

U5-U6 THEME: BALL MASTERY & 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	Pitch Set Up 3v3	Start with :	3v3 or 4v4 Arrival Game - Players join as they arrive
SUGGESTED FIELD SIZES	3v3 - 15x2O yards		4v4 - 20x30 yards
PRACTICE	<u>Ball Mastery Skills to Create</u> <u>Space Warm Up</u>		The video will explain the practice, players have a ball each practicing their ball mastery skills to shift the ball away under pressure. We're going to use the skills below.
	Dribbling		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.
SKILLS	<u>Shielding</u>		
	Outside Chop		

Coaching Objectives

- Teach your players the working area and stick to it!
- 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.

FULL SEASON STEP-BY-STEP GUIDE







U7-U8 THEME: DEALING WITH THE BALL UNDER PRESSURE

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

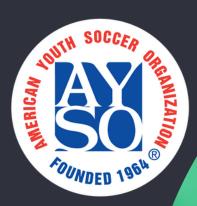
GAMES	Pitch Set Up 3v3	Finish w	ov3 or 4v4 Arrival Game - Players join as they arrive ith a bigger game (4v4/5v5 depending on . In the middle teach a structured practice
SUGGESTED FIELD SIZES	3v3 - 15x2O yards 4v4 - 20x3O yards 5v5 - 25x35 yards		
PRACTICE	Receiving and Turning Skill Practice		This practice helps players get confident with the ball at their feet with pressure from behind. You can start without the defender and progress to putting a defender in
	Back Foot		Use basic dribbling and running with the ball techniques. Players who are striving to push themselves further with turns they can use.
SKILLS Inside Chop Shielding			Focus on technique over speed. 3-5 minutes on each technique will give them the repetition they need.
			If the group are striving give them ball mastery techniques to execute.

- Teach your players how to receive the ball correctly.
- Teach your players how to pass the ball correctly.
- Players to work on turning quickly with the ball.









U9-U10 THEME: DEALING WITH THE BALL UNDER PRESSURE

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

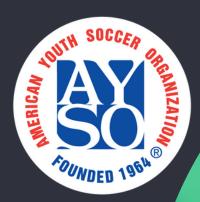
GAMES	<u>Pitch Set Up 3∨3</u>	Finish w	3v3 or 4v4 Arrival Game - Players join as they arrive ith a bigger game (4v4/5v5 depending on . In the middle teach a structured practice
SUGGESTED FIELD SIZES	3v3 - 15x2O yards 4v4 - 20x3O yards	l	5v5 - 25x35 yards 6v6 - 35x5O yards
PRACTICE	Receiving and Turning Skill Practice		This practice helps players get confident with the ball at their feet with pressure from behind.
	Back Foot		Use basic dribbling and running with the ball techniques. Players who are striving to push themselves further with turns they can use.
SKILLS <u>Inside Chop</u> <u>Shielding</u>		Focus on technique over speed. 3-5 minutes on each technique will give them the repetition they need.	
		If the group are striving give them ball mastery techniques to execute.	

- Teach your players how to receive the ball correctly.
- Teach your players how to pass the ball correctly.
- Players to work on turning quickly with the ball.









UII-UI2 THEME: PLAYING OUT FROM THE BACK

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

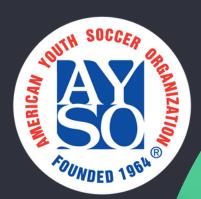
SESSION FORMAT: PLAY (arrival game) - PRACTICE (below) - PLAY

GAMES	Pitch Set Up 3v3	Finish with	6v3 or 4v4 Arrival Game - Players join as they arrive n 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	Playing Out From The Back		This practice works on shape and movement when playing out, but there is no pressure on the defenders, they'll have enough to thing about.	
	<u>Passing</u>		Focus on the first 2 skills for all players and if executing well introduce the 3rd skill.	
SKILLS	Outside Hook	<u> </u>	Focus on technique over speed. Once the players are comfortable with the techniques they can add speed but if they go the other	
	Recieivng on Back Foot		way round it will be harder to learn the techniques.	

- Teach players how to pass quickly and correctly under pressure.
- Players should open up their hips early to receive on their back foot.
- Players should consider moves to take the ball into space to play forward.







UI3-UI4 THEME: PLAYING OUT FROM THE BACK

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

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 6v6 - 35x5O yards 4v4 - 20x3O yards 7v7 - 40x6O yards 11v11 (U13/14)- 55x85 yards 5v5 - 25x35 yards 9v9 - 50x75 yards		
SESSION	<u>Playing Out From The Back</u>	This session will allow you to coach your players all the key components to play out from the back.	
	<u>Passing</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.	
SKILLS	Outside Hook		
	Recieivng on Back Foot		

- Teach players how to pass and receive quickly and correctly under pressure.
- Players should open up their hips early to receive on their back foot.
- Players should consider moves to take the ball into space to play forward.







UI5+ THEME: PLAYING OUT FROM THE BACK

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

GAMES	Pitch Set Up 3v3	Finish with	5v3 or 4v4 Arrival Game - Players join as they arrive n 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	<u>Playing Out From The Back</u>		This session will allow you to coach your players all the key components to play out from the back.	
	<u>Passing</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	
SKILLS <u>Outside Hoo</u>		(
	Recieivng on Back Foot		way round it will be harder to learn the techniques.	

- Teach players how to pass and receive quickly and correctly under pressure.
- Players should open up their hips early to receive on their back foot.
- Players should consider moves to take the ball into space to play forward.



