



# **Football Academy Age 5-8 Technical Drills**

# Contents

<b>Session</b>	<b>Page No.</b>
<b>Shooting Drills</b>	<b>4 - 6</b>
<b>Passing / Touchwork</b>	<b>8 - 12</b>
<b>Dribbling</b>	<b>14 - 25</b>
<b>1 v. 1 Dribbling / Shooting</b>	<b>27 - 33</b>
<b>4 v. 4 Small Sided Games</b>	<b>35 – 40</b>

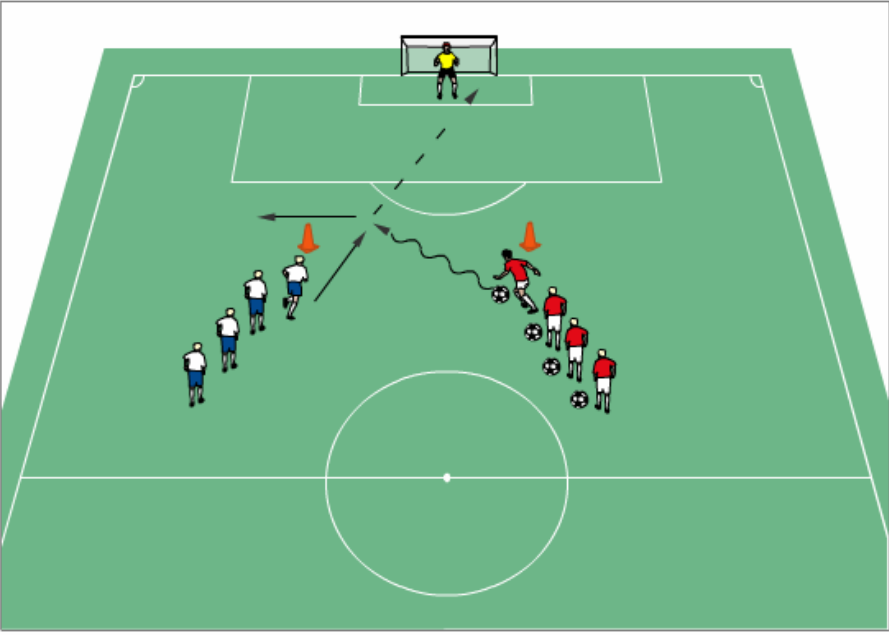
## **5 – 8 Years Technical Shooting**

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Shooting</b>		

### Session Planner

### Timings

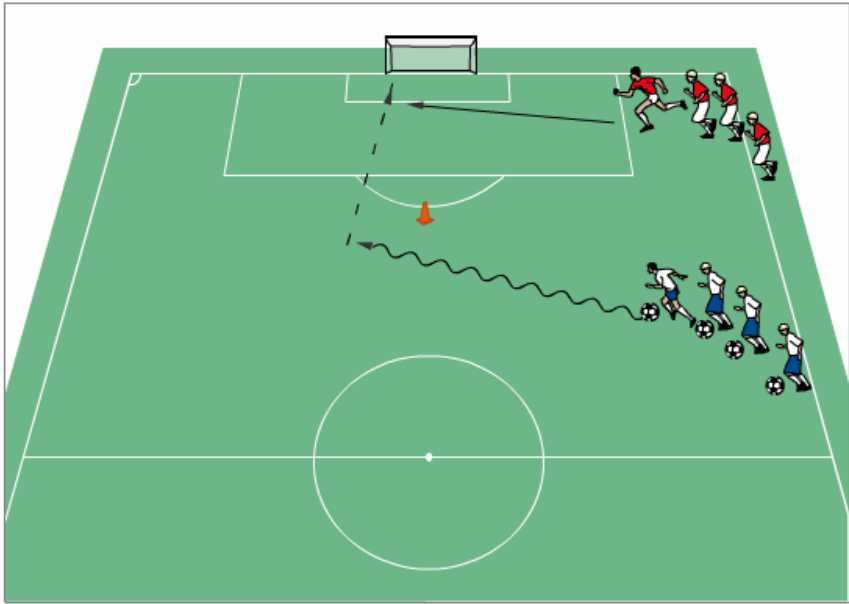
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Player in red runs with the ball on a diagonal run. Red player then stops the ball with the bottom of his foot for the player in white to shoot first time</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>Work left-hand-side and right-hand side</p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Shooting</b>		

### Session Planner

### Timings

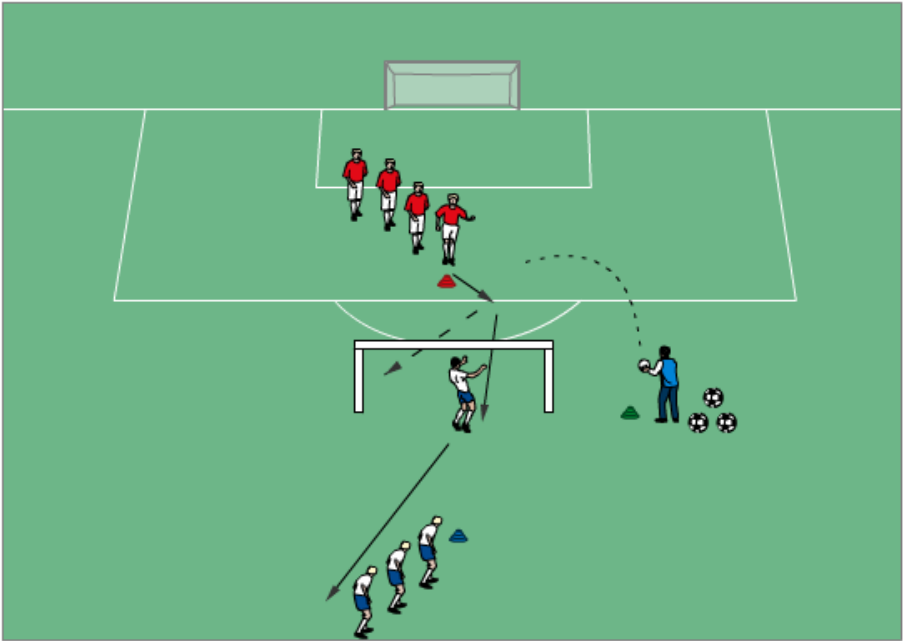
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>White player dribbles with the ball towards the cone. Red player sets off on white players first touch. As soon as white player passes the cone he has to shoot. Red player must get into position as quickly as he can</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking Headers</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>The coach serves to red player. Red player heads to score past the white player who has run into the goal to try and stop red from scoring. Red player takes the place of the white player after he has headed the ball and the coach serves to the white players.</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

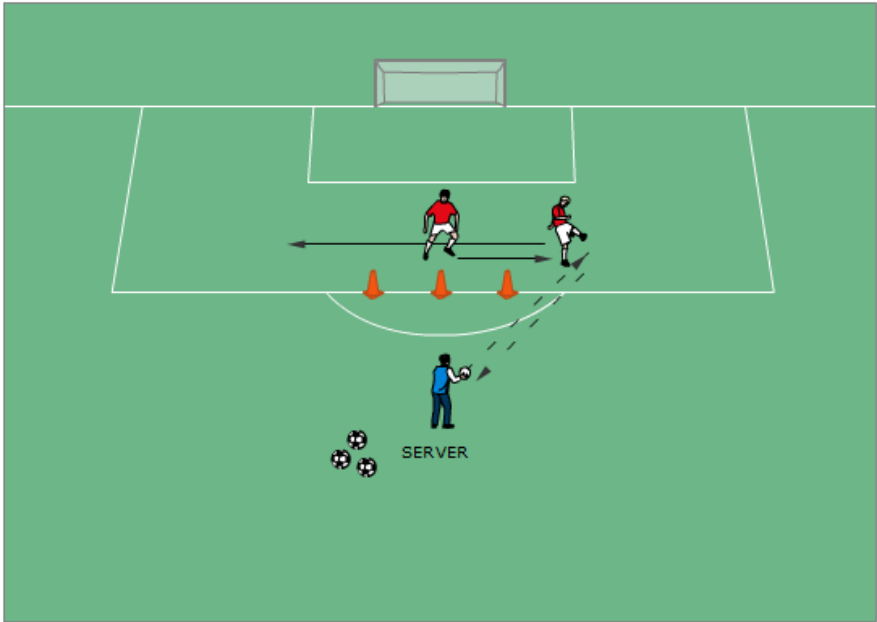
**5 – 8 Years Technical  
Passing**

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Touch Work</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>The coach throws the ball in for the player to volley back. The players must move to both sides of the cone to create a good angle of support</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

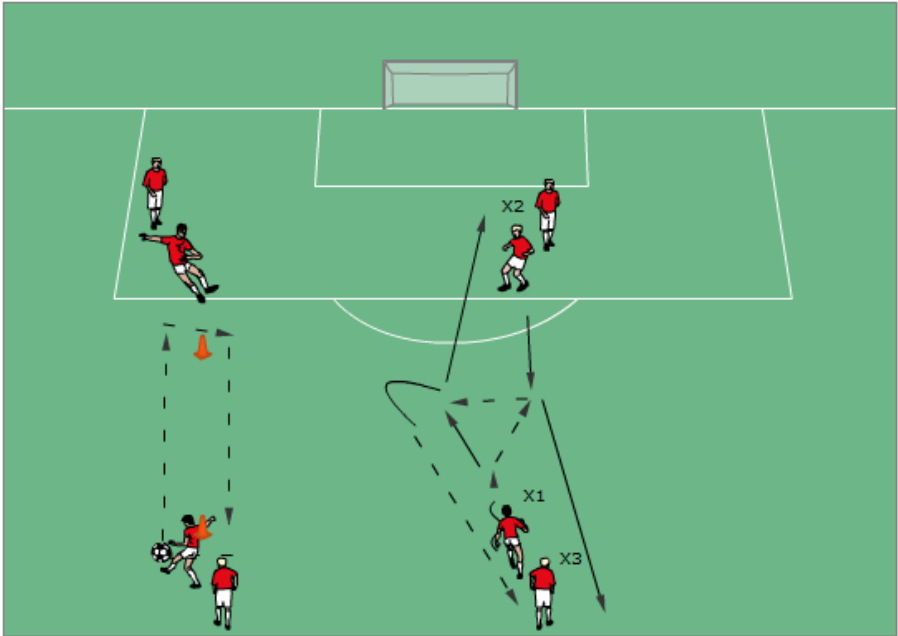


## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Passing / Receiving</b>		

### Session Planner

### Timings

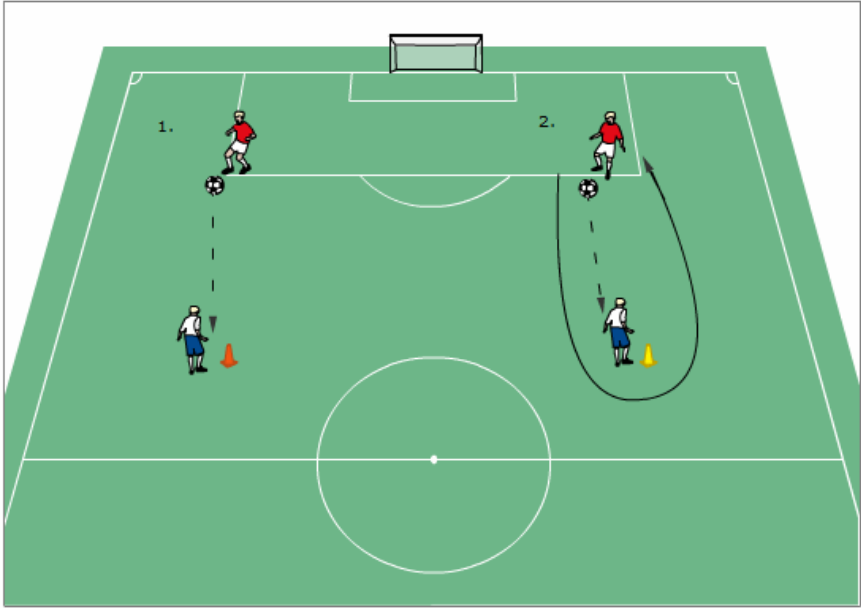
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Diagram on Left Pass goes in – player receiving takes a touch across his body and past the cone. He then plays back to the original passer.</p> <p>Diagram on Right x1 dribbles out and passes to x2. X2 passes back to x1 who then turns and passes back to x3</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Passing</b>		

### Session Planner

### Timings

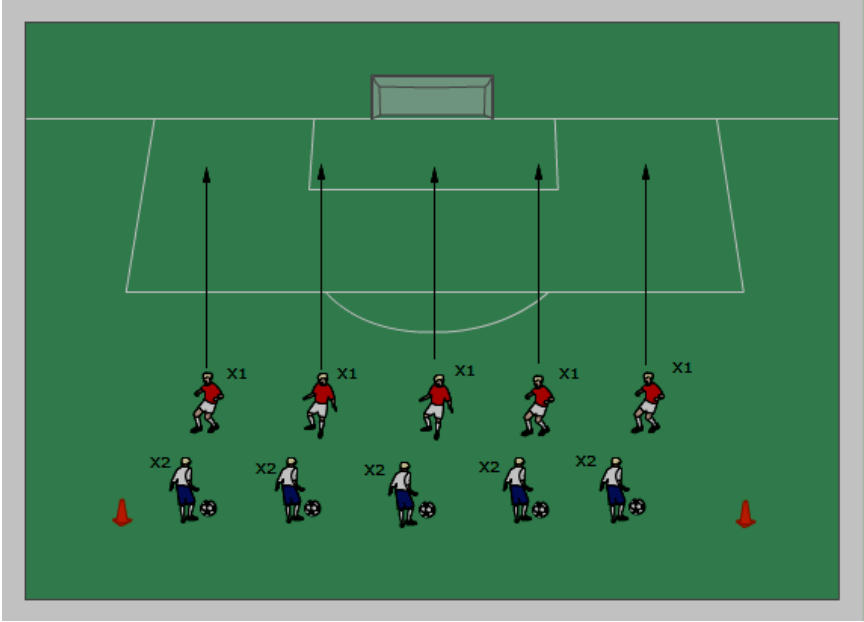
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Player in red passes to player in white. White player must control it with the sole of his foot.</p> <p>Progression as above only this time the white player stops the ball and waits for red player to overlap him</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Up/Down Passing</b>		

### Session Planner

### Timings

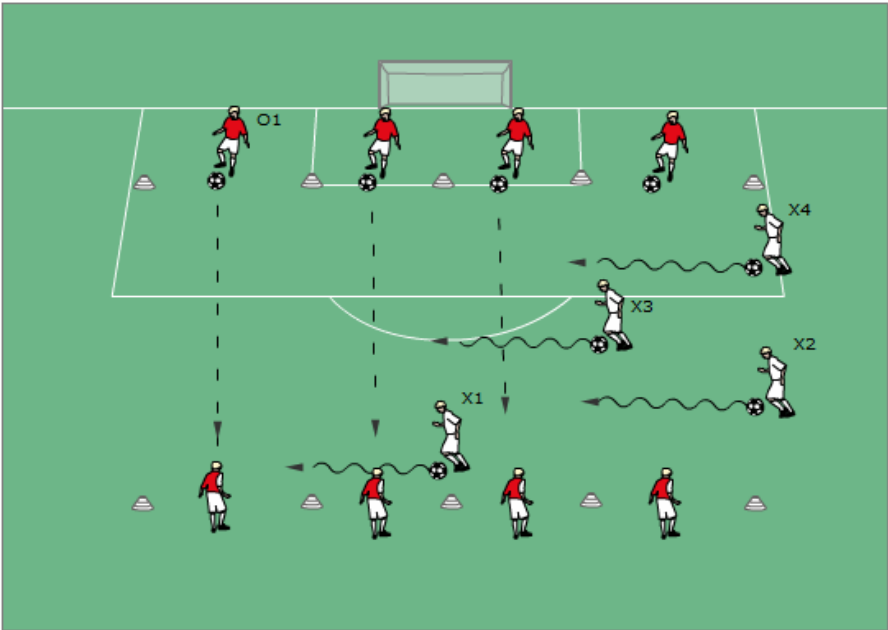
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>X1 runs backwards, x2 follows and plays the ball to x1. X1 must stop the ball dead for x2 to run onto. Once players get to the end line the roles reverse.</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>Progressions – volleys, headers, chest volley</p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Passing / Dribbling Awareness</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>X players have to dribble across the grid. Players on the outside have to pass the ball and try to aim at the players ball who are dribbling across.</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

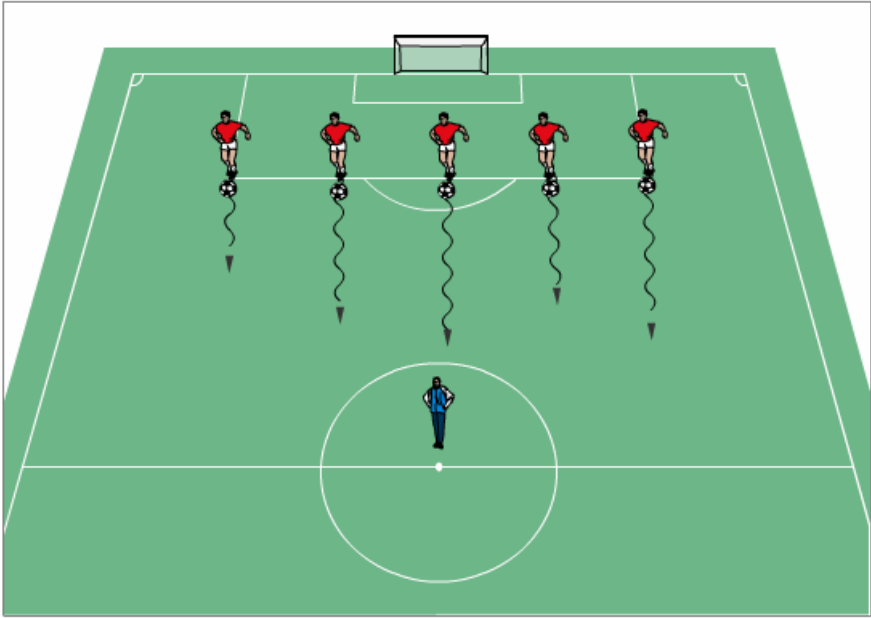
## **5 – 8 Years Dribbling**

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Dribbling</b>		

### Session Planner

### Timings

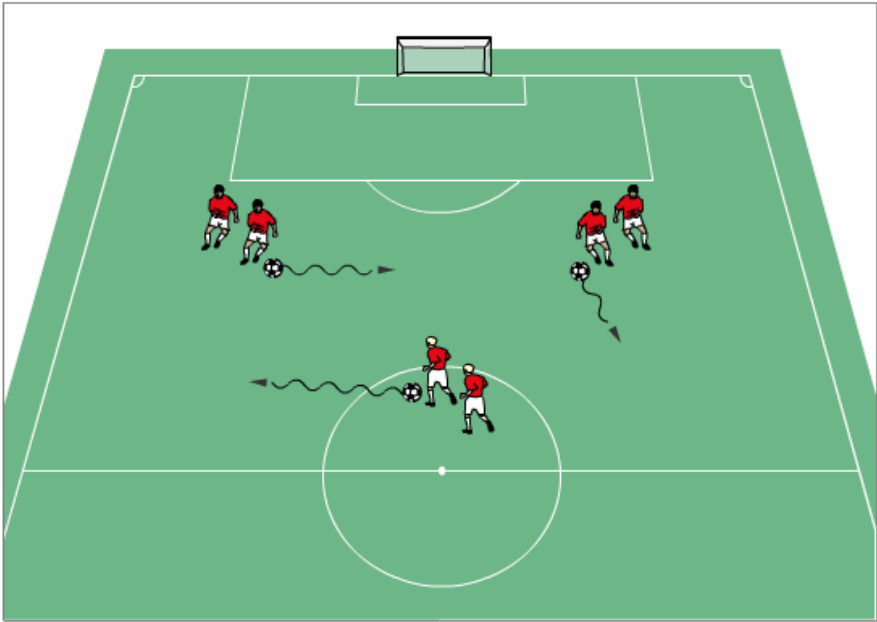
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Each player has a ball and dribbles towards the coach. If the coach turns his back the players have to stop as quickly as possible. Aim of the game is to dribble past the coach</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Follow the Leader</b>		

### Session Planner

### Timings

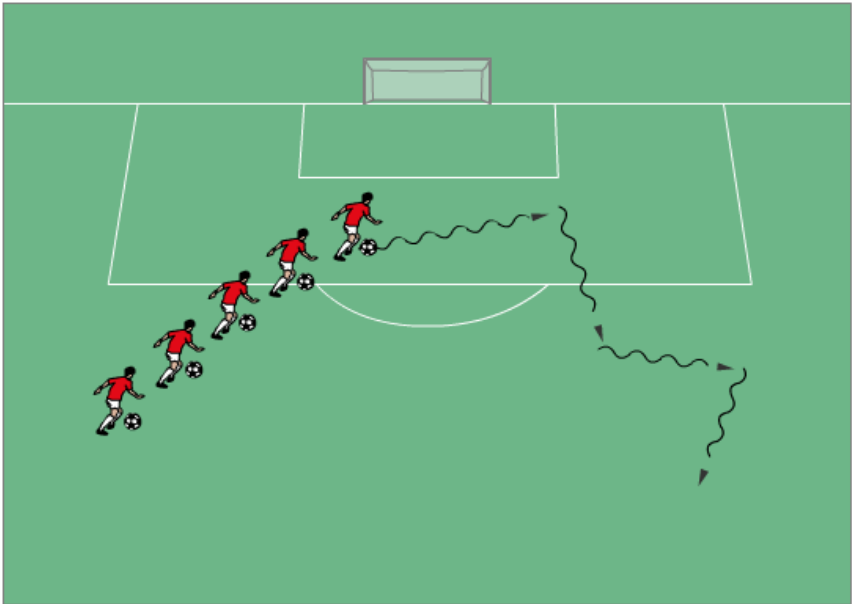
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Players in pairs. One player has a ball and dribbles. The player behind has to follow every move the player with the ball makes. Progression – player at the front runs without the ball, the player behind has the ball and has to follow the player in front.</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Follow the Leader Snake</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Each player has a ball. Players take it in turns at the front of the line. The player at the front can turn any direction, all the players behind have to follow.</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

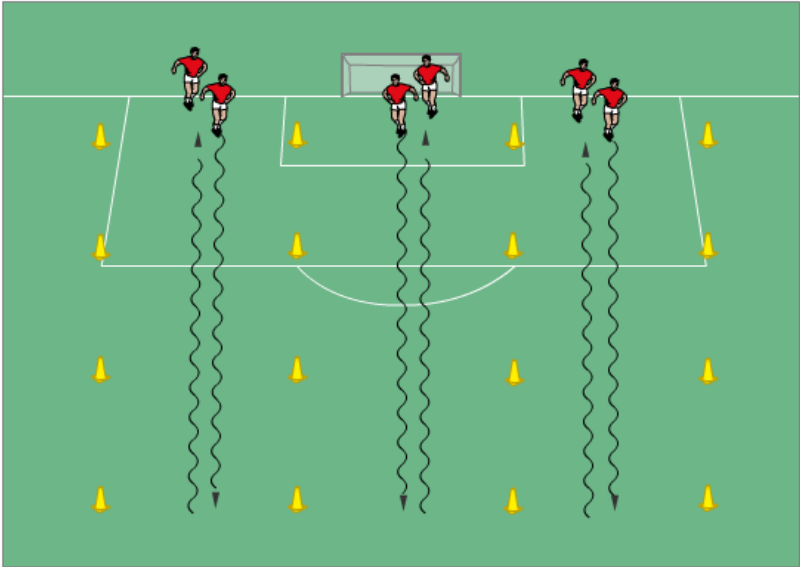


# Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Line Dribbling</b>		

## Session Planner

## Timings

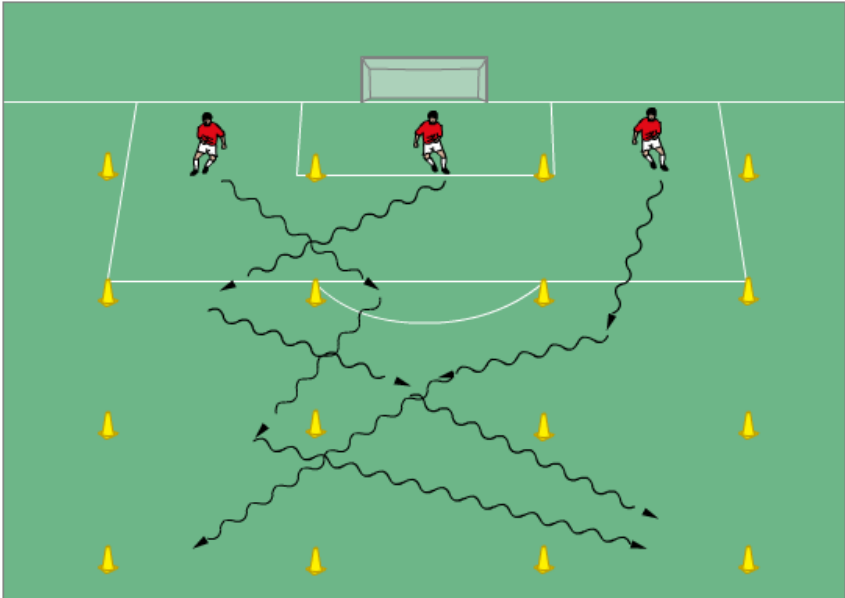
<p><b>Main Content</b></p> 		
<p><b>Organisation</b></p> <p>Players dribble out staying in their channel. Have to use right foot, laces, middle of the ball. Switch and use left foot.</p>		
<p><b>Key Factors/Coaching Points</b></p>		

# Academy Football Coaching Session Plan

Coach		Session Date	
Session Aim	Line Dribbling Progression		

Session Planner

Timings

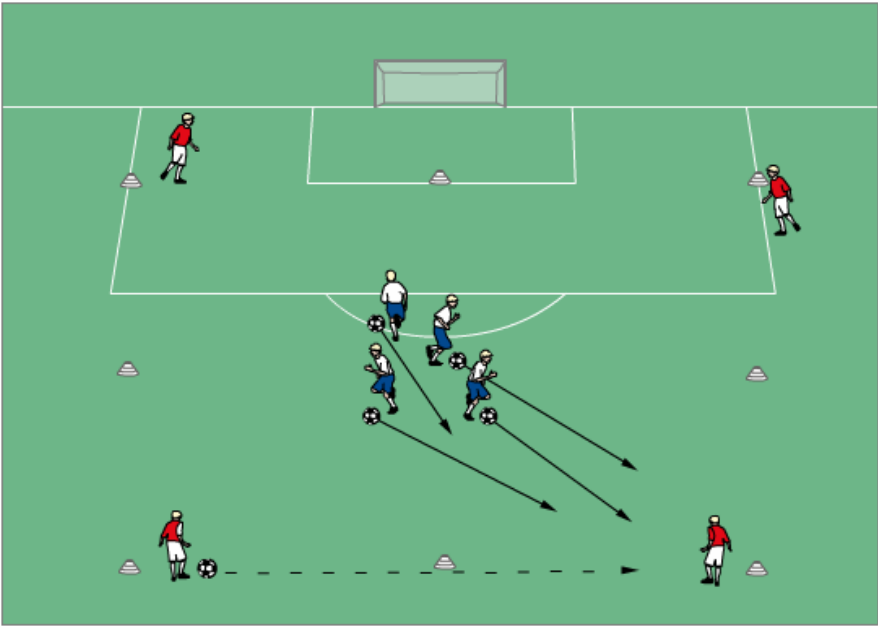
<p><b>Main Content</b></p> 		
<p><b>Organisation</b></p> <p>Players set off in their own channel. Aim of the game is for each player to dribble through all 3 channels.</p>		
<p><b>Key Factors/Coaching Points</b></p>		

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Follow the Ball Dribbling Game</b>		

### Session Planner

### Timings

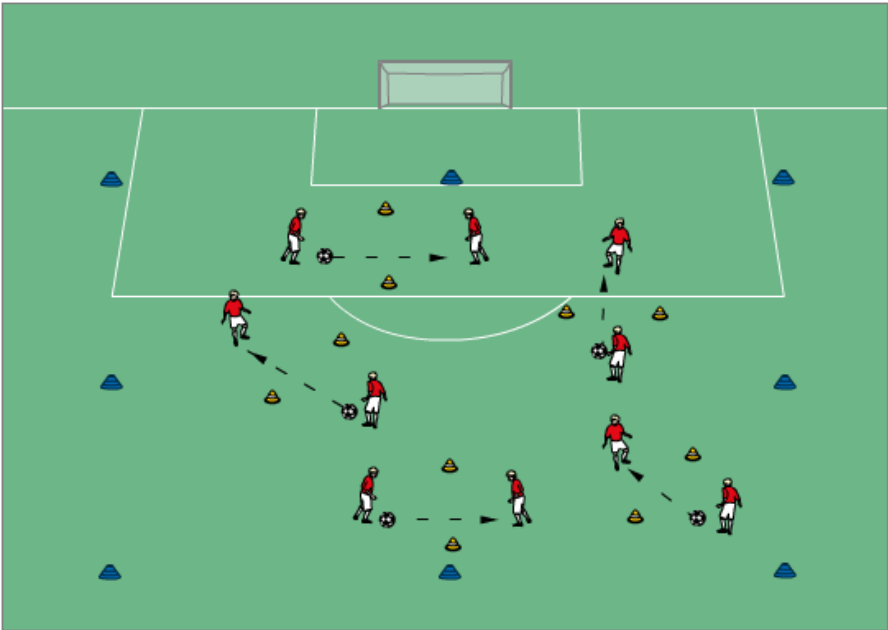
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Players on the outside pass the ball around the outside of the square (any direction). Players in the middle have a ball each and have to dribble toward the corner of the square where the ball is.</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Passing Through Gates</b>		

### Session Planner

### Timings

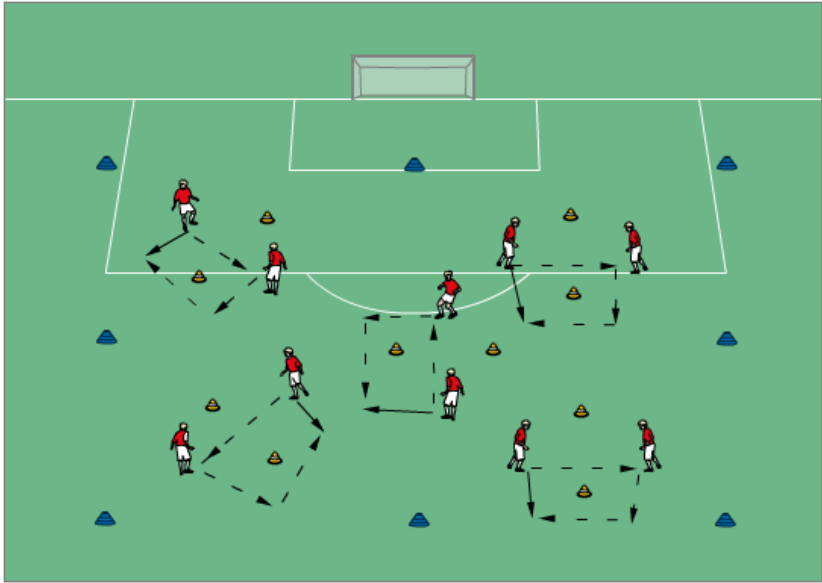
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>In pairs players pass through gates to each other using left foot right foot, inside, outside, laces, sole</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

# Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Passing Through Gates Progression</b>		

**Session Planner**

**Timings**

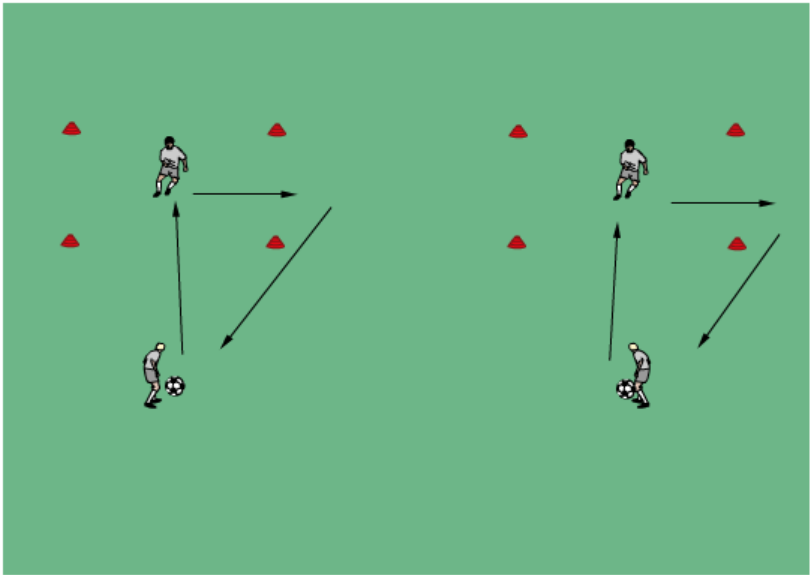
<p><b>Main Content</b></p> 		
<p><b>Organisation</b></p> <p>As previous only this time players must pass through the gate and then create an angle to receive the pass back</p>		
<p><b>Key Factors/Coaching Points</b></p>		

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Touchwork</b>		

### Session Planner

### Timings

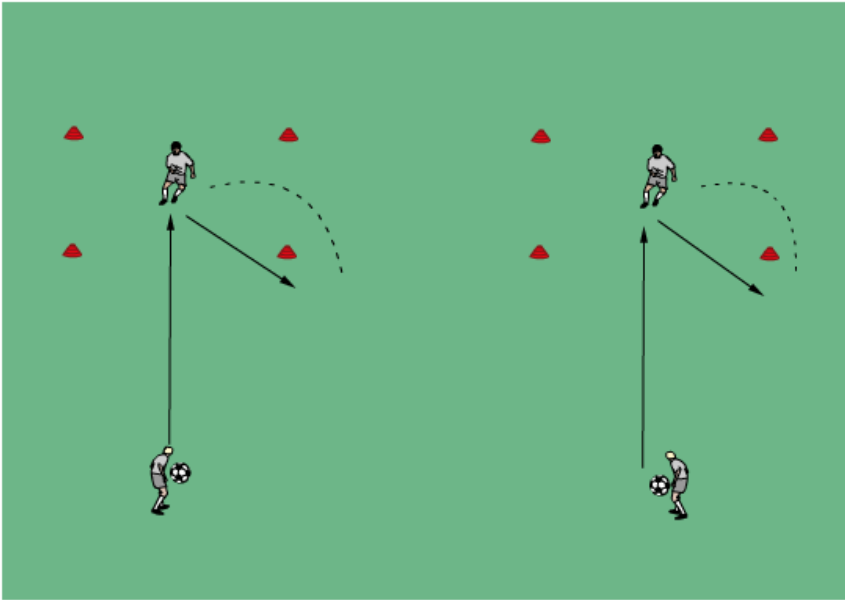
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Player on outside of the square (3 x 3 yards) plays ball into player inside the square. Player inside the square has to use a variety of touches to get out the box.</p> <p>Left foot across to right, right across to left, forward touch, backwards touch.</p> <p>Each touch has to take the ball outside the square</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Touch work</b>		

### Session Planner

### Timings

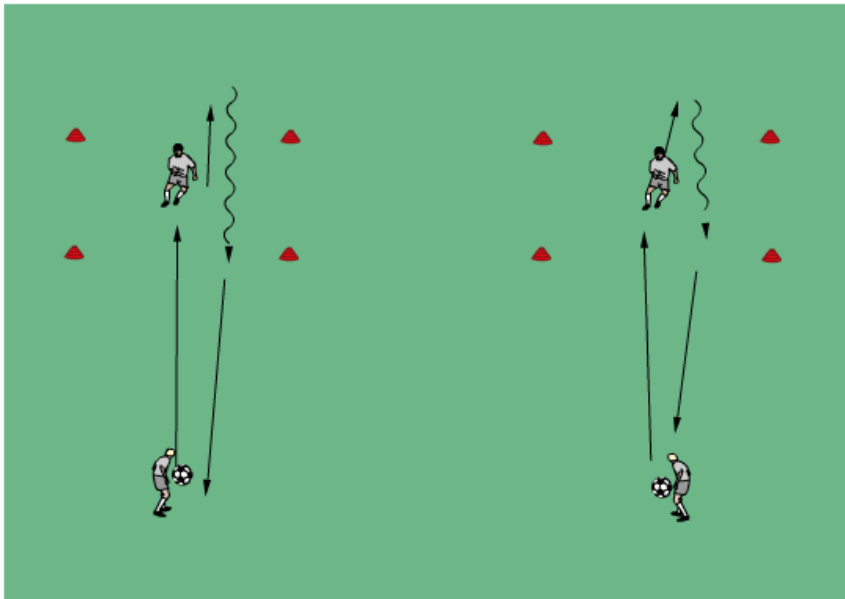
<p style="text-align: center;"><b>Main Content</b></p> 		
<p style="text-align: center;"><b>Organisation</b></p> <p>As previous Touch work is now a forward touch across the front of the players body</p>		
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>		

# Academy Football Coaching Session Plan

Coach		Session Date	
Session Aim	Touch Work		

Session Planner

Timings

<div><div>Main Content</div><div></div></div>	
<div><div>Organisation</div><div><p>As previous</p><p>Touchwork is now a backward touch</p></div></div>	
<div><div>Key Factors/Coaching Points</div><div></div></div>	

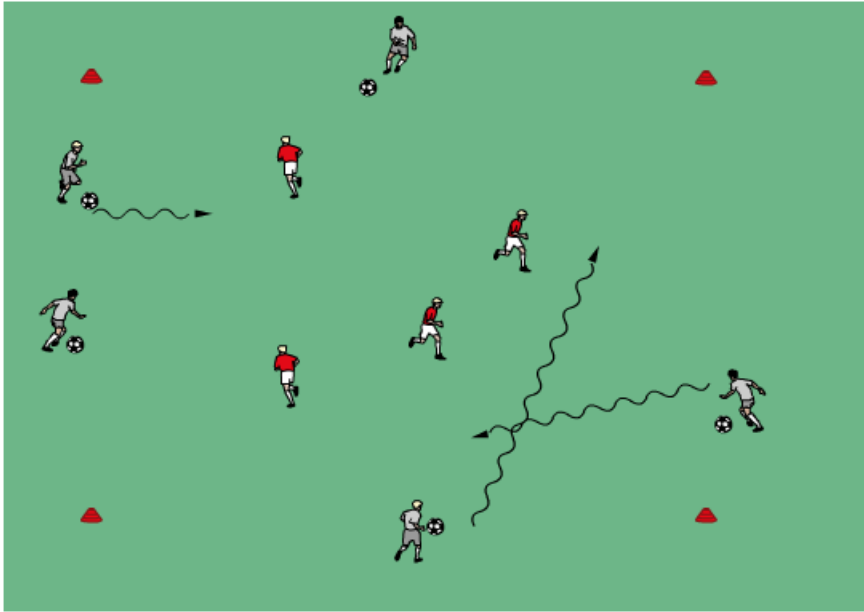


## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Dribbling across the 'Danger Zone'</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Players on outside of the square have to dribble across to any of the sides of the square. Players in middle (reds) have to try to stop players on outside.</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

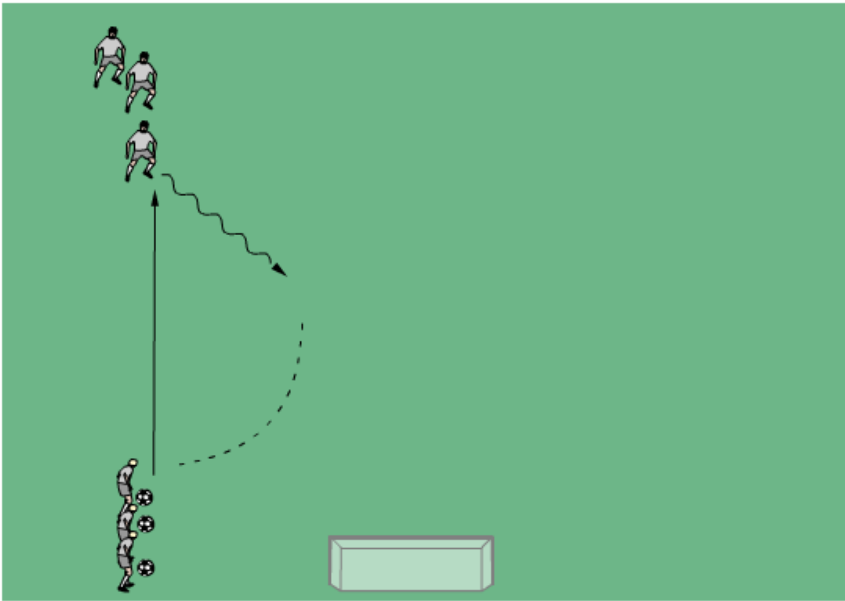
**5 – 8 Years**  
**Shooting and 1 v. 1 attacking Drills**

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Shooting without Keepers</b>		

### Session Planner

### Timings

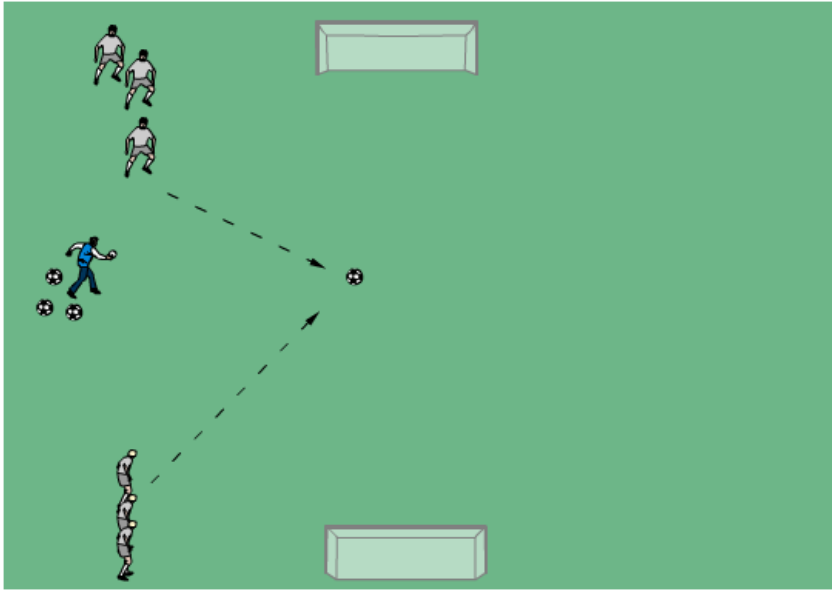
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>No goalkeeper – ball is passed in accurately. On the receivers first touch the player who has passed the ball now acts as a defender in a 1 v. 1 situation</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>Close down quickly</p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Numbers Game</b>		

### Session Planner

### Timings


<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Split the group into 2 teams and give each player a number from 1 – 6 (or however many players there are in each team)</p> <p>The coach rolls the ball into the middle of the pitch and shouts out a number.</p> <p>The two players with that number run into the middle and play 1 v. 1 to see who will score first.</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>React quickly</p> <p>Be positive</p> <p>Beat the player</p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Numbers Game Progression</b>		

### Session Planner

### Timings

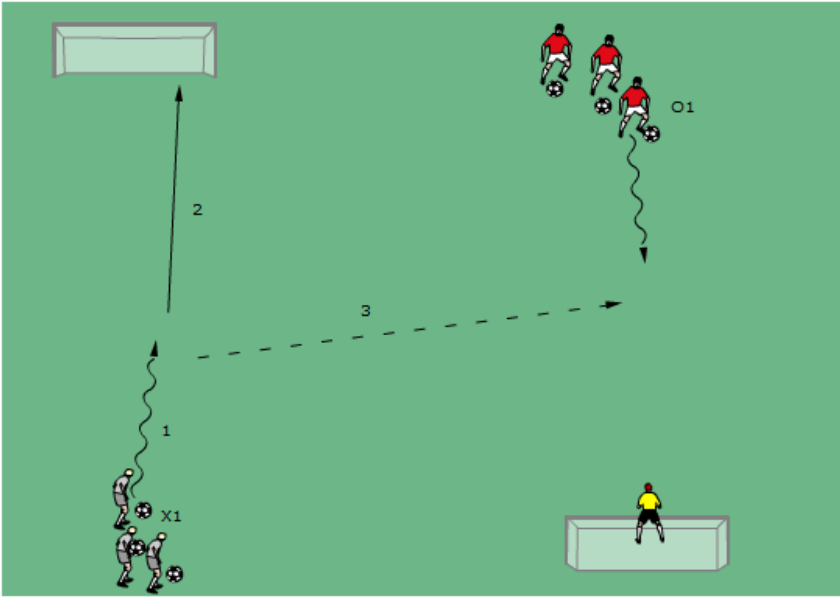
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Same as previous only this time the coach can shout out 2, 3 , 4 numbers at the same time to make the game a 2 v. 2, 3 v. 3 etc</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>2 Quick Shots</b>		

### Session Planner

### Timings

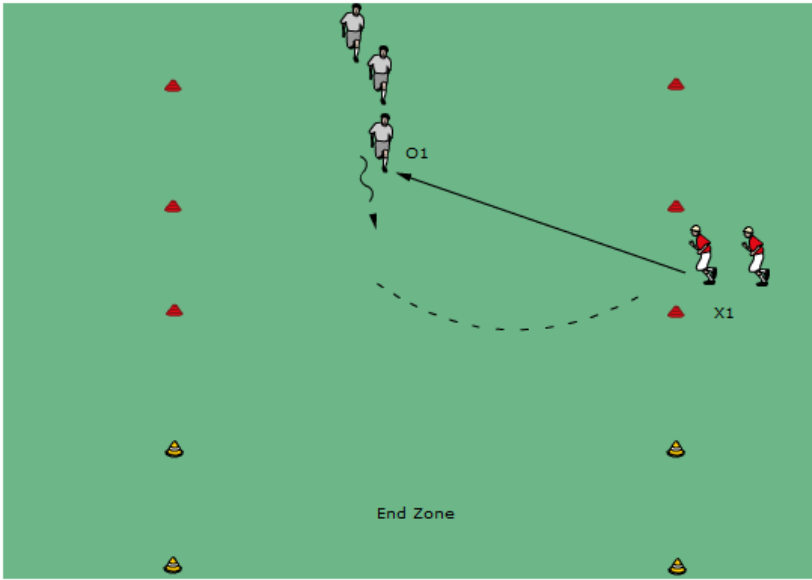
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Setup as above  X1 dribbles towards the top goal and shoots  O1 sets off dribbling as soon as X1 has shot. X1 must close down O1 before he shoots</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>X1 good touch out feet to dribble – the goal he is aiming at should be quite small to encourage accurate shots.</p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>1 v. 1 Dribbling from different angles</b>		

### Session Planner

### Timings

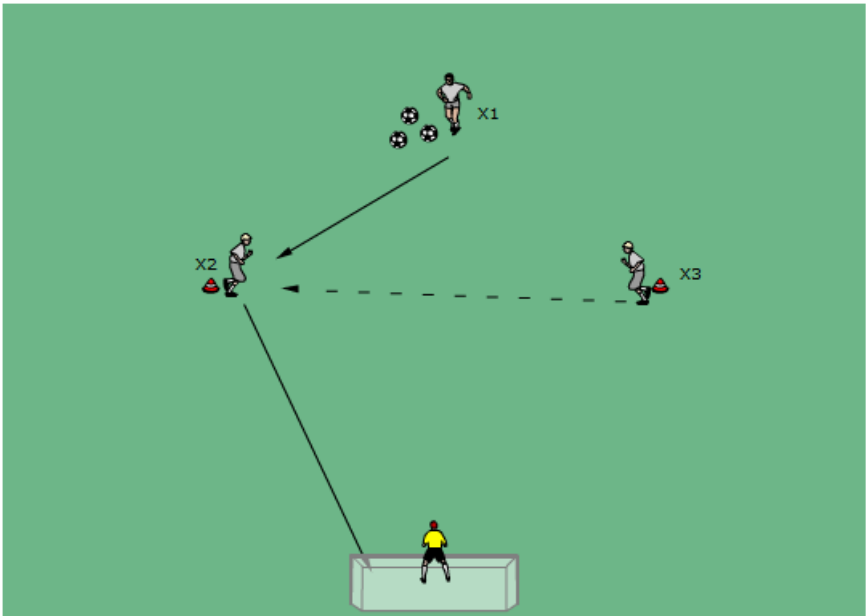
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>X1 starts the drill by passing to O1. O1 has to dribble into the end zone past X1</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>Be positive Don't turn back – have a go at beating the X1 Progressions Work from the right-hand-side and the left-hand-side</p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Early Shot Under Pressure</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>X1 starts with the ball. He can choose to pick his between player X2 and X3. whoever X1 passes to (X2 in the diagram) the other player (X3) has to close down as quickly as possible.</p> <p>In the diagram X2 receives – he must turn and shoot with 2 touches</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>Good ball in from X1</p> <p>X2 – good first touch to allow him to turn making sure ball is out his feet and allows him to shoot</p>	

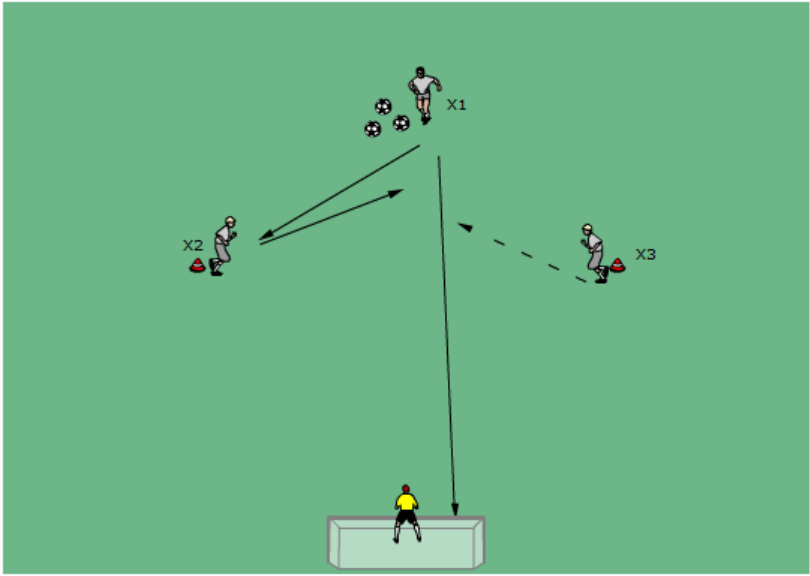


## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Early Shot Under Pressure Progression</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Setup is as previous X1 passes to X2. Instead of turning X2 must set back to X1 for him to shoot. X3 again acts as a defender</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>Good set back from X2 X1 shoot first time (with either foot) Encourage players to use both feet and to shoot from wherever the ball ends up</p>	

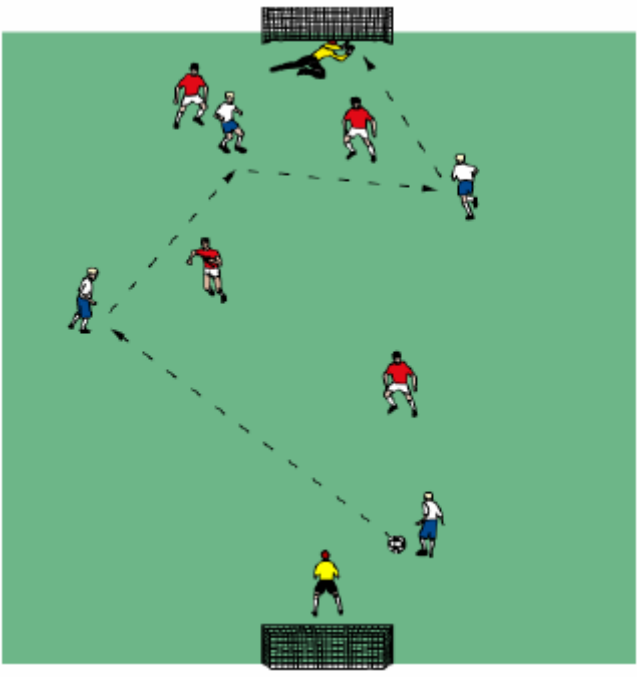
## **5 – 8 Years 4 v. 4 Small Sided Games**

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>4 v 4 with Goalkeepers</b>		

### Session Planner

### Timings

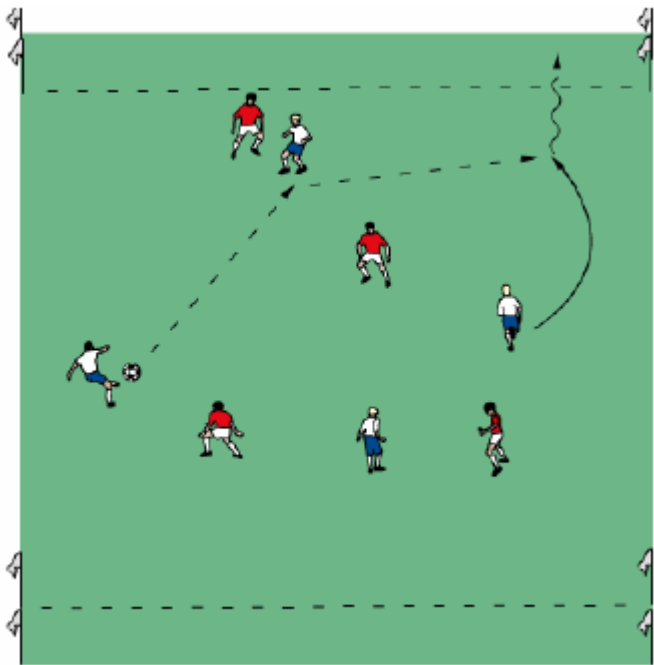
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Playing area is 40 x 25 yards Encourage players to shoot early / beat the players in 1 v. 1 situations</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>4 v 4 End Line</b>		

### Session Planner

### Timings


<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Playing area is 40 x 25 yards          To score the ball must be dribbled across the line or a pass received in the end zone          Players cant wait in the end zone – they have to meet the ball in the zone</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>Individual skills – touch on the ball, beat the player you are playing against</p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>4 v 4, 4 Small goals</b>		

### Session Planner

### Timings

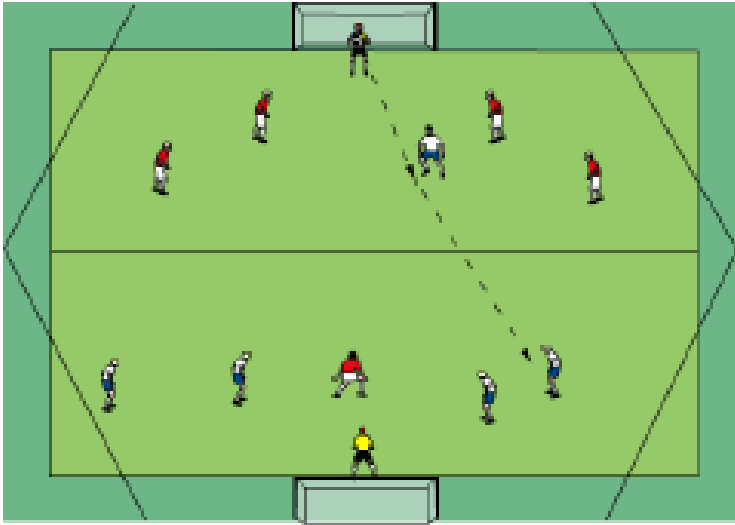
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Playing area is 40 x 25 yards          Each team can score in any of the 4 goals          Once a team has scored through one goal they must attack another goal          To score players must dribble through the goals</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Diamond Shooting</b>		

### Session Planner

### Timings

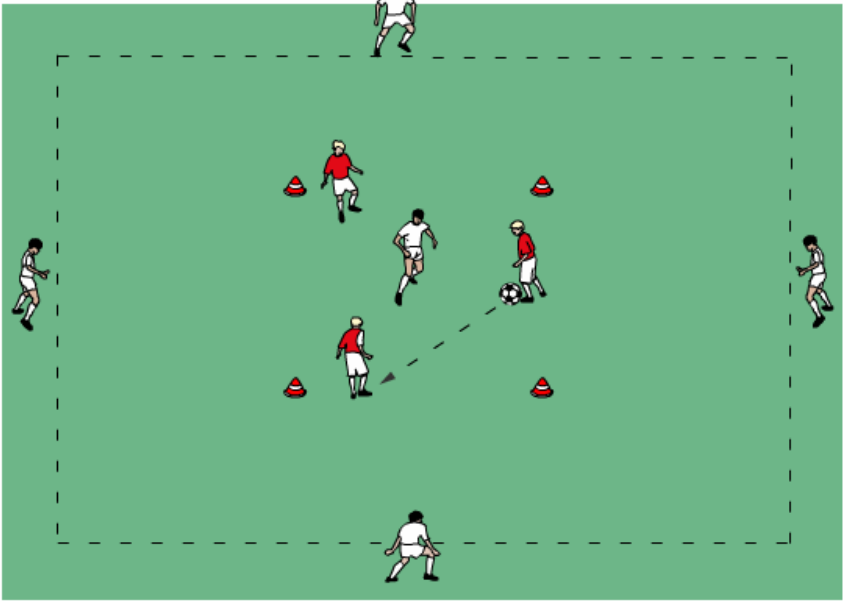
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>1 defender against 4 forwards in each half Goalkeeper starts the session by throwing to the defender who passes to one of the 4 forwards in the other half</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>Shoot Early Decision Making First Touch</p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>3 v 1 to 5 v 3</b>		

### Session Planner

### Timings

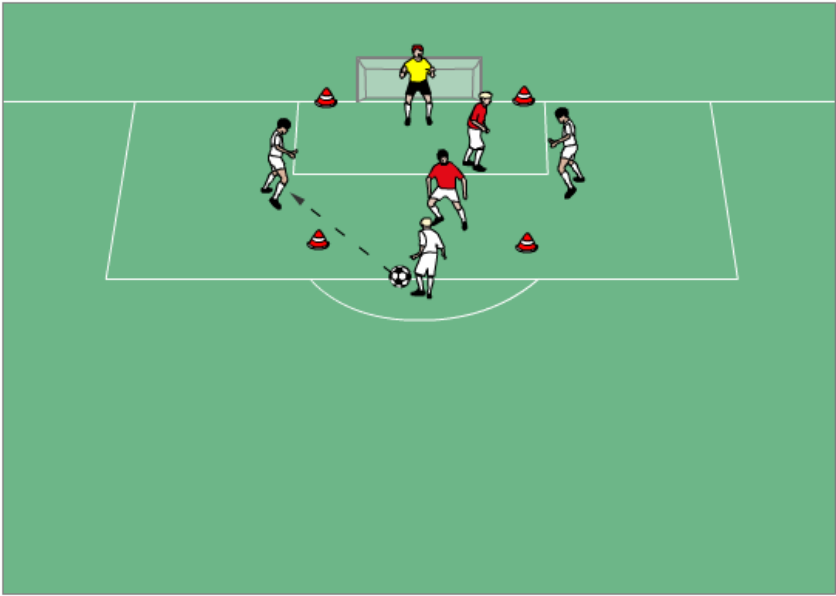
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Start inside with 3 v. 1 playing 1 or 2 touch. When the 1 defender wins the ball, he plays out to the 4 outside players who play possession, now making it a 5 v. 3 game in the larger area. When the 1 defender in the middle wins the ball, he must quickly transition the ball to the outside players. The 3 in the middle must remain compact on defence and deny the through ball.</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>4 v 2 in a 15 x 10 yard area playing with 1 goal with keeper</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>the 3 outside plus the keeper play possession (1 or 2 touch) vs the 2 inside players – when the inside player wins the ball, he immediately takes a shot at goal. If the keeper makes a save, resume possession play. Keep extra balls available to keep the game going.</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>The possession group will focus on lean, quick and accurate touches  The keeper plays as a field player and improves his skills with feet  The 2 inside players defend with the intent to win the ball and have an immediate shot at goal  Make teams and keep score – make it competitive – set a time limit to play</p>	



