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**Fitness**

<b>Topic:</b>	<b><i>Fitness - 1</i></b>			
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	4 - 7	<b>Fitness:</b> 5
<b>Set Up:</b>				
<b>Description:</b>	<p>Players X1, X2, X3 and X4 all have a ball</p> <ol style="list-style-type: none"> <li>1) Player O runs to cone A, X1 throws the ball, O heads it back and returns to the central cone</li> <li>2) Repeat with X2 who plays a pass which O returns with 1 touch</li> <li>3) Repeat with X3 who throws the ball which O volleys back</li> <li>4) Repeat with X4 as for X2</li> <li>5) Repeat the sequence as many times as required with player O</li> <li>6) Swap players positions and repeat</li> </ol> <p>Player O always returns to and touches the central cone after each play.</p> <p>Players throwing ball should do so as for a throw-in.</p> <p>Variations:          Increase the number of feeding players          Have 2 or 3 working at the same time</p>			
<b>Coaching Points:</b>				



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<b>Topic:</b>	<b><i>Fitness - 2</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	4 – 6 + GK
<b>Fitness:</b>	5		
<b>Set Up:</b>			
<b>Description:</b>	<ol style="list-style-type: none"> <li>1) Player X1 passes to server S</li> <li>2) X1 overlaps server and collects return pass</li> <li>3) X1 runs wide and crosses ball</li> <li>4) X2 attacks cross</li> <li>5) X1 and X2 return to back of queue</li> <li>6) Swap players positions and repeat</li> </ol> <p>Progression 1 - Add defender D</p>		
<b>Coaching Points:</b>	Timing of X2 run to meet cross		



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<b>Topic:</b>	<b><i>Fitness - 3</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	4 – 6
<b>Fitness:</b>	5		
<b>Set Up:</b>			
<b>Description:</b>	<ol style="list-style-type: none"> <li>1) O1 and O2 pass to X1 and X2</li> <li>2) X1 and X2 control the ball and return the pass</li> <li>3) X1 and X2 exchange places touching furthest cone before receiving the next pass (X1 touches B, X2 touches A)</li> </ol> <p>Repeat 10 times and swap roles between X and O</p> <p>Progression 1 – Introduce one touch constraint          Progression 2 – Serve ball as throw-in and return with header          Progression 3 – Serve ball as throw-in control and return on the ground          Progression 4 – Both pairs of players switch positions after completing pass</p>		
<b>Coaching Points:</b>	First Touch		



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<b>Topic:</b>	<b><i>Fitness - 4</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b> 3	<b>Fitness:</b> 5
<b>Set Up:</b>			
<b>Description:</b>	<ol style="list-style-type: none"> <li>1) X2 plays a short pass for X1</li> <li>2) X1 sprints across and makes a return pass to X2</li> <li>3) X3 plays a short pass for X1</li> <li>4) X1 sprints across and makes a return pass to X3</li> </ol> <p>If X1 makes a poor return pass they must do an extra repetition</p> <p>Repeat 10 times and swap roles</p> <p>Progression: Time to completed 10 passes and return</p>		
<b>Coaching Points:</b>			



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<b>Topic:</b>	<b><i>Fitness - 5</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	6 - 12
<b>Fitness:</b>	5		
<b>Set Up:</b>			
<b>Description:</b>	<p>A: X1 sprints to X2 when she crosses the line X2 sprints back. Relay continues until players are in their starting positions</p> <p>Progression: X1 Passes to X2 and sprints after the pass. X2 returns the pass to X3 and follows it. Relay continues until players are in their starting positions.</p> <p>B: X1 sprints and touches cone B, when she touches the cone X2 sprints back to cone A. Relay continues until players are in their starting positions</p> <p>Progression:</p> <ol style="list-style-type: none"> <li>1) X1 runs with the ball and passes to X2 after passing the middle cones. X2 returns running with the ball. Relay continues until players are in their starting positions.</li> <li>2) X1 sprints and touches cones D, E C and B in sequence. When she touches cone B, X2 repeats the sequence in the opposite direction. Relay continues until players are in their starting positions</li> <li>3) Repeat 2 but player dribbles ball around cones D, C and E</li> <li>4) X1 and X2 run simultaneously to cone C touch it and return to touch cones A and B respectively. X3 and X4 repeat. Play continues until the last player is back.</li> <li>5) Repeat 4 but player dribbles a ball and turns with it at cone C.</li> </ol>		
<b>Coaching Points:</b>			



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<b>Topic:</b>	<b><i>Fitness - 6</i></b>			
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	Teams of 3 - 4	<b>Fitness:</b> 5
<b>Set Up:</b>				
<b>Description:</b>	<ol style="list-style-type: none"> <li>1. X1 sprints to cone E, touches it and returns. When she touches cone A X2 starts. Relay continues until all players have finished.</li> <li>2. As 1 but player runs with a ball and must take it around cone E</li> <li>3. X1 sprints to cone B, touches it and returns to touch cone A. She then sprints to cones C and D in turn, returning to touch cone A each time. Relay continues until all players have completed the shuttle.</li> <li>4. As 3 but include cone E</li> <li>5. As 3 but player dribbles a ball and turns after passing each cone</li> <li>6. As 5 but include cone E</li> <li>7. Relay with players running around cones B, C, D and E</li> <li>8. As 7 but player dribbles a ball which must pass around cones B, C, D and E</li> </ol>			
<b>Coaching Points:</b>				



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<b>Topic:</b>	<b><i>Fitness - 7</i></b>			
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	Teams of 8 - 12	<b>Fitness:</b> 5
<b>Set Up:</b>				
<b>Description:</b>	<ol style="list-style-type: none"> <li>1. X1 runs length of pitch with ball and shoots.</li> <li>2. As soon as X1 shoots O1 runs length of pitch in other direction</li> <li>3. X3 attempts to recover and prevent O1 from scoring</li> <li>4. As soon as O1 shoots X2 sets off and O1 defends</li> </ol>			
<b>Coaching Points:</b>				





**Basic Technique**

<b>Topic:</b>	<b><i>Dribbling - 1</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	4 - 6
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 dribbles ball around Cone A using the nominated technique and passes to X2 who repeats the process in the opposite direction.</p> <p>Techniques:          Mathews          Step Over          Double Touch</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Mathews – Touch ball inside with toe before moving away with outside of the same foot</li> <li>✓ Bend knee, drop shoulder and accelerate</li> <li>✓ Step Over – Letter C inside to out. Bend Knee and accelerate</li> <li>✓ Double touch – Swivel hips pass toe to toe and accelerate</li> </ul>		



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<b>Topic:</b>	<b><i>Dribbling - 2</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	3 - 4
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<p>A: X attempts to reach either cone A or B with the ball before defender D by feinting and moving the ball from side to side. Neither player may cross the line AB</p> <p>Progression 1: Allow X option of beating D and scoring in goal CD</p> <p>Progression 1 (B) Introduce a second attacker and give X1 option of passing or beating defender. Defender must challenge in the first 10x10 grid.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Unbalance opponent with sudden changes of direction</li> <li>✓ Unbalance opponent by feinting movements without playing the ball</li> <li>✓ Unbalance opponent by moving ball from side to side</li> <li>✓ When to pass and when to dribble</li> </ul>		



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<b>Topic:</b>	<b><i>Dribbling - 3</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	6 - 8
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>A</p> </div> <div style="text-align: center;"> <p>B</p> </div> </div>			
<b>Description:</b>	<p>A: X1 receives pass from server and attempts to score as defender D1 attempts to close down. Alternate sides.</p> <p>B: X1 passes to X2 who passes to X3. X3 starts tight on D1, comes off D1 who must stay in semi-circle until X3 touches ball and can then defend.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Observe space and defender</li> <li>✓ Attack with pace but with ball under control</li> <li>✓ Control ball forward</li> <li>✓ Decision to dribble or shoot</li> <li>✓ Quality of finish</li> </ul>		



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<b>Topic:</b>	<b><i>Running with the ball - 1</i></b>		
<b>Duration</b>	10 minutes	<b>Number of Players:</b>	4 - 6
<b>Fitness:</b>	4		
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 runs with ball and passes to X2 through small goal AB before joining queue behind X2.</p> <p>Progression: introduce defenders to pressure runners. Defenders can move as soon as attacker touches the ball</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ On toes ready to receive pass</li> <li>✓ First touch out from under feet</li> <li>✓ Head up</li> <li>✓ Use laces</li> <li>✓ Long touches (6- 8 yards)</li> <li>✓ Keep a straight line</li> </ul>		



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<b>Topic:</b>	<b><i>Running with the ball - 2</i></b>		
<b>Duration</b>	10 minutes	<b>Number of Players:</b>	4 - 6
<b>Fitness:</b>	4		
<b>Set Up:</b>			
<b>Description:</b>	<p>Attackers X1, X2, X3 and X4 must complete 3 passes before one of them runs to the far end of the grid and combines with X5, X6 and X7 to complete 3 passes and repeat the process.</p> <p>Defenders D1 and D2 apply pressure. The closest defender to the attacker making the break chases them to apply pressure while they are running with the ball.</p> <p>An alternative is to have 3 attackers and 1 defender at each end who does not leave the end section</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ On toes ready to receive pass</li> <li>✓ First touch out from under feet</li> <li>✓ Head up</li> <li>✓ Use laces</li> <li>✓ Long touches (6- 8 yards)</li> <li>✓ Keep a straight line</li> <li>✓ Pass played into space in front of runner</li> </ul>		



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<b>Topic:</b>	<b>Heading - Basics</b>		
<b>Duration</b>	10 minutes	<b>Number of Players:</b> 2	<b>Fitness:</b> 1
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 heads the ball out of her hands to X2 who returns it in the same way</p> <p>Progression</p> <ol style="list-style-type: none"> <li>1) Player jumps and heads ball out of hands</li> <li>2) Receiver attempts to head the ball over the server's head</li> <li>3) Receiver attempts to head ball through server's legs</li> </ol>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Eye on the ball</li> <li>✓ Move into line</li> <li>✓ Contact under the mid line of the ball for defensive header to get height and distance</li> <li>✓ Contact above the mid line of the ball for attacking header to head ball down</li> <li>✓ Use forehead</li> </ul>		



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<b>Topic:</b>	<b><i>Heading - Defensive Heading</i></b>		
<b>Duration</b>	10 minutes	<b>Number of Players:</b>	3
		<b>Fitness:</b>	2
<b>Set Up:</b>			
<b>Description:</b>	X2 serves the ball to X1 who heads it over X2 to X3. X1 runs to X3. X3 runs to X2. X2 runs to X1 and the process repeats.		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Eye on the ball</li> <li>✓ Move into line</li> <li>✓ Contact under the mid line of the ball</li> <li>✓ Use forehead</li> <li>✓ Height and distance</li> </ul>		



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<b>Topic:</b>	<b>Heading - Attacking Heading</b>		
<b>Duration</b>	10 minutes	<b>Number of Players:</b>	4
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 serves the ball to X2 who heads it past D1 and D2 to score. A point is scored if defenders can't stop the ball with their head or chest. Attackers and defenders swap after each play.</p> <p>Progression: Defenders can stop the ball with any part of their body.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Eye on the ball</li> <li>✓ Contact over the mid line of the ball</li> <li>✓ Use forehead</li> <li>✓ Head ball down</li> </ul>		





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<b>Topic:</b>	<b>Heading – 5 v 5</b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	10 - 12
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 serves the ball to X4 who heads it to X3 who catches it. A goal is scored by heading the ball over the opponent's end line.</p> <p>If the ball touches the ground possession switches to the defending team. Defending player's can only intercept the ball with their head</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Movement off the ball</li> <li>✓ Quality of header</li> <li>✓ Communication</li> </ul>		



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<b>Topic:</b>	<b><i>Passing – Short Passing</i></b>		
<b>Duration</b>	15 minutes	<b>Number of Players:</b> 2	<b>Fitness:</b> 1
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 passes to X2 who controls the ball and plays a return pass. The receiver should use her first touch to set up the return pass. There is a 2-touch constraint.</p> <p>Progression:</p> <ol style="list-style-type: none"> <li>1) Receive with inside of foot and return with inside of same foot</li> <li>2) Receive with inside of foot and return with inside of other foot</li> <li>3) Receive with outside of foot and return with inside of same foot</li> <li>4) Receive with inside of foot and return with outside of same foot</li> </ol>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Kicking foot turned outwards contact with side of foot</li> <li>✓ Ankle firm</li> <li>✓ Contact through the centre line of the ball</li> <li>✓ Head steady</li> <li>✓ Eyes looking down at the ball</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Passing – Long Lofted Pass –1</i></b>		
<b>Duration</b>	15 minutes	<b>Number of Players:</b>	4
<b>Set Up:</b>			
<b>Description:</b>	<p>O1 passes to X1 who controls the ball and hits a long lofted pass to X2. X2 receives the pass and then exchanges passes with O2 before hitting a long pass to X1.</p> <p>O1 and O2 are confined to the middle two squares and should threaten the line of flight, forcing the passer to get the ball in the air</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Contact through bottom half of the ball</li> <li>✓ 2 o'clock approach</li> <li>✓ Strike with inside of foot</li> <li>✓ Firm ankle on contact</li> <li>✓ Relax</li> <li>✓ Allow for swerve</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Passing – Low Driven Pass</i></b>		
<b>Duration</b>	15 minutes	<b>Number of Players:</b>	2
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 hits a pass to X2 who receives the pass and makes a return pass. Players should pass with both feet</p> <p>Progression: Players attempt to swerve ball around centre cone using both inside and outside of the foot</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Strike ball with laces toe pointing down</li> <li>✓ Contract through vertical line of ball</li> <li>✓ Non striking foot alongside the ball</li> <li>✓ Head steady</li> <li>✓ Eyes looking down at the ball</li> <li>✓ Strike side of ball to impart swerve</li> <li>✓ Use when power is needed or when running with the ball</li> </ul>		



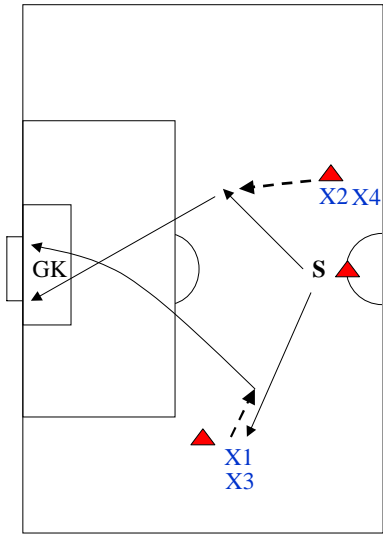
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<b>Topic:</b>	<b><i>Passing – Long Lofted &amp; Low Driven Pass Opposed</i></b>		
<b>Duration</b>	15 minutes	<b>Number of Players:</b>	3 Teams of 4
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<p>The X player must complete 3 passes between themselves before completing a pass to one of the O players. One defender D1 is allowed into the square with the ball to pressure the players in possession. The remaining D players try to intercept the pass. As soon as the pass is completed D1 must leave the end area and another defender can enter the area at the other end to pressure the O players</p> <p>If the possession is lost, the team conceding possession change places with the defending team.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ First touch</li> <li>✓ Communication</li> <li>✓ Strike correct area of ball (Below centre line for lofted)</li> <li>✓ Correct approach (angle for lofted, straight for driven)</li> <li>✓ Strike with inside of foot (lofted) or laces (driven)</li> </ul>		



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<b>Topic:</b>	<b>Shooting - Low Driven Shot</b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	GK + 6 - 8
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<p>Server S1 plays alternate passes to X1 and X2 who take a touch and attempt to score by driving a shot low inside the far post.</p> <p>Progression:          Service from servers S2 and S3.          Strike with weaker foot.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ First touch and check position of goalkeeper</li> <li>✓ Correct approach</li> <li>✓ Strike with laces</li> <li>✓ Head down and knee over the ball</li> </ul>		

<b>Topic:</b>	<b><i>Shooting - Driven and Curled Shots</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	GK + 6 - 8
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<p>Server S plays alternate passes to X1 and X2.</p> <p>X1 takes a touch inside and attempts to score in top right corner with a lofted curled shot.</p> <p>X2 takes a touch and attempts to score by driving a shot low inside the far post</p> <p>Progression: When X1 shoots X2 follows in for rebound and visa versa. Switch to opposite sides and strike with left foot</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ First touch and check position of goalkeeper</li> <li>✓ Strike correct area of ball (Below centre and outside line for lofted)</li> <li>✓ Correct approach (angle for lofted, straight for driven)</li> <li>✓ Strike with inside of foot (lofted) or laces (driven)</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b>Shooting - 4 v 4</b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	2GK + 8
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	X1, X2 and X3 combine and attempt to score by shooting from their own half under pressure from O4. X4 can score from rebounds. Players should be encouraged to shoot at the earliest opportunity.		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ First touch and check position of goalkeeper</li> <li>✓ Strike correct area of ball (Below centre and outside line for lofted)</li> <li>✓ Correct approach (angle for lofted, straight for driven)</li> <li>✓ Strike with inside of foot (lofted) or laces (driven)</li> <li>✓ Follow up shots</li> </ul>		





**Defending**

<b>Topic:</b>	<b><i>Defending 1 v 1(attacker facing the goal)</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	2 - 4
<b>Fitness:</b>	4		
<b>Set Up:</b>			
<b>Description:</b>	Defender D passes to attacker X1 who attempt to beat D and score in goal A Progression 1 – Change objective for X1 to score in either B or C		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Position between attacker and the goal</li> <li>✓ Approach attacker quickly while ball is moving</li> <li>✓ Slow approach when attacker has the ball</li> <li>✓ Body shape and balance slightly crouching &amp; sideways on</li> <li>✓ Watch ball not attacker</li> <li>✓ Stab ball away rather than block against attacker's legs</li> <li>✓ Delay the attacker – time favours the defending team</li> <li>✓ Time tackle – wait for opportunity</li> <li>✓ Stay on feet and don't dive in</li> <li>✓ Feint tackle to gain the initiative</li> <li>✓ Force attacker in one direction</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Defending 2 v 1(attacker facing the goal)</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	3 - 6
<b>Fitness:</b>	3		
<b>Set Up:</b>			
<b>Description:</b>	Defender D1 passes to attacker X1 who attempt to score in goal A		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ D1 body shape to force attacker wide</li> <li>✓ D2 position covering D1 to challenge X1 if D1 is beaten</li> <li>✓ Distance D2 from D1: <ul style="list-style-type: none"> <li>○ Further away if away from defended goal to reduce chance of X1 beating both defenders with the same move</li> <li>○ Further away if attacker is quick or covering defender is slow</li> <li>○ Closer if nearer defended goal</li> </ul> </li> <li>✓ Communication (force down line) from covering player</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Defending – Preventing the opponent from turning (1)</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	4 - 6
<b>Fitness:</b>	4		
<b>Set Up:</b>			
<b>Description:</b>	Server S1 passes to attacker X1 who attempt to turn and complete a pass to S2. Reverse with S2 acting as server.  Rotate Server, Attacker and Defender roles.		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ D should mark the space behind X1 and not allow the ball to be played behind her</li> <li>✓ D should make up ground while the ball is travelling to X1</li> <li>✓ Position close enough to X1 to prevent her turning</li> <li>✓ Watch the ball not the attacker</li> <li>✓ Be patient</li> <li>✓ Select right moment to tackle – when X1 is half-turned</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Defending – Preventing the opponent from turning (2)</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	8
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<p>X1, X2, X3 and X4 attempt to pass into X5 or X6 who get 1 points for passing to another player outside the square and 3 points for passing to the other attacking player inside the box.</p> <p>X1 - X4 are not allowed to receive the ball inside the square.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ D1 and D2 should mark the space behind X5 and X6 and not allow the ball to be played behind them</li> <li>✓ D1 or D2 should make up ground while the ball is travelling to X1 or X2</li> <li>✓ Position close enough to X1 or X2 to prevent her turning</li> <li>✓ Second defender should move into supporting position</li> <li>✓ Supporting defender should encourage closing player to force attacker into cover</li> <li>✓ Use of body shape to force attacker into cover</li> <li>✓ Watch the ball not the attacker</li> <li>✓ Be patient</li> <li>✓ Select right moment to tackle – when attacker is half-turned</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Defending 3 v 3</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	8 - 9
<b>Fitness:</b>	4		
<b>Set Up:</b>			
<b>Description:</b>	<p>Servers S1 and S2 serve to attackers X1, X2 and X3 who attempt to combine and score.</p> <p>Rotate Server, Attacker and Defender roles.</p> <p>Player closing down shouts 'One'; next covering player shouts 'Two'.</p> <p>Allow defenders to score points by winning possession and returning ball to one of the servers</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Player nearest the ball closes down the attacker in possession</li> <li>✓ Other defenders assume covering positions</li> <li>✓ Communication</li> <li>✓ Body position to keep attackers and ball in view</li> <li>✓ Recovering Defenders recover towards goal</li> <li>✓ Mark the space and do not allow the ball to be played in behind</li> <li>✓ Make up ground while the ball is travelling and prevent attackers turning</li> <li>✓ Force attackers wide and across the field</li> <li>✓ Keep play predictable</li> <li>✓ GK positioning to cover space behind defenders</li> <li>✓ Play narrow when defending, pull wide when in possession</li> <li>✓ Push out when GK has possession</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Defending 3 v 4</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	7
<b>Fitness:</b> 4			
<b>Set Up:</b>			
<b>Description:</b>	Defenders pass ball to attackers who attempt to score in defender's small goals. Offside law applies.  Allow defenders to score points by winning possession and scoring in one of the attacker's goals		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Player nearest the ball closes down the attacker in possession</li> <li>✓ Other defenders assume covering positions</li> <li>✓ Communication</li> <li>✓ Body position to keep attackers and ball in view</li> <li>✓ Mark the space and do not allow the ball to be played in behind</li> <li>✓ Force attackers wide and across the field</li> <li>✓ Keep play predictable</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Defending 6 v 6</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	12
		<b>Fitness:</b>	4
<b>Set Up:</b>			
<b>Description:</b>	Begin play with a structured start O3 passes to X3 who passes to opposing goalkeeper and play is then live.		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Player nearest the ball closes down the attacker in possession</li> <li>✓ Other defenders assume covering positions</li> <li>✓ Communication</li> <li>✓ Body position to keep attackers and ball in view</li> <li>✓ Recovering Defenders recover towards goal</li> <li>✓ Mark the space and do not allow the ball to be played in behind</li> <li>✓ Make up ground while the ball is travelling and prevent attackers turning</li> <li>✓ Force attackers wide and across the field</li> <li>✓ Keep play predictable</li> <li>✓ GK positioning to cover space behind defenders</li> <li>✓ Play narrow when defending, pull wide when in possession</li> <li>✓ Push out when GK has possession</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Defensive Positioning for 4 4 2</i></b>		
<b>Duration</b>	10 minutes	<b>Number of Players:</b>	9
<b>Fitness:</b>			1
<b>Set Up:</b>			
<b>Description:</b>	X1 starts with the ball and defenders adjust their positions. Ball is then moved to attacker X2 and defenders again adjust position. X3 and X4 in possession are equivalent to X1 and X2		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Player nearest the ball closes down the attacker in possession</li> <li>✓ Other defenders assume covering positions</li> <li>✓ Defender on weak side is further from attackers as she has more time to adjust her position while the ball is travelling</li> <li>✓ When the ball is in the central zone there is a single line of covering and therefore offside can be played</li> <li>✓ When the ball is wide there are 2 lines of covering and offside should not be played</li> </ul>		





**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Defending - Applying Off-Side Equal Numbers</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	6 + GK
		<b>Fitness:</b>	1
<b>Set Up:</b>			
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><b>A</b></p> </div> <div style="text-align: center;"> <p><b>B</b></p> </div> </div>			
<b>Description:</b>	<p>Attackers X1, X2 and X3 combine and attempt to score against defenders D1, D2 and D3. X1 should be encouraged to attack quickly and not pass until there is a scoring opportunity. Introduce a recovering defender if attackers do not attack quickly enough.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ D1, D2 and D3 back off to try and gain time (A)</li> <li>✓ Timing of attack by defenders (B)</li> <li>✓ Positioning of defenders (B)</li> <li>✓ Positioning of goalkeeper (B)</li> <li>✓ Communication</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Defending - Applying Off-Side Defensive Inferiority in Numbers</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	5 + GK
		<b>Fitness:</b>	1
<b>Set Up:</b>			
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p><b>A</b></p> </div> <div style="text-align: center;"> <p><b>B</b></p> </div> </div>			
<b>Description:</b>	<p>Attackers X1, X2 and X3 combine and attempt to score against defenders D1 and D2. X1 should be encouraged to attack quickly and not pass until there is a scoring opportunity. Introduce a recovering defender if attackers do not attack quickly enough.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Defenders back off to try and gain time (A)</li> <li>✓ Timing of attack by defenders (B)</li> <li>✓ Positioning of defenders (B)</li> <li>✓ Positioning of goalkeeper (B)</li> <li>✓ Communication</li> </ul>		



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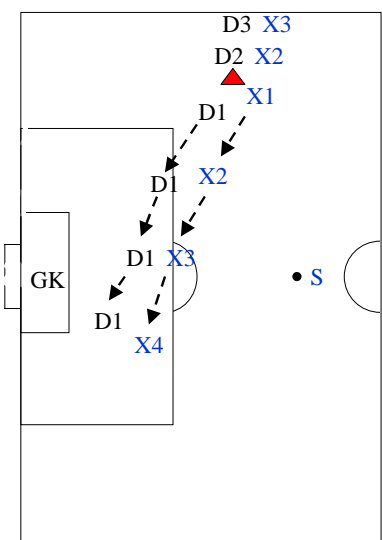
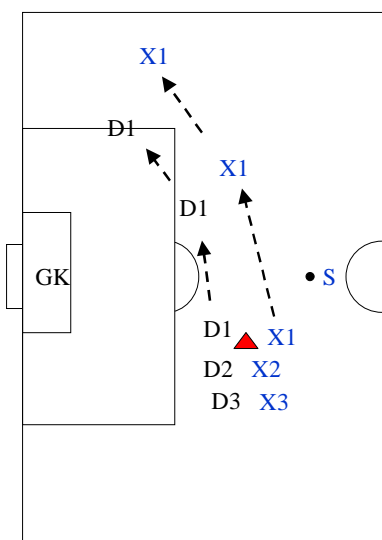
<b>Topic:</b>	<b><i>Retreating from a goalside position 1 v 2</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	5-7
		<b>Fitness:</b>	3
<b>Set Up:</b>			
<b>Description:</b>	Server S passes to X1 or X2 who combine and attempt to score		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Defender should delay the attack by retreating as slowly as possible</li> <li>✓ Defender's line of retreat should block the attacker in possession's route to goal. This may be a zigzag line if attackers exchange passes</li> <li>✓ Defender should force passes to be made in front of her, not behind</li> <li>✓ Defender should always turn towards the play</li> <li>✓ Defender should keep both attackers and ball in view</li> <li>✓ Defender should adjust speed of retreat to maintain space between herself and the attackers</li> <li>✓ When the retreat has to stop the defender should draw the shot from the least favourable position</li> </ul>		



<b>Topic:</b>	<b><i>Recovering from a position on the wrong side of the ball</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	5-10
<b>Fitness:</b>	3		
<b>Set Up:</b>			
<p>The left diagram shows a 2v2 setup. A goal is 10m wide and 40m high. A server S is positioned in front of the goal. Two attackers, X1 and X2, are positioned on either side of the goal. A defender, D2, is positioned in front of the goal. A dashed arrow indicates the ball's path from S to X1 or X2. The right diagram shows a 5v5 progression. A server S is positioned in front of the goal. Five attackers, X1, X2, X3, X4, and X5, are positioned on either side of the goal. Five defenders, D1, D2, D3, D4, and D5, are positioned in front of the goal. A dashed arrow indicates the ball's path from S to X1, X2, or X3.</p>			
<b>Description:</b>	<p>2 v 2 (left diagram) Server S passes to X1 or X2 who combine and attempt to score. Defender D2 attempts to recover as soon as an attacker touches the ball</p> <p>Progression 5 v 5 (right diagram) Server S passes to X1, X2 or X3 who combine with X4 and X5 and attempt to score. Defenders D4 and D5 attempt to recover as soon as an attacker touches the ball</p>		
<b>Coaching Points:</b>	<p>Note: for goalside defenders coaching points are same as retreating from a goalside position 1 v 2</p> <p>For recovering defender:</p> <ul style="list-style-type: none"> <li>✓ Recover quickly when the defenders on the goal side of the ball are outnumbered</li> <li>✓ Players on the flank recover towards the near post</li> <li>✓ Players in the centre recover towards the penalty spot</li> <li>✓ Make a decision when goalside <ul style="list-style-type: none"> <li>○ Challenge opponent with the ball</li> <li>○ Cover defender challenging opponent with the ball</li> <li>○ Mark an opponent</li> <li>○ Occupy important space goalside</li> </ul> </li> <li>✓ Communication from goalside defenders</li> <li>✓ Don't recover too far behind the ball</li> <li>✓ Don't relax when goalside - concentrate</li> </ul>		



<b>Topic:</b>	<b><i>Tracking Cross Field Runs</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	6
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>A</p> </div> <div style="text-align: center;"> <p>B</p> </div> </div>			
<b>Description:</b>	<p>Tracking cross-field runner with the ball (A)          Attacker X1 runs with the ball and is tracked by defender D1. X1 passes to X2 who runs back across field tracked by D2</p> <p>Progression 1: Tracking crossover runs (B)          X2 has the ball. Attackers X1 and X2 attempt a crossover with the ball. Defenders D1 and D2 mark them. If defenders cross, X2 passes into space for X3 to attack</p> <p>Progression 2: S has the ball. X1 and X2 make runs without the ball. If defenders cross, S passes into space for X3 to attack</p>		
<b>Coaching Points:</b>	<p>A:</p> <ul style="list-style-type: none"> <li>✓ Defender should stay goal side</li> <li>✓ Defender does not retreat giving space for attacker to run at the goal or attack with a pass</li> </ul> <p>B:</p> <ul style="list-style-type: none"> <li>✓ Defenders should not cross because when they are in-line space is created on either side which X3 can attack</li> <li>✓ Defenders should retreat slightly and keep both X1 and X2 in view</li> <li>✓ Communication</li> </ul>		

<b>Topic:</b>	<b><i>Tracking Diagonal Runs</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	6
<b>Fitness:</b>			2
<b>Set Up:</b>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p><b>A</b></p>  </div> <div style="text-align: center;"> <p><b>B</b></p>  </div> </div>		
<b>Description:</b>	<p>Tracking diagonal run from flank to centre (A)          Attacker X1 makes a diagonal run is tracked by defender D1. S passes to X1 if there is a possibility for her to get a shot at goal</p> <p>Tracking diagonal run from centre to flank (B)          Attacker X1 makes a diagonal run is tracked by defender D1. S passes to X1 if there is a possibility for her to get a shot at goal or cross</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Defender should stay goal side while tracking the runs</li> <li>✓ Defender should keep opponent and ball in view</li> <li>✓ Defender should not get too tight and allow a pass into the space behind them – mark the space and close down as the ball is travelling</li> </ul>		



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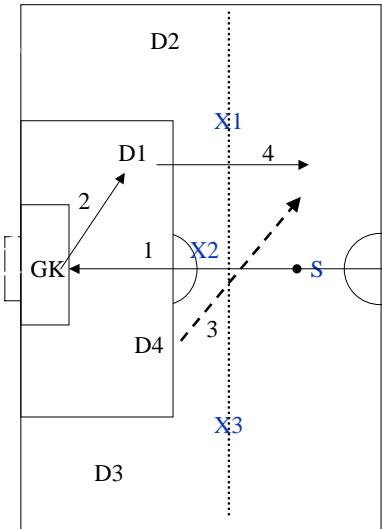
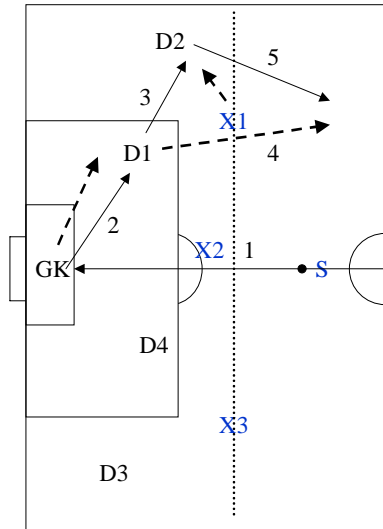
<b>Topic:</b>	<b><i>Defending balls played into the penalty area</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	6 - 10
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<p>Server S passes to either X1 or X2 who crosses the ball into the penalty area from different positions within the coned area and a varying heights. Defenders D1 and D2 attempt to clear.</p> <p>Progression: Introduce a second attacker.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Defender should attack the ball</li> <li>✓ Defenders should meet the ball at the highest point in it trajectory</li> <li>✓ Defender should get height on clearance</li> <li>✓ Defender should get distance on clearance</li> <li>✓ Defender should get width on clearance</li> <li>✓ Communication from the goalkeeper</li> <li>✓ Defenders should push out after making a clearance</li> </ul>		



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<b>Topic:</b>	<b><i>Defending Corner Kicks</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	11 - 22
<b>Fitness:</b>	1		
<b>Set Up:</b>			
<b>Description:</b>	<p>Attackers X1 and X2 play in a series of alternate corners. Defenders have to reorganise as the direction from which the corner is played.</p> <p>Progression: Introduce attacking players</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ GK stands halfway across the goal. Body position allows her to see kicker and movement in penalty area</li> <li>✓ D1 stands 10yds from kicker and moves as kick is taken to distract the kicker</li> <li>✓ D2 covers near post 1yd off line and 1yd in front of post and covers the space in front of her. If the keeper comes for the cross she tucks in by the post to defend the line</li> <li>✓ D3 stands by far post defending the goal line</li> <li>✓ D4 and D5 defend the space in front of them and attack near post crosses</li> <li>✓ D6 and D7 make aerial changes challenges for far-post balls</li> <li>✓ D8 and D9 defend the area between the 6yd box and the edge of the penalty area. D8 should close down short corner played to X3</li> <li>✓ D10 remains as an outlet and ties down two defenders</li> <li>✓ Defenders push out when they win possession</li> </ul>		



<b>Topic:</b>	<b><i>Playing Out of Defence</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	8
<b>Fitness:</b>			2
<b>Set Up:</b>			
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p><b>A</b></p>  </div> <div style="text-align: center;"> <p><b>B</b></p>  </div> </div>			
<b>Description:</b>	<p>Server S passes to the goalkeeper (1). Defenders D1 – D4 spread out to receive the ball and combine to return the ball to the server under pressure from X1, X2 and X3.</p> <p><b>A:</b>          Goalkeeper passes to D1 (2)          D4 attacks space behind X2 (3)          D1 completes pass to D4 (4)</p> <p><b>B:</b>          Goalkeeper passes to D1 (2)          D1 passes to D2 (3) and X1 moves across to challenge          D1 attacks space behind X1 (4)          D2 completes pass to D1          Note goalkeeper moves out to support D2</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Spacing between D1 –D4 should make marking difficult</li> <li>✓ Movement off the ball</li> <li>✓ Attack space behind opponents</li> <li>✓ Provide support to player with the ball</li> <li>✓ Quality and selection of pass             <ul style="list-style-type: none"> <li>○ Timing release to allow movement of receiver</li> <li>○ Play to feet or to space</li> <li>○ Appropriate pace</li> </ul> </li> </ul>		



**Retaining Possession**

<b>Topic:</b>	<b>Controlling the First Touch 1 – Ball on the Ground</b>		
<b>Duration</b>	10 minutes	<b>Number of Players:</b>	2
<b>Fitness:</b>		<b>Fitness:</b>	2
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 passes to X2 who controls the ball with one touch and returns the pass.</p> <p>Progression:            Control ball with inside of foot and make return pass with the same foot            Control ball with one foot and make return pass with the other foot            Control ball the outside of foot and make return pass with the same foot</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Move into the path of the ball early</li> <li>✓ Receiving players follows the following sequence               <ul style="list-style-type: none"> <li>○ Move controlling surface into path of ball</li> <li>○ Control and make passing angle in a single movement</li> <li>○ Head up to observe position of other player</li> <li>○ Head down and complete the pass</li> </ul> </li> <li>✓ Look up to assess options as ball is travelling</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Controlling the First Touch 2 – Ball in the Air</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	2
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 serves the ball to X2 at various heights. X2 controls the ball with a single touch and makes a return pass. 10 repetitions and reverse roles. X2 may call out receiving surface while the ball is in flight</p> <p>Progression:          Serve ball underarm for X2 to control with foot          Serve ball underarm for X2 to control with thigh          Serve ball underarm for X2 to control with chest          Serve ball underarm for X2 to control with head          Serve mixture of the above</p> <p>As above with ball served as a throw-in</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Move forward into the path of the ball early</li> <li>✓ Select the appropriate controlling surface</li> <li>✓ Rigid surface for wedge control</li> <li>✓ Relaxed surface for cushion control</li> <li>✓ Mentally relaxed</li> </ul>		



<b>Topic:</b>	<b><i>Controlling the First Touch and Awareness</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	4 - 7
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<ol style="list-style-type: none"> <li>1) X1 passes to X2</li> <li>2) X1 follows the pass to the centre</li> <li>3) X2 controls the ball and passes to another player</li> <li>4) X2 moves to a free cone</li> <li>5) X5 passes to X1 and the process repeats</li> </ol> <p>Progression:            Two touch constraint on receiver            Passing player nominates next receiver            As above with ball served as a throw-in            One touch constraint on receiver</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Move forward into the path of the ball early</li> <li>✓ Select the appropriate controlling surface</li> <li>✓ Awareness of team mates positions</li> <li>✓ First touch into space and create angle for pass</li> <li>✓ Quality of pass</li> <li>✓ Movement of player after completing the pass</li> <li>✓ Communication</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Controlling the Ball Under Pressure</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	3
		<b>Fitness:</b>	2
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 serves the ball to X2 at various heights. X2 controls the ball into the space away from the challenging defender D and makes a return pass. 10 repetitions and switch roles.</p> <p>Progression: Vary the pressure on X2 by varying distance of D from X2 along the line AB.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Move towards the ball</li> <li>✓ Selection of appropriate controlling surface</li> <li>✓ Control into space and make passing angle in a single movement</li> <li>✓ Quality of control</li> <li>✓ Quality of return pass</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Receiving the Ball and Turning</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	8
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<p>X1, X2, X3 and X4 attempt to pass into X5 or X6 who get 1 point for returning the ball to the passer, 2 points for passing to another player outside the square and 3 points for passing to the other attacking player inside the box.</p> <p>X1 - X4 are not allowed to receive the ball inside the square.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Movement of X5 and X6 to create space</li> <li>✓ Communication informing decision to turn or not</li> <li>✓ Communication of passing options</li> <li>✓ Control into space and make passing angle in a single movement</li> <li>✓ Quality of pass</li> </ul>		



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<b>Topic:</b>	<b><i>Retaining Possession 3 v 1</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	4
		<b>Fitness:</b>	3
<b>Set Up:</b>			
<b>Description:</b>	<p>X1, X2 and X3 combine to retain possession and prevent defender D from gaining possession.</p> <p>Swap roles on completion of 10 successful passes. Ensure that defender applies pressure.</p> <p>Progression:          Place a one-touch constraint on one of the attacking players          Place a one-touch constraint on all of the attacking players</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ First touch into space and create angle for pass</li> <li>✓ Quality of pass</li> <li>✓ Delay release until defender challenges</li> <li>✓ Disguise intention to wrong foot defender</li> <li>✓ Positioning of players when not in possession</li> <li>✓ Movement of player after completing the pass</li> <li>✓ Communication</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Retaining Possession 4 v 2</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	6
		<b>Fitness:</b>	3
<b>Set Up:</b>			
<b>Description:</b>	<p>X1, X2, X3 and X4 combine to retain possession and prevent defenders D1 and D2 from gaining possession.</p> <p>Attackers score a point by completing a pass between the two defenders</p> <p>Progression:            Place a one-touch constraint on one of the attacking players            Place a one-touch constraint on all of the attacking players</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ First touch into space and create angle for pass</li> <li>✓ Quality of pass</li> <li>✓ Delay release until defender challenges</li> <li>✓ Disguise intention to wrong foot defender</li> <li>✓ Positioning of players when not in possession</li> <li>✓ Movement of player after completing the pass</li> <li>✓ Communication</li> <li>✓ Use of space (movement into central area)</li> </ul>		





**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Awareness and Communication</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	6 - 10
<b>Fitness:</b>	3		
<b>Set Up:</b>			
<b>Description:</b>	<p>Two teams each have a ball. Players move around inside the designated area passing the ball to other members of their own team. While avoiding collision with members of the other team.</p> <p>Progression</p> <ul style="list-style-type: none"> <li>Add a two-touch constraint to all players</li> <li>Add a one-touch constraint to all players</li> <li>Passer nominates player to whom receiver must pass</li> <li>As above with two-touch constraint on all players</li> <li>As above with a one-touch constraint on all players</li> <li>Server S calls a players name and throws a tennis ball to the nominated player who must catch and return it to the server</li> <li>Allow players to challenge for the other team's ball</li> </ul>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Awareness of team mates positions</li> <li>✓ First touch into space and create angle for pass</li> <li>✓ Quality of pass</li> <li>✓ Positioning of players when not in possession</li> <li>✓ Movement of player after completing the pass</li> <li>✓ Communication</li> <li>✓ Use of space (movement into central area)</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Retaining Possession 5 v 5</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	10
		<b>Fitness:</b>	3
<b>Set Up:</b>			
<b>Description:</b>	<p>Team attempt to retain possession of the ball and complete 10 passes to score a point.</p> <p>Progression          Add a two-touch constraint to all players          Add a one-touch constraint to all players</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Awareness of team mates positions</li> <li>✓ First touch into space and create angle for pass</li> <li>✓ Quality of pass</li> <li>✓ Positioning of players when not in possession</li> <li>✓ Movement of player after completing the pass</li> <li>✓ Communication</li> <li>✓ Use of space (movement into central area)</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Retaining Possession - Linking Play</i></b>			
<b>Duration</b>	15 minutes	<b>Number of Players:</b>	3 Teams of 4 or 5	<b>Fitness:</b> 2
<b>Set Up:</b>	<p>The diagram shows a rectangular field 20m wide and 40m long. It is divided into three 15m wide sections by a 10m wide middle section. Four vertical lines are marked with red triangles at the top and bottom. Blue dots represent players: X1, X2, X3, X4, O1, O2, O3, O4, D1, D2, D3, D4. Arrows indicate pass sequences: 1a (X1 to O4), 1b (O4 to D2), 2a (D2 to X4), 2b (X4 to X2), 3a (X4 to O3).</p>			
<b>Description:</b>	<p>The X players must complete 3 passes between themselves before completing a pass to one of the O players. One defender D1 is allowed into the square with the ball to pressure the players in possession. The remaining D players try to intercept the pass. As soon as the pass is completed D1 must leave the end area and another defender can enter the area at the other end to pressure the O players.</p> <p>The ball must not be played above head height.</p> <p>Progression:</p> <p>1) Player O4 enters the middle section to receive a pass from X1 (1a) and plays a return pass (2a) for X4 to play forward (3a). Ball must be played into middle section and back before it can go forward. Only 1 X player is allowed in the centre section at a time.</p> <p>2) Player O4 enters the middle section to receive a pass from X1 (1a) and plays to X2 who overlaps and runs into end section. O4 switches places with X2.</p>			
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ First touch</li> <li>✓ Communication</li> <li>✓ Move ball quickly</li> <li>✓ Movement off the ball</li> </ul>			



**Attacking**

<b>Topic:</b>	<b><i>Attacking 2 v 1</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	4
<b>Fitness:</b>			3
<b>Set Up:</b>			
<b>Description:</b>	<p>Defender D1 passes to X1 who with X2 attempts to score in small goal A. X1 must either take on Defender D1 or combine with X2.</p> <p>Progression          Introduce offside rule          Introduce defender D2 who can recover when X1 touches the ball. Reduce the distance BC to increase the pressure on the attackers.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Attack at speed</li> <li>✓ Either X1 or X2 should attack the space behind D1 – no more than 1 pass in front of the defender</li> <li>✓ Communication</li> <li>✓ Quality of pass or dribble</li> </ul>		



## ACL Soccer Coaching Youth Development Course

<b>Topic:</b>	<b><i>Controlling the Ball with Back to Goal</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	4
		<b>Fitness:</b>	3
<b>Set Up:</b>			
<b>Description:</b>	<p>Server S1 passes to attacker X1 who attempt to turn and complete a pass to S2. Reverse with S2 acting as server.</p> <p>Rotate Server, Attacker and Defender roles.</p> <p>Introduce goal and goalkeeper with emphasis on X1 turning and shooting</p> <p>Progression A)</p> <ol style="list-style-type: none"> <li>1) S1 passes to X1 who has moved into space on flank</li> <li>2) X2 makes a return pass to X1</li> <li>3) X1 attacks the space created by her initial run</li> <li>4) S1 passes into the space ahead of X1</li> </ol> <p>Progression B)</p> <ol style="list-style-type: none"> <li>1) S1 passes to X1 who has moved into space on flank</li> <li>2) S2 attacks the space created by X1</li> <li>3) X1 passes to S1</li> </ol>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Feint to move in one direction, check and move in another direction to receive the pass if attempting to turn the defender</li> <li>✓ X1 creates space by initial movement and changes movement to receive pass in the space created</li> <li>✓ X1 should receive pass on outside foot (furthest from the defender) so body screens ball from opponent</li> </ul> <p>Progressions A and B</p> <ul style="list-style-type: none"> <li>✓ X1 moves more slowly and doesn't check if drawing defender out of position</li> <li>✓ Use sudden change of speed when attacking space</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Cross-over plays</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	3 - 7
<b>Fitness:</b>	2		
<b>Set Up:</b>			
<b>Description:</b>	<p>Defender D1 passes to X1 who makes a crossover play with X2 and attempts to score in small goal A. X2 calls either 'Take' or 'Keep'.</p> <p>Progression  X1 leave ball for X2  X1 retains possession of the ball  Mixture of the above  Introduce a recovering defender D2  Replace small goal with full size goal and goalkeeper</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Ball should be on X1's outside foot screened by her body</li> <li>✓ Communication – dribbling player</li> <li>✓ Rapid change of pace at moment of crossover</li> <li>✓ Leave ball – don't stop it or pass it</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b>Overlap Runs</b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	5
		<b>Fitness:</b>	2
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 passes to either X2 or X3 (1)  X1 makes an overlapping run (2)  X3 turns and moves inside to create space for X1 (3)  X3 completes pass to X1 (4) who attacks the space behind the defence  X2 pulls defender D1 wide to create space for X1</p> <p>If X3 is unable to return she passes back to X1 who should be in support and the process begins again.</p> <p>Progression:  Replace small goal with full size goal and goalkeeper</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ X1 should support until X3 is facing the goal</li> <li>✓ Communication – X1 should call ‘Hold’ to enable her to time her run</li> <li>✓ X1 should run outside X3</li> <li>✓ X1 should run past X3 and keep running without slowing down as she draws level with X3</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Blind Side Runs</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	5
		<b>Fitness:</b>	3
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 passes to X2 (1)  X2 passes to X3 (2)  X2 makes a blind side run behind defender D2 (3)  X3 plays ball into space for X2 to attack (4)  X3 completes pass to X1 (4) who attacks the space behind the defence  X2 pulls defender D1 wide to create space for X1</p> <p>Note: X1 attacks space created by X2 drawing D1 out of position</p> <p>Progression:  Replace small goal with full size goal and goalkeeper</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Run made behind defender (blind side)</li> <li>✓ Movement off the ball to draw defenders out of position</li> <li>✓ Movement off the ball to exploit space created by runs</li> <li>✓ Communication</li> <li>✓ Quality and timing of passes</li> </ul>		





**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b>Wall Passing</b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	3 - 5
		<b>Fitness:</b>	2
<b>Set Up:</b>			
<b>Description:</b>	<p>X1 attacks defender D1s (1)  X1 passes to either X2 or X3 (2)  X3 makes a return pass into the space behind D1 (3)  X1 attacks the space behind D1 to receive the return pass</p> <p>D1 can only challenge in the area A.</p> <p>Progression:  Add a recovering defender D2</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ X1 should commit defender D1 by attacking at pace</li> <li>✓ X1 should accelerate after releasing the ball</li> <li>✓ X1 should pass to feet of X3</li> <li>✓ X3 positioning</li> <li>✓ X3 first touch and quality of return pass</li> <li>✓ Communication</li> <li>✓ X1 should attempt to beat D1 if D1 has anticipated the pass</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b>Overlap and Wall Passing Relay</b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	4 – 6 per team
<b>Fitness:</b>	3		
<b>Set Up:</b>			
<b>Description:</b>	<p>Drill is set up as a relay race with teams of 4-6 competing. The race is complete when all the players are back in their starting positions.</p> <p><b>A:</b>  X1 plays pass into X2 (1) and then runs an overlap (2)  X2 plays the ball into the space in front of X1 (3)  X1 passes to X3 (4) and joins the back of the queue (5)  The sequence repeats with X3</p> <p><b>B:</b>  X1 attacks cone (1)  X1 completes a wall pass with X2 (2,3,4)  X1 passes to X3 (5) and joins the back of the queue (6)  The sequence repeats with X3</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Quality of first touch</li> <li>✓ Quality of passing</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Attacking 6 v 6</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	12
		<b>Fitness:</b>	4
<b>Set Up:</b>			
<b>Description:</b>	Begin play with a structured start O3 passes to X3 who passes to opposing goalkeeper and play is then live.		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Spread out in possession</li> <li>✓ Feint to move in one direction, check and move in another direction to receive the pass if attempting to turn the defender</li> <li>✓ Attack at speed</li> <li>✓ Attack the space behind opponents</li> <li>✓ Attack space created by movement of team-mates</li> <li>✓ Quality of first touch</li> <li>✓ Spacing between players in possession should make marking difficult</li> <li>✓ Movement off the ball</li> <li>✓ Quality and selection of pass <ul style="list-style-type: none"> <li>○ Timing release to allow movement of receiver</li> <li>○ Play to feet or to space</li> </ul> </li> <li>✓ Communication</li> <li>✓ Use of Crossovers, Overlaps, Blind side runs &amp; wall passing</li> </ul>		



<b>Topic:</b>	<b><i>Attacking Near Post Crosses</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	5 - 7
<b>Fitness:</b>	3		
<b>Set Up:</b>			
<b>Description:</b>	<ol style="list-style-type: none"> <li>1. X1 plays the ball out to X2 or X3</li> <li>2. X1 runs towards far post to create angle for attack</li> <li>3. X1 attacks the space at the near post</li> <li>4. X2 plays the ball into the space at the near post</li> </ol> <p>Progression:            Introduce defender D1            Introduce defender D2 to attempt to block the cross but who is not allowed to enter the coned area</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ The closer the crosser is to the touch-line the further back from the near post the goalkeeper is likely to be</li> <li>✓ The closer the crosser is to the goal line the better the angle for a near post receiver. A near post ball played in from a deep position will be running away from the receiver.</li> <li>✓ Ball should be played into the space in front of the near post for the striker to attack. The Striker attacks the space and should not be waiting in that space to receive the pass</li> <li>✓ Where the crosser is challenged she should move the ball wider to create an angle to cross behind the challenging defender</li> <li>✓ Where the crosser is challenged she should attempt to swerve the ball around the challenging defender</li> <li>✓ The receiver should increase the angle they contact the ball at by running from the far side of the penalty area rather than the near side</li> <li>✓ The receiver should time her run to arrive in the target area at the same time as the ball without slowing down</li> </ul>		



<b>Topic:</b>	<b>Attacking Far Post Crosses</b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	8 - 12
<b>Fitness:</b>	3		
<b>Set Up:</b>			
<b>Description:</b>	<ol style="list-style-type: none"> <li>1. X1 plays the ball out to X2 or X3</li> <li>2. X1 and X4 run towards far post to create angle for attack</li> <li>3. X1 attacks the space at the near post</li> <li>4. X4 attacks the far post</li> <li>5. X2 either plays the ball into the space at the near post or crosses to the far post</li> </ol> <p style="text-align: center;">Defender D1 tracks X1 and X4</p> <p>Progression Introduce defender D2 to attempt to block the cross but who is not allowed to enter the coned area</p> <p>Introduce additional defender D3 to track runs of X1 and X4 and additional attacker X5 to attack the space created by the runs of X1 and X4 in the centre of the goal</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ X1 should make a near post run to create space for X4 to attack</li> <li>✓ Ball should clipped, not floated to the far post</li> <li>✓ Where the crosser is challenged she should move the ball wider to create an angle to cross behind the challenging defender</li> <li>✓ Where the crosser is challenged she should attempt to swerve the ball around the challenging defender</li> <li>✓ The receiver should run to a wide and deep position to draw out the defender before attacking the cross so that the defender is forced to move back towards goal as the cross is played</li> <li>✓ The receiver should time her run to arrive in the target area at the same time as the ball without slowing down</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Attacking Crosses - 2 v 2</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	8
		<b>Fitness:</b>	3
<b>Set Up:</b> 30 x 20 with small goals			
<b>Description:</b>	<p>X1, X2, O1 and O2 play 2 v 2. The ball can be played into the corners where corner players are limited to a single touch before passing.</p> <p>In the attacking half, when the ball is played back there must be first-time shot. In the defending half, there does not need to be a first time shot.</p> <p>The purpose of the exercise is to force the attacking players to combine and make timed runs.</p>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Timing of runs</li> <li>✓ Communication</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Attacking The Space Behind Defenders</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	11
		<b>Fitness:</b>	3
<b>Set Up:</b>			
<b>Description:</b>	<p>A:</p> <ol style="list-style-type: none"> <li>1. X5 plays the ball to X1</li> <li>2. X1 passes back to X5 who has made a run to create the angle of the diagonal pass</li> <li>3. X6 attacks the space created by the diagonal runs of X1 and X2 and attempts a strike on goal</li> </ol> <p>B:</p> <ol style="list-style-type: none"> <li>1. X5 exchanges passes with X4 who has pulled D4 across and created space for X6 to attack</li> <li>2. X6 attacks the space with a blind side run behind D4</li> <li>3. X5 plays a pass into the space behind D4 and X6 attempts a strike on goal</li> </ol>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ Timing of runs</li> <li>✓ Communication</li> <li>✓ Ball played early once space has been created</li> <li>✓ Quality of pass</li> <li>✓ Timing of player attacking the space who should arrive as late as possible</li> <li>✓ Quality of strike on goal</li> </ul>		



**ACL Soccer Coaching Youth Development Course**

<b>Topic:</b>	<b><i>Beating the Goalkeeper when Clear of the Defence</i></b>		
<b>Duration</b>	20 minutes	<b>Number of Players:</b>	5 - 10
<b>Fitness:</b>	1		
<b>Set Up:</b>			
<b>Description:</b>	Server S passes to X1 who attempts to score  Progression: Add a recovering defender D1 who begins to recover when X1 touches the ball		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>✓ First touch out from feet</li> <li>✓ Check position of goalkeeper</li> <li>✓ Decision to shoot or beat the goalkeeper based on goalkeeper's position</li> <li>✓ If shooting use touch to improve angle</li> <li>✓ Look for rebounds</li> <li>✓ 'Pass' ball into goal with side of foot</li> <li>✓ Cut across in front of defender</li> </ul>		





**ACL Soccer Coaching Youth Development Course**

<b>Small Sided Game Options – Defending Topics</b>				
<b>Players</b>	<b>Drill</b>	<b>Area</b>	<b>Alternative</b>	<b>Area</b>
[6]	3v3 – No GK – Coach Server	30x20		
[7]	3v3 – 1GK – Coach Server	30x20		
[8]	3v3 – 2GK	30x20		
[9]	3v3 – No GK – 3 Servers	30x20		
[10]	3v3 – 1GK – 3 Servers	30x20	5v5 with GK	30x20
[11]	3v3 – 2GK – 3 resting players	30x20		
[12]	6v6 with GK	60x40	2*[6]	2* 30x20
[13]	4v4 – 1GK – 4 Servers	30x20		
[14]	7v7 with GK	60x40	[7]*2	2* 30x20
[15]	5v5 – with GK – 1 resting team	60x40		
[16]	[8]*2	2* 30x20		
[17]	6v6 – 2GK – resting players	60x40	[8] + [9]	2* 30x20
[18]	6v6 – 1 resting team	60x40	2*[9]	2* 30x20
[19]	[9] + [10]	2* 30x20		
[20]	[10] *2	30x20	[10a]*2	