

CHAPTER ONE - ESSENTIAL DRILLS 1 v 1

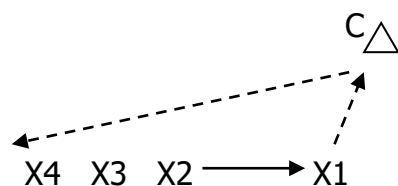
Under 12 & 16

Topic 1 v 1 COD

Ex Purpose Use in warm up

Organisation:

- Players in group's of 4
- X2-4 have a ball each



Actions:

- X2 passes to X1
- X1 takes first touch towards the cone
- X1 uses the cone as a defender and turns away with the ball, accelerating to the back of the line
- X3 passes to X2
- X2 uses the cone as a defender and turns away with the ball, accelerating to the back of the line
- Players continue to rotate as above
- Introduce a limited pressure defender (Coach can do this)
- Right and left foot

Practice

2 weeks Cut Set

2 Weeks U Turn

2 Weeks Drag back then twist Off

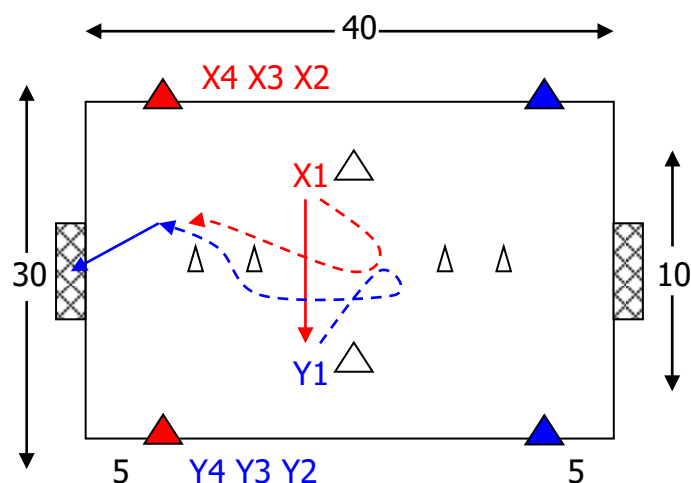
Under 12 & 16

Topic 1 v 1

Section Topic or Warm up

Organisation:

- 40 x 30 area
- 2, 5 x 10 Scoring Zones



Actions:

- 1v1, X and Y 10 Yards apart
- X1 passes to Y1
- Y1 can score in either goal, but has to travel through either set of white gates before entering the Scoring Zone to shoot
- X1 defends with full pressure
- Players switch after each attack

Practice

Each time you do previous drill above you do this one

ESSENTIAL DRILLS 1 v 1

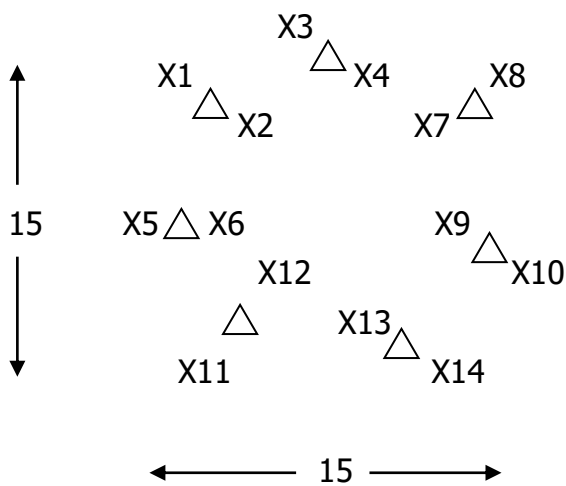
Under 12

Topic 1 v 1

Section Warm Up or Topic

Organisation:

- 15 x 15 circle
- Players in pairs either side of cone
- 1 ball per player



Actions:

- Players facing each other, in pairs two yards apart, jogging on the spot
- On coaches command both players perform 1v1 move and finish up opposite on opposite side of cone

Practice

2 weeks Step Over Set

2 Weeks Shimmy Set

2 Weeks Scissors set

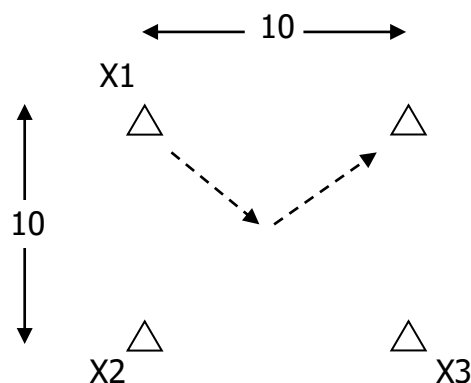
Under 12 and Under 16

Topic 1 v 1

Section Topic

Organisation:

- 12 x 12 square
- Size will vary depending on age/ability of players
- 3 players, each with a ball, on 3 of the corners



Actions:

- X1, X2, and X3 player each with a ball.
- Players with the ball go one after another, make a Move, then accelerate to the nearest point to the line they are facing.
- They wait at this point for their next turn.

Variations:

- You can make this drill limited or full-pressure by adding a player in the square who challenges for the ball.

- Ltdpressure defender who starts in the middle

NB. Limited Pressure Defender – Closes down attackers space, but does not tackle

Practice

For 1st 2 weeks each session after the above drill

All Ages

Topic

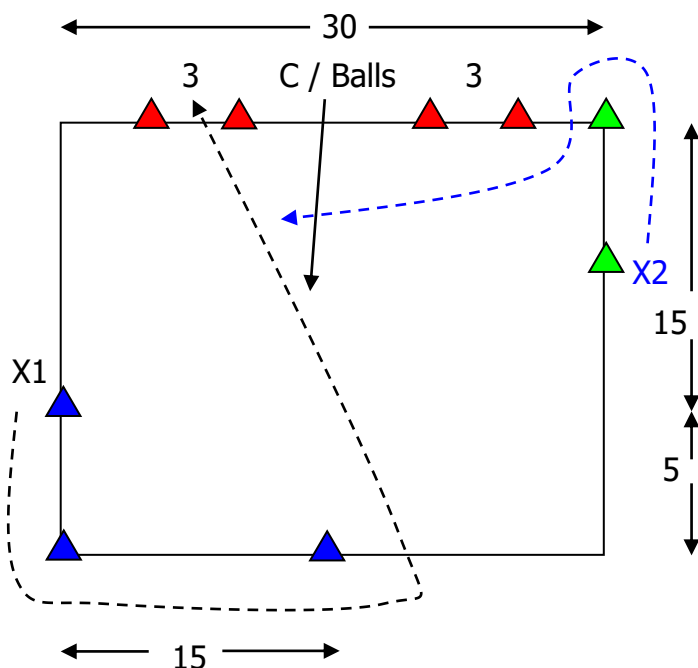
1 v 1

Ex.Purpose

Using 1 v 1 to Create space to run,pass or shoot (iii)

Organisation:

- 30 x 30 area



Actions:

- On coaches command, X1 sprints around blue cones and then attempts to go through either red gate
- X2 sprints around green cones and defends 1v1, trying to tag X1 before they get through either gate
- Introduce a ball played from the coach to create a 1v1 situation

Practice

Each third session

U12

Topic

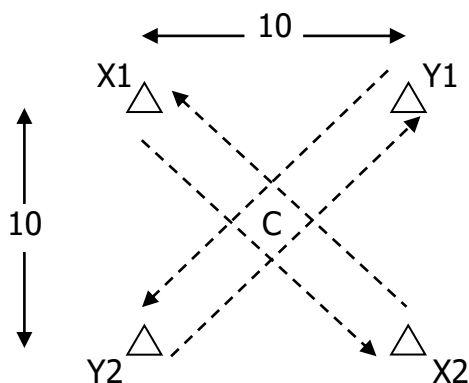
1 v 1

Ex.Purpose

Perfecting stop and starts to create space for a goal scoring opportunity

Organisation:

- 10 x 10 square
- 1 ball per group



Actions:

- X's and Y's work alternately across the square performing a stop and start move in the centre
- Double Step On
 - Pull – Push
 - High Wave
 - Step Kick

Practice

One week each of 1 _ 4 above

U12 & U 16

Topic

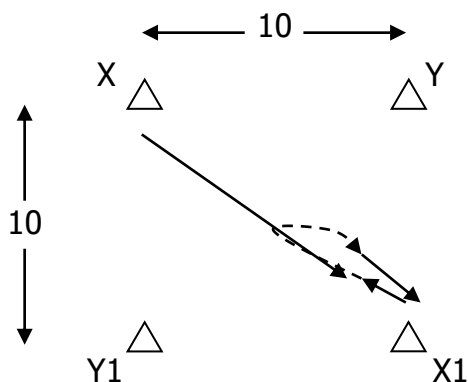
1 v 1 COD

Ex Purpose

Perfecting changes of direction to create a goal scoring opportunity

Organisation:

- 10 x 10 square



Actions:

- X and Y start with a ball
- X passes to X1 who meets the ball on the run towards X
- X1 turns with a Change of Direction away from X and passes to next X1 in 2 touches
- Y's repeat sequence
- Add pressure by Player who passes ball becomes a limited pressure defender

Practice

Can Use in 1 v 1 Topic or Warm Up

U12

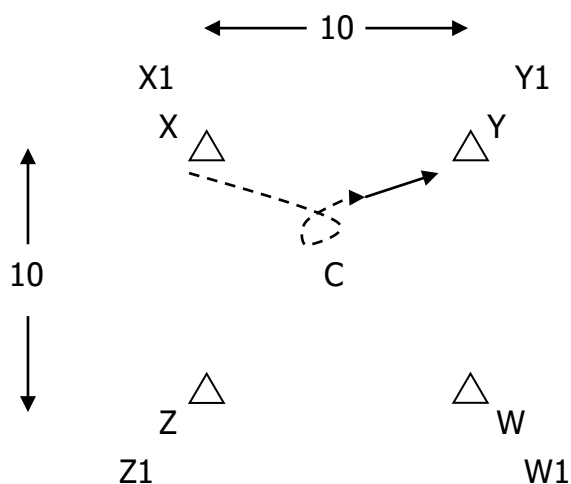
Topic

Ex Purpose

Perfecting changes of direction (twist offs) to create a goal scoring opportunity

Organisation:

- 10 x 10 square



Actions:

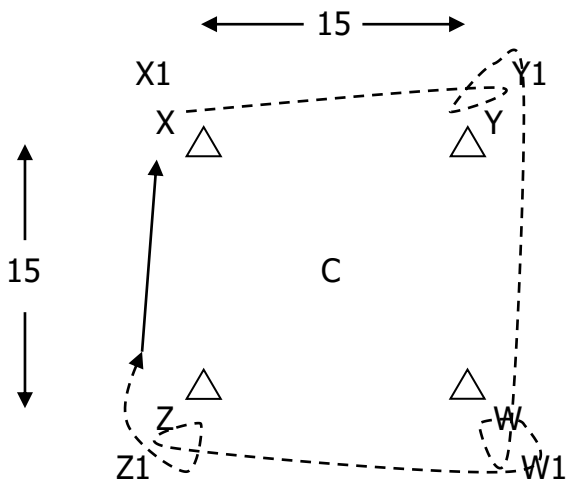
- 1st Player in each group starts with a ball
- On coaches command players push ball into centre of square with 1st touch and perform a twist off, resulting in a pass to the next group
- Players follow their pass and join the end of the group

Practice

Each Time you do Changes of Direction

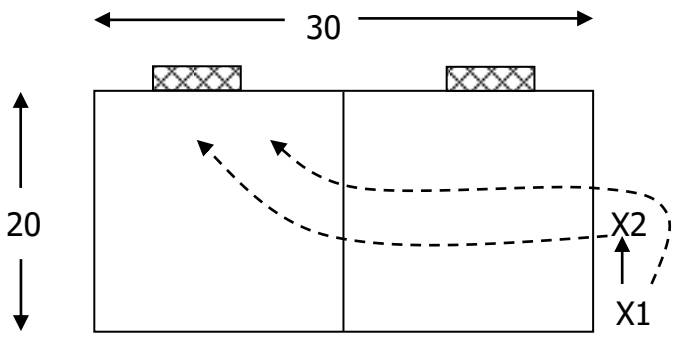
U12 & U16

Topic	1 v 1 COD
Ex Purpose	Perfecting changes of direction (twist offs) to create a goal scoring opportunity

<p><u>Organisation:</u></p> <ul style="list-style-type: none"> 15 x 15 square 	<p><u>Actions:</u></p> <ul style="list-style-type: none"> Player 1 in each group starts with a ball On coaches command players work around the square Player 2 in each group acts as a Limited Pressure Defender After travelling round three sides of the square, Player 1 passes to Player 2 in own group On coaches command Player 2 repeats the sequence <p>Add Limited Pressure Defender – Closes down attackers space, but does not tackle</p> <p>Practice Use when training 1 v 1 COD Use when Topic Finishing on Goal inconjunction with below drill</p>
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All Ages

Topic	1 v 1
Ex.Purpose	Using stop and start and/OR changes of direction to create a scoring opportunity

<p><u>Organisation:</u></p> <ul style="list-style-type: none"> 20 x 30 area with 2 small goals 	<p><u>Actions:</u></p> <ul style="list-style-type: none"> X1 passes to X2 and overlaps X2 to defend the 2 goals X2 must cross the centre line in 2 touches and then can score in either goal X1 defends with full pressure Players swap positions after each attack Introduce a GK who can protect both goals <p>Practice Us eeach time you do above drill Older players with Topic Finishng</p>
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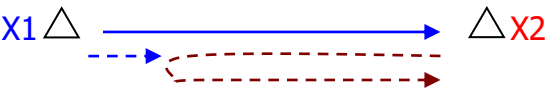


Under 12

Topic: 1v1 (COD)

Organisation:

- Players in group's of 4
- 1 Ball between group



Actions:

- X1 passes to X2
- X2 takes first touch towards x1
- X2 uses x1 as a defender and turns away with the ball, accelerating to the back of the line
- Rotate
- Slap cut , inside cut , outside cut
- Pass , stretch , cut

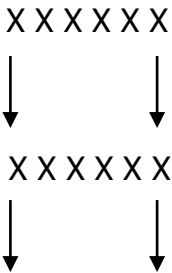
Practice Times
In early stages when learning CODs

U12

Topic: 1v1 moves Feints

Organisation:

Player have ball each



Actions:

- On coaches command player perform skills
- Inside / outside same foot
- Pull back / push / slide outside foot
- Inside / outside opposite foot
- Scissors

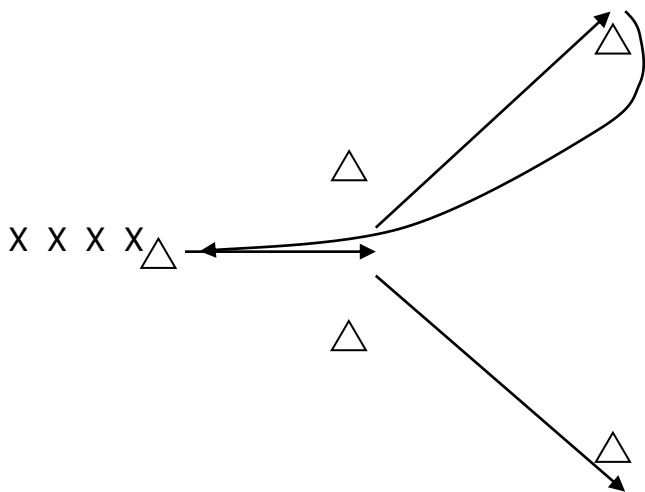
Practice Times
Use when first practicing all the Fients

U12

Topic: 1 v 1 Feints

Organisation:

Are dependent on age group



Actions:

- X performs scissors move before cones
- X then drive around either end cone and pass to X and then apply limited pressure
- Sequence is continuous

Practice Times

Use with the above drill

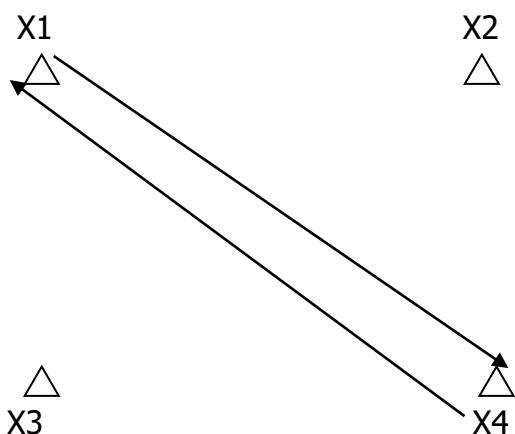
U12

Topic: 1v1 Stops and Starts

Organisation:

Groups of 4 players behind each cone

1ball per group



Actions:

- First player of group X has a ball
- X1 x4 runs down the line of cones from right / left of cones
- x performs stop start moves
- Pull push , high wave , low wave , step kick , Beardsley
- Sequence is continuous x3 x2

Practice Time

Early stages of 1 v 1s

CHAPTER TWO - Essential Drills First Touch

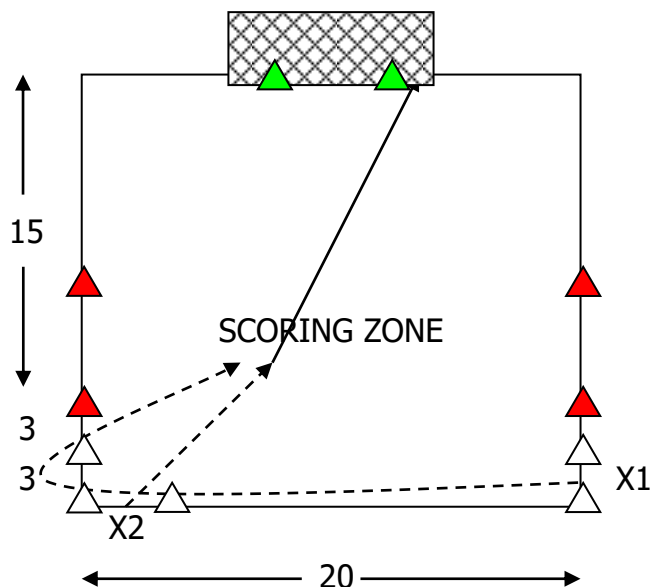
U16 & U 18

Topic 1st Touch

Ex Purpose Using 1st touch to create a goal scoring opportunity

Organisation:

- 20 x 20 area
- 1 full size goal with scoring areas in each corner indicated by cones



Actions:

- X1 runs the ball across the area stopping the ball with the sole of the foot in front of X2
- X2 must travel into the Scoring Zone before shooting at goal, trying to score in the target areas
- X1 continues through the gate and turns back to defend 1v1
- Players switch after each attack
- Progress to X2 having only 1 touch to enter Scoring Zone and shooting on 2nd touch
- Change sides so both feet are worked
- Size of Scoring Zone can be manipulated to pressurise X2 1st touch

Practice

Under 11's with Finishing Topic

Under 16's during two weeks on finishing

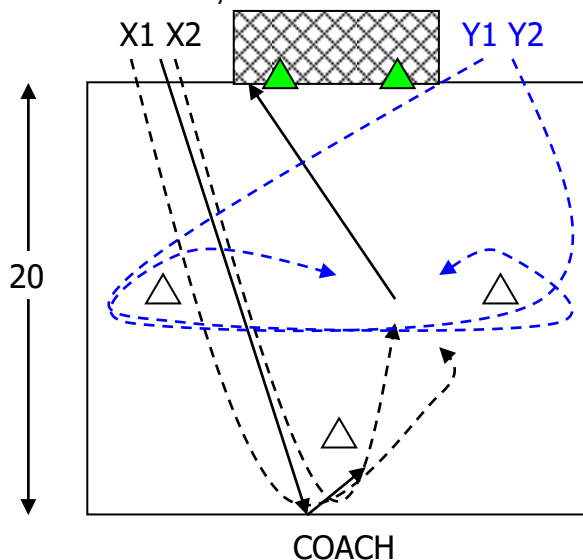
U16

Topic 1st Touch

Ex Purpose Using 1st touch to create a goal scoring opportunity (ii)

Organisation:

- 20 x 20 area
- 1 full size goal with scoring areas in each corner indicated by cones



Actions:

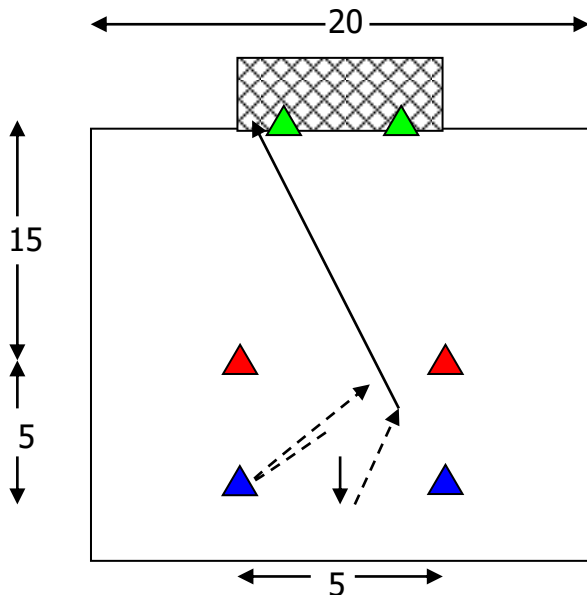
- Players work in pairs
- X1 passes to Coach, both X1 and X2 sprint around top cone to receive return pass from Coach and score in target areas
- On X1 pass, Y1 and Y2 sprint around both wide cones in opposite directions to enter area and defend 2v2 against X1 and X2

Practice

Use when Topic is Finishing

Topic	1 st Touch
Ex.Purpose	Using 1 st touch to create a goal scoring opportunity

- 20 x 20 area
- 1 full size goal with scoring areas in each corner indicated by cones

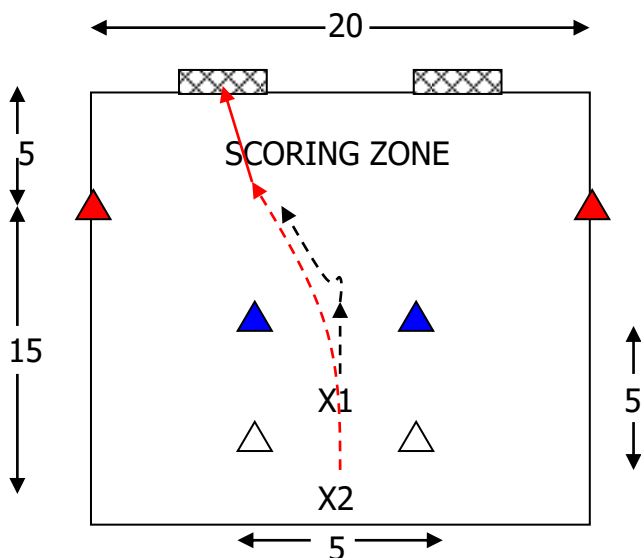


- X2 passes to X1, must touch either blue cone and then recover to pressure X1
- X1 must take 1st touch into box and shoot before the red cones
- Players switch after each shot

Practice
Use when Topic Finishing

Topic	1 st Touch
Ex Purpose	Using 1 st touch and speed to score

- 20 x 20 area with 2 small goals



- X1 pushes ball to blue cones and stops ball with sole of foot, turns and defends X2 1v1 to prevent X2 scoring in either goal
- X2 sets off as soon as X1 stops the ball and attacks either goal
- X2 must be in the Scoring Zone before shooting
- Players rotate after each attack

Practice Times

Use Each Time Topic Finishing on Goal

CHAPTER THREE - NEWCASTLE UNITED ACADEMY SESSIONS



Name of Coach: _____

Date: _____

Age Group: 14 – 18 years. _____

Title of Session: _____

Session objectives:

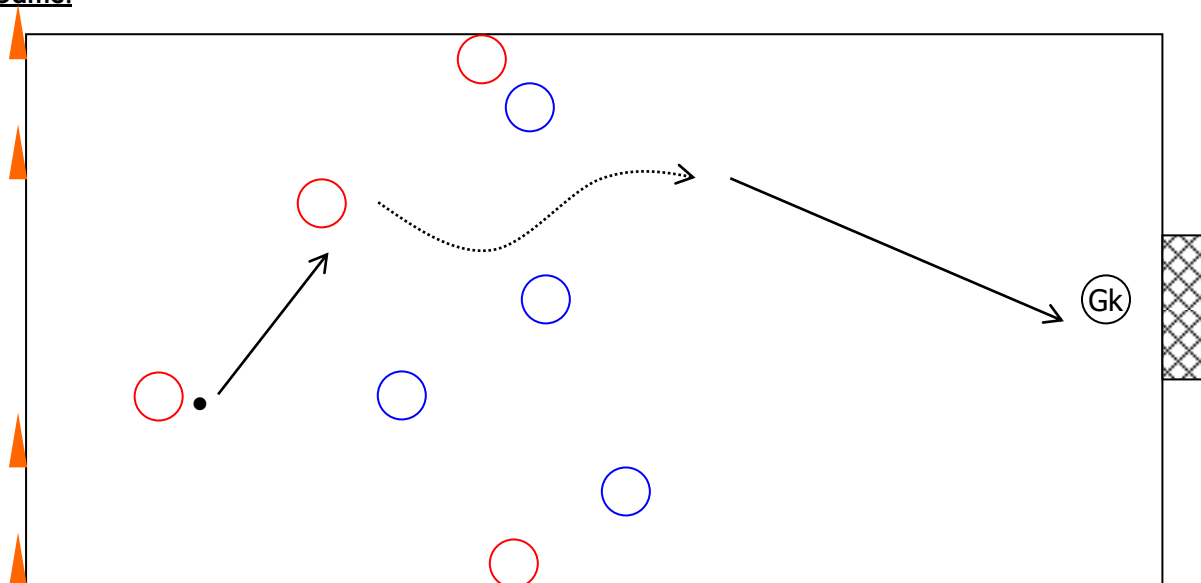
1. _____

3. _____

2. _____

4. _____

Small Sided Game:



Organisation:

- 40 x 25 yards.
- 4 versus 4 + Gk.
- Reds attack the goalkeeper and blues attack the two wide goals.



Name of Coach: _____

Date: _____

Age Group: 14 – 18 years. _____

Title of Session: _____

Session objectives:

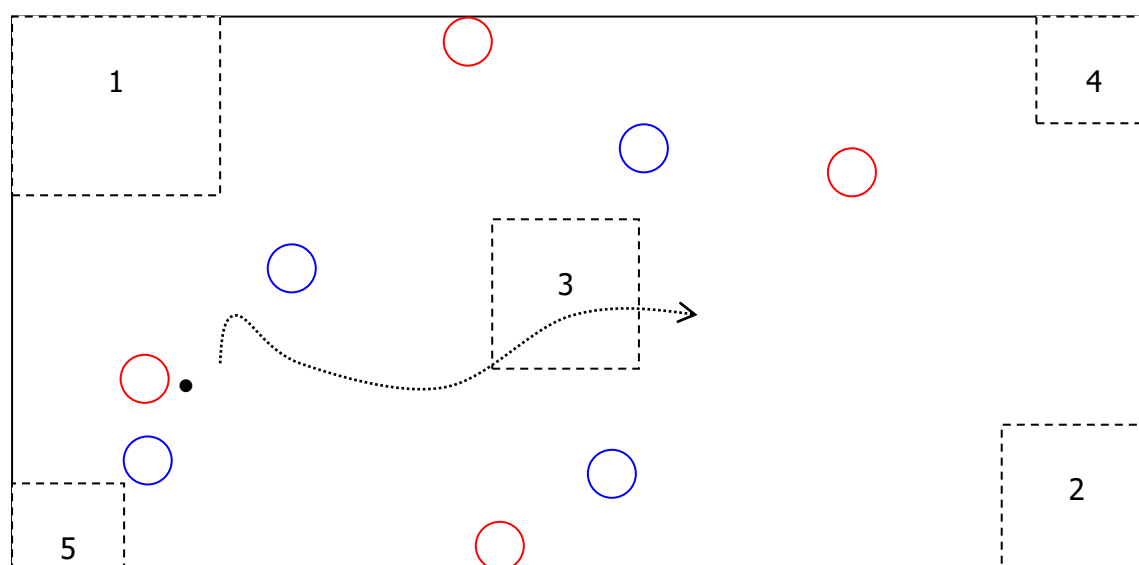
1. _____

3. _____

2. _____

4. _____

Small Sided Game:



Organisation:

- 40 x 30 yards.
- 4 versus 4.
- Reds attack and blues keep possession until they can dribble the ball into one of the 5 boxes.
- Each box is different in size.
- A successful dribble through box 1 =1 point, 2 = 2points, etc.



Name of Coach: _____

Date: _____

Age Group: 14 – 18 years. _____

Title of Session: _____

Session objectives:

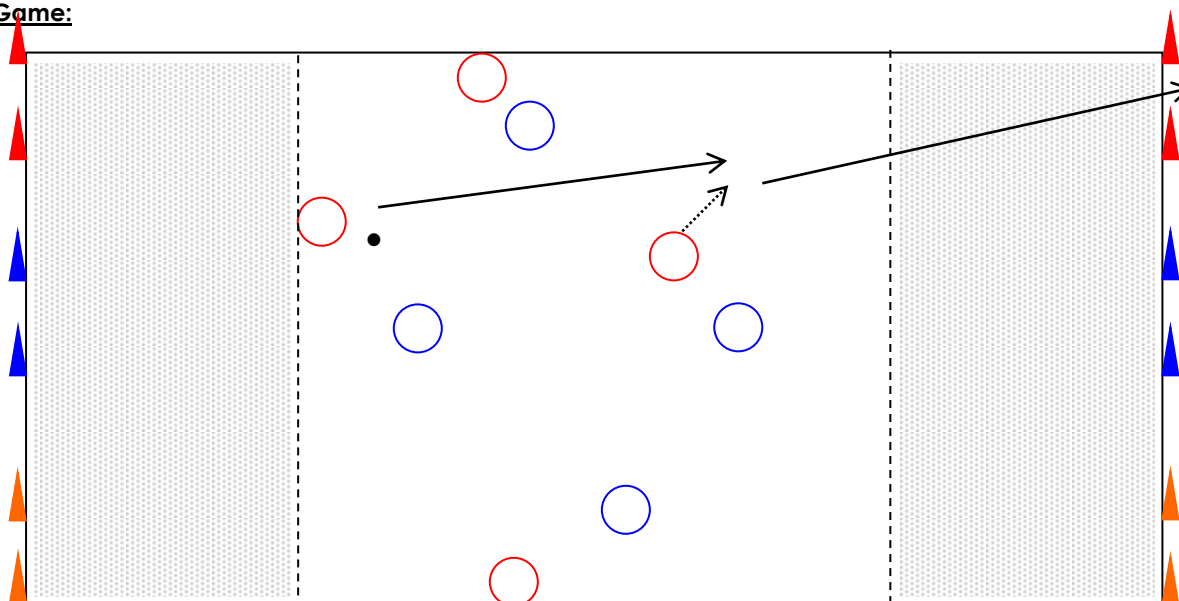
1. _____

3. _____

2. _____

4. _____

Small Sided Game:



Organisation:

- 50 x 25 yards in total
- 4 versus 4.
- Directional play with Reds and Blues playing in the middle 30 x 25 yard area keeping possession until they can pass the ball through either the orange, blue or red goals.
- No players are allowed in the shaded 10 x 25 yard areas.



Name of Coach: _____

Date: _____

Age Group: 14 – 18 years. _____

Title of Session: _____

Session objectives:

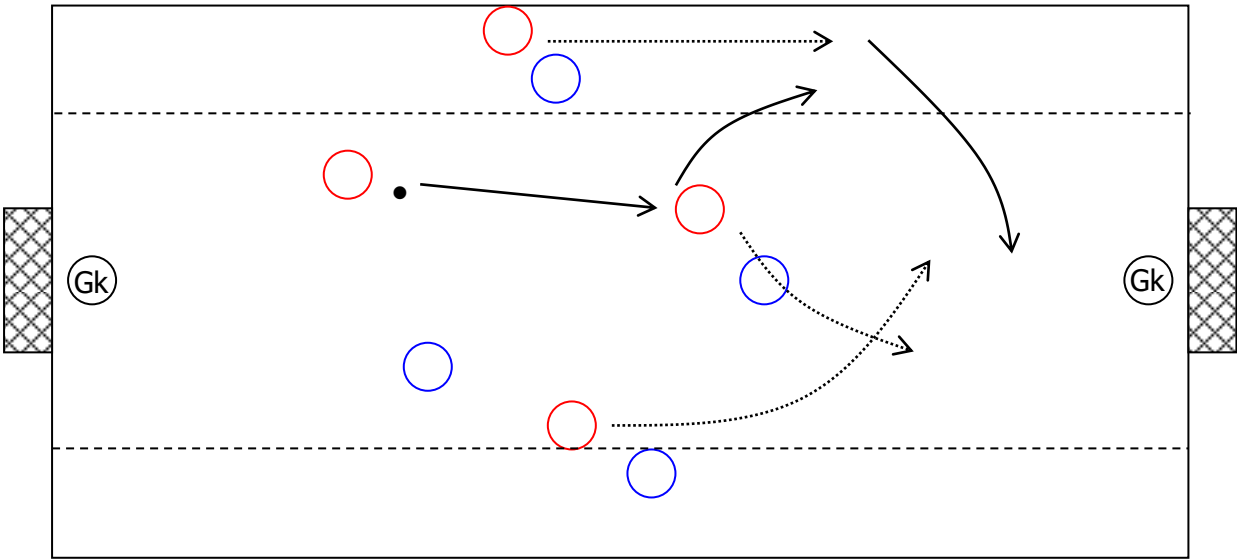
1. _____

3. _____

2. _____

4. _____

Small Sided Game:



Organisation:



Name of Coach: _____

Date: _____

Age Group: 14 – 18 years. _____

Title of Session: _____

Session objectives:

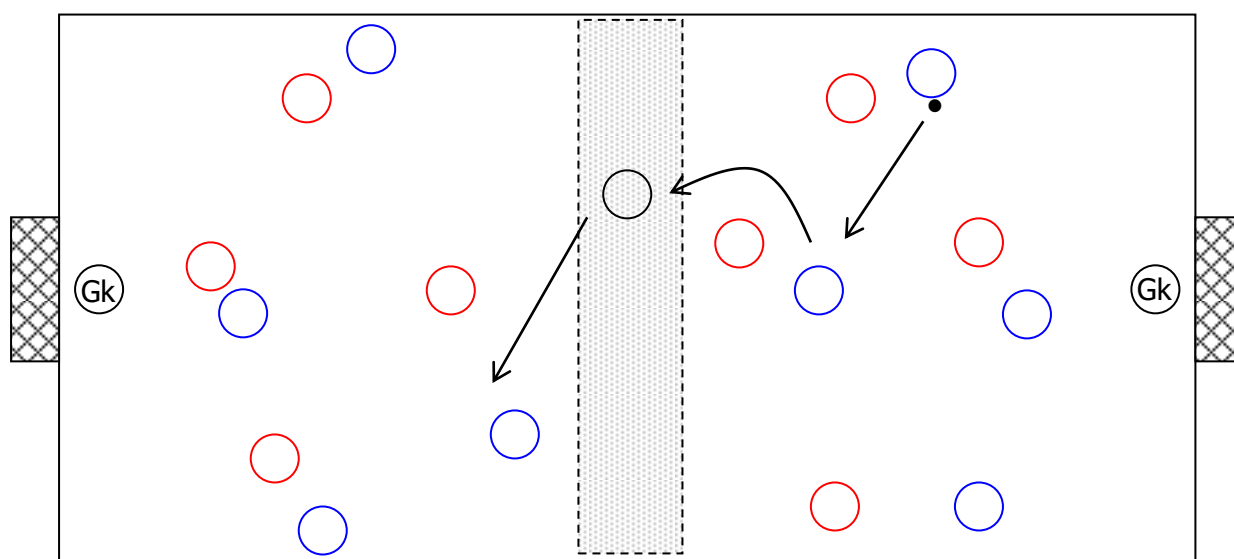
1. _____

3. _____

2. _____

4. _____

Small Sided Game:



Organisation:

- 30 x 20 yards.
- 4 versus 4 in each half.
- Directional play with blues and reds defending or attacking the goal. Players must play through the middle floating player who links up then helps build an attack in the opposite half.
- Floating player can't be tackled.
- Rotate defenders and attackers.



Name of Coach: _____

Date: _____

Age Group: 14 – 18 years. _____

Title of Session: _____

Session objectives:

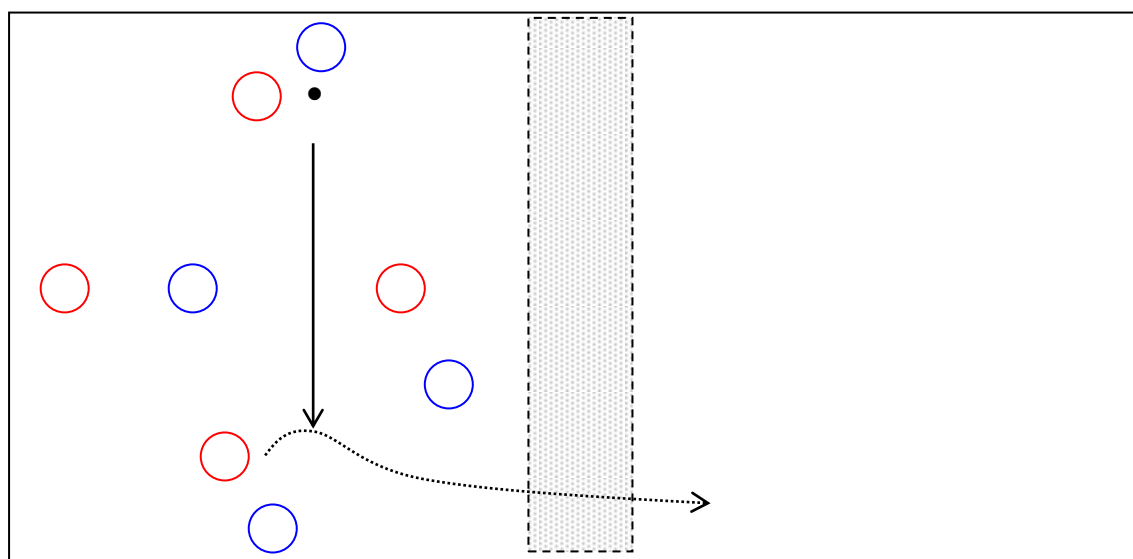
1. _____

3. _____

2. _____

4. _____

Small Sided Game:



Organisation:

- 40 x 30 yards.
- 4 versus 4 in each half.
- Blue team keeps possession when the red team wins the ball they run it over to the other half and keep possession.



Name of Coach: _____

Date: _____

Age Group: 14 – 18 years. _____

Title of Session: _____

Session objectives:

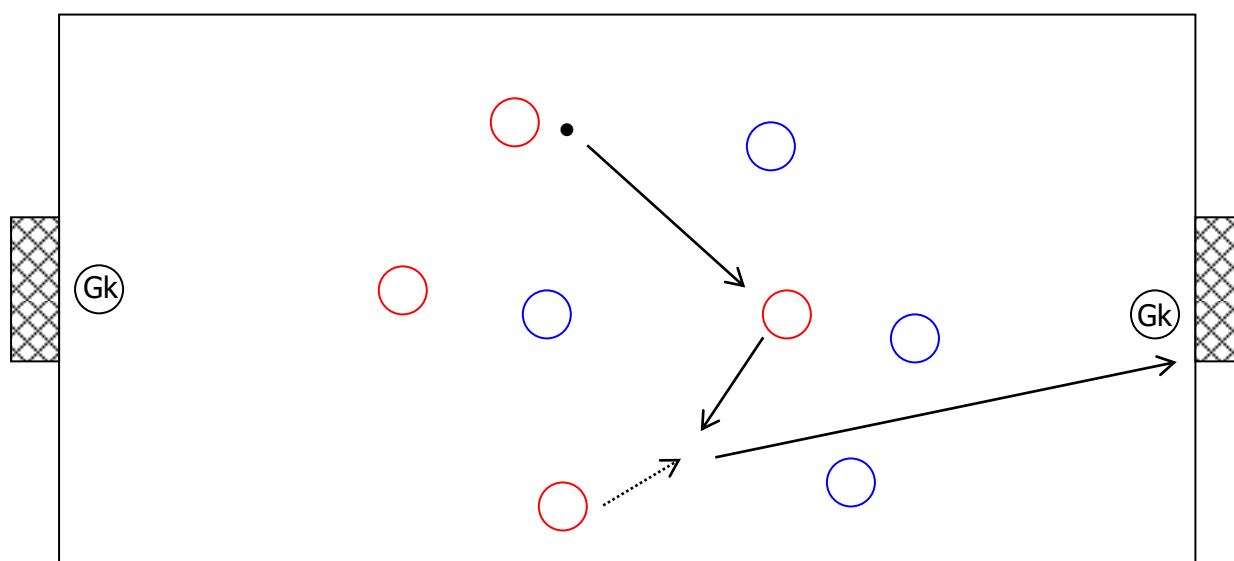
1. _____

3. _____

2. _____

4. _____

Small Sided Game:



Organisation:

- 40 x 25 yards.
- 4 versus 4.
- Direction game with goalkeepers.



Name of Coach: _____

Date: _____

Age Group: 10 -14 years. _____

Title of Session: _____

Session objectives:

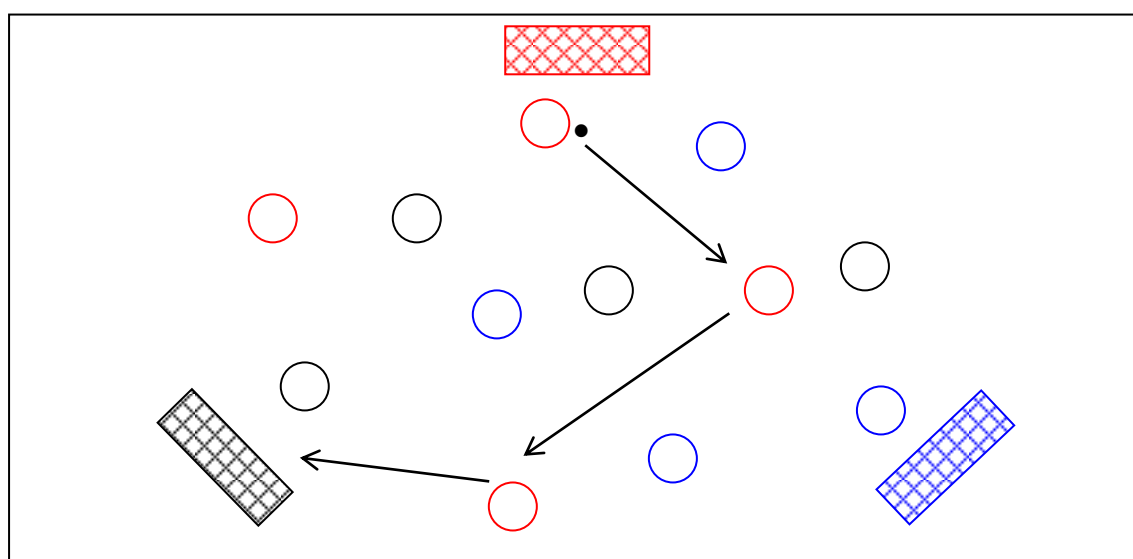
1. _____

3. _____

2. _____

4. _____

Small Sided Game:



Organisation:

- 30 x 25 yards.
- 3 goals.
- 4 versus 4 versus 4.
- Reds combine to score past the black and blue teams and into their goals and vice versa.



Name of Coach:

Date:

Age Group: 10 -14 years.

Title of Session:

Session objectives:

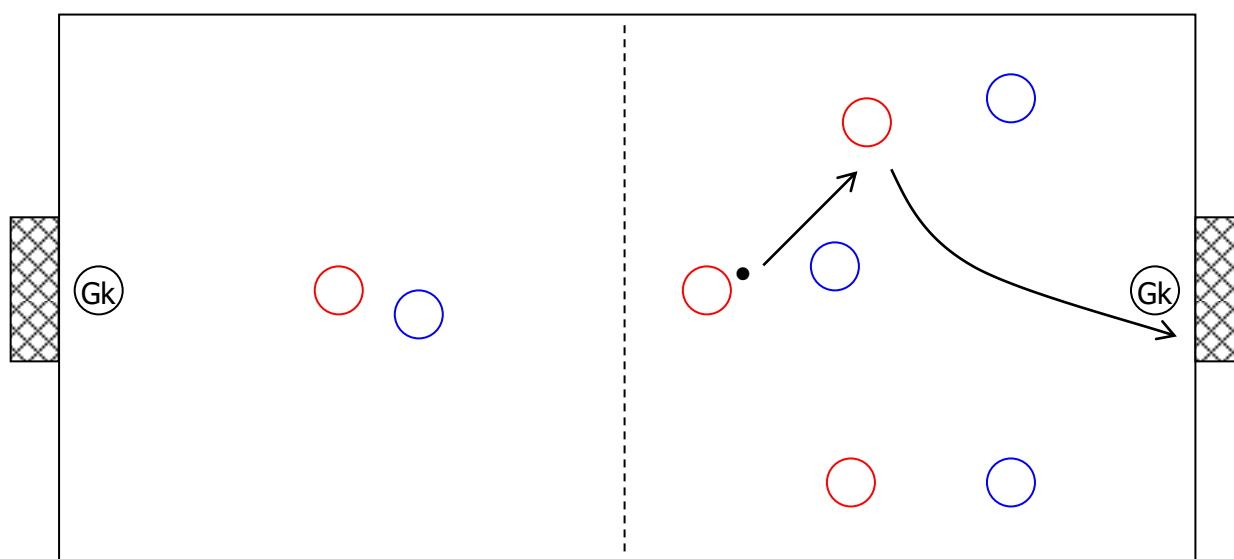
1.

3.

2.

4.

Small Sided Game:



Organisation:

- 40 x 25 yards.
- 4 versus 4 with Gk's
- Directional Play with reds attacking Blues 3 versus 3 with 1 red and 1 blue in the opposite half waiting for the next wave of attack.



Name of Coach:

Date:

Age Group: 10 -14 years.

Title of Session: Tunnel Goals

Session objectives:

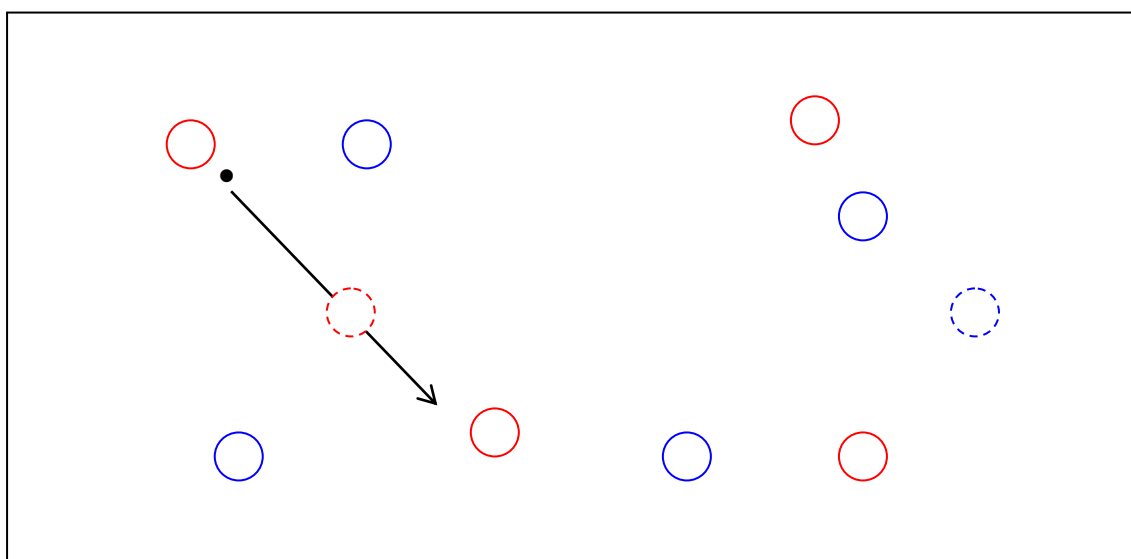
1.

3.

2.

4.

Small Sided Game:



Organisation:

- 30 x 25 yards.
- 4 versus 4 with 1 floater on each time.
- Teams score by passing the ball through the floaters legs and to another team mate.



Name of Coach: _____

Date: _____

Age Group: 10 -14 years. _____

Title of Session: _____

Session objectives:

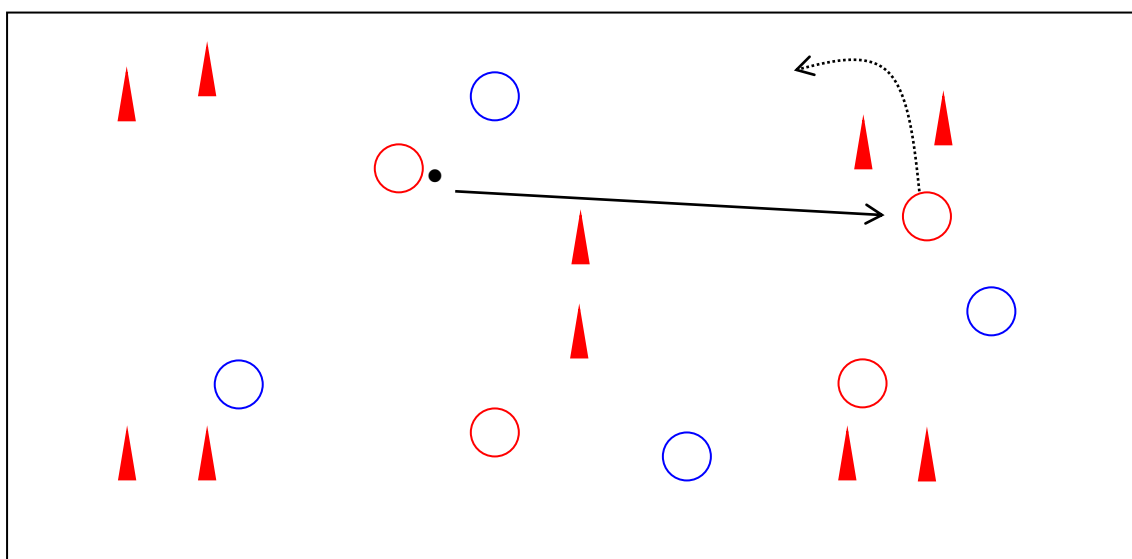
1. _____

3. _____

2. _____

4. _____

Small Sided Game:



Organisation:

- 30 x 25 yards.
- 4 versus 4.
- Teams keep possession until they can run the ball through a gate to score.



Name of Coach:

Date:

Age Group: 10 -14 years.

Title of Session:

Session objectives:

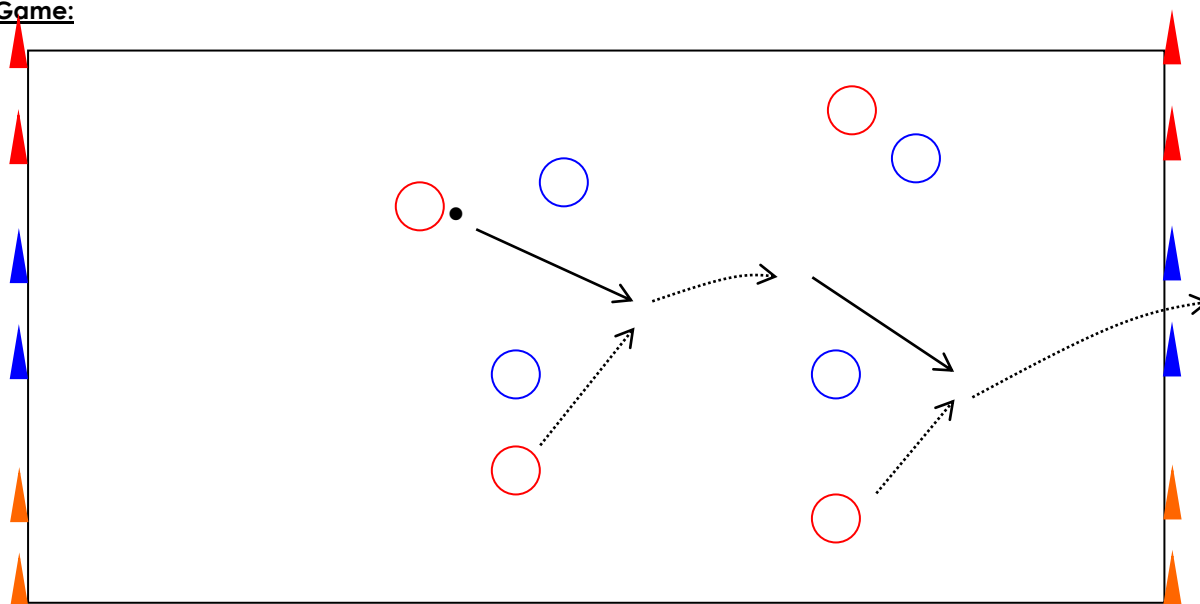
1.

3.

2.

4.

Small Sided Game:



Organisation:

- 30 x 25 yards.
- 4 versus 4.
- Teams keep possession until they can run the ball through a gate on the edge of the pitch to score.



Name of Coach: _____

Date: _____

Age Group: Under 10's

Title of Session: _____

Session objectives:

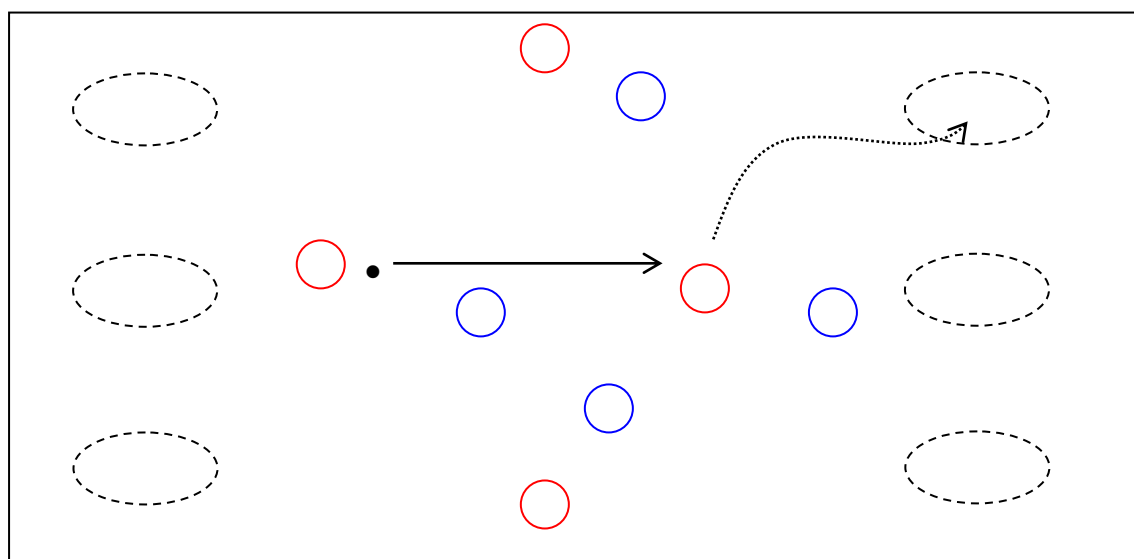
1. _____

3. _____

2. _____

4. _____

Small Sided Game:



Organisation:

- 30 x 20 yards.
- 4 versus 4.
- Directional play with teams keeping possession until they can run and stop it in one of the 3 circles.



Name of Coach: _____

Date: _____

Age Group: Under 10's

Title of Session: _____

Session objectives:

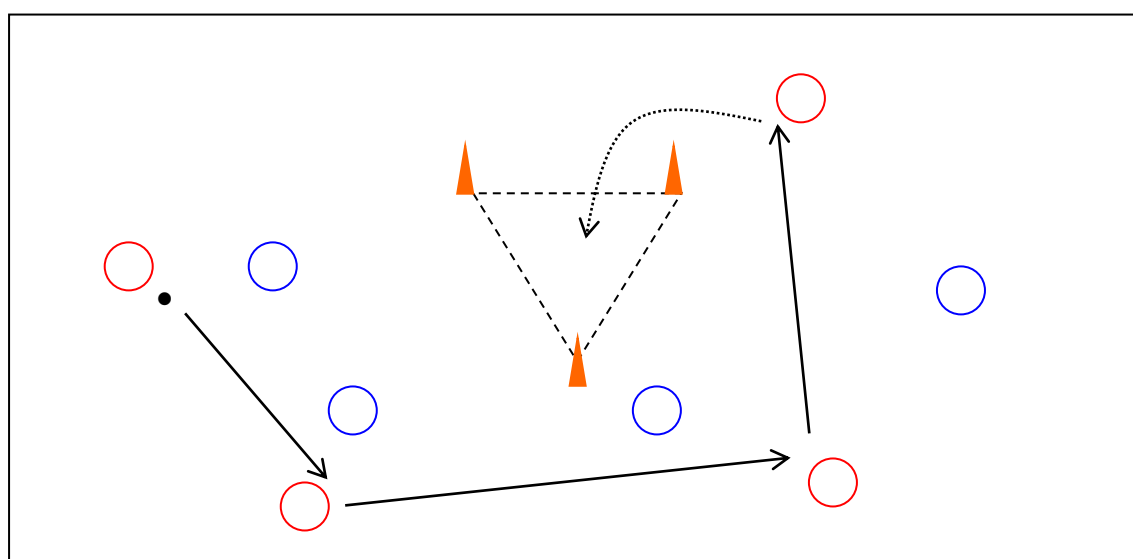
1. _____

3. _____

2. _____

4. _____

Small Sided Game:



Organisation:

- 30 x 20 yards.
- 4 versus 4.
- Players keep possession until a team mate can run the ball into the middle triangle.



Name of Coach: _____

Date: _____

Age Group: Under 10's

Title of Session: _____

Session objectives:

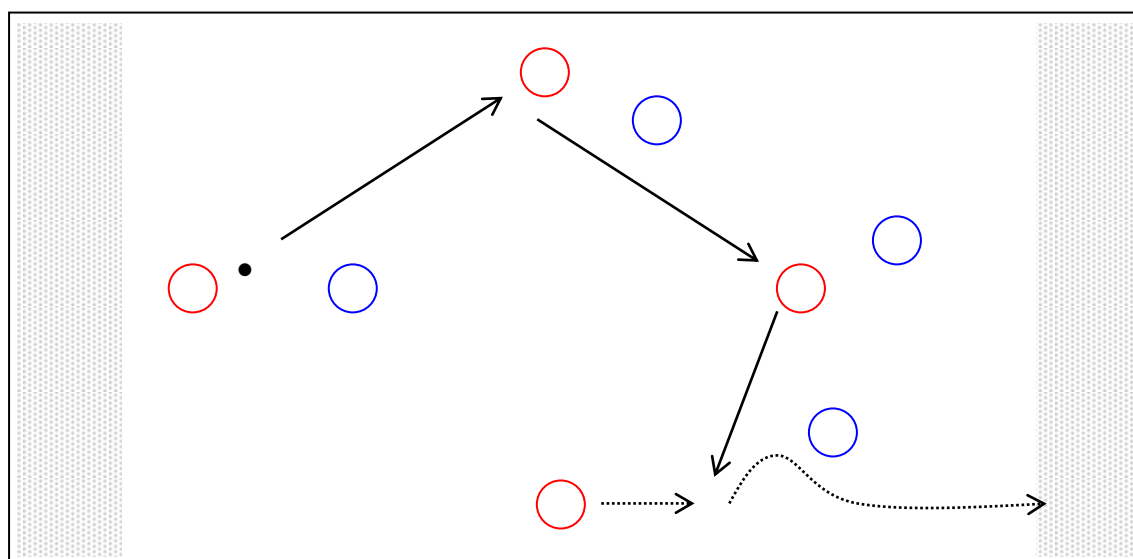
1. _____

3. _____

2. _____

4. _____

Small Sided Game:



Organisation:

- 30 x 20 yards.
- 4 versus 4.
- Directional play with the players keeping possession until they can run the ball into the end zone and stop it in the area.



Name of Coach: _____

Date: _____

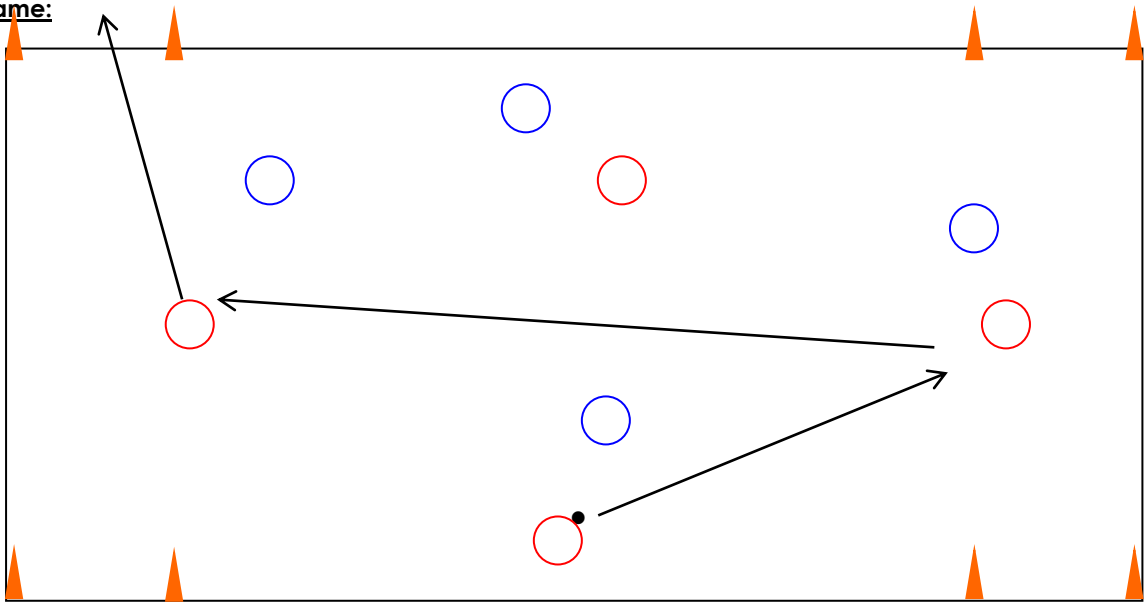
Age Group: Under 10's _____

Title of Session: _____

Session objectives:

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

Small Sided Game:



Organisation:

- 40 x 20 yards.
- 4 versus 4.
- Directional play with the players keeping possession until they can pass the ball through either goal.



Name of Coach: _____

Date: _____

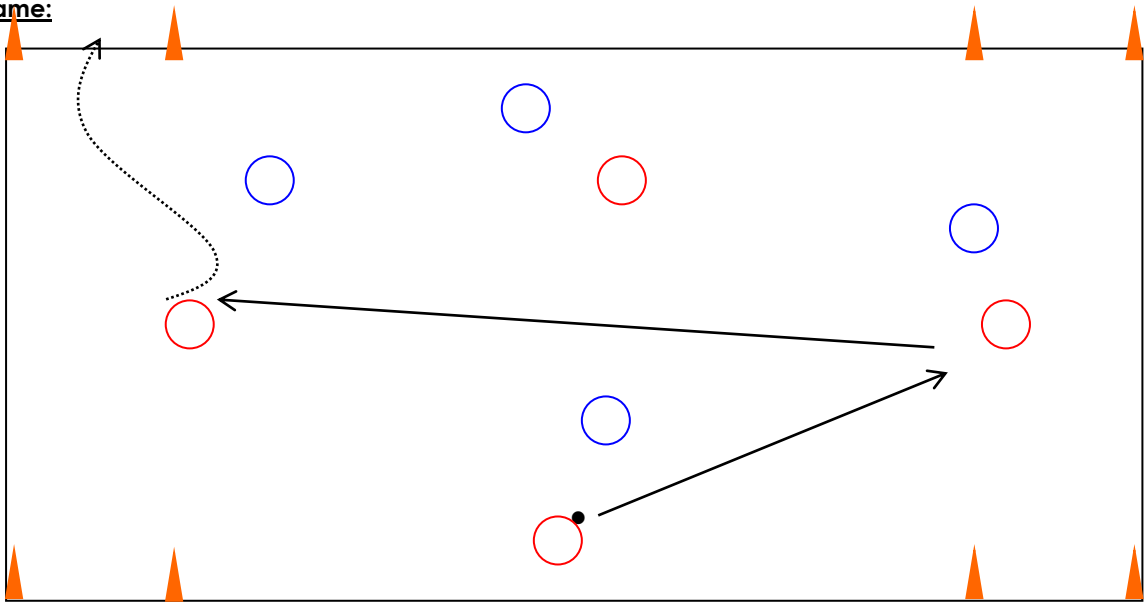
Age Group: Under 10's _____

Title of Session: _____

Session objectives:

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

Small Sided Game:



Organisation:

- 40 x 20 yards.
- 4 versus 4.
- Directional play with the players keeping possession until they can run the ball through either goal.

CHAPTER FOUR - Essential Drills Combinations

U16

Topic Combination Play
Ex Purpose Perfecting Combinations

Organisation:

Actions:

- X1 passes to X2 and follows pass
- X2 passes to WP
- WP plays wall pass back to X2
- X2 plays through middle gate to X3
- X3 passes to WP
- WP plays wall pass back to X3
- X3 plays through middle gate to X4
- Sequence is repeated
- Change WP after 45-60s
- Work WP on both sides

Practice
In Topic (can combine with Passing Section)

U16

Topic Combination Play
Topic: Perfecting Combinations

Organisation:

Actions:

- X1 passes to X2 and follows pass
- X2 plays to WP
- WP plays pass back to X2
- X2 plays through middle gate to X3
- WP overlaps X2
- X3 plays to WP
- WP plays pass back to X3
- X3 plays through middle gate to X4
- WP overlaps X3
- Sequence is repeated
- WP must adopt correct position to play the wall pass
- Correct weight of pass
- Change WP after 45-60s
- Work WP on both sides

Practice
As many times : make competition between groups

U12 & U 16

Topic

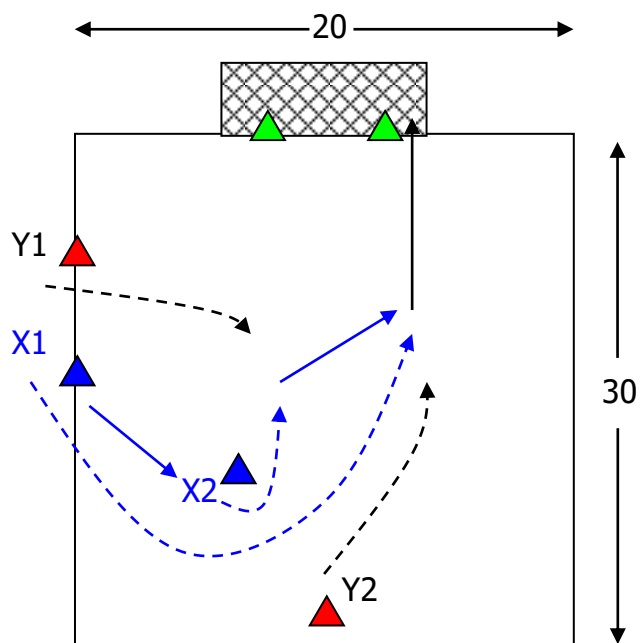
Creating Scoring chances

Ex.Purpose

Using an overlap to create a goal scoring opportunity

Organisation:

- 30 x 20 area
- 1 full size goal with scoring areas in each corner indicated by cones



Actions:

- X1 passes to X2 and overlaps
- On X1 pass, Y1 defends 1v2
- X1, X2 combine to score in scoring targets
- Introduce a recovering defender, Y2, who reacts to X2 1st touch

Practice

Use when Topic Finishing

CHAPTER FIVE - Essential Drills Finishing

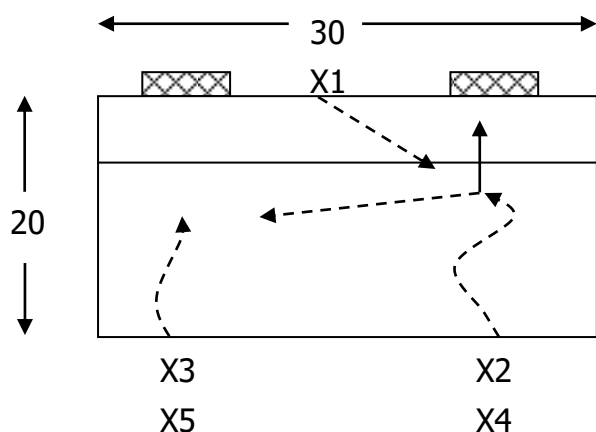
All Ages

Topic Finishing :using Speed

Ex Purpose When and where to use the 1v1 move in a fast break attack

Organisation:

- 20 x 30 area with 2 small goals
- Scoring Zone 5 x 30



Actions:

- X1 defends 1v1 against X2
- As soon as X2 shoots, misses the target or is tackled they must turn and defend X3
- As soon as X3 scores, misses the target or is tackled they must turn and defend X4 etc
- Players can score in either goal
- Players can only score once inside the Scoring Zone
- Attacking player can set off as soon as the previous attack breaks down i.e. shot or tackled

Practice

Twice each month

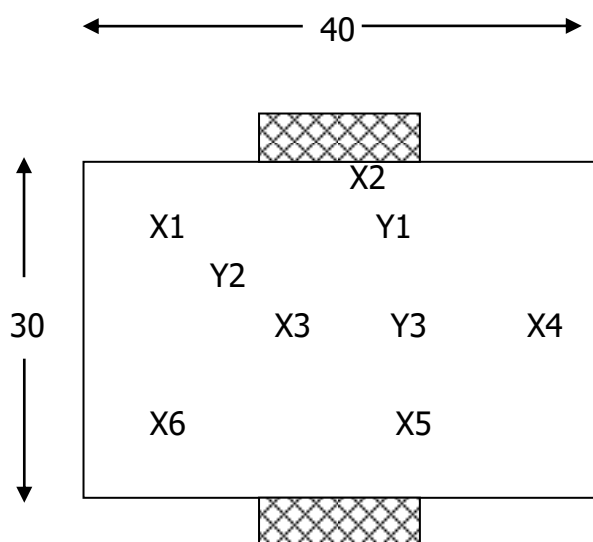
U16 & U18

Topic Scoring

Ex Purpose Using hard work to score a goal

Organisation:

- 30 x 40 area with 2 goals



Actions:

- 6 Defenders v 3 Attackers
- Defenders must keep possession – 6 passes = 1 goal
- Attackers must win possession and score in either goal
- Game always restarts from Coach
- Change 3 attacking players every 45-60s
- Service from coach can manipulate how hard both attackers and defenders must work

Practice Times

When doing Topic of Finishing

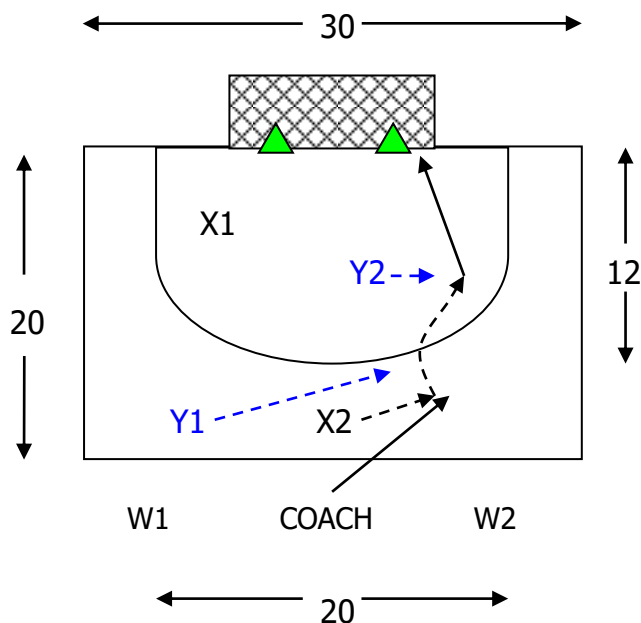
All Ages

Topic Reaction and Decision Making Speed

Ex Purpose Maximising the opportunity to score a goal

Organisation:

- 20 x 30 area
- Inner Area approx 12 x 20



Actions:

- Players play in pairs
- Game always starts from Coach – fast paced game requiring large supply of balls
- Players can only score within inner area in scoring targets
- As soon as 1 team scores they stay on, losing team goes off and the next team comes on

Tips:

- Keep practice fast paced with next ball in as soon as a goal is scored
- Vary the service, high, low so players have to react and adjust quickly to the situation
- Encourage players to take opportunities to shoot and score

Practice Times

Can use in as many sessions as you wish...has it all re finishing speed

CHAPTER SIX - Essential Drill Passing and Receiving

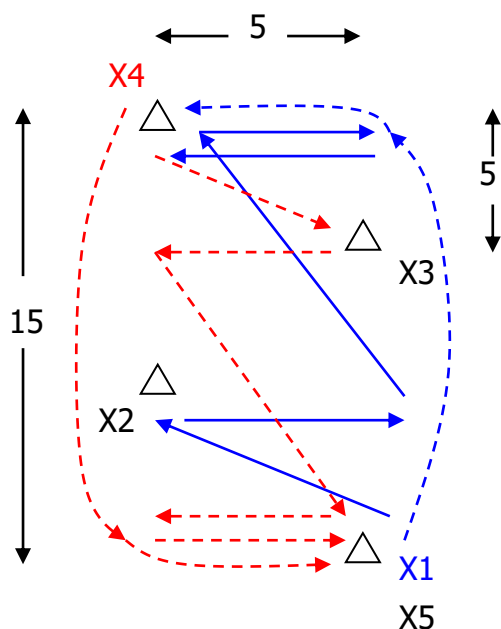
Under 16 & Under 18

Topic Passing

Ex.Purpose

Organisation:

- 15 x 5 area



Actions:

- X1 passes square to X2
- X2 passes to X1 on the move
- X1 passes to X4 and overlaps X3
- X4 passes square to X1
- X1 passes to X4 and takes X4's place on cone
- X4 passes to X3
- X3 passes to X4 on the move
- X4 passes to X5 and overlaps X2
- X5 passes to X4
- X4 passes to X5 and takes X5's place on the cone
- Sequence is continuous
- Variation older boys, Chip to Ctach for long pass

Practice:

Competition between the Groups
(1 session per week)

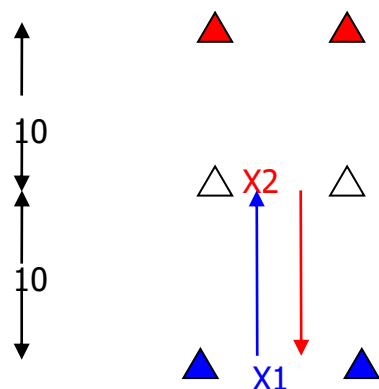
Under 12

Topic: P & R

Ex.Purpose:

Organisation:

- 20 x 5 area



Actions:

- X1 pushes ball through the blue gate with 1st touch and passes to X2 through red/white gate with 2nd touch and follows pass to end of group
- X2 takes 1st touch through red gate and passes to X3 through blue/white gate with 2nd touch and follows pass to end of group
- Sequence is continuous
- Try Right and left foot equally

Practice

- Can make competition between groups last team to make mistake
- (1 per week)

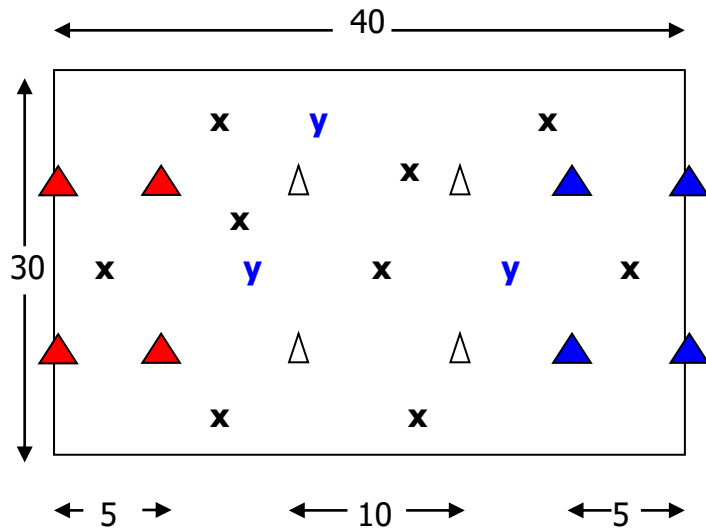
Under 16 & 19

Topic P & R

Ex.Purpose

Organisation:

- 40 x 30 area
- 10 x 10 Central Square
- 2, 5 x 10 End Zones



Actions:

- 9v3 Possession
- X's play on 2 touch
- Every time they play a pass into the End Zones or Centre Square they must exchange positions with the player already in there
- 5 passes = 1 goal
- Y's not allowed in End Zones or Centre Square
- 60s to score as many goals as possible and then change the Y's

Practice

(1 per week)

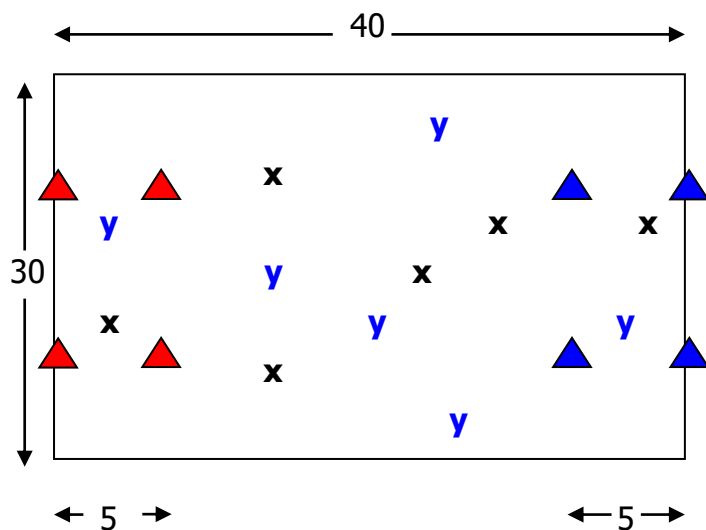
Under 16 & 19

Topic P & R

Ex.Purpose

Organisation:

- 40 x 30 area
- 2, 5 x 10 End Zones



Actions:

- 5v5 Possession
- 1 Player from each team plays in each End Zone, unopposed
- 4v4 Possession in the central area
- Pass into either End Zone and exchange places to score a goal

Practice

2 Sessions per week

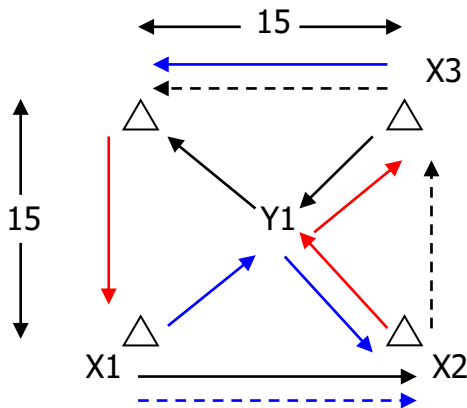
U 16 & U 18

Topic Passing

Ex.Purpose Improve pass and move

Organisation:

- 15 x 15 square
- Size will vary depending on age/ability of players
- X1 and X3 with a ball on opposite corners



Actions:

- X1 passes to X2, X3 passes to Y1 for wall pass moving to the next cone
- X3 passes to X1, X2 passes to Y1 for wall pass moving to next cone
- X2 passes to X3, X1 passes to Y1 for wall pass moving to next cone
- Sequence is continuous
- Switch middle player every 45-60s depending on age/ability
- Also go other way to practice left foot

Each 3rd Session (Competition)

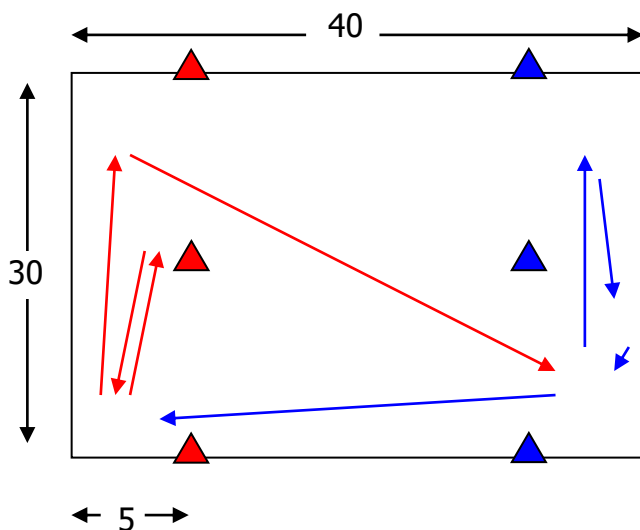
U 16 U 18

Topic Passing

Topic: Keeping possession

Organisation:

- 40 x 30 area
- End Zones 5 x 30



Actions:

- 3 teams of 3, with 1 team in each End Zone and 1 team in the central area
- Teams in End Zone must complete 3 passes before transferring the ball across to the opposite zone
- Team in central area must try to intercept the pass
- If the pass goes outside the area or is intercepted, the team losing possession switches with the team in the centre
- Play always restarts from the Coach
- Progress to allow 1 of the central team into either End Zone to intercept the ball

Practice

Each 3rd Session

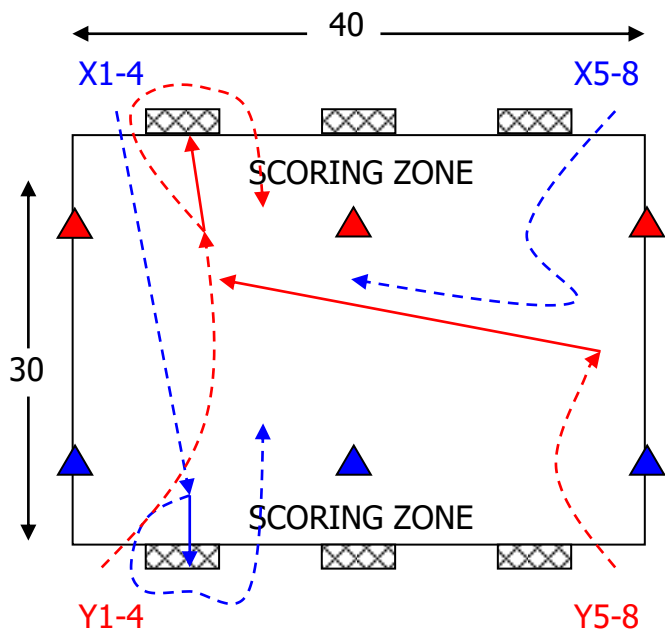
U16 U18

Topic Running with the Ball or Passing

Ex.Purpose Desicion making

Organisation:

- 30 x 40 area with 6 small goals
- Scoring Zones 5 x 40



Actions:

- 8 Players at each end working in pairs
- Goals can only be scored in the Scoring Zone
- The practice starts with X1/2 unopposed scoring in any goal
- As soon as X1/2 has shot, Y1/2 break quickly out to score in any goal at the opposite end
- Player who has shot must sprint around the goal before they can help defend the next pair
- Play is continuous with player who has shot always recovering around the goal before defending

Practice

Each 3rd Session

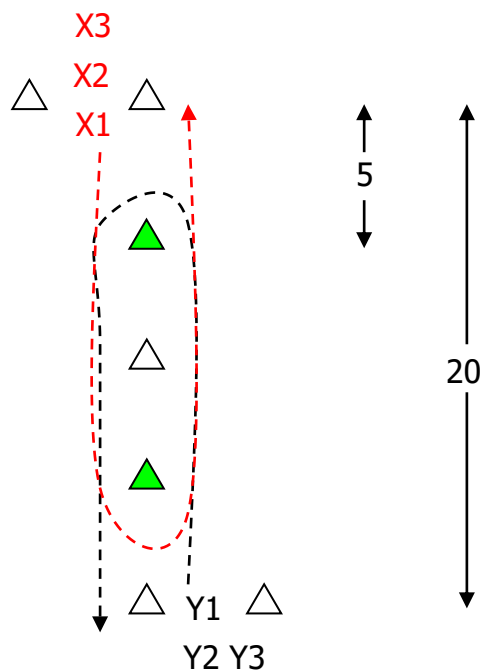
CHAPTER SEVEN – Running with the Ball

All Ages

Topic: Running with the ball

Ex.Purpose: Improve Running with ball speed (i)

Organisation:



Actions:

- X1 sprints down the line of cones
- X1 crosses the centre line after the 3rd cone and sprints back across the start line
- As soon as X1 breaks the centre line, Y1 chases X1 trying to tag them
- Once X1 reaches the 3rd cone, Y1 must turn and sprint back towards their start line, away from the chasing X2
- Sequence is continuous

Practice

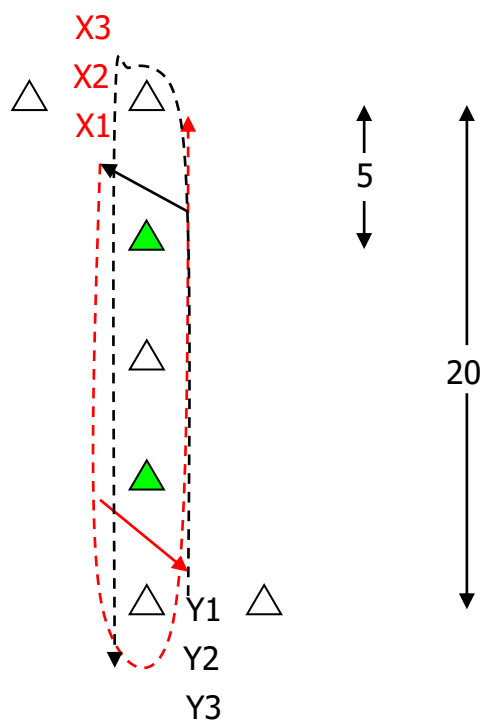
Each third session

Under 16

Topic: FBA Components

Ex.Purpose: Running with ball (ii)

Organisation:



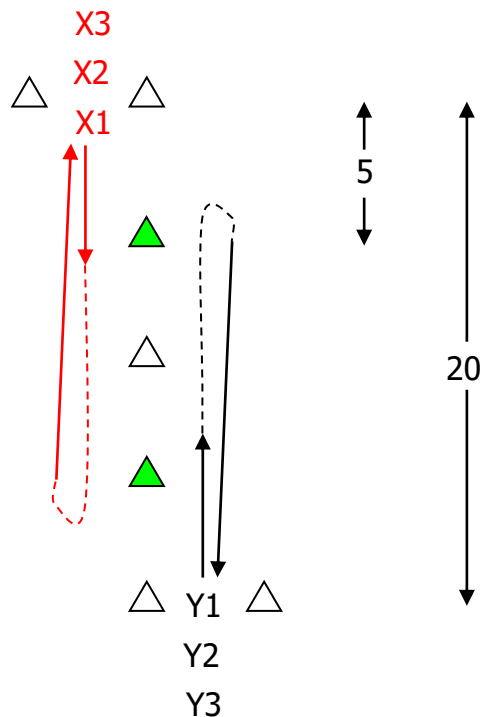
Actions:

- First player of group X has a ball
- X1 runs down the line of cones and passes the ball to Y1 before the 3rd cone
- Y1 performs the same run and pass in the opposite direction under pressure from X1 once they have run around the 4th cone
- Sequence is continuous
- Increase pressure – player with ball do a stop and start in the middle

Practice

With above

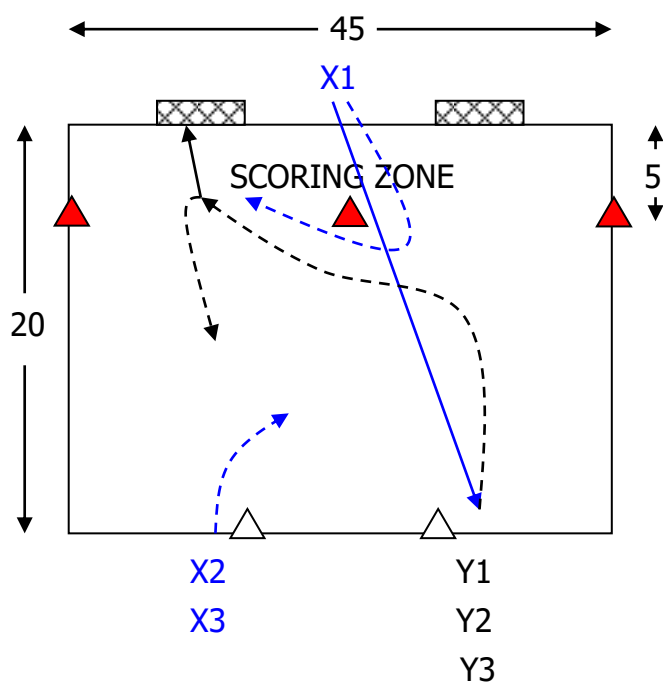
Ex.Purpose	Running with ball (iii)
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- First player of each group has a ball
- X1 starts, sprints with the ball to 3rd cone and does a COD, as soon as he turns Y1 sprints with the ball and he does COD at opposite end
- Sequence is repeated X2 and Y2 etc

Use instead of above insome sessions

Ex Purpose	Running with the ball
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- X1 start, as attacker Y1 as defender
- X1 can score in either goal once inside the Scoring Zone
- As soon as X1 has shot or Y1 has touched the ball, X1 must turn and defend Y2 who is ready with a ball
- As soon as Y2 has shot, or defender touches the ball X 2 goes and so on
- Players clear the area quickly and return to the opposite line so they attack from both sides
- Play is continuous (2 minutes to see which team scores most goals)

Each 3rd Session

U 16 & U 18

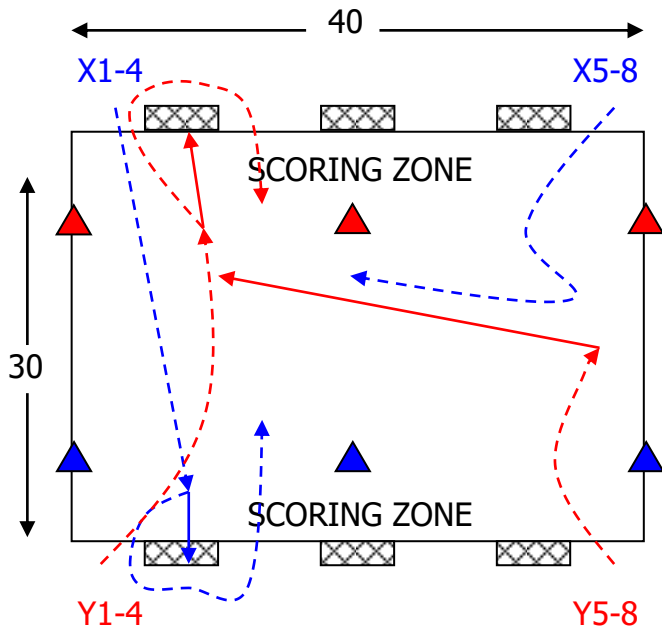
U16 U18

Topic Running with the Ball or Passing

Ex.Purpose Desicion making

Organisation:

- 30 x 40 area with 6 small goals
- Scoring Zones 5 x 40



Actions:

- 8 Players at each end working in pairs
- Goals can only be scored in the Scoring Zone
- The practice starts with X1/2 unopposed scoring in any goal
- As soon as X1/2 has shot, Y1/2 break quickly out to score in any goal at the opposite end
- Player who has shot must sprint around the goal before they can help defend the next pair
- Play is continuous with player who has shot always recovering around the goal before defending

Practice
Each 3rd Session

CHAPTER EIGHT - Essential Drills Warm Ups

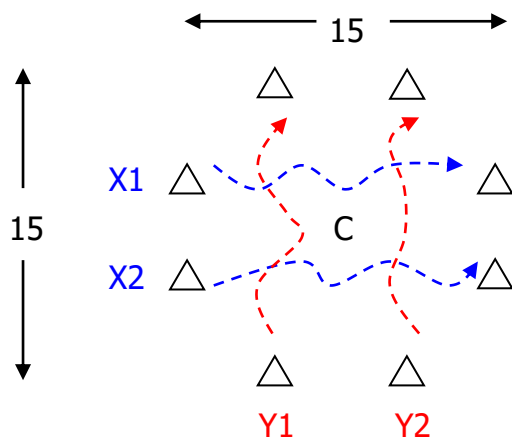
Undr 12 and Under 16

Topic B.M

Exercise Purpose: Warm Up

Organisation:

- 15 x 15 area



Action:

- On coaches command players work across the area in pairs
- X's then Y's alternately
- single, double, triple cuts both feet (each session)
- Toe Taps and each 5 Pull Push or slide (1 per week)
- Toe Taps Scissors set (two weeks)
- Toes Taps Side step Set (Two weeks)
- Toe Taps and Double U turn (Two weeks)
- Running with ball each session (Make distance longer by moving cones)

Practice

U12 each week

U 16 each 3rd session

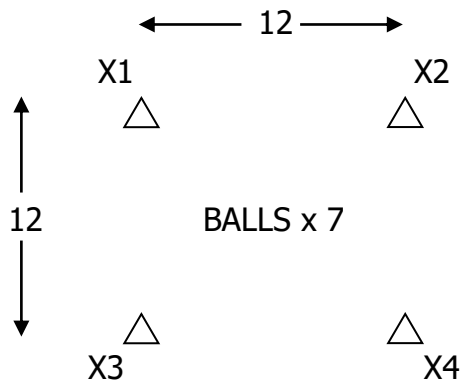
U 12 & U16

Topic Decision making speed & Control at speed

Ex purpose

Organisation:

- 12 x 12 square
- Size will vary depending on age/ability of players
- 1 Player on each corner
- 7 Balls in centre of square



Actions:

- On coaches command players must run to the centre and pick up a ball (one at a time) placing it back next to their cone
 - Once all 7 balls have been taken from the centre they must 'steal' balls from the other players
 - The 1st Player with 3 balls next to their cone wins
- Advance to players dribbling the balls

Practice

U12 every other week once

U16 Foot only, in warm ups

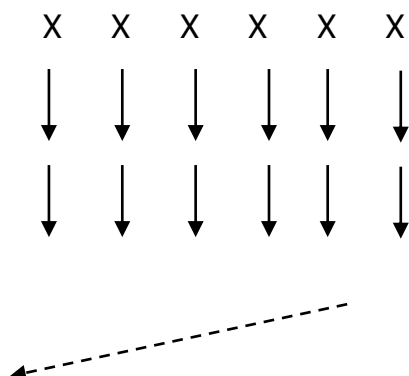
Under 12

Topic: Ball Mastery

Purpose

Improve right left foot mastery

Organisation:



Actions:

- X Ball eachnumber 1,2,3
- Coach call number players use all ball mastery and moves single cut , 2 touches inside 2 touches outside, slap cut , in out pull , scissors, double scissors

Tips:

- Demo from side, front , back
- Encourage players to get head up
- As coaches recognize problem and correct
- Equal touches on both feet
- Improves co-ordination , flexibility , ball control

Practice Time

As many sessions as you wish