

# THIS WEEK'S TRAINING

## U5-U6 THEME: 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

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>Defending Ivi 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>SAQ</u>	Ensure players concentrate on their SAQ skills - Speed, Agility and Quickness. The SAQ Warm Up can also be used in the session
	<u>Quick Footwork - Side to Side</u>	
	<u>Quick Footwork - One Foot</u>	

## 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

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>Defending as an Individual Skill Practice</u>		This activity teaches players how to defend 1v1 when players are running at them with the ball.
SKILLS	<u>Agility Cone Flip</u>	Players should look to move their feet quickly so they can adjust rapidly to stay in line with the ball.	
	<u>SAQ</u>		
	<u>1v1 Defending</u>		

## Coaching Objectives

- Teach your players how to change direction quickly.
- Teach your players how to defend IVI.
- Players to understand how to be more successful within IVI.



# THIS WEEK'S TRAINING

## U9-U10 THEME: PRESSING

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>Pressing Warm Up</u>	This practice encourages players to get to the ball quickly when pressing.
SKILLS	<u>Two Touch Passing</u>	Players must sprint too get to as close to the ball as possible. Players must be on the front foot and on their toes ready to press.  Players must move the ball quickly on two touch.
	<u>6 Yard Sprint</u>	
	<u>SAQ</u>	

## Coaching Objectives

- Teach your players how to get to the ball quickly.
- Teach your players how to be on the front foot.
- Encourage players to move the ball quickly in possession.





# THIS WEEK'S TRAINING

## U11-U12 THEME: PRESSING

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>Pressing In The Final Third Skill Practice</u>	This teaches your players how to press the ball and the opposition in the final third.
SKILLS	<u>6 Yard Sprint</u> <u>IVI Defending</u> <u>Pressing</u>	Players must be on the front foot ready to press whilst having the understanding of when and how to press the ball.

## Coaching Objectives

- Teach your players how to get to the ball quickly.
- Teach your players how to regain the ball in the final third.
- Show players how to show players where you want them to play too.



# THIS WEEK'S TRAINING

## U13-U14 THEME: PRESSING FROM THE FRONT

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/U14)- 55x85 yards
<b>SESSION</b>	<b><u>Pressing In The Final Third</u></b>	This teaches your players how to press the ball and the opposition in the final third.
<b>SKILLS</b>	<b><u>6 Yard Sprint</u></b>	Players must be on the front foot ready to press whilst having the understanding of when and how to press the ball.
	<b><u>IVI Defending</u></b>	
	<b><u>Pressing</u></b>	

## Coaching Objectives

- Teach your players how to get to the ball quickly.
- Teach your players how to regain the ball in the final third.
- Tell players how to show players where you want them to play too to regain the ball back.



# 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

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>David Moyes Pressing Masterclass</u>	You will need a half a pitch for the whole session.  If you are struggling for space use the U13-U14 Session .
SKILLS	<u>Pressing</u>	Teach your players how to regain the ball high up the field by showing what the triggers are to press, how to press and when to press the ball and the opposition.
	<u>Pressing From The Front</u>	
	<u>Quick Feet</u>	

## Coaching Objectives

- Teach your players the pressing triggers.
- Teach your players how to regain the ball in the final third.
- Tell players how to show players where you want them to play too to regain the ball back.

