



# THIS WEEK'S TRAINING

## U5-U6 THEME: DRIBBLING & RUNNING WITH THE BALL

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>Dribbling Technical Practice</u>	The video will explain the practice, players have a ball each practicing their dribbling and running with the ball skills.
SKILLS	<u>Dribbling</u>	Ensure players take smaller touches when there are smaller spaces and larger touches when there are bigger spaces.  Please make sure players get their heads up when dribbling.
	<u>Running With The Ball</u>	

## Coaching Objectives

- Try to encourage players to stay in the lines!
- Teach your players how to Dribble the ball correctly so the ball doesn't go out of play.
- Show your players the correct technique and praise players who are executing it well.

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# THIS WEEK'S TRAINING

## U7-U8 THEME: DRIBBLING & RUNNING WITH THE BALL

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>Dribbling Technical Practice</u>	This practice helps players get confident with the ball at their feet with interference.
SKILLS	<u>Dribbling</u>	Use basic dribbling and running with the ball techniques. Players who are striving to push themselves further with turns they can use.
	<u>Running With The Ball</u>	Focus on technique over speed. 3-5 minutes on each technique will give them the repetition they need.
	<u>Inside Hook Turn</u>	If the group are striving give them ball mastery techniques to execute.

## Coaching Objectives

- Teach your players how to Dribble the ball correctly.
- Teach your players how to Run With The Ball effectively
- Players to work on turning quickly with the ball.







# THIS WEEK'S TRAINING

## U9-U10 THEME: DRIBBLING & RUNNING WITH THE BALL

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
PRACTICE	<u>Dribbling Technical Practice</u>	This practice helps players get confident with the ball at their feet with interference.
SKILLS	<u>Dribbling</u>	Use basic dribbling and running with the ball techniques. Players who are striving to push themselves further with turns they can use.  If the group are striving give them ball mastery techniques to execute.  Add a defender in each wide channel who tries to tackle or throw a pennie/bib at the attackers ball.
	<u>Running With The Ball</u>	
	<u>Inside Hook Turn</u>	

## Coaching Objectives

- Teach your players how to Dribble the ball quickly and correctly.
- Teach your players how to Run With The Ball effectively.
- Players to work on turning quickly with the ball.





# THIS WEEK'S TRAINING

## U11-U12 THEME: DRIBBLING & RUNNING WITH THE BALL

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

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>Running With The Ball Skill Practice</u>	This session will allow you to coach your players all the key technical components to attack quickly towards the goal.	
SKILLS	<u>Sidestep</u>	Focus on the first 2 skills for all players and if executing well introduce the 3rd skill.  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>Quick Feet</u>		
	<u>Scissors</u>		

## Coaching Objectives

- When there is space in front players should run with the ball and attack the space.
- Players should attack the front foot in 1v1's.
- Encourage players to make quick decisions of what they want to do with the ball.







# THIS WEEK'S TRAINING

## U13-U14 THEME: DRIBBLING & RUNNING WITH THE BALL

With this age group you can either do a play-practice-play session and choose one of the activities from the session below. Or, if your players are capable, run the whole session

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

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/U14)- 55x85 yards
SESSION	<u>Attacking Overloads</u>	This session will allow you to coach your players all the key technical components to attack quickly towards the goal.
SKILLS	<u>Sidestep</u>	Focus on the first 2 skills for all players and if executing well introduce the 3rd skill.  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>Quick Feet</u>	
	<u>Scissors</u>	

## Coaching Objectives

- When there is space in front players should run with the ball and attack the space.
- Players should attack the front foot in 1v1's.
- Encourage players to make quick decisions of what they want to do with the ball.





# THIS WEEK'S TRAINING

## U15+ THEME: DRIBBLING & RUNNING WITH THE BALL

Constantly challenging this age group will help you get the most out of them. This session has so many opportunities to teach decision making when attacking quickly

### SESSION FORMAT: Full Session

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>Attacking Quickly</u>						This session will allow you to coach your players all the key technical components to attack quickly towards the goal.					
SKILLS	<u>Sidestep</u>						Focus on the first 2 skills for all players and if executing well introduce the 3rd skill.  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>Quick Feet</u>											
	<u>Scissors</u>											

## Coaching Objectives

- When there is space in front players should run with the ball and attack the space.
- Players should attack the front foot in 1v1's.
- Encourage players to make quick decisions of what they want to do with the ball.

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