



# Coaches Resource Guide



## 4 CORE SKILLS.

1. Striking the Ball
2. First Touch
3. Running with the Ball
4. 1 v 1 (attacking/Defending)

## U9's / Upwards

### Model Training Session's

- Pick one core skill to focus on from the beginning to end of your session
- Have 3 parts to your training session
  1. **Skill introduction** – this is your warm up as well as an introduction to your chosen core skill.
  2. **Skill Training** – this is the main coaching and learning part of your session.
    - lots of repetition in game realistic scenario's
  3. **Skill Game** – a game preferably small sided game where your chosen core skill is used regularly.

### Session Time Frame:

Skill Introduction - 15 - 20 minutes

Skill Training - 20 - 30 minutes

Skill Game - 20 - 25 minutes



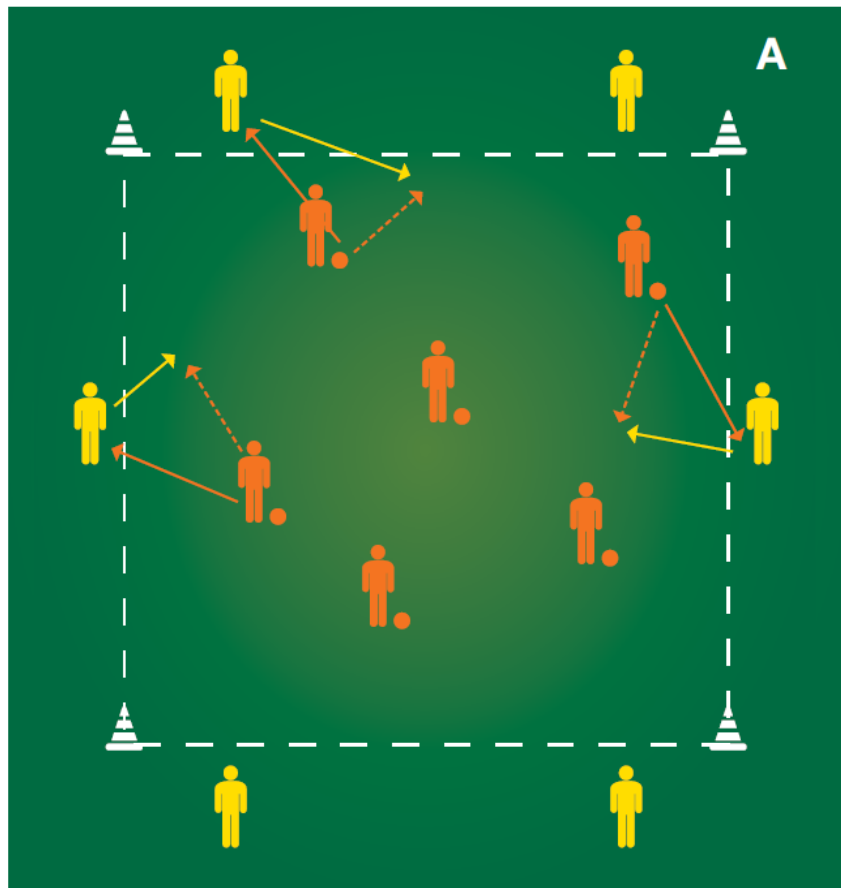
# Session 1.

## Striking the Ball (short passing)



# Session 1. Striking the ball (short passing)

## Skill Intro



### 1 . Skill introduction

In a grid of approximately 20m x 20m (dependent on group size) half of the players position themselves outside the grid without a ball and the other half with a ball inside.

The players inside the grid dribble freely until they can pass to a 'free' player on the outside who then passes the ball back to the same player (see diagram A)

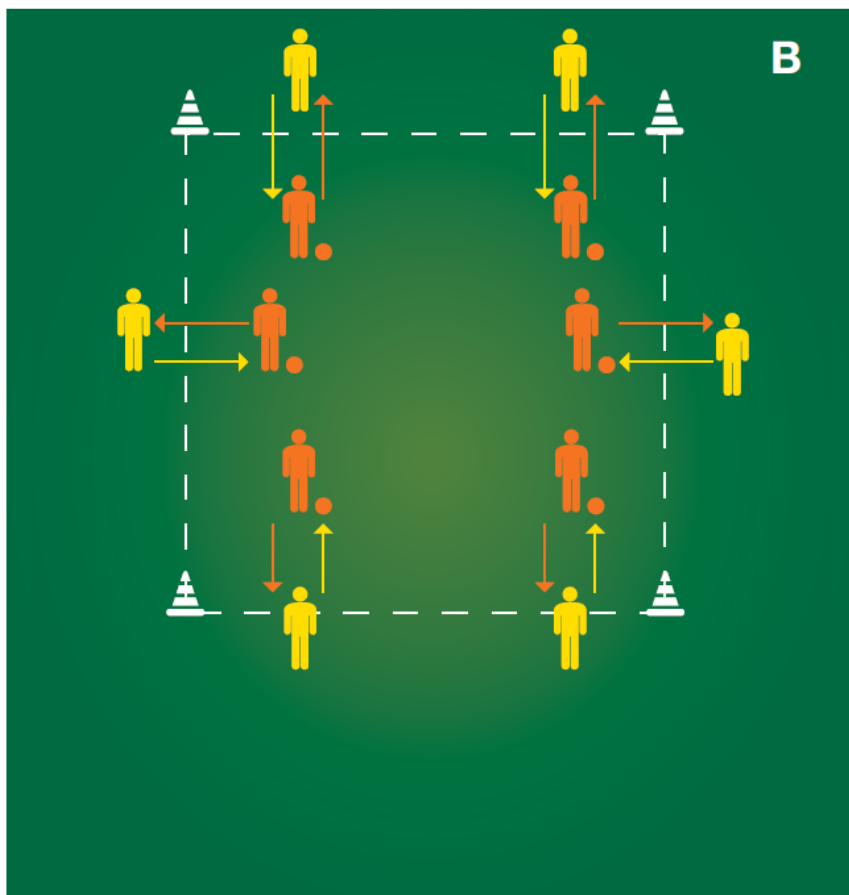
Change roles every two minutes, players must use left / right foot on coaches call i.e. 2 min left foot only; then 2 min right foot only.

### Possible Coaches Remarks:

- "Only pass the ball when the passing line is 'open' and make sure someone else is not passing to that player at the same time"
- "Pass the ball precise and with the right speed"
- "Look where you run when asking for the ball back and make an angle for the return pass"

# Session 1. Striking the ball (short passing)

## Skill Intro

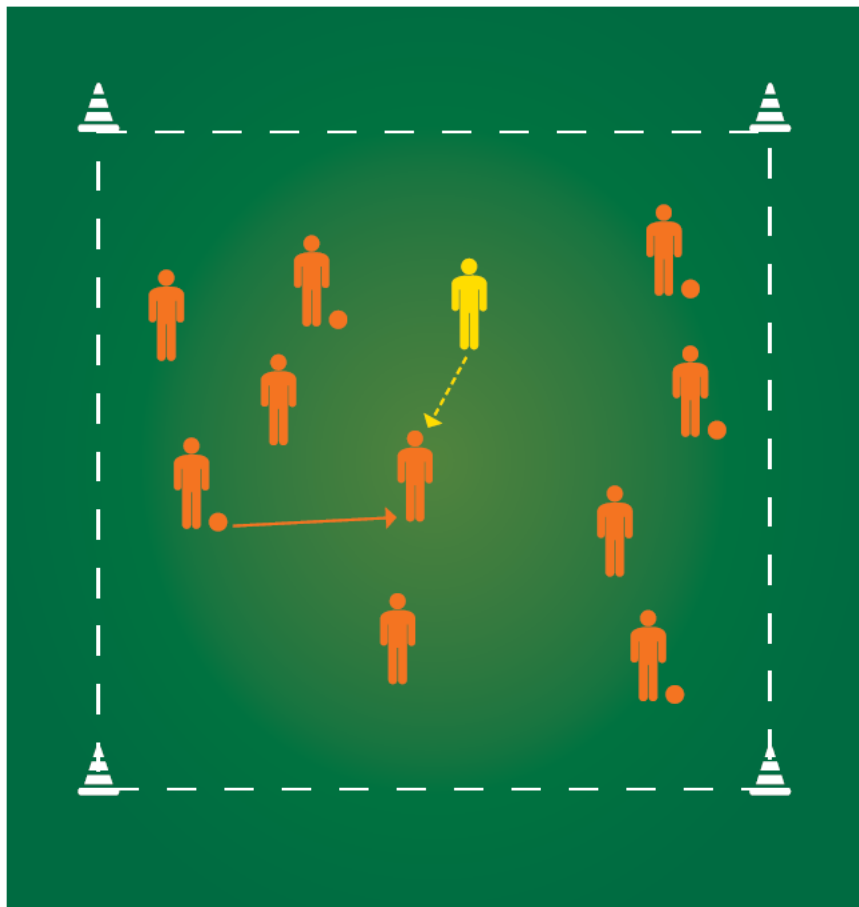


- Next the players form pairs with one ball and position themselves at the edge of the grid, 3m on either side of the line (see diagram B)
- The players move towards each other while playing one touch passes until they have reduced the distance to 1m-2m. Then they move backwards again continuing to pass until they have reached their starting position
- Right foot only
- Left foot only
- Right-left alternately

This exercise challenges the players to work on the 'weight' and accuracy of their pass using both feet over varying distances

# Session 1. Striking the ball (short passing)

## *Skill Intro*



### Concluding tagging game

- All players go into the same grid we used for the previous exercises. Half of them have a ball at their feet, the others are without ball
- One player is appointed 'tagger' and carries a bib in their hand
- The tagger can only tag a player without ball. If the tagger succeeds in tagging a player without ball, both swap roles
- The players with ball can help their team-mates without ball by passing a ball to them when they are being chased by the tagger
- Any balls that roll out of the grid may not be fetched back, so the passes need to be accurate.

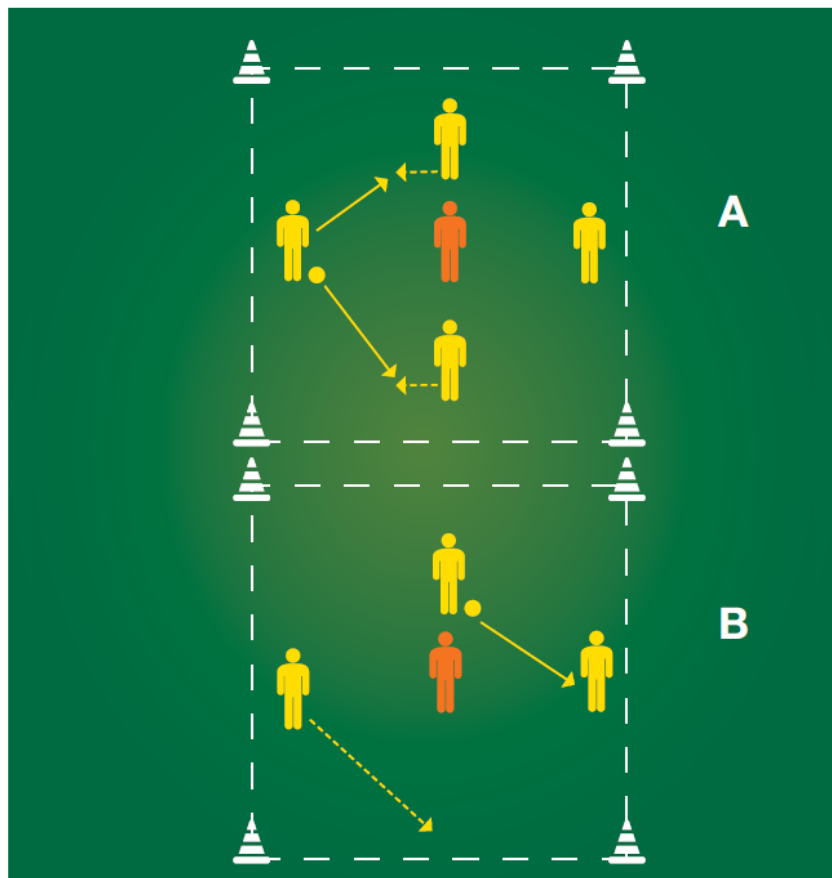
### Variations to make easier or more difficult:

- 2 or more taggers
- More (or less) players with a ball



# Session 1. Striking the Ball (short passing)

## Skill Training



### 2. Skill training component - Positioning games

Depending on the ability of your players, choose any of the 3 'basic' positioning games i.e. 4 v 1; 3 v 1 and 4 v 2. All have similar objectives but with varying degrees of resistance and complexity.

See diagrams above:

A. 4 v 1 (grid size 10m x 10m – 15m x 15m)

B. 3 v 1 (depending on the level of the players)

#### Possible Coaches Remarks:

"The player on the ball must always have a player to their left and right that they can play to"

"But do not stand in the corners, your angle is much smaller if you do that"

With 3 v 1 this means that "you have to move each time the ball moves" (see diagram B)

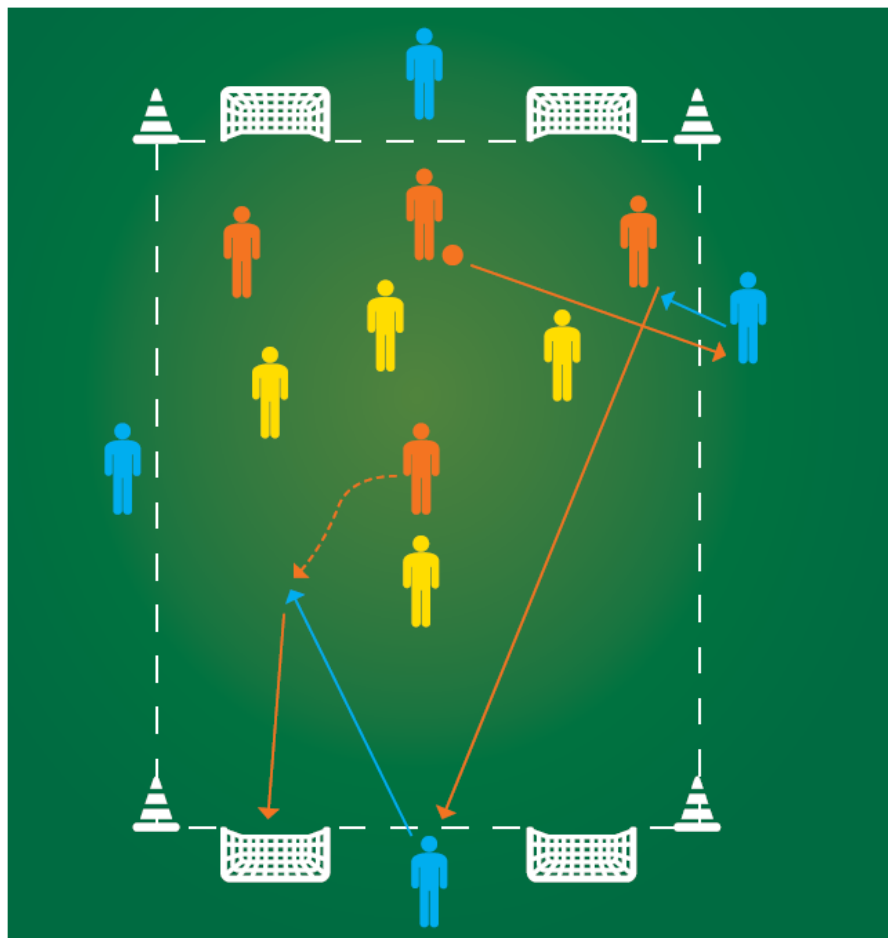
"Position yourself in a way that you can see the whole grid" ("with your back to the line")

**"Play the ball to the proper foot of your team-mate (i.e. away from the defender) and with the proper speed and precision"**

Please note that 3 v 1 asks for a lot of running and is therefore quite exhausting for players this age. Use regular drink breaks to allow for recovery

# Session 1. Striking the ball (short passing)

## *Skill Game*



### 3. Skill game

- 4 v 4 with 4 neutral players (walls) on a pitch of approximately 20m x 30m
- 4 small goals placed as shown (2m wide)
- The team in possession of the ball can use the wall players (8 v 4)
- Rotate teams after 3 min or after each score: scorers stay on
- Depending on level of the players: 2-3 touches max in order to get an emphasis on passing

### Possible progressions:

- Wall players must play the ball direct
- Goals count as double if scored by a so-called **3rd man combination** (see diagram)





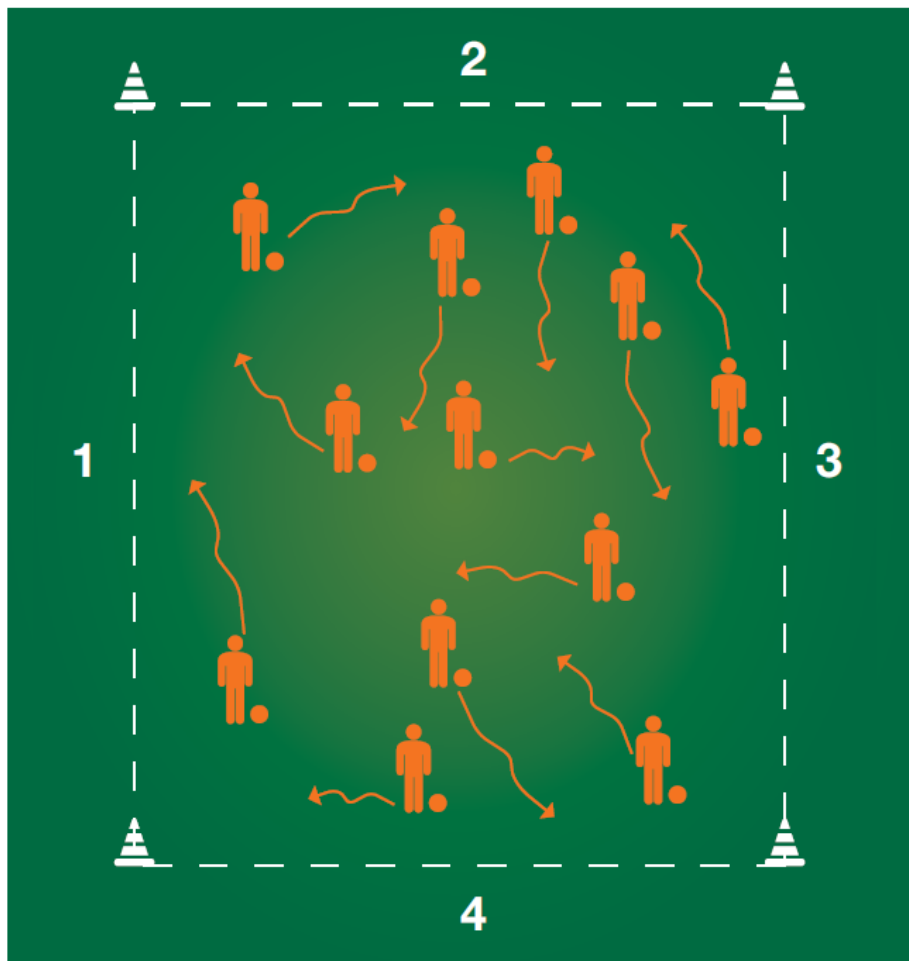
# Session 2.

# Running with the Ball



## Session 2. Running with the ball

### *Skill Intro*



#### 1. Skill introduction

All players running with a ball freely in a grid of approximately 30m x 30m to warm up.

First 2-3 minutes: "low speed/intensity", "use both feet".

Next 2-3 minutes: "accelerate when you see a free space in front of you; now only use your right/left foot".

Now split the players into 4 groups and number them 1 to 4 placing them on all 4 sides. When the coach calls a number, these players run with the ball as quickly as they can across the area and back (opposite group will need to move back to give the others room to turn!).

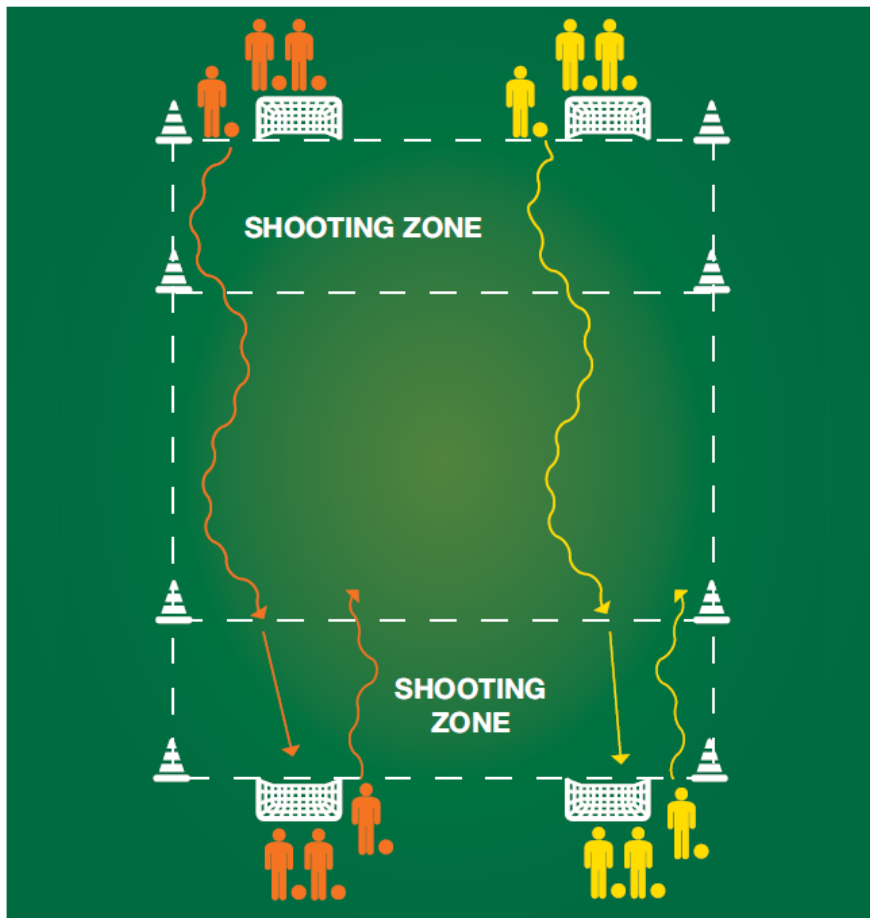
Now 2 groups at the same time: "take care; vision; if necessary slow down and then accelerate again".

**Look out for collisions!**

## Session 2. Running with the ball



### *Skill Training*



### Concluding Competition

Relay. Grid: 30m x 20m; 4 small goals and a 5m-7m shooting line at each end.

Two equal teams (orange and yellow) positioned as shown in a 30m x 20m grid; each player with a ball;

On the coach's signal the first player from each team start running with the ball to the opposite goal. When they enter the shooting zone they pass/shoot the ball into the empty goal. As soon as the ball passes the goal line the next player can start running with the ball in the opposite direction.

If the ball DOES NOT go into the goal the player who took the shot MUST go and touch the player waiting to run with the ball before they can start.

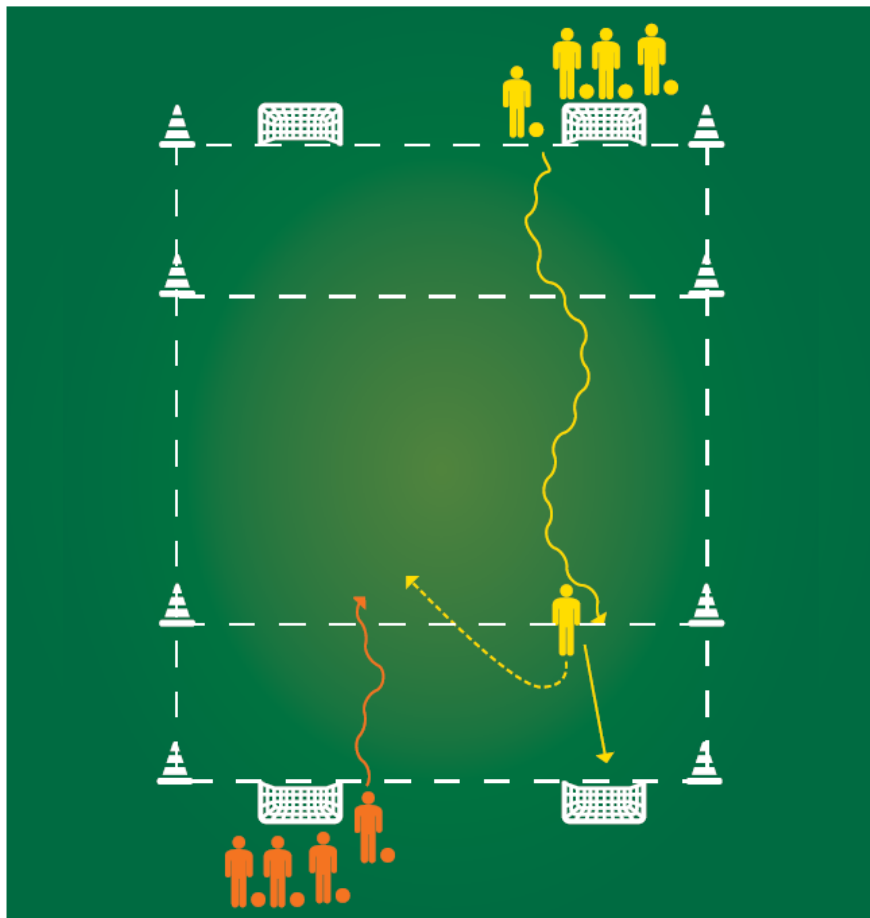
Which team can complete one full sequence first?

- Use right foot only
- Use left foot only
- Each player runs twice (first time right foot, second time with left)

## Session 2. Running with the ball



### *Skill Training*



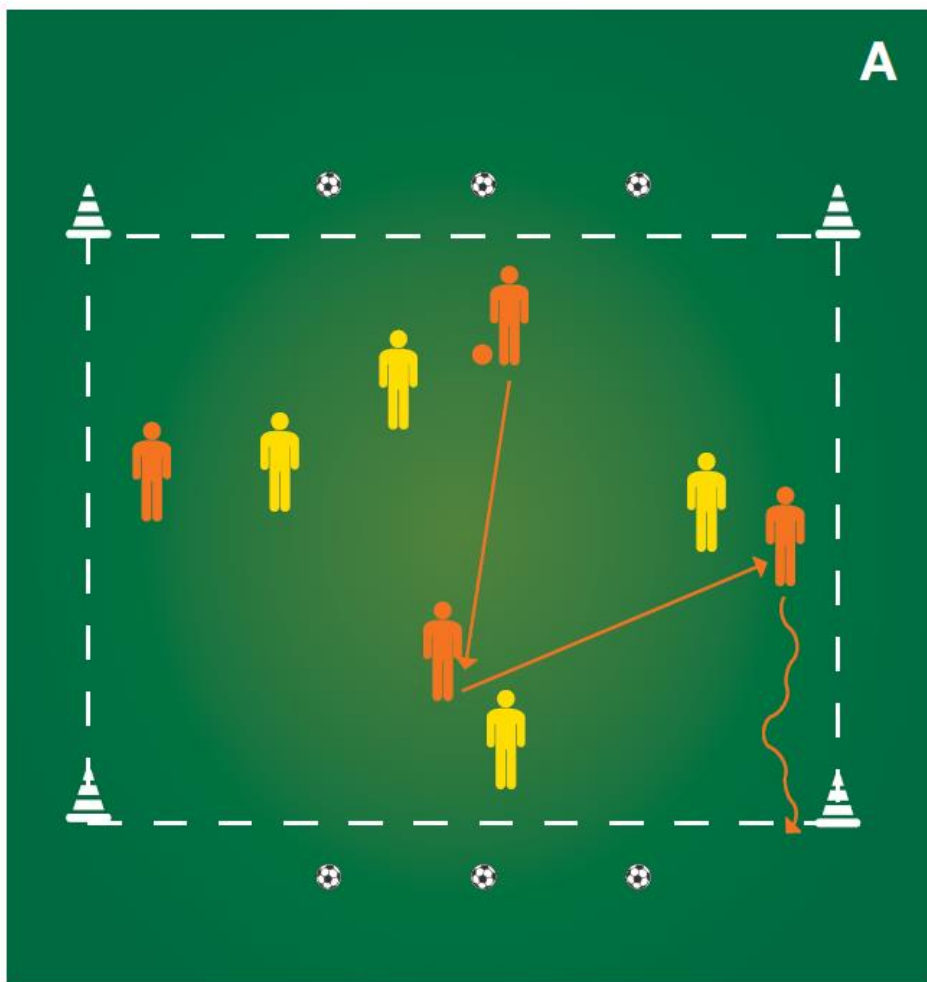
#### **2. Skill training component**

- A grid of 30m x 20m; 4 small goals and a 5m-7m shooting line at each end
- Evenly split teams positioned as shown
- Minimum 4, maximum 8 players per grid; if the group is bigger then make two grids
- The exercise starts with the first player of the yellow team running with the ball to the opposite side and shooting the ball into the goal. They can only shoot once they have crossed the line into the shooting zone
- As soon as the yellow player shoots at goal, the first orange player starts running with the ball to the opposite side
- As soon as the yellow player has had their shot at goal, they turn and chase the orange player to try and catch up with them and prevent them from scoring
- Count the goals! Which team scores the most goals?.

## Session 2. Running with the ball



### *Skill Game*



### 3. Skill game

4 v 4 line football

Grid size approximately 30m wide by 20m long (pitch shape is short but wide)

#### Explanation of the game:

4 v 4 small sided game; to score a goal a player must run with the ball across the opponent's by-line (see diagram A).

#### Possible Coaches Remarks:

"Spread out; use the width of the grid"

"We must have a centre forward and 2 wingers"

"run with the ball whenever you see space in front of you"

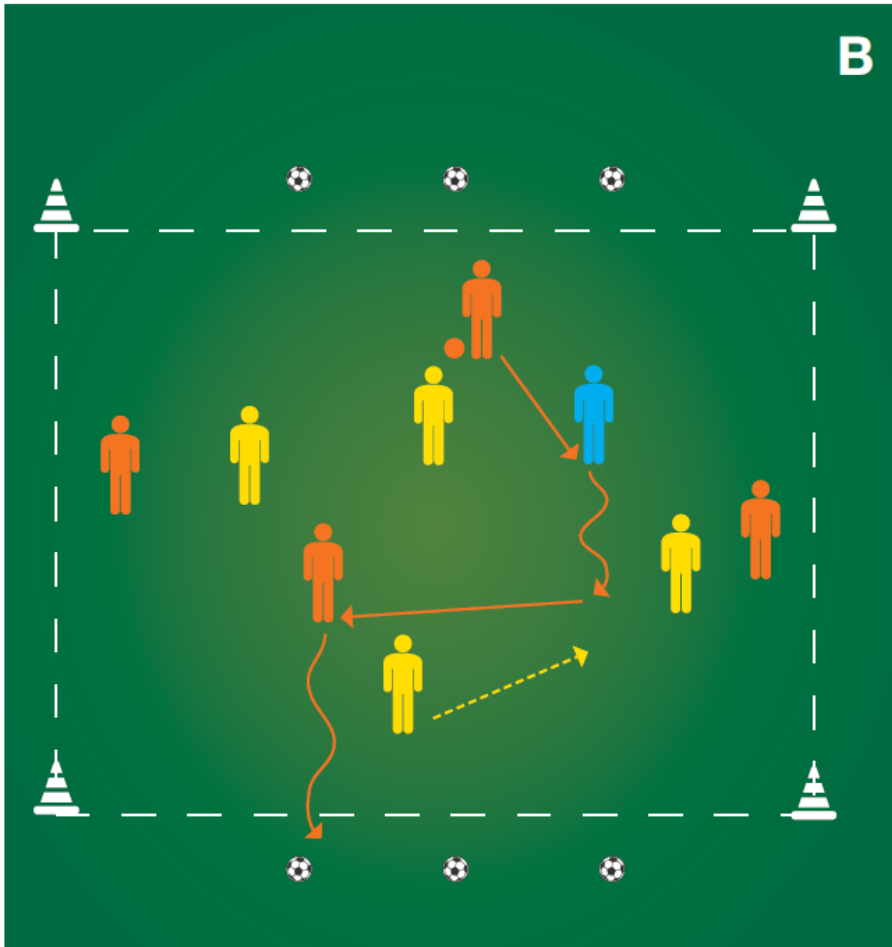
"don't be afraid to take on opponents"

"when a defender is chasing you use the feints you learned earlier"

## Session 2. Running with the ball



### *Skill Game*



Assess how the game goes: do all players run with the ball regularly and are goals being scored? If the answer is no, make it easier:

- Make the pitch wider
- Add a neutral player ("joker") who always plays with the team that has the ball (numerical advantage of 1 player; see diagram B)
- If still too difficult: bigger numerical advantage (2 jokers)

#### **If too easy:**

- Make the field more narrow
- Scoring zones rather than the whole line



# Session 3.

## 1 v 1

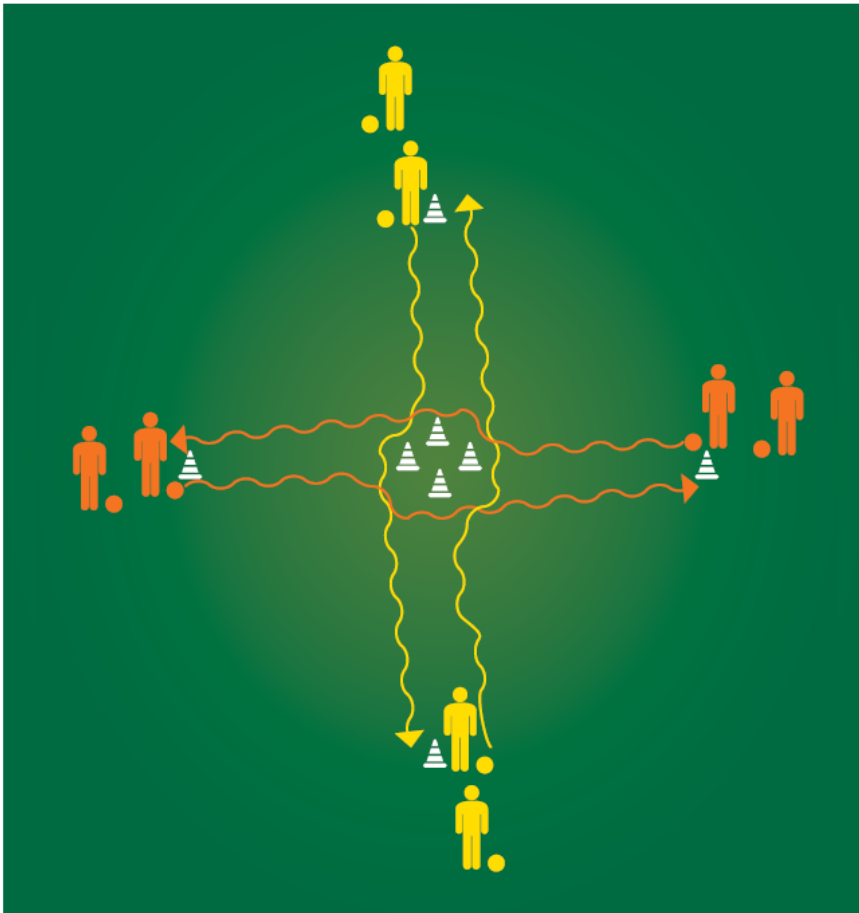




## Session 3. 1 v 1



### *Skill Intro*



#### 1. Skill introduction

4 markers placed 12-15m opposite of each other with 4 markers centrally in a diamond 1m-1.5m apart (see diagram).

Max. 2 players with ball line up at the markers. On the coaches call two players opposite each other start dribbling to the other side. In the middle they perform a prescribed or free feint to go around the **right side** of the markers and accelerate to the opposite marker. After 2 minutes: now go around the **left side** of the markers.

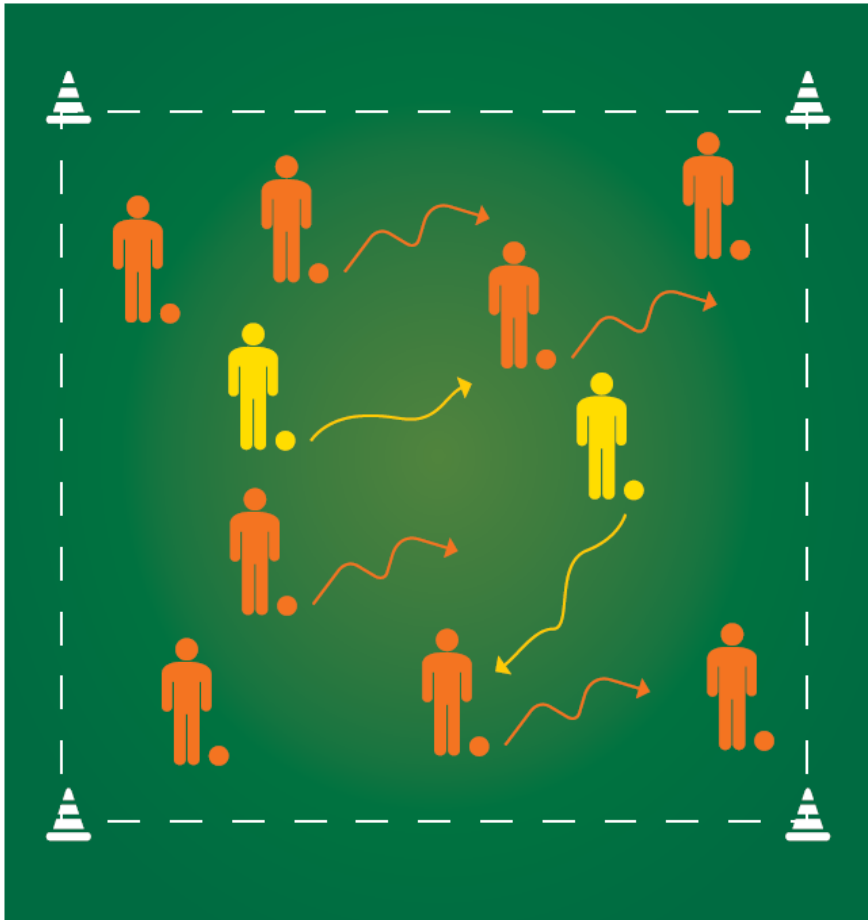
#### Progression:

- Speed up tempo (maintain proper execution)
- Take out the markers (perception and communication)

## Session 3. 1 v 1



### *Skill Intro*



#### **Concluding tagging game:**

All players move with a ball inside a 15m x 15m grid while 1 or 2 “taggers” (holding a bib in their hands) chase the other players and try to “tag” them.

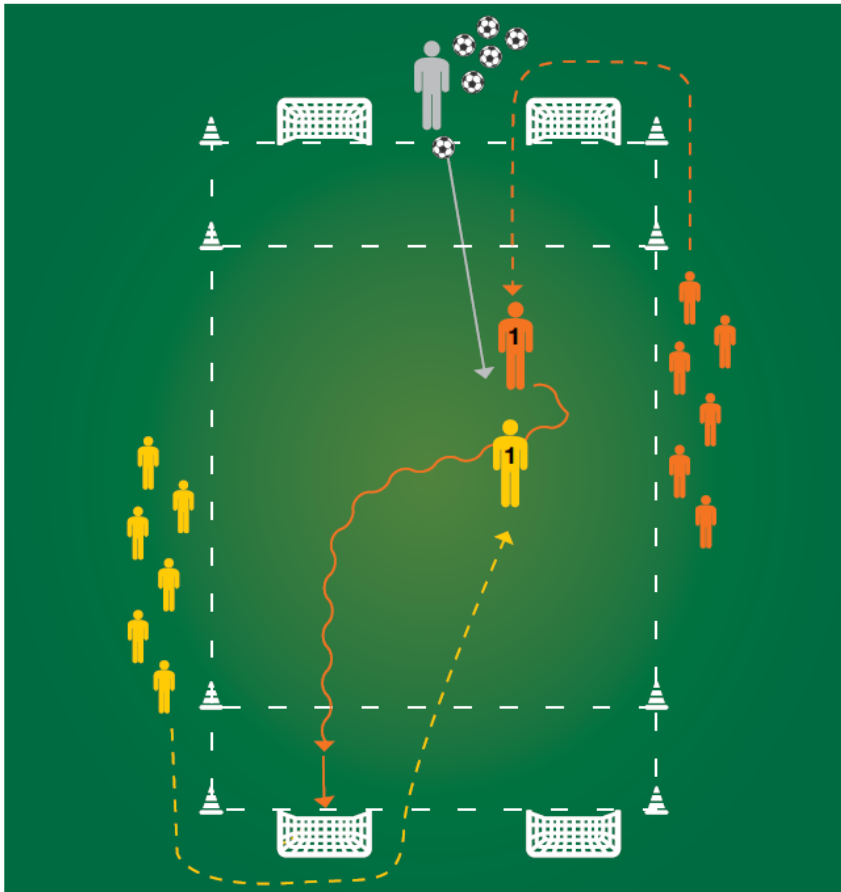
All players (taggers and runners) MUST keep their ball under control at all times.

A player who is tagged or loses control over the ball or runs out of the grid must change roles with the tagger.

The same rules apply for the tagger(s): they cannot tag someone unless they have the ball under control.

#### **To make it easier/more difficult (for taggers):**

- More/less taggers
- Smaller/bigger grid

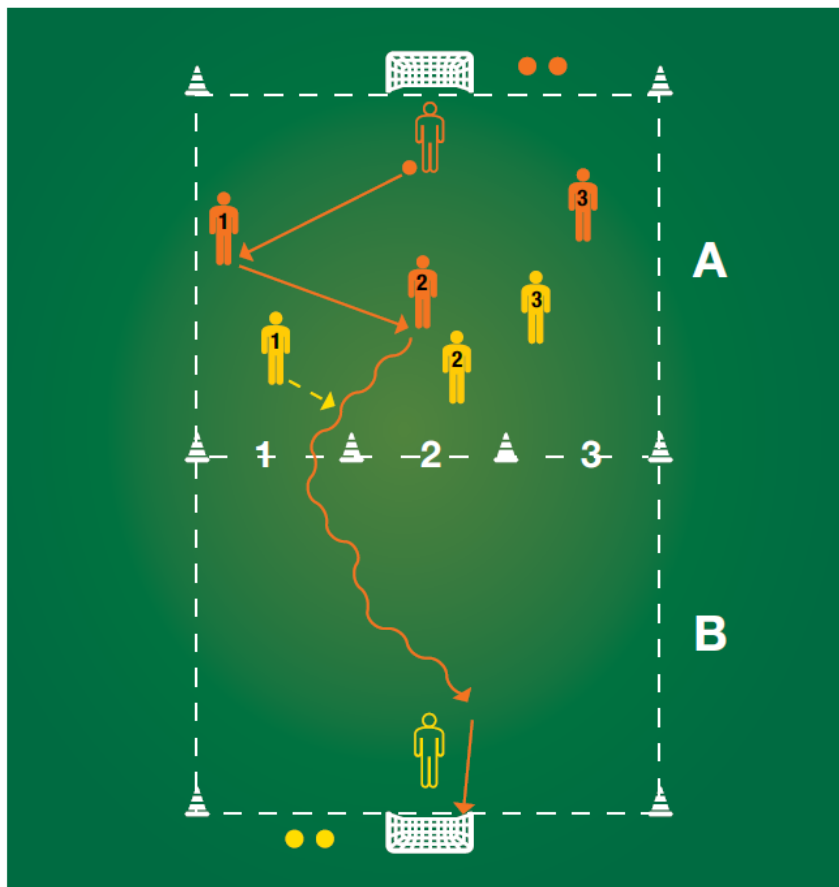


ATTACKER	DEFENDER
"Go at the defender with speed"	"Show the attacker one way"
"Use a feint to put the defender off balance"	"Bend your knees and stand on your toes so you're able to change direction quickly"
"Threaten to go to one side then suddenly attack the other"	"The best moment to commit is when the attacker takes a heavy touch or slows down"

## Session 3. 1 v 1



### *Skill Game*



#### 3. Skill game

3 v 3 on a pitch (20m wide x 40m long) with big goals and goalkeepers. Placed on the halfway line are 3 equal sized 'gates' as shown in the diagram. Each player (orange or yellow) must defend their 'own' designated gate when the opponent has the ball (i.e. player #1 defends gate 1, player #2 defends gate 2 etc).

The orange goalkeeper starts the game with all outfield players of both teams in grid A. The orange team combines till one orange player beats their opponent 1 v 1 and moves through one of the gates into grid B and tries to score.

If orange scores the game starts again in grid A.

If yellow wins the ball in grid A they can immediately score. If yellow scores, the game restarts in grid B with possession for yellow.

If the yellow goalkeeper wins the ball in grid B, the game restarts in grid B with possession for the yellow team.

#### Step up:

- The attacking team must make a 1 v 1 effort within 30 seconds otherwise the possession goes to the opponent
- Narrow the pitch (smaller gates)

#### Step down:

- Introduce a 'joker'
- Widen the pitch (bigger gates)



# Session 4.

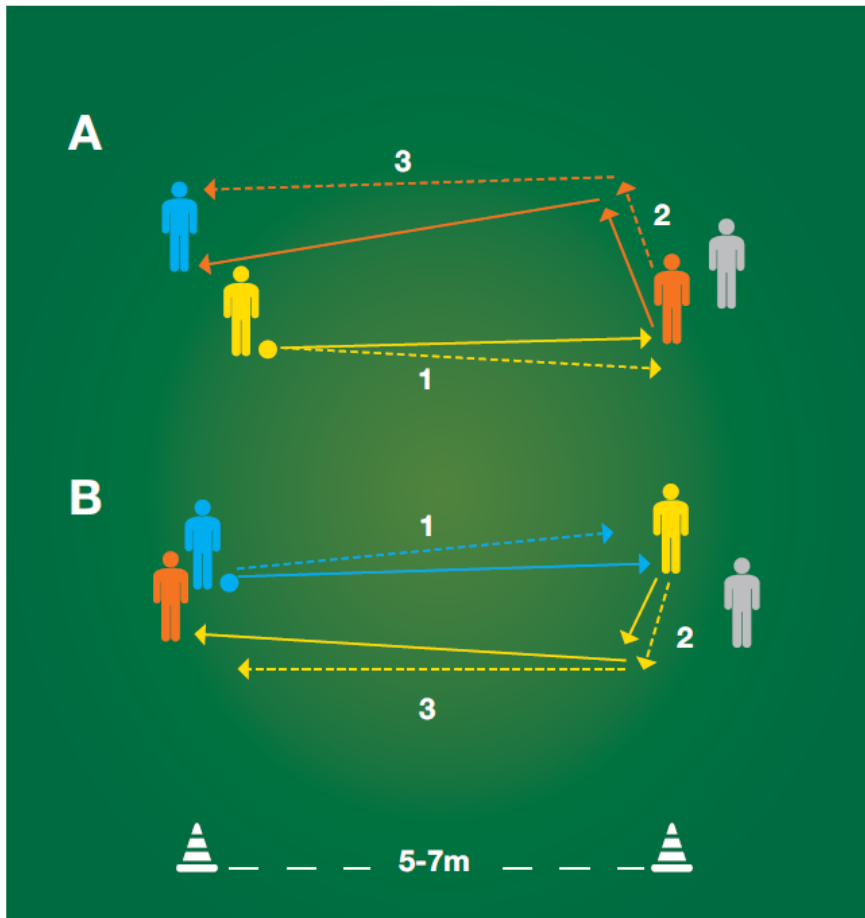
# First Touch



# Session 4. First Touch



## Skill Intro



### 1. Skill introduction

Players in fours (fives is also fine, and is a way of reducing intensity, if required) with one ball between them. 2 pairs facing each other 5m-7m apart. The yellow player starts by passing the ball to the orange player and following their pass at speed.

The orange player uses their first touch to move the ball away from the yellow player, and with the second touch passes to the blue player. The orange player follows their pass and jogs to the back of the opposite line.

In example A, the orange player has moved the ball to the right because the yellow player approached him/her slightly to his/her left side.

In example B, the yellow player has moved the ball to the left because the blue player approached him/her to his/her right.

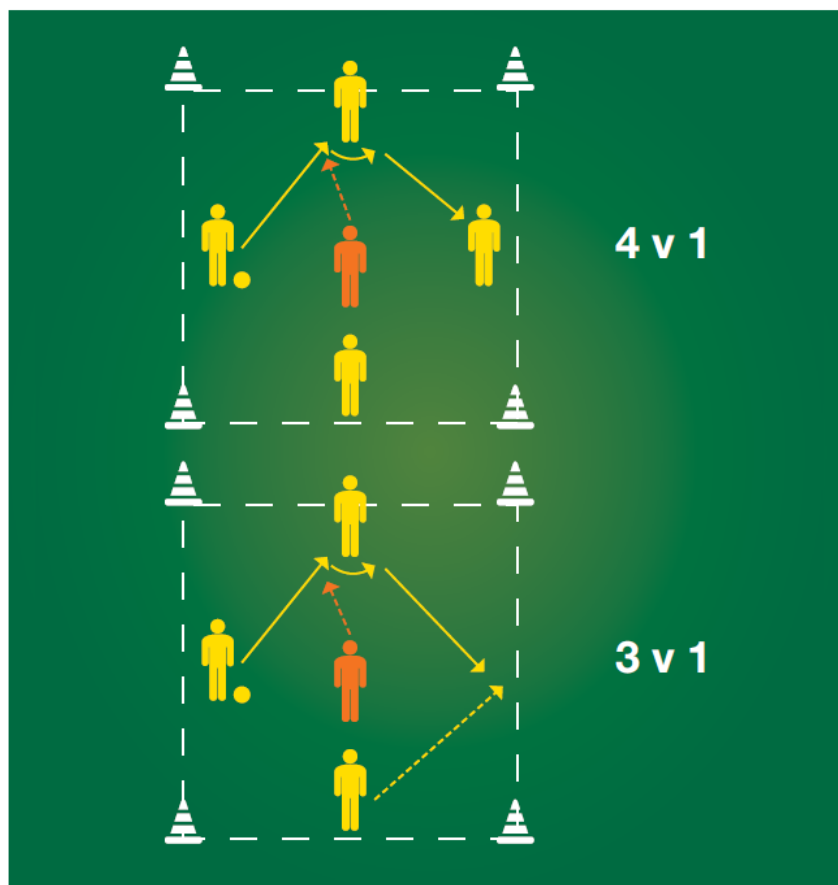
The coach can also direct the passer to follow the pass by running **directly** at the receiver. Therefore the receiver has the option of going left or right, ideally the receiver will fake to move the ball in one direction, and then with his/her first touch move the ball the other way.

### Concluding Competition:

Which group can complete 10 passes first?

## Session 4. First Touch

### *Skill Training*



#### 2. Skill training component:

Positioning Games with **two touches** as a **mandatory** requirement (i.e. first touch = control the ball, second touch = pass the ball).

Disallowing a direct pass forces the players to have a good first touch in order to move the ball away from the defender(s) and keep possession!

Which positioning game to use depends on the level of the players and ranges from 4 v 1 (easiest), 3 v 1, 5 v 2 and 4 v 2 (most difficult).

The grid size also depends on the level and capabilities of the players with 15m x 15m as a starting point (15m x 20m for the 5 v 2).

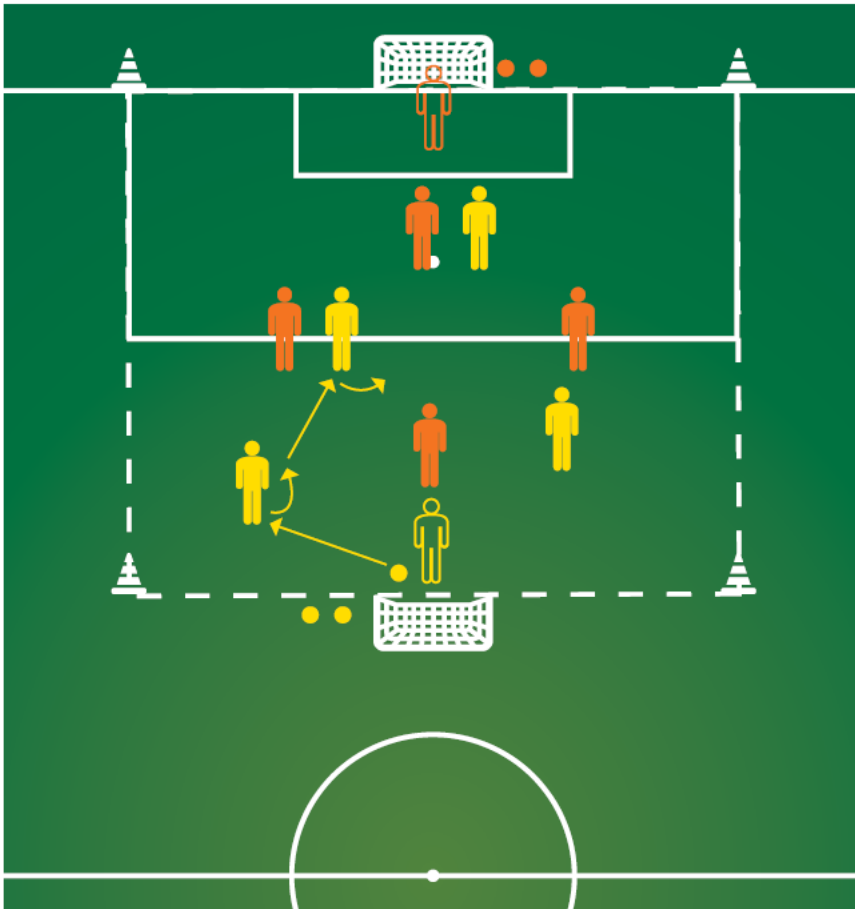
The coach can make the exercise more challenging for the players by simply decreasing the space or easier by making the grids bigger.



## Session 4. First Touch



### *Skill Game*



#### 3. Skill Game:

5 v 5 with the restriction that with every ball contact each player **must take two touches**.

Disallowing direct play forces the players to have a good first touch in order to move the ball away from the defender(s) and keep possession!

The coach can make the game more challenging by simply decreasing the space or more easy by making the field bigger or creating a numerical advantage for the team in possession of the ball by adding a 'joker'.