

THIS WEEK'S TRAINING

U5-U6 THEME: DRIBBLING

Most of what we do with this age group must be focused on simplicity and this session is very straightforward. Players at this age are rarely able to perform fundamental skills to a good standard. It's all about learning Agility, Balance, Co-ordination and Speed and developing these with this age group pays dividends for the rest of their time playing any sport.

SESSION FORMAT: PLAY (arrival game) - PRACTICE (below) - PLAY

GAMES	<u>Pitch Set Up 3v3</u>	<p>Start with 3v3 or 4v4 Arrival Game - Players join as they arrive</p> <p>Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice</p>	
SUGGESTED FIELD SIZES	<p>3v3 - 15x20 yards</p> <p>4v4 - 20x30 yards</p> <p>5v5 - 25x35 yards</p>	<p>6v6 - 35x50 yards</p> <p>7v7 - 40x60 yards</p> <p>9v9 - 50x75 yards</p>	<p>11v11 (U13/14)- 55x85 yards</p> <p>11v11 (U15/16)- 60x95 yards</p>
PRACTICE	<u>Dribbling</u>	<p>You don't need to have passing in this activity, you can just have players going from side to side and up and down. They don't need to be coached on the turns, they can turn how they want. You can introduce passing as a progression</p>	
SKILLS	<u>Inside Outside</u>	<p>Use 3 techniques for dribbling</p> <p>You can run the activity with the players moving with a different skill. 3-5 minutes on each skill will give them lots of repetition</p>	
	<u>Ball Boxing</u>		
	<u>Dribbling - Insides Only</u>		

Coaching Objectives

- Try to encourage players to stay in the lines!
- Show an example of one player doing each skill accurately, especially if they are deliberate.
- Correct technique for players who are getting it wrong but do it one to one whilst the session is continuing.



THIS WEEK'S TRAINING

U7-U8 THEME: DRIBBLING

The U7 and U8 groups should also be working hard on technique. At this age some of them might be able to perform the techniques with more speed. You can use the techniques from the U5-U6 if you don't think your players are good enough to do the techniques we've added here.

SESSION FORMAT: PLAY (arrival game) - PRACTICE (below) - PLAY

GAMES	<u>Pitch Set Up 3v3</u>	<p>Start with 3v3 or 4v4 Arrival Game - Players join as they arrive</p> <p>Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice</p>	
SUGGESTED FIELD SIZES	<p>3v3 - 15x20 yards</p> <p>4v4 - 20x30 yards</p> <p>5v5 - 25x35 yards</p>	<p>6v6 - 35x50 yards</p> <p>7v7 - 40x60 yards</p> <p>9v9 - 50x75 yards</p>	<p>11v11 (U13/14)- 55x85 yards</p> <p>11v11 (U15/16)- 60x95 yards</p>
PRACTICE	<u>Dribbling - Skills Corridor</u>	<p>The different sized spaces force the players to adjust their feet. This is such a good skill to develop.</p>	
SKILLS	<u>Inside/Outside Dribbling</u>	<p>Use 3 techniques for dribbling</p> <p>Focus on technique over speed. 3-5 minutes on each technique will give them the repetition they need.</p>	
	<u>Inside/Outside Both Feet</u>		
	<u>Dribbling - Insides Only</u>		

Coaching Objectives

- One of the key things we're teaching is changing direction at the right time. If the players don't run through the walls of the corridor, they will get lots of repetition!
- Show an example of one player doing each skill accurately, especially if they are deliberate.
- Correct technique for players who are getting it wrong but do it one to one whilst the session is continuing.

FULL SEASON STEP-BY-STEP GUIDE



THIS WEEK'S TRAINING

U9-U10 THEME: DRIBBLING AND RUNNING WITH THE BALL

The U9 and U10 groups should also be working hard on technique. However, at this age we can introduce more complexity in the moves they are performing, as slightly more difficult practice and changes of direction

SESSION FORMAT: PLAY (arrival game) - PRACTICE (below) - PLAY

GAMES	<u>Pitch Set Up 3v3</u>	Start with 3v3 or 4v4 Arrival Game - Players join as they arrive Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice
SUGGESTED FIELD SIZES	3v3 - 15x20 yards 4v4 - 20x30 yards 5v5 - 25x35 yards	6v6 - 35x50 yards 7v7 - 40x60 yards 9v9 - 50x75 yards
PRACTICE	<u>Dribbling and Running With the Ball</u>	You can use the skills as a short warm up before trying the practice. You can rotate the player groups so that they get 3-5 mins on each activity
SKILLS	<u>Inside/Outside Dribbling</u>	These techniques should be used in the practice. You can do a small warm up with these skill before starting the practice
	<u>Cruyff Turn</u>	
	<u>Running with the Ball</u>	

Coaching Objectives

- Focus on the correct techniques, good focus and build the intensity throughout the session
- Show an example of one player doing each skill accurately, especially if they are deliberate.
- Correct the technique for players who are getting it wrong but do it one to one whilst the session is continuing.

FULL SEASON STEP-BY-STEP GUIDE



THIS WEEK'S TRAINING

U11-U12 THEME: DRIBBLING

The U9 and U10 groups should also be working hard on technique. However, at this age we can introduce more complexity in the moves they are performing, as slightly more difficult practice and changes of direction

SESSION FORMAT: PLAY (arrival game) - PRACTICE (below) - PLAY

GAMES	<u>Pitch Set Up 3v3</u>	Start with 3v3 or 4v4 Arrival Game - Players join as they arrive Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice
SUGGESTED FIELD SIZES	3v3 - 15x20 yards 4v4 - 20x30 yards 5v5 - 25x35 yards	6v6 - 35x50 yards 7v7 - 40x60 yards 9v9 - 50x75 yards
PRACTICE	<u>Dribbling and Running With The Ball</u>	You can use the skills as a short warm up before trying the practice. You can rotate the player groups so that they get 3-5 mins on each activity
SKILLS	<u>Inside/Outside Dribbling</u> <u>Running with the Ball</u> <u>Outside Hook Turn</u>	Use 3 techniques for ball mastery Focus on technique over speed. Once the players are comfortable with the techniques they can add speed but if they go the other way round it will be harder to learn the techniques.

Coaching Objectives

- The old players should be able to bring a good level of intensity to this session. Keep the standards and intensity high
- Encourage the use of the skills in the practice and the games. Help them understand when to use the skills.
- Correct the technique for players who are getting it wrong but do it one to one whilst the session is continuing.

**FULL SEASON
STEP-BY-STEP GUIDE**



THIS WEEK'S TRAINING

U13-U14 THEME: DRIBBLING AND COUNTER ATTACKING

The U13 and U14 Age Groups should be able to handle a more complex session. So you've got a choice of a number of activities to use in the practice. You can use one, two or all of them, it's up to you. You could run 3 parts of the session using the 5v5 game as your finishing game

SESSION FORMAT: COACHES DECISION

GAMES	<u>Pitch Set Up 3v3</u>	Start with 3v3 or 4v4 Arrival Game - Players join as they arrive Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice
SUGGESTED FIELD SIZES	3v3 - 15x20 yards 4v4 - 20x30 yards 5v5 - 25x35 yards	6v6 - 35x50 yards 7v7 - 40x60 yards 9v9 - 50x75 yards
SESSION	<u>Counter Attacking</u>	Use as many parts of the session as you want. If you want to stick to Play-Practice-Play then do so. But the complete session will be a good one for this age group
SKILLS	<u>Figure of 8 Running with the Ball</u> <u>Running with the Ball</u> <u>Outside Hook Turn</u>	These techniques can be practiced at home, used it a warm up and they will be needed for this session

Coaching Objectives

- Big focus on the big touches needed when running with the ball
- They need to develop good decision making about when to run with the ball and when to keep it close.
- Correct the technique for players who are getting it wrong but do it one to one whilst the session is continuing.



THIS WEEK'S TRAINING

U15+ THEME: ATTACKING QUICKLY

The U15+ Age Groups should be able to follow any plan. You can stick with play practice play if you want, but you can also layer learning as in the session below. If your players are new to the game, then use the plan for younger age groups. This session will challenge the older players, but they will get a huge amount from it

SESSION FORMAT: COACH'S DECISION

GAMES	<u>Pitch Set Up 3v3</u>	Start with 3v3 or 4v4 Arrival Game - Players join as they arrive Finish with a bigger game (5v5, 6v6 etc. depending on numbers). In the middle teach a structured practice
SUGGESTED FIELD SIZES	3v3 - 15x20 yards 4v4 - 20x30 yards 5v5 - 25x35 yards	6v6 - 35x50 yards 7v7 - 40x60 yards 9v9 - 50x75 yards
SESSION	<u>Attacking Quickly</u>	Use as many parts of the session as you want. If you want to stick to Play-Practice-Play then do so. But the complete session will teach this age group a lot
SKILLS	<u>Quick Feet</u>	Focus on technique over speed. Once the players are comfortable with the techniques they can add speed but if they go the other way round it will be harder to learn the techniques.
	<u>Running with the Ball</u>	
	<u>Sprinting Technique</u>	

Coaching Objectives

- Encourage them to be positive when they beat an opponent.
- Set and maintain high standards with this age group. Decision making
- Detail on finishing. Bottom Corners, Across the keeper. Take rebounds out of the equation

