

LEARN TO TRAIN

Coaching Handbook

For coaches of players aged 10-11



Welcome & Thank You For Coaching!

Welcome to the Gander Revolution Football Club (GRFC) and thank you very much for volunteering your time to coach! The club along with the players greatly appreciate what you are doing for them.

This manual will provide you with an outline of what is required of you while coaching with the GRFC. It is also your go to resource for week-by-week session plans. Thank you once again for supporting the GRFC!



GRFC Vision

GRFC is proud to be part of the Newfoundland Soccer Association (NLSA) and Canada Soccer.

GRFC aims to provide an enjoyable and educational soccer experience in a safe, supportive club environment. GRFC welcomes to all who have an interest in learning, organising, growing and celebrating the game of soccer. We develop complete soccer players and teams through effective coaching about game understanding, team play and the development of technical, tactical, physical, psychological areas of the game.



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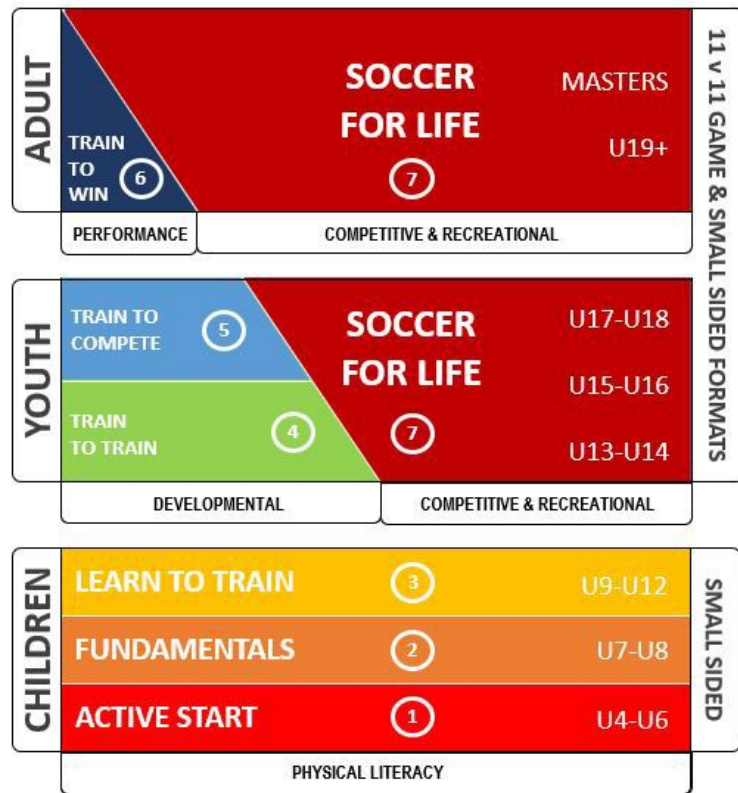
Introduction



GRFC adopts the Long term Player Development (LTPD) principles laid out by the Canada Soccer Association (CSA), and follows the [Grassroots Standards](#). This is a roadmap for players of all ages and aspirations who want to play soccer at the recreation, competitive or high-performance levels, with the aim of encouraging lifelong participation.

LTPD is a CSA soccer-specific adaptation of the Long-Term Athlete Development model (LTAD) developed by Canadian Sport Centres. LTAD is a scientific model for periodized athlete training and development that respects and utilizes the natural stages of physical, mental, and emotional growth in athletes. It is designed to:

1. Promote lifelong enjoyment of physical activity.
2. Provide a structured player development pathway.
3. Describe best practices for elite player development.
4. Create long-term excellence.



The Role of the Coach



When training young players, soccer coaches wear many different hats such as a teacher, mentor, role model, cheerleader, parent and occasional disciplinarian. You might find yourself leading a fun activity one minute and reining in a distracted player the next.

It's important to have a plan, but also be flexible. A session or drill that was meant to last 10 minutes might need to be switched up to keep the players engaged. It might be too difficult, too easy, or not be making sense.

Being a coach is demanding, and challenging, but it's also incredibly rewarding. It is amazing to watch children learn to use a skill, or make a save or tackle or pass or shot, and play with effort and teamwork, in a way that is competitive. And the lessons a child learns from a good coach can last a lifetime.

The objective isn't just to develop better soccer players—it's to develop well-rounded people who are disciplined, persistent and able to work well with others. At this age, we want the kids to **FALL IN LOVE WITH THE GAME.**



Parent Meeting



It is recommended that you hold a brief parent meeting at the start of the season. The benefit of this, is that you get to introduce yourself to all the parents and you can lay out some expectations for them. It is also a good opportunity to try and find some parent helpers to help you run the practices or they might be able to help organise the snack list. **When talking about expectations, try to outline the following:**

- Everyone is here for the kids and for them to enjoy themselves
- Please try to arrive on time and let you know if you are not attending
- Ensure that their child has water, correct uniform - including shin-pads and cleats
- No jewellery allowed, unless for medical or religious reasons.
- Support your child learning and not being perfect, or the best player.
- Enjoy being a parent
- Respect all players, parents and officials
- Encourage good play from all teams
- Understand the Emergency Action Plan
- Ensure that the child's medical details are known and have been shared
- The club adopts a concussion protocol, the rule of 2, and fair playing time.



Equipment and Training Space



Equipment for your training will be provided for at the start of the season, and includes balls, cones, and pinnies. Other equipment available to you are things like rebound boards, small pop up goals, running ladders, hurdles and poles.

The expectation is that you will keep the equipment provided for you with you and return it at the end of the season. Optional equipment (like rebound boards, small pop up goals, running ladders, hurdles and poles etc..) can be picked up from the equipment storage areas at the ground, and need to be returned to these areas after each training.

The area you can expect for training should be about half of a full sized ground. At times, the grass fields are used as well, so you may be on turf, or the grass. A schedule will be given to you regarding this.



Health and Safety

- Using the age and stage appropriate training suggested in this Manual will help you maintain health and safety.
- Ensure that the playing area is clear of any garbage, rocks, bags and water bottles
- Check that goal posts don't have sharp edges and area safe
- Check in with your parent group prior to the season with regard to player medical information.
- If there's an injury, fill out an injury form and send it to
- Always follow the The Rule of Two. This is to protect players and coaches. Its ensures coaches aren't one-on-one with a player, there should always be two adults present if a player needs to be spoken to or whatever the situation may be.
- Please review our concussion policy [here](#)
- Please review our guide to create an Emergency Action Plan (EAP) [here](#).

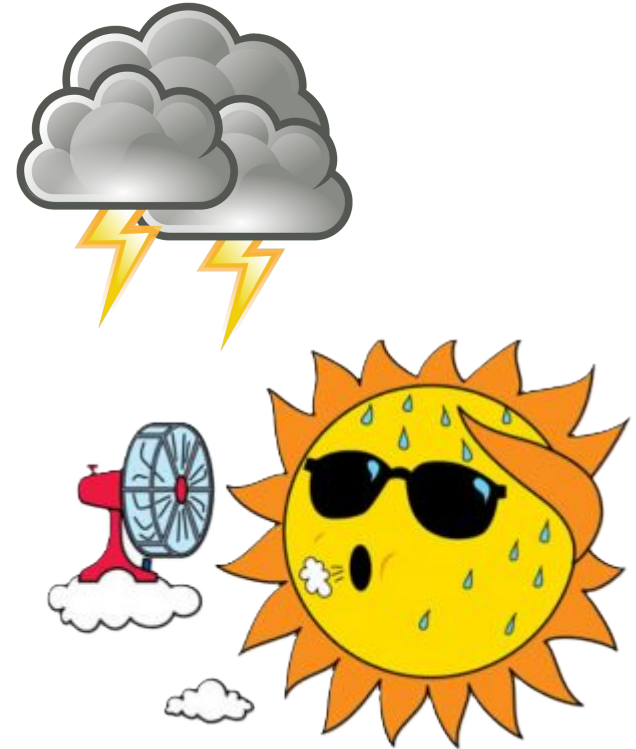


Risk Management



Weather

- If the weather is bad - due to either storms or heat, GRFC admin will communicate with you. In some instances, the club may cancel training. In some instances, you may be left to make a personal judgement.
- If you train in very hot and humid temperatures, shorten you session, ensure regular drink breaks and modify activities to reduce long bouts of intense activity.
- If there is any thunder or lightening during practice, the must be session is cancelled.
- Please review our lightening policy here



'Learn To Train' (L2T) Player Characteristics



Participants have different needs depending upon their level of physical, mental and emotional maturity (growth and development)

Physical Characteristics

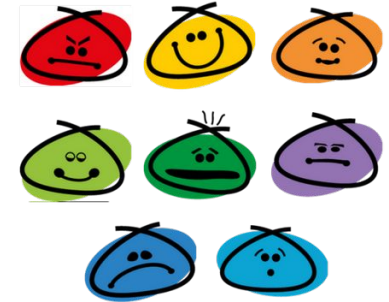
- Frailty: They have fragile and malleable bones. There is regular growth, and this often comes with tendon and muscle pain.
- Coordination: They have improved coordination and ability to sequence and order body parts. Their movement (as a whole) is more coordinated and controlled.
- Natural suppleness: They can have reduce flexibility and range of motion
- Improved perception: They have the ability to work in short and intense moments, a and a better notion of time and space.
- Differences between boys and girls: Girl's growth begins sooner; boys show a little more power.
- Differences between early L2T and late L2T players: By the time some players are graduating through the L2T phase, others are only just starting. Many will have been through extensive growth spurts.

'Learn To Train' Player Characteristics



Social and Emotional Characteristics

- **Egocentric:** While they are still often self centred, they have a strong sense of camaraderie, as well as a capacity to analyze and be critical.
- **Cooperation and Idols:** Role models are important and they have an ability to understand collective plays.
- **Improved Understanding:** Players understand more and more about words, phrases, body language, abusive language and sarcasm. Be very careful of disrespectful comments. Be sensitive to players of different abilities.
- **Motivation for the Game:** They have increased curiosity, are often sponges for information (about why) and have a willingness to learn. Their concentration levels are improving.
- **Need attention and structured environment:** They need a coach who is a role model. They need good demonstrations and want to develop trust between the player and coach.



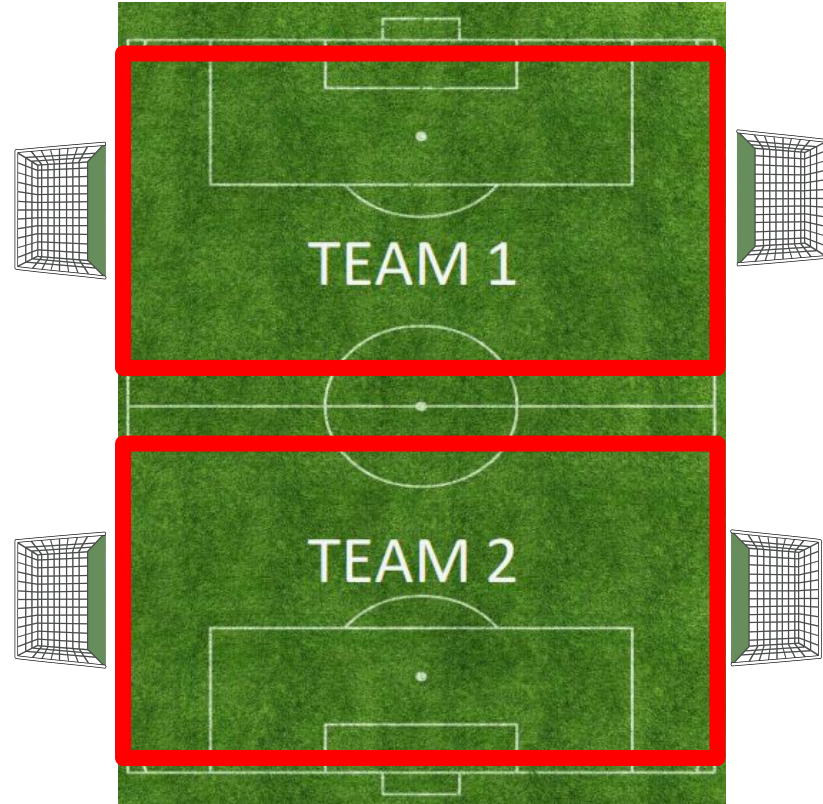
Practice Session Set Up and Structure



It's highly likely that 2 teams will train at the same time. Each team will have half of a full sized pitch.

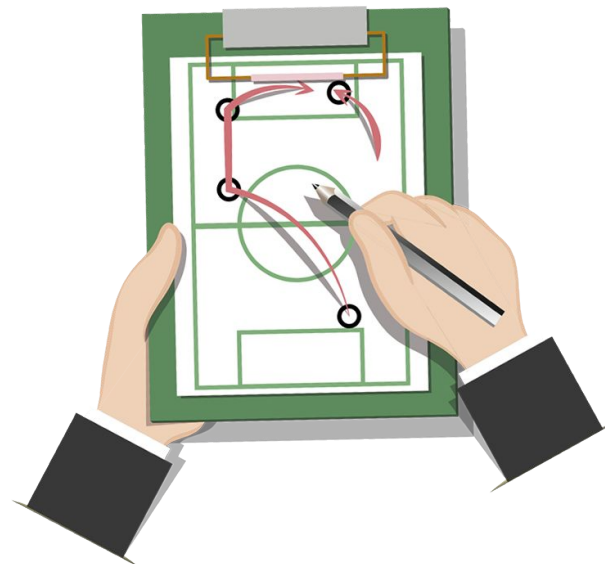
The total session time is 90 minutes, broken down to include both training, game and final team discussions

The manual is broken down into week-by-week sessions for you.
This is a guide.



Each sessions should be planned based on:

1. One of the four moments of the game
2. Technical / tactical Competencies
3. Key player habits
4. The 4 corner model
5. One of three basic training structures



The 4 Moments of the Game



The four moments of the game are:

- Won the ball - attacking transition
- Have the ball - attacking organisation
- Lost the ball - defensive transition
- Trying to win ball back - defensive organisation

Breaking down into these moments is helpful for coaching and player learning. More information can be found in a link below.



Technical Competencies

- 1 vs 1 Attacking
- 1 vs 1 Defending
- Passing skills/accuracy
- First Touch/ball control
- Ball mastery
- Dribbling Skills
- Ball Striking - shooting / crossing
- Vision / Awareness Skills
- Goalkeeping Skills

Tactical Understanding of

- The 4 moments of the game
- Attacking game principles of penetration, space (width/depth) support, mobility (speed, overlaps, third man) and balance
- Defending game principles of deny, pressure, delay, cover, compactness and balance
- Positional awareness
- Decision making

Player Habits



Attacking

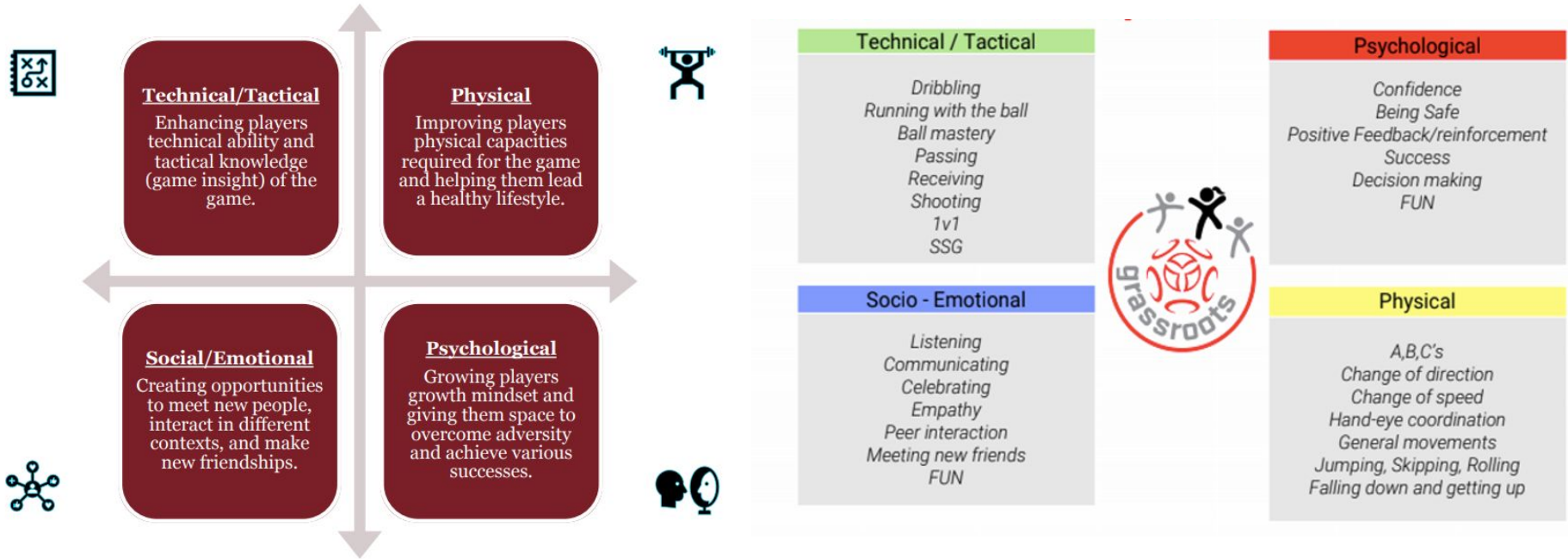
- Positive and proactive communication (in attack with and without the ball)
- Speed to get into position and to play
- Scanning (to communicate, plan and play)
- Receiving to face play
- Playing forward

Defending

- Positive and proactive communication (in defense with and without the ball)
- Mentality to recover the ball
- Pressing the ball
- Scanning (to prevent passes and mark)
- Body positioning

The 4 Corner Model

The player centered approach to coaching is the Four Corner Model. It focuses on the player development, in four categories – Physical, Mental, Technical/Tactical, and Social/Emotional.



Practice Structures - Progression Based



Warm-Up: Physical activation that should include some activity without and with the ball.

Activity 1: Smaller number/size activity where the focus is on a **moment or the game**, a **technical competency** and if possible, a **player habit** that is important for the next activity and game.

Activity 2: Larger number/size activity where the focus is on a moment or the game, **game principles** and team priorities.

Game: Game that can be open or include restriction that focuses on a moment or the game, game principles or team priorities.

Cool Down: Stretching and recovery.

The session purpose might be something like:

Moment of the game: Attacking Organisation

Attacking game principle:
Penetration and speed

Technical Competency: 1 vs 1
Attacking

Player Habit: Speed to get into position to play

Practice Structures - Whole Part Whole



Warm-up with and without ball

Whole - A game-like scenario called a '**Discovery Game**' that works on exploring a skill or concept. It could be a game but with different rules or parameters, like only 2 touches, or having multiple nets. It shows the focus area of the session and presents the problem that players are learning to solve.

Part - Called an '**Activity**'. This is often a more technical and skill focused activity where repetition of the action that you would like players to learn occurs. For example, 1 vs 1 attacking, ball mastery, passing combinations, shooting, team defending, etc.

Whole – is a scrimmage or small sided game. The players can try out the skills and learning from the previous two drills. It has NO rewards or restrictions. This is a great opportunity to stop play and teach players by pausing to show them what was going on, the options they had, or a different choice they could have made. Re-doing a play can help reinforce these lessons. "Stop, Demo, Rehearse, Go live" is the coaching method here. (20 minutes)

You can end with a couple minutes of fitness, like sprints from different starting positions (push up, squat, laying down, sitting cross legged).
End with a short cool down and encouraging words to the players.

The session purpose might be something like:

Moment of the game: Attacking Organisation

Attacking game principle: Penetration

Technical Competency: passing combinations

Player Habit: Receiving to face play

Practice Structures - Stations



Warm-Up: Physical activation that can include the ball.

Station #1: Physical literacy (agility, sprints etc) or unopposed activity.

Station #2: Opposed activity (1 vs 1 defending a goal)

Station #3: Opposed activity or small sided game (2 vs 1 - 3 vs 2 - wave attacks)

Station #4: Small sided game (3 vs 3 or 4 vs 4)

Cool Down: Stretching and recovery.

The session purpose might be something like:

Moment of the game: Defensive organisation

Defensive game principle: Delay and deny space

Technical Competency: 1 vs 1 defending

Player Habit: Body positioning

Practice Structures - WARM UPS



Warm ups should include 3 stages:



Physical Preparation



Mental Preparation



Ball Work

They are best when connected to the purpose of the session

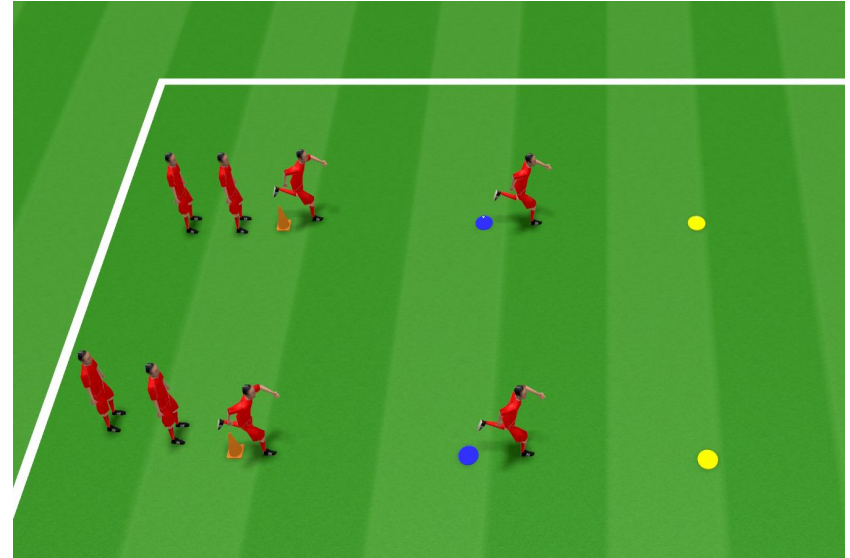
Practice Structures - WARM UPS



Prior to some of the Warm Up's listed in this program, coaches NEED to implement a physical movement FIRST, prior to the warm shown being completed. In this situation, refer to this traditional warm up.

- Organize the group so there is about 4 people behind a cone. Place a two cones in front of the line, one about 4 and one about 8 yards away from the line.
- The lead player in each line start jogging slowly together. When they pass the blue cone, the next player line starts.
- When the lead player gets to the yellow cone, they go around the cone and jog come back.
- Progress the activity from jogging to a range of dynamic stretches such as:

High knees, Heel flicks, straight leg raises (soldiers), gentle kicks, inside ankle taps, side shuffles, karaokes, open the gates, close the gates, stride through, etc..



FRAMEWORK PRIORITIES

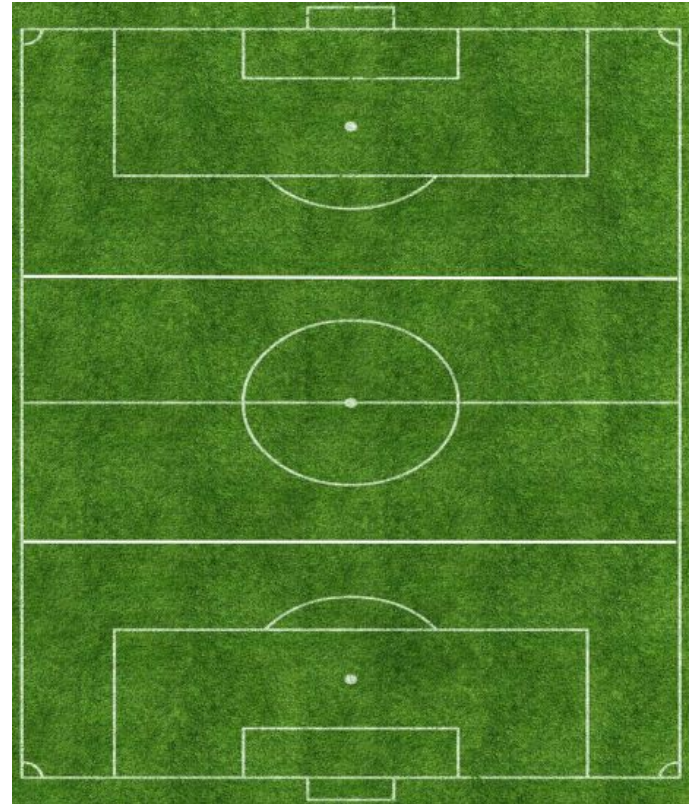
STAGE	INITIATION U4-U6	FOUNDATION U7-U9	IMPROVEMENT U10-U13	ADVANCEMENT U14-U16	EXCELLENCE U17+
TECHNICAL HABITS	✓	✓	✓	✓	✓
TACTICAL ID 4 MOMENTS			✓	✓	✓
GAME PRINCIPLES		✓	✓	✓	✓
POSITION SPECIFIC				✓	✓

ALIGNED & PROGRESSIVE PATHWAY

Retreat Lines



- This is a game rule that is applied in the final game of the session.
- It applies to all youth soccer games from 4v4 to 9v9.
- The retreat line states that the defending team must retreat $\frac{1}{3}$ of the field when the goalkeeper has the ball.
- This allows the first pass from the goalkeeper to be played without pressure.
- The opposing team can defend on the first touch, after the pass.
- The defending team must not delay the first touch



Game Formations

These three common 7 aside formations. They are dependant on player qualities and characteristics.



Extra Coaching Tips



- Organize your practice to have as much of the children active, as much of the time.
- A 'starter' activity should always be ready for the players to begin as soon as they arrive
- Focus on small sided games and lots of ball touches
- Keep the activities on the short side, no longer than 20 minutes in total.
4-5 minutes of movement then rest.
- Be enthusiastic and plan to enjoy sessions!
- Encourage teamwork and competition.
- Handshakes for everyone.
- Walk through each game and activity by literally and physically walking the players/teams through what is expected and how to score a point.
- Use colours to highlight areas and boundaries
- If possible, recruit additional volunteers and establish expectations.



Adapting Sessions



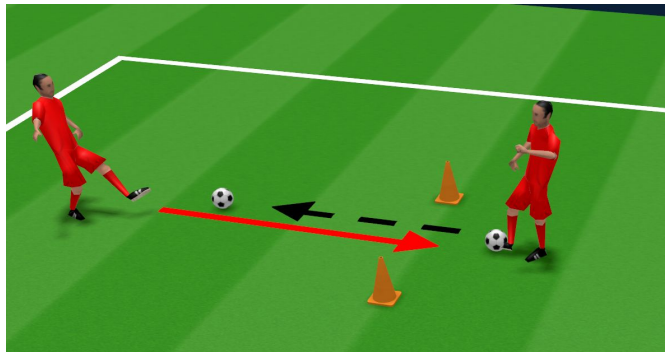
Adapting to player numbers – There will be times when you have everyone at practice and others when only a handful. You will be required to adapt. Some of these ideas could help.

- Changing the size of the area. Try long and narrow, or short and wide fields. Smaller or larger rectangles. Set up multiple areas.
- Change the number of players in a team / activity. Try teams with even or uneven numbers, or an extra team.
- Change the rules such as how you score points, how many players need to touch the ball, number of touches a player can have, direction of the first touch or pass, etc...
- Include assistant coaches as target players or neutral players (such as a player that plays for both teams when in possession)
- Change the equipment you use. Try different numbers of goals, or balls, or cones, or gates etc..



If you need help, please reach out to the club at 709 571 2081

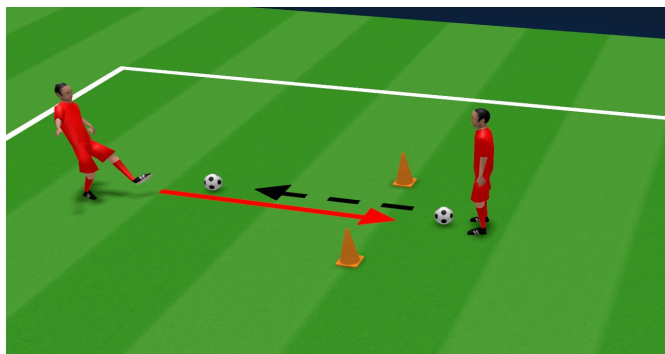
Ball Mastery Moves



Top of the ball touches

Receiver controls the ball with the inside of the right foot or left foot.

Performs 4 ball touches with the sole of the foot to the top of the ball, then passes back



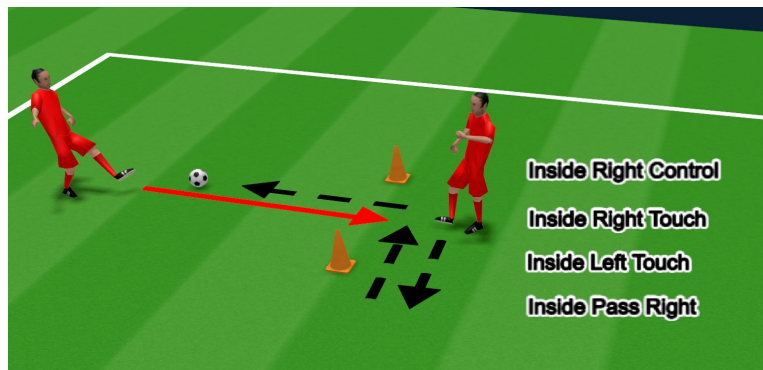
Side to side touches

Receiver controls the ball with the inside of the right foot or left foot.

Performs 4 balls touches with the inside of the feet, moving the ball side to side between the legs
Then passes back

Many of these - and others moves, can be seen in slow motion, and normal speed, in this [VIDEO](#).

Ball Mastery Moves



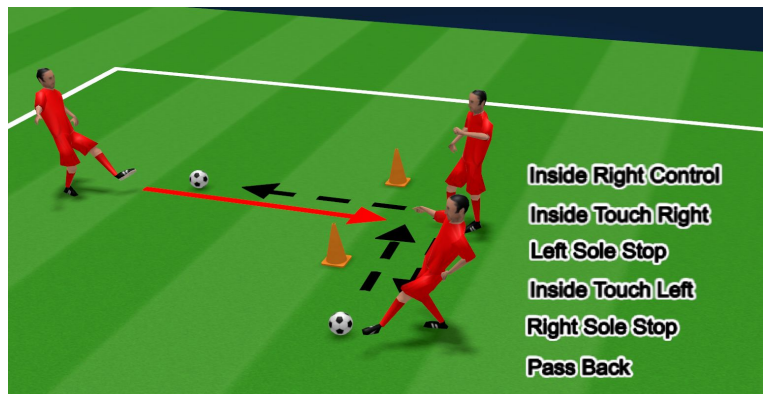
Inside inside

Receiver controls the ball with the inside of the right foot

Touches the ball with the inside of the right foot (just beyond the left cone)

Touches the ball with the inside of the left foot (back to the middle)

Then passes back to the feeder with inside of right foot.



Inside stop

Receiver controls the ball with the inside of the right foot

Touches the ball with the inside of the right foot (just beyond the left cone)

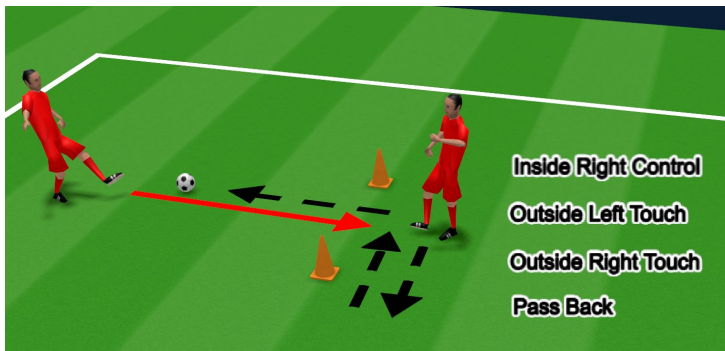
Stops the ball with the top of the left foot

Touches the ball with the inside of the left foot

Stops the ball with the top of the right foot

Passes back to the feeder with inside of right foot.

Ball Mastery Moves



Outside outside

Receiver controls the ball with the inside of the right foot

Touches the ball with the OUTSIDE of the left foot (just beyond the left cone)

Touches the ball with the OUTSIDE of the right foot (back to the middle)

Then passes back to the feeder with inside of right foot.



Outside stop

Receiver controls the ball with the inside of the right foot

Touches the ball with the inside of the LEFT foot (just beyond the left cone)

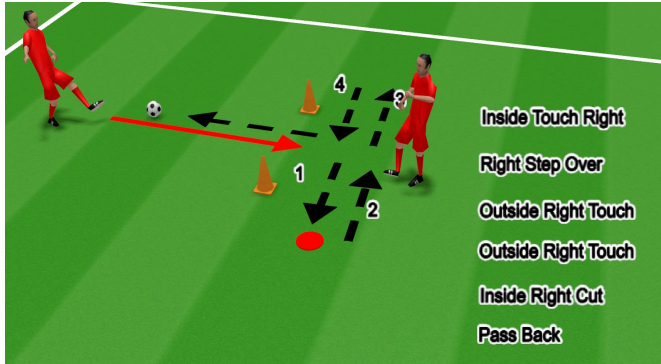
Stops the ball with the top of the left foot

Touches the ball with the OUTSIDE of the RIGHT foot

Stops the ball with the top of the right foot

Then passes back to the feeder with inside of right foot.

Ball Mastery Moves



All right

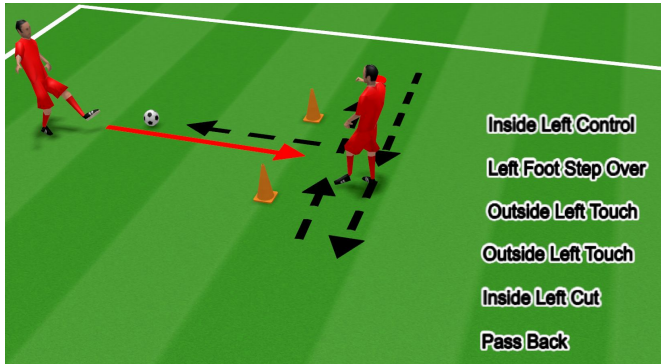
Receiver controls the ball with the inside of the right foot

Touches the ball with the inside of the right foot (just beyond the left cone)

Steps over the ball with the right foot

Touches the ball with the outside of the right foot twice (just beyond the right cone)

Cuts with the inside of the right foot to the middle then passes back



All left

Receiver controls the ball with the inside of the left foot

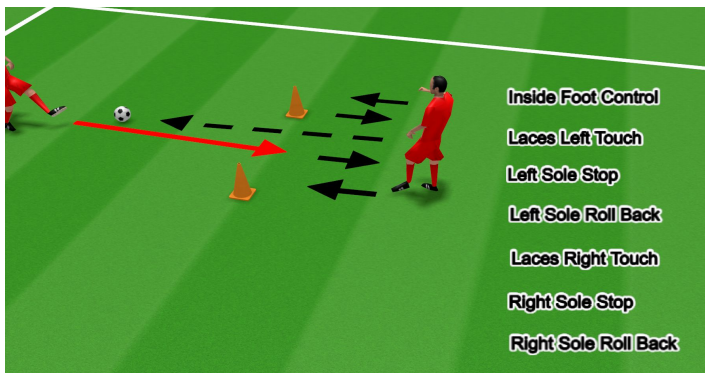
Touches the ball with the inside of the left foot (just beyond the right cone)

Steps over the ball with the left foot

Touches the ball with the outside of the left foot twice (just beyond the left cone)

Cuts with the inside of the left foot to the middle then passes back

Ball Mastery Moves



Pull Push

Receiver controls the ball with the inside of the left foot

Touches the ball with the laces of the left foot forward (gentle PUSH)

Stops the ball with the left sole and PULLS it back.

Touches the ball with the laces of the right foot forward (gentle PUSH)

Stops the ball with the right sole and PULLS it back.

Then passes back



Cruyff

Receiver controls the ball with the inside of the left foot

Touches the ball with the inside of the left foot out toward the right cone and shapes up to cross

Touches the ball with the inside of the right foot behind the left leg back the middle

Then passes back

Season Outline



Week 1 and 2: Ball mastery / dribbling skills / 1 vs 1 attacking

Week 3 and 4: Passing skills / first touch / passing vs dribbling decision making

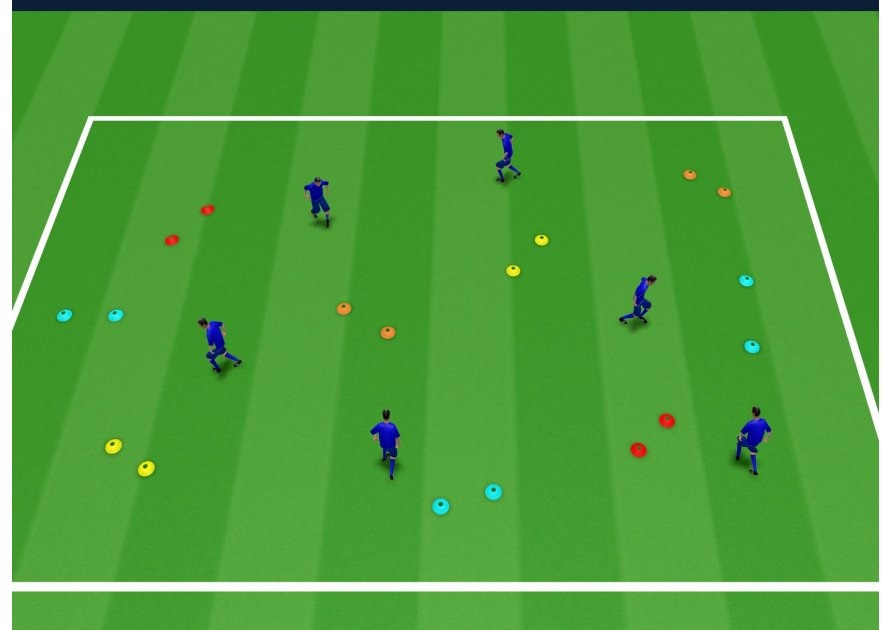
Week 5 and 6: First touch / vision and awareness / 1 vs 1 defending

Week 7 and 8: Vision and awareness / transitions / ball striking

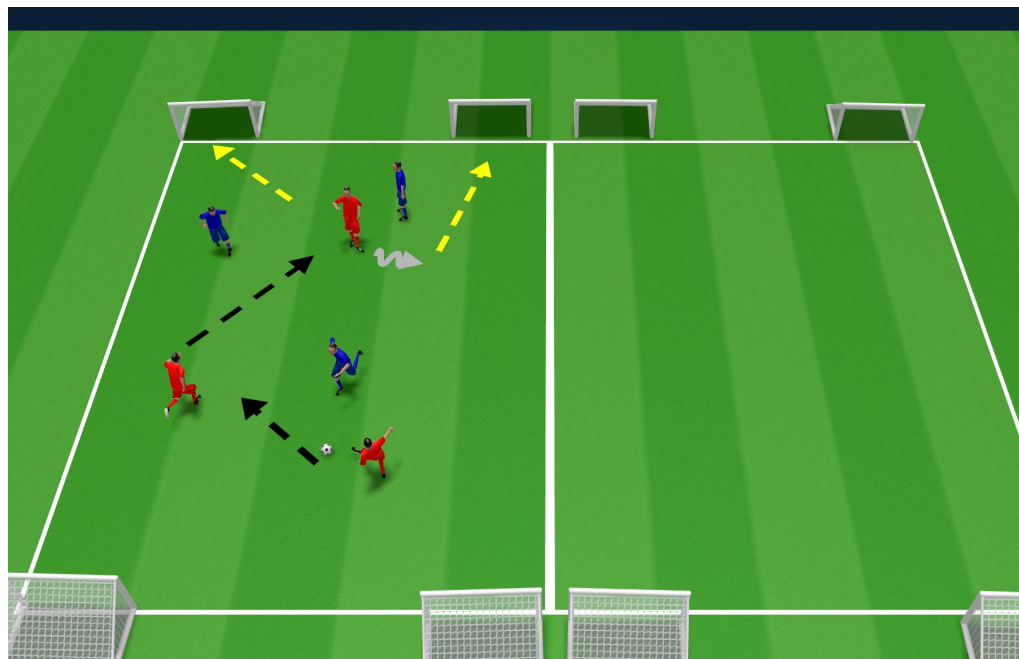
Week 9 and 10: Shooting, Crossing, Finishing

Warm up: Gates: Dribbling and Turns

- Players jog around the area. At the coaches call, the players do an activity at a specific coloured cone. Eg. Jumping jacks at the yellow gates, or scissor jumps at red, or 3 hops at blue etc..
- Instead of jogging, give a ball to each player. The coach now asks players to dribble slowly using both feet through specific coloured cones.
- Now ask players to dribble through any cone, but after they get through the cones, they try to turn with the inside of the foot or outside of the foot and move into a space away from any cone.
- Ask players to now move more quickly, especially after a turn and into a space.



Discovery Game: 3 vs 3 or 4 vs 4 (beat a player and pass/score): 4 goal game

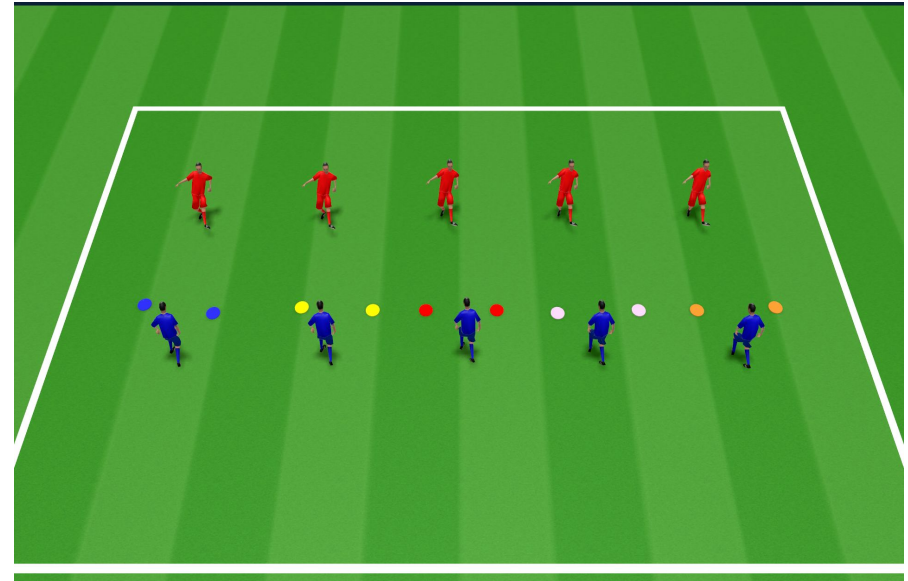


Play a 3 vs 3 or a 4 vs 4 game

- Give a 'point' for beating an opponent in a 1 vs 1 duel (this could be going passed a player, or turning away from a player)
- Give 1 point for a goal
- Discover the importance of assessing the game needs - using individual skill to beat a player.
- Highlight the importance of team mates (without the ball) should move to space to help players in 1 vs 1 duels

Activity: Ball Mastery (pairs or 3's)

- One player passes through a gate, the other takes specific touches and then passes back.
- Receivers repeat 5 times and swap roles. For a variation, before swapping roles, players run backwards to the edge of the square, or grid, or line etc.. then forward back to their partner
- Choose 3 - 4 movements from the Ball Mastery options depending on experience
- Run this for about 5 - 8 minutes.



Week 1: Session 1



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Week 1



Technical Competency: 1 vs 1 attacking, First touch

Player Habit: Body positioning, speed

Game Principle: Penetration

Moment of the game: Attacking Organisation



Session 2:

Warm up: Gates: Dribbling and Ball Mastery

Discovery Game: 4 vs 4 (beat a player and pass/score)

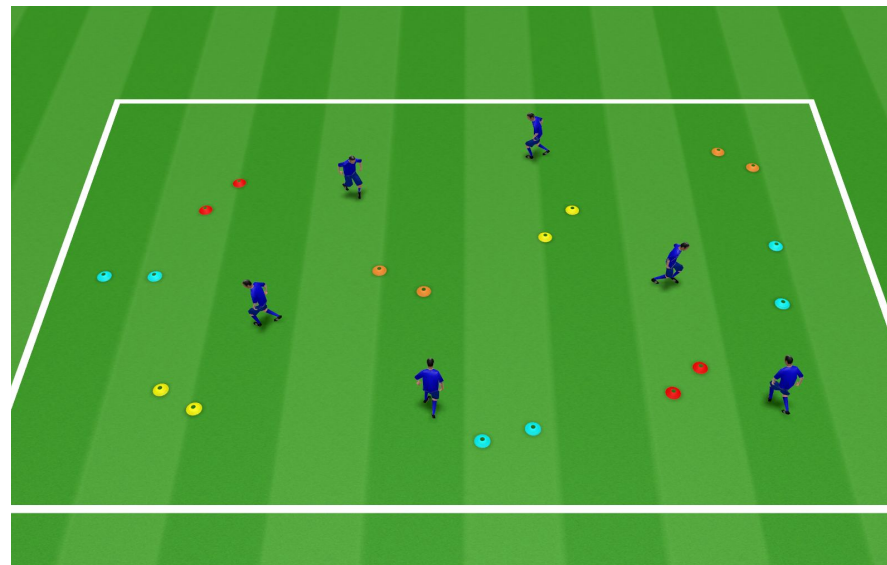
Activity: Turns - Cuts and Pull Backs

Full Game: 7 vs 7 or 9 vs 9

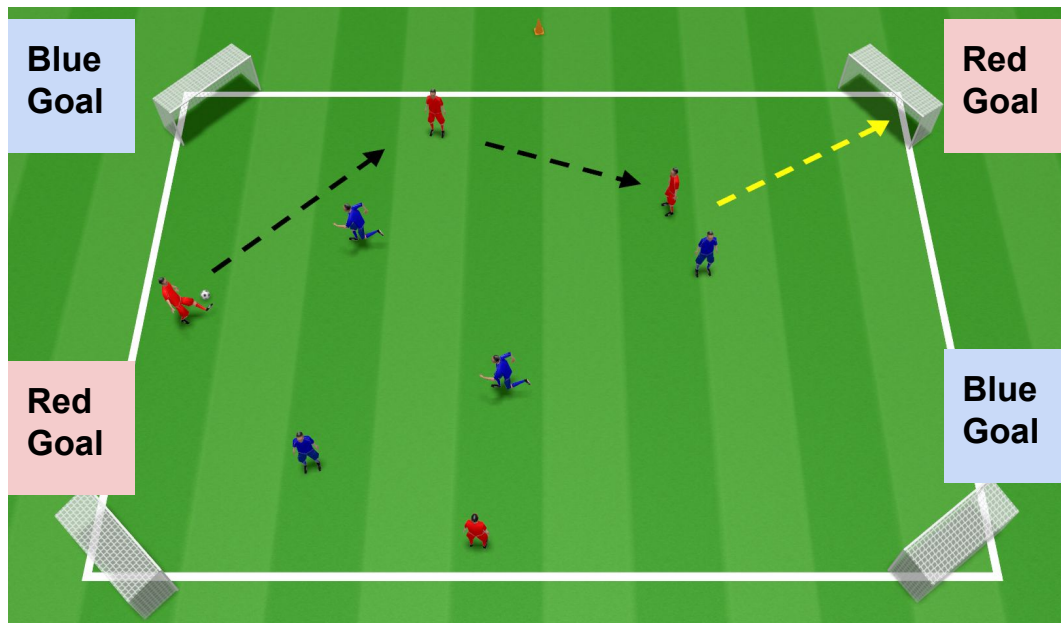
Warm up: Gates V2: Dribbling and Ball Mastery

- Players jog around the area. At the coaches call, the players do an activity at a specific coloured cone. Eg. Jumping jacks at the yellow gates, or scissor jumps at red, or 3 hops at blue etc..
- Then, give a ball to each player. The coach now asks players to dribble slowly through the cones, stopping to do some ball mastery touches at specific coloured cones

eg. At red cones, do forwards and backward pushes / rolls. At orange cones do sole rolls (side to side). At blue cones, do inside foot touches etc... * Check with the ball mastery videos in the program.

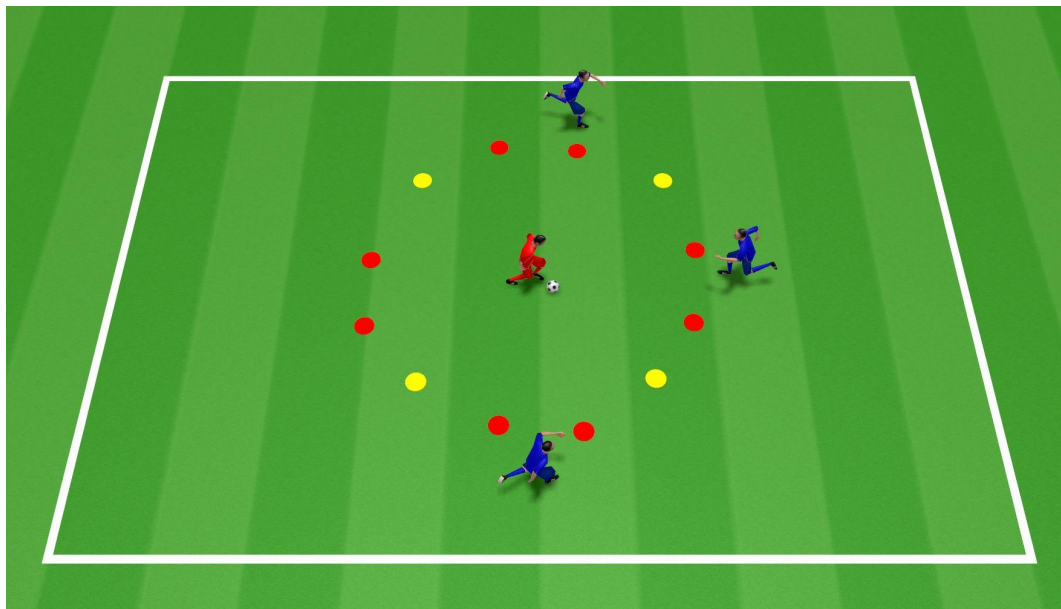


Discovery Game: 3 vs 3 or 4 vs 4 (beat a player and pass/score): 4 goal game



- Give a 'point' for beating an opponent in a 1 vs 1 duel (this could be going passed a player, or turning away from a player)
- Give 1 point for a goal
- Discover the importance of assessing the game needs - using individual skill to beat a player.
- Highlight the importance of team mates (without the ball) should move to space to help players in 1 vs 1 duels
- Can you read the game, and do what the game needs you to do? Beat or player, or pass?

Activity: Jail Break



- In groups of 4, organise one attacker inside the circle with a ball and have 3 defenders outside the circle.
- The red player tries to escape the circle by dribbling through 1 of the 4 'gates' (the two red cones). The 3 blue players run outside the circle to protect the gates.
- Encourage the red player to use the ball mastery ideas to change direction quickly and accelerate to the gates.

Week 1: Session 2



A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: 1 vs 1 attacking, First touch

Player Habit: Body positioning, speed

Game Principle: Scanning and Penetration

Moment of the game: Attacking Organisation



Session 3:

Warm up: Freeze Tag

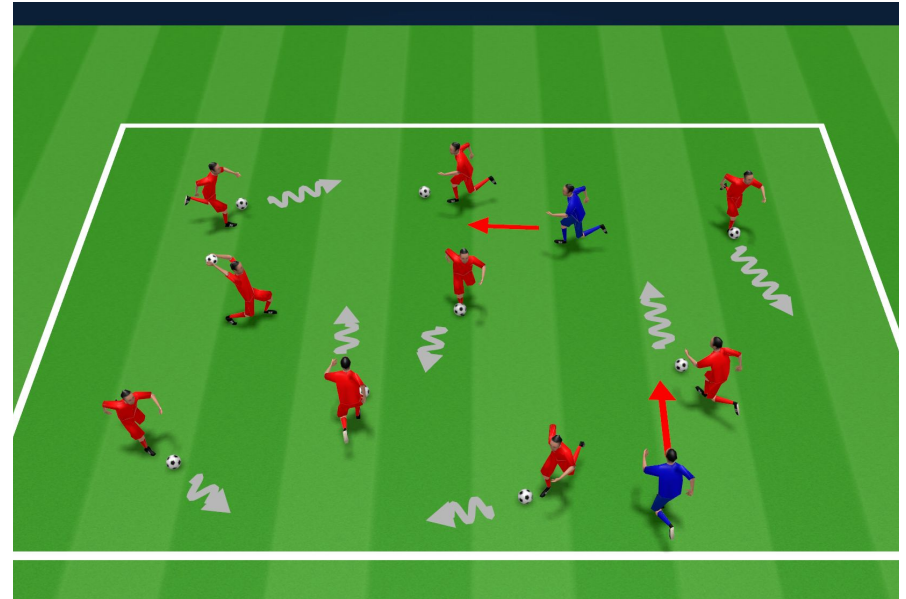
Discovery Game: Beat a player and pass/score: 4 goal game

Activity: Turns

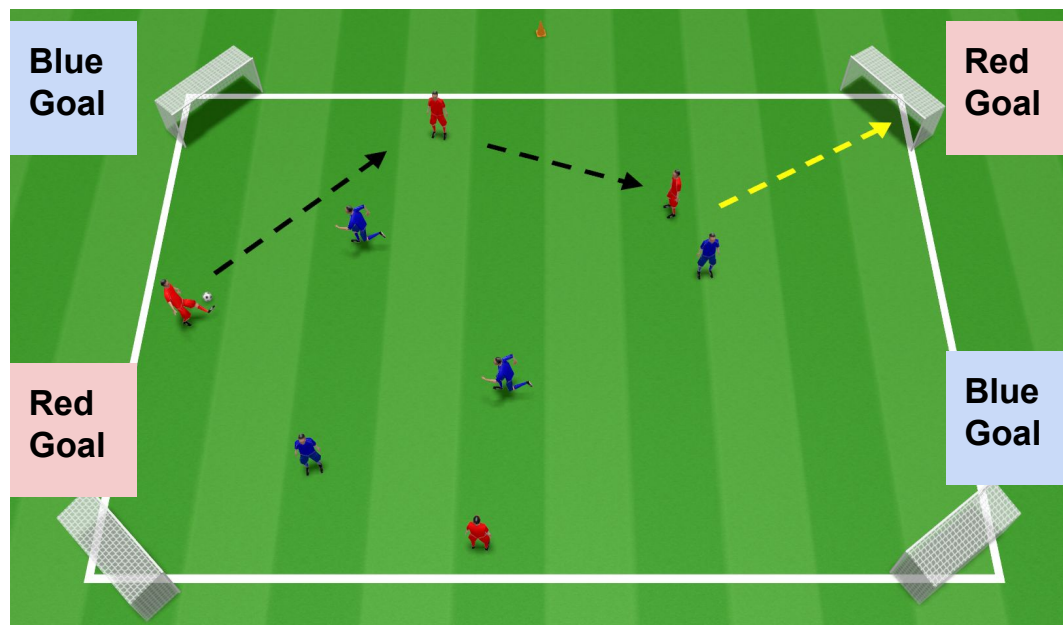
Full Game: 7 vs 7 or 9 vs 9

Warm Up: Freeze Tag

- **Set-up:** Have two taggers without a ball, rest of the players with balls.
- Two taggers try to tag as many players as possible. Taggers must touch the ball for the player to be frozen. Once frozen, ball is placed on head with legs spread. To be untagged, a free player must play the ball through the frozen players legs.
- To make it easier for dribblers, remove a defender, make the space bigger, to make it harder for the dribblers - add defender or make space smaller

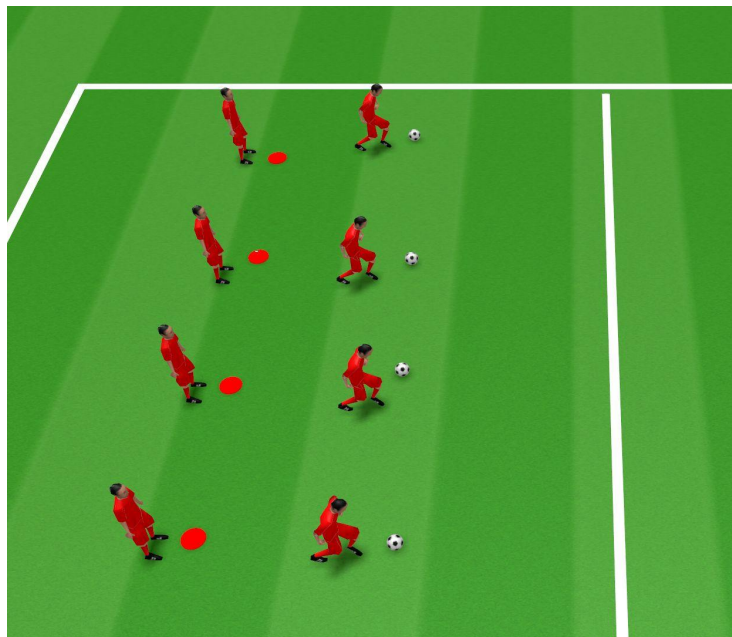


Discovery Game: 3 vs 3 or 4 vs 4 (beat a player and pass/score): 4 goal game



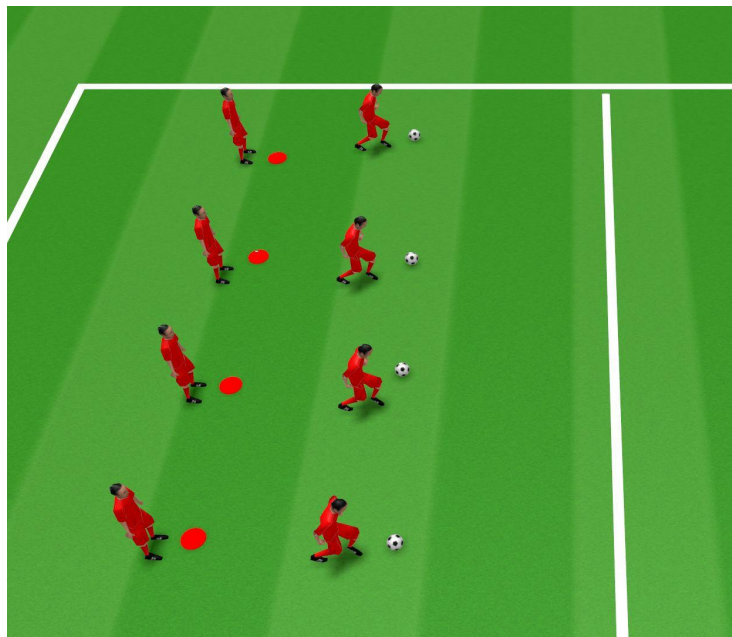
- Give a 'point' for beating an opponent in a 1 vs 1 duel (this could be going passed a player, or turning away from a player)
- Give 1 point for a goal
- Discover the importance of assessing the game needs - using individual skill to beat a player.
- Highlight the importance of team mates (without the ball) should move to space to help players in 1 vs 1 duels
- Can you read the game, and do what the game needs you to do? Beat or player, or pass?

Activity: Turns - Inside Cut



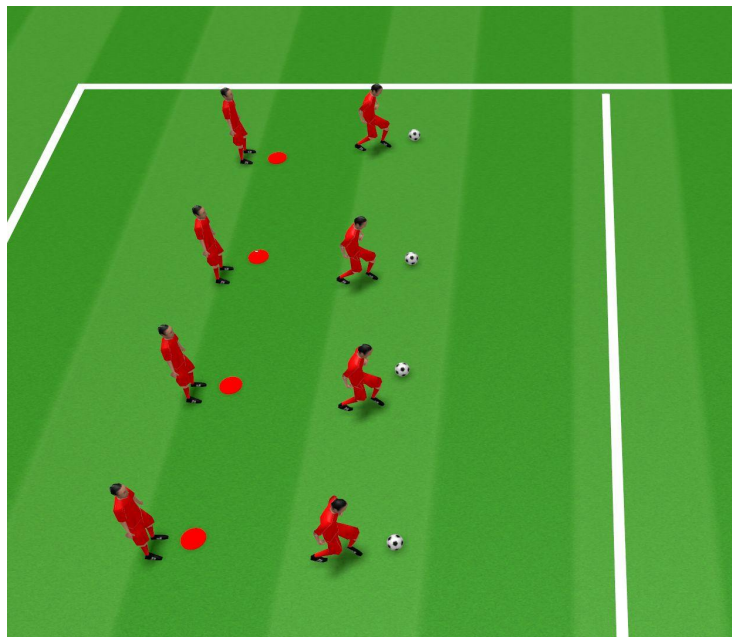
- Players are situated in pairs. One player dribbles the ball between from the cone and the line. They should use small touches, with the laces to do so.
- At the line, the player performs an 'inside cut' turn. This is turning using the inside of the foot. Look at the footage in this video. The key is the pivot on the non kicking foot, the low body position and lean into the turn, then use the inside of the foot to stop and gently touch the ball in the direction of the turn.
https://www.youtube.com/watch?v=Ve_r-lvf_wl
- Players working with a partner do a set of 10 repetitions each. The player turning should lift their head up after the turn and pass, so the players swap roles.
- Change from right foot to left foot.

Activity: Turns - Outside Cut



- As per the inside cut, players are in pairs.
- At the line, the player performs an 'outside cut' turn. This is turning using the outside of the foot. Look at the footage in this video.
https://www.youtube.com/watch?v=90ED_ShVxxI
<https://www.youtube.com/watch?v=82yNVKpp6NA>
- The key is the outside of the foot stops the ball and gently touches the ball in the direction of the turn BEFORE the non kicking foot stops the body and pushes off in the new direction. The body needs to be low and it leans into the turn.
- Players working with a partner do a set of 10 repetitions each. The player turning should lift their head up after the turn and pass, so the players swap roles.
- Change from right foot to left foot.

Activity: Turns - Pull Back



- As per the inside cut, players are in pairs.
- At the line, the player performs an 'pull back' turn. This is a turn using the sole of the foot. The player must be able to see the ball at all times, and protect the ball from their opponents with their body. Look at the footage in this video.
https://www.youtube.com/watch?v=A9nytl7KK_E
- Players working with a partner do a set of 10 repetitions each. The player turning should lift their head up after the turn and pass, so the players swap roles.
- Change from right foot to left foot.

Week 2: Session 3



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Week 2



Technical Competency: 1 vs 1 attacking, First touch

Player Habit: Body positioning, speed

Game Principle: Scanning and Penetration

Moment of the game: Attacking Organisation



Session 4:

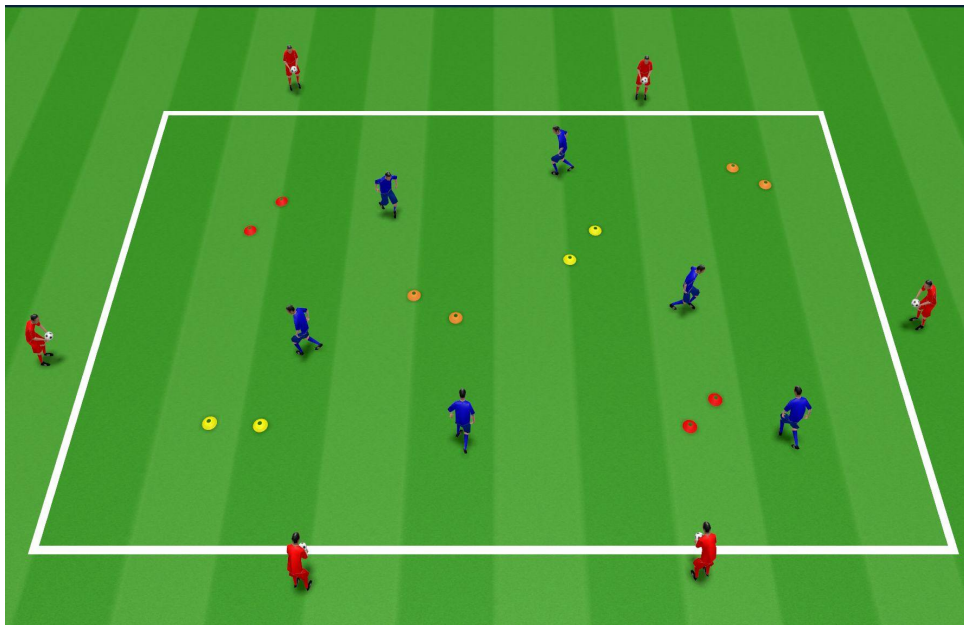
Warm up: Gates: Dribbling and Ball Mastery

Discovery Game: 4 Goal Game - Scanning and Turning

Activity: 1 vs 1 Score in Either Goal

Full Game: 7 vs 7 or 9 vs 9

Warm Up: Dribbling Gates



- Have players in pairs. One inside the grid withOUT the ball, and one outside with the ball.
- Players in the grid jog through a specific coloured cone (or combination of coloured cones) for 30 seconds
- At the same time, players on the outside of the grid do ball mastery touches
Eg. touches to the top of the ball, forward and backward rolls, V roles, inside stop or outstop touches.
- Alternate every 30 seconds
- Change to the players in the grid dribbling and practicing specific turns after going through gate, and using different feet.
- Change the ball mastery practice for the players on the outside every couple of partner changes

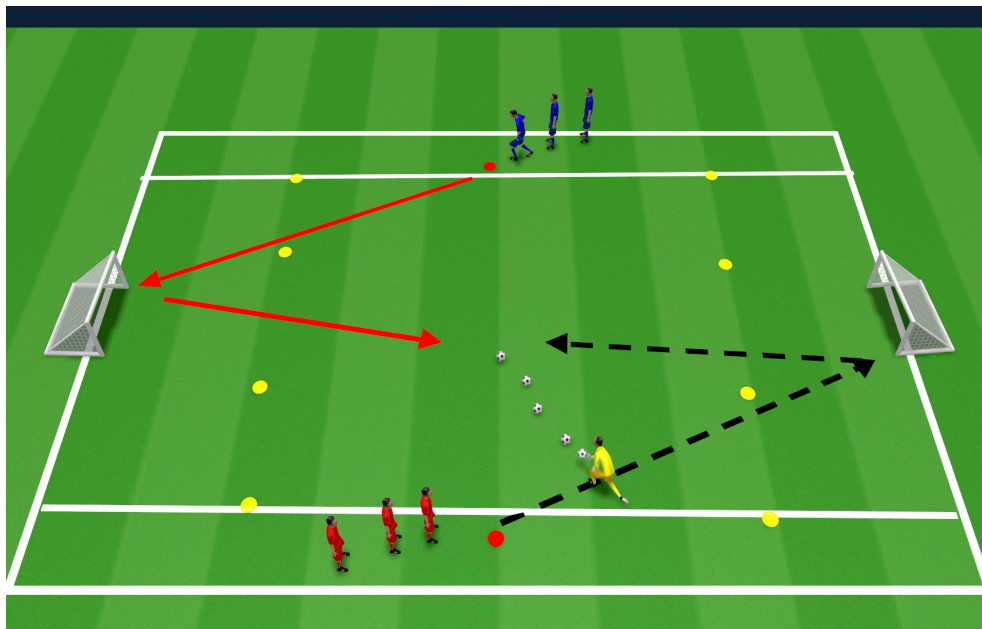
Discovery Game: 4 goal game: Scanning and Turning



Play a 3 vs 3 or a 4 vs 4 game

- Place 4 goals in each corner of the 20 x 20 grid.
- Give 1 point AN EFFECTIVE scan, AND for turning away toward the goal that has more space.
- Give 1 points for a goal. Players can score in either of the 2 attacking goals
- Discover the importance of individual skill, passing and vision to beat a player and score.

Activity: 1 vs 1 Score in EITHER Goal



- Set up a 20 x 30m grid with two mini goals at each end.
- Players start on either side of the half way line.
- On 'go' they run to touch their own 'defensive' goal, then to the ball. The coach feeds the ball to the middle of the playing area when the players round their goal.
- Players play 1 vs 1 and try to score by passing from the central area into the goal. Players can score in EITHER goal.
- Players play until a score, or until the ball is out of play, or until 30 seconds have passed. Play individually, or play as teams (eg Blue vs Red).

Week 2: Session 4



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Week 3



Technical Competency: First touch / passing skills / passing vs dribbling decision making

Player Habit: Scanning, play forward, play support

Game Principle: Support and Space

Moment of the game: Attacking Organisation



Session 5:

Warm up: Tag Ball

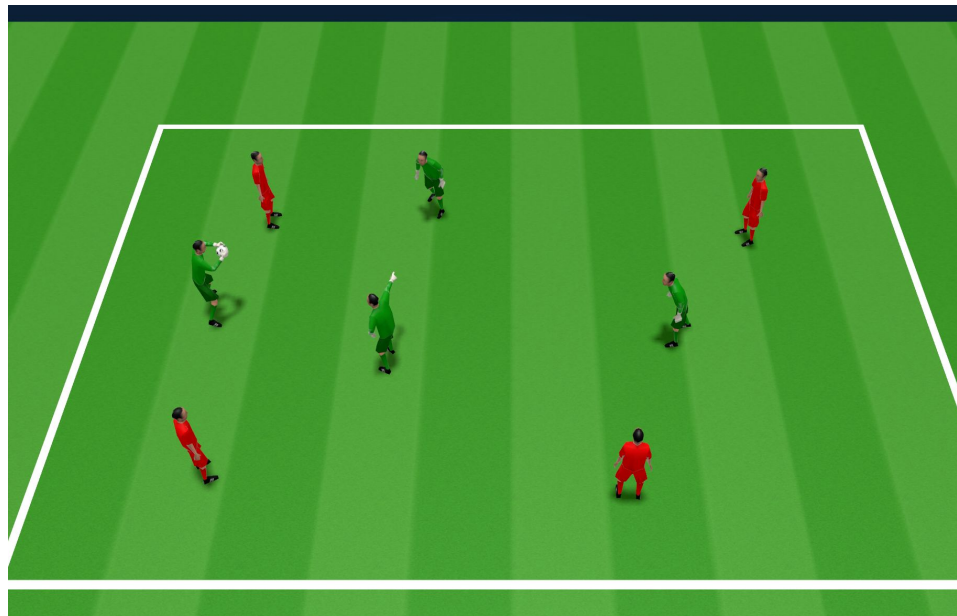
Discovery Game: Zone Game

Activity: Feints to beat a player

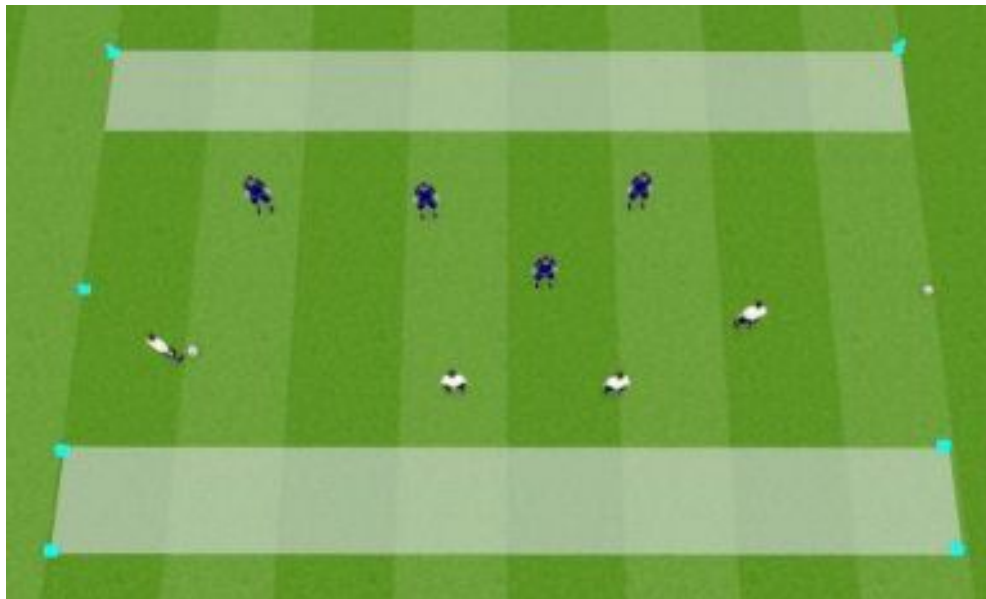
Full Game: 7 vs 7 or 9 vs 9

Warm Up: Tag Ball

- Have 4 vs 4, in a 10 x 10 grid.
- One team has the ball, and can pass it with their hands to each other, but they cannot run with the ball. They can take one step after they get the ball.
- Their goal is to pass the ball, then move, then receive the ball in a position to tag an opponent with the ball (without taking more than one step).
- Play for a period of time (eg. 3 mins), then change the team with the ball and repeat.

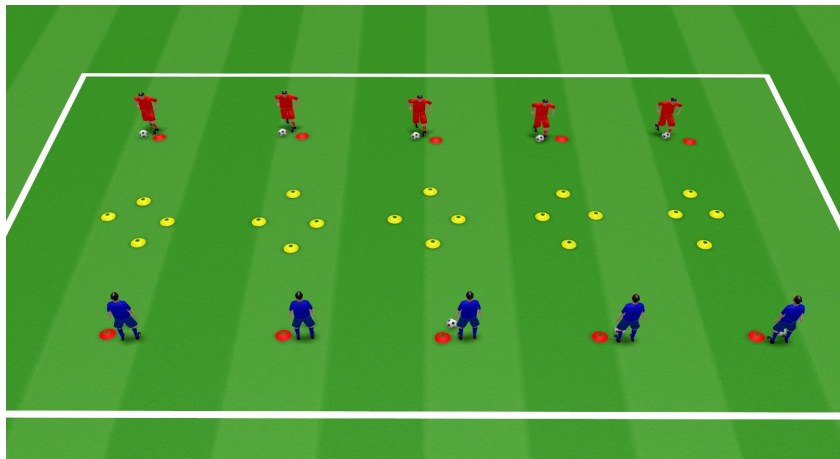


Discovery Game: 4 vs 4 Penetrate The Zone



- Set Up: 2 end zones, 20m(length)x 25m (width)
- Rules and Objectives: The blues and whites attempt to dribble into or receive a pass inside their opponents end zone
- 2 point if you dribble into the end zone
- 1 points if player receives a pass in the end zone
- Coach Emphasis: Spread out to find space to dribble, take positive (forward) first touches towards the target, take larger touches to accelerate

Activity: Feints To Beat A Player



Feint (in the direction) away from where you want to go.

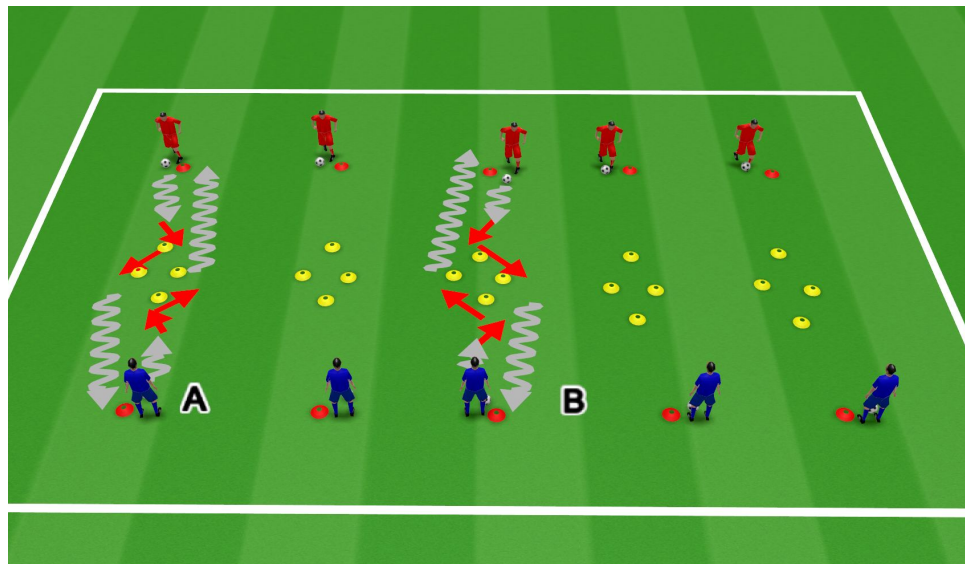
Feints (The Basics)

- Each player has a ball. The purpose of this practice is to master the 'sideways lunge' part of the technique of the body feint, plus start to use the outside of the foot.
- Players practice the individual feint and 'feint with outside foot touch' as shown in the FIRST 2 activities on this video
- <https://www.youtube.com/watch?v=OX4WUr3TCfA>
- Players stay near their cones when they practice. Encourage players to bend at the knees and hips to get low prior to changing direction

Feints (Challenging)

- Players practice the touch, feint, outside of foot push as shown in the 3rd ACTIVITY on the video above

Activity: Feints To Beat A Player



- Players now work in pairs, moving toward the yellow, central cone at the SAME time.
- Players set up like A, with their bodies on the right hand side of the cone. Players practice the feint - lunging and dropping the left shoulder, then using the outside of the right foot to change direction and get past the cone . They repeat 10 times
- Players then set up like B on the left side of the cone. Players practice lunging to the right and dropping the right shoulder, then using the outside of the left foot to get past the cone. They repeat 10 times
- Encourage the players to not to slow down too much, and give the feint about 1m and a half from the cone.

Week 3: Session 5



A Full Game: 6 vs 6



- Play a 6v6, game, including GK; indoor field; No throw ins – restart by passing or dribbling, no corner kicks; no offside, Retreat line is in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.
- Use one of the two formations shown

Week 3



Technical Competency: First touch / passing skills / passing vs dribbling decision making

Player Habit: Scanning, play forward, play support

Game Principle: Support and Space

Moment of the game: Attacking Organisation



Session 6:

Warm up: Switch Tag

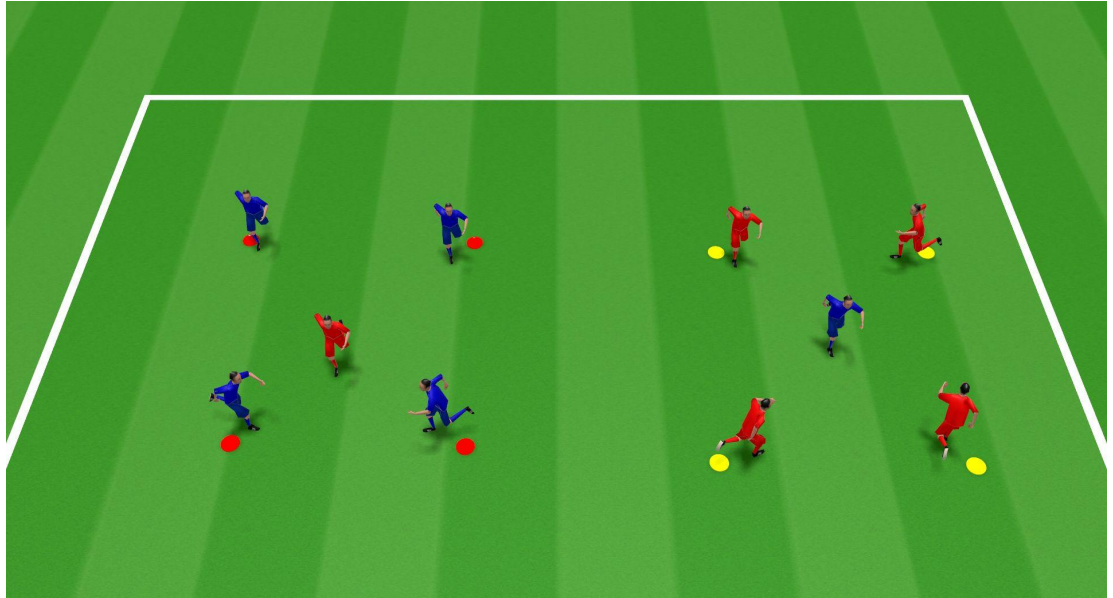
Discovery Game: 4 vs 4 Penetrate the Zone

Activity: Passing Challenge Ladder

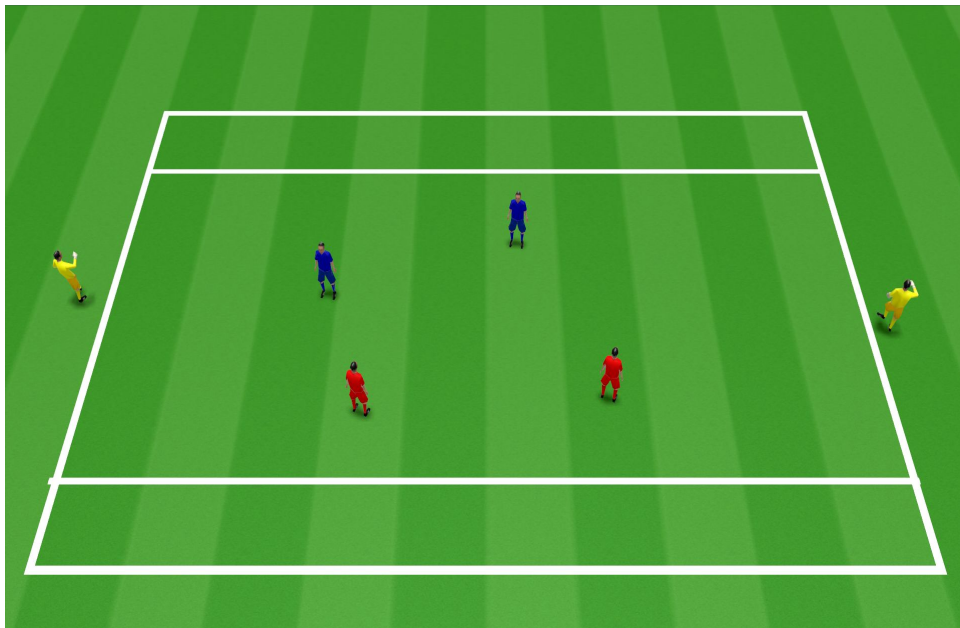
Full Game: 7 vs 7 or 9 vs 9

Warm Up: Switch Tag

- This warm up helps the players in the middle start scanning, and the players on the cones to look for 'triggers' or signs to help make decisions
- The players on the cones attempt to switch cones, or run to someone else's cone before the player in the middle tags them.
- If a player comes to your cones, they 'kick you out', so you have to go.
- If the player in the middle makes a tag, they score a point. Play the game for 30 secs for each player. Compare scores.

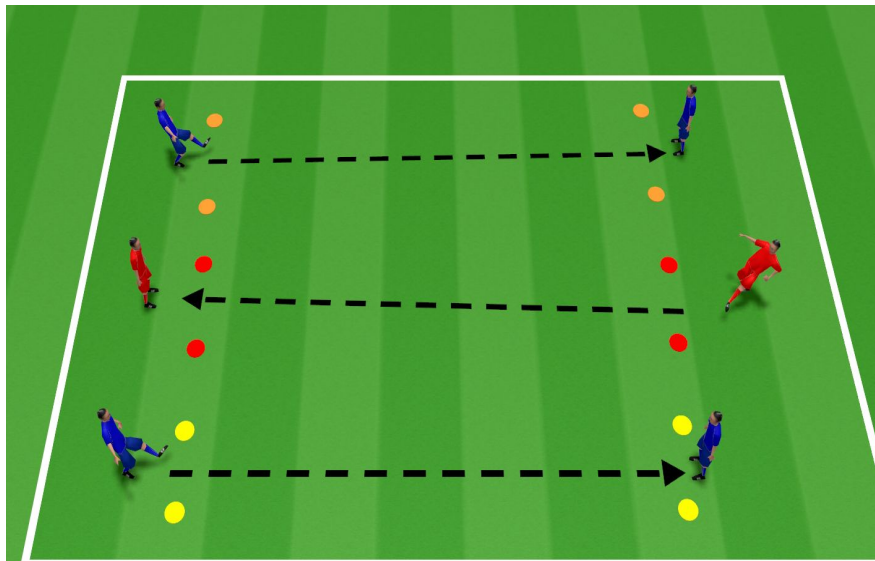


Discovery Game: Penetrate The Zone



- **Set Up:** 2 end zones, 15m (length) x 15m (width)
- **Rules and Objectives:** The blues and red attempt to dribble into or receive a pass inside their opponents end zone. Both teams can use the neutral players to help.
- 1 point if you dribble into the end zone
- 2 points if player receives a pass in the end zone
- **Coach Emphasis:** SCAN before getting the ball, spread out to find space to dribble, take positive (forward) first touches towards the target, take larger touches to accelerate. Use the neutral players to keep possession and move into the zone to receive a pass.
- **Variation:** Add Pugg goals or shorten the zone. Add an extra player. Change the rule so each team can use only one side line player.

Activity: Passing Challenge Ladder



- Organise the group into pairs.
- Set up pairs of coloured cones so that an orange cones can for two 'gates' at one end, and that yellow cones can form two pairs of gates at the opposite end.
- The pairs should be about 10 yards away, but can be at longer or shorter distances depending on experience levels.
- Pairs try to pass the ball through their partner's gate for 1 point. Play for a 1 - 2 mins
- Winners move up toward the Orange gates, and the other player moves toward the yellow cones.

Week 3: Session 6



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Week 4



Technical Competency: First touch / passing skills / passing vs dribbling decision making

Player Habit: Scanning, play forward, play support

Game Principle: Support and Space

Moment of the game: Attacking Organisation



Session 7:

Warm up: Reverse Tag Ball

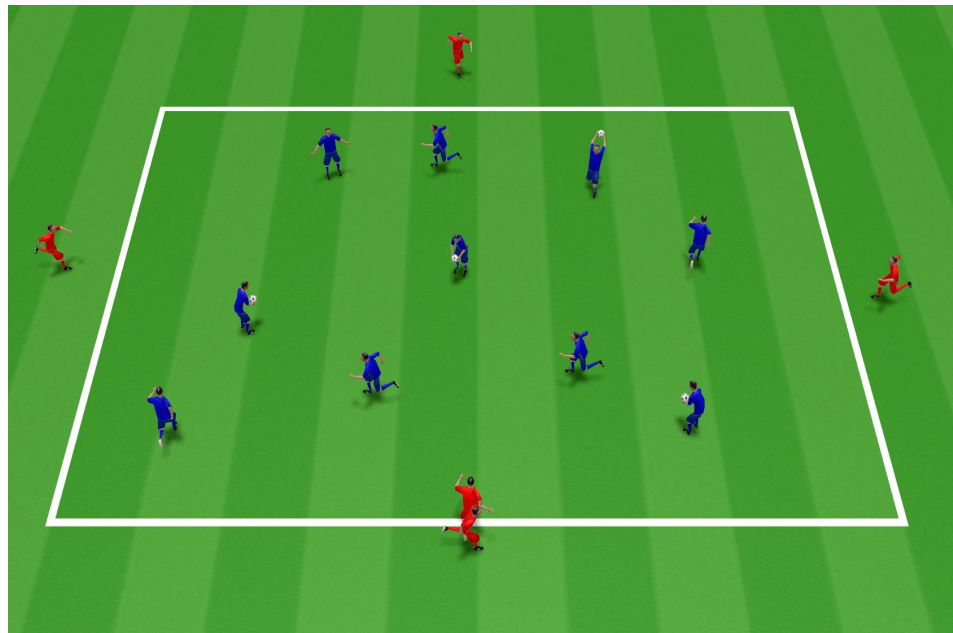
Discovery Game: 2 + 1 vs 2 + 1 (Pass Forward - 4 goal)

Activity: 2 vs 1 Grid to Shoot

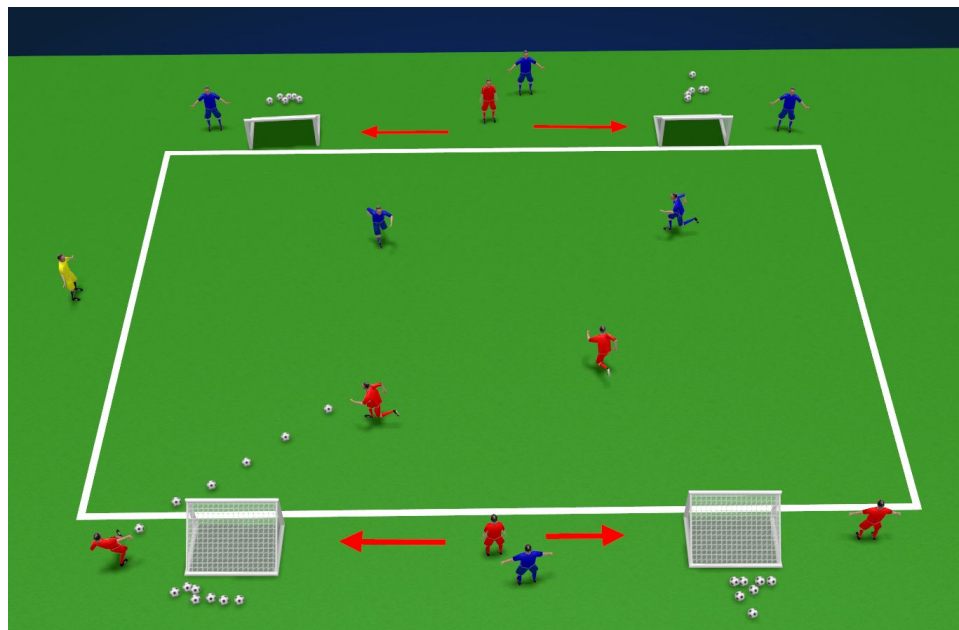
Full Game: 7 vs 7 or 9 vs 9

Warm Up: Reverse Tag Ball

- Have 8 - 12 players inside the grid, and 4 players (red) starting outside the grid. On the whistle, the players on the outside come into the grid and become taggers.
- Have 3 - 5 players inside the grid with balls. Players with the ball cannot be tagged. Players with the ball can pass to someone else to prevent them from being tagged.
- Encourage scanning when tagging, and when running with or without the ball, as well as using positive communication and space.
- Progress to having the ball at the feet of players. Tags are made by touching the ball. Count the number of tags made in a minute and rotate taggers.

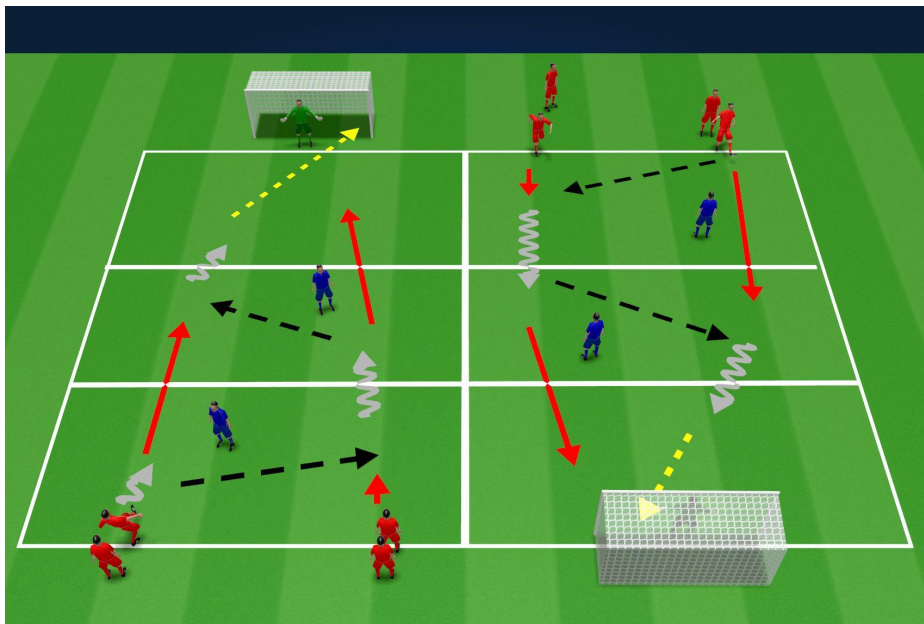


Discovery Game: 2 + 1 v s 2 + 1 (Pass forward - 4 goal)



- Set up: 2 players in the grid and 1 player between the attacking and defending goals
- The coach or midfielder (red players that are out of the grid) pass to a red player, who scans, turns and tries to attack to score. Reds score in one of the two goals by combining with each other and the forward. If they need to reset, they can pass back the defender.
- Extra point for wall pass or bounce pass.
- After each play, the midfielders replace the forward and defender. If the gap exists, the defender can pass to the forward.

Activity: 2 vs 1 Grid to Shoot



- Create 6 grid areas, with each grid rectangle about 15 wide, by 10 long. Modify according to your group. Groups with less ball skill may need larger areas.
- Allocate 4 defenders - one in each box, excluding the shooting boxes. Organize 4 players into
- 2 lines of 2 people heading in one direction down three grid rectangles, and the same, but in the opposite direction for the other three rectangles.
- The first player in each line work together as a '2' against '1' passive defender. Once they have got past the two passive defenders, one of the pair shoots at goal.
- Start with the passive defenders moving toward the player with the ball, so they have to pass. Defenders should always reset to the centre of their area.
- Progress to defenders choosing to defend one or the other blue player. Still no tackling. If the defender defends the attacker without the ball, the attacker with the ball should accelerate through the space. Rotate defenders after a few minutes.
- Ask the attackers to observe the direction of the hips of the defender. When the defenders hips are turned toward the attacker, this is a good time to pass.

Week 4: Session 7



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Week 4



Technical Competency: First touch / passing skills / passing vs dribbling decision making

Player Habit: Scanning, play forward, play support

Game Principle: Support and Space

Moment of the game: Attacking Organisation



Session 8:

Warm up: Passing Gates

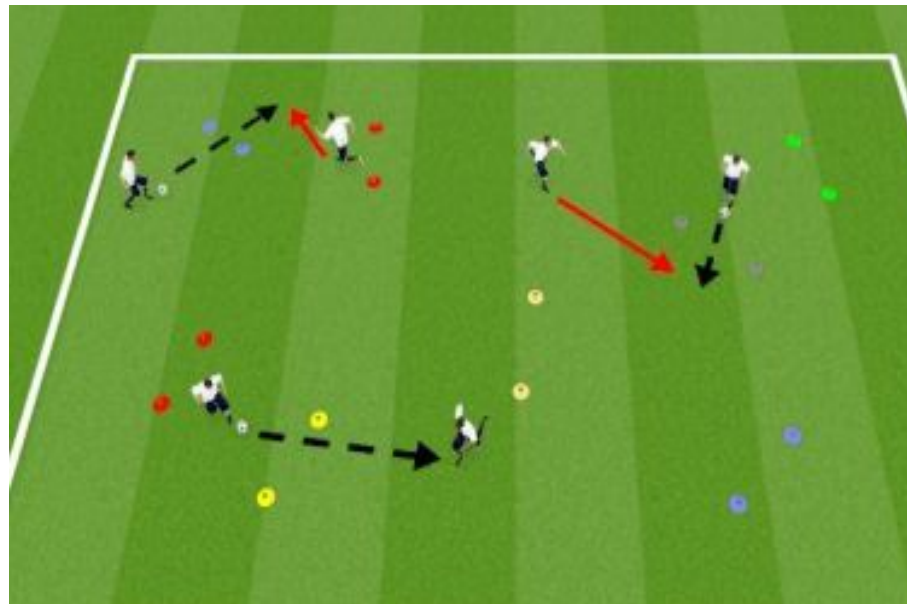
Discovery Game: 2 vs 2 (+2) Midfield Combination

Activity: 3 vs 1 Rondo

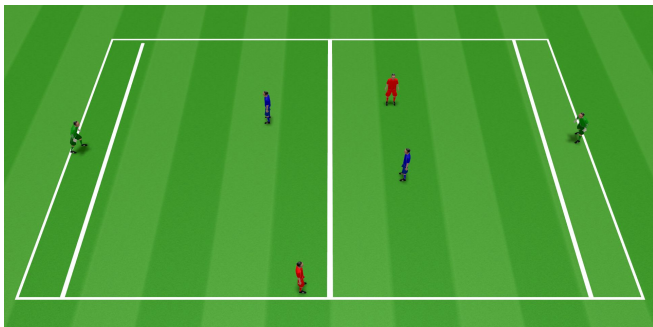
Full Game: 7 vs 7 or 9 vs 9

Warm Up: Passing Gates

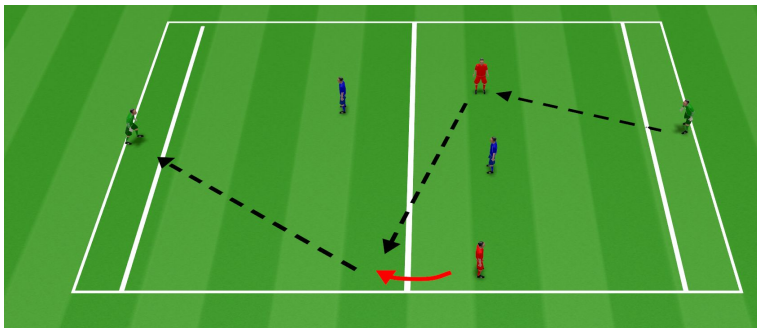
- Create a 20x20m grid and place multiple mini gates inside the area.
- Players have a ball between 2, looking to pass through as many gates as possible in the time given.
- Players can't go through the same gate twice in a row.
- To progress the warm up, players now pass through in a pattern, eg. red, red, yellow or red, blue, yellow, then add one or two semi active defenders to protect the gates.
- Emphasise the pass weight and accuracy



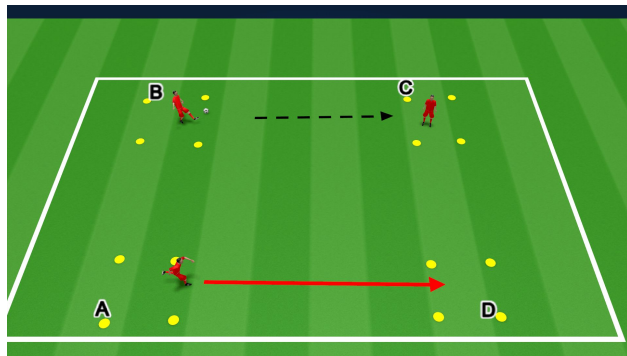
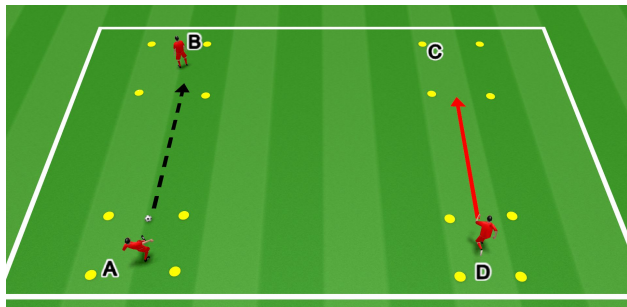
Discovery Game: 2 vs 2 + 2



- The set up is 2 blue vs 2 red. The RED team is attacking. The reds can go anywhere in the two large rectangular grids. The blues are defending. Each blue defender must stay in their own large rectangular grid. The green players must stay in their end zones.
- To get started, one green player, passes the ball to a red player. The red players combine (they MUST pass once) between themselves and pass into the green player at the other end. The 'game' continues when that happens, in that the green player passes back out to a red and now they look to combine to get the ball to the other end. Every pass to a green is a point.
- Because of the rules, the reds should be able to create 2 vs 1 situations in both large rectangular areas.
- If the blue defenders intercept the ball, they pass to a green player for a point.
- Rotate the attackers, defenders and end players.

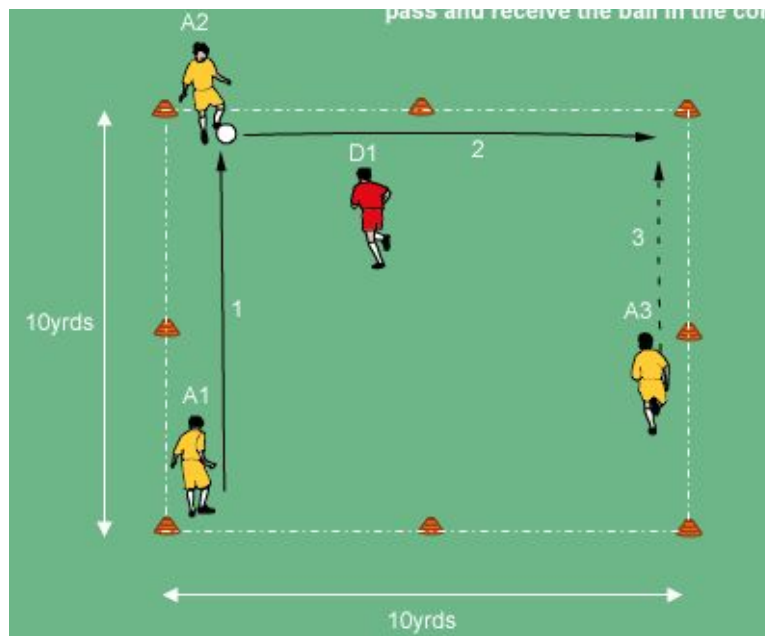


Activity: 3 vs 0 Support Movement



- The rules of this activity are that the players can only pass left or right between the squares made by the cones, not diagonal. The important thing to share before starting is that when the ball is at A, the player has two passing options - one to B and one to D. This is always preferable. Imagine there is a defender covering the middle area of the square.
- Given the rules above, when A passes to B, B only has one passing option (because there is a player at A, but nobody at C), so D has to run to the vacant cone at C to create two passing options for B.
- When players control the ball, they do so with their back foot - the left foot when passing clockwise. This opens the players hips and chest to the middle of the square.
- As the activity continues, If B passes to C, C only has one passing option, so A has to run to the vacant cone at D

Activity: 3 vs 1 Rondo (Support Movement)



- Players can only pass to corners. The 3 players in the corners need to keep the ball away from the player in the middle.
- In the picture, when A1 passes to A2, the A3 player needs to move to the open corner to support A2 and give them 2 passing options. Play this for a period of time (eg 1 minute) before swapping the player in the middle. When the players understand the game well, if the player in the middle makes an interception, they swap with the player whose pass they intercepted. If a player in a corner makes a bad pass, they also swap into the middle to become the defensive player.
- Encourage controlling the ball with the back foot and with the front of the body facing the centre of the grid
- When players get better at moving to the corners and space to support, you can remove the 'corner' rule.

Week 4: Session 8



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: First touch / vision and awareness / 1 vs 1 defending

Player Habit: Scanning, recover the ball, positive communication

Game Principle: Deny, delay, cover, space, penetration

Moment of the game: Defensive organisation, attacking transition

Session 9:

Warm up: Ball Control

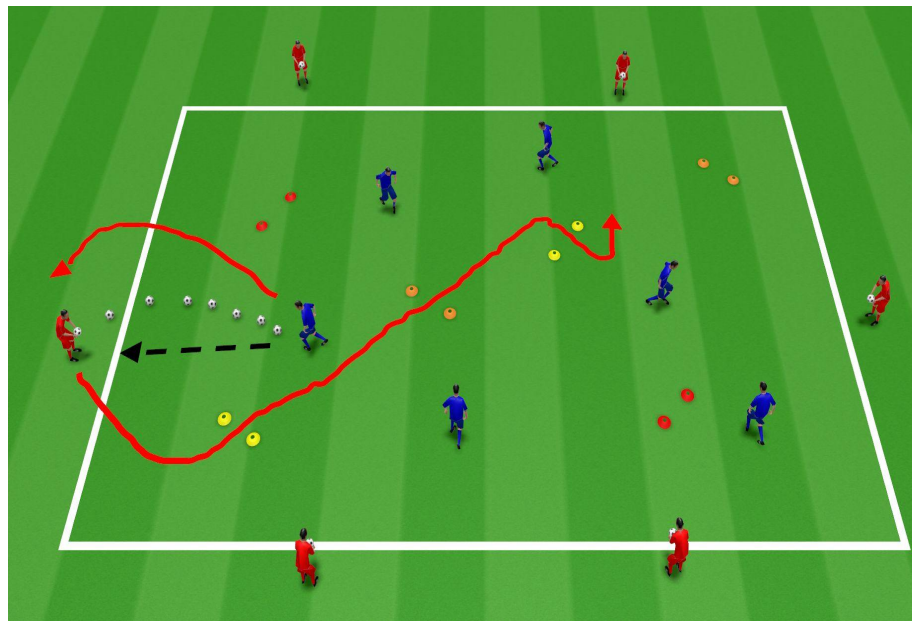
Discovery Game: Overload Game

Activity: Give and Chase OR First Turns

Full Game: 7 vs 7 or 9 vs 9

Warm Up: First Touch

- Set up with half the players in the grid (blue) without a ball, and half (red) spread out around the outside of the grid with a ball.
- Blue players jog through three gates of any colour. After going through the last gate, they 'cut' (change direction) to a red player, who underhand throws the ball to them. The blue player controls the ball to the ground then passes back.
- The blue and red players swap over, and the player coming in goes through the 3 gates and the practice repeats.
- Start with inside of the foot control, then progress to thigh control, chest control, and lastly heading. You may also progress to one touch control back to the ball feeder, and using throwing ins instead of under arm throws.

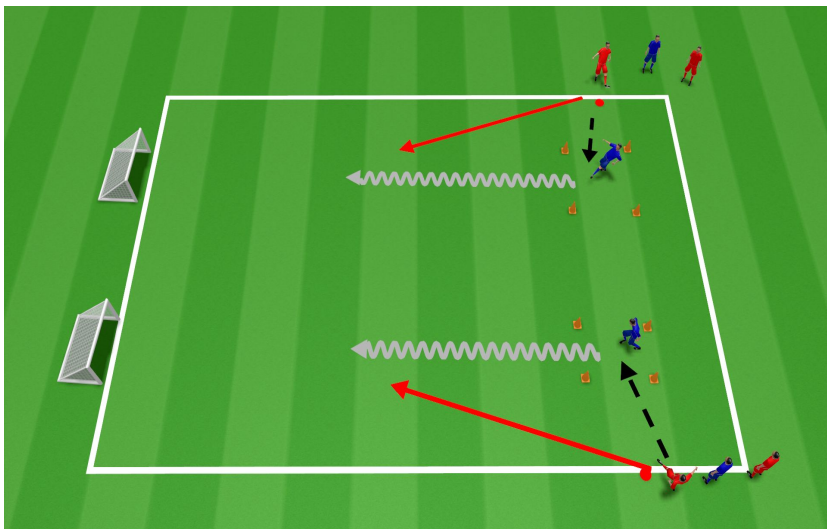


Discovery Game: Overload (4 vs 4)



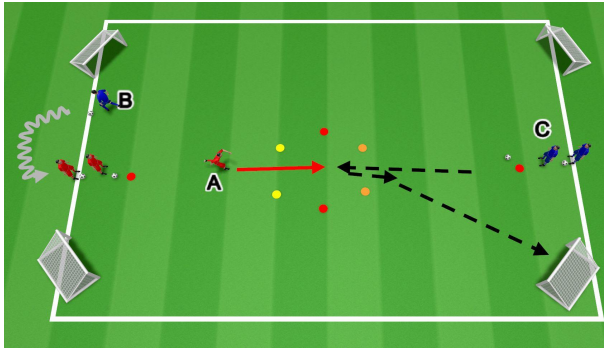
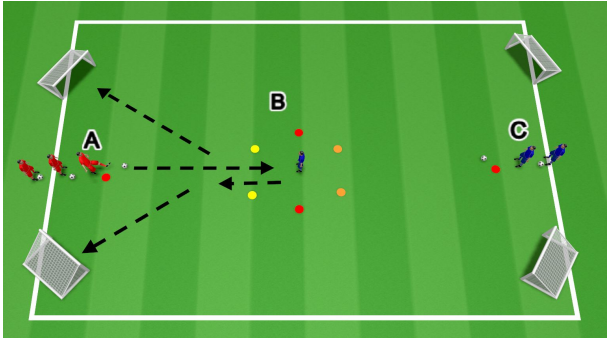
- Play 3v3 or 4v4
- Place extra balls around the edge of the field (about 6 - 8 extra) Adjust the field size for more players.
- If a player kicks the ball out or shoots and misses, the opposition can take the closest ball to them and start and attack.
- The player who kicked the ball out must retrieve that ball and replace the ball around the field before returning to play. This creates a temporary overload.
- Coach Emphasis: Keep your head up so you can find space to dribble into. Spread out to make it easier for passing. Attack quickly when you have an extra player. Recover quickly if you lose the ball.

Activity: Give and Chase



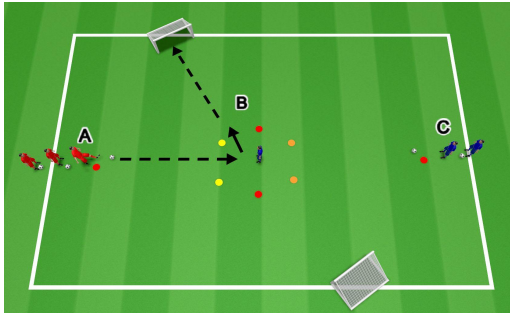
- Organize a grid 15 x 20, with two mini goals at one end, with 2 squares of cones at the other end.
- Organize the players into pairs.
- One player stands in the square. The other player stands with the ball at the side of the field. This player passes to the player in the square. This player controls the ball on the back foot, pushing it through the cones closest to the goals. Then they dribble and try to score.
- As soon as the player in the square touches the ball, the passer can start chasing and try to make a tackle.
- Then the partners swap roles. After a few minutes and the partners swap sides.

Activity: First Touches

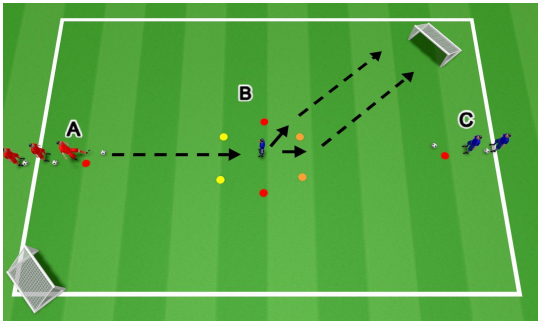


- Have players in two single file lines facing each other, with a 6 cone hexagon shape between them.
- Player A passes the ball through the two yellow cones. The player in the hexagon has to SCAN first, then control the first touch between the two yellow cones, and then pass the ball to one of the goals. This player then collects the ball and dribbles to the back of the line behind A.
- To continue the drill, when Player B moves out of the hexagon, player A runs into the hexagon, and player C passes between the two orange cones. Player A, SCANS, controls the ball with their instep through the yellow cones, and passes to one of the goals. This player collects their ball, and dribbles to the back of the line (behind Player C). This pattern repeats.

Activity: First Touch and Back Foot Turns



- Now, have the player @ B SCAN then control the ball with the instep of the back right foot, so the touch goes between the yellow and red cone, then they pass to the goals. This player collects the ball from the goal, and runs to the back of the line (behind A).



- Other options include changing the first touch so now the player in the hexagon needs to turn more with their first touch, and try to play the ball between the red and orange cones before passing to the goal, or even turning 180 degrees, and taking a short touch through the orange cones, before passing to the goal. The pattern is the same as previously established.

Week 5: Session 9



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: First touch / vision and awareness / 1 vs 1 defending

Player Habit: Scanning, recover the ball, positive communication

Game Principle: Deny, delay, cover, space, penetration

Moment of the game: Defensive organisation, attacking transition

Session 10:

Warm up: Ball control

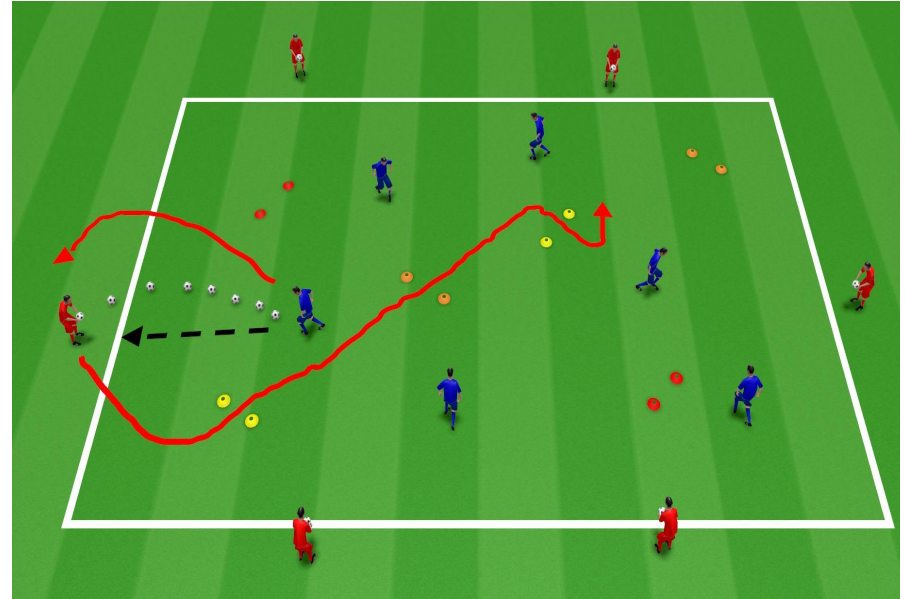
Discovery Game: 2 + 2 vs 2 +2 (Side to Side Transfer)

Activity: 1 vs 1 or 2 vs 2 Defending

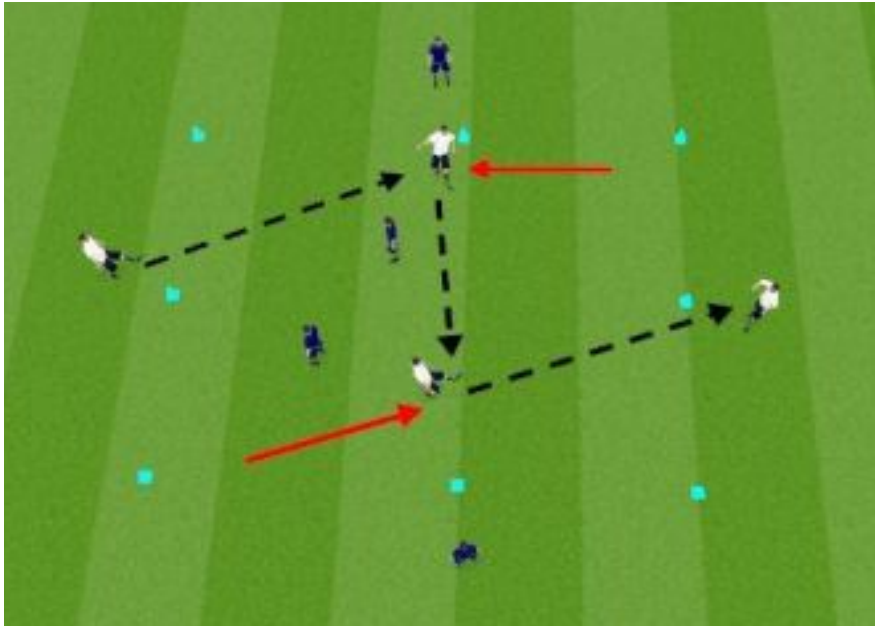
Full Game: 7 vs 7 or 9 vs 9

Warm Up: First Touch

- Set up with half the players in the grid (blue) without a ball, and half (red) spread out around the outside of the grid with a ball.
- Blue players jog through three gates of any colour. After going through the last gate, they 'cut' (change direction) to a red player, who underhand throws the ball to them. The blue player controls the ball to the ground then passes back.
- The blue and red players swap over, and the player coming in goes through the 3 gates and the practice repeats.
- Start with inside of the foot control, then progress to thigh control, chest control, and lastly heading. You may also progress to one touch control back to the ball feeder, and using throwing ins instead of under arm throws.

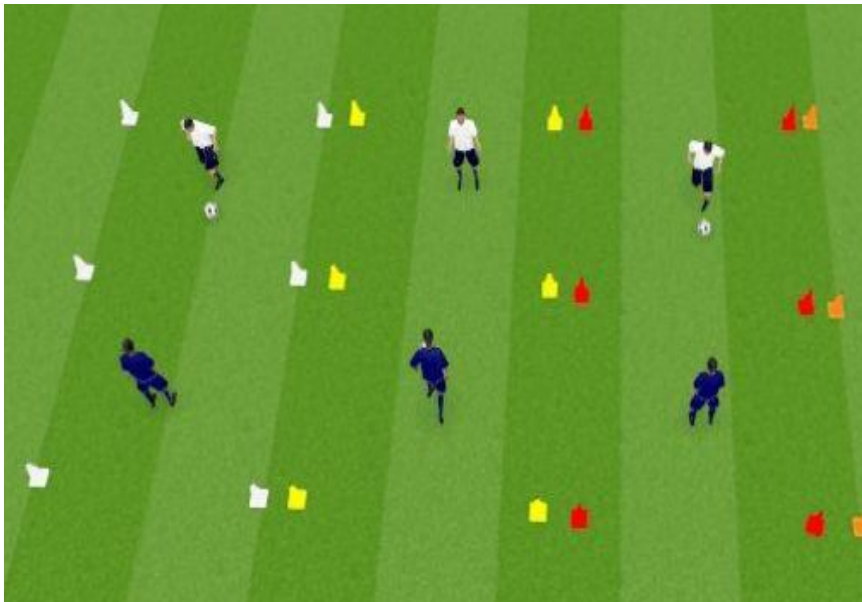


Discovery Game: 2 vs 2 + 2



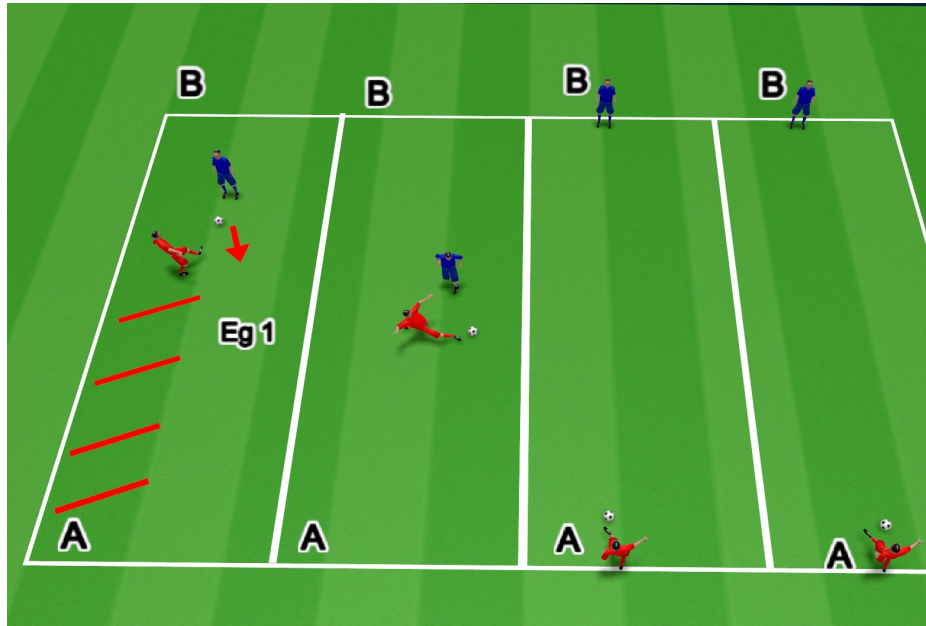
- 2v2 in the middle with support players on either end of the space for each team (the 'plus2').
- The white team aims to transfer the ball across the box from support player to support player. A point is scored if the ball moves from 1 outside support player to the other without the opposition touching the ball. If the blue steal the ball, they try to score by going getting the ball to their support player, then transferring across the box to the opposite side. First to 3 wins, then switch players.
- Coach Emphasis: Support each pass, make a triangle around the player with the ball so they have 2 options. Create passing lanes by moving to space. Receiving away from the defender and quality of passes are important. When we don't have the ball, how can we defend best?

Activity: 1 vs 1 Defending



- Starts with 1 player passing to the other player. They each defend the end line of the lane they are playing in.
- A player scores by dribbling past their opponent's end line.
- Restart a goal or 'out of bounds' with a pass. Players take turn to serve to their opponent.

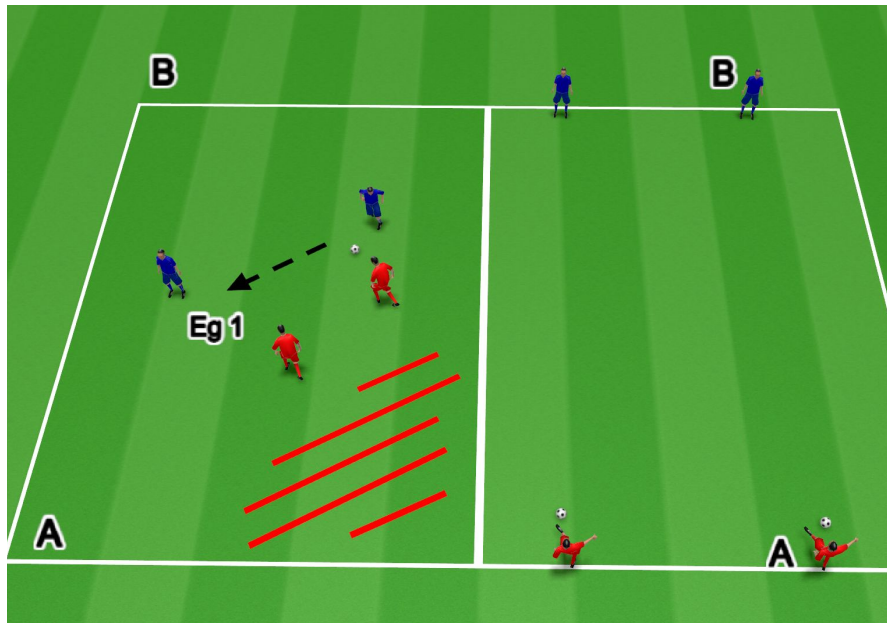
Activity: 1 vs 1 Defending



Coach the defending aspect:

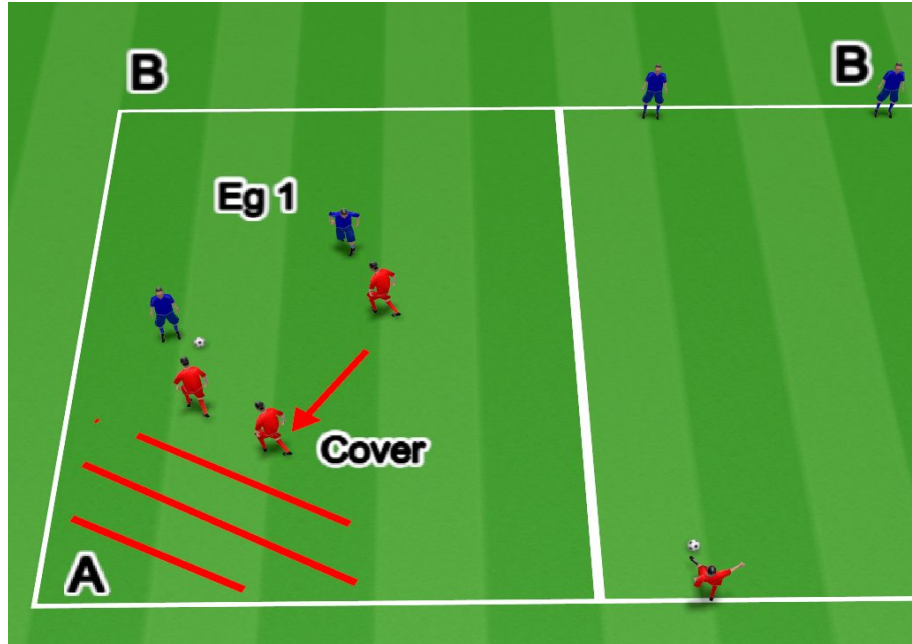
- After Player B passes to Player A, Player A should close down the space between them and their opponent until they are about 2 - 3 big steps away. They should position themselves to the left or the right of their opponent - this directs the attacker to one side of the grid, and blocks the space to the other side - see the red shaded area behind the defender in example 1.
- They should start to backpedal as their opponent runs at them.
- Then the attacker makes a mistake and knocks the ball to ball in front of themselves, or mis-controls the ball, the defender makes a tackle, knocking the ball out of play.
- Repeat this 5 times before swapping roles.

Activity: 2 vs 2 Defending COVER



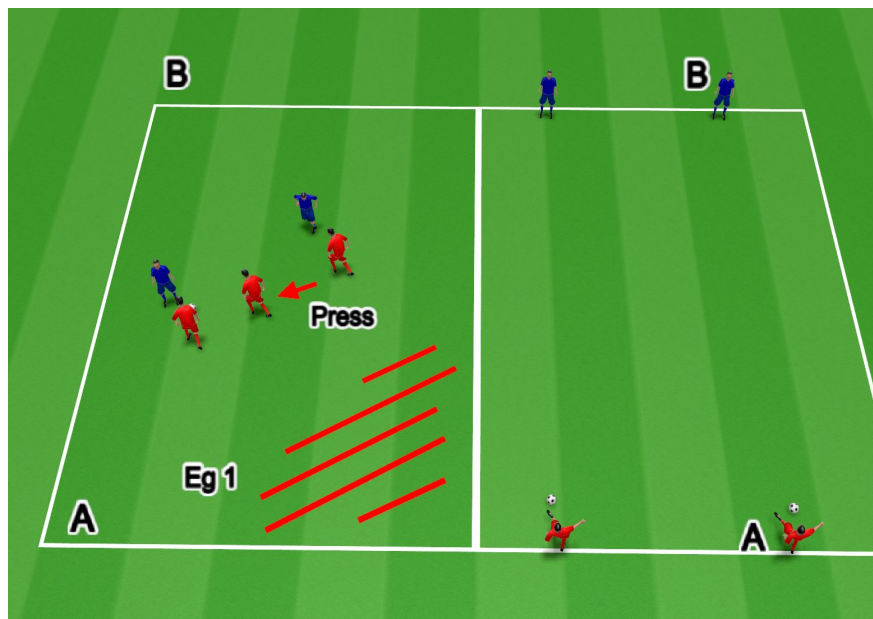
- Have GROUPS OF 4, one pair at one end and the other pair at the other end, and one ball between 4.
- The challenge is for Pair B to get past Pair A and stop the ball on the endline. To start the activity, one player from pair A passes to one player from pair B. The defenders should close down the space between them and their opponent quickly,
- The closest defender should get about 2 - 3 big steps away from their opponent.
- The second defender should drop behind the ball and their defensive partner to provide cover. Continue playing and practicing cover, but if the attackers miscontrol the ball, players should tackle to the sideline or end line. If the defenders can take possession, they should get the ball to their opponents end line.
- Have the attackers and defenders swap after 3 goes

Activity: 2 vs 2 Defending - COVER



- If the attacker passes to their team mate who is in more space, the second defender is now closest and closes the space, and the first defender drops in behind and covers.

Activity: 2 vs 2 Defending PRESS



- Change the command for the defenders.
- If the attacker passes to their team mate who is in more space, the second defender closes the space, and the first defender ALSO closes the space, pressing the opponent to make a mistake.

Week 5: Session 10



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: First touch / vision and awareness / 1 vs 1 defending

Player Habit: Scanning, recover the ball, positive communication

Game Principle: Deny, delay, cover, space, penetration

Moment of the game: Defensive organisation, attacking transition

Session 11:

Warm up: Dribbling Interference

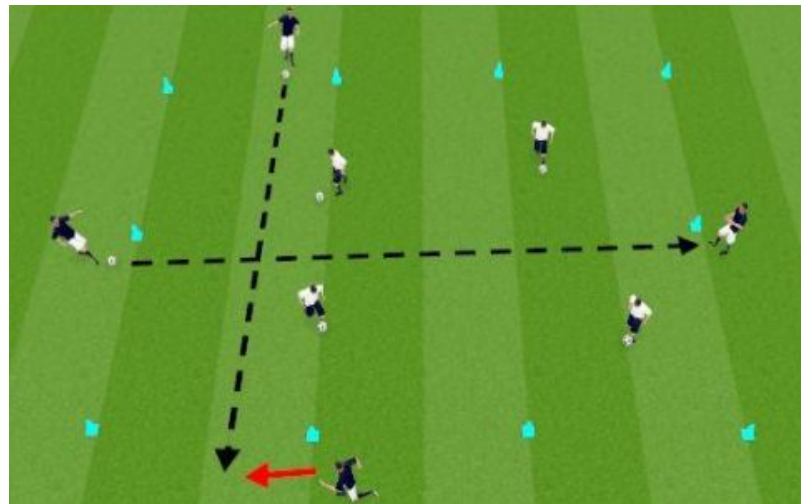
Discovery Game: Play The Front Man

Activity: Through Passing

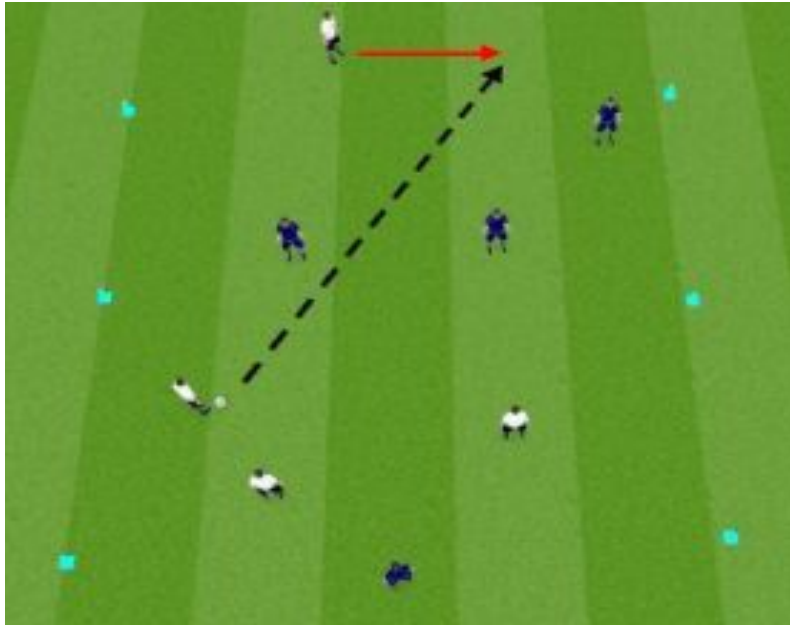
Full Game: 7 vs 7 or 9 vs 9

Warm Up: Dribbling Interference

- **Set Up:** 15mx15m square. Four players with a ball each start inside the grid (white)
- Two pairs of players with a ball between 2 start outside the grid (blue)
- The white players dribble the ball inside the area for a set period (eg 1-2 minutes). The blue players aim to connect as many passes as possible in that time.
- Points are awarded for successful passes across the box. The pair with the most point wins. Switch players and play again. Switch feet for the passing pairs.

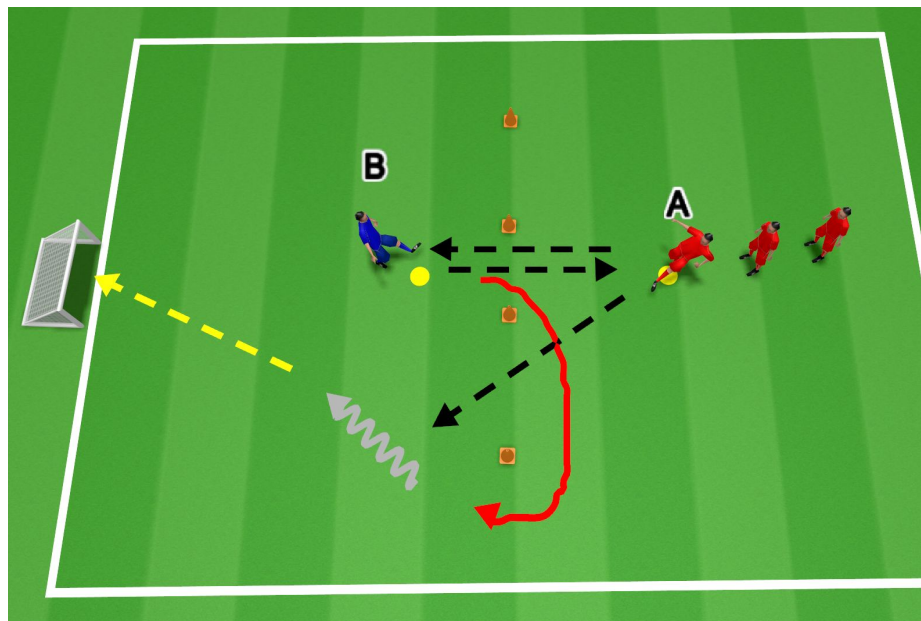


Discovery Game: Play the front Man



- Play 3v3 or 4v4
- Set Up: 20 x 25m field
- Both Blues and Whites have a target player to find with a pass to score a point.
- Once a goal is scored the target man serves back to the opposite team. Switch target players every 2-3 minutes, or on every goal.
- Emphasise spreading out to find space to dribble, find passing combinations and pass longer to the front man. Keep your head up to see passing opportunities.

Activity: Through passing



- Set up 20 x 10 space with a line of 4 cones across the middle.
- Organise a group of 4, with three players lined up on the 'defensive' side of the 4 cones, and 1 on the attacking side.
- Player A plays a bounce pass with B through the central cones.
- B runs through the central cones, and around the outside cone into a wider space.
- A passes through the gaps between the outside cones and the center cones.
- B controls, dribbles and shoots.
- B goes the back of the line and A replaces B.

Week 6: Session 11



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: First touch / vision and awareness / 1 vs 1 defending

Player Habit: Scanning, recover the ball, positive communication

Game Principle: Deny, delay, cover, space, penetration

Moment of the game: Defensive organisation, attacking transition

Session 12:

Warm up: School Yard Chaos

Discovery Game: 4 vs 2 (4 Goal Game)

Activity: Overload Attack

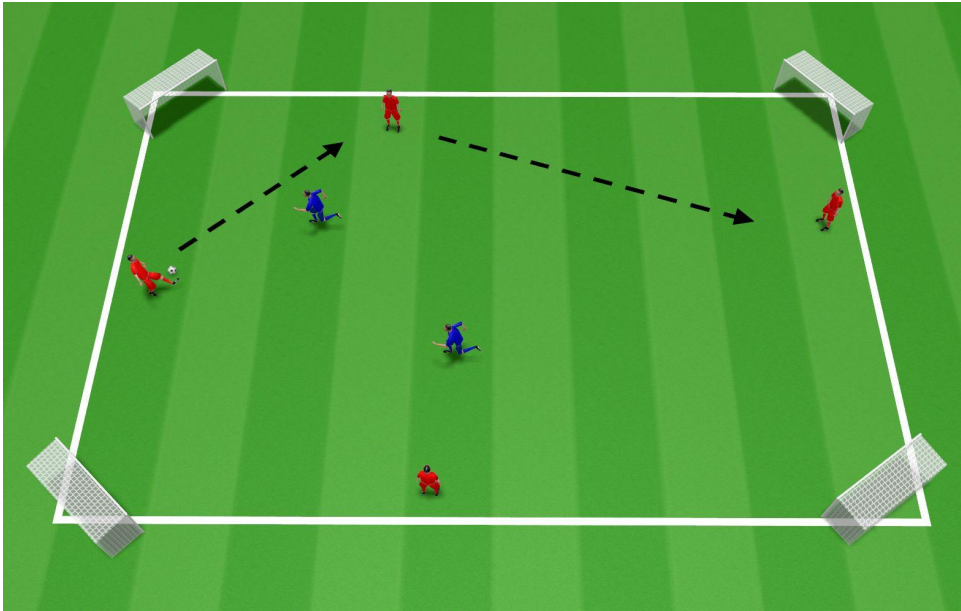
Full Game: 7 vs 7 or 9 vs 9

Warm Up: School Yard Chaos

- **Set Up:** 1 large field 25x25m area, with 4 goals
- **Rules and Objectives:** 3v3 game. Blue v White and Red v Yellow.
- Only use the ball allocated to your game. Emphasise players to keep their heads up so you can find space to dribble and pass into. The center of the field will be the busiest space – the players should look to use the wide areas to attack.
- Play for a few minutes, then swap the opponents

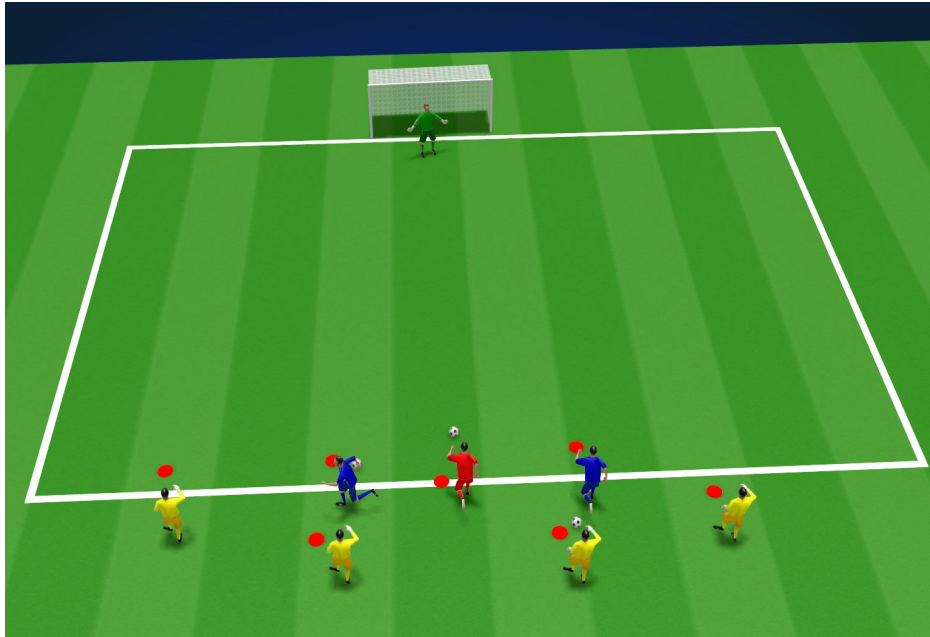


Discovery Game: 4 vs 2 (4 goal) Game



- Play 4 vs 2 in a grid about 15 x 15.
- The 4 need to keep possession by always moving (to create wide angles) to create 2 - 3 good passing options.
- The two defenders try to make defensive interceptions, and if they do, they score in a corner. The 4 attackers get 1 point for 5 passes, the defenders get one point for a goal.

Activity: Overload Attack



- Set up a field 20 x 25 wide.
- Phase 1 of this drill - The red player attacks towards the green GK in goal (1v1).
- Once the red player has shot, phase 2 starts. The blue players now attack towards the red player and gk (2v1+GK)
- Then, The 4 yellow players attack the 2 blue and one red players (4v3+GK).
- Key ideas include maintaining space - especially width and depth (and positional play when you get to 4 vs 3), as well as attacking the defender, using wall passes or third man passes, defending compactly.

Week 6: Session 12



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: Vision and awareness / Transitions and Ball Striking

Player Habit: Scanning, recover the ball, positive communication, receiving to face forward.

Game Principle: Mobility, decision making, space

Moment of the game: Defensive organisation, attacking transition

Session 13:

Warm up: Cat and Rat Tails

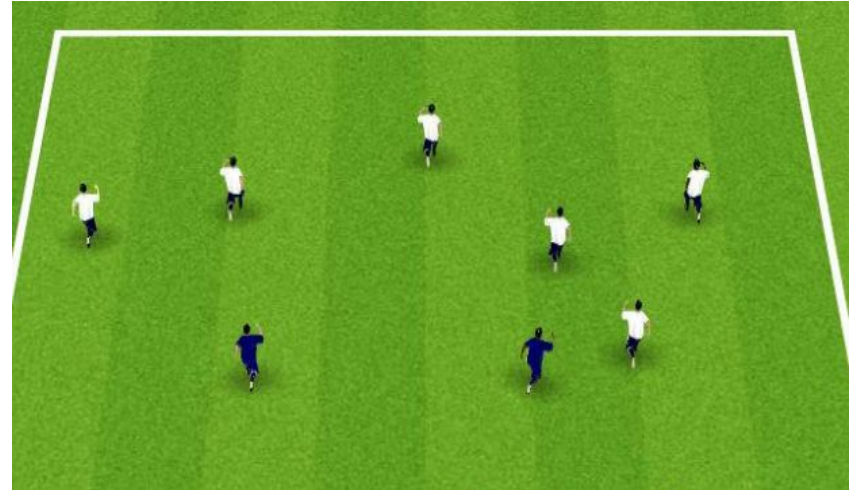
Discovery Game: 3 vs 3 + GK (3 Goal Game)

Activity: Playing out of the back

Full Game: 7 vs 7 or 9 vs 9

Warm Up: Cats and Rat Tails

- **Players in white use a pinny to hang out of the back of their shorts so they have a "tail". The blue cats chase the white rats and try to steal their tails.**
- **Once a rat loses its tail it becomes a cat**
- **If a rat is chased out, they lose their tail and become a cat. The last rat remaining is the winner. The cat with the most tails also wins.**
- **Variation: Have the cats and rats dribble a ball**
- **Emphasise: Cats should scan. Rats should keep their head up. If dribbling, keep the ball close so you can turn and change directions**



Discovery Game: 3 vs 3 + GK (3 Goal Game)



- Set Up: 3 goals per team 20 x 25m field.
- 3v3+gk
- Both Blues and Whites have 3 goals to attack and 3 goals to defend.
- Each team has 1 'goalkeeper'. Attackers can't score in the goal that the GK is standing in. If the GK is not standing in a goal, the attacking team can score in any goal.
- Allow all players to have a turn in goal.
- Dribble or pass in to restart the game.
- Emphasise spreading out to find space to dribble, take positive (forward) first touches towards the target, take larger touches to accelerate when required.

Week 7: Session 13



Activity: 4 vs 2 Playing Out of the Back



- In a 30x30m playing area with 1 large goal with GK at one end and 2 mini goals at the other.
- Have 1 orange retreat line 20m from the large goal. The White team attempts to score on the 2 mini goals. The Blue team tries to score against the GK in the larger goal.
- The play starts from the GK, who serves to either of the closest white players. On the white players first touch, the 2 Blue defenders are triggered to try and steal the ball.
- The third White player moves to offer a passing choice. The Whites can use the GK as a 4th player to make it 4v2.

Activity: 4 vs 2 Playing Out of the Back



- Risk v Reward: The Blue team has 6 attempts to score from the GK. If the ball goes out the attempt is over. If the Blue team steal the ball and score a goal, the Whites lose an additional attempt. The maximum score is 6/6.
- Once all attempts have been used, the players switch roles, and the new attackers have 6 more attempts at scoring on the mini goals.
- Emphasise: Passing on the floor with correct weight, to feet or into space. When receiving players bodies should be facing towards to opposition goal. They should check and scan for space, and angle the first touch away from defenders
- Support players should find a passing lane, not too close, not too far, and keep adjusting your position.

Week 7: Session 13



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: Vision and awareness / Transitions and Ball Striking

Player Habit: Scanning, recover the ball, positive communication, receiving to face forward.

Game Principle: Mobility, decision making, space

Moment of the game: Defensive organisation, attacking transition

Session 14:

Warm up: Pass and Move (to a different quadrant)

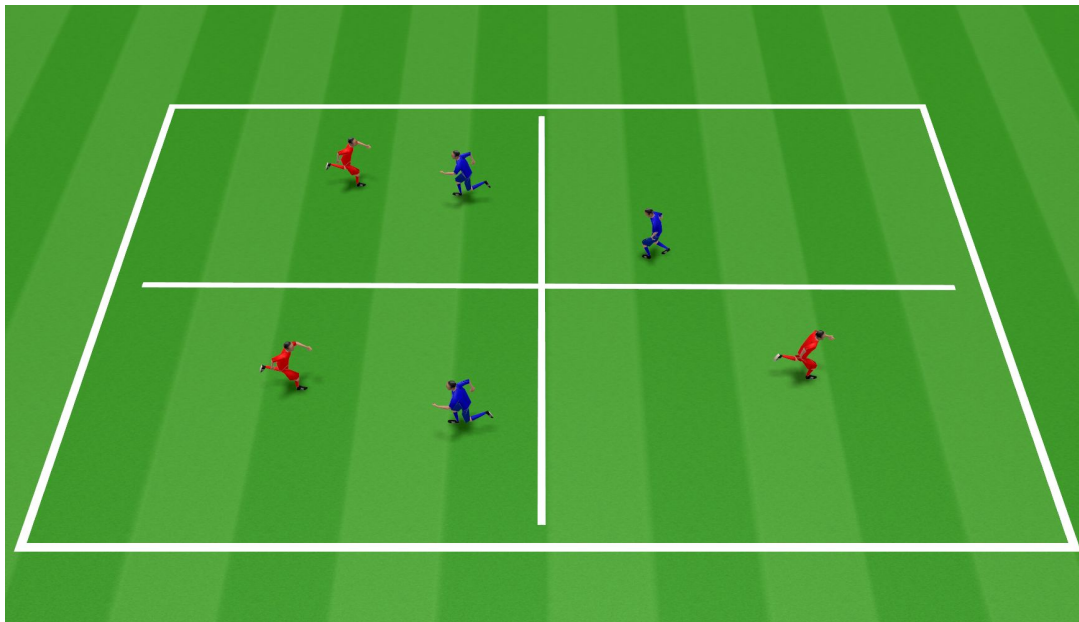
Discovery Game: Free and Wide

Activity: Attack to Defence Transition

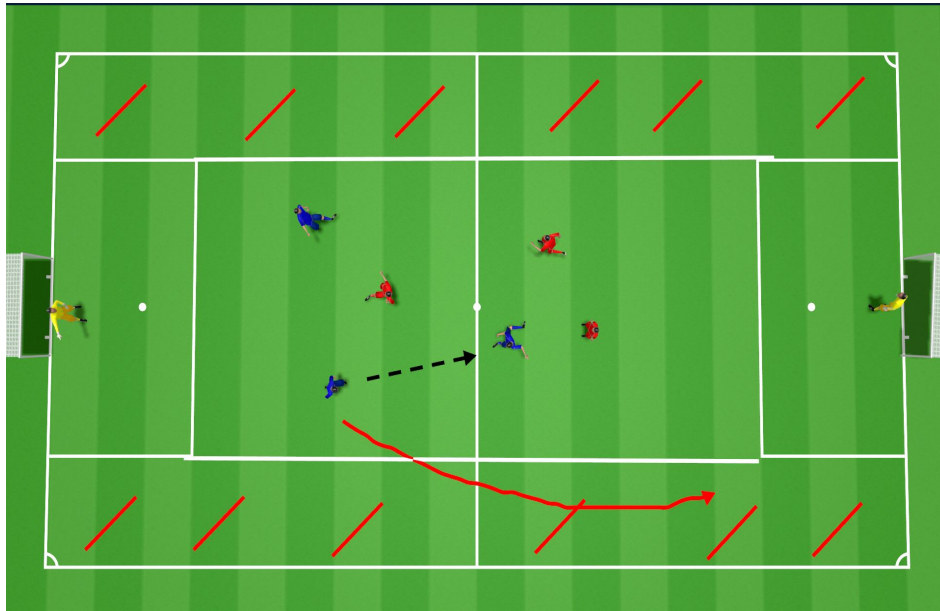
Full Game: 7 vs 7 or 9 vs 9

Warm Up: 3 Man Passing Moving to the Vacant Quadrant

- Set up a space about 15 x 20 and split it into 4 equal quadrants
- In groups of 3, players pass the ball to either team mate and move into the vacant quadrant.
- Variation. Play 'short, short, long' patterns of passing. For eg, play a bounce pass with one player, before passing to the other. The player playing the long pass moves to the vacant quadrant.

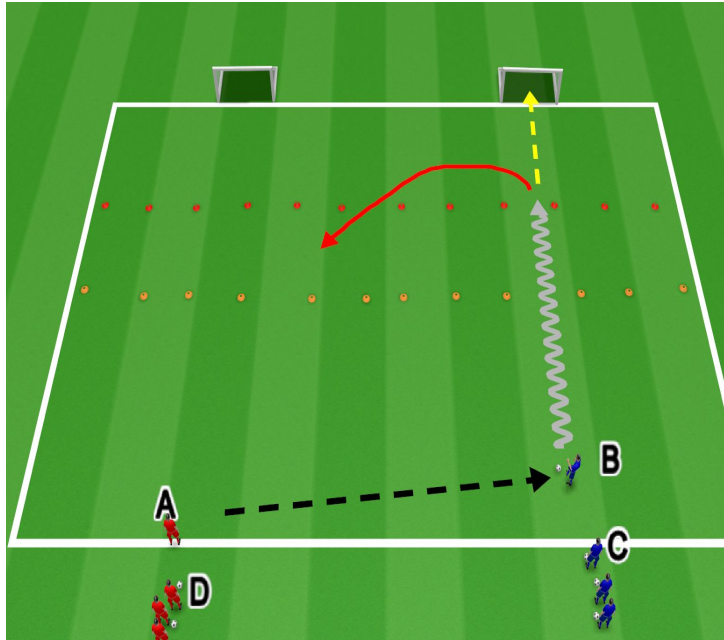


Discovery Game: Free and Wide - 3 vs 3 + GK



- In an area about 30 x 20. Create 2 wide zones with cones or lines. The wide areas indicate areas where players cannot be tackled.
- Play 3 vs 3 + GK
- Any player can go into the wide areas. Any time a player passes forward and runs forward pass the receiver of the ball and into a wide area, the team gets a point. Team must consider the risk of bombing forward vs defensive solidarity.
- Any normal goal score is 2 points
- Any score from a pass from a wide area scores 3 points

Activity: Scanning and Getting Forward



- Set Up: 20 x 20m area with 2 mini goals. Place a 'shooting line' of red cones about 5m away from the goals, and an orange 'half ways' line.
- Each player has their own ball except the first receiver (first blue player).
- The first red (A) passes to the first blue (B), who scans, turns and dribble quickly to beyond the red lines of cones to shoot. As the first blue player (B) crosses the orange line of cones, the next blue player (C) passes to the first red player (A), who scans, turns and sets off to score. After scoring, blue player (B) must transition quickly to defend the red player, who can score in either goal.
- The game is now continuous rotation – blue attack, red attack, blue attack, etc...Ensure that attacks do not start until the ball goes out or past the orange line. The attacker has one forward dribble to score. As soon as the attacking player stops moving forward, that specific 1 vs 1 is finished. The transitioning defender must defend between the red and orange lines.
- Once the play is over, the defending white player retrieves their ball and joins the opposite line.
- Coaching emphasis: Dribbling - Take large touches to cover ground quickly, smaller touches to change directions Can you remain focused on the next play, even when unsuccessful.

Week 7: Session 14



OR FOR OLDER / MORE EXPERIENCED PLAYERS

Activity: 2 vs 1 into 3 vs 2 - Attack to Defence Transition



- Set up: In half a 20 x 30 yard area, arrange 12 players into 2 teams of 6. The blues defend the large goal and reds defend the 2 small goals.
- To start, 2 reds attack 1 blue. One red passes to the other and performs an overlapping run. The red receiving the ball attacks the defender and decides whether or not to pass. Should the 2 reds get passed the blue defender, they shoot. Should the blue win the ball, they pass to the one of the two mini goals. The attack is finished when the ball is shot, goes out or the blue passes to a mini goal.

Activity: 2 vs 1 into 3 vs 2 - Attack to Defence Transition



- In phase 2, as soon as the ball is shot, goes out or the blue passes to a mini goal, the GK or coach rolls the ball out to either of the side blues. These two blues are now joined by the blue defender to create a team of 3 and they attack the 2 mini goals. The two red attackers need to chase back and try to defend the mini goals.
- After both the red and blue have attacked, they swap with the other red and blue players. After 10 minutes, swap the blue and red team.

Week 7: Session 14



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: Vision and awareness / Transitions

Player Habit: Scanning, recover the ball, positive communication, receiving to face forward.

Game Principle: Mobility, decision making, space

Moment of the game: Defensive organisation, attacking transition

Session 15:

Warm up: Handball Headball

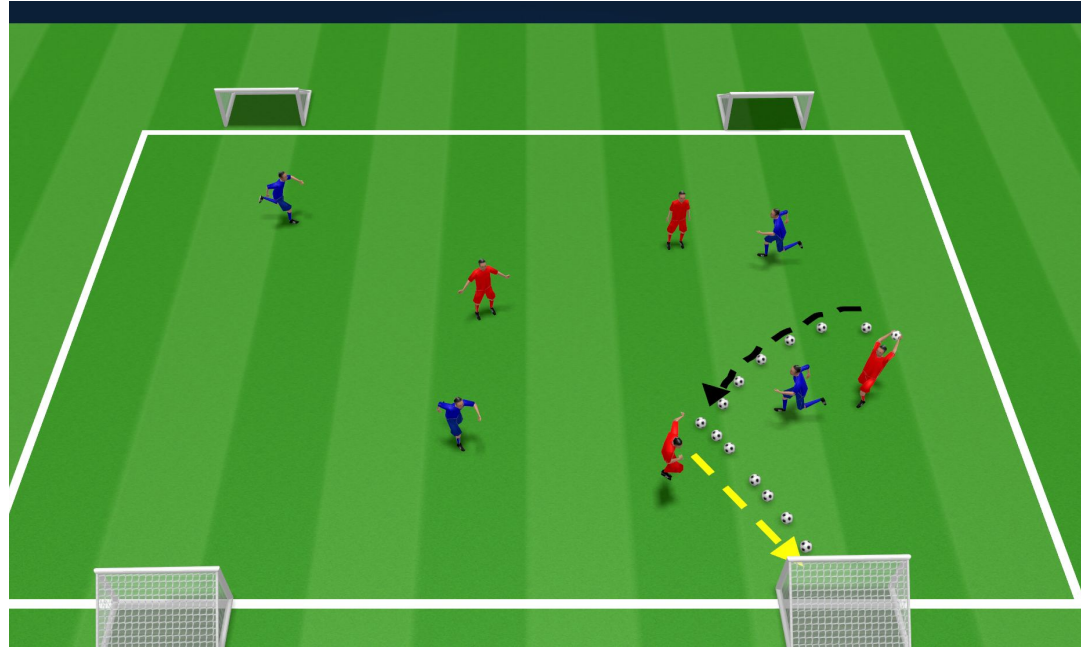
Discovery Game: 4 vs 2 + 2 (Break Out)

Activity: 3rd Man Passing

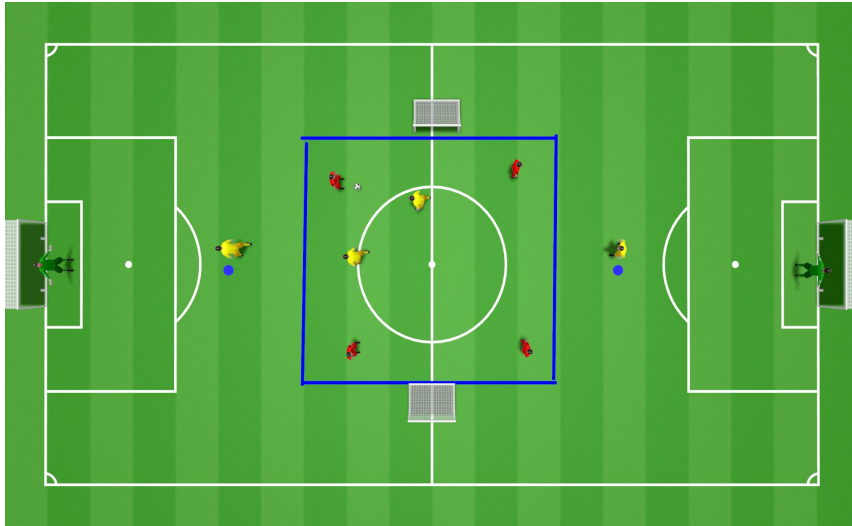
Full Game: 7 vs 7 or 9 vs 9

Warm Up: Handball Headball

- Set up a space about 15 x 20
- In groups of 4, players play a version of handball.
- Players cannot run with the ball, though they may pivot and take 1 step in any direction.
- A dropped pass is a change in possession.
- Players can only score with their head
- A headed pass = 1 point
- A headed goal = 3 points

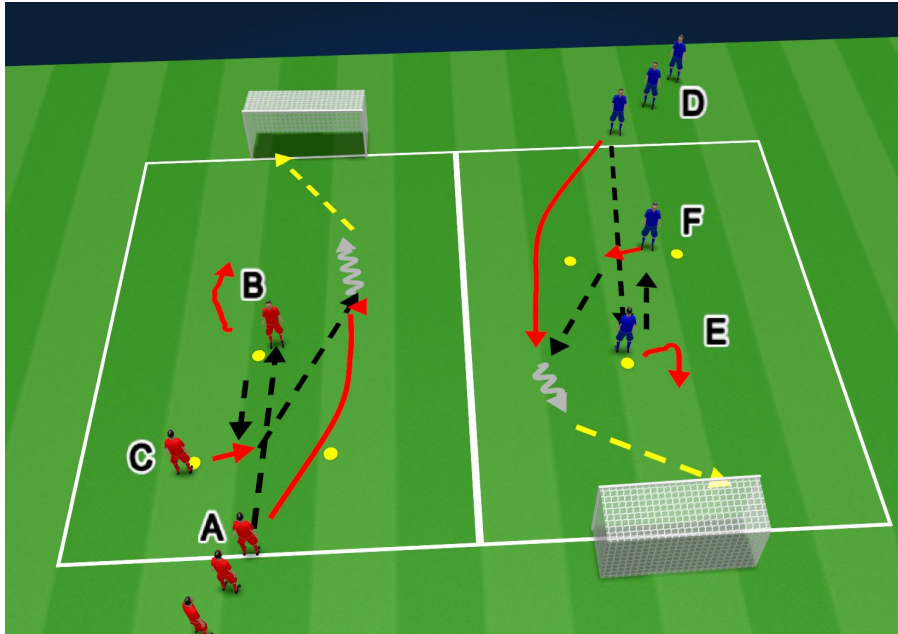


Discovery Game: 4 vs 2 + 2 Break Out



- In an area about 40 x 20. Set up 4 players on one team inside the grid. Include 2 opponents in the grid, and an opponent on each side of the grid.
- Rules: The players in red (team of 4 in the grid) attempt to make 5 passes. When they have made 5 passes, they can get a point by scoring in one of the two mini goals.
- The players in yellow (team of 2 in the grid) try to intercept passes and make tackles. When they win the ball, they pass to one of their teammates outside the grid. The yellow player turns and shoots. A score = 1 point.
- Variation: When a yellow player outside the grid receives a pass, the closest yellow and the closest red can leave the grid to create a 2 vs 1.
- Swap the yellows and red after 5 mins

Activity: 3rd Man Passing



- Set up 2 grids 20 x 10m next to each other.
- Both grids work at the same time in opposite directions
- This is passing pattern that emphasises passing beyond the closest player (an opponents), and then laying the ball off to the 'third' player in team.
- Eg. Players at 'A' pass to 'B'. 'B' lays off the ball back to 'C'. 'C' passes the ball diagonally forward for A to run onto and shoot. At the same time, 'D', 'E' and 'F' are doing the same thing in other direction.
- Have everyone go through the set twice and rotate players through positions
- Focus on the weight of the pass, the ball control and direction, and the shot on target, across goal.

Week 8: Session 15



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: Vision and awareness / Transitions and Ball Striking

Player Habit: Scanning, recover the ball, positive communication, receiving to face forward.

Game Principle: Mobility, decision making, space

Moment of the game: Defensive organisation, attacking transition

Session 16:

Warm up: Everyone Is It

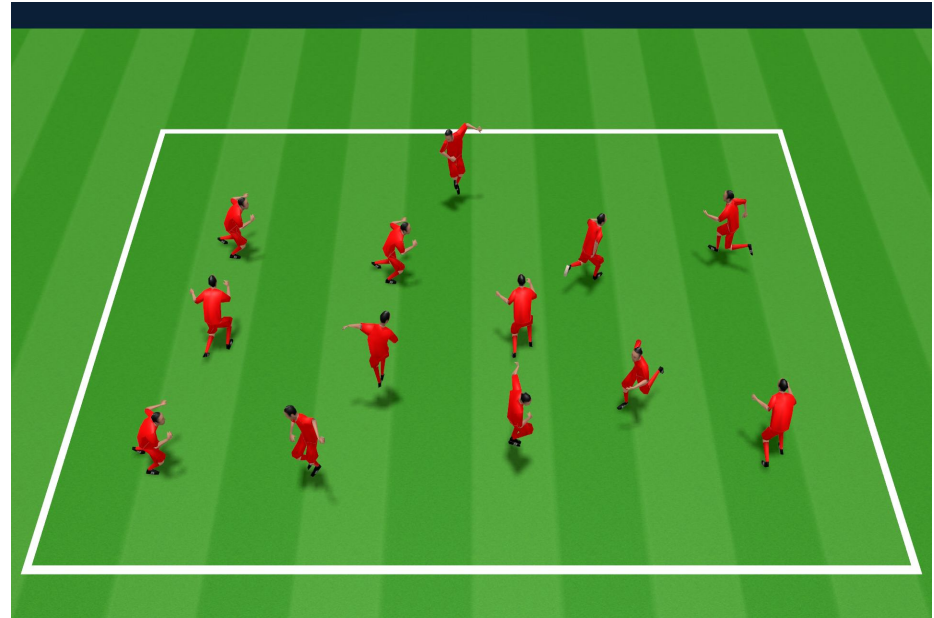
Discovery Game: Get a Cross In

Activity: 4 vs 2 Change the Point Of Attack

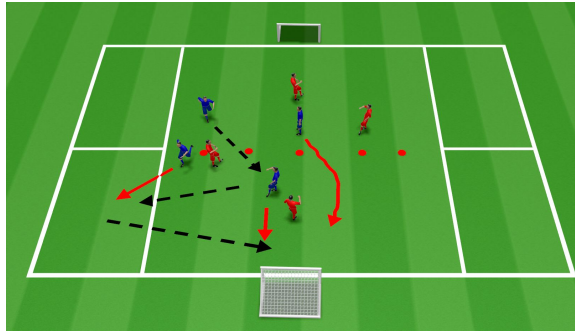
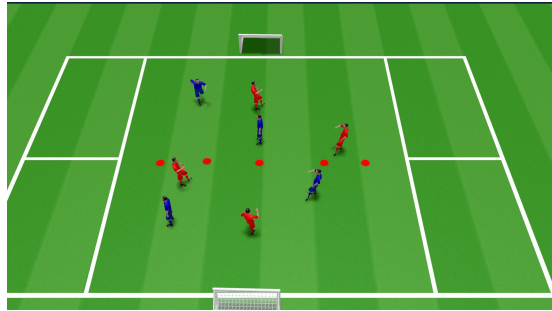
Full Game: 7 vs 7 or 9 vs 9

Warm Up: Everyone Is It

- **Everyone is it:** In a 15 x 15 grid (depending on your numbers), have players spread out. In this game everyone is it, so anyone can tag.
- Players move around and try to tag others. If a player is tagged, they sit down (or stand in a specific pose), but they are not 'out'. Tags that occur at the same time mean BOTH players sit down.
- See what strategies emerge. Any player can tag 'IN' a player back into the game. The last person standing wins, or finish the game after a set time.



Discovery Game: Get a Cross In (4 vs 4)



- Set up a field 30 long x 40 wide. Create two wide channels about 6-7m wide.
- Play 4 vs 4 without GK.
- Team can only have a minimum of 2 defenders in their defending half at any stage.
- Anybody can be in a wide area at any time (Risk vs Reward)
- The aim of the game is to get a cross in. Any player who moves into an attacking wide area can get a cross in without being tackled.
- Every cross = 1 point
- Every goal from the central channel = 2 points
- Every goal from a cross = 3 points

Activity: 4 vs 2 + GK Changing the Point Of Attack



- The White team attempts to score on the larger goal. The Blue team tries to score in the 2 mini goals.
- The play starts from the server, who serves to either of the white players. On the pass the 2 Blue defenders are triggered to try and steal the ball.
- The Whites can use the server as a reset option
- Each attacking team has 6 attempts to score against the GK. Whites lose an attempt if the blue team steal the ball and score a goal
- Emphasise moving the ball quickly to change the point of attack. Receivers body facing towards, check and scan for space, first touch away from defenders. Support players find a passing lane, not too close, not too far, adjust your position as defenders and the ball moves

Week 8: Session 16



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: Shooting / Crossing / Finishing

Player Habit: Scanning, playing forward,

Game Principle: Mobility, penetration, space,

Moment of the game: Attacking organisation, attacking transition

Session 17:

Warm up: Chase The Ace

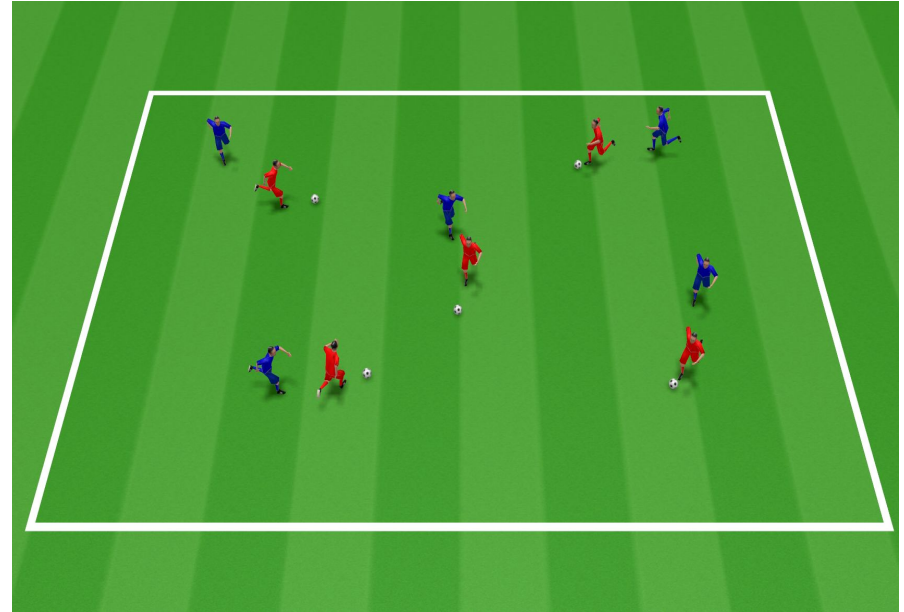
Discovery Game: Lay Off To Score

Activity: Shoot On Sight

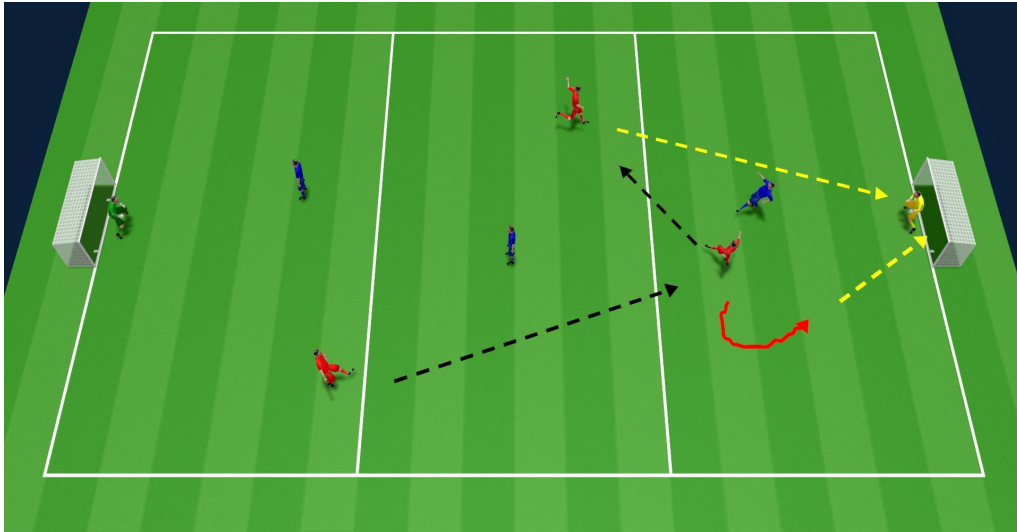
Full Game: 7 vs 7 or 9 vs 9

Warm Up: 1 vs 1 Chase the Ace

- Organise players into pairs. The reds are player 1, and the blues are player 2.
- To start with, players start without the ball. Give player 1 five seconds to get away, and then player 2 must try to tag player 1.
- Players swap roles after 30 seconds. After every tag, player 1 has 3 seconds to get away. Every tag scores a point
- Add in the ball and repeat.
- Change the activity so the players protect the ball
- Coaching Points: Head-up, keep the ball close. Use different parts to move the ball in different directions

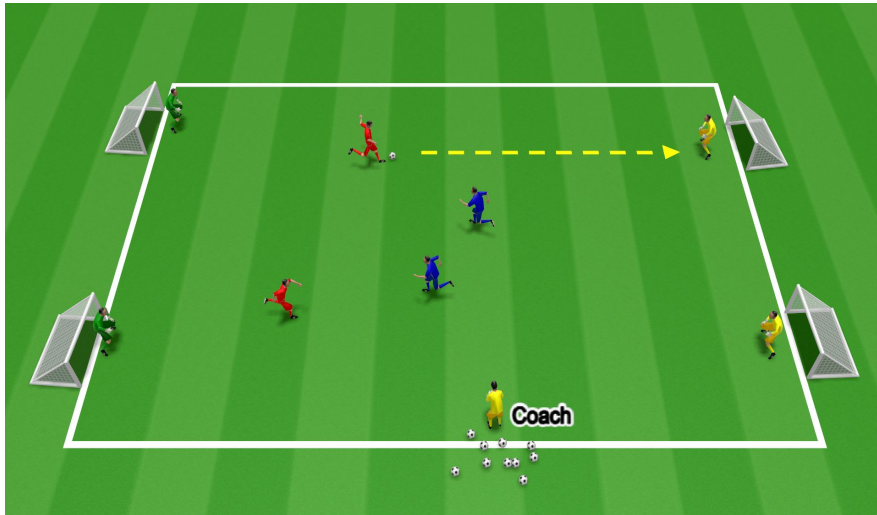


Discovery Game: Lay Off To Shoot



- Play 3 vs 3.
- Organize the field so it has a 'middle third'. Players play a normal game and try to score in their own attacking goal. However, if they can lay the ball off to a player in the middle third to shoot, the team gets an extra point (whether the shot goes in or not). If the shot scores, the team gets two extra points.
- Rotate the goalkeeper every 2 minutes
- Coach Emphasis. Encourage players to establish a triangular shape to create openings to pass to the backward and exploit shooting opportunities

Activity: Shoot On Sight



- Play 2 vs 2, with 2 goals to attack, and two goals to defend.
- Have the coach with lots of balls somewhere close to the middle of the field. The coach throws the ball in, and whoever gets to it first are encourage to shoot as soon as possible, with 2 or 3 touches. If the player who first gets to the ball can't shoot and passes, the team mate should shoot as soon as possible.
- A team gets a point for a shot on goal (the ball is going to the goal and gets saved by the keeper).
- A team gets two point for scoring.
- Rotate the goalkeepers and players
- Coach emphasis. Shoot into either goal, so look at where the space is. Know where the goal is so you don't have to check. Can you set up a teammate to shoot if you can't. While this is not about defending, defenders should try to get a shot saving block in.

Week 9: Session 17



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: Shooting / Crossing / Finishing

Player Habit: Scanning, playing forward,

Game Principle: Mobility, penetration, space,

Moment of the game: Attacking organisation, attacking transition

Session 18:

Warm up: Capture The Pinnies

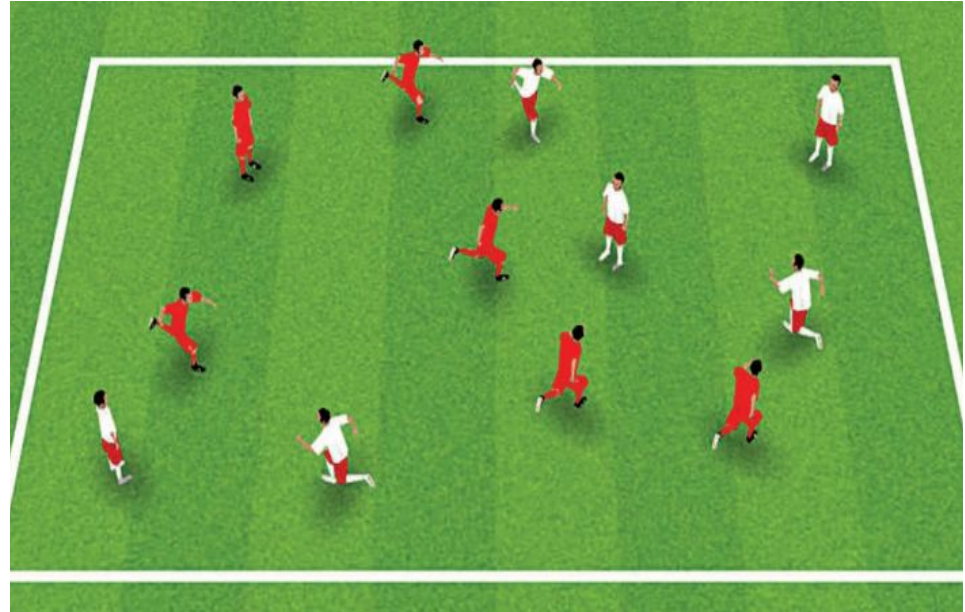
Discovery Game: Cross To Score

Activity: Set The Cross To Finish

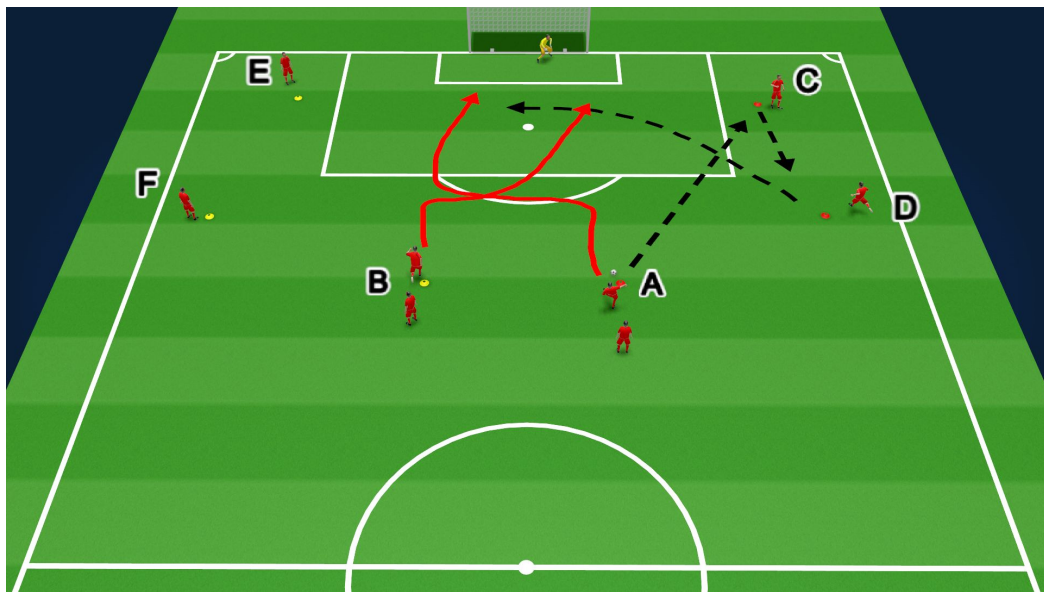
Full Game: 7 vs 7 or 9 vs 9

Warm Up: Capture the Pinnies

- Up to 12 players, in 2 teams. If you have more than 12, set up two games
- Each player has a pinnie tucked into his/her shorts, hanging down roughly to the hem of their shorts.
- Team players run around the field and try to “capture” all the opposing team’s pinnies by pulling them out of their shorts. Once they pull them out, they put them in a pile on the side of the field. The last player with a pinnie gets a point for their team.
- Variation: Each player has a ball, and must dribble



Activity: Set the Cross and Finish



- Player A passes to Player C. Player C lays the ball off for Player D to cross.
- Players A and B make diagonal runs into the box, switching just outside of the box.
- Players A and B replace players C and D. Players C and D move to the back of cones A and B
- Variations: The The initial pass can come from player B across field. Add a passive defender.

Week 9: Session 18



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: Shooting / Crossing / Finishing

Player Habit: Scanning, playing forward,

Game Principle: Mobility, penetration, space,

Moment of the game: Attacking organisation, attacking transition

Session 19:

Warm up: Hot Potato

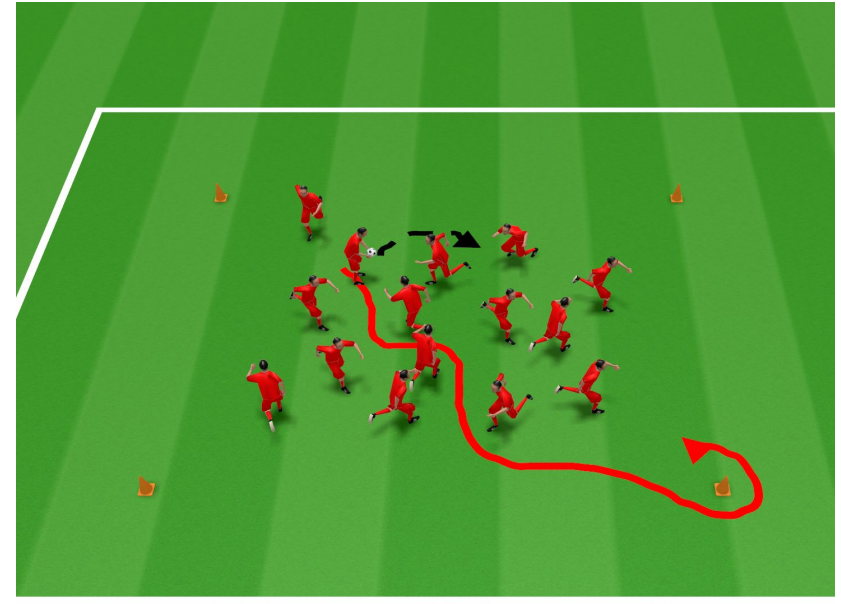
Discovery Game: Shooting @ Back To Back Goals

Activity: Combination to Shoot

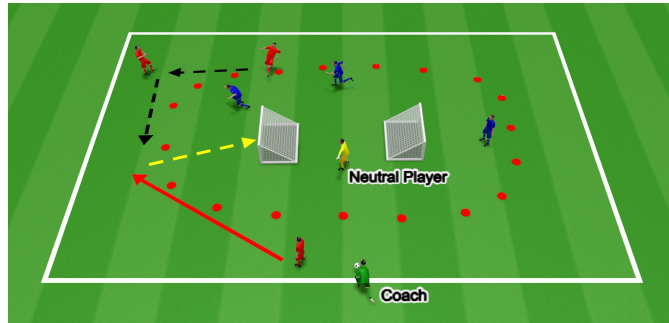
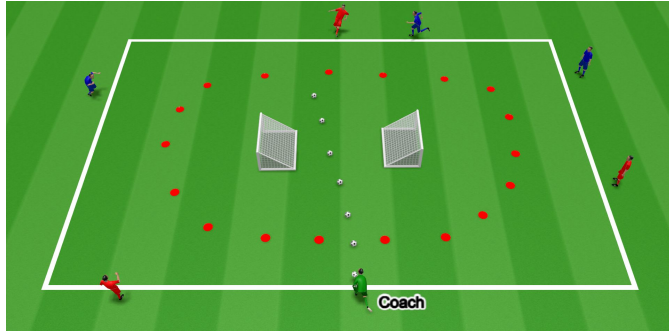
Full Game: 7 vs 7 or 9 vs 9

Warm Up: Hot Potato

- Set up a 10 x 10m grid
- The aim of the activity is to NOT have the ball when the coach blows the whistle.
- Players run around the grid continually. One player starts with the ball. They pass the ball with their hands to any other. After they pass, they need to run to the furthest cone from where they are.
- If a player drops the ball, they run a lap outside the cones. If a player is caught with the ball when the whistle is blown, they run a lap around the cones.
- Continue with the activity for a few minutes. Stop to add in dynamic stretches.
- Variation: Change the movement type to hopping, jumping, side to side, etc.. Add a ball to each player!

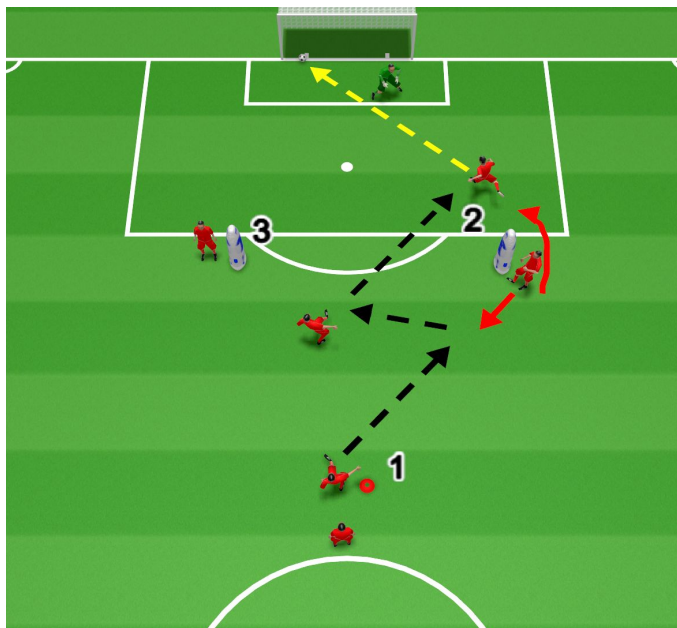


Discovery Game: Shooting @ Back to Back Goals



- Organize players into 2 teams: 3 vs 3, Plus a neutral player, with all players starting on the edge of the grid. No goalkeepers
- Coach plays a ball out into the grid. The both teams come into the grid. They attack and defend both goals.
- Play until the ball goes out or a goal is scored. 1 point per goal.
- Emphasis on the players:
 1. Spread out and get into good shot taking positions
 2. Pass to your teammate if they are in a better position to score or relieve pressure
 3. Can the players use the neutral player to create a 2 vs 1
 4. Can players off the ball create a 2v1 or drag a defender away to create a 1v1

Activity: Combination To Shoot



- Set up a 'Y' with cones at 1, 2, and 3. Organise a group of 5 - 6 players
- Have 1 player at cones 2, and 3, and up to 3 players at cone 1.
- While this is a shooting drill, there is a lot scanning, moving and passing that happens prior to the shot.
-
- Player 1 passes to player 2 after player 2 gets separation.
- Player 2 sets the ball for player 1, then runs into the space behind cone 2. Player 1 passes to this space and player 2 shoots into the far corner.
- Player 1 moves to cone 3, and player 2 moves to the back on the line behind cone 1.
-
- Now, the passing patterns changes to the initial pass from player 1 to 2 goes to the left, and player 1 now interacts with player 3.

Week 10: Session 19



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
- Try to avoid stopping the game where possible and allow free play. Instead pull individual players out to question and guide the players to solutions.

Technical Competency: Shooting / Crossing / Finishing

Player Habit: Scanning, playing forward,

Game Principle: Mobility, penetration, space,

Moment of the game: Attacking organisation, attacking transition

Session 20:

Warm up: Numbers and Groups

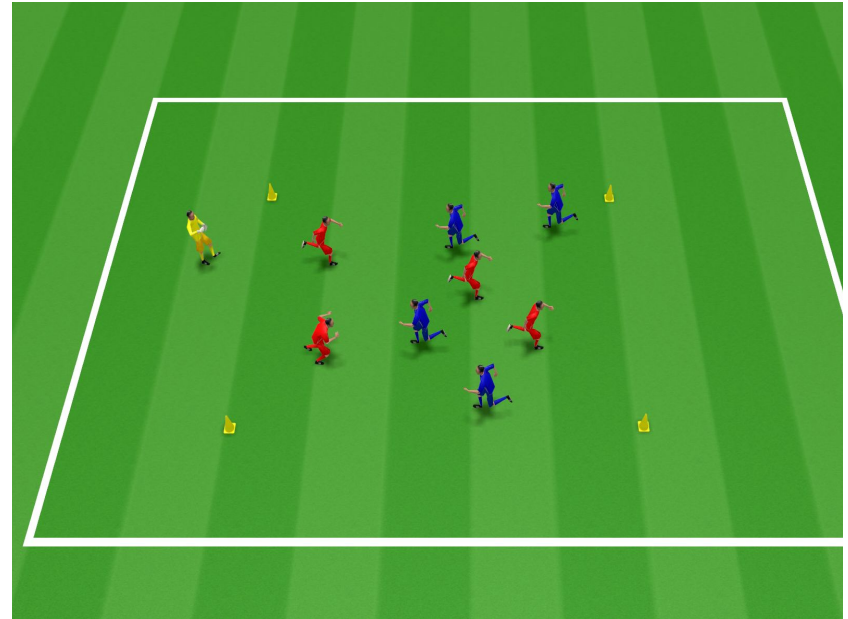
Discovery Game: Lay Off To Score

Activity: 3 vs 1 Break Wide Cross and Finish

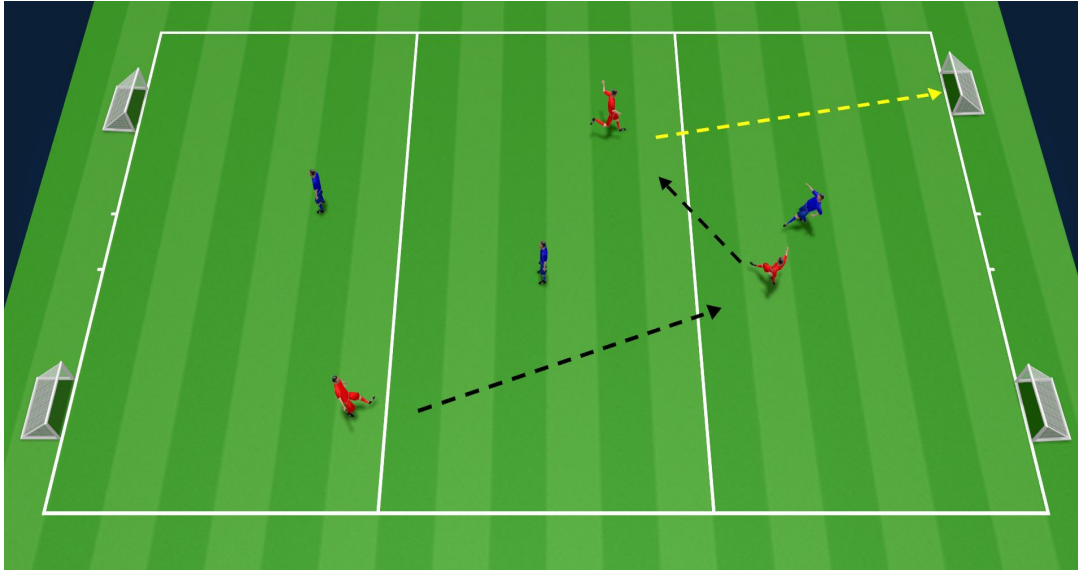
Full Game: 7 vs 7 or 9 vs 9

Warm Up: Numbers and Groups

- Players jog around the square.
- Give players instructions to act according to numbers.
eg. on '1', players touch the ground with their right hand. On '2' players touch the ground with their left hand. On '3' players do a 2 footed jump. On '4' players do a lunge. On '5' players do 2 jumping jacks. On '6' players do Karaoke. On '7' players do open the gates. On '8' players do heel flicks. These can be changed and modified depending on the group.
- Give players a chance to practice these movements.
- Then add in the call to get into 'groups of' numbers. Eg. Groups of 4. Players then need to get into groups of 4.
- Players that perform the wrong movement, or who miss out on being in a group, do some tuck jumps, push ups, or run a lap around the 4 cones, or another conditioning activity.
- Variation: Add a ball.

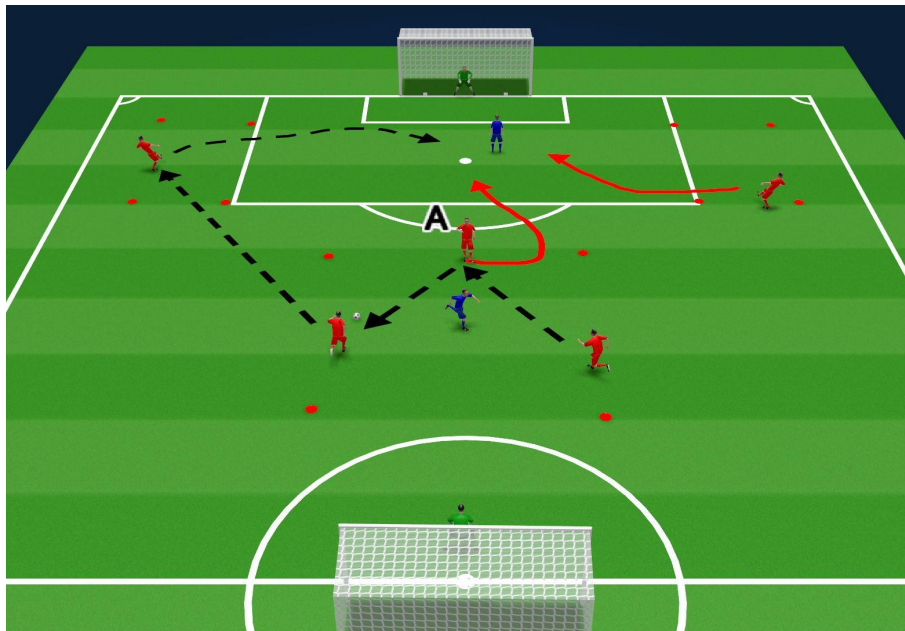


Discovery Game: Lay Off To Score



- Play 3 vs 3.
- Organize the field so it has a 'middle third' and 2 attacking and 2 defending mini goals.
- No Goalkeeper
- Players play a normal game and try to score in one of their own attacking goals. However, if they can lay the ball off to a player in the middle third to shoot, the team gets two points.
- Coach Emphasis. Encourage players to establish a triangular shape to create openings to pass to the backward and exploit shooting opportunities

Activity: 3 vs 1 Break Wide to Cross and Finish



- 3 red players attempt to make two passes vs the 1 blues. If the reds make two passes, they pass the ball wide to the wingers.
- If the Blue intercepts, they shoot to score as quickly as possible.
- As the ball moves to the winger, player A and the opposite winger, enter the box.
- The winger take 2 touches to get a cross in for the attackers to shoot.

Week 10: Session 20



Session 1: A Full Game: 7 vs 7 or 9 vs 9



- Play a 7v7, game, including GK; 35x50m field; No throw ins – restart by passing or dribbling, regular corner kicks; no offside, Retreat line is in play
- for U/13, play a 9 v 9 including GK 50x70m field; regular throw ins, corner kicks; offside, Retreat line in play
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