



# THIS WEEK'S TRAINING

## 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	<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 Skills to Create 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.
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>Shielding</u>	
	<u>Outside Chop</u>	

## 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



THE  
COACHING  
MANUAL



# THIS WEEK'S TRAINING

## 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	<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>Receiving and Turning Skill Practice</u>	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
SKILLS	<u>Back Foot</u>	Use basic dribbling and running with the ball techniques. Players who are striving to push themselves further with turns they can use.  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.
	<u>Inside Chop</u>	
	<u>Shielding</u>	

## Coaching Objectives

- 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.







# THIS WEEK'S TRAINING

## 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 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>Receiving and Turning Skill Practice</u>	This practice helps players get confident with the ball at their feet with pressure from behind.
SKILLS	<u>Back Foot</u>	Use basic dribbling and running with the ball techniques. Players who are striving to push themselves further with turns they can use.  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.
	<u>Inside Chop</u>	
	<u>Shielding</u>	

## Coaching Objectives

- 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.





# THIS WEEK'S TRAINING

## U11-U12 THEME: PLAYING OUT FROM THE BACK

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>Playing Out From The Back</u>	This practice works on shape and movement when playing out, but there is no pressure on the defenders, they'll have enough to think about.	
SKILLS	<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.	
	<u>Outside Hook</u>		
	<u>Receiving on Back Foot</u>		

## Coaching Objectives

- 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.







# THIS WEEK'S TRAINING

## U13-U14 THEME: PLAYING OUT FROM THE BACK

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: 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>Playing Out From The Back</u></b>	This session will allow you to coach your players all the key components to play out from the back.
<b>SKILLS</b>	<b><u>Passing</u></b>	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.
	<b><u>Outside Hook</u></b>	
	<b><u>Receiving on Back Foot</u></b>	

## Coaching Objectives

- 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.





# THIS WEEK'S TRAINING

## U15+ THEME: PLAYING OUT FROM THE BACK

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: 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 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.
SKILLS	<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.
	<u>Outside Hook</u>	
	<u>Receiving on Back Foot</u>	

## Coaching Objectives

- 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.

