

YOUR FIRST 3 WEEKS, SORTED.



Free, ready-to-run session plans for every age group from U5 to U12.

No account. No login. Just click a link and coach.

Share the links below with your age-group coaches and the first three weeks of the season are covered — even if your club account isn't set up yet. Every session opens instantly in any browser.

U5-U6	3 FREE SESSIONS	U7-U8	3 FREE SESSIONS
WEEK 1 Ball Mastery	OPEN ›	WEEK 1 Ball Mastery	OPEN ›
WEEK 2 Dribbling	OPEN ›	WEEK 2 Dribbling	OPEN ›
WEEK 3 Short Passing	OPEN ›	WEEK 3 Passing & Receiving	OPEN ›
U9-U10	3 FREE SESSIONS	U11-U12	3 FREE SESSIONS
WEEK 1 Ball Mastery & Passing	OPEN ›	WEEK 1 Ball Mastery & Creating Space	OPEN ›
WEEK 2 Dribbling & Running With the Ball	OPEN ›	WEEK 2 Passing, Receiving & Movement	OPEN ›
WEEK 3 Passing, Receiving & Awareness	OPEN ›	WEEK 3 Finishing From Wide & Central Areas	OPEN ›

HOW TO USE THIS

1. Send each age-group coach their three links.
2. Coaches open the session on a phone, tablet or laptop — pitch-side works fine.
3. Run the session as planned: every one follows the Play-Practice-Play structure.

LIKE WHAT YOU SEE?

A full club account gives every coach a season-long curriculum, 4,000+ sessions and pro club content. thecoachingmanual.com