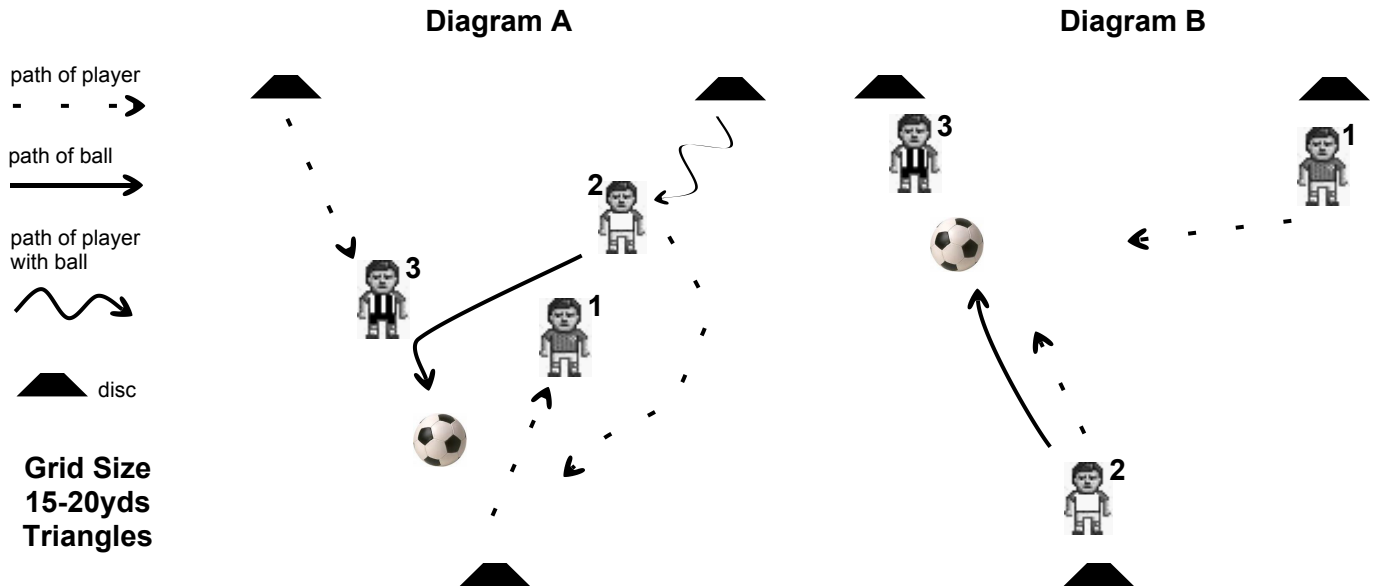


Age of Group		Numbers Expected		Length of Session	60 mins
Health and Safety					
<p>Check pitch for hazards and make sure the goals are properly anchored. Do players have shin pads on and laces tied. All jewellery removed, no chewing gum Ask group if there are any injuries or illness, do you have emergency contact list and first aid kit available?</p>					
Topic	Passing Combinations	Specific Objective	To improve players ability to execute a wall-pass		
Activity	Drill	Main Coaching Points			Time
Warm-up	see warm-up resource page				10mins
Introduction Unopposed technical practice	No. 65 "Off the Wall"	<p>Make sure the player playing the role of defender is passive so the others get time to work on technique and timing. How much technical detail you go into will depend on the experience of the squad.</p> <p>The biggest challenges are usually the timing of the pass and the accuracy of the first pass into feet and the second into space.</p>			10 mins
Skills Practice	No. 70 "End Zone"	<p>If you use an area with a good amount of width it should create 2 v 1 opportunities. Award points for attempted wall passes; 3 points = a goal.</p> <p>Encourage players to make the best of their numerical advantage. Think of it from the point of view of the opposition and do whatever will make their job most difficult.</p> <p>Also observe examples of supporting players being used as a decoy to create 1 v 1 dribbling opportunities.</p>			15 mins
Small-Sided Game	Reward all wall passes with points; 3 points = a goal. Goals scored from a wall pass count double. Encourage players to attempt to be creative, treat failure as a part of learning. It's common for players to run away from the ball in a forward direction rather than come short to offer support. Praise players who attempt to create 2 v 1.				20 mins
Cool Down		Low intensity ball work in pairs or small groups. Static stretches. Review today's coaching points with Q&A and inform group how you will be developing attacking combinations 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. 65 "Off the Wall"

□ Attacking Combination

U8 ✗
U10 ?
U12 ✓
U14 ✓
U16 ✓



Attackers who can combine creatively will create many more scoring opportunities. The wall pass is a simple and effective way of getting past opposition defenders, but it requires good timing and a reasonable degree of technical skill to pull it off. This is an unopposed drill that allows repeated practice in small group of three. An additional player can be accommodated by rotating them in at one of the cones.

Organisation

Use cones to mark starting positions
Player 1 passes to player 2 and closes down to press the ball (not shown in diagram)
Player 2 dribbles towards player 1 and player 3 comes short to offer support (diagram A)
Player 2 and 3 combine to play wall pass
Defenders should be passive at this stage, intercept poor pass only
Player 2 now passes to player 3 and closes down, players 3 and 1 combine and so on... (diagram B)
Make it competitive - move players up and down to create premiership group

Coaching Points

- ♦ Carry ball towards defender with head up
- ♦ Steady controlled approach, not too fast
- ♦ Angle and distance of support by 2nd attacker
- ♦ Make pass at correct distance, just out of reach
- ♦ Pass off outside of foot for disguise
- ♦ Supporting attacker get open and play one touch
- ♦ Wall pass off back foot into path of run
- ♦ Attacker must change pace to pass defender

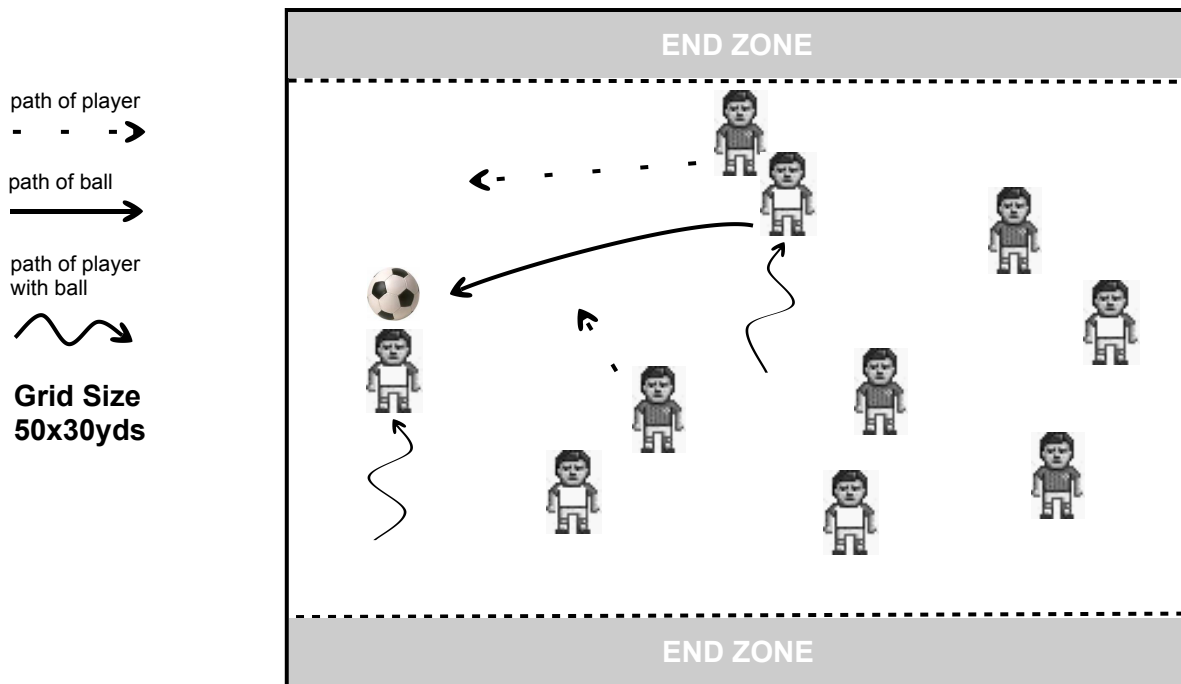
Development

- Allow defender to become less passive, let him challenge for ball but not retreat
- Attackers should decide whether to play wall pass or dummy and 1st attacker keeps the ball

No. 70 “End Zone”

- Conditioned SSG
- Dribbling
- Running With the Ball
- Attacking Combinations

U8 ✓
U10 ✓
U12 ✓
U14 ✓
U16 ✓



Once players can dribble with the ball in an unopposed practice or a controlled drill, it is still a big leap to have the confidence to actually run at a defender and challenge them 1v1 in a competitive game. This game gives players the chance to get experience at taking on opponents. It can also be used effectively to coach passing combinations such as wall passes, overlaps, cross-overs etc. but as always work on just one topic at a time.

Organisation

- Select two evenly matched teams
- Use discs to mark end zones at either end of grid
- To score a point the ball must be dribbled into and stopped in end zone - foot on ball
- Restart with kick-ins from end zone with opposition team withdrawn
- Make it competitive - play for an agreed time and keep the score

Coaching Points

- ♦ Play with head up to see space
- ♦ Attack space with speed
- ♦ Dribble - take on defenders if 1v1
- ♦ Creative movement off the ball
- ♦ Be brave in possession “*see it, do it*”
- ♦ Angles and distance of support in attack
- ♦ Reactions to changes of possession
- ♦ 1v1 defending technique
- ♦ Retreat “*Keep the ball in front - buy time*”
- ♦ Recovery runs by defenders

Development

- i Narrower grid reduces space for attackers
- ii Add neutral player who always plays with team in possession
- iii Don't allow forward passes to force players to dribble and attack space with the ball

No. 72 “Blockade”

- Conditioned SSG
- Possession
- Attacking Combinations

U8 ?
 U10 ✓
 U12 ✓
 U14 ✓
 U16 ✓

path of player



path of ball

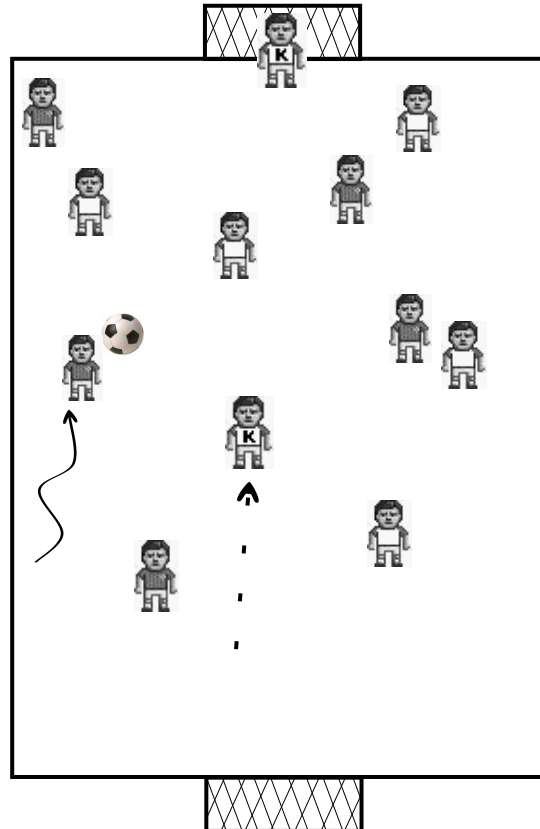


path of player with ball



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