



# THIS WEEK'S TRAINING

## U5-U6 THEME: BALL MASTERY

Most of what we do with this age group must be focused on ball mastery. Players at this age are rarely able to perform fundamental skills to a good standard. It's all about learning Agility, Balance, Co-ordination and Speed and developing these with this age group pays dividends for the rest of their time playing any sport.

### SESSION FORMAT: PLAY (arrival game) - PRACTICE (below) - PLAY

GAMES	<u>Pitch Set Up 3v3</u>	Start with 3v3 or 4v4 Arrival Game - Players join as they arrive Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice	
SUGGESTED FIELD SIZES	3v3 - 15x20 yards 4v4 - 20x30 yards 5v5 - 25x35 yards	6v6 - 35x50 yards 7v7 - 40x60 yards 9v9 - 50x75 yards	11v11 (U13/14)- 55x85 yards 11v11 (U15/16)- 60x95 yards
PRACTICE	<u>Ball Mastery Technical Practice</u>		Providing some structured practice at early ages is essential. It will help the players become coachable. Use any variation of skills, the key is that they are learning and refining these skills
SKILLS	<u>Toe Taps</u>	Use 3 techniques for ball mastery  Focus on technique over speed. Once the players are comfortable with the techniques they can add speed but if they go the other way round it will be harder to learn the techniques.	
	<u>Ball Boxing</u>		
	<u>Pull Backs</u>		

## Coaching Objectives

- Teach your players the working area - and stick to it!
- Show an example of one player doing each skill accurately, especially if they are deliberate.
- Correct technique for players who are getting it wrong but do it one to one whilst the session is continuing.





# THIS WEEK'S TRAINING

## U7-U8 THEME: BALL MASTERY

The U7 and U8 groups should also be working hard on technique. At this age some of them might be able to perform the techniques with more speed. You can use the techniques from the U5-U6 if your players aren't good enough to do the techniques we've added here.

### SESSION FORMAT: PLAY (arrival game) - PRACTICE (below) - PLAY

<b>GAMES</b>	<b><u>Pitch Set Up 3v3</u></b>	Start with 3v3 or 4v4 Arrival Game - Players join as they arrive Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice
<b>SUGGESTED FIELD SIZES</b>	3v3 - 15x20 yards 4v4 - 20x30 yards 5v5 - 25x35 yards	6v6 - 35x50 yards 7v7 - 40x60 yards 9v9 - 50x75 yards 11v11 (U13/14)- 55x85 yards 11v11 (U15/16)- 60x95 yards
<b>PRACTICE</b>	<b><u>Ball Mastery Technical Practice</u></b>	Providing some structured practice at early ages is essential. It will help the players become coachable. Use any variation of skills, the key is that they are learning and refining these skills
<b>SKILLS</b>	<b><u>Inside/Outside Dribbling</u></b> <b><u>Inside/Outside Both Feet</u></b> <b><u>Inside Hook Turn</u></b>	Use 3 techniques for ball mastery Focus on technique over speed. Once the players are comfortable with the techniques they can add speed but if they go the other way round it will be harder to learn the techniques.

## Coaching Objectives

- Teach your players the working area - and stick to it!
- Show an example of one player doing each skill accurately, especially if they are deliberate.
- Correct technique for players who are getting it wrong but do it one to one whilst the session is continuing.

**FULL SEASON  
STEP-BY-STEP GUIDE**



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# THIS WEEK'S TRAINING

## U9-U10 THEME: BALL MASTERY & TURNS

The U9 and U10 groups should also be working hard on technique. However, at this age we can introduce more complexity in the moves they are performing, as slightly more difficult practice and changes of direction

### SESSION FORMAT: PLAY (arrival game) - PRACTICE (below) - PLAY

<b>GAMES</b>	<b><u>Pitch Set Up 3v3</u></b>	Start with 3v3 or 4v4 Arrival Game - Players join as they arrive Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice
<b>SUGGESTED FIELD SIZES</b>	3v3 - 15x20 yards 4v4 - 20x30 yards 5v5 - 25x35 yards	6v6 - 35x50 yards 7v7 - 40x60 yards 9v9 - 50x75 yards 11v11 (U13/14)- 55x85 yards 11v11 (U15/16)- 60x95 yards
<b>PRACTICE</b>	<b><u>Ball Mastery &amp; Turns Technical Practice</u></b>	Use Inside Outside or Inside Outside with both feet for this activity. They can use the Cruyff turn when going from side to side and the Outside Hook Turn when going up and down to keep it simple. The important thing is they avoid each other in the middle
<b>SKILLS</b>	<b><u>Inside/Outside Dribbling</u></b> <b><u>Cruyff Turn</u></b> <b><u>Outside Hook Turn</u></b>	Use 3 techniques for ball mastery Focus on technique over speed. Once the players are comfortable with the techniques they can add speed but if they go the other way round it will be harder to learn the techniques.

## Coaching Objectives

- Teach them the importance of getting their head up so they don't collide with other players
- Show an example of one player doing each skill accurately, especially if they are deliberate.
- Correct the technique for players who are getting it wrong but do it one to one whilst the session is continuing.

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# THIS WEEK'S TRAINING

## U11-U12 THEME: BALL MASTERY & TURNS

The U9 and U10 groups should also be working hard on technique. However, at this age we can introduce more complexity in the moves they are performing, as slightly more difficult practice and changes of direction

### SESSION FORMAT: PLAY (arrival game) - PRACTICE (below) - PLAY

GAMES	<u>Pitch Set Up 3v3</u>	Start with 3v3 or 4v4 Arrival Game - Players join as they arrive Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice
SUGGESTED FIELD SIZES	3v3 - 15x20 yards 4v4 - 20x30 yards 5v5 - 25x35 yards	6v6 - 35x50 yards 7v7 - 40x60 yards 9v9 - 50x75 yards
PRACTICE	<u>Ball Mastery &amp; Turns Skill Practice</u>	Use Inside Outside or Inside Outside with both feet for this activity. They can use the Cruyff turn when going from side to side and the Outside Hook Turn when going up and down to keep it simple. The important thing is they avoid each other in the middle
SKILLS	<u>Inside/Outside Dribbling</u> <u>Cruyff Turn</u> <u>Outside Hook Turn</u>	Use 3 techniques for ball mastery Focus on technique over speed. Once the players are comfortable with the techniques they can add speed but if they go the other way round it will be harder to learn the techniques.

## Coaching Objectives

- Encourage them to be positive when they beat an opponent.
- Encourage the use of the skills in the practice and the games. Help them understand when to use the skills.
- Correct the technique for players who are getting it wrong but do it one to one whilst the session is continuing.







# THIS WEEK'S TRAINING

## U13-U14 THEME: BALL MASTERY

The U13 and U14 Age Groups should be able to handle a more complex session. So you've got a choice of a number of activities to use in the practice. You can use one, two or all of them, it's up to you. You could run 3 parts of the session using the 5v5 game as your finishing game

### SESSION FORMAT: COACHES DECISION

<b>GAMES</b>	<b><u>Pitch Set Up 3v3</u></b>	Start with 3v3 or 4v4 Arrival Game - Players join as they arrive Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice
<b>SUGGESTED FIELD SIZES</b>	3v3 - 15x20 yards 4v4 - 20x30 yards 5v5 - 25x35 yards	6v6 - 35x50 yards 7v7 - 40x60 yards 9v9 - 50x75 yards 11v11 (U13/14)- 55x85 yards 11v11 (U15/16)- 60x95 yards
<b>SESSION</b>	<b><u>Ball Mastery in the Final Third</u></b>	Use as many parts of the session as you want. If you want to stick to Play-Practice-Play then do so. But the complete session will be a good one for this age group
<b>SKILLS</b>	<b><u>Scissors</u></b> <b><u>Cruyff Turn</u></b> <b><u>Outside Hook Turn</u></b>	Use 3 techniques for ball mastery Focus on technique over speed. Once the players are comfortable with the techniques they can add speed but if they go the other way round it will be harder to learn the techniques.

## Coaching Objectives

- Encourage them to be positive when they beat an opponent.
- Encourage the use of the skills in the practice and the games. Help them understand when to use the skills.
- Correct the technique for players who are getting it wrong but do it one to one whilst the session is continuing.

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# THIS WEEK'S TRAINING

## U15+ THEME: CREATIVITY

The U15+ Age Groups should be able to follow any plan. You can stick with play practice play if you want, but you can also layer learning as in the session below. If your players are new to the game, then use the plan for younger age groups

### SESSION FORMAT: COACH'S DECISION

GAMES	<u>Pitch Set Up 3v3</u>	Start with 3v3 or 4v4 Arrival Game - Players join as they arrive Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice	
SUGGESTED FIELD SIZES	3v3 - 15x20 yards 4v4 - 20x30 yards 5v5 - 25x35 yards	6v6 - 35x50 yards 7v7 - 40x60 yards 9v9 - 50x75 yards	11v11 (U13/14)- 55x85 yards 11v11 (U15/16)- 60x95 yards
SESSION	<u>Creativity and Penetration</u>	Use as many parts of the session as you want. If you want to stick to Play-Practice-Play then do so. But the complete session will teach this age group a lot	
SKILLS	<u>Quick Feet</u>	Use 3 techniques for ball mastery  Focus on technique over speed. Once the players are comfortable with the techniques they can add speed but if they go the other way round it will be harder to learn the techniques.	
	<u>Short Passing</u>		
	<u>One Touch Finishing</u>		

## Coaching Objectives

- Encourage them to be positive when they beat an opponent.
- Set and maintain high standards with this age group. Decision making
- Detail on finishing. Bottom Corners, Across the keeper. Take rebounds out of the equation

