



# THIS WEEK'S TRAINING

## 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

GAMES	<u>Pitch Set Up 3v3</u>	Start with 3v3 or 4v4 Arrival Game - Players join as they arrive
SUGGESTED FIELD SIZES	3v3 - 15x20 yards	4v4 - 20x30 yards
PRACTICE	<u>Ball Mastery and Dribbling Racing Cars</u>	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
SKILLS	<u>Dribbling</u>	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.
	<u>Running With The Ball</u>	
	<u>Inside Outside</u>	

## 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.





# THIS WEEK'S TRAINING

## 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	<u>Pitch Set Up 3v3</u>	Start with 3v3 or 4v4 Arrival Game - Players join as they arrive Finish with a bigger game (4v4/5v5 depending on numbers). In the middle teach a structured practice	
SUGGESTED FIELD SIZES	3v3 - 15x20 yards	4v4 - 20x30 yards	5v5 - 25x35 yards
PRACTICE	<u>Passing and Moving Warm Up</u>	This activity will teach players how to move into space to create 2v1 and 3v1 situations to avoid the dribbling team. It's fundamental to creating overloads further down the line	
SKILLS	<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.	
	<u>Running With The Ball</u>		
	<u>Two Touch Passing</u>		

## Coaching Objectives

- 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.







# THIS WEEK'S TRAINING

## U9-U10 THEME: ATTACKING OVERLOADS

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 (4v4/5v5 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
PRACTICE	<u>Attacking Overloads 3v2 Skill Practice</u>	This practice helps players learn how to take advantage of overloads quickly, before the recovering defender is back to help.
SKILLS	<u>Running With The Ball</u>	Get players to work on attacking the goal quickly and have lots of opportunities to practice.
	<u>One Touch Passing</u>	
	<u>Quick Feet</u>	

## Coaching Objectives

- 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.





# THIS WEEK'S TRAINING

## U11-U12 THEME: ATTACKING OVERLOADS

The U11 and U12 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

<b>GAMES</b>	<b><u>Pitch Set Up 3v3</u></b>	<b>Start with 3v3 or 4v4 Arrival Game - Players join as they arrive</b> <b>Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice</b>		
<b>SUGGESTED FIELD SIZES</b>	<b>3v3 - 15x20 yards</b> <b>4v4 - 20x30 yards</b>	<b>5v5 - 25x35 yards</b> <b>6v6 - 35x50 yards</b>	<b>7v7 - 40x60 yards</b> <b>9v9 - 50x75 yards</b>	
<b>PRACTICE</b>	<b><u>Attacking Overloads Skill Practice</u></b>	<b>This practice will teach many elements of creating and exploiting overloads for this age group</b>		
<b>SKILLS</b>	<b><u>Running With The Ball</u></b>	<b>Get players to work on attacking the goal quickly and have lots of opportunities to practice. Players must attack quickly with speed.</b>		
	<b><u>One Touch Passing</u></b>			
	<b><u>Quick Feet</u></b>			

## Coaching Objectives

- 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.







# THIS WEEK'S TRAINING

## U13-U14 THEME: ATTACKING OVERLOADS

The U13 and U14 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**

<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/U14)- 55x85 yards
<b>SESSION</b>	<b><u>Attacking Overloads</u></b>	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.
<b>SKILLS</b>	<b><u>One Touch Passing</u></b>	Get players to work on attacking the goal quickly and have lots of opportunities to practice. Players must attack quickly with speed.
	<b><u>Quick Feet</u></b>	
	<b><u>SAQ</u></b>	

## Coaching Objectives

- 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.





# THIS WEEK'S TRAINING

## U15+ THEME: ATTACKING OVERLOADS

The U1 and U12 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

<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>Attacking Overloads Masterclass</u></b>	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 U14s above
<b>SKILLS</b>	<b><u>One Touch Passing</u></b>	Get players to work on attacking the goal quickly and have lots of opportunities to practice. Players must attack quickly with speed.
	<b><u>Quick Feet</u></b>	
	<b><u>SAQ</u></b>	

## Coaching Objectives

- 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.

