

# THIS WEEK'S TRAINING

## U5-U6 THEME: ACTIVATION AND BALANCE (DEFENDING IVI)

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

<b>GAMES</b>	<b><u>Pitch Set Up 3v3</u></b>	<b>Start with 3v3 or 4v4 Arrival Game - Players join as they arrive</b>
<b>SUGGESTED FIELD SIZES</b>	<b>3v3 - 15x20 yards</b>	<b>4v4 - 20x30 yards</b>
<b>PRACTICE</b>	<b><u>Defending Iv1 Warm Up</u></b>	<b>The video will explain the practice, players are developing their fundamental movements to enable them to defend Iv1.</b>
<b>SKILLS</b>	<b><u>SAQ</u></b>	<b>Ensure players concentrate on their SAQ skills - Speed, Agility and Quickness. The SAQ Warm Up can also be used in the session</b>
	<b><u>Quick Footwork - Side to Side</u></b>	
	<b><u>Quick Footwork - One Foot</u></b>	

## Coaching Objectives

- Teach your players the working area - and stick to it!
- Teach your players how to change direction quickly.
- Show your players how to move their feet quickly.



# THIS WEEK'S TRAINING

## U7-U8 THEME: DEFENDING IVI

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

<b>GAMES</b>	<b><u>Pitch Set Up 3v3</u></b>	<p>Start with 3v3 or 4v4 Arrival Game - Players join as they arrive</p> <p>Finish with a bigger game (4v4/5v5 depending on numbers). In the middle teach a structured practice</p>
<b>SUGGESTED FIELD SIZES</b>	<p>3v3 - 15x20 yards</p> <p>4v4 - 20x30 yards</p> <p>5v5 - 25x35 yards</p>	
<b>PRACTICE</b>	<b><u>Defending Ivi Skill Practice</u></b>	This practice helps players practice their defending skills within Ivi scenarios.
<b>SKILLS</b>	<b><u>Agility Cone Flip</u></b>	<p>Get players to work on getting to the ball quickly and getting in line with the ball.</p> <p>Within the Ivi players must make body contact to give them a better chance to regain the ball.</p>
	<b><u>SAQ</u></b>	
	<b><u>Quick Footwork - One Foot</u></b>	

## Coaching Objectives

- Teach your players how to defend Ivi.
- Teach your players how to move their feet quickly to stay in line with the ball.
- Players to work on defending Ivi consistently.



# THIS WEEK'S TRAINING

## U9-U10 THEME: DEFENDING IVI

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**

<b>GAMES</b>	<b><u>Pitch Set Up 3v3</u></b>	<p>Start with 3v3 or 4v4 Arrival Game - Players join as they arrive</p> <p>Finish with a bigger game (4v4/5v5 depending on numbers). In the middle teach a structured practice</p>
<b>SUGGESTED FIELD SIZES</b>	<p>3v3 - 15x20 yards</p> <p>4v4 - 20x30 yards</p>	<p>5v5 - 25x35 yards</p> <p>6v6 - 35x50 yards</p>
<b>PRACTICE</b>	<b><u>Defending as an Individual</u></b>	This practice helps players practice their defending skills within IVI scenarios.
<b>SKILLS</b>	<b><u>Agility Cone Flip</u></b>	<p>Get players to work on getting to the ball quickly and getting in line with the ball.</p> <p>Within the IVI players must make body contact to give them a better chance to regain the ball.</p>
	<b><u>SAQ</u></b>	
	<b><u>Quick Feet</u></b>	

### Coaching Objectives

- Teach your players how to defend IVI.
- Teach your players how to move their feet quickly to stay in line with the ball.
- Players to work on defending IVI consistently.





# THIS WEEK'S TRAINING

## U11-U12 THEME: DEFENDING 1v1

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

<b>GAMES</b>	<b><u>Pitch Set Up 3v3</u></b>	<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>
<b>SUGGESTED FIELD SIZES</b>	<b>3v3 - 15x20 yards 4v4 - 20x30 yards</b>	<b>5v5 - 25x35 yards 6v6 - 35x50 yards</b>
<b>PRACTICE</b>	<b><u>1v1 and 2v2 Defending</u></b>	<b>This session develops your player's ability to defend 1v1 in any scenario all over the field.</b>
<b>SKILLS</b>	<b><u>1v1 Defending</u></b>	<b>Get players to get to the ball quickly and in line with the ball.</b>
	<b><u>Quick Feet</u></b>	<b>Within the 1v1 players must make body contact to give them a better chance to regain the ball.</b>
	<b><u>SAQ</u></b>	<b>When players are close to the ball they should engage by showing them one way using their body. When the attacker moves into that space defender should step across and regain the ball.</b>

## Coaching Objectives

- Teach your players how to defend 1v1.
- Teach your players how to move their feet quickly to stay in line with the ball.
- Teach players when and how to engage the attacker.



# THIS WEEK'S TRAINING

## U13-U14 THEME: DEFENDING 1v1

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**

<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 (U13/14)- 55x85 yards
<b>SESSION</b>	<b><u>Defending As An Individual</u></b>	This session develops your player's ability to defend 1v1 in any scenario all over the field.
<b>SKILLS</b>	<b><u>1v1 Defending</u></b>	Get players to get to the ball quickly and in line with the ball.
	<b><u>Quick Feet</u></b>	Within the 1v1 players must make body contact to give them a better chance to regain the ball.
	<b><u>SAQ</u></b>	When players are close to the ball they should engage by showing them one way using their body. When the attacker moves into that space defender should step across and regain the ball.

## Coaching Objectives

- Teach your players how to defend 1v1.
- Teach your players how to move their feet quickly to stay in line with the ball.
- Teach players when and how to engage the attacker.



# THIS WEEK'S TRAINING

## U15+ THEME: PRESSING

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

<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 (U13/14)- 55x85 yards 11v11 (U15/16)- 60x95 yards
<b>SESSION</b>	<b><u>Pressing and Support</u></b>	This session will allow you to coach your players how to press the ball as an individual and a unit.
<b>SKILLS</b>	<b><u>18 Yard Sprint</u></b>	Focus on the first 2 skills for all players and if executing well introduce the 3rd skill.
	<b><u>Pressing From The Front</u></b>	Focus on teaching your players how to press the ball as an individual then work up to small units.
	<b><u>6 Yard Sprint</u></b>	If players grasp quickly then expand to larger units.

## Coaching Objectives

- Teach players how to press as individuals.
- Teach players how to press 2v2.
- Teach your players how to press in small units.

