

Age of Group		Numbers Expected		Length of Session	60 mins
Health and Safety					
<p>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?</p>					
Topic	First Touch Ball on ground	Specific Objective	To help players improve their ability to cushion a ball into feet - " <i>soft touch</i> "		
Activity	Drill	Main Coaching Points			Time
Warm-up	see warm-up resource page				10mins
Introduction Unopposed technical practice	No. 1 "Criss-Cross"	<p>Make sure that everything is done two-touch. Adjust the size of the grids to suit the individual groups and challenge them to play the ball into feet with good pace. We are concentrating on first touch so ensure the passing is not rushed and of good quality. Look for the ball to be cushioned but out from feet ready for the next pass.</p> <p>Challenge players to also receive with outside of foot.</p>			10 mins
Skills Practice	No. 19 "Invasion"	<p>In this practice there is always a strong advantage to the team in possession so there should be plenty space. Make sure the defender works hard to win the ball. If the player receiving the ball has time and space the first touch should be cushioned - "<i>soft touch</i>"</p> <p>Try to make the practice competitive, award a point to the group who keep the ball the longest and keep the score.</p>			15 mins
Small-Sided Game	Keep the group focused on today's theme. Make sure the team size and pitch size is appropriate. Keep encouraging players to " <i>make the ball stick</i> " when they have time and space.				20 mins
Cool Down		Some simple low intensity passing to reinforce the theme Review today's coaching points with Q&A and encourage lots of practise before 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. 27 "Five v Three"

- Possession
- Defending pressure
- Control
- Chip Shot (development)

U8 ✗  
U10 ?  
U12 ✓  
U14 ✓  
U16 ✓

path of player



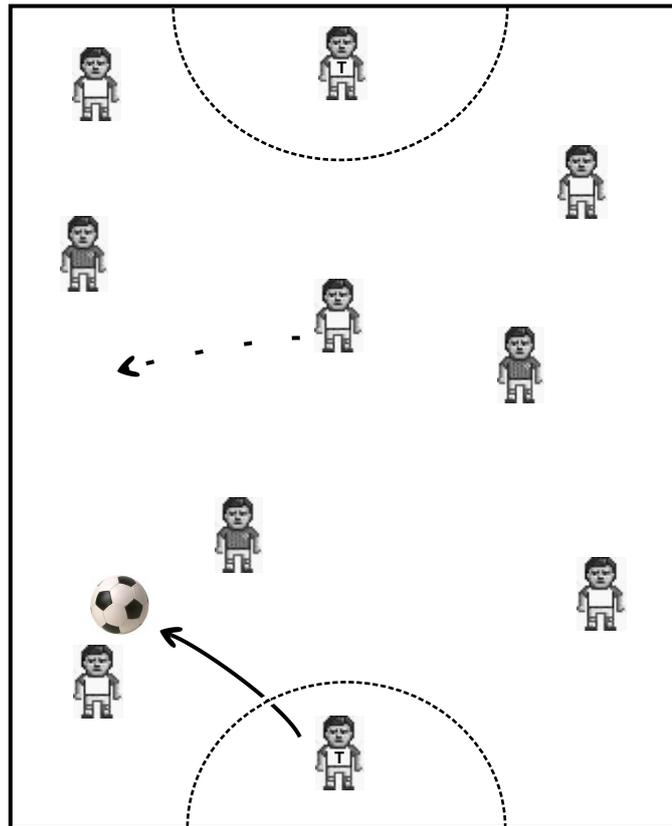
path of ball



path of player with ball



**Grid Size**  
**30x50yds**



This drill begins to introduce the element of pass selection. With many possession drills a pass in any direction is as good as in any other. In the real game of course we want players to make forward passes whenever possible. By making it five versus three the attackers have a significant advantage, and if they use the space effectively they should succeed every time. Frequently the defenders will win giving you plenty to coach.

## Organisation

- Target players are restricted to D - shaped areas
- Five attackers attempt to receive ball from one target player and pass to the other
- Ball must be controlled inside target area to count
- Three defenders attempt to win the ball and pass it out of the grid
- Original target player may be used for support pass
- Ball must be controlled by target player inside area for point
- Make it competitive - set time limit for each round and keep the score

## Coaching Points

- ♦ Create space quickly as a team
- ♦ Get wide and long, stay half turned to ball
- ♦ Receive ball in open body position
- ♦ Pass selection - always forward if it is on
- ♦ Movement to support ball
- ♦ Angle and distance of support
- ♦ Pass - accuracy, pace, timing and disguise
- ♦ Good decisions - pass to feet or space?
- ♦ Control of final pass by target player
- ♦ Work rate and organisation of defenders

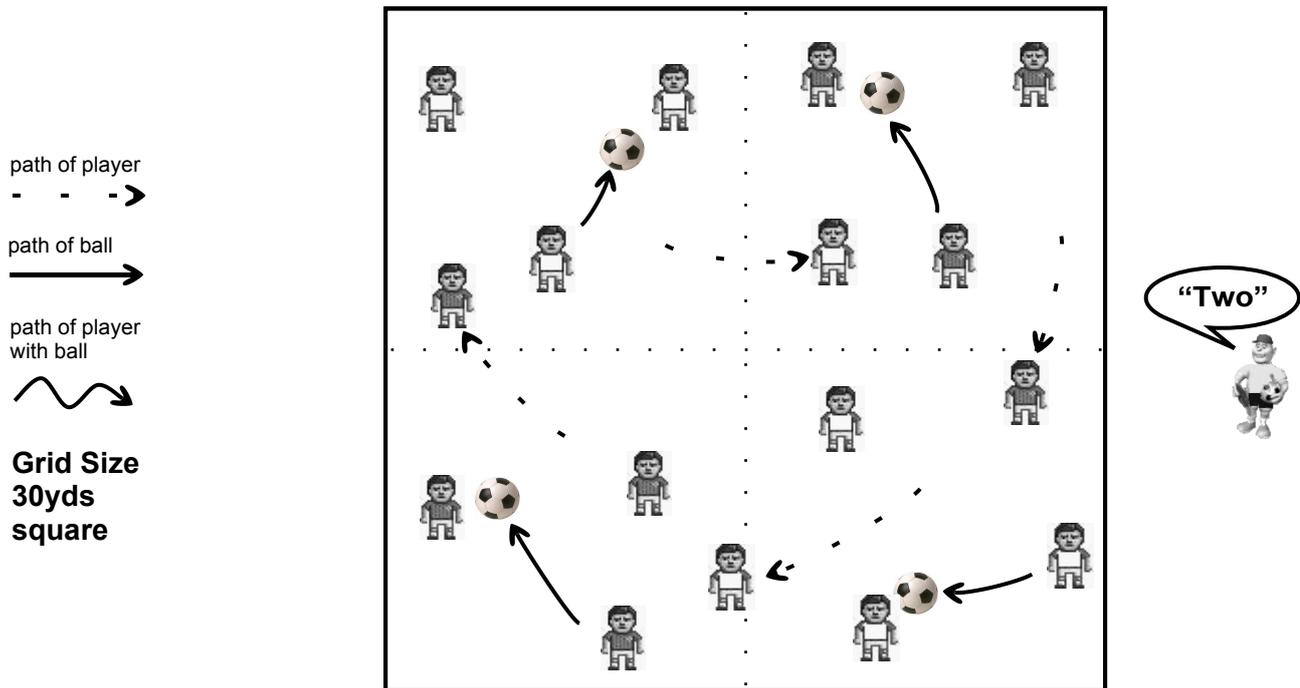
## Development

- i Restrict attackers to two touch
- ii Don't allow supporting pass back to target player who served ball
- iii Ball must be chipped into target and controlled on the volley

## No. 19 "Invasion"

- Passing
- Possession

U8 ✓  
 U10 ✓  
 U12 ✓  
 U14 ✓  
 U16 ✓



A very simple introduction to passing under pressure. This practice can be adjusted to suit the numbers in your group and their level of ability. Have as many or as few grids as you need and either place them together as in the diagram or separate them. Start with low pressure passing practice and encourage good movement off the ball before introducing the contest. Encourage players to look up and see their options.

## Organisation

Arrange your squad into groups and assign them a grid each  
 The players in each group should choose a number and begin to pass the ball around in sequence  
 Get players to move into spaces and use all of their grid  
 On the coach's call the players with that number invade the adjacent grid and try to win the ball  
 The three players who keep their ball the longest win a point  
 Once all four players have defended give each group a new target grid - keep the scores

## Coaching Points

- ◆ Keep moving within grids and finding new spaces
- ◆ Listen for good communication between players
- ◆ Are they passing with heads up - eye contact
- ◆ When it goes to 3 v 1 are they composed on the ball?
- ◆ Make sure the defenders work hard for their team
- ◆ Look at supporting movement off the ball
- ◆ *"Get out of defender's shadow"*
- ◆ Are the passes well timed?

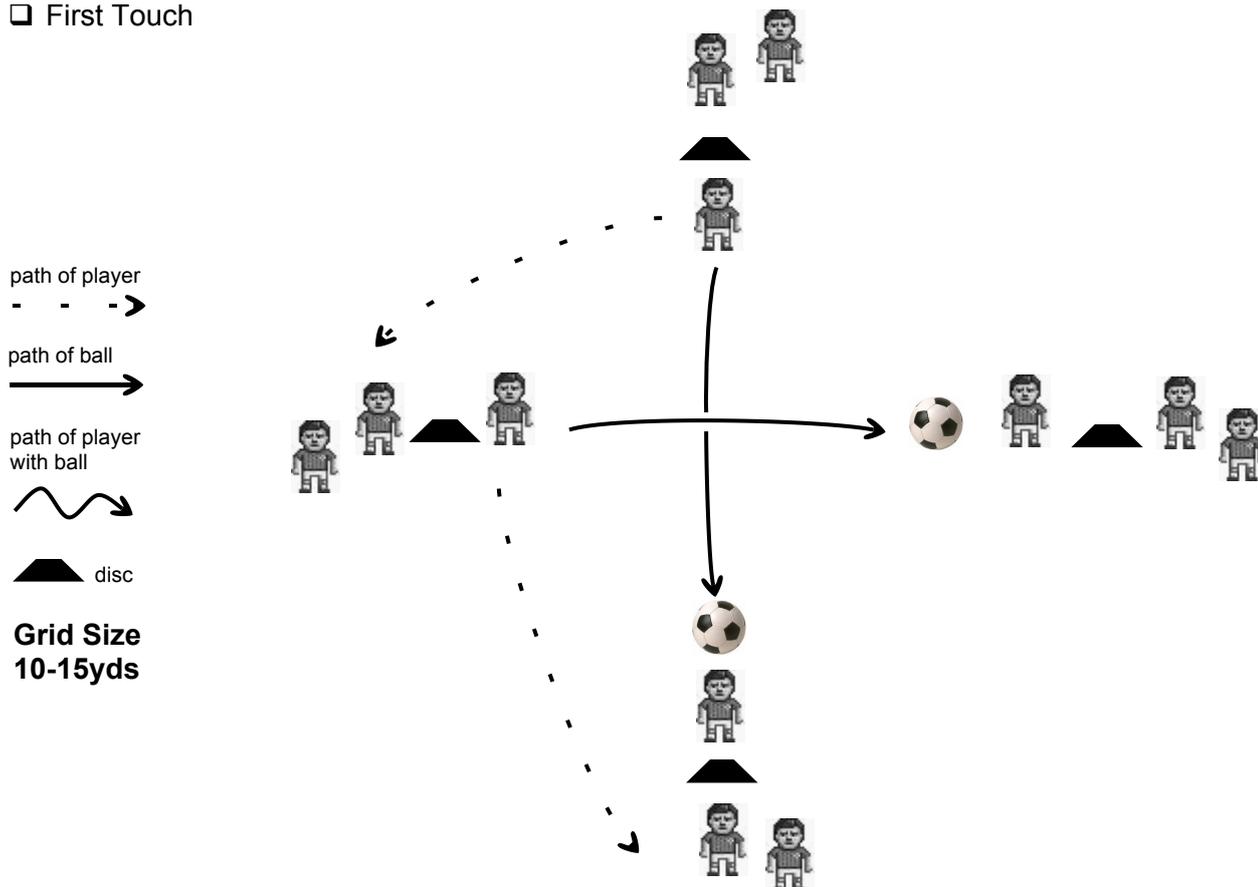
## Development

- i Adjust the size of the grids
- ii Once a defender succeeds they can return to their grid and support their team-mates

## No. 1 "Criss-Cross"

- ☐ Short Passing
- ☐ First Touch

U8 ✓  
U10 ✓  
U12 ✓  
U14 ✓  
U16 ✓



A simple unopposed practice to improve the push pass and first touch. It allows the coach to work with a number of players in a fairly small area. Encourage players to aim for a high standard. Older players should be able to recognise and correct their own faults. It is essential all our players learn to pass consistently and receive a ball comfortably over short distances. Use this type of practice regularly for short periods at a time.

## Organisation

Place four marker discs in cross pattern 10-15yds apart as shown  
One football at each of two adjacent cones  
Players pass - two touch - to opposite player and then run to disc on their right  
Don't have long queues, split larger groups into more than one grid  
Make it competitive - challenge two grids who can play for longest without losing control?

## Coaching Points

- ♦ Is body language relaxed and balanced?
- ♦ *"Play on your toes"*
- ♦ Eye contact and communication
- ♦ Accuracy and pace of pass
- ♦ Strike through mid-line of ball, keep it down
- ♦ Contact with inside of foot - not with toe end
- ♦ Follow through in direction of pass
- ♦ First touch - withdraw foot on contact
- ♦ Get receiving foot off the ground, *"soft ankle"*
- ♦ Move quickly following pass

## Development

- Players follow their pass to the same disc - time your pass and run to avoid collisions
- Players control and/or pass the ball with outside of the foot
- Players control and/or pass the ball with weaker foot
- Players are required to play one touch
- Increase the distance between discs