

THIS WEEK'S TRAINING

U5-U6 TURNING

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>Relay Races</u>	In this session, the players work on changing direction quickly with or without a ball.
SKILLS	<u>Dribbling</u>	Ensure players concentrate on their Dribbling and Agility Skills
	<u>Quick Feet</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 dribble the ball.



THIS WEEK'S TRAINING

U7-U8 THEME: TURNING

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>Receiving and Turning Skill Practice</u>	This practice helps players practice their turning skills within 1v1 scenarios.	
SKILLS	<u>Sole Control</u>	Players should work on securing the ball under pressure first then look to turn away from the defender. Players who are confident will turn on one touch.	
	<u>Inside Hook</u>		
	<u>Shielding</u>		

Coaching Objectives

- Teach your players how to secure the ball.
- Teach your players how to turn away from defenders.
- Players to work on shielding the ball away from the defender.



THIS WEEK'S TRAINING

U9-U10 THEME: TURNING

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>Receiving, Turning and Dribbling Warm Up</u>	This practice helps players practice their turning skills within 1v1 scenarios.
SKILLS	<u>Outside Chop</u>	Players should look to develop the speed of which they can with the ball away from the defender.
	<u>Inside Hook</u>	
	<u>Shielding</u>	

Coaching Objectives

- Teach your players how to turn 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: TURNING

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>Turning Under Pressure</u>	This session develops your player's ability to receive and turn under pressure.	
SKILLS	<u>Agility</u>	Players should look to use multi moves to disguise where they are going turn upon receiving the ball.	
	<u>Inside Chop</u>		
	<u>Outside Chop</u>		

Coaching Objectives

- Teach your players how to turn 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: TURNING

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>Mike Phelan Masterclass: Creating Space, Passing and Support</u>	This session develops your player's ability to to pass and receive under pressure whilst looking to keep possession.
SKILLS	<u>One Touch Passing</u>	Get players to use multi moves before receiving the ball. Upon receiving the ball, players should look to shift the ball quickly to create an opportunity to pass.
	<u>Inside Chop</u>	
	<u>SAQ</u>	

Coaching Objectives

- Teach your players how to receive the ball under pressure..
- Teach your players how to turn or shift the ball on 1 touch.
- Teach players how to add disguise when moving.



THIS WEEK'S TRAINING

U15+ THEME: TURNING

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 11v11 (U13/14)- 55x85 yards 11v11 (U15/16)- 60x95 yards
SESSION	<u>Possession And Combination Play</u>	This session develops your player's ability to to pass and receive under pressure whilst looking to keep possession.
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 your players how to receive the ball under pressure..
- Teach your players how to turn or shift the ball on 1 touch.
- Teach players how to add disguise when moving.

