

Coaching Manual: A Season of Sessions

*Training Ages 8 to 11
Week 1 : Day 1*



NEIL BRADFORD
DIRECTOR OF COACHING
SAY NATIONAL HEADQUARTERS

2012

Passing - Yes Please



Passing- Yes Please

Purpose- To improve passing technique

Organization

Area 20x20

Split team into two. Half of the team make a circle round the outside and half the team have a soccer ball in the middle of the circle.

On the coaches command, players in the middle dribble around looking for an open player.

When they see a player who is open, he or she calls for the ball "yes please". After receiving the ball they pass the ball back and the player turns and goes off to find another open player.

Ask the players how many passes they can make in 90 seconds?

Swap players around after the 90 seconds has ended.

Progression- Ask outside players to play one touch only.

Coaching Points

Ask players to use all parts of the foot to pass with.

Approach ball from a slight angle and strike through the middle of the ball.

Work on the weight of the pass

3v3 Plus Two Neutrals



3v3 plus two neutrals

Purpose- To improve passing and movement

Organization

This game is a directional passing game with the objective to dribble the ball over the end line under control to score a point.

Progression

Players limited to two touch only
Floaters limited to one touch only

Coaching Points

Encourage players to play quickly
Encourage players moving off the ball, to take up good supporting positions.
Ensure quality of pass
Be aware of options available
Good communication
Good decision making

Small Sided Possession Game with Direction



Small sided possession game with direction.

Purpose- To improve passing and movement of players off the ball.

Organization

Two teams of six compete inside a 20x20 grid. A 3v3 game is played, with the six other players placed diagonally across from each other. The players around the outside help their team keep possession. To score a goal the ball must be passed between the corner posts under control.

Progression

Players on the outside move in field to support the player on the ball and keep possession, once the ball has been played to them.

Ask players to play two and three touch only.

Coaching Points

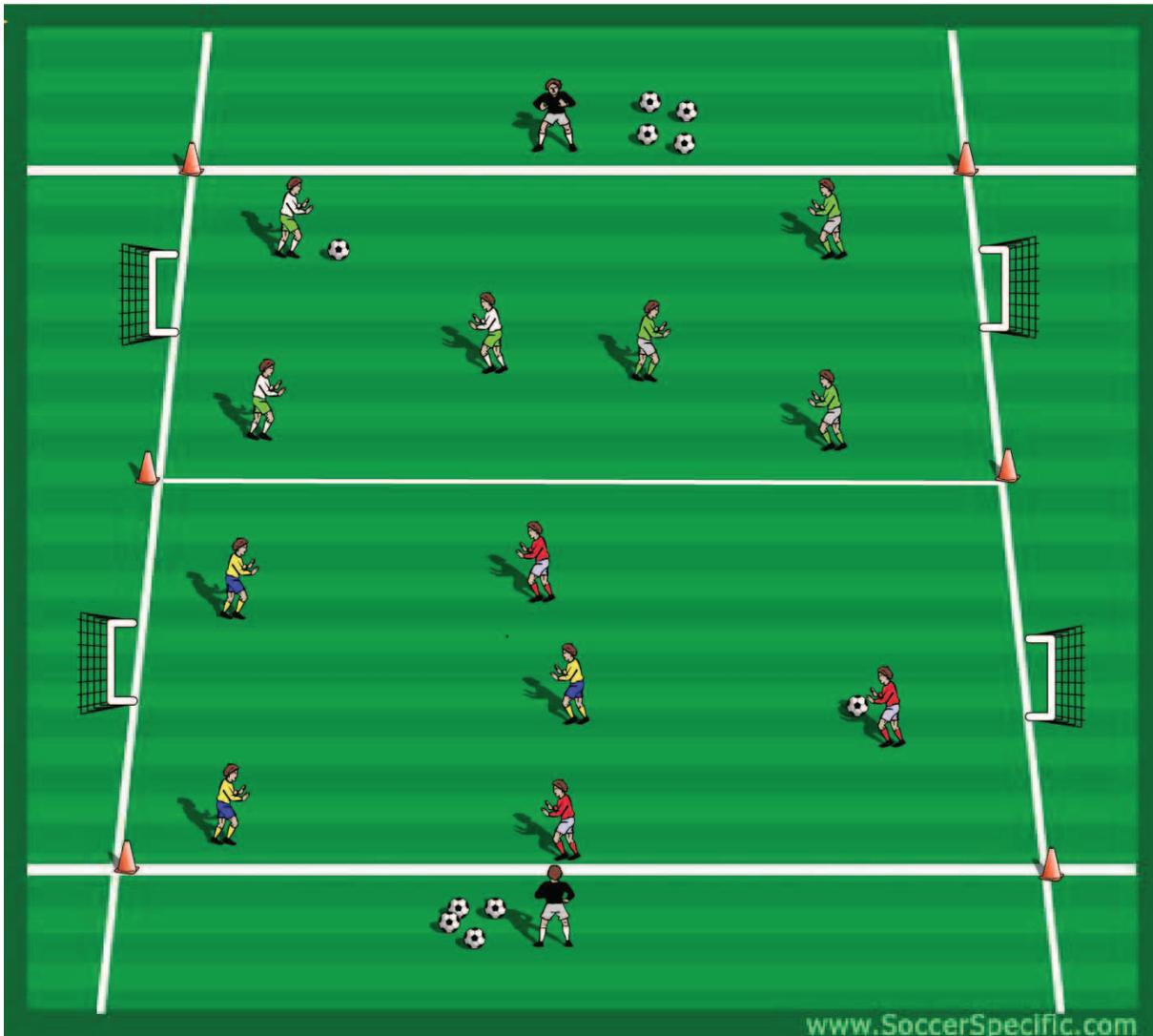
Awareness and decision making

Good communication between team

Movement to create options for player on the ball

Decision making, for example when is it right to dribble, when is it right to pass?

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

Coaching Manual: A Season of Sessions

*Training Ages 8 to 11
Week 1 : Day 2*



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Stuck in the Mud



Stuck in the Mud

Purpose- Opposed dribbling

Organization

All players except for the two in the scrimmage vests have a soccer ball
Players dribble around the grid and try to avoid the players in the scrimmage vests
The players without the ball (defenders) try to tag the players with the ball.
Players in the scrimmage vests (defenders) can only hop to start (passive defending)
If players with balls are tagged, they must hold the ball above their heads and call "stuck in the mud, stuck in the mud, stuck in the mud"
To become free another player must dribble the ball and pass the ball through the persons leg so they can place the ball down and return to the game.

Progression

After one minute the defenders are allowed to run. How long does it take to tag all the defenders?

Coaching Points

Keep the ball close

Keep your nose in front of the ball, to avoid defenders and look for the open space.

Technique- Use turns and fakes when 1v1 to avoid being tagged by defenders

2v2 Activity with Servers



2v2 Activity with servers

Purpose- To improve dribbling and the ability of players to beat defenders, using moves

Organization

The game is played in a 20x30 grid

Players play 2v2 with a server at each end. The server plays as a target player and always plays the ball to his/her teammates when they receive the ball

The aim is to score a point by moving the ball up the field and passing the ball to the opposite server.

When a point has been awarded the opposition take the ball and try to score at the opposite end

Progression

Attacking players must play at speed and a time limit is imposed to get the ball to the other side and score a point

Coaching Points

This can be used as functional training where the coach can highlight both attacking positions and defending positions

Coach highlights attacking positions as a pair, give and goes, overlapping and diagonal runs

Coach highlights defending positions, the placements of the first and second defender

Finally spacial awareness, quality first touch and the importance of good passes should be highlighted

2v2 Activity with Servers and Target Players: Part 2



2v2 Activity with servers and Target players Part two

Objective

The game is played in a 20x30 grid

Players play 2v2 with a server at each end, plus two target players are added. A point is scored every time the attacking team passes the ball to the opposition server

The attacking team are encouraged to use the target players to help maintain possession and enhance scoring opportunities.

Progression

If the attacking team decide to pass the ball back to their server, their server is allowed to enter the field of play until they loose possession making 3v2 situations

Coaching Points

Highlight both attacking and defending as a pair (see Part one)

Communication

Play quickly good first touch, movement and passing

Dribbling Small Sided 4v4 Plus Goalkeepers



Small sided 4v4 plus goalkeepers

Purpose- Encourage players to dribble and take on defenders

Organization

Area 30x30

Set up a field to play 6v6 plus goalkeepers. Teams must play a normal scrimmage against each other but restrictions are placed on the players.

Players are told they are only allowed to pass sideways and backwards. To go forward and score the players are forced to dribble and take on opposition players.

Progression

Play normally but award an extra goal, if a player beats an opponent with a move before scoring.

Coaching Points

Communication with teammates.

Head up to see all options on the field.

Encourage players to dribble and use moves.

Encourage players to be aggressive and confident

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

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Play for 7 minutes and then change the teams, so they are playing new opposition.

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Unopposed Turning



Turning game 4 Goal game.

Purpose- Small sided game to improve turning.

Organization

Area 25x 25

Divide teams in 2v2 games and have multiple games playing, rather than sitting players to watch. Game is played as a small sided game, with the team in possession trying to score in one of the four goals by dribbling through the gates around the outside of the grid.

Progression

Ask players to be more specific with their moves and attack specific gates.

Coaching Points

Keep your head up and nose in front of the ball so you can see where the free goals are, where the defenders are and where your teammate is.

Turn away from crowded areas and look for the open space

Good communication with teammate

Dinosaur Turnaround



Dinosaur Turnaround

Purpose- To improve turns under pressure.

Organization

Area 20x20

Each attacking player has a soccer ball. 2 players who are called dinosaurs do not have a ball. The red players run towards a dinosaur and attempt to execute a turn they have previously learnt. Players score a point by turning away from a dinosaur and keeping control of the ball. If players get too close, the dinosaurs can kick the ball away. Play for 90 seconds and see how many points you can score.

Progression

Recap the coaching points and attempt to beat score, also ask players to use specific turns. Add more dinosaurs.

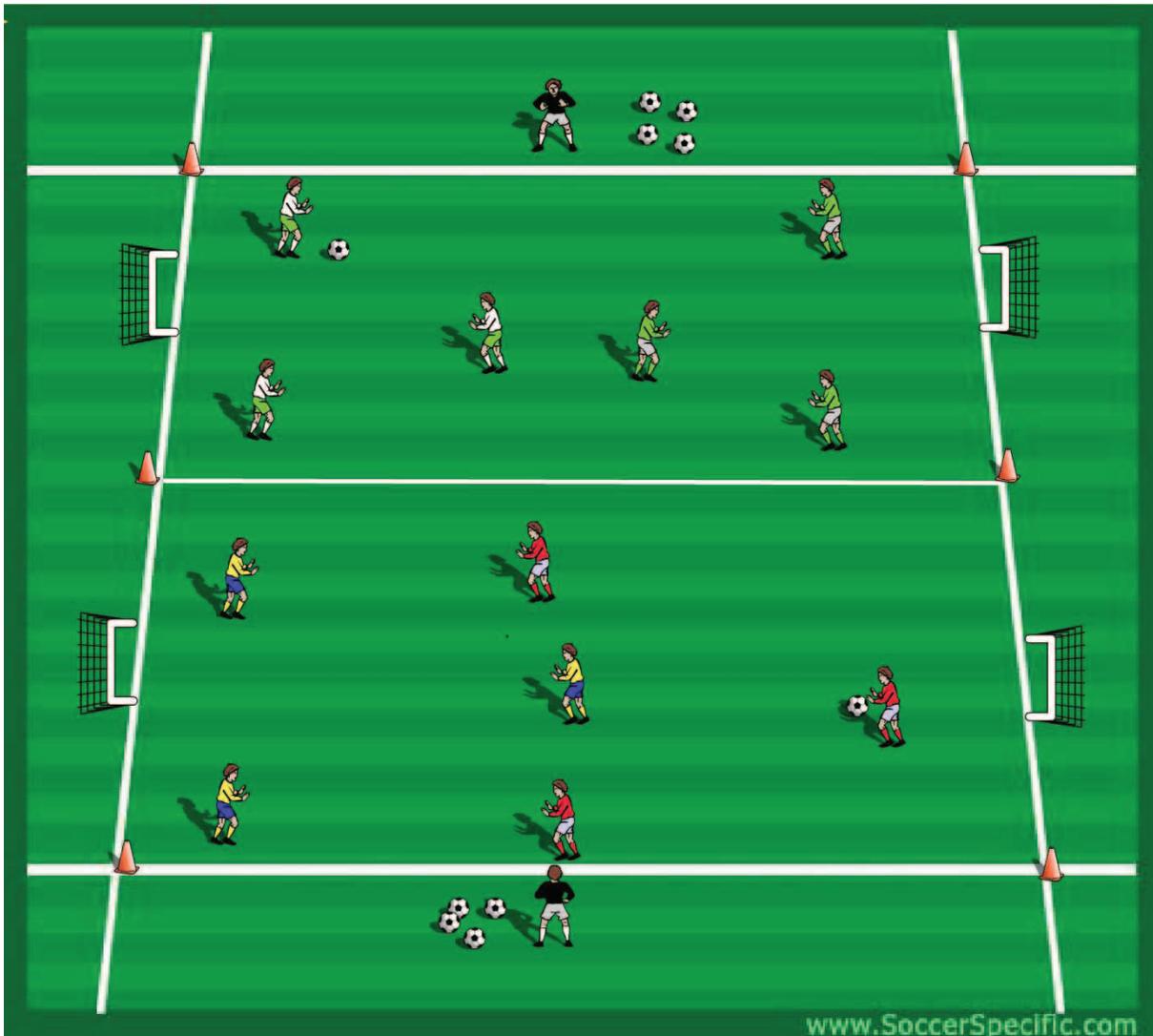
Coaching Points

Dribble slowly towards the dinosaurs (approx 2 yards away)

Keep your head up and nose in front of the ball, so you can see the dinosaur

Bend the knees, turn with the ball and accelerate away from the dinosaurs

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

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Unopposed Shooting



Unopposed Shooting

Purpose- To Improve shooting technique

Organization

Area 30x30

Divide players into two teams. One team starts with a ball each and attempts to shoot into one of their opponents goals. Defenders are not allowed to block the shots

Emphasis must be placed on correct technique

Every time a goal is scored in the middle is worth 1pt and a corner goal is worth 3pts

Play for 2 minutes, count scores, go over coaching points and play again.

Ensure players use both feet.

Progression

Ask players to use weaker foot only.

Place a time limit on the shooter.

Coaching Points

Approach ball from an angle

Use laces for power, side of foot for accuracy, non kicking foot by side of foot and ankle locked

Keep head still and body over the ball to keep the ball low.

Opposed Shooting



Opposed shooting

Purpose- To improve shooting technique.

Organization

Area 20x20

A small sided 3v3 game is played. Players are only allowed in their own half, can pass to any of their team mates and can shoot from any where in their own half.

Opponents cannot use their hands, but can block shots with feet, chest and head.

Play for 4 minutes, count scores and then change teams.

Progression

Players can move anywhere on the field.

Coaching Points

Shoot early and often, using laces for power and sidefoot for accuracy.

First touch should be out of feet at an angle under control

Shoot the ball low and to the corners

Shooting Game



Shooting Game

Purpose- To improve shooting under pressure and in game situations.

Organization

Area 25x25

4v4 with 3 goals on each end. One player plays as goalkeeper and all other players can move anywhere on the field and shoot from anywhere on the field.

Play for 5 minutes, keep score, rotate teams and try to beat your score from the previous game.

Progression- Players have a set time period to take a shot.

Coaching points

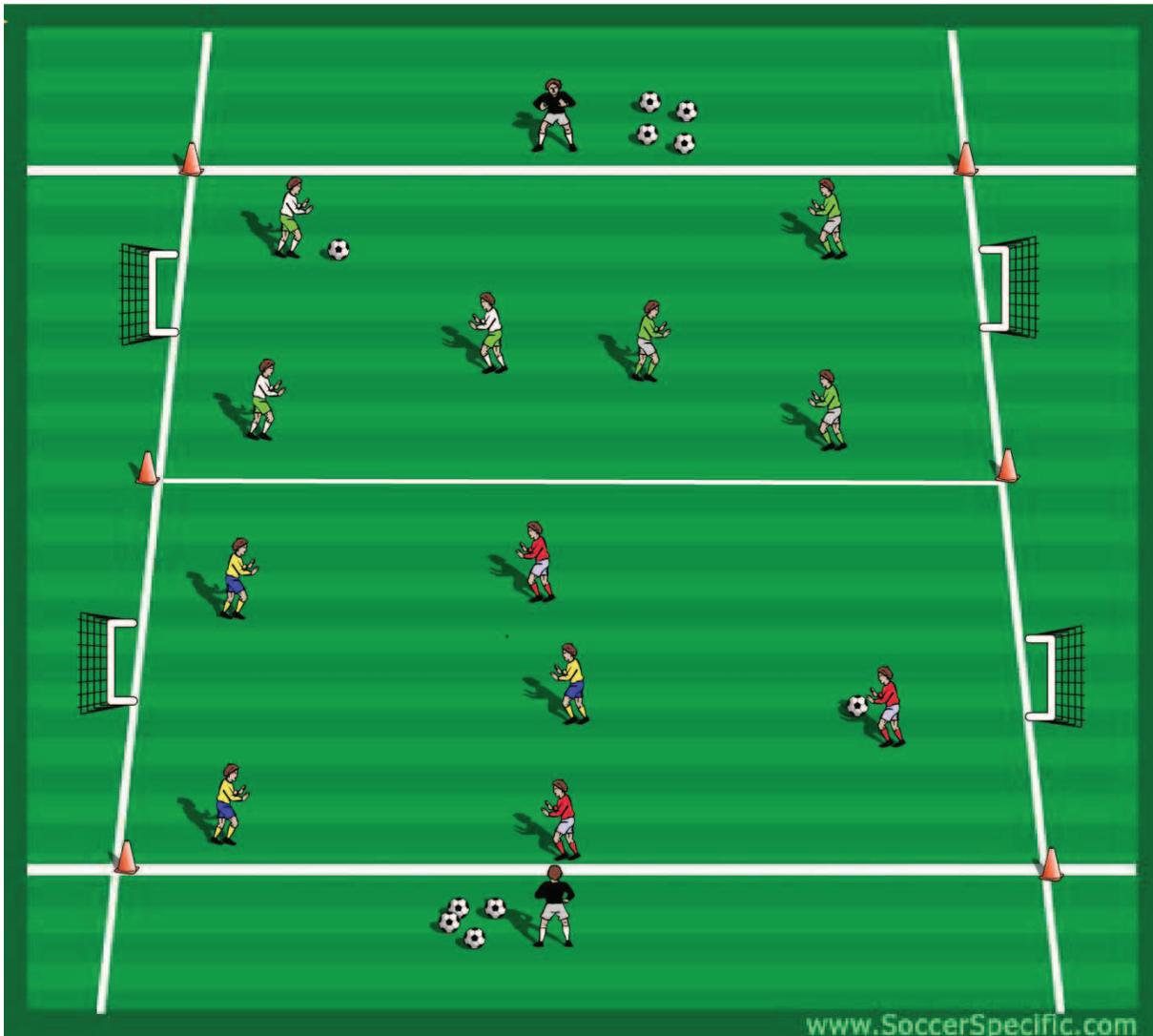
Ask players to make good decisions on when to pass and shoot.

Get the ball out of your feet and at an angle in preparation to shoot.

use laces for power, sidefoot for accuracy.

Keep head still and body over the ball to keep the shots low.

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

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Unopposed Passing



Unopposed Passing

Purpose- To improve passing technique.

Organization

Area 20x20

Players are split into teams of two, with one ball between them.

Players dribble around the grid. On the coaches command, players must pass the ball to their partner through the gates, they cannot go through the same gate twice.

Players have 90 seconds to see how many gates they can pass through. Afterwards go over the coaching points and ask them to beat their scores.

Progression

Also ask players to pass with their weaker foot only

Coaching Points

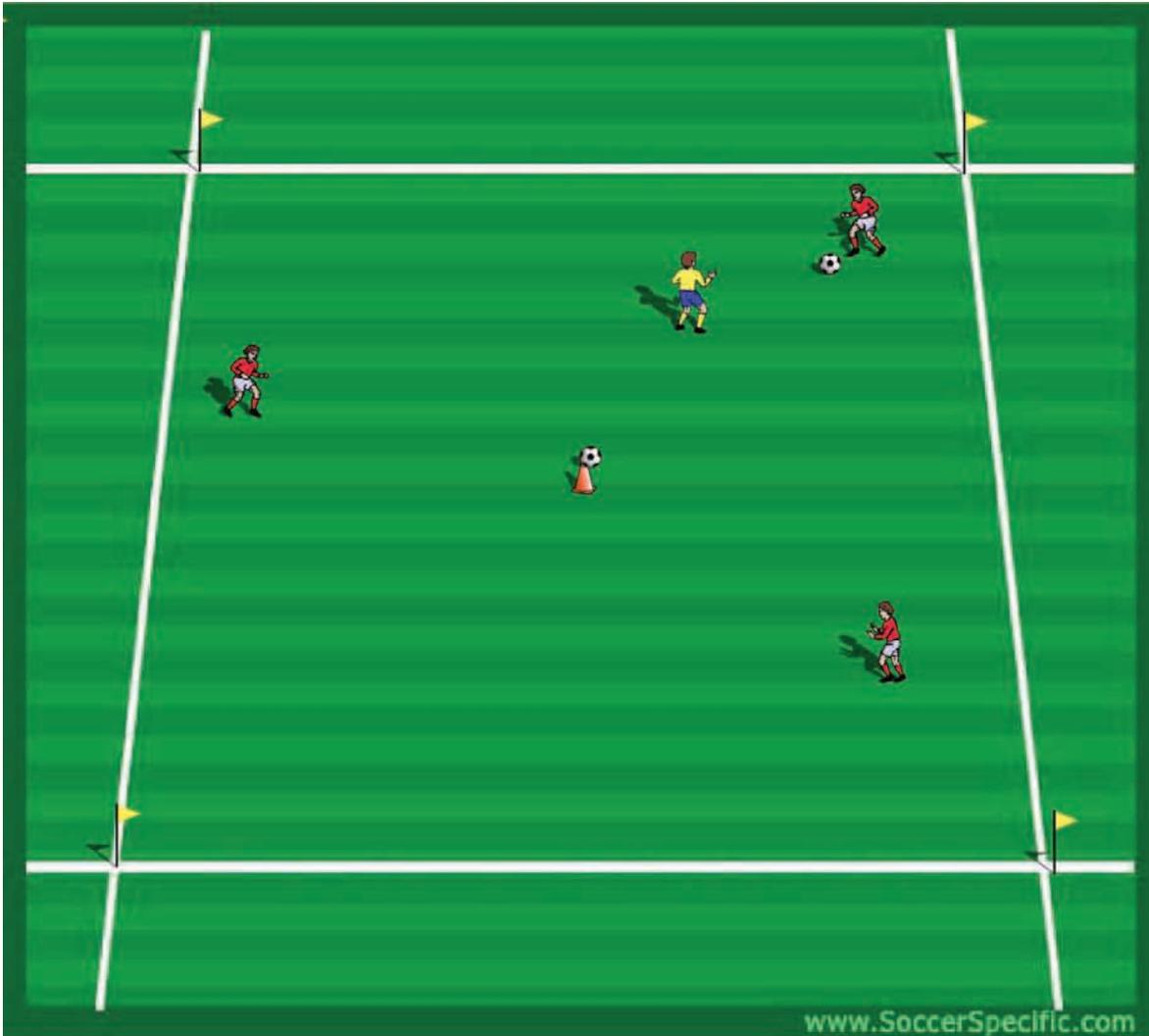
Ask players to be creative and use all parts of their foot but let them know the most accurate part is the inside of the foot.

Non kicking foot next to ball with big toe pointing in the direction of the player you intend to pass to.

weight of the pass should be so that your partner can move onto the ball easily.

Good communication, be aware you can also use hand signals, to receive the ball.

Opposed Passing



Opposed Passing

Purpose- Passing with direction

Organization

Area 10x10

Four players are placed in a 10x10 area. Three players aim to keep possession and when they have moved the defender out of position they attempt to pass their soccer ball and hit the soccer ball off the middle cone.

Every time a ball is knocked off a cone 1pt is scored. One player defends for 60 seconds and then changes with a player in the possession team until all players have defended.

Progression- Can players knock the ball off the cone in six passes or fewer.

Coaching Points

Use all parts of the foot to pass with

Receive the ball sideways on

Move to open space to receive a pass

Communicate early and often

When the chance arrives make a good pass and knock the ball off the cone.

Passing Game: Zone Passing



Zone Passing

Purpose- To improve passing and movement within a small sided game.

Organization

Area 25x30

Teams are divided into two teams of four. The defending team are passive and can only gain possession by intercepting one of the oppositions passes.

Each team attempts to score points by making a pass to one of their own players in the end zone (final third of field) and then for every consecutive pass made in that zone.

If the ball is kicked out of play the opposite team gain possession.

Progression

Add one neutral player to create more opportunities for the team in possession.

Coaching Points

Move into space early so you can receive the ball.

Good weight on the pass so your teammate can run onto the ball or receive the ball easily

Communicate as a team

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

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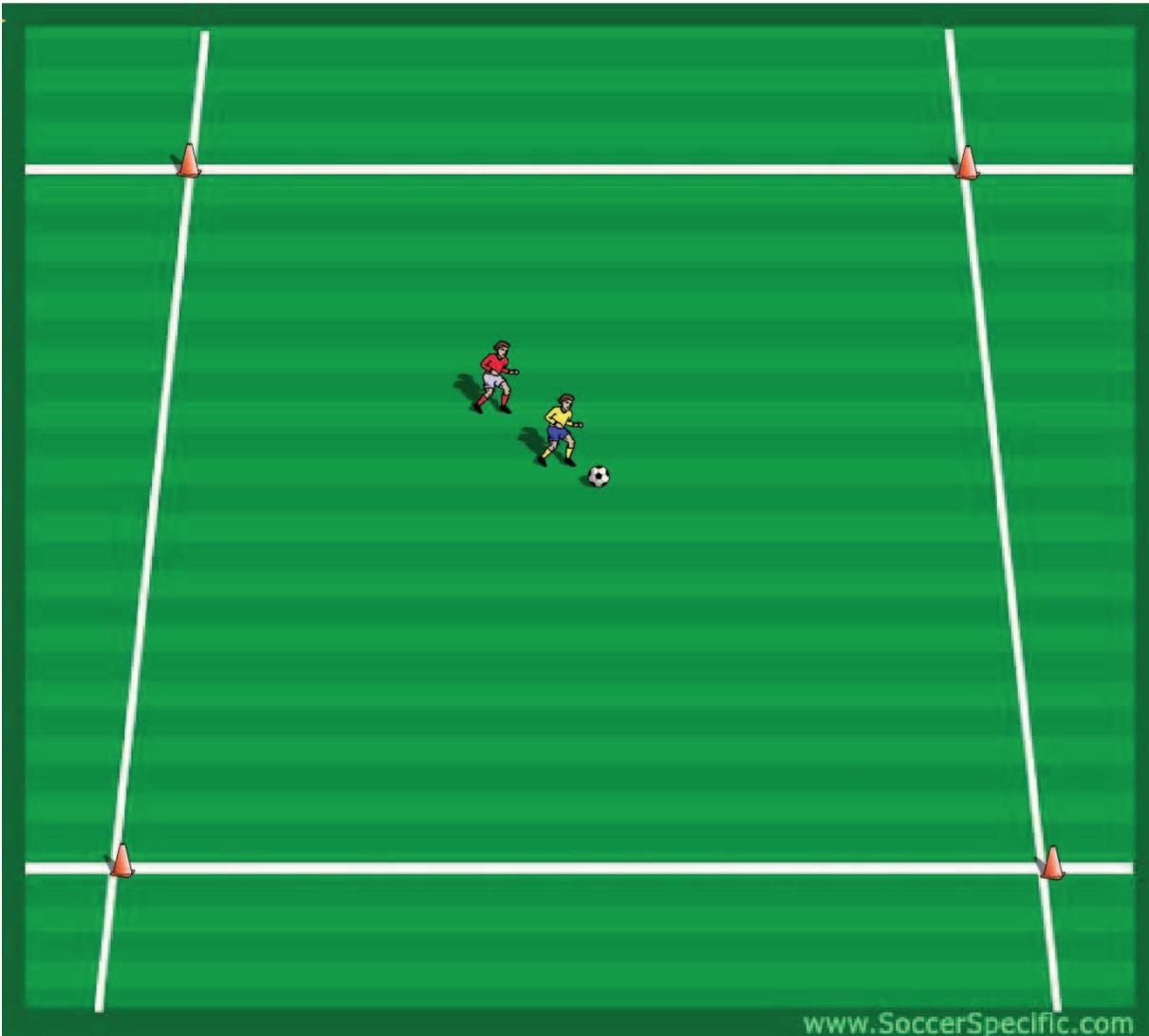
*Training Ages 8 to 11
Week 3 : Day 2*



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Shielding 1



Shielding 1

Purpose- To improve shielding position when on the ball.

Organization

Area 10x10

One player controls the ball with all parts of their foot, while defender provides passive opposition.

Use both feet to control and shield the ball. Change every 30 seconds.

Progression

After repeating several times, increase to full on pressure.

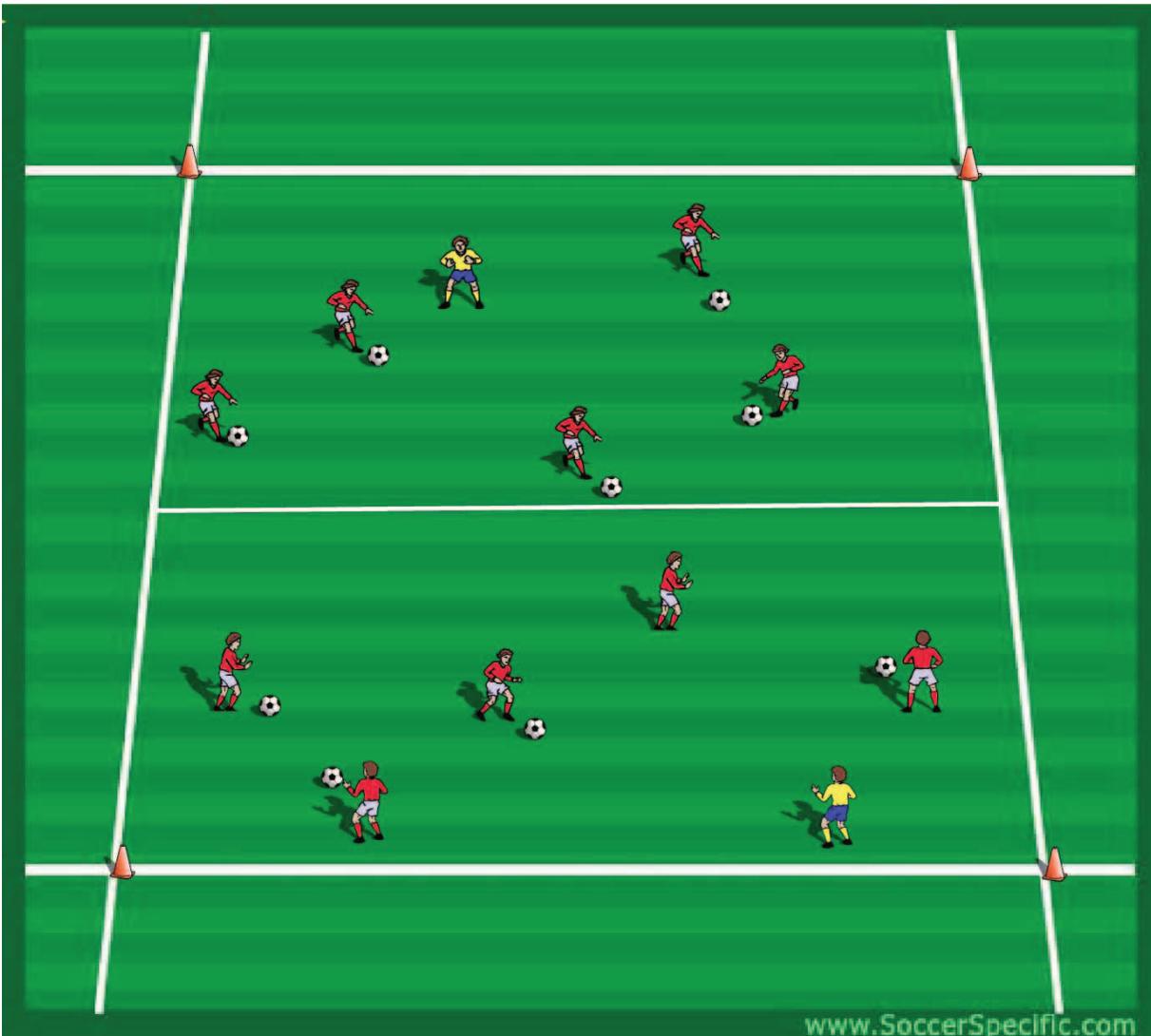
Coaching Points

Take a sideways on position and control away from body.

Bend the knees and have a low centre of gravity.

Use arms for balance and protection.

Shielding 2



Shielding 2

Purpose- To improve shielding under pressure.

Organization

Area 10x20

Players dribble around the grid avoiding defenders. When challenged players turn and shield. If defender gets the ball, he becomes shielder.

Progression

Increase defenders to put more pressure on shielders.

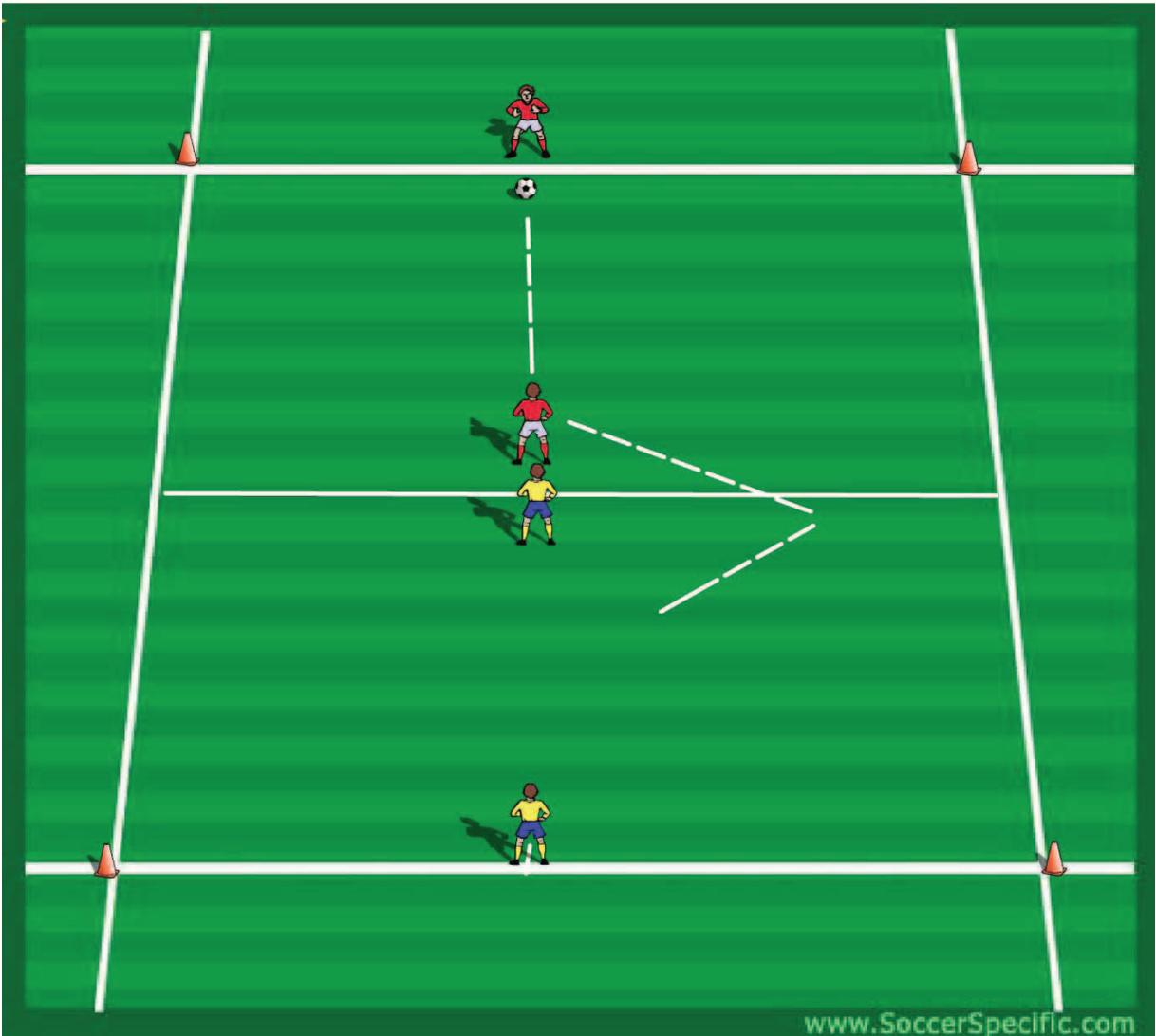
Coaching Points

Keep head up to see where defenders are.

When defenders approach, take a sideways on position, with a low center of gravity.

Use arms for protection and balance

Shielding 3



Shielding 3

Purpose- To improve shielding under pressure.

Organization

Area 10x20 yards

Player passes to partner who shields the ball before turning against passive defending and passing to partner at the other end.

Progression

Increase level of opposition when turning

Player receives ball, shields and then plays 2v2 trying to get to opponents end line.

Coaching Points

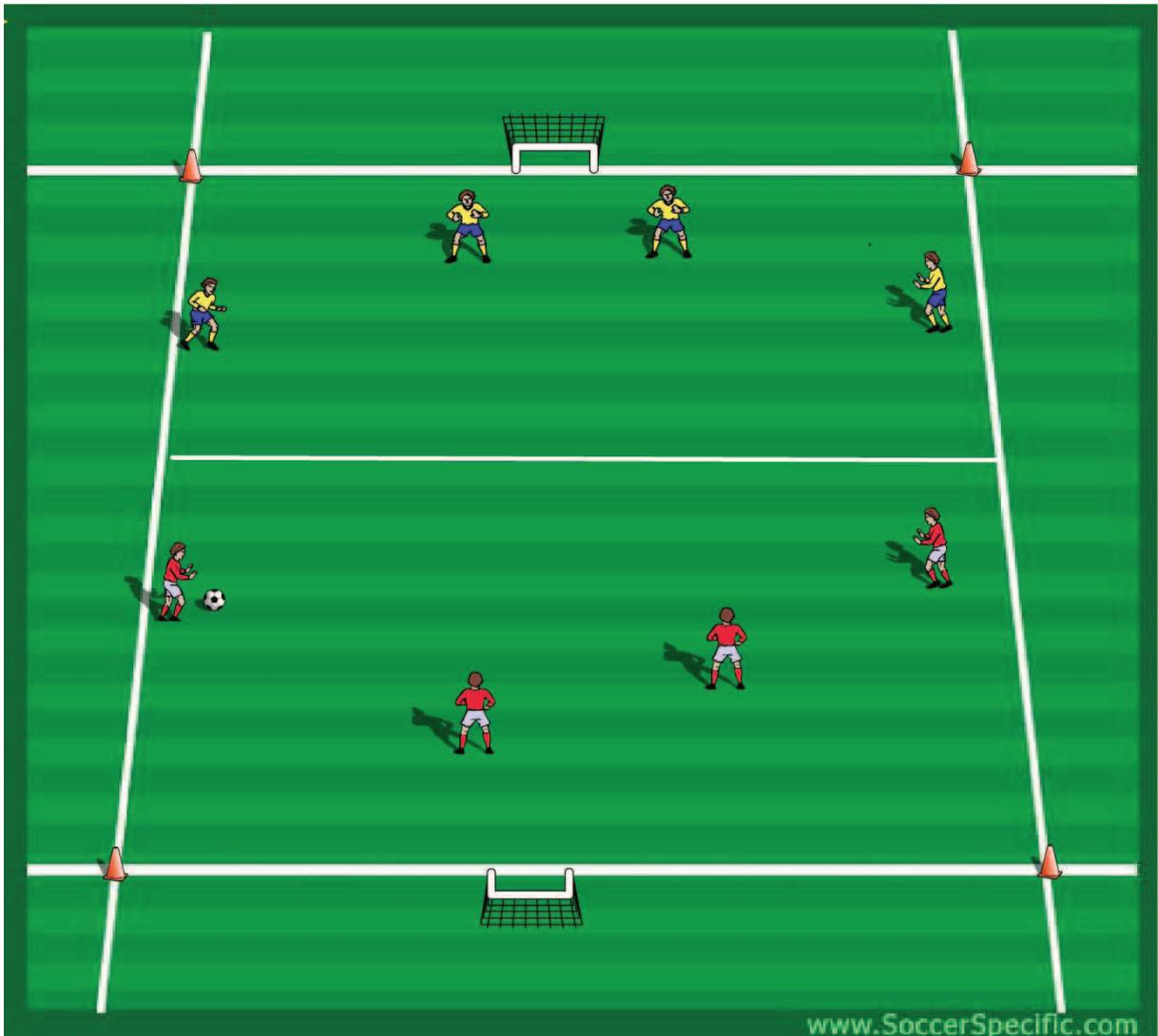
Look over shoulder then check in and out to find space to receive the ball

Communicate with teammate

Receive the ball sideways on, control away from the body.

Lean into opponent using your arms for balance and protection.

Shielding 4: Small Sided Game



Shielding 4 small sided game

Purpose- To improve shielding in small sided game activities.

Organization

Area 30x30

4v4 one player can use hands

All players must be in own half when opponents are attacking.

Progression

Team in possession must dribble in opponents half.

Team can only score in final third of field.

Each player matches up man to man with an opponent.

Coaching Points

Try to prevent opponents turning to face goal

Increase pressure as they get closer to goal

Do not dive into challenges and try to contain the player

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

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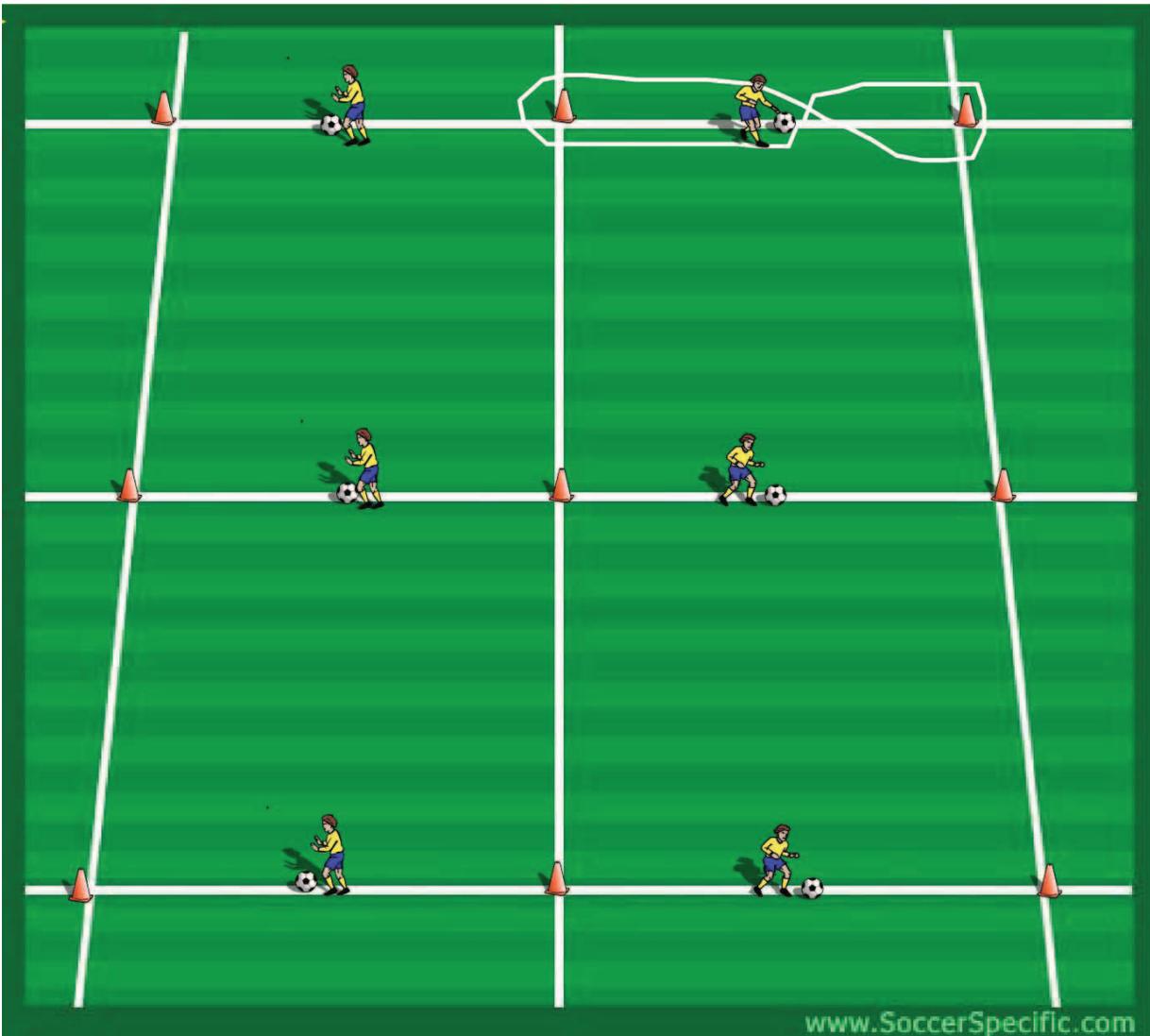
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Grid Work 1



Grid work 1

Purpose- To Improve foot skills

Organization

Players dribble in a figure of eight around their two cones that they have been assigned by the coach.

Progression

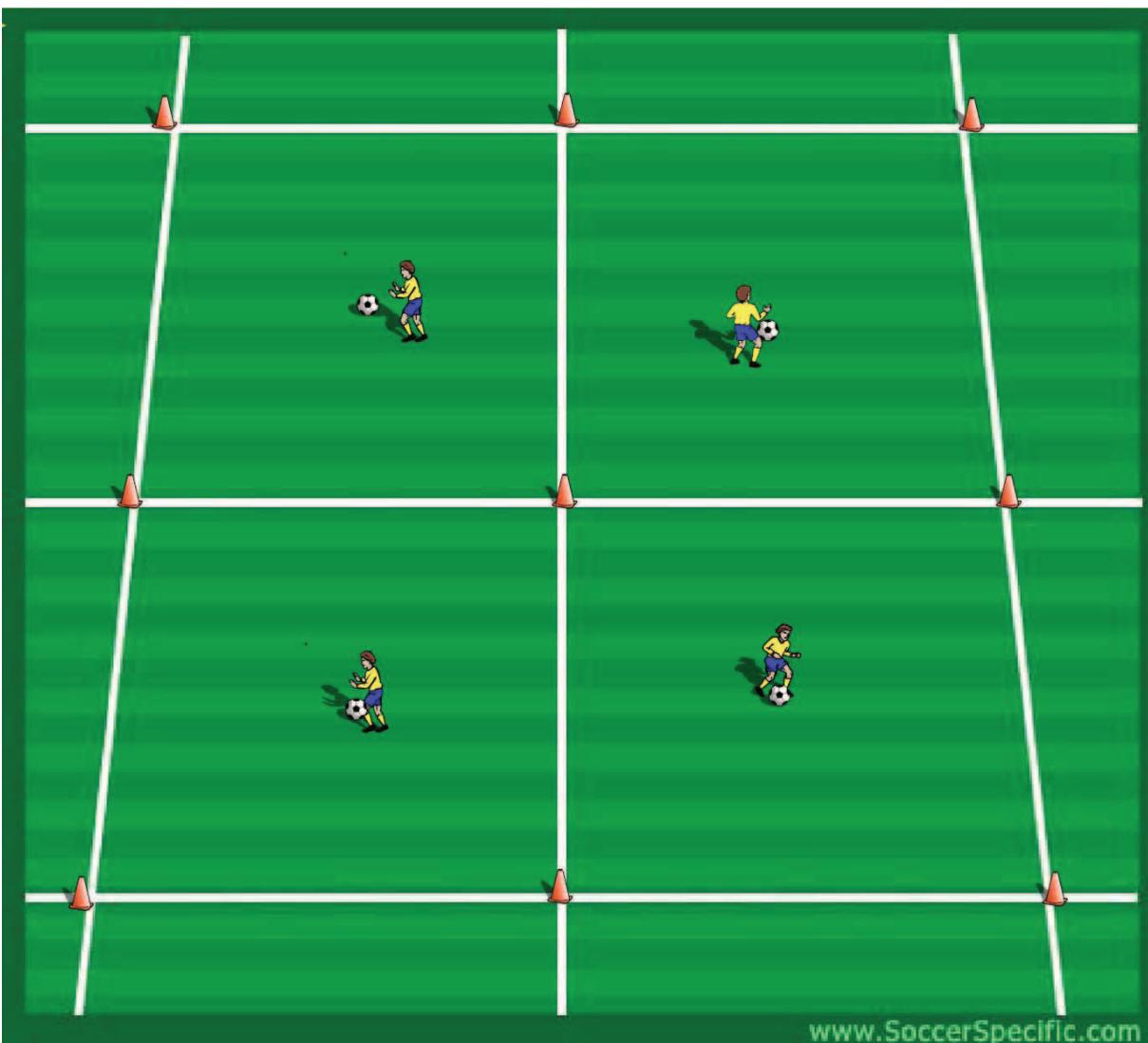
Ask players to use one foot only and use their inside of foot to dribble round the cone from one side and their outside of foot on the other cone.

Coaching Points

Keep the ball close

Forces players to use both feet

Grid Work 2



Grid work 2

Purpose- To improve skills and turns

Organization

Players work on skills such as

tick tock- pushing ball side to side with inside of feet

Push ball forward with sole of shoes

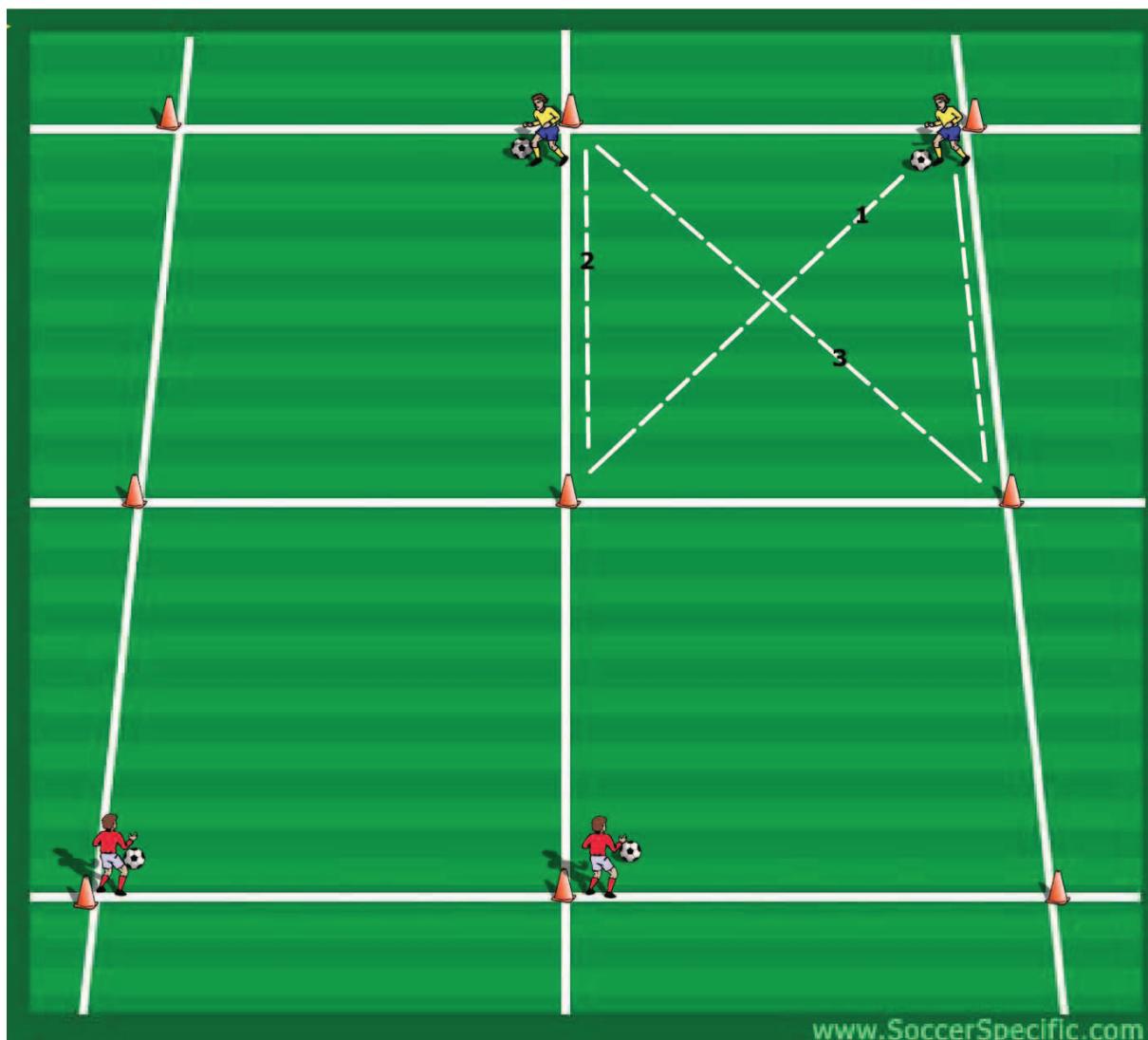
Pull ball back and stop going back wards with sole of shoes

Various turns can be taught

Progression

Can you perform turns with weaker foot as you can with your stronger one.

Grid Work 3



Grid work 3

Purpose- To Improve turns under pressure.

Organization

Player works on opposed turns, using the cones as target players

Player must dribble, diagonal, straight, diagonal, straight

This forces players to use both right and left foot.

Progression

Ask the players to perform 4 turns under a time restriction.

Coaching Points

Slow into turn

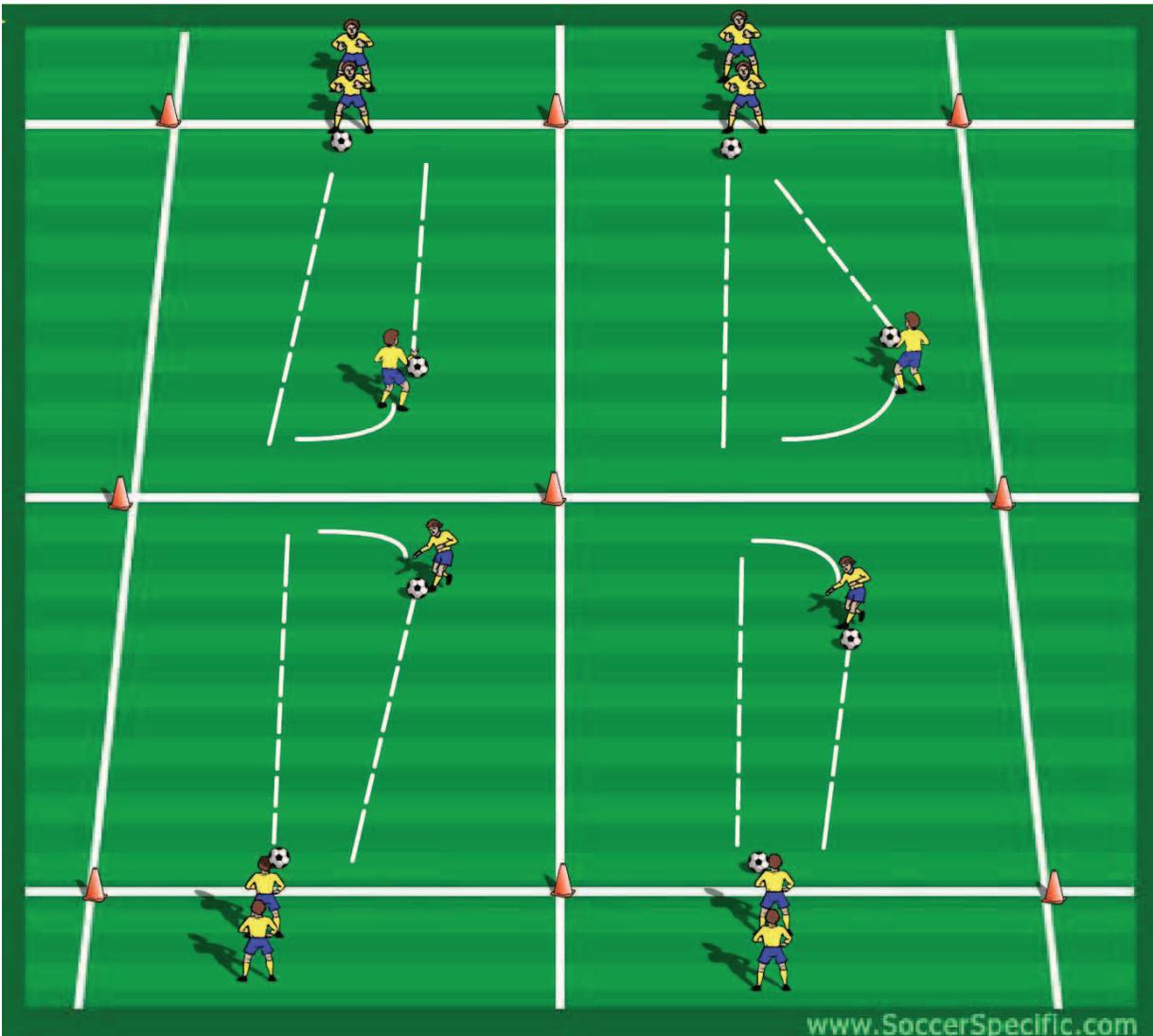
Turn the hips

Bend the knees

Ball out of feet

Expolde into space

Grid Work 4



Grid Work 4

Purpose- To improve turning under pressure

Organization

Players dribble to the middle of the grid, before they reach each other the players must turn and get back to their partners as fast as they can

Progression

Add a pinny in players shorts and see if teammate can pull out of shorts after he/she has made turn.

Coaching Points

Slow into turn

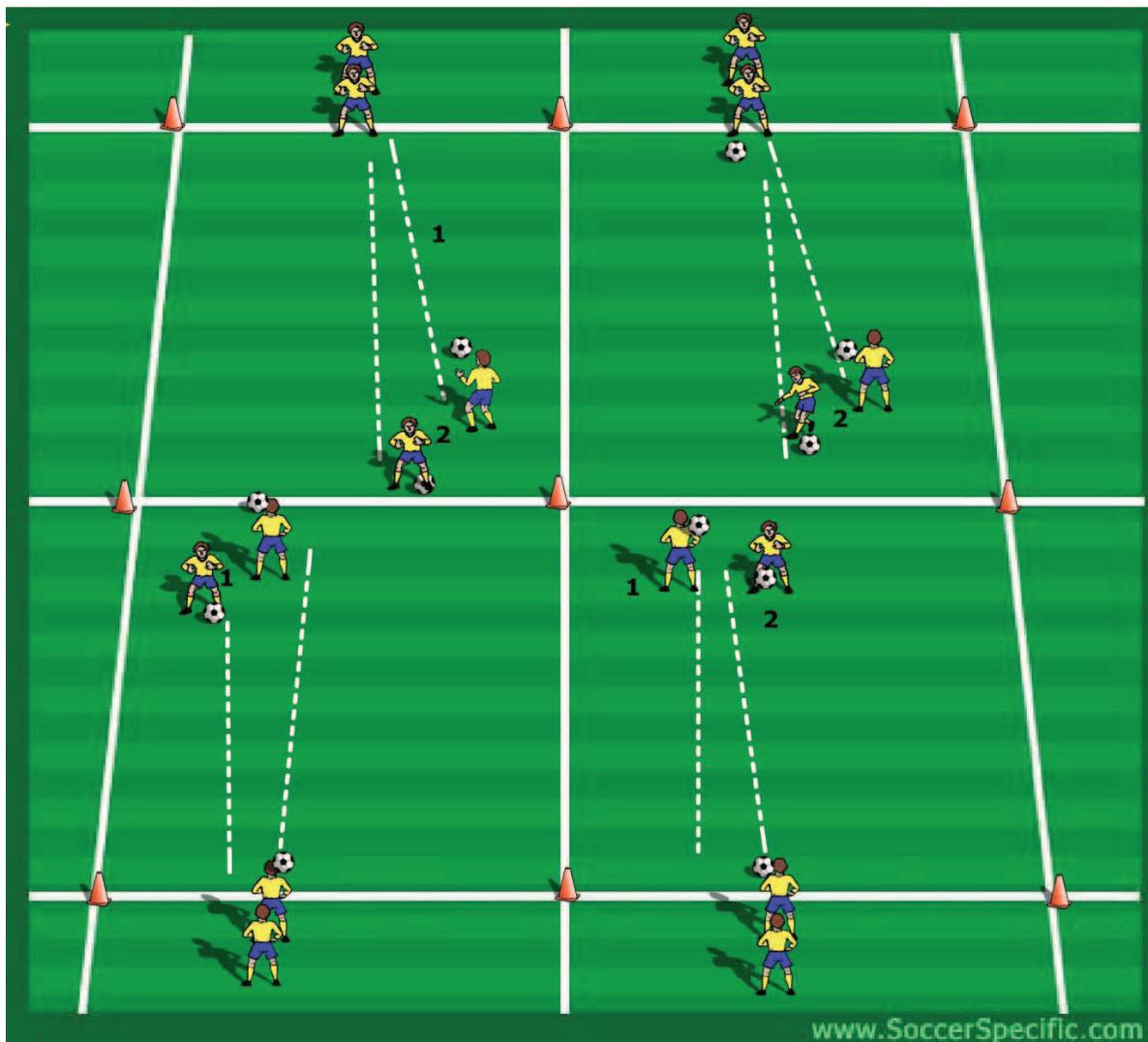
Turn the hips

Bend the knees

Ball out of feet

Explode into the space

Grid Work 5



Grid Work 5

Purpose- To Improve dribbling under pressure.

Organization

Dribbling Race (4v4)

First player in each team dribbles close to the middle and then stops the ball.

Players then leave their ball and takes the persons ball opposite to them and dribbles through all the way to the other side

This process continues until all players are back to where they started from.

Winning team is the first team back with the balls under control

Progression- Vary races, for example dribbling round cones, dribbling with weaker foot.

Coaching Points

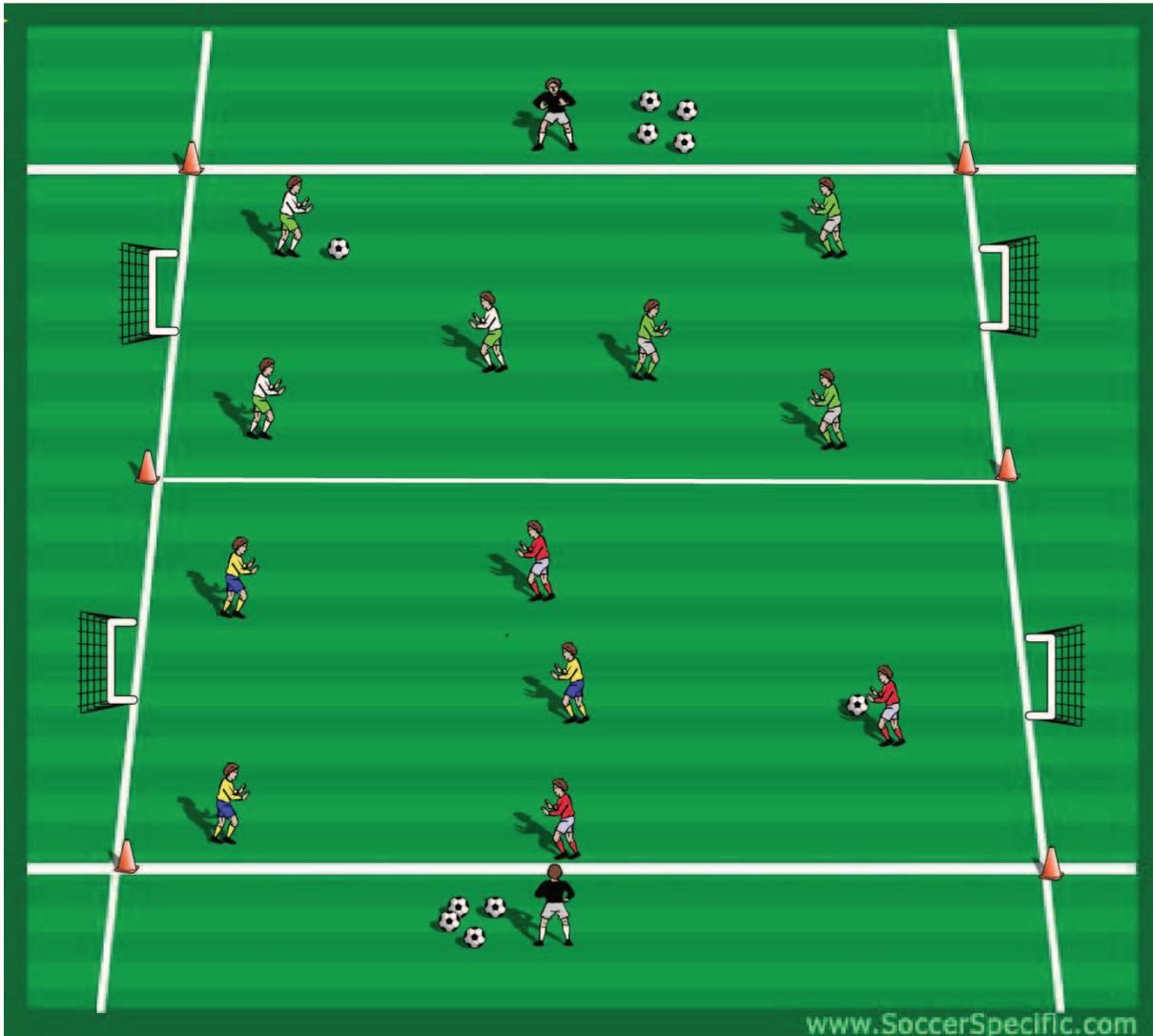
Communication

Keep ball close

Keep head up so you know when to stop the ball

Explode into the space when you swap balls

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

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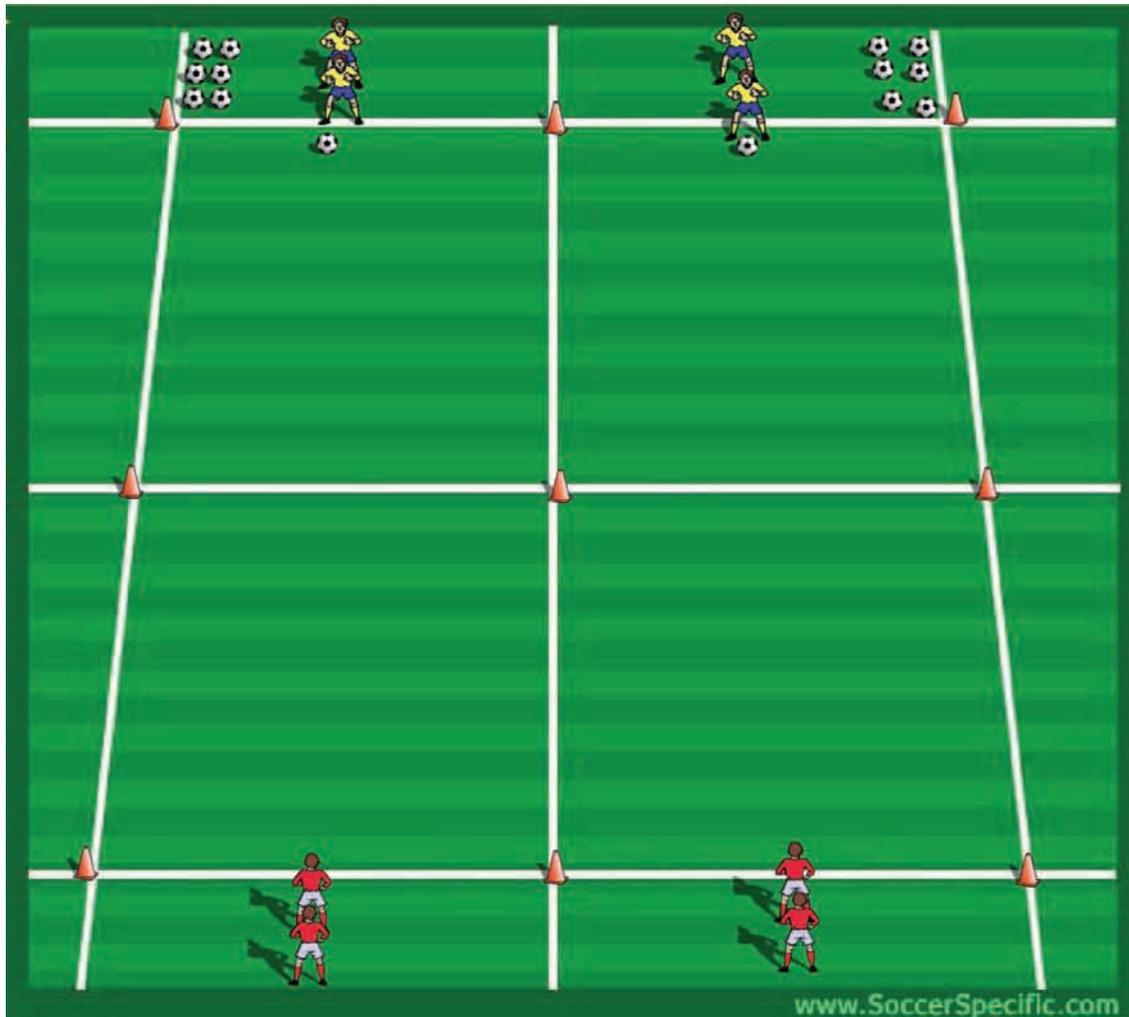
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Grid Work 6



Grid Work 6 1v1, 2v1,2v2

Purpose- To improve attacking and defending

Organization

Yellow passes to red. Yellow becomes defender. Red becomes attacker
To score a point attacker must dribble ball under control over the opposite end line
Defender must win ball from attacker and dribble ball under control over opposite line
Play for 4 minutes and then have attackers and defenders change

Progression- Play 2v1 and 2v2

Coaching Points

Defending- Close ball down quickly . Sideways on.

Be patient

Try to make player go slowly backwards

Try to push player onto weaker foot

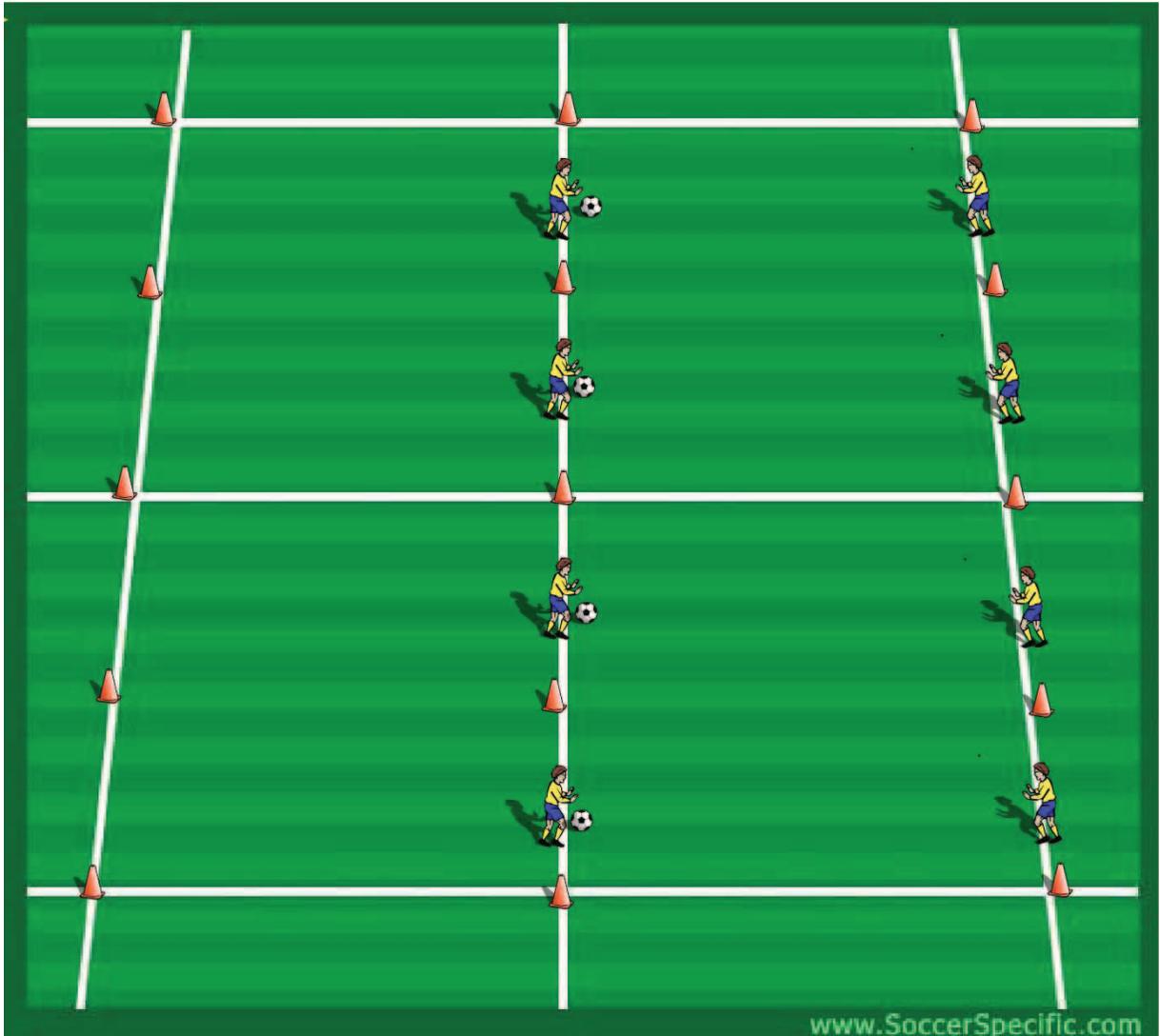
Attacking

Play at speed

Use moves to unbalance defender

Explode into space and cut off recovery run

Grid Work 7



Grid Work 7

Purpose- To introduce good passing technique

Organization

Passing in two's- Players are asked to pass back and forth with their partner

Progression

How many passes can you make in 45 seconds

or

Ask players to move laterally touch a cone on the side before receiving the next pass

Coaching points

Happy feet and communication

Move body in line with the ball as the ball is travelling to you

first touch out of your feet, non kicking foot by the ball, ankle locked body over ball and push through with the ball all the way to your partner

Grid Work 8



Grid Work 8

Purpose- To improve passing and moving backwards.

Organization

Passing in two's- Players are asked to pass the ball to their partner. The partner then stops the ball and runs back

Progression

Can you play one touch only

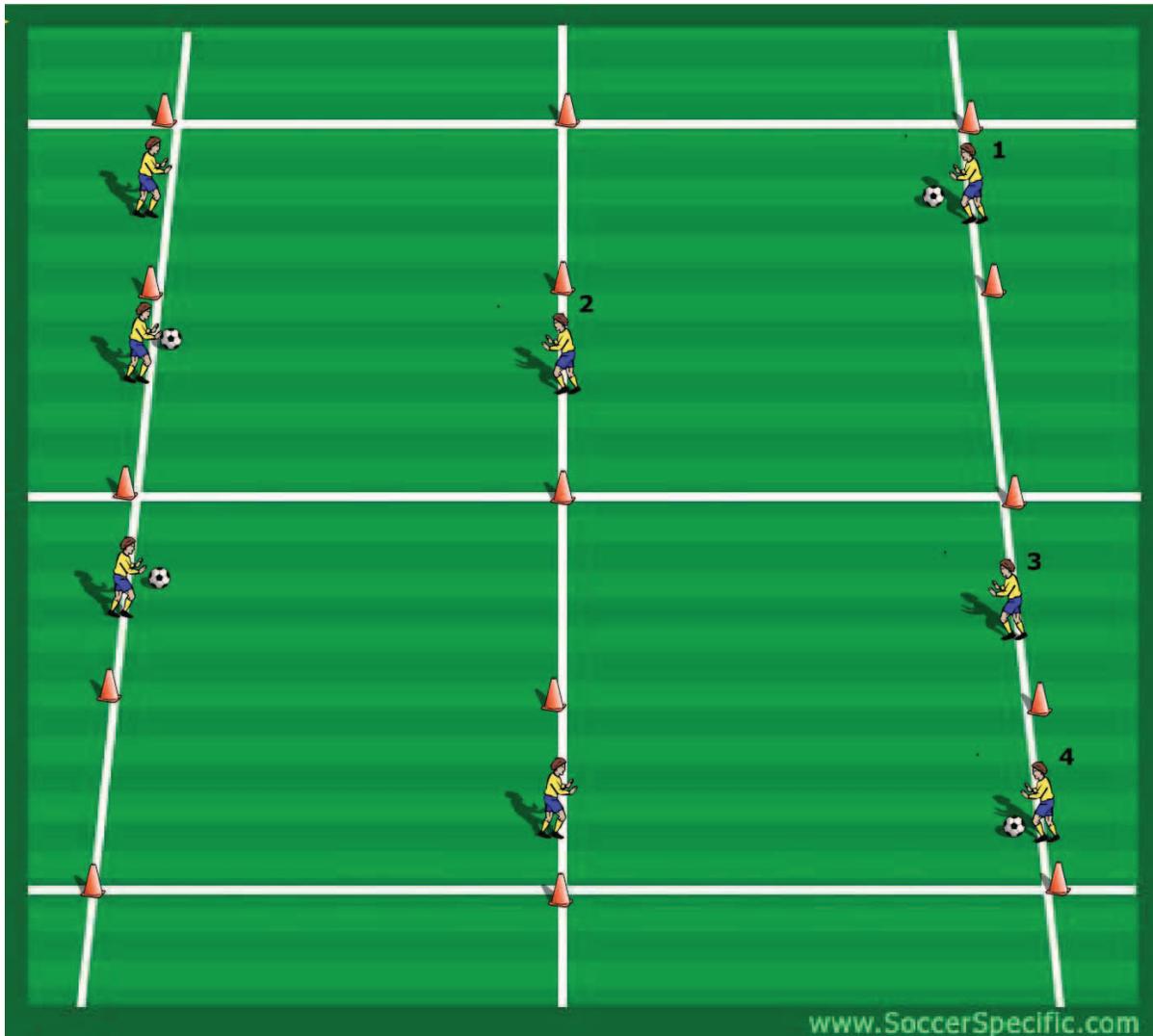
Coaching points

Happy feet and communication

Move body in line with the ball as the ball is travelling to you

first touch out of your feet, non kicking foot by the ball, ankle locked body over ball and push through with the ball all the way to your partner

Grid Work 9



Grid Work 9

Purpose- To improve long and short passing

Organization

Passing in two's - Long pass, short pass

Player begins as in position 1 and passes long to his/her partner

The player then runs into position 2 to receive a short pass from his/her partner

The process then happens again but in reverse with the opposite player making a long and short pass.(see positions 3 and 4)

Progression

Can you pass as well using your weaker foot only

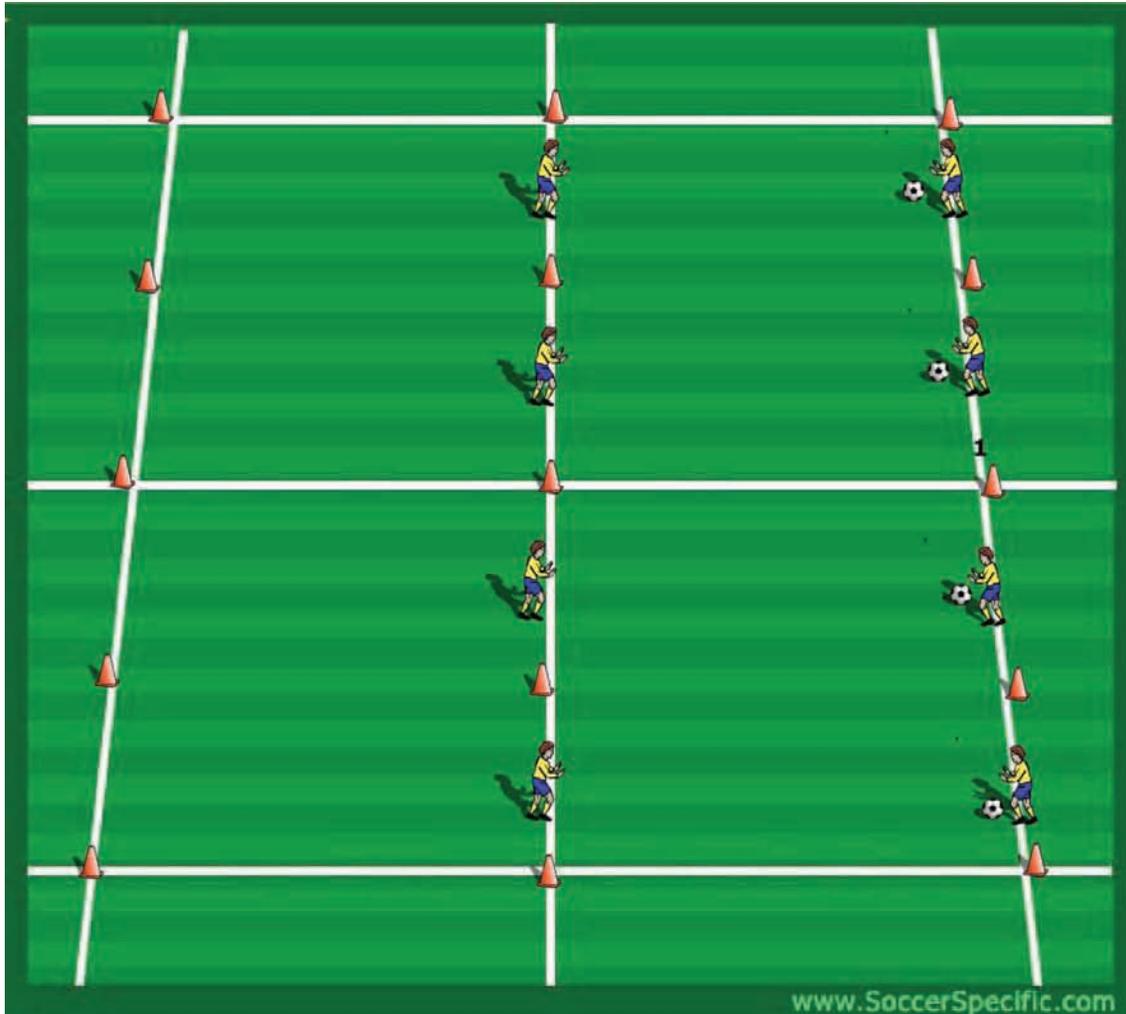
Coaching Points

Happy Feet, communication

Move body in line with the ball, as the ball is travelling to you

First touch out of your feet, non kicking foot by the ball, ankle locked body over the ball and push through with the ball all the way to your partner

Grid Work 10



Grid Work 10

Purpose- To improve passing, control and communication.

Organization

Passing in two's -

Every player in line one has a soccer ball. Every player in line 2 is ready to receive the ball. After playing the ball all players in line one, move to the right. Players in line two stay in their same position. The process continues with players in line one receiving the ball and then moving to the right. This process continues until the coach calls CHANGE, when this happens players in line one pass and now move to their left.

Play for 90 seconds and then switch with line two

Progression

Work on volleys, thighs, chest, head and throw-in's

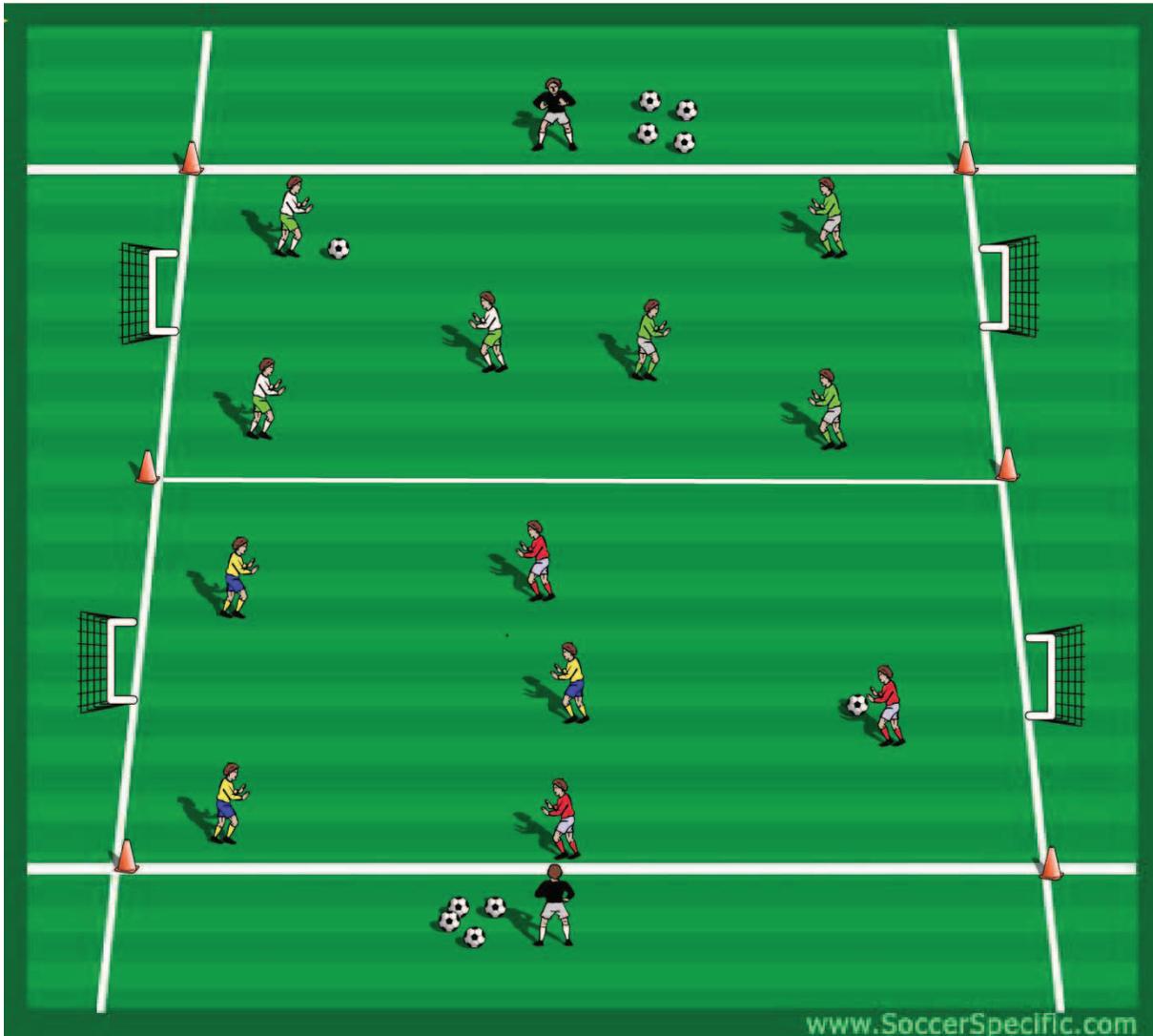
Coaching Points

Happy Feet, communication

Move body in line with the ball, as the ball is travelling to you

First touch out of your feet, non kicking foot by the ball, ankle locked body over the ball and push through with the ball all the way to your partner

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

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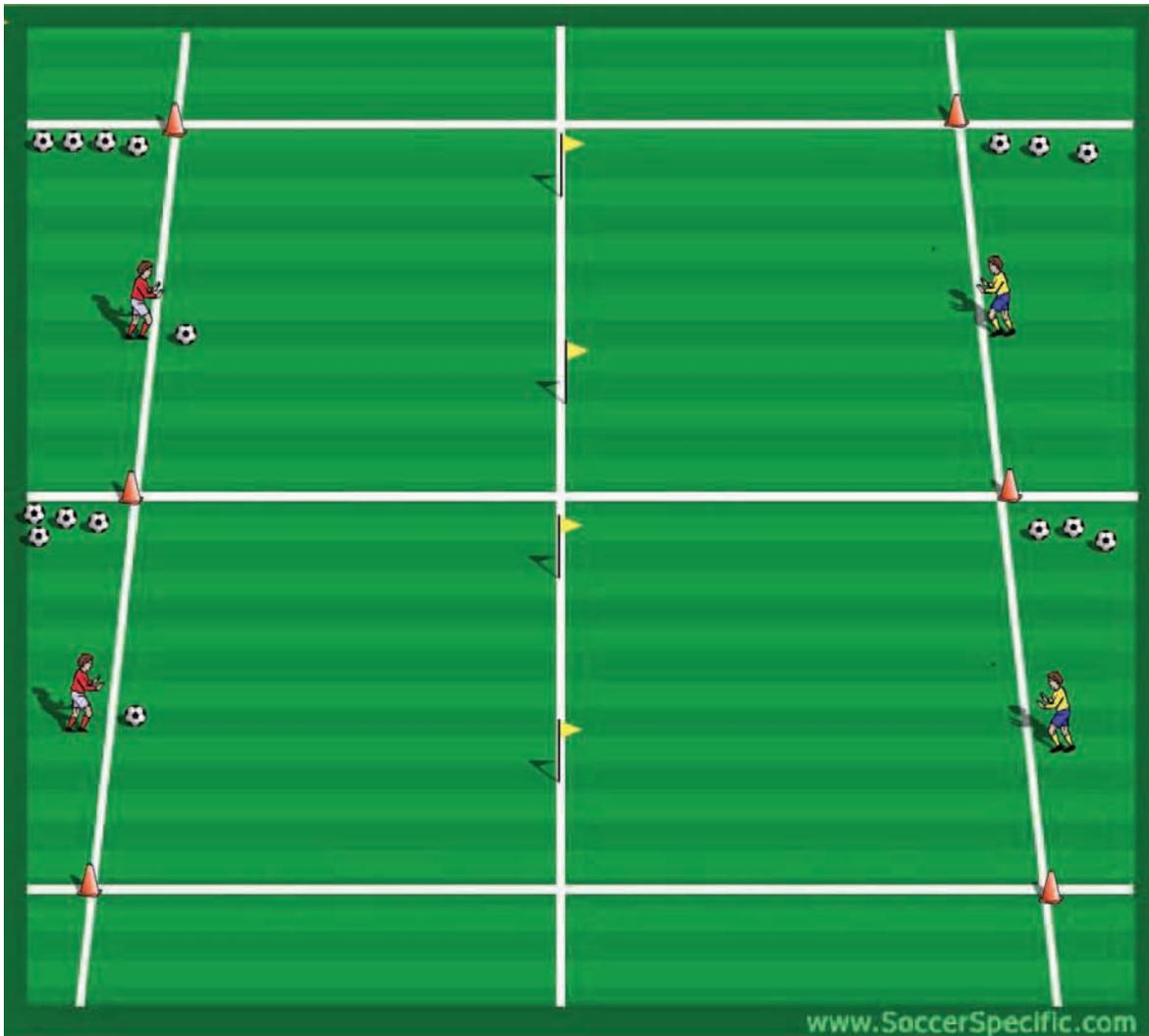
*Training Ages 8 to 11
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Shooting 1



Shooting 1

Purpose- To Improve shooting technique

Organization

10x20yards

Players alternate shooting stationary ball from either side of the goal.

Aim to keep shots low, below hip height.

Use instep to shoot the ball and make sure both feet are used in practice.

Measure success rate.

Play ball to one side and strike moving ball.

Progression

Use weaker foot only.

Coaching Points

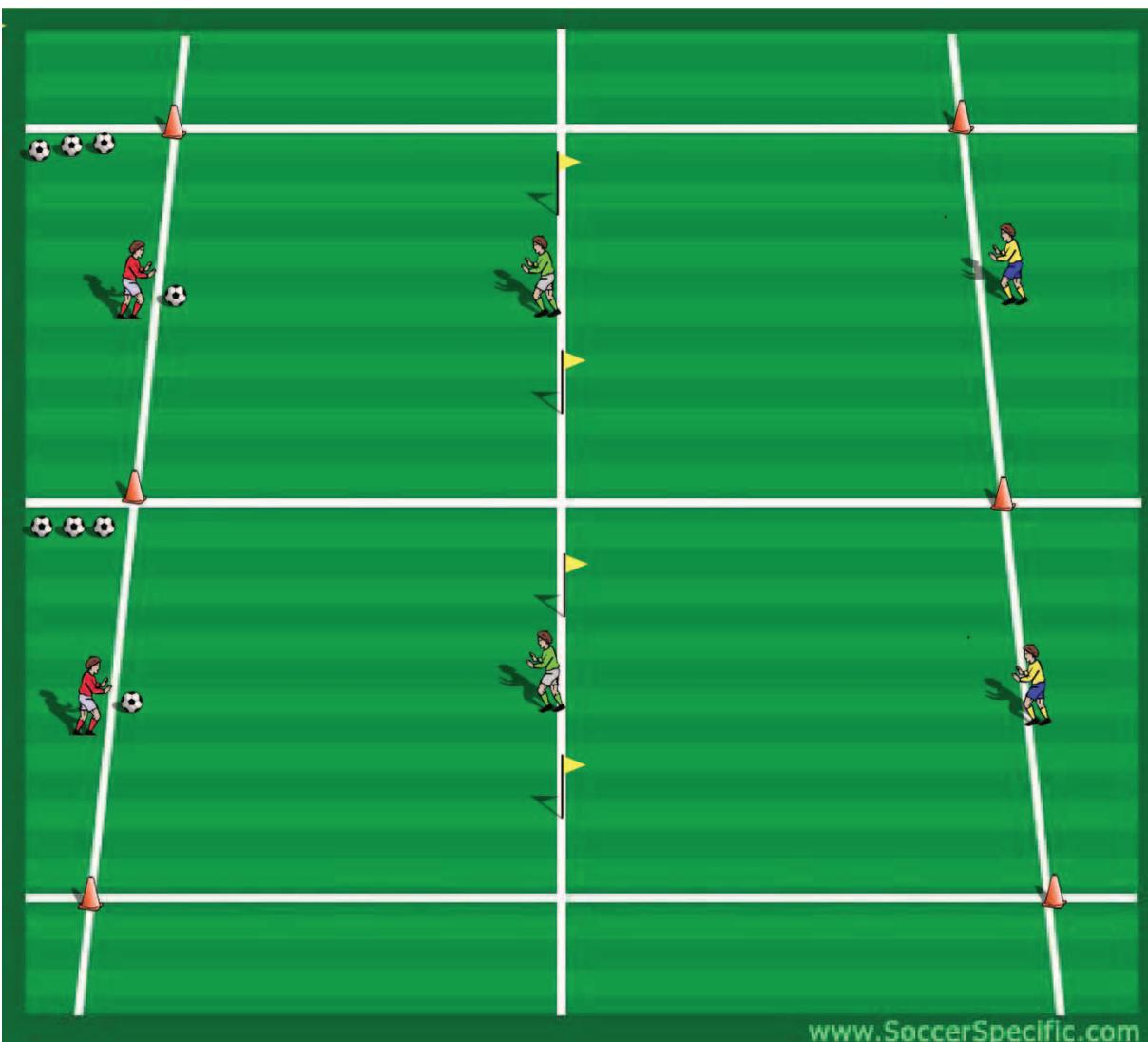
Approach from an angle

Non kicking foot along side ball.

Strike the ball with laces and follow through

Aim long and for the corners

Shooting 2



Shooting 2

Purpose- To improve shooting technique.

10x20 yards

Players attempt to shoot past goalkeeper into corners of goal.

Ask players to use both feet.

Play for 2 minutes and then rotate the goalkeeper.

Progression

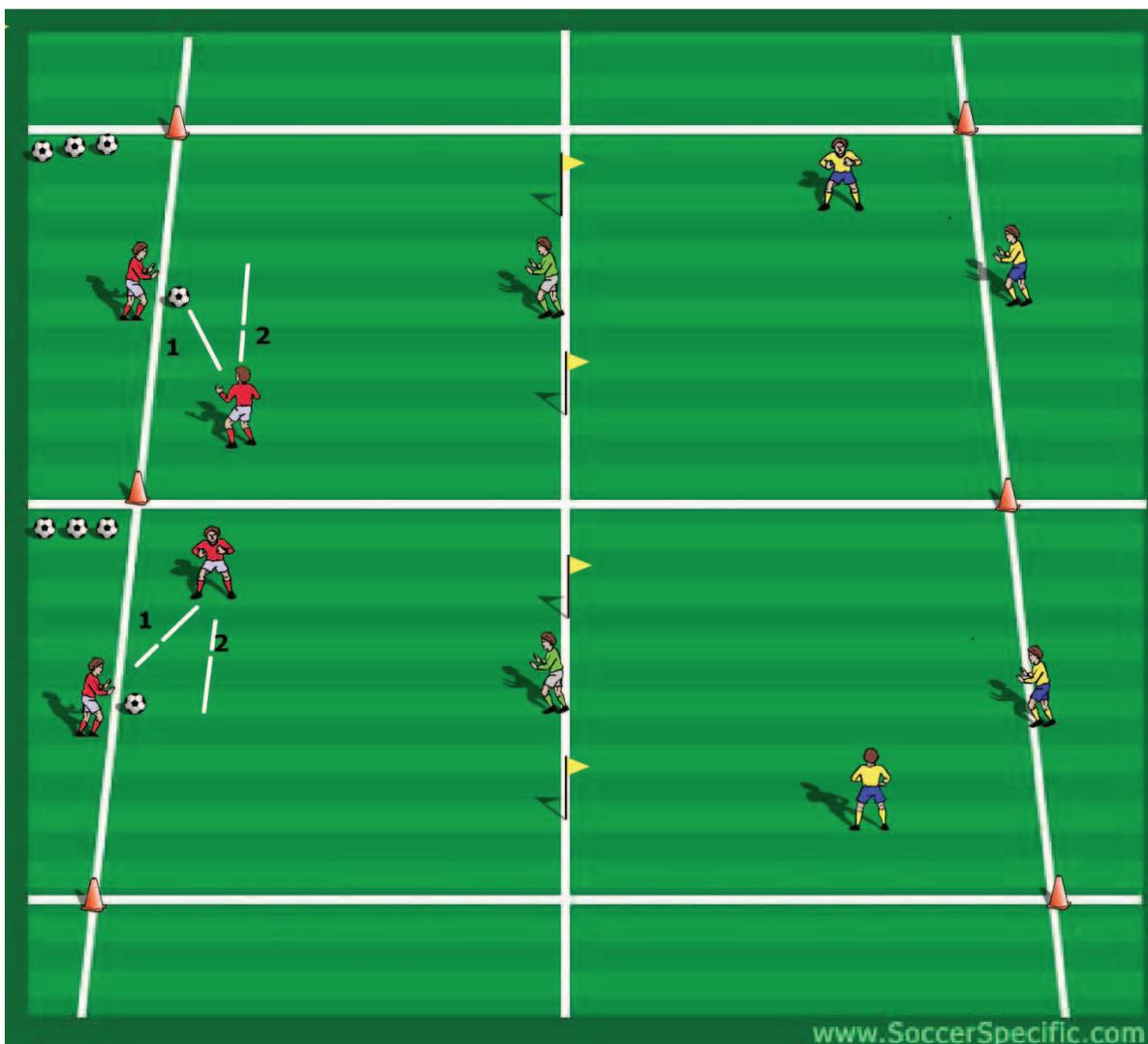
Use weaker foot only

Coaching Points

Approach from an angle and attempt to shoot the goal into the corners, below hip height.

Strike through the ball with laces.

Shooting 3



Shooting 3

Purpose- To improve shooting technique.

Organization

Area 10x20

Player 1 passes to player 2, who lays off the ball gently, back to player 1, who in turn strikes the ball on goal.

Teams take it in turn to strike the ball on goal. After each team have taken 5 attempts on goal, the shooter and passer switch roles.

Progression

Ask players to play one touch only.

Coaching Points

Pass the ball with a good weight of pass.

When shooting approach from the angle.

Strike right through the ball.

Aim to hit the ball into the corners, below hip height.

Shooting 4



Shooting 4 small sided scrimmage

Purpose- To improve shooting techniques in game situations.

Organization

30x30yards- Oversized goals

4v4 plus Goalkeepers

Field is smaller to encourage players to take lots of shots.

Points awarded 1pt for a shot on target, 3pts for a goal.

Progression

An extra point is awarded if you can score from a combination.

Coaching Points

Attempt to face opponents goal as soon as possible.

Good first touch out of your feet and follow up after your shot

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

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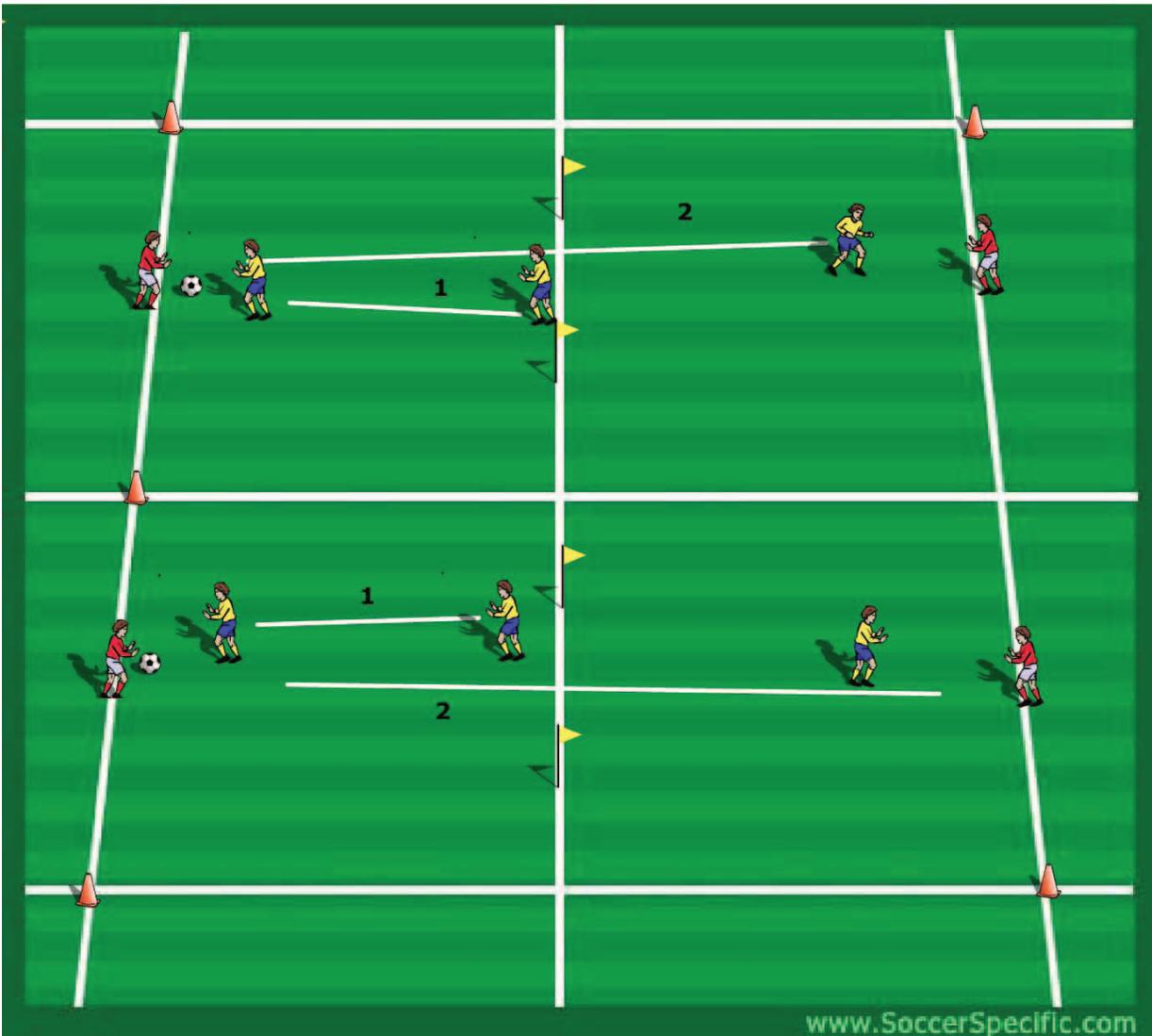
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Week 5 : Day 2*



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Shooting 5



Shooting 5

Purpose- To improve the technique of shooting under pressure.

Organization

Area 10x20

Yellow defender provides passive resistance to shooter, who must create angle before shooting.
Play for 2 minutes, then change defender.

Progression

Gradually introduce defensive pressure.

Coaching Points

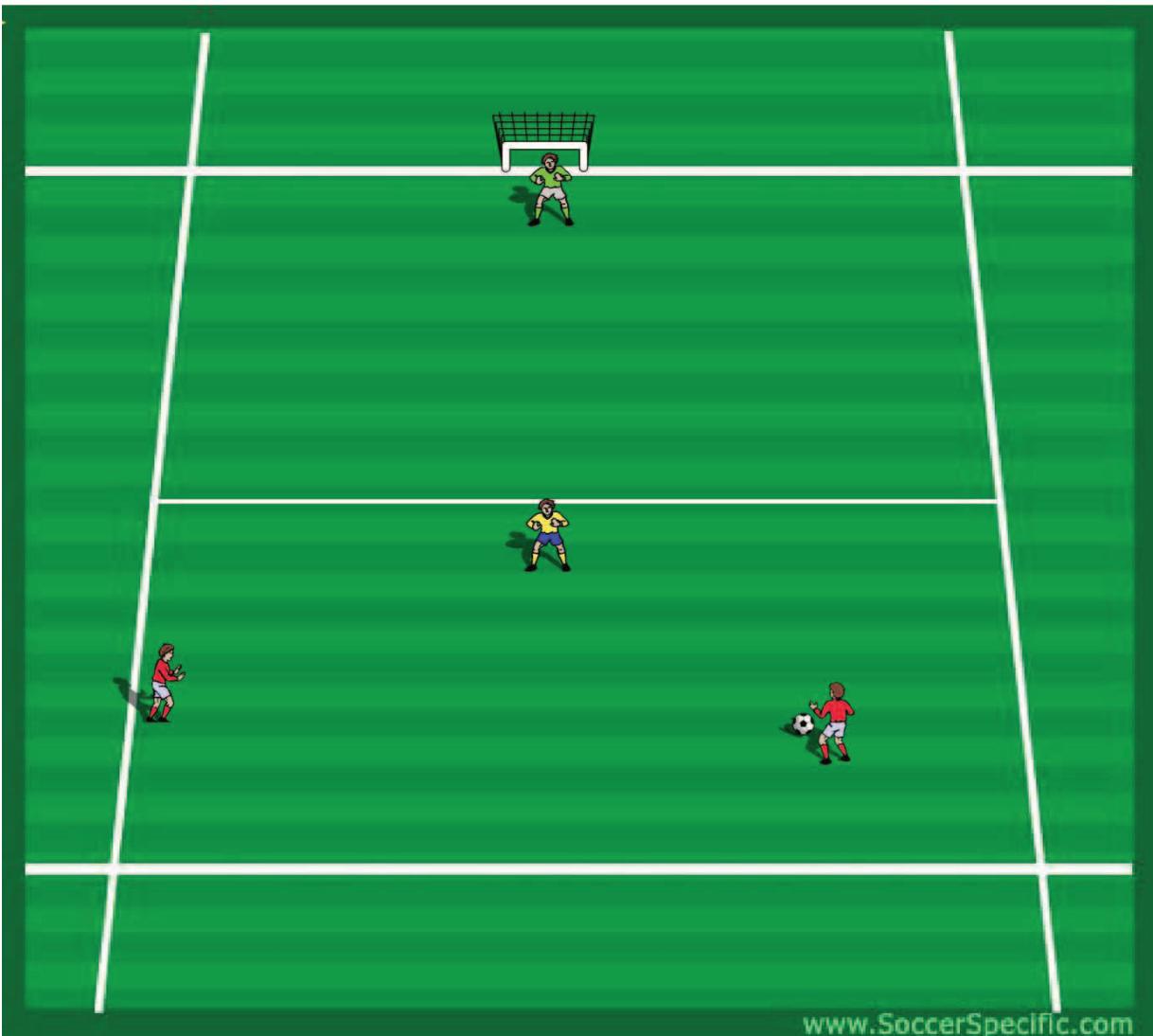
Create shooting angles

Direction of hips

Shoot early

Work on both feet

Shooting 6



Shooting 6

Purpose- To improve goal scoring in the final third.

Organization

Area 10x20 yards

2 attackers combine to create a shooting opportunity in the first grid area against one defender.
Rotate all positions.

Progression

2v2+1 goalkeeper

Coaching points

Work as a team to beat defender, through individual skill, combinations, overlap or diagonal runs.

Create shooting angles and shoot early and often.
Use both feet to strike ball.

Shooting 7



Shooting 7

Purpose- To improve goalscoring in the final third.

Organization

Area 10x20 yards

2v2 + floating player on attacking team.

One player can use their hands as goalkeeper.

Progression

2v2 or 3v3

Reward double points for one touch goals.

Coaching Points

Look to create angles and shoot early and often.

Be positive

work on using both feet

Shooting 8



Shooting 8 small sided scrimmage

Organization

30x40yards-4v4 four goal game, one player can use hands.

Field is smaller to encourage players to take lots of shots.
Points awarded 1pt for a shot on target, 3pts for a goal.

Progression

Players must take shots within 60 seconds of receiving the ball.

Coaching Points

Attempt to face opponents goal as soon as possible.
Good first touch out of your feet and follow up after your shot

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

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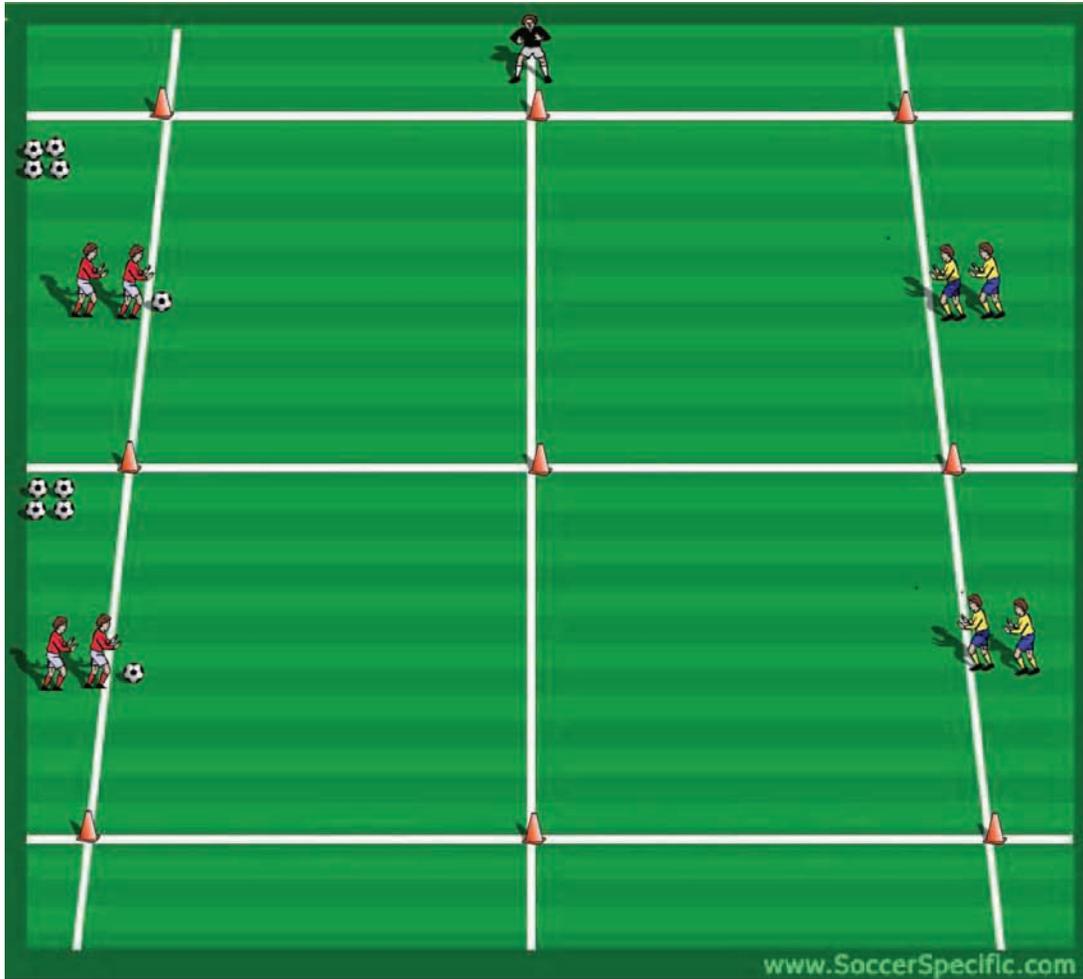
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1v1 League Play



1v1 League play

Purpose- To improve both attacking and defending.

Organization

Area/Set up 12x10

Directions

The red player, plays the ball to the yellow player, with the red player becoming the defender and the yellow player the attacker.

The aim of the exercise is for the yellow attacker to beat the red defender and dribble the ball under control over the opposite end line

Every time an attacker dribbles the ball over the end line, he/she gains 1pt.

Play for 1 minute, change roles and play for another minute.

The player with the most points, moves up a league and the player with the least amount of points moves down a league.

Progression

Ask players to use specific moves

Coaching Points

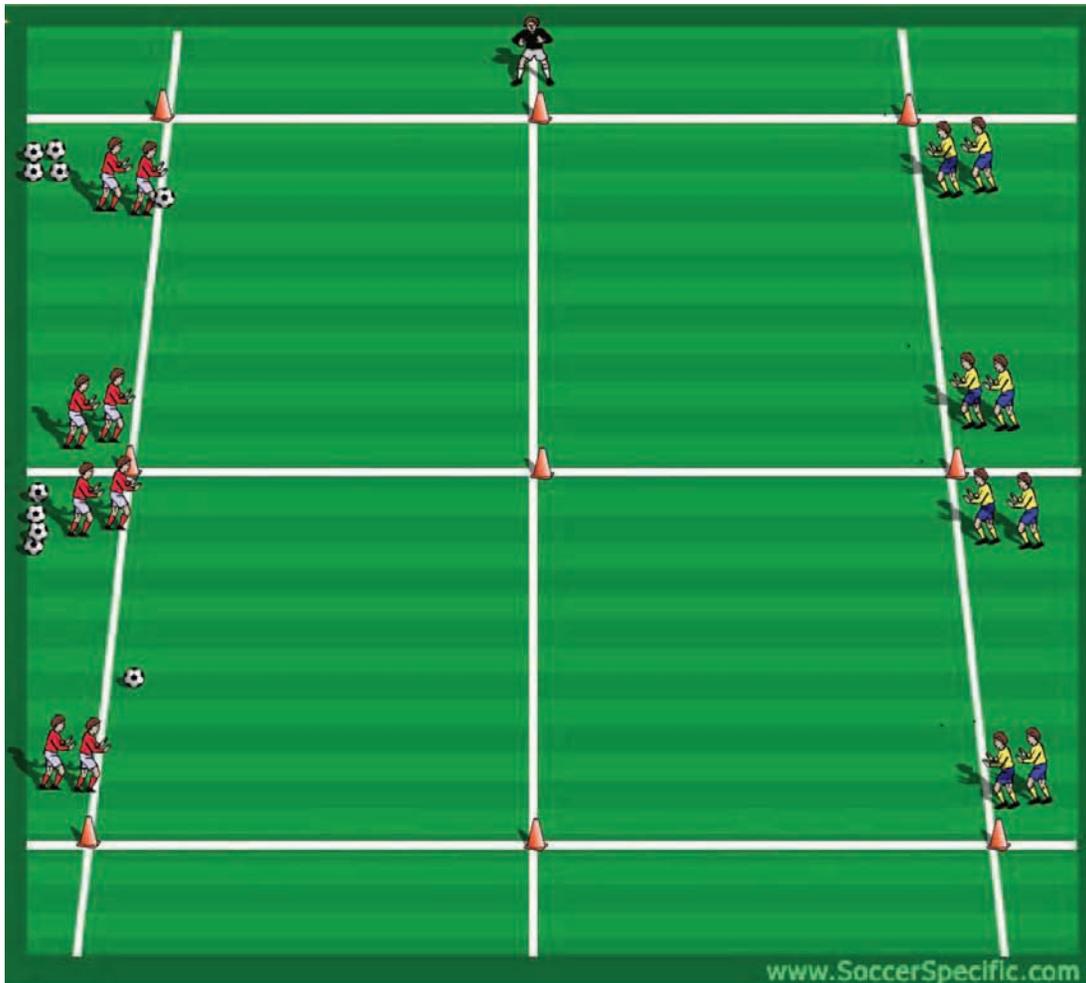
Attacker

Run at defender with speed.

Use moves to unbalance defender, then explode past.

When past the defender cut back across him/her forcing the defender to make a longer recovery

2v2 League Play



2v2 League play

Purpose- To improve both attacking and defending skills.

Organization

Area/Set up 12x10

The red team, plays the ball to the yellow team, with the red team becoming the defenders and the yellow team the attackers.

The aim of the exercise is for the yellow attackers to beat the red defenders and take the ball over the opposite line under control.

Every time an attacking team gets the ball over the end line, they gain 1pt

Play for 2 minutes, change roles and play for another 2 minutes.

The team with the most points, moves up a league and the team with the least amount of points moves down a league.

Progression

Give extra points for creative runs such as diagonal runs and overlaps.

Coaching Points

Attackers

Be prepared to be creative and use skills and moves to take players on

Can you as a team play quickly to unbalance defenders.

Use diagonal runs and overlaps to confuse and beat defenders.

Defenders

1v1 with Back to Goal



1v1 with back to goal

Purpose- To improve goalscoring and defending.

Organization

Area set up 12x12

Three teams of players are set up in three different positions around the penalty area.

Team 1 are the attackers

Team 2 are the passers

Team 3 are the defenders

Player 1 runs out and calls for the ball from player 2

As the ball is travelling player 3 runs and defends player 1 from scoring in the goal.

Play for 3 minutes and then change positions, attackers to defenders, defenders to passers and passers to defenders. Play for another 3 minutes and change positions again.

Winning team is the team who scores the most goals.

Progression

Can you take a shot in goal in less than 8 seconds.

Coaching Points

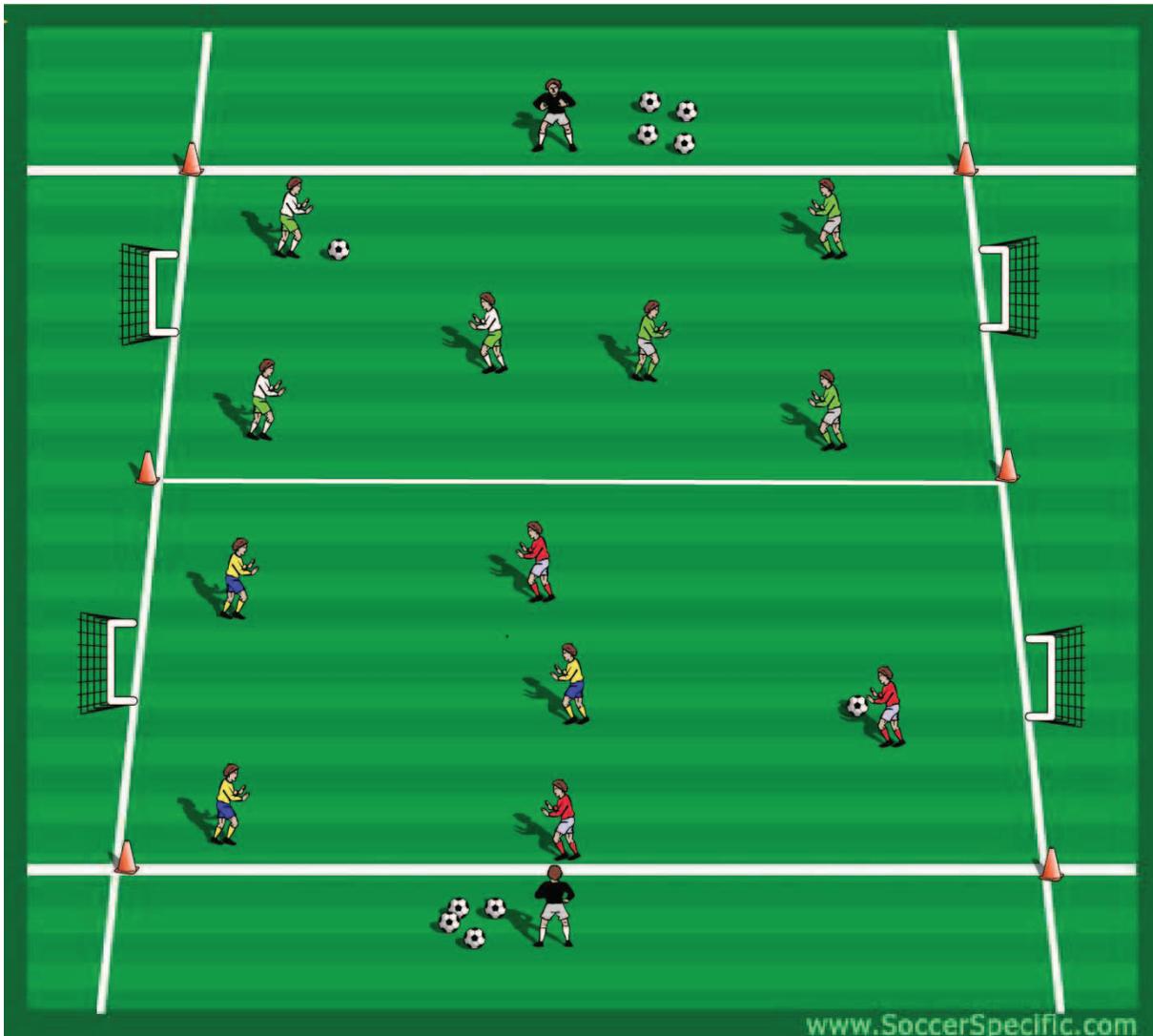
Attacker

Run quickly and be first to the ball

Take a sideways on position, knees slightly bent, low centre of the gravity.

Do not run away from the goal, attempt to stay in the middle of the goal.

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

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*Training Ages 8 to 11
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2v2 to Goal



2v2 to goal

Purpose- To improve goal scoring and defending to goal

Organization

Area/Set up 12x12

Yellow Team = Attackers

White Team = Defenders

Red Team = Resting

After each game all teams rotate positions

The object is for yellows to score and the white team to defend and not allow goal scoring opportunities.

As soon as yellow 1 plays the ball to yellow 2, white 3 run out and defend.

A game is played with the yellow team trying to score and the whites defending.

If the yellow team score they gain 1 pt and if the white team win possession they must dribble the ball over the end line to gain 1pt.

Players then rotate positions and a new game is played. Play for 10 minutes and the winning team is the team who scores the most points.

Progression

Extra goal is awarded if you can shoot and score in less than 8 seconds.

Coaching Points

Attackers

Look to shoot early and often.

2v2+2 Possession



2v2+2 Possession

Purpose- To improve, passing, control and movement off the ball.

Organization

Area/set up 10x10

Directions- To maintain possession

The object of the exercise is for the red players in possession to keep the ball and make five passes. Every time five passes are made 1pt is scored

If the red team loses the ball, the yellow team will then aim to make five passes and attempt to score a point. The two players on the outside move up and down the line supporting whichever team is in possession. For example if the red team play the ball to an outside player, the outside player must give the ball back to the red team.

Play for four minutes and then change the outside player.

Keep scores until the end. Winning team is the team with the most points.

Progression

Can players, play two touch only.

Coaching Points

Good communication

Receive ball sideways on, to give give you maximum opportunities to pass to a teammate

Teammates should ensure good supporting positions, so you are always able to receive a pass

Move early and often to get into good supporting positions.

Small Sided 4v4



Small sided 4v4 plus goalkeepers

Purpose- Encourage players to dribble and take on defenders

Organization

Area 30x30

Set up a field to play 6v6 plus goalkeepers. Teams must play a normal scrimmage against each other but restrictions are placed on the players.

Players are told they are only allowed to pass sideways and backwards. To go forward and score the players are forced to dribble and take on opposition players.

Progression

Play normally but award an extra goal, if a player beats an opponent with a move before scoring.

Coaching Points

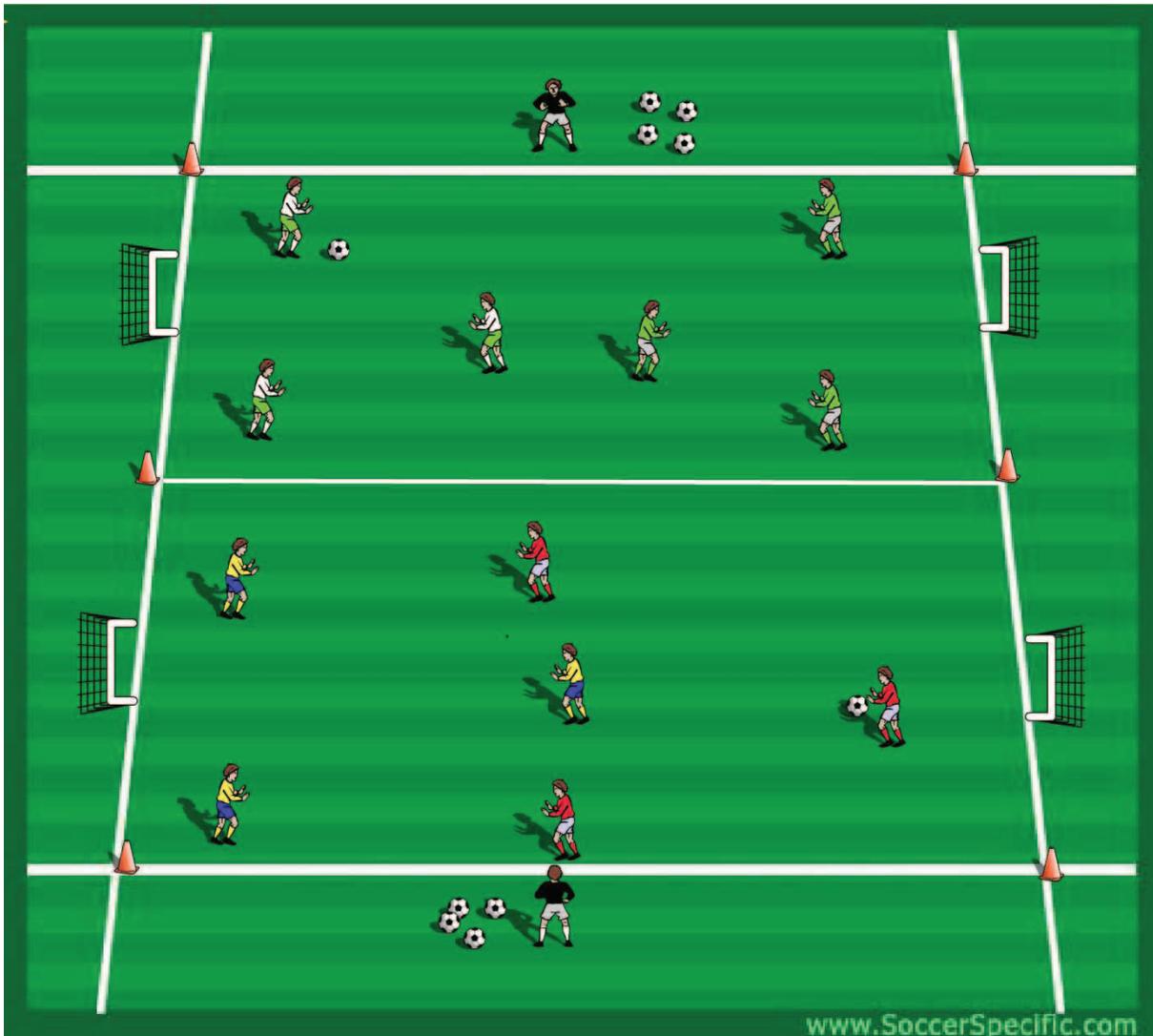
Communication with teammates.

Head up to see all options on the field.

Encourage players to dribble and use moves.

Encourage players to be aggressive and confident

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

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*Training Ages 8 to 11
Week 7 : Day 1*



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3v3v3



3v3v3

Purpose- To improve both passing and movement off the ball.

Organization

Area/set up 12x12

Directions- To maintain possession

The outside players pass the ball around the outside and away from the defenders in the middle. The outside players are not allowed in the middle, however they can move up and down the outside lines to receive the ball.

If the ball is won by the middle players, they swap with the team on the outside who loses the ball

Play activity for ten minutes

Progression

Ask players to play two touch only

Coaching Points

Keep the ball moving and zipping around the outside

Good communication

When receiving the ball on the outside, receive the ball so you have multiple passing options

Try not to get the ball stuck in your feet, which forces you to take extra touches on the ball

Outside players move up and down the line so the player on the ball have different passing options

4v4 Plus 2 Goalkeepers Attacking Zone Game



4v4 + 2 Goalkeepers Attacking zone game

Purpose- Small sided activity concentrating on attacking soccer

Area/set up 20x30

Field is split into three zones

One forward from each team is placed in each end zone and has to stay in that end zone

The forward in the end zone is not allowed to score but has to assist by creating shooting opportunities for teammates

When the opportunity occurs a middle player should pass the ball into their forwards feet and then teammates should surge forward creating angles to receive the ball and make shooting opportunities at the goal

Play for 15 minutes, rotating the forward every 5 minutes

Winning team is the team who scores the most goals

Progression

Ask players to play two touch only.

Coaching Points

Good communication

Players need to look early and often to play the ball into the strikers feet.

Striker needs to move into a passing lane early and pick out a pass to a teammate

Encourage midfield players to make forward runs

Encourage combinations (give and goes) to beat defenders

4v4 Corner Game



4v4 Corner game

Purpose- To improve possession and finishing skills.

Organization

Area/set up 20x30

4v4+2 goalkeepers

Players are asked to play a normal scrimmage with certain rules applying to the game
To score a goal a player must dribble into one of the corner grids and set up a goal scoring opportunity by passing to an open teammate.

If a player receives a ball in a corner grid in their own half, then passes or dribbles with teammates to the attacking grid on the other side of the field and a goal is scored 2pts are awarded

The only person allowed in one of the four grids is the person who is receiving the ball. You are not allowed to defend inside the grid.

Progression

Add a neutral player so teams get to play numbers up and down.

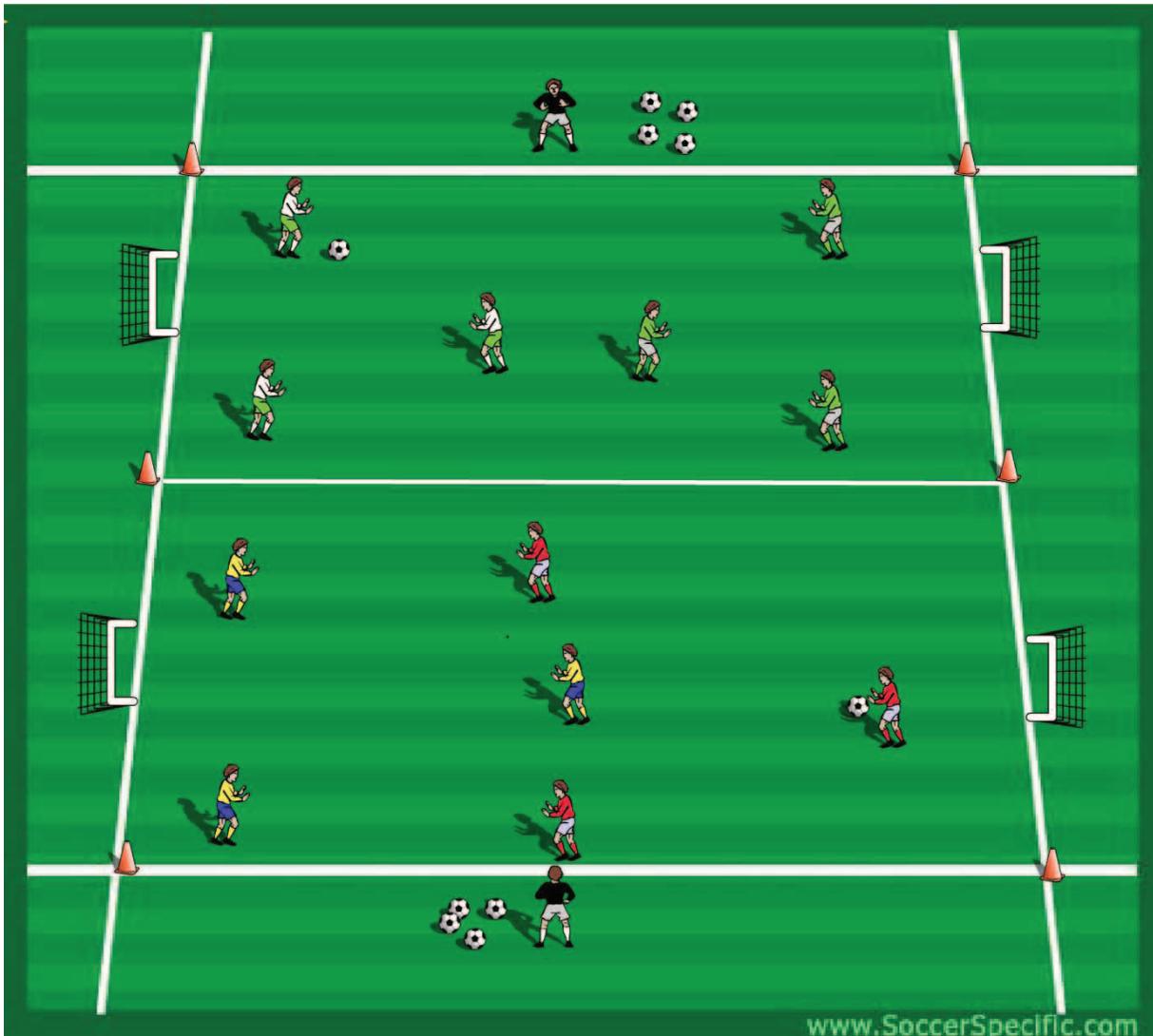
Coaching Points

Good communication

Ensure players spread out, using the whole field, giving players opportunities to get into the end zone.

When in the end zone, look up and pick up a player who can score.

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

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*Training Ages 8 to 11
Week 7 : Day 2*



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Dribble Tag



Dribble Tag

Purpose- To improve dribbling skills with both feet.

Organization

Using a 30 yard square, break the group into six dribblers and six statue players. The six dribblers attempt to go around as many statues as possible during a set time period.

Progression

The statues stand so that a ball may be played between their feet. The players dribble around the grid and make passes through the statues feet.

Ask ten players to dribble around the grid, while two players attempt to tag them. Once tagged the players become a statue and can only move once someone has passed a ball through their feet.

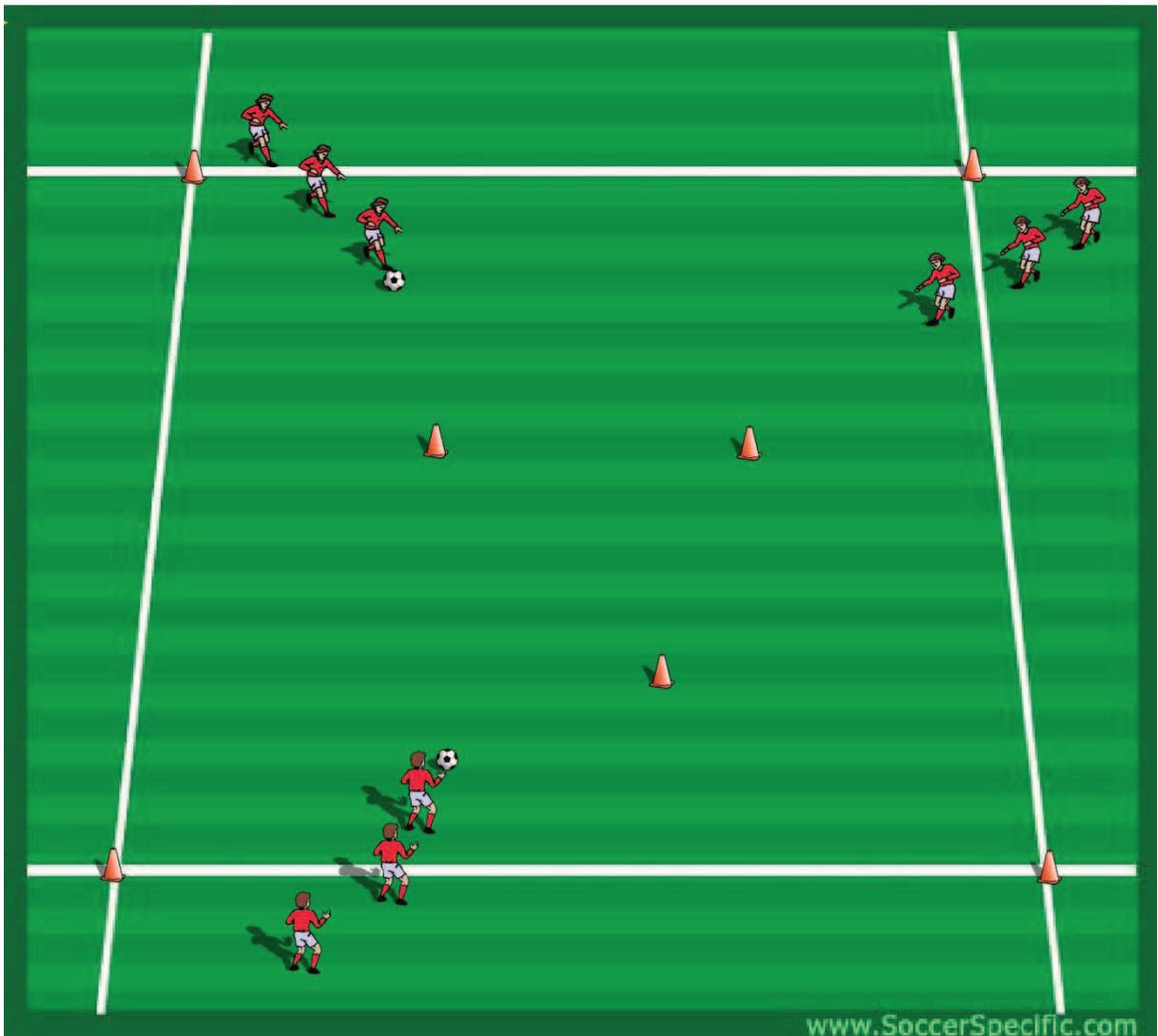
Coaching Points

Get your head up and look around in between touches.

Keep a low centre of balance when changing direction.

Use rapid changes of direction and pace to avoid being tagged

Triangle Dribble



Triangle dribble

Purpose- To improve dribbling skills with both feet.

Organization

The group works in a circle 20 yards in diameter. Three players have soccer balls and begin by dribbling towards the three cones in the centre circle. The dribblers must exit the triangle through a different side to the one they came through. Once they exit the triangle they look up and make a pass to a teammate on the perimeter.

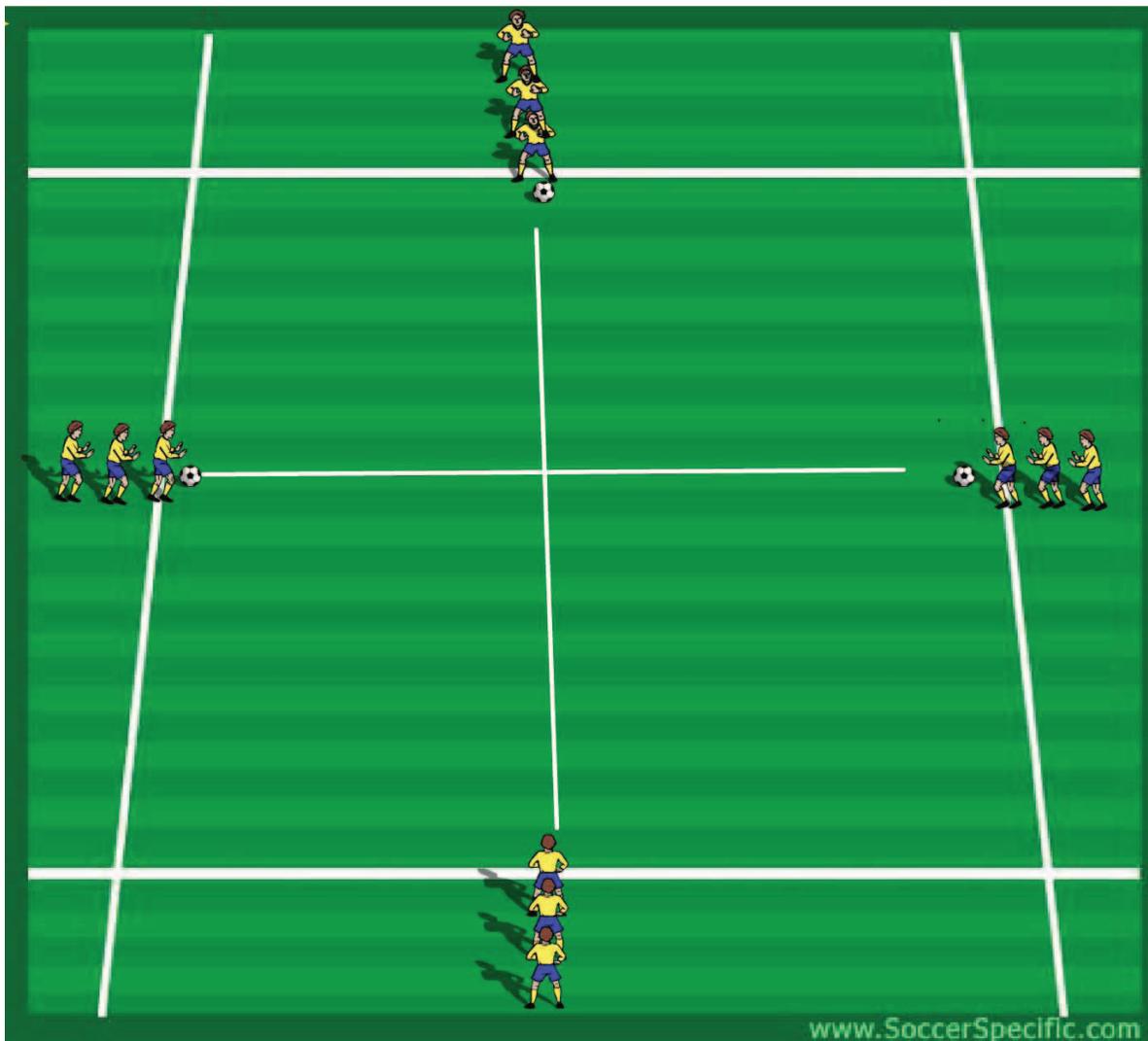
Progression

Players enter the triangle dribbling with their right foot and exit using their left.
Players must dribble completely around two cones.

Coaching Points

Use gentle touches with the inside, outside and top of the foot.
Keep the knees slightly bent.
Get your head up to look for other players dribbling close to you.

Cross over Dribble



Cross Over Dribble

Purpose- To improve dribbling skills

Organization

Divide the players into four groups and station each group on the four sides of a 20 yard square. Each player has a ball. One player from each line begins by dribbling across the grid to the opposite side. They must dribble through the middle of the grid, forcing them to have to negotiate their way through the three other players.

Progression

The dribbler must make a pass to the next player in line immediately after crossing the half way point.

Dribblers now come across two at a time.

Coaching Points

Keep the ball moving, however keep it close enough to stop or cut quickly if needed.

Slow down in areas of high traffic and be prepared to cut left to right to avoid contact.

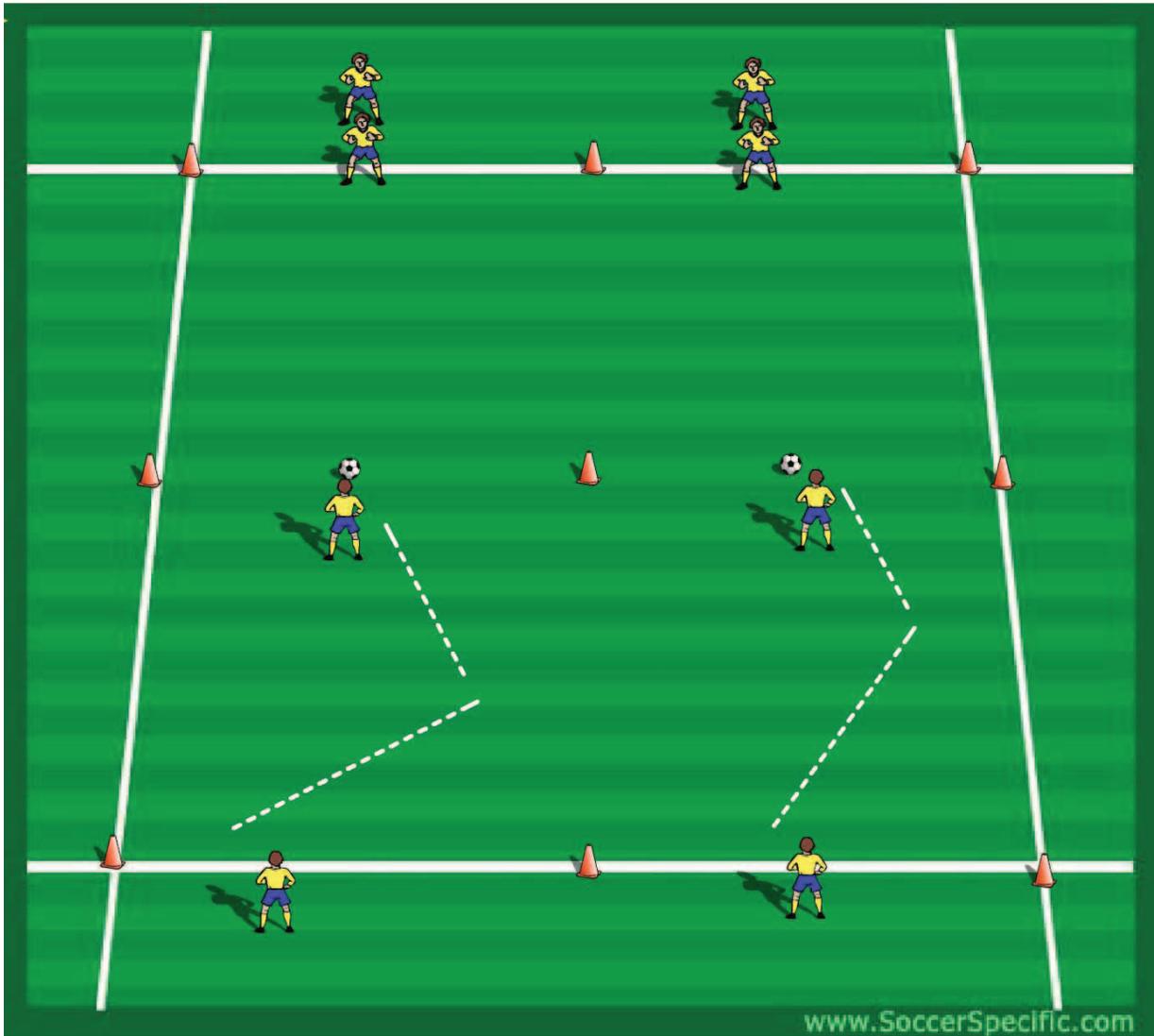
Look up and around frequently between touches for other players and the half way line.

Conditioned Game 7v7 Plus Goalkeeper



Conditioned Game 7v7 plus goalkeepers.
Play for 20 minutes working on the topic you have worked on at practice.
Concentrate on dribbling, passing, shooting, crossing, defending and award bonus points in the game if they use these skills.

Dribble and Pass



Dribble and Pass

Purpose- To improve dribbling skills, passing skills and keeping head up.

Organization

Divide the players into groups of 4, two players at each end of the 20yard long grid. The first player dribbles 3/4 of the distance across the grid and passes to the next player in line and follows their pass.

Progression

Ask the players to make longer passes from 1/2 way across the grid.
Ask players to dribble to the side and make diagonal passes.

Coaching Points

Watch the ball carefully as it approaches you, then look in the direction that you pass.
Lock your ankle throughout the pass & use your arms to balance.
Roll the ball with the inside of the foot.
Turn your body slightly sideways and keep your knees bent.

Passing Square



Passing Square

Purpose- To improve passing and movement

Organization

Area 20x20

Players are divided into two groups, with one man positioned in the middle of each smaller group. Players on the outside pass to the middleman, who must redirect the pass then pass to an open player.

Each player works in the middle for 30 seconds.

Progression

Add a second ball, which is passed as soon as the middle player has laid off the previous pass. The passer must call to the middle player and wait for them to turn and face them before passing.

Coaching Points

Develop a soft first touch with the inside or outside of the foot.

Look up at the player, you are going to pass to, to ensure they are ready.

Move slightly towards the ball and redirect it without stopping.

6v2 Possession



6v2 Possession

Purpose- To improve Possession as a team

Organization

Players are divided into two groups, with one half inside the 20x30 yard grid and the other half around the perimeter. The inside players pass and move around the grid. The perimeter players come into the grid in pairs for 30 seconds. If the two defenders get the ball they attempt to clear it over either end line to win the game.

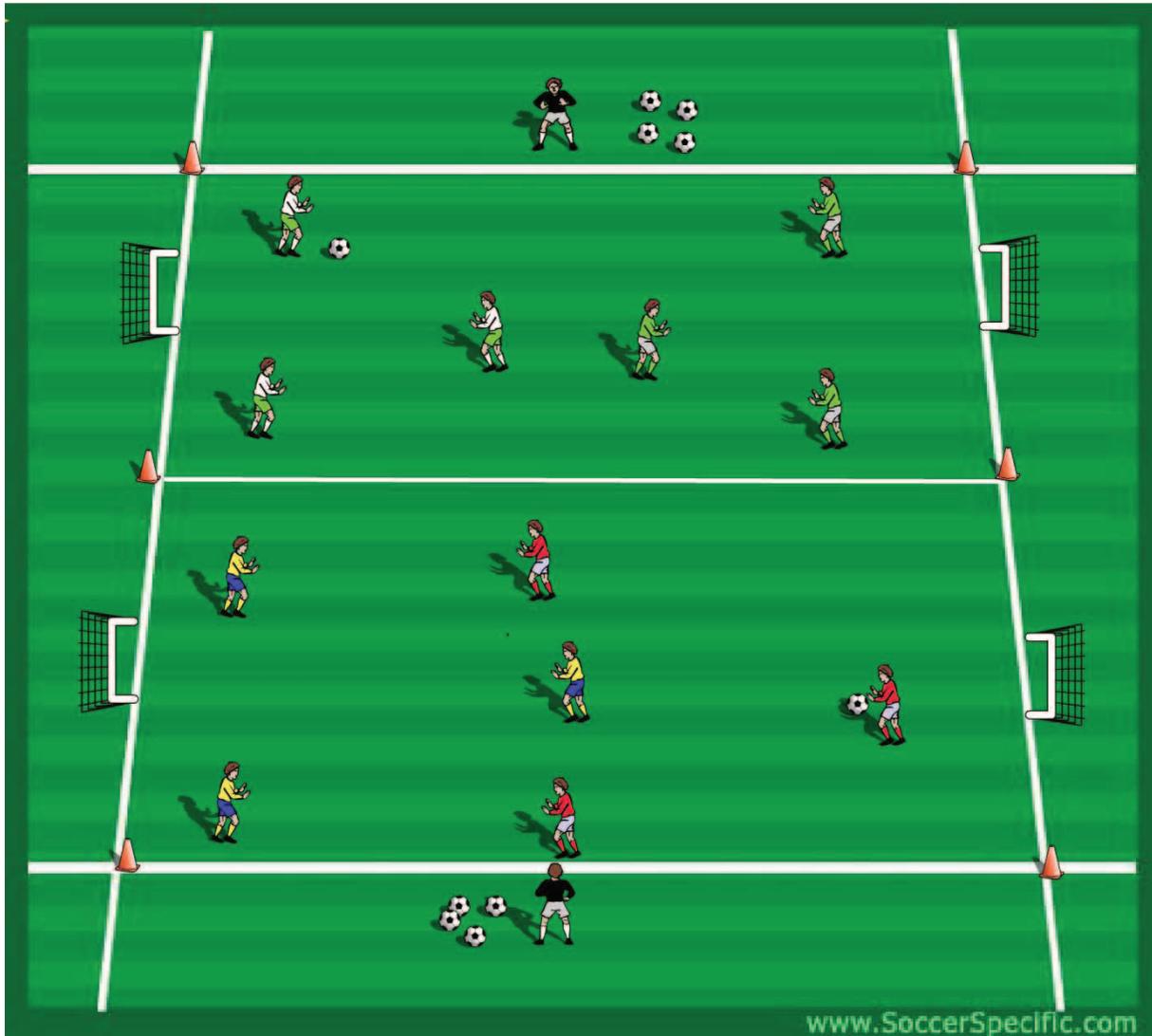
Progression

Limit offensive players to two touches.
Offensive players must make four passes to score a point.

Coaching Points

Players should move into space and supporting positions.
Be aware of defenders and take first touch away from pressure, away from defenders.
Move the ball quickly
Look for passes that split through the middle of the defenders.

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

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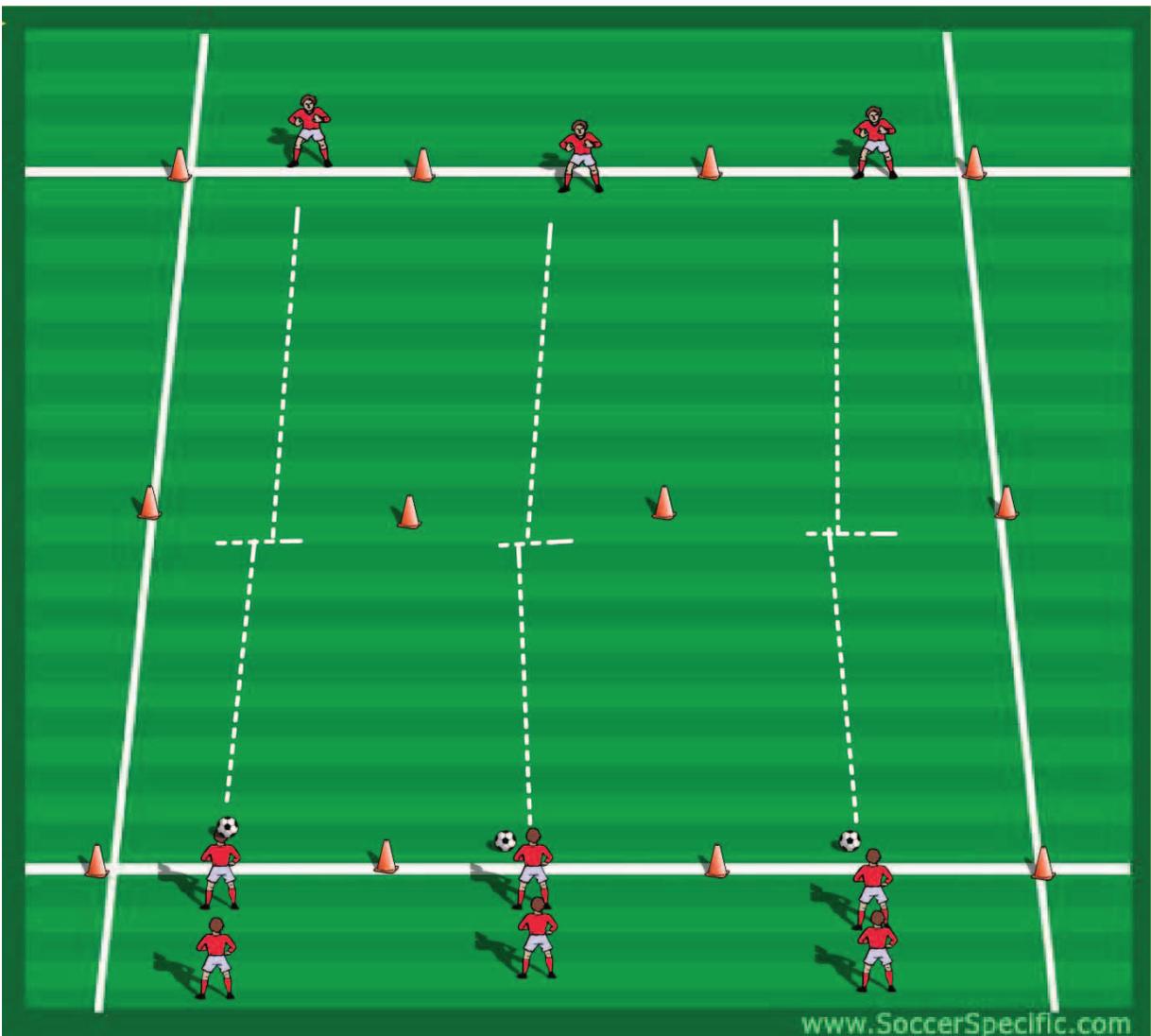
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Dribble, Stop, Dribble



Dribble, Stop, Dribble

Purpose- To improve dribbling skills

Organization

Set up the players in groups of three at one end of a 30x40 yard grid. The first player in each group will dribble at speed, to the half, stop the ball and then dribble through to the end line. When they reach the end, the next player begins. Repeat several times.

Progression

The players must stop the ball twice on each run.

The players now pretend to stop on the half way line, but continue dribbling at speed.

Coaching Points

Maintain speed by pushing the ball 5 yards ahead with the laces of the front foot.

To stop the ball suddenly, shorten the strides, bend your knees, slow down and plant one foot directly on top of the ball.

1v1 Dribble



One v One Dribble

Purpose- To improve ability in beating players 1v1

Organization

Players break up into groups of four and form two person lines, across from each other using a 30x40 yard grid. The defender passes to the dribbler and follows across the grid to take up a defensive position sideways on in front of the dribbler. The dribbler moves forward, cutting the ball from side to side all the way across the grid. The defender moves backwards maintaining a 2 yard gap between them and the dribbler and may not tackle.

Progression

The defenders are only allowed to tackle in their half only. the defender shadows the dribbler without tackling until the half way line, once the line is crossed they may tackle. The defenders are allowed to tackle anywhere on the field.

Coaching Points

- Use soft touches with the inside and outside of the leading foot.
- Keep the ball close enough to touch at all times.
- Keep looking up to check the defending position.
- Cut the ball directly across the defenders leading foot when you try to beat them.

Gate Dribble



Gate Dribble

Purpose- Improves ability of when to pass and when to dribble.

Organization

Play 4v2 inside a 30x20 yard grid with six players spread out along the perimeter. The four offensive players score a goal by dribbling the ball through any of the four gates set up inside the grid. The two defenders must steal the ball and complete a pass to any of the perimeter players to score a point.

Progression

Add two more players inside the grid and play 5v3.

Only allow a goal if the player completes a pass to a teammate after dribbling through a gate.

Finally, play the game with two equal teams.

Coaching Points

Communicate with teammates

Keep head up to see teammates and open goal.

Keep ball close to you when dribbling.

Soft touches, use all parts of foot.

Conditioned Game 7v7 Plus Goalkeeper



Conditioned Game 7v7 plus goalkeepers.
Play for 20 minutes working on the topic you have worked on at practice.
Concentrate on dribbling, passing, shooting, crossing, defending and award bonus points in the game if they use these skills.

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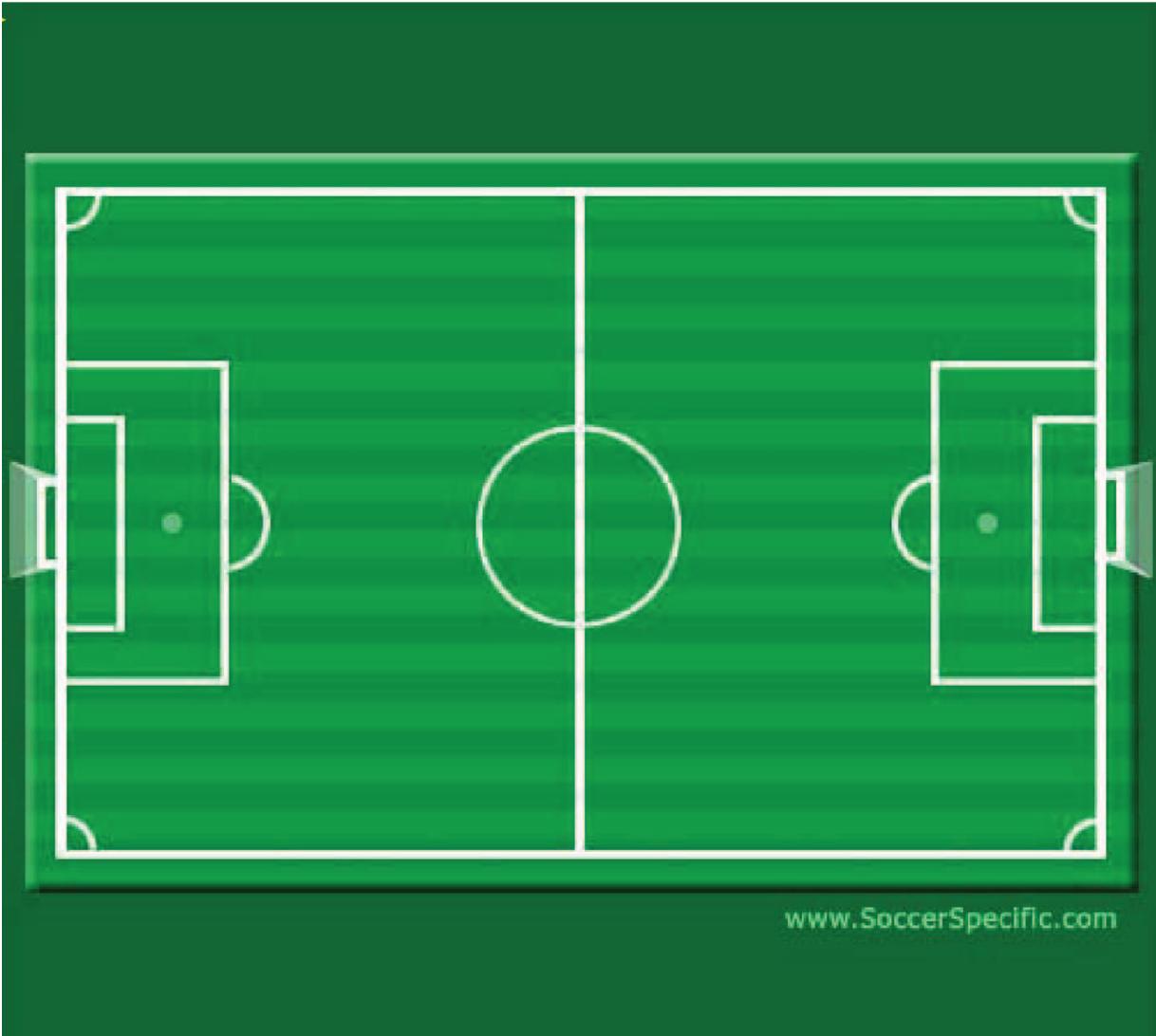
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Pick your Favorite Past Drills



Select past drills of your choice.