

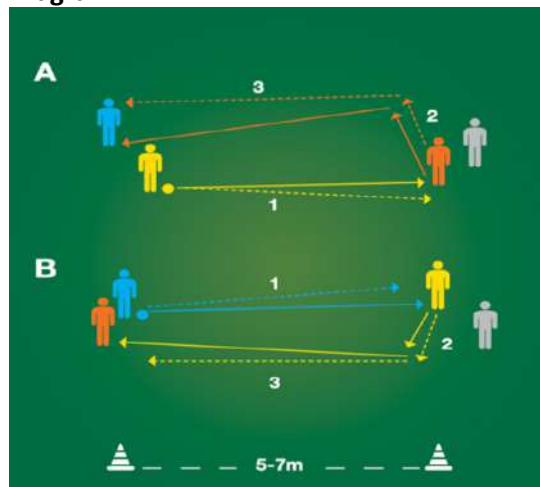
Session 1 – First Touch

Skill Introduction – 15 Minutes

Organisation/ Explanation

- Players set up in fours to a station as illustrated.
- Distance between players each end 5m-7m.
- First player passes into receiving player who takes first touch away and passes back towards waiting player.
- Once passed is made, players follow their pass.
- Diagram A, Orange player has moved ball to the right from where the yellow player has approached.
- Diagram B, Yellow player has moved the ball to the left from where the blue player has approached.
- Vary distance of pass to increase intensity.
- Add competition ie, how many completed passes in 1 minute both right and left foot.

Diagram

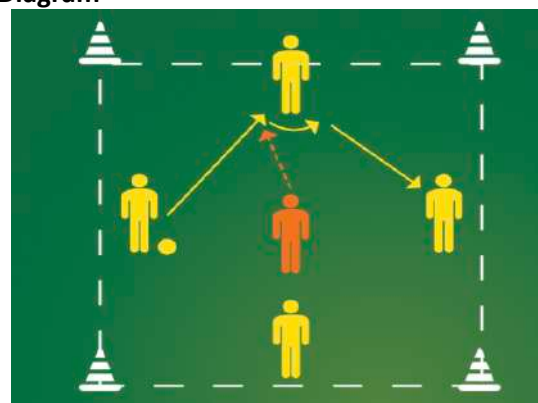


Skill Training – 25 Minutes

Organisation/ Explanation

- Positioning Games with **minimum** of two touches.
- Set up practices with 4v1, 3v1, 4v2 and 5v2.
- Playing Area: 15m x 15m depending on players ability.
- To increase difficulty, reduce size of area.
- Add competition ie, how many completed passes in 1 minute using minimum two touches.

Diagram

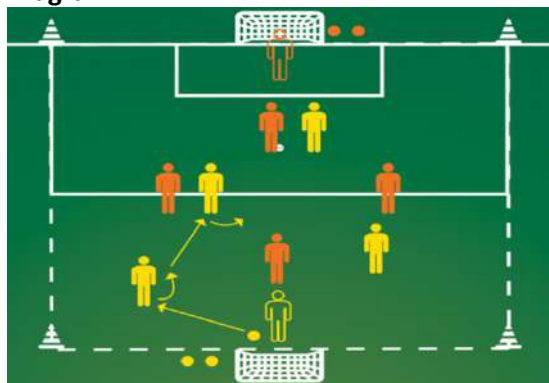


Skill Game – 20 Minutes

Organisation/ Explanation

- 5v5 game.
- Every player must take two touches when receiving the ball, if not possession is given to opposition.
- Increase difficulty by reducing the size of the playing area.
- Decrease difficult by playing 4v4 + 2 jokers who play on team in possession creating a 6v4.

Diagram



Session 2 – First Touch

Skill Introduction – 15 Minutes

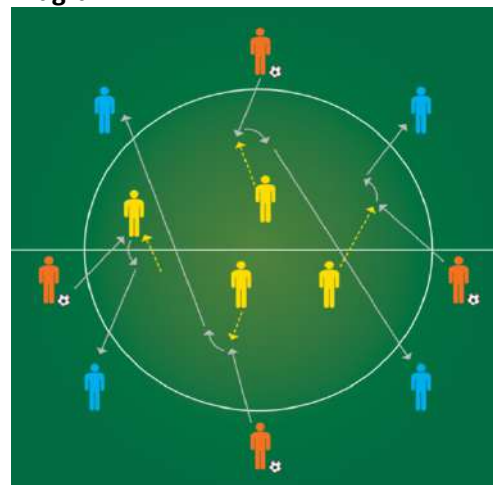
Organisation/ Explanation

- Set up with 3 teams of 4 (or more) players with different colour bibs as illustrated in the diagram.
- Yellow team moves around the circle calling for the ball and moving it with their first touch to pass it with their second touch to a player free on the outside of the circle.
- Change roles after 1-2 minutes.

Variations

- Only use right / left foot.
- Only use inside / outside foot.
- Serve ball into the playing area to thigh / chest.
- After passing the ball, servers follow their pass to apply passive pressure on player receiving the ball.

Diagram

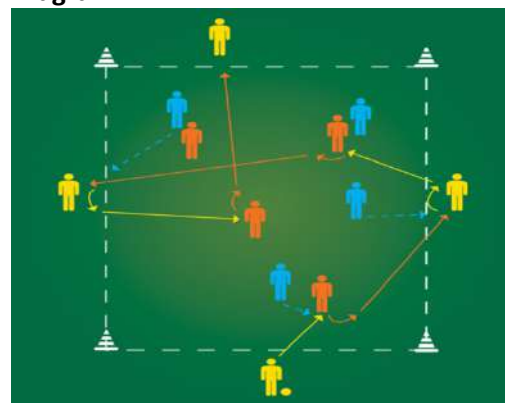


Skill Training – 25 Minutes

Organisation/ Explanation

- 4v4 positioning game with 4 'wall' players.
- Playing Area: 20m x 30m depending on players ability.
- Mandatory 2 touches for all players.
- Encourage players to move the ball with first touch away from defender.
- Encourage players to make an angle when asking for the ball.
- Encourage players to scan before receiving the ball.
- **Step Up:** Reduce grid size.
- **Step Down:** Increase grid size.

Diagram

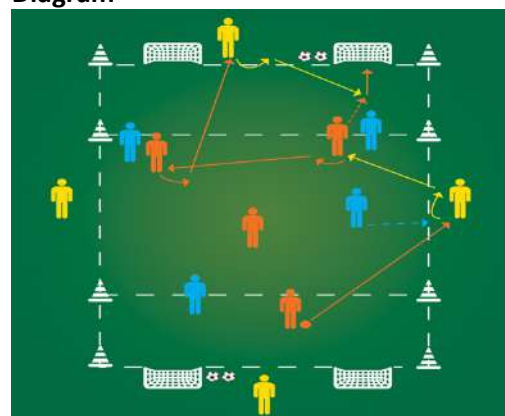


Skill Game – 20 Minutes

Organisation/ Explanation

- 4v4 with 4 'wall' players.
- Playing Area: 20m x 30m with two 2m goals and a 5m-7m 'scoring zone' as illustrated in diagram.
- Mandatory 2 touches for every player.
- 'Wall' players not allowed to stop ball or play to each other.
- Can only score inside the 'scoring zone' with a one touch finish.
- Change teams every 2-3 minutes or after a goal is scored.

Diagram



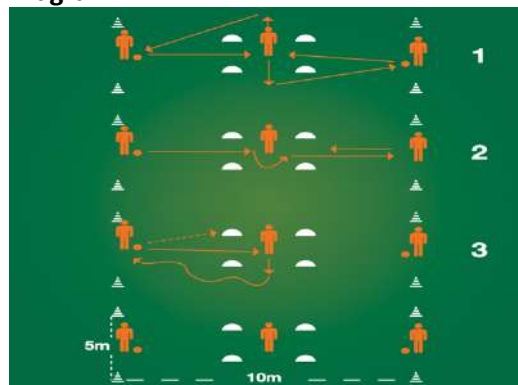
Session 3 – First Touch

Skill Introduction – 15 Minutes

Organisation/ Explanation

- Players in groups of threes as illustrated.
- Exercise starts with a player on one side passing into the middle player who takes first touch side-ways out of the grid and plays ball back with their second touch.
- Repeat 10 times and swap middle player.
- Variations as illustrated, middle player receives pass and plays out to other side after taking first touch. Player playing the ball follows pass, passively defends one side of the grid to encourage receiving player to take first touch in opposite direction.

Diagram

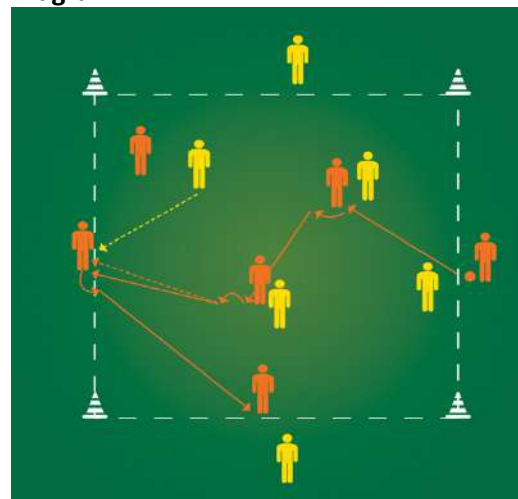


Skill Training – 25 Minutes

Organisation/ Explanation

- Positioning game 4v4 + 2 outside players for each team creating a 6v4 in possession.
- Playing Area: 30m x 30m.
- Mandatory 2 touches for all players.
- If someone passes ball to outside player, the two players then swap positions.
- Get players to move the ball quickly, make angles to receive the ball, position yourself so you can see as much of the field as possible and scan your options before receiving the ball.
- **Step Up:** Reduce grid size.
- Point scored for every complete pass to outside player and successful interchange between player passing the ball and outside player.
- **Step Down:** Increase grid size or add a joker.

Diagram

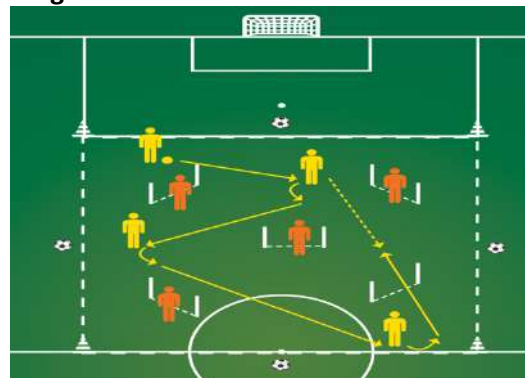


Skill Game – 20 Minutes

Organisation/ Explanation

- 4v4 game.
- Playing Area: 35m x 35m.
- Goal scored by playing a pass through a gate to a team-mate.
- Mandatory 2 touches for all players.
- **Step Up:** Time limit on team in possession scoring a goal or decrease size of the goals.
- **Step Down:** Increase size of goals, add another goal or introduce a joker.

Diagram



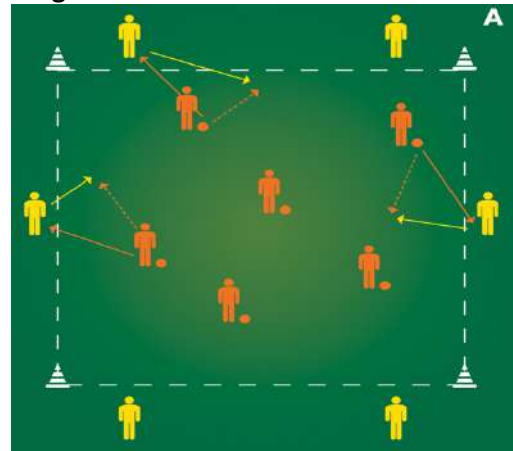
Session 4 – Striking The Ball

Skill Introduction – 15 Minutes

Organisation/ Explanation

- Playing Area: 20m x 20m.
- Split group with half of the players on outside of the playing area without a ball and other half inside area with a ball.
- Players inside dribble freely until they can play a pass to a 'free' player on the outside.
- Change roles every 2 minutes.
- Encourage players to use both left and right foot.
- Encourage good ball speed,
- Create good angles to receive the pass to then then play forward.
- Variation, players on outside start with the ball, players inside receive pass and play to a 'free' player.

Diagram

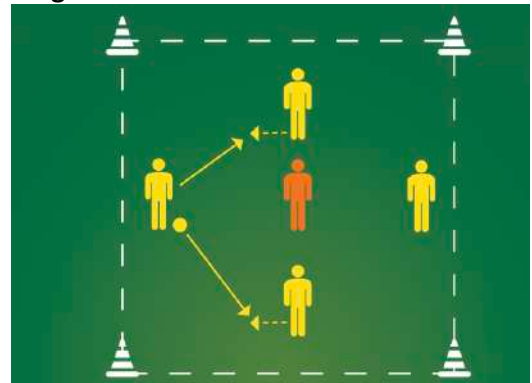


Skill Training – 25 Minutes

Organisation/ Explanation

- Set up 3v1, 4v1, 5v2 positioning games based on players ability
- Playing Area: 10m x 10m.
- Players try to keep the ball from the defending player.
- Swap defender every 2 minutes.
- **Step Up:** make grid smaller or add additional defender.
- **Step Down:** make grid bigger.

Diagram

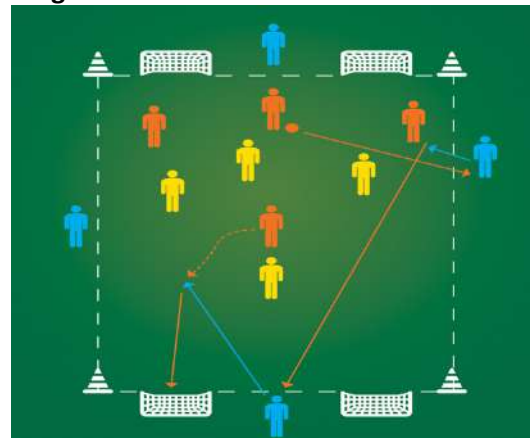


Skill Game – 20 Minutes

Organisation/ Explanation

- 4v4 + 4 'neutral' players on outside.
- Playing Area: 20m x 30m.
- Team in possession can use 'neutral' players creating an 8v4.
- Rotate teams after 3 minutes or when a team scores.
- Encourage players to create angles to receive the pass.
- Encourage players to look to play forward towards goal.
- Goals count as double if scored by a 3rd man combination as illustrated in diagram.

Diagram



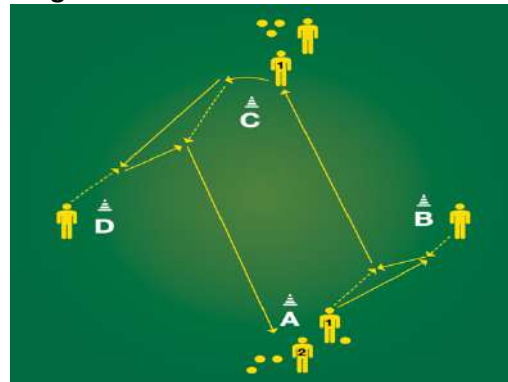
Session 5 – Striking The Ball

Skill Introduction – 15 Minutes

Organisation/ Explanation

- 6 players are positioned as shown, distance 7m-8m.
- Passing sequence as illustrated in diagram.
- All players follow their pass and move to the next cone.
- Encourage players to pass with good ball speed.
- Encourage players to play pass to receiving players back foot.
- Variation: Use 2 balls, one starting at cone A and one at cone B.

Diagram

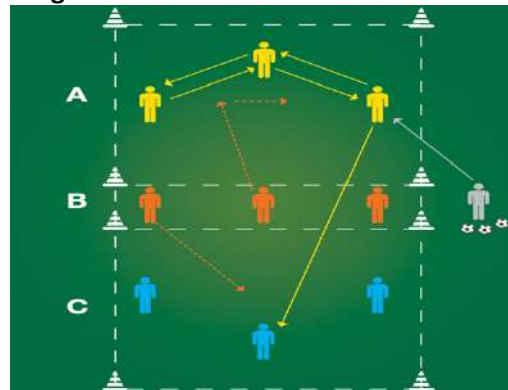


Skill Training – 25 Minutes

Organisation/ Explanation

- 3v1 Killer Pass positioning game with 9 players.
- Two grids set up (A&C) 12m x 12m.
- Three teams as illustrated in diagram.
- Coach plays ball into either yellow or blue team as illustrated.
- One defending player from the Red team comes out to defend in a 3v1 situation.
- Team in possession look to keep the ball and pass forward over to the other team where a new defender then applies pressure.
- Rotate defending team every 2-3 minutes or when defending team wins the ball.

Diagram

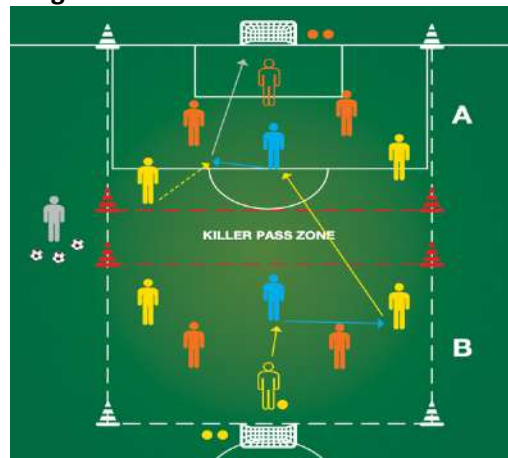


Skill Game – 20 Minutes

Organisation/ Explanation

- 5v5 game including Gks + 2 'Neutral' players.
- Playing Area: 40m x 50m.
- Blue 'Neutral' players play for the team in possession to create a numerical advantage.
- All players stay in their designated areas.
- Encourage players in possession to keep the ball until the right opportunity presents itself to play the killer pass forward.
- **Step Up:** 2 touches only and or no neutral players.
- **Step Down:** 2 neutral players per grid and or make grids A and B bigger.

Diagram



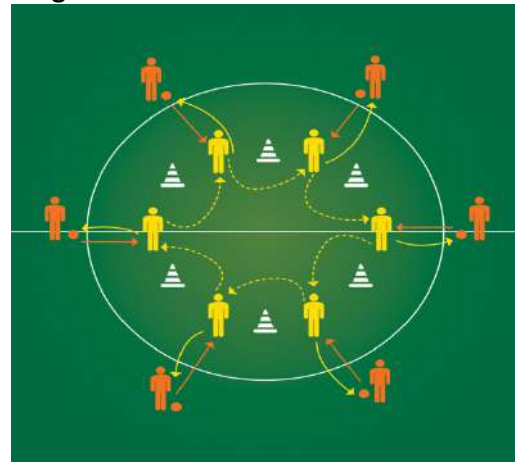
Session 6 – Striking The Ball

Skill Introduction – 15 Minutes

Organisation/ Explanation

- 6 Orange players located outside a 10m circle as illustrated.
- 6 Yellow players located inside a smaller 7m square as illustrated.
- Yellow players perform the role of a goalkeeper.
- Yellow players roll the ball out to the Orange player who shoots the ball back with a controlled instep drive.
- Orange players then move to the next yellow goalkeeper and repeats the process.
- Rotate Yellow players with Orange players once all players have returned to their original cone.
- Encourage players to use left and right foot to shoot.
- Variations: Volley or half-volley to shoot.

Diagram

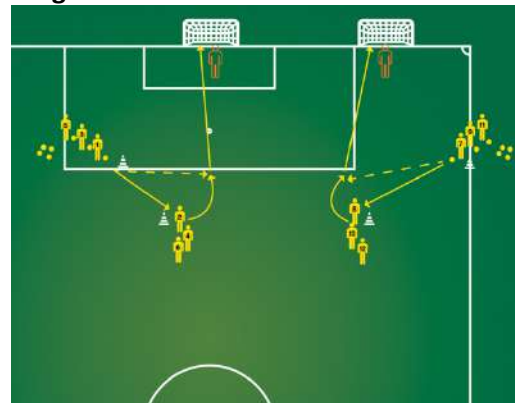


Skill Training – 25 Minutes

Organisation/ Explanation

- Two practices set up with one group focusing on right foot shooting and the other left foot shooting.
- Player #1 passes to player #2 who then runs to apply pressure as a defender. Player #2 take a first touch and shoots at goal.
- Player #1 then joins the shooting line and player #2 joins the defending line.
- Step Up: Increase the angle for player to shoot and reduce the distance between defending player and attacking player.
- Step Down: Move the cones closer to the goal to get some success. Increase the distance between defender and player shooting.

Diagram

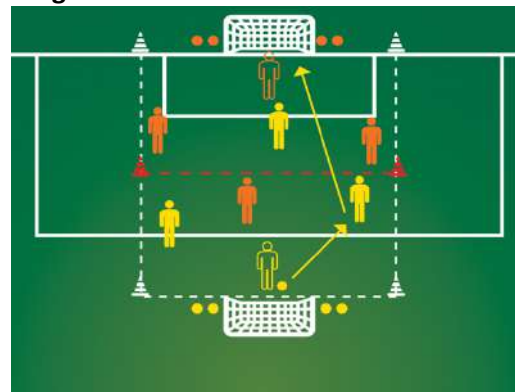


Skill Game – 20 Minutes

Organisation/ Explanation

- 3v3 shooting game.
- Playing Area: 20m x 20m divided by a halfway line.
- Game starts with a 3v1 in one grid.
- Team scores by shooting in their own half or by a finish from the lone attacker in opposite half from a rebound off the goalkeeper, post or crossbar.
- Rotate players regularly.
- Encourage players to shoot as often as possible.
- **Step Up:** Limit the number of passes before shooting or reduce size of playing area.
- **Step Down:** Make the playing area bigger.

Diagram



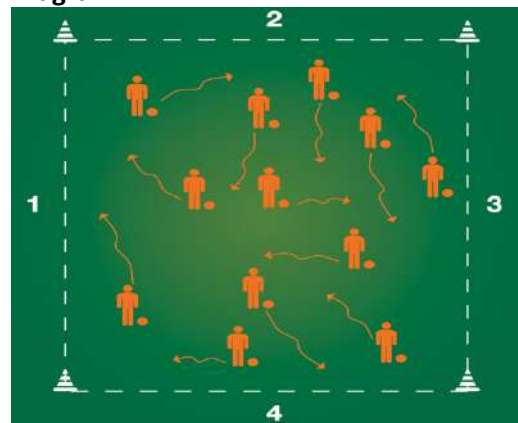
Session 7 – Running With the Ball

Skill Introduction – 15 Minutes

Organisation/ Explanation

- All players running with a ball freely in the playing area.
- Playing Area: 30m x 30m.
- First 3-4 minutes: Low speed/ intensity, use both feet.
- Next 5-8 minutes: accelerate when you see free space in front of you, use only left or right foot.
- **Progression:** Split players into 4 groups, number them 1-4 and have the line up on all four sides of the playing area. Coach calls a number and those number players run the ball across the playing area to the other side and back as quickly as possible.
- Coach calls 2-3 numbers to encourage players to get their heads up whilst running with the ball.

Diagram

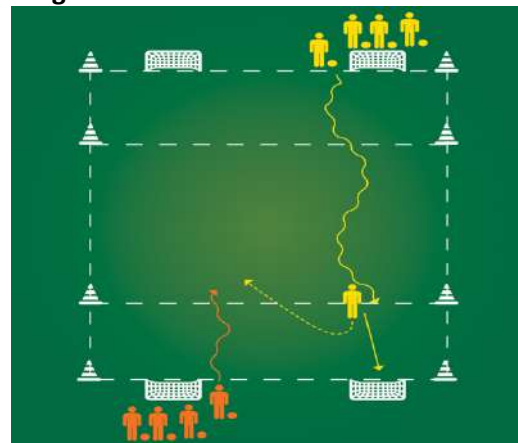


Skill Training – 25 Minutes

Organisation/ Explanation

- Playing Area: 30m x 20m. Field and players set up as illustrated.
- The exercise starts with the first player (yellow) running the ball into the 'end shooting' zone and having a shot at goal.
- As soon as yellow player has had their shot the orange player starts running their ball to their 'end shooting' zone.
- As soon the yellow player has shot, they chase the orange player to prevent them from scoring.
- Once the orange player has had a shot, they chase the next yellow player and so on and so on.
- **Step Up:** Narrow the distance between the two goals and the byline.
- **Step Down:** Make playing area bigger.

Diagram

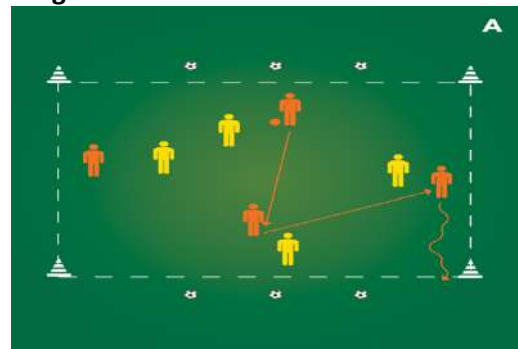


Skill Game – 20 Minutes

Organisation/ Explanation

- 4v4 Line game.
- Playing Area: 30m x 20m.
- To score a player must run the ball over the end line.
- Encourage players to spread out and find space.
- Encourage players to run with the ball as often as possible.
- If team gets across the end line they then go back the other way and attack the other end line.

Diagram



Session 8 – Running With the Ball

Skill Introduction – 15 Minutes

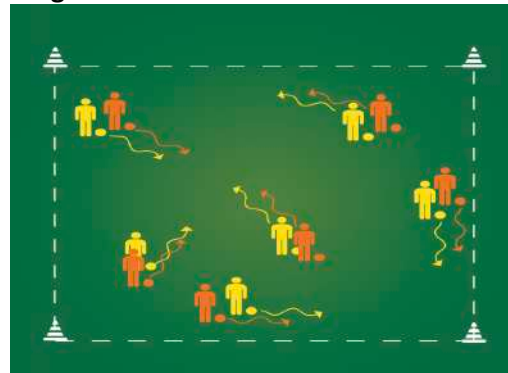
Organisation/ Explanation

- Playing Area: 30m.x 30m.
- Players in pairs as illustrated.
- One player dribble's in front as 'leader' with the other player following their every move.
- Rotate the players role regularly.

On the coach's instruction players perform the following:

- Accelerate
- Change direction
- Stop – Start
- Feint turn followed by accelerate.

Diagram

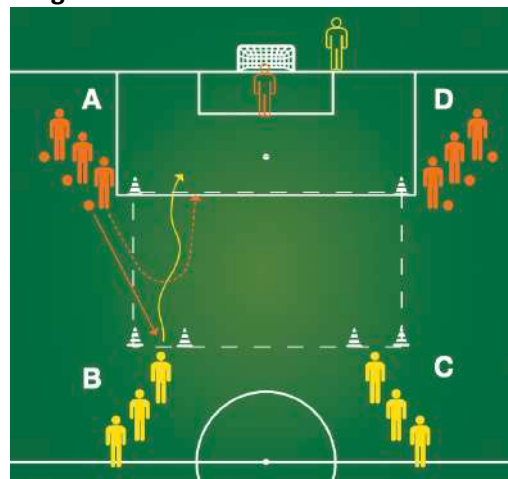


Skill Training – 25 Minutes

Organisation/ Explanation

- Set up players as illustrated.
- Exercise starts with first player of group A passing the ball to the first player of group B. Player B controls the ball and runs at goal at speed.
- Player A follows their pass, overlaps and chases player B who tries to score inside the penalty area.
- Yellow player then goes to group A and orange player goes to group B.
- Repeat with group C and D.
- Encourage players to run the ball at speed keeping their head up.
- If the defender catches up with attacker, encourage attacker to feint, change direction and accelerate away.

Diagram

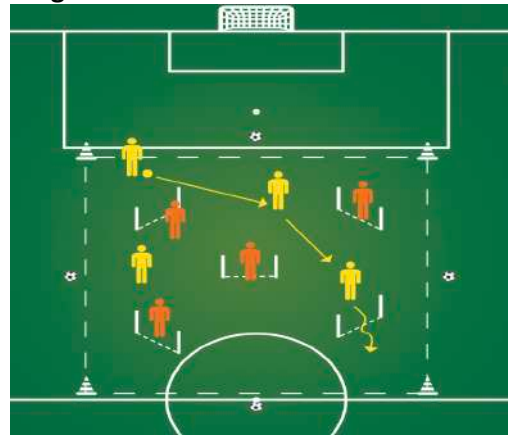


Skill Game – 20 Minutes

Organisation/ Explanation

- 4v4 game.
- Playing Area: 35m x 35m
- Five gates of 3m positioned in playing area.
- Team in possession scores by one of their players running the ball through one of the gates.
- Step Up: Team has 30 seconds to attempt to score and or decrease the gate size.
- Step Down: Increase the gate size, add another gate and or introduce a 'joker' who plays for both teams when in possession to create an overload.

Diagram



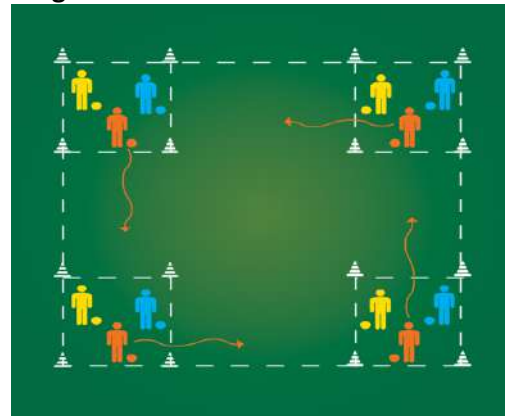
Session 9 – Running With The Ball

Skill Introduction – 15 Minutes

Organisation/ Explanation

- Playing Area: 30m x 30m with four small grids of 5m x 5m in each corner.
- Session set up as illustrated.
- 3 players in each corner are numbered 1-3.
- Coach calls a number and those players in each corner run the ball to the next grid as fast as possible.
- Encourage players to run the ball as fast as possible whilst maintaining possession and getting their head up.
- Competition: Get players from same grid to run the ball to the next grid and see how gets there first.
- Get players to run the ball with both left and right foot.

Diagram

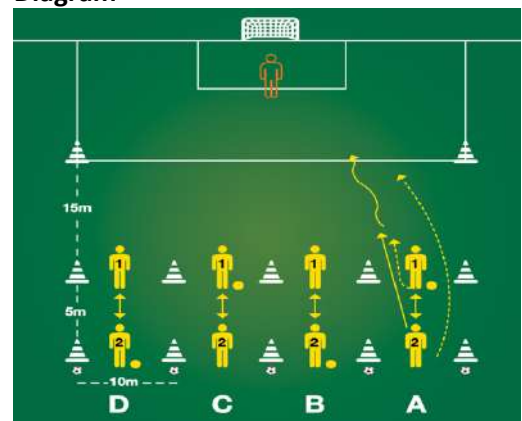


Skill Training – 25 Minutes

Organisation/ Explanation

- Session Set up as illustrated.
- Players put in pairs and placed in grids A-D.
- Practice starts with players passing to each other in their grids.
- Coach calls A, B, C or D and the player 2 within that particular grid plays a ball in behind player one who runs onto the ball and tries to score. Player 2 who played the pass chases player 1 down and tries to stop him/her shooting.
- Players then swap positions at the conclusion of their turn.
- Swap the pairings also once everyone has had a turn at defending and attacking.

Diagram



Skill Game – 20 Minutes

Organisation/ Explanation

- 4v4 game + 4 "wall" players, creating an 8v4.
- Session set up as illustrated.
- All players assigned and direct opponent and can only take the ball from that player.
- Outside players used to create combinations.
- Change teams every 2-3 minutes or when a goal is scored.
- Usual game rules apply.
- **Step Up:** Teams can only use wall players in their own half and or narrow the pitch.
- **Step Down:** Widen the pitch.

Diagram



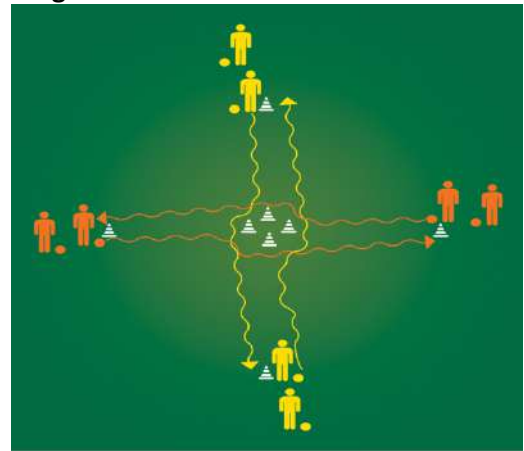
Session 10 – 1v1

Skill Introduction – 15 Minutes

Organisation/ Explanation

- Field set up as illustrated. Cones 12-15m apart.
- To start the session two players from opposite sides dribble with the ball to a central cones and perform feint and or change of direction ball master move and continue to the other side.
- Get players to alternate between going around the central cones on the right and left side.
- Get players to increase tempo whilst maintaining the correct execution.
- Take out the middle markers to increase players perception and communication.
- Get player to perform a number of different ball mastery moves.

Diagram

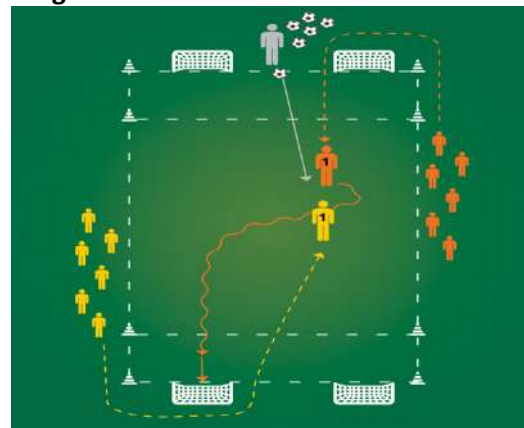


Skill Training – 25 Minutes

Organisation/ Explanation

- Playing Area: 20m x 30m.
- Practice set out as illustrated.
- On coaches' signal, player 1 from both teams sprints around the back of the goals onto the field of play.
- Ensure ball is played to either yellow or orange player to avoid any collisions.
- Players try to score in wither of the two end goals but must be inside the 'shooting' zone as marked out on the illustration.

Diagram

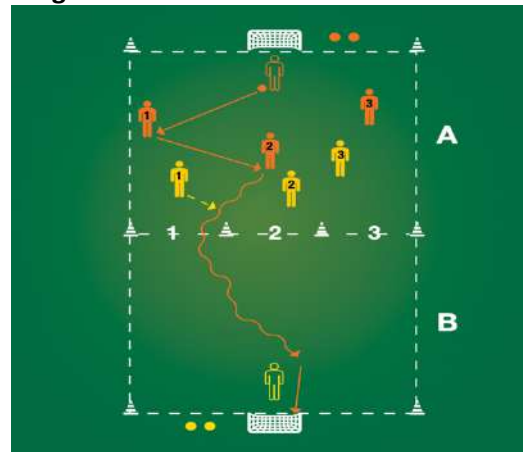


Skill Game – 20 Minutes

Organisation/ Explanation

- Playing Area: 20m wide x 40m long.
- Session set out as illustrated.
- Each player yellow and orange has a designated central gate that they are to defend.
- Orange goalkeeper starts the game with all outfield players of both teams in grid A. Orange team try to keep possession and try to beat their opponent in a 1v1 to get through their gate to score against opposition goalkeeper.
- If yellow win the ball they try to score immediately. If they score play restarts in yellow team's half. If orange score, play restarts in orange half.

Diagram



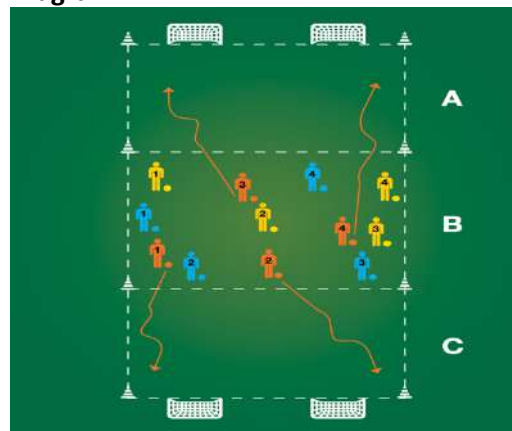
Session 11 – 1v1

Skill Introduction – 15 Minutes

Organisation/ Explanation

- Playing Area: Grid A & C 20m x 10m, Grid B 20m x 15m.
- Session starts with all players all in grid B.
- Encourage players to be creative on the ball, use change of direction move and feints and accelerate into Grid A or C after performing a skill move.
- Progression: Number players 1-4, on the coaches call of a specific number, players perform a feint and attack either grid A or C and shoot towards a goal.
- Variation: choose one team to be a defending team in Grid B, other two teams start in Grid A or C and take the defending team on in a 1v1 to score in opposite grid.

Diagram

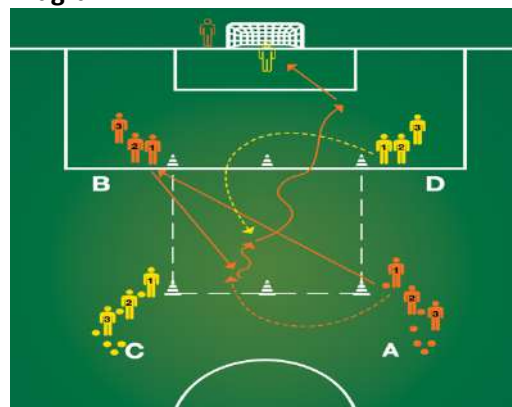


Skill Training – 25 Minutes

Organisation/ Explanation

- Session set up as illustrated.
- Exercise starts with Orange 1 on cone A passing the ball into Orange 1 on cone B and receiving the pass back as seen in the diagram. As Orange 1 from cone A makes their run into the playing area, Yellow 1 from cone D enters the playing area to defend creating a 1v1. Orange player looks to beat defender and score.
- Process is then repeated on other side.
- Rotate players every 3-4 minutes.

Diagram

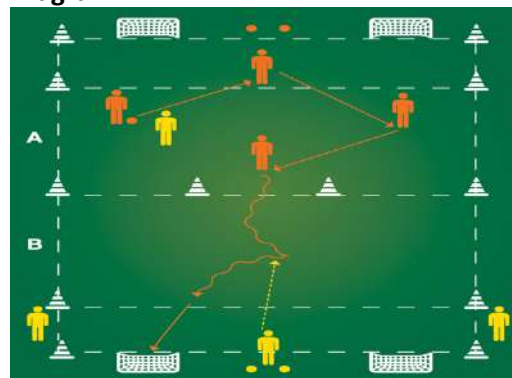


Skill Game – 20 Minutes

Organisation/ Explanation

- Playing Area: 40m x 30m with 'scoring' zones 5m – 7m at each end of the field.
- Session set up as illustrated.
- Session starts with Orange team keeping possession from one yellow defender in a 4v1.
- Orange team tries to get one player across the central line in possession to attempt to get into the 'scoring zone'.
- As the Orange player crosses the central line, one yellow player enters the field of play to defend creating a 1v1.
- If yellow win possession, all players enter the area creating a 4v1 against Orange and the game continues.

Diagram



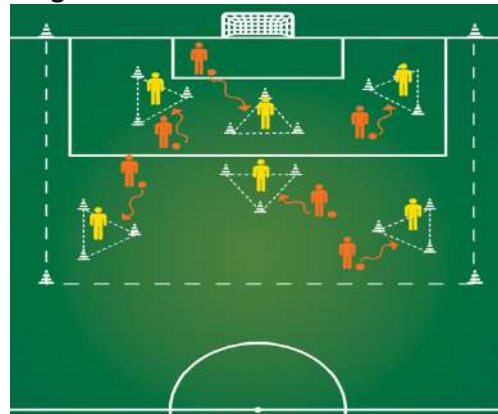
Session 12 – 1v1

Skill Introduction – 15 Minutes

Organisation/ Explanation

- Playing Area: 40m x 40m with triangle grids of 5m x 5m.
- Session set up as illustrated.
- Number of triangle grids is equal to the amount of players per group.
- Yellow defending team are allocated a triangle grid each to defend.
- Orange players in possession dribble around the playing area and attempt to score by dribbling through any of the triangle grids.
- Rotate defenders and attackers every 2-3 minutes.

Diagram

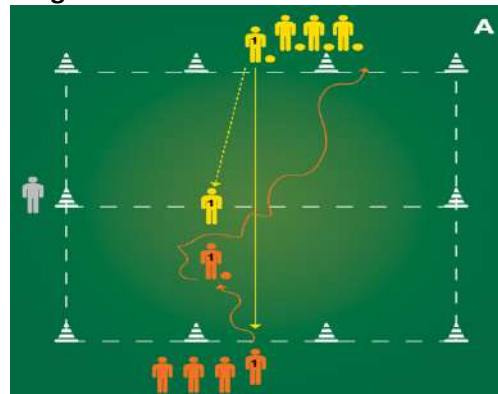


Skill Training – 25 Minutes

Organisation/ Explanation

- Playing Area: 15m x 15m with three gates of 5m on each end line.
- Session set up as illustrated.
- Session starts with Yellow defending player passing the ball into the Orange player and then running to defend in opponent's half or on halfway line.
- Orange player attempts to beat the defender in a 1v1 and dribble the ball through one of the gates on the end line.
- Once everyone has had a turn, defenders become attackers and attackers become defenders.

Diagram



Skill Game – 20 Minutes

Organisation/ Explanation

- 4v4 game.
- Playing Area: 35m x 35m with four gates of 5m – 7m.
- Session set up as illustrated.
- Team in possession scores a goal when the player can beat a defender in a 1v1 and dribble the ball through one of the gates.
- If defending team win the ball game continues and they attempt to score.
- **Step Up:** Decrease the size of the gates and or limit amount of time team in possession has to score.
- **Step Down:** Increase the size of the gate and or introduce a joker to create and overload.

Diagram

