

Session's aim:

- 1) Learn and improve ball mastery techniques
- 2) Develop accurate passing and good body positioning to receive
- 3) Learn how to attack in formation

Key:

Pass or shot

Running / dribbling with ball

Movement without the ball

Player number

Coach

Position

Order of pass

KF Key Factors

Time for phase (mins)

WARM-UP

10

SETUP



Number of row of cones dependent on size of squad. Minimum of 4 players per row.

WARM-UP



Players to jog to top cone and back. Next player sets off when player in front reaches top cone. Repeat 3 - 5 times.

WARM-UP

Progression 1



As per previous step but use central group of 5 cones as SAQ type work: 1) high knees 2) side-to-side movement 3) side-on right leg lead (then left) 5) quick feet 6) 2 up - 1 back.

WARM-UP

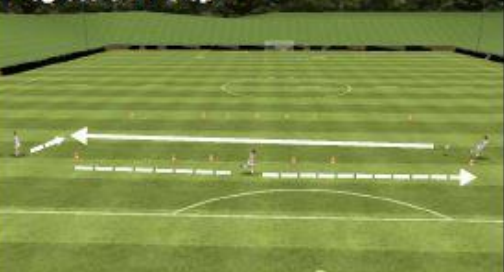
Progression 2 - Step 1



Add a ball and equal players at each end. Have players pass ball down side of cone. Receiving player drags ball across line of cones and passes down the other side.

WARM-UP

Progression 2 - Step 2



Player follows their pass. Repeat for 2-3 minutes then reverse side so drag is with other foot.

BALL MASTERY

10

Step 1



- 1) Static, behind their cones, players to perform a) Sole taps b) toes taps - 90 seconds on each.
- 2) Challenge players to do as many as possible in 30 seconds.

BALL MASTERY

Step 2



Move players in-between cones (so they are in a channel) and repeat techniques but now moving the ball to next line of cones and back (more able players to apply technique backwards).

BALL MASTERY

Step 3



Add other techniques: 1) Inside / outside using both feet (inside one foot - outside other) 2) Pull/push - pull back with front part of sole and push with laces 3) Drag across body L/R - R/L.

PASSING

15

• = coned gate. Area: 20 x 20 yards



KF: Limit touches to speed play

Play starts by ball being passed anti-clockwise from P1 towards coned gate in to next corner (player follows pass). P2 to time movement to receive with open body (in direction of next pass).

PASSING

Progression 1 - Step 1



Note: Defender (cone) would have to decide to close the ball when passed back to P1 or go with the runner (P2).

As before but play a one-two around back of cones. Receiving player (P2 above) comes to meet pass early and plays the pass back to P1.

PASSING

Progression 1 - Step 2



1) P2 spins off and runs around back of cone to receive return pass to P1. Repeat process in each corner.

ATTACKING IN FORMATION

15

SETUP

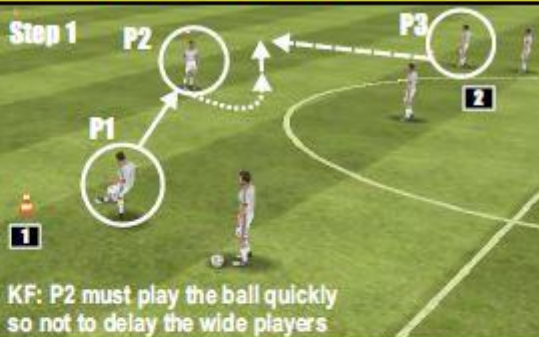


Area: 40 x 20 yards

This exercise will help players maximise their advantage when attacking in numbers by developing their ability to pass and move at speed.

ATTACKING IN FORMATION

Step 1



KF: P2 must play the ball quickly so not to delay the wide players

1) P1 passes to P2. P2 takes ball in opposite direction of attack (simulating drawing defender with them). 2) P2 makes reverse pass to P3 who has made a timed run down line.

ATTACKING IN FORMATION

Step 2



KF: Accurate, weighted pass in front of receiver

1) P3 makes diagonal pass across area to P1. Repeat process (P1 to P2, P2 to P3, P3 to P1) to other end of area after which next 3 players go.

ATTACKING IN FORMATION

Progression 1 - Step 1



KF: Good directional first touch or first time ball

1) As per Steps 1 and 2 but this time coach to stand on side to receive pass from P1.
2) Coach then plays ball in to path of P2 or P3.

ATTACKING IN FORMATION

Progression 1 - Step 2



1) P2 or P3 returns (P2 in this case) returns pass to P1. If there is space before end of area, P1 can return pass back to P2 or P3.

ATTACKING IN FORMATION

Progression 2



KF: Have players to over/underlap each other when making run towards goal.

As per previous progression but this time add goal beyond area and have coach to stand on goal-line to receive pass from P1. Coach lays ball back to P1, P2 or P3 for first time shot.

Small sided game



- 4 v 4 (or similar) with any additional players positioned around outside of training area supporting team in possession with quick 'one-two' passes.
- Aim is for players to try and keep possession with good accurate passing and movement in to space to build an attack using patterns of play learnt in the attacking phase of this session.
- Players must dribble/run the ball over the line to score a goal. Goals only counts if team have recreated pattern of play (or similar) to that worked on in this drill.

Coaches notes

- 1) General - adapt size of training areas to suit your squads ability.
- 2) Warm-up, progression 2 (passing exercise) - minimum required is 5 for longer passes, 3 if making shorter passes.
- 3) Passing drill - minimum number required is 5.
- 4) Passing drill - add an additional ball (starting at the diagonal opposite corner) to apply limited pressure to players by speeding up play.
- 5) Passing drill - If your players are finding it easy, limit the number of touches they can take. One touch to control, one touch to pass. Progress to one touch only.
- 6) Passing drill - increase difficulty level by removing the target of the coned gates.
- 7) Attacking drill - match players abilities when working in their groups of 3.
- 8) Attacking drill - players should use the most appropriate foot to pass according which side they are on (pass with right foot if on right side, left foot for left side). However, if play breaks down because players find it difficult to deliver a proficient pass with their weaker foot, then allow them to pass with their strongest to aid the technical outcome of the drill.
- 9) Attacking phase - the role of the middle player is key to making the attack work. The gap between the middle player and the wide players must be large enough to allow the middle player to receive, draw the defender (simulated) and make a pass to the wide players without them having to stop and wait for the pass. Invariably, with this age group, the middle player can hold the wide players up but this should provide you with good coaching opportunities to encourage them to move the ball quickly. If wide players are waiting for the ball to be passed, consider increasing the length of the training area so they have more space to run in to. Additionally, have them create movement as they would (or you hope they would!) in a game, rather than stand in one place waiting to receive.
- 10) Attacking drill - to make it more difficult for better players, limit the number of touches the players can take to control and pass.
- 11) Attacking drill, progression 2 - encourage first time shot on goal but allow less proficient players to take a (directional) touch to set up their shot.
- 12) Small sided game - if players are finding it difficult recreate patterns of play then add a floating to work with the team in possession.
- 13) Small sided game - if one team is dominating play, place a condition of 2/3 touches only or add additional players to the other side.
- 14) Finish with a small sided match, working on the key factors of this drill.