

EDUCATE - CONNECT - INSPIRE

MANSFIELD YOUTH SOCCER  
GRADES 1/2



# EDUCATE - CONNECT - INSPIRE

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# SEASON GOALS

It is important to note what we are trying to achieve within a season so we can re-evaluate at the end to see if we have accomplished our goals. The pathway to success depends on how well we execute the follow philosophy in every session we take.

- To help each third and fourth grade player reach their full potential in the sport of soccer.
- To develop players that are comfortable with the ball at their feet
- To Improve each players knowledge and understanding of the game.
- To create a positive and fun atmosphere where players can learn and develop at their own pace.
- To learn how to win and lose graciously and the full meaning of fair play.

# MOVEMENT SHEET

## Dynamic Movements

- Heel Flicks
- High Knees
- Open Gate
- Closed Gate
- Inside Volley
- Left leg to right arm
- Side to Sides (left to right)
- Karaoke
- Arms across body
- Arms up and down
- Arm Circles Forwards
- Arm Circles Backwards
- Arms Side to Side
- Quick sprint, hamstring stretch
- Lunge

## Fast Footwork

- Side to Side Shuffles Forwards
- Side to Side Shuffles Backwards
- Forward / Backward Shuffles
- Two Feet in Sideways
- Two Feet in Forwards
- One Foot in Forwards
- Figure 8 forwards
- Forwards 2, Backwards 1
- Feet together jump & bounce forwards
- Feet together jump & bounce sideways
- Feet together jump & bounce forwards 2, backwards 1

# BALL MASTERY

- **Heel / Toe Roll** :- Roll ball up and down sole of foot from heel to toe keeping contact with the ball at all times
- **Inside Outside Roll** :- Same but now moving ball from inside to outside of sole of foot
- **Circle Roll** :- Moving ball with same foot in a circular motion
- **Front foot Dribble** :- Small touches using the front of the foot only (laces)
- **Big Toe / Little Toe** :- Move ball with Inside of big toe, followed by outside of little toe in a zig zag fashion
- **Big Toe, Big Toe / Little Toe Little Toe** :- Same but now 2 touches with big toe followed by two touches of little toe
- **Side Sprints**:- Ball in between feet moving ball from side to side in a pendulum fashion
- **Side Sprints forwards / backwards** :- Same but now moving ball forwards and backwards
- **Side Sprints Side to Side** :- Now move body to left whilst performing 3-4 side sprints and then back to the right in a zig zag
- **Pull Push** :- Pull ball back from heel to toe and push forward with the laces
- **Pull Push Inside / Outside** :- Pull ball across body using the pull and out of body using the push, repeat both sides
- **Pull Push Behind** :- Pull ball to side & behind standing foot and using inside of big toe push across to control with other foot
- **Side sprints w / pull push combo** :- As described above
- **Sole Taps** :- Little touches on ball using front of the sole of the foot
- **Sole Taps forwards / backwards** :- Same, moving ball backwards and forwards
- **Sole Taps w / pull push behind combo** :- Same but now add a pull push behind
- **Sideways Rolls** :- Body square to the ball, roll whole foot over the ball inside of foot first and quickly repeat
- **Sideways Rolls change over left to right** :- Same but change ball from left to right with a roll across body
- **Sideways Rolls w/ roll over step over** :- Same but now roll across body while performing a step over
- **Figure 8 dribbling** :- Dribbling ball in a figure 8 between two cones

# THE LANGUAGE

|                                                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>ARM FLASH</b> - Player must use arm and body to protect ball.                                                                          |
| <b>BE PROVOCATIVE</b> - With or without the ball, players should look to test the opposition by making aggressive penetrative movements.  |
| <b>One - Two</b> – Players must look to perform a quick 1-2 combination pass.                                                             |
| <b>BREAK LINES</b> - Constantly look to penetrate the opposition with runs, passes, dribbles, crosses or shots.                           |
| <b>CONNECT PASSES</b> - Passes should be made to players feet and not leading. “Utilize when we wish to keep possession”                  |
| <b>CORRECT FOOT</b> - Player must use the foot that is under the least amount of pressure.                                                |
| <b>DECISIONS</b> – Triggers players to search for more options, starting with the easy choice and progressively thinking more creatively. |
| <b>EXPLODE</b> – Once a move is performed, players must change speed and direction to accelerate away from opponent                       |
| <b>HEELS TO THE LINE</b> - Players must recognize when to break wide and open the field up by running to the touch line.                  |
| <b>INTELLIGENT FEET</b> - Players must always adjust their feet and avoid stretching for the ball as much as possible.                    |

# MOVEMENT SHEET

**MAN ON** – There is immediate pressure on the receiving player. And they should prepare their body shape and thoughts to keep possession.

**PLAY THE WAY YOUR FACING** - The player must recognize that the pressure is so tight a pass in the direction they are facing is the only option.

**POSITIVE TOUCH** - Players must take directional touches of the ball

**PRESS THE FIRST TOUCH** - Players must press the opponent who has the ball so they are not able to turn and face forward.

**RE-CONNECT** - Players must reconnect, 4 to 5, 7 to 8 and so on.

**RELAX** – The player in possession must relax and slow play down.

**RELEASE** - Can the player play a leading pass for a team mate that changes the phase from possession to attack.

**RESET ATTACK** – When the attack is blocked, players must maneuver the ball back and around the field to attack from a different point.

**SCAN** - On and off the ball, the player must look over shoulders to identify where the pressure or next pass is.

**SEARCH** – The player in possession must get their head up and search for the correct option.

**SEE PASS TWO** – Triggers players firstly to think then to see and finally communicate where the next ball goes after they pass it.

**SIDEWAYS ON**– The player must open shoulders and hips to set themselves to receive the ball.

**TIME** - Player have time to turn, face forward and be positive. There is no immediate pressure on the player

# 8 WEEK SEASONAL PLAN

1. Change of Directions – Turns with the inside and outside of the foot
2. Change of Direction – Turns with the sole of the foot and advanced turns
3. Change of Direction – Fakes with the inside and outside of the foot
4. Change of Direction – Fakes with the sole of the foot and advanced fakes
5. Running with the ball and 1 vs 1's
6. 1 vs 1's, 2 vs 1's to targets and goals
7. Possession and combination play
8. 4 vs 4 – Conditioned games and Dutch Tournament



# SESSION PLAN OVERVIEW

Each session will follow the same format. The format is designed to get the player into game situations right from the start of training. There are 3 phases that the session will go through, progressively getting more challenging and competitive:

1. Related Warm-Up
2. Topic Activity (technical)/ Progression (functional)
3. Small Sided or Conditioned Game
4. 5 vs 5 OR 6 vs 6 Game

Each session will last 60 minutes.

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## Session One: Change of Direction: Turns with the inside/outside



# WARM-UP: TOUCHES ON THE BALL



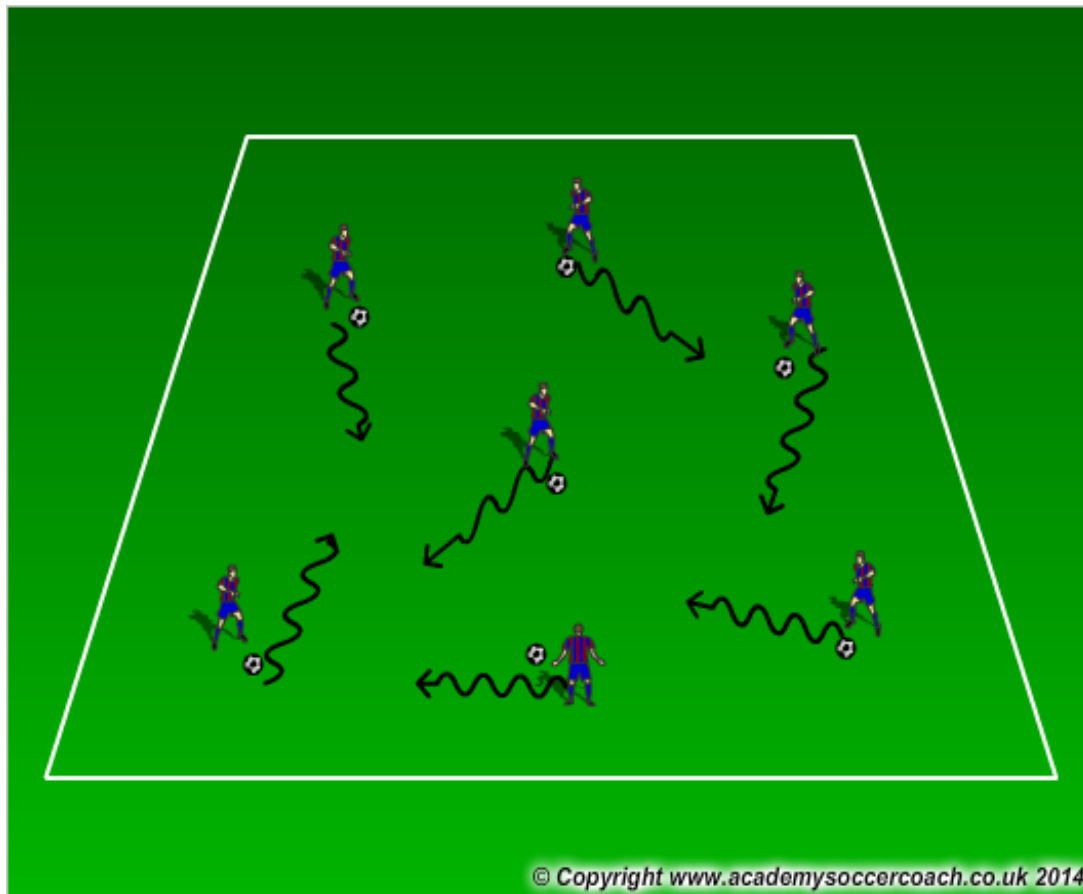
**Area:** 30 x 30 yards area. All players with a ball.

**Description:** All players dribble around the area taking small touches with different surfaces of the feet. Every touch counts as a point. Coach times activity for 2 minutes. Players record number of touches within the time frame.

**Progression:**

**Coaching Points:** Players concentrate on small, close touches with a touch on the ball every time they take a step. Change direction every 6-8 touches with a turn or a fake. Use other players as a guide as to when to turn or fake, i.e. if someone is in your way, do a turn or fake

# DRIBBLING: TURNS



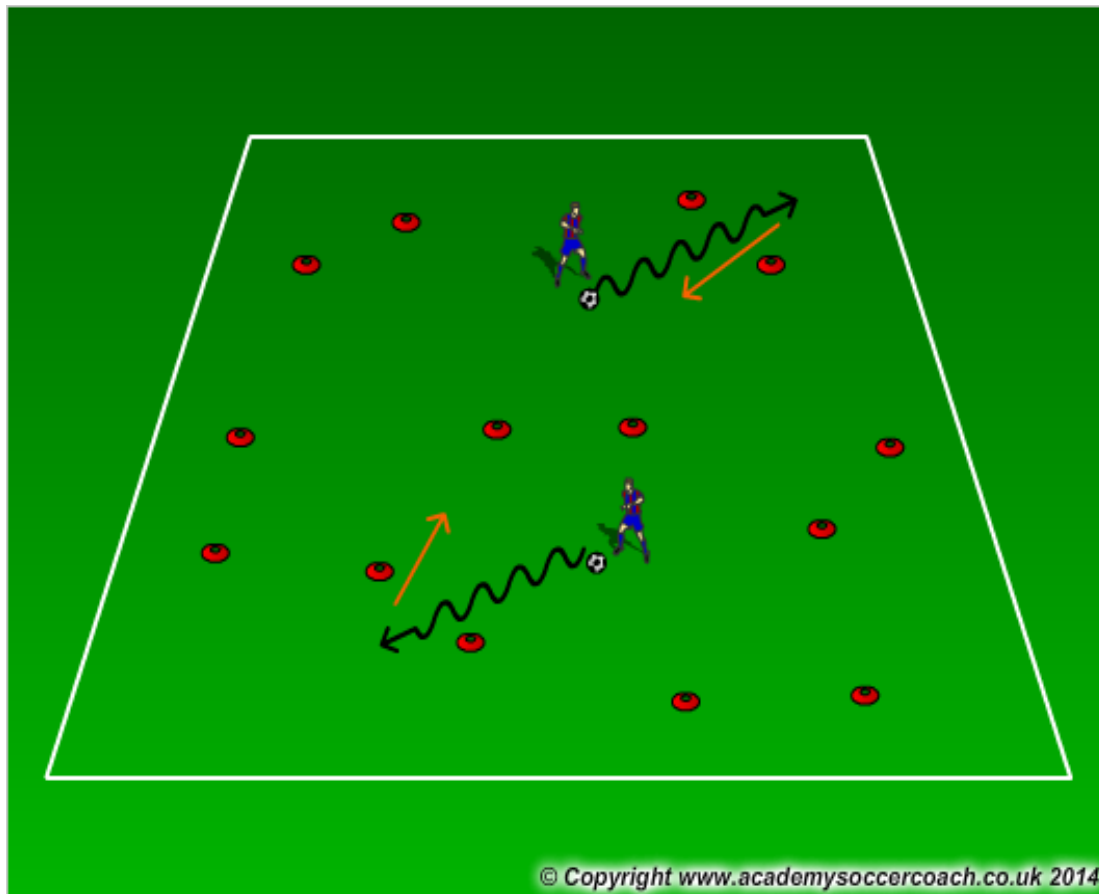
**Set-up:** 30 x 30 yard area. Players working individually with 1 ball per player.

**Description:** Coach leading the activity calling out different dribbling surfaces and coordination activities with the ball (toe taps, tic tock, zig zags etc).

**Moves:** Inside/outside cut, Cruyff, pull push behind

**Coaching Points:** Correct dribbling technique, dependent on the surface of the foot being used: inside and outside (one in/one out)

# DRIBBLING: GATES



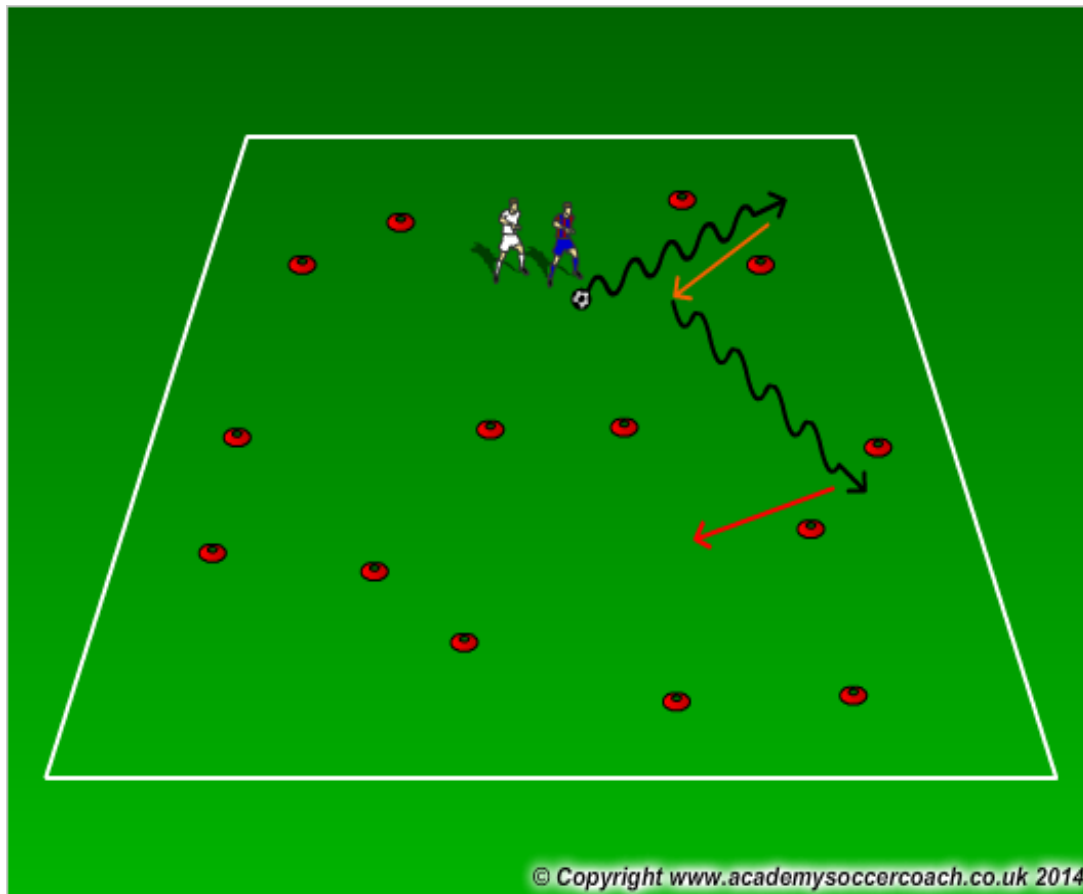
**Set-up:** Repeat in the same area. Add cones (gates 2 yards apart) scattered randomly around the area. Players working individually with 1 ball each.

**Description:** Players dribble around the area attempting to execute the move through the gates. Repeat to different gates around the area.

Moves: Dribbling with the in-step and out-step

**Coaching Points:** Try to perform the move after dribbling through the gate. Concentrate on move (Change of Direction) rather than speed. Try to get the ball out of your feet after the turn and take a positive touch away from the gates. Add change of speed after the move.

# 1 VS 1's: GATES

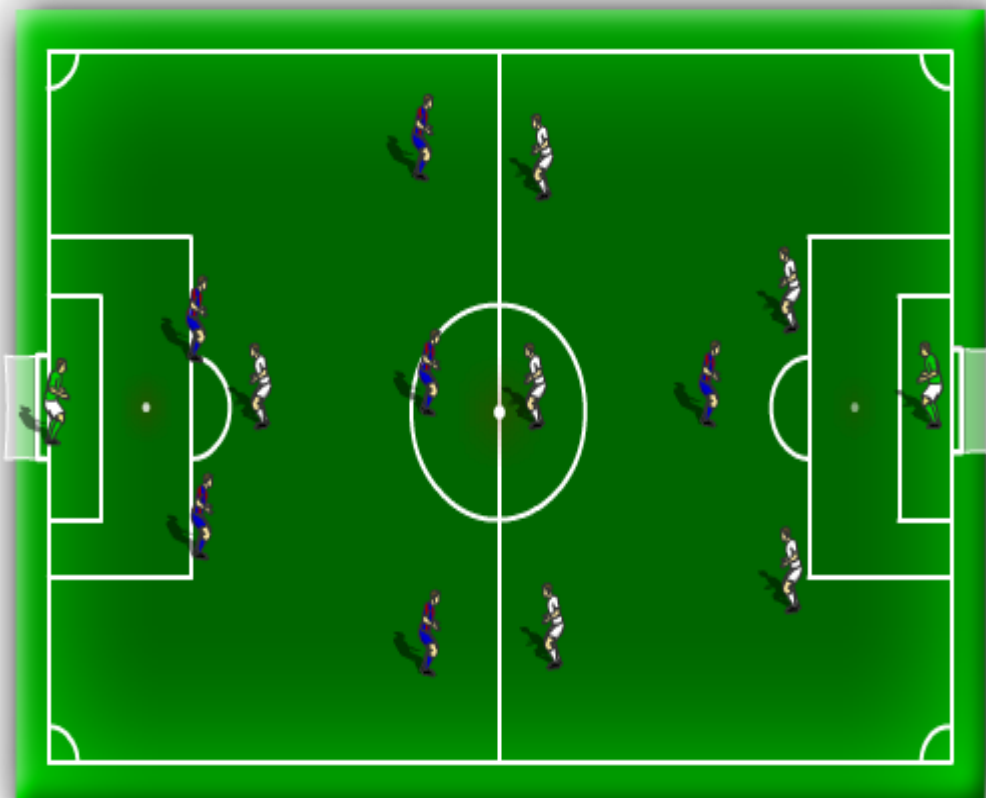


**Set-up:** Area same as above. Players in pairs with 1 ball per pair.

**Description:** Player 1 has the ball and attempts to dribble around the area, moving through the different gates. Player 2 tries to stop them and win possession. Once possession is lost, ball goes back to Player 1. Perform 1-2 minute rotations.

**Coaching Points:** Player 1 (attacker) uses body to shield the ball and dribbles for the open gates. If defender comes in from the side or gets in front of you, use a move to change direction. To increase difficulty, Player 1 has to perform a turn through the gate(s). Add points to make the activity more competitive or change partners with each rotation.

## 5 vs 5 or 6 vs 6: Conditioned Game(s)



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**Area:** 35 x 55 (dependent on area available)

**Description:** Separate players into teams of 6. Make 2-3 fields based on numbers.

**Coaching Points:** Emphasize the key points that have been worked on over each week; Dribbling under control, dribbling with inside and outside of the foot.

**Progression:** Add neutral players or target players, dependent on the number of players available.

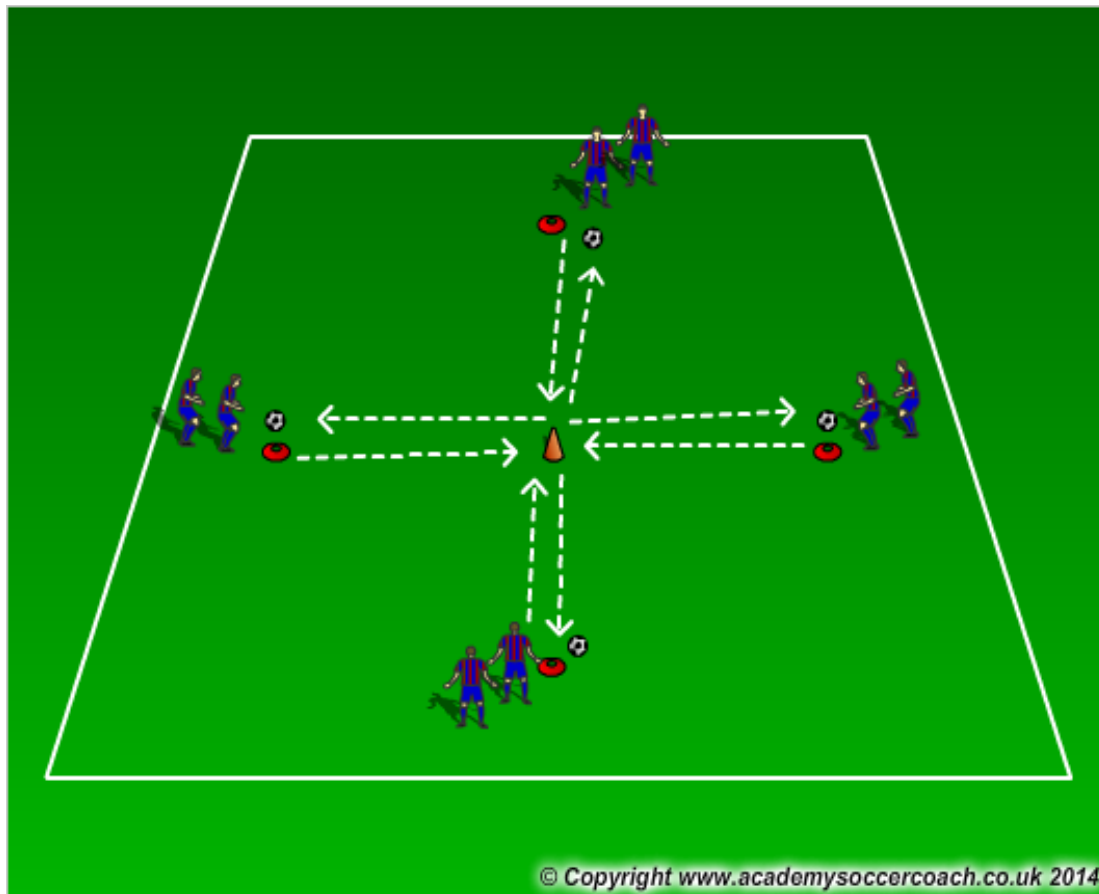
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## Session Two: Change of Direction: Turns with the sole/advanced





# WARM-UP: TURNS FROM THE CENTER



**Set-up:** 4 cones in a cross formation, approximately 10-15 yards from the center cone. Players in groups of 2/3 at each of the outside cones. 1 ball per group.

**Description:** First player from each line dribbles into the center cone, performs a turn and then dribbles back to the next player in the line. All players at the front of the line dribble at the same time. Vary turns, touch conditions and add competition.

**Coaching Points:** Quick, small touches into the middle. Turn in as few touches as possible. Add change of speed after the turn. Good pass to the next player. Player receiving the ball to be on their toes and take a positive first touch forward.

**Moves Covered:** Turns with the inside, outside and sole of the foot.

# DIAMOND WARM-UP: TURNS



## **Area:**

20 x 20 Diamond with cones on the inside.

## **Description:**

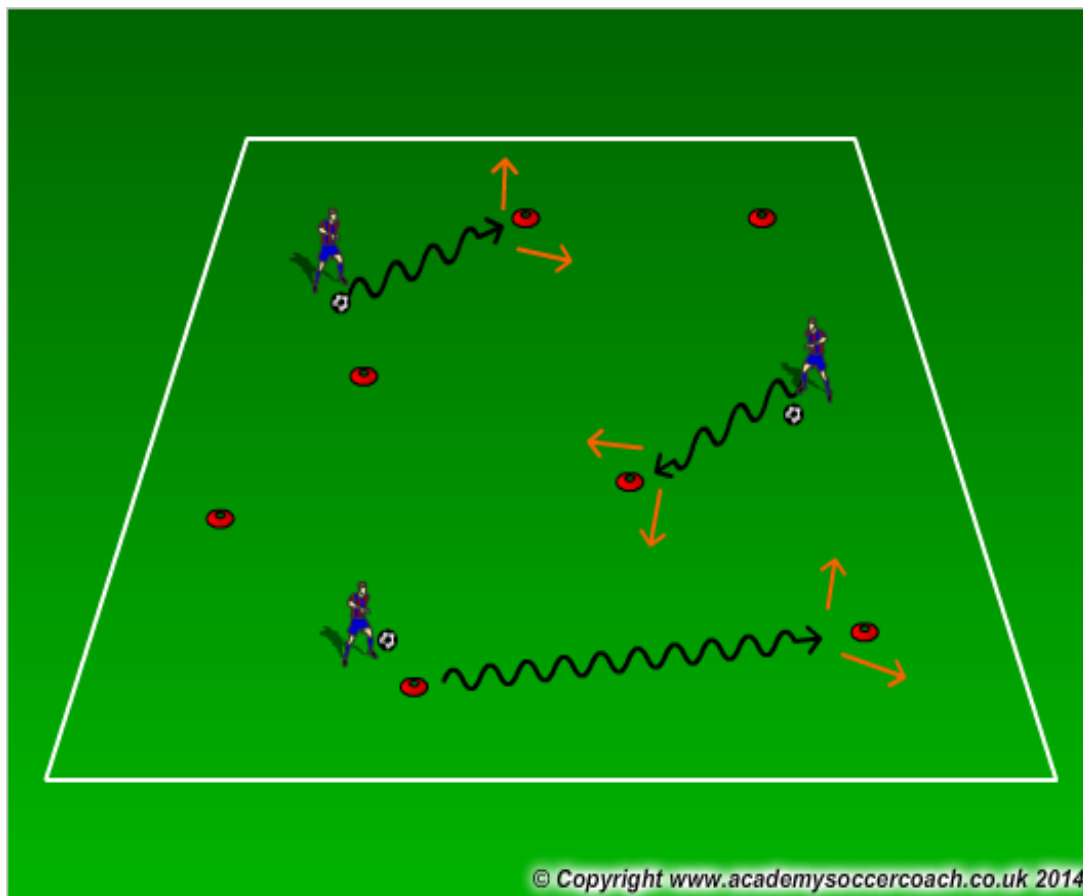
Players in 2's and 3's at outside cones. Players dribble into area and turn at the center cone. Perform passing variations:

- 1) Dribble, turn and pass to next player
- 2) Dribble, turn and play 1-2 to outside space with next player
- 3) Dribble, turn and play 1-2 around the outside cone with next player
- 4) Dribble, pass to center player, pass back and lay-off for next pass to outside player. Rotate center players with each passing combination.

## **Coaching Points:**

Quality and speed of the pass  
Preparation and first touch  
Communication and movement before the pass

# DRIBBLING: TURNS



**Set-up:** Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

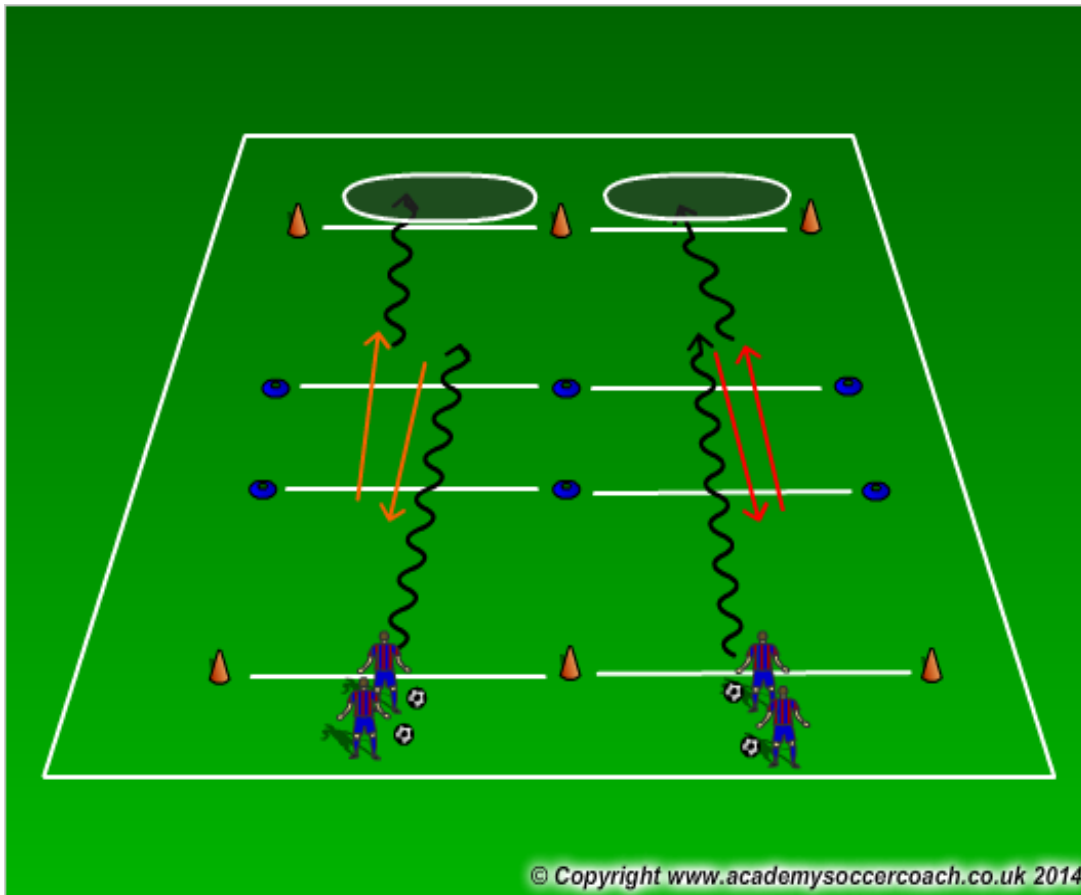
**Description:** Players dribble around the area attempting to execute the move in front of a cone (imaginary defender). Repeat to different cones around the area.

Moves: Inside Cut, Outside cut, stop-turn

**Moves:** Pull-backs, step-over, stop turn

**Coaching Points:** Try to perform the move before the cone. Not too far away or defender would cover, but not too close that the defender could steal. Ideally 2 yards away from the cone, depending on move. Concentrate on move (Change of Direction) rather than speed. Touch to the outside, not directly to the cones after move. Add change of speed after the move.

# CHANGE OF DIRECTION: TURNS TO AN END LINE



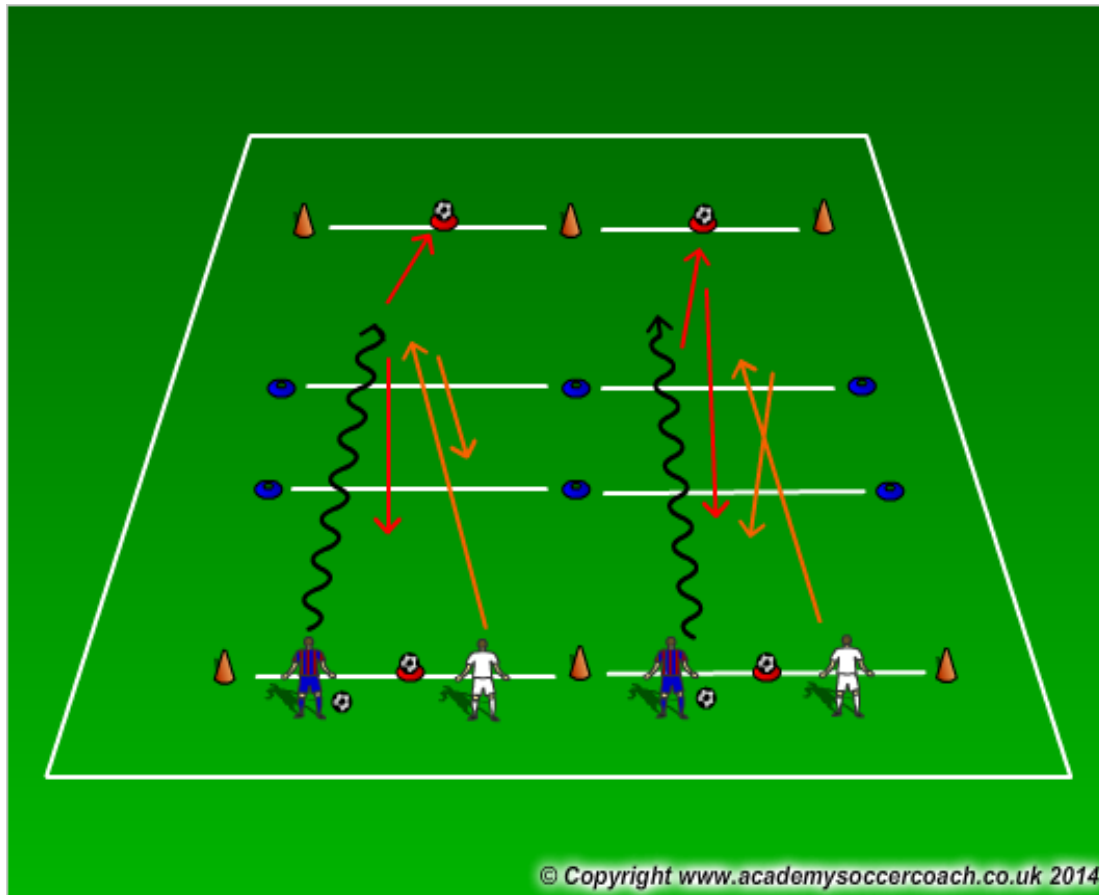
**Set-up:** Channels to be 5-7 yards apart, 20-25 yards long with a center area of 5 yards. Players in lines of 2-4 set-up at the end of each channel. All players have a ball.

**Description:** Players dribble up the channel and perform 2 turns in between the center cones. After turns dribble to the end line and stop the ball under control. Dribble back down the outside of the area to the back of your channel line.

Use turns from warm-up.

**Coaching Points:** Perform different turns between the center cones. Concentrate on a good change of direction with reduced touches and a change of speed after the 2<sup>nd</sup> turn. Ball must be under control and stopped on the end line. Add points for extra competition.

# CHANGE OF DIRECTION: 1 vs 1 TURNS TO A TARGET

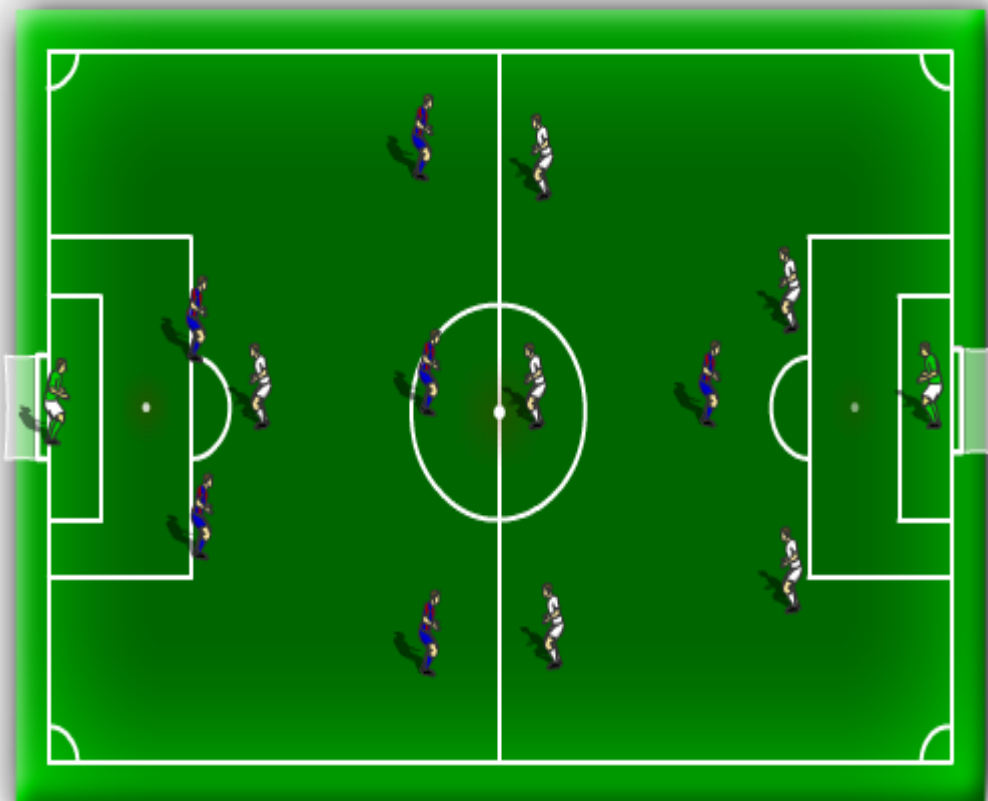


**Set-up:** Players in pairs with 1 ball per pair. Add a target (ball balanced on a cone) at each end of the channel.

**Description:** Player 1 has the ball and attempts to dribble up the channel. Player 2 cannot move until Player 1 takes their first touch. Player 2 then becomes the defender. Player 1 can either dribble to the far target, or turn and come back to the near target (once they have passed the center cones). Once possession is lost stop and return to the start. Rotate positions each time.

**Coaching Points:** Player 1 (attacker) uses body to shield the ball and dribbles with the ball on the outside foot. Positive first touch. Use moves if the defender attempts to tackle or blocks space. Use multiple moves (changes of direction) to beat the defender.

## 5 vs 5 or 6 vs 6: Conditioned Game(s)



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**Area:** 35 x 55 (dependent on area available)

**Description:** Separate players into teams of 6. Make 2-3 fields based on numbers.

**Coaching Points:** Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

**Progression:** Add neutral players or target players, dependent on the number of players available.

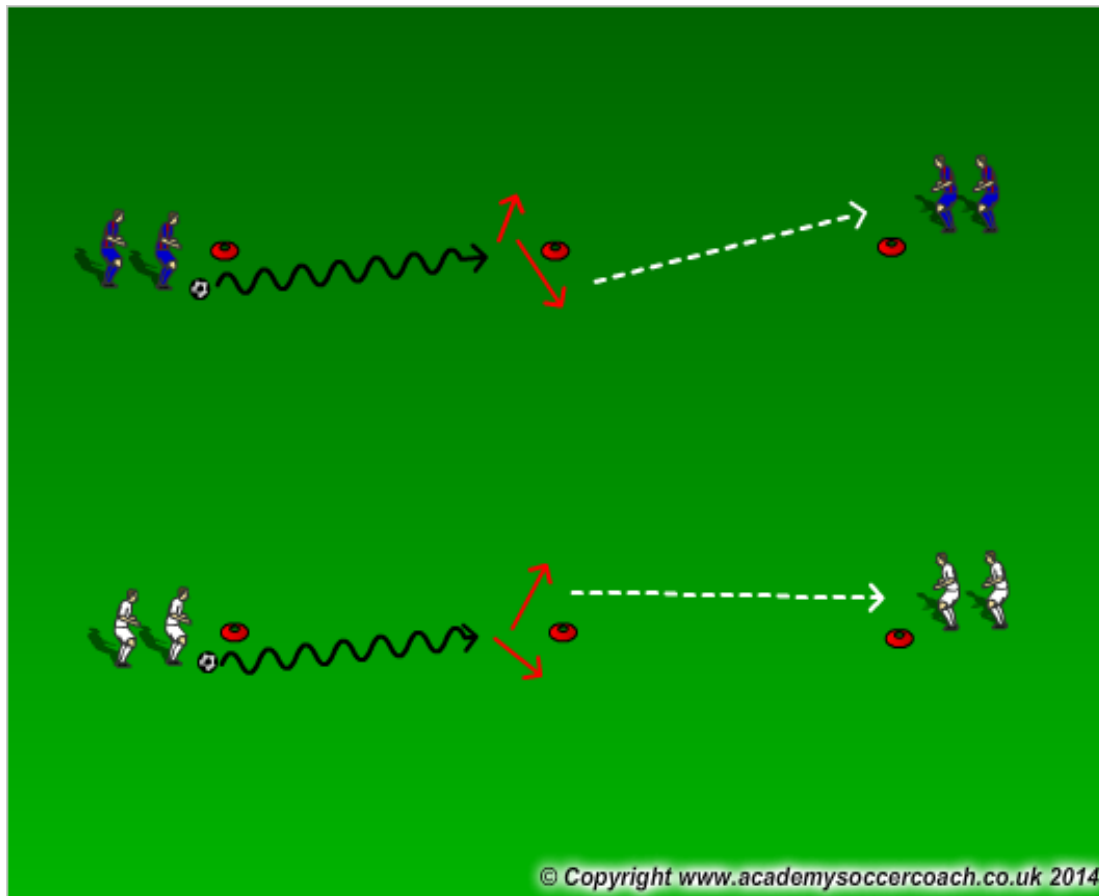
Moves: Add points/goals for successful turns within the game.

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## Session Three: Change of Direction: Fakes with the inside/outside



# PASS AND FOLLOW WITH FAKES



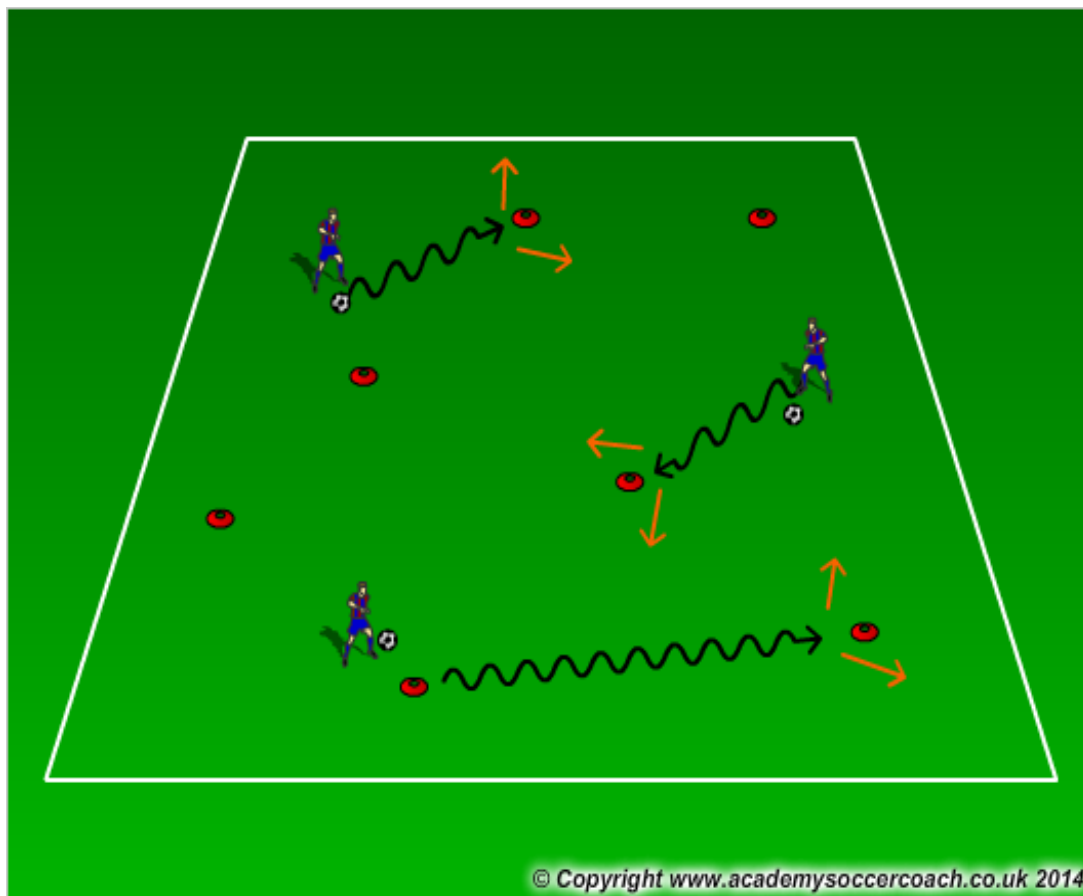
**Set-up:** Players Approximately 20 yards apart (center cone @ 10 yards). Multiple players in line(s) depending on #'s. 1/2 Balls per group, depending on #'s.

**Description:** Player(s) with the ball dribble across the area, staying to the right side of the cones and at the half way cone pass to the opposite player. All players follow their pass. Players perform a fake before and around the center cone, then pass to the opposite line of players.

**Coaching Points:** Dribble with close control, concentrating on the dribbling combination. Quick touches rather than speed. Fake around imaginary defender (cone) and make sure the change of direction is big. Add in change of speed after fake; positive first touch out of the fake. Quality pass to the opposite player, concentrating on accuracy and speed of the pass.



# DRIBBLING: FAKES



**Set-up:** Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

**Description:** Players dribble around the area attempting to execute the move in front of a cone (imaginary defender). Repeat to different cones around the area.

Moves: Inside Cut, Outside cut, stop-turn

**Moves:** Side-steps, mathews, tick-tock

**Coaching Points:** Try to perform the move before the cone. Not too far away or defender would cover, but not too close that the defender could steal. Ideally 2 yards away from the cone, depending on move. Concentrate on move (Change of Direction) rather than speed. Touch to the outside, not directly to the cones after move. Add change of speed after the move.

# 1 VS 1's: TO TARGET GOALS

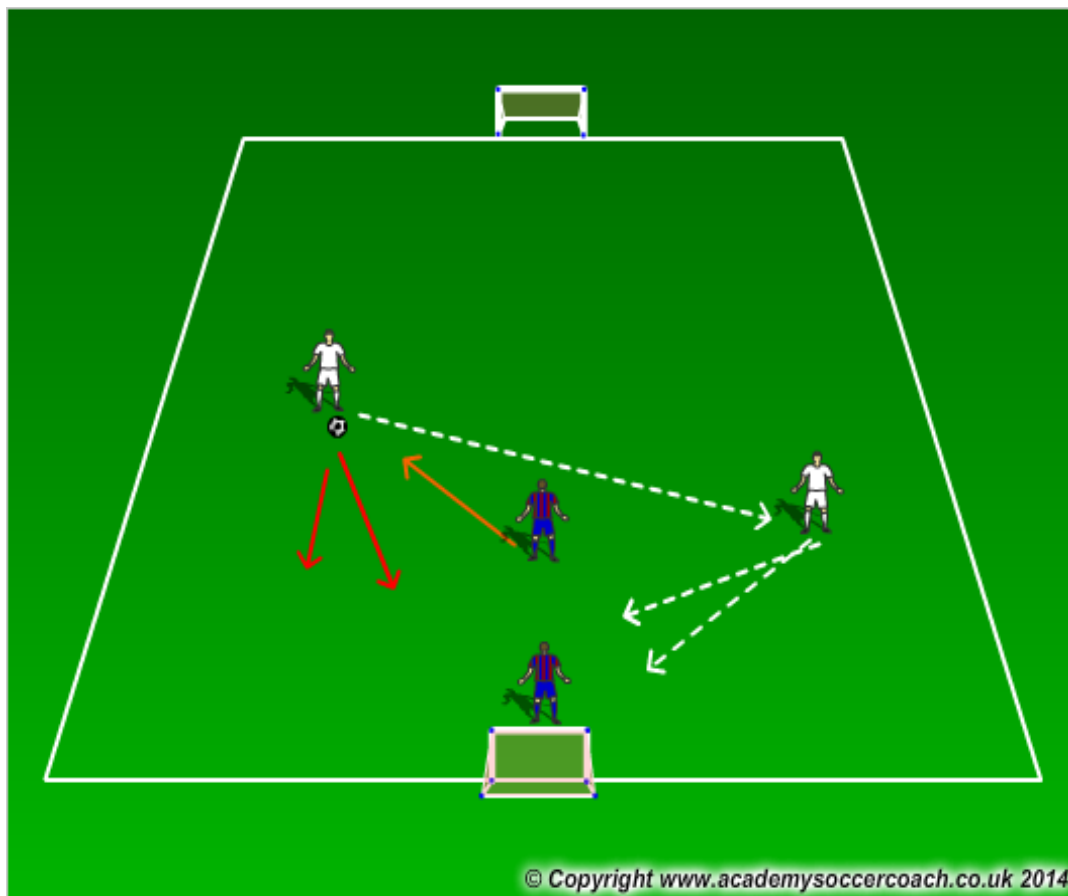


**Set-up:** Defender and attacker 20 yards apart. Gates (3 yards wide) on each side of the area with target goal 5 yards from gates. 1 ball per pair. Arrange pairs behind each line, based on the number of players.

**Activity:** Defender passes the ball to the attacker. Attacker attempts to dribble through either side-gate and then shoot into a target goal. Rotate positions each time.

**Coaching Points:** Good pass to start off the activity. Attacker takes positive first touch in the direction you want to go. Attack the defender at speed making them commit to the ball. Shoot as soon as you are through the gates and have space to do so.

## 2 vs 2 GAME: 2 vs 1 + GK

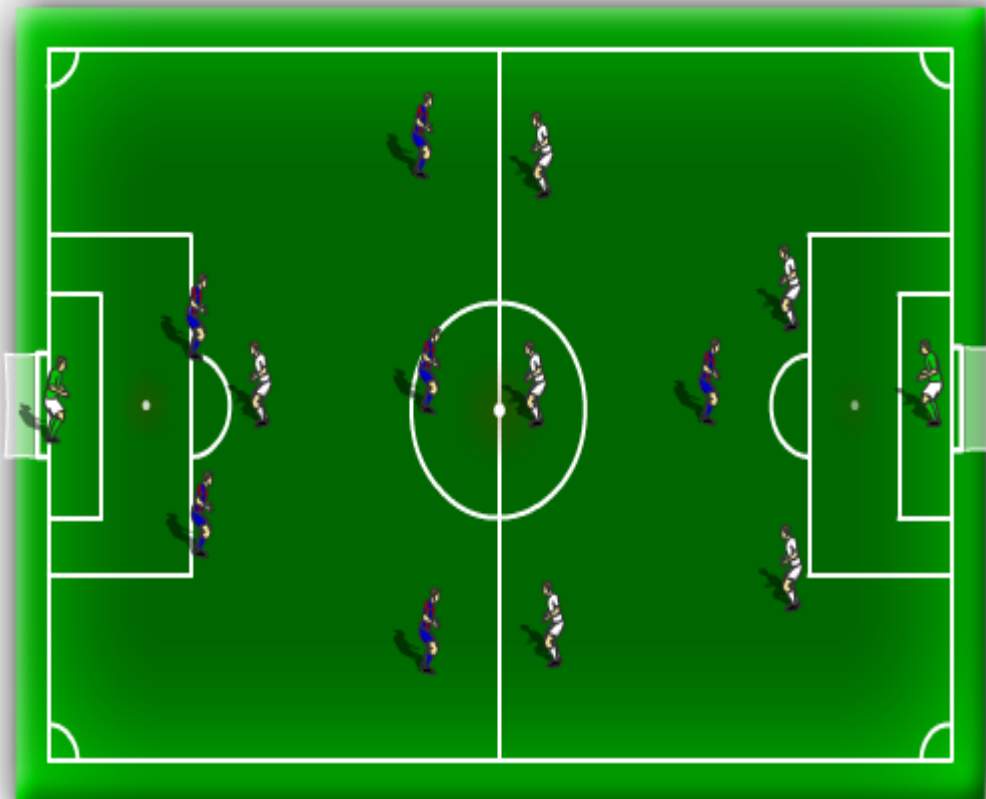


**Set-up:** 20 x 40 yard area with 2 target goals. Players in teams of 2. Supply of balls outside of the area.

**Activity:** 2 vs 2 games with varying conditions. First game the attacking team must send both players to attack (to score, both players have to be over the half way line). Defending team have 1 player as the GK and the other as the defender. If the defending team wins the ball they then transition to the attacking team, with both players attacking. The attacking team transition to the defending team, sending 1 player back as the GK and the other remaining as a defender.

**Coaching Points:** Both attacking players must move forward. Make the area bigger by using the outside. Stay wide and isolate the defender. Beat the defender with a move if the opportunity arises or play give and go combinations. Defending team should recover quickly into position.

## 6 vs 6: Conditioned Game(s)



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**Area:** 35 x 55 (dependent on area available)

**Description:** Separate players into teams of 6. Make 2-3 fields based on numbers.

**Coaching Points:** Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

**Progression:** Add neutral players or target players, dependent on the number of players available.

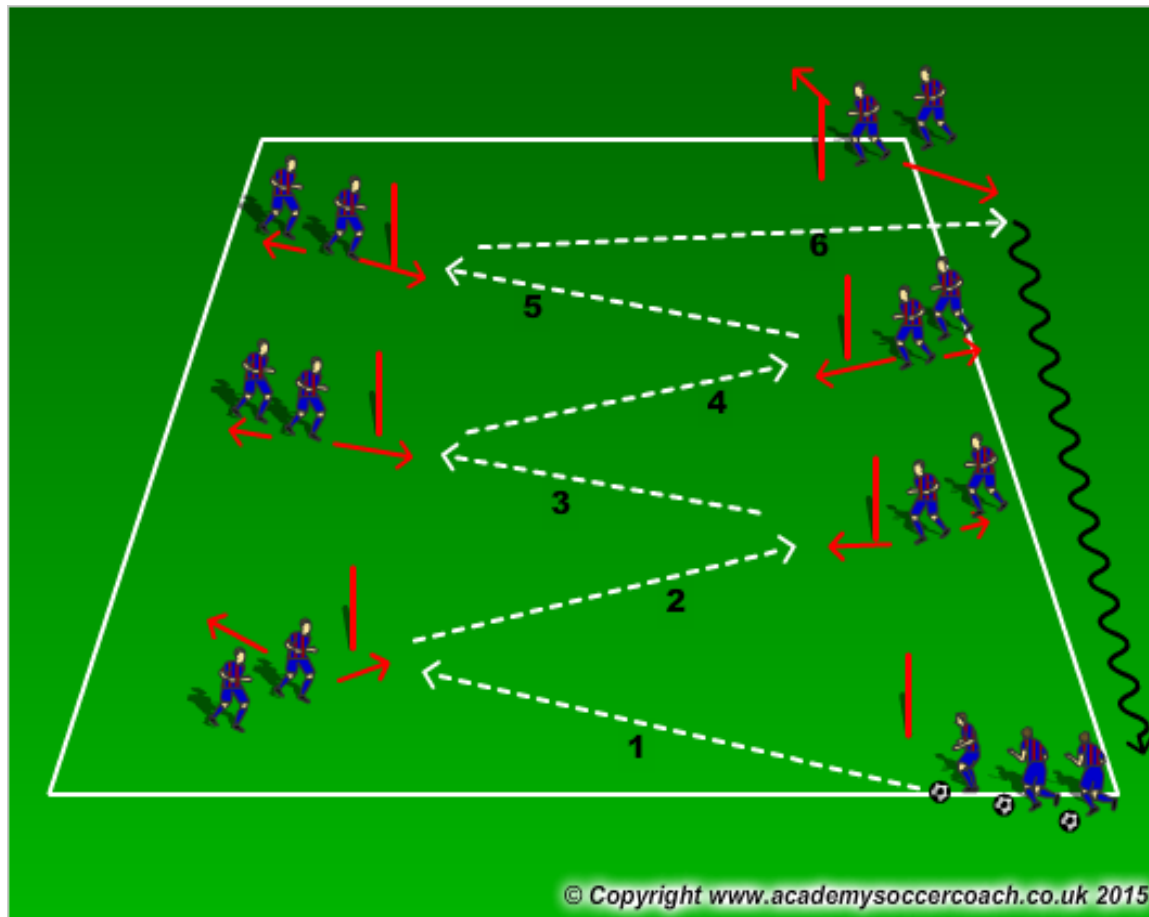
Moves: Add points/goals for successful fakes within the game.

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## Session Four: Change of Direction: Fakes with the sole/advanced



# LIVERPOOL PASSING WARM-UP



**Area:** Poles or cones marked out 12 yards apart in a zig zag pattern.

**Description:** Players at the start with a ball. The first player to receive checks away and pass # 1 is played into his feet, the players should receive inside of the pole and pass with his 2<sup>nd</sup> touch, following pass through.

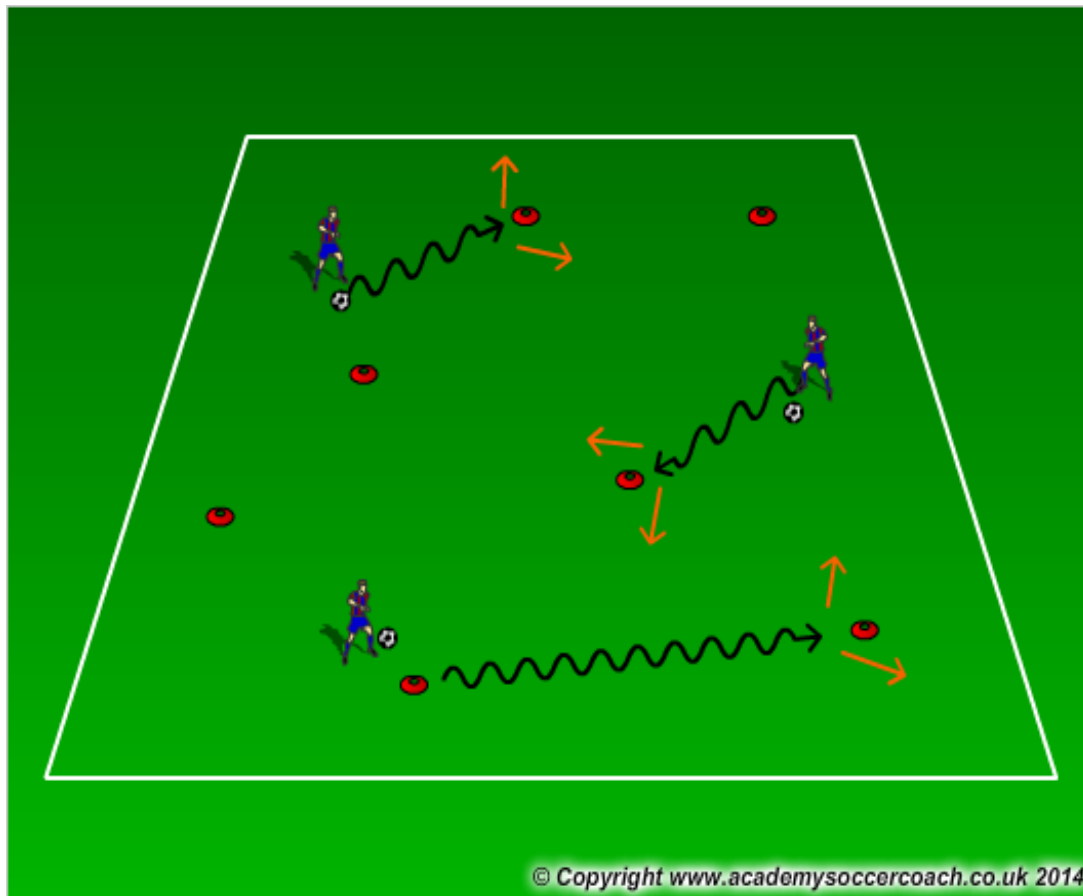
**Progression:**

- # 1 – Receive around the Pole, checking to ball and then back peddaling to receive around pole
- # 2 – Pass, Pass & Set, in front of pole, tight 3 pass sequence
- # 3- Wall pass around the pole

**Coaching Points:**

- # 1 – Timing of movement off the pole
- # 2 – Game speed movements and passes
- # 3- First touch attacks the space

# DRIBBLING: FAKES



**Set-up:** Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

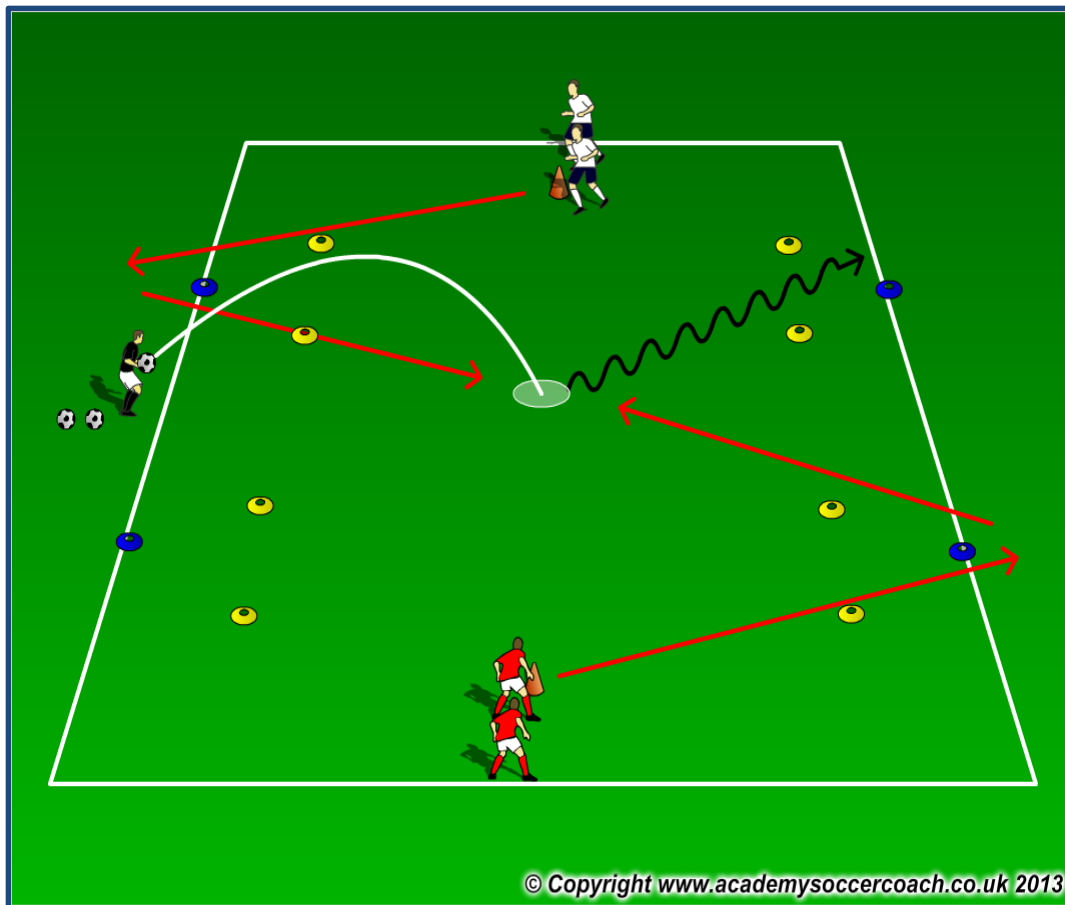
**Description:** Players dribble around the area attempting to execute the move in front of a cone (imaginary defender). Repeat to different cones around the area.

Moves: Inside Cut, Outside cut, stop-turn

**Moves:** Roll-overs, v-pull, scissors, step-overs

**Coaching Points:** Try to perform the move before the cone. Not too far away or defender would cover, but not too close that the defender could steal. Ideally 2 yards away from the cone, depending on move. Concentrate on move (Change of Direction) rather than speed. Touch to the outside, not directly to the cones after move. Add change of speed after the move.

# 1 VS 1's: CHANGE OF DIRECTION



**Area:** Start cones are 15 yards apart, wide cones are 15 yards apart and 5 yards from start cones, gates are 2 yards wide, and 3 yards from wide cones.

## Description:

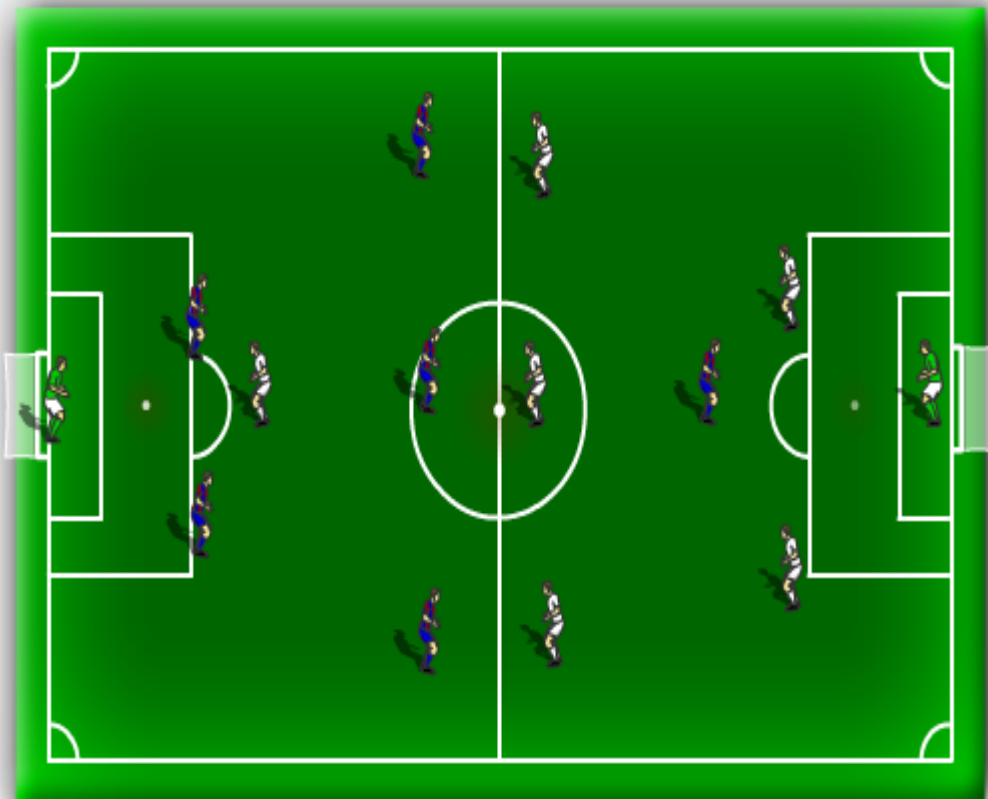
Separate the group into 2 teams, the first player from each line play 1v1. Players must react to the ball being played in, then run around the wide blue cone before challenging for the ball. To score the players must dribble through one of the gates.

## Coaching Points:

Always protect the ball  
Correct Foot  
Scan  
Quick acceleration after move  
Moves: Use turns/fakes from Week 1-3



## 5 vs 5 or 6 vs 6: Conditioned Game(s)



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**Area:** 35 x 55 (dependent on area available)

**Description:** Separate players into teams of 6. Make 2-3 fields based on numbers.

**Coaching Points:** Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

**Progression:** Add neutral players or target players, dependent on the number of players available.

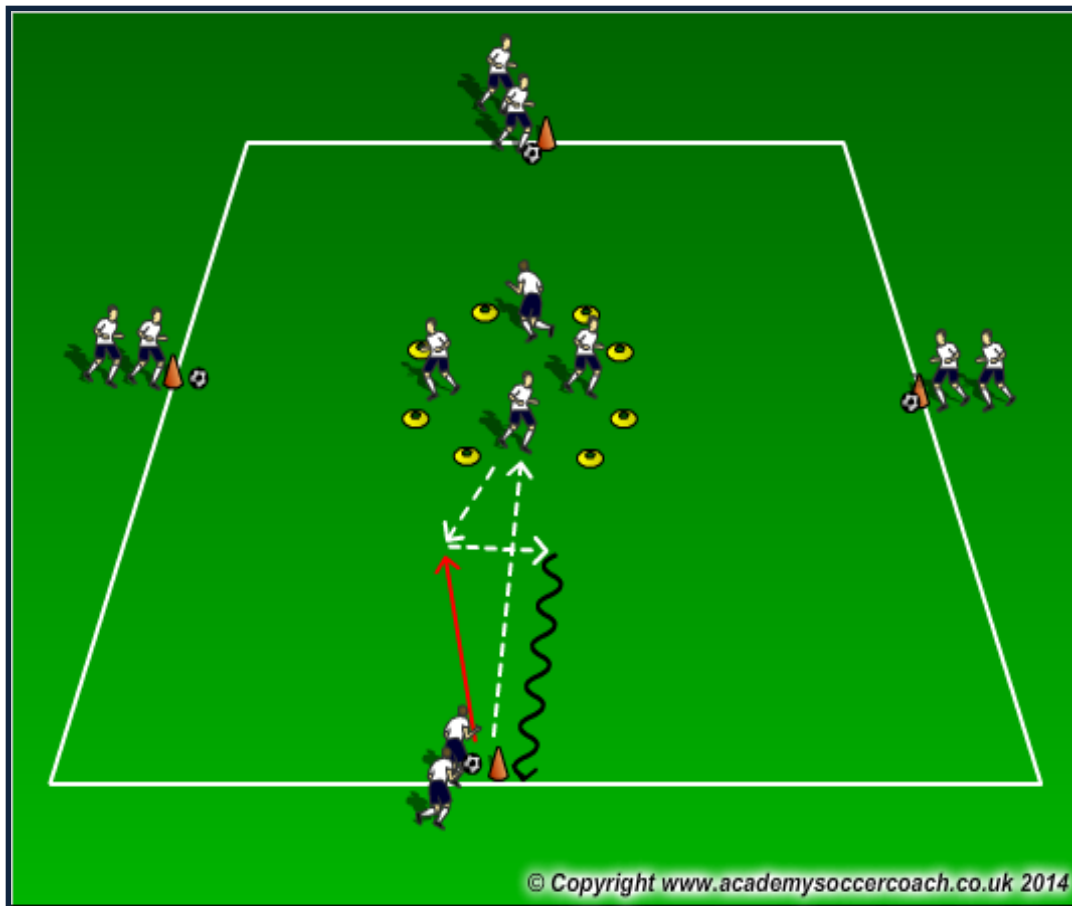
Moves: Add points/goals for all 1 vs 1 moves

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## Session Five: Running with the ball & 1 vs 1's



# PASSING WARM-UP: LATRONICA



**Area:** 20x20 yard grid

**Description:**

Separate players equally around grid on the outside. 1 player from each line starts in the middle. Players perform passing patterns. Add gates between inside and outside players to complete passing combinations.

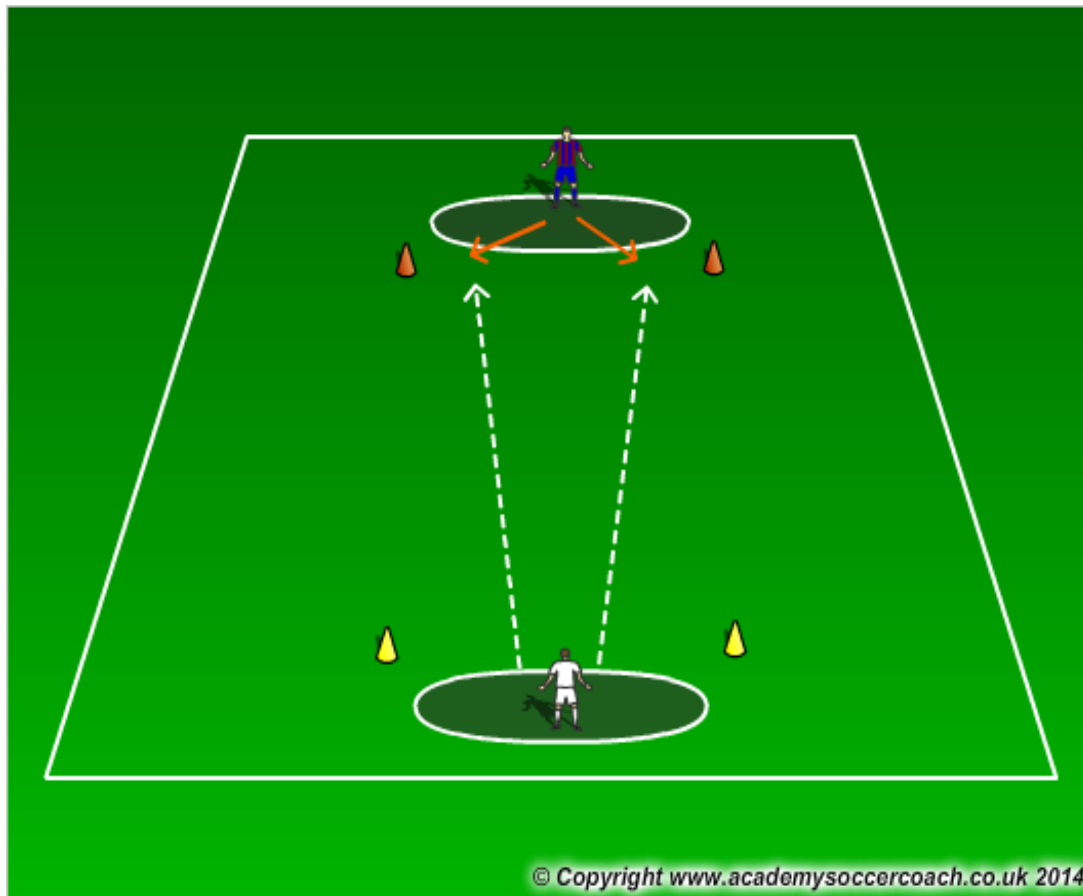
Passing Patterns:

1-2 to feet, 1-2 to feet (with movement to outside gate), 1-2 between 3 players

**Coaching Points:**

- Short sharp touches on the ball
- Check back to receive ball
- Vary passing surfaces – focus on inside of the foot
- Vary receiving technique
- Scan as they dribble
- Scan before they receive the ball

# FINISHING: 1 vs 1 GAME

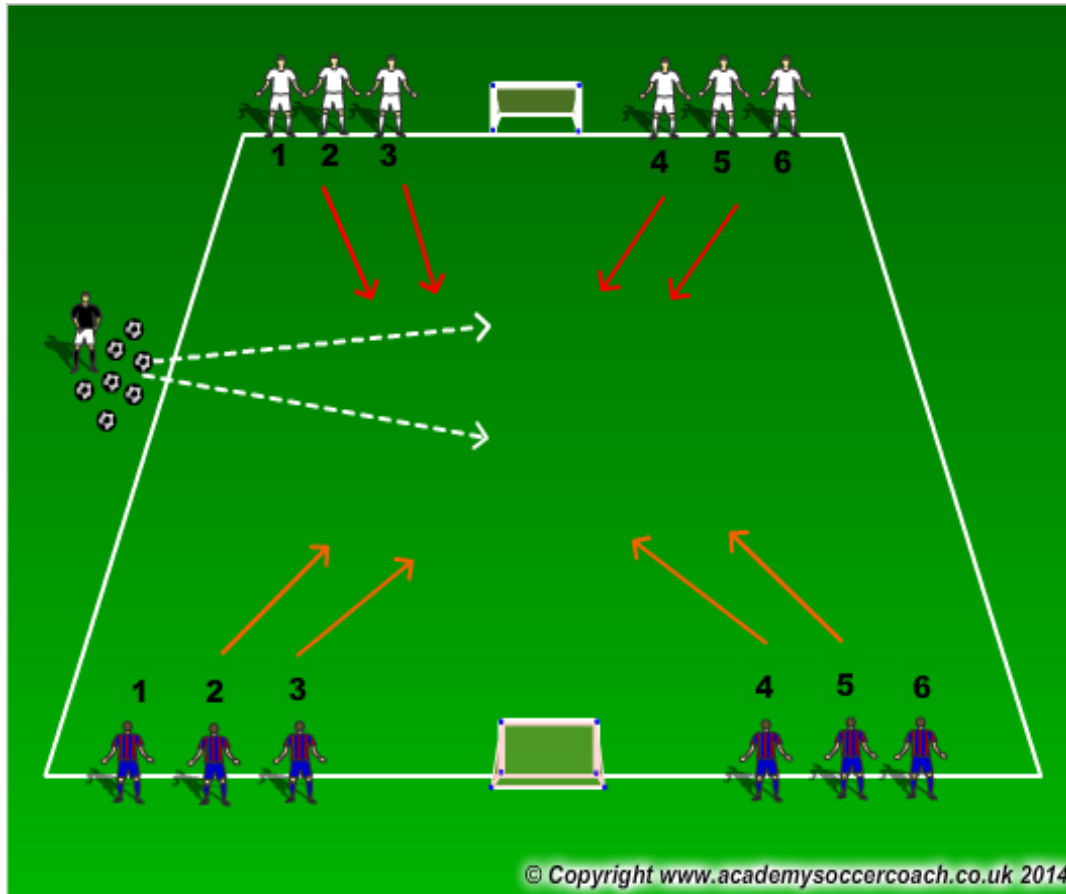


**Set-up:** Gates (3-5 yards apart) set up 15-20 yards away from each other. Players in pairs with 1 ball, on opposite side of the area, each between a gate.

**Description:** Players attempt to pass the ball across the area between their partners gate. Points are given if your partner does not control the ball in between their cones or if they come in front of their cones. Points also given if the pass does not go in between the gates. Vary the touch and passing conditions. Play for 2 minute games. Ball has to travel at below knee height.

**Coaching Points:** Passes have to be hit with enough speed (weight of pass) to get the ball across the area. Concentrate on striking the ball correctly, with the knee and upper body over the ball. Follow through to increase accuracy. First touch to the sides if possible. Strike the ball in front of the body. Try to move your partner around instead of passing directly to them.

# 1 VS 1's: TEAMS TO LARGE GOALS

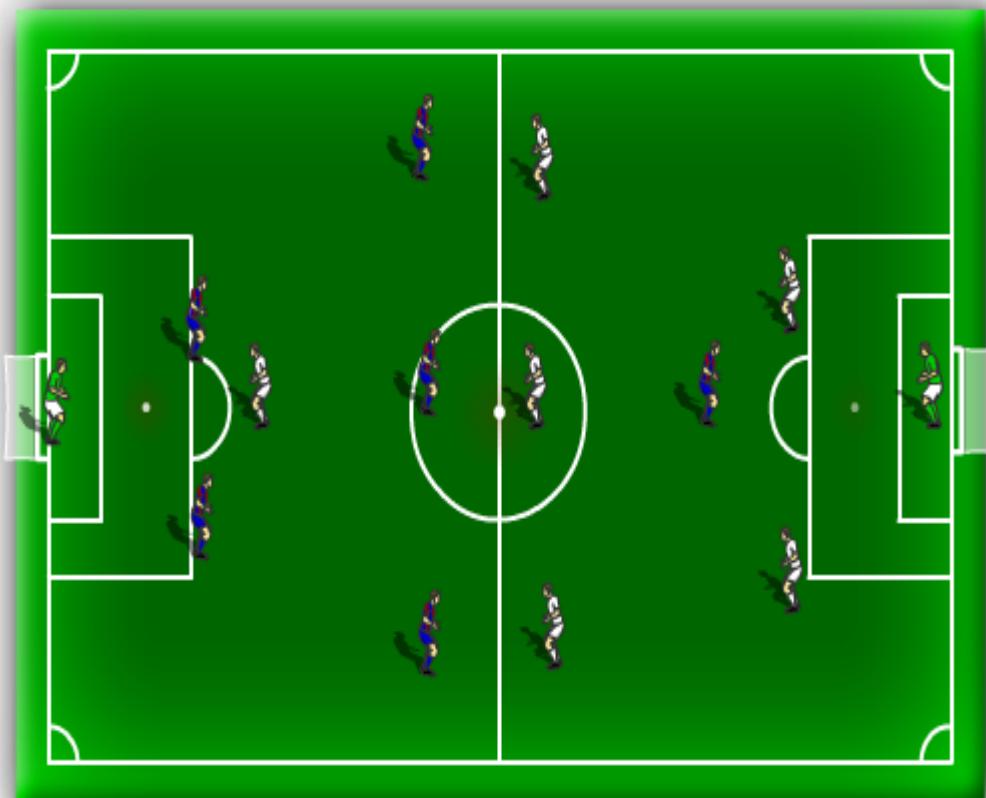


**Set-up:** 40 x 60 yard area. 2 large target goals (1 on each end line). Players in teams of 4-6 split evenly on either side of the target goals. Number each team 1-6 (depending on number of players). Coach on the outside of the area with a supply of balls. Add GK's to progress.

**Description:** Coach calls out a number and passes a ball into the middle of the area. The numbered player(s) from each side of the area run into the area and attempt to win possession of the ball. The first player to the ball becomes an attacker, the second player becomes a defender. Once the ball is either outside of the area or in one of the target goals the players go back to their lines. Coach varies the calls to include 1 vs 1 and 2 vs 2's.

**Coaching Points:** Concentrate and listen for the coaches' call. When you hear your number get to the ball as quickly as possible. If you are the attacker be positive and try and beat the defender. Use changes of direction (moves) and changes of speed to beat the defender.

## 5 vs 5 or 6 vs 6: Conditioned Game(s)



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**Area:** 35 x 55 (dependent on area available)

**Description:** Separate players into teams of 6. Make 2-3 fields based on numbers.

**Coaching Points:** Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

**Progression:** Add neutral players or target players, dependent on the number of players available.

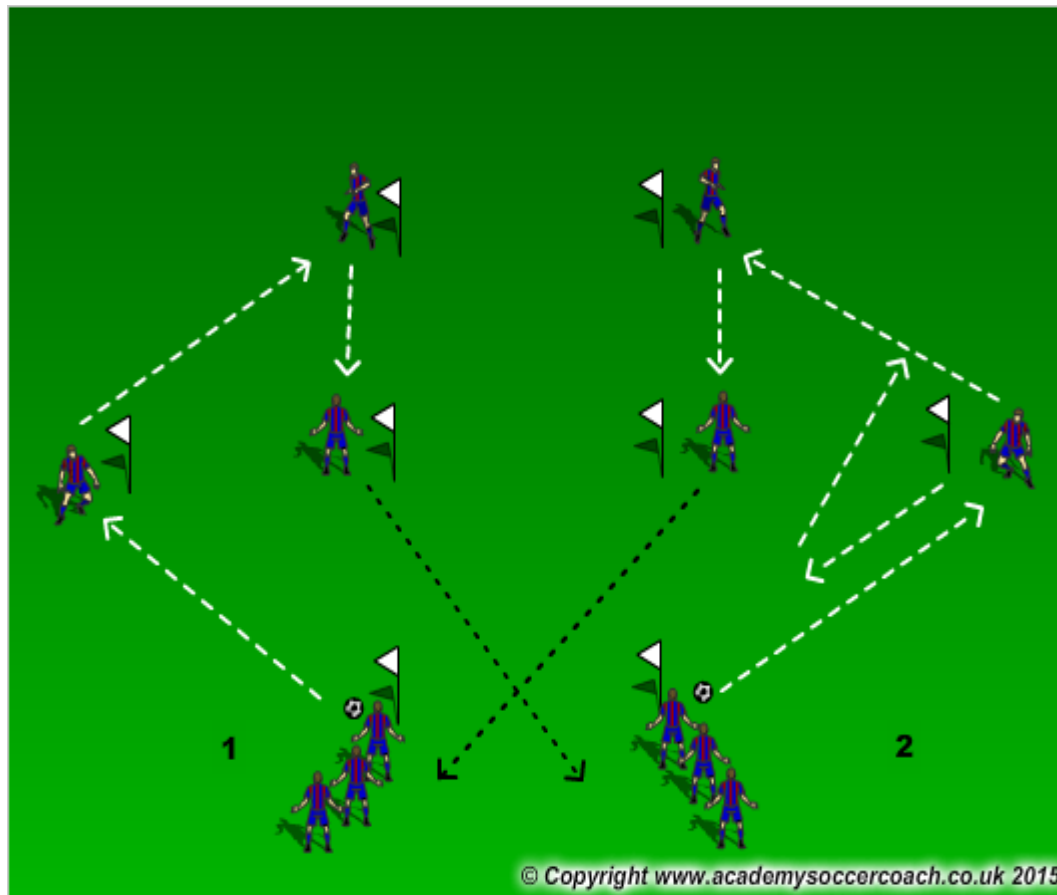
Add passing conditions; Set number of passes for a point/goal, set number of passes before you can shoot etc

# EDUCATE - CONNECT - INSPIRE

Session Six:  
1 vs 1's and 2 vs 1's: To targets/goals



# PASSING WARM-UP: 2 MAN COMBINATIONS



**Area:** Set-up 4 cones or flags, approx. 8-10 yards apart. Mirror with two areas.

**Description:** Multiple players on 1<sup>st</sup> cone/Flag. All with a ball.  
1 player each on remaining cones/flags

**Phase 1:**

Player 1 passes to outside player, player 2 passes to far cone, player 3 passes to inside cone, player 4 dribbles to the back of the opposite line. All players follow their pass.

**Phase 2:**

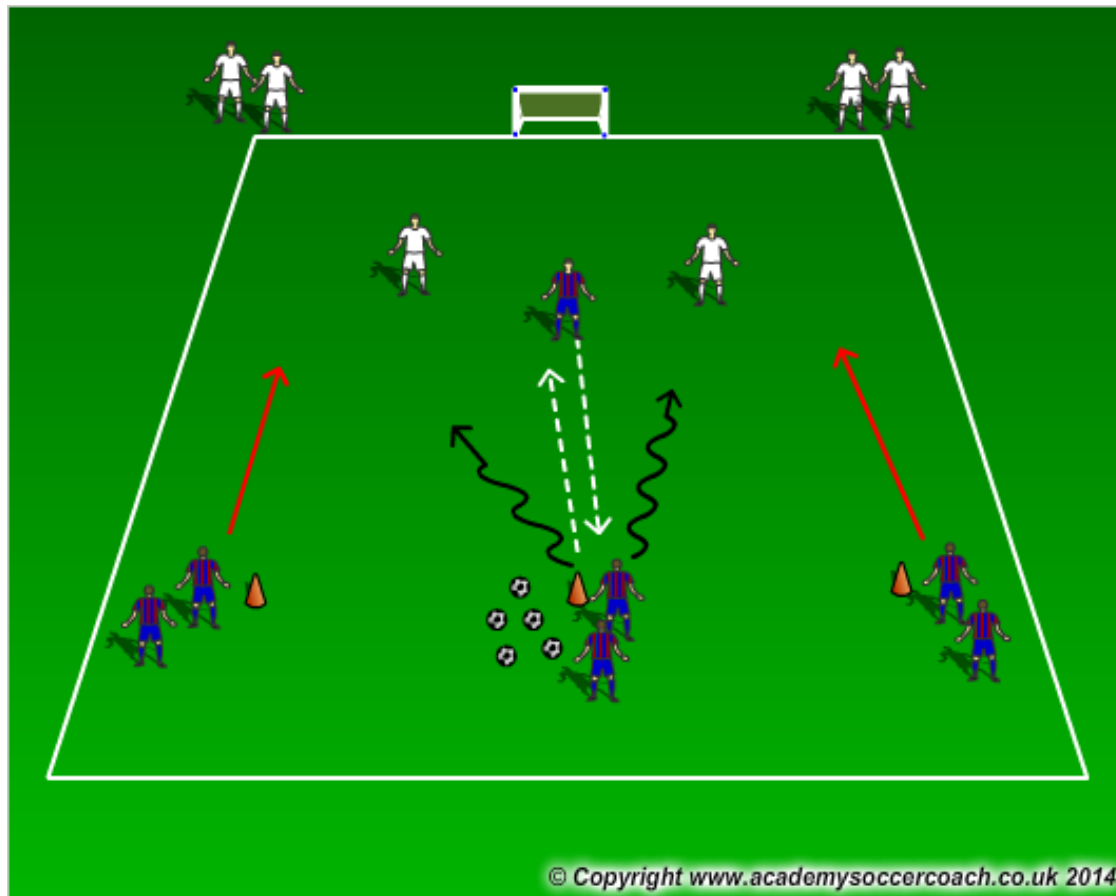
Repeat with player 1 and player 2 combining on a give and go.

**Coaching Points:**

Quality of the pass – zip it in  
Movement before and after the pass  
First touch in the direction you want to play  
Communicate – demand the ball



# FINISHING: 3 vs 2 or 4 vs 2

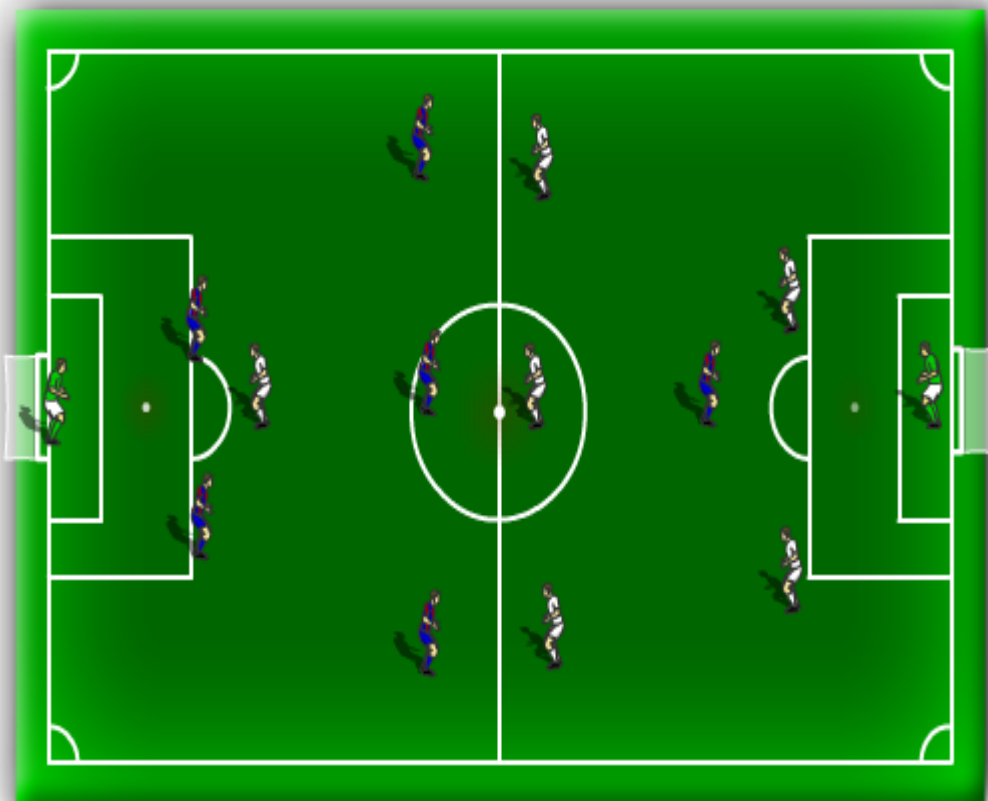


**Set-up:** 40 x 60 yard field. Target goal(s) on end line. Separate players into 2 teams. 1 team of attackers, 1 team of defenders. Defenders line up on opposite sides of the end line. ½ Defenders in the area. Attackers line up at the top of the area at 3 different cones 5-10 yards apart. 1 Attacker to start in the middle of the area between the 2 Defenders Supply of balls with the attackers at the center cone. Add a GK to progress.

**Description:** Center attacker passes the ball into the attacker in the center of the area. The ball is played back and players then attack the goal 4 vs 2. Change the passing combinations and runs. Switch attackers and defenders around every 5-10 minutes.

**Coaching Points:** Passes to be hit with pace. Movement off the ball is as important as the passes. Communicate which run you are making. Attempt to play in 1 or 2 touches. Finish with a shot at the goal.

## 5 vs 5 or 6 vs 6: Conditioned Game(s)



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**Area:** 35 x 55 (dependent on area available)

**Description:** Separate players into teams of 6. Make 2-3 fields based on numbers.

**Coaching Points:** Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

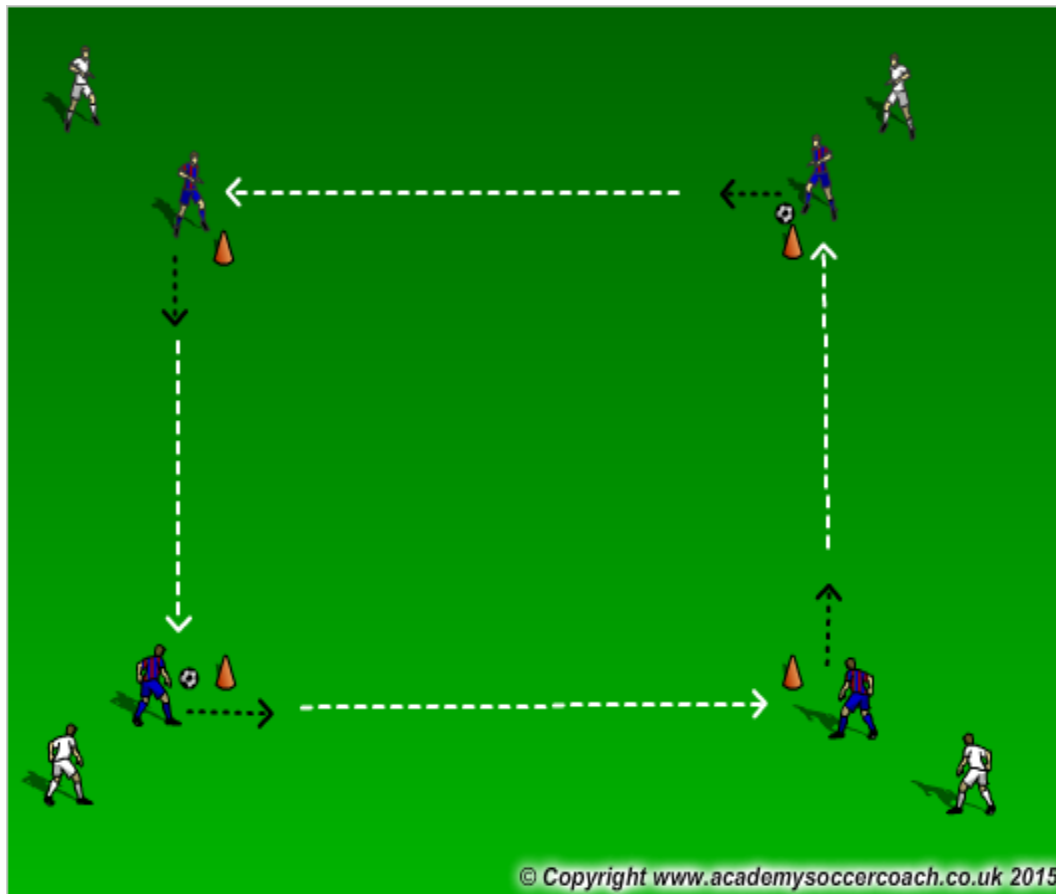
**Progression:** Add neutral players or target players, dependent on the number of players available.  
Add points/goals for successful passes ie. 21 point game.

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## Session Seven: Possession & Combination play



# PASSING DIAMOND



## Area:

20 x 20 Diamond

## Description:

1 or 2 players at each cone (1 working, 1 waiting)

Ball is passed around the outside of the cones by players who follow their pass to the next cone after passing

## Coaching Points:

Can you get the ball around the square in 8 seconds.....

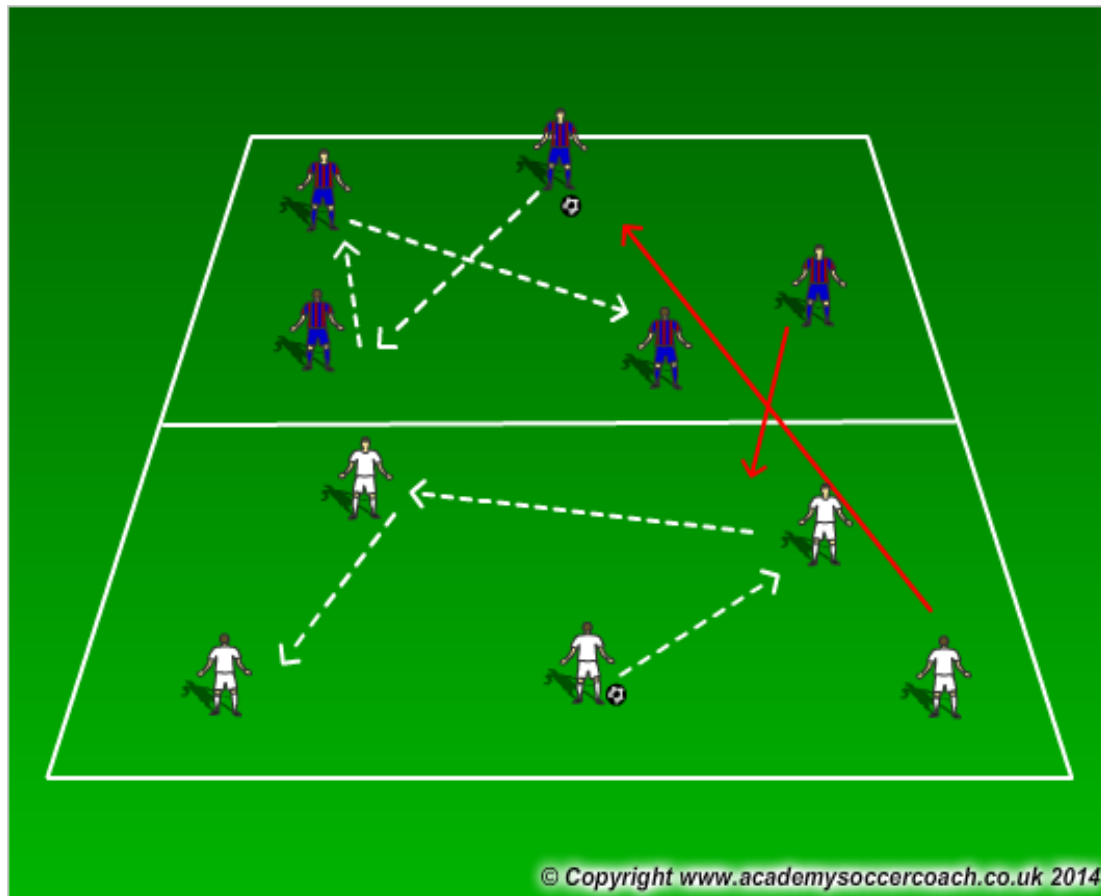
Tight first touch, get the ball off your foot as soon as possible

SCAN – when you think its coming, when you know its coming, when its on its way

## Progressions:

Add a second ball. Add check to and away

# PASSING: #'s GAME – 4 vs 1

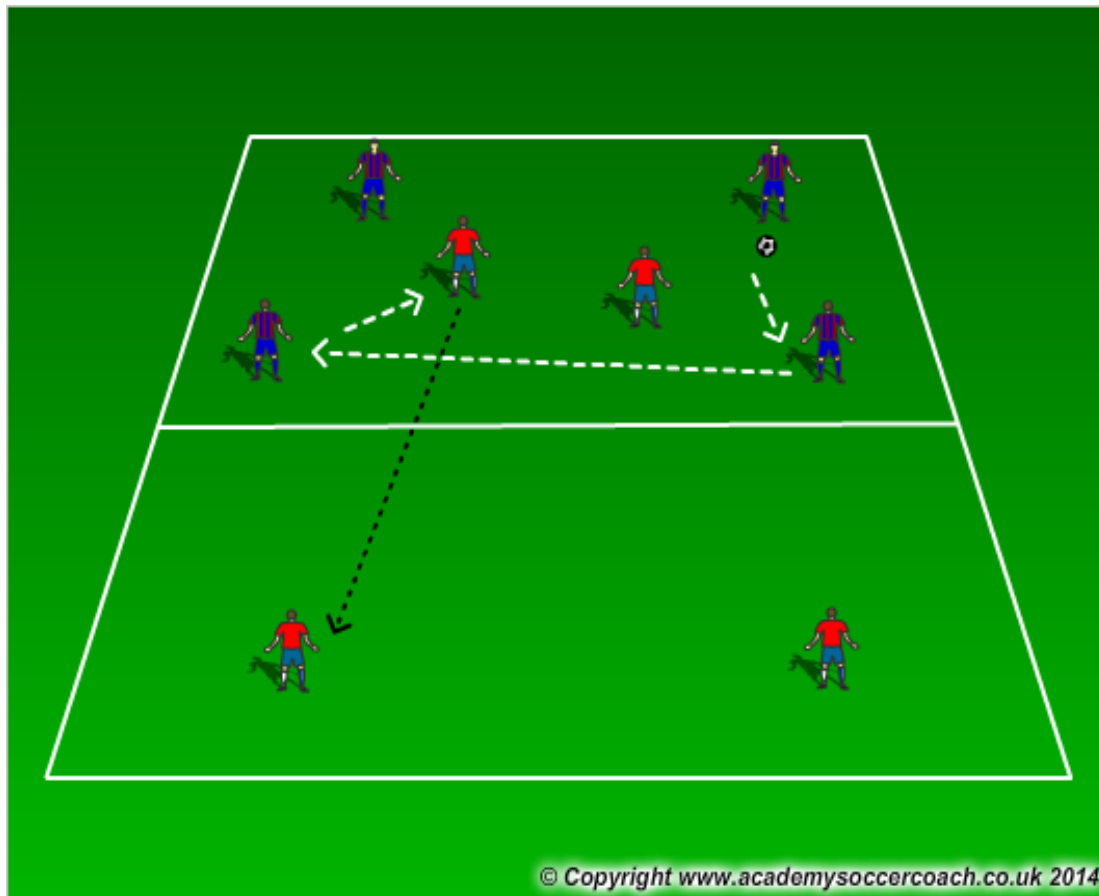


**Set-up:** 25 x 50 yard area (2 x 25 yard areas next to each other). Players in two separate groups of 5-10 players in each of the areas. 1 ball per team. Players number themselves within their group (1-5).

**Activity:** Players numbered 1-5 within the area. Players pass and move within the area to start. Coach on the outside calling out numbers. If coach shouts out # 1, then # 1 from each team goes into the opposing area and tries to win the ball (4 vs 1). First defender to win the ball gets a point for their team. If players possess the ball for more than 10 passes the coach calls out a second #.

**Coaching Point(s):** Try to move to open space (outside of the area). Paces to be hit with pace. Use your hands to let the player with the ball know where you want the pass played. Take first touch away from the pass (pressure) on the back foot. Try to split the defender(s).

# PASSING WARM-UP: 4 vs 2

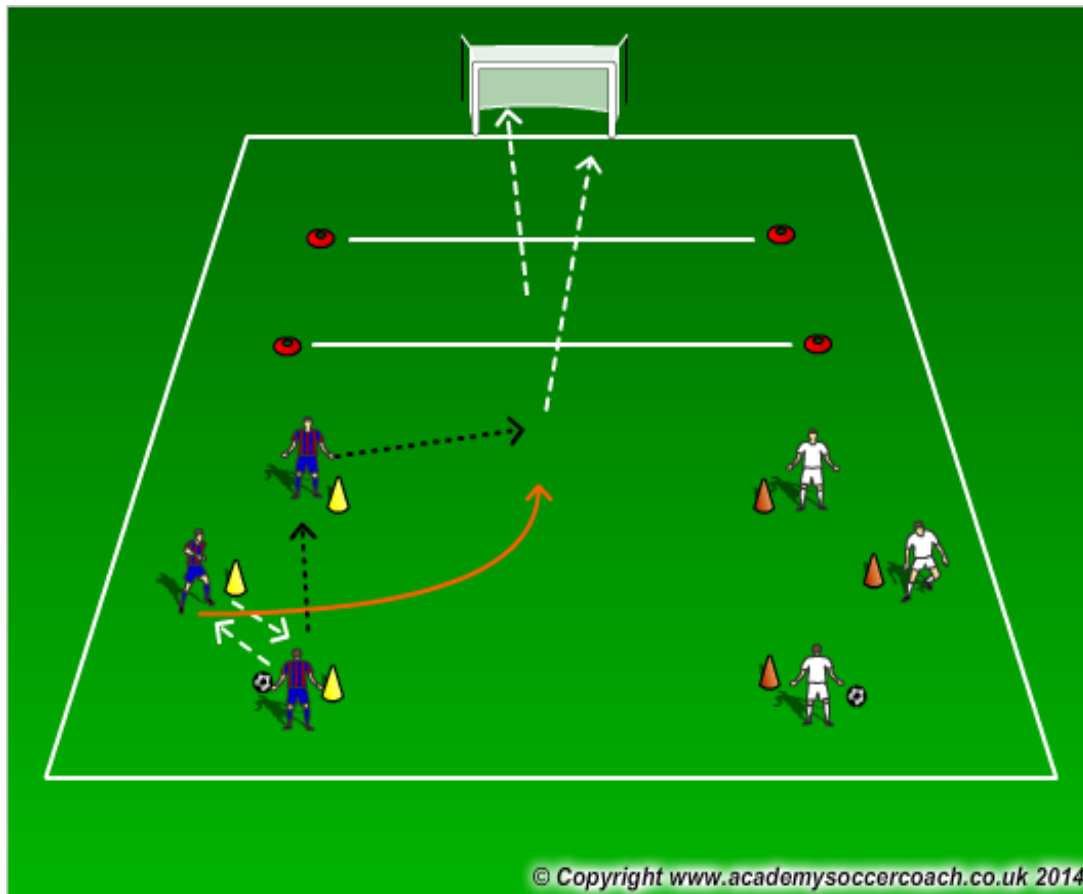


**Set-up:** 25 x 15 yard areas, back to back. Two teams of 4 players. Start with 1 team in one of the areas versus 2 players from the opposite team. Remaining players waiting in the opposite area. 1 ball, with a supply of extra balls on the outside of the area.

**Activity:** 4 vs 2 possession in one area. Possession team try to move the ball quickly and complete as many successful passes as possible. If the defenders kick the ball outside of the area, then the possession team restart. If the defending team get possession of the ball, then they attempt to pass the ball to either of their remaining 2 team mates in the opposite area. The play then transitions into this area with the activity repeated (4 vs 2). Keep playing until one team reaches 21 points.

**Coaching Points:** Move the ball quickly (speed of play) with reduced touches. First touch away from pressure, on the back foot where possible. Speed of pass is important. When possession is lost move the ball into the opposite area as quickly as possible.

# FINISHING: PASSING COMBINATION TO GOAL

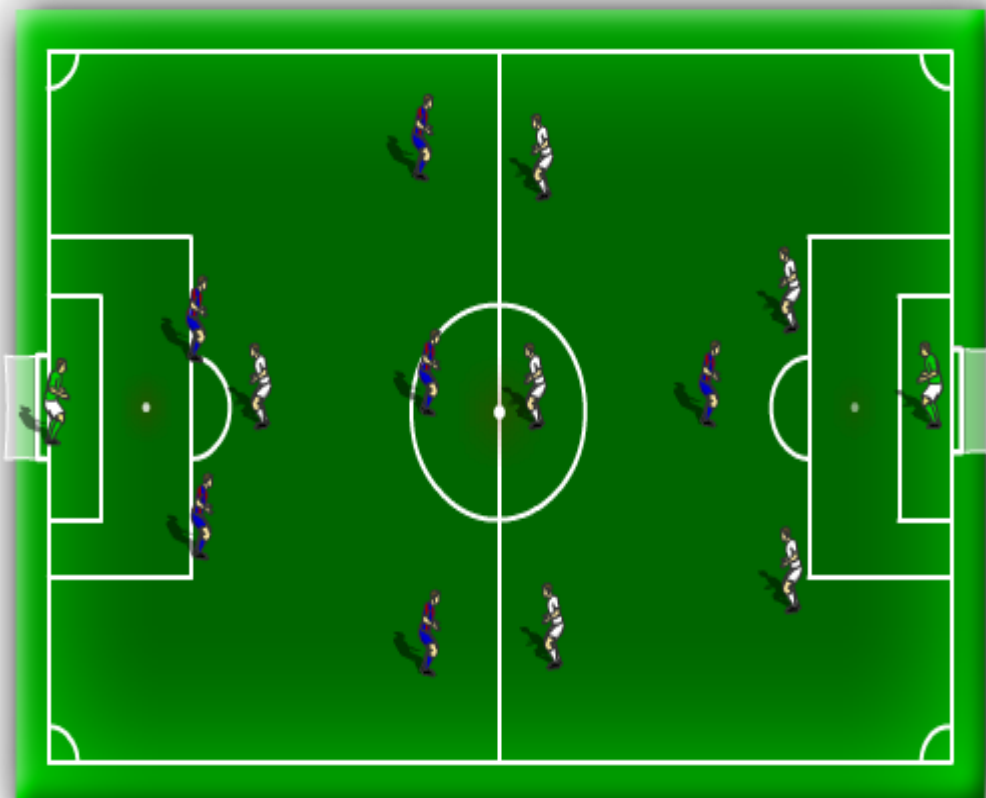


**Set-up:** Target goal with 2 lines of cones 10 and 15 yards out from the goal. Players on opposite side of the area working between 3 cones arranged in a triangle, approximately 3 yards apart. First player at each set of cones has a ball.

**Description:** Players perform a passing combination (Player 1 to Player 2, Player 2 back to Player 1, Player 1 to Player 3, Player 2 runs across the area for final pass from Player 3. Player 2 shoots and comes back to Player 3 position, Player 3 collects the ball.). Players follow pass (Player 1 to Player 2 position, Player 2 to Player 3 position, Player 3 collects the ball and returns to Player 1 position).

**Coaching Points:** Sharp passes, 2 touch if possible. Player 2 makes a curved run. Player 3 collects the ball on the back foot and lays the ball off into space. Player 3 then follows in for the rebound. Player 2 times run to meet the ball. Highlight the importance of getting the shot on target (for rebounds). Shots to be driven (low with side-foot or instep) and aimed at the sides of the keeper (corners if possible). Always follow your shot in for the rebound.

# 5 vs 5 or 6 vs 6: Conditioned Game(s)



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**Area:** 35 x 55 (dependent on area available)

**Description:** Separate players into teams of 6. Make 2-3 fields based on numbers.

**Coaching Points:** Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

**Progression:** Add neutral players or target players, dependent on the number of players available.

**Basic Positions and Rules:**

Set-up Teams in basic formations:

1 – 2 – 1 – 2

1 – 2 – 2 – 1

Focus on using the space, making the field bigger (player positions) and moving the ball.

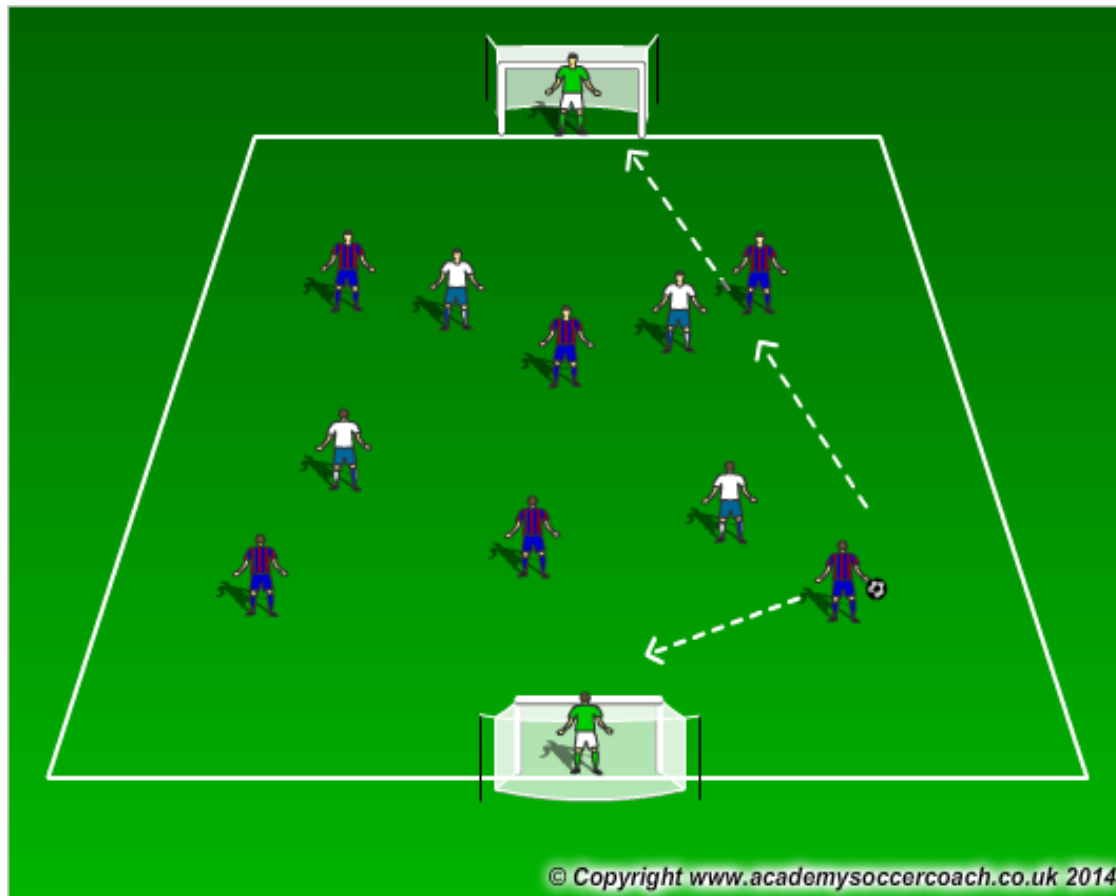


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## Session Eight: 4 vs 4: Conditioned games and Dutch Tournament



# POSSESSION vs ATTACK

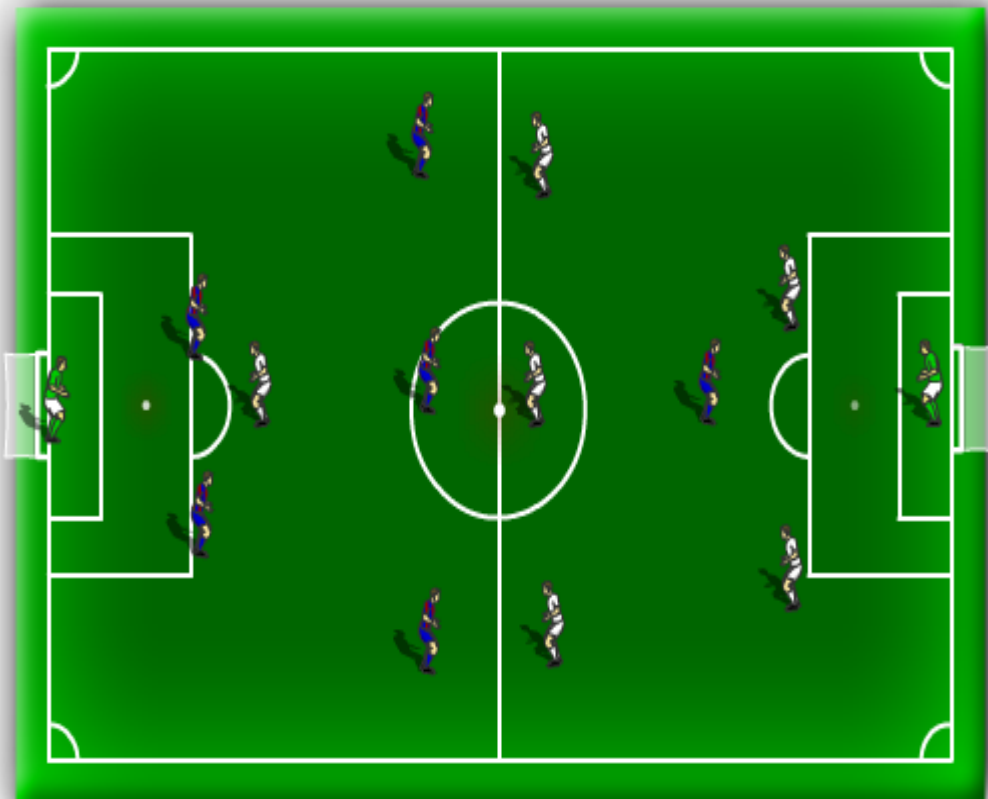


**Set-up:** 60 x 40 yard area. 6 vs 4 in the area with a GK in each target goal. 1 ball in the area with a supply of balls on the outside.

**Activity:** 6 vs 4 in the area. Team of 6 (attackers) attempt to move the ball quickly to create opportunities to shoot in either of the goals. Defenders try and delay the attacks and deny space. 5 minute possession game(s) and then switch the teams and roles.

**Coaching Points:** Move the ball quickly to create space and opportunities to attack the goal(s). Look for attacking passes (first look forward) and use moves and changes of direction to create space. Defenders try and deny space and delay the attack(s). If defenders kick the ball out then another one is played in. If they gain possession then try and keep the ball to delay the attack.

# 4 vs 4: DUTCH TOURNAMENT



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**Area:** 30 x 50 (dependent on area available)

**Description:** Separate players into teams of 4. Make 2-3 fields based on numbers.

**Coaching Points:** Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

**Progression:** Add neutral players or target players, dependent on the number of players available.

## Game Positions and Rules:

4 vs 4 Games

4-6 minute games

Change teams every game

Points: Win (10), Tie (5), Loss (2)

Goals (2), Assist (1)