

Grapevine

Southlake

Soccer

Association

Grassroots Coaching Manual

Coaching Basics

1. Practices should be built around facilitating the development of the skills necessary to move and control the ball well.
2. As individual skills and control of the ball progress, then passing, movement and team organization may be taught.
3. Coaching takes work and effort, you should adopt a coaching style and personality that suits your players needs and impart sound knowledge to your players.
4. Do not command respect but earn respect from your players and parents alike by adopting a coaching philosophy and setting age appropriate goals.
5. Be prepared for your practice and meet the needs of the players at all times. If it does not follow the plan then be prepared to alter the plan to gain success.
6. Let the game be the teacher, players have come to learn but also to play and will rapidly lose interest if there is too much instruction from the coach.
7. Remember KISS: Keep It Short and Simple.
8. Players develop at differing ages, be prepared to work on a subject for a number weeks before the light illuminates and the players understand.
9. Set age -appropriate goals: e.g. most 5/6 year olds just want to kick the ball so passing might be a realistic goal, whereby tactical knowledge might suit older players.
10. Do not expect games and practices to emulate Barcelona or what you may witness on tv, it will not happen but you should concentrate more on bringing out what was learned in practice being transferred to the game, skills and passing combinations etc.
11. Arrive at the field on practice days early to set up and have easily transferrable drills so there is little waiting around during set-up.
12. Arrive on game days at a suitable time for players to arrive and have the team outlined prior to attendance.
13. Communicate with the parents throughout the week reference practice times, rainouts etc and have a system for relaying information effectively at short notice.
14. Explain to the parents your philosophy and ensure that they realize that coaching should come directly from the coaching staff only.
15. Have respect for the referee's who also give up their time so that soccer can be enjoyed by all and set a good example for parents and players to follow.
16. Most of all make the practices challenging yet fun and enjoyable. No-one likes to turn up somewhere to be shouted at for 60-90 minutes. nurture our young talent and make it enjoyable for all concerned.

Week 1 - Theme: Dribbling past defenders

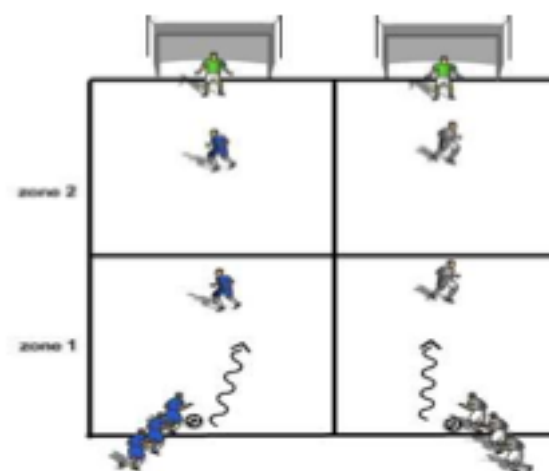
Communication with the players

Firstly its important that the players understand that we want players who can dribble the ball and are exciting to watch (Lionel Messi, Ronaldo etc).

Secondly, make them aware that they can beat a defender in many ways – skill, speed, sudden change of direction or a turn.

At this early stage we don't need to coach them awareness of when or when not to pass the ball as we want the players looking to dribble as often as possible. During the game at the end of the session we can make small references to decision making. However, this weeks session is purely on dribbling as much as you can.

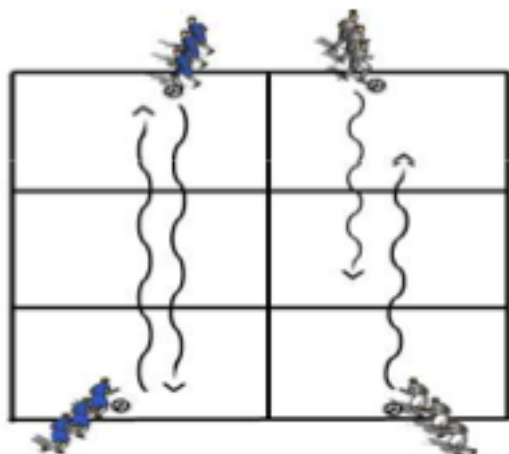
Problem solve - Opposed Practice



Now add defenders and a goalkeeper to each pitch.

After attacking you become the goalkeeper, then furthest defender, then next defender etc. Therefore the practice works on a conveyor-belt. Each player gets 1pt for each defender taken on and 1pt for scoring. Play for set time and then the best three players on each pitch come together etc. Trust the players to keep their score

Physical development – Fun warm up



Simple practice where players run with the ball across the three zones and to the opposite end of the pitch.

- 1 – 4 balls working, dribble through
- 2 – on coaches call its a race
- 3 – if the coach calls out to “change” whilst dribbling, you must turn and get opponents ball before dribbling to opposite side

Game Situation – Free play with rewards

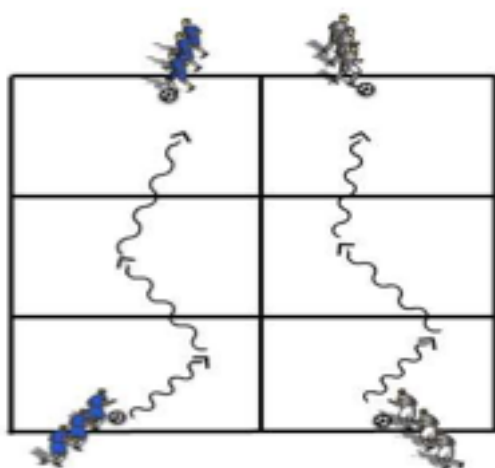


Play a normal game but encourage the players to dribble at all times.

In order to reward good play you can award double goals for a player scoring after dribbling past a defender.

However, you can also coach decision making if a player dribbles near his own goal and loses possession.

Repetition of theme - Technique



The technique of dribbling and different ways to beat a defender such as speed, turns, and skills

- 1 – can you complete a skill in zone 1 then accelerate to complete a 2nd skill in zone 3
- 2 – accelerate in zone 1, skill zone 2, turn in zone 3
- 3 – accelerate to zone 2, complete a turn back to zone 1, turn again and then accelerate to complete a skill in zone three

Coach in the “Chelsea” way

Start and end each session with fun

Ensure you have a ball to each player

Simple organisation and lay out

Simple rules and communication

No bus queues of players waiting

Develop individual , not teams

Realism (attack and defend the goals)

Lots of 1v1s against different types of opponents (quick, strong, skilful etc)

Inspire with your session, your personality and your enthusiasm

Encourage attacking football

Encourage hard work

Occasionally set a homework task

ask questions, give choice on techniques

Week 2 - Theme: Turning away from a defender

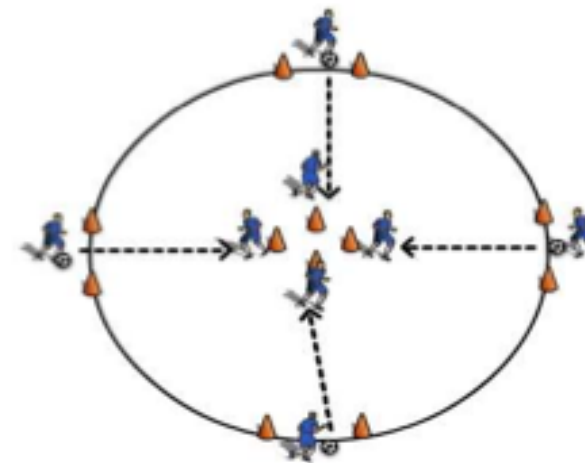
Communication with the players

Firstly its important that the players understand that there is three types of turn when playing football

- 1 – turning when moving to run or receive a pass
- 2 – turning when dribbling
- 3 – turning when receiving a pass

Now explain to the players that this is the process that you will take them through in the session and then finally combine these new skills in the final game.

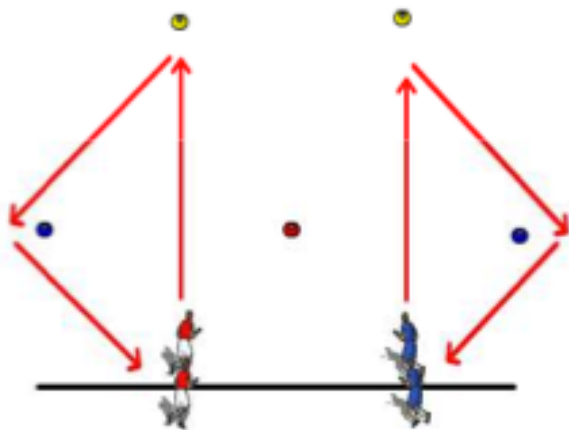
Repetition of theme – Turning when receiving a pass



One player goes to the centre cone and the other player goes to the outside. The outside players pass into the centre player and then go to take their place

The inside player completes a turn to go to the right and then dribbles to the outside gate (after 4 turns, you will be back to starting position and now you turn to the left). Once the player reaches the gate he completes a turn on the dribble and then passes into the next central player.

Physical development – Turning to run

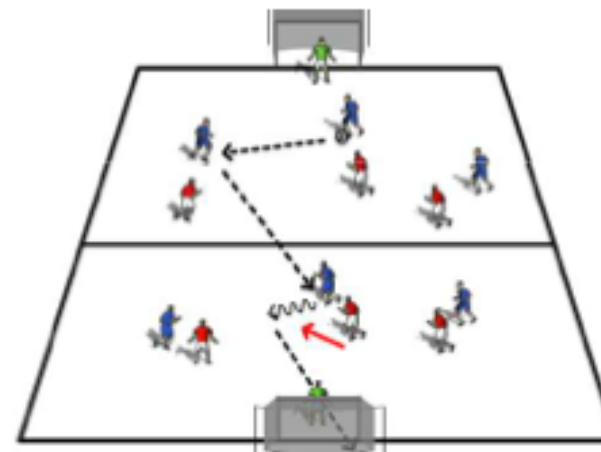


1 - On the coaches "go" the players have to race to be the first to the yellow cone.

A – as they race to the yellow cone the coach can call "turn" now the players must race back to the starting line.

B – if the coach shouts "blue or red" the players must turn and run around that cone before getting back to the start position. This makes the players turn on both feet and accelerate just as they would when trying to lose a defender

Game Situation – Turning to score a goal



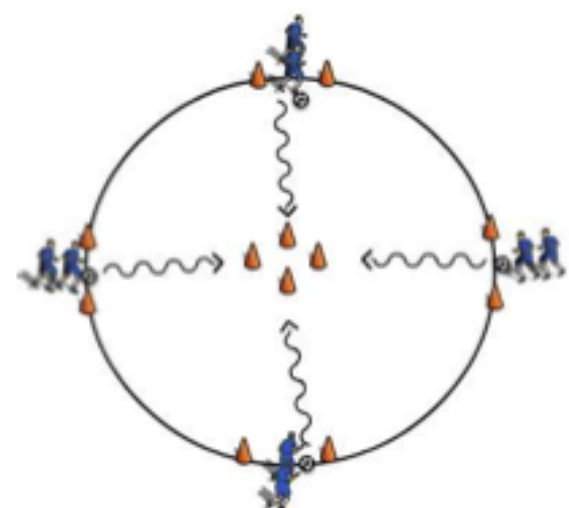
The pitch is split into a defensive half and attacking half. To start . the defenders and attackers must stay in their half of the pitch.

To allow for forward passes and turns etc, defenders are not allowed to be tackled when playing out and into the forwards

The attackers will now receive lots of repetition at moving to receive, turning from a pass and when dribbling in order to shoot.

After 5m - rotate the defenders & attackers

Repetition of theme – Turning when dribbling



Players work in pairs/threes. The players dribble to the centre cones and complete a series of turns in order to pass out to their team mate

Turns to be worked on

Drag back, Inside Hook, Outside Hook, Cryuff turn etc

The coach should emphasise the need for disguise in the turn and then to accelerate away with the ball

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Week 3 -Theme: Running with the ball / Dribbling the ball

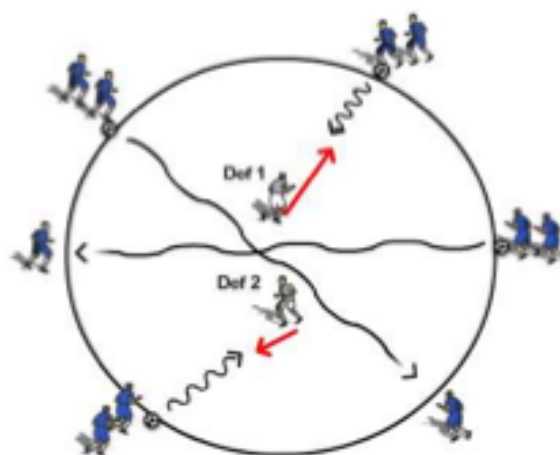
Communication with the players

Its important that we teach the players the difference between running with the ball and dribbling the ball as this is not coached correctly in many cases.

Running with the ball is used when there is space in front of you that you would like to exploit. When running with the ball a player uses bigger touches in order to get the ball out of his feet and into top speed as quick as possible.

Dribbling is used when there is little space in front of you or your path is obstructed by defenders. When dribbling the ball a player uses small touches and sudden changes of direction with skills or feints in order to go past a defender

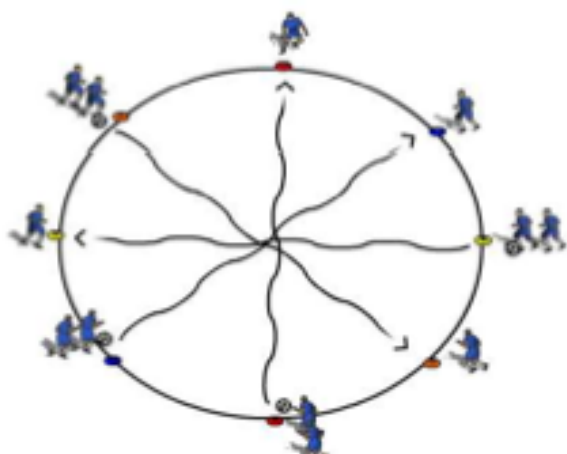
Problem solving – Choosing the correct technique



Go back to the original 30yd circle. Place two defenders in the middle of the circle holding a bib. Randomly place the other players on the outside of the circle. Give 4 players a ball and ask them to dribble across and out to a team mate. If tackled they take the bib and exchange with the defender.

As there are four attackers and only 2 defenders there will be times when you have to dribble to get past the defender and times when you are not marked but have to run into the space.

Running with the ball



Place the cones as shown in order to create a large circle. (30yds from top to bottom)

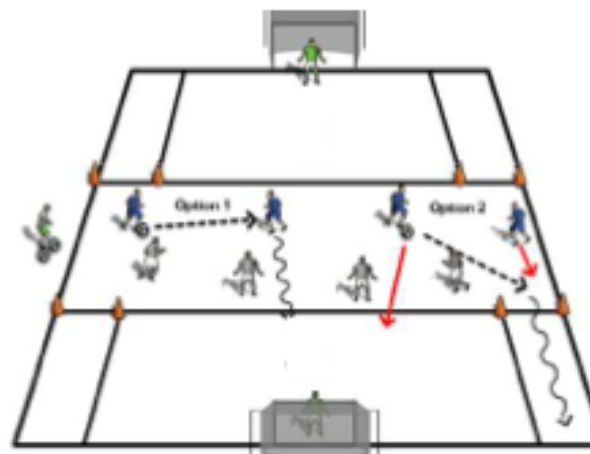
Each group of three players has a ball.

The players can only run across the area to a player at the same colour cone

For instance, red to red, blue to blue etc

The aim is to get your head up, get the ball out of your feet and run with the ball across and out to a team mate.

Game Situation – Dribble or Run?

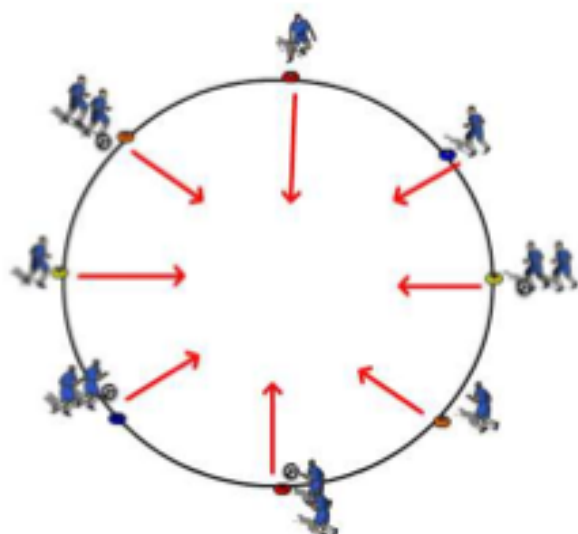


4v4 / 5v5 in the middle zone. The game is played in the middle zone with players trying to get through to the end zone to score.

If you get through the middle zone then you go 1v1 against the goalkeeper.

If you get through the wide gate you have to run with the ball into the space and cross the ball into the box, a 2nd player now makes a run into the box to try and score from the cross

Dribbling the ball



Now ask the players to pick up their cone and take 8 steps inwards to make the circle 14yds from top to bottom.

Once again, each group of three players has one ball. Ask the players to get across the area as quick as they can.

The reduced area will mean the players are close together and will have to take small touches and use changes of direction.

The two practices show the players the difference between dribbling and running with the ball

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Week 4 - Theme: Didier Drogba / Finishing Skills

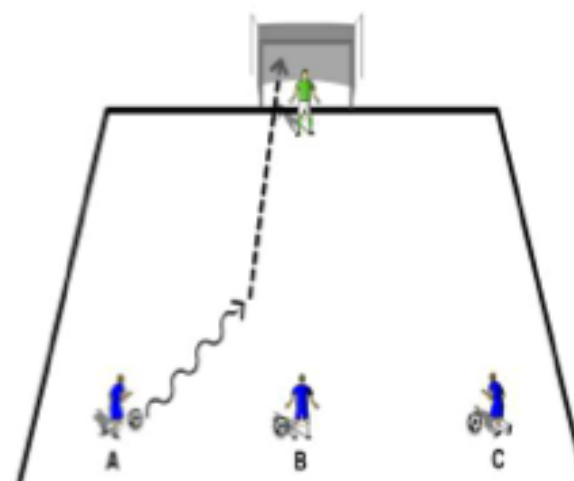
Communication with the players

This week is the first session in a series that are designed on the skills of a famous football player. Therefore, when talking to the players at the start of training you need to explain that this weeks session is about learning to play like Didier Drogba.

Ask the players what Drogba is good at (you can prompt the answers, shooting, heading, running onto through passes etc)

Now guide the players through the session 1 – Drogba heading game, 2 – Drogba running through on goal, 3 – Drogba combining with Malouda and Anelka, 4 – The Drogba Game. In this session the players should learn how to head the ball correctly, why we shoot across the goalkeeper, how to use a team mate when scoring, running onto through passes etc

3 - Combination Play



Practice 1 - Unopposed

(A)– Dribbles to complete a skill and shoots at goal (B)– Passes to A and runs to receive a return pass to score (C) – Passes to A who passes to B who sets C to shoot

Practice 2 – Opposed

(A) Dribbles to complete a skill and shoot at goal (B) plays 1v1 against A (C) plays 2v1 with A against B

1 - Heading the ball

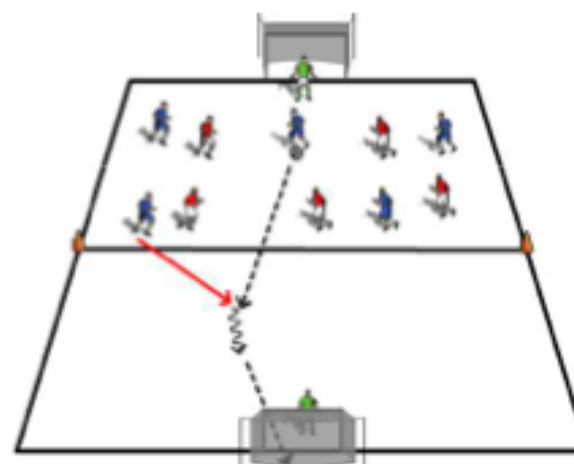


Two teams (red v blues)

The coach must alternate serves between the two teams. After heading at goal, the players must quickly become the keeper for the other teams header.

The first team to 5 goals. In-between each game give the players tips on areas of the ball to head in order for the ball to go downwards and into the corners

4 - Game Situation



5v5 Game. One team are trying to combine quickly to score a goal.

The other team are trying to play a through pass in order to get a player running through on goal to score 1v1 against the goalkeeper.

Progression

Allow one defender to run back with the forward after a through ball is made.. This will increase the speed and realism of the run onto goal and add pressure to the forward.

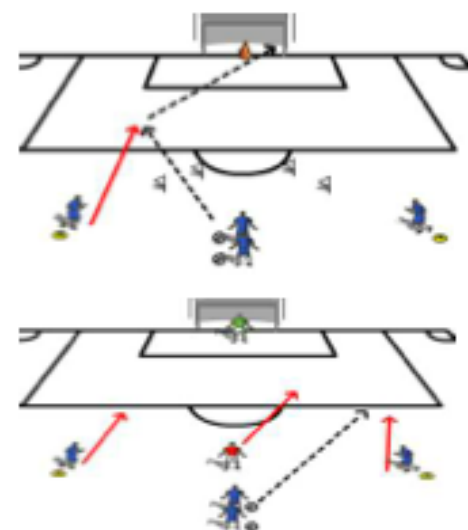
2 - Racing through on goal

Practice 1

The central player passes through the gate for the striker to run, control and then shoot into the corner of the goal (across the gk). The practice works to the right and then left

Practice 2

The central player passes to one of the wide attackers and immediately a 2v1 commences. Can the defender recover?, can the attacker dribble to shoot across goal? Can the 2nd attacker move to receive a pass / cross or maybe even a rebound off the goalkeeper(coach)



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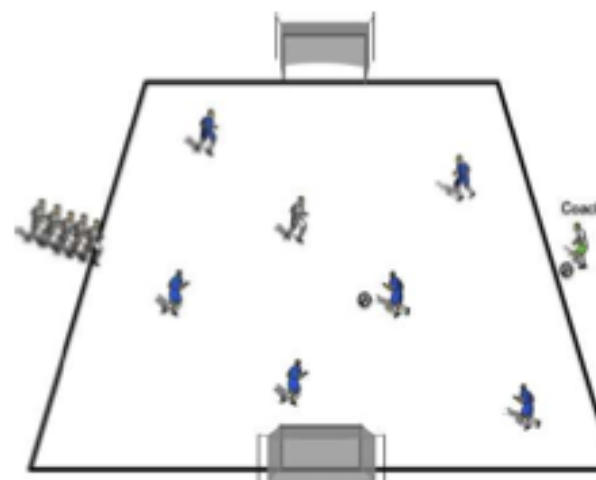
Week 5 - Theme: Xavi and Iniesta – Pass like Barcelona

Its important that we are effectively communicating with the players to inspire them to develop. This week can you have the following conversation with the them

“There are three things you can do when you have the ball at your feet, do you know what they are? (dribble, shoot, pass) - you are only going to shoot when your near to the goal, and you only dribble when in space or in a 1v1 situation so therefore the rest of the time you have to pass the ball.

But, after passing do we stand still? Or de we make a run into space?
What do we have to do before we can pass the ball? (control it!), therefore without good 1st touch and control we cannot pass the ball. Tonight's session is about controlling and passing the ball. Can we be like Xavi and Iniesta? Can we play like Barcelona?

3 – Keep Possession



Split your group into two teams. One team go onto the pitch.

The coach calls for one defender to run onto the pitch and try to get the ball.

After 5 passes the coach calls for that defender to leave and another defender to run onto the pitch. Run this practice for each team and then start again but with two defenders. If the defenders win the ball they can score in the goals

1 – Passing in pairs



Players in pairs

Simple passing and receiving for 5 minutes

1 - Players must work on controlling with inside before passing back

2 – players must work on controlling with outside before passing back

4 – Use your mates and score a goal.



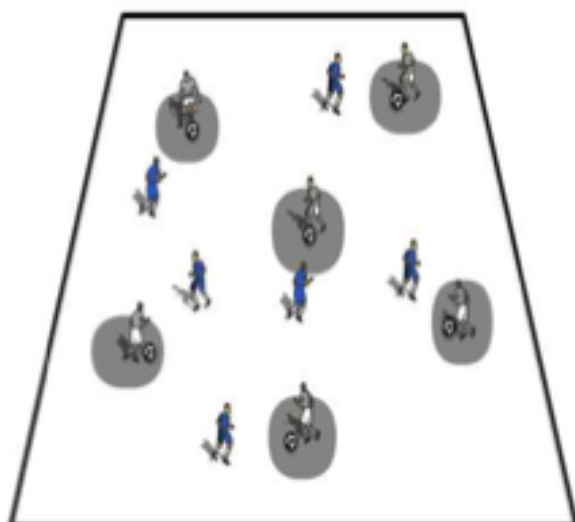
Overloaded game

Play a normal game but with one team having all there players and the other team only having half the number, For instance 6v3 (with three resting)

The 6 always gets their ball from their GK (coach). After each goal the team of three rotate.

If the team of 3 win the ball they are allowed to dribble and shoot at goal unopposed

2 – Want the ball



Set up a big area. Place half the group inside little squares on the pitch

1 – players in squares have a ball. Outside players must run, call for a pass and then pass back to the players in the squares

2 – players outside the squares have the balls. The players must dribble and then make one-twos with the players in the squares.

3 – the outside players have the balls and must pass to a player in the square and take their place. The players in the square must turn with their back foot.

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Week 6 - Theme: The One-Two / Give and Go

This weeks session is a continuation of the passing and receiving session from last week. However, this week we are isolating the one-two / give and go move. Its important in our training that we are coaching the individual as this is what we are ultimately looking to find at each centre (the best individual) therefore when communicating the one-two we must do it from the individuals point of view.

- 1 – Can you stay with the ball (**Dribble alone to beat the defender 1v1**)
- 2 – if not then you need to use someone else (**pass and run into space for a one-two**)
- 3 – Can you show disguise to use someone else and still stay with the ball (**pretend or dummy to pass but then take the ball away to dribble past the defender**)

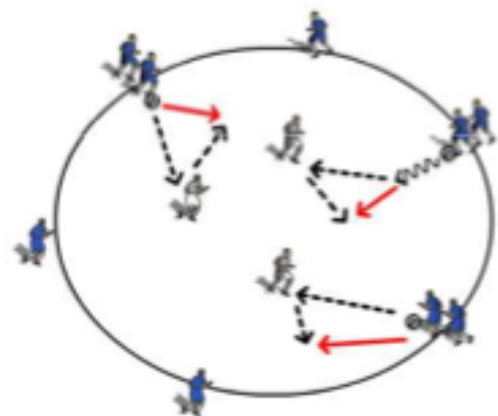
Answers these questions for the players. (1) What is a one-two?, (2) why do we use it?

3. Double 2v1 Channel



- The players split up into pairs
- Two defenders are nominated
- Each defender must stay in their zone on the pitch and must not defend outside of this area.
- Can the two attackers go past the two defenders by combining with one-twos, or showing disguise to pretend to use a one-two and dribbling.

1. One-two circle



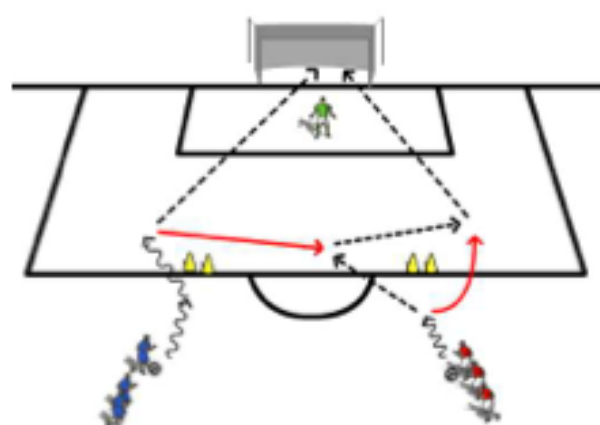
- Players pair up around the circle with a ball between two
- 1 – players dribble across the area by completing a skill and out to a team mate
- 2 – Place three players inside the pitch. the players must play a one-two to get across the area
- 3 – Occasionally encourage the players to pretend to pass but then to dribble off alone.

4 – 4v4 with Neutrals



- Three teams
- Two teams play and one team go to the outside as neutrals
- The neutral players can be used for one-twos
- The players on the pitch can also be used for one-twos
- Any goals scored in this way should be awarded double goals.

2. One-two Shooting



- Two groups of players.
- The blue player dribbles, completes a skill and shoots at goal. The red player then dribbles and plays a one-two with the blue player to score
- 2 – now both players must make a one-two before scoring a goal.
- 3 – players can use disguise to pretend to pass but dribble themselves to shoot

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Week 7 - Theme: Overlapping runs

This session is aimed at improving the awareness of the overlapping run (inside the final 3rd of the pitch). We are using the final 3rd as this is the area where there is little space and this type of run can make the difference between scoring a goal and not scoring. Once again, we must look at coaching the individual to stay with the ball first and then use his team mate when this is not possible.

- 1 – Use the overlap and pretend to pass before dribbling inside to shoot
- 2 – pass to the overlapping runner and then make a supporting run into the box

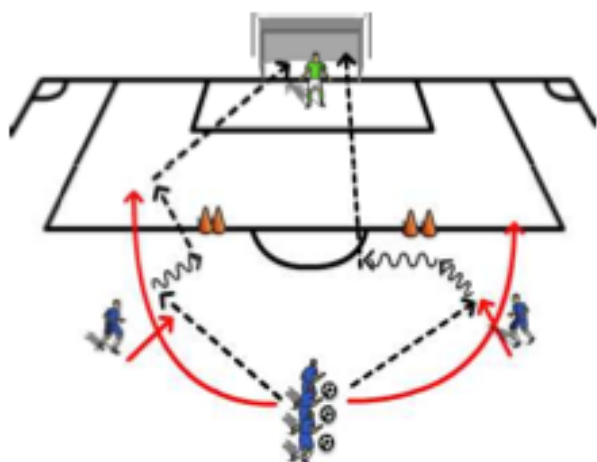
Keys areas of coaching are (1) coming inside to allow the overlap (2) going slow to allow the overlapping runner time to go outside. Ask the players these questions. (1) **What is an overlapping run?**, (2) **why does it help us?**

3. 3v2 overlap



- Three attackers v two defenders
- The central player starts with the ball and passes wide before making an overlapping run.
- The wide player can decide to use the overlap and pass to the outside for the central player to shoot or cross for the opposite wide player.
- Alternatively the wide player can use the run and show disguise to dribble inside to shoot or combine with the opposite wide player.

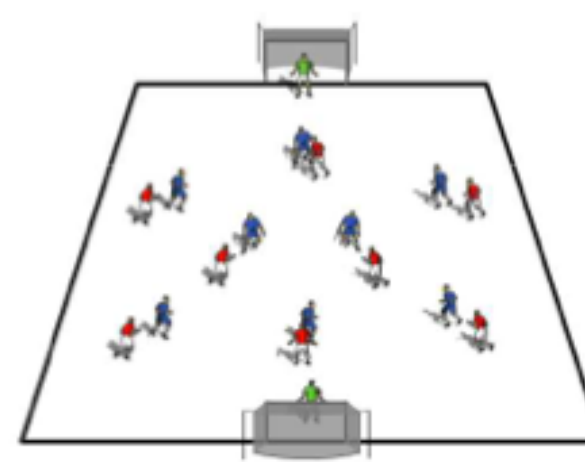
1. Using the run to shoot or to pass?



finishing opportunities created by overlapping runs

1. The central player passes to the wide player and overlaps. The wide player receives & allows the central player to overlap, now the wide player uses disguise & comes inside to shoot
2. The wide player passes to the overlapping central player who shoots
3. now the wide player passes to the forward who passes to the central player to shoot/cross

4 – SSG. Overlapping goals = 2



- Two teams
- When inside the opponents half can you encourage overlapping runs.
- This movement off the ball will not always be used but it will definitely create space for someone to receive a pass or dribble. This is because the defenders will be pulled out of position by the runs made.
- Any goals scored in this way should be awarded double goals.

2. 2v1 overlap



The first attacker passes across to the 2nd attackers and makes an overlapping run. Immediately a 2v1 attack commences

After each attack, nominate one of the attackers to exchange places with the defender for the next turn.

Once again, it's important the receiving player waits for the overlap and then goes at pace.

Does he have to use the run? Or can he go alone?

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Week 8 - Theme: Lionel Messi

This session is aimed at improving the ways in which we can beat defenders and get into goal scoring positions. The session is titled "Lionel Messi" as he is the best player in the world when it comes to dribbling, committing and then going past defenders.

When communicating with the players and telling them the session is called "Lionel Messi" the players should immediately come alive. You can now ask them what Messi does well. The answers we should hear are "Dribbles, he is fast, he is skilful, he scores goals" etc.

We now need to put this into a session that allows for lots ; 1- repetition of dribbling skills, 2 - isolated opposed practice (1v1) , 3 - A game situation. When planning I have been mindful of the cold weather and therefore all players must be active

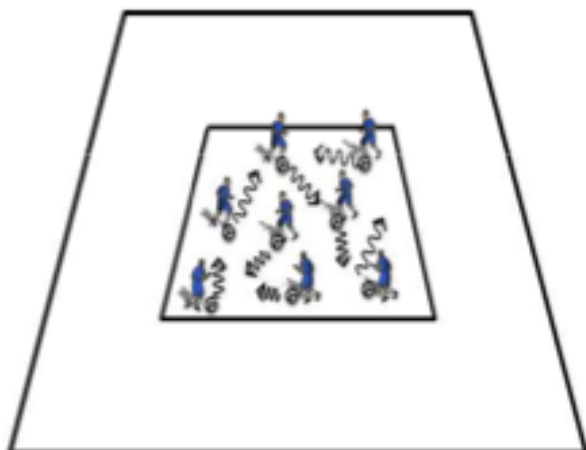
3. SSG - Goal Zones



Two teams. To score a goal, the players must dribble into a scoring zone.

During this game the players will be faced with defenders and will therefore need to dribble and complete a skill to go past the defender. There will also be times when the player has space and can now use his speed to push the ball and run. The coach must also recognise and coach game awareness when the player beats one defender and now has the opportunity to pass ,but chooses not too!

1. The Skill Zone



The players start with a ball each in the centre square. The players must complete skills and tricks with the ball as shown by the coach

On the coaches call, the players turn and dribble out of the square to the outside cones in order to complete a 2nd turn and dribble back into the centre square. This teaches the players to use small touches and skills and then to explode and use their speed and bigger touches into the space

4. SSG - 1v1 Breakout



Two teams

The game is played in the middle zone

The aim for the players is to dribble out of the middle zone and into the end zone for a 1v1 situation against the defender

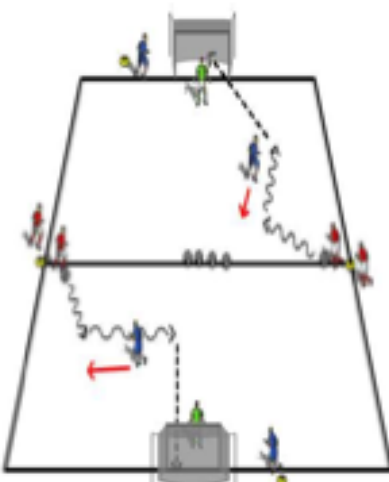
Coaches must ensure that the defender is rotated after a short period of time

2. The Lionel Messi Challenge (1v1 situations)

1v1 attack wide and then central

The red players start at the same time and dribble in from a wide area to attack 1v1. then the players turn and run to collect a 2nd ball and attack 1v1 on the opposite goal from a central position.

Coach must ensure attacks take place at the same time and that the players must try to score as quickly as possible.



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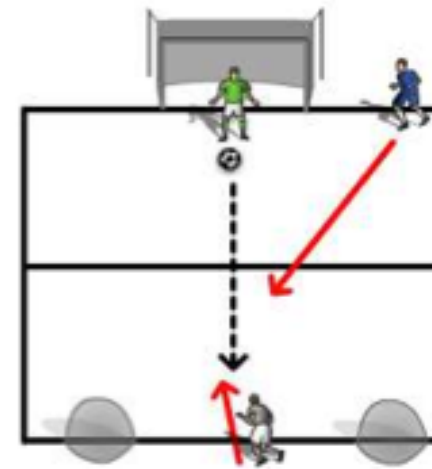
Week 9 - Theme: John Terry

This weeks session is themed around John terry and is aimed at improving the players understanding and enjoyment of defending. When coaching young players there is a large percentage that do not enjoy defending. Therefore, as coaches we need to be creative in the way we teach defending to our young players. With this in mind, we need to ensure the following is applied to our defensive practices

1 – It is fun, 2 – It is challenging, 3 - It forces the players to complete different defending exercises and not isolated actions., 4 – Once possession is regained, the players have the chance to attack.

The practices in this session are based around small sided games with the simple aim of building a starting base of enjoyment in defending.

3. The Cole Game



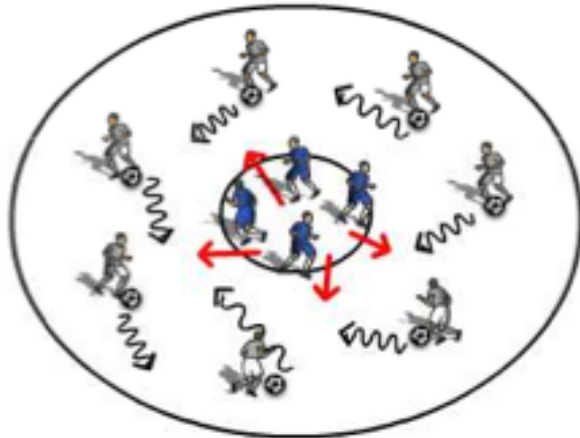
1v1 defending and attacking game

The goalkeeper throws the ball out to the attacker. The defender now races out to defend 1v1

The attacker is trying to score in the big goal and the defender is trying to regain the ball and score in the mini goals

This game is named after Ashley and Joe Cole with the defender and attacker taking on each players role / style of play

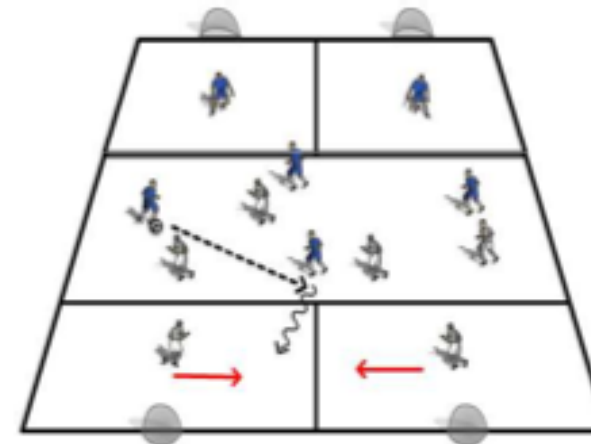
1. Defending Warm Up – “Rollerball style”



Choose 4 players to work as defenders and start in the central circle. The other players take a ball each & dribble around the bigger circle.

- 1 – on the coaches whistle the defenders run to pressure and jockey a dribbling player (but don't tackle)
- 2 – now the player run to pressure and see how many attackers they can tackle in 10 seconds

4. SSG – No Attacker Will Pass



Two teams

Each team try to defend their two mini goals by placing two defenders in the mini zones.

The main game is played in the central pitch. The aim for the team in possession is to free a player to dribble into the end zones and attack 1v1.

The defenders in this zone must play with a “no one will pass attitude”

2. Defending Dominoes



Two groups of players.
One defender in each zone

Game 1 – which defender can tackle the four attackers the quickest?

Game 2 – Continuous game where the player without a ball must tackle a dribbling player in order to become a dribbling player. The player tackled must now react and become the new defender.

Coach in the “Chelsea” way

Start and end each session with fun

Ensure you have a ball to each player

Simple organisation and lay out

Simple rules and communication

No bus queues of players waiting

Develop individual , not teams

Realism (attack and defend the goals)

Lots of 1v1s against different types of opponents (quick, strong, skilful etc)

Inspire with your session, your personality and your enthusiasm

Encourage attacking football

Encourage hard work

Occasionally set a homework task

ask questions, give choice on techniques

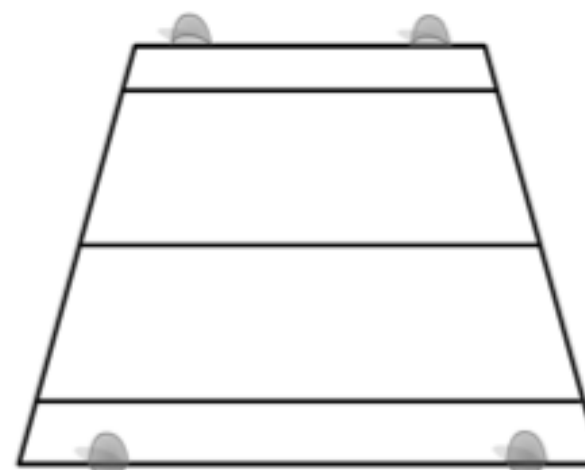
Week 10 - Theme: Ultimate 4v4

This session is a fun small sided games circuit. The games can be played 4v4 but also by increasing the pitch size you can easily play 5v5 or 6v6. Diagram 4 shows the initial set up of the practice and includes all four games inside this one pitch. The way to run the practice is to play each game for 5 minutes so that the players are aware of the pitch for each game and the rules for each game.

Therefore, you will play - 1 – Half field possession for 5m, 2 – End zone game for 5m, 3 – Four goal game for 5m, 4 – Two goal game for 5m.

Now the players are familiar with the games you can play for a further ten minutes by calling out the name of the game randomly. The player must now quickly organise themselves and play the new game.

3. Four Goal Game

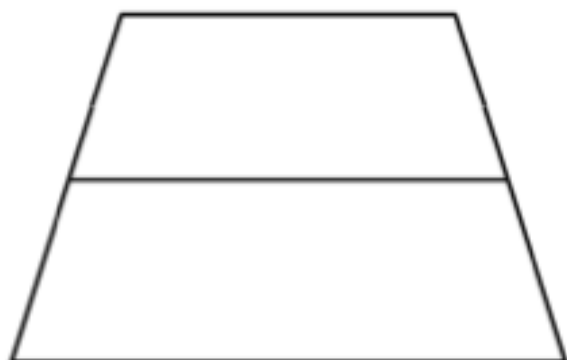


Two teams

Each team attack two goals and defend two goals

Encourage the players to switch the play in order to open up space to dribble 1v1 or create a 2v1 situation.

1. Half field possession

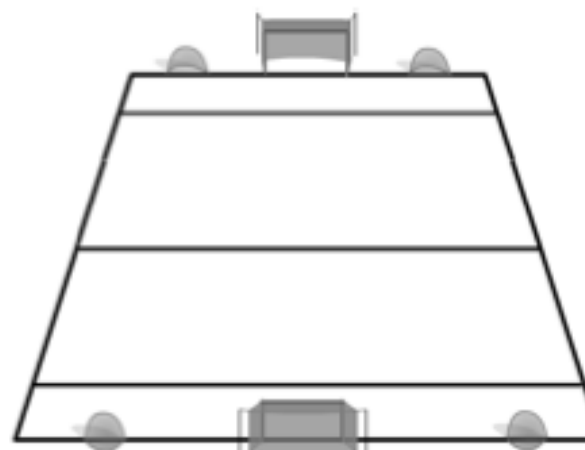


Two teams who split into one half each.

To start, the coach passes a ball into one half and calls for one of the opposing players to run and defend 4v1 / 5v1. After four successful passes are made the coach calls for another defender to run into the half and so on. If the defender wins the ball, the player giving away possession must now run to defend in the other teams half.

"if you give it away, you must win it back"

4. Two Goal Game / Random Games

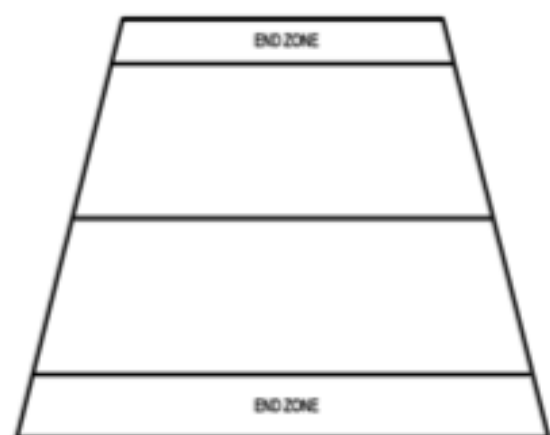


Two teams

Play a normal game for five minutes.

Once you have played the game you can now call out the previous games randomly and the two team have to quickly change and play to the new game that is called.

2. End zone Game



Two teams

Each team attack two goals and defend two goals

Encourage the players to switch the play in order to open up space to dribble 1v1 or create a 2v1 situation.

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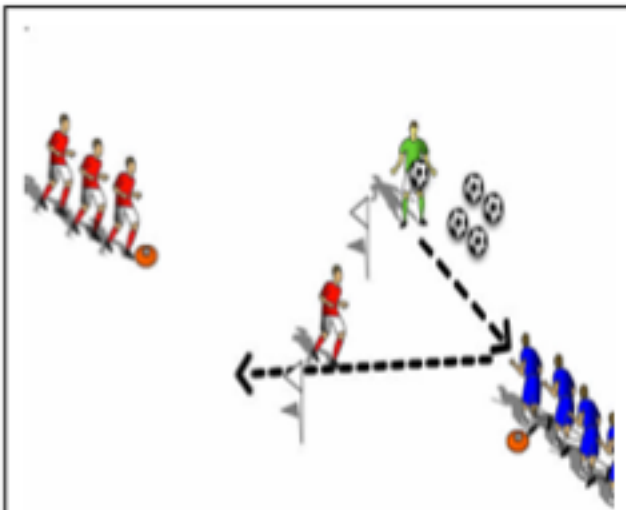
Encourage attacking football

Encourage hard work

Occasionally set a homework task

ask questions, give choice on techniques

Warm Up Games



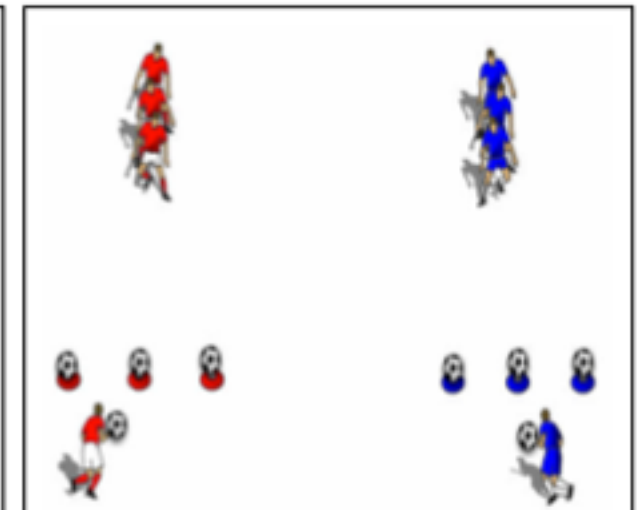
Continuous heading game. The coach must alternate serves between the two teams. After heading at goal, the players must quickly become the keeper for the other teams header. The first team to 5 goals wins



The players work in pairs with one ball. The coach calls out body parts (head, toes, knees etc). The players must touch that area of their body. When the Coach calls "snatch" the first player to grab the ball wins



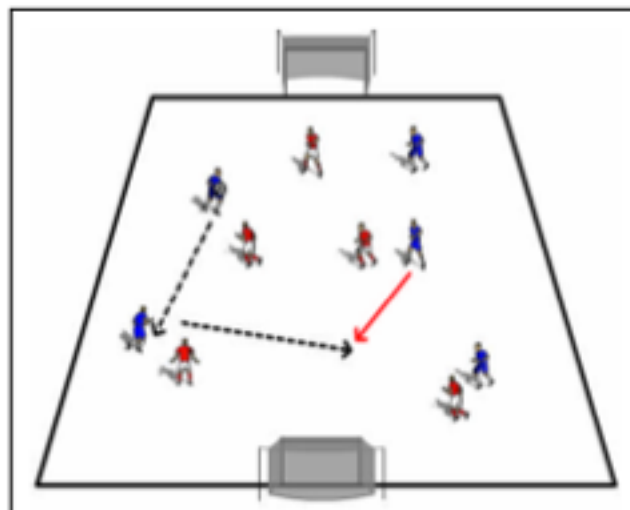
One player acts as the chaser, one player puts a bib in the back of their shorts and acts as the "driver" of the huddle. The players link arms and listen to the "driver" in order to move and stop the chaser grabbing the bib



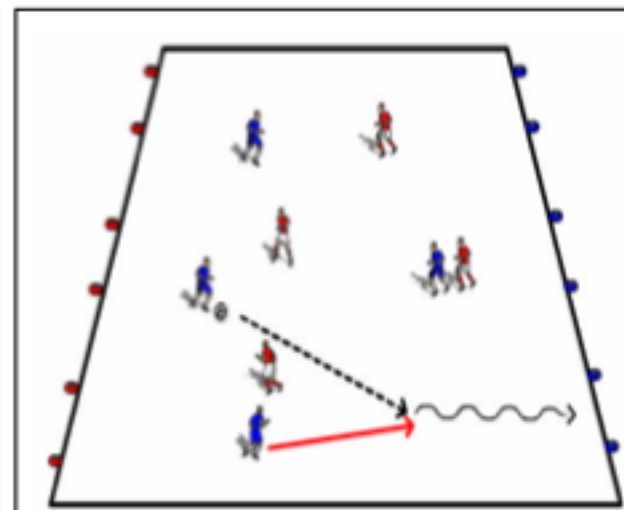
Two teams. Each team has one server whilst the rest of the players take turns to head the ball. The aim is to knock a ball off the cones. The first team to knock all three balls off the cones is the winner



One player works as the first defender. The other players must shield their ball from the defender. If the defender knocks a ball from the cones then the shielding player becomes the new defender. The game is continuous



Handball game. The player in possession is not allowed to move with the ball. The other players must move to receive a thrown pass. When near the goal, the players can score by throwing (1pt) or Heading (2pts) into the goal

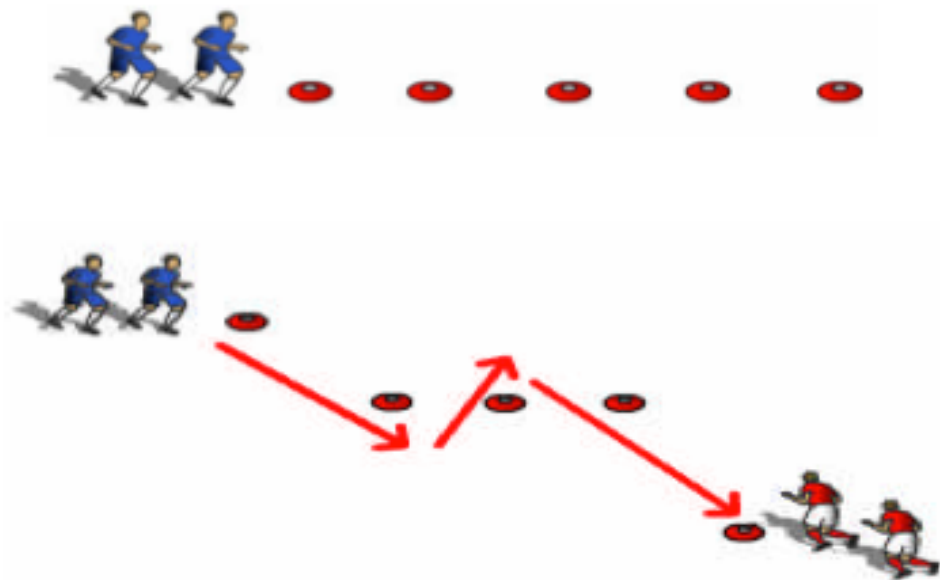


Running handball game. The players are allowed to run with the ball and then make a thrown pass. The aim is to run through the opponents gates to score. Players are tackled if they are touched by a defender when holding the ball.



Each player puts a bib in the back of their shorts. The aim of the game is to pull away the bib from another players shorts. The last player with a bib in their shorts is the Winner.

Physical Development Drills



When looking to improve your players movement, speed and reactions skills its important that you try to get the balance between

1 - ensuring that the correct technique is used

2 - fun practices that include a ball or competitive edge.

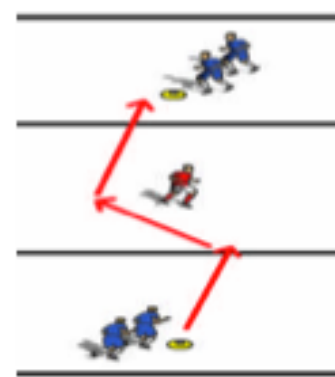
Firstly it is massively important that the players use the correct techniques when running, turning, jumping and landing etc, therefore you cannot neglect these key factors.

However, you must not get bogged down in this area so that the practices become boring for the players.

The above diagrams show simple and exercises that can be used to develop quick feet by placing one foot in the space between the cones or by going sideways, forwards or backwards in a slalom motion.

If you could dedicate 10 minutes in each of your sessions to these practices then you can improve your players movement patterns, speed, agility and reactions times.

All these skills are vital when playing the game.



Players take turns to try and beat the defender and get to the opposite side of the grid.



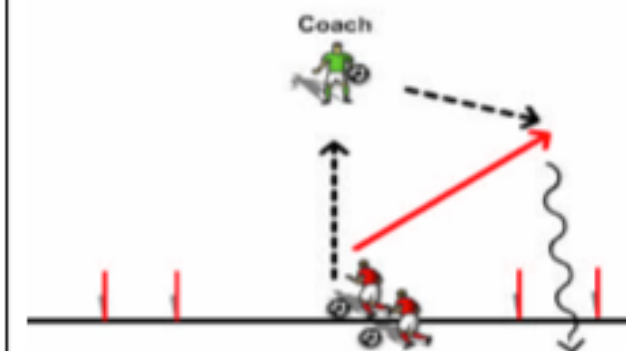
The players must react to the coaches call, touch the cone behind them and then steal the ball before the opponent



3 races. 1 – react to coaches whistle, 2 – react to bounce of ball, 3 – coach stands behind players and touches shoulder



Players must react and then race to the number or the colour cone called by the coach



The player passes the ball to the coach and reacts to get the coaches ball and dribble through the gate



One player is the leader and one is the chaser, the leader moves along the line and then quickly tries to run through a gate