

INDOOR TRAINING FORMAT GUIDE



- Guidelines for Explosion Coaches for best practices in how to structure a session.
- This guide will describe;
 - Session Style & Common Philosophy
 - Session structures with timings for all age groups
 - Key elements for success in various formats (Fun Activity/Technical Practice/SSG)
 - Example sessions with adaptations and insights
 - The Laddering Concept



Our Identity, Our style

fun

Fast paced

- When an outsider walks into an Explosion session what will they see.....
- Will they see a common thread (philosophy) that runs throughout all of our teams.....
- Our players must constantly, relentlessly.....

MOVE→

TOUCH←



high intensity

competitive

Focussed

tight playing areas

HOW DO WE ACHIEVE AN IDENTITY?

THE FUTURE

- Use **every second** of the session!
- Quick and energetic warm ups involving **the ball**.
- Sessions with a **theme**! Players with a focus!
- CLARITY for players! **SIMPLE** activities so players are free to play and not ask questions!
- **NO LINE UPS** – multiple small groups using every inch of space available!
- **TRANSITIONAL ALWAYS** - play never stops until the ball goes out!
- Let them play – Tonnes of **3v3 and 4v4**! It has everything they need – ALL AGES!

THE PAST

- Pre Session – players standing waiting to shoot on 1 Goalkeeper or players standing around chatting on the field.
- Complicated drills with lots of coach instruction
- Mindless passing/dribbling sequences
- Players going through the motions

MOVE

THE LOOK & FEEL

TOUCH

players talking

Celebrating goals

Positive coaches

Lots
of
balls

MOVE – At the end players should have red faces and sweaty heads (because they have been moving a LOT and have spent an hour getting lots of **TOUCHes** (ball each or minimise group sizes and resting/inactive players) and being exposed to shrunk down versions of the REAL game that they love to **PLAY** – activities are designed to expose the players to situations that require decisions and skills and problem solving – can be in the form of fun activities such as “TROLL” game for U8 and U10 or for older ages opposed technical practices such as 1v1 where players must compete and execute a skill against an opponent in a drill which has transitions and targets or scoring opportunities for both attacker and defender.

engaged

Sounds of... squeaking feet

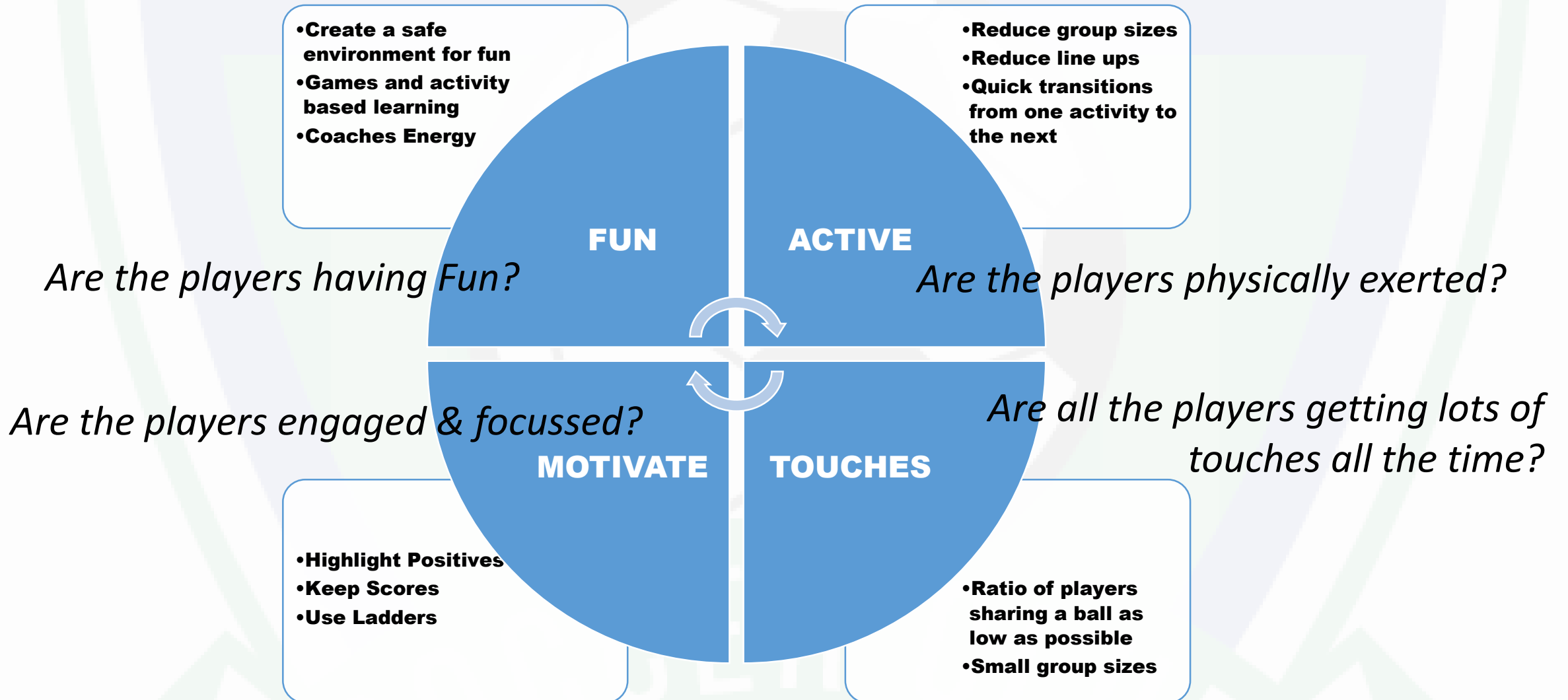
challenging

sweat

competing



Coaches SESSION Checklist - ALWAYS ask yourself.....



The “TRAINING FORMAT”

Practice Format refers to the type of drill, game or activity the players are being asked to participate in. At highest levels of play there are many formats such as Phase of Play, functional Practice, Shadow Play etc. For PYSA at our various levels of age and stage of development there are three key training formats that should be employed.

Fun Activities are games designed to teach implicitly. Games are designed to pose problems similar to the game of soccer and challenge techniques and decision making. The focus is purely fun competition however the players will be learning through doing! There should be a high ratio of balls to players (usually a ball each or a ball between two/three).



All Physical Outcomes can be realised through the three key formats.

Stations



■ 3v3+ SSG ■ Technical practice ■ Fun Activity

THE GAME itself is the best teacher. Small Sided Games could be a minimum of 3v3 for the game in its simplest form. Variations in the field dimensions and conditions can be used to provide different challenges to the players. A fundamental requirement is that there are target(s) at both ends of the teams to score at. No positions are required when playing 5v5 or less.

Technical Practice includes small group play; fun activities, unopposed play, passive opposition, opposed 1v1, 2v1, 2v2+ play. These practices are designed to enable the players to work on specific technique(s). Game realism is key. There should always be a target for both the attacker and defender and play should never stop until a goal or the ball goes out.

MAXIMISING TOUCHES ON THE BALL

The keys to maximising Touches;

- Organisation – having next activity prepared in advance so you can smoothly and quickly transition from one to another
 - Pinnies ready
 - Cones / Goals set up ready to go
- Small Group sizes for Technical Opposed work
 - Eg If you have 12 players 1v1's can be done with 3 groups of 4 players. With 4 players per group 2 players are playing while 2 are resting, rather than 1 big group with 10 players inactive.
- Include Mini Games rather than just full field Small Sided Games
 - With 12 players play two mini 3v3 games on a half sized field should be used at least half of your game time!



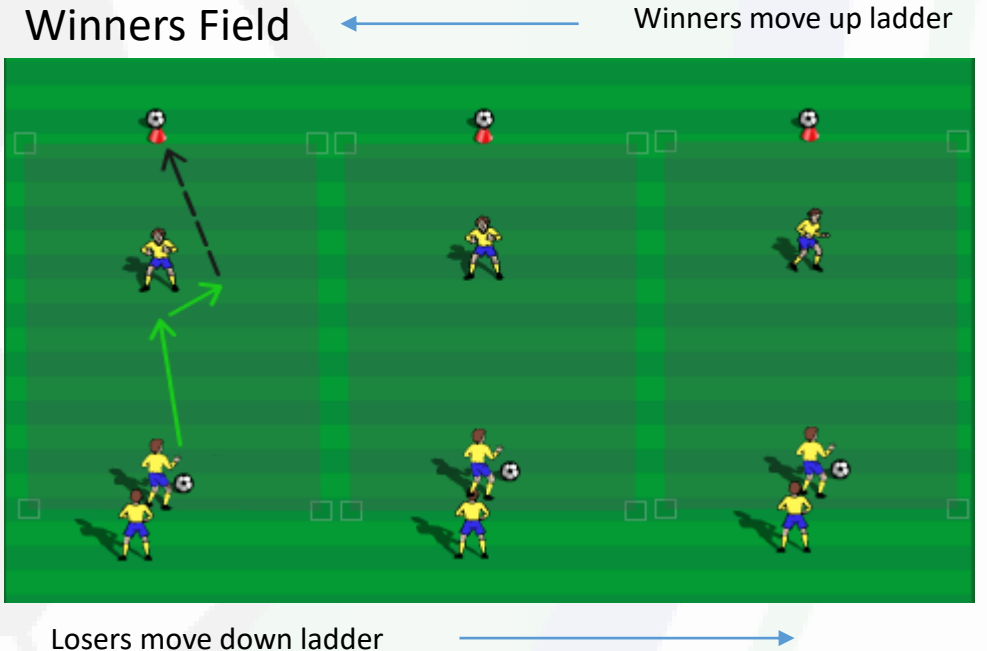
THE LADDERING CONCEPT

“One of the best tools for motivating youth players”

Consider a simple 1v1 activity like the one shown. Attacker must knock ball of cone to get a point. In order for the defender to switch roles they must either force the attacker to make a mistake and run the ball out the side of the field or win it back and connect a pass to the resting player. In itself a fun and challenging drill.

Tell the players to keep a record of their own personal score. After a couple of minutes ask each group to figure out who was top and bottom. Then have them move up and down the ladder as shown. All of a sudden the players are more motivated to win and focus.

If you combine this with a game structured and set up with proper rules and conditions to bring alive the theme then you have hit the jackpot – SPECIFIC DELIBERATE PRACTICE!



....at the top of the ladder if you keep winning you remain, if you keep losing at the bottom you remain there. This can be done with two groups or unlimited groups. This motivates players and groups players of like ability together!

Session Structure

U8 – FUN + Learning.....*Learning is a sub-conscious bi-product*

Format	Time	Description	Notes
Arrival	5 minutes	Ball work tasks	Eg Player & ball, Ball & Wall, Pairs and wall. Also forms first part of the warm up with Game Related movements
Part 1: Warm Up	5 minutes	Movement & Soccer Co-ordination & Technique	Technical Unopposed component, ball each or between two, maximise touches
Part 2: Fun Activity & Technical Practice (opposed)	8 - 10 minutes	Technique will be learned through playing the fun activity & Movement & Soccer Co-ordination	For U8 do more fun activities & use occasional opposed Technical Practices such as 1v1 or 2v2. Ratio 3 fun activity days to 1 technical practice day. (3 Fun : 1 Learning) Activities designed to encourage use of fundamental soccer skills. Lots of balls involved. If playing elimination game come up with tasks for players when knocked out!
Part 3: Min & Full Games (SSG)	15 minutes + 15 minutes	a) Reduced games 2v2 or 3v3 + optional b) Full Field game 5v5 or 6v6.	Split gym down the middle & play cross ways to have two fields simultaneously. Play 3v3 with no GK, or 4v4 as 3v3 + GK. For full field game - No Retreat Lines in SSG, no positions in games & Have a GK in goal ie 5v5 = GK + 4v4

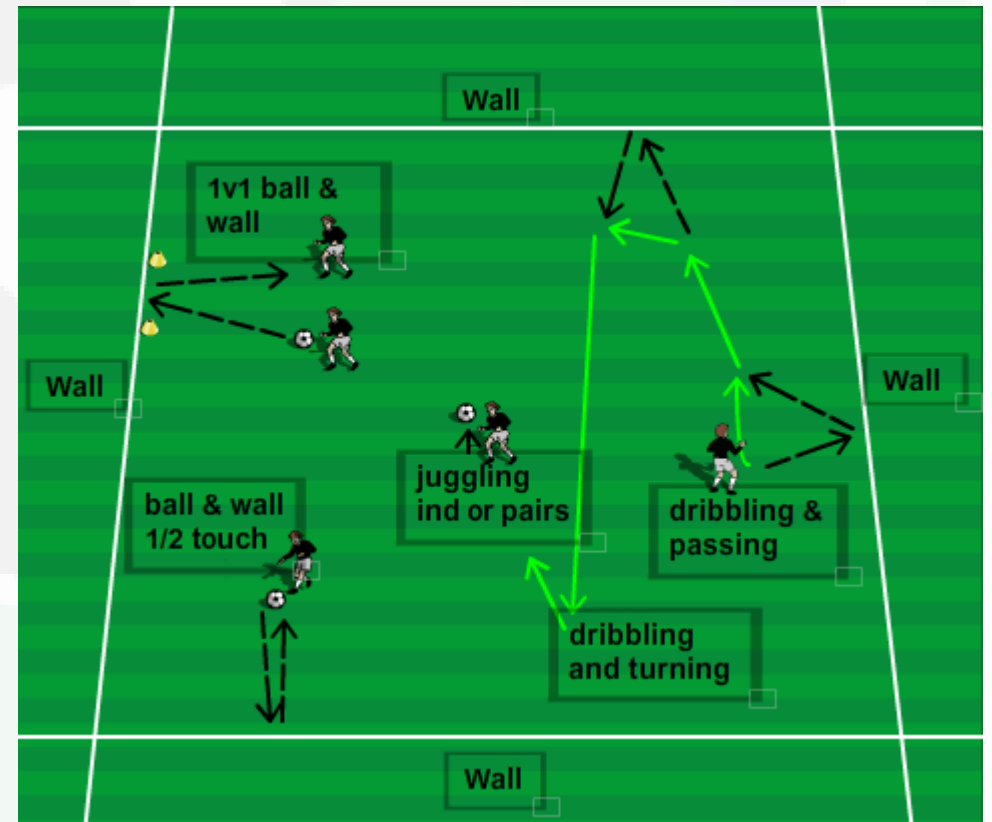
Session Structure

U10 – FUN & LEARNING*always both together*

Format	Time	Description	Notes
Arrival	5 minutes	Ball work tasks	Eg Player & ball, Ball & Wall, Pairs and wall. Also forms first part of the warm up with Game Related movements
Part 1: Warm Up	10 minutes	Movement & Soccer Co-ordination & Technique	Technical Unopposed component, repetition of techniques relating to theme (Occasional sessions can also include intro dynamic stretching in between ball touches)
Part 2: Fun Activity & Technical Practice (opposed)	10 - 20 minutes	Technique will be learned through playing the fun activity or through competitive opposed practices & Movement & Soccer Co-ordination	Ratio somewhere between 3 : 1 >>> 2 : 2 (3 fun activity days to 1 technical practice day or 2 Fun : 2 Learning). For U10 Weekly 1 session could include a fun activity and the other an opposed practice with 2v1 or 3v2. All players active, Bring games to life through sparking players imagination with a story to the game. Activities designed to encourage use of fundamental soccer skills. Lots of balls involved. If playing elimination game come up with tasks for players when knocked out!
Part 3: Min & Full Games (SSG)	25 minutes +	a) Reduced games 2v2, 3v3 4v4) + optional b) Max Gym 6v6, Pplex 5v5.	Split gym down the middle & play cross ways to have two fields simultaneously. Play 3v3 with no GK. For full field game - No Retreat Lines in SSG, no positions in games & Have a GK in goal ie 5v5 = GK + 4v4.

PRE SESSION - U8/10 – Example Arrival – Theme Passing (5 mins)

- Players are given one or multiple options from the tasks in the diagram
 - For a passing session choose the ball and wall activities and dribbling and passing activity
- Some require a ball each, others 1 ball between 2
- Keeps the players active while everyone arrives, and gives additional time for the coach to get organised
- In 5 minutes a player should get 300 to 600 ball touches or possibly more!



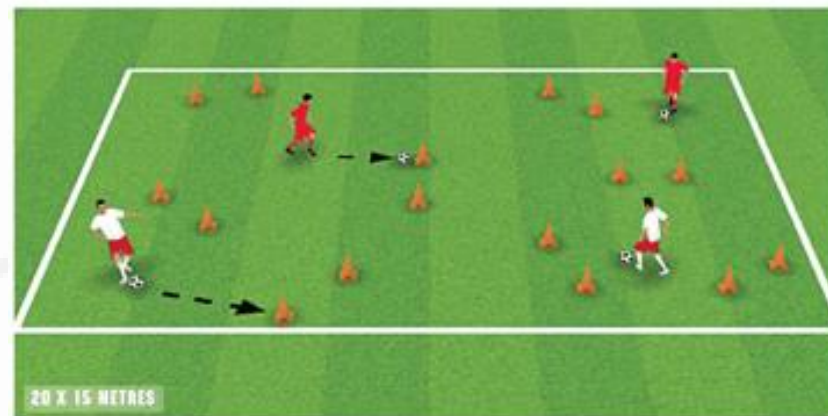
Prt 1 - U8/10 – Example Warm Up – Theme Passing (5 mins)

- With a Passing theme you would skip straight to the 2 player version of this activity
- Simple instruction and get the players passing and moving.
- U10's Stretching can occur at intervals on the coaches command "Leave the balls and stretch" or can ask the players to stretch every time after they make a pass while there partner dribbles around.
- Have a little competition – have the players keep count of how many times their ball hit a cone or player
- You don't have to use the rules given, for instance you might change it so the objective is to pass the balls through the gates

PASSING & CONTROL (2 Player version)

ACTIVITY 1: "SHARK ISLAND"

IMAGINE YOU'RE ON AN ISLAND SURROUNDED BY SHARK-INFESTED WATERS.



SET UP:

- Up to 12 players, each with a ball.

INSTRUCTIONS:

- "Go!" – use your feet to move the ball around the island, trying not to touch a cone or fall off into the water.
- "Pass!" – Use your foot to pass the ball and try to knock over the cones. Try to knock them all down (in 30 seconds).

OPTIONS:

- In pairs, with one ball between them. "Pass!" – use your foot to pass the ball to your partner on another part of the island, without knocking over any cones.
- Pass back and forth with your partner as many times as you can (in 30 seconds) without knocking over any cones or falling off the island.

Prt 2 - U8/10 – Example Fun Activity – Theme Passing (10 mins)

- In the team version of this game players will be required to pass while on the move, get their heads up, pass to hit stationary player and pass to hit moving players.
- Also for the players that are stuck in the quicksand they are required to TALK to ask for help.
- This is a perfect example of let the game be the teacher. Just make sure they understand the rules and then let them have fun and enjoy it with them! Keep score and praise the good!

COORDINATION—DRIBBLING & PASSING (Team version) ACTIVITY 4: "QUICKSAND"



SET UP:

- Up to 12 players.
- Have the parents form a large circle, with one parent or coach inside it.

INSTRUCTIONS:

- "Goal" – the coach/parent inside the circle is the "tagger." Run around the island and try not to get tagged. If you do, you're stuck in quicksand until a teammate crawls through your legs to set you free. Keep your head up and make sure not to bump into anyone, and don't fall off the island!

OPTIONS:

- Run around with a ball in your hands, or bounce the ball as you run.
- "Dribble!" – use your feet to move the ball. Pass the ball through your teammates' legs to free them from the quicksand.

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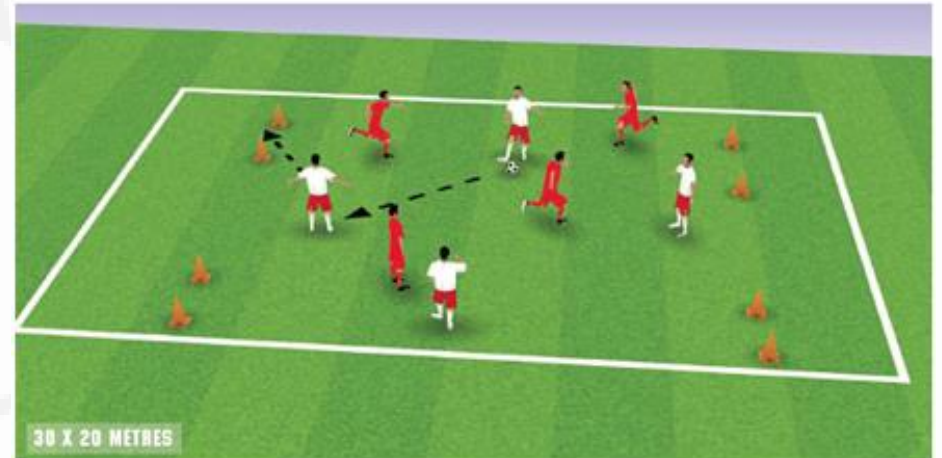
Variations

- As shown above but every player has a ball, if the coach tags them they are stuck and must stand with their legs wide apart and shout for help, then they can be set free if someone else passes a ball through their legs
- As shown above but the coach has a ball and tries to pass a ball to hit them below the knee to freeze them
- U7+ TEAM VERSION – BEST VERSION! If you have multiple colours then give one colour only soccer balls. That team must try to hit the rest with the ball below the knee. If they get hit they are stuck and must stand with their legs wide apart and shout for help, then they can be set free if one of their team mates crawls through their legs

Prt 3 - U8/10 – Example SSG – Theme Passing (25 mins)

- With 12 players split them into 4 teams of 3.
- Set up 2 fields by splitting the gym in two and playing crossways
- This enables the players to get more touches and you can have everyone playing rather than play 5v5 and have 2 sitting out.
- If you have odd numbers introduce 1 player in a different colour as a neutral player that always plays with the team in possession, or just play 4v3 rather than having a sub.
- To encourage passing you could try putting a condition of maximum 3 touches with the U10's (not U8's)
- KEEP SCORE! Designate 1 field as the winner field. Move the winning teams after each 5 minute game across to the same field to play each other

SMALL-SIDED GAMES—PASSING ACTIVITY 1: “GATE PASS”



SET UP:

- Eight players, in 2 equal teams.
- Four corner gates marked out with cones.

INSTRUCTIONS:

- “Go!” – score a point by passing the ball through one of the other team's gates. When your team has the ball, work with your teammates in a triangle, with the two side players getting into space for a pass to support the teammate with the ball.

OPTIONS:

- Players must pass through the gate to a teammate (who receives it under control) to score a point.
- Add a 3rd gate in the middle of the field where either team can score.

Session Structure

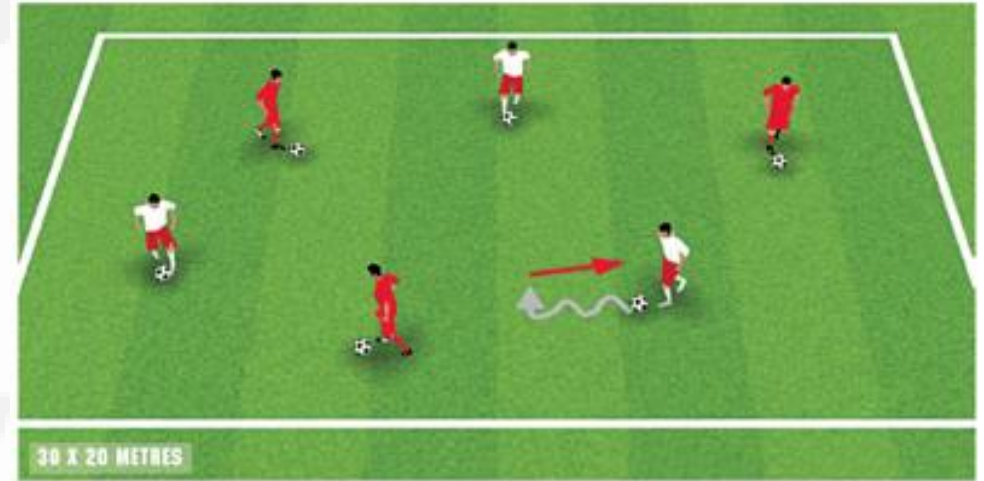
U12 –LEARNING & FUN*Focus on Learning but KEEP IT FUN*

Format 5v5	Time	Description	Notes
Arrival	2 - 5 minutes	Ball work tasks	Player & ball, Ball & Wall, Pairs and wall. . Also forms first part of the warm up with Game Related movements
Part 1: Warm Up	8 - 10 minutes	Movement & Soccer Co-ordination & Technique	Technical Unopposed component with dynamic stretching 1-2-3 quick steps between stretches high tempo stretching rhythm interwoven into ball work (passing, dribbling turning based on theme). Include a fun activity at the end here such as king of the ring if theme is progressing.
Part 2: Technical Practice (opposed) or Occasional Fun Activity	10 - 20 minutes	Technique (through opposed practice) 1v1, 2v1,2v2 or 3v2 to 3v3 & Movement & Soccer Co-ordination	Ratio 1 : 3 (1 fun activity day to 3 technical practice days). Key is include fun in warm up and ensure that Opposed practices are fun ie game realistic; Progressing themes 1v1 and 2v1, Passing and Mastery 2v1 to 3v3 Once every couple of weeks choose a Fun Activity designed to encourage use of fundamental soccer skills for the theme but ensure Ball each or between 2 or 3. Minimise group sizes, avoid lineups and inactivity. Players active, competitive edge in a fun way.
Part 3: Min & Full Games (SSG)	25 + minutes	a) 3v3 , 4v4 Reduced games for 12+ players (or add GK's extra). + optional b) Max Tplex 7v7 (= 6v6 plus GK's), Pplex 5v5, Gym 6v6	No Retreat Lines in SSG. No positions for 3v3 and 4v4 less. For Full Field games can sometimes introduce positions (GK, 2 Def, 2/3 Mf, 1/2 For) and the game should see players rotating in and out of positions in free play as they move on or off the ball. If this is not happening then go back to no positions – just let them play. See Also Wall Ball and Transitional Games!

Prt 1- U12 – Example Warm Up – Theme Progressing with the Ball (5 mins)

- With a Progressing theme you would choose a Dribbling activity but you can work on turning and running with the ball also within that.
- Simple instructions and get the players moving.
- Stretching can occur at intervals on the coaches command “SWITCH” means “Leave your ball and stretch before you go and get a different ball”.
- Have a little competition – have the players keep count of how many times their ball hit a cone or player and highlight players doing well
- You don’t have to use the rules given, for instance you might add to this by putting coloured cones in each corner and when you shout a colour the player race to that corner

GENERAL MOVEMENT & DRIBBLING ACTIVITY 2: “THINK FAST!”



SET UP:

- Up to 12 players, each with a ball.

INSTRUCTIONS:

- “Go!” – use your feet to move the ball around the field.
- “React as fast as you can!” 1. “Stop!” – use the bottom of your foot to stop the ball. 2. “Turn!” – put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction. Keep your head up and avoid bumping into anyone.

OPTIONS:

- “Step over!” – step over the ball and move it another direction.
- “Fake!” – pretend to pass or shoot, then continue dribbling.
- “Explode!” – change speed quickly and move the ball into an open area.

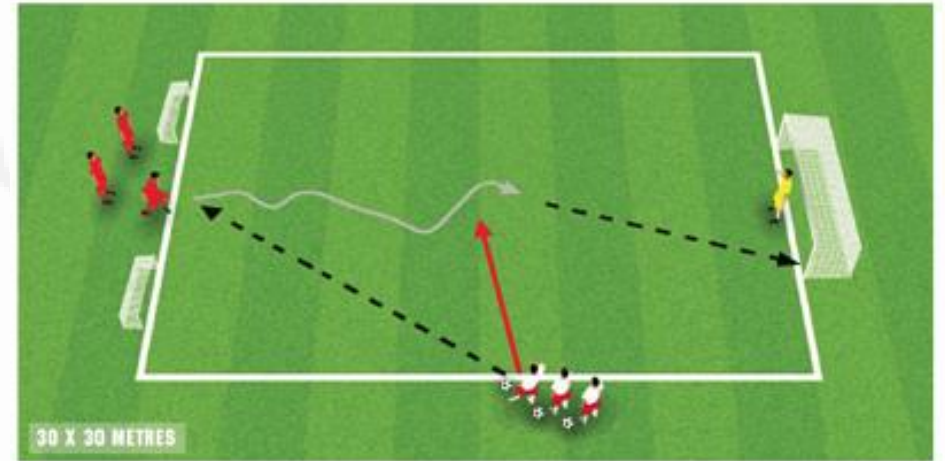
Prt 2 - U12 – Example Technical Practice – Theme Progressing with the Ball (15 mins)

- For this age we need to put the players in situations that resemble real situations in the game, where they are opposed and competing. So, Prioritise these type of opposed practices. Every now and then throw in a fun activity to keep it fun!
- Activities can finish with a shot on a goal with or without a GK, or a pass to hit a target area/ball on a cone/player.
- There should ALWAYS be transition ie in the is drill the defender has an objective when they win it (as opposed to the the play just stopping when the defender touches the ball. This way we train players to keep playing when they lose the ball transition and try to win it back right away.
- The key here is to get multiple groups doing the same activity and within each group the player competing against each other and keeping score. Then the coach can create a ladder where if players win the climb up and lose they move down....at the top of the ladder if you keep winning you remain, if you keep losing at the bottom you remain there. This can be done with two groups or unlimited groups. This motivates players and groups players of like ability together
- In this example a great practice would be 1v1 to finish with a shot on a GK. The diagram shows 2 lineups with 3 players. Instead of that you could make two separate groups of 3. so set up the drill twice! Then you can motivate the players by using a Ladder and creating a winners field!
- Use Conditions to encourage the theme. Example "You have to get across the ½ way line before you are allowed to shoot"

KEY ASPECT
TRANSITIONAL
DEFENDERS
ALWAYS HAVE
A TARGET AND
PLAY
CONITNUES
UNTIL BALL IS
OUT

TRAINING FORMAT GUIDE

SMALL-SIDED GAMES—DRIBBLING & ALL THEMES ACTIVITY 1: "ONE ON ONE" & 2 v 2 or 3 v 2



SET UP:

- Up to 12 players, working in pairs (1 attacker, 1 defender); 1 goalkeeper.
- One large goal; 2 smaller goals (or gates marked out with cones) at the opposite end of the field for defenders to aim for.

OPTIONS:

- If the defender wins the ball, he/she can dribble out or try to score a point by passing the ball into one of the two smaller goals.
- Add players to create a 2 v 2 or 3 v 3 game.

INSTRUCTIONS:

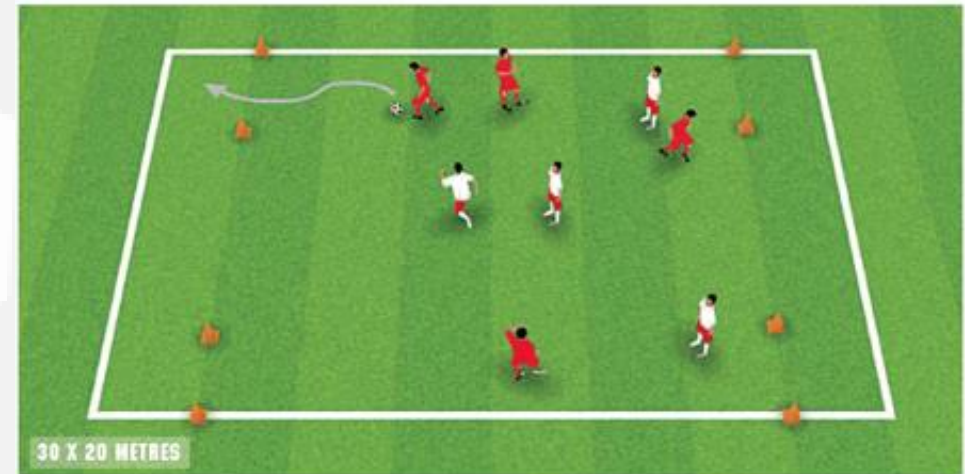
- Attackers line up at the end line opposite the goalkeeper. Defenders line up on one side of the field.
- "Go!" – the first defender passes the ball to the first attacker then runs onto the field to challenge for the ball. The attacker tries to dribble past the defender and shoot on net to score.
- "Switch!" – players swap roles. Continue until all players have had a turn as both attacker and defender.

Prt 3 - U12 –Example SSG– Theme Progressing

(25 mins = Reduced Game 15 mins and Full Game 10 mins)

- With 12 players split them into 4 teams of 3.
- Set up 2 fields by splitting the gym in two and playing crossways. (See also SIDEWAYS Games for this theme)
- This enables the players to get more touches and you can have everyone playing rather than play 5v5 and have 2 sitting out.
- If you have odd numbers introduce 1 player in a different colour as a neutral player that always plays with the team in possession, or just play 4v3 rather than having a sub.
- To encourage progressing (dribbling, turning and running with the ball) you need to be careful it does not get too congested....in this case if you have more than twelve rather than adding and playing 4v4 you could have a fifth team waiting to play and play a rotation after a certain time or winner stays on.
- In this example to encourage dribbling using an endzone rather than gets works best.
- KEEP SCORE! Designate 1 field as the winner field. Move the winning teams after each 5 minute game across to the same field to play each other

SMALL-SIDED GAMES—DRIBBLING & DEFENDING ACTIVITY 1: “THROUGH THE GATES” OR “INTO THE ENDZONE”



SET UP:

- Up to 8 players, in 2 teams; 1 ball.
- Use cones to mark out 4 corner gates.

INSTRUCTIONS:

- “Go!” – your team scores a point by dribbling the ball through one of the other team’s gates. Work with your teammates in an attacking “triangle,” where the two players on the outside support the dribbling player by getting into space and providing options for passes.

OPTIONS:

- Allow players to pass to a teammate through a gate to score.
- Add a third gate in the middle of the field that either team can use to score.

Session Structure (Gym Sessions)

U13 –U17 – LEARNING (through fun practices)

Format	Time	Description	Notes
Part 1: Warm Up	10 mins	Movement & Soccer Co-ordination & Technique Maybe Fun Activity	Game related movements & dynamic stretching 1-2-3 quick steps between stretches high tempo stretching rhythm interwoven into ball work 3/4 minutes total time spent on focussed stretching. Technical Unopposed component (passing, dribbling turning based on theme).
Part 2: Technical	10 mins	Unopposed or Opposed Technique with decisions 1v1 2v1 1v2 2v2 OR Overloads 3v2, 4v2, 5v3 etc	Minimise group sizes, avoid lineups and inactivity. Competitive edge in a fun way. Simple practices with clear scoring definitions for both attacker and defender finishing with pass and games always play with transition to completion. Demand players focus on executing the theme of the session. Encourage positive attitude to try to execute the task at hand. Use ladder concept. For unopposed drills add random interference.
Part 3: Fitness	15 + mins	a) Anaerobic Endurance or b) Speed	See football fitness guidelines for appropriate activities.
Part 4: Tactical (SSG) & Core	25 + mins	a) 3v3 , 4v4 ½ gym Futsal games and mini wall ball &/Or b) 5v5 or 6v6 plus GK's for full gym (Wall Ball)	No positions for 3v3 and 4v4 less. For full gym & 1/3 turf game format can introduce positions (GK, 2/3 Def, 1/2/3 Mf, 1/2 For) and the game should see players rotating in and out of positions in free play as they move on or off the ball. If this is not happening then go back to no positions – just let them play. Resting players doing planks / sit ups / crunches / push ups.

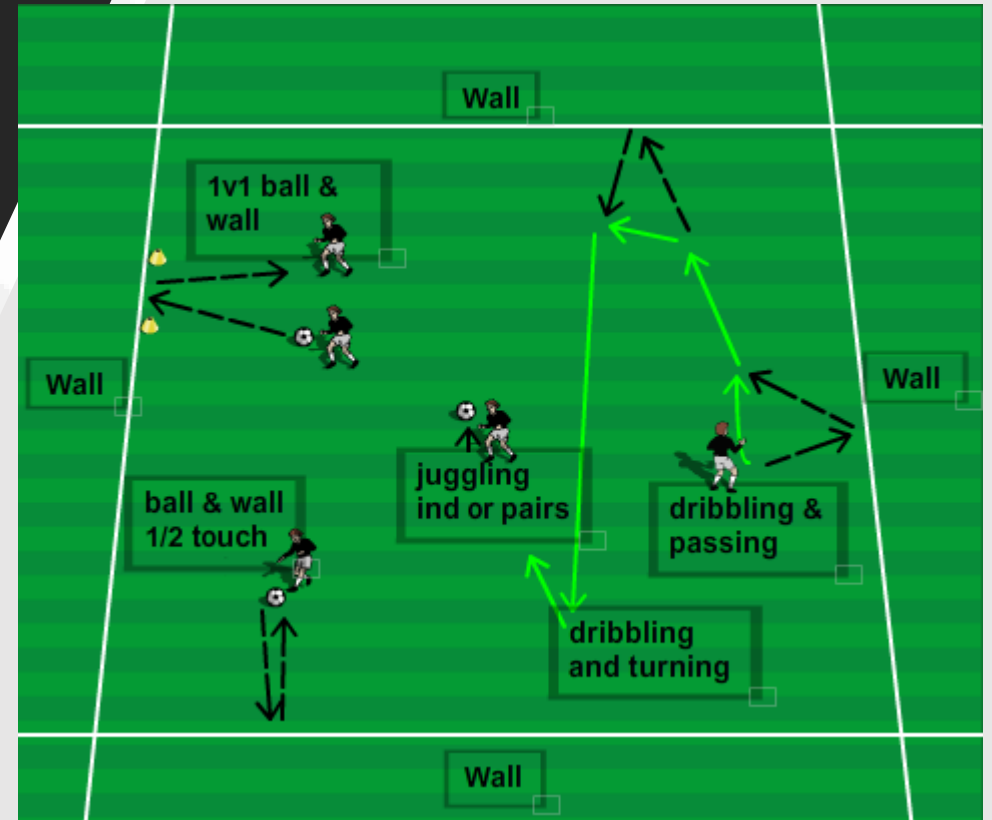
Session Structure (Turf Sessions)

U13 –U17 – LEARNING (through fun practices)

Format	Time	Description	Notes
Arrival	15 mins prior to	Physical warm up (sideline)	Game related movements & dynamic stretching. Once field available incorporate basic individual or pairs ballwork.
Part 1: Warm Up	5 - 10 mins	Movement & Soccer Co-ordination & Technique Maybe Fun Activity	Technical Unopposed component (passing, dribbling turning based on theme). If stretching was not done prior to session then incorporate dynamic stretching 1-2-3 quick steps between stretches high tempo stretching rhythm interwoven into ball work 3/4 minutes total time spent on focussed stretching. Can Progress to opposed.
Part 2: Technical	10-15 mins	Technique with decisions (through opposed practice) 1v1 2v1 1v2 2v2 OR Overloads 3v2, 4v2, 5v3 etc	Minimise group sizes, avoid lineups and inactivity. Competitive edge in a fun way. Simple practices with clear scoring definitions for both attacker and defender finishing with pass and games always play with transition to completion. Demand players focus on executing the theme of the session. Encourage positive attitude to try to execute the task at hand. Use ladder concept.
Part 3: Tactical (SSG or POP)	35+ mins	a) 3v3 , 4v4 ½ turf games (can also add GK's) And/Or b) 5v5 up to 7v7 or 8v8 for turf. c) POP Def/Mid/Att 1/3	Choose up to 2 formats from a/b/c. No positions for 3v3 and 4v4 less. For full gym & 1/3 turf game format can introduce positions (GK, 2/3 Def, 1/2/3 Mf, 1/2 For) and the game should see players rotating in and out of positions in free play as they move on or off the ball. If this is not happening then go back to no positions – just let them play. POP example – Defending the box / crossing and finishing (Pos Specific)

U13+ – Example Arrival – 0-2 mins for Gym Sessions (For T'Plex sideline warm up 15 mins prior to session)

- Players are given one or multiple options from the tasks in the diagram
 - For Defending Theme choose any of the activities shown. Inevitably if you want players to defend then others must attack so this is what we warm up for!
- Some require a ball each, others 1 ball between 2
- Keeps the players active while everyone arrives, and gives additional time for the coach to get organised
- In 5 minutes a player should get 300 to 600 ball touches or possibly more!



Prt 1 -U13+ – Example Warm Up – Theme Defending (5-10 mins)

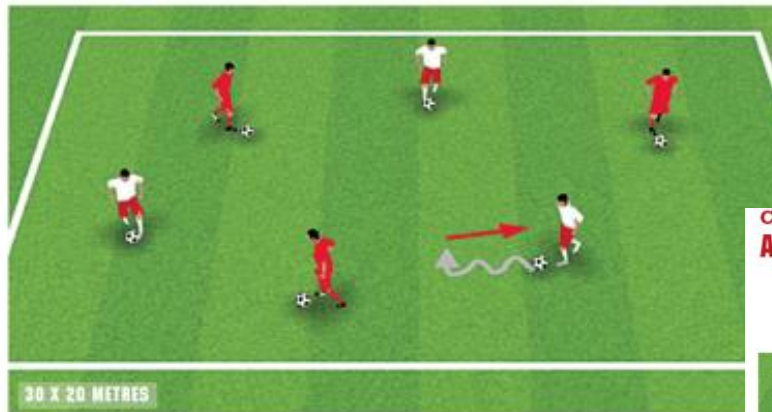
Part 1a (6mins)

- With a Defending theme you might choose a Dribbling activity
- Stretching can occur at intervals on the coaches command “SWITCH” means “Leave your ball and stretch before you go and get a different ball”.

Part 1b (4 mins)

- Choose a fun activity that has some element to it that related to the theme – for instance in freeze tag the tagger must close down players, change direction

GENERAL MOVEMENT & DRIBBLING ACTIVITY 2: “THINK FAST!”



SET UP:

- Up to 12 players, each with a ball.

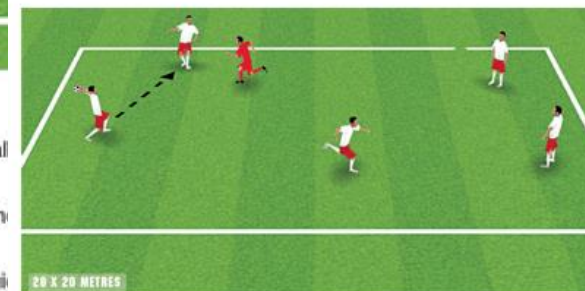
INSTRUCTIONS:

- “Go!” – use your feet to move the ball around the field.

OPTIONS:

- “Step over!” – step over the ball move it another direction.
- “Fake!” – pretend to pass or shoot then continue dribbling.
- “Explode!” – change speed quickly.

COORDINATION—PASSING ACTIVITY 3: “FREEZE TAG”



SET UP:

- Up to 12 players; one ball.
- One player is “it”; another player starts with the ball.

INSTRUCTIONS:

- “Go!” – if you’re “it”, try to tag the other players by touching them with your hand. If you have the ball, you cannot be tagged. Save a teammate by throwing the ball to them before they get tagged. If you get tagged, you’re frozen. You’re back in the game when a teammate crawls through your legs.
- “Switch!” – the player holding the ball becomes “it.”

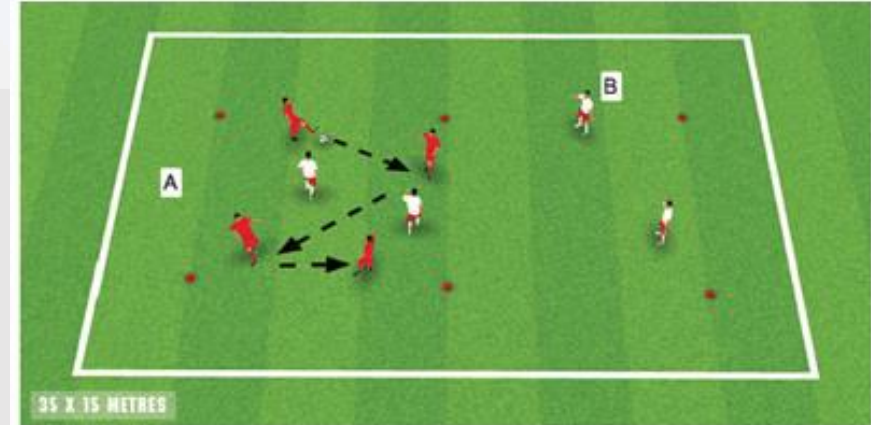
OPTIONS:

- More than one player has a ball and can “save” their teammates.
- Instead of passing with your hands, use your feet.
- “Dodge ball!” the player who is “it” has the ball. To freeze other players, throw the ball to hit them below the knees.

Prt 2 - U13+ – Example Technical Practice – Theme Defending (10-15mins)

- Activities must allow the players to play and not be overloaded with rules.
- Play can finish with a shot on a goal with or without a GK, or a pass to hit a target area/ball on a cone/player.
- There should **ALWAYS** be transition ie in the is drill the defender has an objective when they win it (as opposed to the the play just stopping when the defender touches the ball. This way we train players to keep playing when they lose the ball transition and try to win it back right away.
- The key here is to get multiple groups doing the same activity and within each group the player competing against each other and keeping score. Then the coach can create a ladder where if players win the climb up and lose they move down
- Use Conditions to encourage the theme. Example “If you get split by a pass the other team gets a point”

ACTIVITY 4: “TRANSFER PASS”



SET UP:

- Up to 8 players, in 2 teams of 4 players each.
- Use cones to mark out 2 adjacent squares on the field, as shown.
- Name the teams: A (red) & B (white).
- Set up a 4 v 2 in one square, with 4 Team A players (attackers) and 2 Team B players (defenders); the other Team B players start in the adjacent square.

OPTIONS:

- Increase the number of passes to score a point.
- Every player on the attacking team must touch the ball at least once.
- Allow 1 additional defender to challenge for the ball, creating a 4 v 3 situation.

INSTRUCTIONS:

- “Go!” – Team A starts with the ball and tries to pass 5 times without Team B intercepting it. If Team B (defending) wins the ball, they pass to their teammates in the other square. Team B then becomes the attacking team and Team A must send in 2 players to try to win the ball back.

Prt 3 - U13+ –Example SSG– Theme Defending (35+ mins)

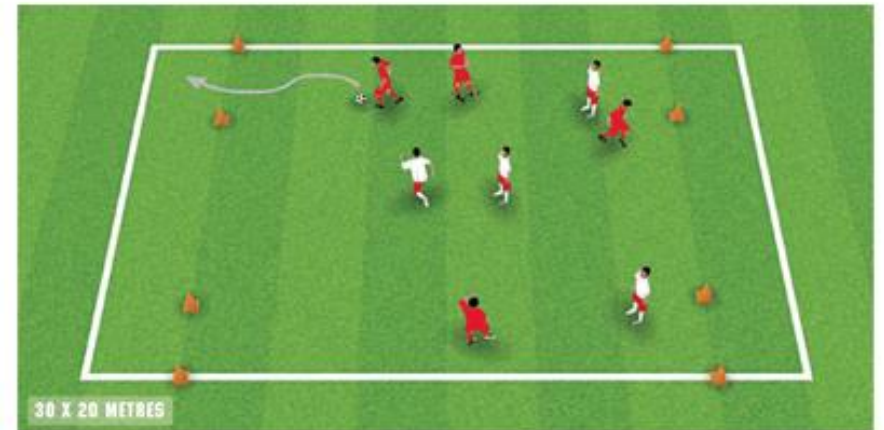
Part 3 (a) – 3v3 or 4v4 multi field mini games

- With 12 players split them into 4 teams of 3. Set up 2 fields by splitting the gym in two and playing crossways.
- This enables the players to get more touches and you can have everyone playing rather than play 5v5 and have 2 sitting out.
- If you have odd numbers introduce 1 player in a different colour as a neutral player that always plays with the team in possession, or just play 4v3 rather than having a sub.
- When Choosing a game really any game can be used as whatever attacking theme the game is designed for you can coach defending against that! (eg Dribbling, passing or shooting)
- KEEP SCORE! Designate 1 field as the winner field. Move the winning teams after each 5 minute game across to the same field to play each other

Part 3 (b) – Full Field SSG

- Expand to use the full gym or turf.
- If you are dealing with very high numbers can use $\frac{3}{4}$ of the full space and leave a space for a third team to do a technical activity while they are actively resting from the game.

SMALL-SIDED GAMES—DRIBBLING & DEFENDING ACTIVITY 1: “THROUGH THE GATES” OR “INTO THE ENDZONE”



SET UP:

- Up to 8 players, in 2 teams; 1 ball.
- Use cones to mark out 4 corner gates.

INSTRUCTIONS:

- “Go!” – your team scores a point by dribbling the ball through one of the other team’s gates. Work with your teammates in an attacking “triangle,” where the two players on the outside support the dribbling player by getting into space and providing options for passes.

OPTIONS:

- Allow players to pass to a teammate through a gate to score.
- Add a third gate in the middle of the field that either team can use to score.

The Warm Up – THE BALL



TRAINING FORMAT GUIDE



INTEGRATING Goal Keeping



Goal Keeping is often neglected without dedicated GK coaches available at training.

OR there is an absence of players interested in playing the GK position. In both cases its beneficial integrating a GK component into Technical Practices and Games. For U10 and younger just as for any other position players should be rotated and typically players interested in GK as a primary position will not emerge until U12.

