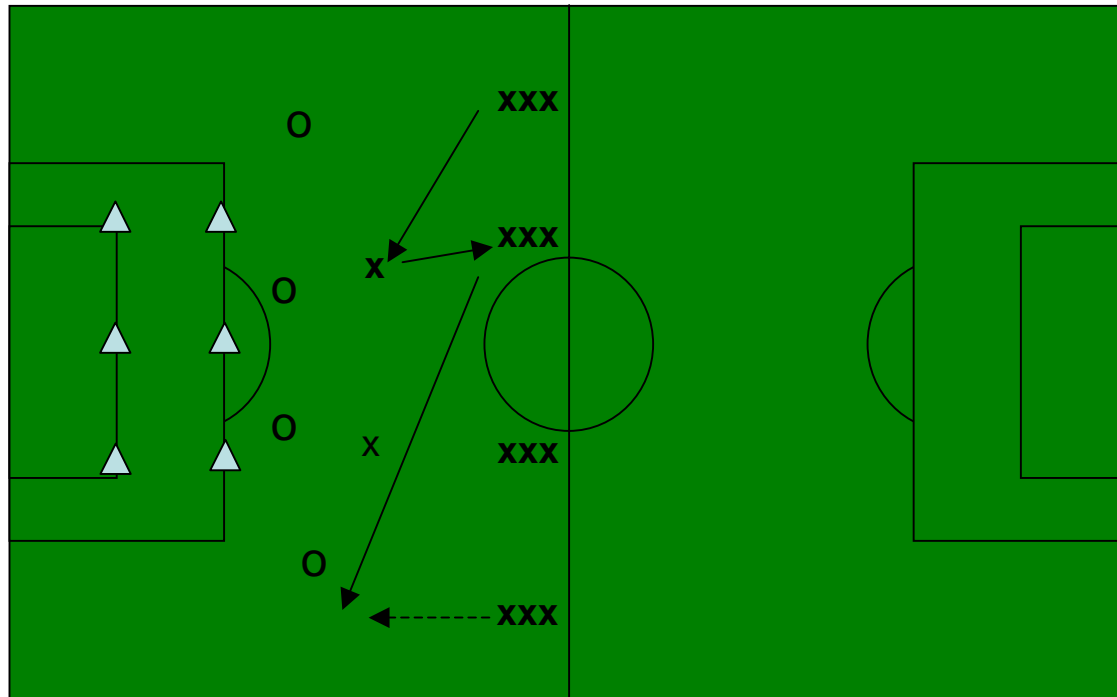
Switching Play to good effect

- Organisation :
- 6 Attackers Vs 4 Defenders + GK's
- Only full backs can move outside the width of the penalty area to defend therefore creating a 2 v 1.
- Start with pass by winger into first striker

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, M'ment on & off the ball

Can winger dribble? If so leave 1 v 1. Be patient if unable to cross immediately

To progress; 8 attackers Vs 4 defenders, 11 Vs 11



Practical Sessions

Small Sided Games Attacking / Defending

Defending Play

Three zone work; 1 Team attacks, 1 defends, 1 rests

Organisation

Three teams organised into three areas. To begin players must remain in their designated areas.

Playing Area 18 Yard Box to 18 Yard Box.

To begin; the central group attacks one of the end groups who attempt to defend the goal;

Following the attack, the defending team moves in to the central area and attacks the team at the opposite end;

Teams rotate by attacking and defending in turn through out the practice.

*Make central zone shorter than two outer zones to allow quick transition to maintain tempo

Outer zones; 30 yards, Central zone; 20 yards.

Progressions;

Place an attacker in each end zone for the attacking team to play into and to create a 5 Vs 4;

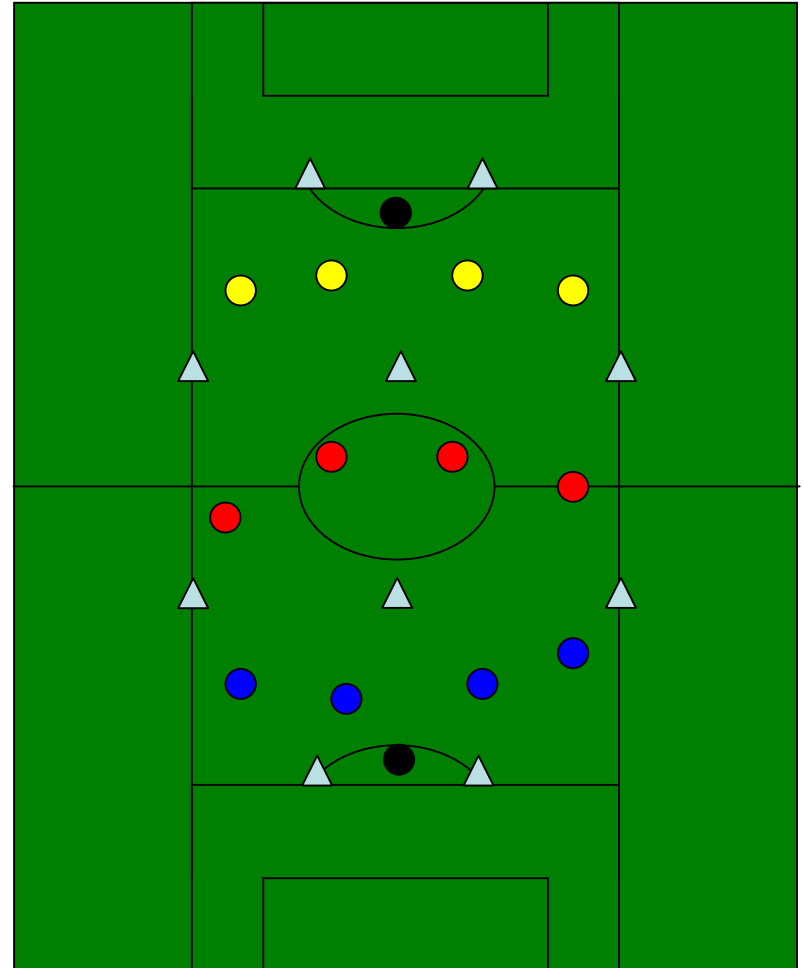
Place players at the side of each attacking area for the attackers to play into / to allow crosses to defend against;

Allow one player to drop into mid zone when attacking to allow safe switch of play (Two touch only).

To progress take out zones to allow free movement and play

Key factors

Pressure on the ball, Cover and support, Angles and distances, Communication, Balance of the team, recovery runs, tracking players, Compactness as a team, making play predictable.



Game with side players

- **Organisation:**

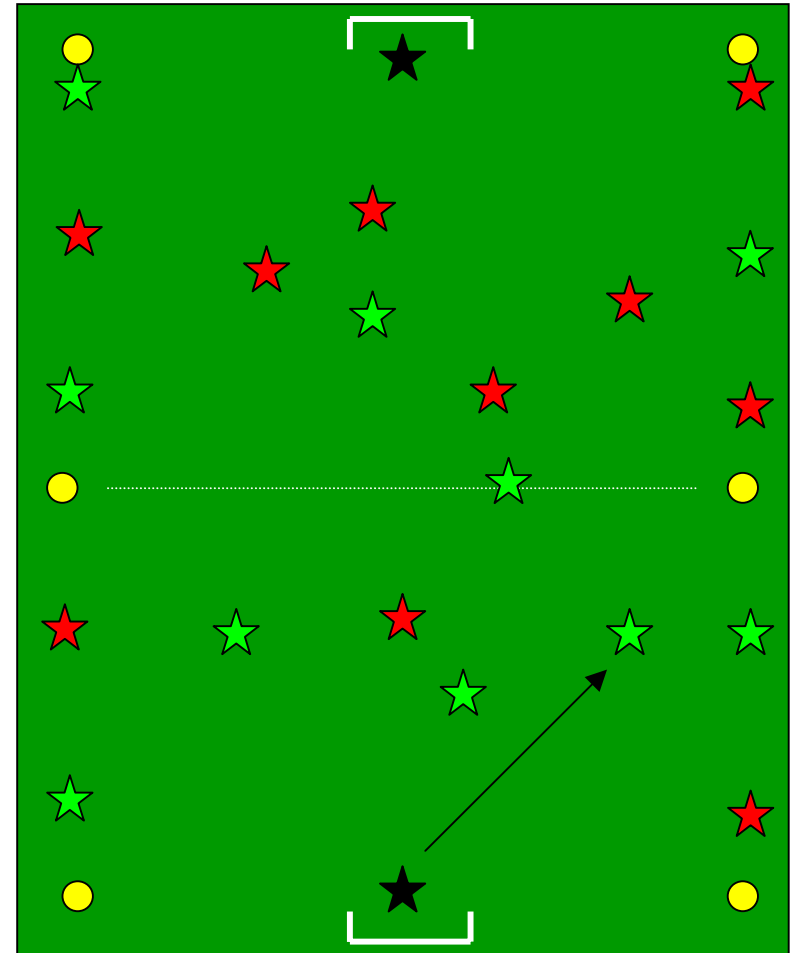
- 22 Players
- Players are organised into 2 teams of 5v5 in each half with GK's.
- Area size can vary between 18 Yard box to 18 yard box to $\frac{1}{2}$ pitch / $\frac{1}{2}$ pitch + 10 yards;
- Players can move anywhere in the pitch;
- Players can play side players at any time.

- **Recommendations:**

- Players continue quick fire attacking/defending attempting to practice combination play / pattern of play / defending crosses / Back four shape / Link play etc;
- Encourage players to play and move forwards as much as possible.

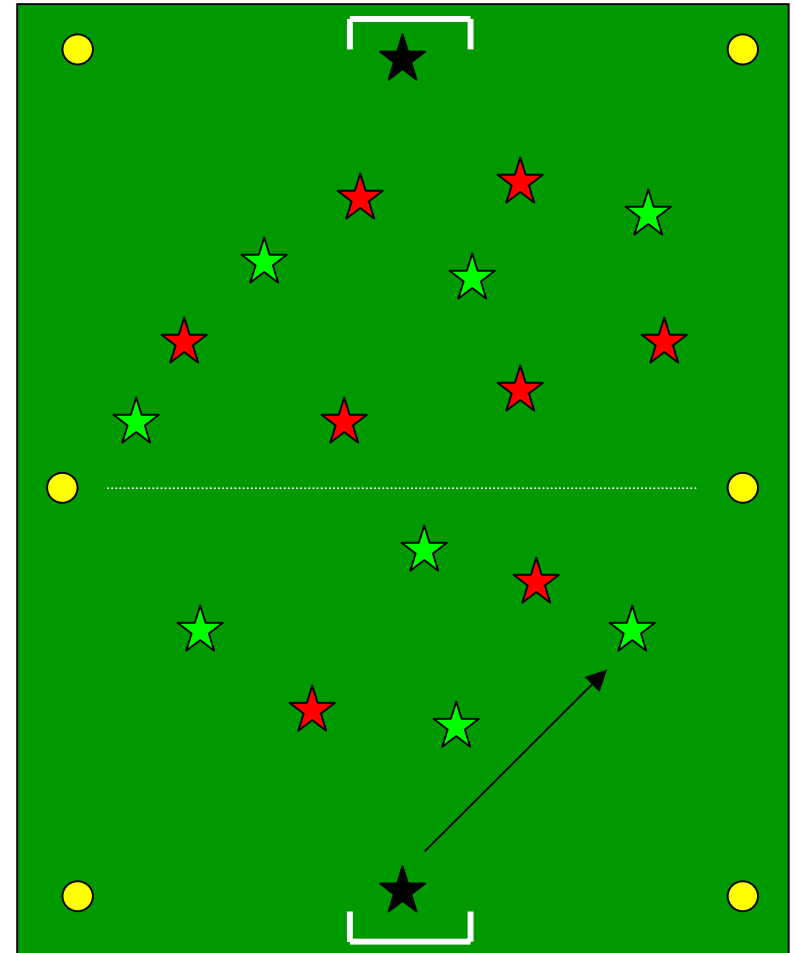
- **Progressions;**

- Players on the outside play one/two touch;
- Players on the inside swap places with players on the outside if they pass to them;
- Place players on the goal lines next to the goal – they can only play one touch;
- Work on the situations that develop. Depending on theme.
- Themes can include; Defending as a back four, defending crosses, Compactness etc
- Link Play, combination play, wide attackers, wms rolling inside etc



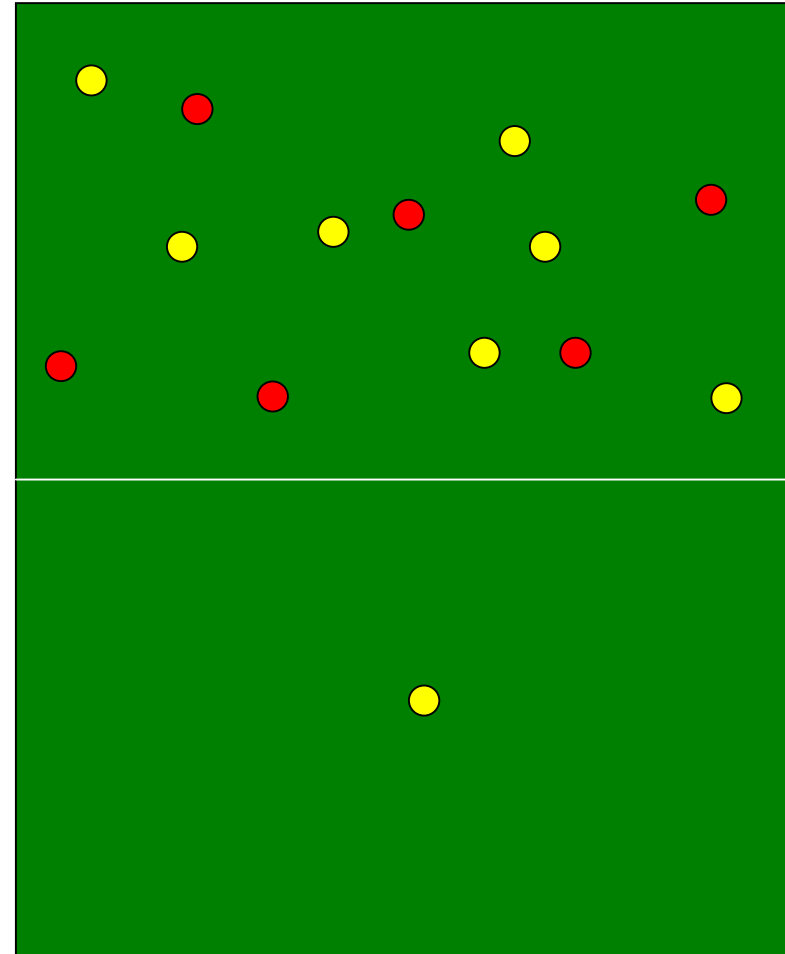
Squad Practice : Set Plays

- **Organisation:**
 - 18 Players; 9 vs 9
 - Halfway line is used as edge of 18 yard box (Thus approx 70 long)
 - Ideal for cold days when players need to be kept on the move;
 - Put the 8 attacking players involved in set plays all in one team, attacking permanently marked out box;
 - Stop play at appropriate time for attacking corners, various free kicks & throw ins;
 - Set it up and allow 2/3 attempts and then let play continue
- **Recommendations:**
 - Play two halves – swap teams at ½ time to allow the practice of defending set plays;
 - Reduce the width of the pitch slightly (6 yards max)
 - Add in offside lines to maintain game realism;
 - Condition the practice to focus on team strategy;
- **Progressions;**
 - Work on the situations that develop. Depending on theme.
 - Themes can include; Defending as a back four, defending crosses, Compactness etc
 - Link Play, combination play, wide attackers, wm rolling inside etc



Possession and switching play game

- **Organisation**
- Split the players into two groups within a 40 x 40 yard area
- Possession practice with 6 vs 5 in one area;
- If the defending team wins possession they transfer to their spare player and attempt to keep the ball;
- All players apart from one defender must transfer across the areas to support play / win back possession.
- **Progressions:**
- Place floating players in each area to allow the team in possession to transfer from area to area to retain possession if a certain number of passes has been completed;
- Play 1/2/3 touch;
- Place players on the outside of the area to support possession play;



Defending

Organisation

Players are organised into 2 teams

One team defends a central goal

One team defends 2 wide goals

Key Factors

Pressure

Cover and support

Communication

Tracking players

Recovery runs

Progression

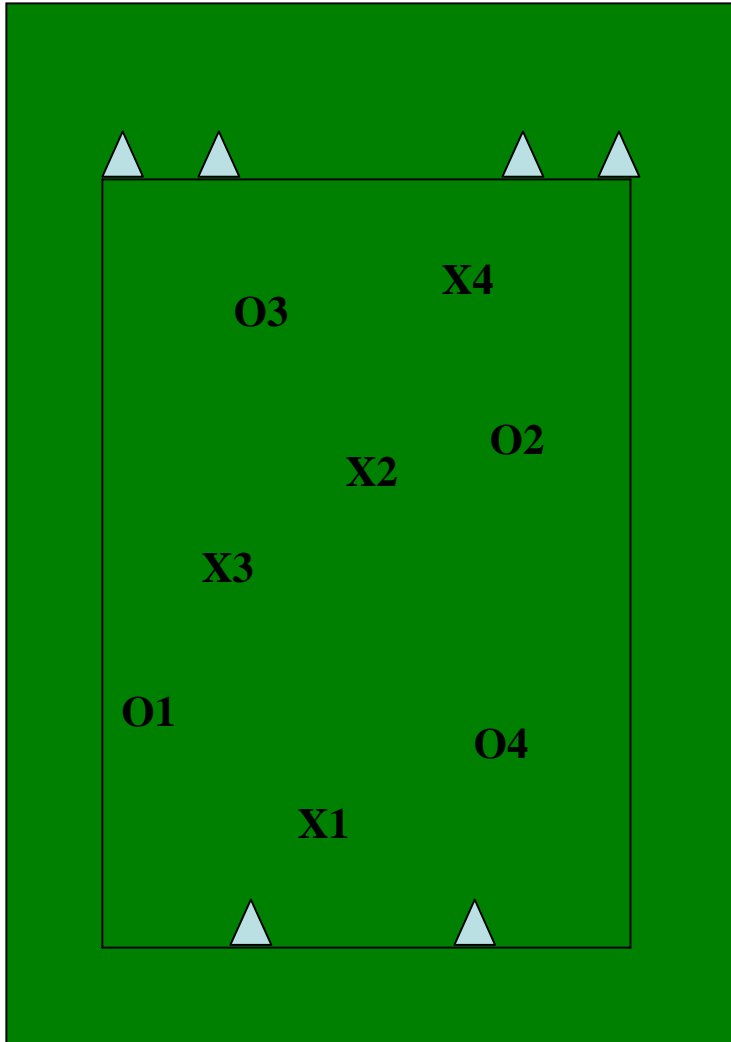
Both teams are set different strategies:

Retreating defence

Target set: Don't allow the attacking team to enter your half of the pitch.

Pressurising from the front

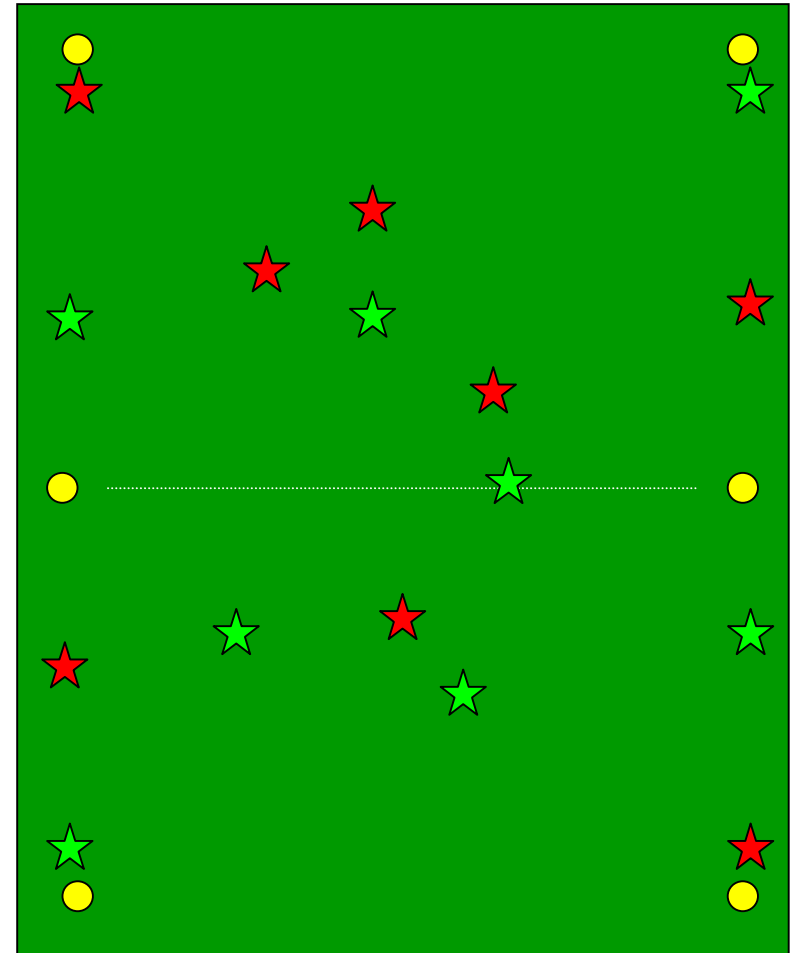
Target set: Win the ball back in 5 passes.



Comments

Game with outside players

- **Organisation:**
- 16 Players
- Players are organised into 4 teams of 4. Two teams play against each other whilst 2 teams act as side players
- Area size 40 x 40 to ensure a physical training effect
- Players can move anywhere in the pitch;
- Players can play side players at any time.
- **Recommendations:**
- Players continue quick fire attacking/defending attempting to practice combination play / pattern of play / defending crosses / Back four shape / Link play etc;
- Encourage players to play and move forwards as much as possible.
- **Progressions;**
- Use any player on the outside;
- Only play your colour;
- Play into a corner player, get the ball back and attack the other end;
- Transfer from corner to corner to score;
- Two touch on the outside;
- Players on the outside touch two cones after passing to maintain 70% Heart rate



Three Goal Game with three goalkeepers

•Organisation;

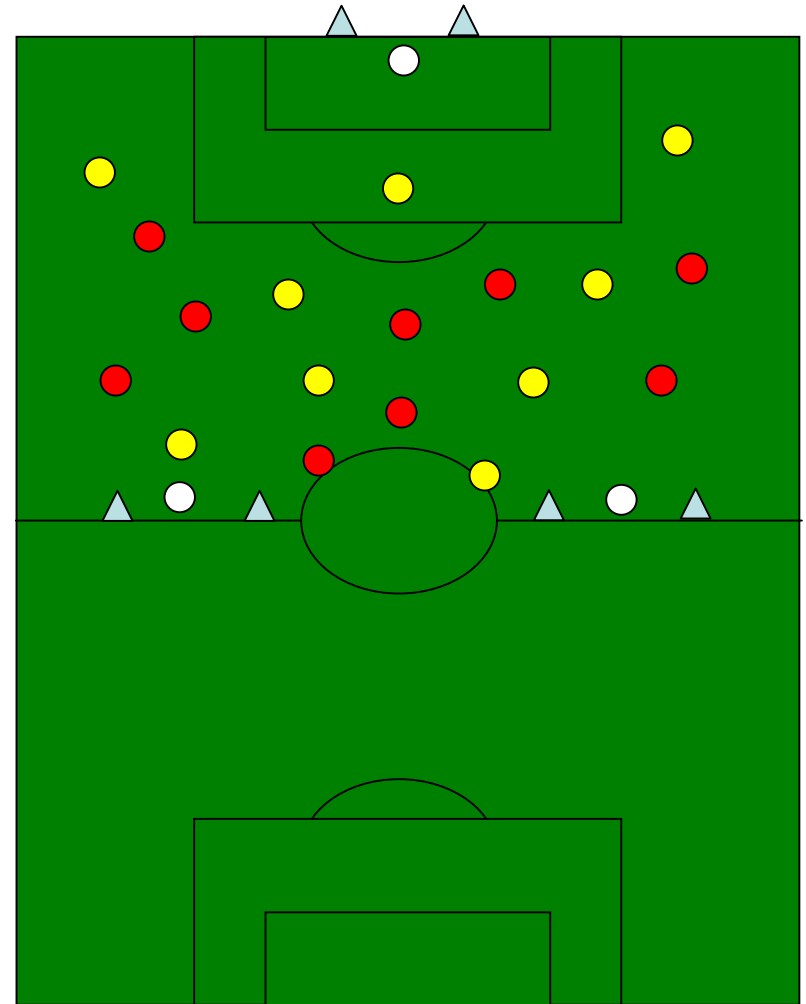
- 2 teams, 8 Vs 8 and 3 GK's;
- Organised within one half of the pitch;
- Teams must attack & defend all goals;
- Teams can not score in a goal that they have just defended;
- Corner kicks to be taken if the ball knocked out of play by a defender.

•Progressions;

- A Team can only attack in one direction, eg, attack two goals or attack the one goal;
- A team retains possession & attacks in the opposite direction if they score a goal;
- Man to man marking through out the game;
- Limited touches through out the game.

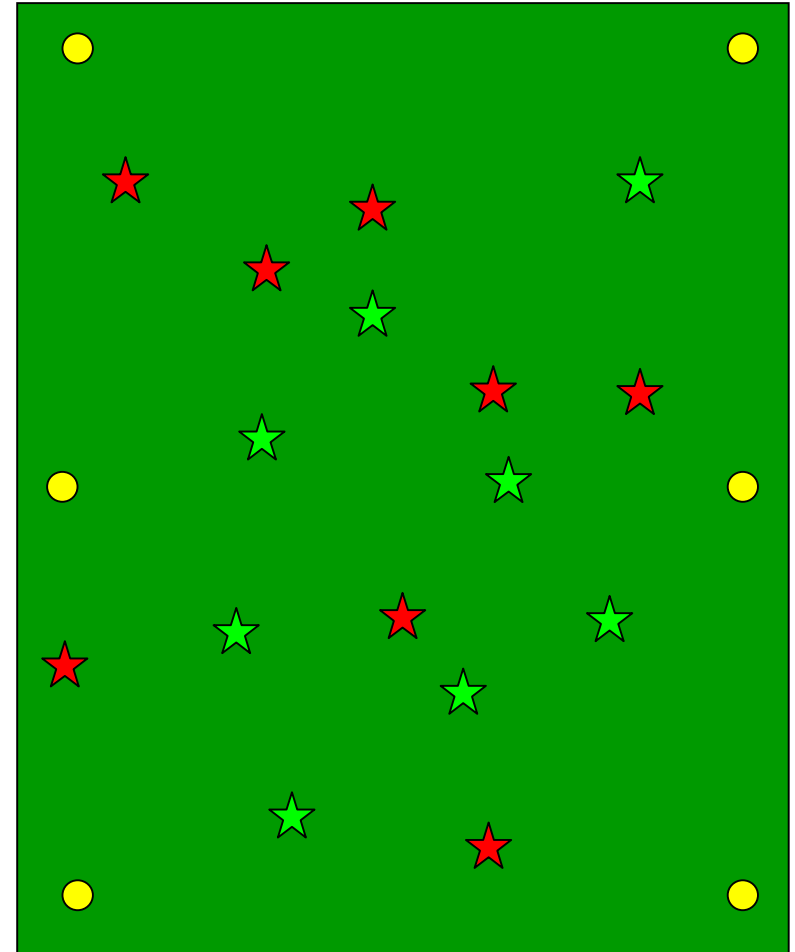
•Key factors;

- Body position to receive the ball and transfer quickly;
- Disguise in passing
- Running off the ball to receive a pass;
- Keep the ball moving;
- Move the ball off the line to ensure angled passes;
- Angle & Distance of support.
- Create space as a Team;
- Switch play to keep possession by moving the ball into areas where there is greater space;
- Quality of touch, Passing;



Three Pole Game

- **Organisation:**
 - Maximum of 24 players
 - Players are organised into 2 teams.
 - Area size 30 x 40 to ensure a physical training effect
 - Players can move anywhere in the pitch;
 - A goal is scored by moving the ball into a position to hit one of the opponents Poles.
- **Recommendations:**
 - Encourage players to play and move forwards as much as possible.
 - Ensure players recognise if it can't be played forwards then play is switched as quickly as possible.
 - Ensure players defend and attack as a team – quick transition.
 - Players must make forward runs to develop play when ever possible.
- **Progressions;**
 - Limit the number of touches per player;
 - Players retain possession after scoring a goal and attack the opposite end;
 - Play a floating player that can't be tackled.



Creating Attacking situations

- Organisation : 9 Vs 9 + GK's in full width pitch x 70 yards.
- Players do not start in wide areas but move there during normal play.
- Maximum of 2 attackers Vs 1 defender in wide area of attacking half at any one time
- No restriction on touches or movement of players

Key factors :

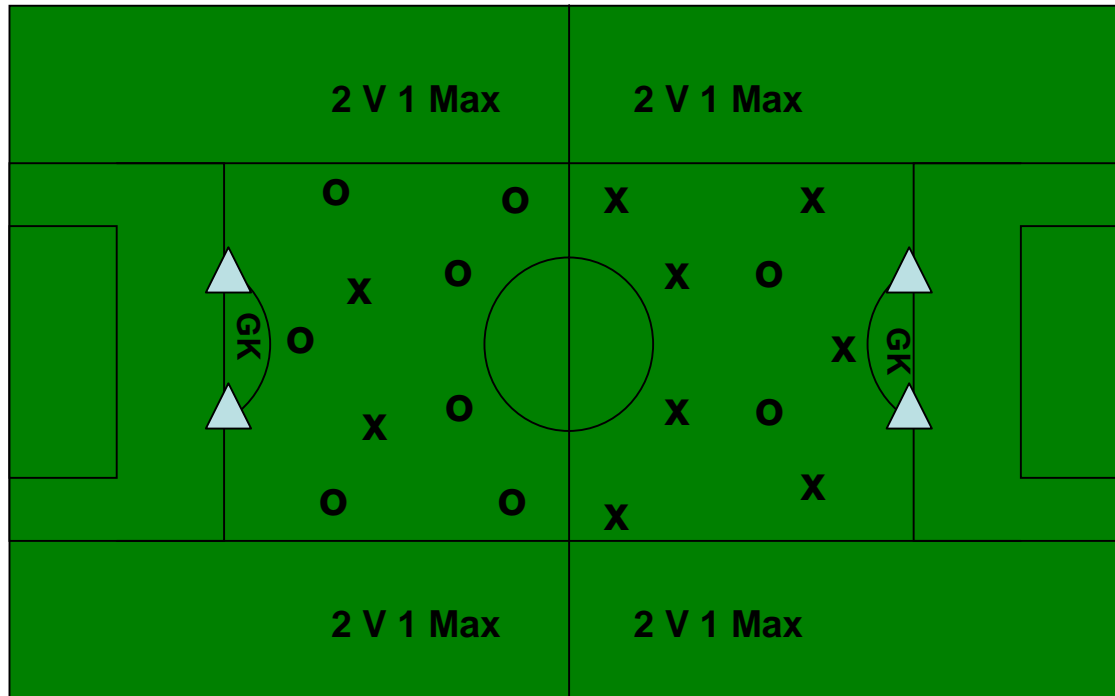
Quality of passing & movement to create 2 v 1 situations in wide areas of attacking half

Decision making in wide areas

Quality of crosses

Positions of attackers in scoring positions

Quality of finishing



Small sided development game

- **Organisation:**

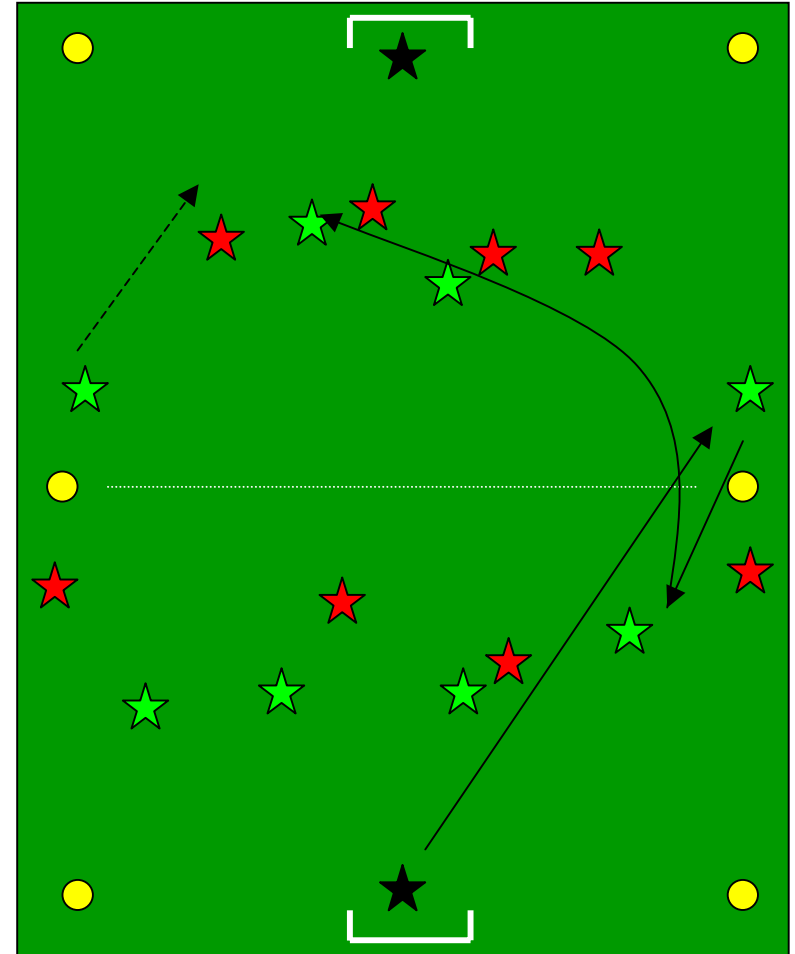
- 18 Players
- Players are organised into 2 teams of 4v4 in each half with GK's.
- Area size can vary between 18 Yard box to 18 yard box to $\frac{1}{2}$ pitch / $\frac{1}{2}$ pitch + 10 yards;
- Players to remain in their designated half of the pitch;
- Incorporate 22 – 24 players by adding in 2 attacking mf's & 1 holding defensive mf. This will overload 6 Vs 5 (Outfield)

- **Recommendations:**

- GK's to begin game by feeding wide player in opposite half for cross or 1 v 1.
- OR; Practice started by the coach in a central position by passing to one half and then the other
- Players continue quick fire attacking/defending attempting to practice combination play / pattern of play / defending crosses / Back four shape / Link play etc

- **Progressions;**

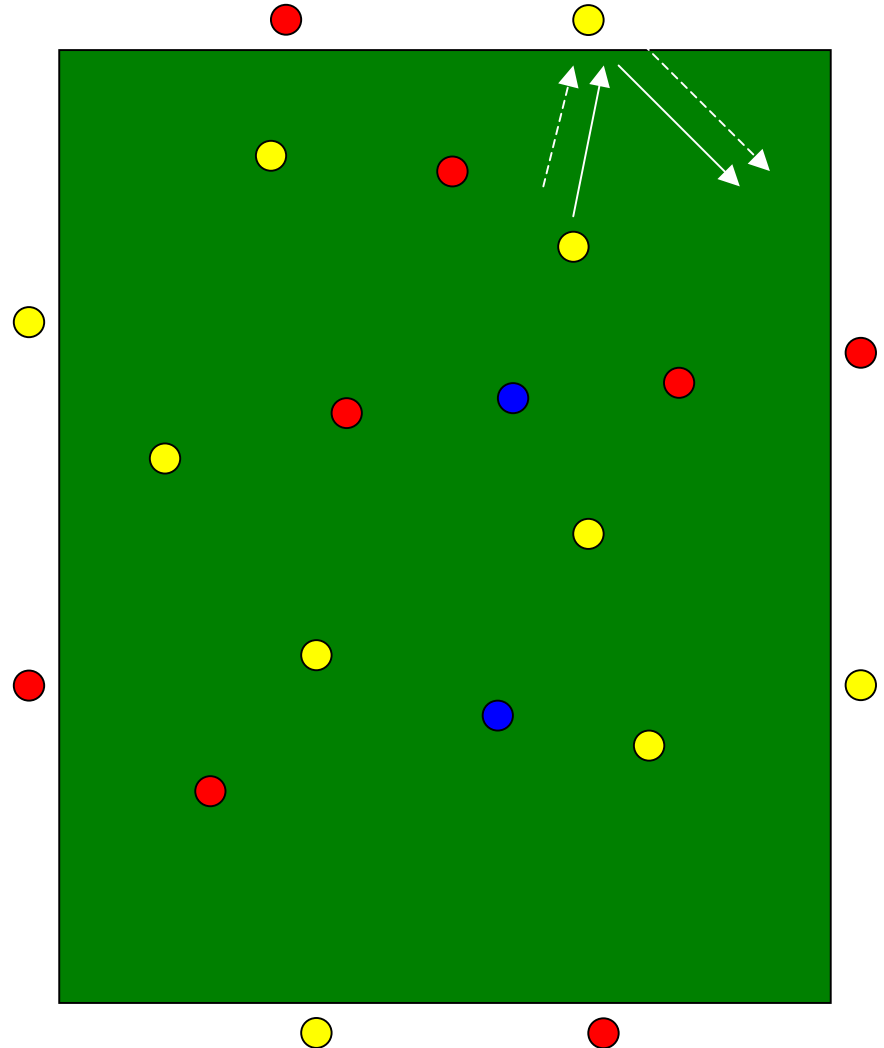
- Take out middle line / add in Central Midfielders for each team. Wide player plays a 1-2 with the opposing full back and develops play from this point after play breaks down;
- Keep middle line and allow play to flow from one half to the other rather than the coach dictating
- Wide players and attackers rest when not in possession;
- Vary start position; Into; Full backs / WM / Kick from GK / Into CF's etc;
- Work on the situations that develop. Depending on theme.
- Themes can include; Defending as a back four, defending crosses, Compactness etc
- Link Play, combination play, wide attackers, wm rolling inside etc



Small sided game

Movement related practice

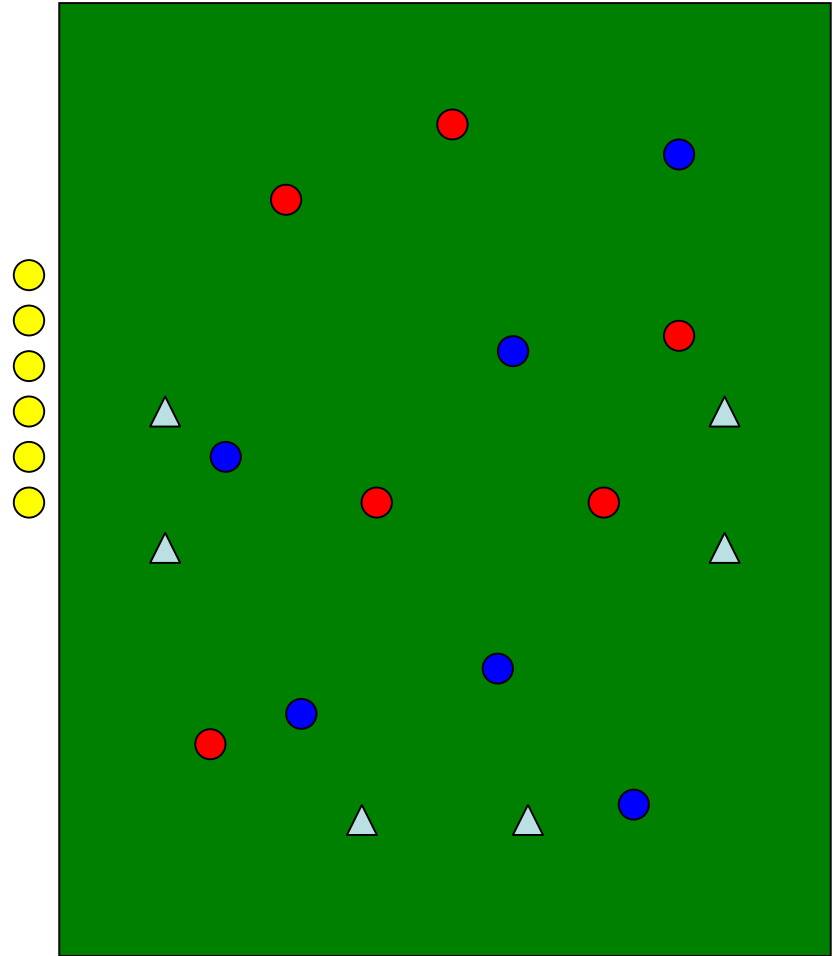
- **Organisation**
- 2 teams organised within a 30 x 30 / 40 x 40 area;
- Number of players from 16 – 22 players;
- Two floating players that play for the side in possession;
- Players must make 8 passes to score a goal;
-
- **Progressions:**
- Players interchange from outside to in when a pass is made;
- Floating players must be in opposite sides of the field;
- Make play directional by organising players between 18yd box to 18 yd box and adding GK's for each team – No goals.
- A goal is scored when the ball is transferred via players from one GK to another;
- Successful transfer allows the team to keep possession and attempt to transfer the ball back;
- Reduce the number of floaters;
- Restrict the size of the area based on the play of the opposition eg, small if the opposition will press via high tempo etc;
- All passes must be played on the ground;
- The ball must be played forward following a pass backwards etc.
-
- Key factors;
- Create space as a Team;
- Switch play to keep possession by moving the ball into areas where there is greater space;
- Quality of touch, Passing;
- Angle and distance of support;
- Turning / Shielding the ball;
- Body position to receive / move the ball;
- Forward runs as practice is developed



Small sided game

Movement related practice

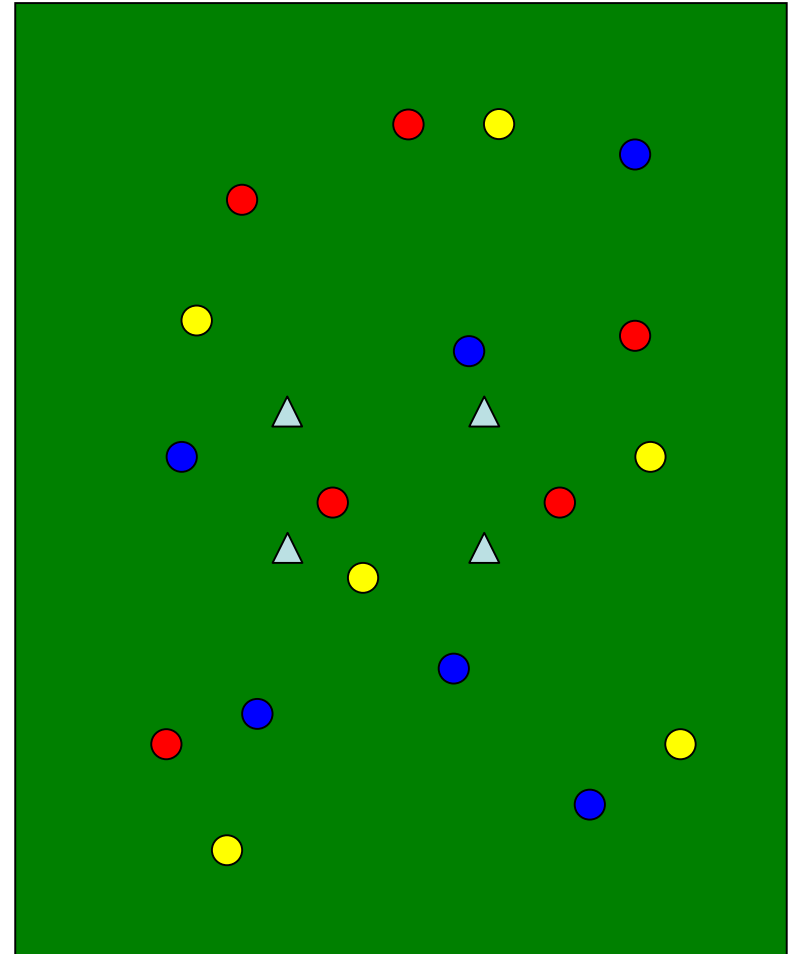
- **Organisation;**
 - 3 teams, 6 Vs 6 with 6 resting;
 - 18 players, 3 goals, area 50 x 50;
 - You can only score through the front of the goals;
 -
- **Progressions;**
 - Players must choose a player to man mark;
 - Team that does not have the ball can cover the goals; This will create a 6 Vs 3 with the team in possession having to work hard to move the ball in a position to score;
- **Key factors;**
 - Body position to receive the ball and transfer quickly;
 - Disguise in passing
 - Running off the ball to receive a pass;
 - Keep the ball moving;
 - Move the ball off the line to ensure angled passes;
 - Angle & Distance of support.
 - Create space as a Team;
 - Switch play to keep possession by moving the ball into areas where there is greater space;
 - Quality of touch, Passing;



Small sided game

Movement related practice

- **Organisation;**
- 3 teams of 6 players;
- 18 players, area 50 x 50, One ball per team;
- Teams transfer the ball around the area with the object of the game to try and pass to a team mate through the central square;
- Teams must decide when it is possible to do this and when they must move the ball elsewhere.
-
- **Progressions;**
- Add in a small goal in each corner; Teams score goals by passing to a team mate through any goal (Wide/Central); The object of the exercise is to focus on running off the ball;
- Once the above has been achieved and a goal has been scored, the player with the ball plays a 1-2 with a team mate followed by a pass to a runner from a different team through the gates;
- Play 2 teams Vs 1 with two players from the team in possession positioned in the central square (Remove the wide goals). The team in possession attempts to keep the ball and transfer via the two players in the square.
- Players in the square must combine to move the ball out to team mates;
- The team in possession must change the two players in the square every 15 seconds.
- **Key factors;**
- Body position to receive the ball and transfer quickly;
- Disguise in passing
- Running off the ball to receive a pass;
- Keep the ball moving;
- Move the ball off the line to ensure angled passes;
- Angle & Distance of support.
- Create space as a Team;
- Switch play to keep possession by moving the ball into areas where there is greater space;
- Quality of touch, Passing;



Attacking Play

Organisation

16 players organised into two teams;
When the Goalkeeper has the ball the attacker for the opposition (Circled in white) operates as a defender.
Area 18 yard box to 18 yard box;

Progressions;

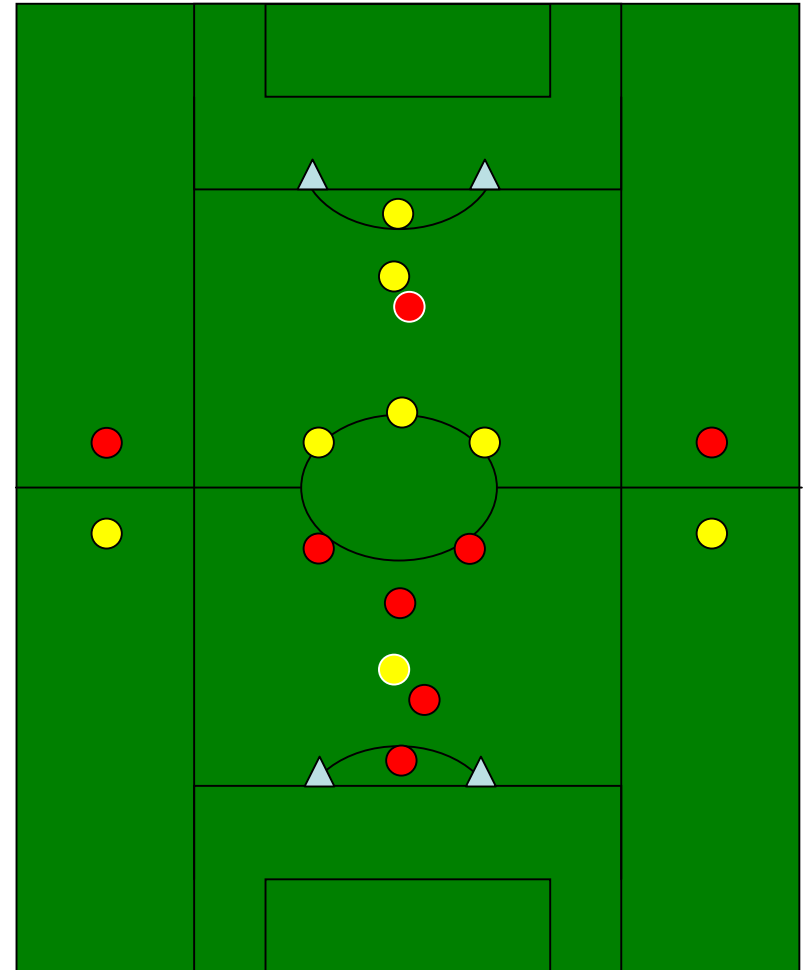
GK to serve to defenders who can then play forward to any player;
Passive pressure only in wide areas;
Only one player allowed in wide area at any one time;
Introduce full backs as game develops;

Options;

Wide players to come off the line to receive;
Rotation of midfielders to receive ball;
Combination play in midfield and in attack;
Simple process involving the swapping of places; eg, If WM comes inside / FB or CM go wide, If CF comes short WM or CM goes long etc

Key factors;

Create space (Width / Length / Depth)
Body position to receive / to play forward
Decision based on passing priorities
A & D of support / Timing of movement on/off the ball
Quality/type of pass depending on decision
Pass through midfield quickly / Create goal scoring opportunities in central & wide areas
End product



Attacking Play

Three zone game

Organisation

Two teams organised into three areas. To begin players must remain in their designated areas.

Playing Area 18 Yard Box to 18 Yard Box.

Progressions;

Players can move zones by passing / dribbling into the next zone.

Players must return to their original places once possession is lost.

One attacker can drop into the middle zone without being marked to receive possession.

Based on the requirements of the game one player can move zones even if they don't have possession.

Play 2 Vs 2 in central area, 2 wide players stand on the outside of the central area on opposite sides. These players can only join the play when passed to and are replaced by the passers.

Wide players can make 3rd man run to support in the attacking third without being passed to;

Progress to 11 Vs 11;

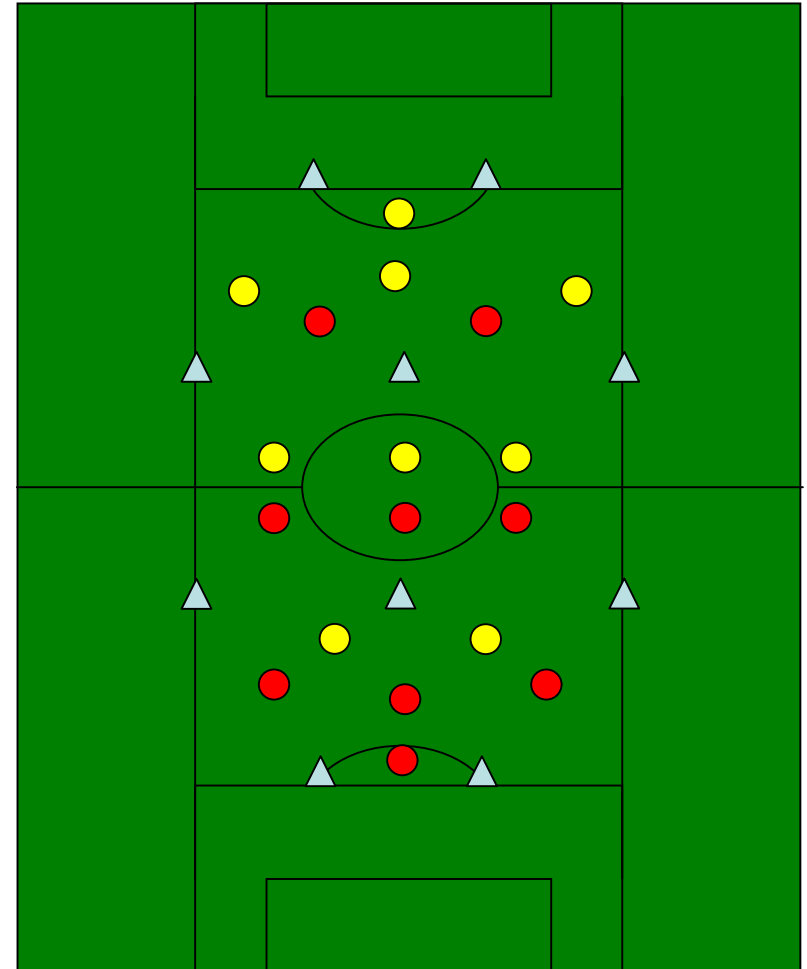
- 442 makes attacking play in final third more difficult;
- 352 makes attacking play easier;
- Large squads of players can be utilised; 362 or 453

Time limits to score in attacking thirds.

To progress take out zones to allow free movement and play

Key factors

Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball



Attacking Play

Zonal attacking game

Organisation;

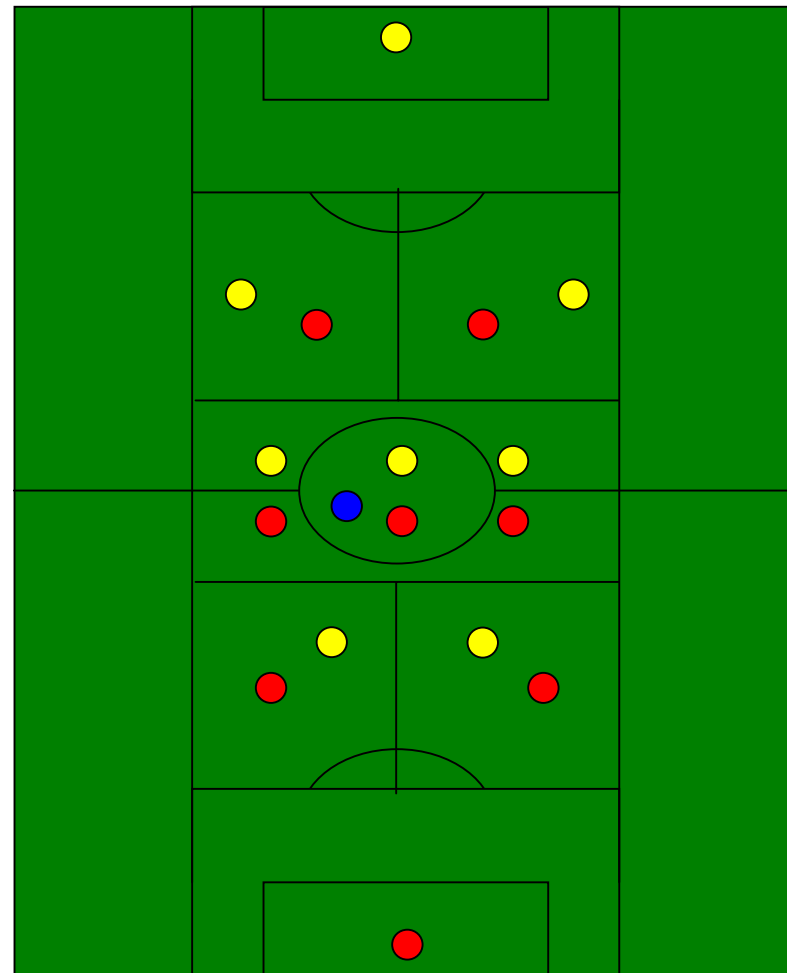
17 players organised within a 30 yard by 80 yard area;
Central area 30 wide by 20 long / 4 areas 15 yd by 15yd;
3 Vs 3 in a central area with a floater;
Once the team in possession has made 6 passes the ball is transferred to one of the forwards;
The forwards must be allowed to control the ball before being pressured by the defender;
Forwards attempt to create an opportunity to shoot;
If the defender wins the ball it is transferred back into the central zone to attack the other way.

Progressions;

One player can move into the attacking zone to create a 2 Vs 1;
Remove central line between attacking zones to create a 2 Vs 2;

Key factors;

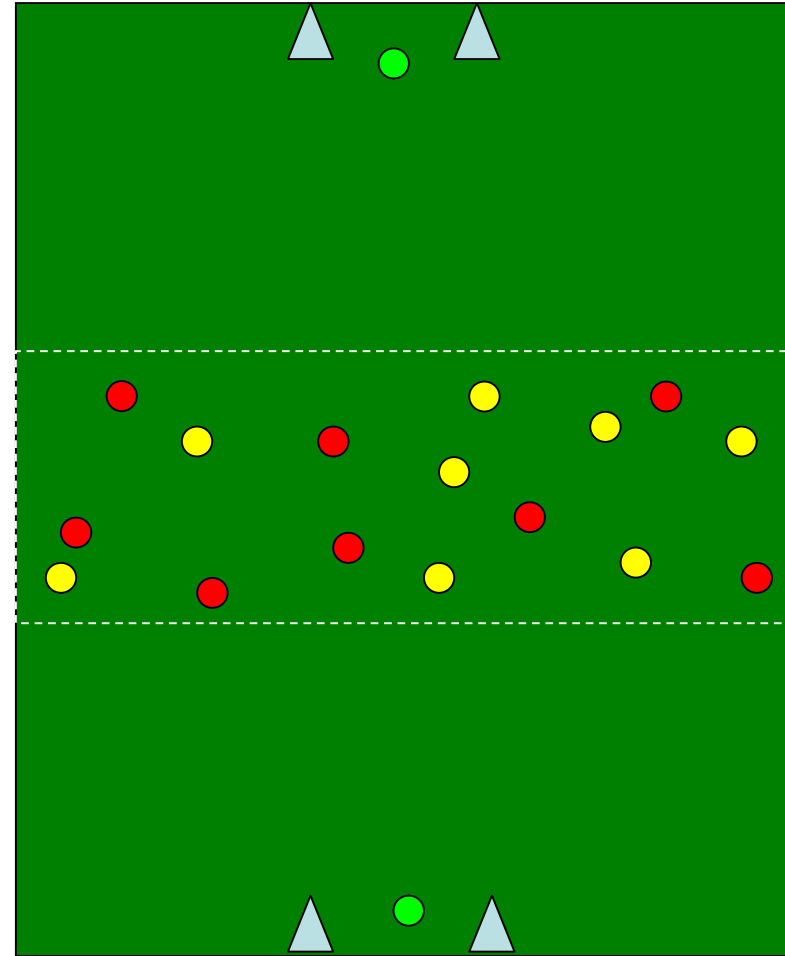
Receive the ball side on to aid quick transfer / have an attempt on goal;
Keep ball and defender in view;
Use of arms for balance / hold off defender;
Keep ball moving whilst feinting to change direction;



Small Sided Game

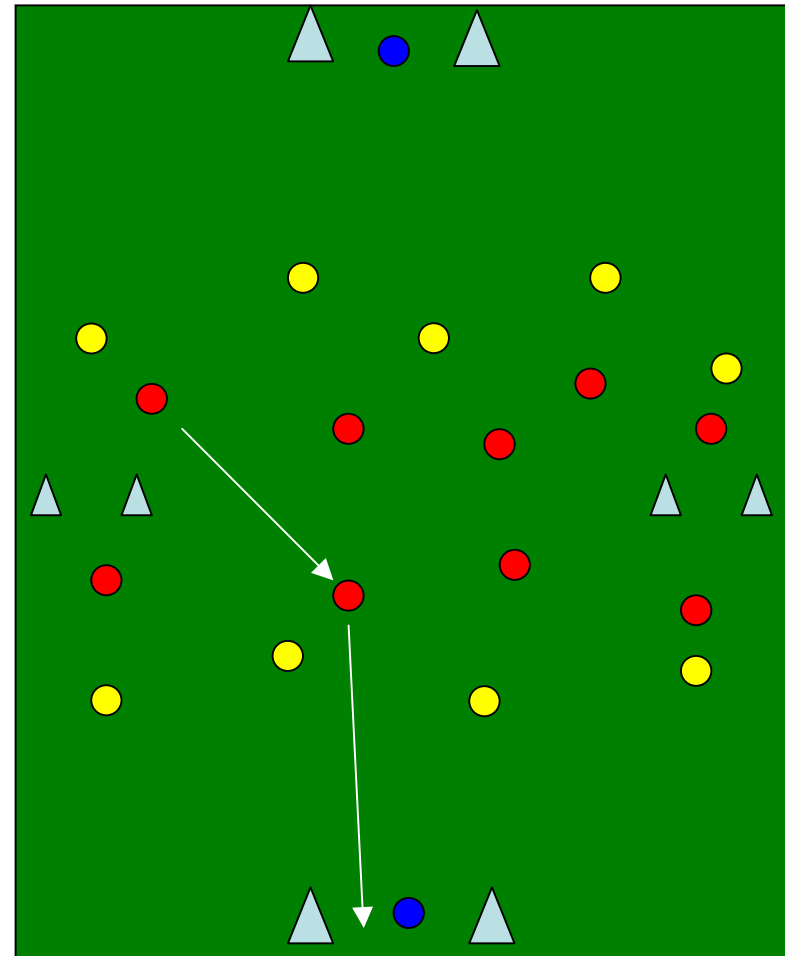
Counter attacking

- **Organisation**
- 18 players organised into two teams
- 8 Vs 8 in defined area on half way line
- One team attempts to keep ball, if possession lost the defending team can break out to attack to score.
- OR both teams need to make a certain number of passes before they can break out. Break out can include dribbling or passing to another.
- Players can attack in either direction
- **Progressions;**
- Place 2 defenders versus one attacker in end zones; Allow 1 player only to join in to make 2 vs 2.
- Add an extra attacker in end zone to make 2 vs 2
- Player who makes pass must join.
- Any player can join.
- **Options;**
- Get ball out of area
- Play wide to supporting runner
- Be direct and attack goal
- Play into CF (What type of ball / m'ment to receive / m'ment off the ball)
- **Key factors;**
- Be direct
- Attack at pace
- Decision
- Angle & distance of support
- Timing of movement on/off the ball
- Quality/type of pass depending on decision



Counter attacking / Switching Play

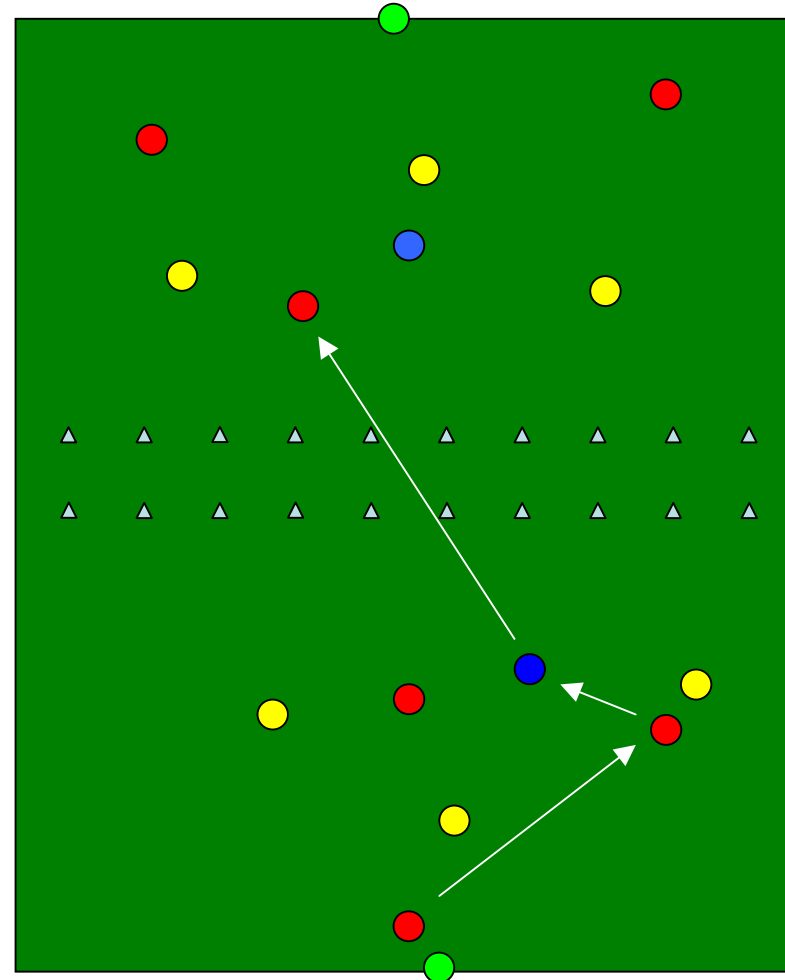
- **Organisation**
- Squad practice incorporating 16 – 22 players
- 2 teams organised within a full pitch.
- One team defends the central goals (Red team) whilst the other team defends the normal goals.
- The red team should break out to attack either of the normal goals at any given opportunity.
- **Recommendations;**
- Get ball out of area
- Play wide to supporting runner
- Be direct and attack goal
- Play into CF (What type of ball / m'ment to receive / m'ment off the ball)
- Regroup and quarter the field to defend small goals with numbers
- **Key factors;**
- Compactness as a team / don't allow opposition to play through or round you
- Be direct
- Attack at pace
- Decision
- Angle & distance of support
- Timing of movement on/off the ball
- Quality/type of pass depending on decision
- **Options;**
- Divide the pitch into three zones, defending players can not track attacking players into these areas.
- Swap team roles at given intervals.
- The team attacking the normal goals only have a limited time to have an attempt on goal.



Small Sided Game

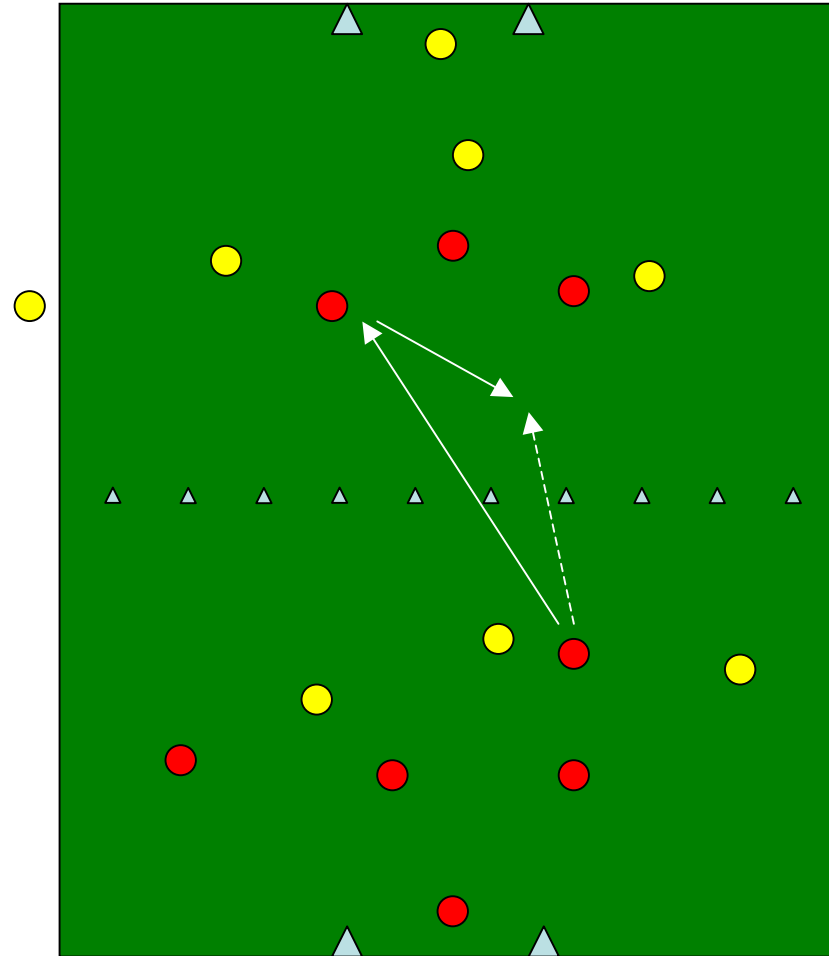
Possession & support and Defending / Pressing

- **Organisation**
- Squad practice incorporating 16 players.
- 3 Vs 3 plus one neutral in each zone.
- 2 Target players, one behind each end line at a distance of 6 yards.
- 60 x 40 area with separating zone of 10 yards.
- **Recommendations;**
- Possession play in one zone to pass the ball across the free zone to team mates who attempt to pass to the mobile target player, they receive possession from him in order to play back across the zone.
- Neutral players play with the team in possession and do not defend.
- **Key Factors;**
- Creating space as a team / A & D of support.
- Pass forward & control the ball forward wherever possible.
- Pass & receive using the least amount of touches possible.
- **Options;**
- Make 6 passes before transferring the ball.
- Passing player can support in central zone but must then return to original zone.
- Passer swaps zones with receiving player.
- Neutral players can / cannot transfer across zones.
- Target players swap places with passer of ball.



Small Sided Game Combination Play

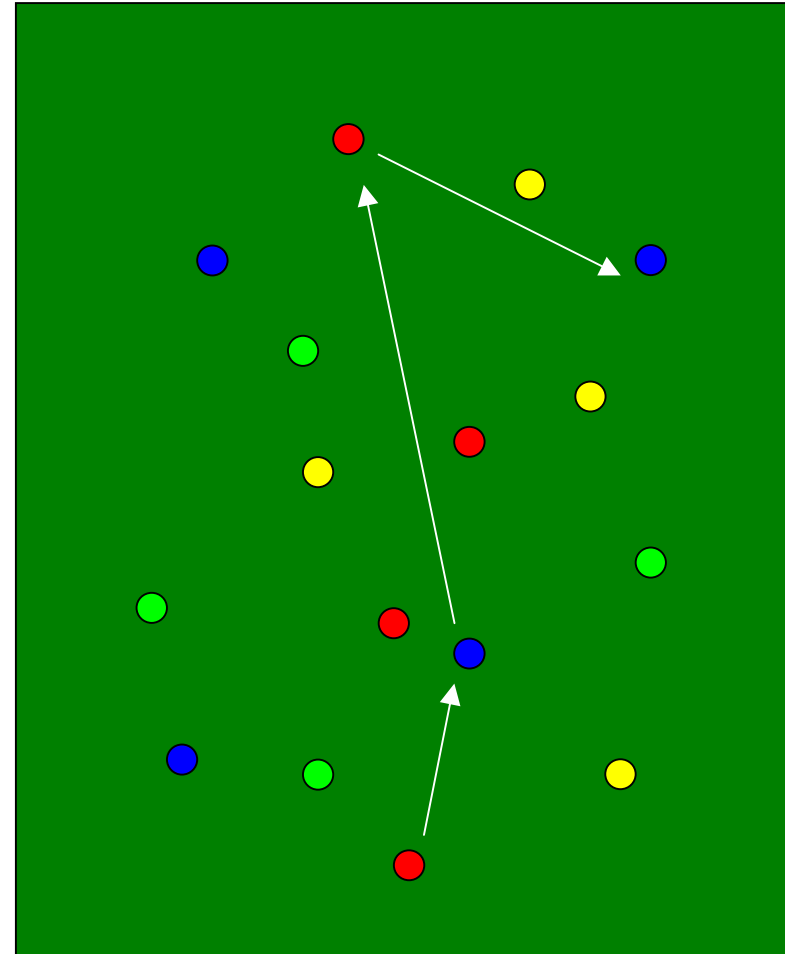
- **Organisation**
- Squad practice incorporating 16 players.
- 4 Vs 3 in defending area, 3 Vs 3 in attacking area with one defending player resting. The team with the overload attempt to transfer the ball into the attacking area, one player is allowed to follow to create a 4 Vs 3 overload.
- Once an attack is completed the attacking runner rests / the resting defender from the opposing team joins in. This now creates a 4 Vs 3 in the opposite direction.
- Thus a 7 Vs 6 practice in both directions + GK's;
- Players are organised within a ½ pitch + 15 yards / Full width.
- Defending players are not allowed to follow the attacker across zones.
- **Progressions;**
- Game can be played 2 v 2 with 1 player from each team in each zone. Defenders can't follow attackers into the opposing zone.
- Game can also be played 3 v 2, 4 v 3, 5 v 4 etc applying above rules;
- Adjust playing area accordingly;
- Progress to 9 v 9 in narrow area (18 yd to 18 yd / Width of 18 yd box)
- Progress to three zone game;
- Progress to open game and highlight when & where combinations can be carried out successfully.
- **Key Factors;**
- Movements to create space / A & D of support.
- Quality of pass / Movement to receive / foot to receive
- Attitude to play forward & combine, 1 touch / 2 touch
- Decision / End product
- **Options;**
- Make 6 passes before transferring the ball;
- Only the passing player is allowed to join;
- The player in the best position can join;



Small sided game

Non directional possession play / Pressing & Defending

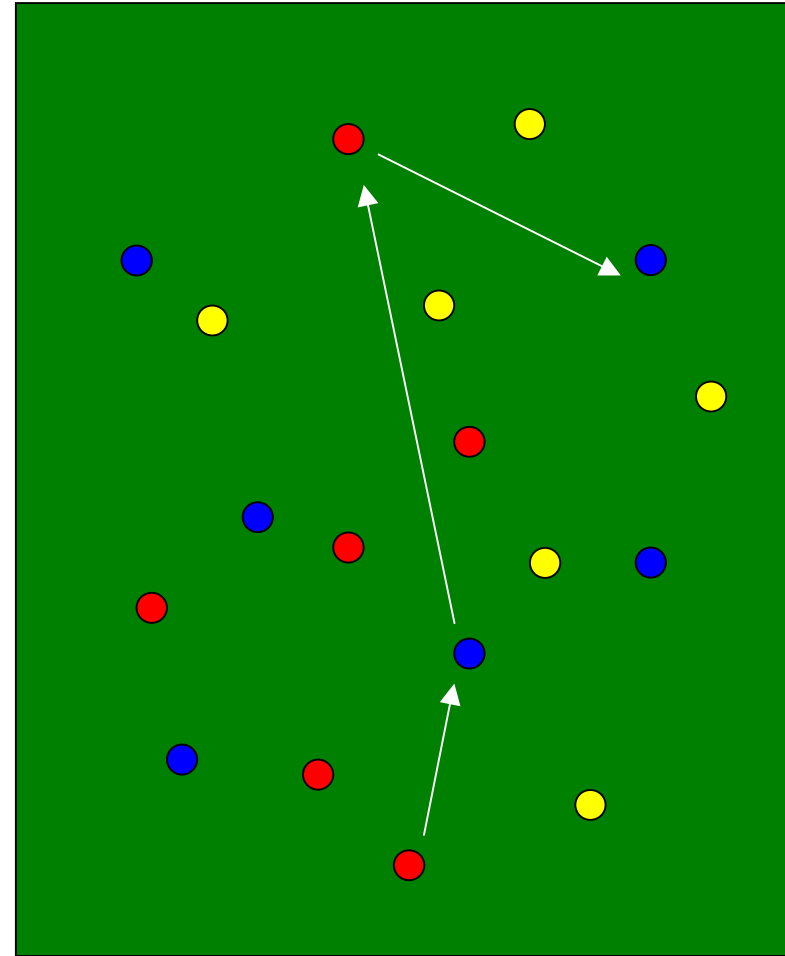
- **Organisation**
 - Squad practice incorporating (16 Players)
 - 2 teams of 8 comprising of 4 blue & 4 red Vs 4 yellow & 4 Green.
 - 50 x 50 area.
 - The team in possession retains the ball but may only pass to alternate colours Eg, blue, red, blue etc
- **Recommendations;**
 - 8 passes to score a goal.
 - Add target players to make it directional.
 - Allow free passing to any player on your team.
 - Don't have to pass to alternate colours but limit the number of touches for a group Eg, Blue – All in / Red – 2 touch and vice versa.
- **Key information;**
 - Quick decision making of who a player can cannot pass to.
 - Quick transition from attacking to defending & vice versa.
 - Accuracy, passing & disguise of passes.
 - Quick support & movement.
 - Minimum number of touches in possession.



Small sided game (In progress)

Non directional possession play / Pressing & Defending

- **Organisation**
- Squad practice incorporating (18 Players)
- 3 teams of 6 comprising of 4 blue, 4 red & 4 yellow.
- 50 x 50 area.
- To start the practice 2 teams work together to keep possession from the defending team Eg, Red / Blue Vs Yellow.
- If possession is lost the team that gave the ball away become the defending team with the other two teams working together to retain possession.
- **Recommendations;**
- 8 passes to score a goal.
- Add target players to make it directional.
- You have to pass to alternate colours.
- Limit the number of touches for a group Eg, Blue – All in / Red – 2 touch and vice versa.
- Allow free passing to any player on your team.
- **Key information;**
- Quick decision making of who a player can cannot pass to.
- Quick transition from attacking to defending & vice versa.
- Accuracy, passing & disguise of passes.
- Quick support & movement.
- Minimum number of touches in possession.



Small sided game

Teaching Players to problem solve

Organisation

Players are organised into two teams with 3 floating midfielders.

Players are organised into set area's with the floating players allowed to move from area to area

Playing Area : 60 x 40 with coned areas.

Progressions;

Team in possession has to make 8 passes to score a goal.
Midfielders play 2 touch whilst all other players have open touches.

Midfielders have open touches whilst all other players are conditioned to two touch.

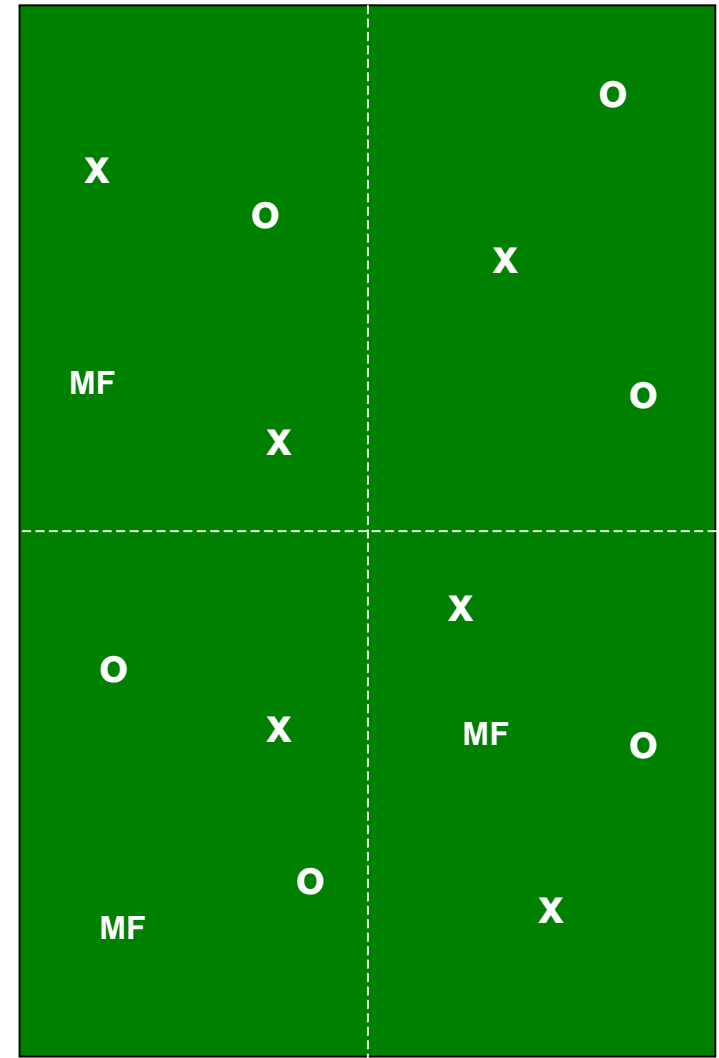
Remove One line of cones to even the numbers on both sides of the pitch.

Remove all lines to allow open play.

Midfielders cannot be in the same areas at one time.

Key factors;

Create Space, Body Position, Type of pass, Angle & Distance of support, M'ment on & off the ball, Awareness of positioning.



Attacking Play

Organisation

18 players organised into two teams;
2 Vs 2 at each end, Wingers only in outer corridor, No defending in midfield or wide areas, Live play only when defending the goal. Defenders free to play out to midfield. Basic pattern of play framework allowing the coach to work through combinations

Progressions;

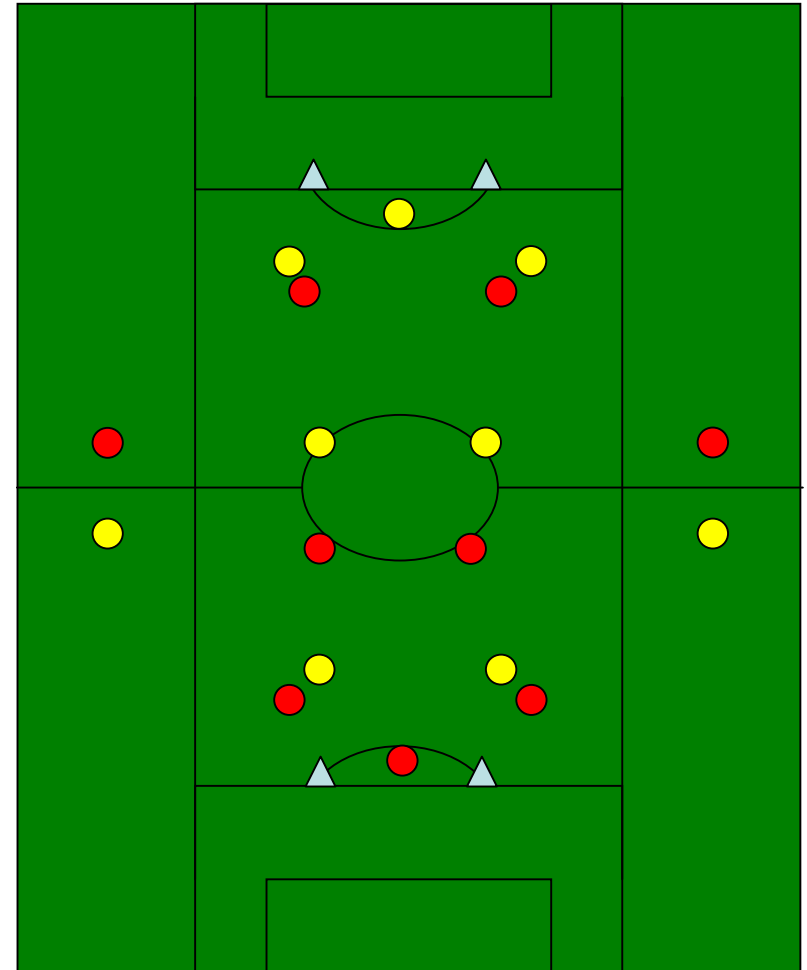
Midfielders & Wingers on two touches until the final third;
One midfielder to join attack to create 3 Vs 2;
Winger on the opposite side to support to create 4 Vs 2 (Take up position on the edge of the box);
Midfielders can apply passive pressure; No tackling, only allowed to intercept;
Add full backs to progress to 11 Vs 11 / Add floater in MF to create 3 Vs 2
Play 3 Defenders Vs 2 CF's in end areas to create 3 Vs 3 when a MF joins.

Options;

CB into CF (In air), lay off to CM; CB into CF (In air), lay off to Winger; CB into CM who plays wide;
CB to Winger who plays into CF and follows, CM takes up new wide position, CF can play either option etc

Key factors;

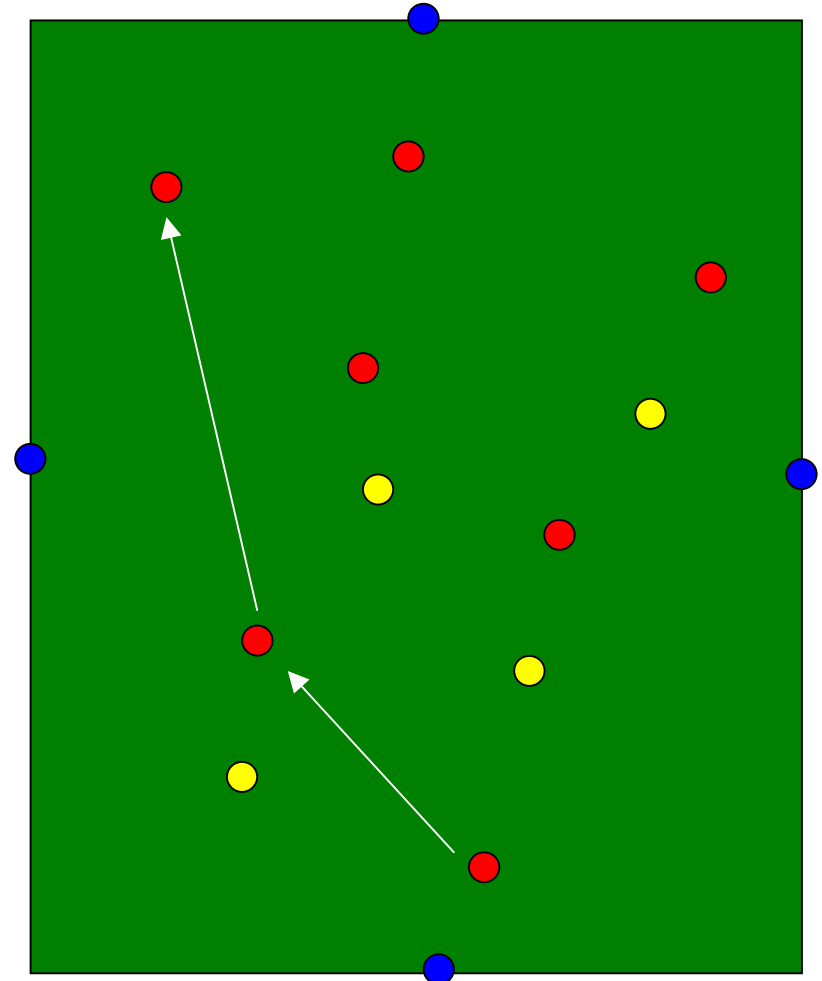
Create space (Width / Length / Depth)
Body position to receive / to play forward
Decision based on passing priorities
A & D of support / Timing of movement on/off the ball
Quality/type of pass depending on decision
End product



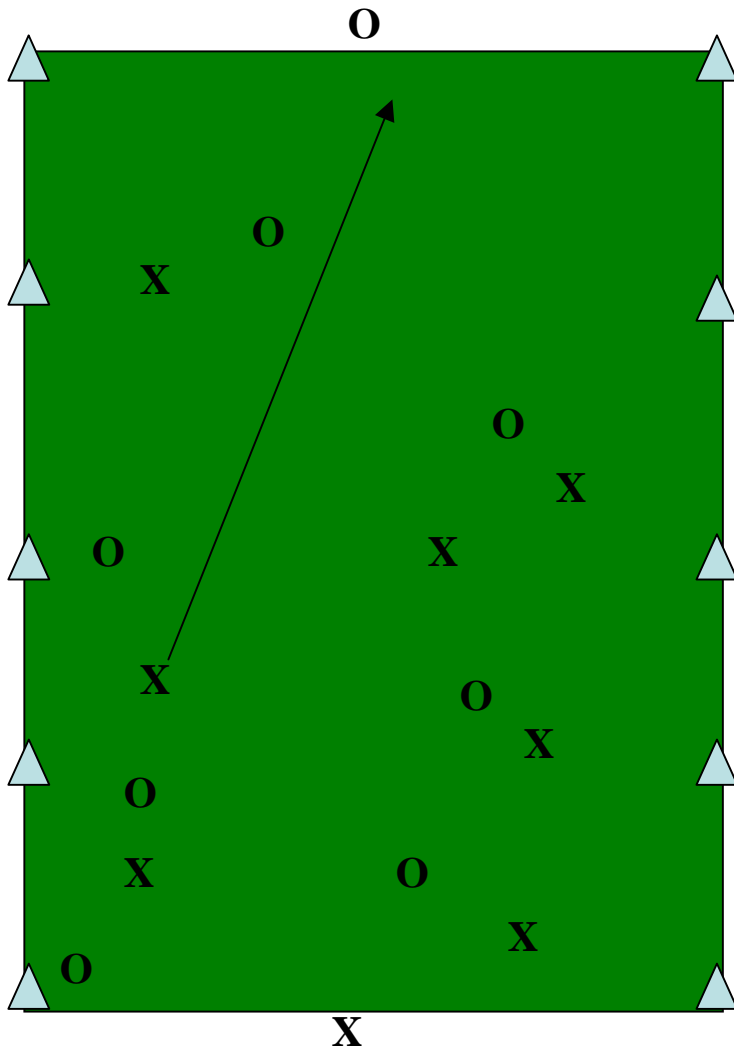
Small sided game

Non directional possession play / Pressing & Defending

- **Organisation**
 - Squad practice incorporating (15 Players)
 - 7 Vs 4 in an area of 50 x 40 Yards.
 - 4 Neutral players operate along the sides of the area.
 - The 7 players play 2 touch against the four defenders & may use the neutral players.
 - Neutral players may pass to neutral players if necessary.
 - If the four defenders gain possession they can use the neutral players to create a 8 Vs 7.
- **Recommendations;**
 - 8 passes to score a goal.
 - Make it directional by allowing the 7 players to play up/down the pitch to score.
 - 7 players cannot use the neutral players.
 - Increase no. of players playing a 8 Vs 5 / 9 Vs 6 etc
- **Key information;**
 - Decision / A & D of support / Acc & Qual of pass.
 - Quality of movement on / off the ball.
 - Supporting long pass of neutral players.
 - Quick combination play.
 - Defending as a group / Compactness.
 - Collective pressure / Communication / Positioning.



Long Passing



Comments

Organisation

Players play 7 v 7 with 1 (GK or outside player) on each end

Players must pass ball into end player(s) to score

End players can move anywhere along line

Key Factors

Prepare first touch out of feet on angle

Place non kicking foot slightly behind ball

Strike through below centre of ball with laces

Lean back

Follow through

Progression

Must attempt to pass to end player after 3 passes.

Score by passing to 1 end then opposite end whilst keeping possession

Control

Organisation

Players are split into 2 teams of 8 shooting into opposite goals

Place 3 of each team on outside of area to act as wall passes.

Key Factors

Move in line with flight of ball

Offer surface to control

Relax surface area on impact

Prepare for next movement I.e. pass, dribble, shoot etc

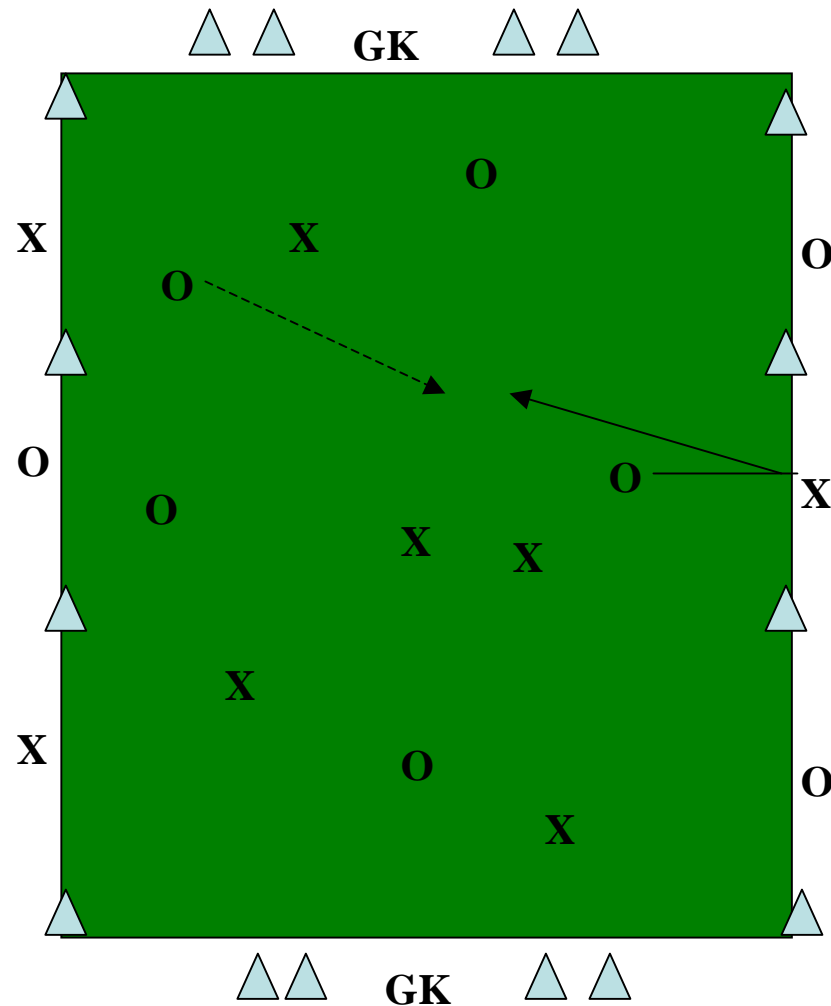
Progression

ball must be passed into outside players hands

Outside players feed ball back in air to inner players

Must control ball from outside 3 times before attempting to score

2 touch only.



Comments

Dribbling

Organisation

Players are organised into 2 teams in an area including 4 corner goals

Teams defend 2 sets of goals (diagonally opposite) whilst attacking the other goals

Players are conditioned to 'man' mark a specific player throughout the activity.

Key Factors

1st touch

Attitude

Angle and support of surrounding players

Keep the ball close

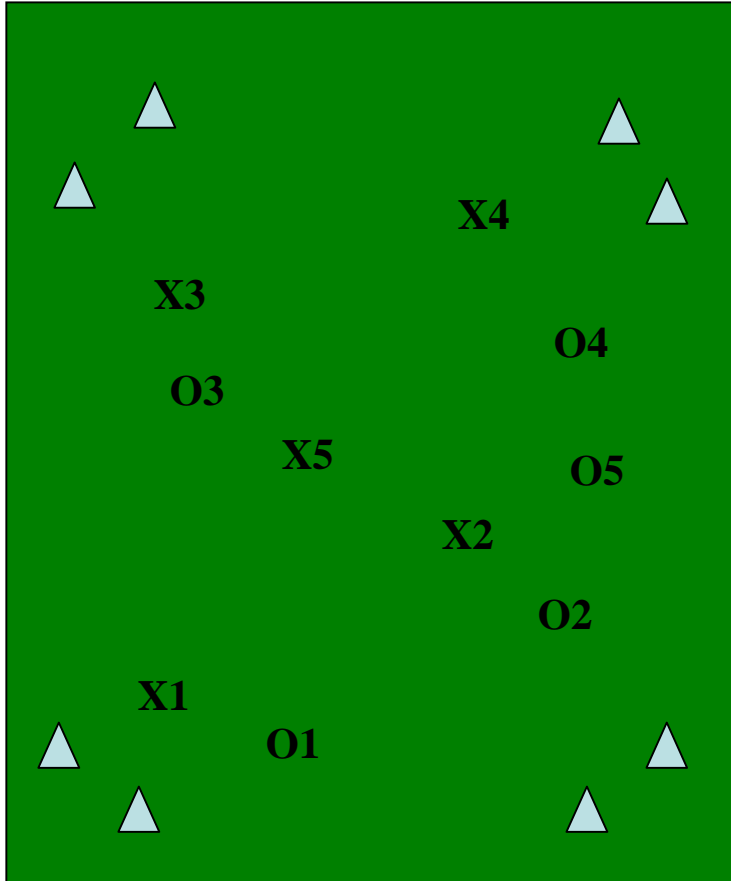
Change of pace

Use of various feints / turns / movements.

Progression

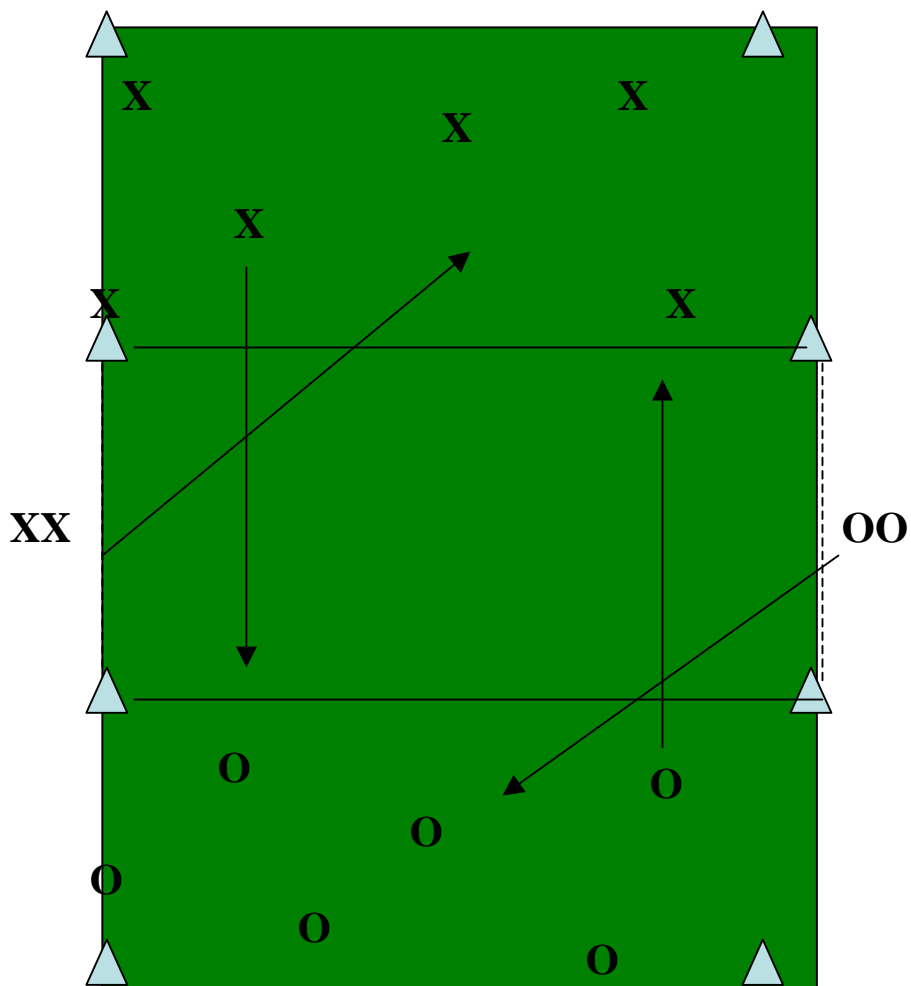
Depending on the ability of players a number of conditions can be added:

- You must beat a player before passing
- You must engage a player before passing
- Nominated players can't be tackled



Comments

Running with the Ball



Organisation

Players are organised into 6 V 2 in 2 end zones.

Players in group 1 run with the ball to group 2, across central zone.

2 passive defenders enter end zones when ball is ran in.

Key Factors

First touch out of feet

Head up

Use laces

Maximise running speed

Progression

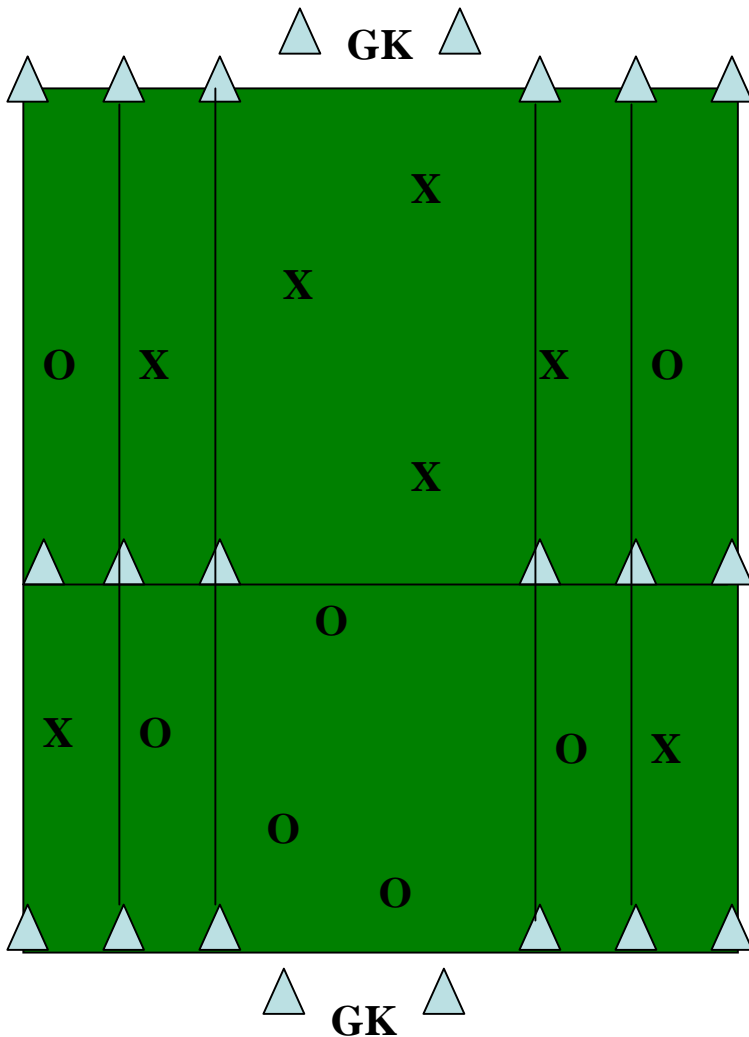
Add active defenders

Add more defenders (5 V 3)

Add balls

Comments

Running with the Ball



Comments

Organisation

Players are split into 5 zones - 3 V 3 in middle zone
- 1 in 4 outer zones per half

Normal game but players must stay in own zones

Key Factors

Ball out of feet

Head up

Use laces

Maximise running speed

Progression

Players can enter zones that they have passed into.

Inner and outer zone players must link and run with ball when in receipt of ball

Every player must attack before passing.

Turning

Organisation

Players play 8 v 8 attacking and defending 2 goals on outside

Key Factors

Keep ball close

Head up

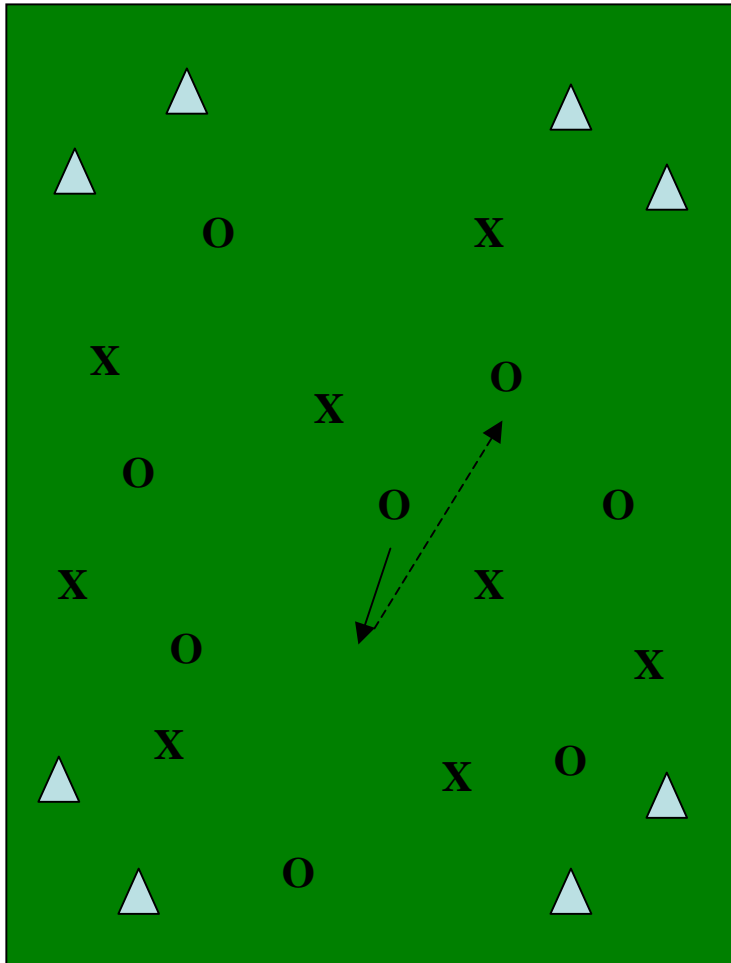
Bend knees

Change direction at pace

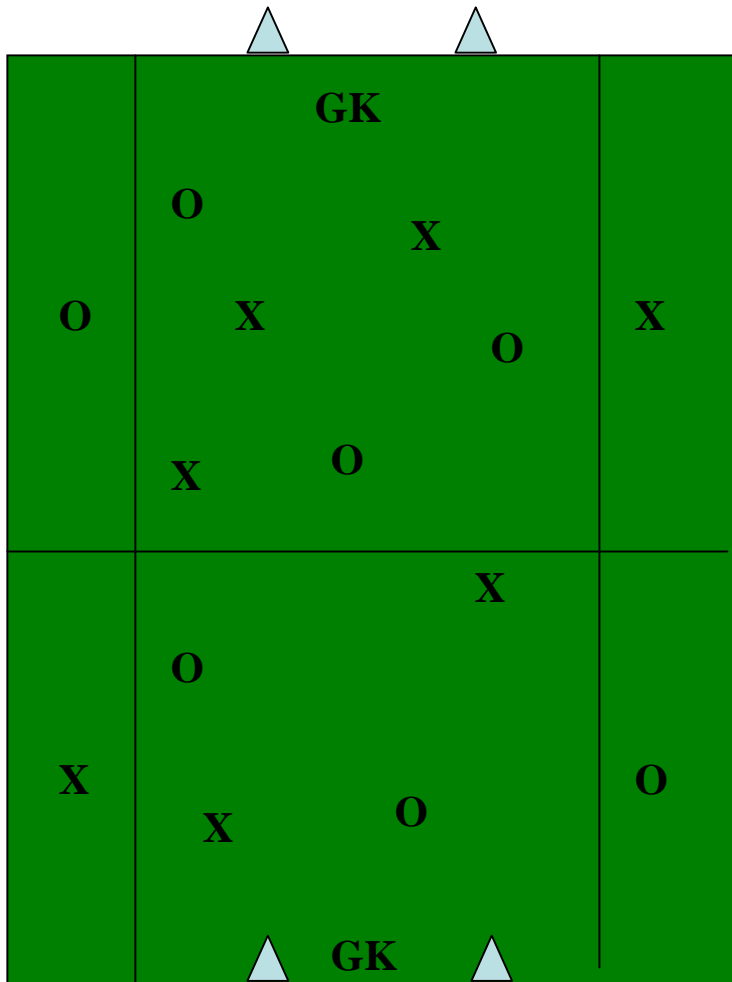
Progression

Attack any goal.

3 turns is equal to a goal



Comments



Comments

Heading

Organisation

Players are organised into 2 teams of 8 with 5 in central area 2 outside.

Key Factors

Move in line with flight of ball

Arms out for balance

Eyes open, mouth closed

Use forehead

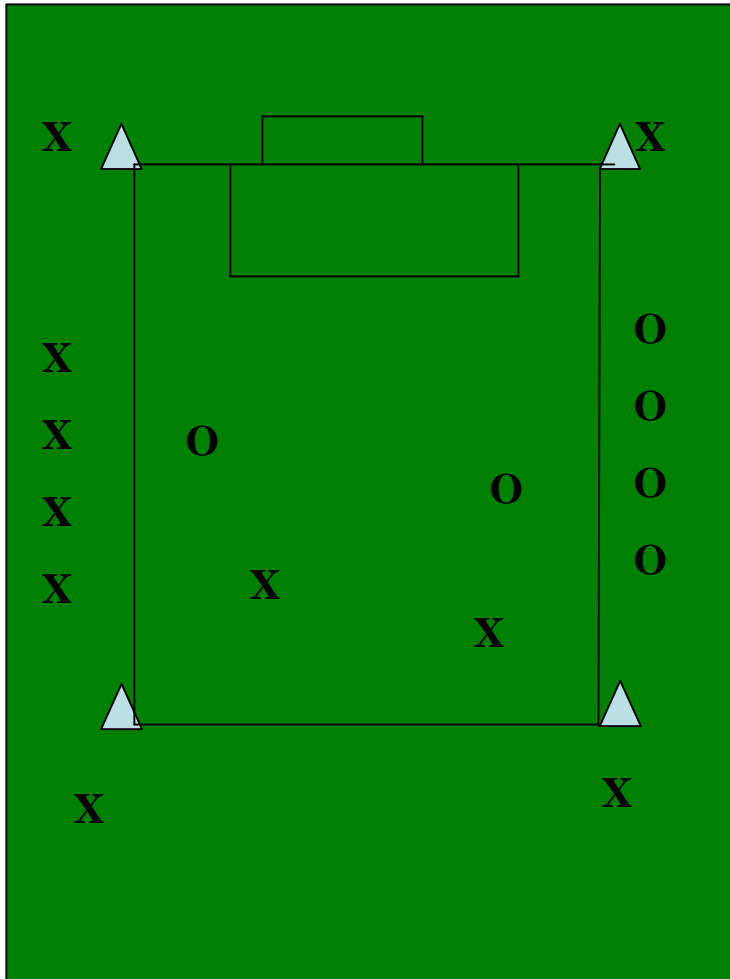
Progression

Split pitch into 2 halves 3 V 2 in each with 2 outside players

Play normal ground - football with outside players crossing ball freely

Players can move into any area, but must score with a header.

Shooting



Comments

Organisation

Players are organised into 4 groups of 4

4 of each on outsides, 2 of each in middle and outside facing goal.

Service to outside players begins game.

Players on middle play 2 V 2 and must attempt to shoot when appropriate using any outside players to pass to

Key Factors

Prepare first touch to provide 1/2 yard space

Angled approach

Non kicking foot beside ball

Strike through centre of ball

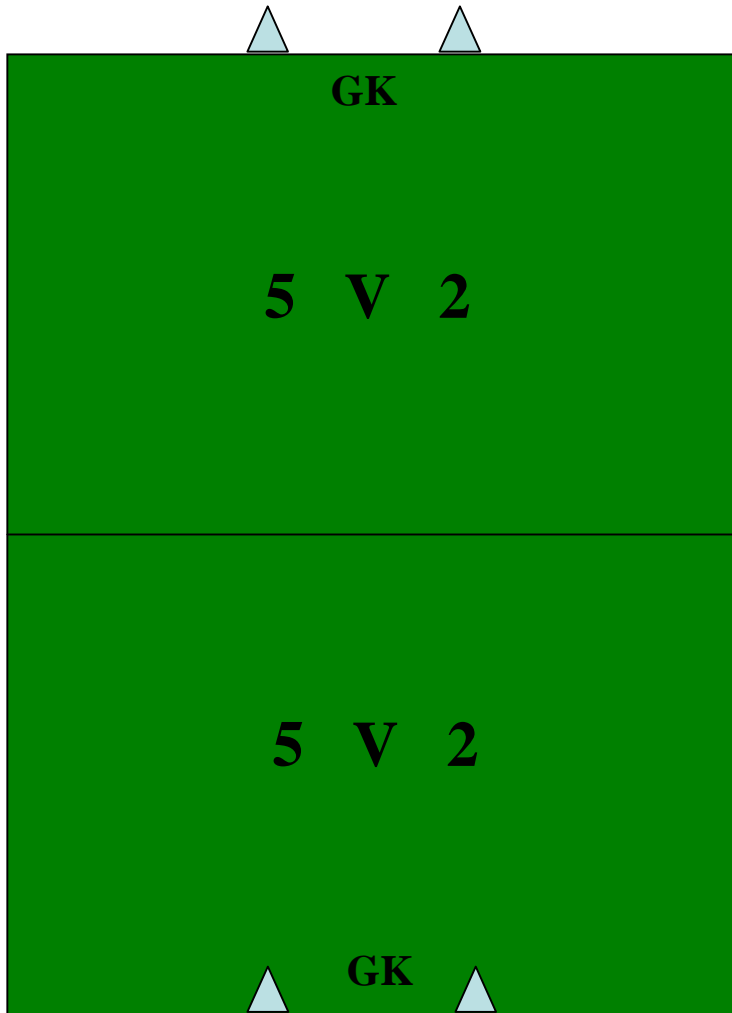
Head over ball

Strike across ball

Progression

Add more players inside area (l.e 3 V 2, 4 V 4 etc)

Players must shoot after 3 passes



Comments

Shooting

Organisation

Players are organised into 5 V 2 in 2 halves

Players have to stay within own area passing and creating scoring opportunities

Key Factors

Create 1/2 yard

Non kicking foot beside ball

Strike through centre of ball with laces

Head over ball

Run across goal

Keep ball low

Progression

Must shoot after 3 passes

All 2 touch

Play 4 v 3 in each area

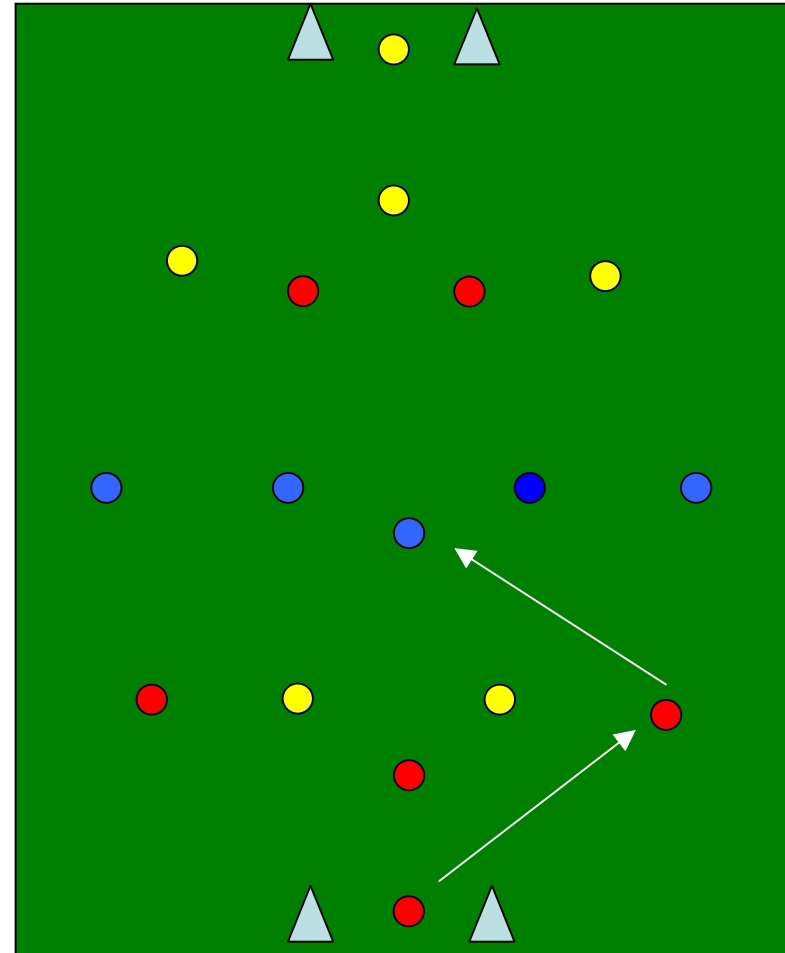
Must pass across line for players to shoot

Practical Sessions

Patterns of Play Attacking / Defending

Attacking Pattern of Play / Small Sided Game

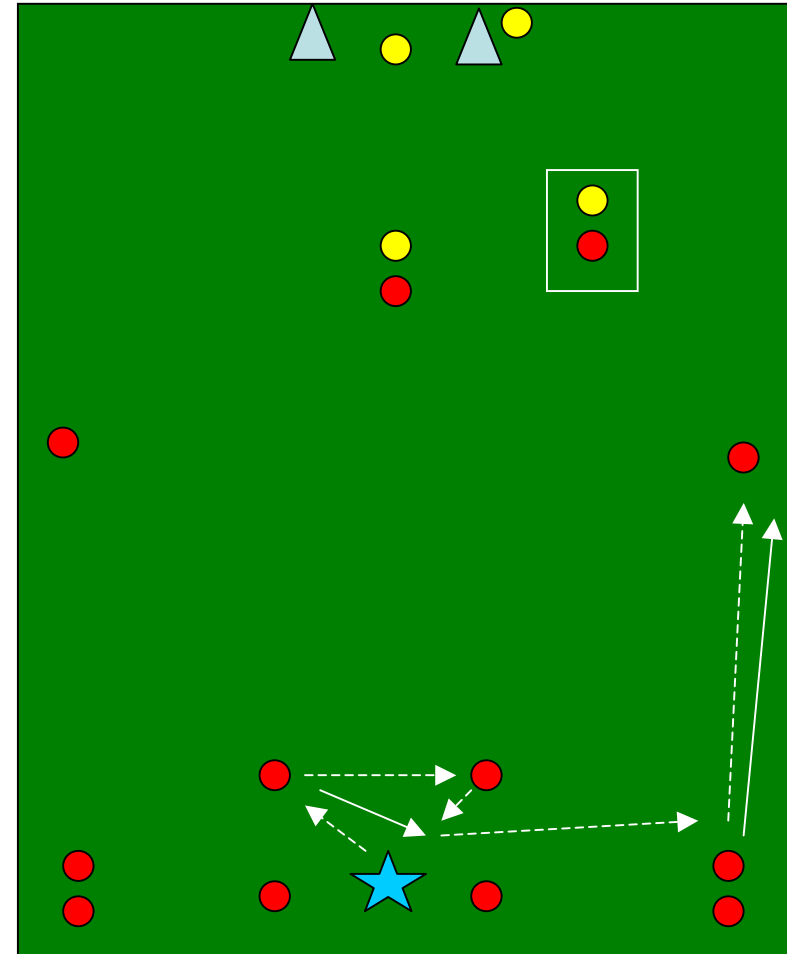
- **Organisation**
- Squad practice incorporating 17 players.
- 2 teams (GK/Back 3/ 2 attackers)
- 5 Neutral midfield players who play for the team in possession.
- 18 yard box to 18 yard box.
- The GK feeds the ball to any of the Back 3 who attempt to play to the midfield.
- Midfield combines before feeding the attackers. MF's then support the attack from behind.
- **Recommendations;**
- Back 3 focus on creating space.
- Midfield 5 created space both wide & long.
- Deep lying CM backward of square.
- 2 CM's in advance but narrow so ball can still be played into CF's.
- **Options;**
- Wide CB can play into deep lying MF.
- Wide CB plays into CF & supported in front / behind CF.
- Ball from wide CB into WM, in behind for running CF / Inside CM.
- Wing Backs to cover 1st 2 1/3's of Pitch / Inside CM's last 2 1/3's.



Attacking Pattern of Play

Half pitch practice

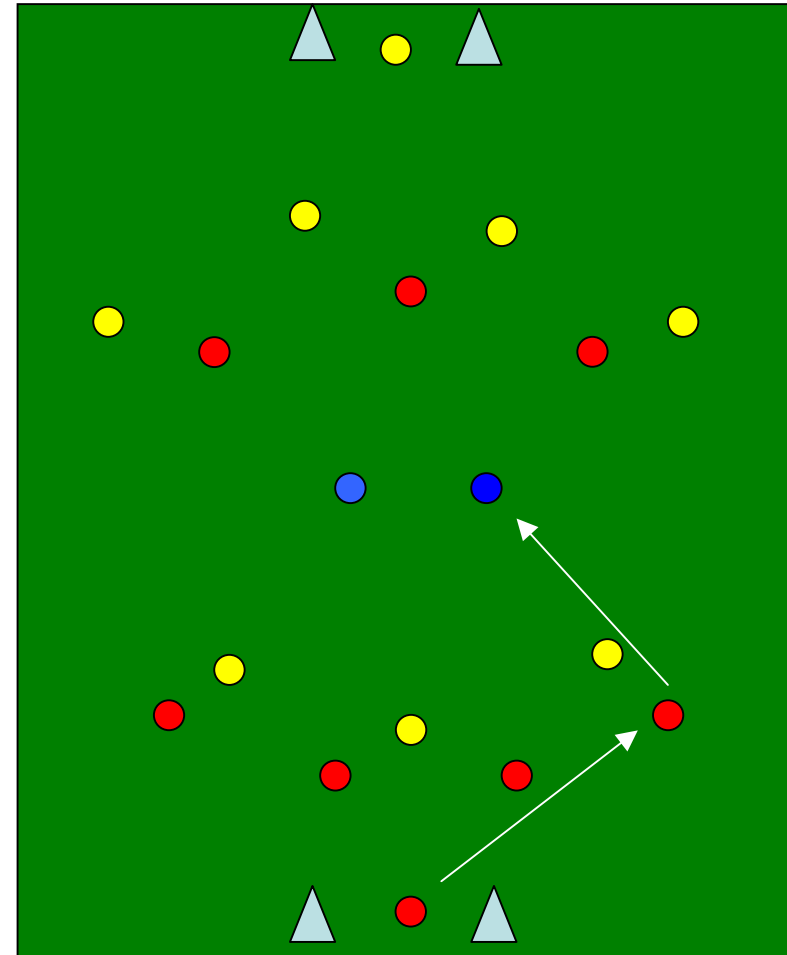
- **Organisation**
 - 14 Players & 2 goalkeepers utilising one half of the pitch the red team develop attacking patterns of play with limited opposition.
 - To begin, the coach passes the ball to one of the midfielders, a 1-2 is played and the ball is transferred to a wide area to the waiting full back.
 - Players then perform various combinations to develop the attacking movements.
 - The wide midfielder jogs back to the full back position once play has been completed on that side of the pitch. His position is taken by the supporting full back.
 - The players in the box represent the resting defender and centre forward who replace the current players after intervals.
-
- **Recommendations:**
 - Team to create space wide and long
 - Full backs to open body position and play into forwards/wide mf/central mf's.
 - Angle & distance of support.
 - Work on creating space to gain possession by supporting players.
 - Timing of movements
 - Type of movement to receive
 - Decisions when in possession.
 - Movements in & around the box
 - Wide player on opposite side to support box and/or takeover "Kenny Lunt" position during build up.
-
- Combinations
 - WM Crosses
 - WM sets back for full back to cross
 - Full back overlaps
 - CM's play into CF who comes off Centre Back at an angle, CM receives the ball back and sets the ball into a wide area.



Attacking Pattern of Play

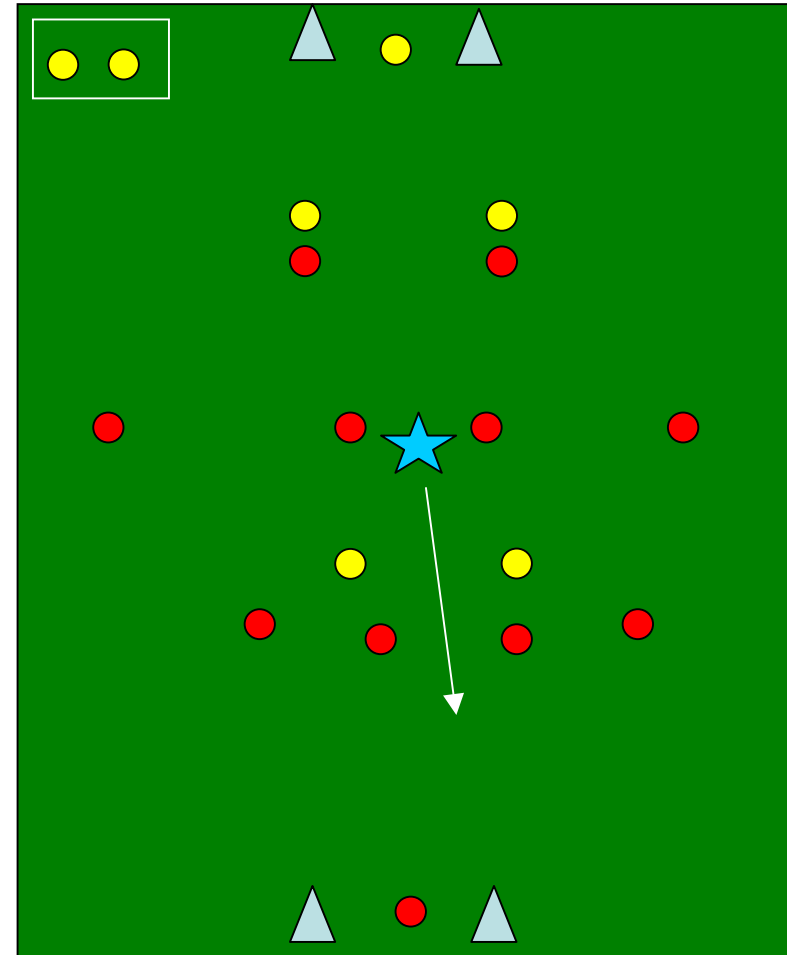
Zonal Back Four

- **Organisation**
- To train the zonal back four (18 Players)
- 2 teams (GK/Back 4/ 3 attackers)
- 2 Neutral midfield players who play for the team in possession.
- Full pitch
- The GK feeds the ball to any of the Back 4 who attempt to play to the midfield.
- Midfield combines before feeding the attackers. MF's then support the attack from behind.
- **Recommendations;**
- Back 4 focus on distance from the half way line when opposition GK has the ball.
- Distance between GK & Back 4.
- Distance from each other when MF has the ball.
- Flowing as a unit across the field in response to the movement of the ball.
- Distance & shape of back line as attack is built (Middle/Wide)
- Defending in the last third against central & wide attacks.
- **Options;**
- MF can run at the back four with the ball
- Defenders & MF's can combine & change roles.
- Full backs can overlap and support the attack.
- An extra forward can be added to each team.



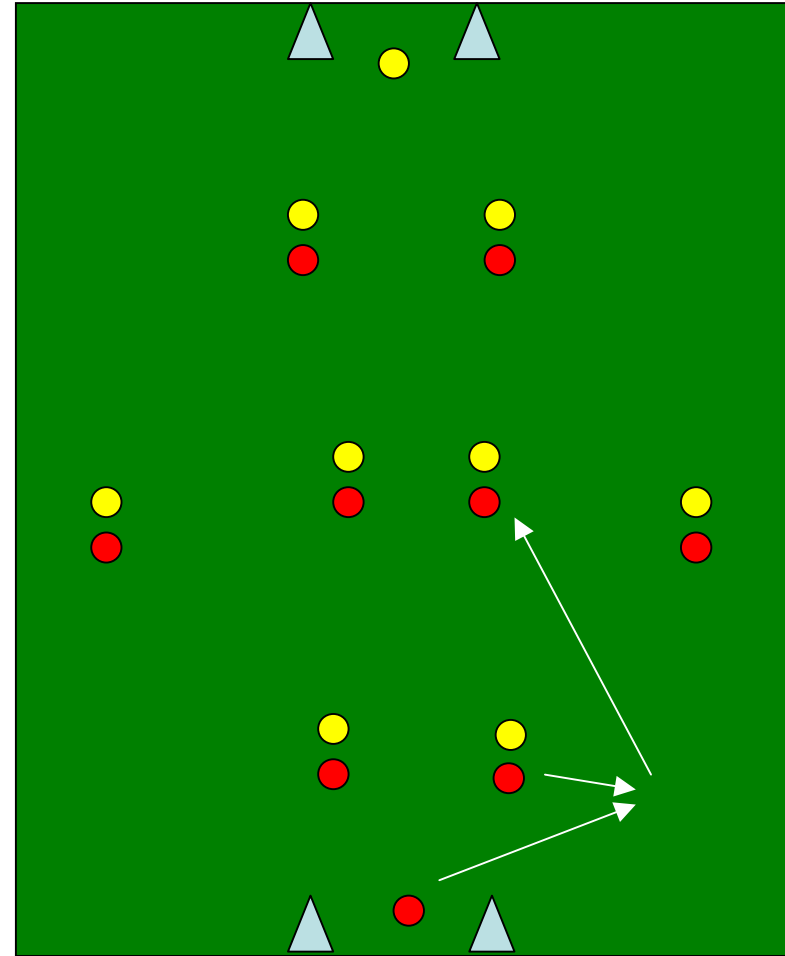
Attacking Pattern of Play

- **Organisation**
- To train the zonal back four (16 Players + 2 Full Back's to be added as practice develops)
- Starting 11 Versus 2CB's, 2CM's.
- Coach starts the practice by serving behind the back four for them to recover and play into GK.
- Once the team has altered to take up realistic defending positions the GK serves to the back four to develop an attacking pattern of play
- Full pitch
- The coach holds a ball and serves to the MF's / Defence plays 1-2's etc to allow multiple attacks to take place. This keeps the session flowing.
- The coach must play an active role in service etc
- Midfield combines before feeding the attackers.
- MF's then support the attack from behind.
- **Recommendations;**
- Add in full backs as practice develops.
- Work through various combinations of attack based on passing priorities.
- This should include in central midfield, wide areas, in attacking situations.
- Ensure realistic play via continual ball service etc.
- **Key information;**
- Create space – width, length, depth
- Open body position
- Passing priorities
- Decision
- Angle & distance of support
- Timing of movement on/off the ball
- Quality/type of pass depending on decision



Attacking Pattern of Play

- **Organisation**
- Squad practice to develop an attacking pattern of play (18 Players)
- 2 teams (GK/Back 2/ 4 Midfielders/ 2 attackers)
- 2 Defenders act as full backs when in possession.
- Full pitch
- The GK feeds the ball to either of the Back 2 who attempt to play to the midfield.
- Midfield combines before feeding the attackers. MF's then support the attack from behind.
- **Recommendations;**
- To begin each team attacks without pressure. One team attacks the other rests & vice versa.
- Allow the defending team to “intercept” passes but no tackling.
- Allow all MF & attackers to have open play. Still allow the defence to bring the ball out without pressure otherwise play may not develop.
- **Key information;**
- Create space – width, length, depth
- Open body position
- Passing priorities
- Decision
- Angle & distance of support
- Timing of movement on/off the ball
- Quality/type of pass depending on decision



Unit work: Defence

- **Organisation;**

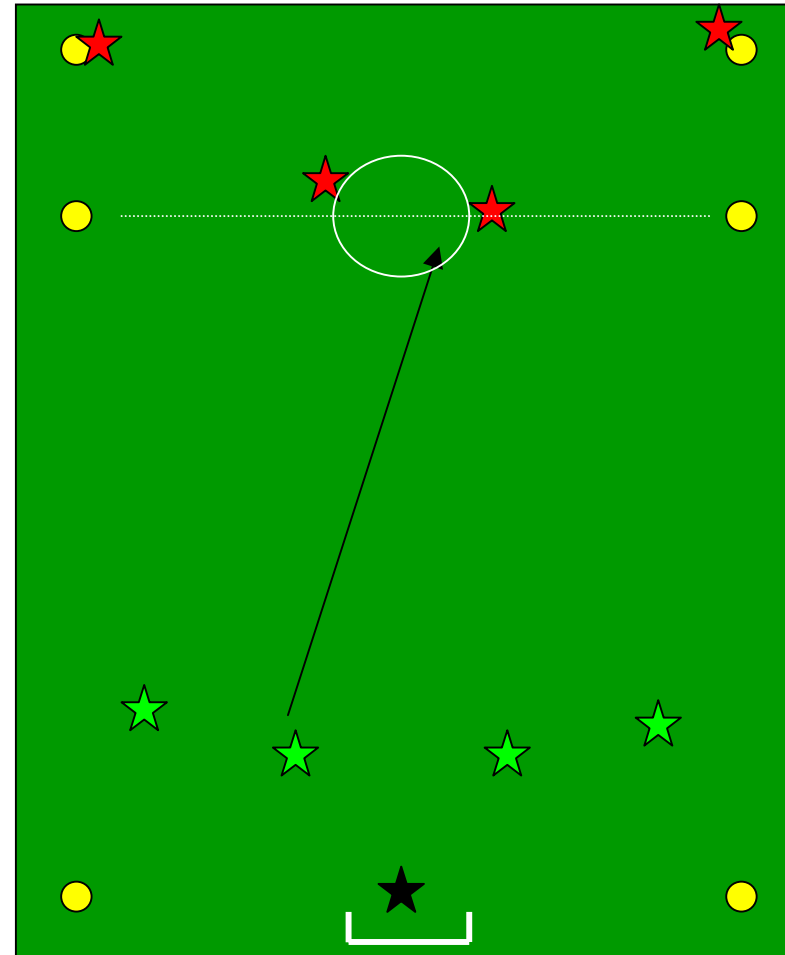
- 8 Players + 2 Gk's using the whole of the pitch or 18 yard box to 18 yard box;
- 4 defenders positioned over half way line with GK in relevant position behind them (Not shown);
- GK and back 4 positioned 15 yards apart outside penalty area;
- GK and back 4 serve a variation of high balls from different angles and distances for Red defence to defend against (clear/head/volley) / deal with via control;
- When the ball is cleared via the defence (Directly or via control) the green back four transfer via the GK and serve again;
- On the coaches command switch roles with the red team dropping off to the edge of their box and the green team moving forward to the ½ way line;

- **Progressions;**

- Add midfielders to support the transfer of the ball; Such players can play for both teams or have 2 for each team;
- Add Centre forwards to pressure 1 or the other or both teams;

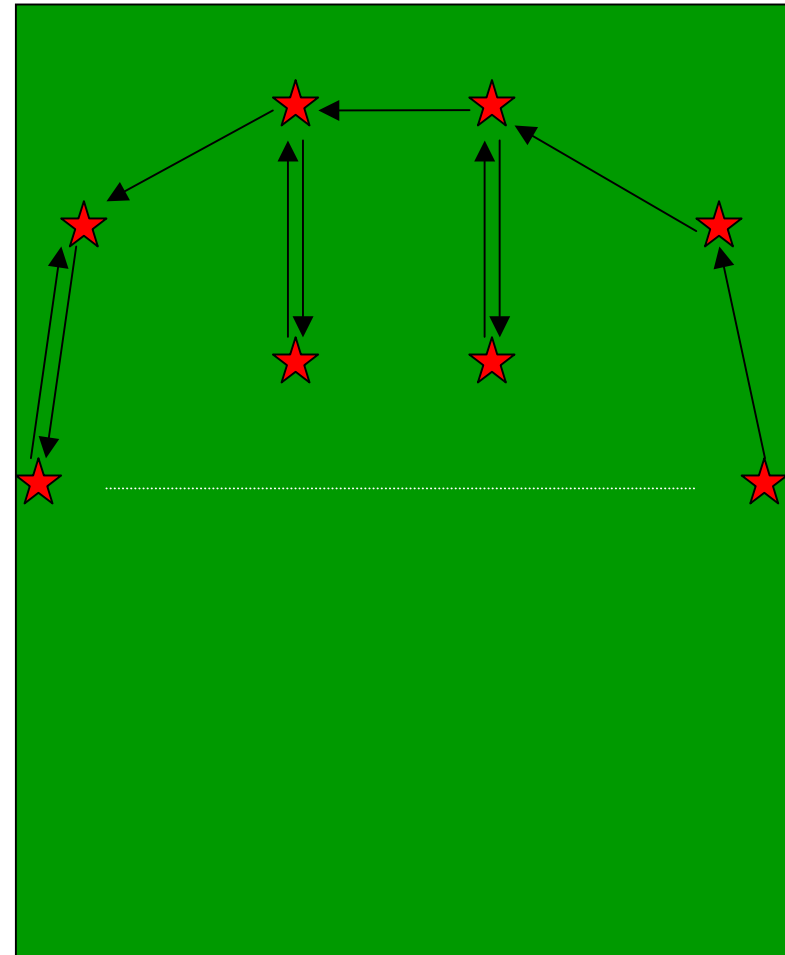
- **Key Focus;**

- Distance between the units;
- Distance from the ball;
- When to hold ground / when to move forwards;
- Decision; To control or to clear;
- Cover & Support;
- Communication
- Creating space / Body position / A & D of support
- 1st Touch / Quality of pass / Dropping off / developing compactness.



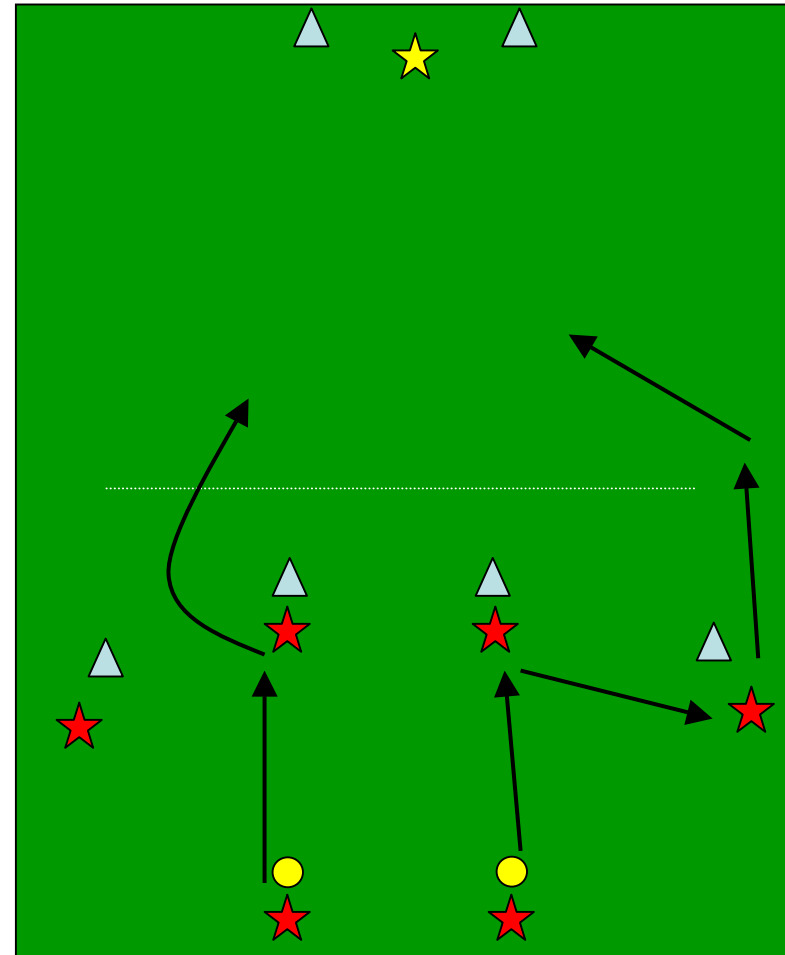
Functional Practice; Switching Play

- **Organisation:**
 - 8 Players
 - Players are organised across the pitch
 - Utilise one half of the pitch
 - Players are organised into their set positions.
- **Recommendations:**
 - Players transfer the ball across the field using a maximum of two touches;
 - Players move in relation to the ball at all times;
 - Central midfielders on receiving the ball are instructed to turn and move up the field and then to turn back and pass to the respective Centre back.
 - Centre backs not only push up when the CM moves the ball forward but also drop off quickly and allow the ball to run across them when the CM passes the ball back;
 - Continue by transferring the ball across and up and down the field.
- **Progressions;**
 - Players must take two touches! Get them to get hold of the ball quickly and move it quickly;
 - Players may vary who they pass to;
 - Back players must always pass diagonally to a midfielder hence missing out the defender stood next to them;
 - One touch wherever possible.



Functional Practice; Finishing

- **Organisation:**
- **Players organised into groups of four around the edge of the box (Mannequins approx 7 yards from edge of box)**
- Two players act as strikers / two as wide players;
- Waiting players for the next group act as servers to the strikers;
- Striker one receives a pass off a central server & spins around the outside of the mannequin to shoot at goal. Striker two follows in for rebounds.
- Both strikers recover immediately and striker one is served another pass that is controlled and passed to the wide midfielder to control and cross for both strikers to attack;
- The above sequence is repeated with the same players but with striker two now receiving the ball.
- **Recommendations:**
- Players must move to receive / protect the ball. Either make an angle or move and stick backside out to protect;
- Finish must be sharp and quick, as must be the support from striker two / recovery for next attempt;
- Timing of movement into box for cross / attack specific areas / run straight and then angle off;
- Crossing into space for attackers to strike.
- **Progressions;**
- Strikers can spin inside as well as outside of the mannequin;
- Strikers can set the ball back to central server for a ball to be played in the air to 2nd striker moving off shoulder of mannequin;
- Strikers determine the order of attack;
- Strikers play to opposite server for cross over & shot;
- Strikers play to opposite server for ball down side of defender;
- Strikers play to opposite wide man & spin back into box to support / strike.



Functional work: Attackers

- **Organisation;**

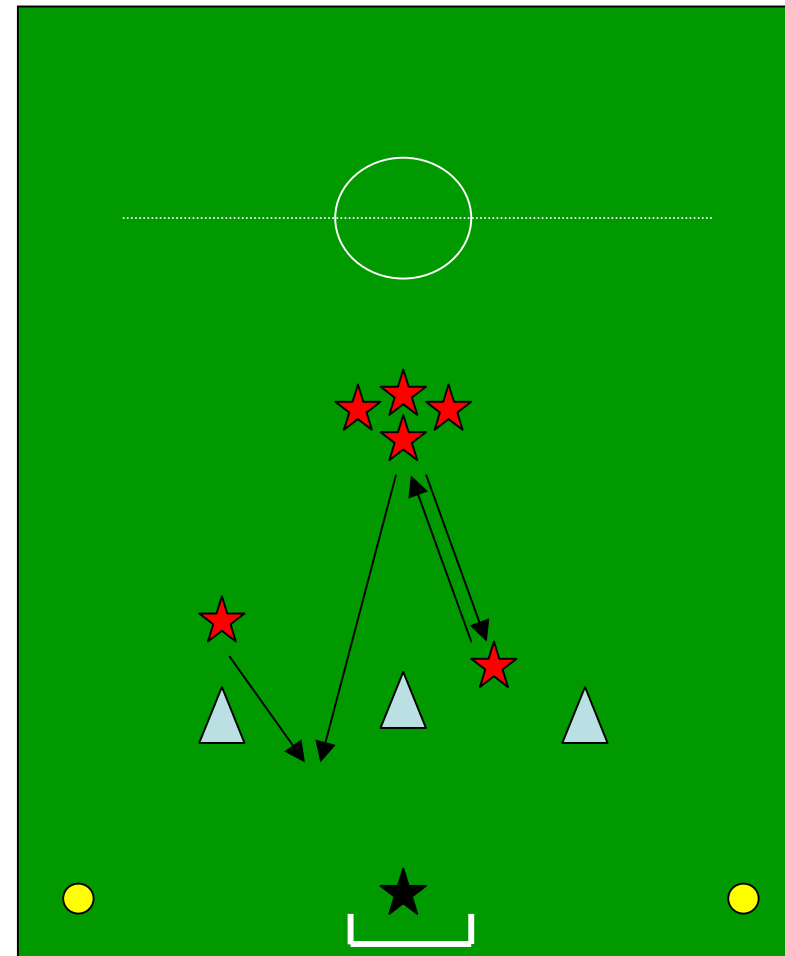
- Attacking players organised 15 yards outside of the 18 yard box in pairs;
- Three mannequins organised on the edge of the 18 yard box approximately 10 yards apart;
- Players perform various movements to allow them to perform shots on goal; To include;
- 1-2 with server & play in 2nd striker;
- Cross over following 1-2;
- Set & spin to receive behind mannequins;
- Player into 1st CF who performs a take with 2nd CF;
- Serving group start slightly wider & get in line to perform yorke / Cole combos etc

- **Progressions;**

- Work on only one striker through a variety of singular movements;
- Add Wide players to cross for CF's to score. Move the mannequins in and around penalty spot.
- Vary cross; pass down line and deliver, 1 touch and deliver; Dead ball; 1-2 and deliver etc

- **Key Focus;**

- Creating space / Body position / A & D of support
- 1st Touch / Quality of pass / Spinning off / end product
- Type of movement of CF;
- "One run for the defender / one run for you";
- Run straight & then change direction towards the ball very quickly;
- Movement across the face of the defenders / mannequins.



Practical Sessions

Advanced Phases / Practices

Coach a team to play through Central Midfield

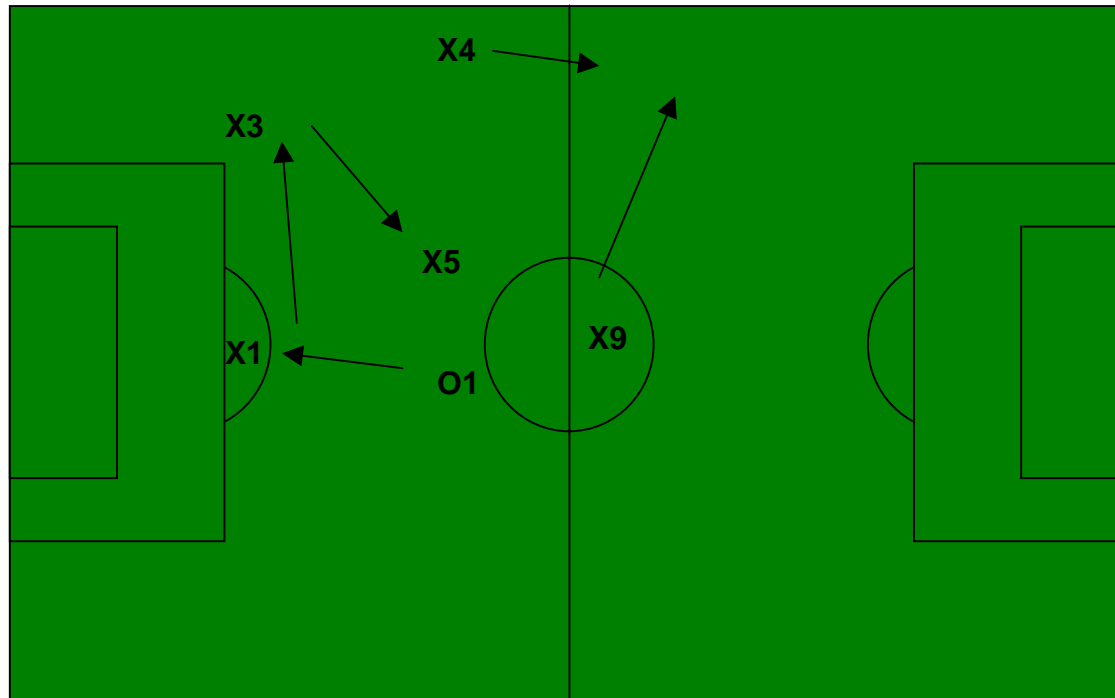
- Organisation : Pattern of Play involving 6 Players building to 11 Vs 11
- Playing Area : Quarter of the field with no markers

O1 passes to X1 who delivers to X3.

X3 has the option to play into X5.

Build up play by adding players and by focusing on the specific roles of players.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, M'ment on & off the ball, Decision of Central midfielder



Coach a Team to play through Central Midfield

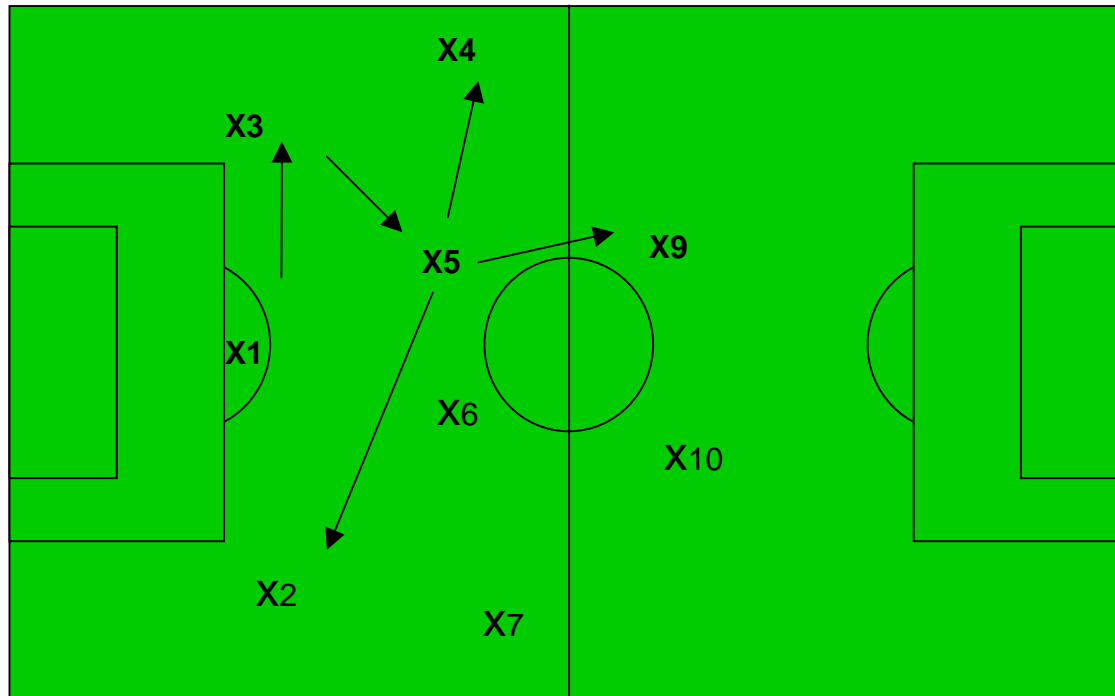
- Organisation : Pattern of Play involving 9 Players building to 11 Vs 11
- Playing Area : Central area of the field with no markers

X1 passes to X5 who transfers to preferred option.

X3 has the option to play into supporting midfielders.

Build up play by adding players and by focusing on the specific roles of players.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball

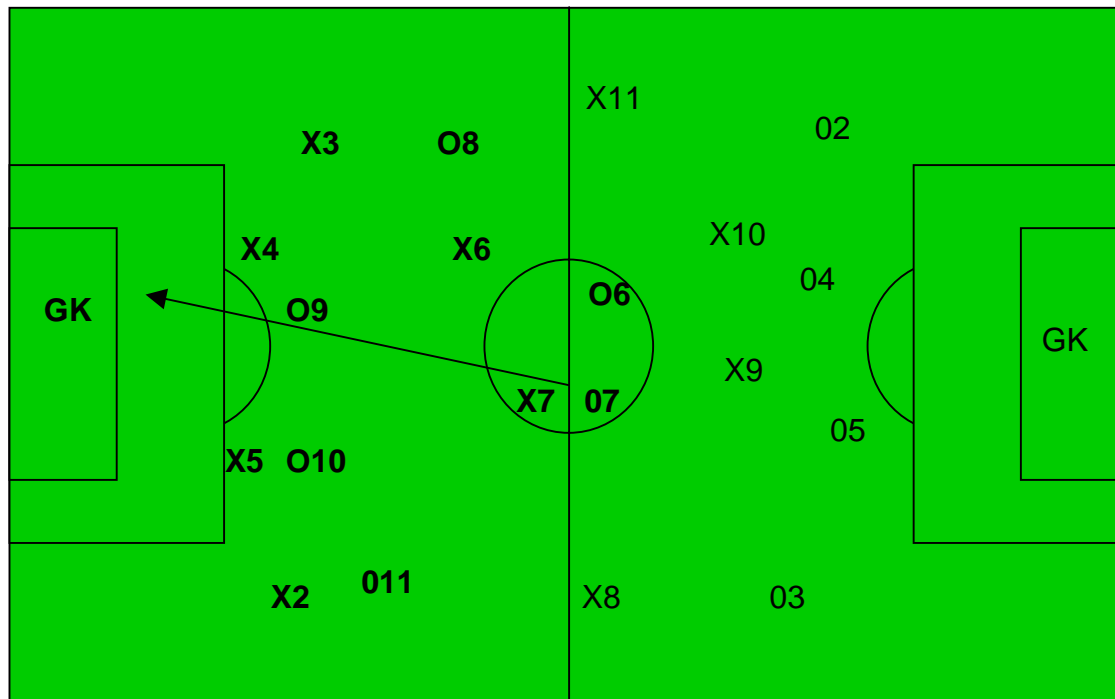


Coach a Team to play through Central Midfield

- Organisation : Coaching within a game focusing on 11 Vs 11.
- Initial start point involves O7 playing into O9
- Vary starting position to focus on attacking play.

Key factors

Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball



Coach Attackers as First Line of Defence

- Organisation 30yds x 15yds
- Playing Area : Pitch is organised in a central position of the field to aid transfer to 11 v 11
- 4 defenders attempt to move the ball to far end of the line and score by breaking through centrally
- 2 attackers work together to regain possession
- Allow attackers to score by forcing defenders outside of box
- Allow attackers to shoot at goal if possession is regained

Focus on :

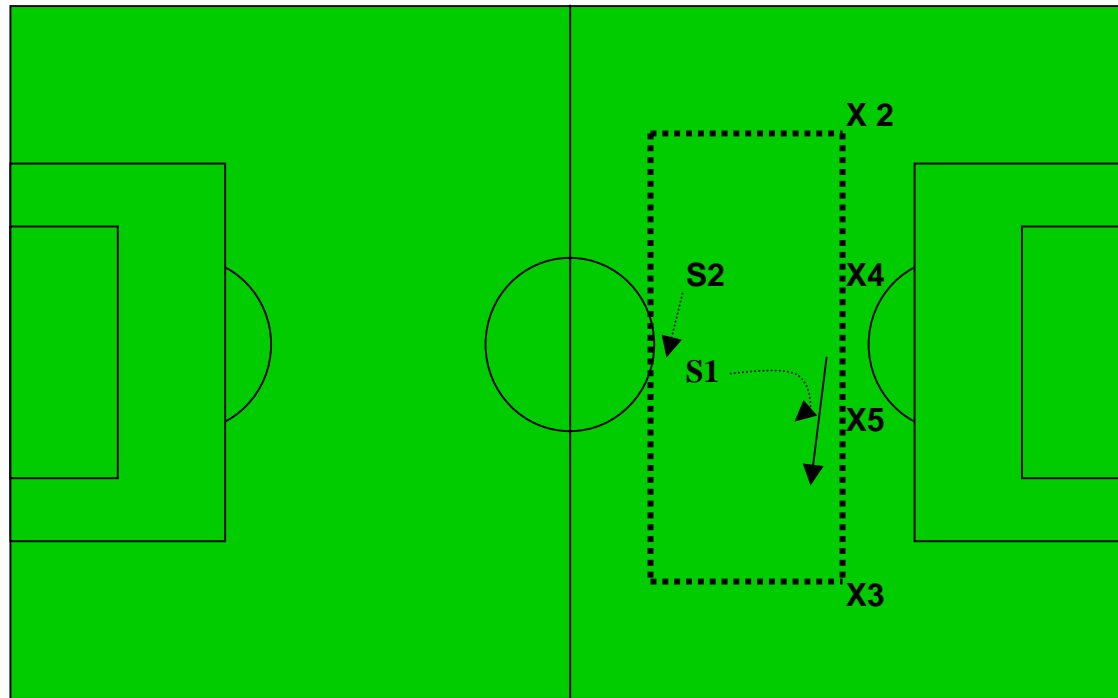
Starting position

Pressure on the ball

Angle and distance of support

Body position

Decision



Coach Attackers as First Line of Defence

- Organisation Half Pitch
- Playing Area : Pitch is organised in a central position of the field to aid transfer to 11 v 11
- 4 defenders & 4 midfield attempt to move the ball to far end of the line and score in gates
- 2 attackers work together to regain possession or force ball wide
- Defending wide mid field to press full back
- inside midfield player to cover and pressures ball
- Win ball and counter quickly

Focus on :

Starting position

Pressure on the ball

Angle and distance of support

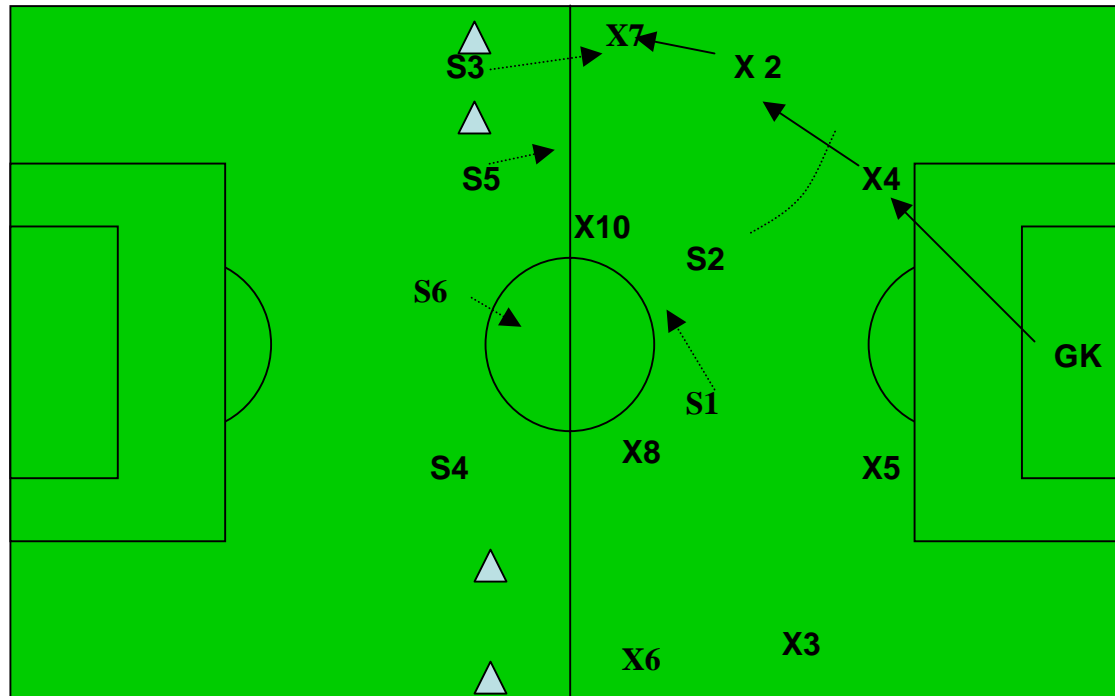
Body position

Decision

Role of wide mid field players

Role of central midfield players

Role of opposite wide midfielder



Coach Attackers as First Line of Defence

- Organisation Full pitch 11 v 11
- Playing Area : Full Pitch
- Strategy to force ball wide to show inside
- How and where to pressure the ball
- When and when to pressure of the front
- When to show outside
- Countering off deep lying striker

Focus on :

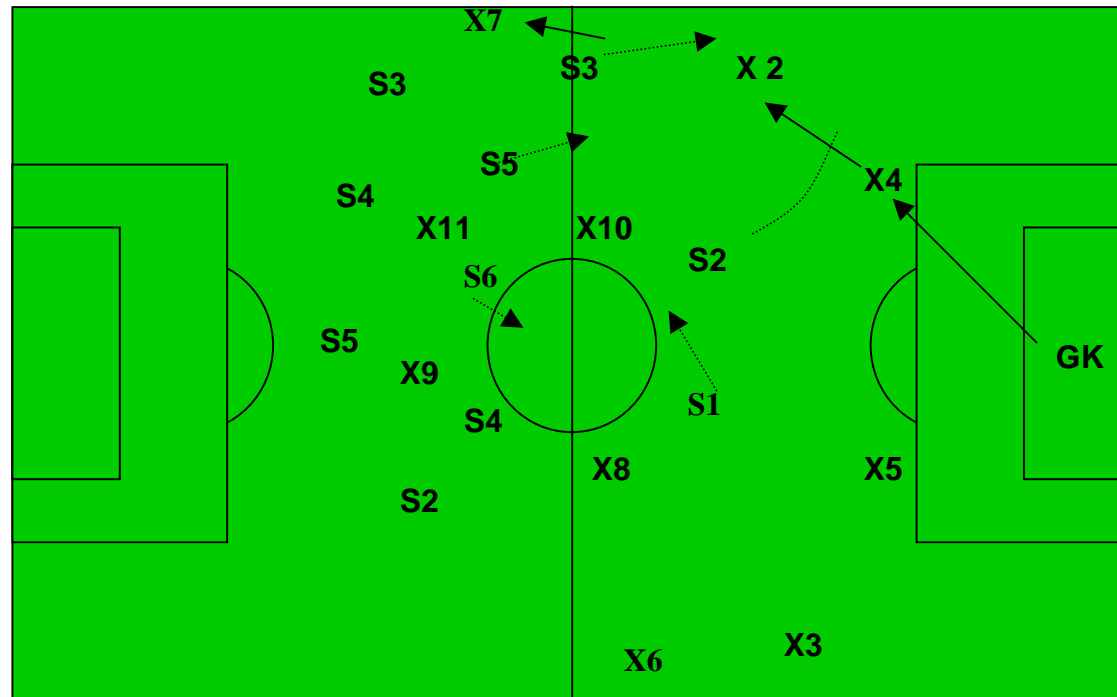
Team Strategy

Pressure on the ball

Angle and distance of support

Defending in other areas

Dealing with alternatives



Winger and Full Back to combine

- Organisation :
- Players are organised into an open area – no markers.
- The ball is played from the full back to the winger who attempt to combine to get behind the opposing full back

Focus on :

Create space

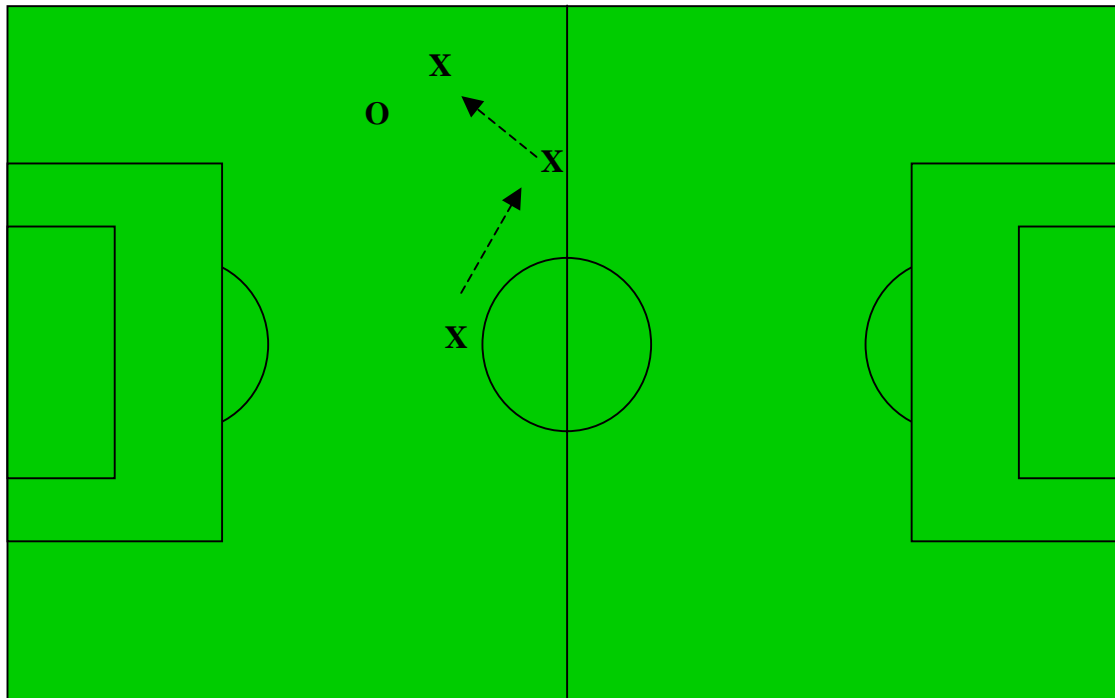
Body position

Quality of pass

Creating personal space

Decision

End product



Winger and Full Back to combine

- Organisation :
- To progress add players to build towards
- 11 Vs 11.
- As shown

Focus on :

Create space

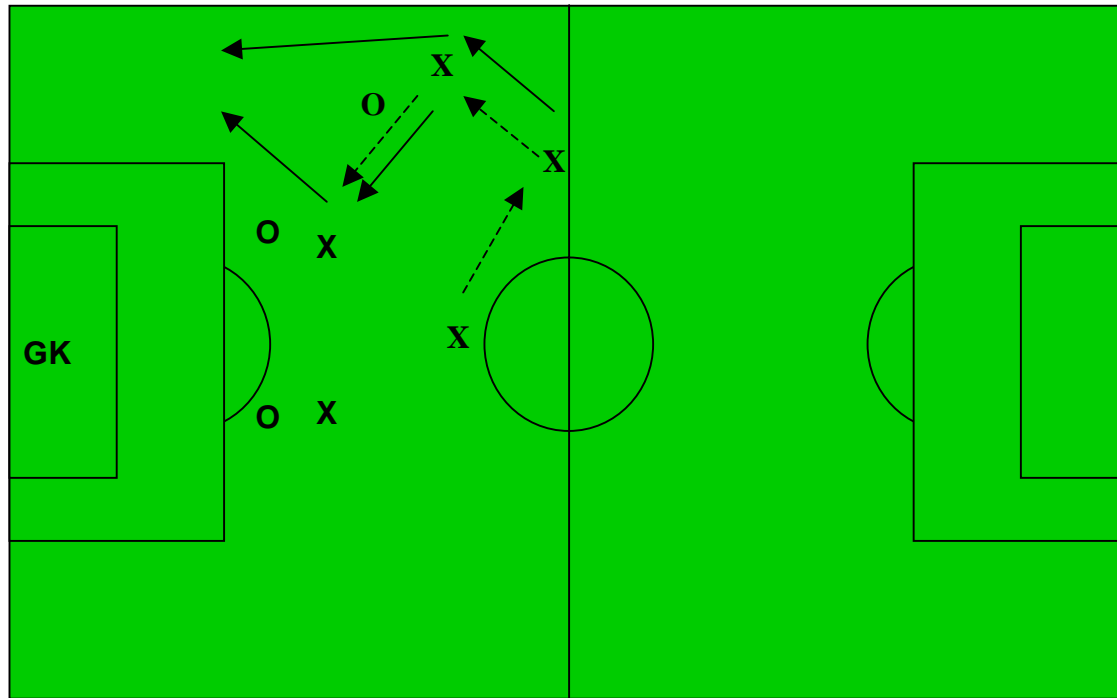
Body position

Quality of pass

Creating personal space

Decision

End product

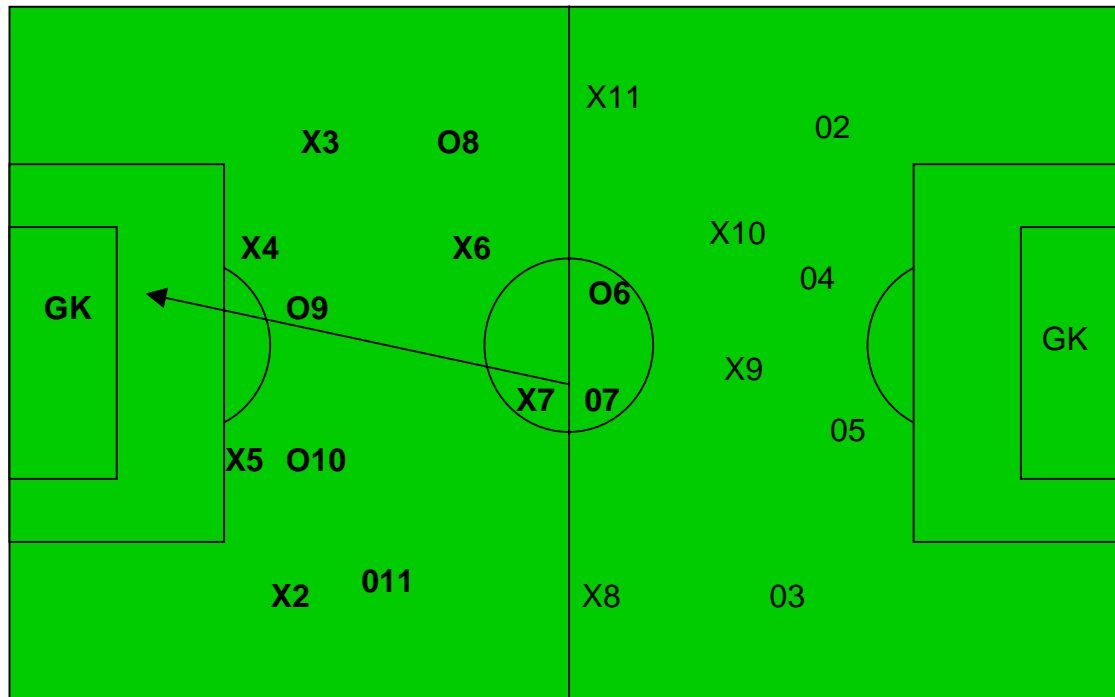


Winger and full back to combine

- Organisation : Coaching within a game focusing on 11 Vs 11.
- Initial start point involves O7 playing into O9
- Vary starting position to focus on attacking play.

Key factors

Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball, Decision.

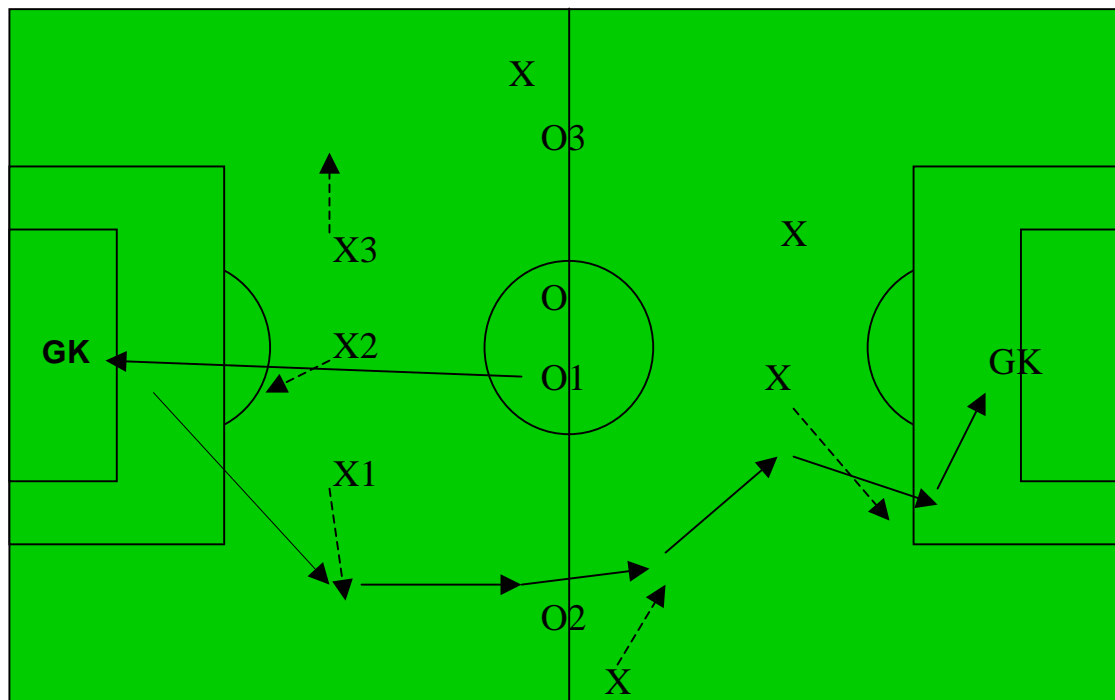


Running with the Ball

- Organisation : Full Pitch 2 xGK 7 v 4.
- Playing Area : Full pitch
- Gk receive the ball from O1. GK then delivers the ball to X1 or X2, who runs the ball to O2 or O3 (passive defender) passes the ball to the wide player. Who runs towards CF and passes ball to CF who chips ball to GK practice starts again on the opposite side

Focus on :

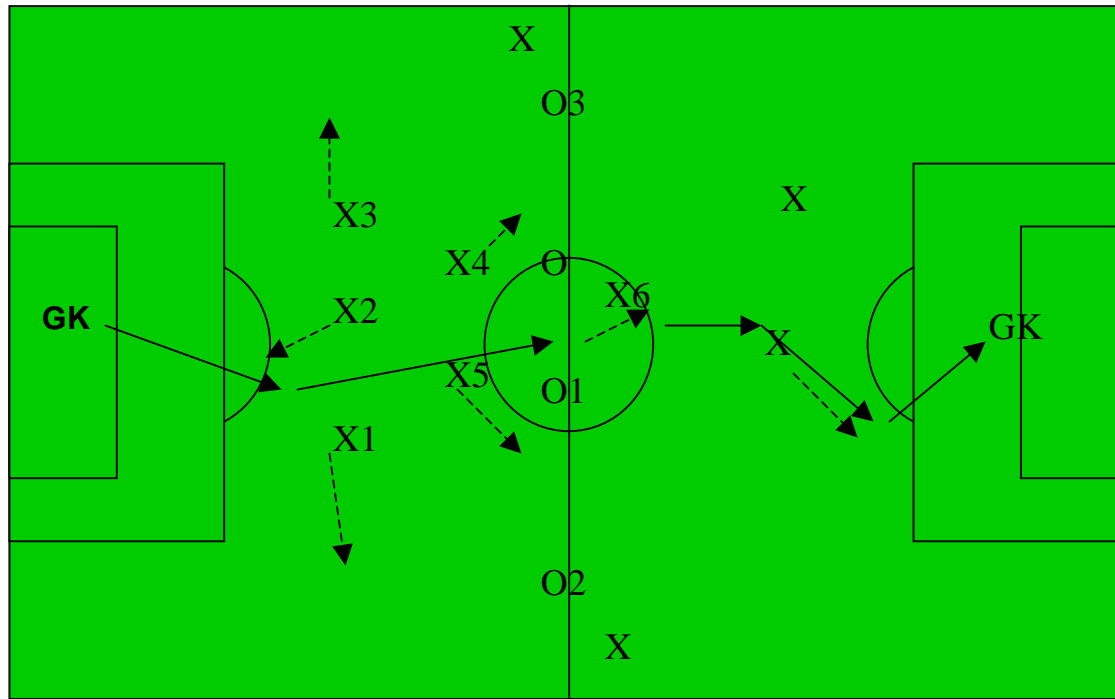
- Movement and body position of defenders
- Quality of the goalkeepers distribution
- How and where to run with the ball
- Attack Space
- Movement of wide players



Running with the Ball

Focus on :

- Organisation : Full Pitch 2 xGK 10 v 7.
- Playing Area : Full pitch
- X2 receives the ball and runs the ball forward and passes to X6, who runs the ball forward to feed centre forward who chips it in to the GKs hands
- Progression: 11v11
- Movement and body position of defenders
- Quality of the goalkeepers distribution
- How and where to run with the ball
- Attack space
- Movement off ball to create space to run with ball
- Decision - when to run and when to pass
- Angle and distance of support



Improve Build Up Play within a Team

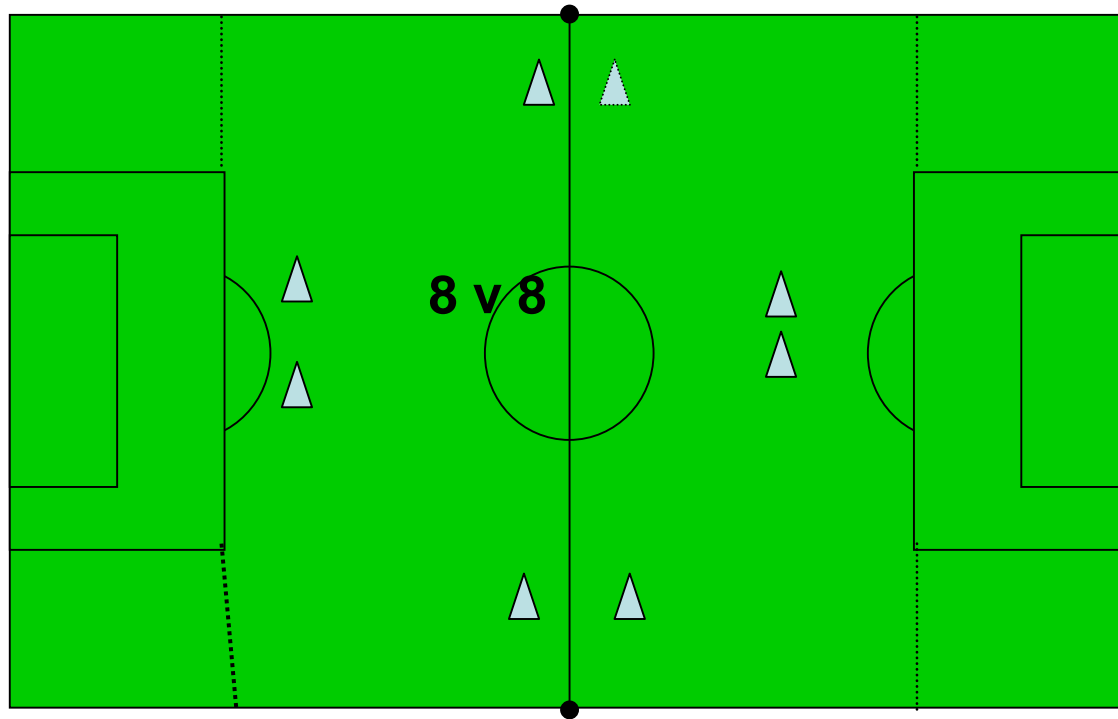
- Organisation : 18 – 18 yard box
- 8 v 8
- 4 - goal - game

Focus on :

Possession

Identify opportunities to score goals

Decision making



Improve Build Up Play within a Team

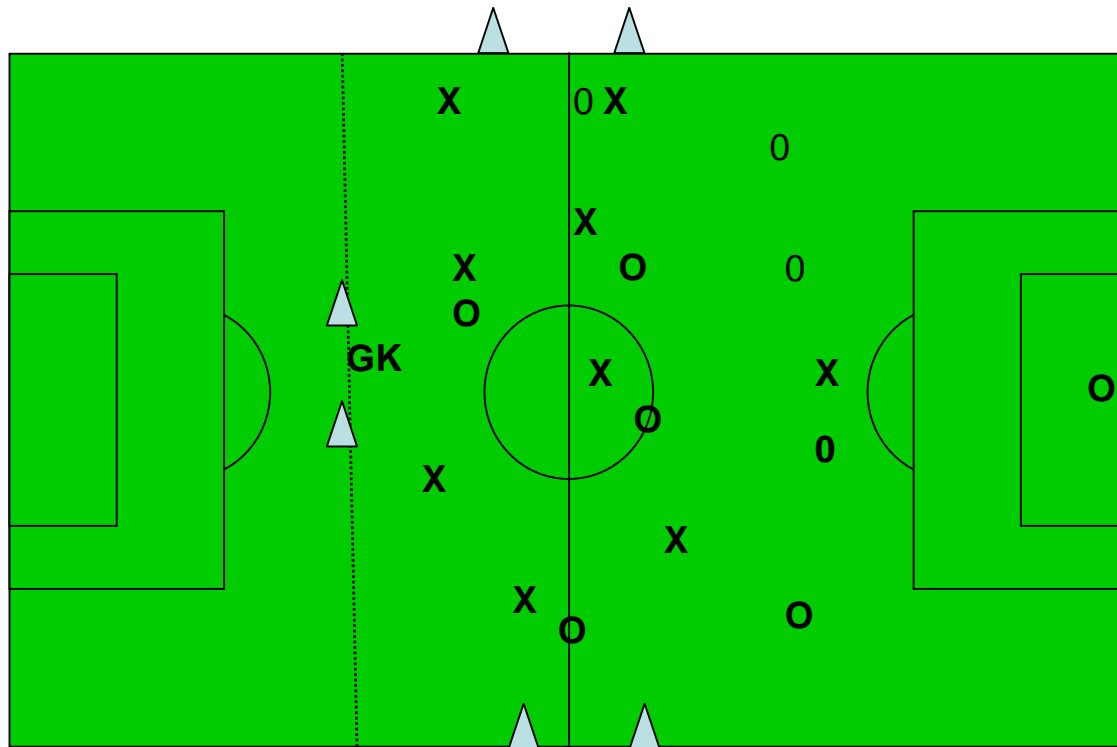
- Organisation : Practice involving 10 V 10
- Playing Area : Half Pitch
- Score in either end goal or side goal

Focus on :

Keeping possession

When to forward / when to go sideways / back wards

Width / depth



In a 4-4-2 coach a team to support & change places to advantage

- Organisation : 8 v 8 + two common players develop practice into an 11 v 11
- Playing Area : Penalty box to penalty box

Focus on :

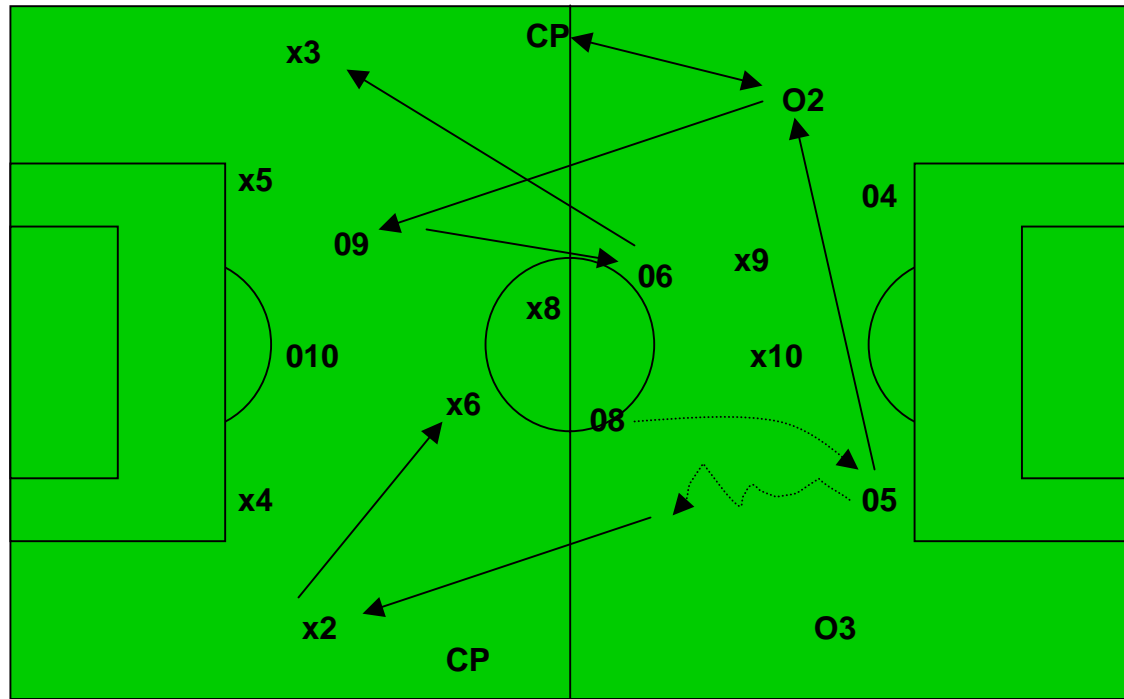
Angles & distance of support

Support of forward pass – how far? when?

Body position

Roles of CM & CF's

Interchange between CM players and CB's



In a 4-4-2 coach a team to support & change places to advantage

- Organisation : 9 v 9 + two common players develop practice into an 11 v 11
- Playing Area : Penalty box to penalty box

Focus on :

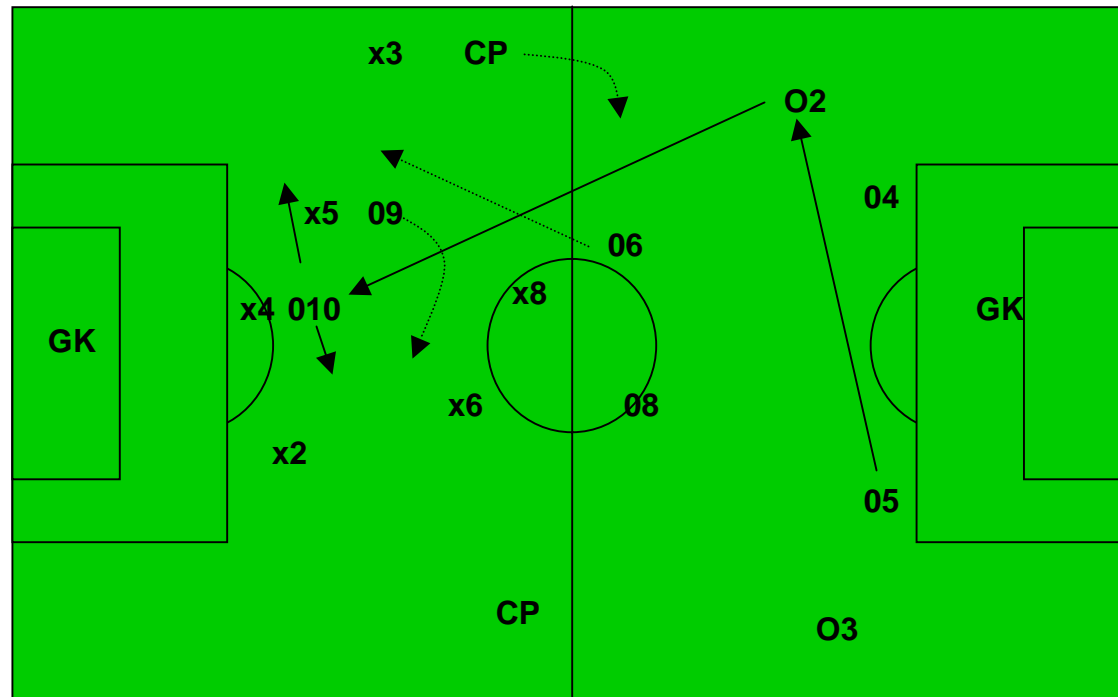
Angles & distance of support

Support of forward pass – how far? when?

Body position

Quality of passing - forward

Use of triggers



In a 4-4-2 coach a team to support & change places to advantage

- Organisation : 9 v 9 + two common players develop practice into an 11 v 11
- Playing Area : Penalty box to penalty box

Focus on :

Angles & distance of support

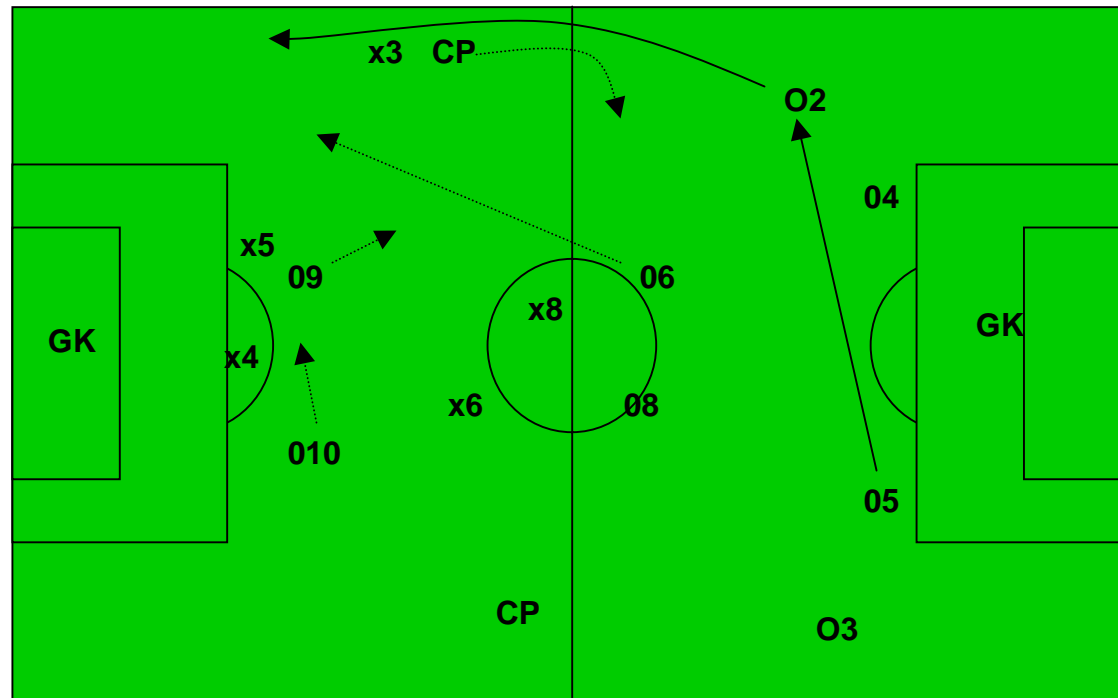
Support of forward pass – how far? when?

Body position

Roles of CM & CF's

Wide player needs to engage fullback

Timing of midfield run



In a 4-4-2 coach a team to support & change places to advantage

- Organisation : 9 v 9 + two common players develop practice into an 11 v 11
- Playing Area : Penalty box to penalty box

Focus on :

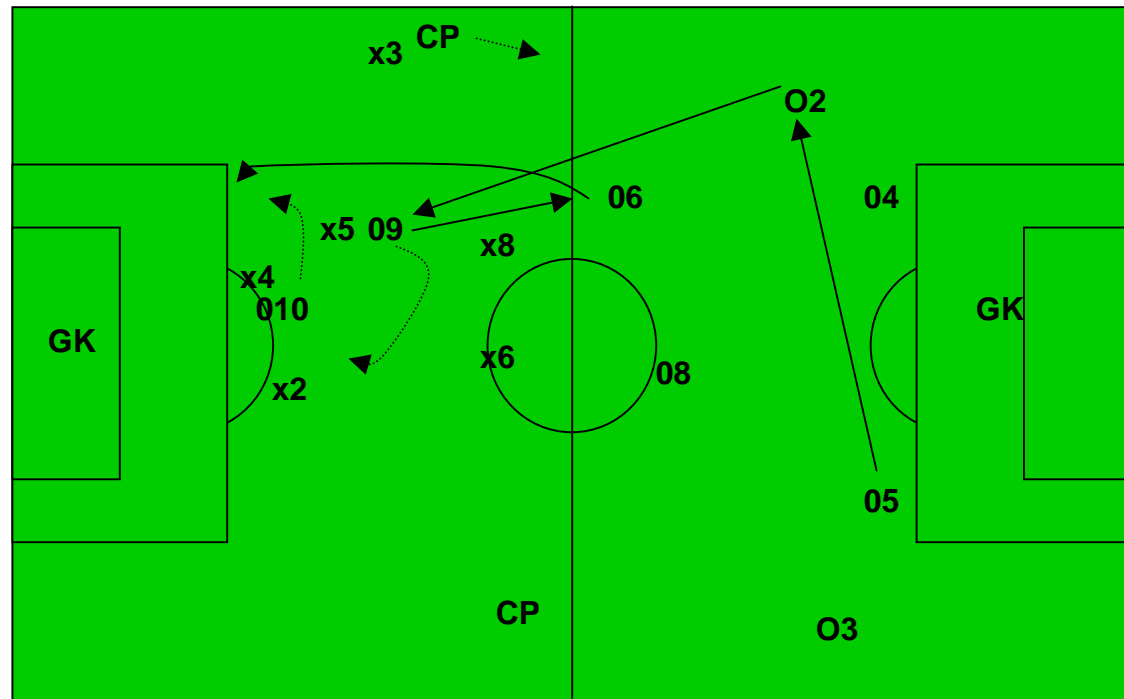
Angles & distance of support

Support of forward pass – how far? when?

Body position – Dynamic movement

Quality of passing - forward

Use of triggers



Improve Direct Play within a Team

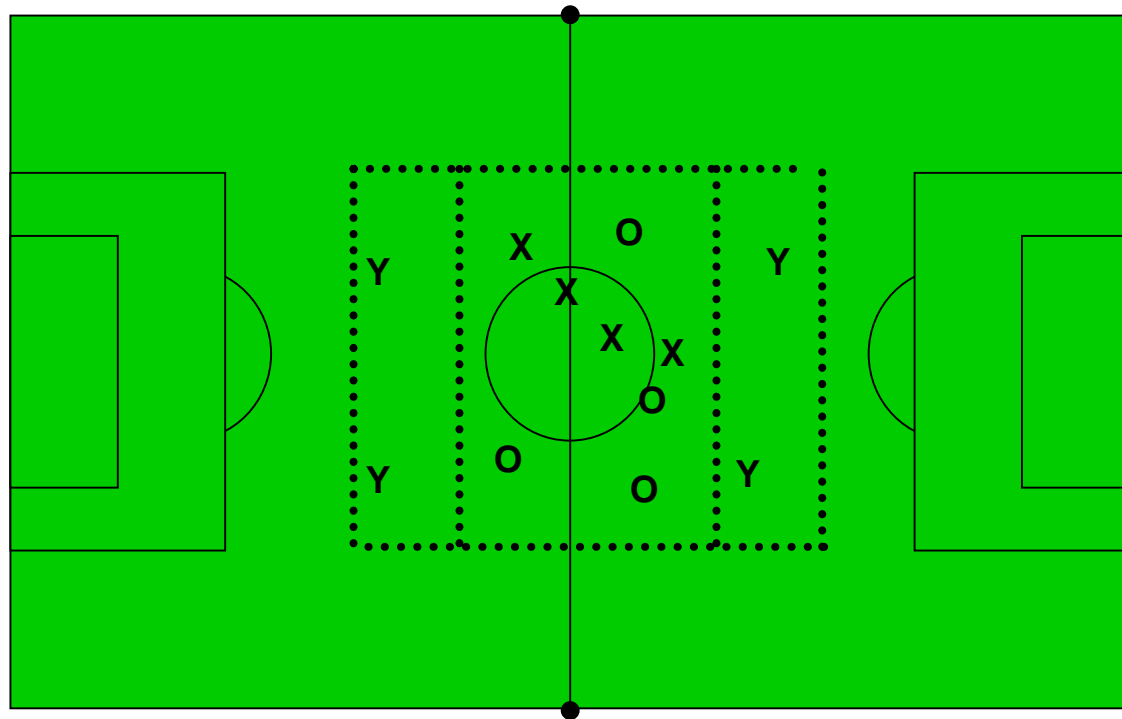
- Organisation : 4 v 4 in central zone, neutral players on ends
- Playing Area : 60 x 40 area split into 3 zones

Focus on :

Playing ball from one zone to another

Play direct

Body positions / mentality



Improve Direct Play within a Team

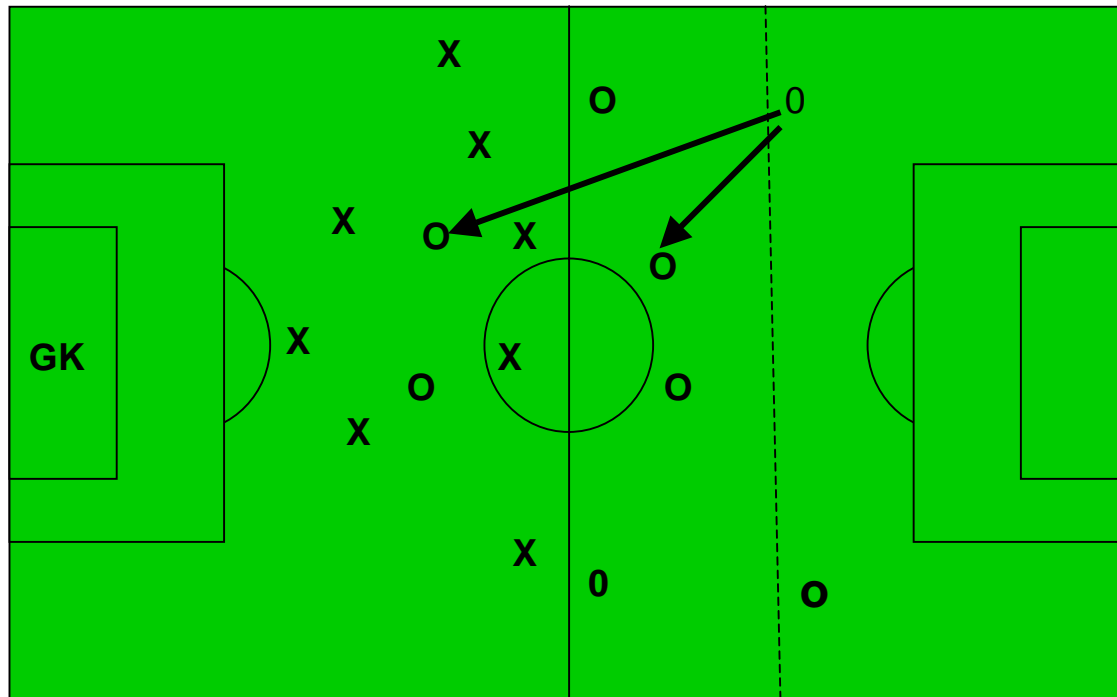
- Organisation : 2 / 3 Pitch Practice
- 9 v 8

Focus on :

Direct play

When to play short / long

Angles/ distance / support



Coach strikers to play for & with each other

- Organisation : Functional Practice
- Players are organised into two areas to attack
- Play 1 Vs 1 and progress by removing central cones to play 2 Vs 2

Focus on :

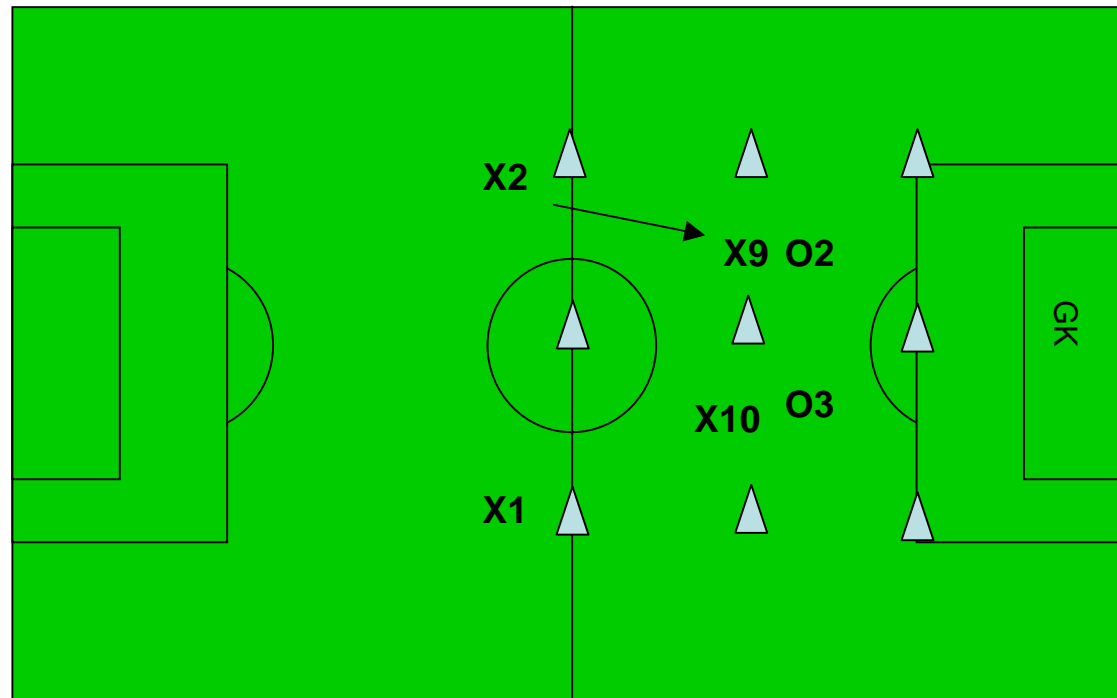
Creation of space

Angle / timing of runs

Decision

Attitude to turn

Combination work



Coach strikers to play for & with each other

- Organisation : Functional Practice
- Remove central cones to play 2 Vs2
- Focus on combinations that can take place in this environment.

Focus on :

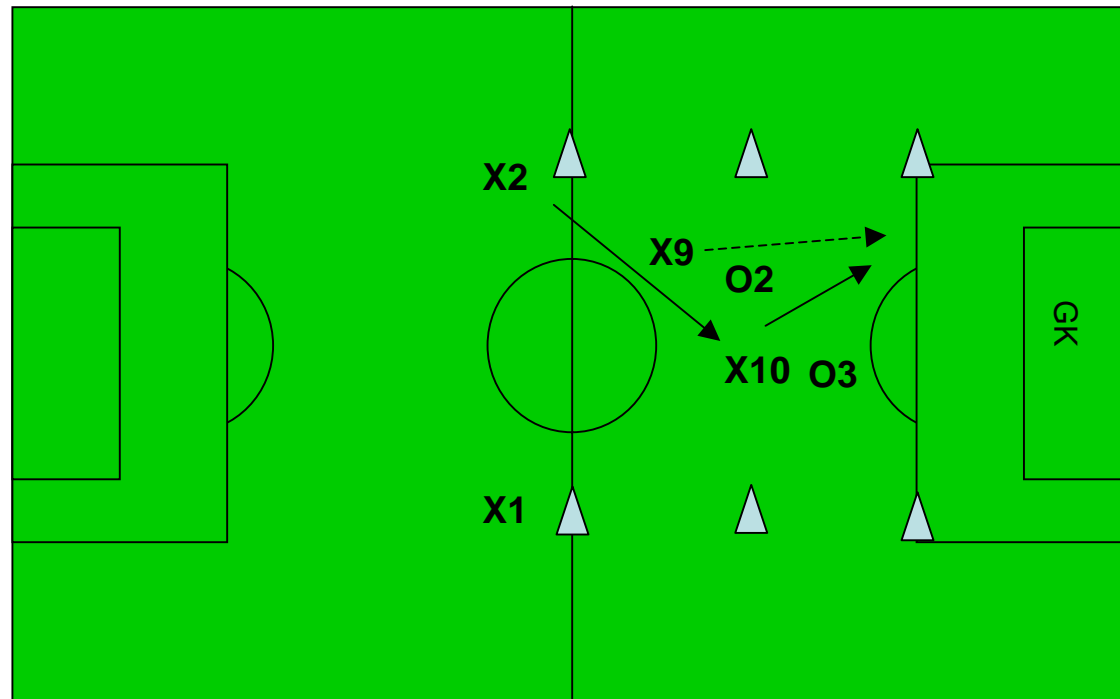
Creation of space

Angle / timing of runs

Decision

Attitude to turn

Combination work

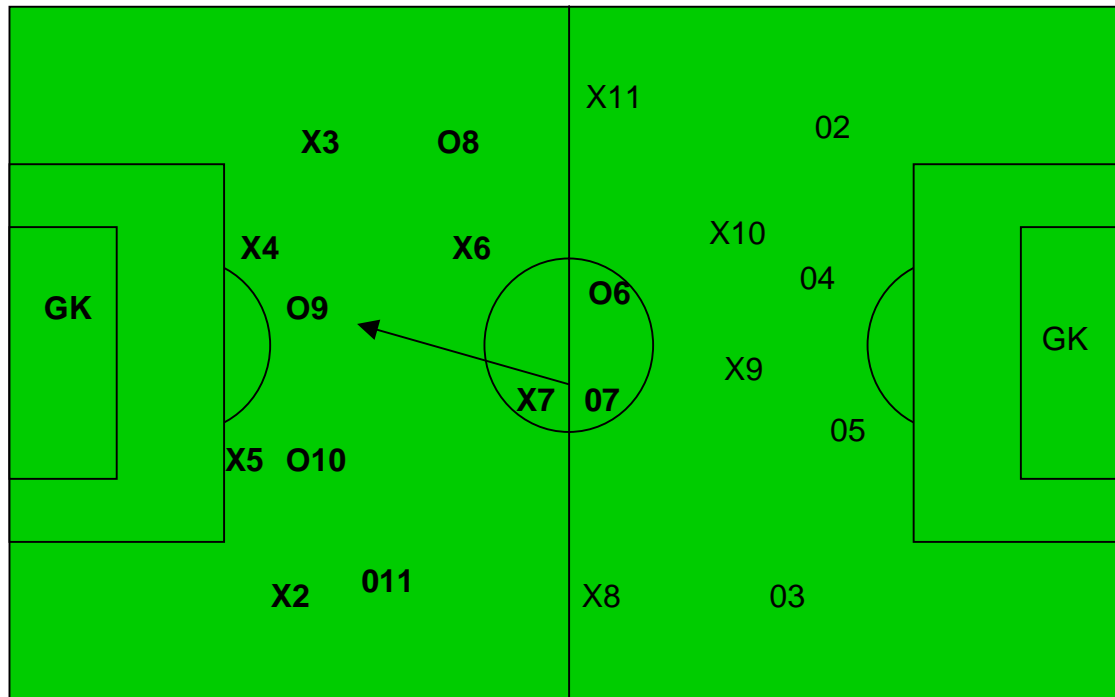


Coach strikers to play for and with each other

- Organisation : Coaching within a game focusing on 11 Vs 11.
- Initial start point involves O7 playing into O9
- Vary starting position to focus on attacking play.

Focus on :

Creation of space
Angle / timing of runs
Decision
Combination work
End Product

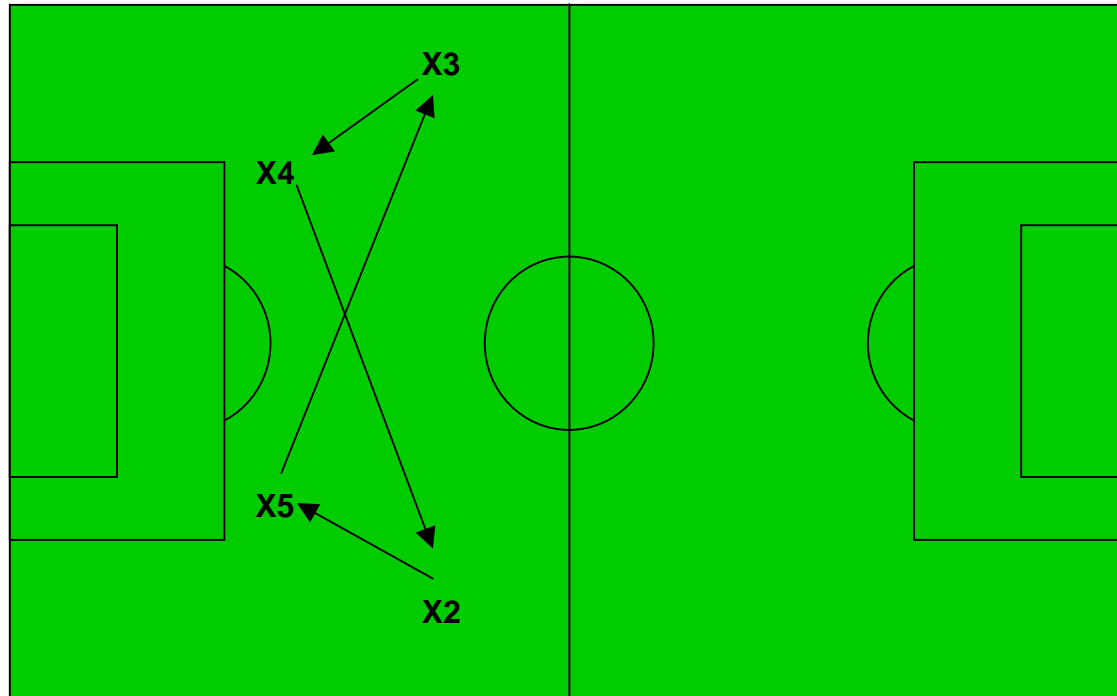


Coach Switching the Point of Attack

- Organisation : Pattern of Play involving 4 Defenders switching play in the defensive third of the field
- Playing Area : Open area to provide the players the opportunity to discover realistic positioning.

X2 passes to X5, who delivers to X3. X3 sets for X4 who plays to X4.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, M'ment on & off the ball.

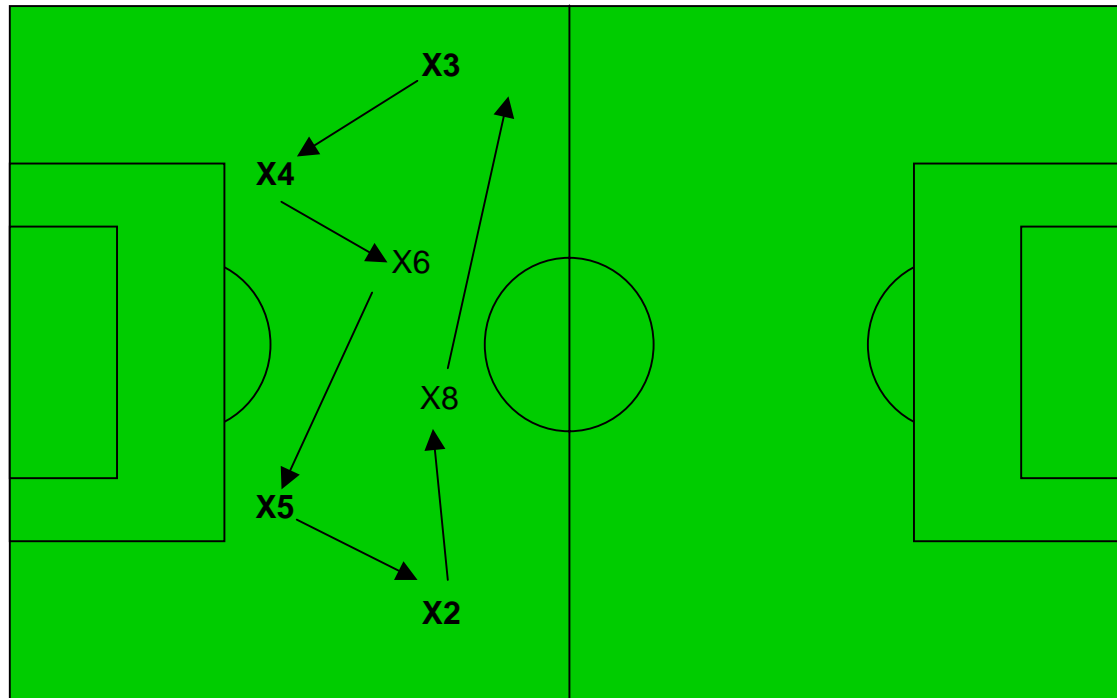


Coach Switching the Point of Attack

- Organisation : Add two central midfielders to support the process of transfer.
- Playing Area : Open area to provide the players the opportunity to discover realistic positioning.

X2 passes to X5, who delivers to X3. X3 sets for X4 who plays to X4.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball, Decision.



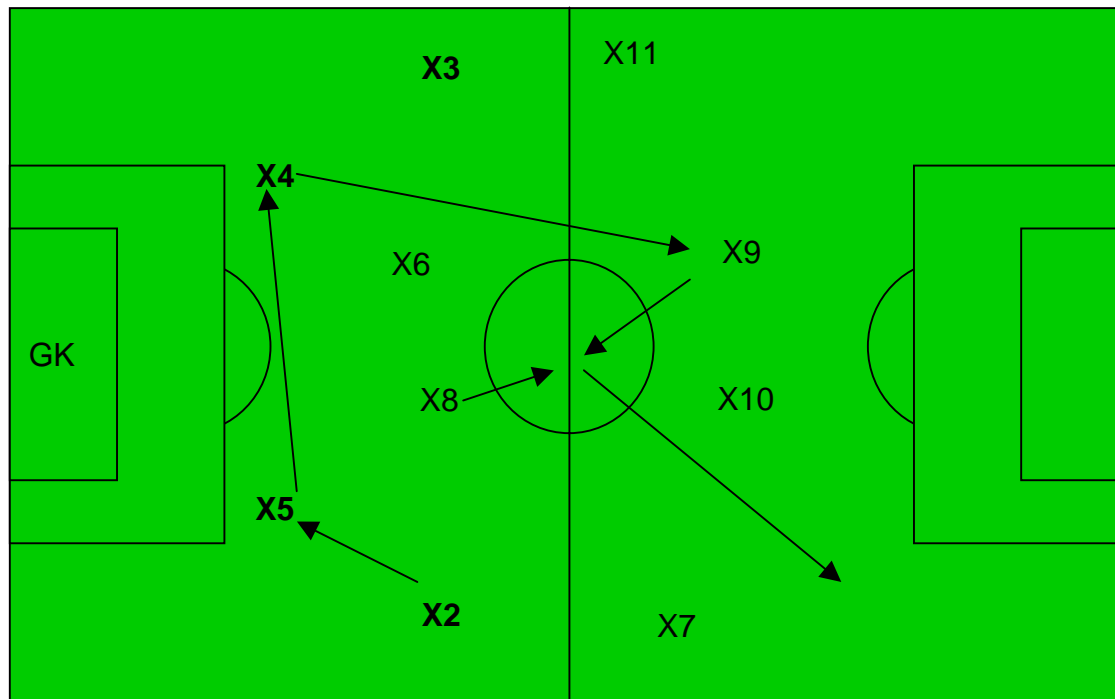
Coach Switching the Point of Attack

- Organisation : Focus on a pattern of play establishing passing priorities.

- Playing Area : Open area to provide the players the opportunity to discover realistic positioning.

Progress to 11 Vs 11.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball, Decision.



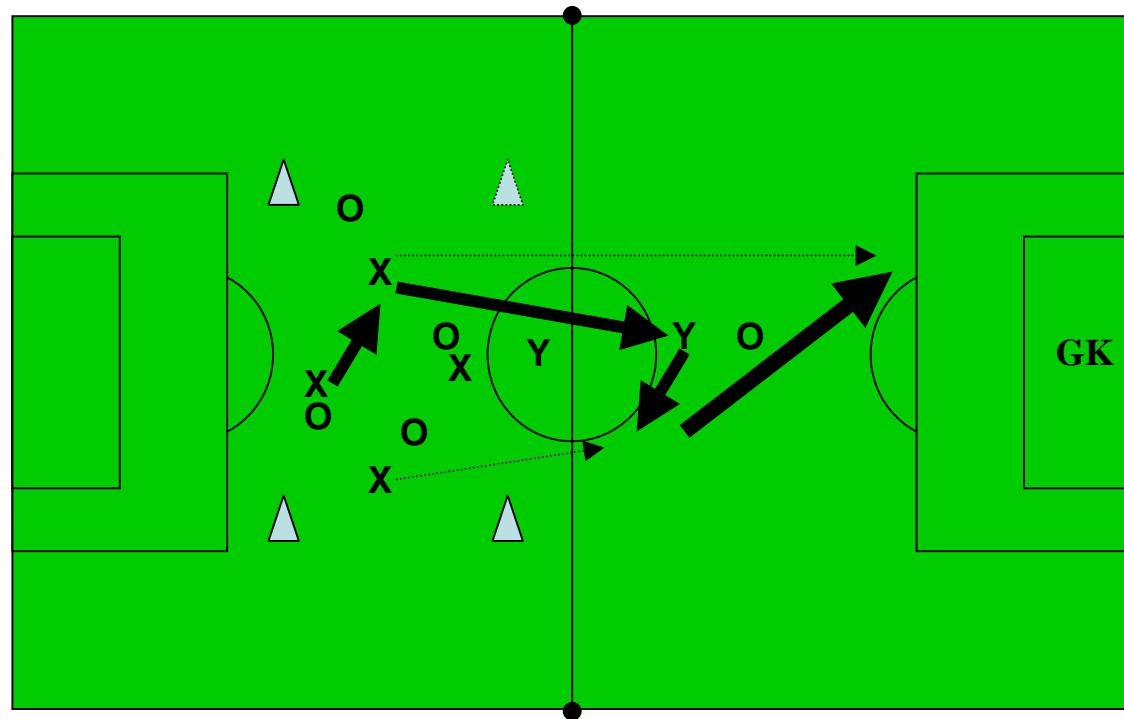
Counter Attacking as a Team

- Organisation : 4 V 4 + 1
- 30 X 30 AREA
- Score a goal on the break

Focus on :

Playing forward early

MF to break quickly



Counter Attacking as a Team

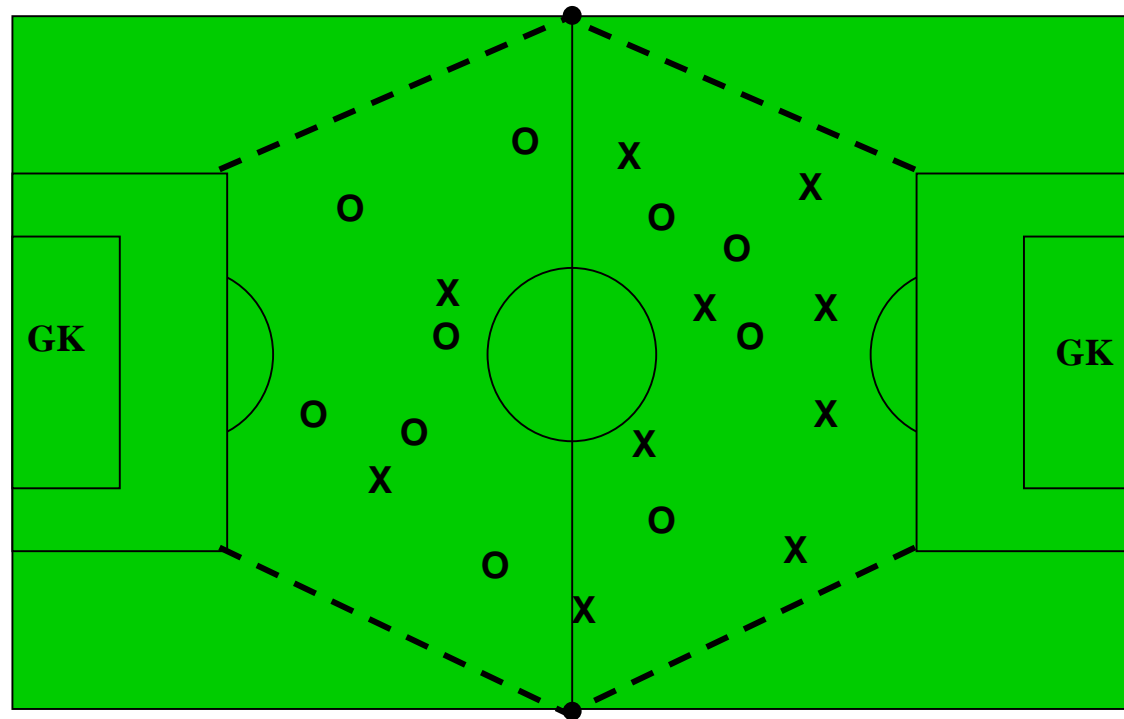
- Organisation : 11 v 11
- Full pitch with wide areas zoned off
- Score a goal on the break

Focus on :

Playing forward early

MF to break quickly

Show inside when defending



Counter Attacking as a Team

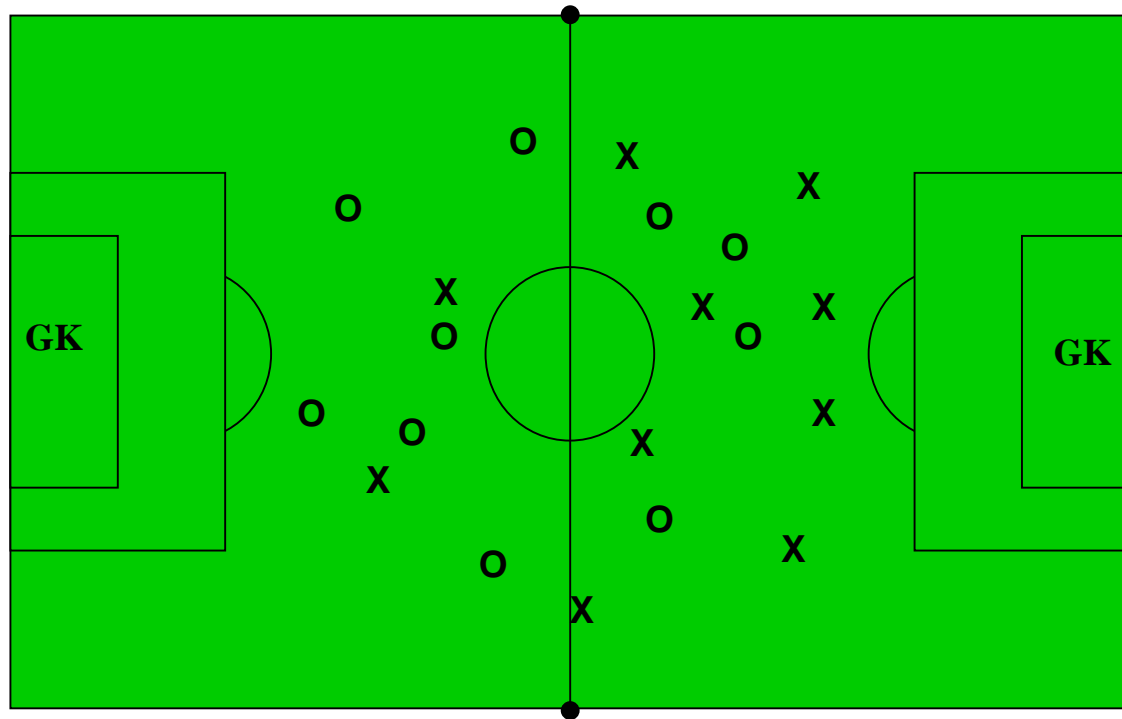
- Organisation : 11 v 11
- Full pitch
- Score a goal on the break

Focus on :

Playing forward early

MF to break quickly

Show inside when defending



Crossing & Finishing

•Organisation :

•Functional practice focusing on wide and central areas.

•Players in wide positions work alternately to deliver the ball for pairs of central attackers.

•Option One : Winger runs & checks past the cone.

Focus on :

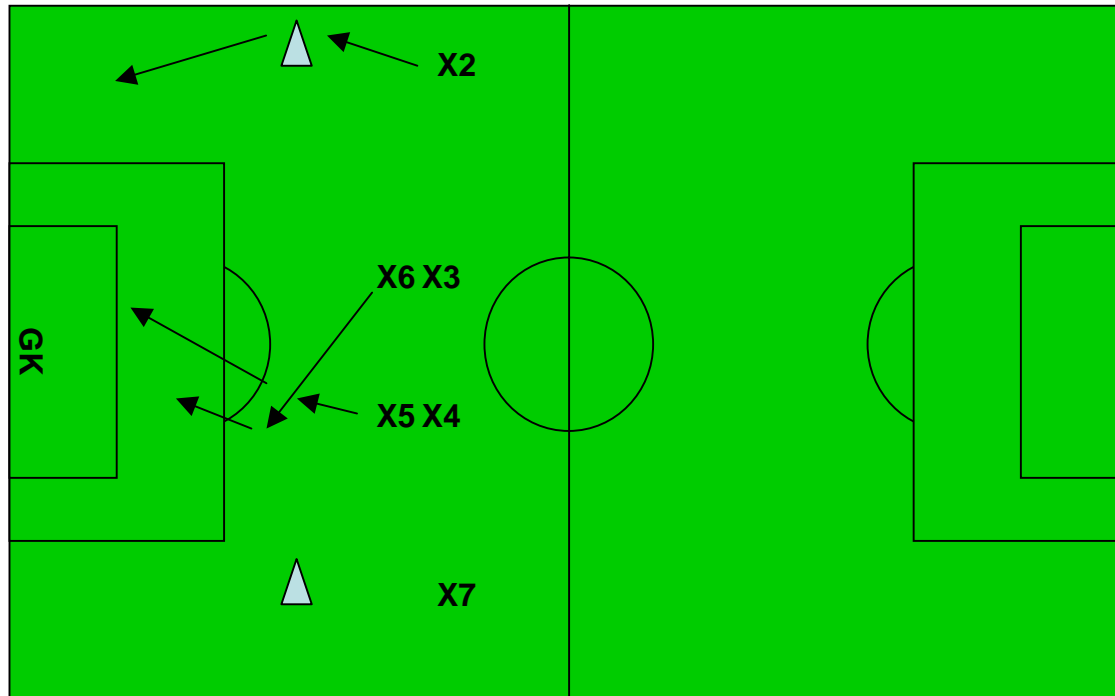
Quality of cross : Target area, type of delivery etc

Create space : Both wide & central

Body Position

Angle & timing of movement

End product



Crossing & Finishing

- Organisation :

- Functional practice focusing on wide and central areas.

Option Two : Add passive defender for winger to beat.

Option Three : Add player to allow 1-2 to be played in wide positions.

Focus on :

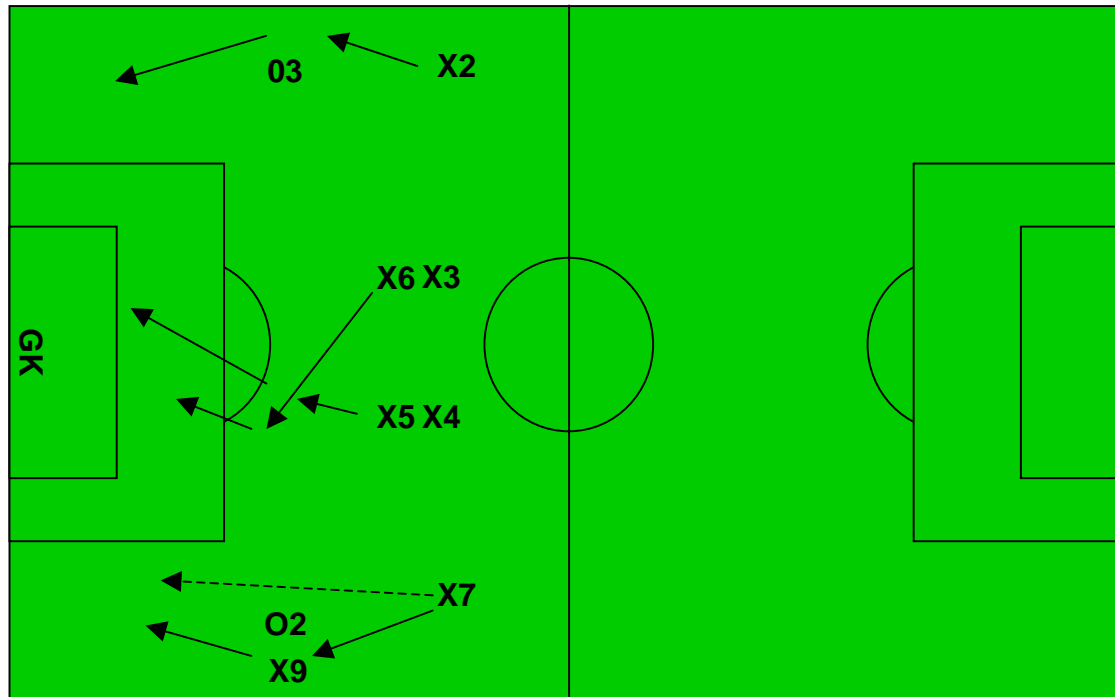
Quality of cross : Target area, type of delivery etc

Create space : Both wide & central

Body Position

Angle & timing of movement

End product



Crossing & Finishing

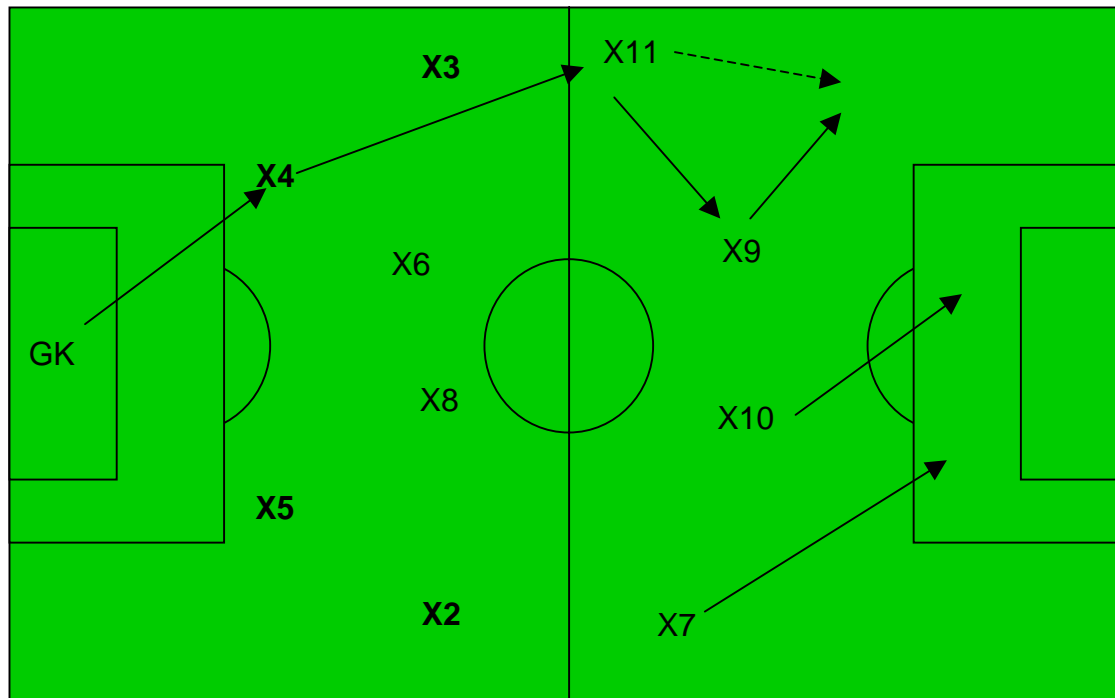
- Organisation : Focus on a pattern of play establishing passing priorities.

- Playing Area : Open area to provide the players the opportunity to discover realistic positioning.

Progress to 11 Vs 11.

Key factors : Create Space, Body Position, Type of pass, Angle & Distance of support, Movement on & off the ball, Decision.

Quality of cross : Target area, type of delivery etc



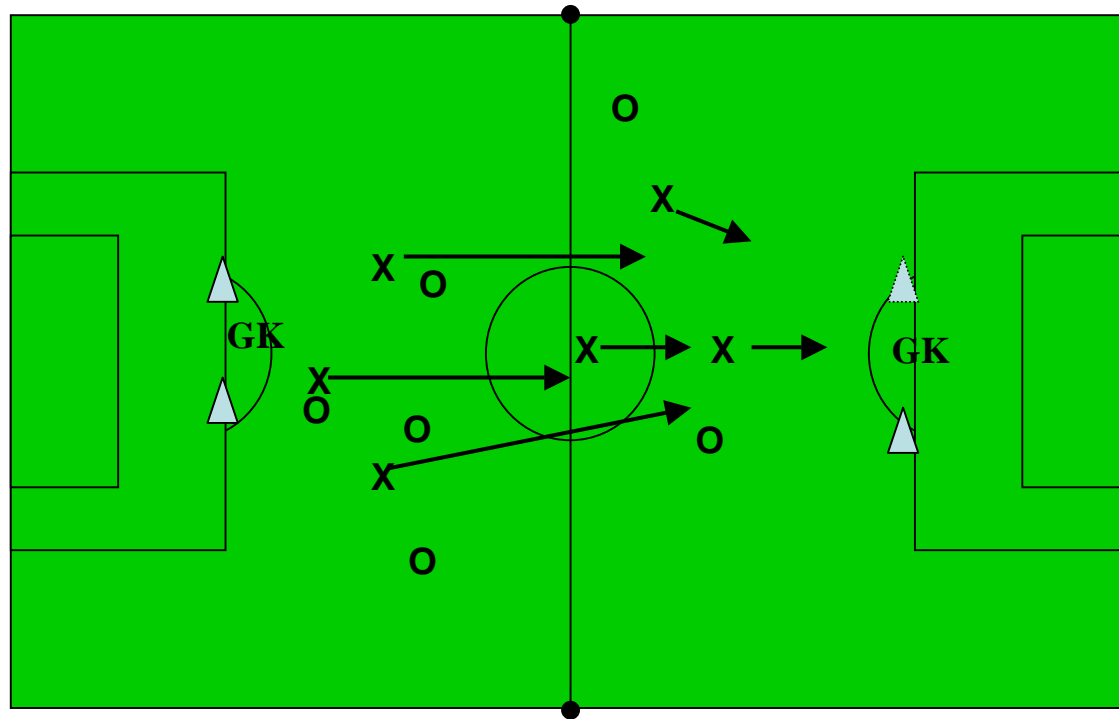
Regaining possession through a retreating defence

- Organisation : 18 – 18 yard box
- 7 v 7 game
- Cond. – Can only regain possession in own half

Focus on :

Retreating

Positions / roles in team



Regaining possession through a retreating defence

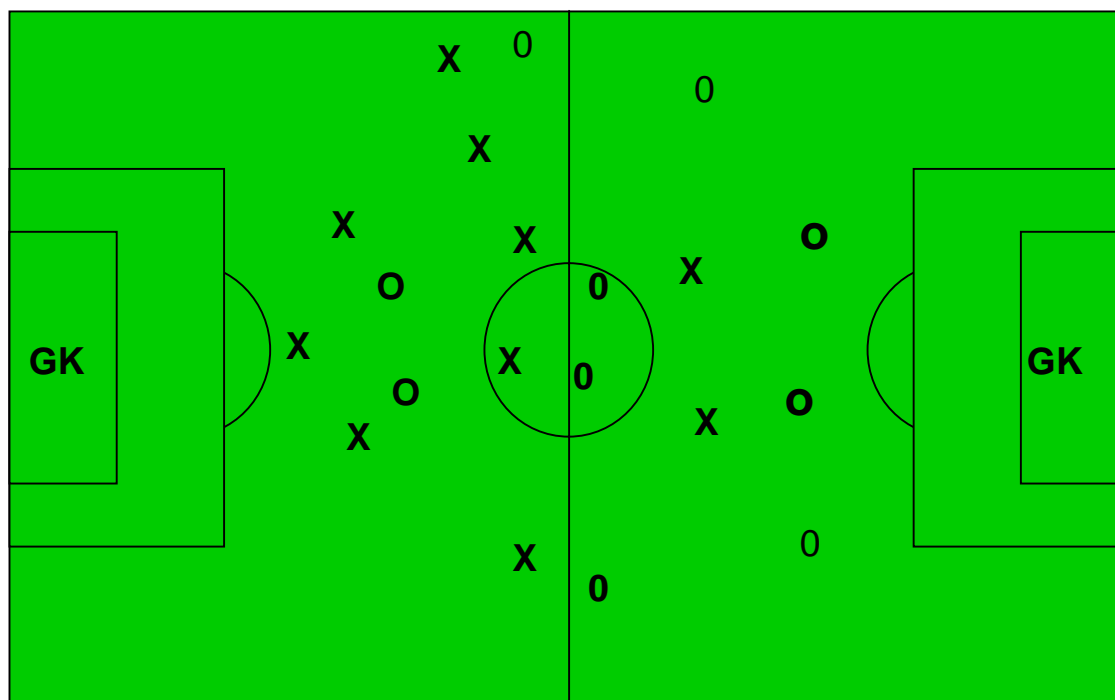
- Organisation : Full pitch
- 11 v 11
- Can only win the ball back in own half
- Progression

Focus on :

Retreating

Roles / responsibilities in own half

When to drop off / press



Full backs defending

Organisation : Full back (x) passes ball to wide player (x). As ball travels defending full back pressurises ball.

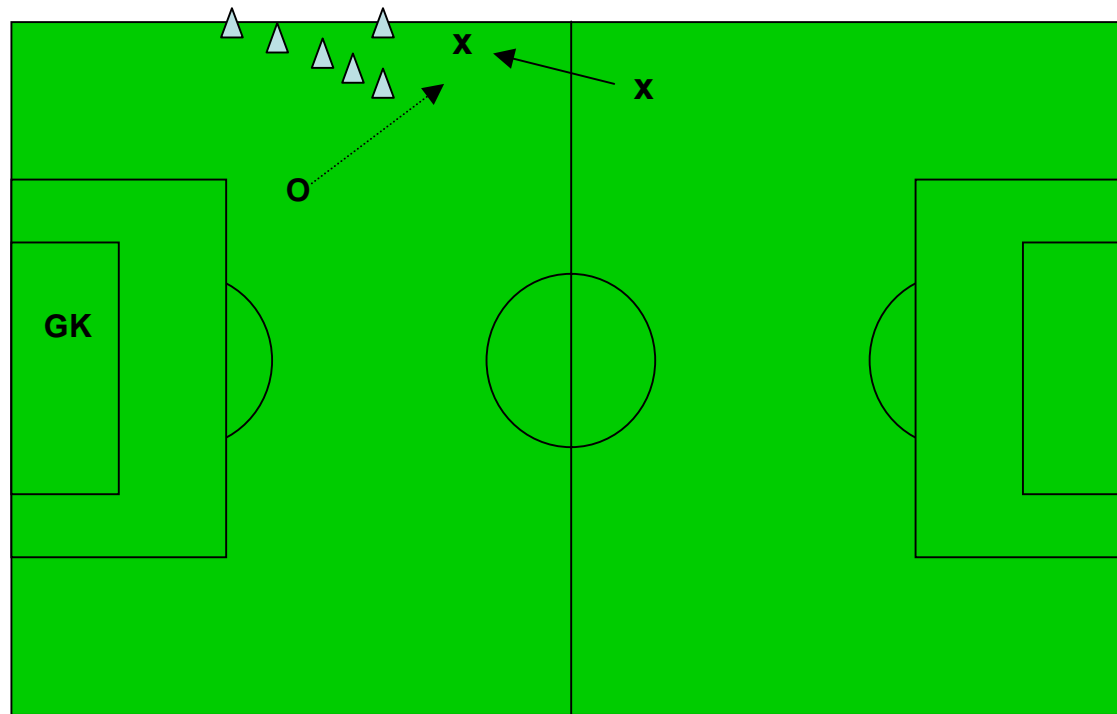
Playing Area : Serving full back serves ball from half way line. Defensive full back starts 10 yards outside of 18 yard box.

Focus on : Full back:

Close down wide player quickly cutting off the line preventing wide player getting into coned area.

Slow down within 2-3 yards to prevent wide player getting past, but close enough to prevent building up speed

Jockey and lead with nearest foot if ball can be won.



Full backs defending (progression)

Organisation : Full back (x) passes ball to wide player (x). As ball travels defending full back (o) pressurises ball. Full back can now pass to centre forward or overlapping full back. Defending centre back and wide player are added

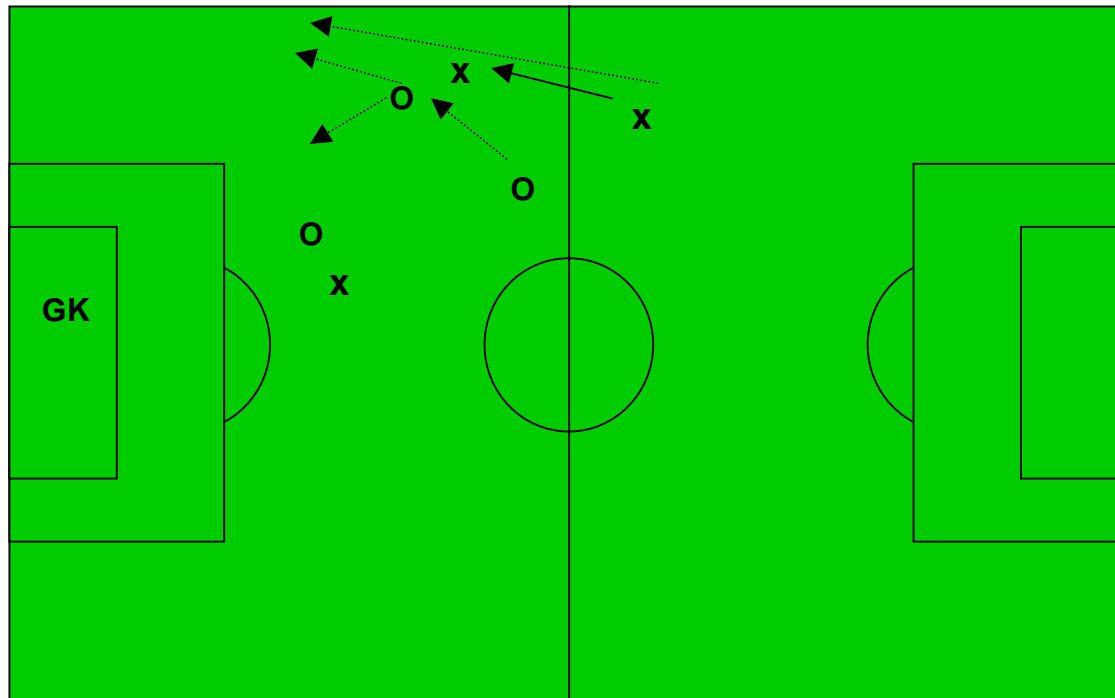
Playing Area : Serving full back serves ball from half way line. Defensive full back starts 10 yards outside of 18 yard box.

Full back: Having pressured wide player, if opposing full back overlaps, defensive full back tracks overlapping run.

If wide player passes or dribbles inside to centre forward full back “tucks” in close to centre back.

Wide player: If full back overlaps, wide player to pressurise opposing wide player and force ball down line.

Centre back: move within 10 yards of full back to remain “compact” whilst positioning ball side of centre forward.



Full backs defending in a 11 v 11

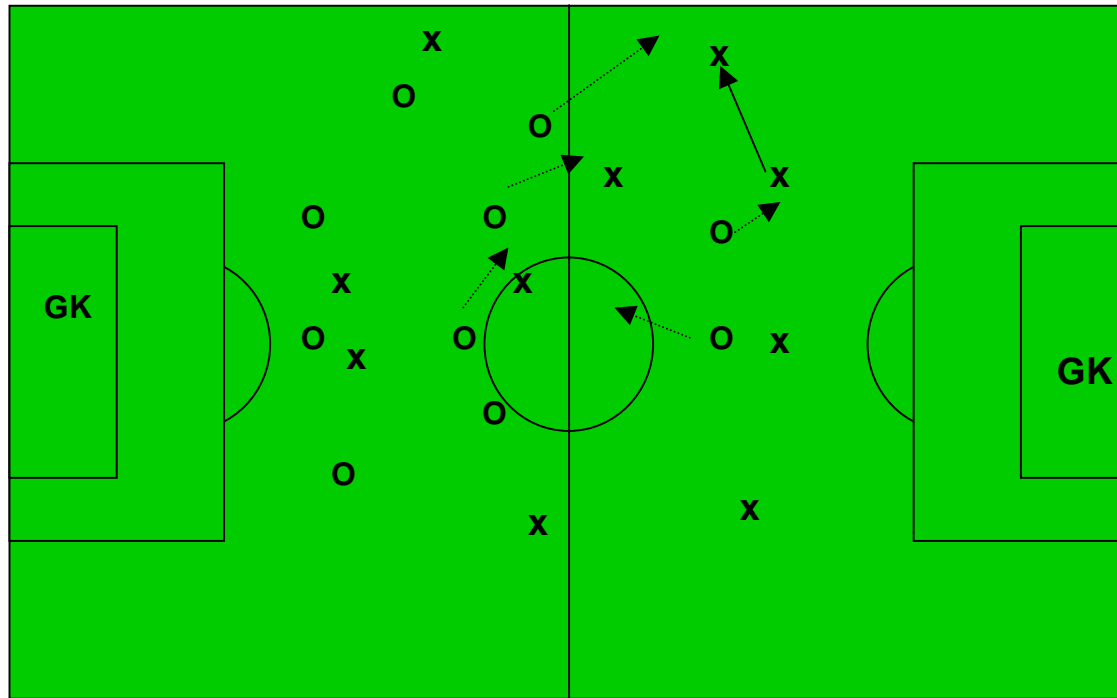
Organisation : Open play ensuring ball is started from wide and central areas of defensive, midfield and attacking zones.

Playing Area : Full pitch

Back 4: Within 10 yards of each other. When central play within width of 18 yard box. When wide, full back on opposite side be in advance of centre backs. Move forward as a unit when ball moves forward if there is pressure on ball (until ball stops)

Midfield Unit: When central force play wide. When wide pressure player on ball if overlap occurs. Keep within 10 yards and keep play in front.

Forwards: When central force play wide, and prevent play back to central defender. When wide force play inside for midfield to win ball ballside.



Physical Development

Practice : Speed

Organisation:

2 players stand facing each other 5 metres apart passing a football with right foot.

When 1 designated player uses their left foot, they must sprint past one of the first cones either side. Opposite player must react and do the same

If whilst running "man on" is called out by reacting player, both players change direction and run around cone on opposite side.

Change roles and progress distance.

Key Points:

Work to rest ratio: 1:6 (Sprint 4 seconds, rest 24 seconds)

Repetitions: 6-8

Series: 3-5

Frequency: Twice a week

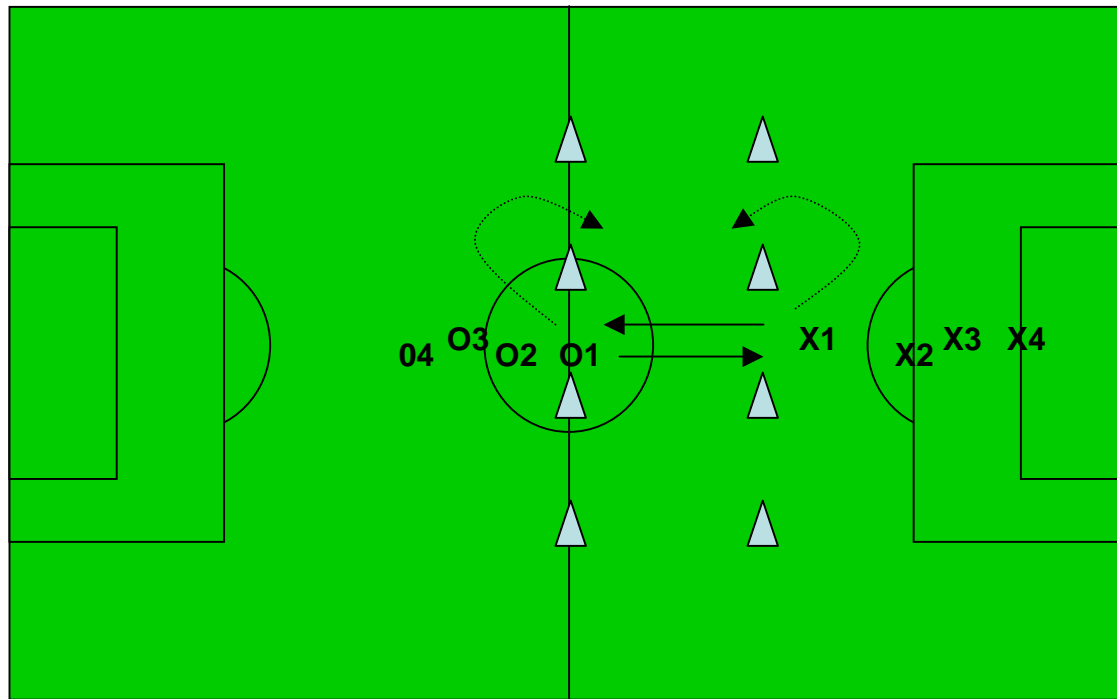
Intensity: 100%

Time of Individual Repetition: 2.5-4 seconds

Preparation:

Thorough warm up including stretches of all major muscle groups.

Ensure prior rest period of 24 hours.



Practice : Full Back/Wide Player – SPEED & AGILITY

Organisation:

Full back (X1) passes ball to wide player (X2) who must move behind opposing full back (O1) and back to receive.

Wide player & opposing full back battle for possession & pass back to X1.

After pass back, X2 & O1 sprint for possession of pass made by O2.

Key Points:

Work to rest ratio: 1:6

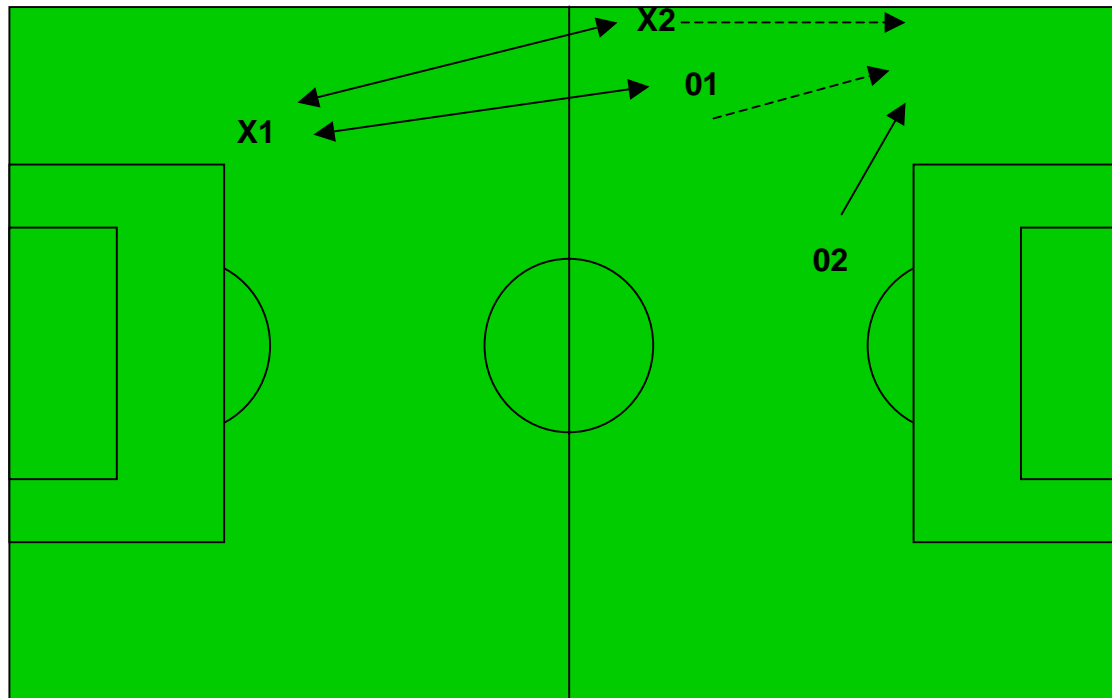
Number of repetitions: 6-8

Number of sets: 4

Frequency: 2 per week

Intensity: 100%

Time of individual repetition: 2.5-4 seconds.



Organisation:

Players position themselves in pairs within a 10 x 10 area. 1 player has the ball.

Player with ball attempts to hit opponent below the knee without kicking ball out of the area.

If successful, player who has kicked ball must retrieve ball and shield from opponent.

If unsuccessful, opposing player must retrieve ball and shield.

Change roles and repeat.

Preparation:

Perform a thorough warm up including stretches of all major muscle groups.

Practice :Strength

Key Points:

Work to rest ratio: 1:6

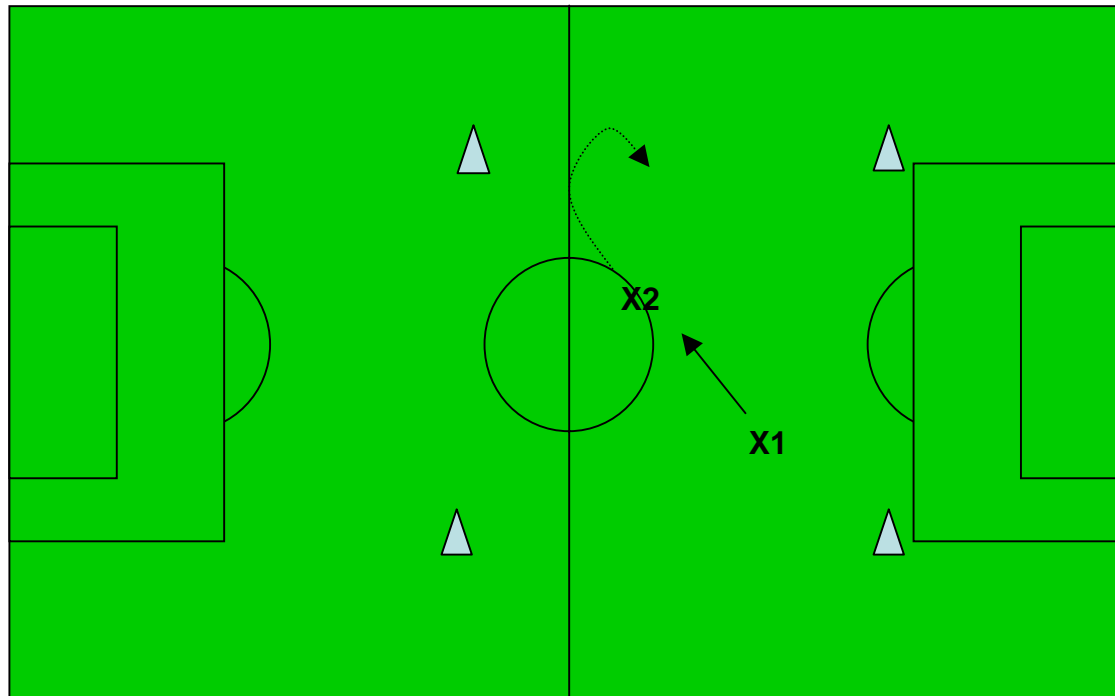
Number of repetitions: 6

Number of sets: 3 – 5

Frequency: 2 – 3 per week

Intensity: 100%

Time of individual repetition: 5 - 10 seconds



Practice : Strength

Organisation:

Players commence in the same manner but upon command.

Players in possession sprint and attempt to win ball in next square.

Repeat until back to original partner.

Preparation:

Perform a thorough warm up including of all the major muscle groups.

Key Points:

Work in a rest ratio: 1:6

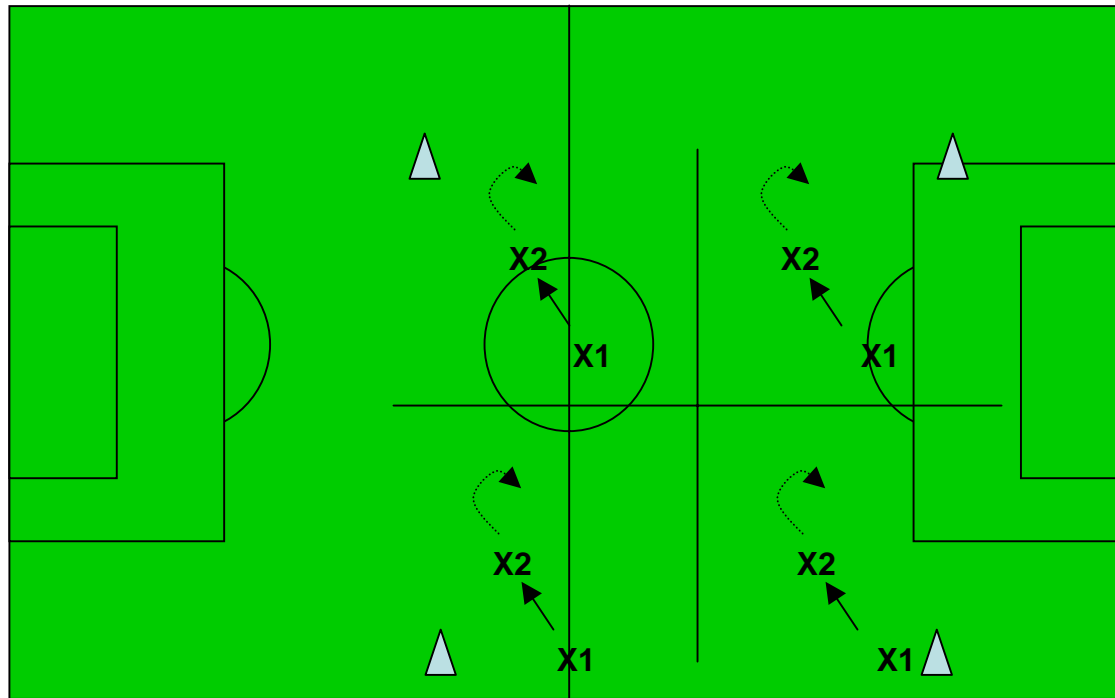
Number of repetitions: 6

Number of sets: 3 – 5

Frequency: 2 – 3 per week

Intensity: 100%

Time of individual repetition: 5 – 10 seconds



Practice : Central Forward/Central Defender – STRENGTH & AGILITY

Key Points:

Organisation:

Centre forward (X2) positions themselves in front of Central defender (01) to receive pass from X1

X2 must shield ball from 01 for 5 seconds and pass back to X1

After pass back X2 and 01 battle for possession of pass from 02.

Change roles

Work to rest ratio: 1:6

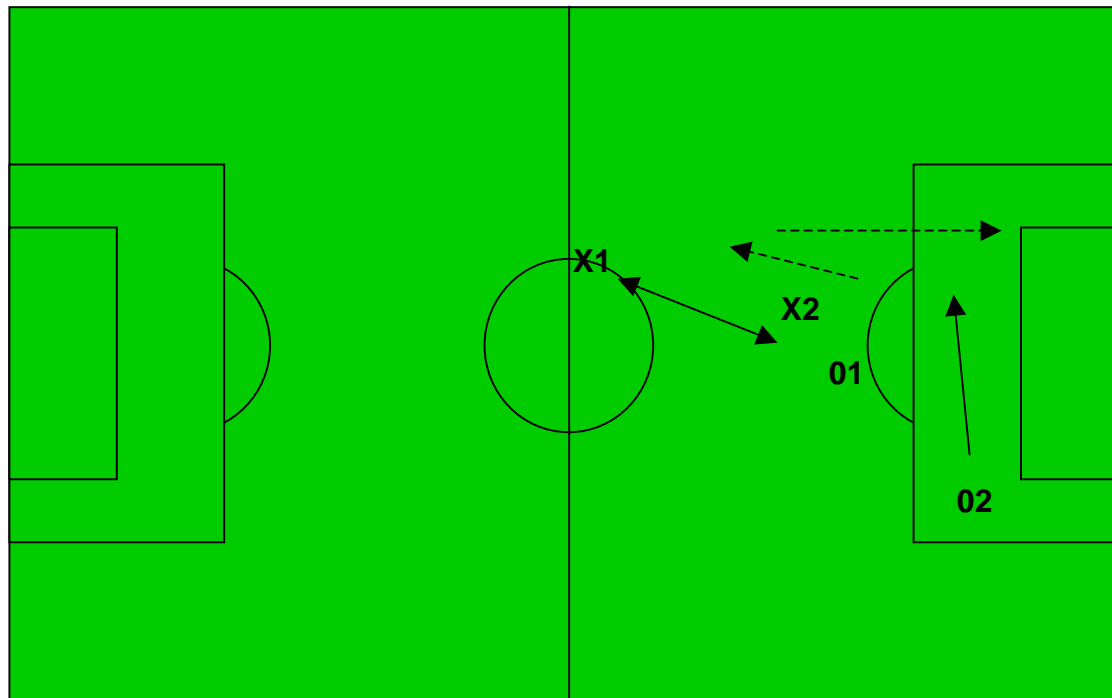
Number of repetitions: 6-8

Number of sets: 3-5

Frequency: 2 per week

Intensity: 100%

Time of individual repetition: 5-7 seconds



Practice :Power

Organisation:

Players sit down and bounce ball on floor as high as possible and attempt to stand up and catch.

Players repeat but must jump up and perform a tuck jump (knees to chest) before catching.

Preparation:

Perform a thorough warm up including stretches of all major muscle groups.

Perform at least 48 hours before a match.

Key Points:

Work in a rest ratio: 1:6

Number of repetitions: 4 – 6

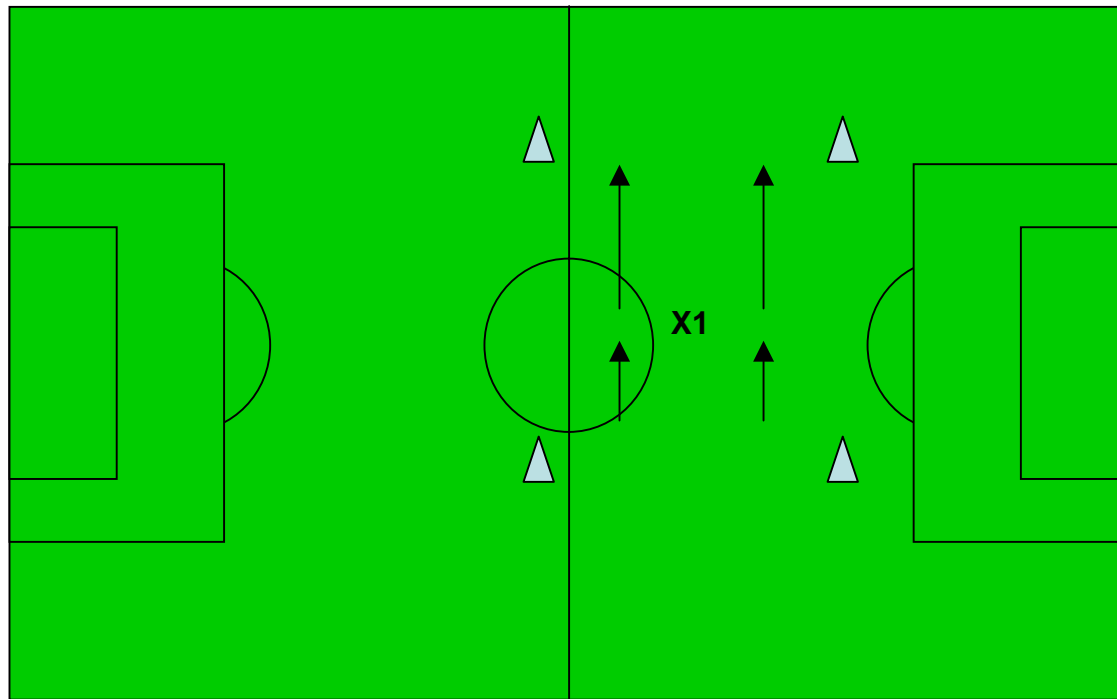
Number of sets: 3 – 5

Frequency: 2 per week

Intensity: 100%

Time of each individual repetition: 2 seconds

Focus: speed of upward movement, minimum contact with floor.



Practice : Power

Organisation:

Players are organized into pairs.

Players repeat above activities but partners catch ball.

As player performs tuck jump partner serves ball into air for a header.

Preparation:

Perform a thorough warm up including stretches of all major muscle groups.

Perform at least 48 hours before a match.

Key Points:

Work in a rest ratio: 1:6

Number of repetitions: 4 - 6

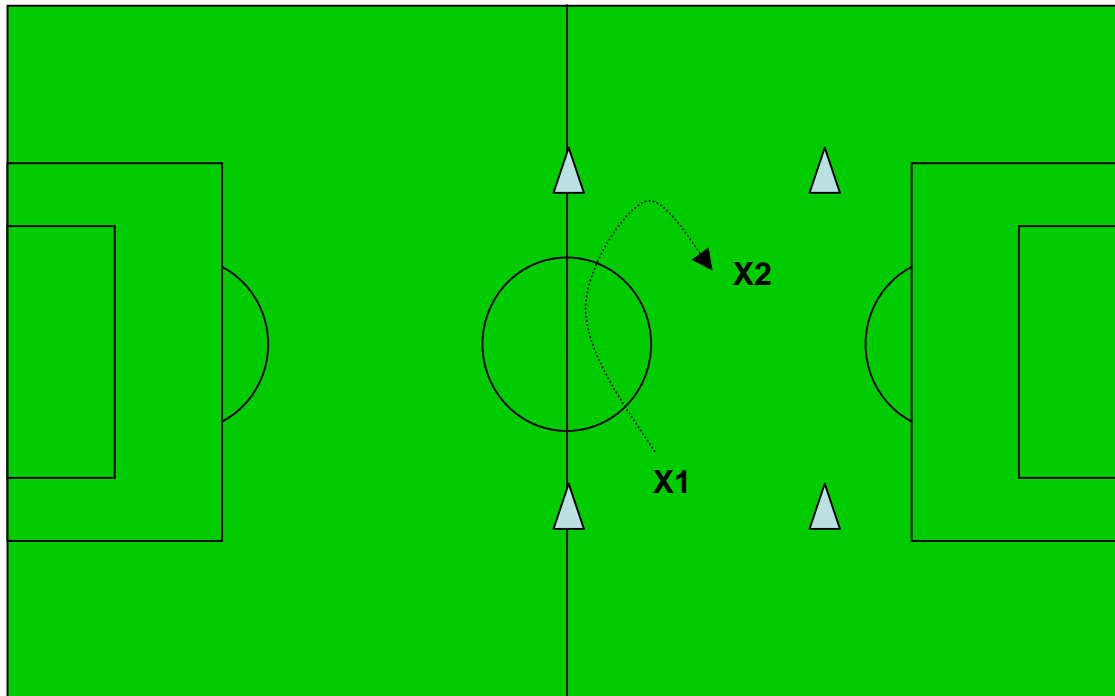
Number of sets: 3 – 5

Frequency: 2 per week

Intensity: 100%

Time of individual repetition: 2 seconds

Focus: Speed of upward movement, minimum contact with floor



Practice : Central Midfield - POWER & AGILITY

Organisation:

X1 serves ball in the air to “grounded” centre midfielder (X2) who must jump & head ball back to X1

Upon completion of header, X2 must close down & “slide tackle” for possession of pass from X1 with 01

Upon completion of tackle X2 must recover and battle for possession of pass from X1 with 01

Change roles of X2 and 01 and then all players

Key Points:

Work to rest ratio: 1:6

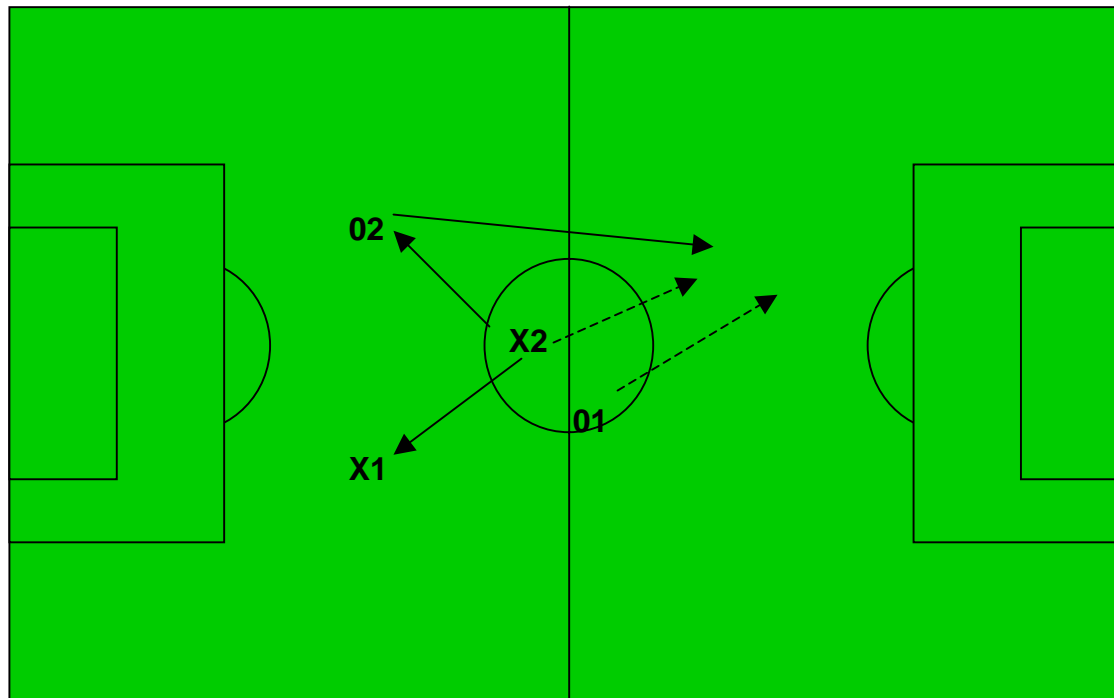
Number of repetitions: 6-8

Number of sets: 3-5

Frequency: 2 per week

Intensity: 100%

Time of individual repetition: 2.5-7 seconds



Practice :Agility

Organisation:

Players position themselves in pairs within a 10 x 10 area.

Player with ball attempts to hit opponent below the knee without kicking ball out of area.

If successful or after 5 attempts change roles.

Preparation:

Key Points:

Work to a rest ratio:

Number of repetitions:

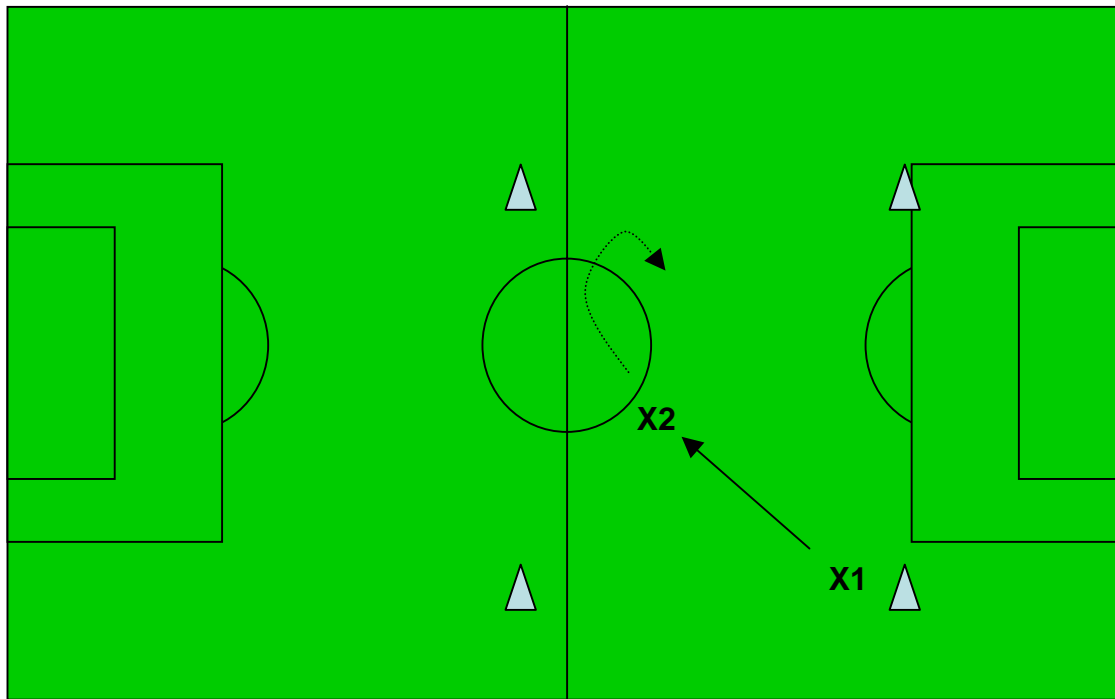
Number of sets:

Frequency:

Intensity:

Time of individual repetition:

Focus: Quick change of direction, balance, coordination of short and longer strides



Practice : Full Back/Wide Player – SPEED ENDURANCE

Organisation:

Full back (X1) passes ball to wide player (X2) who must move behind opposing full back (O1) and back to receive.

Wide player & opposing full back battle for possession & pass back to X1 and repeat twice.

After second pass back, X2 & O1 sprint for possession of pass made by O2.

Repeat 3 times before rotating

Key Points:

Work to rest ratio: 1:2

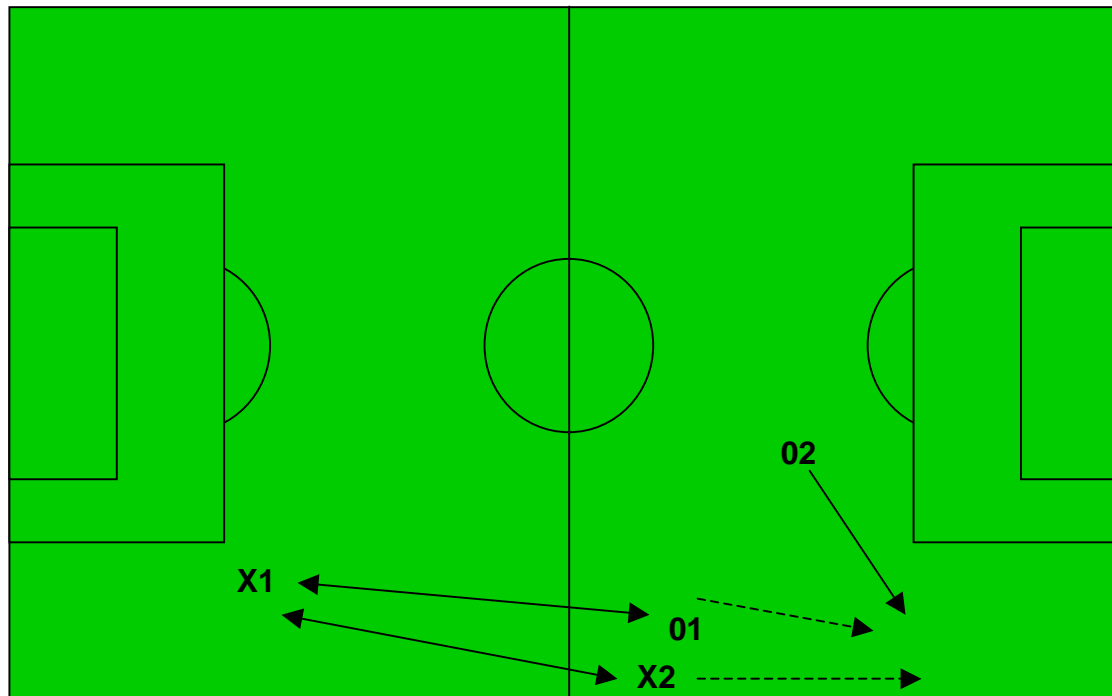
Number of repetitions: 4-6

Number of sets: 3

Frequency: 2 per week

Intensity: 100%

Time of individual repetition: 8-12 seconds



Practice : Central Forward – SPEED & AGILITY

Organisation:

X1 serves ball to centre forward (X2) to volley ball back.

Upon completion of volley X2 spins around cone to attack a cross from X4

Upon completion of attempt on goal, X2 recovers position to be able to attack second cross from X4.

Change roles

Key Points:

Work to rest ratio: 1:6

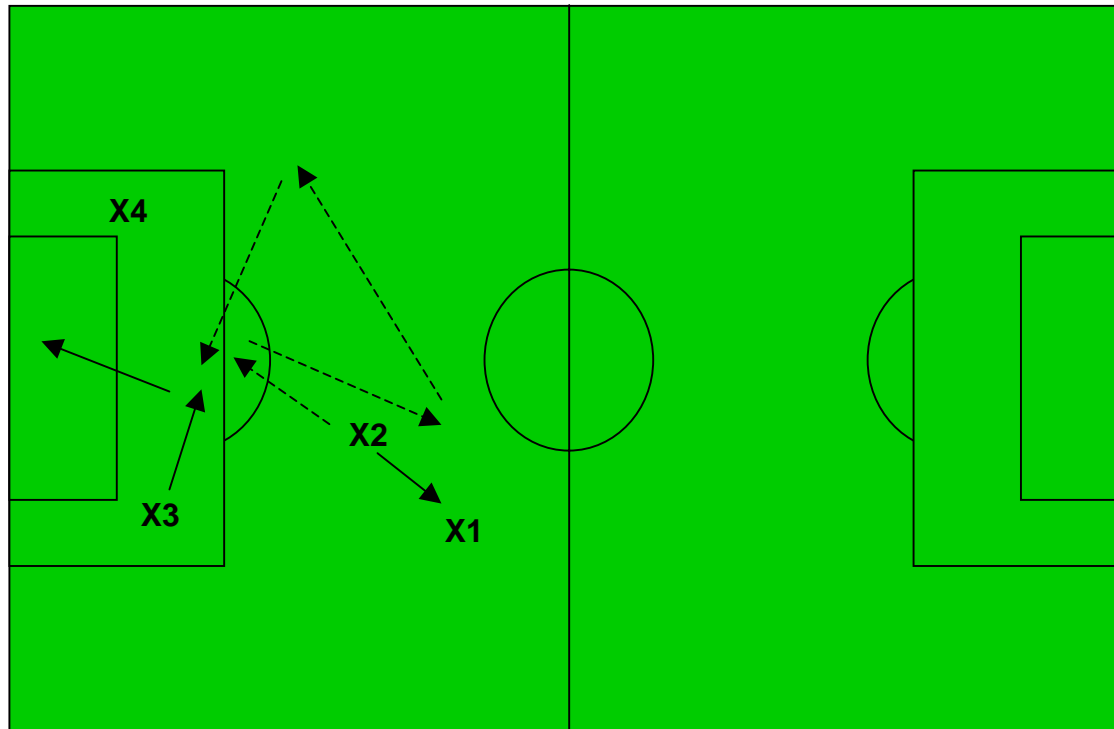
Number of repetitions: 6-8

Number of sets: 3-5

Frequency: 2 per week

Intensity: 100%

Time of individual repetition: 5-7 seconds



Practice : Endurance

Organisation:

Place 2 30X30 metre grids 40 metres apart with balls scattered around squares.

Players perform a 2v2 , 3v3 or 4v4 possession in both squares

On signal players sprint to opposite square and repeat.

Duration of possession is kept constant while rest between sprints is reduced

Key Points:

Work to rest ratio: 1:3,

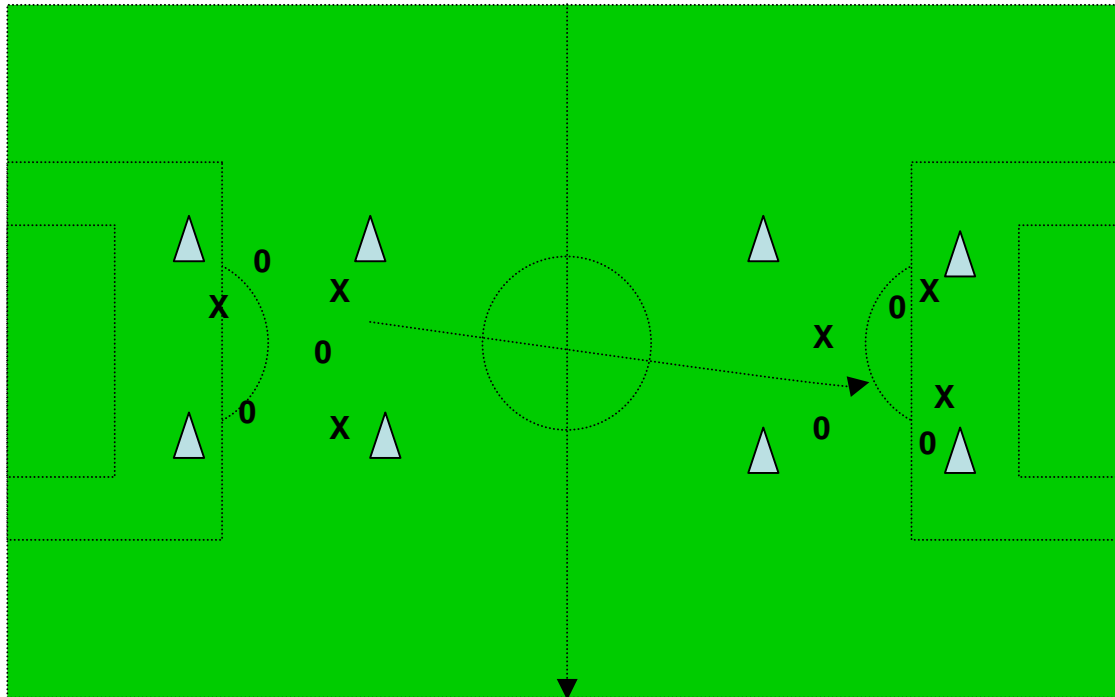
Number of repetitions: 6

Number of sets: 2

Frequency: 2

Intensity: 60% - 80%

Time of individual repetition: 60-120 seconds.



Practice : Core Strength Endurance

Organisation:

10 players are organised in a 20X20 metre square (4 pairs on outside, 1 pair in middle)

Pair on inside pass to pair on outside and swap places with a different pair on outside by running to their place.

Pair receiving pass , play ball back into middle for oncoming pair.

Progress by insisting pair in middle shield ball from eachother for 5 seconds

At same time pairs on outside prop themselves up on elbows and toes (core stability resistance)

Key Points:

Work to rest ratio: 1:2,

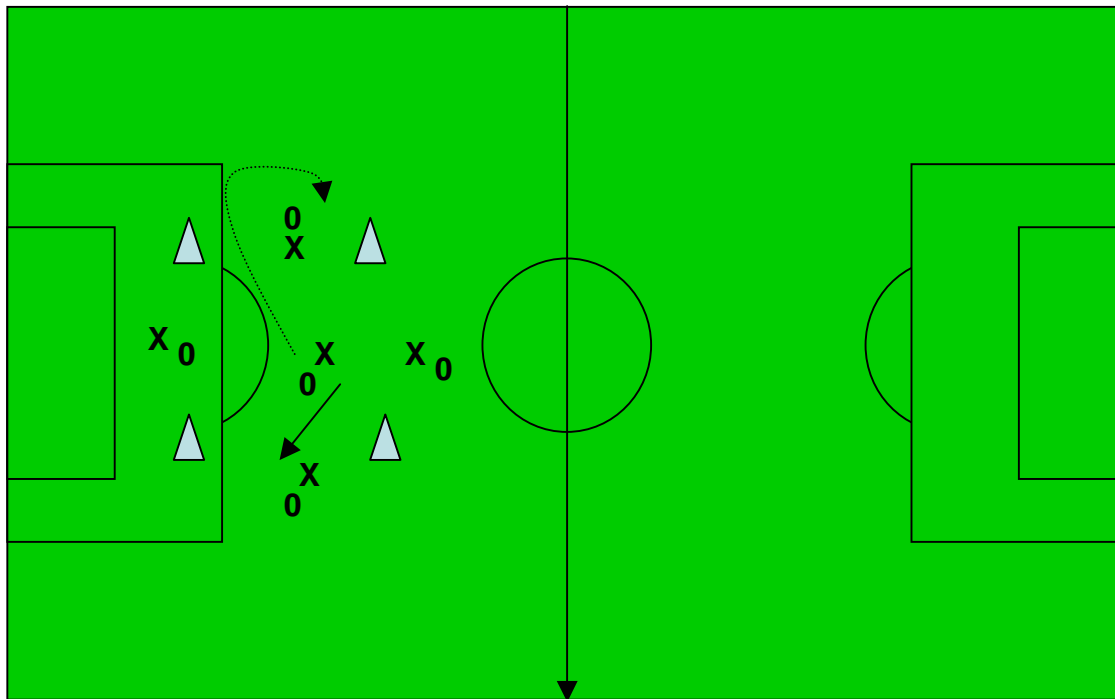
Number of repetitions: 6

Number of sets: 2

Frequency: 2

Intensity: 60% - 80%

Time of individual repetition: 5-10 seconds.



Practice : Fitness Circuit

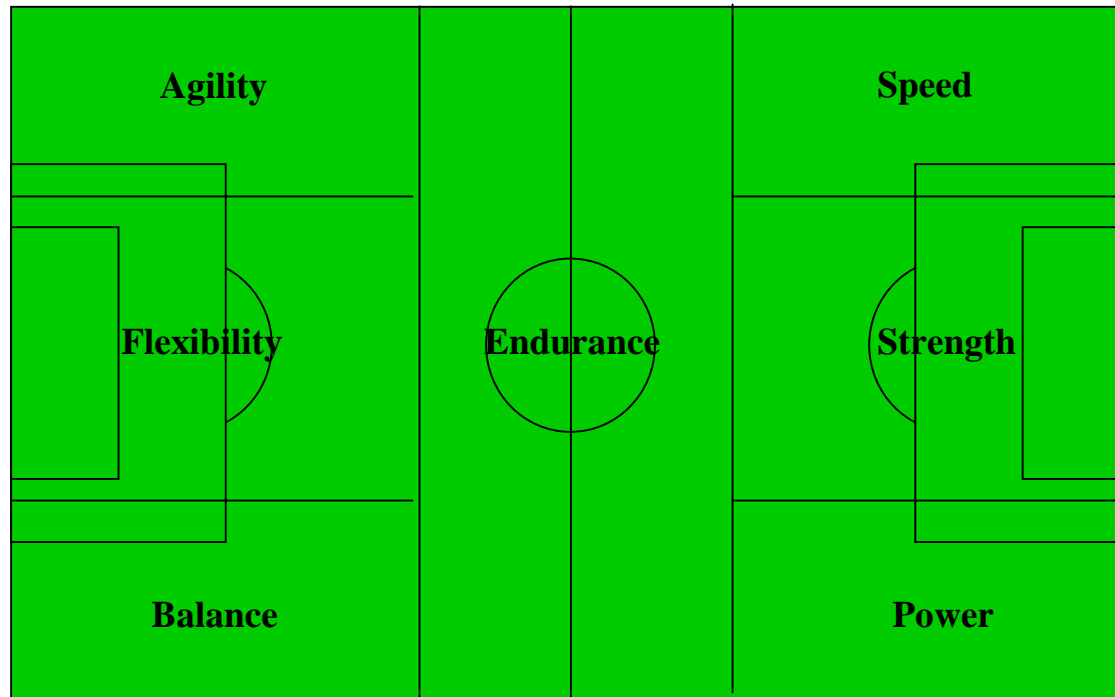
Organisation:

Select any of the previous football specific practices and organise in the areas identified below.

From the fitness test results identify strengths and weaknesses of players and group accordingly.

Adhere to fit factors

Key Points:



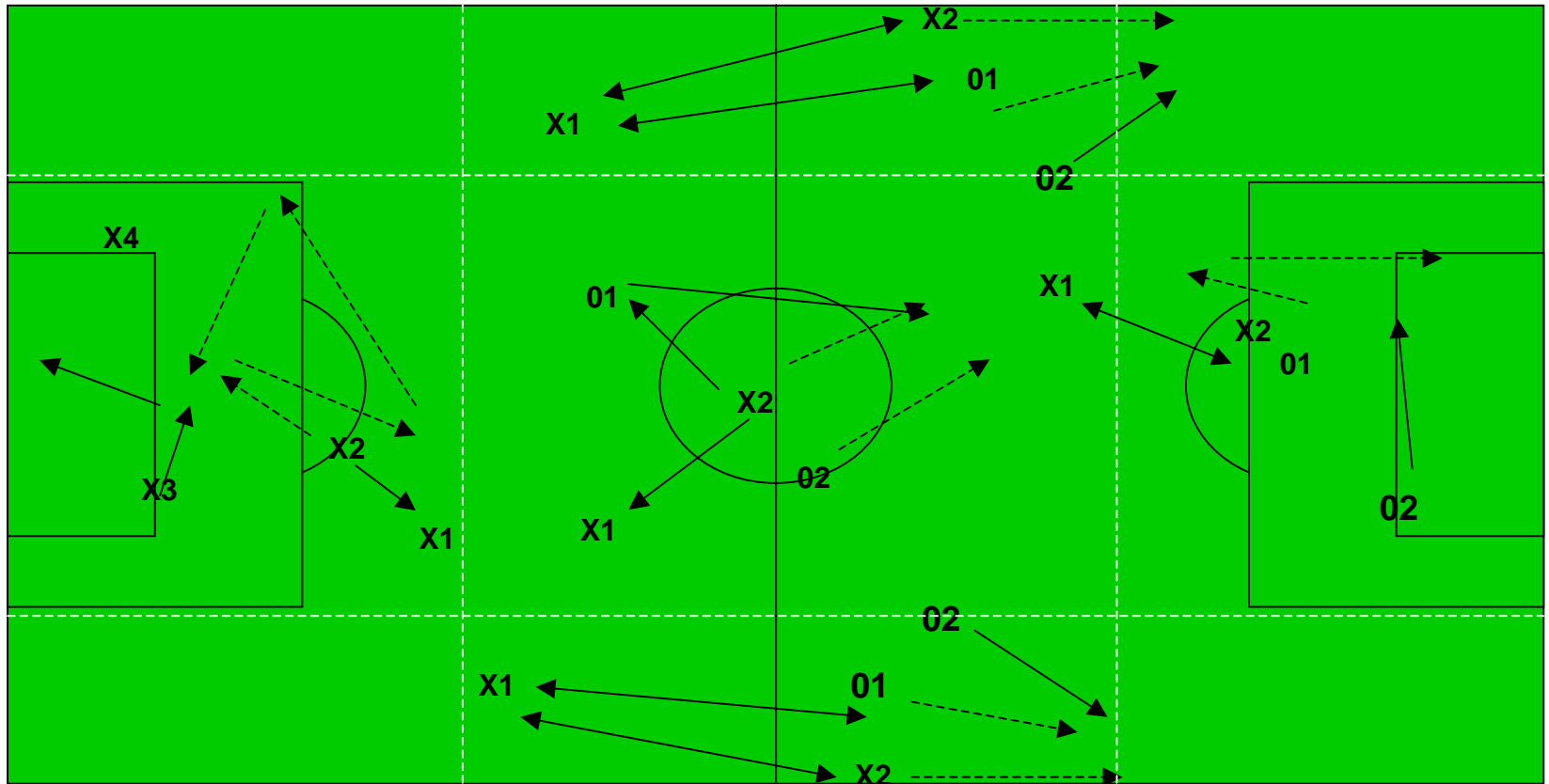
Practice : Fitness Development for 20 players (prior to, during or after coaching sessions)

Organisation:

Select any of the previous position specific practices and organise in the areas identified below.

From the fitness test results identify strengths and weaknesses of players and condition practice (s) accordingly.

Adhere to fit factors



Practice : Agility

Organisation:

Players work in a group of 3. Set up as 'piggy in the middle' 20 meters apart. The outside players have a ball each. The middle player is working on receiving and passing. The middle player receives and passes and passes back to one player and then runs to receive from the opposite player.

Change roles

Vary service, ½ volley, aerial control

Middle player dribbles the ball and plays a wall pass with the outside player.

Preparation:

Perform a thorough warm up including stretching of all major muscle groups. Perform only if there has been a rest period of at least 24-36 hours.

Key Points:

Work to rest ratio: 6:1 (If time of spring is 10 seconds, rest for 60 seconds)

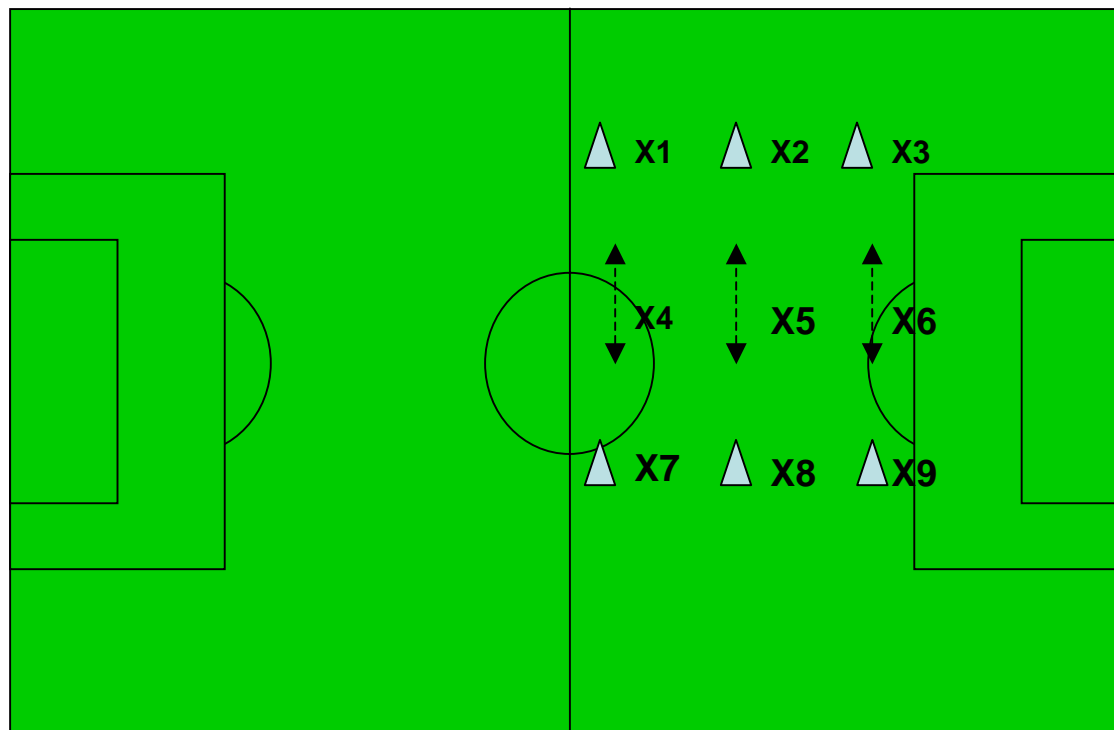
Number of repartitions: 3-5

Number of sets: 3-5

Frequency: 2 per week

Intensity: 80-100% of maximum

Time of individual preparation: 15-20 seconds



Practice : Agility

Organisation:

½ pitch with 2 outer zones and a larger middle zone (4v4 or 6v6)

One player is positioned in the outer zones and the remaining players are in the middle zone.

The team must transfer the ball from one outer player to the other. A point is scored when a team can transfer the ball from one outer player to the other without losing possession.

Rotate players

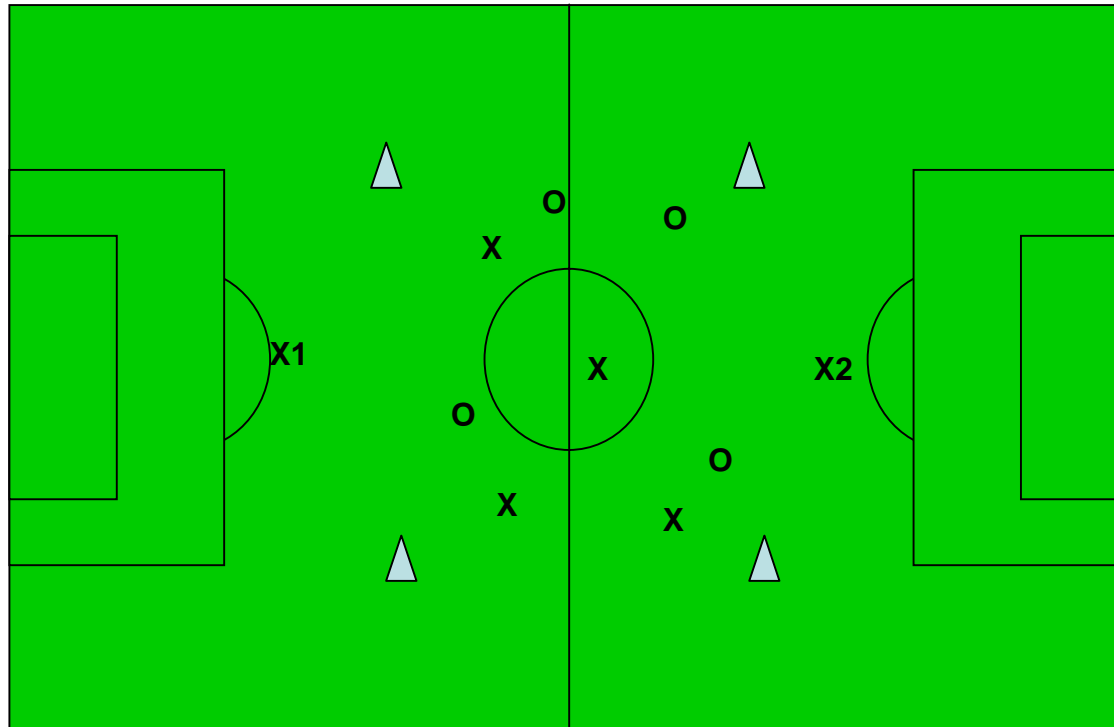
Limited touches, man to man marking, all players in attacking ½ of pitch.

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24-36 hours.

Key Points:



Practice : Agility

Organisation:

Player faces opposite direction to cone A and cone B.

On cone A and B feeders are placed.

On call player must turn and run to cone and carry out whatever technique asked (e.g. volley, header, pass.)

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24 hours.

Key Points:

Work to rest ratio: 6:1 (If time of spring is 10 seconds, rest for 60 seconds)

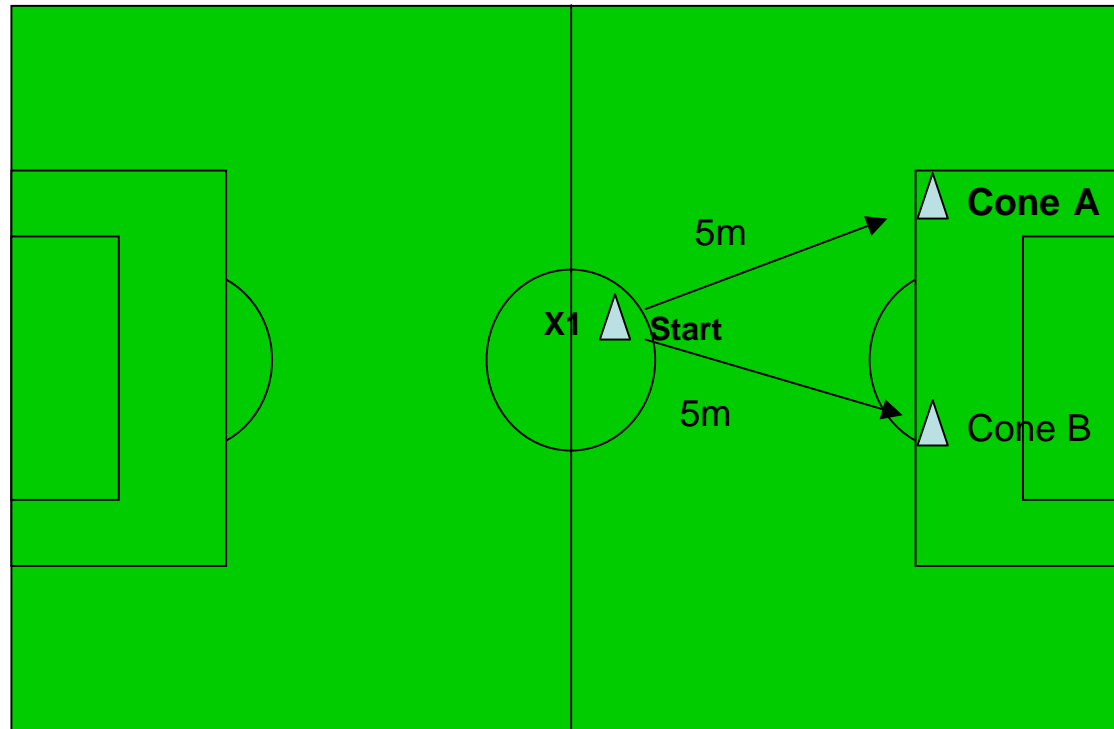
Number of repartitions: 3-5

Number of sets: 3-5

Frequency: 2 per week

Intensity: 80-100% of maximum

Time of individual preparation: 15-20 seconds



Practice : Agility

Organisation:

Player starts a cone B, which is in the middle of cone A and C.

On call player must run to cone A back to cone C before finishing back at cone B.

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24 hours.

Key Points:

Work to rest ratio: 6:1 (If time of spring is 10 seconds, rest for 60 seconds)

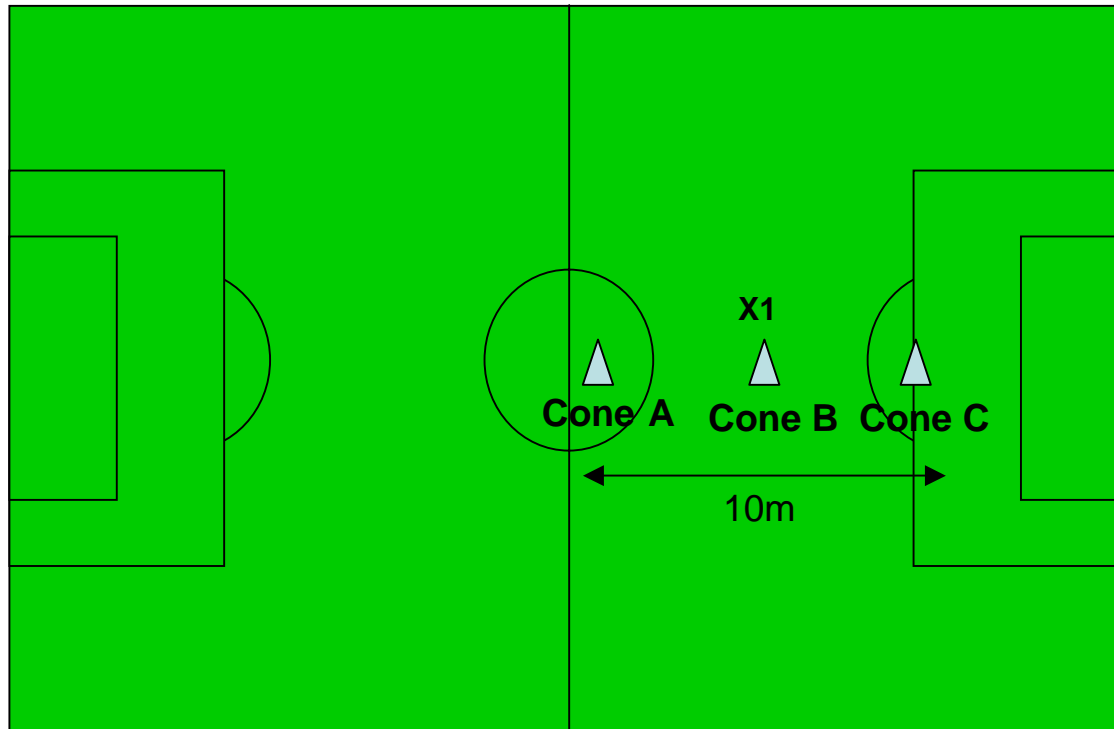
Number of repartitions: 3-5

Number of sets: 3-5

Frequency: 2 per week

Intensity: 80-100% of maximum

Time of individual preparation: 15-20 seconds



Organisation:

4 cones of different colours are placed 5m from a central point.

Player starts at outside cone A, they then sprint to the middle cone, turn and sprint to cone C, then back to the middle cone. The player repeats around cone C and finishes at cone D.

The ball can be introduced at any of the cones for the player to volley, pass or head.

Practice : Agility

Key Points:

Work to rest ratio: 6:1 (If time of spring is 10 seconds, rest for 60 seconds)

Number of repartitions: 3-5

Number of sets: 3-5

Frequency: 2 per week

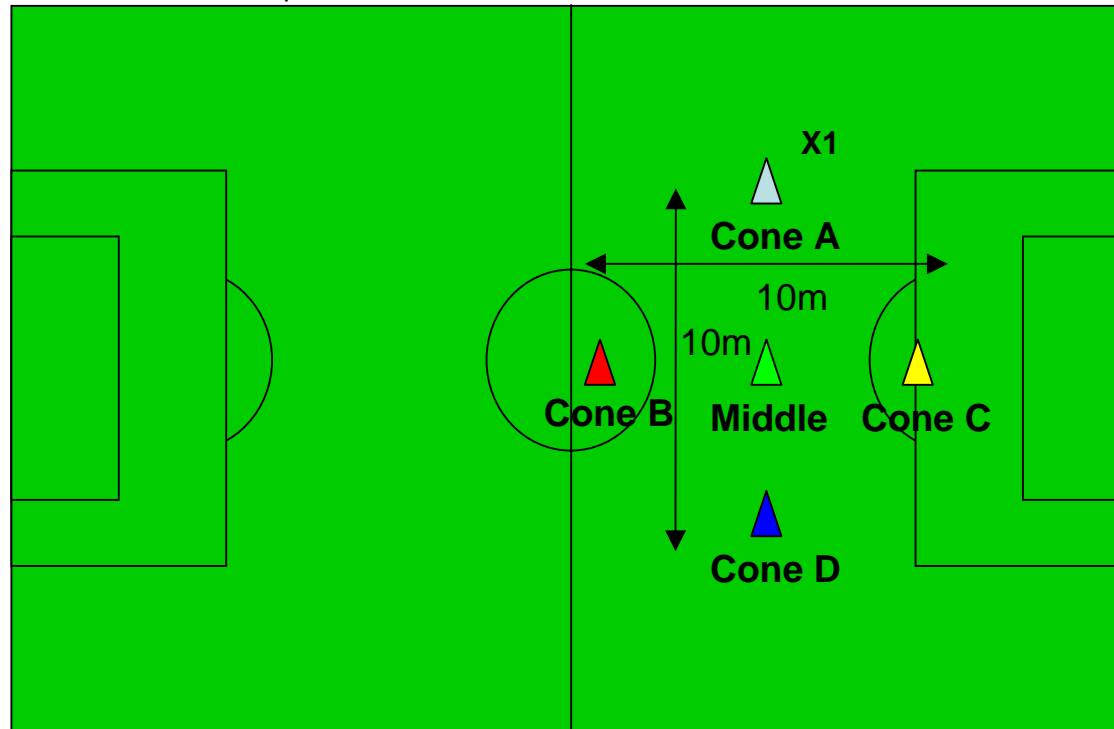
Intensity: 80-100% of maximum

Time of individual preparation: 15-20 seconds

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24 hours.



Organisation:

Player X1 is 10m away from the green cone 3m behind player X2.

Player X2 passes ball through player X1's legs

Player X1 sprints after ball and player 2 calls either Red, Green or White cone.

Player X1 dribbles ball around the cone that has been called.

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24 hours.

Practice : Agility

Key Points:

Work to rest ratio: 6:1 (If time of spring is 10 seconds, rest for 60 seconds)

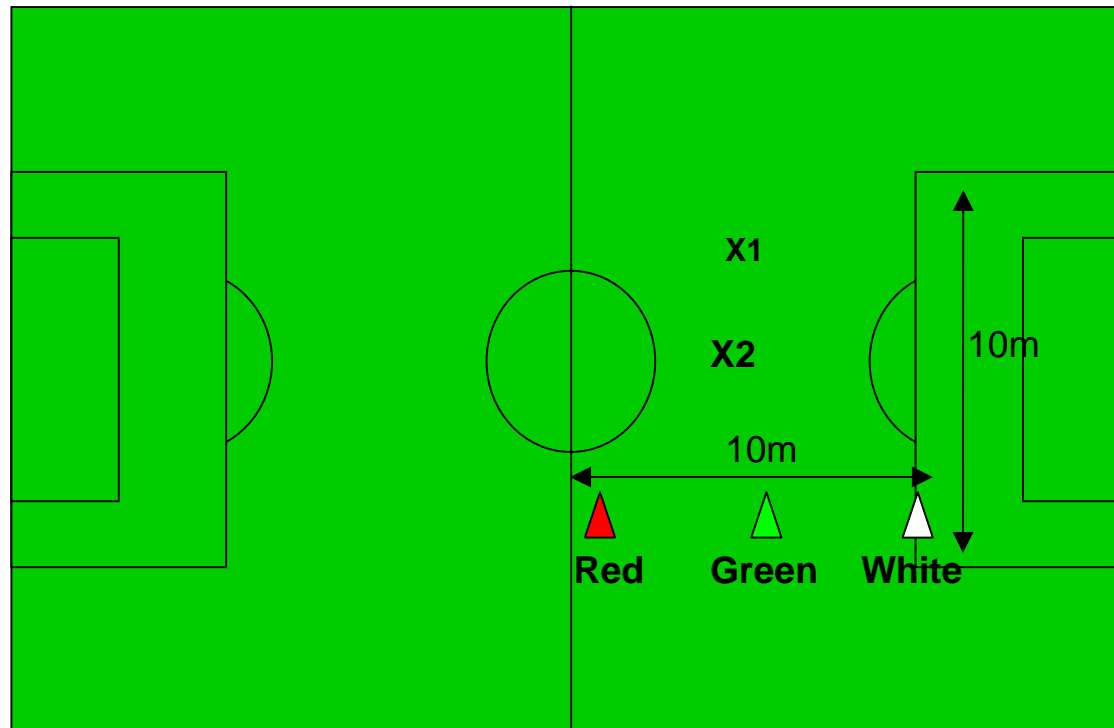
Number of repartitions: 3-5

Number of sets: 3-5

Frequency: 2 per week

Intensity: 80-100% of maximum

Time of individual preparation: 15-20 seconds



Organisation:

6 different colour cones are placed on the outside 5m apart.

On the call each player must clear their corner taking one cone at a time and placing them on the corner of the other players

If only 2 players are available to take part in the drill players are assigned 2 corners to clear and less cones are used in each corner.

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24 hours.

Practice : Agility

Key Points:

Work to rest ratio: 6:1 (If time of spring is 10 seconds, rest for 60 seconds)

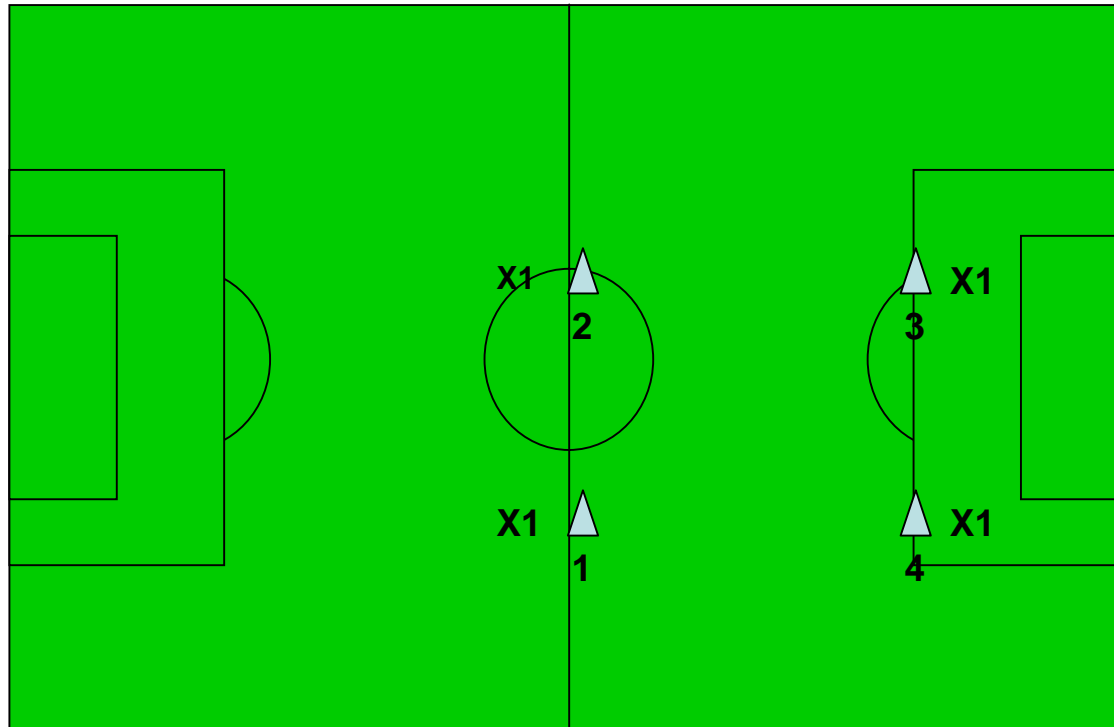
Number of repartitions: 3-5

Number of sets: 3-5

Frequency: 2 per week

Intensity: 80-100% of maximum

Time of individual preparation: 15-20 seconds



Practice : Agility

Organisation:

Player starts at cone A

Player sprints to cone B then turns and runs around cone C

From cone C players run around cone D before rounding centre cone B and returning to cone A

Key Points:

Work to rest ratio: 6:1 (If time of spring is 10 seconds, rest for 60 seconds)

Number of repartitions: 3-5

Number of sets: 3-5

Frequency: 2 per week

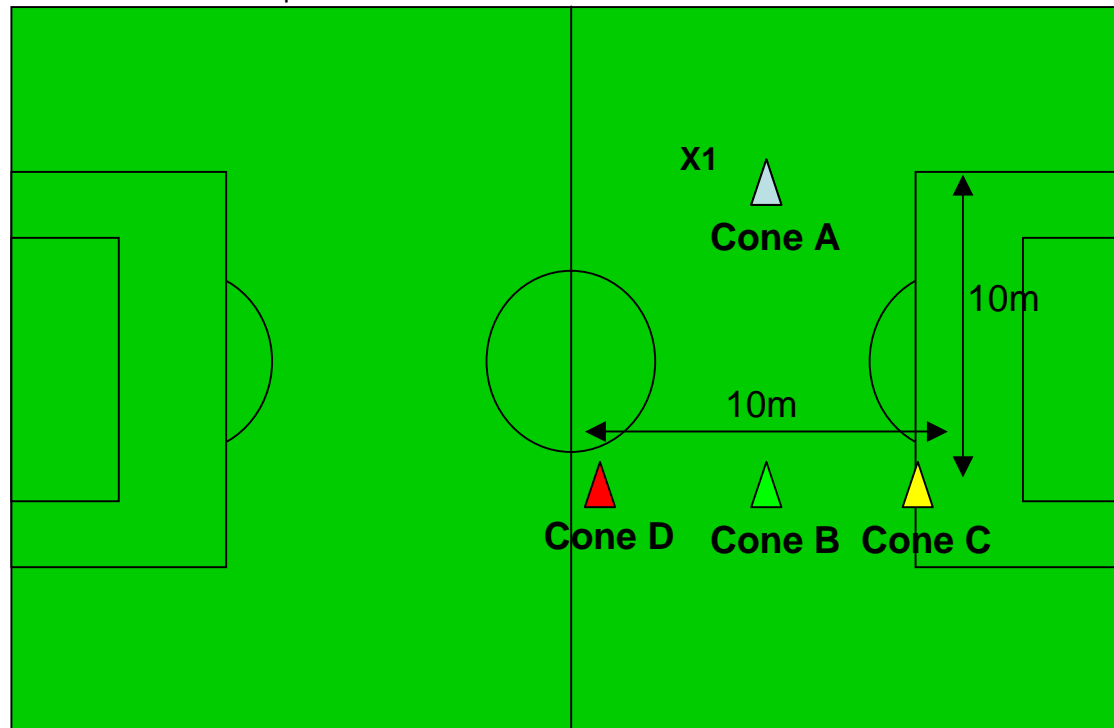
Intensity: 80-100% of maximum

Time of individual preparation: 15-20 seconds

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24 hours.



Practice : Agility

Organisation:

Cones are placed in a triangle

Player starts in the centre on the ball of his feet

On voice call if right is called the player heads to the right hand cone laterally, once right foot touches cone the player immediately sprints to middle cone. Once the player touches the middle cone the player back-pedals to starting cone.

Then vice versa for left cone

A feeder can be introduced at any cone for the player to conduct either a volley, header or pass.

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24 hours

Key Points:

Work to rest ratio: 6:1 (If time of spring is 10 seconds, rest for 60 seconds)

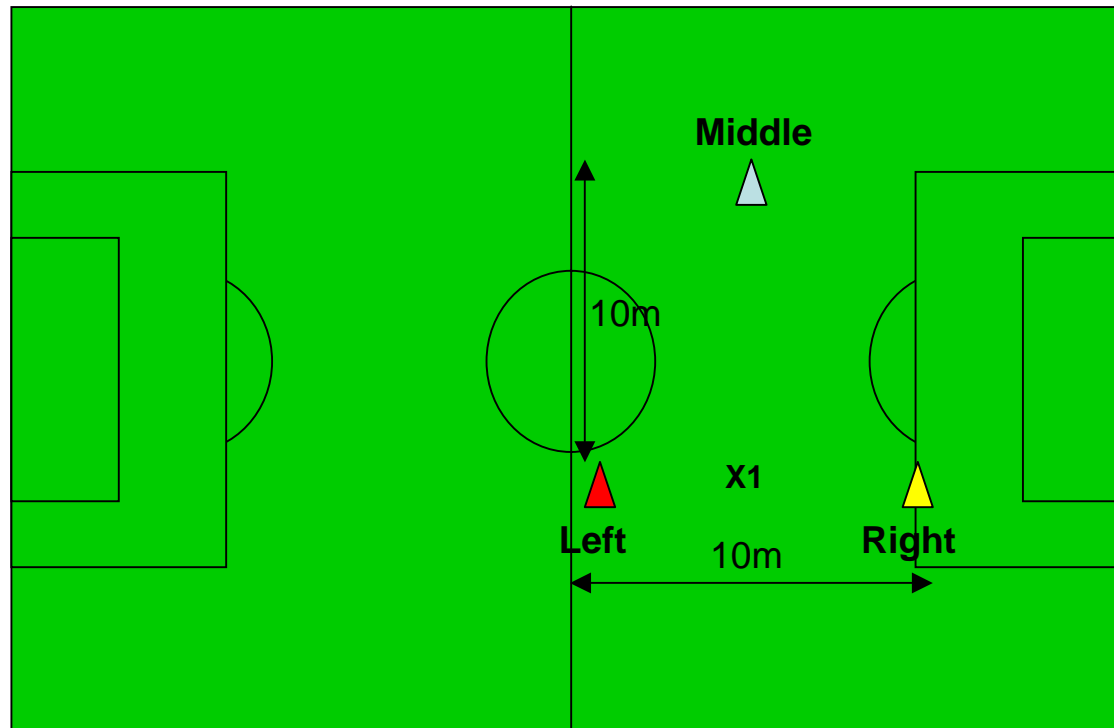
Number of repartitions: 3-5

Number of sets: 3-5

Frequency: 2 per week

Intensity: 80-100% of maximum

Time of individual preparation: 15-20 seconds



Practice : Agility

Organisation:

4 cones of different colours are placed 5m from a central point

Player starts in the middle

On voice call player will sprint, laterally move or back pedal to the colour cone that is called.

A ball can be introduced at any of the cones for the player to volley, pass or head the ball.

Key Points:

Work to rest ratio: 6:1 (If time of sprint is 10 seconds, rest for 60 seconds)

Number of repetitions: 3-5

Number of sets: 3-5

Frequency: 2 per week

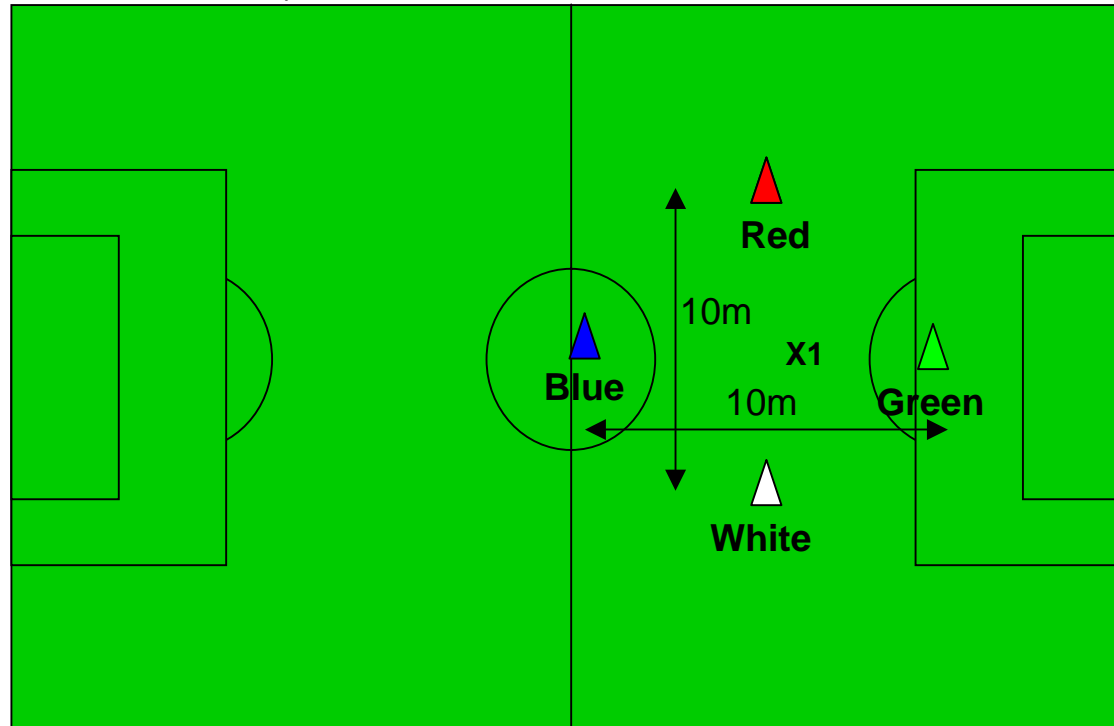
Intensity: 80-100% of maximum

Time of individual preparation: 5-10 seconds

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24 hours.



Practice : Agility

Organisation:

8-10 cones are placed 30cm apart in a straight line

2 cones are placed diagonally to the left and right 1m from the end cone.

Player performs 'fast feet' down the cones on the given call, move to the called cone. Then jog backwards to the start of the line

5* single steps

6* lateral, 3 left shoulder leading, 3 right shoulder leading

5*2 forwards 1 back

5* double step

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24 hours

Key Points:

Work to rest ratio: 6:1 (If time of spring is 10 seconds, rest for 60 seconds)

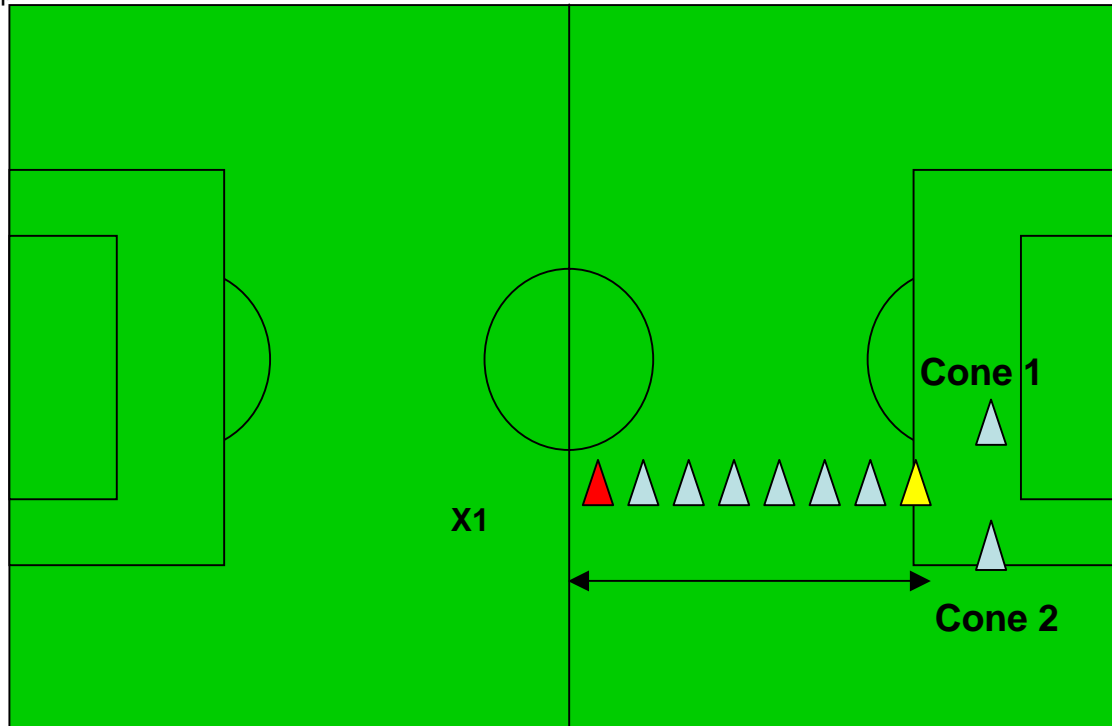
Number of repartitions: 3-5

Number of sets: 1-3

Frequency: 2 per week

Intensity: 100% of maximum

Time of individual preparation: Complete recovery as stated in work to rest ratio.



Practice : Agility

Organisation:

Set up as before, with end cones replaced 3 meters to the left and right of the middle cones

Perform fast laterally down cones to the middle cone

On voice call move sideways either to left or right and return to centre

Once returned to centre front zigzag movements to compete drill.

A ball can be used for a volley, header or pass at either the right or left cone.

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24 hours

Key Points:

Work to rest ratio: 6:1 (If time of spring is 10 seconds, rest for 60 seconds)

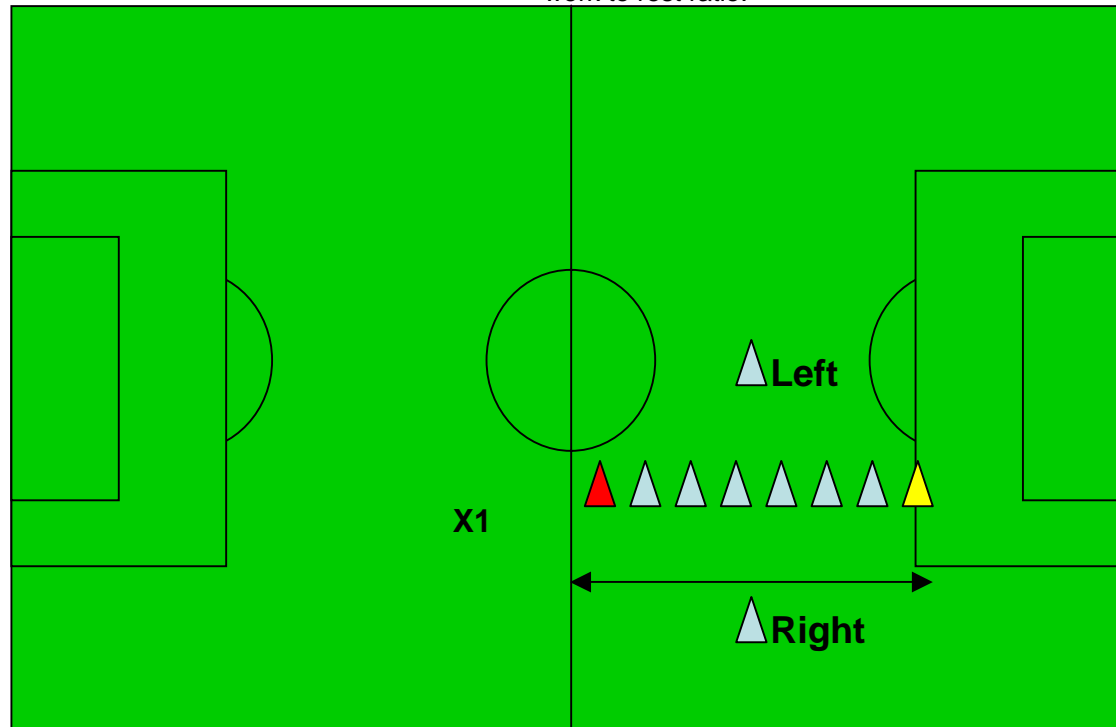
Number of repartitions: 3-5

Number of sets: 1-3

Frequency: 2 per week

Intensity: 100% of maximum

Time of individual preparation: Complete recovery as stated in work to rest ratio.



Practice : Agility

Organisation:

Cones are placed in a square 5m apart

Face in one direction entire drill

To complete the drill in one direction is one repartition

1. Sprint forward
2. Move left by pushing off on right foot to a lateral heel to heel slide with no cross over
3. Back-pedal
4. Move right by pushing off on your left foot to a lateral heel to heel slide with no cross over

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24 hours.

Key Points:

Work to rest ratio: 6:1 (If time of spring is 10 seconds, rest for 60 seconds)

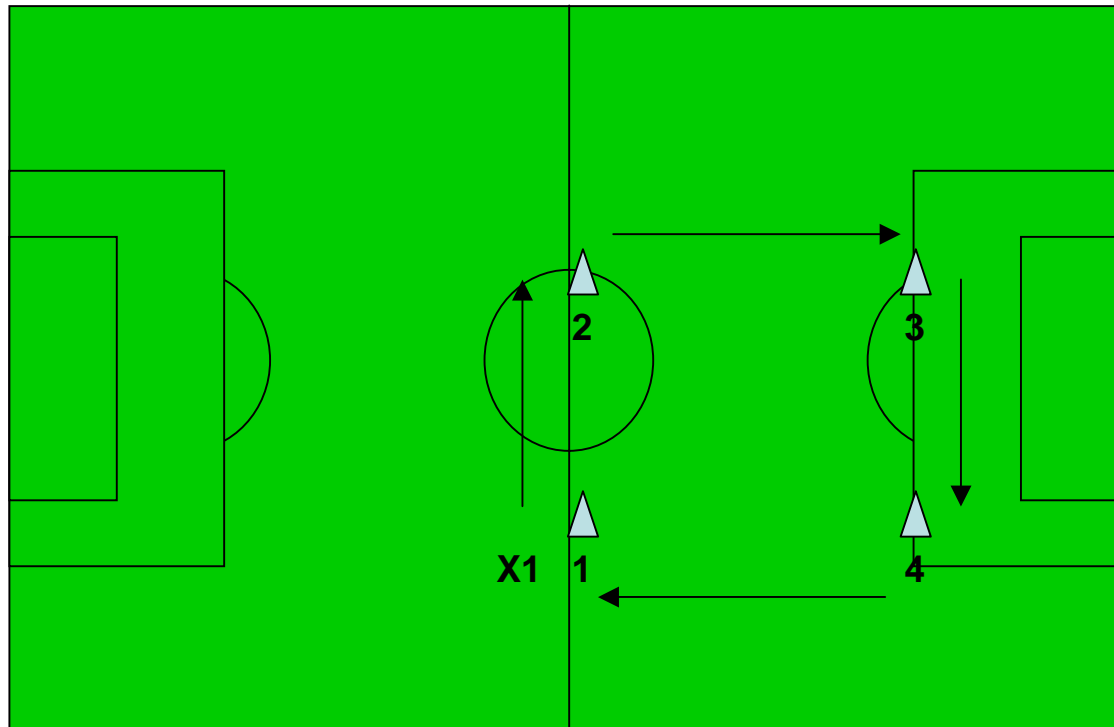
Number of repartitions: 1-3

Number of sets: 1-3

Frequency: 2 per week

Intensity: 100% of maximum

Time of individual preparation: 15-10 seconds



Organisation:

Set up drill as above

1. Beginning at cone 1 at the bottom right of the square, sprint forward to cone 2
2. Plant your left foot and slide to the right towards cone 3, heel to heel with no cross over
3. Plant your right foot, turn and run towards cone 4
4. Plant your right foot and slide to the left, towards cone 1, heel to heel slide with no cross over

Practice : Agility

Key Points:

Work to rest ratio: 6:1 (If time of spring is 10 seconds, rest for 60 seconds)

Number of repetitions: 1-3

Number of sets: 1-3

Frequency: 2 per week

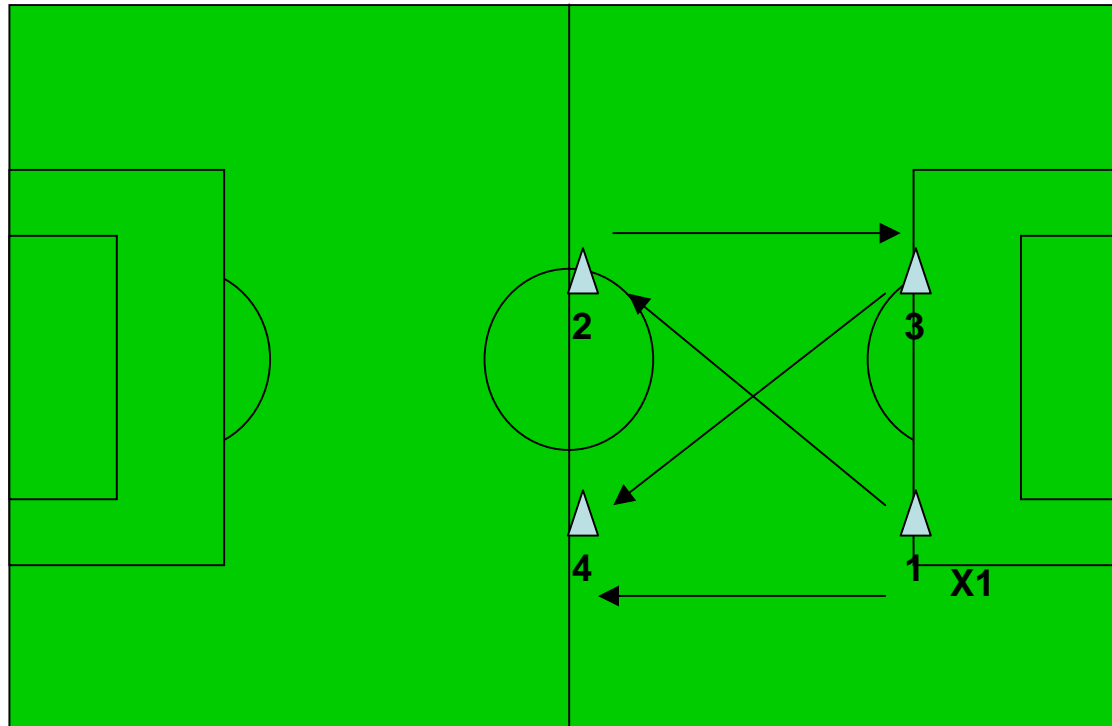
Intensity: 100% of maximum

Time of individual preparation: 15-10 seconds

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24 hours.



Practice : Agility

Organisation:

3 footballers are placed at the end of the course

On the signal player 1 runs the zigzag course and dribble the ball straight back to the start line. Player 1 continues this course until all 3 footballs are at the start line.

Player 2 then dribbles the football through the zigzag course to the end line and runs straight back to the start line. Player 2 continues until all footballs are where they started.

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24-36 hours

Key Points:

Work to rest ratio: 5:1

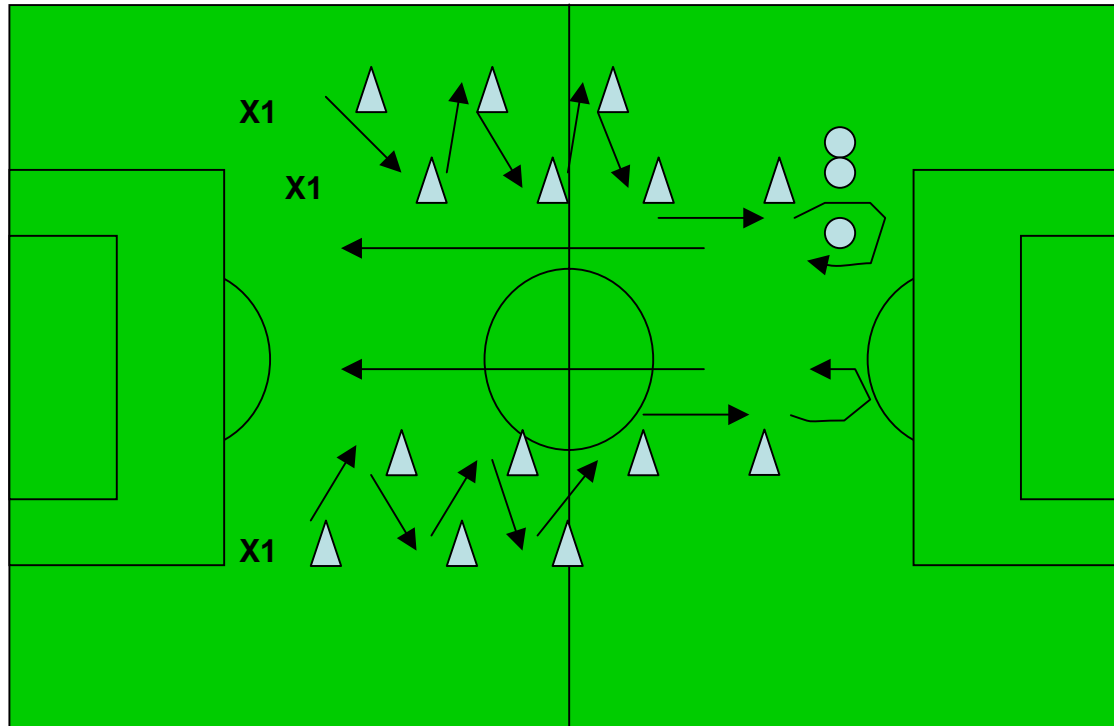
Number of repartitions: 3-5

Number of sets: 3-5

Frequency: 2 per week

Intensity: 80-100% of maximum

Time of individual preparation: 15-20 seconds



Practice : Agility

Organisation:

4 Footballs are placed at the end of the course in front of a goal.

On the signal players run the zig zag course and shoot, and return to start position. Continue until 4 shots have been made.

Service of the balls to be introduced thereafter

Preparation:

Perform a thorough warm up including stretching of all major muscle groups.

Perform only if there has been a rest period of at least 24-36 hours.

Key Points:

Work to rest ratio: 1:5

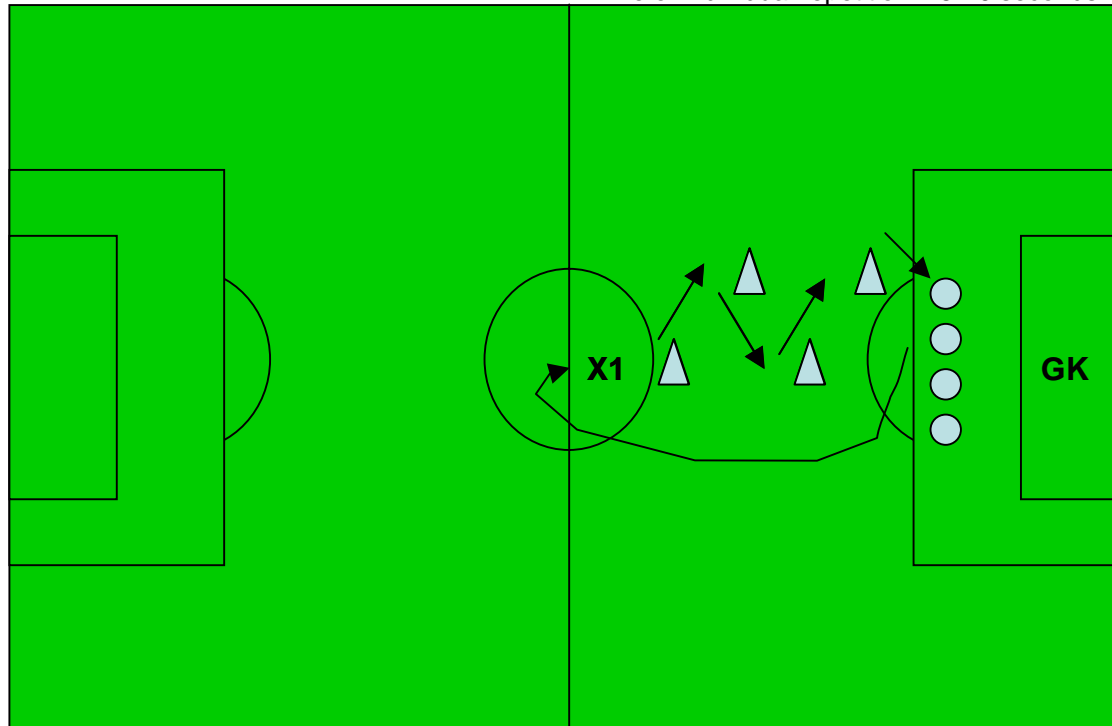
Number of repetitions: 3-5

Number of series: 4

Frequency: 2 per week

Intensity: 80-100%

Time of individual repetition: 15-20 seconds



Organisation:

4 players stand in the corner of a 30 metre grid.

A server feeds a ball into an area of the grid.

Each player must sprint to the ball and attempt to gain possession first.

The first player to reach the ball must attempt to dribble towards either of the two outside cones.

Service is varied into the grid

Rotate players/servers.

Preparation:

Thorough warm up including stretches of all major muscle groups.

Ensure prior rest period of 24 hours.

Practice : Speed

Key Points:

Work to rest ratio 1:6 (sprint 4 seconds, rest 24 seconds)

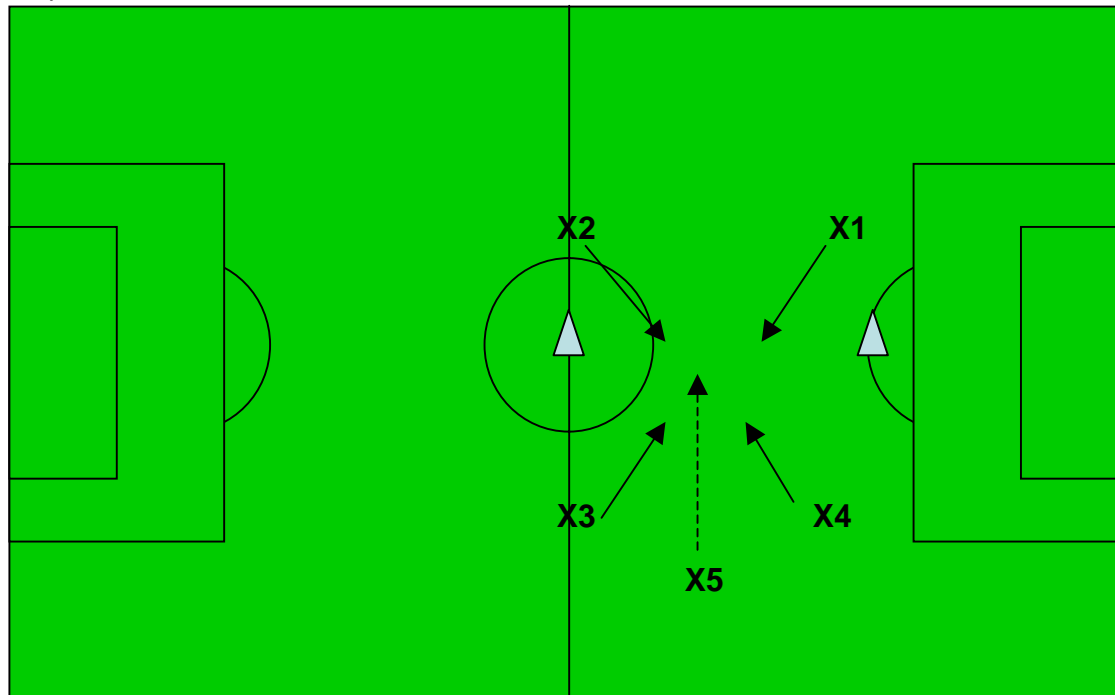
Repetitions: 3-5

Series: 3-5

Frequency: Twice a week

Intensity: 100%

Time of individual repetition: 2.5-4 seconds



Practice :Power

Organisation:

Players stand upright with legs shoulder width apart.

Players step forward slowly maintaining upright position bending front leg.

Using the stepping leg players spring back to starting position as quickly as possible.

Alternate legs

Jog on spot in between steps.

Preparation:

Perform a thorough warm up including stretches of all major muscle groups.

Perform at least 48 hours before a match.

Key Points:

Work to rest ratio: 1:6

Number of repetitions: 4 – 6

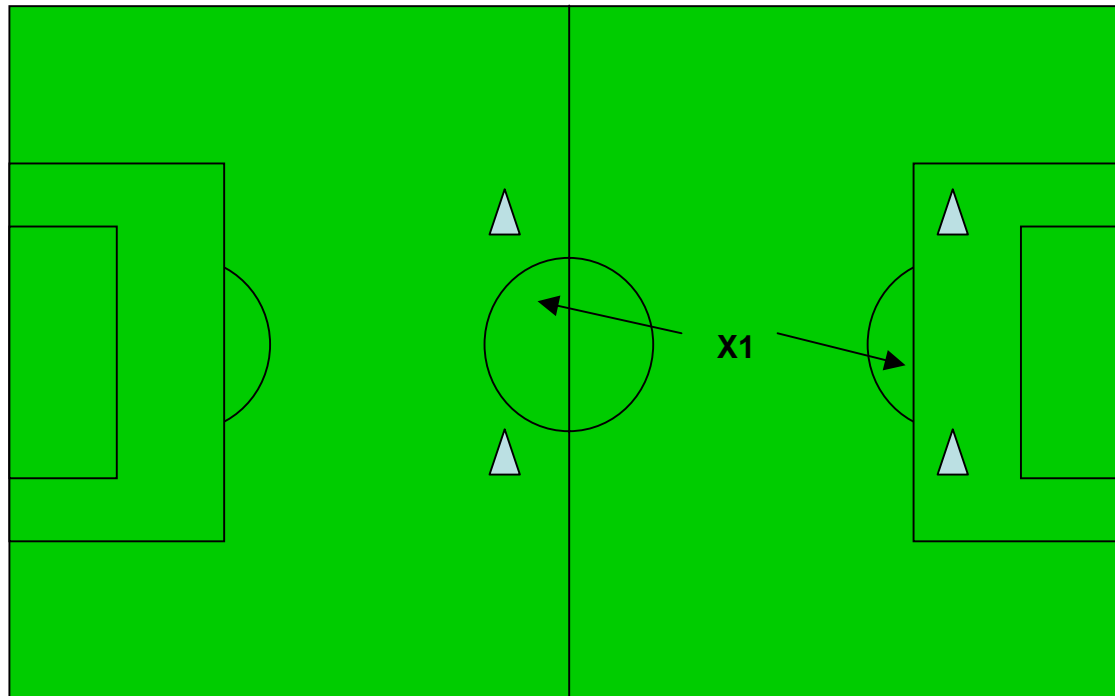
Number of sets: 3 – 5

Frequency: 2 per week

Intensity: 100%

Time of individual repetition: 2 seconds

Focus: Speed of upward movement, minimum contact with floor.



Practice :Power

Organisation:

Upon completion of each set of above activity, players jump vertically without bending knees.

Players must minimize the amount of time feet touch floor, jumping up in air as soon as they land.

Preparation:

Perform a thorough warm up including stretches of all major muscle groups.

Perform at least 48 hours before a match.

Key Points:

Work to rest ratio 1:6

Number of repetitions: 4 – 6

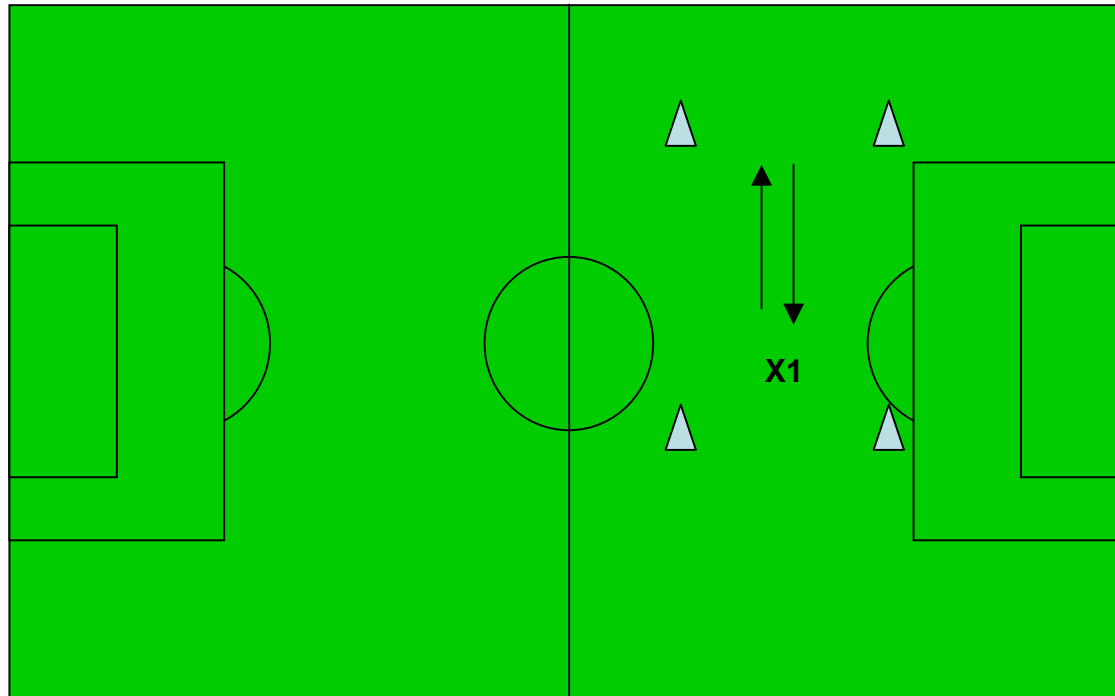
Number of sets: 3 – 5

Frequency: 2 per week

Intensity: 100%

Time of each individual activity: 2 seconds

Focus: Speed of upward movement, minimum contact with floor.



Practice :Agility

Organisation:

In pairs, players stand in opposite squares.

Player 1 moves to each corner and back to middle as quickly as possible.

Player 2 must mirror player 1's movements.

Change roles.

Repeat using ball.

Preparation:

Key Points:

Work to rest ratio:

Number of repetitions:

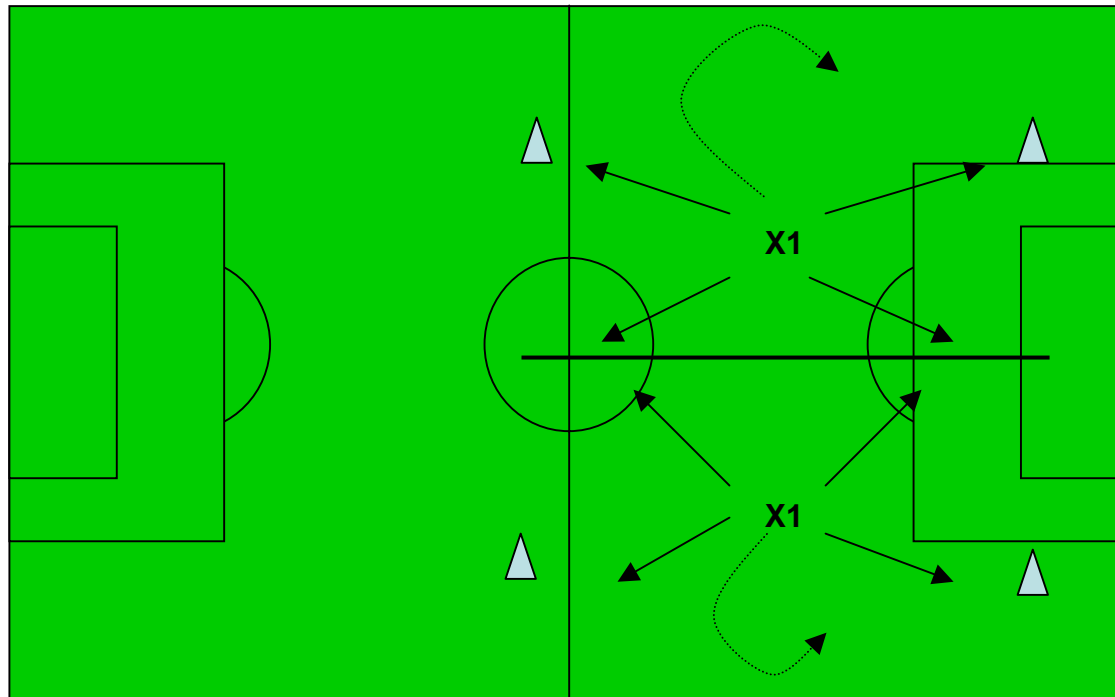
Number of sets:

Frequency:

Intensity:

Time of individual repetition:

Focus: Quick change of direction, balance, coordination of short and longer strides.



Practice :Endurance

Organisation:

Player 1 runs between posts.

Once at the post, player must change speed and direction towards server and return a one touch pass.

Change direction back towards any post and repeat.

Change distances between posts

Preparation:

Key Points:

Work to rest ratio: 1:3

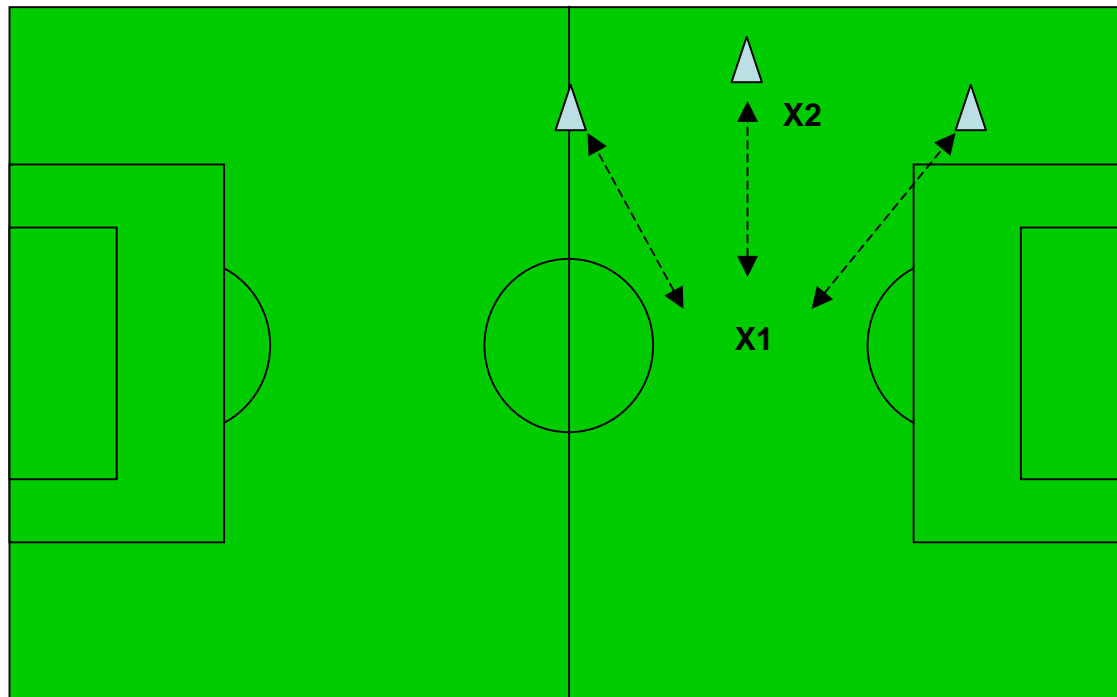
Number of repetitions: 6

Number of sets: 2

Frequency: 2

Intensity: 60%-80%

Time of individual repetition: 60 seconds



Practice :Endurance

Organisation:

Place 2 cones 40 metres apart.

Organise a 10 x 10 live zone in the centre of the cones.

Players dribble ball back and forth around the 2 end cones by moving around or through the live zone.

Place defenders in the live zone.

Players must enter the live zone after each end cone.

Preparation:

Key Points:

Work to rest ratio: 1:3

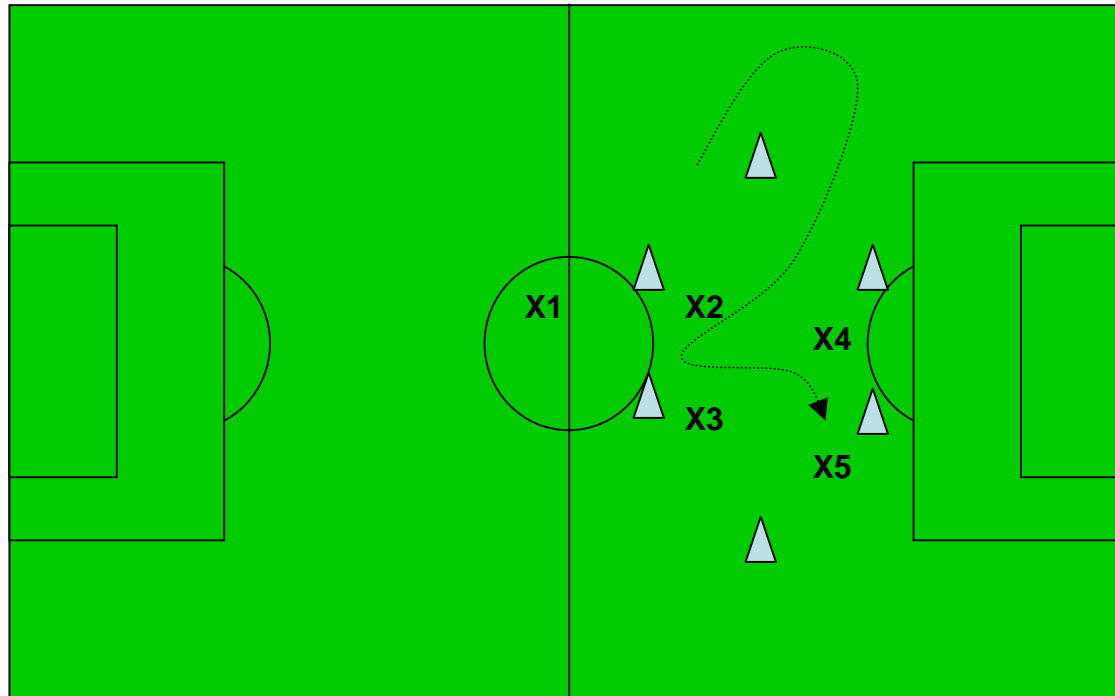
Number of repetitions: 6

Number of sets: 2

Frequency: 2

Intensity: 60% - 80%

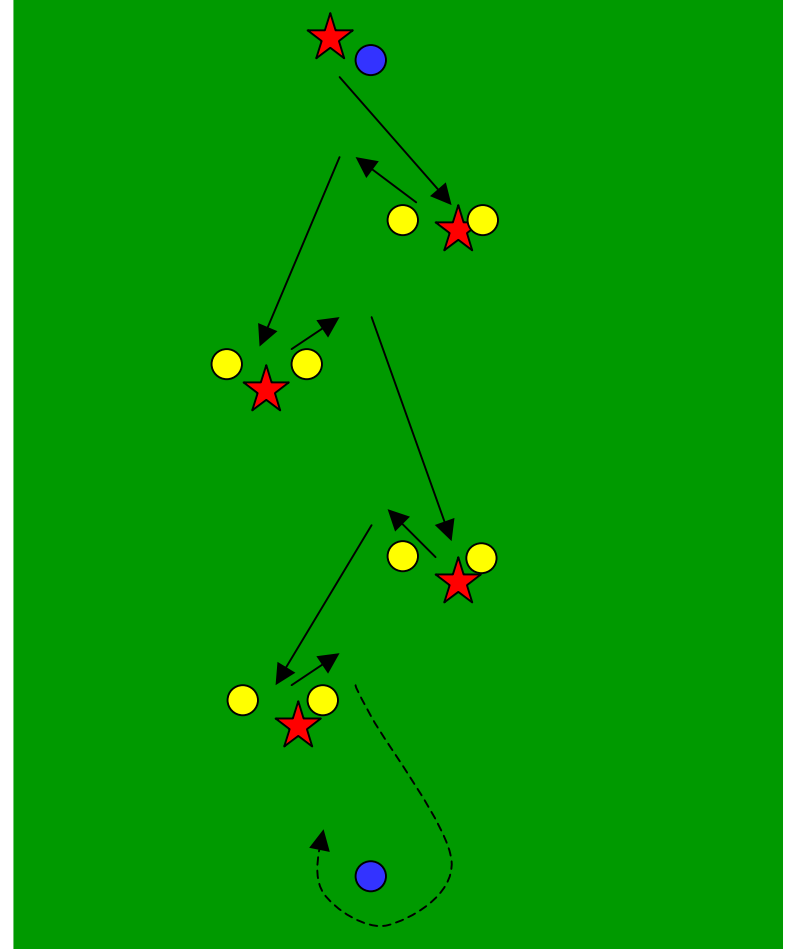
Time of individual repetition: 60 seconds.



Speed endurance

(Midfielders & defenders)

- **Organisation**
- 1 player is organised at each 18 yard box.
- 1 player is positioned in between each of the 4 cones.
- Players at end cone start by passing to players through cones one end to the other
- **Recommendations/ progressions:**
- Limit touches to 1 touch for all players for quality of passing.
- **Fitness considerations (anaerobic endurance)**
- Players work for 30 seconds
- Work to rest ratio: 1 : 1 (30s run, 30s rest)
- Repeat 3 X 4 times



Speed endurance (Attackers)

- **Organisation**

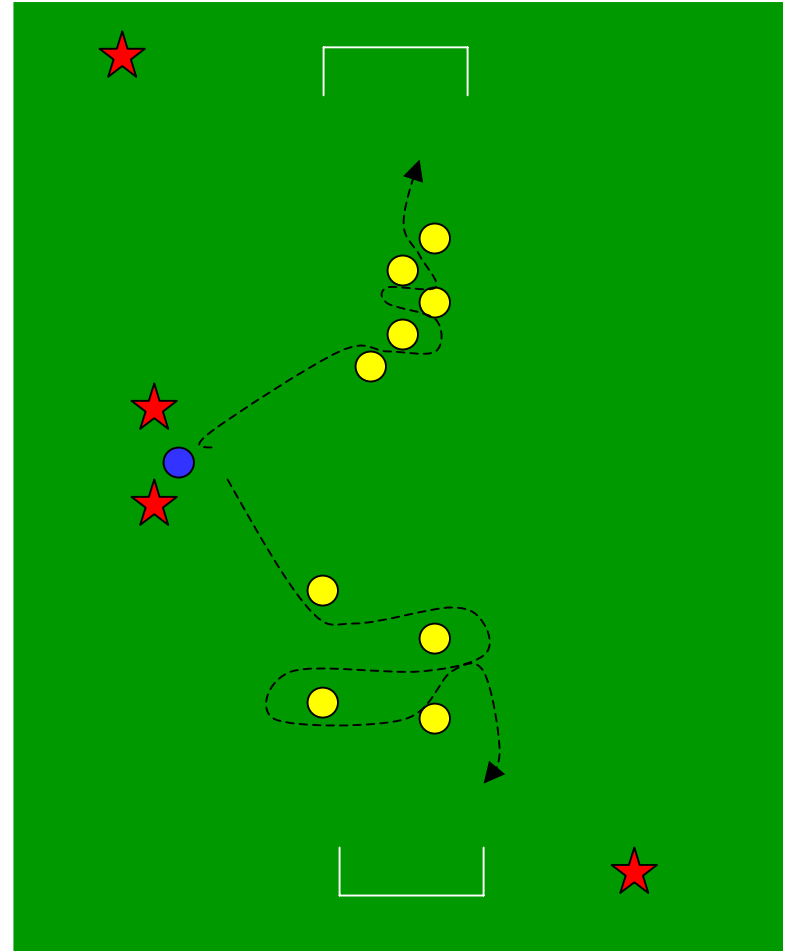
- 2 players are organised at half way line.
- 2 players are positioned at side of goals on 18 yard line
- Players start by running between poles / statics or over hurdles to attack cross.

- **Recommendations/ progressions:**

- Players recover and attack opposite end

- **Fitness considerations (anaerobic endurance)**

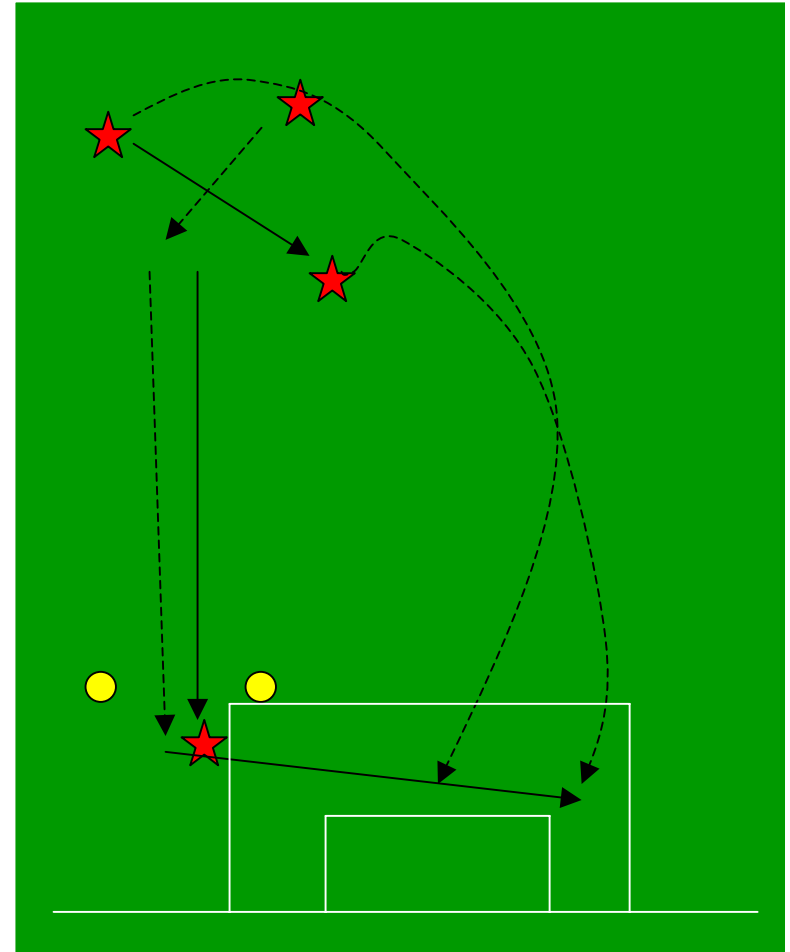
- Players work for 30 seconds
- Work to rest ratio: 1 : 1 (30s run, 30s rest)
- Repeat 3 X 4 times



Speed

(Centre forward, full back, wide forward, centre midfielder)

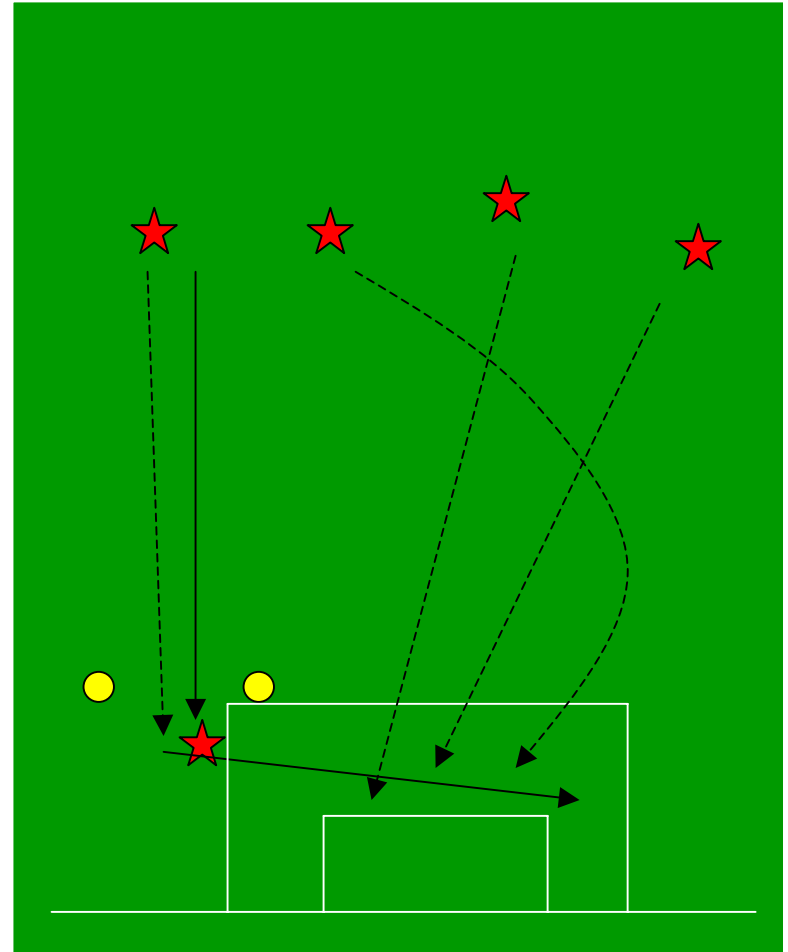
- **Organisation**
- Players start at half way line passing in triangles.
- On command
 - 1 player passes ball into channel through target cones, sprints 30m to cross ball into penalty area.
 - 2 players spin off and sprint 30m into penalty area to attack cross
- **Recommendations/ progressions:**
- Limit touches to 1 touch for all players for quality of passing.
- **Fitness considerations (anaerobic endurance)**
- Players work for 5 seconds
- Work to rest ratio: 1 : 5 (5s run, 25s rest)
- Repeat 3 X 8 times



Speed

(Centre forward, full back, wide forward, centre midfielder)

- **Organisation**
- Players start at half way line passing.
- On command
 - 1 player passes ball into channel through target cones, sprints 30m to cross ball into penalty area.
 - 3 players sprint 30m into penalty area to attack cross
- **Recommendations/ progressions:**
- Limit touches to 1 touch for all players for quality of passing.
- **Fitness considerations (anaerobic endurance)**
- Players work for 5 seconds
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- Repeat 3 X 8 times



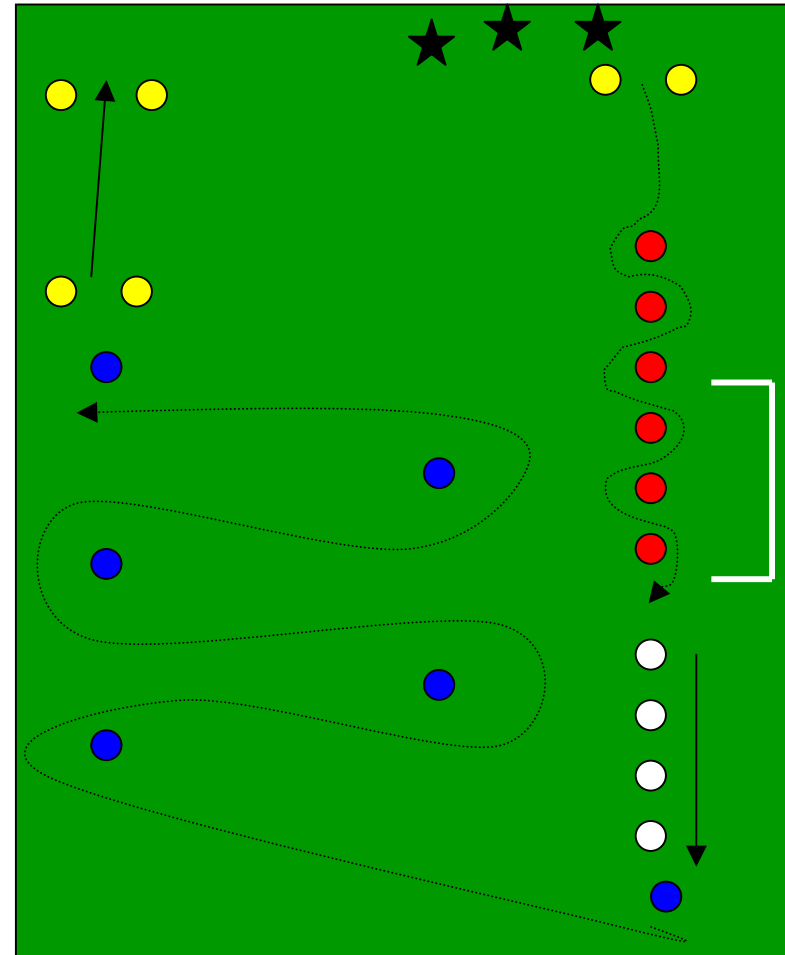
4 X 4 Run

Organisation

- Player 1 starts on the left touchline and runs/dribbles ball through the yellow gates towards the initial red cone.
- Player 1 runs/dribbles in between each red cone
- Player 1 then hurdles 4 white hurdles/ cones.
- Player 1 must then run ball around blue cones.
- Player 1 then runs/dribbles ball backwards through yellow gates.
- Player 1 repeats the circuit.

Recommendations

- Players should work to 70 - 80% of maximal throughout.
- The work to rest ratio should be 1:1, therefore a player working for 4 minutes should be allowed 4 minutes rest.
- During a session players should complete between 6 and 10 repetitions.
- To further develop the fitness capacity of the players involved, rest time could be reduced between repetitions.
- Circuit is organised on a ½ pitch.



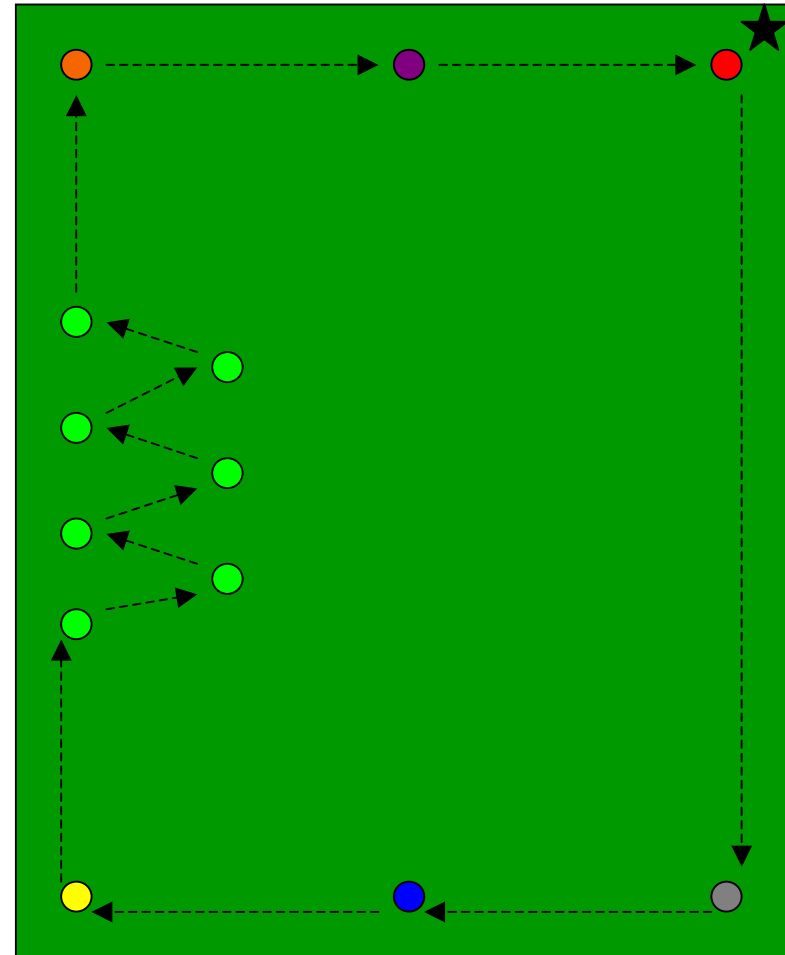
Interval run – 10s / 20s recovery

Organisation

- Player 1 starts at the red cone and sprints to the grey cone.
- Player 1 then runs backwards to the blue cone.
- Player 1 then turns and sprints around the yellow cone to the initial green cone.
- Player 1 must sprint in a zig-zag manner through the green cones and up to the orange cone.
- Player 1 then side-steps travelling right to the purple cone.
- Player 1 then side-steps travelling left to the red cone.

Recommendations

- For interval run purposes players should perform 1 minute on (70-80%), 1 minute at low intensity for 2 x 12 minute periods / 4 x 6 Minutes.
- The work to rest ratio is 1:1, therefore a player working for 1 minute should be allowed 1 minutes rest before continuing.
- When players are resting they can jog into the middle of the area and walk around, they then resume from the point that they finished at.
- While player 1 rests, player 2 should work. This places the players in a competitive environment while developing specific fitness components.
- Break periods to take place in between repetitions
- Interval circuit organised using the parameters of the 18 yard box



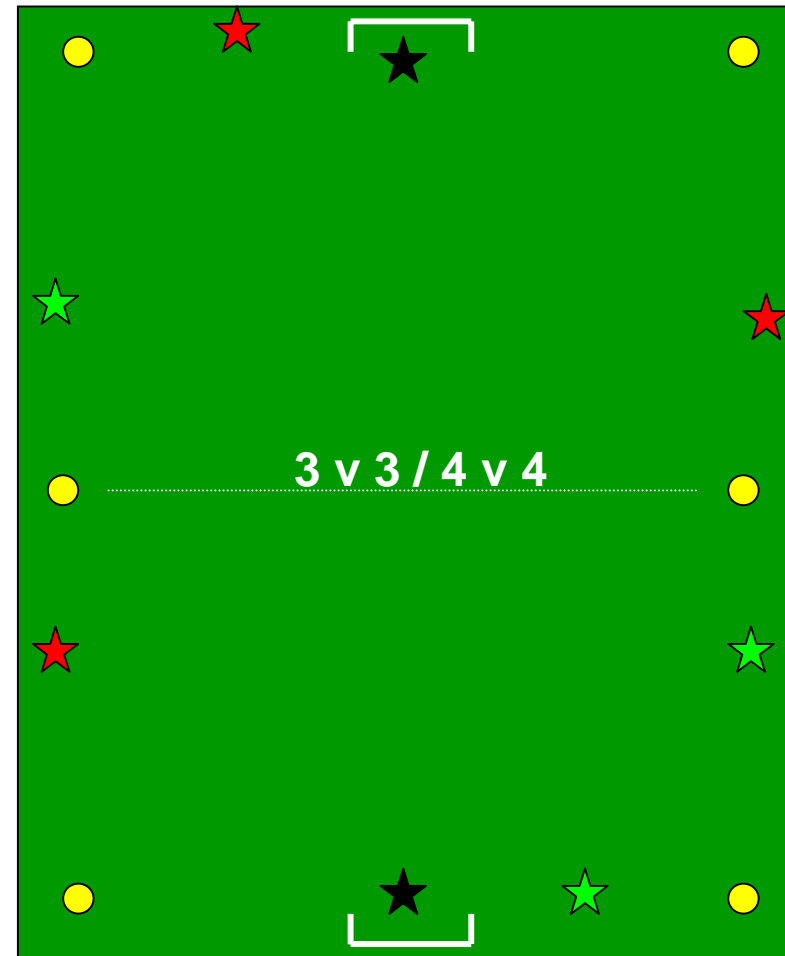
4 x 4 minute football

- **Organisation:**

- Players are organised into 4 groups of 3 players with a GK.
- Players perform a 3v3 / 4v4 “high tempo” game able to use any outside player

- **Recommendations:**

- Players perform for 4 minutes at 90-95% of heart rate max, with 4 minutes recovery.
- This should be repeated 4 times.
- Players on outside as part of the recovery process must jog around 2 yellow cones after touching the ball. (to achieve 70% heart rate max)
- Players on inside must pass to “touch line” player to score a goal.
- Touch line player only has one touch.
- All players on inside must be in attacking half to score a goal, and in own half once a shot on goal has taken place.
- By placing conditions on the game the players should hit appropriate heart rate values.



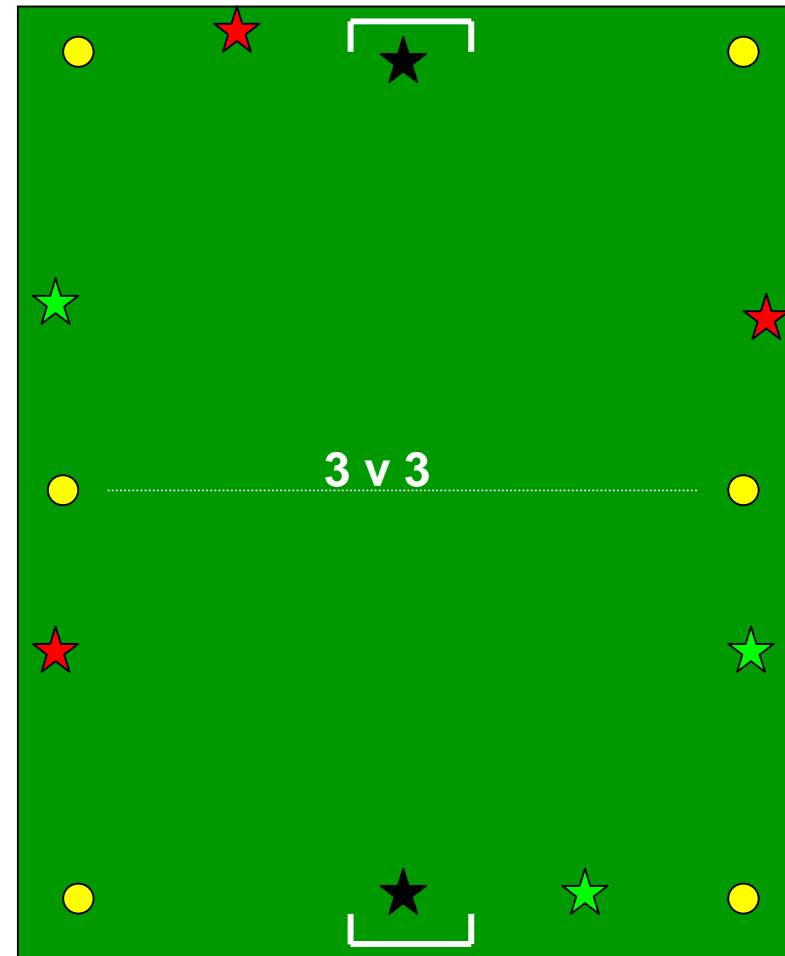
Intensive 3 x 3 minute

- **Organisation:**

- Players are organised into 4 groups of 3 players with a GK.
- Players perform a 3v3 “high tempo” game able to use any outside player

- **Recommendations:**

- Players perform for 3 minutes at 90-95% of heart rate max, with 3 minutes recovery.
- This should be repeated 6 times.
- Players on outside as part of the recovery process must jog around 2 yellow cones after touching the ball. (to achieve 70% heart rate max)
- Players on inside must pass to “touch line” player to score a goal.
- Touch line player only has one touch.
- All players on inside must be in attacking half to score a goal, and in own half once a shot on goal has taken place.
- By placing conditions on the game the players should hit appropriate heart rate values.



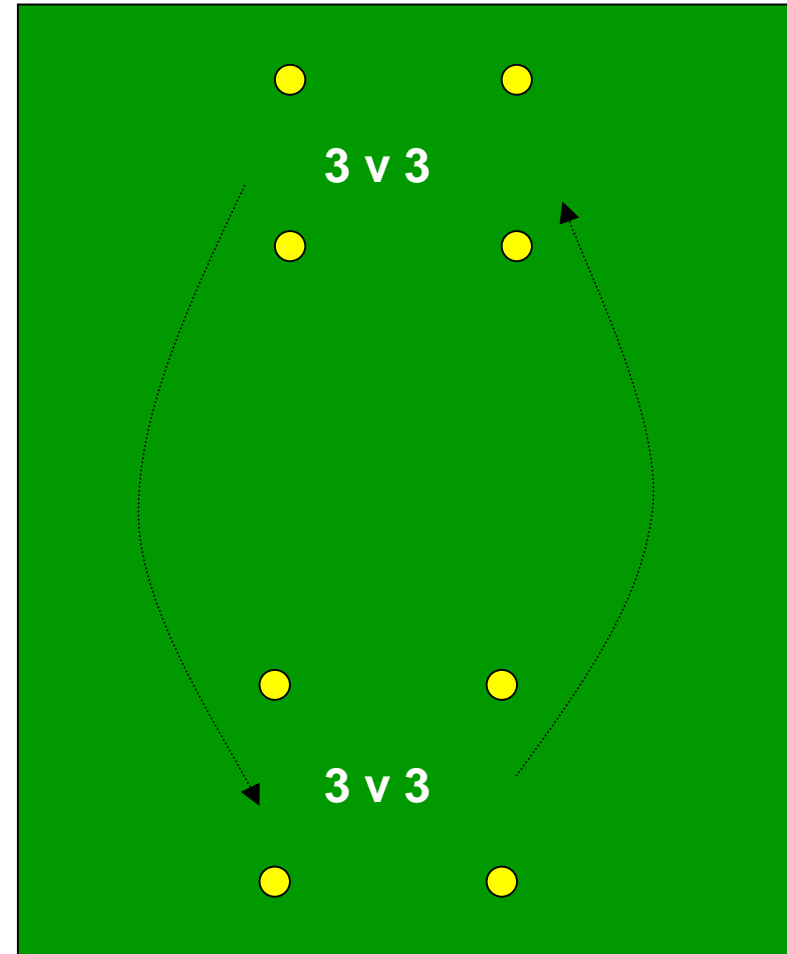
3-2-1 football

- **Organisation:**

- Place 2 30X30 metre grids 40 metres apart with balls scattered around squares.
- Players perform a 3v3 “high tempo” possession in both squares
- On signal players sprint to opposite square and repeat.

- **Recommendations:**

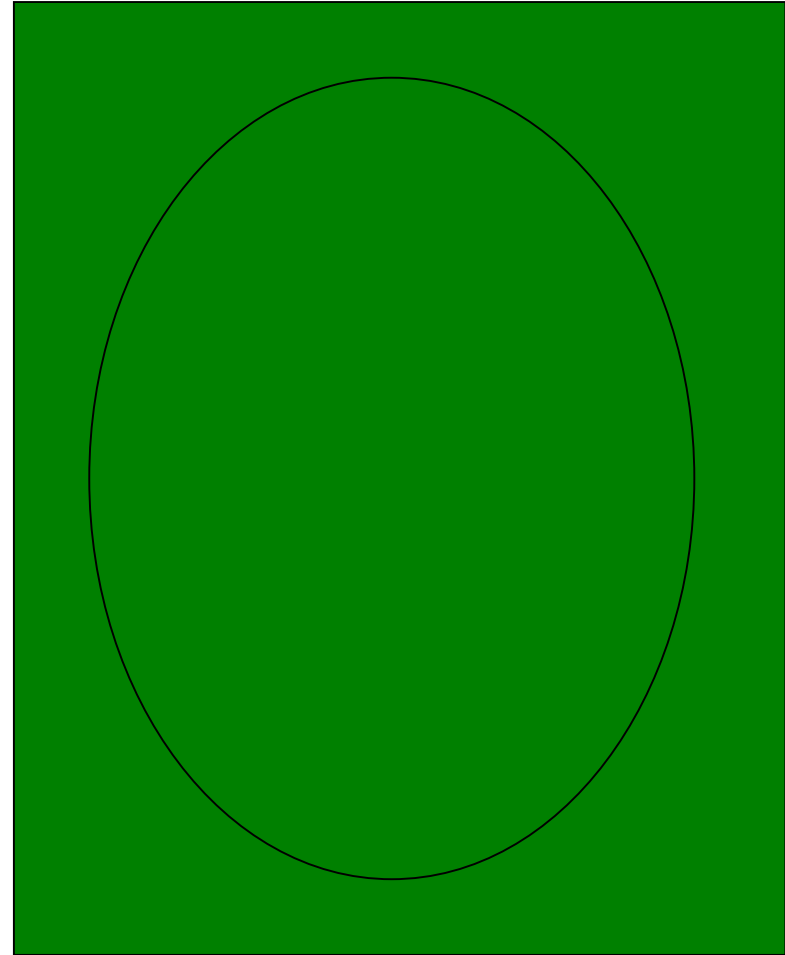
- Duration of possession begins with 3 minutes followed by 2 minutes rest.
- This is followed by 2 minutes of possession and 30 seconds rest.
- This is then followed by 1 minute possession and 90 seconds rest.
- This should be repeated 3 times.
- By ensuring that balls are scattered around outside of square players are constantly working, without getting any rest period. This will ultimately develop aerobic power.
- Players should be encouraged to reach 90-95% of heart rate max throughout each activity of possession
- If 18 players require work have three square with player changing in a clockwise direction.



Track work

11/08/05

- **Organisation;**
- Track work;
 - 1 x 90 sec run (400 metres)
 - 2 x 90 sec run (800 metres)
 - 3 x 90 sec run (1200 metres)
 - 2 x 90 sec run (800 metres)
 - 1 x 90 sec run (400 metres)
- **Recommendations/ progressions;**
- Organise the 16 players into groups of four;
- 4 players run as a group;
- Each group sets off after the group ahead reaches the 100 metre mark;
- This allows for 1 min 15 sec / 30 sec recovery



Technical / Physical Circuits

Technical / Cardiovascular Circuit

- **Organisation;**
- 10 stations / 3 players per station;
- 30 players;
- 1 min work (All players) / rest & drink;
- 1 min work (All players) / rest & drink;
- 30 secs work (All players) / rest & drink;
- 15 secs work (All players) / rest & drink;
- 10 Mins lower limb stretching.
- Stations;
- 1 Sit ups
- 2 Press ups
- 3 Keep ups whilst sitting down
- 4 Head ball against wall
2 headers & head against wall
3 headers & head against wall etc
- 5 3 players on wobble boards
5 yards apart, pass ball whilst balancing on one leg
- 6 Four stations with three weighted balls. Players move balls to an empty station. Stations organised in one straight line.
- 7 Players run with ball in an anti clockwise direction. Players start at separate cones. Cones organised in a straight line.
- 8 Slalom run zig zagging across area and back.
- 9 Three players organised within an 8x8 square. 2 touches on the ball, pass & move to a free side of the square
- 10 Players organised inbetween two cones. Dribble with ball & turn at cone moving from side to side.

Technical / Cardiovascular Circuit

- **Organisation;**
- 10 stations / 3 players per station;
- 30 players;
- 1 min work (All players) / rest & drink;
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