

YOUR FIRST 3 WEEKS ON THE COACHING MANUAL.



Three planned sessions for your age group, ready to coach. U5 to U15+.

3 weeks of high-level sessions to set the tone for the season.

The first three weeks set the standard for everything that follows. Turn up with a session that flows, a clear focus and a reason behind every practice, and your players feel it straight away. Find your age group below and open the session — no account, no login, works on your phone pitch-side.

HOW THE THREE WEEKS WORK

WEEK 1

Turn up with a plan

Open your session on your phone and coach it. Clear setup, clear progressions, nothing to prepare the night before.

WEEK 2

Players feel the difference

Same structure, next topic. The session starts quickly, the ball is rolling and everyone knows what is expected.

WEEK 3

Set the tone for the season

Three weeks in you have a standard to coach to — and players who turn up expecting it every week.

THE SESSIONS

— find your age group and open the session.

U5-U6

3 FREE SESSIONS

WEEK 1

Ball Mastery

OPEN ›

WEEK 2

Dribbling

OPEN ›

WEEK 3

Short Passing

OPEN ›

U7-U8

3 FREE SESSIONS

WEEK 1

Ball Mastery

OPEN ›

WEEK 2

Dribbling

OPEN ›

WEEK 3

Passing & Receiving

OPEN ›

U9-U10

3 FREE SESSIONS

WEEK 1

Ball Mastery & Passing

OPEN ›

WEEK 2

Dribbling & Running With the Ball

OPEN ›

WEEK 3

Passing, Receiving & Awareness

OPEN ›

U11-U12

3 FREE SESSIONS

WEEK 1

Ball Mastery & Creating Space

OPEN ›

WEEK 2

Passing, Receiving & Movement

OPEN ›

WEEK 3

Finishing From Wide & Central Areas

OPEN ›

U13-U14

3 FREE SESSIONS

WEEK 1

Playing Out From the Back

OPEN ›

WEEK 2

Pressing

OPEN ›

WEEK 3

Playing Through the Thirds

OPEN ›

U15+

3 FREE SESSIONS

WEEK 1

Playing Out From the Back

OPEN ›

WEEK 2

Pressing

OPEN ›

WEEK 3

Playing Through the Thirds

OPEN ›

AND AFTER WEEK 3?

A club account keeps it going all season — a full curriculum for your age group, 4,000+ sessions and coaching content from professional clubs. Ask your Director of Coaching, or start your own.

thecoachingmanual.com