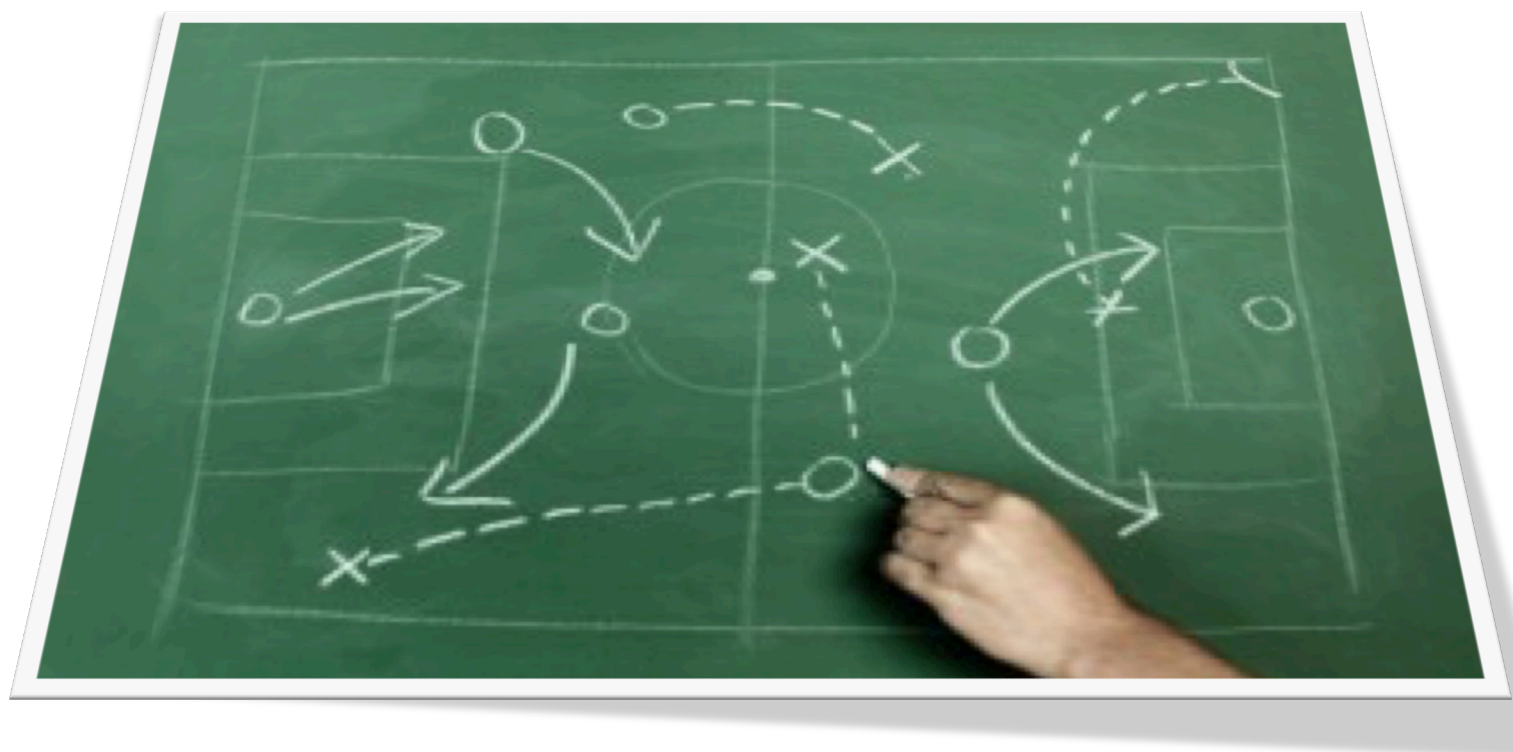


LISVANE PANTHERS GREEN U11 PLAYBOOK



1. Warm Ups
2. 1v1 Drills
3. Defending Drills
4. Attacking Drills
5. Specific Goal Keeper Drills

1. Warm Ups.

Dribble / Pass Shuttle Runs



To set up the Dribble/Pass Shuttle Runs exercise mark off 6-8 cones 5 yards apart in a single line. Make sure the player has gone through a proper warm-up and stretch prior to starting this fitness exercise. Each player should perform approximately 4-5 sets.

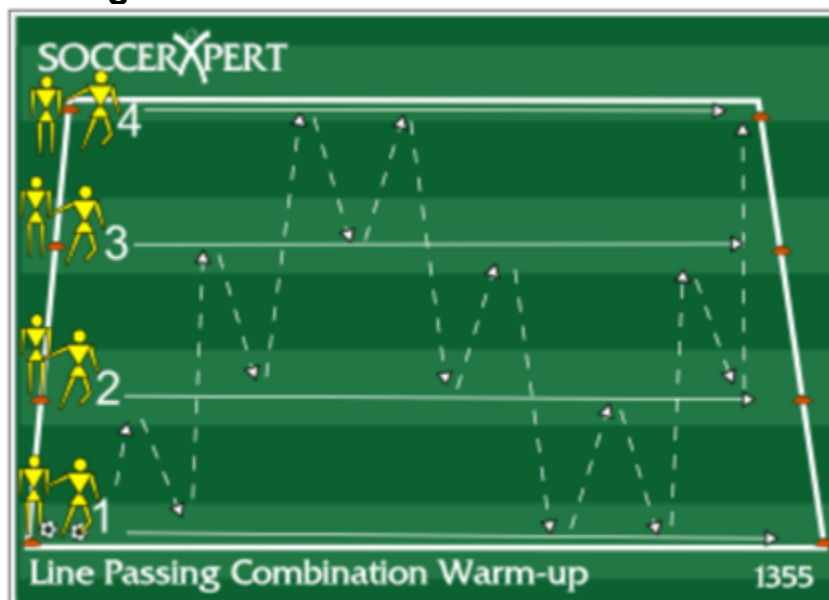
Working in Pairs

1. To begin the exercise, the working player will start with the soccer ball on the first cone and dribble full speed to the second cone, cut the ball quickly and pass to the receiving player
2. The first player then sprints back to the starting marker without the ball.
3. Whilst the first player is returning the receiving player carries out the drill
4. the first player (now the receiver) carries out the drill again but to the next cone (and so on until a set is complete)

Focus points:

- Dribbling with ball at feet (close not hit and run)
- Crisp stopping of ball with change of direction
- Measured passing of the ball at increased distances
- Bursts of speed when sprinting back to the line

Line Passing Combination Drill



Setup

- Start with four cones set along a sideline about 10 yards apart.
- The player on one of the far cones starts with the ball.

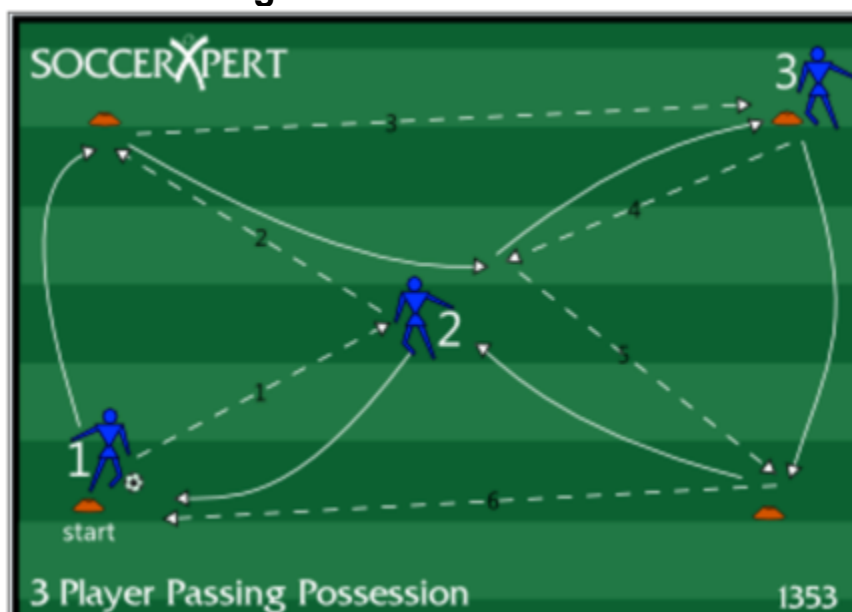
Instructions

1. Player 1 passes into Player 2 who returns the ball back to player 1.
2. Player 1 then passes to Player 3 who returns the pass to Player 2.
3. Player 2 then passes to Player 4 who returns the pass to Player 3.
4. Player 3 then passes back to Player 4 who passes to Player 2.
5. The pattern is repeated as the players move in a straight line down the field.
6. Instruct the players to keep the same distance as much as possible when moving down the field.
7. When a groups reach the other side of the field have them wait until all groups have completed.
8. Have the players repeat this pattern going to the other side of the field.
9. Repeat a few times to allow the players to warm-up and get into a rhythm.

Focus Points

- Focus on crisp clean passes with the right amount of pace.
- Slightly lead the player so they receive the ball as they are advancing down the field.
- Communication is important so each player is aware of the next move.

Three Person Passing Combination Drill



Setup

Create a grid approximately 10X20 yards.

Two players start on the corner cone opposite each other.

One player starts in the center of the grid.

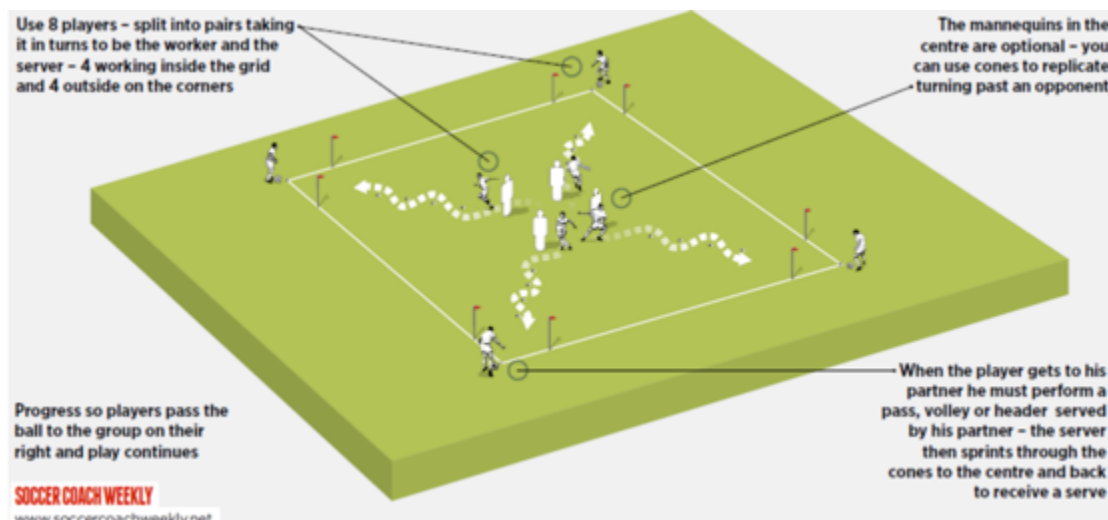
Instructions

1. Player 1 starts the play by passing to the central player (Player 2).
2. Player 1 moves to the cone to his side and receives the ball back from player 2.
3. After returning the ball to player 1, player 2 moves to player 1's original starting position at the cone.
4. Player 1 plays a long ball to Player 3 and moves into the center of the grid to become the new central player.
5. Player 3 plays into Player 1 who returns the ball to player 3 at the cone placed 10 yards away.
6. Player 1 now takes the starting position of Player 3 while Player 3 plays a long ball down to the starting position and Player 3 becomes the central player.
7. The pattern is repeated.

Coaching Points

- Focus on the quality of passes such as weight, pace, accuracy.
- A well-timed run facing the passing direction will assure a more accurate pass.
- The players must communicate with each other to make the drill easier.
- Players must concentrate on making the correct runs off the ball.

Five Minute Directional Warm Up Drill



This is a great warm-up to get your players moving in all directions so they are ready to play in matches.

Set up

You need flags, poles (or use cones), balls and cones. In a corner of your training pitch set up an area 10 x 10 yards with four mannequins or cones in a 2 yard square in the

- Split your players into four groups of two players.
- The first player in each pair starts in the middle and runs through the cones to their partner who serves a ball to them to perform a pass, volley or header
- Time session for five minutes delivered at speed OR five minutes to complete the rotation for both players.

Variation:

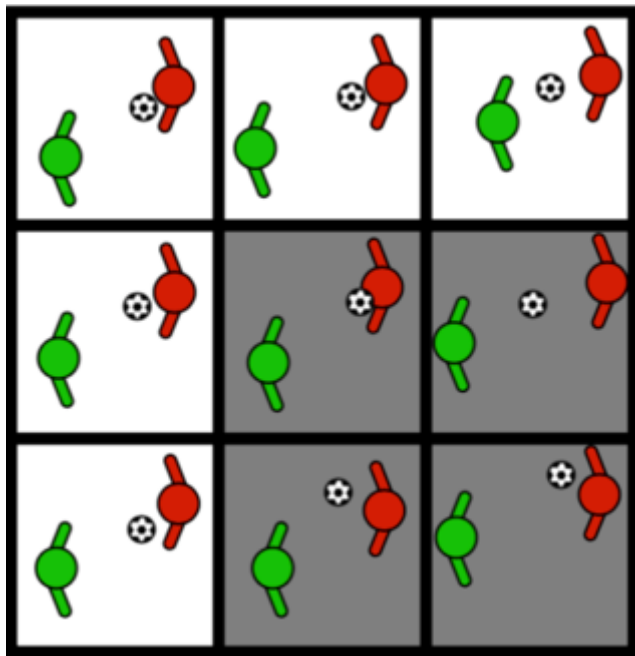
Return player **sprints** to the next station (change after one rotation)

Focus Points.

- Movement at Cone (simulate losing a player / creating space)
- Control of ball when receiving
- The return pass

2. 1v1Drills

Box Game



The Session

Area Dependent on player numbers.

Box size 10x10

Two players in each box

One ball between two

1. Object of this drill is to put the player in a constant 1v1 situation (try to pair abilities)
2. The “red” player has the ball and tries to defend his position with in the small area
3. Player is allowed to use body shape effectively to prevent attacker getting the ball
4. Player should demonstrate good close ball control
5. Swap player on Coaches call giving equal time to each player.

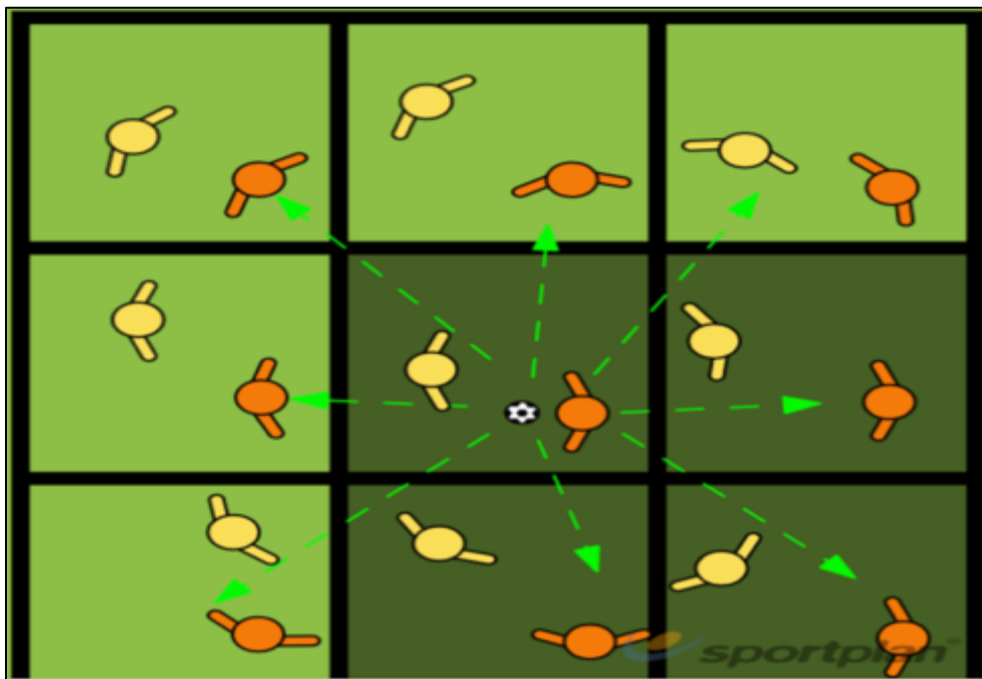
Coaching Points

- Player to use body with out committing a foul
- Player must keep control of the ball
- Look for player using the space effectively

Progression

Swap when player loses the ball count how many times each win the ball in the session.

Box Game 2



The Session

Area Dependent on player numbers.

Box size 10x10

Two players in each box

One ball

1. Object of this drill is to put the player in a constant 1v1 situation (try to pair abilities)
2. The "Orange" player has the ball and tries to defend his position looking for a player in another box to pass to.
3. Player is allowed to use body shape effectively to prevent attacker getting the ball
4. Player should demonstrate good close ball control
5. Players in other boxes should be moving to create space

Coaching Points

- Player to use body with out committing a foul
- Player must keep control of the ball
- Look for player using & creating space effectively
- Communication is key
- Sharp crisp passing should be encouraged.

Progression

Add another ball (rule of only one ball in a box at a time)

6. Defending Drills

Marking & Covering (technique)



The Session

Area: 20m square. 4 mini-goals, with a 5 yard zone (see diagram).
4 players, 2 reds (attackers) V 2 yellows (defending).

1. The red attackers are restricted to play within the 5 yard zone and attempt to work an opportunity to score in either of the small goals behind the defenders.
2. The yellow defenders cannot enter the zone, they must remain behind the coned-off area and try to prevent the attackers from scoring in the goals behind them.
3. Should the defenders intercept the ball, they can score into either of the goals behind the attackers.
4. The session begins with the server playing the ball to defender 1 (yellow).
5. Defender 1 plays the ball to attacker 1 (red).
6. Defender 2, (yellow), who is the closest defender, closes down attacker 1 (red) as the ball travels, shaping the run to protect the goal immediately behind. Defender 1, yellow, provides support and cover.
7. The attacking team can pass the ball within the 5 yard zone.
8. The defenders work as a team on angles, distance and communication to prevent the attackers from scoring.

Key Points:

- Defenders should consider the movement of the ball and be prepared to adjust body shape and pace when nearing an attacker.
- Defenders should consider support for each other, trying to force the play in one direction.

PANTHERS GREEN U11 PLAYBOOK



Marking and Covering (Skill)



The Session

5-a-side game (2 goalkeepers), in an area the size of which depends on age and ability.

Normal game conditions with both teams trying to score.

In this session there should be a focus on marking and covering.

Be Mindful to make relevant coaching points to defenders who are in 1v1 or over-loaded situations.

When not in possession of the ball, it is up to defenders to move into position and either:

Try and delay the attack, which allows team mates to support and cover.
OR move towards the attacker to try and win the ball.

Key Points:

- Attempt to win the ball whenever possible, if unsure defenders should work at delaying any attack allowing team-mates time to recovery positions, provide support and cover and regain balance in team shape.
- Defends need to work at communicating with each other throughout the practice.

Defenders Forcing the Play (technique) 1/3



The Session

Area: approx. 30x15 (dependent on numbers)

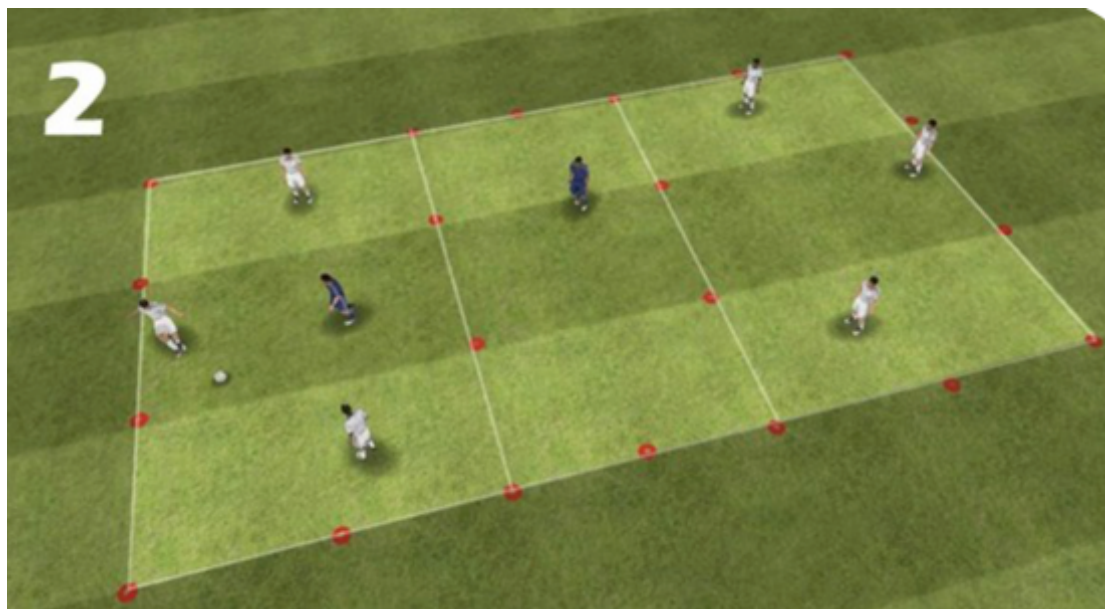
Players: 6 players and 2 defenders

1. The aim is to pass the ball through the 2 defenders in the middle to the 2 players at the opposite end of the area.
2. The players in white are not allowed to chip the ball over the top of the defenders in blue.
3. They must either play the ball on the ground to find a way through or they can if necessary use the 2 players on the outside of the central area who both must remain within the confines of that area.
4. The defenders must work together, reading the play, intercepting when possible, as they attempt to win the ball, trying to force the attackers round the central area.

Key points:

- The defenders must work together considering the distance from each other.
- They must try and win the ball, working together.

Defenders Forcing the Play (technique) 2/3



The Session

The practice now evolves as one of the two defenders in blue now takes up a position in one of the attacking squares, creating a 3 v 1 situation in one area, with the other defender in blue remaining in the middle zone still attempting to intercept any through pass.

If the attackers are successful, and get the ball through to the other end of the area then the defender in the middle now moves into the other zone to once again make a 3 v 1 situation.

Key Points:

- Defenders need to work on pressing the ball, focusing on body position to dictate to the opposition trying to force errors.
- The defenders still work on angles and distances from each other.

Defenders Forcing the Play (technique / GAME) 3/3



The Session

5-a-side, a goalkeeper at each end, 4 x 4 in an area suitable to age and ability.

Defenders work on trying to force players wide and staying on the goal-side of attackers, covering when possible the target.

As a guide, defenders can imagine a line from the attacker to the centre of goal and the aim is to find a position that is inside that line.

Key Points:

- Defenders must work on putting pressure on attackers, supporting each other with a balance in defence, with one of the main points being working on being positioned in line between the attacker and the goal

Forcing Play in One Direction (technique) 1/3



The Session

Area 20 x 10m.

- Try and involve players with equal abilities.

To start the practice the defender passes to the attacker at the opposite end of the area.

Then the defender must try and close the down ball as quickly as possible, trying to force the attacker into one direction.

The attacker must try and run or dribble the ball past the defender over the end line.

Coaching Points:

- After playing the ball, the defender has to decide the next position while making ground up quickly towards the attacker.
- After the initial sprint the defender will have to adjust position and speed based on the attackers first touch.
- The defenders must be encouraged to work on body position and shape to try and win the ball. They should try and force the attacker down one route, maintaining a low body position and almost side on to the attacker.
- Patience to jockey the attacker may be required. Defenders should attempt to stay on their feet and not too eager to lunge into a tackle.
- The defender should react to the ball and not to the attacker's body movement.

Forcing Play in One Direction (Skill) 2/3



The Session

In a similar area, progressing to 2 v 2, only a now a small target goal is added to the line from where the defenders (in white) start the practice.

The defenders play the ball out, to the blues who must now try and score into the unguarded goal.

This makes it more challenging for the defenders who must now work on their positional play and distance in relation to each other.

Their aim is to try and force the ball away from the target.

Coaching Points:

- Communication skills between the two defenders are now essential in this practice.
- The angle and distance for the covering player is important.
- The defenders need to concentrate on both attackers, not dealing exclusive with the player in possession.
- They should be aware of attacking overlaps, quick exchanges and tracking runners.

Forcing Play in One Direction (GAME) 3/3



The Session

4v4 in an area relative to age and ability with goalkeepers for both teams now introduced.

A goalkeeper starts the practice by passing to a team-mate.

It is now up to the four defenders to work as a defensive unit to try and force the play into one-direction away from the goal.

The defenders take up their positions from each-other, repositioning if a team-mate is beaten.

Coaching Points:

- Incorporating key points from the previous practices.
- Defenders should be encouraged to work at body positioning, tracking any movement off the ball by the attackers, whilst attempting to keep the ball away from the goal area.
- Forcing the play in one direction can also include preventing an attacker from turning in the first instance.

Pressing (technique) 1/3



The Session

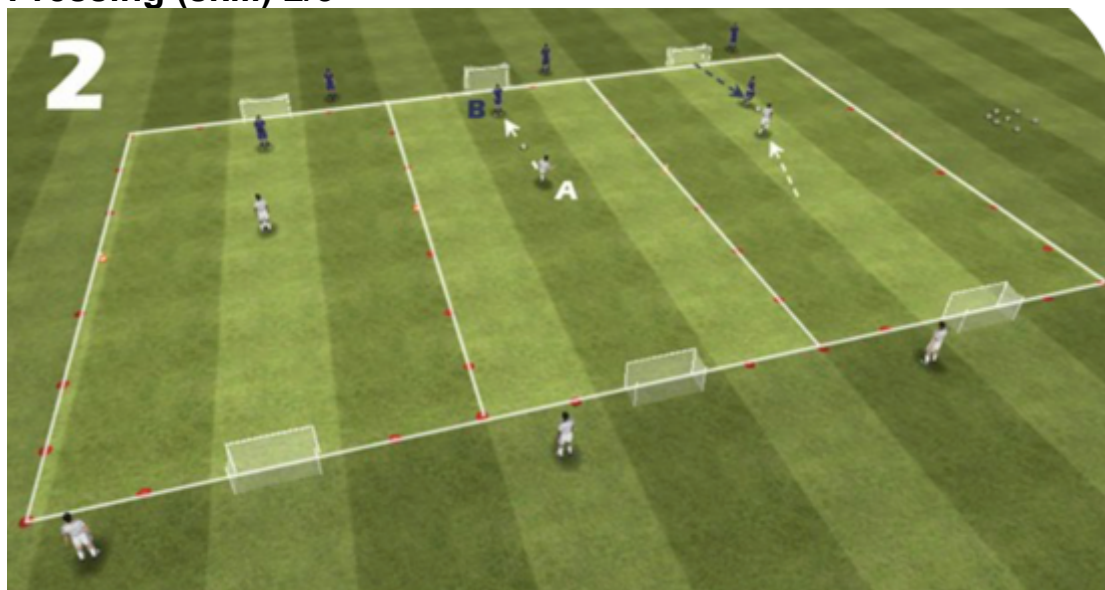
Area: 24m x 18m.

1. Divided into 12 boxes (6m x 6m) - each player staying in their box.
2. 12 players, one ball - with the blue team starting in possession.
3. Blues play the ball between themselves as they search for an opportunity to prize a route through the team in white (in the centre boxes) to the team in red on the opposite side of the area.
4. The team in white can press to the edge of their boxes, and they must try and block any attempted pass through the centre.
5. If blues are successful then the team in white team turn around to try and prevent the ball returning and so the practice continues.
6. Players should rotate duties - each player getting an opportunity to defend in the central area.

Coaching Points:

- The team in white should be ready to confront the opposition, working and communicating with teammates.
- Each player working on angles of approach, body shape, and distance from other players.

Pressing (skill) 2/3



The Session

Three Areas: 15m x 25m.

1. 12 players - 6 working and 6 on the sideline ready to change over.
2. Practice 1 v 1 in each area.
3. The defenders (in white) start at the half way point with a ball. They begin by passing the ball to an attacker in blue (see players A and B in the diagram), who then has try and dribble past the defender to score at the opposite end.
4. The defender has to try and win the ball back and if successful score into the blue's goal. Players can exchange roles with those alongside the area.
5. To progress the practice it can move to 2v2 in each area, with the players alongside the goals joining those in already involved.

Coaching Points:

- Defenders should work on the angle of approach to try and force the attacker in one direction - acting with caution, before committing to the tackle.
- Defenders should be prepared to jockey and be patient and if beaten they should try and recover
- Defenders should also consider - has the attacker got a weaker side or a stronger foot?
- In the 2v2 progression defenders now support each other, giving attention to movement off the ball as well as on it.

Pressing (Game) 3/3



The Session

Area: 40m x 30m.

1. 4v4 in the central area, with 2 goalkeepers plus 2 floating players (in yellow) supporting the team in possession.
2. The defending team are now looking to close and press as a unit, covering each other and the target area.

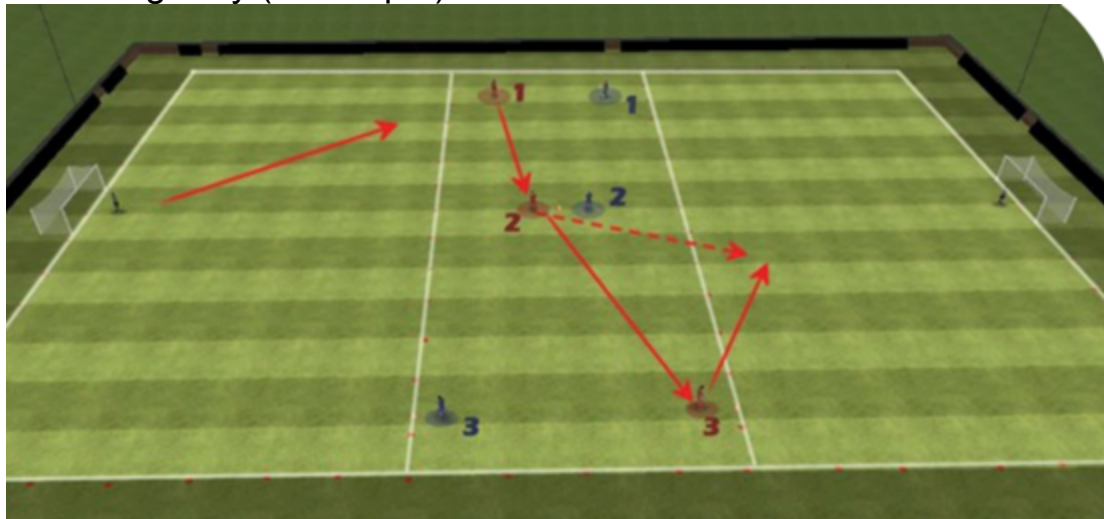
VARIATION - Offsides apply.

Key Points:

- The four defenders now have to attempt to work together so communication is important.
- They should consider distances between each other, and players running off the ball as they attempt to stay goal side of attackers whenever possible.
- Players should be encouraged to press as high up the pitch as possible working as a unit all the time.

7. ATTACKING DRILLS

Switching Play (technique) 1/3



The Session

1. Area – half a football pitch with goals across the field (see diagram).
2. Both goalkeepers start the practice simultaneously by distributing the ball to player 1 in the central zone.
3. Player 1 moves away from the cone to receive before passing the ball on to player 2.
4. Player 2 makes a similar movement, away from the cone, before passing the ball on to player 3 who moves away sharply to receive.
5. After delivering the ball player 2 continues with a forward run, allowing player 3 the opportunity of a return pass providing a chance of a strike at goal.
6. Players rotate roles in sequence.

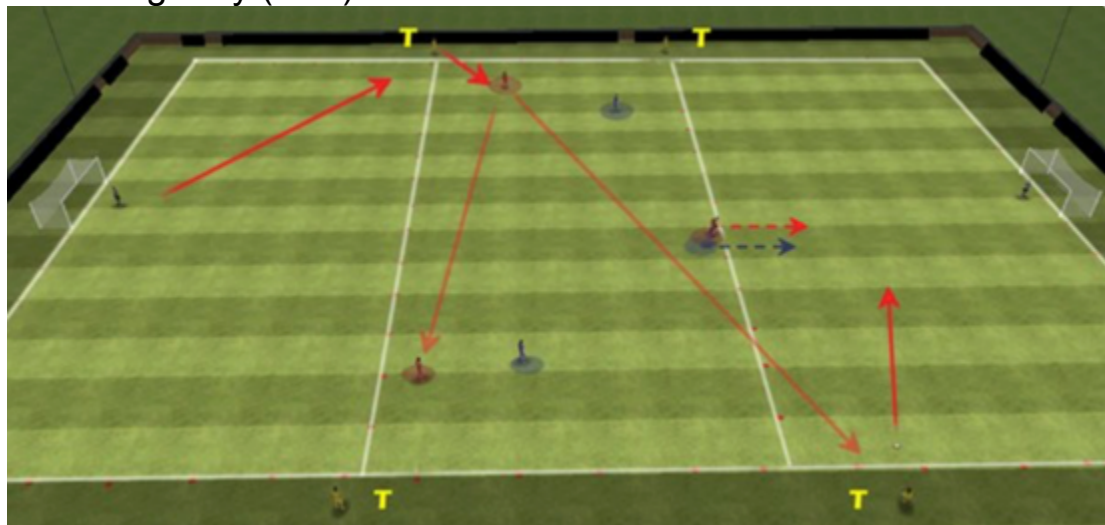
Progression:

- Player 1 misses out player 2 and switches the ball to player 3. Player 2 still makes a forward run to receive the the ball from player 3 to finish on goal.

Coaching Points:

- Players should practice at various ways of receiving the ball, while coaches should insist on a good first touch. Consideration should also be given to the various types of pass.

Switching Play (Skill) 2/3



The Session

The practice starts with one of the goalkeepers distributing the ball to either of the 2 target players who are on the edge of the touchline in their own half of the field.

1. The Red players in the central zone must work hard to make space for themselves while under pressure from the defending blues, - as they prepare to receive the ball off the wide target players.
2. Once in possession of the ball, the red players must look to switch play, moving the ball quickly to the opposite target player.
3. This can be either quick play between themselves before the switch, or one direct ball out to the target player.
4. To progress the exercise, one of the red team can enter the attacking third to receive the ball from the wide target player.
5. Coaches can then decide when a member of the blue team can track back to try and prevent the red player from scoring.

Progression:

- Players can be allowed to drop into the defending zone to receive the ball off the goalkeeper, who can also distribute the ball to the target player.

Coaching Points:

- Similar to the technique practice with particular emphasis now on awareness and decision making.

PANTHERS GREEN U11 PLAYBOOK



Switching Play (Game) 3/3



The Session

On a similar area to the earlier practices, this game situation involves 4 v 4 in the central area, a goalkeeper in either goal, with 2 target (neutral) players outside the flanks who act as support to the team in possession of the ball. Normal football rules apply.

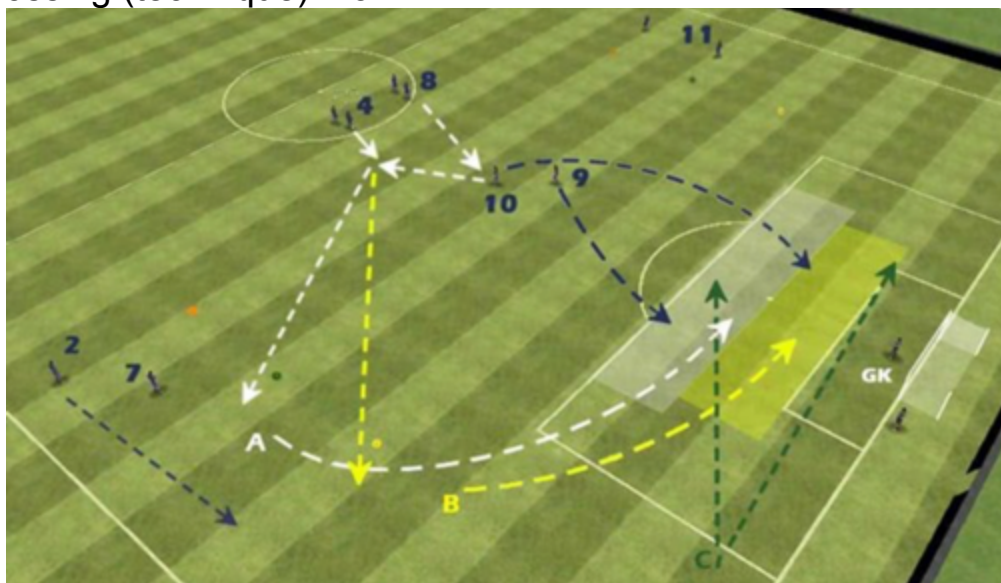
Incentives:

1. Players try to score, but goals count double if they come after a switch of play.
2. Coaches encourage players to switch play when possible and should consider the individual in possession and the movement of the other players in the team.
3. Similar Coaching points to the skill and technique exercises but now more thought should be given to the team's positional, support play, and movement when in possession.

Coaching Points:

- Similar key points to the skill and technique exercises but now more thought should be given to the team's positional, support play, and movement when in possession.

Crossing (technique) 1/3



The Session

The session should be practiced on both flanks and considers three different angles of approach. The crossing position will depend on the angle of the attack and the players involved. The techniques require various methods of run, approach and delivery. **All need practice.**

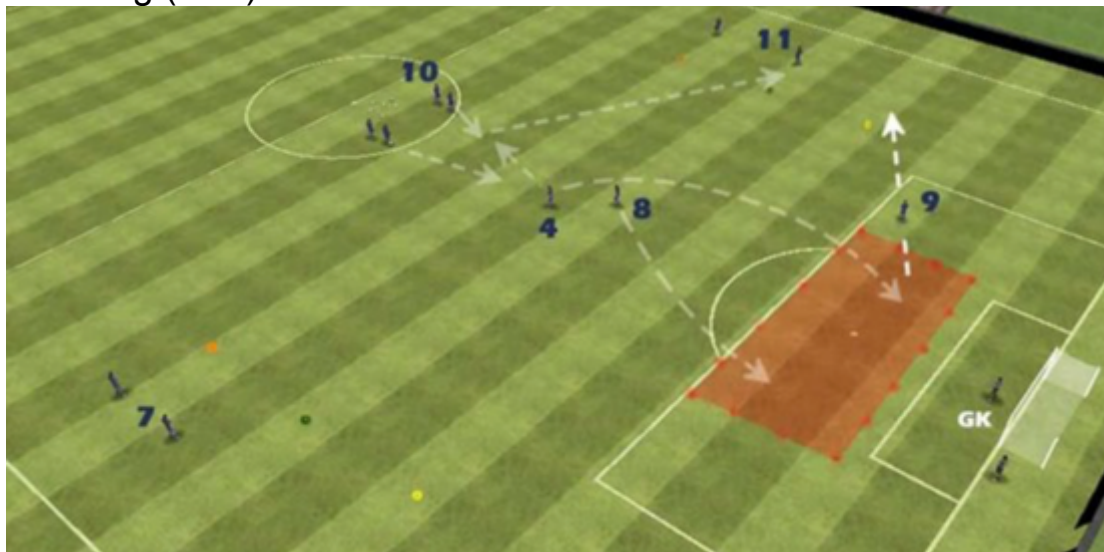
Area: Half a pitch with 3 cones each side (see diagram) as a guide to passing and crossing. Players are numbered to assist the passing sequences. In the first sequence 8 plays to 10, who sets up 4 to pass out wide. Once the ball is crossed it is up to 9 and 10 moving forward, to try and score. **Variations can be used**

1. The Early Cross. The ball received by 7 can be crossed early from position A. NB. The pass wide by 4 has to pass between the orange and green cones.
2. Advancing Forward. The second type of cross comes after a longer run chasing a pass towards the yellow cone. 7 delivers from position B towards the area forward of the penalty spot but outside of the six yard area.
3. The Pull Back. Once 7 receives the ball full back 2 can provide an option down the flank, with an over lapping run towards position C. This then opens up varying options for 2 e.g. the pull back, low driven cross or a chip on to the back post.

Key Points:

- The wide player has to decide whether to cross first-time or to take a touch. Approach at the correct angle to the ball.
- Non-kicking foot behind the ball, contact in the lower part of the ball if the intent is to impart spin and swerve.
- Aim to deliver the ball between floor and head height into the marked area.

Crossing (Skill) 2/3



The Session

To develop the practice into a skill session, following the first exercise, one of the attacking pair (9 or 10) has to make a secondary sprint out towards the full back area where the next cross is coming from. This will force the crosser to

consider:

- Missing the first man.
- Altering the trajectory of the ball if required.
- Once the cross has been confronted the attacker returns to the original position in the middle of the pitch.
- For extra difficulty add a central defender against the two strikers.

Coaching Points:

- Playing with head up – looking for changes in position.
- Good decision making.
- N.B This practice needs to have a good flow with good movement.

Crossing (Game) 3/3



The Session

1. 4v4, 2 GK plus 4 floating players
2. Two penalty areas with an area of 10 yards between them. On the outside of the central area, two channels (width approx 5 yards). Dimensions can be altered depending on the age and ability of the players.
3. The game is 4v4 plus 2 goalkeepers. 4 floaters acting as wide players, 2 in each channel - either side of the pitch.
4. The floaters play with the team in possession. On receiving a pass they have the option of an early cross, or they can combine to create an overlap before crossing. Defenders will react accordingly.
5. Teams will try and get the ball wide. The game can be conditioned e.g. Coaches can impose a minimum number of passes in the central area, ensuring the GK cannot throw the ball direct to a floater.
6. Floaters can cross early or combine with the other supporting player changing the angle of the cross.

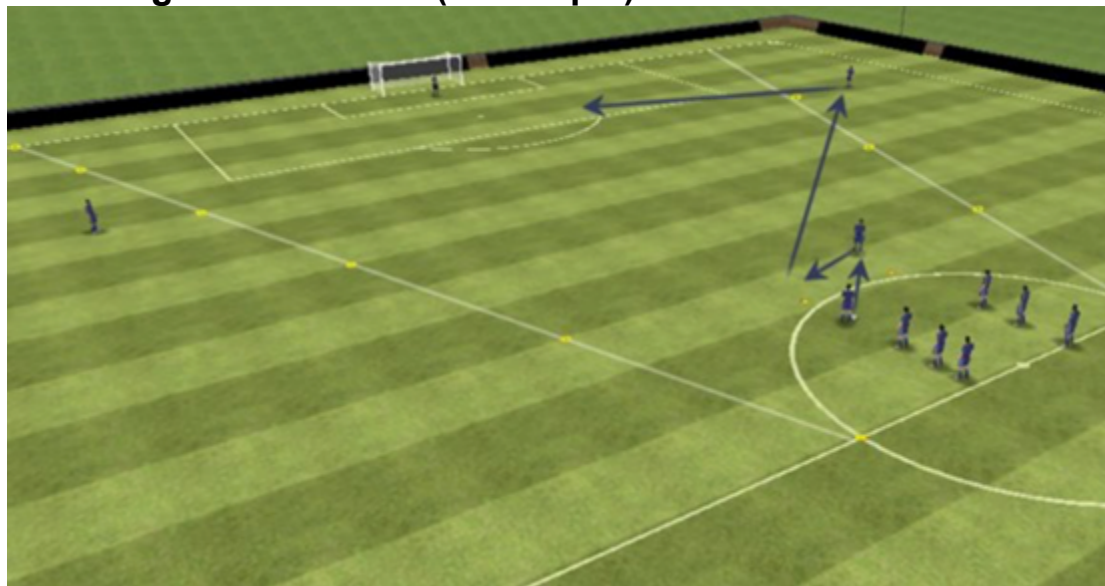
Coaches may consider:

- Restricting the number of touches by wide players.
- The use of the opposite floater to attack on the far post once the ball is crossed.
- Switching floaters to encourage in-swinging crosses.

Coaching Points:

- With no opposition, players should aim for accuracy.
- Receivers need to look for space.
- Decision making - selecting the right type of cross.

Finishing from Crosses (technique) 1/3



The Session

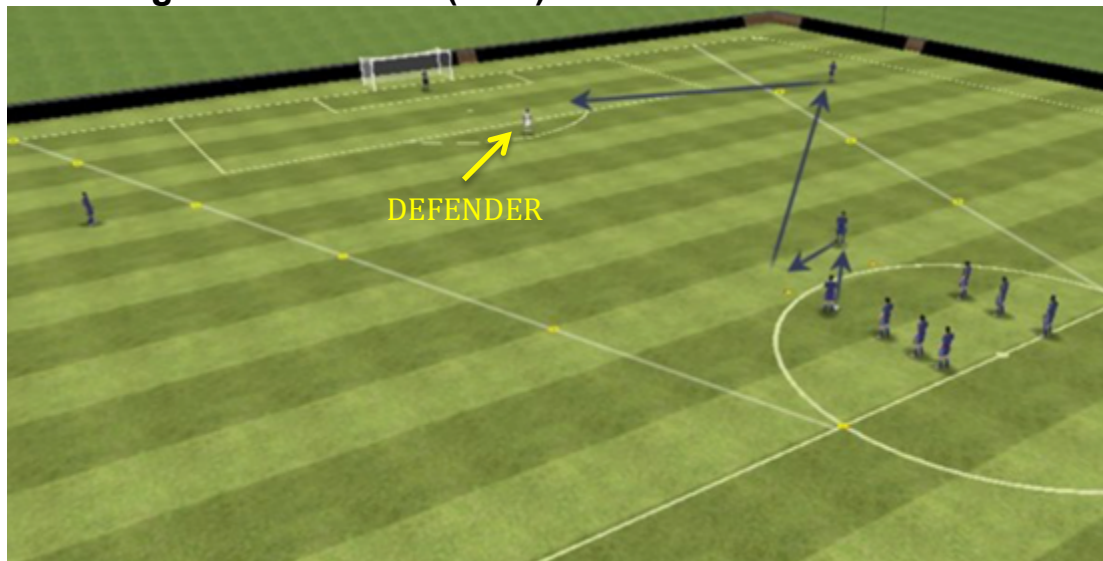
Area size must be appropriate to age and ability with halfway indicated by flags - normal game rules apply.

- Up to 12 players arranged in two teams of 4v4 with 2 floating wide players. They operate outside the length of the 2 touchlines and their aim is to receive the ball and then cross for one of the attacking players to try and score.
- Both teams must be encouraged to use the floating wide players so as an incentive if a goal is scored from a cross, 2 points are awarded, whereas a goal scored from normal play only earns 1 point.

Coaching Points:

- The wide players must make full use of the outside length of the area in order to receive the ball.
- Even though they are unmarked they should attempt to cross as early as possible (before the defenders are set in position) always being aware of the quality of cross.
- The attackers must create space for themselves and lose defenders by incorporating clever and well timed runs.

Finishing From Crosses (Skill) 2/3



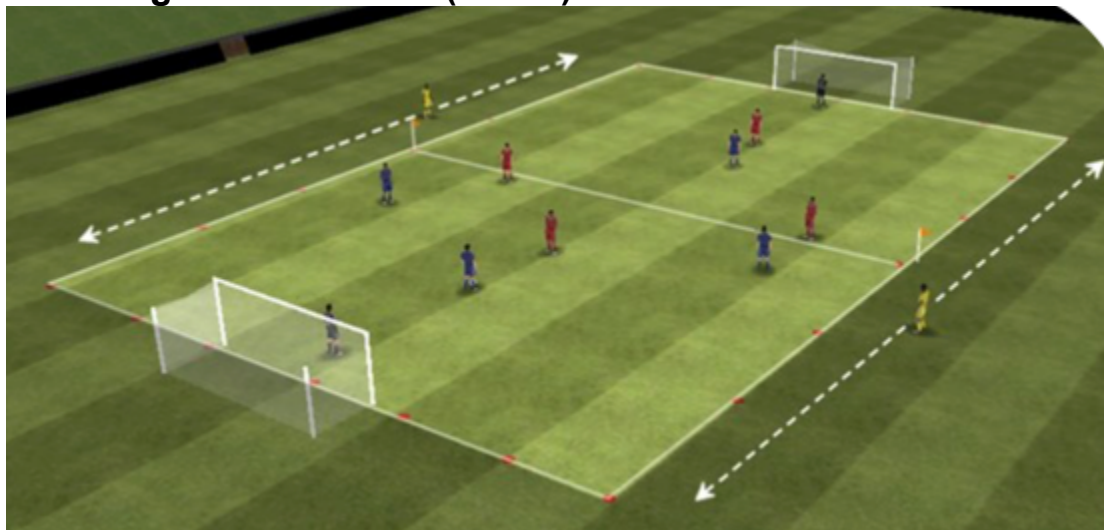
The Session

- Played on half a pitch, but now a defender is added aiming principally to defend the crosses into the penalty area.
 - The starting position for the defender in white is in the D on the front of the 18 yard area.
1. The exercise follows the same process as in the technique practice – attacking players switching the ball out wide before moving into the penalty area, aiming to get on the end of a cross. The only difference now is the added defender (who must try and cut out the crosses) has to be by passed.
 2. So now the cross has to be really accurate with the 2 forward players switching positions and making room away from the defender, especially if the coach insists on applying the offside rule.
 3. Coaches can add more defenders and or attackers as appropriate.

Coaching Points:

- The wide player, still unmarked, must attempt a variety of crosses, giving consideration to accuracy, height and speed.
- Attacking runs into the box need to be done with pace and good timing.
- Attackers must be active and aware of second phase play.

Finishing From Crosses (Game) 3/3



The Session

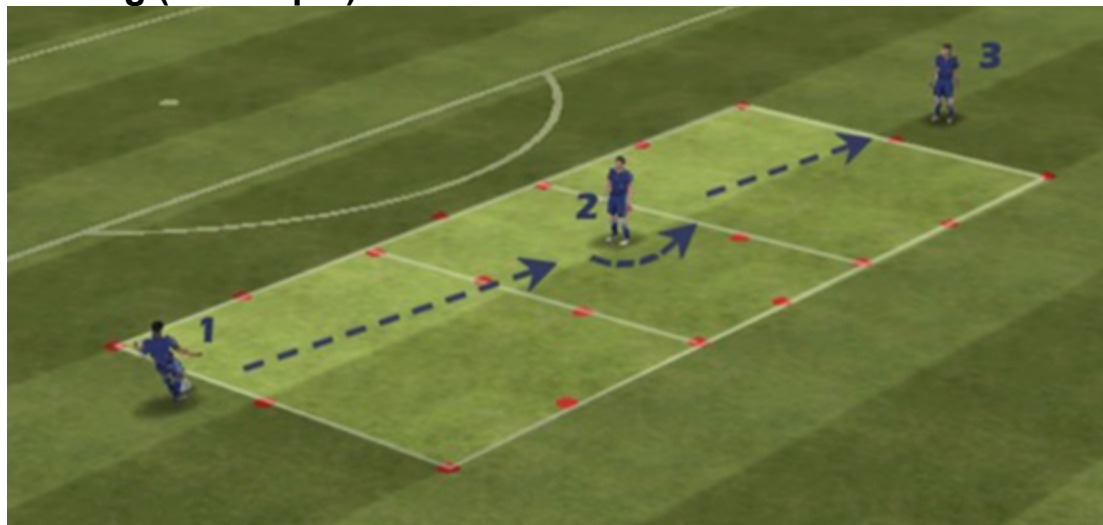
Area size must be appropriate to age and ability with halfway indicated by flags - normal game rules apply.

1. Up to 12 players arranged in two teams of 4v4 with 2 floating wide players. They operate outside the length of the 2 touchlines and their aim is to receive the ball and then cross for one of the attacking players to try and score.
2. Both teams must be encouraged to use the floating wide players so as an incentive if a goal is scored from a cross, 2 points are awarded, whereas a goal scored from normal play only earns 1 point.

Coaching Points:

- The wide players must make full use of the outside length of the area in order to receive the ball.
- Even though they are unmarked they should attempt to cross as early as possible (before the defenders are set in position) always being aware of the quality of cross.
- The attackers must create space for themselves and lose defenders by incorporating clever and well timed runs.

Turning (technique) 1/3



The Session

Area 20m x 5m (depending on age and ability),

1. player 3 starts the exercise passing to player 2 in the middle, who performs a turn and passes to player 1.

Point to note, the central player has to practice at turning in both directions.

2. Continue the exercise with player 1 as the next starting point. Player roles can be rotated, so all three players have the opportunity to practice turning.

Coaching points:

1. Good passing is still important in this exercise, as is the movement to receive, and the turning technique by the central player.
2. Coaches should look for good close control.
3. Central player encouraged to look behind before receiving the ball to encourage awareness – this will become important as the session develops.
4. Disguising the direction of the turn.
5. Maintain a low body position during the turn.

Progression:

- Player 3 passes to 2, who turns and passes to player 1. Player 1 now has the option to turn away, practicing varying turns, before turning back (see diagram 1a). As player 1 works on turning, player 2 and 3 exchange places.
- Coaching points as above, however need to be aware when to change roles.

Turning (Skill) 2/3



The Session

1. 4 teams of 3 players - two on the outside, one player on the inside of the 5 metre circle.
2. A player on the outside passes to a colleague on the inside of the circle, who turns and passes on to the third player. It is up to the central player to move and look for space, showing good touch, and a sharp turn before delivering the ball.

Progression:

- Introduce movement of the players around the outside (this challenges the awareness of the central players).
- As in the previous practice, the player receiving on the outside can turn away and back again, while the team-mates exchange position.
- As a further challenge coaches can adjust the size of the circle.

Turning (Game) 3/3



The Session

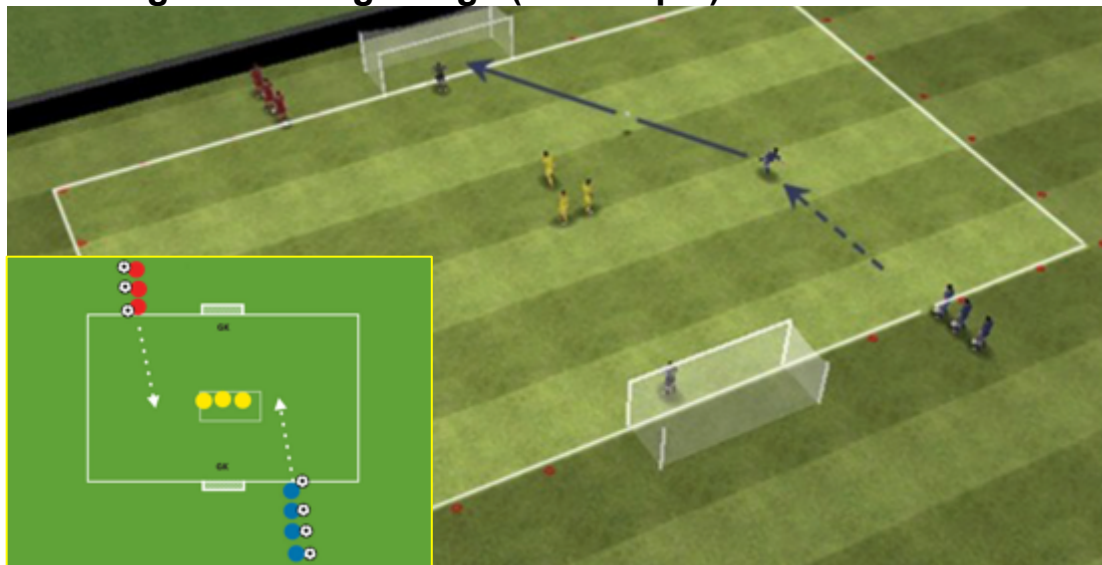
Area:, roughly the dimensions of a penalty area, 5 members of the blue team, trying to score, face 7 players in white whose role is simply to try and retain possession playing through the zones.

1. When playing from the first zone into the central area one member of the team in white is allowed to follow the pass into the middle – but is not permitted to progress any farther.
2. The whites target is to play through the zones going forward, and then returning back to the starting point.
3. The blue team must attempt to win possession, and if they do they can score in either of the goals guarded by a goalkeeper.
4. Rotate players to give all opportunity to play in both set ups.
5. To progress to a game – the teams play 6 v 6, each team attacking their opponents' goal. Normal rules apply.

Coaching Points:

- Good movement, finding space.
- Players accepting the ball when tightly marked.
- Decision making when to turn or pass and selection of turn.

Shooting From Long Range (Technique) 1/3



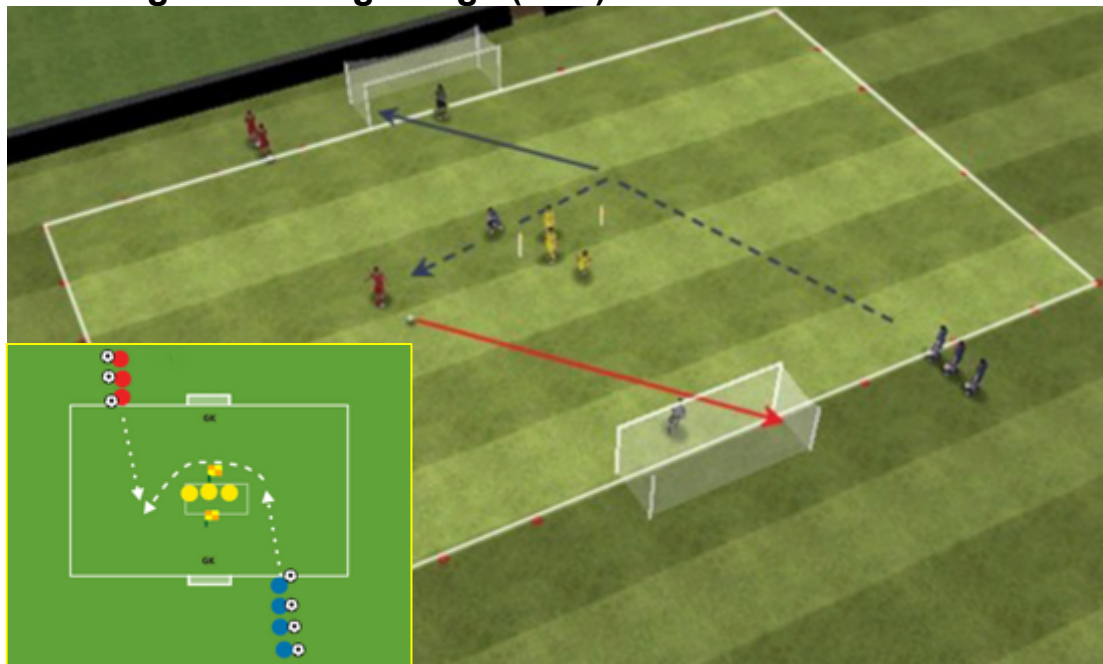
The Session

1. The size of the practice area is fitted to age and ability of the players.
2. A goalkeeper in each goal, 3 reds and 4 blues on opposite touchlines, with a ball each – both teams behind a goal line with 3 players in yellow in a central area (see diagram).
3. The first player in blue dribbles and shoots as soon as there is a clear sight of both goal-posts. After shooting that player joins the back of the opposite queue.
4. As soon as the shot from the player in blue is struck, the first player in the red team immediately dribbles out and shoots, and then joins the opposite side.
5. This sequence continues. The players in yellow in the central area stay alert, looking for rebounds, i.e. hunting down anything the goalkeeper parries, or shots which come back off the goal frame.
6. Players rotate roles.

Coaches Should Encourage:

- Players to work on a varied type of strike and the angle of the shot.
- A focus on technical details of the strike e.g. contact area on the ball, also the foot and body shape, as the player aims for power/accuracy.
- Assess where the goalkeeper is positioned.

Shooting From Long Range (skill) 2/3



The Session

Working in a similar area, the players take up the same starting positions, as in the previous exercise, only this time 2 flags are positioned on either side of the central area (see diagram).

1. Once again we are looking for shots from distance.
2. The first player in blue sets-off at pace and shoots as soon there is a clear sight the goal (as before).
3. Immediately after the blue strike the first red attacker sets off with the aim to shoot at goal.
4. However, there is now pressure from the blue attacker, who after shooting reacts quickly, running around the flag before putting pressure on the red attacker.
5. After completing this, the player in red reacts in exactly the same way, pressurising the next blue striker.
6. This sequence is repeated, concentration and timing are key.
7. The players in yellow, as before, look for rebounds at both ends.
Coaches can introduce 'offsides', using the flag as an offside reference, reminding the players: "Don't go too early!"

Coaching Points:

- The basics of shooting are exactly the same. Attackers being aware of the pressure of the challenging defender.
- Players need to concentrate, remaining composed when striking while adding a little more aggression when they change roles and become defenders.

Shooting From Long Range (Game) 3/3



The Session

Use same size pitch as before. This speeds up the transition from 'skill' into 'game'.

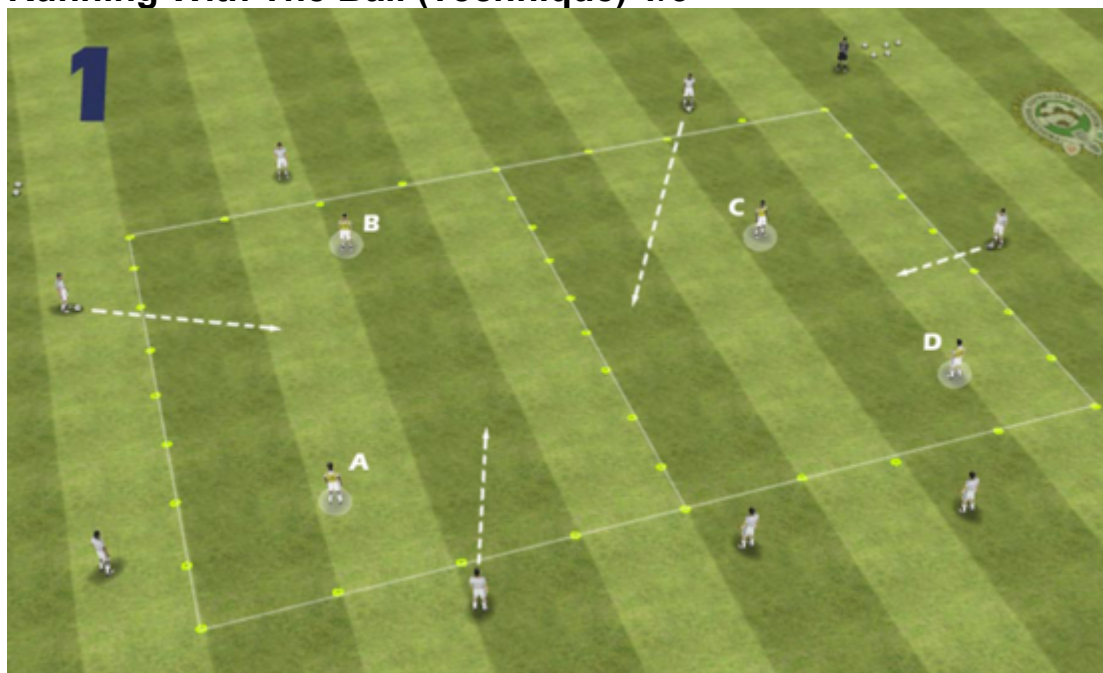
1. A goalkeeper at each end, with 2 teams of 4 players. These players are free to move anywhere within the area.
2. On the outside are two neutral players who assist the flow of play, returning the ball only to the team who played to them. These neutral players do not shoot, they are just links.
3. Roles can be rotated during the session.
4. Coaches can introduce incentives to support the earlier work and add impetus to the exercise, for example:
5. **1 point:** any goal within the attacking half.
6. **2 points:** any goal following a rebound.
7. **3 points:** for any goal scored from within a player's defensive half of the area i.e. a longer strike.



Coach the team in possession on:

- Spreading the play to try and create more shooting opportunities.
- Decisions: when to shoot, and what type of shot? A positive shooting mentality is needed.
- Team-play: working on shots, rebounds and support-play, both in front and behind the ball.
- Keep track of shots taken, and those not taken, and coach from this.

Running With The Ball (Technique) 1/3



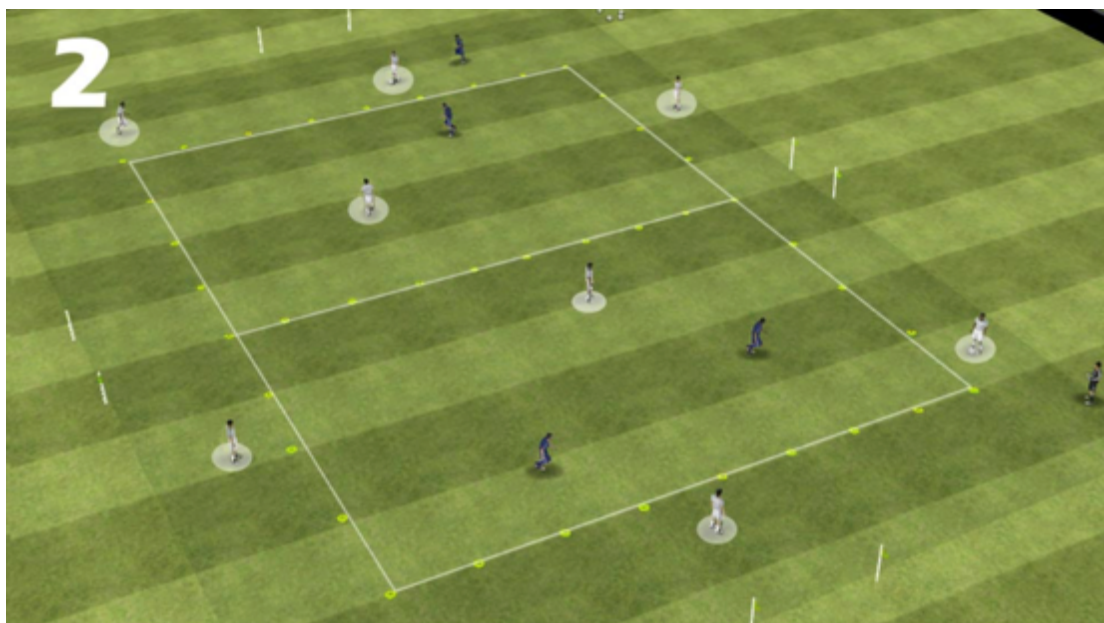
The Session

1. 12 players involved, 4 footballs with an area relevant to age and skill levels, split into 2 sections not less than 30 meters squared.
2. 4 players in the central area (listed A, B, C & D) and 8 players on the outside.
3. The objective is for the players on the outside to run their ball across the area, crossing as many lines as possible. As they are running across the area they have the option of using the central players to wall pass and link play.
4. Runs can be of any distance and players rotate roles so all get a chance to run with the ball.

Key Points:

- Look for players to identify space, even before the ball arrives at their feet.
- Good initial touch, ball under control and try to get the players to move at speed.
- Smooth movement with the ball is important. Players should practice take-overs, one-twos using the inside and outside of both feet for running and passing.

Running With The Ball (Skill) 2/3



The Session

1. Using the same areas as the technical practice but now it's 8 verses 4 around the area, with 4 goals marked by orange flags.
2. 2 balls working at the same time. White team starting in possession.
3. The objective is for the 8 attackers (whites) to run the ball across as many lines as possible in a given time.
4. In turn the defenders (blues) have to try and steal the ball and should they be successful they should try and score in any of the 4 goals surrounding the area.

- **Key Points:**

- Players in white must move about and remain in a particular area – they should look to find space and then use it.
- Defenders should be encouraged to win the ball to put real pressure on the attacking side.
- Attacking players must work on their control and movement even though they outnumber the opposition.

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Running With The Ball (Game) 3/3



The Session

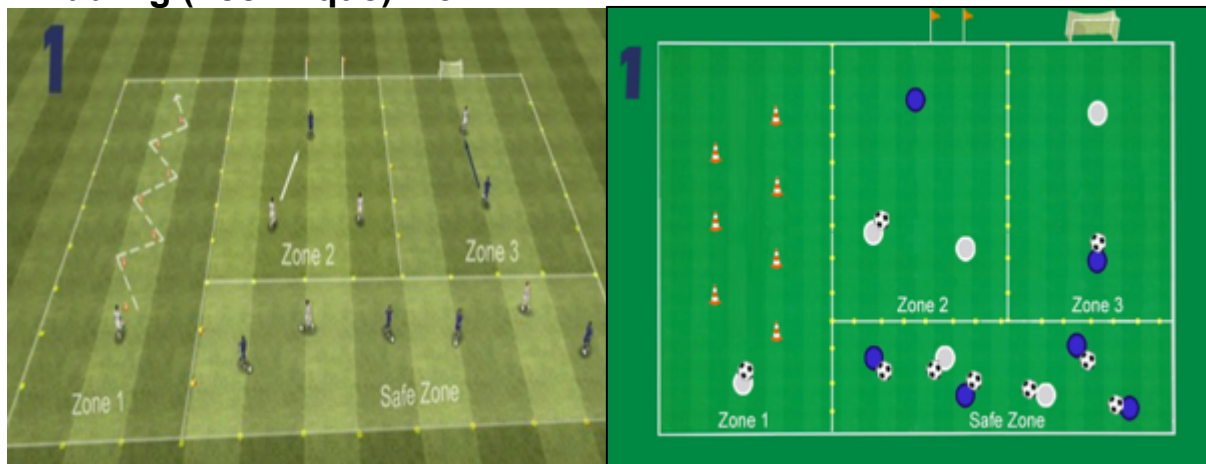
1. 12 players, 4 vs 4 in the central area with 4 floater players (in yellow) 2 players on the outside and 2 in the central area, all play to support the team in possession.
2. All players in yellow play one touch football and the target for the blue and white teams in the area is to run the ball into the opposing teams scoring zone.
3. The team in possession needs to create space to try and lose markers, players not in possession looking to create space for themselves.



Coaching Points:

- Players should learn when to run with the ball and when to pass bringing in earlier techniques from previous sessions.
- Players should also recognise when to support and when to run with the ball – once again good control is vital.
- All players should be aware of protecting defensive space when a colleague breaks out with the ball.

Dribbling (Technique) 1/3



The Session

4 zones.

1. In the safezone each player has a ball practising the 'double touch' (shifting the ball from left-to-right foot or vice versa) as they approach each other with the ball.
2. It is then up to the players to in turn pass the ball out of the safezone to either of the attacking players in zones 2 & 3 who can practise taking on passive defenders.
3. In Zone 1 each player uses any technique to zig zag through or dribble round the cones.
4. In Zone 2 players attempt the 'Stanley Matthews' technique, i.e. the player with the ball feints to move in one direction by shifting body weight, before flicking the ball with the outside of the foot into the opposite direction.
5. In Zone 3 players are encouraged to use the 'Ronaldo' or 'Scissors' step over technique, to try and catch the defender off balance.
6. Players can exchange roles.

Coaching Points:

- The organisation by coaches needs to be specific and controlled.
- In each zone close ball control should be stressed.
- Coaches should try and improve the tempo of the practice.

PANTHERS GREEN U11 PLAYBOOK



Dribbling (Skill) 2/3



The Session



An area 40m x 30m: Divided into zones, see the diagram.

Two players in the safe zone (in yellow), three defenders (in white). Opposing them are 5 attackers (in blue) who are aiming to dribble the ball into the end zone.

1. The two servers standing on the outside of the main area, on the halfway line also in yellow - start the practice by serving to the players in the safe zone alternately, maintaining a decent pace in the practice.
2. The receiving player in the Safe Zone then has to decide which of the attacking players they bring into the exercise.
3. In two of the zones players play 2 v 1, whereas in the centre zone the attacker has to go it alone and dribble past the defender in an attempt to score.
4. To progress the exercise coaches can join together two zones making a 3v2 or even a complete 5v3 situation using the whole area.

Coaching Points:

- The two servers and the players in the safe-zone must keep the practice moving, those in the safe-zone must work to adjust their positions.
- The safe-zone players must make the servers work.

Dribbling (Game) 3/3



The Session

1. Establish a good team shape with players learning to consider width and depth in attack. Players away from the ball should look for space and support the player on the ball, ensuring the team retains some depth in case of a counter attack.
2. Players should adopt a balanced body position to receive the ball, a good first touch, and then a positive attitude to attack the defender.
3. Attackers maintain a controlled approach to the defender and select which 'trick' to use and how to throw the defender off balance. The attacker must then accelerate away past the defender.

Coaching Points:

- Establish a good team shape with players learning to consider width and depth in attack. Players away from the ball should look for space and support the player on the ball, ensuring the team retains some depth in case of a counter attack.
- Players should adopt a balanced body position to receive the ball, a good first touch, and then a positive attitude to attack the defender.
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Sharp Incisive Passing (technique) 1/3



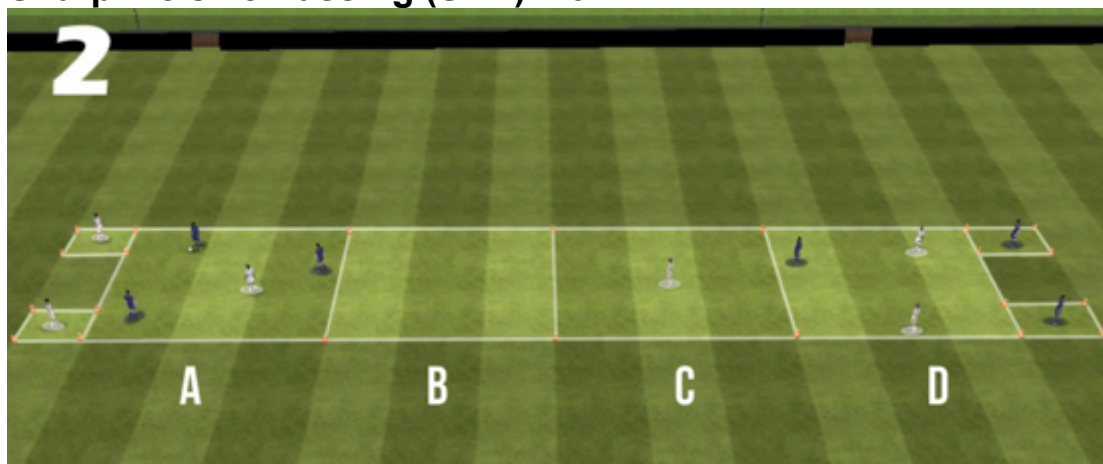
The Session

1. 12 players
2. 4 areas 10m x 10m (the diagram highlights one of these areas)
3. 3 players and one ball in each area
4. Each player starts on a different line on their respective square.
5. Once a player passes the ball to a team-mate then that player has to move quickly to the vacant line on the square. Each player repeats as the practice continues.

Coaching Points:

- Players should adopt a positive approach, passing first time when possible and moving immediately after delivering the ball.
- Coaches should look for a good weight of pass and players using inside and outside of the foot.

Sharp Incisive Passing (Skill) 2/3



The Session

1. 12 players - Area 40m x 10m. Divided into four squares, marked A, B, C and D (each 10m x 10m).
2. 4 target areas at each corner, occupied by four target players.
3. The practice starts with the ball played out from the one of the target zones to a player in blue in Zone A.
4. In Zone A, 3 players in blue play against one defender in white and attempt to travel through the zones, initially progressing to Zone B.
5. Zone B is vacant, but once the 3 attackers move into it, then the defender in Zone C (in white) confronts them.
6. Once the blue team progress into Zone C, the players in Zone D become 'live' creating a 4 v 2 situation with the blues trying to score. They do this by passing the ball into either of the players in the target zones who must have the ball under control.
7. The two teams then reverse roles, with the white team attacking the blue team (using the same zonal marking system). The target players can be rotated.

Coaching Points:

- Coaches should look for good decision making and co-ordinated teamwork from all the players.
- Good first time passing and control are still the key issue and should be stressed.
- The final pass is important and to score the receiving player must have the ball under total control.

Incisive Passing Drill (Game) 3/3



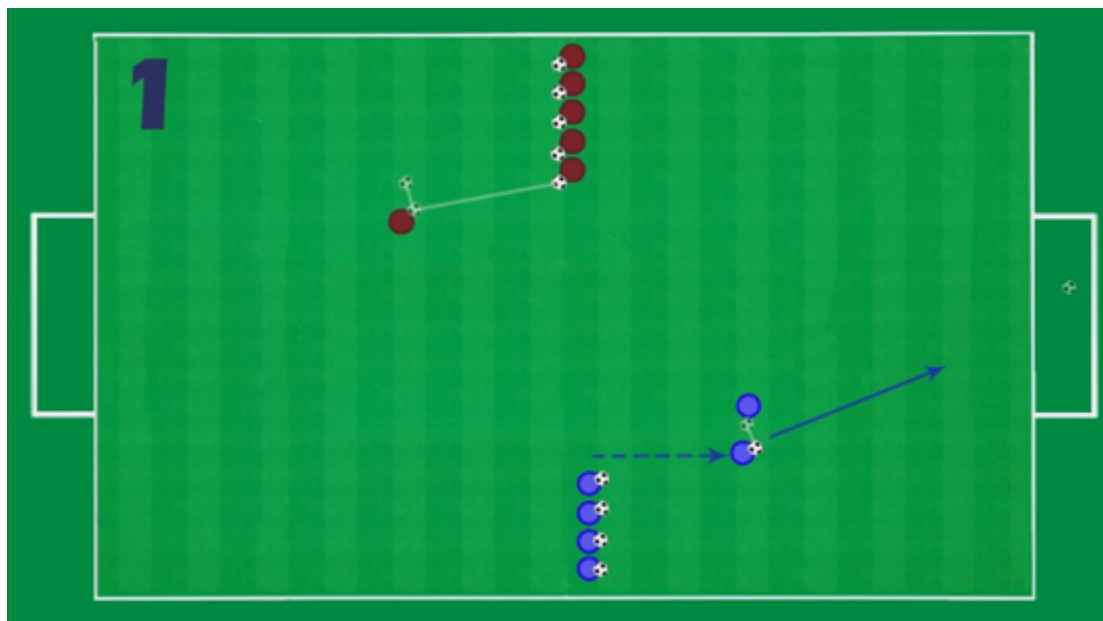
The Session

1. Area: 30m x 30m (dependant on age and ability). With two target areas at one end (see diagram) and a goal at the opposite end.
2. 4 v 4 in the central area (Blue team vs White team) plus one floating player (in yellow), who is restricted to one touch football and joins the team in possession.
3. The blue team plus a goalkeeper defend the full size goal and they aim to score by passing the ball to either of the target players at the opposite corners of the area.
4. The team in white must defend the target areas and if they gain possession aim to score past the opposing goalkeeper.

Coaching Points:

- All players should work on the quick passing techniques and skills they have developed in the previous practices.
- Remember - a good pass has to be accurate, played at the right pace and to advantage.
- Coaches should look for sharp movement off the ball, players working on good angles while considering the positions of their teammates.

Shooting (technique) 1/3



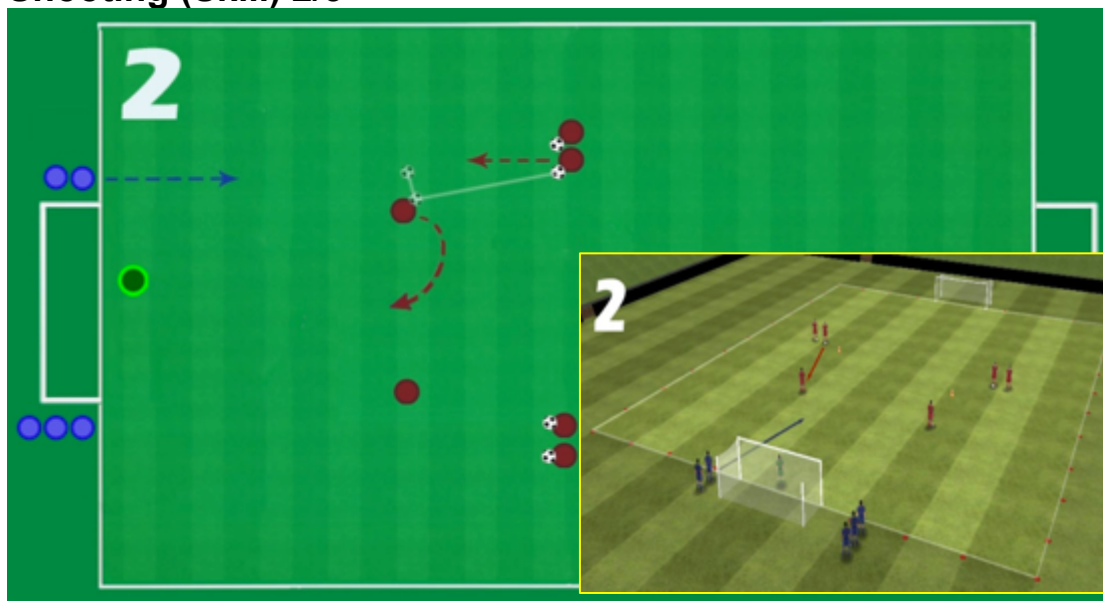
The Session

1. Two groups working at the same time (with a pitch size to relevant to age and ability levels – senior players work on half a pitch).
2. Two full size goals, facing each other. For senior players the coach may want to introduce a goalkeeper from the start.
3. Each player has a ball, who passes to a target player (see diagram). The target player stops the ball for the initial passer to follow up and shoot at the empty goal. Each player collects their own ball and returns to the back of the group.
4. To progress the target players play the ball on at varying angles and distance to make it more difficult for the player shooting ... who must still aim to hit the ball first time if possible.

Coaching Points:

- Each player must try and strike at goal first time from the lay-off pass.
- To keep the ball low the non-kicking foot should be alongside the ball.
- Players should aim for accuracy and power when possible.
- Players must be coached to keep their eyes on the ball.

Shooting (Skill) 2/3



The Session

1. A goalkeeper is introduced into the practice.
2. Retain two groups working alternately from opposite sides.
3. This time the target players stops the ball dead from the initial pass and then spins away to join the attack, setting up a 2 v 1 situation.
4. A defender comes from the side of the goal and comes into the play only once the target player stops the ball.
5. To progress coaches can make a 3 v 2 situation.

Coaching Points:

- Attackers should look to create space to set up shooting positions.
- Accuracy is the key issue here.
- Finally attackers should be alive to rebounds from the goalkeeper

Shooting (Game) 3/3



The Session

1. Two full size goals, facing each other. 4 v 4 plus a goalkeeper on each team. A goalkeeper must remain in the marked area.
2. Both teams seek to shoot at every opportunity - after completing three passes.
3. Players can manoeuvre around the area to create space for themselves but they are only permitted to shoot for goal after completing three successful passes.
4. Two floating players at the side of each goal (both restricted to two touches) can be used by either team.

Key Points:

- Decision making is important.
- Players need to work on a good first touch control to advantage, as they seek to line up a shot.
- Players should be encouraged to shoot at every opportunity. Once again support play is important and players should look for rebounds.

Attacking & Movement Off The Ball



A straightforward set up with two attackers (in yellow) positioned just inside the penalty area, marked by two defenders (in blue).

1. The server outside the area, starts the practice by playing the ball to either attacker... the server then joins the exercise to make a 3 v 2 attempting to finish with a shot on goal.
2. The defenders plus a goalkeeper have to try and win the ball, covering any runs by attackers, tackling when the opportunity arises, and clearing the ball out of the area.

COACHING POINTS:

- Coaches should look for sharp decisive movement off the ball from the attacking players as they try to find space either for themselves or for a colleague.
- An accurate, decisive serve is important to set off the practice, followed by a good first touch and a strike at goal as soon as any chance presents itself.
- Attackers must try and finish with a goal attempt!
- Good support from the midfield player (the server), who not only backs up the attack but also shoots when an opportunity arises.

PROGRESSION ...

- The coach can introduce restrictions to the practice - e.g. only one pass backwards is permitted by the attacking side once the move starts. So once the ball is served in the session, all passes, except one, must go forward.
- This can make one player, often with their back to goal, try and hold on to the ball, while team-mates make supporting runs.

ADDITIONAL OPTIONS ...

- Coaches can add to the practice and assist junior players by making a 4 v 2 situation, giving the attacking side more options. This can often provide a varying starting point.
- Nevertheless good running off the ball should still be expected, players always looking for space and dragging defenders out of position at the same time.

8. GOALKEEPING

The position of goalkeeper is that of a 'specialist technician' and, therefore, a great deal of work on individual technique is required to reach a competent standard.

Exercise 1

One of the differences between the goalkeeper and the rest of the players is the fact that as the last line of defence the goalkeeper has the advantage of handling the ball. There are various basic essentials that need real consideration, and there are various handling techniques that need to be mastered.

Handling, a simple starting exercise.

1. Two players 10 yards apart throw the ball for each other to catch.
2. Key Points:
3. Starting position - weight should be on the balls of the feet which should be shoulder-width apart.
4. Hands should be at waist height, outside the line of the body, palms of the hands open.
5. Head should be slightly forward and steady at all times, eyes on the ball.



Catching the ball 'above head height

- Hands in front of the body
- Fingers spread into what we call the 'W' shape
- Take the ball early
- Catch behind the ball
- Catching a ball at 'chest height'
- Hands in front of the body
- Palms facing outward
- Fingers spread in the 'W' shape
- Catch behind the ball

or

- Allow the ball to go into the chest
- 'Cup' the ball - wrap hands and forearms around the ball
- Clutch the ball into the chest



Handling The Ball (Technique) 1/3

The Session

Each goalkeeper must first learn the basic techniques of saving and handling the ball. To begin with players can work in pairs 5 to 10m apart throwing or kicking the ball towards each other to save. Each player should be alert almost bouncing on the toes, feet slightly apart and initially they should attempt to hold onto the ball.

Goalkeepers then have to adapt on the type of shot that comes their way and there are varying techniques involved:

A) Scoop, this is when the ball is coming directly at the keeper who attempts to pull the ball towards his midriff. Knees should be slightly bent, palm of the hands facing forward, and with elbows tucked in the player attempts to scoop the ball and trap it between hands and chest.

The scoop can be used when the ball bounces up towards the goalkeeper or when diving towards the ball which is directly coming towards them.



B) Chest save, this is used when the ball is driven around the chest and head height. This usually comes after a driven ball is aimed at the target so the first thing for any goalkeeper is to watch the flight of the ball, get in line ready to use the hands and arms acting almost like a shock absorber. The main aim is to let the hands to secure the ball.



C) Above head, now the goalkeeper has to watch the flight of the ball and if necessary should be ready to jump off one foot to gain maximum height. The hands reaching, the thumbs almost touching to attempt to get a firm grip on the ball. The aim is to catch and pull the ball into the chest.



Coaching Points:

- All goalkeepers must try from a set position ready to read the flight of the ball. Especially if they come under physical pressure from an attacking player.
- They need to move in line and make decisions in relation to the flight and pace of the ball, and that will then determine which technique to use.

Handling The Ball (Skill) 2/3



The Session

1. Three attacking players (in blue) against two defenders and a goalkeeper.
2. The defenders are restricted to play within the penalty area, allowing the attackers to shoot from any distance – but the attackers must not go offside.
3. The goalkeepers adjust their position accordingly. Coaches must encourage attackers to shoot when possible or when an opening occurs to try and work the goalkeeper in relation to the defenders.

Key Points:

- Good communication now comes into play, and the goalkeeper's relationship with defenders is important.
- Coaches should encourage the goalkeepers to attempt to hold onto the ball when saving - while attackers should be ready to follow up for rebounds from the keeper.
- Goalkeepers should get in line with the flight of the ball (considering the angle) and try to be in a strong 'set' position as the striker lines up the shot.