



3v0

Organization

10 x 10 Square - with 3 players working in the square - 1 ball
Players are passing the ball to each other - after they pass the ball they must move to the empty cone.

Aim - is to develop each player's ability to pass and control the ball, improve their ability to support each other and their speed of play

Coaching Points

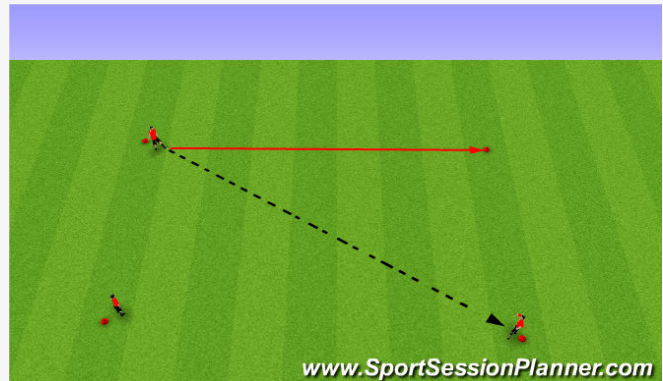
Are the players following the correct passing technique?

- Non-Kicking foot next to the ball with a small gap between the foot and the ball
- Toes Aimed at where you want the ball to go.
- Using the center of the foot, strike through the middle of the ball
- Weight and accuracy of the pass - is the ball reaching their teammate? if not can we strike through harder.

- Make sure you look up first to see where our teammate is - then look back at the ball when we make contact this will improve the quality of the pass

First Touch

- As the ball arrives can we make sure we are focused on the ball - making sure we get a good first touch
- Use the inside of the foot (same as when we pass) lift slightly off the floor - and can we cushion it as it arrives
- If possible can we push the ball in the direction of our next pass.
- As we become stronger can we improve the speed of what we are playing at - but keep the quality high.



2v2 to Wide goals

Organization

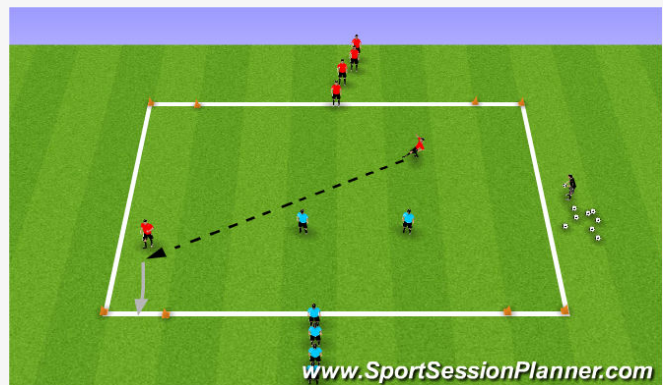
15 x 15 rectangle - with Two 3-Yard goals on each line, one on each corner

Players are attacking wide goals to score they must dribble the ball through either gate to score

Aim is to develop each player's ability to create width and attack space when working in small groups.

Coaching Points

- Can the team with the ball make sure they use the whole area - making it difficult for the defending team to defend the attacking player who doesn't receive the ball should spread out and use the width to their advantage
- The player who receives the ball needs to decide whether to attack with the ball or too pass the ball.
- If both defenders run to the player with the ball, then they should pass if only one does, maybe attack them depending on their positional play
- Speed of play all decisions need to be made quick
- If defending team wins the ball they should counter quick



3v1

Organization

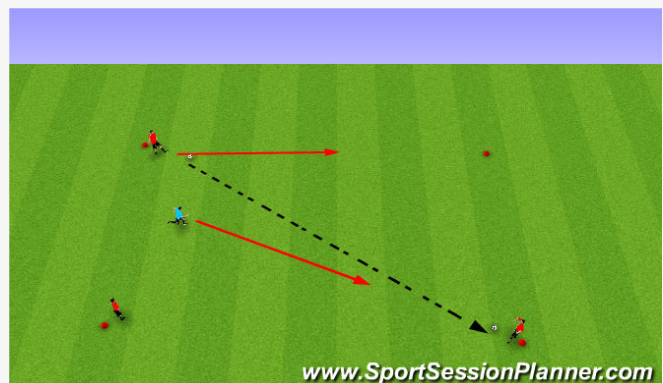
10 x 10 Square with 3 attackers on the side's of the square spread out and 1 defender in the middle.

Players are to pass and move and keep the ball away from the player in the middle of the square (player in the middle should only be able to intercept the ball to begin width).

Aim - is to improve each player's ability to improve their speed of play and quick decisions when passing the ball and supporting their teammates

Coaching Points

- Quick ball movement - don't wait to pass the ball - if you take too long the defender will be able to close you down and steal the ball
- Touch, Head up and pass
- Support each other - players can not come off their line, but can move up and down to offer different angles of support
- Players should take no more than 3 touches -



- Communicate with each other - let them know where you are.
- Player receiving the ball should know where they are going next.

Dribble and Turn

Organization

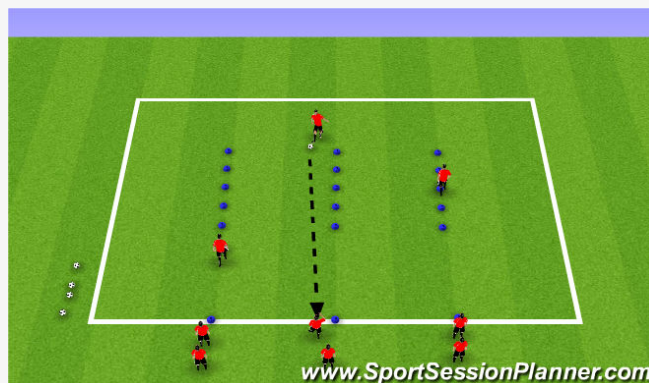
20 x 20 square inside create 3 or 4 lines depending on numbers. Players must dribble up through the cones working on mastering different surfaces of their feet.

Once they get to the top of the line, they turn and pass the ball back to the player at the front of the line.

Aim - To develop the Ball mastering footskills and also to develop the ability to receive the ball.

Coaching Points

- Players must dribble through the cones working on the following surfaces and skills
- inside only, outside only, combination of both, Sole only, Rolling the ball
- Follow the correct passing Technique
- Player receiving the ball should get in line with the ball, and on their toes ready for the ball.
- Good first touch, push it out off your feet, but keep it under control



1v1 to goal

Organization

15 x 20 rectangle - players are playing in a 1v1. The coach will serve the ball out.

Aim - In the 1v1 drill, we get the opportunity to see players in Both Attack and Defense. While the players are attacking we can see which players have strong dribbling skills, foot skills, decision making and their ability to finish. Along with athleticism and Strength.

When defending we have the chance to view the player's ability to defend in a 1v1 situation - Do they have the correct body position, good distance away from the ball? Etc. also when we win the ball can we counter attack?

Coaching Points

- Attacking - can we attack at speed, don't give the defender a chance to get into a good spot
- Can we use some footskills to beat the defender and score.
- Defending - Can we get out to the attacker fast - put them under pressure
- Force them wide from goal if possible and be patient
- Win the ball, counter and score



Finishing

Organization

35 x 20 area - with two gates placed in the middle around 10 yards from each goal. Players will dribble up and around through the center of the gate - after which they will shoot at goal. After which they move over to the opposite empty cone.

Aim - is to develop the players ability to shoot at goal.

Coaching Points

1. Keep control of the ball on the way up to the gate and as they turn
2. Players should look up as they go through the gate to see where the goal is
3. At point of contact - the players should be focused on the ball - this will help them strike the ball cleanly
4. The opposite foot should be planted close to the ball - toes aimed where they want the ball to go.
5. Strike with the laces - toes down, ankles locked
6. Finally, players should bring their foot through the ball with power



Organization

4 ladders, set up with a cone 5 yards before the ladder and a ball 5 yards after the ladder.

Aim - to help improve players ability with quick feet, improve balance and ball mastery.

Round 1 - Two feet in each square - toes only dont forget to move the arms

Round 2 - Hop and stop - Players hop on one foot - they must try and balance for a second or two in each square - Left foot then right.

Round 3 - Side to side hops - Players jump two footed over the ladder from side to side. Keep feet together - land and jump from the toes

Round 4 - 1 foot in each - players step through the ladder - 1 foot in each gap - toes and hands moving

Ball Skills - At the end of each run have players complete a ball mastery skill - 10 toe taps, 10 pendulms, 10 step overs.



www.SportSessionPlanner.com