

FOOTBALL DNA

U9 - U12 FULL SEASON COACHING CURRICULUM (36 WEEKS)



ABOUT FOOTBALL DNA

Football DNA is everything to do with our beautiful game. It's the best aspects from inside the professional game, brought to coaches, players and general lovers of football for your enjoyment and implementation. Giving you access to hundreds of coaching drills and sessions on video and in depth sports science programs and workouts. Also we have high quality Wellness and Nutrition information & recipes to help off the pitch performance! Plus even more content with top analysis videos along with interviews, webinars and coach education features.

We are determined to help all levels and age groups of the game develop, improve and aspire to be as good as they can be! From grassroots to professional coaches and players we have you covered at footballdna.co.uk! Developed by professionals in the game but for everyone to Watch, Use & Adapt.



DRILLS & SESSIONS

- Outfield
- Goalkeeping
- One To One
- SAQ



SPORT SCIENCE

- Pitch Based
- Gym Based
- Tutorials



WELLBEING & NUTRITION

- Advice
- Tutorials
- Recipes



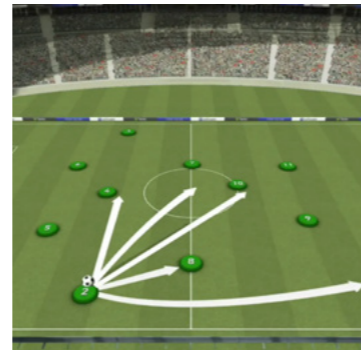
COACH EDUCATION

- Tips
- Webinars
- Q&A's



INDIVIDUAL SKILLS PROGRAM

- Over 100 Challenges
- 3 Levels
- 6 Skill Categories



FEATURES

- Analysis
- Interviews
- Masterclasses

15% OFF MONTHLY MEMBERSHIPS

Using The Code:

9-12DNA15

ABOUT ROSS BROOKS



Ross is a UEFA A Licensed Coach who is currently in the position of U9 / U10 Foundation Phase Lead Coach at West Ham United . Ross has spent a large amount of his coaching experience working with younger players on technical aspects of their game. His first role was at Coerver Coaching for a period of 4 years before joining Cambridge United academy for 2 years in a foundation phase coach role, which he also held in his next role at Lincoln City for 2 years. Ross also holds the FA Advanced Youth Award.

(September 2020)

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CURRICULUM STATEMENT

The Football DNA Curriculum is to provide coaches with a wide variety of sessions to support players across different age groups at varying levels. The curriculum consists of four topics which include: Passing & Receiving, Combine & Finish, Staying on the Ball & Defending. Our curriculum is designed to provide coaches with the support that they need to create an optimal learning environment with suitable practices, challenges, constraints and coaching points across the season. Sessions consist of Ball Mastery, Technical Practices and Small Sided games and all sessions are adaptable allowing coaches to help meet the needs of their individual players. All sessions are also linked to the Football DNA 'Individual Skills Program' helping you to develop players away from your coaching sessions too.

ABOUT THE FOCUSES



PASSING & RECEIVING

- Building From The Back
- Maintaining Possession
- Finding The Overload



COMBINE & FINISH

- Combination Play
- Finishing From Wide Areas
- Finishing From In & Around The Box



STAYING ON THE BALL

- 1 v 1s
- Dribbling/Running With The Ball
- Shielding & Turning



DEFENDING

- Pressing
- 1 v 1 Defending
- Defending Outnumbered

ABOUT THE OBJECTIVES

PASSING & RECEIVING



Scanning & Identifying to make the best decision.



Use of the 1st touch to create space or move into space.



Bravery to receive and stay on the ball under pressure.

STAYING ON THE BALL



Able to create space for yourself or for your team mate.



Able to use both feet to shield and protect the ball.



Creative and willing to take risks to beat players 1v1.

COMBINE & FINISH



Use a variety of combinations to create goal scoring opportunities.



Use a variety of different finishing techniques.



Able to finish off both feet.

DEFENDING



Able to dominate 1v1 situations.



Able to make the right decisions when defending outnumbered.



Enthusiastic to defend & win the ball back.

SESSION STRUCTURE

Ball Mastery & Manipulation
15 Mins



Technical Practice
20 Mins



Small Sided Games
25 Mins

BLOCK 1 - WEEK 1 - 6

Key Coaching Points	- Team Spacing	- Eyes Up	- Decision Making	- Deny	Revisit A Mixture Of Coaching Points From Across The Block.	Varying Constraints To Target Specific Team Needs & Objectives.
	- Movement	- Varitey Of 1v1s	- Finding Overload	- Deflect		
Coaching Focus	Building From The Back	1 v 1s	Combination Play	Pressing	Review Of Previous Topics	Game Week - Review Of Previous Topics
	Passing & Receiving	Staying On The Ball	Combine & Finishing	Defending	Consolidation Week	Small Sided Games
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Topic					

- Team Spacing
- Movement
- Body Shape
- Scanning
- 1st Touch
- Drive Into Space
- Between Lines
- Eyes Up
- Varitey Of 1v1s
- Speed
- Use Of Both Feet
- Use Of Body
- Decision Making
- Finding Overload
- Speed Of Attack
- Combination Type
- Deny
- Deflect
- Delay
- Defend

All of the sessions are available on our website. You can find them with the links below.

[Week 1](#)

[Week 2](#)

[Week 3](#)

[Week 4](#)

[Week 5](#)

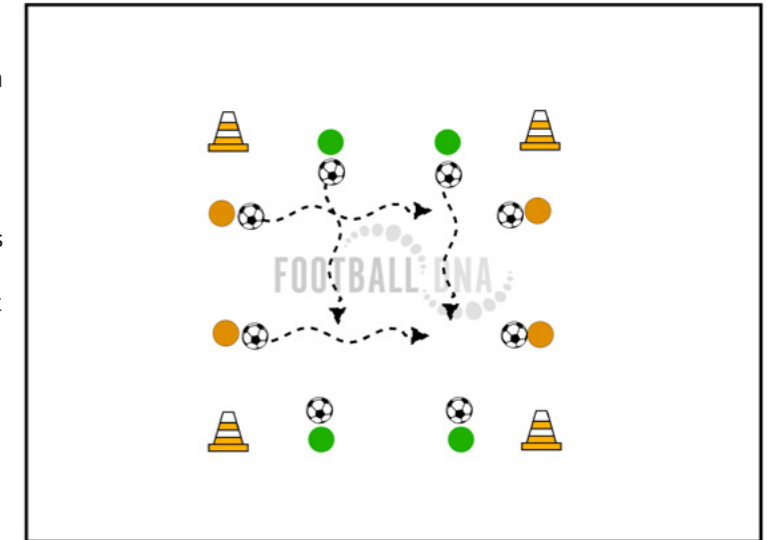
[Week 6](#)

WEEK 1 PASSING & RECEIVING - Building from the Back

To help players to scan and make the right decisions to help them build from the back.

BALL MASTERY GRID

Using a 20x20 area, players are paired up on a side of the box each with a ball each too. Using the Football DNA beginner ball mastery, players are to perform 'Sole Taps, Toe Taps' across to the opposite side of the square. As players perform ball mastery across the square, they must maintain being in line with their partner whilst keeping their eyes up as well as scanning. Use a variety of different ball mastery techniques to challenge the players. Competition can be added by players counting how many touches they get whilst moving across to the opposite side of the square.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Scanning To See Your Team-Mates** - Players to check their shoulders whilst travelling across the square to help them see where their team mate is. Players should slow down/speed up based on them scanning and trying to stay in line with their team mates as they're travelling across the grid whilst performing their ball mastery. Coaches may also want to hold numbers or cones up to help the players call out what they see too.
- **Keeping Eyes Up** - As players are travelling across the square, they must keep their eyes in order to be able to see what's in front of them. This will help them to identify space and where traffic is, to support this, coaches may wish to get other groups travelling across the square at the same time or stand or have the coach stand on the opposite side holding up numbers on their hands.
- **Use Of Both Feet** - Ensure players practise ball mastery on both sides to help players become more comfortable with the ball on both feet. This will help them to manipulate out of tight areas as they're travelling across the grid.
- **Speed Of Touches** - Players are to speed up or slow down their touches based on their teammates. As players can control the ball at different speeds, this will help them to manipulate the ball out of tight areas. Players should use different parts of their feet to help them adjust the speed that they're travelling at whilst travelling across the grid.

Progressions

- Add variations to your ball mastery to challenge the players appropriately, as well as create more traffic by having players moving across the grid in different ways.
- Another way of progressing this practice is by adding passes at the end, once players get to the opposite side, they must pass to the next player who then travels across the grid performing ball mastery.

Regression

- Rather than players staying in line with their pairs, players can travel across the grid at their own speed without staying in line with their partners.

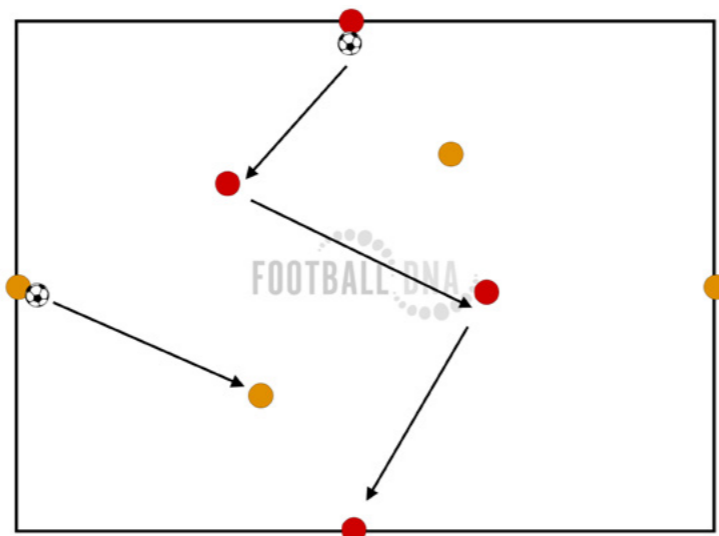
WEEK 1

PASSING & RECEIVING - Building from the Back

To help players to scan and make the right decisions to help them build from the back.

2V2 POSSESSION WITH TARGET PLAYERS

Within 20 x 20 grid area with one team working horizontally and the other team going vertically. Working in groups of 4, 2 players start in the middle and two on either side. Both teams must transfer the ball from one side of the area to the other, both teams are to have a ball each. These players on the outside of the square act as target players and must try and receive passes from the players in the middle of the square. To progress we go into an opposed practice with one ball and two teams playing against each other. If a team can transfer the ball from one target player into the other they will get one point. The defending team must try and win the ball back and then play between their target players. Target players on the outside are also not able to be tackled.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- Team Spacing** – The players in the middle must look to disperse once the ball is played on the outside to either target players, this will help to create space through the middle for the team in possession to try and exploit. In addition, the players in the middle can create space by receiving at different angles to one another, therefore, helping them to be able to play between them. Outside players should look to create angles by moving to try and receive between players, as well as offering support behind the ball as well.
- Body Shape** – Players to try and receive with an open body shape to enable them to be able to play both forwards and backwards as well as see the whole area. To support this, encourage players to receive with their shoulders facing the direction they wish to go enabling them to be able to play quickly into their team mates throughout the game.
- Scanning** – Players should look to scan continually throughout this practise to help them to identify where the ball is as well as where the space is too. To support players with scanning, encourage them to try and scan as they receive the ball (as it's travelling). Players should adjust their body shape from their scanning and select appropriate receiving & passing based on what they see.
- Receiving & Passing Technique** – When receiving, players should look to use their first touch to move into space or move away from pressure. In addition, first time passes may be used to change the point of attack quickly, combine with team mates or play between opponents.

Progressions

- If a pass is played into a target player, they can now choose to either pass in or dribble in. If they choose to dribble in, another player from their team must look to take their place.
- Target players can now also be tackled too.

Regression

- Both teams must transfer the ball from one side of the area to the other, both teams are to have a ball each. As a result, this is an unopposed practice.

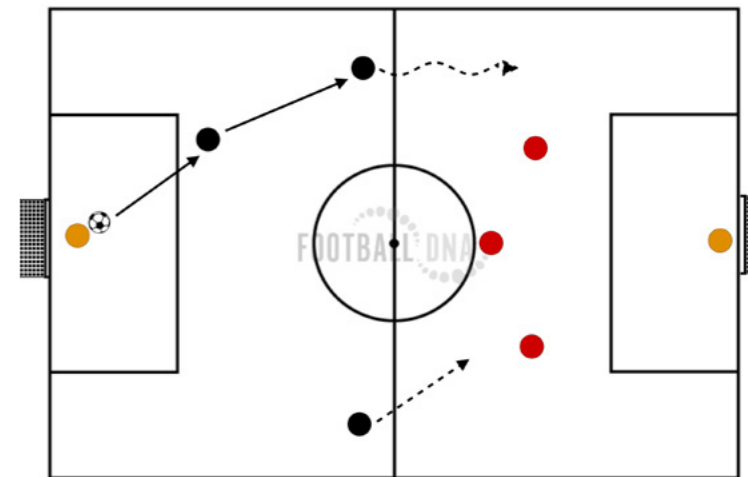
WEEK 1

PASSING & RECEIVING - Building from the Back

To help players to scan and make the right decisions to help them build from the back.

RETREAT OR PRESS SMALL SIDED GAME

Setup a 40 x 20 area with two goals on the pitch and organise a 3v3 plus goalkeepers. Each time the team in possession has a goal kick in their half, the opposition must retreat into their own half. Failure to do so, will result in a free kick to the team in possession of the ball. Once the team in possession of the ball has played their first pass, the defending team can decide whether they wish to stay in their half or go and press and win the ball back. This rule will enable the team in possession to be able to build from the back and progress into the opposition's half.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- Team Spacing** – The team in possession, from goal kicks, are encouraged to create width and depth across the pitch. To support this, try and create a diamond as big as possible (including goalkeeper) this will provide you with a point at the top of the diamond, as well as a supporting player at the base of the diamond as well. The width created by the players on either side will help to create space, as well as give you options to switch play if the team is unable to play forwards.
- Body Shape** – An open body shape will help players to be able to see the whole pitch to identify where their team mates are but also where the best space is. Encourage players to receive with an open body shape with their shoulders facing the way they wish to go.
- Scanning** – Players should look to scan throughout the game to help them to see where their team-mates are but also see the opposition as well as the best space. Scanning will also help players to adjust their body shape based on what they see which will let them to be able to make the right decision when in possession of the ball.
- Passing Order** (Breaking Lines, recognise when and where to play forward) – Encourage players to select the appropriate passing order throughout the game especially from goal kicks. This may be depending on your preference, playing the furthest forward pass possible.

Progressions

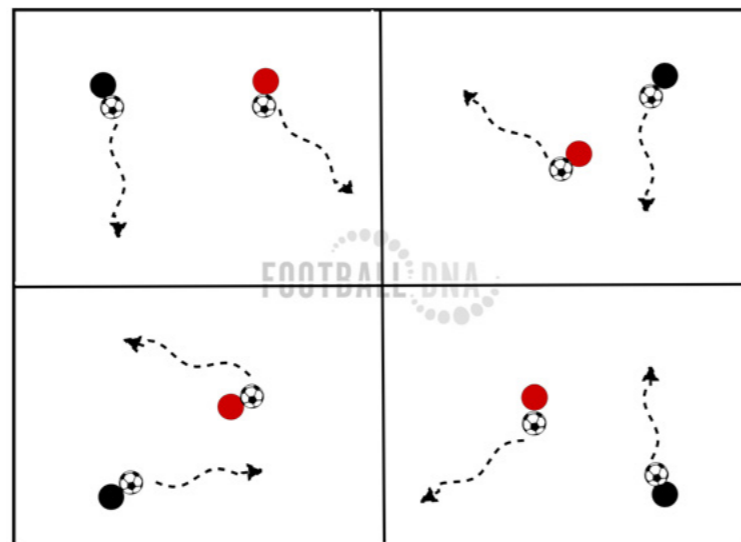
- Instead of a retreat line, the defending team can move wherever they wish from goal kicks throughout the game.
- You may also wish to progress this further by stating the attacking team must make a certain number of passes in their half before they can progress into the attacking half.

Regression

- The defending team must stay in their half and cannot tackle until attackers get into their half. This will be in place whenever the attacking team has the ball in their half, enabling them to be patient in their build up play.

SKILLS GRID

Players partner up inside a 10 x 10 box with a ball each. Both perform a pre determined ball mastery skill such as toe taps, sole taps, side rolls. To further progress this 1 v 1 moves are introduced such as single scissor, double scissor, chop. Players must keep their ball within their box and under control at all times.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- Eyes Up** – In order for players to look for the best space for them to travel into, players are encouraged to keep their eyes up when travelling the ball to help them to identify this space. In order to help players with this, a coach may hold up numbers on their hands for the players to call out or alternatively, the players must perform a 1v1 skill against another player before they can move into another box.
- Use Of Both Feet** – Players need to use both feet when travelling with the ball and performing their 1v1 skills. To support this, you may enforce that players must perform the skill on both feet before they can move into the next box.
- Disguise** – An emphasis should be placed on how players use their arms, body and head to add to disguise for their 1v1 moves by exaggerating their 1v1 skills on both sides. This will help to add a disguise, pretending to go one way and instead moving in another direction.
- Speed** – By adding speed in their touches when dribbling this will help players to move into a new space / beat an opponent at speed. In addition, players should be encouraged to also use their 1v1 skills at speed too. To ensure this can be maintained, consider the work to rest time needed for players to do perform skills at speed.

Progressions

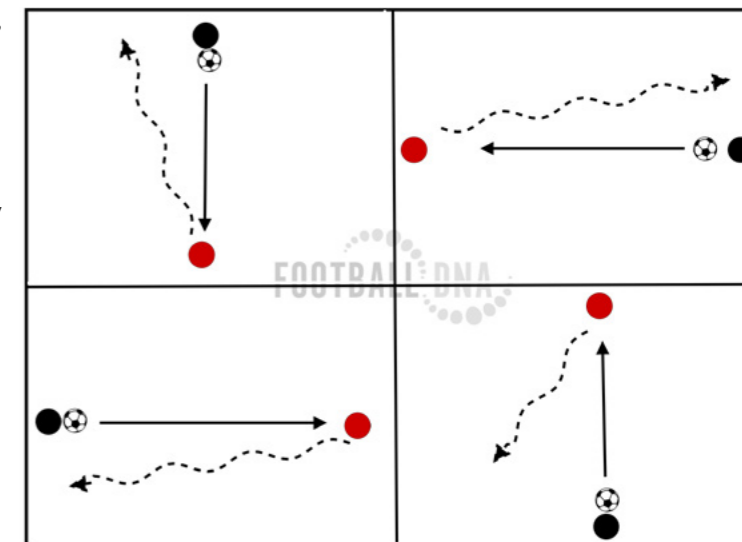
- To progress this further, have one colour of players without a ball, players must beat a player 1v1 before they can move into another grid. Players are paired against an opposition player that they're playing against.

Regression

- Expand the size of the box to allow more space for any poor touch or have only one player per box.

1V1 LINE BALL

Split the area into four equally size boxes. In each box, have two players with a ball between two. In order for the game to begin, each player starts on the outside of their box, with the defender starting with a ball and the attacker without the ball. The defender will pass into the attacker who then must try and stop the ball on the line behind the defender. They cannot score by stopping the ball on the line that they received from. If the defender wins the ball, they must try and then stop it on a line to score. Every time a point is scored, a player receives one point for their score. Play one-minute rounds with winners moving up, losers moving down.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- Eyes Up** – The attacking player is encouraged to keep their eyes up to see the defender to help identify the space between them. This will help the attacker to understand what type of 1v1 skill they should use, if they need to use one, but also what space is best for them to travel into as well. Players should be encouraged to identify where the space is and move into it at speed.
- Use Of Both Feet** – In order for the attacker to beat the defender 1v1, encourage them to try and use their 1v1 skills on both feet as well as travel with the ball on either foot as well. This will help to ensure the attacker can shield and protect the ball when travelling, as well as not being predictable when going 1v1.
- Disguise** – The use of disguise will help the attacker to move the defender to create space for them to attack in. Disguise can be used by using the body, arms or head by pretending to go one direction but instead going another. Also, attackers may wish to use disguise when receiving the ball by taking their first touch into a different direction than their body shape suggests they're travelling into.
- Use Of Speed** – By attacking space with speed, it will help attackers to move into the space quickly without going 1v1. By moving at speed, this will help to move the defender quickly whilst also off balancing them to create space for you to move into in a different direction.

Progressions

- The defender must stay in their grids, but attackers can move from one square to the next playing against different defenders.
- Rotate who the attacking and defending team are after a few minutes. This will create a varied challenge for the attackers and will stretch them when going 1v1.

Regression

- Players to practise their skills with a passive defender (can block space, but not tackle). In order to do this, once the pass is played, the defender can apply pressure and look to force play one side.

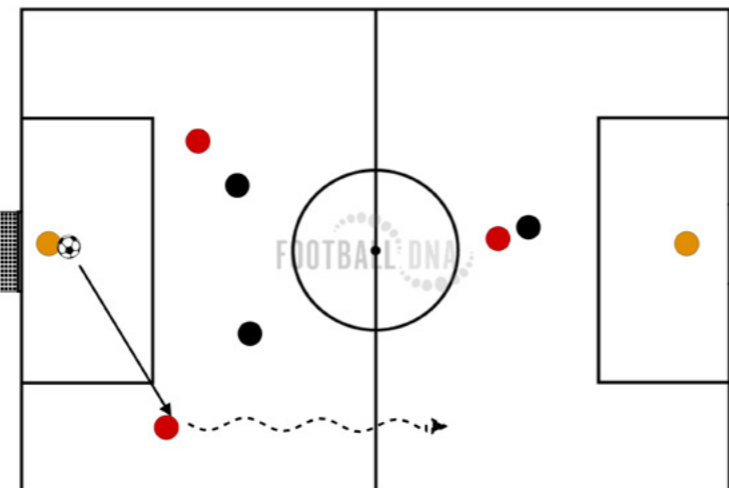
WEEK 2

STAYING ON THE BALL - 1v1s

Creative and willing to take risks to beat players 1v1 using both feet.

3 V 3 LOCK ON - SMALL SIDED GAME

Setup a 40 x 20 pitch with a goal at either end with a 4v4 plus goalkeepers. Each outfield player is locked onto another player from the opposing team, they are responsible for the player that they are playing against in 1 v 1. Players can only tackle the player they are paired against but can intercept/block passes & shots from other players. Rotate who players are playing against to vary the challenge throughout the game. If you have no goalkeepers, you can play with two small goals each end.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Movement** – With players being locked on by a defender, the way they create space in order to receive or create space for a team mate will help in this game. Players are encouraged to use double movements to pretend to go one way but then move another to create space. Players may also look to rotate and swap spaces with their team mates as well. Players should try and make width and depth to make the pitch as big as possible.
- **Receiving Skills (scanning)** – If a defender is tight to them when receiving, players may need to protect the ball with the furthest foot from the defender or use a different receiving skill to 'roll' the defender. Alternatively, if the attacker is in space, they may look to receive with an open body shape to receive and play forwards. Players are encouraged to scan throughout to identify where the best space is but also where their team mate and the defender is as well.
- **Use Of Both Feet** – The use of both feet will help attackers to receive to play forwards but also to protect on both sides when receiving. In addition, when going 1v1 it will also help them to be able to beat their defender on both sides as well.
- **1v1 Disguises** – Disguises can be used not only in the attacker's movement to receive but also when going 1v1 to move the defender to create space for themselves as well. Disguises may also be used when pretending to combine/pass to a team mate by faking to play into them and play in a different direction.

Progressions

- If a player scores the player that they are against is 'sin binned' for 30 seconds and must leave the pitch.
- If that happens, the attacker can then be tackled as well as tackle anyone else as well.

Regression

- Players must try and stick with the player they're locking onto, but can tackle anyone.

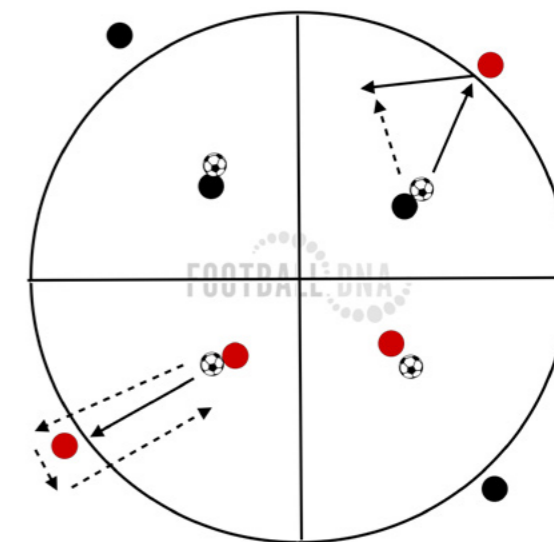
WEEK 3

COMBINE & FINISH - Combination Play

Use a variety of combinations to create goal scoring opportunities

COMBINATION CIRCLE

Setup a 25x25 area with four players on the outside and four players on the inside. The players inside the middle have a ball each and have to perform the Football DNA ball mastery of 'Sole Rolls, Side Rolls' inside the middle of the circle. As the players are performing ball mastery, they then look for a player on the outside to pass into to combine with. Players can choose from different combinations which include: Give & Go, Overlap and Underlap. Rotate the target players with the players inside the circle. Rotate target players after one minute.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes up** – Players inside the middle of the circle when travelling whilst performing ball mastery should keep their eyes up to look for the best space to move into and for the target players they want to pass into as well.
- **Movement** – Once the players inside the middle of the circle have played their pass into a target player on the outside of the circle, they need to then make the appropriate movement to create space for their combination that they've decided upon. In addition, players on the outside of the circle can also move to create space and look to receive the ball as well.
- **Receiving Skills** – Players inside the circle should look to receive with an open body shape to look to play forwards. This will support them when they're looking to play the combinations, but also help them to be able to see who they're receiving from and who they're looking to play into as well.
- **Combination Types** – Give & Go involves a player passing into the target player and then moving to one side to then play it back, once this has been done, they should rotate with the player from the outside. The Overlap involves playing into a target player and running around the outside of that player to then receive the ball. The Underlap is like the overlap, but the player runs across the front of the player that they're passing into.

Progressions

- To progress this further you can add defenders in the middle for the attackers to try and combine around.
- If the defenders win the ball, they then replace the attackers.

Regression

- To simplify this practise have no target players and the player must try and combine with one another inside the circle.

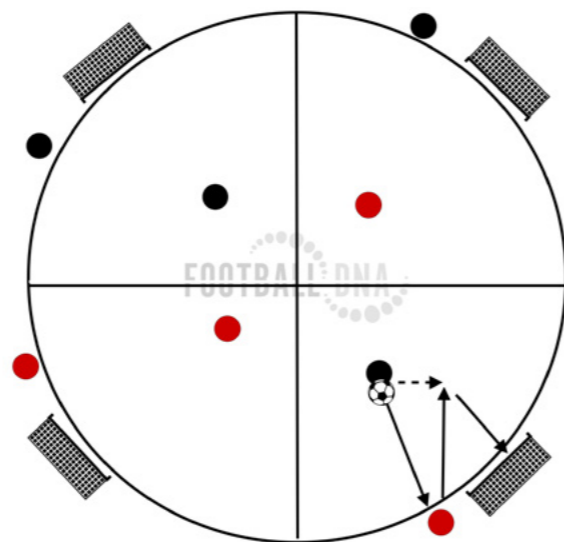
WEEK 3

COMBINE & FINISH - Combination Play

Use a variety of combinations to create goal scoring opportunities

2V2 COMBINATION CIRCLE

A continuation from the previous practice, setup a 25 x 25 circle with two players from each team inside the circle and two players from each team opposite one another next to a goal on the outside of the circle. Split the circle into four segments, in order to score, the attacking team must be inside the segment of the circle they wish to score within. If the defending team wins the ball, they must look to score in one of their two goals as well.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Movement** – The players inside the area must look to try and move to create space for themselves as well as their team mates. As there are two goals that they can score within, players may look to move to a different area of the pitch to receive the ball to be able to score. The area is a tight area, which will encourage players to make double movements to create space to receive and evade their opponents. Players on the outside should look to move to receive on the outside of the circle.
- **Decision Making** – Players should look to make the appropriate decision of what goal to attack but also what type of combinations they should use to create space for themselves or for their team mates.
- **Receiving Skills** – Players on the outside should be ready to receive and play first time due to the tight area in and around the goal, players on the inside of the circle should also look to try and receive with an open body shape to see the whole of the pitch.
- **Combinations** – Combinations should be used to eliminate the opponents, particularly when an overload is available. An overlap/underlap will help to create space for the player on the ball, potentially to dribble or change direction to go another way.

Progressions

- Target players can move anywhere around the outside of the circle rather than be locked by a goal.
- As a result, each team can score in any of the four goals.

Regression

- Players don't have to be inside the area to score and can score in any of the four goals without having to play into a target player as well.

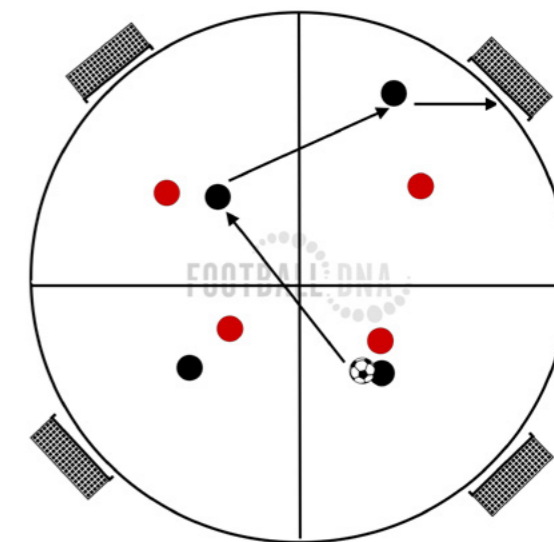
WEEK 3

COMBINE & FINISH - Combination Play

Use a variety of combinations to create goal scoring opportunities

4V4 COMBINATION CIRCLE GAME

Setup a 25 x 25 circle and split the circle into four different segments with a goal on the outside of each segment. Have four players from each team without goalkeepers. Players can score in any of the four goals but must be inside the area to score and players can move freely within the circle. If the defenders win the ball back, they must move into another area before they can score. If the team scores using a combination, it's worth double points.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Movement** – Players are encouraged to move around the circle to try and find space to finish in any of the four goals. Players off the ball should look to identify how they can make an overload with their movement to help the player on the ball.
- **Decision Making (Finding Overload)** – The player on the ball should look to play with their eyes up looking to make overloads and selecting the appropriate skills to change direction and find their team mates.
- **Receiving Skills** – Players should look to receive with an open body to be able to see the whole of the circle as well as their team mates and opposition. Due to being inside a tight area, players may need to make passes of their first touch but also use different disguises when receiving to help them change direction of the attack.
- **Combination Types** – Within the small sided game, a Give & Go will help the players combine around the defenders, particularly when they have an overload. Underlaps and Overlaps should be used to create space for the player on the ball but also to make forwards runs towards the goal that you're looking to attack too.

Progression

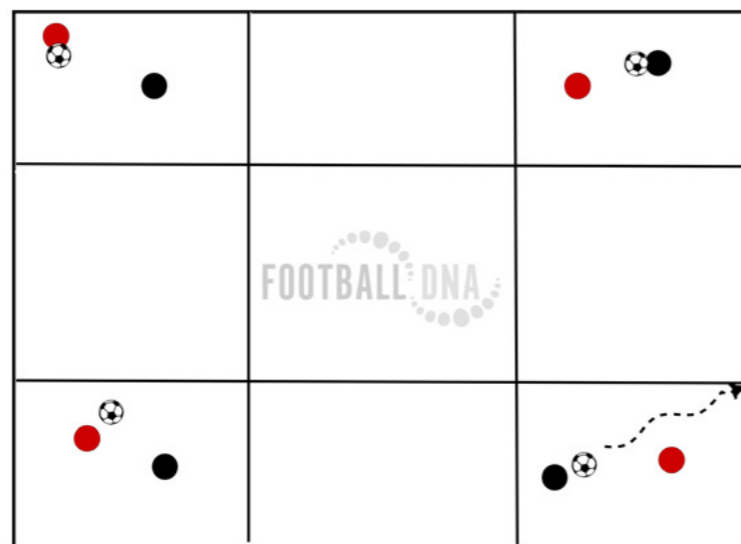
- Add goalkeepers in each of the four goals or alternatively, limit the amount of touches players can have before they can score i.e. one touch finish.

Regression

- Players are locked into their zone (1v1 in each zone), with only one attacker being able to join into the other zone to create a 2v1.

GLADIATOR

Create a 25 x 25 area and split the area into thirds (9 different boxes). Organise two players per box, with a ball between two. The attackers must try and stop the ball on one of four cones if they do this, they get a point. Once a point is scored, the defender must give the attacker space for them to attack again, the attacker cannot score on the same cone that they have begun from. If the defender wins the ball, they also must try and stop the ball on one of the four cones. If the ball goes out of play, the game restarts with players going back-back with one another with the ball between them before saying 'go' and turning to begin the 1v1. Play for one minute, winners move up and loser move down. Players are encouraged to use the Football DNA 'Stepover, Drop Shoulder' to beat their opponents.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Deny** – Defenders should look to deny the attacker space either by pressing them quickly or alternatively, when the attacker has the ball preventing them from playing forwards.
- **Delay** – If the defender cannot win the ball they should look to be patient and not over commit leaving space behind them. If the attacker is quicker they can drop off to protect the space in behind.
- **Deflect** – The defender should look to slow down upon their approach when defending 1v1, as well as getting side on and be on the outside of the ball an arm's length away from the attacker to force them one way.
- **Defend** – Defenders should look to use their body when defending 1v1 and decide whether they need to win the ball on their front foot, or their back foot. The back foot should be used for emergency defender if they cannot win the ball on their front foot. Defenders should look to try and keep the ball in the area once they've won the ball.

Progressions

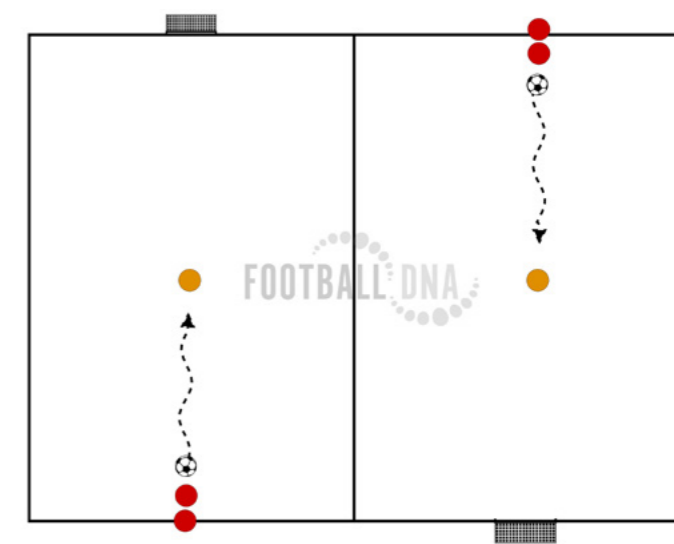
- Players aren't fixed into their grid and can move anywhere which therefore means that they can play 1v1 against any player.
- The game should begin with a pass from the defender and the attacker having to score in a square that they've nominated before beginning.

Regression

- Instead of using footballs, attackers have a bib in the back of their shorts, the defenders have to try and pull the bib out before the attacker gets to one of the sides of the square.

1 V 1 DEFENDING CIRCUIT

Setup a 40 x 20 area divided into two pitches (20 x 10) with a goal at one of the ends. The goals should be diagonally opposite each other as when the defender regains the ball they can score into a goal in front of them. One defender starts on each pitch and plays 1 v 1 against an attacker trying to stop them scoring and winning the ball back. Once the ball has gone out or a goal has been scored the attackers rotate and play against the second defender.



Equipment



6 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Deny** - As soon as the attacker starts dribbling the defender should look to deny them by pressing as quickly as possible to try and win the ball back if confident.
- **Delay** - If the defender cannot win the ball they should look to delay the attackers attack by recovering either to the ball or to the goal to prevent the attack from scoring quickly.
- **Deflect** - The defender should look to get side on with their body on the outside of the ball to try and deflect them away from the goal. The defender should try and force the attacker to the outside of the pitch and once they've done this try and win the ball. Forcing the attacker onto their 'weaker' foot will help them get success as they try to win the ball back.
- **Defend** - Defenders should look to use their body when defending 1v1 and decide whether they need to win the ball on their front foot, or their back foot. The back foot should be used for emergency defender if they cannot win the ball on their front foot.

Progression

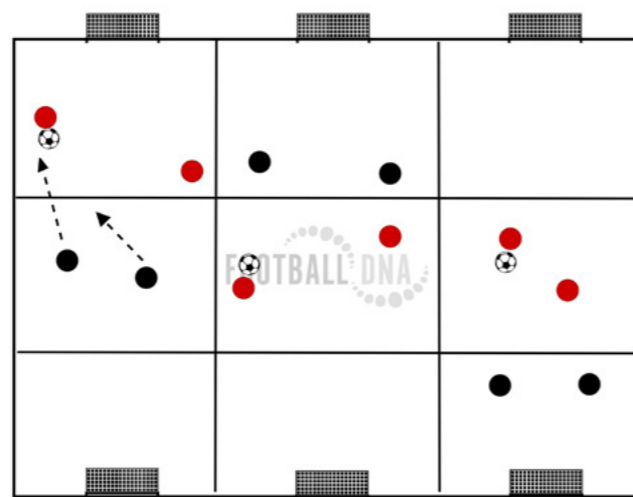
- The game can be played as a 2 v 2 with two attackers and two defenders attacking at one time. This will help you to focus on 1 v 1 defending but also talk about defending in pairs as well.

Regression

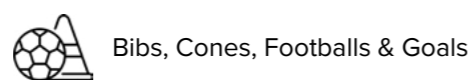
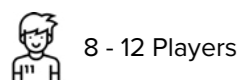
- Players are to work together in pairs, the defender must apply pressure on the attacker but cannot tackle. They work attacking from one goal to the next.

2V2 TOURNAMENT (ZONES)

Split the 25 x 25 area into three different pitches, with a goal at either end (six goals in total). Each pitch is to hold a 2v2 game, with teams having to get into the final third in order to be able to score. If the ball goes out of play, players must either pass or dribble in. Defenders should look to work together in pairs when defending. Play short games, at the end of each game winners are to move up and losers are to move down.



Equipment



Coaching Points

- **Deny** – The defending team should look to deny the attackers with time on the ball by trying to win the ball back as quickly as possible. Alternatively, they may wish to deny them space by dropping if they cannot press to win the ball back by retreating into the middle or the defensive third.
- **Delay** – The defenders should look to recover quickly to delay the attackers from attacking quickly by recovering to the ball or to the goal. This may also be required in situations particularly in transition when a defender is defending 2v1.
- **Deflect** – The defenders should look to deflect the attackers away from the goal, by showing them either back or away from the goal. In addition, the defenders may look to work together with the player pressing showing them towards their team mate to help them win the ball.
- **Defend** – Players should look to slow down upon their approach when defending and look to get side on to win the ball on their front foot, using their body as well to help them.

Progression

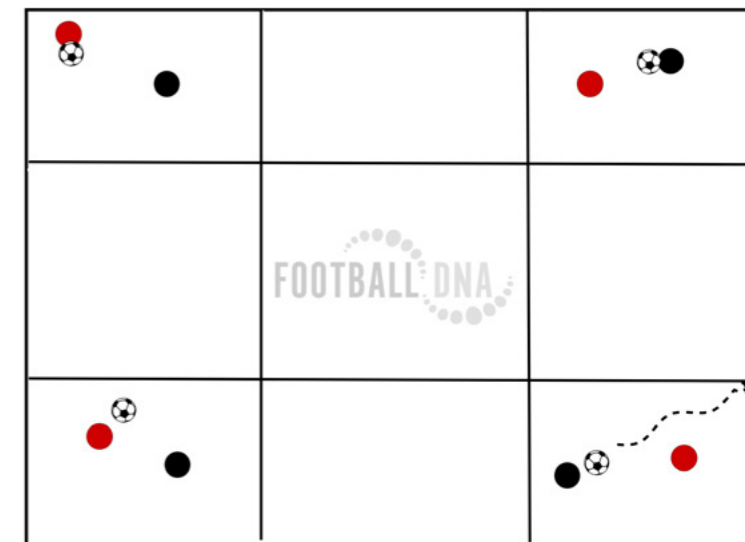
- Once a goal is scored, the team that concedes one player from that team must recover and touch the opposite goal (creating a temporary 2v1 situation).

Regression

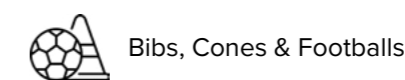
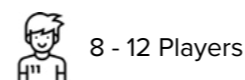
- Players get the points if they win the ball back in the zones even if they don't score i.e. if you win the ball and keep the ball it's worth a goal.

GLADIATOR

Create a 25 x 25 area and split the area into thirds (9 different boxes). Organise two players per box, with a ball between two. The attackers must try and stop the ball on one of four cones if they do this, they get a point. Once a point is scored, the defender must give the attacker space for them to attack again, the attacker cannot score on the same cone that they have begun from. If the defender wins the ball, they also must try and stop the ball one of the four cones. If the ball goes out of play, the game restarts with players going back-back with one another with the ball between them before saying 'go' and turning to begin the 1v1. Play for one minute, winners move up and loser move down. Players are encouraged to use the Football DNA 'Stepover, Drop Shoulder' to beat their opponents.



Equipment



Coaching Points

- **Deny** – Defenders should look to deny the attacker space either by pressing them quickly or alternatively, when the attacker has the ball preventing them from playing forwards.
- **Delay** – If the defender cannot win the ball quickly, they should look to drop and recover quickly into the middle of the square to prevent the attacker from scoring. This will then force the attacker to decide which cone they should attack.
- **Deflect** – The defender should look to slow down upon their approach when defending 1v1, as well as getting side on and be on the outside of the ball an arm's length away from the attacker to force them one way.
- **Defend** – Defenders should look to use their body when defending 1v1 and decide whether they need to win the ball on their front foot, or their back foot. The back foot should be used for emergency defender if they cannot win the ball on their front foot. Defenders should look to try and keep the ball in the area once they've won the ball.

Progressions

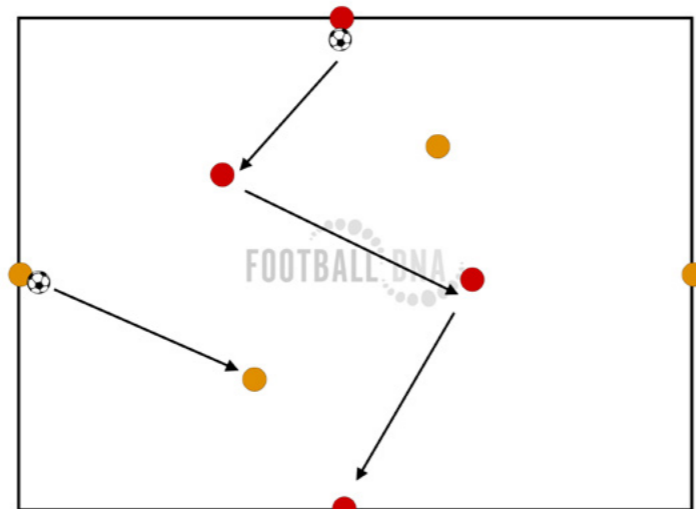
- Players aren't fixed into their grid and can move anywhere which therefore means that they can play 1v1 against any player.
- The game should begin with a pass from the defender and the attacker having to score in a square that they've nominated before beginning.

Regression

- Instead of using footballs, attackers have a bib in the back of their shorts, the defenders have to try and pull the bib out before the attacker gets to one of the sides of the square.

2V2 POSSESSION WITH TARGET PLAYERS

Within 20 x 20 grid area with one team working horizontally and the other team going vertically. Working in groups of 4, 2 players start in the middle and two on either side. Both teams must transfer the ball from one side of the area to the other, both teams are to have a ball each. These players on the outside of the square act as target players and must try and receive passes from the players in the middle of the square. To progress we go into an opposed practice with one ball and two teams playing against each other. If a team can transfer the ball from one target player into the other they will get one point. The defending team must try and win the ball back and then play between their target players. Target players on the outside are also not able to be tackled.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Team Spacing** – The players in the middle must look to disperse once the ball is played on the outside to either target players, this will help to create space through the middle for the team in possession to try and exploit. In addition, the players in the middle can create space by receiving at different angles to one another, therefore, helping them to be able to play between them. Outside players should look to create angles by moving to try and receive between players, as well as offering support behind the ball as well.
- **Body Shape** – Players to try and receive with an open body shape to enable them to be able to play both forwards and backwards as well as see the whole area. To support this, encourage players to receive with their shoulders facing the direction they wish to go enabling them to be able to play quickly into their team mates throughout the game.
- **Scanning** – Players to should look to scan continually throughout this practise to help them to identify where the ball is as well as where the space is too. To support players with scanning, encourage them to try and scan as they receive the ball (as it's travelling). Players should adjust their body shape from their scanning and select appropriate receiving & passing based of what they see.
- **Receiving & Passing Technique** – When receiving, players should look to use their first touch to move into space or move away from pressure. In addition, first time passes may be used to change the point of attack quickly, combine with team mates or play between opponents.

Progressions

- If a pass is played into a target player, they can now choose to either pass in or dribble in. If they choose to dribble in, another player from their team must look to take their place.

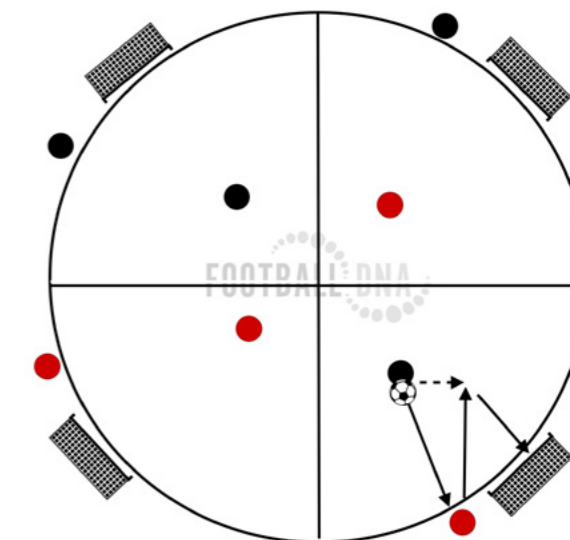
- Target players can now also be tackled too.

Regression

- Both teams must transfer the ball from one side of the area to the other, both teams are to have a ball each. As a result, this is an unopposed practice.

2V2 COMBINATION CIRCLE

A continuation from the previous practice, set up a 25 x 25 circle with two players from each team inside the circle and two players from each team opposite one another next to a goal on the outside of the circle. Split the circle into four segments, in order to score, the attacking team must be inside the segment of the circle they wish to score within. If the defending team wins the ball, they must look to score in one of their two goals as well.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Movement** – The players inside the area must look to try and move to create space for themselves as well as their team mates. As there are two goals that they can score within, players may look to move to a different area of the pitch to receive the ball to be able to score. The area is a tight area, which will encourage players to make double movements to create space to receive and evade their opponents. Players on the outside should look to move to receive on the outside of the circle.
- **Decision Making** – Players should look to make the appropriate decision of what goal to attack but also what type of combinations they should use to create space for themselves or for their team mates.
- **Receiving Skills** – Players on the outside should be ready to receive and play first time due to the tight area in and around the goal, players on the inside of the circle should also look to try and receive with an open body shape to see the whole of the pitch.
- **Combinations** – Combinations should be used to eliminate the opponents, particularly when an overload is available. An overlap/underlap will help to create space for the player on the ball, potentially to dribble or change direction to go another way.

Progressions

- Target players can move anywhere around the outside of the circle rather than be locked by a goal.

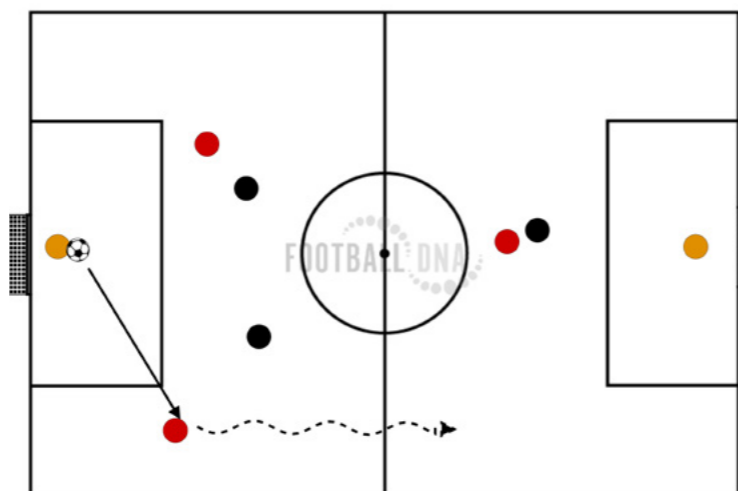
- As a result, each team can score in any of the four goals.

Regression

- Players don't have to be inside the area to score and can score in any of the four goals without having to play into a target player as well.

3 V 3 LOCK ON - SMALL SIDED GAME

Setup a 40 x 20 pitch with a goal at either end with a 4v4 plus goalkeepers. Each outfield player is locked onto another player from the opposing team, they are responsible for the player that they are playing against in 1 v 1. Players can only tackle the player they are paired against but can intercept/block passes & shots from other players. Rotate who players are playing against to vary the challenge throughout the game. If you have no goalkeepers, you can play with two small goals each end.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Movement** – With players being locked on by a defender, the way they create space in order to receive or create space for a team mate will help in this game. Players are encouraged to use double movements to pretend to go one way but then move another to create space. Players may also look to rotate and swap spaces with their team mates as well. Players should try and make width and depth to make the pitch as big as possible.
- **Receiving Skills (Scanning)** – If a defender is tight to them when receiving, players may need to protect the ball with the furthest foot from the defender or use a different receiving skill to 'roll' the defender. Alternatively, if the attacker is in space, they may look to receive with an open body shape to receive and play forwards. Players are encouraged to scan throughout to identify where the best space is but also where their team mate and the defender is as well.
- **Use Of Both Feet** – The use of both feet will help attackers to receive to play forwards but also to protect on both sides when receiving. In addition, when going 1v1 it will also help them to be able to beat their defender on both sides as well.
- **1v1 Disguises** – Disguises can be used not only in the attacker's movement to receive but also when going 1v1 to move the defender to create space for themselves as well. Disguises may also be used when pretending to combine/pass to a team mate by faking to play into them and play in a different direction.

Progressions

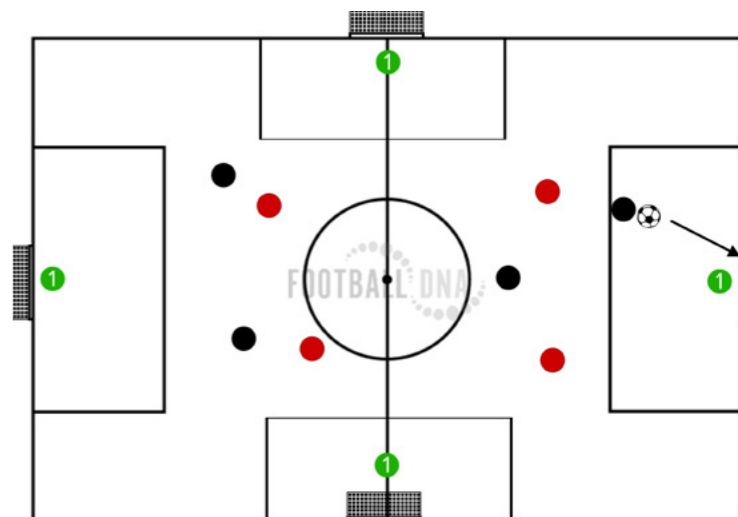
- If a player scores the player that they are against is 'sin binned' for 30 seconds and must leave the pitch.
- If that happens, the attacker can then be tackled as well as tackle anyone else as well.

Regression

- Players must try and stick with the player they're locking onto, but can tackle anyone.

FINISHING GAME – SWITCH IT UP

Setup a small sided game with four goals and a goalkeeper/outfield player in each of the four goals. The game initially begins going horizontally, with the goalkeepers not being used being able to play as target players. As soon as a goal is scored, the direction of the game then begins in the other direction (vertically). Each time a goal is scored, the game restarts from the team that scores to help this transition have footballs next to the goals to help them start the game in the other direction.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Movement** – Players should look to create width and depth with their movement to create space for themselves or for their team mates. Players should look to move to be in a position to receive, particularly where they can look to play forwards and combine or finish.
- **Receiving Skills** – Players should look to receive with an open body shape to allow them to receive to play forwards and see the ball and the goal that they're attacking. This will enable them to be able to get shots away quickly off both sides. If they're unable to receive, players should look to receive on their front foot to protect the ball and look to set a team or turn their defender.
- **Decision Making** – Players should be continually scanning to identify the best space for them to move into but also what they should do when they have the ball too. Players should continually look to scan to find the overload which will increase their opportunities to score.
- **Finishing of Both Feet** – Players should be encouraged to use both feet to receive, pass, travel and finish with the ball. Encouraging players to use both feet will allow them to be able to perform each skill quicker and particularly allow them to combine and finish around the goal more quickly too.

Progressions

- Winner stays on, once you score the team that loses rotates with the team in the goals.

Regression

- Increase/decrease the size of the pitch and/or reduce the number of players

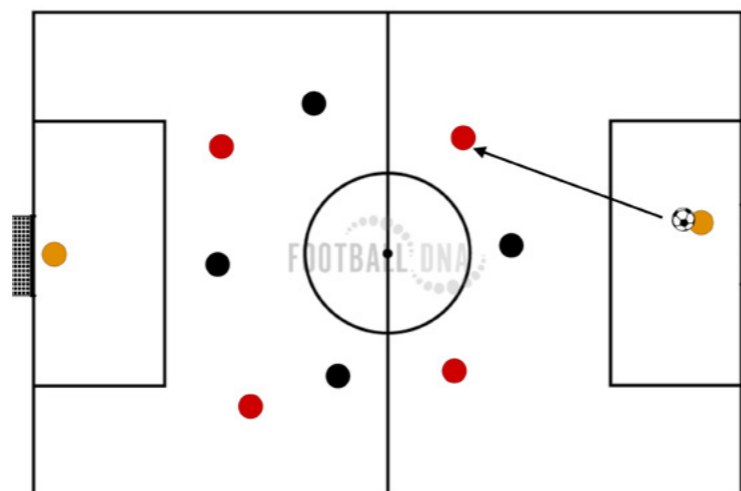
WEEK 6

SMALL SIDED GAMES

For players to play whilst consolidating their learning from the previous block

SMALL SIDED GAME – NORMAL

Setup a small sided game with two goals either side. Play a normal small sided game and use constraints to help consolidate what they've learnt from the previous block. You may wish to have a particular constraint for the whole game or stage the constraints in intervals to separate each game to bring out the outcomes that you wish to focus on for your players.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

Look at your previous block of work and consider what you feel the players need to focus on based on what they have learnt so far. Below are some examples of different types of constraints that you may wish to use to help bring out different outcomes for the players based on what you wish to focus on.

Example of Constraints

- **Passing & Receiving** - Number of Passes = Number of Goals, Limit number of touches allowed, pass - ins instead of throw – ins.
- **Staying On The Ball** - Can only dribble forwards You must beat a player before you can score, dribble - ins instead of throw – ins.
- **Combine & Finish** - Different types of finishes = different number of goals.
- **Defending** - Man to Man Marking, Defenders must keep the ball once they've tackled an opponent (not allowed to kick it out of play).

Progressions

- Increase/decrease pitch size, number of players on the pitch etc.

Regression

- Decrease the number of players on the pitch (increasing the number of touches each player will have)

BLOCK 2 - WEEK 7 - 12

Key Coaching Points	- Team Spacing	- Body Shape	- Scanning	- 1st Touch	- Passing Technique	- Receiving Skills	- Between Lines	- Eyes Up	- Varitey Of 1v1s	- Speed	- Use Of Both Sides	- Use Of Body	- Decision Making	- Finding Overload	- Speed Of Attack	- Timing Of Runs	- Finishing Technique	- Deny	- Deflect	- Delay	- Defend	Revisit A Mixture Of Coaching Points From Across The Block.	Varying Constraints To Target Specific Team Needs & Objectives.
	Coaching Focus	Maintaining Possession	Dribbling / Returning With The Ball	Finishing From Wide Areas	1 v 1 Defending	Review Of Previous Topics	Game Week - Review Of Previous Topics																
Topic	Passing & Receiving	Staying On The Ball	Combine & Finishing	Defending	Consolidation Week	Small Sided Games																	
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6																	

All of the sessions are available on our website. You can find them with the links below.

[Week 1](#)

[Week 2](#)

[Week 3](#)

[Week 4](#)

[Week 5](#)

[Week 6](#)

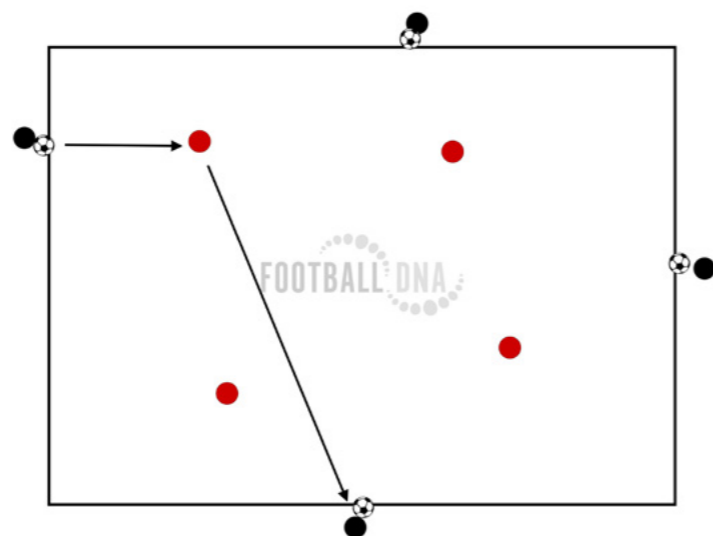
WEEK 1

PASSING & RECEIVING - Maintaining Possession

To help players to scan and make the right decisions to help maintain possession individually as well as within the team.

POSSESSION BOX

Setup a 20 x 20 area with four players on the outside with a ball each and four players inside the area without the ball. The players on the outside must move to receive the ball, once they've done this they receive and then look to play into another player on the outside of the square. The players on the outside are to perform the Football DNA ball mastery exercises of both 'Single Static Cuts, Double Cuts, players on the inside can also perform these exercises as well once they've received the ball.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Scanning To See Your Team Mates** – The players on the inside of the square should look to scan before receiving the ball to then adjust their body shape to see the player they're receiving from but also the player they want to play into as well.
- **Eyes Up** – Players should keep their eyes up before they receive to try and have eye contact with the player they're receiving from, once they receive the ball player should look to keep their eyes up to see other players in the area as well as the players on outside of the square too.
- **Receiving Skills** – To help players to receive, they should look to receive with an open body shape to help them see the whole of the square. This will help them to take their first touch out of their feet to be able to play forwards, but also look at possible no touch turns as well.
- **Passing Skills** – Players should look to play firm passes along the ground to the players on the outside for them to receive, but also may need to vary the types of passes that they play based on what pictures they see/traffic that is in front of them.

Progressions

- To make this practise more challenging, add defenders within the grid to apply pressure on the individual player who's receiving inside the box. If the defenders win the ball, they then become an attacker and look to receive the ball.
- Alternatively, you may have a team that is defending and a team that is attacking and then rotate them regularly.

Regression

- To simplify the practise, players are to throw and catch with the players from the outside rather than receiving with the ball to their feet. To help with this, you may need to make the area size smaller as well.

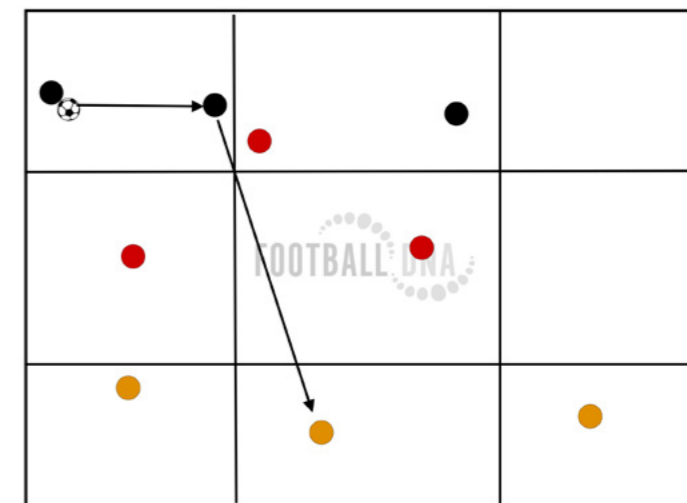
WEEK 1

PASSING & RECEIVING - Maintaining Possession

To help players to scan and make the right decisions to help maintain possession individually as well as within the team.

3 TEAM SWITCHING PLAY GAME

Setup a 25 x 25 area and split the pitch into three equal thirds. Organise three teams, with three players per team and with a team in each of the thirds. The team in the middle is the defending team and they must block and intercept passes in the middle channel. The teams on either side of the channel are the attacking teams and must maintain possession and look to switch play (no over-head height). One player from the defending team can look to press and win the ball back from the team in possession of the ball. If the ball is intercepted, or a team loses possession of the ball they must swap places with the defending team in the middle channel.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Team Shape** – The team in possession of the ball should look to try and create width and depth by making their triangle as large as possible. As a result, they should try not to be in line with one another and create angles when one of their team mates is in possession of the ball, this will help them to be able to play around the defender that's pressing them as well as move the defenders in the middle channel by switching play. As a coach, have footballs on the side ready to pass in if the ball goes out of play to ensure a quick turnover.
- **Body Shape** – Players should have an open body shape so that they can see the player with the ball, as well as the opposite side that they're attempting to play into as well. This will help players to play first time passes as well as quicker passes reducing the opportunity for the defenders to press, intercept or block the passes as well.
- **Scanning** – Players should continually be scanning and adjusting their body shape ready to receive the ball but also identifying spaces between and around the defenders to enable them to play into the opposite side.
- **Passing Between Lines** – The team in possession should look to play around the defenders, but also play between them when looking to switch play to the opposite side. Players on the opposite side should look to move to try and receive between the lines as well.

Progressions

- The number of passes they make before they switch play = the number of goals they score / attackers must get a certain number of passes before they can switch.
- In addition, you may get another defender being able to drop into the other third or have another player from the opposite attacking team moving in the middle third to receive the ball as well.

Regression

- Play without a player pressing and the defending team can only block the switch you may also introduce being able to play over head height as well.

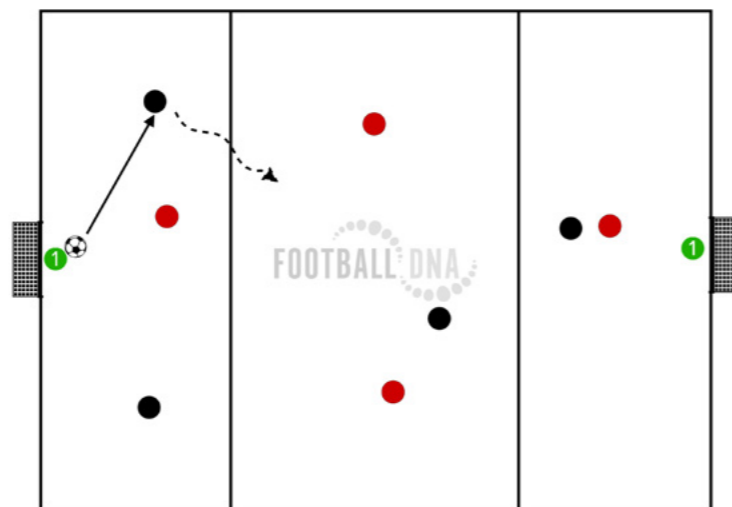
WEEK 1

PASSING & RECEIVING - Maintaining Possession

To help players to scan and make the right decisions to help maintain possession individually as well as within the team.

PLAYING THROUGH THE THIRDS 5V5

Setup a 40 x 25 pitch with two goals and two goalkeepers. You will also need to split the pitch into three even thirds as well and organise two teams. The game can be played as a 5v5 game with goalkeepers. Each team must either pass or dribble from one third into the next, all players are locked into their thirds unless they're able to dribble or pass from one third into the next. Players cannot play across two thirds. Defenders are also locked into the third, if they win the ball they must pass or dribble to move into a different third.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Team Spacing** – In order for the team in possession of the ball to progress through each third, players should look to create width and depth to help them play from one third into the next. Players should also be encouraged to identify where there are overloads on the pitch as they progress from one third into the next.
- **Body Shape** – Players should look to receive with an open body shape to help them to see the whole pitch, this will aid them in being able to pass or dribble from one third into the next.
- **Scanning** – Scanning will help players to be able to identify when and how they can progress from one third into the next by not only seeing where the space is but also where the opposition and team mates are.
- **1st Touch / Breaking Lines** – To help progressing through the thirds, players will be able to play around the opposition but also should be encouraged to try and receive and play between players as well. This will help to progress through the pitch, whilst eliminating opposition too.

Progressions

- A certain number of passes must be played before the team can progress into the next third.
- Alternatively, players can move anywhere in the pitch, however, they must pass or dribble from one third into the next to be able to progress.

Regression

- Each team has a ball each and must play and work their way through the third to be able to score (without pressure). This simplified will help you work on how players can move and to create space etc.

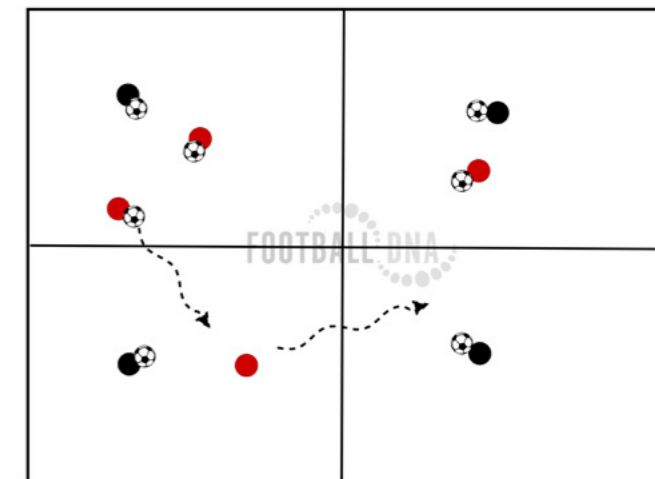
WEEK 2

STAYING ON THE BALL - Dribbling / Running with the ball

Creative and willing to take risks to beat players 1v1 using both feet and able to create space for yourself or your teammate

CLEAR THE SPACE

Setup a 20 x 20 area with two teams of three / four players with all players having a ball each. Players are not allowed in the same box as a team-mate, if a team-mate dribbles / runs with the ball into your box you must leave the box and move into a new one. Players can also use the Football DNA 1v1 moves of 'Stepover Scissor, Slide Stepover' to leave / enter a new box as well as create space for themselves too.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up** – In order for players to look for the best space for them to travel into, players are encouraged to keep their eyes up when travelling the ball to help them to identify this space. In order to help players with this, a coach may hold up numbers on their hands for the players to call out or alternatively, the players must perform a 1v1 skill against another player before they can move into another box.
- **Use Of Both Feet** – Players need to use both feet when travelling with the ball and performing their 1v1 skills. To support this, you may enforce that players must perform the skill on both feet before they can move into the next box. This will also help them travel into the different boxes quickly, whilst evading being in the same box as their teammates.
- **Disguise** – An emphasis should be placed on how players use their arms, body and head to add to disguise for their 1v1 moves by exaggerating their 1v1 skills on both sides. This will help to add a disguise, pretending to go one way and instead moving in another direction.
- **Speed** – By adding speed in their touches when dribbling this will help players to move into a new space / beat an opponent at speed. In addition, players should be encouraged to also use their 1v1 skills at speed too. To ensure this can be maintained, consider the work to rest time needed for players to do perform skills at speed. Larger touches will enable players to move into space quickly, smaller quick touches may be needed to change direction quickly.

Progressions

- To progress this further, players have one football between them, and they must try and stay on the ball / keep it in the team but also are not allowed to have a ball in the same box as the opposition.

Regression

- To simplify this each player should hold a ball in their hand rather than dribbling with their feet.

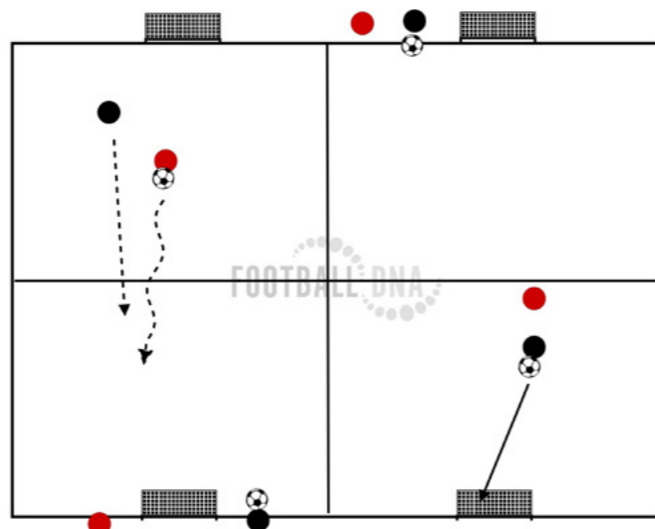
WEEK 2

STAYING ON THE BALL - Dribbling / Running with the ball

Creative and willing to take risks to beat players 1v1 using both feet and able to create space for yourself or your teammate

1V1 RACES

Setup a 20 x 20 area and split the area into four boxes. Have a goal on the outside of each box, with a pair next to each goal with a ball between two. Players are paired up with one attacker and one defender. The attacker begins the game by taking a touch out of their feet, they must get into the opposite half before they can score. The defender must try and chase after the ball and win it back, if they do, they can score in the opposite goal. In order to score, attackers must be in the attacking half of their channel.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players are to keep their eyes up to see the space in front of them to help them choose what area they want to move into and how. Players should also check their shoulders as they're travelling with the ball to see where the opposition player is as well. Rotate after each turn who is attacking and also who is defending.
- **Use Of Both Feet** – Players to use both feet to dribble/run with the ball on. This will enable them to keep the ball safe side from the defender making it more difficult for the defender to win the ball.
- **Disguise** – A disguise can be used at the beginning of the game to help the attackers to off balance the defenders to give them a head start. If the defenders recover, disguises can be used to change direction to move the defender to create space for the attacker to move into.
- **Use Of Speed** – Players should look to attack space at speed with bigger touches to move into, this will help prevent them from having to go 1v1.

Progressions

- To progress this further, play 2v2 which will provide the attackers with the ability to combine between one another but also deal with two defenders recovering as well.

Regression

- Play without a ball with players simply having a race to the opposite side of the pitch.

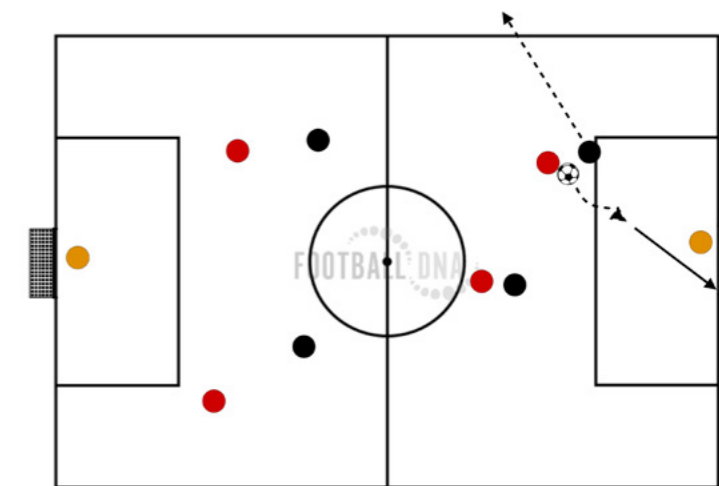
WEEK 2

STAYING ON THE BALL - Dribbling / Running with the ball

Creative and willing to take risks to beat players 1v1 using both feet and able to create space for yourself or your teammate

5V5 – OVERLOAD/UNDERLOAD

Setup a 40 x 20 pitch with a goal at either end. Organise a 4v4 plus goalkeepers. The game is a normal game, however, if a team scores, they can sin bin an opposition player for 30 seconds creating an overload. Once the 30 seconds is over, that player can then return to the field. Play pass or dribble in from the side lines as well, as this will encourage players to travel with the ball.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players need to have their eyes up when on the ball, this will help to allow them to make better decisions when in possession of the ball. This will also help them to identify space and possible overloads on the pitches as well.
- **Use Of Both Feet** – When players are travelling with the ball, they should use both feet to help them keep the ball on the furthest foot from the defender which will enable them to effectively shield and protect the ball.
- **Disguise** – When players are in possession of the ball, disguises can be used to help players create space for themselves or their team mates as well as help them off balance the defender when going 1v1.
- **Use Of Speed** – Due to the constraint when a goal is scored the opposition lose a player, this means that the team in possession of the ball will have a period where they're able to exploit an overload by attacking quickly.

Progressions

- If a team continues to score, they continue to sin bin players (creating a larger overload) and/or make two smaller games i.e. 2v2/3v3.

Regression

- Once the attacking team scores, a defender must touch the oppositions goal post before they can return.

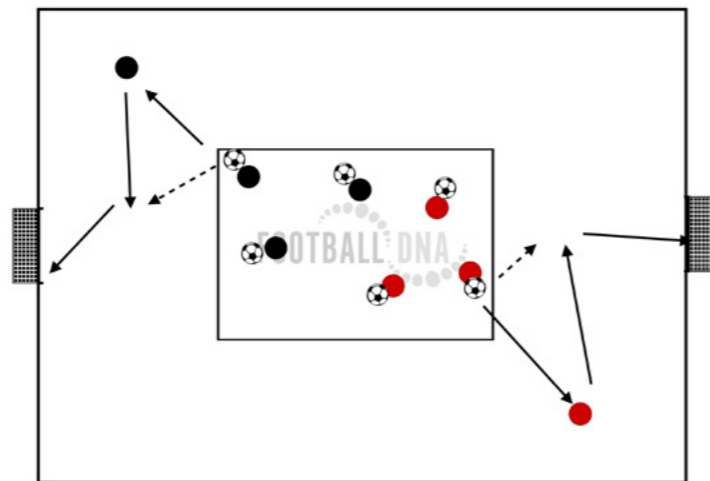
WEEK 3

COMBINE & FINISH - Finishing from Wide Areas

Use a variety of different finishing techniques using both feet

BREAKING THE BOX TO FINISH FROM WIDE

Setup a 25 x 25 area with a goal and a goalkeeper either side as well as a target player by each goal acting as a wide player without a ball. Inside this area, set up a 10 x 10 box with players having a ball each performing the Football DNA ball mastery skills 'Slides, Toe Tap Stepover' inside the middle box. Organise two teams, with players being given a number each, when the coach will call a number that number from each team then must play into a wide player and look to then receive a cross and finish, the first person to score wins a point and after their turn they are then to take the wide players place with the wide player then returning to the middle box.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Whilst players are performing ball mastery, they are to keep their eyes up to help them to manipulate around other players. Once their number is called, they must look to play into their wide player as quickly as possible to win the race against the opposition player.
- **Speed Of Attack** – As soon as their number is called, each player should look to play into the wide player as quickly as possible and run forward ready to finish from a cross.
- **Timing Of Run** – After playing into the wide player the attackers should look to hold their run in anticipation for where the ball will be crossed too. Players should also look to communicate with their hands or by calling out where they want the cross to be played as well.
- **Finishing Technique** – Depending on where the cross is played, players should look to adapt their finishing technique but also players will need to be able finish on both sides to help them finish quickly if needs be too.

Progressions

- To challenge the attackers further, add goalkeepers as well as defenders to make it more difficult for the attacker to score.

Regression

- Players are not limited to doing ball mastery inside the box and can move around the area.

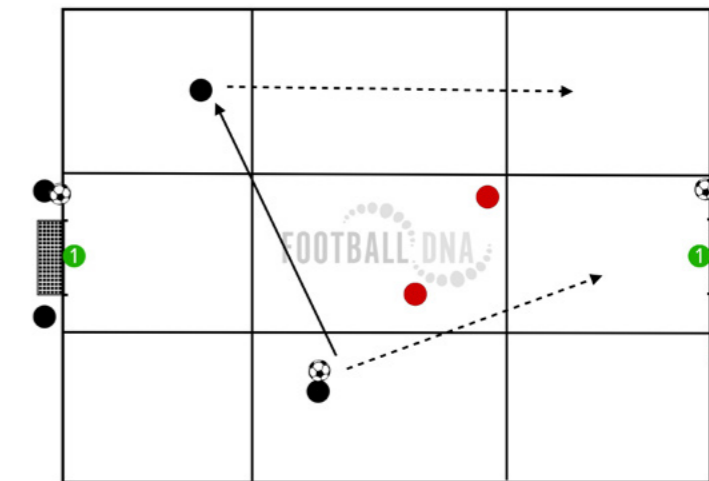
WEEK 3

COMBINE & FINISH - Finishing from Wide Areas

Use a variety of different finishing techniques using both feet

2V2 WITH CHANNELS

Setup a 25 x 25 area with a goal on either side with a goalkeeper in each of the goals with two teams organised in pairs with a ball between two. Split the pitch into thirds both horizontally and laterally, players must be in the final third to score and will also receive double points if they score from a cross from a wide area. Each team are to attack and defend in pairs, if the attackers score, they then stay on and defend against the opposite team who bring on two attackers. If the defenders win the ball back, they can score.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players are to keep their eyes up to recognise the best area for them to attack and whether they can move into the wide area. If a player is in the wide area, they should look to lift their eyes up to look for a teammate for a cross.
- **Speed Of Attack** – Once the opposition score, the attackers should look to attack at speed to try and score quickly. If they slow down in their attack, this will allow for defenders to recover.
- **Timing Of Run** – If the ball is in the wide area, players should look to hold their run and not run in advance of the ball. To support this, you may talk to players about making a double movement i.e. running to the front post and then to the back etc.
- **Finishing Technique** – Players to select the appropriate finishing technique depending on what part of the pitch they're finishing within. As they have to be in the final third, encourage players to try and finish in one or two touches.

Progressions

- To progress this practice further you can limit attackers to only be able to score from wide areas which will increase the number of crosses.

Regression

- Make the pitch area smaller will increase the number of chances that players have but you may also wish to make it unopposed initially getting players to attack in pairs without opposition.

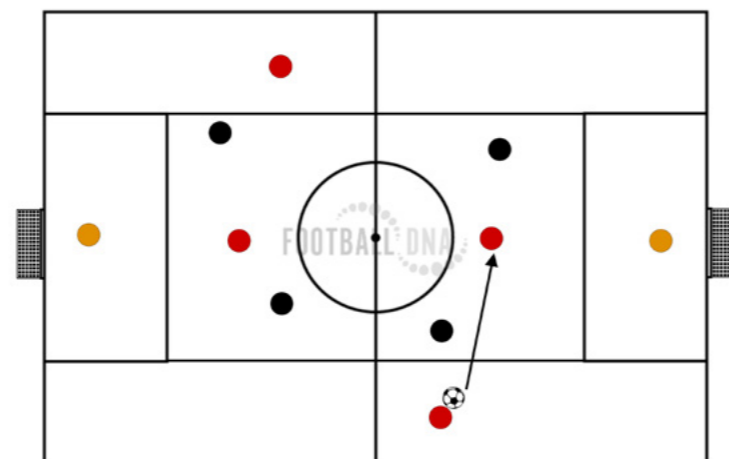
WEEK 3

COMBINE & FINISH - Finishing from Wide Areas

Use a variety of different finishing techniques using both feet

5V5 WITH CHANNELS

Setup a 25 x 25 area with channels as well as two goals at either end with goal keepers. Organise two teams of 5v5. Both teams can move into the wide areas as well as the middle of the pitch, if a team scores a normal goal, they get one point, if they score from a wide area, they are to get two points. Encourage the defending team to defend within the middle area to be compact and prevent the opposition from playing through them.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Decision Making (Finding The Overload)** – In this game players must try and keep their eyes up to identify when and where to move into the wide areas which will help create more crossing opportunities. However, whilst this gives players the opportunity to get double points they can also score through the middle of the pitch too and should recognise when this is the best option to do so.
- **Speed Of Attack** – In transition, there will be opportunities for the team that has won the ball to be able to attack quickly by playing forward and running forwards. Players should look to join the box if the ball is moved into a wide area ready to score from crosses.
- **Timing Of Run** – If the ball is in the wide area, players should look to hold their run and not run in advance of the ball. To support this, you may talk to players about making a double movement i.e. running to the front post and then to the back etc.
- **Finishing Technique** – Players to select the appropriate finishing technique depending on what part of the pitch they're finishing within. As they must be in the final third, encourage players to try and finish in one or two touches.

Progressions

- To progress this practice further you can limit attackers to only be able to score from wide areas which will increase the number of crosses.

Regression

- Lock a wide player from each team into a wide channel creating a 1v1 in each wide area, only those players are in the wide areas at any time creating a 2v2 in the middle of the pitch.

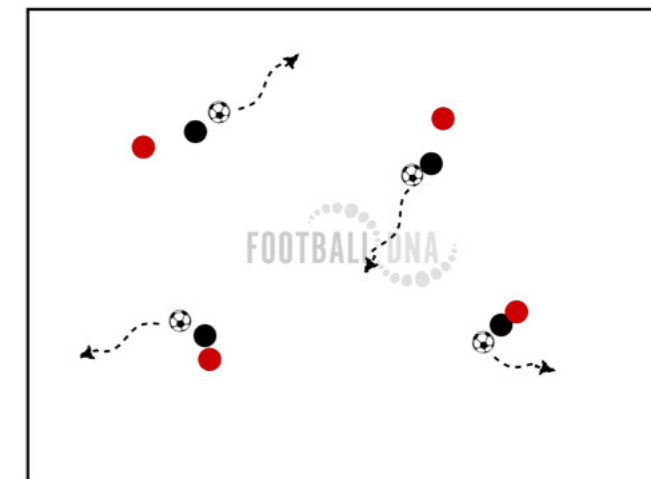
WEEK 4

DEFENDING - 1v1 Defending

Able to dominate 1v1 situations

CAT & MOUSE

Players are paired up inside the 20 x 20 area with a ball between two. The objective of the game is for the attacker to keep the ball, with the defender trying to win the ball back. If the defender is successful in winning the ball back, they must look to keep it themselves. Players can only tackle their partner and the player who has the ball at the end of the round win a point. Players are encouraged to use the Football DNA 'Inside Cut, Outside Cut, Drag Back' to help them change direction and protect the ball from the defender.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Deny** – Defenders should deny the attacker space they're travelling into by forcing them to the outside of the square (facing the outside) and then prevent the attacker from turning and playing forwards.
- **Delay** – In order to delay the attacker, look recover into areas of the pitch to force them one way. This will help to slow the attacker down and place the defender in a position where they can look to defend.
- **Deflect** – When defending 1 v 1 encourage defenders to force the attacker into areas they don't want to go, like the corners of the area where there is reduced space so they cannot use their speed.
- **Defend** – The defenders should aim to win the ball back and keep it for themselves, by using their front foot and body this will help them to come away with the ball once they've won it.

Progressions

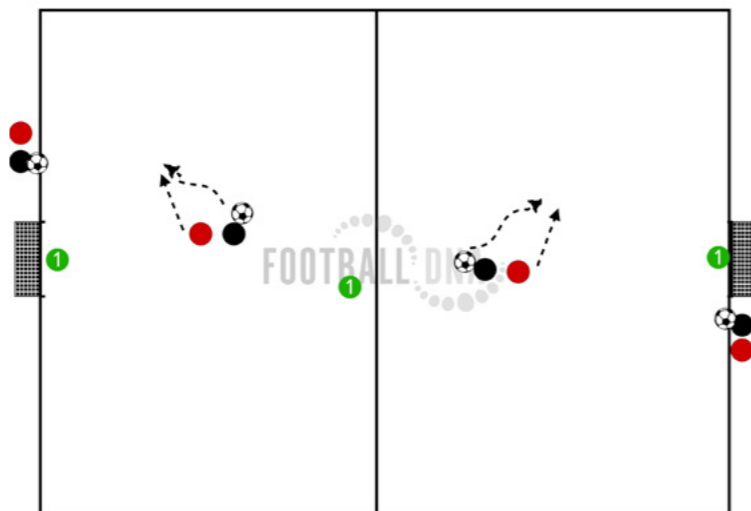
- To progress this further, players are no longer working in pairs and the defenders can now tackle anyone. If a player has the ball at the end of the round, they receive one point.

Regression

- Play without a ball, use bibs instead (tucked into the back of the shorts), with the defenders now attempting to pull the bib out of the attacker's shorts. If they do this, the attacker then gets that bib and puts it into their own shorts.

1V1 REVERSE GAME

Setup a 20 x 20 pitch with a goalkeeper in each goal. Organise two teams with players paired up with a player from the opposite team. An attacker and defender starts by each goal, they must dribble out to the halfway line, once they approach it, they must try to turn and score. The defender must try and stop the attacker from turning – if they win the ball back, they can score in the opposite goal. The attackers have only 10 seconds to score once they've reached the halfway line.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Deny** – The defender should aim to pressure the attack and deny them space to stop them from being able to turn and play forwards. As the attacker must turn at the halfway line, this requires the defender to anticipate the direction that the attacker is attempting to turn.
- **Delay** – By preventing the attacker to turn, it will help the defender to be able to get set in a position to try and win the ball back. If the attacker can turn, the defender should delay the attacker from scoring.
- **Deflect** – When defending 1v1, encourage the defenders to get side on forcing the attacker one way. Defenders should be encouraged to recognise which foot is the 'weaker foot' for the attacker and force the ball onto that side.
- **Defend** – The defenders should aim to win the ball back and keep it for themselves, by using their front foot and body this will help them to come away with the ball once they've won it.

Progressions

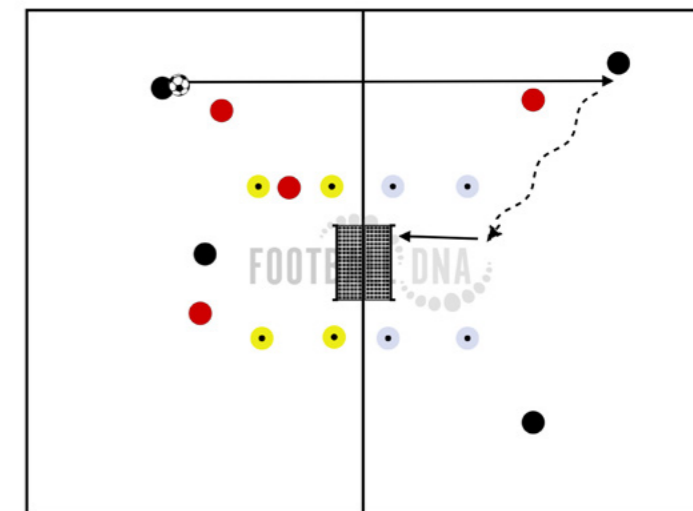
- To progress this further make the practise a 2v2 or 2v1 to get the defender to defend out numbered.

Regression

- Add a zone for the attacker to dribble over before the defender can come out and defend

BACK TO BACK GOAL GAME

Setup a 20 x 20 pitch and place two goals back to back in the middle of the pitch. Organise two teams with a 5 x 5 zone around the goals to create a score zone. In order to score the attackers must be inside the score zone in front of either goal. Defenders cannot be in the score zone for any longer than three seconds. Once a goal is scored, the team that scores restarts from the score zone area, however, must get into the opposite half before they can return and score. Defenders should look to protect their goal and prevent the attackers from turning and play into the opposite side where possible.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Deny** – Defenders should deny the attackers by preventing them from turning and playing into the opposite side of the pitch. In addition, they must also remain compact and protect the goal to prevent the attackers from getting into the score zone.
- **Delay** – Once a goal is scored, the defenders should look at delaying the attackers from attacking quickly and playing into the opposite side of the pitch.
- **Deflect** – Defenders should aim to deflect the attackers away from goal by remaining compact and forcing play into the wide areas.
- **Defend** – Emergency defending and blocks will be required to prevent the attackers from entering the score zone in order to score.

Progressions

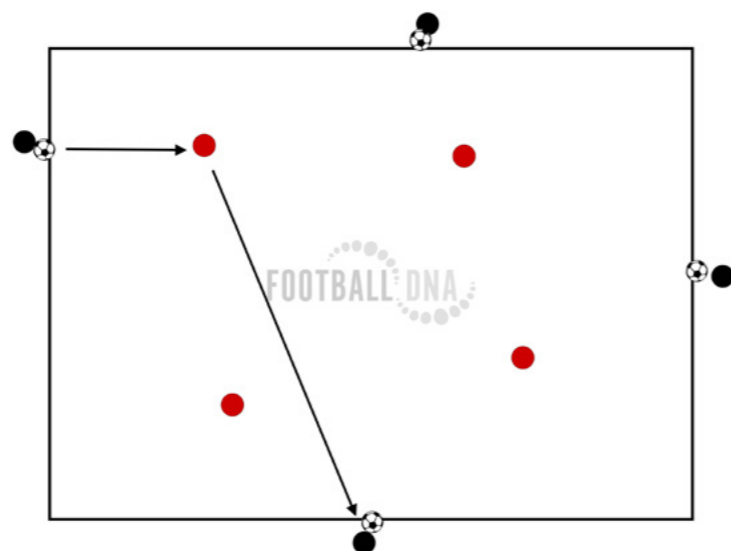
- To progress this further, add goalkeepers in each of the two goals.

Regression

- To simplify this game, players are locked into their half (you may want to add a constraint that one attacker and one defender can move into the opposite half).

POSSESSION BOX

Setup a 20 x 20 area with four players on the outside with a ball each and four players inside the area without the ball. The players on the outside must move to receive the ball, once they've done this they receive and then look to play into another player on the outside of the square. The player on the outside are to perform the Football DNA ball mastery exercises of both 'Single Static Cuts, Double Cuts, players on the inside can also perform these exercises as well once they've received the ball.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Scanning To See Your Team Mates** – The players on the inside of the square should look to scan before receiving the ball to then adjust their body shape to see the player they're receiving from but also the player they want to play into as well.
- **Eyes Up** – Players should keep their eyes up before they receive to try and have eye contact with the player they're receiving from, once they receive the ball player should look to keep their eyes up to see other players in the area as well as the players on outside of the square too.
- **Receiving Skills** – To help players to receive, they should look to receive with an open body shape to help them see the whole of the square. This will help them to take their first touch out of their feet to be able to play forwards, but also look at possible no touch turns as well.
- **Passing Skills** – Players should look to play firm passes along the ground to the players on the outside for them to receive, but also may need to vary the types of passes that they play based on what pictures they see/traffic that is in front of them.

Progressions

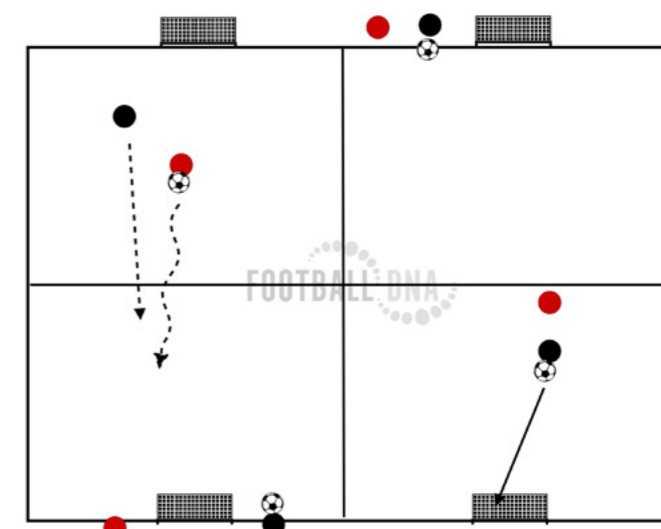
- To make this practise more challenging, add defenders within the grid to apply pressure on the individual player who's receiving inside the box. If the defenders win the ball, they then become an attacker and look to receive the ball.
- Alternatively, you may have a team that is defending and a team that is attacking and then rotate them regularly.

Regression

- To simplify the practise, players are to throw and catch with the players from the outside rather than receiving with the ball to their feet. To help with this, you may need to make the area size smaller as well.

1V1 RACES

Setup a 20 x 20 area and split the area into four boxes. Have a goal on the outside of each box, with a pair next to each goal with a ball between two. Players are paired up with one attacker and one defender. The attacker begins the game by taking a touch out of their feet, they must get into the opposite half before they can score. The defender must try and chase after the ball and win it back, if they do, they can score in the opposite goal. In order to score, attackers must be in the attacking half of their channel.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players are to keep their eyes up to see the space in front of them to help them choose what area they want to move into and how. Players should also check their shoulders as they're travelling with the ball to see where the opposition player is as well. Rotate after each turn who is attacking and also who is defending.
- **Use Of Both Feet** – Players to use both feet to dribble/run with the ball on. This will enable them to keep the ball safe side from the defender making it more difficult for the defender to win the ball.
- **Disguise** – A disguise can be used at the beginning of the game to help the attackers to off balance the defenders to give them a head start. If the defenders recover, disguises can be used to change direction to move the defender to create space for the attacker to move into.
- **Use Of Speed** – Players should look to attack space at speed with bigger touches to move into, this will help prevent them from having to go 1v1.

Progressions

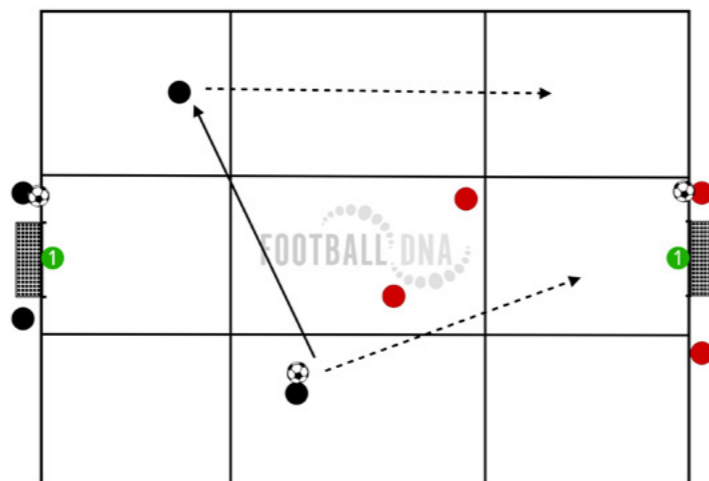
- To progress this further, play 2v2 which will provide the attackers with the ability to combine between one another but also deal with two defenders recovering as well.

Regression

- Play without a ball with players simply having a race to the opposite side of the pitch.

2V2 WITH CHANNELS

Setup a 25 x 25 area with a goal on either side with a goalkeeper in each of the goals with two teams organised in pairs with a ball between two. Split the pitch into thirds both horizontally and laterally, players must be in the final third to score and will also receive double points if they score from a cross from a wide area. Each team are to attack and defend in pairs, if the attackers score, they then stay on and defend against the opposite team who bring on two attackers. If the defenders win the ball back, they can score.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players are to keep their eyes up to recognise the best area for them to attack and whether they can move into the wide area. If a player is in the wide area, they should look to lift their eyes up to look for a teammate for a cross.
- **Speed Of Attack** – Once the opposition score, the attackers should look to attack at speed to try and score quickly. If they slow down in their attack, this will allow for defenders to recover.
- **Timing Of Run** – If the ball is in the wide area, players should look to hold their run and not run in advance of the ball. To support this, you may talk to players about making a double movement i.e. running to the front post and then to the back etc.
- **Finishing Technique** – Players to select the appropriate finishing technique depending on what part of the pitch they're finishing within. As they have to be in the final third, encourage players to try and finish in one or two touches.

Progressions

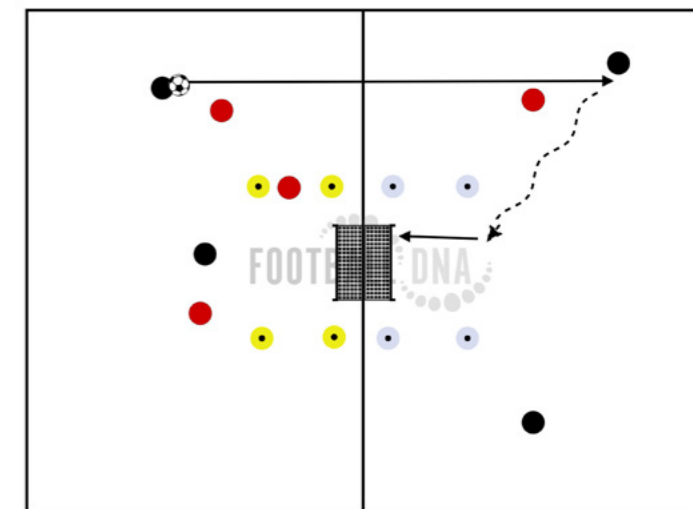
- To progress this practice further you can limit attackers to only be able to score from wide areas which will increase the number of crosses.

Regression

- Make the pitch area smaller will increase the number of chances that players have but you may also wish to make it unopposed initially getting players to attack in pairs without opposition.

BACK TO BACK GOAL GAME

Setup a 20 x 20 pitch and place two goals back to back in the middle of the pitch. Organise two teams with a 5 x 5 zone around the goals to create a score zone. In order to score the attackers must be inside the score zone in front of either goal. Defenders cannot be in the score zone for any longer than three seconds. Once a goal is scored, the team that scores restarts from the score zone area, however, must get into the opposite half before they can return and score. Defenders should look to protect their goal and prevent the attackers from turning and play into the opposite side where possible.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Deny** – Defenders should deny the attackers by preventing them from turning and playing into the opposite side of the pitch. In addition, they must also remain compact and protect the goal to prevent the attackers from getting into the score zone.
- **Delay** – Once a goal is scored, the defenders should look at delaying the attackers from attacking quickly and playing into the opposite side of the pitch.
- **Deflect** – Defenders should aim to deflect the attackers away from goal by remaining compact and forcing play into the wide areas.
- **Defend** – Emergency defending and blocks will be required to prevent the attackers from entering the score zone in order to score.

Progressions

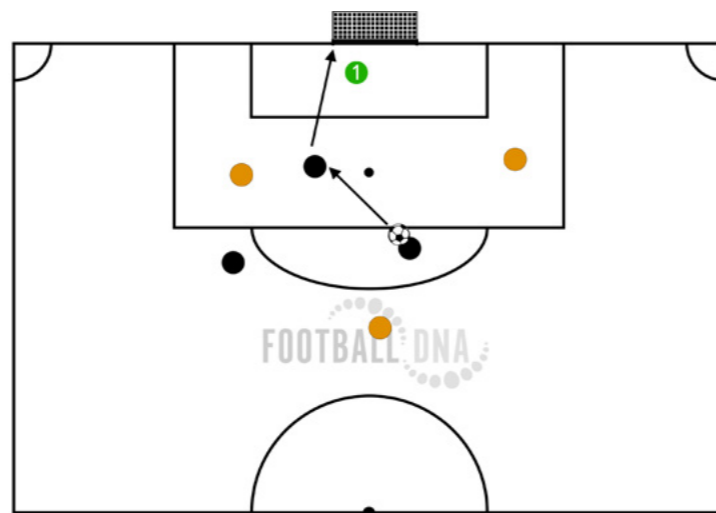
- To progress this further, add goalkeepers in each of the two goals.

Regression

- To simplify this game, players are locked into their half (you may want to add a constraint that one attacker and one defender can move into the opposite half).

FINISHING GAME – HEADERS & VOLLEYS

In a 20 x 20 area set up one goal on half a pitch with a goalkeeper and two teams on the pitch. Both teams are attacking the same goals and can only score from a header or a volley. If headers aren't appropriate, select a different type of finishing technique i.e. half volleys. The game is played either to a time limit or the first team to a certain number of goals.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goal

Coaching Points

- **Movement** – Players should look to create width and depth with their movement to create space for themselves or for their team mates. Players should look to move to be able to receive, particularly where they can look to play forwards and combine or finish.
- **Receiving Skills** – Players should look to receive with an open body shape to allow them to receive to play forwards and see the ball and the goal that they're attacking. This will enable them to be able to get shots away quickly off both sides. If they're unable to receive, players should look to receive on their front foot to protect the ball and look to set a team or turn their defender.
- **Decision Making** – Players should be continually scanning to identify the best space for them to move into but also what they should do when they have the ball too. Players should continually look to scan to find the overload which will increase their opportunities to score.
- **Finishing of Both Feet** – Players should be encouraged to use both feet to receive, pass, travel and finish with the ball. Encouraging players to use both feet will allow them to be able to perform each skill quicker and particularly allow them to combine and finish around the goal more quickly too.

Progressions

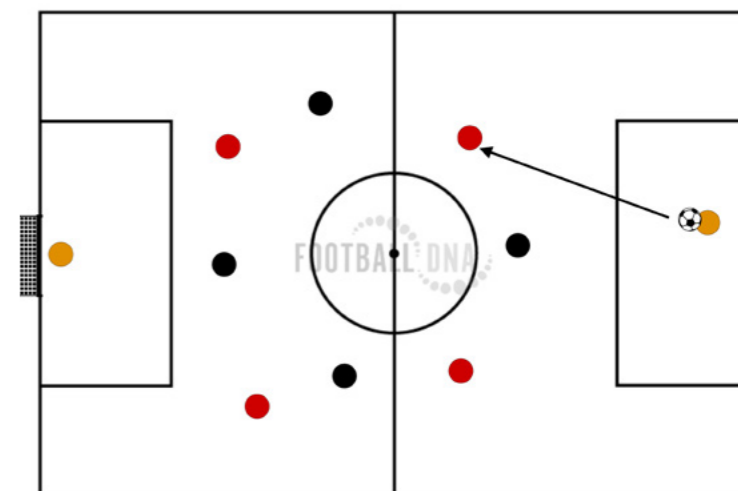
- If you score, the team that concedes loses a player / you gain a player (if you have a player already of the pitch).

Regression

- Unopposed - Both teams have a ball each (first team to score a certain number of goals wins).

SMALL SIDED GAME – NORMAL

Setup a 25 x 40 pitch and based on the constraints that you feel are appropriate for the game, adjust the size to help with these constraints. Players are to play normal football rules including offsides as well. Split the games into halves or quarters and challenge your players in each half or quarter based on the focus for the team or the constraint that has been provided for them.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

Look at your previous block of work and consider what you feel the players need to focus on based on what they have learnt so far. Below are some examples of different types of constraints that you may wish to use to help bring out different outcomes for the players based on what you wish to focus on.

Example of Constraints

- **Passing & Receiving** - A certain number of passes must be played to progress from one third into the next, you must pass the ball from one third into the next, players are locked into their zones and can only leave their zone if they pass/dribble into the next.
- **Staying On The Ball** - Players are locked on man-man, players cannot turn/dribble backwards, players must beat a player before they can progress into the next third.
- **Combine & Finish** - Different types of finishes are worth a different number of goals, touch restriction in the final third, players can only score in certain zones i.e. middle or final third.
- **Defending** - When their team doesn't have the ball, players are locked into a zone (create an overload/underload for defenders), Defenders must all be within two or the three thirds when their doesn't; have the ball, defenders aren't allowed to kick the ball out of play (they must win it and find a way to keep it).

Progressions

- Increase/decrease pitch size, lock players in a third.

Regression

- Decrease the number of players on the pitch (increasing the number of touches each player will have), allow players to move anywhere within the thirds.

BLOCK 3 - WEEK 13 - 18

Key Coaching Points	- Team Spacing					
	- Body Shape	- Eyes Up	- Decision Making			
	- Scanning	- Varitey Of 1v1s	- Finding Overload	- Deny	Revisit A Mixture Of Coaching Points From Across The Block.	Varying Constraints To Target Specific Team Needs & Objectives.
	- 1st Touch	- Use Of Both Sides	- Speed Of Attack	- Deflect		
	- Receiving Skills	- Use Of Body	- Finishing Technique	- Delay		
	- Passing Technique			- Defend		
	- Between Lines					
Coaching Focus	Finding The Overload	Shielding & Turning	Finishing In & Around The Box	Defending Outnumbered	Review Of Previous Topics	Game Week - Review Of Previous Topics
Topic	Passing & Receiving	Staying On The Ball	Combine & Finishing	Defending	Consolidation Week	Small Sided Games
	Week 13	Week 14	Week 15	Week 16	Week 17	Week 18

All of the sessions are available on our website. You can find them with the links below.

[Week 1](#)

[Week 2](#)

[Week 3](#)

[Week 4](#)

[Week 5](#)

[Week 6](#)

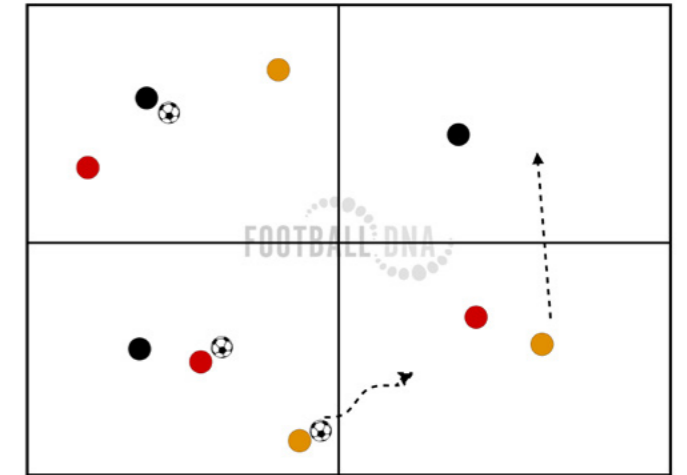
WEEK 1

PASSING & RECEIVING - Finding an Overload

To help players to scan and make the right decisions and find an overload.

MOVING IN & MOVING OUT

Setup a 20 x 20 area and split the area into four different boxes. Organise three different teams with three players per team with a ball between each team. Players must either pass or travel with the ball into different boxes, although they cannot be in the same box as their team mate. Encourage players to use the Football DNA ball mastery 'Single Static Cuts, Double Cuts' when they receive the ball and travel from one box into the next.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

Scanning To See Your Team Mates – Players should look to scan to see space, their team mates as well as opposition players by scanning when moving around from one box to the next. As players cannot be in the same box as their team mate, they should continually look to adjust their body shape to help them identify the best area to move into. Once they receive the ball, this will also help them to recognise what square they need to move into next.

Eyes Up – Once a player has the ball at their feet, they should look to keep their eyes up to see their team mates but also where the space is. This will help players to identify which box they should move into next with the ball as well as looking for which team mate they should pass into as well. Having eye contact with their team mates before they receive will also let the passer know that they're ready to receive the ball.

Receiving Skills – Players should look to receive with an open body shape to be able to see the whole pitch, this will help them to receive and play in the direction they wish to play into. With receiving on their back foot or across their body, this will help players to play forwards quickly, however, they may need to adjust to receive on their front foot if the box they wanted to play into is no longer available or they have another player in their way.

Passing Skills – When passing players should look to recognise the where and how they will pass into their team mates. If a player is showing an open body shape, it may be best to play into their back foot or into space to allow them to play forwards. Likewise, if they cannot play forwards players may need to play into their team mates front foot.

Progressions

To challenge players further, have one team as a defending team and play two teams against one.

If a team loses the ball, they then become the defending team. Also, if a player goes into the same area as their team mate that results in a free kick and they then become the defending team too.

Regression

To simplify the practice have players throwing and catching rather than passing.

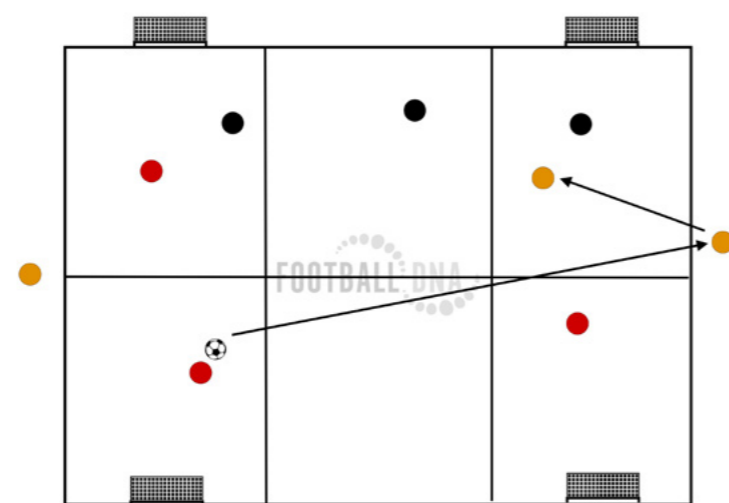
WEEK 1

PASSING & RECEIVING - Finding an Overload

To help players to scan and make the right decisions and find an overload.

3 TEAM FOUR GOAL GAME

Setup a 40 x 20 area and split the pitch into thirds (six boxes in total). On the outside of the pitch, set up two goals on either side and organise two teams in the middle of three players as well as a third team that will be neutral players, with two on the outside of the pitch and one player in the middle. The attacking team must be inside the box in front of each goal in order to score, the attackers can use the target players to help switch play. Rotate the target players regularly. The defending team are encouraged to defend two out of the three channels to remain compact.



Equipment



8 - 12 Players



Bibs, Cones, Footballs, & Goals

Coaching Points

- **Team Shape** – The team in possession of the ball should aim to create triangle or a diamond with the neutral player. When in possession of the ball, they should aim to make this shape as big as possible by creating width and depth across the pitch by filling all three channels. The outside target players should also look to help by positioning themselves at different angles from the team in possession, so they are an option throughout.
- **Scanning** – All players should look to scan throughout when their team is in possession of the ball to help them to see space, their team mates as well as the opposition. Due to the goals being in each of the corners, if players are in the middle area particularly, this will help them to see both sides and identify which goal is best to attack. Scanning will also help players to identify if a team mate is in space as they may need to switch play.
- **Body Shape** – Players should adjust their body to be able to see the whole pitch. In order to do this, encourage players to have their shoulders facing the direction they want to go as well as being able to see the player on the ball too. If players have an open body shape when receiving this will help them to make quicker decisions throughout the game.
- **Decision Making** – Players should look to identify where overloads are throughout the game. As the pitch is split into thirds, the pitch should help players to identify what boxes they have an overload within. Alternatively, players will also need to identify where the best space is which often will be on the opposite side of the pitch if the defending team are compact and blocking two out of the three channels.

Progressions

- To progress this game further you may wish to play winner stays on and/or you must play into a target player before you can score.

Regression

- To help players learn how to use the space effectively in this practice, play unopposed with both teams being able to use target players before scoring at either end.

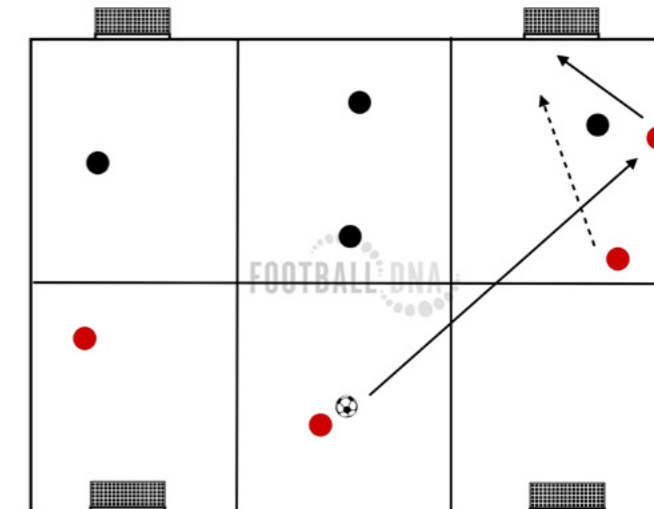
WEEK 1

PASSING & RECEIVING - Finding an Overload

To help players to scan and make the right decisions and find an overload.

FOUR GOAL GAME

Setup a 40 x 20 area and split the pitch into thirds (six boxes in total). On the outside of the pitch, set up two goals on either side and organise two teams of 4v4. The attacking team must be inside the box in front of each goal in order to score. The attacking team must try and find an overload (maintain width three out of the three channels) to help them with scoring and the defending team attempts to be compact (defending two of three channels).



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Team Shape** – The team in possession of the ball should aim to create a diamond when in possession of the ball and they should aim to make this shape as big as possible by creating width and depth across the pitch by filling all three channels. Players should look to move to create overloads, which will be available particularly in wide areas. When possession is lost, the team should attempt to defend two out of the three channels and getting compact as quickly as possible.
- **Scanning** – All players should look to scan throughout when their team is in possession of the ball to help them to see space, their team mates as well as the opposition. Due to the goals being in each of the corners, if players are in the middle of the pitch they should look to scan to help them to see both sides of the pitch and identify which goal is best to attack. Scanning will also help players to identify if a team mate is in space as they may need to switch play.
- **Body Shape** – Players should adjust their body to be able to see the whole pitch. In order to do this, encourage players to have their shoulders facing the direction they want to go as well as being able to see the player on the ball too. If players have an open body shape when receiving this will help them to make quicker decisions throughout the game.
- **Decision Making** – Players should look to identify where overloads are throughout the game. As the pitch is split into thirds, the pitch should help players to identify what boxes they have an overload within. Alternatively, players will also need to identify where the best space is which often will be on the opposite side of the pitch if the defending team are compact and blocking two out of the three channels.

Progressions

- For every additional player the attackers have in an overload they get is worth that number of points. For example (if you have a +1 player = 1 point, +2 players = 2 points) etc.

Regression

- Players can score from anywhere on the pitch rather than in the zone in front of the goals, you may also add two more goals in the middle channel as well.

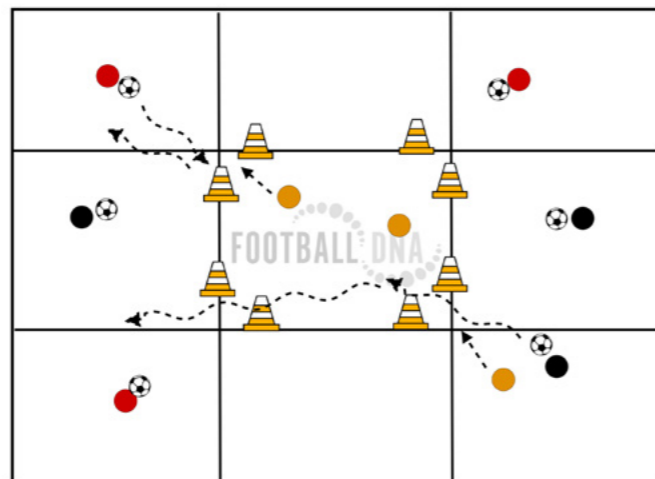
WEEK 2

STAYING ON THE BALL - Shielding & Turning

Able to create space for yourself or for your team mate and able to use both feet to shield and protect the ball

INTO THE NEST

Setup a 20 x 20 area with a 10 x 10 box in the middle. Organise three teams, two teams are attacking with a ball each as well as a defending team that must defend the middle box. The defenders don't have a ball each. Attackers must get through the middle box and leave through one of the gates without being tackled if they do this successfully, they receive a point. If they lose their ball, they must get into the nest without being tagged. The defending team must prevent the attackers from getting through and leaving through the gates. They can defend their area or move around the pitch to try and win the ball back, if they do this, they must return their ball to the nest (middle box). Encourage the attackers to use the Football DNA 'Steover Turn, Inside Hook' to leave / enter the box (nest).



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up** – For players to recognise when they can move into the area, they should look to keep their eyes up when travelling with their ball. This will help them to identify the space for them to travel into but also which gate they should leave as well. Space may also be created by defenders leaving the box, as well as other attackers attracting defenders to try and tackle them.
- **Use Of Both Feet** – Players should look to travel with the ball on both feet to help them turn and evade the defenders as well as protecting and shielding the ball. As this game is multi – directional, it will help the attackers to be able to enter the box and leave the box quickly whilst keeping the ball on the furthest foot from the defender.
- **Use Of Body** – When players are travelling with the ball, they should look to use their body (arms and hips) by getting it across the defender if they apply pressure on them. In addition, players should also try and protect the ball by maintaining it on the furthest foot from the defender as well. In order to shield when turning, players should look at turning away from the defender to 'hide the ball'.
- **Disguise** – Disguises when turning should be supported using the arms and hips to pretend to go one way and then quickly change direction to another. Players should also use disguises to move the defenders, enabling them to create space for them to travel into as well as to leave the square.

Progressions

- Rather than having a set team of defenders, if a defender wins the ball, they can take the place of the attacker.

Regression

- To make the game simpler and to place a bigger focus on how players use their body to change direction, each attacker is to have a bib in the back of their shorts – if the defender grabs the bib, they then swap roles.

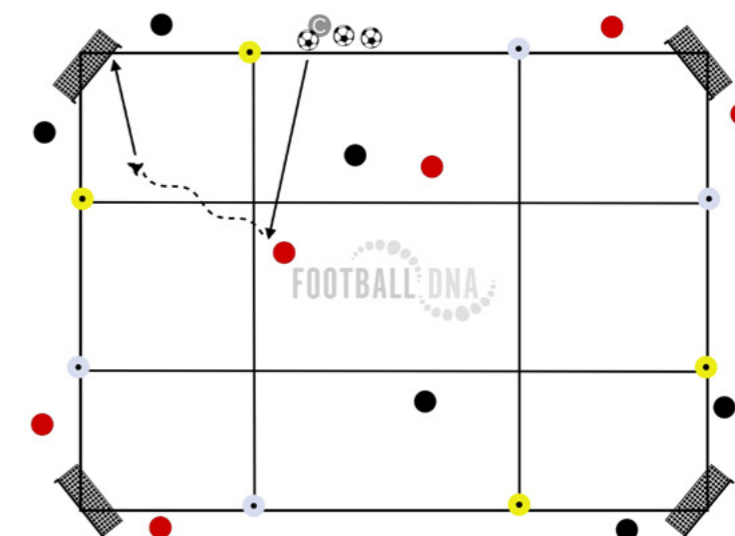
WEEK 2

STAYING ON THE BALL - Shielding & Turning

Able to create space for yourself or for your team mate and able to use both feet to shield and protect the ball

FOUR CORNER – NUMBERS GAME

Setup a 40 x 20 area and split the pitch into thirds as well as organising two teams with half their team by each of the goals. Each player is provided with a number, when their number is called out, they must enter the pitch and try and score in one of the two goals, whilst also protecting their own two goals as well. If the ball goes out of play, or time runs out (suggest 10 second games) then players must return to their goal ready for the next number to be called. For the attackers to be able to score they must get into the box in front of the goal. The coach should have footballs ready next to them to ensure a quick transition between each turn.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players should be ready waiting with their eyes up and keep their eyes up once their number is called. This will allow them to see where the ball is and where the defenders are too if they are able to get to the ball first. Once they have the ball, players should look to use turns to help them to create space and keep their eyes up to recognise the best space to travel or pass into.
- **Use Of Both Feet** – When players are changing direction, they should attempt to do this on both feet to help them shield and protect the ball as well as turn away from the defenders too. Travelling with the ball with both feet will also help them to manipulate easier out of tight areas as well as finish quickly when required to do so off either side.
- **Use Of Body** – When players are travelling with the ball, they should look to use their body (arms and hips) by getting it across the defender if they apply pressure on them. In addition, players should also try and protect the ball by maintaining it on the furthest foot from the defender as well. In order to shield when turning, players should look at turning away from the defender to 'hide the ball'.
- **Disguise** – Disguises when turning should be supported using the arms and hips to pretend to go one way and then quickly change direction to another. This will help players to be able to change direction quickly and attack another goal by 'faking' the defenders. Players should also use disguises to move the defenders, enabling them to create space for them to travel into as well as to leave the square.

Progressions

- To progress this further, instead of just calling one number out the coach should also look to increase the number of numbers you call out at one time.

Regression

- To make it easier for the attackers to score, they are not just limited to scoring in two goals but they can now score in all four goals.

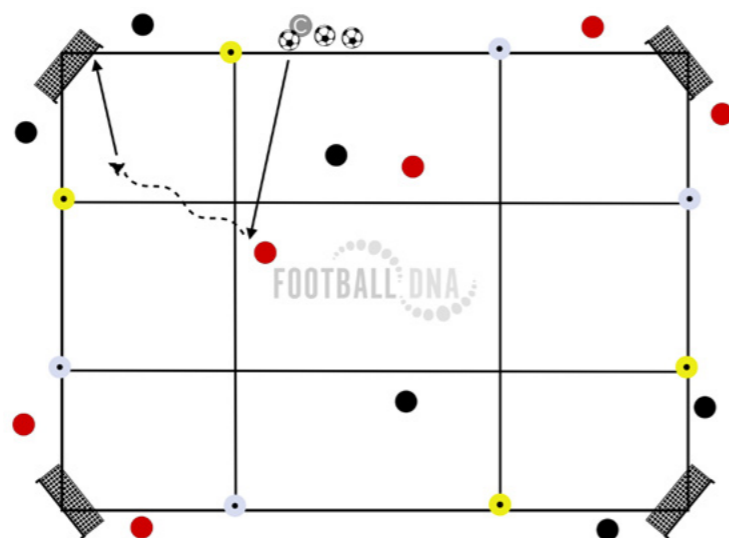
WEEK 2

STAYING ON THE BALL - Shielding & Turning

Able to create space for yourself or for your team mate and able to use both feet to shield and protect the ball

FOUR GOAL GAME – CORNERS

Setup a 40 x 20 pitch and split the pitch into thirds (9 boxes) and have a goal in each of the four corners of the area. Organise two teams of 4 players. Each of the teams are defending two goals that are opposite one another and must score in their opponents two goals. If the ball goes out of play, players can either pass or dribble in. In order to score, players must get into the box that they're scoring within.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – For players to be able to make the right decisions they should keep their eyes up when travelling with the ball enabling them to see their teammates, space as well as the opposition players. This will also help them to identify what parts of the pitch is best for them to play into and recognise when they need to change direction and attack the opposite goal.
- **Use Of Both Feet** – When players are changing direction, they should attempt to do this on both feet to help them shield and protect the ball as well as turn away from the defenders too. Travelling with the ball with both feet will also help them to manipulate easier out of tight areas as well as finish quickly when required to do so off either side.
- **Use Of Body** – When players are travelling with the ball, they should look to use their body (arms and hips) by getting it across the defender if they apply pressure on them. In addition, players should also try and protect the ball by maintaining it on the furthest foot from the defender as well. In order to shield when turning, players should look at turning away from the defender to 'hide the ball'.
- **Disguise** – Disguises when turning should be supported using the arms and hips to pretend to go one way and then quickly change direction to another. This will help players to be able to change direction quickly and attack another goal by 'faking' the defenders. Players should also use disguises to move the defenders, enabling them to create space for them to travel into as well as to leave the square.

Progressions

- To progress this further the game can be played with two footballs being played with at one time.

Regression

- Play without opposition (a ball per team) and/or players don't have to be inside the box in front of the goal in order to be able to score.

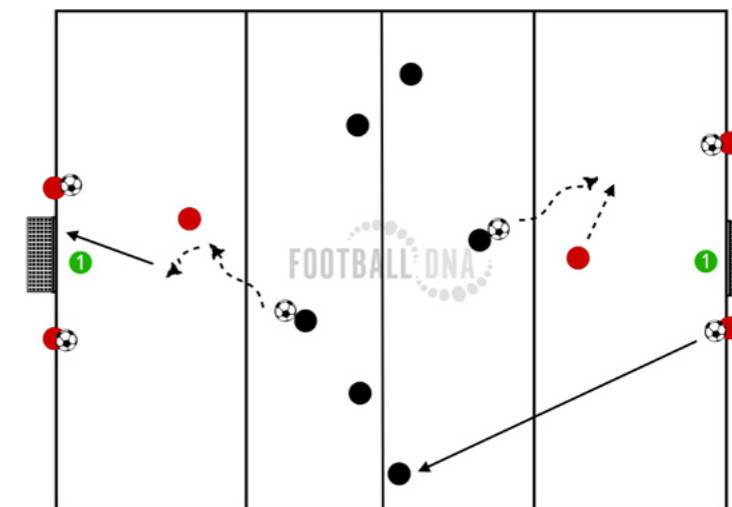
WEEK 3

COMBINE & FINISH - Finishing in and around the box

Use a variety of combinations to create goal scoring opportunities & use a variety of different finishing techniques using both feet

1V1 TO GOAL

Setup a 25 x 25 area and split the pitch into equal thirds as well as a halfway line and two goals at either end. The defenders start with a ball each next to the goal and the attackers are on the halfway line without a ball. The game begins by the defender passing the ball into the attacker and they then must get into the final third to be able to score. If the defender wins the ball back, they must stop the ball on the halfway line. Rotate attackers and defenders after each turn. To help the attackers get success, encourage them to use the Football DNA 1v1 skills which are both the 'Chop & L Pull Push Behind' when going 1v1.



Equipment



10 - 14 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – The attacker when receiving the ball should identify the best space to travel into with their first touch. Once they receive this, they should continue to keep their eyes up as they're travelling with the ball to see the defender, space as well as the goal. This will prevent players travelling with the ball into areas they cannot finish from and improve the chances of getting into the final third to score.
- **Speed Of Attack** – Once the attacker receives the ball, they should look to attack the goal at speed allowing them to get into the final third quickly. In order to do this, players should be encouraged to take a big first touch to move into the space and to run with the ball with larger touches. If the defender presses them, they may be able to beat them with their first or off balance them when going 1v1.
- **Use Of Both Feet** – When players receive the ball they should be encouraged to try and beat the defender on either side using both feet. This prevents the attacker from being predictable but also will help to allow them to finish quickly of either foot whilst keeping the ball on the furthest foot from the defender too. If players can use either feet, it will also allow them to adapt their finishing technique based on the area that they're shooting from.
- **Finishing Technique** – As players are aiming to travel with the ball at speed, they should look at finesse finishing and attempting to place the ball in the corners of the goal. If they are forced wide, they may require attackers to finish across goal into the far post or cutting inside to curl the with a finesse finish as well. If the ball is central, the attackers may use their laces or toes to finish to allow them to get their shot of quickly without the defender and goalkeeper being able to adapt to the attacker's body shape. Attackers should also be ready to rebound on any saves or blocks.

Progressions

- To challenge the attackers further, increase the number of players on the pitch i.e. (2v1, 2v2 etc).

Regression

- To simplify the practice you can set up the game without goal keepers or begin the game with the attackers starting with the ball.

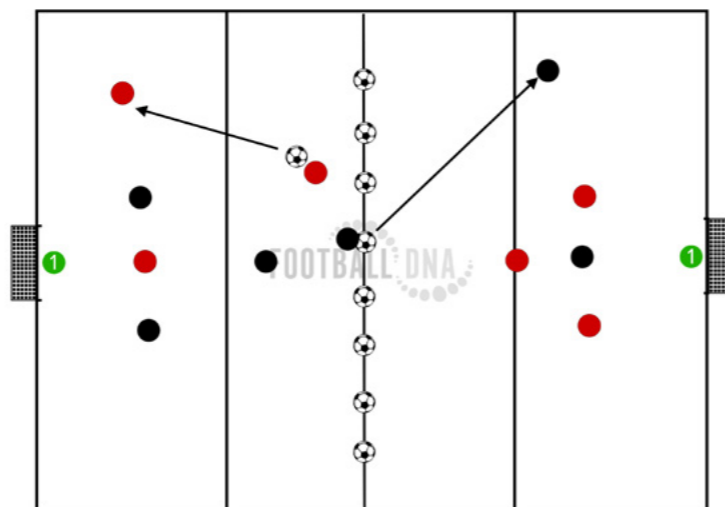
WEEK 3

COMBINE & FINISH - Finishing in and around the box

Use a variety of combinations to create goal scoring opportunities & use a variety of different finishing techniques using both feet

3V3 TO GOAL

Setup a 25 x 25 area and split the pitch into three equal channels as well as a halfway line. On the halfway line there should be several footballs which the attackers will look to use to begin the attack. Have two defenders and a goalkeeper by either goal, as well as three attackers in each half. The attacking team must try and score in their goal, if the defenders win the ball they must stop the ball on the halfway line. After each goal is scored, or the ball has gone out of play the attackers must return to the halfway line to get a new ball to begin a new attack. Rotate the attackers and defenders after a set time limit / number of goals or turns.



Equipment



10 - 14 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – The attacker should keep their eyes up when beginning the game when playing out from the halfway line to be able to see the whole pitch. In addition, when players are on the ball by keeping their eyes up it will help them to make the right decision as they will be able to see the space, defenders as well as their team mates as well (recognise where the overload is).
- **Speed Of Attack** – As soon as a ball goes out of play or a goal is scored, attackers should begin the next attack quickly to help them to exploit any spaces left by the defending team. If the defending team are compact, attackers may need to be more patient in possession to wait for the right time to attack.
- **Timing Of Run** – If the ball is played out wide the attackers should look to hold their run to get into the box at the right time which may lead to finishes from wide areas. Also, players may look to run in advance of the ball to try and break lines by receiving through passes or passes over the top of the defence as well.
- **Finishing Technique** – As players are aiming to travel with the ball at speed, they should look at finesse finishing and attempting to place the ball in the corners of the goal. If they are forced wide, they may require attackers to finish across goal into the far post or cutting inside to curl the ball with a finesse finish as well. If the ball is central, the attackers may use their laces or toes to finish to allow them to get their shot off quickly without the defender and goalkeeper being able to adapt to the attacker's body shape. Attackers should also be ready to rebound on any saves or blocks.

Progressions

- Add goals for the defenders to score in. Once they score, they then become the attackers. This will provide an added incentive for the defenders to win the ball back and then retain the ball in the team once they've been able to do so.

Regression

- Make unopposed and each team has a ball each and attack in waves at the goal beginning from the halfway line and attacking the goals in two/threes.

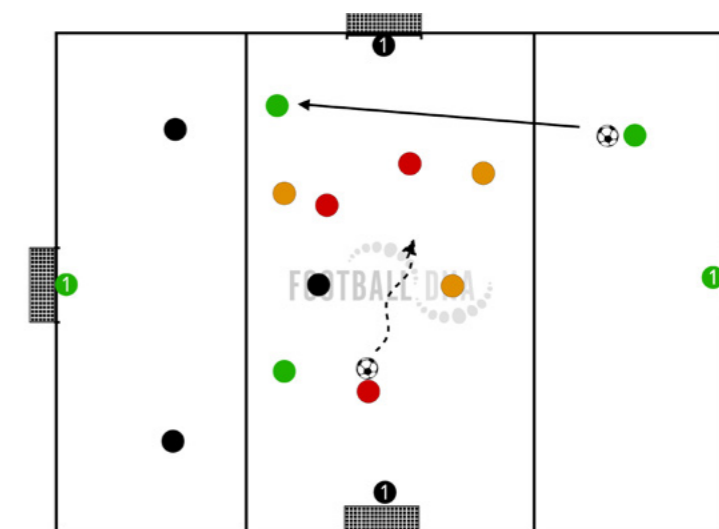
WEEK 3

COMBINE & FINISH - Finishing in and around the box

Use a variety of combinations to create goal scoring opportunities & use a variety of different finishing techniques using both feet

MULTI DIRECTIONAL – SMALL SIDED GAME

Split the pitch into three equal channels in a 25 x 25 area with four goals at either side of the pitch. Organise two teams that are playing against each other horizontally and must be inside the final third to score. You will also need to organise another two teams that are playing laterally and must stay inside the central channel during their game. Rotate the teams to play on the different pitches as they will provide varying challenges and outcomes based around the topic.



Equipment



10 - 14 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Decision Making (Finding The Overload)** – As there will be lots of traffic with two games being played across the same pitch it will force players to continually scan and look for their team mates, space and opposition. Players should look to identify where the overloads are to help them to create goal scoring opportunities. Players also need to recognise when is the right time to get shots away and should aim to finish quickly particularly in and around the goal.
- **Speed Of Attack** – The attacking team should look to play quickly particularly on the wider pitch as there will be lots of space to exploit between defenders as well as in wide areas. In and around the goal, if the defending team isn't organised they should look to move the ball quickly to get shots at goal. If the defenders are compact, the attacking team should be patient in possession and wait for the right opportunity to penetrate/have an attempt at goal.
- **Timing Of Run** – If the ball is played out wide the attackers should look to hold their run to get into the box at the right time which may lead to finishes from wide areas. Also, players may look to run in advance of the ball to try and break lines by receiving through passes or passes over the top of the defence as well.
- **Finishing Technique** – In the game which is being played horizontally, this pitch is wider which will enable attackers to finish from wide areas but also find more space between the defending team too. In the game that is being played vertically, due to how tight the area is players should be encouraged to finish quickly off the fewest amount of touches particularly in and around the box. As there will be lots of traffic, players should aim to get shots off quickly.

Progressions

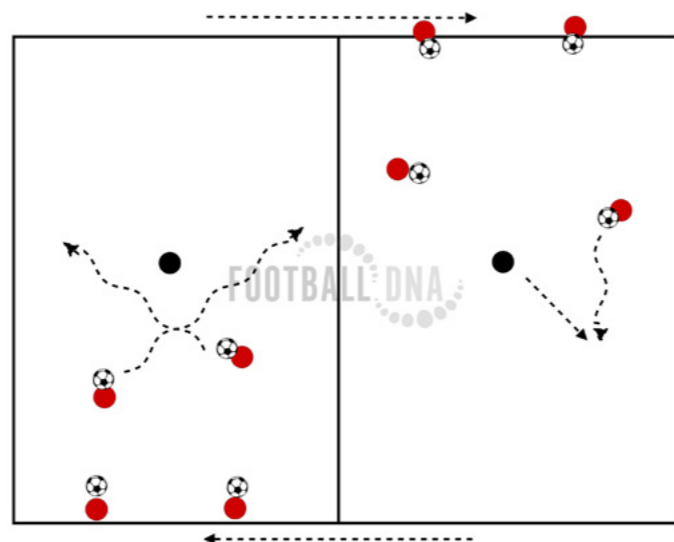
- The two teams attacking laterally can also use the full width / length of the pitch rather than being limited to just the central area.

Regression

- Set up these two pitches next to each other or reduce the number of players which will limit the amount of traffic.

DEALING WITH THE DRIBBLERS

Setup a 20 x 20 pitch and split the pitch into two halves. Organise and split the attackers in pairs with a ball each where they must dribble to the opposite side of the area without being tackled. If the defender wins the ball, they must return the ball from where the attackers attacked from. The attackers can use the Football DNA 1v1 moves 'Inside Twist Off & Twist Off Spin' to beat the defenders as they travel across the area.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Deny** – The defenders should look to deny the attacker with the ball space but also limit their options of being able to combine with their team mate too by positioning themselves where possible between both attackers. They should attempt to force the attackers back and look to win the ball if they turn away from the line. If they cannot win the ball back high up, the defender should look to drop deeper and prevent the attackers from playing into the space behind to make it more challenging for them to get the ball on the line.
- **Delay** – Defenders can delay the attackers attack by pressing and denying the attacker space or by dropping quickly too. The defenders should be patient when defending 1v1 and wait for the right moment to try and intercept or win the ball back.
- **Deflect** – In order to force the ball wide and try and make the attackers go out of play the defenders should look to get side on and be on the outside of the ball. As the attackers are attacking in pairs, they should also check their shoulders and attempt to position themselves between the attackers to block the passing line which will force the player on the ball not to have a passing option.
- **Defend** – The defenders should aim to win the ball back and keep it for themselves, by using their front foot and body this will help them to come away with the ball once they've won it. As the attackers need to stop the ball on the line to score the defenders may need to use emergency defending to stop them from scoring.

Progressions

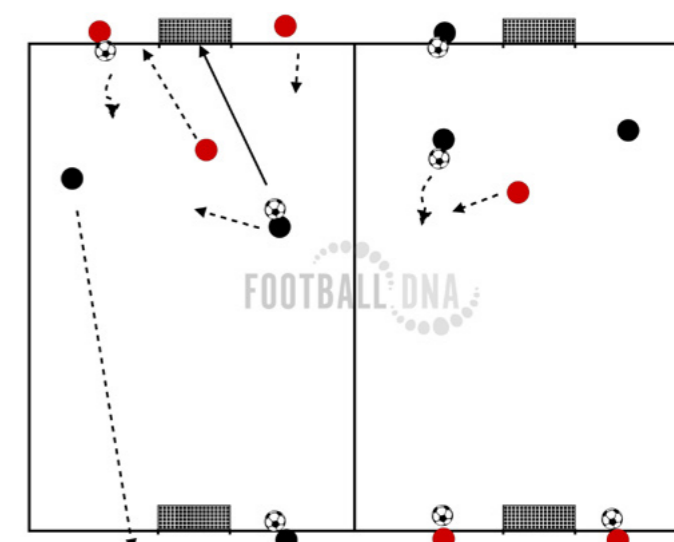
- Add goals at the end of the channels.

Regression

- Play without a ball, use bibs instead (tucked into the back of the shorts).

1V2 TRANSITION GAME

Setup a 20 x 20 area and split the pitch into two with two goals opposite one another on each of the pitches. The attackers are to have a ball between two and must try and score in the opposite goal, if they do this, one player from that team leaves the pitch and the other team now begins by attacking 2v1. If the defender wins the ball back and can score, they then continue by staying on and playing against the next set of attackers from the opposite team. Limit the game to 10 seconds to encourage the attackers to attack quickly.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Deny** – The defenders should look to deny the attacker with the ball space but also limit their options of being able to combine with their team mate too by positioning themselves where possible between both attackers. They should attempt to force the attackers back and look to win the ball if they turn away from the goal. If they cannot win the ball back high up, the defender should look to drop deeper and prevent the attackers from playing into the space behind to make it more challenging for them to getting into a goal scoring position.
- **Delay** – Defenders can delay the attackers attack by pressing and denying the attacker space or by dropping quickly too. The defenders should be patient when defending 1v1 and wait for the right moment to try and intercept or win the ball back.
- **Deflect** – In order to force the ball wide and try and make the attackers go out of play the defenders should look to get side on and be on the outside of the ball. As the attackers are attacking in pairs, they should also check their shoulders and attempt to position themselves between the attackers to block the passing line which will force the player on the ball not to have a passing option.
- **Defend** – The defenders should aim to win the ball back and keep it for themselves, by using their front foot and body this will help them to come away with the ball once they've won it. If the attackers are in a goal scoring position the defenders may need to use emergency defending to stop them from scoring.

Progressions

- Increase the overload i.e. 1 v 3.

Regression

- Once the attackers score, rather than losing a player – that player must touch their goal and they can return to make it a 2v2, temporarily leaving the defender to defend outnumbered.

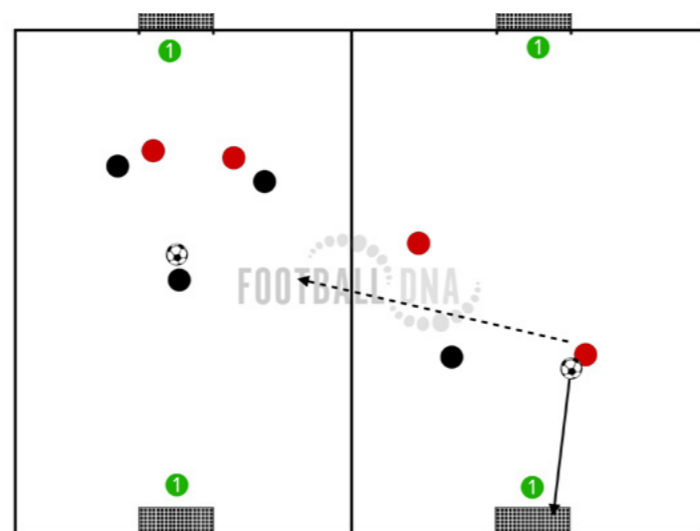
WEEK 4

DEFENDING - Defending Outnumbered

Able to make the right decisions when defending outnumbered

OVERLOAD / UNDERLOAD – SMALL SIDED GAME

Setup a 20 x 20 area and split the pitch into two with two goals opposite one another at either end. Organise two teams and split the players across both pitches. In the game, if an attacker scores, they can decide whether to leave their pitch to move across to the pitch next to them. There must be at least one outfield player from either team on the pitch at one time.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Deny** – As the game consists of players being able to move from one pitch onto the next once their team scores this provides players with a choice on how they will help their team on either pitch. To do this, players may wish to make a defensive overload to win the ball back and apply pressure to the team in possession of the ball, or alternatively, teams may be defending against the overload and need to be more patient and drop deeper to protect their goal.
- **Delay** – If a player is defending with an overload, they should look to drop deeper to provide the players on the other pitch to score to help them once they're able to do so. They can also look to delay the attack by being patient in their 1v1 defending and not diving in too soon.
- **Deflect** – In order to force the ball wide and try and make the attackers go out of play the defenders should look to get side on and be on the outside of the ball. Defenders should also check their shoulders and attempt to position themselves between the attackers to block the passing line which will force the player on the ball not to have a passing option.
- **Defend** – The defenders should aim to win the ball back and keep it for themselves, by using their front foot and body this will help them to come away with the ball once they've won it. If the attackers are in a goal scoring position the defenders may need to use emergency defending to stop them from scoring.

Progressions

- To progress it further, players can move across to different pitches at any time which will make the game very random with defending different situations.

Regression

- Play games for a set time limit and decide number of players on each pitch

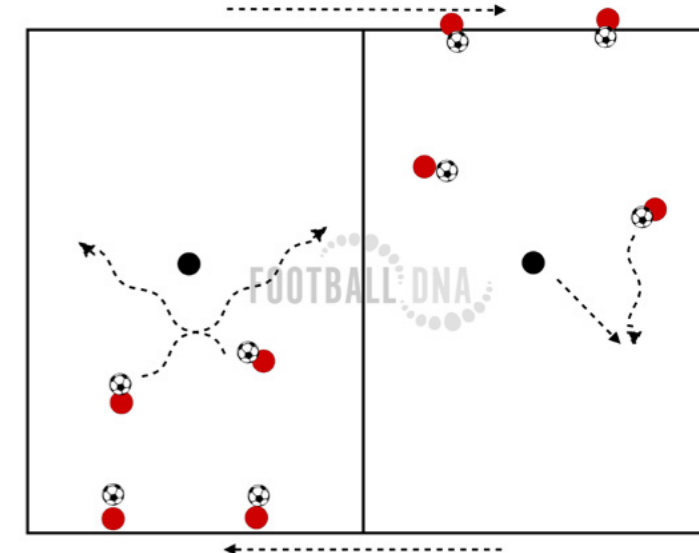
WEEK 5

CONSOLIDATION WEEK

Recap of the previous topics (revisiting games from the previous block)

DEALING WITH THE DRIBBLERS

Setup a 20 x 20 pitch and split the pitch into two halves. Organise and split the attackers in pairs with a ball each where they must dribble to the opposite side of the area without being tackled. If the defender wins the ball, they must return the ball from where the attackers attacked from. The attackers can use the Football DNA 1v1 moves 'Inside Twist Off & Twist Off Spin' to beat the defenders as they travel across the area.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Deny** – The defenders should look to deny the attacker with the ball space but also limit their options of being able to combine with their team mate too by positioning themselves where possible between both attackers. They should attempt to force the attackers back and look to win the ball if they turn away from the line. If they cannot win the ball back high up, the defender should look to drop deeper and prevent the attackers from playing into the space behind to make it more challenging for them to get the ball on the line.
- **Delay** – Defenders can delay the attackers attack by pressing and denying the attacker space or by dropping quickly too. The defenders should be patient when defending 1v1 and wait for the right moment to try and intercept or win the ball back.
- **Deflect** – In order to force the ball wide and try and make the attackers go out of play the defenders should look to get side on and be on the outside of the ball. As the attackers are attacking in pairs, they should also check their shoulders and attempt to position themselves between the attackers to block the passing line which will force the player on the ball not to have a passing option.
- **Defend** – The defenders should aim to win the ball back and keep it for themselves, by using their front foot and body this will help them to come away with the ball once they've won it. As the attackers need to stop the ball on the line to score the defenders may need to use emergency defending to stop them from scoring.

Progressions

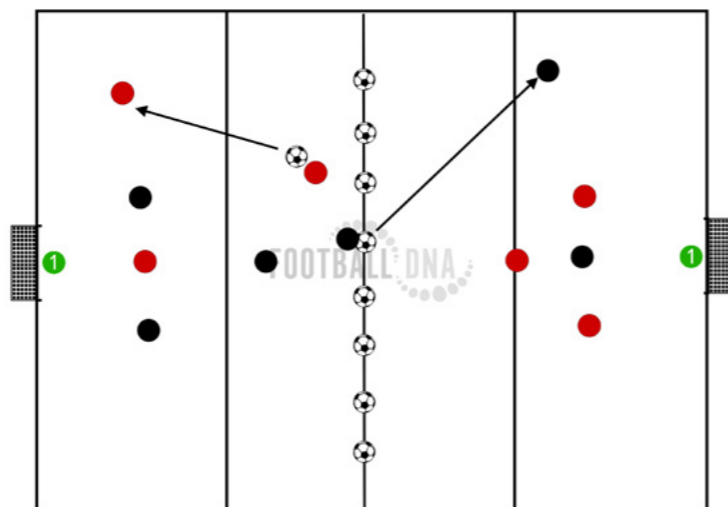
- Add goals at the end of the channels.

Regression

- Play without a ball, use bibs instead (tucked into the back of the shorts).

3V3 TO GOAL

Setup a 25 x 25 area and split the pitch into three equal channels as well as a halfway line. On the halfway line there should be several footballs which the attackers will look to use to begin the attack. Have two defenders and a goalkeeper by either goal, as well as three attackers in each half. The attacking team must try and score in their goal, if the defenders win the ball they must stop the ball on the halfway line. After each goal is scored, or the ball has gone out of play the attackers must return to the halfway line to get a new ball to begin a new attack. Rotate the attackers and defenders after a set time limit / number of goals or turns.



Equipment



10 - 14 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- Eyes Up** – The attacker should keep their eyes up when beginning the game when playing out from the halfway line to be able to see the whole pitch. In addition, when players are on the ball by keeping their eyes up it will help them to make the right decision as they will be able to see the space, defenders as well as their team mates as well (recognise where the overload is).
- Speed Of Attack** – As soon as a ball goes out of play or a goal is scored, attackers should begin the next attack quickly to help them to exploit any spaces left by the defending team. If the defending team are compact, attackers may need to be more patient in possession to wait for the right time to attack.
- Timing Of Run** – If the ball is played out wide the attackers should look to hold their run to get into the box at the right time which may lead to finishes from wide areas. Also, players may look to run in advance of the ball to try and break lines by receiving through passes or passes over the top of the defence as well.
- Finishing Technique** – As players are aiming to travel with the ball at speed, they should look at finesse finishing and attempting to place the ball in the corners of the goal. If they are forced wide, they may require attackers to finish across goal into the far post or cutting inside to curl the ball with a finesse finish as well. If the ball is central, the attackers may use their laces or toes to finish to allow them to get their shot off quickly without the defender and goalkeeper being able to adapt to the attacker's body shape. Attackers should also be ready to rebound on any saves or blocks.

Progressions

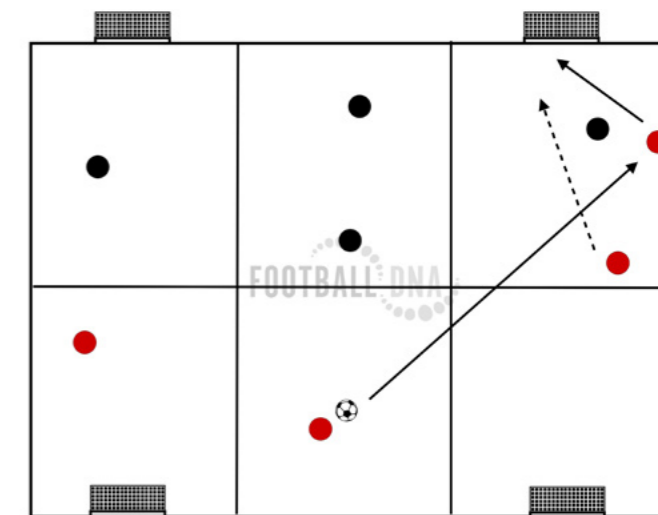
- Add goals for the defenders to score in. Once they score, they then become the attackers. This will provide an added incentive for the defenders to win the ball back and then retain the ball in the team once they've been able to do so.

Regression

- Make unopposed and each team has a ball each and attack in waves at the goal beginning from the halfway line and attacking the goals in two/threes.

FOUR CORNER – NUMBERS GAME

Setup a 40 x 20 area and split the pitch into thirds as well as organising two teams with half their team by each of the goals. Each player is provided with a number, when their number is called out, they must enter the pitch and try and score in one of the two goals, whilst also protecting their own two goals as well. If the ball goes out of play, or time runs out (suggest 10 second games) then players must return to their goal ready for the next number to be called. For the attackers to be able to score they must get into the box in front of the goal. The coach should have footballs ready next to them to ensure a quick transition between each turn.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- Eyes Up** – Players should be ready waiting with their eyes up and keep their eyes up once their number is called. This will allow them to see where the ball is and where the defenders are too if they are able to get to the ball first. Once they have the ball, players should look to use turns to help them to create space and keep their eyes up to recognise the best space to travel or pass into.
- Use Of Both Feet** – When players are changing direction, they should attempt to do this on both feet to help them shield and protect the ball as well as turn away from the defenders too. Travelling with the ball with both feet will also help them to manipulate easier out of tight areas as well as finish quickly when required to do so off either side.
- Use Of Body** – When players are travelling with the ball, they should look to use their body (arms and hips) by getting it across the defender if they apply pressure on them. In addition, players should also try and protect the ball by maintaining it on the furthest foot from the defender as well. In order to shield when turning, players should look at turning away from the defender to 'hide the ball'.
- Disguise** – Disguises when turning should be supported using the arms and hips to pretend to go one way and then quickly change direction to another. This will help players to be able to change direction quickly and attack another goal by 'faking' the defenders. Players should also use disguises to move the defenders, enabling them to create space for them to travel into as well as to leave the square.

Progressions

- To progress this further, instead of just calling one number out the coach should also look to increase the number of numbers you call out at one time.

Regression

- To make it easier for the attackers to score, they are not just limited to scoring in two goals but they can now score in all four goals.

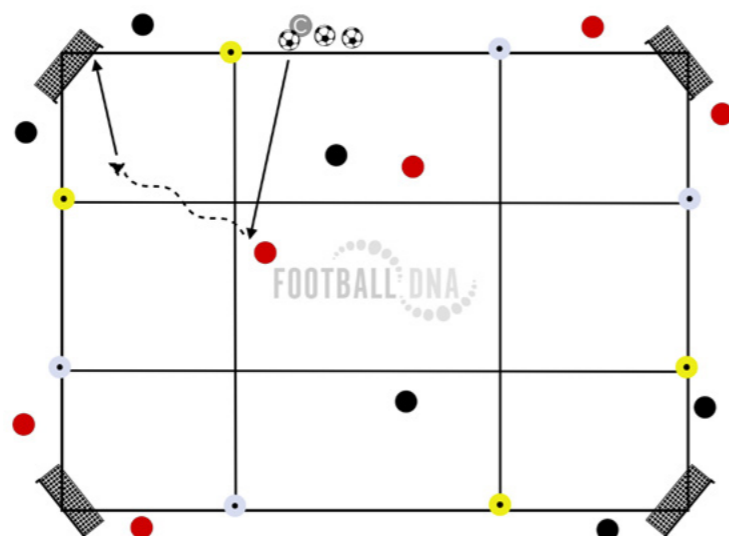
WEEK 5

CONSOLIDATION WEEK

Recap of the previous topics (revisiting games from the previous block)

FOUR GOAL GAME – CORNERS

Setup a 40 x 20 pitch and split the pitch into thirds (9 boxes) and have a goal in each of the four corners of the area. Organise two teams of 4 players. Each of the teams are defending two goals that are opposite one another and must score in their opponents two goals. If the ball goes out of play, players can either pass or dribble in. In order to score, players must get into the box that they're scoring within.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – For players to be able to make the right decisions they should keep their eyes up when travelling with the ball enabling them to see their teammates, space as well as the opposition players. This will also help them to identify what parts of the pitch is best for them to play into and recognise when they need to change direction and attack the opposite goal.
- **Use Of Both Feet** – When players are changing direction, they should attempt to do this on both feet to help them shield and protect the ball as well as turn away from the defenders too. Travelling with the ball with both feet will also help them to manipulate easier out of tight areas as well as finish quickly when required to do so off either side.
- **Use Of Body** – When players are travelling with the ball, they should look to use their body (arms and hips) by getting it across the defender if they apply pressure on them. In addition, players should also try and protect the ball by maintaining it on the furthest foot from the defender as well. In order to shield when turning, players should look at turning away from the defender to 'hide the ball'.
- **Disguise** – Disguises when turning should be supported using the arms and hips to pretend to go one way and then quickly change direction to another. This will help players to be able to change direction quickly and attack another goal by 'faking' the defenders. Players should also use disguises to move the defenders, enabling them to create space for them to travel into as well as to leave the square.

Progressions

- To progress this further the game can be played with two footballs being played with at one time.

Regression

- Play without opposition (a ball per team) and/or players don't have to be inside the box in front of the goal in order to be able to score.

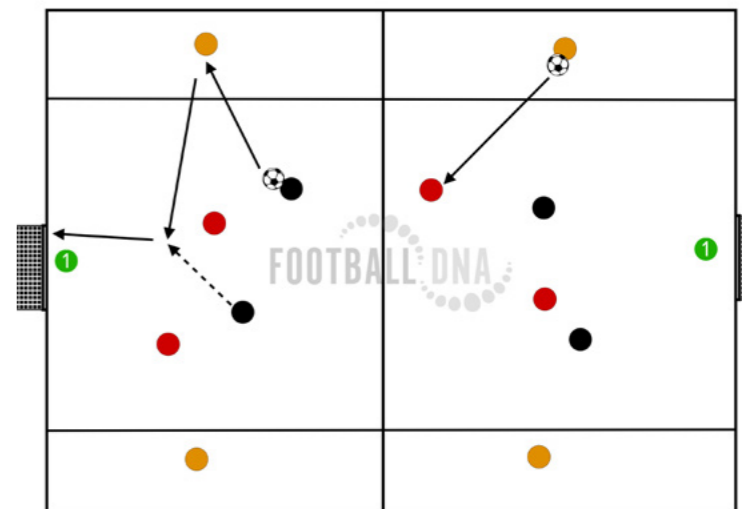
WEEK 6

SMALL SIDED GAMES

For players to play whilst consolidating their learning from the previous block

FINISHING GAME – 2V2 + 2 IN CHANNELS

Setup a 20 x 40 area and split the pitch in half with two goals at either end as well as wide channels. Have a goalkeeper in each of the goals with two players in each channel in either half. Organise two teams on either half of the pitch with each team in each half scoring in the same goal, as soon as a goal is scored the losing team rotates with the wide players in the channels. Goals can only be scored from a wide channel.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Movement** – Players should look to create width and depth with their movement to create space for themselves or for their team mates. Players should look to move to be able to receive, particularly where they can look to play forwards and combine or finish.
- **Receiving Skills** – Players should look to receive with an open body shape to allow them to receive to play forwards and see the ball and the goal that they're attacking. This will enable them to be able to get shots away quickly off both sides. If they're unable to receive, players should look to receive on their front foot to protect the ball and look to set a team or turn their defender.
- **Decision Making** – Players should be continually scanning to identify the best space for them to move into but also what they should do when they have the ball too. Players should continually look to scan to find the overload which will increase their opportunities to score.
- **Finishing of Both Feet** – Players should be encouraged to use both feet to receive, pass, travel and finish with the ball. Encouraging players to use both feet will allow them to be able to perform each skill quicker and particularly allow them to combine and finish around the goal more quickly too.

Progressions

- Teams can attack either goal.

Regression

- Goals can also be scored from inside the pitch (without going into the wide channel).

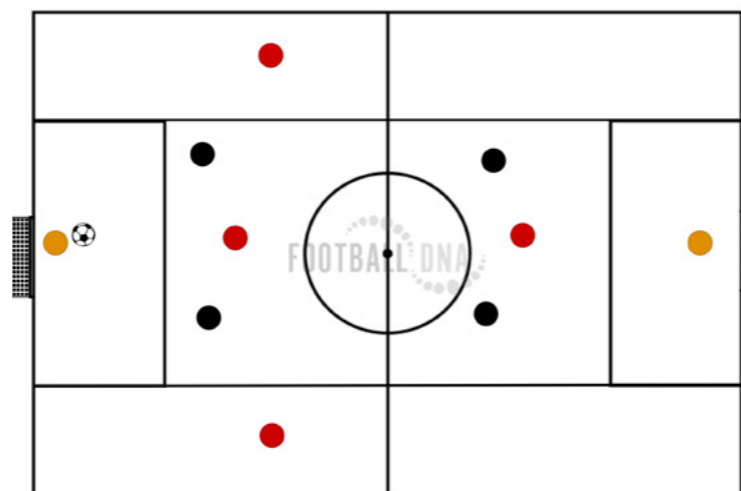
WEEK 6

SMALL SIDED GAMES

For players to play whilst consolidating their learning from the previous block

SMALL SIDED GAME – CHANNELS

Setup 20 x 40 pitch as a small sided game with two goals either side. Organise two teams and split the pitch into channels and link the small sided game to the outcomes that you wish to focus on. The channels can be used by locking players into them or alternatively allowing players to move into them as and when they feel it's appropriate. If locking players into the channels, you may have them as neutral players or have one player in each channel from either team making it a 1v1. Encourage players to be able to receive and finish from the channels.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

Look at your previous block of work and consider what you feel the players need to focus on based on what they have learnt so far. Below are some examples of different types of constraints that you may wish to use to help bring out different outcomes for the players based on what you wish to focus on.

Example of Constraints

- **Passing & Receiving** - The team in possession must have at least one player in each of the channels, before scoring the ball must enter each of the channels, if you find an overload in a channel it's worth a goal.
- **Staying On The Ball** - You are only allowed to go 1v1 in wide channels, in wide channels you can play and in the middle channel you must only play forwards, players are limit to the amount of touches/time they are allowed in the wide channels.
- **Combine & Finish** - Goals can only be scored from wide areas, limit which foot players can use in the wide channels, limit the amount of touches allowed in the attacking half in the middle channel.
- **Defending** - Defending team must defend two out of the three channels, defenders are only allowed in the middle channel, defenders can only go 1v1 against attackers in the wide channels.

Progressions

- Increase/decrease the width of the wide channels, limit the number of players allowed in the wide channels at one time.

Regression

- Lock players into the wide channels, have neutral players in the wide channels.

BLOCK 4 - WEEK 19 - 24

Key Coaching Points	- Team Spacing - Movement - Body Shape - Scanning - 1st Touch - Drive Into Space - Between Lines	- Eyes Up - Varitey Of 1v1s - Speed - Use Of Both Sides - Use Of Body	- Decision Making - Finding Overload - Speed Of Attack - Combination Type	- Deny - Deflect - Delay - Defend	Revisit A Mixture Of Coaching Points From Across The Block.	Varying Constraints To Target Specific Team Needs & Objectives
Coaching Focus	Building From The Back	1 v 1s	Combination Play	Pressing	Review Of Previous Topics	Game Week - Review Of Previous Topics
Topic	Passing & Receiving	Staying On The Ball	Combine & Finishing	Defending	Consolidation Week	Small Sided Games
	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24

All of the sessions are available on our website. You can find them with the links below.

[Week 1](#)

[Week 2](#)

[Week 3](#)

[Week 4](#)

[Week 5](#)

[Week 6](#)

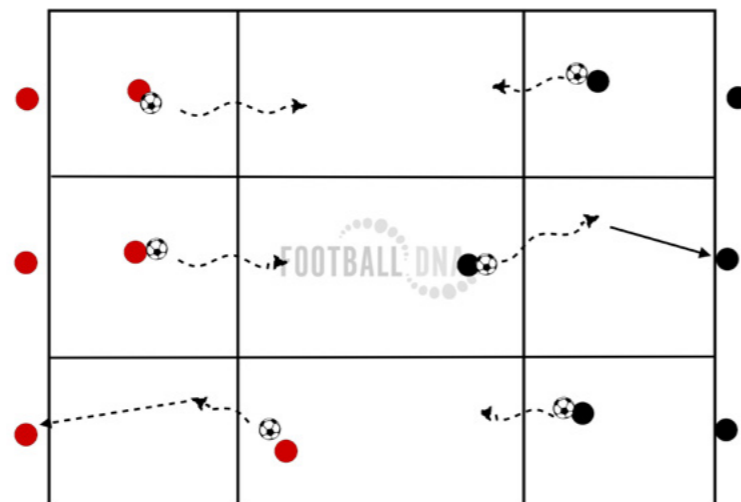
WEEK 1

PASSING & RECEIVING - Building from the Back

To help players to scan and make the right decisions to help the team build from the back

BALL MASTERY CHANNELS

Setup a 25 x 25 area with three channels (nine boxes) and organise the players into pairs with a ball between two beginning on the outside of a channel each. Players must travel to the middle of their channel whilst performing ball mastery and turn and then pass the ball to their team mate. Use the Football DNA 1v1 moves 'Backside Turns & Half Spins'.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Scanning To See Your Team Mates** – Players should look to scan to see space, their team mates whilst they're travelling with the ball across the channels. As they're about to turn, encourage players to scan by checking over their shoulder as well as after they've turned to gain eye contact with their team mate that they're passing into.
- **Eyes Up** – Once a player has the ball at their feet, they should look to keep their eyes up to see their team mates but also where the space is. This will help players to recognise when they're approaching the line they must turn in, but also how quickly/slowly they need to have their touches too. Players should also have eye contact with their team mates before they receive which will also let the passer know that they're ready to receive the ball.
- **Receiving Skills** – The receiving player should make a double movement to help them to receive whilst on the move. Players should adapt to receiving on different surfaces with their foot that they're receiving with, but also communicate where they would also like the pass too. Players should take a touch into space and get the ball out of their feet as well.
- **Passing Skills** – When passing players should look to recognise the where and how they will pass into their team mates. A softer pass will help the player receiving come onto the football and take a larger touch out of their feet. Players should also look to direct the pass to what foot the player is showing for when they're getting ready to receive the ball.

Progressions

- Add variations to your ball mastery and/or different passing & receiving techniques i.e. outside, sole etc.

Regression

- Players to have a ball each performing ball mastery in their channel and don't need to pass to their team mates

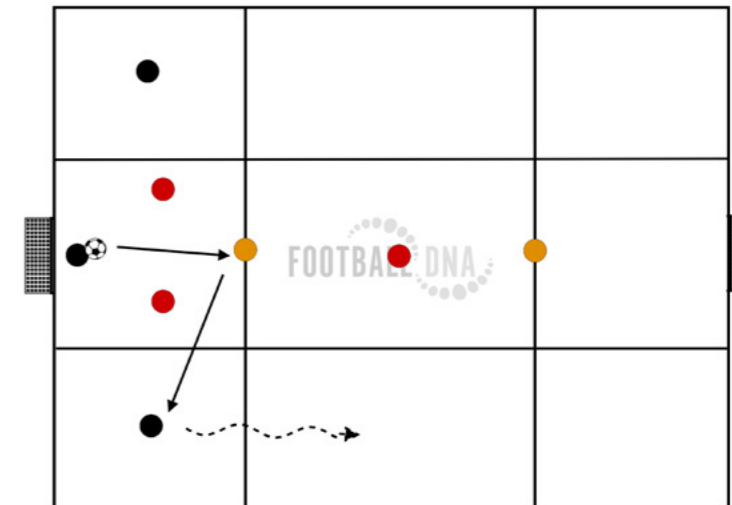
WEEK 1

PASSING & RECEIVING - Building from the Back

To help players to scan and make the right decisions to help the team build from the back

3V2 POSSESSION – THROUGH THE THIRDS

Setup a 25 x 25 area with three channels (nine boxes) and organise two teams as well as two neutral players that will be standing on a line each in the area. The attacking team has a 3v2 in their area and need to break out of each zone, they must combine with the target player or dribble with the ball out of their channel and then move into the next zone. In order to score, players must be in the end zone to be able to finish. The defending team can defend with two players, one player must be in a different zone, if they win the ball back, they can score and then become the attackers. Rotate the target players regularly.



Equipment



8 - 12 Players



Bibs, Cones, Footballs, & Goals

Coaching Points

- **Team Spacing** – For the team in possession to move into a different channel they must look to create width and depth to help them retain possession but also create space to move into the next area. Encourage the team to make a large diamond with the target player, the target player should continually look to be on the move to try and receive the ball.
- **Body Shape** – The attackers should look to have an open body shape to help them play forwards both seeing the player on the ball as well as the area they want to play into as well. This will help them to identify where the space is as well as being able to play into the target player as well as dribble into the middle area. An open body shape will help players also to be able to switch play too.
- **Scanning** – Players should continually scan to identify and recognise where their team mates are, the space as well as the opposition. Scanning will help players to make the right decisions, find space but also recognise where an overload may be too. As there is a player in the middle channel from the defending team, this will help them to recognise how they may have to pass into the target players whilst evading the defender.
- **Receiving & Passing Technique** – Players should look to receive with an open body shape which will help them get the ball out of their feet and move into space with their first touch. Players should also be ready to pass in first time if required as well.

Progressions

- Add a 3v3 in the channel rather than 3v2 and/or add goalkeepers as well in each of the goals.

Regression

- Both teams to have a football each and to practise unopposed moving from one third to the next with each team having a ball.

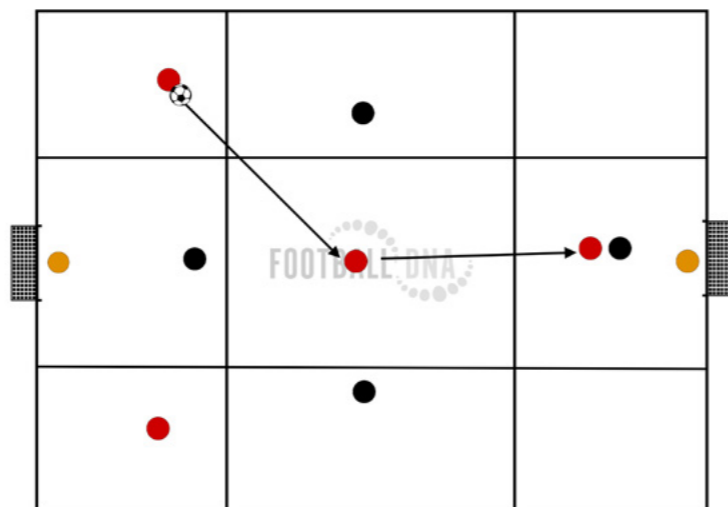
WEEK 1

PASSING & RECEIVING - Building from the Back

To help players to scan and make the right decisions to help the team build from the back

4V4 SMALL SIDED GAME (TURN AROUND GAME)

Setup a 40 x 25 pitch with three channels (nine boxes) and organise a 4v4 with goalkeepers in either goal at opposite sides of the pitch. Once a goal is scored by a team, they then attack in the other direction at the other goal.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- Team Spacing** – For the team in possession they must look to create width and depth to help them retain possession but also create space to move into the next area. Encourage the team to make a large diamond with the target player, the target player should continually look to be on the move to try and receive the ball. The goalkeeper should offer support behind the ball to help the team retain possession as well.
- Body Shape** – The attackers should look to have an open body shape to help them play forwards both seeing the player on the ball as well as the area they want to play into as well. This will help them to identify where the space is as well across the pitch. Players may also need to look to adjust their body shape if receiving under pressure as well to help them to protect the ball by receiving on their front foot.
- Scanning** – Players should continually scan to identify and recognise where their team mates are, the space as well as the opposition. Scanning will help players to make the right decisions, find space but also recognise where an overload may be too. Players receiving in the middle area will need to be able to scan before receiving as they'll be in the middle of the pitch and will then need to be able to adjust their body shape accordingly to make the right decision.
- Passing Order (Breaking Lines, Recognise When And Where To Play Forward)** – The goalkeeper when playing out from the back depending on how you wish your players to play, should look to play the furthest forward pass in order to retain possession of the ball. A passing order will help give the team in possession an opportunity to make the most of the space that they've created.

Progressions

- Players must make a designated number of passes before they can move from one third into the next.

Regression

- Play unopposed and each team having a ball each attacking from one goal to the next.

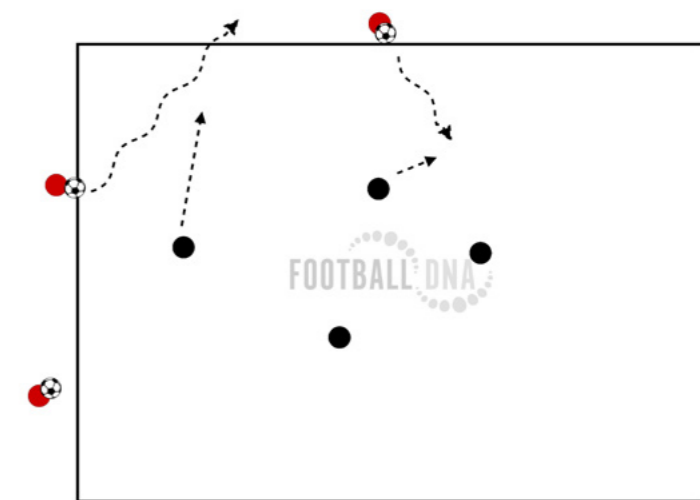
WEEK 2

STAYING ON THE BALL - 1v1s

Creative and willing to take risks to beat players 1v1 using both feet

ACROSS THE ROAD

Setup a 20 x 20 area and organise two teams, one team has a ball on the outside of the area with a ball each and the other team inside the box without the ball. Attackers must get from one side of the grid to another side without being tackled. If they're tackled by the defenders, the defenders must travel the ball to the outside of the area and roles then rotate. Players can use the Football DNA 1v1 'Flip Flap, Roll Flick' to beat the defenders.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- Eyes Up** – In order for players to look for the best space for them to travel into on the outside of the box, encourage players to keep their eyes up when travelling the ball to help them to identify which is the best space to move into. This will also help players to identify where the opposition is as well as recognise the right time to move into that space but also choosing with skills, they need to beat the player too.
- Use Of Both Feet** – Players need to use both feet when travelling with the ball and performing their 1v1 skills to help them to protect the ball and keep it on the furthest foot from the defender. This will also help players to travel to different sides of the box as well as changing direction as and when they need to.
- Disguise** – An emphasis should be placed on how players use their arms, body and head to add to disguise for their 1v1 moves by exaggerating their 1v1 skills on both sides. This will help to add a disguise, pretending to go one way and instead moving in another direction. This will help players to move into different sides of the square by 'faking' the defenders and moving them in the opposite direction to where they're travelling with the ball to.
- Speed** – By adding speed in their touches when dribbling this will help players to move into a new space / beat an opponent at speed. In addition, players should be encouraged to also use their 1v1 skills at speed too. Larger touches will enable players to move into space quickly, smaller quick touches may be needed to change direction quickly.

Progressions

- Number of defenders you beat before getting to the opposite side, equal the number of points you get i.e. beat five defenders, get five points.

Regression

- Play without footballs, players to have a bib in their shorts.

1V1 MULTI DIRECTIONAL WAVE

Setup a 20 x 20 area with four goals. Organise two teams which are split evenly next to each goal with a football each. Attacking players must try and score in one of the goals, as soon as they score, they must defend against the opposition from a player travelling with the ball in a different direction. If the defender wins the ball, they can score in the goal next to where the attacker started from.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- Eyes Up** – The attacking player is encouraged to keep their eyes up to see the defender to help identify the space between them. This will help the attacker to understand what type of 1v1 skill they should use, if they need to use one, but also what space is best for them to travel into as well. Players should be encouraged to identify where the space is and move into it at speed.
- Use Of Both Feet** – In order for the attacker to beat the defender 1v1, encourage them to try and use their 1v1 skills on both feet as well as travel with the ball on either foot as well. This will help to ensure the attacker can shield and protect the ball when travelling, as well as not being predictable when going 1v1. As the defender will be recovering from the side, this will also help them to change direction quickly if needed but also accelerate at speed whilst keeping the ball on the furthest foot from the defender too.
- Disguise** – The use of disguise will help the attacker to move the defender to create space for them to attack in. Disguise can be used by using the body, arms or head by pretending to go one direction but instead going another. Also, attackers may wish to use disguise when receiving the ball by taking their first touch into a different direction than their body shape suggests they're travelling into.
- Use Of Speed** – By attacking space with speed, it will help attackers to move into the space quickly without going 1v1. By moving at speed, this will help to move the defender quickly whilst also off balancing them to create space for you to move into in a different direction. As the defender will be recovering from the side, attackers should look to accelerate away from the defender at speed with larger touches.

Progressions

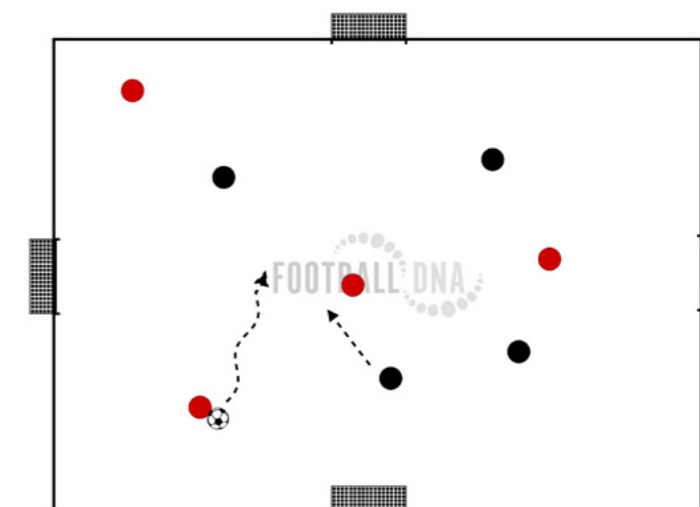
- Add a goal scoring line and/or goalkeeper.

Regression

- Make the game directional rather than multi-directional i.e. one game going horizontally and one going vertically.

4V4 SWITCH IT UP GAME

Setup a 40 x 20 pitch and organise two teams into a 4v4 with four goals. The game begins with teams scoring horizontally, as soon as they score the game then rotates and it played laterally. The team that score then begins with the ball in the goal that they're playing out from. Have additional footballs in each of the goals to ensure a quick transition from the pitch going one way to the next.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- Movement** – As soon as a goal is scored, the team in possession should stay and make width and depth to make the pitch as big as possible. The way they create space in order to receive or create space for a team mate will help in this game. Players are encouraged to use double movements to pretend to go one way but then move another to create space. Players may also look to rotate and swap spaces with their team mates as well throughout the game to create space.
- Receiving Skills (Scanning)** – If a defender is tight to them when receiving, players may need to protect the ball with the furthest foot from the defender or use a different receiving skill to 'roll' the defender. Alternatively, if the attacker is in space, they may look to receive with an open body shape to receive and play forwards. Players are encouraged to scan throughout to identify where the best space is but also where their team mate and the defender is as well.
- Use Of Both Feet** – The use of both feet will help attackers to receive to play forwards but also to protect on both sides when receiving. In addition, when going 1v1 it will also help them to be able to beat their defender on both sides as well. As the game will change directions, this should naturally challenge players to be able to play on different sides of the pitch as well.
- 1v1 Disguises** – Disguises can be used not only in the attacker's movement to receive but also when going 1v1 to move the defender to create space for themselves as well. Disguises may also be used when pretending to combine/pass to a team mate by faking to play into them and play in a different direction.

Progressions

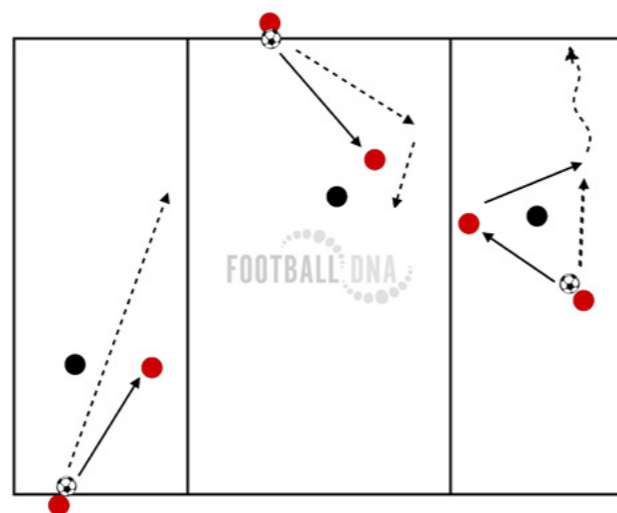
- Add a goal scoring line and/or goalkeeper.

Regression

- Reduce number of players on each team etc.

COMBINATION CORRIDORS

Setup a 25 x 25 area into three channels with a defender inside each channel and two attackers by the outside of each channel as well. The attackers have a ball between them and must travel from one side of the channel to the other side. Players are to work in pairs and must combine to get from one side to the other without losing the ball. Defenders must try and win the ball and return it from where it began. Players can use the Football DNA ball mastery 'Fancy Toe Taps, Fancy Pull Push' as they travel across the area.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up** – The attackers before travelling with the ball should keep their eyes up to see where the space and the defender is. As they travel with the ball, make sure that keep their eyes up to also see their team mate to. This will help the player with the ball to make the right decision of when to pass and dribble to help the team get to the other side of the channel.
- **Movement** – The attacker without the ball should love to create space for the player with the ball through their movement. By scanning, the player without the ball should look to identify the best space to move into either to receive the ball or move into a position which helps the player with the ball to travel with the ball into the space.
- **Receiving Skills** – The attackers should look to receive with an open body shape to help them to be able to play forwards. This will support them when they're looking to play the combinations as well as also helping them to be able to see who they're receiving from and how they can travel with the ball into space as well.
- **Combination Types** – Give & Go involves a player passing into the target player and then moving to one side to then play it back, once this has been done, they should rotate with the player from the outside. The Overlap involves playing into a target player and running around the outside of that player to then receive the ball. The Underlap is like the overlap, but the player runs across the front of the player that they're passing into.

Progressions

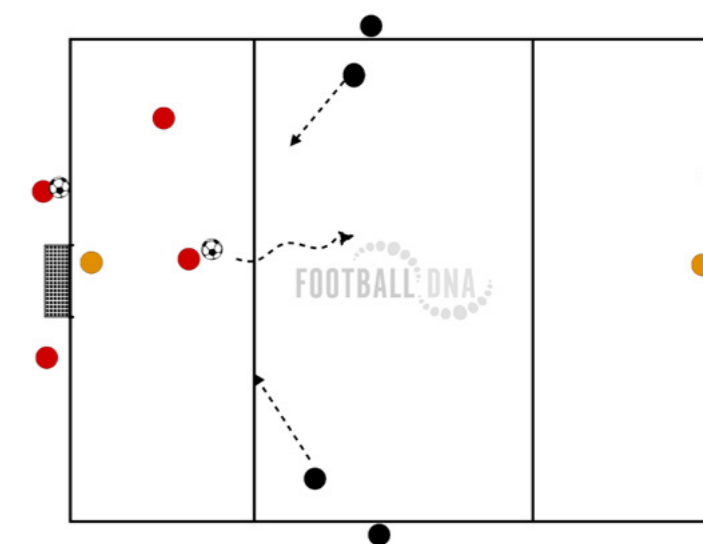
- Add goals in each channel which attackers can use to combine and score in, you can also add goalkeepers in front of the goals as well.

Regression

- Players are to work in pairs and travel across to the other side of the channel using ball mastery and combinations between them. Play without any defenders to make it unopposed.

2V2 WAVE (TAG IN)

Setup a 25 x 25 area with two goals with a goalkeeper in either goal. Organise two teams, with the attackers being split into two with half the attackers next to either goal. The attackers should be organised into pairs and have a ball between too. The defending team begin on the outside of the pitch and are also in pairs but without a ball. The game begins with a pair of attackers travelling with the ball trying to attack one of the goals, as soon as they enter the pitch two defenders come from the side of the pitch and must defend. Once they score, the next pair come into attack. The defenders have to try and win the ball back and score in one of the two goals.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Movement** – The attackers inside the area must look to try and move to create space for between them as they're moving across the channel. The player without the ball should look to create space for themselves or their team mates by moving of the ball. As they move, they should look to be in a position where they can see the ball as well as the space they're looking to travel into (with an open body shape) allowing them to play forwards.
- **Decision Making** – With players scanning and keeping their eyes up, this will help them to make the appropriate decision of whether to combine or dribble when in possession with the ball. They may also need to make the decision to go 1v1 as well. Both players should look to create overloads to help them combine and get past the attackers.
- **Receiving Skills** – Players should look to receive where they're able to play forwards to enable them to attack quickly with an open body shape. If there is space in front of them, they should look to move into that space with a large first touch when receiving. If they're under pressure when they receive, they may need to receive to protect the ball from the defenders.
- **Combinations** – Combinations should be used to eliminate the opponents, particularly when an overload is available. An overlap/underlap will help to create space for the player on the ball, potentially to dribble or change direction to go another way. Attacking quickly will provide more opportunities for the attackers to create and overload against the defenders and therefore helping them to combine.

Progressions

- Increase the number of defenders for the attackers to combine against i.e. 2v3 which will make the challenge more difficult for them.

Regression

- Decrease the number of defenders for the attackers to combine against i.e. 2v1 creating an overload.

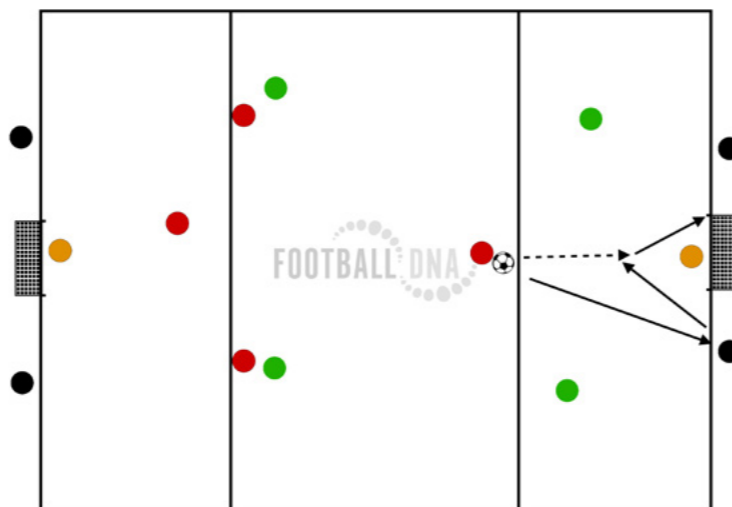
WEEK 3

COMBINE & FINISH - Combination Play

Use a variety of combinations to create goal scoring opportunities

4V4 SMALL SIDED GAME - BOUNCE & ROTATE

Setup a 40 x 25 and organise three teams of four as well as a goalkeeper in either goal. Two teams are playing against each other, with the other team acting as target players on the outside of the pitch. As soon as a goal is scored, the team that has conceded leaves the pitch and the target players replace them. Add a time limit in case the games last too long.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Movement** – Players are encouraged to create space by moving to create both width and depth on the pitch. Players off the ball should look to identify how they can make an overload with their movement to help the player on the ball as well as moving to help them combine with their team mates as well.
- **Decision Making (Finding Overload)** – The player on the ball should look to play with their eyes up looking to make overloads and selecting the appropriate skills to change direction and find their team mates. As they will be able to play to the outside target players they can use them to combine as well.
- **Receiving Skills** – Players should look to receive where they're able to play forwards to enable them to attack quickly with an open body shape. If there is space in front of them, they should look to move into that space with a large first touch when receiving. If they're under pressure when they receive, they may need to receive to protect the ball from the defenders.
- **Combination Types** – Within the small sided game, a Give & Go will help the players combine around the defenders, particularly when they have an overload. Underlaps and Overlaps should be used to create space for the player on the ball but also to make forwards runs towards the goal that you're looking to attack too. Use the outside players to help with different combinations as well to create goal scoring opportunities.

Progressions

- Players must make a designated number of passes before they can move from one third into the next.

Regression

- Play unopposed and each team having a ball each whilst also being able to use the outside target players to combine too.

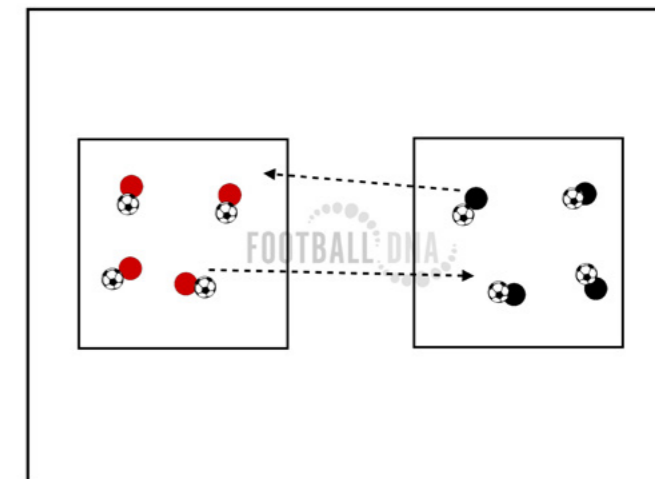
WEEK 4

DEFENDING - Pressing

Enthusiasm to win the ball back

BALL MASTERY INTO PRESS SQUARE

Setup two 10 x 10 areas with two teams split into a box each with a ball each. Players can use the Football DNA ball mastery 'Toe Taps L-Push Behind, Toe Tap Roll Chop' as they travel around their square. The coach calls a number i.e. number 1, that number from each square must travel to the other square and try to win a ball from a player from the other team and return it to their box.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Deny** – Once their numbers are called, the defender they should look to quickly enter the box and apply pressure onto the attackers and win the ball from them. To deny them space they should look to force them out of the square and attempting to win the ball.
- **Delay** – If the defender cannot win the ball quickly against an opposition player, they may look to force them a certain way by positioning their body shape to force them outside of the square.
- **Deflect** – The defender should look to slow down upon their approach when defending 1v1, as well as getting side on and be on the outside of the ball an arm's length away from the attacker to force them one way. This will help them with also forcing them outside of the square and not giving the attacking players the opportunity to manipulate their ball out of it.
- **Defend** – Defenders should look to use their body when defending 1v1 and decide whether they need to win the ball on their front foot, or their back foot. The back foot should be used for emergency defending if they cannot win the ball on their front foot. Defenders should look to try and keep the ball once they've won the ball and return quickly back to their square by travelling with it.

Progressions

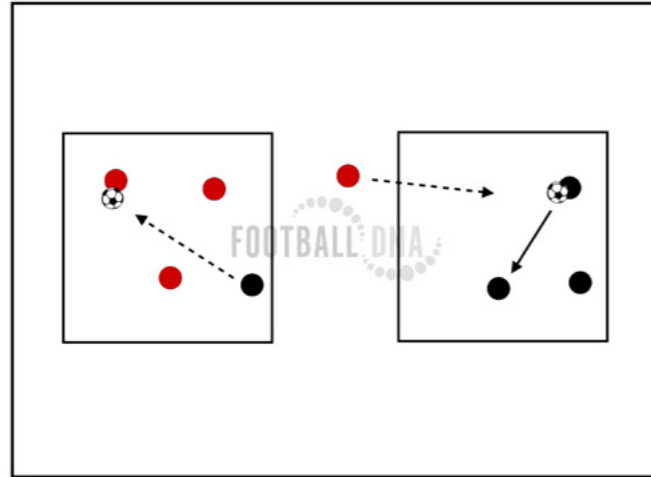
- Once a ball is removed from the square by a defender, the attacker who lost the ball is now available to receive and pass with other footballs. Play until there is no footballs left.

Regression

- Once attackers lose the ball they're out or play without footballs (player to have a bib in the back of their shorts).

PRESS SQUARE

Setup two 10 x 10 areas with two teams split into a box with one ball between them in each of their teams. Once a number is called i.e. number 1, that number from each square must travel to the other square and try to win the ball from the other team. Each team must try and retain possession within their square and keep it away from the defender. Once possession is lost, the defender can return to their square to help their team keep the ball or ready for a new round to begin.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Deny** – Once their numbers are called, the defender then should look to quickly enter the box and apply pressure onto the attackers and win the ball from them. To deny them space they should look to force them out of the square and attempting to win the ball as well as attempting them to pass to their team mates. To do this, they should continually check their shoulders and angle their approach to the player in possession of the ball.
- **Delay** – If the defender cannot win the ball quickly against an opposition player, they may look to force them a certain way by positioning their body shape to force them outside of the square. In addition, they may need to position themselves to try and block passes and be ready to intercept as the team in possession try to keep the ball.
- **Deflect** – The defender should look to slow down upon their approach when defending 1v1, as well as getting side on and be on the outside of the ball an arm's length away from the attacker to force them one way. This will help them with also forcing them outside of the square and not giving the attacking players the opportunity to manipulate their ball out of it.
- **Defend** – Defenders should look to use their body when defending 1v1 and decide whether they need to win the ball on their front foot, or their back foot. The back foot should be used for emergency defending if they cannot win the ball on their front foot. Defenders should look to try and keep the ball once they've won the ball and return quickly back to their square by travelling with it.

Progressions

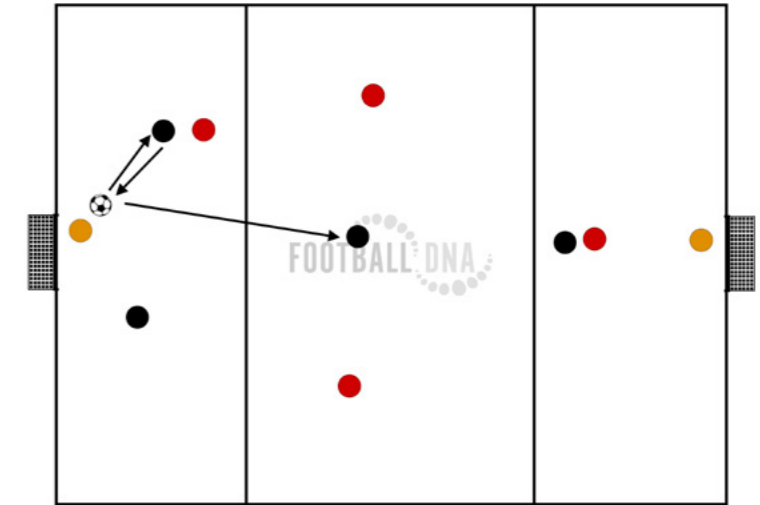
- Add goals for the defender to score in once the ball is won and/or they're able to pass the ball back to their own grid once they've won it.

Regression

- Players to play throw and catch rather than playing with their feet.

PASSING AGAINST PRESSING

Setup a pitch and split it into thirds. Organise two teams and a goalkeeper in either goal as well. The number of passes a team makes in each third, equals the number of goals it is worth once they score. The defending team can decide how many players they wish to press with. If the defenders win the ball back, they can decide either to attack quickly and score, or alternatively, keep possession in the third to get more points to accumulate for when they eventually score.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Deny** – The defending team should look to deny the attackers with time on the ball by trying to win the ball back as quickly as possible preventing the attacking team from making lots of passes. Alternatively, they may wish to deny them space by dropping if they cannot press to win the ball back by retreating into the middle or the defensive third and getting compact ready to win the ball from the opposition.
- **Delay** – The defenders should look to recover quickly to delay the attackers from attacking quickly by recovering to the ball or to the goal. This may also be required in situations particularly in transition when a defender is defending 2v1. By delaying, it will enable the team to get back into their shape increasing their chances of being able to win the ball back.
- **Deflect** – The defenders should look to deflect the attackers away from the goal, by showing them either back or away from the goal. In addition, the defenders may look to work together with the player pressing showing them towards their team mate to help them win the ball.
- **Defend** – Players should look to slow down upon their approach when defending and look to get side on to win the ball on their front foot, using their body as well to help them. In addition, as the attacking team gets points for the number of passes that they make, it's important the defending team are willing to press enthusiastically to win the ball back from the opposition.

Progressions

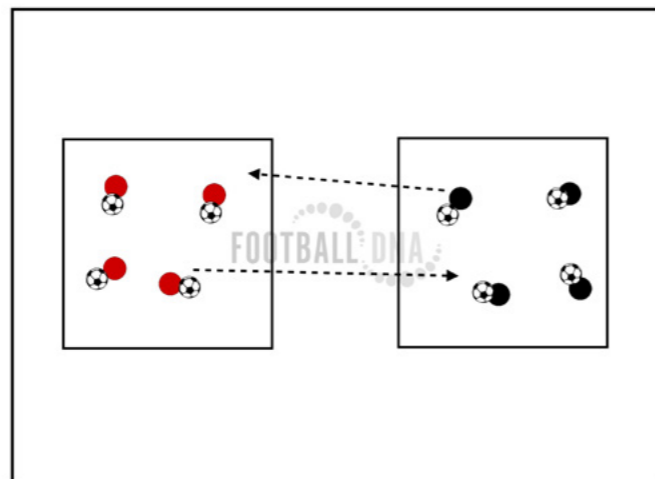
- Add a minimum number of passes the attackers must play before they move into the next third.

Regression

- Once the defenders win the ball, they begin with their goalkeeper to then build the attack.

BALL MASTERY INTO PRESS SQUARE

Setup two 10 x 10 areas with two teams split into a box each with a ball each. Players can use the Football DNA ball mastery 'Toe Taps L-Push Behind, Toe Tap Roll Chop' as they travel around their square. The coach calls a number i.e. number 1, that number from each square must travel to the other square and try to win a ball from a player from the other team and return it to their box.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Deny** – Once their numbers are called, the defender then should look to quickly enter the box and apply pressure onto the attackers and win the ball from them. To deny them space they should look to force them out of the square and attempting to win the ball.
- **Delay** – If the defender cannot win the ball quickly against an opposition player, they may look to force them a certain way by positioning their body shape to force them outside of the square.
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- **Defend** – Defenders should look to use their body when defending 1v1 and decide whether they need to win the ball on their front foot, or their back foot. The back foot should be used for emergency defending if they cannot win the ball on their front foot. Defenders should look to try and keep the ball once they've won the ball and return quickly back to their square by travelling with it.

Progressions

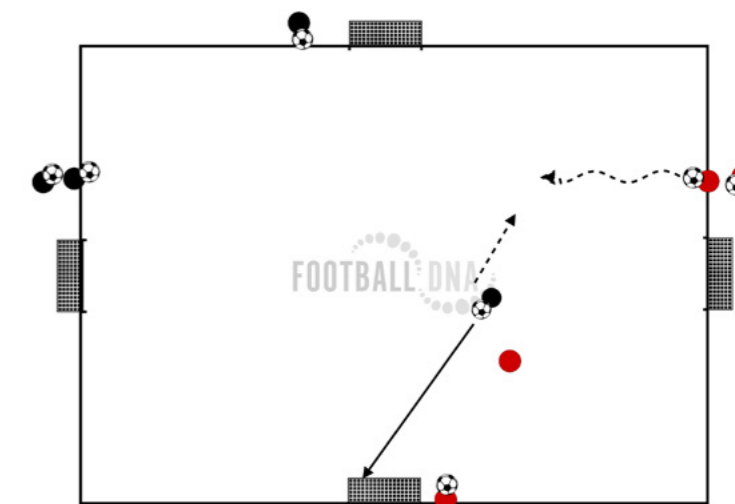
- Once a ball is removed from the square by a defender, the attacker who lost the ball is now available to receive and pass with other footballs. Play until there is no footballs left.

Regression

- Once attackers lose the ball they're out or play without footballs (player to have a bib in the back of their shorts).

1V1 MULTI DIRECTIONAL WAVE

Setup a 20 x 20 area with four goals. Organise two teams which are split evenly next to each goal with a football each. Attacking players must try and score in one of the goals, as soon as they score, they must defend against the opposition from a player travelling with the ball in a different direction. If the defender wins the ball, they can score in the goal next to where the attacker started from.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – The attacking player is encouraged to keep their eyes up to see the defender to help identify the space between them. This will help the attacker to understand what type of 1v1 skill they should use, if they need to use one, but also what space is best for them to travel into as well. Players should be encouraged to identify where the space is and move into it at speed.
- **Use Of Both Feet** – In order for the attacker to beat the defender 1v1, encourage them to try and use their 1v1 skills on both feet as well as travel with the ball on either foot as well. This will help to ensure the attacker can shield and protect the ball when travelling, as well as not being predictable when going 1v1. As the defender will be recovering from the side, this will also help them to change direction quickly if needed but also accelerate at speed whilst keeping the ball on the furthest foot from the defender too.
- **Disguise** – The use of disguise will help the attacker to move the defender to create space for them to attack in. Disguise can be used by using the body, arms or head by pretending to go one direction but instead going another. Also, attackers may wish to use disguise when receiving the ball by taking their first touch into a different direction than their body shape suggests they're travelling into.
- **Use Of Speed** – By attacking space with speed, it will help attackers to move into the space quickly without going 1v1. By moving at speed, this will help to move the defender quickly whilst also off balancing them to create space for you to move into in a different direction. As the defender will be recovering from the side, attackers should look to accelerate away from the defender at speed with larger touches.

Progressions

- Add a goal scoring line and/or goalkeeper.

Regression

- Make the game directional rather than multi-directional i.e. one game going horizontally and one going vertically.

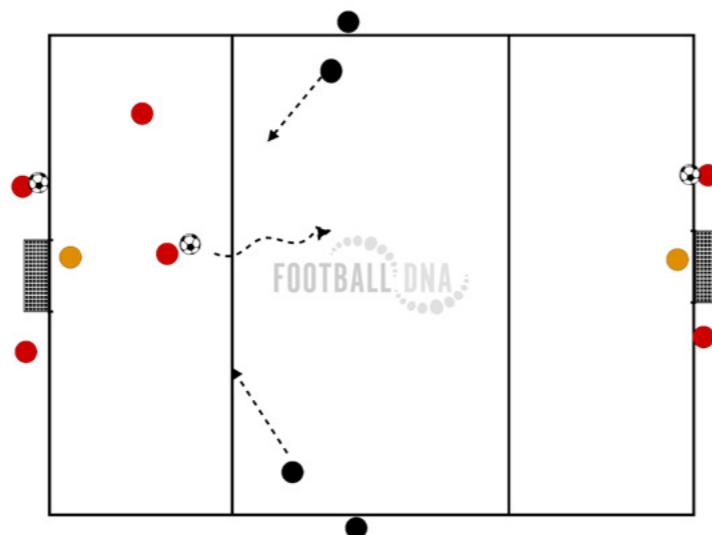
WEEK 5

CONSOLIDATION WEEK

Recap of the previous topics (revisiting games from the previous block)

2V2 WAVE (TAG IN)

Setup a 25 x 25 area with two goals with a goalkeeper in either goal. Organise two teams, with the attackers being split into two with half the attackers next to either goal. The attackers should be organised into pairs and have a ball between too. The defending team begin on the outside of the pitch and are also in pairs but without a ball. The game begins with a pair of attackers travelling with the ball trying to attack on the of the goals, as soon as they enter the pitch two defenders come from the side of the pitch and must defend. Once they score, the next pair come into attack. The defenders have to try and win the ball back and score in on one of the two goals.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- Movement** – The attackers inside the area must look to try and move to create space for between them as they're moving across the channel. The player without the ball should look to create space for themselves or their team mates by moving of the ball. As they move, they should look to be in a position where they can see the ball as well as the space they're looking to travel into (with an open body shape) allowing them to play forwards.
- Decision Making** – With players scanning and keeping their eyes up, this will help them to make the appropriate decision of whether to combine or dribble when in possession with the ball. They may also need to make the decision to go 1v1 as well. Both players should look to create overloads to help them combine and get past the attackers.
- Receiving Skills** – Players should look to receive where they're able to play forwards to enable them to attack quickly with an open body shape. If there is space in front of them, they should look to move into that space with a large first touch when receiving. If they're under pressure when they receive, they may need to receive to protect the ball from the defenders.
- Combinations** – Combinations should be used to eliminate the opponents, particularly when an overload is available. An overlap/underlap will help to create space for the player on the ball, potentially to dribble or change direction to go another way. Attacking quickly will provide more opportunities for the attackers to create and overload against the defenders and therefore helping them to combine.

Progressions

- Increase the number of defenders for the attackers to combine against i.e. 2v3 which will make the challenge more difficult for them.

Regression

- Decrease the number of defenders for the attackers to combine against i.e. 2v1 creating an overload.

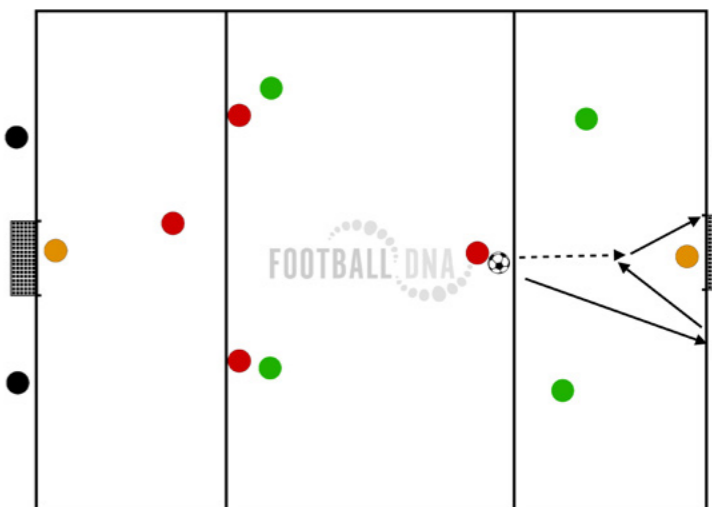
WEEK 5

CONSOLIDATION WEEK

Recap of the previous topics (revisiting games from the previous block)

4V4 SMALL SIDED GAME BOUNCE & ROTATE

Setup a 40 x 25 and organise three teams of four as well as a goalkeeper in either goal. Two teams are playing against each other, with the other team acting as target players on the outside of the pitch. As soon as a goal is scored, the team that has conceded leaves the pitch and the target players replace them. Add a time limit in case the games last too long.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- Movement** – Players are encouraged to create space by moving to create both width and depth on the pitch. Players off the ball should look to identify how they can make an overload with their movement to help the player on the ball as well as moving to help them combine with their team mates as well.
- Decision Making (Finding Overload)** – The player on the ball should look to play with their eyes up looking to make overloads and selecting the appropriate skills to change direction and find their team mates. As they will be able to play to the outside target players they can use them to combine as well.
- Receiving Skills** – Players should look to receive where they're able to play forwards to enable them to attack quickly with an open body shape. If there is space in front of them, they should look to move into that space with a large first touch when receiving. If they're under pressure when they receive, they may need to receive to protect the ball from the defenders.
- Combination Types** – Within the small sided game, a Give & Go will help the players combine around the defenders, particularly when they have an overload. Underlaps and Overlaps should be used to create space for the player on the ball but also to make forwards runs towards the goal that you're looking to attack too. Use the outside players to help with different combinations as well to create goal scoring opportunities.

Progressions

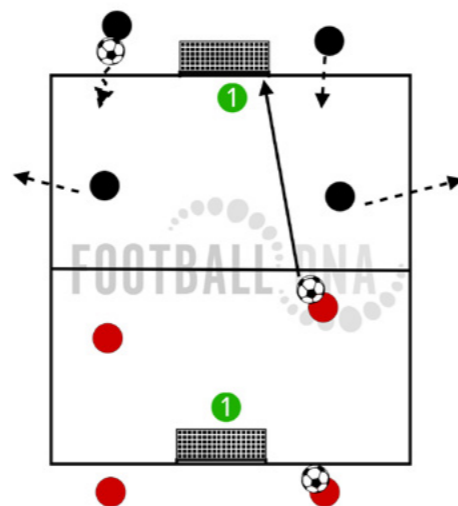
- Players must make a designated number of passes before they can move from one third into the next.

Regression

- Play unopposed and each team having a ball each whilst also being able to use the outside target players to combine too.

FINISHING GAME – SUPER SHOT

Setup a small pitch with two goals and a halfway line as well as a goalkeeper in each goal. Each team are locked into their half and have two players each on the pitch at one time, with the other pairs beside the goals. If the attackers score, they stay on and the team that concedes a goal must leave the field to be replaced by two players from their team. If a ball goes wide, or over the player that has the shot must go and collect the ball whilst the game is going on. The defending team cannot enter the opposite half but can block shots.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Disguise** – As players are working between them to be able to score, they should look to add disguise as and when they need to allow them to create space for themselves or their team mate to get a shot away. Disguises may be when they're receiving the ball pretending to finish and allow their ball to run across their body or using body feints to pretend to shoot and instead changing direction etc.
- **Receiving Skills** – Players should look to receive with an open body shape to allow them to receive to play forwards and see the ball and the goal that they're attacking. This will enable them to be able to get shots away quickly off both sides. If they're unable to receive, players should look to receive on their front foot to protect the ball and look to set a team or turn their defender.
- **Decision Making** – Players should be continually scanning to identify the best space for them to move into but also what they should do when they have the ball too. Players should continually look to scan to find the overload which will increase their opportunities to score.
- **Finishing of Both Feet** – Players should be encouraged to use both feet to receive, pass, travel and finish with the ball. Encouraging players to use both feet will allow them to be able to perform each skill quicker and particularly allow them to combine and finish around the goal more quickly too.

Progressions

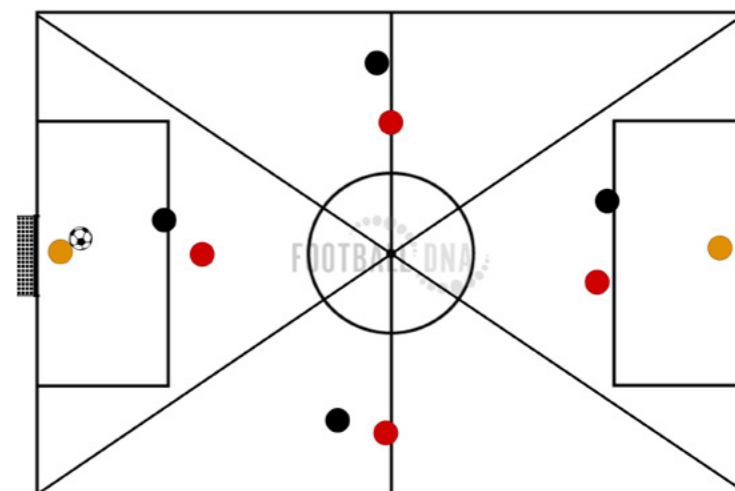
- Players aren't locked into their half and move anywhere; defenders are now able to win the ball from the opposition.

Regression

- Increase/decrease the size of the pitch and/or reduce the number of players.

SMALL SIDED GAME – DIAMOND PITCH

Setup a 25 x 40 pitch with two goals at either side. Split the pitch into diamonds by marking of the pitch from corner to corner and organise two teams of four players as well as two goalkeepers. Players are locked into each segment of their diamond in a 1v1, players have to look to receive inside their segment and stay on the ball to create space to play into their team mates. Progress the small sided game further by using the constraints below to challenge players further.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

Look at your previous block of work and consider what you feel the players need to focus on based on what they have learnt so far. Below are some examples of different types of constraints that you may wish to use to help bring out different outcomes for the players based on what you wish to focus on.

Example of Constraints

- **Passing & Receiving** - The team in possession must have at least one player in each of the triangles or three out of the four triangles, before scoring the ball must enter each of the triangles, if you find an overload in one of the triangles it's worth a goal.
- **Staying On The Ball** - Players must dribble to get out of a triangle, players must use a 1v1 skill in a triangle.
- **Combine & Finish** - Touch restriction in triangles, players can only score from certain triangles, limited number of players allowed in each triangle.
- **Defending** - Defending team must defend three out of the four triangles, Defenders can only go 1v1 against attackers in the wide channels, lock defenders in the bottom triangle.

Progressions

- Increase/decrease the size of the pitch, limit the number of players allowed in the wide channels at one time.

Regression

- Lock players into the different areas, players can move anywhere on the pitch.

BLOCK 5 - WEEK 25 - 30

Key Coaching Points	- Team Spacing		- Decision Making		Revisit A Mixture Of Coaching Points From Across The Block.	Varying Constraints To Target Specific Team Needs & Objectives
	- Body Shape		- Finding Overload			
Coaching Focus	Maintaining Possession	Dribbling / Running With Ball	Finishing From Wide Areas	1 v 1 Defending	Review Of Previous Topics	Game Week - Review Of Previous Topics
	Passing & Receiving	Staying On The Ball	Combine & Finishing	Defending	Consolidation Week	Small Sided Games
	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30
	- Eyes Up		- Deny			
	- Scanning		- Deflect			
	- 1st Touch		- Delay			
	- Passing Technique		- Defend			
- Receiving Skills		- Finishing Technique				
- Between Lines						

All of the sessions are available on our website. You can find them with the links below.

[Week 1](#)

[Week 2](#)

[Week 3](#)

[Week 4](#)

[Week 5](#)

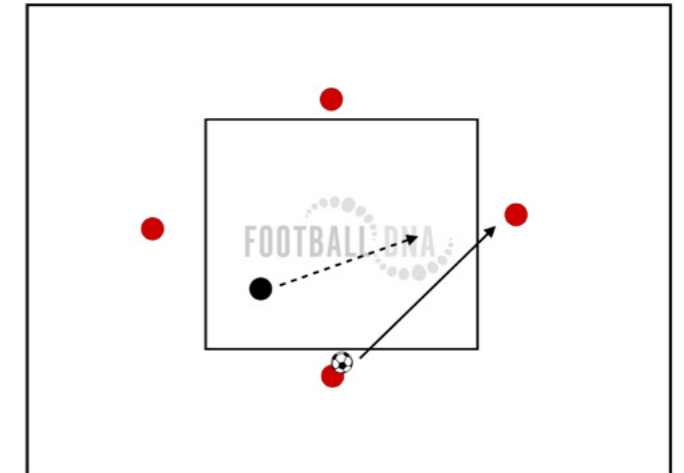
[Week 6](#)

WEEK 1 PASSING & RECEIVING - Maintaining Possession

To help players to scan and make the right decisions to help maintain possession individually as well as within the team.

QUICK PLAY RONDO

Setup a 10 x 10 area with the Rondo beginning with three or four players on the outside and one defender in the middle. The attackers must keep possession whilst staying on the outside of the box, if they lose the ball or the defender intercepts, they then become the defender in the middle. Players to perform the Football DNA 'Pull Push Stalks, Stalks' before the Rondo starting as part of their ball mastery work.



Equipment



5 - 10 Players



Bibs, Cones & Footballs

Coaching Points

- **Scanning To See Your Team Mates** – The players on the outside of the square should look to scan before receiving the ball to then adjust their body shape to see the player they're receiving from but also the player they want to play into as well.
- **Eyes Up** – Players should keep their eyes up before they receive to try and have eye contact with the player they're receiving from, once they receive the ball player should look to keep their eyes up to see other players in the area as well as the players on outside of the square too.
- **Receiving Skills** – To help players to receive, they should look to receive with an open body shape to help them see the whole of the square. This will help them to take their first touch out of their feet to be able to play forwards, but also look at possible no touch turns as well.
- **Passing Skills** – Players should look to play firm passes along the ground to the players on the outside for them to receive, but also may need to vary the types of passes that they play based on what pictures they and whether the defender that is in front of them.

Progressions

- Increase number of defenders in the middle i.e. 3v2 and/or change the shape of the area and/or limit number of touches allowed.

Regression

- Make the area bigger / increase the number of attackers on the outside of the area.

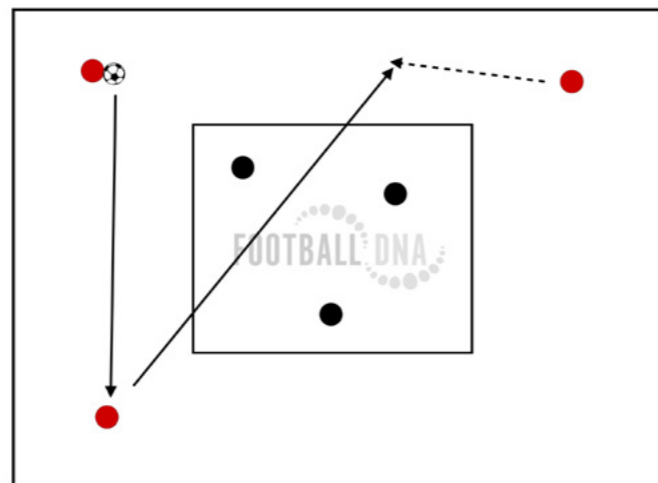
WEEK 1

PASSING & RECEIVING - Maintaining Possession

To help players to scan and make the right decisions to help maintain possession individually as well as within the team.

BREAKING THE BOX

Setup a 25 x 25 area with a 10 x 10 box inside an area which the defending team is to defend. Organise two teams with three players inside the box that are defenders and three players around the outside of the box that are attackers with a ball between them. The attacking team must keep possession and look to create space to pass/dribble across the box to get a point. The defenders can leave the box to try and win the ball from the attacking team. Rotate attackers and defenders after a set amount of time.



Equipment



6 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Scanning To See Your Team Mates** – The players on the outside of the square should look to scan before receiving the ball to then adjust their body shape to see the player they're receiving from but also the player they want to play into as well.
- **Eyes Up** – Players should keep their eyes up before they receive to try and have eye contact with the player they're receiving from, once they receive the ball player should look to keep their eyes up to see other players in the area as well as the players on outside of the square too.
- **Receiving Skills** – To help players to receive, they should look to receive with an open body shape to help them see the whole of the square. This will help them to take their first touch out of their feet to be able to play forwards, but also look at possible no touch turns as well.
- **Passing Skills** – Players should look to play firm passes along the ground to the players on the outside for them to receive, but also may need to vary the types of passes that they play based on what pictures they and whether the defender that is in front of them.

Progressions

- Limit the number of players allowed inside the middle box at one time from both the attacking and defending team.

Regression

- Increase the number of attackers to defenders i.e. 4v2.

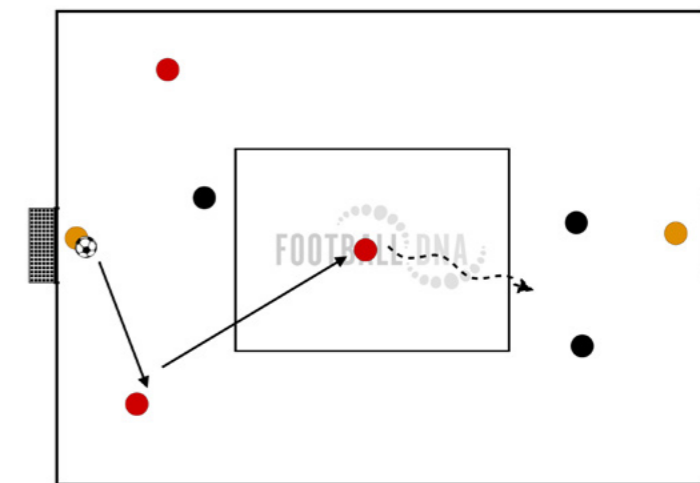
WEEK 1

PASSING & RECEIVING - Maintaining Possession

To help players to scan and make the right decisions to help maintain possession individually as well as within the team.

BREAKING THE BOX – SMALL SIDED GAME

Setup a 25 x 25 area and a 10 x 10 box in the middle of the area. Play a 3v3/4v4 game with goalkeepers and two teams. The team in possession of the ball must pass/dribble into the box before they can score and once they lose the ball they must win it back playing through the box again before they can score.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Team Spacing** – The team in possession of the ball should create width and depth to create space for themselves to play into the middle box. If they cannot play through, they should look to move the ball as a team and wait for the right opportunity to travel through the box. Players should also be encouraged to identify where there are overloads on the pitch.
- **Body Shape** – Players should look to receive with an open body shape to help them to see the whole pitch, this will aid them in being able to pass or dribble from one third into the next. If players receive with an open body shape before receiving the ball near the middle box it will help them to play through their quickly.
- **Scanning** – Scanning will help players to be able to identify when and where they will be able to play through the box to be able to score. As players can receive in the middle of the box, this may mean the player that is receiving in the box has to scan to be able to receive and play forwards as well as seeing where the defenders are too.
- **1st Touch / Breaking Lines** – To help progressing through the middle box, players will be able to play around the opposition but also should be encouraged to try and receive and play between players as well. This will help to progress through the pitch, whilst eliminating opposition too.

Progressions

- Number of passes = number of goals and/or increase the number of players.

Regression

- Limit the number of defenders allowed in the middle box at one time or have a time limit for how long you can be inside the box.

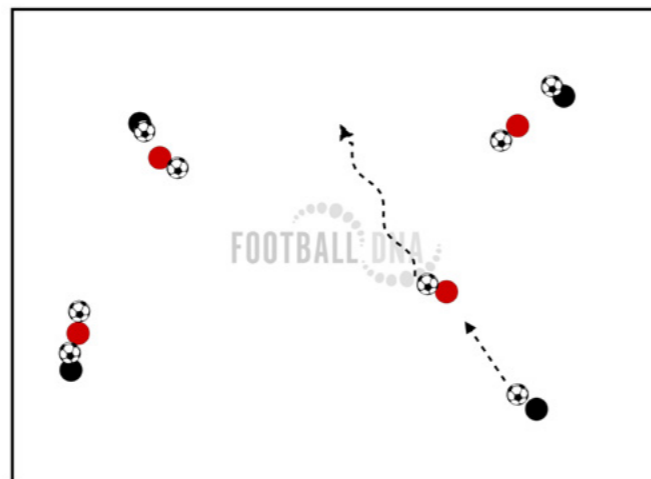
WEEK 2

STAYING ON THE BALL - Dribbling / Running with The Ball

Creative and willing to take risks to beat players 1v1 using both feet and able to create space for yourself or for your team mate

FOLLOW THE LEADER

Setup a 20 x 20 area and organise players into pairs with each player having a ball each with one playing leading and one player following. The player that's following must try and tag the player that's leading, if they do this successfully their roles swap around.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up** – Players should look for the best space for them to travel into and are encouraged to keep their eyes up when travelling with the ball to help them to identify this space. The player that is following also needs to keep their eyes up on the player that is leading as well.
- **Use Of Both Feet** – Players need to use both feet when travelling with the ball and should be encouraged to use 1v1 skills to help them evade the player following. If players are to use both feet it will help to allow them to change direction quickly as well as keeping the ball on the furthest foot from the defender when travelling with it.
- **Disguise** – An emphasis should be placed on how players use their arms, body and head to add to disguise for their 1v1 moves by exaggerating their 1v1 skills on both sides. This will help to add a disguise, pretending to go one way and instead moving in another direction.
- **Speed** – By adding speed in their touches when dribbling this will help players to move into a new space / beat an opponent at speed. In addition, players should be encouraged to also use their 1v1 skills at speed too. To ensure this can be maintained, consider the work to rest time needed for players to do perform skills at speed. Larger touches will enable players to move into space quickly, smaller quick touches may be needed to change direction quickly.

Progressions

- Increase the number of players following i.e. work in trios.

Regression

- Players to hold the balls in their hand and play the same game.

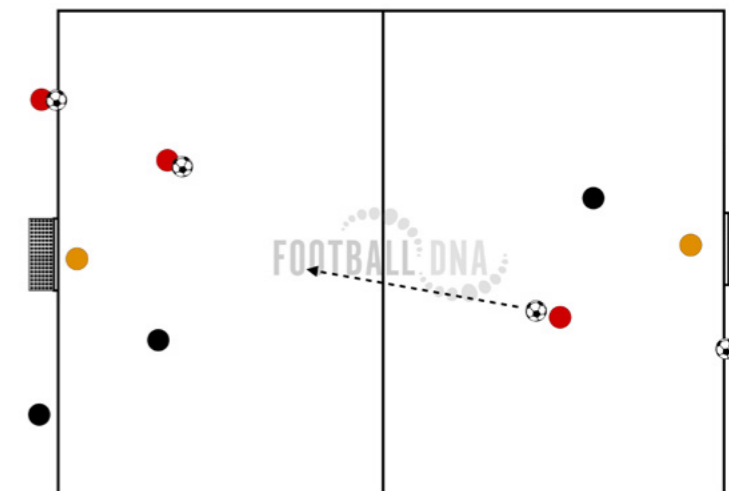
WEEK 2

STAYING ON THE BALL - Dribbling / Running with The Ball

Creative and willing to take risks to beat players 1v1 using both feet and able to create space for yourself or for your team mate

1V1 RACES TO FINISH

Setup a 20 x 20 and split the pitch into half with a goal at either side of the pitch with a goalkeeper in each goal. Organise players into two teams and pair them up with one player having a ball (attacker) and the other player without the ball (defender). The attacker begins the game by taking a touch out of their feet, they must get into the opposite half before they can score. The defender must try and chase after the ball and win it back, if they do, they can score in the opposite goal.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players are to keep their eyes up to see the space in front of them to help them choose what area they want to move into and how. Players should also check their shoulders as they're travelling with the ball to see where the opposition player is as well. If the attacker has space in front of them, they should look to travel into that space at speed with larger touches.
- **Use Of Both Feet** – Players to use both feet to dribble/run with the ball on. This will enable them to keep the ball safe side from the defender making it more difficult for the defender to win the ball. As the defender begins from one side, it's vitally important that they travel with the ball on the furthest foot from them to help them protect the ball as they're travelling with it.
- **Disguise** – A disguise can be used at the beginning of the game to help the attackers to off balance the defenders to give them a head start. If the defenders recover, disguises can be used to change direction to move the defender to create space for the attacker to move into.
- **Use Of Speed** – Players should look to attack space at speed with bigger touches to move into, this will help prevent the defender from recovering and being able to win the ball back from the attacker. If the defender can recover, the attacker should look to create space by using 1v1 skills, once the defender moves out of the space they should look to attack at speed.

Progressions

- Play 2v2, which will lead onto the attacker without the ball being able to create space for the attacker with the ball through how they move.

Regression

- Play without a ball and play as a game of tag.

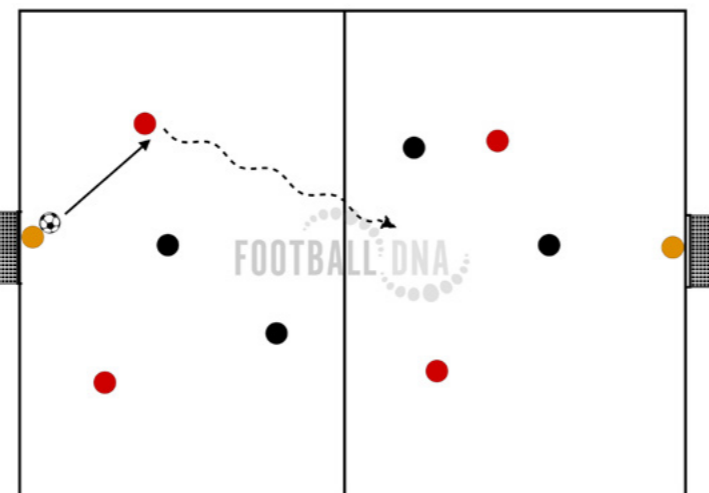
WEEK 2

STAYING ON THE BALL - Dribbling / Running with The Ball

Creative and willing to take risks to beat players 1v1 using both feet and able to create space for yourself or for your team mate

5V5 – 2V2 IN HALVES

Setup a 40 x 20 pitch with two goals and a goalkeeper at either end as well as a half way line. Organise a 4v4 and split the attackers and defenders into a 2v2 in each half. Players are locked into their half but can break into the opposite half by dribbling or running with the ball into the opposite half. If they do this, they can create an overload (3v2). Defenders are locked into their half throughout the game.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players when they have their eyes up when they're in possession with the ball, this will help to allow them to make better decisions when in possession of the ball. This will also help them to identify space and when is the right time for them to travel with the ball into the opposite half. As they travel with the ball they should keep their eyes up to see their team mates, space and defenders.
- **Use Of Both Feet** – When players are travelling with the ball, they should use both feet to help them keep the ball on the furthest foot from the defender which will enable them to effectively shield and protect the ball. This will also help them to play passes once they're in the attacking half too.
- **Disguise** – When players are in possession of the ball, disguises can be used to help players create space for themselves or their team mates as well as help them off balance the defender when going 1v1. Players may use 1v1 disguises to show that they're travelling forwards to move the defenders to then play into their team mate who's in a better position to be able to do so.
- **Use Of Speed** – When players see space in front of them they should use their speed to get into the opposite half. If they do this quickly, it will help them to create and overload which they can take advantage of to be able to create a goalscoring opportunity.

Progressions

- One defender can follow the attacker in the opposite half once they dribble / or run with the ball.

Regression

- Players can move anywhere on the pitch (must still dribble to get into the opposite half).

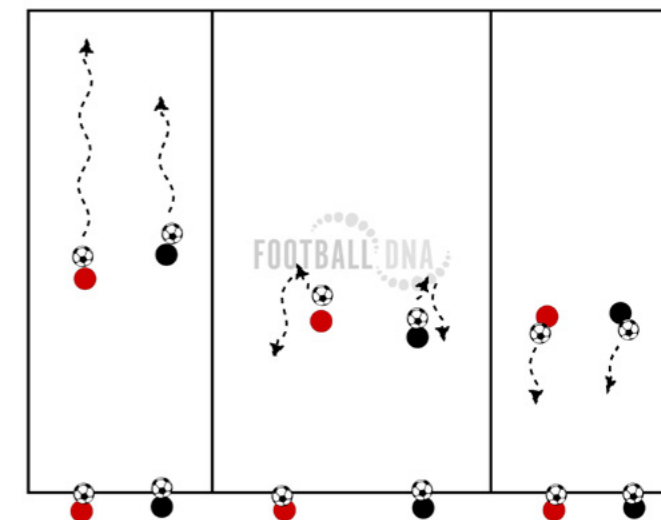
WEEK 3

COMBINE & FINISH - Finishing from Wide Areas

Use a variety of different finishing techniques using both feet

COPYCAT

Setup a 25 x 25 area and split the pitch into three channels. Organise players into pairs with each player having a ball. One player begins as the leader and the other player following. The player following must copy the direction and skills used by the leader. The leader must try to get the opposite side or back to where they began before the player following can. Players can use the Football DNA ball mastery 'Backward Scissors'



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up** – Players should keep their eyes up to look at the what is the best space for them to travel into. Whilst they're travelling with the ball, they should also look to keep their eyes up and scan to see where the other player is as well. For the leader, this will enable them to know which direction they should look to travel to.
- **Speed Of Attack** – For the leader to get away from their opponent, they should look to attack at speed to try and make the defender finish behind them. The use of turns and disguises at speed will also help the leader to make the follower become of balance and allow them to get away from them too.
- **Use Of Both Feet** – Players should look to travel with the ball on both feet, keeping it on the safe side from the other player. Using both feet will also help both players to change direction quickly as well as travel with the ball too.
- **Disguises** – The leading players should look to use different disguises to help them to create space and trick the player following.

Progressions

- The defender doesn't have ball, but must copy the attacking player.

Regression

- Play without a football each.

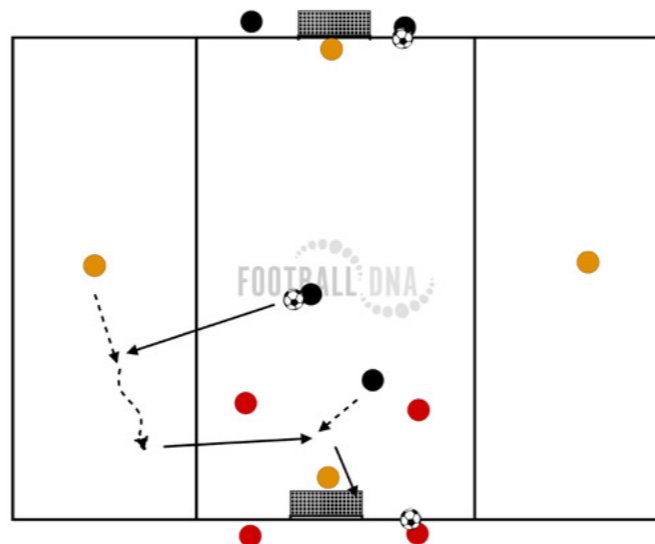
WEEK 3

COMBINE & FINISH - Finishing from Wide Areas

Use a variety of different finishing techniques using both feet

2V2 WITH CHANNELS

Setup a 25 x 25 pitch and split it into three equal channels as well as two goals with a goalkeeper in either goal. In the wide channels organise a target player without the ball in either channel as well as two players from each team inside the area. The team in possession must try and score in the opposite goal to them, if they do, they stay on, and the next two players from the other team begin their attack. If the players score from a wide area from using the target players, it will be worth two points.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – When in possession of the ball the attacker should keep their eyes up to see their team mates, target players as well as the space. This will help them to make the best decision when they're in possession of the ball. If the target players receive the ball, they should look to keep their eyes up to decide upon what type of cross they should look to play.
- **Speed Of Attack** – Attackers should look to attack the space quickly to create a goalscoring opportunity for their team. If attacking quickly, this should help them to be able to create overloads as well as getting into an area where they can score from a wide area too. If the defenders are in-balance and compact, the attacking team may need to be patient and keep the ball between them too.
- **Timing Of Run** – If the ball is in the wide area, players should look to hold their run and not run in advance of the ball. To support this, you may talk to players about making a double movement i.e. running to the front post and then to the back etc.
- **Finishing Technique** – Players to select the appropriate finishing technique depending on what part of the pitch they're finishing within. Encourage players to try and finish in one or two touches as they will not have much time or space in and around the goal, particularly if they're receiving from crosses as well.

Progressions

- Limit each team to be only able to score from wide areas.

Regression

- Make the game unopposed with both team being able to attacker either goal without any defenders.

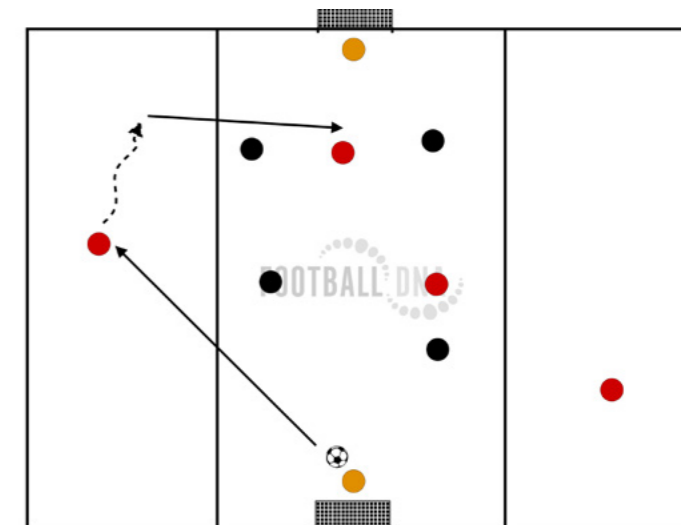
WEEK 3

COMBINE & FINISH - Finishing from Wide Areas

Use a variety of different finishing techniques using both feet

4V4 – WITH CHANNELS

Setup a 25 x 25 area and organise a 4v4 game with three equal channels as well as goals. Teams get one point if they score a normal goal, two points if they score from a cross etc. Have a target player in each channel acting as feeder that can cross the ball, but not be tackled. Encourage the defending team to defender two out of the three channels and the attackers to create space by being in all three channels.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Decision Making (Finding The Overload)** – Players must try and keep their eyes up to identify when and where to move into the wide areas which will help create more crossing opportunities. The attackers are also able to move into the wide area at anytime and should look to recognise the right time to be able to do this. As the pitch is split into channels, this will provide a visual for the players to be able to recognise where the overload it.
- **Speed Of Attack** – As the pitch is split into channels there will be lots of space in wide areas for the team in possession of the ball to combine and travel with the ball quickly. If the attackers are able to attack quickly particularly when they've won the ball it will help them to take advantage of any overloads on the pitch.
- **Timing Of Run** – If the ball is in the wide area, players should look to hold their run and not run in advance of the ball. To support this, you may talk to players about making a double movement i.e. running to the front post and then to the back etc.
- **Finishing Technique** – Players to select the appropriate finishing technique depending on what part of the pitch they're finishing within. Encourage players to try and finish in one or two touches as they will not have much time or space in and around the goal, particularly if they're receiving from crosses as well.

Progressions

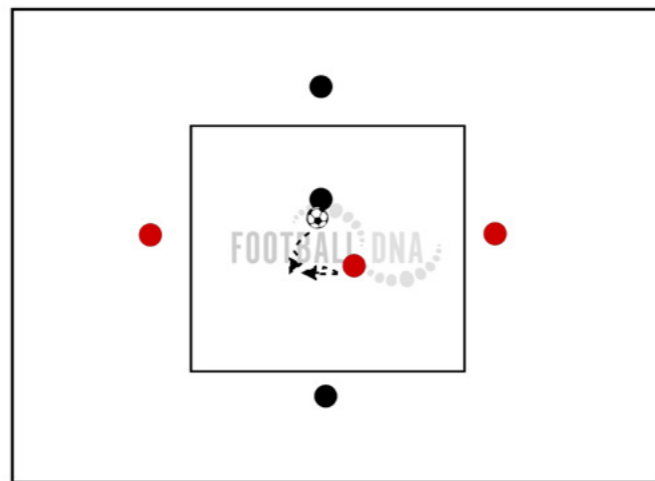
- Teams can only score from a wide area and/or limit the number of touches by the target players in the wide area.

Regression

- Make the pitch wider/longer.

SWEAT BOX

Setup a 20 x 20 area and organise two teams with one team attacking horizontally and one team attacking vertically. The attacking team must get past the defender in the middle before playing to their player on the opposite side of the grid. If the defender wins the ball, they must play the ball to their player on the side and they then become the attackers. To adapt the practice, all players have a ball each and have to travel with the ball and stop it on the opposite line instead of passing to a player in their team.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Deny** – The defenders should look to deny the attacker as much as possible by pressing them and putting them under pressure. If they cannot do this, they should look to drop and deny them the opportunity of passing into their attacker on the opposite side of the square.
- **Delay** – The defender can delay the attacker from attacking quickly by pressing the attacker as they're bring the ball into the square. The defender can also look to drop and prevent the attacker from attacking quickly and playing into the other side of the square.
- **Deflect** – The defender should aim to deflect by forcing the attacker to the outside of the square as well as away from the player that they're looking to pass into as well. The defender may also look to win the ball back from the attacker's weaker foot by forcing them onto that side. To help this, the defender should look to get side on and defend on the outside of the ball to force them the way they wish to send them.
- **Defend** – The defend should look to win the ball with either their front foot or back foot, as soon as they win the ball, they should to keep the ball in the team and play the ball to their team mates.

Progressions

- Attackers can use the opposition players as bounce players with will allow them to creating combinations.

Regression

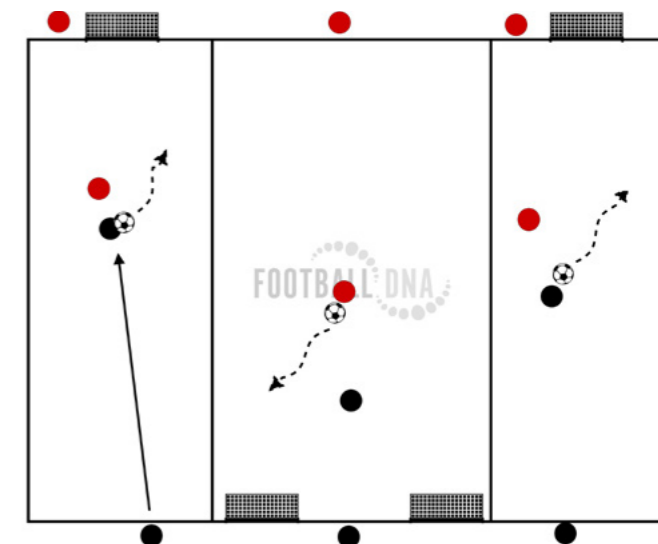
- Play with a ball in hands and play throw and catch.

1V1 CAROUSEL

Setup a 20 x 20 pitch with three channels with three different 1v1 games being played on each of the pitches. Each of the games begin with the defender having the ball and passing into the attacker. The three games are as follows:

- A) Attacker receiving with their back to goal to score.
- B) Attacker can dribble in and has two goals to score in that are next to each other.
- C) Attacker can dribble in and has one goal to score in.

Rotate who's attacking and defending after a set time limit as well rotate who's playing on each pitch.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Deny** – Each game will provide a different challenge for the defender when defending. To deny space, they should look to prevent the attacker from playing forwards and force them back or away from goal. They can do this by putting pressure on the attacker and showing them one way. They should also ensure that they apply pressure on the attacker once they're near the goal and deny them for a goalscoring opportunity.
- **Delay** – The defender can delay the attacker from attacking quickly by pressing the attacker as they're bring the ball into the area. The defender can also look to drop and prevent the attacker from attacking quickly and playing into the other side of the square. If the attacker approaches the goal, they will need to press to stop them from getting a shot away.
- **Deflect** – The defender should aim to deflect by forcing the attacker to the outside of the pitch. The defender may also look to win the ball back from the attacker's weaker foot by forcing them onto that side. To help this, the defender should look to get side on and defend on the outside of the ball to force them the way they wish to send them.
- **Defend** – The defender should look to win the ball with either their front foot or back foot, as soon as they win the ball, they should to keep the ball in the team and play the ball to their team mates. The defender may need to use emergency defending to block and stop shots in and around the goal.

Progressions

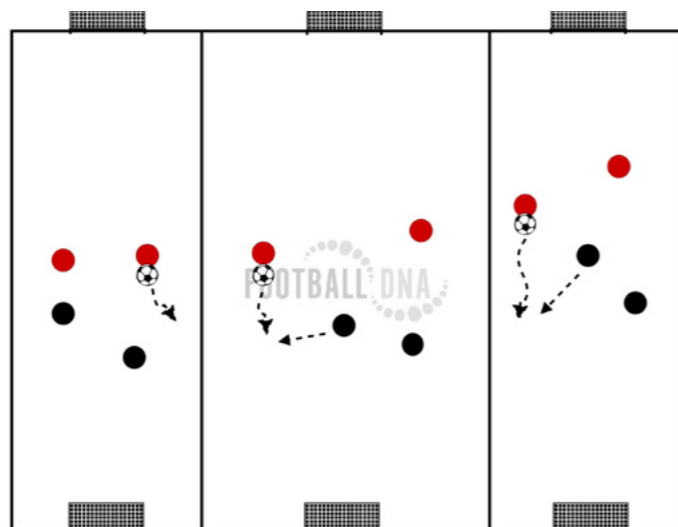
- Play 2v2 instead of 1v1. This will allow you to work on individual defending as well as defending in pairs and outnumbered as well.

Regression

- Add a zone for the attacker to dribble over, before the defender can come out and defend.

2V2 GAMES

Setup three pitches with two goals on each pitch. Each pitch has a 2v2 taking place, with the winners moving up and losers moving down. Add constraints onto the small sided games to challenge players based around their 1v1 defending. An example of this might be if the defenders win the ball back and are able to score without losing possession again before scoring it is worth double points.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- Deny** – To deny space both defenders should look to prevent the attacker from playing forwards and force them back or away from goal. They can do this by putting pressure on the attacker and showing them one way. They should also ensure that they apply pressure on the attacker once they're near the goal and deny them for a goalscoring opportunity. In addition, defenders should look to deny space between them by remaining compact as well as recognise when they need to drop to prevent the attackers from playing into the space behind.
- Delay** – The defenders can delay the attackers from attacking quickly by pressing the attacker as they're bring the ball into the area. If the attackers approach the goal, they will need to press to stop them from getting a shot away. Delaying an attack will also be needed when the defenders are outnumbered or one of the defenders are recovering allowing them to get back in-balance as a pair.
- Deflect** – The defenders should aim to deflect by forcing the attacker to the outside of the pitch as well as away from the player that they're looking to pass into as well. Each defender may also look to win the ball back from the attacker's weaker foot by forcing them onto that side. To help this, the defender should look to get side on and defend on the outside of the ball to force them the way they wish to send them. As the defenders are working in pairs they may look to deflect them into their team mate to win the ball as well.
- Defend** – The defenders should look to win the ball with either their front foot or back foot, as soon as they win the ball, they should to keep the ball in the team and play the ball to their team mates. Both defenders will need to use emergency defending to block and stop shots in and around the goal to deny the other team from being able to score.

Progressions

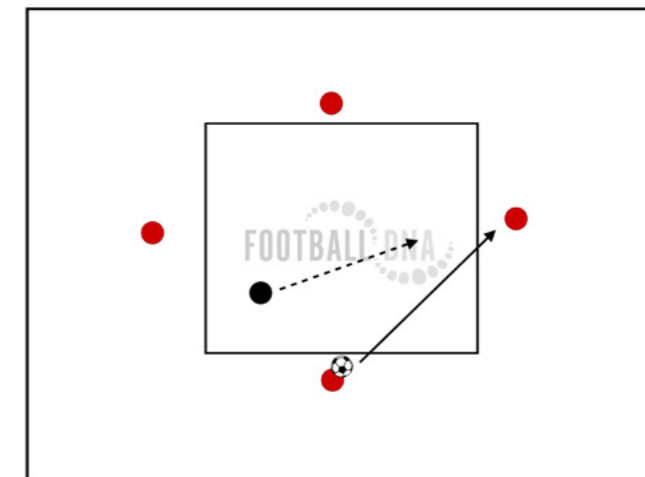
- Add goalkeepers in each of the goals or add a score zone for the attackers to have to get into before scoring.

Regression

- Make the pitch smaller which will create less space for the attackers to exploit.

QUICK PLAY RONDO

Setup a 10 x 10 area with the Rondo beginning with three or four players on the outside and one defender in the middle. The attackers must keep possession whilst staying on the outside of the box, if they lose the ball or the defender intercepts, they then become the defender in the middle. Players to perform the Football DNA 'Pull Push Stalks, Stalks' before the Rondo starting as part of their ball mastery work.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- Scanning To See Your Team Mates** – The players on the out of the square should look to scan before receiving the ball to then adjust their body shape to see the player they're receiving from but also the player they want to play into as well.
- Eyes Up** – Players should keep their eyes up before they receive to try and have eye contact with the player they're receiving from, once they receive the ball player should look to keep their eyes up to see other players in the area as well as the players on outside of the square too.
- Receiving Skills** – To help players to receive, they should look to receive with an open body shape to help them see the whole of the square. This will help them to take their first touch out of their feet to be able to play forwards, but also look at possible no touch turns as well.
- Passing Skills** – Players should look to play firm passes along the ground to the players on the outside for them to receive, but also may need to vary the types of passes that they play based on what pictures they and whether the defender that is in front of them.

Progressions

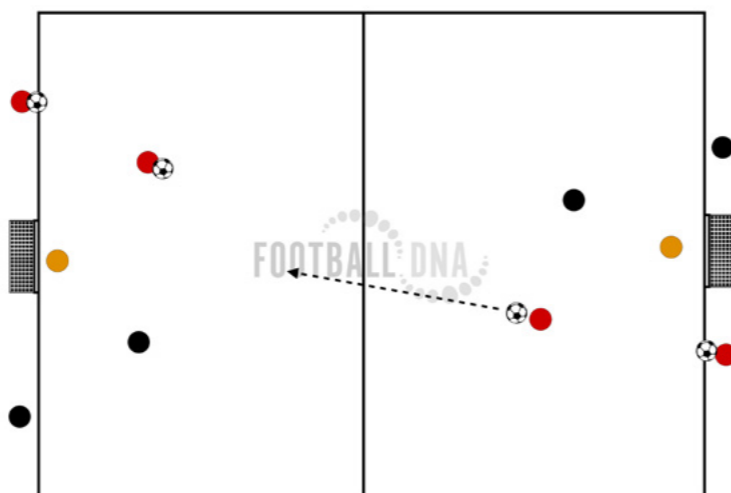
- Increase number of defenders in the middle i.e. 3v2 and/or change the shape of the area and/or limit number of touches allowed.

Regression

- Make the area bigger / increase the number of attackers on the outside of the area.

1V1 RACES TO FINISH

Setup a 20 x 20 and split the pitch into half with a goal at either side of the pitch with a goalkeeper in each goal. Organise players into two teams and pair them up with one player having a ball (attacker) and the other player without the ball (defender). The attacker begins the game by taking a touch out of their feet, they must get into the opposite half before they can score. The defender must try and chase after the ball and win it back, if they do, they can score in the opposite goal.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes up** – Players are to keep their eyes up to see the space in front of them to help them choose what area they want to move into and how. Players should also check their shoulders as they're travelling with the ball to see where the opposition player is as well. If the attacker has space in front of them, they should look to travel into that space at speed with larger touches.
- **Use Of Both Feet** – Players to use both feet to dribble/run with the ball on. This will enable them to keep the ball safe side from the defender making it more difficult for the defender to win the ball. As the defender begins from one side, it's vitally important that they travel with the ball on the furthest foot from them to help them protect the ball as they're travelling with it.
- **Disguise** – A disguise can be used at the beginning of the game to help the attackers to off balance the defenders to give them a head start. If the defenders recover, disguises can be used to change direction to move the defender to create space for the attacker to move into.
- **Use Of Speed** – Players should look to attack space at speed with bigger touches to move into, this will help prevent the defender from recovering and being able to win the ball back from the attacker. If the defender can recover, the attacker should look to create space by using 1v1 skills, once the defender moves out of the space they should look to attack at speed.

Progressions

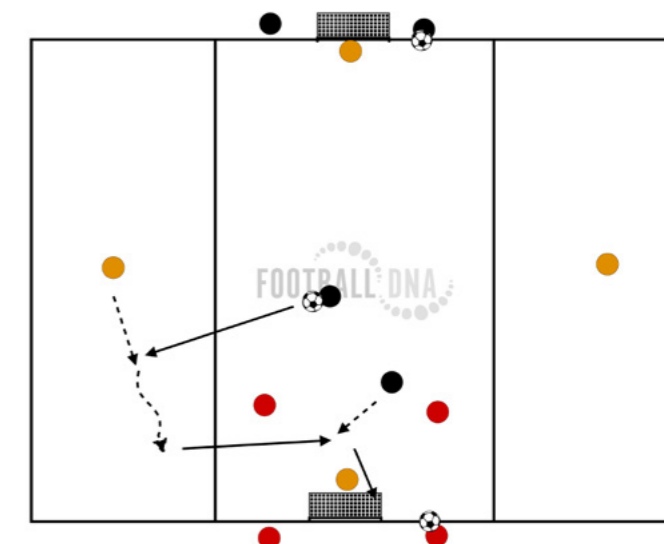
- Play 2v2, which will lead onto the attacker without the ball being able to create space for the attacker with the ball through how they move.

Regression

- Play without a ball and play as a game of tag.

2V2 WITH CHANNELS

Setup a 25 x 25 pitch and split it into three equal channels as well as two goals with a goalkeeper in either goal. In the wide channels organise a target player without the ball in either channel as well as two players from each team inside the area. The team in possession must try and score in the opposite goal to them, if they do, they stay on, and the next two players from the other team begin their attack. If the players score from a wide area from using the target players, it will be worth two points.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – When in possession of the ball the attacker should keep their eyes up to see their team mates, target players as well as the space. This will help them to make the best decision when they're in possession of the ball. If the target players receive the ball, they should look to keep their eyes up to decide upon what type of cross they should look to play.
- **Speed Of Attack** – Attackers should look to attack the space quickly to create a goalscoring opportunity for their team. If attacking quickly, this should help them to be able to create overloads as well as getting into an area where they can score from a wide area too. If the defenders are in-balance and compact, the attacking team may need to be patient and keep the ball between them too.
- **Timing Of Run** – If the ball is in the wide area, players should look to hold their run and not run in advance of the ball. To support this, you may talk to players about making a double movement i.e. running to the front post and then to the back etc.
- **Finishing Technique** – Players to select the appropriate finishing technique depending on what part of the pitch they're finishing within. Encourage players to try and finish in one or two touches as they will not have much time or space in and around the goal, particularly if they're receiving from crosses as well.

Progressions

- Limit each team to be only able to score from wide areas.

Regression

- Make the game unopposed with both team being able to attacker either goal without any defenders.

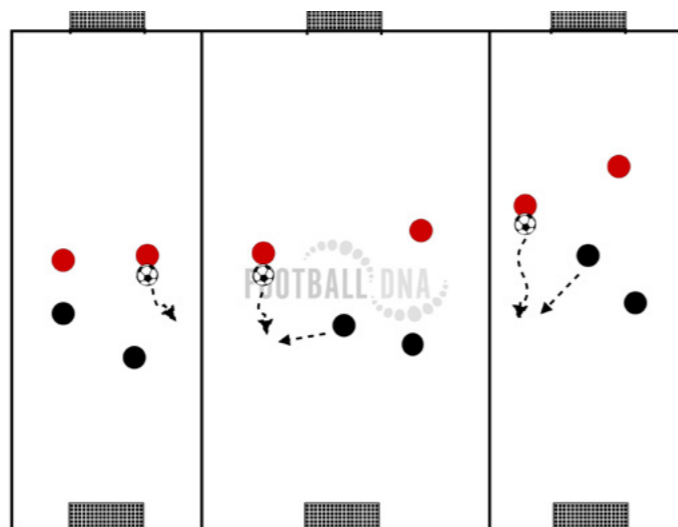
WEEK 5

CONSOLIDATION WEEK

Recap of the previous topics (revisiting games from the previous block)

2V2 GAMES

Setup three pitches with two goals on each pitch. Each pitch has a 2v2 taking place, with the winners moving up and losers moving down. Add constraints onto the small sided games to challenge players based around their 1v1 defending. An example of this might be if the defenders win the ball back and are able to score without losing possession again before scoring it is worth double points.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Deny** – To deny space both defenders should look to prevent the attacker from playing forwards and force them back or away from goal. They can do this by putting pressure on the attacker and showing them one way. They should also ensure that they apply pressure on the attacker once they're near the goal and deny them for a goalscoring opportunity. In addition, defenders should look to deny space between them by remaining compact as well as recognise when they need to drop to prevent the attackers from playing into the space behind.
- **Delay** – The defenders can delay the attackers from attacking quickly by pressing the attacker as they're bring the ball into the area. If the attackers approach the goal, they will need to press to stop them from getting a shot away. Delaying an attack will also be needed when the defenders are outnumbered or one of the defenders are recovering allowing them to get back in-balance as a pair.
- **Deflect** – The defenders should aim to deflect by forcing the attacker to the outside of the pitch as well as away from the player that they're looking to pass into as well. Each defender may also look to win the ball back from the attacker's weaker foot by forcing them onto that side. To help this, the defender should look to get side on and defend on the outside of the ball to force them the way they wish to send them. As the defenders are working in pairs they may look to deflect them into their team mate to win the ball as well.
- **Defend** – The defenders should look to win the ball with either their front foot or back foot, as soon as they win the ball, they should to keep the ball in the team and play the ball to their team mates. Both defenders will need to use emergency defending to block and stop shots in and around the goal to deny the other team from being able to score.

Progressions

- Add goalkeepers in each of the goals or add a score zone for the attackers to have to get into before scoring.

Regression

- Make the pitch smaller which will create less space for the attackers to exploit.

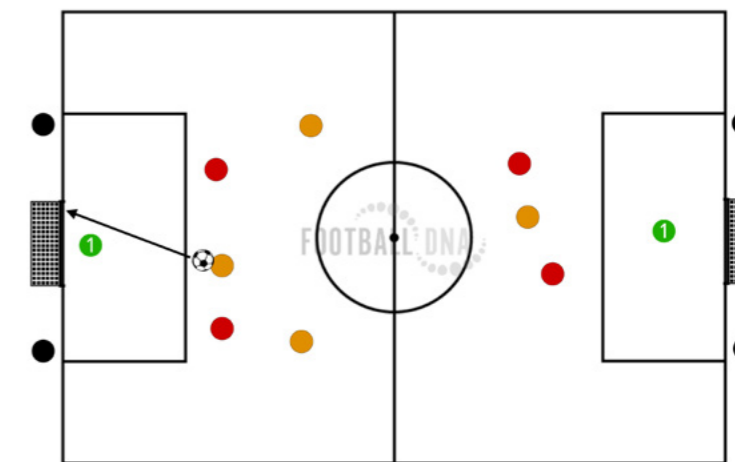
WEEK 6

SMALL SIDED GAMES

For players to play whilst consolidating their learning from the previous block

FINISHING GAME – WINNERS STAYS ON

Setup a 25 x 40 pitch as a small sided game with two goals at either end with a goalkeeper in each of the goals. There are two teams on the pitch at one time, with one team off acting as target players for the team in possession of the ball. If a goal is scored, the losing team comes off and rotates with the target players. Players on the outside of the pitch can be used as target players to be played into and pass to the team that passes to them.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Movement** – Players should look to create width and depth with their movement to create space for themselves or for their team mates. Players should look to move to be able to receive, particularly where they can look to play forwards and combine or finish.
- **Receiving Skills** – Players should look to receive with an open body shape to allow them to receive to play forwards and see the ball and the goal that they're attacking. This will enable them to be able to get shots away quickly off both sides. If they're unable to receive, players should look to receive on their front foot to protect the ball and look to set a team or turn their defender.
- **Decision Making** – Players should be continually scanning to identify the best space for them to move into but also what they should do when they have the ball too. Players should continually look to scan to find the overload which will increase their opportunities to score.
- **Finishing of Both Feet** – Players should be encouraged to use both feet to receive, pass, travel and finish with the ball. Encouraging players to use both feet will allow them to be able to perform each skill quicker and particularly allow them to combine and finish around the goal more quickly too.

Progressions

- The team that is off can play on the pitch for either team (neutral players) but cannot score – creating an overload.

Regression

- Increase/decrease the size of the pitch and/or reduce the number of players.

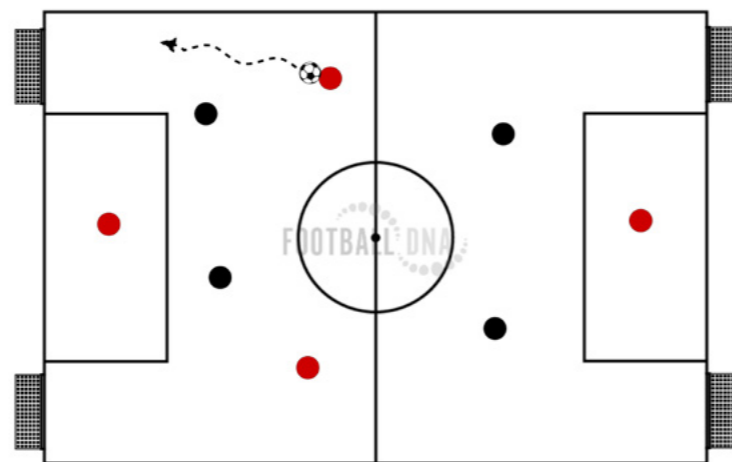
WEEK 6

SMALL SIDED GAMES

For players to play whilst consolidating their learning from the previous block

SMALL SIDED GAME – FOUR GOAL GAME

Setup a small sided game with four goals, with a goal in each corner of the pitch. Play the game as a directional game with players being able to score in either two of the goals that they're attacking. If you do not have a goalkeeper for each goal, you may add a score zone or constraint that players must get into a certain area before they can score. Alternatively, this game can be played as a multi – directional game with teams being able to score in any of the four goals.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

Look at your previous block of work and consider what you feel the players need to focus on based on what they have learnt so far. Below are some examples of different types of constraints that you may wish to use to help bring out different outcomes for the players based on what you wish to focus on.

Example of Constraints

- **Passing & Receiving** - Number of passes = number of goals, team must make a certain number of passes before they can score, goals are only allowed if team has an overload in zone by each goal.
- **Staying On The Ball** - Players can use a certain foot on sides of the pitch (i.e. when on the right side, you can only use your right foot), players must dribble/run with the ball into a zone by the goal before they can score.
- **Combine & Finish** - Players must be in the zone by the goal before they can score.
- **Defending** - Defenders aren't allowed to stand in front of the goals.

Progressions

- Add a zone around each goal for players to get into, limit number of touches allowed in zone by goal, limit which players are allowed in the zone by the goal (i.e. defenders cannot enter any of the zones by the goal), add goalkeepers into each goal.

Regression

- Move goals closer to one another.

BLOCK 6 - WEEK 31 - 36

Key Coaching Points	<ul style="list-style-type: none"> - Team Spacing - Body Shape - Scanning - 1st Touch - Passing Technique - Receiving Skills - Between Lines - Eyes Up - Variety Of 1v1s - Use Of Both Sides - Use Of Body - Decision Making - Finding Overload - Speed Of Attack - Finishing Technique - Deny - Deflect - Delay - Defend 						Revisit A Mixture Of Coaching Points From Across The Block.	Varying Constraints To Target Specific Team Needs & Objectives
	Coaching Focus	Finding The Overload	Shielding & Turning	Finishing In & Around The Box	Defending Outnumbered	Review Of Previous Topics		
Topic	Passing & Receiving	Staying On The Ball	Combine & Finishing	Defending	Consolidation Week	Small Sided Games		
	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36		

All of the sessions are available on our website. You can find them with the links below.

[Week 1](#)

[Week 2](#)

[Week 3](#)

[Week 4](#)

[Week 5](#)

[Week 6](#)

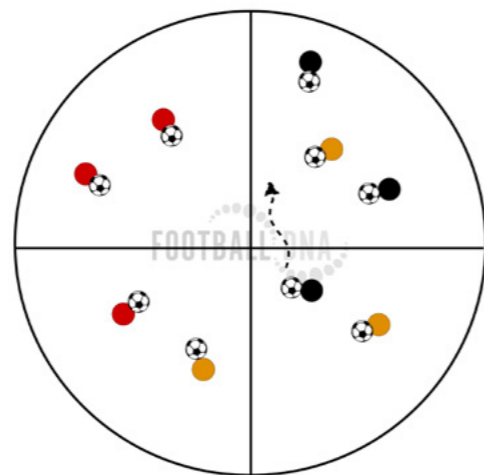
WEEK 1

PASSING & RECEIVING - Finding an Overload

To help players to scan and make the right decisions and find an overload.

OVERLOAD CIRCLE

Setup a 25 x 25 circle and split it into four segments and organise three teams of three with each player having a ball each. Players must dribble into each section of the circle looking to create an overload (by having more players from their team than the other teams), if they are able to do this, they get one point. To support this each player can use the Football DNA ball mastery 'Fancy Toe Taps, Fancy Pull Pushes' whilst travelling with their ball around the circle.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Scanning To See Your Team Mates** – Players should look to scan to see space, their team mates as well as opposition players by scanning when moving around from one segment to the next. As players are looking to create an overload in the circles, they should continually be looking to keep their eyes and scanning all sides of the circle to recognise the time to drive into space with their ball to create an overload as well as move out of the circle in another team is looking to create an overload in the circle that they're within.
- **Eyes Up** – Players should look to keep their eyes up to see their team mates but also where the space is. This will help players to identify which area they should move into next. Having eye contact with their team mates will help them to communicate with each other to work together to move from one area into the next.
- **Use Of Both Feet** – Each player should look to manipulate the ball with both feet as they travel from one area into the next. By using both feet this will help each player to be able to change direction and quickly move into each circle when needed as well as keeping the ball on the furthest foot from the opposition player as well.
- **Speed** – Players should look to move into each section of the circle quickly by taking large touches to get themselves into the area that they need to in order to create an overload or prevent the opposition to be able to do so too. Players may also need to slow down to recover and regain their energy for when they need to then travel at speed.

Progressions

- Add defenders within the grid to apply pressure on the individual players who are dribbling this may be either by having a set one or two defenders or having a whole team acting as defenders.

Regression

- Players to have a ball in their hands rather than at their feet and must travel into throughout the circle looking for overloads whilst keeping the ball in their hands.

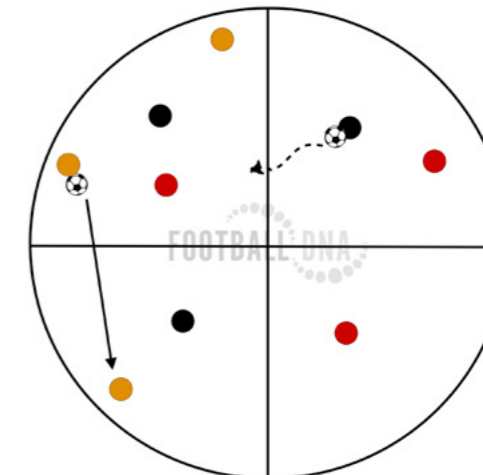
WEEK 1

PASSING & RECEIVING - Finding an Overload

To help players to scan and make the right decisions and find an overload.

PASSING OVERLOAD CIRCLE

Setup a 25 x 25 circle and split the circle into four segments. Organise three teams with two teams having a ball between them inside the circle and another team that doesn't have the ball acting as the defending team. The attacking teams have to try and keep the ball between them within the circle whilst the defending team have to try and win possession and dribble the ball outside of the circle to allow them to become the attackers.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Team Shape** – The team in possession of the ball should aim to create triangles to help them keep the ball inside the circle. When in possession of the ball, they should aim to make this shape as big as possible by creating width and depth across the pitch by filling all three out of the four segments, although they may need to move closer to help their team mate if they're under pressure from the defenders.
- **Scanning** – All players should look to scan throughout when their team is in possession of the ball to help them to see space, their team mates as well as the opposition. Scanning will help players to identify if a team mate is in space as they may need to pass too. Players will also need to continually scan to where the defenders are as well to help them evade pressure.
- **Body Shape** – Players should adjust their body to be able to see the whole pitch. In order to do this, encourage players to have their shoulders facing the direction they want to go as well as being able to see the player on the ball too. If players have an open body shape when receiving this will help them to make quicker decisions throughout the game.
- **Decision Making** – Players should look to identify where overloads are throughout the game. As the pitch is split into four segments, the pitch should help players to identify what boxes they have an overload within. Players will also need to recognise when to pass and when to dribble to evade pressure from the defenders as well.

Progressions

- Increase the number of defenders / number of footballs that are inside the circle.

Regression

- Decrease the number of defenders to make the game easier for the attackers to be able to keep the ball away from the defending team.

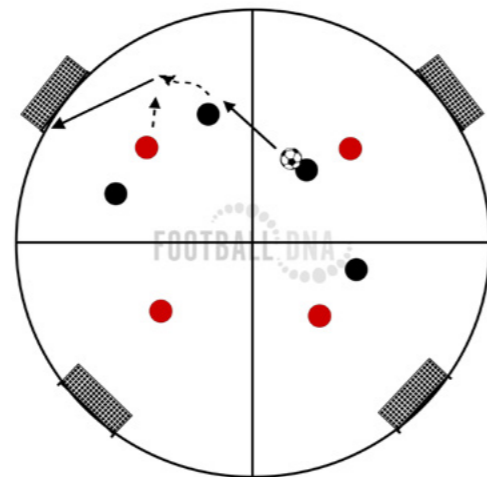
WEEK 1

PASSING & RECEIVING - Finding an Overload

To help players to scan and make the right decisions and find an overload.

CIRCLE – FOUR GOAL GAME

Setup a 25 x 25 circle and split the circle into four segments with a goal in each of the segments. Organise two teams with the defending team locked into each of the four zones. The attacking team have to try and score in any of the four goals and are free to move around the area as they wish (looking to create overloads/find the best space). If the defenders win the ball back and are able to score, they then swap roles and become the attacking team.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Team Shape** – The team in possession of the ball should aim to create triangles or a diamond with the neutral player. When in possession of the ball, they should aim to make this shape as big as possible by creating width and depth across the pitch by filling three out of the four zones. The outside target players should also look to help by positioning themselves at different angles from the team in possession, so they are an option throughout.
- **Scanning** – All players should look to scan throughout when their team is in possession of the ball to help them to see space, their team mates as well as the opposition. Due to the goals being in each of the corners, if players are in the middle of the pitch they should look to scan to help them to see all four sides of the pitch and identify which goal is best to attack. Scanning will also help players to identify if a team mate is in space as they may need to switch play.
- **Body Shape** – Players should adjust their body to be able to see the whole pitch. In order to do this, encourage players to have their shoulders facing the direction they want to go as well as being able to see the player on the ball too. If players have an open body shape when receiving this will help them to make quicker decisions throughout the game.
- **Decision Making** – Players should look to identify where overloads are throughout the game. As the pitch is split into segments, the pitch should help players to identify what areas they have an overload within. Alternatively, players will also need to identify where the best space is which often will be created by a quick switch of play from one side of the circle to the other.

Progressions

- Defenders can move around the area and aren't locked into a zone each and/or add a score zone in front of each of the goals that both teams must get into to be able to score.

Regression

- Increase the size of the area / decrease the number of defenders / goals required to attack/defend.

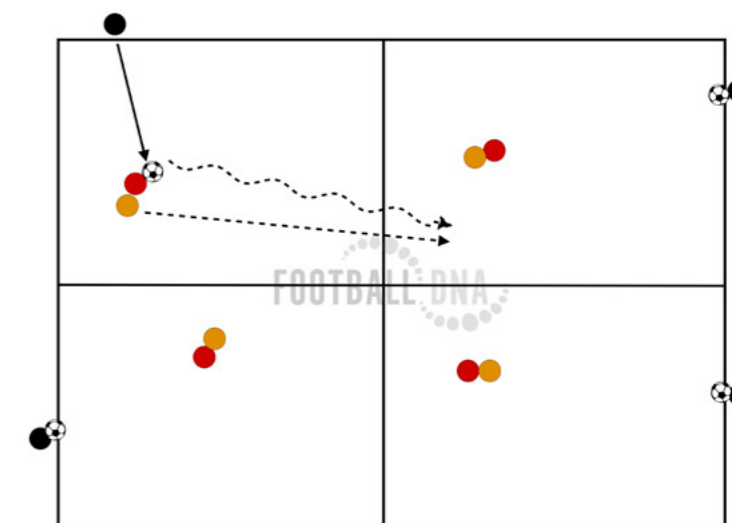
WEEK 2

STAYING ON THE BALL - Shielding & Turning

Able to create space for yourself or for your team mate and able to use both feet to shield and protect the ball

1V1 GRID WORK (WITH TARGET PLAYERS)

Setup a 20 x 20 area and split the area into four. Each player is 1v1 inside a box, with target players based around the outside. Players must receive in the middle from a target player and move into a new box before finding a pass to another target player. If the defenders win the ball, they become the attacker once they pass into a target player on the outside. Rotate target players frequently to give everyone with an opportunity to practise. Players can use the Football DNA 'Scoop & Slap' to help support them with changing direction to get into a new area.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up (Scanning)** – For players to recognise when they can move into the area before they receive player should look to scan to help them to identify the best space for them to travel into as well as where the defender is too. Players should adjust their body shape as they receive the ball to look to receive either to play forward or to protect the ball from the defender. Players should look to keep their eyes up when travelling with their ball as this will help them to identify which target player they can play into.
- **Use Of Both Feet** – Players should look to travel with the ball on both feet to help them turn and evade the defenders as well as protecting and shielding the ball. When receiving the ball, players should look to receive the ball on their furthest foot from the defender or look to draw the defender in before playing around them with their first touch.
- **Use Of Body** – When players are travelling with the ball, they should look to use their body (arms and hips) by getting it across the defender if they apply pressure on them. In addition, players should also try and protect the ball by maintaining it on the furthest foot from the defender as well. In order to shield when turning, players should look at turning away from the defender to 'hide the ball'.
- **Disguise** – Disguises when turning should be supported using the arms and hips to pretend to go one way and then quickly change direction to another. Players should also use disguises to move the defenders, enabling them to create space for them to travel into as well as to leave the square. Players should also look to use disguises to help them change direction when in a 1v1.

Progressions

- Players can keep the ball between them inside the grid (one or two footballs per attacking team inside the grid).

Regression

- Increase the number of target players on the outside (creating more options to pass into target players).

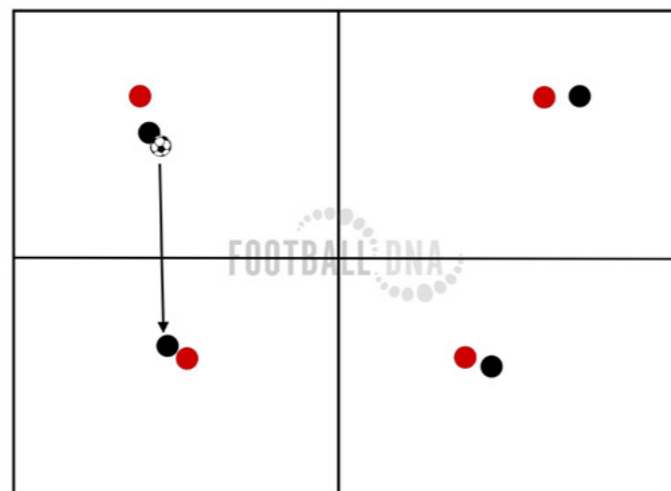
WEEK 2

STAYING ON THE BALL - Shielding & Turning

Able to create space for yourself or for your team mate and able to use both feet to shield and protect the ball

1V1 GRID WORK (POSSESSION)

Setup a 20 x 20 area and split it into four areas with an attacker and a defender in each grid. The attacking team must try and keep the ball within the team and each pair must stay within their grid with both the attackers and defenders not being able to move into any other area. If the defenders win the ball, they must look to keep the ball within the team.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up (Scanning)** – For players to recognise when they can move into the area before they receive player should look to scan to help them to identify the best space for them to travel into as well as where the defender is too. Players should adjust their body shape as they receive the ball to look to receive either to play forward or to protect the ball from the defender. Players should look to keep their eyes up when travelling with their ball as this will help them to identify which target player they can play into.
- **Use Of Both Feet** – Players should look to travel with the ball on both feet to help them turn and evade the defenders as well as protecting and shielding the ball. When receiving the ball, players should look to receive the ball on their furthest foot from the defender or look to draw the defender in before playing around them with their first touch.
- **Use Of Body** – When players are travelling with the ball, they should look to use their body (arms and hips) by getting it across the defender if they apply pressure on them. In addition, players should also try and protect the ball by maintaining it on the furthest foot from the defender as well. In order to shield when turning, players should look at turning away from the defender to 'hide the ball'.
- **Disguise** – Disguises when turning should be supported using the arms and hips to pretend to go one way and then quickly change direction to another. Players should also use disguises to move the defenders, enabling them to create space for them to travel into as well as to leave the square. Players should also look to use disguises to help them change direction when in a 1v1.

Progressions

- Add goals for the players to score in within their grid.

Regression

- Players can move anywhere within the grid but must stay with their player throughout the game.

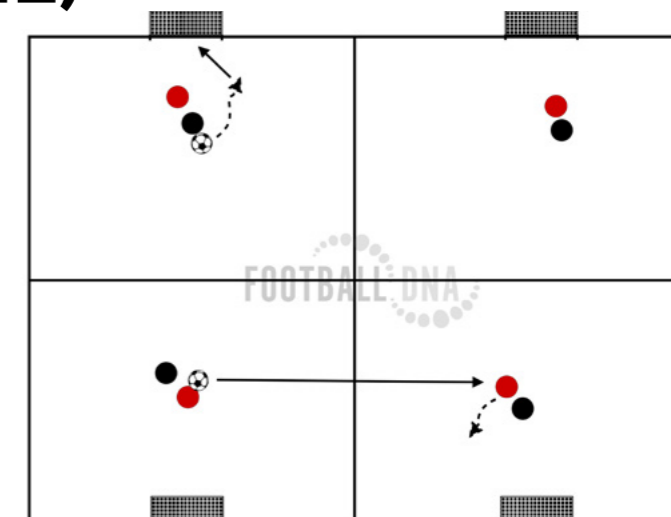
WEEK 2

STAYING ON THE BALL - Shielding & Turning

Able to create space for yourself or for your team mate and able to use both feet to shield and protect the ball

MULTI – BALL / MULTI – DIRECTION (FOUR GOAL GAME)

Setup a 20 x 20 pitch and split it into four quarters with a goal on the outside of each quarter. The attacking team has two footballs that they must try and keep within their team whilst trying to score. Attackers and defenders are locked into their grids. If the defenders win the ball, they can keep the ball and attempt to score themselves.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – For players to be able to make the right decisions they should keep their eyes up when travelling with the ball enabling them to see their teammates, space as well as the opposition players. This will also help them to identify what parts of the pitch is best for them to play into and recognise when they need to change direction and attack the opposite goal.
- **Use Of Both Feet** – When players are changing direction, they should attempt to do this on both feet to help them shield and protect the ball as well as turn away from the defenders too. Travelling with the ball with both feet will also help them to manipulate easier out of tight areas as well as finish quickly when required to do so off either side.
- **Use Of Body** – When players are travelling with the ball, they should look to use their body (arms and hips) by getting it across the defender if they apply pressure on them. In addition, players should also try and protect the ball by maintaining it on the furthest foot from the defender as well. In order to shield when turning, players should look at turning away from the defender to 'hide the ball'.
- **Disguise** – Disguises when turning should be supported using the arms and hips to pretend to go one way and then quickly change direction to another. This will help players to be able to change direction quickly and attack another goal by 'faking' the defenders. Players should also use disguises to move the defenders, enabling them to create space for them to travel into as well as to leave the square.

Progressions

- Players can move anywhere in the grids and aren't locked into an area which will lead onto attackers not always being 1v1.

Regression

- Increase the number of footballs which will increase the opportunity for attackers to be able to shield and turn to protect the ball.

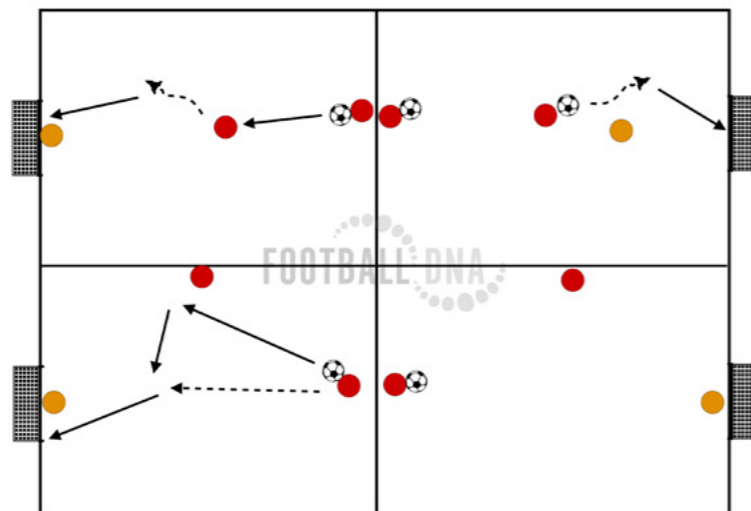
WEEK 3

COMBINE & FINISH - Finishing in and around the box

Use a variety of combinations to create goal scoring opportunities & use a variety of different finishing techniques using both feet

FINISHING VARIATIONS

Setup a 25 x 25 area and split the area into four with a goal on the outside of each of the areas with a goalkeeper in each of the goals. In two of the areas, players are to pass into a wide player and look to finish from a cross. In the other two areas, players must receive with their back to goal to score, or dribble around the goalkeeper to finish. Players can use the Football DNA 1v1 moves 'Roll & Flick' when going 1v1 against the defenders



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – The attacker when receiving the ball should identify the best space to travel into with their first touch. Once they receive this, they should continue to keep their eyes up as they're travelling with the ball to see the defender, space as well as the goal. This will prevent players travelling with the ball into areas they cannot finish from and improve the chances of getting into the final third to score.
- **Speed Of Attack** – Once the attacker receives the ball, they should look to attack the goal at speed allowing them to get into a goal scoring position quickly. In order to do this, players should be encouraged to take a big first touch to move into the space and to run with the ball with larger touches. If the defender presses them, they may be able to beat them with their first or off balance them when going 1v1.
- **Use Of Both Feet** – When players receive the ball they should be encouraged to try and beat the defender on either side using both feet. This prevents the attacker from being predictable but also will help to allow them to finish quickly of either foot whilst keeping the ball on the furthest foot from the defender too. If players can use either feet, it will also allow them to adapt their finishing technique based on the area that they're shooting from.
- **Finishing Technique** – As players are aiming to travel with the ball at speed, they should look at finesse finishing and attempting to place the ball in the corners of the goal. If they are forced wide, they may require attackers to finish across goal into the far post or cutting inside to curl the with a finesse finish as well. If the ball is central, the attackers may use their laces or toes to finish to allow them to get their shot of quickly without the defender and goalkeeper being able to adapt to the attacker's body shape. Attackers should also be ready to rebound on any saves or blocks.

Progressions

- Add defenders and/or time/touch limit per attack.

Regression

- Have no goal keepers but instead have a score in front of each of the four goals that the players must get into before they can score.

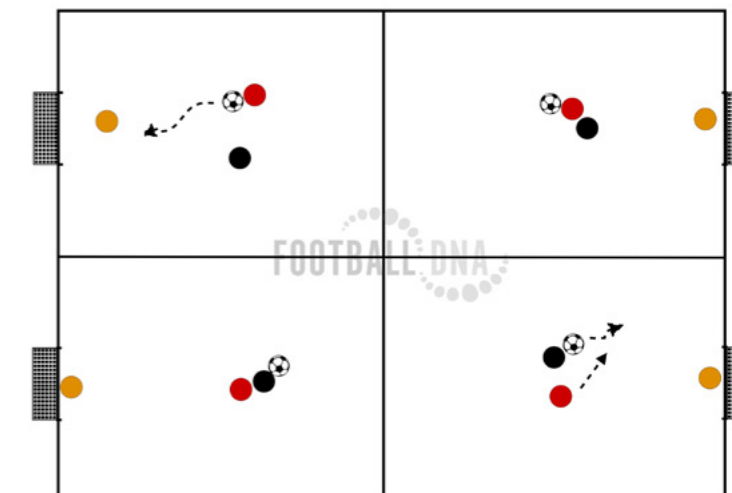
WEEK 3

COMBINE & FINISH - Finishing in and around the box

Use a variety of combinations to create goal scoring opportunities & use a variety of different finishing techniques using both feet

WEMBLEY SINGLES

Setup a 25 x 25 area and split the area into four. In each area, there is one goalkeeper and two outfield players. The game begins with the goalkeeper distributing the ball into the area, with the outfield players trying to find ways to score. Play for a set amount of time, number of goals = number of points, winners move up and losers move down.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Decision Making** – When players are in possession of the ball they need to make a decision of how they will beat their opponent in a 1v1 i.e. which side will they attack, which foot will they use and what 1v1 skill do they need to use beat the defender. Players will also need to make the right decision of when to have a shot at goal.
- **Speed Of Attack** – Once the attacker receives the ball, they should look to attack the goal at speed allowing them to get into a goal scoring position quickly. In order to do this, players should be encouraged to take a big first touch to move into the space and to run with the ball with larger touches. If the defender presses them, they may be able to beat them with their first or off balance them when going 1v1. If the defender drops deep, they will be able to get shot away from distance.
- **1v1 Skills** – Players will need to vary their 1v1 skills when playing against the defender whether they change direction or use a feint depending on where they are in relation to them. If forward facing they should look to use feints to off balance the defender where as if they have their back to goal or the defender is beside them, they may need to use changes of direction to help them to create space to get into a goalscoring position.
- **Finishing Technique** – As players are aiming to travel with the ball at speed, they should look at finesse finishing and attempting to place the ball in the corners of the goal. If they are forced wide, they may require attackers to finish across goal into the far post or cutting inside to curl the with a finesse finish as well. If the ball is central, the attackers may use their laces or toes to finish to allow them to get their shot of quickly without the defender and goalkeeper being able to adapt to the attacker's body shape. Attackers should also be ready to rebound on any saves or blocks.

Progressions

- Increase to Wembley Doubles (2v2), which will allow the attackers to be able to combine between them.

Regression

- Remove goalkeepers (have a score zone players must be within to be able to score).

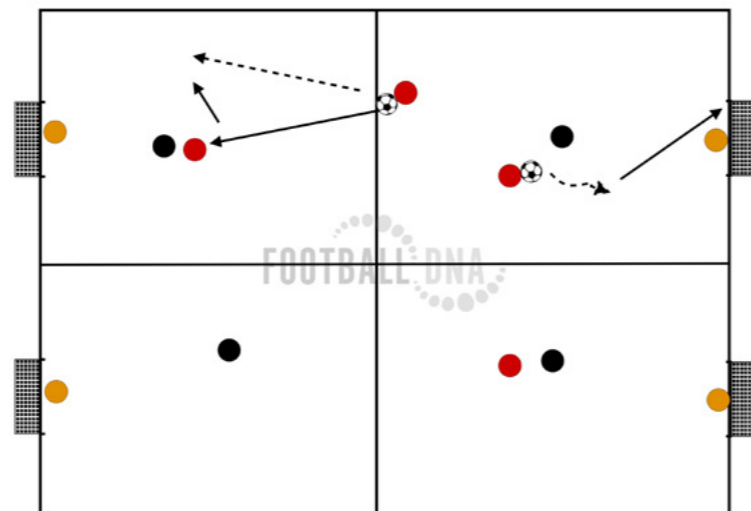
WEEK 3

COMBINE & FINISH - Finishing in and around the box

Use a variety of combinations to create goal scoring opportunities & use a variety of different finishing techniques using both feet

MULTI BALL – FOUR GOAL GAME

Setup a 25 x 25 area and split the area into four quarters, with a goal and a goalkeeper in each of the quarters. There are two footballs in play, with players being able to move anywhere within the four areas. To score, players must be inside the same quarter as the goal that they're attempting to score within.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – The attacker when receiving the ball should identify the best space to travel into with their first touch. Once they receive this, they should continue to keep their eyes up as they're travelling with the ball to see the defender, space as well as the goal. If players are to keep their eyes up as well it will help them to identify how they can combine with their team mates throughout the game.
- **Speed Of Attack** – Once the attacker receives the ball, they should look to attack the goal at speed allowing them to get into a goal scoring position quickly. In order to do this, players should be encouraged to take a big first touch to move into the space and to run with the ball with larger touches. If the defender presses them, they may be able to beat them with their first or off balance them when going 1v1. Combinations can also be used when attacking quickly when an overload is created.
- **Use Of Both Feet** – When players receive the ball they should be encouraged to try and beat the defender on either side using both feet. This prevents the attacker from being predictable but also will help to allow them to finish quickly of either foot whilst keeping the ball on the furthest foot from the defender too. If players can use either feet, it will also allow them to adapt their finishing technique based on the area that they're shooting from.
- **Finishing Technique** – As players are aiming to travel with the ball at speed, they should look at finesse finishing and attempting to place the ball in the corners of the goal. If they are forced wide, they may require attackers to finish across goal into the far post or cutting inside to curl the with a finesse finish as well. If the ball is central, the attackers may use their laces or toes to finish to allow them to get their shot of quickly without the defender and goalkeeper being able to adapt to the attacker's body shape. Attackers should also be ready to rebound on any saves or blocks.

Progressions

- Increase the number of footballs being played with at one time.

Regression

- Play with one football.

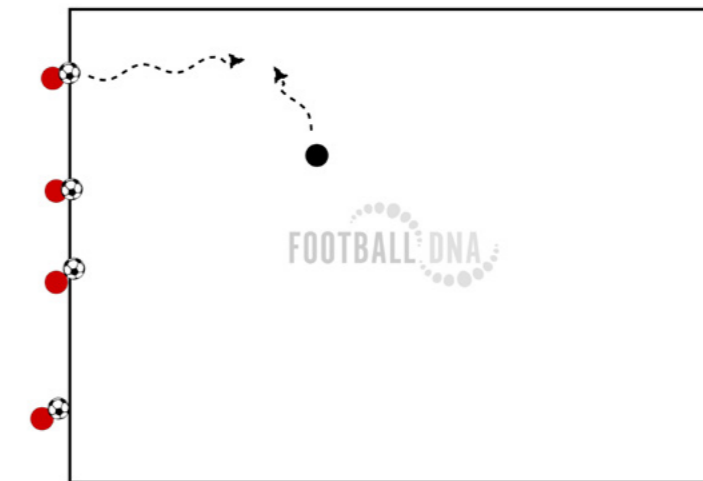
WEEK 4

DEFENDING - Defending Outnumbered

Able to make the right decisions when defending outnumbered

BULLDOG

Setup a 20 x 20 pitch with the attackers beginning with a football each on the outside of the area. The attackers must travel across to the opposite side of the area once the defenders call 'bulldog'. The defenders must win the attackers ball and dribble out of the area to eliminate an attacker, if they do this successfully that attacker then becomes a defender.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Deny** – As there is multiple attackers travelling across the area with the ball, the defender should focus on trying to win the ball of one of the attacking players at a time and deny them with space for them to travel with the ball into.
- **Delay** – The defender should look to press and attacker and force them backwards or sideways or drop deeper to allow their team mates to recover and get into a position where they can help the defender outnumber the attacker that they're defending against.
- **Deflect** – In order to force the ball wide and try and make the attackers go out of play the defenders should look to get side on and be on the outside of the ball. Defenders should also check their shoulders and attempt to position themselves between the ball and the line that they must travel over. Defenders may also work together to deflect into other supporting defenders to work together to win the ball back from the attacker.
- **Defend** – The defenders should aim to win the ball back and keep it for themselves, by using their front foot and body this will help them to come away with the ball once they've won it. If the attackers are nearing the line the defenders may need to use emergency defending to stop them from crossing it.

Progressions

- Make the area bigger (making it more challenging for the defenders).

Regression

- Make the area smaller and/or increase the number of defenders to begin with.

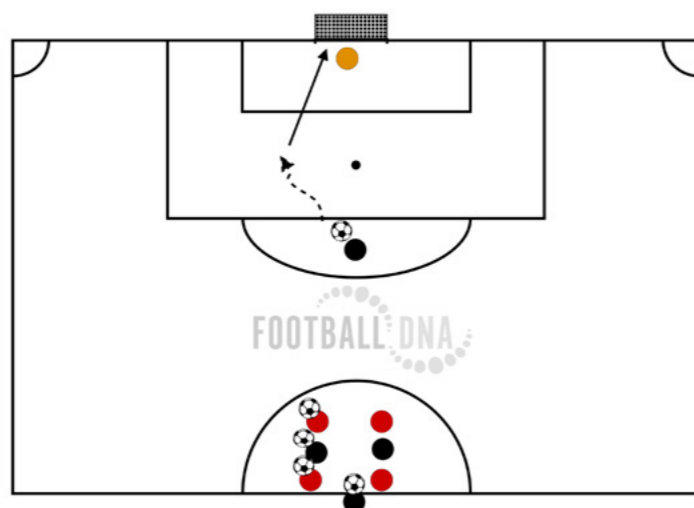
WEEK 4

DEFENDING - Defending Outnumbered

Able to make the right decisions when defending outnumbered

OVERLOADS TO GOAL

Setup a 20 x 20 area with one goal and a goalkeeper with the attackers/defenders on the opposite line. The game begins with one attacker dribbling to go 1v1 with the Goalkeeper and then the attacks start. The order for turns is as follows: 1v0, 1v2, 3v2, 3v4, 4v4 (based on 8 players).



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Deny** – The defenders should look to deny the attacker with the ball space but also limit their options of being able to combine with their team mate too by positioning themselves where possible between both attackers. They should attempt to force the attackers back and look to win the ball if they turn away from the goal. If they cannot win the ball back high up, the defender should look to drop deeper and prevent the attackers from playing into the space behind to make it more challenging for them to getting into a goal scoring position.
- **Delay** – Defenders can delay the attackers attack by pressing and denying the attacker space or by dropping quickly too. The defenders should be patient when defending 1v1 and wait for the right moment to try and intercept or win the ball back.
- **Deflect** – In order to force the ball wide and try and make the attackers go out of play the defenders should look to get side on and be on the outside of the ball. As the attackers are attacking in pairs, they should also check their shoulders and attempt to position themselves between the attackers to block the passing line which will force the player on the ball not to have a passing option.
- **Defend** – The defenders should aim to win the ball back and keep it for themselves, by using their front foot and body this will help them to come away with the ball once they've won it. If the attackers are in a goal scoring position the defenders may need to use emergency defending to stop them from scoring.

Progressions

- Add two goals for the defenders to score in once they have won the ball and/or add a time limit for attackers to score within.

Regression

- Make the area smaller which will make it easier for the defenders to defend the space.

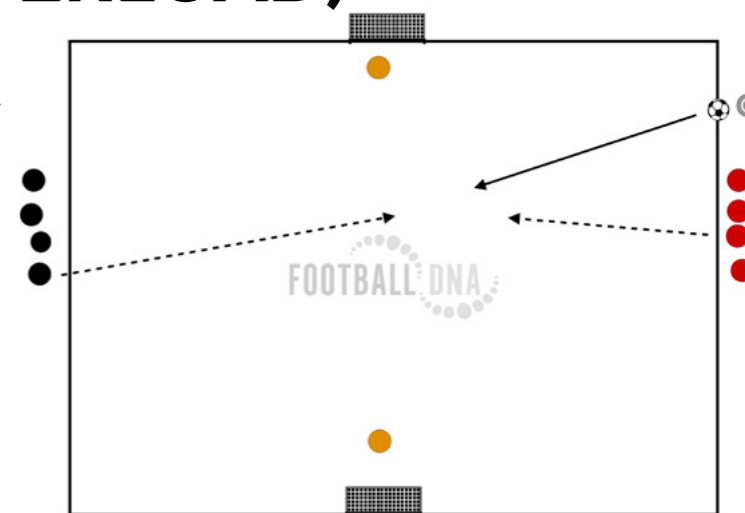
WEEK 4

DEFENDING - Defending Outnumbered

Able to make the right decisions when defending outnumbered

NUMBERS GAME (OVERLOAD/UNDERLOAD)

Setup a 20 x 20 pitch with two goals and two goalkeepers and organise two teams on either side of the pitch. The attacking team must tell the coach the number of players that they want in the game i.e. 2v1. The game finishes once a goal is scored, or the ball goes out of play. The scoring system is as follows: 1 point if they score with an overload, 2 points if they score with the same numbers and 3 points if they score with an underload).



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Deny** – The defenders should look to deny the attacker with the ball space but also limit their options of being able to combine with their team mate too by positioning themselves where possible between both attackers. They should attempt to force the attackers back and look to win the ball if they turn away from the goal. If they cannot win the ball back high up, the defender should look to drop deeper and prevent the attackers from playing into the space behind to make it more challenging for them to getting into a goal scoring position.
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- **Defend** – The defenders should aim to win the ball back and keep it for themselves, by using their front foot and body this will help them to come away with the ball once they've won it. If the attackers are in a goal scoring position the defenders may need to use emergency defending to stop them from scoring.

Progressions

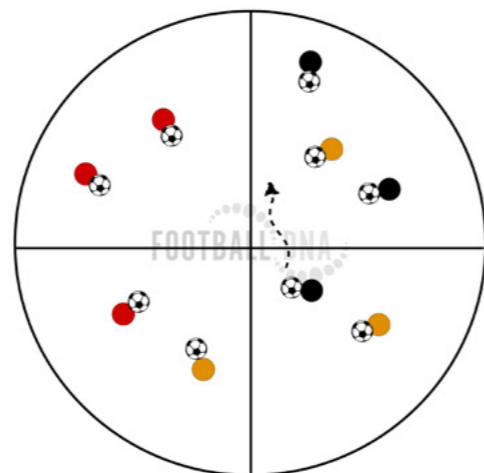
- Add a time limit to each game i.e. 10 seconds and/or increase the number of players that they can choose to be overloaded/underloaded by i.e. 3v1/4v1 etc.

Regression

- Put a limit on the number of players allowed on the pitch at one time.

OVERLOAD CIRCLE

Setup a 25 x 25 circle and split it into four segments and organise three teams of three with each player having a ball each. Players must dribble into each section of the circle looking to create an overload (by having more players from their team than the other teams), if they are able to do this, they get one point. To support this each player can use the Football DNA ball mastery 'Fancy Toe Taps, Fancy Pull Pushes' whilst travelling with their ball around the circle.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Scanning To See Your Team Mates** – Players should look to scan to see space, their team mates as well as opposition players by scanning when moving around from one segment to the next. As players are looking to create an overload in the circles, they should continually be looking to keep their eyes and scanning all sides of the circle to recognise the time to drive into space with their ball to create an overload as well as move out of the circle in another team is looking to create an overload in the circle that they're within.
- **Eyes Up** – Players should look to keep their eyes up to see their team mates but also where the space is. This will help players to identify which area they should move into next. Having eye contact with their team mates will help them to communicate with each other to work together to move from one area into the next.
- **Use Of Both Feet** – Each player should look to manipulate the ball with both feet as they travel from one area into the next. By using both feet this will help each player to be able to change direction and quickly move into each circle when needed as well as keeping the ball on the furthest foot from the opposition player as well.
- **Speed** – Players should look to move into each section of the circle quickly by taking large touches to get themselves into the area that they need to in order to create an overload or prevent the opposition to be able to do so too. Players may also need to slow down to recover and regain their energy for when they need to then travel at speed.

Progressions

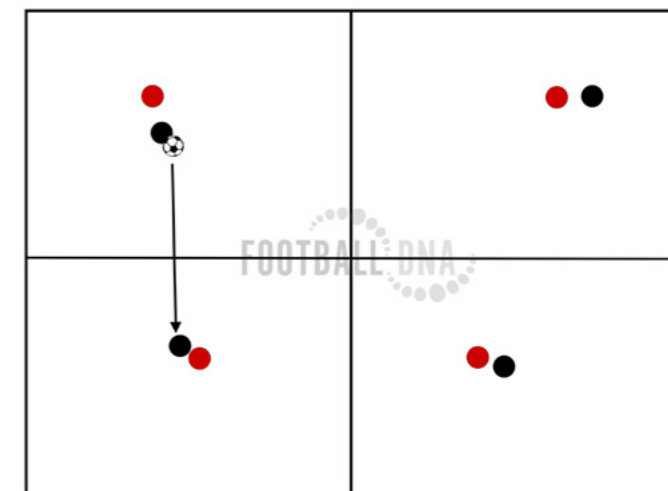
- Add defenders within the grid to apply pressure on the individual players who are dribbling this may be either by having a set one or two defenders or having a whole team acting as defenders.

Regression

- Players to have a ball in their hands rather than at their feet and must travel into throughout the circle looking for overloads whilst keeping the ball in their hands.

1V1 GRID WORK (POSSESSION)

Setup a 20 x 20 area and split it into four areas with an attacker and a defender in each grid. The attacking team must try and keep the ball within the team and each pair must stay within their grid with both the attackers and defenders not being able to move into any other area. If the defenders win the ball, they must look to keep the ball within the team.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up (Scanning)** – For players to recognise when they can move into the area before they receive player should look to scan to help them to identify the best space for them to travel into as well as where the defender is too. Players should adjust their body shape as they receive the ball to look to receive either to play forward or to protect the ball from the defender. Players should look to keep their eyes up when travelling with their ball as this will help them to identify which target player they can play into.
- **Use Of Both Feet** – Players should look to travel with the ball on both feet to help them turn and evade the defenders as well as protecting and shielding the ball. When receiving the ball, players should look to receive the ball on their furthest foot from the defender or look to draw the defender in before playing around them with their first touch.
- **Use Of Body** – When players are travelling with the ball, they should look to use their body (arms and hips) by getting it across the defender if they apply pressure on them. In addition, players should also try and protect the ball by maintaining it on the furthest foot from the defender as well. In order to shield when turning, players should look at turning away from the defender to 'hide the ball'.
- **Disguise** – Disguises when turning should be supported using the arms and hips to pretend to go one way and then quickly change direction to another. Players should also use disguises to move the defenders, enabling them to create space for them to travel into as well as to leave the square. Players should also look to use disguises to help them change direction when in a 1v1.

Progressions

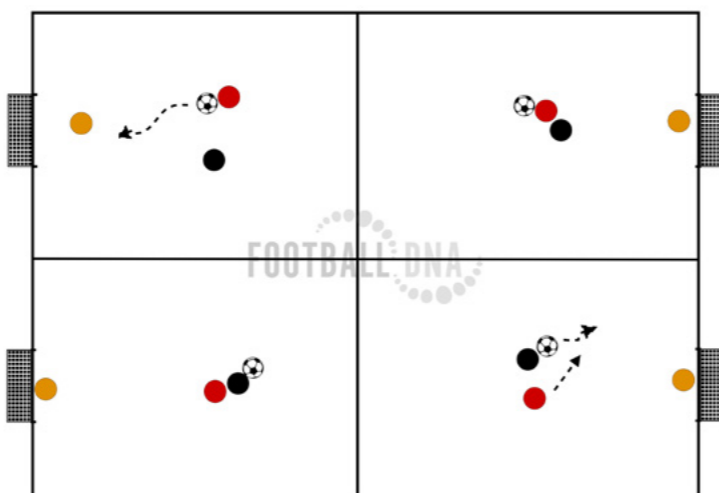
- Add goals for the players to score in within their grid.

Regression

- Players can move anywhere within the grid but must stay with their player throughout the game.

WEMBLEY SINGLES

Setup a 25 x 25 are and split the area into four. In each area, there is one goalkeeper and two outfield players. The game begins with the goalkeeper distributing the ball into the area, with the outfield players trying to find ways to score. Play for a set amount of time, number of goals = number of points, winners move up and losers move down.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- Decision Making – When players are in possession of the ball they need to make a decision of how they will beat their opponent in a 1v1 i.e. which side will they attack, which foot will they use and what 1v1 skill do they need to use beat the defender. Players will also need to make the right decision of when to have a shot at goal.
- Speed Of Attack – Once the attacker receives the ball, they should look to attack the goal at speed allowing them to get into a goal scoring position quickly. In order to do this, players should be encouraged to take a big first touch to move into the space and to run with the ball with larger touches. If the defender presses them, they may be able to beat them with their first or off balance them when going 1v1. If the defender drops deep, they will be able to get shot away from distance.
- 1v1 Skills – Players will need to vary their 1v1 skills when playing against the defender whether they change direction or use a feint depending on where they are in relation to them. If forward facing they should look to use feints to off balance the defender where as if they have their back to goal or the defender is beside them, they may need to use changes of direction to help them to create space to get into a goalscoring position.
- Finishing Technique – As players are aiming to travel with the ball at speed, they should look at finesse finishing and attempting to place the ball in the corners of the goal. If they are forced wide, they may require attackers to finish across goal into the far post or cutting inside to curl the with a finesse finish as well. If the ball is central, the attackers may use their laces or toes to finish to allow them to get their shot of quickly without the defender and goalkeeper being able to adapt to the attacker's body shape. Attackers should also be ready to rebound on any saves or blocks.

Progressions

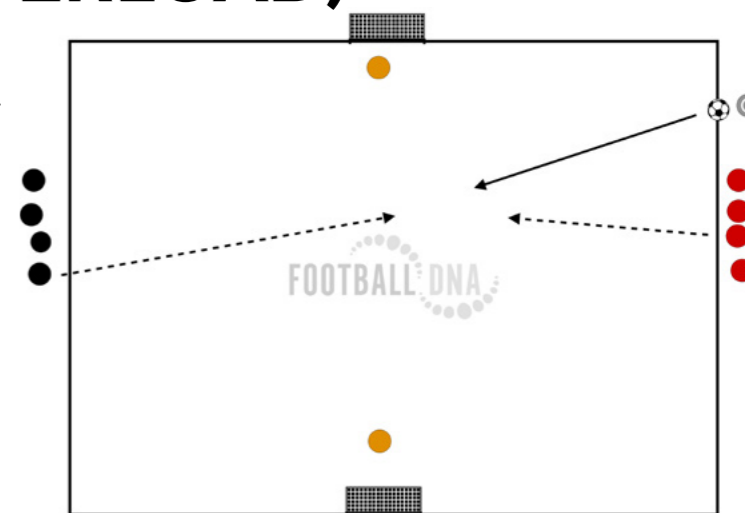
- Increase to Wembley Doubles (2v2), which will allow the attackers to be able to combine between them.

Regression

- Remove goalkeepers (have a score zone players must be within to be able to score).

NUMBERS GAME (OVERLOAD/UNDERLOAD)

Setup a 20 x 20 pitch with two goals and two goalkeepers and organise two teams on either side of the pitch. The attacking team must tell the coach the number of players that they want in the game i.e. 2v1. The game finishes once a goal is scored, or the ball goes out of play. The scoring system is as follows: 1 point if they score with an overload, 2 points if they score with the same numbers and 3 points if they score with an underload).



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- Deny – The defenders should look to deny the attacker with the ball space but also limit their options of being able to combine with their team mate too by positioning themselves where possible between both attackers. They should attempt to force the attackers back and look to win the ball if they turn away from the goal. If they cannot win the ball back high up, the defender should look to drop deeper and prevent the attackers from playing into the space behind to make it more challenging for them to getting into a goal scoring position.
- Delay – Defenders can delay the attackers attack by pressing and denying the attacker space or by dropping quickly too. The defenders should be patient when defending 1v1 and wait for the right moment to try and intercept or win the ball back.
- Deflect – In order to force the ball wide and try and make the attackers go out of play the defenders should look to get side on and be on the outside of the ball. As the attackers are attacking in pairs, they should also check their shoulders and attempt to position themselves between the attackers to block the passing line which will force the player on the ball not to have a passing option.
- Defend – The defenders should aim to win the ball back and keep it for themselves, by using their front foot and body this will help them to come away with the ball once they've won it. If the attackers are in a goal scoring position the defenders may need to use emergency defending to stop them from scoring.

Progressions

- Add a time limit to each game i.e. 10 seconds and/or increase the number of players that they can choose to be overloaded/underloaded by i.e. 3v1/4v1 etc.

Regression

- Put a limit on the number of players allowed on the pitch at one time.

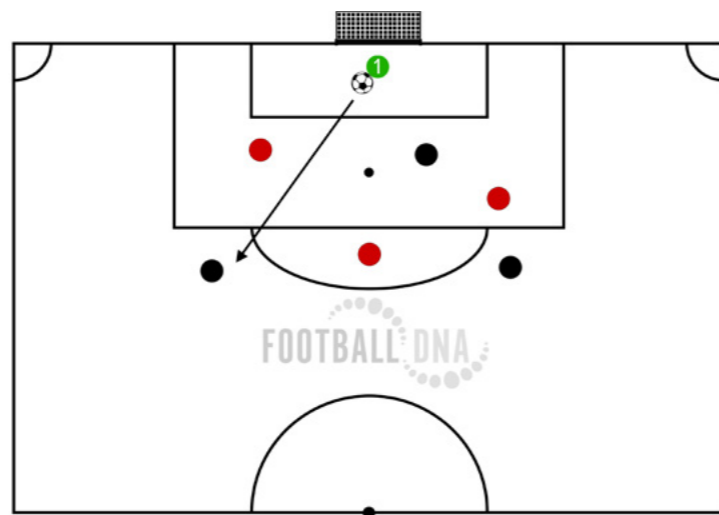
WEEK 6

SMALL SIDED GAMES

For players to play whilst consolidating their learning from the previous block

FINISHING GAME – WEMBLEY TREBLES

Setup a 25 x 20 area on half a pitch one goal with a goalkeeper. Each team must try and score in the same goal. If the defenders win the ball back, they can score straight away. Play as knockout i.e. if you score two goals you are through to the next round or play a time limit with teams seeing how many goals they can score as a team within that time limit.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Movement** – Players should look to create width and depth with their movement to create space for themselves or for their team mates. Players should look to move to be able to receive, particularly where they can look to play forwards and combine or finish.
- **Receiving Skills** – Players should look to receive with an open body shape to allow them to receive to play forwards and see the ball and the goal that they're attacking. This will enable them to be able to get shots away quickly off both sides. If they're unable to receive, players should look to receive on their front foot to protect the ball and look to set a team or turn their defender.
- **Decision Making** – Players should be continually scanning to identify the best space for them to move into but also what they should do when they have the ball too. Players should continually look to scan to find the overload which will increase their opportunities to score.
- **Finishing of Both Feet** – Players should be encouraged to use both feet to receive, pass, travel and finish with the ball. Encouraging players to use both feet will allow them to be able to perform each skill quicker and particularly allow them to combine and finish around the goal more quickly too.

Progressions

- If your team scores, the opposition lose a player/you gain one.

Regression

- If the defending team win the ball, they must leave the area before they can score.

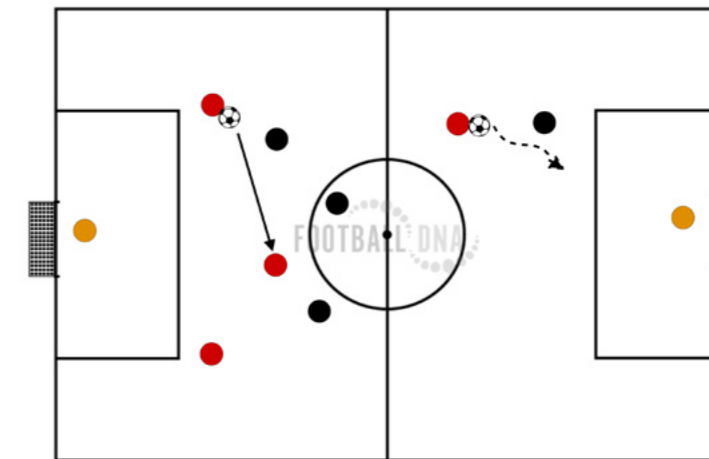
WEEK 6

SMALL SIDED GAMES

For players to play whilst consolidating their learning from the previous block

SMALL SIDED GAME – MULTI - BALL

Setup a small sided game with two goals as well as two footballs. Play as a directional game with teams attempting to score in the one goal that they're attacking, teams can use both footballs to score and also have to look to defend both footballs when the opposition have the ball as well. Encourage players to stay on the ball individually and play with their eyes up to look to keep the ball between them as a team. You may wish to make this game multi – directional to vary the challenge for the players too.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

Look at your previous block of work and consider what you feel the players need to focus on based on what they have learnt so far. Below are some examples of different types of constraints that you may wish to use to help bring out different outcomes for the players based on what you wish to focus on.

Example of Constraints

- **Passing & Receiving** - For every pass that you make whilst keeping both footballs is worth a goal, the amount of time you keep both footballs = number of goals.
- **Staying On The Ball** - Players to try and keep both footballs at the same time individually, a team gets a point for keeping both balls in a certain area of the pitch.
- **Combine & Finish** - Every time you score with a football you get to restart again. Teams can score with both footballs in either goal (making it multi – directional).
- **Defending** - Every time you win a ball from an opponent you get a point; your team loses a goal if both teams get both footballs at the same time.

Progressions

- Increase the number of footballs at one time, make the game multi – directional.

Regression

- Have two pitches playing at the same time, rather than playing multi – ball.



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