

EDUCATE - CONNECT - INSPIRE

**LYNNFIELD YOUTH SOCCER
CLUB
GRADES 5 & 6**



EDUCATE - CONNECT - INSPIRE

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SEASON GOALS

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

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

MOVEMENT SHEET

Dynamic Movements

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

Fast Footwork

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

BALL MASTERY

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

THE LANGUAGE

ARM FLASH - Player must use arm and body to protect ball.

BE PROVOCATIVE - With or without the ball, players should look to test the opposition by making aggressive penetrative movements.

One - Two – Players must look to perform a quick 1-2 combination pass.

BREAK LINES - Constantly look to penetrate the opposition with runs, passes, dribbles, crosses or shots.

CONNECT PASSES- Passes should be made to players feet and not leading. “Utilize when we wish to keep possession”

CORRECT FOOT - Player must use the foot that is under the least amount of pressure.

DECISIONS – Triggers players to search for more options, starting with the easy choice and progressively thinking more creatively.

EXPLODE – Once a move is performed, players must change speed and direction to accelerate away from opponent

HEELS TO THE LINE - Players must recognize when to break wide and open the field up by running to the touch line.

INTELLEGENT FEET - Players must always adjust their feet and avoid stretching for the ball as much as possible.

MOVEMENT SHEET

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

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

POSITIVE TOUCH - Players must take directional touches of the ball

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

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

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

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

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

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

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

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

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

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

SESSION PLAN OVERVIEW

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

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

EIGHT WEEK SEASONAL PLAN

- | | | | |
|----|---|-----|-------------------------------|
| 1. | Dribbling – Ball Mastery | 9. | 2 vs 1 & Attacking to Goal |
| 2. | Passing & Control | 10. | Possession in Larger Areas |
| 3. | Dribbling – COD Turns | 11. | Finishing: Close Range |
| 4. | Passing & First Touch with different surfaces | 12. | Possession to Goal(s) |
| 5. | Dribbling – COD Fakes | 13. | Finishing: Different Surfaces |
| 6. | Passing Progressions & Speed of Play | 14. | Combination Play |
| 7. | 1 vs 1's | 15. | Systems of Play – 7 vs 7 |
| 8. | Possession in Small Areas | 16. | Game Scenarios – 7 vs 7 |

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Session One: Dribbling: Ball Mastery



WARM-UP: TOUCHES ON THE BALL



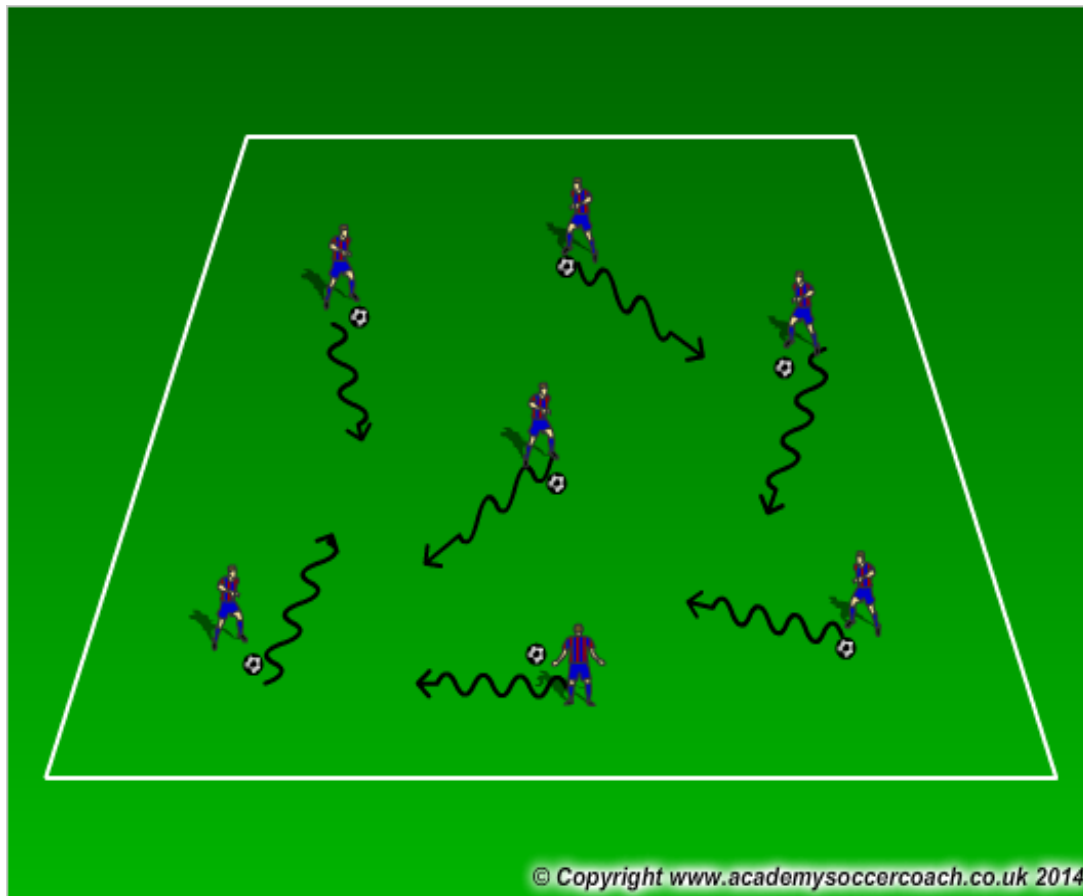
Area: 30 x 30 yards area. All players with a ball.

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

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

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

DRIBBLING: BASIC TECHNIQUE



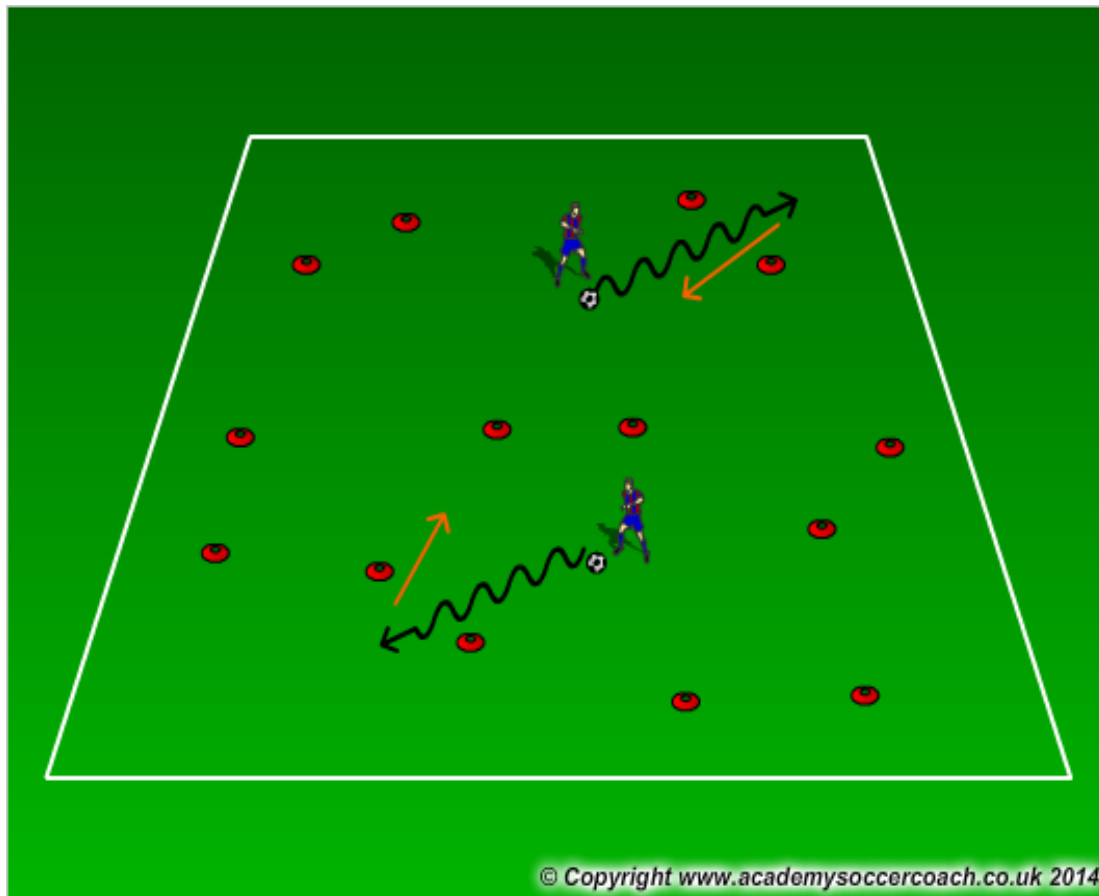
Set-up: 30 x 30 yard area. Players working individually with 1 ball per player.

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

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

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

DRIBBLING: GATES



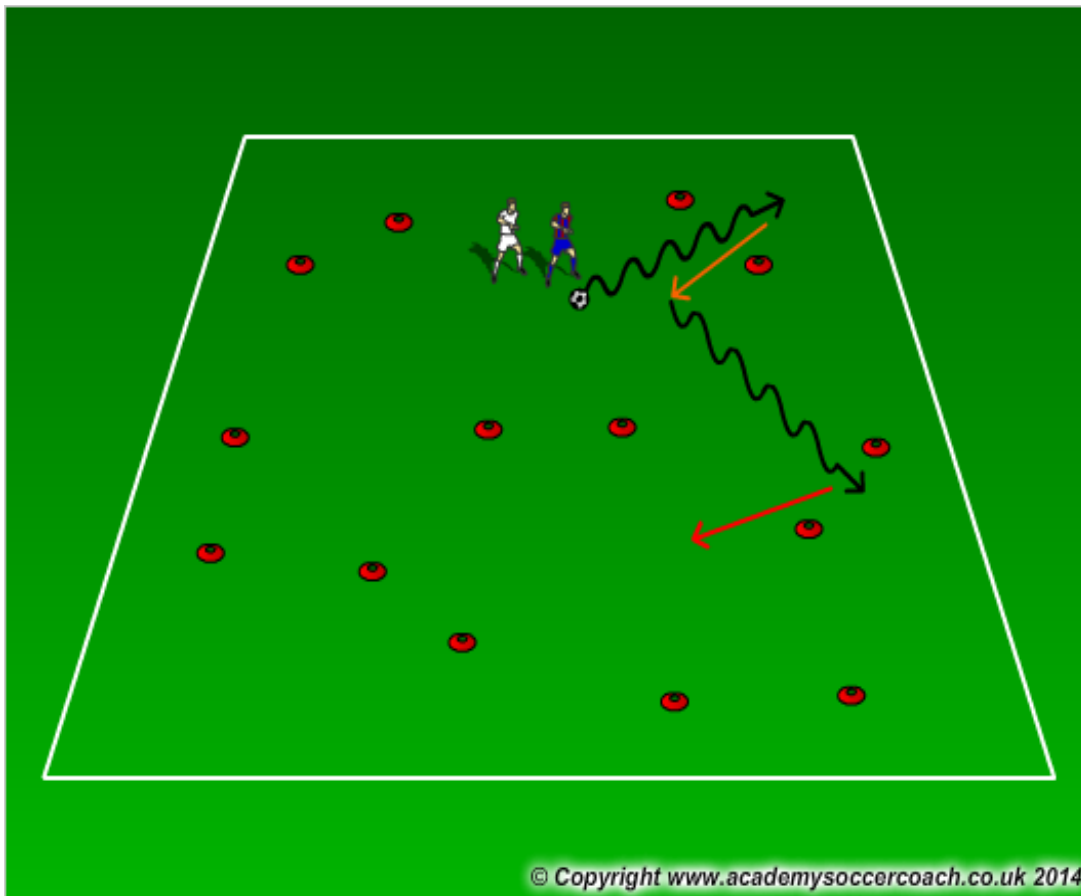
Set-up: Repeat in the same area. Add cones (gates 2 yards apart) scattered randomly around the area. Players working individually with 1 ball each.

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

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

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

1 VS 1's: GATES

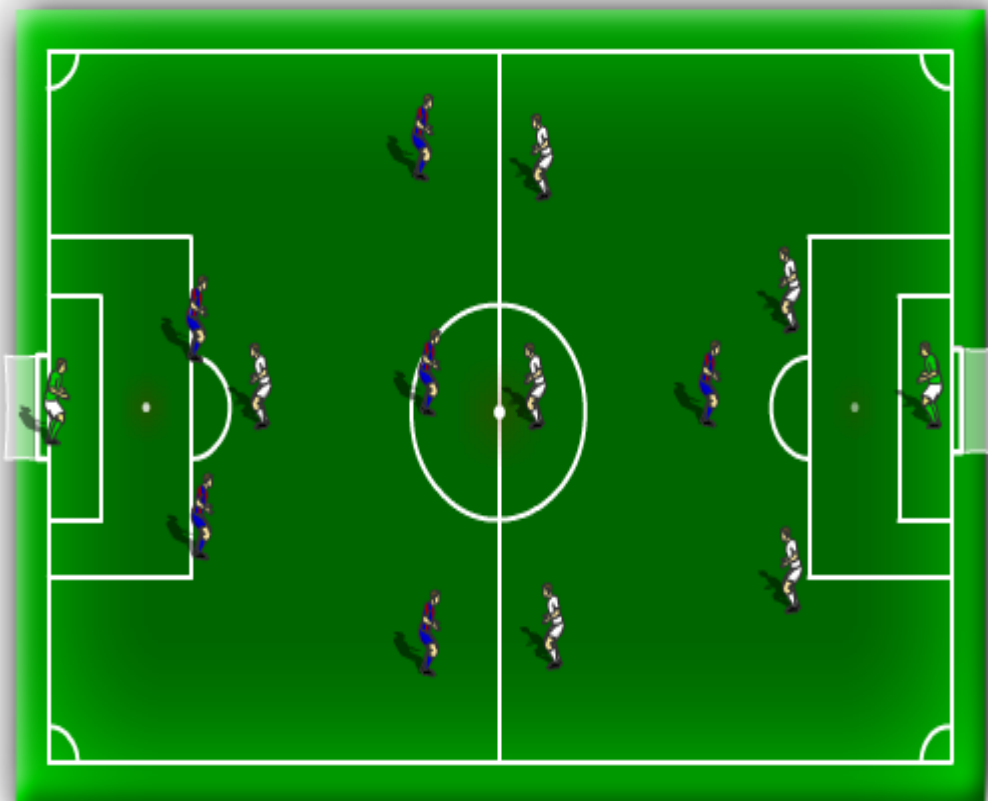


Set-up: Area same as above. Players in pairs with 1 ball per pair.

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

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

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

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

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

Introduce basic 7 vs 7 formation

1 – 2 – 3 – 1

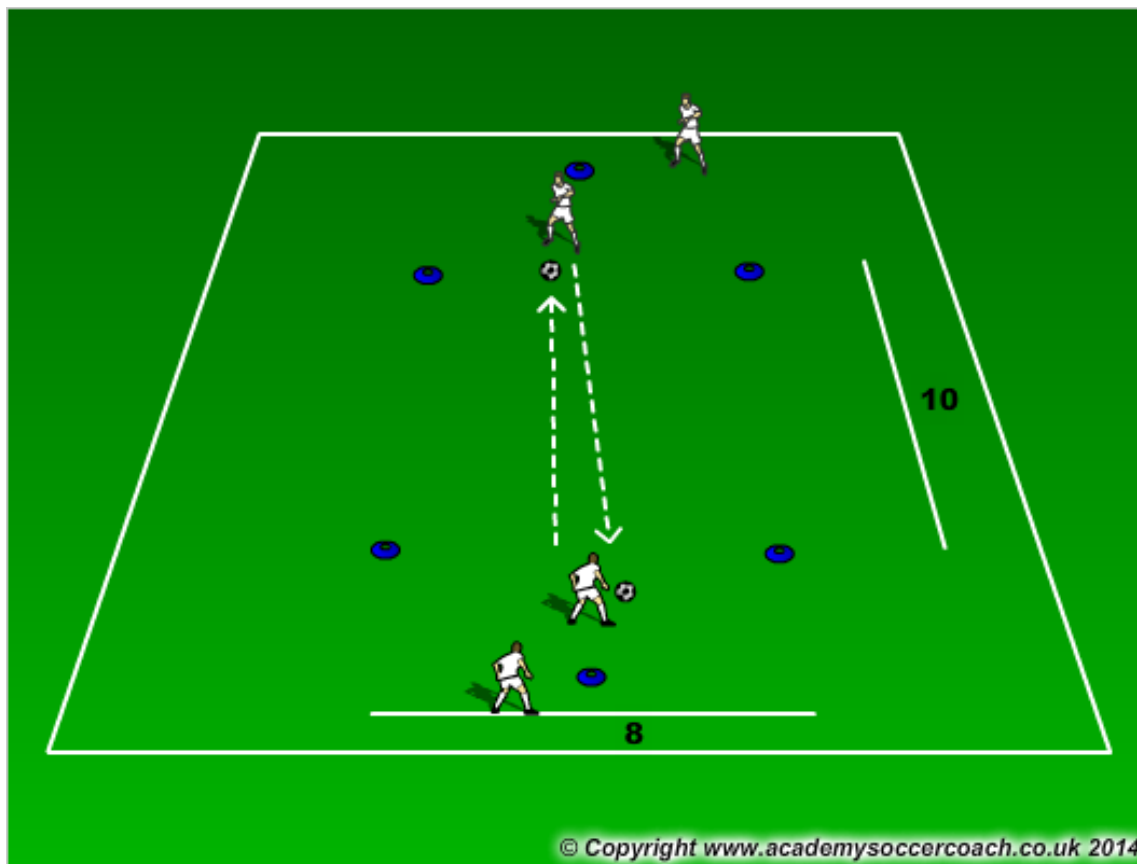
Introduce rules when the game situation arises.

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Session Two: Passing and Control



BAYERN MUNICH: PHASE 1



Area: 10 x 8 Hexagon

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

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

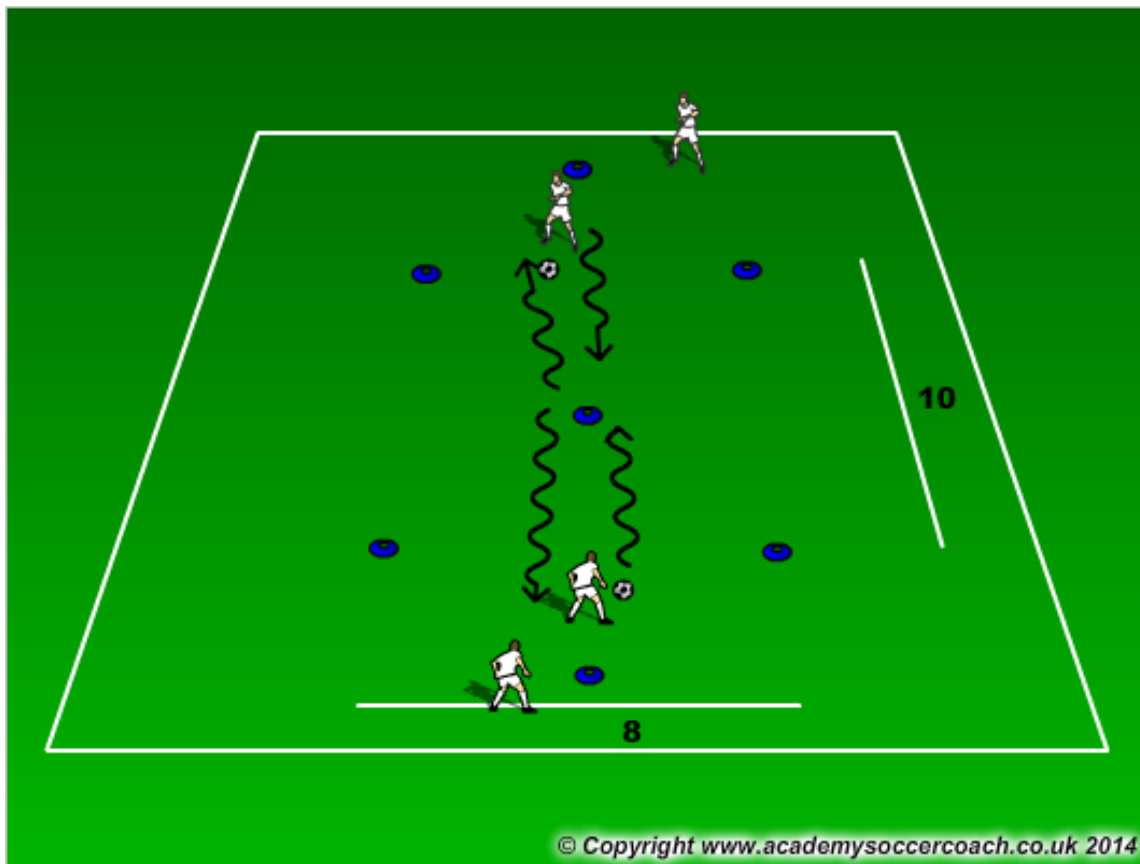
Coaching Points: Strike center of ball with center of foot, don't land striking foot

Progressions

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

Concentrate on passing and control with the inside of the foot.

BAYERN MUNICH: PHASE 2



Area: 10 x 8 Hexagon

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

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

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

Use turns with the inside/outside and sole of the foot.

BAYERN MUNICH: 3 VS 3 + 3 NEUTRALS



Area: 25 x 25 Grid

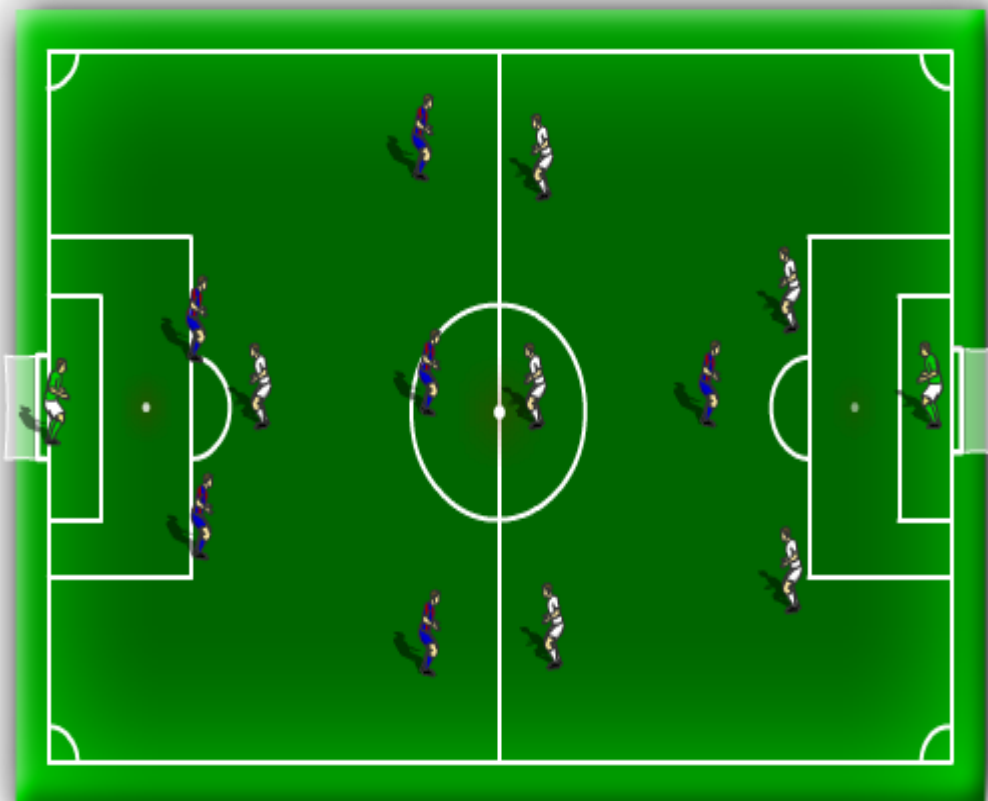
Description: 3 teams of 3 players. Two teams in the area playing against each other with the other team as neutral players. Neutral players have 1 player in the area and 2 players as targets on the outside of the area.

Players attempt to combine passes from one side of the area to the other using neutral players.

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

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

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

Add points/goals for successful passes eg. 5 passes for a goal etc

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

Introduce basic 7 vs 7 formation

1 – 2 – 3 – 1

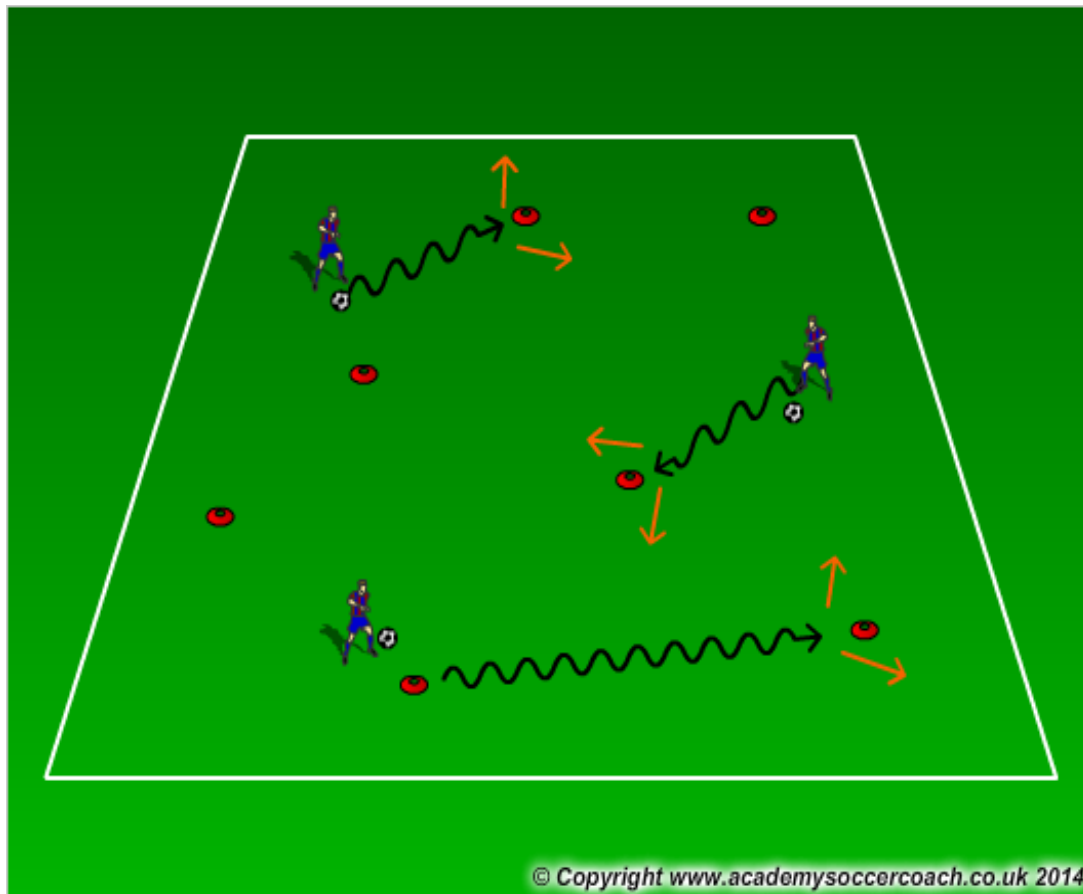
Introduce rules when the game situation arises.

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Session Three: Dribbling: COD Turns



DRIBBLING: MOVES TO A CONE/TARGET



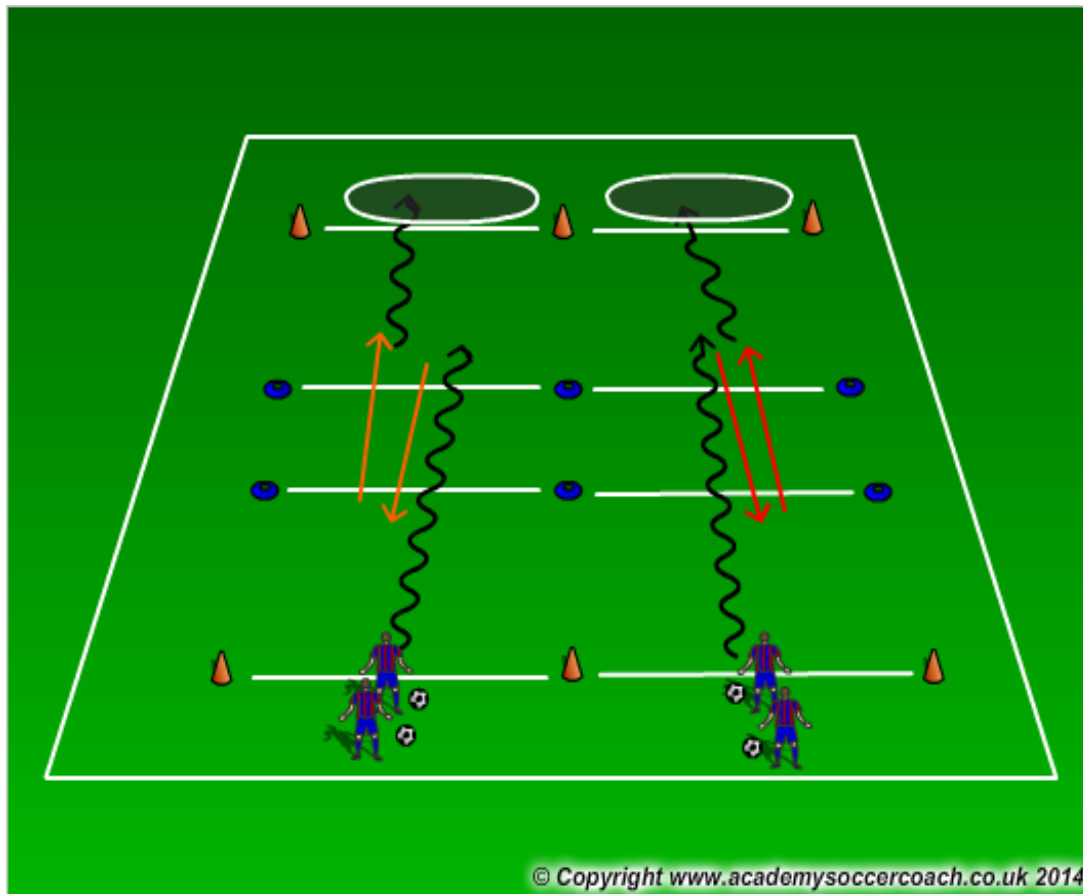
Set-up: Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

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

Moves: COD Turns; Inside/Outside cut, pull back, Cruyff, U-Turn

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

CHANGE OF DIRECTION: TURNS TO AN END LINE



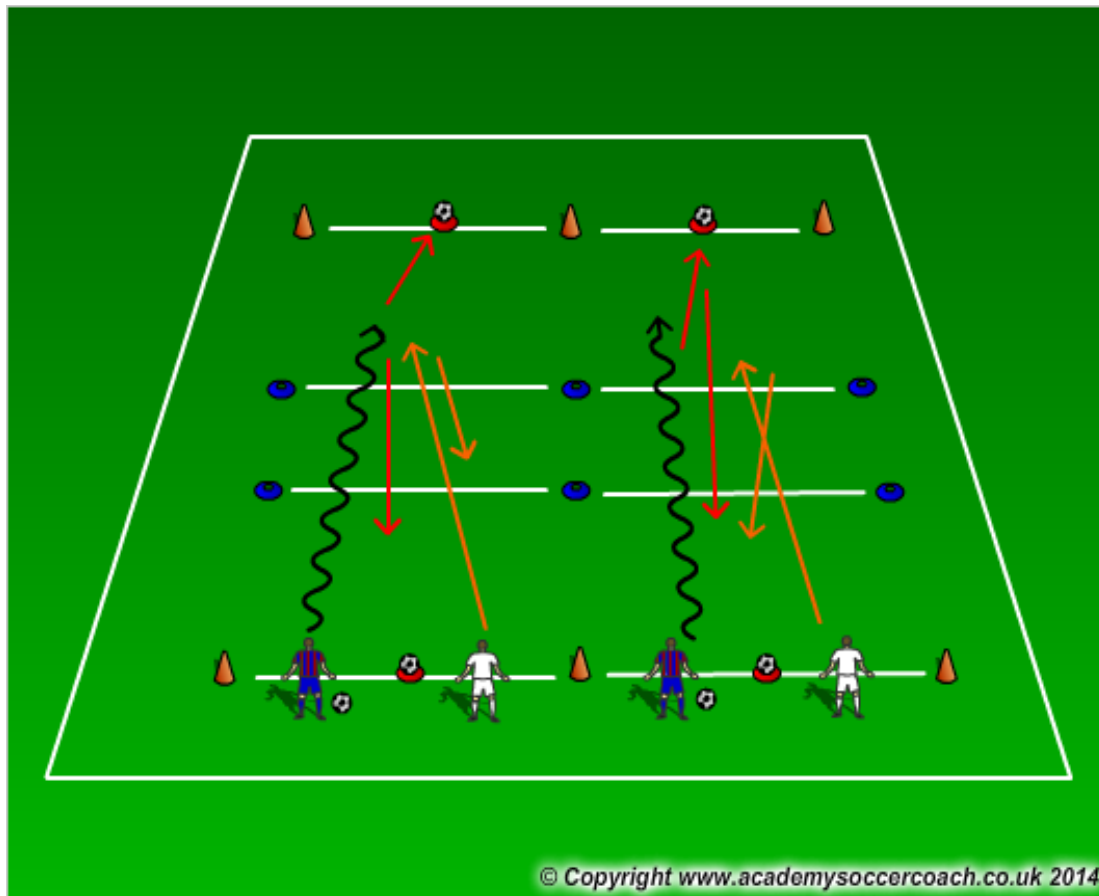
Set-up: Channels to be 5-7 yards apart, 20-25 yards long with a center area of 5 yards. Players in lines of 2-4 set-up at the end of each channel. All players have a ball.

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

Use turns from warm-up.

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

CHANGE OF DIRECTION: 1 vs 1 TURNS TO A TARGET

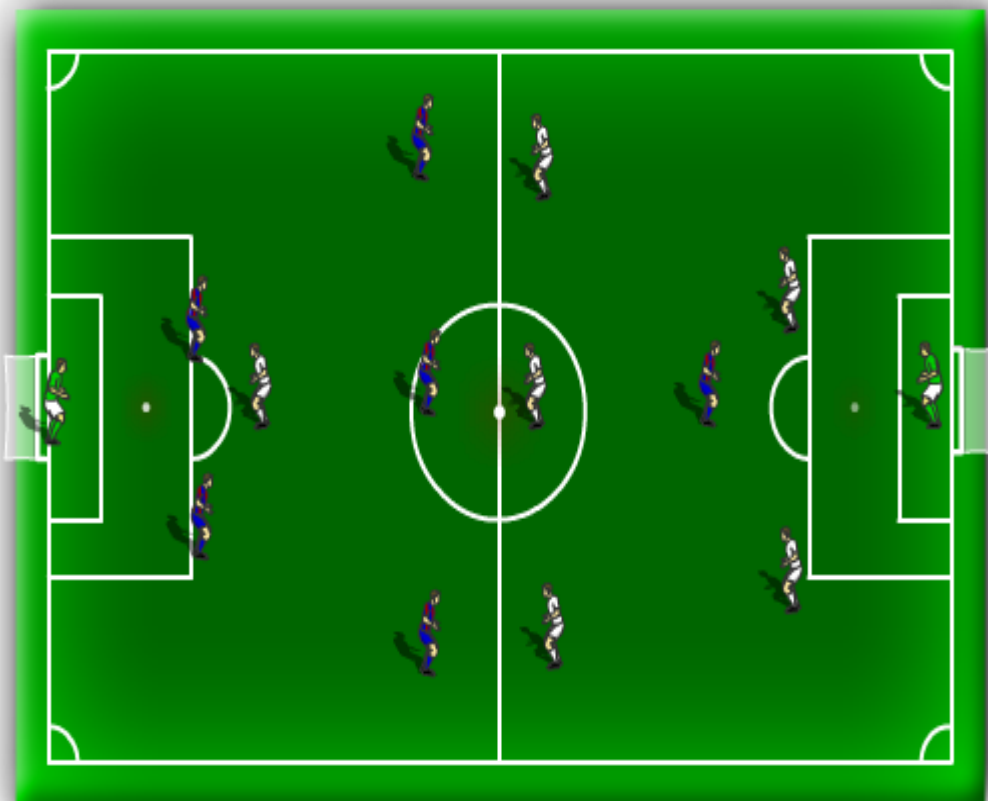


Set-up: Players in pairs with 1 ball per pair. Add a target (ball balanced on a cone) at each end of the channel.

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

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

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

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

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

Formations: Set-up in a basic formation;

1 – 2 – 3 – 1

Introduce rules when the game situation arises.

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Session Four: Passing: First Touch with Different Surfaces



DIAMOND WARM-UP: TURNS



Area:

20 x 20 Diamond with cones on the inside.

Description:

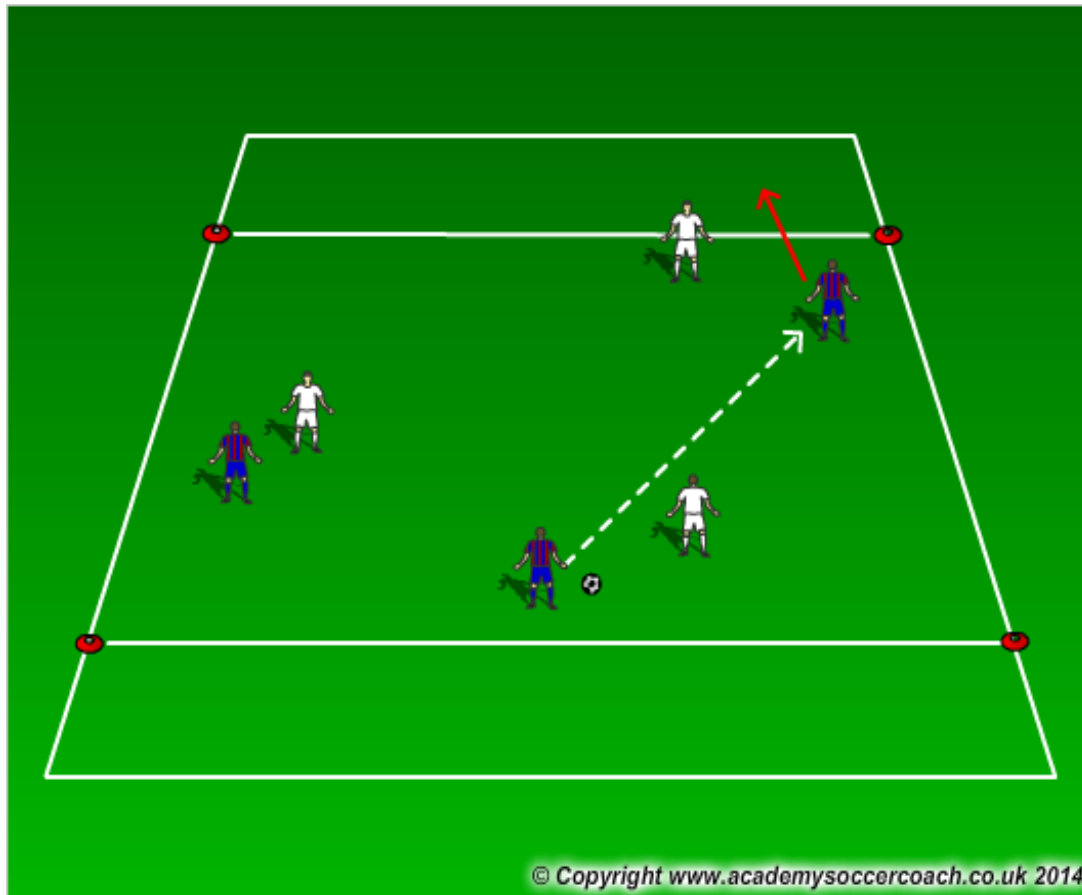
Players in 2's and 3's at outside cones. Players dribble into area and turn at the center cone. Perform passing variations:

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

Coaching Points:

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

END ZONE GAME: 3 vs 3 & 4 vs 4



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

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

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

CONDITIONED GAME: 4 GOAL GAME WITH BUMPERS

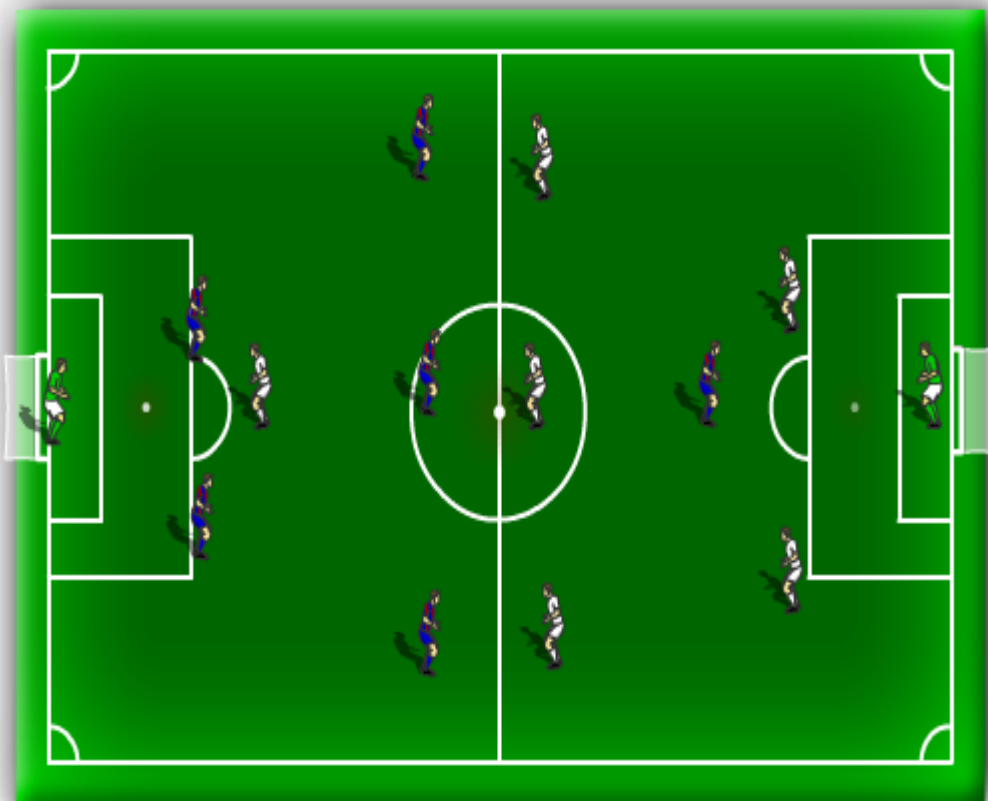


Set-up: 60 x 40 yard field. 4 goals in the corners of the area. Players in 3 teams (4 players per team or similar). 2 teams play possession in the middle of the area. 1 team stays on the outside of the area as neutral players (play for the team in possession). No GK's.

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

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

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

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

Formations: Set-up in a basic formation;

1 – 2 – 3 – 1

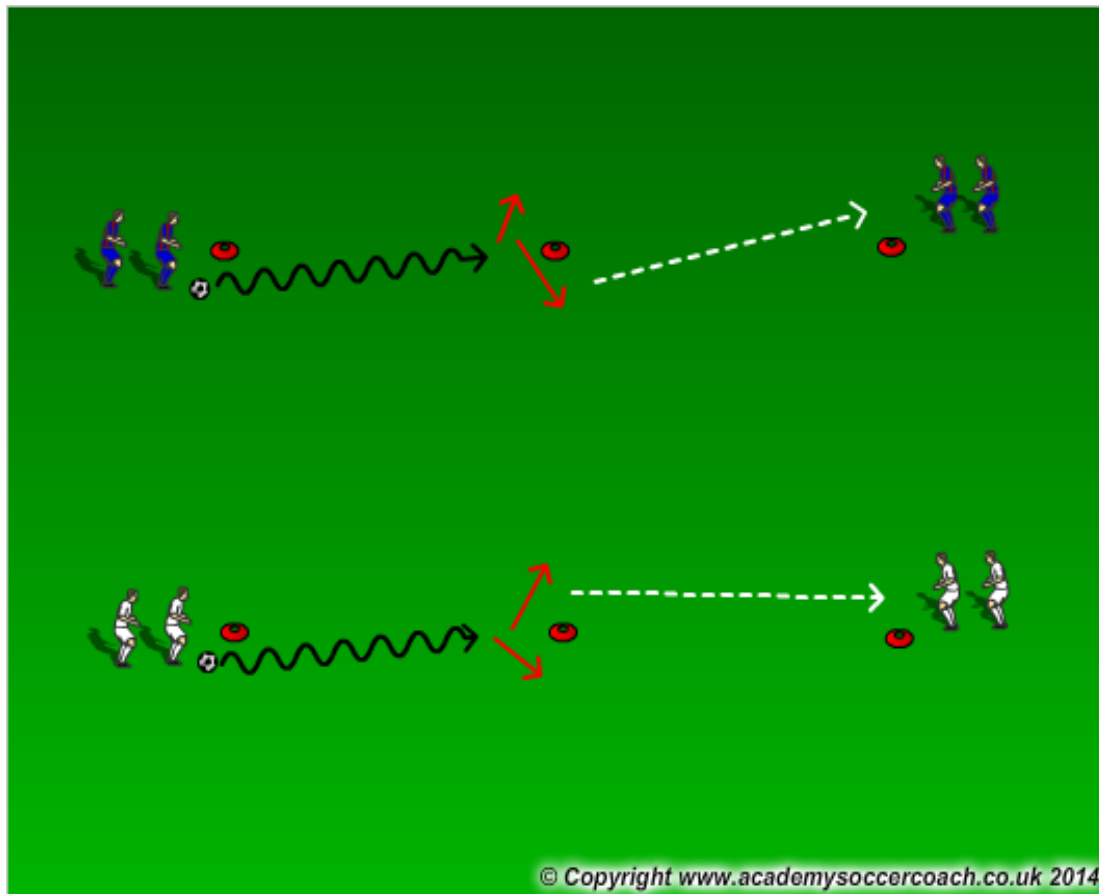
Introduce rules when the game situation arises.

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Session Five: Dribbling: COD Fakes



PASS AND FOLLOW WITH FAKES

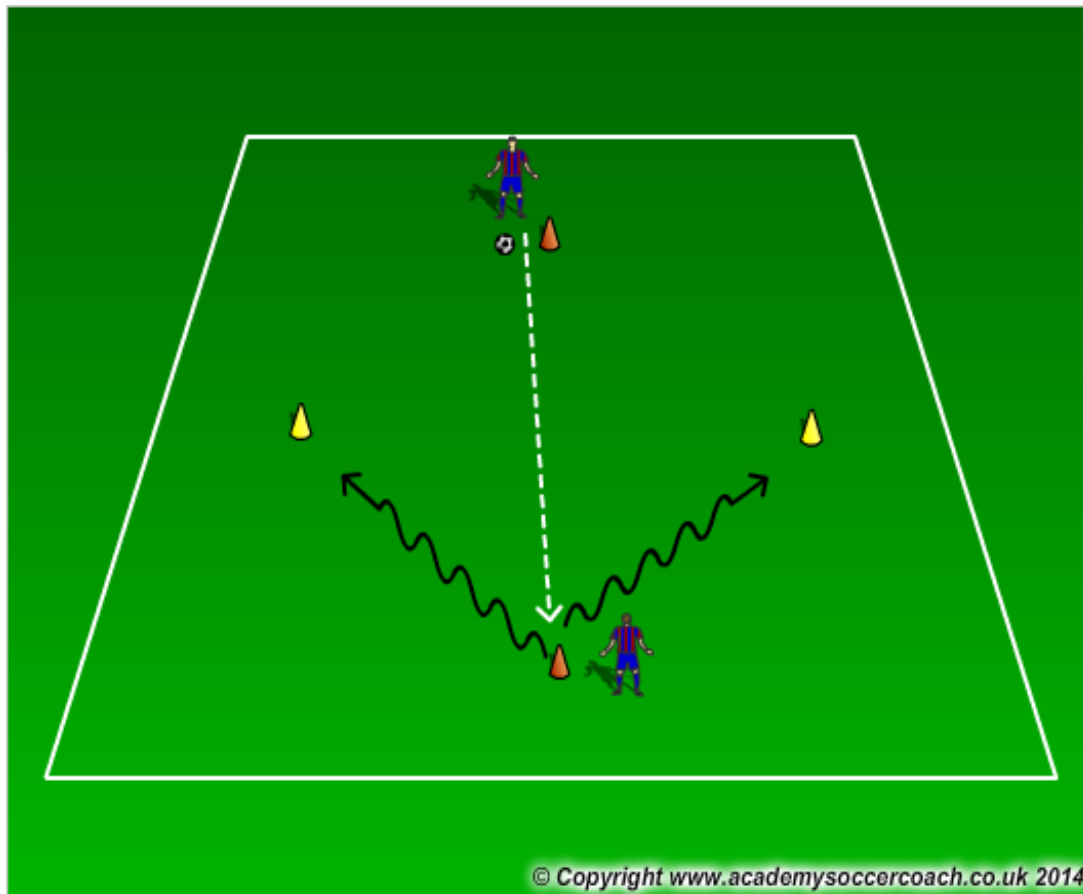


Set-up: Players Approximately 20 yards apart (center cone @ 10 yards). Multiple players in line(s) depending on #'s. 1/2 Balls per group, depending on #'s.

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

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

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



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

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

Moves: Side-step, Inside/outside cuts, scissor

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

1 VS 1's: TO TARGET GOALS



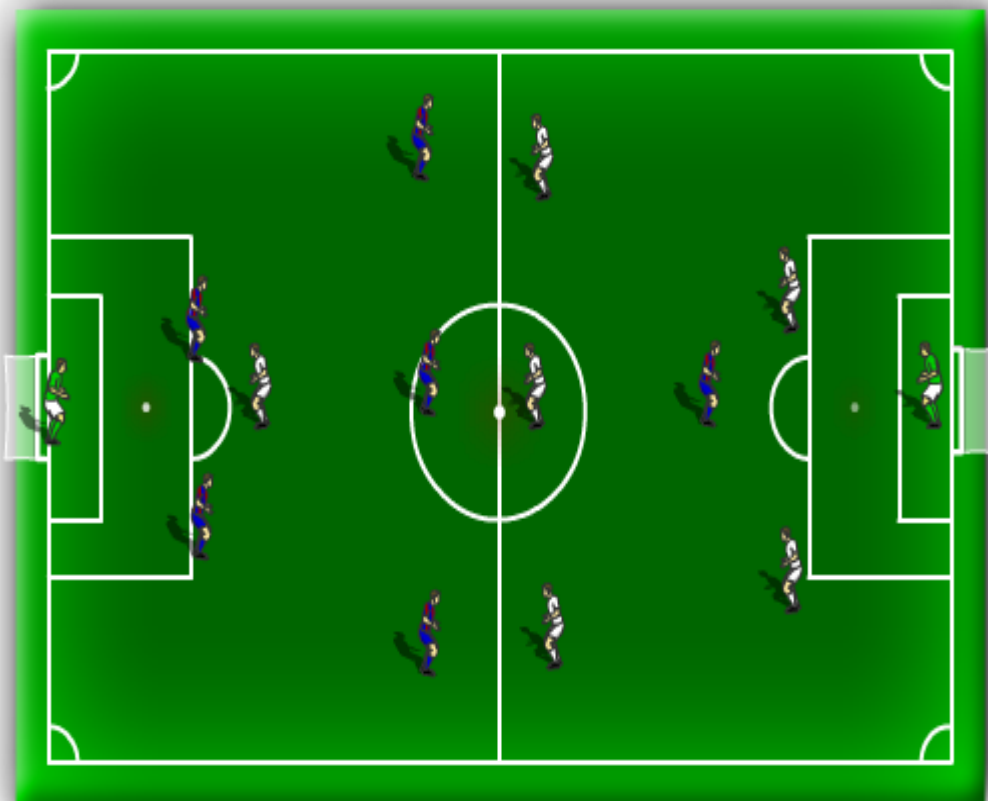
Set-up: Defender and attacker 20 yards apart. Gates (3 yards wide) on each side of the area with target goal 5 yards from gates. 1 ball per pair. Arrange pairs behind each line, based on the number of players.

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

Moves: Side-step, Inside/outside cuts, scissor

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

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

Add points/goals for successful fakes within the game.

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

Formations: Set-up in a diamond formation;

1 – 2 – 4 (4 players in a diamond)

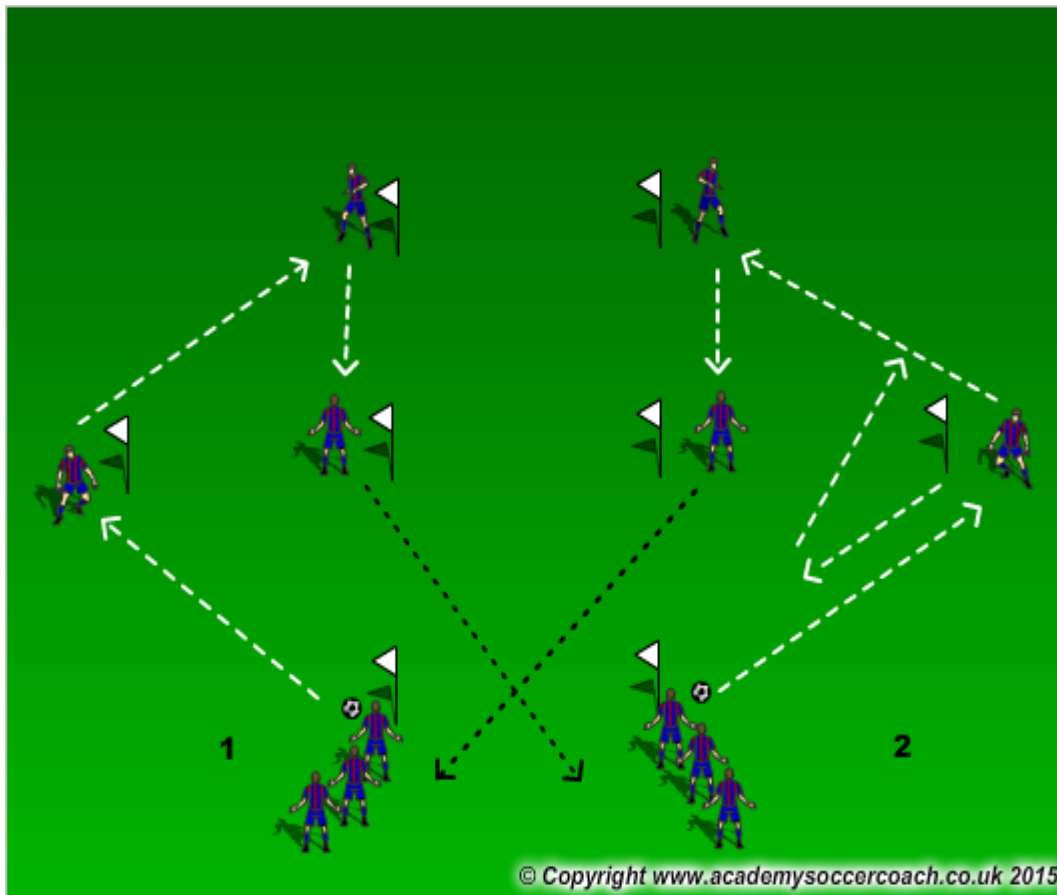
Introduce rules when the game situation arises.

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Session Six: Passing Progressions and Speed of Play



PASSING WARM-UP: 2 MAN COMBINATIONS



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

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

Phase 1:

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

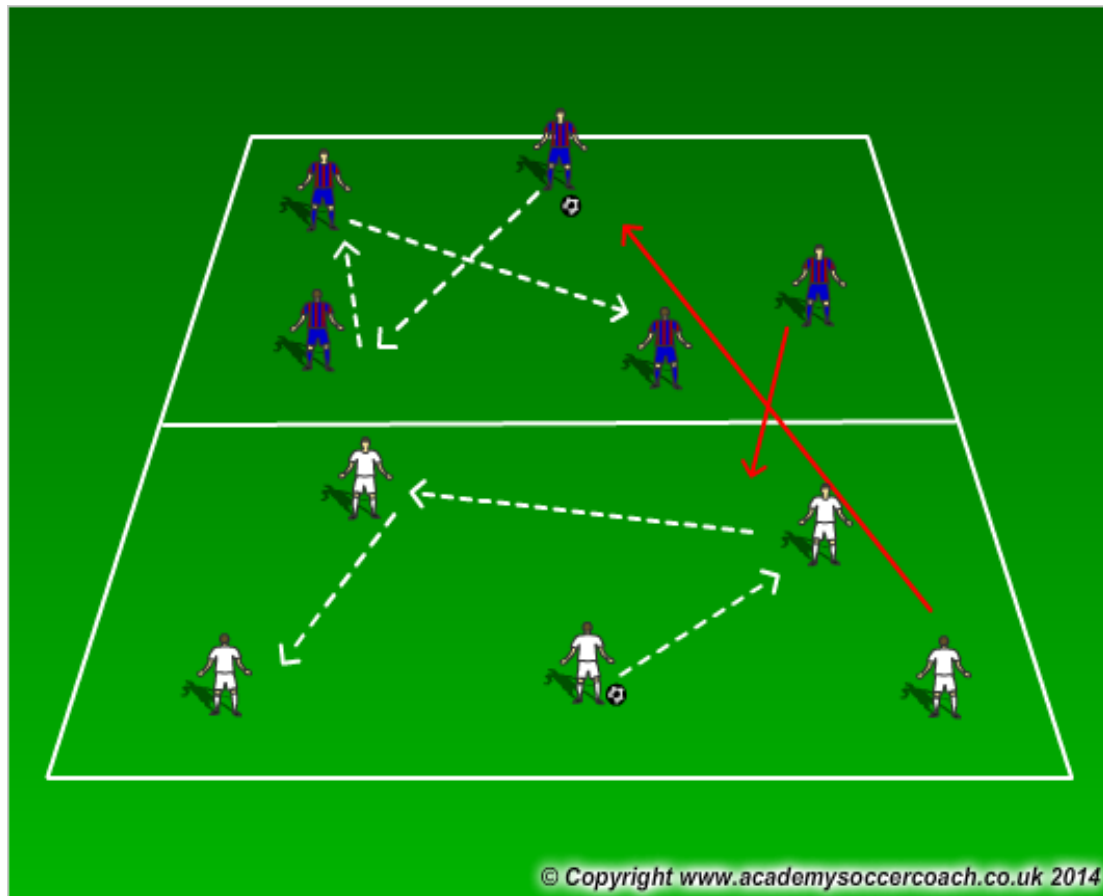
Phase 2:

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

Coaching Points:

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

PASSING: #'s GAME – 4 vs 1

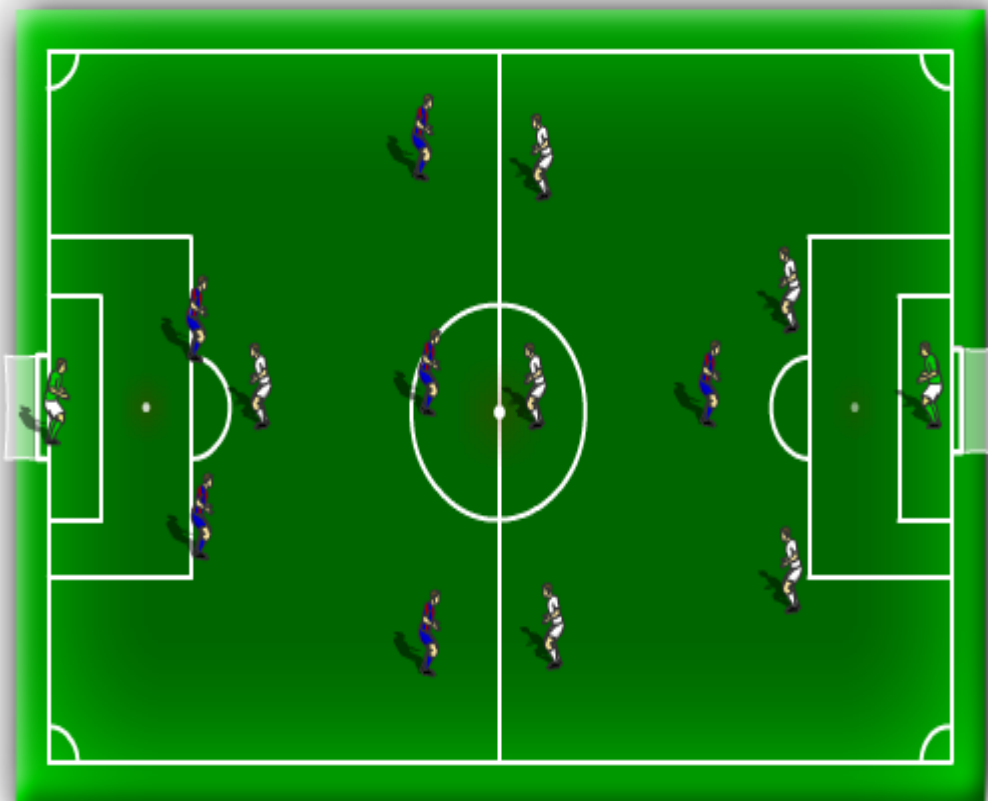


Set-up: 25 x 50 yard area (2 x 25 yard areas next to each other). Players in two separate groups of 5-10 players in each of the areas. 1 ball per team. Players number themselves within their group (1-5).

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

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

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

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

Formations: Set-up in a diamond formation;

1 – 2 – 4 (4 players in a diamond

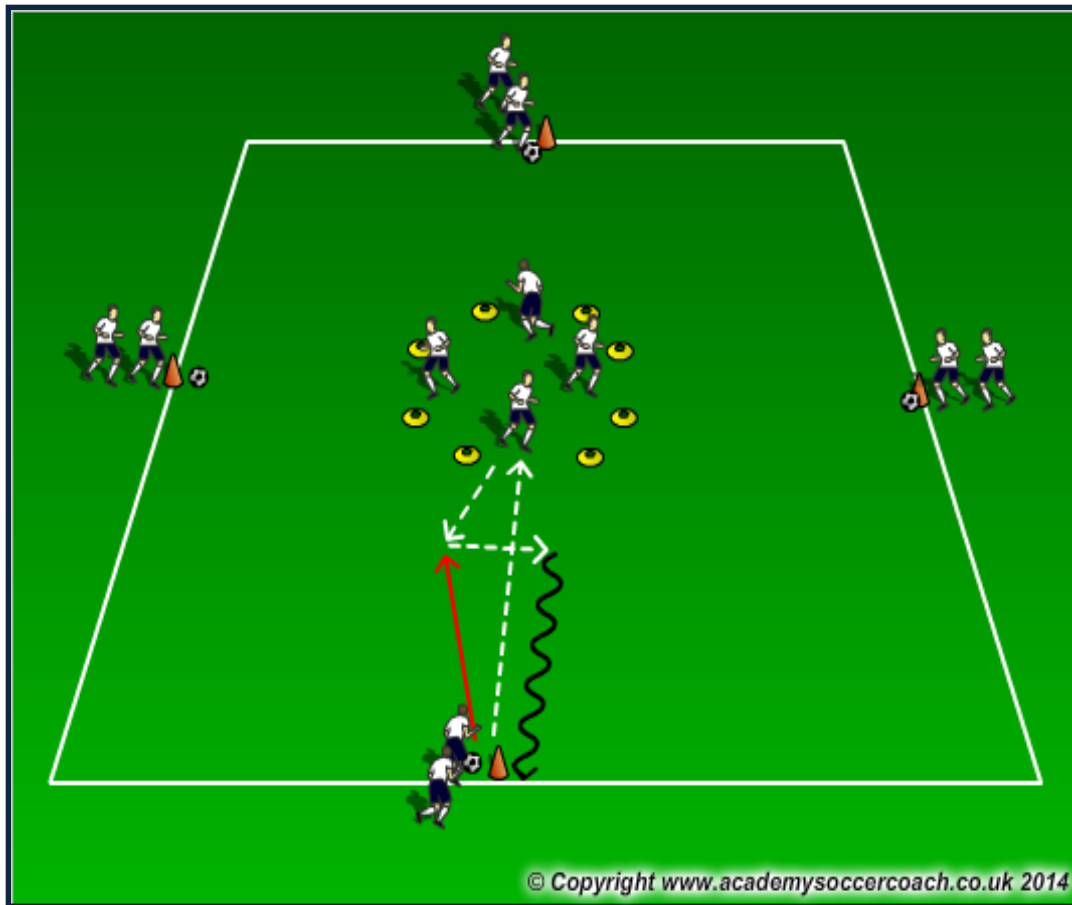
Introduce rules when the game situation arises.

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Session Seven: 1 vs 1's



PASSING WARM-UP: LATRONICA



Area: 20x20 yard grid

Description:

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

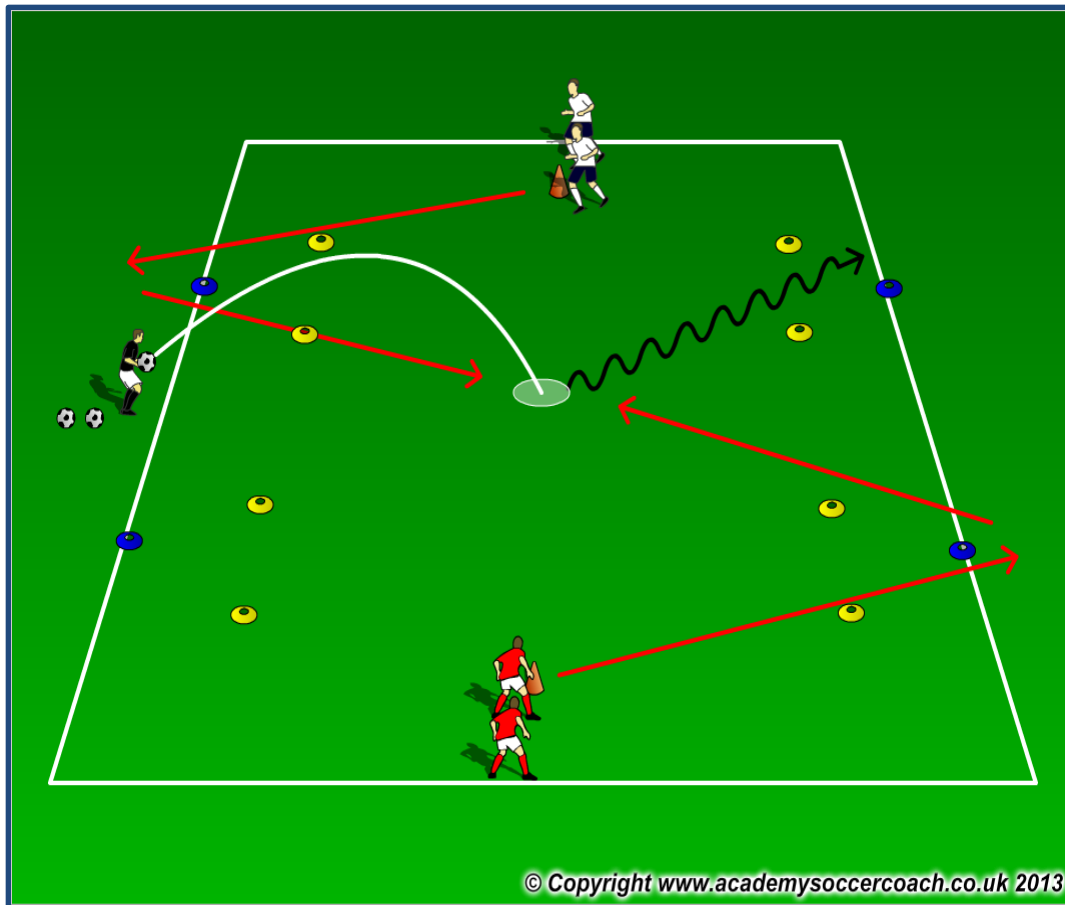
Passing Patterns:

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

Coaching Points:

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

1 VS 1's: TURNS TO GOAL(S)



Area: Start cones are 15 yards apart, wide cones are 15 yards apart and 5 yards from start cones, gates are 2 yards wide, and 3 yards from wide cones.

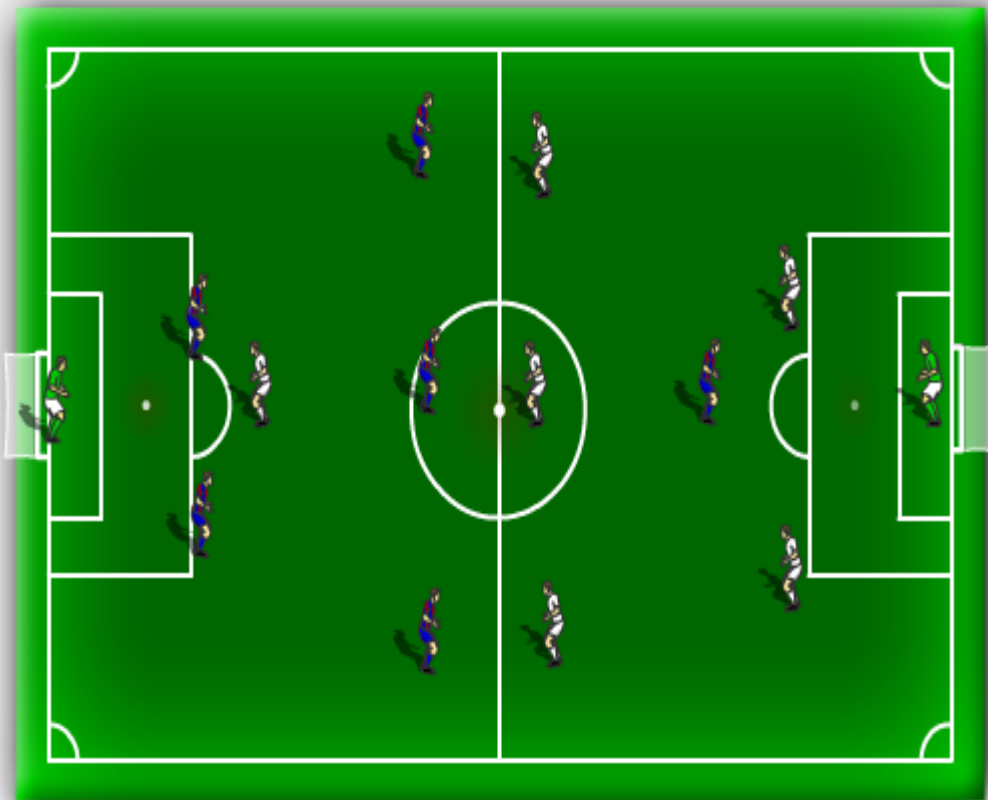
Description:

Separate the group into 2 teams, the first player from each line play 1v1. Players must react to the ball being played in, then run around the wide blue cone before challenging for the ball. To score the players must dribble through one of the gates.

Coaching Points:

- Always protect the ball
- Correct Foot
- Scan
- Quick acceleration after move

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

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

Formations: Set-up in a diamond formation;

1 – 2 – 4 (4 players in a diamond

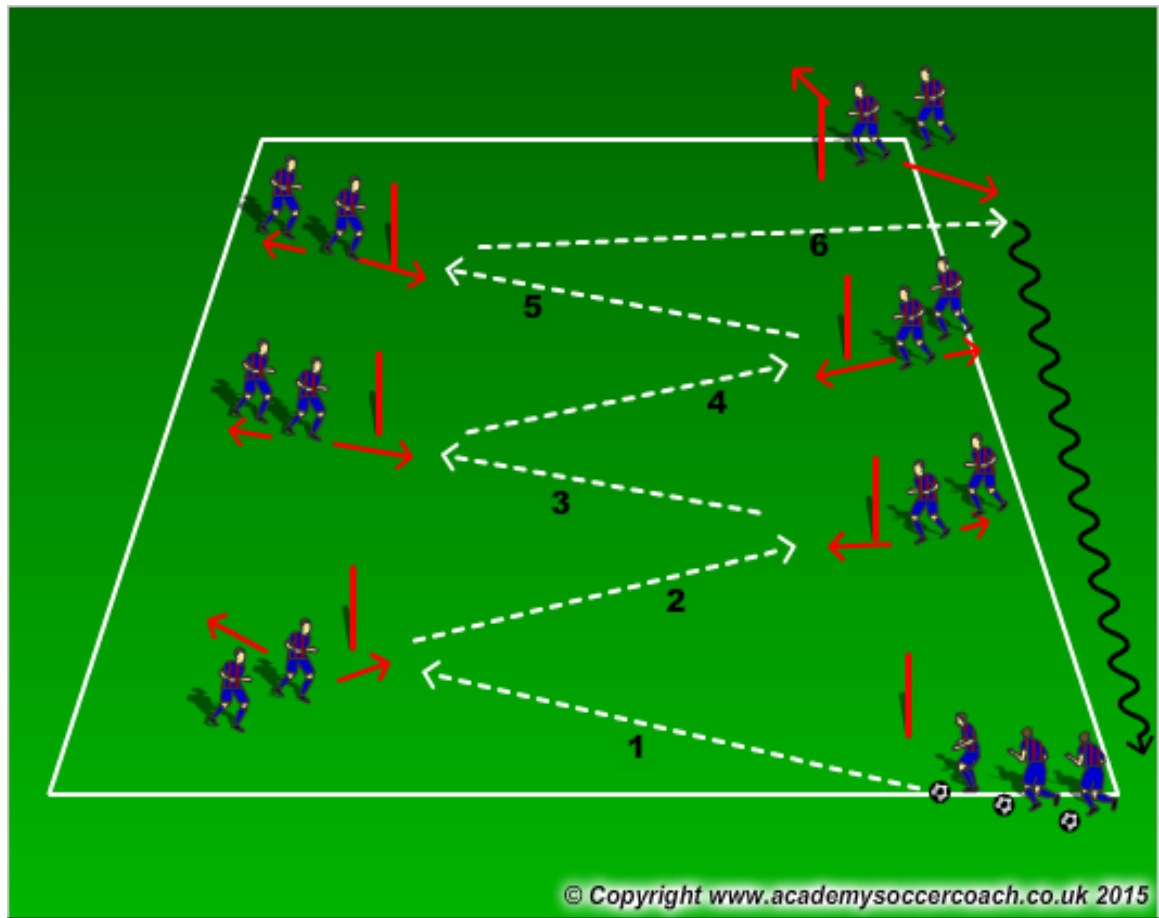
Introduce rules when the game situation arises.

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Session Eight: Possession in Small Areas



LIVERPOOL PASSING WARM-UP



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

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

Progression:

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

Coaching Points:

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

3 vs 3 + OUTSIDE BUMPERS



Area: Set-up a 25 x 25 yard area. In the playing area add two target goals/gates with poles or cones. On the outside of the area add two small goals.

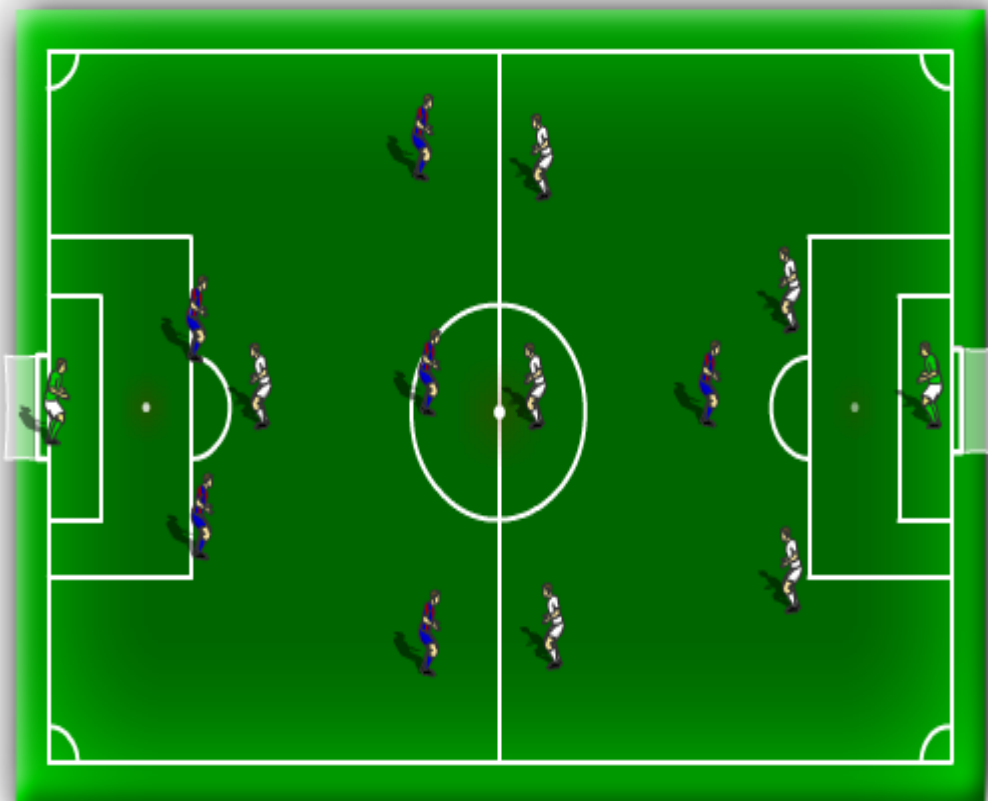
Description: Players in teams of 5. 3 vs 3 in the playing area. Other two players on outside cones as targets. Play possession soccer, using team mates and target players. After set number of passes (3-5) go to target gate or goal.

Take out the goals to simplify activity

Coaching Points: Try to play quickly, 2/3 touches if possible. 1st touch to space.

Progression: Add Neutral players inside the area. Reduce the number of touches allowed. Transition movement of the outside target players. Make it a condition that you have to use outside targets before scoring.

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

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

Formations: Set-up in a diamond formation;

1 – 2 – 4 (4 players in a diamond

Introduce rules when the game situation arises.

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Session Nine: 2 vs 1's and Attacking to Goal



2 vs 2 GAME: 2 vs 1 + GK



Set-up: 20 x 40 yard area with 2 target goals. Players in teams of 2. Supply of balls outside of the area.

Activity: 2 vs 2 games with varying conditions. First game the attacking team must send both players to attack (to score, both players have to be over the half way line). Defending team have 1 player as the GK and the other as the defender. If the defending team wins the ball they then transition to the attacking team, with both players attacking. The attacking team transition to the defending team, sending 1 player back as the GK and the other remaining as a defender.

Coaching Points: Both attacking players must move forward. Make the area bigger by using the outside. Stay wide and isolate the defender. Beat the defender with a move if the opportunity arises or play give and go combinations. Defending team should recover quickly into position.

ZONAL GAME: 2 vs 1 IN THE ATTACKING THIRD

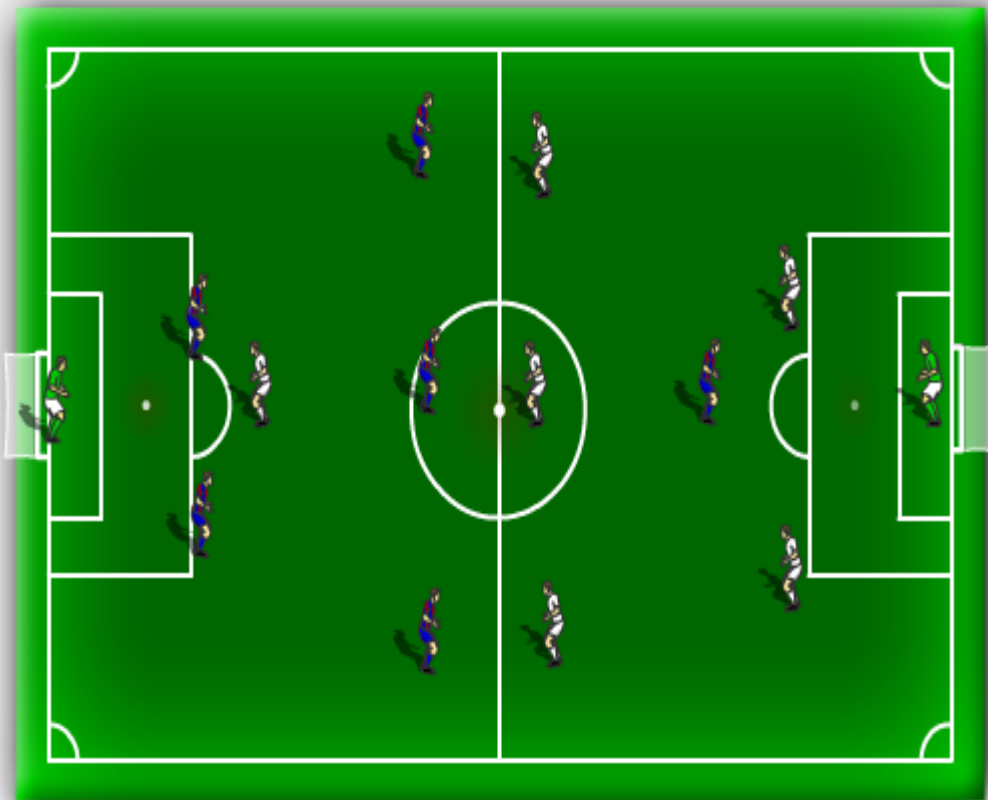


Set-up: 60 x 40 yard area. 10 yard end zones at each side, with a target goal at each side. 1 team of 6 players (attacking team) versus 1 team of 4 players (defending team). Attacking team have 4 vs 2 in center area, and 1 vs 1 in each end zone. 1 ball in the area with a supply of balls on the outside.

Activity: 4 vs 2 possession in the middle (add pass conditions ie. 5 passes before attacking) and then attempt to play a pass to the attacker in either end zone. Once the pass is completed support the pass which will now make a 2 vs 1 in the end zone. Play for 5 minutes and then rotate positions and attacking and defending roles. Add GK to increase difficulty.

Coaching Points: 4 vs 2 – move the ball quickly (speed of play) and attempt to create space for a pass into either end zone. Change direction(s) when space is denied. Pass into the attacker should be hit at speed. Attacker tries to receive ball on the back foot and get the shot off quickly or combine with the second attacker (the player who passes the ball into the attacking zone, 2 vs 1)

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

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

Restrict the number of touches to 3 to force quicker play and more attacking passes.

Coaches choose formations.

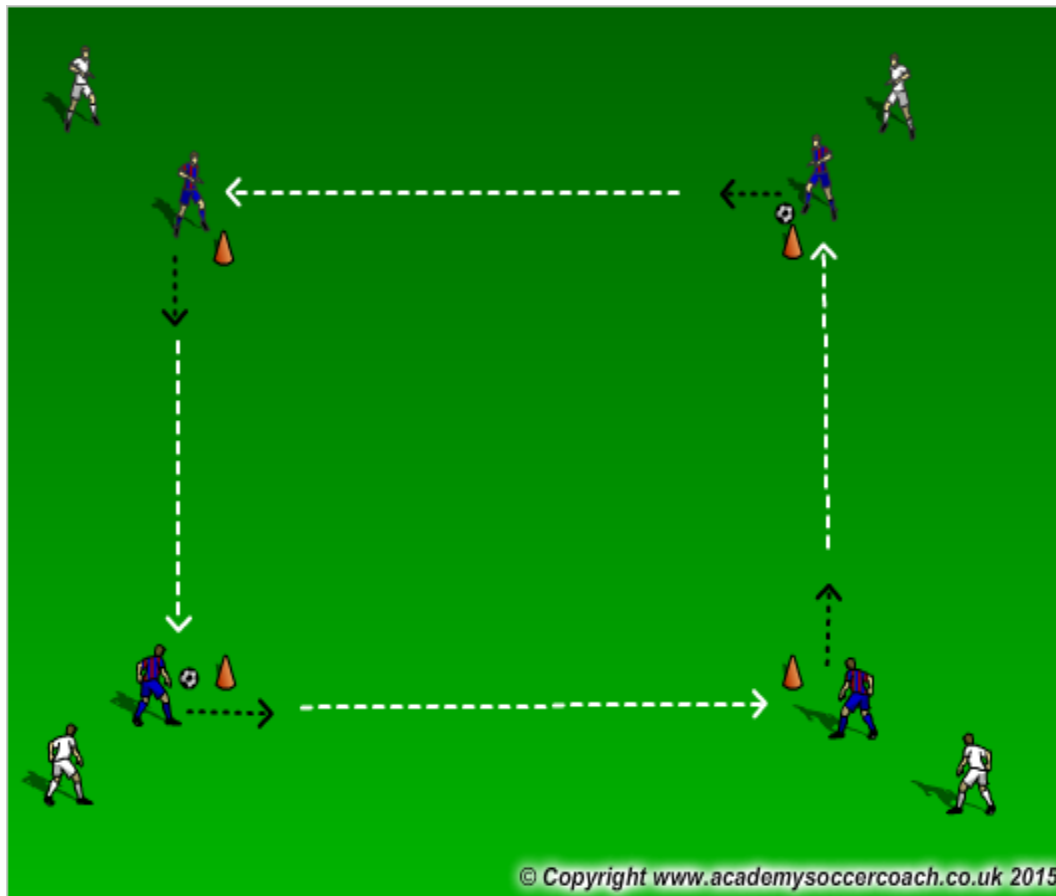
Introduce rules when the game situation arises.

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Session Ten: Possession in Larger Areas



PASSING DIAMOND



Area:

20 x 20 Diamond

Description:

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

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

Coaching Points:

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

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

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

Progressions:

Add a second ball. Add check to and away

PASSING DIAMOND: GIVE AND GO'S



Area:

20 x 20 Diamond

Description:

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

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

Coaching Points:

Movement before the pass (check to)

Movement after the pass (spin away)

Speed of the pass and lay-off is important

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

2 touch if possible

Progression:

Add a second ball

4 GOAL GAME: 4 vs 4 WITH BUMPERS



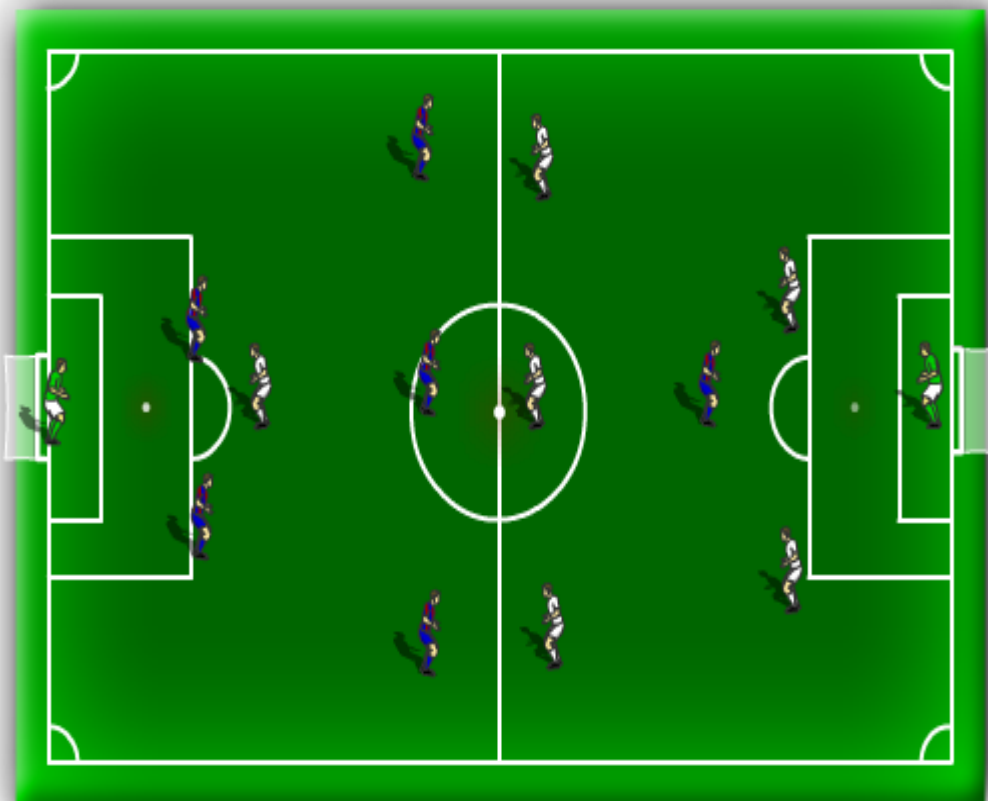
Set-up: 60 x 40 yard field. 4 goals in the corners of the area. Players in 3 teams (4 players per team or similar). 2 teams play possession in the middle of the area. 1 team stays on the outside of the area as neutral players (play for the team in possession). No GK's.

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

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

Reduce touches to 2 or 3.

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

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

Restrict the number of touches to 2 or 3 to force quicker play and more combinations.

Coaches choose formations.

Introduce rules when the game situation arises.

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Session Eleven: Finishing: Close Range



FINISHING: CLOSE RANGE



Set-up: Goal area, approx. 10 yards wide with 2 corner areas within the goal (2 yards wide). 1 player or GK in the goal. 12-15 yards away from the goal, line of attackers (3-4 in a line). All attacking players with a ball.

Description: Attacking player passes to the GK. GK passes back to the attacker. Attacker now dribbles towards the goal and attempts to pass the ball into one of the side areas within the goal (side foot shot). Once the shot is taken, collect the ball and move to the back of the attacking line. Add in touch restrictions before shot. Add in a zonal line to demarcate where the shots should be taken.

Coaching Points: Passes should be hit with pace, 2 touches if possible. Once attacking the goal take a positive first touch forward. Look up before the shot to see where the GK is positioned. Ball out of the feet for the shot. Follow through after the shot. Knee and upper body over the ball to keep it low. Follow in for rebounds.

FINISHING: CLOSE RANGE



Area: Cones laid out as per diagram on left

Description: Separate players evenly per line. 2-4 players per line, adjust number of lines based on player numbers.

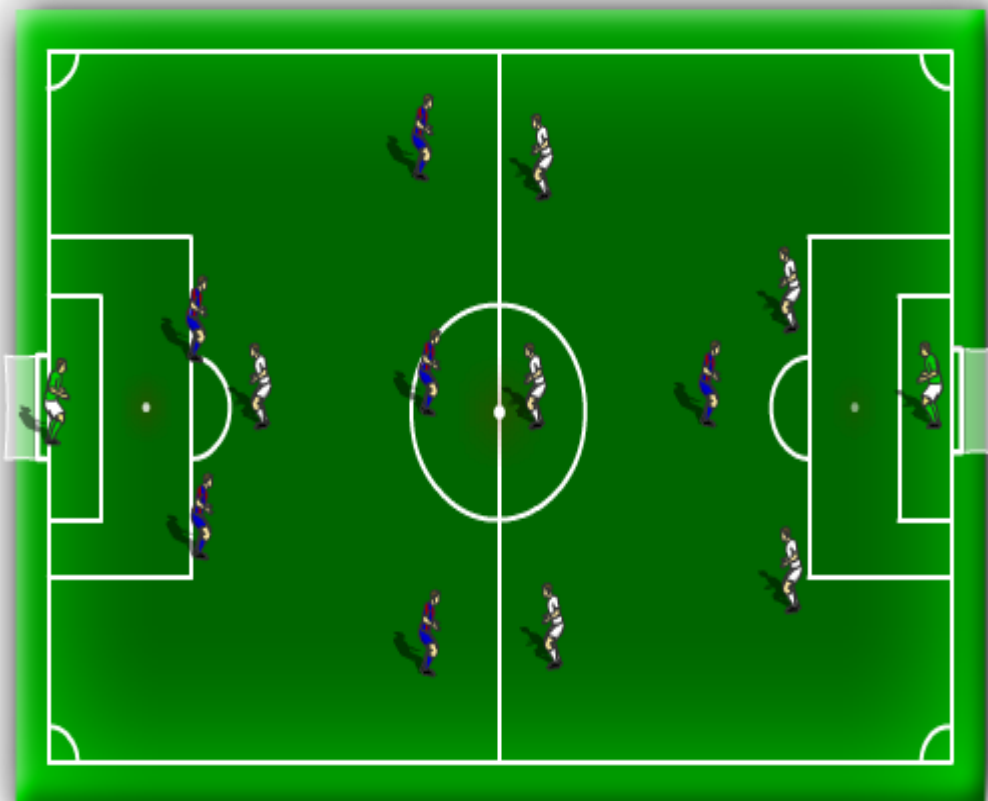
The first ten yards the players go through various ball mastery techniques. After they get ten yards, they weave their way at speed through the three dummies, flags, or cones, and vertical cone line. Once they exit the three cones at the end, they pass into the open net fifteen yards away.

The second player in line goes after the first player shoots.

Progression: Introduce change of direction moves or 1v1 moves for the first ten yards. Once the players exit the last three cones, change the finish on the open net: IE laces shot, flick up and volley, weak foot only, strong foot only.

Turn into a competition: First line to score 10-15 goals wins – Set a time limit: How many goals can each line score in 2-3 minutes?

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

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

Reduce the size of the field by 15 yards to increase opportunities to shoot. Add outside bumpers if area is too crowded.

Coaches choose formations.

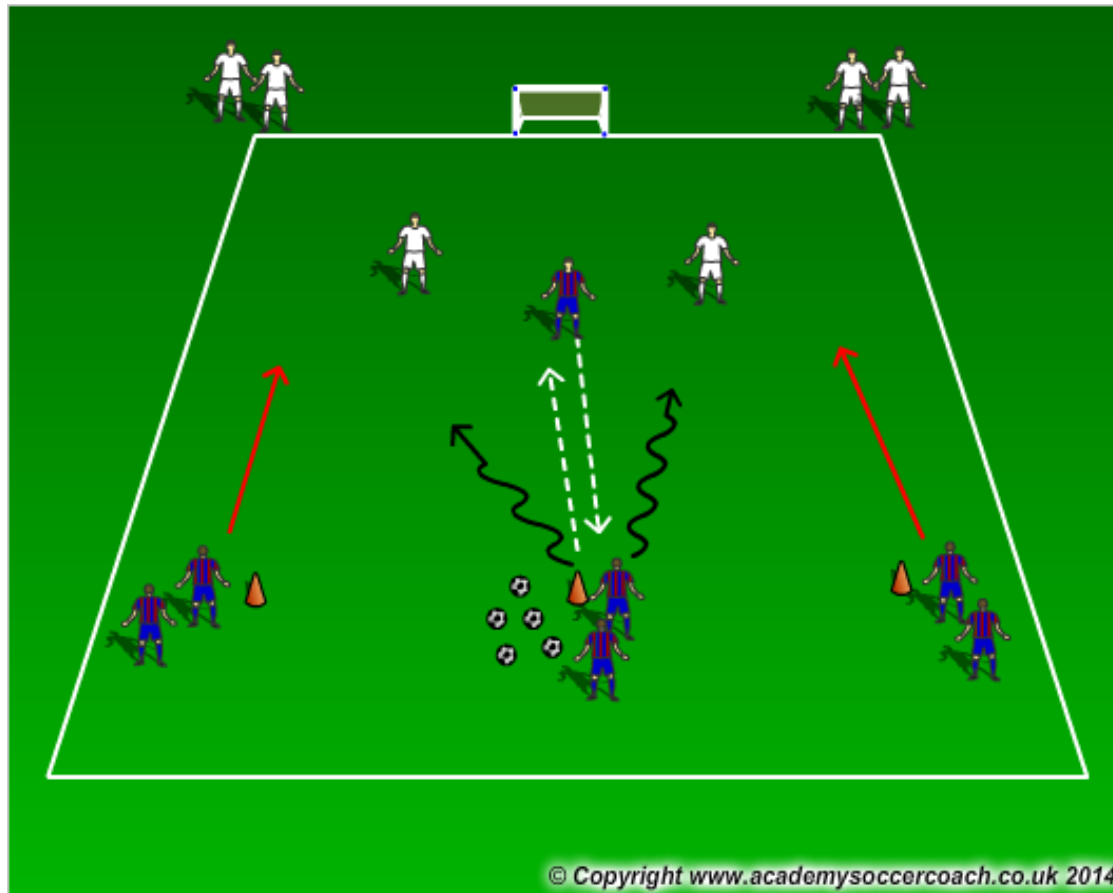
Introduce rules when the game situation arises.

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Session Twelve: Possession to Goal(s)



FINISHING: 3 vs 2 or 4 vs 2

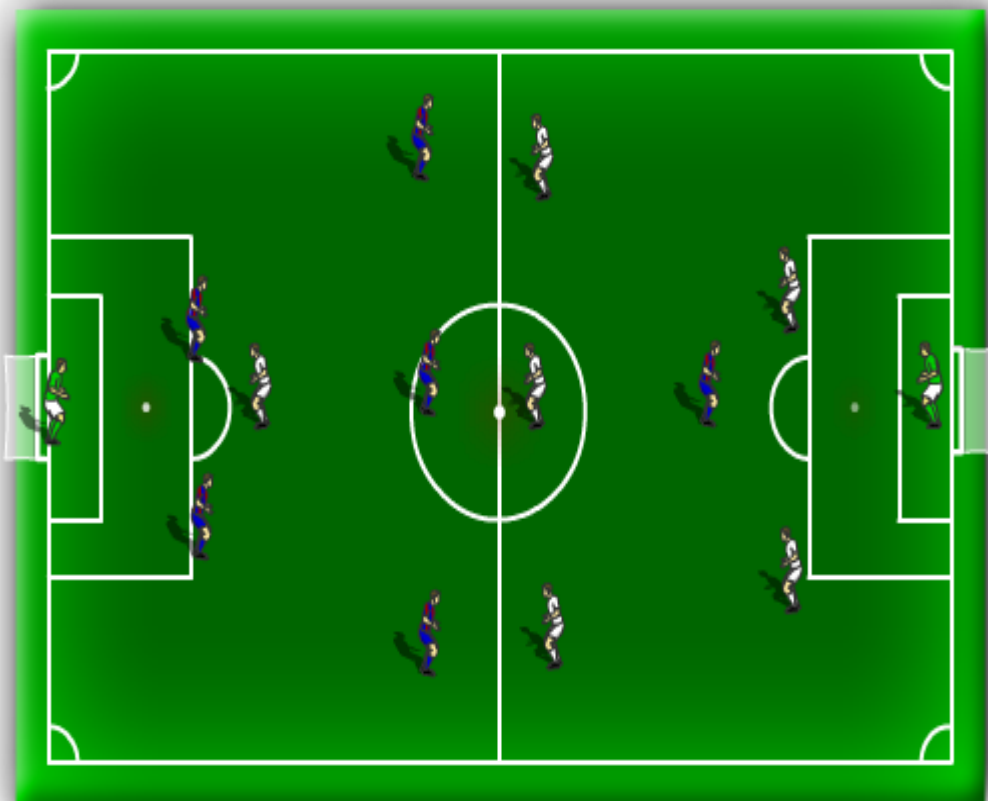


Set-up: 40 x 60 yard field. Target goal(s) on end line. Separate players into 2 teams. 1 team of attackers, 1 team of defenders. Defenders line up on opposite sides of the end line. ½ Defenders in the area. Attackers line up at the top of the area at 3 different cones 5-10 yards apart. 1 Attacker to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

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

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

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

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

Add points/goals for combination play that results in a shot on goal.

Coaches choose formations.

Introduce rules when the game situation arises.

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Session Thirteen: Finishing: Different Surfaces



WARM-UP: TOUCHES ON THE BALL



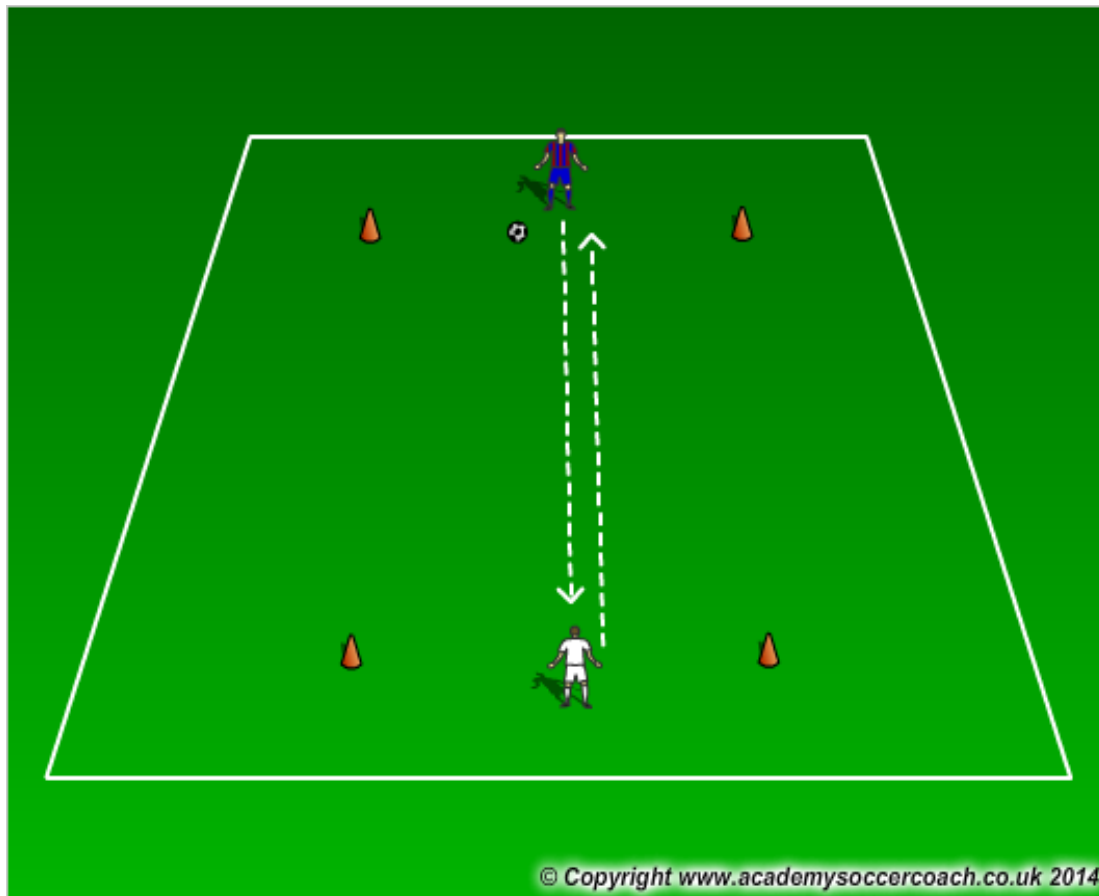
Area: 30 x 30 yards area. All players with a ball.

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

Progression: Add COD's and combinations

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

FINISHING: INSTEP AND LACES TECHNIQUE



Set-up: 2 gates (5 yards apart) 10-15 yards apart. Players in pairs on the opposite sides of the area. 1 ball per pair.

Description: Players pass the ball back and forth across the area. Vary the passing conditions and touch restrictions.

Coaching Points: Work on the speed of the pass and where to make contact with the ball. Concentrate on technique; approach the ball sideways on, strike the ball with the correct surface, follow through after striking the ball, make sure the ball is in front of the body, first touch to the sides.

Surfaces – Instep for accuracy, laces for power.

Ball should stay below knee height; upper body and knee over the ball, lock the ankle when striking the ball.

FINISHING: 1 vs 1 GAME

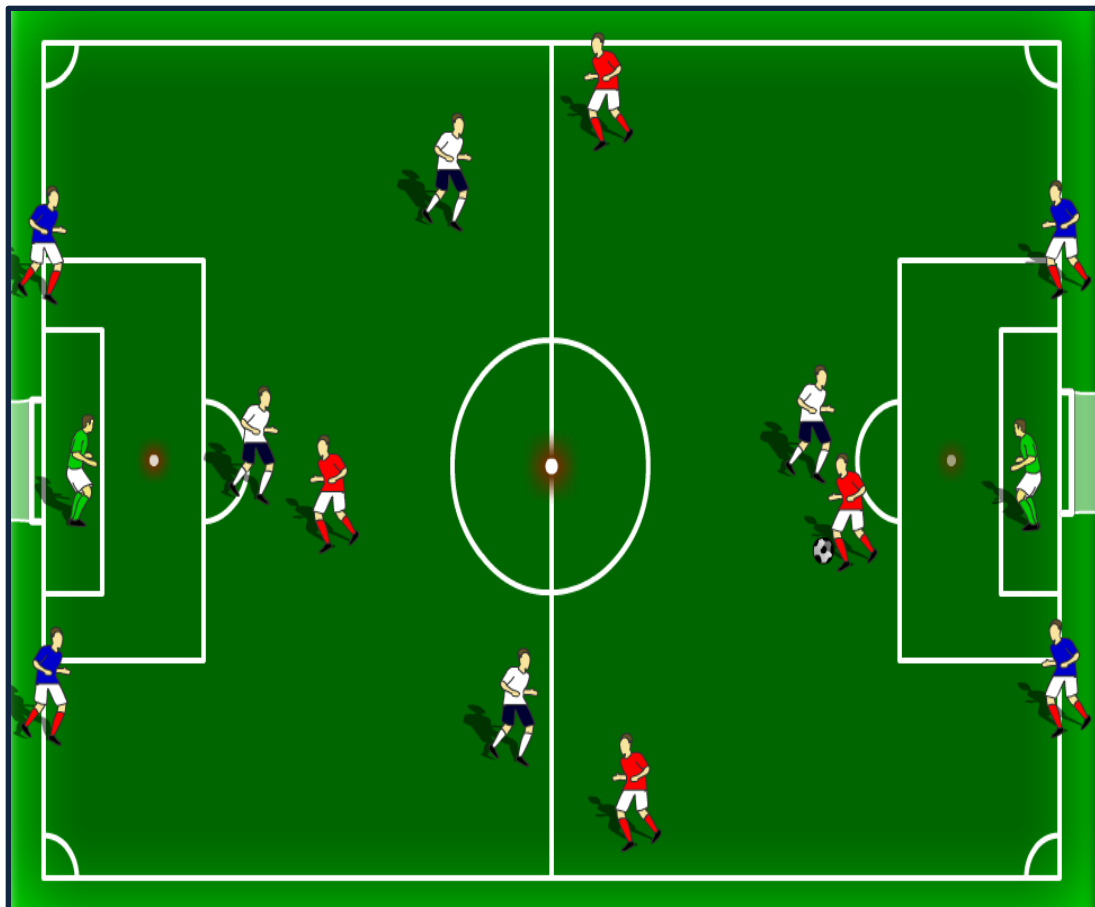


Set-up: Gates (3-5 yards apart) set up 15-20 yards away from each other. Players in pairs with 1 ball, on opposite side of the area, each between a gate.

Description: Players attempt to pass the ball across the area between their partners gate. Points are given if your partner does not control the ball in between their cones or if they come in front of their cones. Points also given if the pass does not go in between the gates. Vary the touch and passing conditions. Play for 2 minute games. Ball has to travel at below knee height.

Coaching Points: Passes have to be hit with enough speed (weight of pass) to get the ball across the area. Concentrate on striking the ball correctly, with the knee and upper body over the ball. Follow through to increase accuracy. First touch to the sides if possible. Strike the ball in front of the body. Try to move your partner around instead of passing directly to them.

7 vs 7: TARGET GAME



Area: 50 x 30 yard field

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

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

Coaching points: Use COD moves and passing combinations to progress the ball up the field to the target players. Use laces for longer passes.

Look for opportunities to play to the targets early.

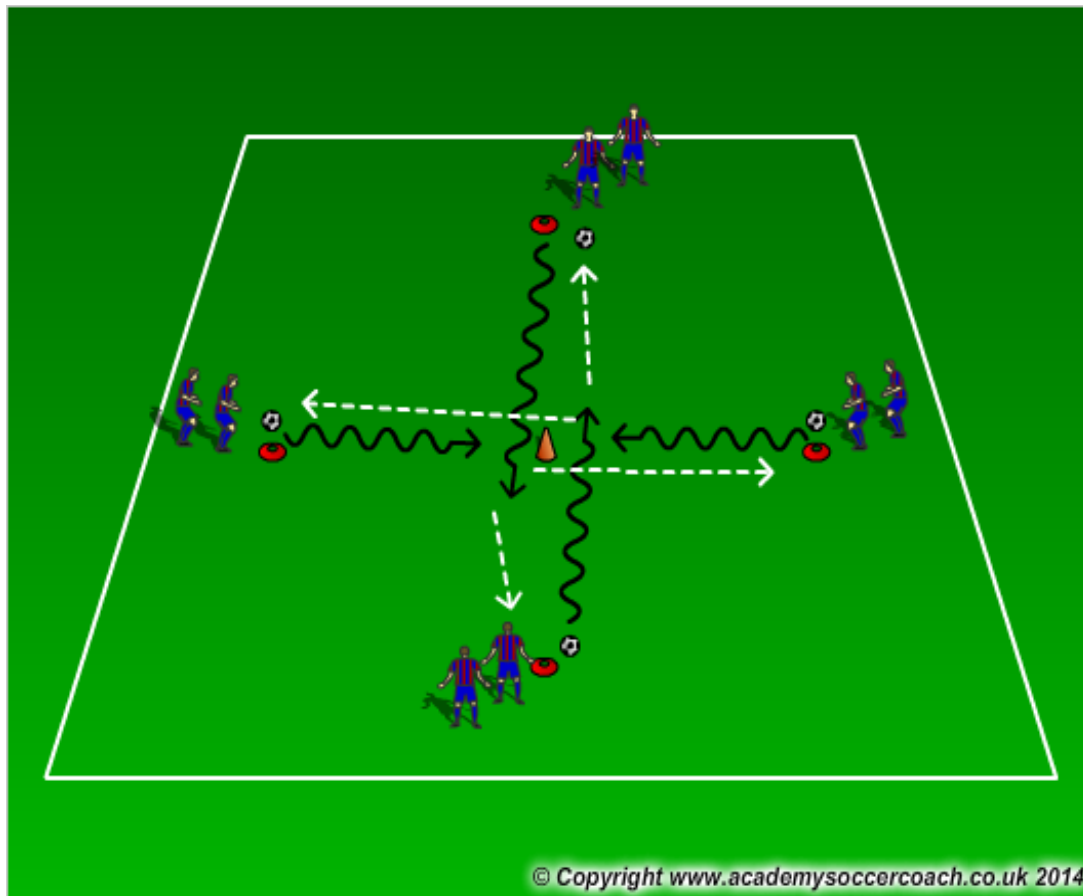
Add points/goals for scoring goals when combination is played with the target players.

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Session Fourteen: Combination Play



WARM-UP: PASS AND FOLLOW



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

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

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

7 vs 7: ZONAL GAME



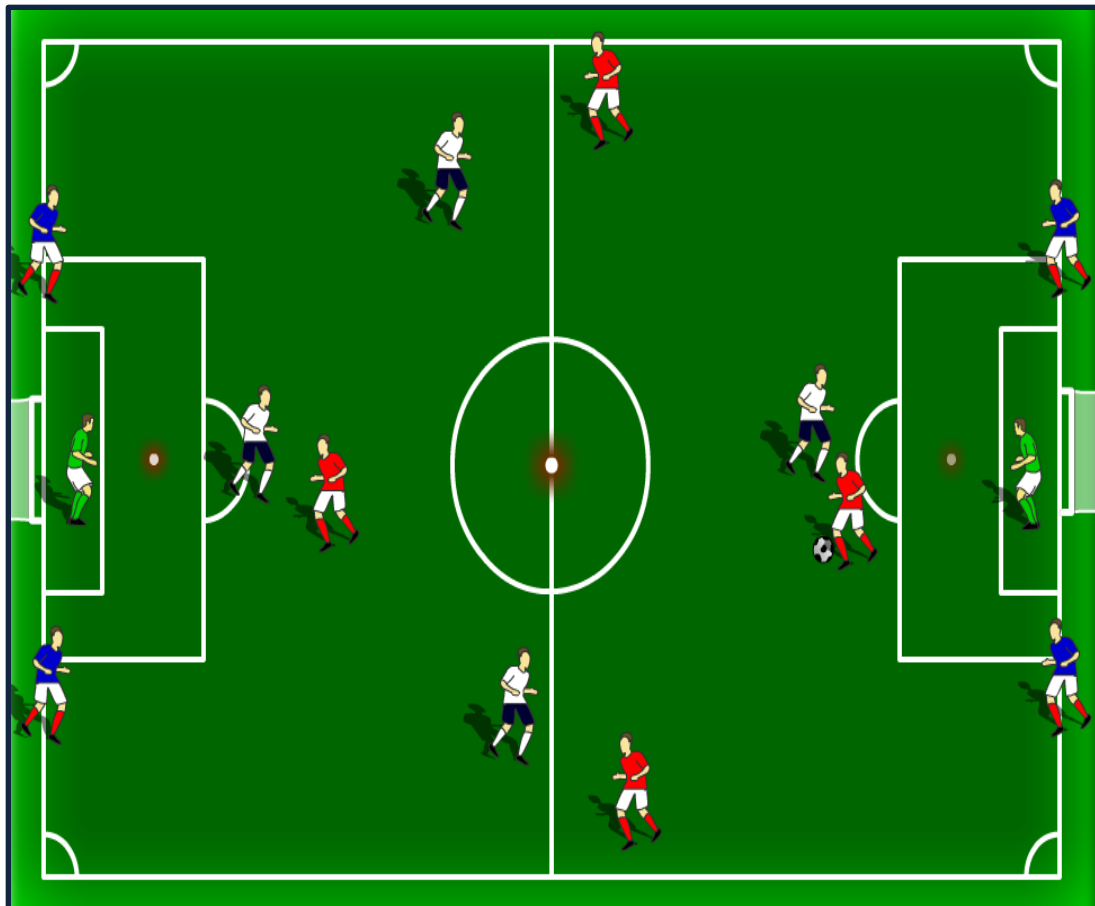
Area: 40 x 60 (if space allows)
1 goal at either side of the area
Area is separated into 3 zones

Description: GK in each goal.
2 vs 2 + 1 neutral in each zone.
Play a regular game attempting to use the neutrals to create an overload

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

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

7 vs 7: TARGET GAME



Area: 50 x 30 yard field

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

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

Coaching points: Use COD moves and passing combinations to progress the ball up the field to the target players. Use laces for longer passes.

Look for opportunities to play to the targets early.

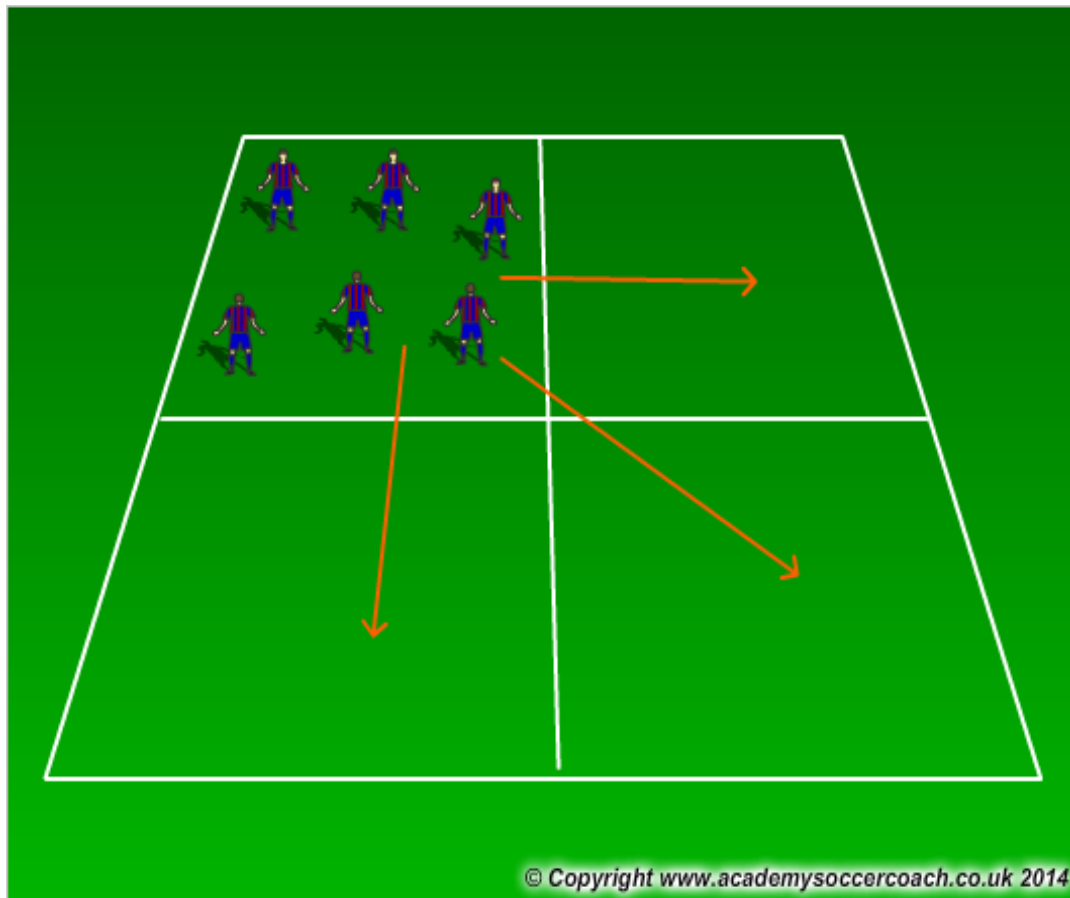
Add points/goals for scoring goals when combination is played with the target players.

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Session Fifteen: Systems of Play: 7 vs 7



WARM-UP: BOCA SQUARES



Set-up: 15 x 15 yard squares, 4 in total. Players start in one of the squares. One ball per player.

Description: Players perform foot skills, led by the coaches' commands. Each area represents a different foot skills movement and the players must move between the areas as the coach calls out the movement. Foot skills to include different surfaces of the foot, coordination moves, juggling and turns and fakes.

Coaching Point(s): Perform all foot skills with good technique. Move quickly between the areas on the coaches' call.

7 vs 7: BIG GOAL vs LITTLE GOALS

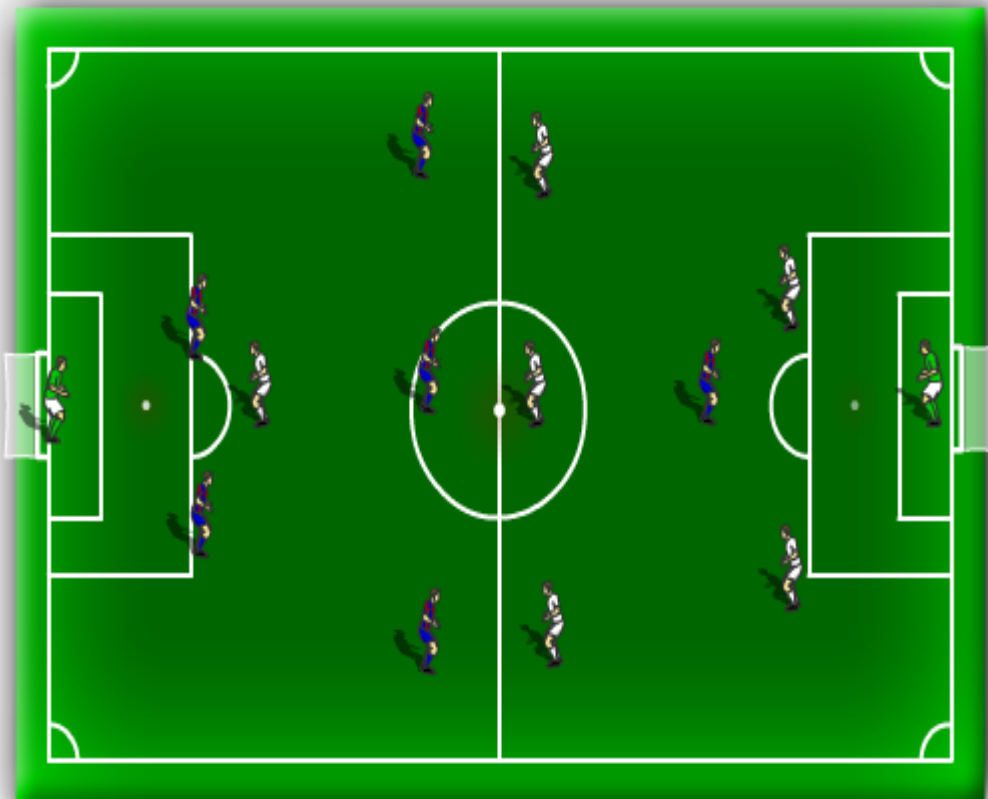


Set-up: 40 x 60 yard area (half an indoor field). Two small target goals on one end line (no GK's) and one larger target goal on the opposite line with a GK. Attacking team have 7 players, defending team have 7 players (6 and a GK). Supply of balls on the outside.

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

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

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

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

Coaches choose formations.

Introduce rules when the game situation arises.

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Session Sixteen: Game Scenarios: 7 vs 7



WARM-UP: PASSING COMBINATIONS



Area:

20 x 20 Diamond with cones on the inside.

Description:

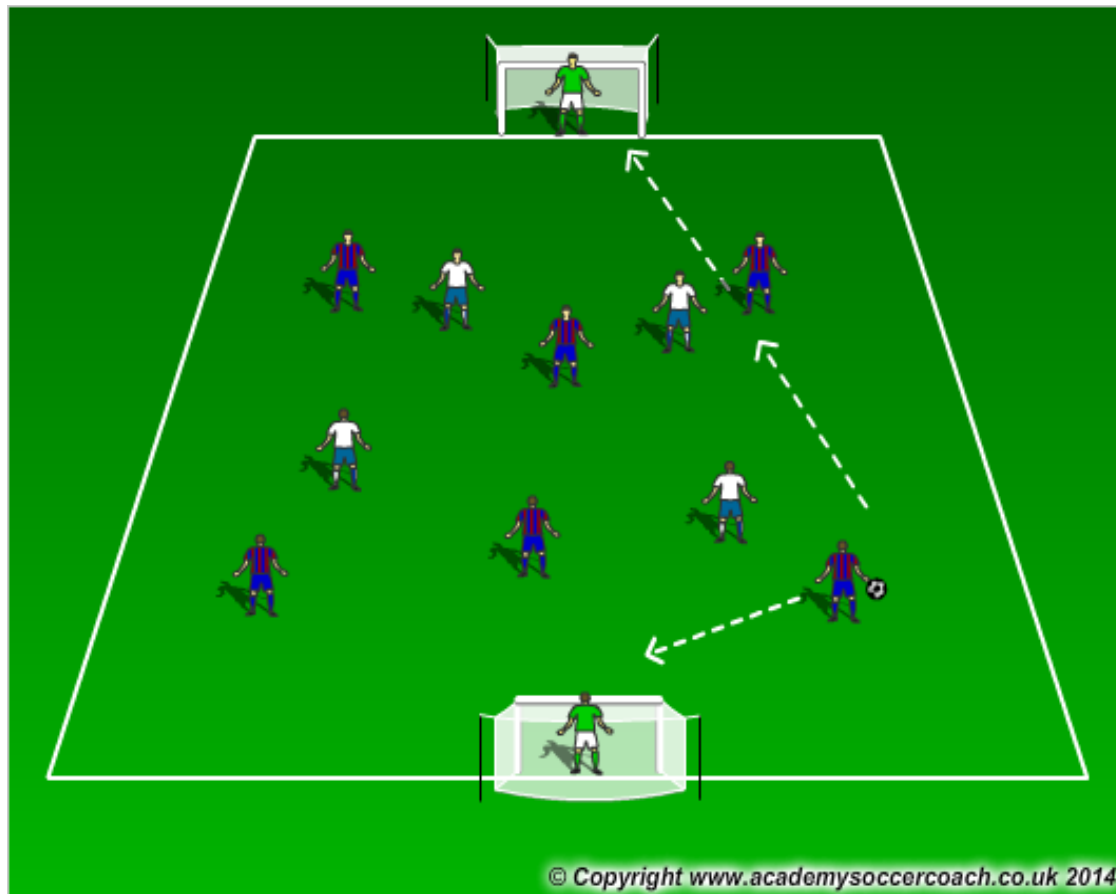
Players in 2's and 3's at outside cones.
 Players dribble into area and turn at the center cone. Perform passing variations:

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

Coaching Points:

Quality and speed of the pass
 Preparation and first touch
 Communication and movement before the pass

POSSESSION vs ATTACK

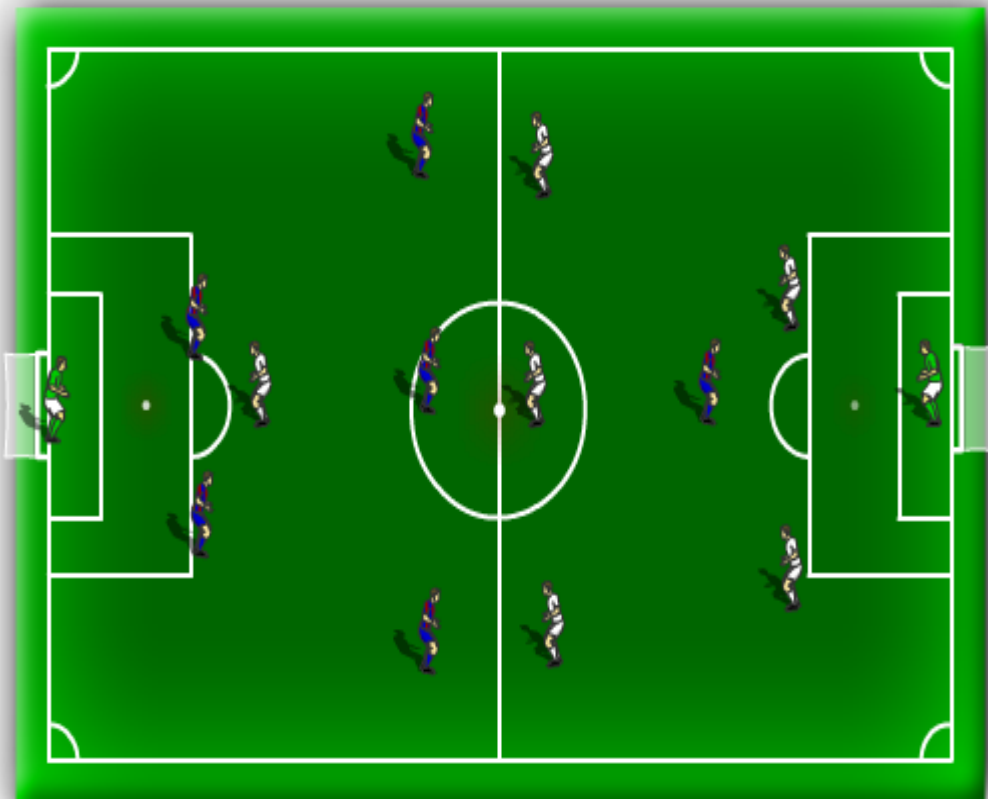


Set-up: 60 x 40 yard area. 6 vs 4 in the area with a GK in each target goal. 1 ball in the area with a supply of balls on the outside.

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

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

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

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

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

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

Coaches choose formations.

Introduce rules when the game situation arises.