



THIS WEEK'S TRAINING

U5-U6 THEME: PASSING & RECEIVING

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>Passing Combinations Technical Practice</u>	The video will explain the practice, players are in groups of 3 as they develop their passing and controlling skills.
SKILLS	<u>Passing</u>	Ensure players are working on using the inside and sole of their foot to control the ball. Ensure players are using the inside of their foot to pass the ball.
	<u>Controlling</u>	

Coaching Objectives

- Try to encourage players to stay in the lines!
- Teach your players how to pass the ball correctly using the inside of their foot
- Show your players the correct technique and praise players who are executing it well.





THIS WEEK'S TRAINING

U7-U8 THEME: PASSING & RECEIVING

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 Receiving Technical Practice</u>	This game helps players pass and receive the ball from different angles with interference.
SKILLS	<u>Passing</u>	Use basic passing and controlling techniques. Players who are striving to push themselves further with advanced techniques. Focus on technique over speed. 3-5 minutes on each technique will give them the repetition they need.
	<u>Controlling</u>	
	<u>Passing - Advanced</u>	

Coaching Objectives

- Teach your players how to pass the ball correctly using the inside of their foot
- Teach players how to control the ball and find another teammate.
- Show your players the correct technique and praise players who are executing it well.





THIS WEEK'S TRAINING

U9-U10 THEME: PASSING & RECEIVING

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>Passing and Moving into Space</u> <u>Technical Practice</u>	This practice will help your players execute the correct techniques quickly. The practice encourages your players to receive on their back foot.
SKILLS	<u>Passing</u>	Players should focus on all techniques.
	<u>Controlling</u>	
	<u>Receiving on Your Back Foot</u>	

Coaching Objectives

- Teach your players how to execute passing techniques with different surfaces.
- Teach players how to control the ball and find another teammate quickly.
- Teach your players how to receive on their back foot so they can play forward quickly.





THIS WEEK'S TRAINING

U11-U12 THEME: PASSING & RECEIVING

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>Switching Play</u>	This session will allow you to coach your players all the key technical components to switch the play quickly.	
SKILLS	<u>Striking a moving ball</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>Receiving on Your Back Foot</u>		
	<u>Create Space</u>		

Coaching Objectives

- Ensure players are executing the core techniques correctly.
- Teach your players how to receive on their back foot so they can play forward quickly.
- Encourage players to understand when to play short and when to play long

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



**THE
COACHING
MANUAL**



THIS WEEK'S TRAINING

U13-U14 THEME: PASSING & RECEIVING

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

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>Switching Play</u>	This session will allow you to coach your players all the key technical components to switch the play quickly.
SKILLS	<u>Striking A Moving Ball</u>	These techniques can be practiced at home, used it a warm up and they will be needed for this session
	<u>Receiving on Your Back Foot</u>	
	<u>Create Space</u>	

Coaching Objectives

- Ensure players are executing the core techniques correctly.
- Teach your players how to receive on their back foot so they can play forward quickly.
- Encourage players to understand when to play short and when to play long





THIS WEEK'S TRAINING

U15+ THEME: PASSING AND RECEIVING

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. This session will challenge the older players, but they will get a huge amount from it

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>Attacking Principles of Play: Create Space</u>	This session will teach the players how to create more space to allow players to exploit the opposition. 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>	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 Reactions</u>	
	<u>Create Space</u>	

Coaching Objectives

- Ensure players are executing the core techniques correctly.
- Encourage players to be positive even when they are making mistakes.
- Detail on creating space to play forward.

