

EDUCATE - CONNECT - INSPIRE

MANSFIELD YOUTH SOCCER
GRADES 7 & 8



EDUCATE - CONNECT - INSPIRE

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SEASON GOALS

It is important to note what we are trying to achieve within a season so we can re-evaluate at the end to see if we have accomplished our goals. The pathway to success depends on how well we execute the follow philosophy in every session we take.

- To help each seventh and eighth grade player reach their full potential in the sport of soccer.
- To develop players that are comfortable with the ball at their feet
- To Improve each players knowledge and understanding of the game.
- To create a positive and fun atmosphere where players can learn and develop at their own pace.
- To learn how to win and lose graciously and the full meaning of fair play.

MOVEMENT SHEET

Dynamic Movements

- Heel Flicks
- High Knees
- Open Gate
- Closed Gate
- Inside Volley
- Left leg to right arm
- Side to Sides (left to right)
- Karaoke
- Arms across body
- Arms up and down
- Arm Circles Forwards
- Arm Circles Backwards
- Arms Side to Side
- Quick sprint, hamstring stretch
- Lunge

Fast Footwork

- Side to Side Shuffles Forwards
- Side to Side Shuffles Backwards
- Forward / Backward Shuffles
- Two Feet in Sideways
- Two Feet in Forwards
- One Foot in Forwards
- Figure 8 forwards
- Forwards 2, Backwards 1
- Feet together jump & bounce forwards
- Feet together jump & bounce sideways
- Feet together jump & bounce forwards 2, backwards 1

BALL MASTERY

- **Heel / Toe Roll** :- Roll ball up and down sole of foot from heel to toe keeping contact with the ball at all times
- **Inside Outside Roll** :- Same but now moving ball from inside to outside of sole of foot
- **Circle Roll** :- Moving ball with same foot in a circular motion
- **Front foot Dribble** :- Small touches using the front of the foot only (laces)
- **Big Toe / Little Toe** :- Move ball with Inside of big toe, followed by outside of little toe in a zig zag fashion
- **Big Toe, Big Toe / Little Toe Little Toe** :- Same but now 2 touches with big toe followed by two touches of little toe
- **Side Sprints**:- Ball in between feet moving ball from side to side in a pendulum fashion
- **Side Sprints forwards / backwards** :- Same but now moving ball forwards and backwards
- **Side Sprints Side to Side** :- Now move body to left whilst performing 3-4 side sprints and then back to the right in a zig zag
- **Pull Push** :- Pull ball back from heel to toe and push forward with the laces
- **Pull Push Inside / Outside** :- Pull ball across body using the pull and out of body using the push, repeat both sides
- **Pull Push Behind** :- Pull ball to side & behind standing foot and using inside of big toe push across to control with other foot
- **Side sprints w / pull push combo** :- As described above
- **Sole Taps** :- Little touches on ball using front of the sole of the foot
- **Sole Taps forwards / backwards** :- Same, moving ball backwards and forwards
- **Sole Taps w / pull push behind combo** :- Same but now add a pull push behind
- **Sideways Rolls** :- Body square to the ball, roll whole foot over the ball inside of foot first and quickly repeat
- **Sideways Rolls change over left to right** :- Same but change ball from left to right with a roll across body
- **Sideways Rolls w/ roll over step over** :- Same but now roll across body while performing a step over
- **Figure 8 dribbling** :- Dribbling ball in a figure 8 between two cones

THE LANGUAGE

ARM FLASH - Player must use arm and body to protect ball.
BE PROVOCATIVE - With or without the ball, players should look to test the opposition by making aggressive penetrative movements.
One - Two – Players must look to perform a quick 1-2 combination pass.
BREAK LINES - Constantly look to penetrate the opposition with runs, passes, dribbles, crosses or shots.
CONNECT PASSES - Passes should be made to players feet and not leading. “Utilize when we wish to keep possession”
CORRECT FOOT - Player must use the foot that is under the least amount of pressure.
DECISIONS – Triggers players to search for more options, starting with the easy choice and progressively thinking more creatively.
EXPLODE – Once a move is performed, players must change speed and direction to accelerate away from opponent
HEELS TO THE LINE - Players must recognize when to break wide and open the field up by running to the touch line.
INTELLIGENT FEET - Players must always adjust their feet and avoid stretching for the ball as much as possible.

MOVEMENT SHEET

MAN ON – There is immediate pressure on the receiving player. And they should prepare their body shape and thoughts to keep possession.

PLAY THE WAY YOUR FACING - The player must recognize that the pressure is so tight a pass in the direction they are facing is the only option.

POSITIVE TOUCH - Players must take directional touches of the ball

PRESS THE FIRST TOUCH - Players must press the opponent who has the ball so they are not able to turn and face forward.

RE-CONNECT - Players must reconnect, 4 to 5, 7 to 8 and so on.

RELAX – The player in possession must relax and slow play down.

RELEASE - Can the player play a leading pass for a team mate that changes the phase from possession to attack.

RESET ATTACK – When the attack is blocked, players must maneuver the ball back and around the field to attack from a different point.

SCAN - On and off the ball, the player must look over shoulders to identify where the pressure or next pass is.

SEARCH – The player in possession must get their head up and search for the correct option.

SEE PASS TWO – Triggers players firstly to think then to see and finally communicate where the next ball goes after they pass it.

SIDEWAYS ON– The player must open shoulders and hips to set themselves to receive the ball.

TIME - Player have time to turn, face forward and be positive. There is no immediate pressure on the player

SESSION PLAN OVERVIEW

Each session will follow the same format. The format is designed to get the player into game situations right from the start of training. There are 3 phases that the session will go through, progressively getting more challenging and competitive:

1. Related Warm-Up
2. Topic Activity (technical)
3. Progression (functional)
4. Small Sided or Conditioned Game
5. 7 vs 7 Game

EIGHT WEEK SEASONAL PLAN

- | | | | |
|----|---|-----|--------------------------|
| 1. | Dribbling – Ball Mastery | 9. | 2 vs 1 & 3 vs 2's |
| 2. | Passing & Control | 10. | Speed of Play |
| 3. | Dribbling – COD Turns | 11. | Finishing |
| 4. | Passing & First Touch with different surfaces | 12. | Attacking Principles |
| 5. | Dribbling – COD Fakes | 13. | Defending Principles |
| 6. | Passing – To feet & to space | 14. | Systems of Play – 7 vs 7 |
| 7. | 1 vs 1's – Using COD to beat an opponent | 15. | Positions and Restarts |
| 8. | 2-3 Man Combination Play | 16. | Game Scenarios |

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Session One: Dribbling: Ball Mastery



WARM-UP: TOUCHES ON THE BALL



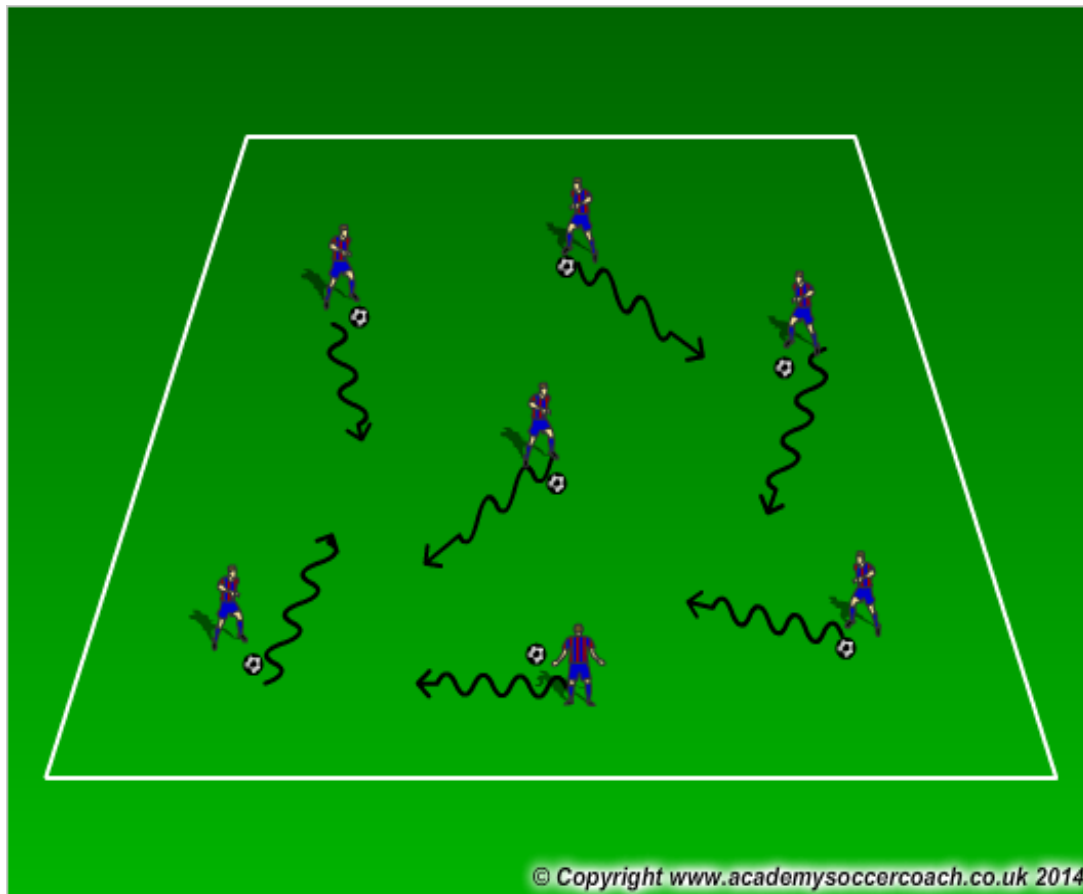
Area: 30 x 30 yards area. All players with a ball.

Description: All players dribble around the area taking small touches with different surfaces of the feet. Every touch counts as a point. Coach times activity for 2 minutes. Players record number of touches within the time frame.

Coaching Points: Players concentrate on small, close touches with a touch on the ball every time they take a step. Change direction every 6-8 touches with a turn or a fake. Use other players as a guide as to when to turn or fake, i.e. if someone is in your way, do a turn or fake

Progression: Dribbling combinations; 1 in/1 out, repeat with both feet (zig zag)

DRIBBLING: BASIC TECHNIQUE



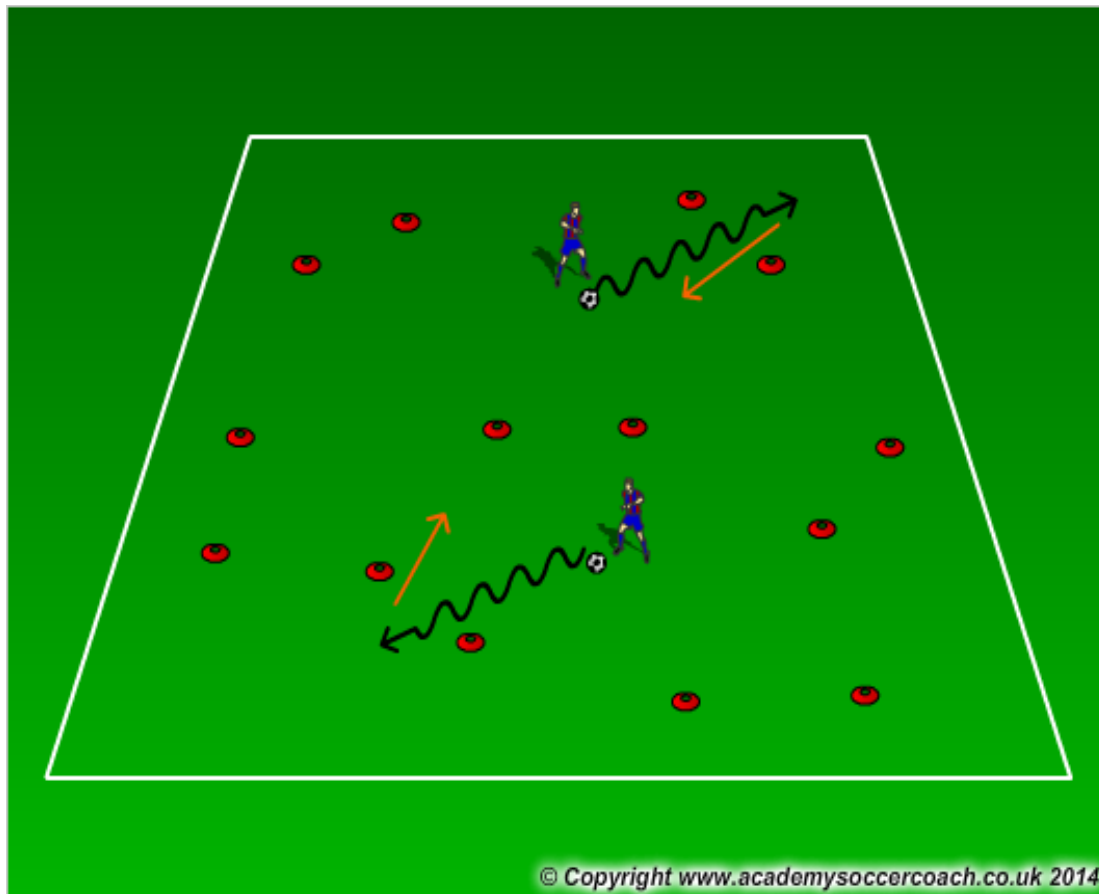
Set-up: 30 x 30 yard area. Players working individually with 1 ball per player.

Description: Coach leading the activity calling out different dribbling surfaces and coordination activities with the ball (toe taps, tic tock, zig zags etc).

Coaching Points: Correct dribbling technique, dependent on the surface of the foot being used.

Progression: Vary the dribbling surfaces; inside and outside, laces, combinations.

DRIBBLING: GATES



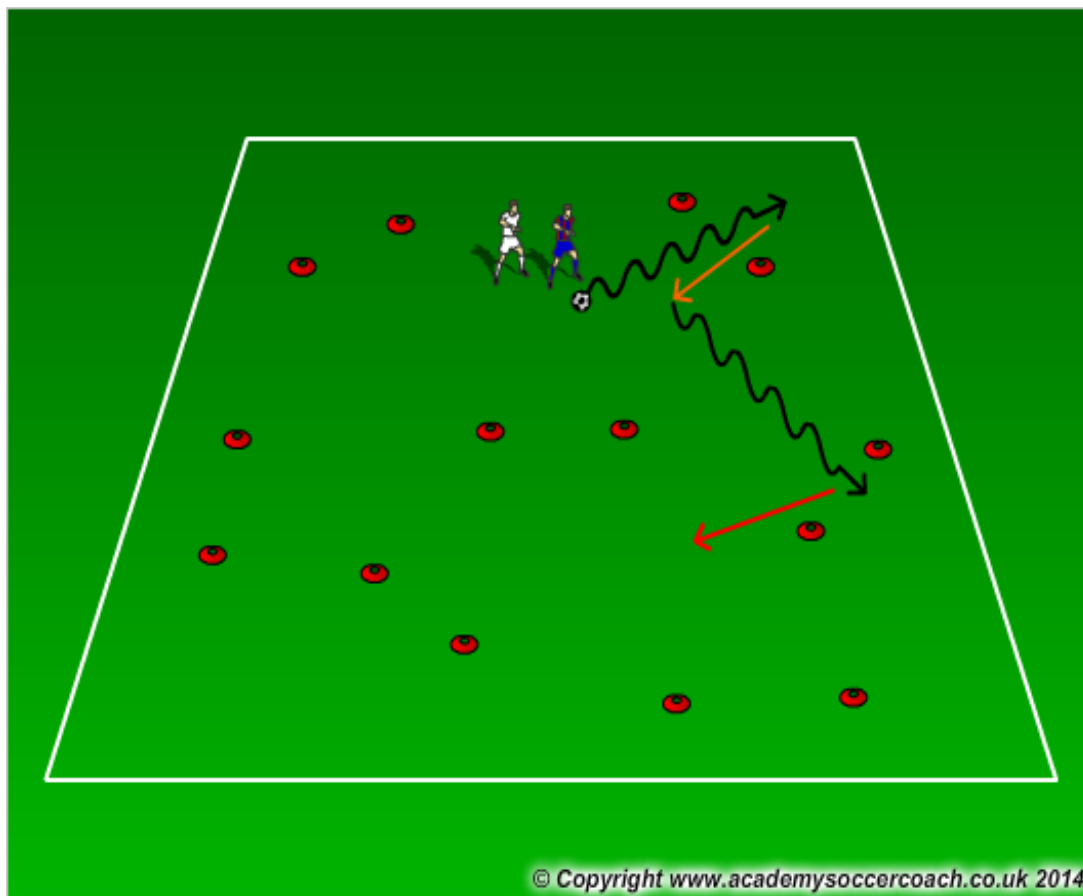
Set-up: Repeat in the same area. Add cones (gates 2 yards apart) scattered randomly around the area. Players working individually with 1 ball each.

Description: Players dribble around the area attempting to execute the move through the gates. Repeat to different gates around the area.

Moves: Inside/Outside cut, stop turn and pull backs

Coaching Points: Try to perform the move after dribbling through the gate. Concentrate on move (Change of Direction) rather than speed. Try to get the ball out of your feet after the turn and take a positive touch away from the gates. Add change of speed after the move.

1 VS 1's: GATES

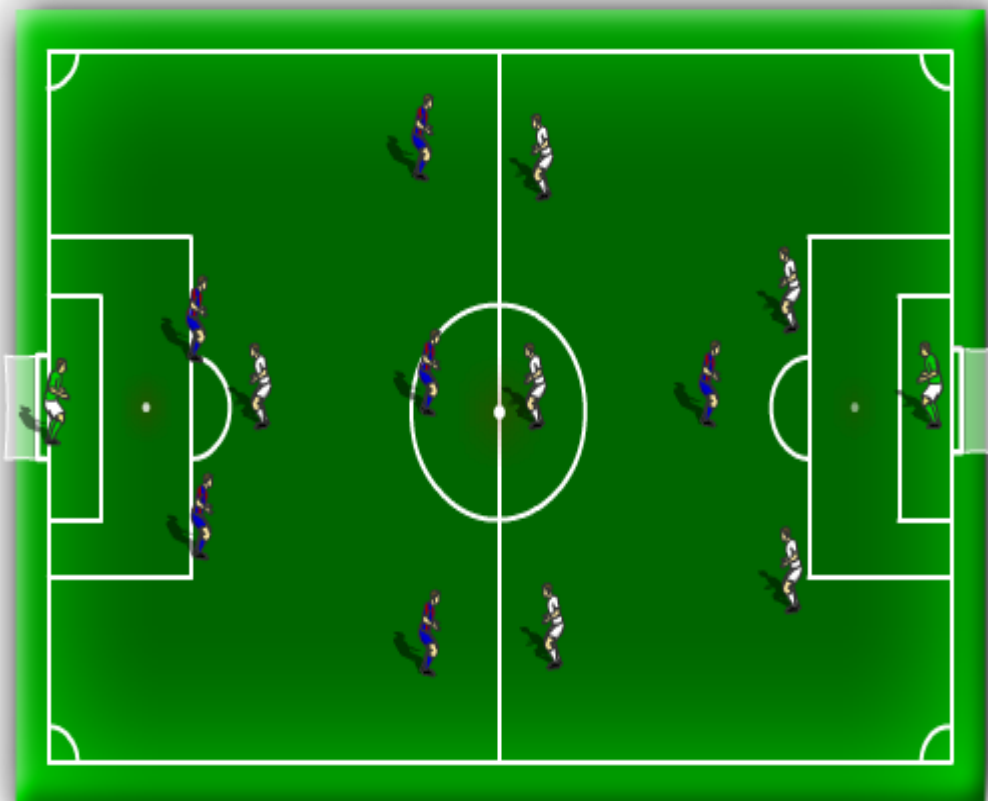


Set-up: Area same as above. Players in pairs with 1 ball per pair.

Description: Player 1 has the ball and attempts to dribble around the area, moving through the different gates. Player 2 tries to stop them and win possession. Once possession is lost, ball goes back to Player 1. Perform 1-2 minute rotations.

Coaching Points: Player 1 (attacker) uses body to shield the ball and dribbles for the open gates. If defender comes in from the side or gets in front of you, use a move to change direction. To increase difficulty, Player 1 has to perform a turn through the gate(s). Add points to make the activity more competitive or change partners with each rotation.

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Add points/goals for successful turns completed in the game.

Progression: Add neutral players or target players, dependent on the number of players available.

Introduce basic formations

7 vs 7: 1 – 2 – 3 – 1

9 vs 9: 1 – 3 – 3 – 2

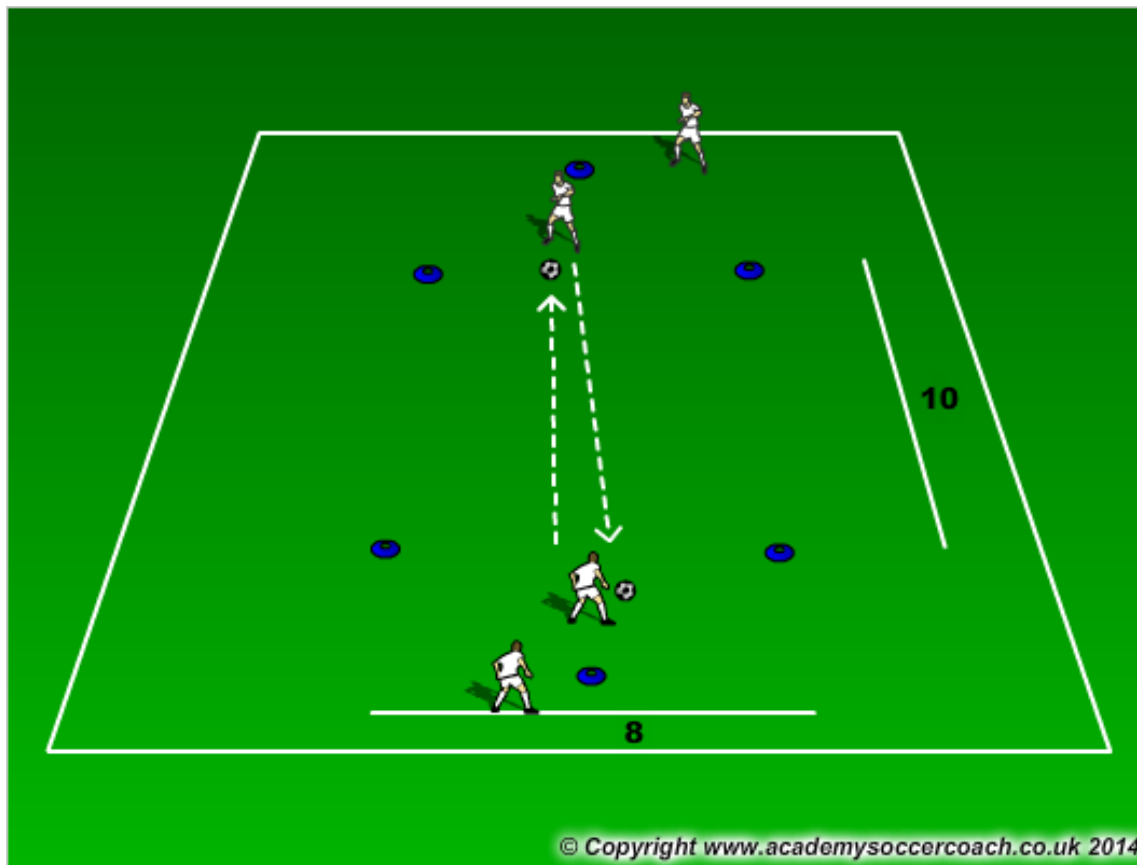
Introduce rules when the game situation arises.

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Session Two: Passing and Control



BAYERN MUNICH: PHASE 1



Area: 10 x 8 Hexagon

Description: Players pass 1 ball back and forwards over 10 yards

1. Pass and back pedal around cone with partner stepping in for next pass

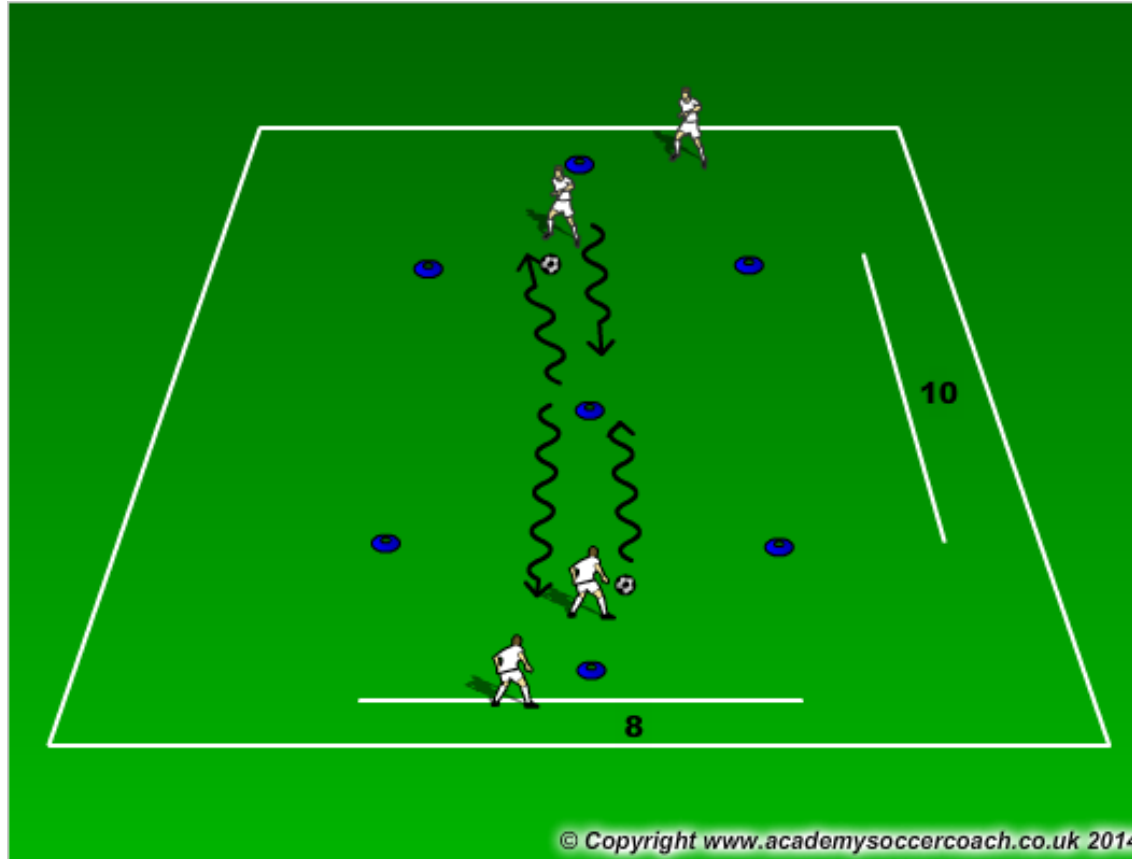
Coaching Points: Strike center of ball with center of foot, don't land striking foot

Progressions

- Pass and take 1st touch behind cone to right or left and connect pass
- Pass and take 1st touch in front of cone to left or right (use all surfaces of foot)
- Pass and attack cone with first touch and then use pull push behind and pass back
- Same as above with any COD move
- Pass and have partner set ball for you (quick set and pass, switching roles) RACE to 20 passes

Concentrate on passing and control with the inside of the foot. Introduce controlling the ball with one foot across the body, to pass with the opposite foot.

BAYERN MUNICH: PHASE 2



Area: 10 x 8 Hexagon

Description: In 4 players perform different Ball mastery sequences in to the center cone

1 Double touches into the cone and play to next player waiting

2 Double touches with a figure 8 around to the blue discs on the way back

Use turns with the inside/outside and sole of the foot. Introduce step-over turns.

BAYERN MUNICH: 3 VS 3 + 3 NEUTRALS



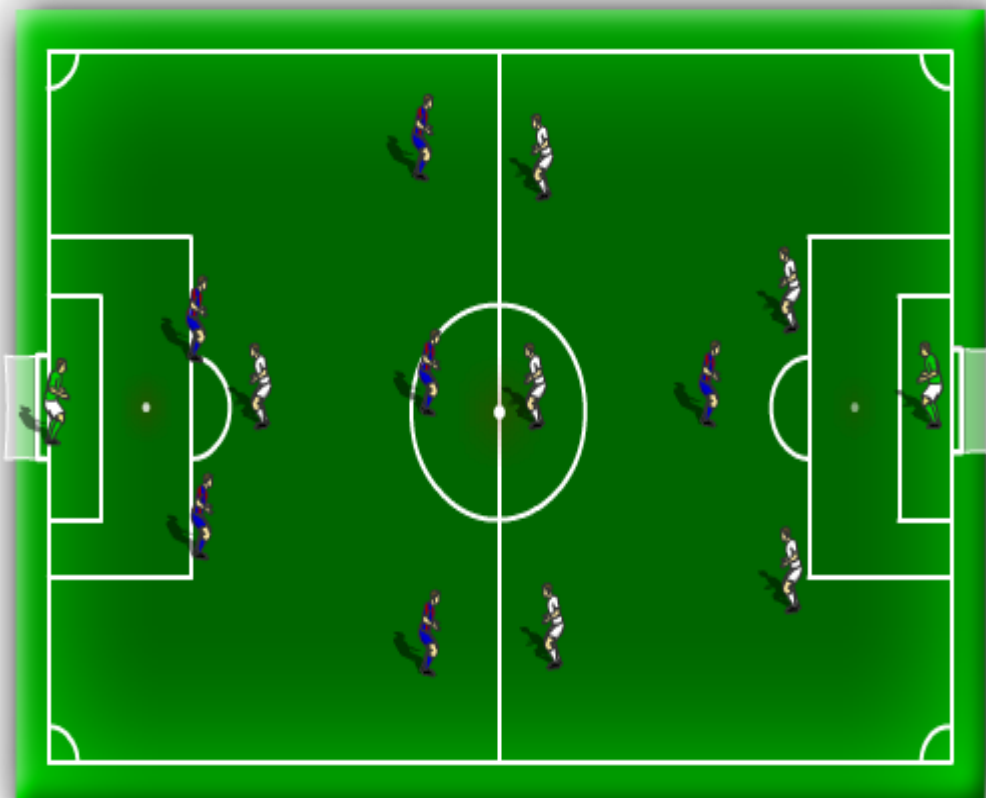
Area: 25 x 25 Grid

Description: 3 teams of 3 players. Two teams in the area playing against each other with the other team as neutral players. Neutral players have 1 player in the area and 2 players as targets on the outside of the area. Players attempt to combine passes from one side of the area to the other using neutral players.

Coaching Points: Speed of the pass is very important. Move the ball quickly with short, sharp passes. Once the ball is played to the outside targets move wide to create space for a return pass. Use the inside neutral player to link up the play.

Progression: Reduce the number of touches. Add additional outside targets.

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Add points/goals for successful turns completed in the game.

Progression: Add neutral players or target players, dependent on the number of players available.

Introduce basic formations

7 vs 7: 1 – 2 – 3 – 1

9 vs 9: 1 – 3 – 3 – 2

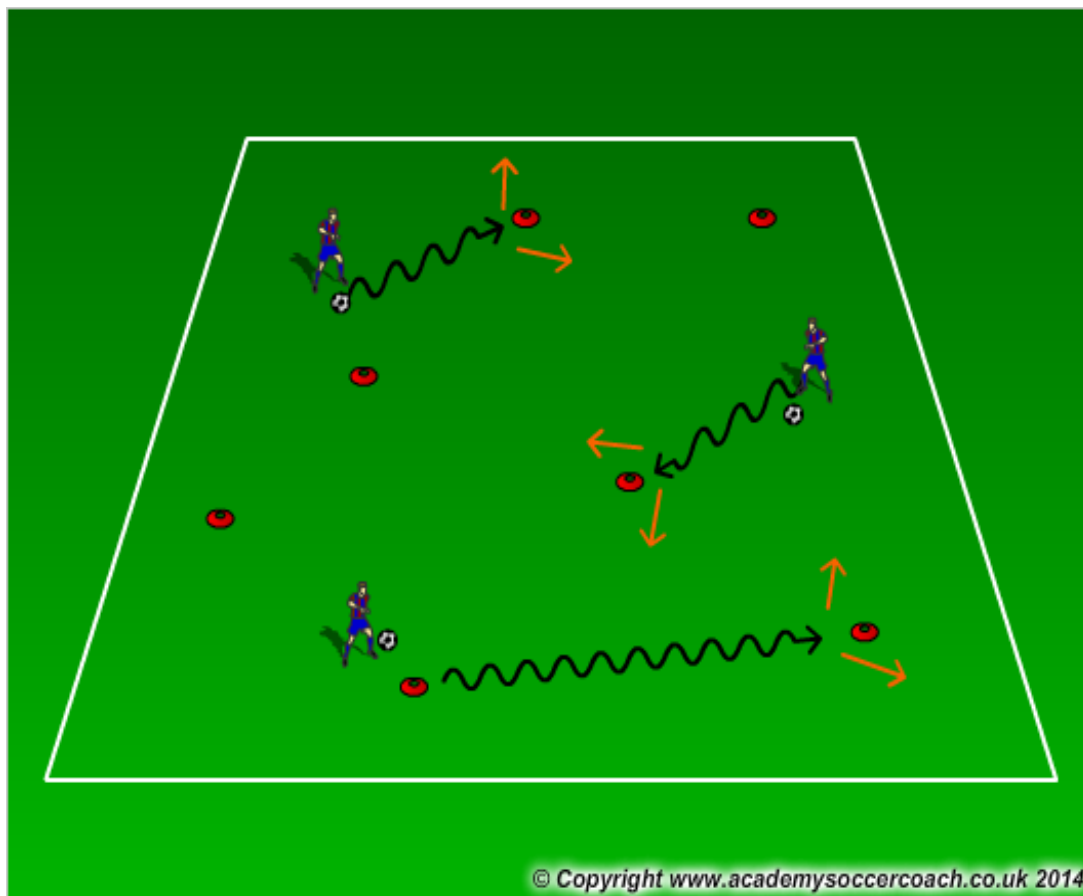
Introduce rules when the game situation arises.

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Session Three: Dribbling: COD Turns



DRIBBLING: MOVES TO A CONE/TARGET



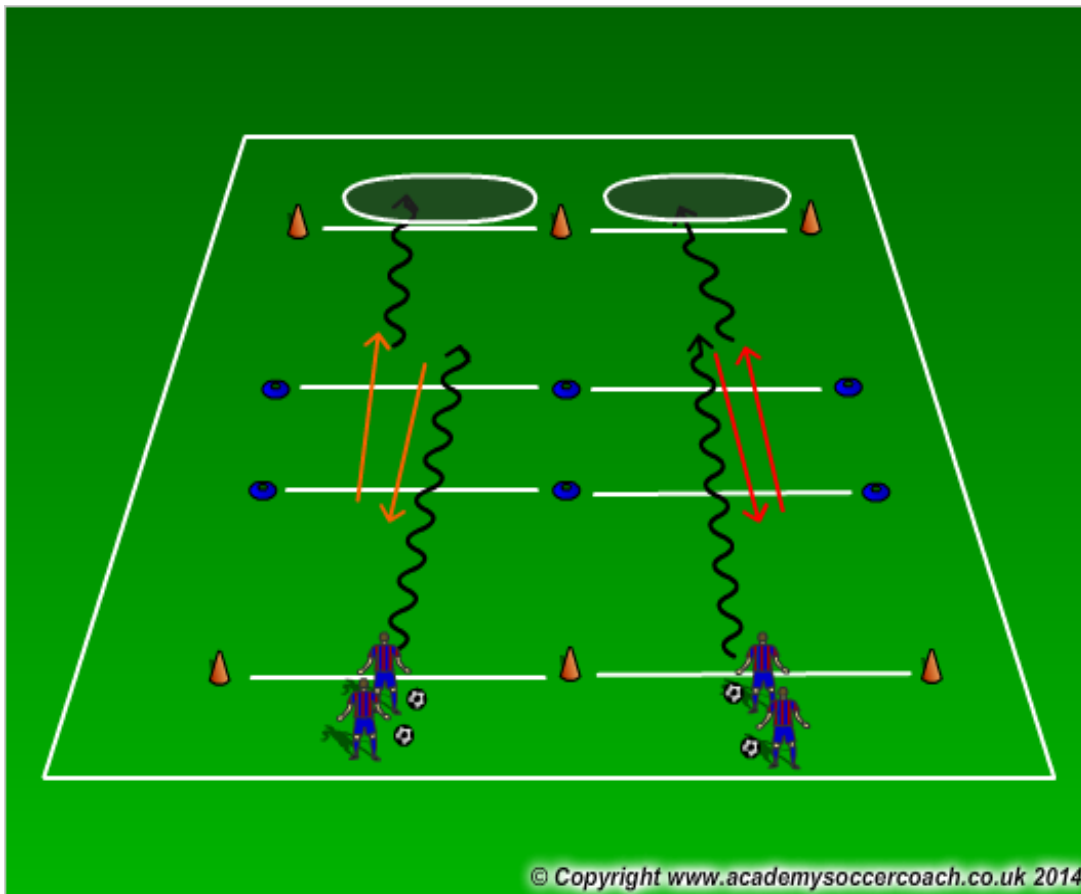
Set-up: Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

Description: Players dribble around the area attempting to execute the move in front of a cone (imaginary defender). Repeat to different cones around the area.

Moves: COD Turns; Inside/Outside cut, pull back, Cruyff, step-overs, pull-push behind

Coaching Points: Try to perform the move before the cone. Not too far away or defender would cover, but not too close that the defender could steal. Ideally 2 yards away from the cone, depending on move. Concentrate on move (Change of Direction) rather than speed. Touch to the outside, not directly to the cones after move. Add change of speed after the move.

CHANGE OF DIRECTION: TURNS TO AN END LINE



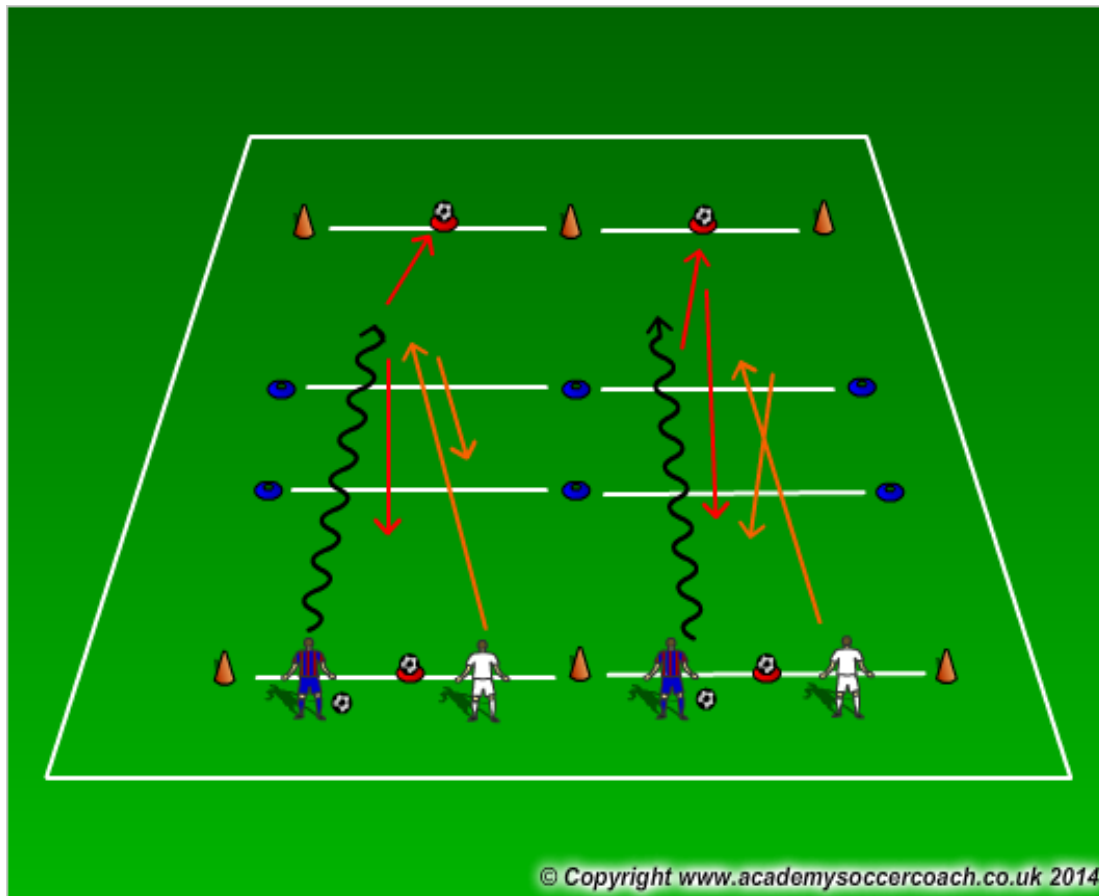
Set-up: Channels to be 5-7 yards apart, 20-25 yards long with a center area of 5 yards. Players in lines of 2-4 set-up at the end of each channel. All players have a ball.

Description: Players dribble up the channel and perform 2 turns in between the center cones. After turns dribble to the end line and stop the ball under control. Dribble back down the outside of the area to the back of your channel line.

Use turns from warm-up.

Coaching Points: Perform different turns between the center cones. Concentrate on a good change of direction with reduced touches and a change of speed after the 2nd turn. Ball must be under control and stopped on the end line. Add points for extra competition.

CHANGE OF DIRECTION: 1 vs 1 TURNS TO A TARGET

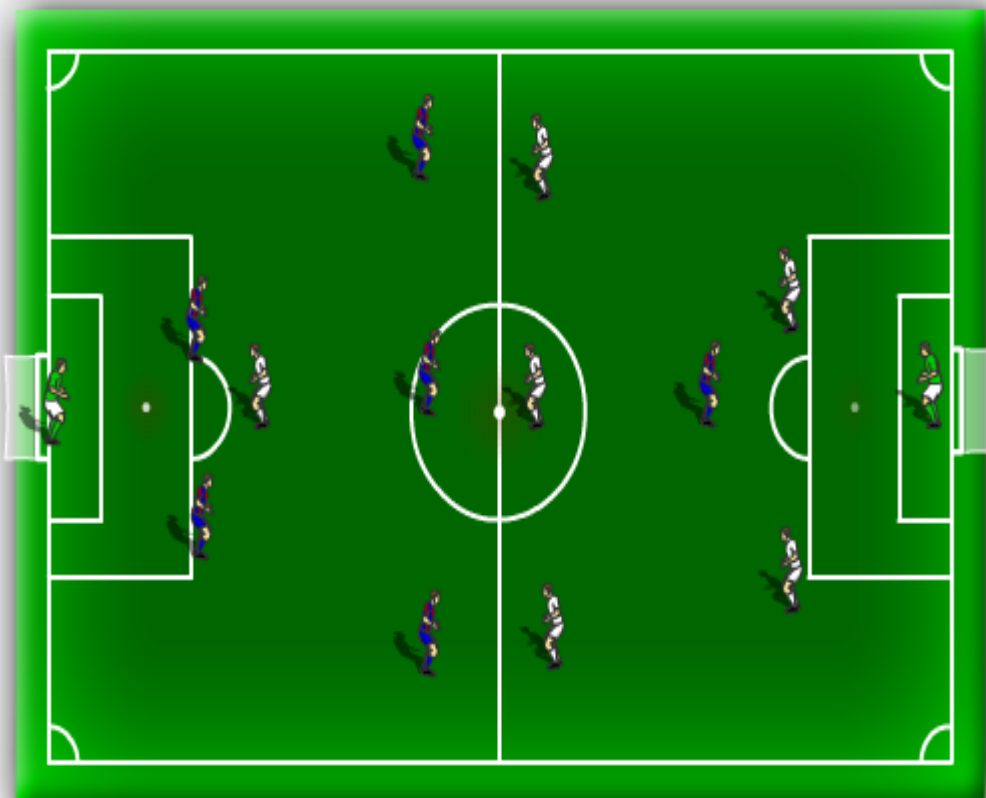


Set-up: Players in pairs with 1 ball per pair. Add a target (ball balanced on a cone) at each end of the channel.

Description: Player 1 has the ball and attempts to dribble up the channel. Player 2 cannot move until Player 1 takes their first touch. Player 2 then becomes the defender. Player 1 can either dribble to the far target, or turn and come back to the near target (once they have passed the center cones). Once possession is lost stop and return to the start. Rotate positions each time.

Coaching Points: Player 1 (attacker) uses body to shield the ball and dribbles with the ball on the outside foot. Positive first touch. Use moves if the defender attempts to tackle or blocks space. Use multiple moves (changes of direction) to beat the defender.

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Add points/goals for successful turns completed in the game.

Progression: Add neutral players or target players, dependent on the number of players available.

Introduce basic formations

7 vs 7: 1 – 2 – 3 – 1

9 vs 9: 1 – 3 – 3 – 2

Introduce rules when the game situation arises.

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Session Four: Passing: First Touch with Different Surfaces



DIAMOND WARM-UP: TURNS



Area:

20 x 20 Diamond with cones on the inside.

Description:

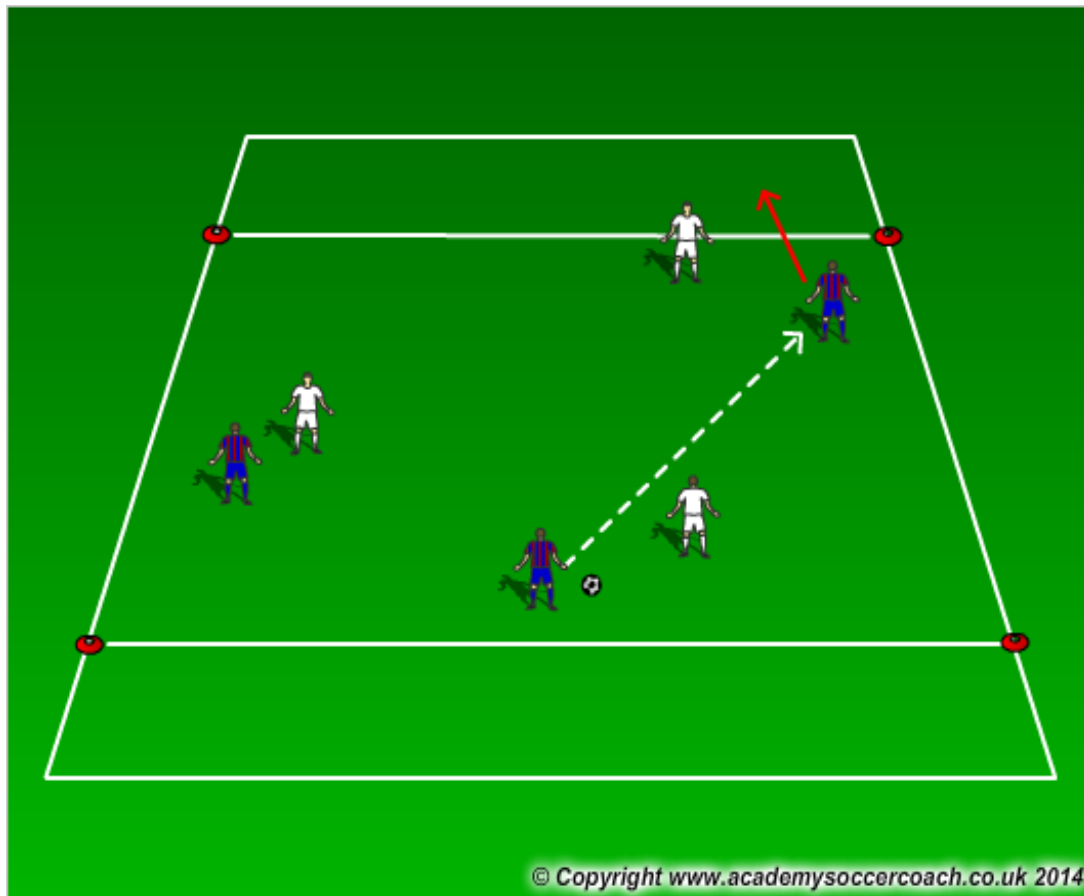
Players in 2's and 3's at outside cones. Players dribble into area and turn at the center cone. Perform passing variations:

- 1) Dribble, turn and pass to next player
- 2) Dribble, turn and play 1-2 to outside space with next player
- 3) Dribble, turn and play 1-2 around the outside cone with next player
- 4) Dribble, pass to center player, pass back and lay-off for next pass to outside player. Rotate center players with each passing combination.

Coaching Points:

Quality and speed of the pass
Preparation and first touch
First touch out of the feet

END ZONE GAME: 3 vs 3 & 4 vs 4



Set-up: 25 x 40 yard area with an end zone (5 yards) at each end. Two teams of 3-4 players. Supply of balls on the outside of the area.

Description: Regular or possession game in the center area. Players in possession attempt to dribble or pass the ball into either end zone. Once in the end zone stop the ball under control to win a point. Start with opposite end zones and then progress to a transition game; once you stop it in one end zone, turn and attack the opposite end zone.

Coaching Points: Move the ball quickly (speed of play) with either a pass or positive dribbling. Get wide to create space. Use combination plays to beat the defenders. Look for passes 'beyond' the first defender. Use changes of direction to beat the defense.

CONDITIONED GAME: 4 GOAL GAME WITH BUMPERS

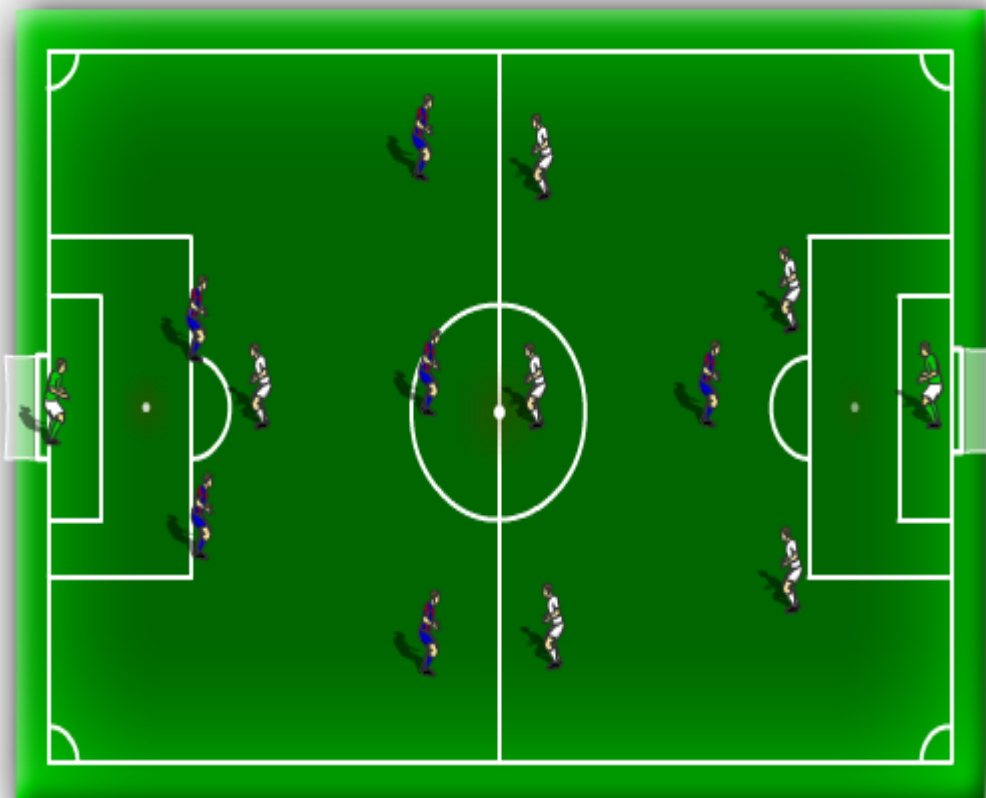


Set-up: 60 x 40 yard field. 4 goals in the corners of the area. Players in 3 teams (4 players per team or similar). 2 teams play possession in the middle of the area. 1 team stays on the outside of the area as neutral players (play for the team in possession). No GK's.

Activity: 2 possession teams try to combine with team mates for varying pass combinations (coach decides based on the ability of the players), linking up with the neutrals. Start with a 21 point game (1 point for a successful fake, 5 points for a goal. Restrict the touches with each game played. Rotate neutral players after each 21 point game.

Coaching Points: Concentrate on speed of the pass and 1st touch away from pressure (technique focus) and Speed of Play (tactical focus). Move the ball quickly to a team mate or neutral until space opens up for a shot. First look for the pass is forward (attacking pass). If the forward pass is not on, then go sideways or back. Utilize changes of direction to create space and attack multiple goals.

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Add points/goals for successful turns completed in the game.

Progression: Add neutral players or target players, dependent on the number of players available.

Introduce basic formations

7 vs 7: 1 – 2 – 3 – 1

9 vs 9: 1 – 3 – 3 – 2

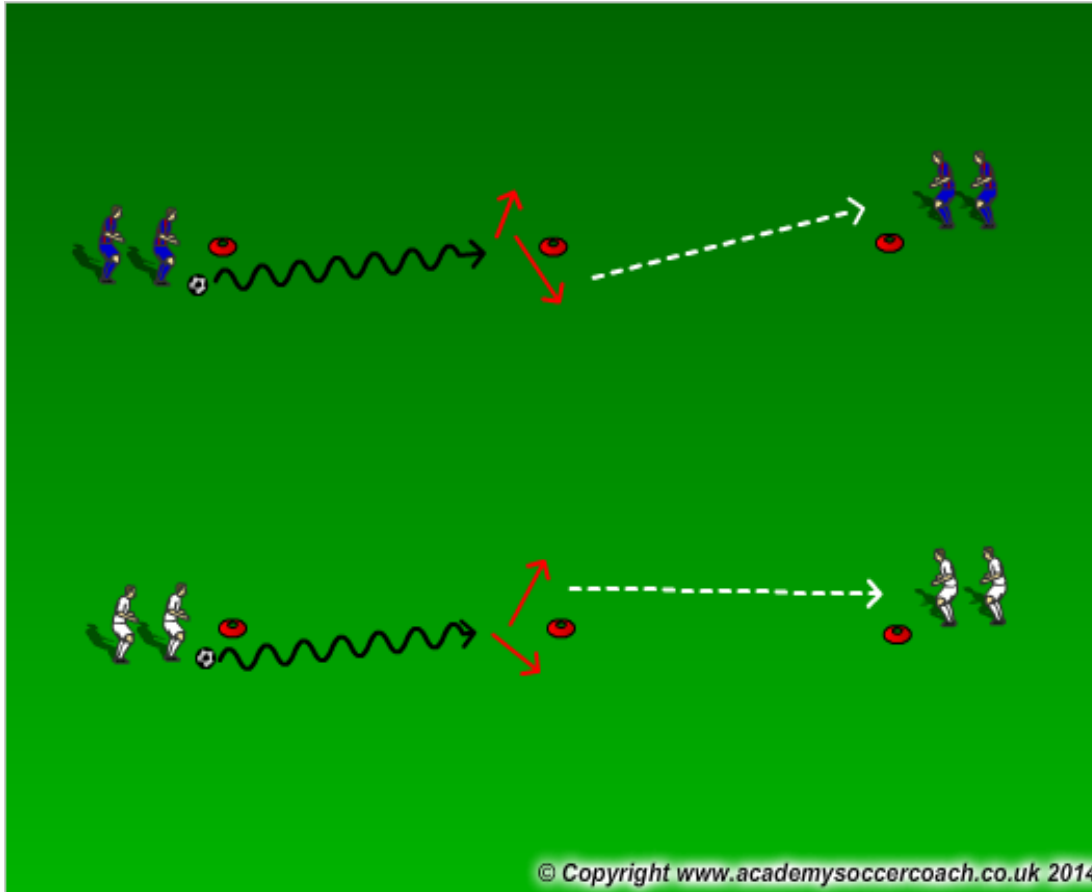
Introduce rules when the game situation arises.

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Session Five: Dribbling: COD Fakes



PASS AND FOLLOW WITH FAKES

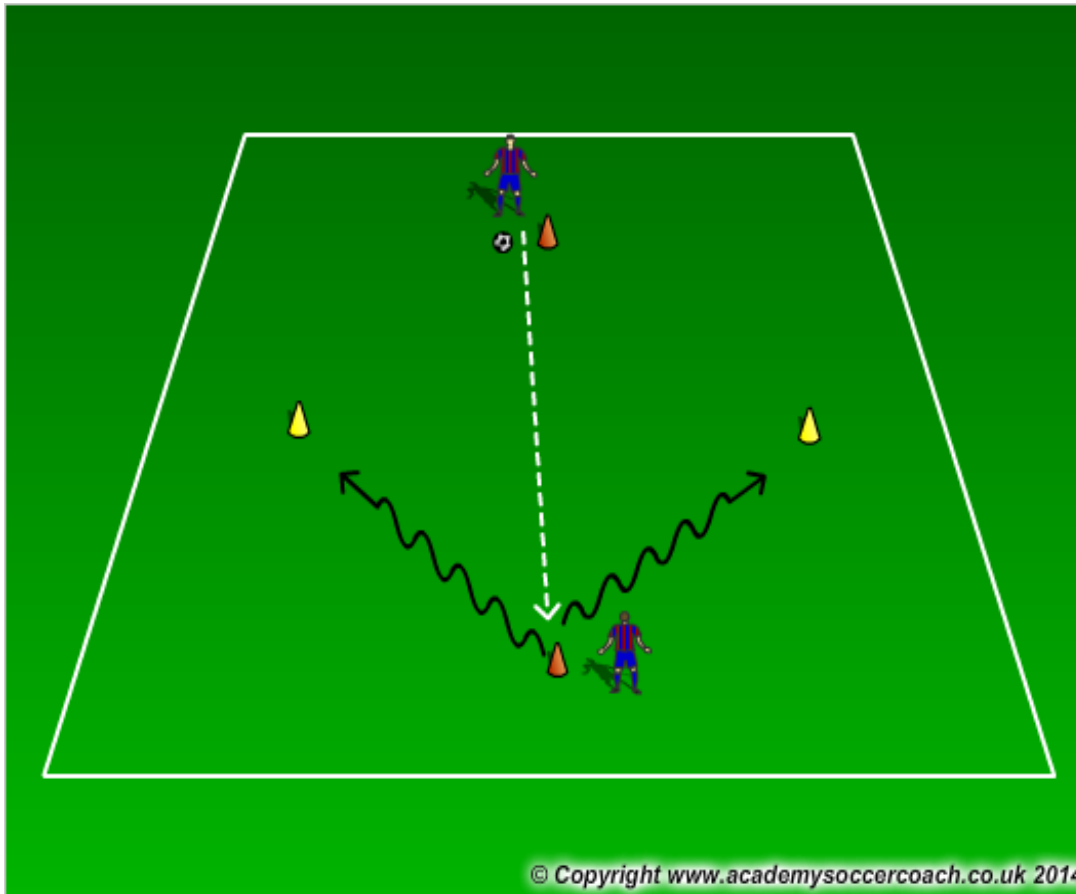


Set-up: Players Approximately 20 yards apart (center cone @ 10 yards). Multiple players in line(s) depending on #'s. 1/2 Balls per group, depending on #'s.

Description: Player(s) with the ball dribble across the area, staying to the right side of the cones and at the half way cone pass to the opposite player. All players follow their pass. Players perform a fake before and around the center cone, then pass to the opposite line of players.

Coaching Points: Dribble with close control, concentrating on the dribbling combination. Quick touches rather than speed. Fake around imaginary defender (cone) and make sure the change of direction is big. Add in change of speed after fake; positive first touch out of the fake. Quality pass to the opposite player, concentrating on accuracy and speed of the pass.

1 VS 1's: MOVES TO A SIDE CONE/TARGET



Set-up: Players 15-20 yards apart. Side cones (targets) approximately 10 yards either side (diamond formation). Players in pairs with 1 ball per pair.

Description: Player 1 passes to Player 2. Player 1 becomes a defender, Player 2 becomes an attacker. Player 2 attempts to dribble to one of the side cones (targets) utilizing the moves to change direction. Rotate positions after possession is lost.

Moves: Side-step, Inside/outside cuts, scissor and step fakes.

Coaching Points: Attacker on the toes before receiving the ball. Positive first touch in the direction you want to dribble. Use the moves to change direction. Change speed after move(s) to create separation from the defender.

1 VS 1's: TO TARGET GOALS



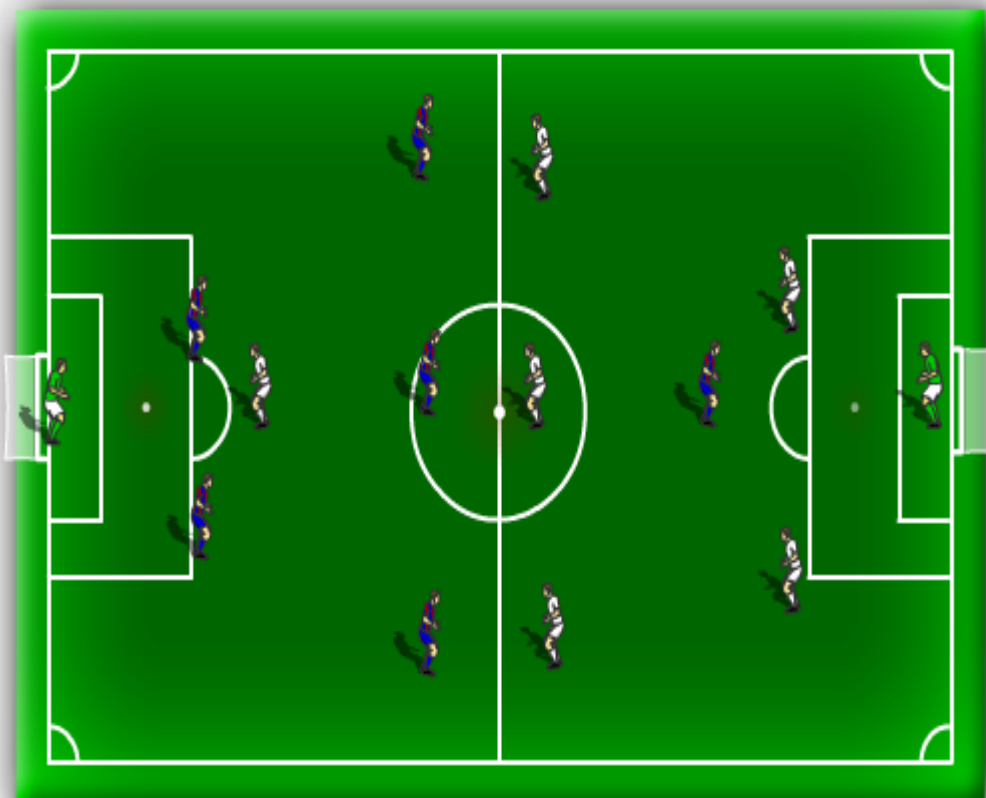
Set-up: Defender and attacker 20 yards apart. Gates (3 yards wide) on each side of the area with target goal 5 yards from gates. 1 ball per pair. Arrange pairs behind each line, based on the number of players.

Activity: Defender passes the ball to the attacker. Attacker attempts to dribble through either side-gate and then shoot into a target goal. Rotate positions each time.

Moves: Side-step, Inside/outside cuts, scissor and step-over fakes.

Coaching Points: Good pass to start off the activity. Attacker takes positive first touch in the direction you want to go. Attack the defender at speed making them commit to the ball. Shoot as soon as you are through the gates and have space to do so.

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Add points/goals for successful turns completed in the game.

Progression: Add neutral players or target players, dependent on the number of players available.

Introduce basic formations

7 vs 7: 1 – 2 – 3 – 1

9 vs 9: 1 – 3 – 3 – 2

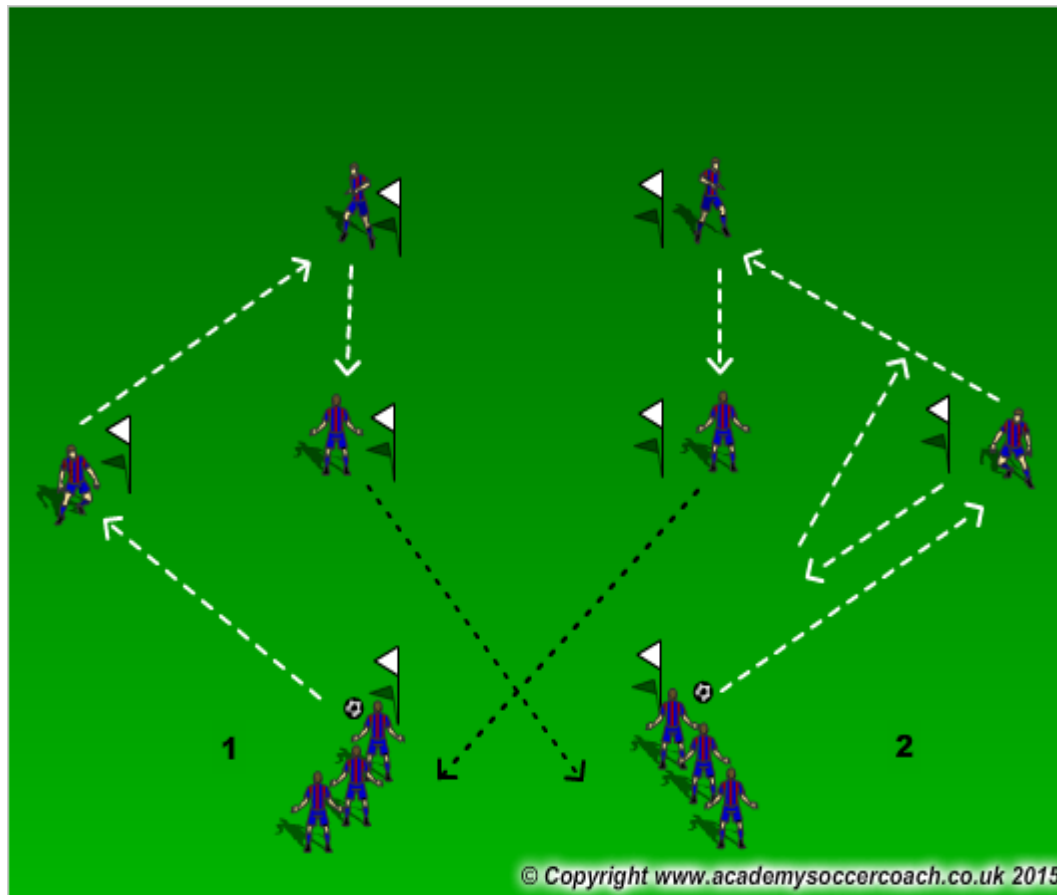
Introduce rules when the game situation arises.

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Session Six: Passing to Feet and Space



PASSING WARM-UP: 2 MAN COMBINATIONS



Area: Set-up 4 cones or flags, approx. 8-10 yards apart. Mirror with two areas.

Description: Multiple players on 1st cone/Flag. All with a ball.
1 player each on remaining cones/flags

Phase 1:

Player 1 passes to outside player, player 2 passes to far cone, player 3 passes to inside cone, player 4 dribbles to the back of the opposite line. All players follow their pass.

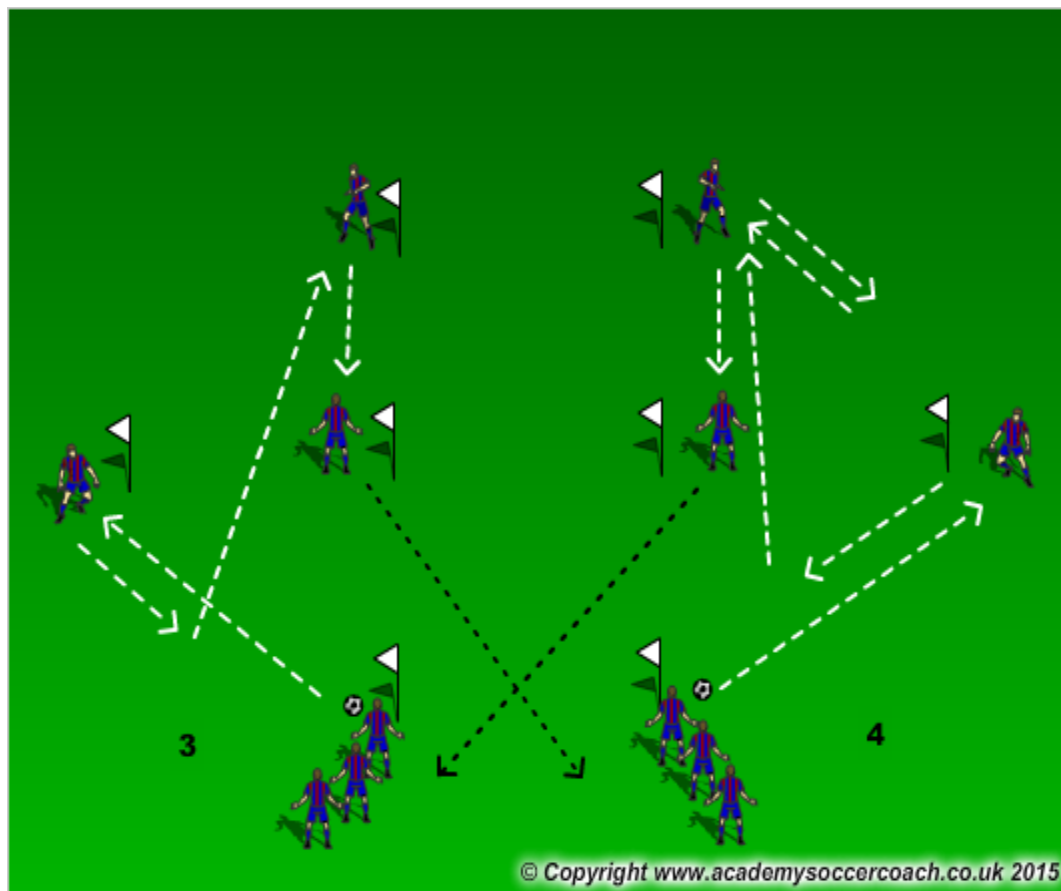
Phase 2:

Repeat with player 1 and player 2 combining on a give and go.

Coaching Points:

Quality of the pass – zip it in
Movement before and after the pass
First touch in the direction you want to play
Communicate – demand the ball

PASSING WARM-UP: 2-3 MAN COMBINATIONS



Area: Set-up 4 cones or flags, approx. 8-10 yards apart. Mirror with two areas.

Description: Multiple players on 1st cone/Flag. All with a ball.
1 player each on remaining cones/flags

Phase 3:

Player 1 passes to outside player 2, player 2 passes lays the ball back to player 1, player 1 passes to player 3, player 3 passes to player 4, player 4 dribbles to the back of the opposite line. All players follow their pass.

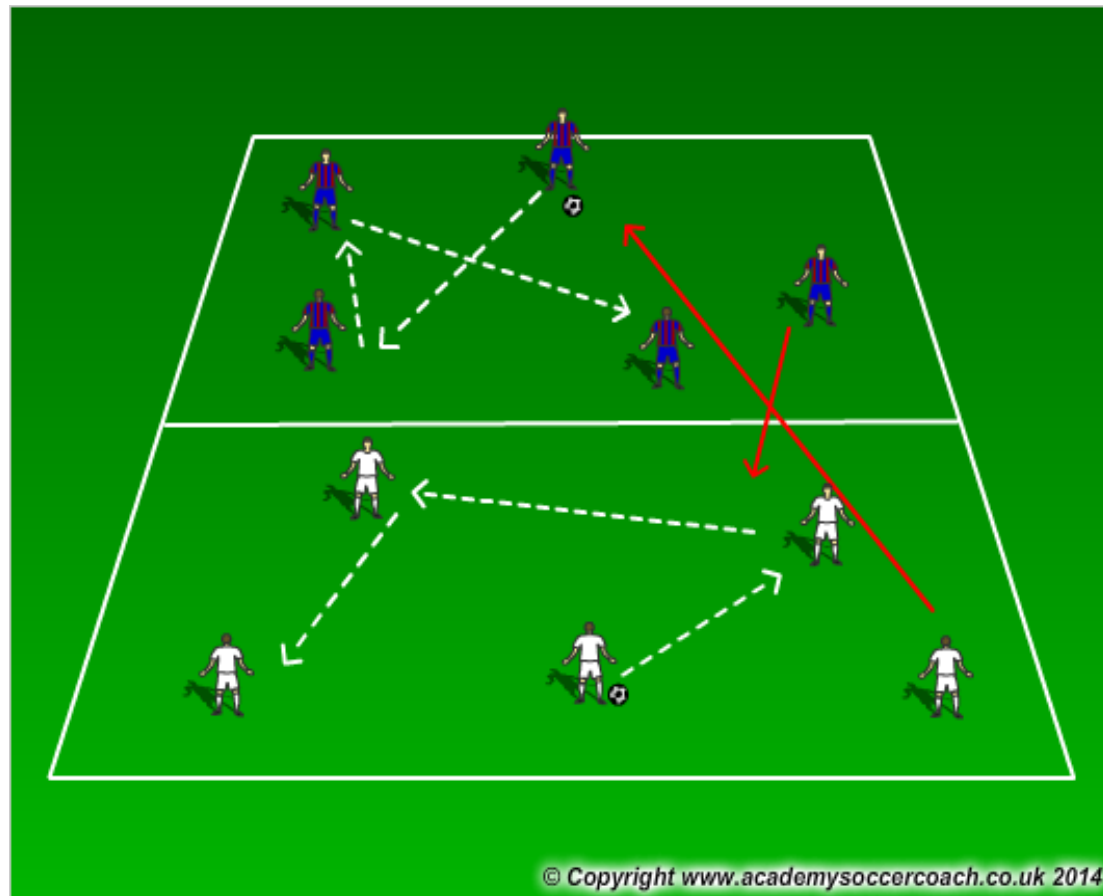
Phase 4:

Repeat with player 2 and player 3 combining on a give and go.

Coaching Points:

Quality of the pass – zip it in
Movement before and after the pass
First touch in the direction you want to play
Communicate – demand the ball
Scan – before the pass comes to you

PASSING: #'s GAME – 4 vs 1



Set-up: 25 x 50 yard area (2 x 25 yard areas next to each other). Players in two separate groups of 5-10 players in each of the areas. 1 ball per team. Players number themselves within their group (1-5).

Activity: Players numbered 1-5 within the area. Players pass and move within the area to start. Coach on the outside calling out numbers. If coach shouts out # 1, then # 1 from each team goes into the opposing area and tries to win the ball (4 vs 1). First defender to win the ball gets a point for their team. If players possess the ball for more than 10 passes the coach calls out a second #.

Coaching Point(s): Try to move to open space (outside of the area). Paces to be hit with pace. Use your hands to let the player with the ball know where you want the pass played. Take first touch away from the pass (pressure) on the back foot. Try to split the defender(s).

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Add points/goals for successful turns completed in the game.

Progression: Add neutral players or target players, dependent on the number of players available.

Introduce basic formations

7 vs 7: 1 – 2 – 3 – 1

9 vs 9: 1 – 3 – 3 – 2

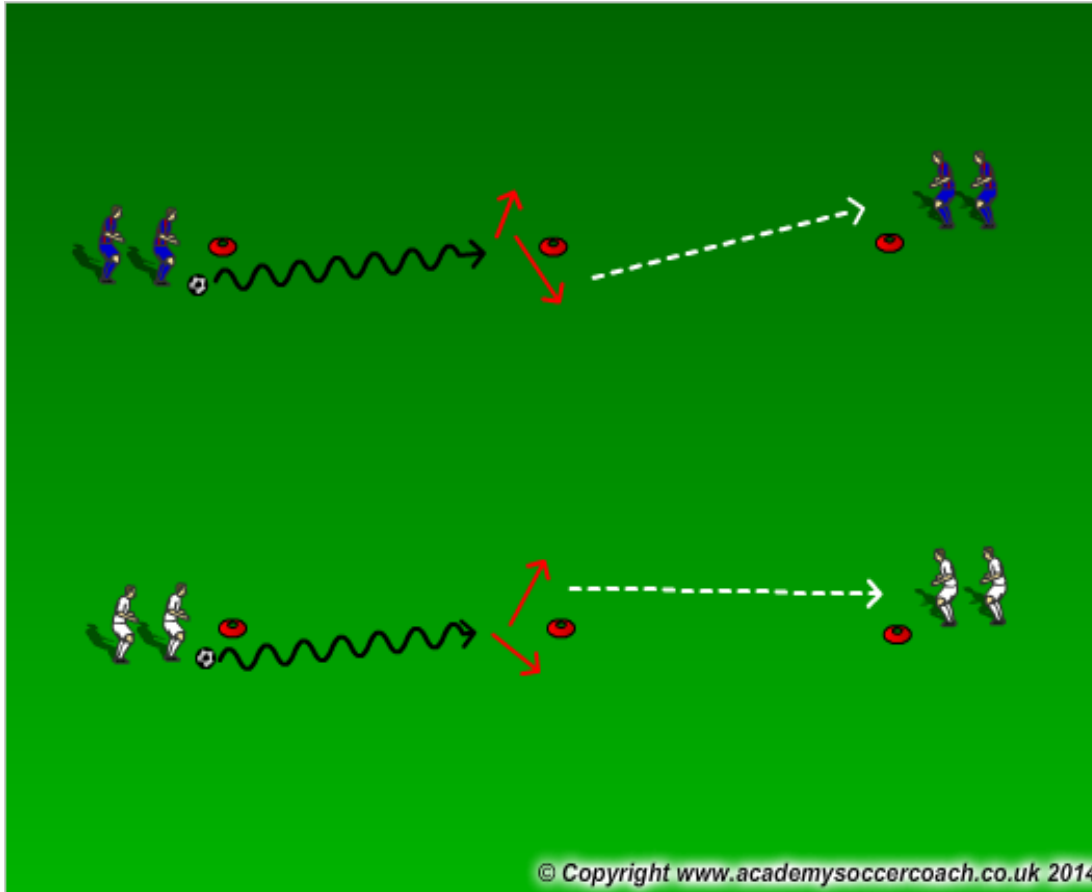
Introduce rules when the game situation arises.

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Session Seven: 1 vs 1's: Using COD's to beat an Opponent



PASS AND FOLLOW WITH FAKES

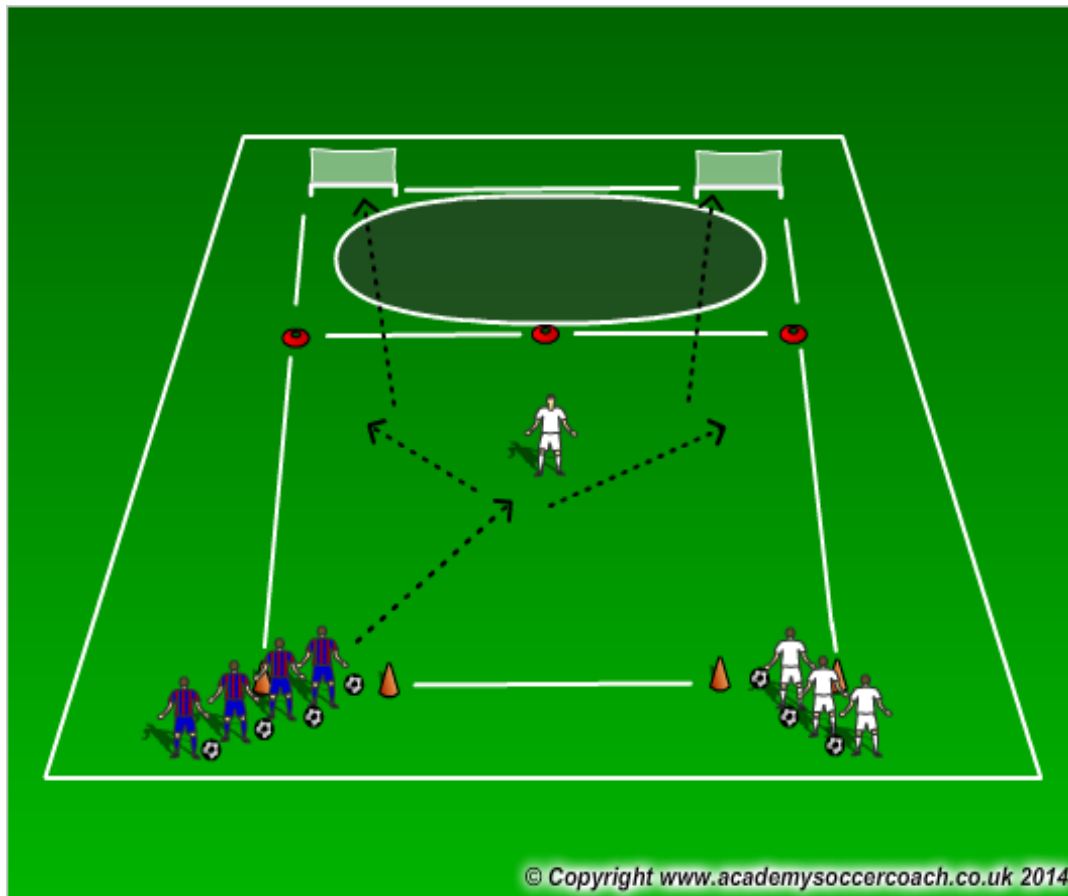


Set-up: Players Approximately 20 yards apart (center cone @ 10 yards). Multiple players in line(s) depending on #'s. 1/2 Balls per group, depending on #'s.

Description: Player(s) with the ball dribble across the area, staying to the right side of the cones and at the half way cone pass to the opposite player. All players follow their pass. Players perform a fake before and around the center cone, then pass to the opposite line of players.

Coaching Points: Dribble with close control, concentrating on the dribbling combination. Quick touches rather than speed. Fake around imaginary defender (cone) and make sure the change of direction is big. Add in change of speed after fake; positive first touch out of the fake. Quality pass to the opposite player, concentrating on accuracy and speed of the pass.

1 vs 1's: COD TO BEAT A DEFENDER



Set-up: 25 x 50 yard channel with a 5-7 yard end zone and two target goals on the end line. Players in two teams on opposite sides of the channel. All players with a ball. One team starts with a defender in the middle of the first zone.

Description: Team 1 start with a defender in the first zone. First player from Team 2 dribbles out into the area as an attacker. Object is to beat the defender into the end zone and score in one of the target goals. Once possession is lost, the ball goes outside of the area or a goal is scored the defender (Team 1) collects the ball and goes back to their starting line. The attacker (Team 2) now becomes the defender against the next player from Team 1. Repeat.

Coaching Point(s): Attackers take a positive first touch into the area. Use moves to beat the defender. Attempt to shoot once an opportunity arises in the end zone. Defenders make an angled recovery run to get in front of the attacker before they reach the end zone. Slow down as you reach the attacker, get into a good defensive position. Do not dive in or lunge. Keep moving your feet. Try to force the attacker to the outside. Stay touch tight.

1 vs 1's: COD TO BEAT A DEFENDER

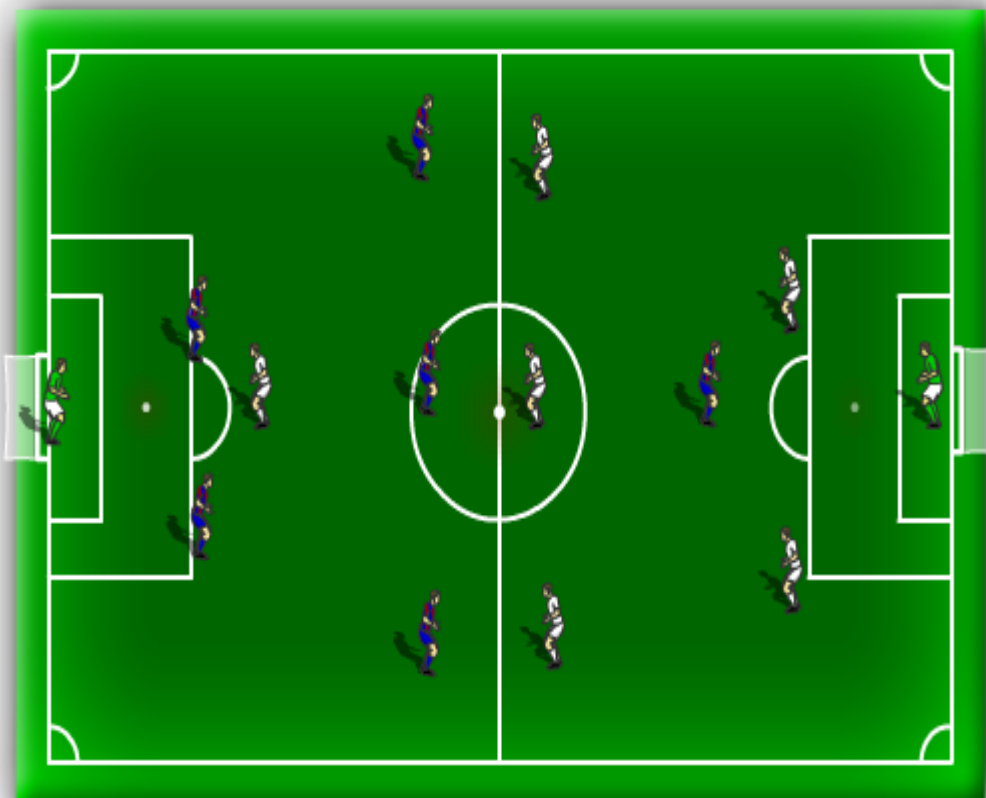


Set-up: 25 x 50 yard channel with a 5-7 yard end zone and two target goals on the end line. Players in two teams on opposite sides of the channel. All players with a ball. One team starts with a defender in the middle of the first zone.

Description: Team 1 start with a defender in the first zone. First player from Team 2 dribbles out into the area as an attacker. Object is to beat the defender into the end zone and score in one of the target goals. Once possession is lost, the ball goes outside of the area or a goal is scored the defender (Team 1) collects the ball and goes back to their starting line. The attacker (Team 2) now becomes the defender against the next player from Team 1. Repeat.

Coaching Point(s): Attackers take a positive first touch into the area. Use moves to beat the defender. Attempt to shoot once an opportunity arises in the end zone. Defenders make an angled recovery run to get in front of the attacker before they reach the end zone. Slow down as you reach the attacker, get into a good defensive position. Do not dive in or lunge. Keep moving your feet. Try to force the attacker to the outside. Stay touch tight.

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Add points/goals for successful turns completed in the game.

Progression: Add neutral players or target players, dependent on the number of players available.

Introduce basic formations

7 vs 7: 1 – 2 – 3 – 1

9 vs 9: 1 – 3 – 3 – 2

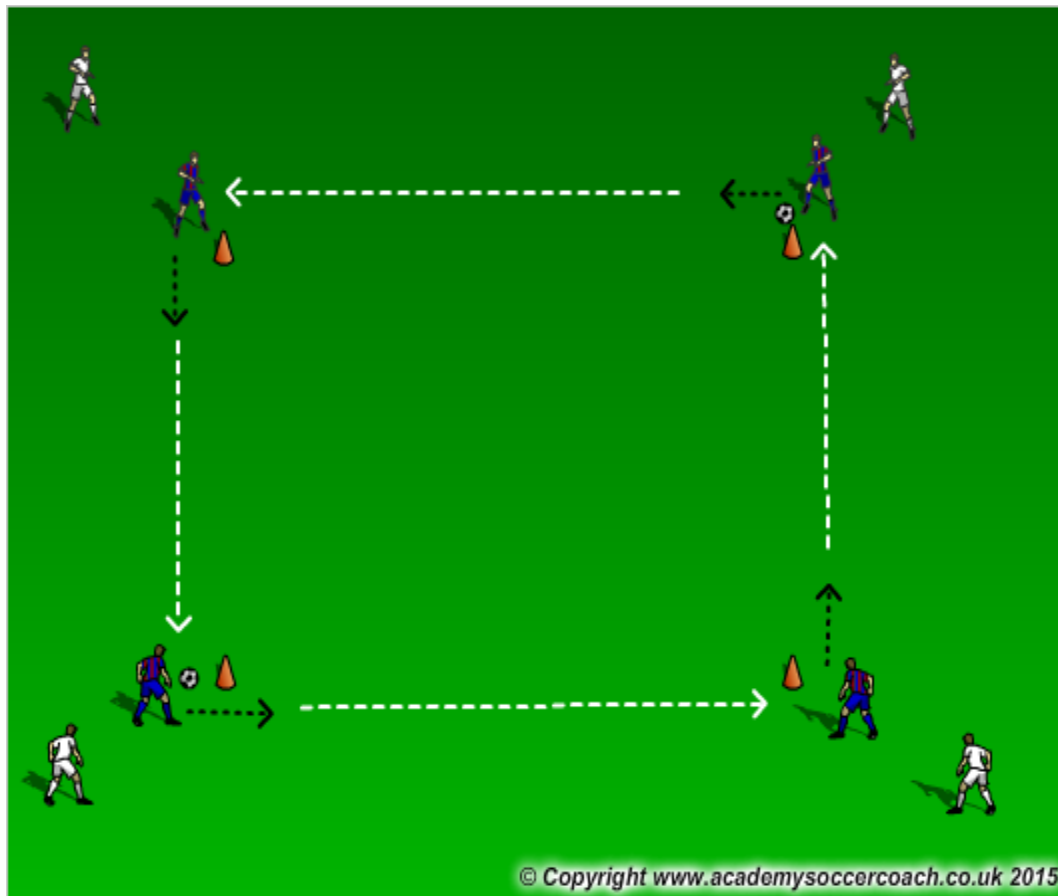
Introduce rules when the game situation arises.

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Session Eight: 2-3 Man Combination Play



DIAMOND PASSING: 1-2 PLAYER COMBINATIONS



Area:

20 x 20 Diamond

Description:

1 or 2 players at each cone (1 working, 1 waiting)

Ball is passed around the outside of the cones by players who follow their pass to the next cone after passing

Coaching Points:

Can you get the ball around the square in 8 seconds.....

Tight first touch, get the ball off your foot as soon as possible

“Coach Loew of German National team allows 0.9 seconds on the ball to receive and pass”

Shorten back swing

SCAN – when you think its coming, when you know its coming, when its on its way

Progressions:

Add a second ball. Add check to and away

DIAMOND PASSING: GIVE AND GO COMBINATIONS



Area:

20 x 20 Diamond

Description:

Ball is passed around the outside of the cone by players who follow their pass to the next cone after passing.

Combination – Player 1 pass to Player 2, Player 2 lay-off to Player 1 and then movement around the cone, Player 1 pass into player 2's path. Repeat around the area.

Coaching Points:

Movement before the pass (check to)

Movement after the pass (spin away)

Speed of the pass and lay-off is important

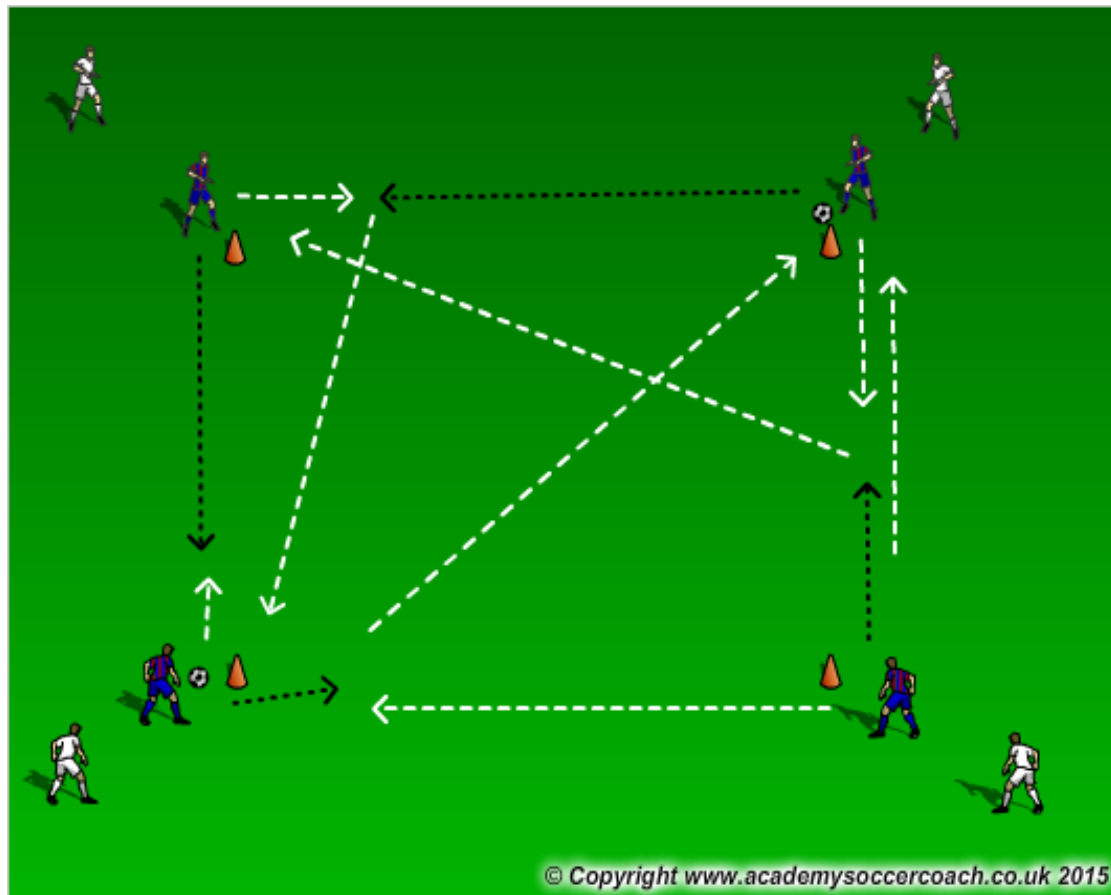
Do not get too close to each other and 'kill' the space.

2 touch if possible

Progression:

Add a second ball

DIAMOND PASSING: 2-3 COMBINATIONS



Area:

20 x 20 Diamond

Description:

Ball is passed around the outside of the cones poles by players who follow their pass to the next cone after passing

Combination – Player 1 passes to Player 2 (who checks to the ball), Player 2 lays the ball off, Player 1 Passes to Player 3. Player 3 lays the ball off, Player 2 Passes to Player 4. Player 4 lays the ball off to Player 3, Player 3 passes to Player 1. Repeat.

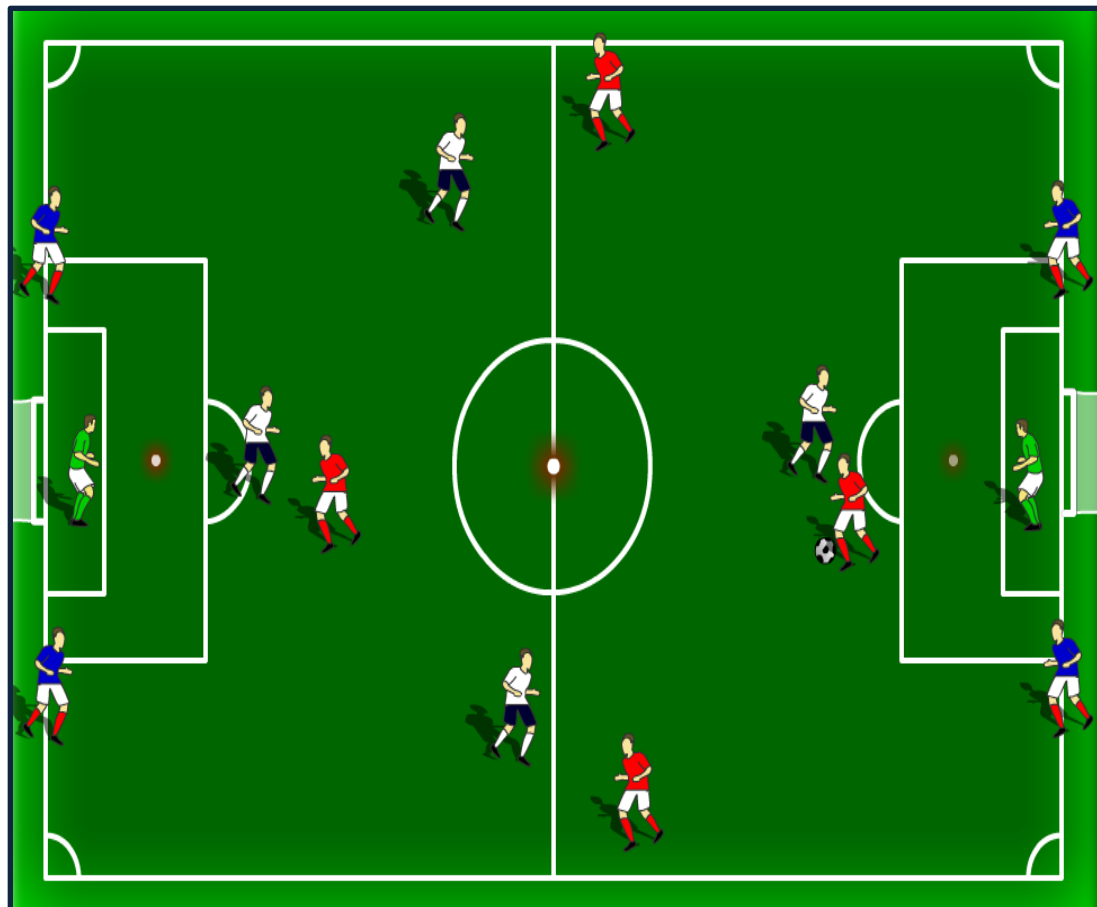
Coaching Points:

Speed of the pass – ping it in, keep it on the ground

Lay-off – take the speed off the ball and lay-off into players path

Movement – Meet the ball, move after the pass, change speed

7 vs 7: TARGET GAME



Area: 50 x 30 yard field

Description: Playing 7 vs 7, players must try to score goals like a regular soccer game. Place 4 target players on the by-line and try to split defenders and get them turning. The defenders must be aware of the danger the targets hold. Balls played to the target players must be played on the ground.

Formation – GK, 4 field players, 2 targets (total of 7 players)

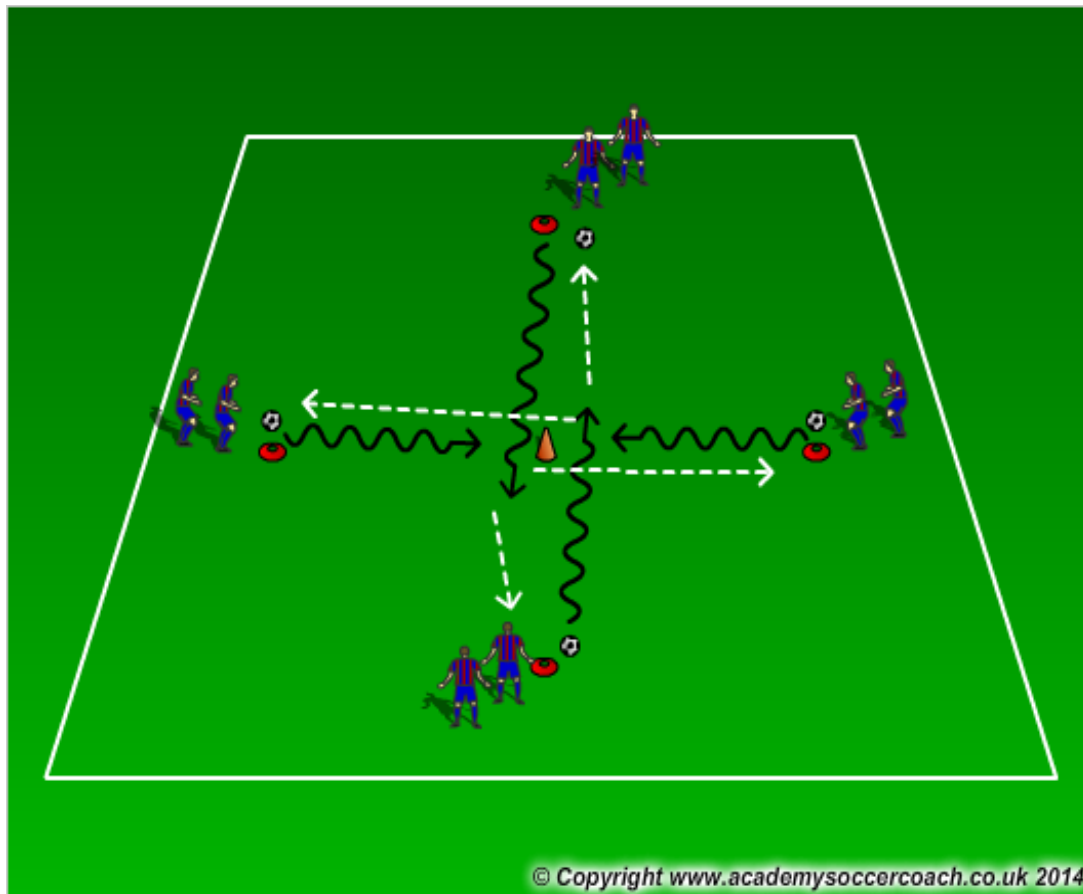
Coaching points: Use COD moves and passing combinations to progress the ball up the field to the target players. Use laces for longer passes. Look for opportunities to play to the targets early. Add points/goals for scoring goals when combination is played with the target players.

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Session Nine: 2 vs 1's and 3 vs 2's



WARM-UP: PASS AND FOLLOW



Set-up: 4 cones in a cross formation, approximately 10-15 yards from the center cone. Players in groups of 2/3 at each of the outside cones. 1 ball per group.

Description: Player at the front of each line dribbles to the center cone and stays to the right. Player then passes to the next line. Move to the back of the line; follow your pass. Add in a fake or change of direction(s) in the middle of the area.

Coaching Points: Quick touches into the middle and change direction making sure you avoid the other players. Good pass to the next player. Player receiving the ball to be on their toes and take a positive first touch forward.

Use COD moves to avoid other players and to move the ball into space.

2 vs 1's: COD TO BEAT A DEFENDER

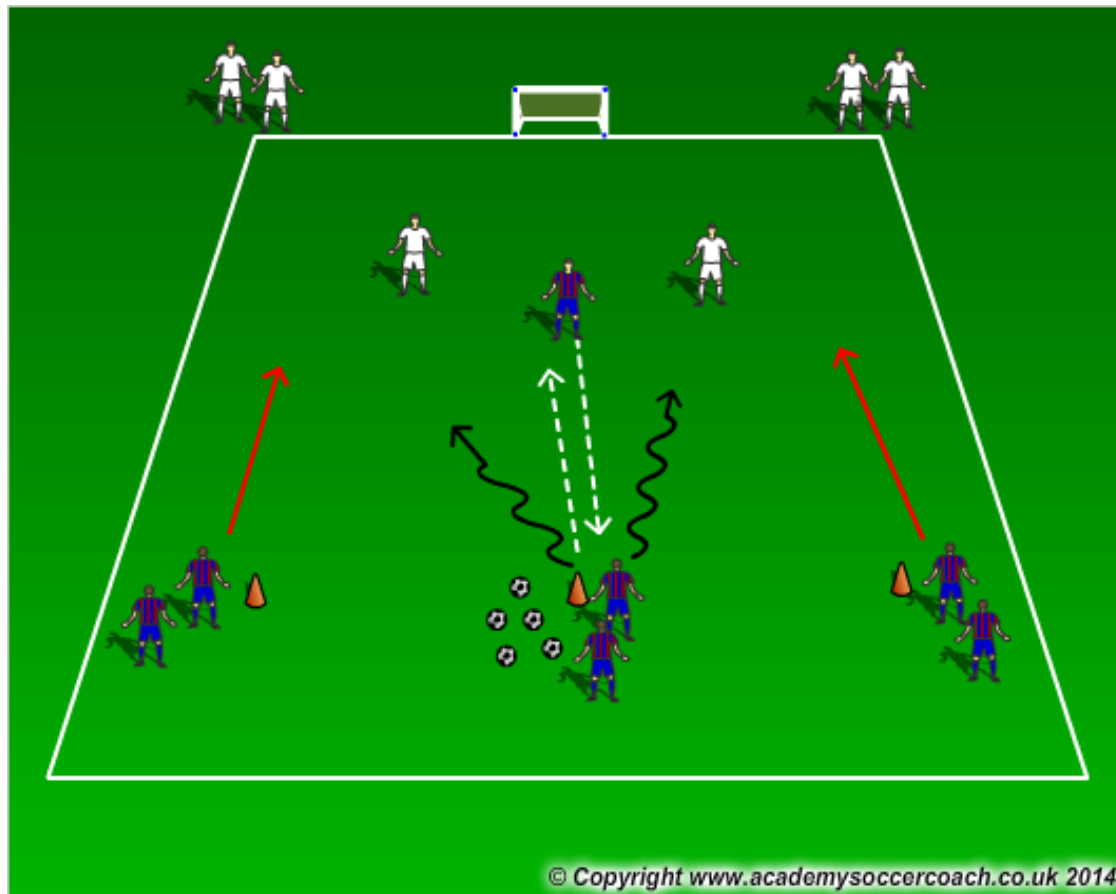


Set-up: 25 x 50 yard channel with a 5-7 yard end zone and two target goals on the end line. Players in two teams on opposite sides of the channel. All players with a ball. One team starts with a defender in the middle of the first zone.

Description: Team 1 start with a defender in the first zone. First player from Team 2 dribbles out into the area as an attacker, second player from Team 2 joins as an additional attacker. Object is to beat the defender into the end zone and score in one of the target goals. Once possession is lost, the ball goes outside of the area or a goal is scored the defender (Team 1) collects the ball and goes back to their starting line. One of the attackers (Team 2) now becomes the defender against the next player from Team 1. The second attacker returns to their starting line. Repeat.

Coaching Point(s): Attackers take a positive first touch into the area. Use moves to beat the defender. Use passing combinations to beat the defenders. Attempt to shoot once an opportunity arises in the end zone. Closest attacker to the next player dribbling becomes the defender. Communicate your role. Defenders make an angled recovery run to get in front of the attacker before they reach the end zone. Slow down as you reach the attacker, get into a good defensive position. Do not dive in or lunge. Keep moving your feet. Try to force the attacker to the outside. Stay touch tight.

FINISHING: 3 vs 2 or 4 vs 2

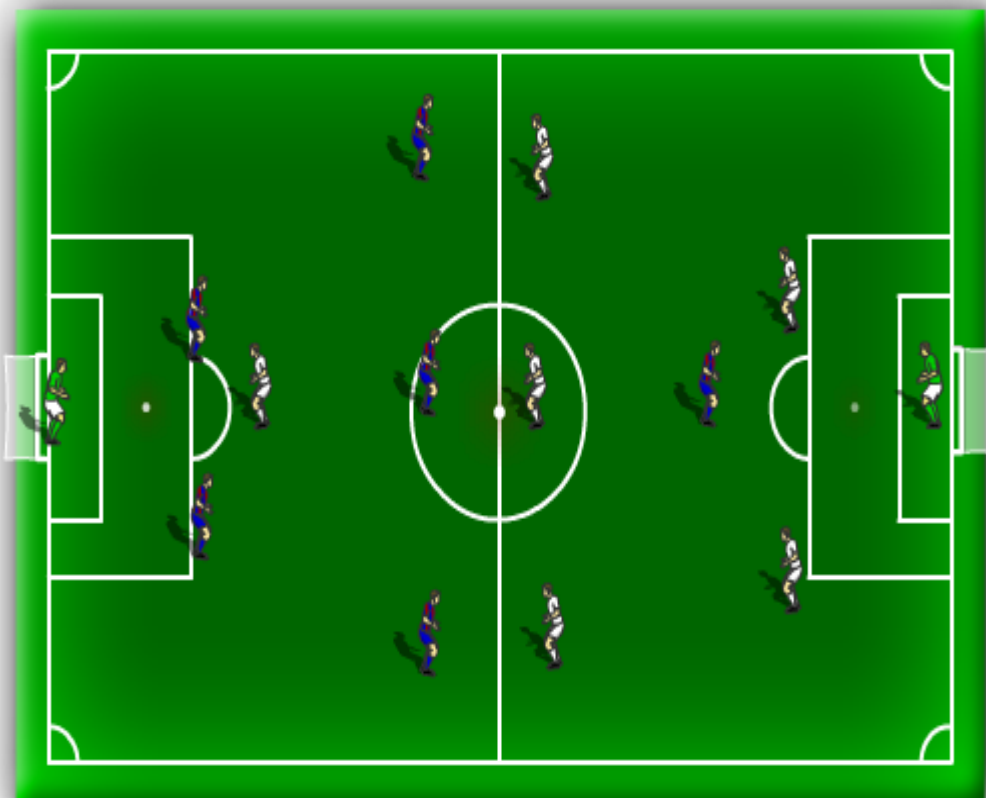


Set-up: 40 x 60 yard field. Target goal(s) on end line. Separate players into 2 teams. 1 team of attackers, 1 team of defenders. Defenders line up on opposite sides of the end line. ½ Defenders in the area. Attackers line up at the top of the area at 3 different cones 5-10 yards apart. 1 Attacker to start in the middle of the area between the 2 Defenders Supply of balls with the attackers at the center cone. Add a GK to progress.

Description: Center attacker passes the ball into the attacker in the center of the area. The ball is played back and players then attack the goal 4 vs 2. Change the passing combinations and runs. Switch attackers and defenders around every 5-10 minutes.

Coaching Points: Passes to be hit with pace. Movement off the ball is as important as the passes. Communicate which run you are making. Attempt to play in 1 or 2 touches. Finish with a shot at the goal.

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Add points/goals for successful turns completed in the game.

Progression: Add neutral players or target players, dependent on the number of players available.

Introduce basic formations

7 vs 7: 1 – 2 – 3 – 1

9 vs 9: 1 – 3 – 3 – 2

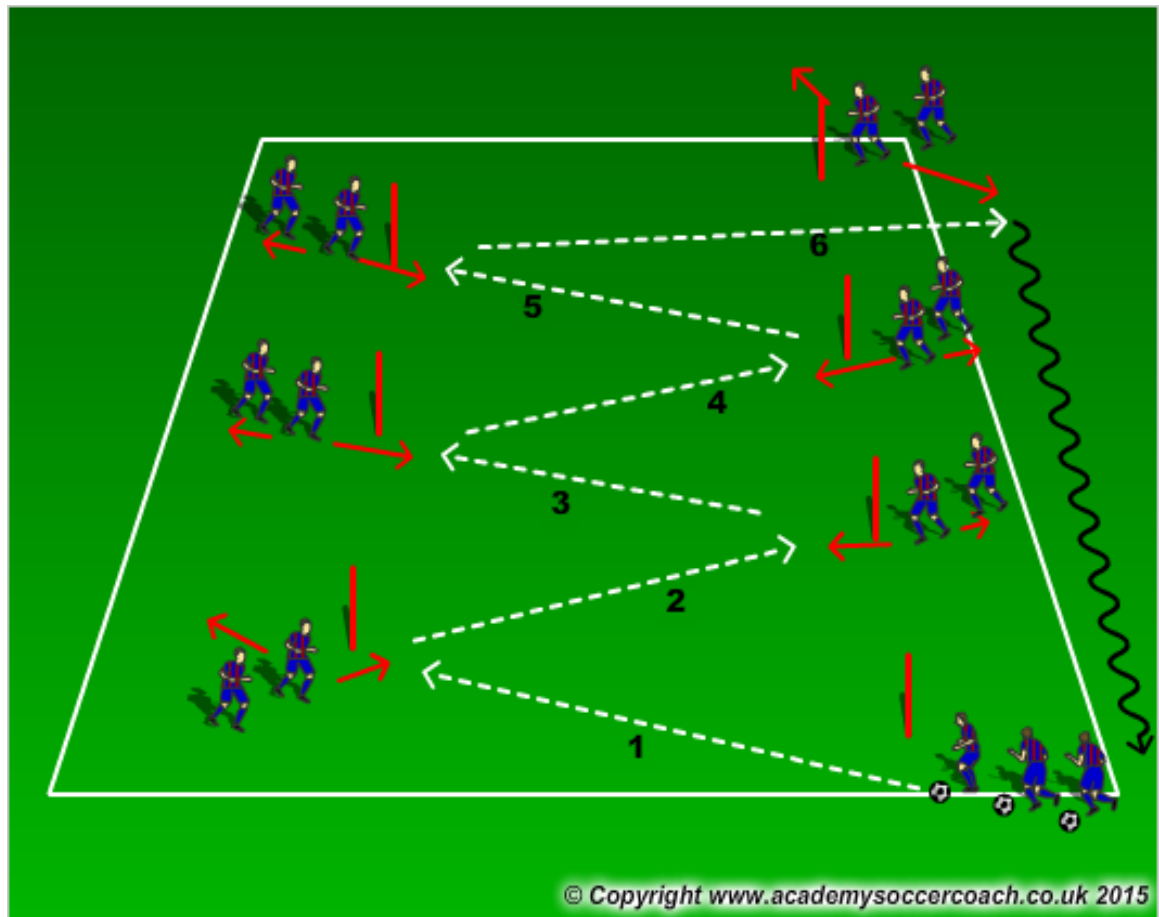
Introduce rules when the game situation arises.

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Session Ten: Speed of Play



PASSING WARM-UP: LIVERPOOL COMBINATIONS



Area: Poles marked out 12 yards apart in a zig-zag pattern.

Description: Players at the start with a ball. The first player to receive checks away and pass # 1 is played into his feet, the players should receive inside of the pole and pass with his 2nd touch, following pass through.

Coaching Points:

- 1) Timing of movement off the pole
- 2) Game speed movements and passes
- 3) First touch attacks the space

Progression:

- 1) Receive around the Pole, checking to ball and then back peddling to receive around pole
- 2) Pass, Pass & Set, in front of pole, tight 3 pass sequence
- 3) Wall pass around the pole

7 vs 7: ZONAL GAME



Area: 40 x 60 (if space allows)

1 goal at either side of the area

Area is separated into 3 zones

Description: GK in each goal.

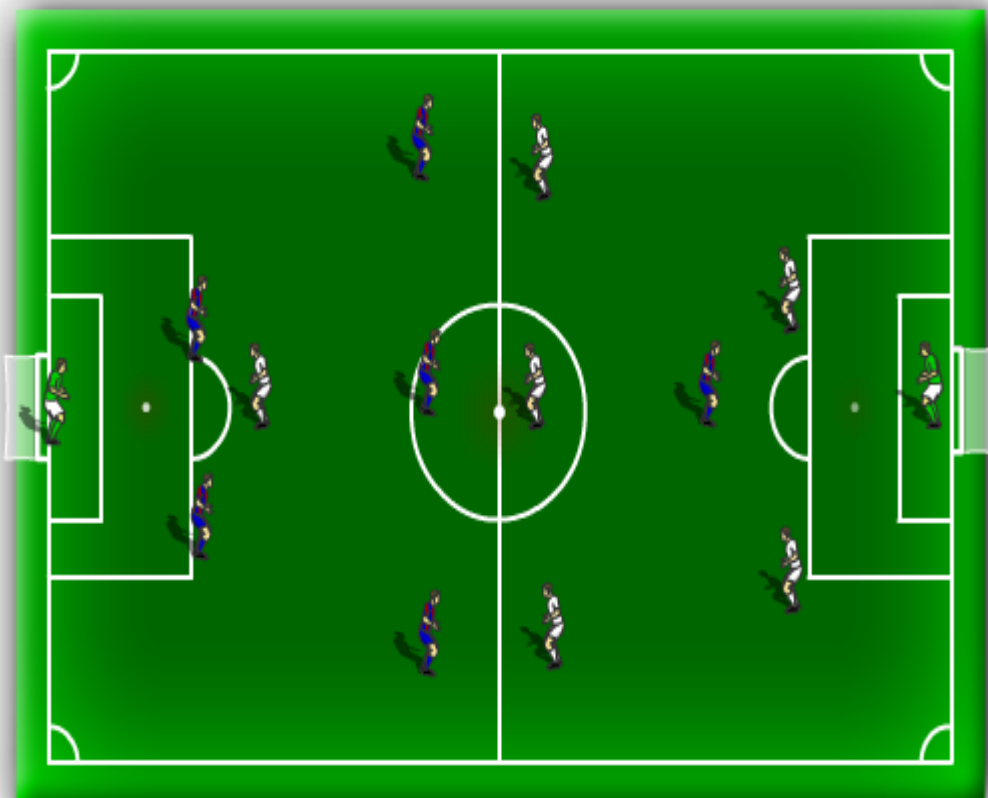
2 vs 2 + 1 neutral in each zone.

Play a regular game attempting to use the neutrals to create an overload

Coaching Points: Use the neutrals. Combine to create space. Movement off the ball is important; find space. Short quick passes to combine.

Progressions: Reduce touches. Encourage players to play through more than 1 zone. Allow neutrals to move between zones. Allow field players to dribble or follow their pass between zones.

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Add points/goals for successful turns completed in the game.

Progression: Add neutral players or target players, dependent on the number of players available.

Introduce basic formations

7 vs 7: 1 – 2 – 3 – 1

9 vs 9: 1 – 3 – 3 – 2

Introduce rules when the game situation arises.

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Session Eleven: Finishing



PASSING WARM-UP: LATRONICA



Area: 20x20 yard grid

Description:

Separate players equally around grid on the outside. 1 player from each line starts in the middle. Players perform passing patterns. Add gates between inside and outside players to complete passing combinations.

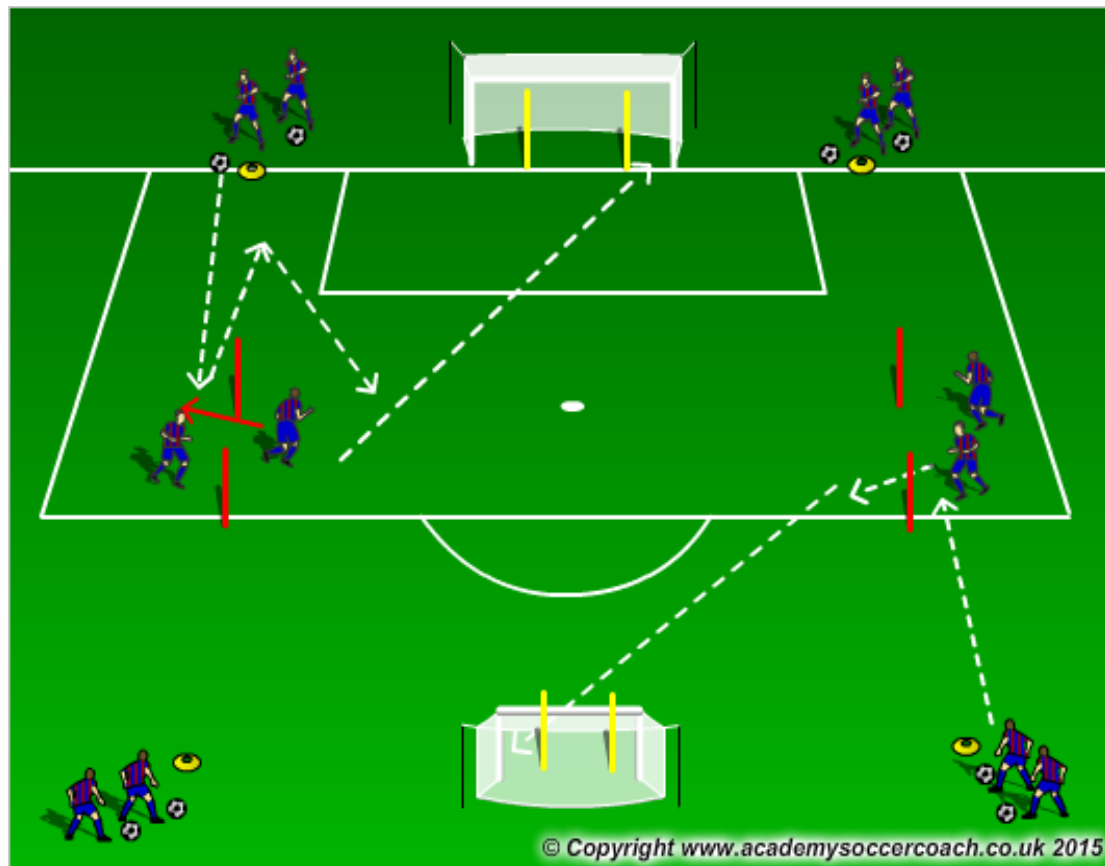
Passing Patterns:

1-2 to feet, 1-2 to feet (with movement to outside gate), 1-2 between 3 players

Coaching Points:

- Short sharp touches on the ball
- Check back to receive ball
- Vary passing surfaces – focus on inside of the foot
- Vary receiving technique
- Scan as they dribble
- Scan before they receive the ball

FINISHING: COMBINATIONS TO GOAL



Area: Same set up, now using 2 extra poles and adjust players as set out in diagram.

Description: Ball played into feet, use first touch to take ball around pole and finish

Coaching Points: Quality and direction of first touch.

Set ball wide of target and look to bend ball back in.

Practice closing hips and finishing near post

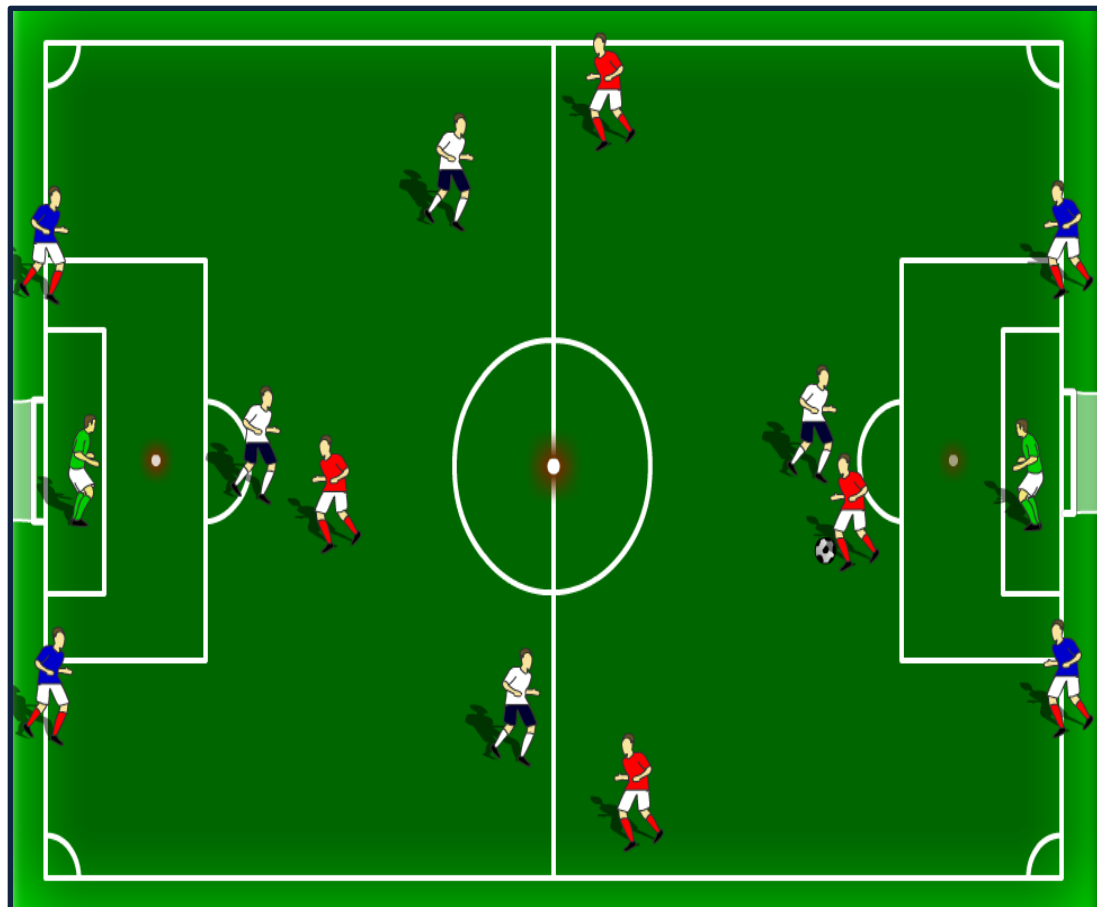
Progressions:

1) – Play give and go with lead pass (see left side of diagram)

CP – Timing of movement, give and go at speed

2) – Give and go followed by forward pass into opposite corner for set and finish

7 vs 7: TARGET GAME



Area: 50 x 30 yard field

Description: Playing 7 vs 7, players must try to score goals like a regular soccer game. Place 4 target players on the by-line and try to split defenders and get them turning. The defenders must be aware of the danger the targets hold. Balls played to the target players must be played on the ground.

Formation – GK, 4 field players, 2 targets (total of 7 players)

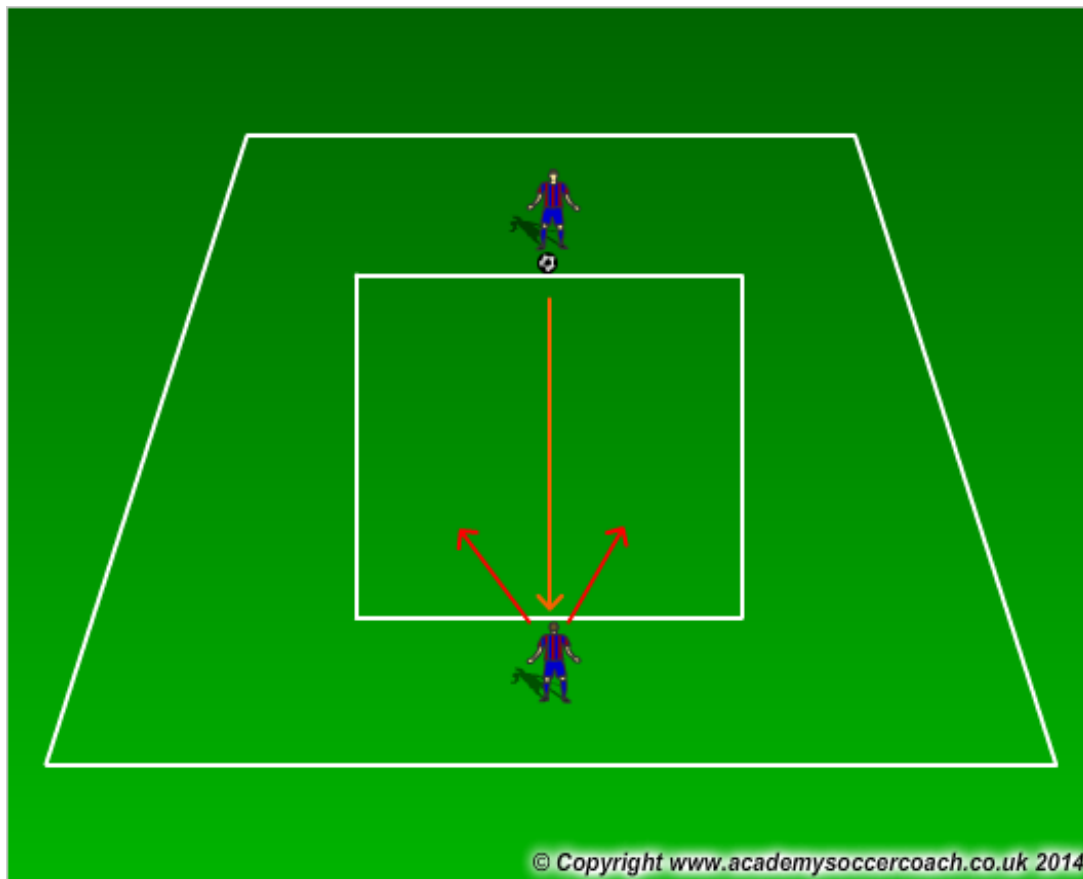
Coaching points: Use COD moves and passing combinations to progress the ball up the field to the target players. Use laces for longer passes. Look for opportunities to play to the targets early. Add points/goals for scoring goals when combination is played with the target players.

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Session Twelve: Attacking Principles



1 vs 1: BLOCK TACKLE



Area: 10 x 10 yard area. Players in pairs. One ball between each pair.

Description: Players on opposite sides of the area. One player with ball. Player 1 passes to player 2 and becomes a defender. Player 2 becomes the attacker and attempts to beat Player 1 to the opposite line. Repeat, switching possession each time.

Progression: Start at walking pace to work on the tackle, then increase to a jog and finally full speed.

Coaching Points: Defender plays the pass and then closes the space down quickly. Slow down as you approach the attacker and get into a good position (low and sideways on). Try to force the player to the outsides. Step across the attacker to complete the 'block tackle' trying to take the ball as the attacker goes past you. Do not lunge in, instead 'block' the ball using the side of the foot to gain possession.

ATTACK vs DEFENSE: OVERLOAD SITUATIONS

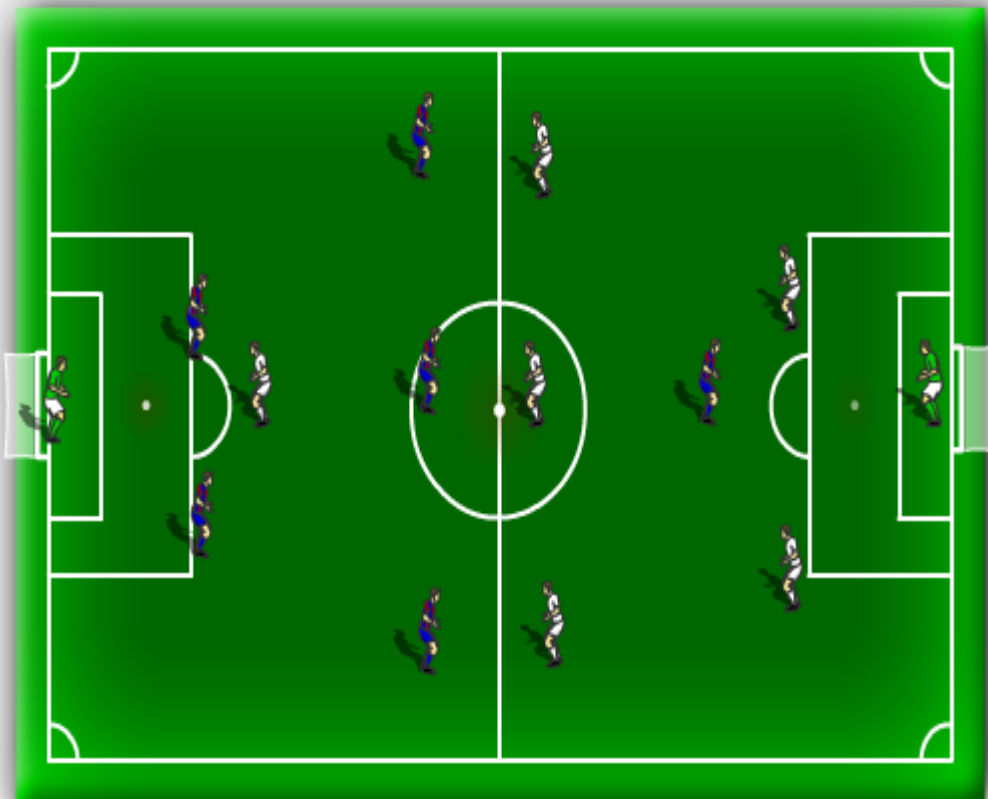


Set-up: Use half a field or a 40 x 60 yards area. Coach at the side of the area with a supply of balls. Half of the players on one end line, half on the other end line. One goal and goal-keeper on each end line. White players are defenders, colored players are attackers.

Description: Coach calls out a number and the players react accordingly. The first number is the attacking group, the second number the defending group i.e. 32 = 3 attackers vs 2 defenders, 21 = 2 attackers vs 1 defenders etc.

Coaching Points: Defenders organize themselves and communicate as to who is going out in the area to defend. Close the space down quickly and pressure the ball. If defender is outnumbered try to delay the attack by not over committing. Also try to split the defenders and show the player with the ball the side line. If beaten, make a recovery run to offer support.

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Add points/goals for successful turns completed in the game.

Progression: Add neutral players or target players, dependent on the number of players available.

Introduce basic formations

7 vs 7: 1 – 2 – 3 – 1

9 vs 9: 1 – 3 – 3 – 2

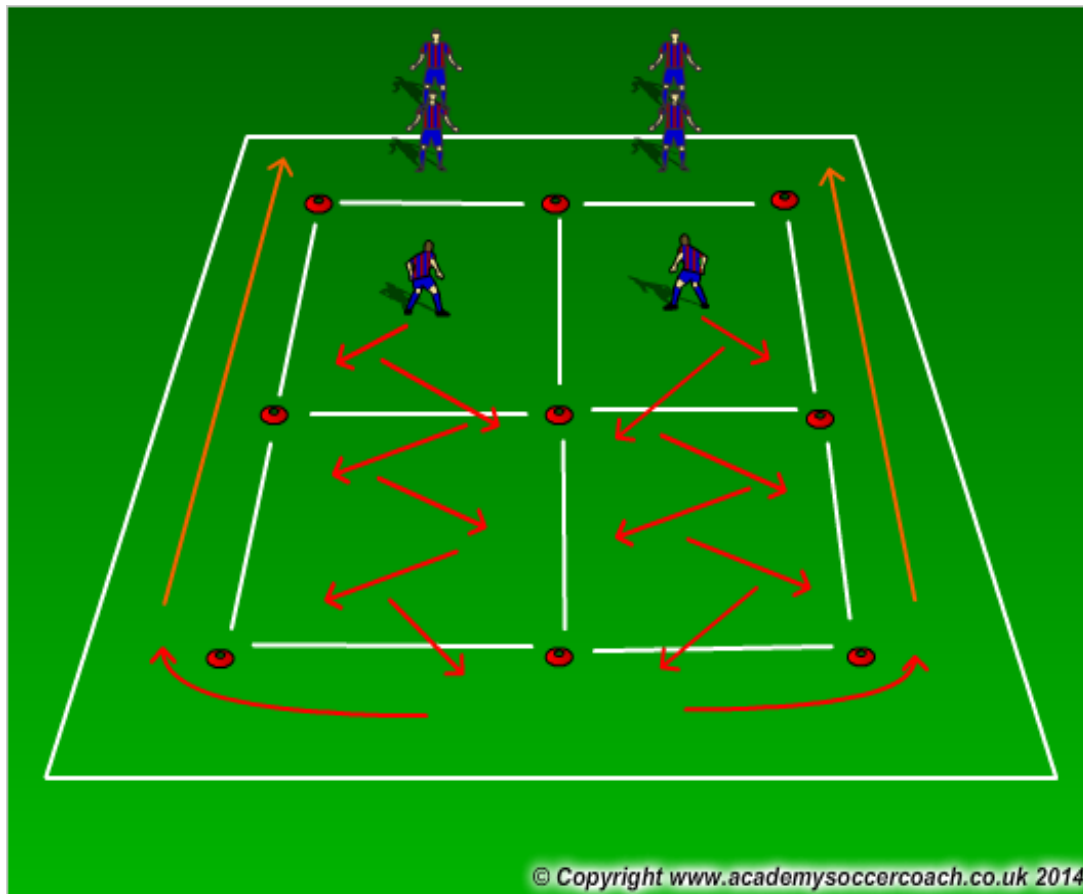
Introduce rules when the game situation arises.

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Session Thirteen: Defending Principles



DEFENDING: DEFENSIVE SHUFFLE

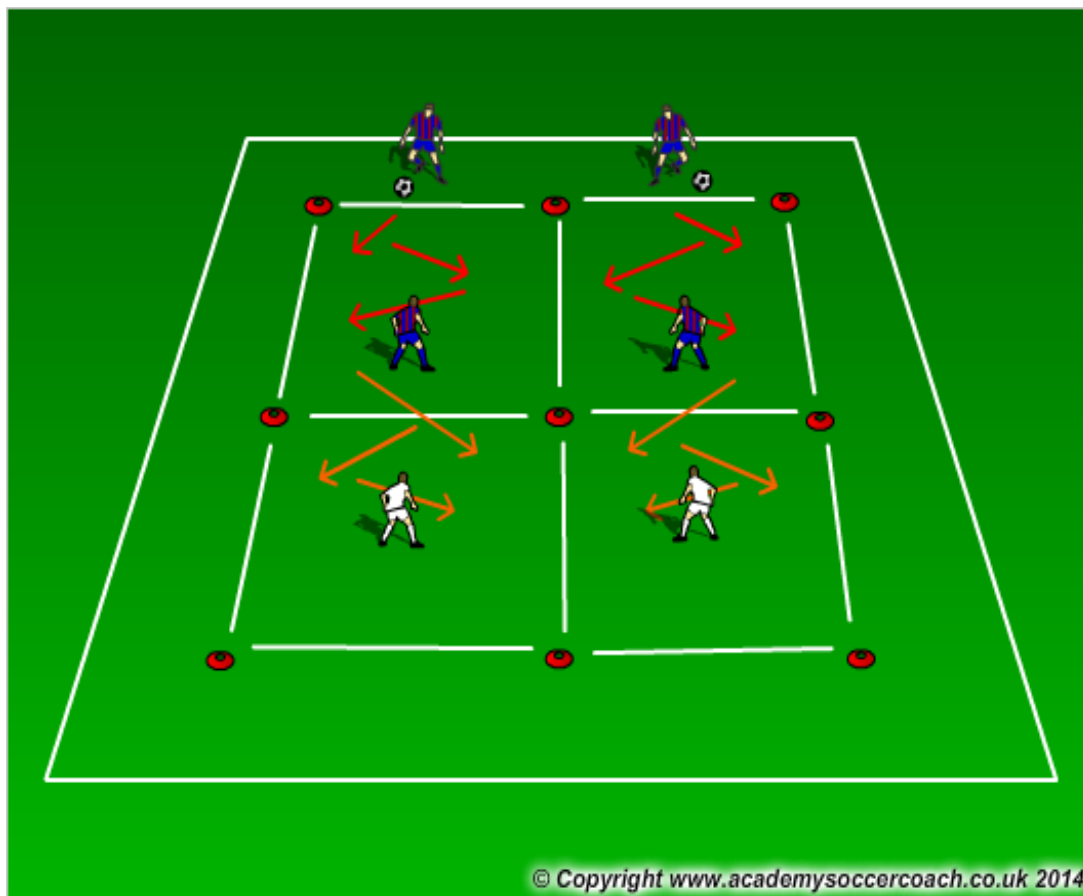


Area: Channels approx. 6/7 yards wide and 20-30 yards long, depending on zones to be used. Players without a ball in lines of 2-4. Set-up several channels dependent on the # of players.

Description: Players individually complete a defensive shuffle down the channel. Once they reach the end line, they jog back to the starting line.

Coaching Points: Body position; knees bent, low to ground, sideways on. Turn hips and shoulders to change the direction of the shuffle. Try to increase the speed of the shuffle (foot movement) each time player(s) go down the channel.

DEFENDING: 1 vs 1

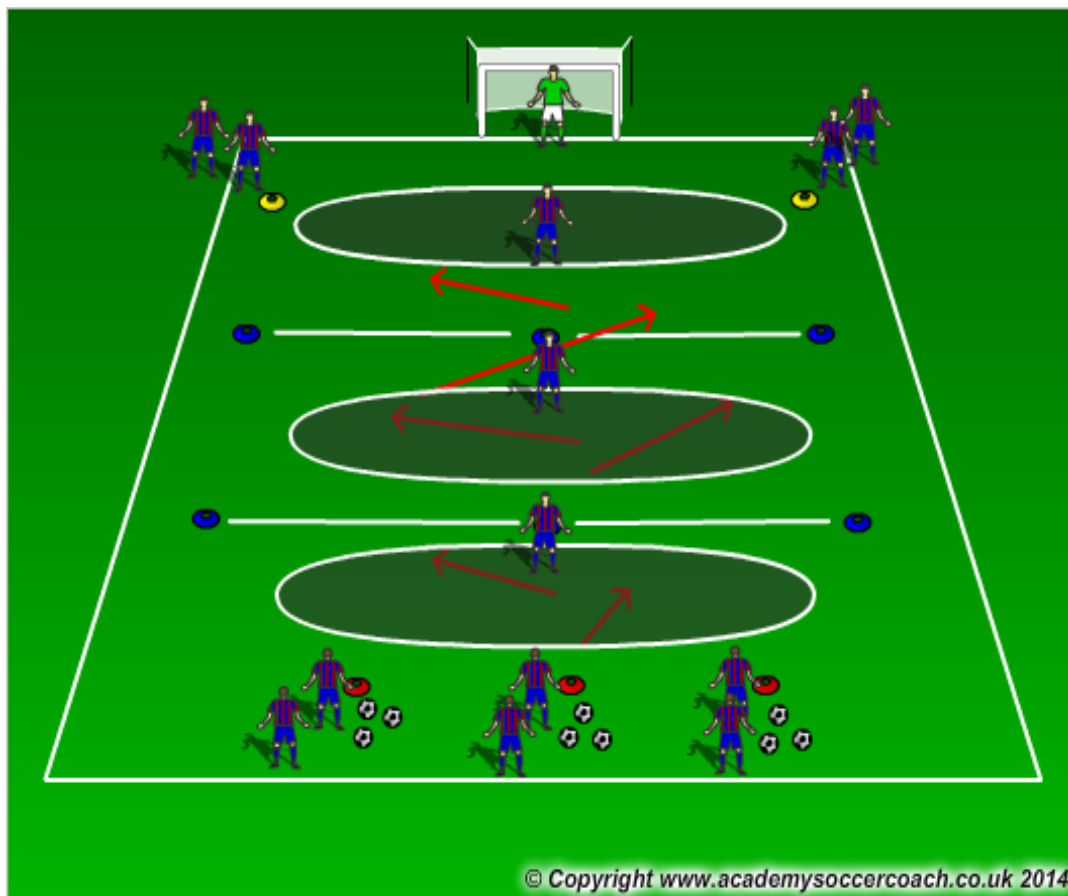


Area: Repeat in the same area. Now the attacking player has a ball and dribbles down the area side to side.

Description: Attacker dribbles down the area with a ball, defender utilizes the 'defensive shuffle' to keep the attacker in front of them. First stage is with no tackling. Second stage, the attacker tries to beat the defender down the area, still with no tackling. Third stage the defender can tackle in the second zone. Final stage, the defender can tackle in all zones.

Coaching Points: Defender must move their feet quickly and shuffle (changing direction) in order to keep the attacker in front of them. Concentrate on changing direction as the attacker changes direction. Remain sideways on to avoid getting beat with a 'nutmeg'. Once the defender can tackle, try to force the attacker to the outside line, before committing. Do not lunge.

DEFENDING: 1 vs 1 to 2 vs 1



Area: Use an area approx. 40 x 60 yards. Defenders and GK on one side of the area and attackers (with a supply of balls) on the opposite side in 1-3 lines. Inside the area set-up 2 or 3 zonal lines.

Description: Add zones where the defenders can tackle, until you have all areas in play. Add one defender into each of the zones. Progress to 2 attackers versus 1 defender.

Coaching Points: Stress foot movement, correct body position and forcing the attacker into an area you want them to go (wide, into pressure, onto weaker foot). Try to force the attacker to do something to beat you, rather than giving them an opportunity by over committing or lunging.

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Add points/goals for successful turns completed in the game.

Progression: Add neutral players or target players, dependent on the number of players available.

Introduce basic formations

7 vs 7: 1 – 2 – 3 – 1

9 vs 9: 1 – 3 – 3 – 2

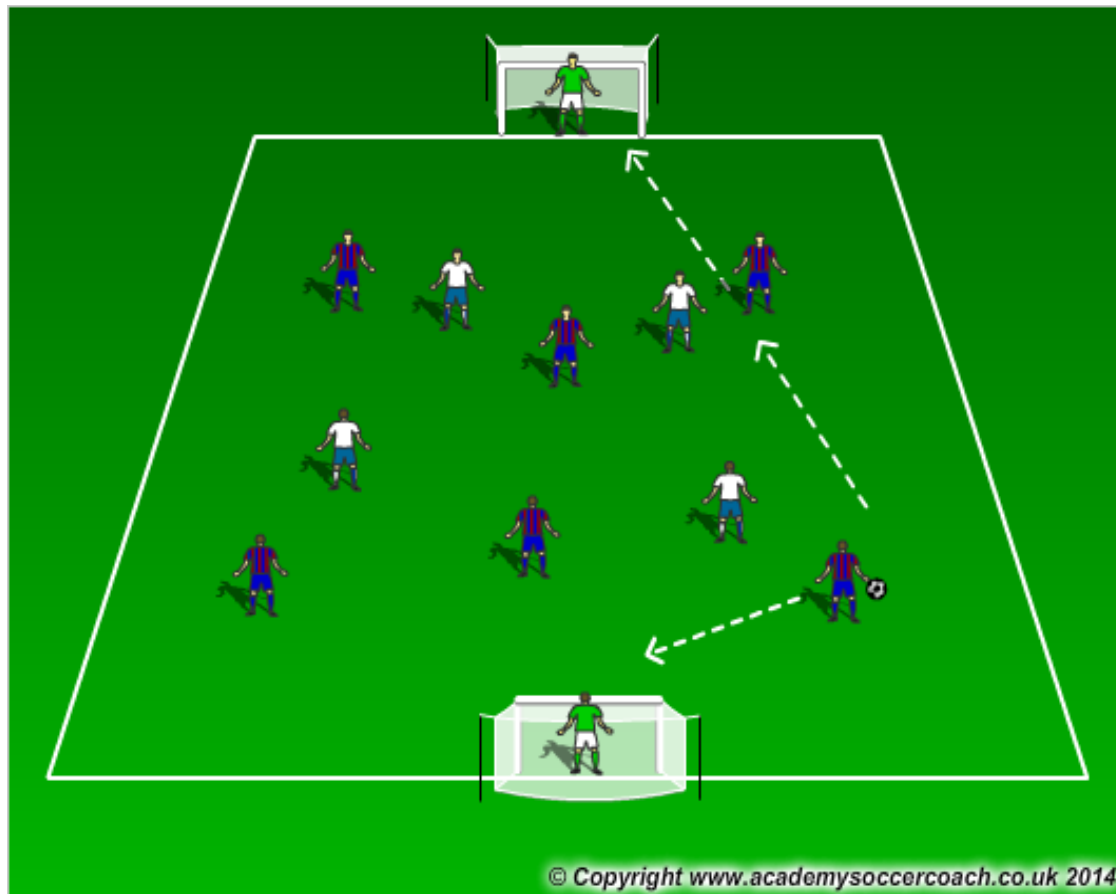
Introduce rules when the game situation arises.

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Session Fourteen: Systems of Play: 7 vs 7



POSSESSION vs ATTACK

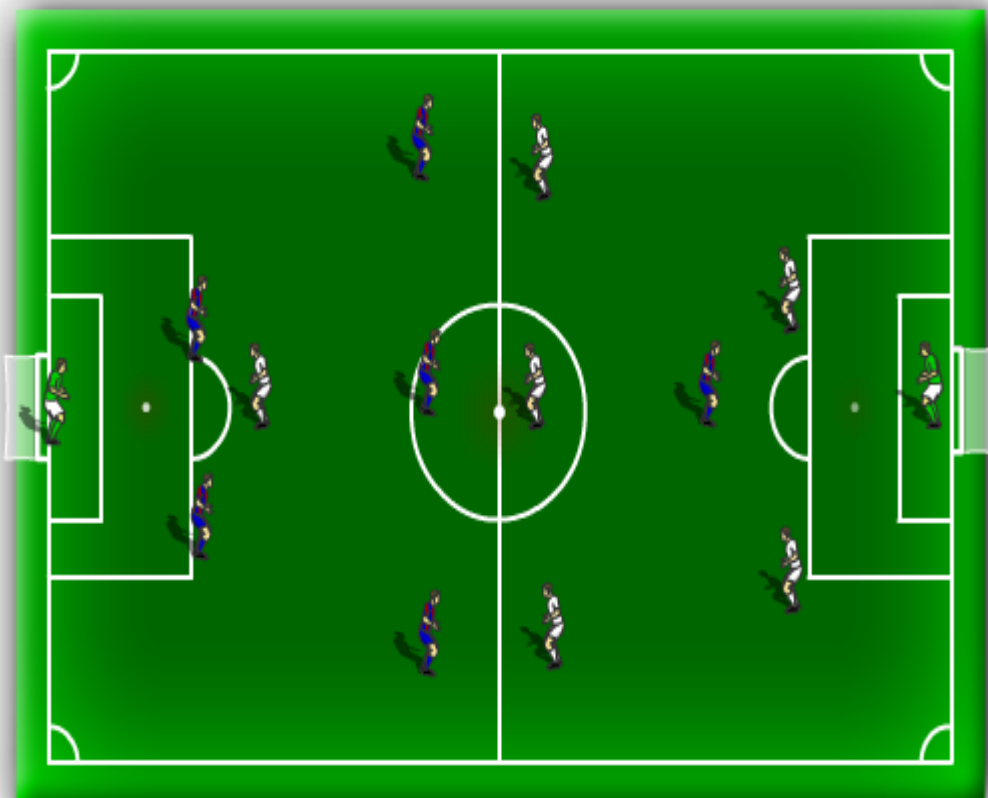


Set-up: 60 x 40 yard area. 6 vs 4 in the area with a GK in each target goal. 1 ball in the area with a supply of balls on the outside.

Activity: 6 vs 4 in the area. Team of 6 (attackers) attempt to move the ball quickly to create opportunities to shoot in either of the goals. Defenders try and delay the attacks and deny space. 5 minute possession game(s) and then switch the teams and roles.

Coaching Points: Move the ball quickly to create space and opportunities to attack the goal(s). Look for attacking passes (first look forward) and use moves and changes of direction to create space. Defenders try and deny space and delay the attack(s). If defenders kick the ball out then another one is played in. If they gain possession then try and keep the ball to delay the attack.

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Add points/goals for successful turns completed in the game.

Progression: Add neutral players or target players, dependent on the number of players available.

Introduce basic formations

7 vs 7: 1 – 2 – 3 – 1

9 vs 9: 1 – 3 – 3 – 2

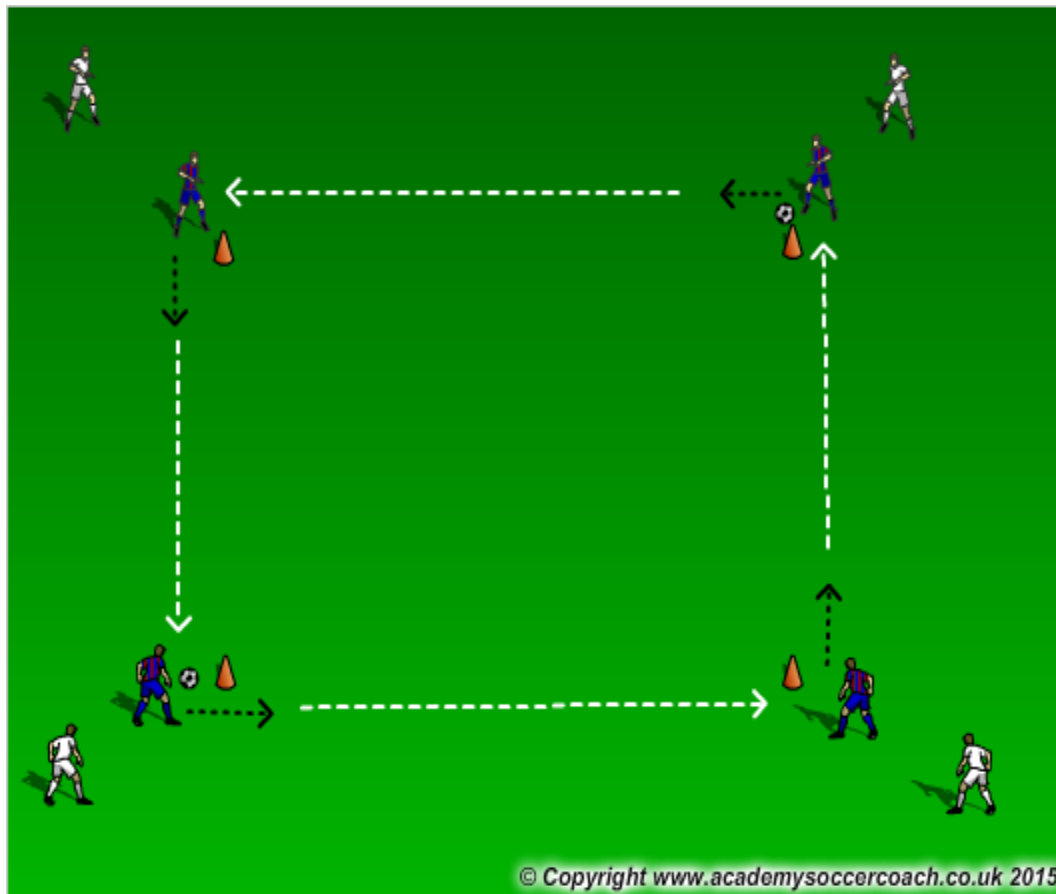
Introduce rules when the game situation arises.

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Session Fifteen: Positions and Re-starts



PASSING DIAMOND



Area:

20 x 20 Diamond

Description:

1 or 2 players at each cone (1 working, 1 waiting)

Ball is passed around the outside of the cones by players who follow their pass to the next cone after passing

Coaching Points:

Can you get the ball around the square in 8 seconds.....

Tight first touch, get the ball off your foot as soon as possible

SCAN – when you think its coming, when you know its coming, when its on its way

Progressions:

Add a second ball. Add check to and away

PASSING DIAMOND: GIVE AND GO's



Area:

20 x 20 Diamond

Description:

Ball is passed around the outside of the cone by players who follow their pass to the next cone after passing.

Combination – Player 1 pass to Player 2, Player 2 lay-off to Player 1 and then movement around the cone, Player 1 pass into player 2's path. Repeat around the area.

Coaching Points:

Movement before the pass (check to)

Movement after the pass (spin away)

Speed of the pass and lay-off is important

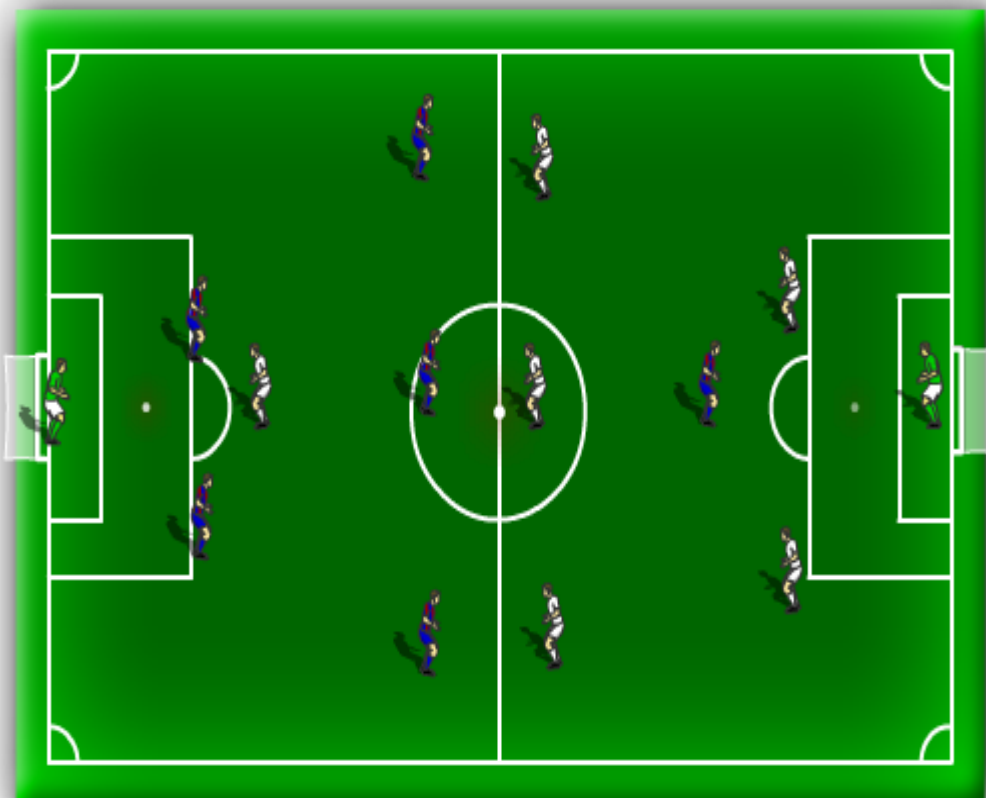
Do not get too close to each other and 'kill' the space.

2 touch if possible

Progression:

Add a second ball

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Progression: Add neutral players or target players, dependent on the number of players available.

Formations: Coach chooses the team formation.

Introduce rules when the game situation arises. Stop the game and repeat set-pieces and restarts to go over different options.

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Session Sixteen: Game Scenarios: 7 vs 7



7 vs 7: BIG GOAL vs SMALL GOALS

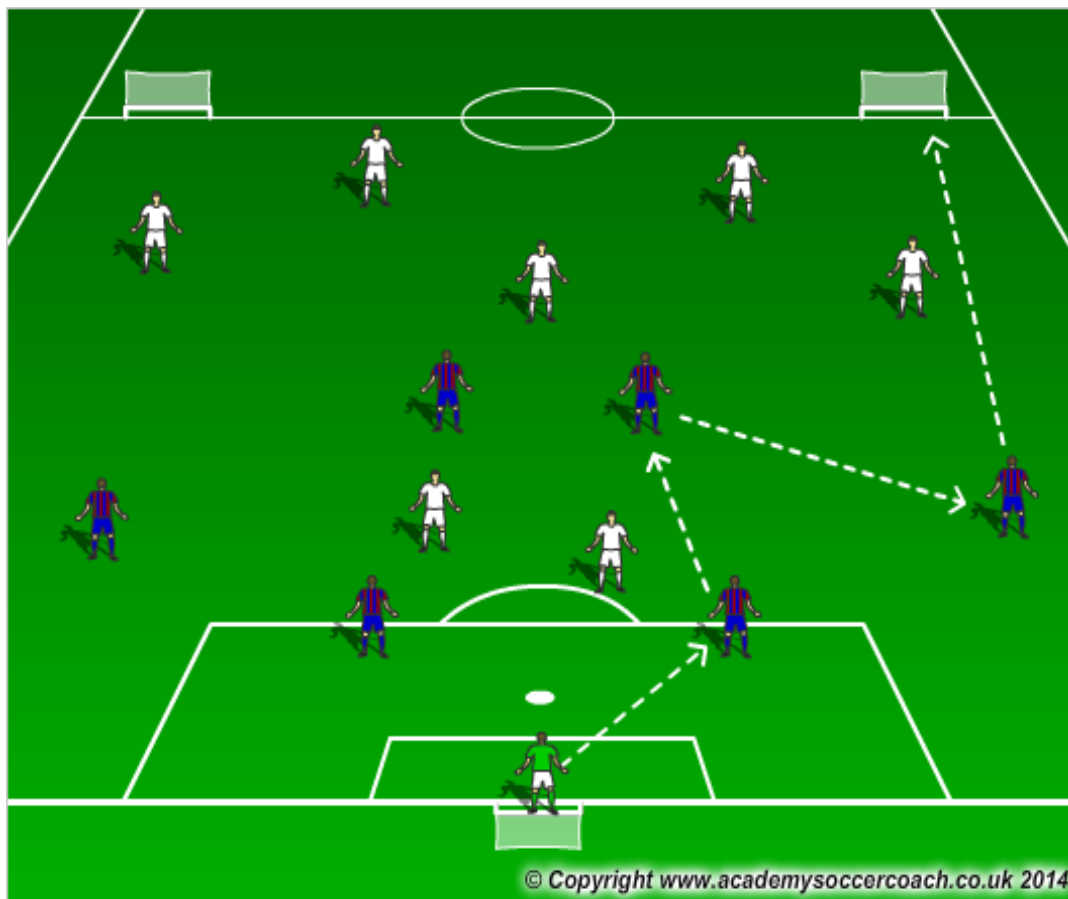


Set-up: 40 x 60 yard area (half an indoor field). Two small target goals on one end line (no GK's) and one larger target goal on the opposite line with a GK. Attacking team have 7 players, defending team have 7 players (6 and a GK). Supply of balls on the outside.

Description: Play a regular game in the area. Defending team are trying to move the ball and score in the two smaller target goals. The attacking team are trying to score in the larger target goal with the GK. Play for 5-10 minute periods and then rotate attacking and defending teams. Add neutral players (Play makers) to progress the activity.

Coaching Point(s): Attacking team try to move the ball quickly and play combinations to create space for a shot on goal. Defending team try to keep their shape and deny space and delay the attacks. Do not dive or lunge in. Communicate to each other. Once in the final third of the field the most dangerous player is the one with the ball.

7 vs 7: BIG GOAL vs SMALL GOALS (COMBINATIONS)

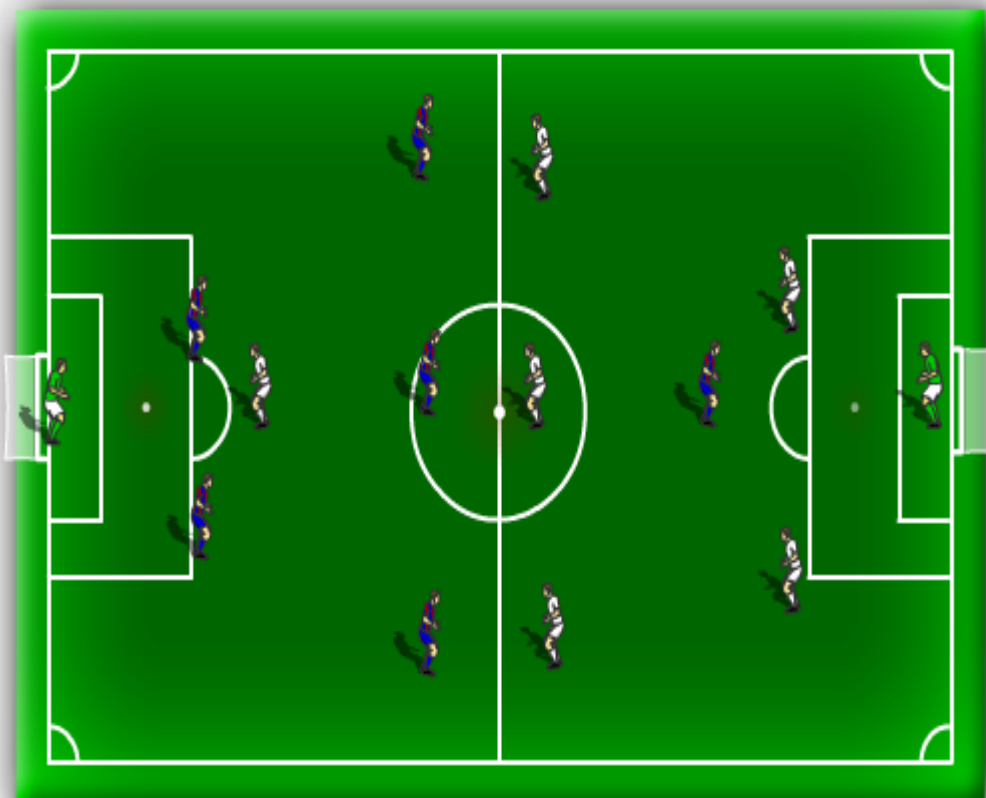


Set-up: 40 x 60 yard area (half an indoor field). Two small target goals on one end line (no GK's) and one larger target goal on the opposite line with a GK. Attacking team have 7 players, defending team have 7 players (6 and a GK). Supply of balls on the outside.

Description: Play a regular game in the area. Defending team are trying to move the ball and score in the two smaller target goals. The attacking team are trying to score in the larger target goal with the GK. Defending team attempt to play combinations to move the ball out of the back and towards the target goals. Play for 5-10 minute periods and then rotate attacking and defending teams. Add neutral players (Play makers) to progress the activity.

Coaching Point(s): Attacking team try to move the ball quickly and play combinations to create space for a shot on goal. Defending team try to keep their shape and deny space and delay the attacks. Do not dive or lunge in. Communicate to each other. Once in the final third of the field the most dangerous player is the one with the ball.

7 vs 7 or 9 vs 9: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Progression: Add neutral players or target players, dependent on the number of players available.

Formations: Coach chooses the team formation.

Give team(s) different game scenario's ie. Play with an extra man (8vs7), if team is winning give them touch restrictions (2/3 touch) with the losing team playing unlimited touches etc

Introduce rules when the game situation arises.