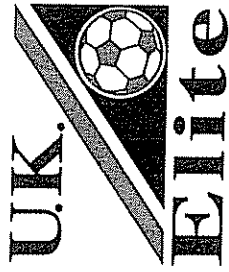


# THE PRACTICAL GUIDE TO COACHING 7-10 YR OLDS

By Pat McCarry



Part of the U.K. Elite Soccer STEPS2SUCCESS™ series

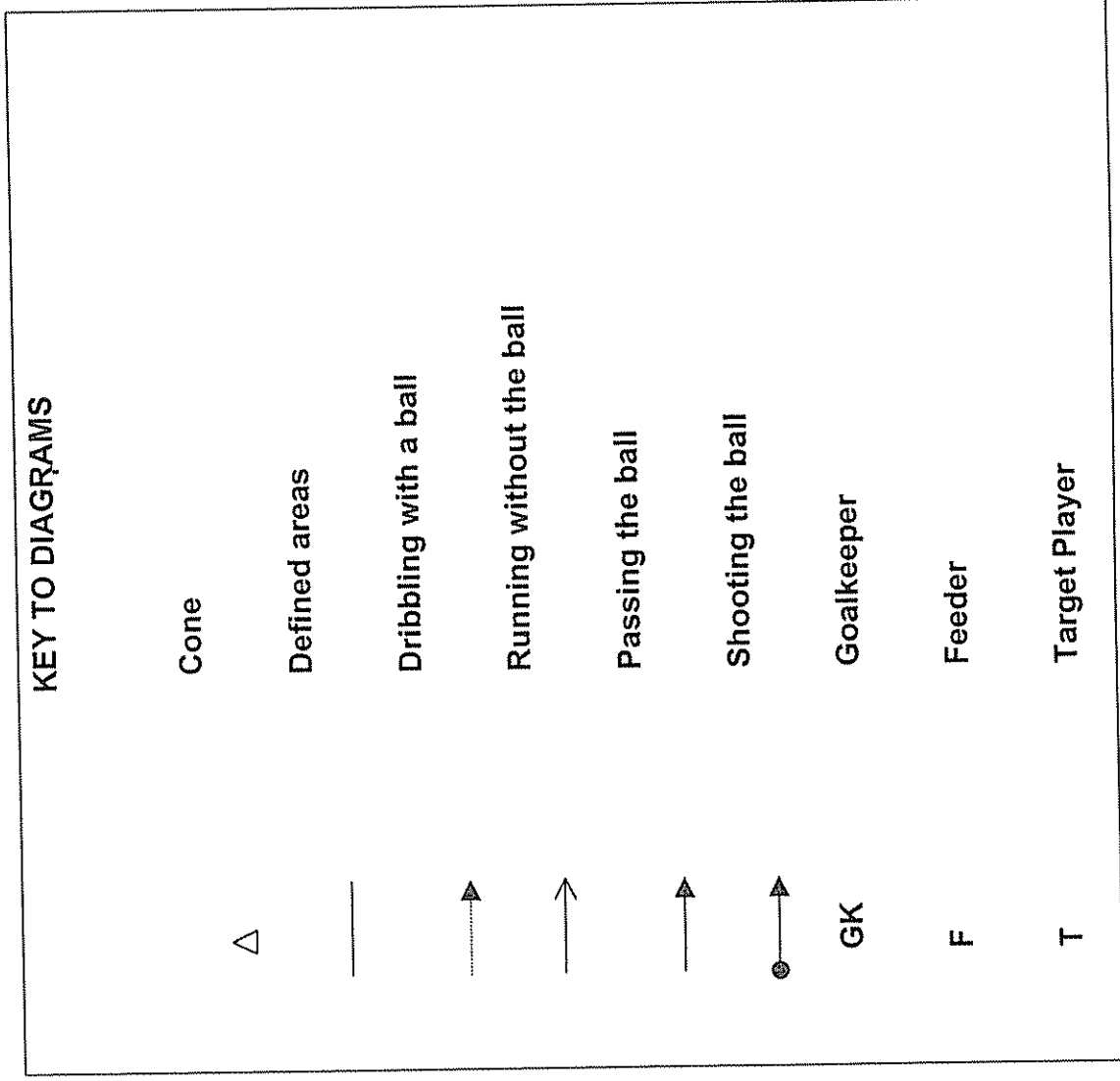


# STEPS 2SUCCESS

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**SESSION PLAN**

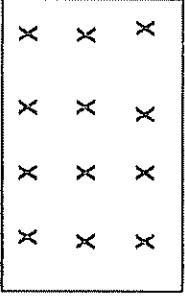
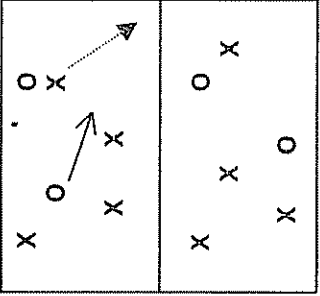
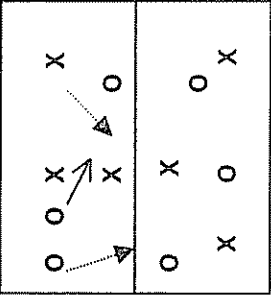
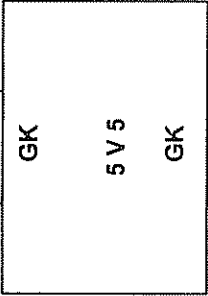
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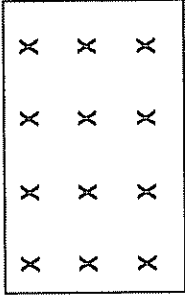
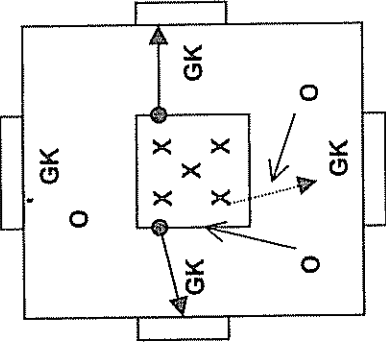
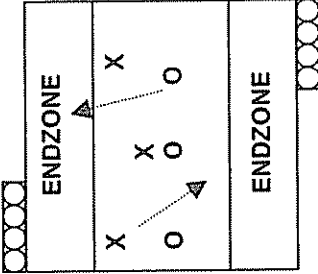
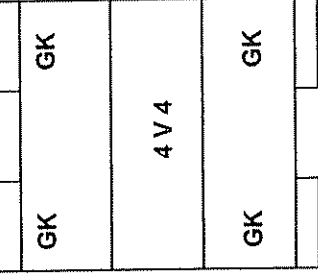
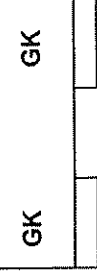
Individual Possession

**Objectives**

To Develop 'Shielding' Technique

To Maintain Possession in Confined Areas

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b></p> <p>Ball each dribbling around the area. Use a range of commands to practice ball mastery. e.g. stop, go, change speed/direction, left / right foot dribbling. See P15.</p> <p><b>2. Technical Practice: Possession</b></p> <p>X's dribble (ball each) in the designated area (small). O's do not have a ball but aim to touch as many balls in their half as possible in one minute. Ensure sufficient rest. Switch roles after thirty seconds.  <i>Scoring: Player in possession loses one of ten lives each time their ball is touched by an opponent or if the ball goes out of the area</i>  <b>Progression 1:</b> Defenders can steal the ball thus making the game continuous.  <b>Progression 2:</b> Can play 3 v 3 (X's with a ball) in each half.</p> <p><b>3. Skill Development</b></p> <p>3 (X's) v 3 (O's) keep away. Can pass to team-mates or dribble in the area. X's begin with two balls, Y's with one. Change for next game. Aim is to possess your ball and steal the other teams' ball(s). Progressively reduce the number of balls to one.  <i>Scoring: Team with more balls wins the game</i></p> <p><b>4. Conditioned Scrimmage</b></p> <p>Players must take minimum of two touches on the ball before passing to a teammate. Can begin with two balls to maximize ball contact.</p> <p><b>5. Regular Scrimmage</b></p>	   	<p>15%</p> <p>20%</p> <p>20%</p> <p>20%</p> <p>25%</p>	<p>Close control of ball Use inside / outside of foot and laces to dribble Keep head up</p> <p>Keep body between ball and defender Stay sideways on when defender is close Turn away from pressure Emphasis on shielding not dribbling at speed Keep ball on furthest foot from defender 'Feel the ball and see the field' Composure</p> <p>Keep ball close Awareness of other players</p> <p>Decision: Pass or dribble to keep possession Turn away from pressure</p>

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b></p> <p>Individual ball work with turns, change of speed, fakes etc. Coach a specific move to beat an opponent See P15 for variations on the theme.</p> <p><b>2. Technical Practice</b></p> <p>X's begin with all the balls in the center of the field. The defenders (O's) operate outside this central area. The X's 'box' the ball before attempting to break out and shoot on goal. They then return to the central area and repeat. Rotate players. Increase the number of defenders. <i>Scoring: X's gain a point each time they score on goal. O's score by stealing the ball and taking it back to the central area.</i></p>	 	<p>15%</p> <p>20%</p>	<p>Keep ball close</p> <p>Head up</p> <p>Use of both feet and different surfaces</p> <p>Attack space</p> <p>Awareness of defenders</p> <p>Soft touches to maintain close control</p>
<p><b>3. Skill Development: 3 v 3</b></p> <p>Begin with each team in possession of one ball. The aim is to score by dribbling and stopping the ball in the opponents' End zone. If the ball goes out of play then restart with a dribble. The team that concedes a goal collects a ball from behind their End zone and attacks the opposition. <i>Scoring: The team with the fewest balls in their End zone at the end of the game are the winners.</i> <b>Progression:</b> Play with one ball</p>		<p>20%</p>	<p>Accelerate into a gap</p> <p>Awareness of defenders and teammates</p> <p>Positive attitude</p> <p>Decision: Pass or dribble?</p>
<p><b>4. Conditioned Scrimmage</b></p> <p>4 v 4 to two goals. The game always restarts with the coach playing into the central zone. Eight players compete in this area and attempt to break out into the attacking zone. Players must penetrate by dribbling, not by passing.</p>		<p>20%</p>	<p>Quick decision-making</p> <p>Group shape to open space</p>
<p><b>5. Regular Scrimmage</b></p>		<p>25%</p>	

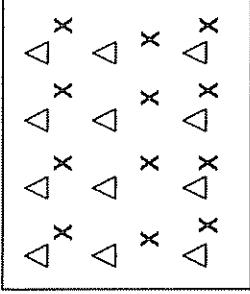
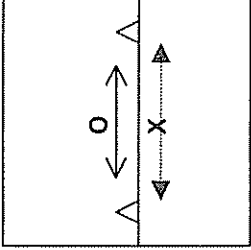
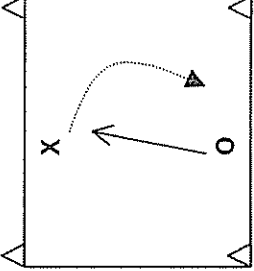
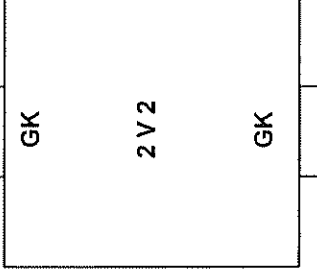
**Session Title**

**1 v 1 Attacking**

**Objectives**

**To Dribble With Close Control**

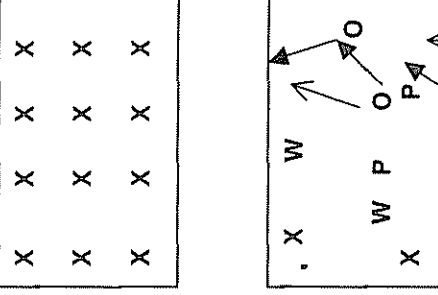
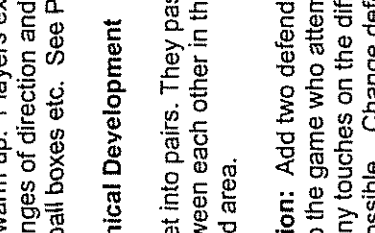
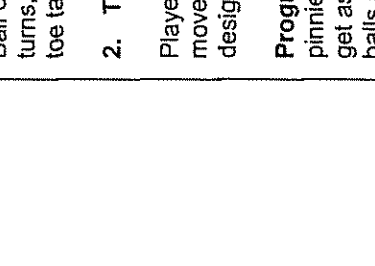
**To Beat An Opponent**

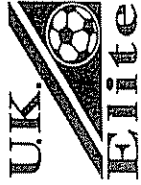
PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b></p> <p>Players dribble around the area with a ball each and respond to a range of commands. e.g. left / right foot, stop, go, toe taps, box ball, circle the cones, beat the cones Coach a move at a cone (e.g. Scissors).</p>		<p><b>15%</b></p>	<p>Close control Use both feet and different surfaces: Inside / outside /faces Head up!</p>
<p><b>2. Technical Practice: 1 v 1</b></p> <p>X must 'fake out' O and dribble the ball to either cone (left or right) before O (without ball) can get there. Alternate attacker and defender. <i>Scoring: One point for the player who gets to the cone first</i> Switch partners after five minutes.</p>		<p><b>20%</b></p>	<p>Change of speed and direction Use a clearly defined 'fake' Use of hips and shoulders to 'fake' defender</p>
<p><b>3. Skill Development: 1 v 1</b></p> <p>X begins with the ball on his/her End line with O poised on the other End line without a ball. On X's first touch O can move forward to defend. <i>Scoring: X scores by stopping the ball on O's line. O scores by stealing the ball and counterattacking to X's line.</i> Alternate attacker and defender. Switch partners after five minutes</p>		<p><b>20%</b></p>	<p>Approach with pace but close control Be positive Accelerate into space behind defender</p>
<p><b>4. Conditioned Scrimmage: 2 v 2</b></p> <p>Condition: Man to man marking. On receiving the ball a player <b>MUST</b> attempt to beat the first defender. If ball goes off the sideline then game restarts with a dribble. After each goal the scoring team must run to their own goal before advancing to defend the ball thus giving time for the other team to 'break out'. <i>First pass from the GK is always free.</i></p>		<p><b>25%</b></p>	<p>Head up to see the space Be positive and aggressive</p> <p>All the above Decision: Pass / dribble or shoot</p>
<p><b>5. Regular Scrimmage</b></p>			

**Session Title**      **2 v 1 Attacking**

**Objectives**      **To Improve Passing Technique**

**To Improve 2 v 1 Combination Play**

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>Ball each warm up. Players execute turns, changes of direction and speed, toe taps, ball boxes etc. See P15.</p> <p><b>2. Technical Development</b></p> <p>Players get into pairs. They pass and move between each other in the designated area.</p> <p><b>Progression:</b> Add two defenders (in pinnies) to the game who attempt to get as many touches on the different balls as possible. Change defenders.</p> <p><b>Scoring:</b> <i>Each pair starts with ten lives and loses a life if their ball is touched by any other player (or ball) or if it goes out of area.</i></p>		<p><b>15%</b></p> <p><b>20%</b></p>	<p>Close control Keep head up Use both feet Dribble to space</p> <p>Communication Quality of receiving touch Look up before passing ball Use inside of foot with ball locked</p> <p>Non-kicking foot points toward target Timing of the pass</p>
<p><b>3. Skill Development: 2 v 1</b></p> <p>GK1 rolls ball out to X1 or X2. On X's first touch O1 or O2 can come forward from their goal to challenge for the ball. If ball goes out of play then restart with GK2 playing into O's who attack X's goal (X1 or X2 defending).</p> <p><b>Scoring:</b> <i>Team in possession aims to combine and score on goal. Defending player aims to steal the ball and counterattack to opposition goal.</i></p>		<p><b>20%</b></p>	<p>Awareness of defender Angle and distance of support Decision: Dribble or pass Be positive</p>
<p><b>4. Conditioned Scrimmage: Zones</b></p> <p>Players must remain in their designated zones. Game is constantly restarted with the coach feeding the ball into different players. Rotate pairs of players to different zones.</p> <p><b>Progression:</b> <i>Player can penetrate the next zone with a dribble but must return on transition</i></p> <p><b>5. Regular Scrimmage</b></p>		<p><b>20%</b></p> <p><b>25%</b></p>	<p>All the above</p>



**SESSION PLAN**

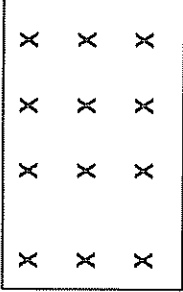
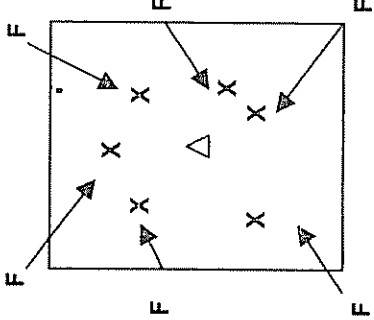
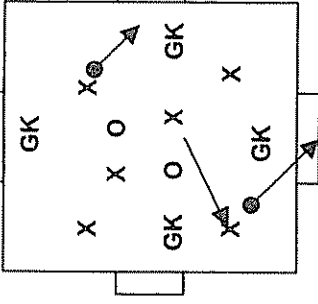
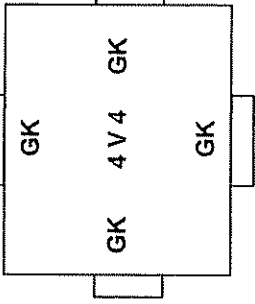
**Session Title**

Receiving The Ball Along The Ground

**Objectives**

To Receive The Ball Close To The Body

To Direct The Ball Away From Pressure

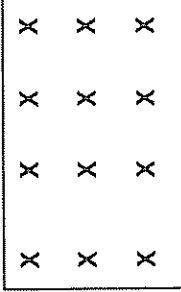
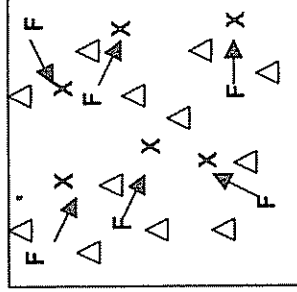
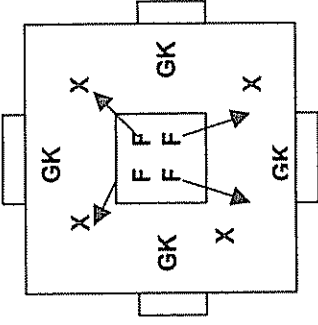
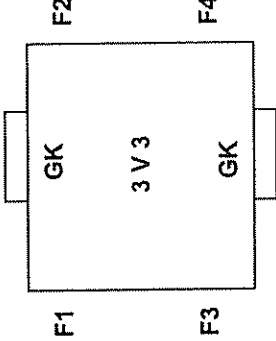
PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>Dribbling warm up with turns, fakes, moves etc. Ensure players use both feet and different surfaces. See P15.</p>		15%	<p>Soft touch on the ball Keep ball close Head up</p>
<p><b>2. Technical Practice</b></p> <p>X's run towards and receive a ball from F, control and pass back. X's then return to the center cone and go to a different feeder.</p> <p><i>Scoring: The first X to make five passes is the winner</i></p> <p><b>Progression:</b> As above but receive the ball towards a different feeder. Play a double pass and then go to another feeder. Therefore X's always keep the same ball.</p>		20%	<p>Lateral movement to get in line with the ball Move towards the ball Set body to receive the ball Weight and direction of the controlling touch</p>
<p><b>3. Skill Development</b></p> <p>The coach continually passes balls into the X's who turn away to attack one of the other goals or pass to a teammate. If O wins the ball they attack any goal. The coach then feeds into another player in space.</p> <p><i>Scoring: A point is awarded each time a goal is scored. First player to five goals is the winner. Rotate positions.</i></p> <p><b>Progression:</b> Play with one ball. X's must make three passes before scoring.</p>		20%	<p>Head up on receiving the ball Awareness of defenders Awareness of the goal Receive ball towards goal if possible but away from pressure Select the controlling surface</p>
<p><b>4. Conditioned Scrimmage</b></p> <p>As above but with two equal teams and only one ball being fed in from the coach at any one time. Players can pass to team-mates and can score on any goal</p>		20%	<p>Communication Direction of 1<sup>st</sup> touch</p>
<p><b>5. Regular Scrimmage</b></p>		25%	

**Session Title**      Receiving Air Balls

**Objectives**

To Direct The Ball Away From Pressure

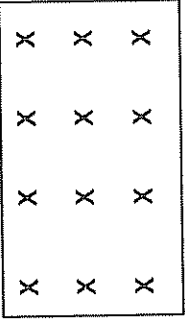
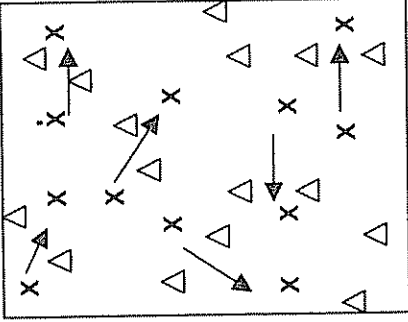
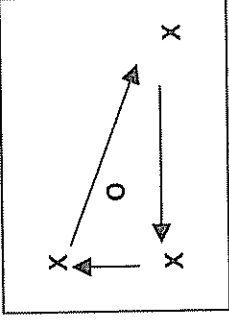
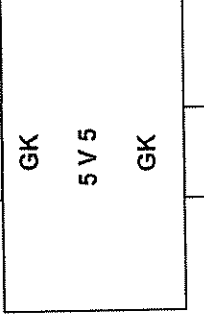
To Receive the ball close to the body

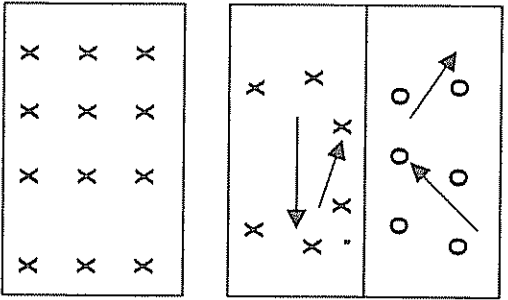
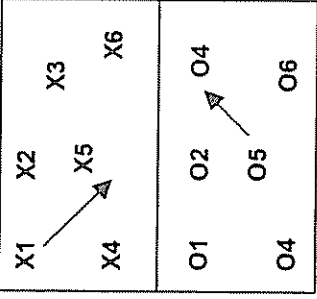
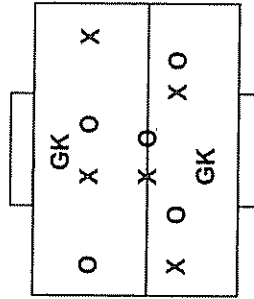
PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>Players dribble around area performing a range of turns and moves. Incorporate the players throwing the ball in the air and controlling (cushioning) with their laces and thighs. See P15.</p> <p><b>2. Technical Practice</b></p> <p>F throws the ball (underarm) to X who controls it and passes back to F. X then runs to a different feeder and repeats the above. Practice before competition. The first player to visit five gates is the winner.</p> <p><b>Progression:</b> X's must receive the ball from the feeder and pass to a different feeder. Receive the same ball and repeat the process. First player to five gates is the winner.</p> <p><b>3. Skill Development</b></p> <p>Each X receives a ball from F's and attempt to score on goal. They then return to the center to receive another ball from a different feeder. First player to score three goals is the winner. Rotate positions. The coach acts as a passive defender.</p> <p><b>4. Conditioned Scrimmage</b></p> <p>Ball is fed in the air from the F that the coach calls out. The ball must be controlled out of the air and play ensues. If the ball goes out of play the coach calls another number. Rotate players. Feeder should throw the ball towards a player, not aimlessly. Coach may call two numbers.</p> <p><b>5. Regular Scrimmage</b></p>	   	<p>15%</p> <p>20%</p> <p>20%</p> <p>20%</p> <p>25%</p>	<p>Head up Close control Laces: Bend knee with toes pointing up Cushion the ball</p> <p>Movement to get in line with the ball Cushion the ball</p> <p>Vertical movement to take the ball out of the air</p> <p>Select and present surface</p> <p>Quick movement towards point of control Settle yourself before presenting surface</p> <p>Body shape on receiving the ball Call for the ball Control towards 'open' goal</p> <p>Awareness of defenders Receive ball away from pressure and towards goal if possible Communication between players</p>

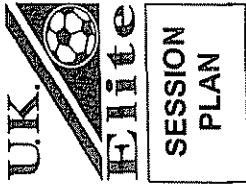
**Session Title** Short Passing

**Objectives** To Develop Technique Of The Push Pass

To Pass At The Right Time

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b> Players dribble around the area with a ball each and respond to a variety of commands from the coach. See P15.</p> <p><b>2. Technical Practice: Passing</b> Players are in pairs with one ball between them. Players pass through the goal to each other using one touch to control and one pass to return the ball (practice for one minute). <b>Competition:</b> Players make five passes with their partner and then both run to a new gate and repeat. The first pair to five gates is the winner. <b>Progression:</b> Repeat the above but only make one pass through each gate. Introduce two defenders who move to block the gates but cannot steal the ball.</p> <p><b>3. Skill Development</b> 3 v 1 keep away in a square. Change the defender after 1 minute. <i>Scoring: Which group can make the largest number of consecutive passes in a minute without a mistake?</i> <b>Progression:</b> 3 v1 to two goals. GK1 plays into X's and after three passes they can score in either goal. Rotate. O can shoot immediately on winning the ball.</p> <p><b>4. Conditioned Scrimmage: 6 v 6</b> Must make three consecutive passes before team can score.</p> <p><b>5. Regular Scrimmage</b></p>	   	<p>15%</p> <p>20%</p> <p>20%</p> <p>20%</p> <p>25%</p>	<p>Head up Close control Use of both feet and different surfaces Change of speed and direction Use inside of foot with ankle locked to pass Non-kicking foot <i>alongside</i> ball and pointing towards target Step into pass for momentum Follow through to provide 'crispness' of pass Receive ball with the inside of foot Communication Accuracy Strength of the pass Timing of the pass Direction of 1<sup>st</sup> touch</p>

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b> Individual ball skills and dribbling including toe taps, boxing the ball, fakes etc. See P15.</p> <p><b>2. Technical Practice</b> Players pass and move in their area <i>Scoring: Start with five points and gain a point for each successful pass. Lose a point if the ball or any player stops moving or if the ball goes out of area.</i></p> <p><b>Progression:</b> Add additional balls to each group <b>Progression 2:</b> The teams must use both halves of the field</p>		<p>15%</p> <p>20%</p>	<p>Head up Close control Balance</p> <p>Maintain shape / space Quality of pass Movement Communication</p>
<p><b>3. Skill Development</b> Number X's and O's one through six. When the coach shouts a number, that player runs to the other team to try to steal the ball. Coach has option to call more than one number <i>Scoring: Team that maintains possession for the longest gains a point. Restart.</i></p> <p><b>Progression:</b> As above but place a goal in the centre. A ball is fed to one team whilst the other team sends a defender (or more) across. After four passes the team may shoot on goal.</p>		<p>20%</p>	<p>Quality of pass: Accuracy Weight Timing</p> <p>Gain eye contact before passing</p>
<p><b>4. Conditioned Scrimmage</b> 5 v 5 + GK's. Team must make three consecutive passes before a goal can be scored. Two players from each team must remain in their half of the field. One player from each team can roam between the halves.</p> <p><b>5. Regular Scrimmage</b></p>		<p>20%</p> <p>25%</p>	<p>Awareness Quality of control Composure</p> <p>Shield if there is no available pass</p>



**Session Title**

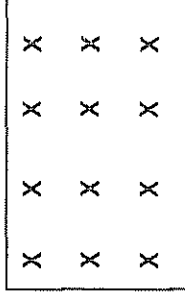
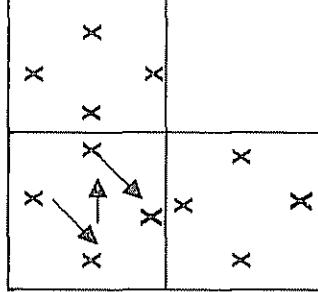
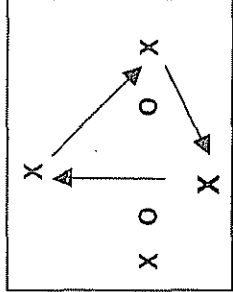
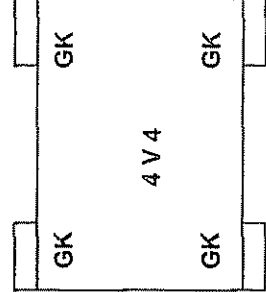
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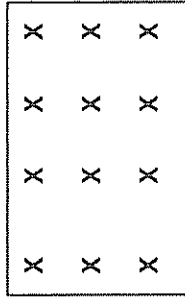
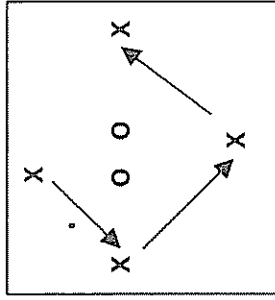
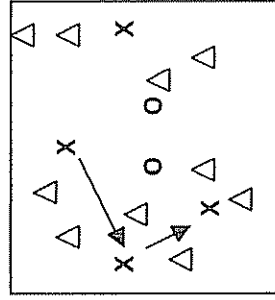
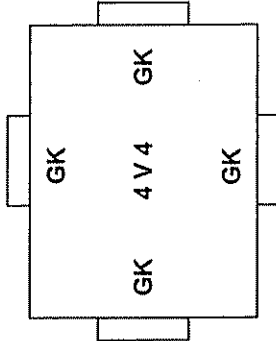
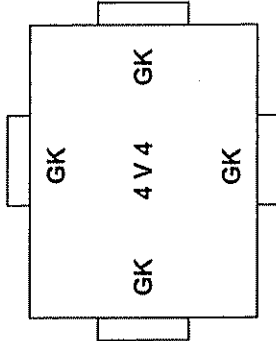
**Objectives**

To Develop The Quality Of Pass

**SESSION PLAN**

To Provide Angles Of Support

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b></p> <p>Ball each dribbling skills including change of speed and direction, use of left foot, right foot, toe taps in a forward and backwards direction, ball boxes in a forward and backward direction. See P15.</p> <p><b>2. Technical Practice: Passing</b></p> <p>In groups of four, players pass and move within their area maintaining a diamond shape. Must be two touches.  <i>Scoring: How many consecutive passes without a mistake?</i></p> <p><b>Progression 1:</b> As above but after five passes the group moves clockwise into the next quadrant and repeats  <i>Scoring: The first team back to their starting position are the winners. Repeat.</i></p> <p><b>Progression 2:</b> Visit the quadrants in any order.</p> <p><b>3. Skill Development: 4 v 2(or 1)</b></p> <p>Four players in the area aim to possess the ball. Two players try to steal the ball from the four.  <i>Scoring: How many consecutive passes can the four players make before losing possession? Two defenders score by stealing the ball and dribbling out of any safe side of the area.</i></p> <p><b>4. Conditioned Scrimmage: 4 v 4</b></p> <p>4 v 4 scrimmage to two wide goals. After five minutes the four GK's come out to form a team whilst one of the outfield teams becomes GK's.</p> <p><b>5. Regular Scrimmage</b></p>	   	<p>15%</p> <p>20%</p> <p>20%</p> <p>20%</p> <p>25%</p>	<p>Close control            Head up            Use of both feet            Awareness of space</p> <p>Maintain shape: Length, width and depth</p> <p>Quality of pass            Movement after pass</p> <p>Communication</p> <p>Quality of receiving touch</p> <p>Angle and distance of support</p> <p>Accuracy of pass            Strength of pass            Timing of pass            Maintain 'diamond' shape</p> <p>All the above</p>

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>Ball each dribbling skills. Players perform moves, changes of speed and direction using left and right feet. See P15.</p>		15%	<p>Head up Close control Both feet Different surfaces</p>
<p><b>2. Technical Practice</b></p> <p>X's possess two balls between them. The O's attempt to steal the balls and dribble them to the outside of the area. This ball is now out of the game. X's then take another ball from the specified area and continue. <i>Scoring: Can the X's survive the time period without running out of balls?</i></p>		20%	<p>Awareness of defenders and teammates Composure Timing of the pass Shield if there is no pass available Distance and angle of support</p>
<p><b>3. Skill Development</b></p> <p>4X's keep the ball away from the 2O's by dribbling, shielding and passing. If X's are struggling then link the two O's with a pinnie. <i>Scoring: X's score by dribbling the ball through one of the gates. O's score by stealing the ball and dribbling out of the area.</i></p> <p><b>Progression:</b> X's must pass the ball through the gate to a teammate to score.</p>		20%	<p>Awareness of space to exploit Communication Be positive</p>
<p><b>4. Conditioned Scrimmage</b></p> <p>4 v 4 to four goals. Must take a minimum of two touches. Rotate GK's after five minutes. Set up as a tournament where each team plays the other two teams.</p>		20%	All the above
<p><b>5. Regular Scrimmage</b></p>		25%	All the above

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>Players move around the area with a ball each practising turns and moves on coach's commands. Introduce defenders who are trying to steal the balls. See P15.</p> <p><b>2. Technical Practice</b></p> <p>X and Y attack opposite goals simultaneously and have five seconds to score. They then join the line the other side (initially as a retriever) of the goal to attack the other way. The two GK's on each side switch after each shot. Practice time, then competition. <i>Scoring: First player to three goals is the winner. Rotate GK's.</i></p>		<p>15%</p> <p>20%</p>	<p>Head up Close control Use of move to beat defender: Change speed and direction</p> <p>1st touch out of feet Awareness of GK in relation to goal</p> <p>If GK comes forward then beat GK with a move</p> <p>If GK stays on line then shoot to the corners Timing of shot</p> <p>Be aggressive to goal</p>
<p><b>3. Skill Development: Introduce defenders</b></p> <p>As above but players have starting positions indicated by cones. Once X1 has taken his/her first touch X2 may give chase. Switch roles when they attack the other way. X's and Y's go simultaneously. GK2 and GK4 act as retrievers. Rotate after first game. <i>Scoring: First player to get to three goals is the winner. No points if attacker is caught before shooting.</i></p> <p><b>4. Conditioned Scrimmage</b></p> <p>X's receive the ball from GK1 and attack towards GK2. If they score they then attack towards GK1. O's attempt to steal the ball and then attack towards GK3 or GK4. If they score they attack the other way. Thus X's are playing North-South and O's attack East-West.</p> <p><b>5. Regular Scrimmage</b></p>		<p>20%</p> <p>20%</p> <p>25%</p>	<p>Awareness of defender Quality of dribbling touch</p> <p>Positive attitude to goal</p>



**SESSION PLAN**

**Session Title**

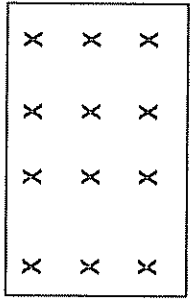
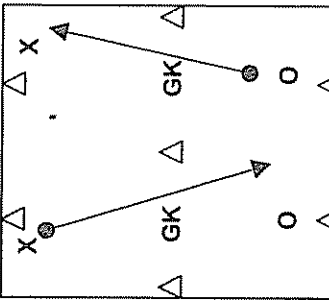
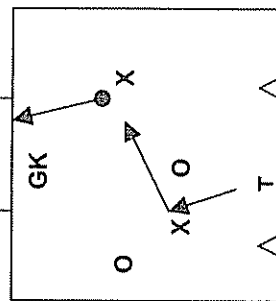
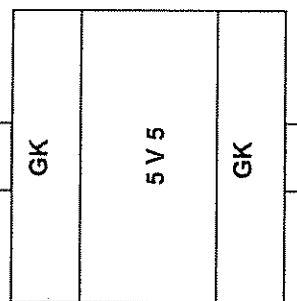
Shooting

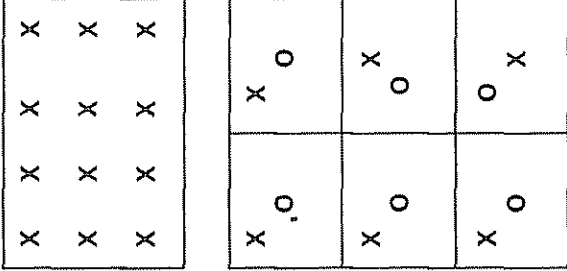
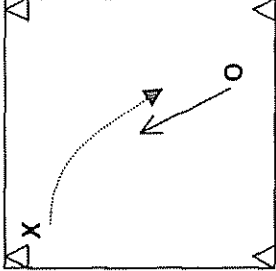
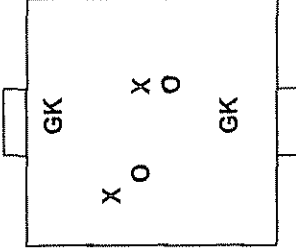
**Objectives**

To Develop Technique Of Shooting

To Encourage A Positive Attitude To Shooting

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>Players dribble around the area with a ball each performing turns, moves etc. on the coaches commands. See P15.</p>		15%	<p>Head Up Balance Use of both feet and different surfaces Close control</p>
<p><b>2. Technical Practice</b></p> <p>X stands in a goal and opposes O. X shoots at O's goal. After saving / retrieving the ball O rolls the ball forward and immediately shoots at Xs goal. Play is continuous for two minutes and speed of play is essential. Switch players to play against someone of similar ability. Play three or four games.</p>		20%	<p>Strike the ball with the lace and ankle locked Strike the centre of the bar of the ball Approach at an angle Non-kicking foot to the side of the ball and pointing towards target</p>
<p><b>3. Skill Development</b></p> <p>X's start in the central area with all the balls. O's play as GK's and Y's behind the goal as second GK's / retrievers. X's dribble and shoot on any goal and then return to the centre to get another ball. <i>Scoring: How many goals can Team X score in 1 minute? Rotate roles.</i></p> <p><b>Progression 1:</b> Y's act as feeders and pass the balls into X's. <b>Progression 2:</b> As above but add defenders who aim to steal the balls and attack a different goal.</p>		20%	<p>Weight over the ball 4 A's Accuracy Aggression Attitude: Positive Awareness of GK position</p>
<p><b>4. Conditioned Scrimmage</b></p> <p>4 v 4 to four goals. Regular scrimmage but team can score on any of the four goals. GK then feeds in to any player who must attack a different goal. Variation: Use two balls</p> <p><b>5. Regular Scrimmage</b></p>		20%	25%

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>Players move around area with a ball each, performing turns, fakes etc. on the coach's commands. See P15.</p>		<p>15%</p>	<p>Head up Close control Balance Use of both feet</p>
<p><b>2. Technical Practice</b></p> <p>X and O's take it in turns to take shots on goal. Alternate left and right feet. Ensure the player controls the ball and then looks to take the shot quickly. Rotate GK every two minutes.</p> <p><b>Progression:</b> On receiving the ball the player takes the ball around the rear cone and shoots, as the ball is moving forward. Game speed. Rotate GK. Alternate left and right feet.</p> <p><i>Scoring: How many goals did X and O score as a team?</i></p>		<p>20%</p>	<p>Strike with laces and ankle locked Non-kicking foot is placed alongside the ball and points towards the target Step into the ball Follow through</p>
<p><b>3. Skill Development</b></p> <p>T plays the ball into an X in space. X's combine to score on the goal. O's attempt to steal the ball and score on the same goal. After a shot on goal T plays another ball in but this time to the O's who attack the goal.</p> <p><i>Scoring: The first team to make three goals can choose to stay in the outfield or become GK and T.</i></p>		<p>20%</p>	<p>Good controlling touch to create space Head up on receiving the ball Decision: Shoot immediately or beat the defender</p>
<p><b>4. Conditioned Scrimmage: 6 v 6</b></p> <p>Regular scrimmage but must shoot from outside the designated areas. If the ball comes to a player inside the goal zone (e.g. from a rebound) then the shot must be taken first time. The ball cannot be passed to a player in the zone.</p>		<p>20%</p>	<p>Positive attitude towards goal</p>
<p><b>5. Regular Scrimmage</b></p>		<p>25%</p>	

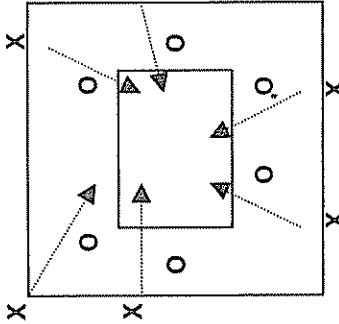
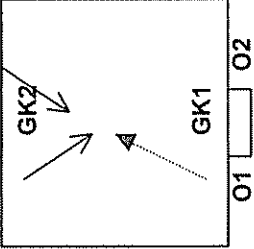
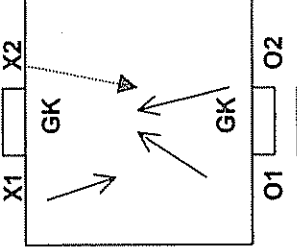
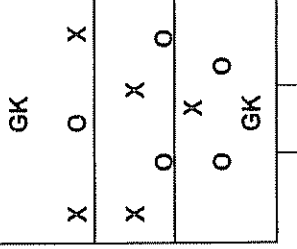
PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm-Up</b></p> <p>Individual ball work with turns, fakes, change of speed, ball rolls etc. See P15.</p> <p><b>2. Technical Practice</b></p> <p>X dribbles in a small area whilst O remains as close as possible.  <i>Scoring: O gains a point if within touching distance when coach freezes play. Switch roles.</i></p> <p>As above but O attempts to win possession by stealing the ball. If the ball goes out of play then O begins with the ball in the center.  <i>Scoring: Player in possession at the end of the minute is the winner.</i></p> <p>As above but begin the game with a block tackle in the centre. Switch partners.</p>		<p>15%</p> <p>20%</p>	<p>Close control  Head Up  Soft touches</p> <p>Apply pressure to opponent  Stay touch tight  Defend sideways on</p> <p>Poke ball away with the front foot</p> <p><b>Block Tackle:</b>  Non-kicking foot alongside the ball  Weight over the ball  Use inside of foot with ankle locked</p>
<p><b>3. Skill Development: 1 v 1</b></p> <p>On X's first touch O may leave his / her cone to defend.  <i>Scoring: X scores by stopping the ball at O's cone. O scores if the ball goes out of the area or by stealing the ball and counterattacking to X's cone</i></p> <p><b>Progression:</b> Players defends the End line instead of a cone</p>		<p>20%</p>	<p>Pressure  'Surfing' position-sideways on  Patience: Don't over commit</p> <p>Angle of approach</p>
<p><b>4. Conditioned Scrimmage</b></p> <p>Regular soccer rules but players can only challenge their designated opponent (man to man marking). GK passes or rolls the ball to a player.  <i>First pass from GK is free.</i>  Variation: Play 5 v 5 (man to man marking) with two balls.</p> <p><b>5. Regular Scrimmage</b></p>		<p>20%</p> <p>25%</p>	<p>Stay close to opponent  Timing of challenge</p>

**Session Title** Defending

**Objectives**

To Apply Pressure to 1<sup>st</sup> attacker

To Provide cover for 1<sup>st</sup> defender

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>X's begin on the outside of the large area whilst O's begin on the outside of the small central area.</p> <p><i>Scoring: X scores by beating his/her opponent and penetrating the inner area. O aims to prevent X's penetration and counterattack to outer line. Switch positions.</i></p>		15%	<p>Pressure Patience Position</p>
<p><b>2. Technical Practice:</b></p> <p><b>1 attacker v 2 defenders</b></p> <p>X1 and X2 begin alongside the goal and on O1's first touch come forward to defend the goal. Restart with GK2 playing into X's if ball goes out of play or if a goal is scored.</p> <p><i>Scoring: O scores by shooting past GK into the net. X's score by counterattacking and shooting into O's goal. Rotate GK's.</i></p>		20%	<p>Communication 1<sup>st</sup> Defender: Pressure 2<sup>nd</sup> Defender: Cover</p> <p>Distance and angle of cover Recovery run if beaten</p>
<p><b>3. 2 v 2 to Goal</b></p> <p>X's begin with the ball and attack O's goal. O1 and O2 move forward to defend as soon as X's have taken their first touch. If the ball goes out of play then begin with a player dribbling or passing onto the field. After a goal set up again with O's in possession. Rotate GK's regularly.</p>		20%	<p>2<sup>nd</sup> defender covers 1<sup>st</sup> defender</p>
<p><b>4. Conditioned Scrimmage</b></p> <p>Players must stay in designated zones creating 2 v 1 and 2 v 2 situations.</p> <p><b>Progression:</b> One player from the central zone can penetrate final third when attacking but must recover to central zone on loss of possession</p>		20%	<p>Play goal side but step forward to intercept if possible Fast Recovery</p>
<p><b>5. Regular Scrimmage</b></p>		25%	

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>9 v 3 keep away. Nine attackers possess the ball whilst three defenders try to steal it. The three defensive players switch after three minutes. <i>Scoring: Each time the attackers make five passes they get a goal. Defenders score by stealing and making three passes.</i></p> <p><b>2. Functional Practice</b></p> <p>Coach feeds a ball into the four O's in midfield who aim to pass into the two O's in offensive positions. The three defending X's attempt to steal the ball and pass up to the two X's in midfield who in turn attempt to pass to the coach.</p> <p>If the ball is continuously lost in midfield then coach can feed directly into the offensive O's to increase frequency of practice.</p> <p><b>Progression:</b> One midfield O player can penetrate the offensive zone after the pass or by dribbling. Rotate positions.</p> <p><b>3. Conditioned Scrimmage</b></p> <p>Coach begins by feeding the ball into the 2O's who attack the goal. If X's win the ball they play into the coach, who attacks the other goal by playing into the X's or by penetrating. Defenders always play into the coach who goes with the flow of possession.</p> <p><b>Progression:</b> After a goal is scored the GK feeds the defensive three who must now play out of the back and into the coach.</p> <p><b>4. Regular Scrimmage</b></p>		<p><b>15%</b></p> <p><b>30%</b></p> <p><b>30%</b></p> <p><b>25%</b></p>	<p>Pressure 'Surf' position</p> <p>Small steps and bent knee Communication Work together</p> <p>1<sup>st</sup> Defender: Pressure 2<sup>nd</sup> Defender: Cover 3<sup>rd</sup> Defender: Balance</p> <p>Defenders get goal side of the ball</p> <p>Step in front of the attacker if feasible to win the ball</p> <p>Communication</p> <p>Anticipation of pass</p> <p>Don't allow the attacker to turn.</p> <p>Quality of distribution</p>



**SESSION PLAN**

**Session Title**

Long Passing

**Objectives**

To Develop The Technique Of The Long Pass

To Decide When To Possess v Penetrate

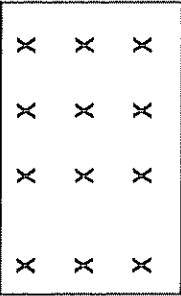
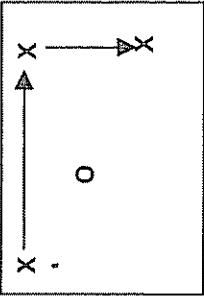
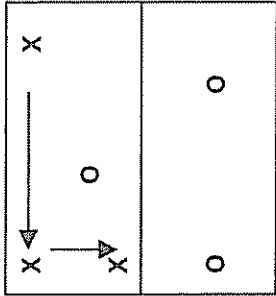
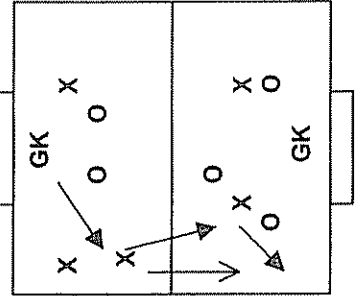
PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>Ball each warm up following the commands of the coach, e.g. changes of direction / speed / surface etc. See P15.</p>		15%	<p>Close control Head up Awareness of other players</p>
<p>2. Technical Practice: Long Pass</p> <p>a) X1 plays a double pass with X2, touches the ball out of the feet and plays a long pass to X3 who repeats the process with X2. X2 should move to the player rather than standing still in the middle.</p> <p>b) X1 and X2 exchange passes until X3 calls for the ball. X1 or X2 plays the long pass to X3 and follows the ball to support. Now repeat the process.</p>		20%	<p>Strike with laces and ankle locked. Touch the ball forward and to the side to allow a run up Step into the ball and follow through in the direction of the target</p>
<p>3. Skill Development</p> <p>The coach plays the ball into the X's who possess the ball until which time they can play a long ball across the zone into the O's. One Y (Y1) can move into X's zone to steal the ball. If the ball reaches the O's a new Y (Y2) moves into that zone whilst Y1 recovers to the central zone. Scoring: X's and O's score by delivering the ball across the zone. Y's score by stealing the ball.</p>		20%	<p>All the above Awareness of defender Awareness of space Importance of the 1<sup>st</sup> touch Shape</p>
<p>4. Conditioned Scrimmage: 4 v 4 to End zone</p> <p>Coach starts the game by feeding into any player. Scoring: Goal for passing to one of the neutral support players on the opposite End zone. This player then feeds into the team that conceded a goal.</p> <p>5. Regular Scrimmage</p>		20%	<p>Head up on receiving the ball Look to penetrate early</p>

**Session Title** Transition

**Objectives**

To Maintain Possession

To Improve Support Runs

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>Players move around area with a ball each, performing turns, fakes etc. on the coach's commands. See P15.</p> <p><b>2. Technical Practice</b></p> <p>3X's keep the ball away from O. Change defender after two minutes.</p> <p><i>Scoring: X's score by making four consecutive passes. O scores each time he / she wins the ball.</i></p> <p><b>3. Skill Development: 3 v 1 (+2)</b></p> <p>3X's v 1O in one half of the field. 2O's in the other half of the field. X's attempt to keep possession and O tries to steal the ball. Once O steals the ball he / she passes into teammates and follows the pass to make a group of three. One X can go after the ball to try and win it back</p> <p><i>Scoring: Team scores a goal on making four consecutive passes</i></p> <p><b>Progression: Can do this with 3 v 2(+1), 4 v 2 (+2) or 6 v 3 (+3)</b></p> <p><b>4. Conditioned Scrimmage</b></p> <p>Each team has three players in the defensive half of the field and two in the offensive half. GK can act as a sweeper keeper. The attacking players must always remain in their half. A defensive player can progress into the attacking half with the ball or after it has been passed in. If the ball is lost any penetrating player must recover to their own half.</p> <p><b>5. Regular Scrimmage</b></p>	   	<p>15%</p> <p>20%</p> <p>20%</p> <p>20%</p> <p>25%</p>	<p>Head Up</p> <p>Close control</p> <p>Dribble to space</p> <p>Distance and angle of support</p> <p>Quality of pass: Accuracy Weight Timing</p> <p>Speed and angle of support run</p> <p>Positioning of two support players to receive the ball: space-provide length</p> <p>Decision: Who penetrate and when</p>



**SESSION PLAN**

**Session Title**

Width in Possession

**Objectives**

To Maintain Width

To Attack Out Wide When Appropriate

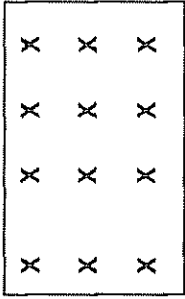
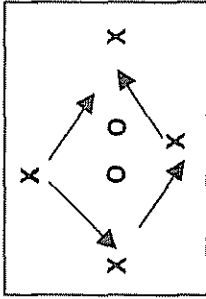
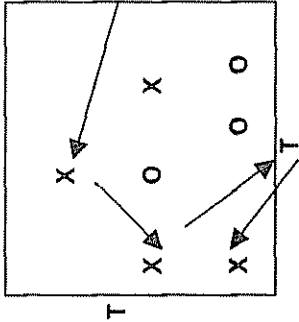
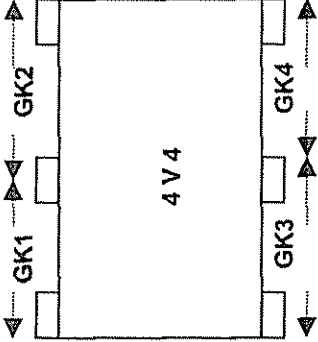
PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b></p> <p>Individual ball work practising moves, turns, changes of speed etc. Include rolling the ball with the sole of the foot, toe taps and boxing the ball. See P15.</p>		15%	<p>Head up Find space Close control</p>
<p><b>2. Technical Practice</b></p> <p>T1 plays into X's who combine to get the ball to T2. T2 then passes into X's who attack the other way to get ball to T1.</p> <p><i>Scoring: Score by passing to target player. If O wins the ball he/she attacks in the opposite direction to the X's and score by passing to a T player.</i></p> <p><b>Progression:</b> X's must make three passes before scoring</p>		20%	<p>Maintain width Quality of pass Quality of 1<sup>st</sup> touch Distance and angle of support Speed of decision</p>
<p><b>3. Skill Development</b></p> <p>X1 begins with the ball. The X's attempt to get the ball to X4. If X's are successful they then attempt to get the ball to X1 on his/her End line. O's begin on cones for each restart (until players understand the game) and can attempt to steal the ball and score by dribbling to X1 or X4's End line. Rotate positions.</p> <p><b>Note: Area should be wide but short.</b></p>		20%	<p>Decision: Pass or dribble Maintain shape Composure on the ball Play away from pressure</p>
<p><b>4. Conditioned Scrimmage</b></p> <p>3X's v 3O's with two wide neutral players in each half of the field. Neutral players cannot be challenged but the ball is not allowed to stop. N's must remain in their own half.</p> <p><b>Progression:</b> Neutral players can only have three consecutive touches on the ball.</p>		20%	As above
<p><b>5. Regular Scrimmage</b></p>		25%	

**Session Title**      **Switching Play**

**Objectives**

To Change The Angle Of Attack

To Maintain Width

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b></p> <p>Five balls between twelve players. Pass and move in area. Encourage players to move wide to receive the ball and stretch the field. Condition to pass with left/right foot, inside/outside of feet.</p> <p><b>Progression:</b> Encourage longest pass available</p>		<p>15%</p>	<p>Vision Movement wide to create space Quality of pass Quality of 1<sup>st</sup> touch</p>
<p><b>2. Technical Practice</b></p> <p>4X's keep the ball away from 2O's. Scoring: Four consecutive passes=one goal for X's. Two consecutive passes=one goal for O's. O's can be joined by a pinnie if there is a need to reduce pressure.</p>		<p>20%</p>	<p>Maintain width, depth and length Quality of pass Open up to field on receiving the ball</p>
<p><b>3. Skill Development</b></p> <p>4X's v 4O's (+4 support players). Reduce number of defenders if necessary by having one player 'take a knee'. The team in possession use the wide players for support.</p> <p>Scoring: A goal is scored each time the ball is played to a wide player. On receiving from one support player the ball must be transferred to another support via the central players. Rotate positions after five minutes</p>		<p>20%</p>	<p>Distance and angles of support Movement of T players to receive the ball Maintain shape Head up on receiving the pass</p>
<p><b>4. Conditioned Scrimmage</b></p> <p>4 V 4 to three small goals. Each team has two GK's who can move to defend all three goals on their side.</p> <p><b>Note: Area should be wide but short.</b></p> <p><b>5. Regular Scrimmage: 6 V 6</b></p>		<p>20%</p> <p>25%</p>	<p>Maintain width, depth and length. Communication Play away from pressure.</p>