

Transatlantic Soccer

Player Development *Programme* *U10-16*



www.transatlanticsoccer.com



LIVE IT PLAY IT LOVE IT

Welcome to Transatlantic Soccer. We have developed a coaching program to help assist you throughout the season. Below are some helpful and important points to remember and use, in order for the children to experience a fantastic soccer season and receive the greatest possible benefit.

Each coaching session should focus upon **ONE** theme, i.e. dribbling. This continuous repetition of the skill, allows the children to learn at a faster rate as the focus is constantly upon one skill.

- This session should then be broken down into 4 parts
 - Warm up
 - Skill development
 - Fun game/game-like practice
 - Cool Down

Organization

- Plan the coaching session in advance, ensuring as much activity for the children as possible. Also make certain that you have the appropriate amounts of equipment available for the session. Don't leave anything to chance!
- Ensure that the coaching area is clearly defined. This will ensure that the children are aware of the boundaries of the field, which will help when it comes to understanding the boundaries of the soccer field.
- When explaining a drill or speaking to the children, ensure that they all have their backs to the sun as much as possible. That way their attention will be fully focused upon you and not on blocking the sun from their eyes. Also, children have a very small attention span. Keep explanations to a minimum, i.e. maximum 30 seconds explanation
- Play small sided games as much as possible, i.e. 2v2, 3v3, 4v4. This will allow all the children to receive as many touches of the soccer ball as possible in a game related context.
- Ensure the safety of the children in each practice.

Demonstration

- Where possible let the children demonstrate as it provides the other children with motivation to try and better the team mate who demonstrated the drill. However if the drill is too advanced for any of the children then demonstrate it yourself. Also, rotate the children that demonstrate so as not to show favoritism.

Feedback

- Feedback should always be positive where possible. If they do something wrong then ask them if they know what they did wrong. If not then explain what they were doing wrong and give them a solution.
- Good **communication** is vital. Always use words that the children will understand. Remember, children's language is not as advanced as ours therefore we need to simplify it!
- Provide constant encouragement.

Motivation

- In order to keep the children motivated it is important to be enthusiastic at all times as the children will feed off your enthusiasm.
- Keep the practices varied so boredom does not set in. Use your imagination to keep practice fun!
- Set achievable goals. This will provide the children with success, in turn increasing their self confidence.

Coaching Philosophy

- **Fun and Enjoyment** is priority number 1!
- Maximum participation where possible for all children. Inclusion of all children in each practice is vital for progression and for the simple reason that it is not nice to leave children out.
- For learning to take place it is important to try and create a positive learning environment. Be friends with the children and try and come down to their level. The social aspect of working with U6/8 is just as important as the practical side. Team barbeques are a great idea for bringing the team together and creating a good team spirit.

Hopefully these points will assist you in the forthcoming season. Good luck!

The following coaching programme should act as a guide to coaching your team this season. The games sessions week 6 – 11 will allow you to coach through the game and highlight areas of strength and requiring development.

Week 1	Week 2	Week 3	Week 4	Week 5
Games	Dribbling	Control	Passing	Shooting
Week 6	Week 7	Week 8	Week 9 March 09	Week 10
Games	Games	Games	Games	Dribbling
Week 11	Week 12	Week 13	Week 14	Week 15
Control	Passing	Shooting	Dribbling	Control
Week 16	Week 17	Week 18	Week 19	Week 20
Passing	Shooting	Dribbling	Control	Passing
Week 21	Week 22			
Shooting	Games			

Typical Session Structure

Warm-up (10mins)	4v4 Game, themed game or other dynamic activity incorporating a ball and stretching
Skill Development Activity (Fun based where appropriate) (20 mins)	Based on selected theme and providing a progression
Small-Sided-Games (15 mins)	4v4 or 5v5 games, free play with minimal coaching
Cool Down (5 mins)	Decrease in heart rate, muscle flexibility through stretching

Transatlantic Soccer

Training Session Planner

Week No: 1

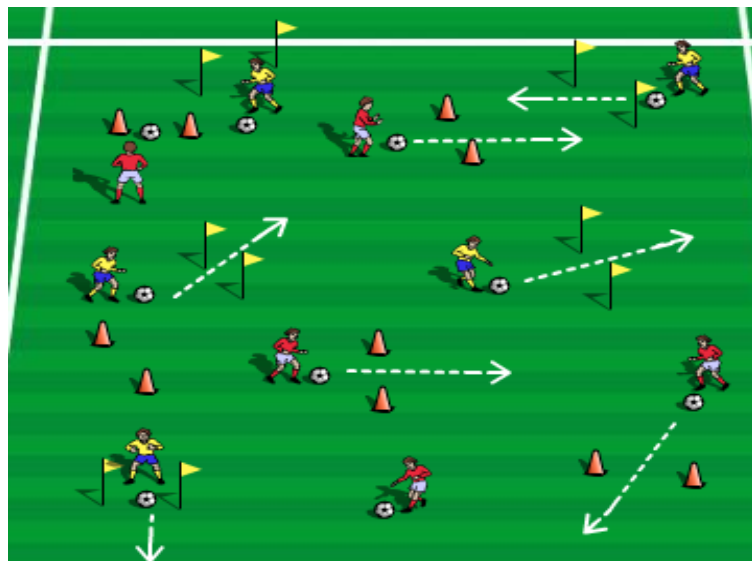
Theme: Games

A. WARM-UP – CREATIVE MOVEMENT

Players at first are encouraged to dribble freely with the ball showing various moves to beat opponents and changes of direction. Players eventually progress to dribbling through a gate on the coaches' signal. Other variations include:

a) 30 seconds to dribble through as many gates as possible; b) in 2 teams, 1 v 1 dribbling - 1 player from each team speed dribble through all gates and back to start.

Coaching Points: Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates and show various dribbling moves.



B. SMALL-SIDED GAMES

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.

All games kick in from side to re-start and are 5 minutes in duration.

An additional Option would be to play 7v7, in a similar format or play a tournament format if you have a number of teams.



C. COOL-DOWN

Half the group dribbles freely in a defined area, whilst the other half follows static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round players performing stretches and retrieve.



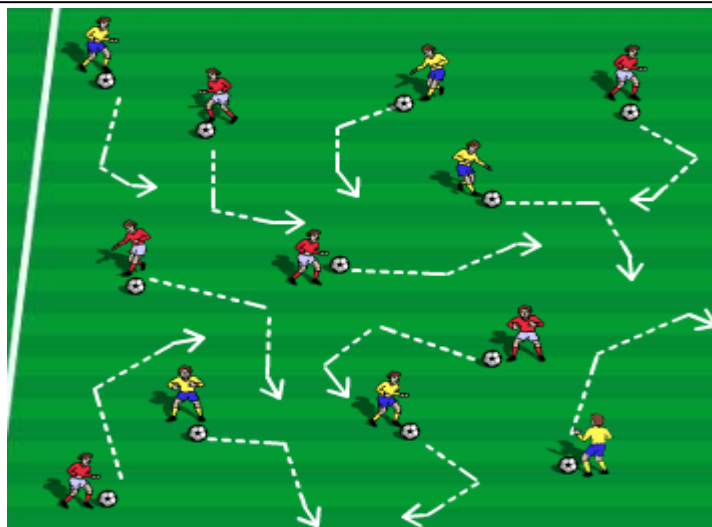
WARM-UP

Players with a ball each dribble freely inside the defined area. Coach provides instruction on various conditioned movements with the ball as follows.

a) inside-inside; b) inside-outside; c) turn-in; d) turn-out; f) change g) toe-taps.

Players perform the conditioned activity for a set-time before moving freely again.

Coaching Points: encourage players to take soft touches, lift head for awareness and control speed of movement.

**SKILL DEVELOPMENT ACTIVITY**

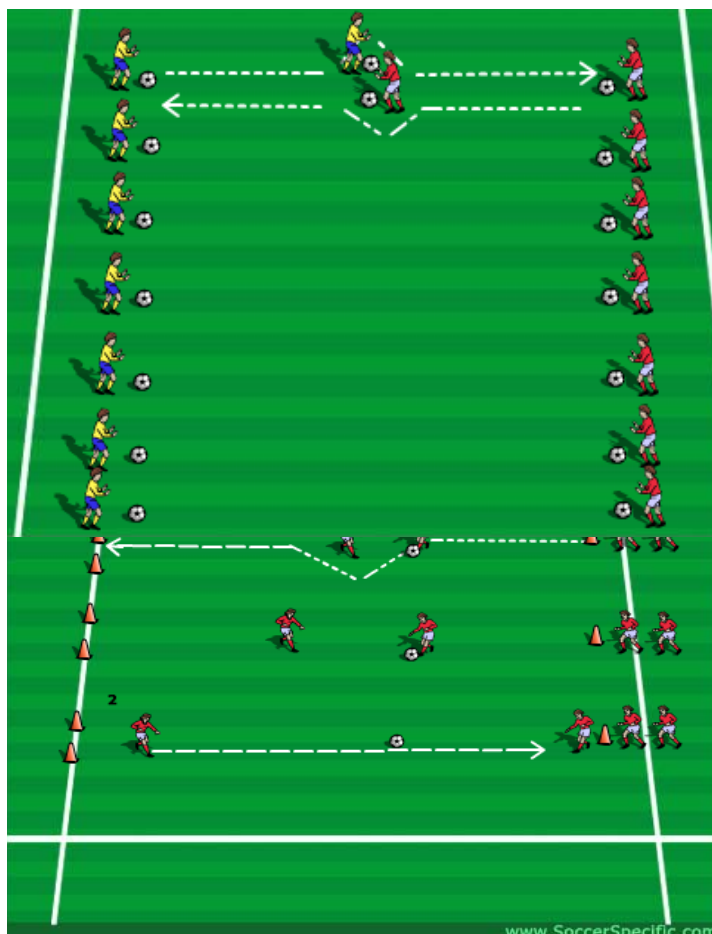
1) Fake - Dribble ball towards partner, fake to left or right by exaggerating upper body movement and dropping lead shoulder low. Draw opposite foot behind ball and push out in opposite direction away from defender. Complete change of direction at opposite end, continue exercise. Ensure players have opportunity to work both right and left.

2) Progression – Double Fake

SKILL DEVELOPMENT ACTIVITY - Progression

Progression from Skill Development Activity (1). Ball is played from defender to attacker, and attacker uses skills learnt/ practiced in Skill Development Activity (1) to try and beat opponent and score in small goal.

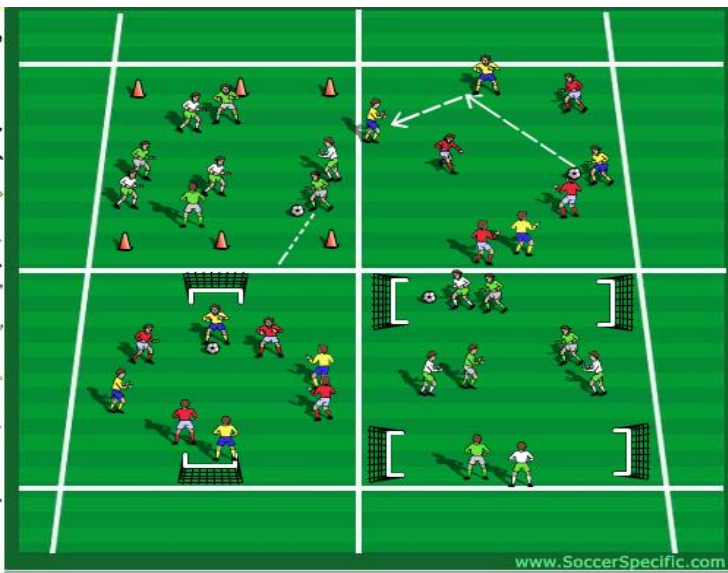
Refer to Coaching in the Game booklet (One v One) for further coaching points.



SMALL-SIDED GAMES

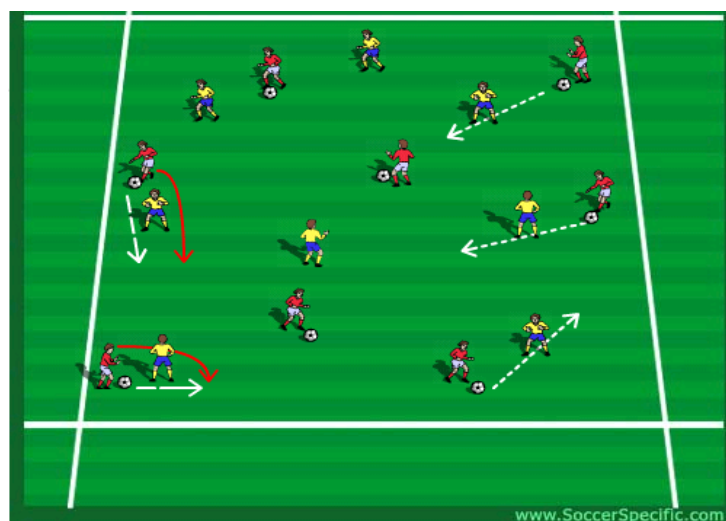
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All games kick in from side to re-start and are 5 minutes in duration.



B. COOL-DOWN

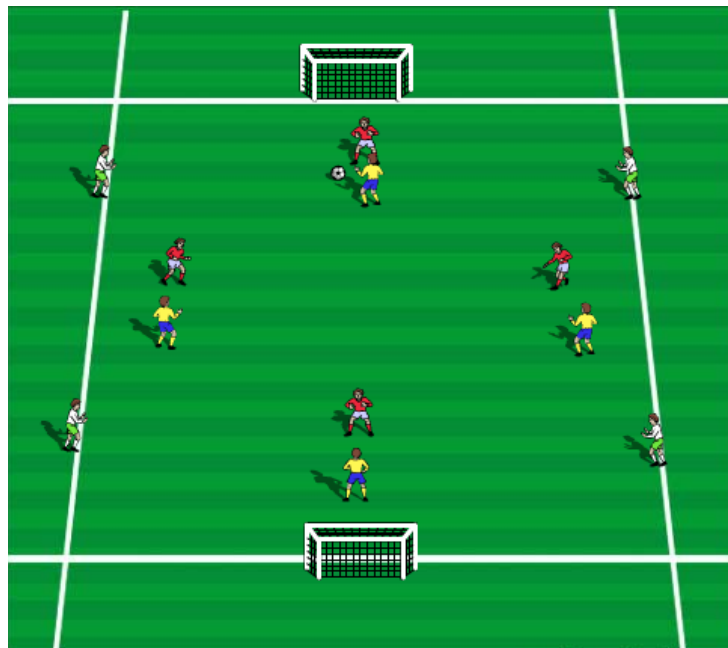
Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round players performing stretches and retrieve.



WARM-UP

Set-up: Set up small sided pitches for 4v4 free play with side players (3 teams of 4 players). 2 teams should be bibbed and rotate players every 4 minutes so that every team gets an opportunity to play and to perform dynamic movements.

Coaching Points: Minimal coaching at this stage. Encourage side players to perform dynamic stretches (game-like movements)



C. SKILL DEVELOPMENT ACTIVITY

Set-up: Players in threes. 2 feeders, 1 in box. Feeders play ball into box and players must control in the box and return. Continually rotate players.

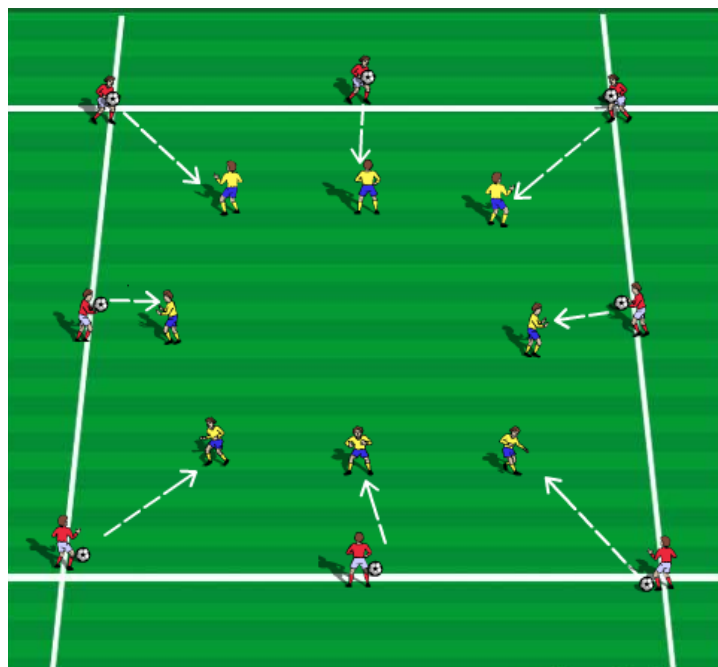
Progression: Feeder shouts direction, player must control and move in that direction.

Progress to driving out of box and shooting for goal

Introduce goals (Where available), after player controls in box they must drive out and have a shot at goal.

1 ball player in box control, turn and pass.

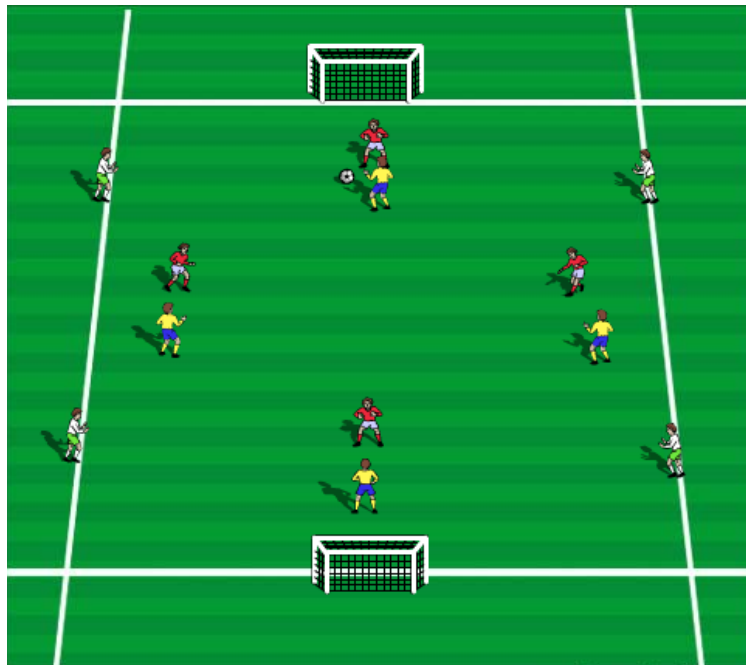
Coaching Points: Relax body, get behind ball, eyes to ball, good first touch in direction of next pass.



SMALL-SIDED GAMES

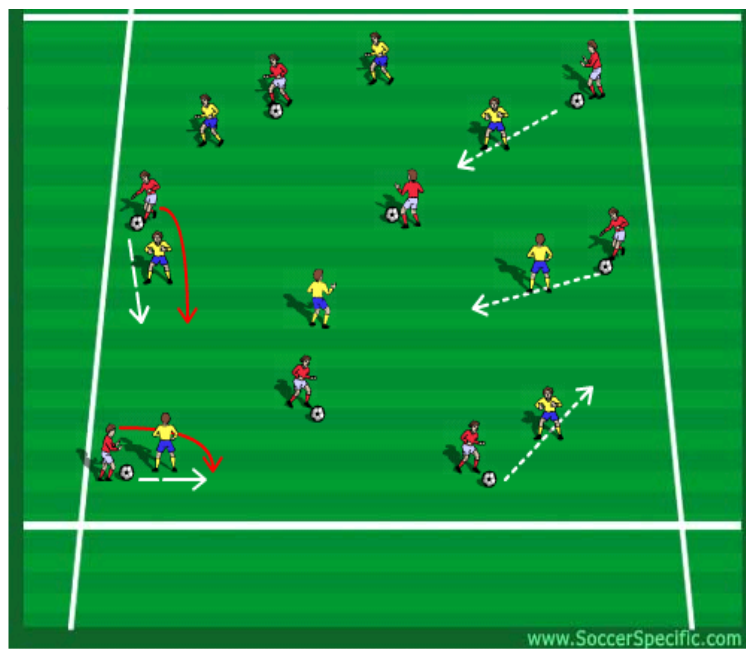
Play 4v4 small sided games. At sessions with high volumes of players coaches should use side players in games.

Coaching Points: Encourage players at all times. Reinforce earlier coaching points relating to ball control. Give information on making space in game (length, width, depth)



COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg (**knock ball through players legs**) or pass round players performing stretches and retrieve.



WARM-UP

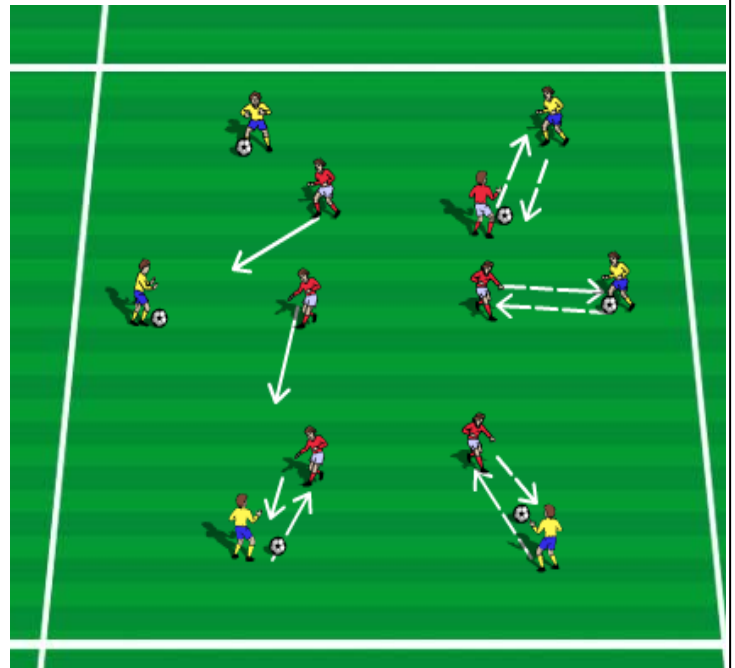
Yellows players take the ball and form a circle. Red players without a ball position themselves inside the circle. Yellow players with the ball feed pass from hands/feet to red player who returns pass to feeder: After the pass red player then goes through a series of dynamic stretches.

Pass

- 1) Inside foot Pass
- 2) Outside foot pass
- 3) Non-preferred foot

Stretch

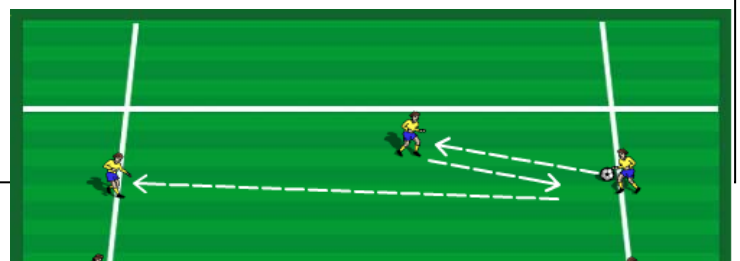
- 1) side steps
- 2) imitation header
- 3) heels up at the back
- 4) change of pace



SKILL DEVELOPMENT ACTIVITY

PASSING IN THREES

- 1) Short, short long. Player A plays a 1-2 with player B then passes long to player C. Player C then repeats the sequence.

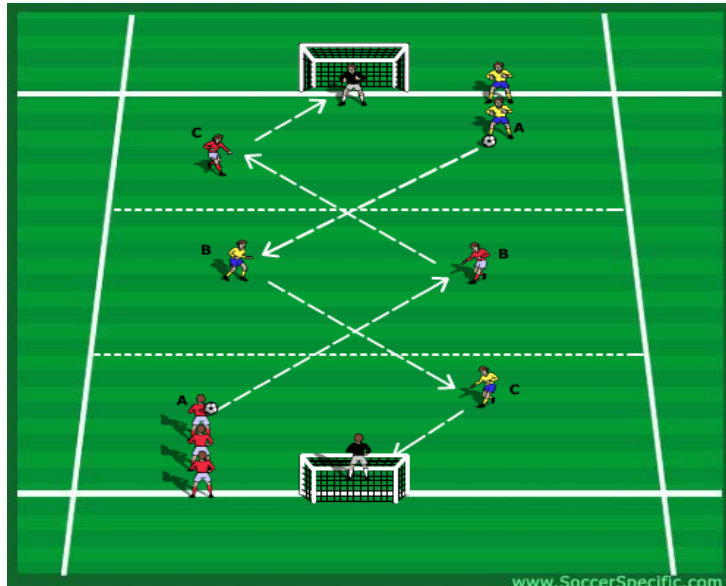


SKILL DEVELOPMENT ACTIVITY - Progression

PASSING IN THREES

2 Groups at either end of a 40 yard area with goals. A passes to B, B passes to C and C shoots at goal. Players should move on a station after each combination.

Various combinations can then be introduced e.g. A passes to C, C passes to B who supports and shoots at goal



SMALL-SIDED GAMES

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Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.

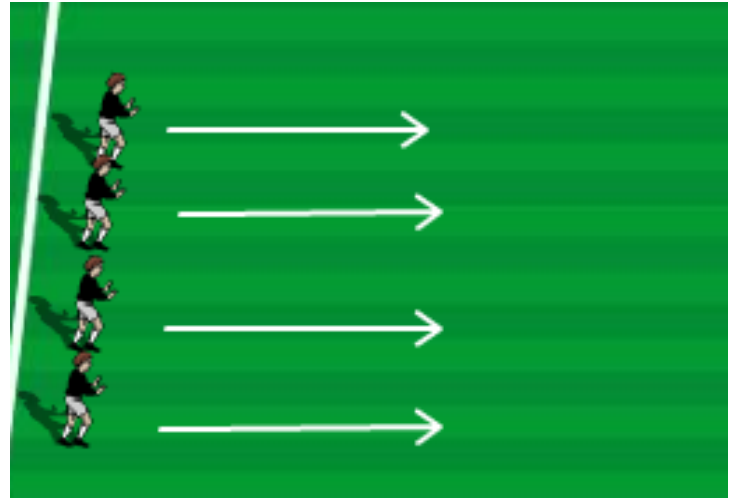
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COOL-DOWN

Players jog forward and then jog back
Players jog forward and then jog backwards back
Players skip forward and then skip back.
Carioca forward there and back
Stretch for 3 minutes (on their own)

Involve the ball where possible, ensure heart rate slows to just above resting rate.



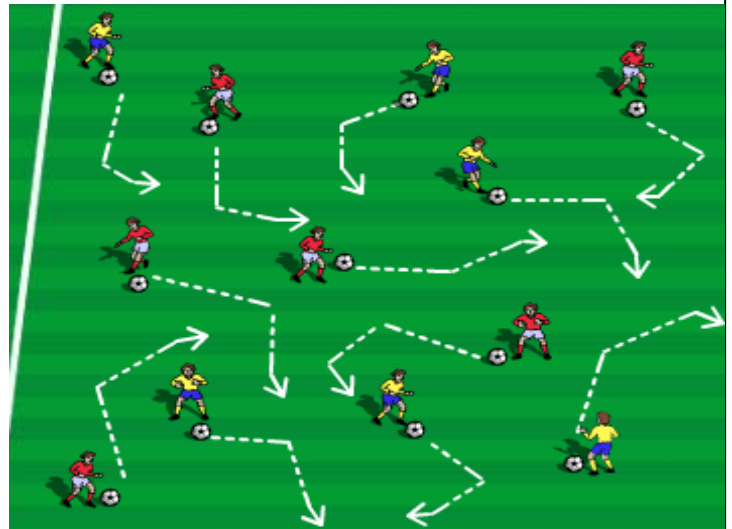
WARM-UP

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Players perform the conditioned activity for a set-time before moving freely again.

Coaching Points: encourage players to take soft touches, lift head for awareness and control speed of movement.

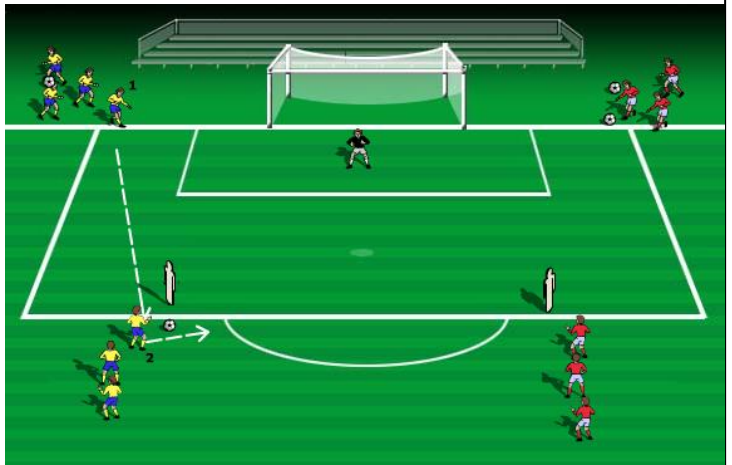


SKILL DEVELOPMENT ACTIVITY

Players are split into two equal groups. Half the group positioned on the bye line at the corner of the 18 yard box and the other half on the just outside the 18 yard box facing the goal. Player 1 passes to player 2 who controls and shoots at goal. Player 1 moves changes place with player 2. Alternate shooting between groups.

Progressions:

- 1) Stipulate right foot shooting from lhs of box and left foot shooting from rhs of box.
- 2) Competition between groups.



SKILL DEVELOPMENT ACTIVITY - Progression

The Shoot Out – Players are split into 2 teams. Each player has a ball. Teams are given 1 minute to score as many goals as possible. Players must dribble through gate before scoring and can attempt shots at any point after this. Players must retrieve ball and return to end of group.



SMALL-SIDED GAMES

Bottom Left: 4v4 with or without Gk's

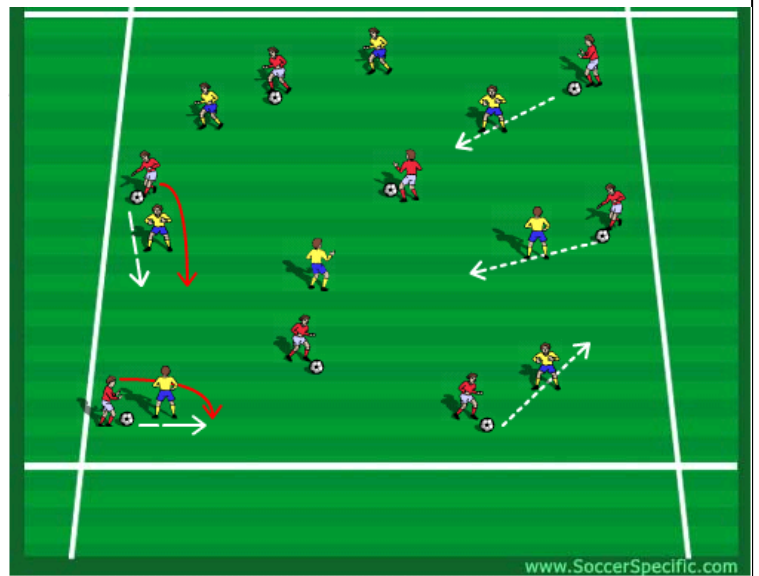
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Promote shooting at every opportunity.



D. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round players performing stretches and retrieve.

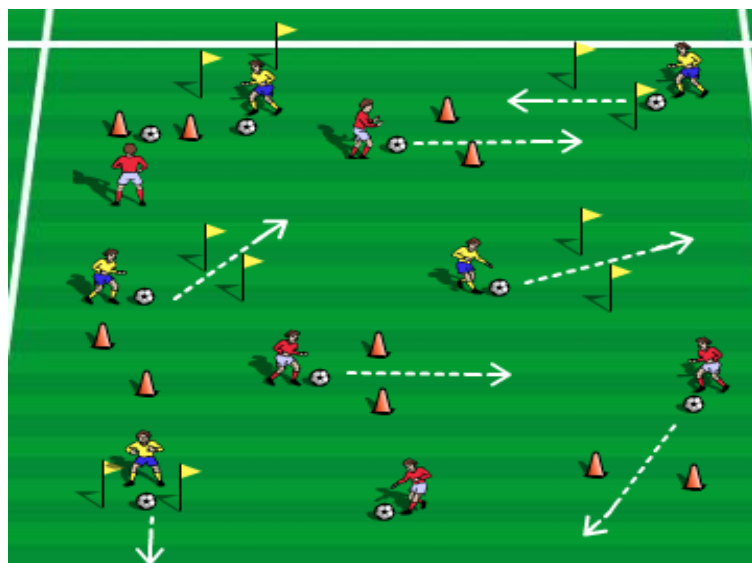


E. WARM-UP – CREATIVE MOVEMENT

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a) 30 seconds to dribble through as many gates as possible; b) in 2 teams, 1 v 1 dribbling - 1 player from each team speed dribble through all gates and back to start.

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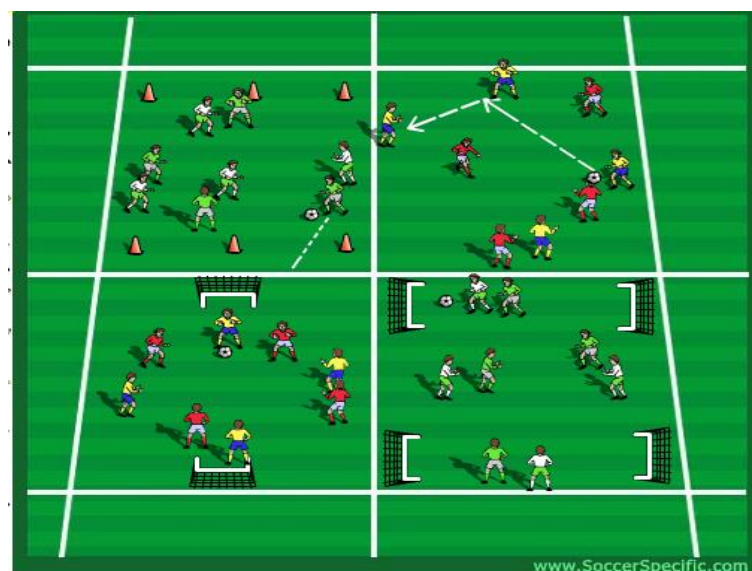
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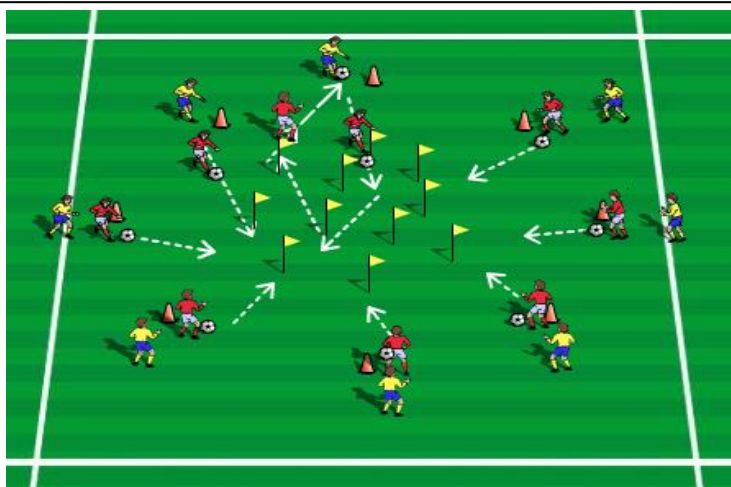
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WARM-UP

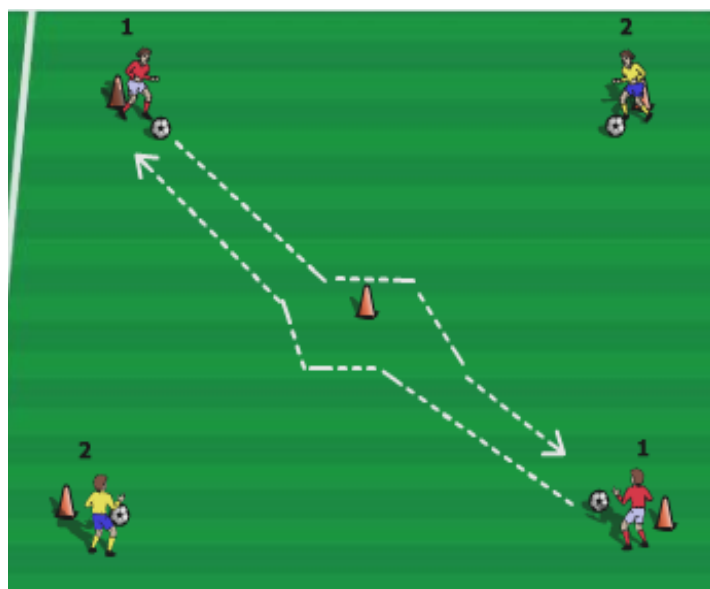
Create a circle with markers, 2 players on each marker, players dribble ball in to the centre area and go round several markers/flags/poles. Upon leaving the centre area the player plays a short pass to his partner. While the partner is waiting he can perform some dynamic stretches. This can be progressed to passing the ball to any free player.

**SKILL DEVELOPMENT ACTIVITY****- Touch & Technique Activities**

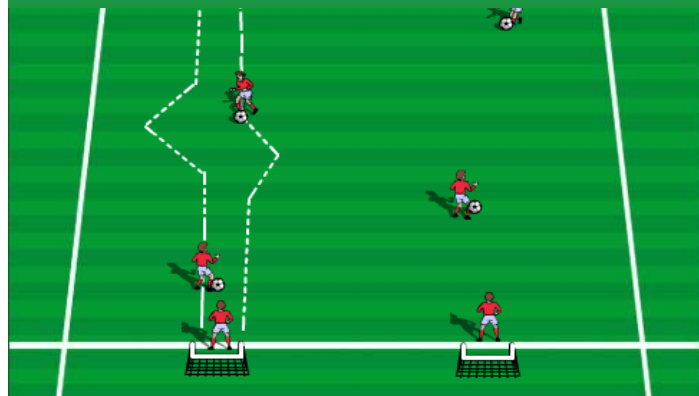
Players' runs towards cone at the same time as the player diagonally opposite. Each player performs a scissors move and runs towards and dribbles the ball under control. This drill can be progressed with players working in pairs the player without the ball applies pressure.

Coaching Points: fake to pass the ball with the outside of the right foot, then step around the ball with the same foot. Then take the ball away with the outside of the left foot.

Progression: Double Scissors

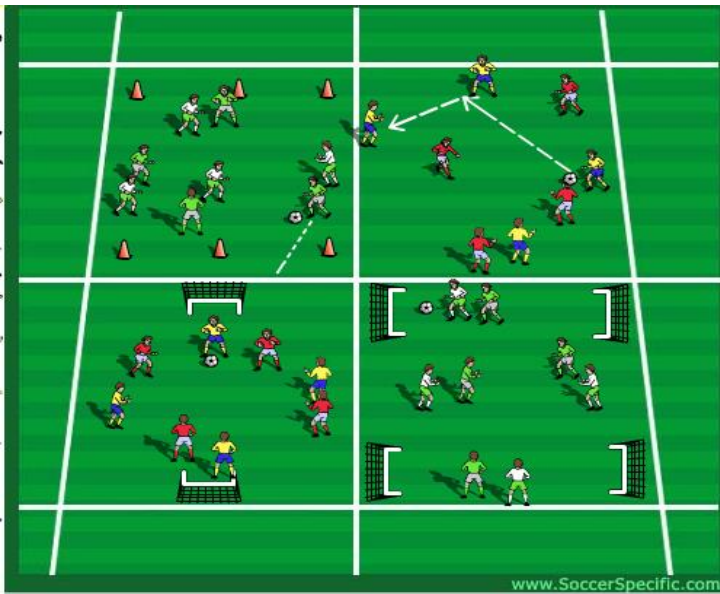
**SKILL DEVELOPMENT ACTIVITY - Progression**

Using a larger area than in Skill Development Activity (1), each player performs a scissor move as he/ she runs towards opponent. Once past opponent, player then encounters a 1 v 1 situation with a goalkeeper in front of goal.



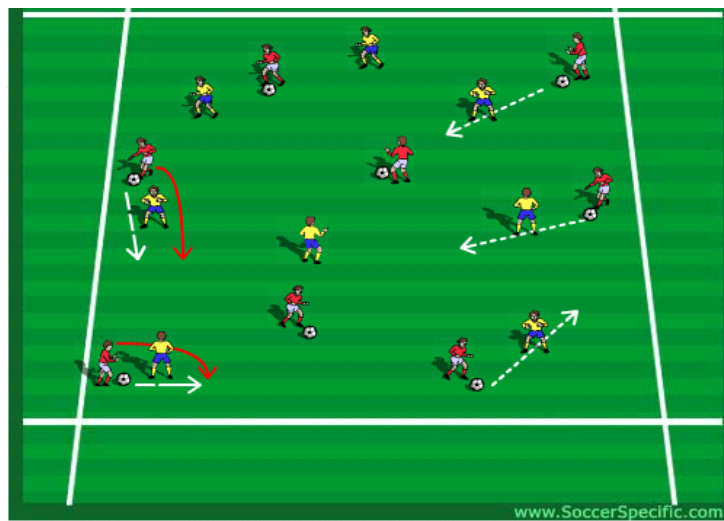
SMALL-SIDED GAMES

Bottom Left: 4v4 with or without Gk's



COOL DOWN

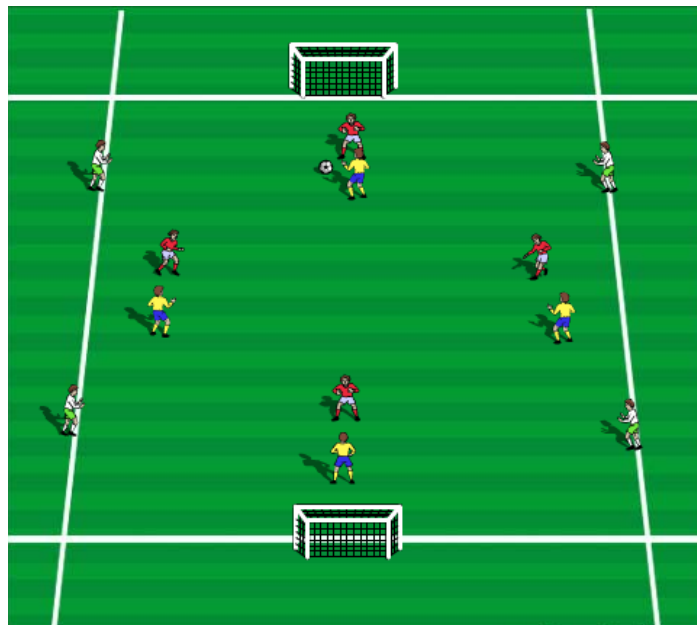
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WARM-UP

Set-up: Set up small sided pitches for 4v4 free play with side players (3 teams of 4 players). 2 teams should be bibbed and rotate players every 4 minutes so that every team gets an opportunity to play and to perform dynamic movements.

Coaching Points: Minimal coaching at this stage. Encourage side players to perform dynamic stretches (game-like movements)



SKILL DEVELOPMENT ACTIVITY

Set-up: Players in pairs. Set up small triangular gates for activity.

A passes to B, B must control and pass through another gate. Receiving player cannot return ball through the gate they received from. This encourages players to take good first touch across body.

Progression: Use left foot/ right foot. Make gates smaller/ bigger to adapt exercise. Introduce fun competition by keeping scores of successful passes between games etc.

Introduce goals, take touch in direction of goal and finish.

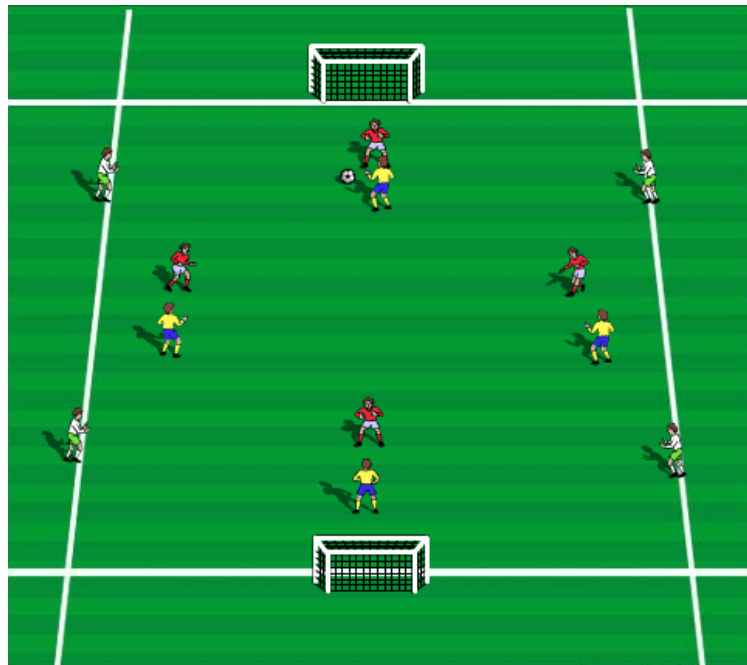
Coaching Points: Relax body, get behind ball, eyes to ball, good first touch in direction of next pass.



SMALL-SIDED GAMES

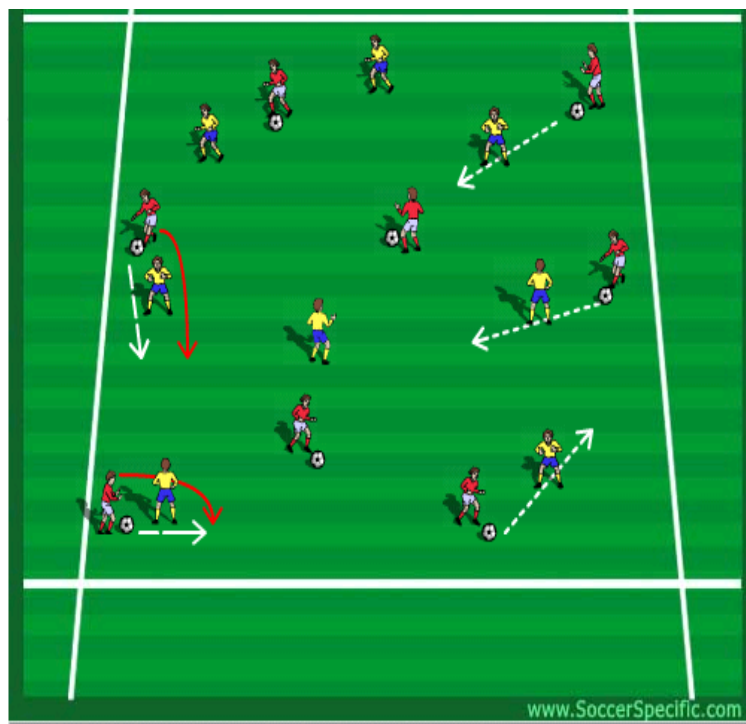
Play 4v4 small sided games. At sessions with high volumes of players coaches should use side players in games.

Coaching Points: Encourage players at all times. Reinforce earlier coaching points relating to ball control. Give information on making space in game (length, width, depth)



COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round players performing stretches and retrieve.



Week No: 12

Theme: Passing + Movement

WARM-UP

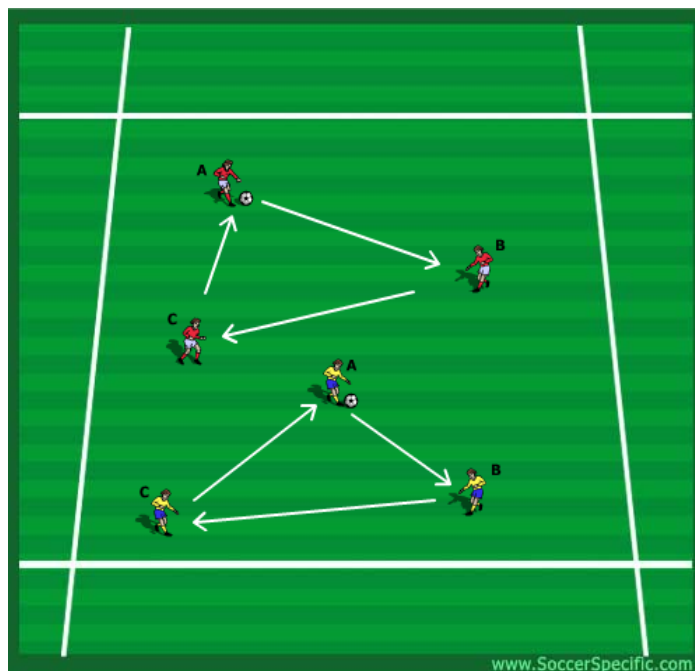
Sequence passing

Players are split into 3/4/ groups of 4. They are numbered 1-4 and pass the ball through the sequence of numbers starting with number 1. Change rule that pass starts from highest number. Coach should work on different passing techniques.

- 1) inside of foot
- 2) outside of foot
- 3) lofted
- 4) driven
- 5) non-preferred

coaching points:

- head over ball
- standing foot points to target



F. SKILL DEVELOPMENT ACTIVITY

Ajax drill



SMALL-SIDED GAMES

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

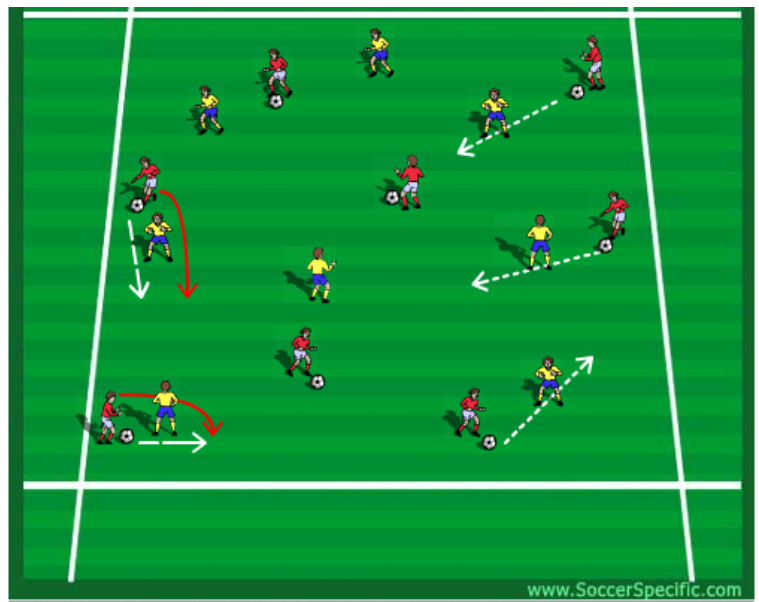
Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.

All games kick in from side to re-start and are 5 minutes in duration.



COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round players performing stretches and retrieve.



WARM-UP

Handball: Accelerations, chaotic movement, and reactions, decision-making.

Conditions: players can't run with the ball and can score by throwing in the goal. Optional add line 6/8 yards from goal to prevent long throws at goal.

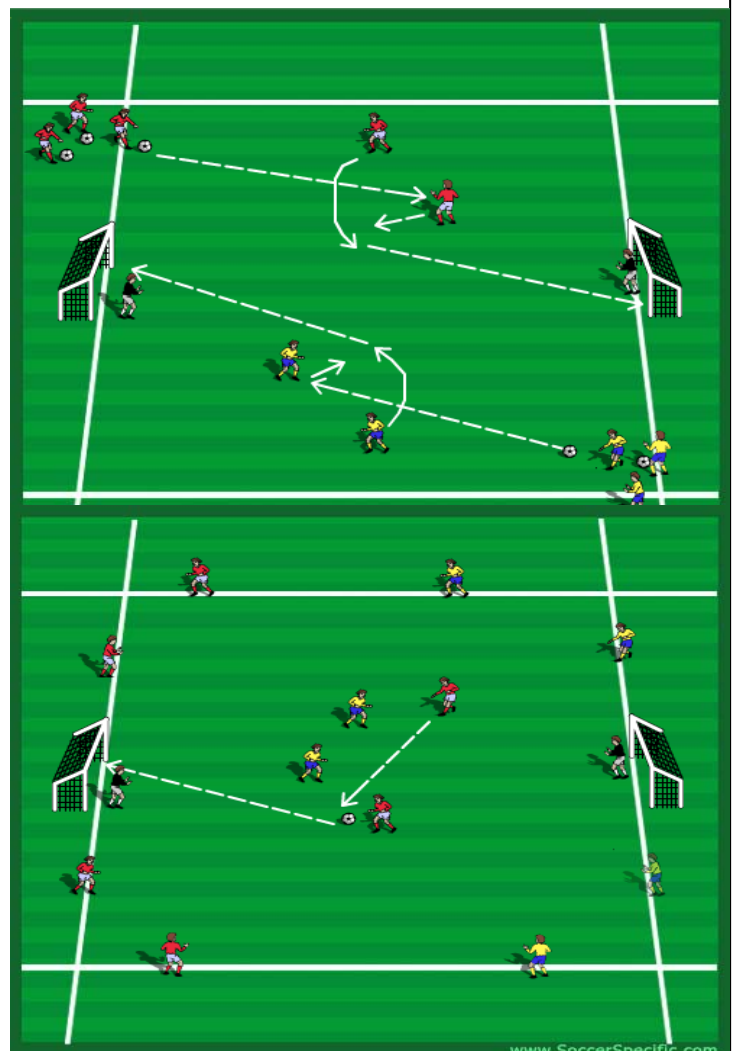


SKILL DEVELOPMENT ACTIVITY

Rotational Shooting Drill – Using 2 –goals players are split equally with a supply of balls. Midfielders pass is played to second striker to lay-off for first striker to make and across the face run and shoot at goal. Move to next station – 2nd striker moves to next group.

Progressions:

1) Use across the face run as decoy, spin out and shoot with left foot.



SKILL DEVELOPMENT PROGRESSION

Ajax Shooting Game – Make pitch 30 yds x 20 yds max. Ensure a good supply of balls at each goal. Split into 2 teams. 2v2 + Gk's play with any extra players acting as side players. Play for 1 – 2 mins before rotating players.

Encourage shooting as often as possible.

Side players should have 1 touch to ensure ball remains in play and for team in possession.

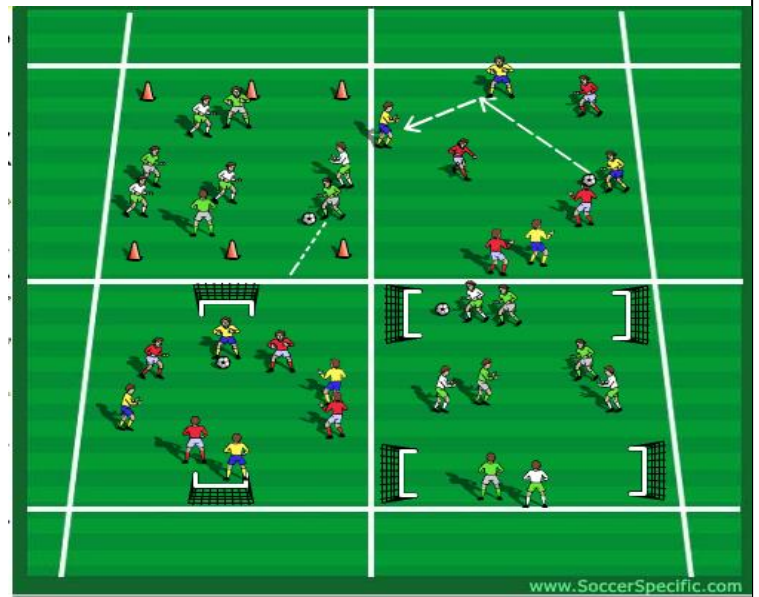
Scoring can be kept between each pairing.

SMALL-SIDED GAMES

Bottom Left: 4v4 with or without Gk's

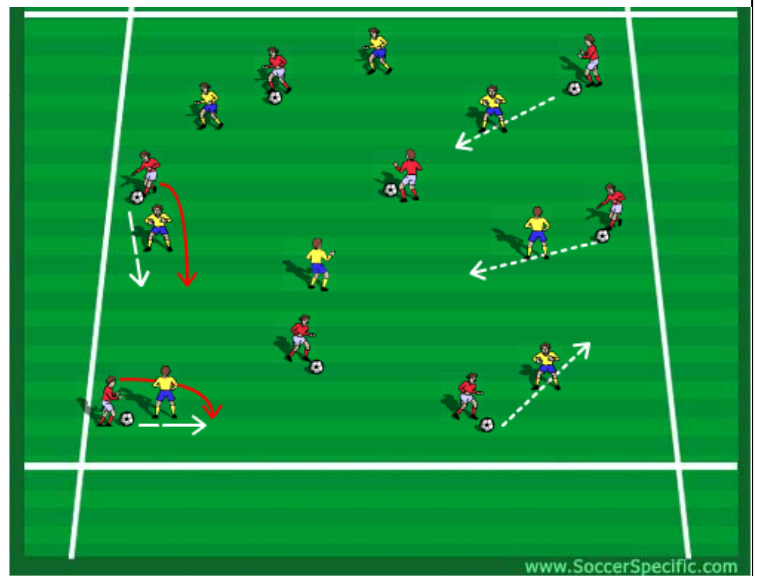
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Promote shooting at every opportunity.



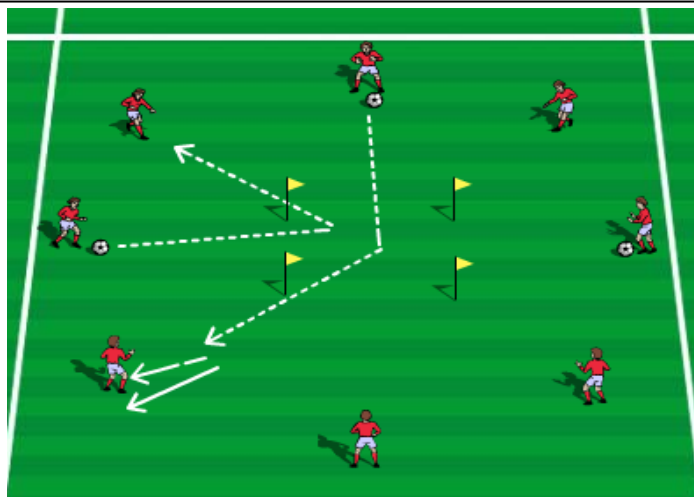
G. COOL-DOWN

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WARM-UP**- Change of Direction**

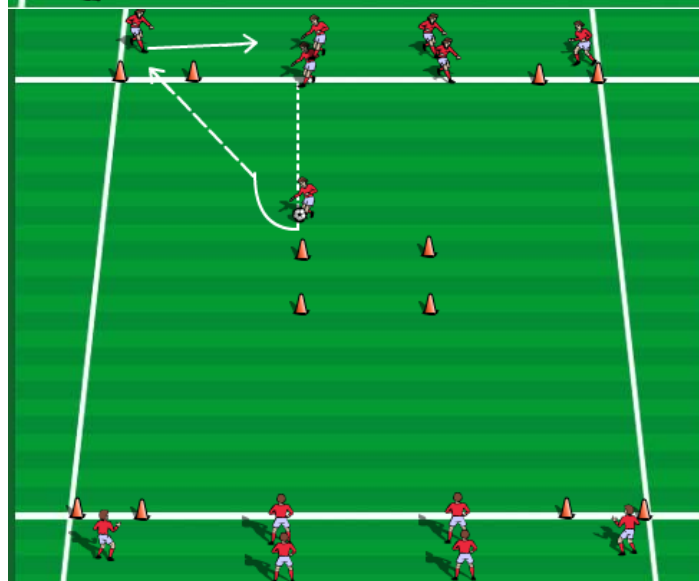
Players form a circle, box in the centre, players dribble into the box perform a move to change direction then dribble the ball out play a short pass and take the place of the player that they have just played the pass too. Progression can be made by adding more balls, increasing the size of the circle and asking players to play a longer pass after they have performed a change of direction.

**SKILL DEVELOPMENT ACTIVITY****- Inside Cut**

- 1) Inside Cut - Dribble ball towards partner, fake to strike ball, then cut to change direction by using inside of foot. Exaggerate upper body movement and disguise to unbalance opponent.
- 2) Progression – Step Over ball with opposite foot, pivot as you land and execute inside cut.

**SKILL DEVELOPMENT ACTIVITY - Progression**

Still working on the inside cut (as above in Skill Development Activity 1), players are in groups of three four, and asked to dribble towards a marker. As they reach the marker, inside cut is performed and player drives towards a goal/ gate, before passing the ball onto next player in line. Assure that the inside cut is performed both with alternate feet!



SMALL-SIDED GAMES

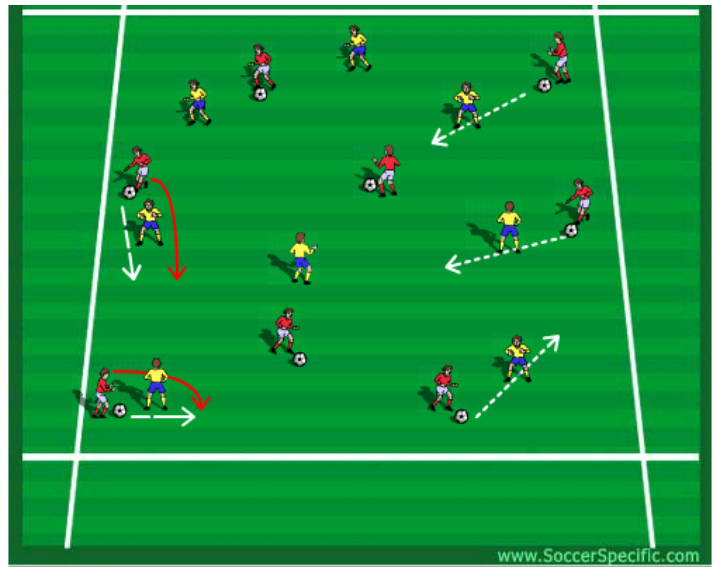
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Bottom Left: 4v4 with or without Gk's



H. COOL-DOWN

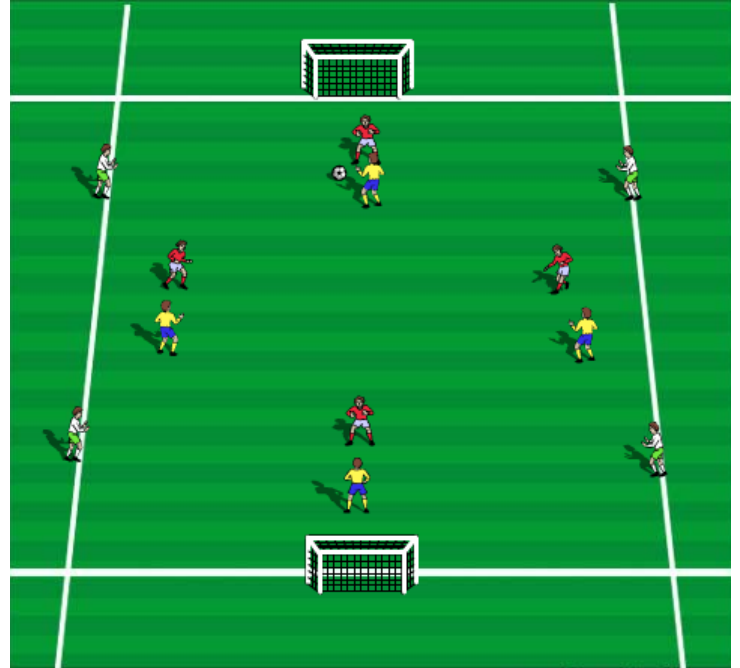
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WARM-UP

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Coaching Points: Minimal coaching at this stage. Encourage side players to perform dynamic stretches (game-like movements)



I. SKILL DEVELOPMENT ACTIVITY

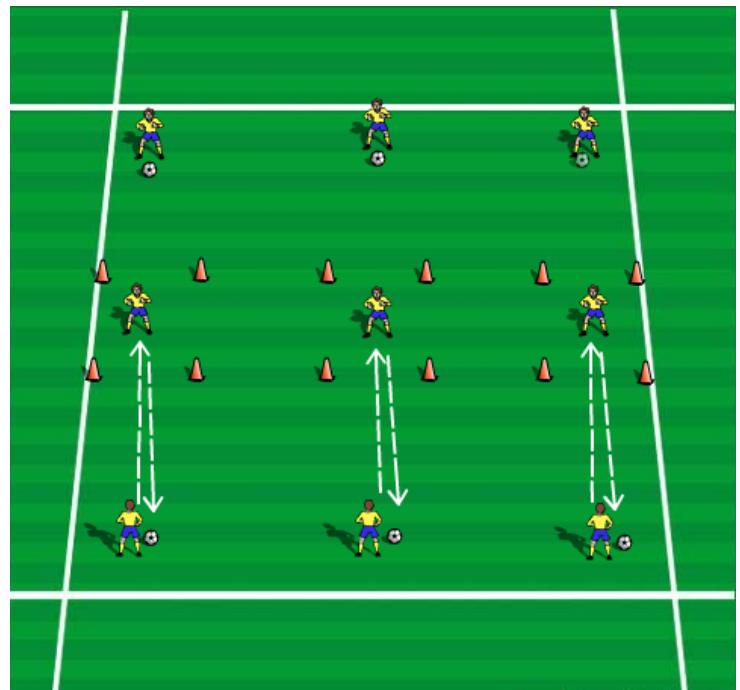
Set-up: Players in threes. 2 feeders, 1 in box. Feeders play ball into box and players must control in the box and return. Continually rotate players.

Progression: Feeder shouts direction, player must control and move in that direction.

Introduce goals (Where available), after player controls in box they must drive out and have a shot at goal.

1 ball player in box control, turn and pass.

Coaching Points: Relax body, get behind ball, eyes to ball, good first touch in direction of next pass.



SMALL-SIDED GAMES

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.

All games kick in from side to re-start and are 5 minutes in duration.



COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round players performing stretches and retrieve.



WARM-UP

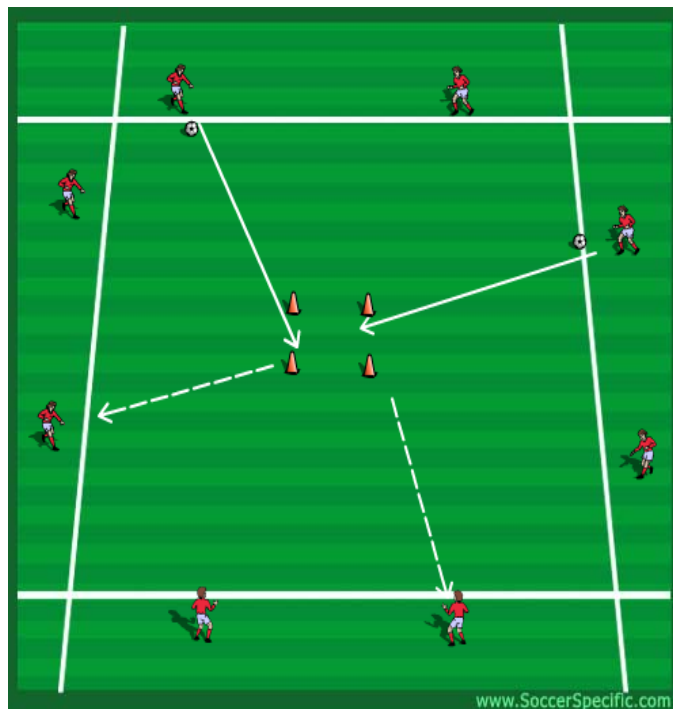
Players are split into 2 groups of 8. Group stand around box of an area 25x25yards. Start with 2 balls, players drive into middle, perform a turn then pass to free player on the outside and exchange places. A third ball can be added to challenge group if required.

Progression:

Player who passes ball to side player then performs a 1-2 before changing places.

Coaching points:

- weight of pass
- arc run at an angle
- make eye contact with player before passing ball to them



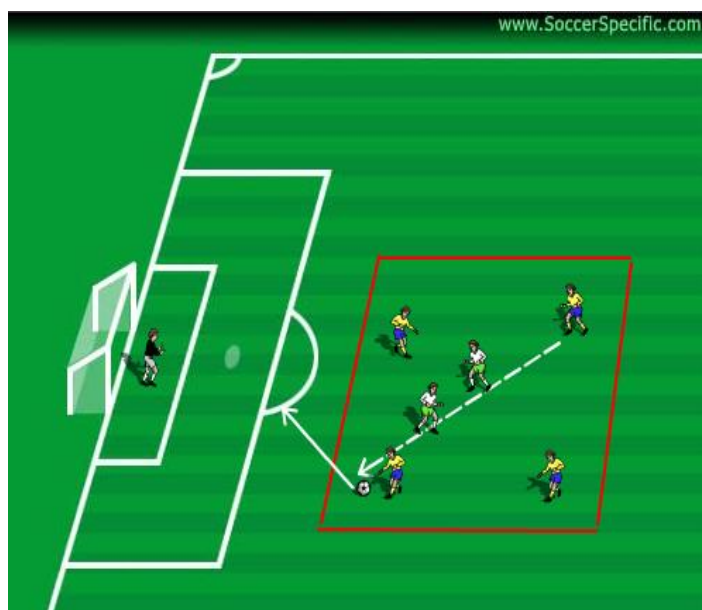
SKILL DEVELOPMENT ACTIVITY

4v2 in a grid of 20x20. team with 4 players have to try to release a player out of the grid who runs through and shoots at goal.

Variations

- player has to dribble out of box
- player runs on to a through pass

more grids and goals should be set out to maximise participation.



SMALL-SIDED GAMES

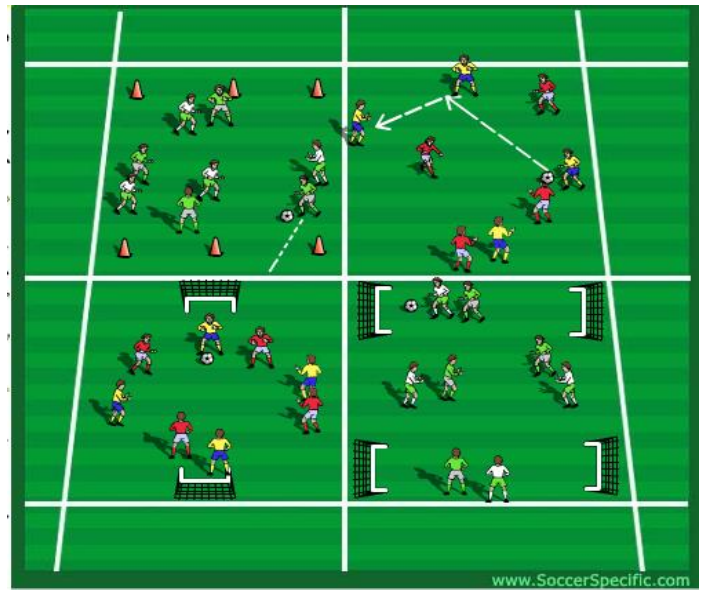
Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

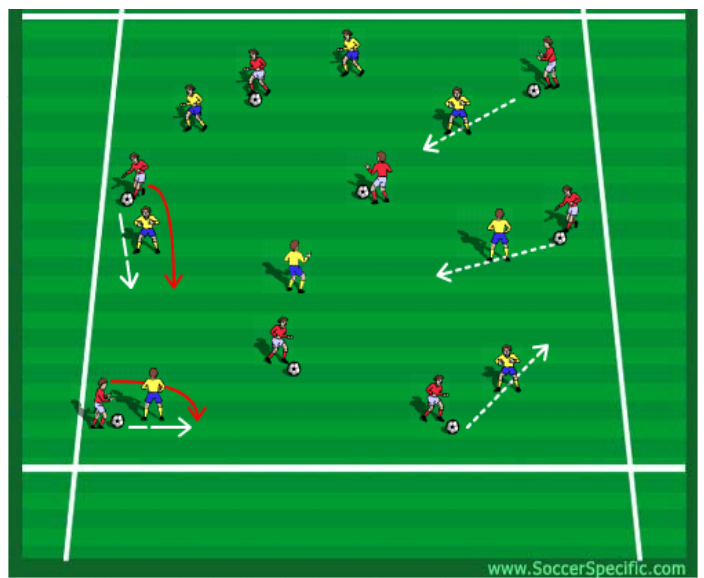
Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.

All games kick in from side to re-start and are 5 minutes in duration.



COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round players performing stretches and retrieve.



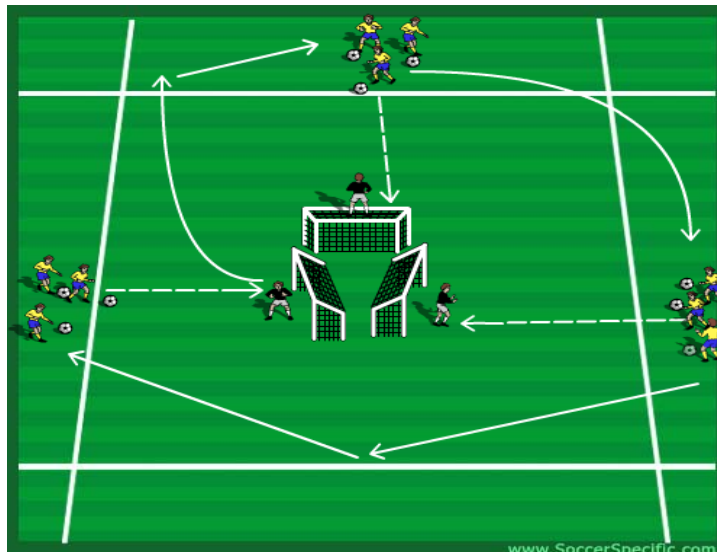
WARM-UP

3-Goal Rotational Shooting

Goals or flags placed in centre of playing area.
Players in 3 groups shoot at goal, retrieve ball and move clockwise to next station.

Encourage players to use both feet.

Introduce dynamic stretching throughout warm-up.

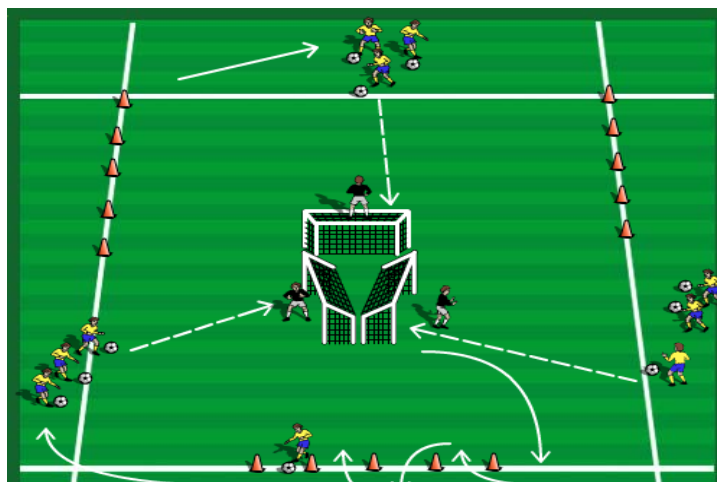


SKILL DEVELOPMENT ACTIVITY

3-Goal Rotational Shooting Drill – Set-up as above with addition of dribbling slalom between stations.

Progressions

- 1) Stipulate use of right or left foot.
- 2) Feed for volley/half-volley
- 3) Focus on side foot shot/drive with laces



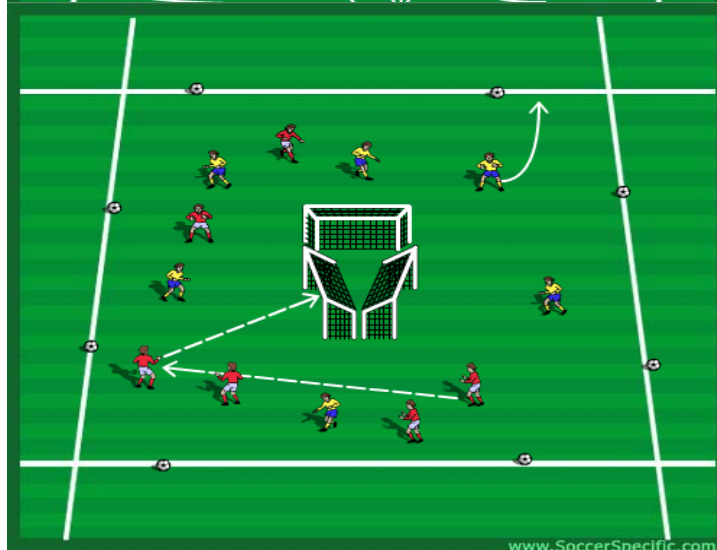
SKILL DEVELOPMENT ACTIVITY - Progression

3-Goal Rotational Shooting Game

Split players into 2 teams. Place 6 to 8 balls on the outside of the playing area. After scoring a goal on any of the 3 central goals, the team who score retrieve another ball from the side and continue to play.

Progressions

- 1) Team losing a goal retrieve possession of a ball from the side
- 2) Give 1-2 mins for each team to score as many goals as possible



SMALL-SIDED GAMES

Bottom Left: 4v4 with or without Gk's

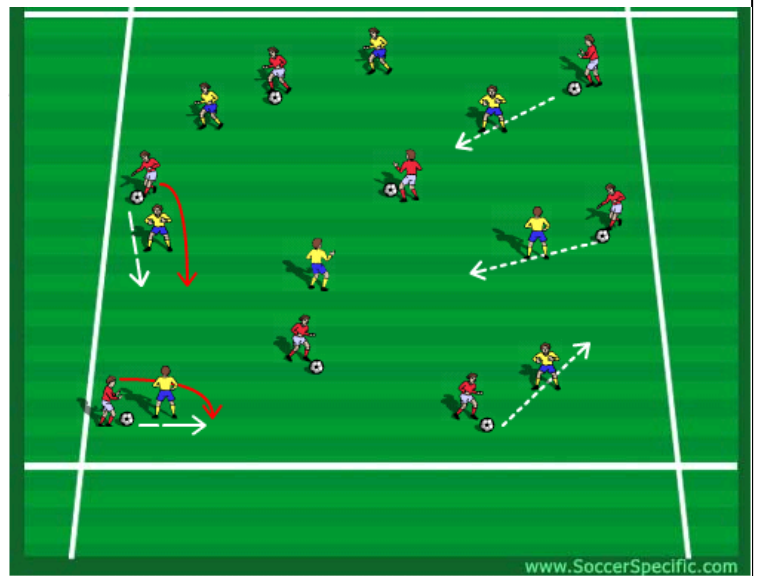
All games kick in from side to re-start and are 5 minutes in duration.

Promote shooting at every opportunity.



J. COOL-DOWN

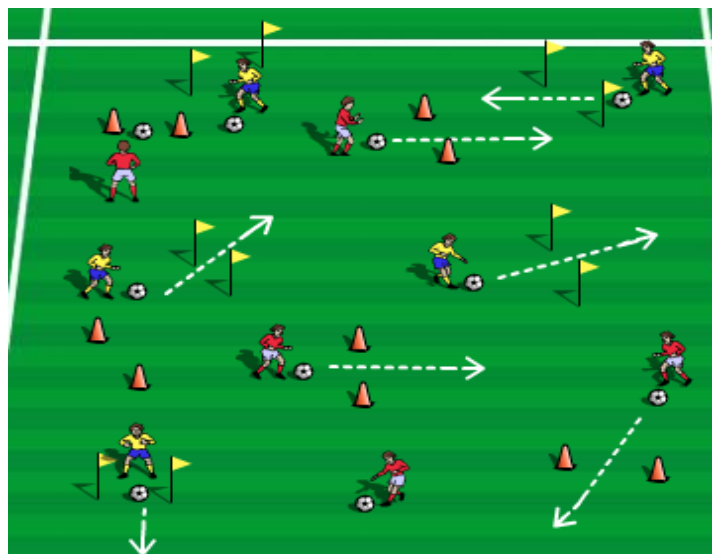
Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round players performing stretches and retrieve.



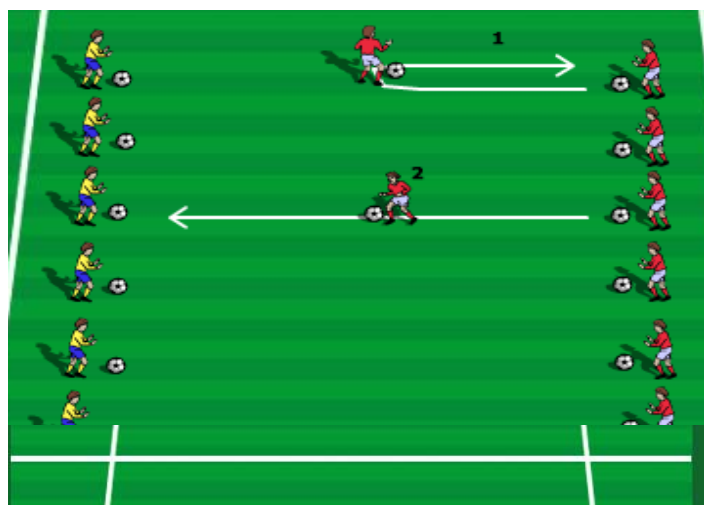
WARM-UP**- Creative Movement**

Players at first are encouraged to dribble freely with the ball showing various moves to beat opponents and changes of direction. Players eventually progress to dribbling through a gate on the coaches' signal.

Coaching Points: Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates and show various dribbling moves.

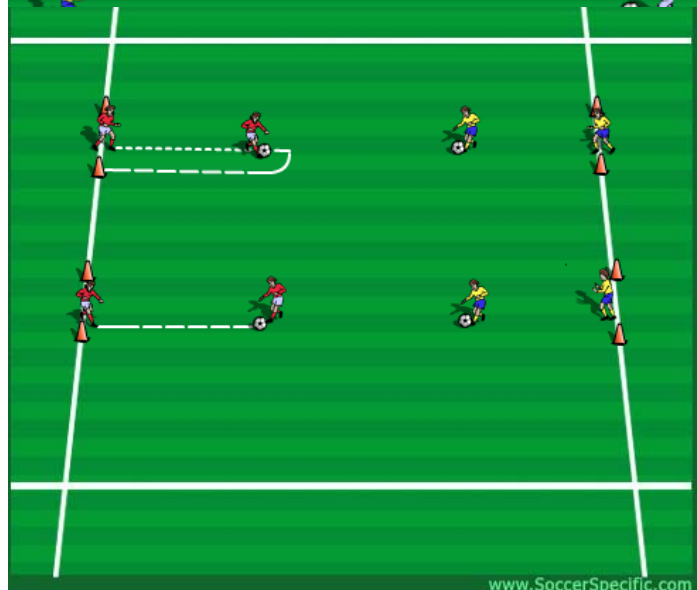
**SKILL DEVELOPMENT ACTIVITY****- Stop Turn**

- 1) Stop Turn- Dribble ball towards partner, stop ball with sole of foot. Step over ball with both feet, turn quickly and take ball away in opposite direction. Use momentum to go beyond the ball and turn sharply. Use both left and right foot.
- 2) Progression - Stop Start move- Stop ball and fake to step over then take away in forward direction.

**SKILL DEVELOPMENT ACTIVITY - Progression****- Stop Turn**

Similar to Skill Development Activity (1) above, but now players are in pairs, with one ball between two and each pair has its own gate/ goal.

Player dribbles out from goal, performs a 'stop turn' and then drives towards their partner who has remained in goal. 1 v 1 ensues towards goal (see Coaching in the Game, One v One for more coaching points).



SMALL-SIDED GAMES

Top Left: End line game - dribble over end-line to score.

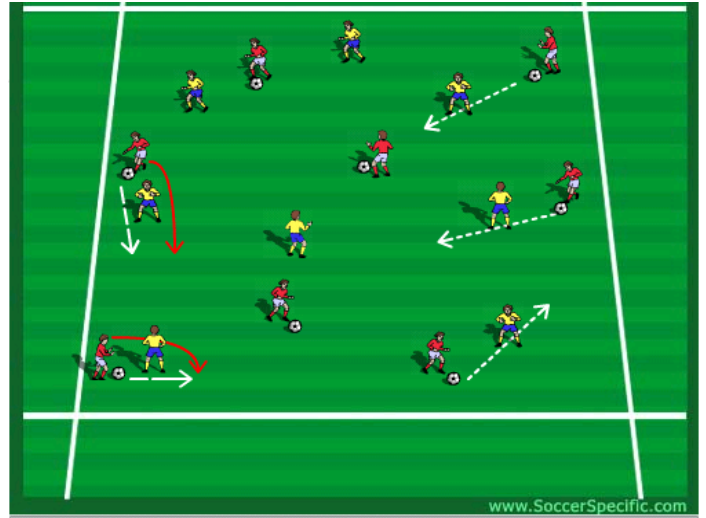
Bottom Left: 4v4 with or without Gk's

All games kick in from side to re-start and are 5 minutes in duration.



COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round players performing stretches and retrieve.



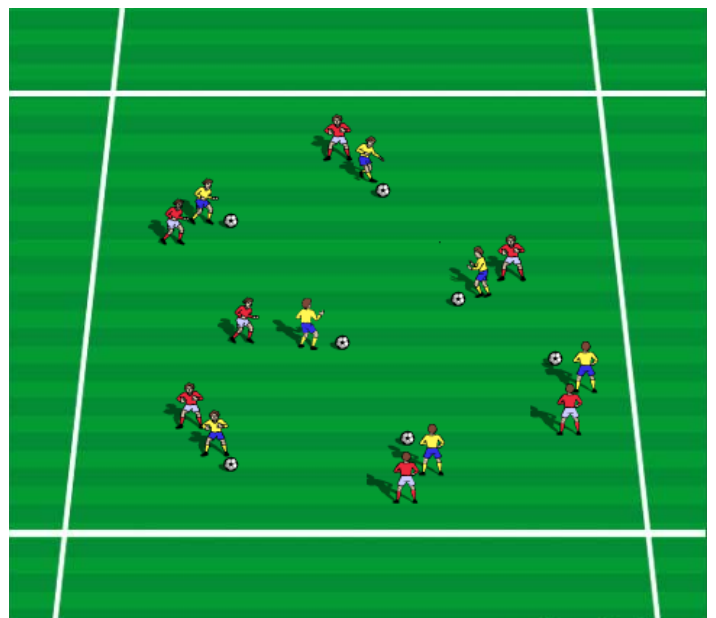
Week No: 19

Soccer Specific Theme: Control

WARM-UP

Set-up: Follow leader - Use whole area available and allow players to dribble freely with ball in pairs, one with ball, other without.

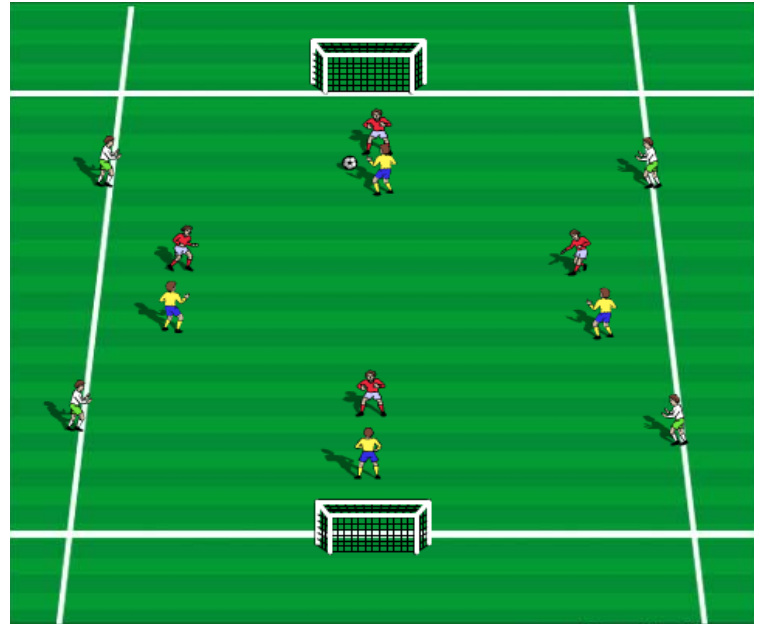
Coaching Points: Minimal coaching at this stage. Encourage side players to perform dynamic stretches (game-like movements)



SMALL-SIDED GAMES

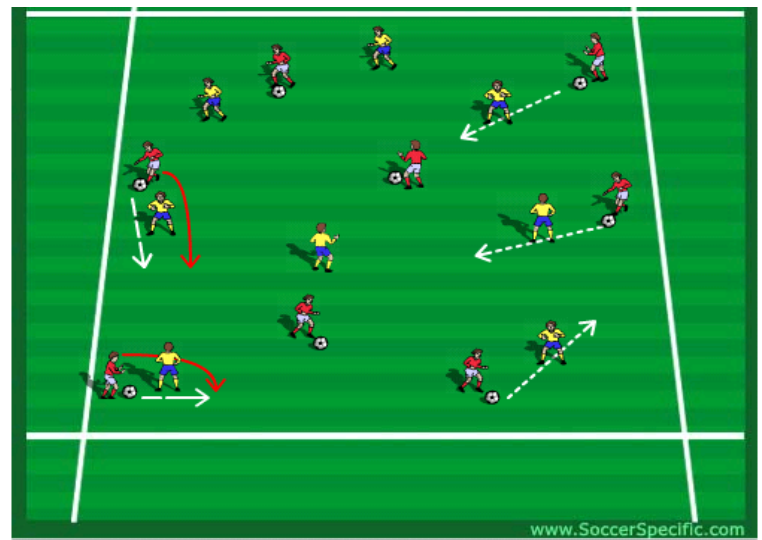
Play 4v4 small sided games. At sessions with high volumes of players coaches should use side players in games.

Coaching Points: Encourage players at all times. Reinforce earlier coaching points relating to ball control. Give information on making space in game (length, width, depth)



COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round players performing stretches and retrieve.



WARM-UP

Handball: Accelerations, chaotic movement, and reactions, decision-making.

Set-up 2 boxes 20 x 20 yards. Players are organised in 2 teams of 6. 2 players from the defending team enter the opposition box and attempt to win possession or intercept the ball. If successful, possession is transferred to the other box. Encourage players to press as a unit to win possession.

Variation includes allowing 3 defenders to enter box if retrieval of the ball is difficult with 2. Also, to increase competitive edge the coach can award points for achieving a defined number of successful passes. **Progression:** ball is passed on the ground by players.



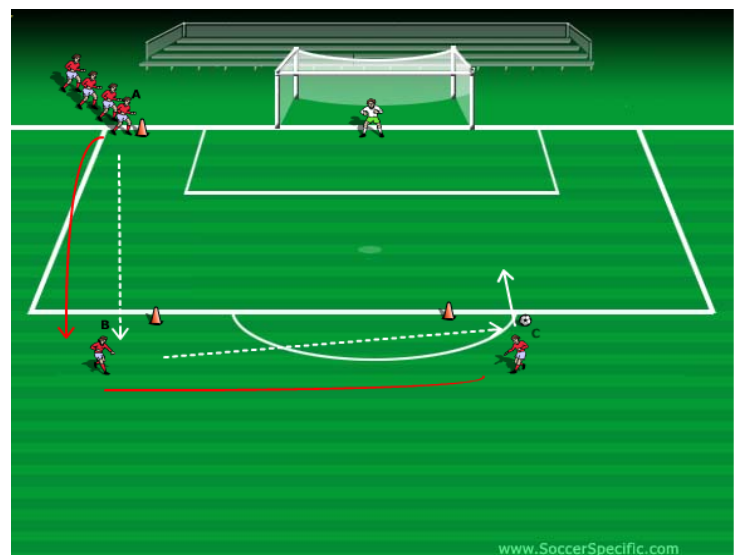
SKILL DEVELOPMENT ACTIVITY

Player A passes to Player B who opens body and passes to Player C who drives forward and shoots.

All players follow their pass.

Coaching points

- players should arc their run when moving
- open body when receiving ball
- hit target when shooting



SMALL-SIDED GAMES

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.

All games kick in from side to re-start and are 5 minutes in duration.



COOL-DOWN

Half of the group pass 2 footballs between them in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession have a maximum of 3 touches before passing ball.



WARM-UP

Handball: Accelerations, chaotic movement, and reactions, decision-making.

Conditions: players can't run with the ball and can score by throwing in the goal. Optional add line 6/8 yards from goal to prevent long throws at goal.

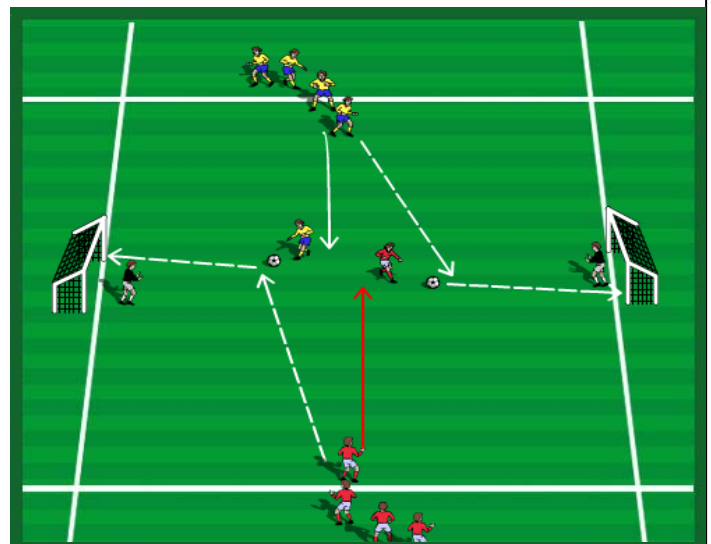


SKILL DEVELOPMENT ACTIVITY

2-Goal Shooting Drill – Split players into 2 teams. Players start at half way line groups facing onto the pitch. Players at the front of each group play a set-up pass for each other before shooting – i.e. Red passes for Yellow and Yellow for Red.

Start with right foot shot and progress to left foot only.

Stipulate type of shot – inside of foot, driven etc..



SKILL DEVELOPMENT ACTIVITY - Progression

7 Ball Shooting Game – Normal game, with the additional rule that after a goal is scored, the team scoring retrieve another ball from the side as quick as possible and continue play – the team conceding must replace this ball with the one used to score. The player doing this is out of the game until this ball is back at the sideline on a marker. If the attacking team miss the target when attempting a shot the player must retrieve this ball wherever it finishes, whilst the opposition retrieve another ball from the side and start their attack.

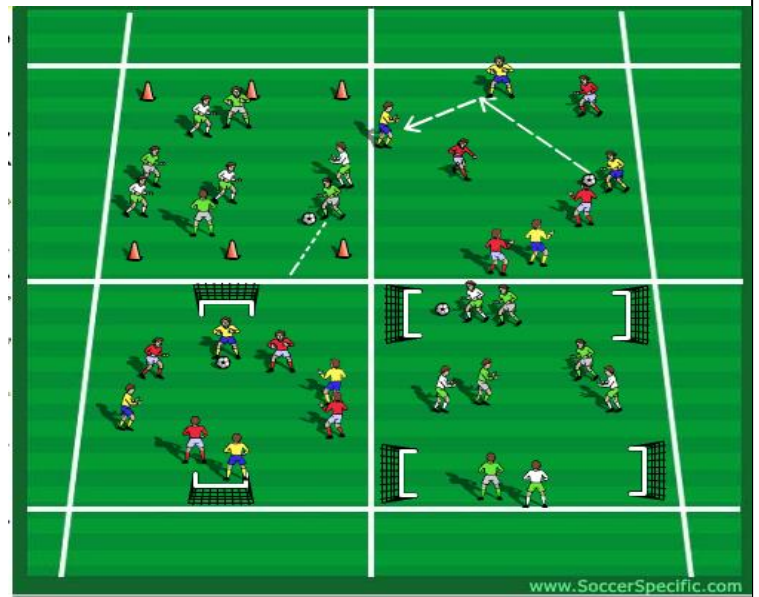


SMALL-SIDED GAMES

Bottom Left: 4v4 with or without Gk's

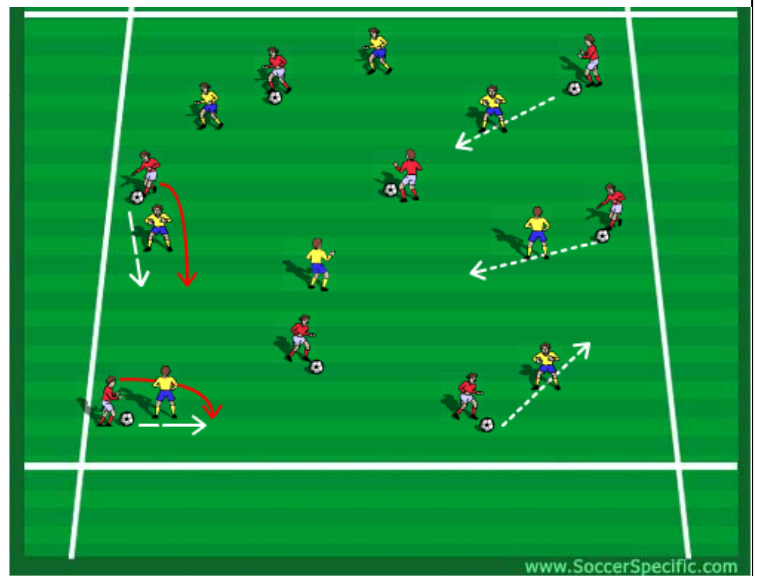
All games kick in from side to re-start and are 5 minutes in duration.

Promote shooting at every opportunity.



K. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round players performing stretches and retrieve.

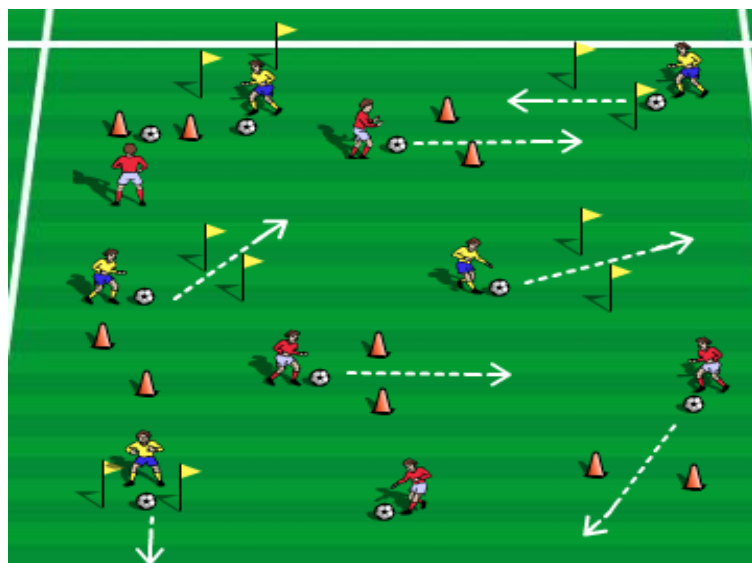


L. WARM-UP – CREATIVE MOVEMENT

Players at first are encouraged to dribble freely with the ball showing various moves to beat opponents and changes of direction. Players eventually progress to dribbling through a gate on the coaches' signal. Other variations include:

a) 30 seconds to dribble through as many gates as possible; b) in 2 teams, 1 v 1 dribbling - 1 player from each team speed dribble through all gates and back to start.

Coaching Points: Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates and show various dribbling moves.



B. SMALL-SIDED GAMES

Top Left: End line game - dribble over end-line to score.

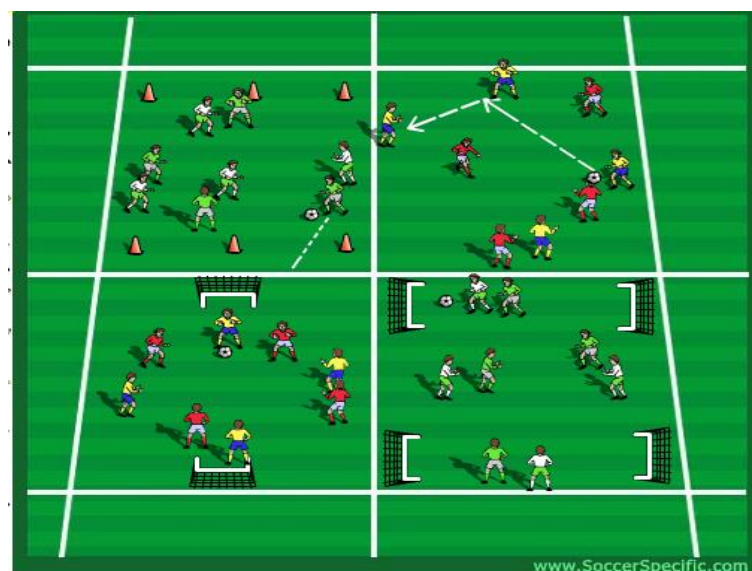
Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.

All games kick in from side to re-start and are 5 minutes in duration.

An additional Option would be to play 7v7, in a similar format or play a tournament format if you have a number of teams.



C. COOL-DOWN

Half the group dribbles freely in a defined area, whilst the other half follows static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round players performing stretches and retrieve.



