



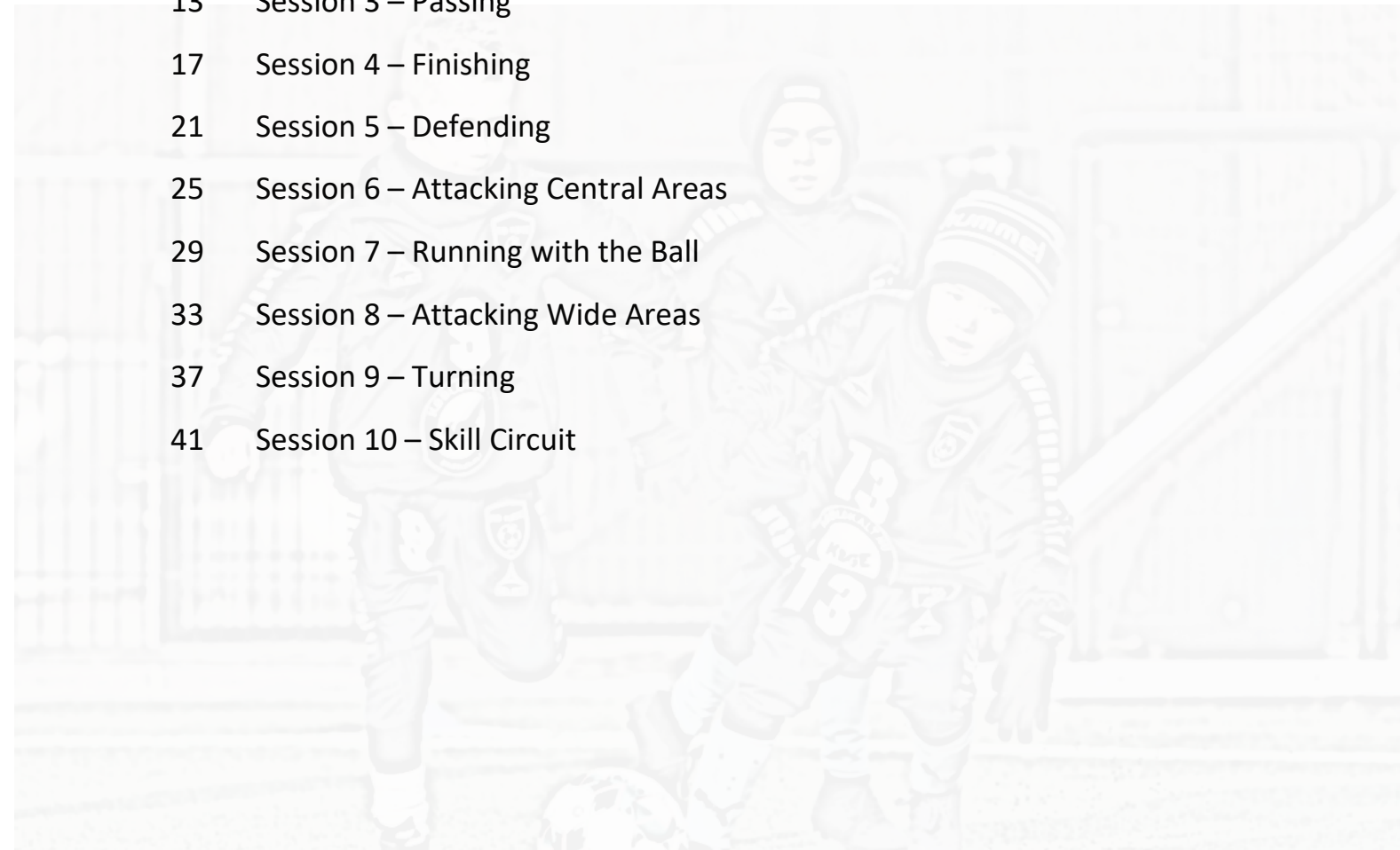
RBK TRAINING MANUAL

A coaching resource for foundation coaches



CONTENTS

- 3 Foreword by Kenneth Santa, Chairman
- 4 Preface by Thomas William, Head of Foundation
- 5 Session 1 – Receiving
- 9 Session 2 – Attacking 1 v 1
- 13 Session 3 – Passing
- 17 Session 4 – Finishing
- 21 Session 5 – Defending
- 25 Session 6 – Attacking Central Areas
- 29 Session 7 – Running with the Ball
- 33 Session 8 – Attacking Wide Areas
- 37 Session 9 – Turning
- 41 Session 10 – Skill Circuit



FOREWORD

Created in 2020, RB Køge (RBK) is a football club based in Denmark, 25 kilometres from Copenhagen. The club is founded on the belief that we can build and develop a club which creates an environment which encourages a love for football and the passion for player and youth development. This belief is supported with qualified coaches, across all ages, teams, and concepts throughout our club. For RBK, it is as important that the club environment inspires the coaches and the staff, as they are key in building not only the development platform for players to develop on the pitch, but equally important off the pitch.

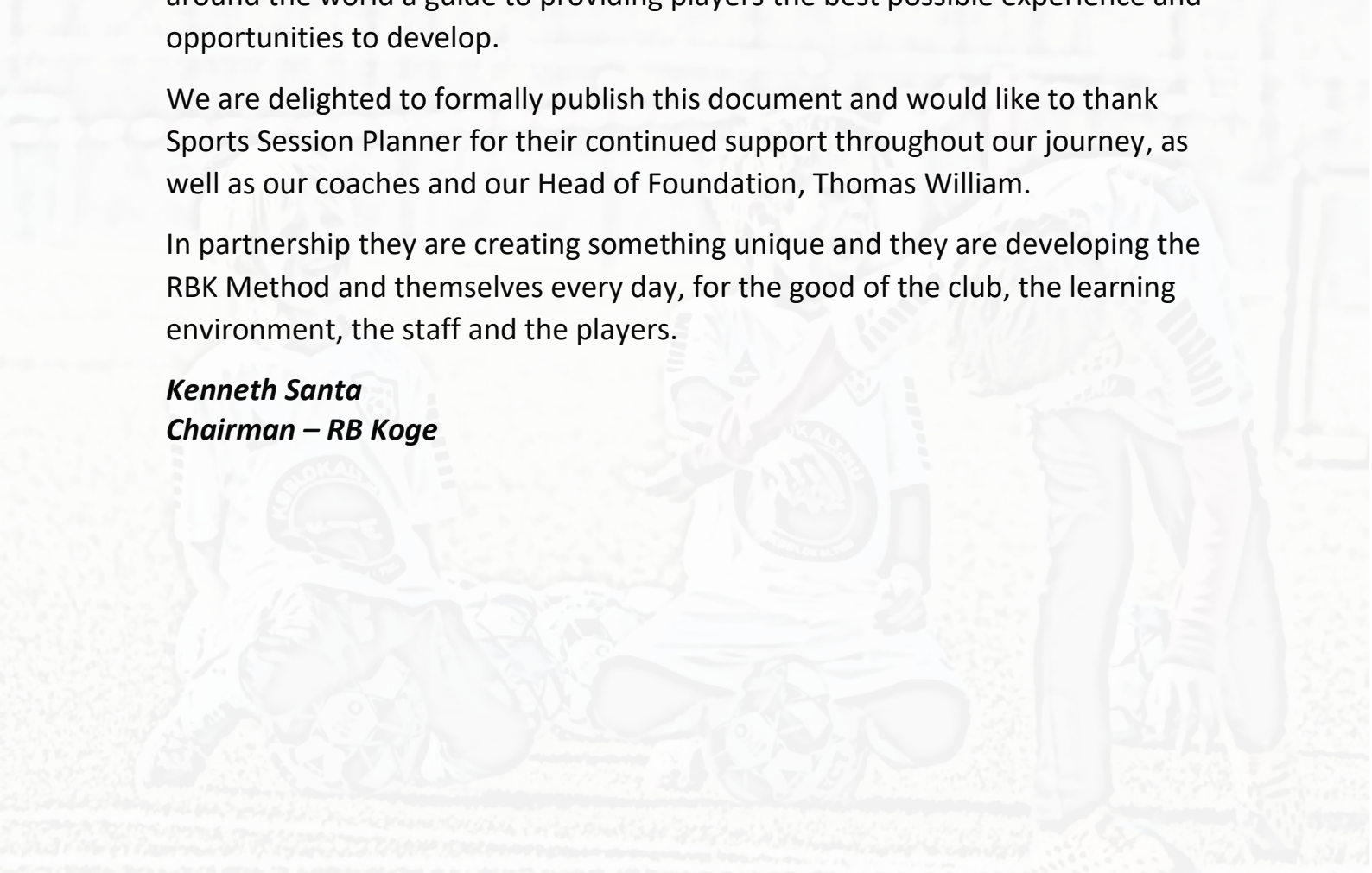
With the focus on player development within the Foundation Phase, RBK provide multiple football programs across a range of ages. The RBK mission is to *'create an environment for players to learn, to grow and to aim for the stars'*.

The RBK Training Manual "A coaching resource for foundation coaches", has been created to share our football vision and provide clubs and coaches around the world a guide to providing players the best possible experience and opportunities to develop.

We are delighted to formally publish this document and would like to thank Sports Session Planner for their continued support throughout our journey, as well as our coaches and our Head of Foundation, Thomas William.

In partnership they are creating something unique and they are developing the RBK Method and themselves every day, for the good of the club, the learning environment, the staff and the players.

Kenneth Santa
Chairman – RB Koge



PREFACE

The RBK training manual provides coaches with a guide in developing the technical ability of players within the Foundation Phase. To ensure players are provided an opportunity to develop in an environment that allows for maximum engagement, sessions apply both deliberate play and deliberate practice. RBK deliver coaching topics which include passing, receiving, running with the ball, turning, finishing, heading, playing out from the back, attacking principles, defensive principles, and skill circuits. Providing a variety of topics ensures players develop in a range of skills.

The session plans have been designed to provide suggestions on how challenges within each practice can be reduced or increased which ensures practices cater for all abilities and the individual needs of players within the RBK programme. However, it is recommended that the sessions contained within this manual should be modified to suit the environment within each club. Consideration should be made to playing numbers and field dimensions.

The following table provides a guide to field dimensions based on playing numbers.

No. of player	Small (m)	Medium (m)	Large (m)	Pitch-area (m ²)
1v1	5 x 10	10 x 15	15 x 20	100
2v2	10 x 15	15 x 20	20 x 25	400-800
3v3	12 x 20	15 x 25	18 x 30	240-2500
4v4	16 x 24	20 x 30	24 x 36	240-2208
5v5	20 x 28	25 x 35	30 x 42	240-2500
6v6	24 x 32	30 x 40	36 x 48	240-2500
7v7		50 x 35-45		875-2200
8v8		60 x 40-45		2400-2700
9v9		60 x 50		3000
10v10		90 x 45		4000

Thomas William
Head of Foundation - RB Koge



RECEIVING

SESSION 1



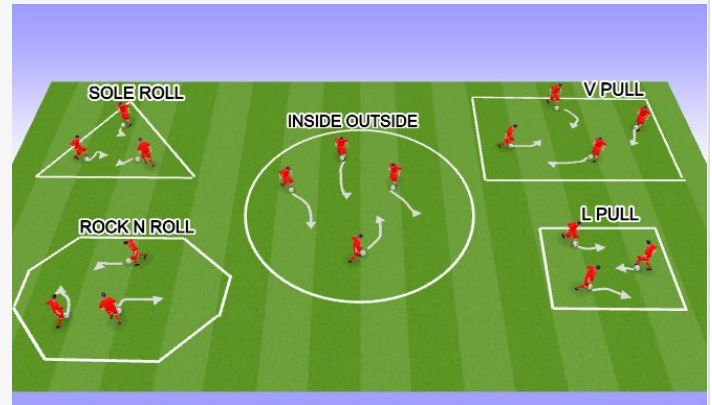
Ball Mastery (10 mins)

Practice Organization

- Coach should create 2 to 3 areas dependent on the number of players
- The areas should vary in shape and size to provide different challenges to the players
- All players have a ball each and dribble the ball around the area
- Each area should consist of different rules where players use different parts/surfaces of the foot
- Provide coaches and players the opportunity to be creative

Key Coaching Points

- Can players **maximise touches** of the ball?
- Can players **manipulate the ball**?
- Can players use **different ball mastery techniques**?
- Can players use **different parts** and **surfaces** of the foot?
- Can players use **both feet**?
- Can players be **positive** on the ball?
- Can players be **creative** on the ball?



Technical - Receiving (10 mins)

Practice Organization

- Split group into teams of 6
- 2 players begin inside the square without a ball
- The remaining 4 players begin outside as per the picture
- 2 of the outside players begin with a ball
- On the coaches call the inside players must make a run to receive the ball from an outside player
- They then play a pass to a free outside player before moving to receive another pass
- To encourage movement from outside players they must run around one of the cones placed behind them before receiving the next pass
- Ensure to rotate the middle players regularly

Key Coaching Points

- Can players move into a position to **support** the ball carrier?
- Can players position themselves with an **open body** where they can **see the ball** and their **next pass**?
- Can players take their first touch **forward**?
- Can players be **composed** on the ball?
- Can players ensure a good accurate **weight of pass**?
- Can players use **both feet**?
- Can players use **different parts/surfaces of the foot**?

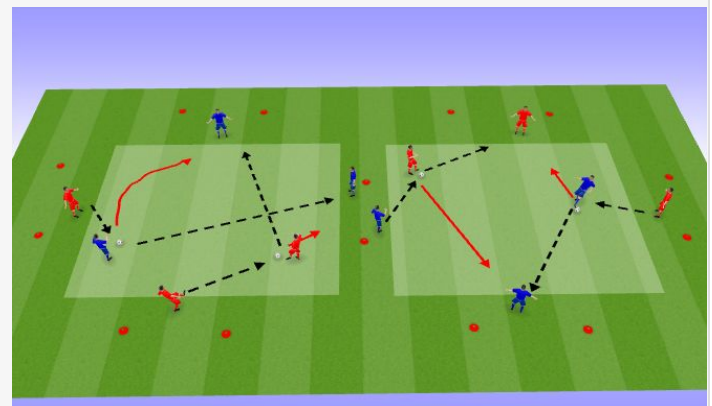
Progressions

Reduce Challenge

- Players have unlimited touches
- Outside players can remain stationary

Increase Challenge

- Include touch limit
- Award additional points for passes with weaker foot
- How many passes can a player make in a specified time?



Positioning Game (15 mins)

Practice Organization

- Split group into teams of 6
- 3 attacking players begin on the outside, with 1 attacking player on the inside
- 2 defenders begin inside the grid
- Neutral end player begins with the ball at the bottom of the grid
- Objective for the attacking team is to combine and score in the end small goal
- The 3 outside players are free to move up and down their lines
- The 2 wide attacking players can score
- Defenders are not allowed to leave the grid to tackle the attackers but can position themselves to block any shots or passes
- If the defenders win the ball they get the opportunity to score in either of the 2 end corner goals
- If the defenders win the ball then all of the attacking players can enter the grid to stop them scoring
- The game continues until the ball goes out of play
- When the game has finished the ball always starts from the end neutral player
- Ensure to change positions regularly

Key Coaching Points

- Can players move into a position to **support** the ball carrier?
- Can players position themselves with an **open body** where they can **see the ball** and their **next pass**?
- Can players take their first touch **forward**?
- Can players be **composed** on the ball?
- Can players ensure a good accurate **weight of pass or shot**?
- Can players use **both feet**?
- Can players use **different parts/surfaces of the foot**?

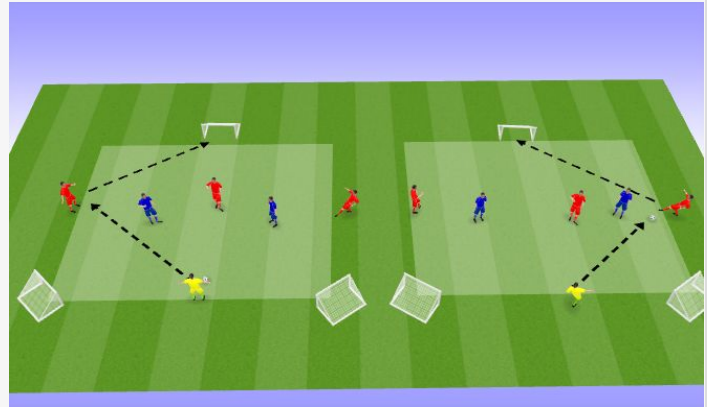
Progressions

Reduce Challenge

- Players have unlimited touches
- Increase size of area
- Include more goals for attackers to score in

Increase Challenge

- Include touch limit
- Reduce size of area
- Defenders can leave the practice and tackle outside players



Positioning Game Progression (15 mins)

Progressions

- 4 outside attacking players
- 2 defenders inside the grid
- 4 outside corner goals
- Outside players begin with the ball
- Objective is to work the ball from target player 1 to player 2 to score
- The attacking team maintain possession of the ball every time they score
- All outside players can move along their respective line
- Defenders are not allowed to leave the grid to tackle the attackers but can position themselves to block any shots or passes
- If the defenders win the ball they get the opportunity to score in any corner goal
- If the defenders win the ball then all of the attacking players can enter the grid to stop them scoring
- The game continues until the ball goes out of play
- When the game has finished the ball always starts from an end target player
- Ensure to change positions regularly

Key Coaching Points

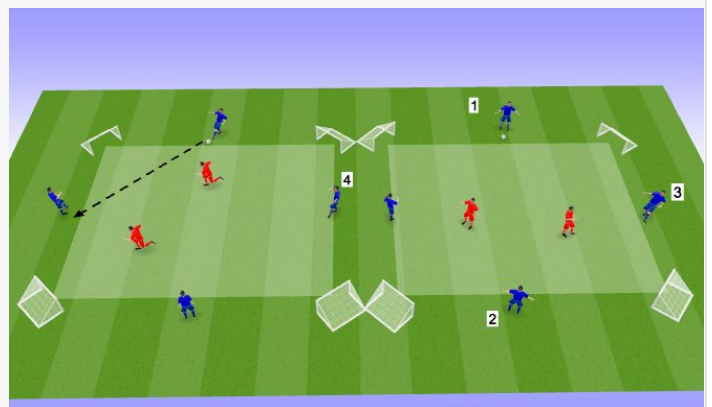
- Can players move into a position to **support** the ball carrier?
- Can players position themselves with an **open body** where they can **see the ball** and their **next pass**?
- Can players take their first touch **forward**?
- Can players be **composed** on the ball?
- Can players ensure a good accurate **weight of pass or shot**?
- Can players use **both feet**?
- Can players use **different parts/surfaces of the foot**?

Progressions

Reduce Challenge

- Players have unlimited touches
- Increase size of area

Increase Challenge



- Include touch limit
- Reduce size of area
- Defenders can leave the practice and tackle outside players
- Attacking players now score a point by working the ball from player 1 and 2 or 3 and 4

Game Training (20 mins)

Practice Organization

- Split the group into equal teams plus two outside neutral players
- Each team has a designated goal to attack
- The outside players are neutral and are always on the team in possession of the ball
- The two outside neutral players can score
- Defenders are not allowed to leave the grid to tackle the attackers but can position themselves to block any shots or passes
- Ensure to rotate players regularly

Key Coaching Points

- Can players move into a position to **support** the ball carrier?
- Can players position themselves with an **open body** where they can **see the ball** and their **next pass**?
- Can players take their first touch **forward**?
- Can players be **composed** on the ball?
- Can players ensure a good accurate **weight of pass or shot**?
- Can players use **both feet**?
- Can players use **different parts/surfaces of the foot**?

Progressions

Reduce Challenge

- Players have unlimited touches
- Increase size of area

Increase Challenge

- Include touch limit
- Reduce size of area
- Defensive players are allowed to leave the grid and win the ball from the outside neutral players



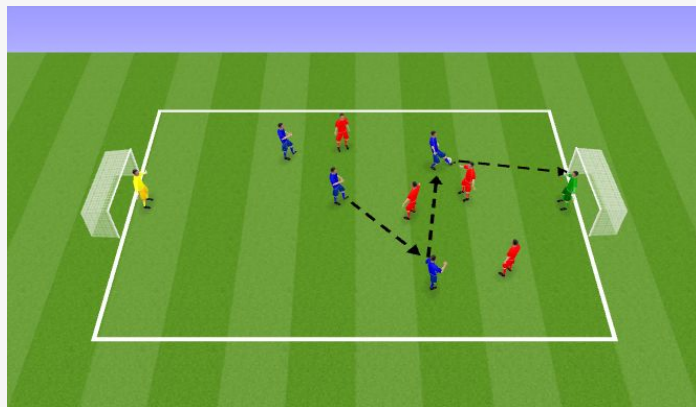
Small Sided Game (20 mins)

Practice Organization

- Split the group into equal teams
- Teams have designated goals to attack
- If a goal is scored play begins from the goal line

Key Coaching Points

- Ensure players get lots of touches of the ball
- Observe that learning is transferred from practice to game
- Encourage fun, positivity, creativity and decision making
- Just "Let them play"





ATTACKING 1 V 1

SESSION 2



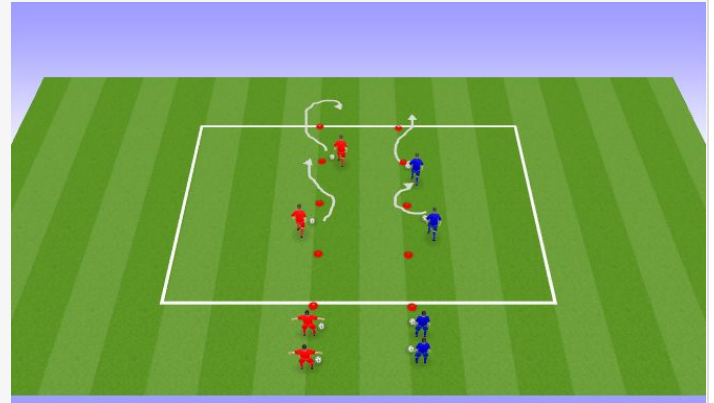
Ball Mastery (5 mins)

Practice Organization

- Split the group into two teams
- All players have a ball each and dribble the ball through the cones
- Encourage players to use different parts/surfaces of the foot
- Provide coaches and players the opportunity to be creative

Key Coaching Points

- Can players **maximise touches** of the ball?
- Can players **manipulate the ball**?
- Can players use **different ball mastery techniques**?
- Can players use **different parts** and **surfaces** of the foot?
- Can players use **both feet**?
- Can players be **positive** on the ball?
- Can players be **creative** on the ball?



Technical - 1 v 1 (10 mins)

Practice Organization

- Players set up as per picture
- Half of the players begin on station A with a ball each and the remaining players begin on station B
- Player 1 passes to player 2
- Player 2 then uses an action to beat the mannequin before finishing at goal
- Player must collect their ball and join the back of the line at station A
- Players should follow their pass
- Encourage players to use both feet

Key Coaching Points

- Can players ensure a good **accurate pass**?
- Can players take their **first touch** out of their feet?
- Can players **run** with the ball at **speed**?
- Can players use a change of **pace** and/or **direction** to beat the mannequin?
- Can players use **tricks** or **skills** to beat the mannequin?
- Can players be **composed** and **finish** at goal?

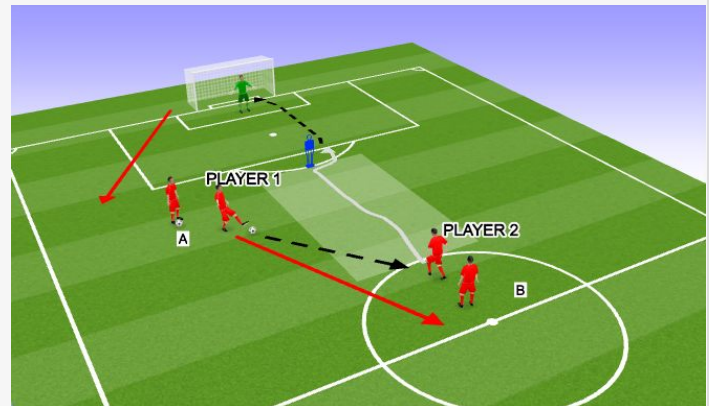
Progressions

Reduce Challenge

- Remove mannequin
- Player 2 begins with the ball
- Players shoot into an unmanned goal

Increase Challenge

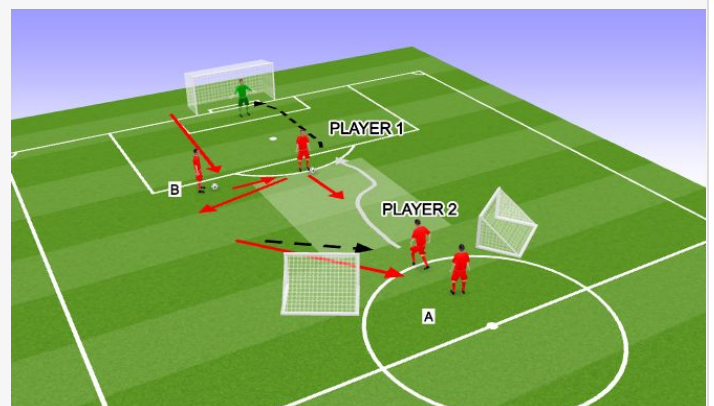
- Include more mannequins
- Which player can score the most goals?



Attacking 1 v 1 (10 mins)

Practice Organization

- Players set up as per picture
- Half of the players begin on station A without a ball and half players begin on station B both with a ball with 1 player being the active defender
- Player 1 passes to player 2 to create a 1 v 1
- Player 2 attempts to beat player 1 in a 1 v 1 situation before finishing at goal
- The attacker must remain in the width of the grid
- If the attacker goes wider than the area then play should stop
- If the defender wins the ball they get the chance to score in either small goal
- Once a phase of play is complete the attacking player must collect their ball and join the back of the line at station B ready to defend
- The defender joins the back of the line at station A
- Players are encouraged to use both feet



⊗ Key Coaching Points

- Can players ensure a good **accurate pass**?
- Can players take their **first touch** out of their feet?
- Can players **run** with the ball at **speed**?
- Can players use a change of **pace** and/or **direction** to beat the defender?
- Can players use **tricks** or **skills** to beat the defender?
- Can players be **composed** and **finish** at goal?

⊗ Progressions

⊗ Reduce Challenge

- Remove defender
- Increase size of area
- Change starting position of defender
- Players shoot into an unmanned goal
- 2 v 1 attacking overload

⊗ Increase Challenge

- Reduce size of area
- 1 v 2 defending overload
- Which player can score the most goals?

Attacking 2 v 2 (15 mins)

⊗ Practice Organization

- Split the group into two teams
- Each team has a designated goal to attack
- One team begin as the attackers and the other team as the defenders
- All players must start behind the goal line
- The defenders begin with the ball and pass the ball across to the attackers to start the game
- Two players from each team then enter the pitch to create a 2 v 2 situation
- Attackers attempt to combine to score in their designated goal
- If the defenders win the ball they get the opportunity to score in their designated goal
- If the GK catches the ball play continues
- Once the phase of play is complete all players must return to the back of their line
- Ensure to rotate attacking and defending roles regularly

⊗ Key Coaching Points

- Can players ensure a good **accurate pass**?
- Can players take their **first touch** out of their feet?
- Can players **run** with the ball at **speed**?
- Can players use a change of **pace** and/or **direction** to beat the defender?
- Can players use **tricks** or **skills** to beat the defender?
- Can players **combine** with their teammate?
- Can players be **composed** and **finish** at goal?

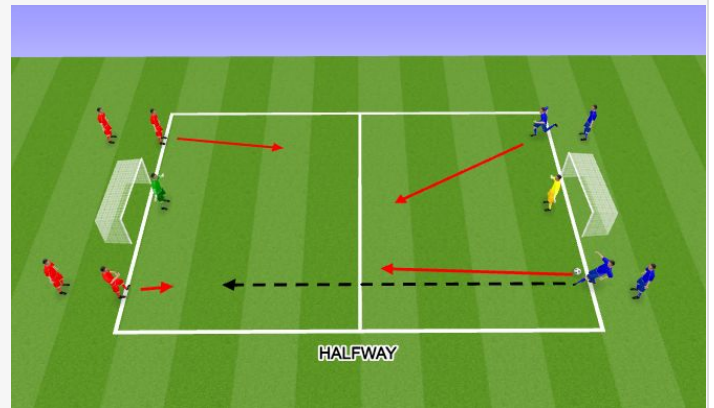
⊗ Progressions

⊗ Reduce Challenge

- Increase size of area
- Defenders begin further away from goal
- Attackers begin closer to goal
- Attackers can shoot from anywhere
- 3 v 2 attacking overload

⊗ Increase Challenge

- Reduce size of area
- Attackers begin further away from goal
- Defenders begin closer to goal
- Attackers must cross the halfway line before shooting at goal
- 2 v 3 defensive overload
- Which team can score the most goals?



Game Training (20 mins)

Practice Organization

- The practice begins with a 3 v 2 attacking overload
- All players begin inside the pitch
- One GK begins in goal with a target player with the ball on the end line
- The target player passes the ball in to create a 3 v 2 situation
- The attacking players cannot play the ball back to the target player
- The attacking players attempt to score in the big goals
- If the defenders win the ball they can pass to the target player or score in either mini goal
- If the GK catches the ball he can play out and the defending team get to attack
- Ensure to rotate attackers and defenders regularly

Key Coaching Points

- Can players ensure a good **accurate pass**?
- Can players take their **first touch** out of their feet?
- Can players **run** with the ball at **speed**?
- Can players use a change of **pace** and/or **direction** to beat the defender?
- Can players use **tricks** or **skills** to beat the defender?
- Can players **combine** with their teammate?
- Can players be **composed** and **finish** at goal?

Progressions

- The practice moves into a 3 v 3 situation
- A recovering defender begins 5m behind the end line
- As soon as the ball is played in the recovering defender enters the game to create a 3 v 3

Progressions

Reduce Challenge

- Increase size of area
- Defenders begin outside of practice
- Attackers can shoot from anywhere
- Attackers can use target player to create 4 v 2 situation

Increase Challenge

- Reduce size of area
- Include a shooting zone which attackers must enter before shooting at goal
- Add recovery defender to create 3 v 3 situation
- Which team can score the most goals?



Small Sided Game - Wide or Central Attack (20 mins)

Practice Organization

- Split the group into equal teams plus GKs
- Teams have designated goals to attack
- The game takes place in the central zone
- The teams can score in two ways;
 - * Passing into the wide goals = 1 goal
 - * Dribbling through the central area and scoring past the goalkeeper = 2 goals
- If a goal is scored the ball begins from the edge of the zone in which the goal was scored

Key Coaching Points

- Ensure players get lots of touches of the ball
- Observe that learning is transferred from practice to game
- Encourage fun, positivity, creativity and decision making
- Just "Let them play"





PASSING

SESSION 3



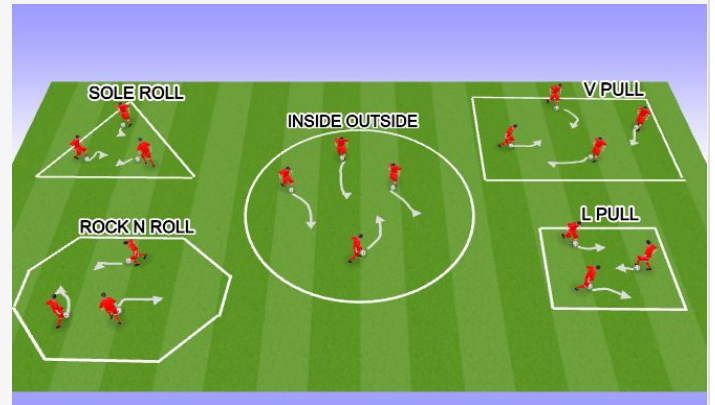
Ball Mastery (5 mins)

Practice Organization

- Coach should create 2 to 3 areas dependent on the number of players
- The areas should vary in shape and size to provide different challenges to the players
- All players have a ball each and dribble the ball around the area
- Each area should consist of different rules where players use different parts/surfaces of the foot
- Provide coaches and players the opportunity to be creative

Key Coaching Points

- Can players **maximise touches** of the ball?
- Can players **manipulate the ball**?
- Can players use **different ball mastery techniques**?
- Can players use **different parts** and **surfaces** of the foot?
- Can players use **both feet**?
- Can players be **positive** on the ball?
- Can players be **creative** on the ball?



Technical - Passing (15 mins)

Practice Organization

- Two players begin inside the practice
- The remaining players spread out around the outside of the practice with two balls between the players
- Inside the grid one player is designated as the receiver and the other player is the passer
- The receiver moves to receive the ball from an outside player while the passer must move into a position to support the receiver
- The inside receiver then sets the ball for his partner to play a pass to a free outside bouncer
- The inside receiver must then move to find a new ball to receive
- Ensure to rotate roles and positions regularly

Key Coaching Points

- Can players move into a position to **receive** the ball?
- Can players provide **support underneath** the ball carrier?
- Can players execute an **accurate lay off** to set their team mate?
- Can players execute an **accurate pass** to an outside bouncer?
- Can players use **both feet**?
- Can players use **different parts/surfaces** of the foot?

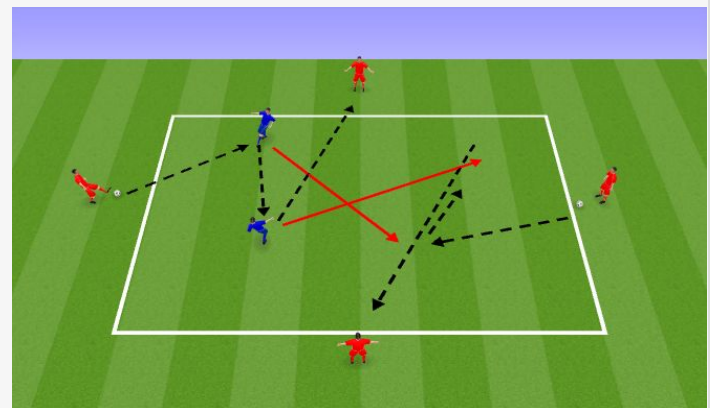
Progressions

Reduce Challenge

- Players have unlimited touches
- Reduce size of area

Increase Challenge

- Include touch limit
- Increase size of area
- Middle players alternate between receiver and passer during phase of play
- Include additional points for passes with weaker foot
- Which pair can make the most passes in a specified time?



Positioning Game (20 mins)

Practice Organization

- Split group into three teams of three
- One group is designated as the defending team who begin inside the middle zone
- The attacking teams begin in either end zone
- The coach begins the practice by passing to the deepest player at either end
- Upon the receivers first touch one defender can press the ball carrier
- Attacking team must play at least one pass before playing the ball to the opposite end
- Once the new receiving player controls the ball a new defender can press the ball carrier
- The first defender must now return to the middle zone
- If the defensive team win the ball they get one opportunity to score in either of the small goals
- The ball always starts with the coach
- Ensure to rotate defenders regularly

Key Coaching Points

- Can players create **space** by providing **width** and **depth**?
- Can players position themselves where they can **see the ball** and their **next pass**?
- Can players take their first touch **forward**?
- Can players pass to their teammates **furthest foot**?
- Can players ensure a **good and accurate pass**?
- Can players provide **angled support**?
- Can players **combine** with teammates?

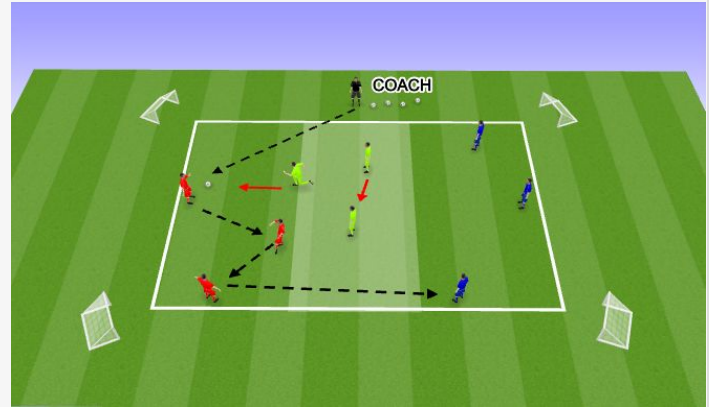
Progressions

Reduce Challenge

- Players have unlimited touches
- Increase size of area
- Defenders remain inside middle zone and attackers attempt to pass through

Increase Challenge

- Include touch limit
- Reduce size of area
- Two defenders can press the ball to create a 3 v 2 situation
- One attacking player from the zone in possession of the ball can enter the middle zone to assist in getting the ball across to the opposite side. Once the ball is played across that player must then return to their original zone
- Which teams can make the most successful passes across in a specified time?



Game Training (20 mins)

Practice Organization

- Split the group into equal teams
- Both teams have a designated goal to attack
- Both teams must have one target player who remains in the end zone nearest the goals in which they will attack
- The target player is free to move anywhere within the zone but cannot leave the zone
- The practice begins when the coach passes a ball into either team
- Normal game rules apply
- If a goal is scored, that team score 1 point
- If the team score from a return pass from their target player they score 2 points
- Target players can score which is worth 1 point
- If a goal is scored the defending team begin with the ball from their GK
- Ensure to rotate target players regularly

Key Coaching Points

- Can players create **space** by providing **width** and **depth**?
- Can players position themselves where they can **see the ball** and their **next pass**?
- Can players take their first touch **forward**?
- Can players pass to their teammates **furthest foot**?
- Can players ensure a **good and accurate pass**?
- Can players provide **angled support**?
- Can players **combine** with teammates?
- Can players be **composed** and finish at goal?

Progressions

Reduce Challenge

- Players have unlimited touches
- Remove target player
- Players can score from anywhere

Increase Challenge



- Include touch limit
- If a player scores with a first time finish after receiving a pass from the target player, team scores 3 points
- Remove the target player so players are free to move anywhere on the pitch. If a player plays a bounce pass in the end zone and a teammate scores with a first touch finish the team scores 4 points

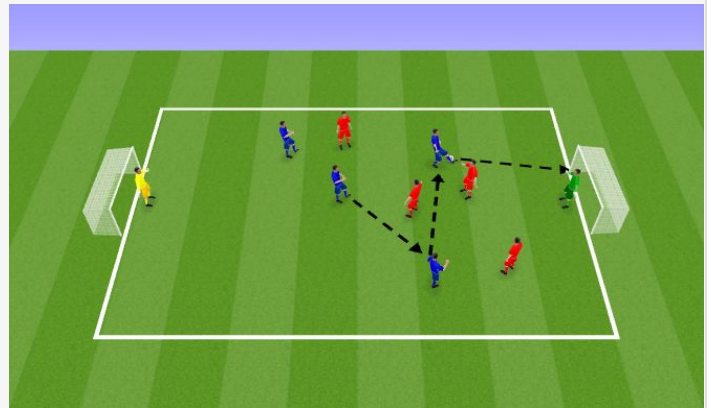
Small Sided Game (20 mins)

Practice Organization

- Split the group into equal teams
- Teams have designated goals to attack
- If a goal is scored play begins from the goal line

Key Coaching Points

- Ensure players get lots of touches of the ball
- Observe that learning is transferred from practice to game
- Encourage fun, positivity, creativity and decision making
- Just "Let them play"





FINISHING

SESSION 4



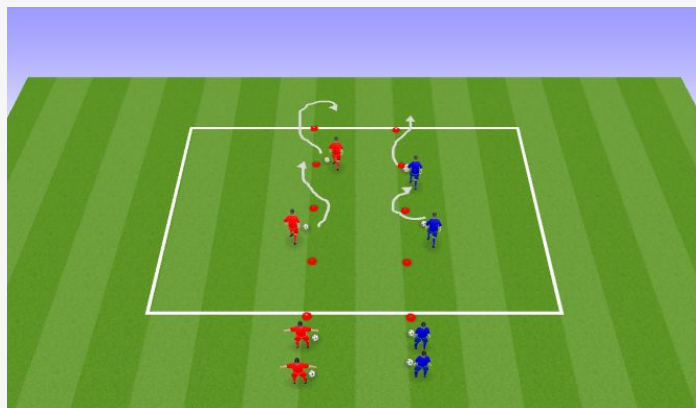
Ball Mastery (5 mins)

Practice Organization

- Split the group into two teams
- All players have a ball each and dribble the ball through the cones
- Encourage players to use different parts/surfaces of the foot
- Provide coaches and players the opportunity to be creative

Key Coaching Points

- Can players **maximise touches** of the ball?
- Can players **manipulate the ball**?
- Can players use **different ball mastery techniques**?
- Can players use **different parts** and **surfaces** of the foot?
- Can players use **both feet**?
- Can players be **positive** on the ball?
- Can players be **creative** on the ball?



Technical - Finishing (20 mins)

Practice Organization

- Players line up as per the picture
- Players set up and shoot from one of three stations
- Station A
 - Player 1 begins with the ball with player 2 standing in front of the mannequin facing player 1
 - Player 1 begins the practice by passing the ball to player 2 who plays a quick 1, 2 combination before spinning off the mannequin
 - Player 2 attempts to beat the GK and finish at goal
- Station B
 - Player 1 begins with the ball with player 2 standing in front of the mannequin facing player 1
 - Player 1 begins the practice by passing the ball to player 2 who plays a quick 1, 2 combination before spinning off the mannequin
 - Player 2 attempts to beat the GK using their right foot
- Station C
 - Player 1 begins with the ball with player 2 standing in front of the mannequin facing player 1
 - Player 1 begins the practice by passing the ball to player 2 who plays a quick 1, 2 combination before spinning off the mannequin
 - Player 2 attempts to beat the GK using their left foot
- Players follow their pass
- The player who shoots must collect their ball and re-join the back of the line
- Ensure to rotate players between stations regularly

Key Coaching Points

- Can players **set** their teammate?
- Can players take a touch to **set themselves** to shoot at goal?
- Can players get themselves into the correct **body position**?
- Can players make a decision to shoot based on the **goalkeeper position**?
- Can players make a decision whether to use **placement or power**?
- Can players use **both feet**?
- Can players use different **parts of the foot**?
- Can players anticipate **rebounds**?

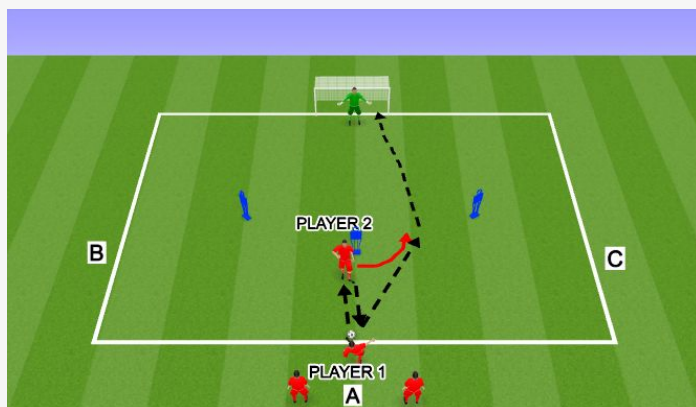
Progressions

Reduce Challenge

- Players shoot into an unmanned goal
- Reduce shooting distance
- Unlimited touches
- Remove mannequins

Increase Challenge

- Increase the shooting distance
- Players have only two touches
- Players shoot first time
- Point system for different types of goals e.g. outside of foot, rebounds, first time finish etc
- Which player can score the most goals in a specified time?



Positioning Game (20 mins)

Practice Organization

- Players line up as per the picture
- Two players begin as attackers and one player as a defender
- The ball begins with the server outside the practice
- The practice begins when the server passes into an attacking player to create a 2 v 1 situation
- The attackers attempt to score in the big goal
- If the defender wins the ball they get the opportunity to score in either mini goal
- If the GK catches the ball play continues and the defender gets the opportunity to attack
- Once a phase of play is complete the ball begins with the server
- Ensure to rotate positions regularly

Key Coaching Points

- Can players **combine** with teammates?
- Can players take a touch to **set themselves** to shoot at goal?
- Can players get themselves into the correct **body position**?
- Can players make a decision to shoot based on the **goalkeeper position**?
- Can players make a decision whether to use **placement or power**?
- Can players use **both feet**?
- Can players use different **parts of the foot**?
- Can players anticipate **rebounds**?

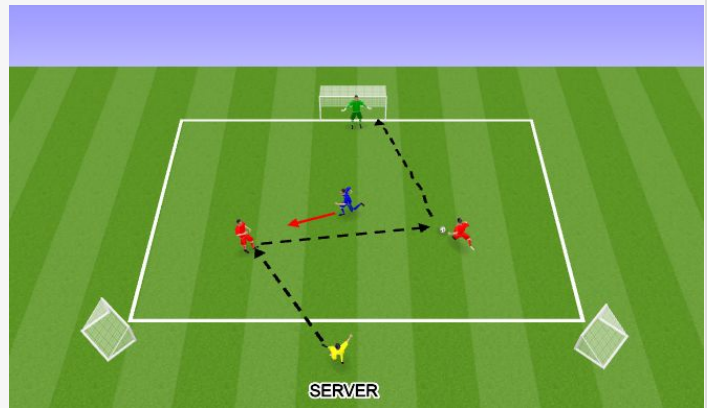
Progressions

Reduce Challenge

- Increase size of area
- Unlimited touches
- Defender begins outside of the practice
- Attackers can shoot from anywhere
- Server joins to create a 3 v 1 attacking overload

Increase Challenge

- Reduce size of area
- Include touch limit
- Include a shooting zone which attackers must enter before shooting
- Point system for different types of goals e.g. outside of foot, rebounds, first time finish etc
- Defender can pass to server to score a point
- Server joins as a recovering defender to create a 2 v 2 situation
- Change playing numbers to 1 v 2 to create defensive overload
- Which team can score the most goals in a specified time?



Game Training (20 mins)

Practice Organization

- Split the group into equal teams inc GKs
- The pitch is split into two zones as per the picture
- Each zone begins with a 2 v 2 situation
- Each team is designated a goal to attack
- Players in the end zone must begin inside their zone
- The practice begins when the coach passes the ball into an end zone
- Once the game begins 1 attacking player can enter their attacking zone to create a 3 v 2
- If the GK catches the ball then they can play out to start an attack
- If the ball goes out for a throw, goal kick or corner then play always begins with the coach
- Ensure to rotate positions regularly

Key Coaching Points

- Can players **combine** with teammates?
- Can players take a touch to **set themselves** to shoot at goal?
- Can players get themselves into the correct **body position**?
- Can players make a decision to shoot based on the **goalkeeper position**?
- Can players make a decision whether to use **placement or power**?
- Can players use **both feet**?
- Can players use different **parts of the foot**?
- Can players anticipate **rebounds**?

Progressions

Reduce Challenge

- Increase size of area
- Unlimited touches
- Attackers can shoot from anywhere

Increase Challenge

- Reduce size of area



- Include touch limit
- Include a shooting zone which attackers must enter before shooting
- Point system for different types of goals e.g. outside of foot, rebounds, first time finish etc
- Players are free to move freely into any zone
- Include throw ins, goal and corner kicks
- Which team can score the most goals in a specified time?

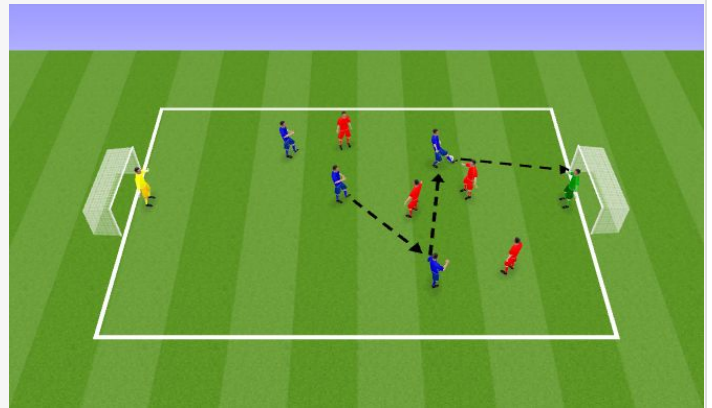
Small Sided Game (20 mins)

Practice Organization

- Split the group into equal teams
- Teams have designated goals to attack
- If a goal is scored play begins from the goal line

Key Coaching Points

- Ensure players get lots of touches of the ball
- Observe that learning is transferred from practice to game
- Encourage fun, positivity, creativity and decision making
- Just "Let them play"





DEFENDING

SESSION 5



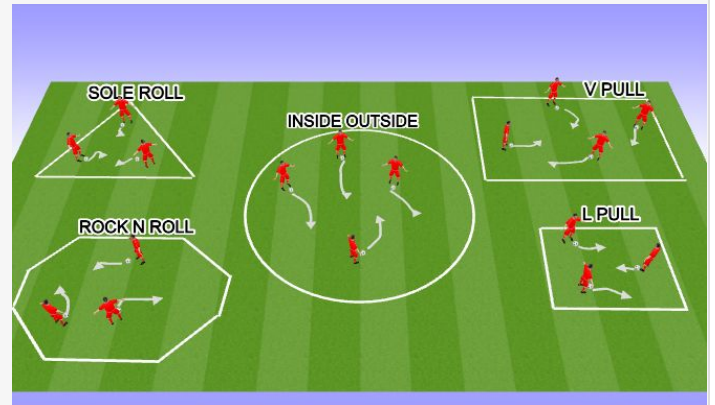
Ball Mastery (5 mins)

Practice Organization

- Coach should create 2 to 3 areas dependent on the number of players
- The areas should vary in shape and size to provide different challenges to the players
- All players have a ball each and dribble the ball around the area
- Each area should consist of different rules where players use different parts/surfaces of the foot
- Provide coaches and players the opportunity to be creative

Key Coaching Points

- Can players **maximise touches** of the ball?
- Can players **manipulate the ball**?
- Can players use **different ball mastery techniques**?
- Can players use **different parts** and **surfaces** of the foot?
- Can players use **both feet**?
- Can players be **positive** on the ball?
- Can players be **creative** on the ball?



Technical - Defending (10 mins)

Practice Organization

- Players line up as per the picture
- One player begins at one end of the practice with a ball, with one player inside the practice and the remaining players at the opposite end
- Player 1 passes to player 2 which triggers the movement of player 3 who presses player 2 and applies pressure from behind
- Player 2 should take a touch before passing back to player 1
- Player 2 then spins off and joins the back of the opposite line
- Player 3 should not attempt to win the ball but just apply passive pressure
- Player 3 then remains inside the grid and receives the pass from player 1 triggering the movement of player 4
- Rotate player 1 regularly

Key Coaching Points

- Can players ensure a good accurate **weight of pass**?
- Can players ensure appropriate **distance** between the pass?
- Can players **press** the ball carrier?
- Can players **force** the ball carrier to play back?

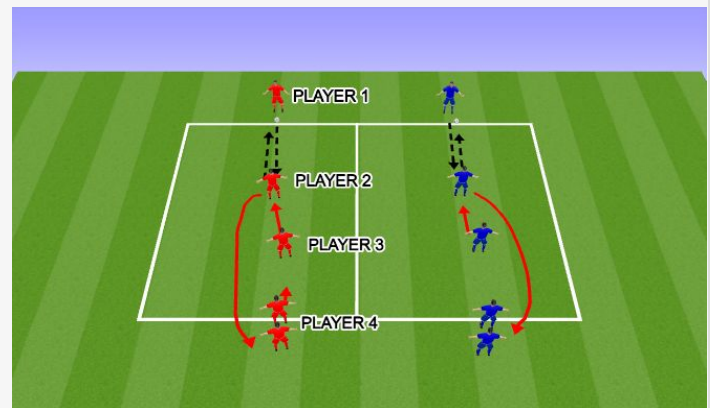
Progressions

Reduce Challenge

- Defender starts closer to the attacker

Increase Challenge

- The defender begins further away from the attacker
- Change angle of approach of defender
- Defender scores a point if they touch the attacker on the back before they pass to player 1
- Attacker can pass back using one touch
- The defender becomes active and can win the ball
- If the defender wins the ball and passes back to player 1 they score 1 point



1 v 1 (15 mins)

Practice Organization

- Players line up as per the picture
- Defenders begin at one end of the practice without a ball
- One attacking player begins on the halfway line and the remaining attackers begin at the other end of the practice with a ball
- Player 1 passes to player 2 and player 3 then presses player 2 from behind to create a 1 v 1
- The objective for the attacker is to score in the mini goal
- If the defender wins the ball they get to score in a mini goal
- Once a phase of play is complete the defender joins the back of the attacking line, the attacker joins the back of the defending line and the player who played the pass becomes the next attacker to receive the ball

Key Coaching Points

- Can players ensure a good accurate **weight of pass**?
- Can players **press** the ball carrier?
- Can players **force** the ball carrier away from goal?
- Can players be **patient** to win the ball?
- Can players be **aggressive** and not let the attacker score?

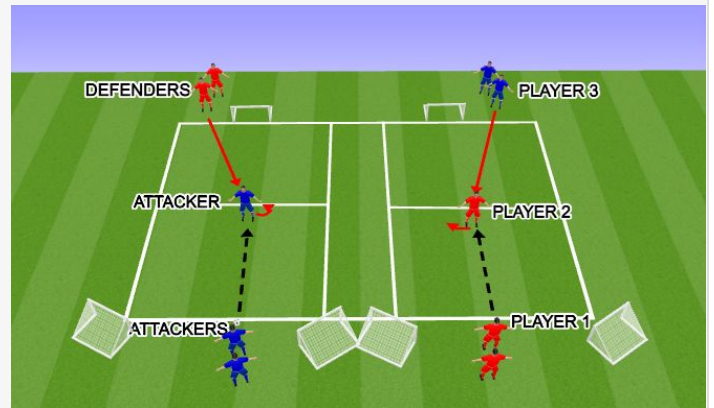
Progressions

Reduce Challenge

- Reduce size of area
- Defender starts closer to the attacker
- Include a shooting zone which the attacker must enter before scoring

Increase Challenge

- Increase size of area
- Defender begins further away from the attacker
- Attackers can shoot from anywhere
- Include more goals/ways of scoring for the attacker
- Which player can score the most goals?



2 v 2 (15 mins)

Practice Organization

- Players line up as per the picture
- Defenders begin at one end of the practice without a ball
- One attacking player begins on the halfway line and the remaining attackers begin at the other end of the practice with a ball
- Player 1 passes to player 2 before player 1 enters the practice to support their teammate
- As the ball is passed two defenders apply pressure from behind and create a 2 v 2 situation
- The objective for the attackers is to score in the mini goals
- If the defenders win the ball they get to score in a mini goal
- Once a phase of play is complete players return back to their original teams
- Ensure to rotate attackers and defenders regularly

Key Coaching Points

- Can players ensure a good accurate **weight of pass**?
- Can players **press** the ball carrier?
- Can players **force** the ball carrier away from goal?
- Can players provide defensive **cover**?
- Can players **protect** the **space**?
- Can players position themselves based on the **position** of the ball?
- Can players be **patient** to win the ball?
- Can players be **aggressive** and not let the attackers score?

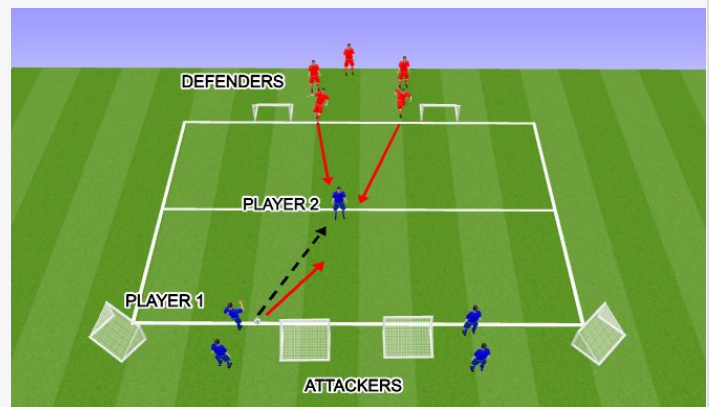
Progressions

Reduce Challenge

- Reduce size of area
- Defenders start closer to the attacker
- Include a shooting zone which the attackers must enter before scoring

Increase Challenge

- Increase size of area
- Defenders begin further away from the attacker
- Attackers can shoot from anywhere
- Include more goals/ways of scoring for the attackers
- Which team can score the most goals?



3 v 3 (20 mins)

Practice Organization

- Players line up as per the picture
- Defenders begin at one end of the practice without a ball
- One attacking player begins on the halfway line and the remaining attackers begin at the other end of the practice with a ball
- Player 1 passes to player 2 before player 1 and another teammate enters the practice to support their teammate
- As the ball is passed three defenders apply pressure from behind and create a 3 v 3 situation
- The objective for the attackers is to score in the mini goals
- If the defenders win the ball they get to score in a mini goal
- Once a phase of play is complete players return back to their original teams
- Ensure to rotate attackers and defenders regularly

Key Coaching Points

- Can players ensure a good accurate **weight of pass**?
- Can players **press** the ball carrier?
- Can players **force** the ball carrier away from goal?
- Can players provide defensive **cover**?
- Can players **protect** the **space**?
- Can players position themselves based on the **position** of the ball?
- Can players be **patient** to win the ball?
- Can players be **aggressive** and not let the attackers score?

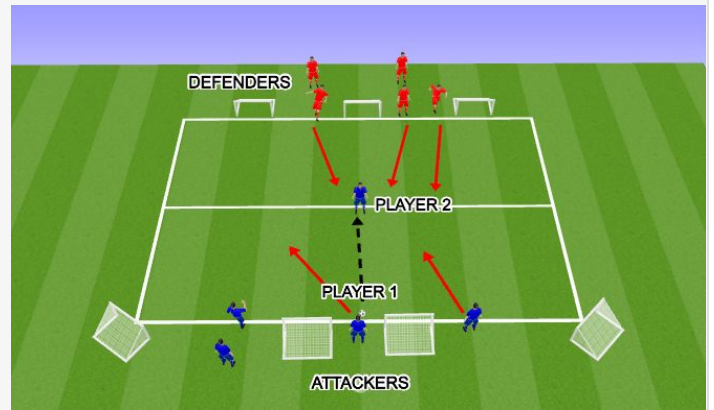
Progressions

Reduce Challenge

- Reduce size of area
- Defenders start closer to the attacker
- Include a shooting zone which the attackers must enter before scoring

Increase Challenge

- Increase size of area
- Defenders begin further away from the attacker
- Attackers can shoot from anywhere
- Include more goals/ways of scoring for the attackers
- Which team can score the most goals?



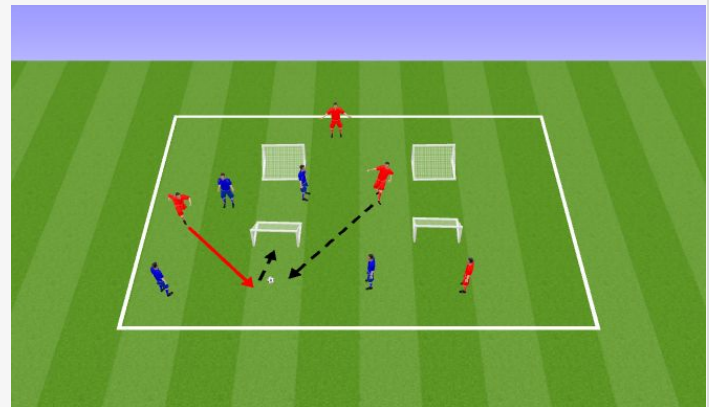
Small Sided Games - Reverse Goal Game (20 mins)

Practice Organization

- Split the group into equal teams
- Teams have designated goals to attack
- The goals are placed inside the pitch facing the outside of the practice
- If a goal is scored play begins from the goal line

Key Coaching Points

- Ensure players get lots of touches of the ball
- Observe that learning is transferred from practice to game
- Encourage fun, positivity, creativity and decision making
- Just "Let them play"





ATTACKING CENTRAL AREAS

SESSION 6



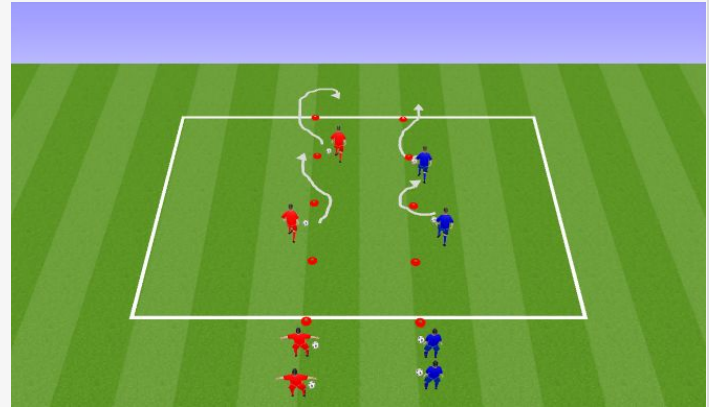
Ball Mastery (5 mins)

Practice Organization

- Split the group into two teams
- All players have a ball each and dribble the ball through the cones
- Encourage players to use different parts/surfaces of the foot
- Provide coaches and players the opportunity to be creative

Key Coaching Points

- Can players **maximise touches** of the ball?
- Can players **manipulate the ball**?
- Can players use **different ball mastery techniques**?
- Can players use **different parts** and **surfaces** of the foot?
- Can players use **both feet**?
- Can players be **positive** on the ball?
- Can players be **creative** on the ball?



Technical - Passing and Receiving (15 mins)

Practice Organization

- Players set up as per the picture
- Two players begin as neutral end bouncers
- Both teams begin with a ball each
- The objective is to work the ball from bouncer to bouncer
- Teams can only pass to their own players
- Ensure to rotate bouncers regularly

Key Coaching Points

- Can players ensure a **good accurate pass**?
- Can players **receive** the ball in **space**?
- Can players receive with an **open body** by positioning themselves where they can **see the ball** and their **next pass**?
- Can players **combine** with teammates?
- Can players make **forward runs**?
- Can players ensure a **high tempo**?
- Can players use **both feet**?
- Can players use **different parts/surfaces of the foot**?

Progressions

Reduce Challenge

- Increase size of area
- Unlimited touches

Increase Challenge

- Include touch limit
- Award 1 point for every time the team work the ball from bouncer to bouncer
- Award 2 points for successful superman vision passes
- Award 1 point if players attempt a superman vision pass even though it is not a successful outcome

* A superman vision pass occurs when a player positions himself in between 2 opposing players to receive a pass

* Players must move into the position to receive the ball and not be standing still

* The player must receive the ball beyond the 2 opposing players



Positioning Game (20 mins)

Practice Organization

- Split the group into two teams
- Two players begin as neutral end bouncers
- Possession based game with one ball
- The objective is to work the ball from bouncer to bouncer
- If a team successfully play to a bouncer they maintain possession and attempt to work the ball back to the opposite bouncer
- Award 1 point for every time the team works the ball from bouncer to bouncer
- The opposition attempt to gain possession of the ball
- Ensure to rotate bouncers regularly

Key Coaching Points

- Can players ensure a **good accurate pass**?
- Can players **receive** the ball in **space**?
- Can players receive with an **open body** by positioning themselves where they can **see the ball** and their **next pass**?
- Can players **combine** with teammates?
- Can players make **forward runs**?
- Can players ensure a **high tempo**?
- Can players use **both feet**?
- Can players use **different parts/surfaces of the foot**?

Progressions

Reduce Challenge

- Increase size of area
- Unlimited touches
- Include additional ball
- Adjust player numbers to create an attacking overload e.g. 3 v 3 plus 2

Increase Challenge

- Include touch limit
 - Award 2 points for successful superman vision passes
 - Award 3 points for superhero creativity
 - Award 1 point for attempting superman vision and superhero creativity even though the action is unsuccessful
- * Superhero creativity is completing a successful unexpected or original action i.e. back heel, no look pass etc



Game Training (25 mins)

Practice Organization

- Split the group into two teams
- Teams are designated a goal to attack
- Normal game rules apply
- Every goal scored is worth 1 goal
- During the game players are encouraged to complete 3 specific actions to earn super powers
- Each completed action allows that team to gain a special superhero super power

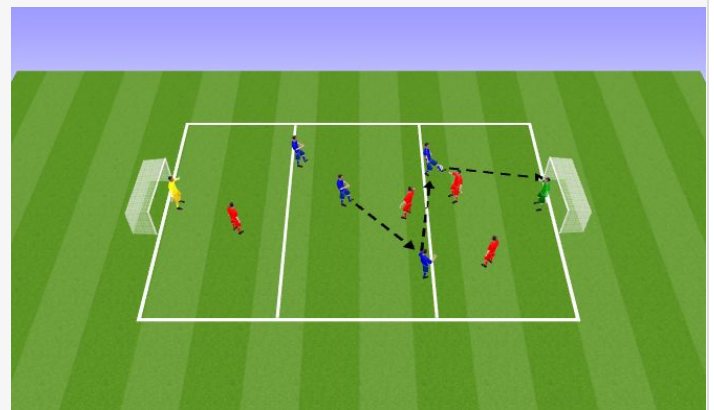
Action 1 - First time finish achieves Incredible Hulk super power of superhuman strength. This means double goals - for this the player who scored gets to select one player on his team whose goals are worth double. If another player on that team score with a first time finish they select another player. If the opposition team score with a first time finish they get to select a player whose goals are worth double. Only one team can hold this super power at one time.

Action 2 - Scoring with outside of the foot achieves Spiderman super power of spiderweb. This means freeze opposition - for this the opposition are locked into a zone for 60 seconds. The opposition can decide how they want to set up inside the zones e.g. 1-2-1 or 2-1-1 etc. Once the 60 seconds are complete players are allowed to move freely.

Action 3 - Scoring with weaker foot achieves Batman super power of Armour. This means their team receives extra protection of a player overload - for this the player who scored the goal gets to select a player from the opposition team to join their team to create an overload. The player then joins the opposition team for 60 seconds before returning to his original team.

Key Coaching Points

- Can players ensure a **good accurate pass**?
- Can players **receive** the ball in **space**?
- Can players receive with an **open body** by positioning themselves where they can **see the ball** and their **next pass**?
- Can players **combine** with teammates?
- Can players make **forward runs**?
- Can players ensure a **high tempo**?
- Can players use **both feet**?
- Can players use **different parts/surfaces of the foot**?



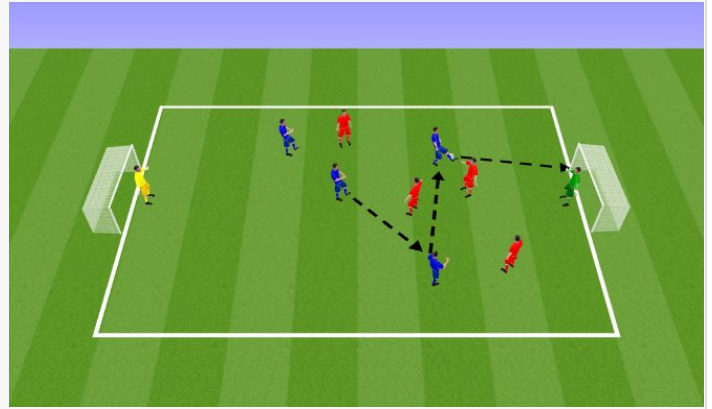
Small Sided Game (20 mins)

🌀 Practice Organization

- Split the group into equal teams
- Teams have designated goals to attack
- If a goal is scored play begins from the goal line

🌀 Key Coaching Points

- Ensure players get lots of touches of the ball
- Observe that learning is transferred from practice to game
- Encourage fun, positivity, creativity and decision making
- Just "Let them play"





RUNNING WITH THE BALL

SESSION 7



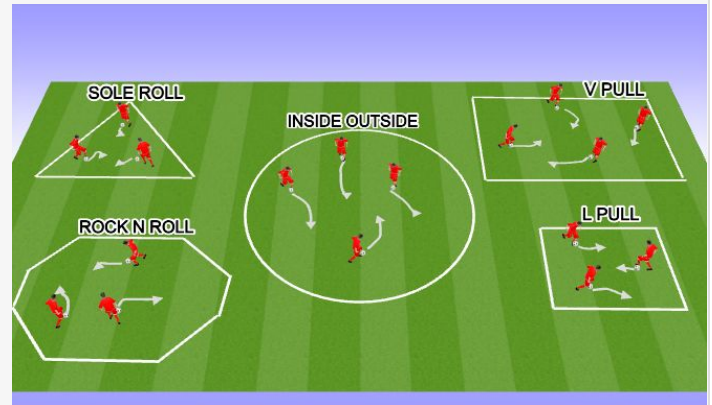
Ball Mastery (10 mins)

Practice Organization

- Coach should create 2 to 3 areas dependent on the number of players
- The areas should vary in shape and size to provide different challenges to the players
- All players have a ball each and dribble the ball around the area
- Each area should consist of different rules where players use different parts/surfaces of the foot
- Provide coaches and players the opportunity to be creative

Key Coaching Points

- Can players **maximise touches** of the ball?
- Can players **manipulate the ball**?
- Can players use **different ball mastery techniques**?
- Can players use **different parts** and **surfaces** of the foot?
- Can players use **both feet**?
- Can players be **positive** on the ball?
- Can players be **creative** on the ball?



Technical - Running with the ball (15 mins)

Practice Organization

- Split the group into two teams
- Half of the players begin at one end of the practice with the other half at the opposite end
- Player 1 begins with the ball and runs with the ball directly towards the end zone
- Once they enter the end zone they must pass to player 2 who then runs with the ball towards the opposite end zone before passing to player 3
- Players must join the back of the opposite line
- This sequence continues
- Ensure to rotate between both zones

Key Coaching Points

- Can players take their **first touch** out of their feet?
- Can players keep their **head up**?
- Can players take as **little touches as possible**?
- Can players use their **laces** to run with the ball?
- Can players make the right **decision** of when to **pass**?
- Can players use **both feet**?

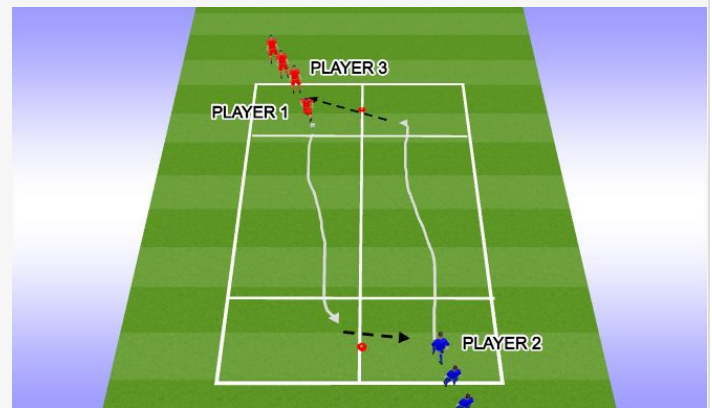
Progressions

Reduce Challenge

- Reduce size of central zone
- Increase size of end zone

Increase Challenge

- Increase size of central zone
- Reduce size of end zone
- Include additional ball
- Include mannequins inside central zone
- Once the player enters the end zone and passes to the next player they become a defender and must run around the marker and chase the ball carrier and put pressure on them from behind
- Which player can run with the ball to the opposite end zone the quickest?



Positioning Game (20 mins)

Practice Organization

- Players line up as per the picture
- Three attacking players begin inside zone 1 with one defender
- One attacking player and one defender begin inside the central zone
- Two attackers and one defender begin inside zone 2
- The ball begins in zone 1 and the players must combine for 3 passes minimum before one of the players runs with the ball to the other end
- Defender in the central zone should engage with the attacker in an attempt to win the ball
- The attacker should decide whether to run and beat the defender or pass to the attacking player
- Whichever decision is made the player with the ball should pass to a player in zone 2 and repeat the practice in the opposite end zone
- This sequence will continue until the defenders win the ball
- If the defenders win the ball the game opens up so players can move anywhere on the pitch
- The defenders should try and score in either mini goal
- Ensure to rotate defenders regularly

Key Coaching Points

- Can players take their **first touch** out of their feet?
- Can players keep their **head up**?
- Can players take as **little touches as possible**?
- Can players use their **laces** to run with the ball?
- Can players make the right **decision** of when to **pass or run with the ball**?
- Can players use **both feet**?

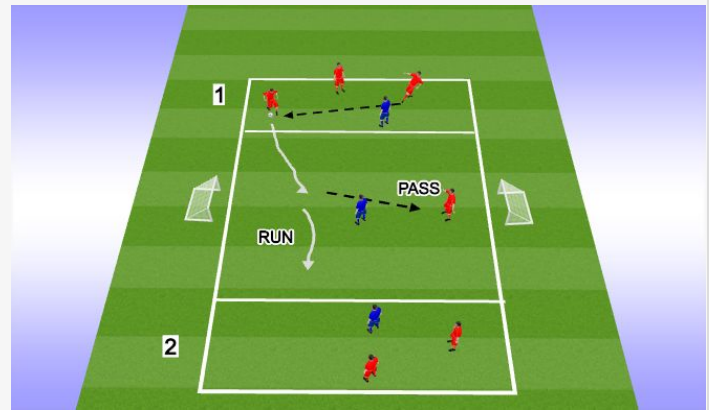
Progressions

Reduce Challenge

- Increase size of central zone
- Increase size of end zone

Increase Challenge

- Reduce size of central zone
- Reduce size of end zone
- Include mannequins
- Multiple defenders are allowed to enter zones
- Create a competition between attackers and defenders; every time the attackers successfully work the ball into the opposite zone they score a point and every time the defenders score in the goals they score a point



Game Training (20 mins)

Practice Organization

- Split the group into equal teams
- Each team has a designated goal to attack
- Players are restricted to individual zones when the practice begins
- The ball starts with the GK at either end
- Players create a 3 v 2 situation
- When the opportunity arises a player should dribble the ball into the next zone to create a 4 v 3 situation
- Objective for the team in possession is to get the ball into the opposite end zone to score
- If the opposition win possession of the ball they get to attack their goal
- If the ball goes out of play the ball should always start with the GK who's team are in possession
- There are no corner kicks or throw ins
- When play restarts players should return to their starting zones
- Ensure to rotate players starting zones

Key Coaching Points

- Can players take their **first touch** out of their feet?
- Can players keep their **head up**?
- Can players take as **little touches as possible**?
- Can players use their **laces** to run with the ball?
- Can players make the right **decision** of when to **pass or run with the ball**?
- Can players use **both feet**?

Progressions

Reduce Challenge

- Increase size of zones
- Unlimited number of passes before running into next zone

Increase Challenge

- Reduce size of zones
- Include number of passes before running into next zone e.g. 4 passes before running into next zone



- One defender is allowed to recover and enter into next zone
- Remove the zones so players are free to move around the pitch

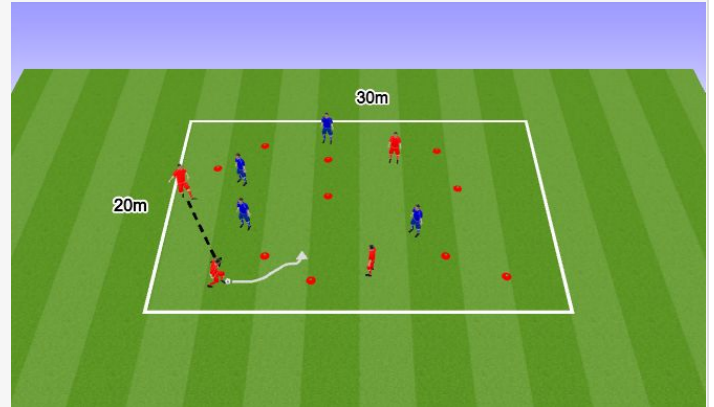
Small Sided Games - Dribble to Score (20 mins)

⚙ Practice Organization

- Split the group into equal teams
- The aim is to run with the ball through a gate to score a goal
- Encourage the players to play with their heads up to see the “open” gates and to also pass to a team mate that is free to score

⚙ Key Coaching Points

- Ensure players get lots of touches of the ball
- Observe that learning is transferred from practice to game
- Encourage fun, positivity, creativity and decision making
- Just “Let them play”





ATTACKING WIDE AREAS

SESSION 8



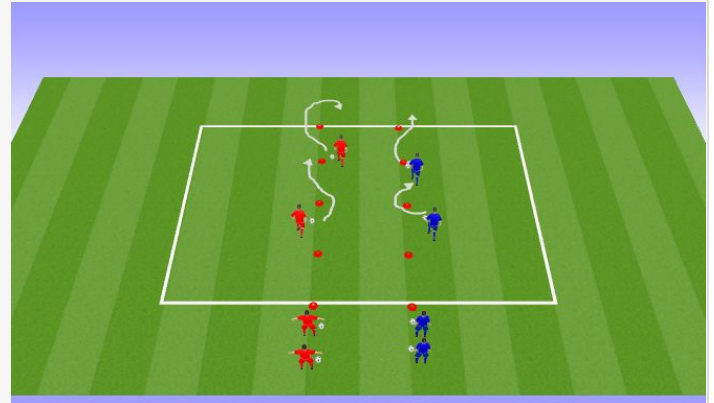
Ball Mastery (5 mins)

Practice Organization

- Split the group into two teams
- All players have a ball each and dribble the ball through the cones
- Encourage players to use different parts/surfaces of the foot
- Provide coaches and players the opportunity to be creative

Key Coaching Points

- Can players **maximise touches** of the ball?
- Can players **manipulate the ball**?
- Can players use **different ball mastery techniques**?
- Can players use **different parts** and **surfaces** of the foot?
- Can players use **both feet**?
- Can players be **positive** on the ball?
- Can players be **creative** on the ball?



Technical - Attacking 1 v 1 (15 mins)

Practice Organization

- Create 3 zones
- Split the players into 3 groups
- Groups begin within their zone
- All players have a ball each
- On the coaches instruction the first player from each group begin
- The players in zone 1 go 1 v 1 against the GK and attempt to score
- Players in zone 2 and 3 attempt to beat the mannequin in a 1 v 1 situation and score in the mini goals
- Once a phase of play is complete players must collect their ball and move along to the next station e.g. 2>1, 1>3 and 3>2

Key Coaching Points

- Can players take their **first touch** out of their feet?
- Can players **run** with the ball at **speed**?
- Can players use a **change of pace and/or direction** to beat the mannequin?
- Can players use **tricks or skills** to beat the mannequin?
- Can players ensure a **composed finish** at goal?

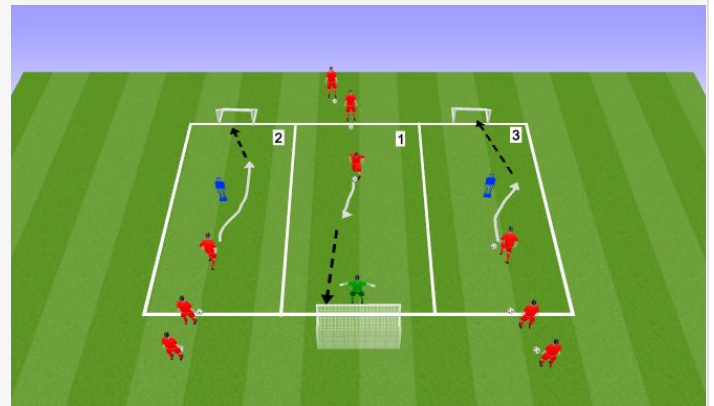
Progressions

Reduce Challenge

- Increase width of area
- Remove mannequins
- Players shoot into an unmanned goal

Increase Challenge

- Reduce width of area
- Remove the mannequin and add a defender to create a 1 v 1 situation
- If the defender wins the ball they can run with the ball beyond the end line to score
- How many goals can players score in a specified time?



Positioning Game (20 mins)

Practice Organization

- Create 2 wide zones and 1 central zone
- 2 v 2 inside the central zone with 2 neutral players creating a 4 v 2 attacking overload
- 1 v 1 inside both wide zones
- The defender inside the wide zone must remain inside their half of the pitch
- One team begin as the attacking team (red) and one team as the defending team (blue)
- The practice begins when the coach passes into the central zone
- The attacking team must combine for a minimum of 3 passes before passing to either wide zone
- Once the wide player has received the ball the defender can press
- One attacking player can enter the wide zone to create a 2 v 1 attacking overload
- The objective for the attacking team is to score in the mini goal
- If the defenders win the ball the game opens up and they get to score in the end mini goal
- Once a phase of play is complete players return to their original zones
- Ensure to rotate attackers, defenders and neutral players regularly

Key Coaching Points

- Can players ensure an accurate good **weight of pass** to the players **furthest foot**?
- Can players position themselves where they can **see the ball** and their **next pass**?
- Can players take their **first touch forward** into space?
- Can players provide **angled support**?
- Can players use a **change of pace** and **direction** to beat a defender?
- Can players use **tricks or skills** to beat the defender?
- Can players **combine** with teammates?
- Can players ensure a **composed** finish at goal?

Progressions

Reduce Challenge

- Increase size of area
- Include more ways of scoring
- Use bigger goals
- Unlimited touches

Increase Challenge

- Reduce size of area
- Include touch limit
- No attacking player is allowed to enter the wide zone so attacking must play 1 v 1
- Adjust numbers to create 3 v 3 inside central zone
- Introduce a big goal with a GK
- Once the ball is played from the middle zone to the wide area it unlocks the second central zone so central players can move freely throughout the centre of the pitch
- One attacking player is still free to enter the wide zone to create a 2 v 1 situation
- 1 point is awarded if a goal is scored centrally in the big goal
- 2 points are awarded for a goal scored in the small goals in the wide area
- 3 points are awarded for a goal scored in the big goal in the central zone if the ball is crossed from the wide zone



Game Training (20 mins)

Practice Organization

- 5 v 3 + 1 neutral inc GK
- Wide players begin in the wide zone
- Ball begins with neutral player who plays the ball into the attacking team
- Attacking team must try and score in the big goals
- Defenders are not allowed inside the wide zone but can close the wide player down
- If the attacking team score, each goal is worth 1 goal
- If the attacking team score from a ball played from the wide zone they score 2 goals
- If defending team win the ball they can score in the mini goals
- If the GK catches the ball the defensive team get the opportunity to play out
- Once a phase of play is complete the ball begins with the end neutral player
- Ensure to rotate positions regular

Key Coaching Points

- Can players ensure an accurate good **weight of pass** to the players **furthest foot**?
- Can players position themselves where they can **see the ball** and their **next pass**?
- Can players take their **first touch forward** into space?



- Can players provide **angled support**?
- Can players use a **change of pace** and **direction** to beat a defender?
- Can players use **tricks or skills** to beat the defender?
- Can players **combine** with teammates?
- Can players ensure an effective **technique** when crossing the ball?
- Can players ensure a **composed** finish at goal?

⊗ Progressions

⊗ Reduce Challenge

- Increase size of area
- Include more ways of scoring
- Unlimited touches
- Unlimited number of passes
- Attacking team can use the neutral player to retain possession

⊗ Increase Challenge

- Reduce size of area
- Include touch limit
- Include pass limit before scoring
- Defending team can score in the mini goals for 2 goals or pass to the target man for 1 goal
- Attackers cannot use the neutral player
- Defenders can enter the wide zone
- Players all start inside the central zone and players should be encouraged to run into the wide zones

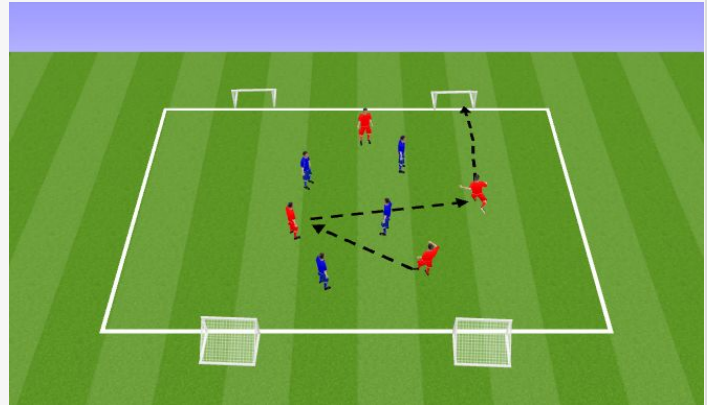
Small Sided Games - 4 Goal Game (20 mins)

⊗ Practice Organization

- Split the group into equal teams
- Teams have designated goals to attack
- If a goal is scored play begins from the goal line

⊗ Key Coaching Points

- Ensure players get lots of touches of the ball
- Observe that learning is transferred from practice to game
- Encourage fun, positivity, creativity and decision making
- Just "Let them play"





TURNING

SESSION 9



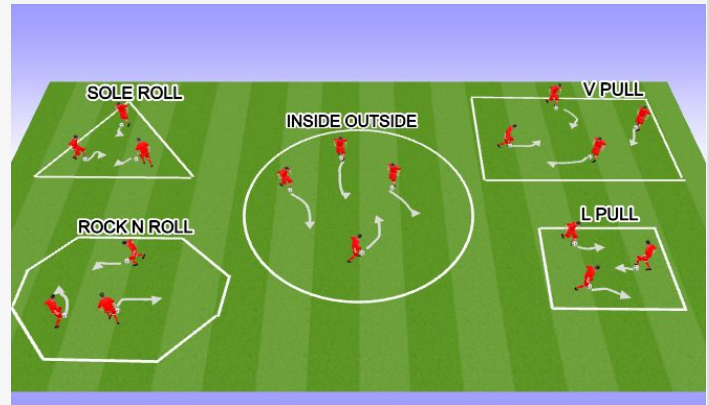
Ball Mastery (10 mins)

Practice Organization

- Coach should create 2 to 3 areas dependent on the number of players
- The areas should vary in shape and size to provide different challenges to the players
- All players have a ball each and dribble the ball around the area
- Each area should consist of different rules where players use different parts/surfaces of the foot
- Provide coaches and players the opportunity to be creative

Key Coaching Points

- Can players **maximise touches** of the ball?
- Can players **manipulate the ball**?
- Can players use **different ball mastery techniques**?
- Can players use **different parts** and **surfaces** of the foot?
- Can players use **both feet**?
- Can players be **positive** on the ball?
- Can players be **creative** on the ball?



Technical - Turning (10 mins)

Practice Organization

- Split the group into teams of three
- One player at each end of the practice with one player beginning with the ball
- One player inside the practice begins facing the player with the ball and his back to the mannequin
- Player 1 passes into player 2 who perform a turn to beat the mannequin before passing to player 3
- Player 2 then receives the ball back from player 3, turns the mannequin and passes to player 1
- Ensure to rotate middle player regularly

Key Coaching Points

- Can players **protect the ball** by getting their body between ball and mannequin?
- Can players maintain **close control** of the ball?
- Can players quickly **change direction**?
- Can players **move quickly** out of the turn?
- Can players use **both feet**?
- Can players use **different parts/surfaces of the foot**?

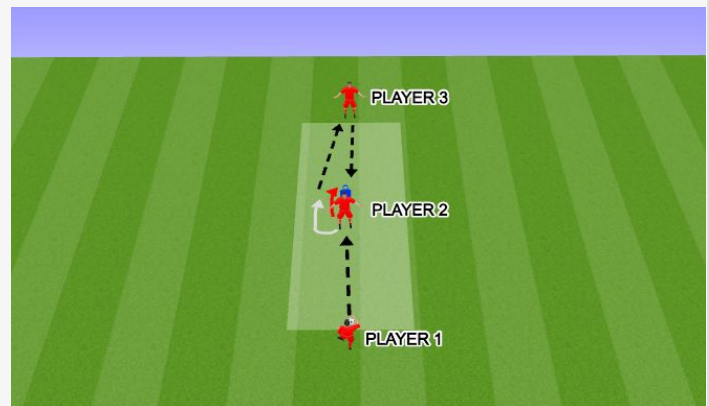
Progressions

Reduce Challenge

- Players practice turns with the ball stationary
- Remove mannequin

Increase Challenge

- Players must perform a turn which allows them to change direction twice
- Players must use specific parts/surfaces of the foot
- Players play a 1-2 combination before turning
- Players follow their pass and change position after every action with central player



Positioning Game (20 mins)

Practice Organization

- Split the group into teams of three
- One player begins at one end with the ball
- Two players begin in the middle with one player as the attacker and the other as the defender
- Player 1 passes into the attacker who must perform a turn to beat the defender
- The attacking player attempts to score by running with the ball over the end line to score 1 point
- If the defender wins the ball they can pass to player 1 to score 1 point
- Once a phase of play is complete the ball starts again with player 1
- When changing roles;
 - Attacker > Defender
 - Defender > Target player 1
 - Target player 1 > Attacker
- Ensure to rotate roles regularly

Key Coaching Points

- Can players **protect the ball** by getting their body between ball and defender?
- Can players maintain **close control** of the ball?
- Can players quickly **change direction**?
- Can players **move quickly** out of the turn?
- Can players use **both feet**?
- Can players use **different parts/surfaces of the foot**?
- Can players be **aggressive** and score?

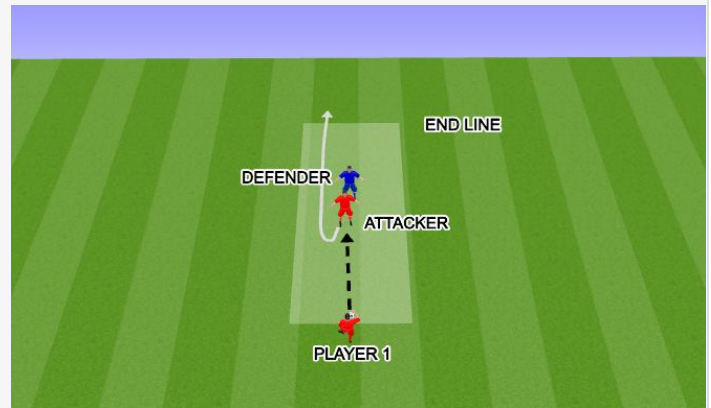
Progressions

Reduce Challenge

- Increase size of area
- Defender begins further away
- Include more opportunities for the attacker to score
- Attacker can use target player 1 as a bouncer to create a 2 v 1 situation

Increase Challenge

- Reduce size of area
- If attackers score after performing a turn that allows them to change direction twice they score 2 points
- Which player can score the most goals in a specific time?



Game Training (20 mins)

Practice Organization

- Split the group into equal teams plus one GK and one end neutral player
- One team are designated as the attackers and one team as the defenders
- The ball begins with the end neutral player
- The neutral player passes the ball into the attacking team
- The attacking team attempt to score in the big goals
- If the defending team win the ball they get to score in the mini goals
- If the GK catches the ball the defensive team get the opportunity to play out
- Ensure to rotate attackers and defenders regularly

Key Coaching Points

- Can players **protect the ball** by getting their body between ball and defender?
- Can players maintain **close control** of the ball?
- Can players quickly **change direction**?
- Can players **move quickly** out of the turn?
- Can players use **both feet**?
- Can players use **different parts/surfaces of the foot**?
- Can players be **aggressive** and score?

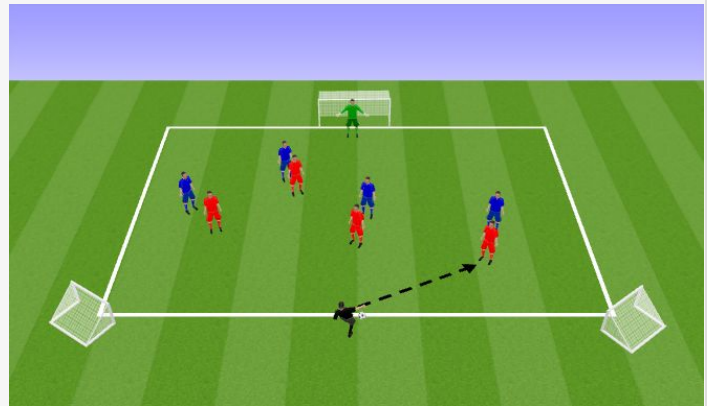
Progressions

Reduce Challenge

- Increase size of area
- Defenders begin behind the goal line
- Include more opportunities for the attackers to score
- Attackers can use neutral player as a bouncer to create attacking overload

Increase Challenge

- Reduce size of area
- If attackers score after performing a turn that allows them to change direction twice they score 2 points
- Defenders must mark attacking players
- If defenders win the ball they can pass the ball to the neutral player for 1 point or score in the mini goals for 2 points
- Which team can score the most goals in a specific time?



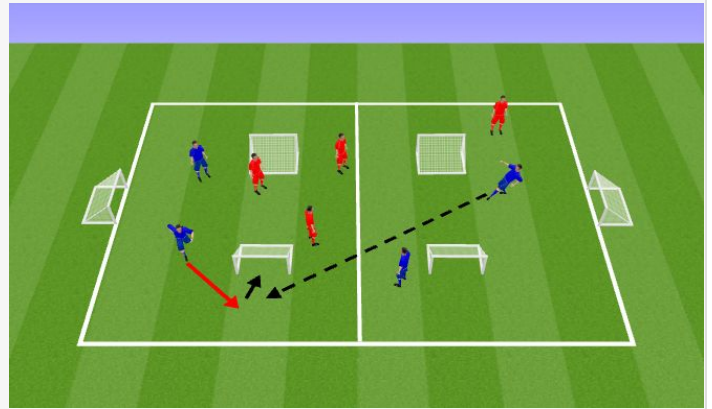
Small Sided Games (25 mins)

⚡ Practice Organization

- Split the group into equal teams
- Each team is given a half to defend
- Each team attacks and defends three mini goals
- The central mini goals should face the touchline
- To score, you must pass into the wide goals (=1) or central goal (=2)
- If a goal is scored, play begins from the end line

⚡ Key Coaching Points

- Ensure players get lots of touches of the ball
- Observe that learning is transferred from practice to game
- Encourage fun, positivity, creativity and decision making
- Just "Let them play"





SKILL CIRCUIT

SESSION 10



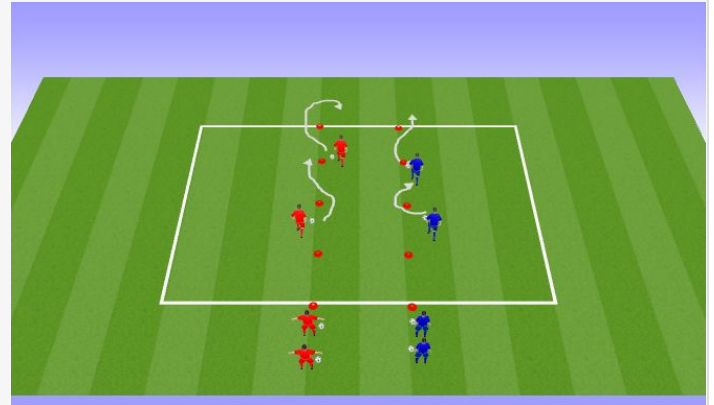
Ball Mastery (10 mins)

Practice Organization

- Split the group into two teams
- All players have a ball each and dribble the ball through the cones
- Encourage players to use different parts/surfaces of the foot
- Provide coaches and players the opportunity to be creative

Key Coaching Points

- Can players **maximise touches** of the ball?
- Can players **manipulate the ball**?
- Can players use **different ball mastery techniques**?
- Can players use **different parts** and **surfaces** of the foot?
- Can players use **both feet**?
- Can players be **positive** on the ball?
- Can players be **creative** on the ball?



Technical A - Receiving (10 mins)

Practice Organization

- Split the group into pairs
- One player begins with the ball and the other player begins standing in between the 2 cones
- The player with the ball throws the ball and his partner must control the ball using any part of their body before moving the ball to the side of the cones and passing back
- Ensure to rotate players regularly

Key Coaching Points

- Can players get their **body behind** the ball?
- Can players bring the ball **under control**?
- Can players **move** the **ball** beyond the cone?
- Can players use **both feet**?
- Can players use **different surfaces/parts** of the body?

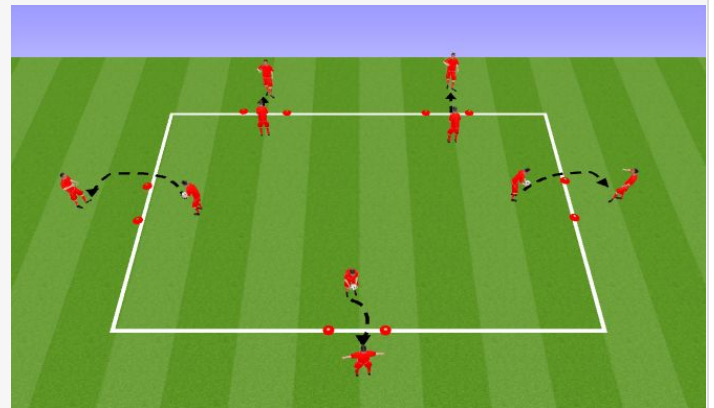
Progressions

Reduce Challenge

- Server rolls the ball
- Remove cones

Increase Challenge

- Server throws ball over arm
- Adjust angle of the throw
- Weaker foot only
- Which player can make the most successful passes in a specified time?



Technical B - Running with the ball (10 mins)

Practice Organization

- Players line up as per the picture
- Each player has a ball
- One player from each group runs with the ball around the cone and back to the starting cone before running with the ball around the end cone and back
- Once the player has returned to the beginning the next player goes

Key Coaching Points

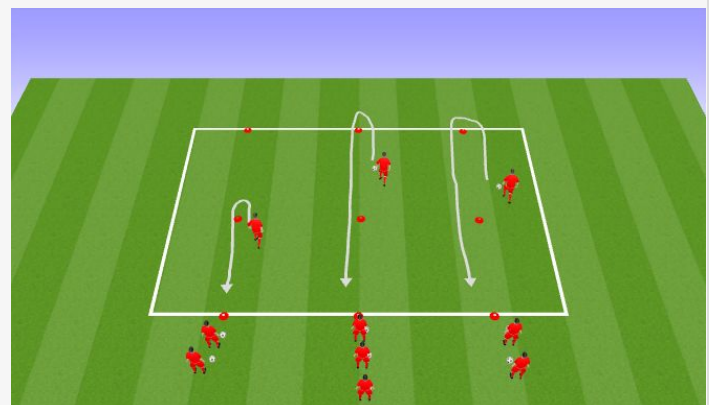
- Can players take their **first touch out of their feet**?
- Can players keep their **head up**?
- Can players take as **little touches** as possible?
- Can players use their **laces** to run with the ball?
- Can players use **both feet**?

Progressions

Reduce Challenge

- Reduce size of area
- Players run with the ball straight to the end cone and back
- Players run with the ball straight to the end cone and stop

Increase Challenge



- Increase size of area
- Include additional cones to dribble around
- Weaker foot only
- Which team can complete the course in the quickest time?

Technical C - Passing (10 mins)

Practice Organization

- Split the group into pairs
- Create a curve of cones 5m in length
- Player 1 begins with the ball and passes to his teammate
- Player 1 then runs around the cones to the opposite side
- Player 2 then plays a pass to player 1 as they arrive
- Player 1 then plays a first time pass to player 2 before moving back around the cones
- Ensure to rotate players regularly

Key Coaching Points

- Can players ensure an accurate **weight of pass**?
- Can players **move** to receive the ball?
- Can players use **both feet**?
- Can players use **different parts/surfaces** of the foot?

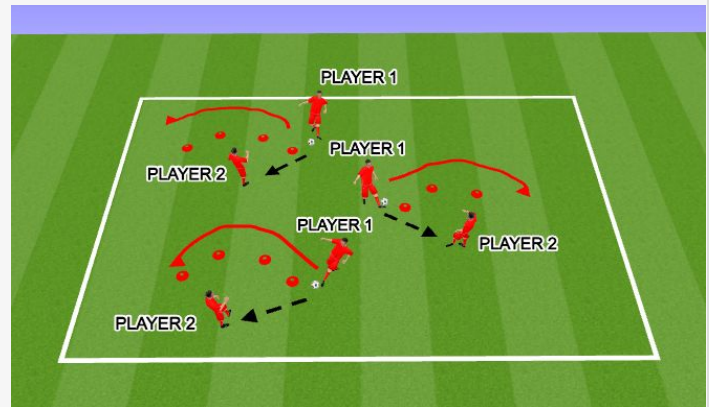
Progressions

Reduce Challenge

- Reduce distance between cones
- Remove cones
- Unlimited touches

Increase Challenge

- Increase distance between cones
- Weaker foot only
- One touch
- Player 1 and player 2 play a one two combination
- Which player can make the most successful passes in a specified time?



Technical D - Receiving (10 mins)

Practice Organization

- Split the group into pairs
- One player begins with the ball and passes the ball to his teammate
- The player receiving should position themselves so they can use the outside of their foot to control the ball and move it in between the 2 cones before passing back to their teammate who should repeat the process
- Ensure to change the direction so players use both feet

Key Coaching Points

- Can players ensure a good **weight of pass**?
- Can players **position** themselves **ready** to receive the ball?
- Can players use the **outside** of their foot to control the ball?
- Can players use **both feet**?

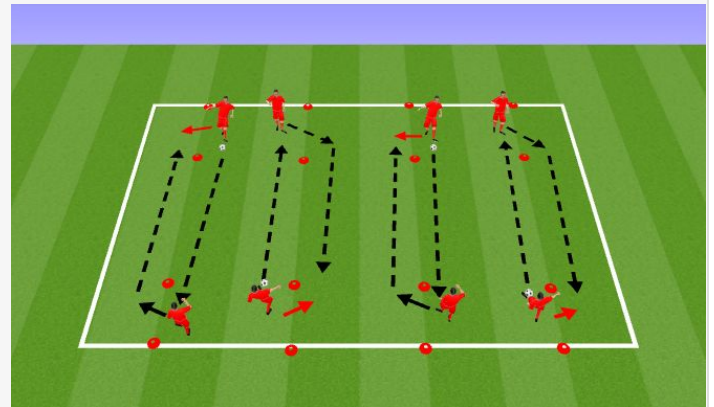
Progressions

Reduce Challenge

- Reduce passing distance
- Increase distance between cone gates
- Remove cones
- Players can use any part of the foot

Increase Challenge

- Increase passing distance
- Reduce distance between cone gates
- Players score a point every time they successfully receive the ball through the cone gates
- Which player can score the most points in a specified time?



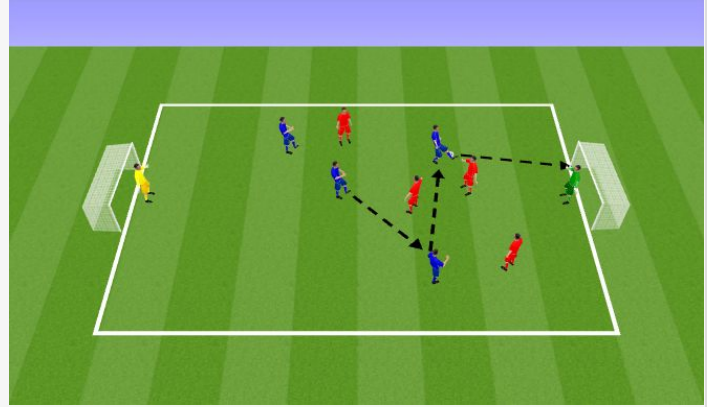
Small Sided Game (20 mins)

🌀 Practice Organization

- Split the group into equal teams
- Teams have designated goals to attack
- If a goal is scored play begins from the goal line

🌀 Key Coaching Points

- Ensure players get lots of touches of the ball
- Observe that learning is transferred from practice to game
- Encourage fun, positivity, creativity and decision making
- Just "Let them play"





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