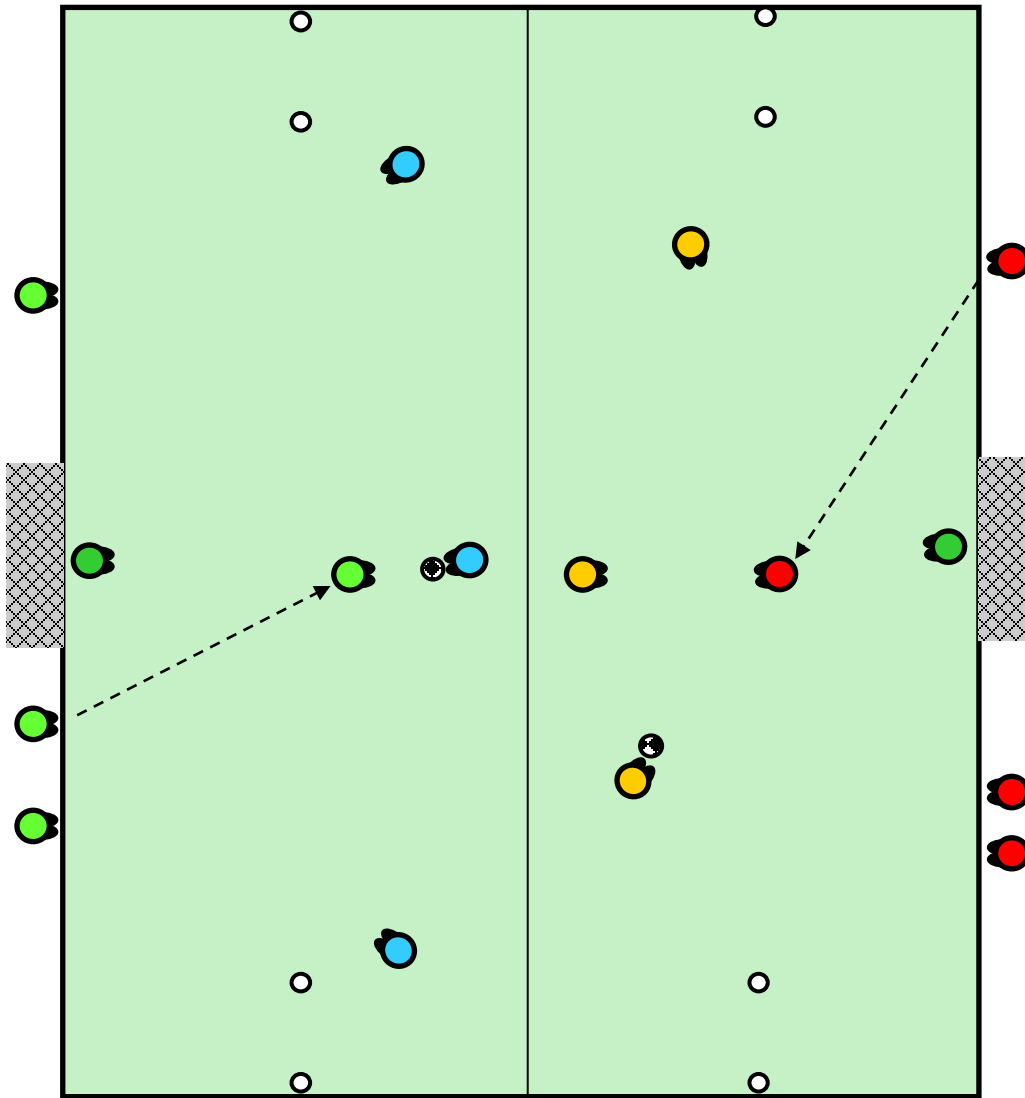


Possession Progression



Set up:

Area to suit age and ability of group of players

4 teams of 3 and 2 Goalkeepers

3 v 1 in each half to start

5 balls for each attacking team

Could either start with defender playing ball into attackers

or attackers could get a ball from a pre-determined area

Defenders swap after each shot

Attackers try to complete five passes before getting a shot at a goal

* Have an objective for defenders, win the ball and run to halfway, pass out to a team mate

Rotate goalkeepers on a regular basis

Progressions:

Players get a shot on goal when they think it's the right time (realism)

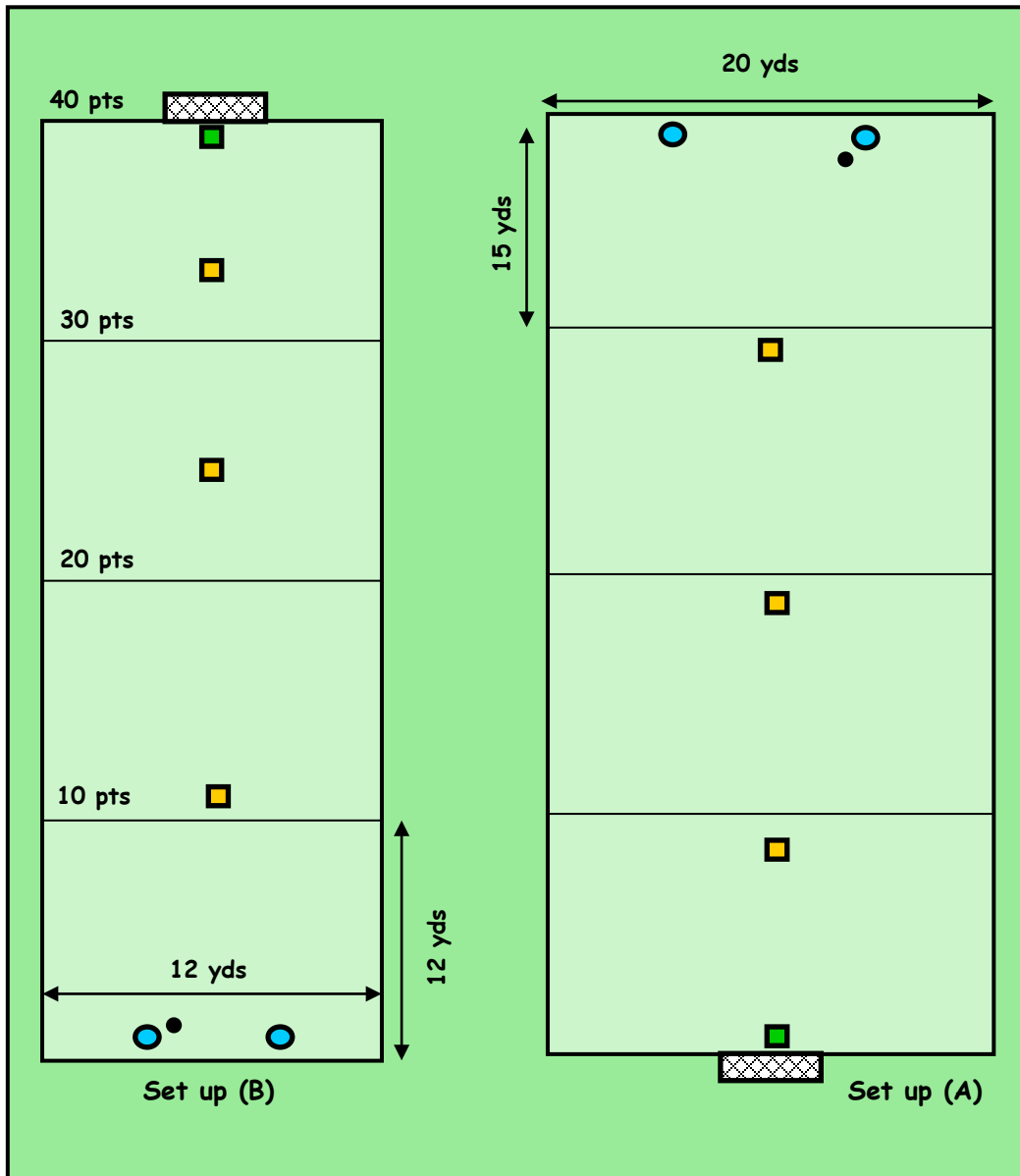
Incorporate wide areas for attackers to play through before attacking the goal

Certain amount of time to score (quick play)

2 Defenders out at the same time, experiment with different overloads (differentiation)

Swap teams around, could have round robin competition, who can score most goals after playing all of the other teams

One Direction



Set up as above, size of area will depend on age and ability of your group of players.

Attacking players look to combine through each area and try to create a shooting opportunity in the final area.

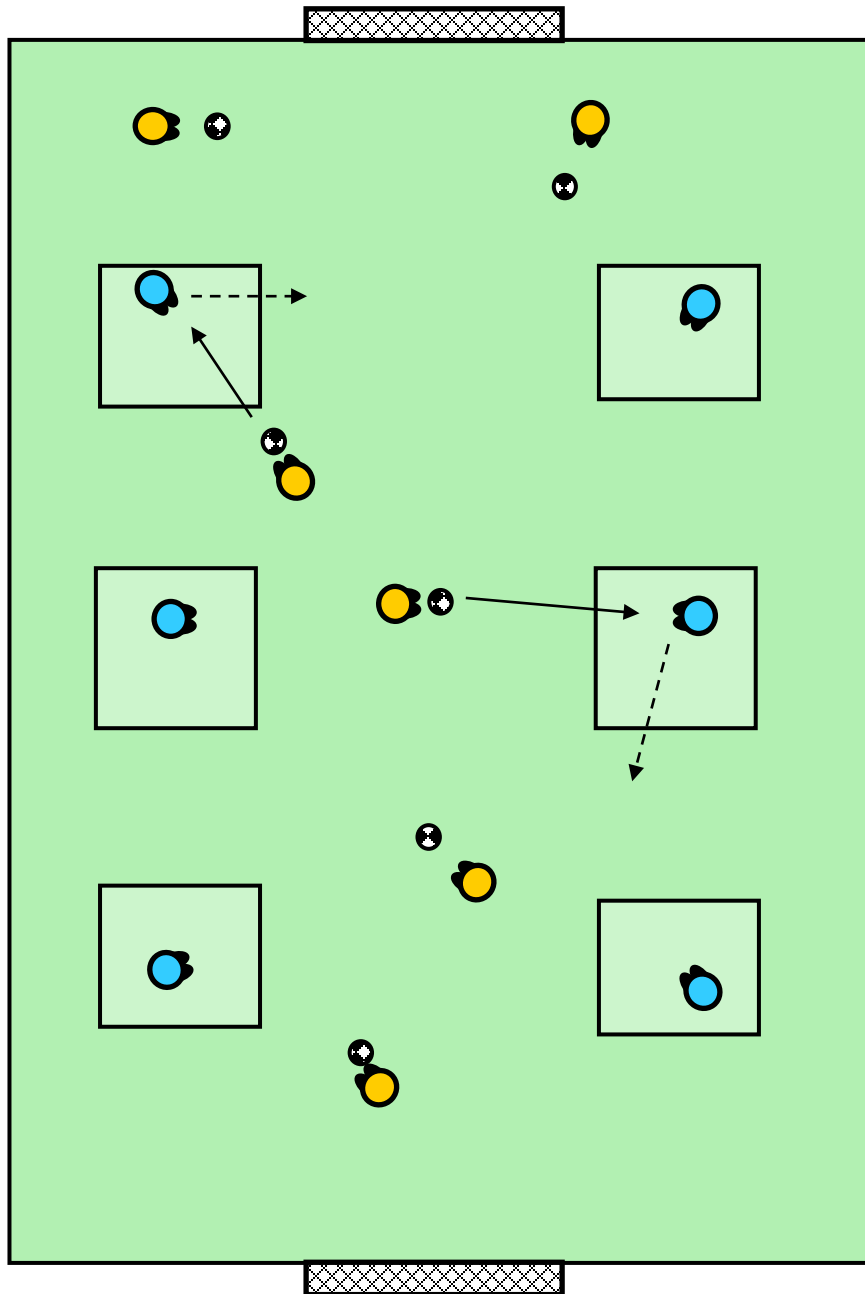
Set up 'A' is somewhat larger than 'B', which will make it easier. 'B' is smaller and will therefore make the drill more difficult for attacking players.

Initially defenders stay within their own area and cannot follow players, once they have got past them.

Progressions may include:

- Allow defender to recover and support in next area.
- Give attacking players the opportunity to go 1v1 if they feel confident to do so.
- Score in different ways
- Points could be awarded for achieving success getting through each area.
- Experiment with overloads.
- Introduce incentive for defenders, win the ball and run it over the end line or combine with fellow defenders.
- Attackers can pass back and start again if needed.
- Younger players could start without a goalkeeper.
- Defenders could have a ball to slow them down.

Housebreaker



Set Up

12 players in this practice however, you could use any amount. 6 players with a ball each outside the boxes. 6 players without a ball inside the boxes.

Start:

Work in pairs, ball passed to player in the box who controls and passes back. Players can try any of the variables below.

- (i) Receive and take out the side of the box
- (ii) Receive and take out of the back of the box
- (iii) Receive first touch with outside of the foot
- (iv) Receive take the ball across body

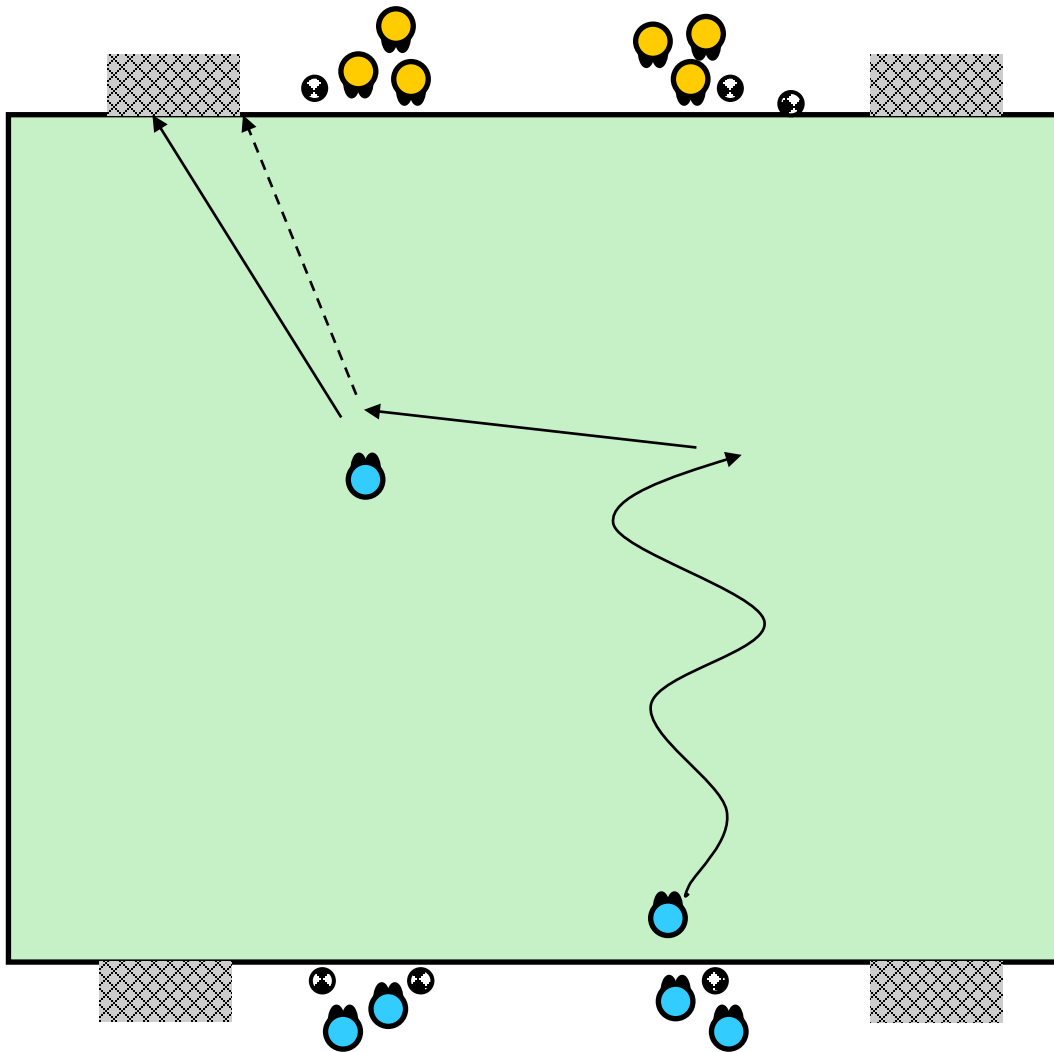
Players in possession of a ball now on the move dribbling around the area. Pass into a player in a box and then take their place. Players in the box receive the ball in various ways, as above.

Progressions

- Player who passes the ball in now pressures the player receiving the ball
- Balls played in the air into the box
- Have additional players to act as taggers to add extra pressure on players whilst in possession of the ball, if a player gets tagged they become the tagger
- Add signals from the sideline to get the players heads up and increase awareness in possession
- You could incorporate goals into the practice and utilise as you see fit.

An example could be play a wall pass with one of the box players and then shoot at one of the goals

Recovery Runs



Set up:

Practice is working initially on 2v2's

Players in pairs at each end of the pitch, can work with any amount

Area can be any size, dependant on age and ability of the group

To start two players come out with a ball and once they get to the opposite end one has a shot

As soon as that player has had their shot, they must touch a goal post before recovering to help their partner
Whilst the player is touching one of the goal posts two players from that end come out and look to score in the other goal

Give the defenders an incentive, if they win the ball can they score in the opposite end

Progressions

You could work with different numbers 1v1, 3v3, 4v4 or make overloads 2v1, 3v2

Look at finishing in different ways, give players chance to be experimental

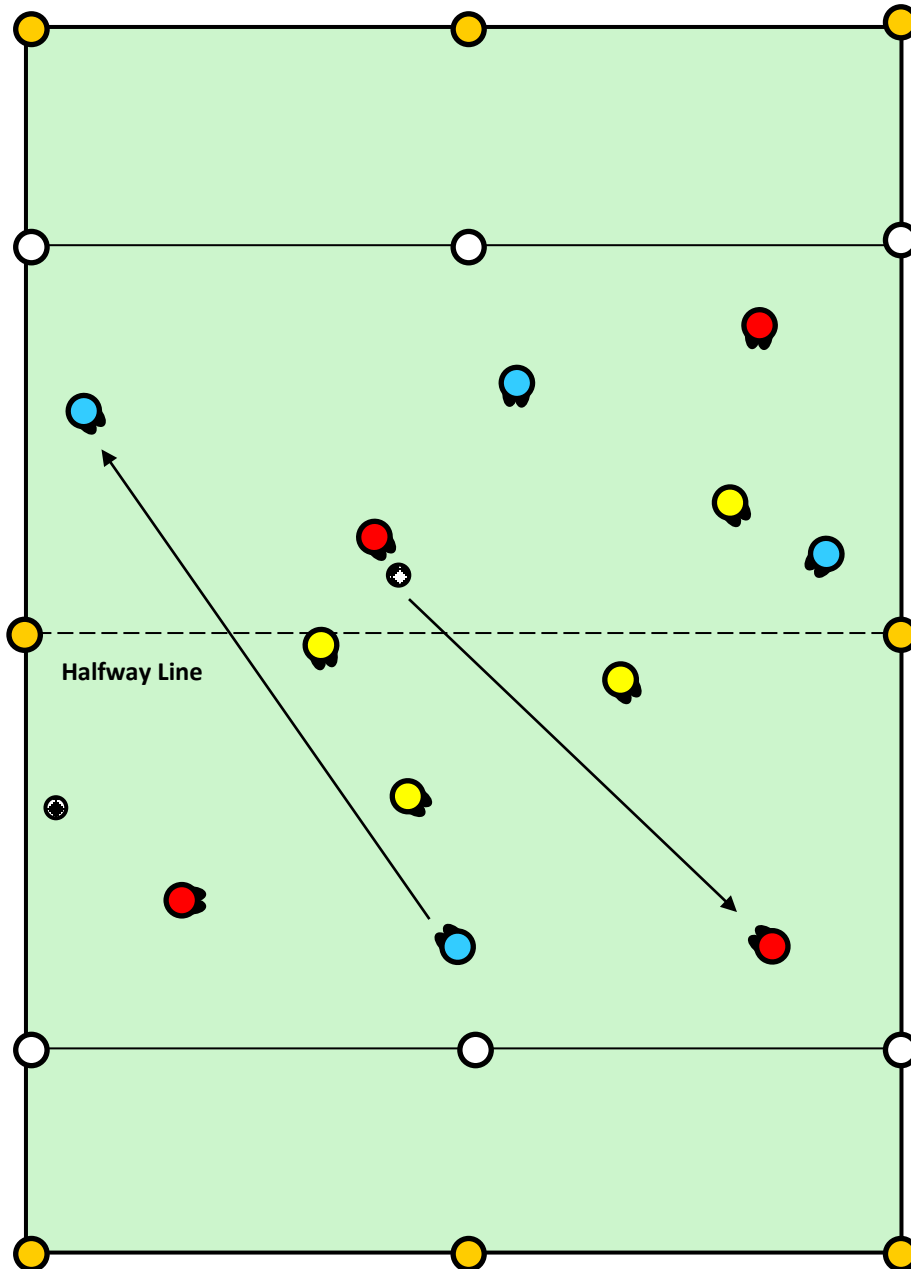
Just have one goal each end to work on realistic finishing and add goal keepers into the practice

Practice is initially a 2v1 until the other player recovers so, can we work on delaying tactics

As this is a physically demanding practice build in breaks, which can be used to discuss

- (i) Attackers - What are we doing well? What areas could we improve on?
- (ii) Defenders - Are we limiting shooting opportunities? How can we make it harder for the attackers?

Pass or Dribble



12 Players, 3 Teams - 2 Teams v 1 Team

Size of Area - Relevant to age and ability of players

Introduction:

2 Teams each with a ball use the full area to pass to their team mates.

Defending Team - Look to pressure or block passes - not allowed forward straight runs.

Progression 1:

Defending team each dribble a ball whilst trying to block or disturb play.

Attacking team decide when it is appropriate to pass or dribble when in possession.

Could introduce a point scoring system, depending on your focus for the session.

Progression 2:

Introduce end zones.

1 team defend, 2 teams attack.

Attackers try to get the ball into an end zone, if they do they score a point.

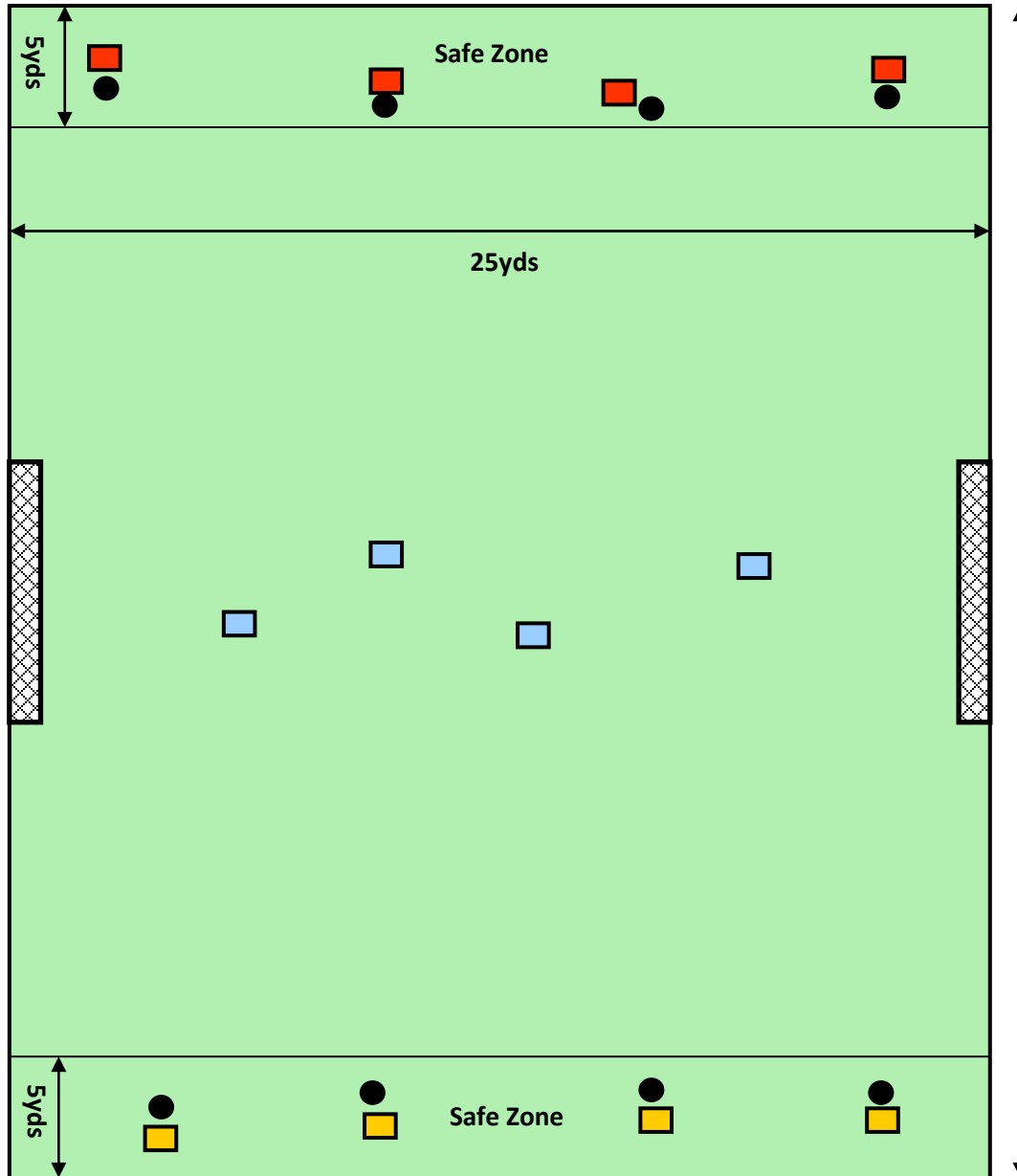
Defenders on winning the ball, try to get out of the half or combine to get into an end zone.

Have a focus for the defenders, not just win the ball and give it back.

You could incorporate a half way line and think of other conditions:- for example to make it harder for the teams in possession, can they complete a certain amount of passes before breaking out into the other half of the pitch.

Rotate the players within this practice on a regular basis.

Points Make Prizes



Equipment:

4 Balls in each end zone, markers, 3 Sets of bibs and 2 goals.

Start:

12 players - 3 teams of 4 players bibbed in different colours.

Yellows and Reds start as attackers, Blues are defenders.

Objectives:

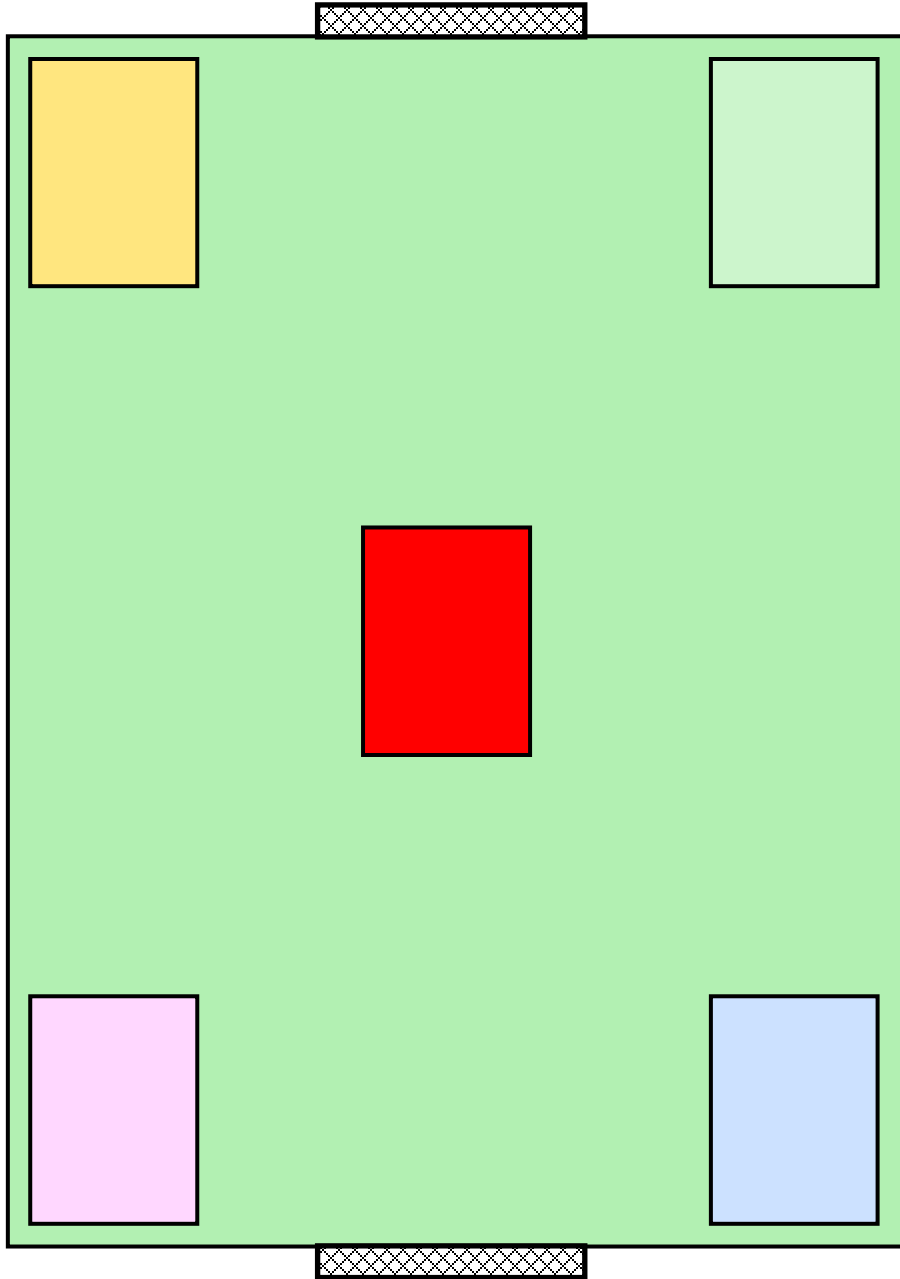
Attackers are looking to transfer their balls to the opposite end zone, 1 or 2 balls can be worked at one time, once they have done this they can have a shot in either goal. 1pt for each goal. 2pts for defenders if they intercept and score.

Rotate the teams after the 4 balls are used by each team.

Progressions/Developments:

- Allow teams time to change their tactics.
- Add a Goalkeeper in one of the goals and have 8v3 in the middle.
- Score against GK for 2 points, score in empty goal for 1 point.
- Challenge the players to finish in different ways - 1 touch, 2 touch etc.
- Once team has scored with all 4 balls, can they steal balls from the other team to score.

Islands of Adventure



FUNDamentals warm up with and without a ball **Grid marked out with 5 - 10 yard boxes**

- Players begin moving to each box (island) performing football specific movements decided by them. Ask players to be adventurous with their movements.
- Introduce ball - players to travel in and around the area.
- Ask players to use different parts of the foot manoeuvre the ball around the area and encourage them to use both feet.
- Introduce the opportunity for players island to island performing a different skill every time. The middle island (5 star island) is the opportunity for players to perform their favourite move.
- Ask players if they can travel from box to box without the ball touching the floor.

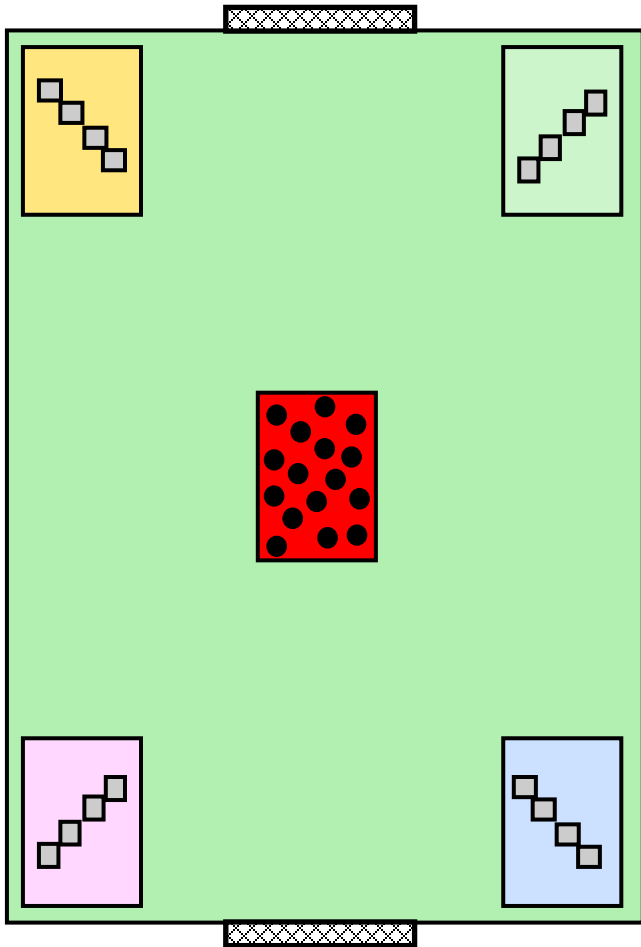
Progression Treasure Chest (Page 2) - Players divided into 4 teams and in the 4 outer boxes

- 1 at a time a player from each group perform dynamic movement towards middle box to collect a ball, players travel back performing a movement with the ball in hands.
- As above but players return with the ball at their feet performing different moves, using various parts of the foot.
- As above but players return with the ball not touching the ground.

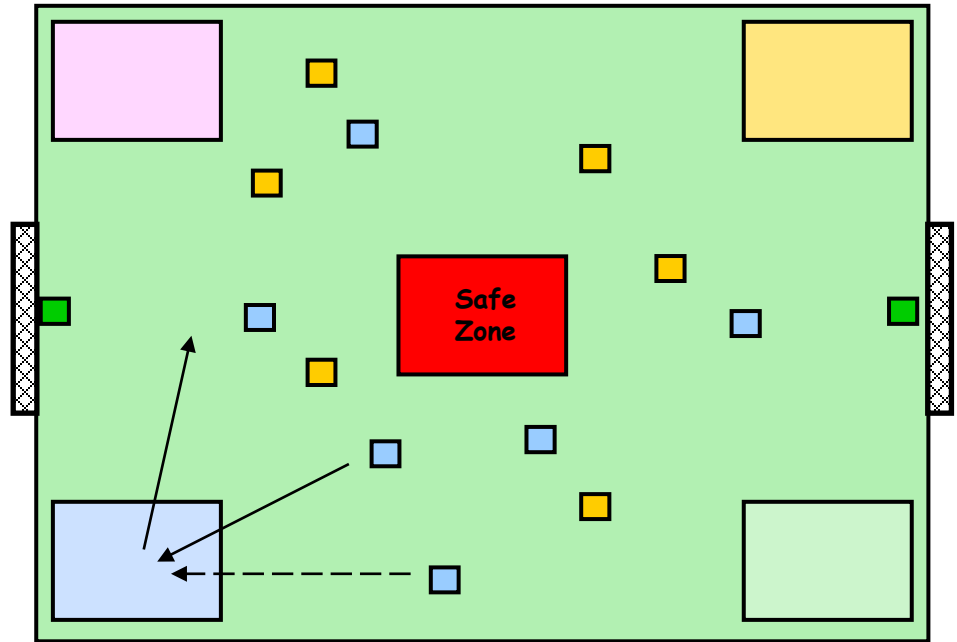
Progression

Once all of the balls have gone out of the centre, teams can steal a ball from any other team, 1 at a time.

Islands of Adventure - continued



From previous page



6v6 Game

If you play into one of the boxes in the corners and another player receives it you score a point, If a cross is delivered and ends in a goal you get a bonus point.

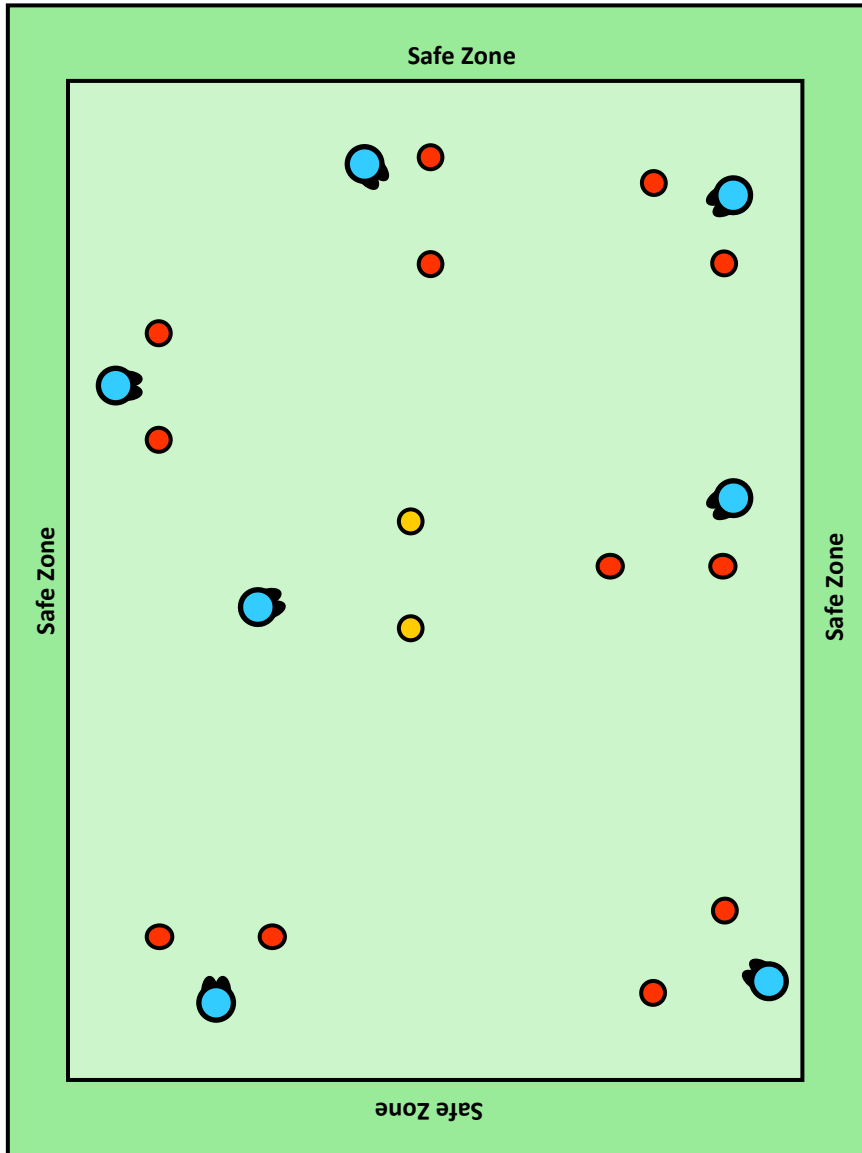
Safe Zone:

No one can tackle a player if they are in the safe zone (target player).

Play from the keeper to restart the game.

If you have extra players they could be used as either target players or they could be incorporated on the outside of the practice for creating an overload.

Call of Duty



● Goals

● Golden Goal

● Players

The safe zone is for players who need to rest or escape defenders.

The safe zone can also be used by players who are not sure what they need to do and can learn from other players.

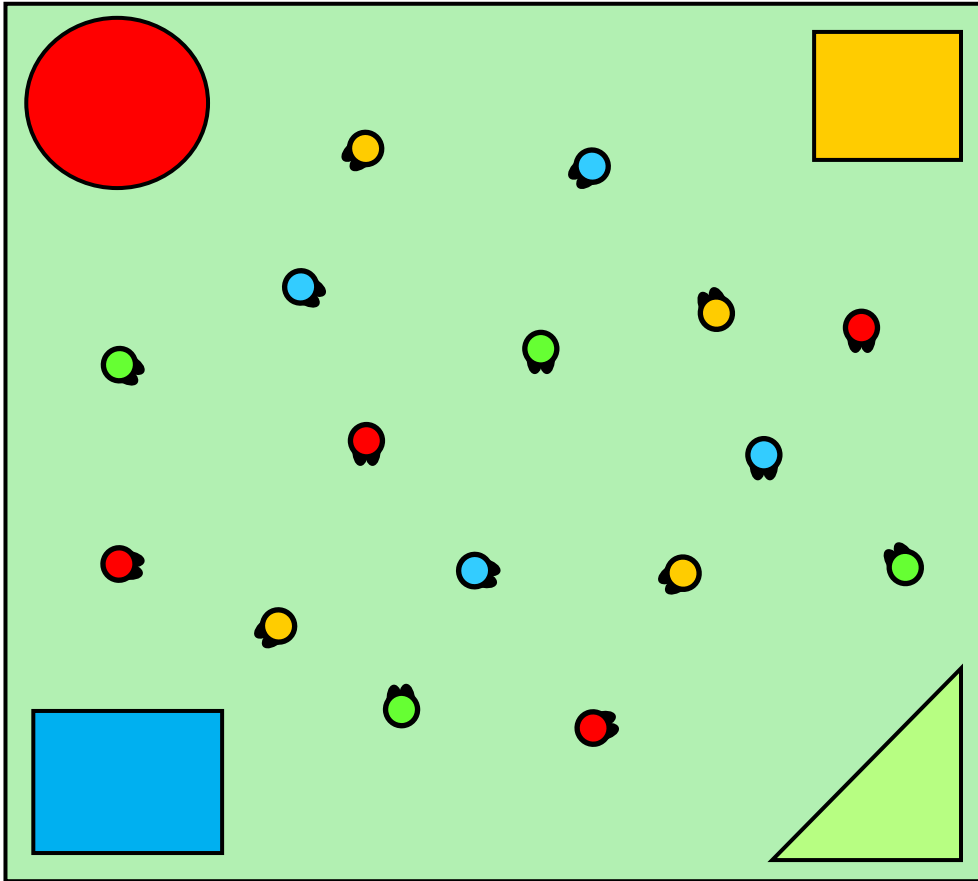
Give players a ball and ask them to come with ideas of moving around the zone.

Progressions:

You can give players the choice of calling out their moves if they wish to do so.

- Ask players to dribble through the goals for 1 goal or through the golden goal for 3 goals, players can keep score.
- Ask the players to show any turn of their choice to score 1 goal.
- Ask players to look for a space and change pace with the ball for 1 goal.
- Add Defenders or Blockers without a ball - Rotate at regular intervals.
- Be creative.

A, B, C's



4 Corners

Technical – ABC's dribbling, running with the ball, ball control, passing, spatial awareness.

Physical – Running, turning, jumping, hopping, change of direction.

Social – Team game, fun, communication.

Psychological – Decision making, leadership.

Area: Size relevant to age and ability of players

Can be done as individuals or teams. If in teams: Teams of 3 or 4 moving around an area which is the appropriate size for the age and the number of players. Start with a gentle jog to gain awareness of area. Ask teams to huddle and quickly decide on a new movement. Can teams move around the area and do something different to other teams?

Introduce a ball and ask same questions. Look for different ways to move/control the ball or different ways to balance with the ball.

Can introduce a point system where 3 points are won for original movement and 1 point if there are teams doing the same as each other.

Possible Progressions

Session can be run with differing shapes in the corners of the area to encourage the children to move in and out of. Bibs can be worn to represent a coloured shape and challenges can be give e.g. can you get in and out of as many zones as possible in 1 minute. Zones could be protected by a defender who is blocking his own coloured zone, with and without the ball.

Other progressions could include -

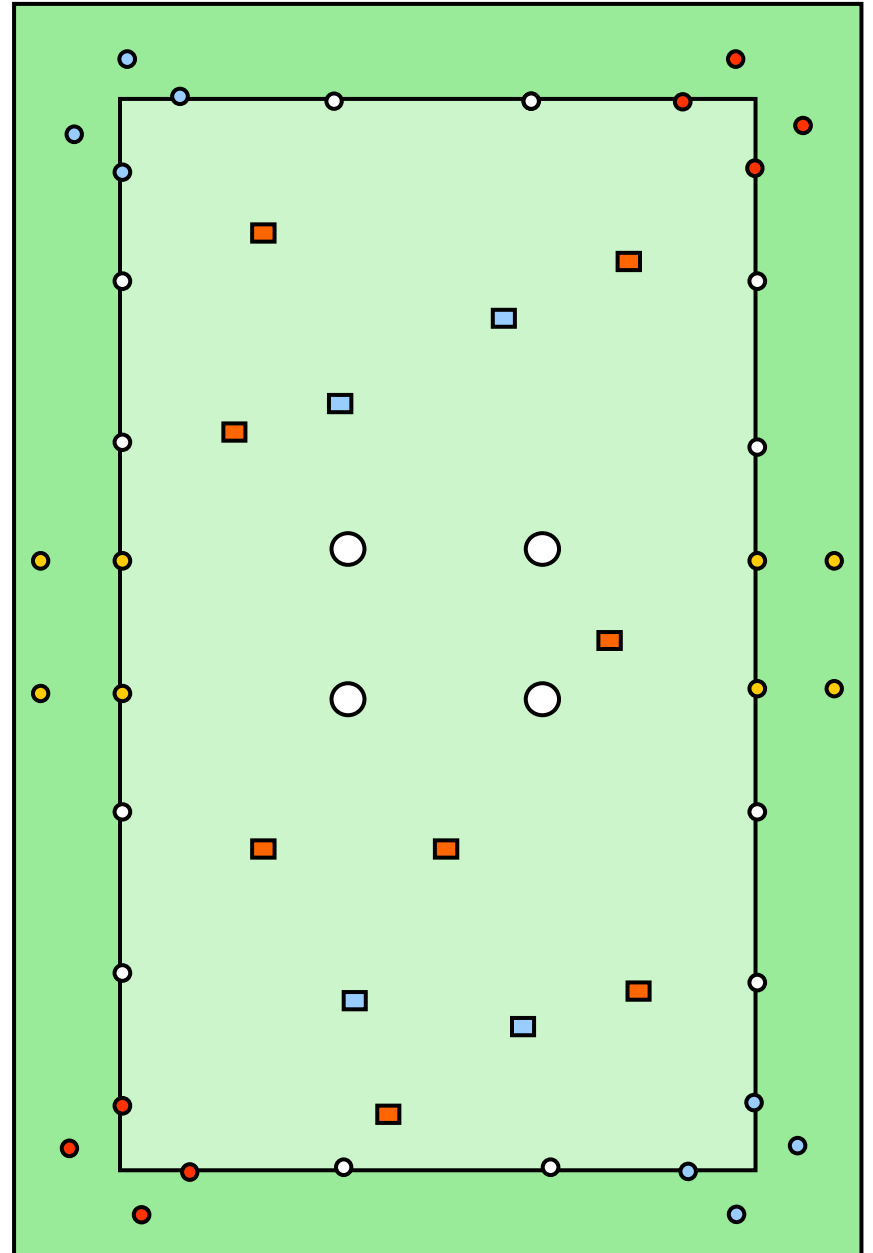
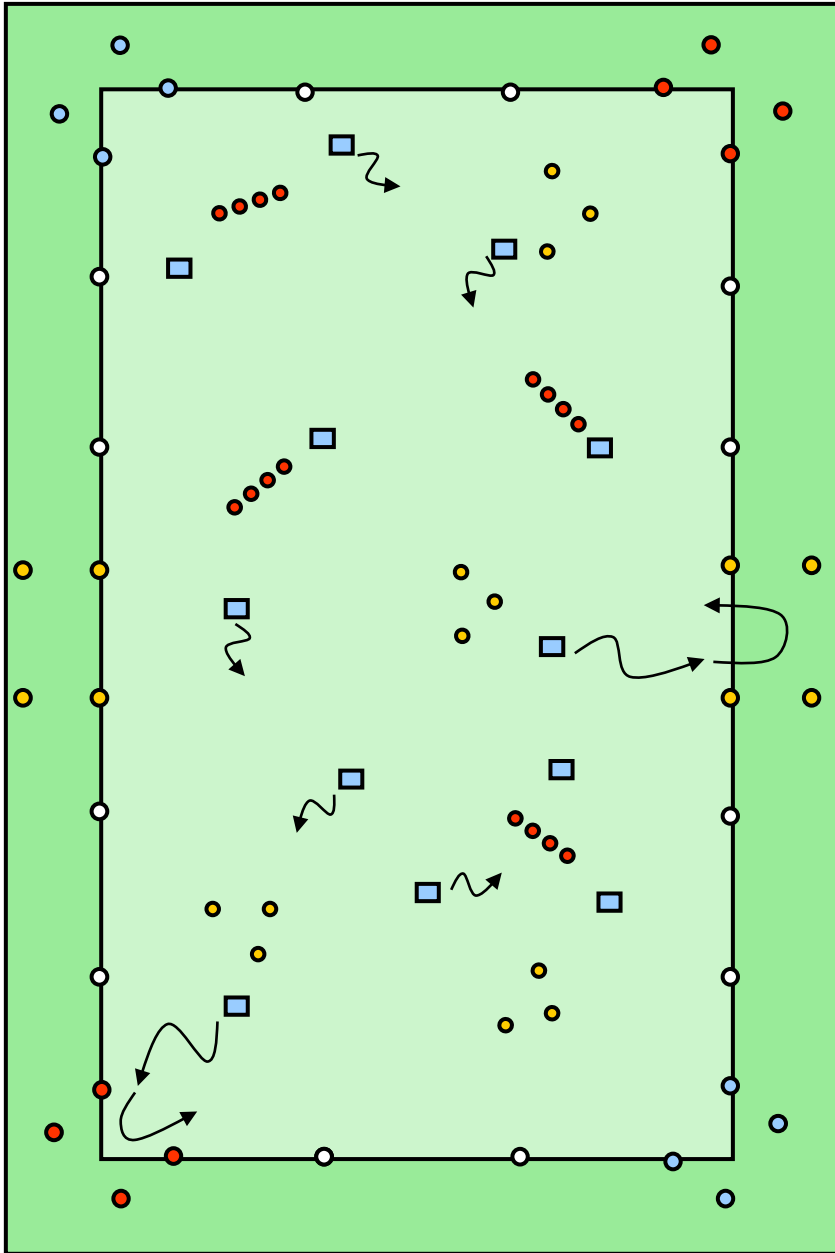
A number of passes have to be completed before attempting to enter a zone.

A skill has to be completed in the zone before you can leave.

You can also ask the children to develop their own rules.

And I'm sure there are many others.

The Pool Table

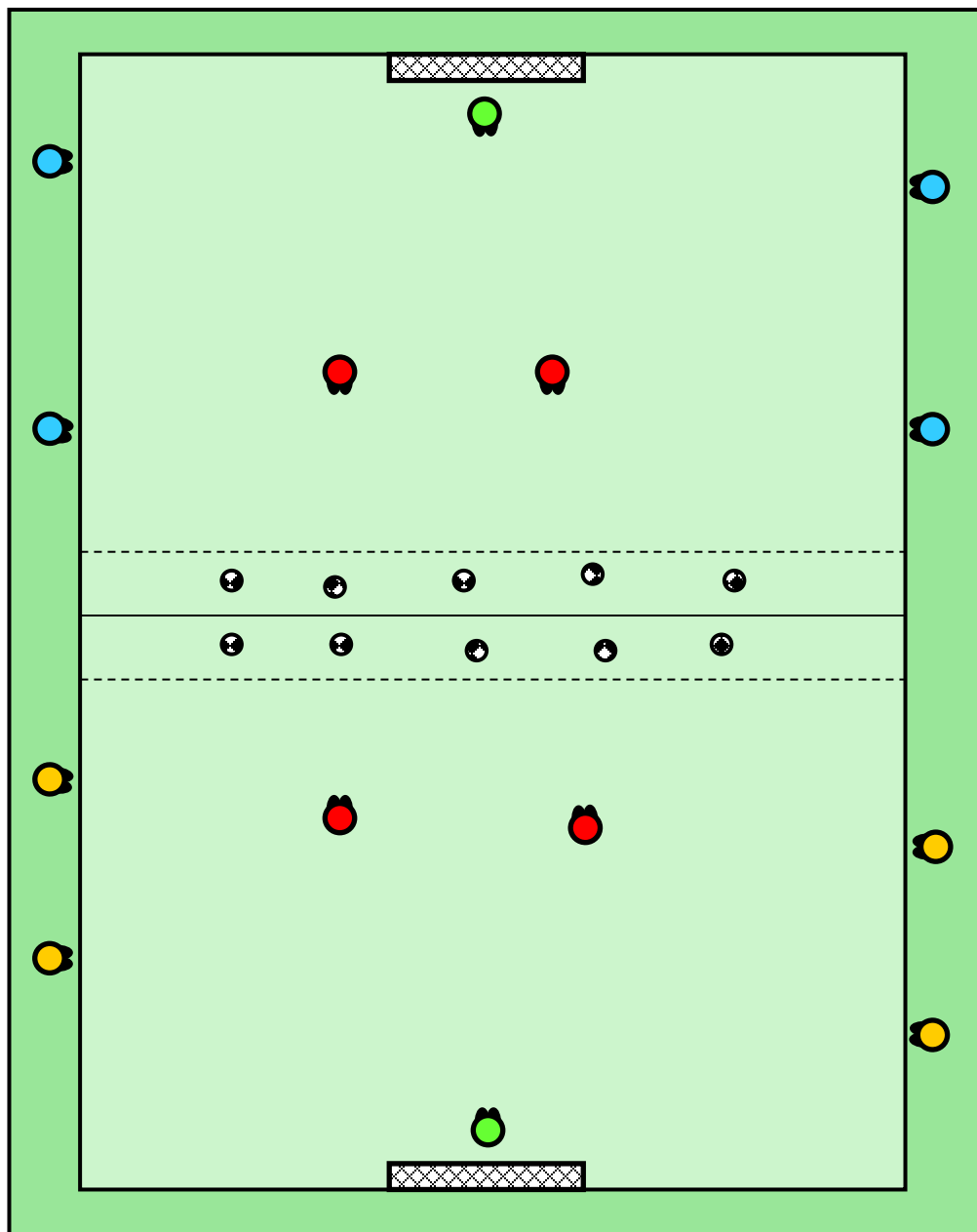


The Pool Table - Set Up:

Rectangle with six pockets or gates and the size of the area will be dependant on the age and ability of the players.

Area can be used to utilise a fundamentals warm up prior to this session if you require it. This can be helpful to give the players a chance to get used to the area that they are going to work in.

- Twelve players with a ball each dribbling around inside the area. If players want to use the markers they can.
- Players use the markers, how many different parts of their feet can they use in negotiating the markers.
- Players dribble through the markers then find one of the gates/pockets on the outside, execute a turn inside then come back in to the centre.
- Introduce blockers who try to stop players getting into a gate/pocket, they also have to travel with a ball. You could use 2, 3 or 4 blockers depending on the ability of the group.
- Blockers need to be changed at regular intervals.
- If players evading the blockers are having a lot of success take the balls off of two of the blockers and make them more mobile.
- When you feel it is appropriate remove the markers from the area and mark a square in the middle.
- Players are still looking to keep the ball away from the blockers, however before they get into gates/pockets can they travel through the square. You could have a points system - 3pts through square, 1pt without square.
- Blockers can score points - if they win the ball and pass to the coach 3pts, if they can get a touch on the ball without winning it 1pt.
- Two teams of 6 players. 1 or 2 balls for each team. Players combine to see how many gates/pockets they can visit in 1 minute. To score -
 - (i) Ball is played to a team mate within the gate.
 - (ii) Player runs ball into the gate
 - (iii) Can a team mate receive a pass in the square before proceeding to the gate.
- Remove square in the middle and play a 6v6 game, to score teams pass to a team mate who has run into one of the gates. Players can only stay inside a gate for 5 seconds before having to come out.



Decisions Decisions

Set up as above: Three teams of four players and two goalkeepers. At the same time, two players from one of the teams in each half of the pitch and five balls for each team positioned near the halfway line.

The object of the game is to score quicker than the players in the other half of the pitch.

- Attackers run to get their first ball and as they do one defender in each half comes in to try and stop them scoring.
- They play 2v1 until either a shot on goal or the defender intercepts or clears.
- They then fetch the second ball and a different defender comes in.
- Repeat until all five balls have been used then count up the scores and rotate the teams.
- Give the defenders an objective. (Motivation)
- Have another player positioned in a central zone so that if the defenders win the ball they have a target to play out to.

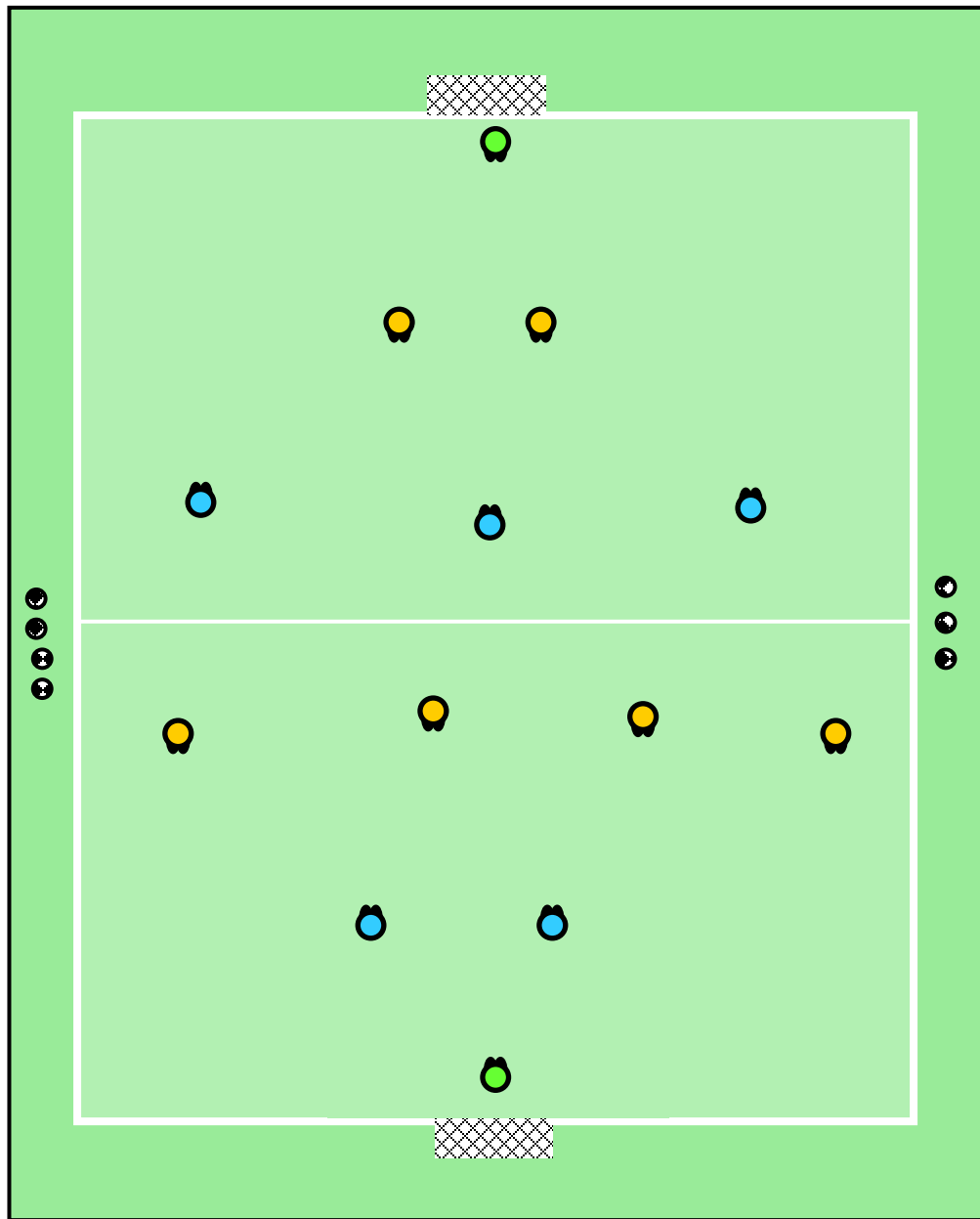
Progressions

To make easier:

- Increase the overload to 3v1.
- Give defenders a ball to dribble whilst trying to close down.
- Play without keepers possibly use smaller goals.

To make more difficult:

- Reduce the size of the pitch.
- Position balls differently so they are a bit closer to defenders.
- Allow two defenders for the last ball or let them decide which ball to use two defenders.



Score First - Combination Play and Shooting

The size of the area is dependant on ages and abilities. Players split into attackers, defenders and goalkeepers.

Attackers look to combine to create and take goal scoring opportunities. Within this set up the players can be grouped in various ways.

You may have a **4v1** in one half and a **3v1** in the other, it depends on how you feel your players will deal with it. If the attackers are having a lot of success in the **4v1** half maybe add another defender to task them differently and see how that affects the success rate.

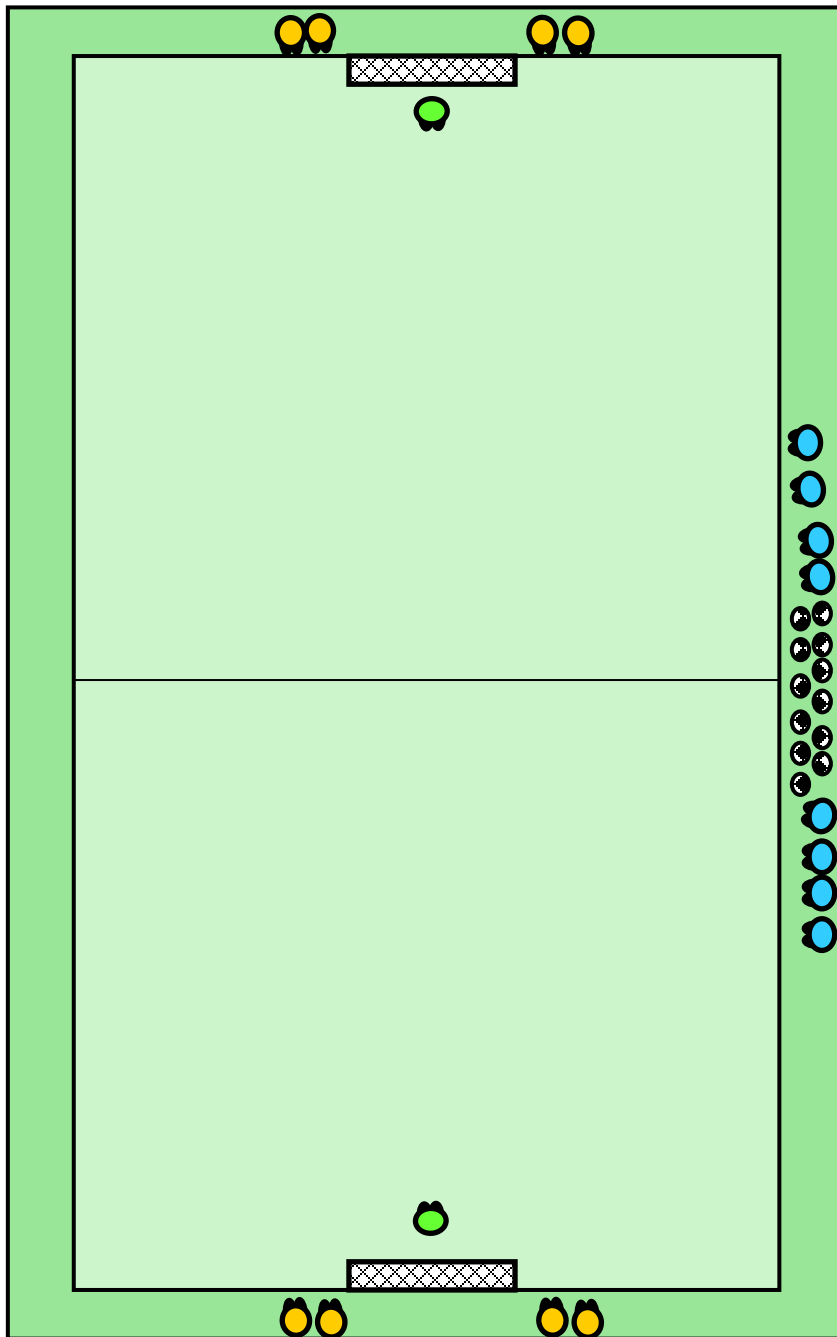
Alternatively, if the **3v2** attackers are not having any success than add an extra player.

The game can also be used for focussing on the defensive element of the game such pressuring the ball, delaying techniques, covering positions etc.

Ensure that players are rotated on a regular basis to have an experience of each of the roles.

Progression:


Work with an equal number of attackers and defenders in each half. The objective is to see which of the Attacking teams can score first, once they have scored they then get another ball from the halfway line and continue. You could have a time limit and see who has scored most goals within that time.





Risky Business


- Two teams, one defending, one attacking and two goalkeepers
- Defending team divided equally to defend each goal
- Attacking team on half way line ready to play
- Attacking team get a set number of balls (one for each attack)

They then decide to attack in one of the following ways:

1v1 - 5 points for every goal 

2v1 - 2 points for every goal 

3v2 - 4 points for every goal 

4v2 - 3 points for every goal 

If a goal is scored, the same players receive another ball and attack the other goal.

If they miss or if the defenders win and pass the ball to the coach that attack is then over and the next ball is played in.

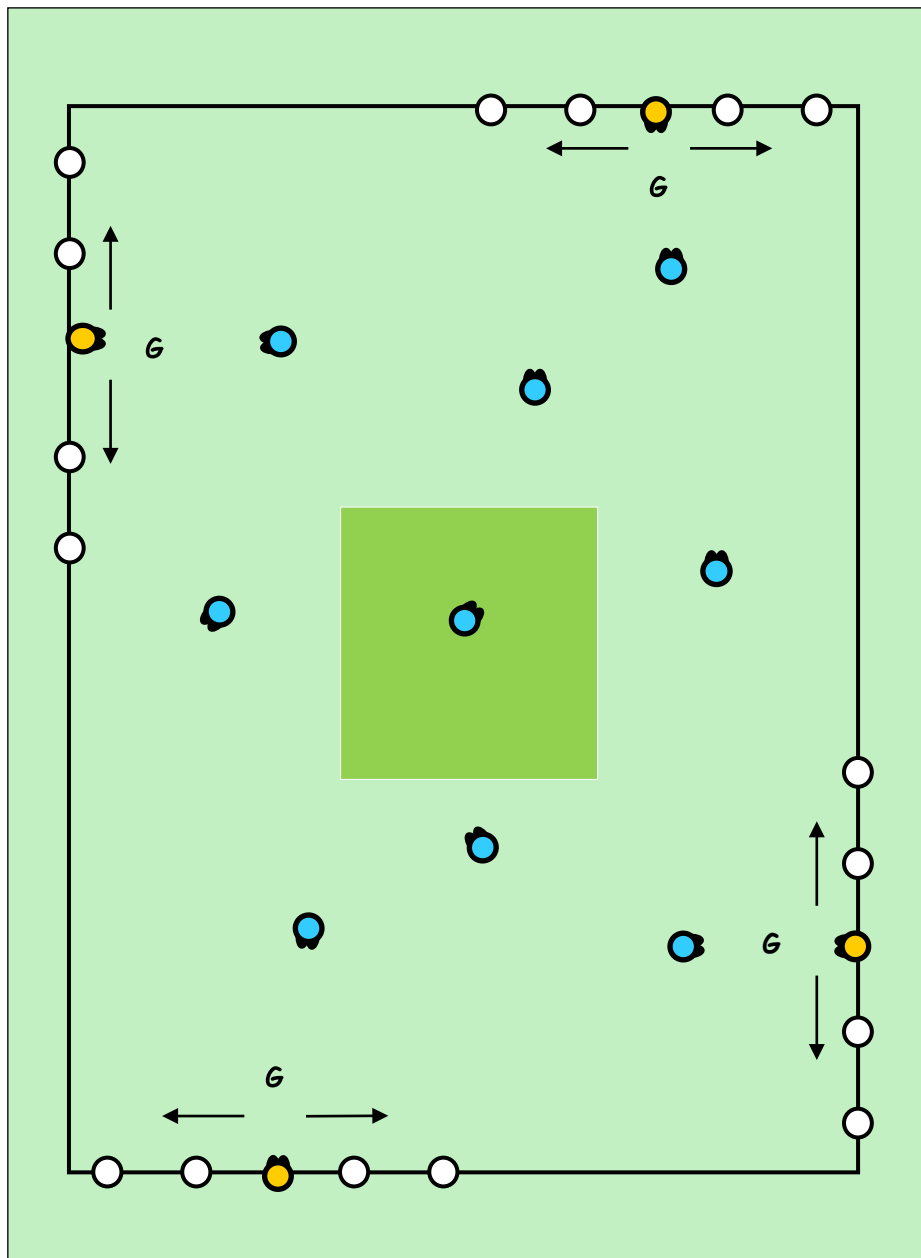
Progressions

To reduce the challenge:

- Increase the overloads and play more **3v1**, **4v2**, **5v2**.
- Make the goals wider
- Play without a goalkeeper
- Goalkeeper can't use their hands

To increase the challenge:

- Reduce the overloads **1v2**, **2v3**, **3v4**.
- After a certain amount of time another attacker can join in and make it even sided, if attackers are still in possession
- For all of the overloads, add another defender after a certain time



The Great Escape

Area: Size of area will depend on number and age of players
Yellows are 'guards' who look after two gates each. **Blues** try to escape through the gates, initially without a ball. Once they have escaped they return through any unguarded. How many times can you escape?

Things to remember:

Have players escaping in lots of different ways.
 Adjust the distances for the gates to meet individual needs.
 Ensure the guards do not come into the centre of the practice.

Progressions:

Using the same set up, here are some additional ways to play.

- Players move around and try to escape (guards can tag prevent escape) Good for agility/dodging.
- Players in middle carry the ball, try to escape and do: kick up, knee up, header as they escape.
- Players carry the ball, as they escape they drop the ball and pass it through a gate.
- Players can now have the ball on the floor trying to dribble through the gates.
- Players travel through central square before getting out.

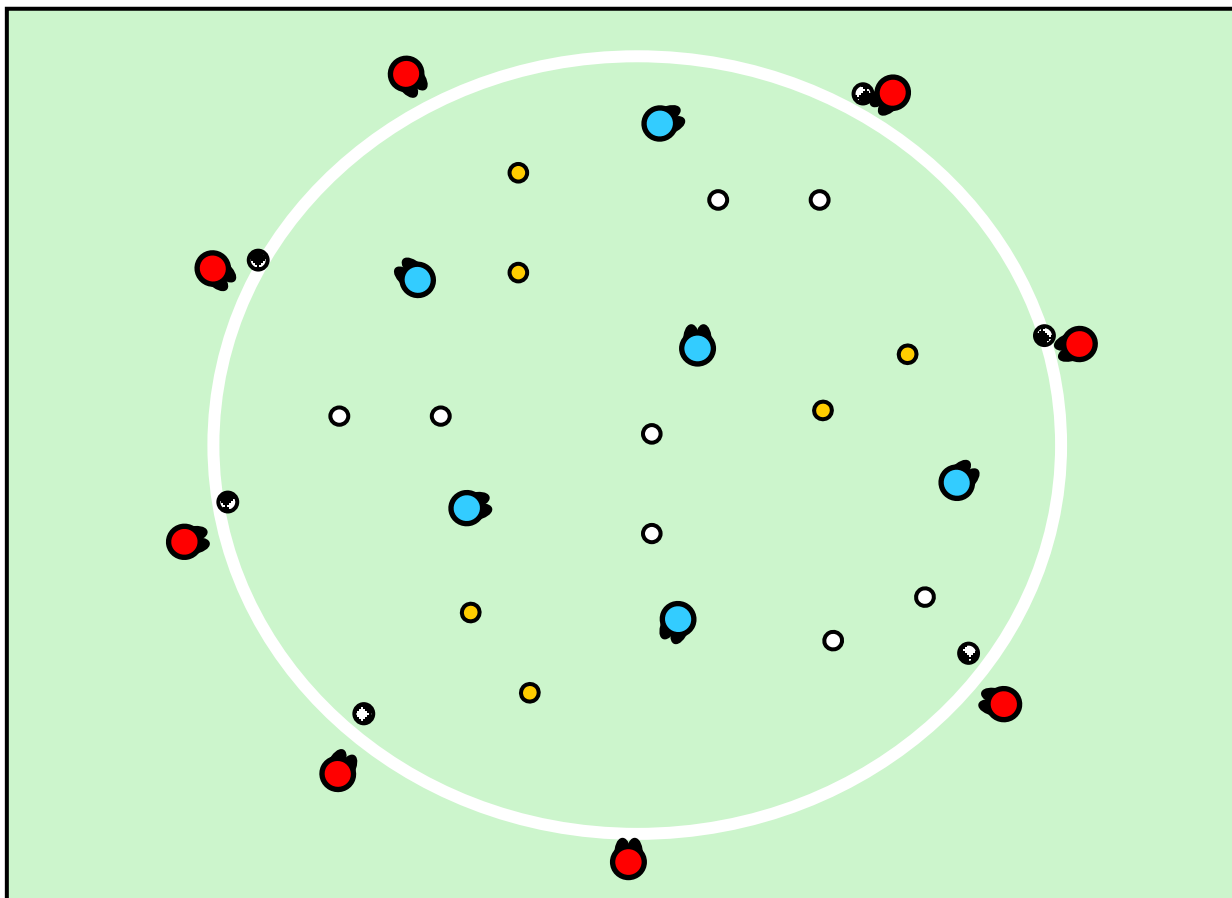
Make it harder: Add a 'tagger' in the middle.

- Split the area in two, one half with a tagger and one without. Players choose the half to work in.

Make it easier: The 'tagger' could be dribbling a ball to slow them down.

- Ask players can they do a skill as they go through the gate.

- Allow the players to experiment and explore different ways of doing things and get them to show everyone what they can do.



Youth Module 1 - Space Recognition

Blues receives a ball from Reds and try to take it between any of the pairs of cones with one touch or less. Change players over on a regular basis and discuss how 'playing your way in' is more game related and should be practised.

Progressions:

Add a 'blockers' to guard the gates

Certain players in the middle could be marked by a blocker

Play 2v1 against a blocker and dribble or receive through a gate.

The same set up can be used with players now having a ball each and working on various dribbling or ball manipulation techniques.

Dribble or Pass

Yellows look to pass the ball and keep possession whilst the Reds are dribbling a ball each trying to get in the way of the passers.

No tackling, no kicking the ball away.

Experiment with the overload to make competitive but also allowing for passers to be successful.

Progressions:

Easier - Bigger area / Less Blockers / Safe Areas

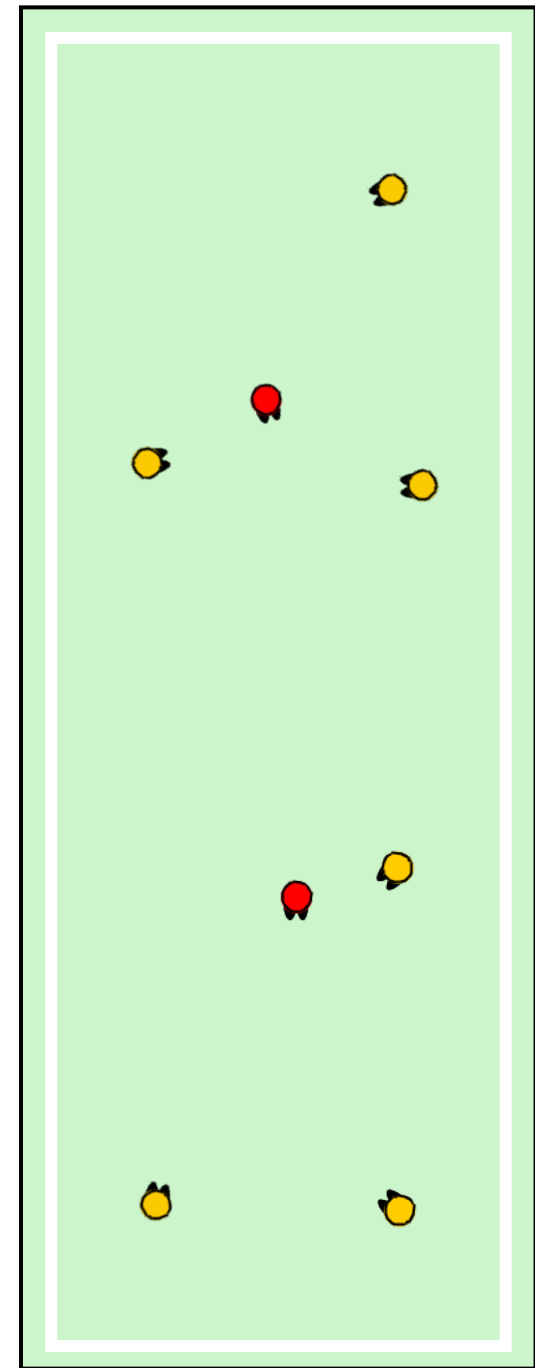
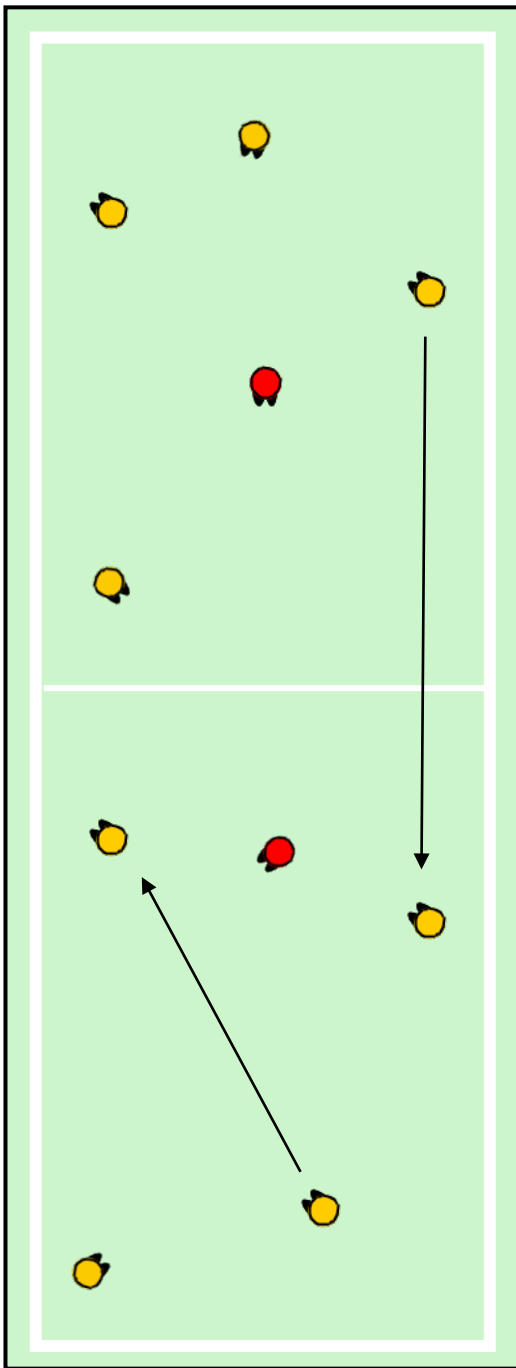
Harder - Reduce area / More Blockers / Limit Touches

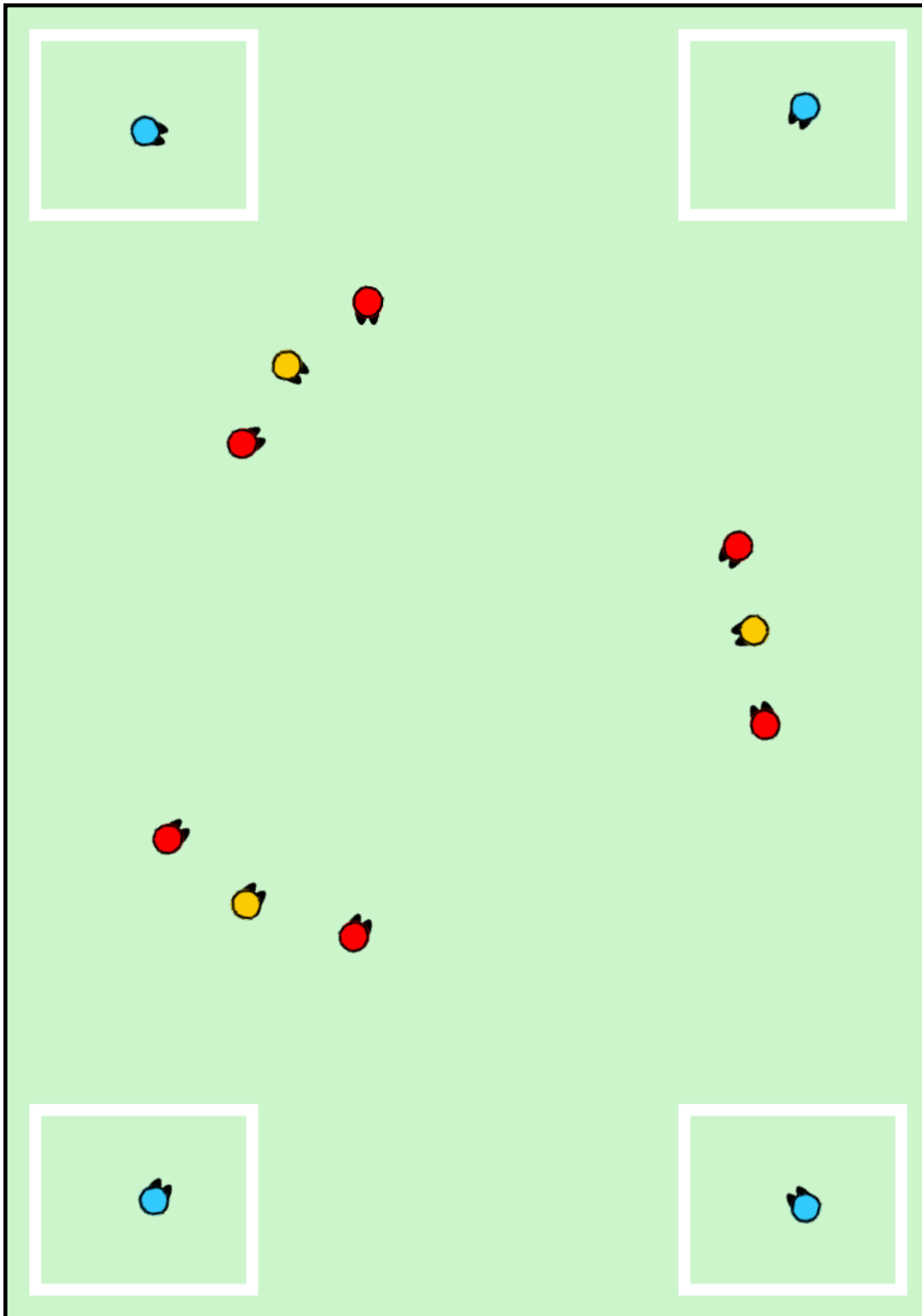
Although the focus starts as a passing activity we can adapt to lessen the passing opportunities and the players may then have to dribble the ball more.

In the practice on the left, using two areas with dribbling 'blockers' and players as outlined. Reds keep possession 4v1 or any overload that suits the players being worked with.

One player is a designated 'trigger'. This means whenever they want they can pass the ball across to a player in the other half of the practice. When this happens the group receiving the pass must transfer their ball across.

The trigger can also dribble the ball across which means the same happens going the other way.





Pass and Move

Two Reds play against 2v1 against a Yellow.

Reds have to pass to the Blues in each corner (in any order) to all four corners.

Each pair of Reds are trying to do this faster than the others.

Progressions

Reduce challenge:

Increase size of area and or target zones

Increase overload to 3v1

Ask defender to dribble a ball

Have support players around the area to help keep possession

Increase challenge:

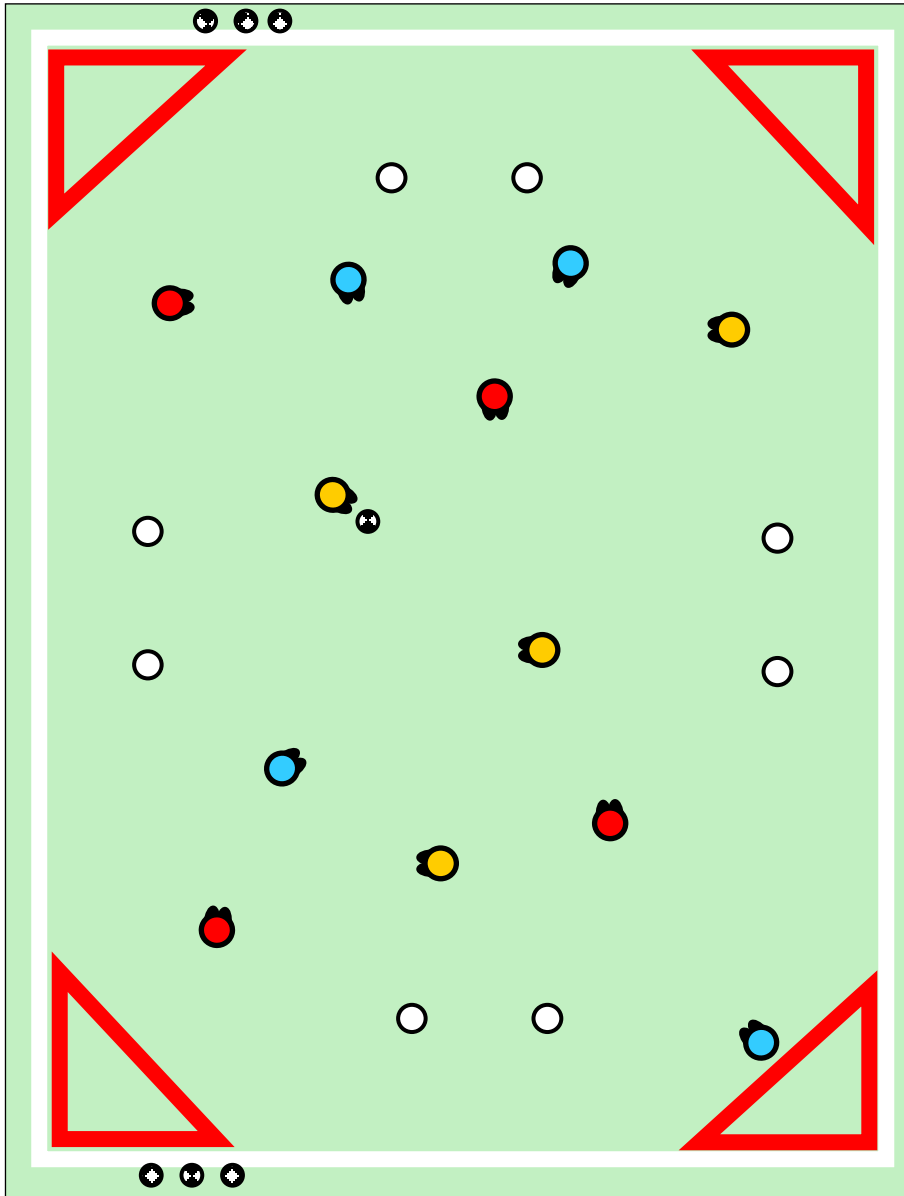
Condition how players pass the ball into the target players

Have the player who has passed the ball into the box swap places with the player who receives it. (you may have to think about the bibs players are wearing)

Player who doesn't pass the ball goes into the box

Increase the overload, either even sided or can a talented player keep the ball away from two defenders.

The 50p Challenge



Decision Making - Pass or Dribble

Area:

Size of area will depend on number and age of players
Players split into three groups **Yellows, Blues** and **Red's**.

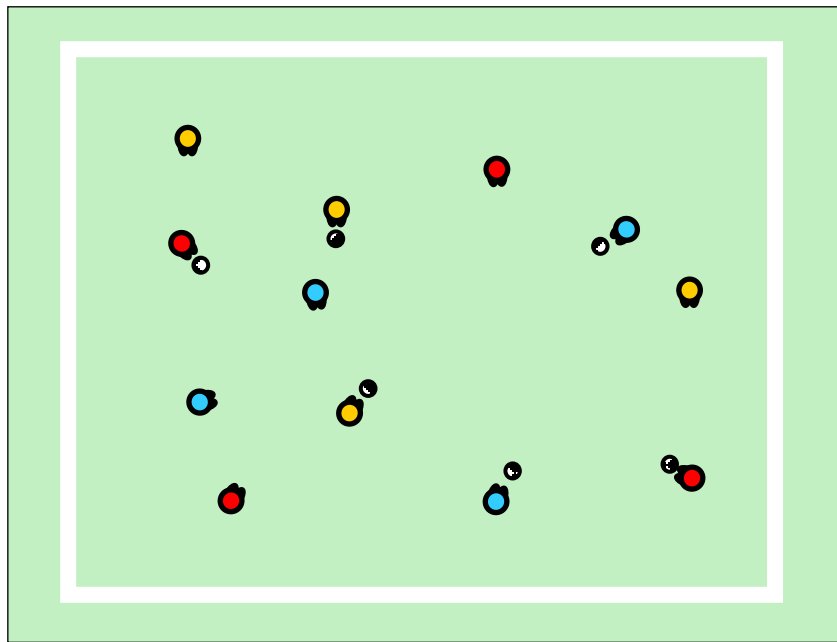
Start:

Warm up activity using fundamental movements to get used to size of area.

- Players now have ball in hands, one ball per team using different ways of throwing / catching.
- Players now look throw the ball through a white gate / goal to a team mate who ready to receive.
- Ball now at feet and continue doing the same task.
- Make one team defenders to add interference to the other two teams who are trying to score.
- Players can have a choice with option to run the ball through a gate/goal.
- If defender intercept they can try and run the ball into red corner areas

Different Challenges:

Man marker with or without a ball
Different size footballs
Must pass through
Must dribble through
Size of teams



Passing, Movement / Support Angles

Area:

Size of area will depend on number and age of players

12 Players, 6 Balls

Players split into three groups **Yellows, Blues** and **Red's**.

Start:

Yellows, Blues and Reds initially with ball in hands moving around the area throwing and catching the ball in various ways.

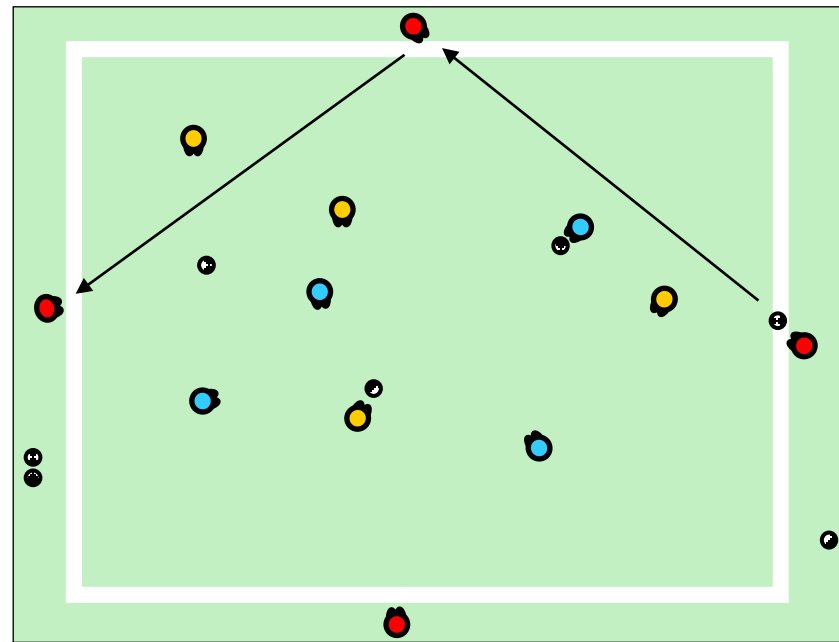
Progress to having the ball on the ground and passing with feet.

You could get the players passing in sequence,

Red to Blue to Yellow.

Call out a colour and they can only pass to each other but the other two teams can combine together.

Also within this practice it is an opportunity for players could be working on different Fundamental movements.



Passing, Movement / Support Angles

In this part of the practice the players are as shown in diagram.

2 teams in the area and the other around the outside.

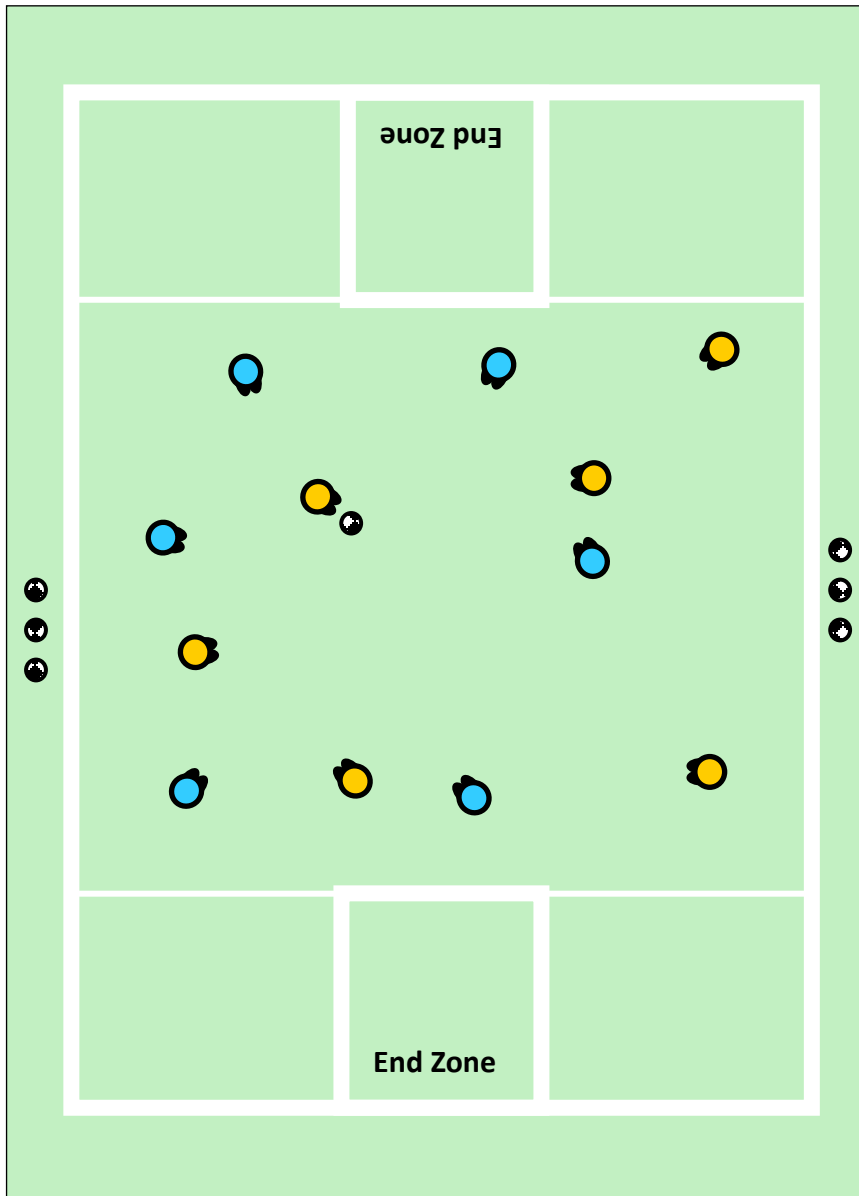
Player in the middle are still looking to combine with each other whilst the players on the outside look to pass the ball around the to their team mates.

Progress the game to playing a 4v4 in the area with the other team acting as neutrals, playing for the team in possession.

Could also progress to having one team playing up and down the pitch and one team playing across the pitch. Bib the target players up the same as the team passing to them.

Ensure that we rotate all players in all stages of the session to experience all aspects of the practice.

In the Box



Warm Up - Passing and Moving

Area: Size of area will depend on number and age of players

Start:

Two teams of 6 players, start with ball in hands.

To get players used to the game have a ball or two for each team. They then look to throw and catch the ball whilst working their way up and down the pitch into one of the end zones.

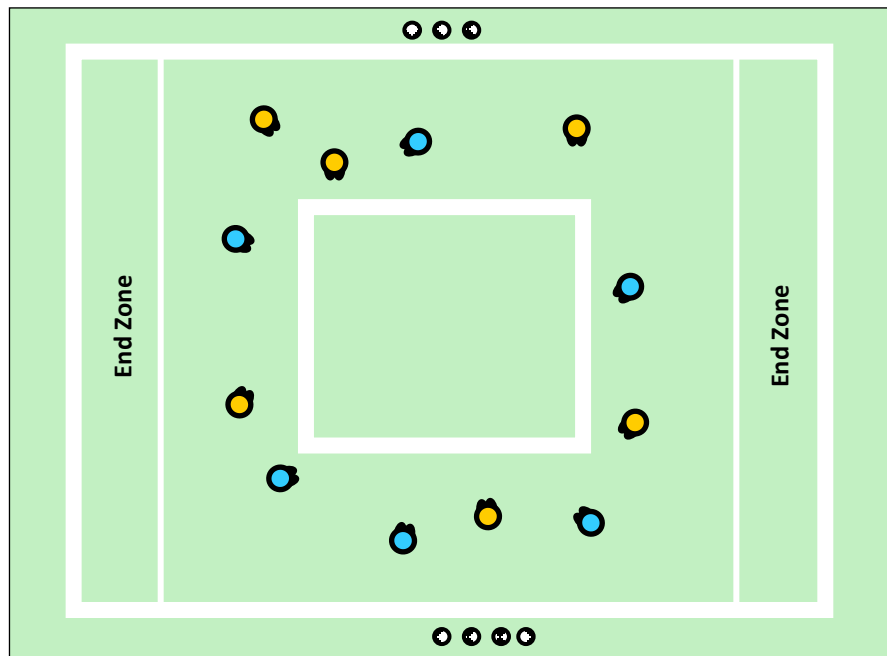
Get the players to use different types of football movements whilst working initially.

Progressions:

- (i) 6v6, objective is to combine with team mates, throwing and catching the ball looking to score by throwing ball to someone who has run into an end zone.
- (ii) Initially, you could have a player in each end zone to make practice easier
- (iii) Once a team has scored in one end, can they then get the ball to the opposite end.
- (iv) Can players control the ball with a surface when thrown to them before catching it ?
- (v) Can some players volley the ball to team mates instead of throwing it ?
- (vi) Could use the end zone line as an offside line, don't get in before the ball is played.

As practice progresses, experiment with the size of end zone and movement of players within it. If players are finding scoring easy we may shrink the end zone down to a central box.

Simon Says



Area: Size of area will depend on number and age of players

Start:

14 players, 7 balls start with ball in hands.

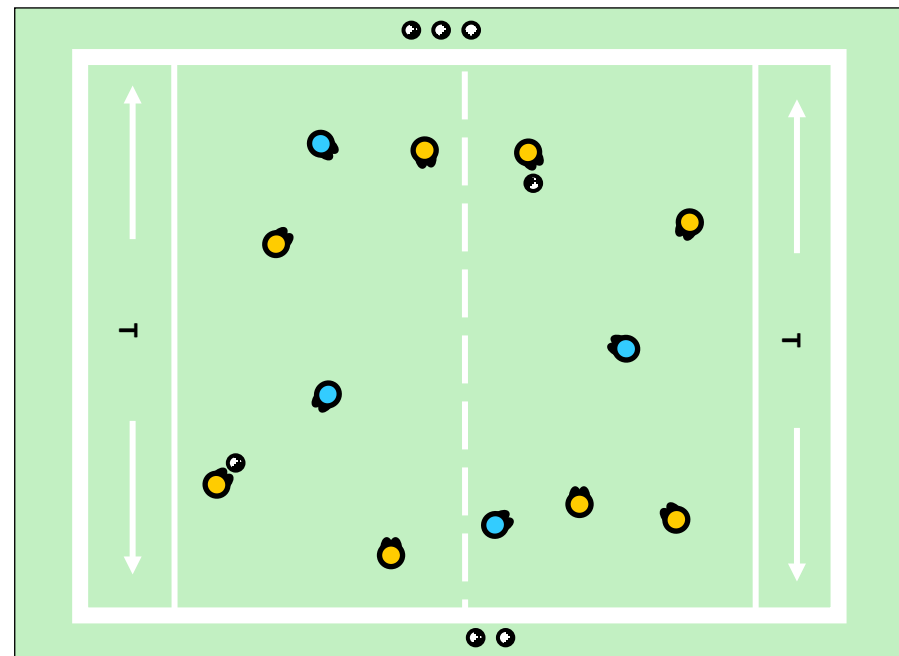
Players moving around the smaller area throwing the ball to each other.

Players will need to use different footwork within the smaller space than they may use when working in a bigger area.

Spread out into the larger area using different movements and throwing over longer distances.

Ball at feet and look to use 'take overs' and 'foot on's' in the small area and passing in the larger area.

Could get players to travel through the small area and have blockers in their which need to be avoided.



Progressions

4 Attackers

2 Defenders

1 Target Player in each per half

Players pass the ball amongst themselves and look to pass to the target player.

Defenders try to intercept.

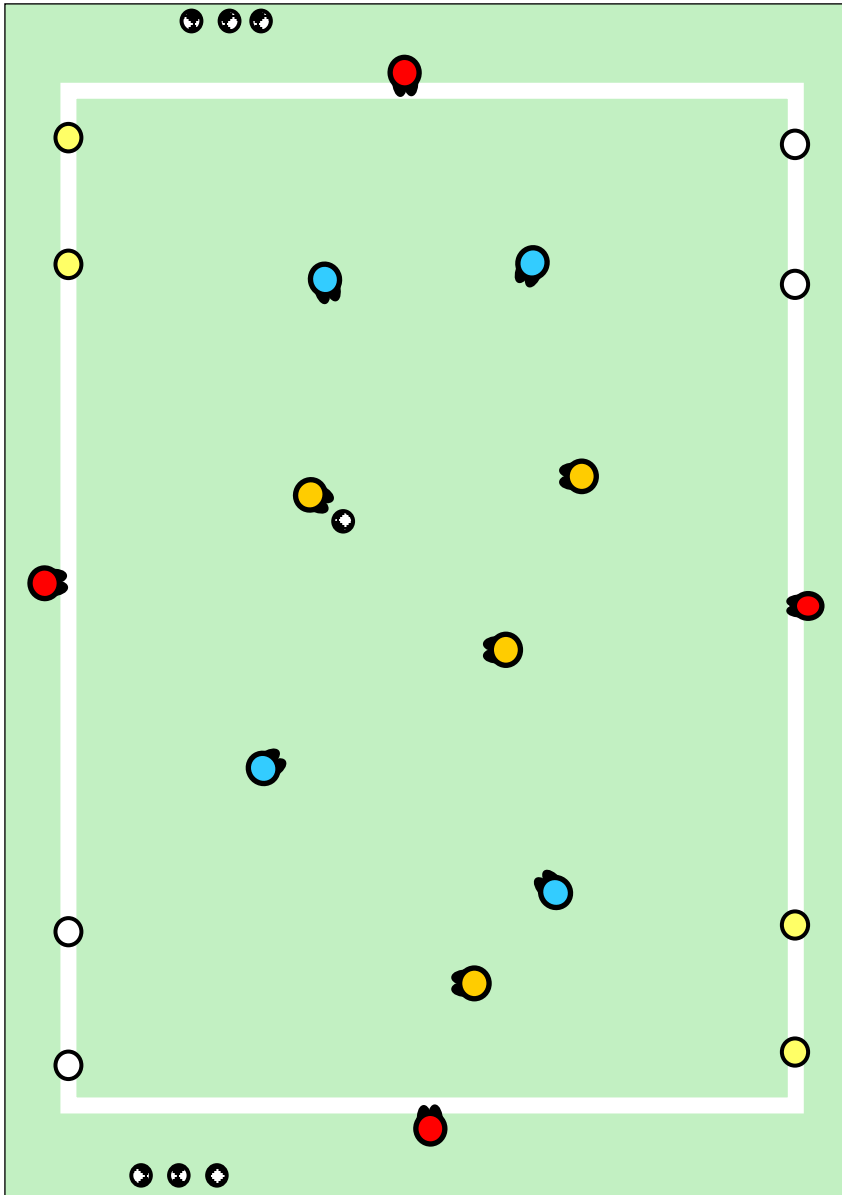
Each player needs to touch the ball before playing to target.

Rotate the players regularly.

Could then get players working up and the whole pitch to pass to one of the target players.

Then look to work the ball to the opposite end.

The Compass



Small sided game focusing on Switching Play.

Area: Size of area will depend on number and age of players
Players split into three groups **Yellows, Blues** and **Red's**.

Start:

Yellows and Blues play against each other and try to score in any of the white or yellow goals in the corners of the area.

Teams can't score in the same goal straight away.

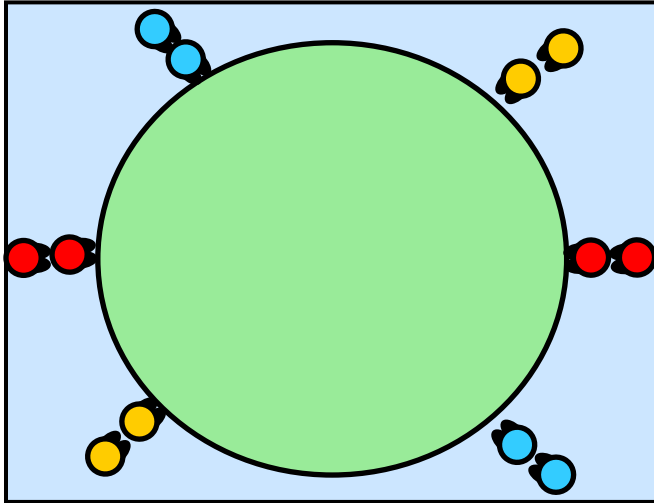
Reds play as neutrals and can be used by the team that is in possession of the ball.

Rotate the players on a regular basis, to experience all aspects of the game.

Progressions:

- (i) 2 neutrals come in to middle of the practice still supporting team in possession.
- (ii) 1 or 2 neutrals must have a touch before trying to score.
- (iii) Can players run the ball through a goal rather than passing it through ?
- (iv) Can players pass the ball to a team mate who has run behind a goal ?
- (v) 2 neutrals in the middle to act as blockers and look to cause interference.
- (vi) Could play the game with 2 teams combining and 1 defending.

The Clock Face (1)

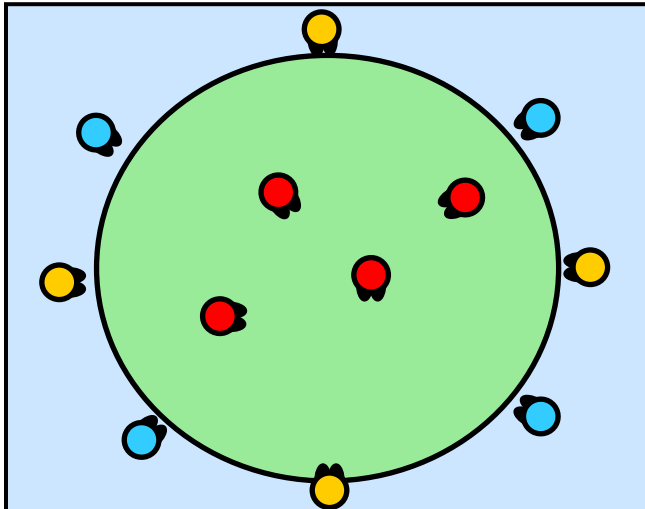


Warm up:

Players in pairs, as shown on the move all the time, working on fundamental movements and players react to different suggestions from the coach.

Players can use different fundamental movements in getting to a pre-determined position around the area.

Example: Colours move to the position of their team mates on the opposite side, either across or around the circle.



Progression 1:

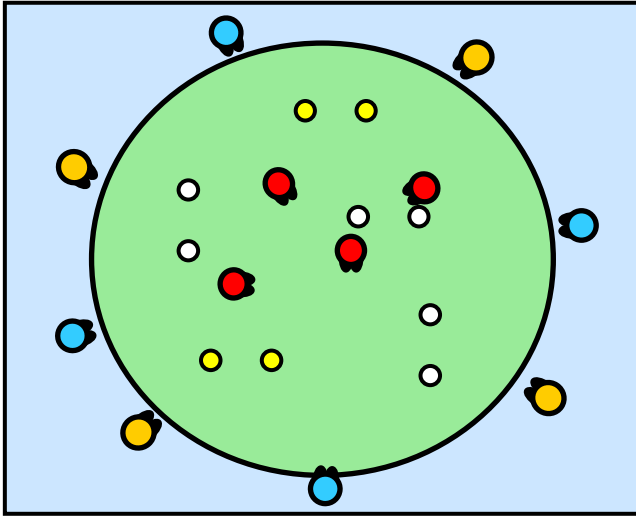
One team of players in the middle working the rest spread around circle.

Amount of players with a ball on outside will be determined by what you want to work on.

Example (i) Red player receives a ball from either a Blue or Yellow and then looks pass the ball out to a different player.

Example (ii) Red player receives the ball, passes back to whoever passed it in and then goes off to get a ball off of someone else.

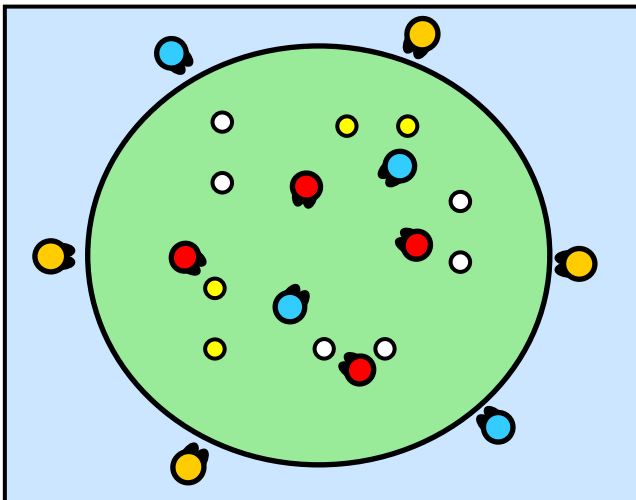
The Clock Face (2)



Progression 2:

Players now look to receive the ball through a gate from a player outside and take the ball through a gate as soon as possible after they receive it.

Players could then look to receive the ball, turn and run two or three paces before turning back and pass the ball back to where it came from.

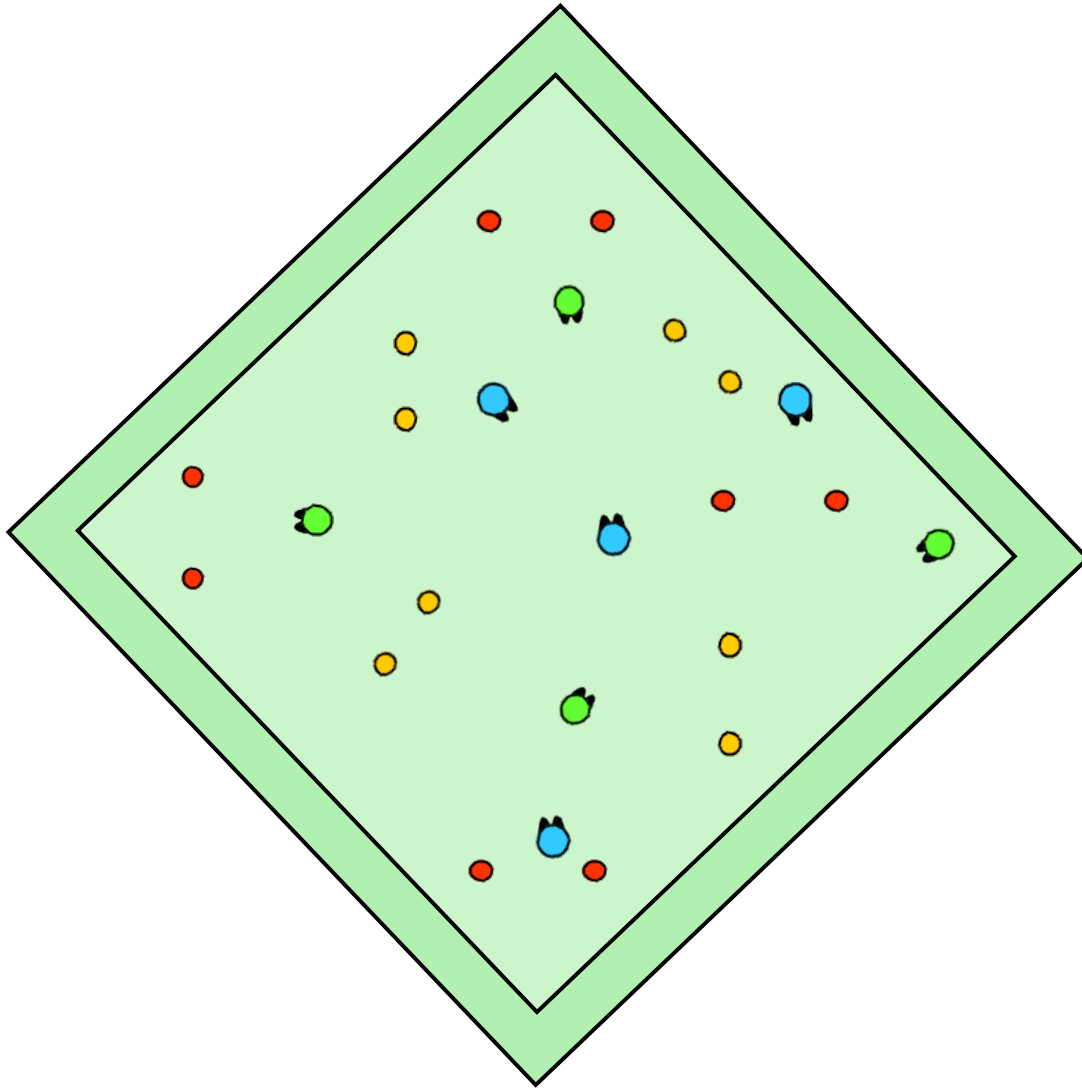


Progression 3:

2 Defensive players are added to the practice to cause some interference to the players working. To start these players can have a ball each to slow them down. You can then have one with a ball and one without.

As with the other practices, ensure you rotate the players.

Diamond Gate



Any amount of players can be used, just ensure area is big enough to accommodate. Players are each working to begin.

- Jog around the area and through gates holding a ball
- Jog around the area and through the gates bouncing the ball
- Ball at feet, dribble through different gates
- Dribble the ball and add a turn at a gate
- Dribble the ball and add a skill at a gate

Progress to:-

Passing/Receiving

Half the players having a ball and moving around the area and half the players remain on a gate.

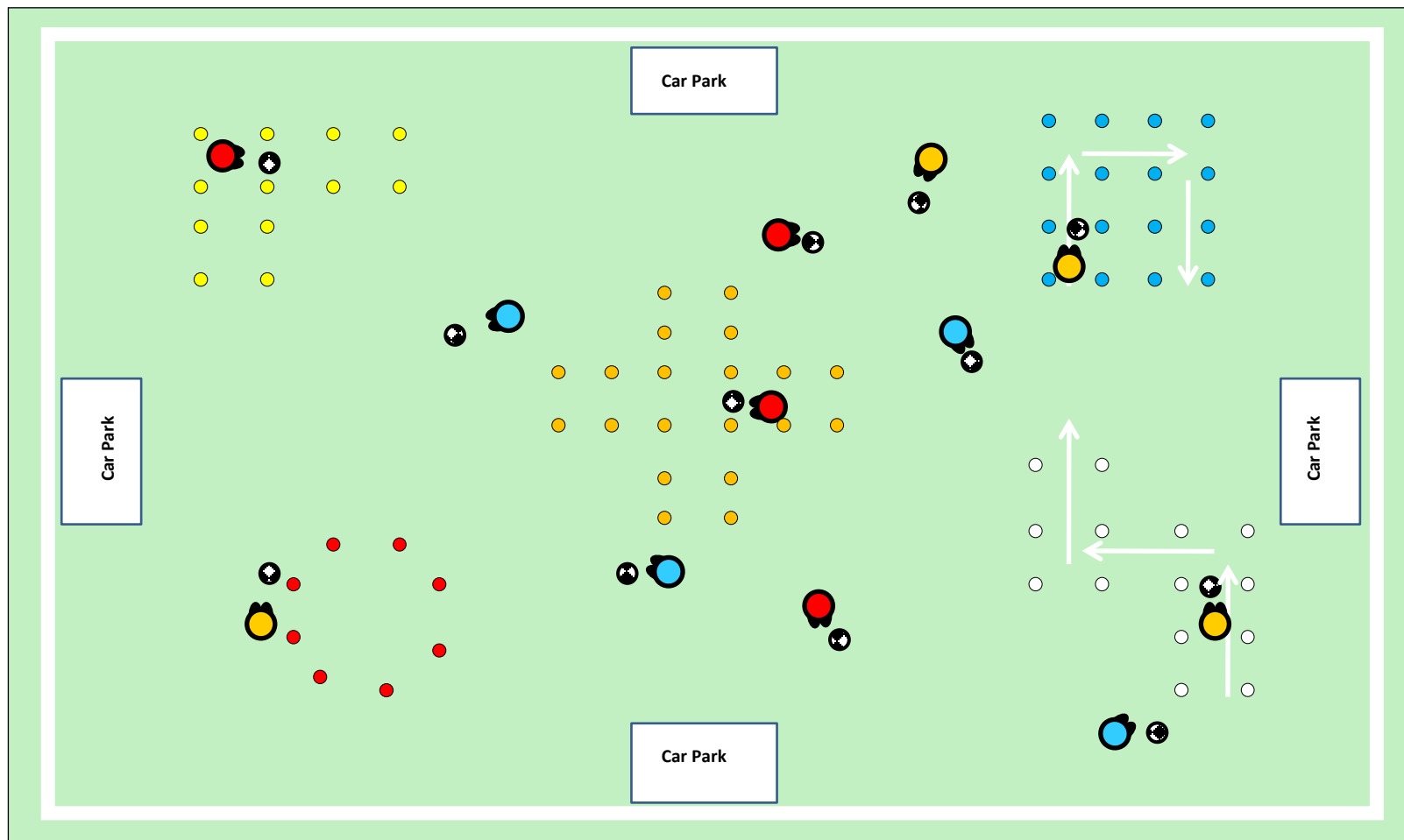
Players could either pass to player on gate and receive it back to continue or players pass to the player on the gate and that player then dribbles the ball to find a different player waiting on a gate.

Progression:

Split the group so you have some players on the outside of the area passing the ball into those working, at this stage we can add some players to offer some interference to those receiving the ball in the middle.

Ensure you rotate players at regular intervals to build in rest periods and allow players to experience all roles

Driving School Ball Manipulation 7 - 9 Years

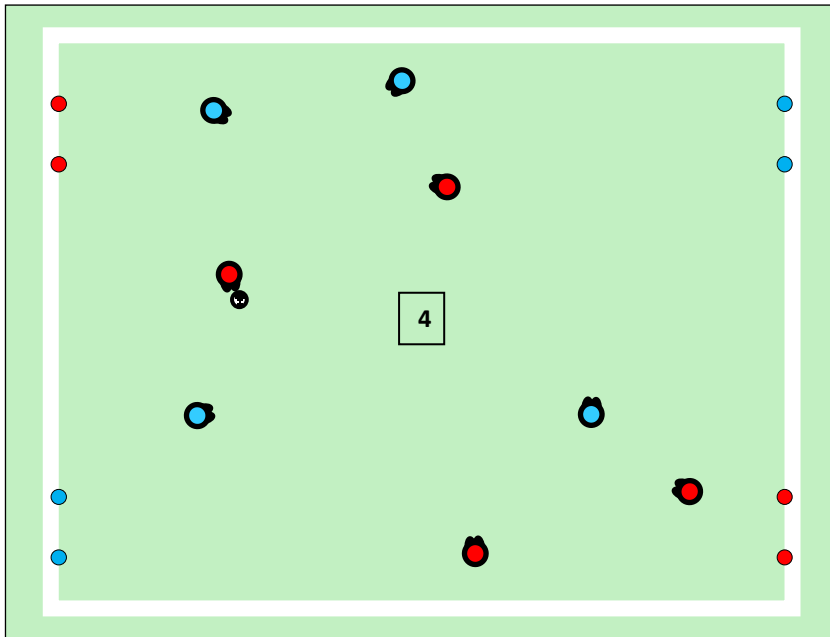
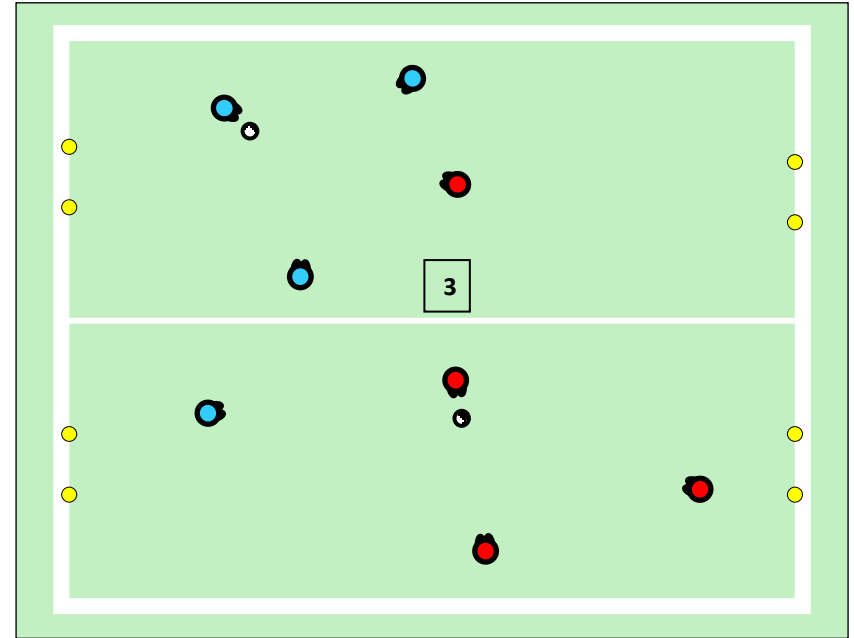
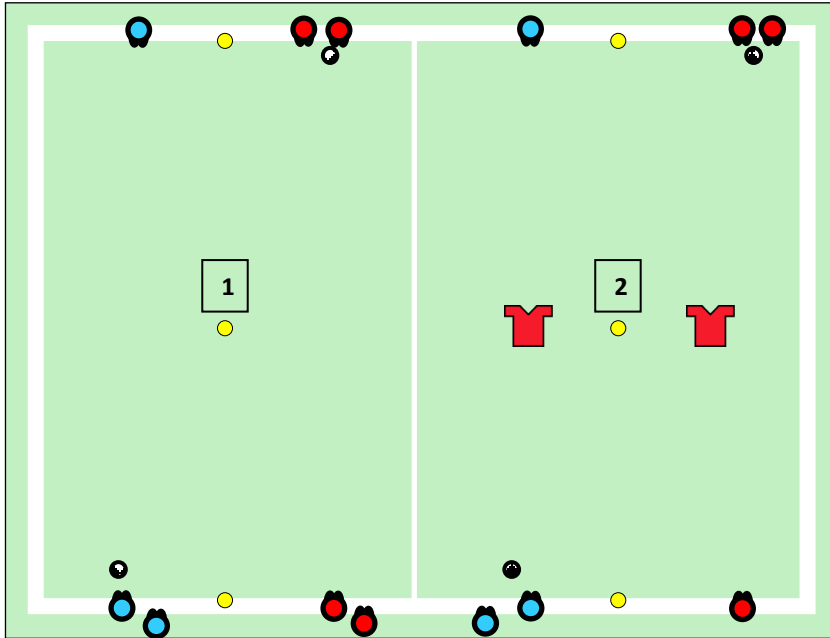


Set Up as above and the area can be whatever size is appropriate for the players you are working with. The game is on the theme of driving a car around. Players can take their ball through various sections which include:- Right and Left turns, a U turn, a Roundabout, Snake Pass and Crossroads. There are also car parks should the players want a rest. How many different ways can the players find to move the ball?
Can include markers to signal certain conditions. Red for Braking, Green for Acceleration and Yellow for Park.

Progress to:- Add some blockers into the session, if they tag someone their car has now broken down and they have wait to be released by an AA man. The car parks could now become safety areas. Can players travel through the crossroads without being tagged.

Can you think of different challenges that you set the players remember to differentiate within your group.

Explosion - Running with Ball



Practice 1:

Simple start point. Players run with ball to opposite end and pass to player waiting who continues the practice. Opportunity to introduce basic technical points.

Practice 2:

Add a passive defender into the practice and get the players to accelerate passed them, and again pass ball to those waiting.

Practice 3:

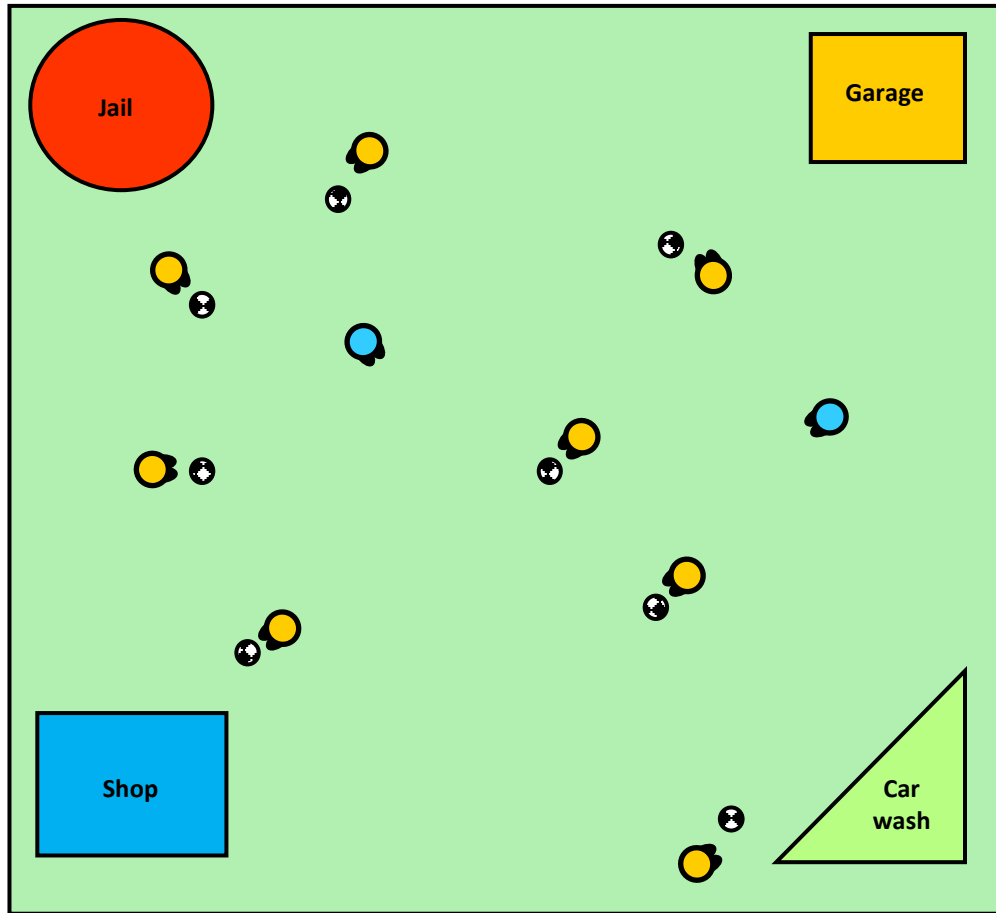
Split the players up and create an overload, object of practice is to combine with team mates and look to choose the right time to run with the ball, over the end line. Players then work back in opposite direction. Rotate defenders at regular intervals.

Practice 4:

Finally put the players into an even sided game, still working on running with the ball, when and where is it appropriate to do so. Blues and Reds looks to run the ball through their own gates.

- Always try to give the defenders the opportunity to achieve as well as attackers.
- Think about the type of questions we can ask the players, in order to check their learning.
- Try to challenge the players appropriately, and give them all an opportunity to achieve.

Around Town



Area can be whatever you feel is appropriate with different shapes in the corners as shown.

Players driving (dribbling) around the area (town).

We can get the players thinking about how they might drive their car, sometimes they go fast, sometimes slower in traffic, turning corners, braking. Can the players try and do as many different things as they can think of.

Allocate a certain type of building for each shape, in this instant there is a Garage, Shop, Car Wash and Jail.

Players are allowed to visit Garage to fill up the car, on leaving the garage can the players try to do keep ups.

Players visit the Shop and when leaving the players drop the ball from their hands to their feet, control it and carry on.

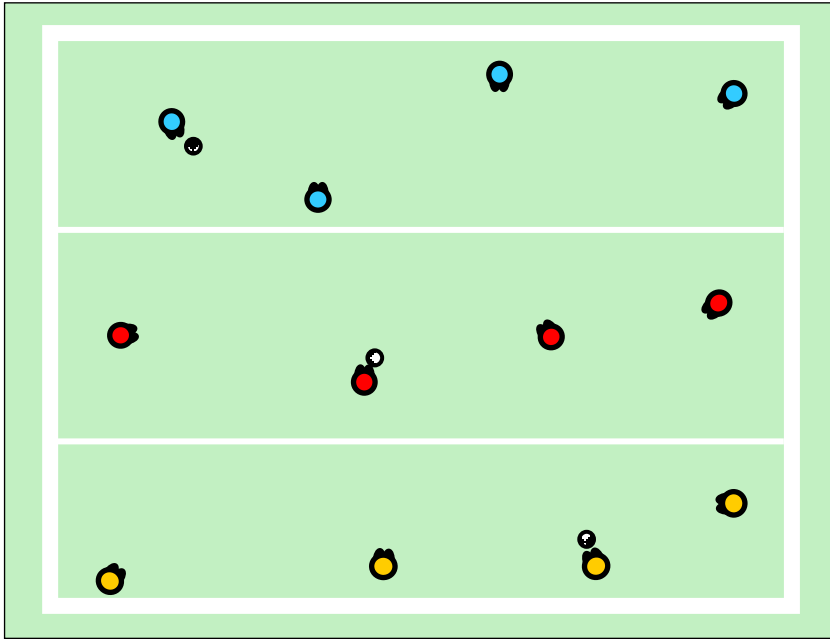
Players can now visit the Car Wash to clean their car and after running around in there for a minute on leaving can players do toe taps, sole taps on coming out.

Once players are used to the different areas they can visit wherever they now choose. We may now say to them, can we travel into an area in a certain way and come out in a different way.

As a progression we could now add 1 or 2 Policeman. They are looking for players who are going either too fast or too slow, if they tag a player they now must go to jail. They can breakout of jail once they done some skills. Ask the players how many different types of skills they use prior to breaking out. Rotate policeman at regular intervals.

This game is good for young players for an opportunity to use their imagination and also for the coaches. Think of other things you could incorporate in to the game. Roundabouts, Traffic Lights etc.

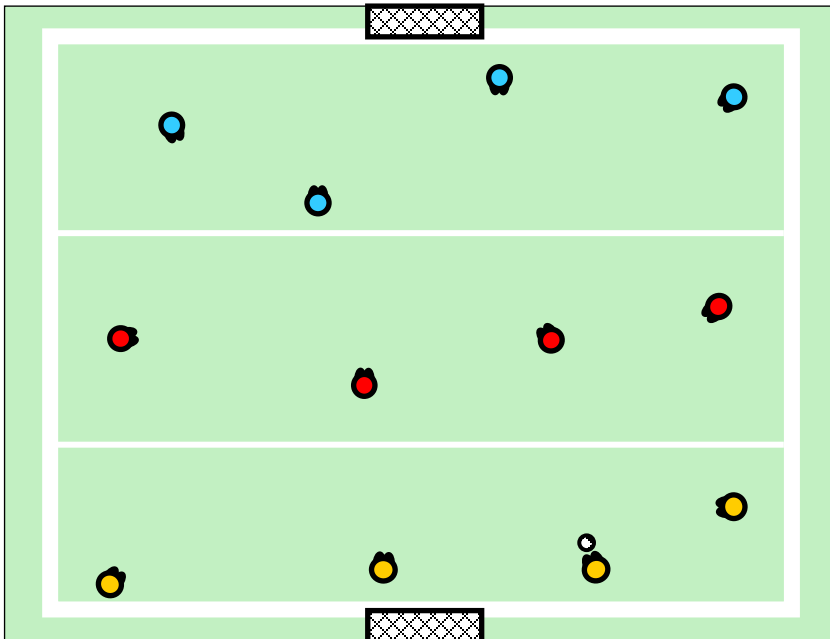
Licence to Pass



Start - 3 teams 1 ball per team.

Players stay in their own zones initially and look to pass into central area, receive ball back and then look to pass into furthest zone.

Look for opportunities to add in information that may help the players with their decision making, where, when and how to pass and type of pass selection.



Progression: 1 ball to start.

Central players now act as defenders and teams on the outside look to combine until they can pass the ball through the central area to the opposite end. If defenders intercept a pass have some form of reward for them. Rotate players regularly. If players are coping well with the practice another ball could added into it.

Allow players time to discuss what is going well and might they do better.

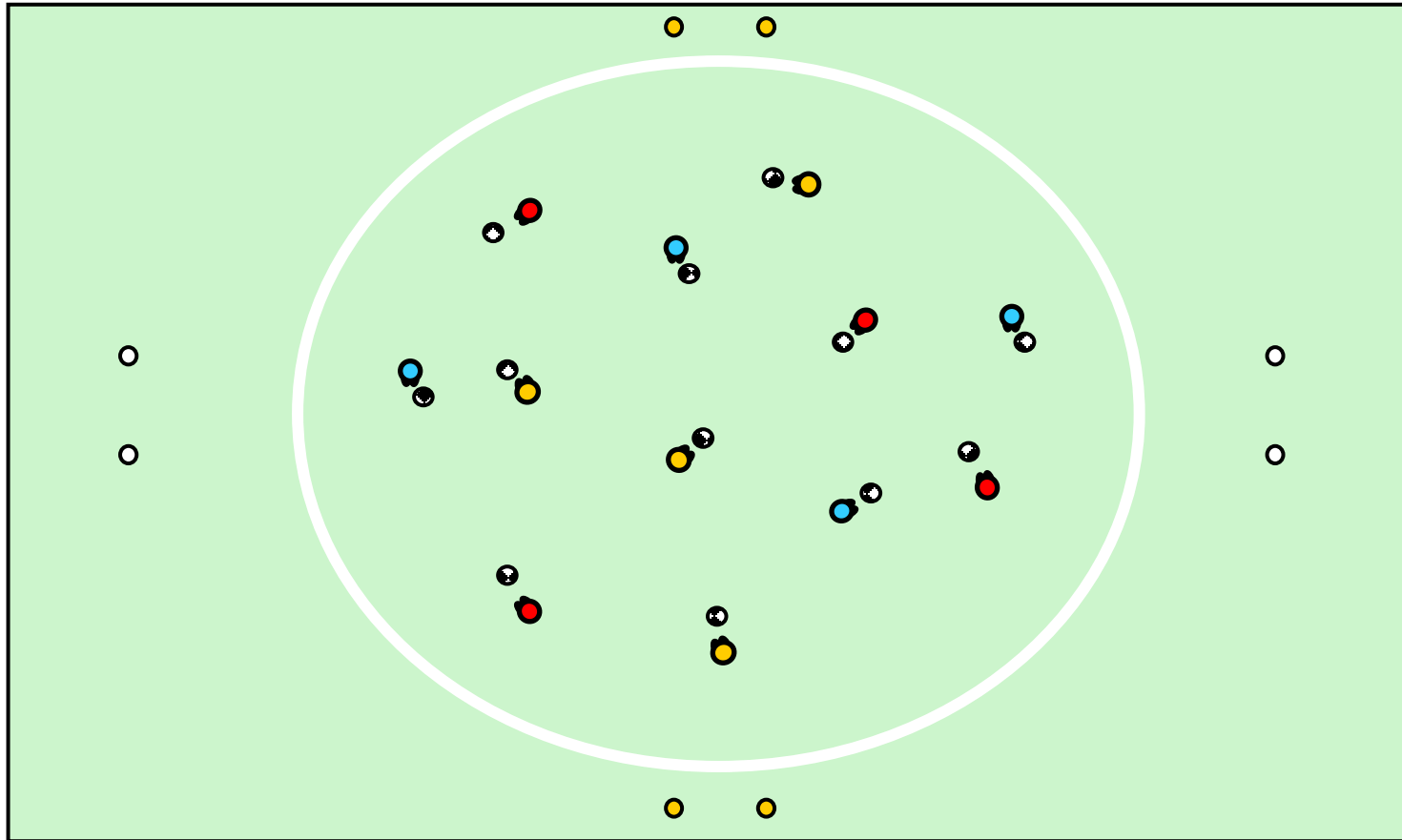
Progression:

Allow on defender to enter end zones when ball goes in there, to add more pressure, if players are able to cope with it.

Progression with goals:

Attacking teams still looking to play ball into end zone effectively. Now when ball is received players look to shoot, 2 defenders can now go into end zone to try and deny shooting opportunities. If the defenders win the ball they can look to try and score or play the ball into the central area to one of their team mates.

Turn, Turn, Turn



All players with a ball, moving around the area trying to do as many different turns as they can whilst getting used to the size, encourage them to try new things. **Q:** What might you have to think about when doing a turn in a game?

Progress to:

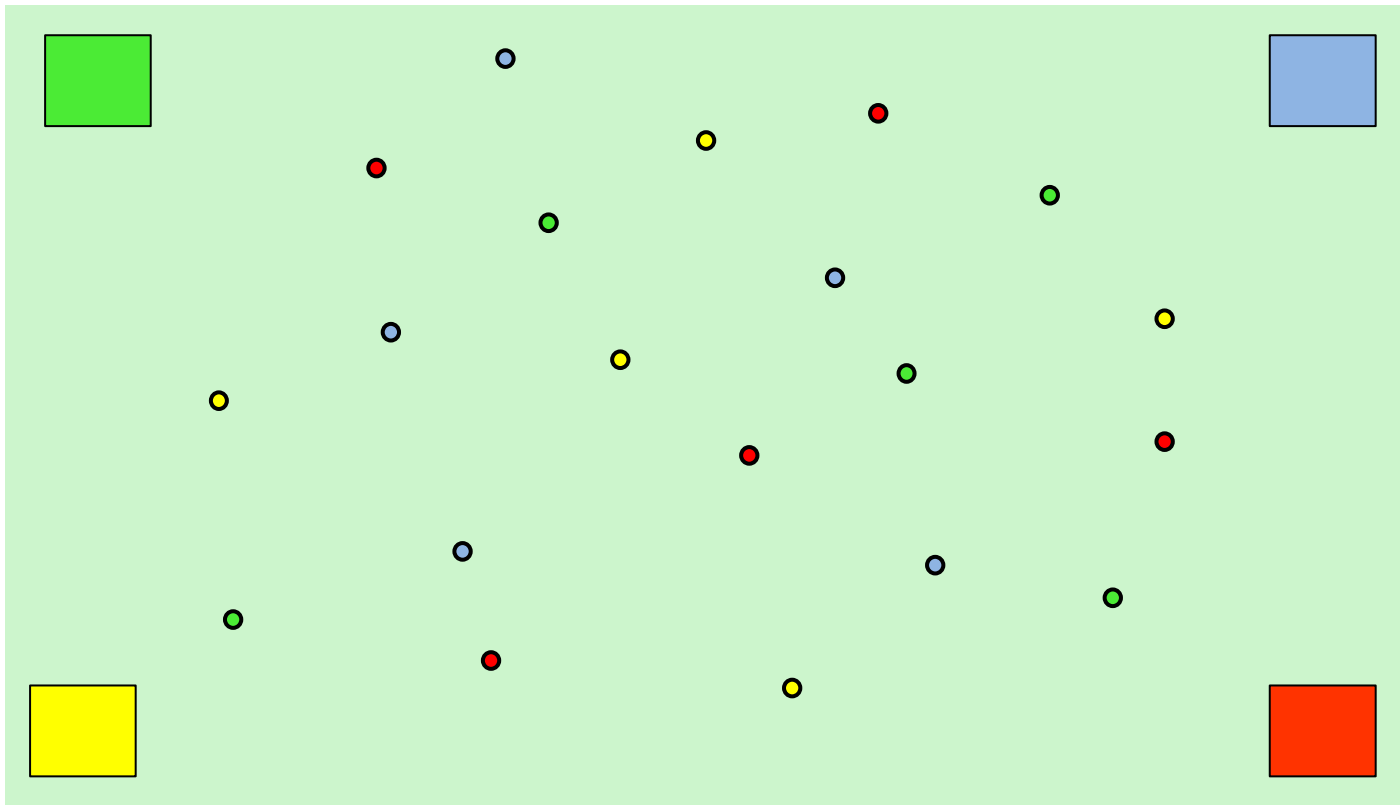
- After doing a turn can you drive out of circle and then come back in.
- One team now looks to cause interference and take a turn as a blocker whilst players are trying execute turns. Rotate players regularly.
- One team positioned in the gates outside the circle, one team working, they look to receive a ball from one the players on a gate, turn and play out to a different player at another gate and the other team is defending, two players in the defending team have to dribble a ball and two do not. Rotate teams, so each team experience each aspect of the game.

Could allocate points if a player is successful in getting a ball and transferring it. Defenders could get points for winning the ball and playing it out.

Try to give teams the opportunity to discuss tactics and what is going well or what might they do to improve, if they think they need to.

Final progression could be an even sided game working on the same theme.

Fruit and Veg



4 different groups of players who are allocated a home base in one of the corners. Various coloured markers are spread around the area and these can be given the name of a fruit Yellow – Banana for example. To start players are moving around the area without a ball working on various fundamental movements. Teams take it in turns to be greengrocers and trigger the movements to be worked on. Another warm up could be, on a call from the greengrocer players try to get certain types of fruit and take back to their home base.

Progression:

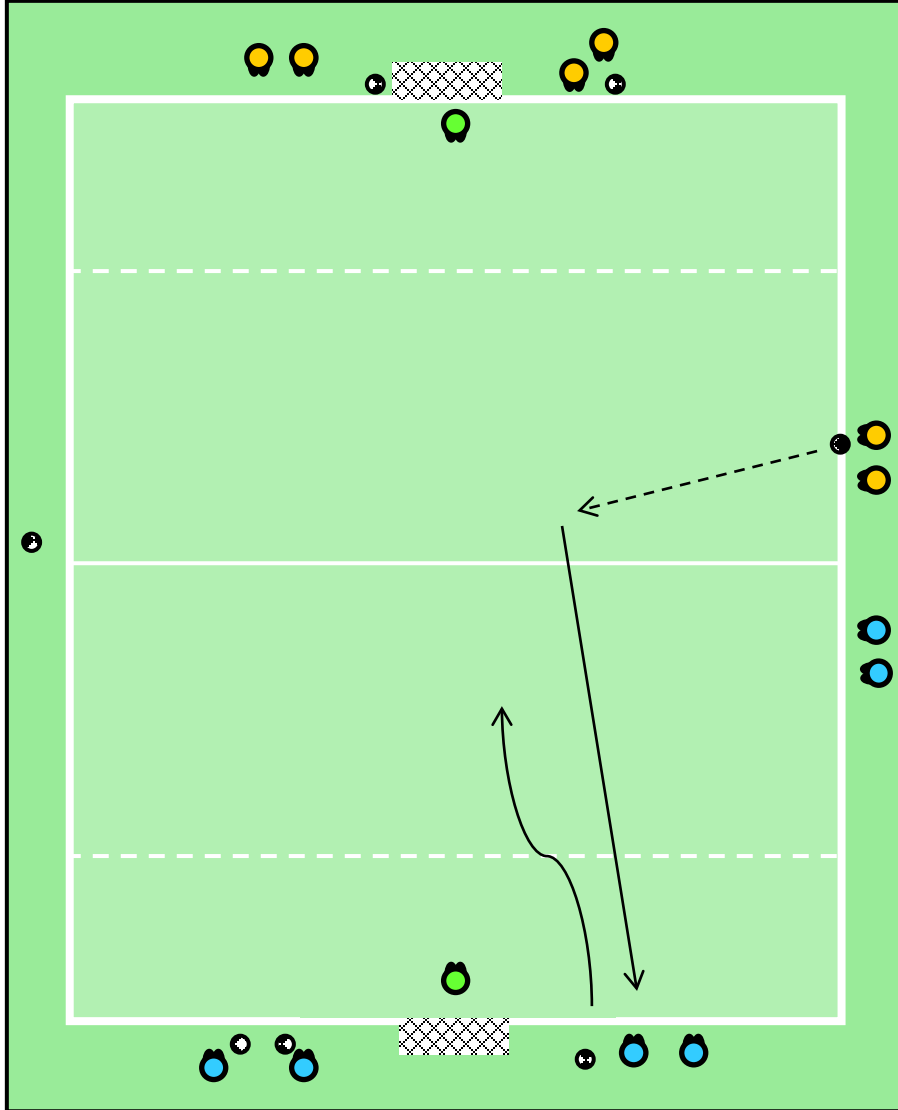
Players now with a ball, dribbling around, on call for a certain fruit, players look to get to that colour marker as quick as they can, continue. You could get the players to do a skill before getting the fruit.

To add some competitiveness you could see which team could get the most fruit.

First team get one piece of each fruit back to their home base.

Players get a certain piece of fruit and take it back to the relevant coloured base, which team can get the fruit the quickest.

Golden Balls



The size of the area is dependant on ages and abilities. Players split into attackers, defenders and goalkeepers.

One player comes in and passes the ball to one of the players on the end line, that player then defends and two attackers try to score at opposite end.

Once a shot has been taken the two attackers then defend against three players from that end.

Attackers look to combine to create and take goal scoring opportunities. Within this set up the players could be grouped in various ways, 2v1, 3v1, 4v2.

Ensure that players are rotated so they experience all aspects of the game equally.

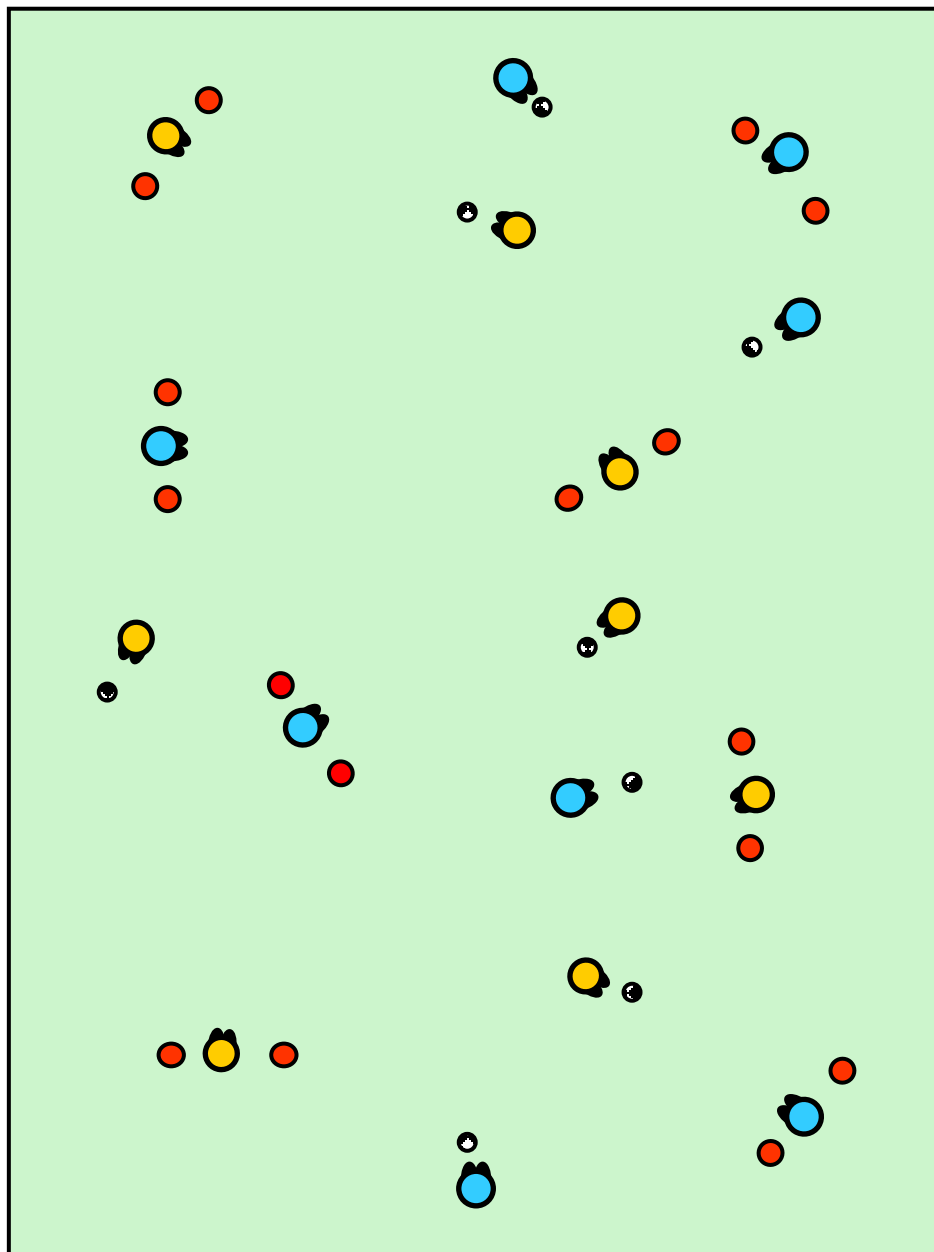
If defenders win the ball, they can try and score in opposite end.

Possible Progressions:

- Introduction of offside line – Game Realistic
- Could introduce time limit so that attackers take shooting opportunities quickly, after certain time add extra defender
- If players can cope – limit on touches

Allow players the chance to discuss what they are doing with regards Attacking and Defending.

Gareth Gates



Start Point:

16 players, 8 gates, 8 balls and 2 teams of 8.

Set up:

4 Players from each team in a gate, the other 4 with a ball in their hands.

Players start the practice by throwing ball to a player in one of the gates and then take their place. Player catching ball moves off to throw to another player and continue.

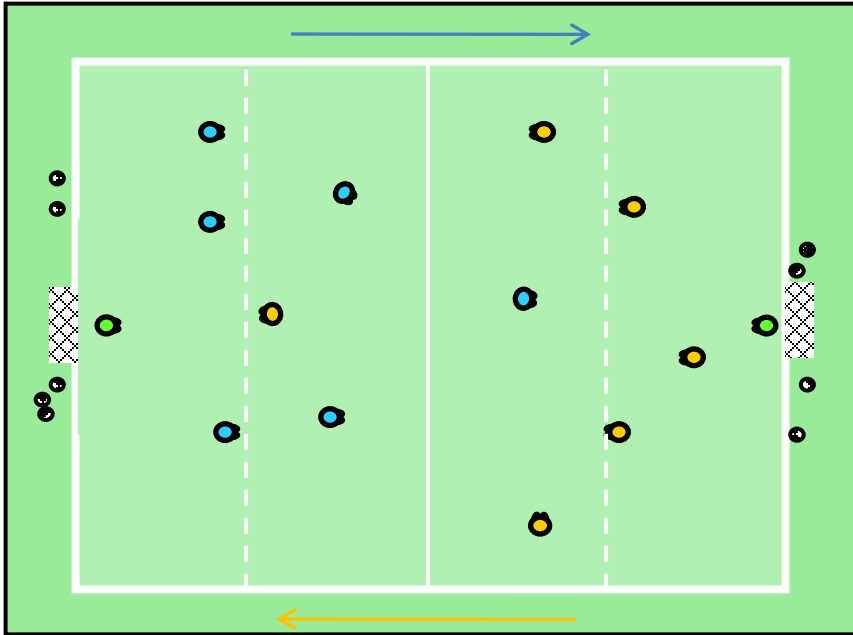
Progress to when receiving the ball can players control with a surface before having it in hands.

Progressions:

- Pass and set back
- Pass and turn out other side of gate
- Pass and play one two
- Two different ways at once (1) on floor (2) in air
- Play to own colour only
- Two defenders per team, who try to stop other team passing through the gates to team mates who are paired up

Could finally end with even sided game, players look to score through gates. Could be passed with feet or start with ball in hands to allow players to get used to extra pressure that an even sided game brings

Pele Mêlée



Set up:

16 Players 2 teams of 6 players and 2 Goalkeepers

Start Point:

5v1 in each half of the pitch.

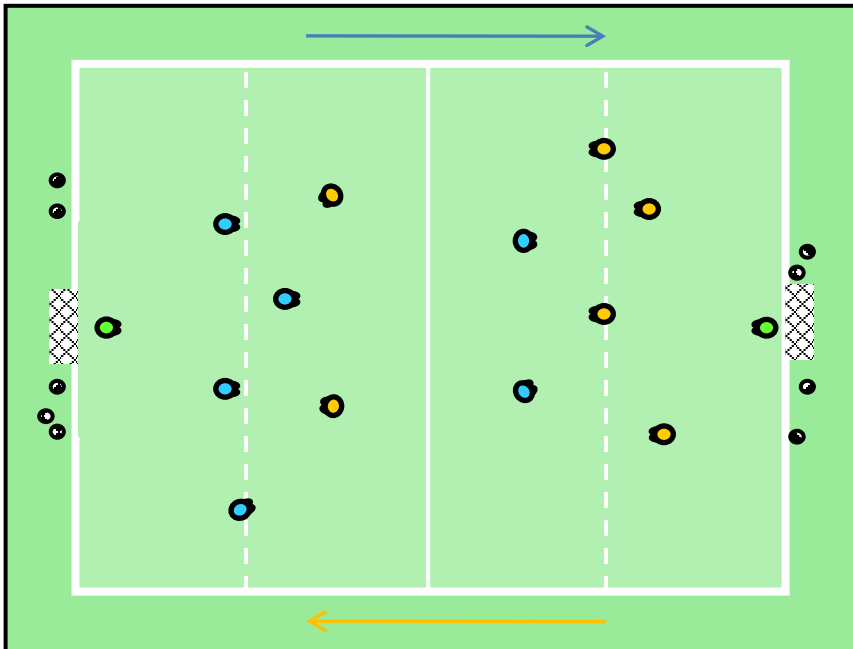
The 1 player is acting as a defender, just to offer some interference to the other team and also can be used to set the ball for team mates. Players need to rotate on a regular basis. Players are initially working short range shooting.

Progressions:

- Change focus to long range shooting
- Include another defender 4v2 in each half
- Lines could be used for offside or as a way of rotating players
- Defenders initially passive, progress to limited pressure and eventually have defenders trying to win the ball
- Look to introduce a point scoring system for attackers/defenders
- Give the defenders and incentive if they win the ball

Think of the types of questioning that can be used in this game regarding both the attacking and defending aspects.

Allow teams time to discuss strategies for possible improvement



ABC's

Start:

Size of area will depend on ages, ability and amount of players, above is just an example. You could have 2 teams or 3 teams included.

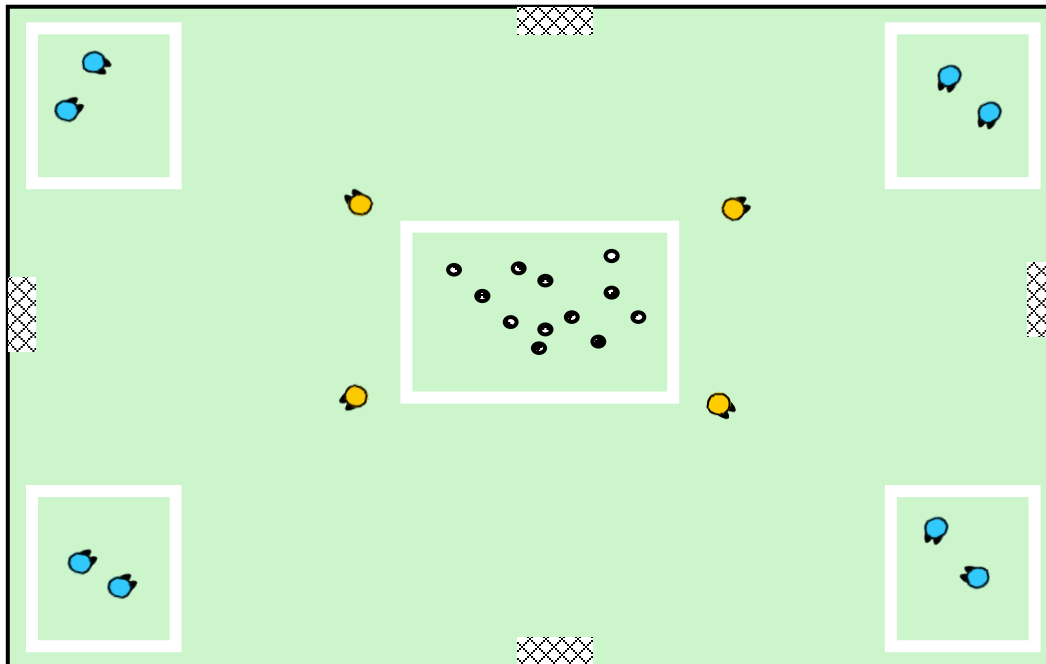
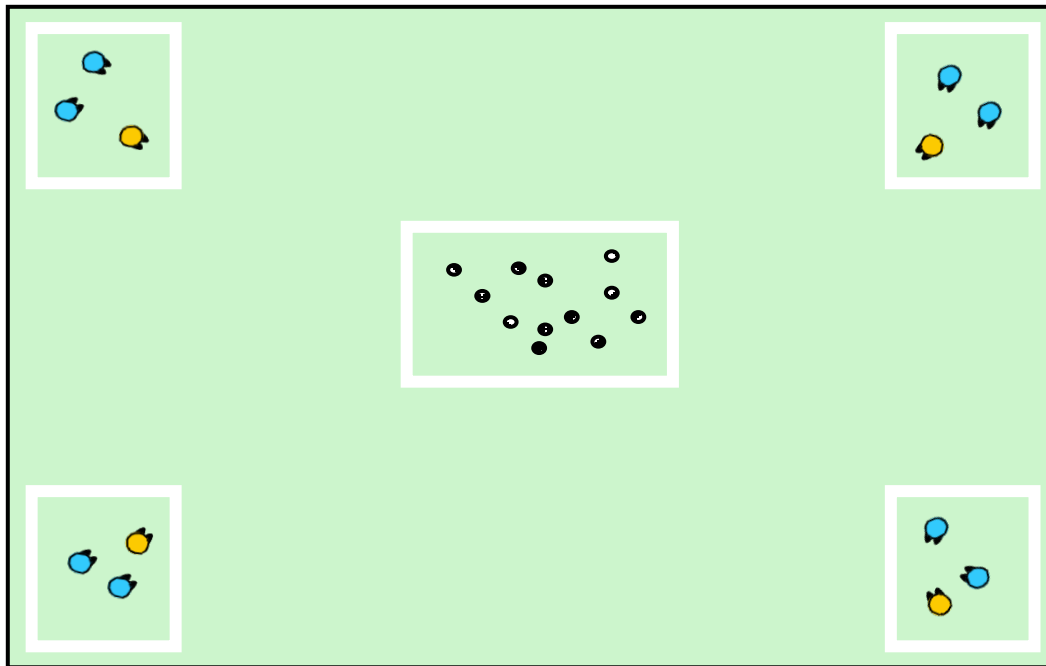
Players initially start as in the Level 1 game of Robin Hood. Players when moving to middle and going back can use lots of different types of fundamental movements.

Ask the players to come with as many different ideas as they can.

Initially, use hands before progressing to feet.

Progressions:

- Add 4 blockers to try and tag those getting a ball from the middle.
- Players dribbling ball with their feet back from the middle.
- If the defenders are having too much success, may be give 1 or 2 a ball to dribble with as well to slow them down.
- Rotate blockers on a regular basis.
- Give defenders a points scoring system if they are successful.
- Utilise 4 small goals, when players come in and get a ball then beat defender and have a shot at goal.
- 2 players coming out together collect a ball and combine to try and score.



Mayhem



Start:

Two teams of 5 each with a ball. They look to dribble up the pitch and shoot into the goal.

Initially both teams go at the same time to get them used to the area, there will be interference as players pass each other.

Progressions:

One team trying to score and other team defending. Swap roles and add competitive element by having a scoring system in place.

If defenders win the ball they can go and score at opposite end.

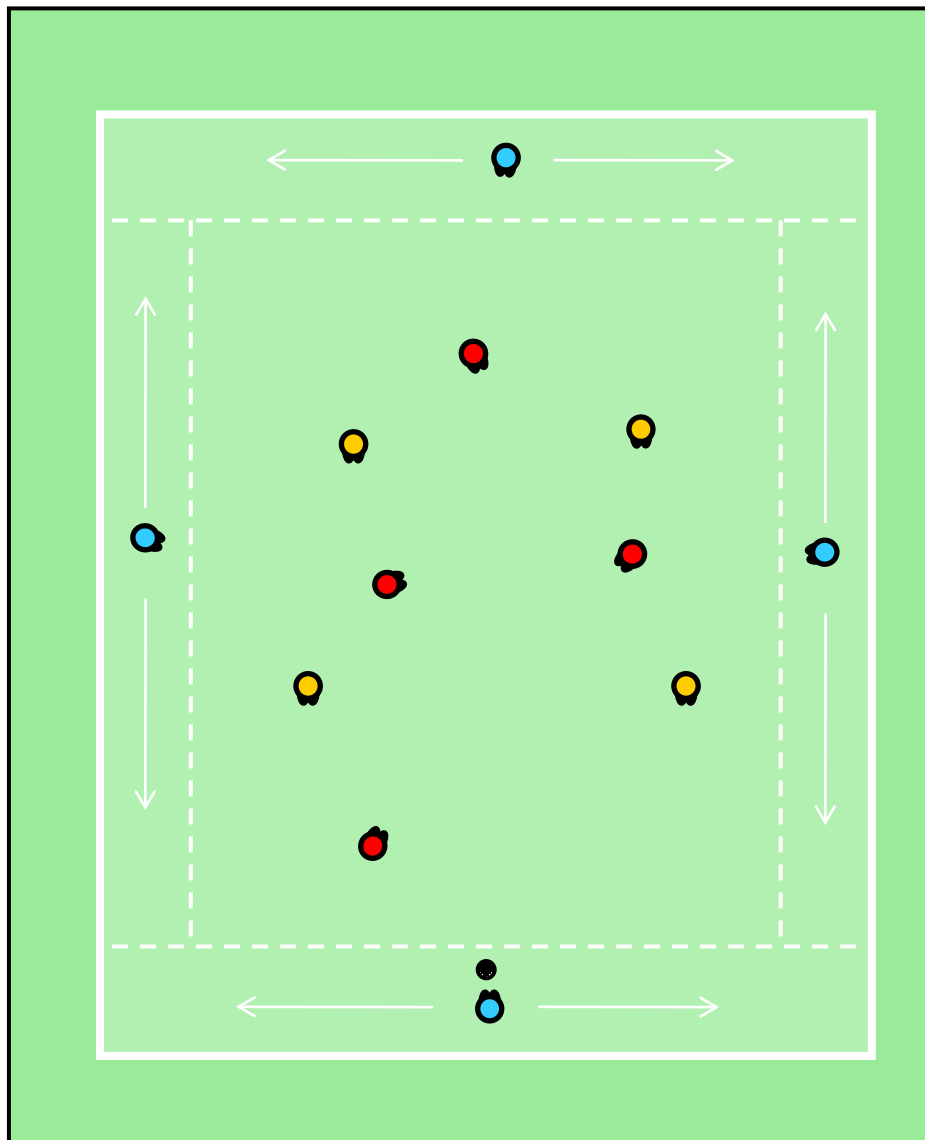
Add shooting line, more point scored if goal is scored before crossing the line.

Targets inside the posts for concentrating on accuracy.

Add a central area to promote shooting from wider angles. Players do not have to go around the square if they don't want to.

Incorporate Goalkeepers when you feel it's appropriate.

Scrambled Egg



Start:

3 Teams of 4 players 2 teams on the pitch and the other team are neutral players.

Both teams have a ball and look to pass to each other, working the ball from one end to the other. Keep working the ball from end to end. Try use the neutral players when doing this.

Rotate, so all teams experience both elements of the game.

Progressions:

1 ball and now the game becomes opposed, teams playing in the middle are still looking to use neutral players.

Ball for the neutral players to pass the ball amongst themselves

Teams score by passing the ball into the end zone and then working it down into opposite end.

Ball could be delivered in and out of the area off of the ground.

Neutral players should look to work the whole of their area to support central players effectively.

To the Moon and Back

Start:

All players with a ball dribbling round to get used to the area, if they want to use the gates they can.

Progressions:

Players now pair up and look to pass to each other through the gates. Initially working on one gate.

How many gates can they pass through in a certain amount of time.

Could add balls on top of the markers on a couple of gates .
1pt passing through gate without balls
2pts passing through gate with balls

Have 2 players acting as blockers, dribbling a ball each and trying to stop players passing through the gates. Rotate these players regularly.

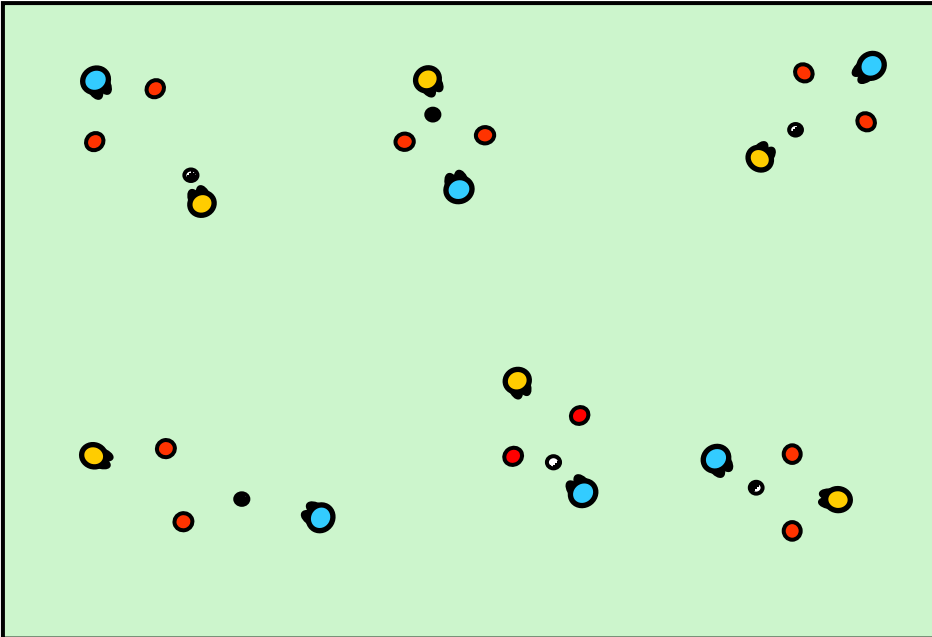
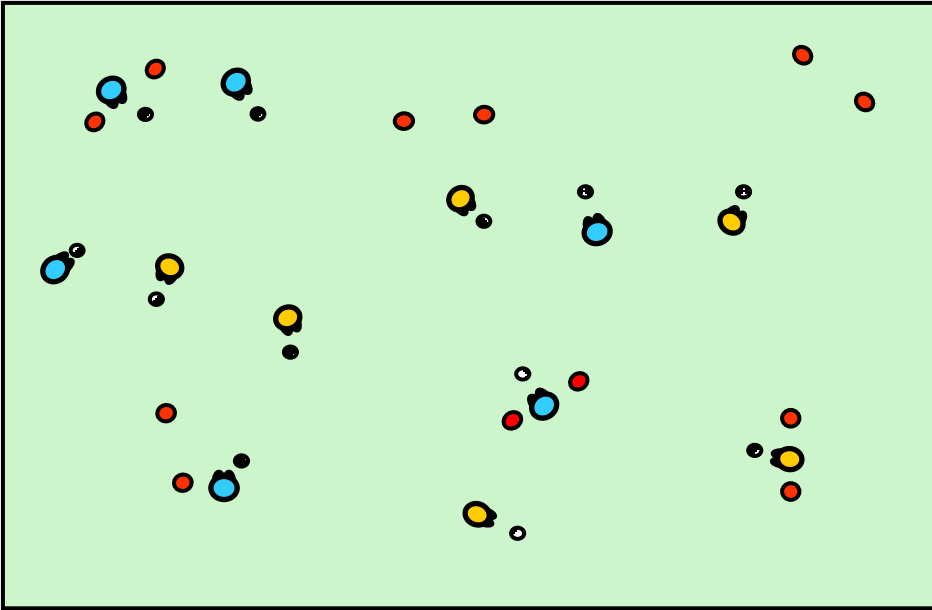
Challenges:

Smaller Gates

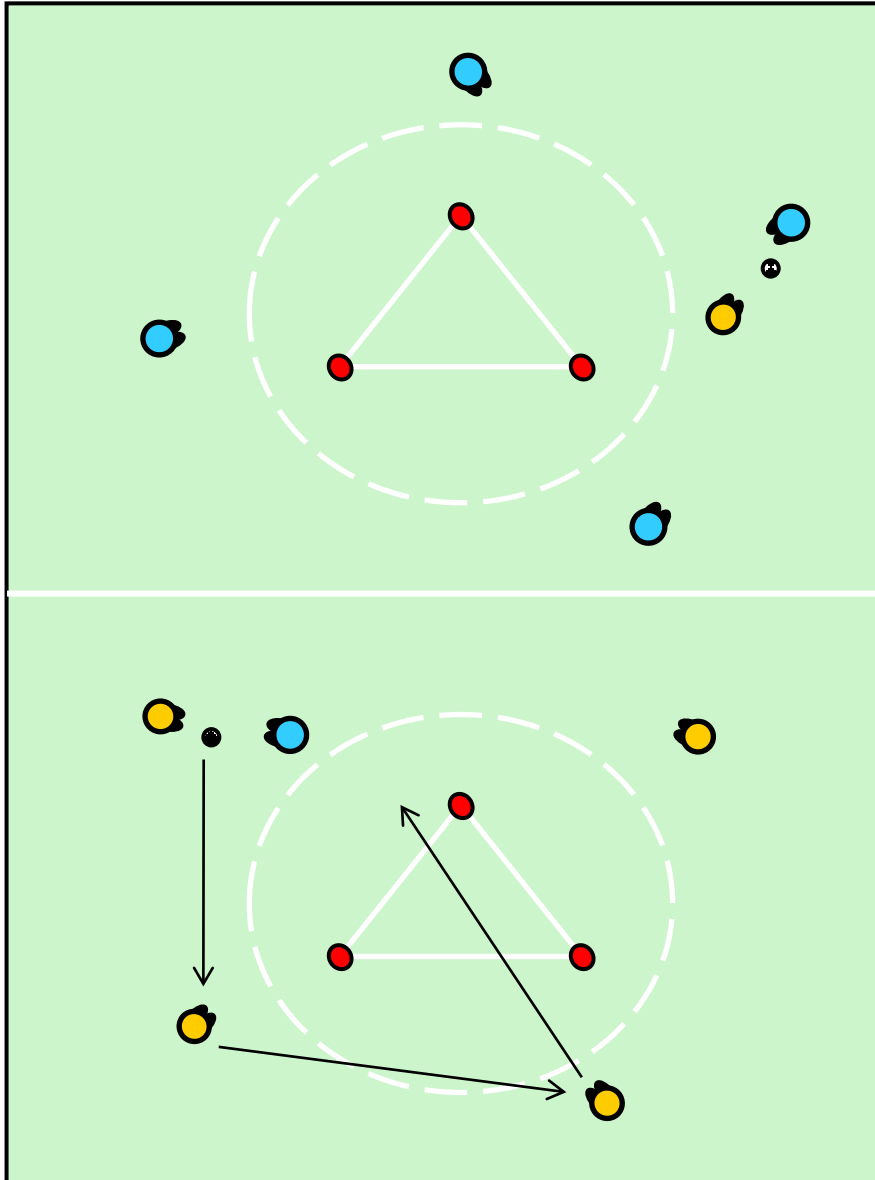
Smaller Balls

Try to pass and receive with either foot

Let players come up with a scoring system



Muller Corner



Start:

Same set up in two areas. 4 v 1 in each area.

Mark out a circle to stop players crowding the goals.

Begin by throwing the ball to get the players used to the game.

Goal can be scored in either side of the 3 sided goal.

Rotate the defender on a regular basis.

If defender wins the ball, they can also score in the goals.

Defender can travel through the central area but the attacker cannot.

Progressions:

Ball now on the floor and players passing the ball with feet.

Progress to 3 v 2 if players can cope or 3 v 1 with a Goal Keeper in each end.

Alternatively, you could have whatever numbers you need, providing it is relevant to the players you are working with.

If players score in one end, they could take the ball to the opposite to try and score. If a team does decide to do this, it acts as a

Challenges:

Can players try to score in each side of the goal.

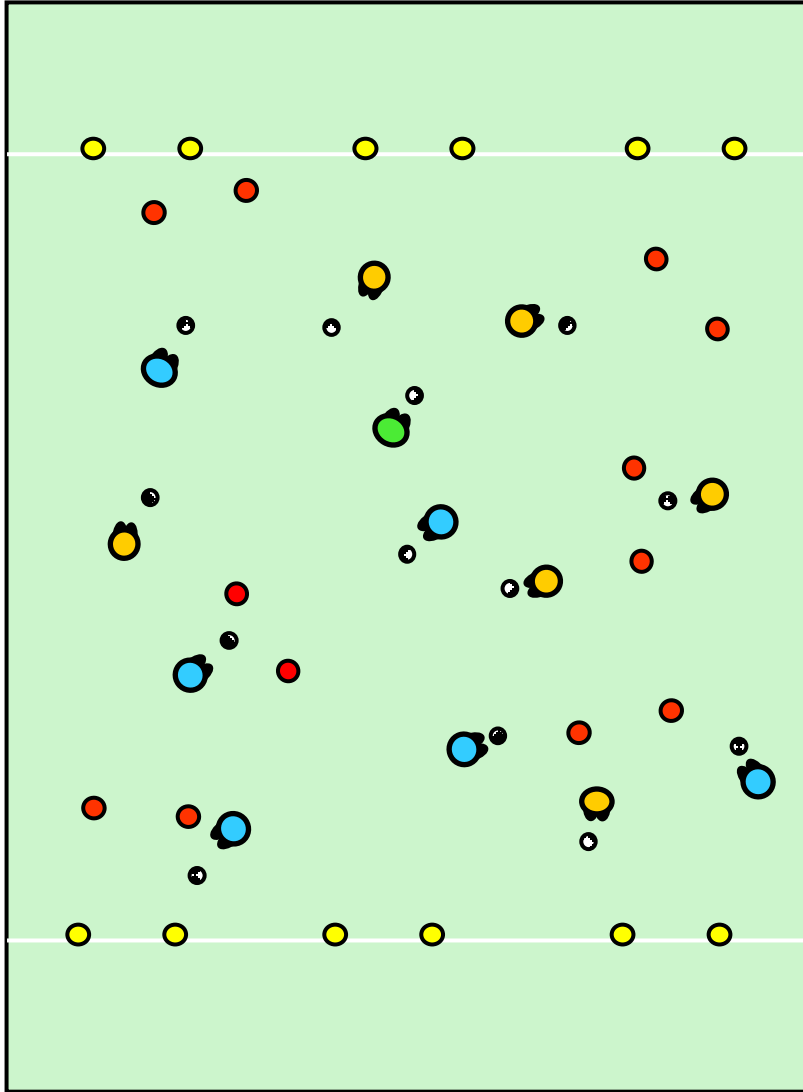
If appropriate, can a player beat the defender to score, rather than passing to work an opening.

Can players score in different ways Volley, Head, Side Foot, Laces.

1pt if players score in any goal

2pts if they score and a player receives the ball on the other side.

Dribblers



Start:

All players with a ball dribbling round to get used to the area, if they want to use the gates at all they can.
How many different surfaces can they use?
Inside, Outside, Laces, Sole.

Progressions:

How many different ways can we go through the gate
How many gates can they dribble through in a certain amount of time.

Add a blocker (Green) with a ball to the practice, to add slight pressure.

If a player gets tagged, they go into one of the end zones to perform a task before returning to the game.

End zones can be also be used as safety areas for players to take a timeout and assess situation if needed

Gradually increase the amount of blockers as players become used to added pressure.

Once blocker tags 3 players, then swap with another.
Take ball off of 1 of the blockers if they are not having much success.

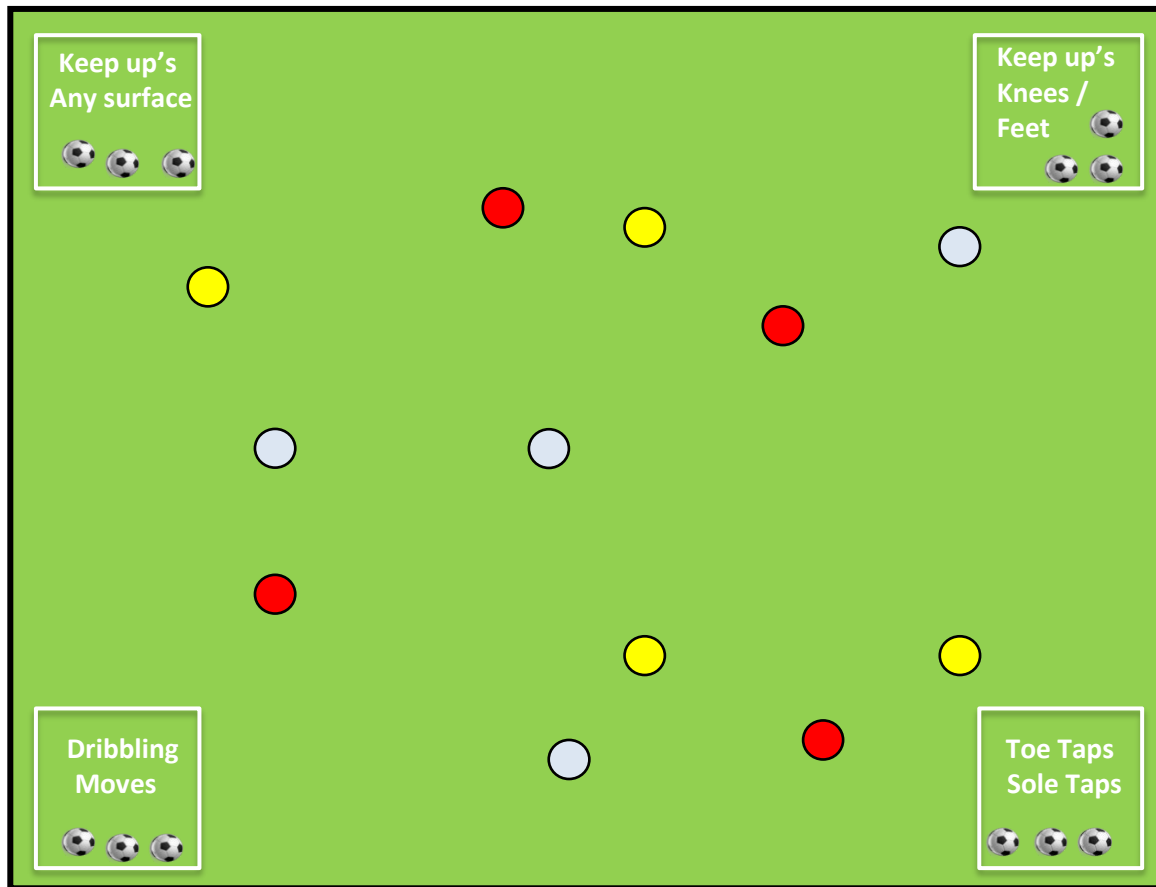
Challenges:

Large, Medium, Small Gates

Various sized balls

If gate is blocked turn away from it

Let players come up with a scoring system



Fundamental Movements

Area to suit age and ability of the players you are working with.

3 groups of 4 players in different colours. More players can be used, no limit really.

One team is the tagging team who have 60 seconds to tag as many different players as possible.

Swap tags teams after the 60 seconds

If a player is tagged they go to one of the corners and do an allotted task prior to returning to the middle again.

Progress to:-

Defenders have a ball

Attackers have a ball

Adapt depending on who may be successful and who may not.

Add a competitive element and count up how many have been tagged, a point for each one.

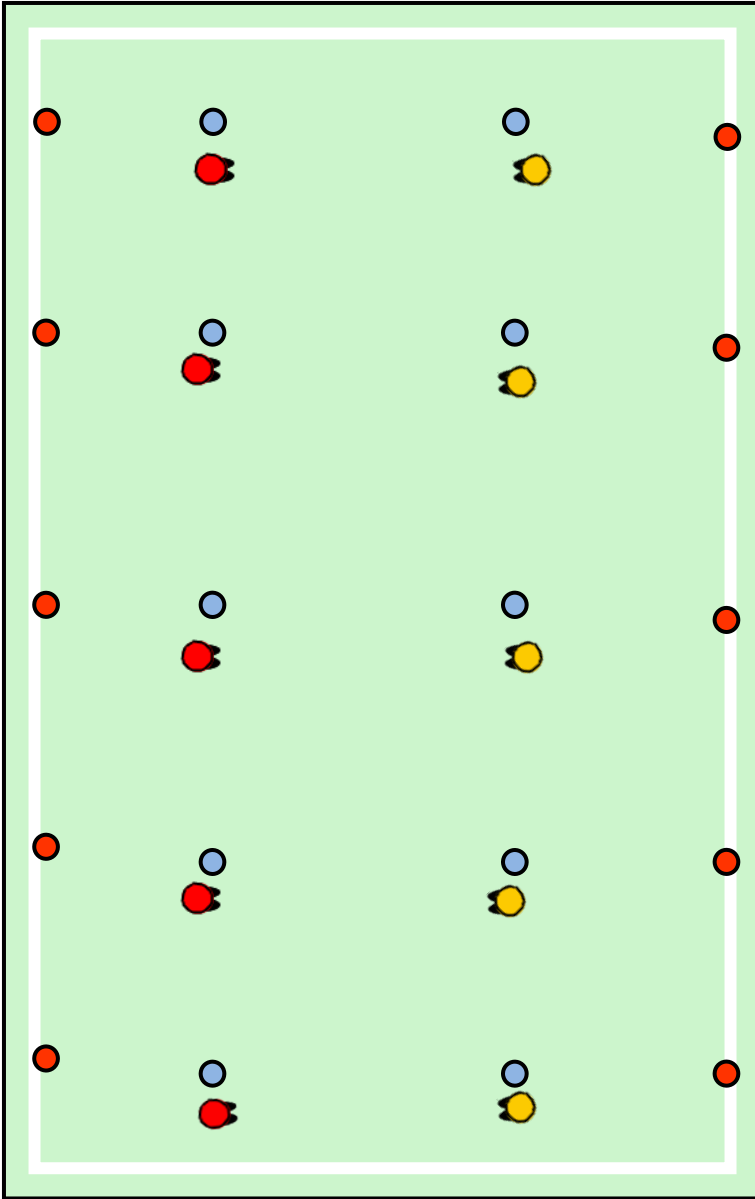
Outcomes: Lots of changes of direction, changes in pace, turning to avoid the taggers. Can we look to introduce questioning, as to how we can be more effective when either tagging or avoiding the taggers.

Working as a team.

Consider the implications for the players when balls are introduced.

A simple set up, fun activity with lots of football related movements.

Snakes and Ladders



Start:

5 pairs set up as in diagram and a ball between the pair.

Distances will be determined by age and ability of the players.

Pass ball between each other

Starting with 5 passes 4, 3, 2, 1

Sit down when finished

1: Under arm throw

2: Throw overhead

3: Right Foot

4: Left Foot

5: Volley

After each technique, move up or down the ladder.

Progressions:

Pass then dribble out to the cone behind

1: Go round the cone

2: Turn at the cone.

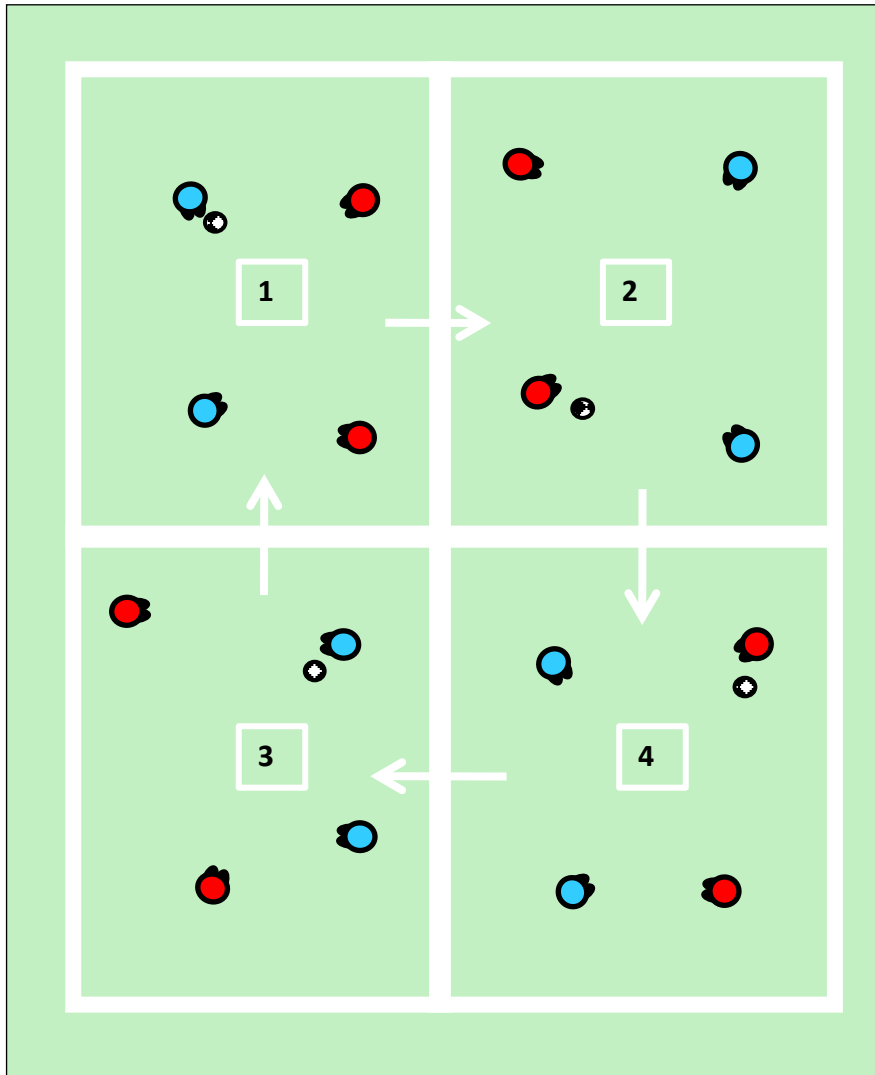
3: 3 Keep up's

4: Receive ball at the Red cone (longer passes)

Challenges:

Can differentiate and incorporate smaller balls for the more adept players.

Juggernaut (Possession)



Start:

Four players in each box and the warming up moving anywhere in the area with a ball in their hands trying to:-

- Throw & catch
- Bounce & catch
- Move the ball around their body

Progressions:

Players pass the ball around their grid in their groups of four, players numbered 1 to 4 and pass in number order, then reverse number order.

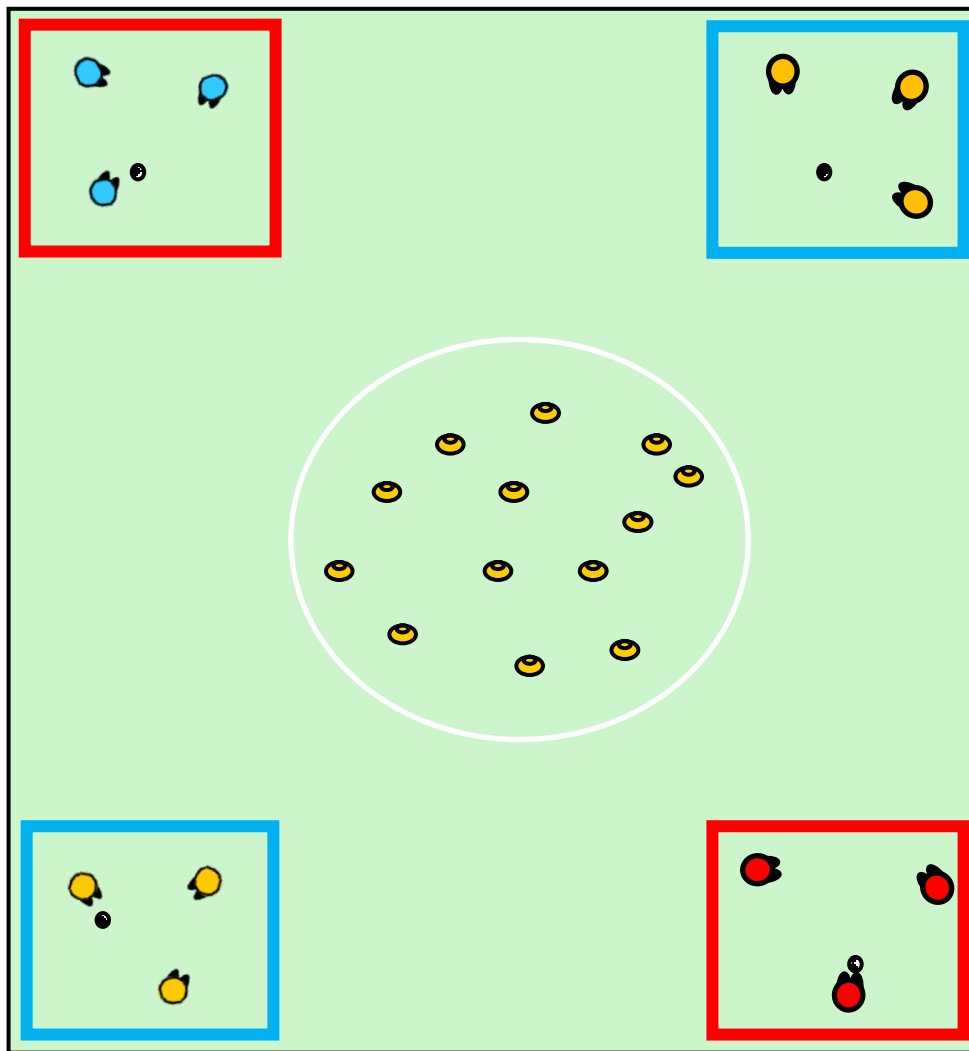
Players then kept their numbers and continued to pass in number order.

Challenges:

The coach calls a number and that player has to dribble into the next box and work out who his next pass was to, moving in a clockwise direction. The players were then tasked with passing the ball into the next box with the next number receiving the pass.

The large area is then split into two halves and the players can play either a 4 v 4 or 5 v 3 game depending on their ability and who may need challenging more.

Land Mines 6 to 9 years



12 Players, 4 teams of 3. Each team starts in one of the corners.

Area will be dependant on age and ability of players.

Starting with the ball in hands , players look to go to the box diagonally opposite, pass through the circle avoiding the land mines.

1: Ball in hands

2: Ball at feet

3: Ball at with acceleration

4: Recover through the cones - 3 skills

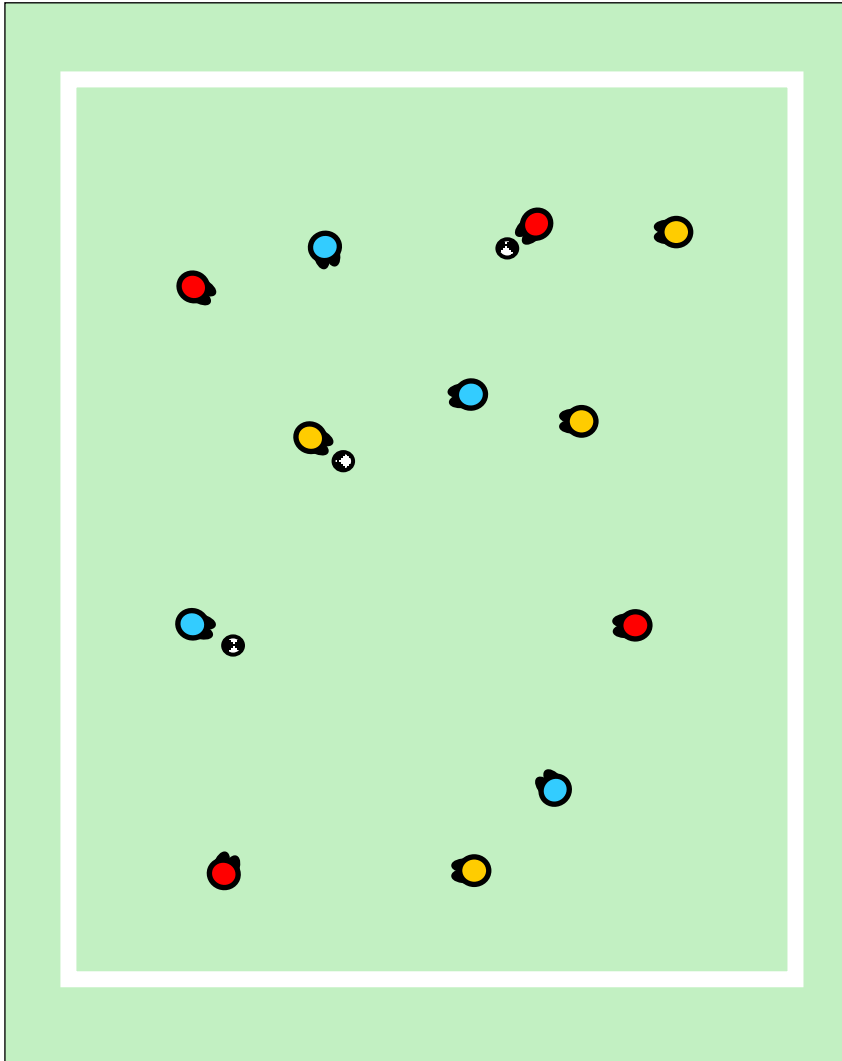
5: Pressers on the outside

Players that need to be challenged could try smaller ball.

Add blockers to central area to challenge the players.

Utilise the STEP principle: Space / Task / Equipment / Players

Creating Space



12 Players, 3 teams of 4.

Fundamentals

1: Tag – Individual how many players can we tag in the allocated time.

Q: What types of movement did we use?

Q: How could we do even better next time?

2: Ball in hands, 1 for each group, look to create space for team mates on the ball.

Q: What did we learn?

Q: How did you create space within the practice?

3: Ball at feet - Same principles as above.

Q: What difference was there once we have the ball at our feet, as opposed to our hands?

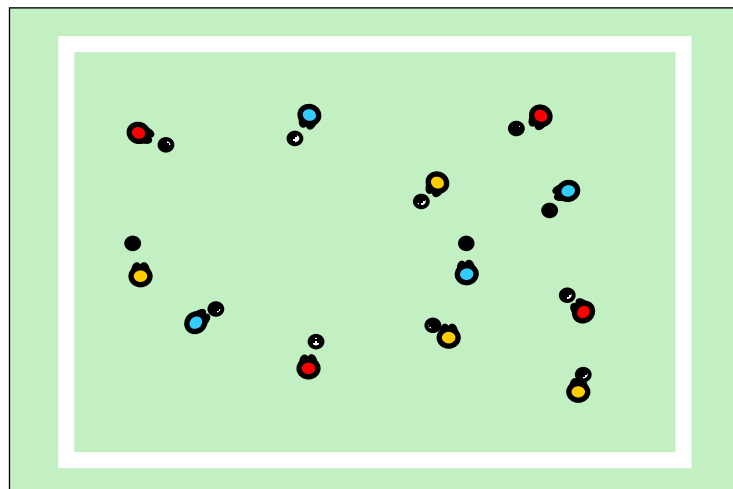
Q: What do we need to think about during the practice?

4: Opposed Challenge 8 v 4.

How many passes can the 8 make before the 4 win it.

Rotate the teams regularly possibly certain amount of time as defenders 30 secs or 1 minute.

Numbers Game - Pass and Move



Warm up

12 Players, 3 teams of 4.

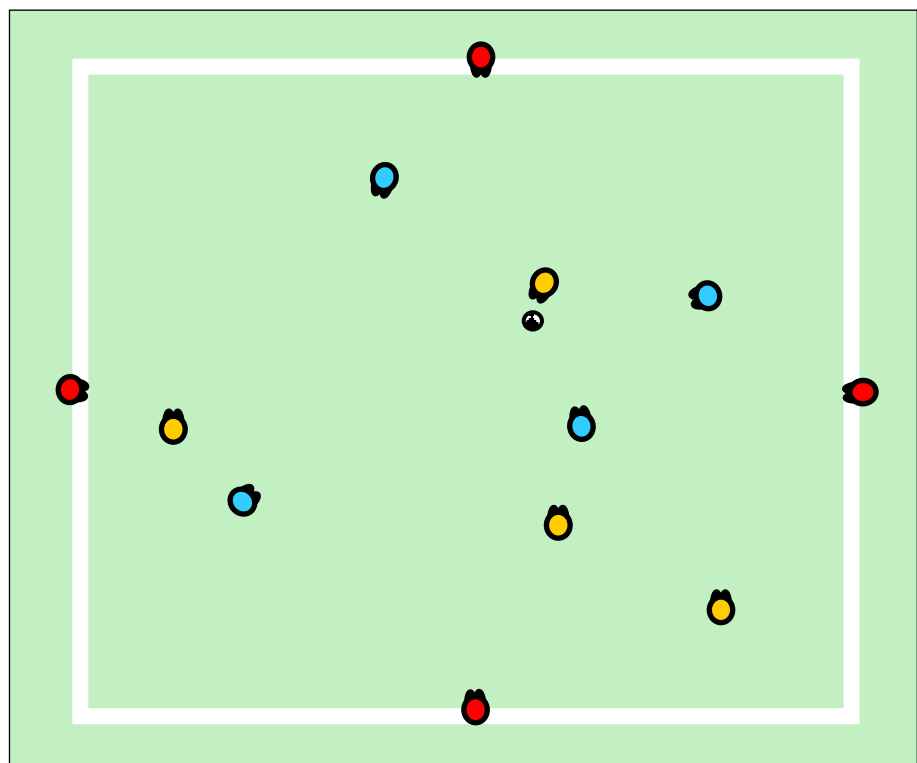
Warm up

Ball each, moving around the area, opportunity for getting used to using lots of different surfaces to manipulate the ball.

Progress to ball for each team, pass and move unopposed.

Players look to transfer ball to a team mate in different ways, could be a take or foot on.

Players now pass to a different colour other than their own



Game: 4 v 4 + 4

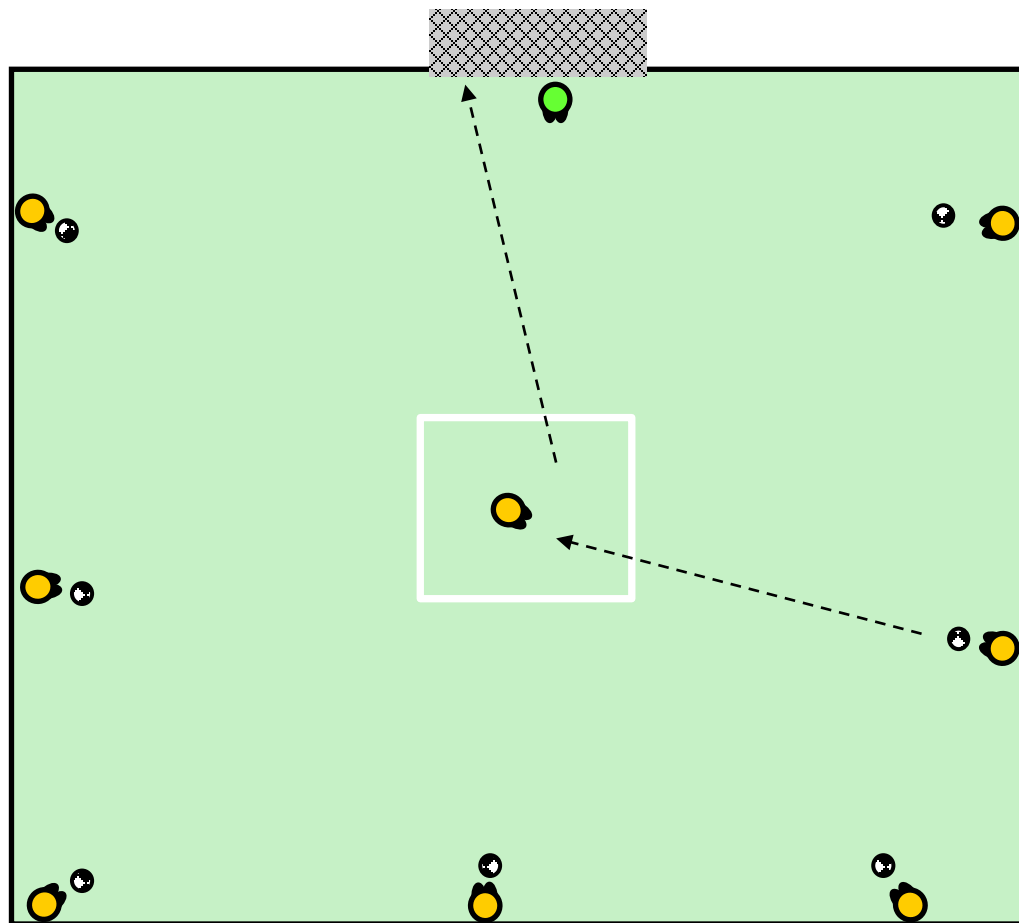
Move one team to the outside of the area, to act as neutral players, two teams inside the area now look to keep possession using the players around the area.

Rotate the teams on a regular basis, so they experience all aspects of the practice.

Could add gates as goals for players to try and score in, by passing through to a team mate or running the ball through themselves.

Come with scoring system, 5 or 10 passes gets you a goal.

007 - Shoot to Kill



If you have more players , you could have less servers and another goal to have the practice going in two different directions.

Start:

Player in central square and the rest spread around the area. Central player looks to receive the ball from one of the players around the area and score. Once a player has had a ball from each of the servers next player comes in. The balls could be served in sequence or the player working calls for the ball from a certain player

Coaching Points:

Can we try to receive the ball and shoot in the least amount of touches (Body shape).

Technique of and types of finish, if players are old enough to take the information on board.

Progressions:

Servers could look to switch balls with someone else.

Servers can switch positions with someone else.

(Give them something to think about)

Make it a competition , who can score the most goals.

Add another player to the central area, so they can combine as a pair.

Add a defender into the square for the better players. Initially the defender could have a ball to slow them down.

Servers vary the service, some on the floor and some in the air.

Challenges:

Harder

Use a smaller ball

Points scoring for using weaker foot

Easier:

Make space bigger

Don't start with Goalkeepers

Space Invaders - Creating Space

Start: 30x20, 9 players, 1 ball. Set up as above.
Team in the middle area are defending and two teams on the outside are looking to keep possession and work the ball from one end to the other.
3 attempts and then rotate.

Ball to stay on the floor initially.

Challenge for defenders how many times can we break up the play, **1pt** for each success.

Challenge for attackers can we split the defenders in passing to the other end.
How can we be in a better position to receive the ball.

Progressions:

One defender can go into the end zones to increase the pressure on the attackers.

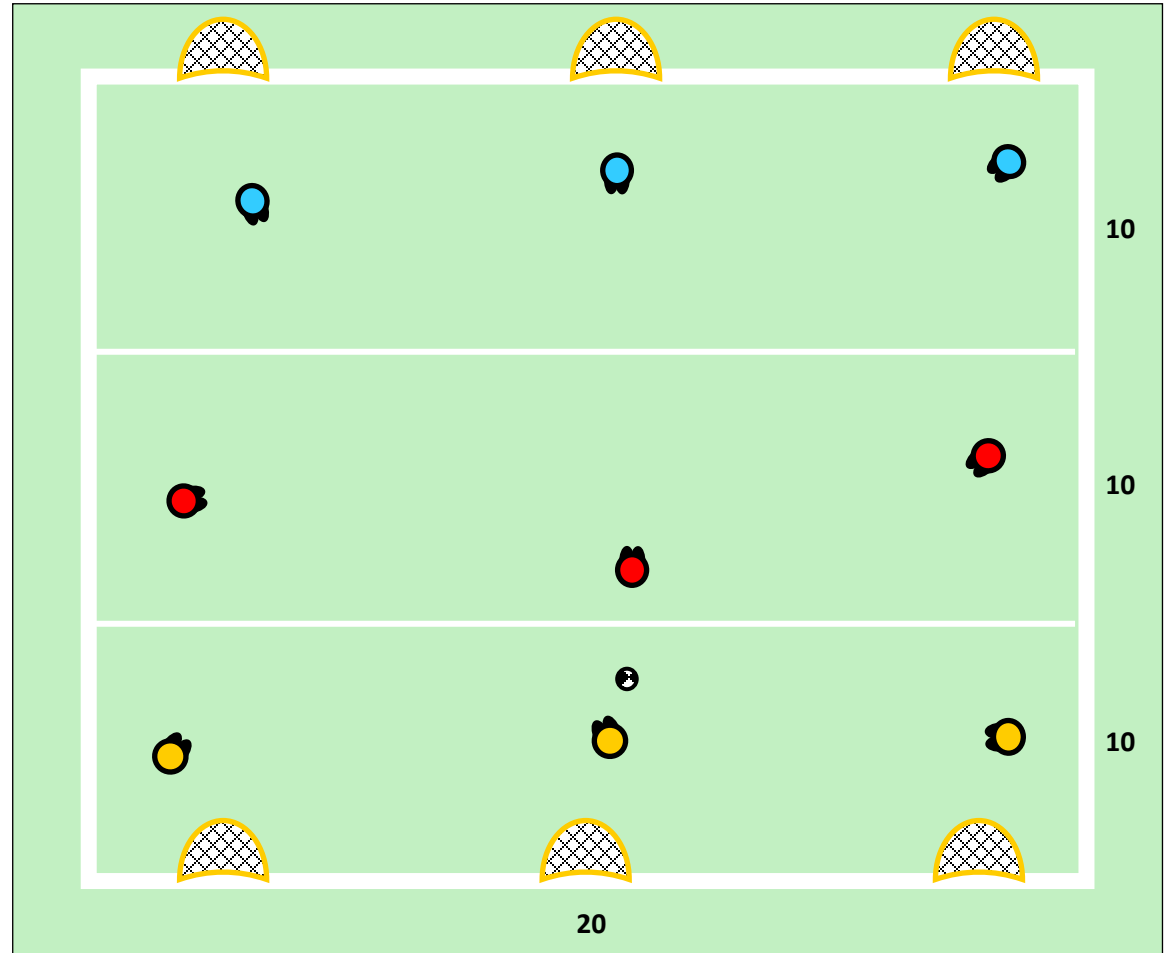
Two defenders can go into the end zones now.
Maybe one has a ball initially.

Can create 2v1's in each of the thirds of the area.

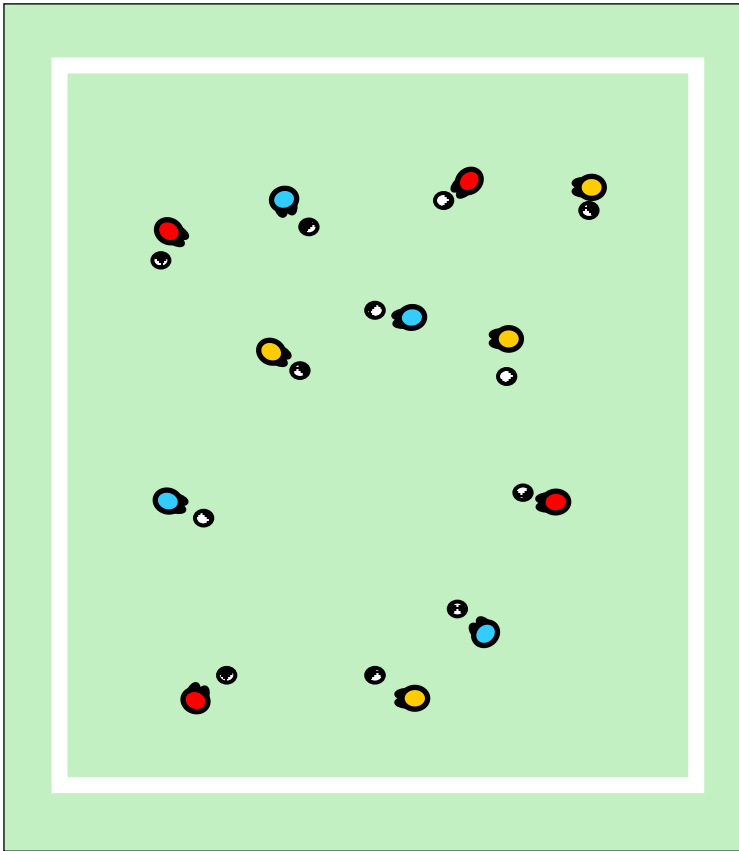
Attackers can now score points by breaking out to the opposite end.

Introduce a goal or two or three to give the attackers an end product and will also focus the defenders.

Defenders can recover into end zones in this progression.



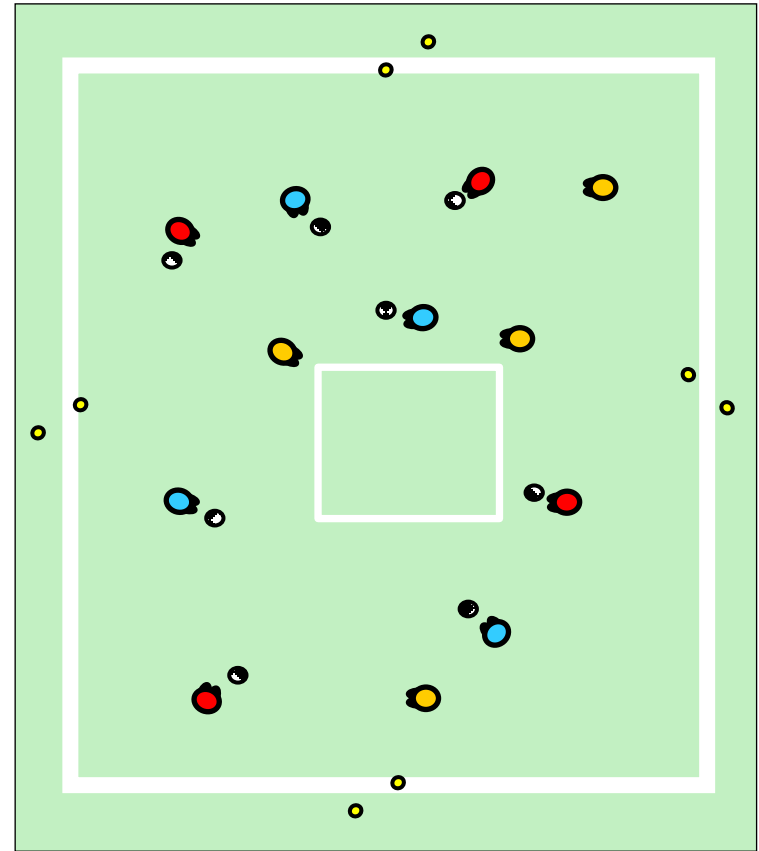
Dribbling



12 Players (3 Teams of 4) with a ball each.

Players dribbling around the area using;
Big toe. Little toe, Sole of feet, Laces.
Players manipulating the ball forwards, backwards,
sideways.

Progression: Changes of Direction and Developing
moves to beat an opponent



3 Teams of 4 One team starts as blockers.
All the other players have a ball and try to dribble
through any of the gates.
Score a point for your team each time you are
successful.
If you can dribble through the square you get double
points.

Defenders can score by winning a ball and dribbling
into the square.

Rotate defenders regularly.

Youth Module 1 - Skills Corridor

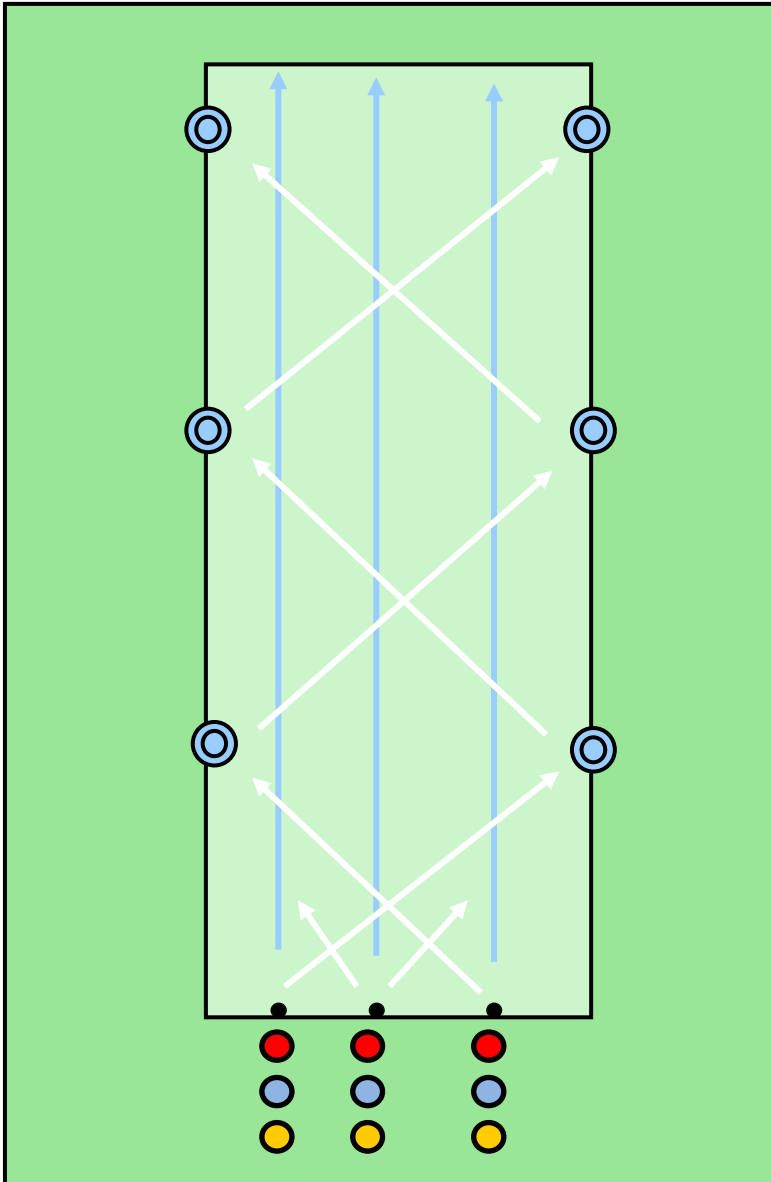
- Players dribble through the corridor having as many touches of the ball as possible.
- Dribble through using as many different parts of the feet as possible.
- Dribble through and at some stage try to travel forwards, backwards and sideways.
- Dribble through having as few touches as possible.
- Dribble having lots of touches up to halfway and then as few as possible to the end.
- Dribble through in a zig-zag rather than a straight line, perform a turn on each side.

For all of the above - on the way back to the start:

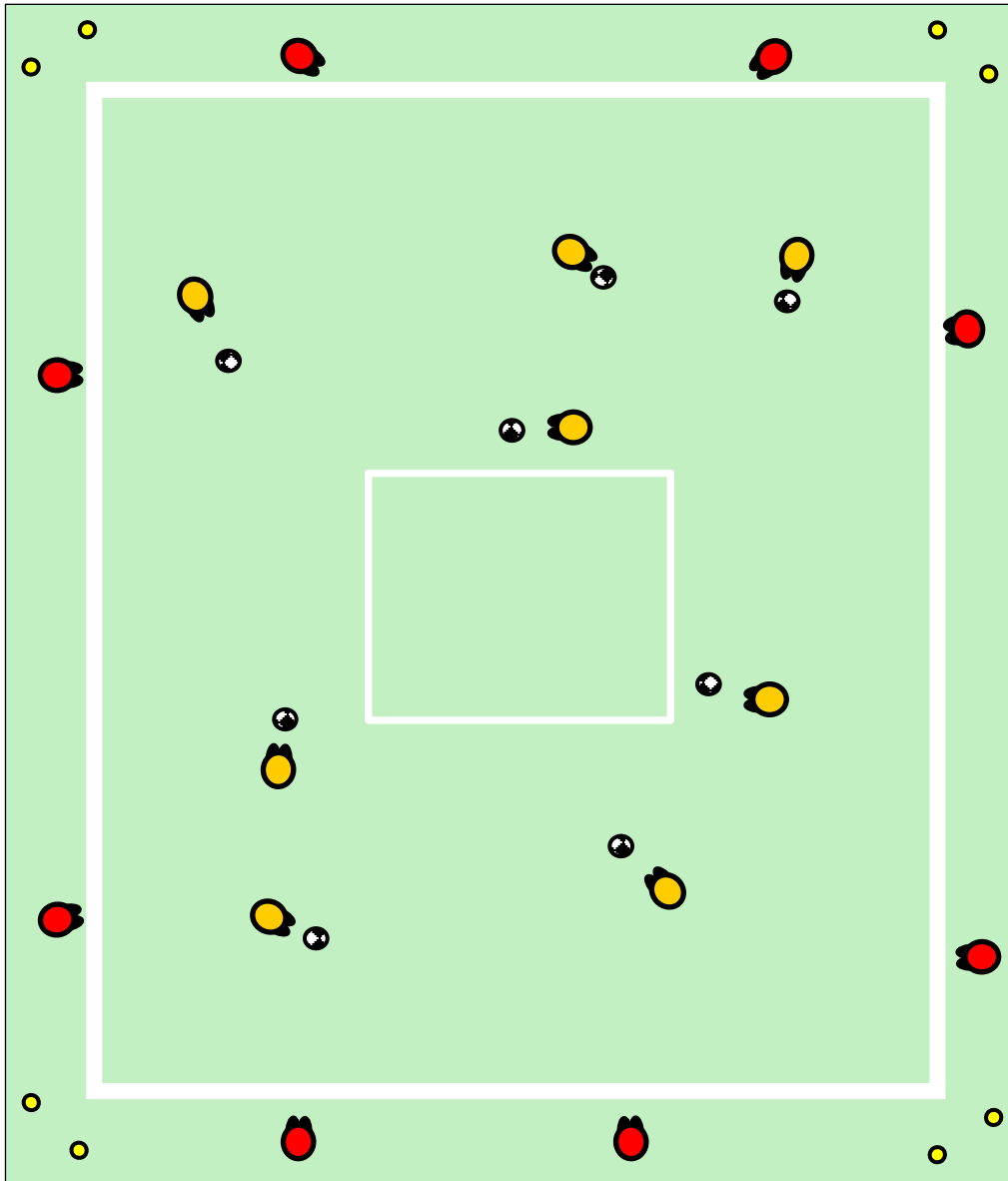
- Perform any dribbling moves. (coach could suggest which ones)
 - Lift the ball off the floor in various ways.
 - Keep the ball off the floor for as long as possible.
-
- Split the group and have players working from both ends.
 - Split the group and have them working from all four sides.
(change shape of area to a square)

Progressions

- Have players passing across the area while players are dribbling, those players will then need to focus on the timing and weight of the pass so they do not hit the players.
 - If there is a gap to dribble across, communicate with partner and dribble across, swap sides.
 - Can you enter the area to receive a pass and turn to take the ball out or play ball back to partner then run back out.
- There are many ideas here and it is important that whatever tasks we set our players, make them realistic and achievable for your specific group.



Beat the Box - Passing and Support



Start: Players inside the area pass out and then look to receive from another feeder

Players on the outside pass support and can move around the square.

Rotate players roles on a regular basis.

Challenges:

Can we use different parts of our feet?

Can we use different types of passes?

Can we receive in various ways?

Progressions:

Travel through central square before playing out, don't go straight through.

Pass out to a feeder and swap roles

Players on outside, can we pass ball around or through the area, when waiting.

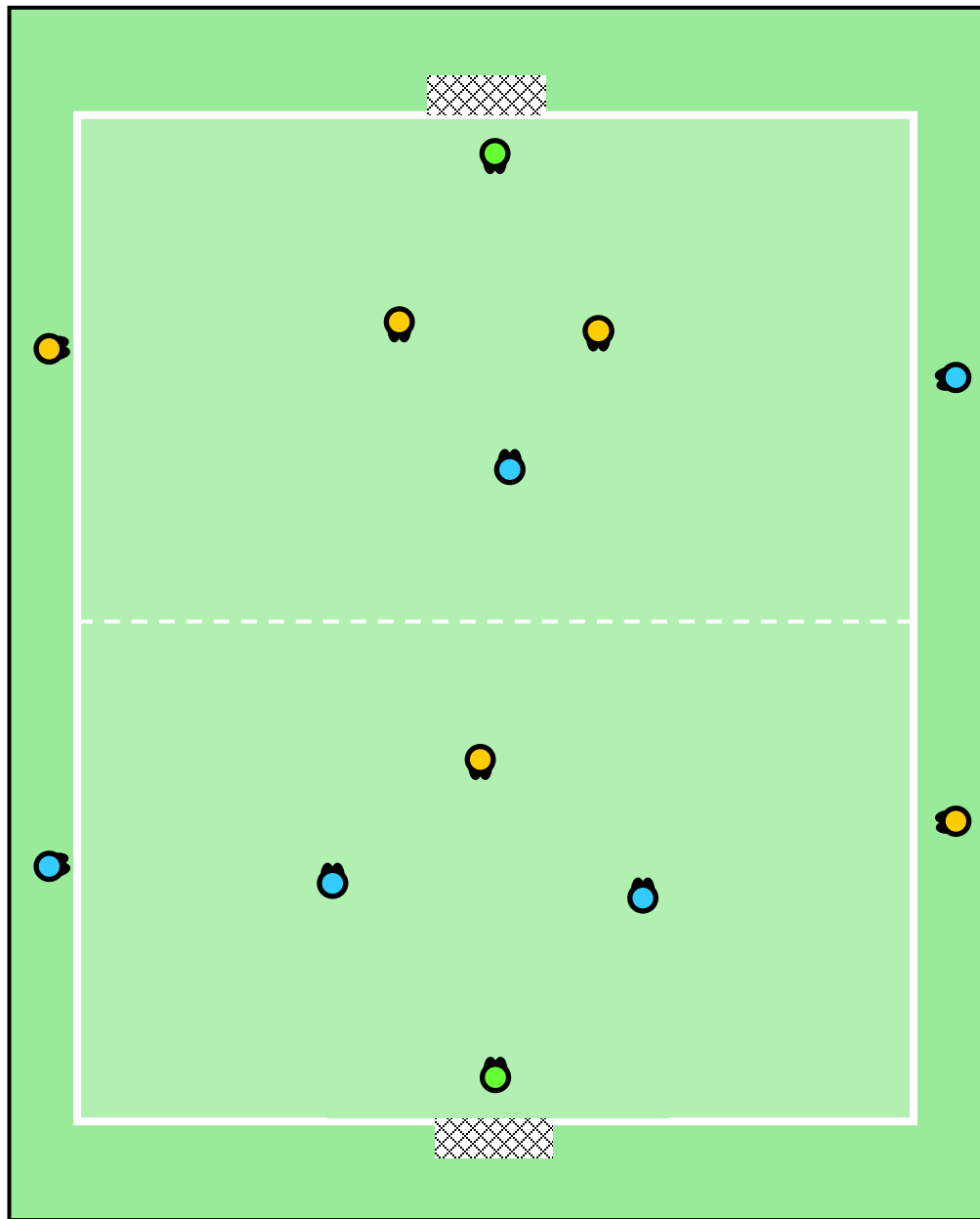
Play a wall pass with as many supporting players in 1 minute.

Add a defender to the square, if they win a ball can they escape and score through one of the corner gates.

Now have ball between two players in middle;

(i) Combine to pass through central area

(ii) One of the players pass out and go out, the player coming in now finds the other partner with a pass.



Breakout

Start:

Set up as shown, 2 defenders and 1 attacker in each half. Ball played into the attacker and they try to combine with team mates to get a shot on target. Players on the outside can be used to play off. Rotate players regularly.

Progressions:

2v1

Play ball into defensive players first.

1 Defender can go into attacking half to support.

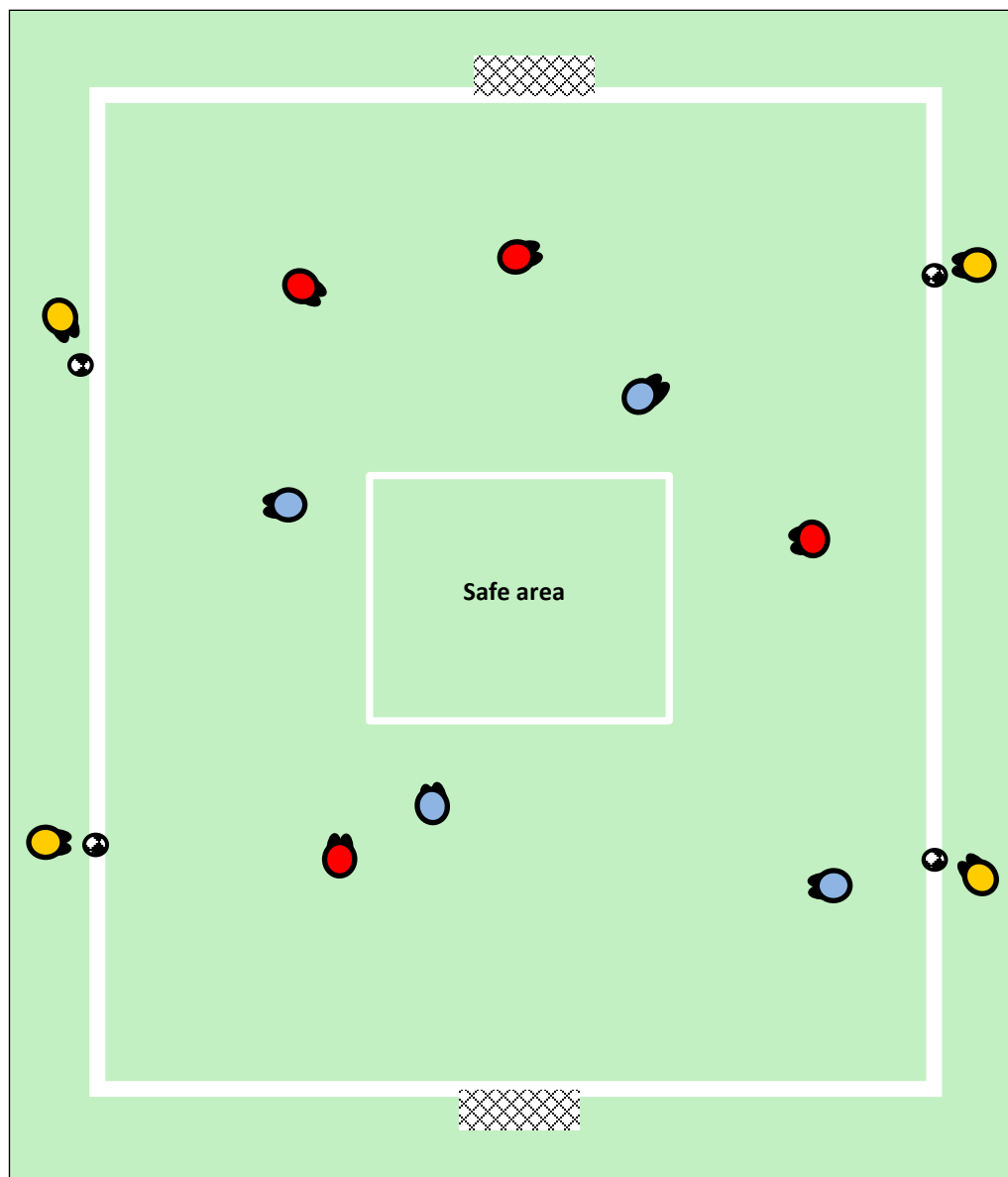
If player passes ball out, they swap places with whoever they passed to.

Play 2v2

Vary the overload.

Once the Goalkeeper has the ball, can they distribute it to the attacking player in the other half.

If defenders win the ball they can set up an attack for their side.



Out of Control

Start:

Some players in middle working and the rest on outside serving. Numbers can be adapted depending on the group.

Challenges:

Control the ball with as many different parts of the body as you can. Look to execute a good pass back to the server.

Questioning:

What do you think you should do when you receive the ball ?

Why is body position important ?

Progressions:

Bring in a couple of blockers - If blockers win ball they gain a point.

Include a safe area for players who may need to bail out and gather their thoughts

If receivers complete 3 passes they get a point

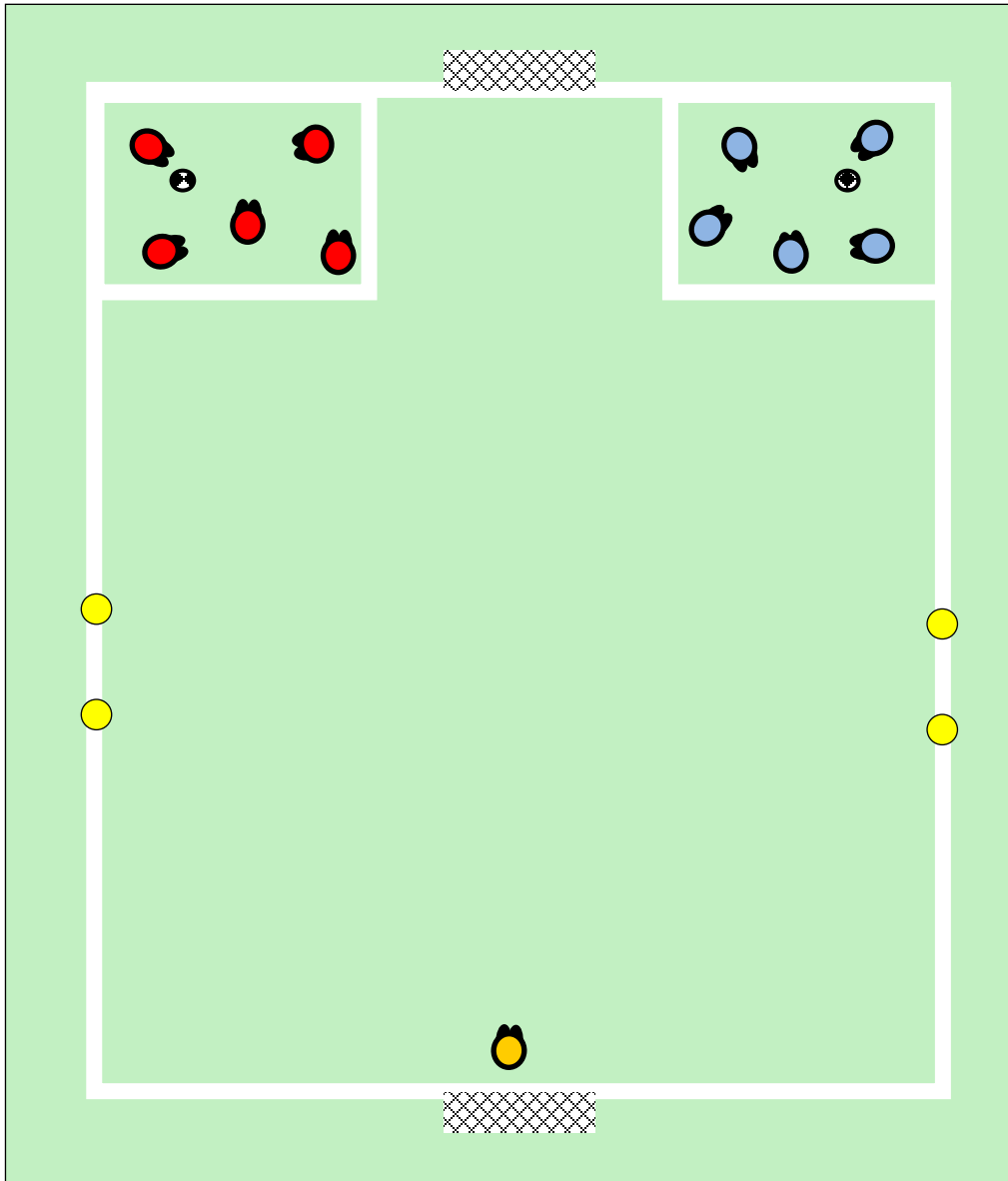
Receiver has to pass to a different server and servers can change positions

Give better players a personal blocker

Move into an even sided game with goals for end product

Interventions:

Give advice on how we can receive the ball more effectively



Ready Aim Fire

Basic Game:

Attackers score points by choosing how many defenders they want opposing them.

1v1 5pts

2v1 3pts

3v2 2pts

Defenders have to run out, go through the gate before trying to win the ball

Challenges:

Offside line can be added

Smaller ball

More points scoring with non dominant foot

Questioning:

How can defenders intervene quicker ?

Why do we think we are not getting enough shooting opportunities ?

Progressions:

Use starting gate for attackers and defenders

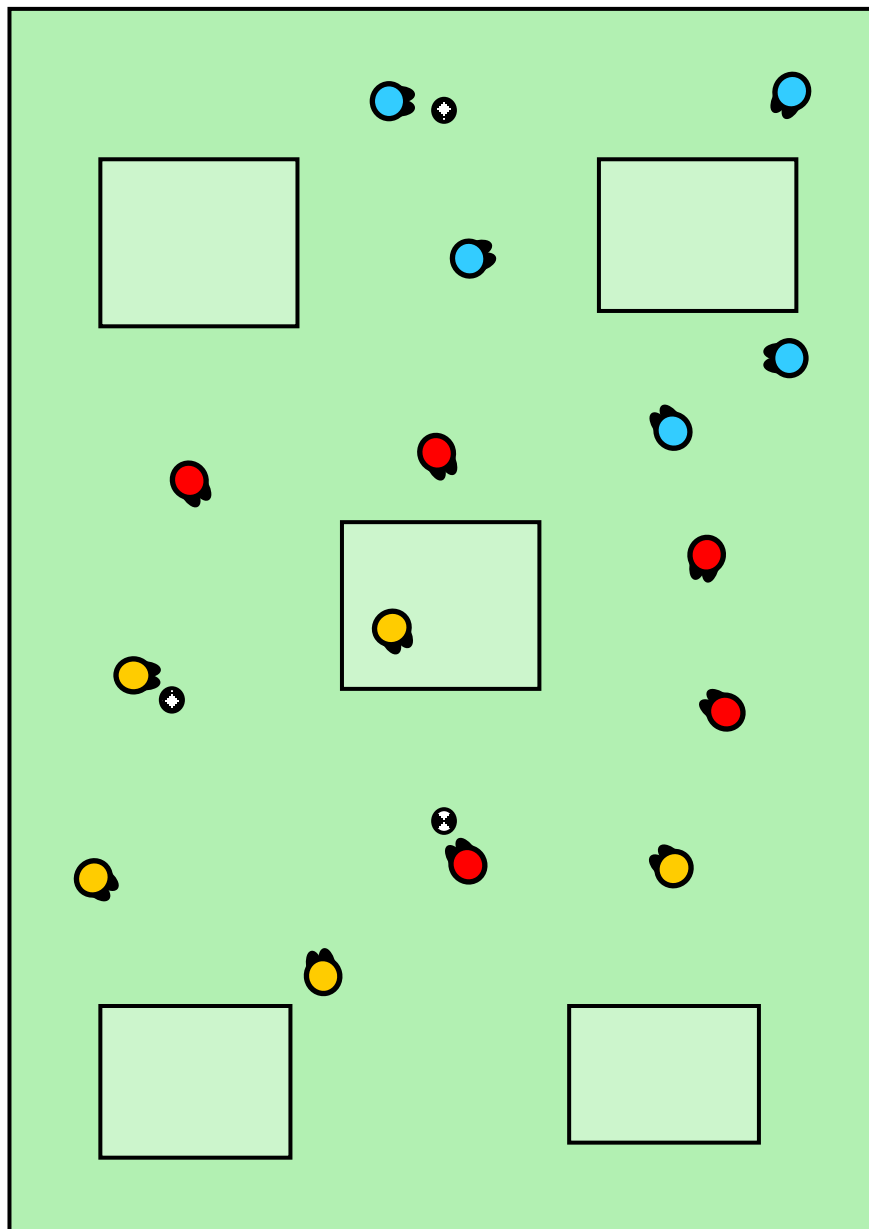
Vary position of gates

Box for defenders in different position

Extra defender after 5 seconds

Interventions:

Allow teams to talk and agree new tactics which they feel might benefit them



Box 'M' Up

Basic Game:

30x30 area

5 Target areas

15 players 3 teams

Challenges:

Start with ball in hands

90 second challenge how many times can you get the ball in and out of a box (not the same box in a row)

Who can hit all 5 boxes the quickest

Progressions:

Players now use their feet

Pass to colours in sequence

Guards in boxes

Interventions:

Individual coaching

Individual roles

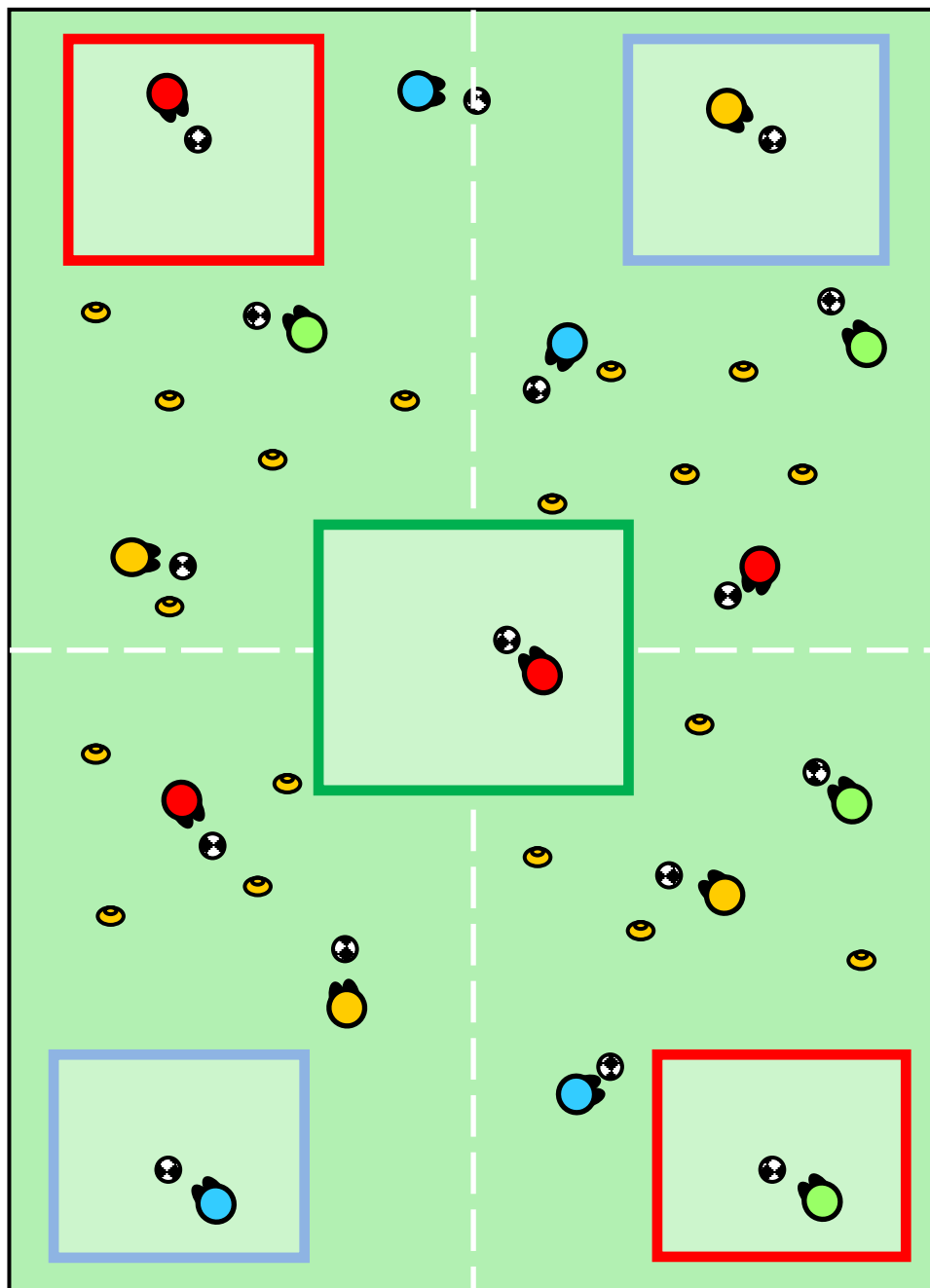
Progressions / Session plan

Questioning:

How would you like to progress the game

How do you think you can support your team mates better

Who wants to introduce points



Polar Islands

Set Up:

16 Players ball each

4 Dribbling Zones

Markers around the area for some interference

Free Dribbling

Challenges:

Smaller balls

Can players try to use both feet and different parts whilst moving around the area.

Can we work on some skills as we are moving around.

Progressions:

- All players start in the central zone
On coaches signal, players dribble to either a red or blue square.
- Players then dribble to opposite colour than the one called
- Guards looking to protect a box whilst in possession of a ball.
- Guards now do not have a ball.
- Guards can now tag players anywhere in the area.
- Adjust the size of the boxes.

Questioning:

What different parts of the feet can we use ?

How many different turns can we do ?

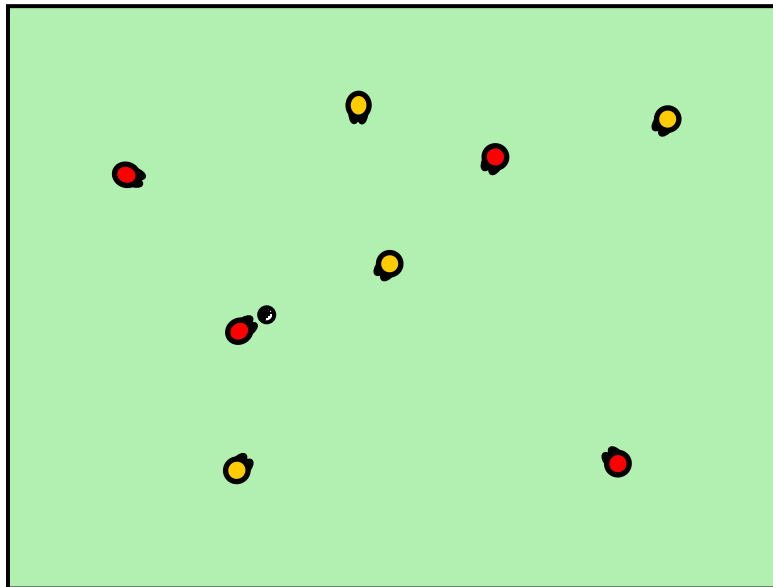
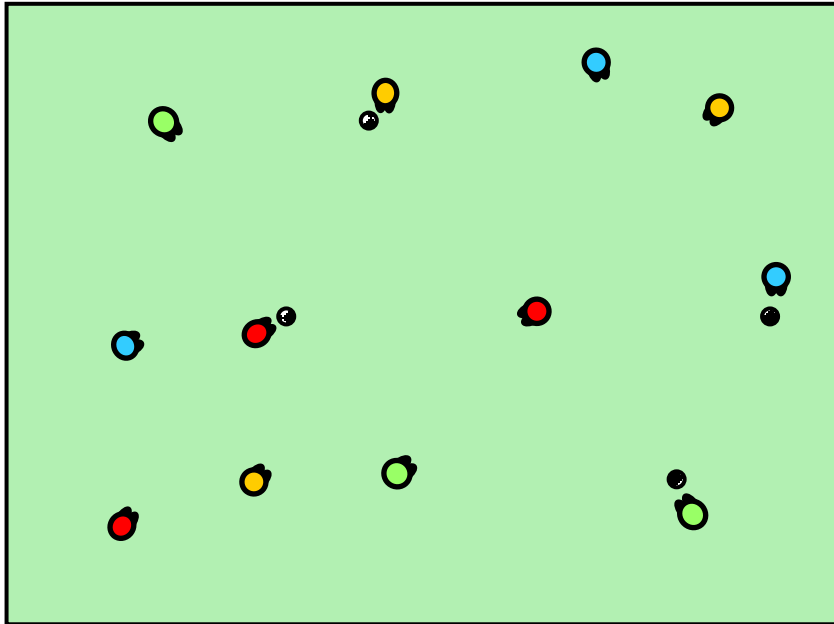
Why do we need to try and have our head up as we move around ?

Easier / Harder

Less or more markers in the area

Less defenders

Talented player could be challenged by having defender with them



3's a Crowd

Set Up:

12 Players

4 Groups of 3

Area will be dependant on age and ability

Start:

Players start by passing the ball amongst themselves in their teams.

Interference will be caused purely by the amount of people working in the area.

Can the players look to pass in between two different players ?

Progressions:

Players now pass to colour, other than their own, hopefully this will increase awareness within the practice.

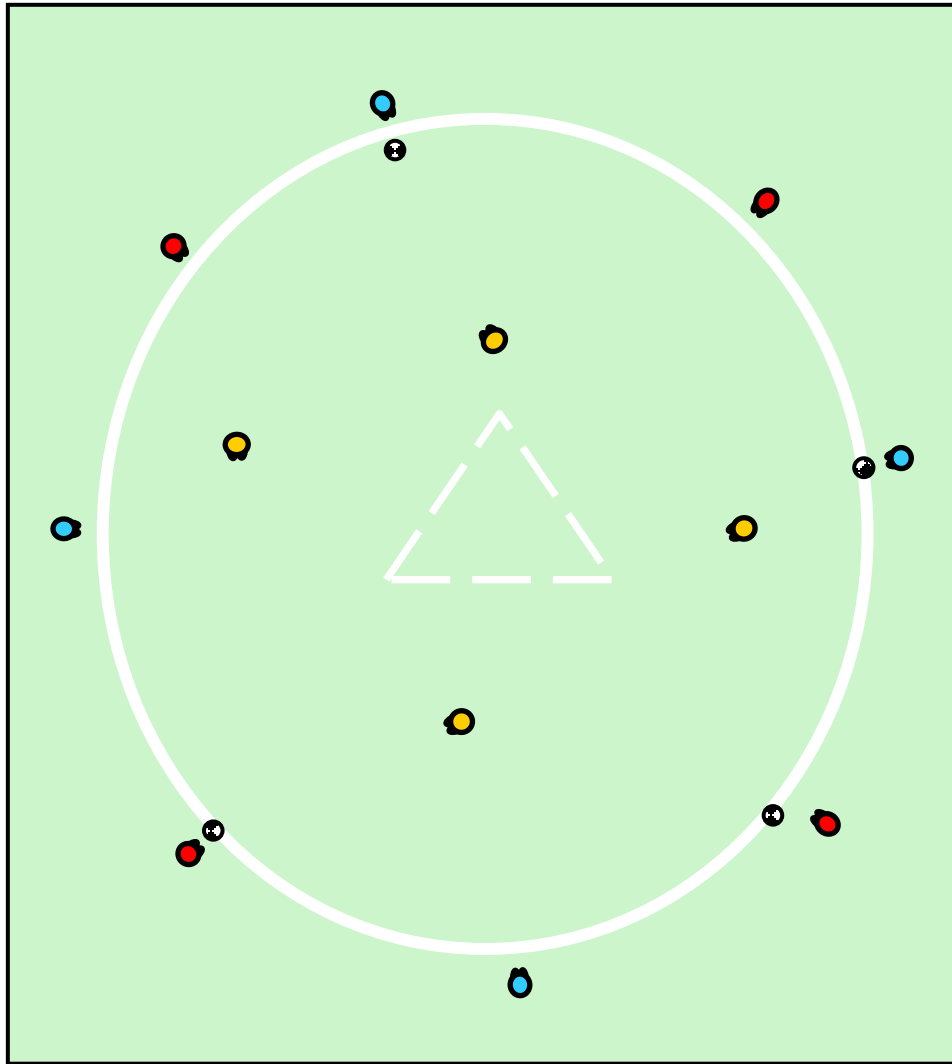
Have some players acting as blockers.

(Could be one of the teams to save swapping bibs around)

Blockers initially have a ball to keep control of.

Add another ball into the game.

4 v 4 with 4 support players on the outside as support players.



Circle of Control

Set Up:

12 Players

3 Groups of 4

Area will be dependant on age and ability

Players in middle working and players on outside feeding in.

Ensure rotation of players regularly.

Start:

1: Control and pass ball back

Progressions:

2: Control, travel through central area and pass to another player on the outside

3: Control with thigh pass back

4: Control with chest pass back

5: Defender with a ball inside the central area.

Defender can score 2 points for intercepting a ball

Attacker 1 point for successfully getting through

Challenges:

Can we try to use both feet when working ?

Do players want to use a smaller ball ?

Do players want an individual marker ?

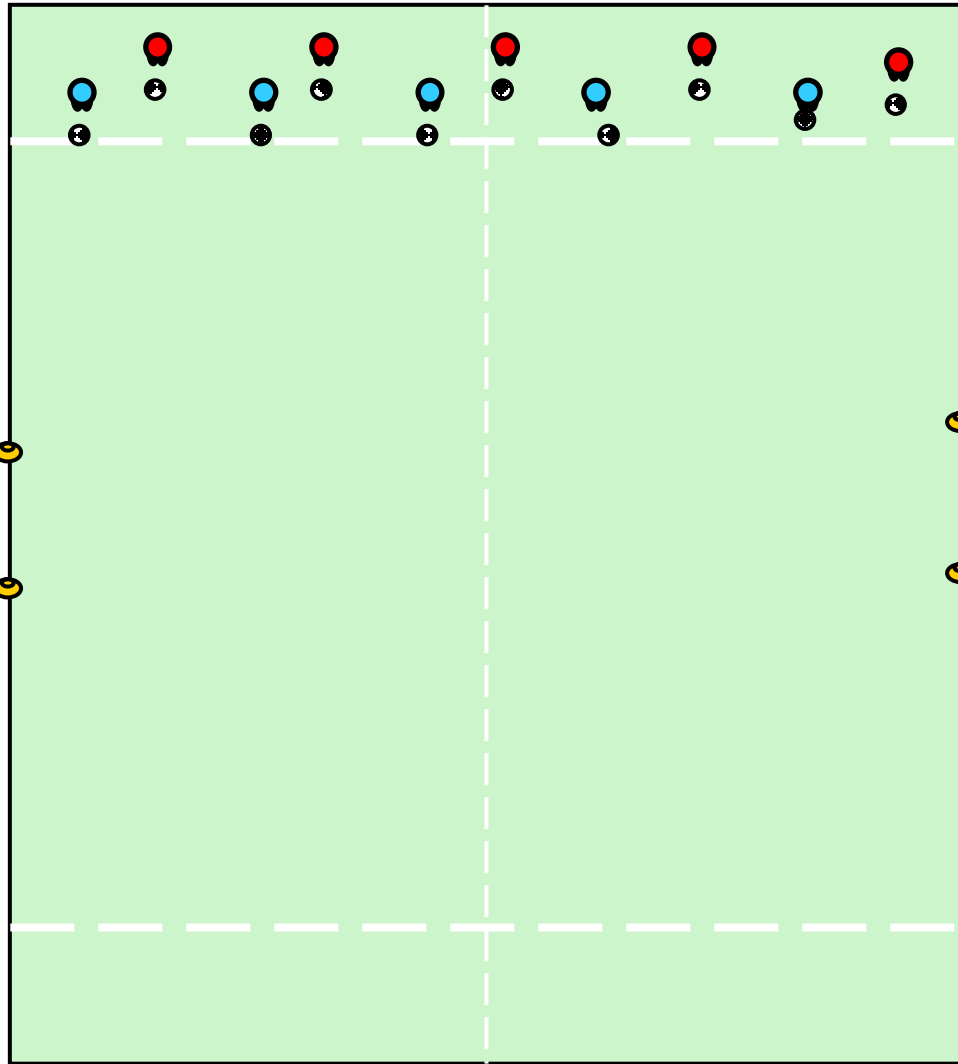
Questioning:

Why is good control important ?

Where would you want your first touch to go ?

How would you use different types of control in a game ?

How might you need to position your body to receive the ball ?



Run Forest Run

Set Up:

10 Players

2 Groups of 5

Area will be dependant on age and ability

Start:

1: Players run with the ball up to the other end zone, allow players to have a few go's to get used to the area and surface
Ask players what parts of their feet are they using

Progressions:

2: One group each end, work to other end, there will be interference as they meet.

3: Add a player in the middle to act as a blocker, give them an incentive for intercepting balls

4: Add a second defender, if they are still being successful

5: Split the area and have a 2 v 1 in each channel

6: Add gates on sides, if defender wins ball can the run the ball through a gate

Challenges:

When working in a pair, when do we run with the ball, when do we pass ?

Make Harder:

Add a defender

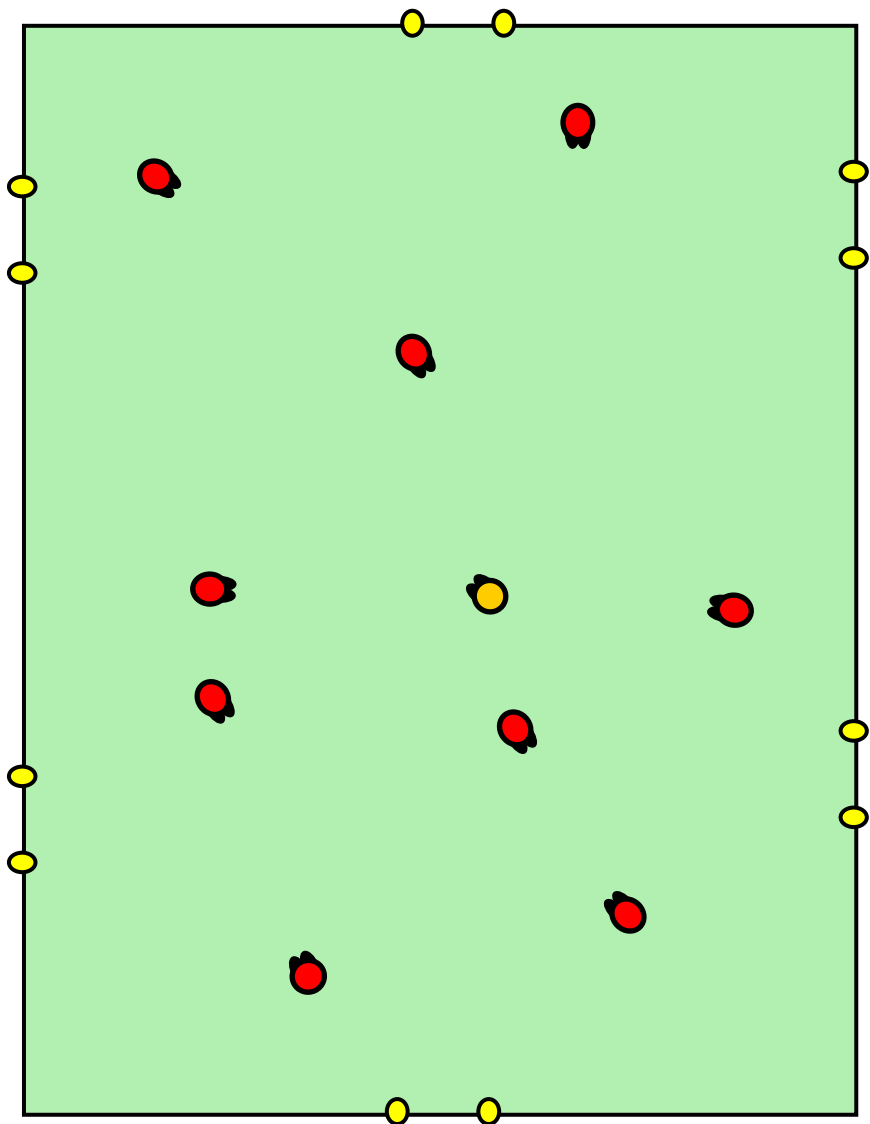
Smaller Ball

Time Limit

Make Easier:

Increase Area

Remove the defender



Technical: Dribbling, Passing, Running with the ball

Physical: ABC's

Psychological: Decision Making, Concentration

Social: Fun, Teamwork, Communication

Stuck in the Mud (Tag Game)

Set Up:

10 Players

Area will be dependant on age and ability

Start:

Players moving around the area trying to avoid the tagger, if tagged, they sand in a star position until released.

Players can be released in two ways. Firstly a player crawling through their legs or a player running under both arms.

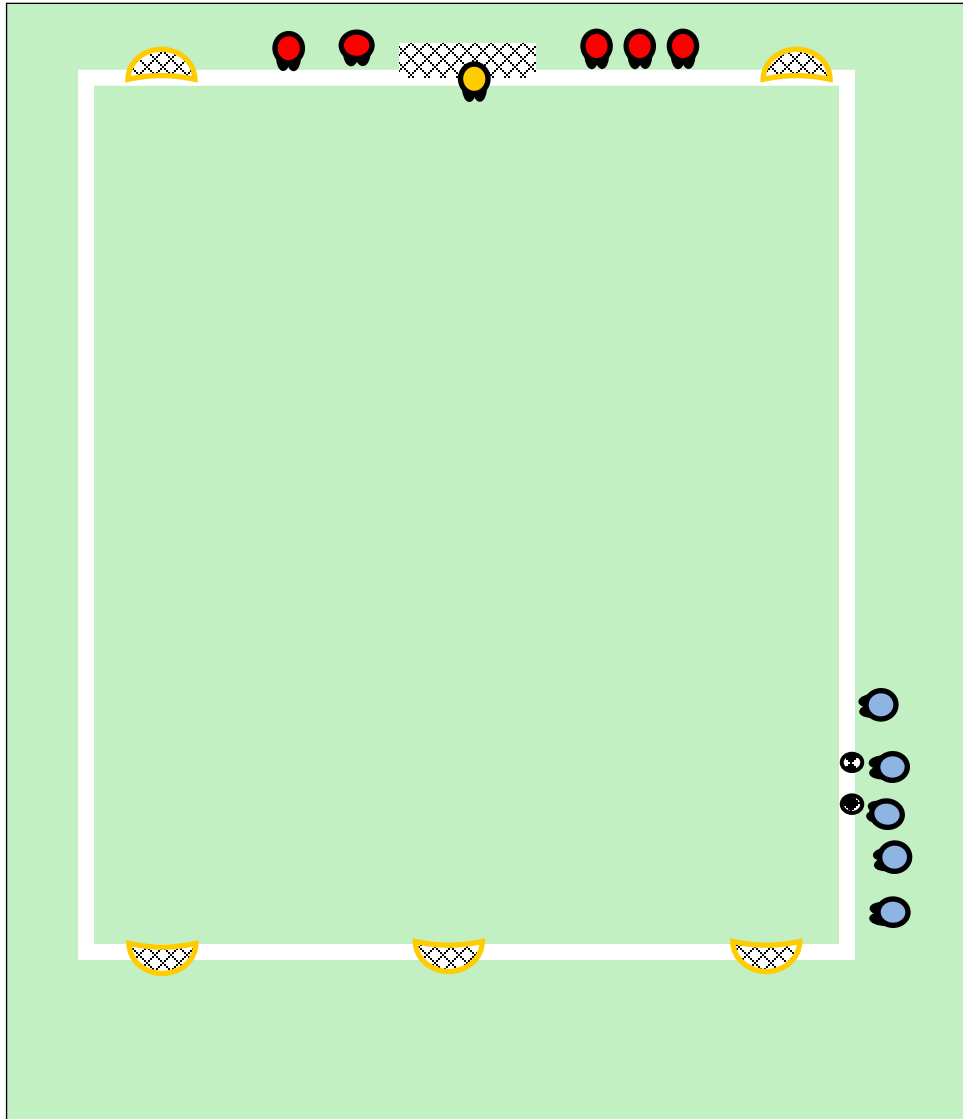
Progressions:

- Players can now move in any way other than forwards, taggers can still move freely.
- 2 Taggers:- Players now have a ball to dribble and players who are tagged are released by someone passing the ball through their legs.
- 2 Taggers, 2 teams of four, each team has a ball . Teams look to keep ball and avoid getting tagged.
- Can only tag players without the ball (limit amount of time player on ball keeps possession)
- Can only tag players with the ball
- Play for 1 minute and at the see who has least amount of players tagged

If taggers dominate, once they tag someone they have to run through one of the gates on the edge of the area before tagging someone else

Challenge the players to come up with different ways of releasing those who have been tagged

Taggers could have either no ball, ball in hand or ball at feet depending on how successful they are being



Glory Hunters

Set Up:

Two teams and a GK

Area will be dependant on age and ability

Start:

One team attacks and the other defends, roles are swapped after attacking team has had 5 attacks

Progressions:

Add a smaller target goal or two for attacking to have different options to score and have a different tariff for them

Defenders: If a defender can intercept or break up play and is able to dribble and score in any goals at the other end, they get points the attackers would have scored

After 5 seconds another defender can come out and join in

Can the defender drive out with the ball and run it over the end line

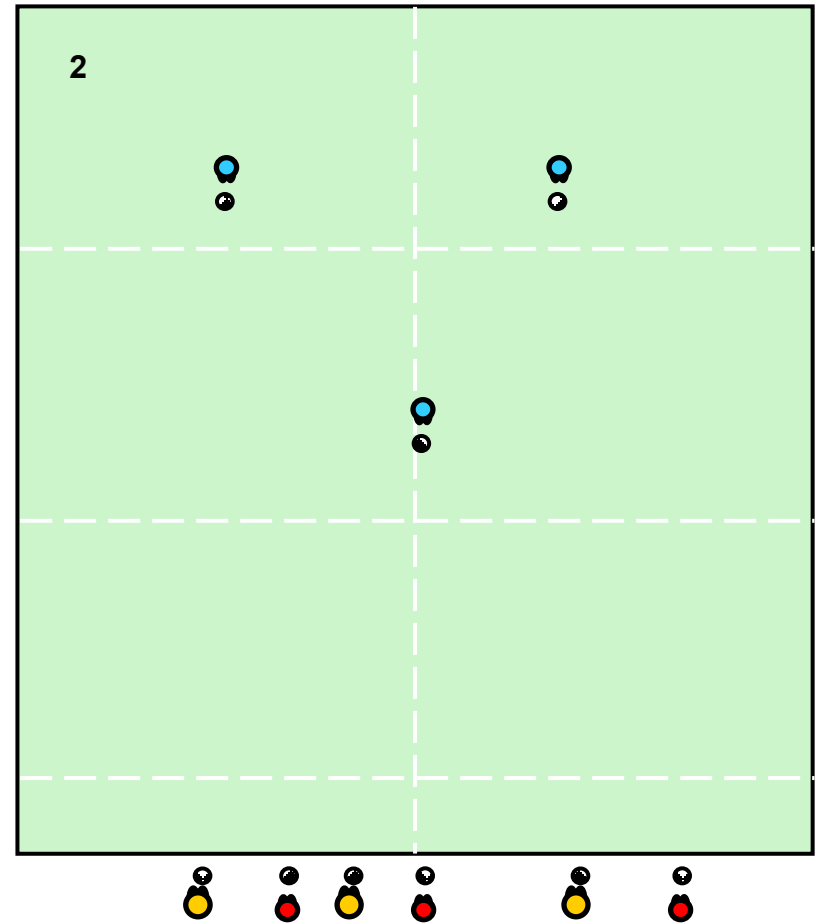
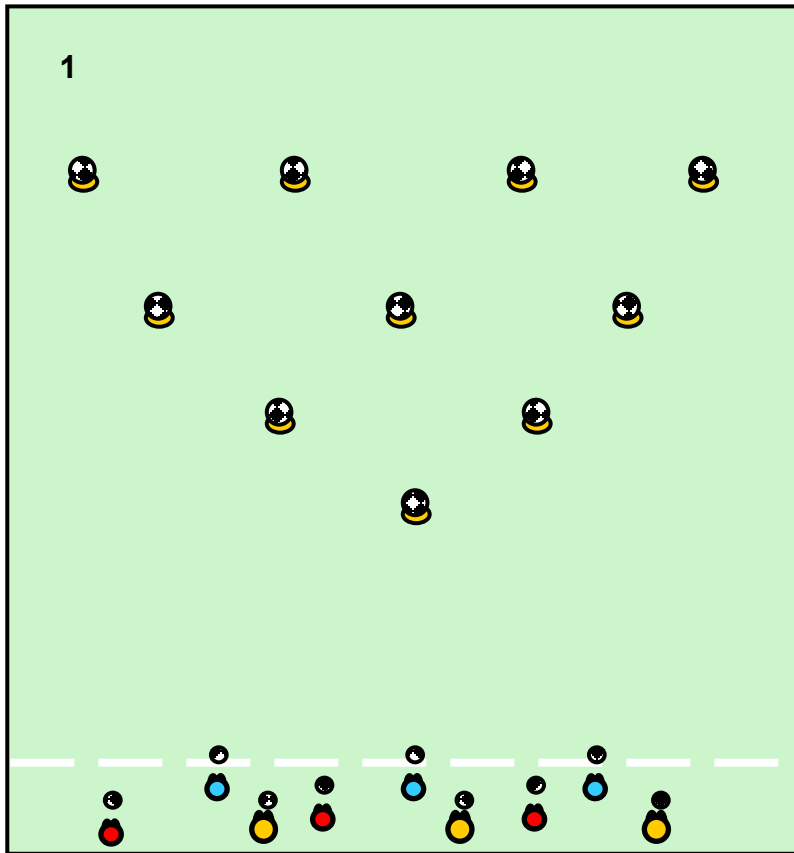
Options for scoring points when attacking

1v1 5pts

2v1 2pts

3v2 4pts

4v2 3pts



Pts
5
3
2
1
0

The Gauntlet

Start: Ball each, initially players go in their groups and dribble through the area avoiding the markers with balls on. Players come back down the outside working on their techniques. Players could see how quick they can get to the end without disturbing any balls.

Progressions: Two teams attacking with a ball each and one team defending the zones. Players can score getting a certain distance. One team at a time goes.

Defending team can score by intercepting the ball and running back to the start point.

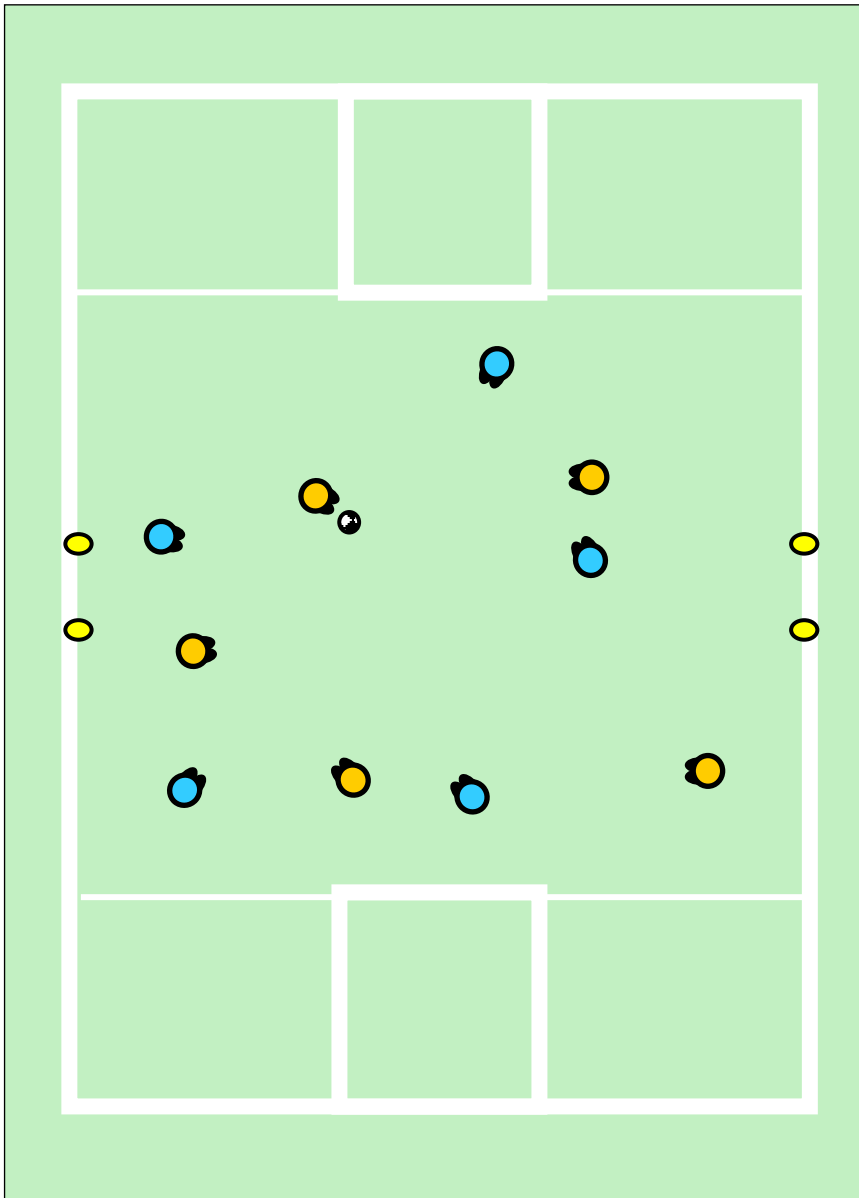
Can look to make it more game related by having various match ups:- 3v1, 3v2, 2v2, 2v1, 1v1 or any others.

Technical: Close control, Dribbling, Running with the ball

Physical: ABC's, Accelerating, Decelerating

Psychological: Decision Making, Awareness

Social: Team work, Player led, Communication



The Hive

Set Up:

Two teams of 5 in 2 different coloured bibs. Each team pass to their own colour around the area, two ball per team.

Change to passing to the other colour not your own.
Add two passive blockers, revert back to passing to your own team.

Progressions:

Add four corners into the area, 6 players attack and four defend

Attackers score by playing the ball into a corner to a team mate and the defender can score if they intercept the ball and dribble through one of the yellow gates

Rotate the players on a regular basis

Introduce end zones, score by passing the ball from one end to the other

Challenges:

Number of touches

Number of attackers or defenders

Questioning:

How and why might we force play in one direction?

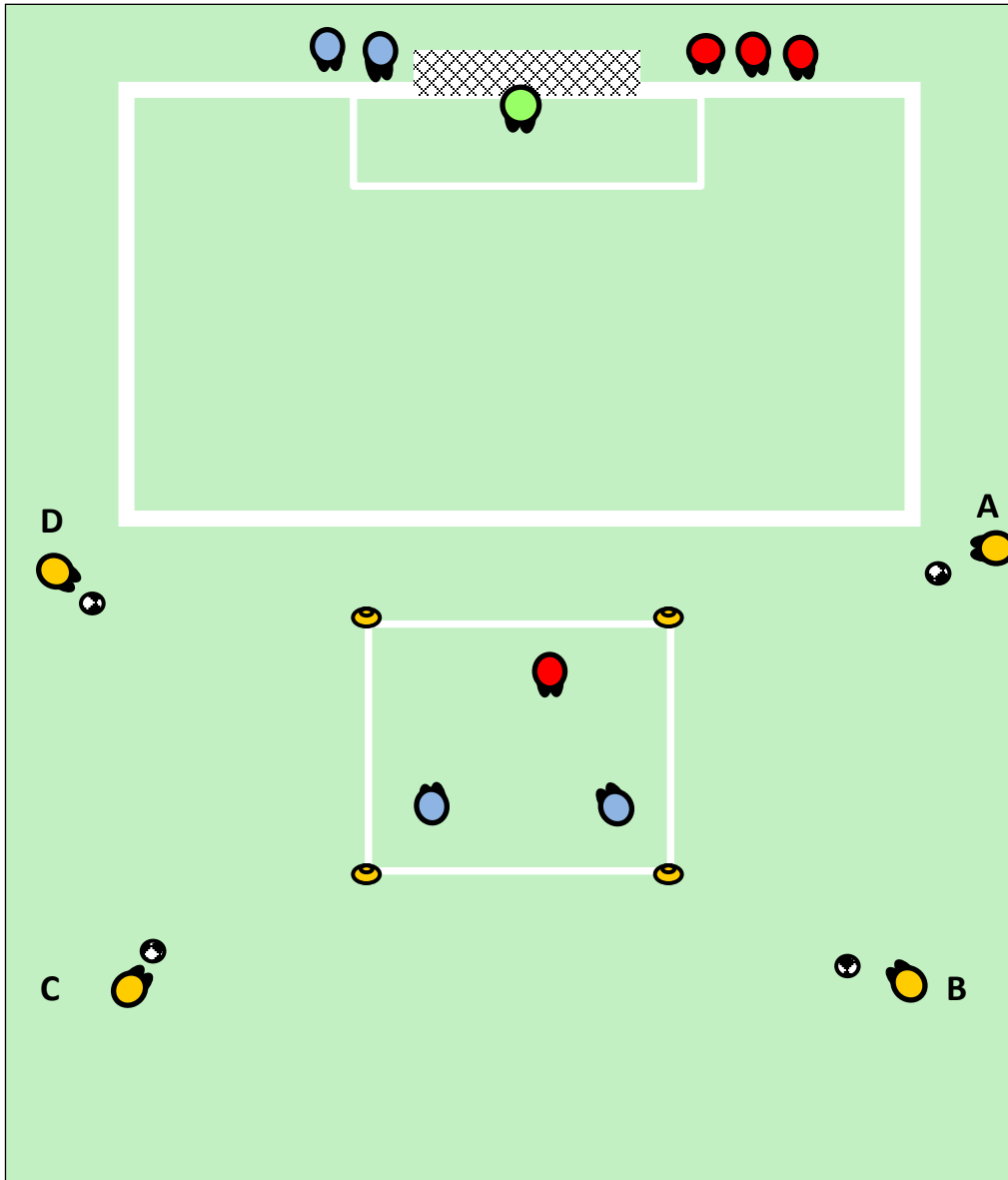
What can the players come up with for a challenge or progression?

Differentiation:

Limit the touches for some players

Man to man blocker

Defender overload



Feed me Baby - Yeah!

Set Up:

3 teams of 4 plus a GK

Start with a 2 v 1 within the square

Rotate the teams on a regular basis

Start:

Attackers choose ball A,B,C or D.

Once ball is received, can they combine and get a shot on target.

1st pass is free and the defender must remain in the box until attacker has first touch.

If the two attackers score, they get another ball, if they don't score two new attackers and a defender come in.

If the defender manages to win the ball, can they pass it out to one of the other servers?

Progressions:

3 v 2, 4 v 2

Servers can change positions whenever they want or be doing some sort skills challenge, whilst waiting to pass

Challenges:

Can attackers receive the ball on the half turn?

Questioning:

Why might it be beneficial to receive on the half turn?

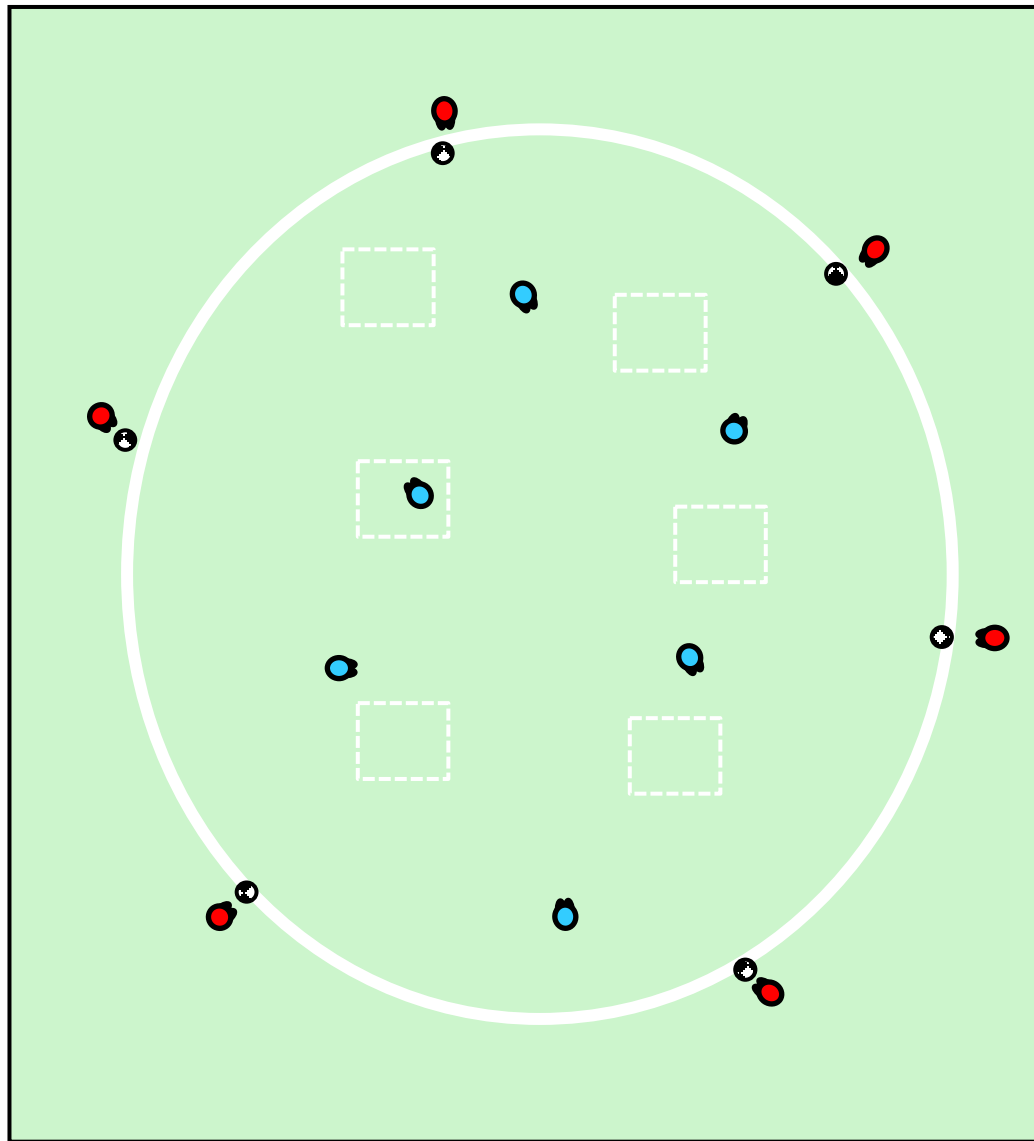
What should we think about when shooting?

When is better to pass rather than shoot?

Differentiation:

Ball sizes

Remove restrictions on defenders



Hotbox

Set Up:

12 Players, 6 inside and 6 outside the circle.

6 Boxes inside the circle.

Start:

Players on the outside have a ball

Players in the middle receive a ball from any player on the outside, control it and get the ball into one of the squares.

Rotate players on a regular basis.

Progressions:

Players in the middle receive the ball again, served in differently e.g. to Thigh, Chest etc then travel into a square.

Let the players experiment with control using different surfaces

Add 2 blockers to try and affect the player trying to get into a box. (Rotate the blockers)

Challenges:

How many boxes can players visit in a certain amount of time?

Do the players want to change the size squares?

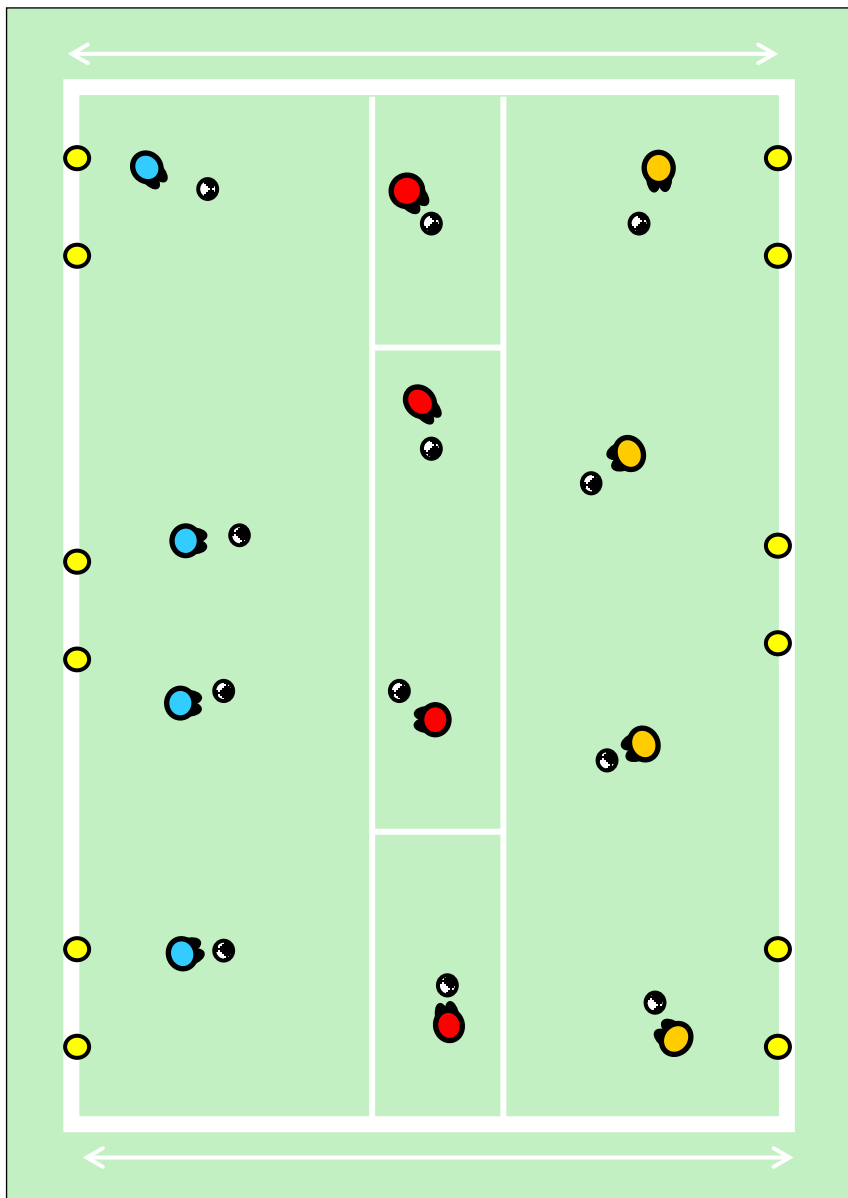
Questioning:

What might help us get to the boxes quicker?

Differentiation:

Ball sizes

Different sized squares



Run for the Money

Set Up:

Each player involved in the practice has a ball.

Start:

Players on the outside look to run with ball through the central zone and score by getting through one of goals at the opposite end, in control of the ball.

Players in central zone try to block the runs. Rotate the players regularly.

Scoring:

Straight run = 5pts

Diagonal run = 10pts

Progressions:

Take the ball off of 1 or more of the guards and allow them to run with more freedom.

2 guards join a team to create a greater overload

6 v 6 Game

Run through gate to score.

Could be a higher tariff on either the central or wide gates depending on the focus.

Questioning:

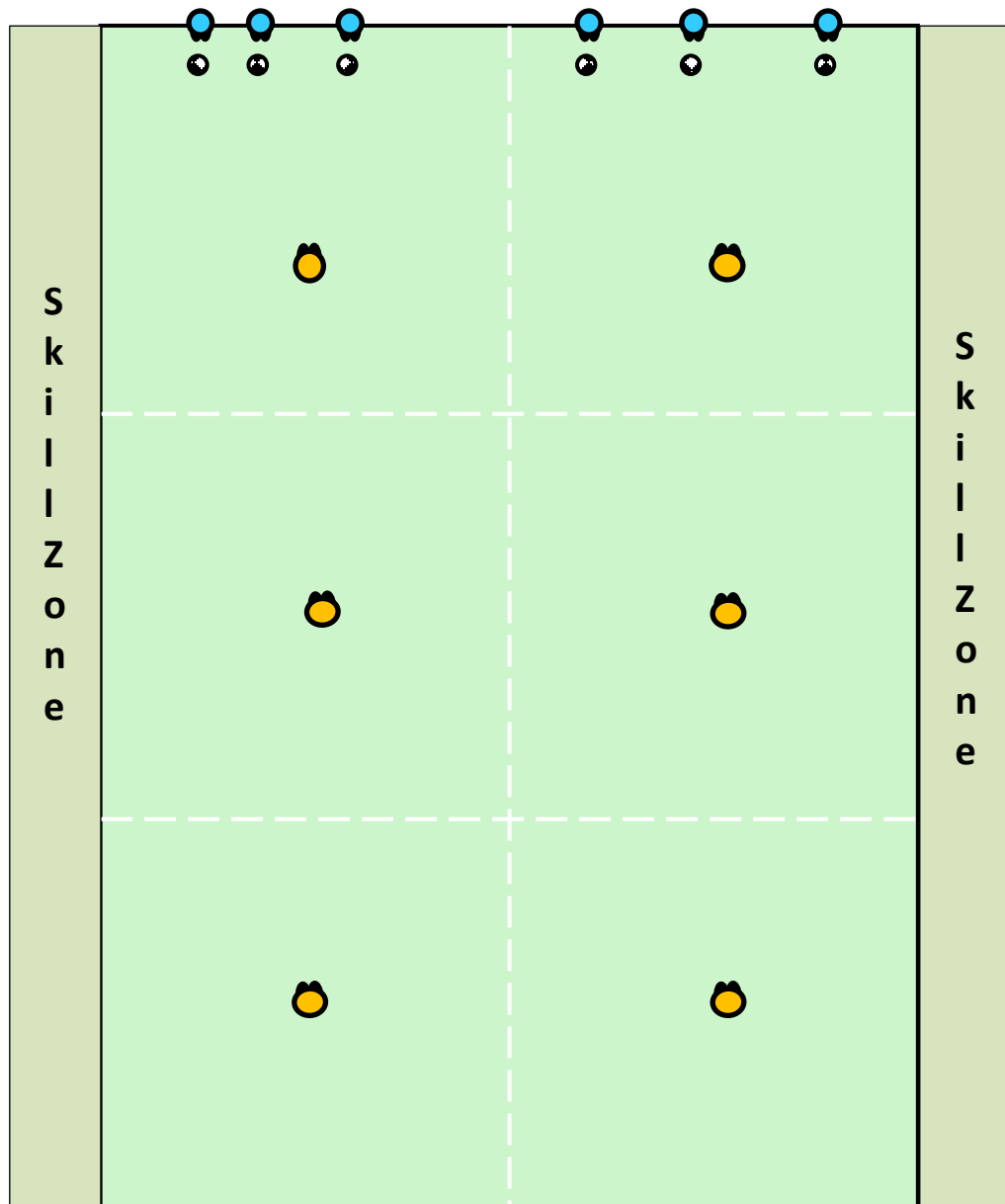
How might we help ourselves be more successful in getting to the opposite end

How could we be more deceptive when running with the ball.

Differentiation:

Ball sizes

Smaller goals to run through



Gladiator

Aim: Improve dribbling and confidence in attack

Start:

When attacking travel through a channel, taking on defenders 1 v 1

Down each side of the area there is a skill zone, which players travel down on the way back
Continue the cycle for repetition

Scoring:

You could add a scoring system:-

Beat the first defender 1pt

Beat the second defender 2pts

Beat the third defender 3pts

Progressions:

Some defenders have a ball and some do not

Defenders can move or rotate boxes

Could have a couple of attackers on the side for team mates to combine with in various ways

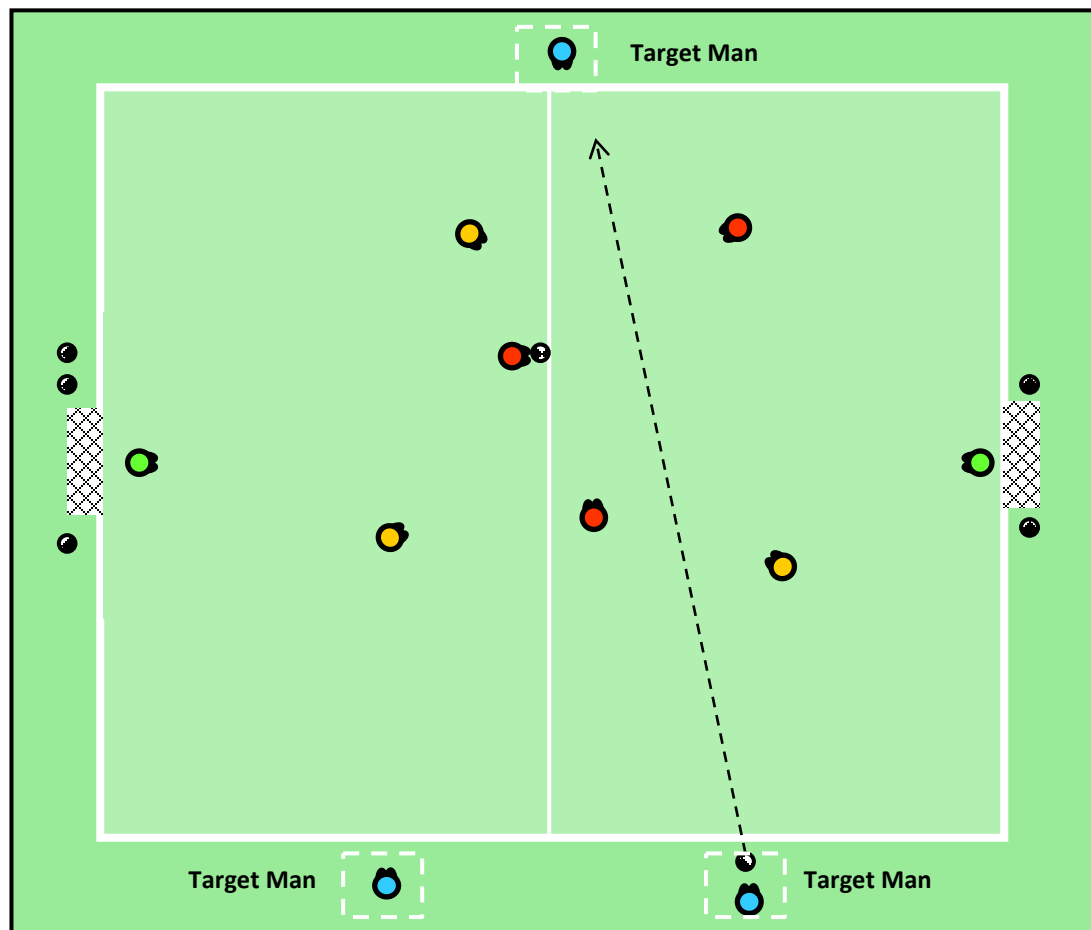
Could have different amounts of players in opposition, for example; 1 v 1, 2 v 2, 3 v 3, up to 6 v 6

Differentiation:

Different size footballs

Make the areas smaller if players can cope

Allow defenders to have more than one in a square against a more achieved player



Set Up

Central zone:-

Throwing, catching, opposed. Attacking team 3 passes and then they can shoot at goal

Target Players:-

Passing the ball between them and the goalkeepers

Challenge:-

How many successful sequences can be achieved in succession?

Can you look to receive the ball on the half turn?

Organised Chaos - Decision Making/Positive Play

Progressions:

Central Zone:

Ball at feet, opposed with defenders having to have a ball each and they must tag to prevent a scoring opportunity

After completing 3 passes can the attacking team use an available target player before shooting at goal

Defenders no longer have a ball each and now have to win the ball to become the attackers

Target players can move freely between their zones

Introduce interference between all 3 teams

Could have different amounts of players in opposition, for example; 1 v 1, 2 v 2, 3 v 3, up to 6 v 6

Differentiation:

Alter the size of working area

Size of balls

No bibs / all same colour

Increase / Decrease interference