

## WEEK FIVE - POSSESSION 1

### Practice 1- The Numbers Game

Players with a ball each dribble around inside the square. Every three touches they do a move. When the coach calls a number, they have to as quickly as possible dribble and get into groups of that number.

#### **Coaching Points:**

1. Finish with the number you need for your next game. For example if you need them in pairs finish with twos.
2. Always tell the players that anyone who cannot find a group should come to you and be your friend (this will help keep the game fun for all the kids in your team).

### Practice 2- Sequence Juggling

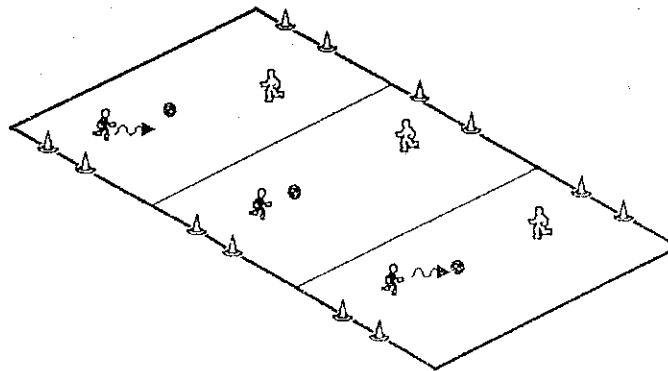
Players work with a partner. One feeds the ball from their hands to their partner who has to perform a given sequence before returning. As the players progress and their touch improves make the sequences more demanding. For example right laces, right thigh, left thigh and return with left foot volley.

#### **Coaching Points:**

1. This body of work examines how good their first touch is. To begin with keep the sequences simple.
2. Encourage them to watch the ball onto the controlling surface and not rush through the moves.

### Practice 3 - One v One Ladder

Using cones, mark out an area as shown below:



Players x start the game with the ball. They play it to y and then become the defender. Players score by playing the ball through their opponent's goal. There

is no out of bounds. The player who is the first one to three is the winner of the game. If you win you move up the ladder. Lose and you move down.

**Coaching Points:**

1. *Encourage the players to play high-pressure defense always.*
2. *Encourage the players to use the moves that you have taught them to create space in for a shot.*
3. *Use this game to develop an attitude where they always attack space.*
4. *Use individual juggling as the break up activity*

**Practice 4 - Numbers Game**

Finish with players in groups of five.

**Practice 5 - The Garbage Game**

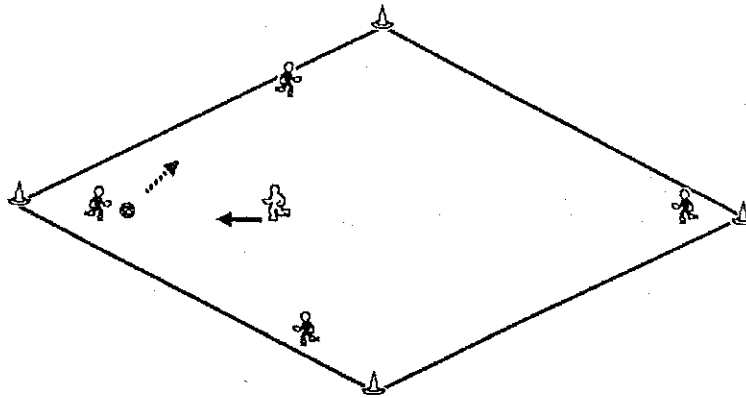
In their groups of five, they play in squares (shown below), which are approximately 12 x 12 steps. They have to pass and move within the square. Each player is allowed two passes at any one time. Mistakes are made and counted every time the ball leaves the square, a player stands still, or takes more than two touches.

**Coaching Points:**

1. *This is a good game to get the players used to the concept of staying within the grid.*
2. *Encourage them not to go around in circles and to keep their body open to the ball.*
3. *Stress the importance of quality - no one playing against us therefore no mistakes.*

**Practice 6 – World Cup Keep Away**

In the same size square, as they used for the garbage game they play four against one. One player, D shown opposite starts the practice as the defender. D passes to any of the four players X to start the practice. As soon as the player receiving the ball has touched it the aim of D is to get the player back as quickly as possible. The aim of the X's is to get ten consecutive passes. Any player who makes a mistake becomes D and D takes their place on the outside.



### **Coaching Points:**

1. *Player on the ball should:*

- a. *Draw the defender to him before passing.*
- b. *Control the ball into space every time he receives.*
- c. *Attempt to disguise his intentions.*
- d. *Move to support the player on the ball.*
- e. *Focus upon technical perfection with the short pass.*
- f. *Make the best tactical decision possible.*

2. *The defender should be encouraged to:*

- a. *Play high pressure at all times.*

3. *Generally, the players should be encouraged to:*

- a. *Keep high standards at all times - i.e a pass which leaves the square puts them in the middle as the defender.*
- b. *As soon as they make a mistake they become the man in the middle.*

### **Practice 7 - World Cup Finals**

Depending upon the number of players present, place two or three squares close to each other as shown opposite. Give each group a name, for example; England, U.S.A. and Italy. Each player receives a number in his team i.e one, two, three etc. You decide which country defends which country. Number one from England defends U.S.A. One from U.S.A. defends Italy and one from Italy defends England (giving you three games of Four v One). You give them a minute to defend for their country. Each time they force a mistake i.e balls leaves the square. They touch or intercept it they score a point for their country. All five players get to defend. team with the most points is the winning team.

### **Coaching Points:**

*The first time around stress the following three points:*

1. *Composure on the ball - they must draw the defender in.*
2. *First touch - must take the ball away from the defender.*
3. *Head up and good decisions.*

## Practice 8 - Small Sided Game - Four v Four

Play four v four with small goals and no keepers in an area approximately 40 by 25 steps. Five consecutive passes is worth two goals and kicking it through the goal is worth one.

### **Coaching Points:**

*Stress the same three points as you did in the possession work:*

- 1. Composure on the ball - they must draw the defender in or attack him.*
- 2. First touch - must take the ball away from the defender.*
- 3. Head up and good decisions.*

## WEEK 6 - POSSESSION 2

### WARM UP - Expert Knock Out

All players moving around in the square with a ball. When coach says "knock out" the players try and use their ball to knock any of their teammates balls out of the square. They can only do this by playing their own ball against their teammates. Once out of the square the only way back in is by doing a set number of juggles.

#### **Coaching Points:**

- 1. Unless the players dribble with their heads up they will never know when their teammates have lost control of their balls.*
- 2. Once they see a teammate has lost control encourage them to try and knock their ball out. Try using the first one to knock three balls out is the winner if you find they are not shooting at each others balls.*

### Practice 2- Target Juggling

Players work with a ball each. Coach gives them targets to reach, for example target 1 might be eight juggles with laces of strongest foot. Players have one minute to reach target. Spend about ten minutes doing this body of work making sure you give them targets with laces, thighs and their head.

#### **Coaching Points:**

- 1. Give them targets that stretch them.*
- 2. Throughout work stress the importance of touch and correct technique.*

### Practice 3 - Numbers Game

Players with a ball each dribble around inside the square. Every three touches they do a move. When the coach calls a number they have to as quickly as possible dribble and get in groups of that number as quickly as possible.

#### **Coaching Points:**

- 1. Finish with the number you need for your next game (5s).*
- 2. Always tell them that anyone who cannot find a group should come to you and be your friend (this will help keep the game fun for all the kids in your team).*

### Practice 4 - Revision – World Cup Keep Away

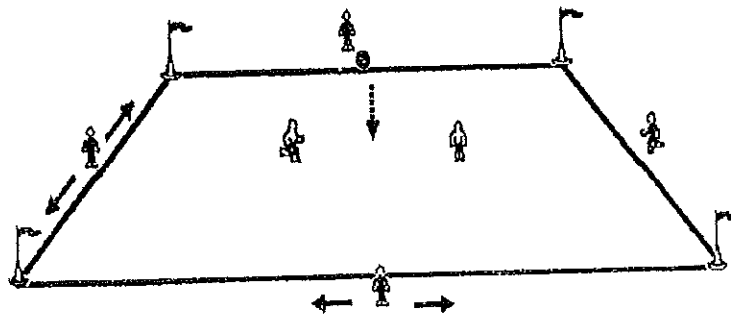
In the same size square as they used for the garbage game, play four against one. One player starts the practice as the defender. D passes to any of the four players, X, to start the practice. As soon as the player receiving the ball has touched it the aim of D is to get it back as quickly as possible. The aim of the X's is to get to ten passes. Any player who makes a mistake becomes D and D takes their place on the outside.

#### **Coaching Points:**

1. *Player on the ball should:*
  - a. *Draw the defender to him before passing.*
  - b. *Control the ball into space every time he receives.*
  - c. *Attempt to disguise his intentions.*
  - d. *Move to support player on the ball.*
  - e. *Focus upon technical perfection with the short pass.*
  - f. *Make the best tactical decision possible.*

### Practice 5 – Crosswire

Players are set up as shown below. The two defenders in the middle of the square (D) attempt to win the ball back from the X players on the outside. Defenders are not allowed out of the square and can only get possession by intercepting a pass or by an X player making a mistake. Rules of the game are that every pass made by an X must bisect the square, the ball must always be moving, X players cannot control the ball into the square and that the defenders (D) must stay inside the square. Each time an X player makes a mistake they swap with one of the D players.

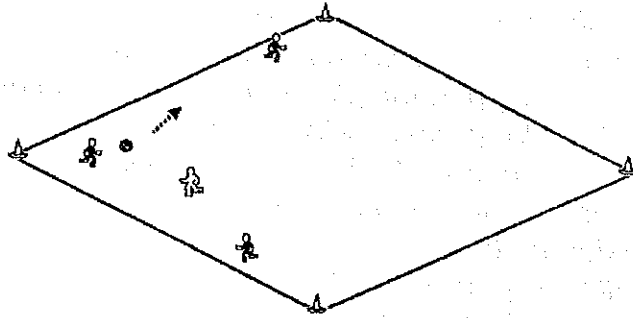


#### **Coaching Points:**

1. *Stress that their first touch must not put the ball into a space in front of them.*
2. *Encourage them to play with their heads up and if possible play the pass that splits the defenders.*
3. *Analyze and bring out the decisions that you observe the players making.*

### Practice 6 - World Cup Finals

With exactly the same regulations as when they played 4 v 1 they now play 3 v 1. The first group to ten consecutive passes is the winning group.



#### **Coaching Points:**

1. *Player on the ball should:*
  - a. *Draw the defender to him before passing.*
  - b. *Control the ball into space every time he receives.*
  - c. *Attempt to disguise his intentions.*
  - d. *Move to support the player on the ball.*
  - e. *Focus upon technical perfection with the short pass.*
  - f. *Make the best tactical decision possible.*
2. *Players off the ball must work to be available - without good movement from the two supporting players they will never be successful.*

### Practice 7 - Three V One World Cup

As in week six but this time play with four in a team so that there is always a three v one situation.

#### **Coaching Points:**

1. *All of the above.*

### Practice 8 - Small Sided Game

Play a 4 v 4 round robin tournament. Five passes is worth two goals.

#### **Coaching Points:**

1. *Stress movement off the ball and being available for the player in possession.*

## WEEK 7 - An Introduction to instep striking

### WARM UP

As the players arrive have fields set up and begin with them playing three v one.

#### **Coaching Points:**

1. *Make the grids big to encourage success.*
2. *After ten consecutive passes change the defender.*
3. *They must move to support the player on the ball. Encourage them to always be in a position where they can receive a pass.*
4. *Try and get them to receive the ball with an open body - that is in the position where they can see and are facing as much of the playing area as possible.*
5. *a. Draw the defender to him before passing.  
b. Control the ball into space every time he receives.  
c. Attempt to disguise his intentions.  
d. Move to support player on the ball.  
e. Focus upon technical perfection with the short pass.  
f. Make the best tactical decision possible.*

### Practice 2 – Freeze

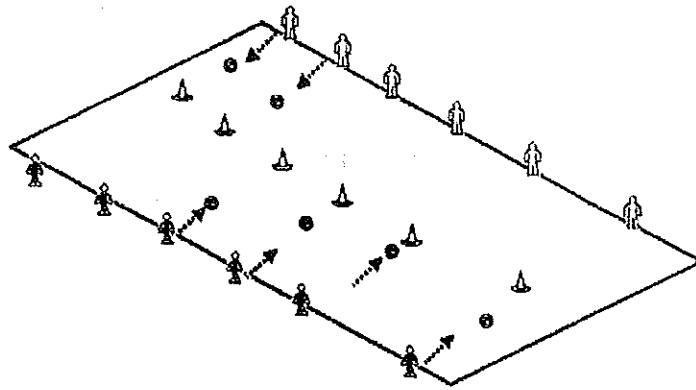
Players dribble around in a suitably sized square on the command freeze they have to freeze with their body in the striking position. First with their strongest foot and then with their weakest.

#### **Coaching Points:**

1. *Use this game to introduce them to the contact position - toe down heel up, laces flush against the face of the ball and head watching the laces make the strike.*
2. *Encourage game like dribbling and moves performed at speed.*

### Practice 3 - Missile Base

Use the numbers game to divide the players into groups of two. Once this has been achieved, set them out in the following organization;



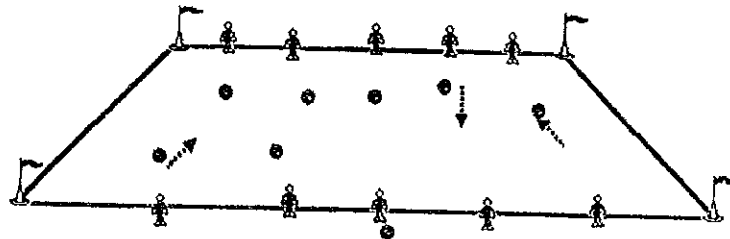
Both x and y players have a ball. They score by hitting the cone (missile base). If they miss their ball goes to y who gets to use it and vice versa. First one to score five is the winner.

**Coaching Points:**

1. Approach the ball with a curved run.
2. Place non kicking foot beside the ball.
3. With toe down and heel up watch your laces make contact with the ball.
4. Follow through and land on the striking foot.
5. Play with right foot for ten minutes and then with the left foot.

**Practice 4 - Grand Canyon**

Divide team into two groups and set them up as shown below;



Every player has a ball. They score by striking the ball so that it goes through their opponents 'Grand Canyon' - their two cones. To score a point the ball must travel through the canyon (i.e. between chest height and the ground). Players can use the nearest ball possible to strike with but can only shoot for the line in-between their own two cones.

**Coaching Points:**

1. Address the ball - approach it with a curved run.
2. Place non-kicking foot down by the side of the ball.
3. With toe down and heel up watch your laces make contact with the ball.
4. Follow through and land on the striking foot.

5. *Play with right foot for ten minutes and then with the left foot.*
6. *Coach keeps track of the scores and keeps them close.*

### **Practice 5 - Small Sided Games**

Play 4v4 or 5v5 on a rectangle field where the players can score from anywhere. First team to ten is the winning team. If you have enough teams, make it a round robin tournament.

#### **Coaching Points:**

1. *Size of the field is vital. The players must feel confident that they can score from anywhere. If they do they will take lots of shots and therefore lots of coachable moments will arise.*
2. *Stress technique throughout the game.*
3. *Encourage the players to shoot at the earliest opportunity.*

## WEEK 8 - Instep Striking Two

### WARM UP - Expert Knock Out

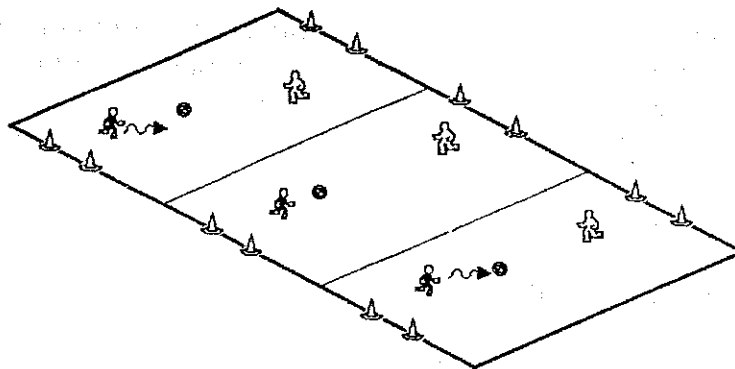
All players moving around in the square with a ball. When coach says "knock out" they try and use their ball to knock any of their teammates balls out of the square. They can only do this by playing their own ball against their teammates. Once out of the square the only way back in is by doing a set number of juggles.

#### **Coaching Points:**

1. Unless the players dribble with their heads up they will never know when their teammates have lost control of their balls.
2. Once they see a teammate has lost control of their ball encourage them to try and knock the ball out (try using the first one to knock three balls out is the winner if you find they are not shooting at each others balls).

### Practice 2 - One v One Ladder

Using cones mark out area as shown below:



Players X starts the game with the ball. They play it to Y and then become the defender. Players score by playing the ball through their opponent's goal. There is no out of bounds. The player who is the first one to three is the winner of the game. If you win you move up the ladder. Lose and you move down.

#### **Coaching Points:**

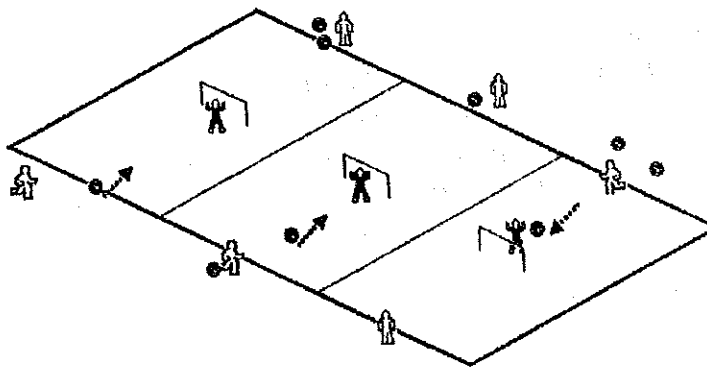
1. Encourage the players to play high-pressure defense always.
2. Encourage the players to use the moves that you have taught them to create space in for a shot.
3. Use this game to develop an attitude where players always attack space.
4. Use individual juggling as the break up activity.

### Practice 3 - Two v Two

Use exactly the same set up as above but with two players playing against two players. All the same rules and guidelines apply.

### Practice 4 - The Golden Cleat Game

Divide the players into groups of three and use cones to set them up as shown below:



Y starts the practice with a ball. With the ball stationary he shoots on goal. If he scores the ball goes through to X. X shoots and the sequence begins again. If the goalkeeper saves a shot he turns and feeds the ball to the player behind him. The first player to score five goals gets to choose who goes in goal next.

#### **Coaching Points:**

1. *Throughout the practice correct technique.*
2. *Each time the goalkeeper changes the chosen technique should change, for example;*
  - a. *Stationary ball - strongest foot.*
  - b. *Stationary ball - weakest foot.*
  - c. *Ball rolling away strongest foot.*
  - d. *Ball rolling away weakest foot*
  - e. *Ball rolling toward strongest.*
  - f. *Ball rolling toward weakest.*

### Practice 5 - Wembley

Give each player a teammate. Together they have to compete against all the other players and attempt to score. The game becomes a knockout competition. The last two to score in each round get eliminated from the tournament. Play to one goal with large groups, i.e. more than four pairs competing play with two balls at once.

**Coaching Points:**

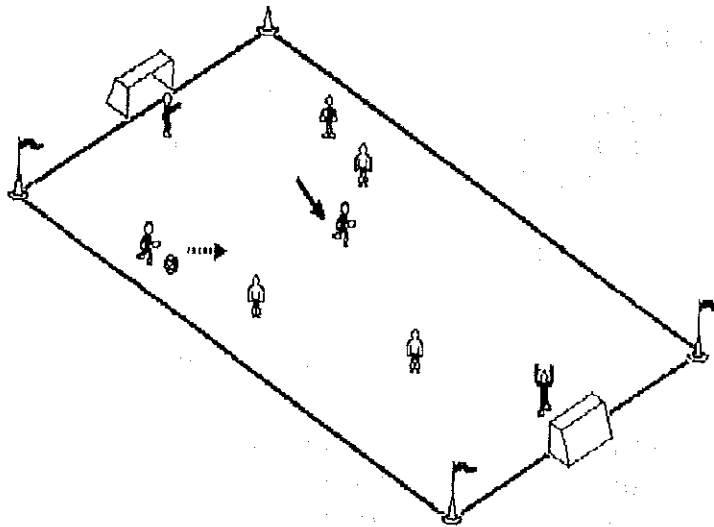
1. Encourage them to take the opportunity and the responsibility to shoot.
2. Give players eliminated something constructive to do - e.g. juggling or practicing moves.

**Practice 6 - Small Sided Games**

Play 4v4 or 5v5 on a rectangular field where the players can score from anywhere. First team to ten goals are the winning team. If you have enough teams, make it a round robin tournament.

**Coaching Points:**

1. Size of the field is vital. The players must feel confident that they can score from anywhere if they do they will take lots of shots and therefore lots of coachable moments will occur throughout the game.
2. Through the game stress technique.
3. Encourage the players to shoot as soon as the opportunity allows.



## **WEEK 9 - An Introduction to heading and bringing it all together**

### **Practice 1 - Nine Lives**

Players move around inside the square with a ball each. When coach says freeze they have to stop straight away. Failure to do so leads to players losing one of their lives. Players also lose lives if their ball leaves the square, they move too slowly or their ball hits any other player. After 5 minutes let them earn lives back by being in the biggest space when you say freeze, or by performing any move which you give them at the quickest speed. If the coach says inside-outside the player working the hardest gets a life back. After ten minutes the player with the most lives is the winner. Any player who gets down to zero lives needs nine juggles to get back in the game.

#### **Coaching Points:**

1. *Head up.*
2. *Three touches, do a move, then switch feet.*
3. *Encourage high intensity.*

### **Practice 2 - Expert Knock Out**

All players moving around in the square with a ball. When coach says "knock out" the players try and use their ball to knock any of their teammates balls out of the square. They can only do this by playing their own ball against their teammate's ball. Once out of the square the only way back in is by doing a set number of juggles with their head.

#### **Coaching Points:**

1. *Unless they dribble with their heads up they will never know if and when their teammates have lost control of their balls.*
2. *Once they see a teammate has lost control encourage them to try and knock the ball out. (try using the first one to knock three balls out is the winner if you find they are not shooting at each others balls).*
3. *As they do the juggles assess their heading technique.*

### **Practice 3 - Target Juggling (Head Only)**

Give the players a target of say ten juggles to do with their head only. Before they begin, demonstrate the correct technique.

#### **Coaching Points:**

1. *Begin with players holding the ball in their hands. They simply have to hit the ball with their forehead. Stress eyes open - contact with forehead - mouth closed.*
2. *Self feed - Then throw it up for themselves and attempt one juggle.*