



THIS WEEK'S TRAINING

U5-U6 THEME: BALL MASTERY & DRIBBLING (COMBINATION PLAY)

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>Passing and Receiving Warm Up</u>	The video will explain the practice, players are developing their fundamental movements as well as passing & receiving skills.
SKILLS	<u>Passing</u>	Ensure players use the inside of their feet to pass the ball to their teammates. Please ensure players get their heads up to look for a player to pass to.
	<u>Control</u>	
	<u>Outside Chop</u>	

Coaching Objectives

- Teach your players the working area - and stick to it!
- Teach your players how to Pass the ball correctly so the ball doesn't go out of play.
- Show your players the correct technique and praise players who are executing it well.

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



**THE
COACHING
MANUAL**



THIS WEEK'S TRAINING

U7-U8 THEME: PASSING & MOVING (COMBINATION PLAY)

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>Passing and Moving Warm Up</u>	This practice helps players practice their passing and receiving skills with some interference. The practice will teach you how to pass the ball into space.
SKILLS	<u>Passing and Trapping</u>	1. Focus on technique over speed. 3-5 minutes on each technique will give them the repetition they need. 2. If the group is striving push themselves where the defenders have a bib/pennie and they have to throw the bib at the ball. 3. Further defenders can tackle and score by passing into a mini goal placed on the outside of the area.
	<u>Control</u>	
	<u>Passing Advanced</u>	

Coaching Objectives

- Teach your players how to receive the ball correctly.
- Teach your players how to pass the ball correctly.
- Players to work on Passing and receiving the ball consistently





THIS WEEK'S TRAINING

U9-U10 THEME: COMBINATION PLAY

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>Combination Play Technical Practice</u>	This practice teaches your players how to look after the ball under pressure within a 2v2.
SKILLS	<u>Passing Advanced</u>	Use basic passing and receiving techniques. Players should always be on the move to be in line with the ball. Players must recognise when to stay on the ball and when to release the ball.
	<u>Control</u>	
	<u>Quick Feet</u>	

Coaching Objectives

- Teach your players how to receive the ball correctly.
- Teach your players how to pass the ball correctly.
- Players to work on passing and receiving the ball under pressure.





THIS WEEK'S TRAINING

U11-U12 THEME: COMBINATION PLAY

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>Combination Play</u>	This session develops your player's awareness of how to keep the ball and play forward in tight areas. Players will learn new combination play types.	
SKILLS	<u>Passing Advanced</u>	Use basic passing and receiving techniques. Players should always be on the move to be in line with the ball.	
	<u>Quick Feet</u>	Players should have a picture of where to pass next before receiving the ball.	
	<u>Passing Forward</u>	If the group are striving players should look to introduce overlaps/underlaps and 1-2's.	

Coaching Objectives

- Teach players how to pass and receive the ball.
- Teach players how to combine by playing 1-2's
- Players should always look to receive the ball again as soon as they have passed it.





THIS WEEK'S TRAINING

U13-U14 THEME: COMBINATION PLAY

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>Possession And Combination Play</u>	This session will allow you to coach your players on all the key components to keep possession and play forward by combining.
SKILLS	<u>Passing Advanced</u>	Focus on the first 2 skills for all players and if executing well introduce the 3rd skill. 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>Create Space To Receive</u>	
	<u>Passing Forward</u>	

Coaching Objectives

- Teach players how to pass and receive the ball under pressure.
- Teach players how to combine by playing 1-2's and overlapping runs.
- Players should always look to receive the ball again as soon as they have passed it.



THIS WEEK'S TRAINING

U15+ THEME: COMBINATION PLAY

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>Possession And Combination Play</u>	This session will allow you to coach your players on all the key components to keep possession and play forward by combining.
SKILLS	<u>Passing Advanced</u>	Focus on the first 2 skills for all players and if executing well introduce the 3rd skill. 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>Create Space To Receive</u>	
	<u>Passing Forward</u>	

Coaching Objectives

- Teach players how to pass and receive the ball under pressure.
- Teach players how to combine by playing 1-2's and overlapping runs.
- Players should always look to receive the ball again either ahead or underneath the ball as soon as they have passed it.

