

Soccer For Life Coaching Handbook

For coaches of players aged 14 - 18



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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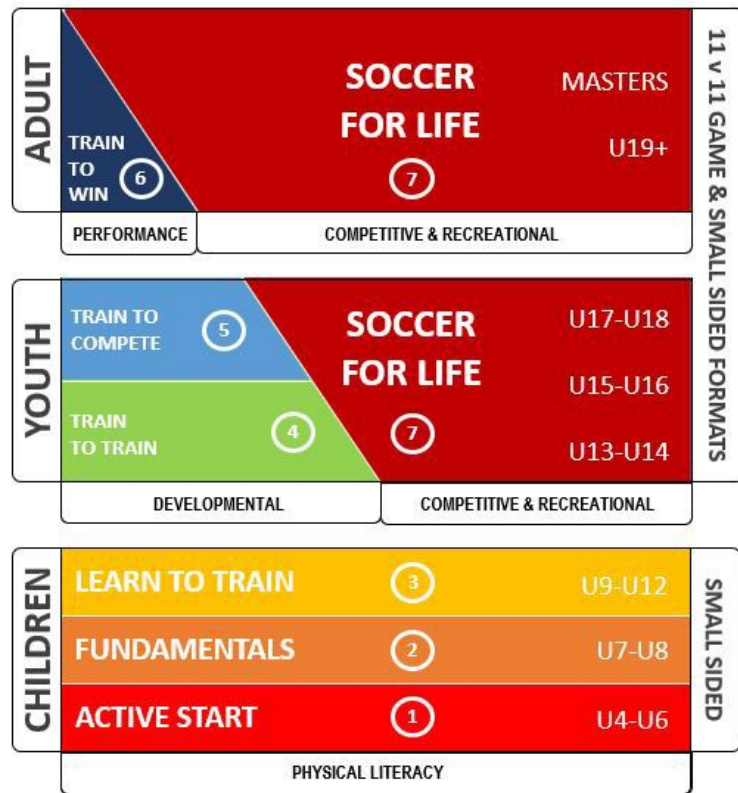
Introduction



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.



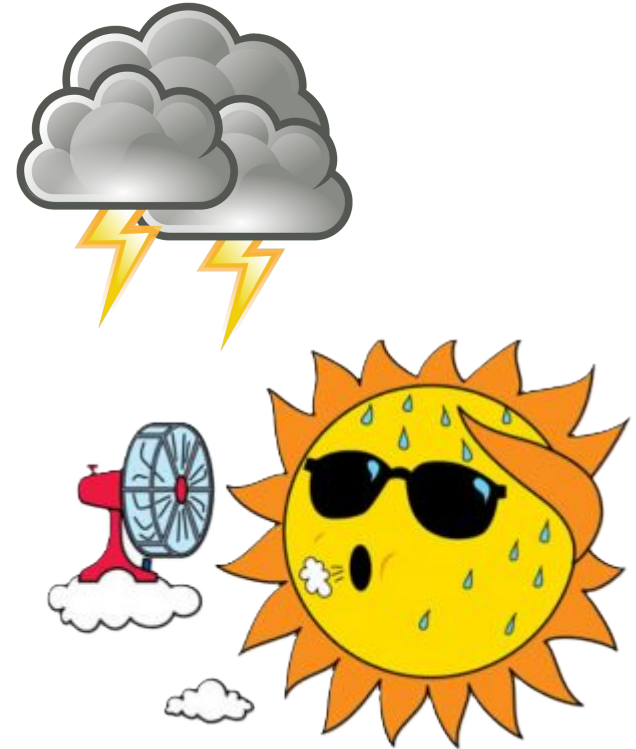
Health and Safety

- 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](#).



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



'Soccer For Life' Player Characteristics



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

Physical and Mental Characteristics

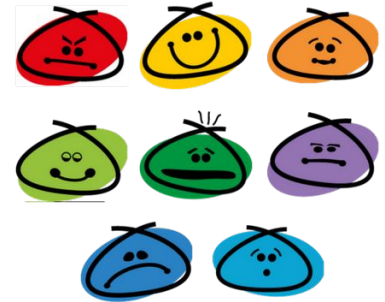
- The onset of physical maturity begins – girls on average ahead of boys
- Due to growth spurs, early adolescent movements can appear ungainly. There is a potential for loss of coordination
- Increased growth along with decreased flexibility can increase the risk of injuries – vary activities to avoid overuse
- Growing pains typical in boys
- Girls generally reach adult proportions by 17, boys are still catching up
- For girls, the rate of improvement in skills and motor ability declines
- Generally, at 16 the brain reaches adult size and critical thinking is more established
- Allow athletes input into decision making and rule setting

'Soccer For Life' Player Characteristics



Social and Emotional Characteristics

- Abstract thinking firmly established – involve adolescents in decision making to create accountability
- Psychological, mental and emotional maturity may come after physical maturity
- Increased hormonal activity means that early adolescents are prone to moods swings and behavioral changes
- Social interactions are important



For late adolescent players

- Decisions about school, exams, work, romantic partners can influence participation
- Peer group pressure leads to conflicting loyalties
- Self-actualization and self-expression are important to late adolescents – share goals and work cooperatively towards them



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.

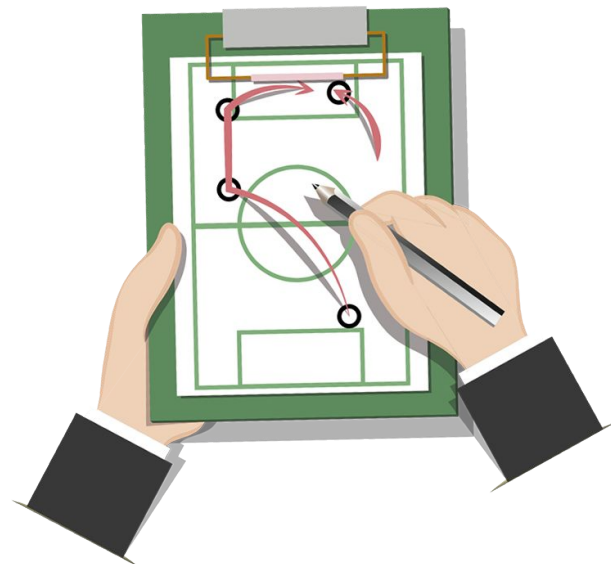
The total session time is likely to be 120 minutes, broken down to include both training, game and final team discussions

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

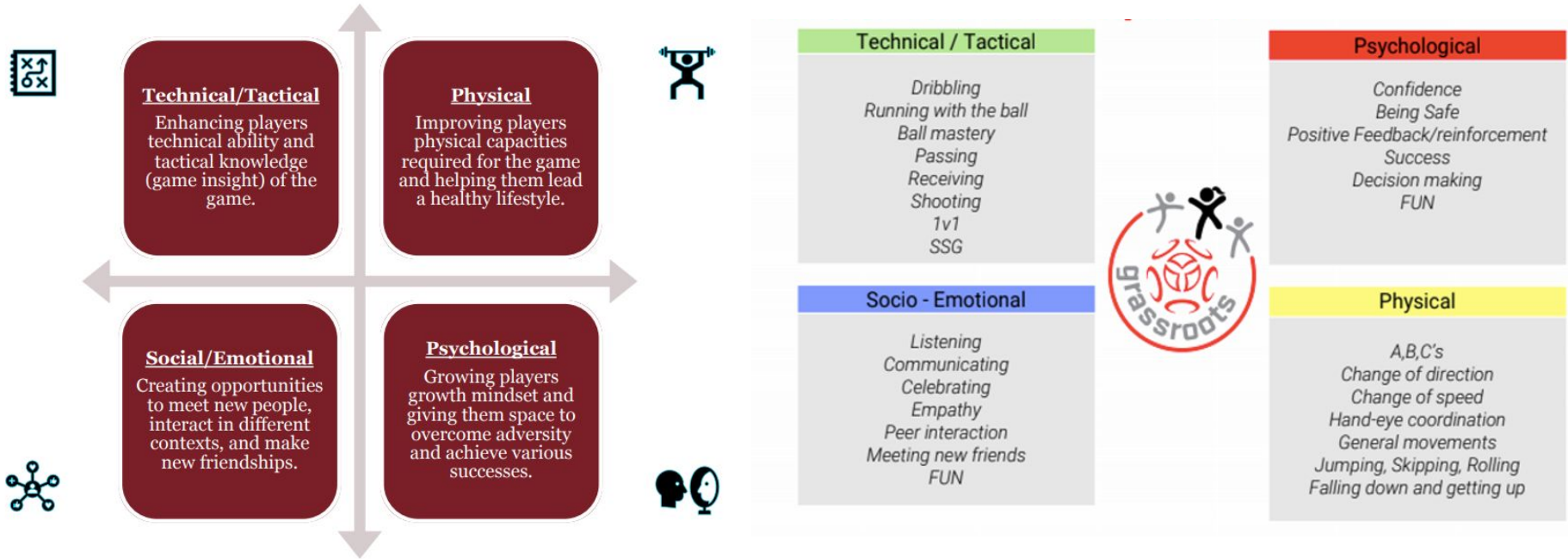
- Positive and proactive communication (in attack with and without the ball)
- Speed to get into position and to play
- Scanning (to communicate, plan and play)
- Receiving to face play
- Playing forward

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)

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

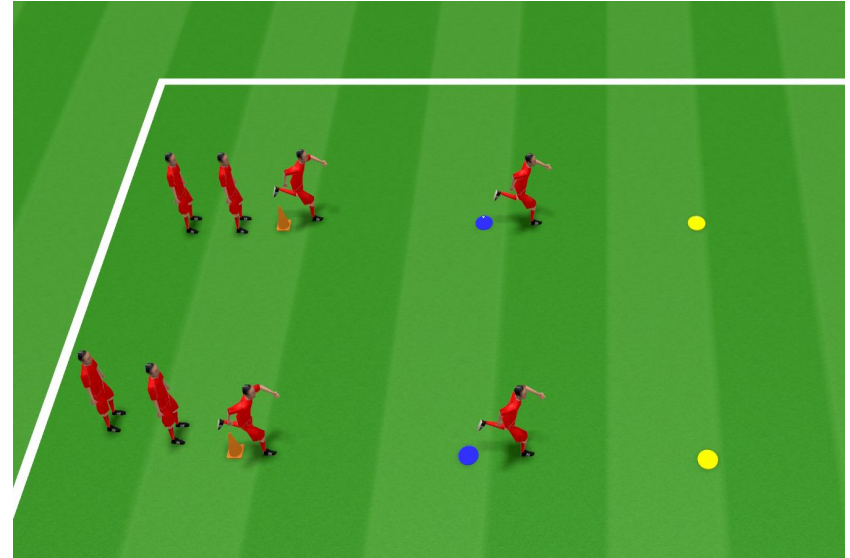
Practice Structures - WARM UPS



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

Game Formations



There are many formations, but a couple of common 11 aside formations. They are dependant on player qualities and characteristics.

11v11
1-4-3-3



11v11
1-4-4-2



Field Zones and Channels

Coaches should connect the purpose of their sessions to areas of the field. These can be described as Zones and Channels. Zones are areas split by transverse lines across the field, and channels are areas split down the field.



Attack



Defense

5 VERTICAL CHANNELS

ZONES 1-4

Extra Coaching Tips



- Ensure that you have enough soccer balls for every player.
- Soccer players at this age are at risk of injuries – The FIFA 11 warm up is designed to reduce injuries in soccer players. A video playlist to accompany the guide can be found [here](#).
- Check your playing area, to ensure it's safe. No rocks or holes.
- Good time management will ensure you are able to work through all games and activities and keep the players engaged.
- Be enthusiastic and have fun! As much as possible, activities should include an element of a game or competition, e.g., points scoring game, races against the clock or another player, scoring the most goals.
- Walk through each game and activity by literally and physically walking the players/teams through what is expected and how to score a point.



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



- Players need to touch the ball a lot. On the next few slides, there are many examples of ways players can touch the ball in ways that are seen useful in a football game.
- Coaches need to provide these opportunities a lot. However, players need to practice these on their own too. It's important to set this expectation.
- These ball mastery moves are critical for players to use to solve problems; get out of tight situations, out of trouble, and potentially get passed opponents.
- These moves can be practiced individually, when moving through gates in dribbling squares, on the edge of a squares while partners are dribbling etc... in pairs, or 3's etc... inside or outside, and be connected to passing and shooting activities.

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

However, there are PLENTY of other examples as well

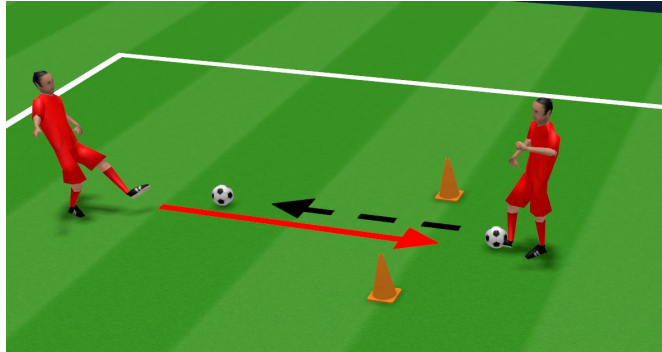
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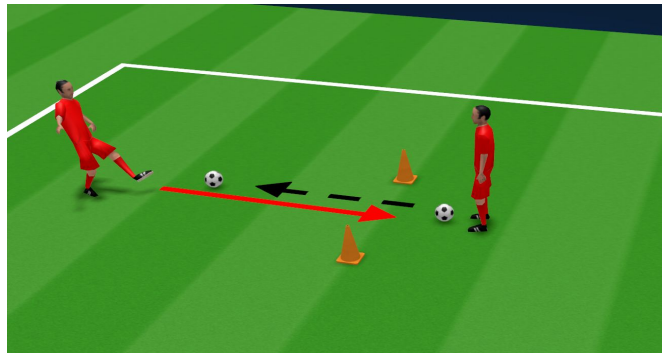
Ball Mastery Moves



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

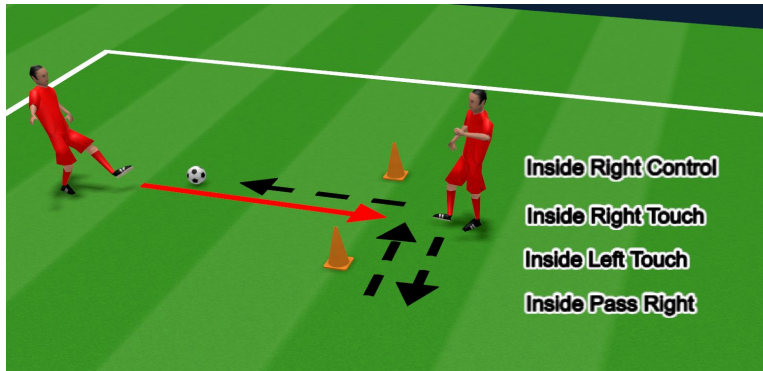


Side to side touches

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

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)

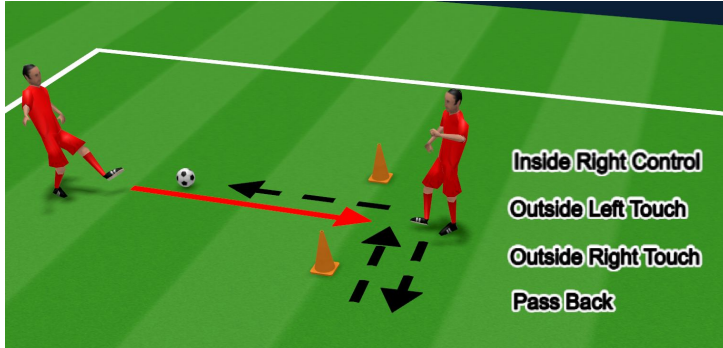
Stops the ball with the top of the left foot

Touches the ball with the inside of the left foot

Stops the ball with the top of the right foot

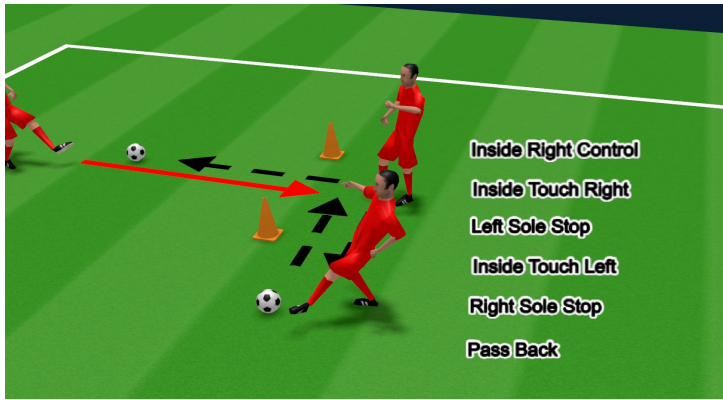
Passes back to the feeder with inside of right foot.

Ball Mastery Moves



Outside outside

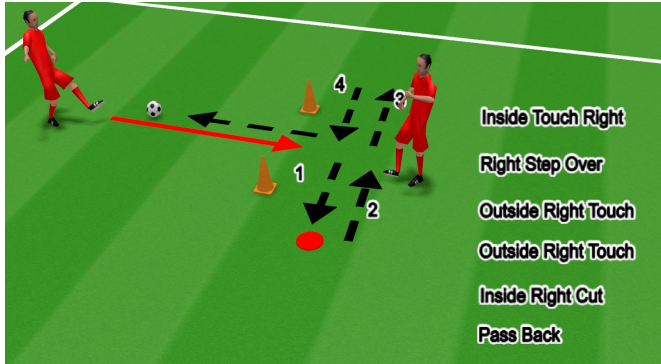
Receiver controls the ball with the inside of the right foot
Touches the ball with the **OUTSIDE** of the left foot (just beyond the left cone)
Touches the ball with the **OUTSIDE** of the right foot (back to the middle)
Then passes back to the feeder with inside of right foot.



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

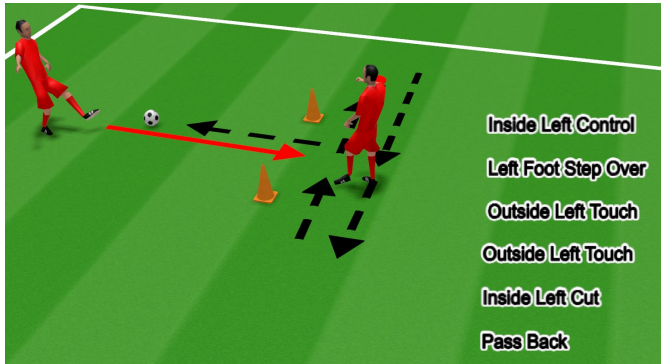
Receiver controls the ball with the inside of the right foot

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

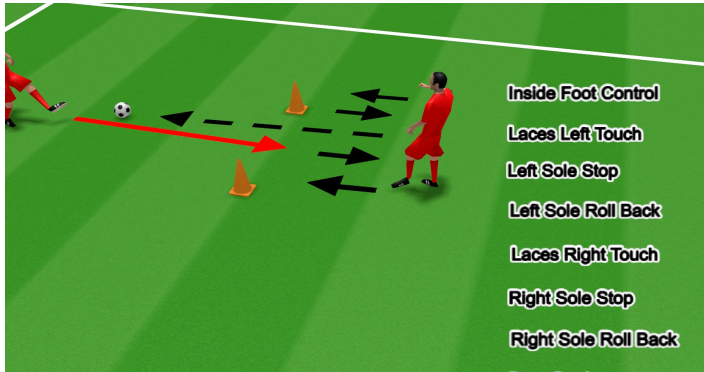
Touches the ball with the inside of the left foot (just beyond the right cone)

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

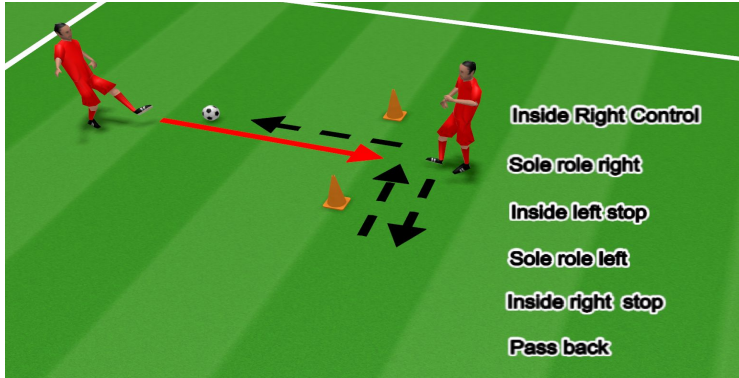
Receiver controls the ball with the inside of the left foot

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 to the middle

Then passes back

Ball Mastery Moves



Sole Role Stop

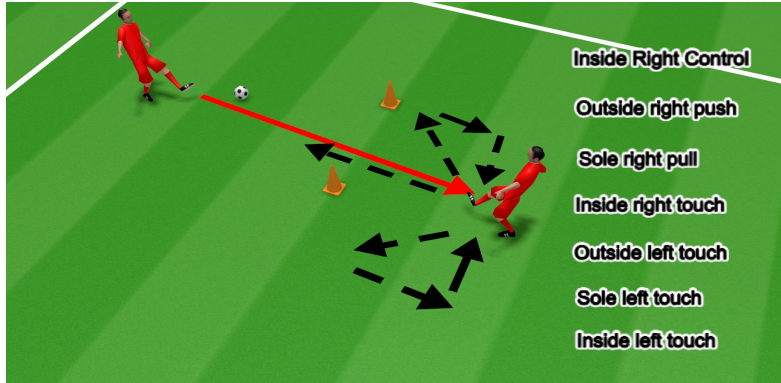
Receiver controls the ball with the inside of the right foot
Uses the sole of the right foot to roll the ball (just beyond the left cone)
Stops the ball with the inside of the left foot
Uses the sole of the left foot to roll the ball (just beyond the left cone)
Stop the ball with the inside of the right foot
Passes back to the feeder with inside of right foot.



V Pull Push

Receiver controls the ball with the inside of the right foot
Use the inside of the right foot to move the ball diagonally to the right
Stops the ball, and pulls the ball back with the sole of the left foot
Open the hips and use the inside of the left foot to move the ball diagonally to the left
Stops the ball, and pulls the ball back with the sole of the right foot.
asses back to the feeder with inside of right foot.

Ball Mastery Moves



Triangles

Receiver controls the ball with the inside of the right foot

Use the **OUTSIDE** of the right foot to move the ball diagonally to the right

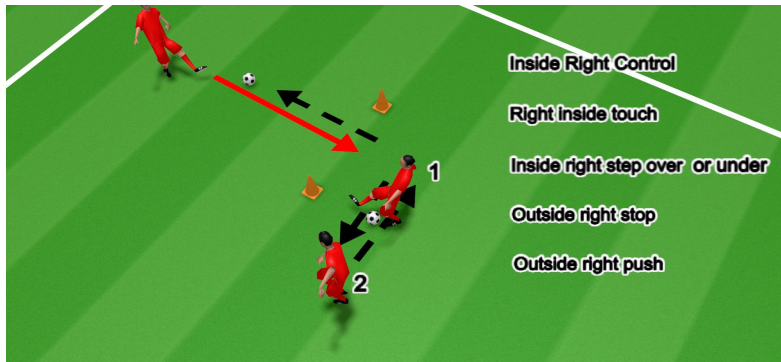
Stops the ball, and pulls the ball back with the top of the right foot

Use the inside of the right foot to move the ball back to the middle

Stops the ball with the inside of the left foot

Pass back

Repeat to the left



Inside Feints and Step Overs

Controls the ball with the inside of the right foot

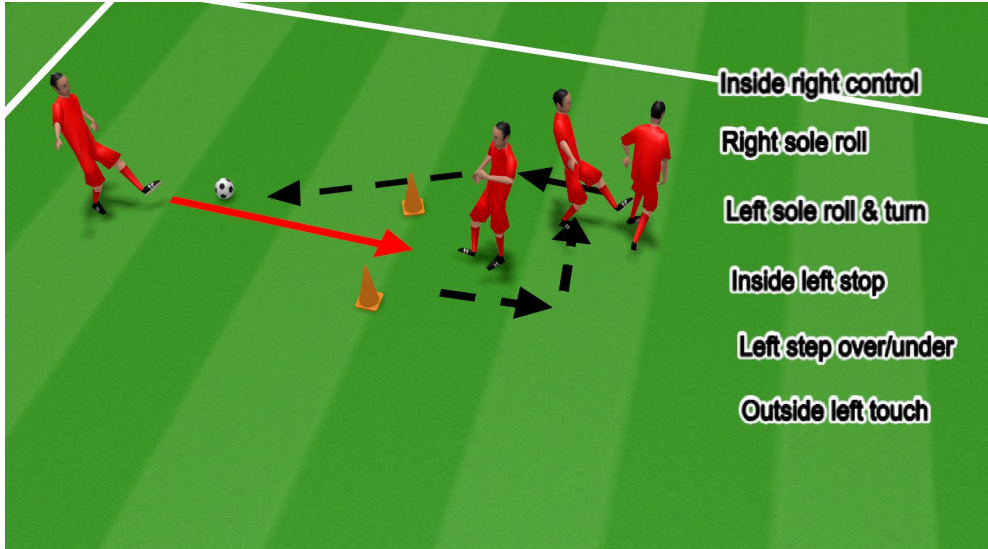
Gently touch to the right with inside of the right foot (just to the left cone)

1. Step under (feints) or step over the ball using the right foot

2. Stop the ball with the outside of the right foot and gently touch the ball back to the middle. Pass back

Practice both sides.

Ball Mastery Moves



Maradona and Step over / under

Receiver controls the ball with the inside of the right foot
Uses the sole of the right foot to roll the ball backwards (as if pulling it back through your legs to nutmeg yourself)
As the ball comes underneath your body, use the sole of the left foot to pull the ball back behind you AS YOU TURN to the left.

Stop the ball with the inside of the left foot

Step under (feints) or step over the ball using the left foot
Stop the ball with the outside of the left foot and gently touches the ball back toward the server
Pass back to the feeder.

Season Outline



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

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

Week 5 and 6: Vision and awareness / 1 vs 1 defending

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

Week 9 and 10: Shooting / crossing / finishing

Extra: Offside

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 1:

Warm up: Gates: Dribbling and Turns

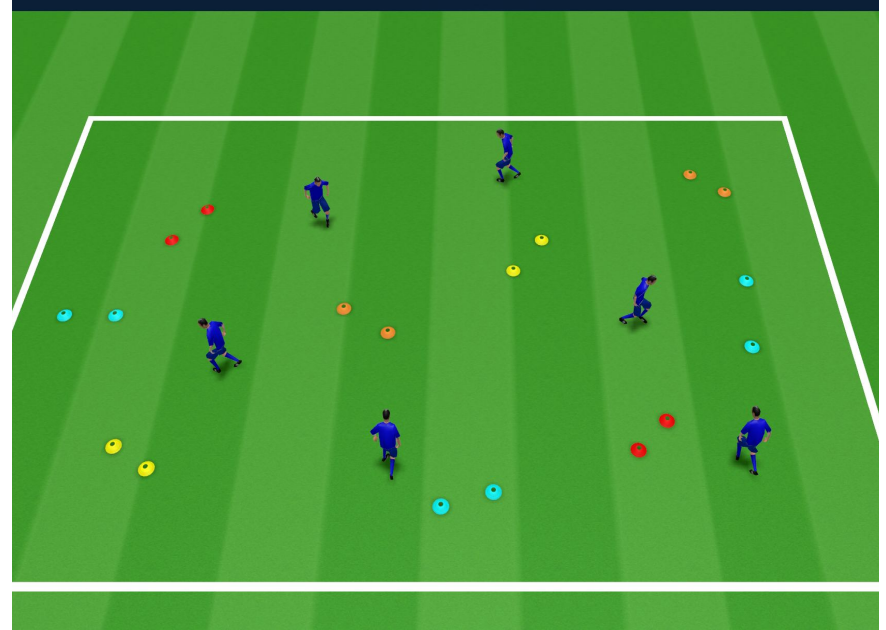
Discovery Game: 4 vs 4 (beat a player and pass/score)

Activity: Ball Mastery

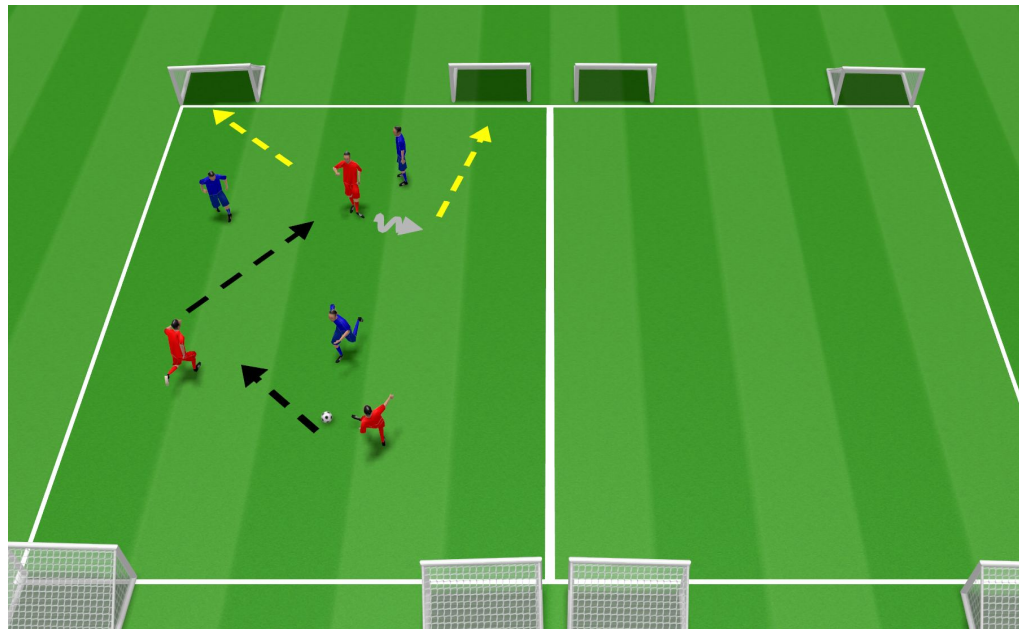
Full Game: 11 vs 11 if possible.

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 (or other moves) 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

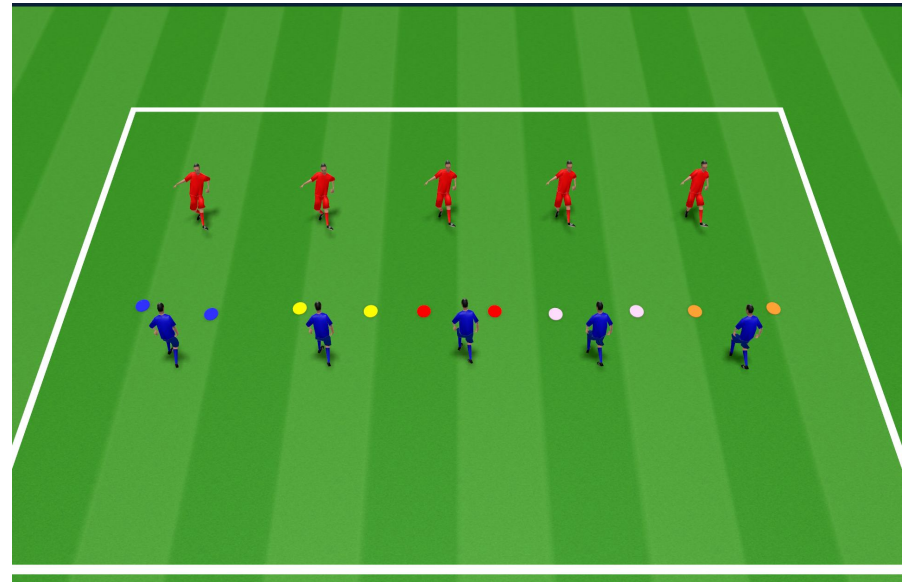


Play a 3 vs 3 or a 4 vs 4 game

- 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. Can you recognise a dead end, avoid it and set up a advantage pass

Activity: Ball Mastery (pairs or 3's)

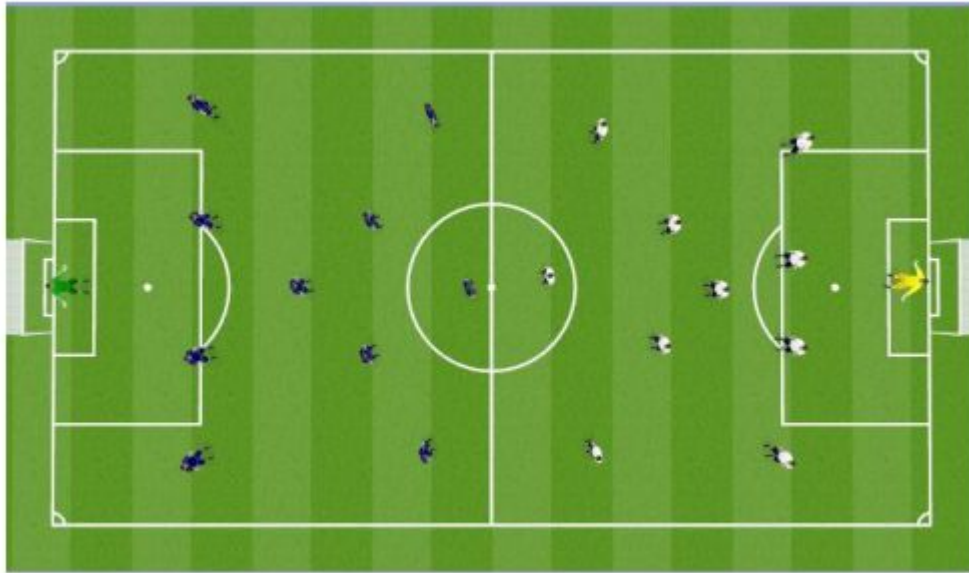
- One player passes through a gate, the other takes specific touches and then passes back.
- Receivers repeat 5 times and swap roles. For a variation, before swapping roles, players run backwards to the edge of the square, or grid, or line etc.. then forward back to their partner
- Choose 3 - 4 movements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



Week 1: Session 1



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game 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: Penetration

Moment of the game: Attacking Organisation



Session 2:

Warm up: Gates: Dribbling and Ball Mastery

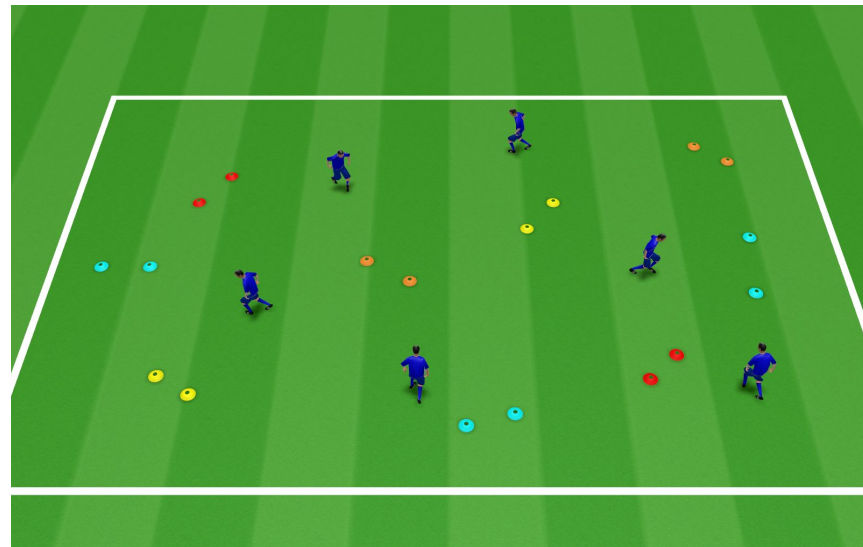
Discovery Game: 4 vs 4 (beat a player and pass/score)

Activity: Turns - Box Break Out

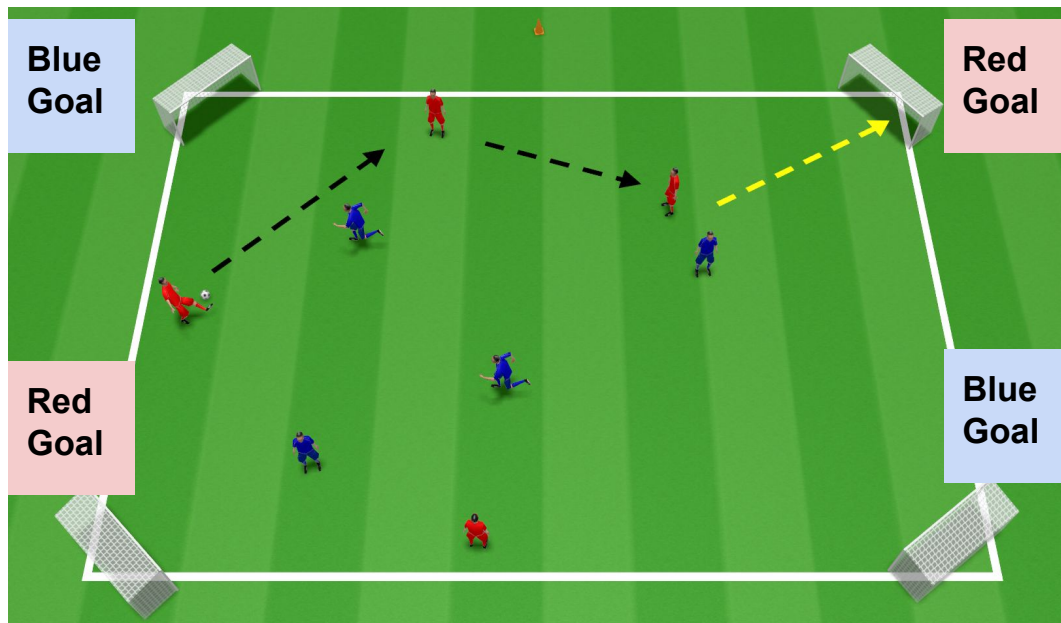
Full Game: 11 vs 11 if possible.

Warm up: Gates: Dribbling and Ball Mastery

- Set up one of two more gates than players.
- 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 skaters 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 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.
- Coach Emphasis. Scan to find the empty gate. Head up. Small touches in tight spaces. Larger touches to accelerate out into space.

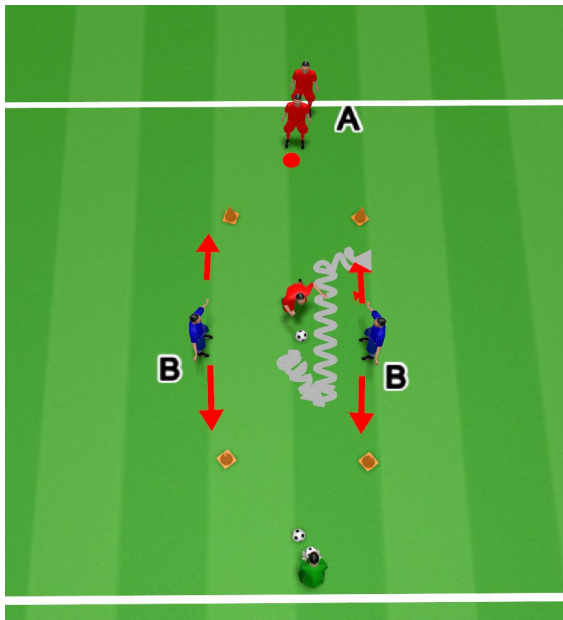


Discovery Game: 3 vs 3 or 4 vs 4 (beat a player and pass/score): 4 goal game



- 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: Box Break Out

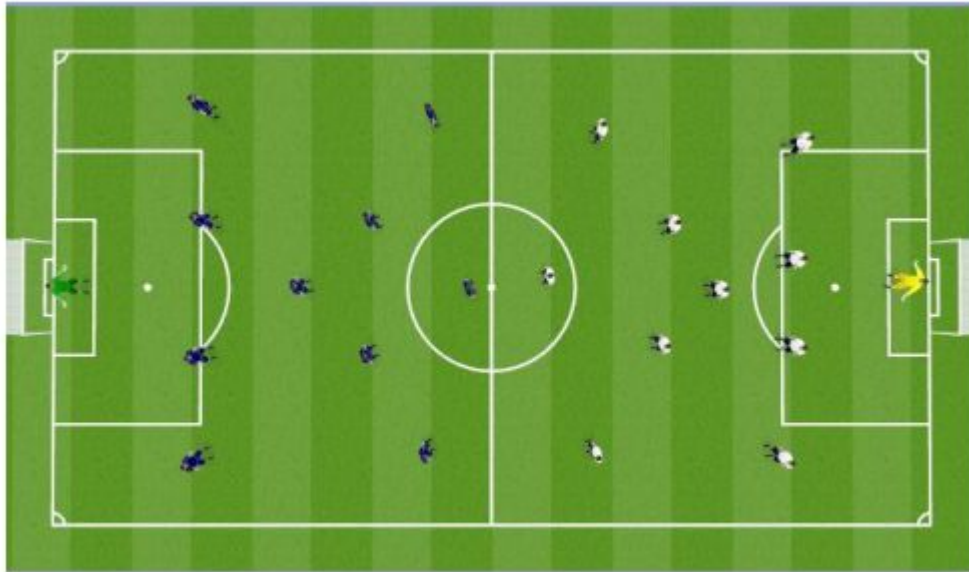


- Organise a group of 5 or 6 players
- Two players act as defenders (B) who start between the long edges of a thin rectangle.
- One player at A runs into the box, and receives a pass from a coach.
- The attacker with the ball, tries to break out of one of the long sides of the box by twisting, turning and changing direction, using dribbling and ball mastery moves.
- Each time a player escapes the box, they get a point
- Defenders defend along the box edge only.
- After several minutes, change the defenders.

Week 1: Session 2



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game 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: Penetration

Moment of the game: Attacking Organisation



Session 3:

Warm up: Dribbling, Ball Control and Ball Mastery

Discovery Game: Switch!

Activity: Turns and Passes - Cuts and Pull Backs

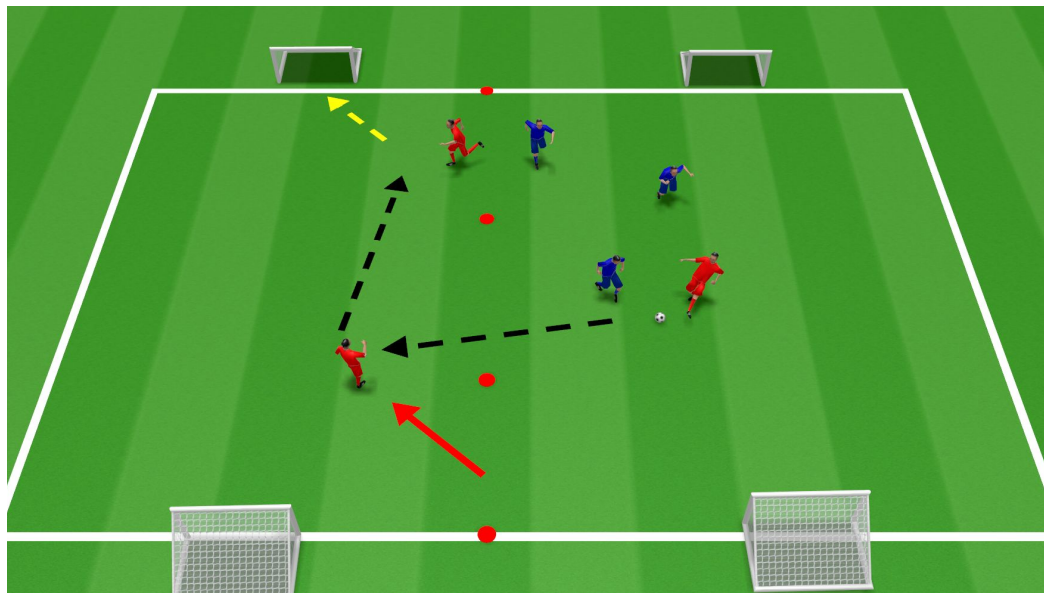
Full Game: 11 vs 11

Warm Up: Dribbling and Ball Mastery

- Have half the players with a ball inside the grid and half outside.
- Have players in the middle dribble through a certain number of gates (2 / 3 / 4) or specific colours, before finding a player on the outside to play a bounce pass to.
- On receiving the pass, the dribbler controls and performs a specific turn, such as a outside of foot, inside of foot, back foot, cruyff turn, zidane turn etc...
- Coach emphasis: Scan before playing the pass to the outside and turning. Scan before going through gates. Close touches. Accelerate out of turns.

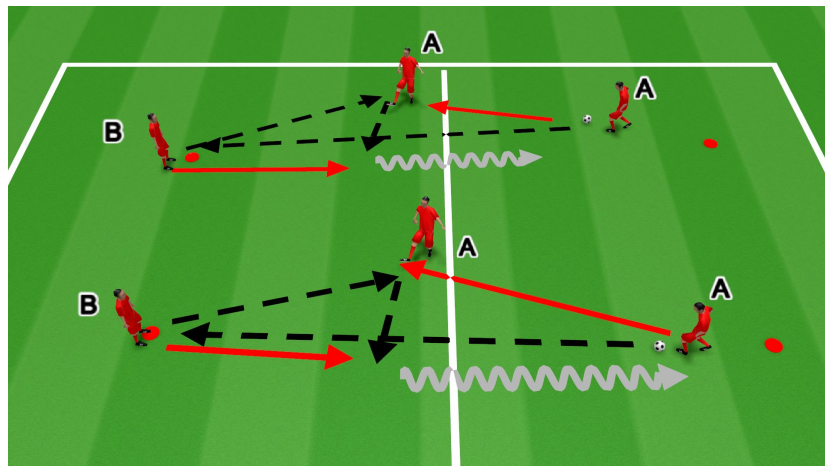


Discovery Game: Switch!



- Give a 'point' for beating an opponent in a 1 vs 1 duel
- Give 1 point for a goal
- Give 1 point for a switch
- 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 switch to change the point of the attack. Can you do what the game needs you to do? Beat or player, or pass?

Activity: Turns and Passes



- Players are situated in pairs. One player dribbles the ball toward the far cone, using small touches with the laces.
- 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 player pivots on the non kicking foot, keeps a low body position and leans into the turn, then the inside of the foot stops and gently touches the ball in the direction of the turn. https://www.youtube.com/watch?v=Ve_r-lvf_wl
- After the turn, player A passes to B and holds position in space. Player B plays the bounce pass back to A. Player A lays the ball off (plays a wall pass) back to B. B continues to dribble and A returns the back of the line. Players A and B repeat in alternate positions.

Activity: Other Turns - Outside Cut and Pull Back

- 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.
 - Change from right foot to left foot.
- 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
 - Change from right foot to left foot.

Activity: Other Turns - Zidane, Cruyff and Multiple

- As per the inside cut, players are in pairs.
- At the line, the player performs an 'Zidane' or 'Roulette' turn. This is a turn using two pull back motions, one with one foot followed by another with the other foot WITH a half turn. The player must be able to sthe ball at all times, and protect the ball from their opponents with their body. Look at the footage in [this video](#).
- Change from right foot to left foot.

- As per the inside cut, players are in pairs.
- At the line, the player performs an 'Cruyff' turn. This is a turn using the inside of the foot, but this time the ball goes behind the support leg. Look at the footage in [this video](#).
- 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.

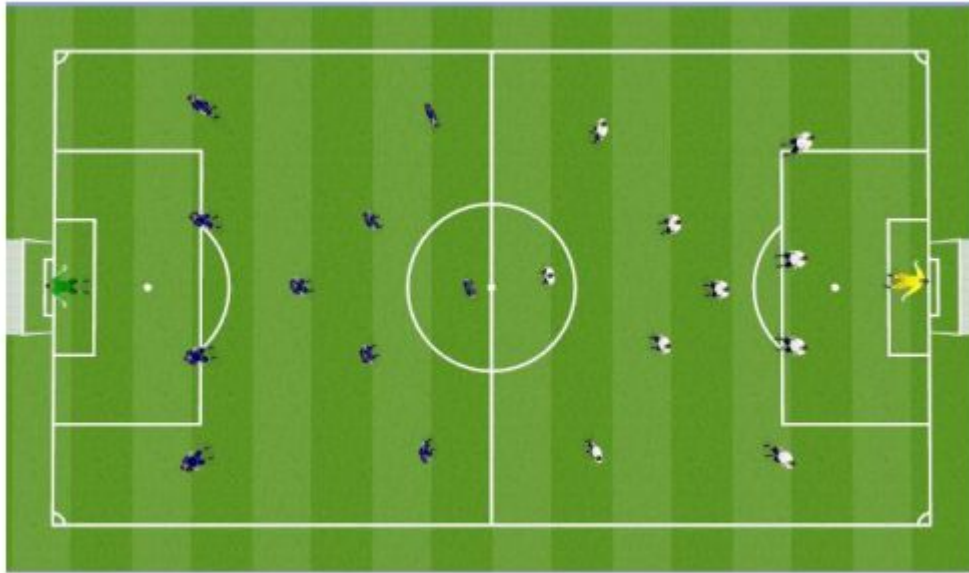
- As per the inside cut, players are in pairs.
- As the player gets to the cone, they uses **multiple** turns to get the ball around the cone, OR, they perform multiple turns at the cone.



Week 2: Session 3



Session 1: A Full Game: 11 sv 11



- 11v11 Game
- Set Up: Full Field, Fifa Rules
- Limited Coaching: Avoid stopping the game 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 4:

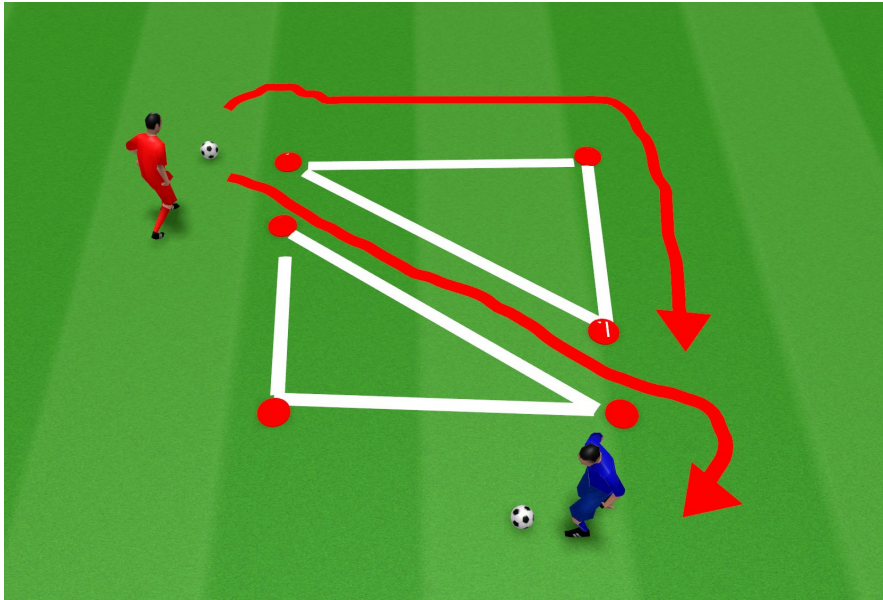
Warm up: Gates: Dribbling and Ball Mastery

Discovery Game: 4 Goal Game - Scanning and Turning

Activity: 1 vs 1 Score in Either Goal

Full Game: 11 vs 11 if possible

Warm Up: Gates: Catch Me If You Can.

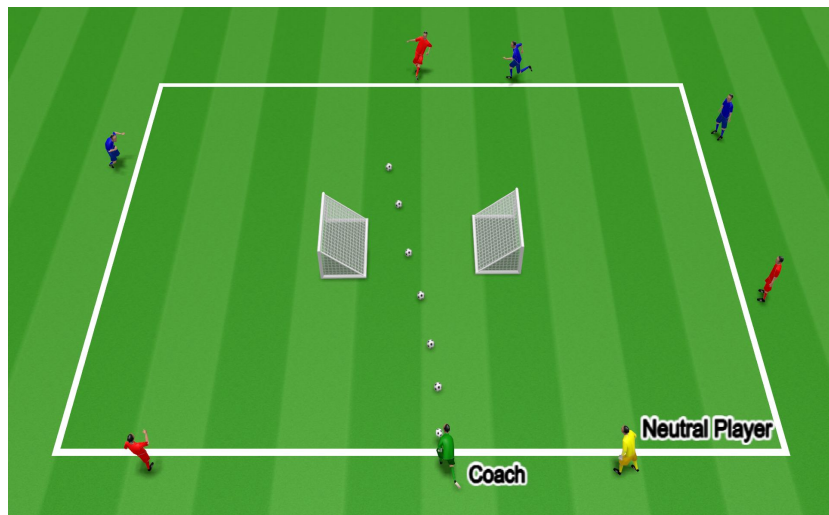


- Players work in pairs.

INSTRUCTIONS:

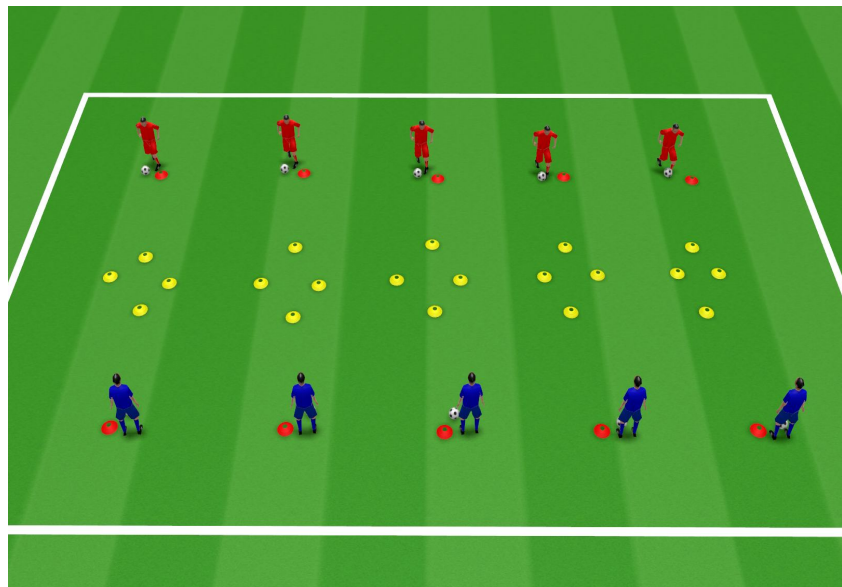
- Start with no ball. One player chases, and one player evades the chaser. Run around the outside of, OR in between, the triangular 'islands' and try to catch your partner
- Add a ball. Now both players dribble the ball
- On the coaches whistle, keep the same person chasing, but players now run in the opposite direction
- Change the player who is chasing after 30 - 45 seconds.
- Change the pairs

Discovery Game: Back to Back Goal Game



- Organize players into 2 teams: 3 vs 3, Plus a neutral player, with all players starting on the edge of the grid. No goalkeepers. SCoach 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. Players restart on the outside of the grid.
- Coach emphasis for 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: Feints, Step Overs.



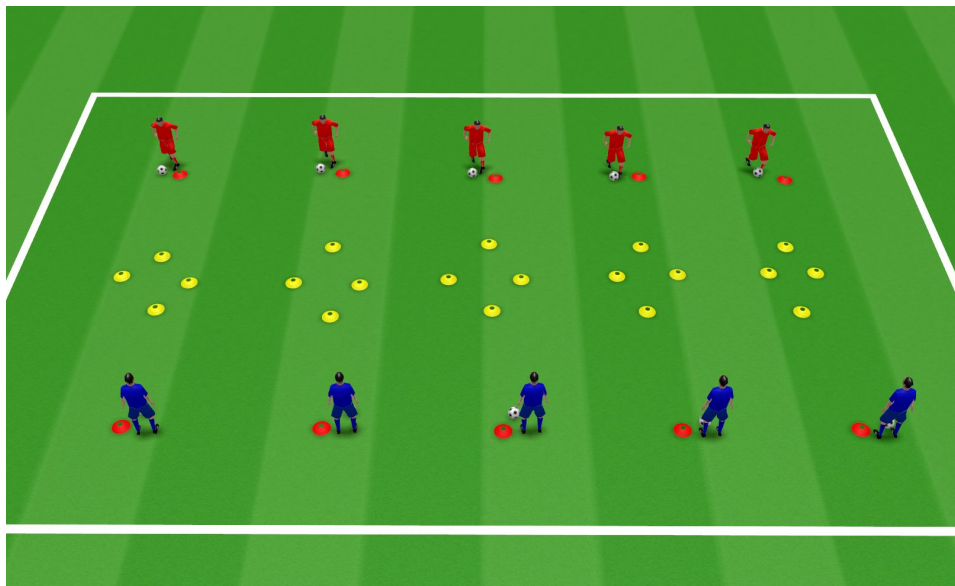
Feints (The Basics)

- 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

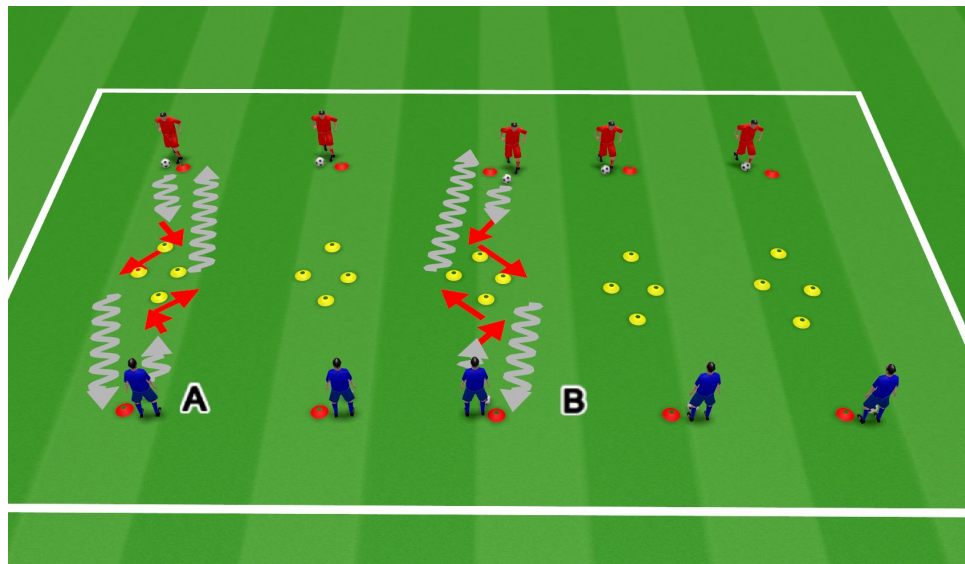
Activity: Feints, Step Overs.



Step Overs

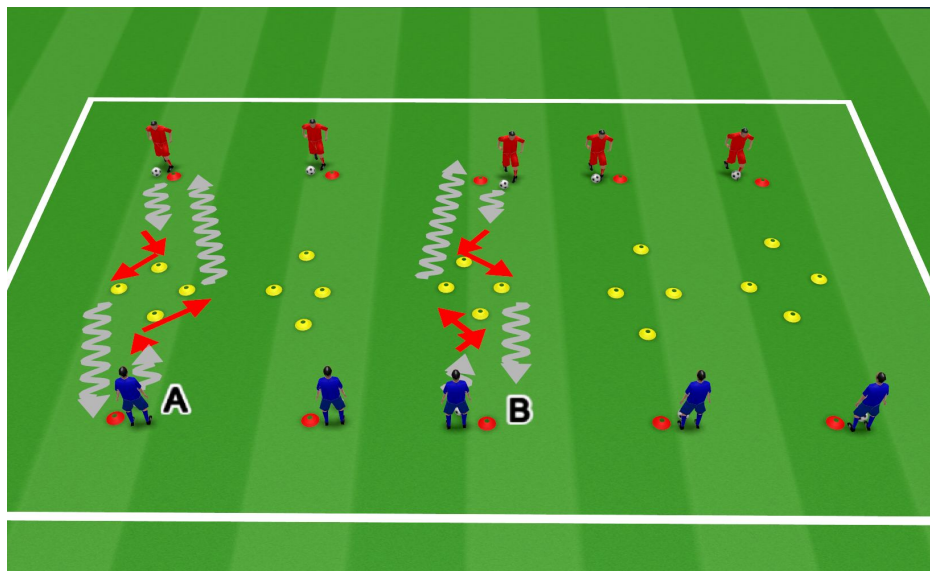
- Each player has a ball. Players practice the individual step over as shown in the 4th activity on this video
- <https://www.youtube.com/watch?v=OX4WUr3TCfA>
- Players stay near their cones when they practice.
- Encourage players to bend at the knees and hips, and have the ball closer to their feet, almost under the knees.

Activity: Feints, Step Overs.



- 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.

Activity: Feints, Step Overs.

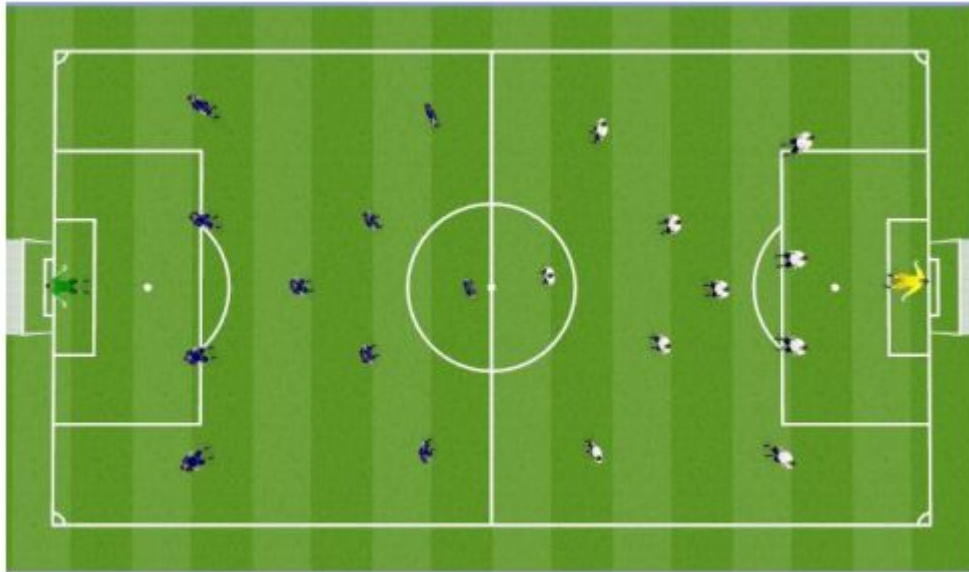


- Players now work in pairs, moving toward the yellow, central cone at the SAME time.
- Players set up like A, with their bodies on the right hand side of the cone. Players practice the step over with the left foot, then use the outside of the right foot to push the ball right and get past the cone. They repeat 10 times
- Players then set up like B on the left side of the cone. Players practice the step over with the right foot, then use the outside of the left foot to push the ball left and 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 - 2m from the cone.

Week 2: Session 4



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game 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:

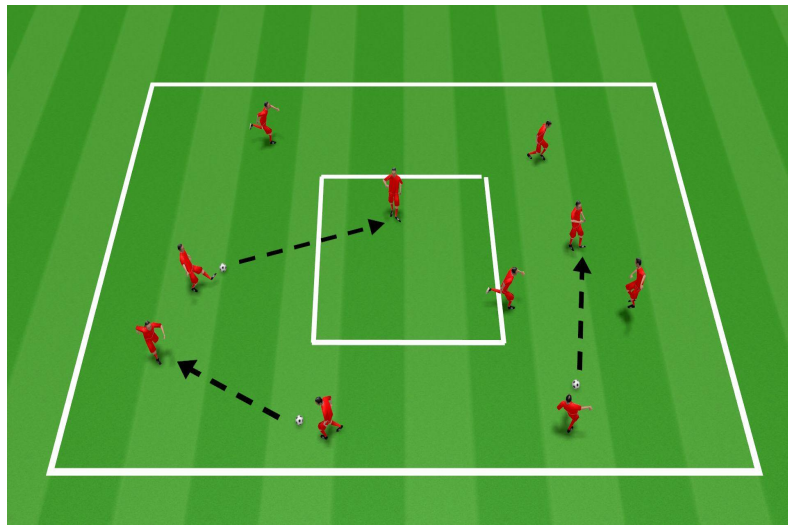
Warm up: First Touch Box Turns

Discovery Game: 4 vs 4 Penetrate The Zone

Activity: Use The Advantage

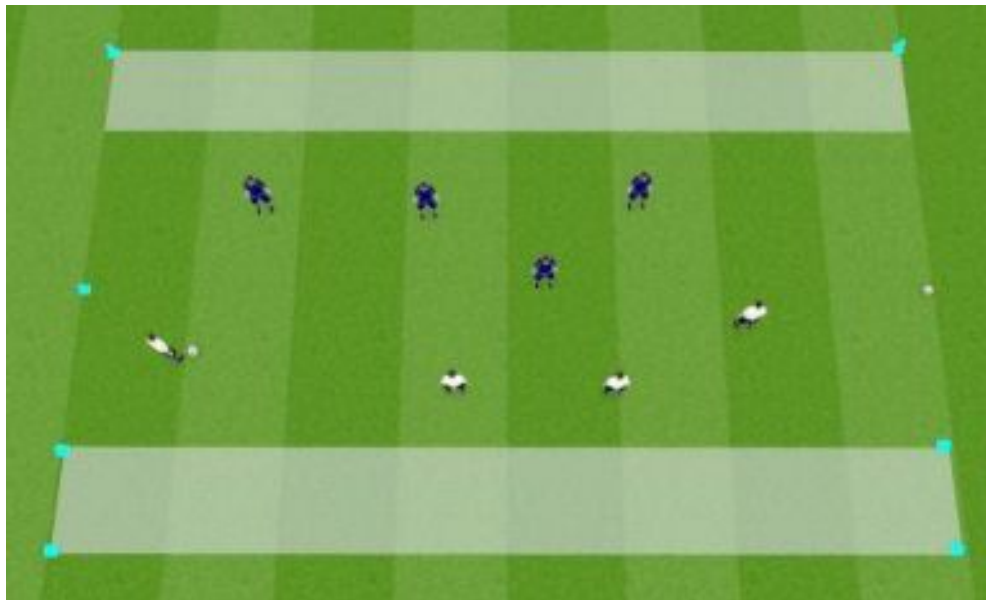
Full Game: 11 vs 11 if possible

Warm Up: First Touch Box Turns



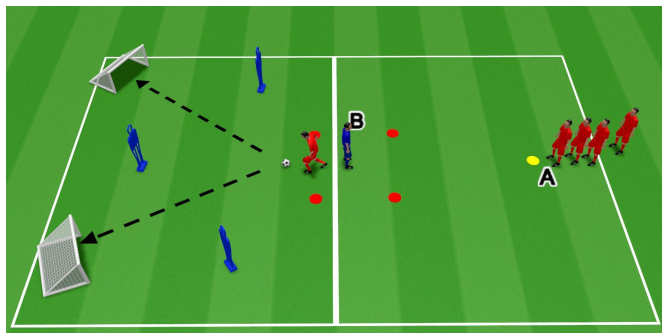
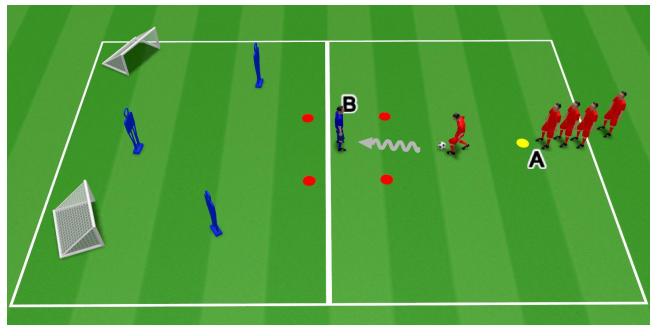
- All players in the grid and have 2-3 players with a ball
 - Players pass and dribble as they please (see progressions below)
- Progressions:
- 1. Player enter the central box to receive a pass
 - 2. Player enters central box to receive pass and dribbles out a specific side determined by the coach (this is the clock element - 3 O'clock, 6 O'clock, 9 O'clock, 12 O'clock)
 - 3. Player enters central box to receive pass and must pass to a player through a different side of the central grid (determined by the coach)
 - Emphasis on the players: Recognition of cues of player on the ball to enter central area to receive (body shape, good first touch, passing lane). Shoulder check while entering the area. Receive on back foot. Players away from the ball recognizing when a player goes in that they need to get to an open area opposite to support. If you don't receive within 2-3 seconds of entering grid, get out and create space

Discovery Game: 4 vs 4 Penetrate The Zone



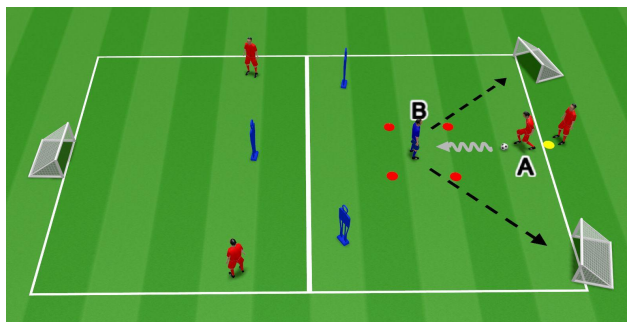
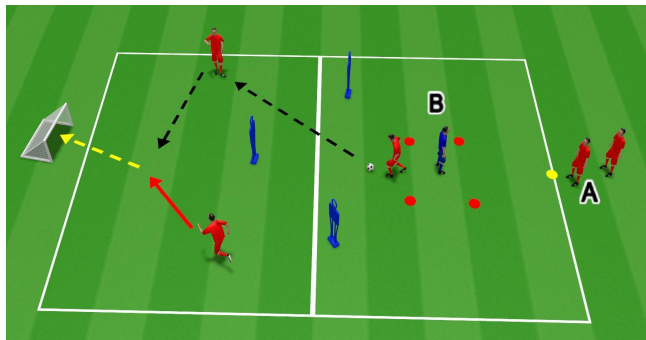
- **Set Up:** 2 end zones, 20m(length)x 25m (width)
- **Rules and Objectives:** The blues and whites attempt to dribble into or receive a pass inside their opponents end zone
- 2 point if you dribble into the end zone
- 1 points if player receives a pass in the end zone
- **Coach Emphasis:** Spread out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

Activity: Use The Advantage



- Player A dribbles at player B, to PASSIVELY defends in the small grid.
- Player A takes on Player B inside the small grid, then gets their head up to pass into one of the mini cones.
- Players should work at passing to each goal first (eg - the coach says all passes go left, then all passes go right), before before having to pass to the goal that the coach calls out, or passing to the goal that doesn't have a player in front of.
- Change the position of the goals and mannequins so players need to pass to the side more.

Activity: Use The Advantage

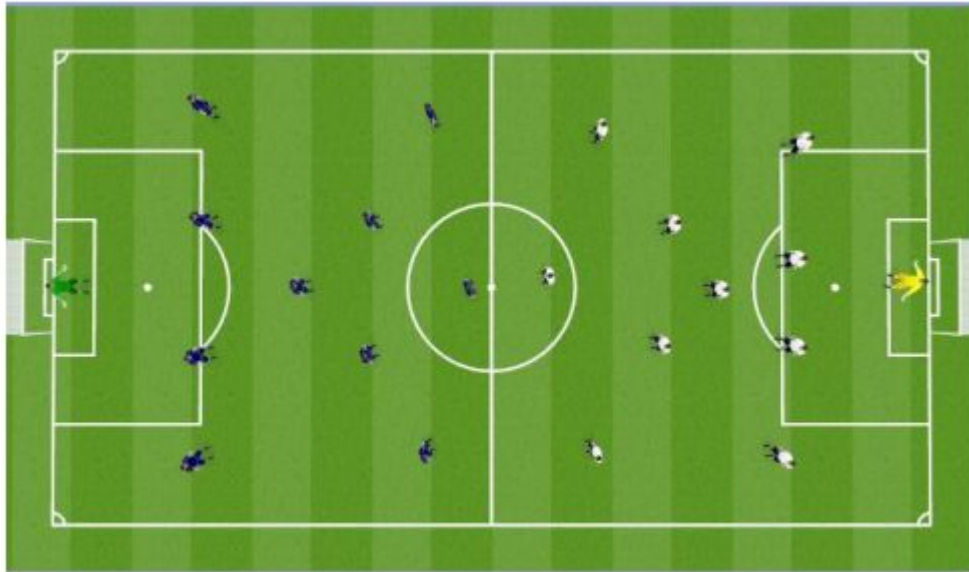


- Player A takes on Player B inside the small grid, then gets their head up to pass into one of their teammates.
- To start with, the coach says all passes go left, then all passes go right. The player receiving the pass should pass to the opposite player on the field to get a shot on goal. The player that shoot goes to the back of the line. Player A would replace the shooter.
- Progress the activity to have player A passing to the player that the coach calls out, and then passing to the player that doesn't have a defender marking them.
- Progress to having an active defender, with two goals to pass to if they make an interception
- Change the position of the goals and mannequins so players need to pass to different locations

Week 3: Session 5



Session 1: A Full Game: 11 sv 11



- 11v11 Game
- Set Up: Full Field, Fifa Rules
- Limited Coaching: Avoid stopping the game 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 6:

Warm up: Switch Tag

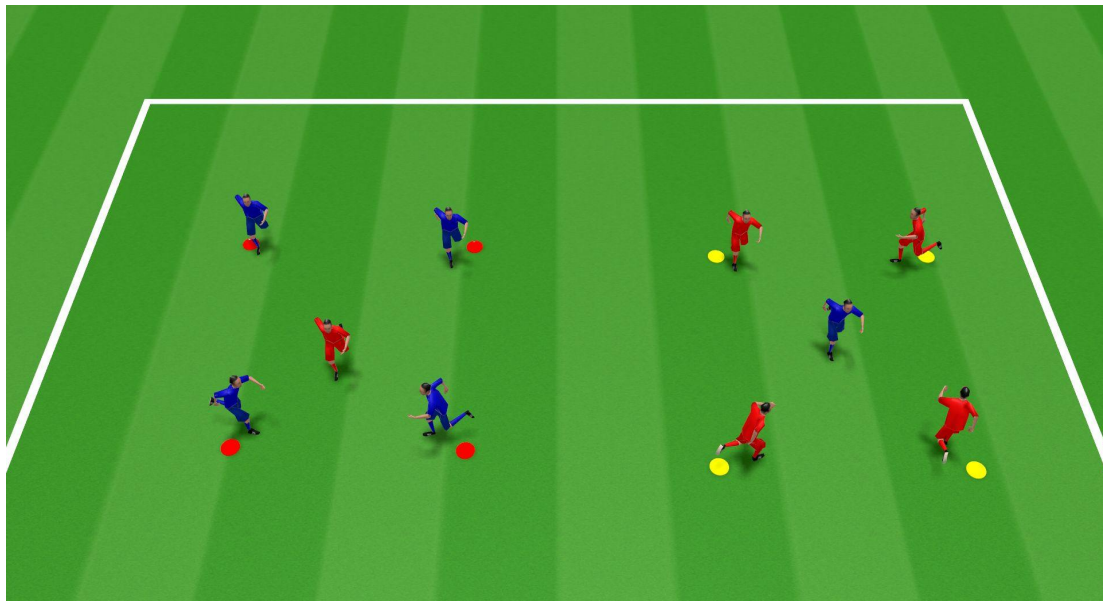
Discovery Game: 4 vs 4 Penetrate The Zone

Activity: 1 vs 1 + 1 (Attacking Support, Attacking Skills)

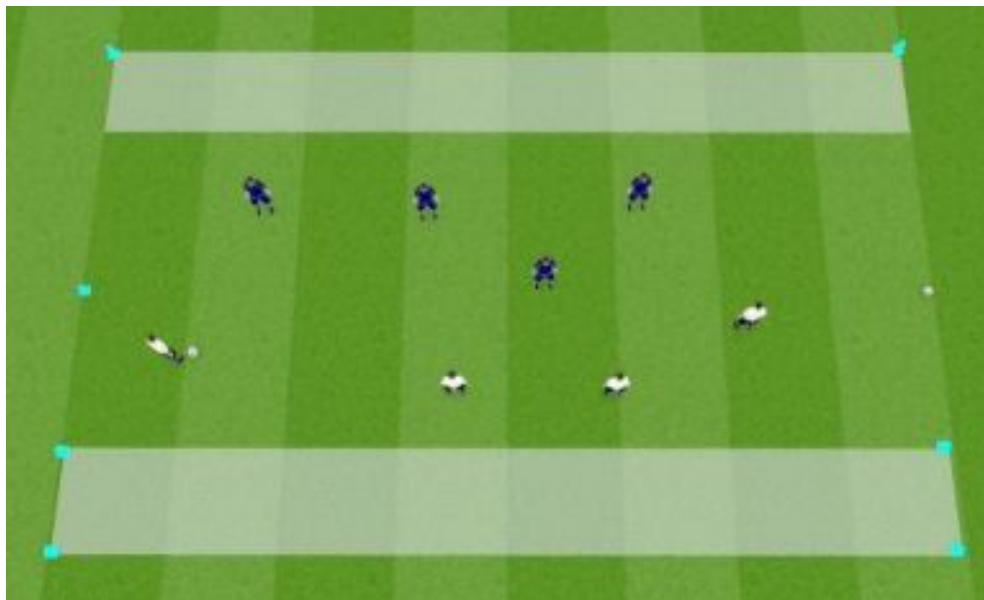
Full Game: 11 vs 11 if possible

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.

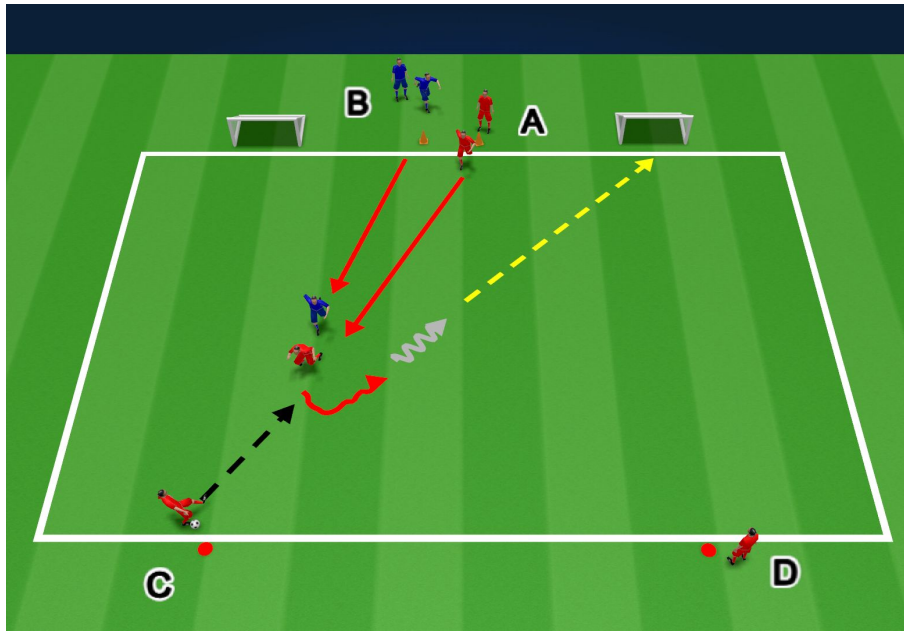


Discovery Game: Penetrate The Zone



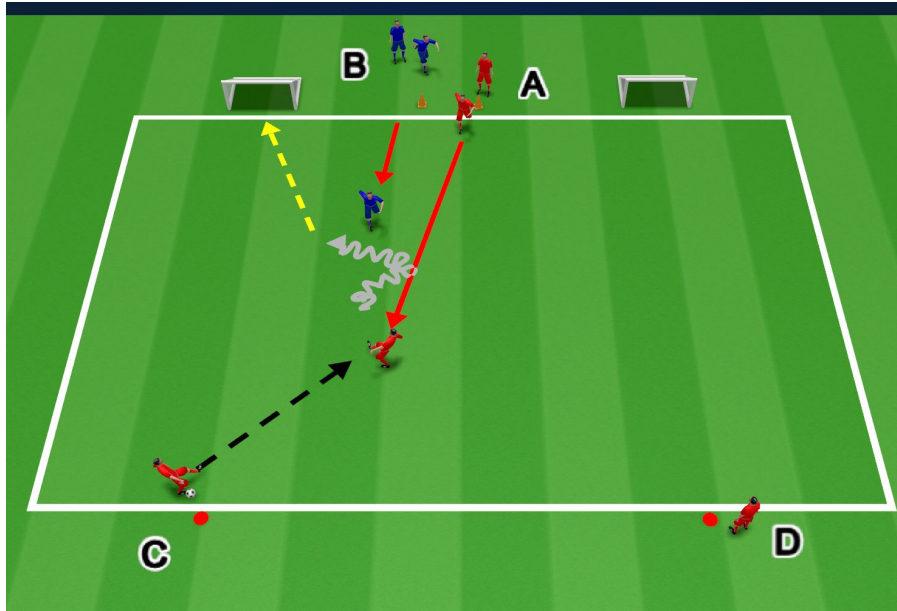
- **Set Up:** 2 end zones, 20m(length)x 25m (width)
- **Rules and Objectives:** The blues and whites attempt to dribble into or receive a pass inside their opponents end zone
- 1 point if you dribble into the end zone
- 2 points if player receives a pass in the end zone
- 3 points if you beat a player and pass to a teammate 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.

Activity: 1 vs 1 + 1 (Attacking Support, Attacking Skills)



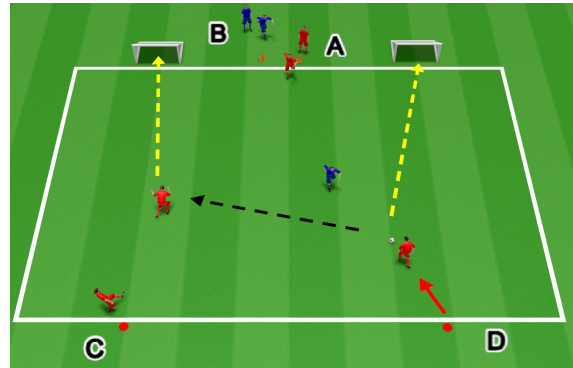
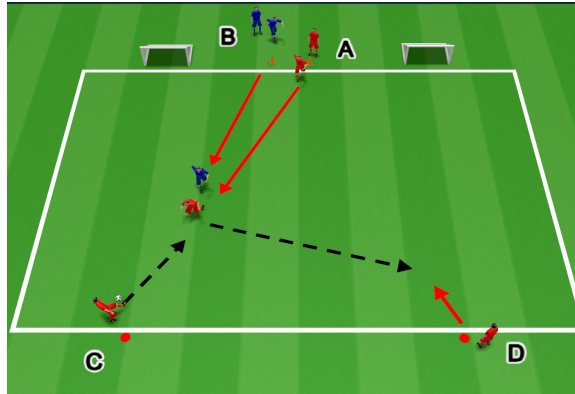
- This helps players understand how to beat a player (who is defending close) through superior positioning.
- Player A runs diagonally toward player C, with player B on their right. Player C passes the ball toward the open side of player A.
- In this situation, Player A leads the player B to the ball. As the ball arrives, Player A doesn't stop the ball. They protect the side of the ground the ball is heading towards with their body, and lets the ball run and turns to the open side, then finds the pass to the goal.
- Variation. Have player A pass to Player C first.
- Player A and B go back to their cones and swap roles and repeat with a ball coming from player D. When Player A and B have both had a turn of attacking, they replace player C and D.

Activity: 1 vs 1 + 1 (Attacking Support, Attacking Skills)



- This helps players understand how to beat a player (who is defending at a distance) through a turn and use of attacking skills.
- Player A runs diagonally toward player C. Player C passes the ball toward player A. Player A controls the ball and turns, and uses attacking skills to beat Player B to score.
- Variation. Have player A pass to Player C first.
- Player A and B go back to their cones and swap roles and repeat with a ball coming from player D. When Player A and B have both had a turn of attacking, they replace player C and D.

Activity: 1 vs 1 + 1 (Attacking Support, Attacking Skills)

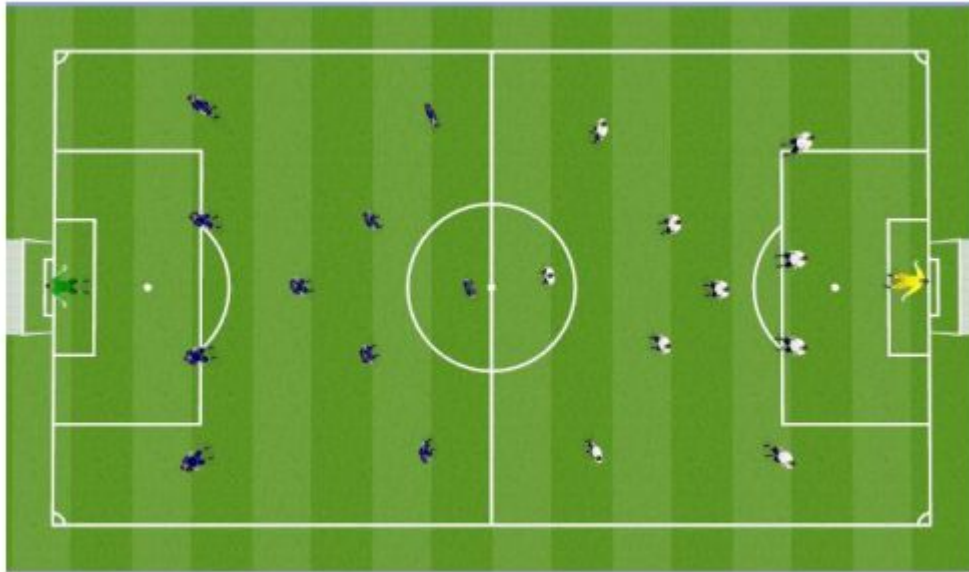


- This practices scanning, realizing the turn is not available and playing to support player to create a 2 vs 1
- In this situation, Player A passes to player D. Player D takes a positive touch and attacks either the space or the defender penetrates
- Player D assesses the positioning of the defender, and passes to the goal, or passes to player C who takes a positive first touch and passes to the goal.
- All players go back to their cones and swap roles and repeat with a ball coming from player D. When Player A and B have both had a turn of attacking, they replace player C and D.

Week 3: Session 6



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions**

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: Dribbling Interference

Discovery Game: Overload

Activity: 3 vs 3 plus neutrals or Transitional 4 vs 4

Full Game: 11 vs 11 if possible

Warm Up: Dribbling Interference

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- 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.

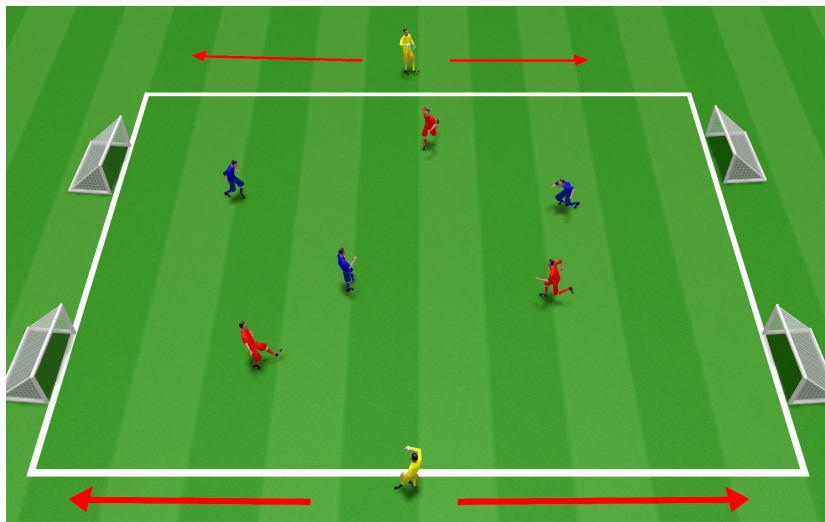


Discovery Game: Overload (4 vs 4)



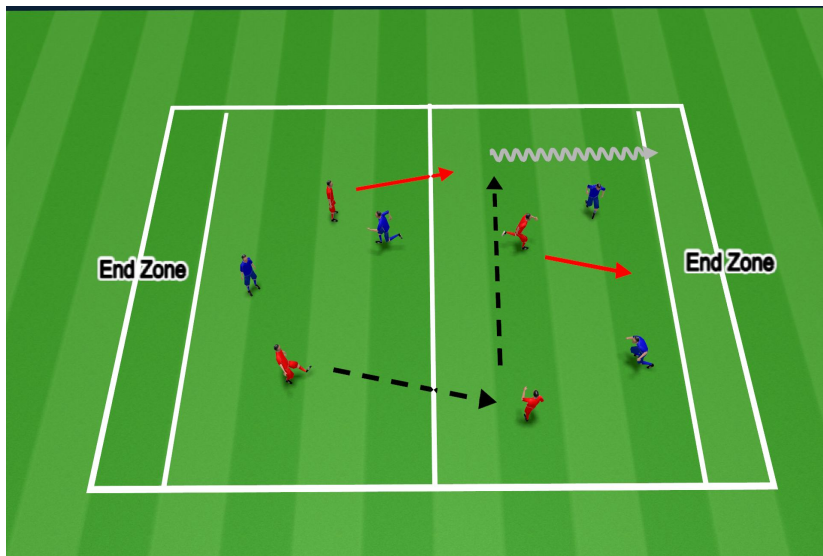
- Play 3v3 or 4v4
- Place extra balls around the edge of the field (about 6 - 8 extra) Adjust the field size for more players.
- If a player kicks the ball out or shoots and misses, the opposition can take the closest ball to them and start and attack.
- The player who kicked the ball out must retrieve 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: 3 vs 3 Plus Neutrals



- Organize 2 teams of 3, with 2 mini goals quite close to the corner for scoring in and defending, and 2 neutrals for each side line. Players play 3 vs 3, but either team can use the neutral players on the side to help keep possession or score (side players can score)
Using a neutral player and keeping possession = 1pt
Moving the ball from one neutral side to the other neutral gives 2pts.
Goals are 3pts
- Variation: Allow only one neutral per team. Give extra points for a score in 1 of the 2 goals. Remove a goal.
- Coach Focus: Use the support and switch play quickly to create an advantage. Create depth so teams have width and depth. Use few touches and combinations in attack. Look for opportunities to create a numerical advantage, or 1 vs 1s.

Activity: Transitional 4 vs 4

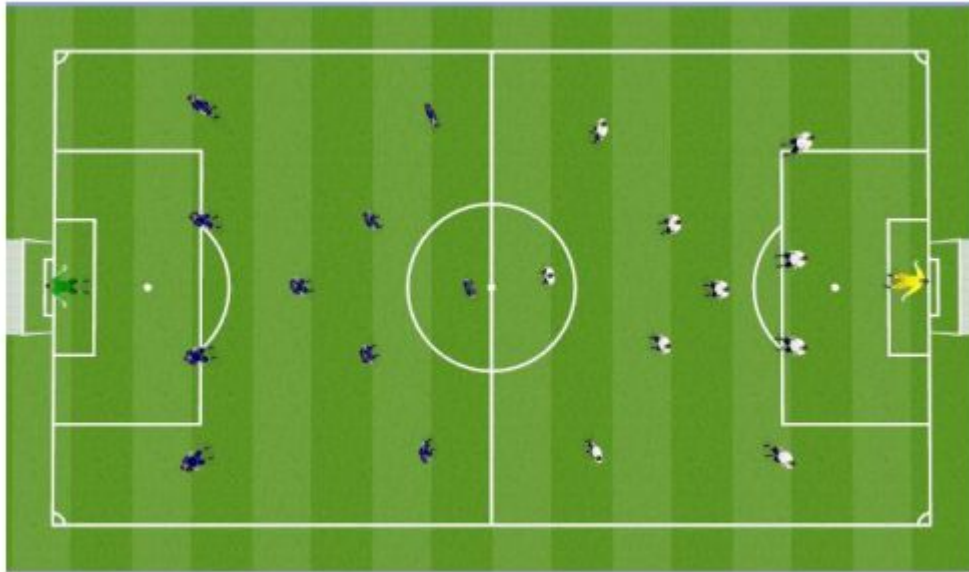


- Organize 2 teams of 4.
- Allocate 2 players from each team to each half.
- The teams work to dribble the ball into the end zone, or pass to a player who controls it in the end zone.
- The team in possession can have one player move into the attacking half to help.
- Variations: Change the zone to pug goals. Allow the team in possession to have 3 players in either half when in possession. Add neutral players on the side.
- Coach Emphasis: Create depth and width to support and create triangles and diagonal passing opportunities. Keep spread out to encourage 1 vs 1s, or move to create 2 vs 1s.

Week 4: Session 7



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game 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 or Hand ball Head ball

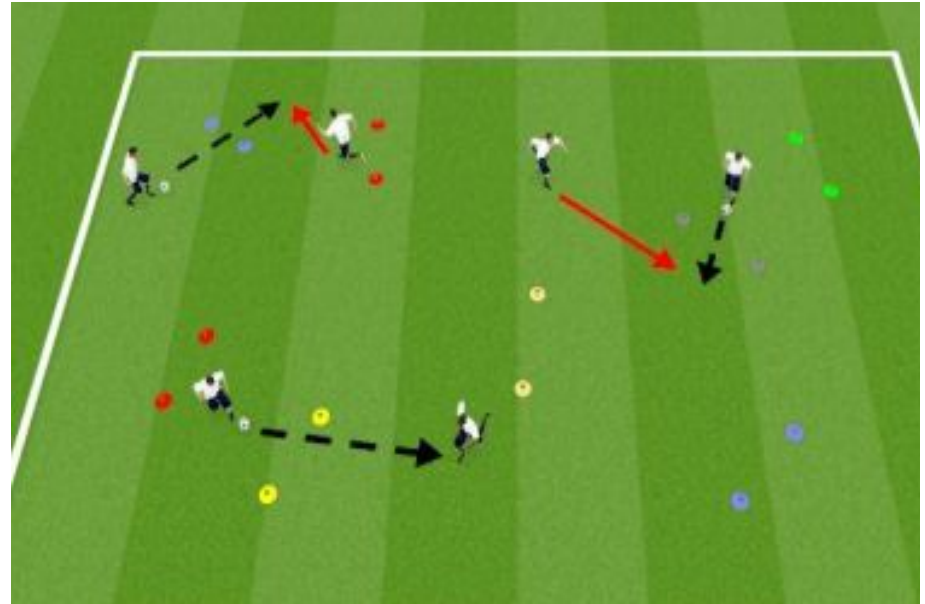
Discovery Game: 2 vs 2 (+2) Midfield Combination

Activity: 5 vs 3 Rondo

Full Game: 11 vs 11 if possible

Warm Up: Passing Gates

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- Create a 20x20m grid and place multiple mini gates inside the area.
- Players have a ball between 2, looking to pass to each other and move
- Then ask them 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

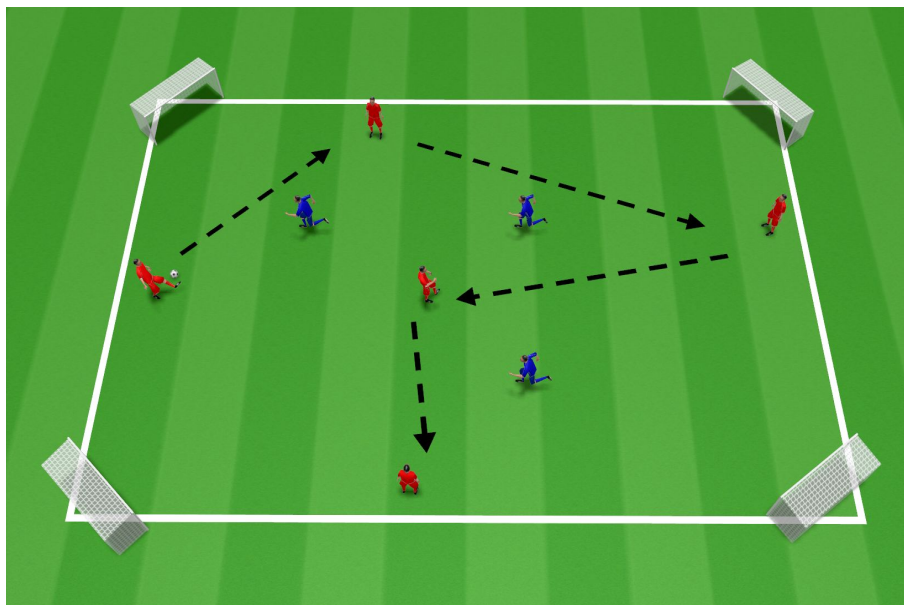


Warm Up: Handball Head Ball

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- 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



Activity: 5 vs 3 Rondo (Support Movement)

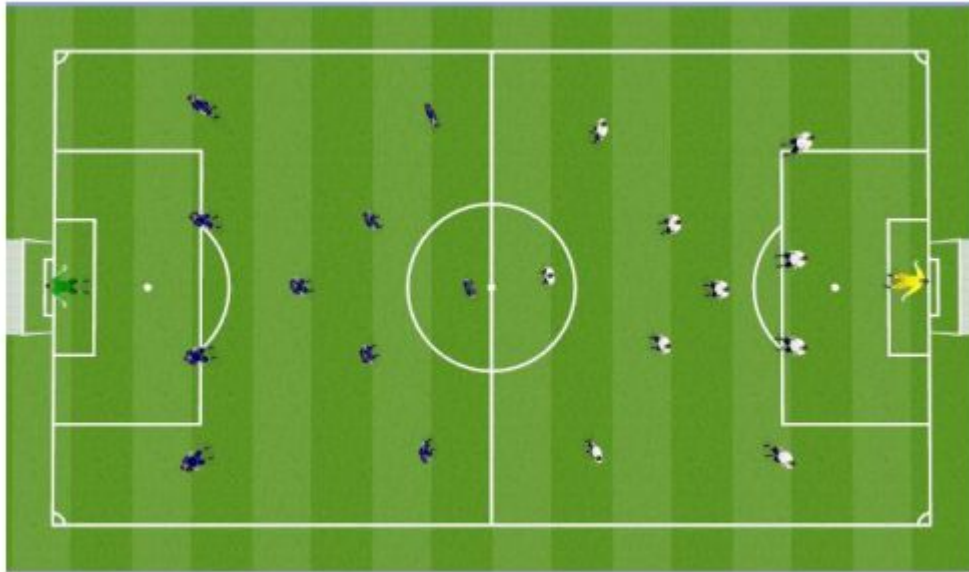


- Play 5 vs 3 in a grid about 15 x 15.
- The 5 need to keep possession by always moving (to create wide angles) to create 2 - 3 good passing options.
- The three defenders try to make defensive interceptions, and if they do, they score in a corner.
- The 5 attackers get 1 point for 5 passes
- If the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

Week 4: Session 8



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions**

Technical Competency: 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: First touch

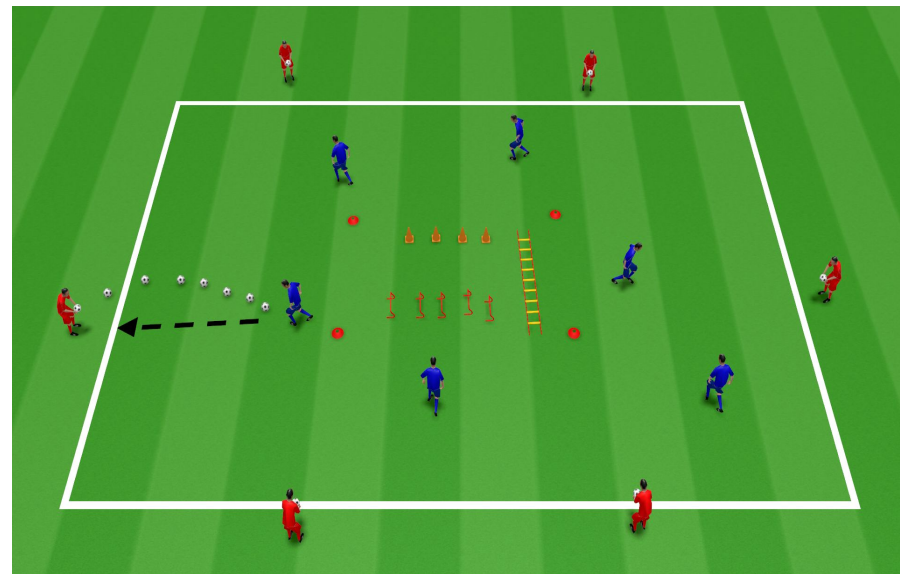
Discovery Game: Play the Front Man

Activity: First touch Box Turns

Full Game: 11 vs 11 if possible

Warm Up: First Touch

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- Set up with half the players in the grid with a ball, and half spread out around the outside of the grid.
- Players in the inside the grid (blue) jog toward a player on the outside and perform an inside of the foot ball control to the ground then passes back.
- After the pass, they move to the inside grid where they do one of the SAQ courses; side shuffles through the cones, fast feet through the ladder, or hurdles. Then they move to a different outside person and repeat.
- Progress to thigh control, chest control, heading or volleys. You may also progress to using throw ins instead of under arm throws for outside players

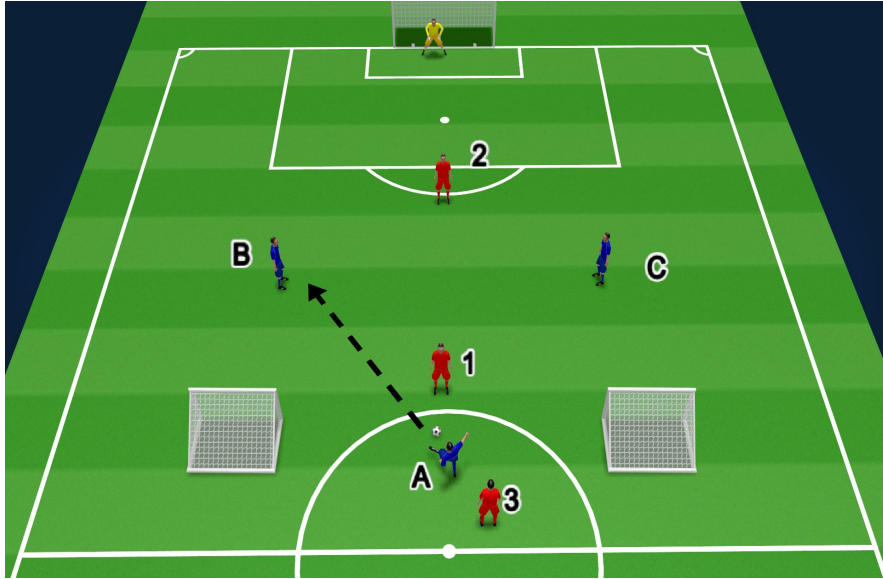


Discovery Game: Play the front Man



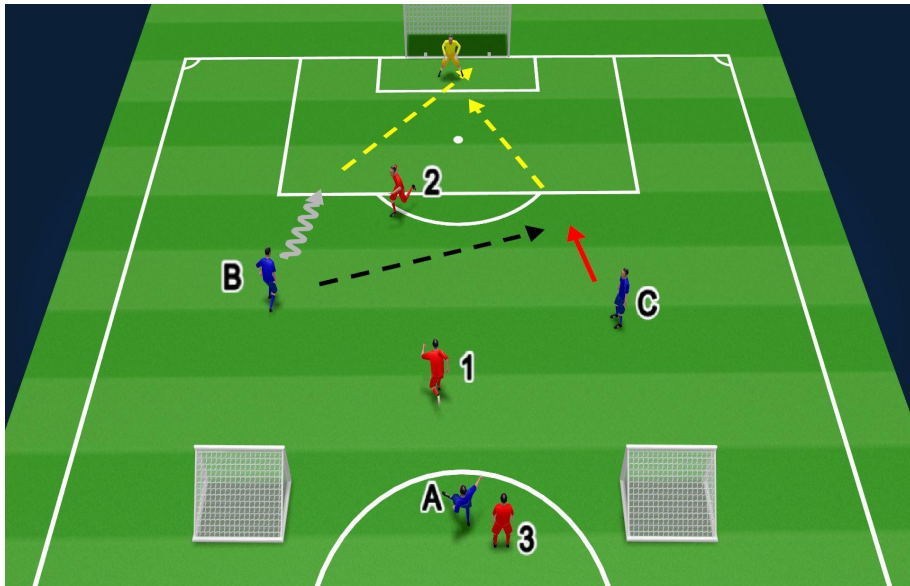
- Play 3v3 or 4v4
- Set Up: 20 x 25m field
- Both Blues and Whites have a target player to find with a pass to score a point.
- Once a goal is scored the target man serves back to the opposite team. Switch target players every 2-3 minutes, or on every goal.
- Emphasise spreading out to find space to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

Activity: 2 vs 2 Attacking Transition

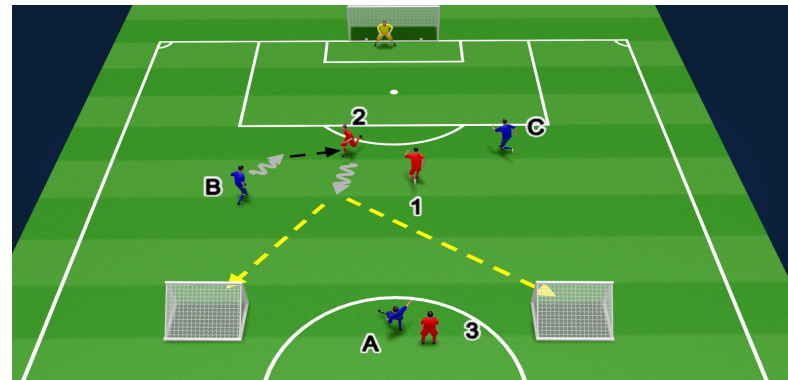


- 2 Attacking blue players (B) and (C) start out wide about 10m apart, while defenders 1 and 2 start one behind the other about 10m apart. the deepest defender should be just outside the area.
- The blue midfielder (A), passes the ball to player B. Once the pass has been made, this is the trigger for defender 1 and 2 to start moving to defend.

Activity: 2 vs 2 Attacking Transition



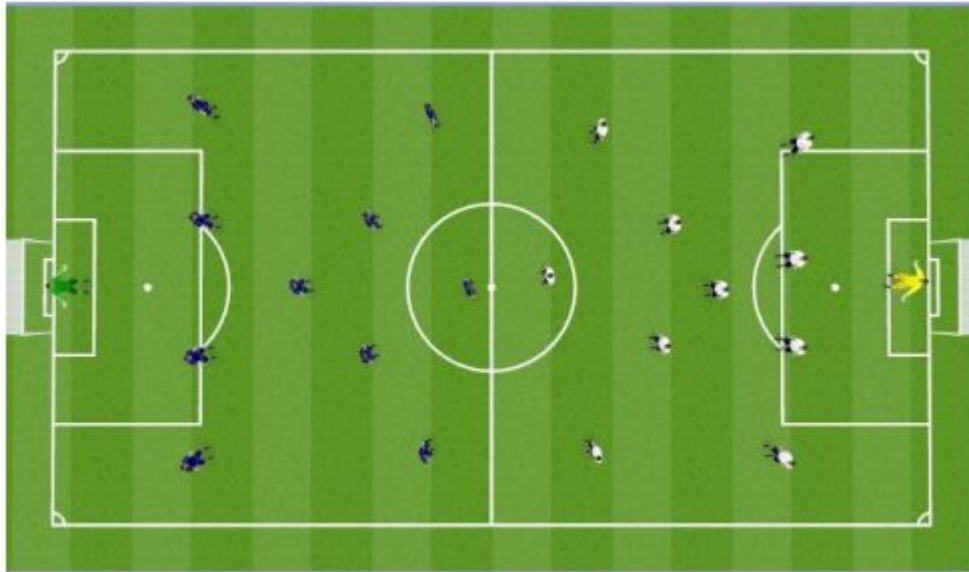
- When player B gets the ball, the 2 attackers B and C now attack against player 2. Player B attacks the space and shoots, or passes to player C. Player 1 tries to get back and help defend.
- If a defender makes an interception, they score in either of the small goals.



Week 5: Session 9



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions**

Technical Competency: 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: Tag Ball

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

Activity: 2 vs 2 Defending

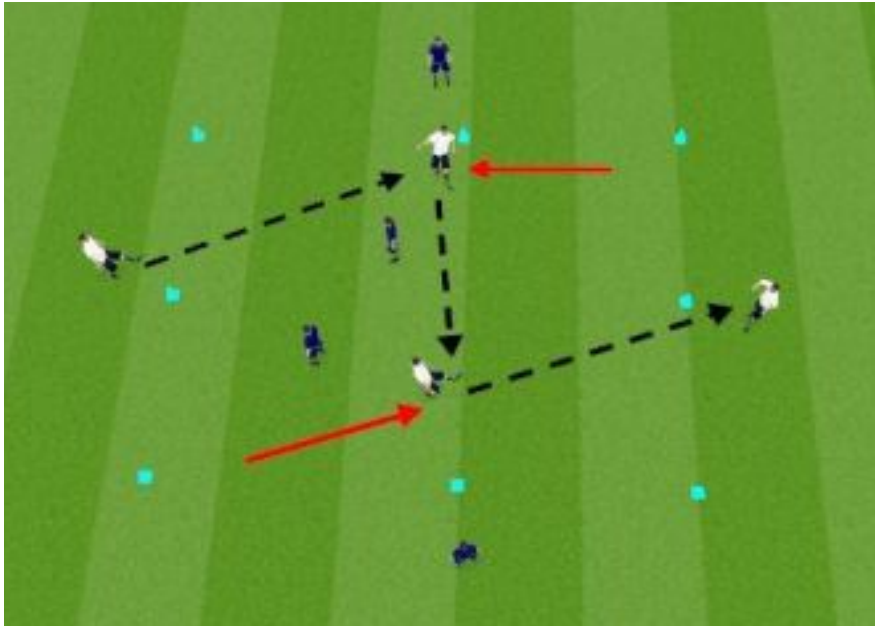
Full Game: 11 vs 11 if possible

Warm Up: Tag Ball

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- Set up a 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.

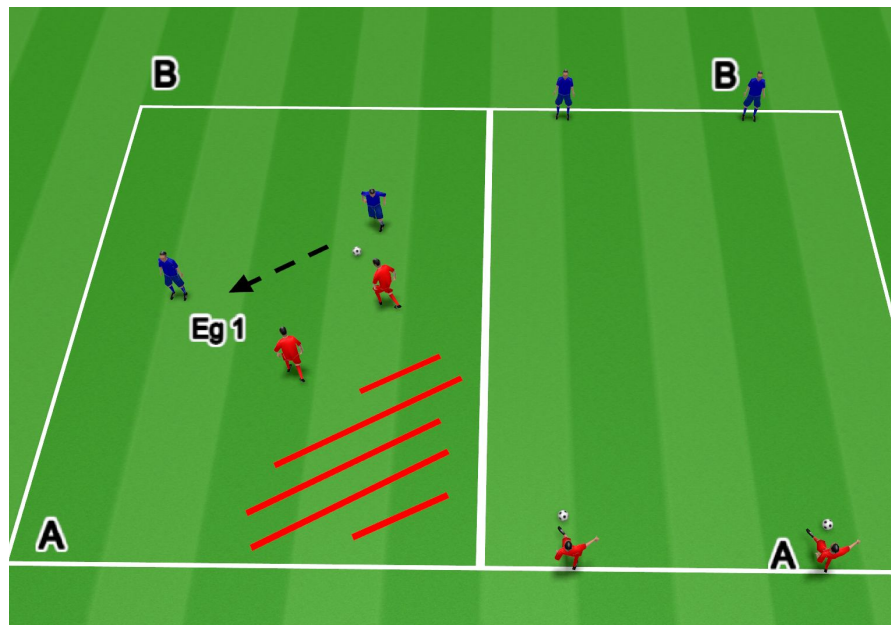


Discovery Game: 2 vs 2 + 2



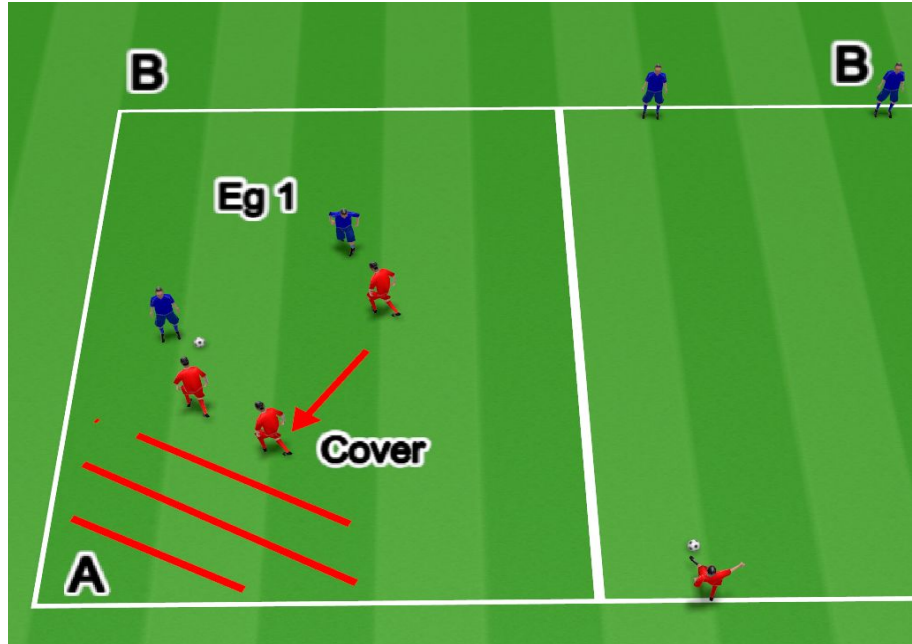
- 2v2 in the middle with support players on either end of the space for each team (the 'plus2').
- The white team aims to transfer the ball across the box from support player to support player. A point is scored if the ball moves from 1 outside support player to the other without the opposition touching 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: 2 vs 2 Defending COVER



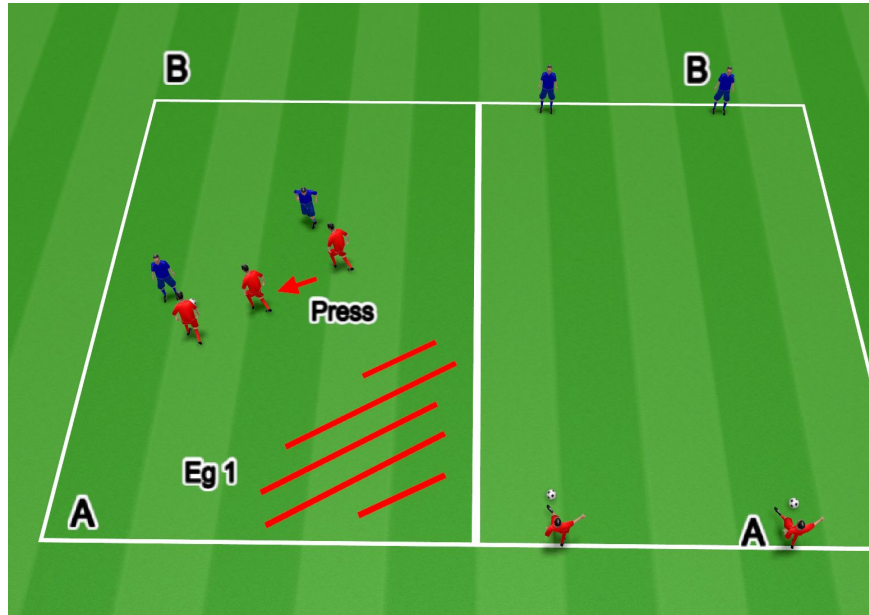
- Have GROUPS OF 4, one pair at one end and the other pair at the other end, and one ball between 4.
- The challenge is for Pair B to get past Pair A and stop the ball on the endline. To start the activity, one player from pair A passes to one player from pair B. The defenders should close down the space 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



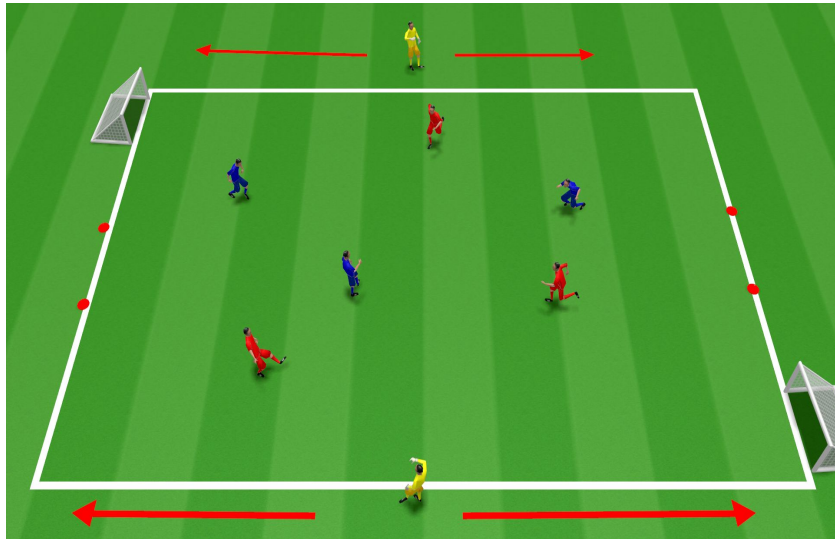
- If the attacker passes to their team mate who is in more space, the second defender is now closest and closes the space, and the first defender drops in behind and covers.

Activity: 2 vs 2 Defending PRESS



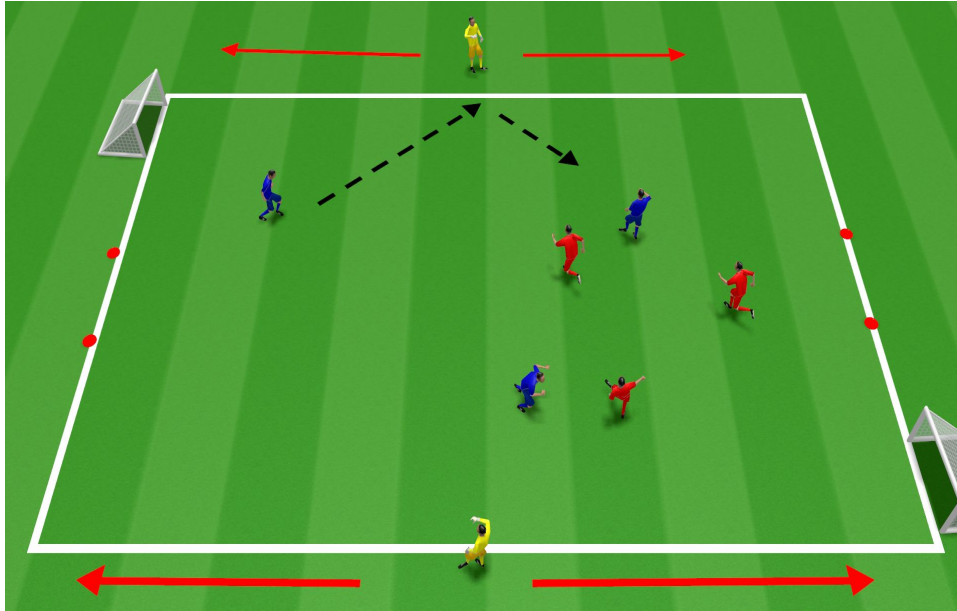
- Change the command for the defenders.
- If the attacker passes to their team mate who is in more space, the second defender closes the space, and the first defender **ALSO** closes the space, pressing the opponent to make a mistake.

Activity: 4 vs 4 Deny and Win



- Organize 2 teams of 3, with 1 mini goals for each team located in the corner for scoring in and defending, and 2 neutrals for each side line, PLUS 1 centrally located gate at either end.
- Players play 3 vs 3, but either team can use the neutral players on the side to help keep possession or score (side players can score)
- Players can score into the goal, or dribble through the central gate to score
- Variation: Allow only one neutral per team. Give extra points for a score in 1 of the 2 goals. Remove a goal.
- Coach Focus: Nearest defender closes the space and puts pressure on. Defend as a team to protect the goal, and use body shape to drive attacks wide away from the goal before trying to win the ball, and then start an attack while opponents are out of position

Activity: 4 vs 4 Deny and Win

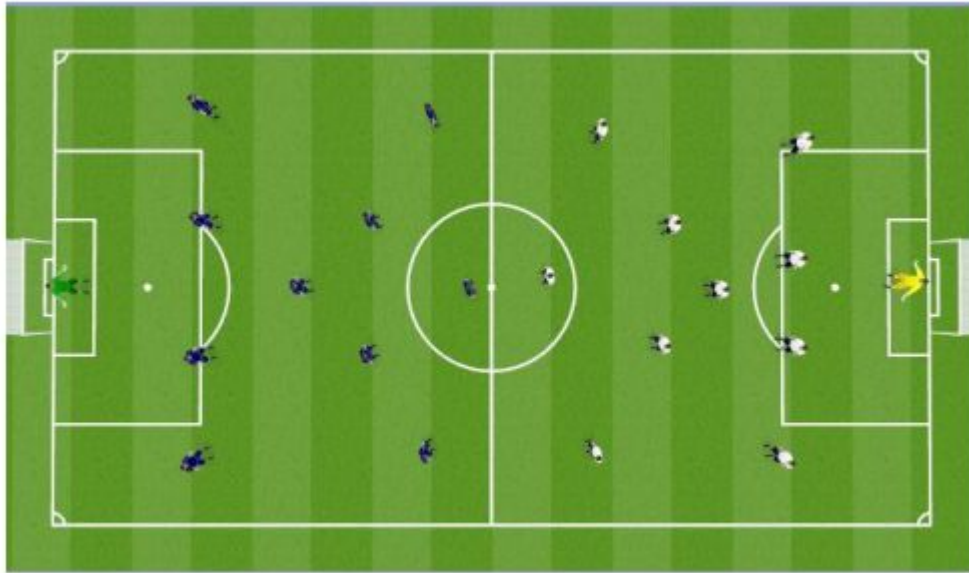


This picture shows how defensive players reposition to protect their goal, and force their opponents wide. It also shows the 'cover' positions, when defenders support 'on the shoulder' of their front team mate, keeping compact and not allowing pass between them

Week 5: Session 10



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions**

Technical Competency: 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: Handball Headball

Discovery Game: Overlap: Creating An Extra Player

Activity: 2 vs 1 into 3 vs 1

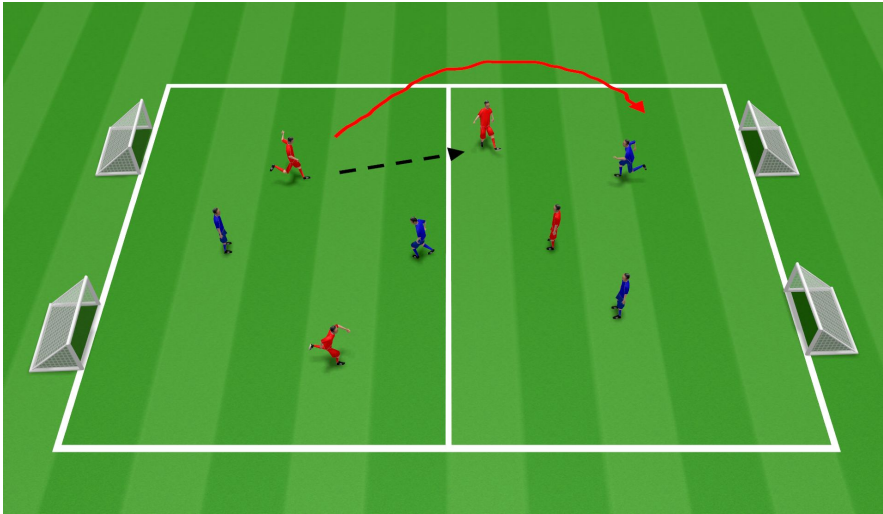
Full Game: 11 vs 11 if possible

Warm Up: Handball Head Ball

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- 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: Overlaps: Creating An Extra Player



- Play 4 vs 4 with 2 goals
- Any forward pass from the defensive half into the attacking half that is followed by an overlapping run gains an extra point
- 1 point for any goal scored.
- Coach Emphasis: When is a good time to overlap? What choices become apparent when someone overlaps us? How can we still ensure space is out friend?

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

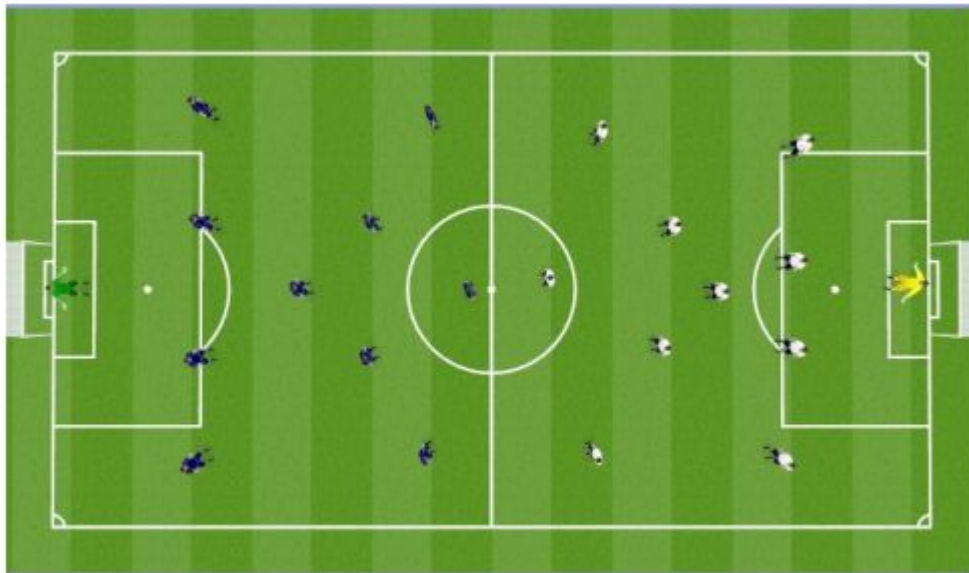


- In phase 2, as soon as the ball is shot, goes out or the blue passes to a mini goal, the GK or coach rolls the ball out to the blue player who has just defended.
- This blue must collect the ball from the 6 yard box.
- The two red attackers need to retreat to the edge of the 18 yard box.
- The blue player passes to one of the wide players and runs an overlap. Now three blues attack two reds 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 6: Session 11



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions**

Week 6



Technical Competency: 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: Thread the Needle

Activity: Play Out

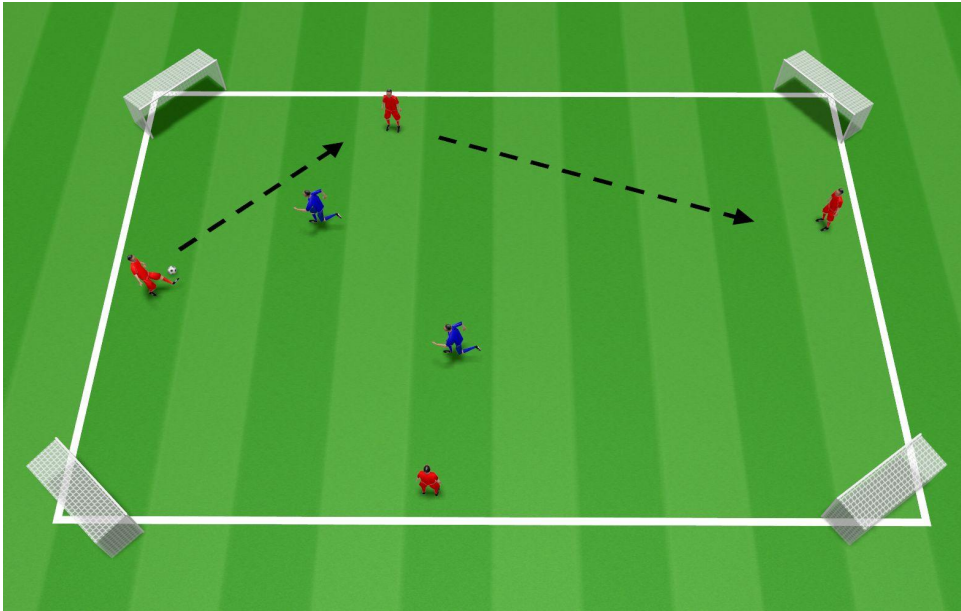
Full Game: 11 vs 11 if possible

Warm Up: School Yard Chaos

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- **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: Thread the Needle



- 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, 2 points for pass between the defenders.
- The defenders get one point for a goal.

Activity: 4 vs 2 Playing Out of the Back

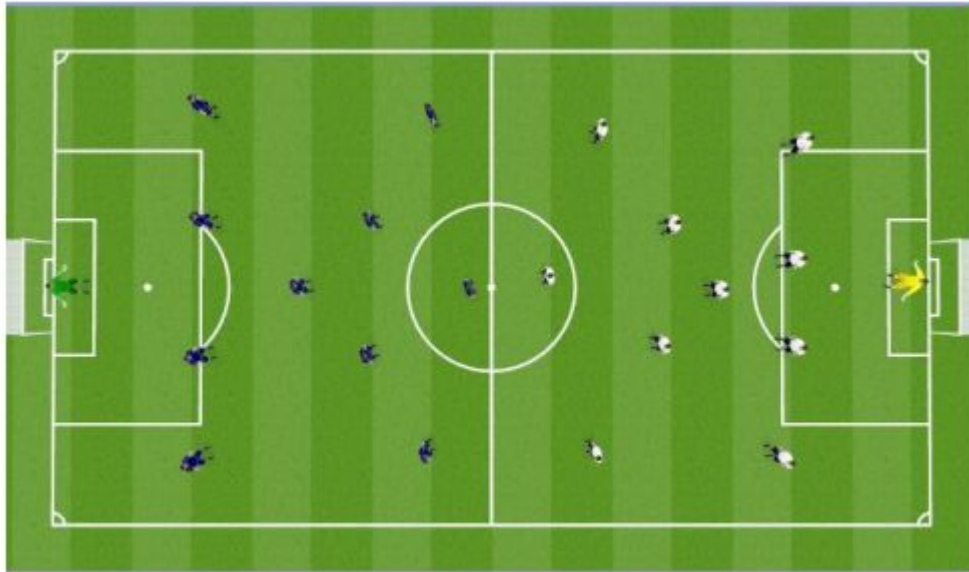


- In a 30x30m - 1 large goal with GK (or central defender) at one end and 2 mini goals at the other and retreat line. The White team attempts to score on the 2 mini goals. The Blue team tries to score against the GK in the larger goal.
- The play starts from the GK (or central defender), who serves to 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.
- 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 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 6: Session 12



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game 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

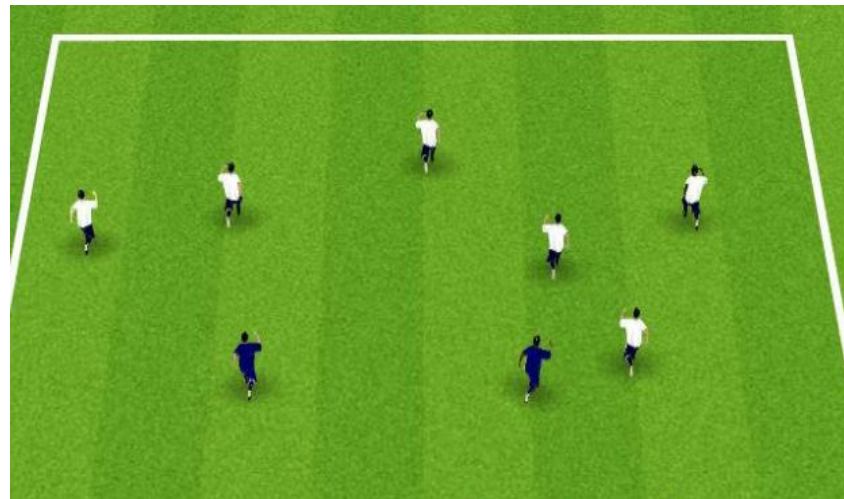
Discovery Game: 3 vs 3 + GK (3 Goal Game)

Activity: 2 vs 1 into 3 vs 2

Full Game: 11 vs 11 if possible

Warm Up: Cats and Rat Tails

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- 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.

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

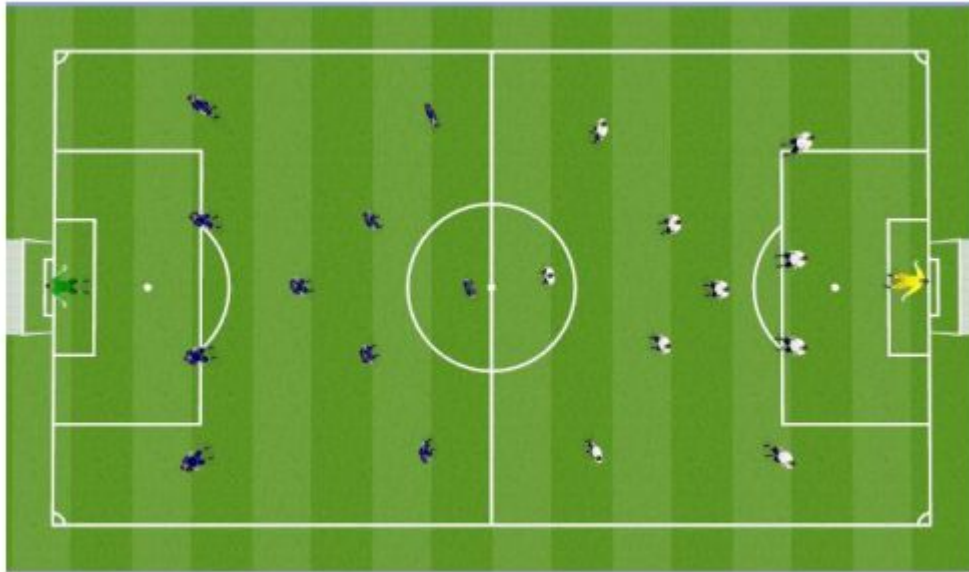


- In phase 2, as soon as the ball is shot, goes out or the blue passes to a mini goal, the GK or coach rolls the ball out to the blue player who has just defended.
- This blue must collect the ball from the 6 yard box.
- The two red attackers need to retreat to the edge of the 18 yard box.
- The blue player passes to one of the wide players and runs an overlap. Now three blues attack two reds 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 13



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game 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)

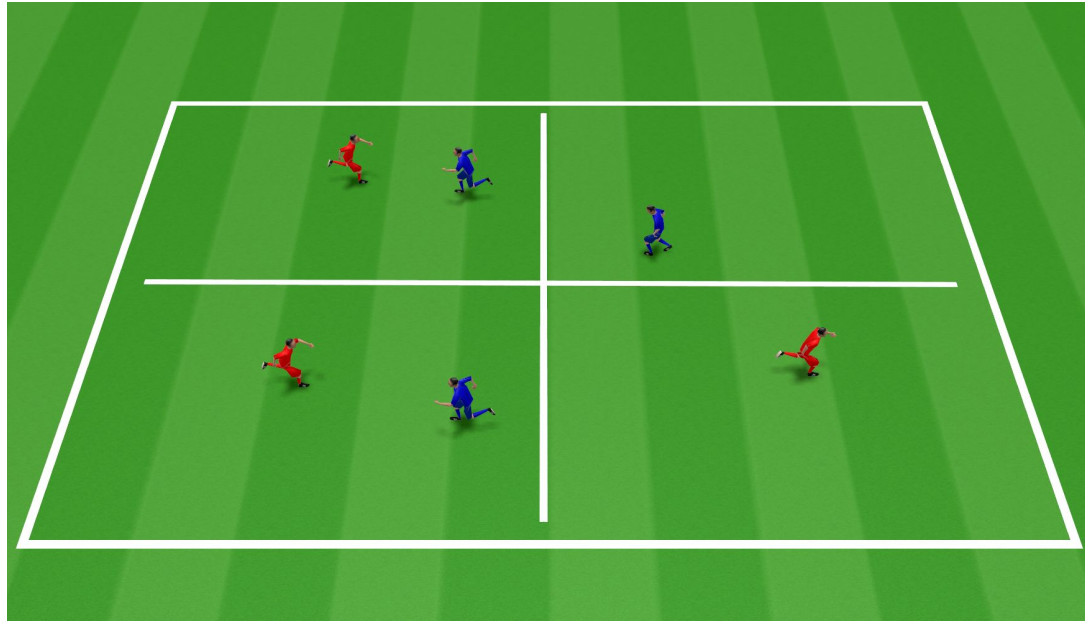
Discovery Game: Free and Wide

Activity: 3rd Man Passing To Cross

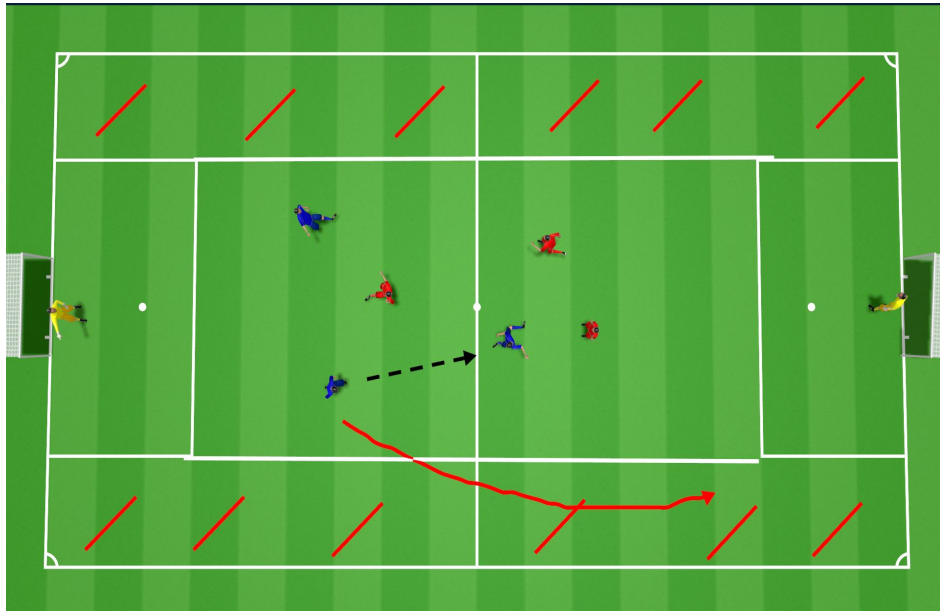
Full Game: 11 vs 11 if possible

Warm Up: 3 Man Passing Moving to the Vacant Quadrant

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- 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

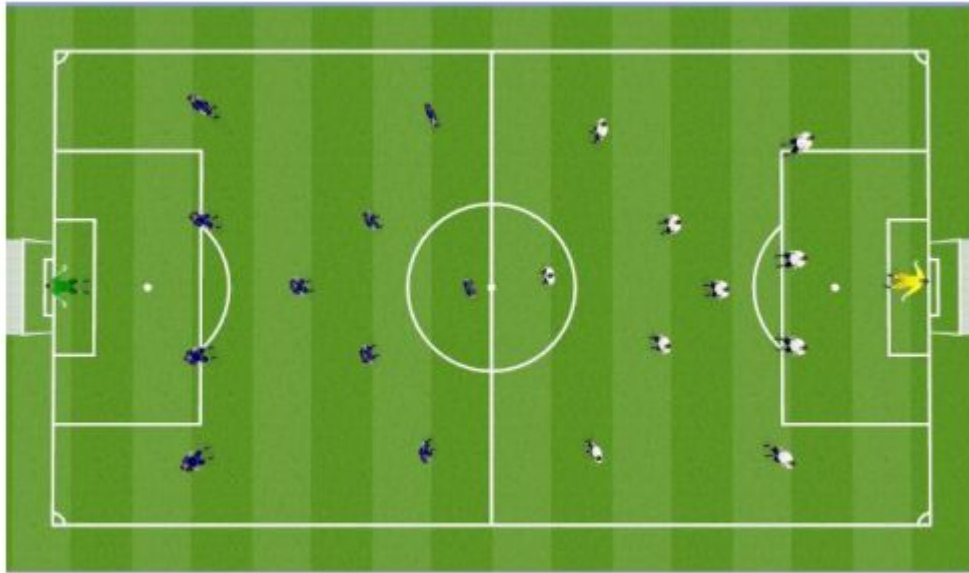


- In an area about 30 x 20. Create 2 wide zones with cones or lines. The wide areas indicate areas where players cannot be tackled.
- Play 3 vs 3 + GK
- Any player can go into the wide areas. Any time a player passes forward and runs forward pass the receiver of the ball and into a wide area, the team 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

Week 7: Session 14



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game 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: Attacking Transition

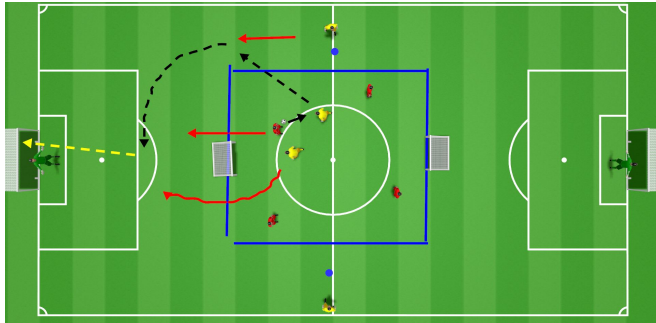
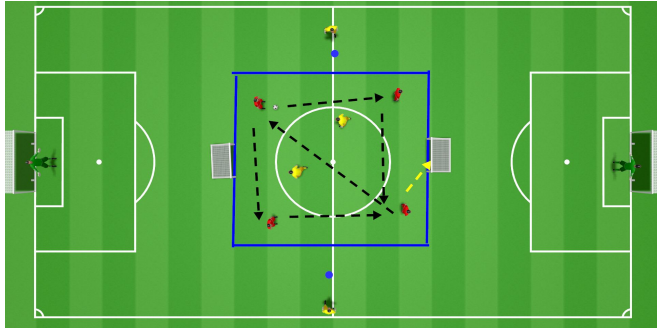
Full Game: 11 vs 11 if possible

Warm Up: Handball Headball

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first. 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

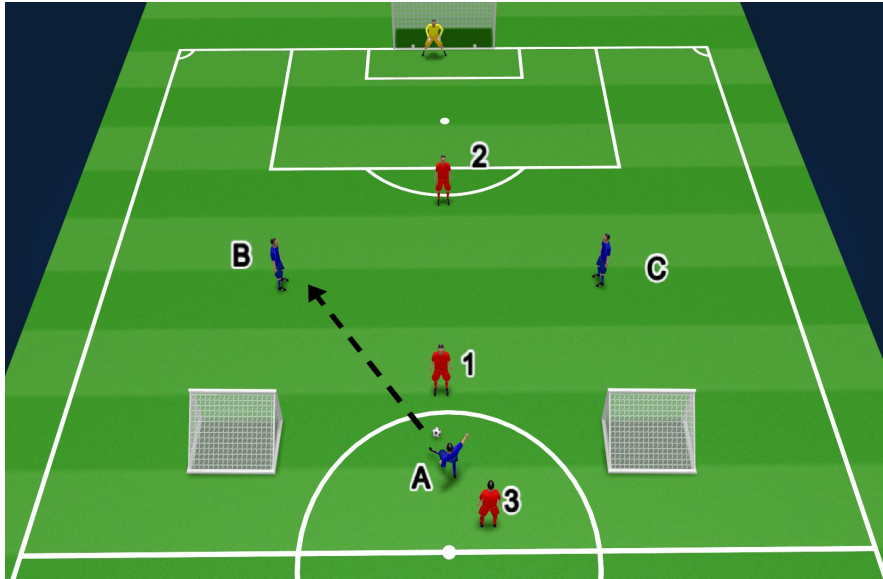


Discovery Game: 4 vs 2 + 2 Break Out Wide



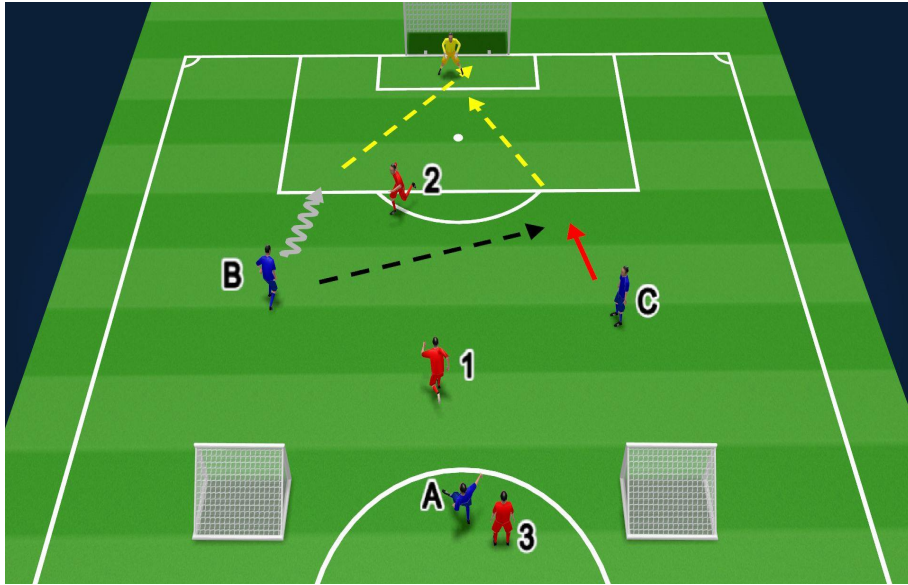
- Set up a 15 x 15 grid (see the blue square in the diagram), with two mini goals on the sides of the grid, between two large goals.
- Set up 4 players on one team inside the grid. Include 2 opponents in the grid, and an opponent on each side of the grid.
- Rules: The players in red (team of 4 in the 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, in order to win the ball and pass to one of their teammates outside the grid. IF a yellow wins the ball, and passes it out of the grid, one more yellow can leave the grid to help attack, and one blue can leave the grid to defend.

Activity: 2 vs 2 Attacking Transition

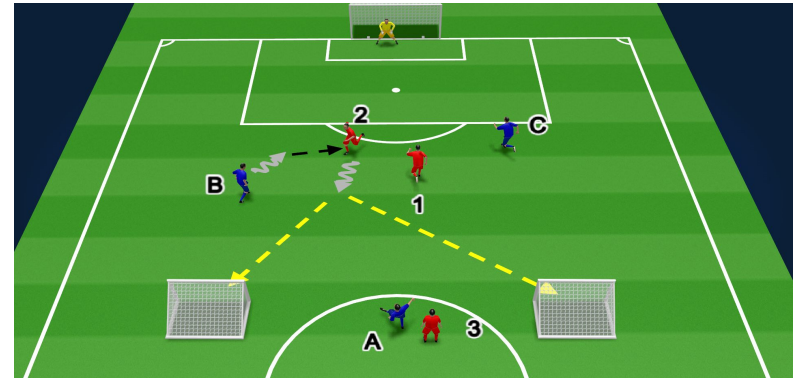


- 2 Attacking blue players (B) and (C) start out wide about 10m apart, while defenders 1 and 2 start one behind the other about 10m apart. the deepest defender should be just outside the area.
- The blue midfielder (A), passes the ball to player B. Once the pass has been made, this is the trigger for defender 1 and 2 to start moving to defend.

Activity: 2 vs 2 Attacking Transition



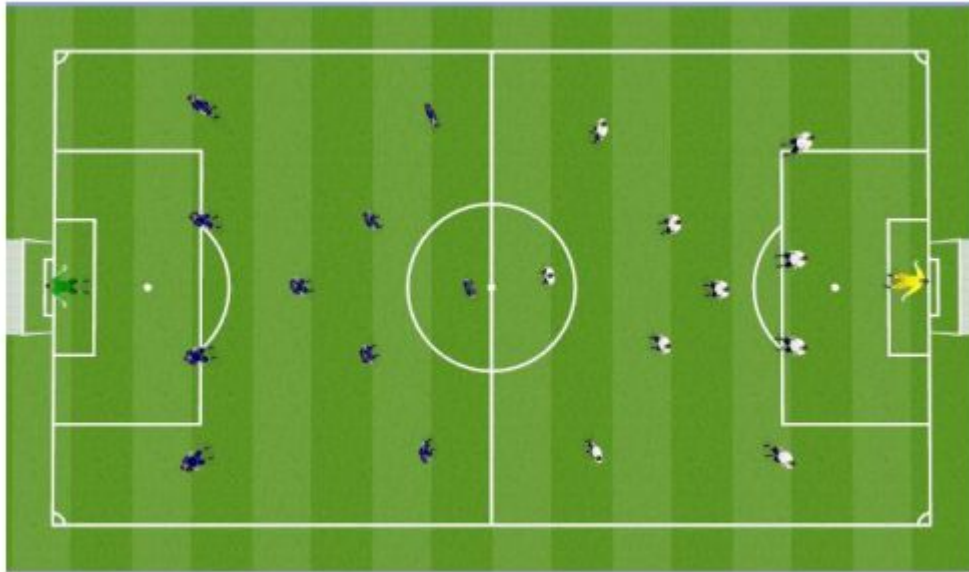
- When player B gets the ball, the 2 attackers B and C now attack against player 2. Player B attacks the space and shoots, or passes to player C. Player 1 tries to get back and help defend.
- If a defender makes an interception, they score in either of the small goals.



Week 8: Session 15



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game 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 and King Of The Ring

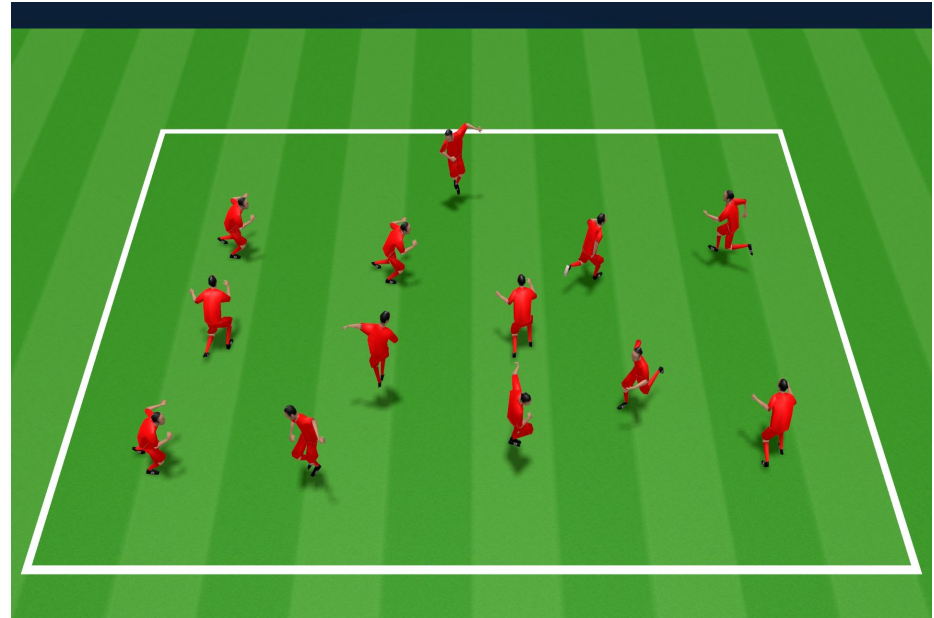
Discovery Game: Get a Cross In

Activity: 4 vs 2 Change the Point Of Attack

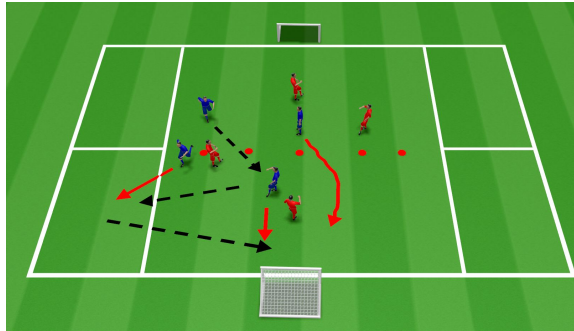
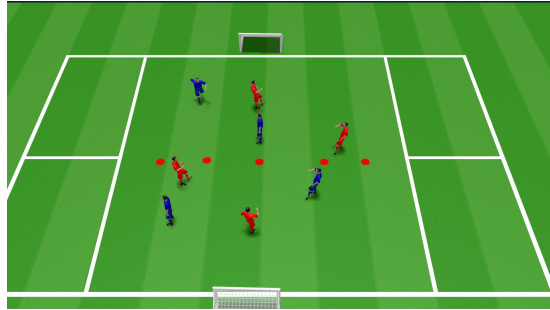
Full Game: 11 vs 11 if possible

Warm Up: Everyone Is It and King Of The Ring

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- 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.
- Once there is a winner, or a period of time, add a ball, and transition into 'king of the ring', where player knock out the balls of other players, while protecting their own.



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

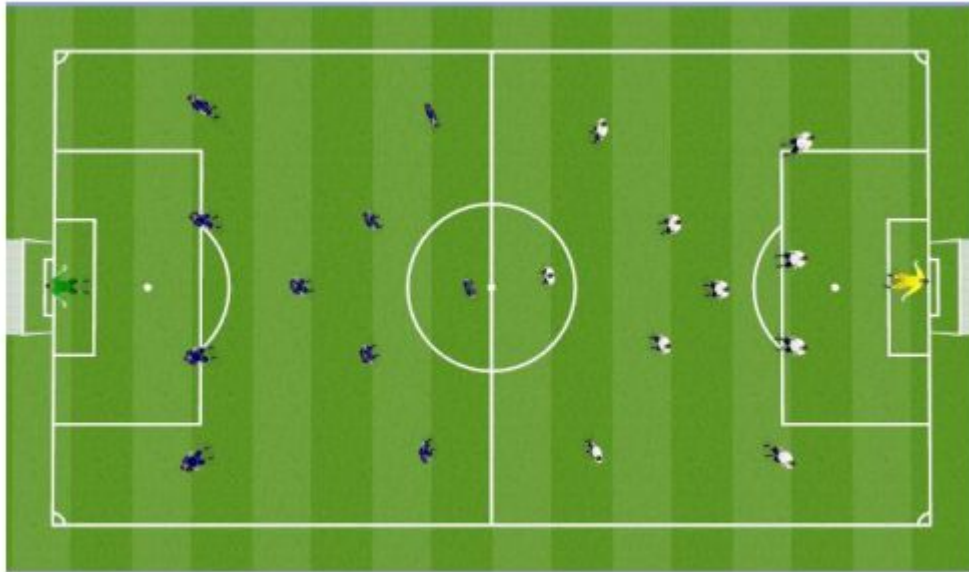


- The White team attempts to score on the larger goal. The Blue team tries to score in the 2 mini goals.
- The play starts from the server, who serves to either of the white players. On the pass the 2 Blue defenders are triggered to try and steal the ball.
- The Whites can use the server as a reset option
- 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: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game 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: Numbers and Groups

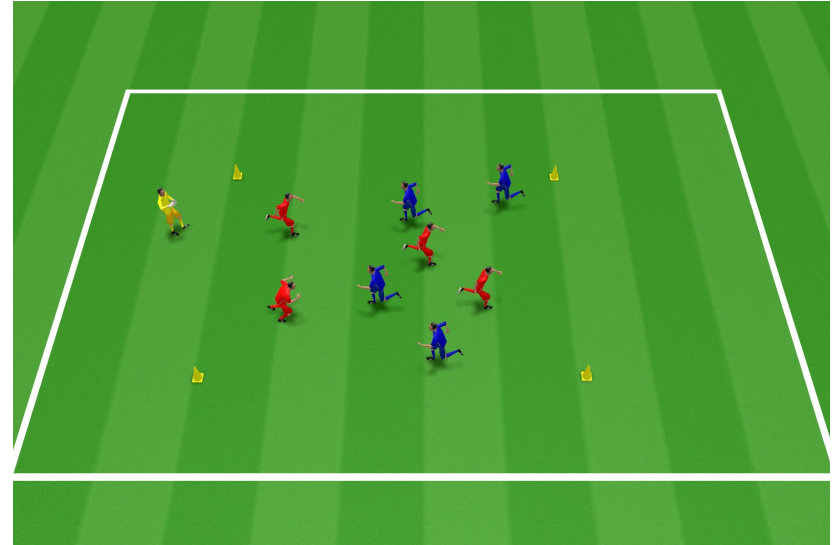
Discovery Game: Lay Of To Shoot

Activity: Shoot On Sight

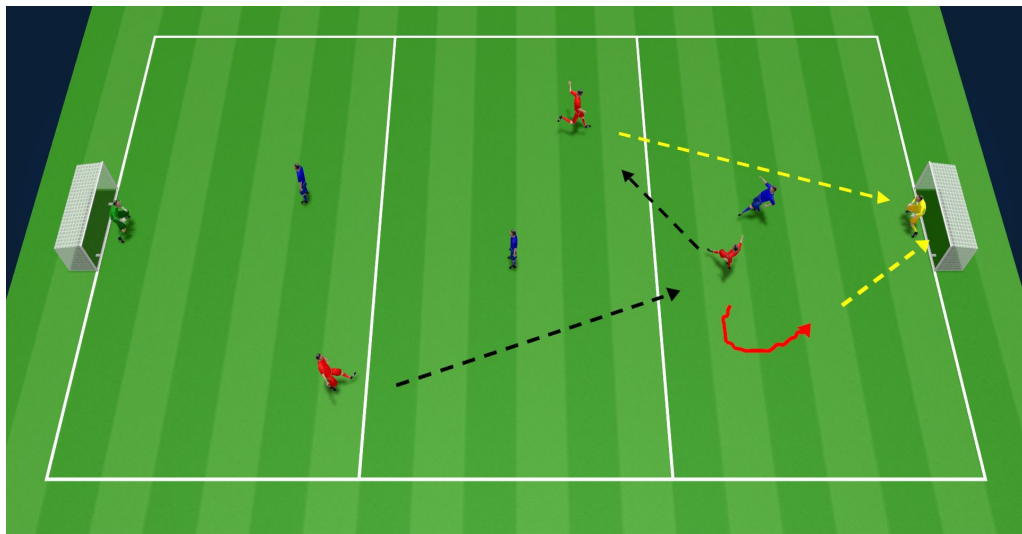
Full Game: 11 vs 11 if possible

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.
- Add a ball and repeat.

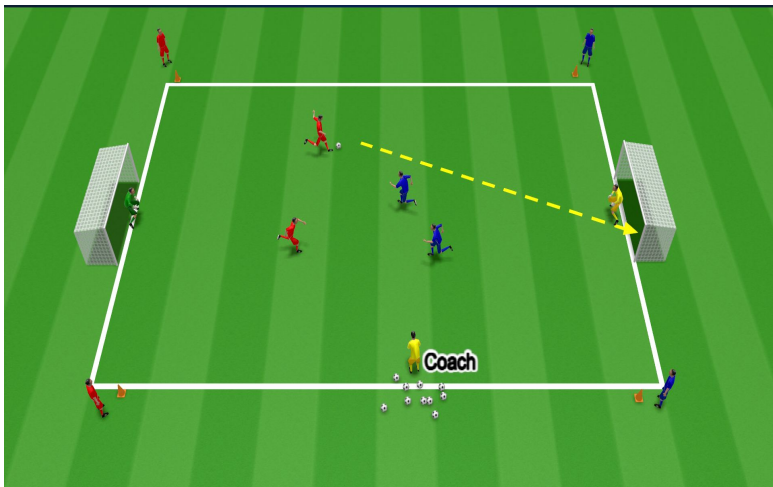


Discovery Game: Lay Off To Shoot



- Play 3 vs 3 or 4 vs 4
- 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

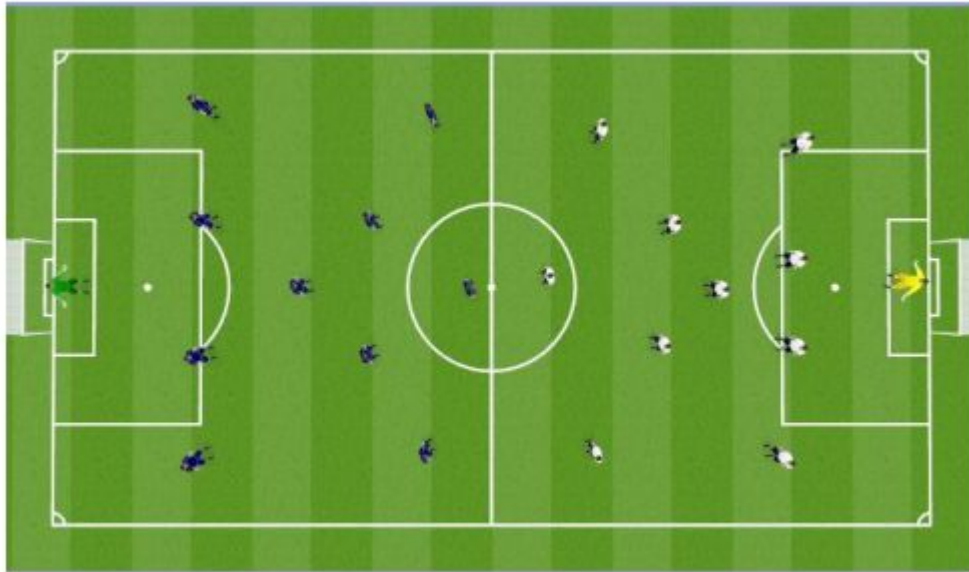


- Play 2 vs 2, with 1 goal to attack, and one goal to defend. Have 2 extra red players and 2 extra blue players off the field in opposite corners
- Have the coach with lots of balls somewhere close to the middle of the field. The coach throws the ball in, and whoever gets to it first are encourage to 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.
- Play balls in a row, before swapping to two new players.
- 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.
- 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: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game 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: Chase The Ace

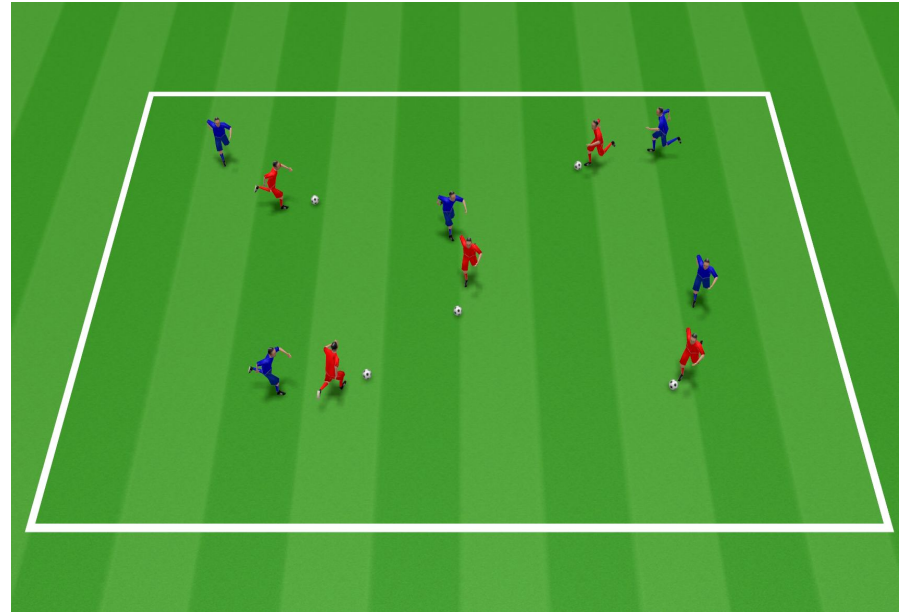
Discovery Game: Cross To Score

Activity: Set The Cross To Finish

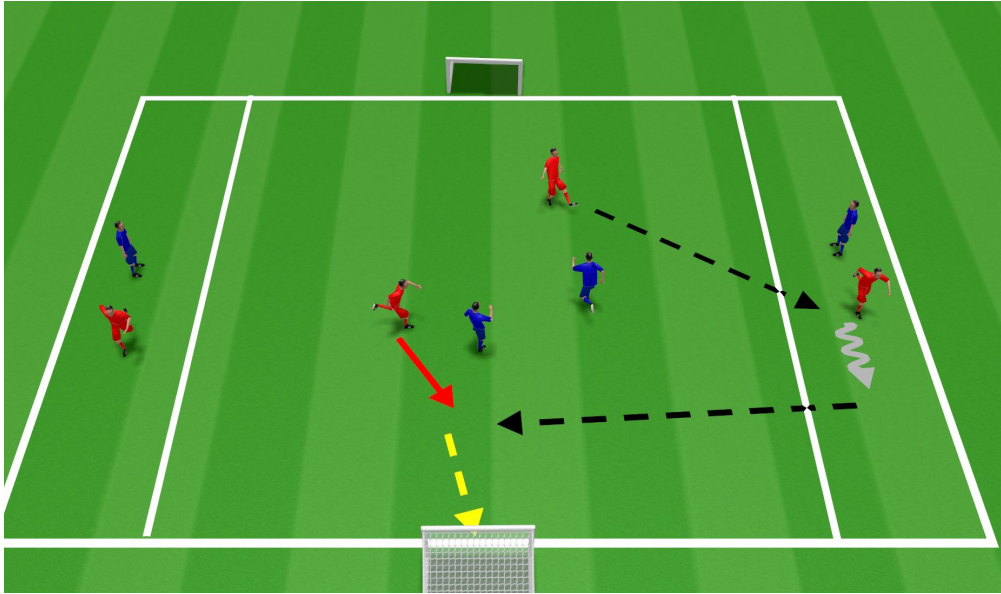
Full Game: 11 vs 11 if possible

Warm Up: Chase the Ace

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- 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

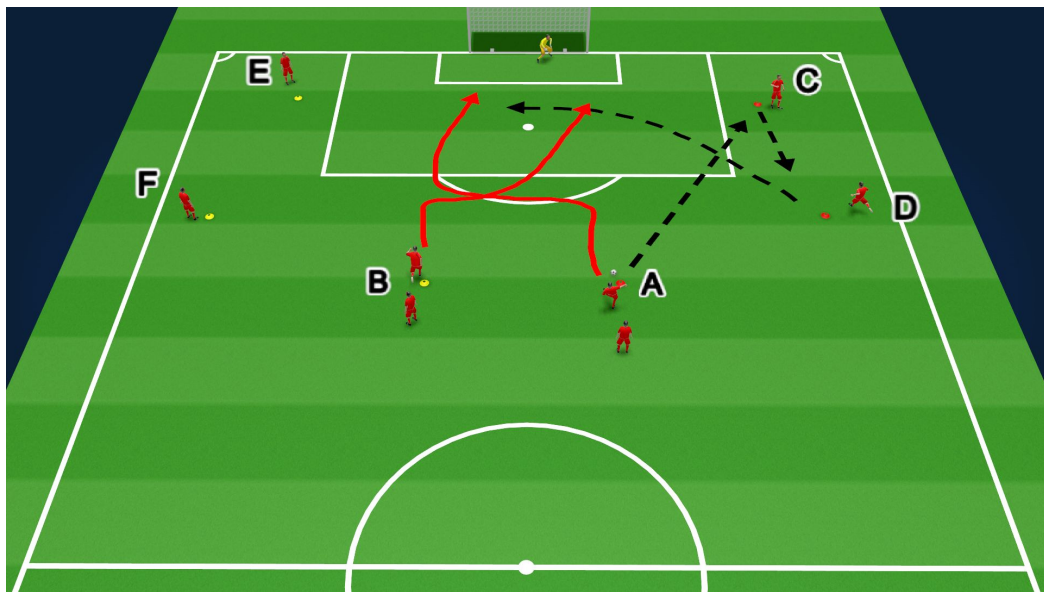


Discovery Game: Cross To Score



- 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. The wide players cannot tackle each other either.
- Play 2 vs 2 in the central area
- Teams can only score from a cross (and the direct play after it for a couple of seconds)
- Coach Emphasis: Can you vary the location, timing and direction of the cross to create?

Activity: Set the Cross and Finish

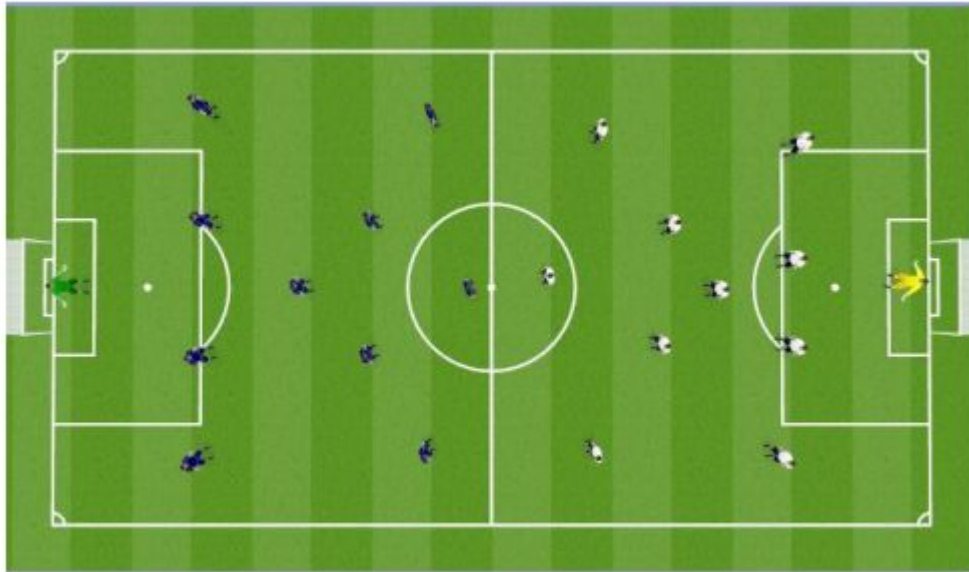


- Player A passes to Player C. Player C lays the ball off for Player D to cross.
- Players A and B make diagonal runs into the box, switching just outside of the box.
- Players A and B replace players C and D. Players C and D move to the back of cones A and B
- Variations: The initial pass can come from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

Week 9: Session 18



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game 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

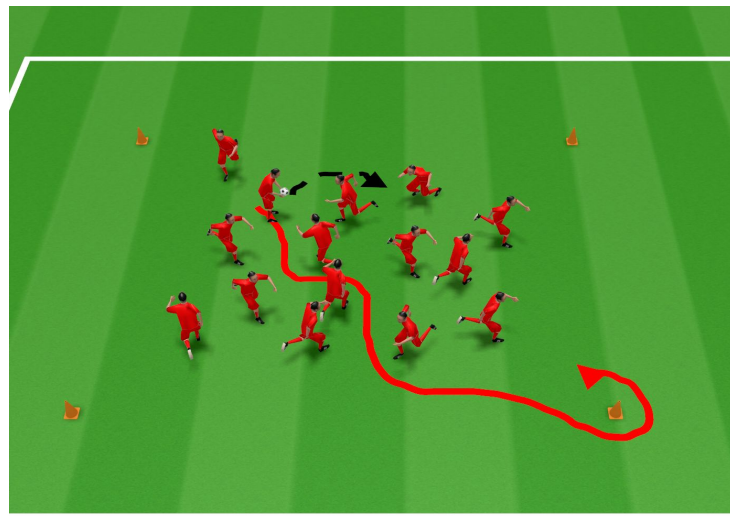
Discovery Game: Shooting @ Back To Back Goals

Activity: Y Combination To Shoot

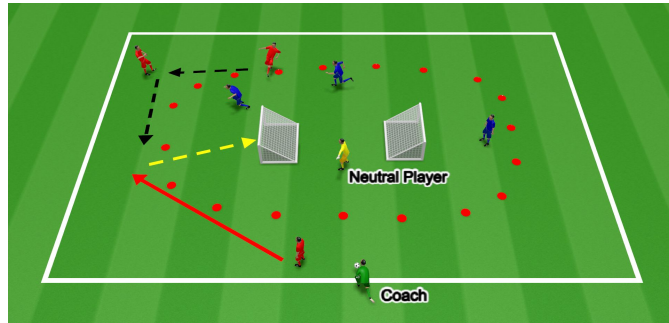
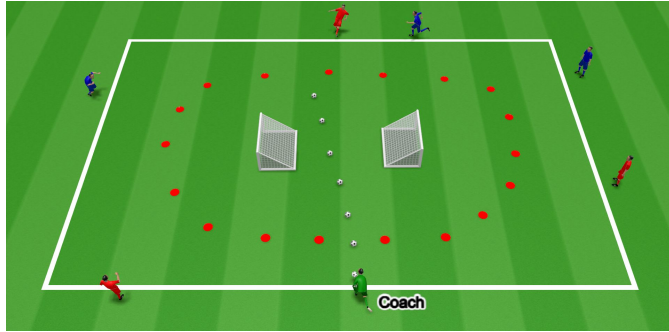
Full Game: 11 vs 11 if possible

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..
- After doing this, get the players in 3's and have them passing and moving around the space in their group

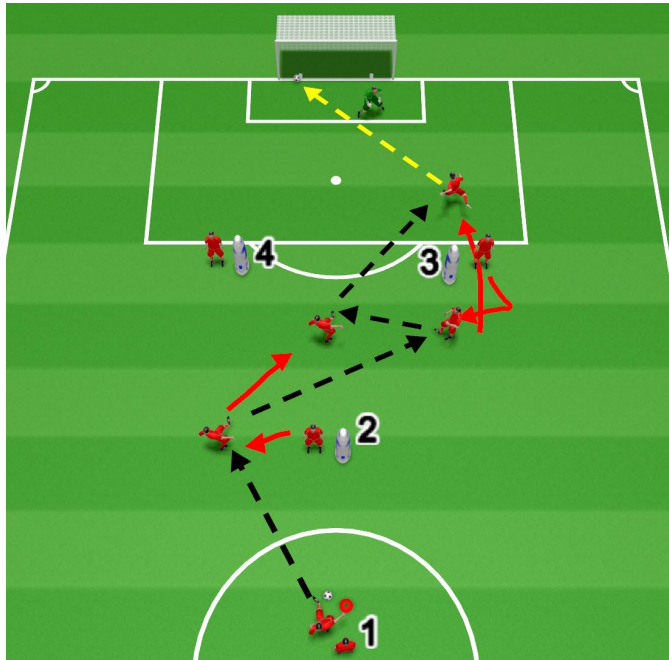


Discovery Game: Shooting @ Back to Back Goals



- 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: 'Y' Combination To Shoot

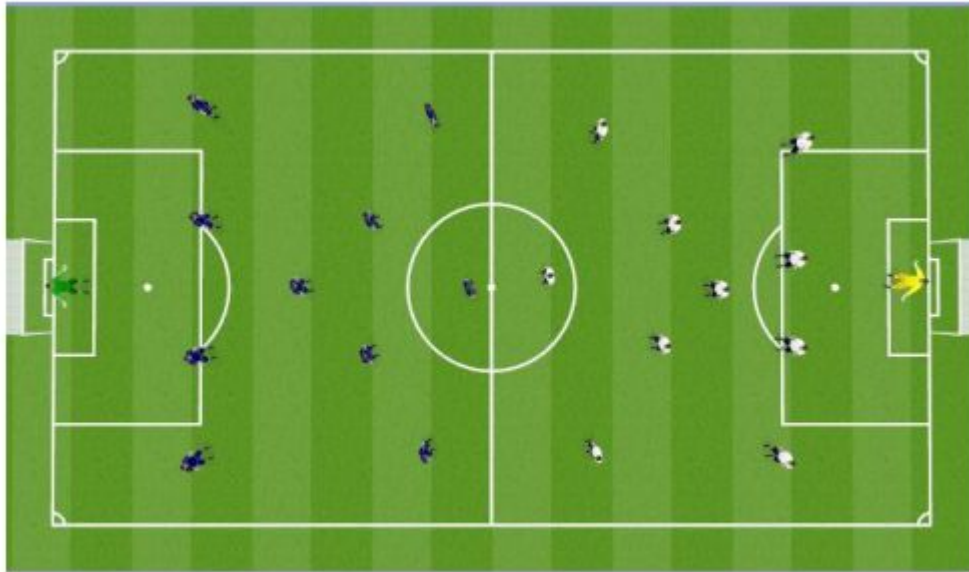


- Set up a 'Y' with cones at 1, 2, 3 and 4. Organise a group of 5 - 6 players. Have 1 player at cones 2, 3 and 4, and up to 3 players at cone 1.
- While this is a shooting drill, there is a lot scanning, moving and passing that happens prior to the shot.
- Player 1 passes to player 2 after player 2 gets separation. Player 2 passes to player 3 after player 3 gets separation (player 1 moves to cone #2). Player 3 sets the ball for players 2, then runs into the space behind cone 3. Player 2 passes to this space and player 3 shoots into the far corner. Player 2 moves to cone 3, and player 3 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 right, and player 2 now interacts with player 4.
- Variation. TAKE OUT cone 1 to reduce the number of passes if passing is limiting shooting practice. Have player 3 pass through the space to player 4. Players would then follow their passes.

Week 10: Session 19



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game 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: 3 man Passing Move To The Space

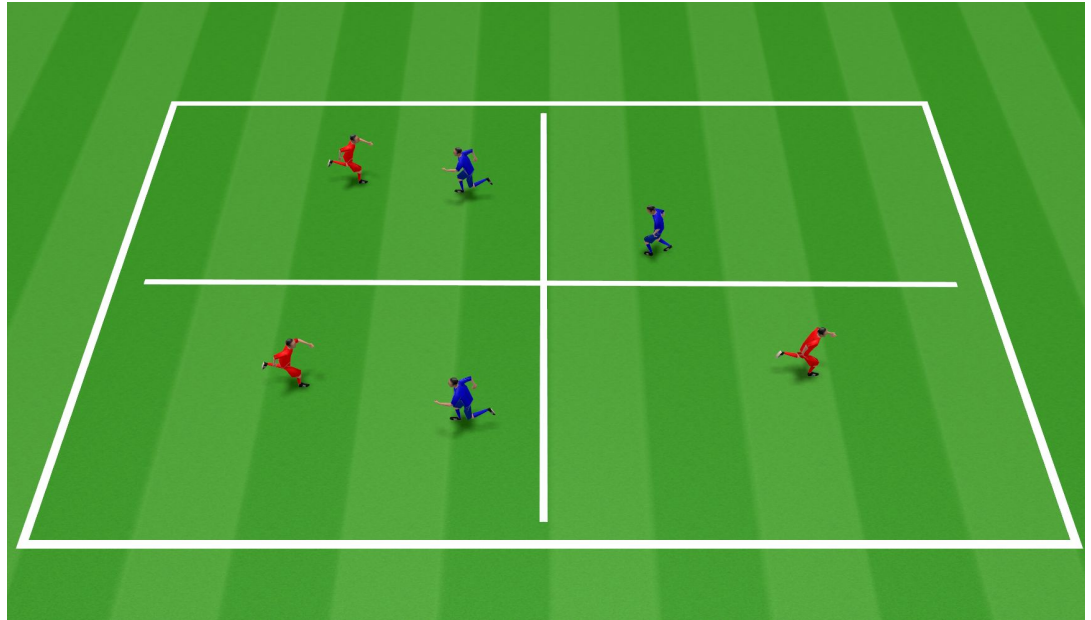
Discovery Game: Shooting @ Back To Back Goals

Activity: Y Combination To Shoot

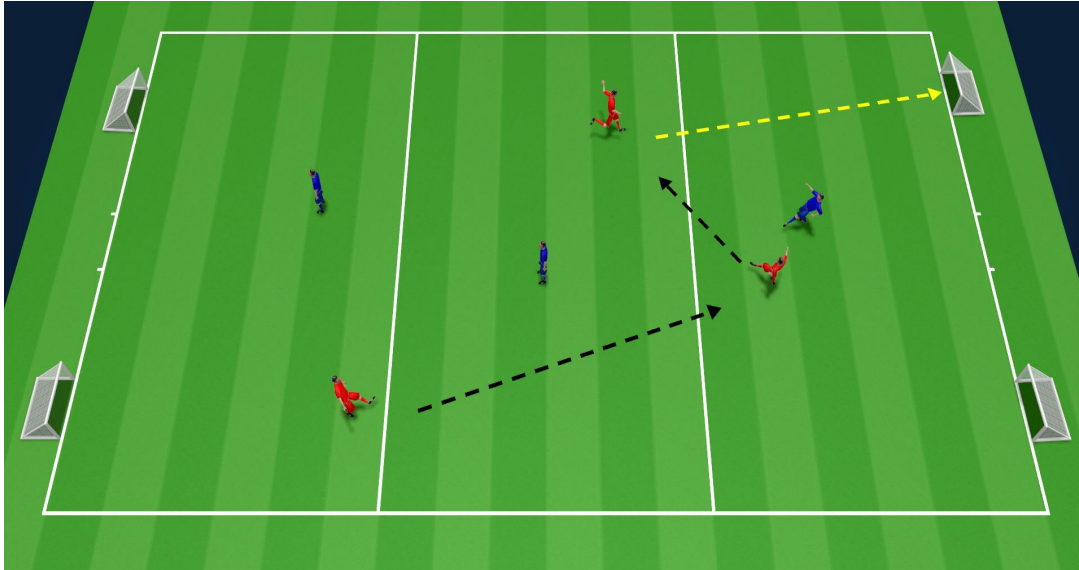
Full Game: 11 vs 11 if possible

Warm Up: 3 Man Passing Moving to the Vacant Quadrant

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- 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.

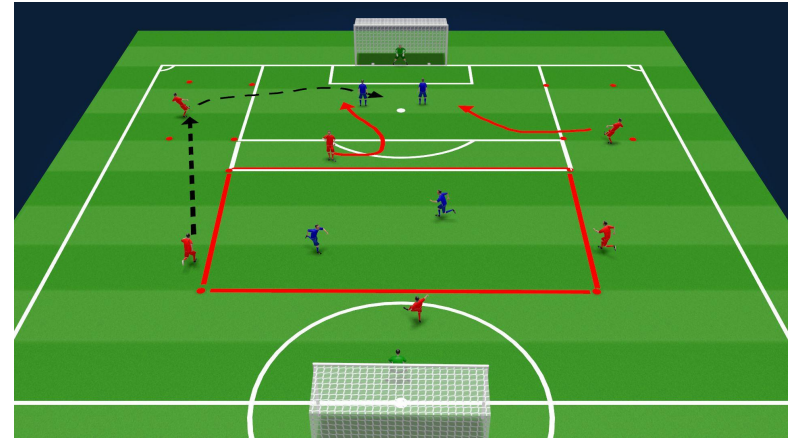
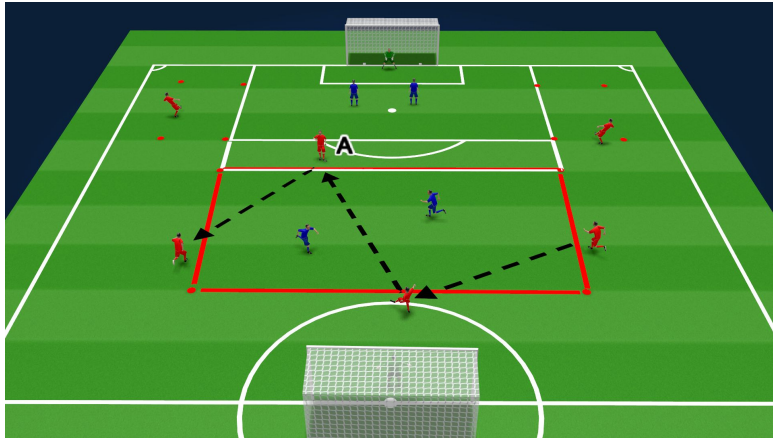


Discovery Game: Lay Off To Score



- 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: 4 vs 2 Break Wide to Cross and Finish

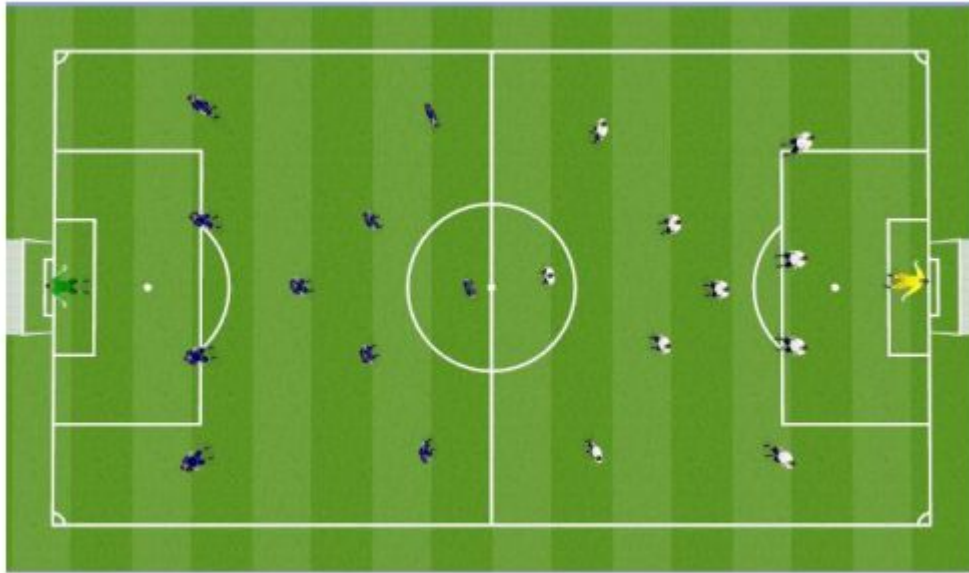


- In the red square, the 4 red players attempt to make three passes vs the two blues. If the reds make three passes, they pass the ball wide to the wingers. If the Blues intercept, they shoot to score as quickly as possible.
- As the ball moves to the winger, player A and the opposite winger, enter the box.
- The winger take 2 touches to get a cross in for the attackers to shoot.
- Coach Emphasis: Create angles, practice accurate passing, make diagonal runs into the box

Week 10: Session 20



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions**

Offside Session



Technical Competency: Vision and awareness, passing skills, positioning

Player Habit: Scanning, speed, positive play

Game Principle: Mobility, space, penetration

Moment of the game: Attacking organisation

Warm up: Handball Headball

Discovery Game: Playing Between The Lines

Activity: 4 vs 4 (4 vs 3 +GK: Offside)

Full Game: 11 vs 11 if possible

Core Offside Rule (FIFA/NLSA Law 11)

A player is in an offside position if any part of their head, body, or feet (excluding arms and hands) is in the opponent's half of the pitch and closer to the opponents' goal line than both the ball and the second-last opponent.

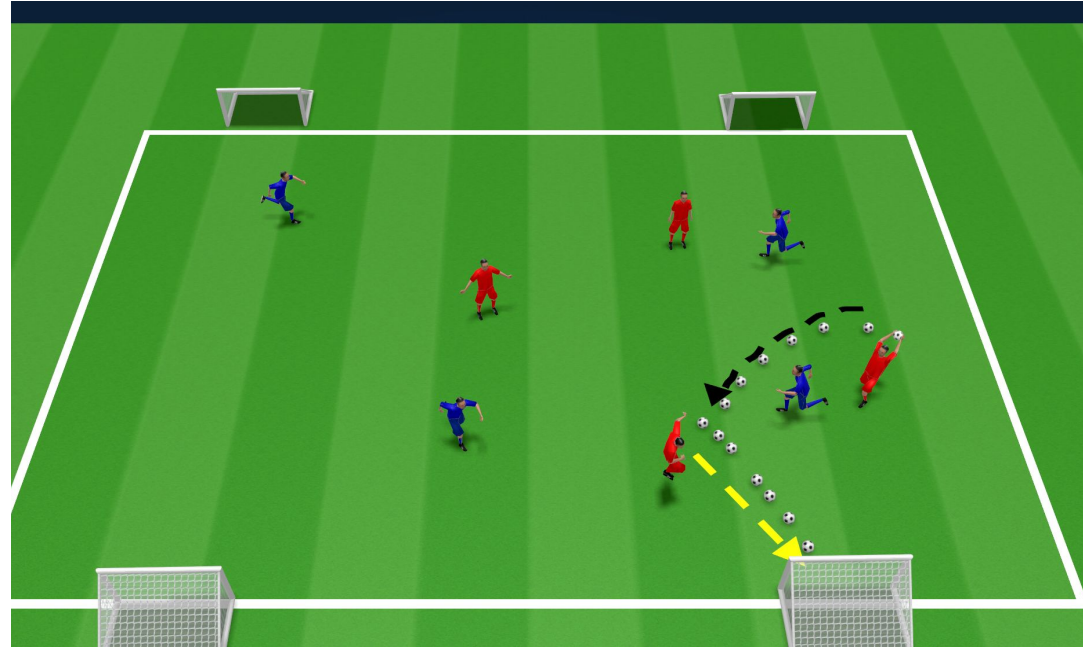
- **Offside Offence:** A player is only penalized if they are in an offside position and, at the moment the ball is played by a teammate, they become actively involved in play by interfering with play, interfering with an opponent, or gaining an advantage.
- **No Offside Position:** A player is not in an offside position if they are in their own half of the field.
- **No Offside Offence:** A player cannot be offside directly from a goal kick, throw-in, or corner kick.

Offside Session

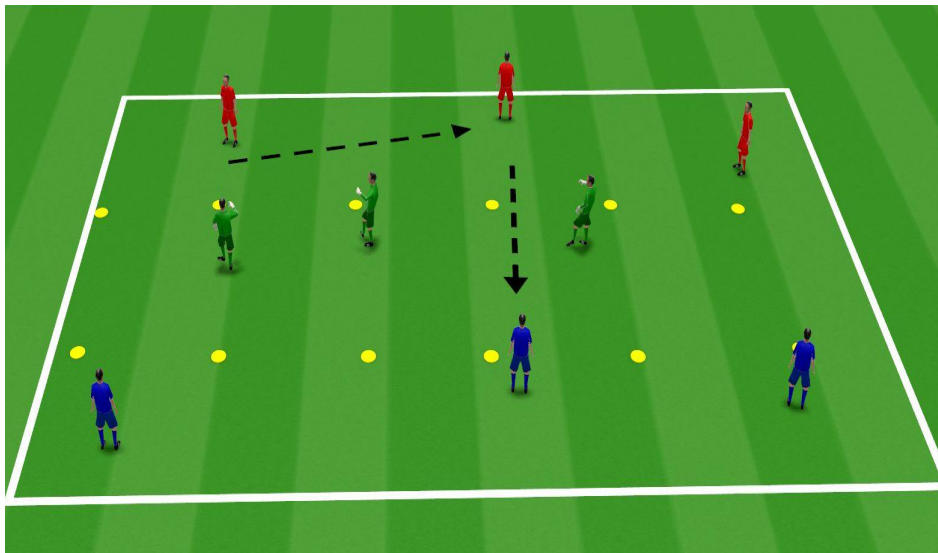


Warm Up: Handball Headball

- Complete some gentler jogging and dynamic stretching, or a traditional warm up like that shown on slide 23 first.
- 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: Playing Between The Lines

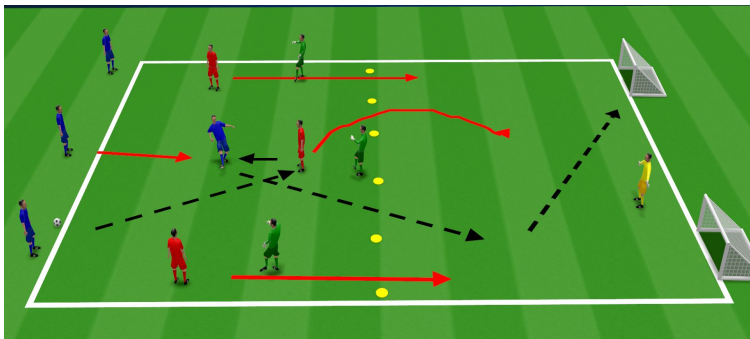


- Three Reds combine their passes and movement to pass between the Green defenders to the blue team. Once the Blue's get the ball, they try to continue the idea by passing and moving to get into a position to pass back through the Greens to the Reds.
- Each successful pass equals 1 pt. for the attackers (Red and Blue). Each successful interception is one pt. for the defenders.
- Play for a period of time, check the score. The losing team does 10 burpees. Swap the defenders. with the Blue and Reds
- Vary the activity by having the defenders swap with the attackers if they make an interception.

Offside Session



Activity: 4 vs 4 (4 vs 3 + GK - Offside)



- Blues pass into the reds who must be positioned on the 'blue team side' of the last defender. Red passes back and blues play a pass through the spaces between defenders. The reds can't move passed the greens until the pass is made.
- The greens are passive defenders in front of their gate to start with. The GK tries to defend both goals.

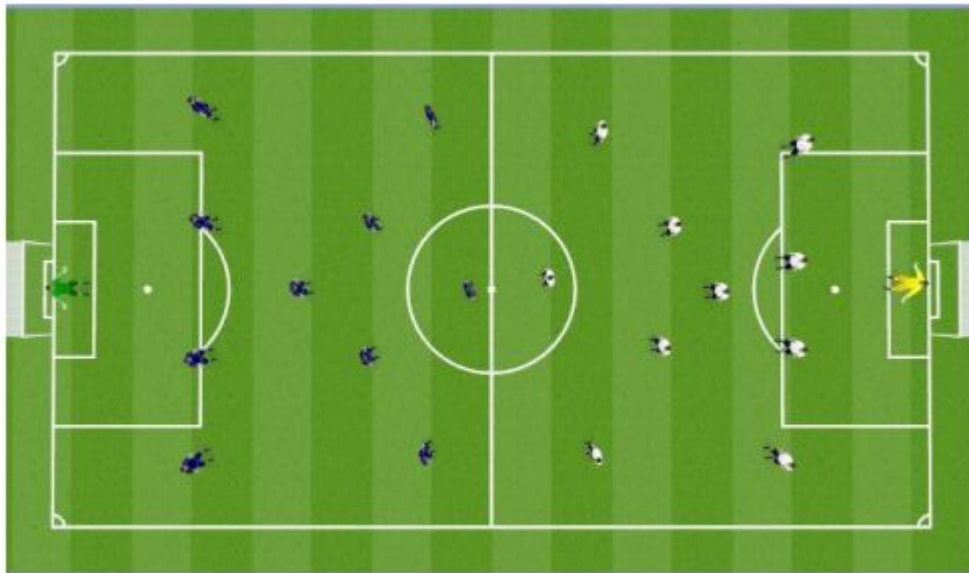
Progressions - Defenders are active on the left of the yellow cones. 1 defender can recover to try to tackle attacker. Defenders are fully active.

- Once the attack is completed, the Blue replace the Reds, Reds move to defend and the Green move to the end of the field
- Emphasize playing to forward who sets to midfield to pass through the defense, use quick combinations using extra player, use J or hook runs outside before running in behind, and using different types of passes, curled, back spin, angled. If dribbling, attack the defense at pace.
- Defending - (once fully active) try to keep compact and press if opportunity presents itself.

Offside Session



Session 1: A Full Game: 11 sv 11



- **11v11 Game**
- **Set Up: Full Field, Fifa Rules**
- **Limited Coaching: Avoid stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions**