



# SKILLS CENTRE

CURRICULUM



NEW ZEALAND  
FOOTBALL  
TALENT

[WWW.NZFOOTBALL.CO.NZ](http://WWW.NZFOOTBALL.CO.NZ)

The logo for the New Zealand Football Skills Centre Curriculum. It features a white fern frond on the left, with the text 'NEW ZEALAND FOOTBALL' in a smaller font below it. To the right of the fern, the words 'SKILLS CENTRE' are written in a large, bold, white sans-serif font. Below 'SKILLS CENTRE', the word 'CURRICULUM' is written in a smaller, bold, white sans-serif font. The entire logo is set against a black rectangular background.

# SKILLS CENTRE

NEW ZEALAND  
FOOTBALL

## CURRICULUM

*Provided in the following document are examples of weekly sessions for a NZF Skills Centre programme. All sessions are designed with the aim of creating players for the future game, in line with NZF's playing philosophy.*

*All practices can be altered to change the Core Skill focus (Attacking or Defending) and can be progressed or regressed easily to meet player ability. The role of the creative and enthusiastic coach is to bring the suggested sessions to life.*

*Editorial staff: New Zealand Football Development Department. February 2016. Design by Sidekick Creative Ltd. © New Zealand Football*



# SESSION 1

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

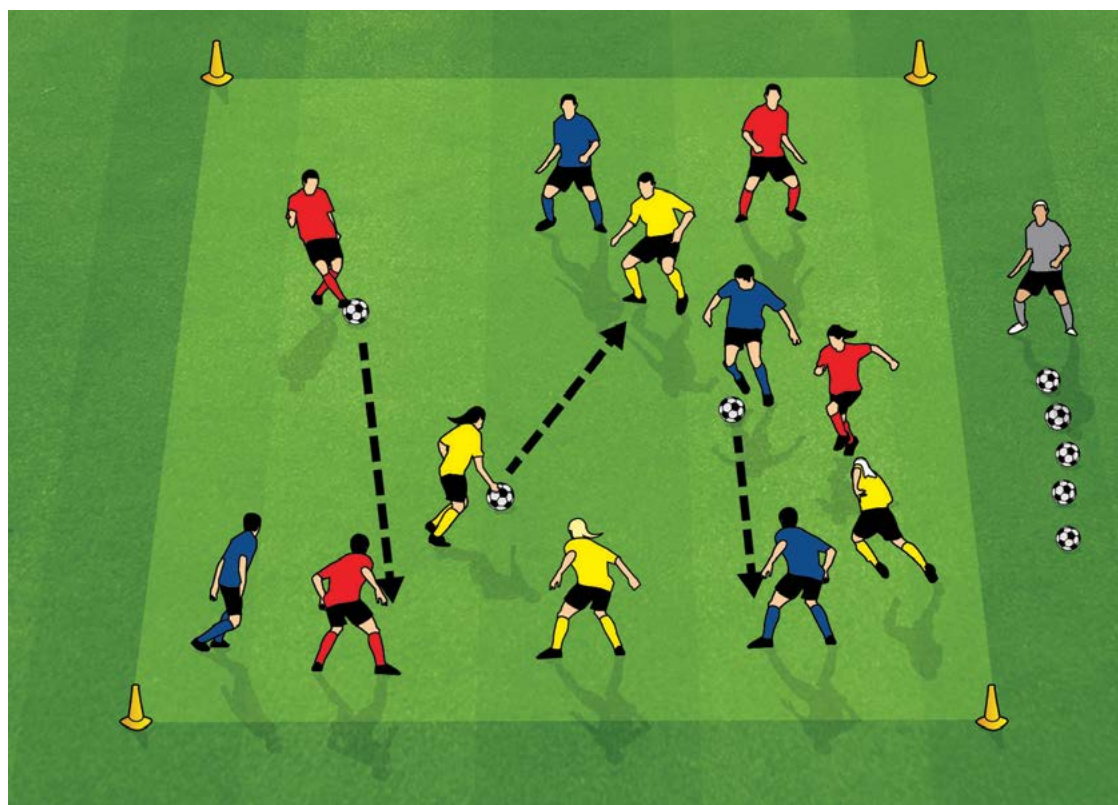
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 1

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 20x20m.** Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram)
- Each team has one football.

### HOW TO PLAY

- Teams aim to keep possession and attempt to pass the ball with different parts of their foot.
- Players not in possession are to perform dynamic warm up movements before receiving the ball.
- Encourage players to play first time passes when appropriate.
- Every 60secs players are to leave the ball to perform dynamic warm up movements.

### POSSIBLE PROGRESSIONS

1. Encourage players to play “1-2s” around a player of a different colour
2. Encourage players to pass through the middle of two players of a different colour
3. Teams now pass in a sequence. Blues to Reds, Reds to Yellows, Yellows to Blues. Encourage players to play “Round the Corner” passes.

### OUTCOMES

- Accuracy / Weight of passing
- Multidirectional movement to receive to ball
- Awareness of surroundings

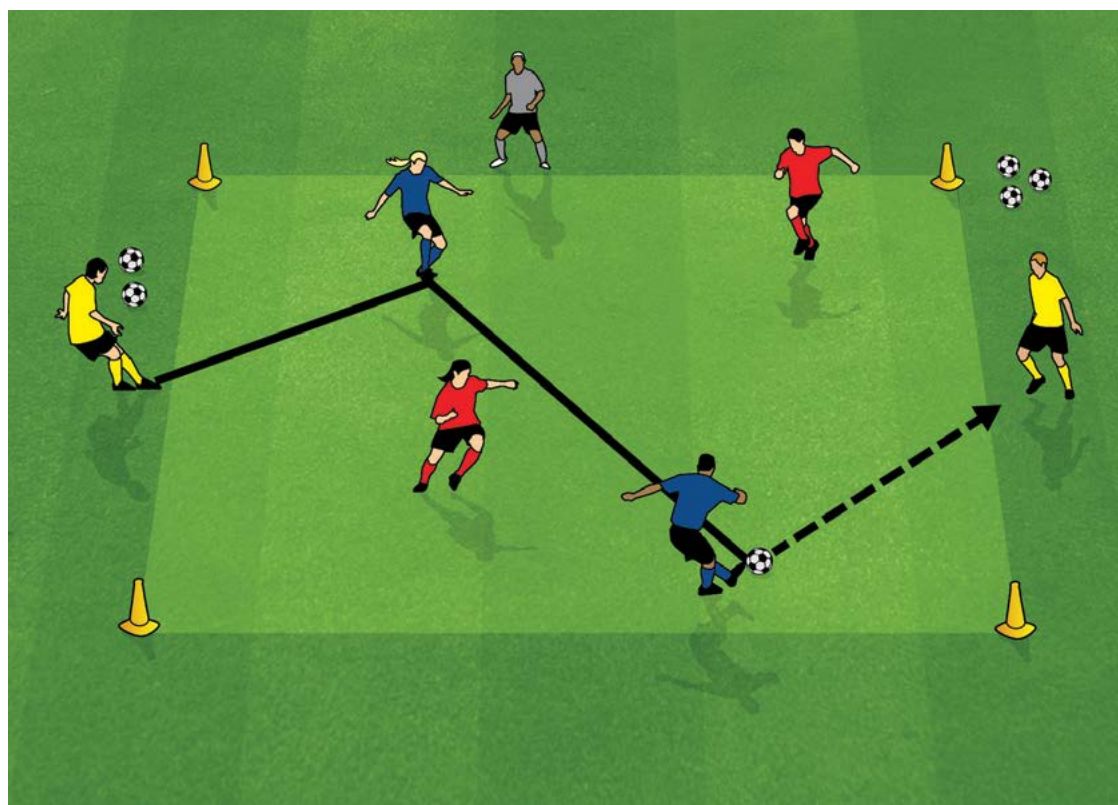
### DRINKS BREAK DISCUSSION

- How did you communicate with the person in possession of the ball?

# SESSION 1

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL TRAINING



### SETUP

- **Area of up to 12x15m.** Modify area depending on the number of players involved.
- Session begins with 2 Blue Attackers, 2 Red Defenders and 2 Yellow Target Players.
- Target Players begin on opposite ends of the area, with a supply of spare footballs.

### HOW TO PLAY

- Target Player begins practice by passing into a Blue attacker.
- Objective is to transfer the ball accurately to the opposite target player.
- If achieved the practice is repeated in the opposite direction. Challenge for attackers is to see how many times they can consecutively transfer the ball to an opposite target player (1pt for each time).
- If defender wins possession, they attempt to pass to a target player. This resets the Blue attackers score to zero.
- After 1 minute, rotate players so that target players and defenders are changed.

### POSSIBLE PROGRESSIONS

1. Blue attackers must make at least one pass inside the area before transferring to a target player.
2. If Blue attackers pass ball into target player with a 1st time pass it counts as 2pts.
3. Target players have 3 seconds to pass the ball back into the area.

### EXERCISE TASK

- Can we transfer the ball to the opposite target player as quickly and safely as possible?

### PLAYER TASK EXAMPLES

- Can the attackers position themselves to receive a ball and play forwards first time?
- Can the attacker away from the ball position themselves either to receive the ball or create a 1v1 opportunity for the player in possession?

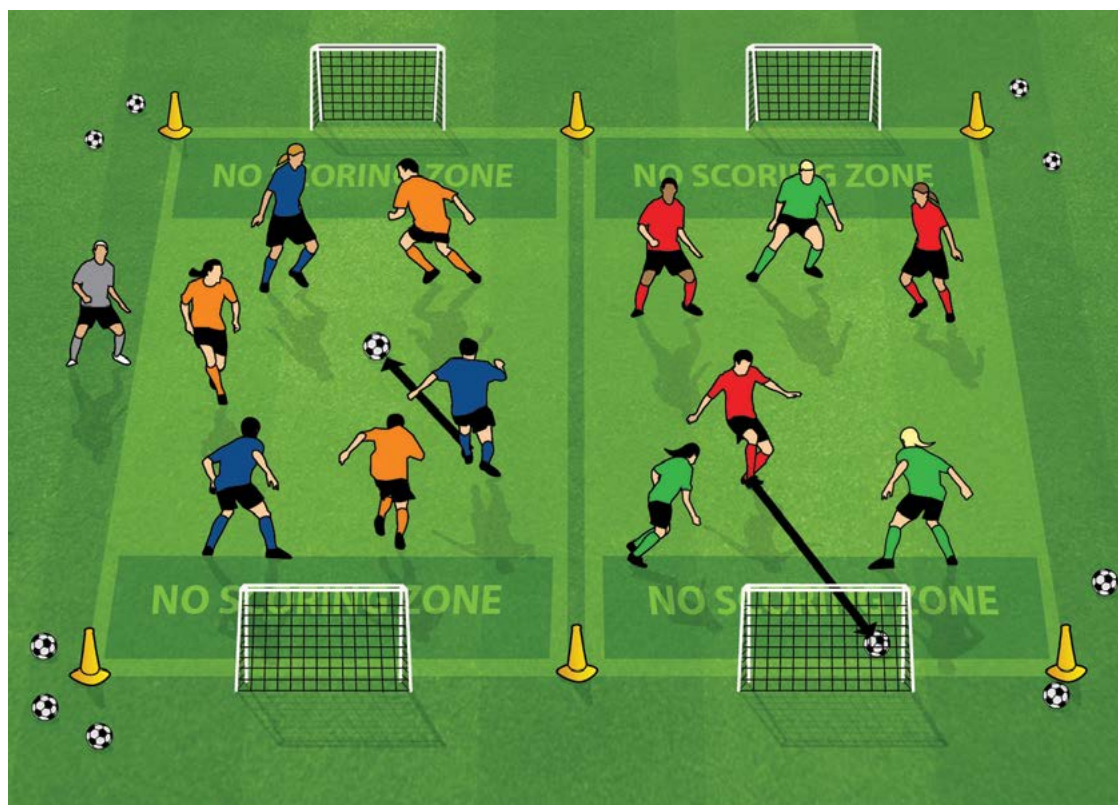
### OBSERVATION DISCUSSION

- If you want to play a quick, 1st time pass, what sort of pass would you need to receive?

# SESSION 1

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL GAME



### SETUP

- Area of up to 30x30m, divided into two 15x30m pitches. Modify area depending on the number of players involved.
- 4 teams of equal numbers, bibbed in different colours (Red, Yellow, Green & Blue in diagram). 2 teams on each pitch.
- 2 small goals placed at either end of the area, with 5m no scoring zone.
- Spare footballs placed to the side of pitches.

### HOW TO PLAY

- Teams play 3v3 against each other.
- Teams score by passing into the opposition's goals, from outside of the no-scoring zone.
- Kick Ins from the side.
- 90 second games before teams are rotated.

### PROGRESSION

1. Teams must complete 2 passes as a team before scoring
2. Teams must score with a 1st time pass

### OUTCOMES

- Accuracy / Weight of passing
- Decision Making - when to pass to score
- Awareness of team mates, opposition and position on the pitch

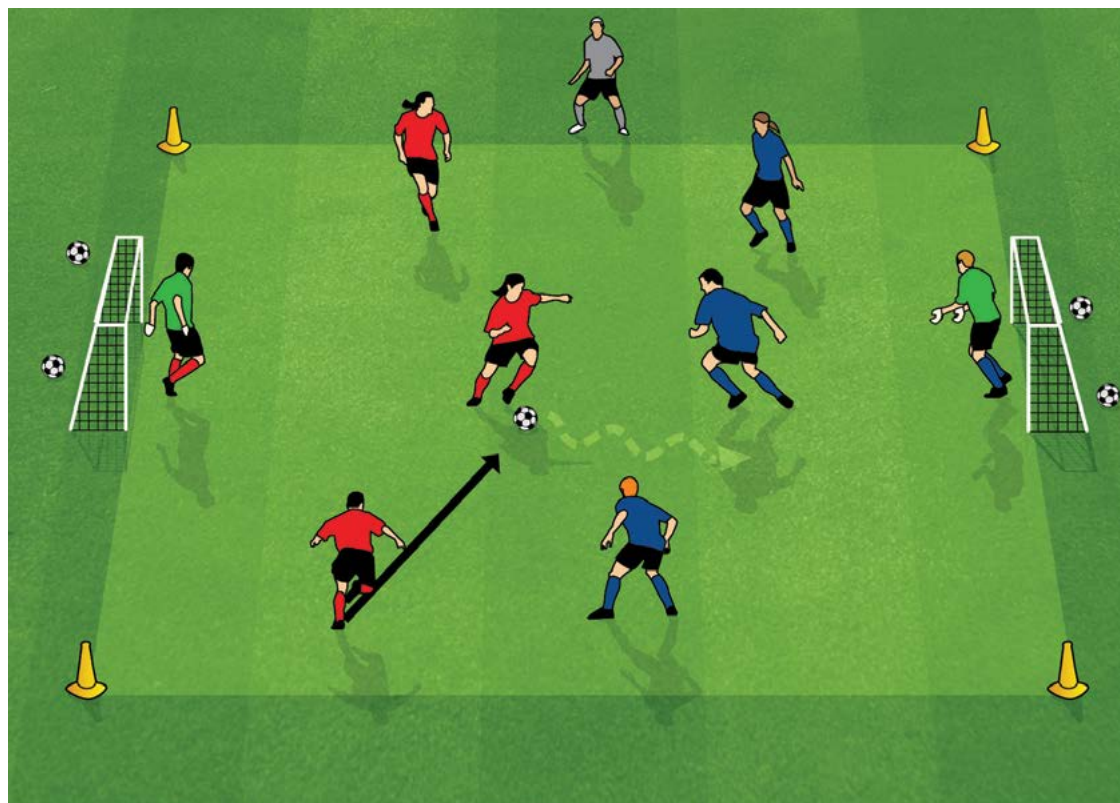
### DRINKS BREAK DISCUSSION

- As a team, what are you currently doing that is helping you score goals?

# SESSION 2

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHOOTING FROM CLOSE RANGE**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

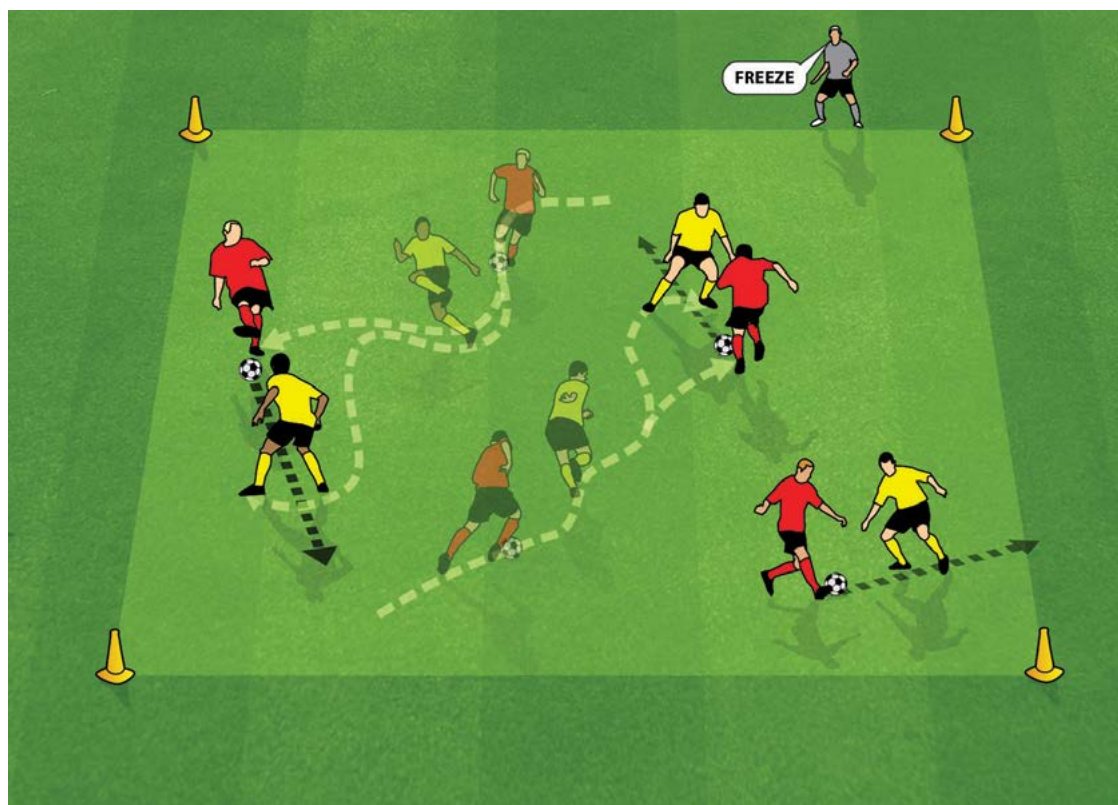
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 2

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHOOTING FROM CLOSE RANGE**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 20x20m.** Modify area depending on the number and age of players.
- Each player has a partner in a different colour bib.
- Pairs have a ball between them.
- Red player begins with the ball.

### HOW TO PLAY

- Players in yellow move around the area. Players in red tries to keep up with them whilst dribbling.
- When the coach shouts “freeze” the two players stop. The yellow player faces their partner and makes a goal using their legs. The red player tries to pass the ball between their legs to score a goal.
- Players then change roles.
- Play for a set time and see how many goals are scored.

### PROGRESSION

1. Use different surface of foot to shoot
2. Rotate partners
3. Players have to score between another partners legs

### OUTCOMES

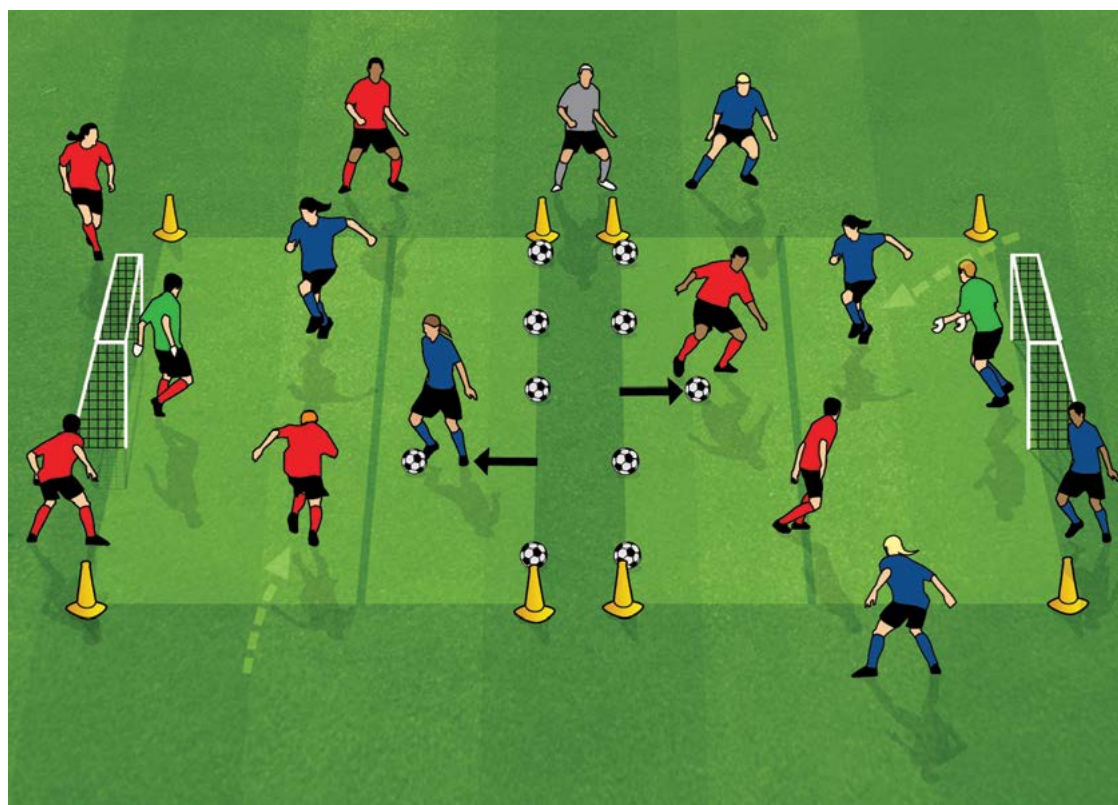
- Shooting Accuracy
- Dribbling with close control



# SESSION 2

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHOOTING FROM CLOSE RANGE**

## SKILL TRAINING



### SETUP

- **Area of 15x45m divided into two 15x20m areas.** Modify area depending on the number of players involved.
- 5m channel in between areas where 5 footballs are lined up for each area (10 in total) & Shooting Line placed 5m away from the footballs.
- 2 teams of 6 players, bibbed in different colours. Each team has 2 attackers and 4 defenders.
- Attackers begin inside area. Defenders begin spread around the outside of the defending area.

### HOW TO PLAY

- Play begins when the two attackers move to collect a football from the channel.
- On collection, an opposing defender can enter the area, creating a 2v1.
- Attackers must shoot after passing the "Shooting Line."
- Players play a 2v1 until the attack is concluded. - Attackers then collect a 2nd ball from the channel and a different defender enters the area (1st defender leaves)
- Attackers have 5 attacks in total, each against a different defender.
- Practice is mirrored in the other half of the area.

### POSSIBLE PROGRESSIONS

1. Teams keep their score (Blues vs Red), with 1pt being awarded for each goal.
2. Defending teams are allowed 2 defenders into the area (coach may limit the amount of times that this can happen)
3. If defender wins possession and plays to team mate (outside area), they win 1pt for their team. (If GK catches, the attack has concluded)

### EXERCISE TASK

- Can you use individual play or pass to combine with your teammate to create a shooting opportunity?

### PLAYER TASK EXAMPLES

- Can you travel with the ball as quickly as possible towards the goal?
- Can the player out of possession position themselves to receive a pass for a first time shot?

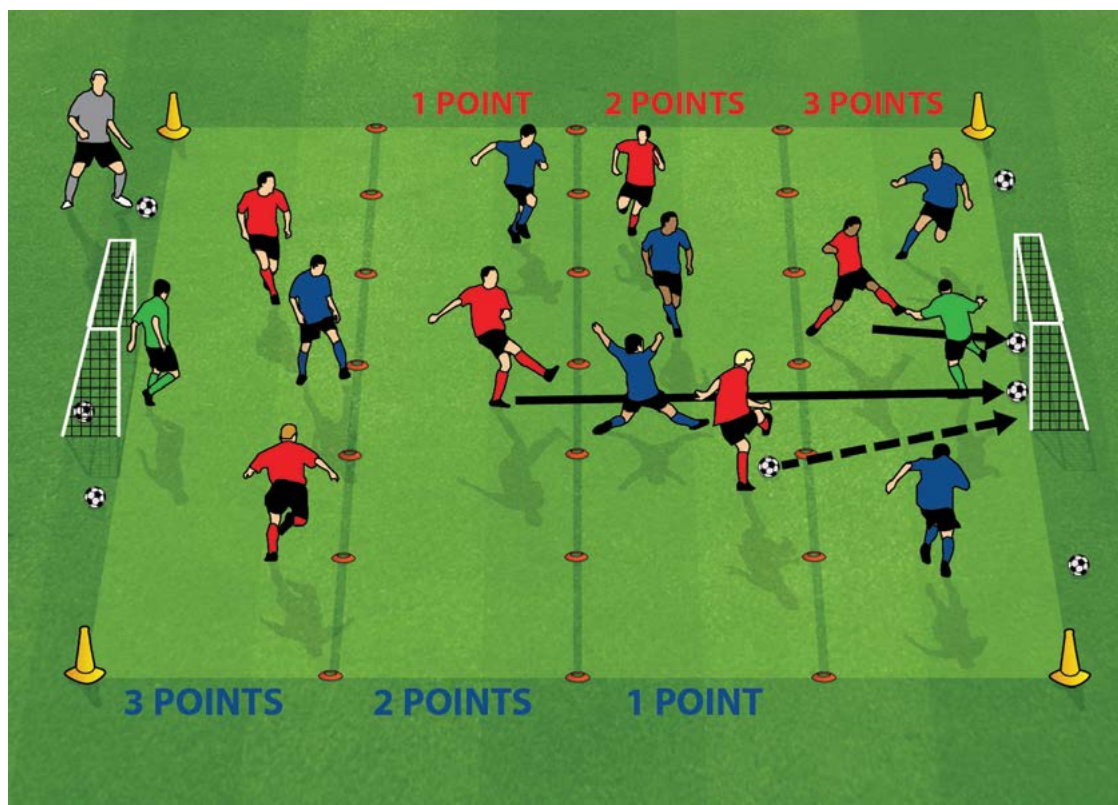
### OBSERVATION DISCUSSION

- What are the different types of shot that you can use to beat a Goalkeeper?

# SESSION 2

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHOOTING FROM CLOSE RANGE**

## SKILL GAME



### SETUP

- **Area of up to 50x30m.** Modify area depending on number and age of players involved.
- Two teams of equal numbers, bibbed accordingly.
- Area split into four quarters, marked out with cones.
- One football to play with, with additional footballs available around the area and in each goal.

### HOW TO PLAY

- Teams aim to score in the opposition's goal, as in a regular game.
- Points are awarded for scoring in different areas:
  - 3 points for scoring in the quarter closest to the opposition's goal
  - 2 points for scoring in the next attacking quarter
  - 1 point for scoring in the next attacking quarter

### PROGRESSION

1. Teams are given additional points if they score with a first time finish
2. Change the number of points awarded for each area to change the focus of the game. For example, award 3 points for the furthest area from goal to reward longer shooting

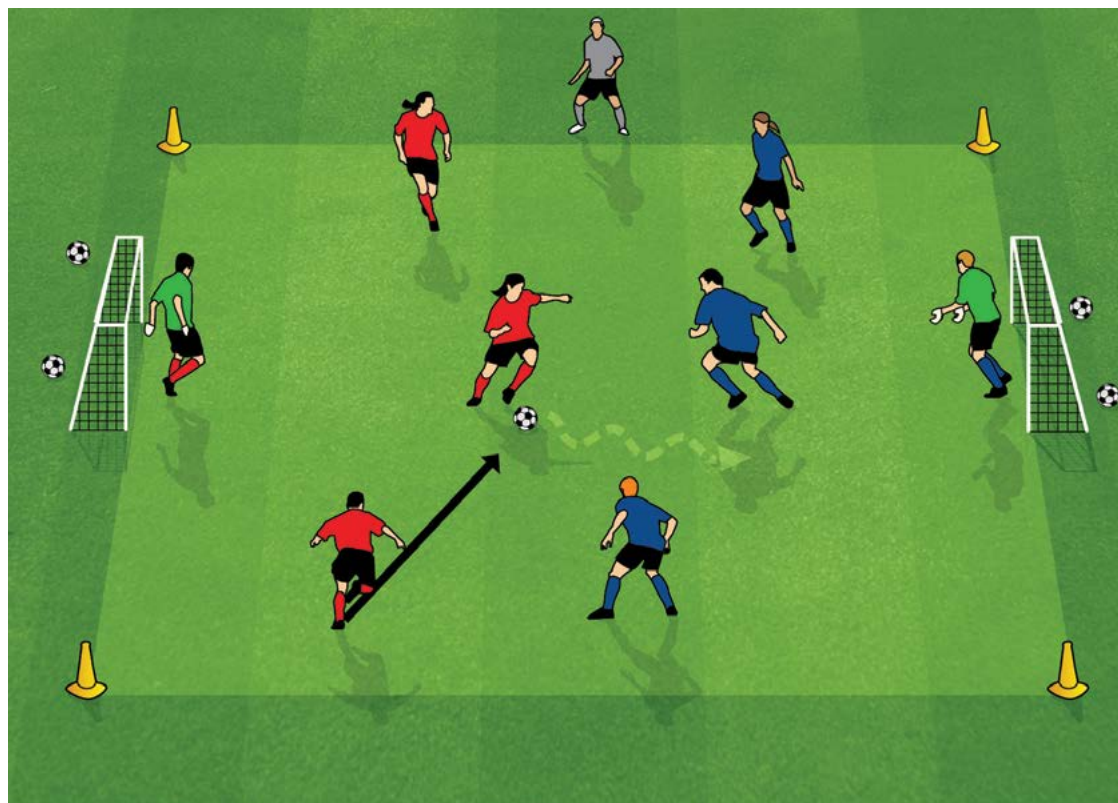
### OUTCOMES

- Shooting technique – what part of the foot to use
- Power vs Accuracy over long or short distances
- Decision Making – when to attempt a first time finish
- Quick interplay passing between attackers
- Movement to support the player in possession

# SESSION 3

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch achieves 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 3

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 25x25m.** Modify area depending on the number and age of players.
- Players are in pairs, in different coloured bibs.
- One ball between each pair.
- Place different coloured gates around the area.

### HOW TO PLAY

- Players all play in a 1v1 against each other.
- The aim is to dribble through the gates. Goals can be scored from either side of the gate. Players are not allowed to score through the same gate twice in a row.
- If defending player wins the ball then they try to score through the gates.
- Play for a set time or play till someone gets a set amount of goals.

### PROGRESSION

1. Players can only score through certain colour gates
2. Different points available for dribbling through different coloured gates

### OUTCOMES

- Speed and angle of approach.
- Decision making – when to tackle / when to delay.

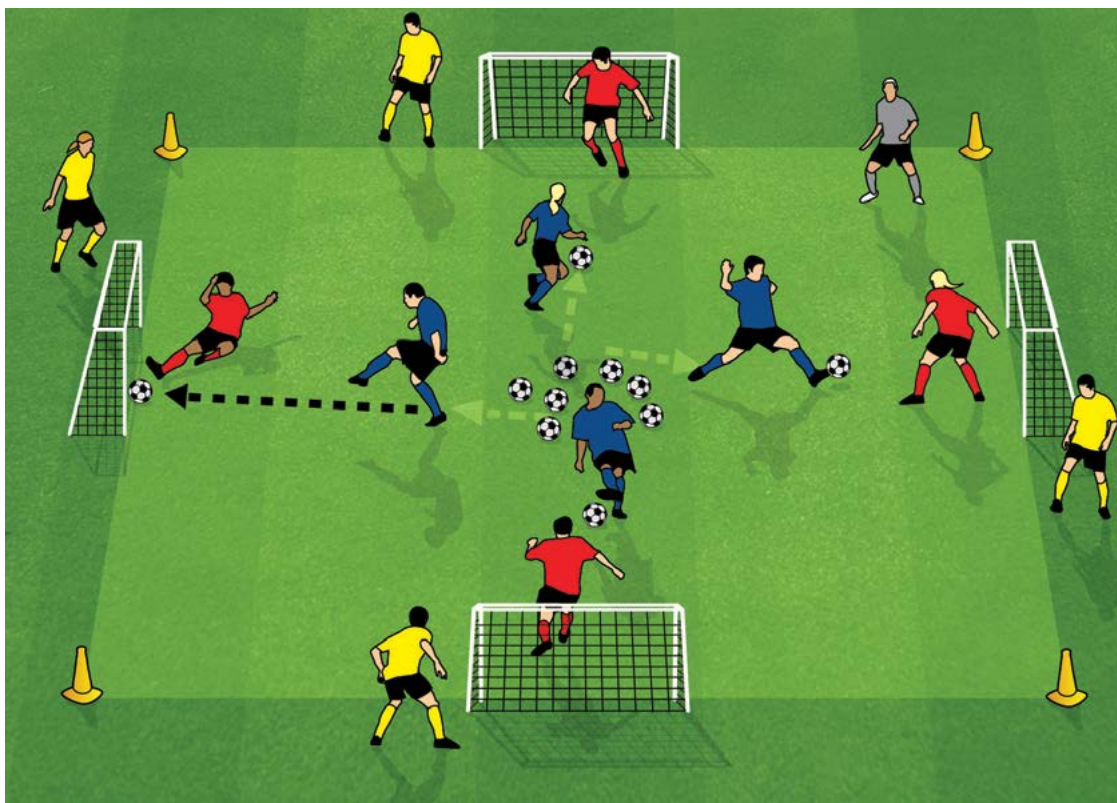
### DRINKS BREAK DISCUSSION

- What do you find hardest about tackling an opponent?

# SESSION 3

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## SKILL TRAINING



### SETUP

- **Area of up to 30x30.** Modify area depending on the number and age of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow, & Blue in diagram). 2 teams taking part in activity, 1 observing.
- 4 mini goals placed on each side of the area.
- 12 footballs placed in the middle of the area.

### HOW TO PLAY

- The Blue attacking team attempt to score as many goals as possible in 12 attempts.
- Attacking players must play 1v1 at their designated goal.
- If defenders win possession they attempt to pass the ball to a yellow player.
- When an attack concludes, Blue attackers take a football from the middle and begin again.
- When the number of footballs available decreases to 3, attackers can join together to create 2v1s / 2v2s / 3v2s etc.
- Once last ball has been played, team adds up their score and teams rotate roles (Yellows attack / Blues Defend / Reds observe)

### POSSIBLE PROGRESSIONS

1. Introduce a time limit for the team to have their 12 attacks

### EXERCISE TASK

- Today is about tackling an opponent in a 1v1

### PLAYER TASK EXAMPLES

- Can you close down the attacker and engage them as far away from the goal as possible?
- Can you position your body so that you force the attacker to play with their weaker foot?
- Can you choose the correct time to steal the ball, choosing the moment where you can clearly see all of the ball?

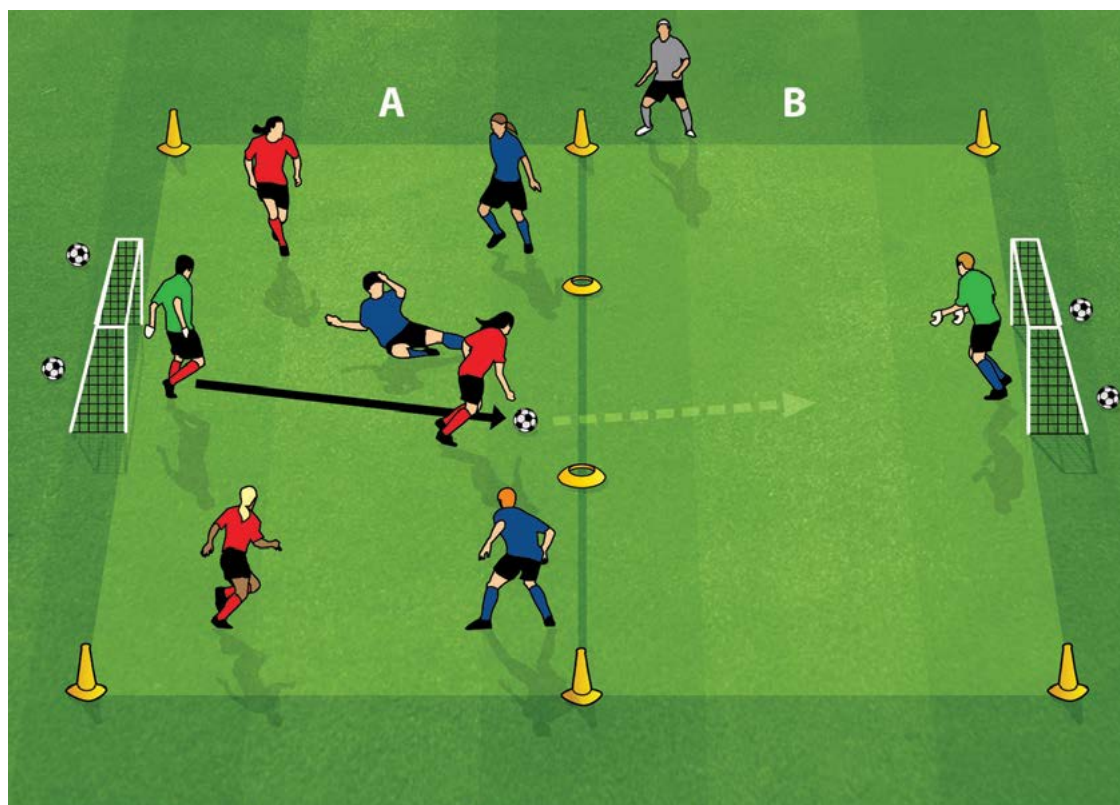
### OBSERVATION DISCUSSION

- When is the best time to try and tackle the attacker? What may you see happen at this time?

# SESSION 3

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## SKILL GAME



### SETUP

- Area of up to 40x20m, divided into two 20x20m halves. Modify area depending on the number of players involved.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram).
- Line of cones / flat spots placed on halfway line.

### HOW TO PLAY

- Teams play 3v3 against each other + GKs
- Red GK starts the game in Area A. Red team must combine until a player dribbles over the halfway line entering Area B. Attackers then attempt to score.
- If Red scores the game restarts in Area A.
- If Blue defenders win the ball in Area A they can immediately score. If Blue score, game restarts in Area B with Blue GK.
- If Blue GK wins ball in Area B, play continues from Area B with blues in possession
- Kick Ins from the side.
- 90 second games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Team in possession must attempt to dribble into Area B within 20 seconds otherwise they surrender possession to opposition.
2. Narrow the pitch.

### OUTCOMES

- Speed and angle of approach.
- Body position to encourage attacker in a particular direction
- Decision making - when to tackle / when to delay.

### DRINKS BREAK DISCUSSION

- In order to prevent a goal scoring opportunity, what does a defender need to do?

# SESSION 4

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 4

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 15x15m.** Modify area depending on the number of players involved.
- All players have the same coloured bib (Red in picture) except for 2 Taggers (in Blue).
- All Reds have a ball each. Taggers must link arms and have 1 ball between them.
- Spare footballs placed to the side of pitch.

### HOW TO PLAY

- All players dribble around the area using different parts of the foot.
- When coach shouts "Go", Taggers begin tagging the Reds. Taggers attempt to tag as many players as possible during a 30 second time period.
- If a player is tagged, they must take their ball to the outside of the area and dribble around two sides of the square before rejoining.
- Rotate Taggers after each game.

### POSSIBLE PROGRESSIONS

1. Tagged players must perform 5x keeps ups before they can come back in (alter number where necessary)
2. Taggers operate as a single player with a ball each

### OUTCOMES

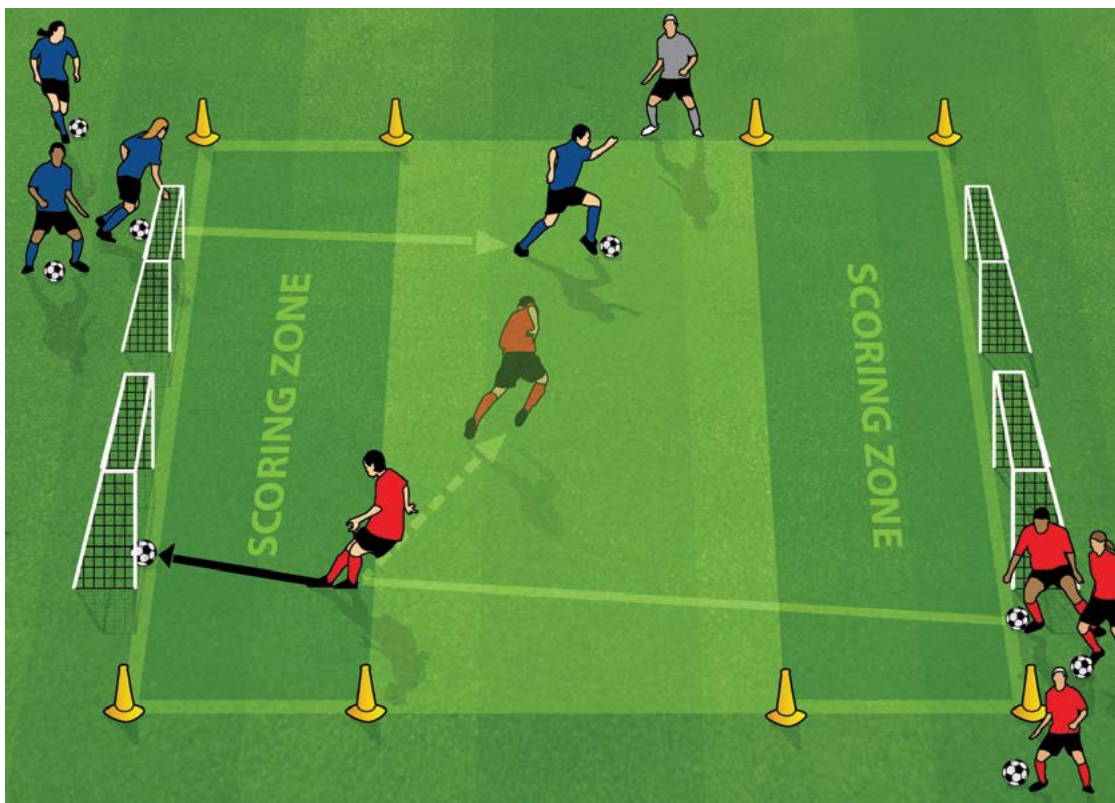
- Close control when dribbling
- Turning away from defenders
- Change of pace and/or direction to get away from defender



# SESSION 4

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL TRAINING



### SETUP

- **Area of up to 30x20m.** Modify area depending on the number of players involved.
- 7m "Shooting Line" at each end of the area.
- 4 smaller goals positioned as shown.
- Two team of equal numbers, starting behind diagonally opposite goals.
- All Players have a ball each.

### HOW TO PLAY

- Session starts when the 1st Red player dribbles and shoots at the opposite goal. Players can only shoot from inside the scoring zone.
- As soon as the Red player shoots, the 1st Blue player starts running with the ball to the opposite side.
- The 1st Red player, after taking their shot, turns and attempts to prevent the 1st Blue player from scoring.
- Teams scores are kept. Coach to change the order of the teams every 2 minutes.

### POSSIBLE PROGRESSIONS

1. Move one of the shooting lines further away from the goal.
2. Introduce Gks in the goals

### EXERCISE TASK

- Today is about travelling with the ball quickly so that we get away from a chasing defender

### PLAYER TASK EXAMPLES

- Can you put as much distance between you and the defender as possible?
- Can you change direction / speed to lose the defender?

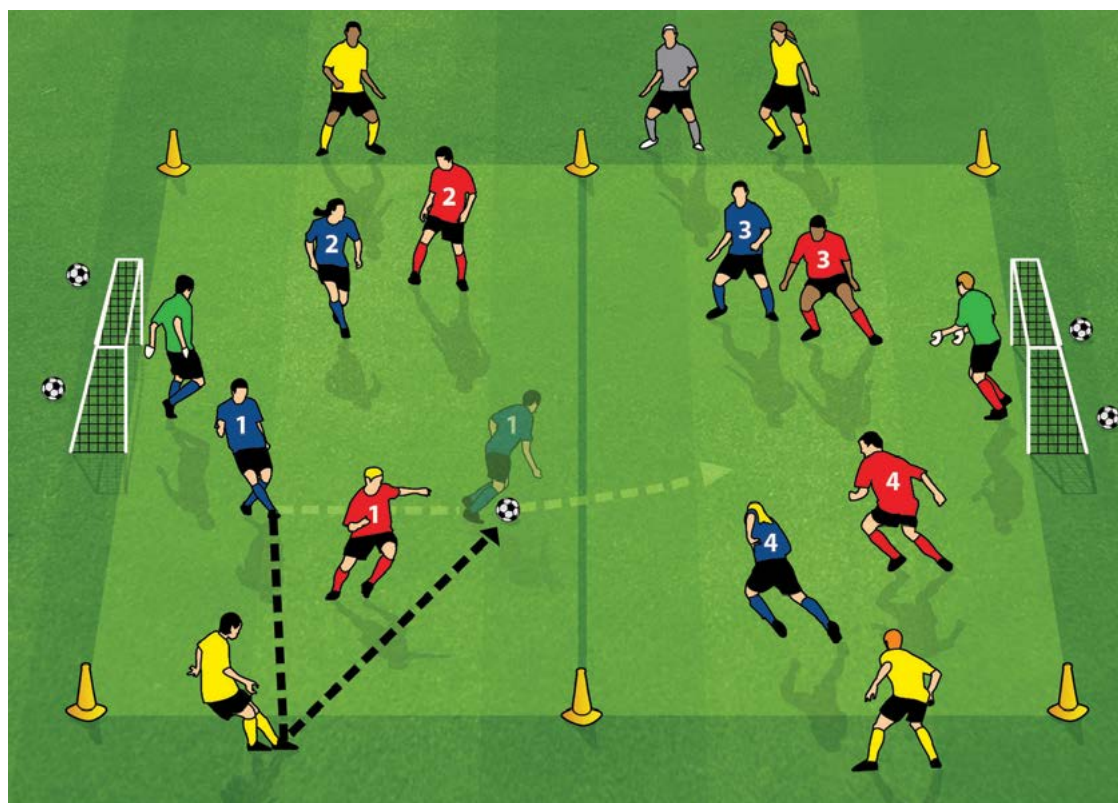
### OBSERVATION DISCUSSION

- What methods did you use to make sure that the chasing defender didn't get the ball?

# SESSION 4

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL GAME



### SETUP

- **Area of up to 40x20m.** Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram).
- 2 teams begin on the pitch and are numbered 1-4.
- 1 team off the pitch as support players. Support players must operate on different halves of the pitch.
- Designated "Offside line" at half way.
- Spare footballs placed behind the goals.

### HOW TO PLAY

- Red & Blue teams play 4v4 against each other.
- Players are assigned a direct opponent and can only take the ball away from that opponent.
- Team in possession can use Yellow support players (making an 8v4).
- Support players must give the ball back to the team who they received the football from.
- 2 minute games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Support players must pass the ball back within two touches
2. Teams can only use support players in their own half

### OUTCOMES

- Decision Making - when to pass / when to dribble
- Movement away from a marker
- Change of direction and/or speed to get away from defender

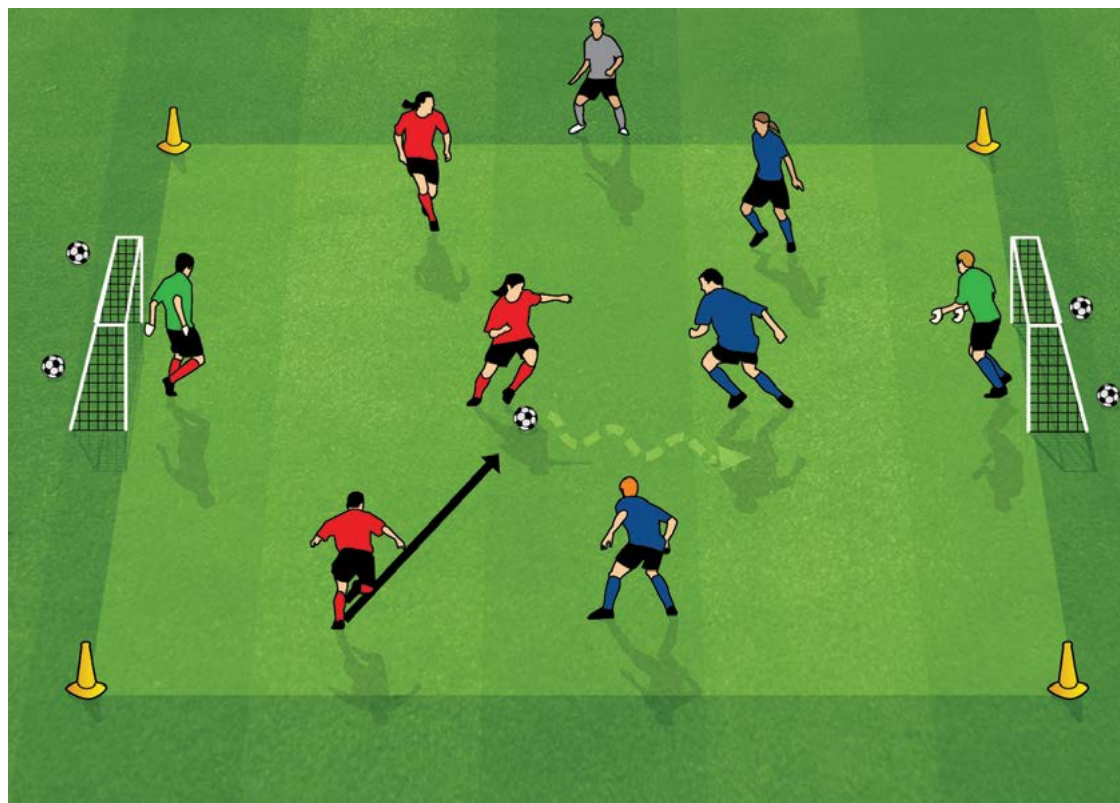
### DRINKS BREAK DISCUSSION

- As a team, come up with tactics that you think will help you win the game.

# SESSION 5

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO ATTACK**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch achieves 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

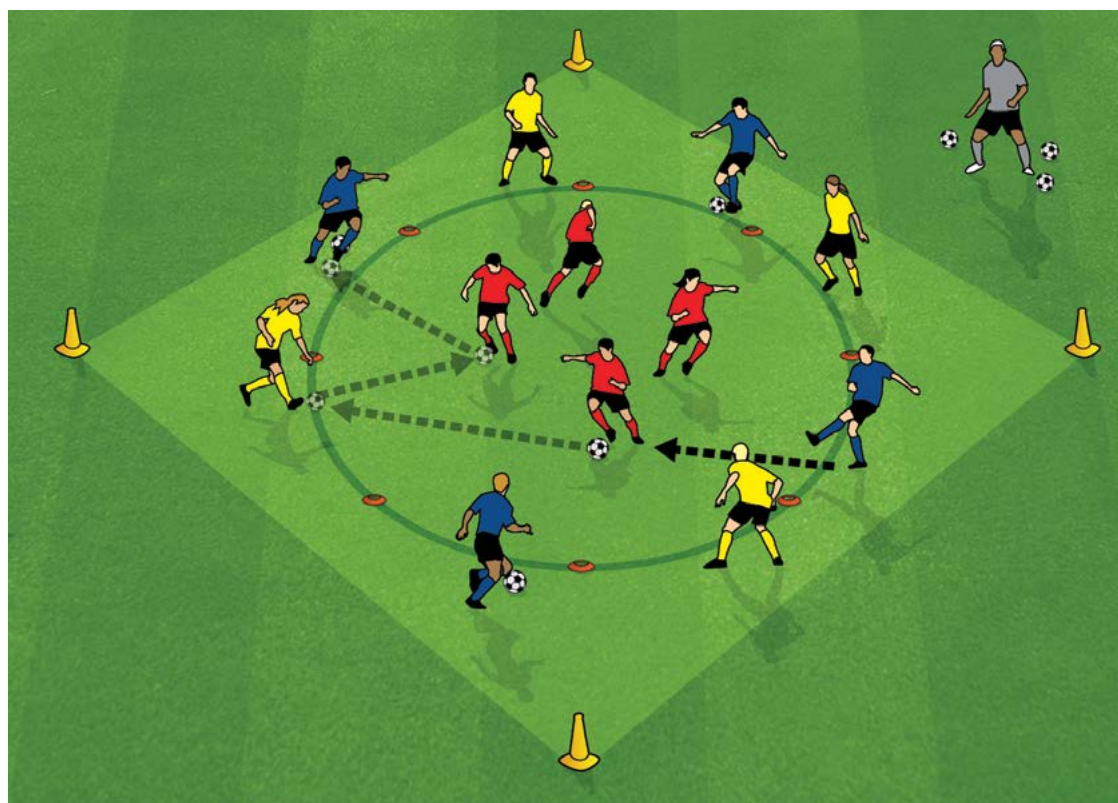
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 5

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO ATTACK**

## SKILL INTRODUCTION



### SETUP

- **Circle areas with a diameter up to 20m.** Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram)
- Reds begin in the middle. Other two teams begin as support players on the outside.
- All of the Blue support players begin with a ball.

### HOW TO PLAY

- Red players receive ball from a Blue, must change direction with their 1st touch before playing out to a yellow.
- If Reds receive a ball from a Yellow they must pass to a Blue.
- Change roles after 1 minute.

### POSSIBLE PROGRESSIONS

1. Encourage players in the middle to take 2 touches only
2. Encourage players to turn with their 1st touch / perform a no touch turn
3. Service from the outside players is from hands, provided at different heights

### OUTCOMES

- 1st touch control
- Changing Direction with 1st touch
- Receiving to turn / Awareness of surroundings

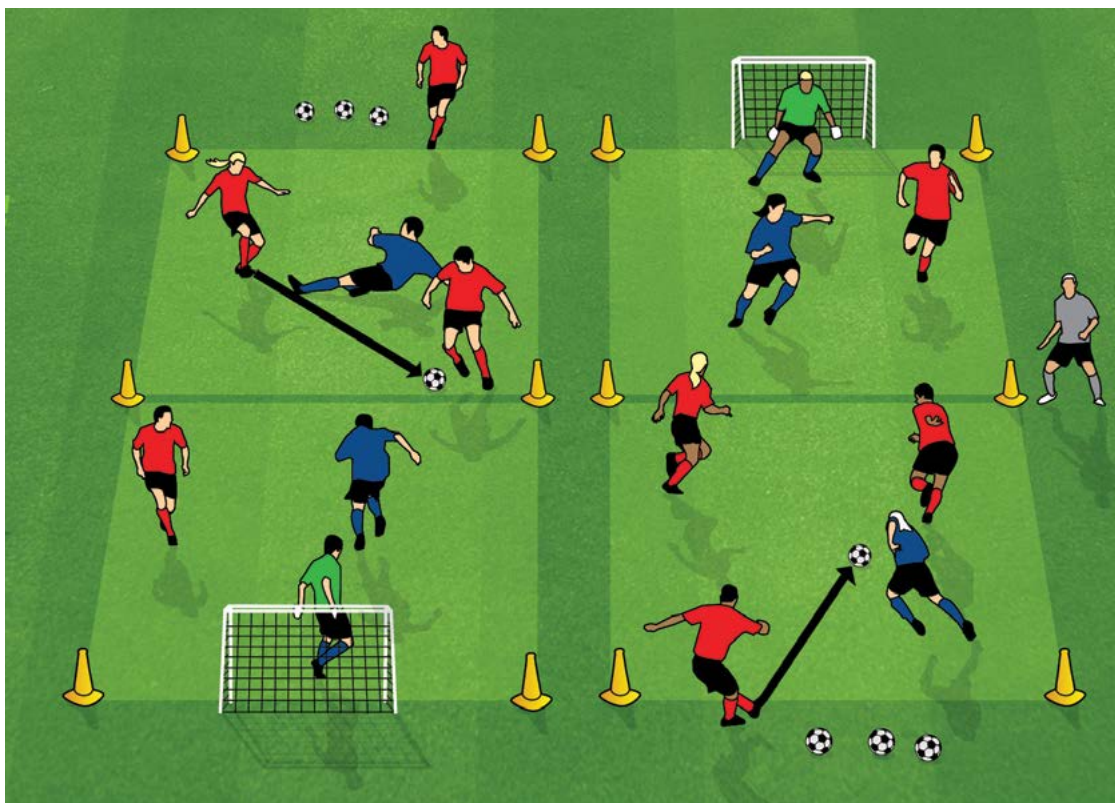
### DRINKS BREAK DISCUSSION

- How often did you pass the ball within two touches? What did you do well which allowed you to do this?

# SESSION 5

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO ATTACK**

## SKILL TRAINING



### SETUP

- **Two pitches of up to 40x25m, set up side by side.** Modify pitches depending on the number of players involved.
- Each pitch has a half way line marked, to be used as an offside line.
- Goals placed at the diagonally opposite sides of the pitches.
- 6 players start in each pitch, 4 Red Attackers and 2 Blue Defenders.
- Red attackers begin with a support player off the pitch, 2 midfielders and the first half and 1 striker in the second half of the pitch.
- Blue defenders have 1 player in each half of the pitch.
- Spare footballs behind support players on each pitch.

### HOW TO PLAY

- Session starts with ball played by support player into 2 midfielders. Ball can be passed back to support player if necessary, creating a 3v1.
- Midfielders look to combine and play into striker. 1 midfielder is allowed to make run into attacking half, creating a 2v1 to shoot at goal.
- Once attack has finished the attacker moves to the other pitch to become the support player. Support players move into midfield and a midfielder becomes the striker, creating a rotation.
- Every 60secs defenders are changed.

### POSSIBLE PROGRESSIONS

1. Encourage players to score with a first time finish
2. Encourage players to try to play without using the support player
3. Midfielders can dribble into attacking half when appropriate
4. Where numbers allow, introduce a floating defender who can join either pitch at any time

### EXERCISE TASK

- Can we combine to get our forwards into a goal scoring position?

### PLAYER TASK EXAMPLES

- Can you receive the ball to pass or dribble towards goal?
- Can you pass to the forward so that they can shoot first time?
- (Forward) Can you lose the defender to take a first time shot?

### OBSERVATION DISCUSSION

- When you were a defender, what do the attackers do to make your job difficult?



# SESSION 6

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO PROTECT**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 6

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO PROTECT**

## SKILL INTRODUCTION



### SETUP

- **Circle areas with a diameter up to 20m.** Modify area depending on the number of players involved.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram)
- Cones placed randomly around the middle of the area.
- Blues begin in the middle. Red team begin as support players on the outside.
- All of the Red support players begin with a ball.

### HOW TO PLAY

- Blue players receive pass from a Red (passes are made towards a cone).
- Blues attempt to receive the ball before it reaches the cone, protect it and play back to the same Red support player.
- Red support players must continue to move with the ball before passing in again.
- Change roles after 1 minute.

### POSSIBLE PROGRESSIONS

1. Encourage players to change the direction of the ball with their 1st touch.
2. Blue players are to pass ball to a different Red server.
3. Service from the outside players is from hands, provided at different heights.

### OUTCOMES

- 1st touch control, using different surfaces
- Changing Direction with 1st touch



# SESSION 6

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO PROTECT**

## SKILL TRAINING



### SETUP

- **Circle areas with a diameter up to 20m.** Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram)
- Reds & Yellows begin in the middle. Blue team begin as support players on the outside.
- All of the Blue support players begin with a ball.

### HOW TO PLAY

- Red players receive ball from a Blue and attempt to protect the ball from yellow. Reds then pass the ball back to the same Blue support player.
- Reds then move to another server and repeat the process.
- If Yellows successfully dispossess a Red, they pass the ball back to the blue server and play continues.
- Rotate roles after 1 minute.

### POSSIBLE PROGRESSIONS

1. Encourage players in the middle to keep possession of the ball for 3 seconds
2. Players receiving the ball, protect and look to play to a different support player
3. Service from the outside players is from hands, provided at different heights

### EXERCISE TASK

- Receive the ball and pass to another teammate as quickly and securely as possible

### PLAYER TASK EXAMPLES

- Can you receive the ball with the foot that's furthest away from the defender
- Can you receive the ball with your body between the ball and the defender

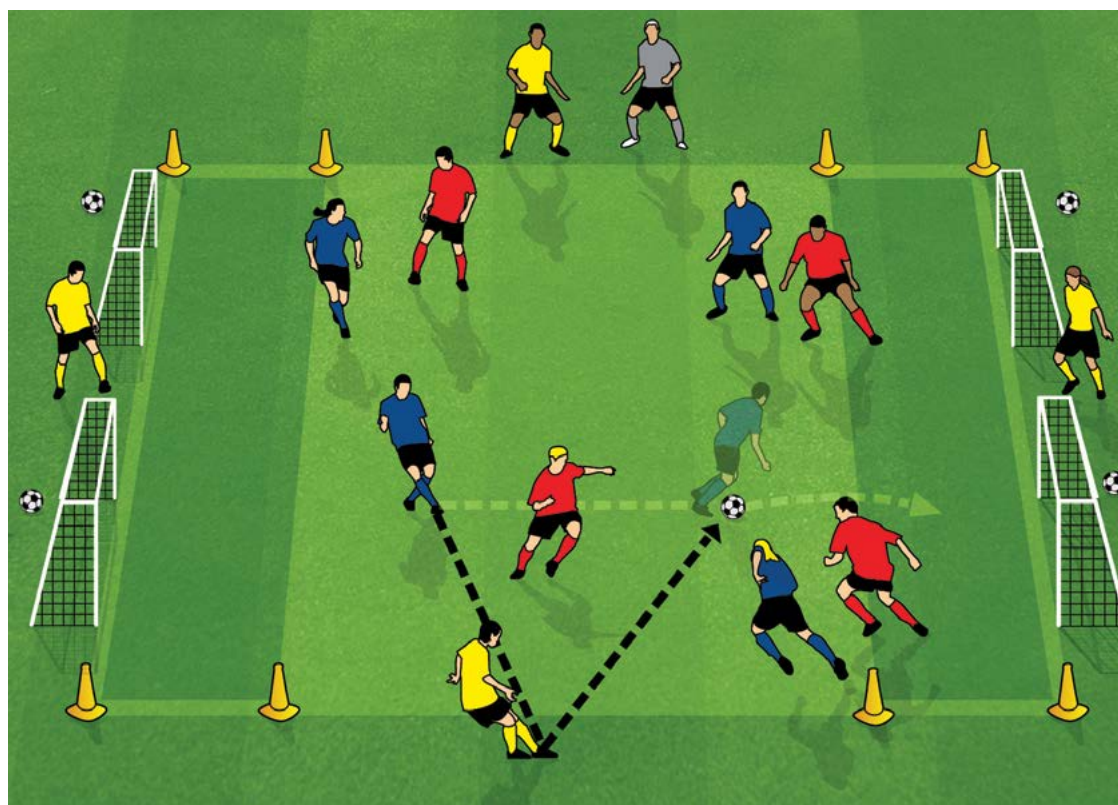
### OBSERVATION DISCUSSION

- What are the best ways to protect a ball from a defender?

# SESSION 6

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO PROTECT**

## SKILL GAME



### SETUP

- **Area of up to 30x20m.** Modify area depending on the number of players involved.
- 2 smaller goals at each end of the pitch.
- 5m scoring zone at each end of the pitch.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram).
- 2 teams begin on the pitch (Red & Blue), with 1 team of the pitch as support players (Yellows).
- 2 yellow support players on each side of the pitch, 2 play in between the goals.
- Spare footballs placed behind the goals.

### HOW TO PLAY

- Red & Blue teams play 4v4 against each other.
- Mandatory rule that players must take more than 1 touch of the ball each time they receive it (no 1st time passes).
- Team in possession can use Yellow support players (making an 8v4).
- Support players must give the ball back to the team who they received the football from.
- Support players must keep the ball moving when in possession.
- Inside the scoring zone 1 touch finishes are allowed if the ball comes from the support player in between the goals.
- 2 minute games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Support players must pass the ball back with 1 touch
2. Make pitch narrower

### OUTCOMES

- Moving the 1st touch away from a defender
- Movement to support the player in possession - angle & distance
- Use of body to protect ball from defender

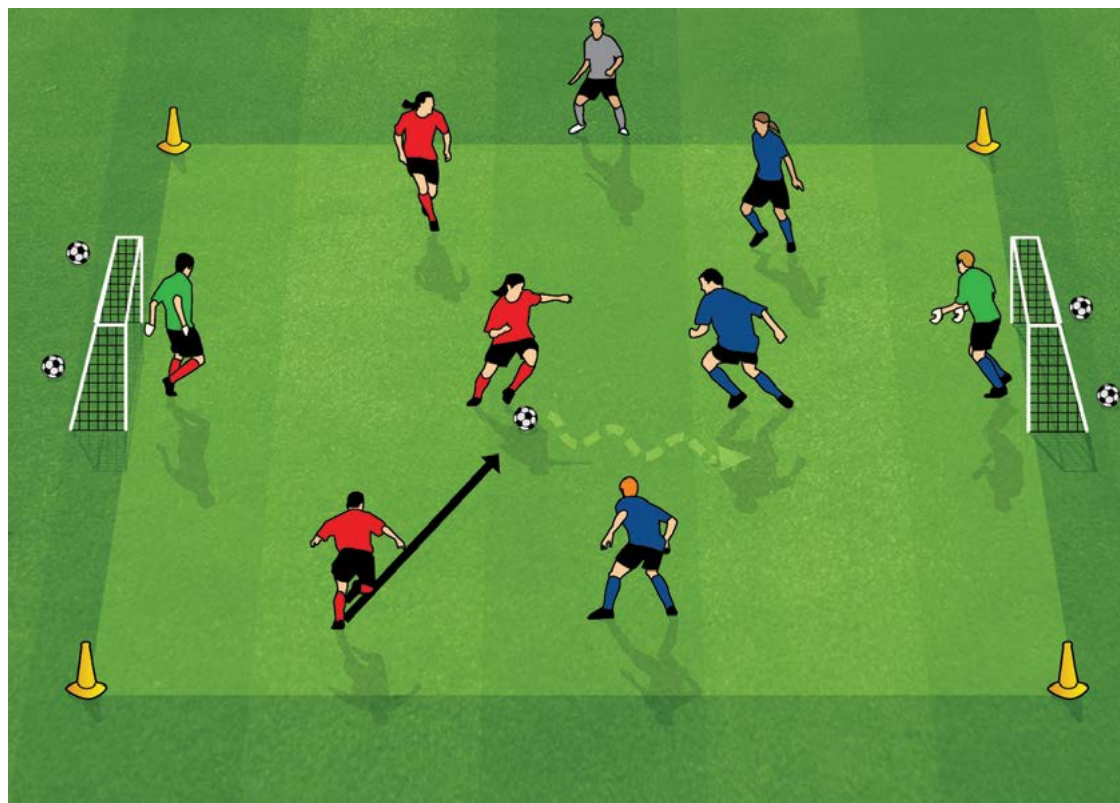
### DRINKS BREAK DISCUSSION

- What information do you need to know in order to play effectively when receiving the ball?

# SESSION 7

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 7

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 20x20m.** Modify area depending on the number of players involved.
- 6 yellow “gates” made with cones randomly placed around the area.
- All Reds players have a ball each.
- 2 Blue players start game without a ball.
- All players start the session inside of the playing area.

### HOW TO PLAY

- Red players dribble the ball around the square and, where possible, attempt to dribble through yellow gates.
- 2 Blue players move from gate to gate, stopping players from dribbling through (no tackling).
- Red players keep a count of how many gates they have dribbled through.
- 1 minute games before defenders are rotated.

### POSSIBLE PROGRESSIONS

1. Defenders are allowed to tackle. If defenders tackle successfully, they attempt to dribble ball out of the area. This resets the Red players score to zero
2. Red players are encouraged to alternate foot used to dribble after each gate passed through
3. Add another Blue Defender

### OUTCOMES

- Dribbling with control
- Change of direction whilst remaining in possession

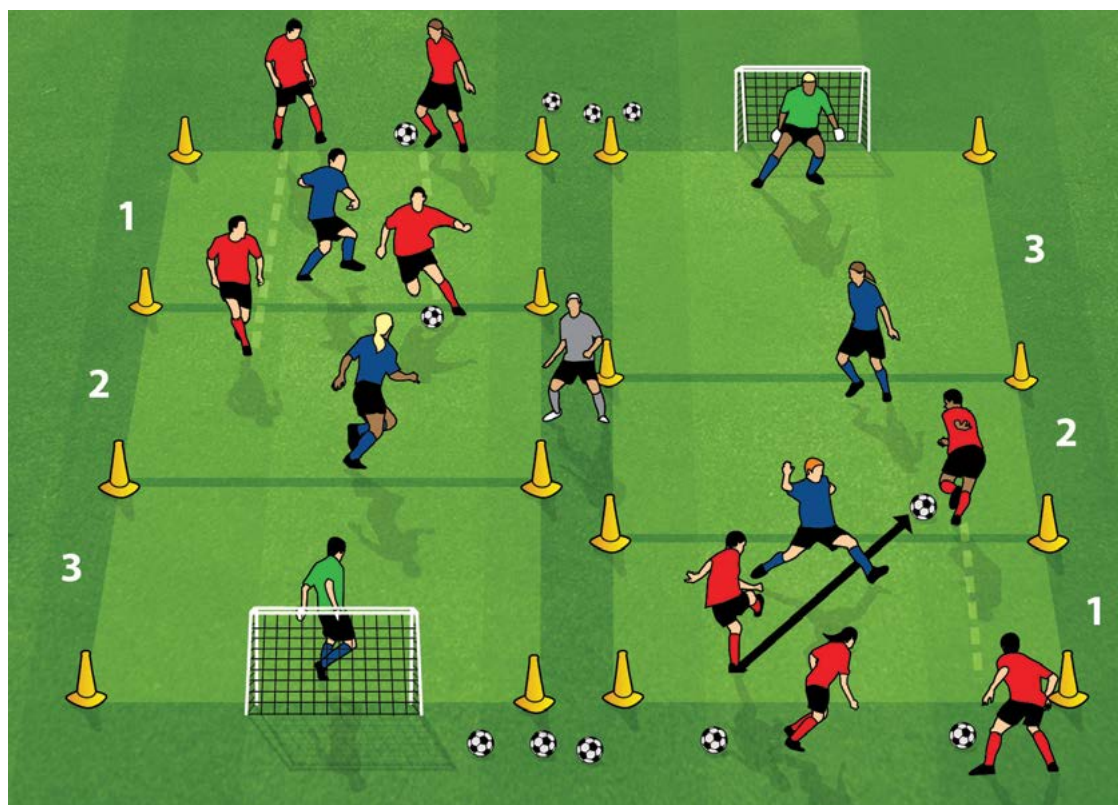
### DRINKS BREAK DISCUSSION

- What do you need to do in order to dribble the ball effectively?

# SESSION 7

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## SKILL TRAINING



### SETUP

- **Two pitches of up to 10x25m, set up side by side but running in the opposite direction.**  
Modify pitches depending on the number of players involved.
- Each pitch has areas marked out, shown on the diagram as area 1, 2 & 3.
- Goals placed at the diagonally opposite sides of the pitches.
- 6 players start in each pitch, 2 pairs of Red Attackers and 1 pair of Blue Defenders.
  - Defenders are restricted to Areas 1 & 2.
  - Spare footballs behind starting point on each pitch.

### HOW TO PLAY

- A pair of Red attackers begin by entering Area 1, creating 2v1. They attempt to move up the pitch to shoot at goal.
- Goals can be scored from any area.
- Once attack has finished the pair of attackers move to the starting position on the other pitch.
- Every 90secs defenders are changed.

### POSSIBLE PROGRESSIONS

1. Defender in Area 2 is able to move back into Area 3 once the ball has moved into there
2. Attacking players can only score in Area 3
3. Where numbers allow, introduce a floating defender who can join either pitch at any time

### EXERCISE TASK

- Dribbling to create a goal scoring opportunity

### PLAYER TASK EXAMPLES

- Can the attacker away from the ball position themselves where they can receive the ball but also create a 1v1 for the player in possession
- Can the ball player travel quickly to engage the defender as close to the goal as possible
- Can the ball player travel at an angle that makes it difficult for the defender to mark both attackers?

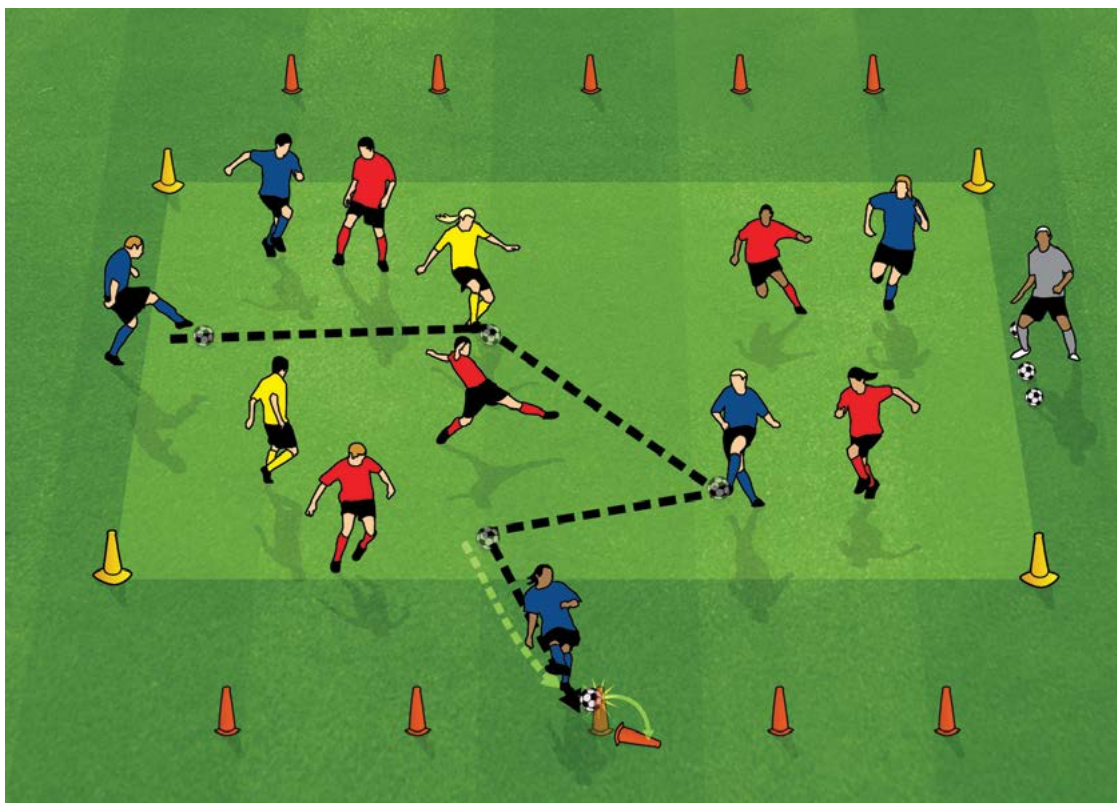
### OBSERVATION DISCUSSION

- When attacking, what made you decide to pass or dribble?

# SESSION 7

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## SKILL GAME



### SETUP

- **Area of up to 20x30m.** Modify area depending on the number of players involved.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram).
- 2 floater players in Yellow.
- 5 tall cones placed at either end of the area, 5m away from the area (Football on flat cones if tall cones are not available)
- Spare footballs placed to the side of pitches

### HOW TO PLAY

- Teams score by dribbling over the opposition end line and knocking over an opponents tall cone.
- Team in possession combines and attempt to create an opportunity for a team mate to dribble across end line.
- Floater players are unable to dribble across scoring line.
- Defending team are not allowed to follow into scoring zone.
- Conceding team restarts play.
- Kick Ins from the side.
- 2 minute games before floater players are rotated.

### POSSIBLE PROGRESSIONS

1. 1 defender is allowed to follow attacker into scoring area
2. Floater players are removed to take away the overload

### OUTCOMES

- Dribbling under control
- Decision Making - when to pass / when to dribble
- Awareness of team mates, opposition and position on the pitch

### DRINKS BREAK DISCUSSION

- During this game, when was the best time to attempt a dribble to score?

# SESSION 8

PLAYING MOMENT **DEFENDING** | CORE SKILL **PRESSING** | FOCUS **SHOWING OPPONENTS TOWARDS TEAMMATE**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 8

PLAYING MOMENT **DEFENDING** | CORE SKILL **PRESSING** | FOCUS **SHOWING OPPONENTS TOWARDS TEAMMATE**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 15x20m.** Modify area depending on the number of players involved.
- 2 “Safe Zones” at each end of the area.
- All players have the same coloured bib (Red in picture) except for 2 Taggers (in Blue).
- All Reds have a ball each.
- Spare footballs placed to the side of pitch.

### HOW TO PLAY

- Reds dribble around the safe zones using different parts of the foot.
- When coach shouts “Go”, Reds attempt to dribble across the area to the other safe zone.
- Blue defenders attempt to kick Red players footballs out of the area
- If a Red player is dispossessed they become a defender.
- Play game until there is one player left. Then begin again, rotating the starting defenders.

### POSSIBLE PROGRESSIONS

1. Defenders also have a ball each and must keep it under control when tagging.
2. Attackers are given a 10 second time limit to move across the area.

### OUTCOMES

- Speed and angle of approach
- Body position to encourage attacker in a particular direction

### DRINKS BREAK DISCUSSION

- What did the defenders do well to win possession of the ball?

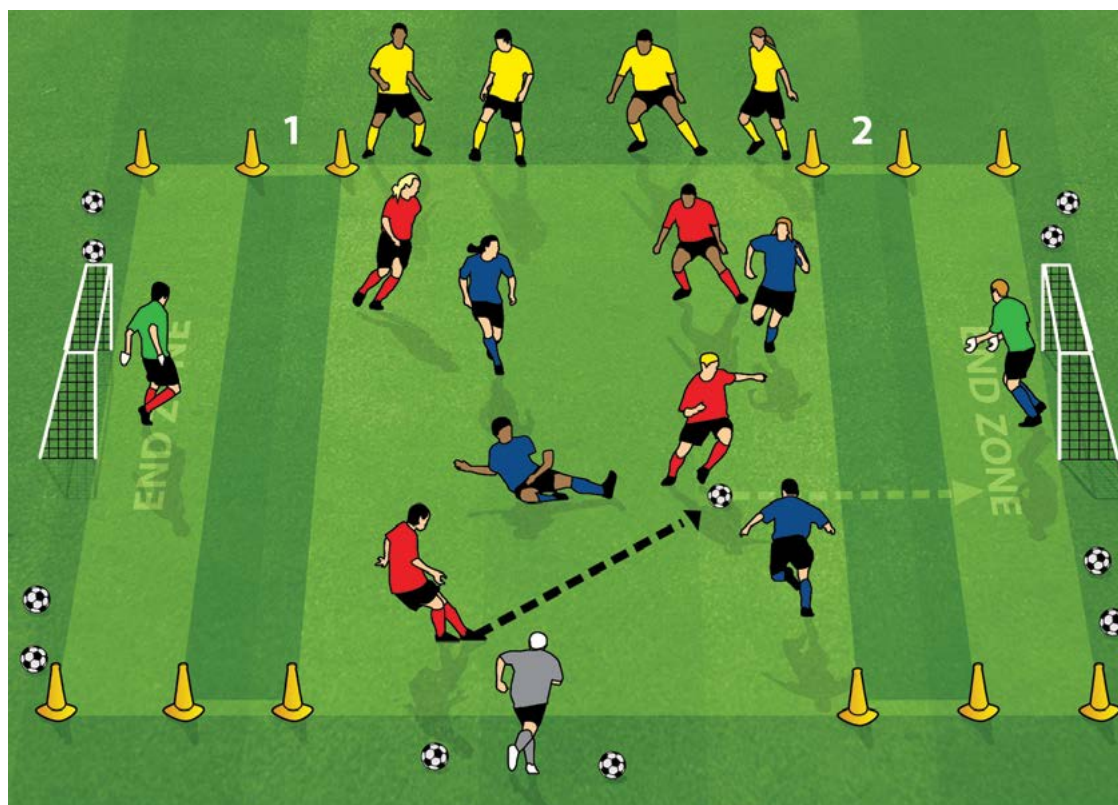




# SESSION 8

PLAYING MOMENT **DEFENDING** | CORE SKILL **PRESSING** | FOCUS **SHOWING OPPONENTS TOWARDS TEAMMATE**

## SKILL GAME



### SETUP

- **Area of up to 45x20m.** Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Blue & Yellow in diagram).
- 5m channel just before the end zone, at each end of the pitch (Numbered 1 & 2 on diagram)
- Spare footballs placed to the side of pitch
- Large goals with GKs at each end of the pitch.

### HOW TO PLAY

- 2 teams play in the middle area, creating a 4v4. 1 team observes.
- Red team attempt to score by combining to get a player running with Ball over the attacking channel (Number 2) into the end zone to shoot.
- If Reds score then they restart, attacking the opposite way.
- If Blues win possession, they can attack from where they win the ball.
- Kick Ins from the side.
- 2 minute games before floater teams are rotated.

### POSSIBLE PROGRESSIONS

1. Insert observers into channel as defenders.
2. 1 defender is allowed to follow attacker into end zone (number 2 on diagram)

### OUTCOMES

- Speed and angle of approach
- Body position to encourage attacker in a particular direction
- Working as a defensive pair to win possession

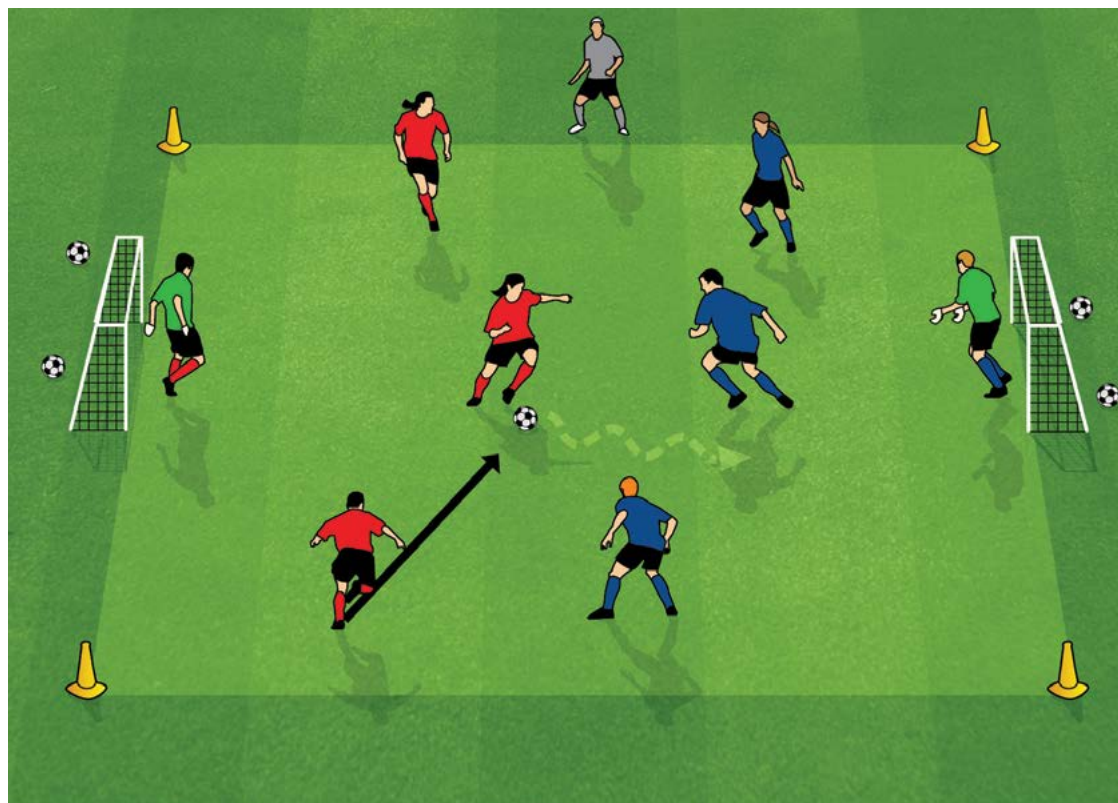
### DRINKS BREAK DISCUSSION

- What determines the direction that you attempt to show the attacker in possession?

# SESSION 9

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

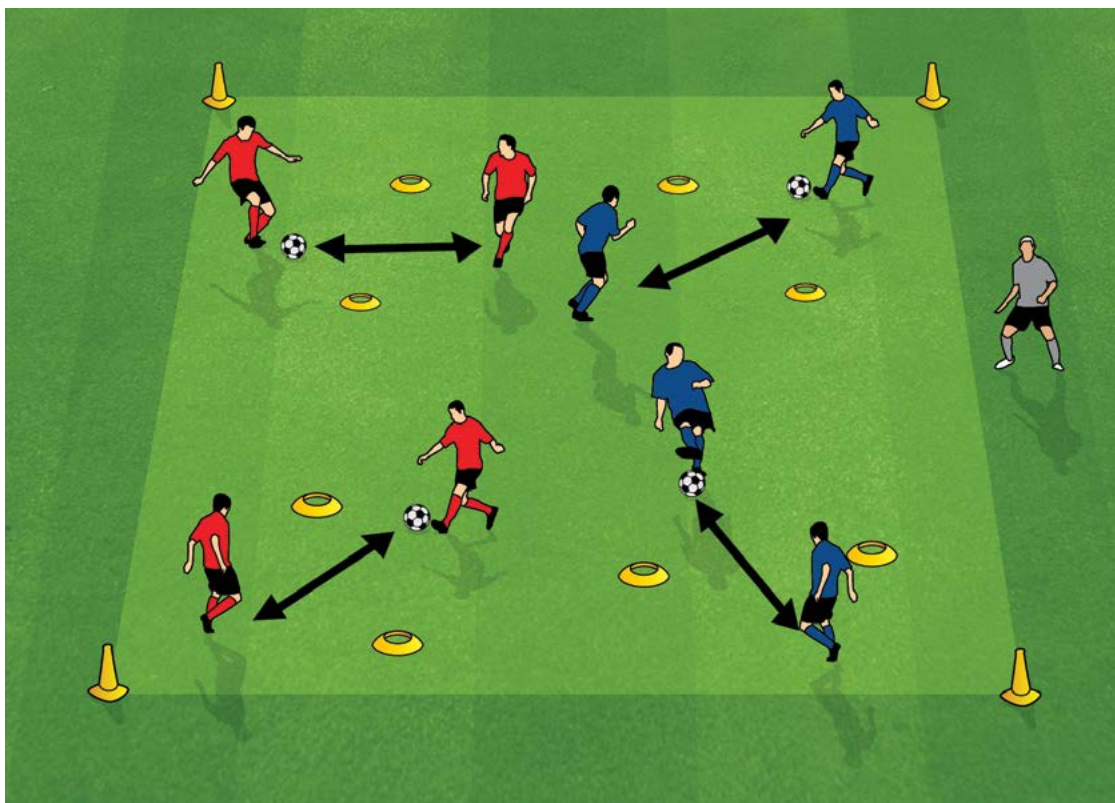
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 9

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL INTRODUCTION



### SETUP

- Area 30x30m
- Players pair up, with 1 ball between them
- Each pair is given 2 cones each
- Pairs are asked to find a space in the square and place their cones on the floor, approximately 4m away from each other, creating a "Gate"

### HOW TO PLAY

- Pairs pass the ball to each other 3 times through the gate
- Once 3 passes are completed, pair move to a different gate, and repeat the process
- This continues until the coach stops session and pairs return to their original gate

### PROGRESSION

1. Pairs have 1 minute to visit as many gates as possible (passing ball through the gates 3 times). Pairs count how many gates they visit to get their score
2. Repeat with 2 passes at each gate and try to beat previous score
3. Repeat with 1 pass at each gate and try to beat previous score

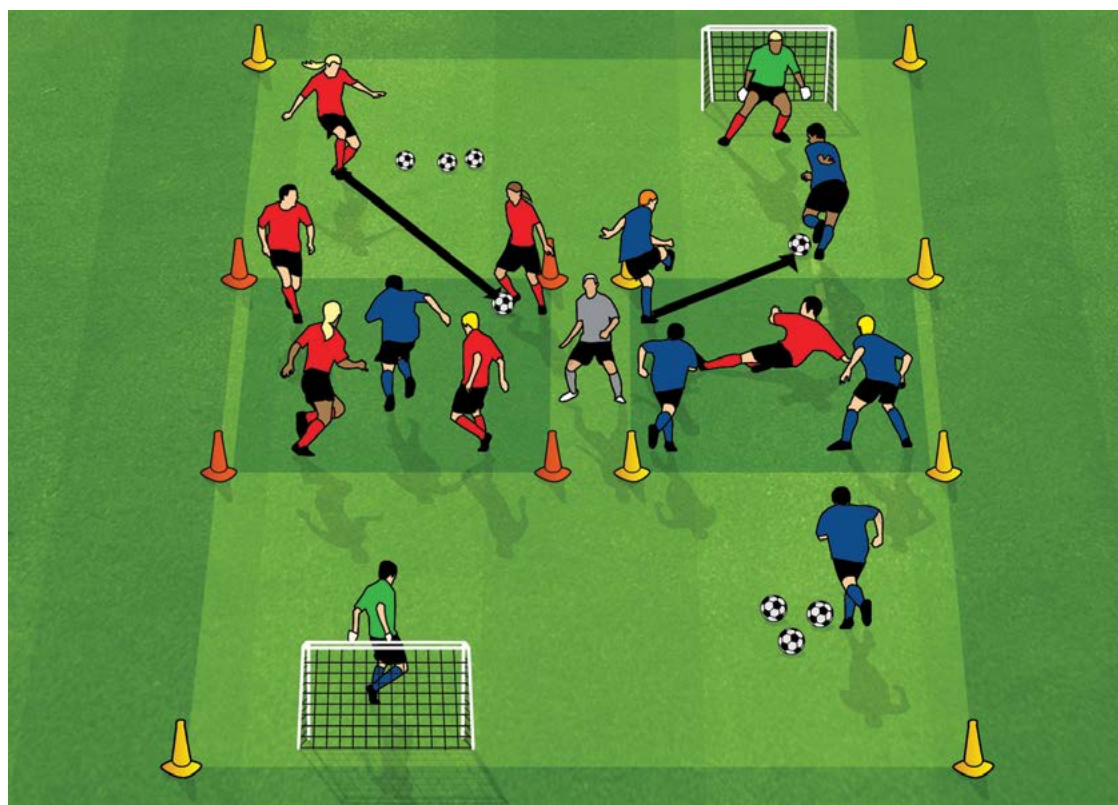
### OUTCOMES

- Passing the ball over short distances
- Variation of passing techniques
- Awareness of spatial surroundings

# SESSION 9

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL TRAINING



### SETUP

- **2 areas of up to 10x10m.** Modify area depending on the number of players involved.
- Goals placed at opposite ends of the area, 18m away from the squares (as shown in diagram).
- Session begins with a 4v1 in each of the 10x10 squares, with a support player outside.
- Support player begins on the opposite side to the goal they are attacking, with a supply of spare footballs.

### HOW TO PLAY

- Support Player begins practice by passing into the four attackers.
- Attackers combine as a team to release a player out of the square to have 1v1 with GK. the ball must be passed to break out of the square.
- Attackers use the line of the square (closest to the goal) as an offside line.
- Defender must remain in the square.
- If defender wins possession, they attempt to pass to the support player. This resets the attackers score to zero.
- After 5 attempts, rotate players so that support players and defenders are changed.

### POSSIBLE PROGRESSIONS

1. Attackers must make at least three passes inside the area before releasing player
2. Defender is allowed to break out of square to track attacker
3. Increase the number of defenders in the squares (4v2)

### EXERCISE TASK

- Combine to play a “through ball” for a goal scoring opportunity

### PLAYER TASK EXAMPLES

- Can you identify when to retain possession of the ball and when to attempt a through ball?
- Can the attackers play through ball which allows the striker to shoot first time?

### OBSERVATION DISCUSSION

- What do you find most difficult about playing through balls?

# SESSION 9

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL GAME



### SETUP

- Area of up to 50x30m. Modify area depending on the number of players involved.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram).
- 2 floater players in Yellow.
- Spare footballs placed in the goals.

### HOW TO PLAY

- Teams play in a regular small sided game.
- The amount of passes that you make in the build up to scoring counts as the goal total (6 passes = 6 goals).
- Kick Ins when the ball goes out of play.
- Conceding team restarts play.
- 5 minute games with drinks breaks in between.

### POSSIBLE PROGRESSIONS

1. No Kick Ins from the side. Play restarts from the GK

### OUTCOMES

- Accuracy and weight of pass
- Decision Making - when to attack / when to wait
- Awareness of team mates, opposition and position on the pitch

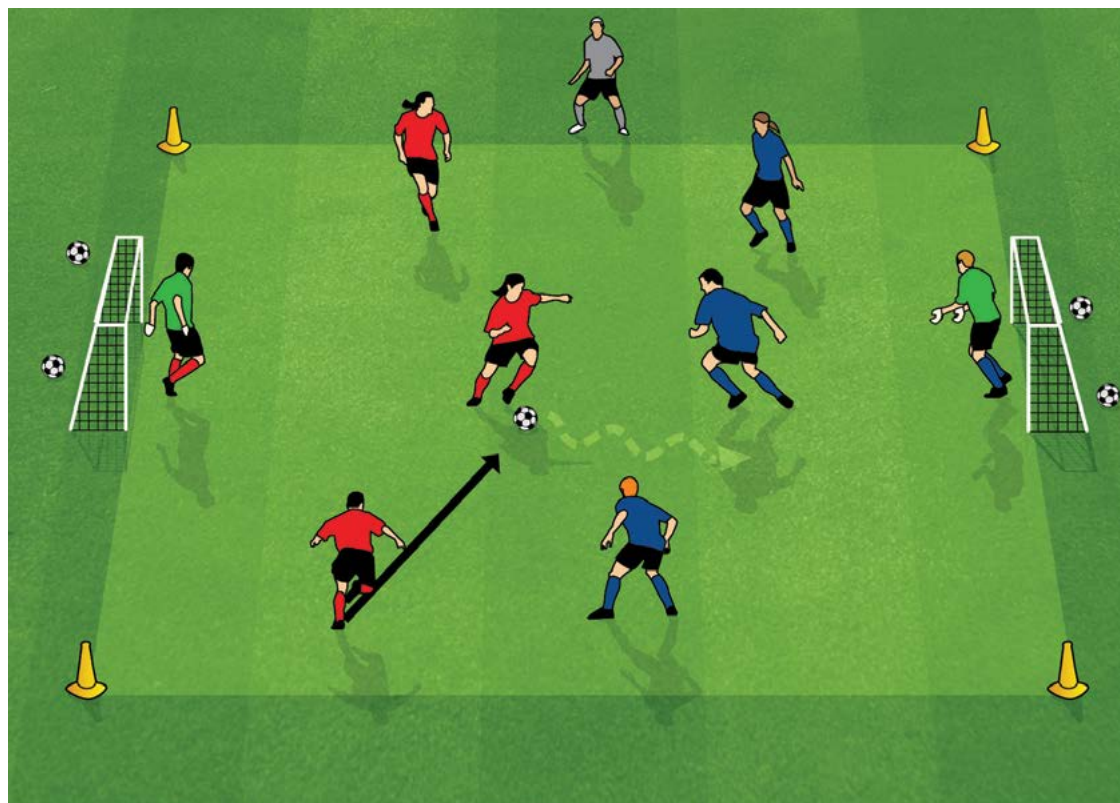
### DRINKS BREAK DISCUSSION

- During the game, when we're the best times to attack?

# SESSION 10

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHOOTING WITH POWER**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch achieves 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

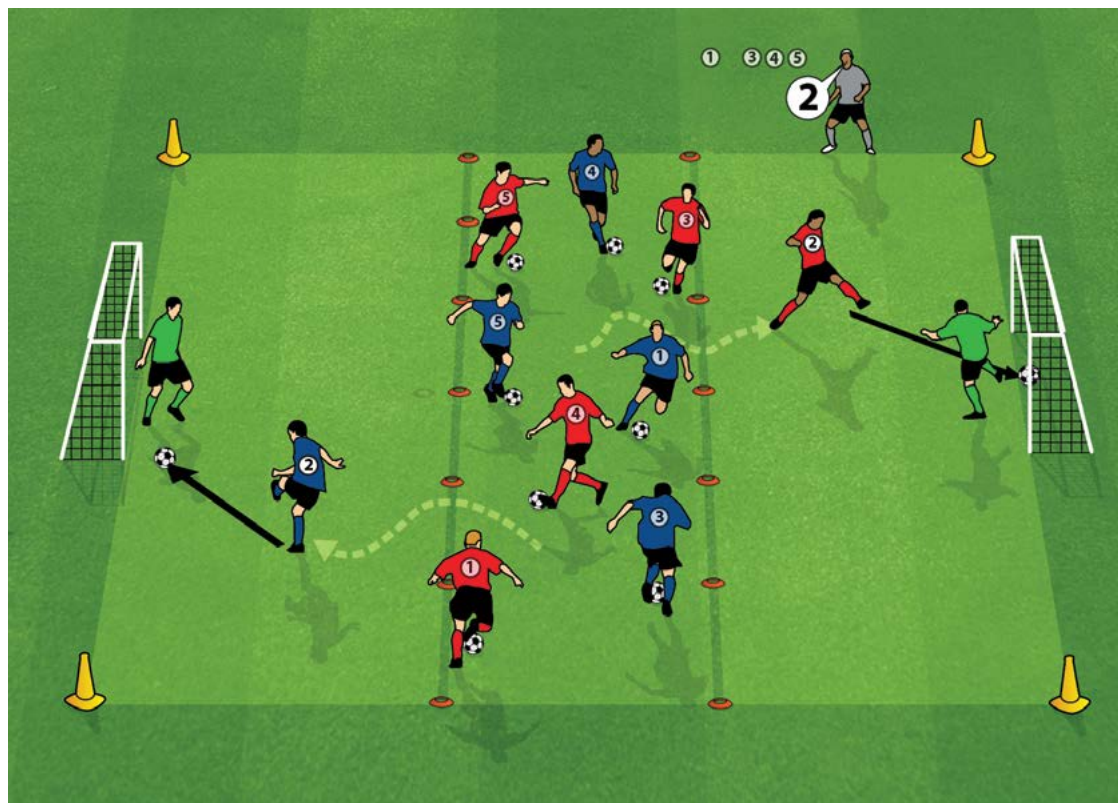
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 10

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHOOTING WITH POWER**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 30x20m.** Modify area depending on number and age of players involved.
- Split the area into thirds, with players all beginning in the middle channel.
- Players are split into two teams, have a ball each and are assigned a number (1 to 6).
- Two goals at each end of the area with Goalkeepers.

### HOW TO PLAY

- Players all dribble around the middle third.
- When coach calls a number, players with that number dribbles into their attacking third and shoot at goal.
- If the attacker scores then they win 1 point for their team.
- Players retrieve footballs after shooting and return to the middle.

### PROGRESSION

1. Players are awarded the following points:
  - 2pts if they score first
  - 1pt if they score second
  - 0pts if they fail to score
2. Remaining players (number not called) are allowed to try to stop the attacker entering the opponents area
3. If an attacker scores at one end, GK rolls them another ball and they are allowed to attack the opposite goal

### OUTCOMES

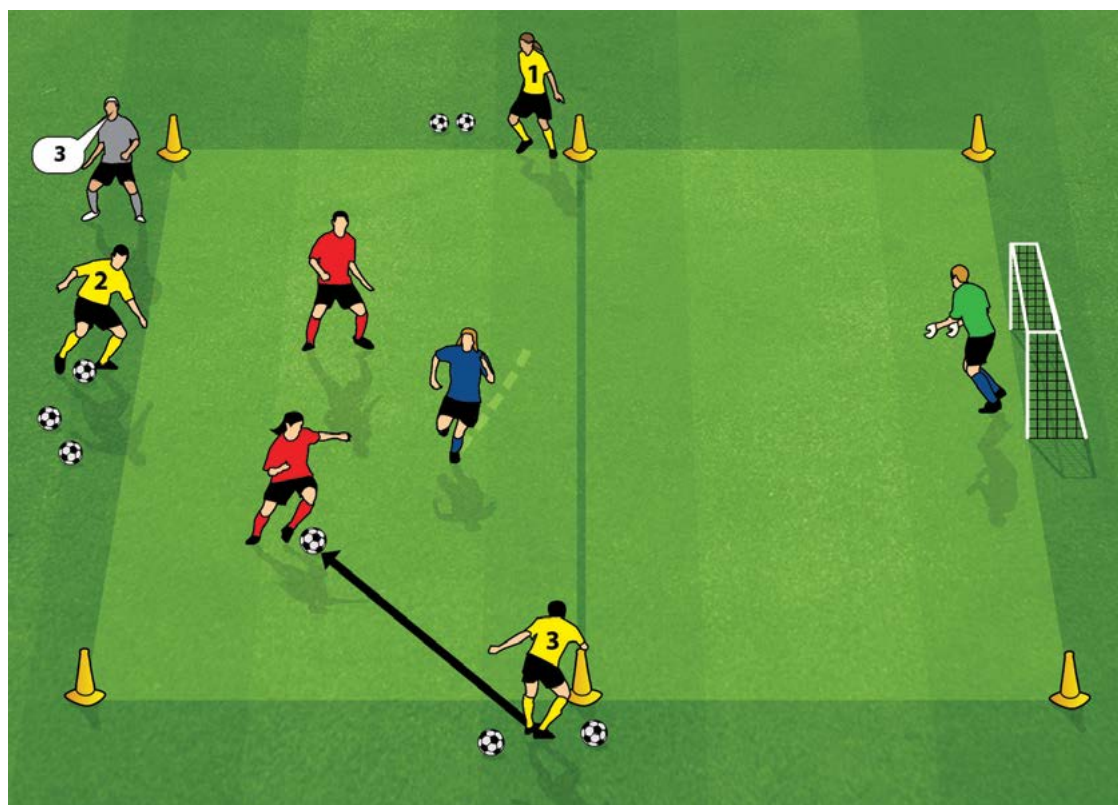
- Shooting technique – what part of the foot to use
- Power vs Accuracy
- Decision Making – shooting in relation to the ball, goal and goalkeeper



# SESSION 10

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHOOTING WITH POWER**

## SKILL TRAINING



### SETUP

- Pitches of up to 20x20m, set up side by side. Modify pitches depending on the number of players involved.
- Each pitch has a half way line marked, to be used as an offside line.
- 1 Goal placed at the end of the area.
- 6 players start in each pitch, 2 Red Attackers, 1 Blue Defender and 3 yellow servers.
- Yellow servers are numbered 1,2 & 3 and have 10 footballs between them.

### HOW TO PLAY

- Session starts with a designated server calling “1”, “2” or “3”. The server with the number called passes the ball into a blue attacker, creating a 2v1.
- Attackers combine to create shooting opportunity. If they score they are awarded 1 point.
- Attackers are able to use the serves as support players.
- If defender wins ball and manages to play back to a server, 1 point is removed from attackers score.
- After 10 attempts the players are rotated, with servers entering the area.

### POSSIBLE PROGRESSIONS

1. Teams are awarded 3 points for a goal scored in the half furthest away from the goal.
2. Teams are awarded 5 points for a goal scored in the half furthest away from the goal with a 1st time finish.

### EXERCISE TASK

- Today is about scoring goals from distance.

### PLAYER TASK EXAMPLES

- Can the player out of possession position themselves to receive a pass from the ball player?
- Can the ball player pass the ball to their team mate so that they can shoot first time?

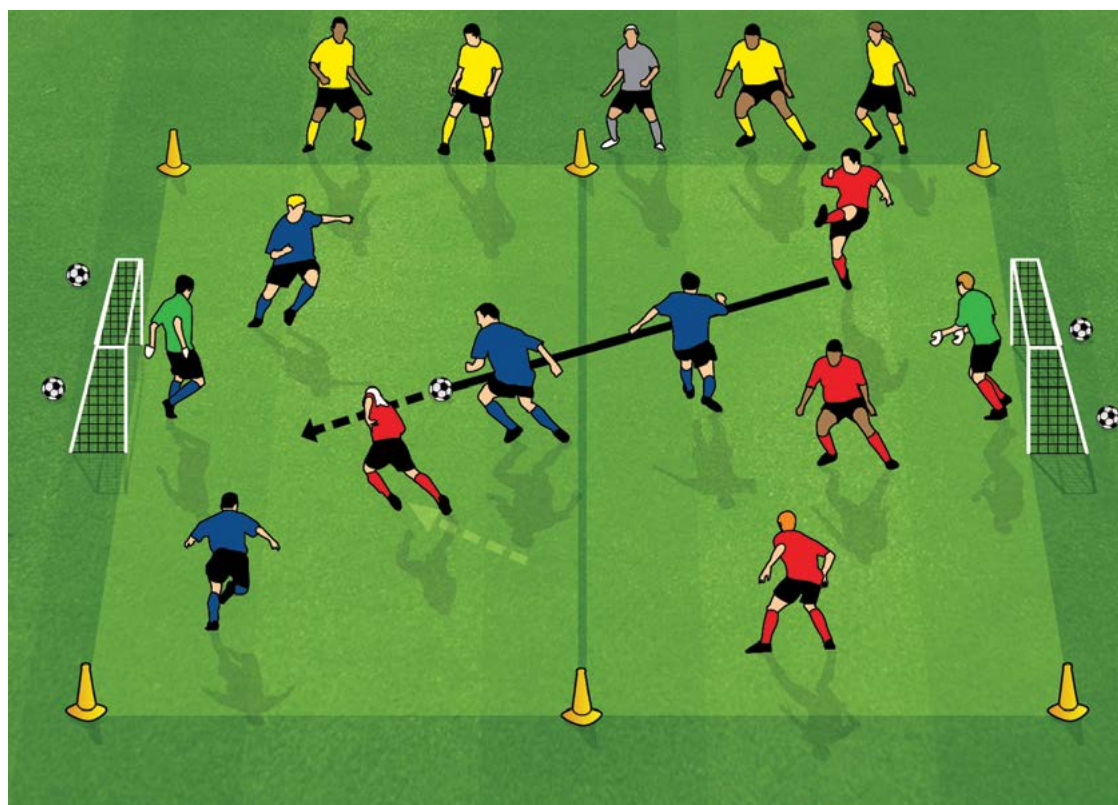
### OBSERVATION DISCUSSION

- What different ways can you support the player in possession of the ball?

# SESSION 10

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHOOTING WITH POWER**

## SKILL GAME



### SETUP

- **Area of up to 30x20m, with the area split into two 15x20m halves.**  
Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram).
- 2 teams begin on the pitch, 1 team observing.
- Teams must operate in a 3-1 formation, with players remaining in their designated half of the area.
- Spare footballs placed behind the goals.

### HOW TO PLAY

- Practice begins from the GK.
- Red & Blue teams play 4v4 against each other.
- Teams are awarded 3pts for a goal scored from their defensive half and 1pt for a goal from the attacking half.
- 1 minute games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Teams are awarded three points for a goal scored by an attacker from a rebound
2. Teams are awarded five points for a goal scored from defensive half, if player in attacking half was involved in the build up

### OUTCOMES

- Shooting with Power
- Awareness of opposing GKs position
- Combination passing to create scoring opportunity

### DRINKS BREAK DISCUSSION

- What will determine the amount of power you use for a shot?

# SESSION 11

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch achieves 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 11

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 25x25m.** Modify area depending on the number of players involved.
- 8 attackers in Blue bibs with a ball each, 4 defenders in Red bibs without a ball.
- 2 gates, made of cones, placed in the corner of the playing area.
- Spare footballs placed to the side of pitch.

### HOW TO PLAY

- Blue players dribble around the inside of the area.
- On the coaches command, all player players must attempt to dribble passed a defender through a gate.
- If Blue dribbles through successfully, they score 1pt.
- If Red defender wins possession, they pass the ball back to the middle.
- Play restarts with the Blues dribbling around the inside of the area.
- Change over defenders after a while.

### PROGRESSION

1. Defenders only have to tag the attacker, rather than tackling the ball.
2. Add defender into the middle who can tackle / tag players on coaches command.

### OUTCOMES

- Speed and angle of approach
- Decision making – when to tackle / when to delay

### DRINKS BREAK DISCUSSION

- List the different ways that you can take the ball off the attacker.

# SESSION 11

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## SKILL TRAINING



### SETUP

- **Area of up to 20x10m.** Modify area depending on the number of players involved.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram).
- 1 player from each team begin on the pitch.
- 2 players from each team off the pitch as support players. Support players must operate on different halves and different sides of the pitch.
- Spare footballs by the coach on half way line.
- Replicate pitch for other players.

### HOW TO PLAY

- Session is started by coach passing the ball to one of the attackers inside the area.
- Objective is for players to play 1v1 against each other and attempt to score in the opponents goal.
- Player in possession can use team mate support players.
- Play continues from a GK save.
- Rotate players after a few attacks

### POSSIBLE PROGRESSIONS

1. Support players must pass the ball back within two touches
2. Attackers can only use support players in half that they are currently in

### EXERCISE TASK

- Today is about tackling an opponent in a 1v1.

### PLAYER TASK EXAMPLES

- Can you position your body so that you force the attacker to play with their weaker foot?
- Can you choose the correct time to steal the ball, choosing the moment where you can clearly see all of the ball?
- After winning possession, can you attack the opponents goal quickly?

### OBSERVATION DISCUSSION

- Name some world class defenders. What makes them world class?

# SESSION 11

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## SKILL GAME



### SETUP

- **Area of up to 18x25m.** Modify area depending on the number of players involved.
- Goals at each end. (Big goals with GKs or smaller goals without)
- 2 teams of 3 players, bibbed in different colours (Red & Blue in diagram).
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players.

### HOW TO PLAY

- Teams play 3v3 against each other.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- No restarts from the side. Restart from GKs.
- 2 minute games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Teams are awarded 2pts if a player scores after taking on an opponent
2. Make the pitch width smaller

### OUTCOMES

- Speed and angle of approach
- Body position to encourage attacker in a particular direction
- Decision making – when to tackle / what type of tackle to select

### DRINKS BREAK DISCUSSION

- What do the attackers do that makes it difficult to defend? How can we make it easier for ourselves?

# SESSION 12

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

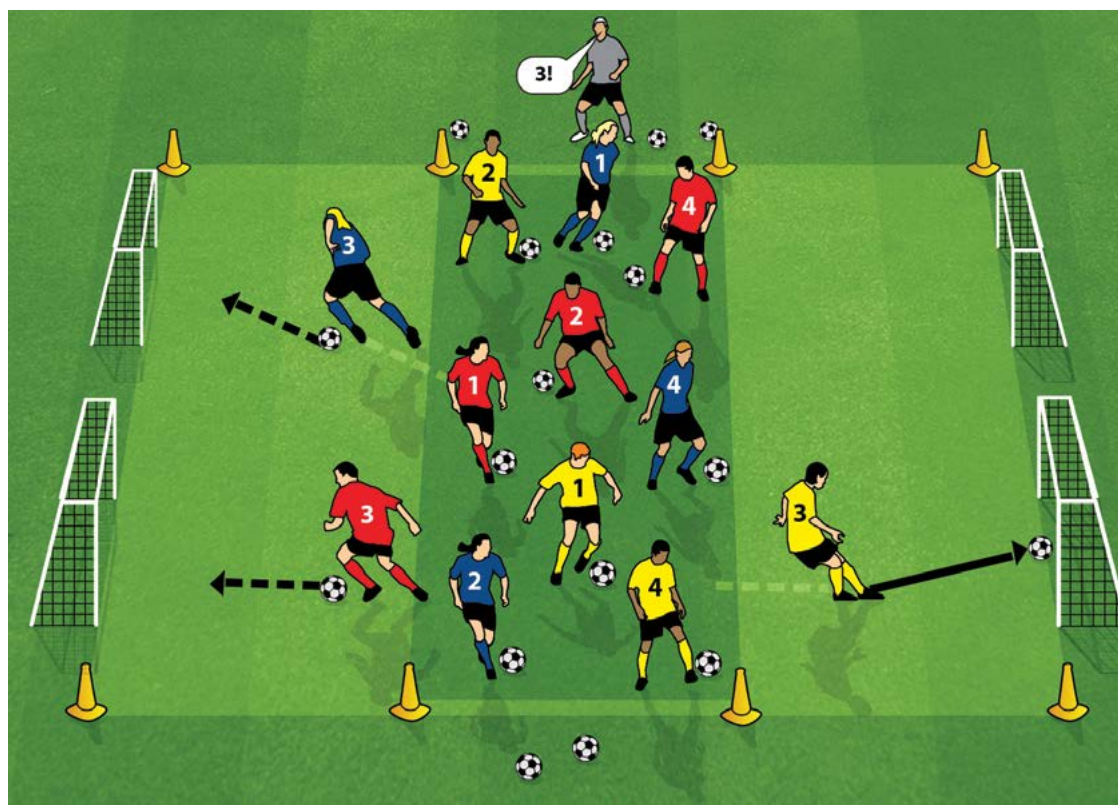
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 12

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 34x20m.** Modify area depending on the number of players involved.
- Middle area of 8x20m marked using cones.
- 3 teams of 4 players, numbered 1-4. Teams are bibbed in different colours (Red, Yellow and Blue in diagram)
- All players have a ball each.
- Spare footballs placed to the side of pitch.

### HOW TO PLAY

- All players dribble around the area using different parts of the foot.
- When coach calls a number, players with that number must break out of the middle area and score in one of the goals.
- Upon scoring, players retrieve their ball and rejoin the middle area.

### POSSIBLE PROGRESSIONS

1. Players are not allowed to score in the same goal as another attacker.
2. 1st attacker to score receives 3pts for their team. 2nd attacker, 2pts and third attacker, 3pts.
3. When calling a number, coach points to the direction that attackers must attack, meaning that only two players can score.

### OUTCOMES

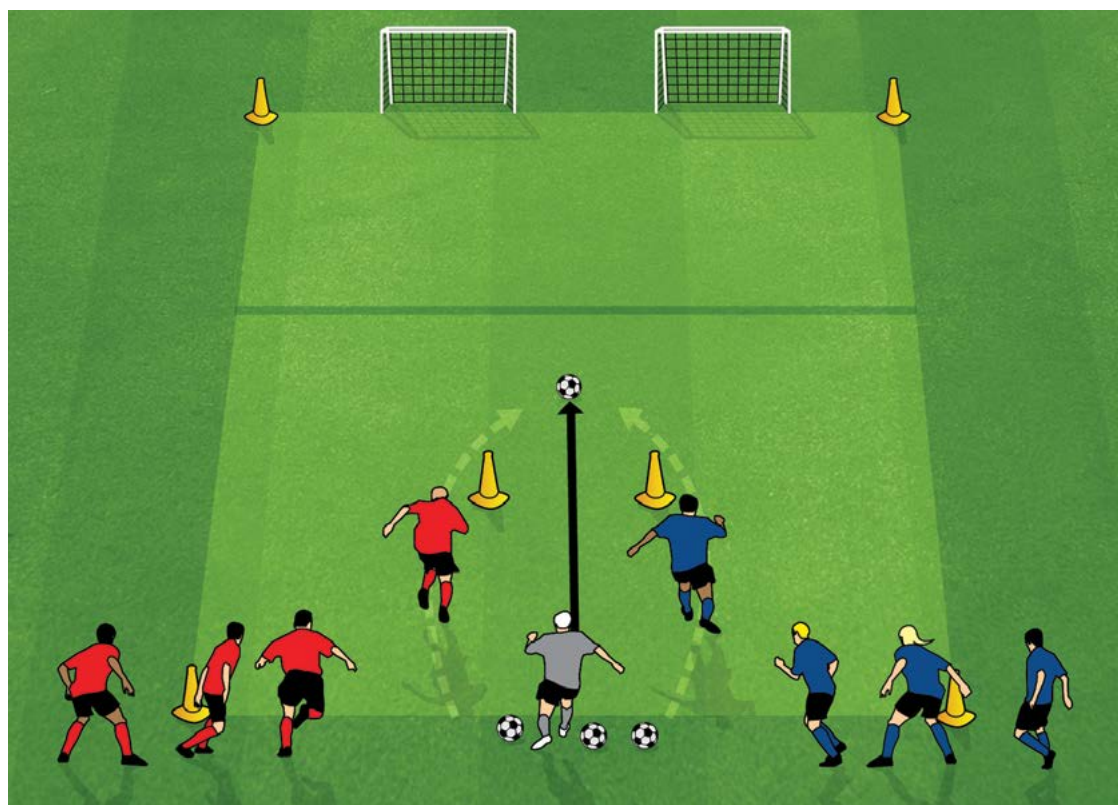
- Ball control when breaking out of the area
- Awareness of surroundings
- Shooting accuracy



# SESSION 12

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL TRAINING



### SETUP

- **Area of up to 25x10m.** Modify area depending on the number of players involved.
- 2 smaller goals positioned as shown.
- Scoring Line placed 8m away from the goal.
- Two teams of equal numbers, starting next to the coach. 1st player from each of the team stands behind starting cone as shown in diagram.
- All footballs with the coach.

### HOW TO PLAY

- Coach passes ball in between the two starting players. Players must face forwards and can only move when they see the ball.
- Red and Blue players compete for the ball and attempt to score in one of the smaller goals.
- Players must score after they have passed the scoring line.
- Players return to the back of the line until their next go. (Ensure that session flows so that players do not wait in line for long).
- Teams scores are kept.

### POSSIBLE PROGRESSIONS

1. Players perform exercises on the starting cone, facing away from coach
2. Players begin on their knees facing away from the coach

### EXERCISE TASK

- Today is about keeping the ball away from a chasing defender.

### PLAYER TASK EXAMPLES

- Can the attacker place their body between the defender and the ball?
- Can the attacker take their first touch away from the defender?

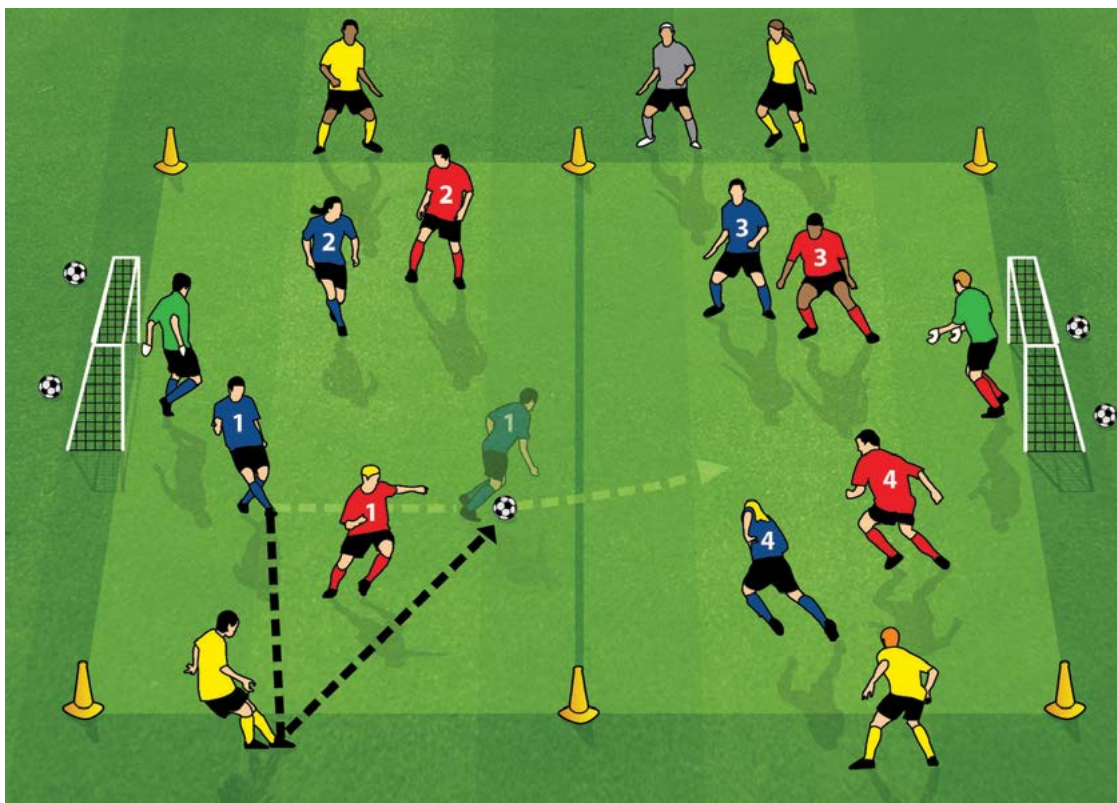
### OBSERVATION DISCUSSION

- What international players are good at holding players off when they are in possession?

# SESSION 12

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL GAME



### SETUP

- **Area of up to 40x20m.** Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram).
- 2 teams begin on the pitch and are numbered 1-4.
- 1 team off the pitch as support players. Support players must operate on different halves of the pitch.
- Designated "Offside line" at half way.
- Spare footballs placed behind the goals.

### HOW TO PLAY

- Red & Blue teams play 4v4 against each other.
- Players are assigned a direct opponent and can only take the ball away from that opponent.
- Team in possession can use Yellow support players (making an 8v4).
- Support players must give the ball back to the team who they received the football from.
- 2 minute games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Support players must pass the ball back within two touches
2. Teams can only use support players in their own half

### OUTCOMES

- Decision Making - when to pass / when to dribble
- Movement away from a marker
- Change of direction and/or speed to get away from defender

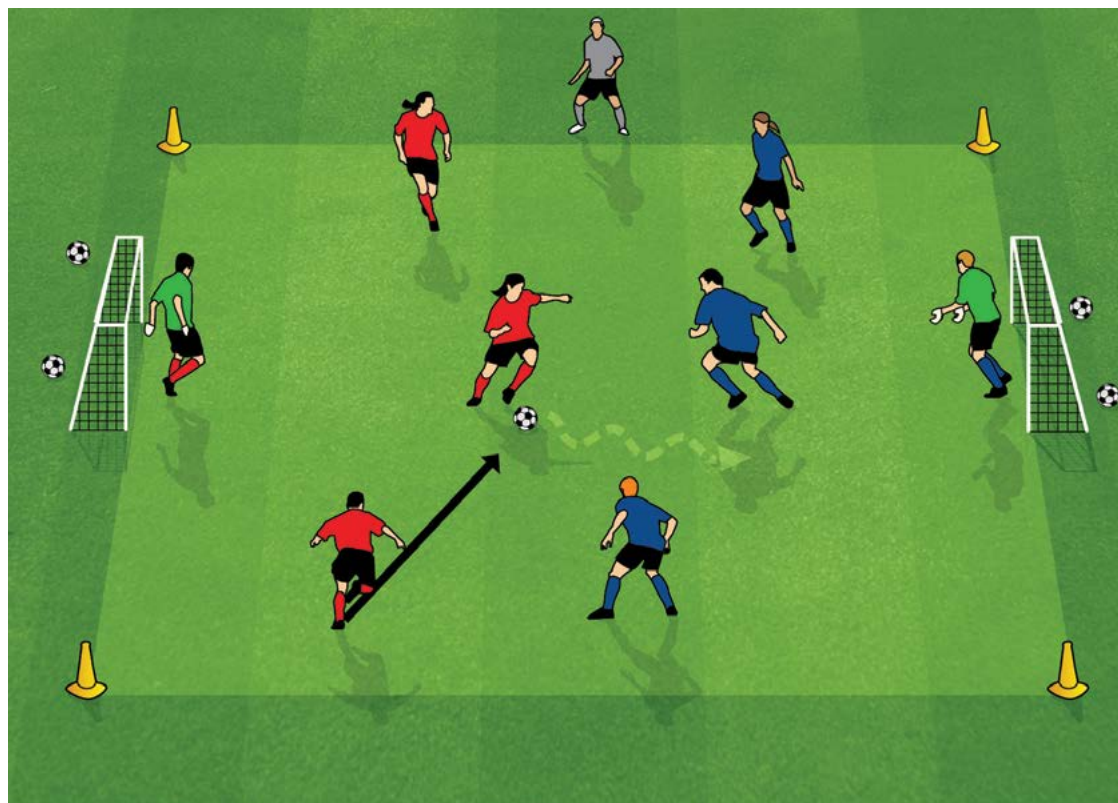
### DRINKS BREAK DISCUSSION

- As a team, come up with tactics that you think will help you win the game.

# SESSION 13

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO ATTACK**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch achieves 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

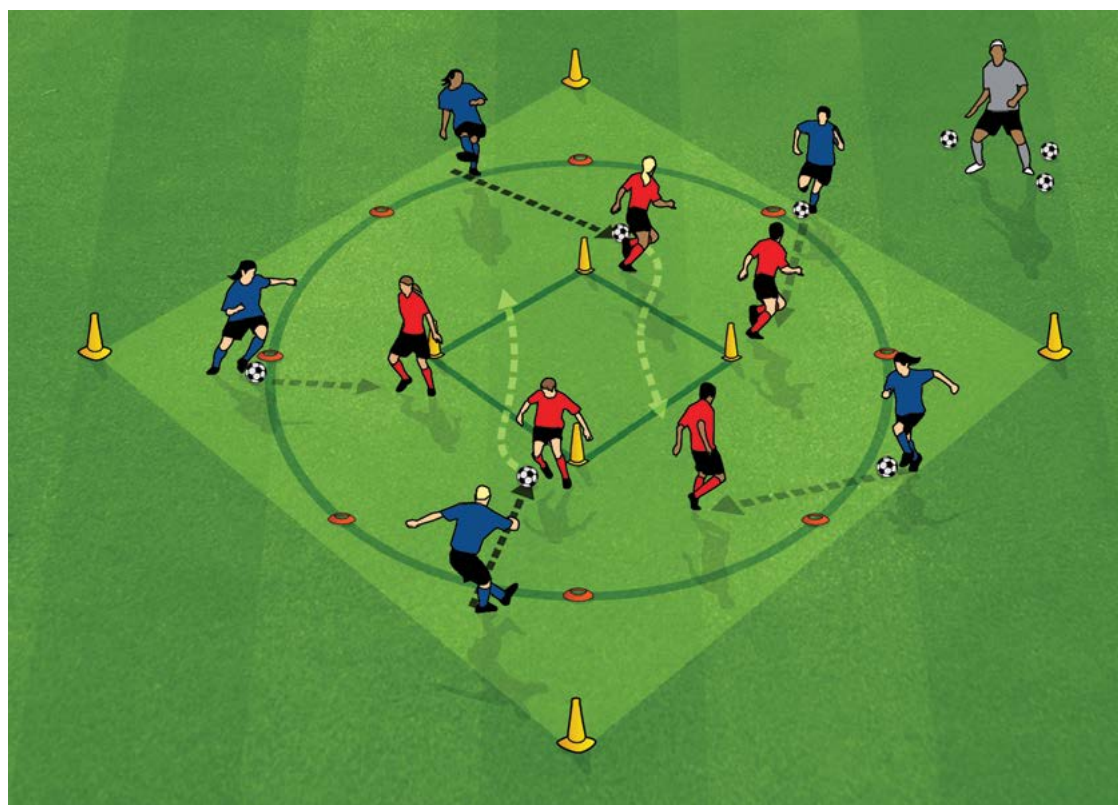
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 13

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO ATTACK**

## SKILL INTRODUCTION



### SETUP

- **Circle areas with a diameter up to 20m.** Modify area depending on the number of players involved.
- Square area in the centre of the circle, made of cones.
- 2 groups of equal numbers, bibbed in different colours (Red & Blue in diagram).
- Reds begin in the middle. Blues begin as support players on the outside.
- All of the Blue support players begin with a ball.

### HOW TO PLAY

- Red players receive ball from a Blue, must change direction with their 1st touch, travel through the square and pass to another Blue player.
- Reds then repeat, receiving the ball from a different Blue player.
- Blue players must keep the ball moving at all times.
- Change roles after 1 minute.

### POSSIBLE PROGRESSIONS

1. Encourage players receiving in the ball to try and perform a “no touch turn” when possible
2. Make the square in the middle smaller
3. Introduce a defender into the circle who attempts to stop players dribbling through the square

### OUTCOMES

- 1st touch control - changing direction
- Timing of 1st touch into space
- Receiving to turn / Awareness of surroundings

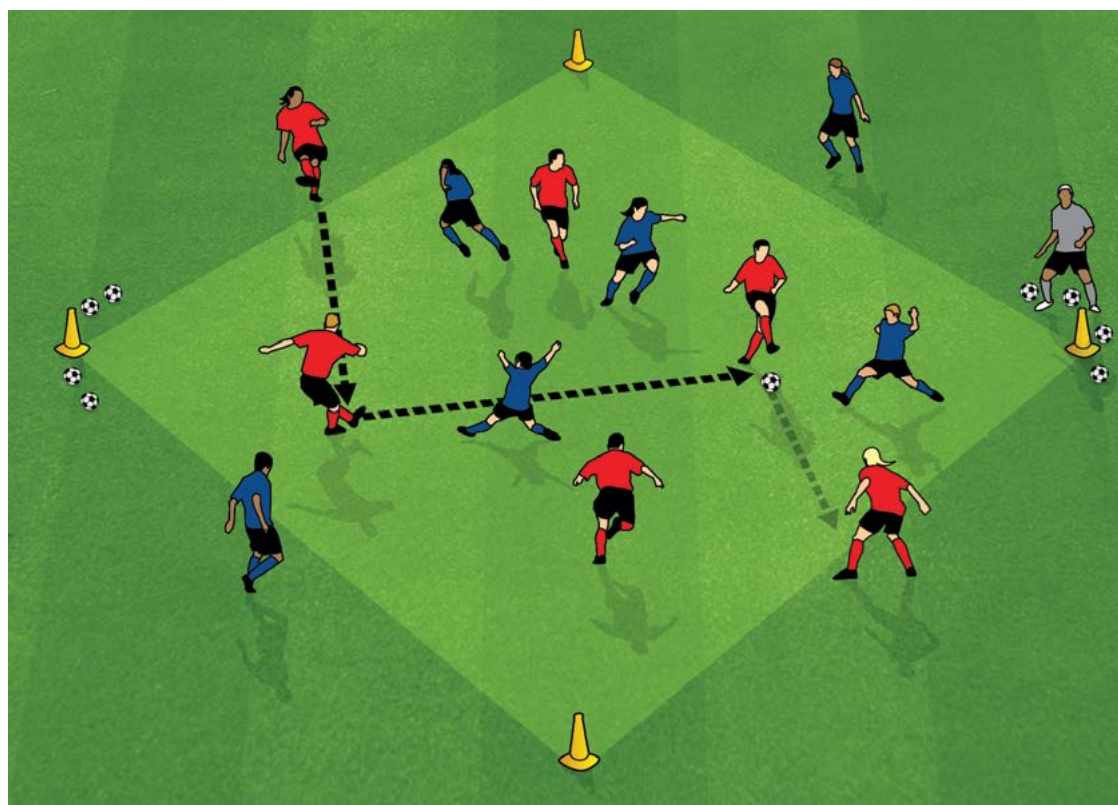
### DRINKS BREAK DISCUSSION

- When was it difficult to travel through the square? What did you have to do to ensure you travelled through easily?

# SESSION 13

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO ATTACK**

## SKILL TRAINING



### SETUP

- **Area of up to 20x20m.** Modify area depending on the number of players involved.
- 2 equal teams of 6 players, bibbed accordingly.
- 4 Red and 4 Blue players inside the area. 2 target players from each team on alternate sides of the square (as shown in the diagram).

### HOW TO PLAY

- Target Player begins practice by passing into a Red attacker.
- Objective is to transfer the ball accurately to the opposite target player.
- If achieved the practice is repeated in the opposite direction. Challenge for attackers is to see how many times they can consecutively transfer the ball to an opposite target player (1pt for each time).
- If Blues win possession, they attempt to pass to a blue target player and play in the different direction.
- Coach rotates target players on a regular basis.

### POSSIBLE PROGRESSIONS

1. Attackers must make at least two passes inside the area before transferring to a target player
2. Target players have 2 touches only to pass the ball back into the area

### EXERCISE TASK

- Today is about switching play as quickly possible, whilst keeping safe possession of the ball

### PLAYER TASK EXAMPLES

- Can you receive the ball to play forwards first?
- Can you support the player in possession in order to play a forward pass?
- Can you scan your surroundings so that when you receive the ball you know where to play?

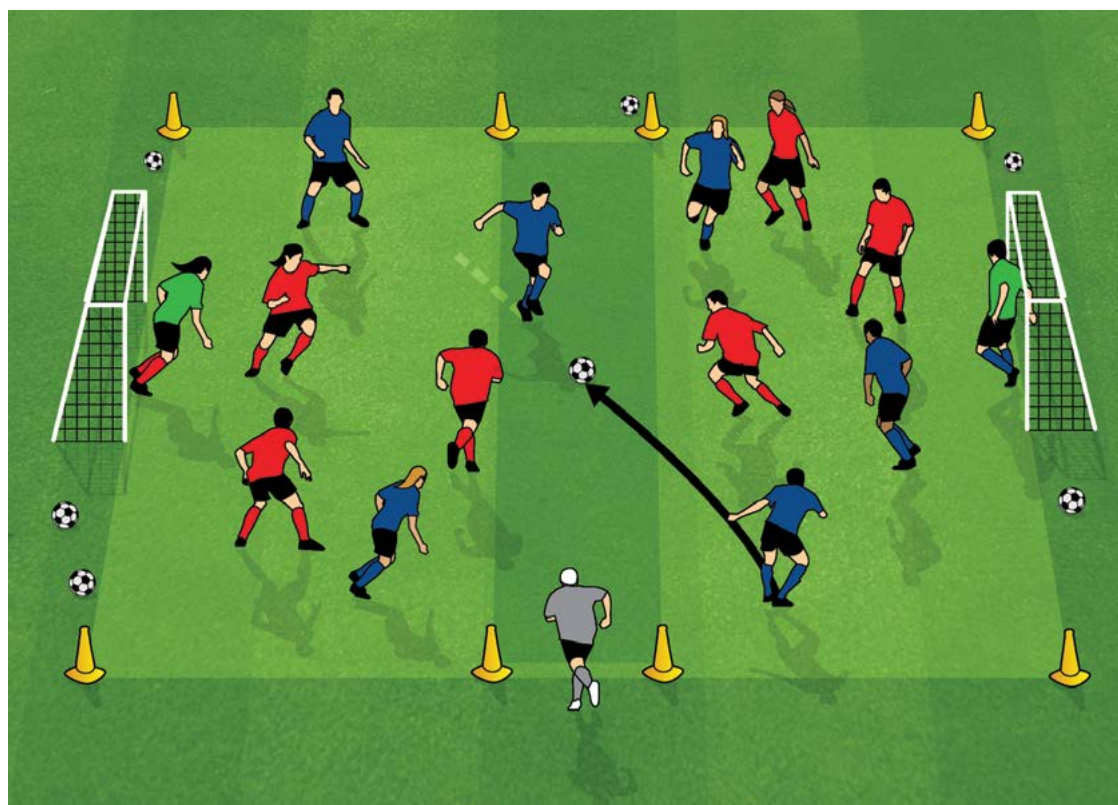
### OBSERVATION DISCUSSION

- What can your team mates do to help you when you receive the ball?

# SESSION 13

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO ATTACK**

## SKILL GAME



### SETUP

- **Area of up to 40x30m.** Modify area depending on the number and age of players.
- Divide the players into 2 teams and bib accordingly (Reds / Blues).
- Insert a channel running across the middle of the pitch. This is the "Safe Zone".
- Have footballs around the area to restart match quickly.

### HOW TO PLAY

- Reds and Blues play in a regular small sided game, aiming to score in the opponents goal.
- One player from each team is allowed to play in the "Safe Zone". When in possession of the ball in the "Safe Zone", players can not be tackled.
- Other players are allowed to move through the "Safe Zone" but can not receive possession of the ball in there.
- Rotate "Safe Zone" players after a certain period of time.

### PROGRESSION

1. Players can be tackled in the safe zone after 5 seconds of possession
2. Any player can receive the ball in the safe zone (only one player from each team allowed in the "safe zone" at any one time)

### OUTCOMES

- Receiving the ball to play forwards
- Movement to receive the ball
- Passing accuracy

# SESSION 14

PLAYING MOMENT **DEFENDING** | CORE SKILL **PRESSING** | FOCUS **PREVENTING OPPONENT FROM TURNING**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 14

PLAYING MOMENT **DEFENDING** | CORE SKILL **PRESSING** | FOCUS **PREVENTING OPPONENT FROM TURNING**

## SKILL INTRODUCTION



### SETUP

- **Circle areas with a diameter up to 20m.** Modify area depending on the number of players involved.
- Square area in the centre of the circle, made of cones / flat spots.
- 6 players outside of the area (Blues), 6 players inside (4 Red attackers and 2 Yellow defenders)
- 4 Blue support players begin with a ball.
- Spare footballs with the coach.

### HOW TO PLAY

- Red players receive ball from a Blue and attempt to change direction, before playing to another outside blue.
- Yellows must apply defensive pressure to a player receiving the ball.
- Reds then repeat, receiving the ball from a different Blue player.
- Blue players must keep the ball moving at all times.
- Change roles after 1 minute.

### POSSIBLE PROGRESSIONS

1. Defenders are allowed to win the ball.
2. Make the square in the middle smaller.
3. Introduce an additional defender into the square.

### OUTCOMES

- Speed and angle of approach
- Getting “touch tight” to the attacker to prevent turning with the ball

### DRINKS BREAK DISCUSSION

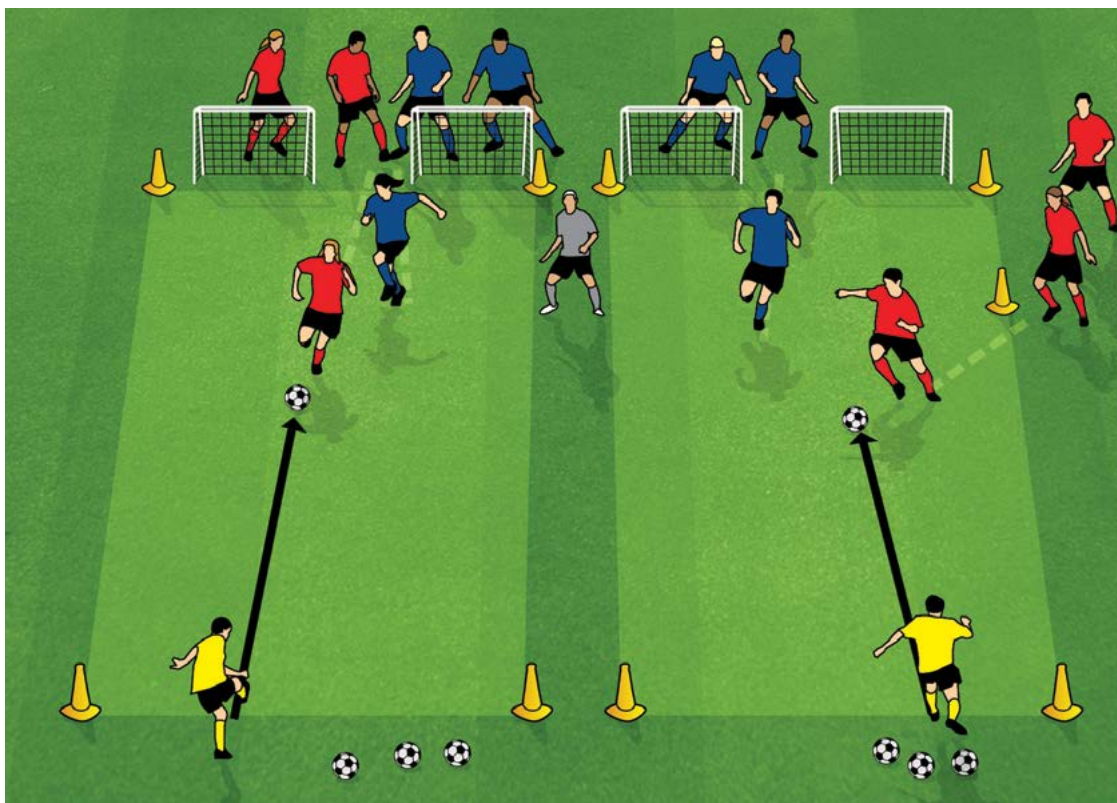
- What does a defender need to do in order to prevent an attacker from turning?



# SESSION 14

PLAYING MOMENT **DEFENDING** | CORE SKILL **PRESSING** | FOCUS **PREVENTING OPPONENT FROM TURNING**

## SKILL TRAINING



### SETUP

- **Area of up to 15x10m.** Modify area depending on the ability of players involved.
- 2 smaller goals positioned as shown.
- Two teams of equal numbers, starting behind the goals. 1st player from each of the team stands behind starting cone as shown in diagram.
- All footballs with a Server.
- Duplicate pitch to ensure players are not waiting for too long (No more than three in a line).

### HOW TO PLAY

- Server passes ball into area for Reds to run and receive. Blue defender allows Red to receive the ball but follows into area.
- Reds attempt to score in one of the smaller goals (1pt)
- If Blue defender wins possession they play back to the server to win 1pt.
- Players return to the back of the line until their next go. (Ensure that session flows so that players do not wait in line for long)
- Teams scores are kept.
- Change so that the blues have the opportunity to receive the ball. Change the server on a regular basis.

### POSSIBLE PROGRESSIONS

1. Players start from different starting points around the area
2. Server plays ball in air / bouncing ball etc

### EXERCISE TASK

- Today is about preventing the attacker from turning and shooting.

### PLAYER TASK EXAMPLES

- When running, can you assess the situation to decide whether to try to intercept the ball or mark the player?
- If intercepted successfully can we play the ball to the server as quickly as possible?
- If the attacker receives possession can we mark closely enough so that they are unable to turn?
- Be patient, remain close and wait for the correct moment to tackle.

### OBSERVATION DISCUSSION

- When the ball is travelling to your opponent, what do you need to do in order to defend correctly?

# SESSION 14

PLAYING MOMENT **DEFENDING** | CORE SKILL **PRESSING** | FOCUS **PREVENTING OPPONENT FROM TURNING**

## SKILL GAME



### SETUP

- **Area of up to 50x30m.** Modify area depending on the number of players involved.
- Goals at each end, with Goalkeepers.
- 2 teams of 5 players, with 2 floater players playing for the team in possession.
- Spare footballs placed to the side of goals.

### HOW TO PLAY

- Teams play 5v5 against each other.
- Player must take more than 1 touch of the ball when in possession.
- 2 floater players who play for the team in possession of the ball.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- No restarts from the side. Restart from GKs.
- 2 minute games before teams have a drinks break.

### POSSIBLE PROGRESSIONS

1. Players must have more than 2 touches of the ball when in possession
2. Remove floater players

### OUTCOMES

- Speed and angle of approach
- Remaining close enough to the attacker to prevent them from playing forwards
- Patience and timing of tackle

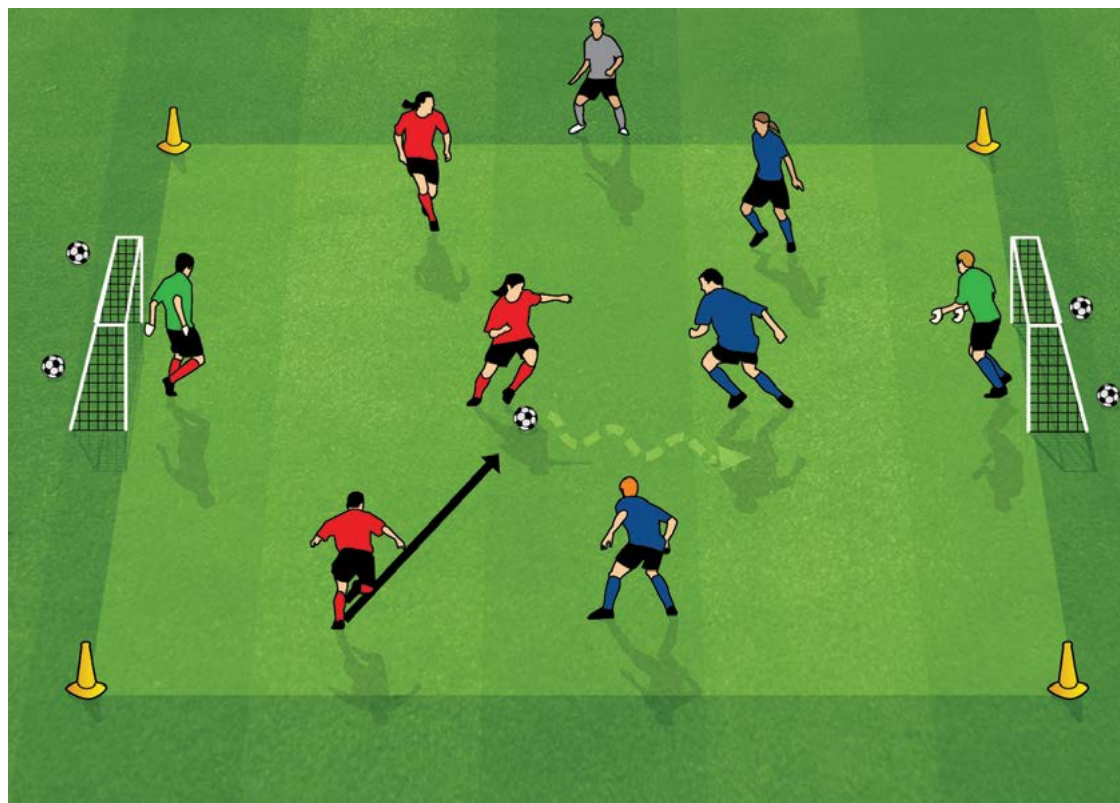
### DRINKS BREAK DISCUSSION

- Which player did you feel defended effectively today? What did they do that helped them be successful?

# SESSION 15

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch achieves 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

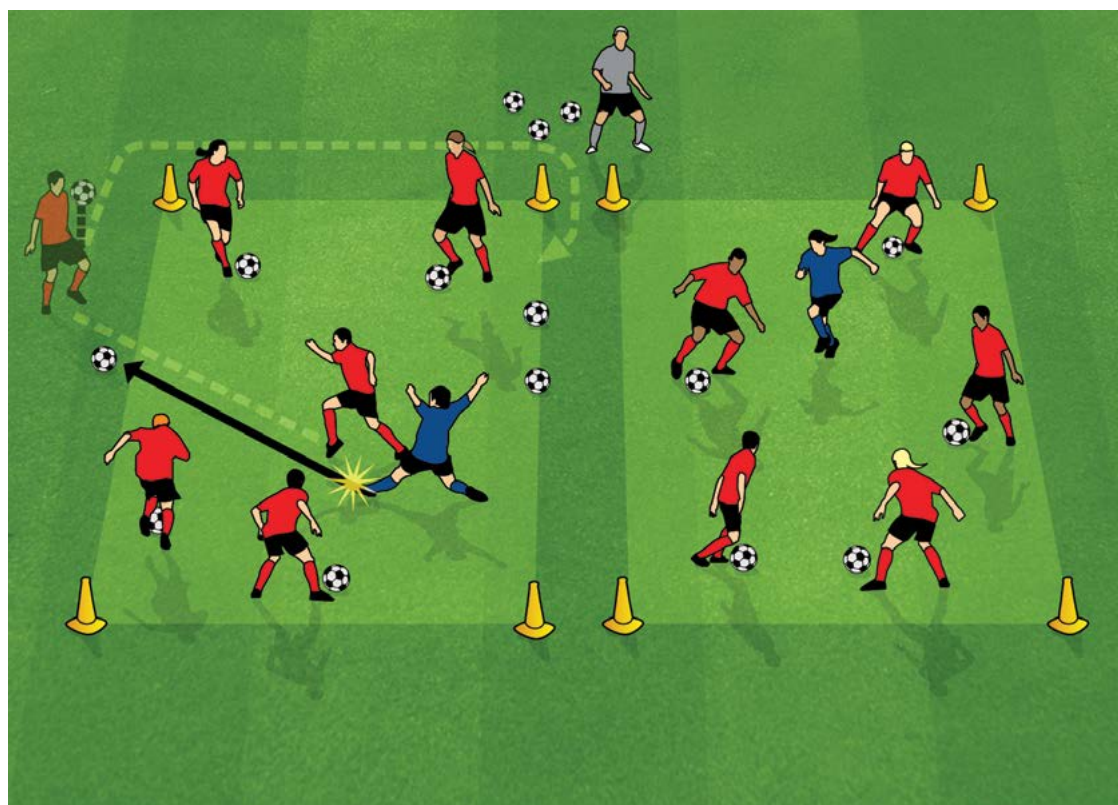
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 15

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## SKILL INTRODUCTION



### SETUP

- **2 areas of up to 10x10m.** Modify area depending on the number of players involved.
- All players have the same coloured bib (Red in picture) except for 1 defender (in Blue).
- All Reds have a ball each.
- Spare footballs placed to the side of pitch.

### HOW TO PLAY

- All players dribble around the area using different parts of the foot.
- When coach shouts “Go”, Defenders attempt to kick the players football out of the area. Defender attempt to kick as many footballs out as possible during a 30 second time period.
- If a players ball is kicked out, they must perform 3 keeps-ups and dribble around two sides of the square before rejoining.
- Rotate Defenders after each game.

### POSSIBLE PROGRESSIONS

1. Players must perform 5 keeps ups before rejoining
2. Add a floating defender who can work across both areas

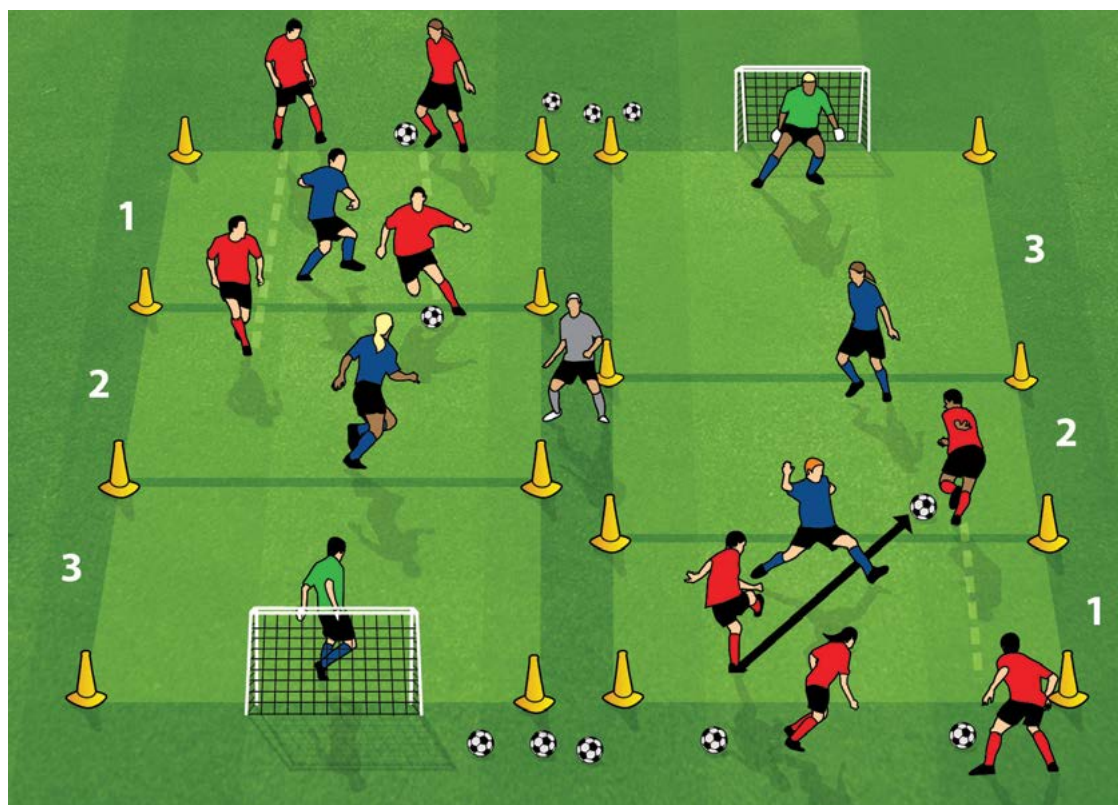
### OUTCOMES

- Close control when dribbling
- Turning away from defenders
- Change of pace and/or direction to get away from defender

# SESSION 15

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## SKILL TRAINING



### SETUP

- **Two pitches of up to 10x25m, set up side by side but running in the opposite direction.** Modify pitches depending on the number of players involved.
- Each pitch has areas marked out, shown on the diagram as area 1,2 & 3.
- Goals placed at the diagonally opposite sides of the pitches.
- 6 players start in each pitch, 2 pairs of Red Attackers and 1 pair of Blue Defenders.
  - Defenders are restricted to Areas 1 & 2.
  - Spare footballs behind starting point on each pitch.

### HOW TO PLAY

- A pair of Red attackers begin by entering Area 1, creating 2v1. They attempt to move up the pitch to shoot at goal.
- Goals can be scored from any area.
- Once attack has finished the pair of attackers move to the starting position on the other pitch.
- Every 90secs defenders are changed.

### POSSIBLE PROGRESSIONS

1. Defender in Area 2 is able to move back into Area 3 once the ball has moved into there
2. Attacking players can only score in Area 3
3. Where numbers allow, introduce a floating defender who can join either pitch at any time

### EXERCISE TASK

- Today is about creating a shooting opportunity through inventive individual play.

### PLAYER TASK EXAMPLES

- Can the player out of possession create a 1v1 opportunity for the player on the ball?
- Can the player in possession dribble in a direction that makes it difficult for the defender to defend both attackers?

### OBSERVATION DISCUSSION

- When attacking, what made you decide to pass or dribble?

# SESSION 15

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## SKILL GAME



### SETUP

- **Area of up to 35x18m.** Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram).
- 2 teams begin on the pitch, 1 team observing.
- Four gates set up around the area (made up with 2 flat cones)
- "Safety Zones" beyond the sidelines of the pitch.
- Spare footballs placed behind the goals.

### HOW TO PLAY

- Practice begins from the GK.
- Red & Blue teams play 4v4 against each other.
- Teams are awarded 1pt for scoring a goal.
- Teams are awarded 3pts if the goal scored included dribbling through the gate as part of the build up play.
- Players are allowed to dribble to the safety zone if required. Players can not be tackled in the state zone and must pass / dribble back into the area within 5 seconds.
- 1 minute games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Teams are awarded 1pt for each gate dribbled through, regardless of whether it ends in a goal
2. Players are only allowed in the safety zone for 3 seconds

### OUTCOMES

- Dribbling with close control
- Awareness of defenders position
- Dribbling to pass / Dribbling to shoot

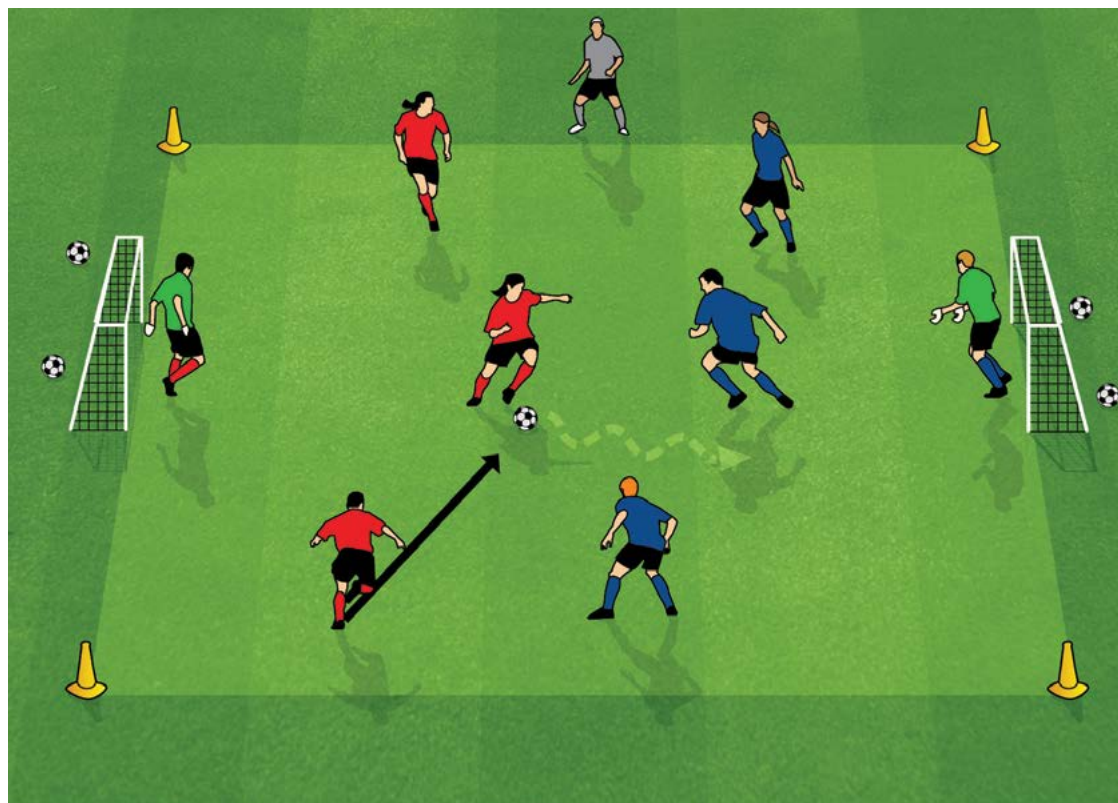
### OBSERVATION DISCUSSION

- Try to identify the times when players may be able to dribble forwards. What allows them to do this?

# SESSION 16

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **RUNNING WITH THE BALL**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

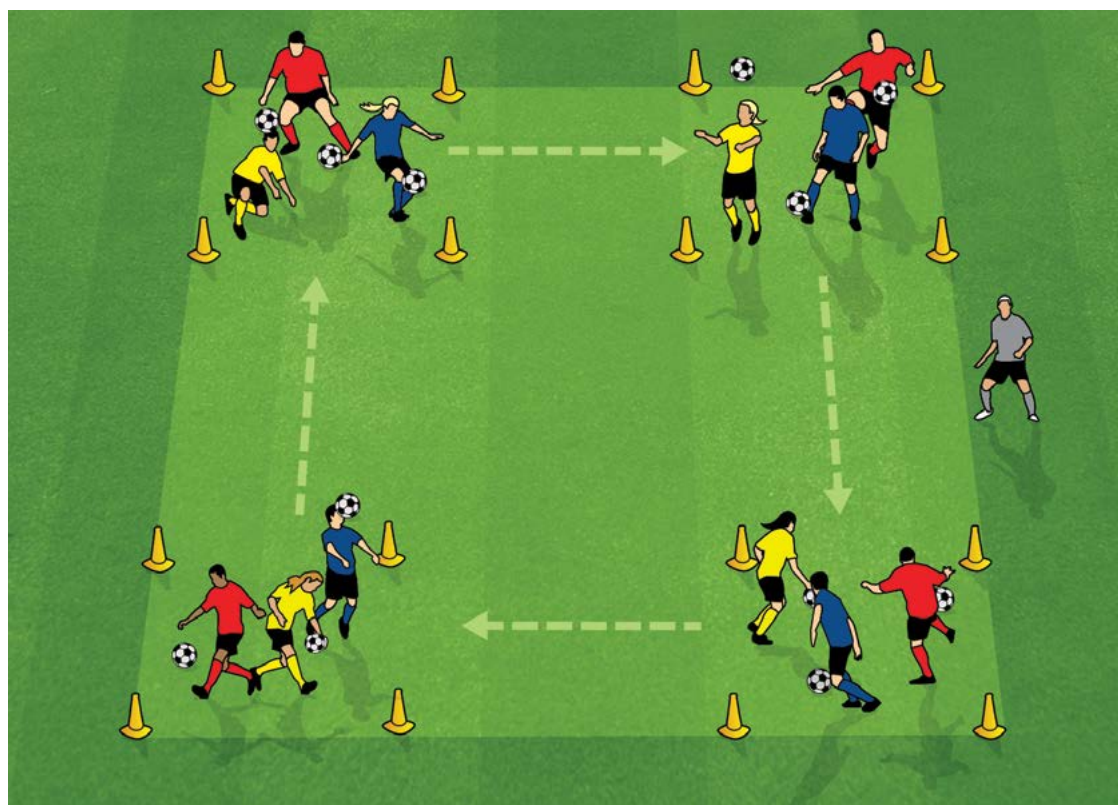
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 16

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **RUNNING WITH THE BALL**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 25x25m.** Modify area depending on the number of players involved.
- 4 corner areas of 6x6m marked using cones.
- 3 teams of 4 players, bibbed in different colours (Red, Yellow and Blue in diagram). 1 player in each team starts in each corner square.
- All players have a ball each.

### HOW TO PLAY

- Upon coaches command, players perform different techniques in the corner square (dribbling / keepy ups / passing / warm up movements)
- When coach calls a colour, players with that number must break out of the corner area and run with the ball (clockwise) to the next square.

### POSSIBLE PROGRESSIONS

1. Encourage players to use as few touches of the ball as possible when running with it
2. Add in a numbering system - (1-Travel clockwise, 2-Travel anti-clockwise, 3-Travel diagonally)

### OUTCOMES

- Ball control when travelling at speed
- Ball manipulation / familiarity



# SESSION 16

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **RUNNING WITH THE BALL**

## SKILL TRAINING



### SETUP

- **Area of up to 30x20m.** Modify area depending on the number of players involved.
- 3 attackers in Red bibs with a ball each, 3 defenders in Blue bibs without a ball.
- 3 starting cones for defenders, placed along one side of the playing area.
- Starting cone for attacker placed at the end of the playing area.
  - Scoring zone placed 8m away from the goal.
  - Line of flat cones / spots placed 4m away from the attackers starting cone.

### HOW TO PLAY

- On coaches command, one red attacker runs with the ball towards the scoring zone.
- When attacker travels over flat cones / spots, defender can begin running.
- Red attacker attempts to shoot from inside the scoring zone.
  - If Blue defender wins possession, they attempt to travel with the ball across the cone line.
  - When play ends, the next two players go.
- Change over defenders after a while.

### POSSIBLE PROGRESSIONS

1. Change the starting point for the defenders.
2. Change practice so that it is a 2v2.

### EXERCISE TASK

- Can we run with the ball quickly in order to get an easy goal scoring opportunity?

### PLAYER TASK EXAMPLES

- Can you travel with the ball quickly in a direction which makes it difficult for the defender
- Can you travel across a large space using as few touches of the ball as possible

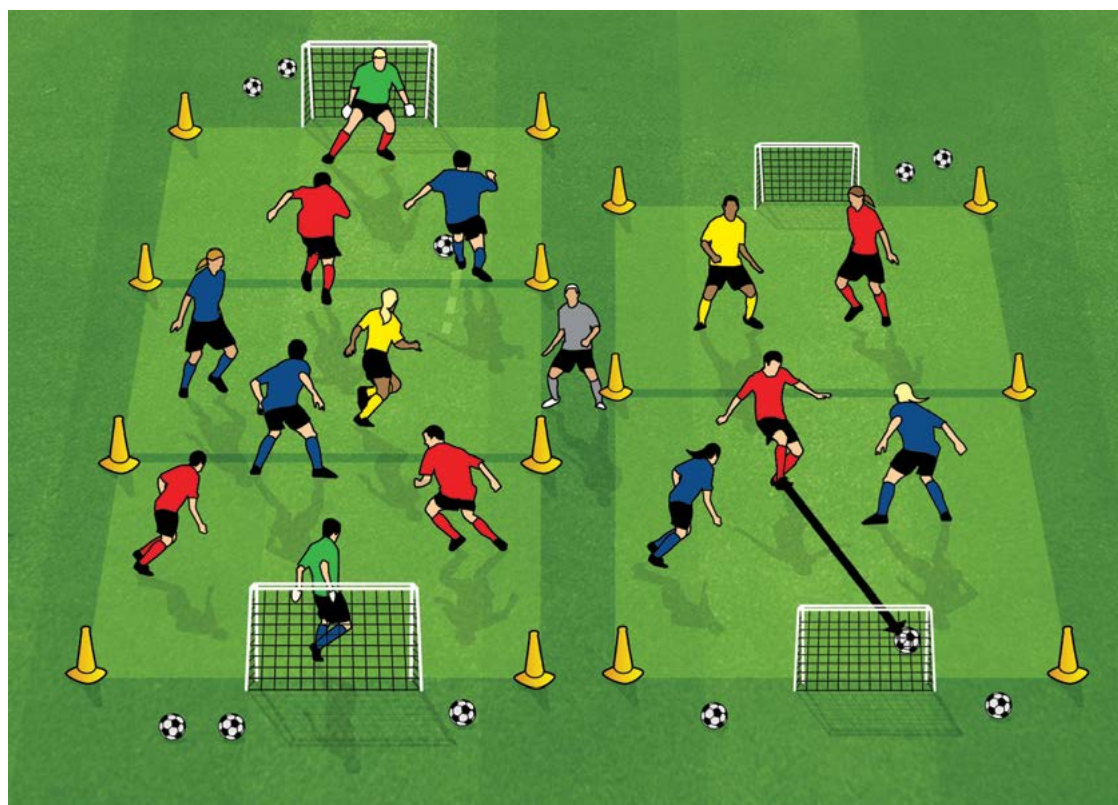
### OBSERVATION DISCUSSION

- What methods did you use to get the ball off the attacker?

# SESSION 16

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **RUNNING WITH THE BALL**

## SKILL GAME



### SETUP

- Area of up to 40x45m, divided into two pitches. (Pitch 1 is 40x20m, Pitch 2 is 30x20m). Modify area depending on the number of players involved.
- Pitch 1 is a 3v3 plus 1 floater player, with large goals and GKs.
- Pitch 1 is divided into thirds.
- Pitch 2 is a 2v2 plus 1 floater player, with smaller goals and no GKs.
- Spare footballs placed to the side of goals.
- Pitch 2 is divided into halves.

### HOW TO PLAY - PITCH 1

- Game starts from the GK. All players must play within the first two thirds of the pitch.
- Attacking team can only move into attacking third by running with the ball. If this occurs, 1 defender may also track the runner.
- If defending team wins possession they may immediately attack the goal.
- Kick Ins from the side.
- 90 second games before players are rotated between pitch 1 & 2.

### HOW TO PLAY - PITCH 2

1. Play a regular 2v2 plus 2 game. Teams can only score in the oppositions half

### OUTCOMES

- Accuracy / Weight of passing
- Decision Making - when to travel with the ball
- Awareness of team mates, opposition and position on the pitch

### DRINKS BREAK DISCUSSION

- What is the difference between Running with the Ball and Dribbling?

# SESSION 17

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch achieves 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

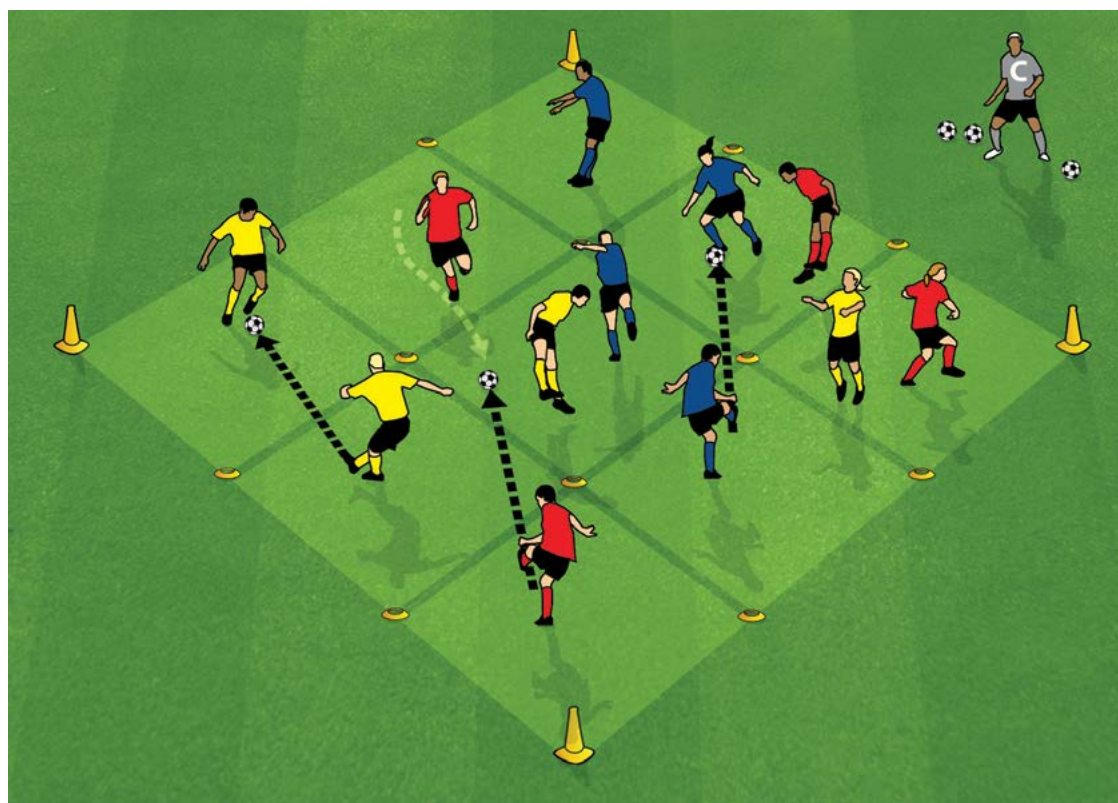
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 17

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 20x20m.** Modify area depending on the number of players involved.
- Area divided into 9 squares as shown in diagram.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram).
- Each team has one football.

### HOW TO PLAY

- Teams aim to keep possession and attempt to pass the ball with different parts of their foot.
- Players not in possession are to perform dynamic warm up movements before receiving the ball.
- Players are allowed to move freely around the whole area.
- Every 60secs players are to leave the ball to perform dynamic warm up movements.

### POSSIBLE PROGRESSIONS

1. Encourage players to play first time passes when appropriate
2. Players receiving a ball must move into a different square to receive
3. Players attempt to receive a ball inside a square, in which no other players are standing

### OUTCOMES

- Accuracy / Weight of passing
- Multidirectional movement to receive to ball
- Awareness of surroundings

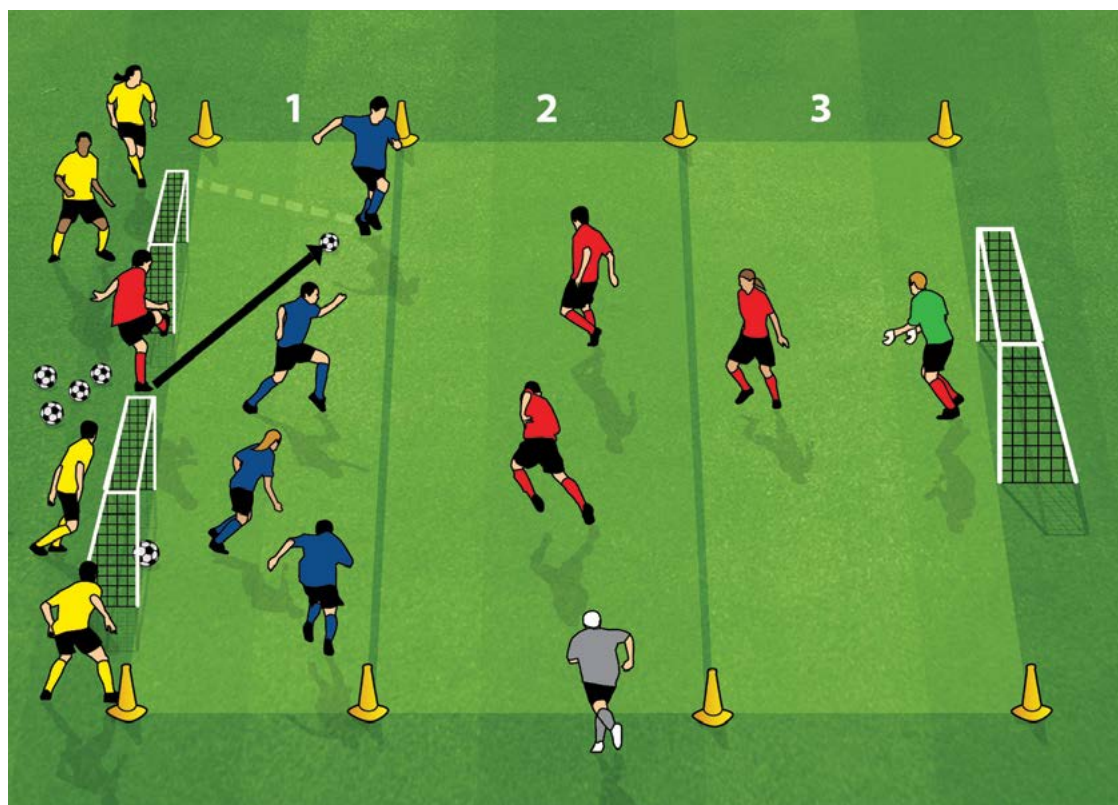
### DRINKS BREAK DISCUSSION

- What information is useful to know before receiving the ball?

# SESSION 17

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL TRAINING



### SETUP

- **One pitch of up to 15x35m, divided into 3 areas.** Modify pitches depending on the number of players involved. Area 1 is 5x15m, Area 2 is 12x15m, Area 3 is 18x15m.
- 1 goal placed at the end of Area 3, 2 smaller goals placed at opposite end of Area 1.
- Split into three teams of 4 players and bib accordingly. Two teams are playing, whilst one is observing, who switch with the Blues after each attack.
- 4 blue attackers begin in area 1. 1 Red defender begins in Area 3, 2 in Area 2 and 1 behind Area 1. Defenders are restricted to Areas 1 & 2.

### HOW TO PLAY

- Practice begins with a defender passing the ball into the blue attackers. They attempt to move up the pitch to shoot at goal.
- Goals can be scored from Area 3 only.
- All attackers can play in areas 1 & 2 but only 2 attackers can progress to Area 3.
- 2 defenders must remain in Area 2 and 1 defender and GK must remain in Area 3.
- If defenders win possession then they attempt to quickly score in the smaller goals.
- Once attack has finished the Blues swap with the yellows.
- Every 90secs defenders are changed.

### POSSIBLE PROGRESSIONS

1. 1 defender in Area 2 is able to move back into Area 3 once the ball has been played in
2. Attackers must make a predetermined number of passes before travelling to Area 3
3. All defenders and attackers are allowed in Areas 2 & 3

### EXERCISE TASK

- As a team can we pass the ball effectively to create goal scoring opportunity?

### PLAYER TASK EXAMPLES

- Can the players out of possession position themselves so the ball player has three passing opportunities?
- Can the player in possession select the correct pass that gives the best opportunity to score?

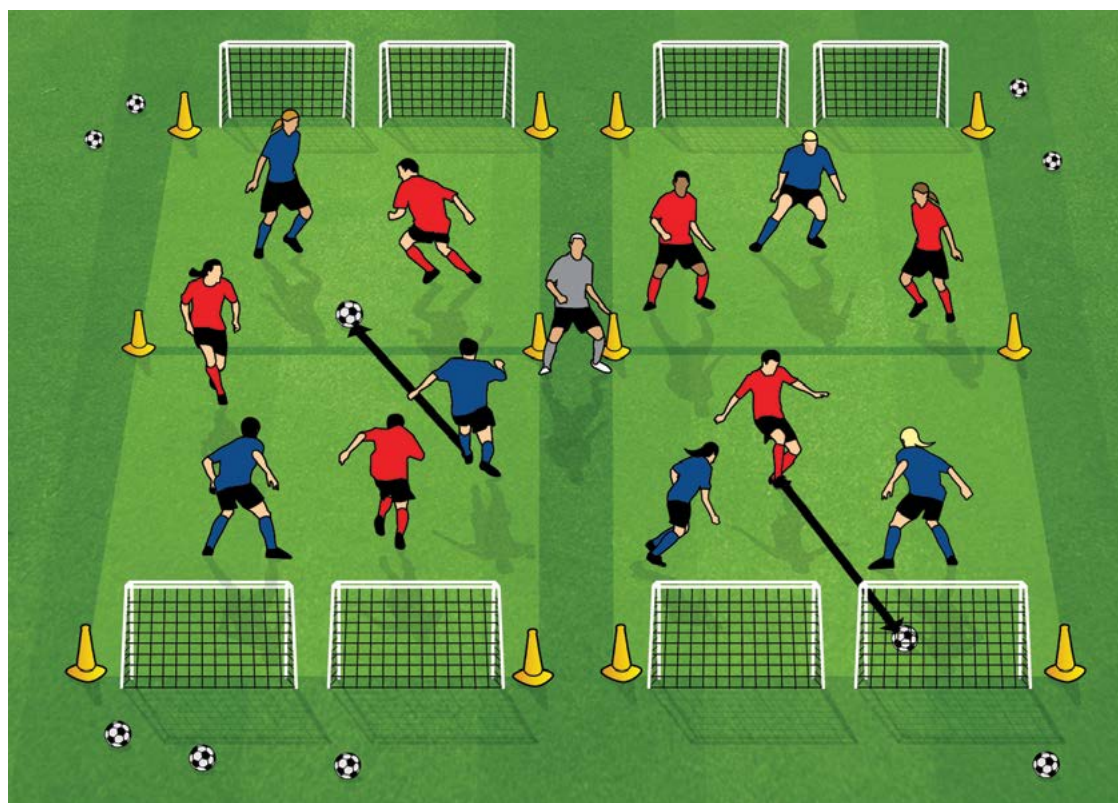
### OBSERVATION DISCUSSION

- When is the best time not to attack and why?

# SESSION 17

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL GAME



### SETUP

- Area of up to 35x30m, divided into two 15x30m pitches. Modify area depending on the number of players involved.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram). 2 teams of 3 players on each pitch.
- 2 small goals placed at each end of the pitch.
- Spare footballs placed at the end of pitches.

### HOW TO PLAY

- Teams play 3v3 against each other.
- Team must score in opponents half of the pitch.
- Conceding team restarts play.
- Kick Ins from the side.
- 90 second games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Teams must complete 2 passes as a team before scoring
2. Teams must score with a 1st time finish

### OUTCOMES

- Accuracy / Weight of passing
- Decision Making - when to pass to score
- Awareness of team mates, opposition and position on the pitch

### DRINKS BREAK DISCUSSION

- As a team, what are you currently doing that is helping you score goals?

# SESSION 18

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHOOTING FROM CLOSE RANGE**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch achieves 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 18

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHOOTING FROM CLOSE RANGE**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 15x25m.** Modify area depending on number and age of players involved.
- Players split into two teams and bibbed accordingly.
- One player from each team becomes a target player, standing at opposite ends of the area.
- One ball for the game, with additional footballs around the outside of the area.

### HOW TO PLAY

- Teams attempt to throw the ball into their target player to score a point.
- When a point is scored, target players change and possession is surrendered to the opposition.
- Players are not allowed to move when they are in possession of the ball.
- Tackling is not allowed, players may intercept only.
- Target players are allowed to move along the end of the area.

### PROGRESSION

1. When a point is scored, the scoring team keeps possession and attacks the opposite end. (A different player on the scoring team must become the target player at the opposite end)
2. Players are allowed to move in possession of the ball. If they are tagged by an opponent whilst moving, they must surrender possession to the opposition. If a player stops once when in possession they must pass to a team mate

### OUTCOMES

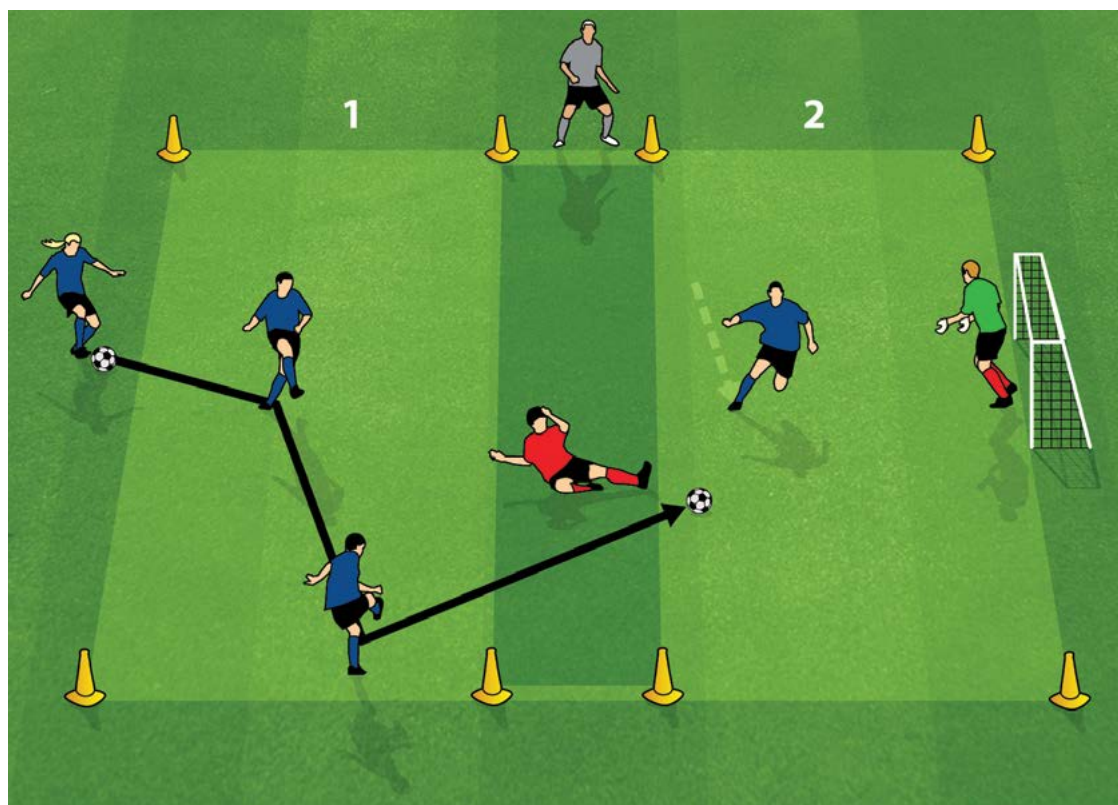
- Fundamentals of movement
- Preparation for play
- Decision Making - when to shoot / when to pass
- Type of shot - Power / Lob / Bounce



# SESSION 18

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHOOTING FROM CLOSE RANGE**

## SKILL TRAINING



### SETUP

- Pitches of up to 10x15m, set up side by side. Modify pitches depending on the number of players involved.
- Each pitch has a half way channel marked using cones (3m wide).
- 1 Goal placed at the end of the area.
- 6 players start in each pitch, 4 Blue attackers (including server) and 2 Defenders (including GK).

### HOW TO PLAY

- Session starts the server passing the ball into a blue attacker in Area 1.
- Attackers in Area 1 combine to create passing opportunity to attacker in Area 2.
- Attackers in Area 2 must shoot within 2 touches of the ball.
- Attackers must remain in their area, defender must remain in the defending channel.
- If defender wins ball and manages to play back to a server, 1 point is removed from attackers score.
- After 5 attempts the players are rotated, with servers entering the area and defenders / GK changed.

### POSSIBLE PROGRESSIONS

1. Attacker in Area 2 can only score with a first time finish.
2. Defender may track ball into Area 2 when ball has been played in.
3. Servers passes and joins in the Area 1 as a defender (creating 2v1)

### EXERCISE TASK

- Can we combine to get our forward into a goal scoring position?

### PLAYER TASK EXAMPLES

- Can the two midfielders make the area as big as possible to make it difficult for the defender?
- Can you forward move so that they can receive the first time pass from midfield?

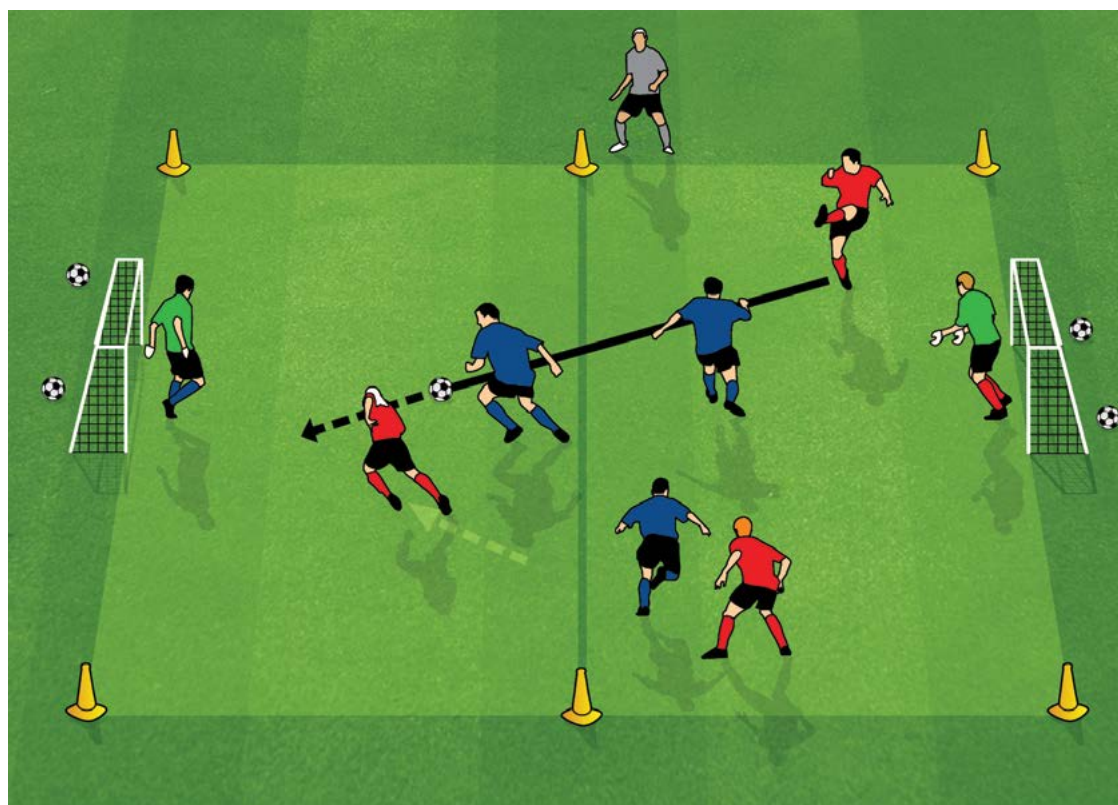
### OBSERVATION DISCUSSION

- As a forward, what type of pass do you want to receive in order to create a shooting opportunity?

# SESSION 18

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHOOTING FROM CLOSE RANGE**

## SKILL GAME



### SETUP

- **Area of up to 25x15m, with the area split into two 15x18m halves.** Modify area depending on the number of players involved.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram).
- Replicate another pitch to use all other players.
- Teams must operate in a 1-1 formation, with two players remaining in their designated half of the area. Other player is allowed to move between areas.
- Spare footballs placed behind the goals.

### HOW TO PLAY

- Practice begins from the GK.
- Red & Blue teams play 3v3 against each other.
- Teams are awarded 3pts for a goal scored from their attacking half and 1pt for a goal from the defensive half.
- 1 minute games before teams are rotated. Change the floating player upon each rotation.

### POSSIBLE PROGRESSIONS

1. Teams are awarded 5 points for a goal scored in the attacking half with a 1st time finish
2. Teams must play through their defensive half before scoring in attacking half

### OUTCOMES

- Shooting with accuracy
- Awareness of opposing GKs position
- Supporting runs into the attacker
- Combination passing to create scoring opportunity

### DRINKS BREAK DISCUSSION

- As the Goalkeepers what they find challenging when facing a shot?

# SESSION 19

PLAYING MOMENT **DEFENDING** | CORE SKILL **PRESSING** | FOCUS **PRESSING WHEN OUTNUMBERED**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 19

PLAYING MOMENT **DEFENDING** | CORE SKILL **PRESSING** | FOCUS **PRESSING WHEN OUTNUMBERED**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 8x10m.** Modify area depending on the ability of players involved.
- 4 gates positioned as shown (2 on each end of the playing area).
- Two teams of equal numbers, starting behind the goals. 1st player from each of the team stands behind starting line as shown in diagram.
- All footballs around the edge of the area.
- Duplicate pitch to ensure players are not waiting for too long (No more than three in a line).

### HOW TO PLAY

- Red defender passes into blue and closes down.
- Blue attacker attempt to score in one of the gates (1pt).
- If Blue defender wins possession they attempt to dribble through the Red gates.
- Players return to the back of the line until their next go. (Ensure that session flows so that players do not wait in line for long).
- Teams scores are kept.
- Change so that the Reds have the opportunity to receive the ball.

### POSSIBLE PROGRESSIONS

1. Players start from different starting points around the area.
2. Server plays ball in air / bouncing ball etc.

### OUTCOMES

- Body position to make attacking play predictable
- Decision making – type of tackle

### DRINKS BREAK DISCUSSION

- How many times did you tackle the opponent? What did you do well in order to win the ball?

# SESSION 19

PLAYING MOMENT **DEFENDING** | CORE SKILL **PRESSING** | FOCUS **PRESSING WHEN OUTNUMBERED**

## SKILL TRAINING



### SETUP

- **Area of up to 30x15m.** Modify area depending on the number of players involved.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram).
- Blue attackers begin practice off the pitch next to the coach.
- Red defenders split and begin next to the goals.
- Spare footballs by the coach on half way line.

### HOW TO PLAY

- Blue team have 5 attacks to score as many goals as they can.
- Blue team decide how many players will attack and what the overload will be. The amount of points that they win depends on the overload.
- Options are:
  - 1v1 - 5pts per goal
  - 3v2 - 3pts per goal
  - 2v1 - 1pt per goal
- Session is started by coach passing the ball to one of the attackers inside the area. Coach points to the goal that they are attacking and calls out the overload.
- If Blue team scores, the same players continue & attack opposite goal with a new ball passed in by coach.
- If Reds win possession, they attempt to counter and core in the opposite goal. If successful, the score is taken off the Blues total.
- Total score is added together after 5 attacks before the teams change over.

### EXERCISE TASK

- Can the defender/s prevent the attackers from having a goal scoring opportunity

### PLAYER TASK EXAMPLES

- Can the defender close down the attackers meeting them as far away from the goal as possible
- If outnumbered can the defender cut off the pass to the second attacker?
- Can the defender show the player in possession in a direction that takes them away from the goal?
- If the defender wins possession can they counter attack quickly?

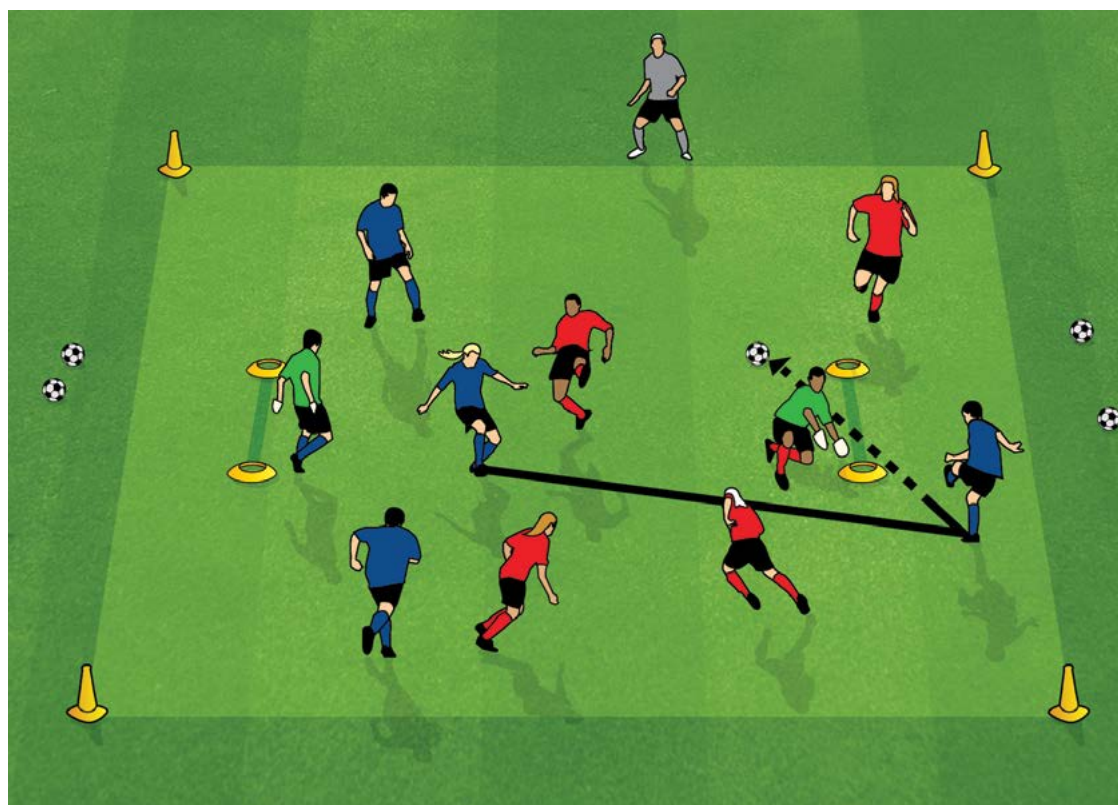
### OBSERVATION DISCUSSION

- What are the difficulties when defending outnumbered? How can we make it easier for ourselves?

# SESSION 19

PLAYING MOMENT DEFENDING | CORE SKILL PRESSING | FOCUS PRESSING WHEN OUTNUMBERED

## SKILL GAME



### SETUP

- **Area of up to 10x25m.** Modify area depending on the number of players involved.
- 3 attackers in Red bibs with a ball each, 3 defenders in Blue bibs without a ball.
- 3 starting cones for defenders, placed along one side of the playing area.
- Starting cone for attacker placed at the end of the playing area.
  - Scoring zone placed 8m away from the goal.
  - Line of flat cones / spots placed 4m away from the attackers starting cone.

### HOW TO PLAY

- On coaches command, one red attacker runs with the ball towards the scoring zone.
- When attacker travels over flat cones / spots, defender can begin running.
- Red attacker attempts to shoot from inside the scoring zone.
  - If Blue defender wins possession, they attempt to travel with the ball across the cone line.
  - When play ends, the next two players go.
- Change over defenders after a while.

### POSSIBLE PROGRESSIONS

1. Change the starting point for the defenders.
2. Change practice so that it is a 2v2.

### OUTCOMES

- Angle of approach to direct attacker away from goal / towards defenders
- Body position to encourage attacker in a particular direction
- Decision making - when to tackle / what type of tackle to select

### DRINKS BREAK DISCUSSION

- What methods did you use to get the ball off the attacker?

# SESSION 20

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch achieves 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 20

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 10x15m.** Modify area depending on the number of players involved.
- All players have the same coloured bib (Red in picture) except for 1 Tagger (in Blue).
- All players have a ball each.
- Spare footballs placed to the side of pitch
- Duplicate the area for the other 6 players to play in.

### HOW TO PLAY

- All players dribble around the area using different parts of the foot.
- When coach shouts "Go", Tagger begins tagging the Reds. Tagger attempts to tag as many players as possible during a 30 second time period, whilst keeping their ball under control.
- If a player is tagged, they must take their ball to the outside of the area and perform 3 keepy ups before joining back in.
- Rotate Taggers after each game.

### POSSIBLE PROGRESSIONS

1. Tagged players must perform 5x keeps ups before they can come back in
2. Increase the number of taggers

### OUTCOMES

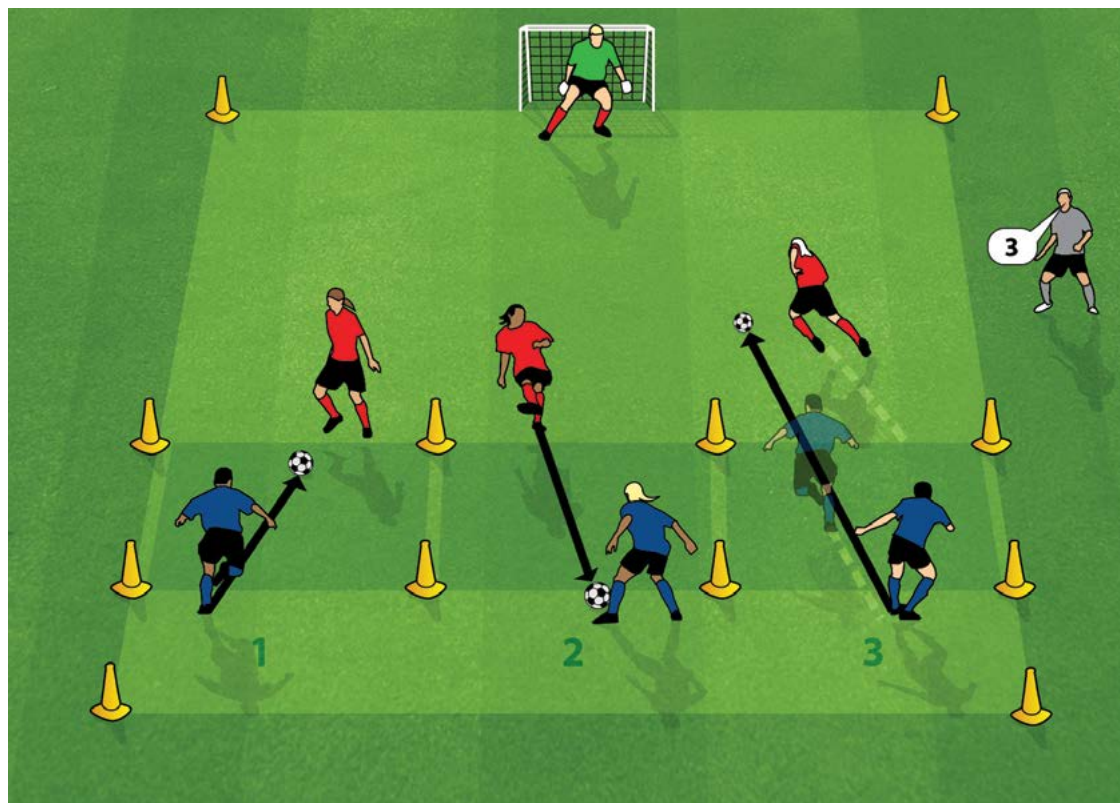
- Close control when dribbling
- Turning away from defenders
- Change of pace and/or direction to get away from defender



# SESSION 20

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL TRAINING



### SETUP

1. **Area of up to 35x24m.** Modify area depending on the ability of players involved.
2. 3 squares of cones (8x5m) positioned as shown, 20m away from the goal.
3. 6 outfield players involved in the practice and 1 GK. 3 outfield players are defenders and 3 are attackers.
4. Players are numbered and face each other in the squares.
5. All footballs are placed behind the squares.
6. Duplicate pitch with another 6 outfield players plus Goalkeeper.

### HOW TO PLAY

- Players pass the ball to each other in their pairs.
- The practice starts in Square 1. On coaches call, the Blue player passes the ball behind the Red player in the direction of the goal.
- Red player turns and travels with the ball towards the goal. Blue player gives chase as a defender and attempts to stop the Red from scoring.
- Players return to their square and swap starting position. Coach then calls for the players in Square 2 to start.
- Individual scores are kept.
- After a set number of attempts, rotate the players so that they are competing against a different player.

### POSSIBLE PROGRESSIONS

1. Coach calls out squares in a random order
2. Defenders may play a pass in the air to attackers
3. Reduce the starting distance between the defender and Attacker

### EXERCISE TASK

- Through individual play can we beat the defender to shoot at goal?

### PLAYER TASK EXAMPLES

- Can our first touch take the ball away from the defender?
- If the defender is close behind, can we take the ball across their running path?
- Can you assess the GK position and take the appropriate shot?

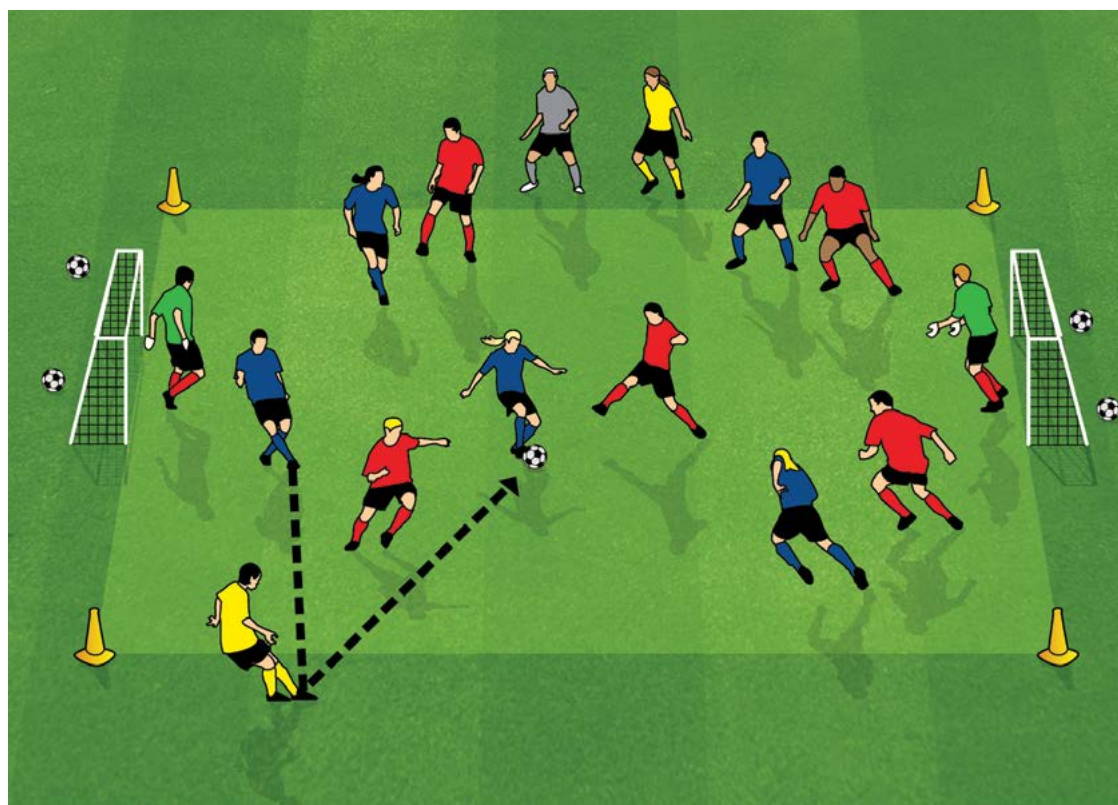
### OBSERVATION DISCUSSION

- How did you feel when the score was kept as a team, rather than as an individual?

# SESSION 20

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL GAME



### SETUP

- **Area of up to 50x25m.** Modify area depending on the number of players involved. Ensure that the playing area remains small in terms of width.
- Goals at each end, with Goalkeepers.
- 2 teams of 5 players, bibbed in different colours (Red & Blue in diagram).
- 2 floater players outside of the area on each side of the pitch.
- Spare footballs placed to the side of goals.

### HOW TO PLAY

- Teams play 5v5 against each other.
- Player play a regular game against each other, attempting to score in the opponents goal.
- 2 floater players who play for the team in possession of the ball.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- No restarts from the side. Restart from GKs.
- 2 minute games before teams have a drinks break.

### POSSIBLE PROGRESSIONS

1. Remove floater players and integrate into the game

### OUTCOMES

- Use of body to protect the ball in tight spaces
- Positive 1st touch into space and/or towards goal

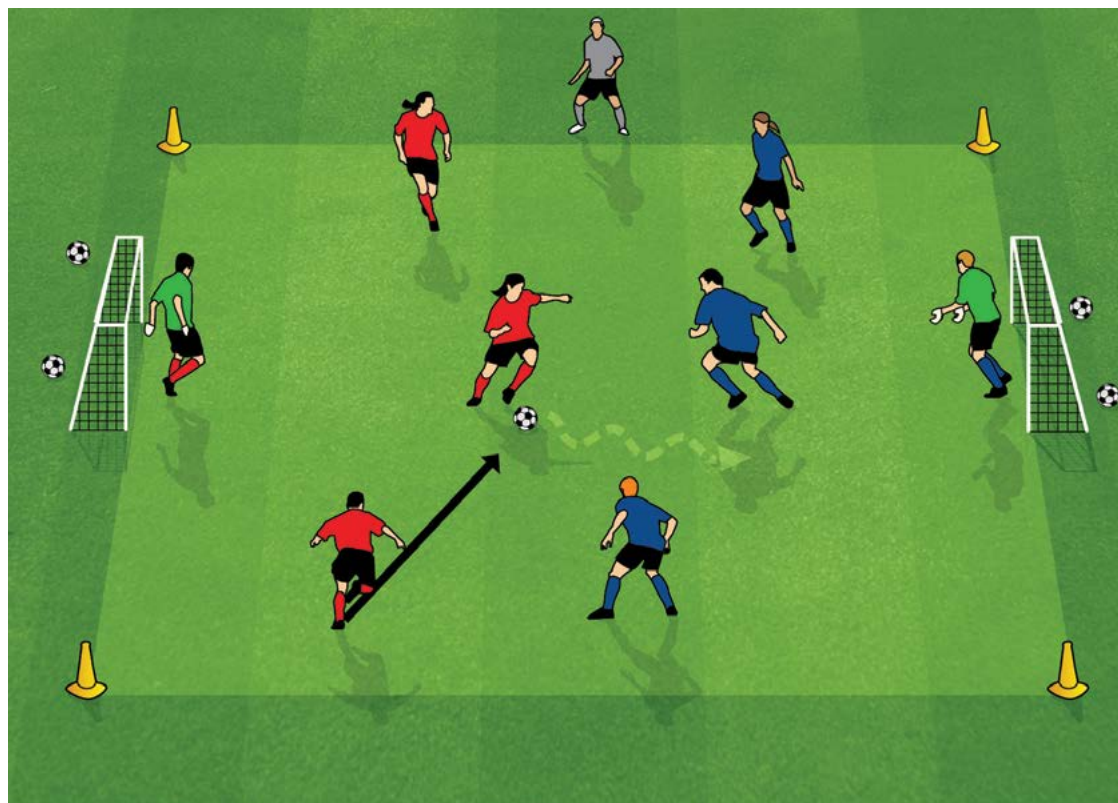
### DRINKS BREAK DISCUSSION

- When through on goal with a defender behind you, what do you need to concentrate on?

# SESSION 21

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO ATTACK**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

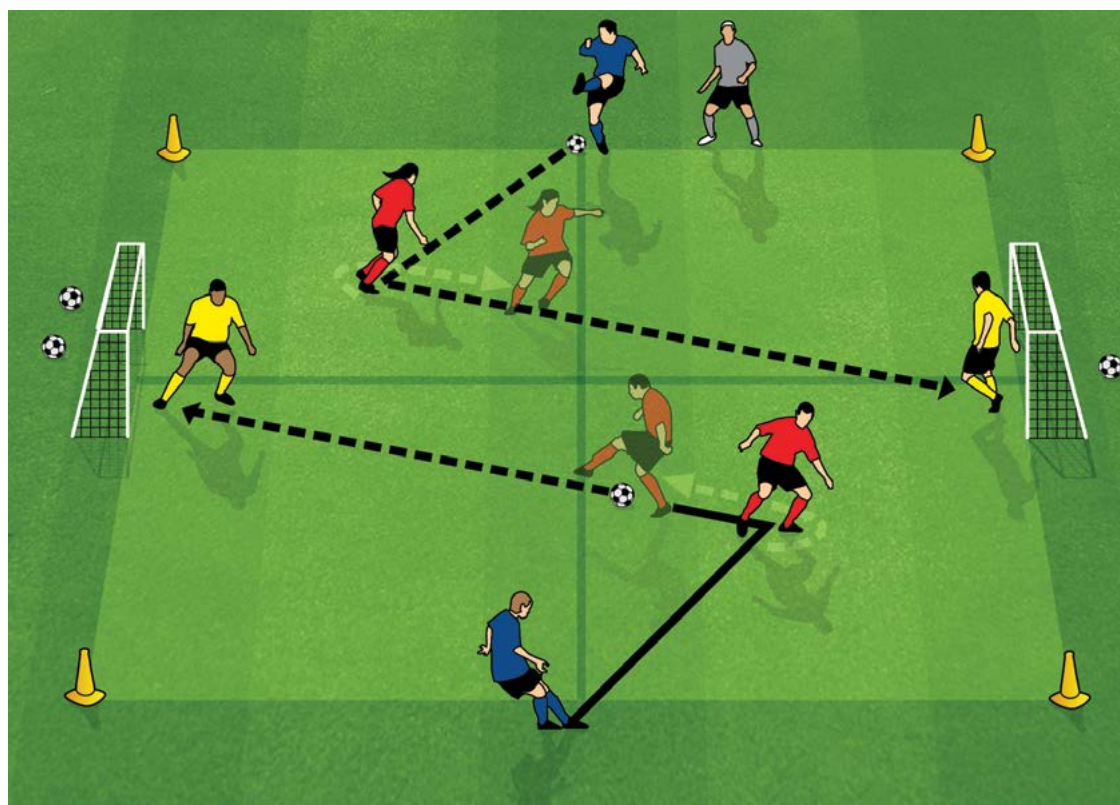
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 21

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO ATTACK**

## SKILL INTRODUCTION



### SETUP

- **Area of 20x20m.** Modify area depending on the number of players involved.
- Area divided into quarters, using cones.
- 3 pairs of players, bibbed in different colours (Red, Yellow & Blue in diagram)
- Reds begin in the middle. Other two teams begin as support players on the outside.
- Blue support players begin with a ball.
- Duplicate area for the other 6 players.

### HOW TO PLAY

- Red players receive ball from a Blue, must change direction with their 1st touch before playing out to a yellow.
- If Reds receive a ball from a Yellow they must pass to a Blue.
- Change roles after 1 minute.

### POSSIBLE PROGRESSIONS

1. Encourage Red players to take their first touch into a different quarter before playing out
2. After Reds receive the ball, they attempt to score in the goal before receiving another ball from the opposite Blue
3. Service from the outside players is from hands, provided at different heights

### OUTCOMES

- 1st touch control toward goal
- Changing Direction with 1st touch

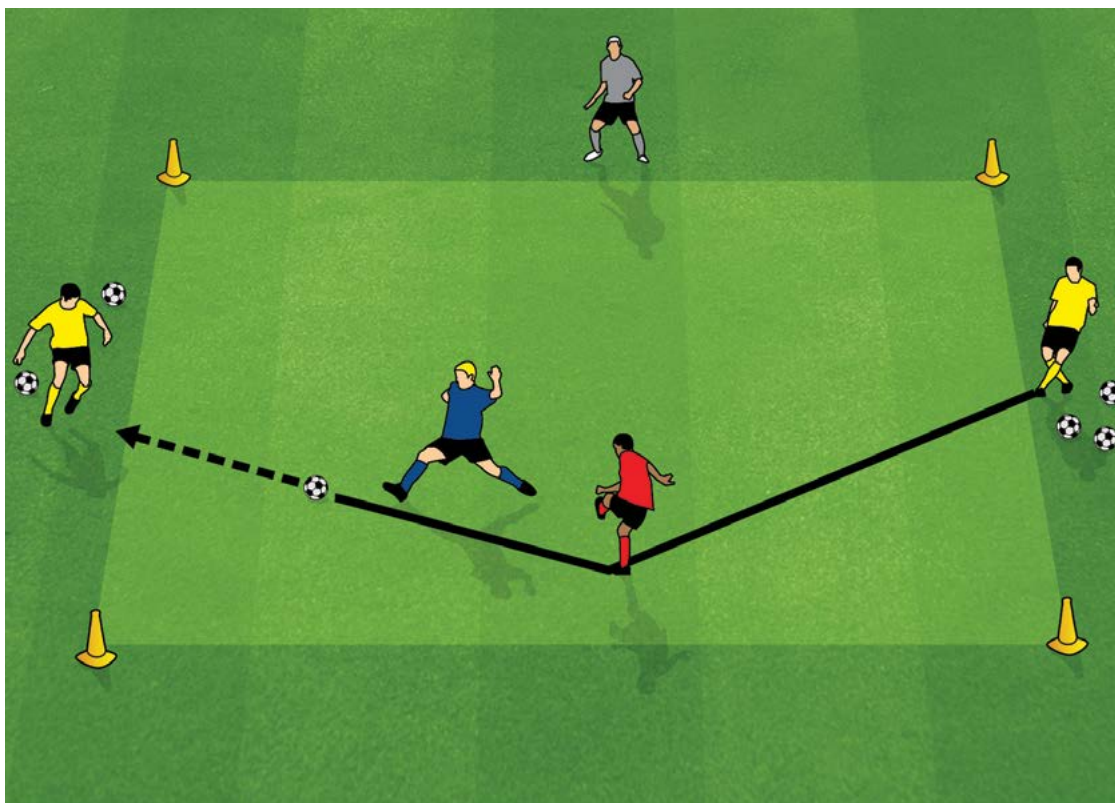
### DRINKS BREAK DISCUSSION

- What types of 1st touch did you next to take in order to attack quickly?

# SESSION 21

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO ATTACK**

## SKILL TRAINING



### SETUP

- **Area of up to 10x15m.** Modify area depending on the number of players involved.
- 2 players begin inside the area, 1 Red playing against 1 Blue.
- 2 target players at each end of the area.
- Supply of footballs behind each target player.

### HOW TO PLAY

- Play begins when a target plays into the Red attacker, who attempts to transfer the ball to the opposite target player.
- If successful, red attacker receives 1pt and then attacks in the opposite direction.
- Red player can pass back to the target player twice only before attempt to transfer the ball.
- If blue defender wins possession of the ball, they pass to a target and then become the attacker.
- Rotate the players every minute.

### POSSIBLE PROGRESSIONS

1. Players can pass back to the target player once only before attempting to attack.
2. Opposite target player can drop into area to become a 2nd attacker, creating a 2v1.

### EXERCISE TASK

- Can we transfer the ball from target player to target player as quickly as possible?

### PLAYER TASK EXAMPLES

- Can you position yourself to receive the ball facing forwards?
- Can players out of possession predict when the next pass is going to go and move accordingly?

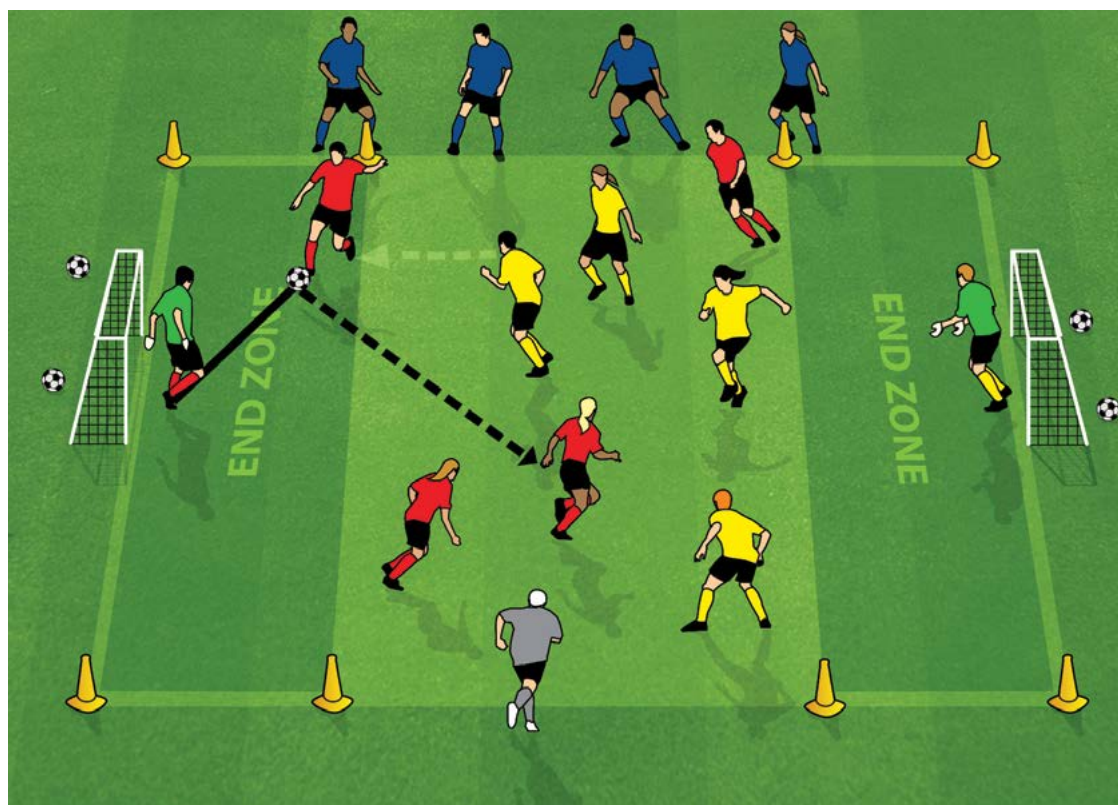
### OBSERVATION DISCUSSION

- Ideally what would your team mate need to have in order for you to pass them the ball?

# SESSION 21

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO ATTACK**

## SKILL GAME



### SETUP

- **Area of up to 40x30m, with 8m end zones.** Modify area depending on the number of players involved.
- Goals, with GKs, at each end of the area.
- Players divided into 3 teams of 4, 2 teams playing in the middle area and 1 team observing.
- Supply of footballs with each goalkeeper.

### HOW TO PLAY

- Play begins when GK passes the ball into the Red team. Reds then attack the opposition goal.
- Red team are allowed to have one player drop into their defensive end zone to receive the ball. This player is unopposed.
- Same rules for the yellow team in possession.
- Rotate the teams every two minutes.

### POSSIBLE PROGRESSION

1. Players have a maximum time of 3 seconds in their defensive end zone.
2. Opposition are allowed to send a 1 defender into the end zone. If they do, another attacker is allowed to drop.

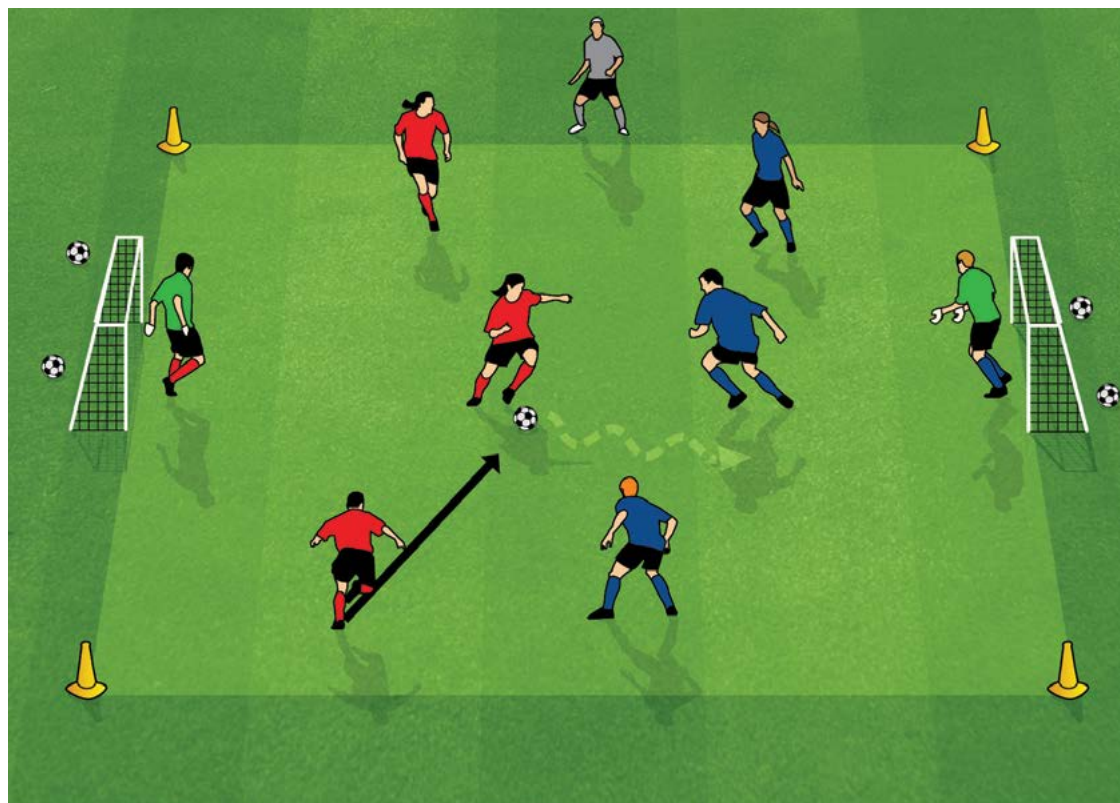
### OUTCOMES

- Receiving to play forwards first
- 1st touch towards goal / away from defender
- Movement to support player in possession

# SESSION 22

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO PROTECT**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 22

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO PROTECT**

## SKILL INTRODUCTION



### SETUP

- **Circle areas with a diameter up to 20m.** Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram)
- Reds & Yellows begin in the middle. Blue team begin as support players on the outside.
- All of the Blue support players begin with a ball.

### HOW TO PLAY

- Red players receive ball from a Blue and attempt to protect the ball from yellow. Reds then pass the ball back to the same Blue support player.
- Reds then move to another server and repeat the process.
- If Yellows successfully dispossess a Red, they pass the ball back to the blue server and play continues.
- Rotate roles after 1 minute.

### POSSIBLE PROGRESSIONS

1. Encourage players in the middle to keep possession of the ball for 3 seconds
2. Players receiving the ball, protect and look to play to a different support player
3. Service from the outside players is from hands, provided at different heights

### OUTCOMES

- 1st touch control - changing direction and protecting the ball
- Use of body to protect ball from defenders
- Receiving to turn / Awareness of surroundings

### DRINKS BREAK DISCUSSION

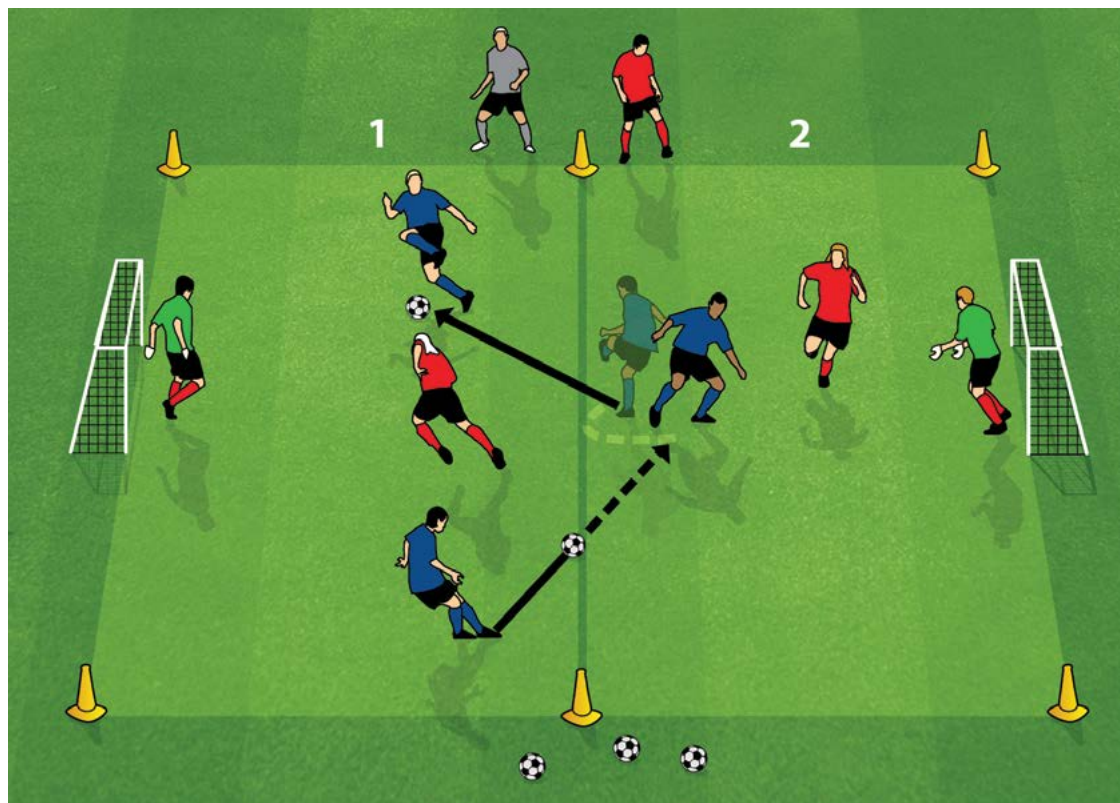
- When defending, what did the attackers do to make it difficult for you to win the ball?



# SESSION 22

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO PROTECT**

## SKILL TRAINING



### SETUP

- Area of up to 10x30m, divided into two 10x15m areas (Area 1 and Area 2). Modify area depending on the number of players involved.
- Large goals with GKs or smaller goals without GKs at opposite ends of the area.
- 6 players in total, 3 Blue attackers and 3 Red defenders.
- Area 1 has 2 attackers vs 1 defender. Area 2 has 1 attacker vs 1 defender. 1 defender observing.
- An attacker in each half begins with a ball.
- Replicate another pitch along side for the other 6 players involved.

### HOW TO PLAY

- Play begins when the two attackers in possession pass to the opposite area.
- Attackers attempt to score in the goal.
- In Area 2, Blue attacker attempts to retain possession and/or score.
- If attackers score in Area 1 (2v1), one attacker can join Area 2 to create another 2v1.
- If Defender wins possession they can play to the observing defender.
- Rotate players after every couple of attempts.
- Attackers have 5 attacks in total, each against a different defender. Add up the total number of goals.

### POSSIBLE PROGRESSIONS

1. If attackers score in Area 1, defender is also allowed to travel to Area 2 (creating a 2v2)
2. Attacker in Area 2 must protect the ball for 5 seconds before attempting to attack.
3. Observing defender joins practice in either Area.

### EXERCISE TASK

- Today we want to protect the ball in order to create goal scoring opportunity for yourself or a team mate?

### PLAYER TASK EXAMPLES

- Can you place your body between the ball and the defender stopping them from getting to it?
- Can you move the ball in order to make it difficult for the defender to tackle?
- Can you use your supporting player, either to pass or create space for a 1v1?

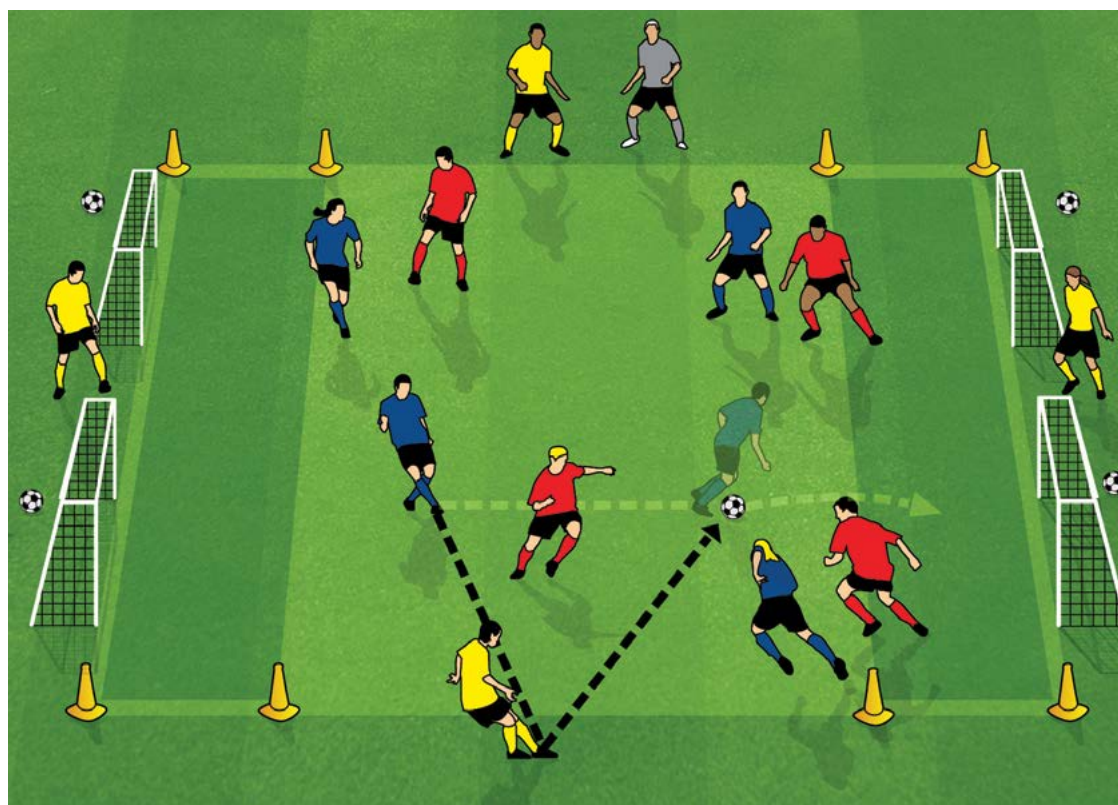
### OBSERVATION DISCUSSION

- What do you have to do in order to protect the ball from a defender?

# SESSION 22

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO PROTECT**

## SKILL GAME



### SETUP

- **Area of up to 30x20m.** Modify area depending on the number of players involved.
- 2 smaller goals at each end of the pitch with 5m scoring zone.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram).
- 2 teams begin on the pitch (Red & Blue), with 1 team of the pitch as support players (Yellows).
- 2 yellow support players on each side of the pitch, 2 play in between the goals.

### HOW TO PLAY

- Red & Blue teams play 4v4 against each other.
- Mandatory rule that players must take more than 1 touch of the ball each time they receive it (no 1st time passes).
- Team in possession can use Yellow support players (making an 8v4).
- Support players must give the ball back to the team who they received the football from.
- Support players must keep the ball moving when in possession.
- Inside the scoring zone 1 touch finishes are allowed if the ball comes from the support player in between the goals.
- 2 minute games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Support players must pass the ball back with 1 touch
2. Make pitch narrower

### OUTCOMES

- Moving the 1st touch away from a defender
- Movement to support the player in possession - angle & distance
- Use of body to protect ball from defender

### DRINKS BREAK DISCUSSION

- What information do you need to know in order to play effectively when receiving the ball?

# SESSION 23

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch reaches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 23

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 20x20m.** Modify area depending on the number of players involved.
- Players divided into 3 groups and bibbed appropriately (Red, Blue and Yellow in diagram).
- All players have a ball each and begin inside the area.

### HOW TO PLAY

- Players dribble the ball around the area, using different parts of their feet.
- If coach calls a colour, for this example “Blue”, the Blue team must stop and place their foot on the ball.
- Reds & Yellows dribble around a Blue player as quickly as they can.
- After 5 seconds, blues restart dribbling.

### POSSIBLE PROGRESSIONS

1. Players are encouraged to use the inside of their feet only
2. Players perform keepy ups / ball manipulation movements whilst stood still
3. If coach calls “Blue”, the other two teams stop dribbling, and Blue players have 30 seconds to dribble around as many players as possible

### OUTCOMES

- Speed and angle of approach.
- Decision making – when to tackle / when to delay.

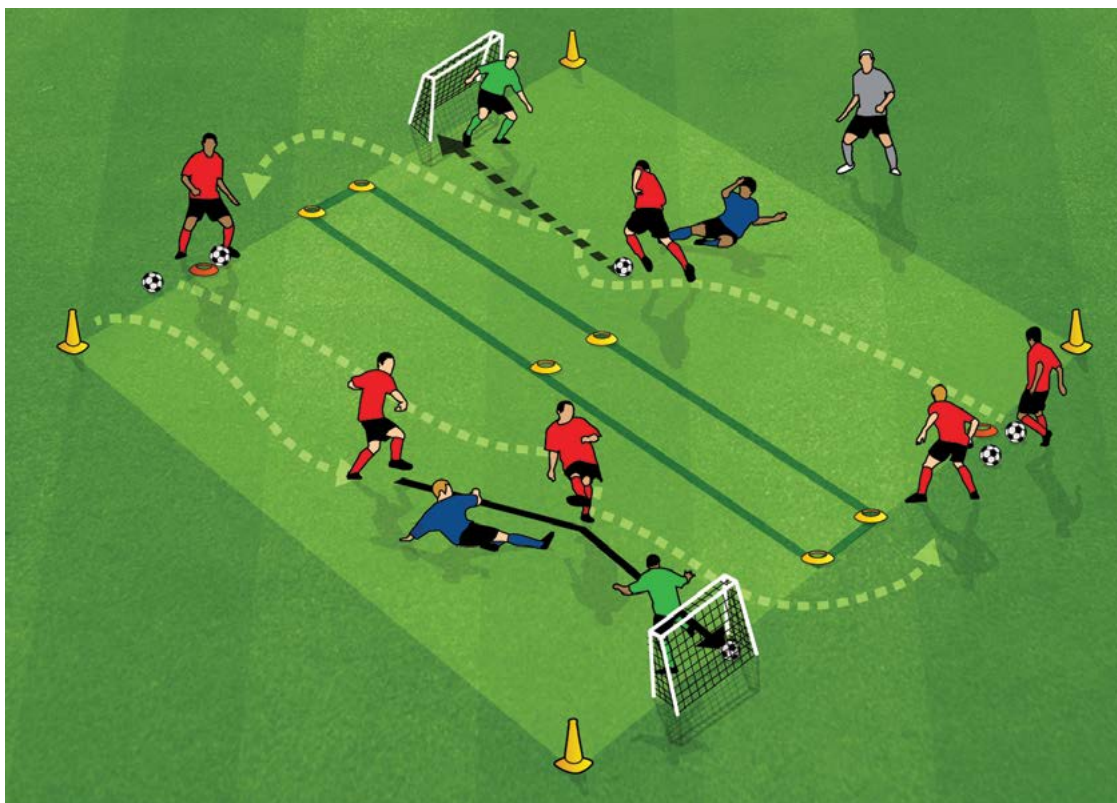
### DRINKS BREAK DISCUSSION

- When dribbling, what can attackers do that makes it difficult to defend against?

# SESSION 23

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## SKILL TRAINING



### SETUP

- **Area of up to 20x22m.** Modify area depending on number and age of players involved.
- Split the area into two 10 x 20m areas divided by a 2m channel. A goal is to be placed at opposite ends of the halves, faced by a starting cone - creating a circuit.
- Attackers (Red) to start behind the two starting cones, with one defender in each half of the area.
- Footballs are placed at the starting cones.

### HOW TO PLAY

- Attackers (Reds) try to dribble past the defender and attempt to score in the goal.
- When the ball goes out of play / goal is scored attacker retrieves their ball and moves to the other starting cone.
- Attackers are allowed to work in groups of one or two.
- Rotate the defenders on a regular basis.

### PROGRESSION

1. Introduce a time limit for players to score
2. Introduce a "Floating" defender. This player begins in the channel and can enter either half at any time to create a team of two defenders
3. Attackers are only allowed to attack on their own
4. Defenders win 1 point in they win possession and pass ball to the starting cone

### EXERCISE TASK

- Can the defender/s prevent the attackers from having a goal scoring opportunity

### PLAYER TASK EXAMPLES

- Can the defender close down the attackers meeting them as far away from the goal as possible
- If outnumbered can the defender cut off the pass to the second attacker?
- Can the defender show the player in possession in a direction that takes them away from the goal?
- If the defender wins possession can they counter attack quickly?

### OUTCOMES

- Dribbling with close control and use of both feet
- Change of direction & speed to beat defenders
- Acceleration once passed a defender
- Positive reaction if successful (shoot) or not (chase back)

# SESSION 23

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## SKILL GAME



### SETUP

- **Area of up to 35x18m.** Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram).
- 2 teams begin on the pitch, 1 team observing.
- Four gates set up around the area (made up with 2 flat cones)
- “Safety Zones” beyond the sidelines of the pitch.
- Spare footballs placed behind the goals.

### HOW TO PLAY

- Practice begins from the GK.
- Red & Blue teams play 4v4 against each other.
- Teams are awarded 1pt for scoring a goal.
- Teams are awarded 3pts if the goal scored included dribbling through the gate as part of the build up play.
- Players are allowed to dribble to the safety zone if required. Players can not be tackled in the safety zone and must pass / dribble back into the area within 5 seconds.
- 1 minute games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Teams are awarded 1pt for each gate dribbled through, regardless of whether it ends in a goal
2. Players are only allowed in the safety zone for 3 seconds

### OUTCOMES

- Speed and angle of approach.
- Body position to encourage attacker in a particular direction
- Decision making – when to tackle / when to delay.

### OBSERVATION DISCUSSION

- Which team is defending effectively in 1v1 situations? What are they doing well?

# SESSION 24

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **RUNNING WITH THE BALL**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

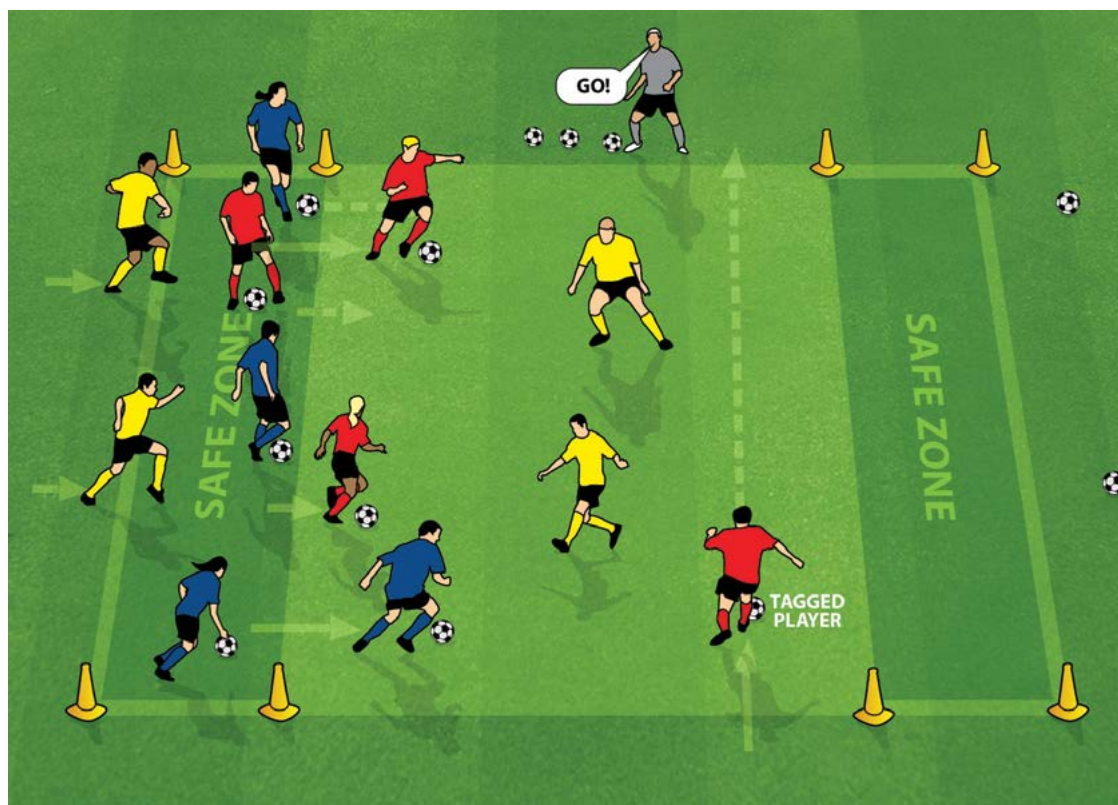
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 24

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **RUNNING WITH THE BALL**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 15x30m.** Modify area depending on the number of players involved.
- 2 “Safe Zones” at each end of the area.
- Players are divided into three groups and bibbed accordingly (Blue, Red and Yellow in diagram).
- Reds and Blues begin in a safe zone, with a ball each.
- 2 Yellows start in the middle area and 2 behind the safe zone, without a ball.
- Spare footballs placed to the side of pitch

### HOW TO PLAY

- Reds and Blues dribble around the safe zones using different parts of the foot.
- When coach shouts “Go”, Reds and Blues attempt to dribble across the area to the other safe zone.
- Yellow defenders (2 facing and 2 retreating) attempt to kick players footballs out of the area.
- If a Red / Blue player is dispossessed they practice running with the ball across the area.
- How many runs does it take the Yellow defenders to kick all of the attackers out of the area? This is there total score.
- Rotate the teams so that a new team is defending.

### POSSIBLE PROGRESSIONS

1. Defenders also have a ball and must tag attackers.
2. Change the number of retreating / facing defenders (3 retreating, 1 facing for example).

### OUTCOMES

- Travelling over big distances whilst keeping the ball under control
- Recognising space to travel in to
- Change of pace and/or direction to get away from defender

### DRINKS BREAK DISCUSSION

- At what points in the game would you run with the ball?



# SESSION 24

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **RUNNING WITH THE BALL**

## SKILL TRAINING



### SETUP

- **Area of up to 20x35m.** Modify area depending on the number of players involved.
- End areas are 20x10m sections (Number 1 & 3 on diagram). Middle area (Number 2)
- Session begins with 4 Blue Attackers in Area 1, 4 Yellow attackers in Area 3. Each group of attackers have a ball.
- 2 Red defenders begin inside Area 2, 2 Red defenders on the outside of Area 2. Red defenders on outside on the area have a ball between them.
- Spare footballs next to the coach.

### HOW TO PLAY

- Blue & Yellow teams combine to try and create an opportunity for a player to run with ball across Area 2 to the Opposite Area.
- If attackers are successful in releasing a player, 1 additional player can also break out to support. If they get across to the opposite area, the rest of the group moves down to join them.
- They then try to repeat, keeping a running score of how many times they are successful at Running the Ball across the area.
- 2 defenders in Area 2 attempt to tackle runner with the ball. 2 defenders on the outside of the area attempt to hit the attackers ball with a pass.
- If defender wins possession / hit ball with a pass, they attempt to dribble the ball into the area that the attackers have travelled from. This resets the attackers score to zero.
- After 2 minutes rotate players so that defenders are changed.

### POSSIBLE PROGRESSIONS

1. Add a defender from outside into Area 1 and / or 3.
2. Attackers breaking out into Area 2 are only allowed 1 pass to their team mate before entering the opposite area.
3. If Red defenders win possession, they immediately become attackers, changing roles with the team that lost possession.

### EXERCISE TASK

- Today is about creating opportunities to attack by running with the ball.

### PLAYER TASK EXAMPLES

- Can the player receiving the ball look to see whether the defender is blocking the attack?
- Can the attackers pass the ball to move the defender to one side of the area?
- Can the ball player travel as quickly as possible, using as few touches as possible?

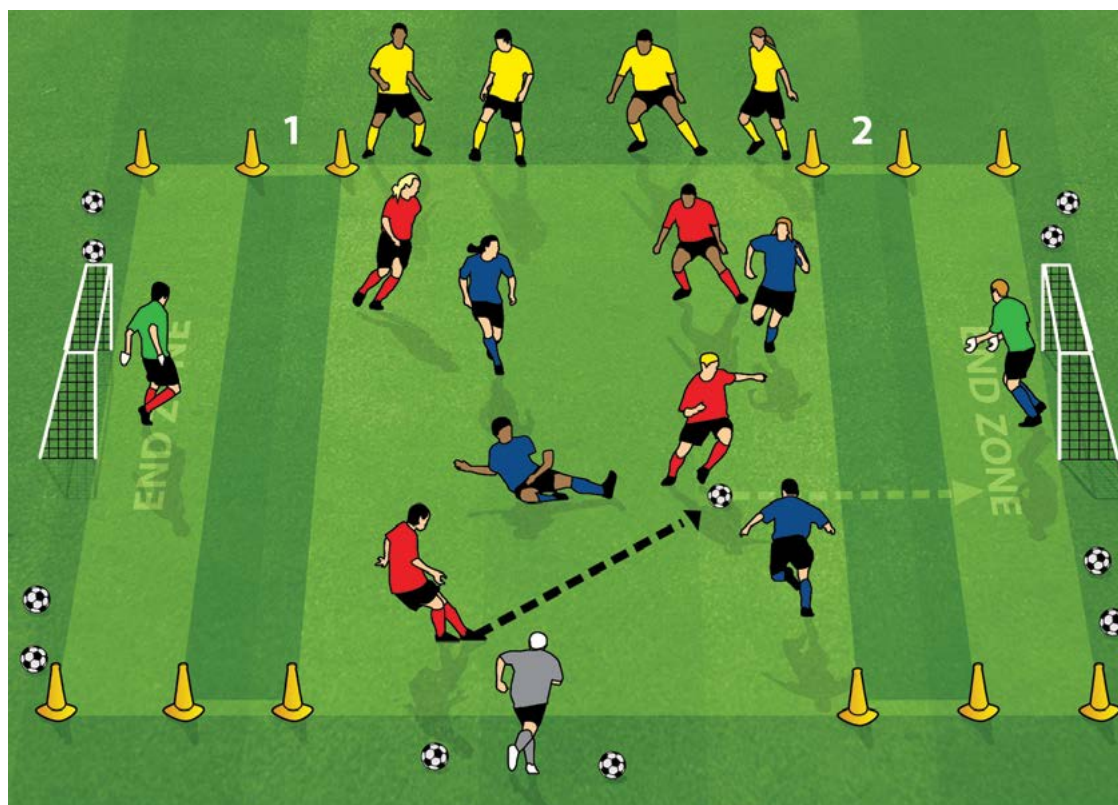
### OBSERVATION DISCUSSION

- What did you need to be aware of before attempting to Run with the Ball?

# SESSION 24

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **RUNNING WITH THE BALL**

## SKILL GAME



### SETUP

- **Area of up to 45x20m.** Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Blue & Yellow in diagram).
- 5m channel just before the end zone, at each end of the pitch (Numbered 1 & 2 on diagram)
- Spare footballs placed to the side of pitch
- Large goals with GKs at each end of the pitch.

### HOW TO PLAY

- 2 teams play in the middle area, creating a 4v4. 1 team observes.
- Red team attempt to score by combining to get a player Running with Ball over the attacking channel (Number 2) into the end zone to shoot.
- If Reds score then they restart, attacking the opposite way.
- If Blues win possession, they can attack from where they win the ball.
- Kick Ins from the side.
- 2 minute games before floater teams are rotated.

### POSSIBLE PROGRESSIONS

1. Insert observers into channel as defenders.
2. 1 defender is allowed to follow attacker into end zone (number 2 on diagram)

### OUTCOMES

- Running with the Ball under control
- Decision Making - when to pass / when to run with the ball
- Awareness of team mates, opposition and position on the pitch

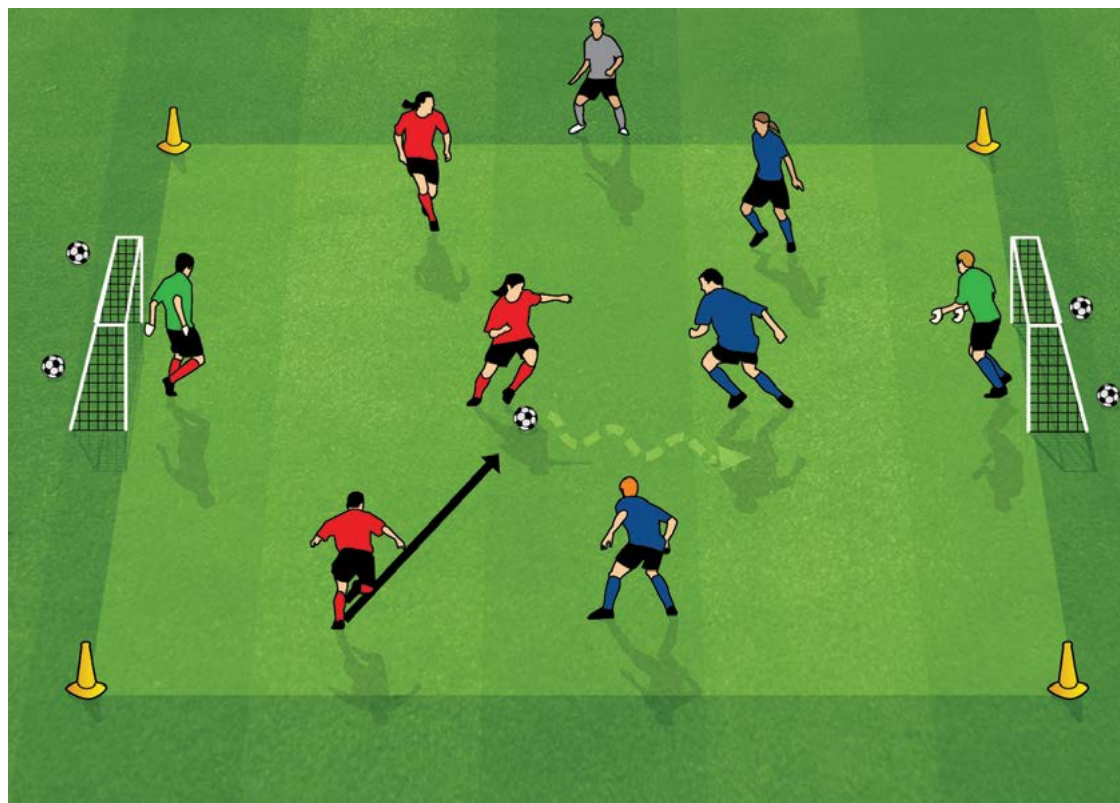
### DRINKS BREAK DISCUSSION

- Try to think of International players who are good at Running with the Ball?

# SESSION 25

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch achieves 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

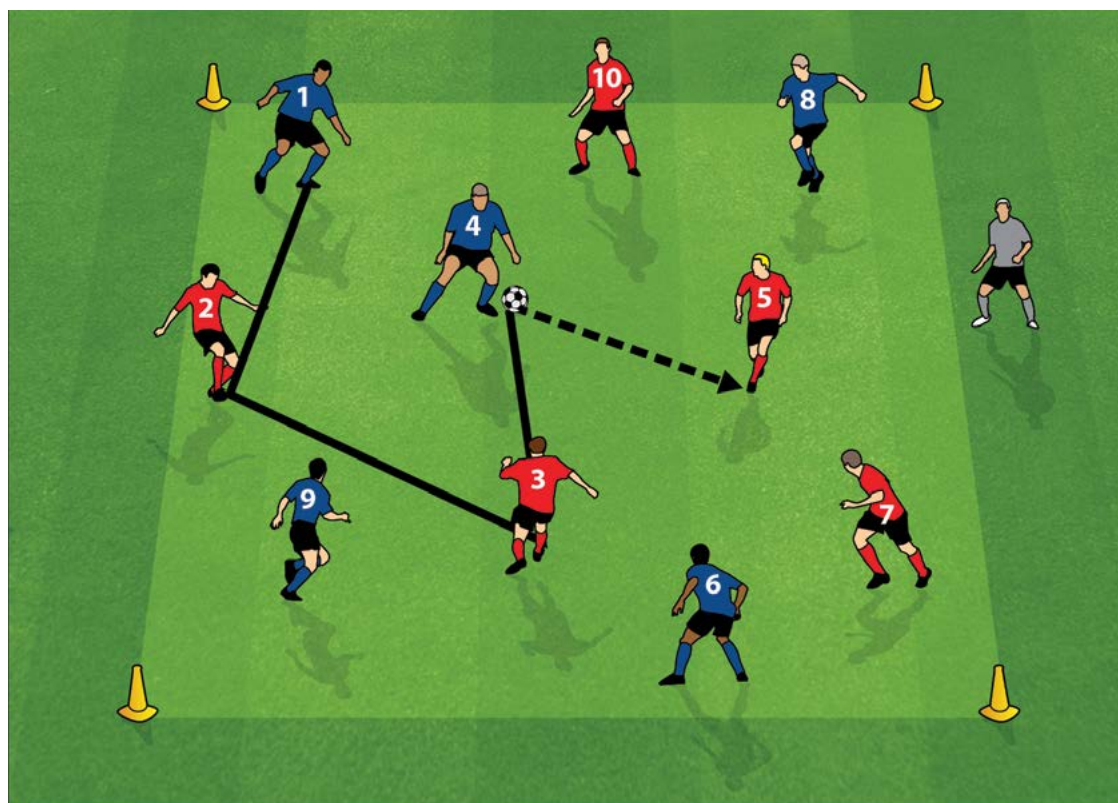
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 25

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL INTRODUCTION



### SETUP

- Create an area up to 30mx30m. Modify the size depending on the number of players.
- All players start inside the area and are given sequential numbers e.g. 1-10 if there are ten players.
- Place any additional balls around the outside of the area.

### HOW TO PLAY

- All players move around inside the square and player 1 starts with the ball
- Player 2 needs to get into a position to receive a pass from player 1
- Player 2 then passes to player 3, and so on, until the last player receives the ball. This player then passes to player 1
- Players should be constantly moving in different directions and different ways

### PROGRESSION

1. Introduce another ball or two. The passing should still continue in sequence
2. Divide the area up further and players must pass from one grid to another
3. Players must complete the activity in silence – no verbal communicating

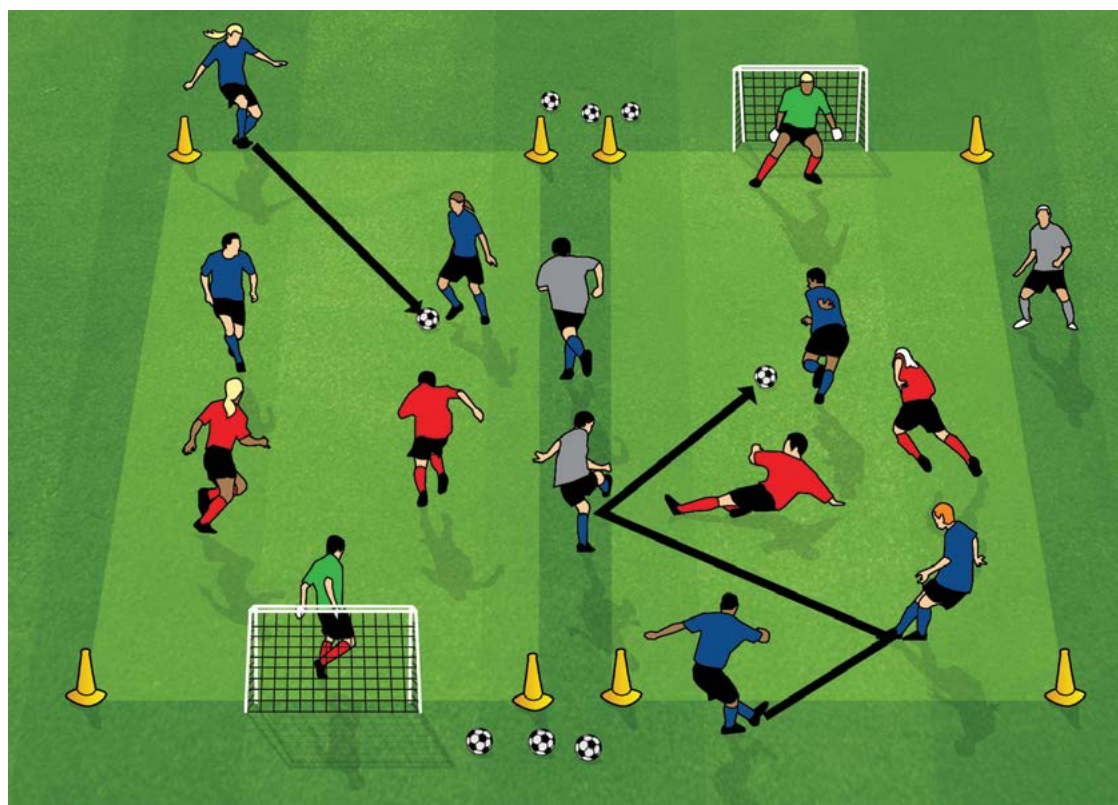
### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players to pass to
- Variation of passing techniques
- Encourages teamwork and communication

# SESSION 25

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL TRAINING



### SETUP

- **Two pitches of up to 25x15m, set up side by side.** Modify pitches depending on the number of players involved.
- Goals placed at the diagonally opposite sides of the pitches.
- Shooting channel inserted in front of the goals.
- 6 players start on pitch 1, 4 Red Attackers and 2 Blue Defenders. Same set up on the other pitch but with a yellow attackers.
- Attackers begin with a server off the pitch and another support player in the middle channel. This leaves a 2v2 in the playing area.
- Spare footballs behind support players on each pitch.

### HOW TO PLAY

- Session starts with ball played by server into 2 attackers. Ball can be played back to server if necessary.
- Attackers look to combine to shoot at goal and can use the channel support player.
- If attackers score from outside of the shooting zone, they receive 1 point. If they score from the inside, they receive 3 points.
- Defending team are not allowed inside the shooting zone.
- If defending team wins possession of the ball, they attempt to pass back to the server. This adds 1 point to the defending teams score.
- Teams keep their points total as their score.
- Every 2 minutes the defending team are changed.

### POSSIBLE PROGRESSIONS

1. Defender is allowed to follow attacker into shooting zone. Only after the attacker has entered.
2. Either the server or middle channel support player can join in to create the 3v2.

### EXERCISE TASK

- As a team can we pass the ball effectively to create goal scoring opportunity?

### PLAYER TASK EXAMPLES

- Can the players out of possession position themselves so the ball player has three passing opportunities?
- Can you identify when to retain possession of the ball and when to attempt a through ball?
- Can the attackers play a pass which allows the striker to shoot first time?

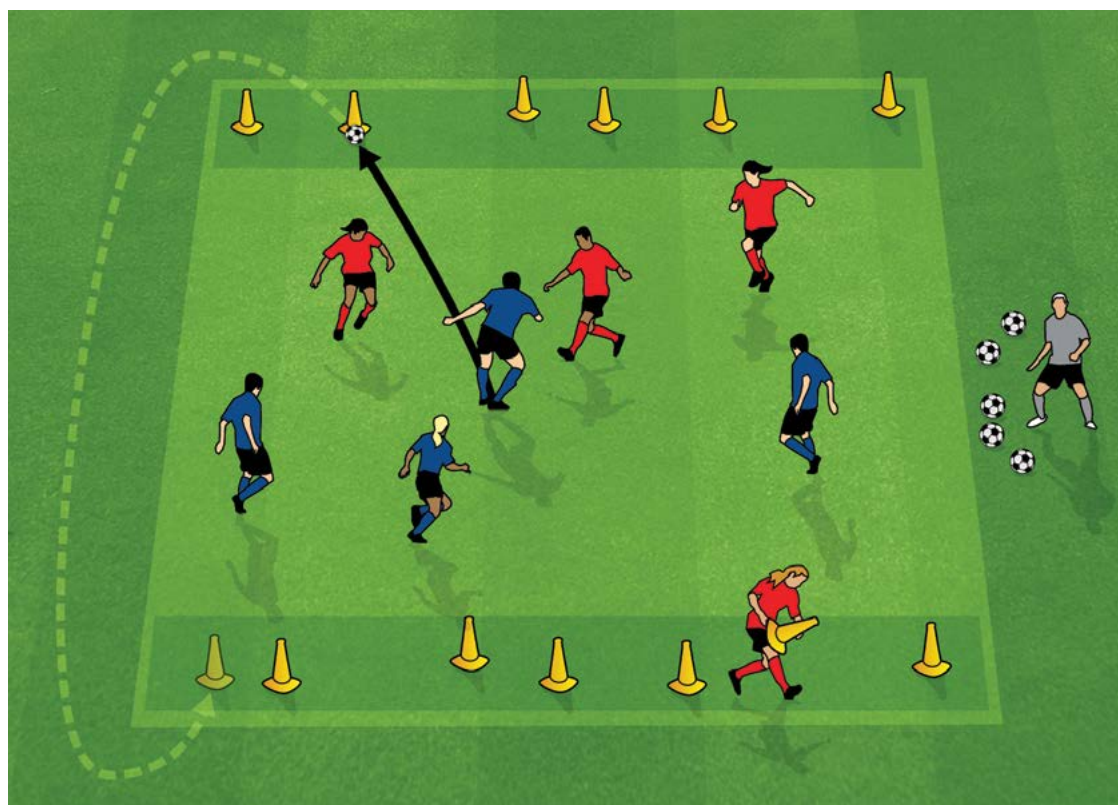
### OBSERVATION DISCUSSION

- When attacking, what were the different methods you used to break into the scoring zone? What was most successful?

# SESSION 25

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

## SKILL GAME



### SETUP

- **Area of up to 40x30m.** Modify area depending on the number and age of players.
- Divide the players into 2 teams and bib accordingly (Reds / Blues).
- Have footballs around the outside of the area to restart match quickly.
- Have a number of tall cones at either end.
- Place cones at each end of the area to create an end zone.

### HOW TO PLAY

- Teams score a point by passing the football and knocking a tall cone over.
- The player who knocked over the cone, picks it up and takes it back to their own team's line. (This gives the other team a quick overload advantage).
- At the end of the game, the team with the most cones wins.

### PROGRESSION

1. Teams must complete a number of passes before they are able to shoot at the cones
2. Play game with two footballs at one time

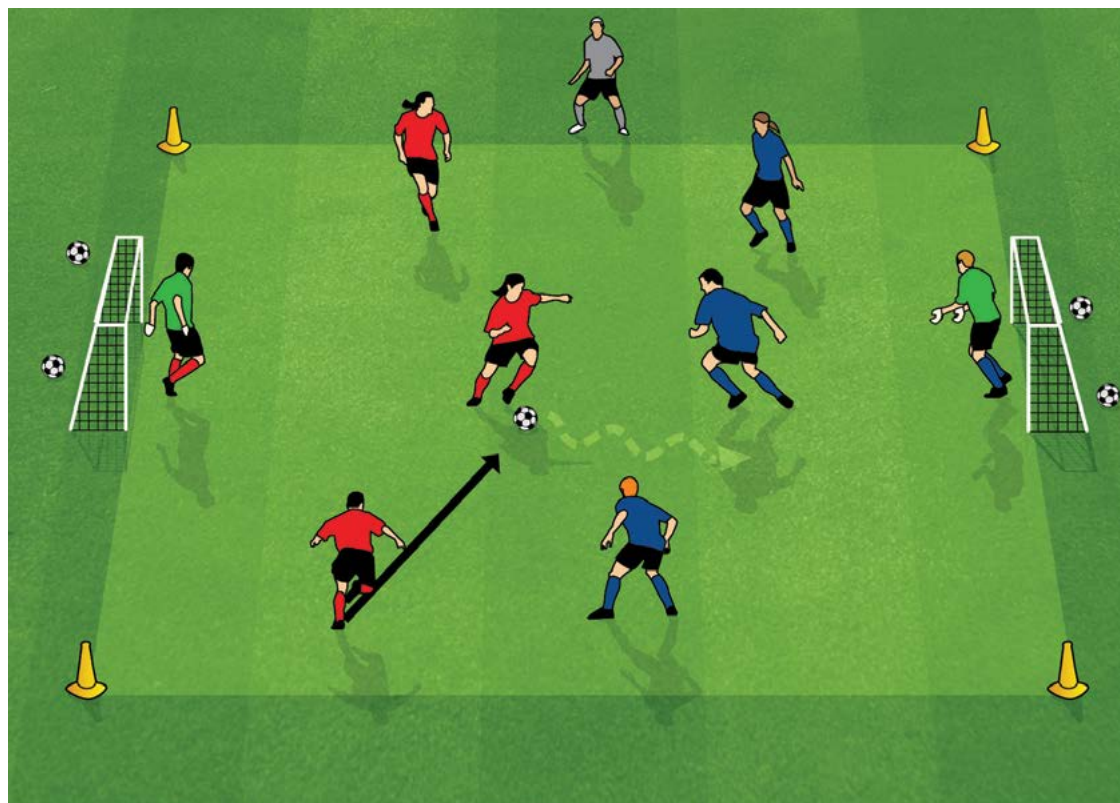
### OUTCOMES

- Vision & Awareness
- Decision making – when to pass/when to shoot
- Supporting movement
- Passing accuracy

# SESSION 26

PLAYING MOMENT **DEFENDING** | CORE SKILL **INTERCEPTING** | FOCUS **INTERCEPTING FORWARD PASSES**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch reaches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

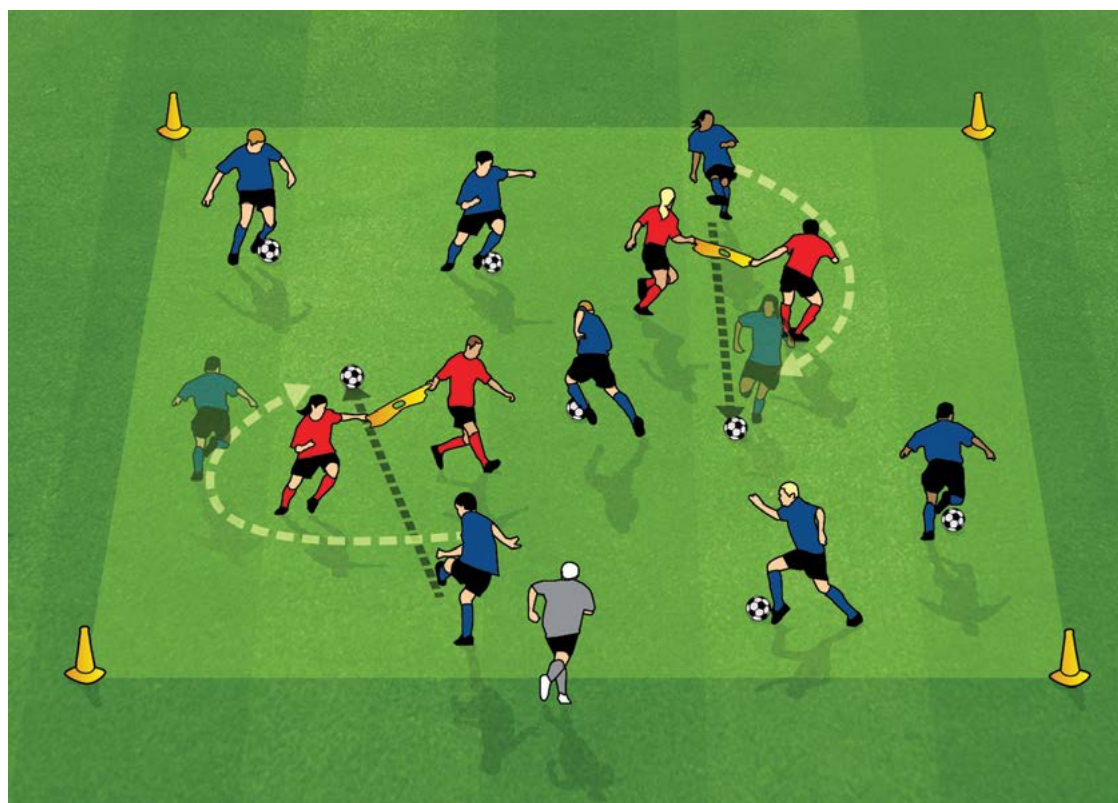
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 26

PLAYING MOMENT **DEFENDING** | CORE SKILL **INTERCEPTING** | FOCUS **INTERCEPTING FORWARD PASSES**

## SKILL INTRODUCTION



### SETUP

- **Set up area 30x20m.** Modify area depending on the number and age of players.
- 2 'goals' inside the area. Goals are made by two players (Reds) holding one end of a bib each (stretched out) to form a goal.
- All other players (Blues) have a ball each.
- Place spare footballs around the perimeter.

### HOW TO PLAY

- The 2 'goals' move around the area keeping a bib stretched out to maintain distance between them.
- Players dribble around and try to score by kicking the ball between goal, underneath the bib. Players follow their pass/shot to collect the ball and continue.
- 1 point for every goal. Try to score as many points as possible in 90 seconds.
- Change over the Goals after each 90 seconds.

### PROGRESSION

1. Coach to specify which foot to pass with (left/right)
2. Increase or decrease the size of the area
3. Introduce defenders who intercept shots on goal

### OUTCOMES

- Timing of the shot
- Awareness of shooting angles in relation to the goal
- Anticipating attackers movements and shots

### DRINKS BREAK OBSERVATION

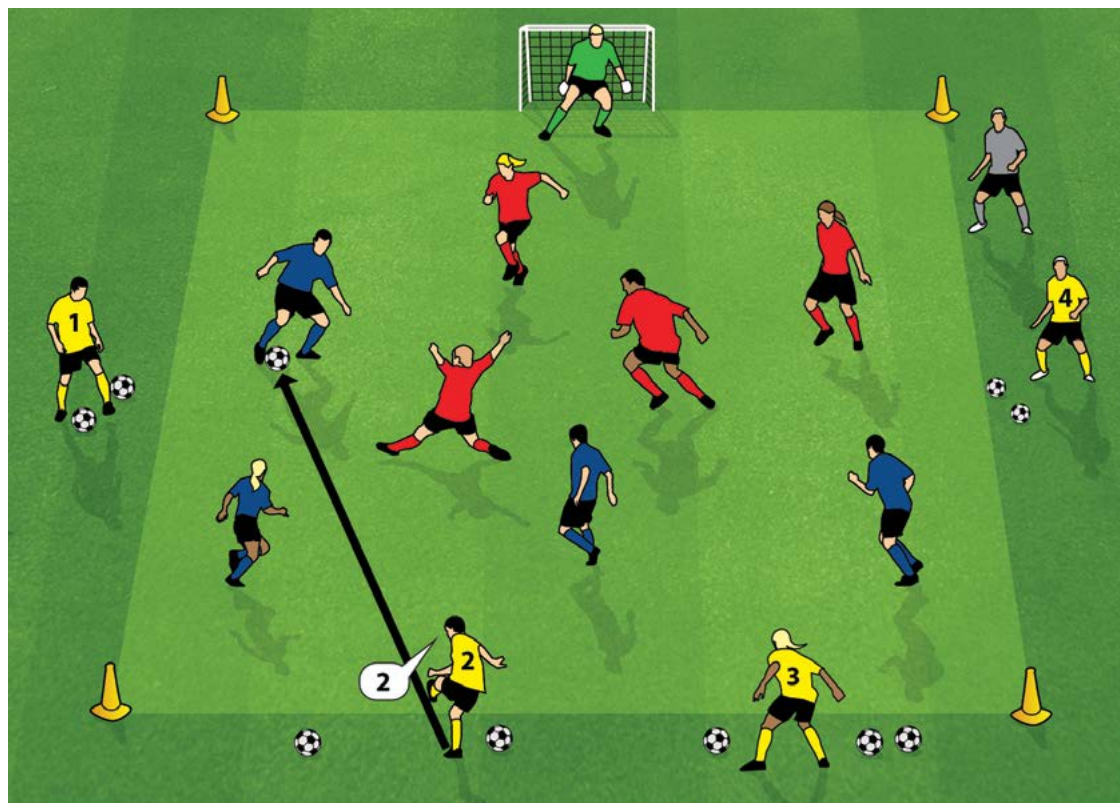
- How many times did you tackle the opponent? What did you do well in order to win the ball?



# SESSION 26

PLAYING MOMENT **DEFENDING** | CORE SKILL **INTERCEPTING** | FOCUS **INTERCEPTING FORWARD PASSES**

## SKILL TRAINING



### SETUP

- **Area of up to 30x30m.** Modify pitches depending on the number of players involved.
- 1 Goal place at the end of the area, with GK.
- 4 blue attackers and 4 red defenders start inside the area.
- 4 yellow servers begin on the outside of the area players start in each pitch. Servers are numbered 1-4 and have 10 footballs between them.

### HOW TO PLAY

- Session starts with a designated server calling “1”, “2”, “3” or “4”. The server with the number called passes the ball into a blue attacker, creating a 4v4.
- Attackers combine to create shooting opportunity. If they have a shot on target, they win 1 point. If they score they are awarded 3 points.
- Attackers are able to use the serves as support players.
- If defender wins ball and manages to play back to a server, 1 point is removed from attackers score.
- Team scores are kept.
- After 10 attempts the teams are rotated, with servers entering the area, attackers becoming defenders and defenders becoming servers.

### POSSIBLE PROGRESSIONS

1. If defenders win possession they attempt to pass to a server. If successful, they win 1 point for their total.
2. If attacking team scores with a first time finish, they receive 5 points.

### EXERCISE TASK

- Can we win possession of the ball in order to play forwards quickly

### PLAYER TASK EXAMPLES

- Can the defenders position themselves so that they may be able to intercept a pass?
- If the interception is unavailable can a defender mark tightly whilst looking after the space behind?
- Upon winning possession can the defenders play quickly by passing forwards to targets?

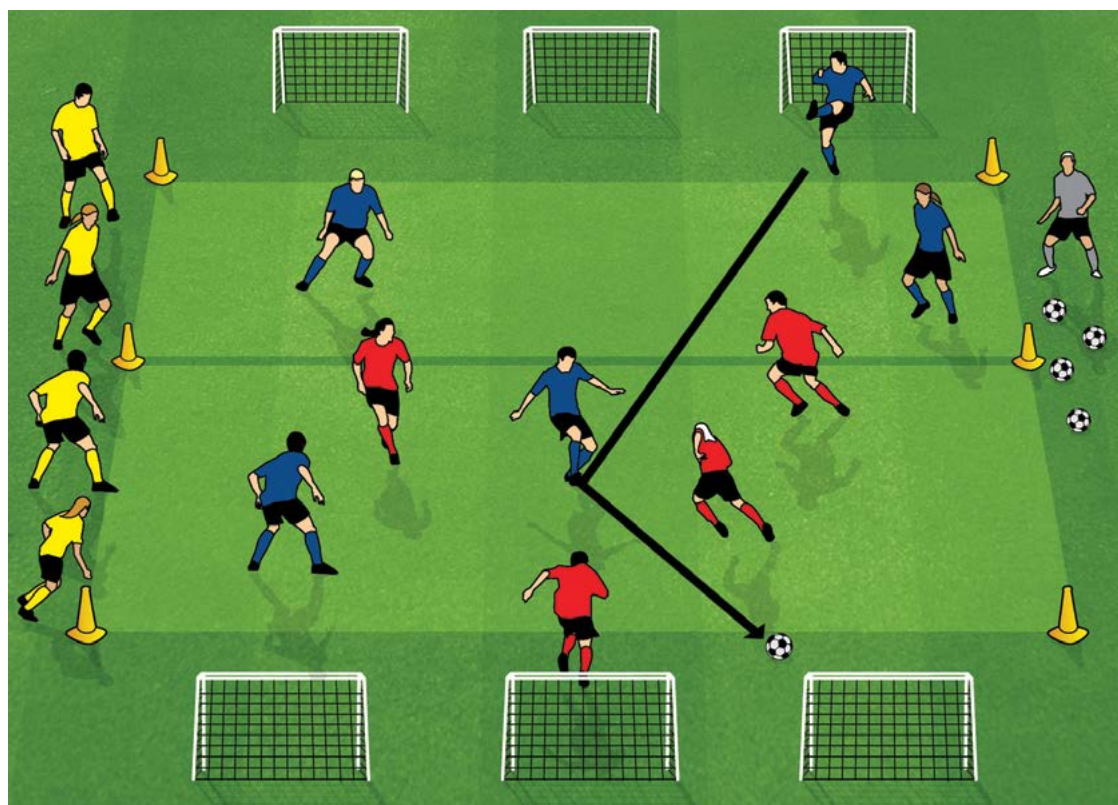
### OBSERVATION DISCUSSION

- How many times did you tackle the opponent? What did you do well in order to win the ball?

# SESSION 26

PLAYING MOMENT **DEFENDING** | CORE SKILL **INTERCEPTING** | FOCUS **INTERCEPTING FORWARD PASSES**

## SKILL GAME



### SETUP

- **Area of up to 30x20m.** Modify area depending on the number of players involved.
- 2 teams of 4 players, bibbed in different colours (Red & Blue in diagram).
- Yellow team observing.
- 3 goals placed at either end of the area, 5m away from the area.
- Spare footballs placed to the side of pitches.

### HOW TO PLAY

- Teams score by shooting in one of the opposition team goals.
- Team in possession combines and attempt to create an opportunity for a team mate to shoot at goal.
- Team in possession are allowed out side of the area on their defensive side (Safe Zone).
- Conceding team restarts play.
- Kick Ins from the side.
- 90 second games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Teams are awarded 3 goals if they score shooting from their own half
2. No players observing and play 6v6 (may need to make the area larger)

### SKILL OUTCOMES

- Decision Making - when to pass / when to shoot
- Awareness of team mates, opposition and position on the pitch
- Accuracy and power of shooting

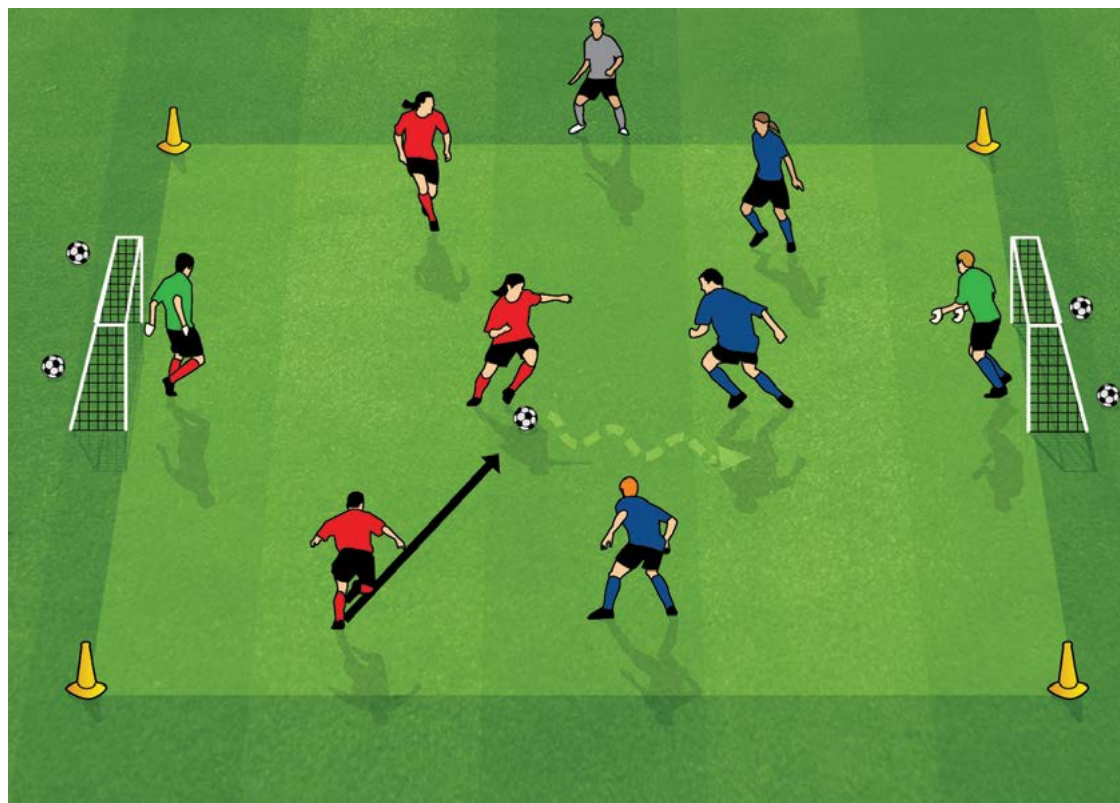
### OBSERVATION DISCUSSION

- Pick a player to observe. Pick two things that they do well when defending and tell them when the teams rotate.

# SESSION 27

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING FACING A DEFENDER**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch achieves 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

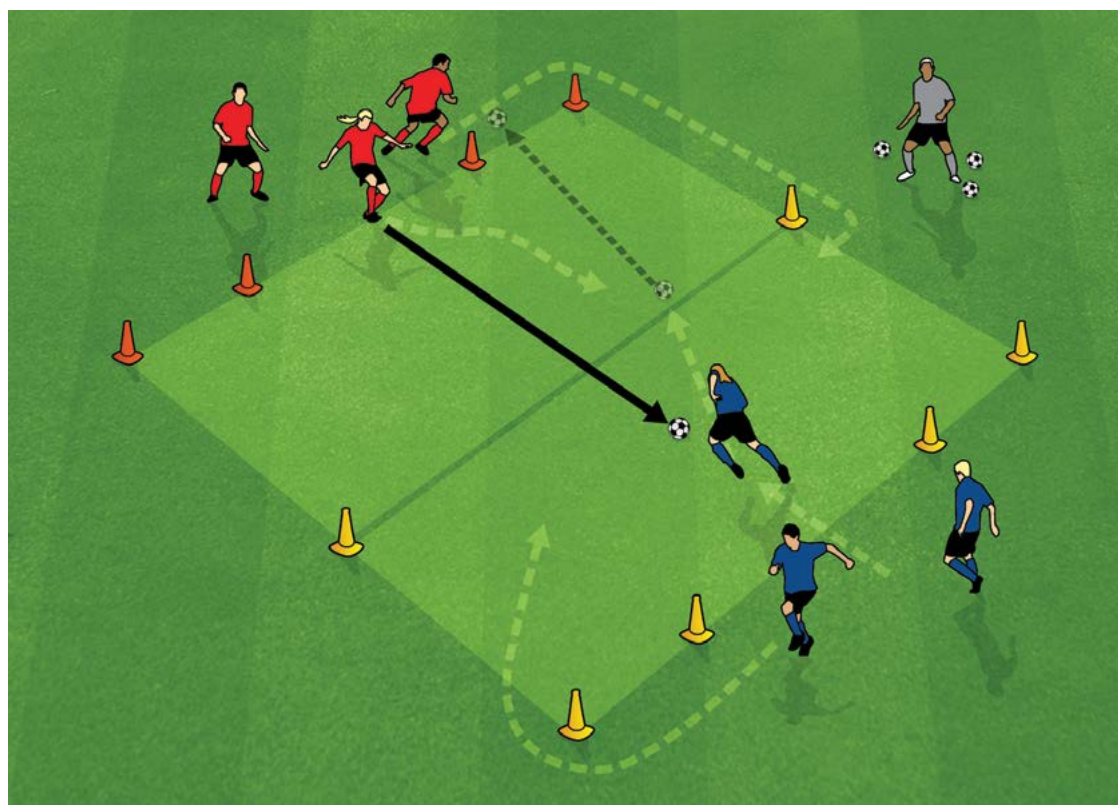
### OUTCOMES

- Awareness of shooting angles in relation to the goal
- Anticipating attackers movements and shots
- Defending as a team, providing pressure and cover

# SESSION 27

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING FACING A DEFENDER**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 15x15m.** Modify area depending on the ability of players involved.
- A halfway line in the area and two 3m gates at each end.
- Two teams of equal numbers, starting opposite each other in the middle gate.
- All footballs with the Red team to start.
- Duplicate pitch to ensure players are not waiting for too long (No more than three in a line).

### HOW TO PLAY

- Red defender passes into blue attacker and closes down. Red defender must pass the halfway line (waiting next to gates is not allowed).
- Blue attacker attempt to score through the left or right gate (1pt).
- If Red defender wins possession they attempt to dribble through the Blue gates.
- After each go, players move to the back of the opponents line. This means that they will swap roles on their next go.
- Teams scores are kept.

### POSSIBLE PROGRESSIONS

1. Players start from different starting points around the area
2. Teams play 2v2 but the 2nd players must run around a designated cone before joining the practice (shown with Number 2s in diagram)

### OUTCOMES

- Movement of the body and / or ball to get the defender off balance
- Change of pace and/or direction to get away from defender
- Tricks and turns to beat a player 1v1
- Use of supporting attacker - decision making of when to pass / when not to

### DRINKS BREAK DISCUSSION

- When you were the supporting attacker (team mate in possession), what was your role?

# SESSION 27

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING FACING A DEFENDER**

## SKILL TRAINING



### SETUP

- **Area of up to 30x18m.** Modify area depending on the number of players involved.
- Goals at either end of the area, with GKs.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram).
- Both teams start at opposite ends of the pitch, stood next to their goals.
- Spare footballs by the coach on half way line.
- Players allocated numbers from Number 1-6.

### HOW TO PLAY

- Coach passes a ball into the pitch and calls a number.
- The players with that number allocated, run to the ball and play a 1v1. Both players attempt to score in the opponents goal.
- If the ball goes out of play, players are given 6 seconds to rejoin the team mates.
- If either team scores, they win 1 point.

### PROGRESSION

1. Coach calls out more than one number, creating 2v2, 3v3, 4v4 etc

### EXERCISE TASK

- Can the attacking team attack quickly and effectively to create a goal scoring opportunity?

### PLAYER TASK EXAMPLES

- Can the attackers engage with the defence as close to their goal as possible?
- Can the player out of possession position themselves so that they support the player in possession as well as creating a 1v1 opportunity?
- Can the player in possession draw the defender towards them creating space to pass to their team mate?

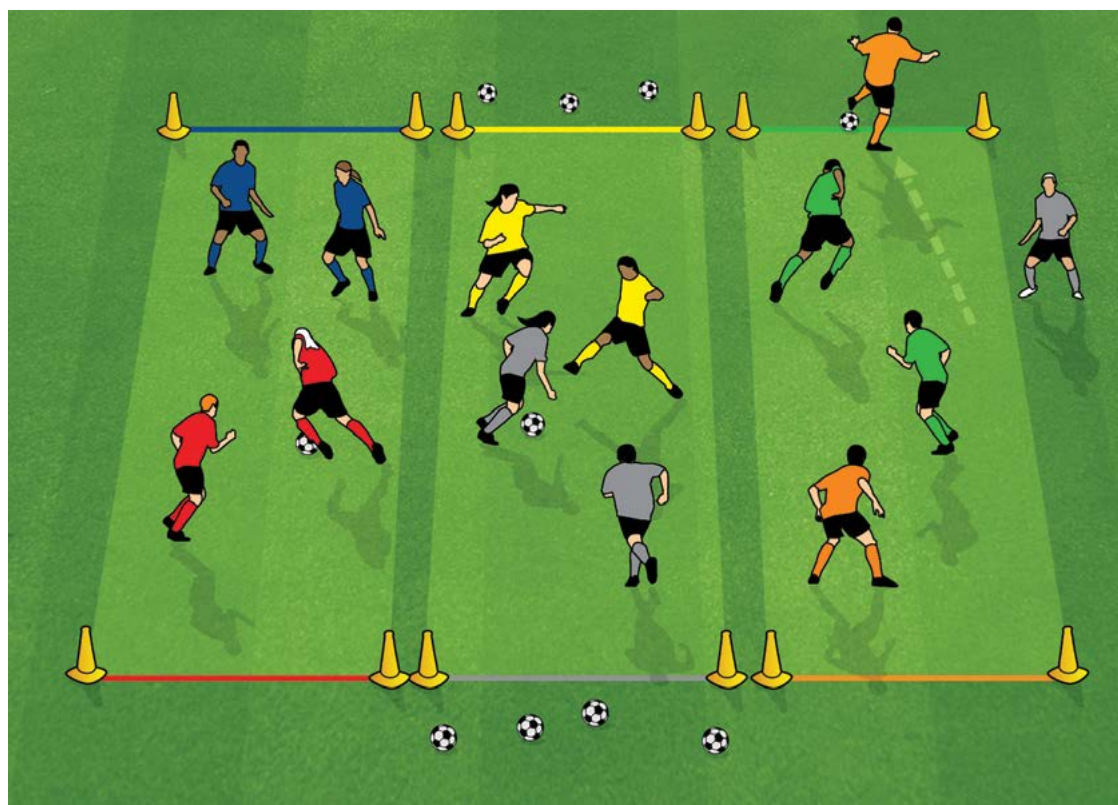
### OBSERVATION DISCUSSION

- After beating a defender, what can the attacker do to give them the greatest opportunity of a shot on goal?

# SESSION 27

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING FACING A DEFENDER**

## SKILL GAME



### SETUP

- Area of up to 30x20m, divided into three 10x20m pitches. Modify area depending on the number of players involved.
- 6 teams of equal numbers, bibbed in different colours. 2 teams on each pitch (2v2).
- Spare footballs placed to the side of pitches.

### HOW TO PLAY

- Teams play 2v2 against each other.
- Teams score by stopping the ball on the opponents end line.
- Conceding team restarts play.
- Dribble ins from the side.
- 60 second games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Introduce ladder system so that the winning team moves up a pitch and losing team moves down

### OUTCOMES

- Awareness of team mate, opposition and position on the pitch
- Supporting runs off the ball to create passing opportunity / 1v1
- Pressing, support and cover when defending

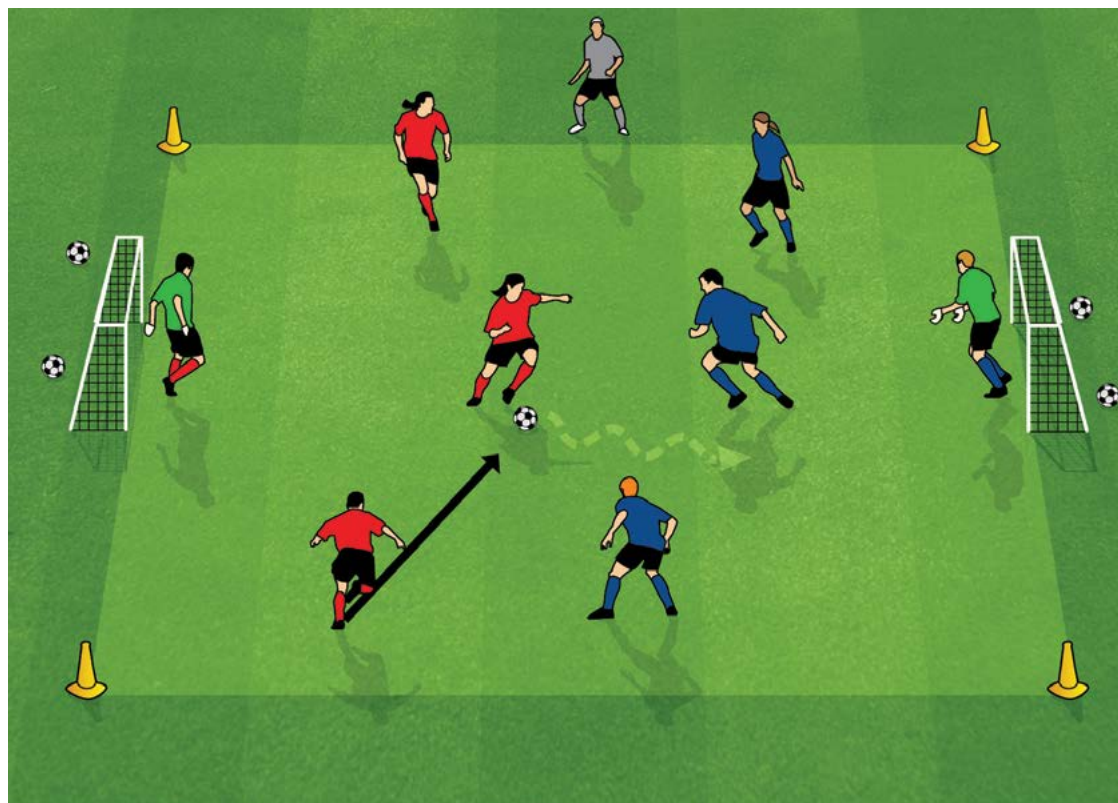
### DRINKS BREAK DISCUSSION

- Who did you find difficult to play against and why?

# SESSION 28

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch achieves 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

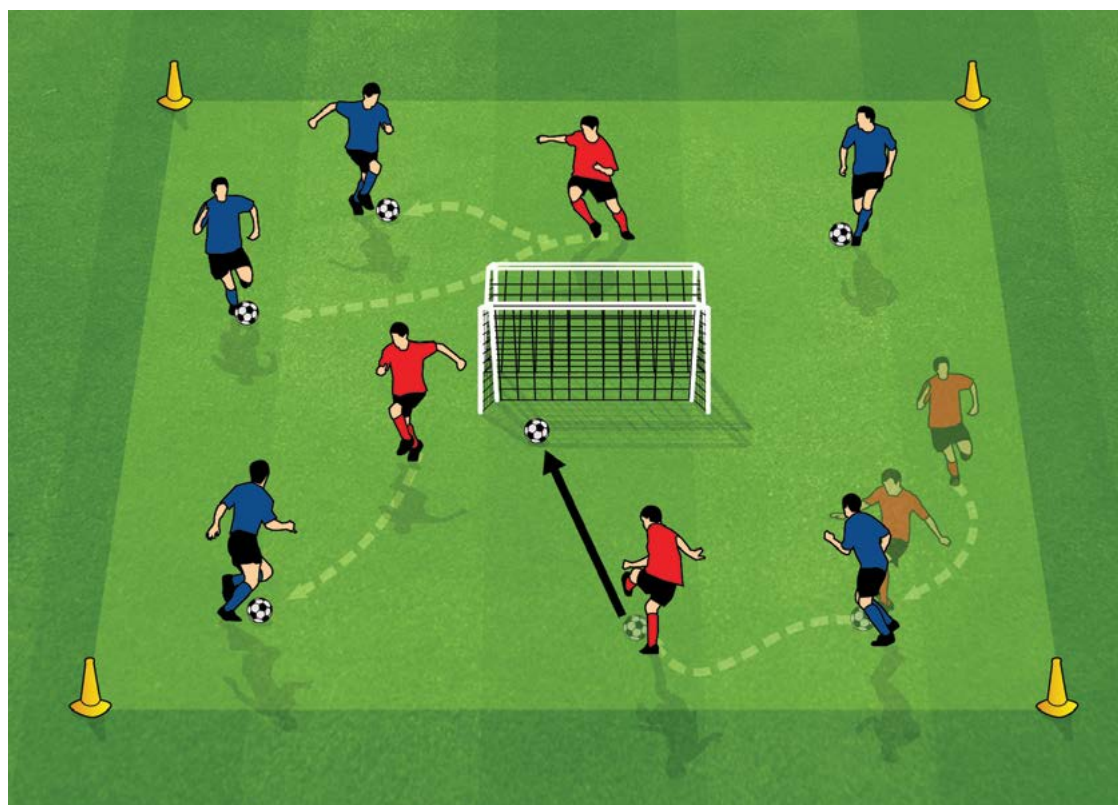
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 28

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 25x25m.** Modify area depending on the number and age of players.
- All players in blue bibs with a ball each, except for 3 players in Red (without a ball).
- 2 goals are placed in the middle of the area, facing outwards.

### HOW TO PLAY

- Blue attackers dribble their ball around the area. On coaches command, the red defenders attempt to tackle the blues and pass their ball into the goals.
- Once a Blue player loses their ball, they become a defender.
- Add the end of 1 minute, the remaining Blue players with a ball are the winners.

### PROGRESSION

1. Once stolen, Red defenders have a time limit to pass a ball into the goal.
2. If a Blue attacker loses their ball, they work together with other blues to retain theirs.
3. Defenders have a competition to see how many footballs they can steal.

### OUTCOMES

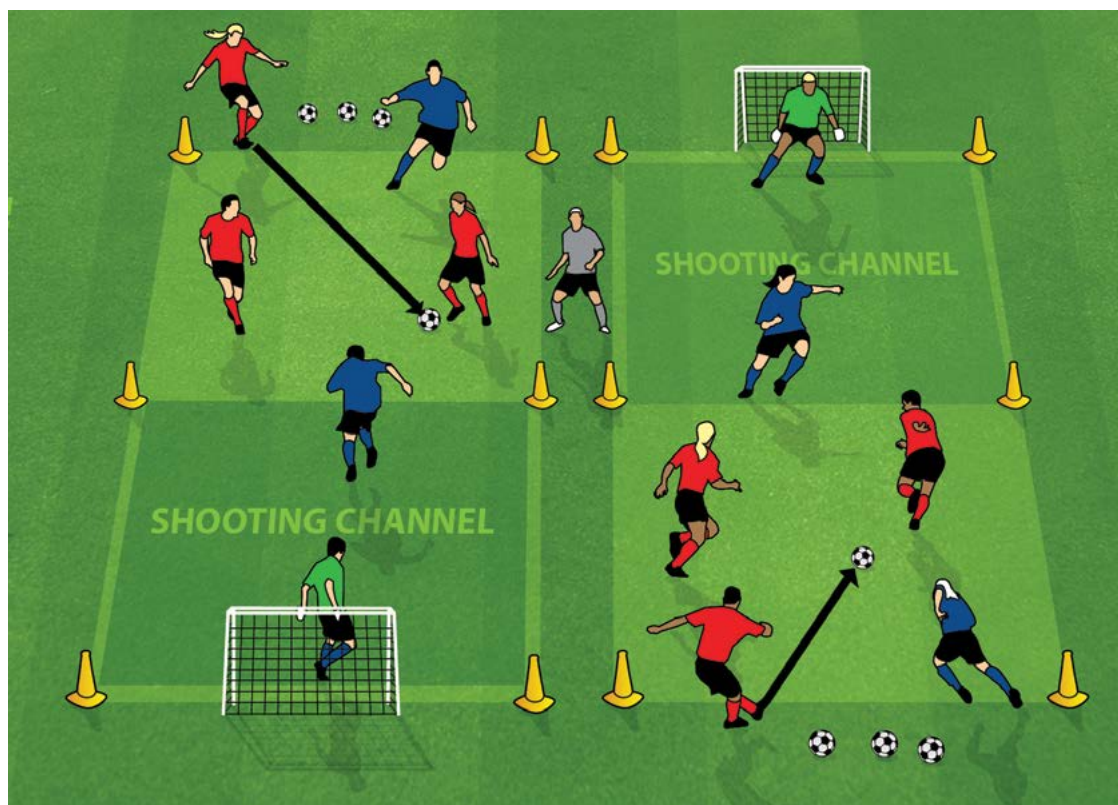
- Dribbling / Movement of ball
- Vision & Awareness
- Shielding / Use of Body
- Defending - Winning the Ball



# SESSION 28

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL TRAINING



### SETUP

- **Two pitches of up to 30x18m, set up side by side.** Modify pitches depending on the number of players involved.
- Goals placed at the diagonally opposite sides of the pitches.
- Shooting channel inserted in front of the goals.
- Red attackers begin with 2v1 on the pitch. 2 blue defenders and 1 red server begin off the pitch.
- Spare footballs behind server on each pitch.

### HOW TO PLAY

- Session starts with ball played by server into 2 attackers. Ball can be played back to server if necessary.
- Attackers play in a 2v1, looking to combine to shoot at goal. Attackers may only score from inside the shooting zone.
- As soon as the server passes the ball in, 1 defender may retreat to create a 2v2.
- Defenders are allowed to follow a player in the shooting zone.
- If attackers score a goal they win 3 points for their team.
- If defending team wins possession of the ball, they attempt to pass back to the server. This adds 1 point to the defending teams score.
- Teams keep their points total as their score.
- Every 2 minutes the teams swap over.

### POSSIBLE PROGRESSIONS

1. If the ball is passed back to the server, they can join in to create a 3v2. Final defender can track as soon as the server enters the area

### EXERCISE TASK

- Today is about the attacking team countering quickly towards the opponent's goal.

### PLAYER TASK EXAMPLES

- Can the player in possession dribble quickly creating a 2v1 opportunity?
- Can the attacker away from the ball position themselves to receive a pass, and create a 1v1 for player in possession?

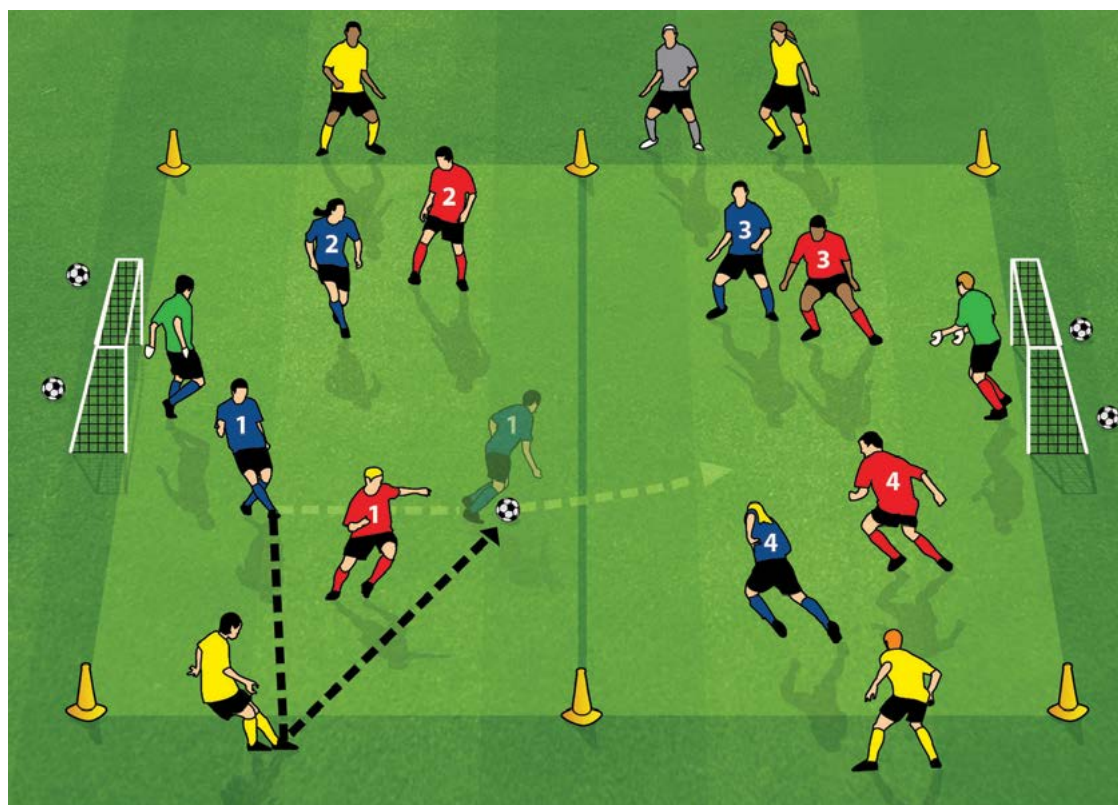
### OBSERVATION DISCUSSION

- When in possession of the ball, what can you do to make it difficult for a tracking defender?

# SESSION 28

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## SKILL GAME



### SETUP

- **Area of up to 40x20m.** Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram).
- 2 teams begin on the pitch and are numbered 1-4.
- 1 team off the pitch as support players. Support players must operate on different halves of the pitch.
- Designated "Offside line" at half way.
- Spare footballs placed behind the goals.

### HOW TO PLAY

- Red & Blue teams play 4v4 against each other.
- Players are assigned a direct opponent and can only take the ball away from that opponent.
- Team in possession can use Yellow support players (making an 8v4).
- Support players must give the ball back to the team who they received the football from.
- 2 minute games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Support players must pass the ball back within two touches
2. Teams can only use support players in their own half

### OUTCOMES

- Decision Making - when to pass / when to dribble
- Movement away from a marker
- Change of direction and/or speed to get away from defender

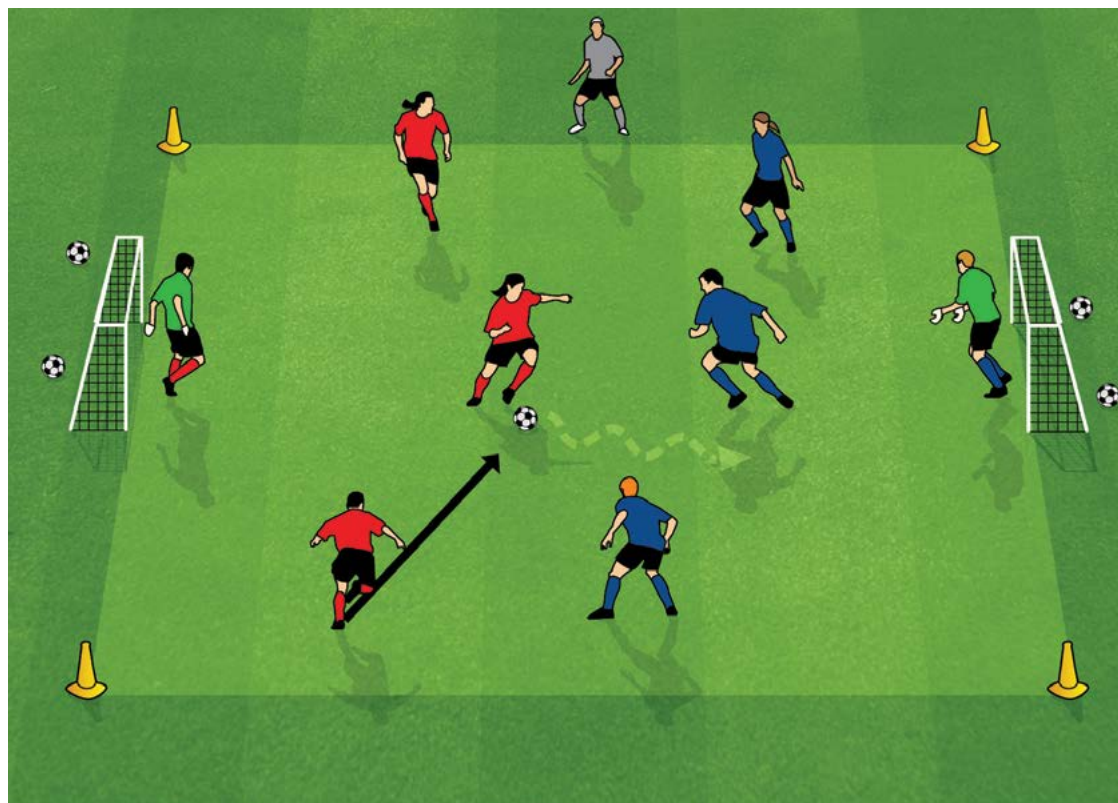
### DRINKS BREAK DISCUSSION

- As a team, come up with tactics that you think will help you win the game.

# SESSION 29

PLAYING MOMENT **DEFENDING** | CORE SKILL **MARKING** | FOCUS **MARKING OPPONENTS TIGHTLY**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

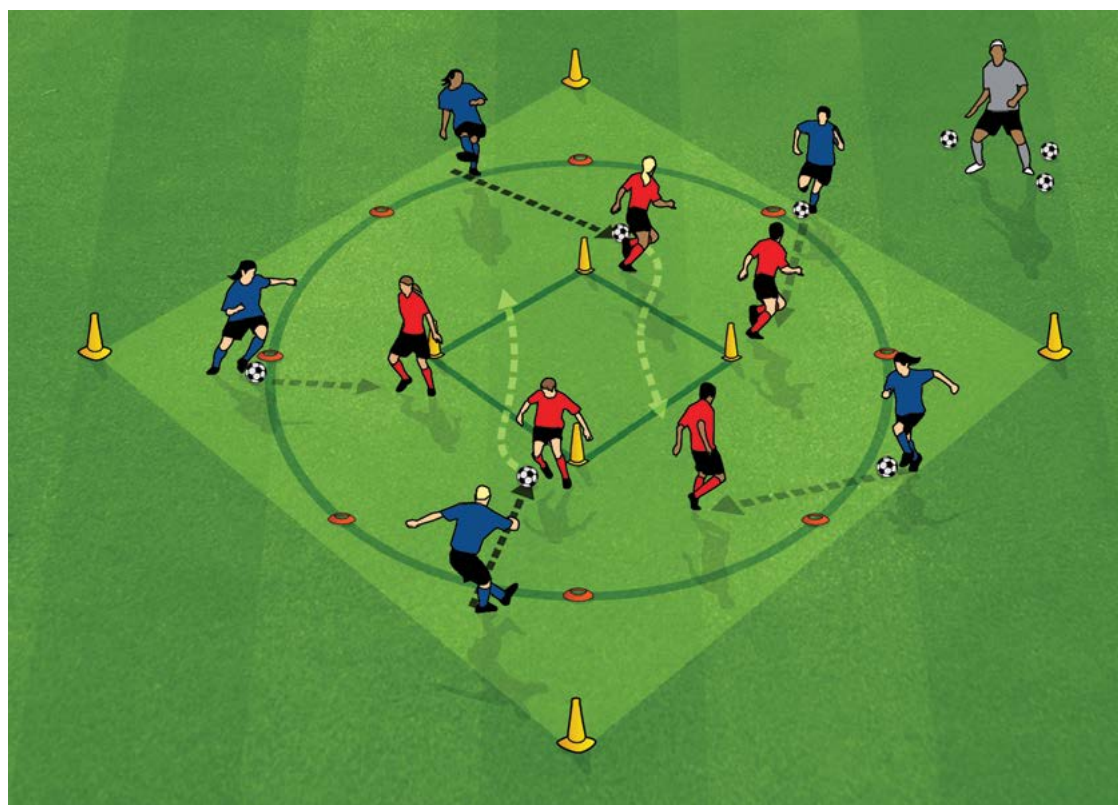
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 29

PLAYING MOMENT **DEFENDING** | CORE SKILL **MARKING** | FOCUS **MARKING OPPONENTS TIGHTLY**

## SKILL INTRODUCTION



### SETUP

- **Circle areas with a diameter up to 20m.** Modify area depending on the number of players involved.
- Square area in the centre of the circle, made of cones.
- 2 groups of equal numbers, bibbed in different colours (Red & Blue in diagram).
- Reds begin in the middle. Blues begin as support players on the outside.
- All of the Blue support players begin with a ball.

### HOW TO PLAY

- Red players receive ball from a Blue, must change direction with their 1st touch, travel through the square and pass to another Blue player.
- Reds then repeat, receiving the ball from a different Blue player.
- Blue players must keep the ball moving at all times.
- Change roles after 1 minute.

### POSSIBLE PROGRESSIONS

1. Encourage players receiving in the ball to try and perform a “no touch turn” when possible
2. Make the square in the middle smaller
3. Introduce a defender into the circle who attempts to stop players dribbling through the square

### SKILL OUTCOMES

- Speed and angle of approach
- Getting “touch tight” to the attacker to prevent turning with the ball

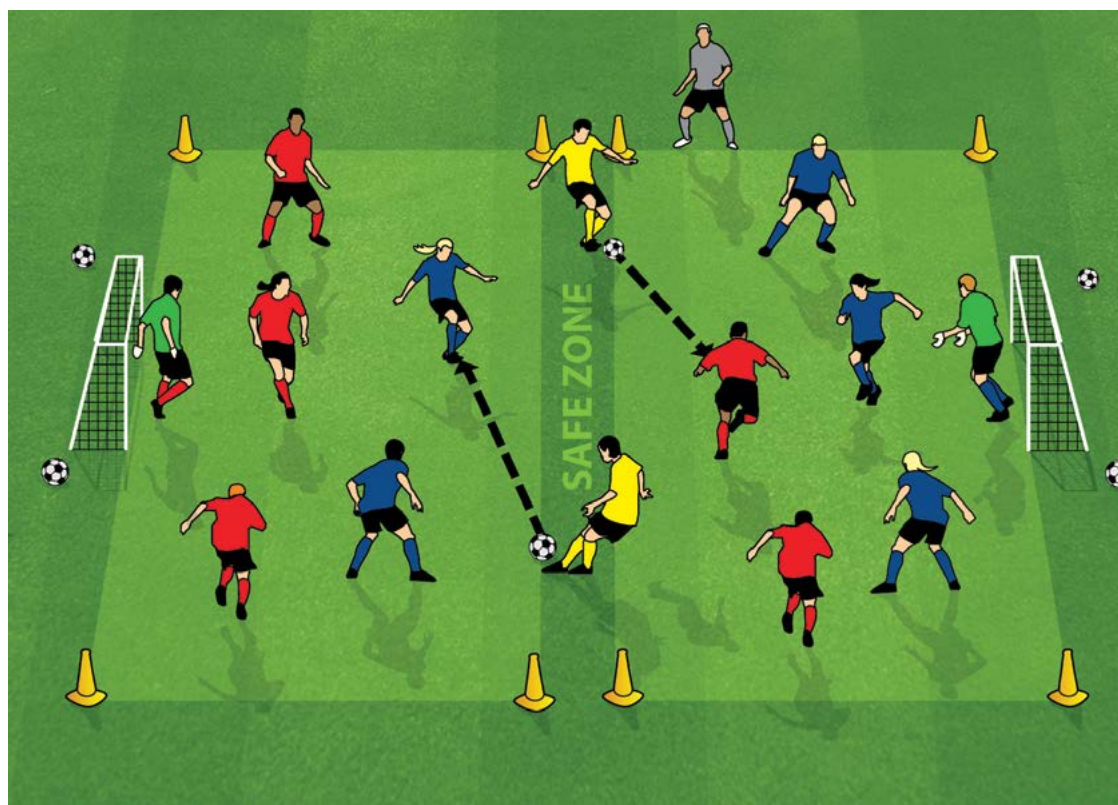
### DRINKS BREAK DISCUSSION

- When was it difficult to travel through the square? What did you have to do to ensure you travelled through easily?

# SESSION 29

PLAYING MOMENT **DEFENDING** | CORE SKILL **MARKING** | FOCUS **MARKING OPPONENTS TIGHTLY**

## SKILL TRAINING



### SETUP

- **Area of up to 50x30m, separated by a safe zone of 5m.** Modify area depending on the number of players involved.
- Goals, with GKs, at each end of the area.
- 2 attackers vs 3 defenders in each half. 2 neutral players in each safe zone.
- Supply of footballs with each goalkeeper.

### HOW TO PLAY

- Play begins when a GK passes the ball into a neutral player. Neutral player then passes into the attackers.
- Attackers look to combine, in a 2v3, and shoot to score a goal.
- Practice is mirrored in the other half of the area.
- Rotate the players to ensure that everyone gets the opportunity to attack and defend.

### POSSIBLE PROGRESSIONS

1. Neutral players must combine before passing into attackers
2. If defenders win possession, and the other areas attack has finished, they can play into their attackers to shoot. (If GK catches, the attack has concluded)

### EXERCISE TASK

- Press and cover together to win possession and play forwards

### PLAYER TASK EXAMPLES

- Can the player nearest the ball close down the attacker quickly?
- Can the second and third nearest player provide cover and balance, whilst marking the second attacker?
- Can the defenders keep possession until they can pass forwards?

### OBSERVATION DISCUSSION

- When attacking, what did the defenders do that made it difficult to receive a pass?

# SESSION 29

PLAYING MOMENT **DEFENDING** | CORE SKILL **MARKING** | FOCUS **MARKING OPPONENTS TIGHTLY**

## SKILL GAME



### SETUP

- **Area of up to 50x30m, separated by a safe zone of 5m.** Modify area depending on the number of players involved.
- Goals, with GKs, at each end of the area.
- 2 attackers vs 3 defenders in each half. 2 neutral players in each safe zone.
- Supply of footballs with each goalkeeper.

### HOW TO PLAY

- Play begins when GK passes the ball into the Red team. Reds then attack the opposition goal.
- Red attackers must play through the two neutral players in order to pass through to the attacking half.
- When ball is transferred in attacking half, one neutral player is allowed to join in, creating a 3v3.
- Rotate the players to ensure that everyone gets the opportunity to attack / defend and neutral players are changed.

### POSSIBLE PROGRESSIONS

1. Teams are allowed to play directly into the attacking half. If they score this way = 1 point. If they play through the neutral players and score = 3 points

### OUTCOMES

- Speed and angle of approach
- Remaining close enough to the attacker to prevent them from playing forwards
- Patience and timing of tackle

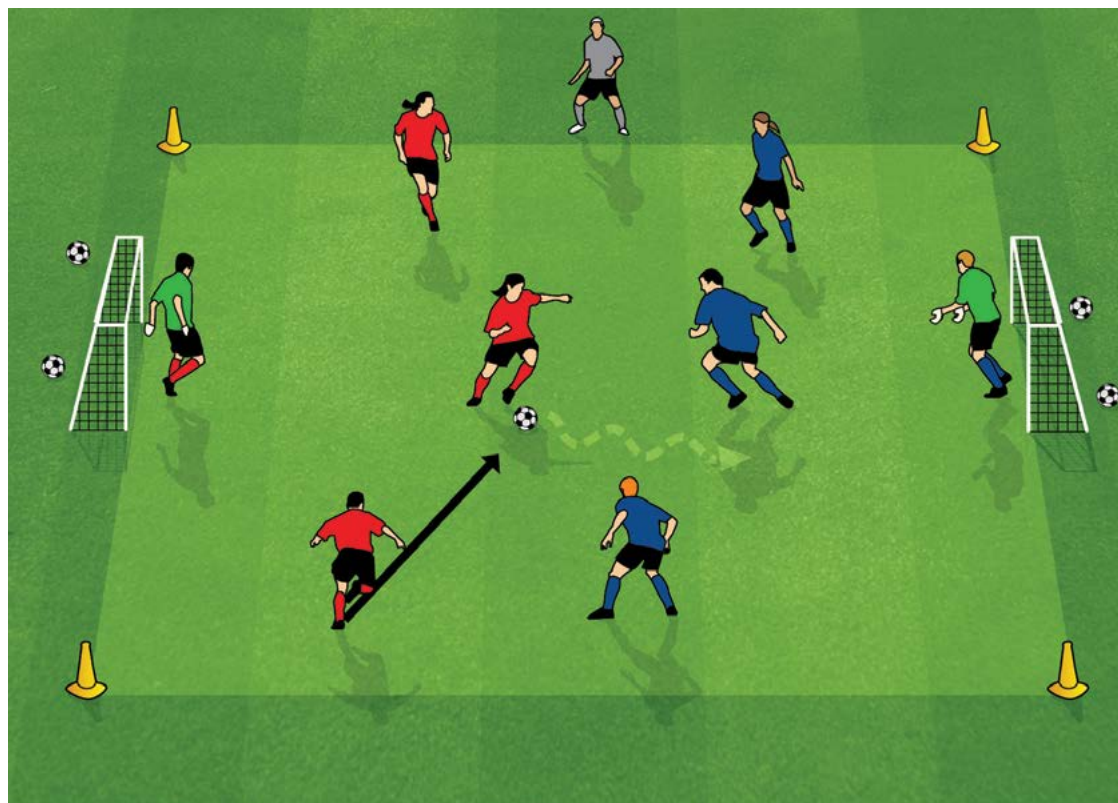
### OBSERVATION DISCUSSION

- What can a defender do to help them mark an opponent effectively?

# SESSION 30

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO PROTECT**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 30

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO PROTECT**

## SKILL INTRODUCTION



### SETUP

- **Circle areas with a diameter up to 20m.** Modify area depending on the number of players involved.
- Square area in the centre of the circle, made of cones / flat spots.
- 6 players outside of the area (Blues), 6 players inside (4 Red attackers and 2 Yellow defenders)
- 4 Blue support players begin with a ball.
- Spare footballs with the coach.

### HOW TO PLAY

- Red players receive ball from a Blue and attempt to change direction, before playing to another outside blue.
- Yellows must apply defensive pressure to a player receiving the ball.
- Reds then repeat, receiving the ball from a different Blue player.
- Blue players must keep the ball moving at all times.
- Change roles after 1 minute.

### POSSIBLE PROGRESSIONS

1. Defenders are allowed to win the ball.
2. Make the square in the middle smaller.
3. Introduce an additional defender into the square.

### OUTCOMES

- 1st touch control - changing direction and protecting the ball
- Use of body to protect ball from defenders
- Receiving to turn / Awareness of surroundings

### DRINKS BREAK DISCUSSION

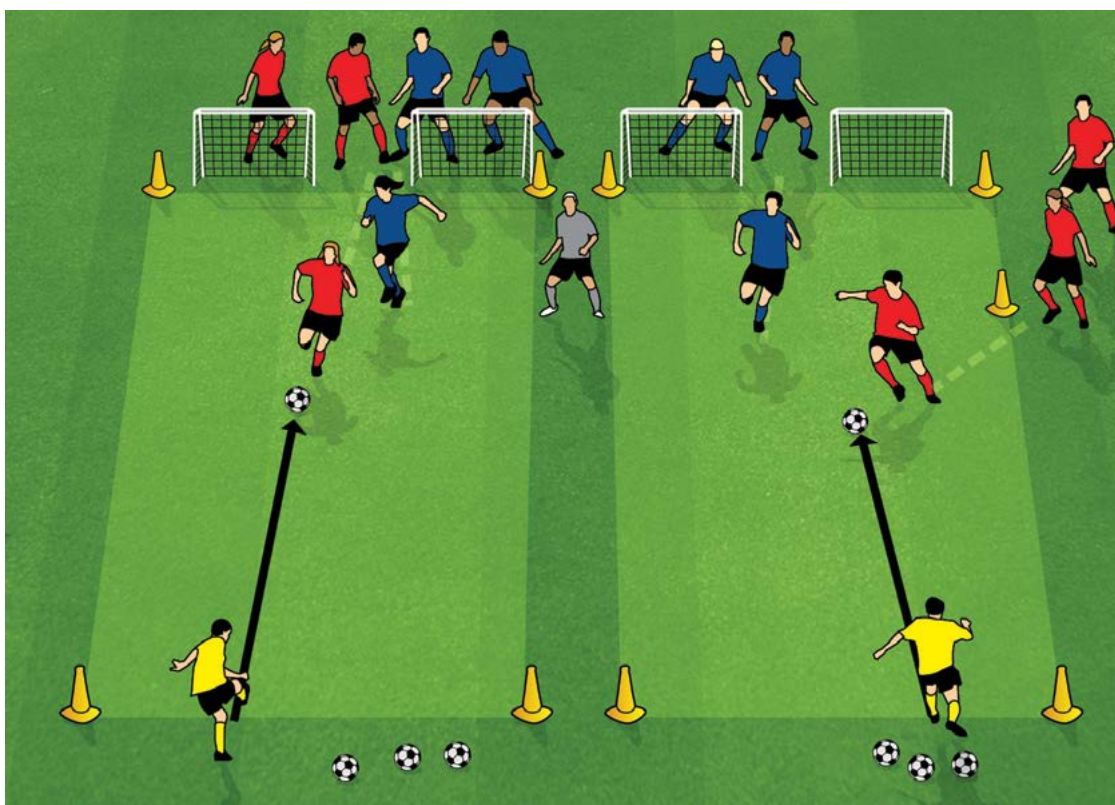
- At what times did you have to play back to the same server? What made you have to do this?



# SESSION 30

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO PROTECT**

## SKILL TRAINING



### SETUP

- **Area of up to 15x10m.** Modify area depending on the ability of players involved.
- 2 smaller goals positioned as shown.
- Two teams of equal numbers, starting behind the goals. 1st player from each of the team stands behind starting cone as shown in diagram.
- All footballs with a Server.
- Duplicate pitch to ensure players are not waiting for too long (No more than three in a line)

### HOW TO PLAY

- Server passes ball into area for Reds to run and receive. Blue defender allows Red to receive the ball but follows into area.
- Reds attempt to score in one of the smaller goals (1pt)
- If Blue defender wins possession they play back to the server to win 1pt.
- Players return to the back of the line until their next go. (Ensure that session flows so that players do not wait in line for long)
- Teams scores are kept.
- Change so that the blues have the opportunity to receive the ball. Change the server on a regular basis.

### POSSIBLE PROGRESSIONS

1. Players start from different starting points around the area
2. Server plays ball in air / bouncing ball etc

### EXERCISE TASK

- Receive the ball and pass to another teammate as quickly and securely as possible

### PLAYER TASK EXAMPLES

- Can you receive the ball with the foot that's furthest away from the defender
- Can you receive the ball with your body between the ball and the defender
- Can you create an opportunity to turn and face the defender?
- Can you use your body to "Roll" away from the defender?

### OBSERVATION DISCUSSION

- How many different ways did you try to take on the defender? What were they?

# SESSION 30

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO PROTECT**

## SKILL GAME



### SETUP

- **Area of up to 50x30m.** Modify area depending on the number of players involved.
- Goals at each end, with Goalkeepers.
- 2 teams of 5 players, with 2 floater players playing for the team in possession.
- Spare footballs placed to the side of goals.

### HOW TO PLAY

- Teams play 5v5 against each other.
- Player must take more than 1 touch of the ball when in possession.
- 2 floater players who play for the team in possession of the ball.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- No restarts from the side. Restart from GKs.
- 2 minute games before teams have a drinks break.

### POSSIBLE PROGRESSIONS

1. Players must have more than 2 touches of the ball when in possession
2. Remove floater players

### OUTCOMES

- Positive first touch to get away from defender / towards goal
- Use of body to protect the ball
- Decision Making - when to attack / When to protect

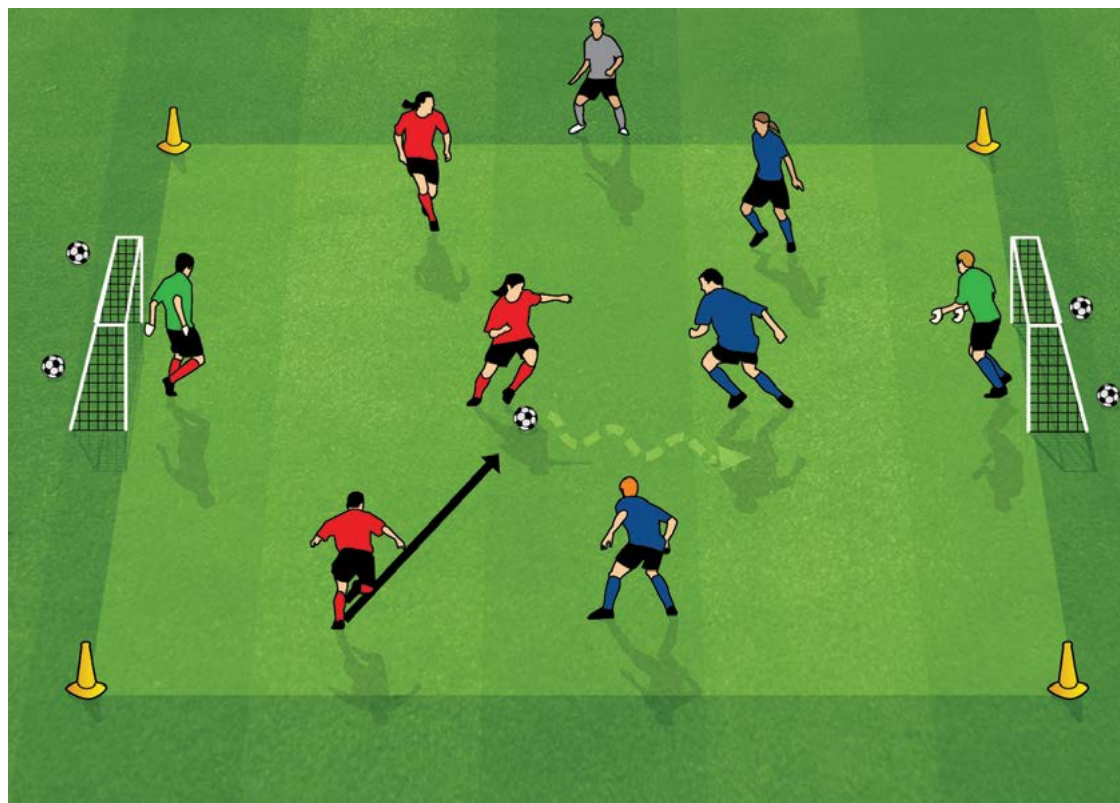
### DRINKS BREAK DISCUSSION

- What does the other team do successfully when attacking?

# SESSION 31

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 31

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 15x15m.** Modify area depending on the number of players involved.
- All players have the same coloured bib (Red in picture) except for 2 Taggers (in Blue).
- All Reds have a ball each. Taggers must link arms and have 1 ball between them.
- Spare footballs placed to the side of pitch.

### HOW TO PLAY

- All players dribble around the area using different parts of the foot.
- When coach shouts "Go", Taggers begin tagging the Reds. Taggers attempt to tag as many players as possible during a 30 second time period.
- If a player is tagged, they must take their ball to the outside of the area and dribble around two sides of the square before rejoining.
- Rotate Taggers after each game.

### POSSIBLE PROGRESSIONS

1. Tagged players must perform 5x keeps ups before they can come back in (alter number where necessary)
2. Taggers operate as a single player with a ball each

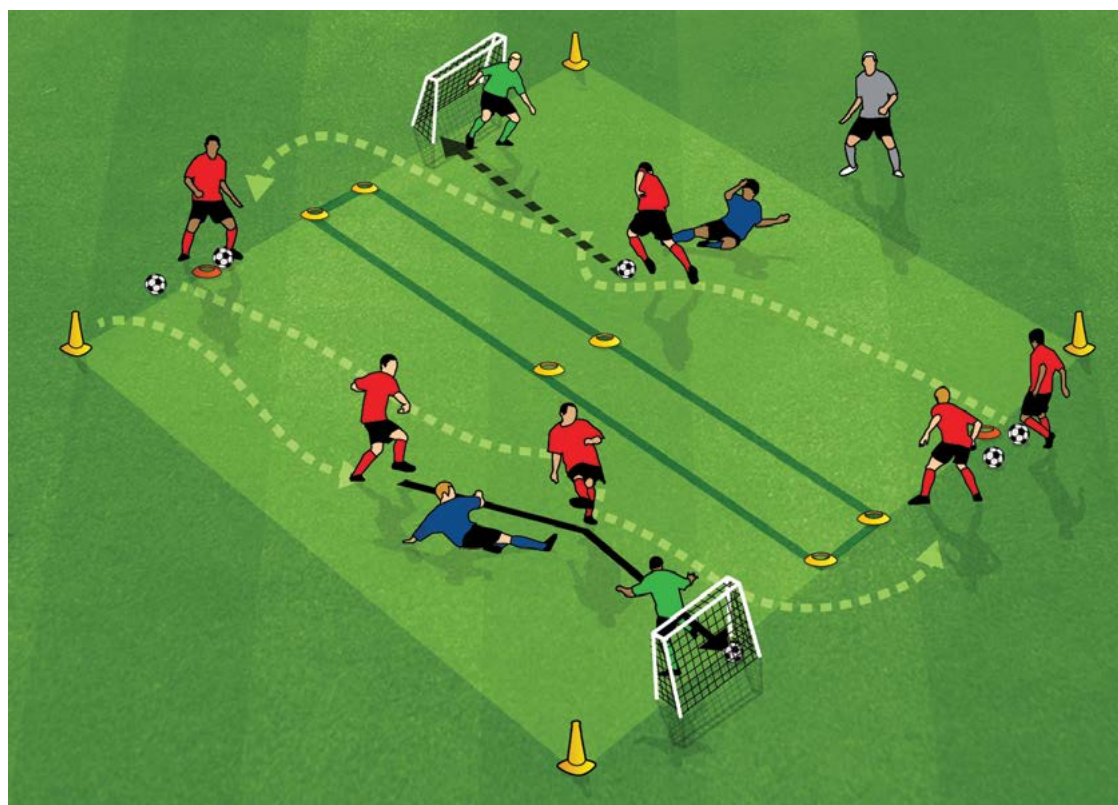
### OUTCOMES

- Close control when dribbling
- Turning away from defenders
- Change of pace and/or direction to get away from defender

# SESSION 31

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## SKILL TRAINING



### SETUP

- **Area of up to 20x22m.** Modify area depending on number and age of players involved.
- Split the area into two 10 x 20m areas divided by a 2m channel. A goal is to be placed at opposite ends of the halves, faced by a starting cone - creating a circuit.
- Attackers (Red) to start behind the two starting cones, with one defender in each half of the area.
- Footballs are placed at the starting cones.

### HOW TO PLAY

- Attackers (Reds) try to dribble past the defender and attempt to score in the goal.
- When the ball goes out of play / goal is scored attacker retrieves their ball and moves to the other starting cone.
- Attackers are allowed to work in groups of one or two.
- Rotate the defenders on a regular basis.

### PROGRESSION

1. Introduce a time limit for players to score
2. Introduce a "Floating" defender. This player begins in the channel and can enter either half at any time to create a team of two defenders
3. Attackers are only allowed to attack on their own
4. Defenders win 1 point in they win possession and pass ball to the starting cone

### EXERCISE TASK

- Today is about creating a shooting opportunity through inventive individual play.

### PLAYER TASK EXAMPLES

- Can the player out of possession create a 1v1 opportunity for the player on the ball?
- Can the player in possession dribble in a direction that makes it difficult for the defender to defend both attackers?

### OUTCOMES

- Dribbling with close control and use of both feet
- Change of direction & speed to beat defenders
- Acceleration once passed a defender
- Positive reaction if successful (shoot) or not (chase back)

# SESSION 31

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## SKILL GAME



### SETUP

- **Area of up to 18x25m.** Modify area depending on the number of players involved.
- Goals at each end. (Big goals with GKs or smaller goals without)
- 2 teams of 3 players, bibbed in different colours (Red & Blue in diagram).
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players.

### HOW TO PLAY

- Teams play 3v3 against each other.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- No restarts from the side. Restart from GKs.
- 2 minute games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. Teams are awarded 2pts if they score in the opponents half.
2. Make the pitch width smaller

### OUTCOMES

- Drawing / Engaging an opponent
- Decision Making - when to pass / when to travel
- Awareness of opportunities for attacking 1v1

### DRINKS BREAK DISCUSSION

- What does the other team do successfully when attacking?

# SESSION 32

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **RUNNING WITH THE BALL**

## SKILL ARRIVAL



### SETUP

- **Area of up to 12x20m.** Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves).

### HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch reaches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

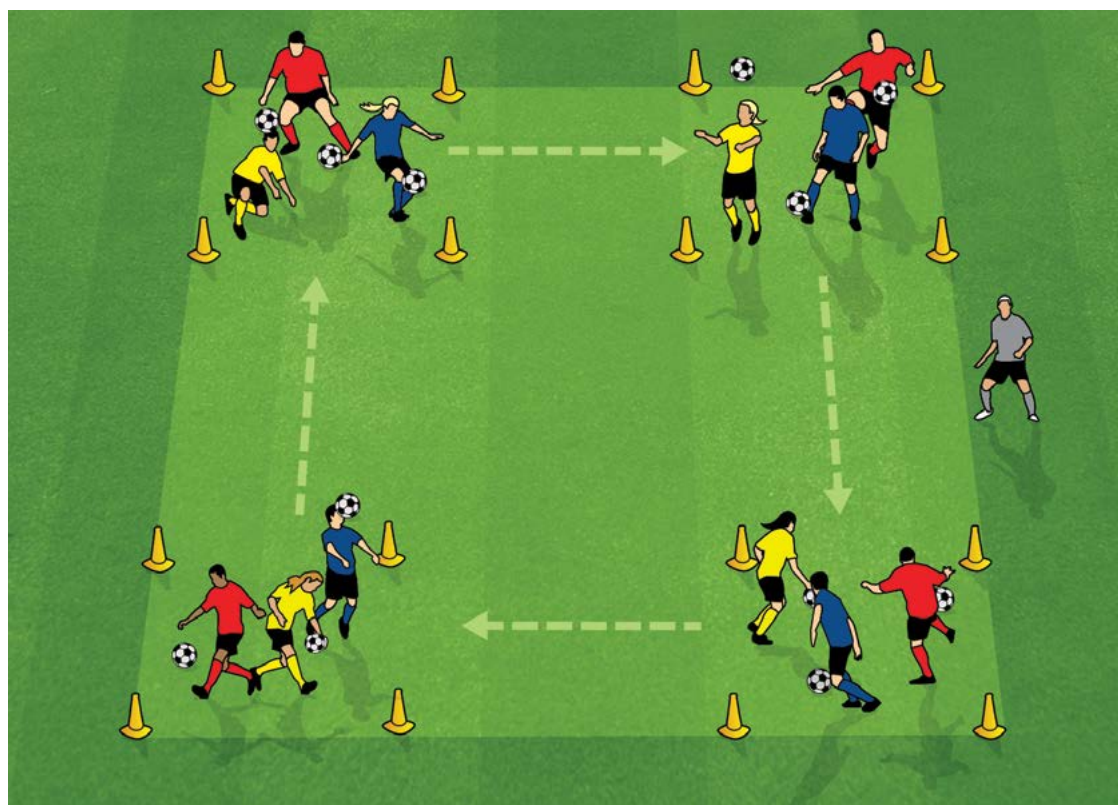
### OUTCOMES

- An environment of “play” encourages players to be creative and try new things.

# SESSION 32

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **RUNNING WITH THE BALL**

## SKILL INTRODUCTION



### SETUP

- **Area of up to 25x25m.** Modify area depending on the number of players involved.
- 4 corner areas of 6x6m marked using cones.
- 3 teams of 4 players, bibbed in different colours (Red, Yellow and Blue in diagram). 1 player in each team starts in each corner square.
- All players have a ball each.

### HOW TO PLAY

- Upon coaches command, players perform different techniques in the corner square (dribbling / keepy ups / passing / warm up movements)
- When coach calls a colour, players with that number must break out of the corner area and run with the ball (clockwise) to the next square.

### POSSIBLE PROGRESSIONS

1. Encourage players to use as few touches of the ball as possible when running with it
2. Add in a numbering system - (1-Travel clockwise, 2-Travel anti-clockwise, 3-Travel diagonally)

### OUTCOMES

- Ball control when travelling at speed
- Ball manipulation / familiarity



# SESSION 32

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **RUNNING WITH THE BALL**

## SKILL TRAINING



### SETUP

- **Two starter cones placed up to 25m away from the Goal.**
- Attackers start behind starter cones.
- Attackers lined up in a 1-2-3-4 formation with different coloured bibs for each group (as shown)
- GK takes position in Goal.

### HOW TO PLAY

- 1st attacker (Green) dribbles towards goal and has 1v1 against GK. After shooting, Green turns and becomes defender.
- 2nd group of attackers (Yellow) then attacker the Green defender in 2v1. Once attack finishes, Yellows turn to defend.
- 3rd group of attackers (Blue) then attacker the Yellow defenders in 3v2. Once attack finishes, Blues turn to defend.
- 4th group of attackers (Red) then attacker the Blue defenders in 4v3. Once attack finishes, practice restarts.
- Coach rotates roles and practice restarts.

### PROGRESSIONS

1. Time limit on each wave of attack
2. Vary the group sizes - 4v2 / 2v2 etc

### EXERCISE TASK

- Today is about creating opportunities to shoot by running with the ball.

### PLAYER TASK EXAMPLES

- Can the player in possession travel quickly towards the goal?
- Can the ball player draw a defender towards them to create a spare attacker?
- Can the players away from the ball possession themselves for a first time shot?

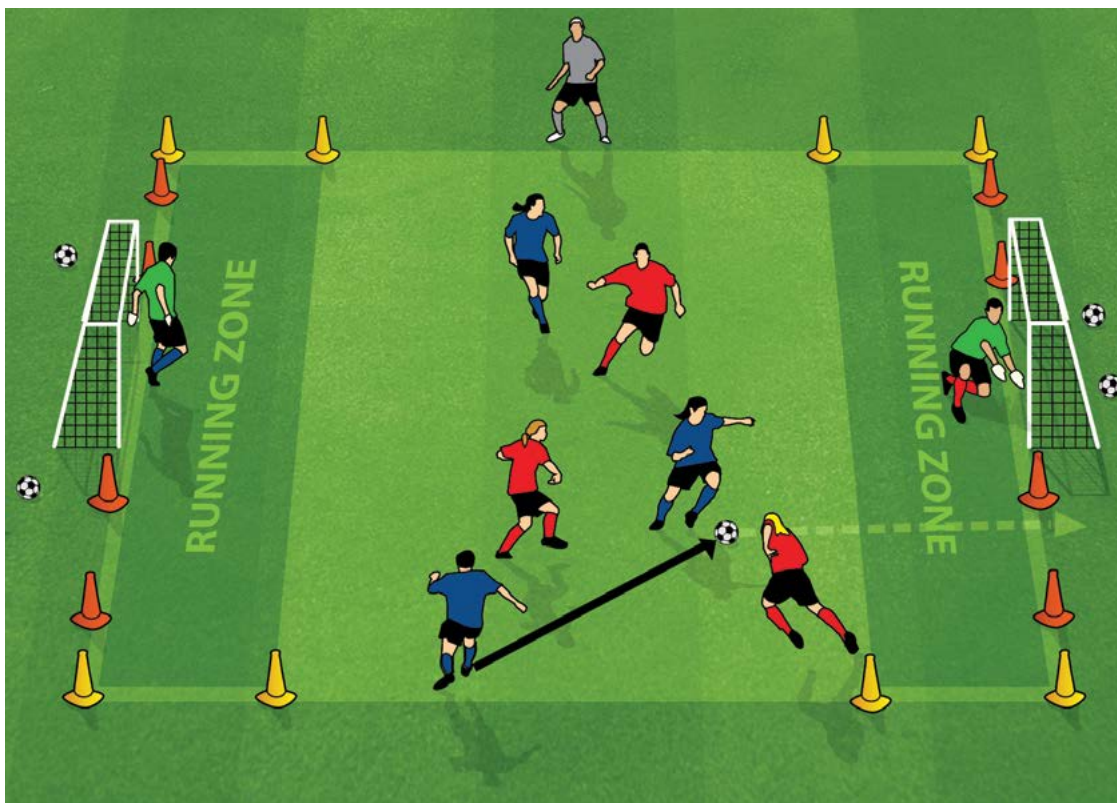
### POTENTIAL SESSION OUTCOMES

- Attacking with pace
- Decision Making - when to pass / dribble / shoot
- Shooting technique - 1st time / power & accuracy etc
- Defending Outnumbered

# SESSION 32

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **RUNNING WITH THE BALL**

## SKILL GAME



### SETUP

- **Area of up to 18x30m.** Modify area depending on the number of players involved.
- Two 5 meter "Running Zones" placed at each end of the area.
- Large goals at each end with GK.
- 2 gates, made with cones, on either side of the goals (at each end).
- 2 teams of 3 players, bibbed in different colours (Red & Blue in diagram).
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players.

### HOW TO PLAY

- Teams play 3v3 against each other.
- Teams score by shooting in opponents goals, or by Running with the Ball through one of the gates. Conceding team restarts play.
- Attackers are only allowed inside the "Running Zone" when attempting to Run through the gates.
- Defenders are not allowed inside the "Running Zone" but GK is allowed to try to stop attacker.
- No restarts from the side. Restart from GKs.
- 2 minute games before teams are rotated.

### POSSIBLE PROGRESSIONS

1. One defender is allowed to track attacker into the "Running Zone"
2. Three points awarded for Running the Ball through the gates
3. If attacking team attempt to score in the Gates but fail, they lose one goal for their team

### OUTCOMES

- Decision Making - when to travel with the ball / when to shoot
- Creating opportunities for overloads
- Covering distances with the ball quickly

### DRINKS BREAK DISCUSSION

- What do you need to be aware of when running with the ball?

## STRIKING THE BALL - 1



### SETUP

- **Area of 4x4m square.** Modify area depending on the number and age of players involved.
- 3 attackers start with a ball between them, stood inside of the square.
- 1 defender without the ball starts inside the square.

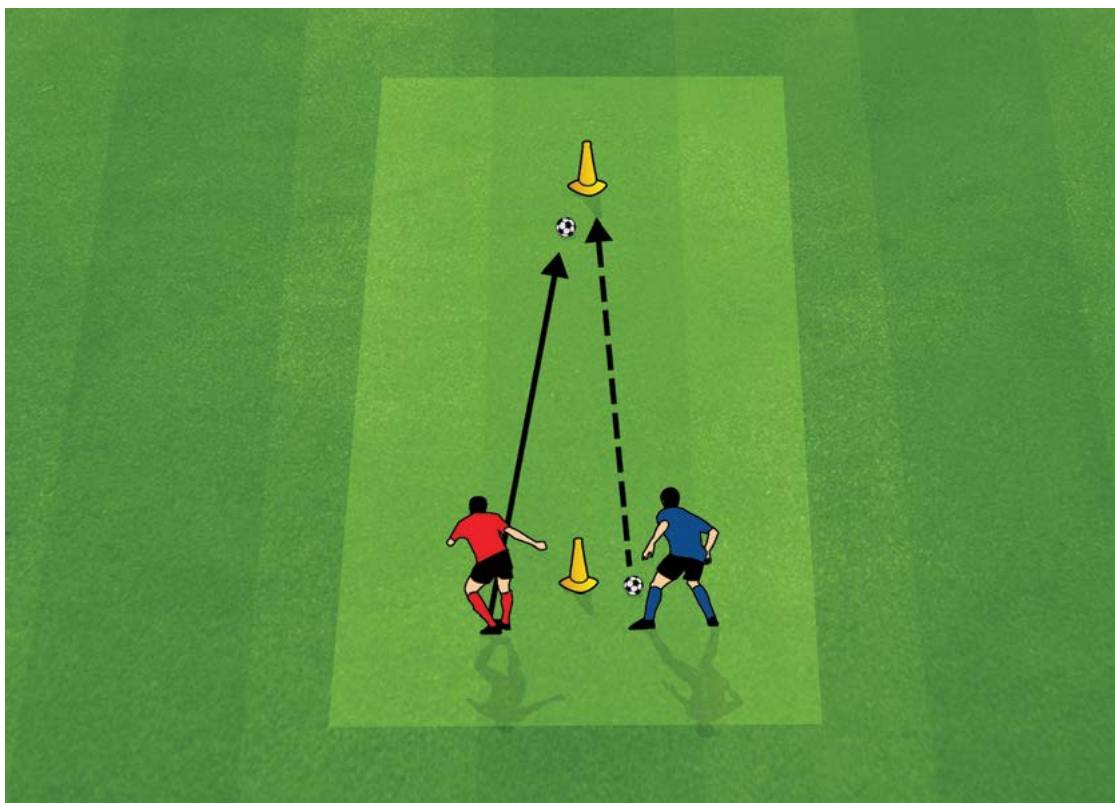
### HOW TO PLAY

- Attackers attempt to keep possession inside the area.
- Defender attempts to touch the ball.
- If defender touches the ball, then they swap roles with the attacker who last played a pass.
- Attackers count how many passes they are able to make before defender touches ball.
- Player defends for a maximum of 30 seconds before changing.

### PROGRESSION

1. Defender must win possession and break out of square.
2. Attackers may not take more than two touches in possession

## STRIKING THE BALL - 2



### SETUP

- **Place two cones 10m away from each other.** Modify distance depending on the age of players involved.
- 2 players start with a ball each, both stood next to the same cone.

### HOW TO PLAY

- Red player attempts to pass the ball so that it stops as close as possible to the target cone.
- Blue player passes ball and attempts to stop it closer than the Red ball.
- Footballs are not allowed to touch.
- Player who has the closest pass receives 1pt.
- Players then restart the game from the other cone.

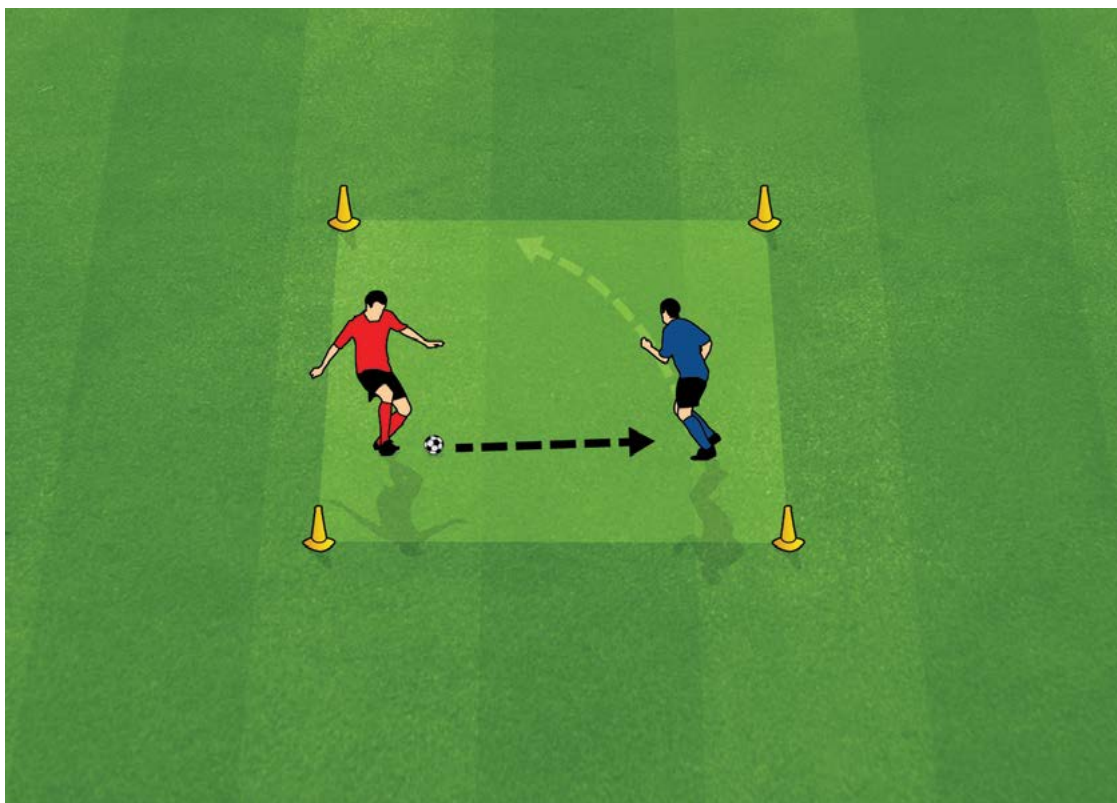
### PROGRESSION

1. 2nd player to pass is allowed to knock the opponents ball out of the way.
2. Players have two balls to pass, taking it in turns to pass at the target cone.

# HOME SESSIONS

PLAYING MOMENT **DEFENDING** | CORE SKILL **TACKLING** | FOCUS **TACKLING WHEN FACING AN OPPONENT**

## 1v1 - 1



### SETUP

- **Area of 3x3m square.** Modify area depending on the age of players involved.
- 2 players start inside of the square. One with a ball (Red), one with out (Blue).

### HOW TO PLAY

- Red player has 30 seconds to flick the ball against the legs of the Blue player. Blue player is not allowed outside of the area.
- Ball must hit Blue player underneath knee height. Every time they hit the opponents legs, they get 1pt.
- If the ball goes out of the square, the player in possession loses 5pts.
- After 30 seconds, scores are taken and roles are reversed for the next 30 seconds.

### PROGRESSION

1. Player out of possession is not allowed to jump
2. Area is made smaller

# HOME SESSIONS

PLAYING MOMENT **ATTACKING** | CORE SKILL **1V1** | FOCUS **ATTACKING WITH CHASING DEFENDER**

## 1v1 - 2



### SETUP

- **Set up two cones 8m apart from each other.** Modify distance depending on the age of players involved.
- 2 players, Red & Blue, start | between the cones facing each other.
- Both players start in possession of a ball.

### HOW TO PLAY

- Blue player attempts to dribble past one of the cones before the Red player.
- Blue player dictates which cone is targeted and can change direction at any time.
- Blue player is allowed to change direction for a maximum of three times.
- The player that dribbles past the cone first wins 1pt.
- After completion, roles are reversed with the Red player dictating the play.

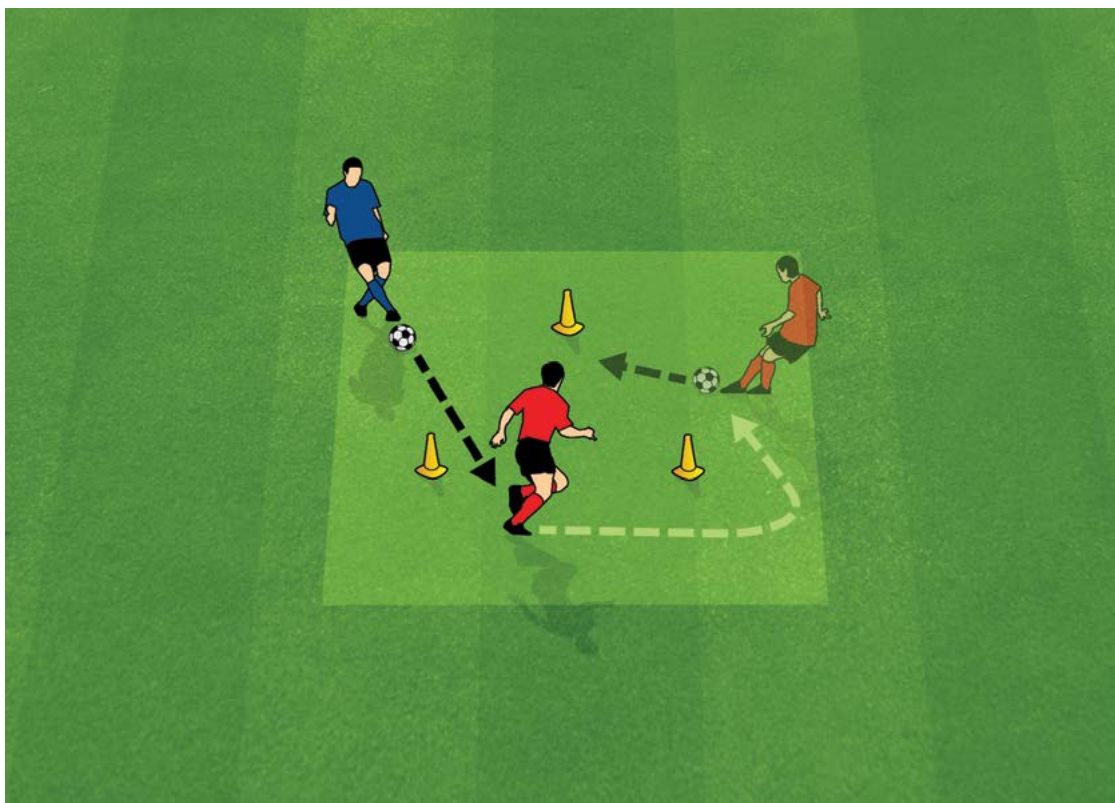
### PROGRESSION

1. Dictating player can only change direction twice.
2. Players must stop the ball next to cone to win.
3. Players are asked to use one foot only (swap feet after every go).

# HOME PLAY

PLAYING MOMENT **ATTACKING** | CORE SKILL **RECEIVING THE BALL** | FOCUS **RECEIVING TO ATTACK**

## RECEIVING THE BALL - 1



### SETUP

- **Triangle of cones, 1m apart.** Modify size of triangle depending on age of players involved.
- 2 players start with a ball between the two, stood on different sides of the triangle.

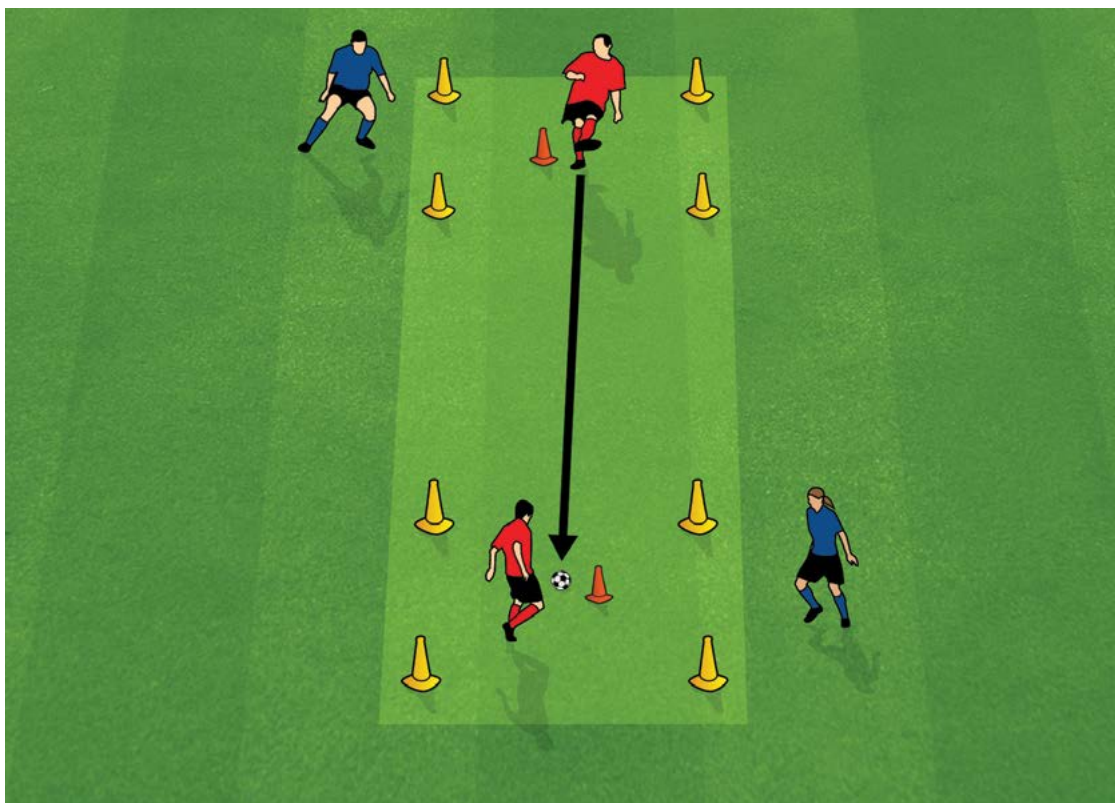
### HOW TO PLAY

- Blue player passes the ball through the middle of the triangle to the Red player.
- Within three touches, Red player must pass ball back to Blue player. Red player can not pass through the same side of the triangle that they received it.
- Blue player receives and repeated the process.

### PROGRESSION

1. Players have to pass ball back within two touches
2. Players use alternate foot to control and pass
3. Players are not allowed to receive with the same part of foot twice in a row

## RECEIVING THE BALL - 2



### SETUP

- Place two 2x2m squares 10m away from each other. Modify distance depending on the age of players involved. Place a different colour target cone in each of the square.
- 2 teams of 2 players (Red & Blue).
- 1 team mate starts with a ball in a square, the other team mate starts with out a ball in the opposite square. The other team wait for their turn.

### HOW TO PLAY

- Red player 1 passes the ball so that it enters the opposite square, as close as possible to the target cone.
- Red player 2 has 1 touch to stop the ball as close as possible to the target cone.
- Blue team then have their attempt, trying to stop the ball closer than the Reds.
- Team who has the closest ball to the target cone receives 1pt.
- Teams then restart the game from the other square, changing the team to have the first attempt.

### PROGRESSION

1. Teams must use right foot / left foot only.
2. Pass must be made in the air, with a maximum of one bounce before it enters the square.



# HOME PLAY

PLAYING MOMENT **ATTACKING** | CORE SKILL **TRAVELLING WITH THE BALL** | FOCUS **DRIBBLING**

## TRAVELLING WITH THE BALL - 1



### SETUP

- **Area of 2x2m square.** Modify area depending on the number and age of players involved.
- 2 attackers start with a ball each, stood on opposite sides of the square.

### HOW TO PLAY

- 1. Red attempts to dribble around the square to tag Blue opponent.
- Can dribble clockwise and anti clockwise.
- If Blue is tagged, reset and begin again.
- Both players must stay outside of the square but remain close to it.
- Play for 30 seconds, rest and swap roles.

### PROGRESSION

1. Tagger is allowed to cross directly over the middle of the square once during the 30 seconds.
2. Remove the ball from the Tagger.

# HOME PLAY

PLAYING MOMENT **DEFENDING** | CORE SKILL **PRESSING** | FOCUS **SHOWING OPPONENTS TOWARDS TEAMMATE**

## TRAVELLING WITH THE BALL - 2



### SETUP

- **Area of 3x3m square.** Modify area depending on the number and age of players involved.
- 3 attackers start with a ball each, stood on a side of the square
- 1 defender starts with a ball inside the square.

### HOW TO PLAY

- Attackers attempt to dribble across the square to another side.
- Defender attempts to tag them whilst maintaining control of their ball. If defender tags a player, they exchange roles.
- Attackers count how many times they cross the square before being tagged.

### PROGRESSION

1. Defender no longer has a ball to dribble
2. Attackers can not dribble to a side where another attacker already is
3. Attackers have a time limit before they must re-enter the square



# NEW ZEALAND FOOTBALL

New Zealand Football would like to thank the following organisation for their invaluable support Football in New Zealand.

