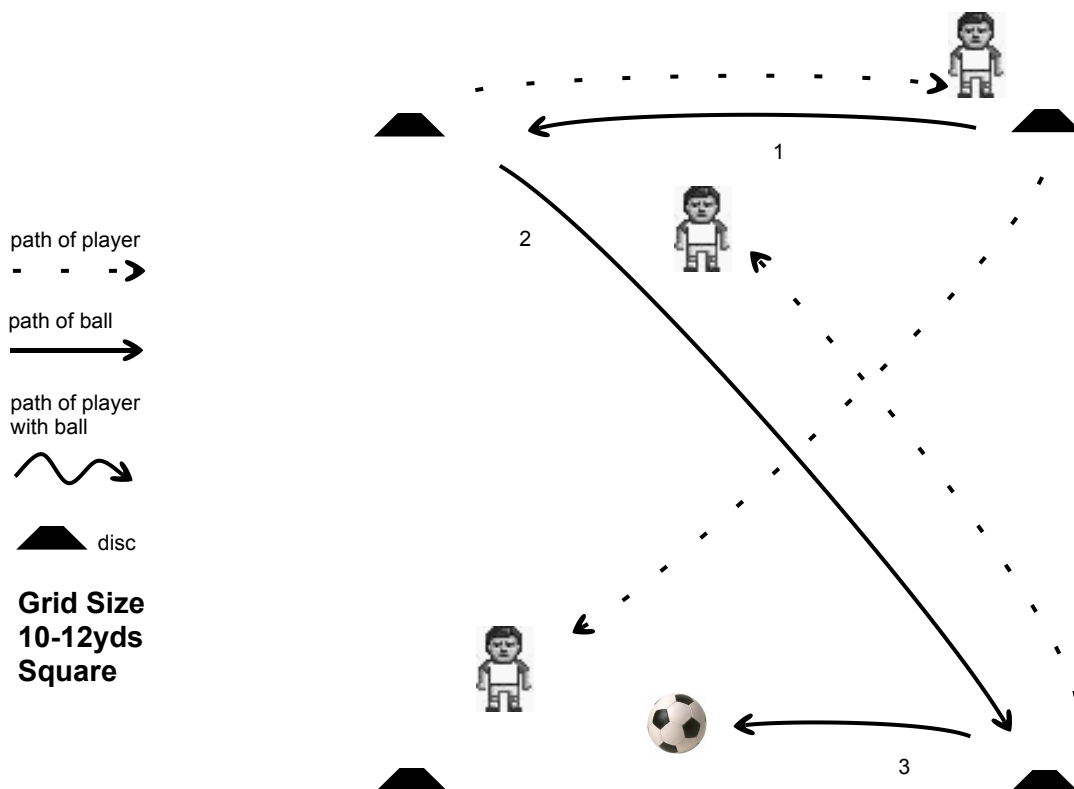


Age of Group		Numbers Expected		Length of Session	60 mins
Health and Safety					
Check pitch for hazards and make sure the goals are properly anchored. Do players have shin pads on and laces tied. All jewellery removed, no chewing gum Ask group if there are any injuries or illness, do you have emergency contact list and first aid kit available?					
Topic	Possession	Specific Objective	This builds on previous sessions on movement off the ball to look at improving the positioning of supporting players		
Activity	Drill	Main Coaching Points			Time
Warm-up	see warm-up resource page				10mins
Introduction  Unopposed technical practice	No. 4  “Empty Corner”	Adjust the size of the grid so that players are always in good supporting positions with 10 to 15 yards between players  Encourage players to be open to the ball as they run. Notice this drill creates straight passes to diagonal runs and diagonal passes to straight runs.			10 mins
Skills Practice	No. 33  “Quads”	Think about the size of the pitch to ensure there is plenty of space.  Our challenge to players now is to provide support to switch the play if we are unable to go forward on one side of the pitch. By coming back to go forward we will stretch the opposition and create space.  Look for support ahead of and behind the ball at an appropriate distance. Players should not be making straight vertical lines of support. Make sure there are good angles so they can play forward early.			15 mins
Small-Sided Game	Make sure the pitch is big enough to allow good support play and that teams are not too big for the age and experience of the group. Look for examples of players in good supporting positions and use those as coaching opportunities. You may have players carry a disk and drop it on a signal to demonstrate good and poor supporting positions.				20 mins
Cool Down		Gentle work in groups with the ball Review today's coaching points with Q&A and discuss how you will progress the topic next session			5 mins
Review	On a scale of 1-5 was the session..		What would you want to change next time?		
	Safe?				
	Effective?				
	Fun?				

## No. 4 “Empty Corner”

- ☐ Short Passing
- ☐ First Touch

U8 ✗  
U10 ?  
U12 ✓  
U14 ✓  
U16 ✓



Moving into space quickly after making a pass should become second nature for our players. This unopposed short passing drill encourages players to move off at an angle and to take the ball in an open body shape for the next pass. Young players may take a little time to get used to the sequence. Don't allow any of these simple passing drills to become casual or careless, help them to understand why this topic is important in the real game.

## Organisation

Three players in each grid  
Ball must start with player in the middle of the three  
Ball is passed to either of the other two players and player then sprints to the spare disc (empty corner)  
The sequence continues passing to next player and sprinting to empty disc  
Make it competitive - challenge two grids, who can play for longest without losing control?

## Coaching Points

- ♦ Quick movement following pass
- ♦ *“Stay open to the ball as you run”*
- ♦ 1st touch on back foot
- ♦ Take ball in open body position
- ♦ Quality of passing - pace and accuracy
- ♦ Keep the ball on the ground
- ♦ Communication *“demand the ball”*
- ♦ Make eye contact with the receiving player

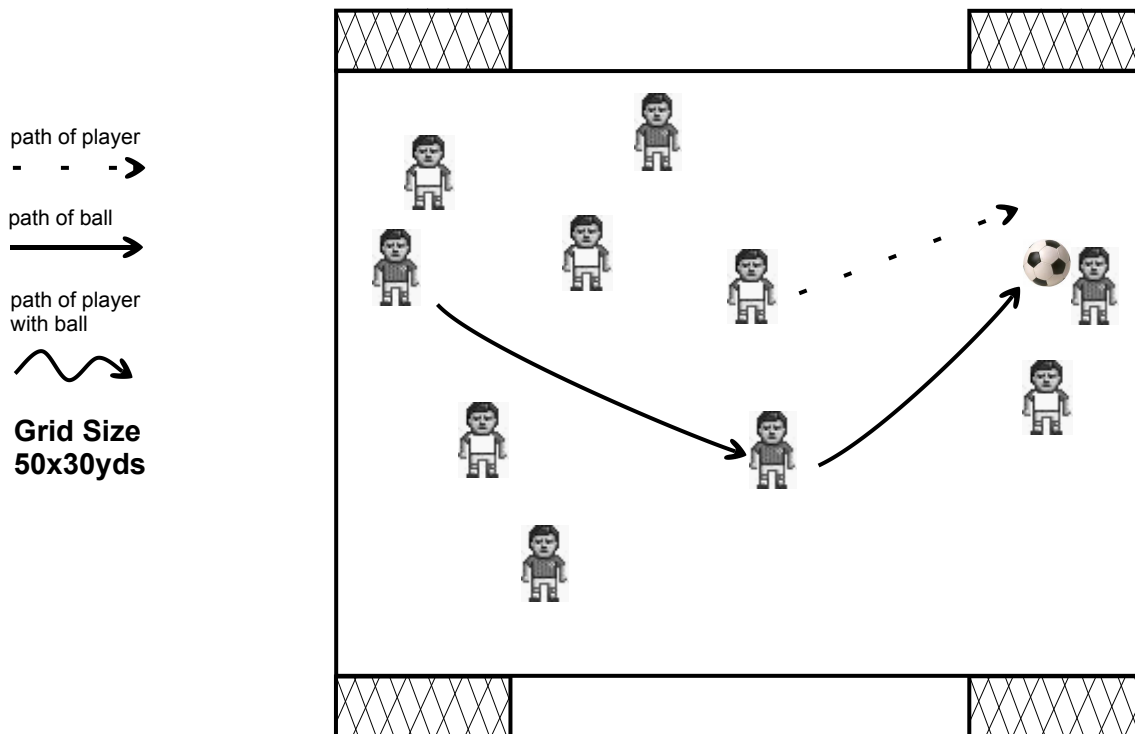
## Development

- i Limit to one touch
- ii Control/pass with weaker foot
- iii Challenge groups to make as many good passes as possible in limited time

## No. 33 “Quads”

- ☐ Conditioned SSG
- ☐ Possession
- ☐ Long Passing
- ☐ Defensive Organisation

U8 ?  
 U10 ✓  
 U12 ✓  
 U14 ✓  
 U16 ✓



A basic principle of football is the need to create width in attack and remain compact in defence. This practice encourages teams to make full use of the width of the pitch and to learn how to switch the ball quickly to find the space to play forward. At the same time defenders need to learn to not try to defend the whole width of the pitch but to get numbers around the ball and close down as the ball travels. Coach just one of these topics at a time.

## Organisation

Select two evenly matched teams  
 Each team attacks and defends two goals  
 No goalkeepers  
 Normal football rules apply - restart with kick-ins  
 Make it competitive - play for an agreed time and keep the score

## Coaching Points

- ♦ Angles and distance of support behind ball
- ♦ Create width as a team
- ♦ Switch point of attack quickly
- ♦ Confident finishing
- ♦ Defensive organisation
- ♦ Correct distance of marking of attackers
- ♦ Stay compact and shift as ball travels
- ♦ Defenders “*Don’t be caught ball watching*”

## Development

- i Increase width of pitch
- ii Limit players to three or two touch in possession - unlimited if it results directly in finish

## No. 72 “Blockade”

- ☐ Conditioned SSG
- ☐ Possession
- ☐ Attacking Combinations

U8 ?  
U10 ✓  
U12 ✓  
U14 ✓  
U16 ✓

path of player



path of ball

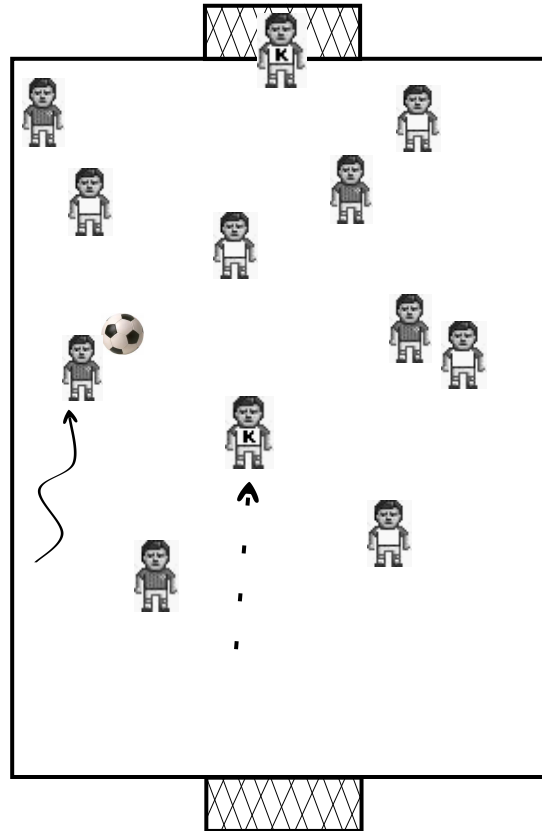


path of player  
with ball



Score =  1 - 0 

**Grid Size**  
**40x60yds**



A simple adaptation of a small sided game. It forces the leading team to defend their lead through determined defending and by keeping the ball. The other team have the exact opposite challenge, without the fear of going another goal behind they must commit 100% to attacking and trying to even up the score. It will introduce young players to the idea of adjusting their game depending on the state of the game. Remember “*one team, one topic.*”

## Organisation

Select two evenly matched teams

Normal football rules apply with the following additions;

- a When a team goes a goal ahead they cannot score again until/unless the other team equalise
- b The attacking keeper should join in the attack to create numerical advantage
- c The team who is ahead should attempt to retain possession
- d Back to normal game after equaliser

Make it competitive - play to an agreed time limit

## Coaching Points

- ♦ Instant reaction by team who go behind
- ♦ Counter attack quickly
- ♦ Use numerical advantage effectively
- ♦ Clever play - wall passing, overlaps etc
- ♦ End product - “*Take your shots*”
- ♦ Defending team create space in possession
- ♦ Move ball quickly away from pressure
- ♦ Hold ball up in opponents half

## Development

- i Add neutral player who plays with team in possession until goal is scored
- ii Neutral player then joins team trying to score creating advantage of +2 players including keeper
- iii Team defending their lead must play two touch - award free kick for infringement