



# **MB SOCCER GRASSROOTS CENTER**

**U8-U9 1 MONTH SAMPLE SESSIONS**



# FOCUS



## PASSING & RECEIVING



## SHOOTING & FINISHING



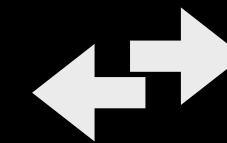
## DRIBBLING & RUNNING WITH THE BALL 1 v 1's



## PRESSING & DEFENDING

# OBJECTIVES

## DRIBBLING & RUNNING WITH THE BALL



Able to create space for yourself or for your teammate by changing speed and direction with ball at feet.



**Dribbling** -Use both feet  
Use all surfaces of foot with small touches keeping ball close. **Running**- Recognize when space is available and take larger steps to advance.



Head up to look for space – awareness of opponents and teammates.



Scanning & Identifying to make the best decision.

## PASSING & RECEIVING



Hop into position, plant foot, bend knee, lock ankle and square toe, contact middle half of ball, follow through.



Use first touch to create space  
Receive the ball with an "open body"  
Receive the ball on your "back foot"  
"Cushion" the ball into space when receiving it.



Place non-kicking foot next to ball.  
Power step onto non-kicking foot, non-kicking knee slightly flexed.  
Non-kicking foot pointed in the direction of the shot.  
Ankle of kicking foot locked, toe pointed down.  
Hips and knee of kicking foot pointed in the direction of shot.  
Head steady, looking at ball.

## SHOOTING & FINISHING



Able to use both feet.  
Recognize instep shot vs driven shot based on distance from goal.



Head up to look to assess – awareness of how ball is arriving and where GK is positioned



Dominate 1v1 situations.

## PRESSING & DEFENDING



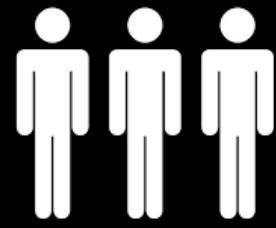
Have the correct attitude to win ball back. Mindset is crucial



Turn on. Enthusiastic to defend & win the ball back. Immediately win ball back after loss of possession.



# SESSION MANAGEMENT



## GROUP SIZE AND ROTATIONS:

- For 50 players, limit stations to 10-12 players.
- Allocate 10-11 minutes per station, with 2 minutes for rotation and 1 minute for the next activity.
- Use a mirrored “4-station setup” if more than four groups are needed to ensure all players experience every activity.



## PRE-SESSION PREPARATION:

- Arrive 1 hour early to review objectives and inspect the field for hazards.
- Set up the arrival area, field layout, first aid, cones, bibs, and balls.
- Ensure adequate spacing between activities and sufficient balls at each station.



## SESSION MANAGEMENT:

- Define the rotation path.
- The Grassroots Manager oversees centrally, maintaining the coach-to-player ratio



## COACHING FOCUS:

- Focus on one theme per session.
- Try to limit to three clear coaching points for simplicity.



# ARRIVAL ACTIVITIES

An arrival activity in a soccer grassroots center is a structured but informal activity that players engage in as they arrive at the session. The purpose is to ensure that players are active and engaged immediately while allowing for staggered arrivals. These activities are usually fun, involve lots of touches on the ball, and set the tone for the session.

## HOW IT'S SET UP

### 1. Simple and Self-Directed

- Activities should not require lengthy explanations.
- Players should be able to join in seamlessly.
- The coach facilitates but does not need to constantly intervene.

### 2. Small-Sided or Individual-Based

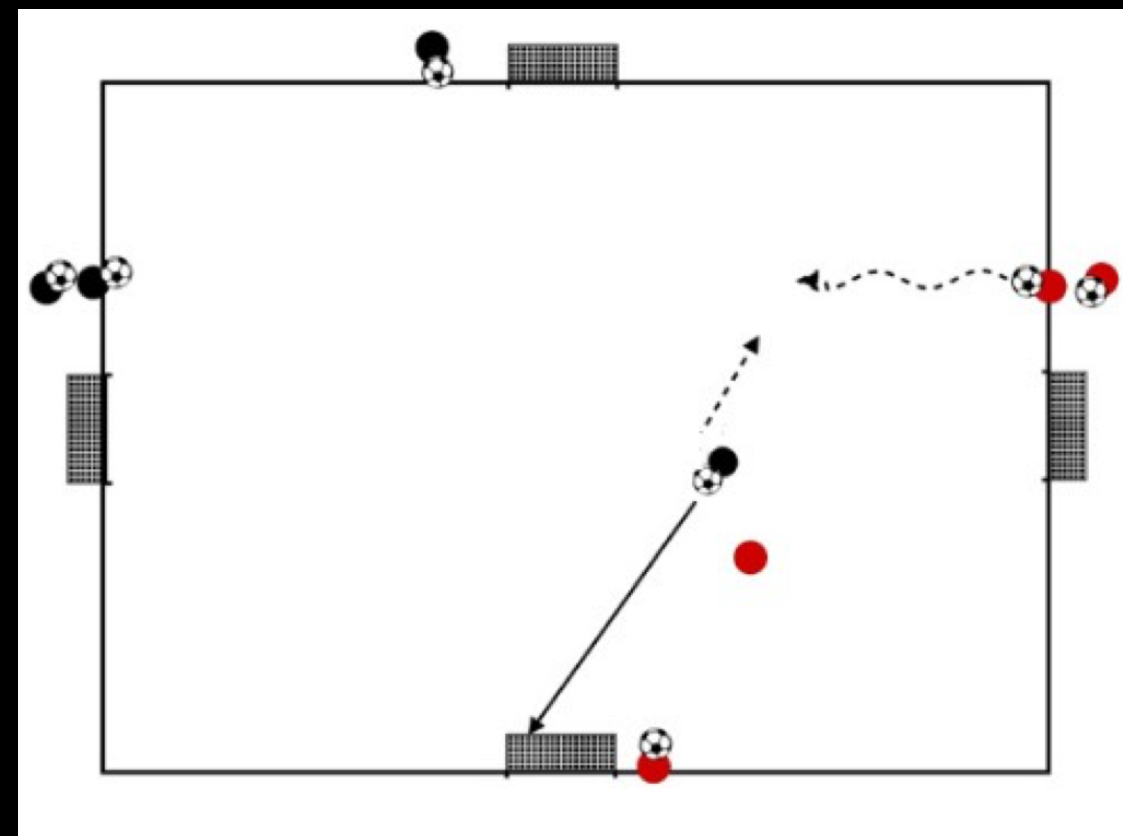
- 1v1, 2v2, or free play scenarios.
- Ball mastery exercises (dribbling, juggling, passing patterns).
- Fun challenges (who can get the most touches in 30 seconds?).

### 3. Engaging and Game-Like

- Use small goals or target zones to add direction.
- Incorporate different movement patterns (change of speed, turning, shielding).
- Encourage creativity with the ball.

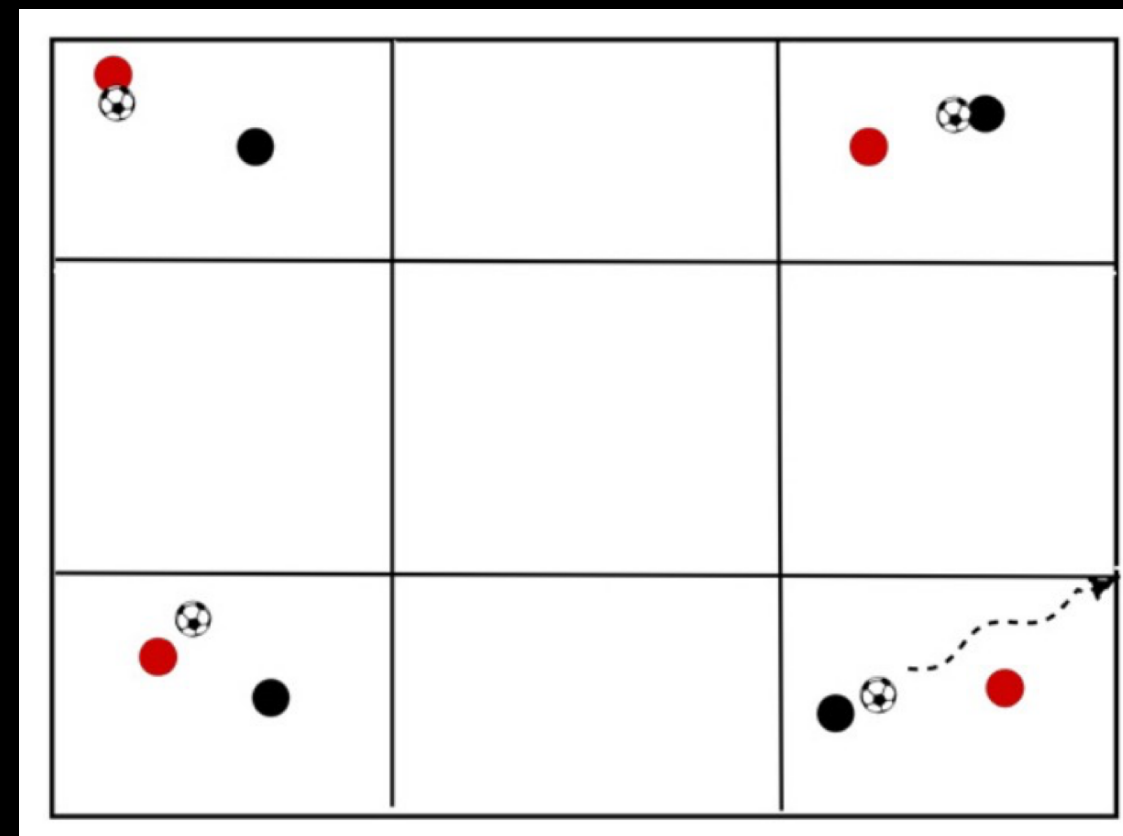


# ARRIVAL ACTIVITY EXAMPLES



## 1V1 MULTI DIRECTIONAL WAVE

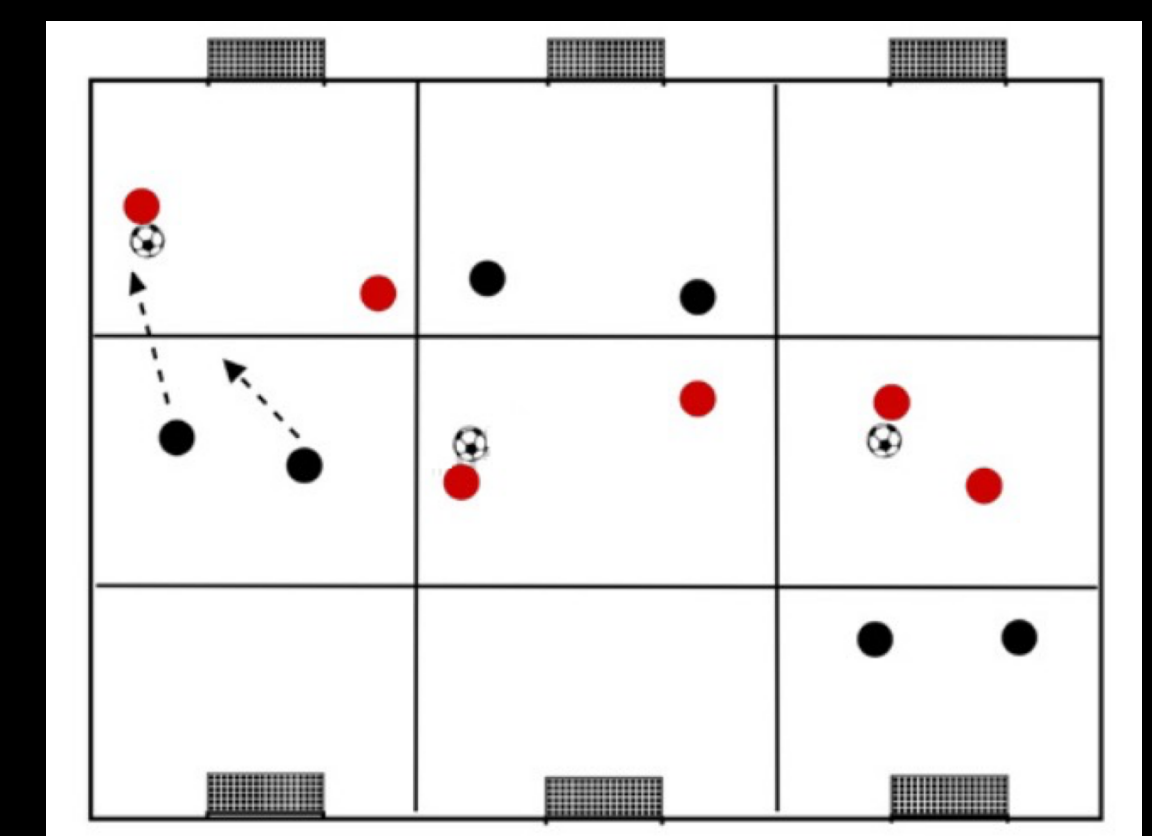
Setup a 20 x 20 area with four goals. Organize two teams which are split evenly next to each goal with a football each. Attacking players must try and score in one of the goals, as soon as they score, they must defend against the opposition from a player traveling with the ball in a different direction. If the defender wins the ball, they can score in the goal next to where the attacker started from.



## GLADIATOR

Create a 25 x 25 area and split the area into thirds (9 different boxes). Organize two players per box, with a ball between two. The attackers must try and stop the ball on one of four cones if they do this, they get a point. Once a point is scored, the defender must give the attacker space for them to attack again, the attacker cannot score on the same cone that they have begun from. If the defender wins the ball, they also, must try and stop the ball in one of the four cones.

If the ball goes out of play, the game restarts with players going back-back with one another with the ball between them before saying 'go' and turning to begin the 1v1. Play for one minute, winners move up and loser move down



## 2V2 GAMES

Setup three pitches with two goals on each pitch. Each pitch has a 2v2 taking place, with the winners moving up and losers moving down. Add constraints onto the small sided games to challenge players based around their 1v1 defending. An example of this might be if the defenders win the ball back and are able to score without losing possession again before scoring it is worth double points

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 1					
WEEK 1	DRIBBLING/RWB		DRIBBLING/RWB		
WEEK 2	PASSING/ RECEIVING		PASSING/ RECEIVING		
WEEK 3	SHOOTING		SHOOTING		
WEEK 4	PRESSING		PRESSING		
WEEK 5	CONSOLIDATE		CONSOLIDATE		

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 2					
WEEK 1	PASSING		PASSING		
WEEK 2	SHOOTING		SHOOTING		
WEEK 3	DRIBBLING/1 v 1		DRIBBLING/1 v 1		
WEEK 4	PRESSING		PRESSING		
WEEK 5	CONSOLIDATE		CONSOLIDATE		

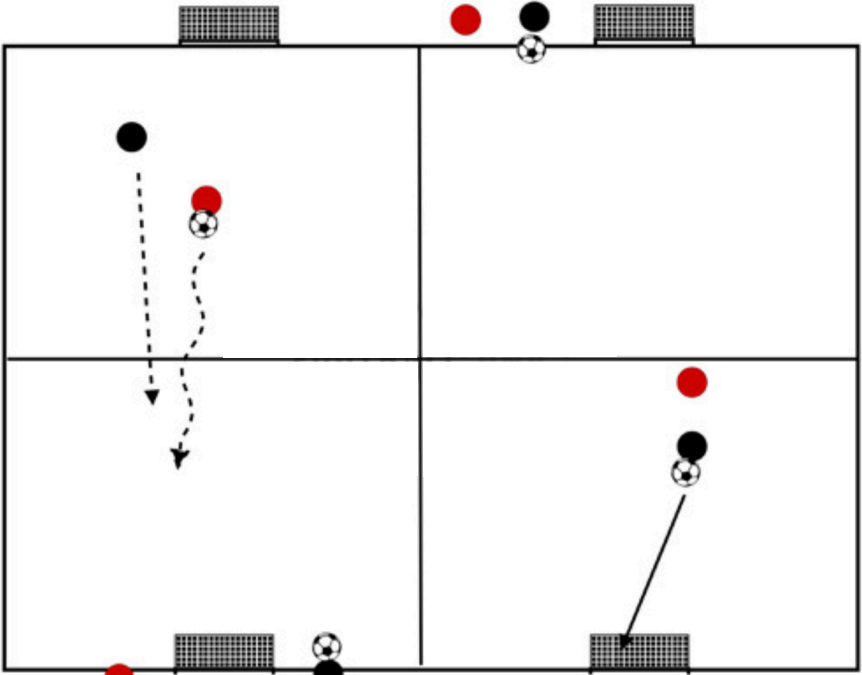




# WEEK 1 - DRIBBLING/1 v 1

1v1 RACES

Setup a 20 x 20 area and split the area into four boxes. Have a goal on the outside of each box, with a pair next to each goal with a ball between two. Players are paired up with one attacker and one defender. The attacker begins the game by taking a touch out of their feet, they must get into the opposite half before they can score. The defender must try and chase after the ball and win it back, if they do, they can score in the opposite goal. In order to score, attackers must be in the attacking half of their channel.



Equipment

 8 - 12 Players

 Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players are to keep their eyes up to see the space in front of them to help them choose what area they want to move into and how. Players should also check their shoulders as they’re travelling with the ball to see where the opposition player is as well. Rotate after each turn who is attacking and who is defending.
- **Use Of Both Feet** – Players to use both feet to dribble/run with the ball on. This will enable them to keep the ball safe side from the defender making it more difficult for the defender to win the ball.
- **Disguise** – A disguise can be used at the beginning of the game to help the attackers to off balance the defenders to give them a head start. If the defenders recover, disguises can be used to change direction to move the defender to create space for the attacker to move into.
- **Use Of Speed** – Players should look to attack space at speed with bigger touches to move into, this will help prevent them from having to go 1v1.

Progressions

- To progress this further, play 2v2 which will provide the attackers with the ability to combine between one another but also deal with two defenders recovering as well.

Make it easier

- Play without a ball with players simply having a race to the opposite side of the pitch.

SPEED DRIBBLE

Setup a 25 x 25-yard field with 10 - 4-yard goals placed as indicated so there are corners where chasing players can ‘trap’ the attackers and force them to stop and start and work to get free.  
Two teams line up on either side of the coach, 4 yards between the two starters.  
**OPTION 1-** The 1st player in each team sprints with ball to get through any three goals on their side plus any one on the other side and get back to tag their next teammate. Winning team is first to finish  
**OR**  
**OPTION 2-** 1v1’s One team is the dribbler, and one team is the chaser. Chaser starts other side of blue cone ; dribbler must pick any 4 gates on coaches “ Go command” and dribble without being tagged by chaser.

Equipment

 8 - 12 Players

 Bibs, Cones, Footballs & Goals

Coaching Points

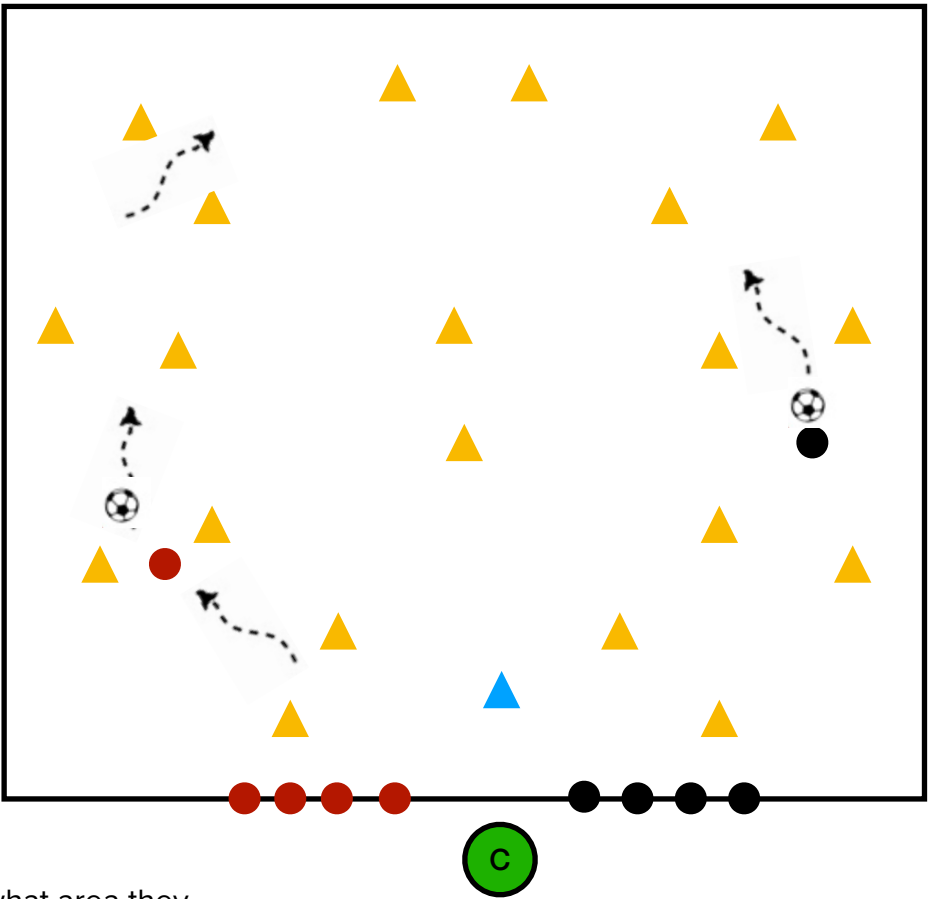
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- **Use Of Both Feet** – Players to use both feet to dribble/run with the ball on. This will enable them to keep the ball safe side from the defender making it more difficult for the defender to win the ball.
- **Use Of Speed** – Players should look to attack space at speed with bigger touches to move into

Progressions

Pick opposite gates 2 on one side & 2 on their current side and one in the middle, let the players pick the combination of how they navigate the required gates

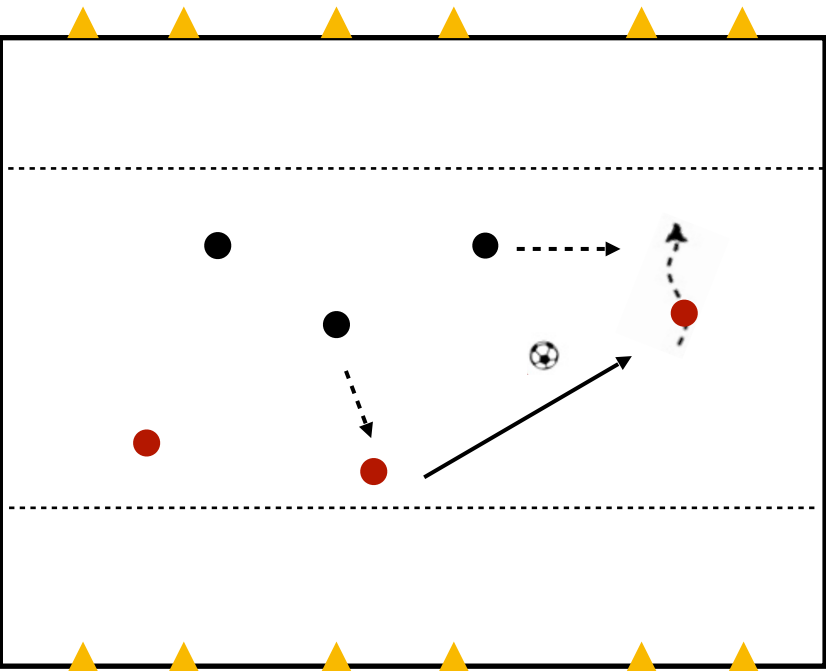
Make it easier

- Play without a ball



3v3 END-ZONE GAME

Set up 25X25+5 end zone  
3v3 directional game to end zones. Players score a point by dribbling into the end zone through gates  
If a player passes to a teammate and it is intercepted by the opponents, the defending team gains a point.  
This will encourage players to search and explore dribbling opportunities creating 1v1 situations but does not restrict the decision of a pass when it is available.  
MAKE IT EASIER: Pair players up with someone on the opposition who they can only defend.



Equipment

 8 - 12 Players

 Bibs, Cones, Footballs & Goals

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- **Use Of Speed** – Players should look to attack space at speed with bigger touches to move into, this will help prevent them from having to go 1v1.

Make it easier

- Pair players up with someone on the opposition who they can only defend

DRIBBLE RACE - BALL MASTERY

In a 20 x 20-yard area, we have different colored cones set in sets of 3 in a triangle formation. The coach plays a pass into space and objective is for 1 player from each team to race to the ball and dribble and stop the ball inside of one of the triangles. Once the triangle has 2 balls from one team in it, it is no longer playable, and the other triangles must be filled. If the defender wins the ball from the dribbler before they place the ball in a Triangle, they can now dribble the ball into a free space  
Pairs have 10 seconds to score if not move onto different pair.  
Next player from each team then races onto the next ball and must stop the ball inside a different colored set of cones.  
Coach can remove a set of cones after each successful dribble to reduce options for players

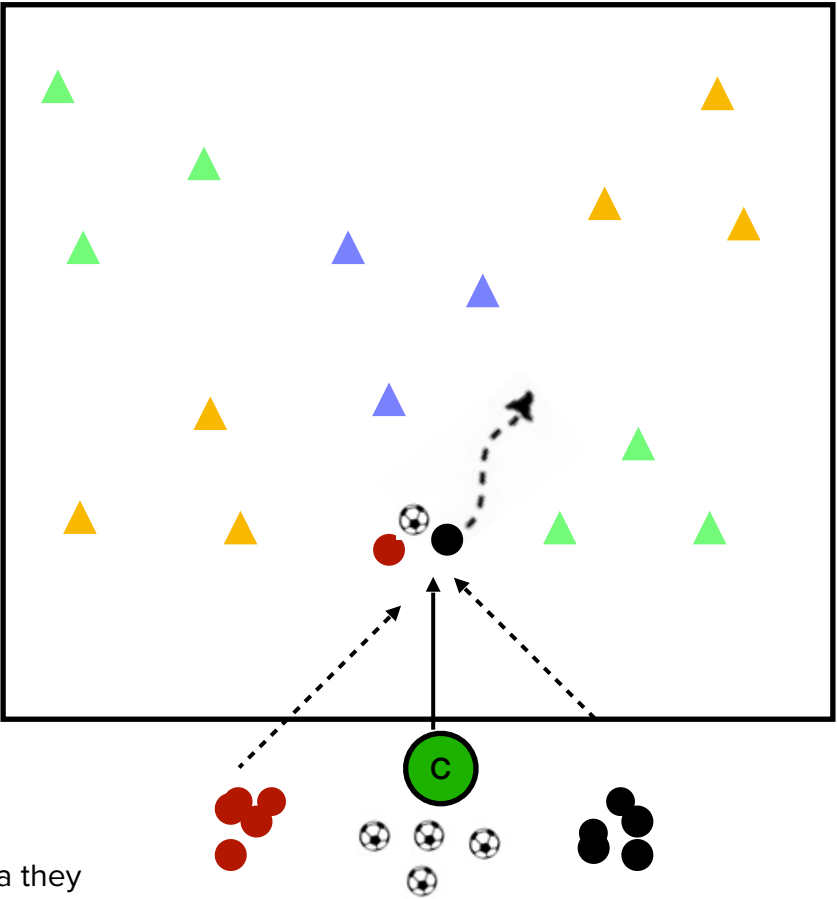
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# **WEEK 2 - PASSING & RECEIVING**

## 2V2 POSSESSION WITH TARGET PLAYERS

Within 20 x 20 grid area with one team working horizontally and the other team going vertically.

Working in groups of 4, 2 players start in the middle and two on either side. Both teams must transfer the ball from one side of the area to the other, both teams are to have a ball each. These players on the outside of the square act as target players and must try and receive passes from the players in the middle of the square. To progress we go into an opposed practice with one ball and two teams playing against each other. If a team can transfer the ball from one target player into the other, they will get one point. The defending team must try and win the ball back and then play between their target players. Target players on the outside are also not able to be tackled.

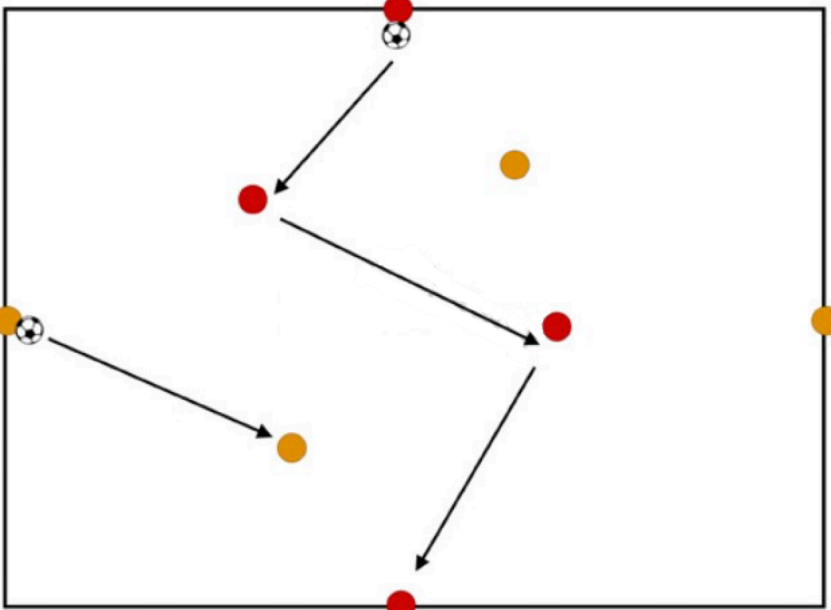
### Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals



### Coaching Points

**-Team Spacing** – The players in the middle must look to disperse once the ball is played on the outside to either target players, this will help to create space through the middle for the team in possession to try and exploit. In addition, the players in the middle can create space by receiving at different angles to one another, therefore, helping them to be

able to play between them. Outside players should look to create angles by moving to try and receive between players,

as well as offering support behind the ball as well.-

**-Body Shape** – Players to try and receive with an open body shape to enable them to be able to play both forwards and backwards as well as see the whole area. To support this, encourage players to receive with their shoulders facing the direction they wish to go enabling them to be able to play quickly into their teammates throughout the game.

**-Scanning** – Players should look to scan continually throughout this practice to help them to identify where the ball is as well as where the space is too. To support players with scanning, encourage them to try and scan as they receive the ball (as it's travelling). Players should adjust their body shape from their scanning and select appropriate receiving & passing based of what they see.

**-Receiving & Passing Technique** – When receiving, players should look to use their first touch to move into space or move away from pressure. In addition, first time passes may be used to change the point of attack quickly, combine with teammates or play between opponents.

### Progression

- If a pass is played into a target player, they can now choose to either pass in or dribble in. If they choose to dribble in, another player from their team must look to take their place.
- Target players can now also be tackled too.

### Make It Easier

- Both teams must transfer the ball from one side of the area to the other, both teams are to have a ball each. As a result, this is an unopposed practice.

## POSSESSION BOX

Setup a 20 x 20 area with four players on the outside with a ball each and four players inside the area with-out the ball. The players on the inside must move to receive the ball, once they've done this they receive and then look to play into another player on the outside of the square. The player on the inside is to perform a ball mastery exercises of both Step over, Double Cuts, etc players on the outside can also perform these exercises as well once they've received the ball.

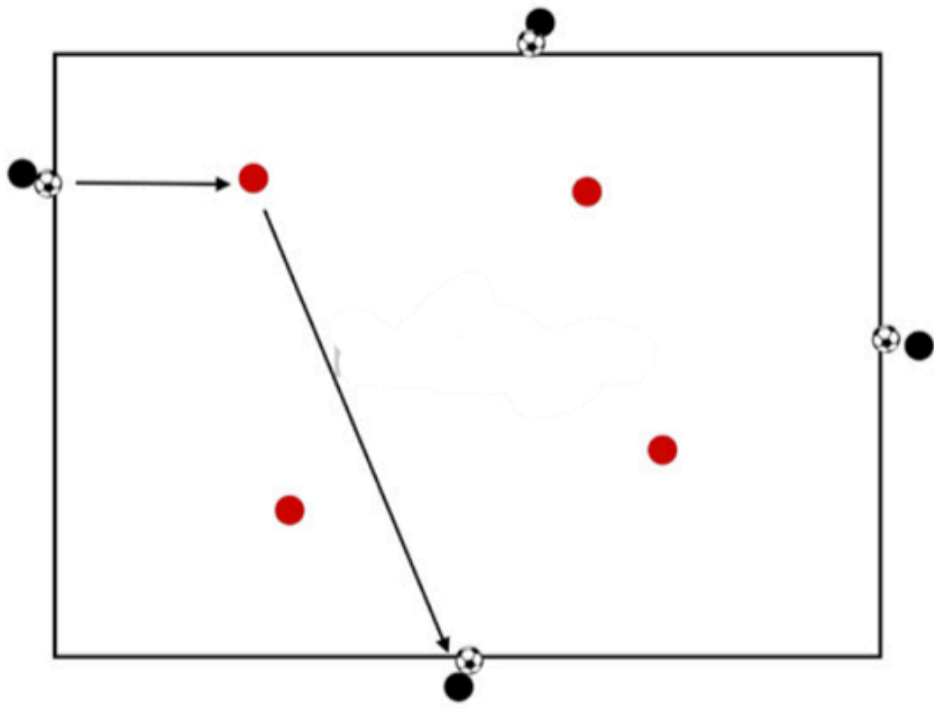
### Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals



### Coaching Points

**- Scanning To See Your Teammates** – The players on the inside of the square should look to scan before receiving the ball to then adjust their body shape to see the player they're receiving from but also the player they want to play into as well.

**- Eyes Up** – Players should keep their eyes up before they receive to try and have eye contact with the player they're receiving from, once they receive the ball player should look to keep their eyes up to see other players in the area as well as the players on outside of the square too.

**- Receiving Skills** – To help players to receive, they should look to receive with an open body shape to help them see the whole of the square. This will help them to take their first touch out of their feet to be able to play forwards, but also look at possible no touch turns as well.

**- Passing Skills** – Players should look to play firm passes along the ground to the players on the outside for them to receive, but also may need to vary the types of passes that they play based on what pictures they see/traffic that is in front of them.

### Progressions

- To make this practice more challenging, add defenders within the grid to apply pressure on the individual player who's receiving inside the box. If the defenders win the ball, they then become an attacker and look to receive the ball.
- Alternatively, you may have a team that is defending and a team that is attacking and then rotate them regularly.

## SKILLS GRID

Setup a 40L x 20W area with two goals on the pitch and organize a 3v3 plus goalkeepers. Each time the team in possession has a goal kick in their half, the opposition must retreat into their own half. Failure to do so, will result in a free kick to the team in possession of the ball. Once the team in possession of the ball has played their first pass, the defending team can decide whether they wish to stay in their half or go and press and win the ball back. This rule will enable the team in possession to be able to build from the back and progress into the opposition's half. Keepers can defend pug-nets using feet only .

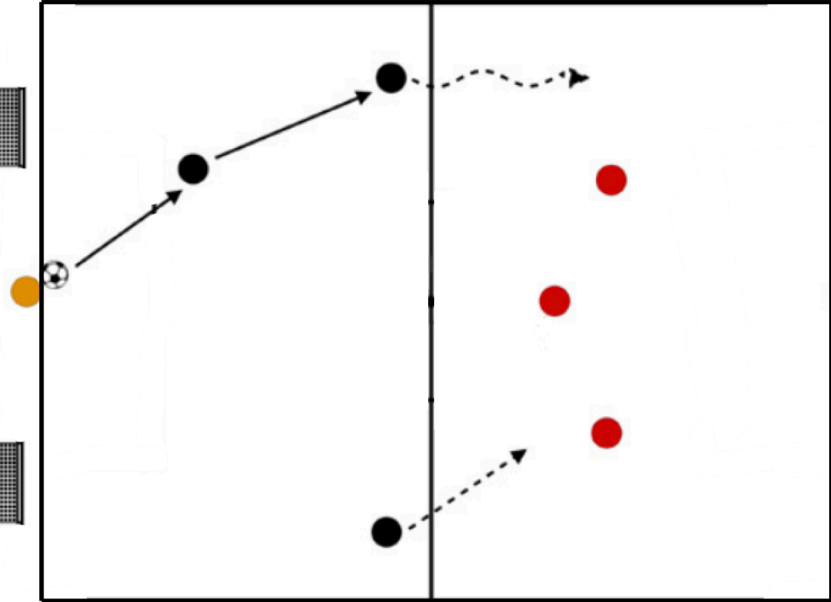
### Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals



### Coaching Points

**-Team Spacing** – The players in the middle must look to disperse once the ball is played on the outside to either target players, this will help to create space through the middle for the team in possession to try and exploit. In addition, the players in the middle can create space by receiving at different angles to one another, therefore, helping them to be able to play between them. Outside players should look to create angles by moving to try and receive between players, as well as offering support behind the ball as well.-

**-Body Shape** – Players to try and receive with an open body shape to enable them to be able to play both forwards and backwards as well as see the whole area. To support this, encourage players to receive with their shoulders facing the direction they wish to go enabling them to be able to play quickly into their teammates throughout the game.

**-Scanning** – Players should look to scan continually throughout this practice to help them to identify where the ball is as well as where the space is too. To support players with scanning, encourage them to try and scan as they receive the ball (as it's travelling). Players should adjust their body shape from their scanning and select appropriate receiving & passing based of what they see.

**-Receiving & Passing Technique** – When receiving, players should look to use their first touch to move into space or move away from pressure. In addition, first time passes may be used to change the point of attack quickly, combine with teammates or play between opponents.

### Progression

- Instead of a retreat line, the defending team can move wherever they wish from goal kicks throughout the game.
- You may also wish to progress this further by stating the attacking team must make a certain number of passes in their half before they can progress into the attacking half.

### Make It Easier

- The defending team must stay in their half and cannot tackle until attackers get into their half. This will be in place whenever the attacking team has the ball in their half, enabling them to be patient in their build up play.

## 3 TEAM SWITCHING PLAY GAME

Setup a 25 x 25 area and split the pitch into three equal thirds\* (8 m thirds). Organize three teams, with three players per team and with a team in each of the thirds. The team in the middle is the defending team and they must block, and intercept passes in the middle channel -The teams on either side of the channel are the attacking teams and must maintain possession and look to switch play (no over-head height). One player from the defending team can look to press and win the ball back from the team in possession of the ball. If the ball is intercepted, or a team loses possession of the ball they must swap places with the defending team in the middle channel.

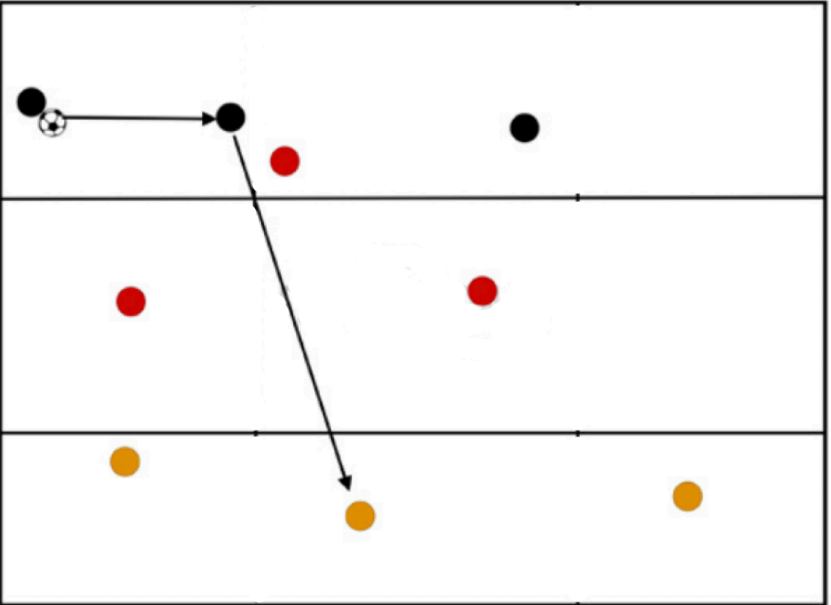
### Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals



### Coaching Points

**- Team Shape** – The team in possession of the ball should look to try and create width and depth by making their triangle as large as possible. As a result, they should try not to be in line with one another and create angles when one of their teammates is in possession of the ball, this will help them to be able to play around the defender that's pressing them as well as move the defenders in the middle channel by switching play. As a coach, have footballs on the side ready to pass in if the ball goes out of play to ensure a quick turnover.

**- Body Shape** – Players should have an open body shape so that they can see the player with the ball, as well as the opposite side that they're attempting to play into as well. This will help players to play first time passes as well as quicker passes reducing the opportunity for the defenders to press, intercept or block the passes as well.

**- Scanning** – Players should continually be scanning and adjusting their body shape ready to receive the ball but also identifying spaces between and around the defenders to enable them to play into the opposite side.

**- Passing Between Lines** – The team in possession should look to play around the defenders, but also play between them when looking to switch play to

### Progressions

- The number of passes they make before they switch play = the number of goals they score / attackers must get a certain number of passes before they can switch.
- In addition, you may get another defender being able to drop into the other third or have another player from the opposite attacking team moving in the middle third to receive the ball as well.

### Make it Easier

- Play without a player pressing



# **WEEK 3 - SHOOTING & FINISHING**



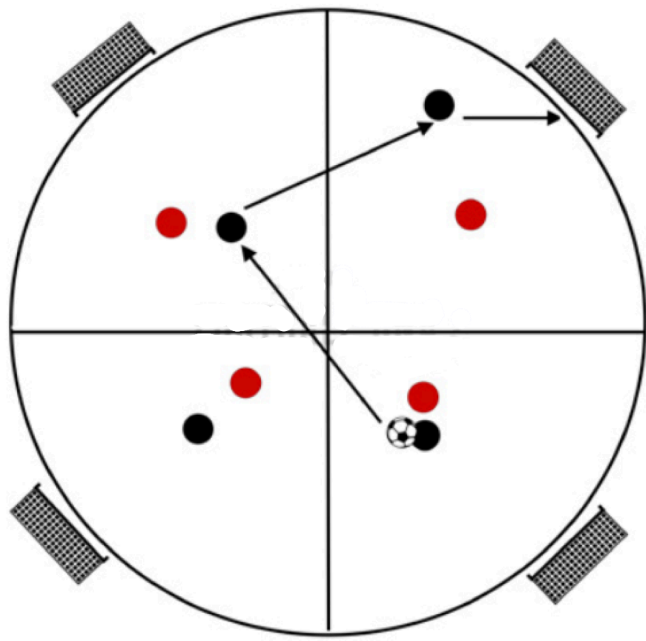
4V4 COMBINATION CIRCLE GAME

Setup a 25 x 25 circle and split the circle into four different segments with a goal on the outside of each segment. Have four players from each team without goalkeepers. Players can score in any of the four goals but must be inside the area to score and players can move freely within the circle. If the defenders win the ball back, they must move into another area before they can score. If the team scores using a combination, it's worth double points.

Equipment

 8 - 12 Players

 Bibs, Cones, Footballs & Goals



Coaching Points

- **Movement** – Players are encouraged to move around the circle to try and find space to finish in any of the four goals. Players off the ball should look to identify how they can make an overload with their movement to help the player on the ball.
- **Decision Making (Finding Overload)** – The player on the ball should look to play with their eyes up looking to make overloads and selecting the appropriate skills to change direction and find their teammates.
- **Receiving Skills** – Players should look to receive with an open body to be able to see the whole of the circle as well as their teammates and opposition. Due to being inside a tight area, players may need to make passes of their first touch but also use different disguises when receiving to help them change direction of the attack.
- **Combination Types** – Within the small sided game, a Give & Go will help the players combine around the defenders, particularly when they have an overload. Underlaps and Overlaps should be used to create space for the player on the ball but also to make forwards runs towards the goal that you’re looking to attack too.
- **Progression**
  - Add goalkeepers in each of the four goals or alternatively, limit the number of touches players can have before they can score i.e. one touch finish.
- **Make it Easier**
  - Players are locked into their zone (1v1 in each zone), with only one attacker being able to join into the other zone to create a 2v1.

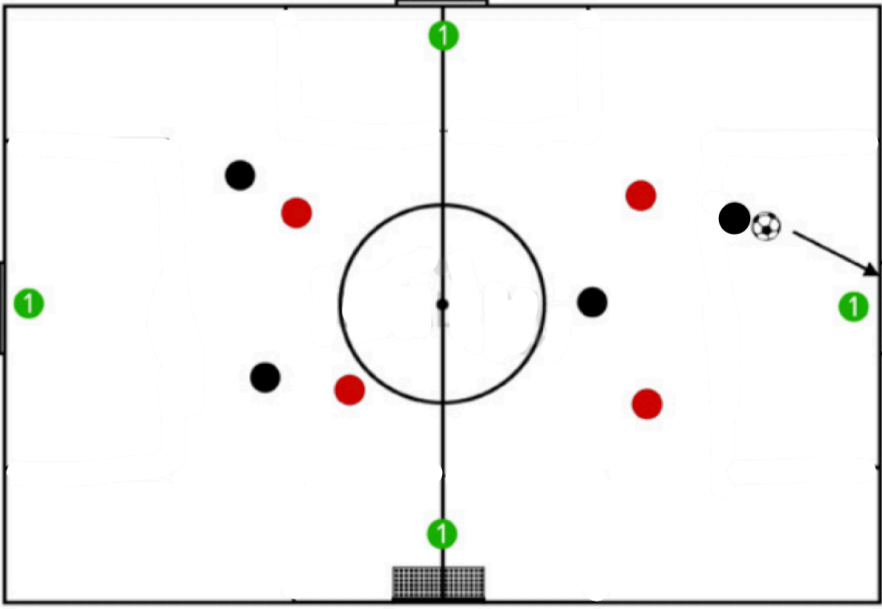
FINISHING GAME – SWITCH IT UP

Setup a small sided game with four goals and a goalkeeper/outfield player in each of the four goals. The game initially begins going horizontally, with the goalkeepers not being used being able to play as target players. As soon as a goal is scored, the direction of the game then begins in the other direction (vertically). Each time a goal is scored, the game restarts from the team that scores to help this transition have footballs next to the goals to help them start the game in the other direction

Equipment

 8 - 12 Players

 Bibs, Cones, Footballs & Goals



Coaching Points

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- **Combination Types** – Within the small sided game, a Give & Go will help the players combine around the defenders, particularly when they have an overload. Underlaps and Overlaps should be used to create space for the player on the ball but also to make forwards runs towards the goal that you’re looking to attack too.
- **Finishing of Both Feet** – Players should be encouraged to use both feet to receive, pass, travel and finish with the ball. Encouraging players to use both feet will allow them to be able to perform each skill quicker and particularly allow them to combine and finish around the goal more quickly too.

Progression

- Winner stays on, once you score the team that loses rotates with the team in the goals.

Make It Easier

- Increase/decrease the size of the pitch and/or reduce the number of players

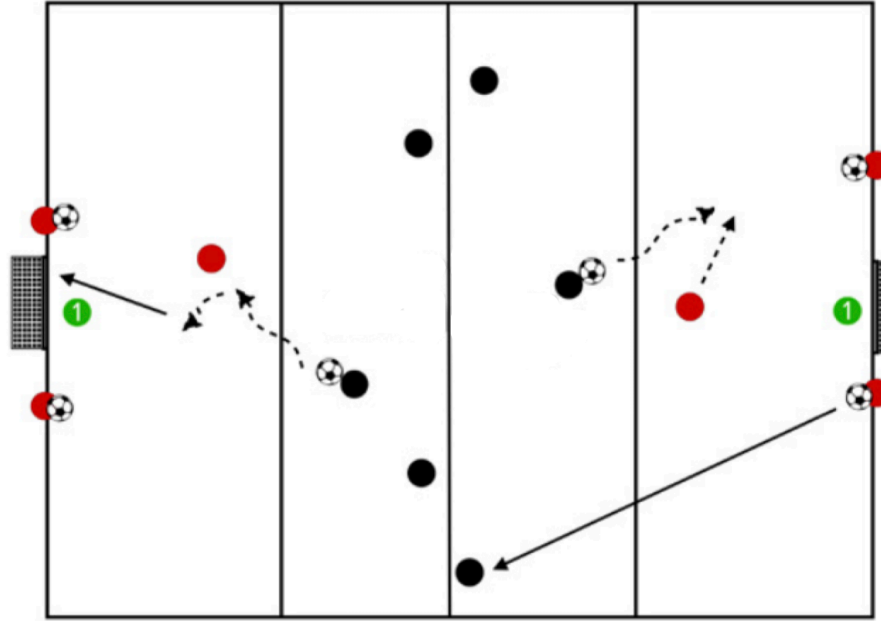
1V1 TO GOAL

Setup a 25 x 25 area and split the pitch into equal thirds as well as a halfway line and two goals at either end. The defenders start with a ball each next to the goal and the attackers are on the halfway line without a ball. The game begins by the defender passing the ball into the attacker and they then must get into the final third to be able to score. If the defender wins the ball back, they must stop the ball on the halfway line. Rotate attackers and defenders after each turn. To help the attackers get success, encourage them to use the 1v1 skills.

Equipment

 10 - 14 Players

 Bibs, Cones, Footballs & Goals



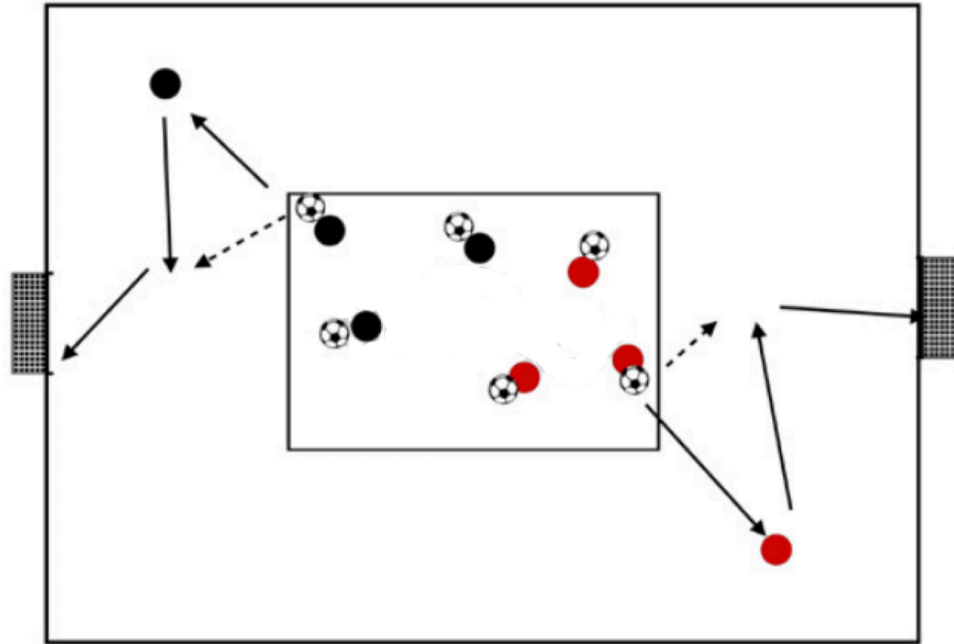
BREAKING THE BOX TO FINISH FROM WIDE

Setup a 25 x 25 area with a goal and a goalkeeper either side as well as a target player by each goal acting as a wide player without a ball. Inside this area, set up a 10 x 10 box with players having a ball each performing ball mastery skills ‘Slides, Toe Tap Step-over’ inside the middle box. Organize two teams, with players being given a number each, when the coach calls a number that number from each team then must play into a wide player and look to then receive a cross and finish, the first person to score wins a point and after their turn they are then to take the wide players place with the wide player then returning to the middle box.

Equipment

 8 - 12 Players

 Bibs, Cones, Footballs & Goals



Coaching Points

- **Eyes Up** – While players are performing ball mastery, they are to keep their eyes up to help them to manipulate around other players. Once their number is called, they must look to play into their wide player as quickly as possible to win the race against the opposition player.
- **Speed Of Attack** – As soon as their number is called, each player should look to play into the wide player as quickly as possible and run forward ready to finish from a cross.
- **Timing Of Run** – After playing into the wide player the attackers should look to hold their run in anticipation for where the ball will be crossed too. Players should also look to communicate with their hands or by calling out where they want the cross to be played as well.
- **Finishing Technique** – Depending on where the cross is played, players should look to adapt their finishing technique but also, players will need to be able finish on both sides to help them finish quickly if needs be too.

Progressions

- To challenge the attackers further, add goalkeepers as well as defenders to make it more difficult for the attacker to score.

Make it Easier

- Players are not limited to doing ball mastery inside the box and can move around the area.



# WEEK 4 - PRESSING



## PROTECT THE POCKETS

This technical practice emphasizes passing, recovery runs, and defensive actions, focusing on intercepting or blocking passes into midfield pockets. We setup using a 30 by 20-yard area, divided into two lanes, with a 6 meters central passing zone. Players work in transitions, attacking within their assigned lane before adapting quickly to defend the opposite lane. Attackers are only permitted to pass into the mini-goal once they enter the designated passing zone, providing defenders with the opportunity to recover and position themselves effectively to block the pass or shot. After all the balls have been used, fetch the balls and allow players a short recovery period before restarting the exercise.

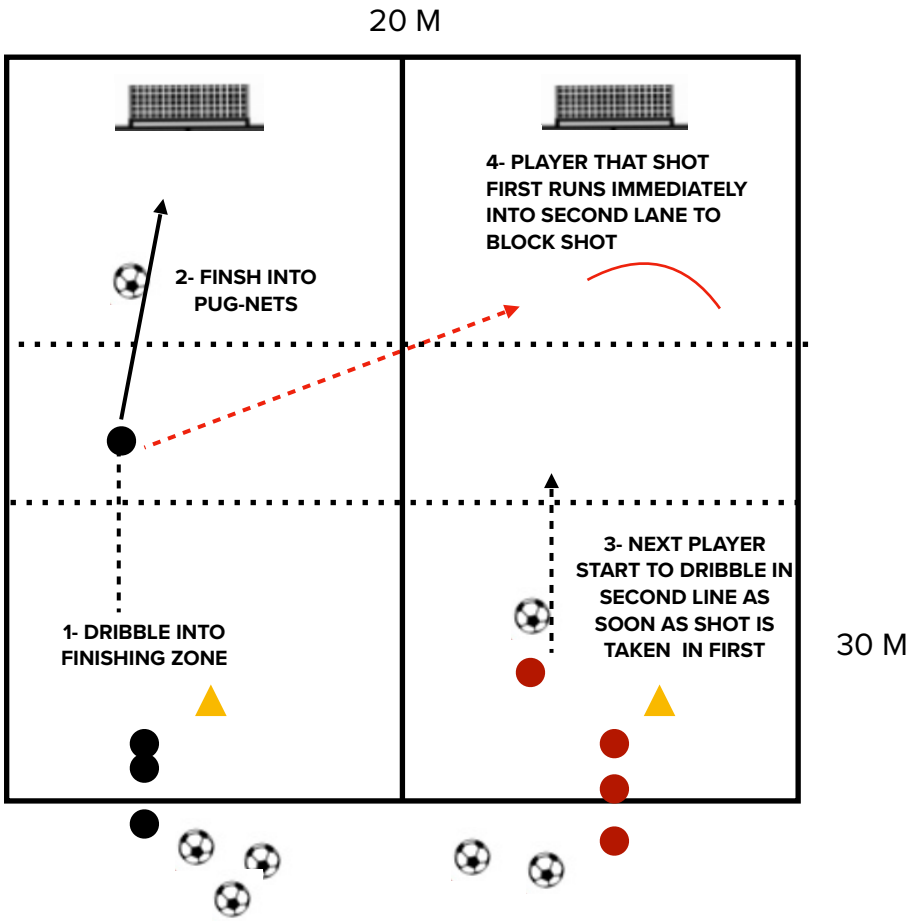
- 1- DRIBBLE INTO FINISHING ZONE LANE ONE
- 2- FINSH INTO PUG-NETS
- 3- NEXT PLAYER START TO DRIBBLE IN SECOND LINE AS SOON AS SHOT IS TAKEN
- 4- PLAYER THAT SHOT FIRST RUNS IMMEDIATELY INTO SECOND LANE TO PREVENT SECOND LINE DRIBBLER FROM SCORING AND BLOCK SHOT
- 5- ALTERNATE SIDES

### Equipment



### Coaching Points

- **Deny** – Once their numbers are called, the defender them should look to quickly enter the box and apply pressure onto the attackers and win the ball from them. To deny them space they should look to force them out of the square and attempting to win the ball.
- **Delay** – If the defender cannot win the ball quickly against an opposition player, they may look to force them a certain way by positioning their body shape to force them outside of the square.
- **Deflect** – The defender should look to slow down upon their approach when defending 1v1, as well as getting side on and be on the outside of the ball an arm’s length away from the attacker to force them one way. This will help them with also forcing them outside of the square and not giving the attacking players the opportunity to manipulate their ball out of it.
- **Defend** – Defenders should look to use their body when defending 1v1 and decide whether they need to win the ball on their front foot, or their back foot. The back foot should be used for emergency defending if they cannot win the ball on their front foot.



## 2 V 2 ATTACK V DEFENSE | FORCING DIRECTION

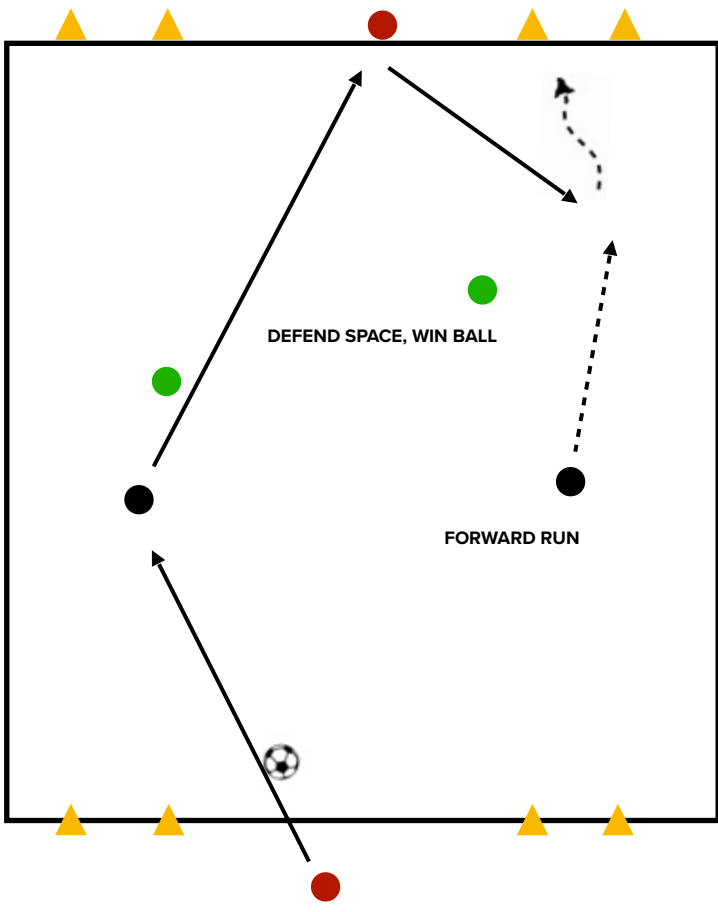
This 2 v 2 plus floaters practice is designed to support defenders to force direction of attackers away from goal. In a 25 by 15-yards area, begin with 2 players attacking 2 defenders with a support player at each end. Objective is for the attacking team to play a pass into the end player to combine and run through 1 of 2 gates, or to attack the space a pair to break this defensive line.

### Equipment



### Coaching Points

- **Deny** – Once their numbers are called, the defender them should look to quickly enter the box and apply pressure onto the attackers and win the ball from them. To deny them space they should look to force them out of the square and attempting to win the ball.
- **Delay** – If the defender cannot win the ball quickly against an opposition player, they may look to force them a certain way by positioning their body shape to force them outside of the square.
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- **Defend** – Defenders should look to use their body when defending 1v1 and decide whether they need to win the ball on their front foot, or their back foot. The back foot should be used for emergency defending if they cannot win the ball on their front foot.



## 1V1 TO GOAL

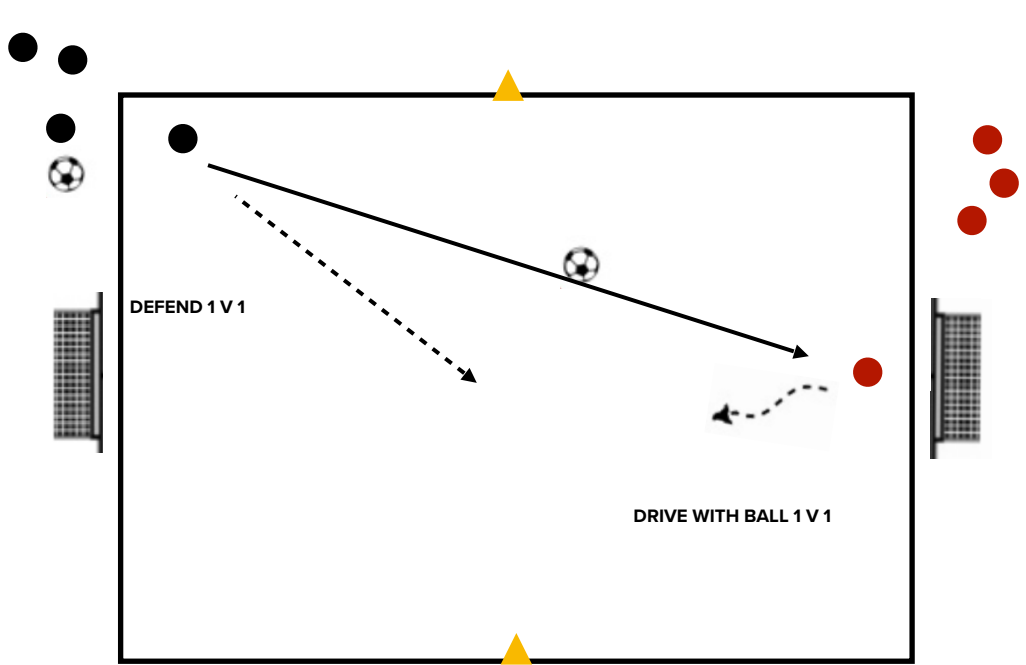
In this Attack v Defense practice, we focus on defensive pressure and player's ability to defend the goal. Defender starts with the ball and plays an initial pass into striker and can press as soon as attacking player takes their first touch. Objective is for attacking player to take on defender to finish for 3 points or run to one of 2 cones either side of pitch area for 1 point. If defender wins possession, then they attack and finish opposite end. 15 M by 20 M

### Equipment



### Coaching Points

- **Deny** – Once their numbers are called, the defender them should look to quickly enter the box and apply pressure onto the attackers and win the ball from them. To deny them space they should look to force them out of the square and attempting to win the ball.
- **Delay** – If the defender cannot win the ball quickly against an opposition player, they may look to force them a certain way by positioning their body shape to force them outside of the square.
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- **Defend** – Defenders should look to use their body when defending 1v1 and decide whether they need to win the ball on their front foot, or their back foot. The back foot should be used for emergency defending if they cannot win the ball on their front foot.



## 1V1 DEFENSIVE PRESSURE AND RECOVERY – CHANNEL DEFENDING GAME

Create a 20 x 20- yards area and split it into four equal channels or boxes. Place a goal at the far end of each channel (on the outside). Assign one pair (attacker and defender) to each channel with a ball between them, placed centrally.

**Activity:** The attacker starts by taking a touch forward toward the opposite goal and attempts to advance into the attacking half before shooting. The defender’s primary objective is to recover quickly, delay the attacker, and win the ball before a shot can be taken. If the defender successfully wins possession, they transition to attack and attempt to score in the goal behind them.

The focus is on the defensive technique: pressure timing, body positioning, and forcing play away from goal.

### Equipment

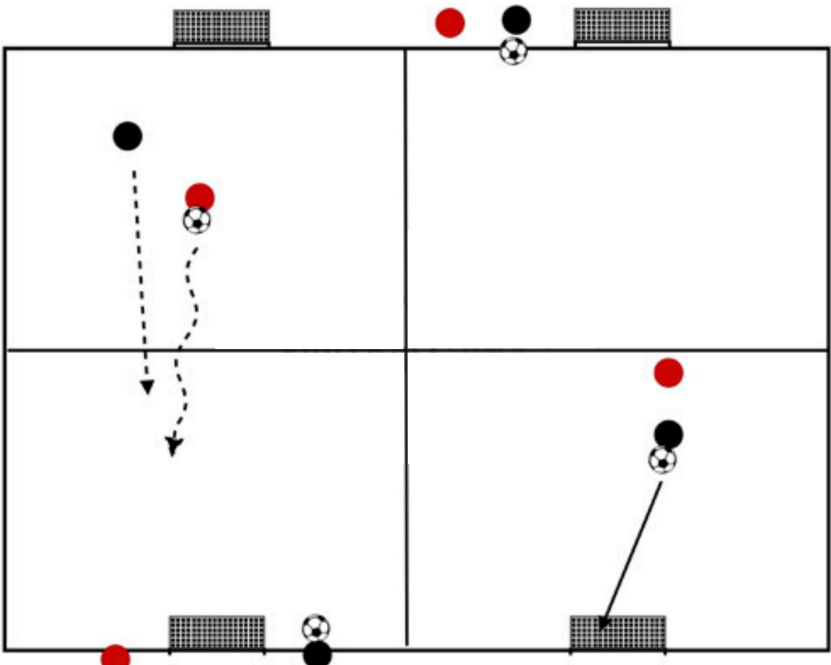


### Coaching Points

- Quick Recovery**- React immediately to attacker’s first touch. Sprint to close space and get goal-side if possible.
- Angle of Approach**-Cut off the direct route to goal. Defend at an angle to delay the attacker or force them wide.
- Timing the Tackle** -Be patient. Don’t dive in. Wait for a poor touch or slowdown to make a clean challenge.
- Body Shape**- Stay low, balanced, and side-on to adjust quickly.
- Transition to Attack**- If you win the ball, turn quickly and look to break into space toward your scoring goal.

### Progressions

- Add a time constraint (e.g., must win the ball in under 5 seconds).
- Introduce a scoring system: 1 point for a clean tackle, 2 points for winning and scoring.





# WEEK 5 - CONSOLIDATE

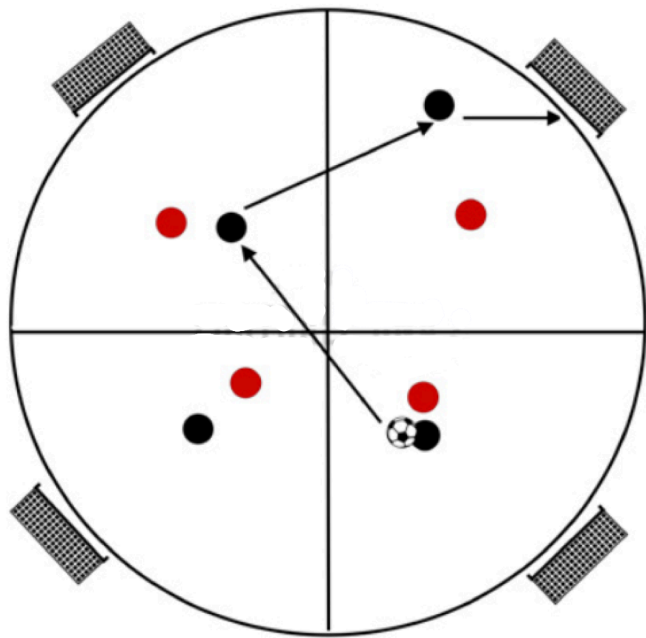
4V4 COMBINATION CIRCLE GAME- FINISHING

Setup a 25 x 25 circle and split the circle into four different segments with a goal on the outside of each segment. Have four players from each team without goalkeepers. Players can score in any of the four goals but must be inside the area to score and players can move freely within the circle. If the defenders win the ball back, they must move into another area before they can score. If the team scores using a combination, it's worth double points.

Equipment

8 - 12 Players

Bibs, Cones, Footballs & Goals



Coaching Points

- **Movement** – Players are encouraged to move around the circle to try and find space to finish in any of the four goals. Players off the ball should look to identify how they can make an overload with their movement to help the player on the ball.
- **Decision Making (Finding Overload)** – The player on the ball should look to play with their eyes up looking to make overloads and selecting the appropriate skills to change direction and find their teammates.
- Receiving Skills – Players should look to receive with an open body to be able to see the whole of the circle as well as their teammates and opposition. Due to being inside a tight area, players may need to make passes of their first touch but also use different disguises when receiving to help them change direction of the attack.
- **Combination Types** – Within the small sided game, a Give & Go will help the players combine around the defenders, particularly when they have an overload. Underlaps and Overlaps should be used to create space for the player on the ball but also to make forwards runs towards the goal that you’re looking to attack too.
- **Progression**
- Add goalkeepers in each of the four goals or alternatively, limit the number of touches players can have before they can score i.e. one touch finish.
- Make it Easier**
- Players are locked into their zone (1v1 in each zone), with only one attacker being able to join into the other zone to create a 2v1.

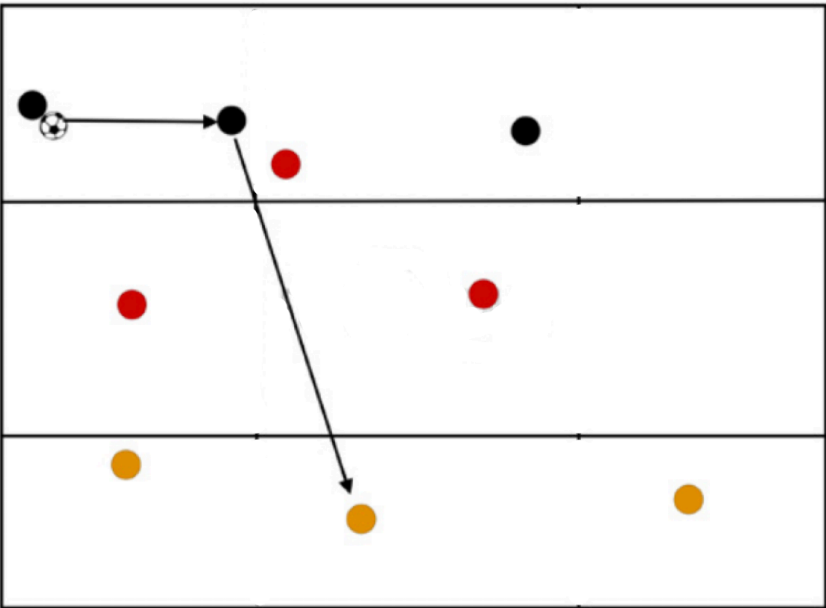
3 TEAM SWITCHING PLAY GAME- PASSING

Setup a 25 x 25 area and split the pitch into three equal thirds\* (8 m thirds). Organize three teams, with three players per team and with a team in each of the thirds. The team in the middle is the defending team and they must block, and intercept passes in the middle channel -The teams on either side of the channel are the attacking teams and must maintain possession and look to switch play (no over-head height). One player from the defending team can look to press and win the ball back from the team in possession of the ball. If the ball is intercepted, or a team loses possession of the ball they must swap places with the defending team in the middle channel.

Equipment

8 - 12 Players

Bibs, Cones, Footballs & Goals



Coaching Points

- **Team Shape** – The team in possession of the ball should look to try and create width and depth by making their triangle as large as possible. As a result, they should try not to be in line with one another and create angles when one of their teammates is in possession of the ball, this will help them to be able to play around the defender that’s pressing them as well as move the defenders in the middle channel by switching play. As a coach, have footballs on the side ready to pass in if the ball goes out of play to ensure a quick turnover.
  - **Body Shape** – Players should have an open body shape so that they can see the player with the ball, as well as the opposite side that they’re attempting to play into as well. This will help players to play first time passes as well as quicker passes reducing the opportunity for the defenders to press, intercept or block the passes as well.
  - **Scanning** – Players should continually be scanning and adjusting their body shape ready to receive the ball but also identifying spaces between and around the defenders to enable them to play into the opposite side.
  - **Passing Between Lines** – The team in possession should look to play around the defenders, but also play between them when looking to switch play to
- Progressions**
- The number of passes they make before they switch play = the number of goals they score / attackers must get a certain number of passes before they can switch.
  - In addition, you may get another defender being able to drop into the other third or have another player from the opposite attacking team moving in the middle third to receive the ball as well.

Make it Easier

- Play without a player pressing

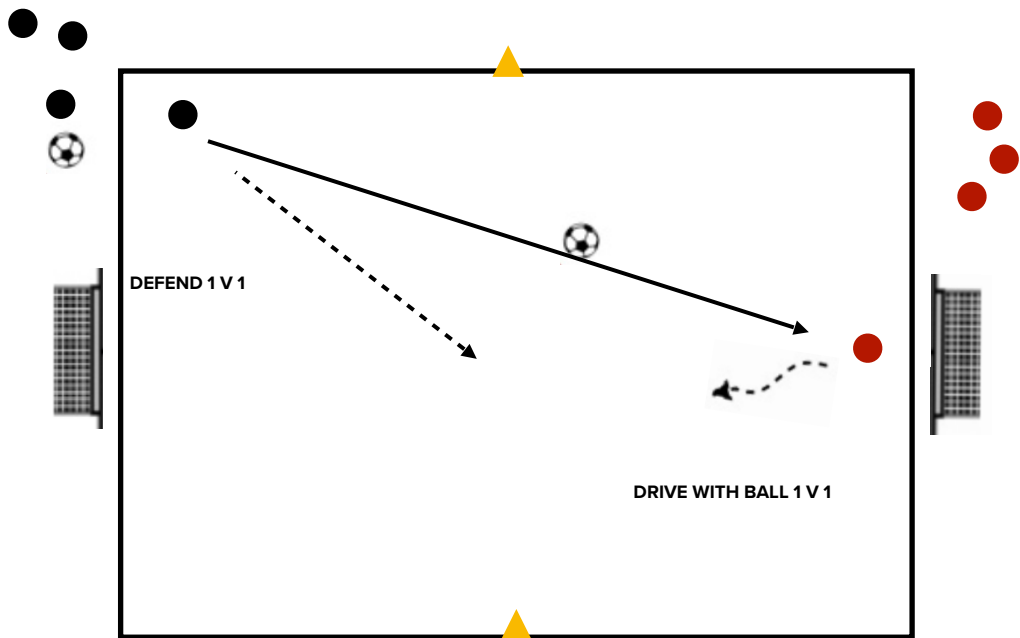
1V1 TO GOAL- PRESSING

In this Attack v Defence practice, we focus on defensive pressure and player's ability to defend the goal. Defender starts with the ball and plays an initial pass into striker and can press as soon as attacking player takes their first touch. Objective is for attacking player to take on defender to finish for 3 points or run to one of 2 cones either side of pitch area for 1 point. If defender wins possession, then they attack and finish opposite end. 15 M by 20 M

Equipment

8- 12 Players

Bibs, Cones, Footballs & Goals



Coaching Points

- **Deny** – Once their numbers are called, the defender them should look to quickly enter the box and apply pressure onto the attackers and win the ball from them. To deny them space they should look to force them out of the square and attempting to win the ball.
- **Delay** – If the defender cannot win the ball quickly against an opposition player, they may look to force them a certain way by positioning their body shape to force them outside of the square.
- **Deflect** – The defender should look to slow down upon their approach when defending 1v1, as well as getting side on and be on the outside of the ball an arm’s length away from the attacker to force them one way. This will help them with also forcing them outside of the square and not giving the attacking players the opportunity to manipulate their ball out of it.
- **Defend** – Defenders should look to use their body when defending 1v1 and decide whether they need to win the ball on their front foot, or their back foot. The back foot should be used for emergency defending if they cannot win the ball on their front foot.

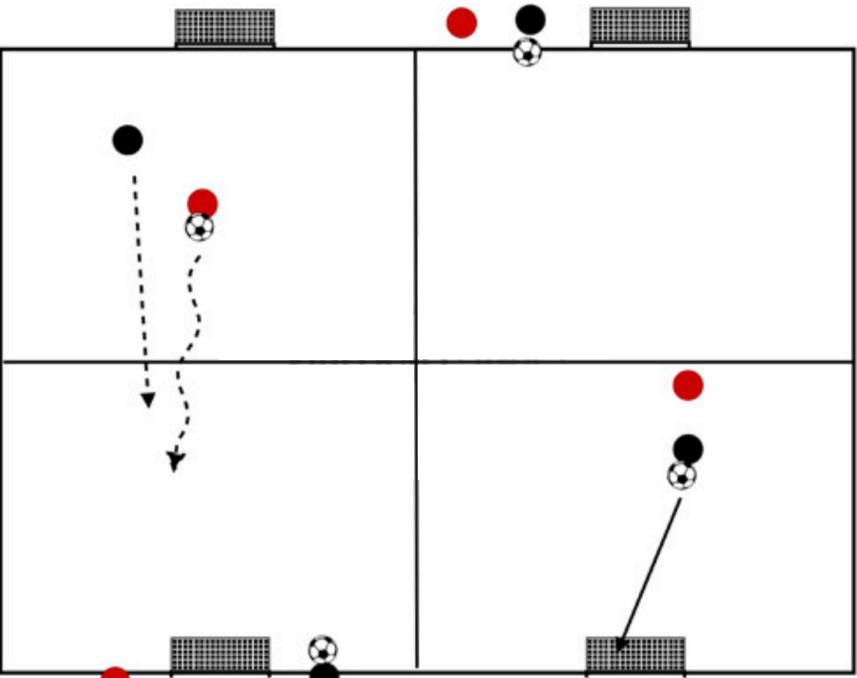
1V1 RACES- DRIBBLING

Setup a 20 x 20 area and split the area into four boxes. Have a goal on the outside of each box, with a pair next to each goal with a ball between two. Players are paired up with one attacker and one defender. The attacker begins the game by taking a touch out of their feet, they must get into the opposite half before they can score. The defender must try and chase after the ball and win it back, if they do, they can score in the opposite goal. In order to score, attackers must be in the attacking half of their channel.

Equipment

8 - 12 Players

Bibs, Cones, Footballs & Goals



Coaching Points

- **Eyes Up** – Players are to keep their eyes up to see the space in front of them to help them choose what area they want to move into and how. Players should also check their shoulders as they’re travelling with the ball to see where the opposition player is as well. Rotate after each turn who is attacking and who is defending.
- **Use Of Both Feet** – Players to use both feet to dribble/run with the ball on. This will enable them to keep the ball safe side from the defender making it more difficult for the defender to win the ball.
- **Disguise** – A disguise can be used at the beginning of the game to help the attackers to off balance the defenders to give them a head start. If the defenders recover, disguises can be used to change direction to move the defender to create space for the attacker to move into.
- **Use Of Speed** – Players should look to attack space at speed with bigger touches to move into, this will help prevent them from having to go 1v1.

Progressions

- To progress this further, play 2v2 which will provide the attackers with the ability to combine between one another but also deal with two defenders recovering as well.

Make it easier

- Play without a ball with players simply having a race to the opposite side of the pitch.





# INDIVIDUAL SESSIONS

## 1V1 RACES- DRIBBLING

Setup a 20 x 20 area and split the area into four boxes. Have a goal on the outside of each box, with a pair next to each goal with a ball between two. Players are paired up with one attacker and one defender. The attacker begins the game by taking a touch out of their feet, they must get into the opposite half before they can score. The defender must try and chase after the ball and win it back, if they do, they can score in the opposite goal. In order to score, attackers must be in the attacking half of their channel.

### Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

### Coaching Points

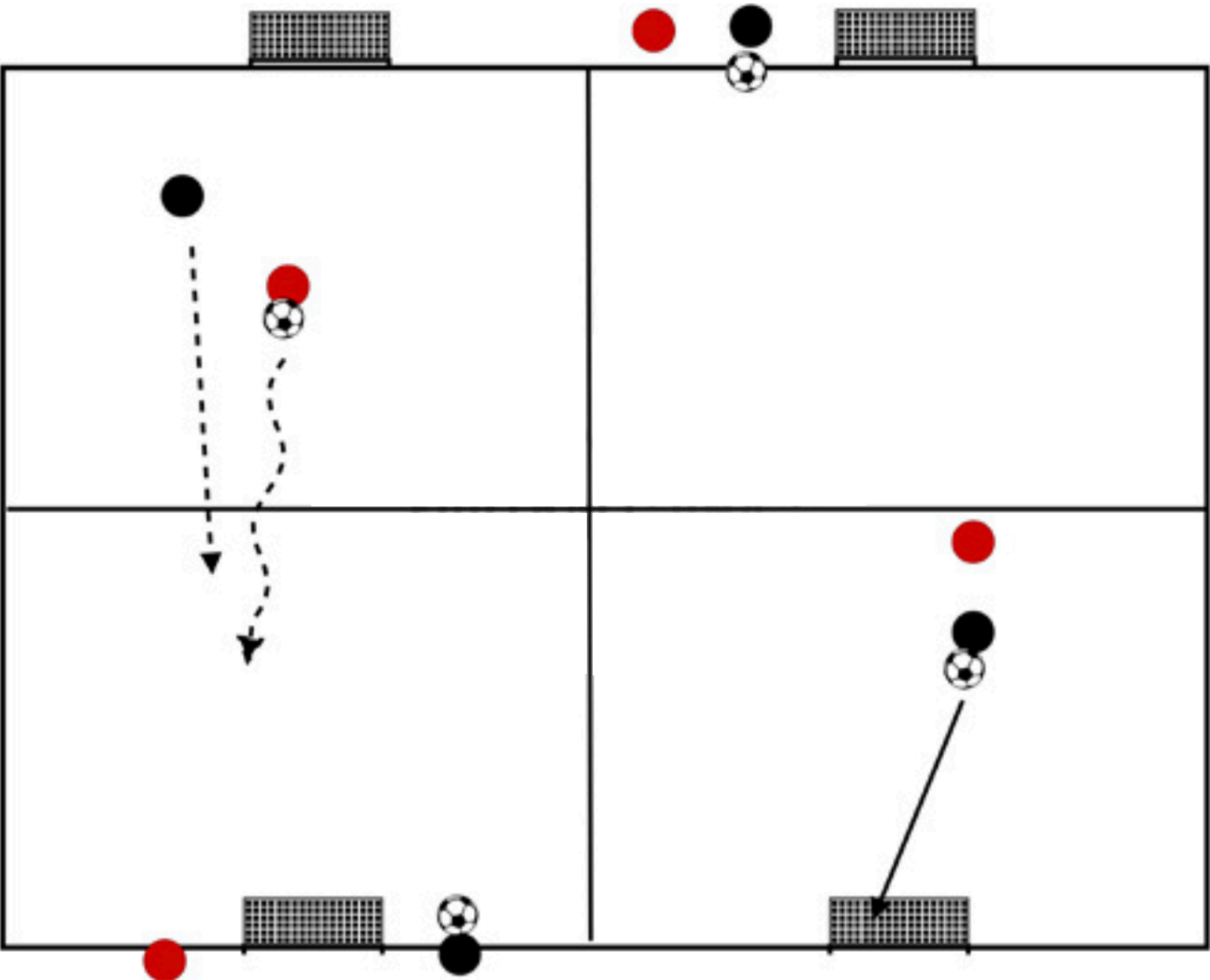
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- **Use Of Both Feet** – Players to use both feet to dribble/run with the ball on. This will enable them to keep the ball safe side from the defender making it more difficult for the defender to win the ball.
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### Progressions

- To progress this further, play 2v2 which will provide the attackers with the ability to combine between one another but also deal with two defenders recovering as well.

### Make it easier

- Play without a ball with players simply having a race to the opposite side of the pitch.





## SPEED DRIBBLE - DRIBBLING

Setup a 25 x 25-yard field with 10 - 4-yard goals placed as indicated so there are corners where chasing players can ‘trap’ the attackers and force them to stop and start and work to get free.

Two teams line up on either side of the coach, 4 yards between the two starters.

**OPTION 1-** The 1st player in each team sprints with ball to get through any three goals on their side plus any one on the other side and get back to tag their next teammate.

Winning team is first to finish

**OR**

**OPTION 2-** 1v1's One team is the dribbler, and one team is the chaser. Chaser starts other side of blue cone; dribbler must pick any 4 gates on coaches “Go command” and dribble without being tagged by chaser.

## Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

## Coaching Points

- **Eyes Up** – Players are to keep their eyes up to see the space in front of them to help them choose what area they want to move into and how. Players should also check their shoulders as they’re travelling with the ball to see where the opposition player is as well. Rotate after each turn who is attacking and also who is defending.

- **Use Of Both Feet** – Players to use both feet to dribble/run with the ball on. This will enable them to keep the ball safe side from the defender making it more difficult for the defender to win the ball.

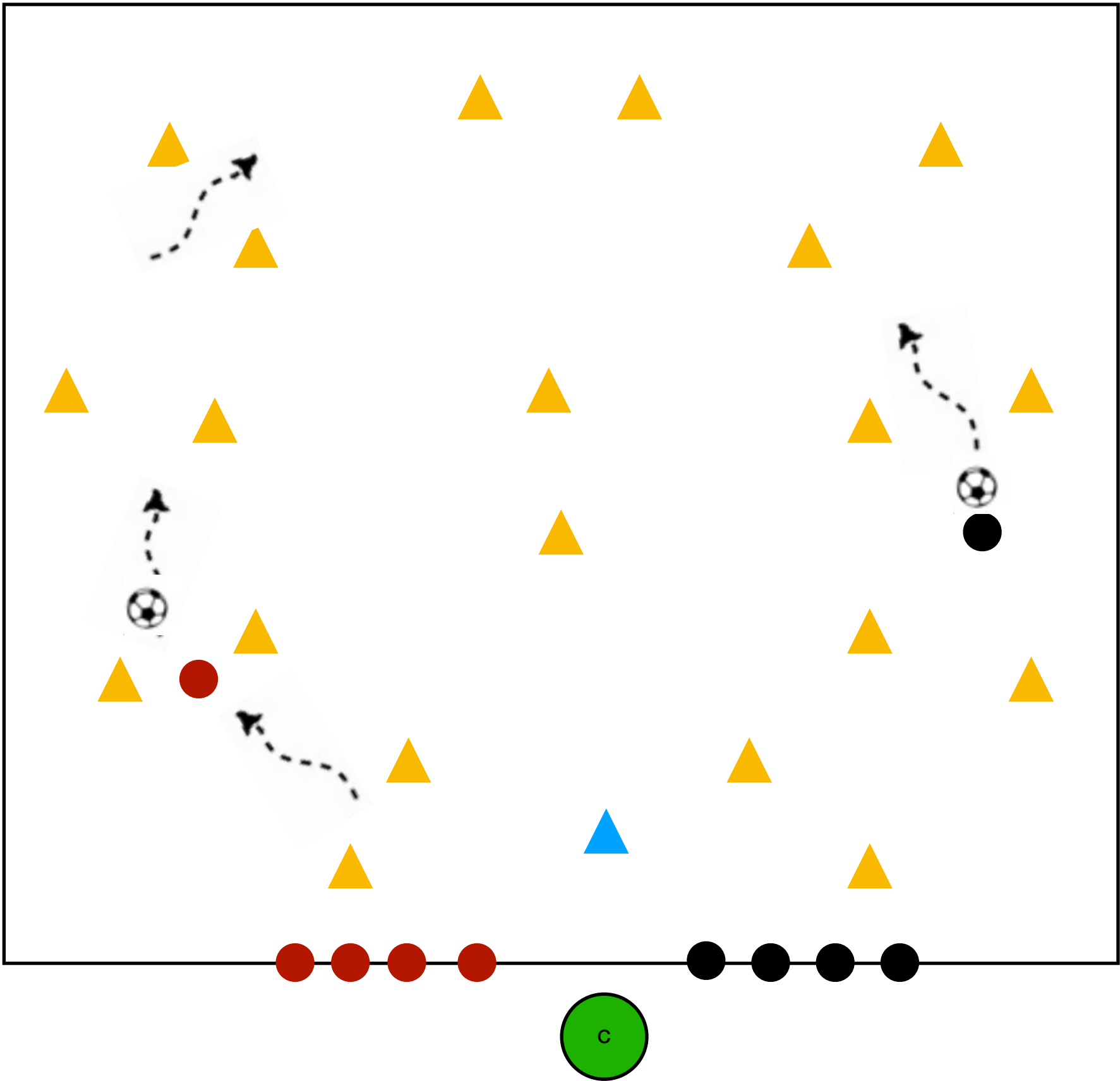
- **Use Of Speed** – Players should look to attack space at speed with bigger touches to move into

## Progressions

Pick opposite gates 2 on one side & 2 on their current side and one in the middle, let the players pick the combination of how they navigate the required gates

## Make it easier

- Play without a ball



## 3v3 END-ZONE GAME - DRIBBLING

Set up 25X25+5 end zone

3v3 directional game to end zones. Players score a point by dribbling into the end zone through gates.

If a player passes to a teammate and it is intercepted by the opponents, the defending team gains a point.

This will encourage players to search and explore dribbling opportunities creating 1v1 situations but does not restrict the decision of a pass when it is available.

MAKE IT EASIER: Pair players up with someone on the opposition who they can only defend.

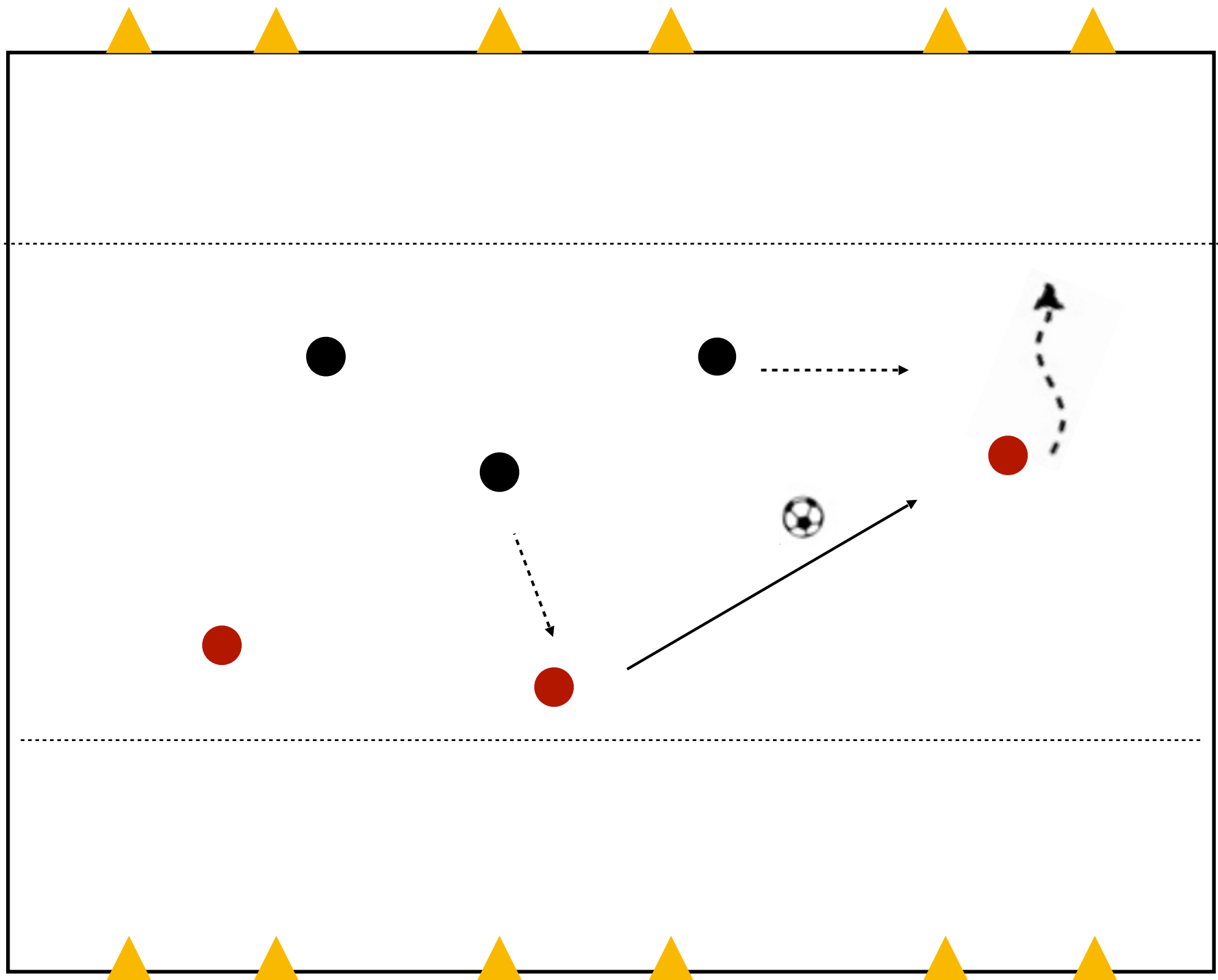
### Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals



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- **Use Of Both Feet** – Players to use both feet to dribble/run with the ball on. This will enable them to keep the ball safe side from the defender making it more difficult for the defender to win the ball.
- **Disguise** – A disguise can be used at the beginning of the game to help the attackers to off balance the defenders to give them a head start. If the defenders recover, disguises can be used to change direction to move the defender to create space for the attacker to move into.
- **Use Of Speed** – Players should look to attack space at speed with bigger touches to move into, this will help prevent them from having to go 1v1.

### Make it easier

- Pair players up with someone on the opposition who they can only defend

## DRIBBLE RACE - BALL MASTERY

In a 20 x 20-yard area, we have different colored cones set in sets of 3 in a triangle formation. The coach plays a pass into space and objective is for 1 player from each team to race to the ball and dribble and stop the ball inside of one of the triangles. Once the triangle has 2 balls from one team in it, it is no longer playable, and the other triangles must be filled. If the defender wins the ball from the dribbler before they place the ball in a Triangle, they can now dribble the ball into a free space. Pairs have 10 seconds to score if not move onto different pair. Next player from each team then races onto the next ball and must stop the ball inside a different colored set of cones. Coach can remove a set of cones after each successful dribble to reduce options for players

### Equipment



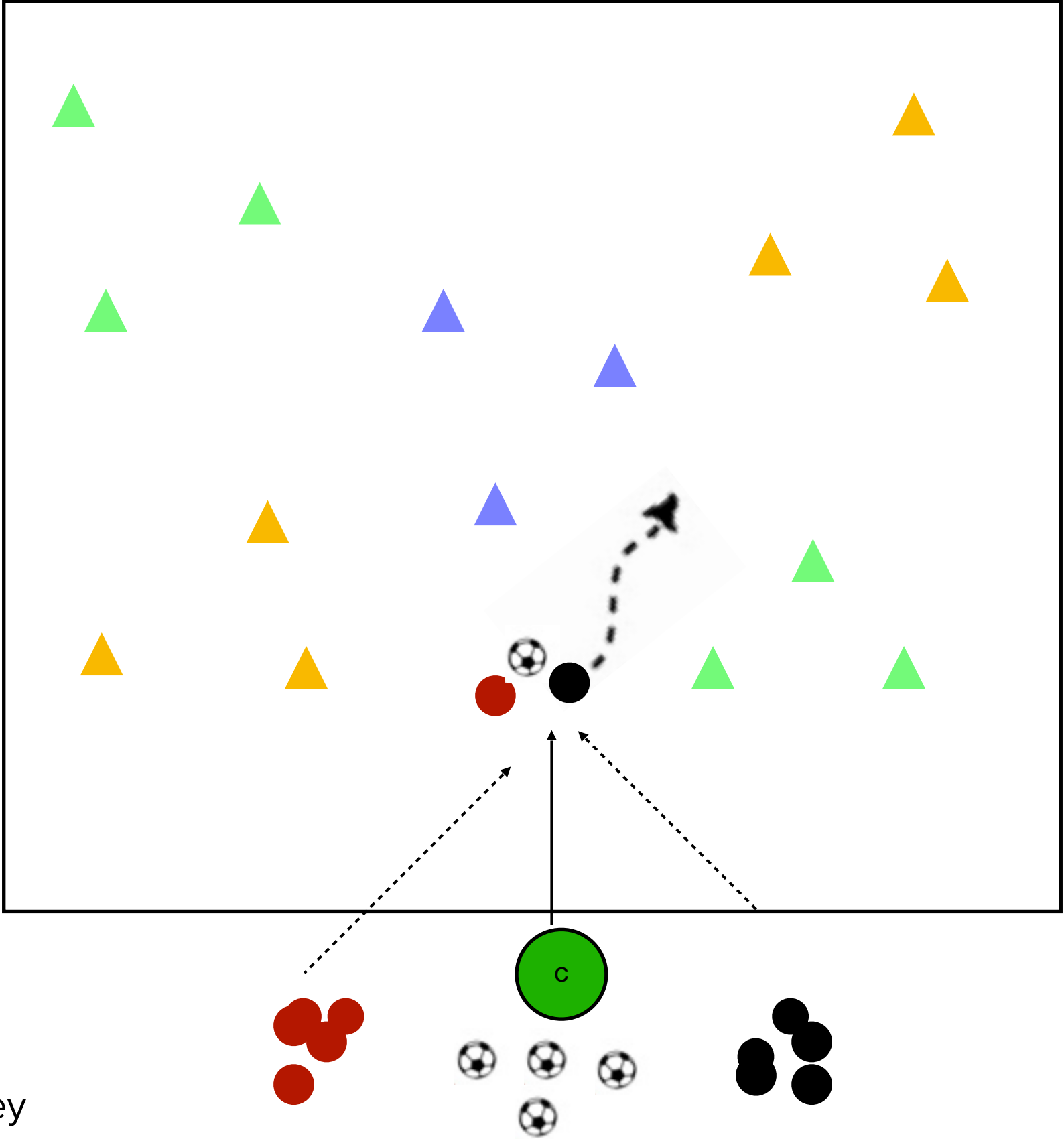
8 - 12 Players



Bibs, Cones, Footballs & Goals

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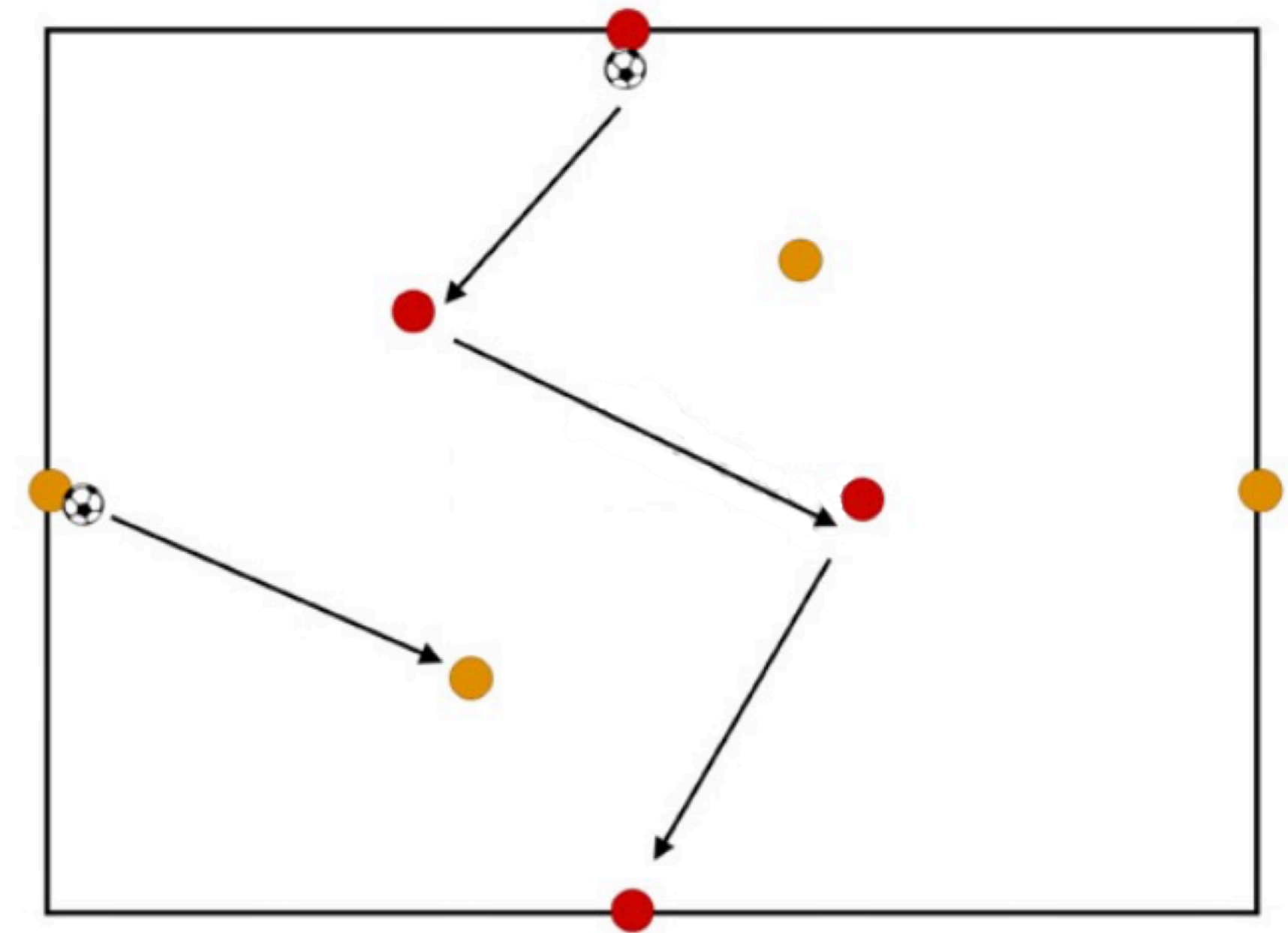




## 2V2 POSSESSION WITH TARGET PLAYERS- PASSING

Within 20 x 20 grid area with one team working horizontally and the other team going vertically.

Working in groups of 4, 2 players start in the middle and two on either side. Both teams must transfer the ball from one side of the area to the other, both teams are to have a ball each. These players on the outside of the square act as target players and must try and receive passes from the players in the middle of the square. To progress we go into an opposed practice with one ball and two teams playing against each other. If a team can transfer the ball from one target player into the other, they will get one point. The defending team must try and win the ball back and then play between their target players. Target players on the outside are also not able to be tackled.



### Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

### Coaching Points

**-Team Spacing** – The players in the middle must look to disperse once the ball is played on the outside to either target players, this will help to create space through the middle for the team in possession to try and exploit. In addition, the players in the middle can create space by receiving at different angles to one another, therefore, helping them to be able to play between them. Outside players should look to create angles by moving to try and receive between players, as well as offering support behind the ball as well.-

**-Body Shape** – Players to try and receive with an open body shape to enable them to be able to play both forwards and backwards as well as see the whole area. To support this, encourage players to receive with their shoulders facing the direction they wish to go enabling them to be able to play quickly into their teammates throughout the game.

**-Scanning** – Players should look to scan continually throughout this practice to help them to identify where the ball is as well as where the space is too. To support players with scanning, encourage them to try and scan as they receive the ball (as it's travelling). Players should adjust their body shape from their scanning and select appropriate receiving & passing based of what they see.

**-Receiving & Passing Technique** – When receiving, players should look to use their first touch to move into space or move away from pressure. In addition, first time passes may be used to change the point of attack quickly, combine with teammates or play between opponents.

### Progression

- If a pass is played into a target player, they can now choose to either pass in or dribble in. If they choose to dribble in, another player from their team must look to take their place.

- Target players can now also be tackled too.

### Make It Easier

- Both teams must transfer the ball from one side of the area to the other, both teams are to have a ball each. As a result, this is an unopposed practice.

**SKILLS GRID- PASSING**

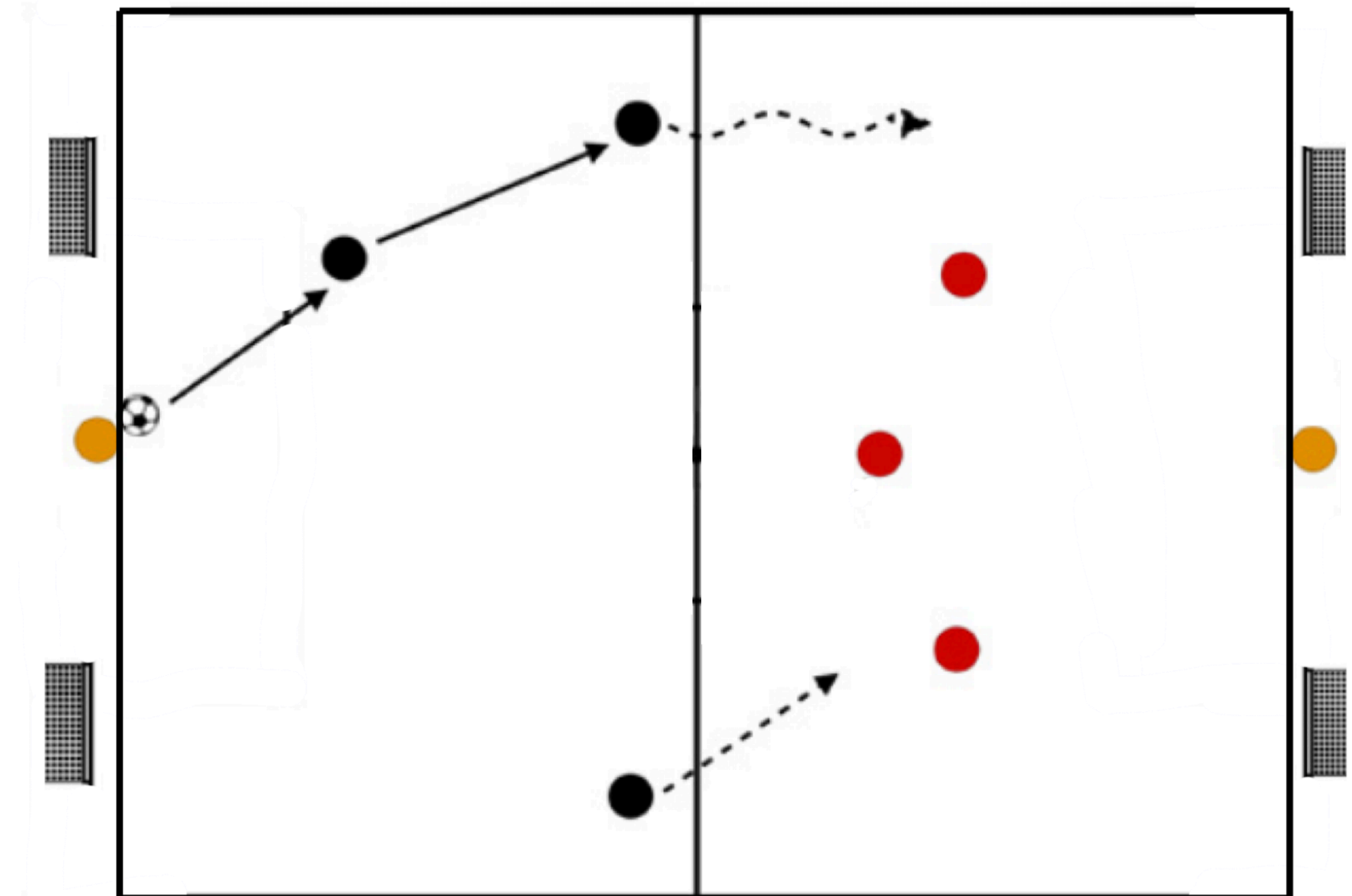
Setup a 40L x 20W area with two goals on the pitch and organize a 3v3 plus goalkeepers. Each time the team in possession has a goal kick in their half, the opposition must retreat into their own half. Failure to do so, will result in a free kick to the team in possession of the ball. Once the team in possession of the ball has played their first pass, the defending team can decide whether they wish to stay in their half or go and press and win the ball back. This rule will enable the team in possession to be able to build from the back and progress into the opposition's half. Keepers can defend pug-nets using feet only .

**Equipment**

8 - 12 Players



Bibs, Cones, Footballs & Goals

**Coaching Points**

**-Team Spacing** – The players in the middle must look to disperse once the ball is played on the outside to either target players, this will help to create space through the middle for the team in possession to try and exploit. In addition, the players in the middle can create space by receiving at different angles to one another, therefore, helping them to be able to play between them. Outside players should look to create angles by moving to try and receive between players,

as well as offering support behind the ball as well.-

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**-Receiving & Passing Technique** – When receiving, players should look to use their first touch to move into space or move away from pressure. In addition, first time passes may be used to change the point of attack quickly, combine with teammates or play between opponents.

**Progression**

- Instead of a retreat line, the defending team can move wherever they wish from goal kicks throughout the game.

- You may also wish to progress this further by stating the attacking team must make a certain number of passes in their half before they can progress into the attacking half.

**Make It Easier**

- The defending team must stay in their half and cannot tackle until attackers get into their half. This will be in place whenever the attacking team has the ball in their half, enabling them to be patient in their build up play.



**POSSESSION BOX- PASSING**

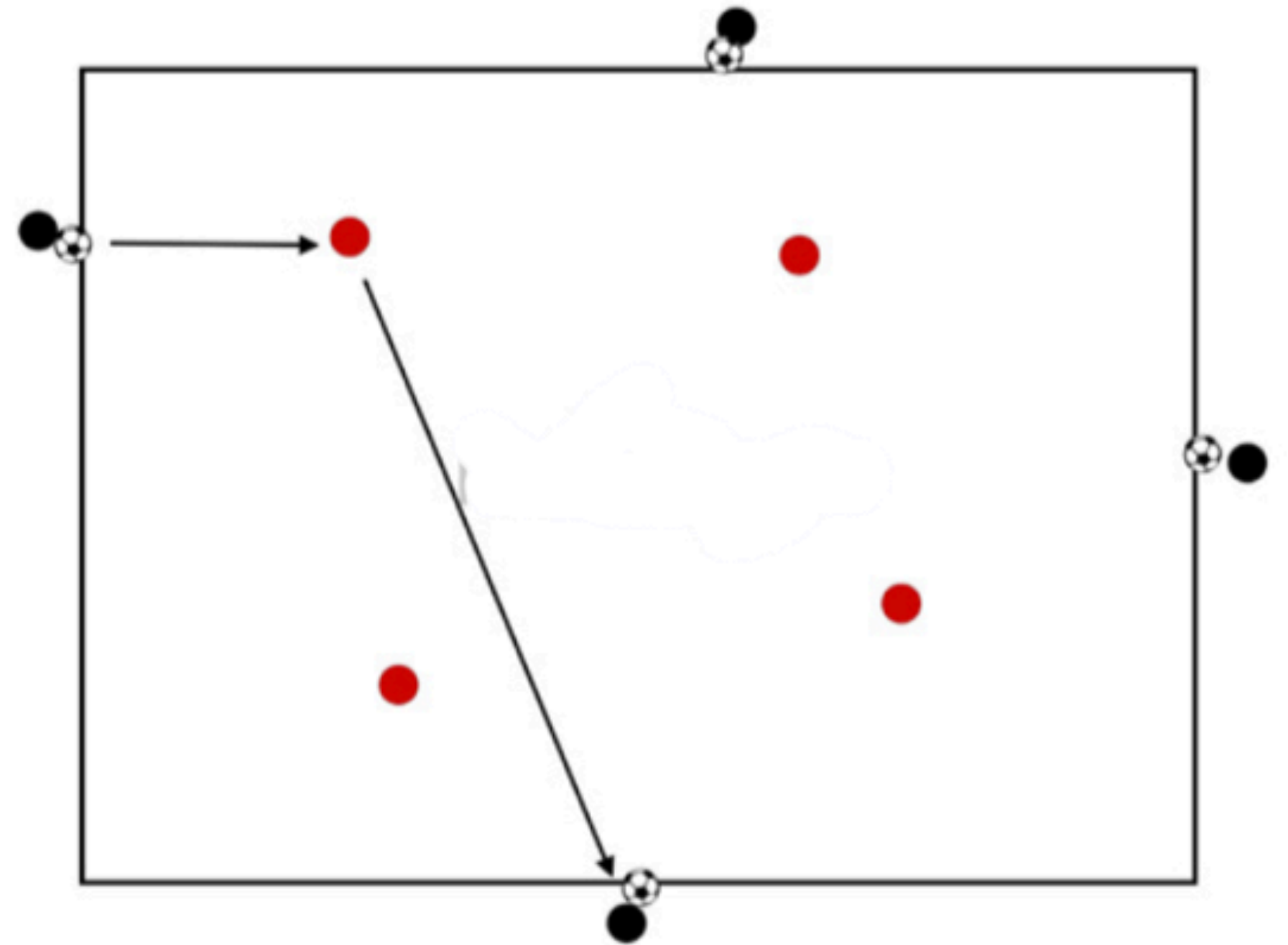
Setup a 20 x 20 area with four players on the outside with a ball each and four players inside the area with-out the ball. The players on the inside must move to receive the ball, once they've done this they receive and then look to play into another player on the outside of the square. The player on the inside is to perform a ball mastery exercises of both Step over, Double Cuts, etc players on the outside side can also perform these exercises as well once they've received the ball.

**Equipment**

8 - 12 Players



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**Coaching Points**

- **Scanning To See Your Teammates** – The players on the inside of the square should look to scan before receiving the ball to then adjust their body shape to see the player they're receiving from but also the player they want to play into as well.
- **Eyes Up** – Players should keep their eyes up before they receive to try and have eye contact with the player they're receiving from, once they receive the ball player should look to keep their eyes up to see other players in the area as well as the players on outside of the square too.
- **Receiving Skills** – To help players to receive, they should look to receive with an open body shape to help them see the whole of the square. This will help them to take their first touch out of their feet to be able to play forwards, but also look at possible no touch turns as well.
- **Passing Skills** – Players should look to play firm passes along the ground to the players on the outside for them to receive, but also may need to vary the types of passes that they play based on what pictures they see/traffic that is in front of them.

**Progressions**

- To make this practice more challenging, add defenders within the grid to apply pressure on the individual player who's receiving inside the box. If the defenders win the ball, they then become an attacker and look to receive the ball.
- Alternatively, you may have a team that is defending and a team that is attacking and then rotate them regularly.

### 3 TEAM SWITCHING PLAY GAME- PASSING

Setup a 25 x 25 area and split the pitch into three equal thirds\* (8 m thirds). Organize three teams, with three players per team and with a team in each of the thirds. The team in the middle is the defending team and they must block, and intercept passes in the middle channel -The teams on either side of the channel are the attacking teams and must maintain possession and look to switch play (no over-head height). One player from the defending team can look to press and win the ball back from the team in possession of the ball. If the ball is intercepted, or a team loses possession of the ball they must swap places with the defending team in the middle channel.

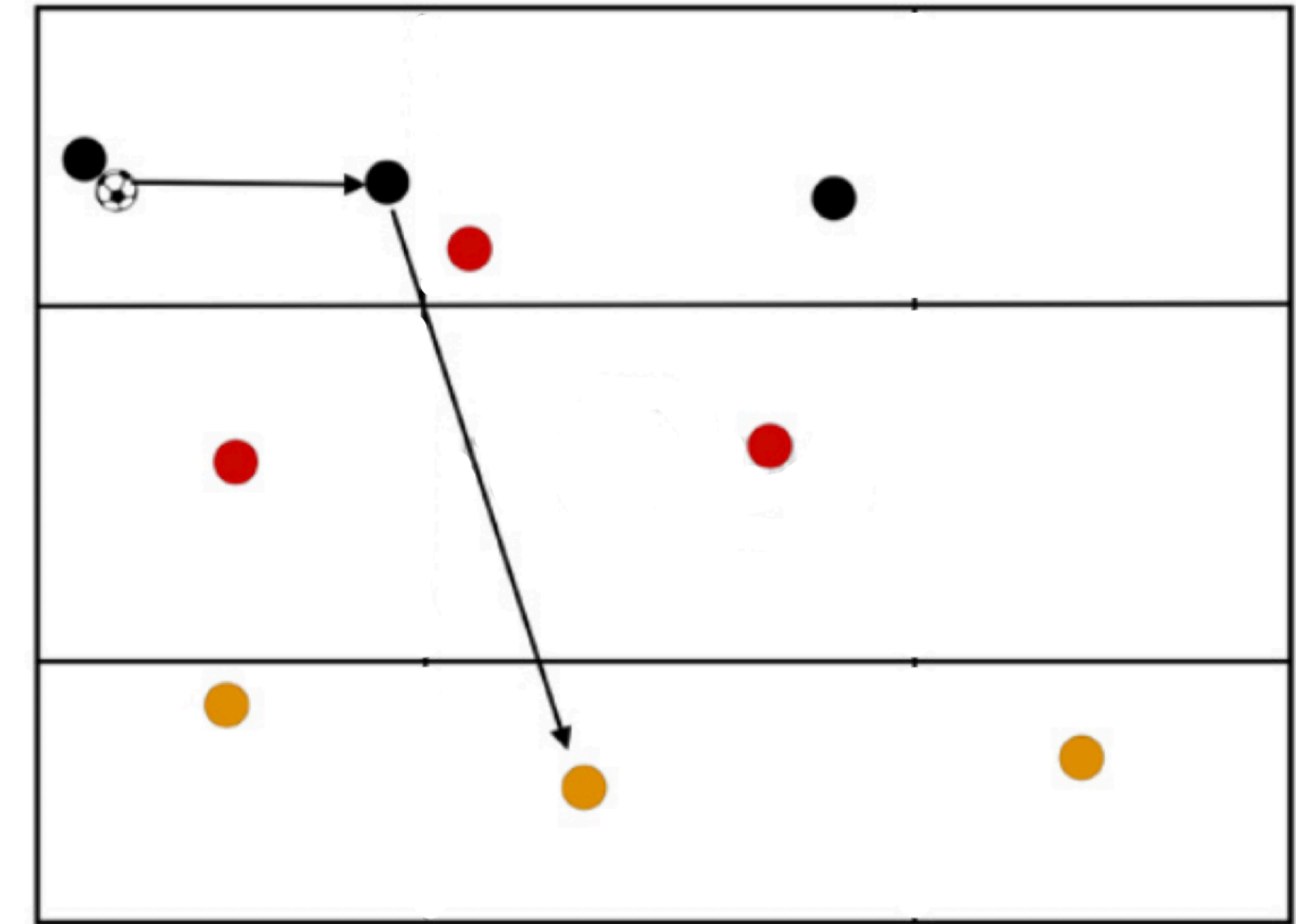
#### Equipment



8 - 12 Players



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#### Coaching Points

- **Team Shape** – The team in possession of the ball should look to try and create width and depth by making their triangle as large as possible. As a result, they should try not to be in line with one another and create angles when one of their teammates is in possession of the ball, this will help them to be able to play around the defender that's pressing them as well as move the defenders in the middle channel by switching play. As a coach, have footballs on the side ready to pass in if the ball goes out of play to ensure a quick turnover.
- **Body Shape** – Players should have an open body shape so that they can see the player with the ball, as well as the opposite side that they're attempting to play into as well. This will help players to play first time passes as well as quicker passes reducing the opportunity for the defenders to press, intercept or block the passes as well.
- **Scanning** – Players should continually be scanning and adjusting their body shape ready to receive the ball but also identifying spaces between and around the defenders to enable them to play into the opposite side.
- **Passing Between Lines** – The team in possession should look to play around the defenders, but also play between them when looking to switch play to

#### Progressions

- The number of passes they make before they switch play = the number of goals they score / attackers must get a certain number of passes before they can switch.
- In addition, you may get another defender being able to drop into the other third or have another player from the opposite attacking team moving in the middle third to receive the ball as well.

#### Make it Easier

- Play without a player pressing

### 4V4 COMBINATION CIRCLE GAME- FINISHING

Setup a 25 x 25 circle and split the circle into four different segments with a goal on the outside of each segment. Have four players from each team without goalkeepers. Players can score in any of the four goals but must be inside the area to score and players can move freely within the circle. If the defenders win the ball back, they must move into another area before they can score. If the team scores using a combination, it's worth double points.

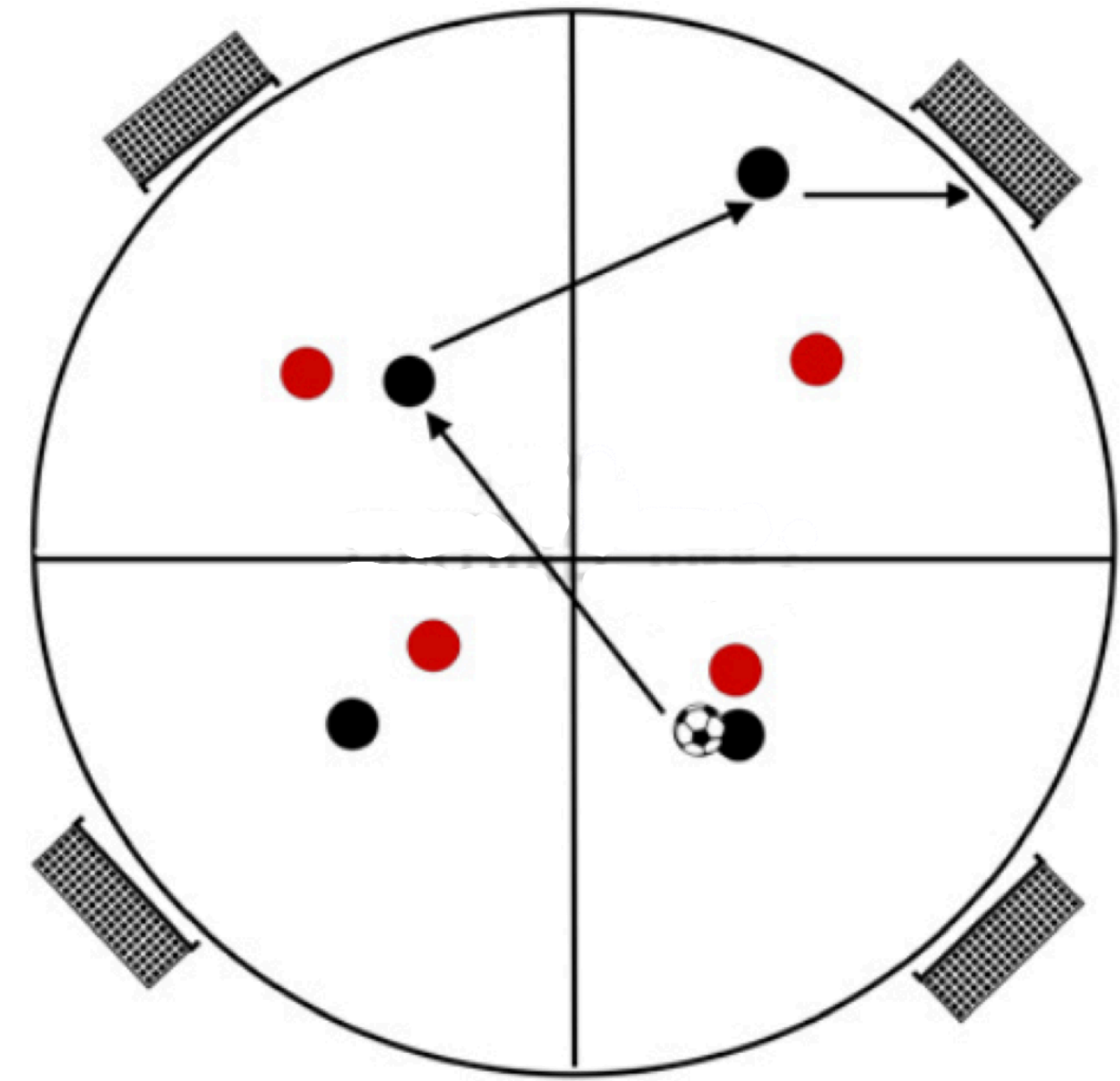
#### Equipment



8 - 12 Players



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#### Coaching Points

- **Movement** – Players are encouraged to move around the circle to try and find space to finish in any of the four goals. Players off the ball should look to identify how they can make an overload with their movement to help the player on the ball.
- **Decision Making (Finding Overload)** – The player on the ball should look to play with their eyes up looking to make overloads and selecting the appropriate skills to change direction and find their teammates.
- **Receiving Skills** – Players should look to receive with an open body to be able to see the whole of the circle as well as their teammates and opposition. Due to being inside a tight area, players may need to make passes of their first touch but also use different disguises when receiving to help them change direction of the attack.
- **Combination Types** – Within the small sided game, a Give & Go will help the players combine around the defenders, particularly when they have an overload. Underlaps and Overlaps should be used to create space for the player on the ball but also to make forwards runs towards the goal that you're looking to attack too.
- **Progression**
  - Add goalkeepers in each of the four goals or alternatively, limit the number of touches players can have before they can score i.e. one touch finish.

#### Make it Easier

- Players are locked into their zone (1v1 in each zone), with only one attacker being able to join into the other zone to create a 2v1.



### FINISHING GAME – SWITCH IT UP- FINISHING

Setup a small sided game with four goals and a goalkeeper/outfield player in each of the four goals. The game initially begins going horizontally, with the goalkeepers not being used being able to play as target players. As soon as a goal is scored, the direction of the game then begins in the other direction (vertically). Each time a goal is scored, the game restarts from the team that scores to help this transition have footballs next to the goals to help them start the game in the other direction

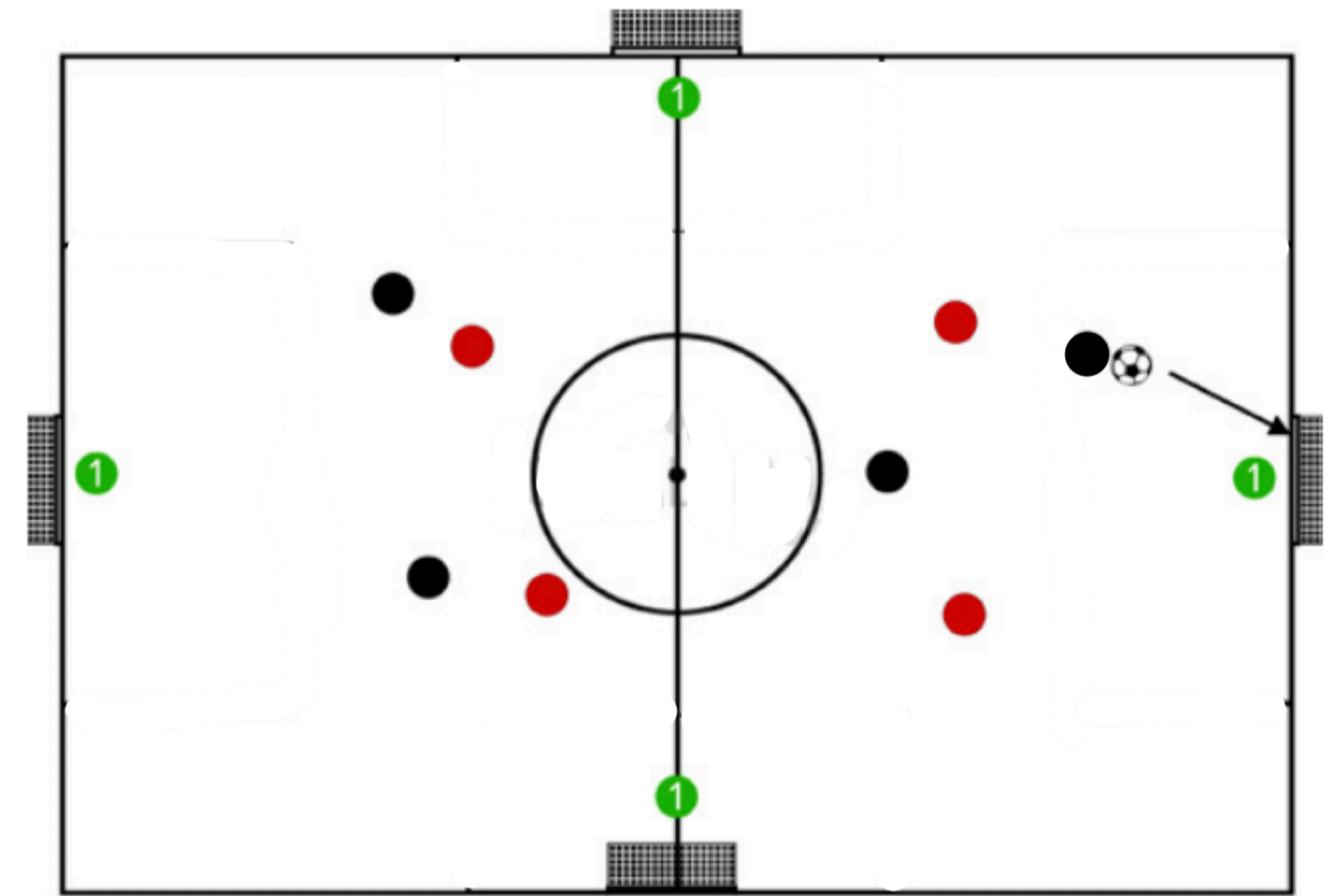
#### Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals



#### Coaching Points

- **Movement** – Players are encouraged to move around the circle to try and find space to finish in any of the four goals. Players off the ball should look to identify how they can make an overload with their movement to help the player on the ball.
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- **Combination Types** – Within the small sided game, a Give & Go will help the players combine around the defenders, particularly when they have an overload. Underlaps and Overlaps should be used to create space for the player on the ball but also to make forwards runs towards the goal that you're looking to attack too.
- **Finishing of Both Feet** – Players should be encouraged to use both feet to receive, pass, travel and finish with the ball. Encouraging players to use both feet will allow them to be able to perform each skill quicker and particularly allow them to combine and finish around the goal more quickly too.

#### Progression

- Winner stays on, once you score the team that loses rotates with the team in the goals.

#### Make It Easier

- Increase/decrease the size of the pitch and/or reduce the number of players

## 1V1 TO GOAL- FINISHING

Setup a 25 x 25 area and split the pitch into equal thirds as well as a halfway line and two goals at either end. The defenders start with a ball each next to the goal and the attackers are on the halfway line without a ball. The game begins by the defender passing the ball into the attacker and they then must get into the final third to be able to score. If the defender wins the ball back, they must stop the ball on the halfway line. Rotate attackers and defenders after each turn.

To help the attackers get success, encourage them to use the 1v1 skills.

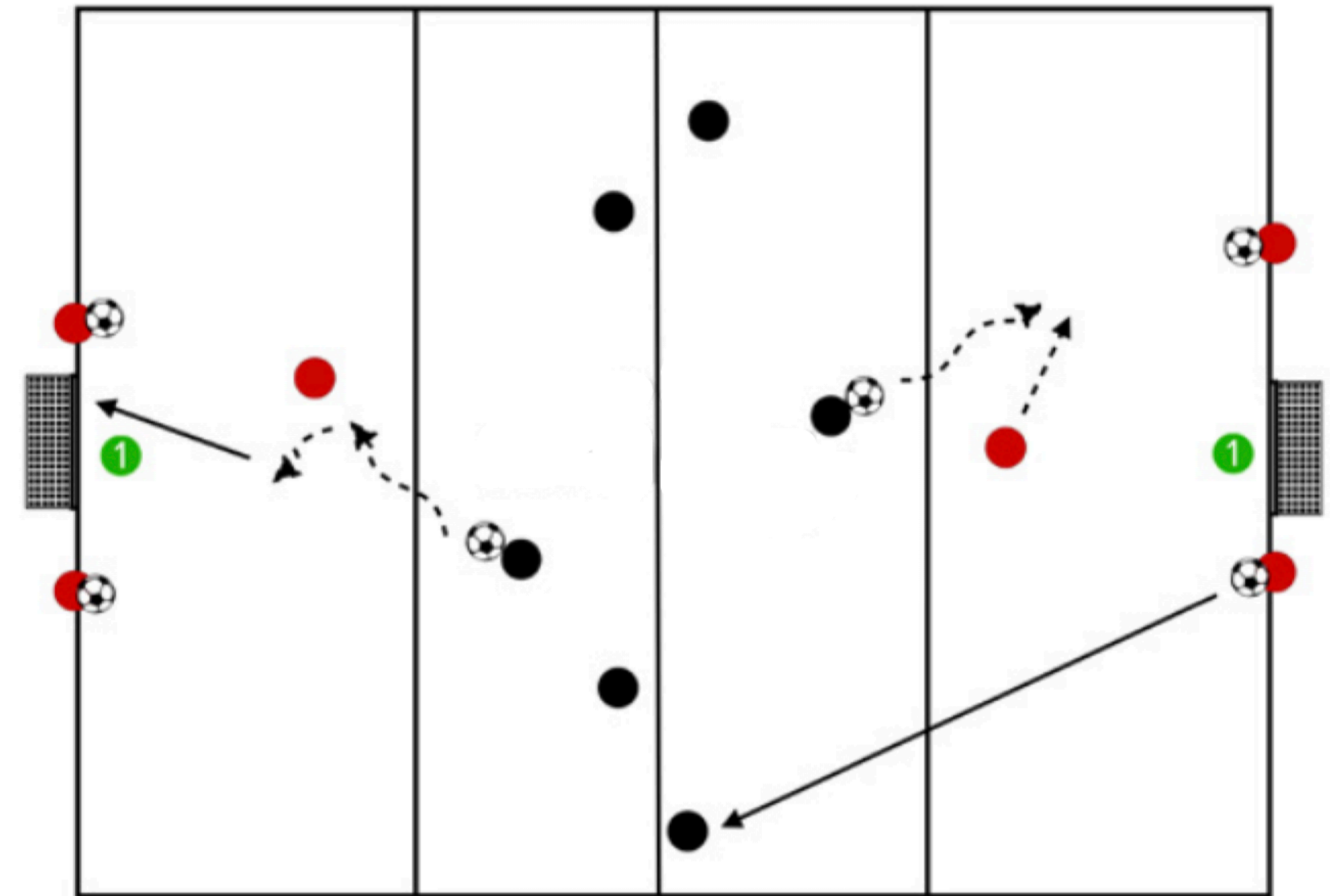
### Equipment



10 - 14 Players



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### Coaching Points

- **Eyes Up** – The attacker when receiving the ball should identify the best space to travel into with their first touch. Once they receive this, they should continue to keep their eyes up as they're travelling with the ball to see the defender, space as well as the goal. This will prevent players travelling with the ball into areas they cannot finish from and improve the chances of getting into the final third to score.
- **Speed Of Attack** – Once the attacker receives the ball, they should look to attack the goal at speed allowing them to get into the final third quickly. In order to do this, players should be encouraged to take a big first touch to move into the space and to run with the ball with larger touches. If the defender presses them, they may be able to beat them with their first or off balance them when going 1v1.
- **Use Of Both Feet** – When players receive the ball they should be encouraged to try and beat the defender on either side using both feet. This prevents the attacker from being predictable but also will help to allow them to finish quickly of either foot whilst keeping the ball on the furthest foot from the defender too. If players can use either feet, it will also allow them to adapt their finishing technique based on the area that they're shooting from.
- **Finishing Technique** – As players are aiming to travel with the ball at speed, they should look at finesse finishing and attempting to place the ball in the corners of the goal. If they are forced wide, they may require attackers to finish across goal into the far post or cutting inside to curl the with a finesse finish as well. If the ball is central, the attackers may use their laces or toes to finish to allow them to get their shot of quickly without the defender and goalkeeper being able to adapt to the attacker's body shape. Attackers should also be ready to rebound on any saves or blocks.



### BREAKING THE BOX TO FINISH FROM WIDE- FINISHING

Setup a 25 x 25 area with a goal and a goalkeeper either side as well as a target player by each goal acting as a wide player without a ball. Inside this area, set up a 10 x 10 box with players having a ball each performing ball mastery skills 'Slides, Toe Tap Step-over' inside the middle box. Organize two teams, with players being given a number each, when the coach will call a number that number from each team then must play into a wide player and look to then receive a cross and finish, the first person to score wins a point and after their turn they are then to take the wide players place with the wide player then returning to the middle box.

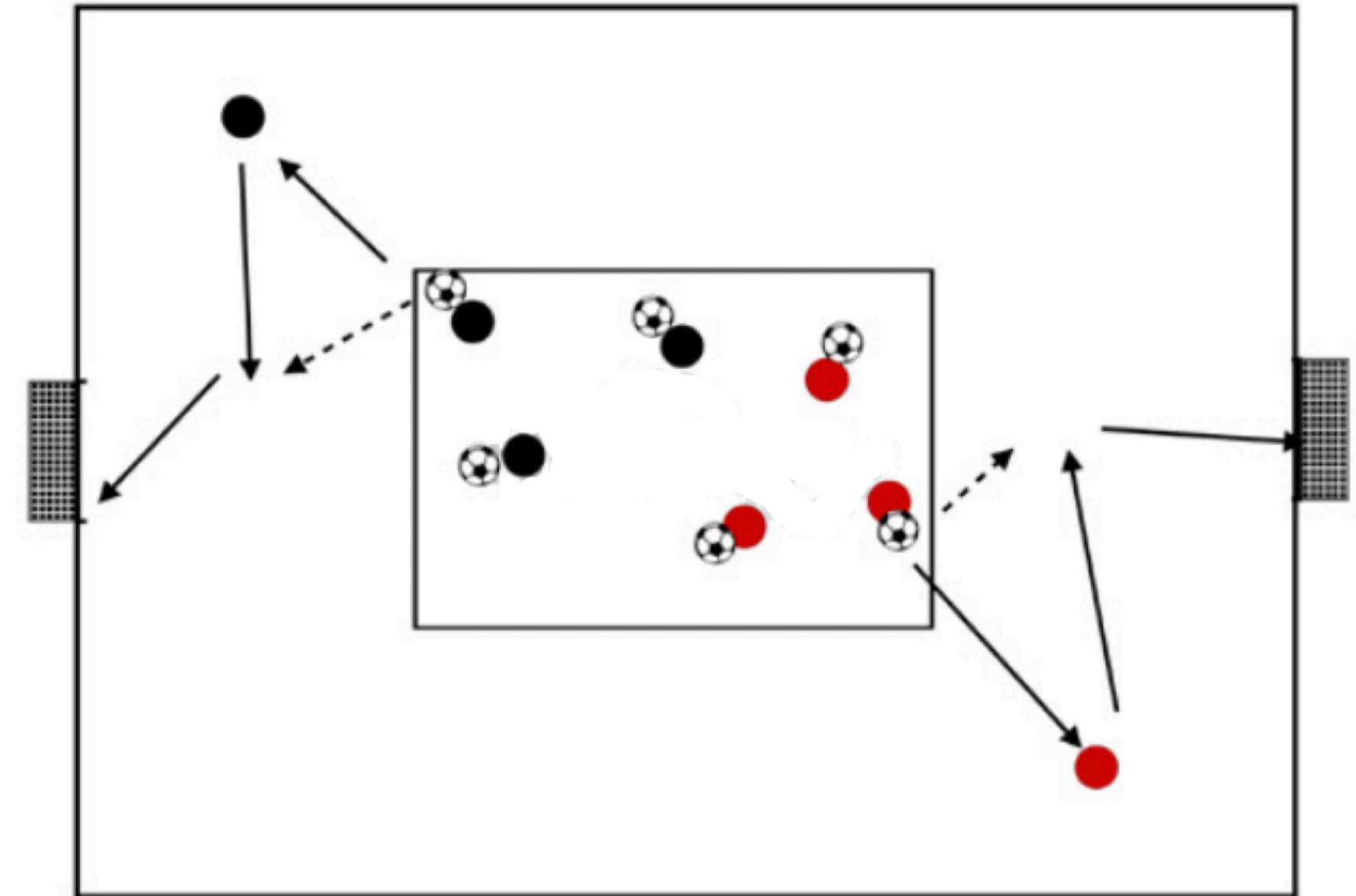
#### Equipment



8 - 12 Players



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#### Coaching Points

- **Eyes Up** – While players are performing ball mastery, they are to keep their eyes up to help them to manipulate around other players. Once their number is called, they must look to play into their wide player as quickly as possible to win the race against the opposition player.
- **Speed Of Attack** – As soon as their number is called, each player should look to play into the wide player as quickly as possible and run forward ready to finish from a cross.
- **Timing Of Run** – After playing into the wide player the attackers should look to hold their run in anticipation for where the ball will be crossed too. Players should also look to communicate with their hands or by calling out where they want the cross to be played as well.
- **Finishing Technique** – Depending on where the cross is played, players should look to adapt their finishing technique but also, players will need to be able finish on both sides to help them finish quickly if needs be too.

#### Progressions

- To challenge the attackers further, add goalkeepers as well as defenders to make it more difficult for the attacker to score.

#### Make it Easier

- Players are not limited to doing ball mastery inside the box and can move around the area.

## PROTECT THE POCKETS - PRESSING

This technical practice emphasizes passing, recovery runs, and defensive actions, focusing on intercepting or blocking passes into midfield pockets. We setup using a 30 by 20-yard area, divided into two lanes, with a 6 meters central passing zone. Players work in transitions, attacking within their assigned lane before adapting quickly to defend the opposite lane. Attackers are only permitted to pass into the mini-goal once they enter the designated passing zone, providing defenders with the opportunity to recover and position themselves effectively to block the pass or shot. After all the balls have been used, fetch the balls and allow players a short recovery period before restarting the exercise.

**1- DRIBBLE INTO FINISHING ZONE LANE ONE**

**2- FINISH INTO PUG-NETS**

**3- NEXT PLAYER START TO DRIBBLE IN SECOND LINE AS SOON AS SHOT IS TAKEN**

**4- PLAYER THAT SHOT FIRST RUNS IMMEDIATELY INTO SECOND LANE TO PREVENT SECOND LINE DRIBBLER FROM SCORING AND BLOCK SHOT**

**5- ALTERNATE SIDES**

### Equipment



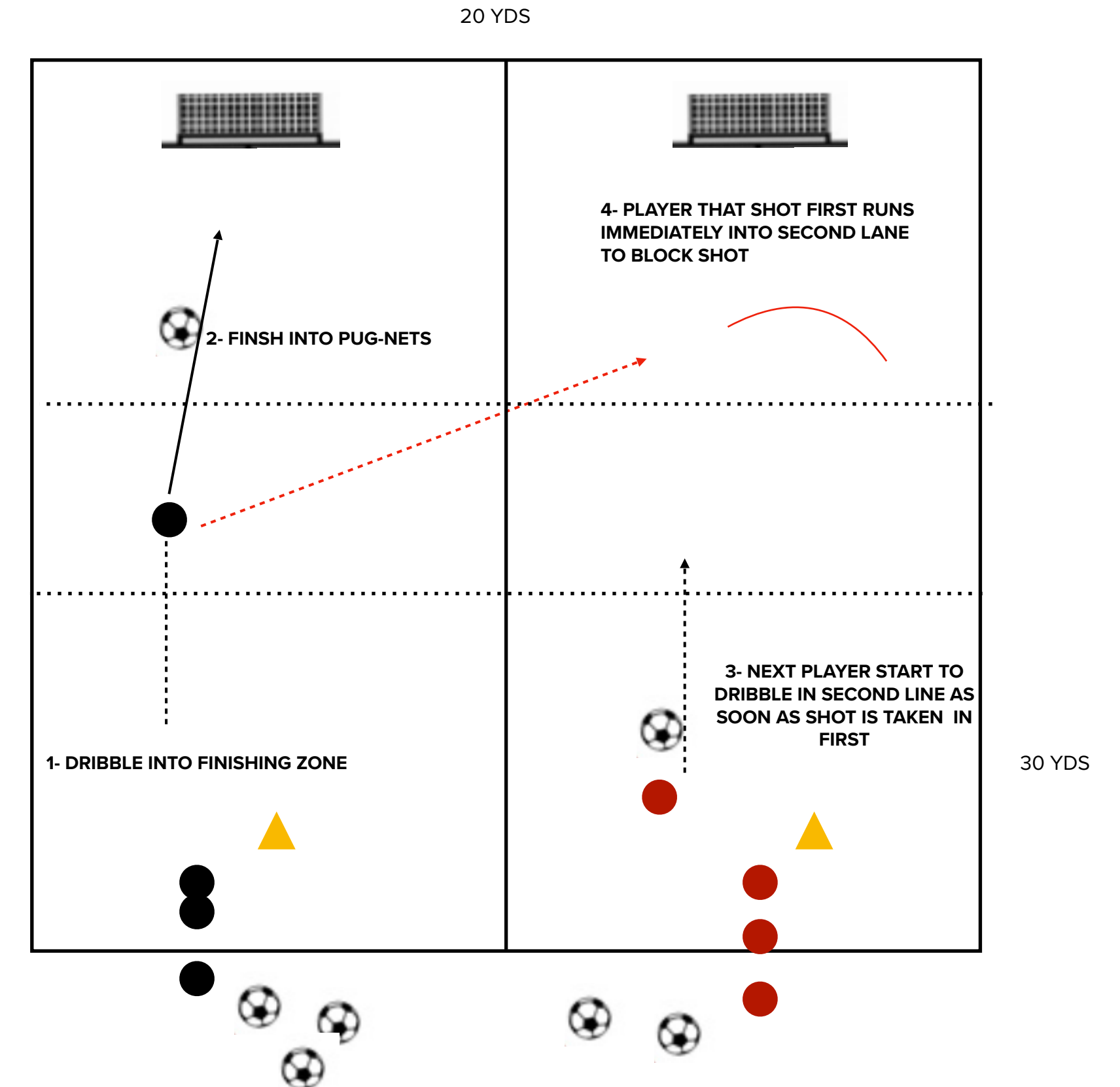
8 - 12 Players



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### Coaching Points

- **Deny** – Once their numbers are called, the defender then should look to quickly enter the box and apply pressure onto the attackers and win the ball from them. To deny them space they should look to force them out of the square and attempting to win the ball.
- **Delay** – If the defender cannot win the ball quickly against an opposition player, they may look to force them a certain way by positioning their body shape to force them outside of the square.
- **Deflect** – The defender should look to slow down upon their approach when defending 1v1, as well as getting side on and be on the outside of the ball an arm's length away from the attacker to force them one way. This will help them with also forcing them outside of the square and not giving the attacking players the opportunity to manipulate their ball out of it.
- **Defend** – Defenders should look to use their body when defending 1v1 and decide whether they need to win the ball on their front foot, or their back foot. The back foot should be used for emergency defending if they cannot win the ball on their front foot.



**2 V 2 ATTACK V DEFENSE | FORCING DIRECTION- PRESSING**

This 2 v 2 plus floaters practice is designed to support defenders to force direction of attackers away from goal. In a 25 by 15 yds area, begin with 2 players attacking 2 defenders with a support player at each end. Objective is for the attacking team to play a pass into the end player to combine and run through 1 of 2 gates, or to attack the space a pair to break this defensive line.

**Equipment**

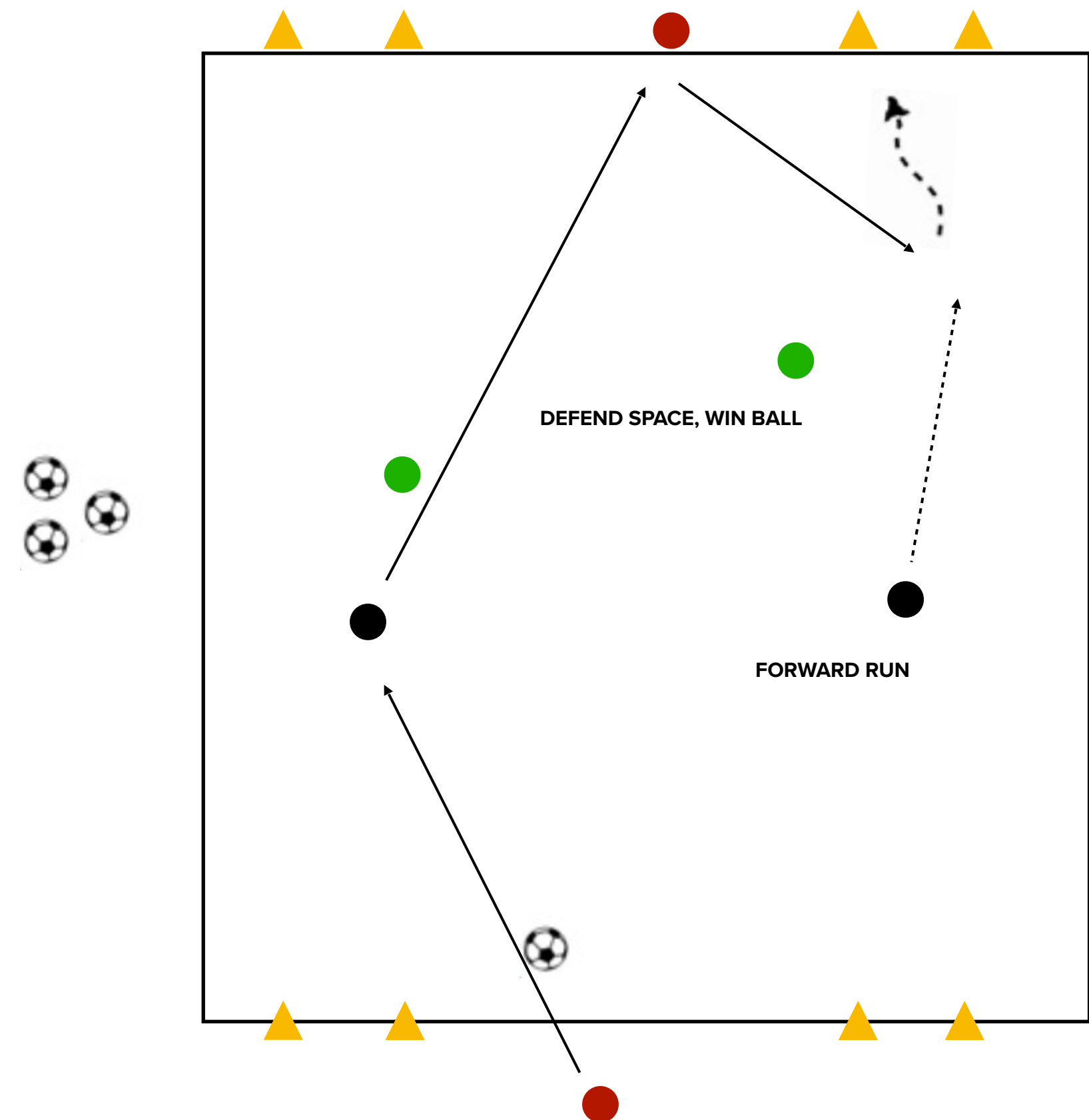
8 - 12 Players



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**Coaching Points**

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## 1V1 TO GOAL - PRESSING

In this Attack v Defence practice, we focus on defensive pressure and player's ability to defend the goal. Defender starts with the ball and plays an initial pass into striker and can press as soon as attacking player takes their first touch. Objective is for attacking player to take on defender to finish for 3 points or run to one of 2 cones either side of pitch area for 1 point. If defender wins possession, then they attack and finish opposite end. 15 M by 20 M

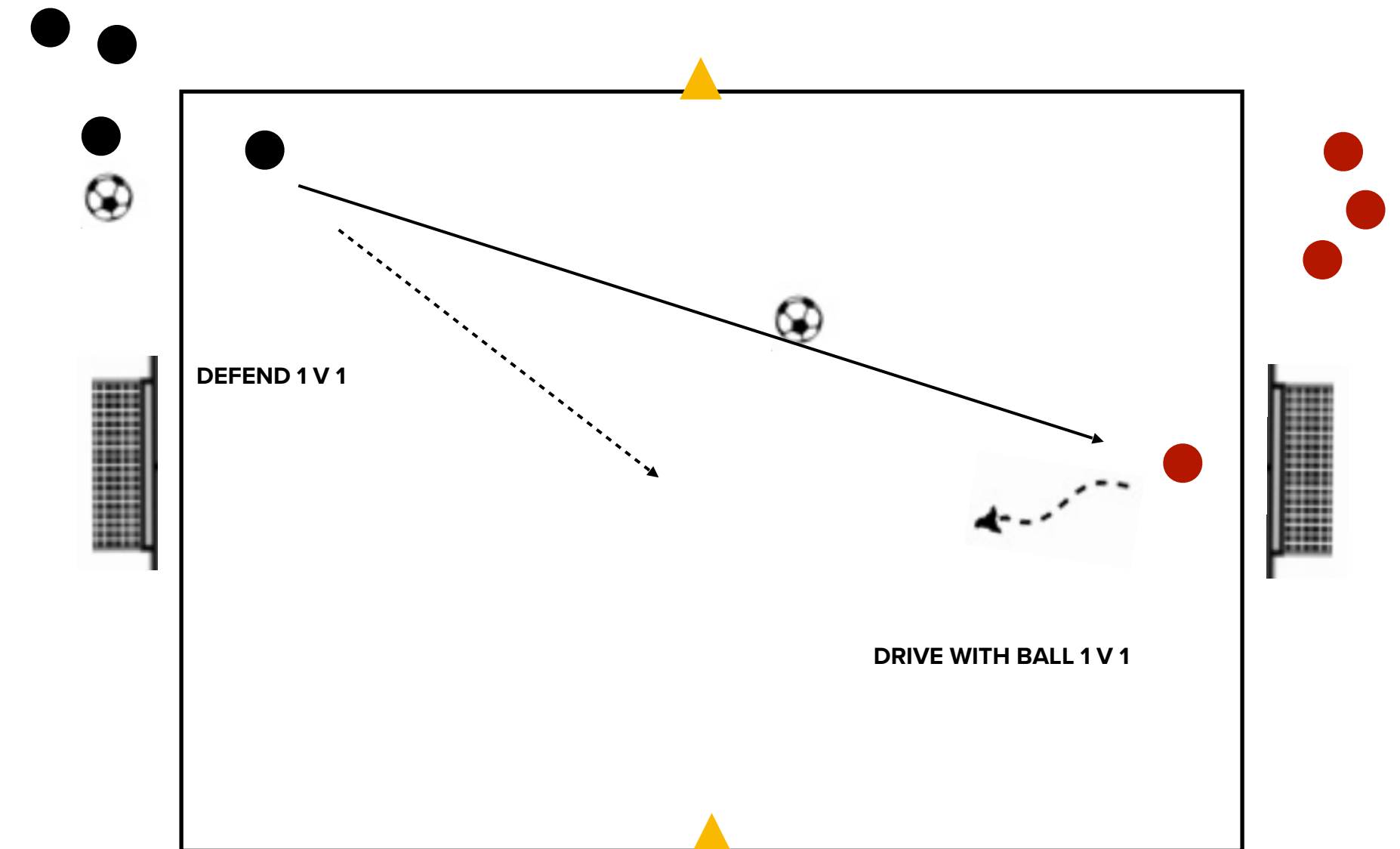
### Equipment



8- 12 Players



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### Coaching Points

- **Deny** – Once their numbers are called, the defender then should look to quickly enter the box and apply pressure onto the attackers and win the ball from them. To deny them space they should look to force them out of the square and attempting to win the ball.
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- **Defend** – Defenders should look to use their body when defending 1v1 and decide whether they need to win the ball on their front foot, or their back foot. The back foot should be used for emergency defending if they cannot win the ball on their front foot.



### 1V1 DEFENSIVE PRESSURE AND RECOVERY – CHANNEL DEFENDING GAME

Create a 20 x 20 yd area and split it into four equal channels or boxes. Place a goal at the far end of each channel (on the outside). Assign one pair (attacker and defender) to each channel with a ball between them, placed centrally.

**Activity:** The attacker starts by taking a touch forward toward the opposite goal and attempts to advance into the attacking half before shooting. The defender's primary objective is to recover quickly, delay the attacker, and win the ball before a shot can be taken. If the defender successfully wins possession, they transition to attack and attempt to score in the goal behind them.

The focus is on the defensive technique: pressure timing, body positioning, and forcing play away from goal.

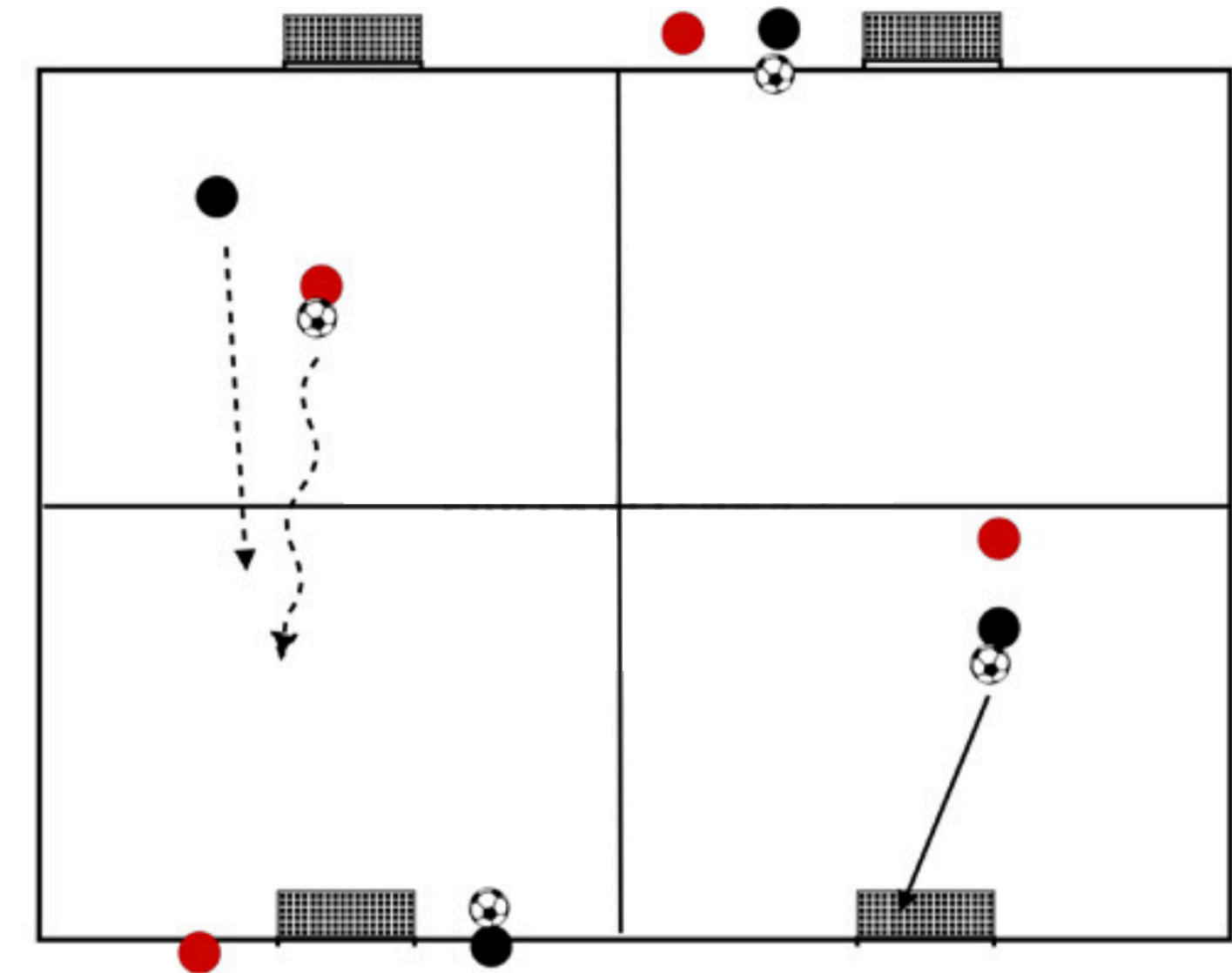
#### Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals



#### Coaching Points

- Quick Recovery-** React immediately to attacker's first touch. Sprint to close space and get goal-side if possible.
- Angle of Approach-** Cut off the direct route to goal. Defend at an angle to delay the attacker or force them wide.
- Timing the Tackle** -Be patient. Don't dive in. Wait for a poor touch or slowdown to make a clean challenge.
- Body Shape-** Stay low, balanced, and side-on to adjust quickly.
- Transition to Attack-** If you win the ball, turn quickly and look to break into space toward your scoring goal.

#### Progressions

- Add a time constraint (e.g., must win the ball in under 5 seconds).
- Introduce a scoring system: 1 point for a clean tackle, 2 points for winning and scoring.