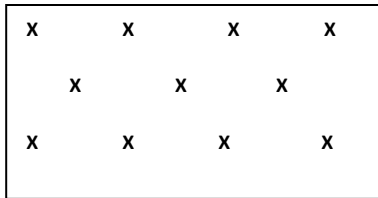


Week: 1 **Topic: Dribbling**

Objectives: Maintain close control of ball
Change direction and speed, different surfaces, head up, attacking space.

Warm Up **Time**

Diagram:



Description:

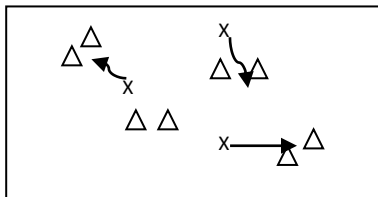
Ball each dribbling around the area; coach shouts commands to practice ball control such as - Stop / Go / Change Speed, Direction / Left and Right foot.

Coaching Points:

- Close control of ball
- Use of inside / outside / laces and sole to dribble
- Head up

Technical Practice / Development 1 **Time**

Diagram:



Description:

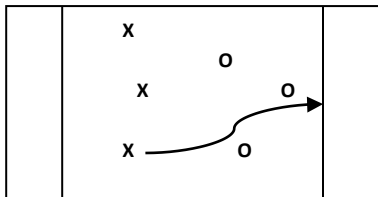
Ball each, players try to dribble around area going through as many gates as possible. Players can't go through the same gate twice in a row. A point for every gate.
Progression – Players dribble through a gate, leave their ball and take over another player's ball (positive first touch away from gate).

Coaching Points:

- Keep ball close
- Accelerate into space
- Awareness of other players
- Quick change of speed and direction

Tactical Practice / Development 2 **Time**

Diagram:



Description:

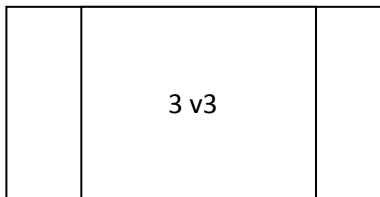
Team X and Team O start with 5 balls and attempt to dribble ball into opposition end zone and leave ball once scored. If defender steals the ball then he / she can attack their end zone. The scoring player must retreat to the halfway line before becoming active again. Team with least balls in end zone when play is stopped wins.
Progression - X v O with one ball, a team score by dribbling into end zone.

Coaching Points:

- Attack space
- Awareness of opponents
- Positive and aggressive attitude when on the ball
- Attack quick on regaining possession

Scrimmage / Development 3 **Time**

Diagram:



Description:

'Coached' small sided scrimmage, teams should be in no more than a 3 v 3 game. Players have to dribble across end line to successfully score a point.

Introduction game rule – Kick Off

Coaching Points:

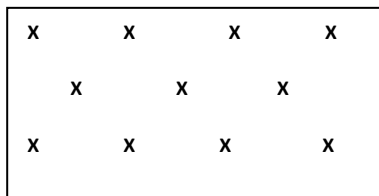
- Player spacing
- Decisions during the game
- Dribbling at pace

Week: 2 **Topic: Turning**

Objectives: When to Turn, Type of Turn Dependant on Field Position, Change of Speed and Direction, In Slow > Out Fast

Warm Up **Time**

Diagram:



Description:

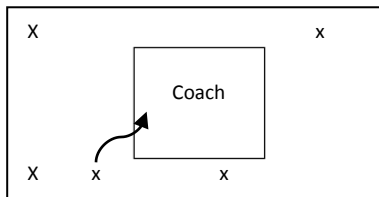
Ball each dribbling around the area. Coaches will try to steal the balls. If a player executes a turn the coach may not steal the ball and must go after a new player. Players who lose control of the ball join the coach's team.
Move: Drag back, Inside / Outside, Stop Turn

Coaching Points:

- Close control of ball
- Use of inside / outside / laces and sole to turn
- Speed after turn

Technical Practice / Development 1 **Time**

Diagram:



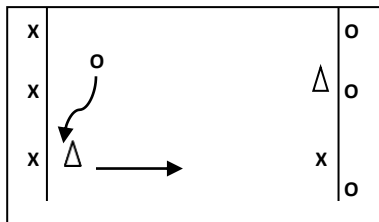
Description:

Mark a large 10'x10' box in the center of the grid. Coaches must stay in the box, players dribble outside the box. Players must enter the box, execute a turn, and leave before a coach steals their ball. If their ball is stolen they must join the coaches in the box.
Progression – Players must enter the box execute a turn and exit the box through a different side.

Coaching Points:

- Keep ball close
- Change direction and pace (speed) after turning
- Turn away from pressure dribbling at speed
- Recognize when to turn

Tactical Practice / Development 2 **Time**

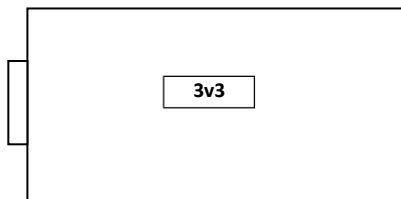


Place two cones 10' in from the end-lines. Divide the group into two teams. Teams will stand on opposite end - lines. Each player will have a number (1-12). The coach will toss two balls into the center and call out a specific turn and a number. The players with that number from each team will race to get a ball dribble to the furthest cone, execute a turn and return to their team to score points.

- Keep ball close
- Speed after turning
- Move quickly & effectively

Scrimmage / Development 3 **Time**

Diagram:



Description:

'Coached' small sided scrimmage, teams should be in no more than a 3 v 3 scrimmage and no GK's, players must attack centre box perform a turn before they can attack a goal.

Players have 2 touch minimum during scrimmage

Introduction game rule – Goal Kick

Coaching Points:

- Player spacing
- Decisions during the game
- When to turn
- When to pass

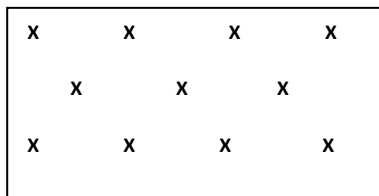


Week: 3 **Topic: Passing**

Objectives: Passing using the inside foot technique
Movement to create a passing option

Warm Up **Time**

Diagram:



Description:

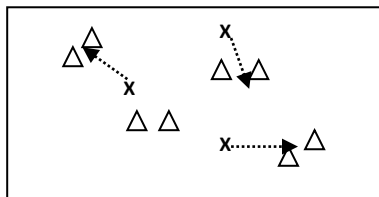
Ball each dribbling around the area; coach shouts commands to practice ball control. Comments such as – Stop / Go / Change Speed, Direction - left and right foot / Using different parts of foot.
On coaches command players switch their ball with another player.

Coaching Points:

- Close control of ball
- Use of inside /outside / laces and sole to dribble
- Head up

Technical Practice / Development 1 **Time**

Diagram:



Description:

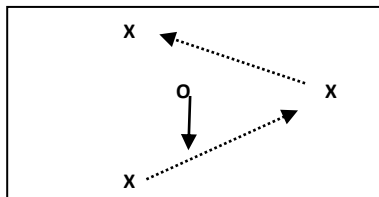
Ball each, players try to pass through as many gates and run around to collect in time allocated by coach. Players must use the inside of the foot pass only.
Progression – Players pair up and work around gates but must make two passes before moving to new gate.
Progression – Introduce defenders to float as blockers in gates.

Coaching Points:

- Use inside of feet to pass
- Lock ankle (toes point up)
- Follow through in direction of target
- Standing foot points towards target

Tactical Practice / Development 2 **Time**

Diagram:



Description:

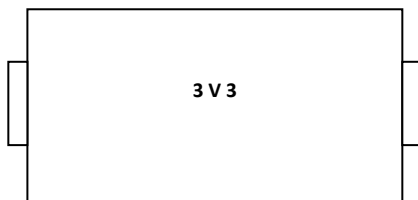
Pass and move 3 v 1:
3 X's keep ball away from O by passing and moving around area. Always allow on restart 1st pass for free.
3 passes = 1 goal
Defender wins possession = 1 goal
Rotate after 3 minutes.

Coaching Points:

- On toes to receive ball
- Step into ball
- Triangle shape to create two options away from pressure
- Follow through ball with standing foot pointing at target
- Head up before pass to see target

Scrimmage / Development 3 **Time**

Diagram:



Description:

'Coached' small sided scrimmage, teams should be in no more than a 3 v 3 game.
Teams must complete x passes to score.
Introduction game rule – Throw in

Coaching Points:

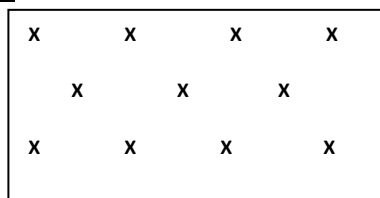
- Player spacing
- Decisions during the game
- Quick movement to find space to support pass
- Angle and weight of pass
- Communication

Week: 4 **Topic: 1 v 1 / 2 v 1**

Objectives: How to Beat an Opponent, Control of the Ball, Positioning and Awareness, Decision making.

Warm Up Time

Diagram:



Description:

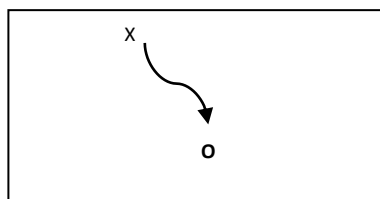
Ball each dribbling around the area, coach numbers all players 1 and 2, on coaches command # 1 tries to steal # 2 players ball (then switch).

Coaching Points:

- Close control of ball
- Attacking space
- Head up
- Quick change of speed and direction

Technical Practice / Development 1 Time

Diagram:



Description:

1 v 1 Attacking end line - X begins with ball and on his / her 1st touch O can pressure to challenge the ball. X scores by dribbling through end line and putting foot on top of ball - if successful the X retreats and O repeats the same. When defending if you manage to win ball the player can attack the line straight away and if the ball goes out, the once defender now becomes the attacker.

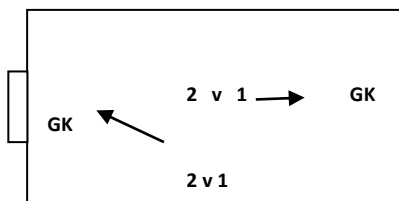
Progression – Add competition by operating as a ladder, move up if you win and move down if you lose.

Coaching Points:

- Keep ball close
- Clear distinctive fake
- Quick change of speed and direction
- Head up to see space to attack
- Cut off defenders run

Tactical Practice / Development 2 Time

Diagram:



Description:

On receiving the ball the players must attempt to beat the defender and score. Players score 1 point by completing a shot on target and get 2 points by scoring a goal, have 2 sets of players going in opposite directions on 1 field.

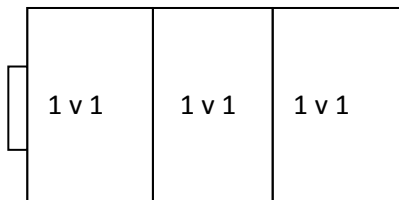
On completing any of the above the player must retreat to the halfway before advancing to defend the ball.

Coaching Points:

- Attack space
- Awareness of opponents
- Look to create space for a shot
- Once beaten defender doesn't slow down
- Decision making
- Angles and distances

Scrimmage / Development 3 Time

Diagram:



Description:

'Coached' small sided scrimmage, teams should be in no more than a 3 v 3 game.

Players must have minimum 2 touches; players are kept in each zone and cannot leave. They successfully gain a point by beating a player in any of the 3 zones and finding teammate with a pass.

Coaching Points:

- Player spacing
- Decisions during the game
- Positive when 1 v 1 situation
- All of above

Introduction game rule – Corner Kick

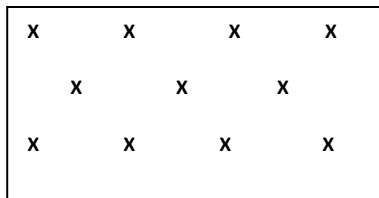


Week: 5 **Topic: Attacking in Groups**

Objectives: Decision Making, Attacking space, Communication and Teamwork.

Warm Up **Time**

Diagram:



Description:

Ball each dribbling around the area, coach shouts commands to form a group of 3, players must try to keep all 3 balls moving in a triangle.

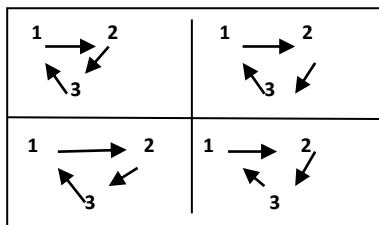
Progression: Add second ball per group.

Coaching Points:

- Close control of ball
- Use of inside /outside / laces and sole to dribble
- Head up
- Quick change of speed and direction

Technical Practice / Development 1 **Time**

Diagram:



Description:

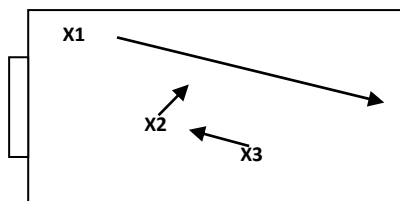
Players in groups of 3 with one ball between each group. Players number themselves 1-3 and pass through the cycle and finish back at number 1. After this is practiced they then pass through cycle then move into the next box clockwise to their box with #1 receiving the ball in the new box each time. The 1st team back to their starting box wins.

Coaching Points:

- Accuracy, weight and timing of pass
- Head up before pass
- Support and Movement after pass

Tactical Practice / Development 2 **Time**

Diagram:



Description:

Player 1 dribbles freely and shoots at goal. Immediately Player 1 then looks for and plays a wall pass with Player 2 to attack the goal, immediately player 3 plays ball to player 2 who looks for player 1 to attack the same goal. Have 2 groups working in opposite goals.

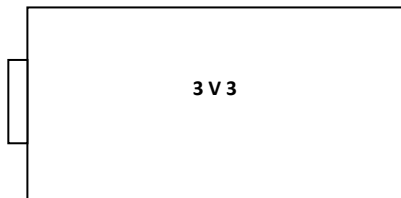
The players should switch roles for the next attack of the drill.

Coaching Points:

- Angle and distance of support
- Movement to support future play
- Width
- Follow through pass for weight and accuracy

Scrimmage / Development 3 **Time**

Diagram:



Description:

'Coached' small sided scrimmage, teams should be in no more than a 3 v 3 game. If in possession in offensive half players should have 2 touch minimum

Introduction game rule – Free Kick

Coaching Points:

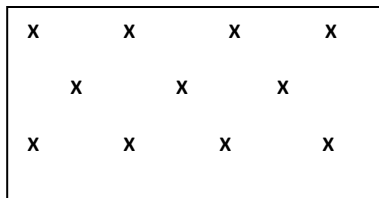
- Team shape - player spacing
- Decisions during the game
- Runs without the ball
- Communication

Week: 6 **Topic: Playing into Space**

Objectives: Decisions > Passing to Feet / Space, When / Where to Pass and Move

Warm Up **Time**

Diagram:



Description:

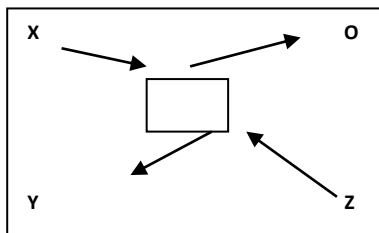
Ball each dribbling around the area, coach shouts commands for player expression, each player can do whatever they want with the ball for a 30 second period, must change technique each time.

Coaching Points:

- Expression

Technical Practice / Development 1 **Time**

Diagram:



Description:

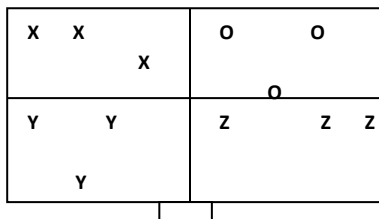
Players in groups of 3 on 4 corners of area, each player has a ball and performs various dribbling / control technique to middle square (inside / outside, laces, etc.) once at middle square turn and play a pass to group next to team, player receiving takes a positive 1st touch and continues technique

Coaching Points:

-

Tactical Practice / Development 2 **Time**

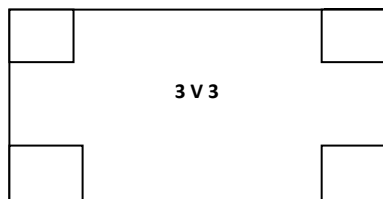
Description:



3 players in each group, ball per group, 1 player per group with a bib (defender). Coach has extra balls to keep the session flowing. Players have free movement in 3 v 0. On coaches command # player leaves group and tries to win possession from opposite area, 30 second limit to win possession.

Scrimmage / Development 3 **Time**

Diagram:



Description:

'Coached' 2 teams of 3 players each. The goal is valid when the ball is played in side one of the squares. A player must receive the ball inside the square.

Note:

Teams can not score in the same square until they score in another.

Coaching Points:

- Decisions during the game
- Team shape
- Mark player or space
- Attacking options

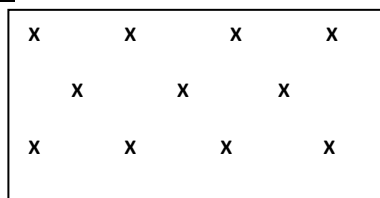


Week: 7 **Topic: Shooting / GK**

Objectives: Striking Technique, Set Position, Handling and Basic Diving

Warm Up **Time**

Diagram:



Description:

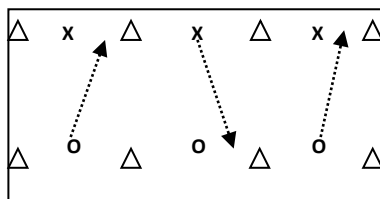
Ball each dribbling around the area; coach shouts # commands to practice - Striking Pose, GK Throws, Catches and Dives.
1 = Throw ball in air and catch etc

Coaching Points:

- Close control of ball
- Use of inside /outside / laces and sole to dribble
- Head up
- Quick change of direction and speed

Technical Practice / Development 1 **Time**

Diagram:



Description:

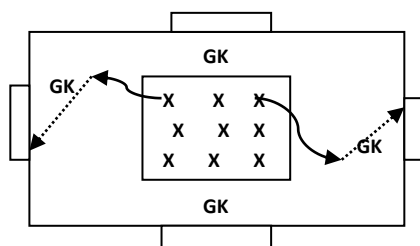
X stands in a goal mirroring player O. X then shoots a stationary ball in between the cones trying to score against player O's goal. O then saves / retrieves the ball and shoots on O's goal. Play is continuous for 3 minutes and swap partners.
Progression – touch to roll ball then shoot.

Coaching Points:

- Lock ankle (toes pointed to ground)
- Standing foot pointing to target, weight over the ball
- Aim for opposite corner
- Follow through and rotate hips

Tactical Practice / Development 2 **Time**

Diagram:



Description:

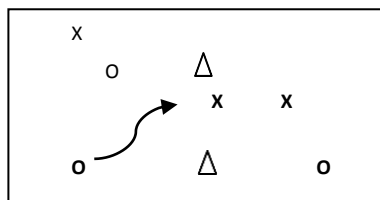
X players all have a ball each and dribble inside of small area using different parts of the foot to travel, similar to warm up. On coaches command the players will race out of box to attack goal and score past goalkeepers. The 1st player to score gets a point and repeat.
Progression – Add defenders who poke ball away

Coaching Points:

- Head up to attack space
- Place shot when close to goal away from GK
- Awareness of GK position
- Take a touch to approach goal at an angle
- Attack at speed before players take space

Scrimmage / Development 3 **Time**

Diagram:



Description:

'Coached' A normal 3 v 3 game, except that it is played around one goal rather than two, team without the ball can have 1 player act as the GK.

Emphasize shooting at goal at the earliest opportunity.

Coaching Points:

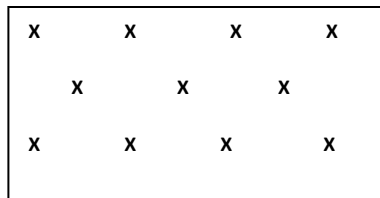
- Player spacing
- Decisions during the game
Look to take shot when opportunity arises
- Attitude: Positive
- Finesse vs. Power / Trying new Field Positions

Week: 8 **Topic: The Game**

Objectives: To develop team positioning, support, possession, and decision making.

Warm Up **Time**

Diagram:



Description:

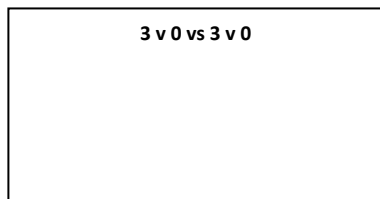
Divide the players into groups of three. Give each player in the group a number (1 - 3). Players will pass in sequential order. After a player passes they must touch an outside cone (create space). Add tasks after each successful completion such as jumping jacks, upside down pushups.

Coaching Points:

- Control of ball, head up
- Movement without the ball to create space and support
- Communication, eye contact

Technical Practice / Development 1 **Time**

Diagram:



Description:

3 v 0 vs. 3 v 0 - Players play with freedom in a non competitive environment, moving freely and scoring at will, both teams must be attacking the opposite direction.

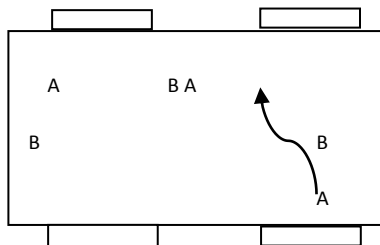
Coaching Points:

- Communication
- Change direction of attack
- Adjust support

This is played with no pressure; no tackles and players are advised to express themselves freely.

Tactical Practice / Development 2 **Time**

Diagram:



Description:

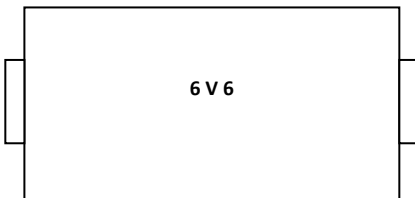
Play 3 v 3. Team A scores in the upper two goals and team B scores in the lower two goals.
Progression – After a team scores move the goals closer to each other to make it harder for offense and easier for the defenders to defend. Play tournament.

Coaching Points:

- Head up to attack space
- Take a touch to approach goal at an angle
- Attack at speed before players take space

Scrimmage / Development 3 **Time**

Diagram:



Description:

'Coached' small sided scrimmage, teams should be in no more than a 6 v 6 game.

Coaching Points:

- Team shape - player spacing
- Decisions during the game
- Attitude > Positive

