



Pre Game: Warm Up Routine

All players should arrive and be ready for warm up **at least**

- Under 7 to 9: 30 Minutes before the game is to begin.
- Under 10 to 16: 45 Minutes before the game is to begin.

Your Team Manager should be responsible for greeting players while the coach is setting up for the team's Pregame talk and Warm Up. 15 x 15, 20m x 20m up to 30 x 30 grids are all that is needed.

You should begin with a quick chat to your players, Let them know who they are playing against and any general team talk.

You may want to explain some responsibilities in regard to certain positions.

If you can get yourself a whiteboard it will be a greater help to the players with visual cues.

It is during the pregame talk that you should set

Team and player objectives.

Examples. "In todays game"

- Can we attack the opposition in wide areas ?
- Can we stop the opposition from taking a shot on goal?
- When we have possession of the ball, can we look to play a quick forward pass to create goal scoring opportunities?
- How many successful passes can you make ? (A successful pass is a pass that allows your team mate to maintain possession)
- Can we be sure to take our first touch into space?
- When we win the ball can we quickly get into space away from our opponents and open up the pitch to support our teammates?
- When the opposition win the ball, can we press them in numbers to disrupt their first touch and force them to lose possession.
- When you find yourself in a tight situation can you play a long ball to a teammate in free space.
- If you are unable to play forward, can we go backward and change the point of attack

Team tasks should ideally be influenced by the session objective from the last training session.

That way players can understand better, how / what they do in training is linked to the game.

Once you have outlined the team and player objective it is time to start your warmup.

Your warmup area will have already been set up prior to your team talk.

Fifteen to Twenty-Five minutes is sufficient time required for the warmup, depending on age.



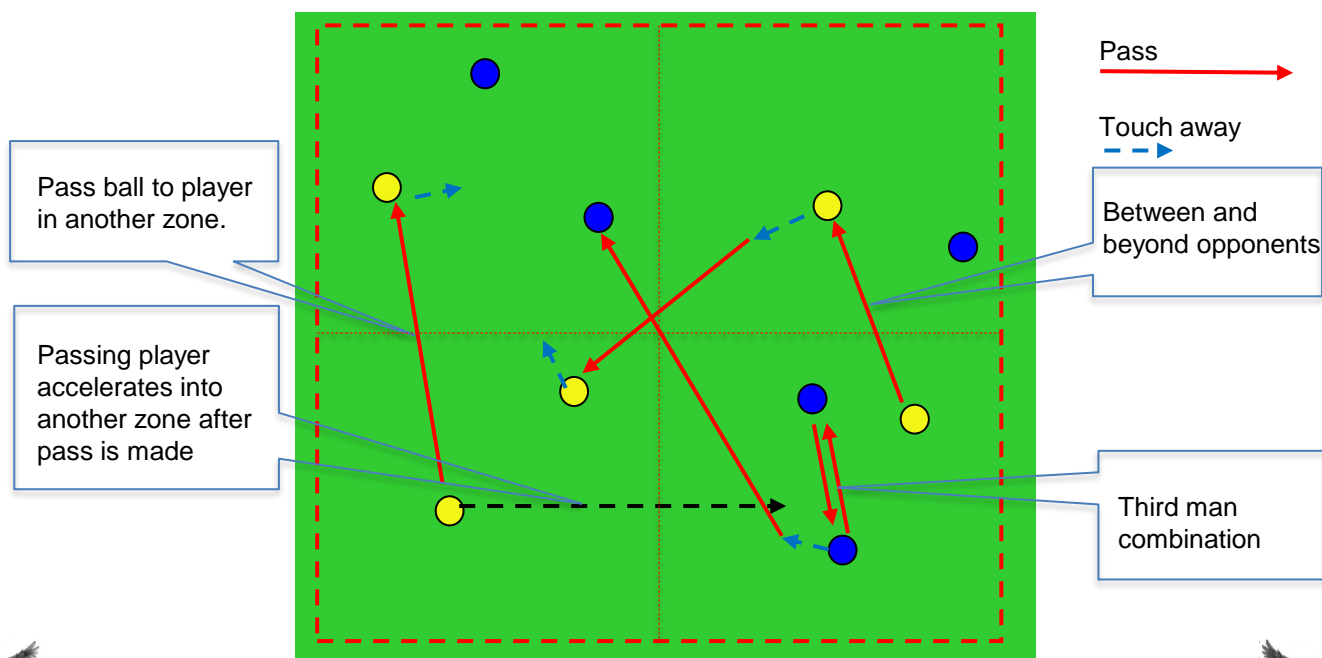
Pre Game: Warm Up Routine Part 1. 5 minutes

Start your warmup with all of your players with a ball, inside a 20m x 20m, 15 x 15 grid you are working in. Your players could be given alternative bibs now before you start

- **Players moving with the ball**, scissors, step overs, cuts and turns, Accelerate into space, etc. One minutes maximum.
- Take out balls so there is equal to 1 ball for every three players.
- Eg 6-8 players = 2 to 3 balls in exercise. 9/12 players = 3 to 4 Balls in exercise.
- **All players must be moving within the grid looking, for space to receive a pass from a player who has the ball.**
- Those without a ball, scanning then calling to receive a pass from a player with the ball. (passing player must then look to find space and a pass elsewhere)
- **Focus on the players touch and passing quality.**
- In time you are aiming for all the below suggested progressions to happen without you enforcing them.
- Suggested Progression: Ball must be played to a player in another zone
- Suggested Progression: Passing player must run into another grid after pass is made
- Suggested Progression: Players can only pass to their own colour
- Suggested Progression: Players must pass between and beyond opponents
- Suggested Progression: Play three pass combination, third player accelerates away with ball to find next combination.

This whole activity should be no more than 5 minutes

If you want to do any stretching, now that the muscles are warm, now is the time to do them. Not necessary for players 11 and under.



Pre Game: Warm Up Routine Part 2. 5 minutes

From there, take the players into a skill intro or passing practice. You may have your own preferred passing practice.

It is important that it is **consistent** so that no explanation is needed. Players do not want to be standing around while you are explaining something new to them.

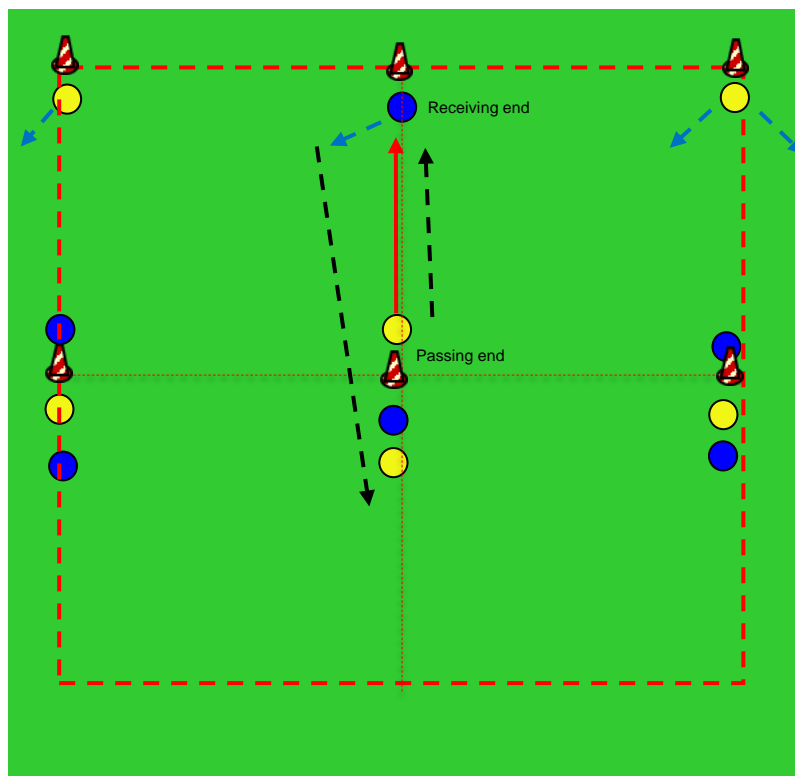
Do not allow players to be stood in lines.

Now is the time to be getting as many touches as they can.

For now, let's stick to a simple exercise that helps with their passing, touch as well as scanning and communication.

From the zone you just came from

You can easily move into this practice



Explanation:

- Receiving player stands in front of receiving cone(defender)
- Passing players, each with a ball line up at passing end.
- Passing player (1), plays a firm, well weighted pass directly aiming for the cone behind the receiver
- The passing player shall follow their pass and run directly at the receiving cone. Do disrupt the receiver's action.
- Receiving player uses their first touch to move the ball away and beyond the oncoming opponent player (1).
- Receiving player runs ball over the line and re joins practice
- The passing player now becomes the receiver

Variations/Progression:

Repetition, until all players are comfortable

- First set. Players must move ball with the instep of the right foot to their right. Explain open body position
- Second. Move the ball to the left (this may be harder for most) quality is not yet important, however practice is a must on the weaker foot.
- Third set. Unstructured. Allow receiver to move ball according to pass and where the pressure comes from

Concluding Challenge:

- Which group can be first to complete a determined number of passes
- How many passes can be made in a set time period.

Pre Game: Warm Up Routine Part 3 optional for 10 and under

If you have a goalkeeper they could at this stage, be taken aside and your assistant only could warm them up.

The team now should move into some possession-based practice.

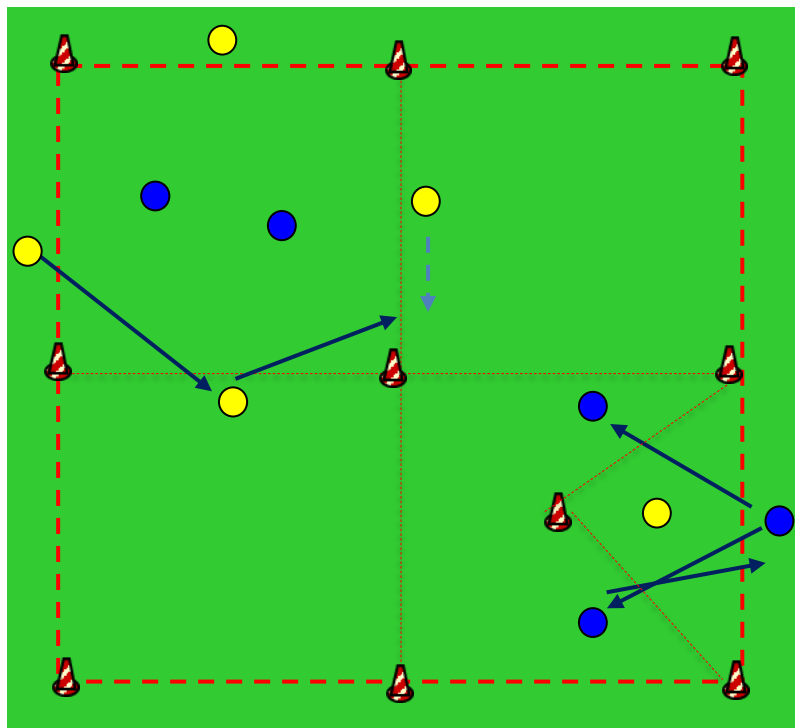
Time will not allow this and the possession game for the younger age groups, however 11 and above will be fine as you have 20 to 25 minutes

The simplest is to move into 3 v 1 or 4 v 2, 4 v 1 depending on your numbers. Play 30 seconds then rotate players in the middle.

Don't worry about the bib colour, so long as the players in the middle know they are the defenders.

Emphasise the importance of the defender working hard to win the ball back. Explain they are helping their team to get a better touch which in turn helps the team perform well, They don't have to kick the ball away or even tackle, they are just getting their team mates to move the ball quickly while some pressure is being applied.

You can start to re enforce some of the team and player objectives for the game.



Organization

- Within your initial set up
- Players on the outside of the windows
- Two or One player inside working as defenders
- Place balls around outside of zone for quick turnaround
- Don't chase a stray ball, reset after the time period.

Conditions

- Ball starts with a passing player on the outside
- Passing players must remain outside the zone
- Defending players must remain inside the zone
- Passing players must have a minimum Two touches
- Maximum three touches.

Rules

- Ball must be played to another player, passing through the zone, not outside it.
- Receiving player must have minimum two touches
- Defenders are to apply pressure to win the ball by,
- Forcing a poor pass or poor touch.

Key points/ Player Actions

- **Scan:** Be aware of opposition players, Space around you, Your Teammate
- **Communication** Ask for the ball before it is passed
- **Position** Your body to move ball in the direction you want to go
- **Decide** How you will receive the ball. Before it arrives.
- **Feint** to send opponent the wrong way
- **Receive** on your back foot
- **Touch** the ball in direction, away from your opponent and into space
- **Touch** the ball with the correct speed to allow a controlled second touch
- **Pass** to your teammates advantage
- **Move** the ball quickly
- **Support** the ball carrier by getting on the shoulder of your opponent

KEEPERS

- **If you have an assistant or parent helper.**
Have them warm up your keeper.
- **Simple catches, progressing through keeper movement, alternating left /right , high low.**
- **Have your keeper practice their distribution,**

You can now move into a bigger possession game.

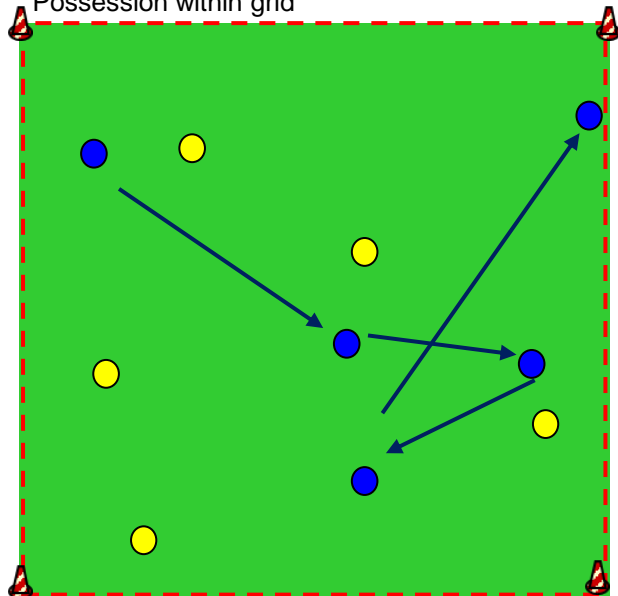
5 v 5, 6 v 6

Using the bigger grid 20 x 20 15 x 15.

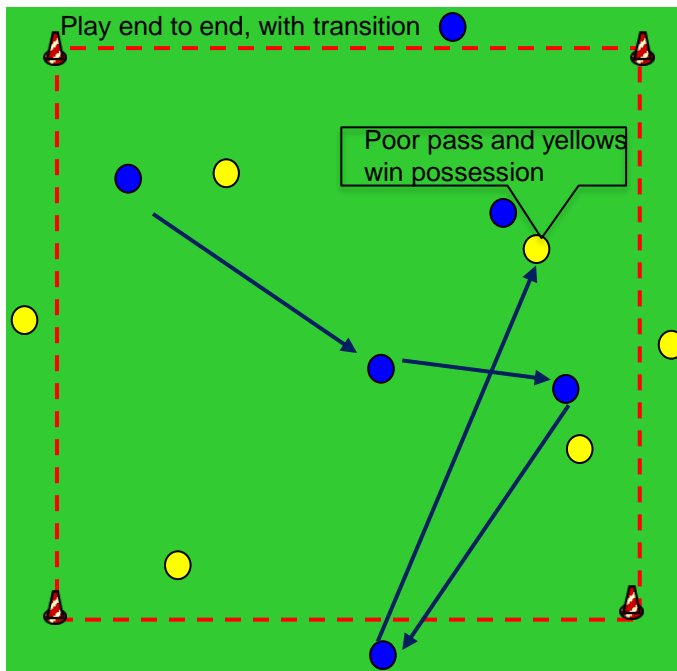
Or if you can get on a pitch, play 30 wide 20 long and use your goalkeeper.

See some ideas below .

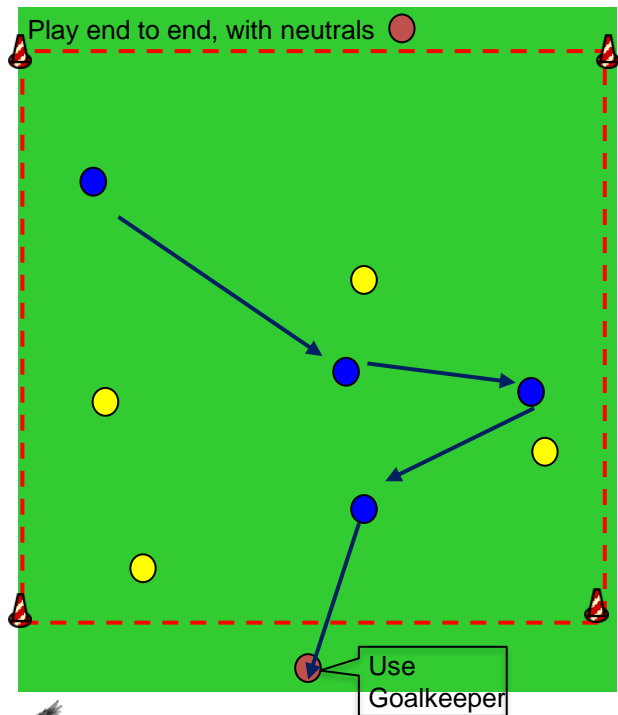
Possession within grid



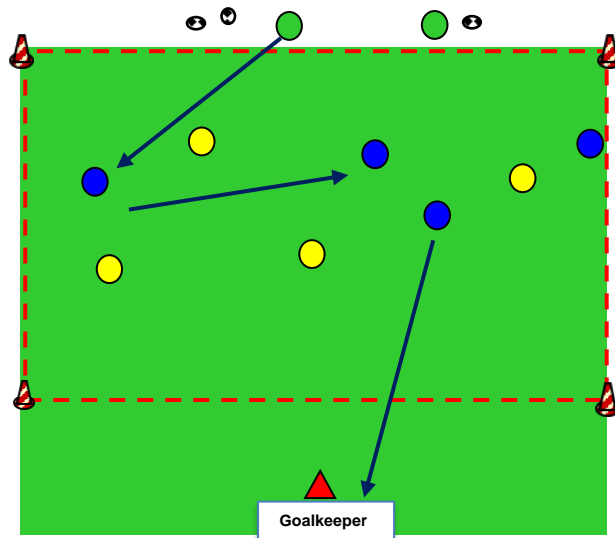
Play end to end, with transition



Play end to end, with neutrals



Team in possession one pass inside then shoot.
In Transition the ball must be played to a neutral green to start.



Pre Game: Warm Up Routine. Possession game. 5 Minutes

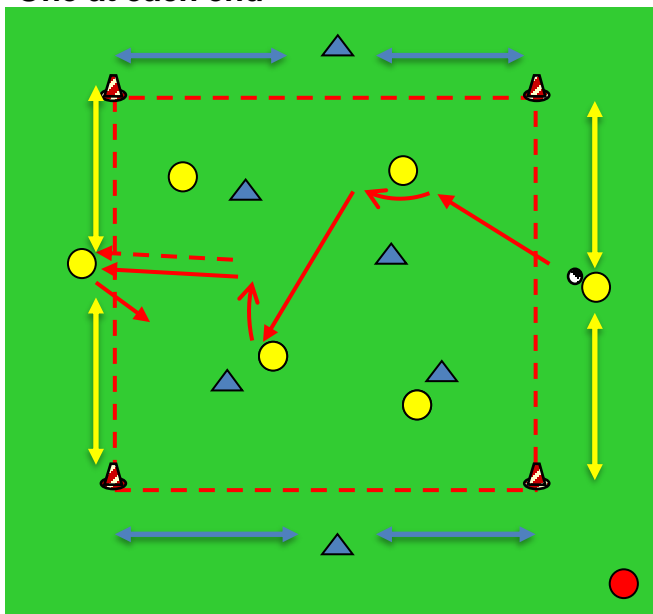
Skill Training:

Player numbers and options

12 players 20m x 20m

4 v 4 with 2 support players.

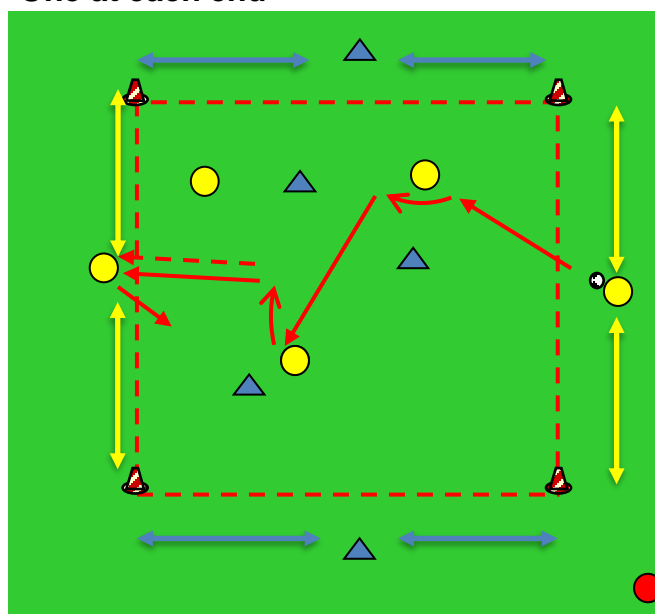
One at each end



10 players 20m x 20m or 15m x 15m

3 v 3 with 2 support players.

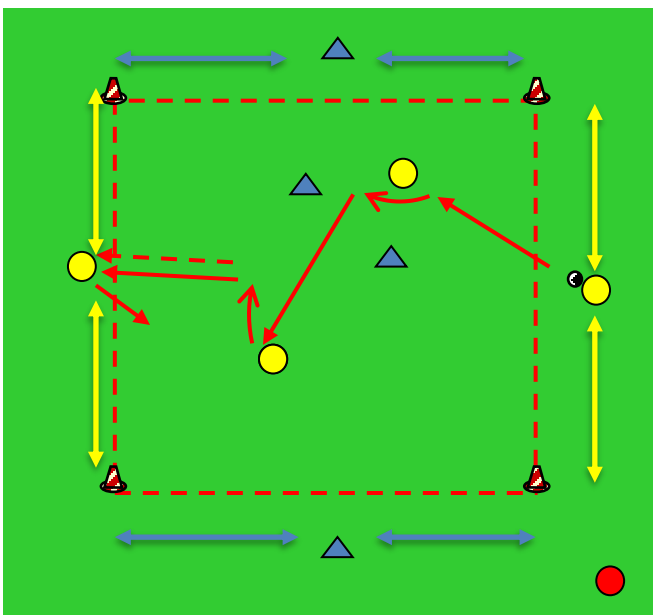
One at each end



8 players 10m x 10m or 12m x 12m

2 v 2 with 2 support players.

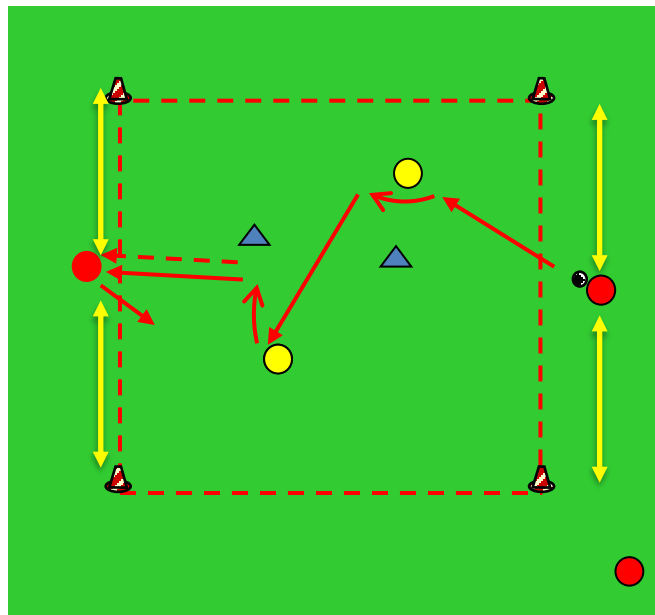
One at each end



6 players 10m x 10m or 12m x 12m

2 v 2 with 1 support players.

One at each end



Odd numbers Anywhere where you have an odd number you can use a bouncer ● to support the team in possession



Game Day:

TEAM EVALUATION

DATE:

AGE GROUP:

Team Name:

	COMMENT
Pre-Game Players should have an understanding of team and player tasks, as well as being warmed up and ready to play. Lots of touches on the ball.	Are you satisfied with your pregame warm up. What can be improved. What worked well?
Half Time Provide a quick assessment of the first halves objectives and instructions on how to play out the game. Players to be given time for refreshment and time for self thought. le don't just talk and talk. The less said the better. Have a plan.	Did you provide a constructive message, relevant to the Games Objective. and player tasks observed in the first half ? Did you speak to players individually with a positive message? Did you offer some support to the team as to how to improve on their situation in the second half ? Were players provided with refreshments and have you identified any injuries or player issues?
Full Time Engage in a team discussion on how the game went. Identify positives from the game. No need for any negatives for kids to take home. Take note of the negatives and work on it at training. "How did we perform well as a team today" or "What could we do better next time"	Are you satisfied with your players and teams' performance? What can you do better next time? Are you content with your coaching style? How can it be improved?



Gary Talbot Mt Eliza Soccer Club Director of Football





Game Day :

PLAYER EVALUATION

DATE:

AGE GROUP:

Team Name:

PLAYER	COMMENT

