

U5-U6 THEME: OVERLOADS BALL MASTERY AND DRIBBLING

Most of what we do with this age group must be focused on simplicity and this session is very straightforward. 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. There should be ball mastery in every session at this age

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

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GAMES	Pitch Set Up 3v3	Start with 3	ov3 or 4v4 Arrival Game - Players join as they arrive
SUGGESTED FIELD SIZES	3v3 - 15x2O yards		4v4 - 20x30 yards
PRACTICE	Ball Mastery and Dribbling Racing Cars		This Ball Mastery Activity really encourages young players to be aware of what's around them. Recognising opportunities to find space will help them when working on overloads
	<u>Dribbling</u>		Encure players concentrate on their
SKILLS	Running With The Ball		Ensure players concentrate on their dribbling and running with the ball skills. Introduce players to understand when to take smaller and when to take bigger touches.
	Inside Outside		

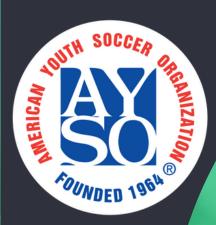
Coaching Objectives

- Teach your players the working area and stick to it!
- Teach your players how to dribble the ball.
- Show your players how to run with the ball.

FULL SEASON STEP-BY-STEP GUIDE







U7-U8 THEME: ATTACKING OVERLOADS

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 you don't think your players are good enough to do the techniques we've added here.

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

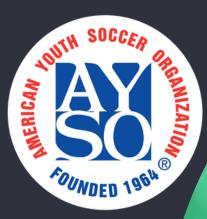
GAMES	Pitch Set Up 3v3	Finish w	3v3 or 4v4 Arrival Game - Players join as they arrive ith a bigger game (4v4/5v5 depending on . In the middle teach a structured practice
SUGGESTED FIELD SIZES	3v3 - 15x2O yards		
PRACTICE	<u>Passing and Moving Warm Up</u>		This activity will teach players how to move into space to create 2vl and 3vl situations to avoid the dribbling team. It's fundamental to creating overloads further down he line
	<u>Dribbling</u>		Players should look to attack the space when it is in front of them by running with the ball. Players need to recognise if to pass, dribble or run with the ball.
SKILLS	Running With The Ball		
	Two Touch Passing		

- Teach your players how to attack quickly.
- Teach your players how to run with the ball effectively.
- Players to understand when to pass, dribble or run with the ball.









U9-U10 THEME: ATTACKING OVERLOADS

The U9 and UIO 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

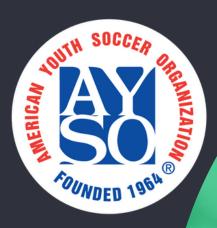
GAMES	<u>Pitch Set Up 3∨3</u>	Finish w	3v3 or 4v4 Arrival Game - Players join as they arrive vith a bigger game (4v4/5v5 depending on). In the middle teach a structured practice
SUGGESTED FIELD SIZES	3v3 - 15x2O yards 4v4 - 20x3O yards	I	5v5 - 25x35 yards 6v6 - 35x5O yards
PRACTICE	Attacking Overloads 3v2 Skill Practice		This practice helps players learn how to take advantage of overloads quickly, before the recovering defender is back to help.
	Running With The Ball		
SKILLS	One Touch Passing		Get players to work on attacking the goal quickly and have lots of opportunities to practice.
	Quick Feet		

- Teach your players how to attack quickly.
- Teach your players how to recognise when to pass, dribble or run with the ball.
- Players to work on utilising attacking overloads constantly.









UII-UI2 THEME: ATTACKING OVERLOADS

The UII and UI2 groups can deal with opponents and, where possible, you should introduce a defender to make the activity more game realistic. Technique is still important though. But you can start to coach decision making as well

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

GAMES	Pitch Set Up 3v3 Finish with	3v3 or 4v4 Arrival Game - Players join as they arrive h a bigger game (5v5, 6v6 etc. depending on). In the middle teach a structured practice	
SUGGESTED FIELD SIZES	3v3 - 15x2O yards 5v5 - 25x35 yards 7v7 - 40x6O yards 4v4 - 20x3O yards 6v6 - 35x5O yards 9v9 - 50x75 yards		
PRACTICE	Attacking Overloads Skill Practice	This practice will teach many elements of creating and exploiting overloads for this age group	
	Running With The Ball		
SKILLS	One Touch Passing	Get players to work on attacking the goal quickly and have lots of opportunities to practice. Players must attack quickly with speed.	
	Quick Feet		

- Teach your players how to attack quickly.
- Teach your players how to recognise when to pass, dribble or run with the ball.
- Players to work on utilising attacking overloads constantly.









UI3-UI4 THEME: ATTACKING OVERLOADS

The UI3 and UI4 groups are more capable of following a full session plan, deal with defenders and perform game realistic sessions. Technique is still important though. But you can start to coach decision making as well

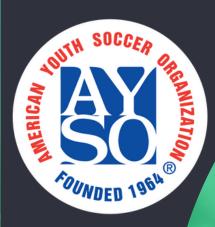
SESSION FORMAT: PLAY (arrival game) - PRACTICE (below) - PLAY or you can do the full session: Warm Up - Skill Practice - Game

GAMES	<u>Pitch Set Up 3∨3</u>	Finish witl	3v3 or 4v4 Arrival Game - Players join as they arrive h a bigger game (5v5, 6v6 etc. depending on l. In the middle teach a structured practice
SUGGESTED FIELD SIZES	3v3 - 15x2O yards 6v6 - 35x5O yards 4v4 - 20x3O yards 7v7 - 40x6O yards 11v11 (U13/14)- 55x85 yards 5v5 - 25x35 yards 9v9 - 50x75 yards		
SESSION	Attacking Overloads		This session develops your player's ability to attack quickly to goal with an overload. The session also develops your players how to create overloads.
	One Touch Passing		
SKILLS	Quick Feet		Get players to work on attacking the goal quickly and have lots of opportunities to practice. Players must attack quickly with speed.
	SAQ		

- Teach your players how to attack quickly.
- Teach your players how to recognise when to pass, dribble or run with the ball.
- Players to work on how to create overloads as well as exploiting them.







UI5+ THEME: ATTACKING OVERLOADS

The UI and UI2 groups can deal with opponents and, where possible, you should introduce a defender to make the activity more game realistic. Technique is still important though. But you can start to coach decision making as well

SESSION FORMAT: FULL SESSION or choose 1 or 2 practices

GAMES	Pitch Set Up 3v3 Finish wit	3v3 or 4v4 Arrival Game - Players join as they arrive h a bigger game (5v5, 6v6 etc. depending on). In the middle teach a structured practice	
SUGGESTED FIELD SIZES	3v3 - 15x2O yards 4v4 - 20x3O yards 5v5 - 25x35 yards 6v6 - 35x5O yards 7v7 - 40x6O yards 9v9 - 50x75 yards 11v11 (U13/14)- 55x85 yards 11v11 (U15/16)- 60x95 yards		
SESSION	Attacking Overloads Masterclass	You will need half a pitch for the first 2 parts of this session and a minimum of 16 players. If you don't have the space or players use the session for the UI4s above	
	One Touch Passing		
SKILLS	Quick Feet	Get players to work on attacking the goal quickly and have lots of opportunities to practice. Players must attack quickly with speed.	
	SAQ		

- Teach your players how to attack quickly.
- Teach your players how to recognise when to pass, dribble or run with the ball.
- Players to work on how to create overloads as well as exploiting them.



