

THIS WEEK'S TRAINING

U5-U6 THEME: FINISHING

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 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
PRACTICE	<u>Finishing - Tidy The House</u>	No video for this, but the shooting skill video shows you the technique. You could add additional goals and ask the players to go from goal to goal. The focus is all on putting the ball in the goal. Use the skills for the movement between goals	
SKILLS	<u>Shooting</u>	Use 3 techniques for dribbling You can run the activity with the players moving with a different skill. 3-5 minutes on each skill will give them lots of repetition	
	<u>Inside Outside</u>		
	<u>Dribbling - Insides Only</u>		

Coaching Objectives

- Try to encourage players to stay in the lines!
- Encourage them to put the ball in the goal
- Correct technique for players who are getting it wrong but do it one to one whilst the session is continuing.



THIS WEEK'S TRAINING

U7-U8 THEME: FINISHING

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 (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
PRACTICE	<u>Finishing Colour Shooting</u>	This game helps players shoot from different positions. Use 2, 3 or 4 colours in different places in front of the goal. It could be distance or angle	
SKILLS	<u>Striking a moving ball</u>	Use 2 shooting techniques but maintain ball mastery Focus on technique over speed. 3-5 minutes on each technique will give them the repetition they need.	
	<u>2 Touch Finish</u>		
	<u>Dribbling - Insides Only</u>		

Coaching Objectives

- Encourage the players to put the ball in the goal. Whether it's a pass finish or a power finish, the main thing is that it goes in the goal!
- Show an example of one player doing each skill accurately, especially if they are deliberate.
- Correct technique for players who are getting it wrong but do it one to one whilst the session is continuing.

**FULL SEASON
STEP-BY-STEP GUIDE**



THIS WEEK'S TRAINING

U9-U10 THEME: FINISHING

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 (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>Finishing Technical Practice</u>	You can use the skills as a short warm up before trying the practice. You can rotate the player groups so that they play on the left and right. Use cones if you don't have mannequins
SKILLS	<u>2 Touch Finishing</u> <u>1 Touch Finishing</u> <u>Striking a moving ball</u>	These techniques should be used in the practice. You can do a small warm up with these skill before starting the practice

Coaching Objectives

- Main focus is the finishing. It's unopposed, so they should have plenty of success.
- Show an example of one player doing each skill accurately, especially if they are deliberate.
- Correct the technique for players who are getting it wrong but do it one to one whilst the session is continuing.



THIS WEEK'S TRAINING

U11-U12 THEME: FINISHING

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 (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
PRACTICE	<u>3 Position Finishing</u>	You can use the skills as a short warm up before trying the practice. You should run the practice for 12-15 mins to give everyone plenty of repetition.	
SKILLS	<u>Striking a moving ball</u>	Use 3 techniques for ball mastery Focus on technique over speed. Once the players are comfortable with the techniques they can add speed but if they go the other way round it will be harder to learn the techniques.	
	<u>1 Touch Finish</u>		
	<u>2 Touch finish</u>		

Coaching Objectives

- The older players should be able to bring a good level of intensity to this session. Keep the standards and intensity high especially in the 1v1 and 2v1
- Encourage the use of the skills in the practice and the games. Help them understand when to use the skills.
- Correct the technique for players who are getting it wrong but do it one to one whilst the session is continuing.

**FULL SEASON
STEP-BY-STEP GUIDE**



THIS WEEK'S TRAINING

U13-U14 THEME: FINISHING

The U13 and U14 Age Groups should be able to handle a more complex session. So you've got a choice of a number of activities to use in the practice. You can use one, two or all of them, it's up to you. You could run 3 parts of the session using the 5v5 game as your finishing game

SESSION FORMAT: COACHES DECISION

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>Crossing and Finishing</u>	Use as many parts of the session as you want. If you want to stick to Play-Practice-Play then do so. But the complete session will be a good one for this age group
SKILLS	<u>Wayne Rooney - Control and Curl</u> <u>1 Touch Finish</u> <u>Striking a moving ball</u>	These techniques can be practiced at home, used it a warm up and they will be needed for this session

Coaching Objectives

- Quality of finish is important here. You want your players to be aiming for the corners, or across the keeper.
- You can help them with decision making around when to go for power and when to place it.
- Correct the technique for players who are getting it wrong but do it one to one whilst the session is continuing.

**FULL SEASON
STEP-BY-STEP GUIDE**



THIS WEEK'S TRAINING

U15+ THEME: FINISHING

The U15+ Age Groups should be able to follow any plan. You can stick with play practice play if you want, but you can also layer learning as in the session below. If your players are new to the game, then use the plan for younger age groups. This session will challenge the older players, but they will get a huge amount from it

SESSION FORMAT: COACH'S DECISION

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>Movement and Mobility</u>	Use as many parts of the session as you want. If you want to stick to Play-Practice-Play then do so. But the complete session will teach this age group a lot	
SKILLS	<u>Wayne Rooney Classic Volleys</u>	Focus on technique over speed. Once the players are comfortable with the techniques they can add speed but if they go the other way round it will be harder to learn the techniques.	
	<u>Wayne Rooney Control and Curl</u>		
	<u>1 Touch Finish</u>		

Coaching Objectives

- Encourage them to get shots away when they have the opportunity
- Set and maintain high standards with this age group. Decision making
- Detail on finishing. Bottom Corners, Across the keeper. Take rebounds out of the equation

