



U5 - U8 FULL SEASON COACHING CURRICULUM (36 WEEKS)



ABOUT FOOTBALL DNA

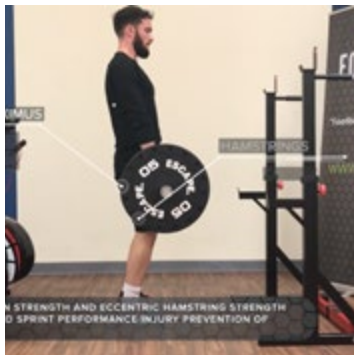
Football DNA is everything to do with our beautiful game. It's the best aspects from inside the professional game, brought to coaches, players and general lovers of football for your enjoyment and implementation. Giving you access to hundreds of coaching drills and sessions on video and in depth sports 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



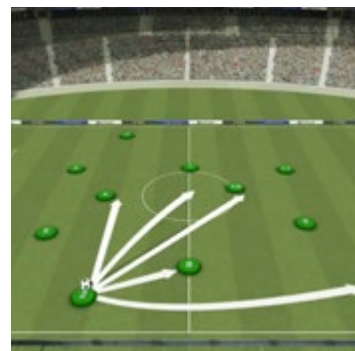
COACH EDUCATION

- 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:

5-8DNA15

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

This Football DNA curriculum aims to provide guidance to coaches working within the U5-U8 age groups. The curriculum will cover six different topics over 36 weeks which consist of: Moving & Manipulation, Hiding & Carrying the Ball, 1v1s, Passing & Receiving, Ball Striking and Games. All sessions are age appropriate and are designed to support players as they're introduced into playing football. The curriculum is designed to provide players with the foundations that they need both with and without the ball and we encourage all coaches to adapt the curriculum and practices to meet the needs of their own players.

ABOUT THE FOCUSES



MOVING & MANIPULATING

- Ball Manipulation
- Body Feints
- Twisting & Turning



PASSING & RECEIVING

- Passing Surfaces
- Controlling Surfaces
- Possession



HIDING & CARRYING THE BALL

- Dribbling
- Running With The Ball
- Protecting The Ball



BALL STRIKING

- Striking Surfaces
- Goalscoring
- Games



1 V 1s

- Races
- 1 v 1 Attacking
- 1 v 1 Defending



GAMES

- Tournaments
- Themed Games
- Small Sided

ABOUT THE OBJECTIVES

MOVING & MANIPULATION



Introduction into using different surfaces to move and manipulate the ball



Exploring how to move their body



Finding ways to solve problems to get out of situations

PASSING & RECEIVING



To support players to keep their eyes up and learning to share with others



To get players to explore different controlling and passing surfaces



To learn basic techniques of how to pass and receive

HIDING & CARRYING THE BALL



Explore how to use different surfaces to travel with the ball at different speeds and directions



Building confidence to use both feet to travel with the ball



Learning ways of hiding and protecting the ball to evade defenders

1 V 1s



Exploring ways of using their body to beat players in 1 v 1s



Risk taking, creative players trying new skills to beat opponents



Enthusiasm and attitude to win the ball back

BALL STRIKING



Exploring different ways of striking the ball



Building confidence to use both feet



To love scoring goals

SESSION STRUCTURE

Movement Games
15 Mins



Imaginative Play
20 Mins



Games (Scenario/
Small Sided)
25 Mins

BLOCK 1 - WEEK 1 - 6

Key Coaching Points	<ul style="list-style-type: none"> - Body Feints - Changes Of Direction - Problem Solving - Movement 	<ul style="list-style-type: none"> - Eyes Up - Use Of Both Feet - Surfaces Of The Feet - Change Of Speed 	<ul style="list-style-type: none"> - Eyes/Scanning - Use Of Both Feet - Surfaces Of The Feet - Open Body 	<ul style="list-style-type: none"> - Eyes Up/Scanning - Use Of Both Feet - Striking Surfaces - First Touch 	<ul style="list-style-type: none"> - Eyes Up/Scanning - Change Of Direction - Change Of Speed - Use Of Both Feet 	<ul style="list-style-type: none"> - Hiding & Carrying The Ball - 1v1s - Ball Striking - Movement & Manipulation
Coaching Focus	Ball Manipulation	Dribbling	Passing Surfaces	Striking Surfaces	Races	Tournament
Topic	Moving & Manipulation	Hiding & Carrying The Ball	Passing & Receiving	Ball Striking	1 v 1s	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](#)

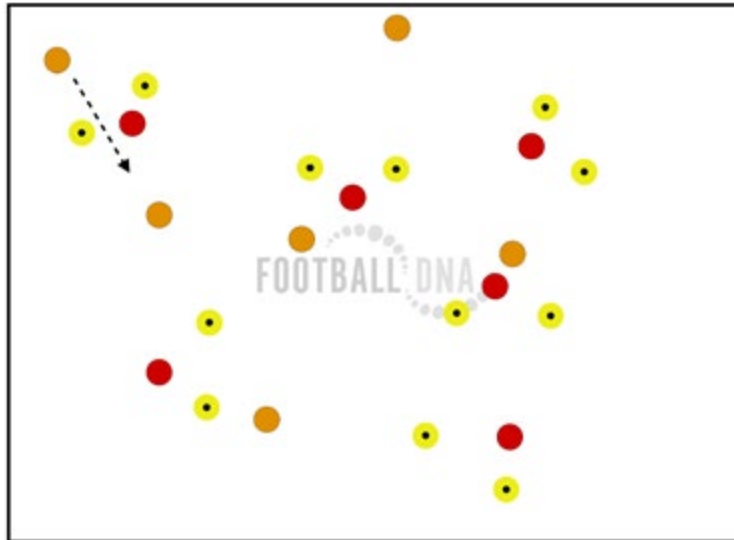
WEEK 1

Moving & Manipulation - Ball Manipulation

Introduction into different ways of how to move the body as well as manipulate the ball on both feet to help players solve problems.

GO - GO GATES

Go-Go gates begins with one team that has to defend the gates and stop the other team from being able to get through. The attackers must move through the gates by working together with their team mates to find ways of moving the defenders away from the gates. If the defenders tag an attacker, that attacker must then balance in a pose for 5 seconds before they can continue to play. Count scores and see which team can score by getting through the most gates in one minute.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Movement** - Players should find different ways to move their body at different speeds to enable them to get through the gates and evade the defenders. Using changes of speed will allow the attackers to get through a gate quickly, likewise, stopping and starting can be used to stop the defender and then allow you to move into the space that they've left.
- **Body Feints** - Body feints can be used to move the defender one way and move into another space. An example of a body feint could be stepping one way and then moving another. Body feints should be used when the attacker is 1v1 against the defender to allow them to get through the gate.
- **Change Of Direction** - Changing direction will help attackers to be able to move the defender one way and then move into the space that they've left. Children should look to explore different ways of changing direction on both sides with twisting and turning.
- **Problem Solving** - As the players move, they should be encouraged to keep their eyes up and look at identifying the best space / gate to move into to score a point. Likewise, attackers may work together to move / distract the defender to enable them to get through a gate.

Progressions

- The attackers have a football each and must try and travel through the gates with their ball (using their feet or hands). If the defenders can win the ball, they can travel with the ball to the outside of the area to knock the attacker out.

Regression

- Defenders must try and defend all the gates and are not allowed to stand in any of the gates throughout the game. This will increase the opportunities for the attackers to get points.

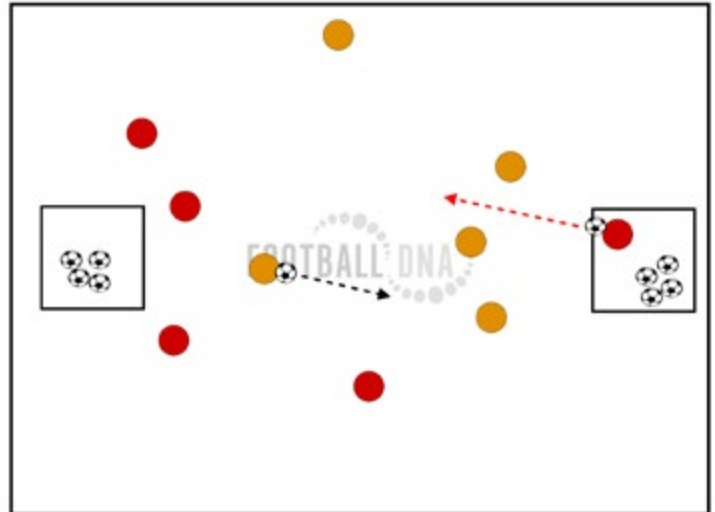
WEEK 1

Moving & Manipulation - Ball Manipulation

Introduction into different ways of how to move the body as well as manipulate the ball on both feet to help players solve problems.

CAPTURE THE FLAG

Setup two boxes with footballs at opposite ends of the area. The footballs represent flags and each team has to try and capture their opposition flags and return them to their base. The team with the most flags (footballs) in their area within a set time limit wins. Each team aren't allowed in their own box and have to try and tag the opposition players if they attempt to get inside their area to capture a flag (ball). If they manage to do this successfully, players must move back into their own area before they can return to the game. If a player is able to get a ball, they must travel with their ball back to their area whilst evading the opposition.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Movement** – Players should find different ways to move their body at different speeds to help them to be able to get into the oppositions area as well as to be able to defend their own. Using changes of speed will allow the attackers to evade the defenders as well as support the defender to be able to tag the opposition. Stopping and starting can be used to help players stop their opponent still which will create space for them to then move into.
- **Body Feints** – Body feints can be used in this practice to allow players to move their opponent one way to create space in another area for them to move into. Movements like drop shoulders or stepping with one foot one way and then moving in another quickly, are great ways which will allow players to evade their opponents.
- **Change Of Direction** – Players should be encouraged to recognise when they may need to change direction throughout the game. For example, if there is too many defenders blocking their area it may be best for the attacker to change direction to evade those defenders to avoid tagging. Alternatively, changing direction can also help the players successfully get into their opponents' area.
- **Problem Solving** – Encourage the players to problem solve throughout by asking questions and speaking with them throughout the session. Likewise, get them to discuss ways to create problems for their opponent by creating a strategy on how they will attack and defend as a team.

Progressions

- Increase the number of areas that each team must defend but can also steal from too.
- Alternatively, all players have a ball each and have to capture bibs or cones from the opposite area rather than footballs.

Regression

- Add two halves which act as safe zones. Both teams then become safe in their own halves and cannot be tagged.

WEEK 1

Moving & Manipulation - Ball Manipulation

Introduction into different ways of how to move the body as well as manipulate the ball on both feet to help players solve problems.

1 V 1 MULTI GOAL

Setup four goals with a small area around each of the goals. Players have to try and score by getting into the area of any of the four goals. If the attacker scores, they keep possession and restart by bringing the ball into play from the goal but cannot score in that same goal. The defenders have to try and win the ball back and score in one of the four goals. Make the games competitive and add a time limit to each of the games. i.e. the first player to score five goals wins or play a 5 minute game etc.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Manipulation** – Players should look at using different surfaces of their feet to help them to manipulate the ball to attack each of the four goals. Ball manipulation should also be used to help them evade their opponent and get out of tight areas as well.
- **1 v 1s** – Players should be encouraged to be creative and willing to take risks to take players on in this game to create opportunities for them to score in any of the four goals. Due to the game being multi – directional, encourage players to keep their eyes up and identify which goal / direction is the best one to move towards.
- **Eyes Up** – As players travel with the ball, they should look to do this with their eyes up helping them to recognise the best space for them to move into as well as ensuring they avoid traffic and other players. Players should adjust the surface and type of touches they are taking by keeping their eyes up and recognising the best way of moving with the ball.
- **Shooting** – Players should be encouraged to shoot with both feet. If players aren't prepared to do this, it may affect their opportunities to score as they will slow down to get it onto their preferred foot.

Progressions

- Increase the number of players per ball i.e. 2v2, 3v3 etc.
- You should also challenge players by changing the size of the area and making it smaller or adding goalkeepers into the goals as well.

Regression

- Play non-contact with players being able to travel around the area scoring in the different goals in their own time. You may have a player in each of the four goals as a goalkeeper that the attackers have to beat.

WEEK 2

HIDING & CARRYING THE BALL

Explore different surfaces and ways to carry and travel with the ball on both feet to move into space or evade the defender, with a focus on an introduction to dribbling.

TRAFFIC LIGHTS

The coach is to move around the area with three different colour cones in their hand (red, yellow and green) and each of the players have a ball to dribble with around the area. If the coach holds 'green', players have to dribble their ball. If the coach holds 'yellow/amber' players have to perform some ball mastery exercises with their ball i.e. toe taps, sole taps etc. Lastly, if the coach holds 'red' the players have to stop still with their foot on the ball and keep balanced.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up** – As the players are dribbling the ball around the area, they should keep their eyes up to identify the best space for them to move into as well as evading the other players as well. Players should be encouraged to also keep their eyes up to see the cone the coach is holding up to be able to quickly react to whatever colour is being shown.
- **Use Of Both Feet** – Encourage players to practice dribbling the ball on both feet. You may need to apply some constraints or challenges for the players to support and encourage them to use both sides for example: every time a colour is held up by the coach, you must change the foot that you are travelling with the ball on.
- **Disguise** – Using different surfaces of the feet such as: laces, outside, inside and sole will help the players explore different ways of manipulating the ball as well as dribbling into the space too. When dribbling, players should try to keep the ball close to their body to allow them to change direction and speed quickly if needed.
- **Speed** – If there is little space for the players as they dribble, they may need to take smaller and slower touches to dribble to evade the other players and move out of the tight space. Alternatively, if there is space in front of them, players should be encouraged to dribble the ball with speed into that area.

Progressions

- To progress this further, add a defender or defenders that the players have to try and avoid whilst they're dribbling around the area and also reacting to the colour of the cones that are held up by the coach.

Regression

- Play without footballs; with players now moving in different ways around the area getting ready to react to whatever colour cone is held up by the coach. 'Green' can still be go; 'Red' can also still be stop. If 'Amber' is held up by the coach, you could ask the players to hold a balance or perform a movement skill such as jumping or hopping etc.

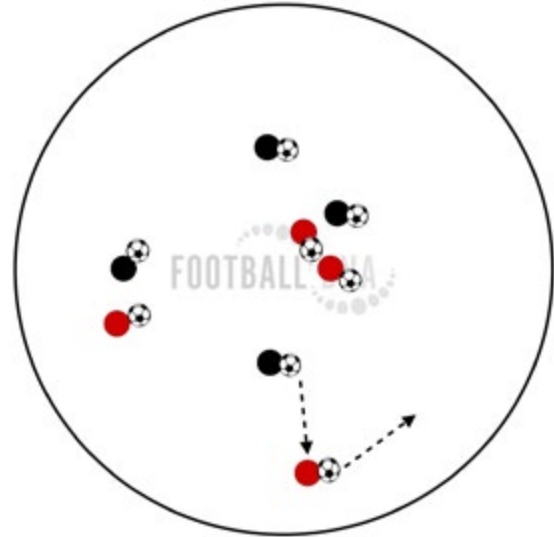
WEEK 2

HIDING & CARRYING THE BALL

Explore different surfaces and ways to carry and travel with the ball on both feet to move into space or evade the defender, with a focus on an introduction to dribbling.

SHADOW TAG

Setup a circle or different shaped area with players in pairs with a ball each. The aim of the game is for players to try and tag their partner by stopping the ball in their partner's shadow. If the player chasing is able to stop the ball in their partner's shadow they swap roles. If the weather conditions don't permit this, players simply have to try and tag their partner whilst maintaining control of their ball. Play each round for a set amount of time and regularly change who the players are playing with to vary the challenge for them.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up** – As players travel with the ball around the area, they should be encouraged to keep their eyes up to identify the best space for them to move into as well as evading other pairs too. If players are dribbling and have a player chasing them who is behind, they should look to check their shoulders (scan) to see where their partner is to ensure they don't allow them to stop the ball in their shadow.
- **Use Of Both Feet** – In this game, using both feet will help players to be able to dribble and evade their partners by changing direction quickly. Travelling with the ball on the furthest foot from the defender will help them hide the ball from the defender and coaches should reinforce this by challenging the players to 'hide their ball.'
- **Surfaces Of The Feet** – Using different surfaces of the feet such as: laces, outside, inside and sole will help the players explore different ways of manipulating the ball as well as dribbling into the space too. When dribbling, players should try to keep the ball close to their body to allow them to change direction and speed quickly if needed.
- **Change Of Speed** – Whether players are chasing or evading, changes of speed should be used to either stop the ball in their partners shadow or evade the chasing players if they are near.

Progressions

- Have the player chasing with a ball and the player evading without the ball. This will really challenge the chasing player to hunt down their team-mate whilst maintaining control of the ball whilst dribbling.

Regression

- Play without footballs, or with players holding the balls in their hand. This will simplify the game and help you to focus the players efforts on keeping their eyes up and how they use their body and movement to evade/chase their opponent.

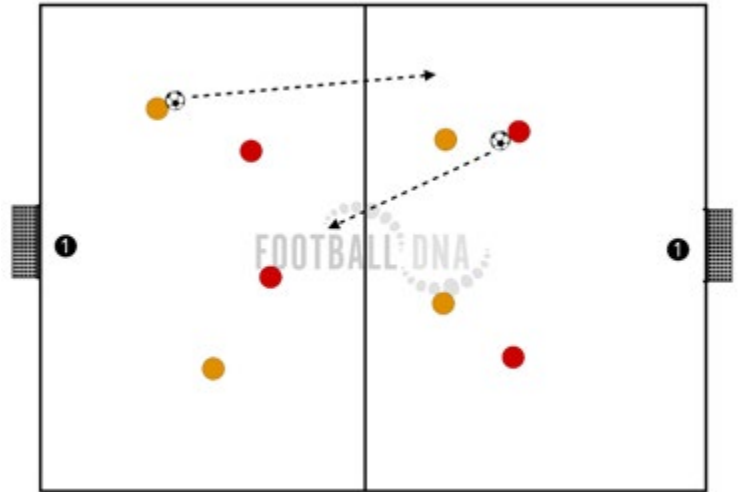
WEEK 2

HIDING & CARRYING THE BALL

Explore different surfaces and ways to carry and travel with the ball on both feet to move into space or evade the defender, with a focus on an introduction to dribbling.

2 V 2 'HALF-WAY THERE' SSG

Setup a pitch and split the area into two halves with a 2v2 in either half as well as goals with goalkeepers. One team is shooting one way and one team is shooting in the other direction. The games begin with the goalkeeper of each team playing into the attacking team, who have to try and receive and dribble into the other half with their ball trying to score in the opposition goal. If they score, they must then return into their half to begin again. Aside from the player that dribbles into the other half, players are locked into their half of the pitch. If the defenders win the ball, they can look to score.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up (Scanning)** – Before the attacker receives the ball, they should look to scan and identify where the best space is. When the players receive the ball, they will need to identify the best time to pass and when is the best time to dribble.
- **Use Of Both Feet** – Using both feet will help players to be able to dribble and evade the defenders during the game. Travelling with the ball on the furthest foot from the defender will help them hide the ball from the defender and coaches should reinforce this by challenging the players to 'hide their ball.'
- **Surfaces Of The Feet** – Using different surfaces of the feet such as: laces, outside, inside and sole will help the players explore different ways of manipulating the ball as well as dribbling into the space too. When dribbling, players should try to keep the ball close to their body to allow them to change direction and speed quickly if needed.
- **Change Of Speed** – By players changing speed it will help them to 'explode' and move into the attacking half quickly. Likewise, if they cannot see space in front of them, they may need to look to pass the ball or move the ball with smaller and quicker touches to dribble into the spaces.

Progressions

- Progress this game into a small sided game which is free play with two halves. Players have to get into the opposite half to be able to score.

Regression

- Players are not limited to playing in their own half and can move anywhere in the area to be able to score. You may also play it with every player having a ball each and they just simply have to get from one side of the pitch to the other to be able to score.

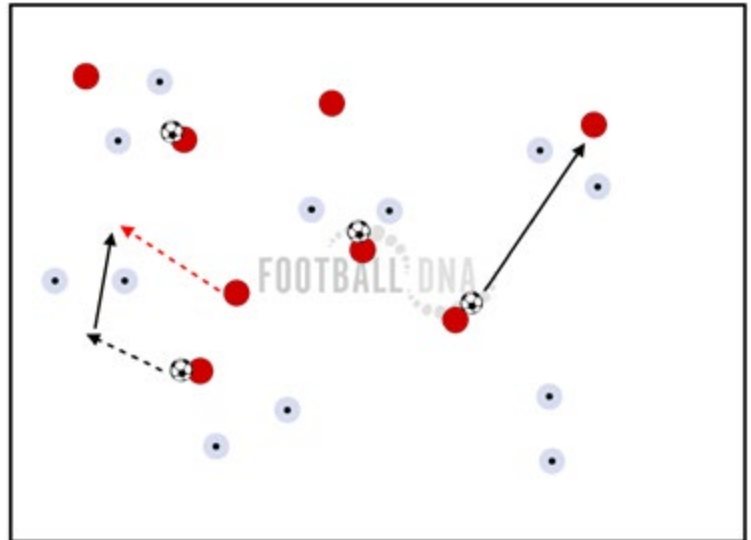
WEEK 3

PASSING & RECEIVING

Players are going to learn and explore the use of different surfaces of their feet that they can pass and receive with. Within this, players will be supported to play with their eyes up and scan to develop their awareness.

CRAZY GOLF

Organise players into pairs and set up multiple gates inside the area. Each pair has a ball between them and have to work together to pass through the gates inside the area. The player with the ball has to travel around the area to find gates to pass through and their partner has to find space on the opposite side of the gate so that they can receive the ball. Support players with passing on different surfaces of the feet (inside, laces, outside, sole) as well as different surfaces to receive too. Add competition and regularly change the pairs.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – As the player with the ball is dribbling around the area, they should look to keep their eyes up to identify space, open gates as well as where their partner is too. Players should continually scan to help them to be aware of their surroundings. The player receiving should look to scan and adjust their body shape before they receive the ball to help them take their first touch into the space they want to travel into.
- **Use Of Both Feet** – Players should look to use both feet when using different surfaces of their feet to pass the ball and constraints can be placed in by the coach to ensure the children get equal practice on both sides. For example, players have to pass on both feet through a gate before they can move onto the next one.
- **Surfaces Of The Feet** – Using different surfaces of the feet will affect the weight of their pass and players should explore how different surfaces will change the type of pass that they can play to their partner. For example, passing with the sole of the foot will be a slow pass.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the space that they wish to travel into as well.

Progressions

- Add defenders that can block gates and prevent the pairs being able to pass through. This will challenge players with how they find space and free gates to play together.

Regression

- Players can pass, roll or throw through the gates their hands as well as their feet. This will help each pair to be able to move into space whilst keeping control of the ball in their hands.

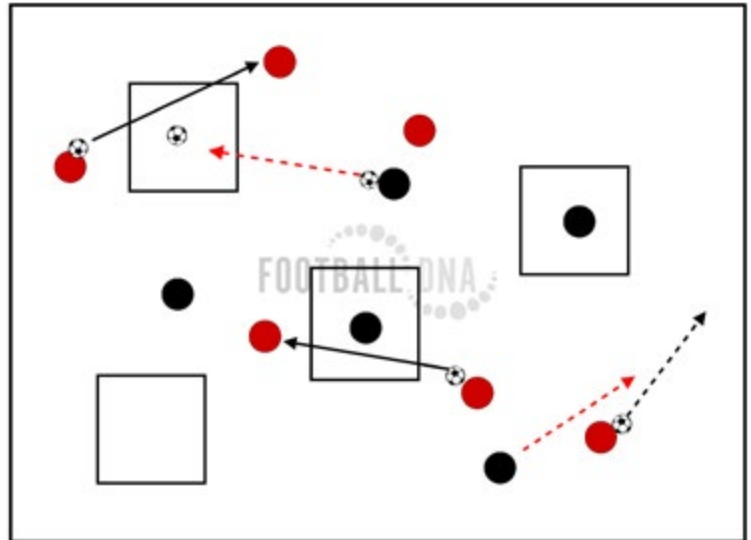
WEEK 3

PASSING & RECEIVING

Players are going to learn and explore the use of different surfaces of their feet that they can pass and receive with. Within this, players will be supported to play with their eyes up and scan to develop their awareness.

GUARDIANS & GOBLINS

Setup an area with four or five coned boxes within it. The 'guardians' are the defenders, who have to stop the 'goblins' from being able to pass the treasure 'footballs' through the boxes 'safe.' The guardians are able to stand inside any box, as well as leave their boxes too. They cannot tackle, but they're able to intercept passes between players. If they do this, they can return a football and place it inside the box. If the goblins are successful in passing through a box without having their ball intercepted, they are able to release one football from one of the boxes. Play for a set amount of time and change roles. If the defenders manage to get all footballs into the boxes, they win the game.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – As the player with the ball is dribbling around the area, they should look to keep their eyes up to identify space, open boxes as well as where their partner is too. Players should continually scan to help them to be aware of their surroundings. The player receiving should look to scan and adjust their body shape before they receive the ball to help them to take their first touch into the space they want to travel into.
- **Use Of Both Feet** – Players should look to use both feet when passing and receiving and should explore different surfaces and types of passes to play through the boxes. Using both feet to pass will help players to play quicker and prevent the defenders from being able to intercept the ball.
- **Surfaces Of The Feet** – Using different surfaces of the feet will affect the weight of their pass and players should explore how different surfaces will change the type of pass that they can play to their partner. Depending on where the defender is or where their team-mates are, using different types of passes will be needed to prevent the defenders from being able to intercept the ball as well as allowing the player receiving the ball to be able to control it.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the space that they wish to travel into as well. An open body shape in this game will also help players to be able to play quicker and recognise where the free boxes are.

Progressions

- Receivers have to receive inside a box before which will make it more difficult as they will be closer to the defenders. You can also progress to defenders being able to tackle as well as intercept passes too.

Regression

- Have fewer defenders to boxes to provide more opportunities for players to pass through to their team mates successfully. Players can also use their hands to transfer the ball through the areas as well as travel with the ball too.

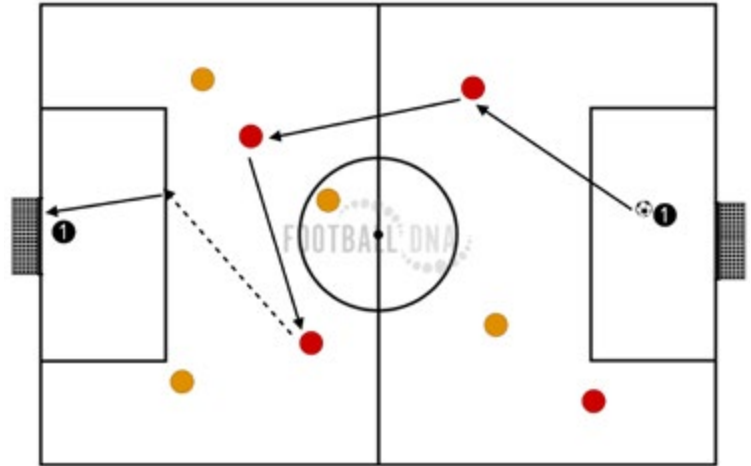
WEEK 3

PASSING & RECEIVING

Players are going to learn and explore the use of different surfaces of their feet that they can pass and receive with. Within this, players will be supported to play with their eyes up and scan to develop their awareness.

PASSING = GOALS SMALL SIDED GAME

Setup a pitch and organise two teams with a goal-keeper for each team with each team at either end. Play as a normal small sided game, however, in this game the number of passes the team is able to make before they score = the number of goals it's worth. If a team doesn't make any passes and score, it counts as one goal. If the team in possession loses the ball, they then have to restart on (0) once they've won the ball back.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – Players in this small sided game should be encouraged to continually scan when they have the ball but also when they don't have it too. By scanning, players will be able to identify the best spaces for both themselves to move into to try and receive the ball but also receive it too. This will help the team in possession to build the number of passes that they have and avoid losing possession to the defending team.
- **Use Of Both Feet** – Players should look to use both feet when passing and receiving to help them maintain possession of the ball. Using both feet will help players to be able to receive with an open body shape, play quickly as well as protect the ball from the defenders if placed under pressure.
- **Surfaces Of The Feet** – Using different surfaces to pass with should be explored by players to be able to identify how to play over shorter and longer distances to help them to maintain possession for the team. Likewise, using different surfaces to receive the ball will also help players to take their first touch away from defenders but also into space too.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the space that they wish to travel into as well.

Progression

- Players have to get a certain number of passes before they can score or every player on their team must touch the ball before they can score.

Regression

- If the team loses the ball, rather than them losing the number of passes they have once they've won it back their points continue. You may also play this as a handball game or without defenders with each team having a ball each.

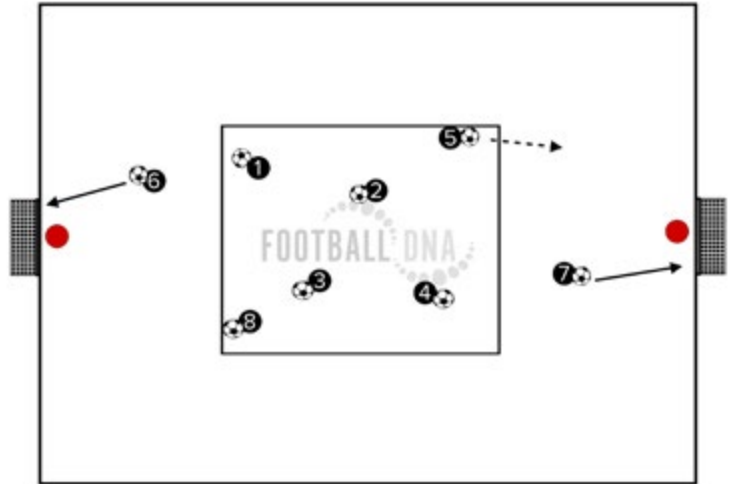
WEEK 4

BALL STRIKING

To support players with exploring using different surfaces to strike the ball with both feet.

SHOOTING BINGO

Setup a pitch with two goals and an area in the middle with all players having a ball each and given a number each. The players are manipulating the ball around the area and once their number is called by the coach, they have to leave their area and score in one of the goals. Once they have had their shot, they get their ball and return into the box ready for their number to be called again. To ensure the players have plenty of repetition make the area small and call multiple numbers at once. To add competition, set up the game to be based around the first player to score with their inside, outside and laces on both feet to win!



Equipment



4 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – As players are dribbling around the area, they should be keeping their eyes up and scanning whilst manipulating their ball. When scanning, players should be looking at the best space to move into. Once their number has been called, they should react and look to move the ball quickly outside of the box to be able to score.
- **Use Of Both Feet** – Encourage players to manipulate the ball with both feet but most importantly due to the session focus encourage players to use both feet to shoot. To support this, you may put some constraints in place i.e. alternate which foot you shoot with per turn.
- **Striking Surfaces** – Challenge players to try striking with different surfaces i.e. laces, outside or inside when they leave the box. To support this, you may need to position yourself by the goal to help players with their approach to the ball (at an angle) where they place their standing foot (beside the ball and aiming towards the goal) as well as what surface and follow through they go with.
- **First Touch** – Players should look to take their touch out of their feet in this practice to help them to move into space quickly and help them with their approach as they look to get their shot away. If there isn't much space, players may need to take a smaller touch to get outside of the box to evade other players.

Progressions

- Add a defender in front of each of the goals that can win the ball and prevent the attacker from being able to score.

Regression

- Add more goals and don't have goalkeepers to make it easier for players to practice their ball striking without having to shoot past the GK.

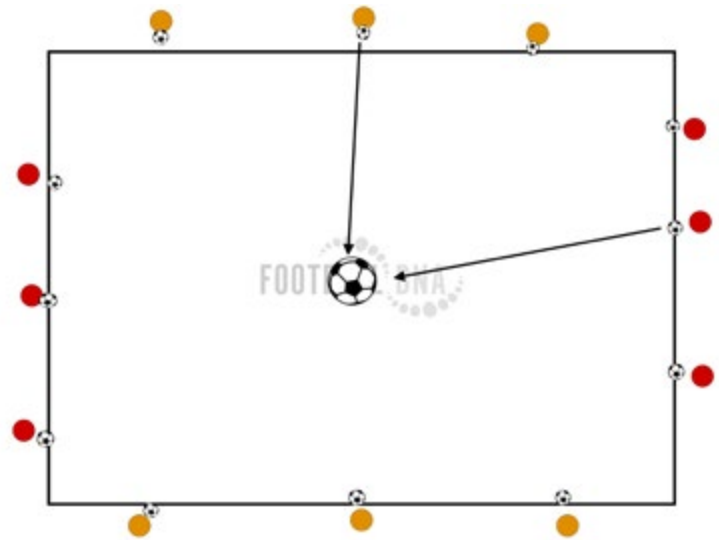
WEEK 4

BALL STRIKING

To support players with exploring using different surfaces to strike the ball with both feet.

HUNGRY HIPPOS

Setup an area with a team each side. Each team has to try and hit the magic ball in the middle and try and move the ball in the middle to the opposite side of the area, if they do this they win. Players are to keep their shots/passes below head height. If footballs enter the middle area and don't cross the line, players can only get their footballs by the ball being hit over the line with another ball or by the coach calling 'reload', which allows players to get footballs from the middle before the game recommences.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up** - Players before taking their shots should look to keep their eyes up to see where the ball is, but also when other players are about to shoot too. This may change their strategy of when they're taking their shot and what type of shot, they're going to have as well.
- **Use Of Both Feet** - Players should be encouraged to shoot on both feet to help them get their shots away quicker but also to help them move the magic ball in the direction they want it to go. You may as a coach constrain this for example by having a right foot round only etc.
- **Ball Striking Surfaces** - Using different surfaces will help players adjust the type of pass or shot they will use to try and hit the magic ball in the middle. Players should look to adjust also the direction and power when striking the ball too.
- **Problem Solving** - This game will require players to solve problems and work together in their team to help one another in striking their teams footballs against the magic ball in the middle as well as salvaging any footballs that are stuck in the middle area too.

Progression

- Have four different teams that are all playing against one another, a team has to hit the magic ball past the opposite side to win the game.

Regression

- Have more magic footballs in the middle for players to aim and/or make the area smaller in size too.

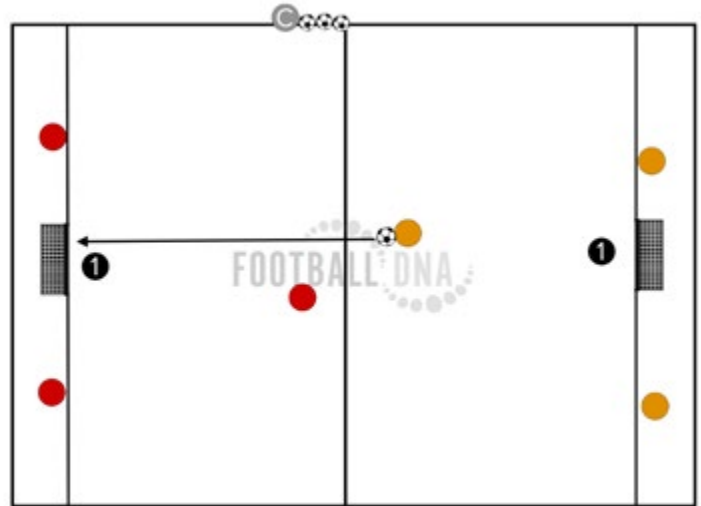
WEEK 4

BALL STRIKING

To support players with exploring using different surfaces to strike the ball with both feet.

SUPER SHOT

Setup a small 15 x 15 area pitch and split it into two halves with a goal either side and as well as two teams. Each player in the team is given a number i.e. 1, 2 and 3. When the coach calls that number, those players enter the pitch and the coach feeds in a ball. The objective of the game is to play until someone scores. If a player misses the goal, they must go and fetch their ball whilst the game continues with another ball. Once a goal has been scored or time has run out players have to return to their team and wait off the pitch ready for the new number to be called. Players can only score by shooting in their own half.



Equipment



8 - 10 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players should be looking to recognise both where the defender(s) are as well as the goalkeeper and trying to create space for them to get their shots off. Players that keep their eyes up will be able to recognise when is the right time to shoot and they should be encouraged to shoot quickly and not hesitate before taking their shot.
- **Use Of Both Feet** – Players should be encouraged to shoot on both feet to ensure they don't lose their opportunity to get a shot at goal. Players that hesitate when an opportunity arises because they don't feel as comfortable on a particular foot will find it more difficult to get shots away in this game. Constraints can be used to help players use both feet throughout the game to build their confidence.
- **Ball Striking Surfaces** – Players should explore different surfaces but also different ways to finish in this game. As they have to get their ball if they miss, they may need to focus on how they can 'place' their finish to help them be more accurate rather than focusing on power. Likewise, the use of the toe or outside may help players get shots away quicker and can be used to hide when they're going to shoot (body shape means defender and goalkeeper won't anticipate it)
- **Ball Manipulation** – If players cannot get a shot away because it's being blocked by the defender, they should look to use different ways of manipulating the ball to move both the defender and the goalkeeper to create goalscoring opportunities for themselves.

Progression

- Multiple numbers can be called at one time and/or one player from each team is allowed to play in the opposite half of the pitch and can be used to set or rebound shots.

Regression

- Removing goalkeepers and having larger goals will help players to get more shots on target as well as increasing their chances of scoring too.

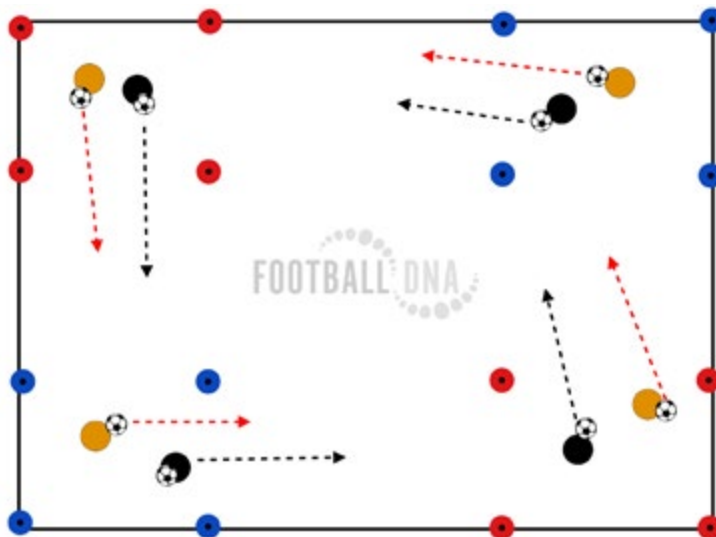
WEEK 5

1 V 1s

Players exploring different ways of using their body to beat players in 1v1 situations through changes of direction and speed.

DRAG RACES

Setup a pitch with four boxes in each corner with two players per box with a ball each. Players manipulate the ball in their boxes, getting lots of different touches of the ball (have a player that leads the races and the player in second has to chase them around the box) once the coach calls change, players leave their ball and race to the next box. The first player to get to the ball wins the race and then becomes the leader when they begin to move the ball around their area again. Change the direction that they players race to and also change pairs to keep the game varied.



Equipment



8 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – As players travel around the area with their ball, they should keep their eyes up and continually been scanning to help them to manipulate the ball into space. The player chasing the leader, should also be keeping their eyes up to help them to recognise the direction that the leader is going with their ball to help them catch them.
- **Ball Manipulation** – Players using different surfaces of their feet will help them to manipulate the ball in the area by changing direction with different surfaces of the feet. The leader should look to use speed and quick changes of direction to help them to evade the player chasing.
- **Speed** – Once the players hear the coach call ‘go’ they need to react quickly and sprint in the direction that they are going. Players should not slow down until they enter the new box and quickly get to the nearest football in that area to win the race.
- **Reactions** – As players are manipulating the ball around the area, they should be keeping their eyes up and scanning to see where the coach is as well as getting themselves ready to hear ‘go’. Players that adjust their body shape quickly to face the direction they need to go will gain advantage as they will be able to move the direction they need to quicker.

Progressions

- Players now take their footballs with them and now have to run with the ball at speed to beat their opponent. This may require players to take bigger touches to help them win the race.

Regression

- Play without footballs with players playing tag in their area against their opponent waiting for the coach to call ‘go’. Also, making the area smaller will help players as it won’t be as physically demanding either.

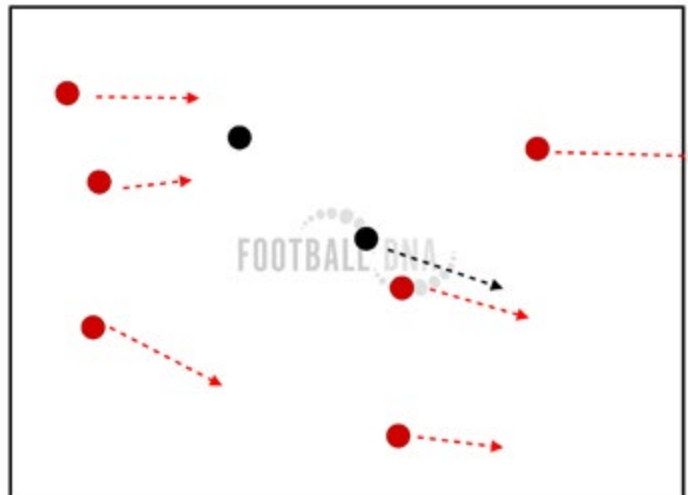
WEEK 5

1 V 1s

Players exploring different ways of using their body to beat players in 1v1 situations through changes of direction and speed.

BULLDOG

Setup an area with one player in the middle acting as a tagger, with the attackers starting on the outside of the area. The tagger in the middle calls 'bulldog' to begin the games and the attackers have to get to the opposite side of the area without being tagged by the player in the middle. If you get tagged by the player in the middle and they call 'bulldog' you then become a tagger in the middle too. Once all players get to the opposite side without being tagged, the round ends. Play until there is only one player left who then wins the game.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up** – Once the round begins, players should look to keep their eyes up to identify where the best space for them to travel into is as well as where the defenders are too. As the game begins, players may look to wait for other attackers to go to see where they distract the defenders to allow them to move into the space that has been vacated. Likewise, as they are travelling across the area, they should look to continually keep their eyes up be ready to react to the situations that arise ahead of them during the game.
- **Change Of Direction** – Changing direction will help the attacker to evade the defender to prevent them from being tagged. The use of body feints and quick changes of direction are great ways for the attackers to beat the defenders in 1v1 situations.
- **Change Of Speed** – Changes of speed will help players to slow the defender down and then go quickly to help them to beat them in 1v1s. Attackers should vary their speed of movement to cause the defender hesitation.
- **Problem Solving** – Players that keep their eyes up throughout the game should look to identify the right time to go and what area they will move into as well. Players should also look to identify how they can use other players as decoys to distract the defender to create the right time for them to get to the other side.

Progressions

- Attackers have a ball each and have to travel to other side, if the defenders win the ball they have to take the ball out of the area to knock the attacker out of the game.

Regression

- Make the area larger, giving the defenders more space for them to move into which will give the attackers more opportunity to avoid the defenders.

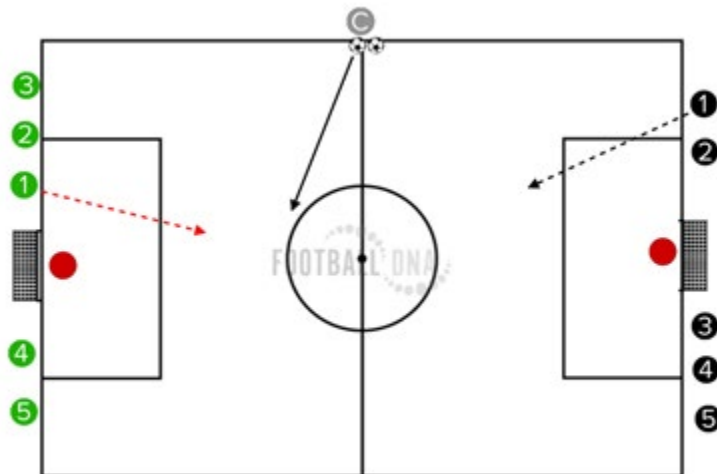
WEEK 5

1 V 1s

Players exploring different ways of using their body to beat players in 1v1 situations through changes of direction and speed.

NUMBERS GAME

Setup a small pitch with a goalkeeper in either goal and each team to have players off the pitch waiting beside a goal. Each player is given a number i.e. 1,2,3. When the coach calls a number, that number players join then enter the field to play against the player of the same number from the opposing team. Players have to then try and score. Once the ball goes out of play, the game ends and the coach then prepares to call a new number out. Add a time limit on the games to ensure players attack quickly.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Once the round begins, players should look to keep their eyes up to identify where the best space for them to travel into is as well as where the defender is too. Players as they enter the pitch should look to recognise whether they are going to be the first to the ball or not and decide on their next action based on this.
- **Change Of Direction** – Changing direction will help the attacker to evade the defender to prevent them from being tagged. The use of body feints and quick changes of direction are great ways for the attackers to beat the defenders in 1v1 situations.
- **Change Of Speed** – Changes of speed will help players to slow the defender down and then go quickly to help them to beat them in 1v1s. Attackers should vary their speed of movement to cause the defender hesitation.
- **Use Of Both Feet** – Encourage players to look to beat the defender on either side to make sure they are not predictable but also move into the best space available as well. Players should also be encouraged to finish and travel with the ball on both sides.

Progressions

- Multiple numbers can be called at one time and/or the coach can overload one team by calling more numbers from one team too.

Regression

- All players off the pitch have their own ball, once they have their number called it is the first person to score that wins (no defenders).

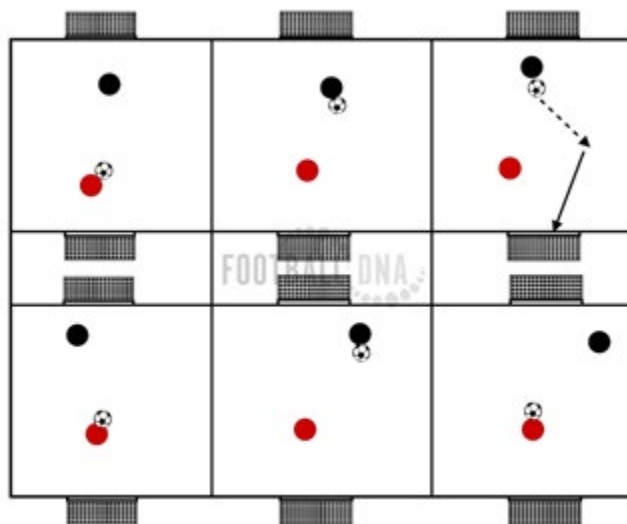
WEEK 6

GAMES WEEK

In this session we will provide different challenges for players through tournament based games.

1 V 1 LEAGUE TOURNAMENT

Setup six pitches with a two goals per pitch and a 1v1 on each of the pitches as well. Players play 1v1 against each other and have to try and win the game. Name each of the pitches i.e. Champions League, Premier League, Championship, League One, League Two, Sunday League in each of the games if you win you move up a pitch and if you lose you move down a pitch. Players are aiming to play on the highest pitch possible (Champions League). Games last for a set amount of time and if the ball goes out of play players can dribble in.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Moving & Manipulation** – Due to the pitches being tight, players will need to find ways of moving and manipulating the defender to allow them to get success in this game. Players should look to keep the ball close to their body to help them protect the ball and evade the defender.
- **Hiding & Carrying The Ball** – Encourage players to manipulate the ball on both sides to help them 'hide' the ball win manipulating it. Players that are able to shield and keep the ball on the furthest foot from the defender will be able to prevent the defender from winning the ball. When carrying the ball, players should look to keep the ball close to them unless they have space in front of them and they can move into the space with bigger touches.
- **1 v 1s** – If players are in a 1v1 situation they should look to use speed, body feints and changes of directions to help them to beat the defender. Encourage players to be creative and try different ways to beat the defender, but also to react positively if they lose the ball to win it back too.
- **Ball Striking** – The use of both feet to finish will allow the attackers to get shots away quicker. Due to the tight pitches, players will need to look to take shots when they get an opportunity and look to place the ball into the goal rather than always going for power.

Progressions

- Make the game a 2v2 or introduce a score zone that players have to get past the line in order to score.

Regression

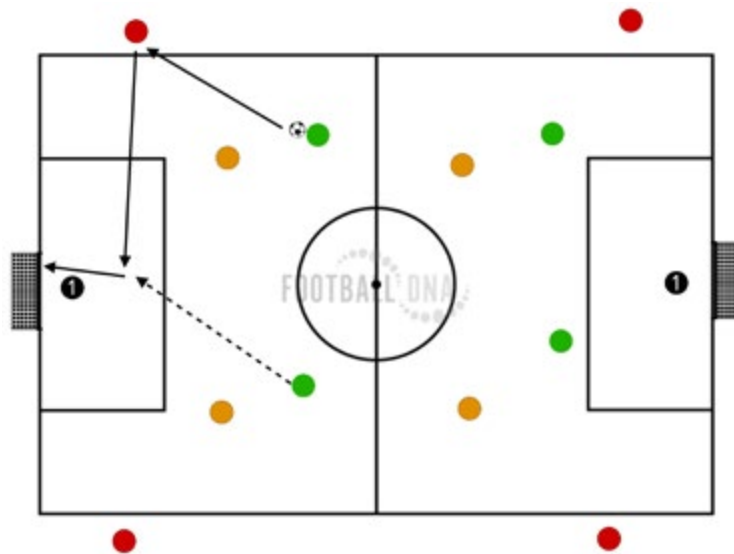
- Increase the area size to allow players to have more time when they have the ball but also making it easier for them to be able to score too

WEEK 6 GAMES WEEK

In this session we will provide different challenges for players through tournament based games.

3 TEAM TOURNAMENT

Setup a small sided game with a goalkeeper in either goal. Organise three teams, with one team based around the outside of the pitch acting as neutral players and two other teams playing against one another inside the pitch. The team that is off, can receive and pass to the players inside the pitch. In this game you will play winner stays on with a competition which could be for example 'Golden Goal' or first team to three goals wins. Whatever team has lost will leave the pitch and swap places for the team that were off.



Equipment



9 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Passing & Receiving** - Players throughout the game should look to keep their eyes up and continually scan to help them to see space as well as their team-mates. Good decision making should be encouraged, and players should be supported on how they may share the ball with their team mates to keep the ball but also create opportunities for the team.
- **Hiding & Carrying The Ball** - Encourage players to manipulate the ball on both sides to help them 'hide' the ball win manipulating it. Players that are able to shield and keep the ball on the furthest foot from the defender will be able to prevent the defender from winning the ball. When carrying the ball, players should look to keep the ball close to them unless they have space in front of them and they can move into the space with bigger touches.
- **1 v 1s** - If players are in a 1v1 situation they should look to use speed, body feints and changes of directions to help them beat the defender. Encourage players to be creative and try different ways to beat the defender, but also to react positively if they lose the ball to win it back too. Support players with their decision of when to pass and when to go 1v1 in the small sided games.
- **Ball Striking** - The use of both feet to finish will allow the attackers to get shots away quicker. Due to the tight pitches, players will need to look to take shots when they get an opportunity and look to place the ball into the goal rather than always going for power. In addition, players may need to use different types of passes to keep the ball but also to help them switch play or play through for example.

Progressions

- Limit the team that is off to one or two touch to make them play quicker.

Regression

- Play unopposed with each team having a ball and working together to try and score in either goal.

BLOCK 2 - WEEK 7 - 12

Key Coaching Points	- Body Feints - Changes Of Direction - Problem Solving - Movement	- Eyes Up - Use Of Both Feet - Surfaces Of The Feet - Change Of Speed	- Eyes Up/ Scanning - Use Of Both Feet - Surfaces Of The Feet - Open Body	- Eyes Up/ Scanning - Use Of Both Feet - Striking Surfaces - First Touch	- Eyes Up/ Scanning - Change Of Direction - Change Of Speed - Use Both Feet	- Hiding & Carrying The Ball - 1 v 1s - Ball Striking - Movement & Manipulation
Coaching Focus	Body Feints	Dribbling	Controlling Surfaces	Goalscoring	1v1 Attacking	Themed Games
Topic	Moving & Manipulation	Running With The Ball	Passing & Receiving	Ball Striking	1 v 1s	Games
	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12

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](#)

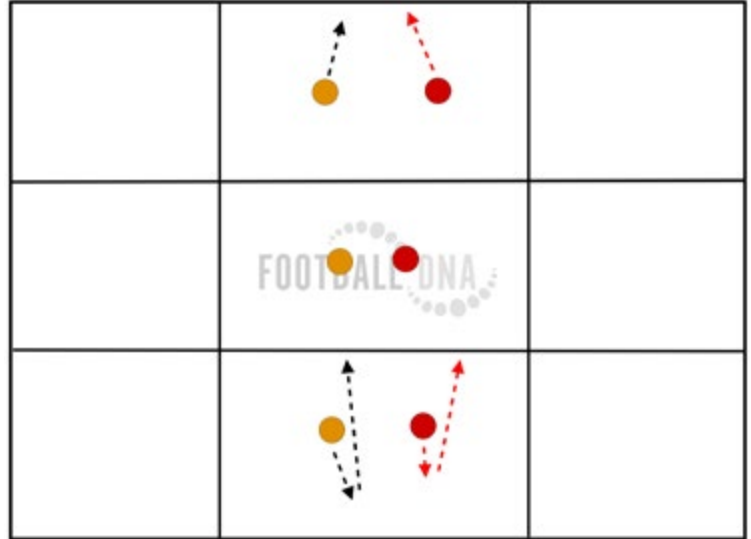
WEEK 1

Moving & Manipulation - Ball Manipulation

Introduction into different ways of how players can use their body to move the defender one way, to create space to go another.

MIRROR GAME

Setup multiple areas with two players in each area, both without a ball setup inside the middle of their area. One player acts as the lead, with the other player following. The lead has to try to break out of the box on either the right or left side and the player following has to follow their movements. The attacker has to try and use body feints, changes of direction and their speed to beat the player following to the line. Alternate who leads and who follows after each turn and regular change the pairs.



Equipment



2 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Speed** - Attackers should look to use their speed wherever possible to help them beat the player that is following. The use of speed should be encouraged once the attacker is able to recognise that the defender has been left behind them. If players go slowly, this will give the follower more time to recover and get to the line at the same time.
- **Body Feints** - Body feints can be used to move the defender one way and move into another space. An example of a body feint could be stepping one way and then moving another. Body feints should be used when the attacker is 1v1 against the defender to allow them to beat the defender to the line.
- **Change Of Direction** - Changing direction will help attackers to be able to move the defender one way and then move into the space that they've left. Children should look to explore different ways of changing direction of both sides with twisting and turning. In this game, players will need to recognise the right time to use changes of direction and also when they should use their speed.
- **Problem Solving** - Throughout this game, the attacker needs to continually look at deciding what type of movement they will use to help them beat the player following. Players that keep their eyes up and scan will be able to identify what type of movement is needed when based on where the defender is.

Progressions

- The leader has a ball and the leader doesn't. The game is exactly the same, however, the leader now has to get to either line before the follower with their ball.

Regression

- Both players have a ball and have to use body feints and different movements around the ball before they move to either line. Players cannot touch the ball, but should explore different ways of movement to help trick the player following through the use of body feints etc.

WEEK 1

Moving & Manipulation - Ball Manipulation

Introduction into different ways of how to move the body as well as manipulate the ball on both feet to help players solve problems.

1 V 1 - 2 GOALS

In a 20 x 15 grid, setup with 2 goals on each end of the pitch. The defender passes to the attacker who tries to score in either goal. If the defender wins the ball back they then try to go and score in one of the 2 goals. The player that scores gets the point for that team. As soon as their turn has finished, the next pair then begin. Alternate attackers and defenders after each turn.



Equipment



2 - 4 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **First Touch** – When the attacking player receives the ball they should look to adjust their shoulders and body shape to face the direction they wish to travel with the ball. If there is space in front of the attacker, they should look to take a large first touch into that space. If the defender presses quickly, they may need to adjust their touch to either go in a different direction or make it smaller.
- **1 v 1 Defending** – The defender should look to ‘shut down, sit down, show down’ when defending. Shut down is pressure the opponent quickly, sit down is to get side on and show them away from goal or force them back and show down is how the defender uses their body and feet to win the ball back from the attacker.
- **1 v 1 Attacking** – Attackers should look to attack the space at speed and avoid going 1v1 with the defender. If the defender presses them, they should be creative with their 1v1 skills to beat the defender using either foot.
- **Shooting** – The attackers should be encouraged to take shots quickly after beating the opponent, or if the goals aren't being blocked by them. Encourage the attacker to use both feet when finishing, this may require a ‘finesse’ finish with a place/passed finish into either one of the goals.

Progressions

- To progress the practice further, add a score line that the attackers must get past in order to score in either goal. Another way to progress this is to overload/underload the attackers by making it a 2v1 or a 1v2.

Regression

- To simplify the game, the defenders cannot now tackle the attacker and have to simply try and block / apply pressure onto the attacker.

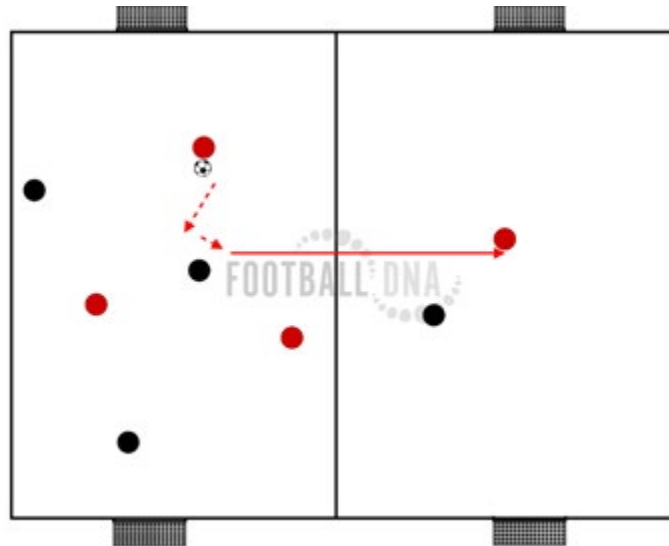
WEEK 1

Moving & Manipulation - Ball Manipulation

Introduction into different ways of how to move the body as well as manipulate the ball on both feet to help players solve problems.

FOUR GOAL GAME

Setup four goals and split the pitch into half with two goals per each half of the pitch. Organise two teams that have to defend two goals on one side and try and score in the two goals on the opposite side. Players have to be in the half of the goal that they are trying to score in for the goal to count. Players should look to use body feints and changes of direction when going 1v1 in this game to move defenders one way to help them to create space in another.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – Throughout this game players should continually look to scan and keep their eyes up to help them to identify where the best space is for them and their team-mates. When players have the ball, players should be encouraged to keep their eyes up when travelling with the ball to help them to make the right decision of when to pass and when to dribble.
- **Body Feints** – Body feints can be used to move the defender one way and move into another space. An example of a body feint could be stepping one way and then moving another. Body feints can also be used to disguise a pass by pretending to play to a team-mate and then going in the other direction.
- **Change Of Direction** – In this game, players should continually look to change direction to help them to identify what is the best space for them to attack. For example, if they have a player in another half that is available to receive without any defenders around them the player on the ball may need to use a change of direction to quickly allow them to turn and pass to that player.
- **Passing & Receiving** – Players should look to receive with an open body shape to allow them to see the whole pitch in this game. Players will also need to think about the types of passes they may need to use to help them to switch play.

Progressions

- Make the area smaller and the place the goals closer together which will increase the number of 1v1 situations throughout the game.

Regression

- Both teams has a ball each and have to work together to score in either of their goals without defending against the other team. This game can also be played as handball too.

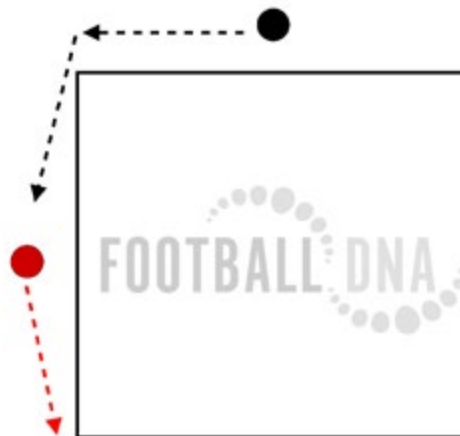
WEEK 2

HIDING & CARRYING THE BALL

Building confidence for players to travel with the ball at speed using both feet using different surfaces of either foot.

BOX TAG

Setup a small square with players working in pairs with one person the tagger and the other player trying to evade the tagger. Players have to stick to the lines on the outside of the square and the tagger has to try and tag the other player. Once tagged, the roles reverse, and the tagger now has to try and avoid being tagged. Players will need to use their speed as well as quick changes of direction to tag as well as avoiding being tagged too. Add competition by seeing who can get the most points in one minute for example and regularly change who the players are playing against as well.



Equipment



2 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up / Scanning** – Players should keep their eyes up to see where the other player is and adjust their movements to help tag them or avoid them. Players should look at the other players body shape, way they're travelling and what speed they're going at to help them to understand how they may need to move in this game.
- **Change Of Direction** – Quick, short sharp changes of direction will help players in this game to either tag or avoid being tagged. The use of disguise to change direction quickly will also benefit players alongside changing direction quickly after using their speed. These types of movements will help players to react to the other player as well as off-balance them too.
- **Problem Solving** – In this game players will need to continually make decisions on how they will tag their opponent or avoid being tagged by making decisions on how they will move as well as what direction they will move too.
- **Change Of Speed** – Changes of speed can be used to help players in this game if they're trying to avoid the tagger as well as trying to tag the other player. If a player goes from standing still or moving slowly to then suddenly moving quickly this may help catch the other player off guard that isn't ready for this change of speed.

Progressions

- Players can have a football each or one player has a football and players still have to play the same game trying to tag their opponent or avoid being tagged whilst staying to the lines around the area.

Regression

- To simplify this practice, make the area smaller which will make it less physically demanding for the players.

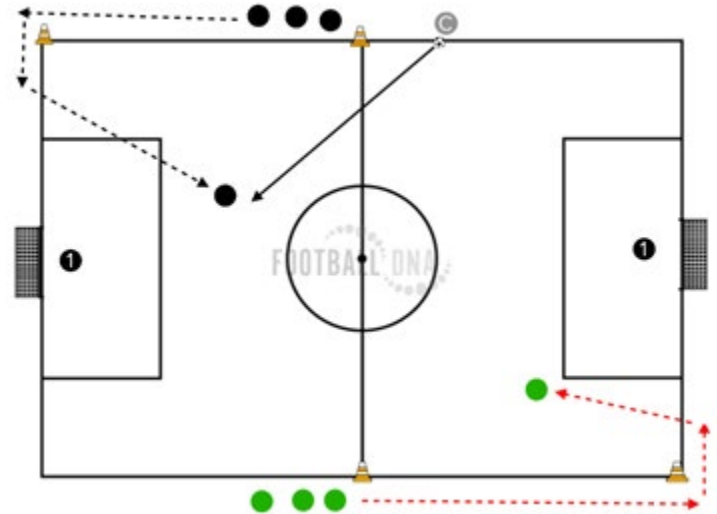
WEEK 2

HIDING & CARRYING THE BALL

Building confidence for players to travel with the ball at speed using both feet using different surfaces of either foot.

RACING IN NUMBERS - SMALL SIDED GAME

Setup a pitch with players lined up on the outside of the pitch on opposite sides. The coach calls a number, whatever number they call that number of players have to move through the SAQ equipment (ladders, hurdles etc) to enter the pitch and the coach then passes the ball to the first team that gets onto the pitch. As soon as players have entered the pitch, they then play against each other in a normal small sided game. Once the ball goes out of play or the game has gone on for too long, players return back to their lines ready for the coach to call out the next number.



Equipment



6 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up (Scanning)** – Before the attacker receives the ball, they should look to scan and identify where the best space is. When the players receive the ball, they need to recognise whether they need to pass or whether they can take bigger touches to begin running with the ball into the space that's in front of them.
- **Use Of Both Feet** – Using both feet will help players to be able to dribble and evade the defenders during the game. Travelling with the ball on the furthest foot from the defender will help them hide the ball from the defender and coaches should reinforce this by challenging the players to 'hide their ball.'
- **Surfaces Of The Feet** – Using different surfaces of the feet such as: laces, outside, inside and sole will help the players explore different ways of manipulating the ball as well as dribbling into the space too. When running with the ball, players should try to take larger touches to move the ball into the space in front of them to help their team attack quickly.
- **Change Of Speed** – By players changing speed it will help them to 'explode' and move into the attacking half quickly. Likewise, if they cannot see space in front of them they may need to look to pass the ball or move the ball with smaller and quicker touches to dribble into the spaces.

Progressions

- Increase the number of players that are called out at one or make the area smaller which will make it more difficult for players to find space throughout the game.

Regression

- Increase the number of footballs played in at one time which will increase players opportunities to practice running with the ball at speed.

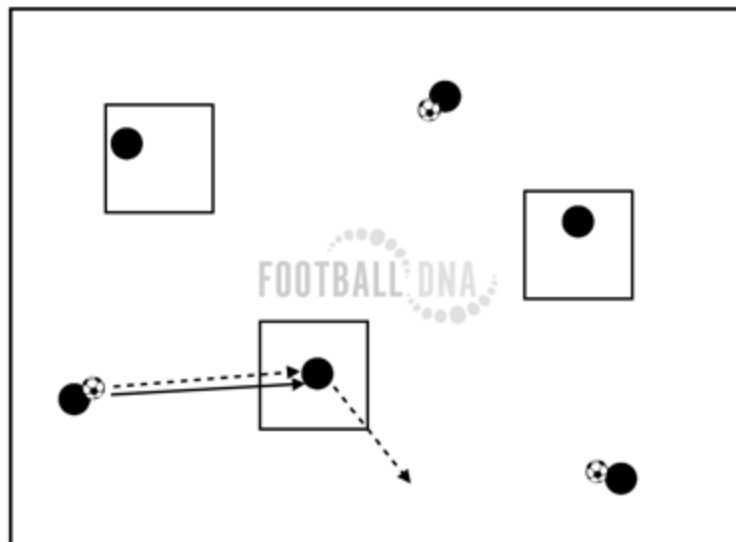
WEEK 3

PASSING & RECEIVING

To get players to explore different control surfaces on both feet using a wide variety of different techniques.

DELIVERING THE POST

Setup an area and inside it set up a number of squares that act as post boxes. Inside each of the squares is a player who has to receive the ball and leave the square in a different direction they received the ball from. The player who plays the pass into the square, then takes the place of the person receiving the ball. Players have to use different surfaces to control the pass i.e. sole, outside, inside etc.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – As the player with the ball is dribbling around the area, they should look to keep their eyes up to identify space and how they can pass into one of their team-mates. Players should continually scan to help them to be aware of their surroundings. The player receiving should look to scan and adjust their body shape before they receive the ball to help them to take their first touch into the space they want to travel into. Players should be encouraged to use different surfaces to receive the ball to move outside of their box and coaches may constrain each round to players using a different surface to receive.
- **Use Of Both Feet** – Players should look to use both feet when using different surfaces of their feet to pass the ball and constraints can be placed in by the coach to ensure the children get equal practice on both sides. For example, it may be that once you've had a turn receiving on your right foot, the next time you're in a box you must receive on your left.
- **Surfaces Of The Feet** – Players should use their outside, inside, sole and laces to receive as well as other body parts too such as thigh, chest etc. When controlling the ball, players should look to push the ball out of their box to help them manipulate it into the space using the different surfaces.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the space that they wish to travel into as well. This will help players to be able to use the surface that they are receiving to get out of the box.

Progressions

- After the players passes into the box, they can then apply pressure and try and win the ball before the player receiving leaves the box.

Regression

- Increase the number of boxes and/or have a box per pair and players are simply working in one box trying to receive in and out of it using the different surfaces of their feet.

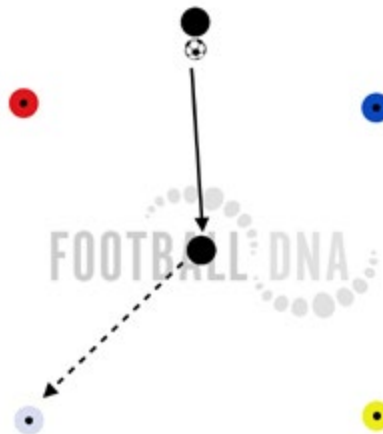
WEEK 3

PASSING & RECEIVING

To get players to explore different control surfaces on both feet using a wide variety of different techniques.

WHACK A MOLE

Setup a box with four different colour cones and one player inside the box without a ball and another player on the outside of the box with a ball. The player on the outside of the box calls a colour before they pass, once they pass has been made the player in the middle then needs to control their ball and move it to the coloured cone that has been called. After they've done this, they then pass the ball back to the player on the outside of the square and return to the middle, ready for the next pass and colour to be called. Rotate after a set time limit or number of turns and make sure players practice on both feet as well as with different surfaces to control the ball with.



Equipment



8 - 12 Players



Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – The player receiving should look to scan and adjust their body shape before they receive the ball to help them to take their first touch to the cone that has been called out by their partner. Players should be encouraged to use different surfaces to receive the ball and also to take large touches to help them to get to the cone quickly.
- **Use Of Both Feet** – Players should look to use both feet as well as different surfaces to receive the ball too. An example of a great way of challenging players in this, is that if they go left they have to use their left foot and if they go right they must use their right foot.
- **Surfaces Of The Feet** – Players should use their outside, inside, sole and laces to receive as well as other body parts too such as thigh, chest etc. When controlling the ball, players should look to push the ball out of their box to help them manipulate it into the space using the different surfaces.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the cone that they are looking to travel to as well as the person that they are receiving the ball from as well. Players should look to open their body up to help them receive and take their touch towards the cone, to support this they should try to move so that they're at an angle and not straight with the ball too.

Progressions

- Add a third player who passes in from a different direction and/or player on the outside can also move around the square with and without the ball to change the picture for the player in the middle of the box.

Regression

- The player in the middle calls the colour that they're going to take their first touch too rather than the person passing the ball on the outside of the square.

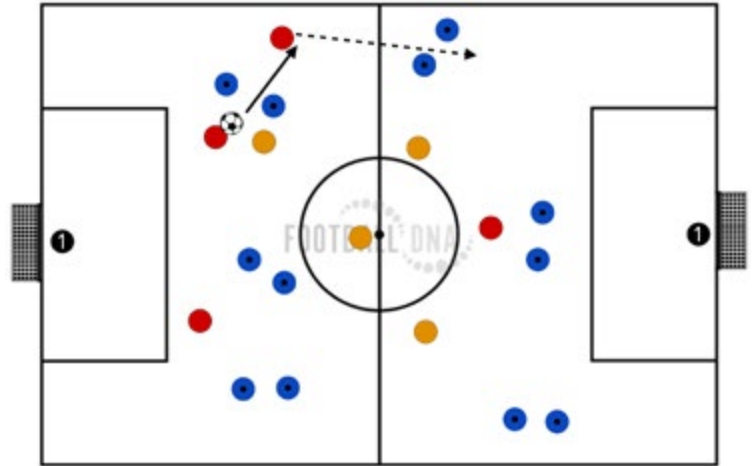
WEEK 3

PASSING & RECEIVING

To get players to explore different control surfaces on both feet using a wide variety of different techniques.

GATE GAME

Setup a pitch and organise two teams with a goal-keeper for each team with each team at either end. Play as a normal small sided game, however, inside the pitch there are a number of gates that are spread out in different areas of the pitch. Players get one point for scoring a normal goal, but they can also get an additional point for every time they receive the ball and their first touch goes through one of the gates. Move the gates throughout the game and allow the players to take ownership on where the gates can go as well as how big they can be to vary the challenge for them too.



Equipment



8 - 10 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – Players in this small sided game should be encouraged to continually scan when they have the ball but also when they don't have it too. By scanning, players will be able to identify where the gates are, their team-mates and also the opposition. If players see a team-mate by a gate or in a space, they should look to pick their eyes up and look to play a pass into them to score or to keep the ball in the team.
- **Use Of Both Feet** – Players should look to use both feet when passing and receiving to help them maintain possession of the ball. Using both feet will help players to be able to receive with an open body shape, which will help them to control the ball and move it into one of the gates once they receive it or recognise that a gate is blocked and go in a different direction.
- **Surfaces Of The Feet** – Using different surfaces to control the ball, players will need to explore what type of touch is needed based on the space around them as well as how far or close the gate is to them too in order to score.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the space that they wish to travel into as well. An open body shape in this game will also help players to be able to play quicker and recognise where the free gates are.

Progression

- Players have to control the ball through a gate in order to be able to score in the goal that they're attacking.

Regression

- Defenders are not allowed to block gates and/or each team has their own colour gates that they have to try and get through.

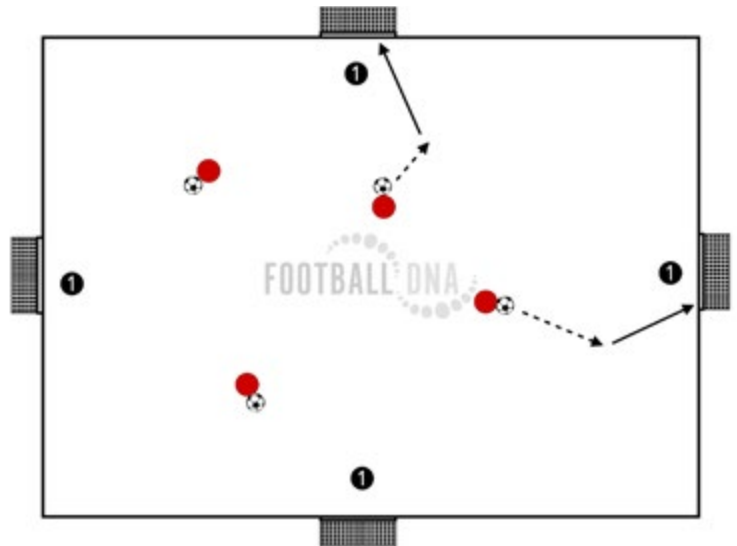
WEEK 4

BALL STRIKING

To give players the opportunity to love goal scoring use both feet and in a variety of different ways.

WINNER STAYS ON

Setup a pitch with four goals and a goalkeeper in each of the goals. Players have to dribble around the area and score in one of the four goals. If they miss or the goalkeeper saves their shot, they then swap places with the goalkeeper. Players have to see how many goals they can score within a set time limit and players are encouraged to get their shots away quickly in this game into any of the four goals.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – As players are dribbling around the area, they should be keeping their eyes up and scanning whilst manipulating their ball. When scanning, players should be looking at the best space to move into and which goal they are looking to finish in as well. Players may look to try and score when the goalkeeper is off-guard or distracted by another player or when they are not in a position in their goal to save the shot.
- **Use Of Both Feet** – Encourage players to manipulate the ball with both feet but most importantly due to the session focus encourage players to use both feet to shoot. To support this, you may put some constraints in place i.e. alternate which foot you shoot with per turn but also use different types of finish too.
- **Striking Surfaces** – Challenge players to try striking with different surfaces i.e. laces, outside or inside throughout the game. To support this, you may need to position yourself by the goal to help players with their approach to the ball (at an angle) where they place their standing foot (beside the ball and aiming towards the goal) as well as what surface and follow through they go with.
- **Finishing Types** – Depending on the distance or angle that players are from the goal, they may need to use different types of finishes to allow them to score. These types of finishes may vary from power, finesse, 1v1 with GK etc. You may encourage players to score a different type of goal each time.

Progressions

- Add a defender in front of each of the goals that can win the ball and prevent the attacker from being able to score.

Regression

- Have players working in pairs so they can get used to finishing from passes etc. Rather than goalkeepers rotating, they're kept in the goals throughout this game.

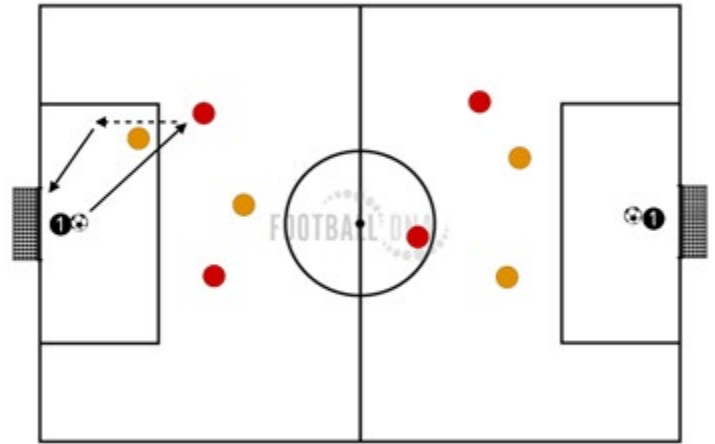
WEEK 4

BALL STRIKING

To give players the opportunity to love goal scoring use both feet and in a variety of different ways.

WEMBLEY DOUBLES

Setup each area with two goals and one goalkeeper in each of the goals. By each goal there are two pairs that are attacking the same goal. 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



4 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up / Scanning** - When scanning, players should be looking to see where the space, opposition goal and their team-mates are to help them make decisions. Players should look to work together with their team-mate at making the right decision of when to shoot and also when to pass too.
- **Use Of Both Feet** - Encourage players to manipulate the ball with both feet as well as pass, dribble, beat players 1v1 and get shots away. With players using both feet to finish it will allow them to get shots away quicker and prevent the defenders being able to stop and block shots.
- **Striking Surfaces** - Challenge players to try striking with different surfaces i.e. laces, outside or inside throughout the game. As players can also now finish from receiving the ball from their partner whether that be from a pass or a cross, this will vary the types of surfaces that they will need to receive and finish with.
- **Decision Making** - Throughout the game players should be identifying when is the right time to pass, dribble or to shoot based on the situation that they're in. Encourage players to find their team-mate in space who may be in a better position to score for the team.

Progression

- To progress this further, increase the number of players that are playing in one goal which will make it more difficult for them to get shots away individually as well as a team.

Regression

- Play Wembley Singles and rather than having a 2v2, the game is a 1v1 and players have to beat only one opponent to score as well as the goalkeeper.

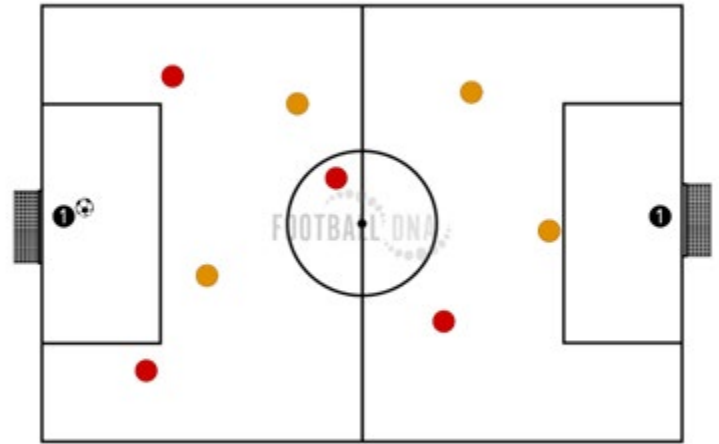
WEEK 4

BALL STRIKING

To give players the opportunity to love goal scoring use both feet and in a variety of different ways.

BINGO SMALL SIDED GAME

Setup a small pitch and split it into two halves with a goal either side and as well as two teams. Have a whiteboard in the middle of the pitch with different types of finishes on it such as: headers, volleys, half volleys, power, curled, one touch, sweaty etc. Each team has to try and complete the board in the small sided game by finishing with the different type of finishes that are on the board. The first team to complete the board with all the types of finishes wins the game.



Equipment



8 - 10 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players should be looking to recognise both where the defender(s) are as well as the goalkeeper and trying to create space for them to get their shots off. Players that keep their eyes up will be able to recognise when is the right time to shoot and they should be encouraged to shoot quickly and not hesitate before taking their shot.
- **Use Of Both Feet** – Players should be encouraged to shoot on both feet to ensure they don't lose their opportunity to get a shot at goal. Players that hesitate when an opportunity arises because they don't feel as comfortable on a particular foot will find it more difficult to get shots away in this game. Constraints can be used to help players use both feet throughout the game to build their confidence.
- **Ball Striking Surfaces** – Players should explore different surfaces but also different ways to finish in this game. To support this, get players to select the different types of finishes that they want to try on the bingo board. This ownership will help players to explore these different ways of finishing in a creative manner.
- **Ball Manipulation** – Throughout the game players should be identifying when is the right time to pass, dribble or to shoot based on the situation that they're in. Encourage players to find their team-mate in space who may be in a better position to score for the team.

Progression

- Individual players have to complete the board and it's the first individual to use all the different techniques to score that wins.

Regression

- Rather than a team completing the whole board to win the game, the team has to only get three in a row to win.

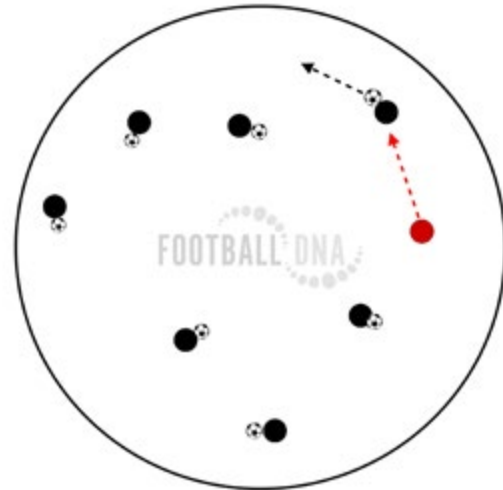
WEEK 5

1 V 1s

To develop risk taking, creative players that try new skills to beat players on both feet in 1v1 situations.

KING OF THE RING

Setup a circle with attackers in the middle of the circle with a ball each that have to travel around the area and keep the ball inside the circle. One defender starts without the ball on the outside of the circle, when that player calls 'king of the ring' they enter the circle and have to try and win the ball from the attackers. If they successfully win the ball from an attacker by dribbling it outside of the area, that attacker then joins them and then becomes a defender. Play until there is one player left who wins the game and becomes 'king of the ring'.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – As the attackers travel around the circle with their ball, they should keep their eyes up and continually be scanning to help them to manipulate the ball into space and also away from any defenders.
- **Ball Manipulation** – Players using different surfaces of their feet will help them to manipulate the ball in the area by changing direction with different surfaces of the feet. This will help the attackers to manipulate the ball away from the defenders to avoid being tackled.
- **Speed** – Players should be ready to adjust their speed when travelling with the ball if the defender begins to chase them to win the ball from them. This will mean that they may need to take larger touches to move the ball into space or take quick, close touches if the defender is nearby and there's little room to manoeuvre into.
- **1v1s** – Encourage players to explore different 1v1 skills to help them beat the defender using varying changes of direction, twists and turns as well as body feints to help them get past them. Players should be encouraged to be creative with their 1v1 skills on both feet.

Progressions

- Play with an equal number of defenders and attackers, the defenders still have to try and remove the balls from the area. However, if the attacker loses a ball or doesn't have a ball rather than being eliminated from the game they can look to receive and pass with other attackers. Play until there are no footballs remaining.

Regression

- Play without footballs with players playing tag in their area, if a player gets tagged, they then become a defender too.

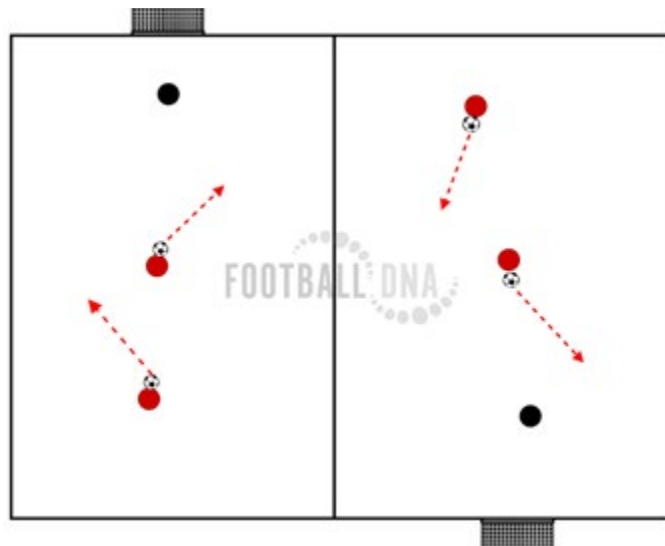
WEEK 5

1 V 1s

To develop risk taking, creative players that try new skills to beat players on both feet in 1v1 situations.

KING OF THE COURT

Setup an area and split the pitch into two with a goal on either half of the pitch on opposite sides. The defender has to defend the goal and prevent the attackers from being able to beat them and score 1v1. The attackers have to try and beat the defender and score, if they do this successfully, they move around to the next half to try and score. If the defender is able to win the ball and dribble it out of the area, they then become an attacker and the player that loses possession then becomes the defender.



Equipment



6 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up / Scanning** – As the attackers enter the pitch, they should keep their eyes up to recognise where the space is but also where the defender is too. Players keeping their eyes up will enable them to be able to see how close/far the defender is away from them as well as the goal which will mean they will have to adapt how they go 1v1.
- **Ball Manipulation** – Players using different surfaces of their feet will help them to manipulate the ball in the area by changing direction with different surfaces of the feet. This will help the attackers to manipulate the ball away from the defenders to avoid being tackled and help them to beat the defender 1v1.
- **Speed** – Players should be ready to adjust their speed when travelling with the ball based on how close/far the defender is away from them. If there is space for the attacker to move into, they should look to take larger touches to get the ball out of their feet and run with the ball into that space.
- **1v1s** – Encourage players to explore different 1v1 skills to help them beat the defender using varying changes of direction, twists and turns as well as body feints to help them get past them. Players should be encouraged to be creative with their 1v1 skills on both feet.

Progressions

- If an attacker loses the ball to a defender, rather than them swapping roles that player joins them as a defender. Play until there is one attacker left.

Regression

- Play without footballs and goals and players have to simply get from one side to the other without being tagged by the defender.

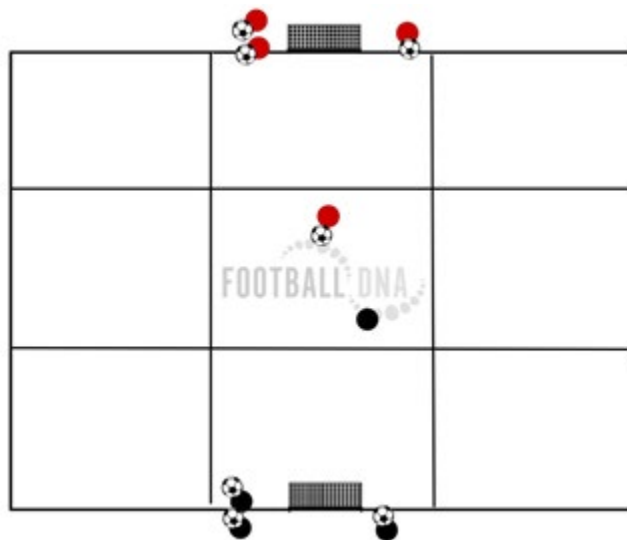
WEEK 5

1 V 1s

To develop risk taking, creative players that try new skills to beat players on both feet in 1v1 situations.

1V1 WAVE GAME

Setup a 25 x 25 area with a goal on either side as well as two teams by each goal. Each player has a ball each. The attacker begins the game by travelling into the pitch with the ball, as soon as they score, they then become a defender. The opposition team then attacks with one player and goes 1v1. If the defender wins the ball back, they can look to score, however, if the attacker scores the defender then must leave the pitch and another attacker from their team then comes out with a ball. Attackers must be in the final third to score. Add goalkeepers as well if you have them too.



Equipment



8 - 10 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up / Scanning** – As the attackers enter the pitch, they should keep their eyes up to recognise where the space is but also where the defender is too. Players keeping their eyes up will enable them to be able to see how close/far the defender is away from them as well as the goal which will mean they will have to adapt how they go 1v1.
- **Ball Manipulation** – Players using different surfaces of their feet will help them to manipulate the ball in the area by changing direction with different surfaces of the feet. This will help the attackers to manipulate the ball away from the defenders to avoid being tackled and help them to beat the defender 1v1.
- **Speed** – Players should be ready to adjust their speed when travelling with the ball based on how close/far the defender is away from them. If there is space for the attacker to move into, they should look to take larger touches to get the ball out of their feet and run with the ball into that space.
- **1v1s** – Encourage players to explore different 1v1 skills to help them beat the defender using varying changes of direction, twists and turns as well as body feints to help them get past them. Players should be encouraged to be creative with their 1v1 skills on both feet.

Progressions

- The game can be played as a 2 v 2, with two attackers and two defenders attacking at one time. This will encourage players to make decisions of when to pass and when to beat the defender.

Regression

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

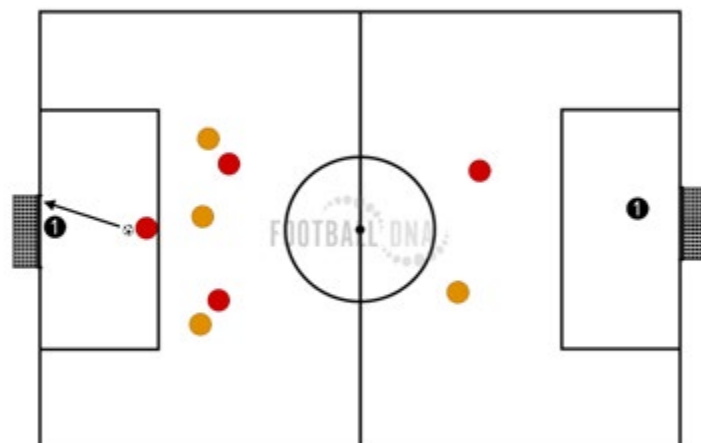
WEEK 6

THEMED GAMES

Themed games based around the previous block of work.

PRESSURE PENALTY

Each game begins with a penalty, with one player from either team taking a penalty each. These will then allow teams to either start 1-0 up, 1-0 down or beginning the game with a 1v1 draw. In this game, observe how the team adapts to playing with the different scenarios that the penalty kick creates.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Moving & Manipulation** – Depending on the scenario that they are in, players will need to find ways of moving and manipulating the defender to allow them to get success in this game. Players should look to keep the ball close to their body to help them protect the ball and evade the defender.
- **Hiding & Carrying The Ball** – Encourage players to manipulate the ball on both sides to help them 'hide' the ball win manipulating it. Players that are able to shield and keep the ball on the furthest foot from the defender will be able to prevent the defender from winning the ball. When carrying the ball, players should look to keep the ball close to them unless they have space in front of them and they can move into the space with bigger touches.
- **1 v 1s** – Depending on the scenario players enter the game in, they may need to consider how they play and whether they will look to retain possession or take more risks to help them to create opportunities to score. Players should look at the right type of 1v1s to help them with the scenario they're in.
- **Ball Striking** – In the penalties, players will need to select the appropriate ball striking technique to allow them to score. Players should be continually encouraged throughout the games to practice their ball striking on both feet whether that is with a pass or an attempt at goal.

Progressions

- Allow players to have a penalty at the end of the game which will may also change the score line / pressure on the penalty.

Regression

- Allow each player to take a penalty in each game, rather than just one player .

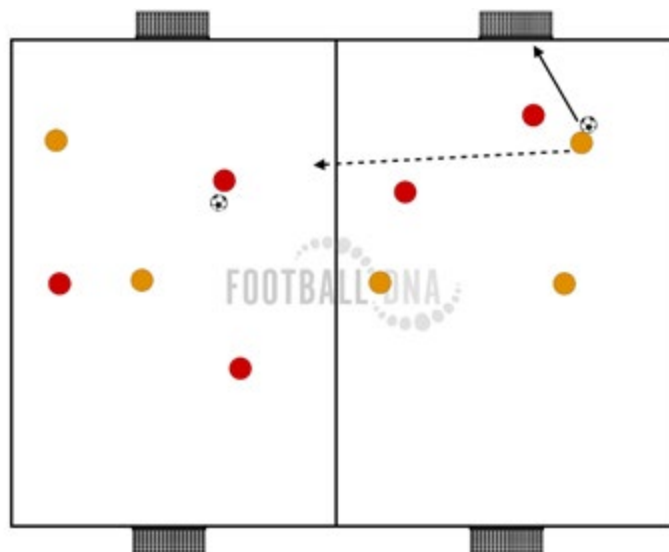
WEEK 6

THEMED GAMES

Themed games based around the previous block of work.

TEAM TRANSFER

Setup two small sided games on pitches next to one another. Organise four teams, with two bib teams and two non-bib teams. Teams collectively play together across either pitch, in the game if one team scores they can have one player move across to the other pitch to join their team. This will vary the number of players on the pitch at one time, creating overloads or underloads.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Passing & Receiving** - Players throughout the game should look to keep their eyes up and continually scan to help them to see space as well as their team-mates. Good decision making should be encouraged, and players should be supported on how they may share the ball with their team mates to keep the ball but also create opportunities for the team.
- **Hiding & Carrying The Ball** - Encourage players to manipulate the ball on both sides to help them 'hide' the ball. Players that are able to shield and keep the ball on the furthest foot from the defender will be able to prevent the defender from winning the ball. When carrying the ball, players should look to keep the ball close to them unless they have space in front of them and they can move into the space with bigger touches.
- **1 v 1s** - If players are in a 1v1 situation they should look to use speed, body feints and changes of directions to help them to beat the defender. Encourage players to be creative and try different ways to beat the defender, but also to react positively if they lose the ball to win it back too. Support players with their decision of when to pass and when to go 1v1 in the small sided games.
- **Ball Striking** - The use of both feet to finish will allow the attackers to get shots away quicker. Due to the tight pitches, players will need to look to take shots when they get an opportunity and look to place the ball into the goal rather than always going for power. In addition, players may need to use different types of passes to keep the ball but also to help them switch play or play through for example.

Progressions

- If a team has a player less and score the goals are worth double.

Regression

- The game doesn't allow for more than a +1 overload or underload.

BLOCK 3 - WEEK 13 - 18

Key Coaching Points	- Body Feints - Changes Of Direction - Problem Solving - Movement	- Eyes Up - Use Of Both Feet - Surfaces Of The Feet - Shielding	- Eyes Up/ Scanning - Use Of Both Feet - Receiving & Passing - Open Body	- Eyes Up/ Scanning - Use Of Both Feet - Striking Surfaces - First Touch	- Eyes Up/ Scanning - Change Of Direction - Change Of Speed - Use Of Both Feet	- Hiding & Carrying The Ball - 1 v 1s - Ball Striking - Movement & Manipulation
Coaching Focus	Twisting & Turning	Protecting The Ball	Possession	Games	1v1 Defending	Small Sided
Topic	Moving & Manipulation	Running With The Ball	Passing & Receiving	Ball Striking	1 v 1s	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](#)

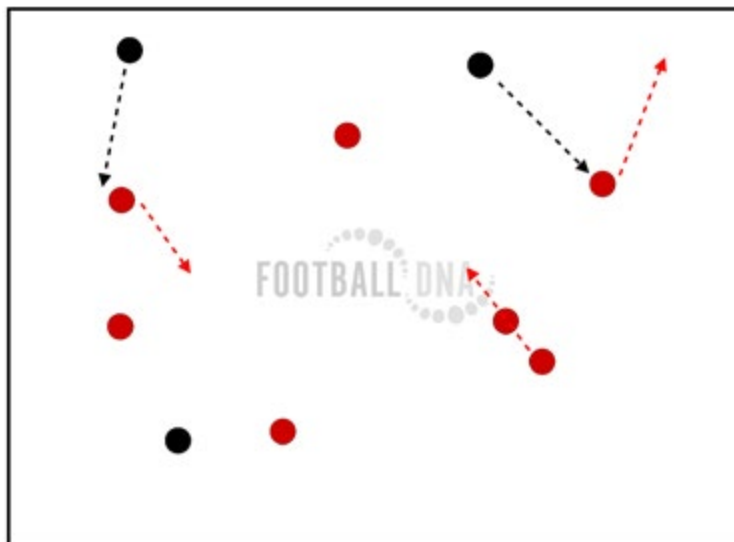
WEEK 1

Moving & Manipulation

Exploring how to move their body and find ways out of different situations with different types of movement.

STUCK IN THE MUD

Create an area with attackers and a few taggers. The game is stuck in the mud, with the taggers having to try and tag the attacking team and if they do this successfully, they then make them stuck in the mud. At this point, the attackers have to freeze and stay still and the only way they can re-enter the game is if another attacker is able to get through their legs. Play until all the attackers have been caught or to a set time limit. Regularly rotate the taggers too.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Speed** - Players should look to use their speed wherever possible to help them to beat the tagger but also help them to tag the player that they're chasing. The use of speed will help players to evade the taggers and should be used if they're being chased and to help them to move into an area where they cannot be caught. Players will also need to go quickly to get through their team-mates legs to release them from being frozen as well.
- **Body Feints** - Body feints can be used to move the tagger one way and move into another space. An example of a body feint could be stepping one way and then moving another. Body feints should be used when the attacker is 1v1 against the tagger. If a player has more than one tagger on them, they may need to use multiple body feints to help them get past the taggers.
- **Change Of Direction** - If players are being chased, quick changes of direction are a great way of evading the tagger. Players that are travelling at speed and then quickly change direction will be able to make the taggers become off balance to help them to get away.
- **Problem Solving** - Throughout this game, the attacker needs to continually look at deciding what type of movement they will use to help them to beat the player following. Players that keep their eyes up and scan will be able to identify what type of movement is needed when based on where the defender is.

Progressions

- The attackers have a ball each, if the defender wins the ball, they have to take it out of the area to freeze that player.
- Attackers have to pass the ball through the frozen players legs to allow them to return to the game. Alternatively, you can increase the number of taggers too.

Regression

- Have fewer taggers to make the game easier for the attackers not to get caught.

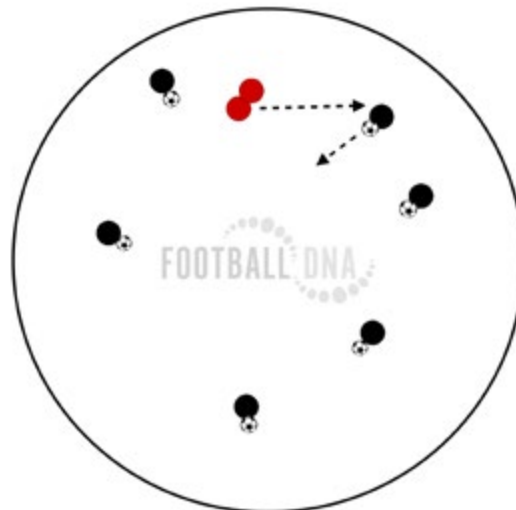
WEEK 1

Moving & Manipulation

Exploring how to move their body and find ways out of different situations with different types of movement.

CHAIN GAME

Setup an area beginning the game with one defender who has to simply win the ball from each of the attackers and kick it outside of the area. Once the defender has won the ball and kicked it out, the player that has had their ball kicked out then joins them as a defender by linking arms. As the game progresses, each time an attacker is kicked out of the area the chain of defenders becomes bigger with them linking arms. Play the game until there are no attackers left and then restart. Instead of linking arms, players can also hold hands or hold bibs too to make it easier.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Speed** – Players should look to use their speed wherever possible to help them to beat the players in the chains who are chasing. Players can look to slow down players and then look to use speed to get away from the defenders based on their position and where the space is too.
- **Body Feints** - In this game the use of Body Feints is a great way for attackers to beat the defenders by pretending to go one way and then move another. The body feints are a really effective way of off balancing the defenders to help them to move into space in a different direction.
- **Change of Direction** - If players are being chased, quick changes of direction are a great way of evading the defender(s). Players that are travelling at speed and then quickly change direction will be able to make the defenders become off balance to help them to get away.
- **Problem Solving** - Throughout this game, the attacker needs to continually look at deciding what type of movement they will use to help them to beat the player following. Players that keep their eyes up and scan will be able to identify what type of movement is needed when based on where the defender is.

Progressions

- Rather than having one – chain, there can be multiple chains of 2/3 players which will make it more difficult for the attackers

Regression

- Play this game without the attackers having a ball and the defenders simply have to tag the attackers.

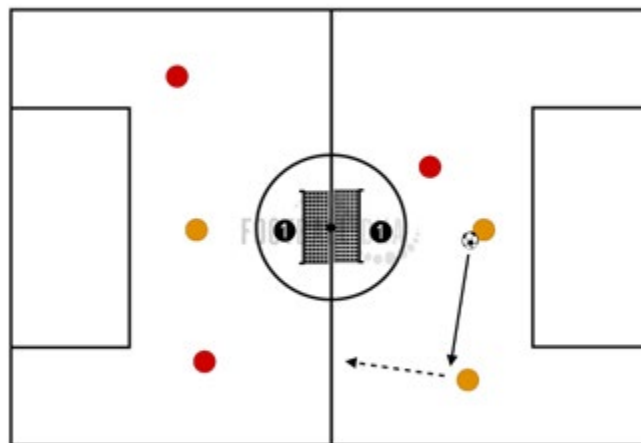
WEEK 1

Moving & Manipulation

Exploring how to move their body and find ways out of different situations with different types of movement.

BACK TO BACK GOALS

Setup a small sided game with two goals that are back to back and a goalkeeper in either goal. Organise two teams with one team defending one of the goals and attacking the other. The aim of the game is for the team to transfer the ball into the opposite half and try and score. If they score, the other team then restarts with the ball from their goalkeeper. Players should be encouraged to twist and turn throughout the game to help them to find space for themselves or their team-mates.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – Throughout this game players should be continually scanning and keeping their eyes up to see how they can move into space to help them get on the ball but also when they have the ball recognise where their team-mates are too. Players should continually be scanning to help them to make the right decisions of when to pass, dribble and shoot.
- **Change of Direction** - Players using changes of direction in this game will allow them to switch play and move the ball into space. Changes of direction should be used to help the team find overloads or players in space as well as enabling them to evade the defenders to help them stay on the ball and retain possession.
- **Passing & Receiving** - Each player should look to move and receive when appropriate with an open body shape to help them to see the whole pitch to see space, defenders and where their team-mates are. Players should explore using a variety of different types of passes to help them create goal scoring opportunities as well as keep the ball in the team too.
- **1v1s** - The use of body feints, 1v1 moves and changes of direction will be required to help players to twist and turn and evade opponents when they're with the ball. Due to the goals being back to back, this will increase the number of times players will have their back to goal and therefore create situations that they need to find their way out of.

Progressions

- Lock players into a half rather than allowing them to play anywhere across the pitch, which may make it more difficult for players to stay on the ball.

Regression

- Make the game multi-directional with players being able to score in either goal rather than just one goal.

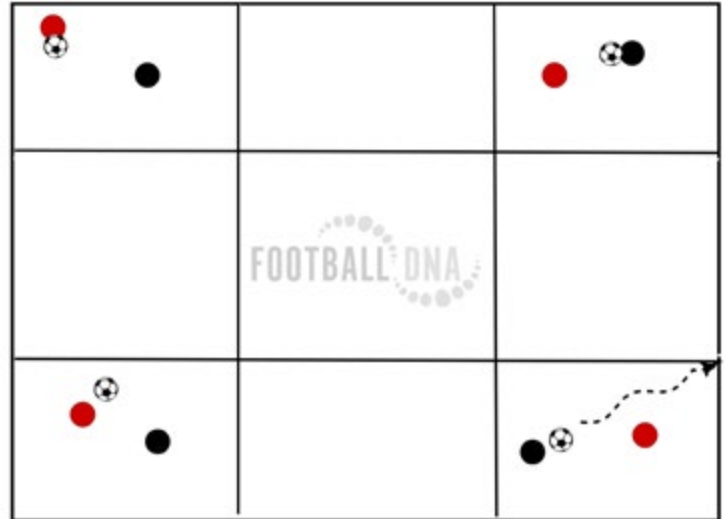
WEEK 2

HIDING & CARRYING THE BALL

Learning new ways of hiding and protecting the ball from defenders on both feet.

GLADIATOR

Create an area 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 the 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 as well. 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.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up / Scanning** – Players should keep their eyes up and continually scan to see where the defender is to help them to recognise how they will 'hide' the ball away from the defender to help them protect the ball. This will also support the attacker in understanding how they can turn away from the opposition too.
- **Change Of Direction** – Quick changes of direction will enable players to turn away from pressure and the defender. The use of multiple changes of directions will help players twist and turn away from the opponent to avoid contact and stop them from needing to shield and protect the ball.
- **Ball Manipulation** – Players should explore using different surfaces of their feet to manipulate their ball to evade pressure from the defender. Using different parts of the feet will help them to protect and move into spaces away from the defender.
- **Shielding** – Players that use their arms and body to protect the ball will help build a 'shield' to keep the ball away from the defender. Shielding the ball is a great way for players to protect the ball and also start understanding how they can use their body to turn away from pressure whilst 'hiding it'.

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.

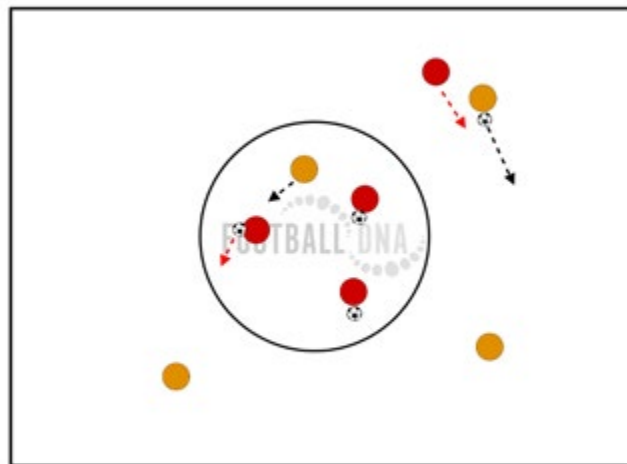
WEEK 2

HIDING & CARRYING THE BALL

Learning new ways of hiding and protecting the ball from defenders on both feet.

HONEY BADGERS & HONEYBEES

Setup a circle inside an area with two teams, one inside the circle with a ball each and the other outside the circle without the ball. The players without the ball are acting as 'Honey Badgers', their role is to enter the circle and win the ball from the 'Honeybees' that are protecting the 'honey' which are the footballs. If the defenders win the ball, they must then take the ball outside the area and keep it themselves. Once the players inside the circle lose the ball, they must go and get it back and return it to the circle. Only one defender is allowed inside the circle at the time. The game ends when there are no footballs left inside the circle. Rotate roles regular.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning**– Players should keep their eyes up and continually scan to see where the defender is to help them to recognise how they will 'hide' the ball away from the defender to help them protect the ball. This will also support the attacker in understanding how they can turn away from the opposition too.
- **Change Of Direction** – Quick changes of direction will enable players to turn away from pressure and the defender. The use of multiple changes of directions will help players twist and turn away from the opponent to avoid contact and stop them from needing to shield and protect the ball.
- **Ball Manipulation** – Players should explore using different surfaces of their feet to manipulate their ball to evade pressure from the defender. Using different parts of the feet will help them to protect and move into spaces away from the defender.
- **Shielding** – Players that use their arms and body to protect the ball will help build a 'shield' to keep the ball away from the defender. Shielding the ball is a great way for players to protect the ball and also start understanding how they can use their body to turn away from pressure whilst 'hiding it'.

Progressions

- Increase the number of defenders allowed into the circle to win the ball back at one time.

Regression

- Play without balls and players now if they get tagged in the middle circle, now leave the circle and have to tag the other player outside the circle.

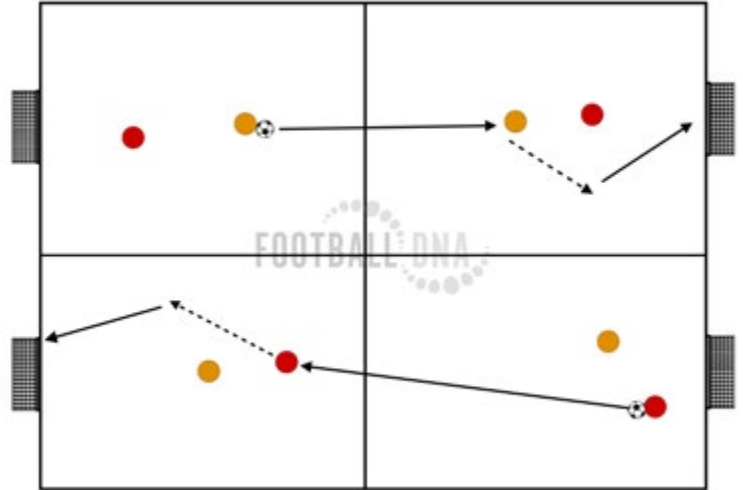
WEEK 2

HIDING & CARRYING THE BALL

Learning new ways of hiding and protecting the ball from defenders on both feet.

TWO TEAM TURNING GAME

Setup two pitches and split the pitch into two halves with each team attacking opposite directions. Players are locked into their halves and have to defend their goal and play into the attacker who has to try and turn to score. Rotate the players that are the defender and also who are attacking too.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up (Scanning)** – Players should keep their eyes up and continually scan to see where the defender is to help them to recognise how they will 'hide' the ball away from the defender to help them protect the ball. This will support the attacker with how they can move away from the defenders and create space to receive the ball but also how they will protect/turn if the defender tries to tackle them.
- **Change Of Direction** – Quick changes of direction will enable players to turn away from pressure and the defender. The use of multiple changes of directions will help players twist and turn away from the opponent to avoid contact and stop them from needing to shield and protect the ball.
- **Ball Manipulation** – Players should explore using different surfaces of their feet to manipulate their ball to evade pressure from the defender. Using different parts of the feet will help them to protect and move into spaces away from the defender.
- **Shielding** – Players that use their arms and body to protect the ball will help build a 'shield' to keep the ball away from the defender. Shielding the ball is a great way for players to protect the ball and also start understanding how they can use their body to turn away from pressure whilst 'hiding it'.

Progressions

- Players are no longer locked into their area and now if players pass into one half, they can follow their pass and join the attack.

Regression

- Have a target player that passes the ball into each half and change who attacks and defends each time.

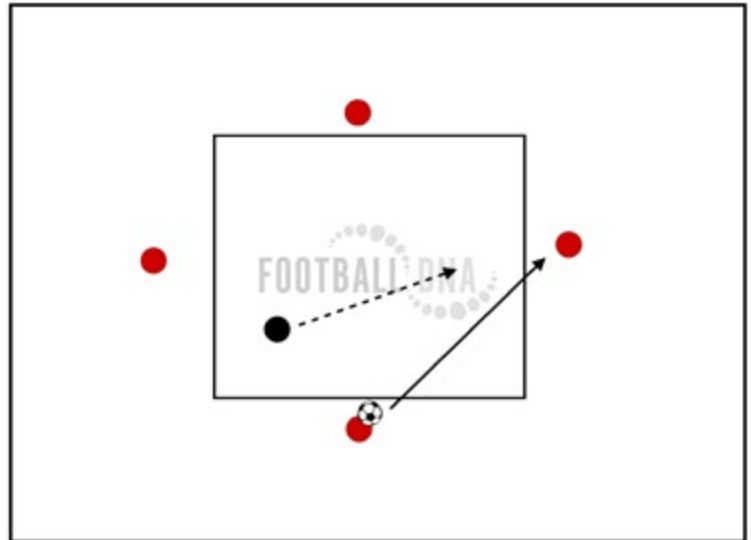
WEEK 3

PASSING & RECEIVING

Learning to keep possession by sharing with others through basic passing and receiving techniques.

KEEP THE BALL - RONDO

Setup an area with three or four players on the outside, with 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 are to focus on basic receiving and passing techniques around the outside of the square to keep possession.



Equipment



5 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – When players are on the outside of the box, they should continually look to check their shoulders and keep their eyes up throughout the game. Players that are able to do this well will be able to make good decisions of where and what type of passes to play to help the team retain possession.
- **Use Of Both Feet** – The use of both feet in the Rondo will allow players to be able to make quicker decisions to help the team keep possession of the ball as well as being able to open their body up as they receive to play to the opposite side of the square. Encourage players to use both feet throughout the game to ensure they continue to have an open body before receiving the ball.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the person that they're playing too and the defender. An open body in the game will allow players to make better decisions before, during and after they've received and passed the ball.
- **Passing** – Players should look to be accurate with their passes by exploring different types of passes, speeds and surfaces to help them keep the ball in the rondo. For example, players make look to use the outside of their foot as a disguised pass in this game.

Progressions

- Add a second defender in the box, now if you give the ball away or lose it, both that player and the person to the right go into the middle of the square.

Regression

- Increase the number of people on the outside of the square or make the square larger to give players that are keeping possession more space to be able to do it.

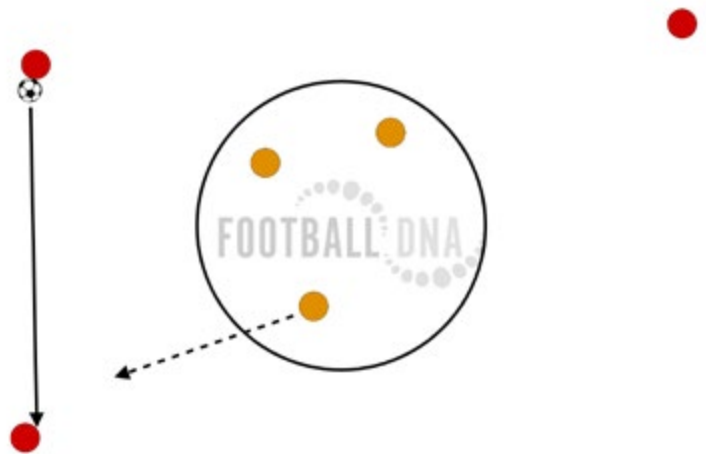
WEEK 3

PASSING & RECEIVING

Learning to keep possession by sharing with others through basic passing and receiving techniques.

WASPS NEST

Setup an area with a circle(nest) in the middle. Inside the circle in the middle are defenders (wasps) without the ball who have to one at a time come out of the circle to try and win the ball back. The players on the outside, have to keep their ball in play and retain possession. If the defenders win the ball, they have to return it back into the circle to gain a point and the round begins again with another ball being played out and a new defender coming out to try and win the ball.



Equipment



6 - 12 Players



Cones, Bibs & Footballs

Coaching Points

- **Eyes Up/Scanning** – The attackers in the area that are keeping possession must continually look to check their shoulders and keep their eyes up throughout the game. Players that are able to do this well will be able to make good decisions of where and what type of passes to play to help the team retain possession.
- **Use Of Both Feet** – The use of both feet during this possession game will allow players to be able to make quicker decisions to help the team keep possession of the ball as well as being able to open their body up to allow them to see players on the other side of the square. Encourage players to use both feet throughout the game to ensure they continue to have an open body before receiving the ball.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the person that they're playing too and the defender. An open body in the game will allow players to make better decisions before, during and after they've received and passed the ball.
- **Passing** – Players should look to be accurate with their passes by exploring different types of passes, speeds and surfaces to help them keep the ball during this game. Due to having a larger space, players may now need to play longer passes to help them to switch play to help their team keep possession of the ball.

Progressions

- The coach can now call the number of players that can come out and defend at one time or add a scoring system for the number of passes that they need to make before they can score.

Regression

- Increase the size of the area for the attackers and/or give the defenders a ball each that they have to control whilst trying to block and intercept passes.

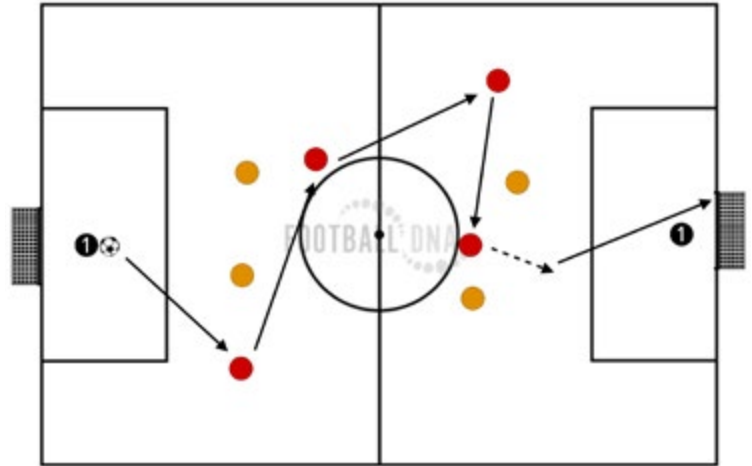
WEEK 3

PASSING & RECEIVING

Learning to keep possession by sharing with others through basic passing and receiving techniques.

KEEPING IT IN THE TEAM

Setup a pitch and organise two teams with a goal-keeper for each team with each team at either end. Play as a normal small sided game, however, in this game before a team can score every player in the team must touch the ball. If a team loses possession, they then must look to regain the ball and then every player must touch it again before they can score. The idea of the game is to help players to share and retain possession as a team as well as recognising when to pass and when to stay on the ball too.



Equipment



8 - 10 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – Players in this small sided game should be encouraged to continually scan when they have the ball but also when they don't have it too. By scanning, players will be able to see where their team mates are and make decisions on how they will keep the ball in the team as well as choosing which team mate is best to pass into.
- **Use Of Both Feet** – Players should look to use both feet when passing and receiving to help them maintain possession of the ball. Using both feet will help players to be able to receive with an open body shape, which will help them to control the ball and pass into one of their team mates in space.
- **Decision Making** – During this game, players will need to recognise when to pass and when to dribble throughout the game. If players are under pressure and there are no passing options on, they may need to stay on the ball to wait for the right time to pass to their team mates. Likewise, players may need to make quick, short sharp passes to help everyone in the team touch the ball before scoring whilst trying to evade the defending team.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the space that they wish to travel into as well. An open body shape in this game will also help players to be able to play quickly into their team mates in space.

Progression

- To progress this further, you may allow normal goals to count but increase the value of the goals when the whole team touches it before they score.

Regression

- Both teams have a ball, rather than defending one another teams must work from one goal to the other with every player touching the ball before they can score.

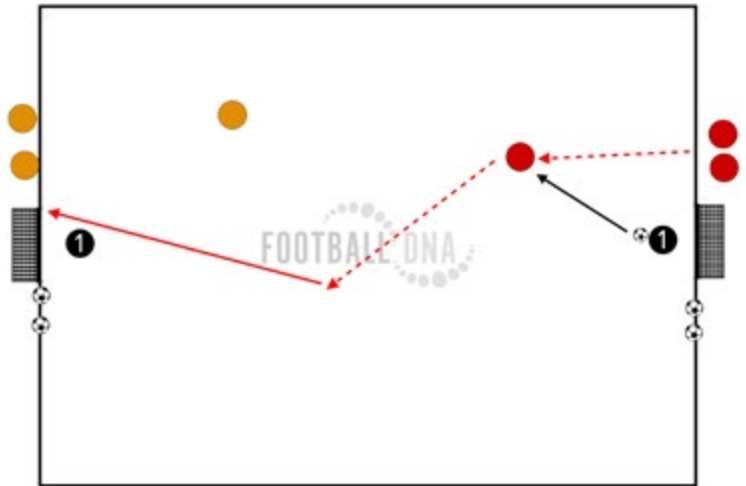
WEEK 4

BALL STRIKING

Exploring ball striking and scoring goals through games.

IT'S A KNOCKOUT

Setup a pitch with two goals and a goalkeeper in either goal. The game begins with a GK playing into a player entering the pitch from beside their goal who has to try and score or get a shot away. If they miss, they are off, and the game then begins at the other end. However, if they score, they stay on and get the ball again from their GK and play against another player from the opposition team.



Equipment



6 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – When scanning, players should be looking at the best space to move into and which goal they are looking to finish in as well. Players should look to keep their eyes up to recognise where the best area in the goal is for them to finish as well as where the goalkeeper is positioned too.
- **Use Of Both Feet** – When scanning, players should be looking at the best space to move into and which goal they are looking to finish in as well. Players should look to keep their eyes up to recognise where the best area in the goal is for them to finish as well as where the goalkeeper is positioned too.
- **Striking Surfaces** – Challenge players to try striking with different surfaces i.e. laces, outside or inside throughout the game. Position yourself as a coach next to the goals and support individuals when they are off to help them with different ways they can finish.
- **Finishing Types** – Depending on the distance or angle that players are from the goal, they may need to use different types of finishes to allow them to score. These types of finishes may vary from power, finesse, 1v1 with GK etc. You may encourage players to score a different type of goal each time.

Progressions

- Increase the number of players in the game i.e. 2v1, 2v2

Regression

- Play this game unopposed and players simply get the ball from their GK. If they score, they stay on or if they miss, they then swap places with a team mate.

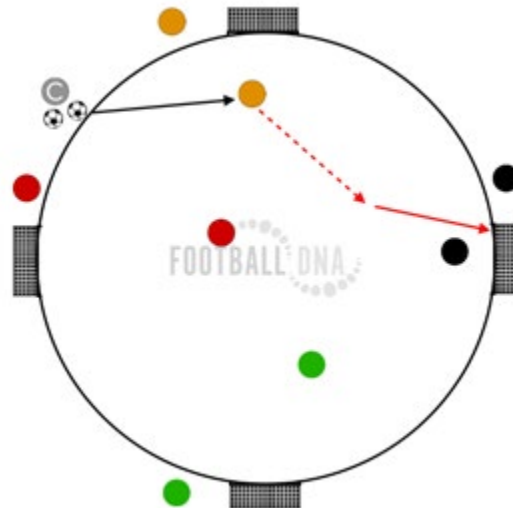
WEEK 4

BALL STRIKING

Exploring ball striking and scoring goals through games.

SHOOTING CIRCLE

Setup a circle with four goals and four different teams positioned by each of the goals. The game begins with a player from each team being inside the circle, they simply have to defend their goal and score in one of the three other goals. If they score, they knock the player out that they scored against. Likewise, if they conceded they are knocked out and have to swap with another player who then enters the game. The idea of the game is to provide players with plenty of goalscoring opportunities from different angles. Limit the length of the game if needed and ensure players have plenty of turns. Players aren't allowed to use their hands or play in goal.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up / Scanning** - Due to playing inside a circle, players will need to continually scan throughout this game to see all of the goals as well as their own and the opposition players as well. Players should be continually identifying which goals are the best ones to shoot into based on where the players are.
- **Use Of Both Feet** - As players are able to score in three other goals, this game is perfect for players to get practice striking the ball in different directions as well as using different techniques of both feet too. If players only use one side, it will limit the goals that they can score in.
- **Striking Surfaces** - Challenge players to try striking with different surfaces i.e. laces, outside or inside throughout the game. Players will need to select the correct surface to finish with based on position of defenders, themselves, distance and angle from the goal.
- **Shooting Quickly** - Throughout this game, players that get shots away quickly and catch defenders 'off guard' will be the players that get the most goals. Encourage players to get shots away through taking a low amount of touches on the ball unless they need to stay on the ball and find another goal to shoot at.

Progression

- The players on the outside are in play too and can keep the ball in or act as rebound players that players can pass into if they need it as well.

Regression

- Have all players in the game and they stay on the pitch rather than playing a 'knockout' style game.

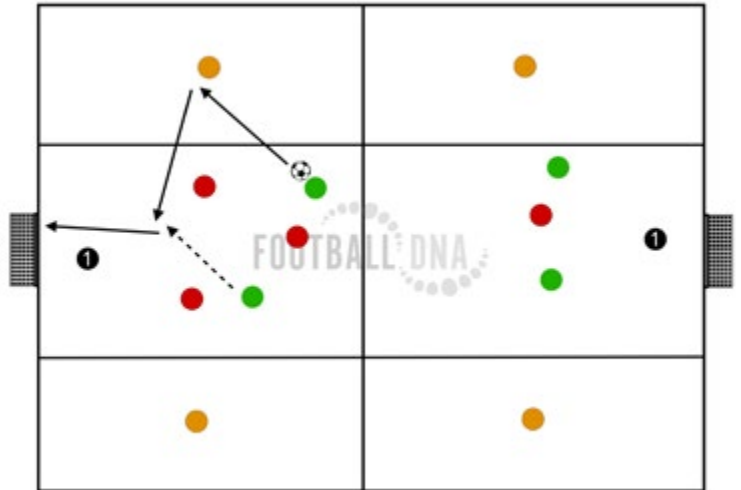
WEEK 4

BALL STRIKING

Exploring ball striking and scoring goals through games.

THREE TEAM CROSSING & FINISHING

Split a pitch into thirds both horizontally and vertically, the game is a three-team game with one team acting as crosses and two other teams playing against one another. In order for a team to score, they must score from a crosser who has to play the ball into the pitch before they can score. The target players cannot be tackled, but you may want to limit the amount of time/ touches that they have to ensure that teams get plenty of turns. Rotate teams around regularly.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – Due to the game being split into thirds with target players, players will need to continually scan throughout this game to see the target players as well as their team mates and opposition players. Players should be continually identifying which target players are best for them to play into to create crossing opportunities for their team to score.
- **Use Of Both Feet** – Players should be encouraged to shoot on both feet to ensure they don't lose their opportunity to get a shot at goal. Players that hesitate when an opportunity arises because they don't feel as comfortable on a particular foot will find it more difficult to get shots away in this game. Likewise, target players will need to be encouraged to cross the ball on both feet too to make the game quick game.
- **Ball Striking Surfaces** – Players should explore different surfaces but also different ways to finish in this game. To support this, get players to select the different types of finishes that they want to try on the bingo board. This ownership will help players to explore these different ways of finishing in a creative manner.
- **Decision Making** – Throughout the game players should be identifying when is the right time to pass, dribble or to shoot based on the situation that they're in. Encourage players to find their team-mate in space who may be in a better position to score for the team.

Progression

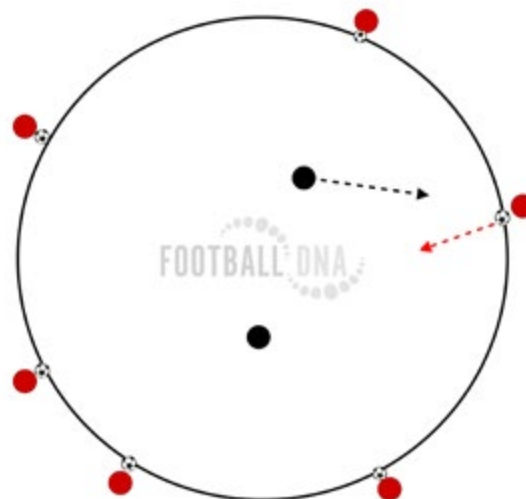
- Play winner stays on, if a team scores the team, they score against is knocked off and the team that were target players then enter the pitch.

Regression

- Play multi-ball to give players more opportunities to score from crosses with more than one football in play at one time.

SHARK ATTACK

Setup a circle with defenders in the middle of the circle without a ball and the attackers based around the outside of the circle with a ball each. The defenders act as 'sharks' and have to try and win the ball from the attackers as they try to cross the circle with their ball. If the defenders win the ball, they must dribble the ball outside of the circle and the attacker then joins them and becomes a defender too. Play until there is one player left at the end of the game.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Speed Of Approach** – The defender in this game should look to move at speed to press their opponent and prevent them having lots of space which they can move into with their ball. Players may need to decide on what player they are pressing too and how they will defend against them as well as prevent other attackers from crossing the circle.
- **Angle Of Approach** – Defenders as they approach their attackers should look to angle their approach to show the attacker one way. In this game, players should look to show the attackers onto their weaker foot to help them win the ball from them.
- **Body Shape** – Encourage players when defending 1v1 to 'shut down, sit down, show down' throughout the game. Sitting down means getting your knees bent and getting side onto the attacker with your body shape to show them one way. Players should look to pivot off their back foot and keep an arm length away from the attacker, until they are in a position to apply more pressure on them and win the ball and dribble to the outside of the circle.
- **Win It To Keep It** – Encourage defenders to keep the ball once they have won it to allow them to score by dribbling to the outside of the circle. Players that use their body well and look to step across the attacker to come away with the ball once they have won it will be in a better position to score after they've won the ball back.

Progressions

- Split the circle into four segments with attackers having to move into another segment of the circle.

Regression

- Play without footballs with attackers simply having to get across the circle without the ball and defenders just needing to tag them.

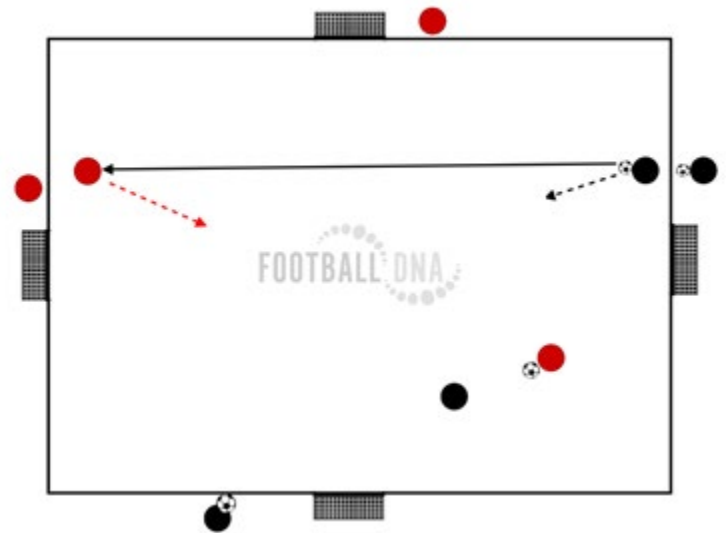
WEEK 5

1 V 1s

Developing an enthusiasm for players to win the ball back from their opponents.

1 V 1 SHOWDOWN

Setup an area with four goals with each team waiting beside each of the goals. One game is played laterally and the other horizontally. The defenders begin the game by passing into the player opposite them and then going into a 1v1 showdown against the attacker who receives the ball. The attacker has to beat the defender 1v1 to be able to score. Alternate who attacks and who defends after each turn.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Speed Of Approach** – The defender in this game should look to move at speed to press their opponent and prevent them having much space when they receive the ball that they can travel into. If the opponent has a loose first touch, they should look to try and win the ball off their touch. The defender may need to slow down their approach as they get closer to prevent the attacker bating
- **Angle Of Approach** – Defenders as they approach their attackers should look to angle their approach to show the attacker one way. This may be to show them either away from goal or onto their weaker foot to help them win the ball.
- **Body Shape** – Encourage players when defending 1v1 to 'shut down, sit down, show down' throughout the game. Sitting down means getting your knees bent and getting side onto the attacker with your body shape to show them one way. Players should look to pivot off their back foot and keep an arm length away from the attacker, until they're in a position to apply more pressure on them and win the ball.
- **Win it To Keep It** – Encourage defenders to keep the ball once they have won it to allow them to score in the opposite goal. Players that use their body well and look to step across the attacker to come away with the ball once they have won it will be in a better position to score after they have won the ball back.

Progressions

- Progress the game to be a 2v2 game with the defenders now having to work in pairs to defend against both attackers.

Regression

- Play without footballs and goals and players have to simply get from one side to the other without being tagged by the defender.

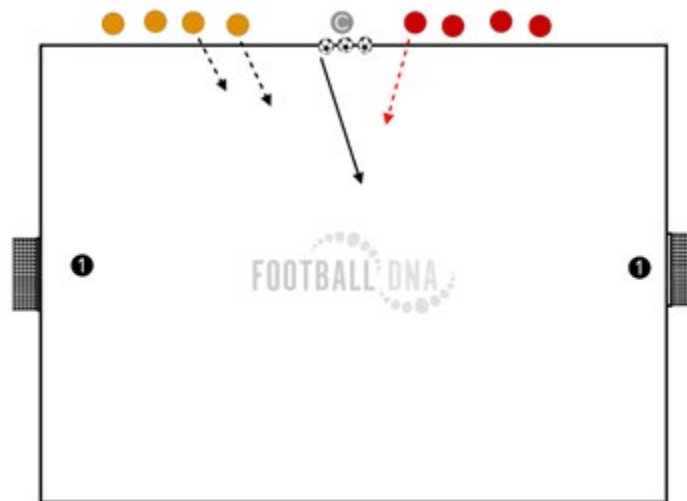
WEEK 5

1 v 1s

Developing an enthusiasm for players to win the ball back from their opponents.

OVERLOAD & UNDERLOAD SSG

Setup a pitch with a goal at either side with a goal-keeper in each of the goals. Both teams' players are on the outside of the pitch in a line opposite one another with the coach in the middle with the footballs. Teams alternate calling out the number of players that they want to have in the game. Teams can decide whether they have an overload, underload or the same number of players as the opposition team. If a team scores with an overload it's worth 1 point, with the same number it's 2 points and with an underload it's 3 points. In this game teams cannot have more than one player more or less than the opposition i.e. 1v3 isn't allowed.



Equipment



8 - 10 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **1 v 1 Defending** – In this game, players should focus on 'shut down, sit down and show down' when defending 1v1 against their opponents. Use this game to help teach players how they defend individually against opposition players.
- **Problem Solving** – In this game, players will have to defend in different situations and areas of the pitch, players should look at identifying how they will defend whether they have an overload, same number or underload throughout the game.
- **Decision Making** – Defenders will need to recognise whether they will press or drop in this game as well as how/ where they will show the opposition players. Encourage players to work together as a team to decide what will give them the best chance of winning the ball back as a team.
- **Win It To Keep It** – Encourage defenders to keep the ball once they have won it to allow them to score in the opposite goal. Players that use their body well and look to step across the attacker to come away with the ball once they have won it will be in a better position to score after they've won the ball back.

Progressions

- The overload/underload can be increased to being more than one, teams can now ask for a 1v3 as an example.

Regression

- The coach now decides the number of players that go into the pitch from both teams.

WEEK 6

SMALL SIDED GAMES

Small Sided games to provide players with an opportunity to play and consolidate their learning from the last block.

FOOTBALL CHAOS

Setup a small sided game with four goals and four teams. There are two teams playing against each other with one pair of teams playing east to west and the other playing south to north. The game runs with both games being played with a football between two trying to score and defend the relevant goals.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Moving & Manipulation** – Players will need to find ways of moving and manipulating the defender to allow them to get success in this game. Players should look to keep the ball close to their body to help them protect the ball and evade the defender. Players will also need to be able to manipulate the ball away from the other team if they move into the space.
- **Hiding & Carrying The Ball** – Encourage players to manipulate the ball on both sides to help them 'hide' the ball win manipulating it. Players that are able to shield and keep the ball on the furthest foot from the defender will be able to prevent the defender from winning the ball. When carrying the ball, players should look to keep the ball close to them unless they have space in front of them and they can move into the space with bigger touches.
- **1 v 1s** – Players should be encouraged to be creative in their 1v1s when attacking but also making sure they work hard in their 1v1s when defending too. As the game is 2v2, players may look to use their team mates to support with how they use their 1v1 skills but also with how they can defend as a team.
- **Ball Striking** – As the game begins without any goalkeepers, encourage players to try different ways of striking the ball to score but also to find their team mates as well.

Progressions

- Increase the number of players that are playing in each of the teams and/or add goalkeepers as well.

Regression

- Mark out the pitch so that there are channels that teams have to play in if they are going horizontally or laterally so there is a clearer playing area.

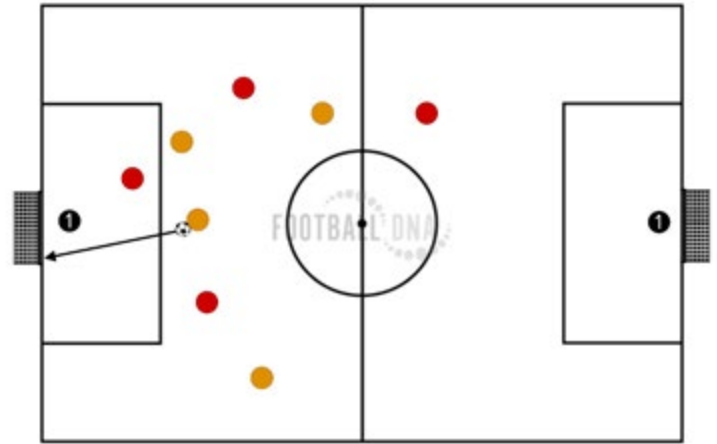
WEEK 6

SMALL SIDED GAMES

Small Sided games to provide players with an opportunity to play and consolidate their learning from the last block.

TURNOVER SMALL SIDED GAME

Setup a small sided game with two goals and a goalkeeper in either goal. This is a normal small sided game, however, once a goal is scored in one direction the team that has scored then attacks in the opposite direction. This game is set up to allow for quick transitions between attacking and defending for both attackers and defenders.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Passing & Receiving** - Players throughout the game should look to keep their eyes up and continually scan to help them to see space as well as their team-mates. Good decision making should be encouraged, and players should be supported on how they may share the ball with their team mates to keep the ball but also create opportunities for the team.
- **Hiding & Carrying The Ball** - Encourage players to manipulate the ball on both sides to help them 'hide' the ball win manipulating it. Players that are able to shield and keep the ball on the furthest foot from the defender will be able to prevent the defender from winning the ball. When carrying the ball, players should look to keep the ball close to them unless they have space in front of them and they can move into the space with bigger touches.
- **1 v 1s** - If players are in a 1v1 situation they should look to use speed, body feints and changes of directions to help them to beat the defender. Encourage players to be creative and try different ways to beat the defender, but also to react positively if they lose the ball to win it back too. Support players with their decision of when to pass and when to go 1v1 in the small sided games.
- **Ball Striking** - The use of both feet to finish will allow the attackers to get shots away quicker. Due to turnover, players may be able to play longer passes into space for their team mates once their team has scored and they are then attacking in another direction. In addition, players may need to use different types of passes to keep the ball but also to help them switch play or play through for example.

Progressions

- Make the goalkeepers switch over once they score too, this will create a fun challenge for both teams.

Regression

- Play a normal small sided game and/or reduce the number of players on the pitch at one time.

BLOCK 4 - WEEK 19 - 24

Key Coaching Points	<ul style="list-style-type: none"> - Body Feints - Changes Of Direction - Problem Solving - Movement 	<ul style="list-style-type: none"> - Eyes Up - Use Of Both Feet - Surfaces Of Feet - Change Of Speed 	<ul style="list-style-type: none"> - Eyes Up/ Scanning - Use Of Both Feet - Surfaces Of The Feet - Open Body 	<ul style="list-style-type: none"> - Eyes Up/ Scanning - Use Of Both Feet - Striking Surfaces - First Touch 	<ul style="list-style-type: none"> - Eyes Up/ Scanning - Change Of Direction - Change Of Speed - Use Of Both Feet 	<ul style="list-style-type: none"> - Hiding & Carrying The Ball - 1 v 1s - Ball Striking - Movement & Manipulation
Coaching Focus	Ball Manipulation	Dribbling	Passing Surfaces	Striking Surfaces	Races	Tournament
Topic	Moving & Manipulation	Hiding & Carrying The Ball	Passing & Receiving	Ball Striking	1 v 1s	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](#)

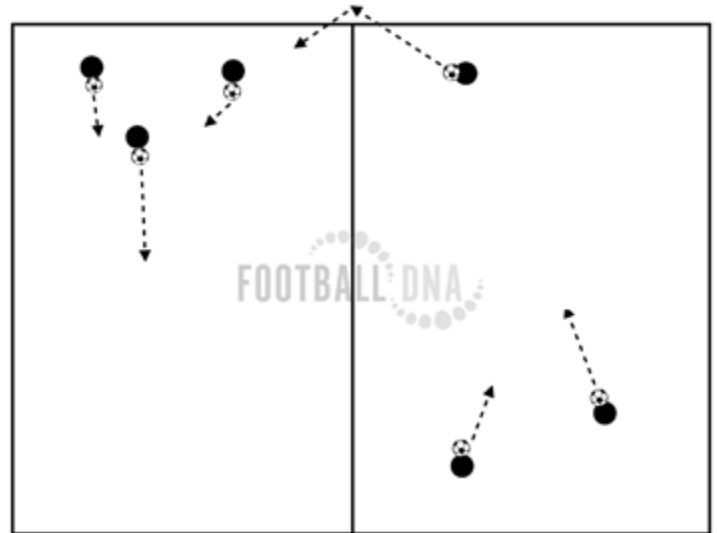
WEEK 1

Moving & Ball Manipulation

Introduction into different ways of how to move the body as well as manipulate the ball on both feet to help players solve problems.

SKILLS ESCALATOR

The skills escalator involves an area that is split into two with all players having a ball each. Players have to travel across the area in one direction performing a range of different skills on both feet trying to get as many touches they can with their ball. As soon as they have got to the end of one side, they then move around the other side going in the opposite direction. Encourage players to travel in different directions with different surfaces of both feet. You can begin the game without players having a ball and simply moving in different ways across the area, with players trying to use as many different ways of moving as they can.



Equipment



6 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Movement** - Players should find different ways to move their body at different speeds to help them move across the areas. Players can use different movement skills such as running, jumping, hopping, skipping etc.
- **Ball Manipulation** - Players should use different surfaces of their feet to help them manipulate the ball of both sides across the area. Players should explore using the inside, outside, sole and laces as they travel across the area at different speeds.
- **Change Of Direction** - The use of changing direction should be encouraged in this game to get players travelling in zig zags and moving from side to side. This will help players to explore different turns and ways to change direction using both feet.
- **Eyes Up** - As players are travelling across the square, they should look to keep their eyes up whilst travelling with their ball to help them to see both where the space is as well as where the other players are too.

Progressions

- Add a defender in each of the areas that players have to try and evade without being tackled. If the defender wins the ball, they have to travel with their ball out of the area.

Regression

- Play this game without a ball, players have to simply try and get across to the other side using a wide range of different movements. Add a defender in each of the areas if needed to help players to explore different movements without being tagged.

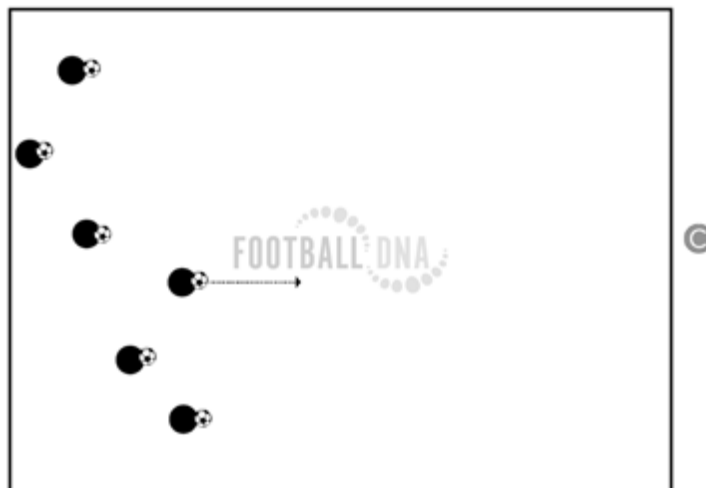
WEEK 1

Moving & Ball Manipulation

Introduction into different ways of how to move the body as well as manipulate the ball on both feet to help players solve problems.

HOT CHOCOLATE

Setup an area with each player with a football and the coach at the opposite end. The players with the football have to travel to the other side of the area with their ball, whilst making sure they aren't caught by the coach. The first player to make it across to the other side wins the game. When the coach calls 'Hot Chocolate' they'll turn around and try and catch any players that are moving. Players have to freeze with their foot on top of the ball without being caught. If a player is caught, they must return to the beginning before they can go again.



Equipment



4 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Ball Manipulation** – Players should use different surfaces of their feet to help them manipulate the ball on both feet. Players should look to take smaller touches to allow them to react to when the coach calls 'Hot Chocolate' to help them to stop the ball and freeze quickly.
- **Eyes Up** – As players are travelling across the square, they should look to keep their eyes up throughout the time they are travelling with their ball to help them to see the coach and also the space that they are moving into. Players with their eyes down, may not be able to react as quickly or move into the best space.
- **Change Of Speed** – Players may wish to take larger touches to help them move into space quickly if they think they can without being caught. As this is a race to the other side, players need to recognise when is the right time to do this.
- **Decision Making** – Throughout this game, players need to make decisions on whether they should run with the ball or dribble as well as deciding upon which foot and how they will manipulate the ball into space.

Progressions

- Add a defender in the middle, who has to try and win the ball from the attackers and return their ball to the beginning.
- If the coach calls 'Hot Chocolate' both the attackers and defender have to freeze.

Regression

- Play without footballs and players have to simply get to the other side without being caught.

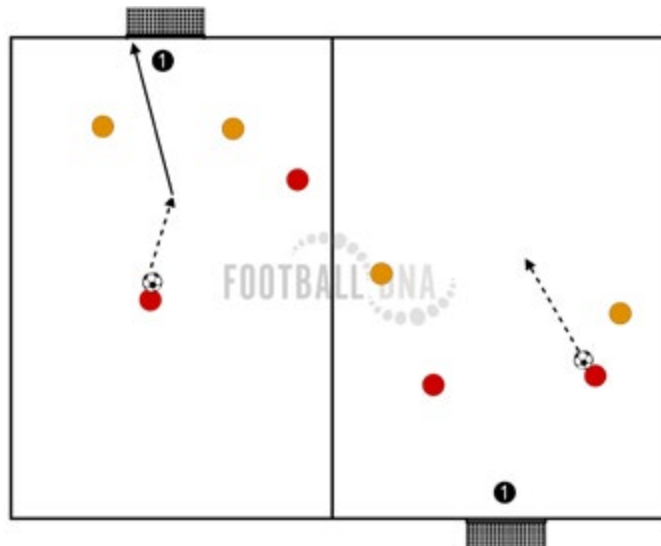
WEEK 1

Moving & Ball Manipulation

Introduction into different ways of how to move the body as well as manipulate the ball on both feet to help players solve problems.

2V2 GOALS V LINE BALL

Setup a pitch and split it into two with a goal at opposite ends of one another on each half. In each of the goals, have a goalkeeper and split the groups into two teams. One team has to defend the goal and have to try and win the ball from the attackers and take the ball to the opposite line. Attackers have to try and score – if they do this successfully, they then become the team that defends the goal.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Manipulation** – Players should look at using different surfaces of their feet to help them to manipulate the ball to attack the goal or find a way out to get to the opposite line once they have won the ball back. Ball manipulation should also be used to help them evade their opponent and get out of tight areas.
- **1 v 1s** – Players should be encouraged to be creative and willing to take risks to take players on in this game to create opportunities for them to score. Players should be encouraged to make the right decision of when to pass and when to dribble.
- **Eyes Up** – As players travel with the ball, they should look to do this with their eyes up to help them to recognise the best space for them to move into as well as ensuring they avoid traffic and other players as they are travelling with the ball. Players should adjust the surface and type of touches they are taking by keeping their eyes up and recognising the best way of moving with the ball.
- **Change Of Direction** – The use of changing direction should be encouraged in this game to help players to be able to turn and go in an opposite direction if they cannot go forwards. Changing direction will enable players to be able to evade pressure and manipulate their way out of tight areas.

Progressions

- Have more than one football in play in each half. Every time a goal is scored in the goal, they should look to rotate who attacks and defends.

Regression

- Play this game as a handball game, with players have to try and throw and catch to be able to score rather than use their feet.

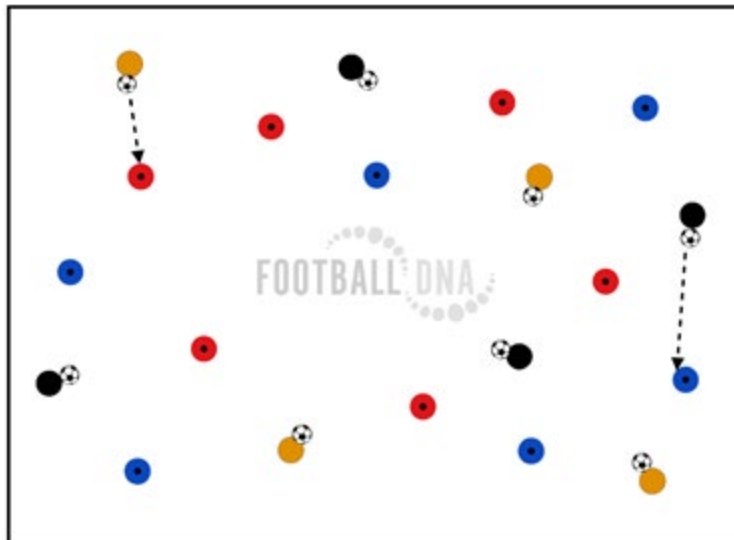
WEEK 2

HIDING & CARRYING THE BALL

Explore different surfaces and ways to carry and travel with the ball on both feet to move into space or evade the defender, with a focus on a introduction to dribble.

CUPS & SAUCERS

Setup an area with cones turned upside down and also the normal way around. Split the team into two, with one team flipping them one way and the other flipping them around the other. In order to do this, players have a ball each and have to travel around the area with their ball and flip the cones up to the way they need for a point whilst keeping control of their ball. The team with the most cones flipped their way wins. Have a set time limit for each round.



Equipment



6 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up** – As the players are dribbling the ball around the area, they should keep their eyes up to identify the best space for them to move into as well as evading the other players as well. Players should be encouraged to also keep their eyes up to see each cone that they are trying to flip inside the pitch.
- **Use Of Both Feet** – Encourage players to practice dribbling the ball on both feet. You may need to apply some constraints or challenges for the players to support and encourage them to use both sides for example: every time you flip a cone, you must change the foot you are travelling with.
- **Surfaces Of The Feet** – Using different surfaces of the feet such as: laces, outside, inside and sole will help the players explore different ways of manipulating the ball as well as dribbling into the space too. When dribbling, players should try to keep the ball close to their body to allow them to change direction and speed quickly if needed.
- **Change Of Speed** – If there is little space for the players as they dribble, they may need to take smaller and slower touches to dribble to evade the other players and move out of the tight space. Alternatively, if there is space in front of them, players should be encouraged to dribble the ball with speed into that area.

Progressions

- To progress this further, add a defender that is inside the pitch that have to try and win the ball back from both teams and take it outside of the area. If a player has their ball taken out of the area, they have to get it from the outside before they can then return.

Regression

- Play without footballs, with players moving around the area without their ball and simply aiming to flip the cones.

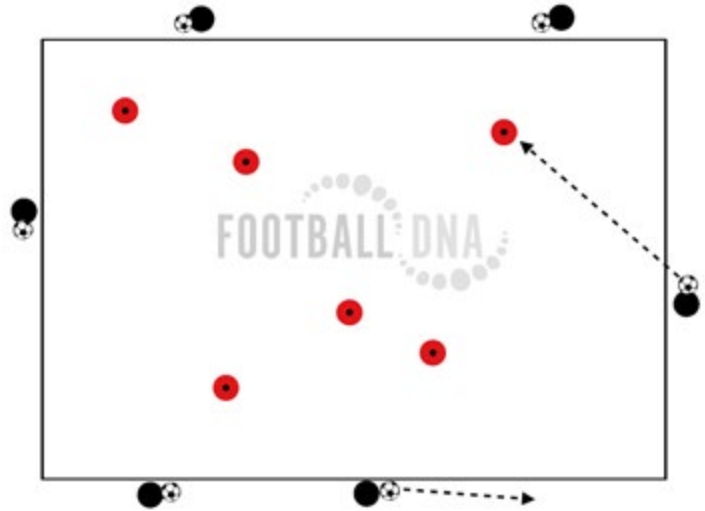
WEEK 2

HIDING & CARRYING THE BALL

Explore different surfaces and ways to carry and travel with the ball on both feet to move into space or evade the defender, with a focus on an introduction to dribble.

MUSICAL CHAIRS

Setup a square with cones inside the area and players with a ball around the outside of the square. Players have to travel with their ball around the outside of the square, either when the music stops or on the whistle; players have to quickly travel with their ball and stop it on a cone. The last player to a cone is then out of the game. After each round take away a cone and play until there is one player left.



Equipment



6 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up** – As players travel with the ball around the area, they should be encouraged to keep their eyes up to see the space in front of them as well as where the cones are in the middle of the square. As the music stops or on the whistle players should keep their eyes up to help them get to the cone quickly, being ready to adjust in case that cone is taken by another player.
- **Use Of Both Feet** – In this game, using both feet will help players to be able to dribble around the outside of the square as well as quickly changing direction as they enter the area or look to get to a cone. Encourage players to use both feet as they're travelling around the outside of the area.
- **Surfaces Of The Feet** – Using different surfaces of the feet such as: laces, outside, inside and sole will help the players explore different ways of manipulating the ball as well as dribbling into the space too. When dribbling, players should try to keep the ball close to their body to allow them to change direction and speed quickly if needed.
- **Change Of Speed** – Players may need to adjust the space that they are travelling around the square with based on what space is in front of them. Likewise, when the music stops or the whistle is blown, players may need to use larger/ bigger touches to help them to get to a cone before the other players.

Progressions

- Once a player is out of the game, they become a defender in the middle and have to try and win the ball and dribble it out of the square for oncoming players. Each round is played until all, but one player is on a cone.

Regression

- Play without footballs, or with players holding the balls in their hand. This will simplify the game and help you to focus the players efforts on keeping their eyes up and how they use their body and movement to move around the square or get to a cone.

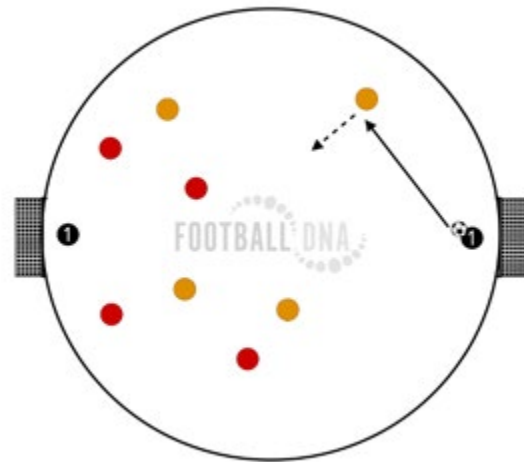
WEEK 2

HIDING & CARRYING THE BALL

Explore different surfaces and ways to carry and travel with the ball on both feet to move into space or evade the defender, with a focus on an introduction to dribble.

CIRCLE SSG

Setup a circular pitch with two goals and a goalkeeper in either goal, as well as splitting the players into two teams. Play as a normal small sided game with normal rules, the difference being it's being played inside a circle which may challenge players on how they travel around the area.



Equipment



6 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up (Scanning)** – Before the attacker receives the ball, they should look to scan and identify where the best space is. When the players receive the ball, they will need to identify the best time to pass and when is the best time to dribble.
- **Use Of Both Feet** – Using both feet will help players to be able to dribble around the circle and evade the defenders during the game. Travelling with the ball on the furthest foot from the defender will help them hide the ball from the defender and coaches should reinforce this by challenging the players to 'hide their ball.'
- **Surfaces Of The Feet** – Using different surfaces of the feet such as: laces, outside, inside and sole will help the players explore different ways of manipulating the ball as well as dribbling into the space too. When dribbling, players should try to keep the ball close to their body to allow them to change direction and speed quickly if needed.
- **Change Of Speed** – Players may need to use changes of speed to help them evade players, as well as to help them move around the circle too.

Progressions

- Add a score zone that players have to get into before they can score.

Regression

- Both teams have a ball each and play unopposed trying to score from one goal to the next.

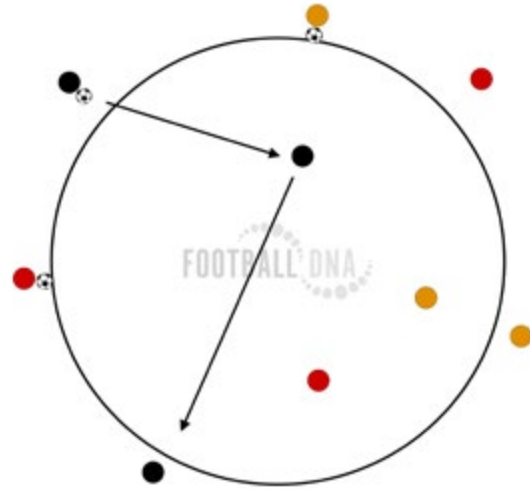
WEEK 3

PASSING & RECEIVING

Players are going to learn and explore the use of different surfaces of their feet that they can pass and receive with. Within this, players will be supported to play with their eyes up and scan to develop their awareness.

PASSING CIRCLE

Create a circle and split the group into three with each group having three / four players each with one ball between them. Two players are set up on the outside of the circle and one player is set up inside the middle of the circle. The players on the outside have to transfer the ball into the middle player who then receives the ball and then has to play to the other player on the outside of the circle. Rotate the players throughout the game so they get a go both in the middle and outside of the circle.



Equipment



6 - 9 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – Players on the outside of the circle should be continually getting their eyes up before they receive the ball but also as they pass the ball too. This will enable these players to be able to be ready to receive the ball as well as being accurate with their passes too. The player inside the middle of the circle should continually be checking their shoulders and adjusting their body shape to see both their players on the outside of the circle, as well as the other teams' players too.
- **Use Of Both Feet** – Players should look to use both feet when using different surfaces of their feet to pass the ball, particularly the player inside the circle who has to receive and pass to both sides. Encourage players to use both feet when playing passes to help them keep the ball as a trio.
- **Surfaces Of The Feet** – Players should explore different parts of the feet to use when receiving the ball to help them control the ball around the outside of the circle. Players should also be encouraged to use different surfaces of both feet to pass the ball i.e. inside, laces, outside, sole.
- **Pass Speed** – Players will need to adjust the weight of their pass based on the space the player in the middle of the circle is in. Players should try to play firmer passes in this game to challenge themselves to play quicker, whilst keeping control of the ball too.

Progressions

- Add a defender in the middle who has to try and win the ball back from players inside the middle of the circle.

Regression

- Players can throw or roll the ball in with their hands to one another as well as using their feet too.

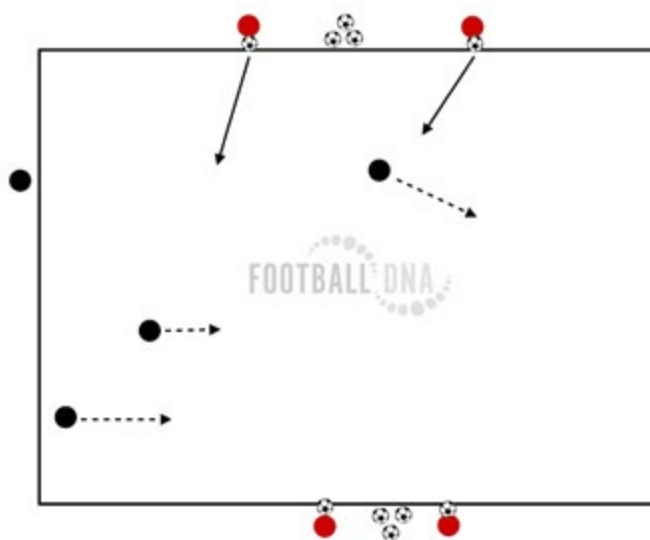
WEEK 3

PASSING & RECEIVING

Players are going to learn and explore the use of different surfaces of their feet that they can pass and receive with. Within this, players will be supported to play with their eyes up and scan to develop their awareness.

COWBOYS & INDIANS

Setup an area with some players with footballs on the outside of the area acting as the Cowboys and the other players without the balls acting as Indians. Players have to travel across the area to the opposite side without being hit by a ball. Once they are at the opposite side, they are safe. A new round begins once all players are on the opposite side and footballs have been collected from the middle. The players on the outside have to pass the ball to try and hit the players travelling across the area (must be below waist height). If a player is hit by a ball, they then become a Cowboy, play until there are no players left.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – When the game begins, the Cowboys with the ball on the outside should keep their eyes up and recognise the right time and type of passes they are going to play to try and hit one of Indians. As players are on the move throughout this game, the Cowboys should look to keep their eyes up as they're playing the pass as well as they may need to adjust how the pass is played based on the players movement in the middle.
- **Use Of Both Feet** – Players should look to use both feet when using different surfaces of their feet to pass the ball and constraints can be placed in by the coach to ensure the children get equal practice on both sides. For example, players have to pass on a different foot each time.
- **Surfaces Of The Feet** – Using different surfaces of the feet will affect the weight of their pass and players should explore how different surfaces will change the type of pass that they can play to try and hit the players travelling across the area. For example, passing with the outside of the foot may spin the ball away/into the player they are trying to hit.
- **Pass Speed** – Players will need to adjust the weight of their pass based on the speed/direction players are travelling across the area with. Support players with their strategy on how they pass the ball i.e. do they pass the ball in front of the oncoming player.

Progressions

- Add different shape and sized balls for them to practice passing with i.e. a soft ball, tennis ball etc.

Regression

- Players can roll the ball in with their hands rather than passing the ball with their feet.

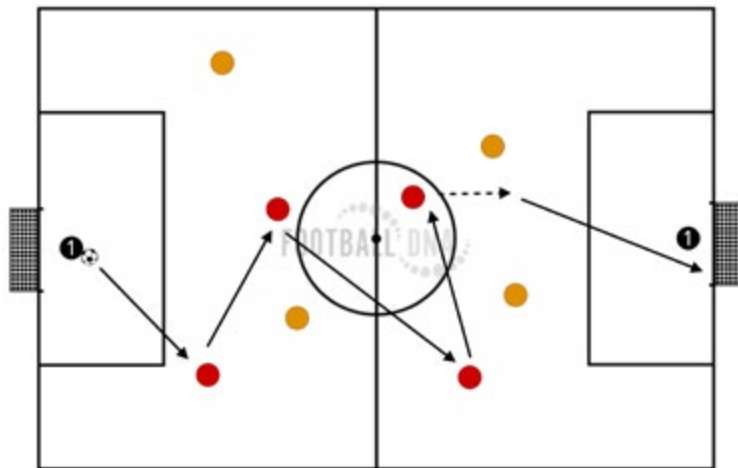
WEEK 3

PASSING & RECEIVING

Players are going to learn and explore the use of different surfaces of their feet that they can pass and receive with. Within this, players will be supported to play with their eyes up and scan to develop their awareness.

KEEPING IT IN THE TEAM SSG

Setup a pitch and organise two teams with a goal-keeper for each team with each team at either end. Play as a normal small sided game, however, in this game each team has to pass the ball to everyone of their team mates before they can score. If a team loses possession of the ball whilst trying to get everyone of their team mates to touch it, they must then restart in trying to do this once they regain it again.



Equipment



8 - 10 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – Players in this small sided game should be encouraged to continually scan when they have the ball but also when they don't have it too. By scanning, players will be able to identify the best spaces for both themselves to move into to try and receive the ball but also receive it too. This will help the team in possession to build the number of passes that they have and avoid losing possession to the defending team.
- **Use Of Both Feet** – Players should look to use both feet when passing and receiving to help them maintain possession of the ball. Using both feet will help players to be able to receive with an open body shape, play quickly as well as protect the ball from the defenders if placed under pressure.
- **Surfaces Of The Feet** – Using different surfaces to pass with should be explored by players to be able to identify how to play over shorter and longer distances to help them to maintain possession for the team. Likewise, using different surfaces to receive the ball will also help players to take their first touch away from defenders but also into space too.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the space that they wish to travel into as well. An open body shape in this game will also help players to be able to play quicker and recognise where their team mates are.

Progression

- Players have to get a certain number of passes before they can score or every player on their team must touch the ball before they can score.

Regression

- If the team loses the ball, rather than them losing the number of passes they have once they've won it back their points continue. You may also play this as a handball game or without defenders with each team having a ball each.

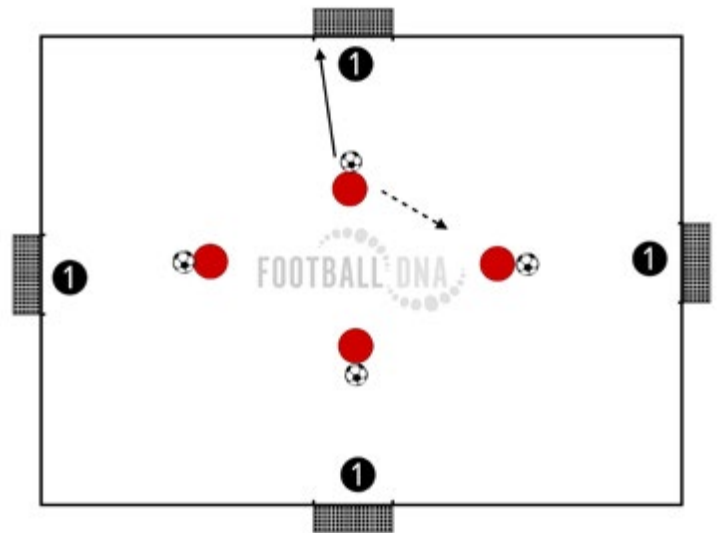
WEEK 4

BALL STRIKING

To support players with exploring using different surfaces to strike the ball with both feet.

PENALTY CIRCUIT

Setup an area with four goals and a goalkeeper/player in each of the four goals. Have a player with a ball each that takes a penalty in each of the goals, after each penalty they get their ball and move onto the next goal. Play as a competition and see what player can score the most goals. Rotate attackers / goalkeepers to give them all an opportunity to practice their ball striking.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – As players approach the ball, they should look to keep their eyes up to see both the goalkeeper and also the goal.
- **Use Of Both Feet** – Encourage players to use this an opportunity for players to practice scoring in either goal with both feet. You may add this as a challenge to help players get practice on both sides.
- **Striking Surfaces** – Challenge players to try striking with different surfaces i.e. laces, outside or inside when they leave the box. To support this, you may need to position yourself by the goal to help players with their approach to the ball (at an angle) where they place their standing foot (beside the ball and aiming towards the goal) as well as what surface and follow through they go with.
- **Disguise** – Encourage players to use disguise when taking their penalties with their eyes and body to face one way and finish in the opposite direction.

Progressions

- Play as an American penalty shootout, with players being able to dribble in rather than hitting a static ball to go 1v1 against the GK.

Regression

- Play without goalkeepers and players get opportunities to practice scoring in different ways in each of the goals.

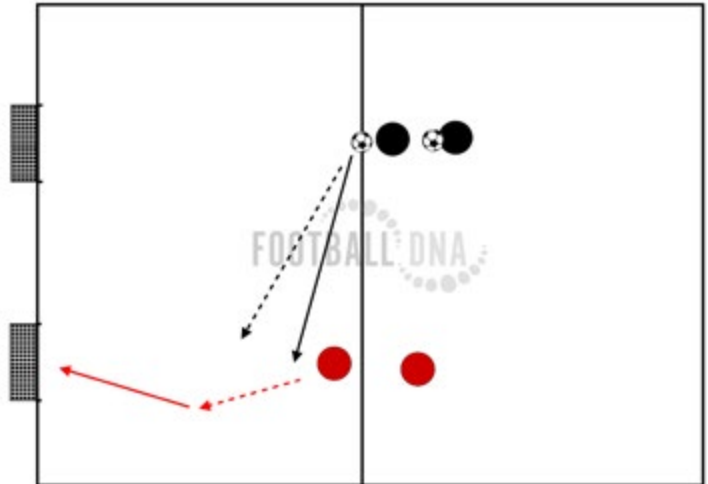
WEEK 4

BALL STRIKING

To support players with exploring using different surfaces to strike the ball with both feet.

THE HUNT

Setup an area with two goals either side next to one another and split the teams into two. The team that begins with the ball are defenders, the defender passes the ball into the attacker who has to receive the ball and try and score. Once the ball has been passed the defender can try and win the ball back from the attacker. The attacker has to receive the ball and try and score in either goal. Rotate the attacker and defender after each turn.



Equipment



4 - 8 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** - Players before taking their shots should look to keep their eyes up to see where the ball is, but also which goal is best for them to shoot into. This may change their strategy of when they are taking their shot and what type of shot that they are going to have as well.
- **Use Of Both Feet** - Players should be encouraged to shoot on both feet to help them get their shots away quickly whilst keeping the ball on the furthest foot from the defender, but also to help them to use different techniques to shoot as well.
- **Ball Striking Surfaces** - Using different surfaces to shoot will change the type of shot players can use to score in either goal. For example, if they cut inside the pitch, they may need to use a curled shot to score in the far goal.
- **1v1s** - For the attacker to avoid the defender in this game, they may need to use different 1v1s skill and/or ways of manipulating the ball to help them to evade their opponent to be able to score.

Progression

- Have a goalkeeper that can defend either of the goals that moves between them trying to save the attackers shots.

Regression

- Rather than having a defender, the attacker simply receives the ball and tries to score without being tackled.

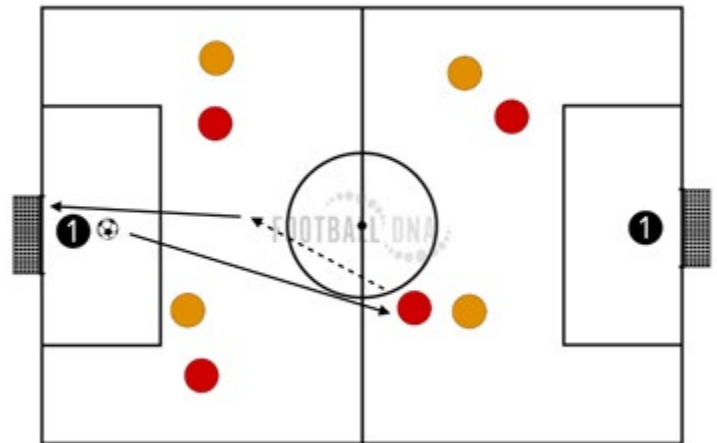
WEEK 4

BALL STRIKING

To support players with exploring using different surfaces to strike the ball with both feet.

MULTI DIRECTIONAL SSG

Setup a small pitch and split it into two halves with a goal either side and as well as two teams. Players in this small sided game can score in either goal and aren't limited to attacking in one direction. Goalkeepers play for both teams, but always play to the opposite team that scores or kicks the ball outside the area.



Equipment



8 - 10 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players should be looking to recognise both where the defender(s) are as well as the goalkeeper and trying to create space for them to get their shots off. Players that keep their eyes up will be able to recognise when is the right time to shoot and they should be encouraged to shoot quickly and not hesitate before taking their shot.
- **Use Of Both Feet** – Players should be encouraged to shoot on both feet to ensure they don't lose their opportunity to get a shot at goal. Players that hesitate when an opportunity arises because they don't feel as comfortable on a particular foot will find it more difficult to get shots away in this game. Constraints can be used to help players use both feet throughout the game to build their confidence.
- **Ball Striking Surfaces** – Players should explore different surfaces but also different ways to finish in this game. As they have to get their ball if they miss, they may need to focus on how they can 'place' their finish to help them be more accurate rather than focusing on power. Likewise, the use of the toe or outside may help players get shots away quicker and can be used to hide when they're going to shoot (body shape means defender and goalkeeper won't anticipate it)
- **Ball Manipulation** – If players cannot get a shot away because it's being blocked by the defender, they should look to use different ways of manipulating the ball to move both the defender and the goalkeeper to create goalscoring opportunities for themselves.

Progression

- Add a second football to increase the number of shots and turns players get throughout the game.

Regression

- Both teams have a ball each and the game is played unopposed with teams working between them to score in either goal.

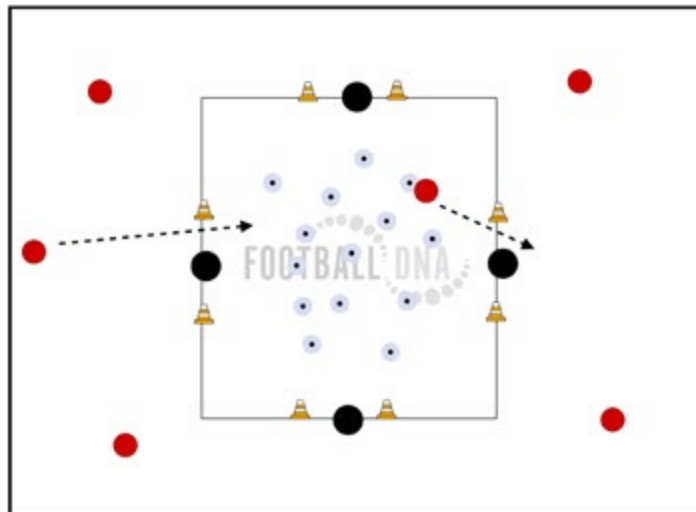
WEEK 5

1 V 1s

Players exploring different ways of using their body to beat players in 1v1 situations through changes of direction and speed.

BANK ROBBERS

Setup an area with a box in the middle with four gates and a player inside each of the gates. The players inside the gates are trying to stop the attackers (robbers) from getting into the safe and taking the cones that are scattered around the middle square. The attackers have to get into the middle square without being tagged and take one cone which they can then keep if they leave the square in the middle without being tagged. If they are tagged, they lose all their loot. Rotate who attacks and who defends regularly.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – As players travel around the area, they should keep their eyes up and continually be scanning to recognise the right time to enter a gate. Players may be waiting for the defender to be distracted before they move through the gate.
- **1v1s** – Players should try and explore different ways they can move their body to enable them to evade the tagger from inside the gate. They may look at using body feints to help move them one way and then create space to go another.
- **Speed** – Players should look to use their speed and agility to not only shift players one way to help them go another but also when space is opened up in a gate they should look to move into this space quickly to help them get through without being tagged.
- **Change Of Direction** – As players enter the gate or move into a space, they may need to be able to quickly change direction if a better space becomes available or if they're about to be tagged by the defenders.

Progressions

- Players now have a ball each and have to try and move through the gates with their ball rather than without the ball.

Regression

- Defenders aren't limited to defending the gate and can now move anywhere around the square (not the middle square though).

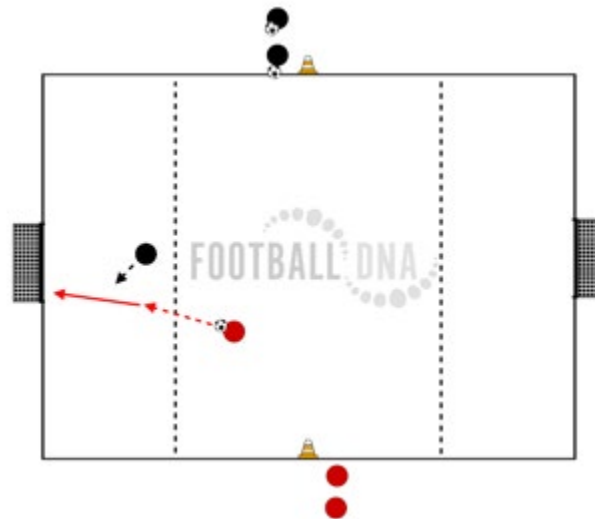
WEEK 5

1 V 1s

Players exploring different ways of using their body to beat players in 1v1 situations through changes of direction and speed.

1V1 MULTI DIRECTIONAL

Setup an area with two goals at opposite ends of one another and a score zone by either goal. Split the group of players into two teams, with attackers at one end without a ball and the defenders on the opposite side who have a ball each. The game begins with the defender passing their ball across to the attacker who then has to play 1v1 against them and try and score in either goal. If the defender wins the ball back, they can also score. Play until the ball goes out of play or a goal is scored. As soon as this happens, the next round can begin. Players join the back of their line after their turn is over. Rotate the attackers and defenders regularly throughout.



Equipment



4 - 8 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players should look to keep their eyes up to identify where the best space for them to travel into as the ball is being passed into them. Players may look to face one way and actually move in another direction with their 1st touch to help them evade the defender with a disguise. When travelling with the ball, the attacker should check their shoulders to help them to identify where the defender is to help them to decide upon their next action.
- **Change Of Direction** – Changing direction will help the attacker to evade the defender and allow them to go in a different direction where there is space. The attackers should look to use their body to help them to protect and shield the ball when turning to ensure the defender isn't able to win it back from them.
- **1v1s** – Players should try and explore different ways they can move their body but also the ball to enable them to evade the defender if they're in a 1v1. Players should be encouraged to use body feints to help move them one way and then create space to go another or be creative with other 1v1 skills.
- **Speed** – In this game, encourage players to use their speed to take their first touch into space and try and score without going 1v1. If the defenders recover, they should then look to change direction and potentially attack the other goal.

Progressions

- Make the game a 1v2 to make the attacker now try and find ways of beating two defenders.

Regression

- Both players are to have a ball each, when the coach calls 'go', it's the first player to score in either goal that wins.

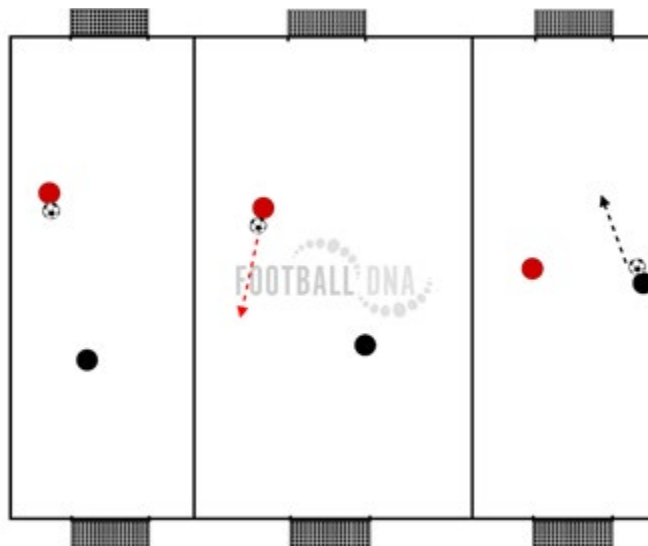
WEEK 5

1 V 1s

Players exploring different ways of using their body to beat players in 1v1 situations through changes of direction and speed.

1V1 TOURNAMENT

Setup multiple pitches with two goals and two players per pitch. The game is a 1v1 game where players are to play against each other. If the ball goes out of play, they are to pass or dribble in. Rotate who players play against regularly.



Equipment



4 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players should look to keep their eyes up to identify where the best space for them to travel into as the ball is being passed into them. When travelling with the ball, the attacker should check their shoulders to help them to identify where the defender is to help them to decide upon their next action.
- **Change Of Direction** – Changing direction will help the attacker to evade the defender to prevent them from being tackled. The use of body feints and quick changes of direction are great ways for the attackers to beat the defenders in 1v1 situations.
- **Change Of Speed** – Changes of speed will help players to slow the defender down and then go quickly to help them to beat them in 1v1s. Likewise, when players slow down after sprinting can stop the defender to allow them to move into space that they have then left when stopping.
- **Use Of Both Feet** – Encourage players to look to beat the defender on either side to make sure they are not predictable but also move into the best space available as well. Players should also be encouraged to finish and travel with the ball on both sides

Progressions

- Make the game 2v2 or 1v2 on each of the pitches to challenge players.

Regression

- Alternate turns of players having one go as an attacker and one go as a defender.

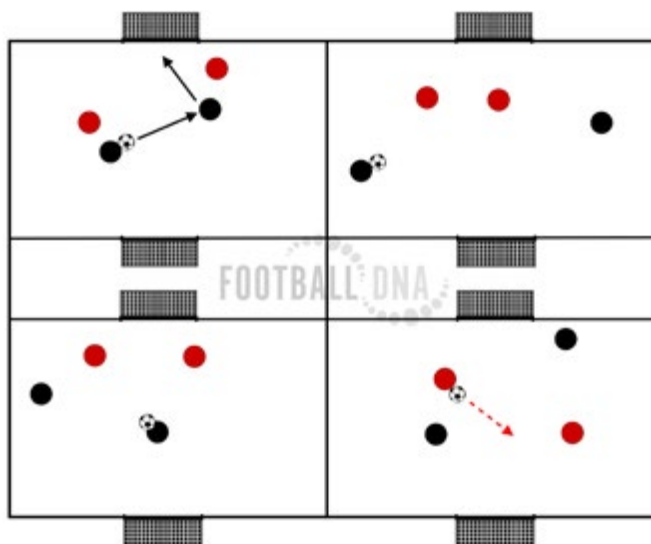
WEEK 6

GAMES WEEK

In this session we provide different tournament ideas for players.

2V2 LEAGUE TOURNAMENT

Setup four pitches with two goals per pitch and a 2 v 2 on each of the pitches as well. Players play 2 v 2 against each other and have to try and win the game. Name each of the pitches i.e. Champions League, Premier League, Championship, League One, League Two, Sunday League in each of the games if you win you move up a pitch and if you lose you move down a pitch. Players are aiming to play on the highest pitch possible (Champions League). Games last for a set amount of time and if the ball goes out of play players can dribble in.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Moving & Manipulation** – Due to the pitches being tight, players will need to find ways of moving and manipulating the defender to allow them to get success in this game. Players should look to keep the ball close to their body to help them protect the ball and evade the defender.
- **Hiding & Carrying The Ball** – Encourage players to manipulate the ball on both sides to help them 'hide' the ball win manipulating it. Players that are able to shield and keep the ball on the furthest foot from the defender will be able to prevent the defender from winning the ball. When carrying the ball, players should look to keep the ball close to them unless they have space in front of them and they can move into the space with bigger touches.
- **1 v 1s** – If players are in a 1v1 situation they should look to use speed, body feints and changes of directions to help them to beat the defender. Encourage players to be creative and try different ways to beat the defender, but also to react positively if they lose the ball to win it back too.
- **Ball Striking** – The use of both feet to finish will allow the attackers to get shots away quicker. Due to the tight pitches, players will need to look to take shots when they get an opportunity and look to place the ball into the goal rather than always going for power.

Progressions

- Make the game a 2v1 and/or a 3v3 or introduce a score zone that players have to get past the line in order to score.

Regression

- Increase the area size to allow players to have more time when they have the ball but also making it easier for them to be able to score too.

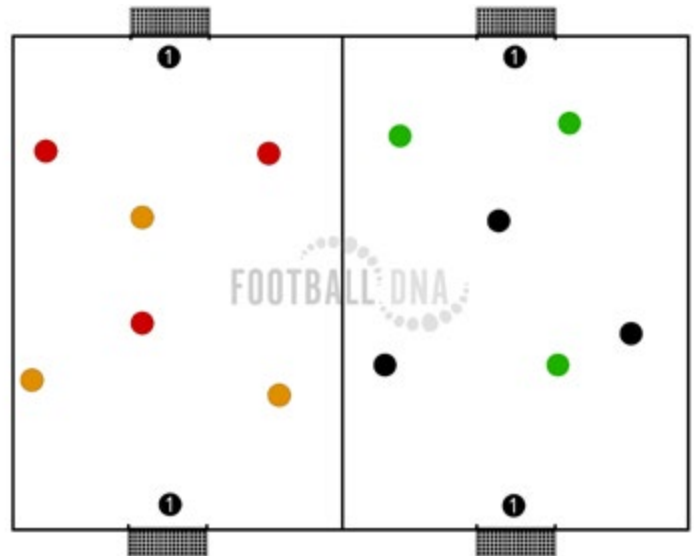
WEEK 6

GAMES WEEK

In this session we provide different tournament ideas for players.

4 TEAM TOURNAMENT

Setup two pitches and four teams. Play as a four-team tournament with each team playing against each other and the coach recording the scores of the games etc. The coach can apply different conditions/constraints onto the games to help challenge players.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Passing & Receiving** - Players throughout the game should look to keep their eyes up and continually scan to help them to see space as well as their team-mates. Good decision making should be encouraged, and players should be supported on how they may share the ball with their team mates to keep the ball but also create opportunities for the team.
- **Hiding & Carrying The Ball** - Encourage players to manipulate the ball on both sides to help them 'hide' the ball win manipulating it. Players that are able to shield and keep the ball on the furthest foot from the defender will be able to prevent the defender from winning the ball. When carrying the ball, players should look to keep the ball close to them unless they have space in front of them and they can move into the space with bigger touches.
- **1 v 1s** - If players are in a 1v1 situation they should look to use speed, body feints and changes of directions to help them to beat the defender. Encourage players to be creative and try different ways to beat the defender, but also to react positively if they lose the ball to win it back too. Support players with their decision of when to pass and when to go 1v1 in the small sided games.
- **Ball Striking** - The use of both feet to finish will allow the attackers to get shots away quicker. Due to the tight pitches, players will need to look to take shots when they get an opportunity and look to place the ball into the goal rather than always going for power. In addition, players may need to use different types of passes to keep the ball but also to help them switch play or play through for example.

Progressions

- Add different rules or conditions to the games to make it link to what you want to work on.

Regression

- Play unopposed with each team having a ball and working together to try and score in either goal.

BLOCK 5 - WEEK 25 - 30

Key Coaching Points	- Body Feints - Changes Of Direction - Problem Solving - Movement	- Eyes Up - Use Of Both Feet - Surfaces Of The Feet - Change Of Speed	- Eyes Up/ Scanning - Use Of Both Feet - Surfaces Of The Feet - Open Body	- Eyes Up/ Scanning - Use Of Both Feet - Striking Surfaces - First Touch	- Eyes Up/ Scanning - Change Of Direction - Change Of Speed - Use Of Both Feet	- Hiding & Carrying The Ball - 1 v 1s - Ball Striking - Movement & Manipulation
Coaching Focus	Ball Manipulation	Dribbling	Controlling Surfaces	Goalscoring	1v1 Attacking	Themed Games
Topic	Moving & Manipulation	Running With The Ball	Passing & Receiving	Ball Striking	1 v 1s	Games
	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30

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](#)

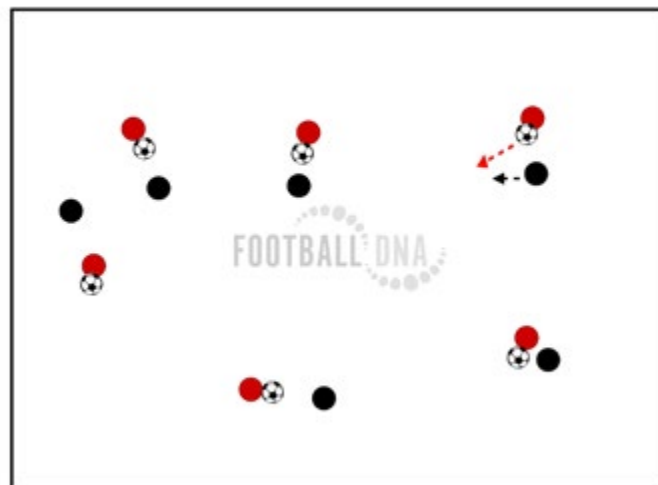
WEEK 1

Moving & Ball Manipulation

Introduction into different ways of how players can use their body to move the defender one way, to create space to go another.

1 V 1 KEEP BALL

Setup an area with one ball between two, the aim of the game is for players to keep the ball for as long as possible. The attacker has to try and stay on the ball and find ways of manipulating and moving the defenders. If the defender wins the ball back, they have to also try and keep the ball for themselves too.



Equipment



6 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Speed** - Attackers should look to use their speed wherever possible to help them to beat the player that is following. The use of speed should be encouraged once the attacker is able to recognise that the defender has been left behind them. If players go slowly, this will give the defender to get closer and make a tackle.
- **Body Feints** - Body feints can be used to move the defender one way and move into another space. An example of a body feint could be stepping one way and then moving another. Body feints should be used when the attacker is 1v1 against the defender to allow them to beat the defender and stay on the ball.
- **Change of Direction** - Changing direction will help attackers to be able to move the defender one way and then move into the space that they've left. Children should look to explore different ways of changing direction of both sides with twisting and turning. In this game, players will need to recognise the right time to use changes of direction and also when they should use their speed.
- **Problem Solving** - Throughout this game, the attacker needs to continually look at deciding what type of movement they will use to help them to beat the player following. Players that keep their eyes up and scan will be able to identify what type of movement is needed when based on where the defender is.

Progressions

- Play the game 1v2 with one attacker playing against two defenders which will increase the difficulty for the attacker.

Regression

- Play without the ball, the defender has to simply try and tag the attacker. If they do this successfully, they change roles.

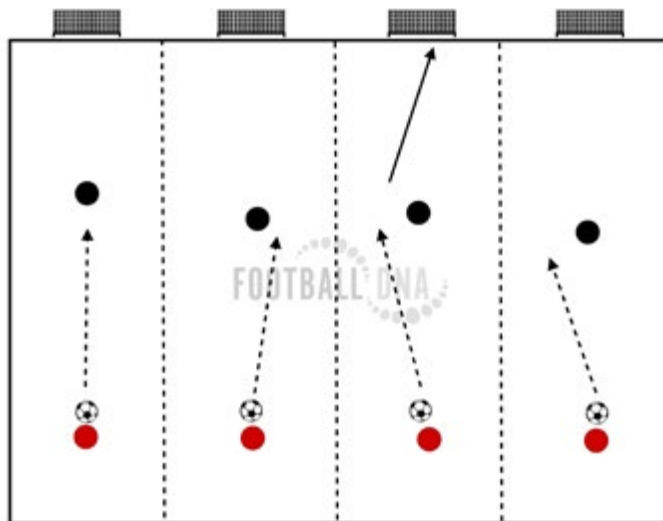
WEEK 1

Moving & Ball Manipulation

Introduction into different ways of how players can use their body to move the defender one way, to create space to go another.

1 V 1 - CORRIDOR

Setup 4 (10 x 5) corridors. The player attacking the goal starts with the ball, looking to score in the goal. The opposition look to win the ball back and stop the ball on the line. If the player scores they get a point, and if the opposition stop the ball on the line, they get a point. Play for 4 minutes and winner is the player with the highest points tally at the end. Then swap partners.



Equipment



4 - 8 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **First Touch** – If there is space in front of the attacker, they should look to take a large first touch into that space. If the defender presses quickly, they may need to adjust their touch to either go in a different direction or make it smaller. Encourage the attackers to use disguises with their first touch, by facing one way and going in a different direction. This will enable them to create space and off-balance the defender.
- **1 v 1 Def & Att** – Attackers should look to attack the space at speed and avoid going 1v1 with the defender. If the defender presses them, they should be creative with their 1v1 skills to beat the defender using either foot. The defender should look to 'shut down, sit down, show down' when defending. Shut down is pressure the opponent quickly, sit down is to get side on and show them away from goal or force them back and show down is how the defender uses their body and feet to win the ball back from the attacker.
- **Shooting** – The attackers should be encouraged to take shots quickly after beating the opponent, or if the goals aren't being blocked by them. Encourage the attacker to use both feet when finishing, this may require a 'finesse' finish with a place/passed finish into either one of the goals.
- **Speed** – When space opens up in front of the attacker, they should be encouraged to run with the ball at speed. Players may need to slow down or adjust the size of their touches as they approach the defender to ensure they can keep the ball whilst travelling with it.

Progressions

- You may wish to progress this further with the defender passing the ball into the attacker to begin the 1v1 or alternatively after each game winners move up and losers move down to create a mini – tournament.

Regression

- The game is played without a ball, the attacker simply has to get to the other side of the area without being tagged.

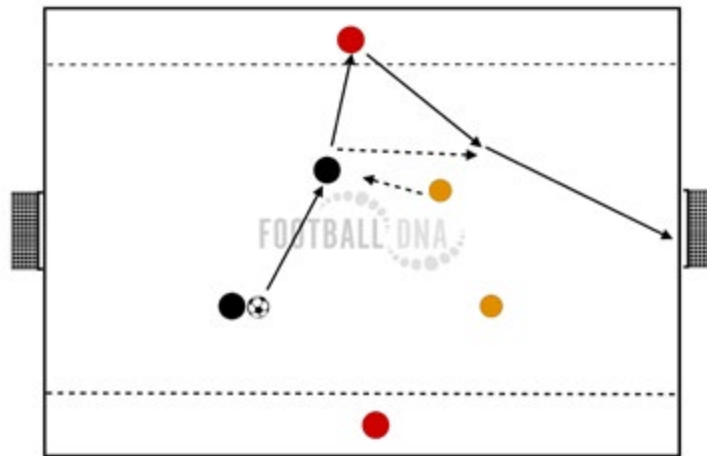
WEEK 1

Moving & Ball Manipulation

Introduction into different ways of how players can use their body to move the defender one way, to create space to go another.

2 V 2 V 2

Setup a 20 x 20 grid with 2 wide channels 5 yards in from the side. A 2 v 2 match is played with 2 players in the channel who can play for either team. The players on the outside will swap with players on the inside after 3 minutes. A point is awarded for a goal.



Equipment



6-8 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **First Touch & Passing** – Players should look to receive the ball with their shoulders and body facing the direction they wish to travel with the ball. This will help to move the defenders but also help them to attack the goal that they wish to score in. The other attacker without the ball should continue to have an open body shape allowing them to see both the ball as well as the goal. When passing the ball, players should look to pass the ball into the other attackers' back foot to help them to play forwards or into the space with the correct weight of pass.
- **Movement** – The opposite attacker should look to move to create space for the player on the ball by moving defenders to allow them to travel into the area vacated, alternatively, they should look to move to try and create space for themselves to receive the ball. Encourage the players to make movements between players to help the attackers to try and break lines.
- **Shooting** – The attackers should be encouraged to take shots quickly after beating the opponent, or if the goals aren't being blocked by them. Encourage the attacker to use both feet when finishing, this may require a 'finesse' finish with a place/passed finish into either one of the goals.
- **Body Shape** – Players should look to receive with an open body shape throughout the game to see both the player that is passing as well as the goal too. Players that have open body shapes will be in a better position to be able to finish quickly.

Progressions

- Players on the outside acting as target players can be tackled by the defending team and are also allowed to move inside the area to create an overload in the middle of the pitch.
- Add goalkeepers and/or a score line that players must get passed before they can score.

Regression

- Play the game unopposed with both teams having a ball between them which they must use by passing to the wide players before trying to score. The teams cannot tackle one another.

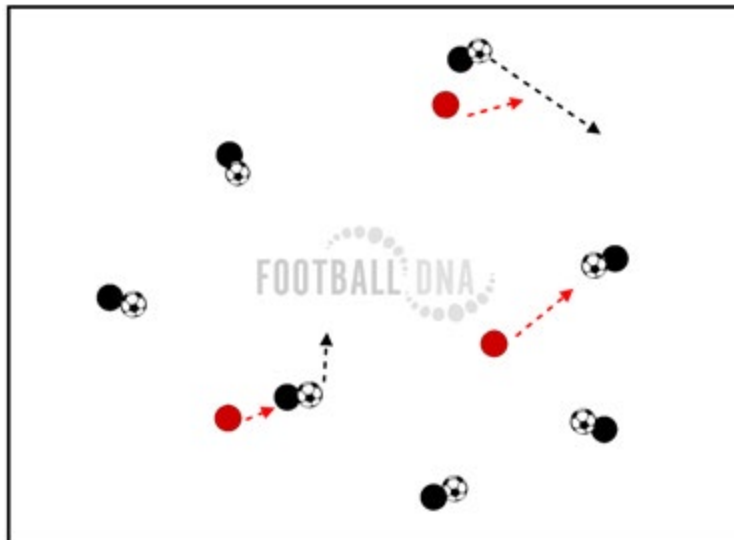
WEEK 2

HIDING & CARRYING THE BALL

Building confidence for players to travel with the ball at speed using both feet using different surfaces of either foot.

SNAKES

Setup a small square with the attackers having a ball each. One player begins as a snake and is only able to lay on the ground slither and slide like a snake. The snake must try and tag the attackers who are controlling their ball whilst moving around the area. If the snake tags a player, that player too then joins them and becomes a snake as well. Players that get tagged can simply hold the ball in their hands whilst they're moving on the floor trying to take players. Play until there are no attackers left and then begin a new round.



Equipment



6 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up / Scanning** – Players should keep their eyes up to see where the snakes are and adjust their movements to help them avoid being tagged. Attackers should also be encouraged to look at where their team mates are and how they're moving to help them to identify which space is best for them to move into.
- **Change of Direction** – Quick, short sharp changes of direction will help players in this game to help them avoid being tagged. The use of disguise to change direction quickly will also benefit players alongside changing direction quickly after using their speed. These types of movements will help players to react to the movement of the taggers as well as the other attackers as well to help them move into the best space.
- **Problem Solving** – In this game players will need to continually make decisions on how they will avoid being tagged by making decisions on how they will move as well as what direction they will move too. Players should not only look at where the space is but also where the taggers and the other attackers are too to help them to strategically decide upon where they will move to.
- **Change Of Speed** – Changes of speed can be used to help players in this game as they attempt to avoid being tagged. If a player goes from standing still or moving slowly to then suddenly moving quickly this may help them to avoid being tagged.

Progressions

- The snakes are able to crawl, rather than roll – this will make it more challenging for the attackers.

Regression

- Play this same game now without footballs, with players simply having to move around the area and avoid being tagged through the use of different movement skills.

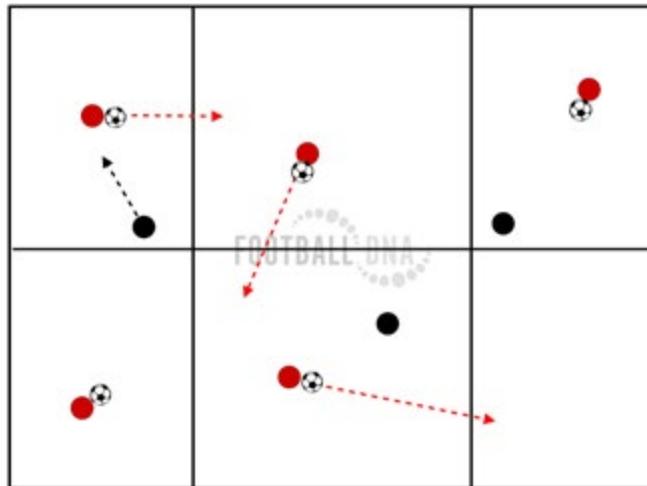
WEEK 2

HIDING & CARRYING THE BALL

Building confidence for players to travel with the ball at speed using both feet using different surfaces of either foot.

JACK IN THE BOX

Organise an area and split the area into a grid with either flat markers or cones. Make sure that you have more boxes than players. Have a player with a ball each begin in a box, with one tagger/defender without the ball for it to begin. The attackers in this game cannot be in the same box as another attacker, if they do – they then become a defender. The defender has to try and win the ball back from the attacker, if they do this successfully the attacker then becomes a defender. The idea of this game is for players to keep their eyes up and be ready to move into a new area with their ball, but also to evade the defender. Play until there are no attackers left.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up** – As players travel with the ball around their own area as well as travel into new boxes, they should be encouraged to keep their eyes up to identify the best space for them to move into to ensure they don't move into another player's box, or be ready to leave the box with another player entering.
- **Use Of Both Feet** – In this game, using both feet will help players to be able to dribble and evade the defenders by changing direction quickly. This will be important for players as they are being chased to help them to move to different boxes throughout the game whilst keeping the ball on the furthest foot from the defender.
- **Surfaces Of The Feet** – Using different surfaces of the feet such as: laces, outside, inside and sole will help the players explore different ways of manipulating the ball as well as running with the ball into the space too. When running with the ball at speed, players may need to take larger touches to move the ball out of their feet to help the move into the space quickly.
- **Change Of Speed** – Whether players are chasing or evading, changes of speed should be used to help them get away from the taggers or to catch the players. Players will need to be ready to take larger touches to help them to get into a new box quickly during this game.

Progressions

- The same game now, but once a player is knocked out, they can then help the attackers to keep the ball through passing. Play the game until there is no footballs left.

Regression

- Play without footballs, with all players trying to catch or evade without a ball.

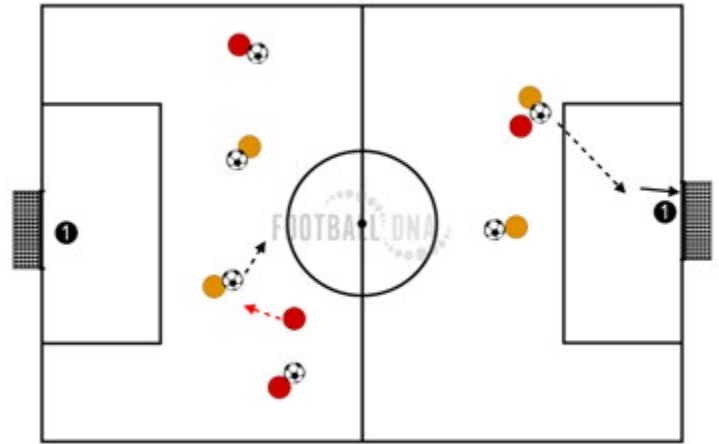
WEEK 2

HIDING & CARRYING THE BALL

Building confidence for players to travel with the ball at speed using both feet using different surfaces of either foot.

ITS A KNOCKOUT

Setup a pitch with two goals and two goalkeepers. Each team begins with players having a ball each (aside from the goalkeeper), players have to try and keep their ball inside the pitch and prevent the opposition players from winning it back. If players think they can win the ball from an opponent, they may leave their ball and try and tackle the opposition, if they do this successfully and score – that ball is knocked out of the game. Players can pass the ball to open team mates if they're available as well as dribble and stay on the ball if needed too. Play until one team has knocked all of the opposition's footballs out.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up (Scanning)** – Before the attacker receives the ball, they should look to scan and identify where the best space is. When the players receive the ball, they need to recognise whether they need to pass or whether they can take bigger touches to begin running with the ball into the space that's in front of them.
- **Use Of Both Feet** – Using both feet will help players to be able to dribble and evade the defenders during the game. Travelling with the ball on the furthest foot from the defender will help them hide the ball from the defender and coaches should reinforce this by challenging the players to 'hide their ball.'
- **Surfaces Of The Feet** – Using different surfaces of the feet such as: laces, outside, inside and sole will help the players explore different ways of manipulating the ball as well as dribbling into the space too. When running with the ball, players should try to take larger touches to move the ball into the space in front of them to help their team attack quickly.
- **Change Of Speed** – By players changing speed it will help them to 'explode' and avoid being tackled. Likewise, if they cannot see space in front of them they may need to look to pass the ball or move the ball with smaller and quicker touches to dribble into the spaces.

Progressions

- Have two teams that are playing as normal but have a third team that are simply defenders trying to knock both teams out.

Regression

- Play with both teams having fewer footballs or if their ball is knocked out of the pitch it's out of the game.

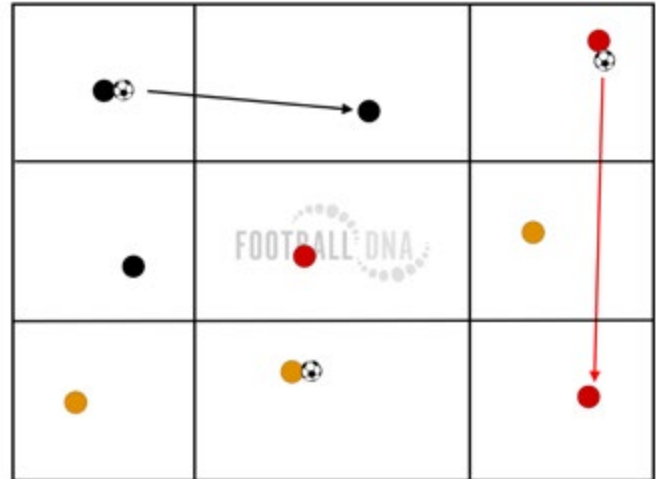
WEEK 3

PASSING & RECEIVING

To get players to explore different control surfaces on both feet using a wide variety of different techniques.

PASSING GRID

Setup a gridded area and organise players into groups of 3-4. Each group has a ball between them, and they have to simply pass and receive in a different square from their team mates. Players have to explore different ways of passing and receiving between them. Challenge players to move and pass to players that are in different squares to them.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – As the player with the ball is dribbling around the area, they should look to keep their eyes up to identify space and how they can pass into one of their team-mates. Players should continually scan to help them to be aware of their surroundings. The player receiving should look to scan and adjust their body shape before they receive the ball to help them to take their first touch into the space they want to travel into. Players should be encouraged to use different surfaces to receive the ball to help them move into a new box each time that they receive the ball.
- **Use Of Both Feet** – Players should look to use both feet when using different surfaces of their feet to pass the ball and constraints can be placed in by the coach to ensure the children get equal practice on both sides. For example, it may be that once you've had a turn receiving on your right foot, the next time you're in a box you must receive on your left.
- **Surfaces Of The Feet** – Players should use their outside, inside, sole and laces to receive as well as other body parts too such as thigh, chest etc. When controlling the ball, players should look to push the ball out of their box to help them manipulate it into the space using the different surfaces.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the space that they wish to travel into as well. This will help players to be able to use the surface that they are receiving to get out of the box.

Progressions

- Have a defender inside the area that can apply pressure and try and win the ball from the various teams.

Regression

- Players can pass to anyone and are not now limited to simply receiving and passing to players in their own team.

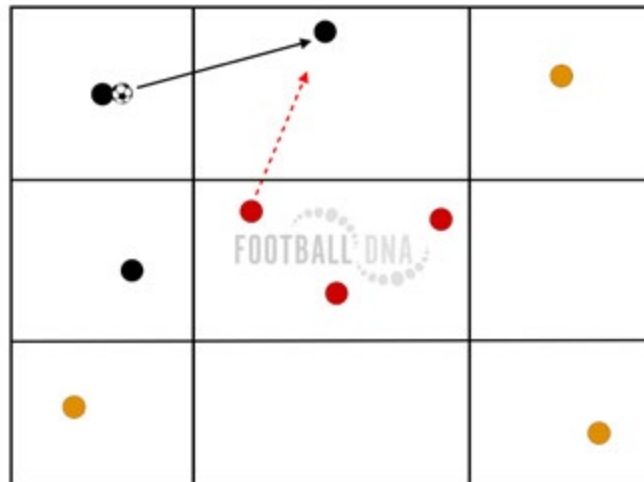
WEEK 3

PASSING & RECEIVING

To get players to explore different control surfaces on both feet using a wide variety of different techniques.

THE HUNTING GAME

Setup a grid with three teams and one team based inside the middle box. The two teams with the ball have to keep possession between them, whilst the team in the middle box are defenders and have to send one player out at the time to try and win the ball back. If they do this successfully, the team that has lost possession of the ball then swaps roles with the defenders. If the ball goes out of play, the coach restarts the game with the coach passing the ball back in.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – The player receiving should look to scan and adjust their body shape before they receive the ball to help them see the whole pitch. Players should be continually scanning to help them see both their team mates as well as the enemies.
- **Use Of Both Feet** – Players should look to use both feet as well as different surfaces to receive the ball too. Players that are able to receive and pass off both feet will be able to play both ways with an open body shape and find passes around and away from the defender.
- **Surfaces Of The Feet** – Players should use their outside, inside, sole and laces to receive as well as other body parts too such as thigh, chest etc. When controlling the ball, players should look to take their first touch into the best space possible to enable them to keep the ball in the team.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the cone that they are looking to travel to as well as the person that they're receiving the ball from as well. Players should look to open their body up to help them receive and take their touch towards the cone, to support this they should try to move so that they are at an angle and not straight with the ball too.

Progressions

- Players have to get a certain number of passes in a box before they can play into a new one.

Regression

- The same game as previous, however, defenders have a ball which they have to control whilst trying to defend the opposition players.

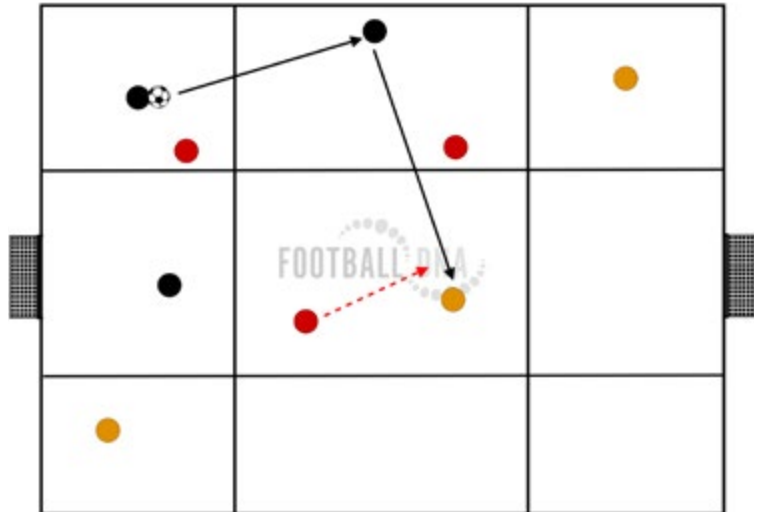
WEEK 3

PASSING & RECEIVING

To get players to explore different control surfaces on both feet using a wide variety of different techniques.

TWO TEAMS V 1 SMALL SIDED GAME

Setup a pitch and organise two teams that have one ball between them that have to keep possession of the ball. Every time they achieve a set number of passes it equals a goal. The third team, they have to act as defenders and try and win the ball back. If they do this successfully and score in one of the two goals at either side of the pitch, they change roles with the team that lost possession.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – Players in this small sided game should be encouraged to continually scan when they have the ball but also when they don't have it too. By scanning, players will be able to identify where both their team mates as well as the opposition players too.
- **Use Of Both Feet** – Players should look to use both feet when passing and receiving to help them maintain possession of the ball. Using both feet will help players to be able to receive with an open body shape and retain possession of the ball for their team.
- **Surfaces Of The Feet** – Using different surfaces to control the ball, players will need to explore what type of touch is needed based on the space to help them to protect the ball or move it a better position.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the space that they wish to travel into as well. An open body shape in this game will also help players to be able to play quicker.

Progression

- After the attacking team play a certain number of passes they can then score.

Regression

- Each team has a ball between them and on the coaches whistle, they have to get a certain number of passes between them before they can score. The first team to score wins.

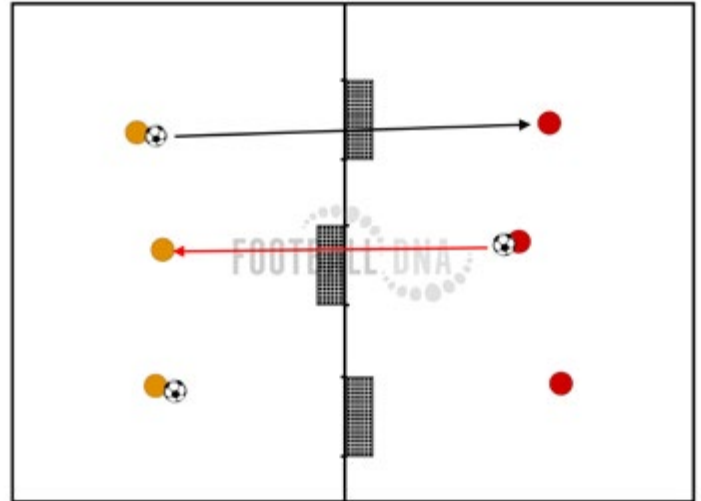
WEEK 4

BALL STRIKING

To give players the opportunity to love goal scoring using both feet and in a variety of different ways.

OVER THE FENCE

Setup an area and split the area into two with goals down the middle. Players are split into two teams or pairs on opposite sides. Players have one ball between the two and simply have to play the ball over, around or between the goals to the other side. Encourage players to use different ball striking techniques on both feet.



Equipment



2 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – Players as they approach their ball should look to keep their eyes up as they are about to pass it across to the other side. This will help them to identify where they are passing too but also what type of pass, they need to play as well.
- **Use Of Both Feet** – Players should look to use both feet when playing the ball across to the opposite side with different techniques. You may find that some players find it difficult to play the ball over on a particular side, so you may need to change the distances they are away from the or even the type of technique they may use too.
- **Striking Surfaces** – Challenge players to try striking with different surfaces i.e. laces, outside or inside when striking the ball across to the other side. As a coach, position yourself by the players so that you can give them any support they may need with the varying techniques.
- **Receiving** – Encourage players to explore different ways of controlling the ball with different parts of their body based on the type of pass that they are receiving. Players should create space for themselves when receiving to help them have time to adjust their feet and body to control the ball.

Progressions

- Add a defender in front of each of the goals that attempts to try and block passes from being player over, through or around to the other side.

Regression

- Remove the goals and have players simply passing to the other side of the pitch.

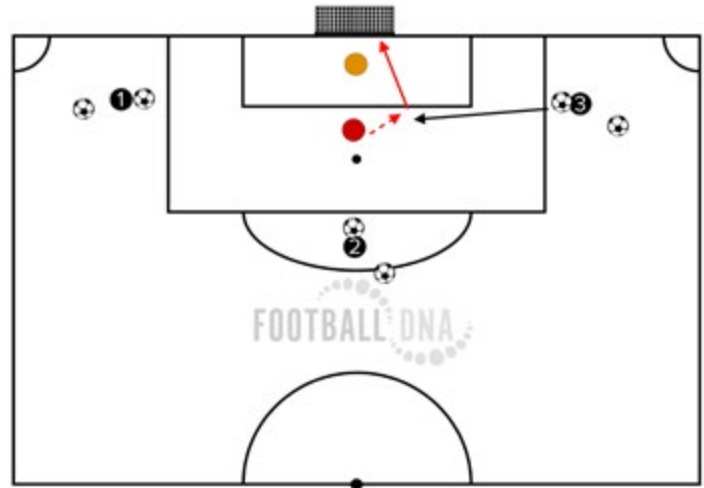
WEEK 4

BALL STRIKING

To give players the opportunity to love goal scoring using both feet and in a variety of different ways.

FOX IN THE BOX

Setup an area with one goal and 3-4 players on the outside of the area with a ball each, all with a number i.e. no1 etc. Have one player set up inside the area without the ball who has to score against the goalkeeper. The game begins by a coach calling a number, as soon as that number is called that player passes the ball in for the attacker to try and receive and score. Rotate regularly the target players as well as the feeders too. This could be developed into a competition with players counting how many goals they have scored.



Equipment



4 - 6 Players



Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** - When scanning, the attacker should be ready to adjust their body shape to allow them to see the ball that they are receiving as well as the goal. Players that are able to receive with an open body shape will be in a better position to finish 1st time as well as with different techniques of both sides too.
- **Use Of Both Feet** - Encourage players to be able to receive and finish on both sides throughout this game. Players should be encouraged to finish with an open body shape to help them to see the ball that they're receiving as well as the goal. Players that use both feet will be in a better position to finish quicker.
- **Ball Striking Surfaces** - Challenge players to try striking with different surfaces i.e. laces, outside or inside when striking the ball across to the other side. As this game is focused on players finishing, encourage players to explore different ways of finishing whilst trying to hit the target.
- **1v1s** - Encourage players to explore different ways of controlling the ball with different parts of their body based on the type of pass that they are receiving. Players should create space for themselves when receiving to help them have time to adjust their feet and body to control the ball.

Progression

- Add a defender in the middle who players against the attacker and has to win the ball and pass it back to the server.

Regression

- Players simply pass and follow their ball in this game. Once you've been a feeder who passes into the attacker, who then swap roles with that attacker.

WEEK 4

BALL STRIKING

To give players the opportunity to love goal scoring using both feet and in a variety of different ways.

ATTACK VS DEFENCE

Setup on half a pitch with one team defending the main goal and another team starting on the half way line attacking it. The attacking team has 5 footballs to score, with the defending team having to try and defend their goal and win the ball back and score in either of the target goals. If either team gets a goal, they get a point. After the 5 footballs have been played, players swap roles with the other team.



Equipment



8 - 10 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up** – Players should be looking to recognise both where the defender(s) are as well as the goalkeeper and trying to create space for them to get their shots off. Players that keep their eyes up will be able to recognise when is the right time to shoot, pass or dribble.
- **Use Of Both Feet** – Players should be encouraged to shoot on both feet to ensure they don't lose their opportunity to get a shot at goal. Encourage players depending on the area of the pitch to use the correct foot to help them to get a shot away quickly at goal.
- **Ball Striking Surfaces** – Challenge players to try striking with different surfaces i.e. laces, outside or inside when striking the ball across to the other side. As this game is focused on players finishing, encourage players to explore different ways of finishing whilst trying to hit the target.
- **Ball Manipulation** – Throughout the game players should be identifying when is the right time to pass, dribble or to shoot based on the situation that they're in. Encourage players to find their team-mate in space who may be in a better position to score for the team.

Progression

- If the attacking team scores, they stay on. If the defending team wins the ball, they then swap roles with the other team.

Regression

- Both teams get to attack one at a time against the goalkeeper. After they've had their shot at goal, they return to the half way line and begin again.

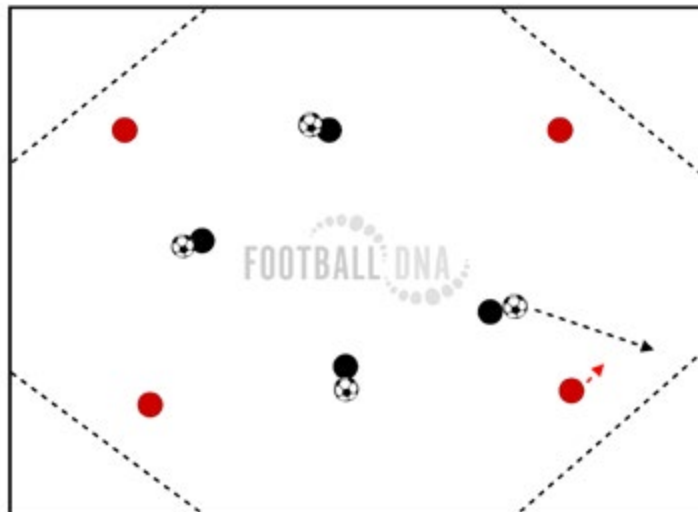
WEEK 5

1 V 1s

To develop risk taking, creative players that try new skills to beat players on both feet in 1v1 situations.

STOPPING IT IN THE ZONES

Setup an area and mark out four corners to make the pitch a diamond. The defenders have to simply stop the attackers from entering any of the corners. If the defender wins the ball, they then swap roles. Once the attacker is in a corner, they cannot be tackled. Attackers get one point for every time they are able to get the ball into any of the four corners. Make the game competitive by adding competition i.e. first player to five points.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – As the attackers travel around the diamond with their ball, they should keep their eyes up and continually be scanning to help them recognise where and how they will move their ball into any one of the corners without being tackled.
- **Ball Manipulation** – Players using different surfaces of their feet will help them to manipulate the ball in the area by changing direction with different surfaces of the feet. This will help the attackers to manipulate the ball away from the defenders to avoid being tackled but also to help them change direction to move into another area of the pitch whilst trying to enter the zone.
- **Speed** – Players may in this game need to take larger touches to move the ball into space or take quick, close touches if the defender is nearby and there's little room to manoeuvre into. Players should look to use their speed to enter a zone if an space opens up to avoid being tackled by the defender.
- **1v1's** – Encourage players to explore different 1v1 skills to help them beat the defender using varying changes of direction, twists and turns as well as body feints to help them get past them. Players should be encouraged to be creative with their 1v1 skills on both feet to enter any of the zones.

Progressions

- Players now have a ball each and have to try and move through the gates with their ball rather than without the ball.

Regression

- Defenders aren't limited to defending the gate and can now move anywhere around the square (not the middle square though).

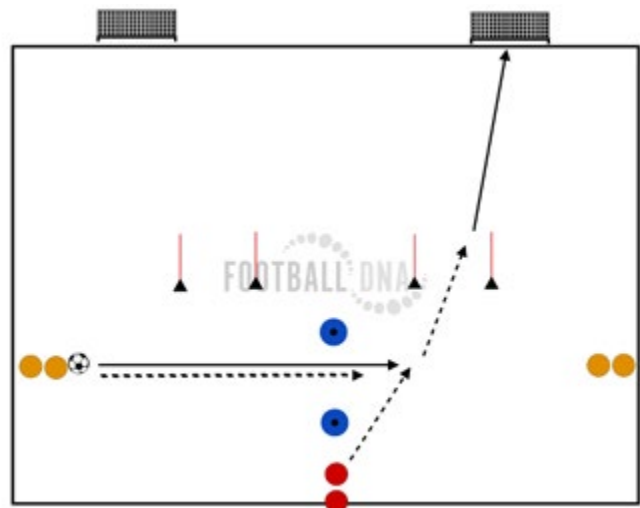
WEEK 5

1 V 1s

To develop risk taking, creative players that try new skills to beat players on both feet in 1v1 situations.

1V1 GET AWAY

Setup an area and split the group into two. One group are defenders and they split themselves up on either side of the grid with a ball each. The attackers start at the bottom of the grid with two goals at the top 10 yards apart. The defender passes the ball through the middle gate for the attacker to receive and try to score in either goal. Before they can score, they must go through either of the poled gates. Work alternate sides.



Equipment



2 - 6 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Receiving** – The attacker when receiving the ball should look to receive with an open body shape which will allow them to see both the player that is passing as well as the goal. Having an open body will enable the attacker to get the ball out of their feet too with their 1st touch whilst keeping it on the furthest side from the defender.
- **First Touch** – The attacker receiving the ball needs to be on their toes ready to receive and decide how they want to control the ball quickly. The attacker should look to take a large first touch into that space and evade the press from the defender.
- **1v1 Defending & Attacking** – Attackers should look to attack the space at speed and avoid going 1v1 with the defender. If the defender catches them, they should be creative with their 1v1 skills to change direction using either foot. If the defender gets goal side they should look to force the attacker one way and keep their eyes on the ball and react quickly to tackle or intercept.
- **Shooting** – The attackers should be encouraged to take shots quickly after beating the opponent, or if the goals aren't being blocked by them. Encourage the attacker to use both feet when finishing, this may require a 'finesse' finish with a place/passed finish into either one of the goals.

Progressions

- If the defenders win the ball back, give them a target goal at the opposite end to score.

Regression

- Play without footballs with the attacker simply having to get through one of the gates and to the opposite side without being tagged.

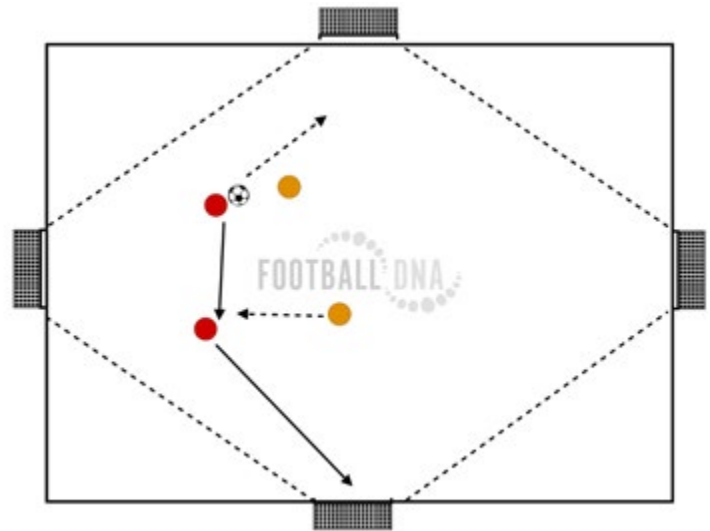
WEEK 5

1 V 1s

To develop risk taking, creative players that try new skills to beat players on both feet in 1v1 situations.

2V2 DIAMOND GAME

Setup a pitch and cut off the corners at an angle to create a diamond. At each corner of the diamond add a goal. One team owns two goals, the other owns the other two goals. You can score in either of the opposition's goals at any time. If the ball goes out of play, players can pass or dribble in. If a goal is scored, the game begins from the goal that it has been scored in by the team that has conceded.



Equipment



4 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **First Touch & Passing** – Players should look to receive the ball with their shoulders and body facing the direction they wish to travel with the ball. This will help to move the defenders but also help them to attack the goal that they wish to score in. The other attacker without the ball should continue to have an open body shape allowing them to see both the ball as well as the goal. When passing the ball, players should look to pass the ball into the other attackers back foot to help them to play forwards or into the space with the correct weight of pass.
- **Awareness** – When players are travelling with the ball, they should continue to keep their eyes up to see where the best space is for them to travel with the ball into. In addition, players should scan to help them to identify what is around them throughout the game.
- **1v1's** – Encourage players to explore different 1v1 skills to help them beat the defender using varying changes of direction, twists and turns as well as body feints to help them get past them. Players should be encouraged to be creative with their 1v1 skills on both feet. Due to this game being a 2v2, players should look at ways they can use 1v1 skills to create space for themselves or their team mates.
- **Shooting** – The attackers should be encouraged to take shots quickly after beating the opponent, or if the goals aren't being blocked by them. Encourage the attacker to use both feet when finishing, this may require a 'finesse' finish with a place/passed finish into either one of the goals.

Progressions

- Add a score line in front of each of the goals that the players must get into before they can score.
- Additionally, you may play this as a numbers game with players next to each of their goals with a number and once a number is called, they can move into the area to begin the game.

Regression

- Reduce the game to only having two goals rather than four goals.

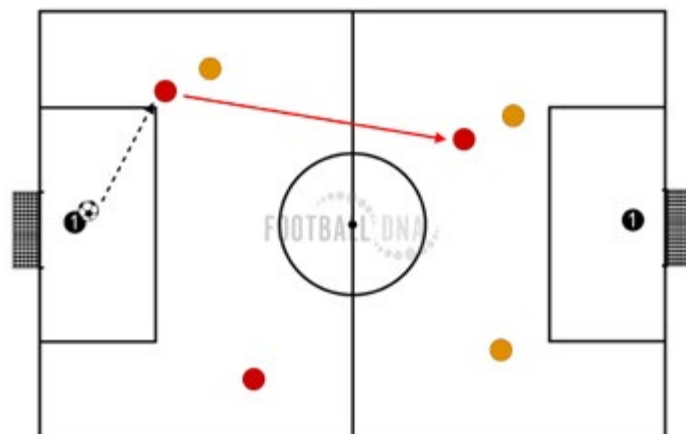
WEEK 6

THEMED GAMES

Themed games based around the previous block of work.

THE WAY FORWARD SSG

Setup a small sided game and a pitch with two teams. The game is played with normal rules, however, in this game players can play forwards and cannot play back. You may wish to add a constraint of players being able to dribble back but cannot pass forwards. The idea of this game is to encourage players to move to create space for themselves to help them to play forwards.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Moving & Manipulation** – Players in this game will need to find ways of moving to create space for themselves to be able to play forwards. Players should look to move to allow them not to be marked to help them to receive and play forwards. If players are pressured, they may need to use ball manipulation to evade pressure to eventually allow them to be able to play forwards.
- **Hiding & Carrying The Ball** – Encourage players to manipulate the ball on both sides to help them 'hide' the ball win manipulating it. Players should look to keep the ball on the furthest foot from the defender to help them to turn and protect the ball to help them to play forwards. When players are travelling with the ball, they need to continually check their shoulders to identify space for themselves or their team mates.
- **1 v 1s** – Players will need to be able to create space for themselves as well as beat players in 1v1 situations throughout this game. If the attacker is placed under pressure, they may to find ways of changing direction to beat a player in a 1v1 to enable them to play forwards. As players are limited to only being able to play forwards throughout this game, they will be exposed to a number of 1v1 situations.
- **Passing & Receiving** – When receiving the ball, players should look to receive with an open body shape where possible to enable them to play forwards. Players should look to check their shoulders to help them to make decisions and see what's around them. If players receive under pressure, they may need to find a way of beating the player with their 1st touch. Players should look at the types of passes that they will need to pass to their team mates to help them to play forwards i.e. pass to their back foot etc.

Progressions

- Make the game a 2v1 and/or a 3v3 or introduce a score zone that players have to get past the line in order to score.

Regression

- Increase the area size to allow players to have more time when they have the ball but also making it easier for them to be able to score too.

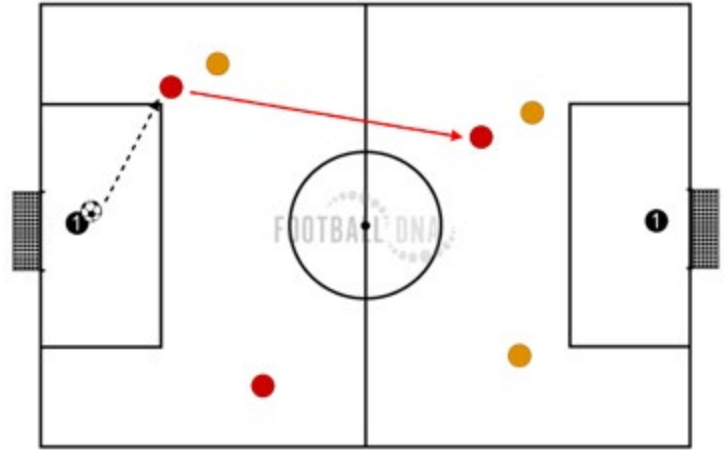
WEEK 6

THEMED GAMES

Themed games based around the previous block of work.

ONE TOUCH OR FOUR TOUCHES

Setup a small sided game and a pitch with two teams. In this game, players are limited to either one touch or four or more touches. The game is played with the normal small sided game rules. Players should look to recognise when they need to play of one touch and when they need to dribble and take four or more touches. If a player isn't able to do this successfully, it will lead onto a freekick for the opposition team.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Decision Making** - Throughout this game, each time a player receives the ball they will need to decide on whether they take one or four or more touches. Players that continually scan and check their shoulders will be more aware of what's around them before receiving the ball, enabling them to make better decisions.
- **Striking On The Ball** - If players are unable to play off one touch, they should look to stay on the ball by taking four or more. When players are staying on the ball, they may need to use different surfaces of their feet to help them to manipulate it with both sides.
- **1 v 1s** - If players are in a 1v1 situation they should look to use speed, body feints and changes of directions to help them to beat the defender. Encourage players to be creative and try different ways to beat the defender, but also to react positively if they lose the ball to win it back too. Support players with their decision of when to pass and when to go 1v1 in the small sided games.
- **Passing & Receiving** - When players receive the ball, they should look to check their shoulders before receiving it to help them to recognise when to play 1st time or when to stay on the ball. Players should look to help players control the ball or play 1st time by playing the correct weight of pass to their team.

Progressions

- Alternate every time the ball is played into a new player from playing 1 touch to taking four or more touches.

Regression

- Make the game one touch or players have to take two or more touches.

BLOCK 6 - WEEK 31 - 36

Key Coaching Points	- Body Feints - Changes Of Direction - Problem Solving - Movement	- Eyes Up - Use Of Both Feet - Surfaces Of The Feet - Shielding	- Eyes Up/ Scanning - Use Of Both Feet - Receiving & Passing - Open Body	- Eyes Up/ Scanning - Use Of Both Feet - Striking Surfaces - First Touch	- Eyes Up/ Scanning - Change Of Direction - Change Of Speed - Use Of Both Feet	- Hiding & Carrying The Ball - 1 v 1s - Ball Striking - Movement & Manipulation
Coaching Focus	Twisting & Turning	Protecting The Ball	Possession	Games	1v1 Defending	Small Sided
Topic	Moving & Manipulation	Running With The Ball	Passing & Receiving	Ball Striking	1 v 1s	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](#)

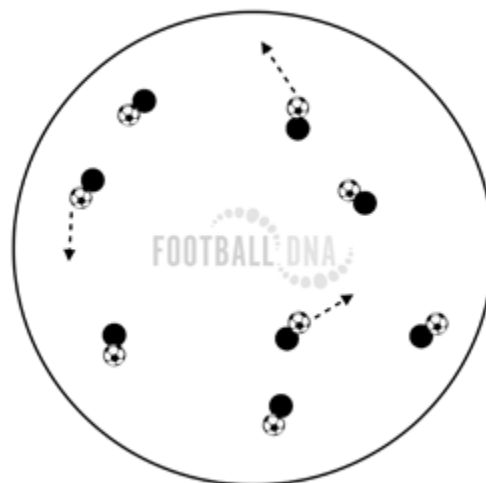
WEEK 1

Moving & Ball Manipulation

Exploring how to move their body and find ways out of different situations with different types of movement.

BODY PARTS

Setup an area with every player having a ball each. Players begin travelling with their ball around the area, the coach then calls out a body part. As soon as that body part has been called by the coach, players have to place that body part on the ball and stop the ball still. As soon as all players have done this, the coach calls 'go' and players continue to move their ball around the area waiting for the next body part to be called.



Equipment



4 - 12 Players



Cones & Footballs

Coaching Points

- **Eyes Up** - Players in this game should make sure they keep their eyes up as they travel around the area with their ball. Players that don't keep their eyes up, will not be able to move as well into space or evade other players whilst travelling with their ball.
- **Dribbling** - As players travel with the ball, they should look to keep their ball as close to their body to them as possible. Players that are able to keep the ball close to them whilst travelling around the area will be in a better position to react and stop the ball with the body part that was called.
- **Change of Direction** - The use of changes of direction in this game will help players to move around the area and move into new spaces quickly. If a player is moving into a congested area, a quick change of direction will help them to move into a better space.
- **Control** - When a body part is called, players need to be ready to stop the ball with the body part that is called. Players may need to stop the ball with the sole of their foot to keep it still so that they can quickly get that body part onto the ball.

Progressions

- More than one body part is called out at a time, or players have to dribble the ball with the body part that is called out by the coach.

Regression

- Play the game without the ball. When a body part is called, players just have to balance with that body part only on the floor.

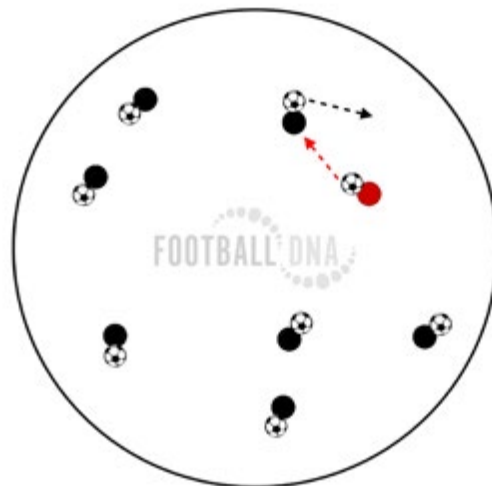
WEEK 1

Moving & Ball Manipulation

Exploring how to move their body and find ways out of different situations with different types of movement.

FOOTBALL TAG

Setup an area with every player having a ball each. The game begins with one player acting as the tagger, who simply has to try and tag one of the other players in the area whilst keeping control of their ball. If a player is tagged, they then swap roles with the tagger. If a player loses control whilst evading the tagger, they then become the tagger.



Equipment



6 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Speed** – In this game players should look to use their speed to help them evade being tagged, as well as helping them to tag other players too. The use of speed will help players to evade the tagger when they're being chased down. Players must keep control of their ball when using speed and they may need larger touches to help them to move into space quickly.
- **Body Feints** – Body feints can be used to move the tagger one way and move into another space. An example of a body feint could be stepping one way and then moving another. Body feints should be used when the attacker is 1v1 against the tagger.
- **Change Of Direction** – If players are being chased, quick changes of direction are a great way of evading the tagger. Players that are travelling at speed and then quickly change direction will be able to make the tagger become of balance to help them to get away.
- **Problem Solving** – Throughout this game, the attacker needs to continually look at deciding what type of movement they will use to help them to beat the tagger. Players that keep their eyes up and scan will be able to identify what type of movement is needed when based on where the tagger is.

Progressions

- Play the game without the tagger having a ball. The attackers still keep their ball, if they're tagged by the tagger, they then swap roles.

Regression

- Play the game with all players without a ball.

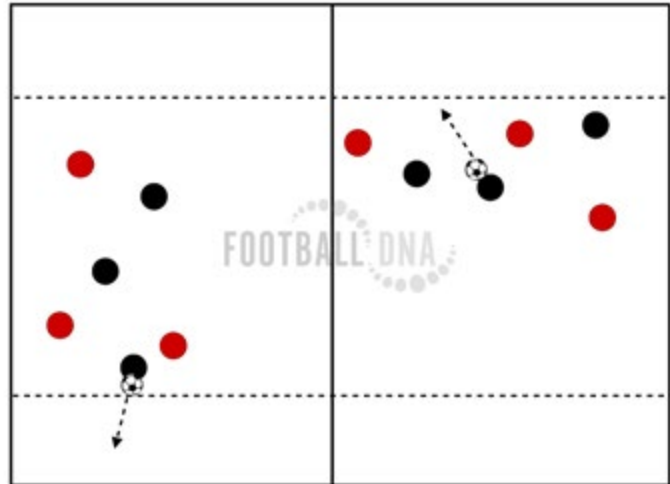
WEEK 1

Moving & Ball Manipulation

Exploring how to move their body and find ways out of different situations with different types of movement.

AMERICAN FOOTBALL SSG

Setup two small pitches and split the players into four teams. Organise two teams per pitch with one ball between the two. On each of the pitches, mark out an end zone at either end. For a team to score in this game, they must dribble and stop the ball with the sole of their foot in the opposite end zone. Players can be tackled inside the end zone. Rotate the teams regular so that players play against one another.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – Throughout this game players should be continually scanning and keeping their eyes up to see how they can move into space to help them get on the ball but also when they have the ball recognise where their team-mates are too. Players should continually be scanning to help them to make the right decisions of when to pass, dribble and shoot.
- **Dribbling** – As players travel with the ball, they should look to keep their ball as close to their body to them as possible. Players that are able to keep the ball close to them when they enter the zone will be in a better position to score for the team as they will be able to stop the ball quicker.
- **Passing & Receiving** – Each player should look to move and receive when appropriate with an open body shape to help them to see the whole pitch to see space, defenders and where their team-mates are. Players should explore using a variety of different types of passes to help them create goal scoring opportunities as well as keep the ball in the team too.
- **1v1s** – The use of body feints, 1v1 moves and changes of direction will be required to help players to twist and turn and evade opponents when they're with the ball. Players may need to use 1v1 skills to beat players to help them to get the ball into the end zone.

Progressions

- Play as a turn-around game. Once the attackers stop the ball into the end zone, they can then attack the opposite end zone.

Regression

- Players to play with the football in their hands. They have to try and throw and catch between them to get the ball into the end zone. If they're tagged whilst they've got the ball it then becomes the oppositions ball.

WEEK 2

HIDING & CARRYING THE BALL

Learning new ways of hiding and protecting the ball from defenders on both feet.

ASTRONAUTS

Setup an area with two teams (astronauts) organised with a ball each lined up on the outside of the area. Inside the area (space), there are different coloured cones randomly spread out around the area. The game begins with the coach calling a colour out, at this point both players need to race whilst keeping control of their ball to that colour cone (space rock) and collect it and return it back to the start (space station). The first player that returns back to their line with the cone whilst keeping control of the ball wins the race. Make the game competitive and keep score, play until there are no cones remaining. Coaches may call more than one colour at a time to challenge players.



Equipment



6 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up / Scanning** – Players should keep their eyes up and continually scan to see where the cones are whilst they are travelling with the ball. If the coach calls more than one colour, players will need to make a quick decision on the best route to take to get the cones quicker than their opponent and return to base.
- **Change of Direction** – Quick changes of direction will enable players to get from one cone to the next in this game. Players may need to use multiple changes of direction throughout their turn to help them to get to each cone quickly and return to their line before their opponent.
- **Ball Manipulation** – Players should explore using different surfaces of their feet to manipulate their ball to help them to get from one cone to the next. Using different parts of the feet will enable players to change direction quickly.
- **Speed** – Players throughout this game will need to adjust the speed and length of their touches to help them to move into bigger spaces as well as turn quickly. If players have big spaces in front of them, they should look to use larger touches to help them to travel into that space. Likewise, if they need to turn quickly, they may need to take smaller touches to enable them to do so.

Progressions

- One line are attackers, the other are defenders. The defenders do not have a ball and have to simply try and win the ball back from the attacker. If they do this successfully, they must return the ball back to base. The attackers on the other hand, must collect the cone that is called and return it to the beginning without losing possession of the ball.

Regression

- Both players don't have a ball each and simply have to race to the colour cones that have been called before returning them to base.

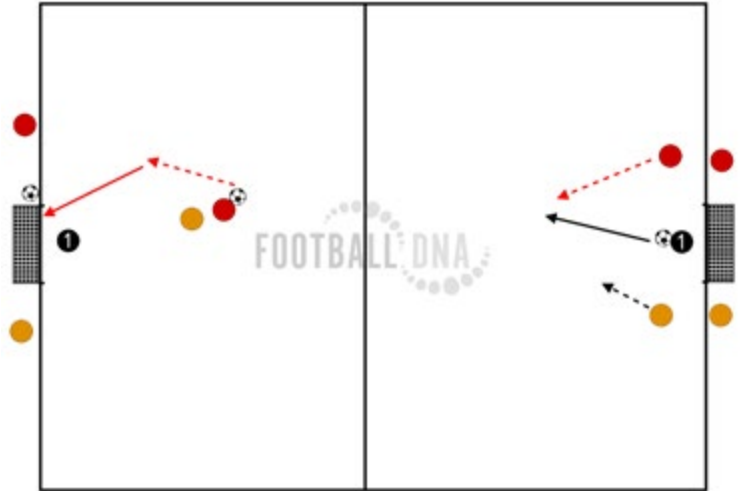
WEEK 2

HIDING & CARRYING THE BALL

Learning new ways of hiding and protecting the ball from defenders on both feet.

1V1 BACK TO GOAL

Split an area into two with a goal on opposite sides of the area. In each of the goals there is a GK who begins the game with a ball in their hands. Once the GK distributes the ball, both players have to race out to the ball and try to get to it before the other player. Once the player gets the ball, they must try and find a way of turning to help them to score in the goal. Add a time limit to each round to ensure players can regularly rotate.



Equipment



4 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – Players should keep their eyes up and continually scan to see where the defender is to help them to recognise how they will 'hide' the ball away from the defender to help them protect the ball. This will also support the attacker in understanding how they can turn away from the opposition too.
- **Change Of Direction** – Quick changes of direction will enable players to turn away from pressure and the defender. The use of multiple changes of directions will help players twist and turn away from the opponent to avoid contact and stop them from needing to shield and protect the ball.
- **Ball Manipulation** – Players should explore using different surfaces of their feet to manipulate their ball to evade pressure from the defender. Using different parts of the feet will help them to protect and move into spaces away from the defender.
- **Shielding** – Players that use their arms and body to protect the ball will help build a 'shield' to keep the ball away from the defender. Shielding the ball is a great way for players to protect the ball and also start understanding how they can use their body to turn away from pressure whilst 'hiding it'.

Progressions

- Make the game 2v2, with two players from both teams coming out once the GK plays the ball into the area.

Regression

- Play the game without a goalkeeper, with one team beginning with the ball and they have to simply get to the half way line and turn before trying to score in the goal. The defender has to win the ball back and try and score themselves too.

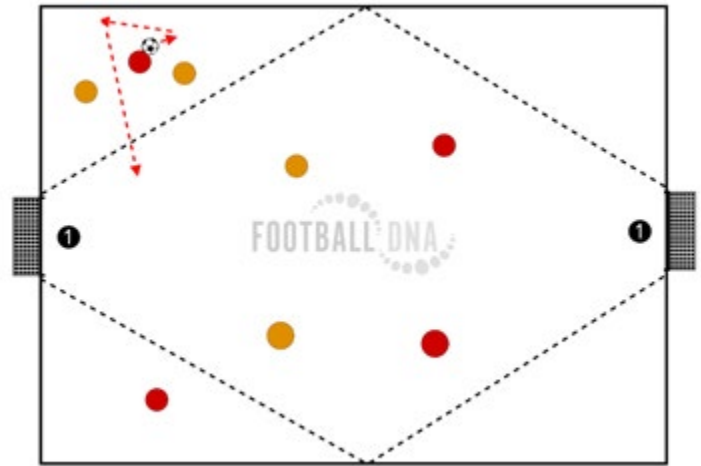
WEEK 2

HIDING & CARRYING THE BALL

Learning new ways of hiding and protecting the ball from defenders on both feet.

KEEPING IT IN THE CORNER SSG

Setup a pitch with two goals and a goalkeeper in either goal. With flat markers, mark out the pitch into a diamond. In this game, players have to hold the ball in a corner for them to be able to score. The length of time they hold the ball in a corner before scoring equals the number of goals they get. If the team loses possession whilst trying to hold the ball in one of the corners, they lose that time / number of potential points when they score. This game can be played either directional or multi-directionally.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – Players should keep their eyes up and continually scan to see where the defender is to help them to recognise how they will 'hide' the ball away from the defender to help them protect the ball. This will be particularly important when players are inside one of the corners.
- **Change Of Direction** – Quick changes of direction will enable players to turn away from pressure and the defender. The use of multiple changes of directions will help players twist and turn away from the opponent to help them keep the ball and leave it from one of the four corners.
- **Ball Manipulation** – Players should explore using different surfaces of their feet to manipulate their ball to evade pressure from the defender. Using different parts of the feet will help them to protect and move into spaces away from the defender.
- **Shielding** – Players that use their arms and body to protect the ball will help build a 'shield' to keep the ball away from the defender. Shielding the ball is a great way for players to protect the ball and also start understanding how they can use their body to turn away from pressure whilst 'hiding it'.

Progressions

- Play the game with two footballs at one time, increasing the number of opportunities have to shield and protect the ball in one of the four corners.

Regression

- Players can also score normal goals, as well as goals from shielding the ball in one of the four corners.

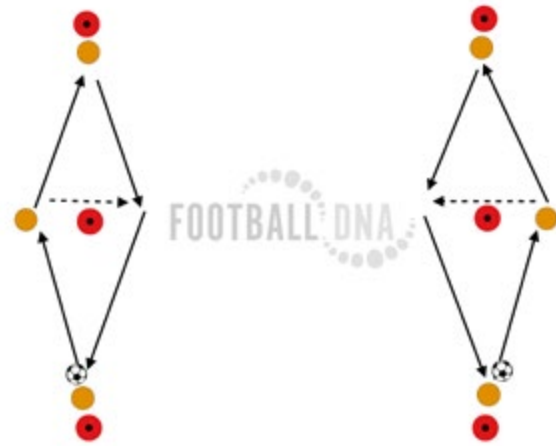
WEEK 3

PASSING & RECEIVING

Learning to keep possession by sharing with others through basic passing and receiving techniques.

3 IN A LINE PASSING CIRCUIT

Setup 3 cones in a line and put a player on each cone. One of the players on the end cones starts with the ball and plays into the middle player. They turn and combine with the other end player who then takes their place in the middle. Work this sequence for 2 minutes then change the combination.



Equipment



3 - 12 Players



Cones & Footballs

Coaching Points

- **Ready To Receive** – Players should be on their toes ready to receive, once they have eye contact with their partner, they should look to move to create space for themselves and call/show for the ball. This can be done by pointing to where they want the pass or calling the passers name.
- **First Touch** – Players should look to receive the ball with their shoulders and body facing the direction they wish to travel with the ball. Their first touch should either be on their back foot or by letting the ball roll across their body to enable them to play forwards quickly. Additionally, players may receive on the front foot to take their first touch around the corner.
- **Passing** – When passing the ball, target players should look to pass the ball into the player in the middle's back foot to help them to play forwards or into the space with the correct weight of pass. The player in the middle should look to play into the target players feet to allow them to control the ball.
- **Eyes/Scanning** – The player on the middle cone must continually look to check their shoulders and keep their eyes up throughout the game. Players that are able to do this well will be able to make quicker decisions of where and how they will pass to the next player.

Progressions

- Keep the player in the middle in for a set period using both feet to receive and pass to either target player. Play one group against the next and see who can get the most passes in one minute.

Regression

- Players can simply throw and catch the ball with the player in the middle rather than passing it with their feet.

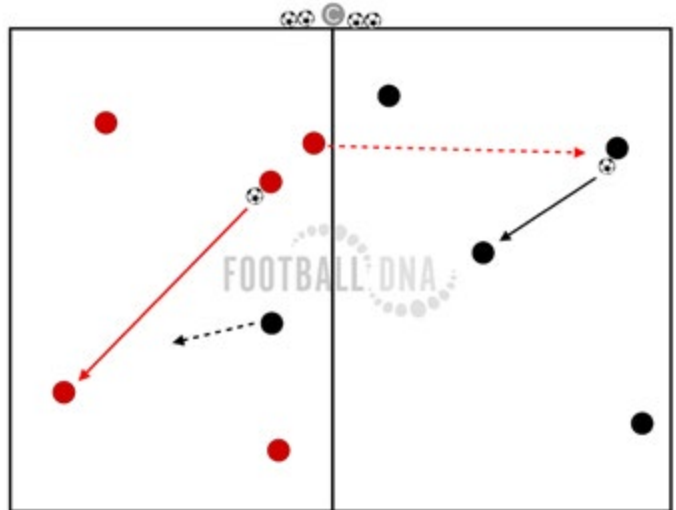
WEEK 3

PASSING & RECEIVING

Learning to keep possession by sharing with others through basic passing and receiving techniques.

POSSESSION NUMBERS GAME

Setup an area and split it into two with a team on either side of the area. The coach will begin the game by calling a number i.e. 1, that number called is the number of players that can enter the other area to win the ball back from the opposition. The team that wins the ball back first wins the game. As soon as a player wins the ball back, they have to either return it to their half or take it out of the opponent's area. Restart after each turn with players getting ready for the next number to be called.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Eyes Up/Scanning** – The attackers in the area that are keeping possession must continually look to check their shoulders and keep their eyes up throughout the game. Players that are able to do this well will be able to make good decisions of where and what type of passes to play to help the team retain possession in their box.
- **Use Of Both Feet** – The use of both feet during this possession game will allow players to be able to make quicker decisions to help the team keep possession of the ball as well as being able to open their body up to allow them to see players on the other side of their area. Encourage players to use both feet throughout the game to ensure they continue to have an open body before receiving the ball.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the person that they're playing into as well as the defender. An open body in the game will allow players to make better decisions before, during and after they've received and passed the ball.
- **Passing** – Players should look to be accurate with their passes by exploring different types of passes, speeds and surfaces to help them keep the ball during this game. If more than one defender enters the area, players may need to play quicker passes to help them retain possession.

Progressions

- Add a goal by either area, that defenders have to score in once they've won the ball back.

Regression

- Make the area larger, creating more space for the players trying to keep possession of the ball.

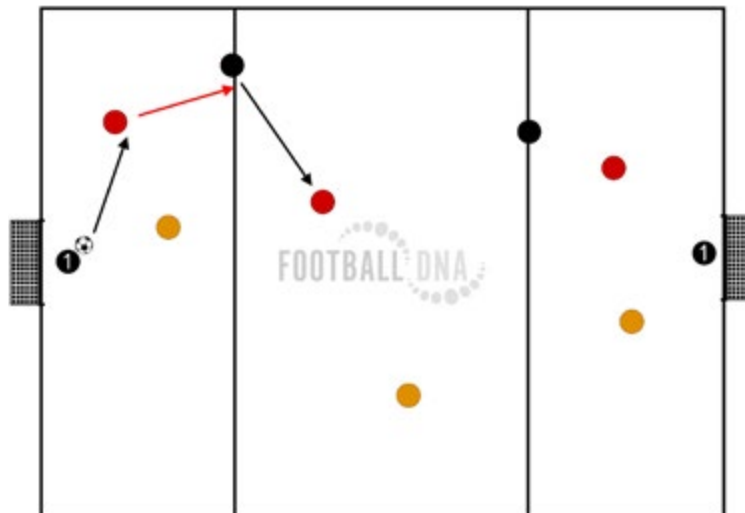
WEEK 3

PASSING & RECEIVING

Learning to keep possession by sharing with others through basic passing and receiving techniques.

3V3 + 2

Setup a pitch and organise two teams with a goal-keeper for each team with each team at either end. Split the pitch into thirds and on each of the lines for the thirds, have a target player that can move up and down along the line. This is a directional game, with players being able to play into the target players to help them to retain possession of the ball. The target players cannot be tackled. Regularly rotate the target players throughout the game.



Equipment



8 - 10 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – Players in this small sided game should be encouraged to continually scan when they have the ball but also when they don't have it. By scanning, players will be able to see where their team mates are and make decisions on how they will keep the ball in the team as well as choosing which team mate is best to pass into too. The target players should look to be continually creating angles to help them to see both the player they are receiving from but also the player that are looking to pass into as well.
- **Use Of Both Feet** – Players should look to use both feet when passing and receiving to help them maintain possession of the ball. Using both feet will help players to be able to receive with an open body shape, which will help them to control the ball and play into one of their team mates in space.
- **Decision Making** – During this game, players will need to recognise when to pass and when to dribble throughout the game. If players are under pressure and there are no passing options on, they may need to stay on the ball to wait for the right time to pass to their team mates or the target player.
- **Open Body** – Before players receive the ball, they should be encouraged to have an open body to be able to see the person they are looking to receive from but also the space that they wish to travel into as well. An open body shape in this game will also help players to be able to play quickly into their team mates in space.

Progression

- Players have to play through the thirds in this game. For them to move from one third into the next, they must play into the target player.

Regression

- Target players are not locked onto each of the lines splitting the pitch into thirds and instead they can move anywhere around the pitch.

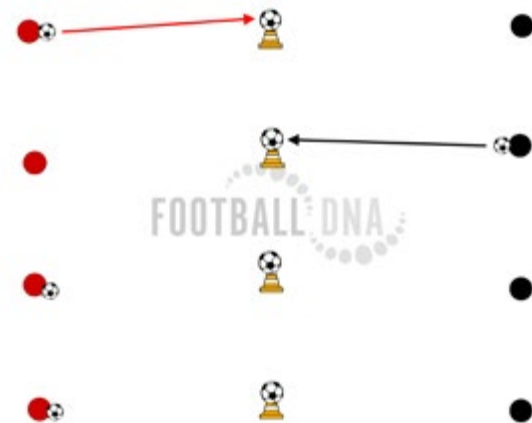
WEEK 4

BALL STRIKING

Exploring ball striking and scoring goals through games.

CONE BALL

Split a pitch into two with cones placed down through the middle of the pitch with a ball on top of each of them. Organise two teams, with one team either side of each of the cones. Players have one ball between two and have to simply strike to hit the ball of the cone in the middle. Players get one point for every time they hit the ball off the cone and to make it competitive keep scores. Rotate players regularly to play with different partners.



Equipment



8 - 12 Players



Cones & Footballs

Coaching Points

- **Striking Approach** – Help players with their approach to the ball (at an angle) where they place their standing foot (beside the ball and aiming towards the ball on top of the cone) as well as what surface and follow through they go with.
- **Use Of Both Feet** – Encourage players to ball try and hit the ball off the cone with both feet. Players should explore different types of ball striking techniques on both sides such as a chip, lob, curled, driven etc.
- **Striking Surfaces** – Challenge players to try striking with different surfaces i.e. laces, outside or inside throughout the game. Position yourself as a coach next to the players that are striking the ball and support each individual with their ball striking.
- **Control** – To help players to be able to try and hit the ball off the cone in the middle, players should look to get the ball out of their feet with their first touch to help them with their approach as they go onto strike the ball.

Progressions

- Add a goalkeeper that has to try and block and stop players from hitting any of the footballs off the cone.

Regression

- Make the distance shorter for the players to hit the ball off the cones.

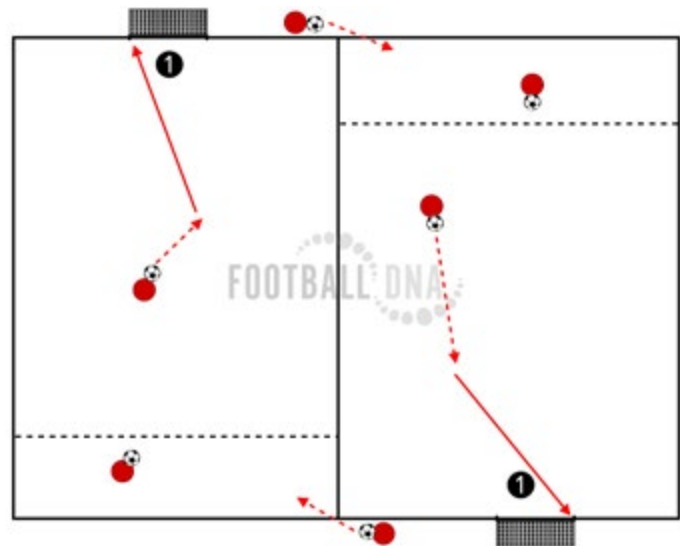
WEEK 4

BALL STRIKING

Exploring ball striking and scoring goals through games.

KILLER

Split a pitch into two and organise a goal at opposite ends of either half of the pitch. In each of the goals have a goalkeeper. Attackers have to attack one at a time, leaving the zone and then going 1v1 against the goalkeeper. In this game, all players have multiple lives. If the player in front of you scores and you miss, you lose a life. Play the game with what player can finish with the most amount of lives. Players are only allowed to go one at a time, once they have finished their turn, they then join the opposite half of the pitch.



Equipment



6 - 12 Players



Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** - As players enter the area, they should look to keep their eyes up to help them to see the goalkeepers' position in the goal. As players approach the goal, they should look to finish into an area that the goalkeeper has left space in.
- **Use Of Both Feet** - Encourage players in this game to explore finishing with both feet with varying techniques. As players approach, using both feet will enable players to use different types of finishes to help them to score. They may also need to use either foot if they go around the goalkeeper in a 1v1 to help them to get their shot away quickly.
- **Ball Striking Surfaces** - Challenge players to try striking with different surfaces i.e. laces, outside or inside throughout the game. Players will need to select the correct surface to finish with based on position of the goalkeeper, themselves, distance and angle from the goal.
- **1v1s** - Players may need to use a variety of 1v1 skills to help them to beat the goalkeeper or to allow them to change direction quickly too. A 1v1 skill may help players to move the ball onto one side of the pitch so that they can finish on another side instead.

Progression

- Add a score zone in front of each goal that players cannot enter to score. This will encourage players to get shots away from distance.

Regression

- Remove the goalkeeper and have players simply trying to score in either goal, aiming to hit the target. You may place some objects for them to hit in the goal for points i.e. a bib in either corner for them to hit.

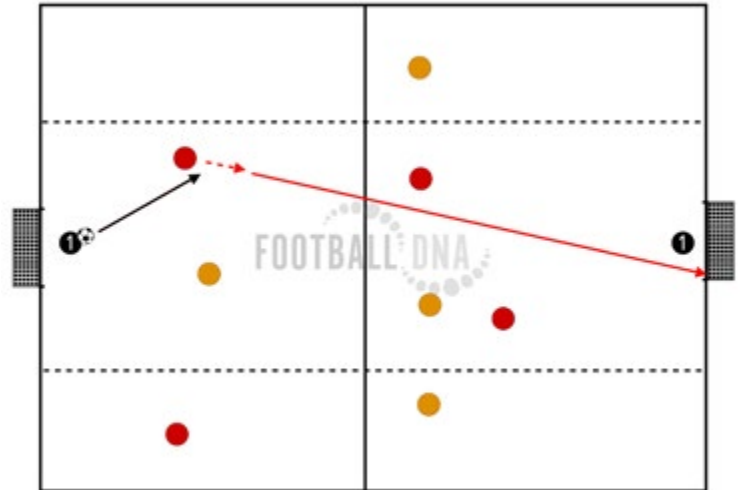
WEEK 4

BALL STRIKING

Exploring ball striking and scoring goals through games.

FINISHING ZONES

Organise a pitch with two teams and a goal at either end as well as each team too. Add a half way line and split the pitch into thirds horizontally to create wide channels. In this game, each team has to score from each of the zones to win the game. To make this more possible, ensure the pitch is small in length and width to enable players to score from distance.



Equipment



8 - 10 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Eyes Up/Scanning** – Players should continually have their eyes up throughout the game to help them to make the right decision when they are in possession of the ball. Players should look to recognise the right time to shoot themselves or pass the ball to a team mate in a different zone.
- **Use Of Both Feet** – Players should be encouraged to shoot on both feet to ensure they don't lose their opportunity to get a shot at goal. Players that are able to shoot quickly off either foot will create more opportunities for themselves and the team to score.
- **Ball Striking Surfaces** – Players should explore different surfaces but also different ways to finish in this game. Each zone will challenge players to finish differently and players should look to make the right decision of what type of finish they may need to try in each of the zones.
- **Decision Making** – Throughout the game players should be identifying when is the right time to pass, dribble or to shoot based on the situation that they are in. Encourage players to find their team-mate in space who may be in a better position to score for the team.

Progression

- Make the pitch larger and as a result more challenging for players to score in each of the zones.

Regression

- A goal counts if an assist takes place from one of the zones.

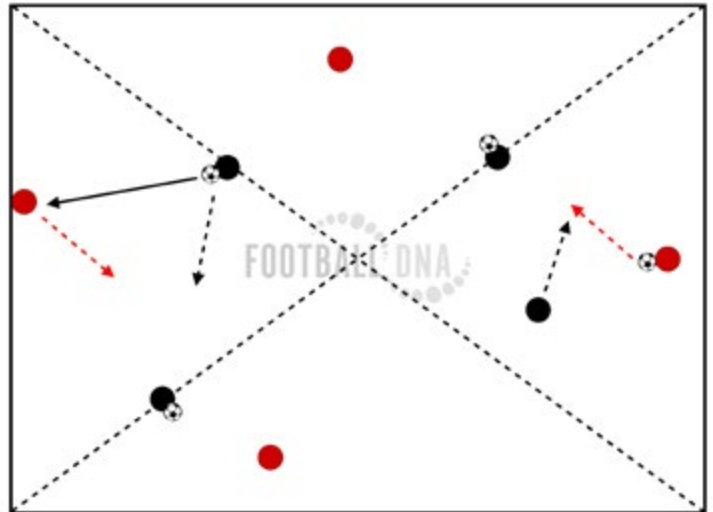
WEEK 5

1 V 1s

Developing an enthusiasm for players to win the ball back from their opponents.

ZONE DEFENDING

Setup an area and split the area from corner to corner to make four different zones. In each of the zones, players are to play against one another. The defender starts in the middle with a ball and has to pass the ball into an attacker that they are playing against. When the attacker receives the ball, they simply have to get into one of the other zones with the ball without being tackled. If the defender wins the ball back, they have to dribble the ball to the outside of the area. The aim of the game is to stop the attacker moving into another zone. Rotate attackers and defenders regularly.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Speed Of Approach** – The defender in this game should look to move at speed to press their opponent and prevent them having lots of space which they can move into with their ball. Defenders will need to decide based on the player they are playing against and how they will defend against them to prevent them from being able to move into a new zone.
- **Angle Of Approach** – Defenders as they approach their attackers should look to angle their approach to show the attacker one way. In this game, players should look to show the attackers onto their weaker foot to help them win the ball from them.
- **Body Shape** – Encourage players when defending 1v1 to 'shut down, sit down, show down' throughout the game. Sitting down means getting your knees bent and getting side onto the attacker with your body shape to show them one way. Players should look to pivot off their back foot and keep an arm length away from the attacker, until they are in a position to apply more pressure on them and win the ball and dribble to the outside of the zone.
- **Win It To Keep It** – Encourage defenders to keep the ball once they have won it to allow them to score by dribbling to the outside of the zone. Players that use their body well and look to step across the attacker to come away with the ball once they have won it will be in a better position to score after they have won the ball back.

Progressions

- Attackers can play against anyone rather than just the partner that they're playing against.

Regression

- Play without footballs and simply play as a game of tag.

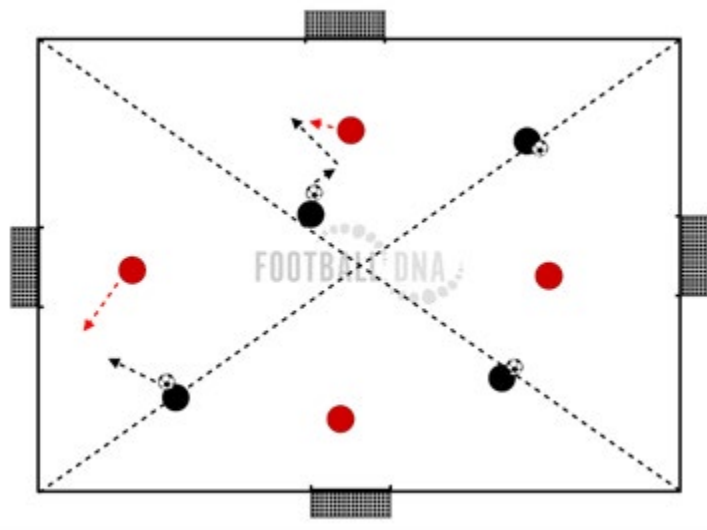
WEEK 5

1 V 1s

Developing an enthusiasm for players to win the ball back from their opponents.

DEFEND YOUR GOAL

Setup an area and split the area from corner to corner to make four different zones. The attackers begin with their ball anywhere on the line that has been marked out to make the four different zones. In each zone, have a defender who is responsible of defending their goal. The attackers have to try and beat the defender and score in the goal. If the defender wins the ball back, they simply have to get their ball and stop it on one of the lines. Attackers can choose which goal and when they attack throughout this game which will lead onto the defender sometimes defending outnumbered.



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Speed Of Approach** – The defender in this game should look to move at speed to press their opponent and look to force them out of the and away from goal. The defenders may need to slow down their approach as they move closer to the attacker to ensure they're not beaten 1v1. Likewise, the attacker if they feel they can win the ball may need to quickly press to win it back.
- **Angle Of Approach** – Defenders as they approach their attackers should look to angle their approach to show the attacker one way (back and away from goal). Defenders may look to force players onto their weaker foot to help them win the ball back as well as nullifying the threat from the opposition.
- **Body Shape** – Encourage players when defending 1v1 to 'shut down, sit down, show down' throughout the game. Sitting down means getting your knees bent and getting side onto the attacker with your body shape to show them one way. Player should look to pivot of their back foot and keep an arm length away from the attacker, until they are in a position to apply more pressure on them and win the ball.
- **Win It To Keep It** – Encourage defenders to keep the ball once they have won it to allow them to dribble the ball and stop it on one of the lines. Players that use their body well and look to step across the attacker to come away with the ball once they have won it will be in a better position to score after they have won the ball back.

Progressions

- If the defender wins the ball, rather than them stopping the ball on the line they can go onto score in one of the four goals themselves.

Regressions

- Players are paired up and play against only the same player.

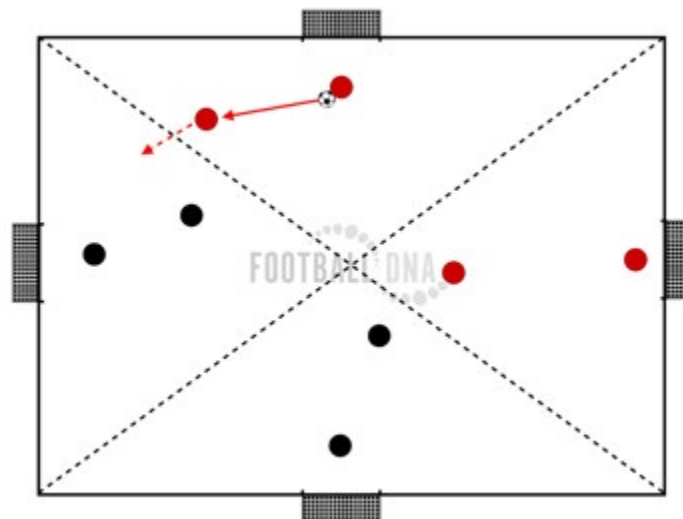
WEEK 5

1 v 1s

Developing an enthusiasm for players to win the ball back from their opponents.

MULTI - CORNER DEFENDING SSG

Setup a pitch and split the area into four different sections. Organise two teams that are playing against one another. The two teams have two goals that they have to defend and two goals that they have got to try and score in. In order for a team to score, they must be in the zone by the goal for it to count.



Equipment



8 - 10 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **1 v 1 Defending** – Players should focus on ‘shut down, sit down and show down’ when defending 1v1 against their opponents. Defenders should look to force the attackers back or away from the goal.
- **Problem Solving** – Players will need to come up with a strategy together on how they will defend both of their goals. This may be having defenders in front of each of the goals, or simply by trying to win the ball back from the opponents near their goals to stop them from getting into either zone that they can score within.
- **Decision Making** – Defenders will need to recognise whether they will press or drop in this game as well as how/ where they will show the opposition players. Encourage players to work together as a team to decide what will give them the best chance of winning the ball back as a team.
- **Win It To Keep It** – Encourage defenders to keep the ball once they have won it to allow them to dribble the ball and stop it on one of the lines. Players that use their body well and look to step across the attacker to come away with the ball once they have won it will be in a better position to score after they have won the ball back.

Progressions

- Defenders have to defend two goals that are opposite one another rather than next to each other.

Regressions

- Play with two goals rather than four.

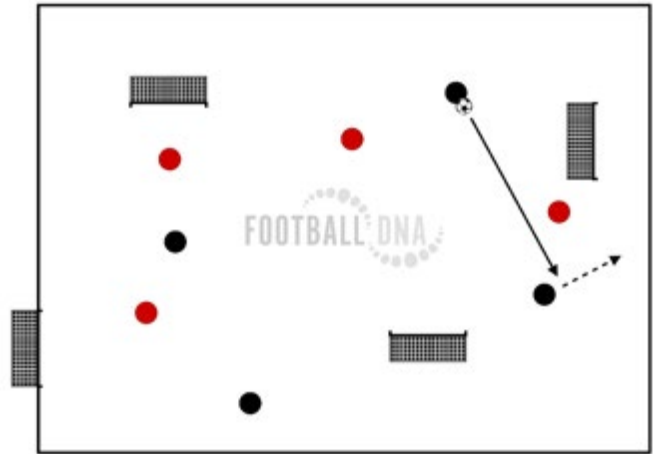
WEEK 6

SMALL SIDED GAMES

Small Sided games to provide players with an opportunity to play and consolidate their learning from the last block .

RANDOM GOALS SSG

Setup a small sided game with four goals randomly spread around the area facing in different directions. There are two teams playing against each other trying to score in any of the four goals. If a goal is scored, the team that score the begins with the ball from that goal (they cannot score in that same goal again until they've scored in another one).



Equipment



8 - 12 Players



Bibs, Cones, Footballs & Goals

Coaching Points

- **Moving & Manipulation** – Players will need to find ways of moving and manipulating the ball to the different goals to allow them to score. When the team is in possession of the ball, the players without the ball in that team should look to move find themselves in space to score in one of the four goals.
- **Hiding & Carrying The Ball** – Encourage players to manipulate the ball on both sides to help them 'hide' the ball win manipulating it. Players that are able to shield and keep the ball on the furthest food from the defender will be able to prevent the defender from winning the ball. When carrying the ball, players should look to keep the ball close to them unless they have space in front of them and they can move into the space with bigger touches.
- **1 v 1s** – Players should be encouraged to be creative in their 1v1s when attacking but also making sure they work hard in their 1v1s when defending too. 1v1s may not always be to beat a player, a 1v1 move may also be used to help them to change direction or attack in a different direction.
- **Finishing** – As the game begins without any goalkeepers, encourage players to try different ways of striking the ball to score but also to find their team mates as well. Players will need to recognise when to pass and when to shoot.

Progressions

- Add goalkeepers in each of the four goals and/or a score zone that players have to get into to enable them to score.

Regression

- Have each team defend two goals and another two teams to score in the other two.

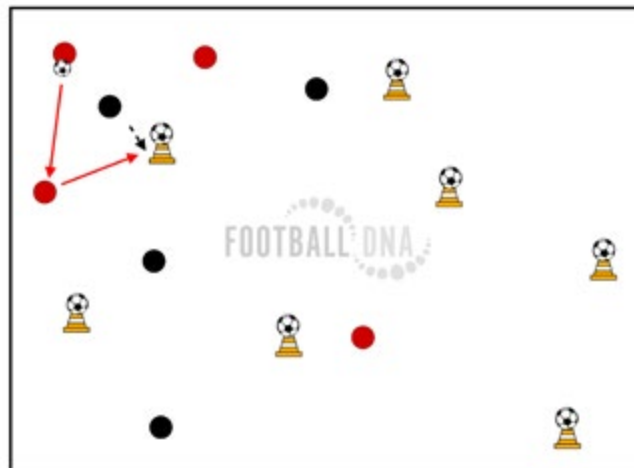
WEEK 6

SMALL SIDED GAMES

Small Sided games to provide players with an opportunity to play and consolidate their learning from the last block .

CONE BALL SSG

Setup a small sided game with cones spread around the pitch with a football on top of each of the cones. Split the team into two teams, for each team to score they have to try and knock the ball of each of the cones. Once a ball has been knocked off a cone by a team, they get a point. Play until all the footballs have been knocked off each of the cones.



Equipment



8 - 12 Players



Bibs, Cones & Footballs

Coaching Points

- **Passing & Receiving** - Players throughout the game should look to keep their eyes up and continually scan to help them to see space as well as their team-mates. Good decision making should be encouraged, and players should be supported on how they may share the ball with their team mates to keep the ball but also create opportunities for the team.
- **Hiding & Carrying The Ball** - Encourage players to manipulate the ball on both sides to help them 'hide' the ball win manipulating it. Players that are able to shield and keep the ball on the furthest foot from the defender will be able to prevent the defender from winning the ball. When carrying the ball, players should look to keep the ball close to them unless they have space in front of them and they can move into the space with bigger touches.
- **1 v 1s** - Players may need to use 1v1 moves to help them to create space and find ways of moving the defender to help them to score. In this game, 1v1s will help players to create space for themselves or their team mates to hit one of the footballs off a cone.
- **Ball Striking** - The use of both feet will help players to be able to pass and knock the ball off one of the various cones. Players should look to 'pass' their shots to knock the ball off one of the cones to help them get more accuracy in each of their attempts.

Progressions

- Add a goalkeeper / cone defender that simply have to try and stop each of the teams trying to knock footballs off each of the cones.

Regression

- Each team has a ball, play the game unopposed and play until all footballs are knocked off the cones.



FOOTBALL DNA



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