

THIS WEEK'S TRAINING

U5-U6 THEME: BALL MASTERY AND 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>Dribbling In Tight Areas Warm Up</u>	This practice enables your players to develop their ball mastery and dribbling skills. Players will be able to get lots of touches on the ball with interference.
SKILLS	<u>Dribbling</u>	Ensure players concentrate on their dribbling and ball mastery skills so they keep the ball close to their feet. Players should take 1 touch for every step they take.
	<u>Passing and Trapping</u>	
	<u>Pull Back</u>	

Coaching Objectives

- Teach your players the working area - and stick to it!
- Teach your players how to dribble the ball.
- Show your players how to turn quickly.



THIS WEEK'S TRAINING

U7-U8 THEME: CREATING GOALSCORING OPPORTUNITIES

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>Ball Mastery, Movement and Passing Warm Up</u>	This activity teaches players all of the core skills needed to create goalscoring opportunities, choose any of the ball mastery skills that you want
SKILLS	<u>Dribbling</u>	Players should look to attack quickly looking to utilize the 2v1 overload to goal. The player without the ball should run in behind to receive the ball.
	<u>Sidestep</u>	
	<u>Inside Outside</u>	

Coaching Objectives

- Teach your players how to attack quickly.
- Teach your players how to run with the ball effectively.
- Players to understand when to pass, dribble or run with the ball.



THIS WEEK'S TRAINING

U9-U10 THEME: CREATING GOALSCORING OPPORTUNITIES

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 (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>Combinations Around the Box</u>	This practice encourages players to be creative in and around the box. Players have freedom in how they create opportunities to score.
SKILLS	<u>Outside Hook</u>	Players must move the ball quickly to create goalscoring opportunities. If players are staying on the ball they must shift it quickly to finish on goal.
	<u>One Touch Passing</u>	
	<u>One Touch Finishing</u>	

Coaching Objectives

- Teach your players how to move the ball quickly.
- Teach your players how to create space in and around the box.
- Show players how to shift and shoot.



THIS WEEK'S TRAINING

U11-U12 THEME: CREATING GOALSCORING OPPORTUNITIES

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>5v5 Ball Mastery in the Box</u>	This practice will teach many elements of creating opportunities to finish on goal with overloads and underloads.	
SKILLS	<u>Outside Hook</u>	Get players to work on attacking the goal quickly and have lots of opportunities to practice. Players must attack quickly with speed.	
	<u>One Touch Passing</u>		
	<u>One Touch Finishing</u>		

Coaching Objectives

- Teach your players how to move the ball quickly.
- Teach your players how to create space in and around the box.
- Show players how to shift and shoot.



THIS WEEK'S TRAINING

U13-U14 THEME: CREATING GOALSCORING OPPORTUNITIES

The U13 and U14 groups are more capable of following a full session plan, deal with defenders and perform game realistic sessions. 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	<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>Creating Goalscoring Opportunities</u>	This session develops your player's ability to attack quickly to goal. Your players will learn how to create goalscoring opportunities.
SKILLS	<u>One Touch Passing</u>	Get players to work on attacking the goal quickly and have lots of opportunities to practice. Players must attack quickly with speed.
	<u>One Touch Finishing</u>	
	<u>Quick Feet</u>	

Coaching Objectives

- Teach your players how to attack quickly.
- Teach your players how to create goalscoring opportunities.
- Players to work on how to finish well on goal.



THIS WEEK'S TRAINING

U15+ THEME: CREATING GOALSCORING OPPORTUNITIES

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: FULL SESSION or choose 1 or 2 practices

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: Creativity and Penetration</u>	You will need a full pitch for the whole session. You need half a pitch to do the first part as your main practice. If you are struggling for space use the U13-U14 Session .
SKILLS	<u>One Touch Passing</u>	Teach your players the final attacking principle of play creativity and penetration.
	<u>Quick Feet</u>	
	<u>One Touch Finishing</u>	

Coaching Objectives

- Teach your players how to be creative and penetrate the ball forwards.
- Teach your players how to play quickly to create chances.
- Players to work on how to finish well on goal.

