

THIS WEEK'S TRAINING

U5-U6 THEME: PLAYING THROUGH THE THIRDS - RUNNING WITH THE BALL

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 Technical Practice</u>	The video will explain the practice, players are developing their dribbling and running with the ball skills
SKILLS	<u>Dribbling</u>	Ensure players concentrate on their Dribbling and Running With The Ball Skills.
	<u>Running With The Ball</u>	
	<u>Rollover</u>	

Coaching Objectives

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



THIS WEEK'S TRAINING

U7-U8 THEME: PLAYING THROUGH THE THIRDS DRIBBLING & RUNNING WITH THE BALL

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>Dribbling And Running With The Ball Technical Practice</u>	This practice helps players practice their defending skills within 1v1 scenarios.
SKILLS	<u>Dribbling</u>	Get players to work recognise when to dribble the ball and when to run with the ball.
	<u>Running With The Ball</u>	
	<u>Rollover</u>	

Coaching Objectives

- Teach your players how to run with the ball.
- Teach your players how to dribble the ball.
- Players to work on recognising when to dribble and when to run with the ball.



THIS WEEK'S TRAINING

U9-U10 THEME: PLAYING THROUGH THE THIRDS

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>	<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>
SUGGESTED FIELD SIZES	<p>3v3 - 15x20 yards</p> <p>4v4 - 20x30 yards</p>	<p>5v5 - 25x35 yards</p> <p>6v6 - 35x50 yards</p>
PRACTICE	<u>Passing and Receiving to Play</u> <u>Forward Skill Practice</u>	This practice helps players practice their defending skills within 1v1 scenarios.
SKILLS	<u>Two Touch Passing</u>	Get players to work to develop their speed of play when passing and receiving under pressure.
	<u>One Touch Passing</u>	
	<u>Quick Feet</u>	

Coaching Objectives

- Teach your players how to pass under pressure
- Teach your players how to receive under pressure.
- Players to work on creating space to play forward.



THIS WEEK'S TRAINING

U11-U12 THEME: PLAYING THROUGH THE THIRDS

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
PRACTICE	<u>Passing and Receiving to Play Forwards 2v2+2 Skill Practice</u>	This session develops your player's ability to pass and receive under pressure whilst looking to advance the ball forwards.
SKILLS	<u>Two Touch Passing</u> <u>Quick Feet</u> <u>One Touch Passing</u>	

Coaching Objectives

- Teach your players how to pass under pressure.
- Teach your players how to receive under pressure.
- Players to work on creating space to play forward.



THIS WEEK'S TRAINING

U13-U14 THEME: PLAYING THROUGH THE THIRDS

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 (U13/14)- 55x85 yards
SESSION	<u>Passing and Receiving Under Pressure</u>	This session develops your player's ability to pass and receive under pressure whilst looking to advance the ball forwards.
SKILLS	<u>One Touch Passing</u>	Get players to get to the ball quickly and in line with the ball.
	<u>Quick Feet</u>	Within the 1v1 players must make body contact to give them a better chance to regain the ball.
	<u>SAQ</u>	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: PLAYING THROUGH THE THIRDS

The older age groups can deal with opponents and more complex movements and decision making

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
SESSION	<u>Playing Through the Thirds Masterclass</u>	This session will allow you to coach your players how to press the ball as an individual and a unit.
SKILLS	<u>One Touch Passing</u>	Focus on the first 2 skills for all players and if executing well introduce the 3rd skill.
	<u>Midfield Masterclass</u>	Focus on teaching your players how to press the ball as an individual then work up to small units.
	<u>Creating Space</u>	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.

