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These sessions have been taken from academies of the English Premier League and Championship clubs for 20 years.

You will find actual training sessions on the following topics:

(6) WARM-UPS<br>TECHNICAL \& POSSESSION<br>© DEFENDING<br>e HEADING<br>(6) WING PLAY \& FORWARDS<br>© MIDFIELD PLAY

Some sessions are more technique related and functional, while others are more team related and tactical in nature.

Whether you coach a youth, high school, college or professional team this information will be without doubt, a great addition to you coaching library.

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## WARM-UPS



## Ball Thief

## Organisation

Players dribble their balls and attempt to shield away from the "ball thief" who equally attempts to shoot them out of the 10 by 10 yard grid.

## Progression

Two "ball thieves
Players losing his ball stays in the field and receives passes from a team mate, in doing so making it harder for the ball thieves

## Coaching Points

t Awareness
(3) Decision

Ball Control

## WARM-UPS



## First Touch / Changing The Angle

## Organisation

X1 plays to X 2 who plays a variety of first touches. i.e. inside of right foot across to left foot and pass with the left, outside of right foot and pass with right, fake and pass.

## Progression

On passing the ball to X2, X1 must mirror X2's movement (stay alert to his first touch)

## Coaching Points

© Observe
(6) First Touch
© Decision
(6) End Product

## WARM-UPS



## Plyometrics \& Speed

## Organisation

Player X lines up at start with cones in front to the left and right and hurdle at the end of each line of cones. Three players wait with a ball at point A, B and C. Player X hops left footed over cones, over hurdle and heads ball at A, runs back around cones and hops right footed over cones and hurdle, head ball at B, returns to start and chase ball C to catch it before it reaches line 20 yards away.

## Progression

Rotate positions

## Coaching Points

© Quality of movement

## WARM-UPS



## Warm Up With a Ball

## Organisation

X1 plays to O . O returns one touch and spins to face other direction. X2 plays to O. O returns one touch and spins. Repeat.

## Progression

Rotate positions
(3) All one touch

## Coaching Points

Up on toes - ready to play
Inside of foot passes

## TECHNICAL \& POSSESSION


$\underline{4+4 \times 4}$

## Organisation

On an appropriately sized field depending on age and ability, play begins with $4+4 \mathrm{v} 0$. Players pass non-directionally amongst each other keeping the ball moving. Defenders are added crating a $4+4 \mathrm{v} 1 \mathrm{v} 4$ situation.

Increased pressure, with a greater need for support.

## Progression

e $4+4 \mathrm{v} 4$ passes to alternate colour. Reduced passing options creating a greater understanding and awareness both in possession and support
e $4+4 \mathrm{v} 4$ Alternate one touch and all in. one touch passing to relieve quick pressure, quick support and variation in tempo

## Coaching Points

Be on the move
Play with head up create greater awareness
© Know what to do before you need to do it

## TECHNICAL \& POSSESSION



## Organisation

Same set up as previous, play begins with $5 \mathrm{v} 2+2$ non-directionally play to achieve set number of passes. Gradually increase pressure by playing to target goals, end lines or end line players.

## Progression

(4) Floaters are restricted to one or two touch play only
(6) Rotate positions

## Coaching Points

* Focus on penetration - support in advance / behind
E. End lines encourage dribbling, running with the ball E Needling players encourage forward passing


## TECHNICAL \& POSSESSION



## $\underline{4 \times 4+4 \text { Static Support Players }}$

## Organisation

Same set up as previous with two teams playing 4 v 4 in the middle with the other four players on the outside. Players can use outside support players when pressurised.

## Progression

Restrict touches of outside support players
(5) Support players can play across grid to each other

## Coaching Points

Quicker support, more selective use of support
Stretching play encourages awareness away from the ball

## TECHNICAL \& POSSESSION



## 5 v 5

## Organisation

Same set up as previous with teams playing $5 \mathrm{v} 5+2$ end support players.
To score, team in possession must play ball to one of the end players and team must retain possession from end player.

## Progressions

O's pass or run out of zone - when a player passes to, they trade places and attack opposite end.

## Coaching Points

E Virtual match conditions with single direction overload or multi direction overload
e. When to run / pass, rotation, awareness to replace O's by players in grid
e If O's are conditioned to stay in zones other players may go man to man which encourages movement to lose marker and recognition of other players as to who is unmarked

## TECHNICAL \& POSSESSION



Structured Small-Sided Games

## Organisation

On a 30 by 20 yard field players set up with a goalkeeper, two defenders a midfielder and a forward. The field is marked into thirds with each set of positions staying in their own third. Work a basic form of shadow play with players free to use simple moves and movements that happen in games. Finish with a shot at goal and repeat in opposite direction.

## Progression

Opposition to "stand" on the field E. All players are two touch

## Coaching Points

Simple and repetitive
(4) Awareness of other team mates and opposition

Responsibilities
Communication

## TECHNICAL \& POSSESSION



Structured Small-Sided Games

## Organisation

Same set up as previous now with ball starting with the GK. GK rolls ball to O 1 or O 2 who in turn must pass out of their zone to O 3 or O 4 . Forward X 4 can only move along the zone line to stop defenders getting out until the ball has gone into the next zones, he then steps forward into his attacking third. Once the ball has been passed forward into each zone, one player can move forward creating either a 2 v 1 in the middle third or 2 v 2 in the attacking third.

## Progression

E Increase attackers and defenders
${ }_{6}^{6}$ Interchange positions
e Free play

## Coaching Points

Movement - with and without the ball
Find space
(6) Finish with a shot on goal
© Quality of passes

## TECHNICAL \& POSSESSION



Sliding Skills

## Organisation

Two teams of three compete in 20 by 15 yard grid with a halfway line dividing the teams. Each team has a target player at opposite end whom they are trying to pass the ball to; if they succeed they keep possession, if the ball gets intercepted then the opposing team attempts to reach their target player.

## Progression

Allow players to cross halfway line
(3) Play two touch

Pass and trade with target player

## Coaching Points

Concentration
Defending and screening
(3) Communication
(6) Nearest man closes the ball

Second man - screen target (keep checking shoulder)
© Third man - get round, don't over cover

## TECHNICAL \& POSSESSION



Direction Game with GK's \& Goals

## Organisation

The goalkeeper starts the session by throwing the ball to one of his defenders. The two opposing defenders can come in and pressure once he has taken his first touch, creating a 4 v 2 situation. Defenders play to create an opening to get the ball to their target players in the middle third. The target players combine to play the ball to their forwards in the offensive third. Defenders again come in and close down to create a 4 v 3 situation. Repeat activity in the opposite direction.

## Progression

Rotate positions

## Coaching Points

${ }_{6}$ Pass and move - change the angle
${ }^{6}$ Support the player in possession

## TECHNICAL \& POSSESSION



Playing Through the Midfield

## Organisation

The field is divided into thirds with each end played 3 v 2 and the middle third played 3 v 3 . Defenders outnumber the forwards 3 v 2 in their own defensive end. The session begins with the goalkeeper playing the ball out to one of the back players. The objective for the defenders is to keep possession and play through the midfield whenever possible.
Once the ball has progressed of the middle third the midfielders attempt to play the ball the forwards. One player from midfield can support the forwards and a defending midfielder can track this runner.

## Progression

Restrict players to certain touch limit

## Coaching Points

Retain Balance

(1) Mix the play up. Pass and move or take people on

## TECHNICAL \& POSSESSION



Diamond Drills

## Organisation - Passing \& Turning

Four cones are placed in a diamond formation approximately 20 yards apart, five players are used with one at each cone and two at the starting cone. X1 starts exercise by passing to X2 and follows pass. X2 moves away first to create space in front and then checks back. X2 turns with the ball around the outside of the cone. X 2 then passes to X 3 and follows pass. X3 moves away and then checks in.

## Progressions

Repeat in opposite direction

## Coaching Points

E Good control
E One touch if ability allows
Call out for the ball

## TECHNICAL \& POSSESSION



Diamond Drills

## Organisation - Passing \& Turning

Same set up as previous diamond drill. Players must now turn to the inside of the cone before passing to the next player in sequence. X1 starts off with two touches to initiate X2 movement.

## Progression

(6) Repeat in opposite direction

## Coaching Points

Communication
(3) Quality set up touches
(8) One touch if ability allows

## TECHNICAL \& POSSESSION



## Diamond Drills

## Organisation - Passing, Setting \& Spinning

Same set up as previous drill. X1 plays off two touches to initiate X2 movement X1 passes to X2 and then creates angle inside. X2 moves away to create space in front, checks back, set ball to X1 and then spins around the cone to collect through pass from X1. X2 plays to X 3 who has moved away and checked back. X2 moves inside to other angle inside. X3 sets for X2 and spins around cone. X2 plays through ball to X3.

## Progression

Repeat in opposite direction

## Coaching Points

Communication
e Quality set up touches
One touch if ability allows

## TECHNICAL \& POSSESSION



## Diamond Drills

## Organisation - Passing, Setting \& Spinning

Same set up as previous but now players must now move inside of the cone to create space outside. Players spin to receive through ball which has been played outside of the cone.

## Progression

(3) Repeat in opposite direction

## Coaching Points

Communication
© Quality set up touches
© One touch if ability allows

## TECHNICAL \& POSSESSION



## Diamond Drills

## Organisation - Passing, Setting \& Spinning

Same set up as previous but now players must now move away to create space in front. X1 plays ball to X2 and supports inside. X2 moves away to create space in front and then checks back to receive pass from X1. X2 sets ball to X1 and then spins around outside of the cone. X1 plays ball to target player X3. X2 supports X3 with his outside run.

## Progression

Repeat sequence using X3 as starting playing and X5 as target player.

## Coaching Points

© Communication
© Quality set up touches
One touch if ability allows

## TECHNICAL \& POSSESSION



Diamond Drills

## Organisation - Wall Pass, Spinning \& Turning

X1 plays off two touches to initiate X2 and X4 movement. X1 passes to X2 and follows pass. X2 moves away to create space in front and then checks back. X2 plays ball into X4 who comes in short to play ball back behind X2's cone. X2 spins behind / outside cone and plays into X3.

## Progressions

Repeat sequence with X 3 playing into X 4 and X 1 now offering the wall pass.

## Coaching Points

(t) Quality of combination play

Communication
(3) One touch if ability allows

## TECHNICAL \& POSSESSION



Diamond Drills

## Organisation - Wall Pass, Spinning \& Turning

X1 plays off two touches to initiate X2 and X4 movement. X1 passes to X2 and moves inside for a support ball from X4. X2 moves away to create space in front and then checks back to receive pass from X1. X2 plays ball sequence to X 4 who comes in short. X2 spins behind / outside cone and plays into X 3 . X 4 sets ball for X 1 who in turn slides ball inside of cone through to X2. X2 passes to X3 who has moved away and checked in.

## Progression

Repeat sequence in opposite direction

## Coaching Points

© Quality of combination play
Communication
E One touch if ability allows
© Performed at game speed

## TECHNICAL \& POSSESSION



Diamond Drills

## Organisation - Wall Pass, Spinning \& Turning

X1 plays off two touches to initiate X2 and X4 movement. X1 passes to X 2 and moves inside for a support ball from X4. X2 moves away to create space in front and then checks back to receive pass from X1. X2 plays ball square to X 4 who comes in short. X2 spins behind / outside cone and plays into X3. X4 sets the ball for X1 who in turn plays up to target player X3. X3 who has moved away and checked in sets the ball back to X 2 who plays square pass to X 4 .

## Progression

Repeat sequence in opposite direction

## Coaching Points

© Quality of combination play
Communication
E One touch if ability allows
Performed at game speed

## TECHNICAL \& POSSESSION



## Receiving Session

## Organisation

Players line up in a triangle approximately 15 yards apart. X1 passes to X 2 and follows pass. X2 opens out, letting the ball run across body then plays to X3 and follows pass. X3 to X4 and so on.

## Progressions

E Repeat in other direction with other foot © Play two touch - then one touch

## Coaching Points

Slight pressure to make receiver aware
E. Feint to play ball back
E. Good first touch to open angle

E Good pass

## TECHNICAL \& POSSESSION



## Organisation

Within a 40 by 40 yard grid, two teams of six with each team having two balls. Players pass ball amongst their respective teams.

## Progression

(e) Play one or two touch only

After pass has been made, players to go beyond ball or spin away

## Coaching Points

(e) Pass and move looking for accuracy
© Playing soft to bring players on the ball
(5) Playing firm for players to turn or open angles

Lots of movement going on to encourage players to be aware of space and team mates.
E Good body shape

## TECHNICAL \& POSSESSION



Passing \& Receiving Session
Organisation - Pass and move
Within a 40 by 40 area six players on each team with three players inside the grid and three players spread around the outside. Players along the outside can move along lines but can only work with their team mates. All players inside the grid have a ball and they dribble around and pass to outside supporting team mates.

## Progression

Rotate positions

## Coaching Points

Accurate pass
Make good angle, enabling player to see all of the player area
E Good first touch out of feet, early decision regarding next pass ${ }^{3}$ Is it possible to play pass in two touches, if not be patient
${ }_{3}$ Body shape vital
Lots of movement, essential to be aware of other players within the square
Communication - does the player need the ball back form outside in one touch

## TECHNICAL \& POSSESSION



Passing \& Receiving Session

## Organisation

Within a 30 by 30 yard grid, play $3 \mathrm{v} 3+2$ floaters and two supporting players on outside. X's can play with outside X's and O's can play with outside O's. Floaters cannot play with players outside.

## Progressions

Players must changeover when ball is passed to outside player Allow a second player to change to create defensive confusion

## Coaching Points

© Controlled possession

* Angles of support


## TECHNICAL \& POSSESSION



Screening Technique

## Organisation

Six players play with one ball in a 30 by 30 yard area. The passing sequence is two short then one long pass. One touch passing allowed only. The receiver of the passes short to set the sequence again. Ensure that the practice is played at a realistic match pace.

## Progression

Long passer follows the ball to support the screener

## Coaching Points

Support short for first two passes then break and support long for next long pass
Receiver of long pass to create space by moving away from receiving area, then quickly checking back to come down the line of the ball
© Control with outside of foot
Turn on the using a correct turning technique

## TECHNICAL \& POSSESSION



## Pass \& Move

## Organisation

Teams play 3 v 3 on appropriately sized field for ability and age (U16's $40 \times 30$ yard). A goal scoring box 5 v 5 yards is placed in front of the goals. Players can only score from inside of the box and when all team members are in opponents half. No corners and all balls are passed in from sidelines.

## Progression

es Play two touch
(5) Play mini-tournament against other teams using two fields

## Coaching Points

Pass and move in support and in advance of the ball
Encourage defending goal side of the ball to reinforce correct defending and realistic play
© Run at a defender, turn and screen the ball if forward passing is not on, and then pass back to a supporting player. Screening with skill and composure is important
Introduce runs to create space in the future

## TECHNICAL \& POSSESSION



## Organisation

Using the width of the pitch, two players line up left side, two players line up on right side and two players as middle midfielders. Balls starts with X who passes to B and follows pass. B switches to C and follows pass. C passes to D and follows and D passes to E and follows. Repeat.

## Progression

Two touch play in the middle - one touch at side line

## Coaching Points

Be on toes ready to receive
Receive ball with right foot and pass with left and opposite Receive ball on back foot

## TECHNICAL \& POSSESSION



## Organisation

Same set up as previous but now with 3 central midfielders. Player A passes to B follows. B passes to C who plays to D who lays the ball back to B who switches the play to E . E takes ball down line then returns to start over by playing to C .

## Progression

A takes position B / B takes position D / D takes position A

## Coaching Points

* Quick play in the middle area - one / two touch only

E Keep the ball moving at game speed

## TECHNICAL \& POSSESSION



## Organisation

Using a 25 by 25 yard area with one large goal and a goalkeeper, players line up as shown in the diagram. X1 plays to X2, who tries to get away from O 2 and shoot at the large goal. If O 2 wins the ball he can counterattack and attempt to score by dribbling the ball through the small goals.

## Progression

(5) Players rotate position
(5) $2 \mathrm{v} 2(\mathrm{X} 1+\mathrm{X} 2 \mathrm{v}$ O1 +O 2 ). X2 can involve X1 by playing a pass to him. O1 can now join in to make 2 v 2 . X 2 must make the decision to involve X 1 .

## Coaching Points

© Create Space
Eirst Touch
E Decision
End Product

## TECHNICAL \& POSSESSION



Maintaining Possession

## Organisation 4 Goal Game

X's and O's compete against each other in a 6v6 game with four goals on a 30 by 60 yard field. X's can score in goals A or B and they defend C and D .

## Progressions

e8 One touch finishing
Midfielders players on two touch restriction

## Coaching Points

Defenders - switching play, maintain possession, support, decision making
Midfielders - turns, decision making, creating space, support,
finishing, runs, switching play, maintain possession
Forwards - finishing, runs, layoffs, hold ball up, decision making
Encourage:
Changing of direction, even if it means backwards
e Constant movement and support
© Skill, intelligence, technique

## DEFENDING \& HEADING



## Organisation

(6) A grid is set up with 12 squares inside and a player in each square. Play starts off with a ball in each grid line and the ball being passed up and down the line.

## Progression

(6) Two ball set up - pass between
© One ball set up with one player to press the ball but stay in own square

## Coaching Points

Quality Passing
e. Control and set up

Head up and eye contact

## DEFENDING \& HEADING



## Passing \& Receiving Session

## Organisation

In a square approximately that of two grids, play is set up in each with a 5 v 3 game of keep away. In one grid red team has the numerical advantage and in the other grid the white team has the numerical advantage.

## Progression

Have players play opposite roles

## Coaching Points

Quick play movements
(5efenders to close down quickly and force turnover

## DEFENDING \& HEADING



The Fullback

## Organisation - Warm Up

Right and left full backs work together on different moves they may use in a game situation. They have one ball between two and feed each other passes and take each other on within their zone on the field.

## Progression

(3) Rotate positions

Work both RB and LB

## Coaching Points

© Ball across body fake
(5) First touch across body

Fake pass back - step over, outside hook
© Open out and play inside, fake inside and open out
e. Heading side on to clear

## DEFENDING \& HEADING



The Fullback

## Organisation - Blocking Crosses

Central midfielders S1 and S2 play to each other and then find winger. RB tries to prevent ball being played into a goal area.

## Progression

Rotate positions
Work both RB and LB

## Coaching Points

© RB to take up position as ball travels to winger
E Block line of cross (with outstretched leg). Which leg to use? How quickly can you do it?
Distance away from winger is crucial
Jump to make yourself big when your sure its going to be crossed

## DEFENDING \& HEADING



The Fullback

## Organisation - defending the Far Post

Attacking wide player crosses deep to opposite side defender who clears danger. Defender must make decision to clear with head or foot, control ball back to keeper with head/chest, or let ball run if its over hit.

## Progression

Add a passive attacker in goal area

## Coaching Points

fosition of body
Head - where?
(6) Angles and distance to defend
${ }_{6}^{6}$ Make decision early

## DEFENDING \& HEADING



The Fullback

## Organisation - Defending from Crosses

Similar set up as previous exercise but now have four defenders with two defensive midfielders playing against four midfielders and two attackers.

Ball is played out wide to outside attacking midfielder who crosses.
Defenders clear lines to halfway line.

## Progressions

Progress to play after cross
(3) Attack down both flanks

## Coaching Points

(3) Angles and distance to defend

Full backs not to get drawn out of position
Defend again after cross. Pressure attacking players

## DEFENDING \& HEADING



The Fullback / Defender
Organisation - playing Out of the back
In a 40 by 25 yard area with two 15 yard areas and one middle 10 yard neutral zone. Three defenders play against two attackers in one third to begin. On coach's command or completion of set number of passes, a defender can advance out of zone into neutral zone and link up with two defenders at opposite end to play again.

## Progression

${ }_{6}$ Rotate positions

## Coaching Points

(5) First touch out of feet to advance forward

Run fast to neutral zone then make decision on who to pass to

## DEFENDING \& HEADING



The Fullback / Defender

## Organisation - Playing Out of the back

On a field 70 by 50 yard in dimension, goals are pleased at either end.
Teams play 7v7 plus goalkeepers with three defenders and two midfielders and two forwards. Players must start in their zone. Ball is played around defenders until coach's command to advance.

## Progressions

Two touch
Play to midfield first, then forwards

## Coaching Points

e Full backs break out and join in with midfield creating a 3 v 2 scenario
Run / distribution - make decision early
Overlap / underlaps / getting forward without ball
e. Final third play

## DEFENDING \& HEADING



## Organisation

Two teams line up with four players at each side of goal post and four team mates diagonally opposite at edge of box. X1 takes a throw in and aims for the penalty spot. X5 attacks the ball and tried to score. Players change ends running around the outside. Each team alternates, X5 then O5 etc. First team to score 10 goals wins.

## Progression

Diving headers permitted inside six yard box are worth two points

## Coaching Points

e Time the run
Keep eyes on the ball at all times
Head ball down into corner

## DEFENDING \& HEADING



## Organisation - Diving Headers

Two small goals are placed 10 yards apart. Two players in each goal link arms. To start X1 throws to X2 to dive and head past O2 and O3. O1 throws to O 2 to dive and score past X 2 and X 3 .

## Progression

(3) Rotate positions

## Coaching Points

Players must stay on their half of the field
© Goalkeepers must not break link to save
E Goals only count if from a diving header

## MIDFIELD



## Organisation

In an 8 by 8 yard, players line up with one player on each side of grid with a ball and one player in the middle without a ball. Outside players play one touch into middle player who controls and returns ball to them.

Inside player must call for the ball before outside player passes.

## Progressions

Rotate positions
Increase / decrease grid size

## Coaching Points

E Receiving techniques - Back foot, let ball run, through legs
e Passing techniques - Front foot, round corner, laces
© Concentration
e Imagination

## MIDFIELD



## Organisation - Moves of a Midfielder

Players pair up and pass and move within a 25 by 25 yard grid. Receiving player controls ball in various manners and returns ball to partner.

## Progression

(6) Rotate positions

## Coaching Points

Control ball across body

* Inside to outside
© Drag across body


## MIDFIELD



## Organisation - 4v4 Directional

Players in group of fours in 20 by 10 yard grids, two players at each end and two players in the middle. Outside players pass to middle team mate who is defended. Middle player must either turn and play to opposite end player or return pass back to original passer.

## Progressions

Rotate all positions
Increase / decrease grid size

## Coaching Points

(3) Middle player to play across body to switch play
E. If defender is tight - pass behind
${ }_{6}^{6}$ If defender is off - pass in front

## MIDFIELD



## Organisation - 4v4 Directional

On a 25 by 25 yard area, players group in fours. Two teams compete in the middle and one team line up with a player in each corner. The Red team combine to reach target players T 1 and T 2 . Once reached, the white team combine to reach T 3 and T 4 .

## Progression

2 Rotate so all players compete in the middle and all players become target players

## Coaching Points

Support player in possession
(3) Look for diagonal passes and switches of play

Maintain possession
Transition once possession is lost

## MIDFIELD



Midfield Players

## Organisation - Breaking Out

Full field practice using all 11 players. Ball starts with X3 who plays into X10. X10 sets ball to midfielder X4. X9 runs behind X10. X8 runs into space vacated by X 9 . X 4 plays through ball for X 8 .

## Progressions

Repeat using O players in opposite direction
Allow free play but encourage set up activity

## Coaching Points

© Timing of play - game specific
Shadow play for defenders
E Quality of passing and control
End product - shot on goal?

## MIDFIELD



Midfield Players

## Organisation - Central Midfield

Four defenders and these central midfielders line up as shown. The ball is switched from the left side to the right side. Midfielders D4, D8 and D10 all slide to keep shape. Repeat in opposite direction.

## Progressions

(3) Attacking team to play into forwards and attack goal
(3) Defending team to win possession and counter into small goals

## Coaching Points

Midfield triangle changes shape according to opposition
*) Players slide and don't get picked off

* Defending in balance

Recognise how to get back into shape, not position

## MIDFIELD



Midfield Players

## Organisation - Overlapping Runs

Half field practise with seven attacking players and two defenders and a goalkeeper. X4 passes out to X 7 . X 7 receives and passes to X 9 who has come short to receive. X 9 turns and either passes to X 8 who has overlapped or turns and shoots/combines with X10 with a wall pass to shoot.

## Progressions

Repeat using both sides
(5) One touch or two touch

Bring in more defenders

## Coaching Points

© Create space by front players
Quality of pass
© Timing / Angle of run from midfield player

## MIDFIELD



Midfield Players

## Organisation - Overlapping Runs

Continuation from previous exercise - if X9 plays in X8 out wide, X9, X10 and X11 must attack the area. X10 cuts towards the near post, X9 moves towards centre and X11 takes up a position towards the far past as indicated. X7 and X4 look for knock downs on the edge of the penalty area.

## Progression

© Repeat using both sides
Coaching Points
E Quality of cross
te Timing of runs
tis The finish

## MIDFIELD



Midfield Players

## Organisation

Half field practice with seven attacking players and five defending players as shown in the diagram. X 5 passes to X 4 or X 8 . X 4 or X 8 pass wide to X 7 or X 11 . O2 and O 3 are conditioned to show players inside or outside. Attacking players combine to shoot and score. The offside rule is in play.

## Progression

Introduce a second centre back

## Coaching Points

© Decisions made by the players -
(3) Blind-side runs
© Combination play
© Overlaps

## MIDFIELD



## Midfield Players

## Organisation - Turning, Dribbling and shots

On a field 50 by 30 yards with goals at each end teams play 8 v 8 using a 2-3-2 formation. Offside is in play.

## Progression

Play two or three touch only

## Coaching Points

© Turning - Awareness of space and other players - First Touch Decision (selection of turn)
(1) Dribbling - Attitude (first touch; when and where) - Decision (Technique)
© Shooting - Attitude - Selection

## MIDFIELD



## Midfield Players

## Organisation

Same set up as previous but using a larger field 60 by 40 yards and a
3-2-2 formation set up.

## Progression

Restrict touches

## Coaching Points

close -retreat
© Cover and support
Balance and compactness
E Tracking and recover
Communication
E High pressure - react early - encourage play in one direction

## MIDFIELD



## Midfield Players

## Organisation

Same set up as previous. This formation allows space for defenders to receive.

## Progressions

Restrict touches
te Rotate positions

## Coaching Points

Low pressure - restrict when not possible to close early / or part of team strategy - ensure the space behind is not vulnerable
*) Balance and compactness
© Cover and support

## WING PLAY \& FORWARDS



Imaginative Play

## Organisation

Team play 8 v 8 with one floating player and goalkeepers on a three quarter sized field. Teams line up with two defenders, four midfielders and two forwards. The outside midfielders have an area where they play unopposed.

## Progressions

Rotate all positions
© Offside rule applies
(2) Play can become 9 v 9 ( 3 v 3 in central midfield area)

## Coaching Points

e GK must throw ball centrally and not wide of start game
Players are encouraged to play wide as often as possible

## WING PLAY \& FORWARDS



Blind-Side Runs

## Organisation

Attacking from half field to goal, play starts with a server in the centre circle. S plays to X1 who checks and turns. X2 checks and receives a pass from X1. X2 then runs in field and plays an angled pass for X3.

## Progression

Repeat on the left side using X4 etc

## Coaching Points

Communication
© Receive "Side-on"
© Timing / Angle of run
(5. Timing / Pace of pass - Outside of front foot

## WING PLAY \& FORWARDS



Blind-Side Runs

## Organisation

Same set up as previous. S plats into X1 who turns. X2 makes a diagonal run to receive pass from X1. X2 passes wide to X3. X3 runs in field and passes to X4. X4 shoots or crosses to X5 and X6. Repeat on other side.

## Progressions

Full backs, passive defending and show player inside
(3) Full backs to become more active

## Coaching Points

© Communication
E Receive "Side-on"
© Timing / Angle of run
timing / Pace of pass
Forwards and wide players to create a space before ball arrives check in or move away

## WING PLAY \& FORWARDS



## Blind-Side Runs

Same set up as previous. S passes to X 1 . X2 makes a diagonal run to and receives a pass from X1. X2 passes wide to X3. X3 runs in field and X4 comes in short. X5 makes a blind-side run to receive a pass from X3. X5 either shoots or crosses if too wide. Repeat from left side.

## Progression

Rotate positions

## Coaching Points

Communication
© Receive "side-on"
© Timing / Angle of run
E Timing / Pace of pass
Speed of play
e. Timing of run from second striker

## WING PLAY \& FORWARDS



Blind-Side Runs

## Organisation

Same set up as previous. S plays into X1. X2 makes a diagonal run and receives from X1. X2 passes wide to X3. X3 runs in field with the ball. Both strikers X4 and X5 make blind-side runs. X3 continues run and shoots. Repeat on the left side.

## Progression

Communication
© Receive "Side-on"
© Timing / Angle of run
timing / Pace of pass

* Positive attitude from wide player - shooting technique


## WING PLAY \& FORWARDS



Blind-Side Runs

## Organisation

Same set up as previous. S plays into X1 who controls and passes to X2 who have made a diagonal run in field. X2 passes wide to X 3 . X 3 runs in field with the ball. Strikers X4 and X5 make blind-side runs. X3 passes inside for either X 2 or X 6 to shoot.

## Progressions

Communication

* Receive "Side-on"

Timing Pace of pass
Timing of runs from midfield / opposite wide players

## WING PLAY \& FORWARDS



Blind-Side Runs

## Organisation

Same set up as previous. S plays to X1 who controls and passes to X2. X 2 plays wide to X 3 and makes a blind-side run behind defender O. X3 passes to X 2 and also makes a blind-side run. X2 passes to X 3 . X3 crosses for $\mathrm{X} 4, \mathrm{X} 5$ and X 6 .

## Progression

Repeat this on the left side

## Coaching Points

© Communication
E Receive "Side-on"
© Timing / Angle of run
© Timing / Pace of pass

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Similar set up to previous exercises. X4 plays to X11 who receives and runs with the ball and passes to X 9 . X9 moves into the line and lets the ball run for X10. X9 spins for return pass from X10. X10 can either pass to X 9 or let the ball run and shoot for goal. X9 follows up for rebound.

## Progressions

Repeat the other way with X 8 starting and passing wide to X 7
E Rotate all positions

## Coaching Points

(3) Pass / Accuracy of the pass - hard and driven
© Create space - first striker
(E) Communication from second striker

Support of other players
© Technique of shots / cross

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Same set up as before. X4 passes to X11 who runs in field with the ball and passes to X 9 . X9 moves into the line and lets the ball run for X10.X9 spins inside. X10 can either pass to X9 to shoot or pass to X8 who makes a late forward run.

## Progression

Repeat from the right side

## Coaching Points

Pass / Accuracy of the pass - hard and driven
© Create space - first striker
Communication from second striker
e. Support of other players
${ }_{3}$ Shot selection
Rebounds from goalkeeper

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Same set up as before. X4 passes wide to X11 who dribbles in field and passes to X 9 . X9 moves into the line and lets the ball run to X10. X10 turns away and X9 spins to goal looking for an angled pass X10. X7 makes a late forward run and supports X10.

## Progression

Repeat from the right side

## Coaching Points

Pass / Accuracy of the pass - hard and driven
© Create space - first striker
Communication from second striker
e. Support of other players
© Shot selection
Timing / Angle of runs

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Same set up as before. X4 passes to X7. X7 controls and passes to second striker X9 and follows pass. X9 passes back to X7. First striker X10
"spins out" for a pass from X7. X9 and X8 make forwards runs. X10 can either shoot or cross if in a wide position.

## Progression

Repeat form left and side

## Coaching Points

Pass / Accuracy of the pass
© Create space - both strikers
© Communication
(3) Support of other players
${ }_{3}$ Shot selection
Rebounds for goalkeeper

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Same set up previous exercises. X8 passes to X 7 . X 7 passes to X 9 and follows pass. X 9 passes back to X 7 who passes to X 4 who is breaking forward to shoot. X9 and X10 spin for rebounds.

## Progression

© Repeat from left hand side

## Coaching Points

Pass / Accuracy of the pass
© Create space - both strikers
© Communication
Support of other players © Shot selection
Rebounds from goalkeeper

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Same half field set up as before. X4 passes to X7. X7 passes to X10 and follows the pass. X10 lets the ball run to X9. X10 spins out and receives a pass from X 9 . X9 and X8 make runs into the penalty area and X10 looks to cross early.

## Progression

(3) Repeat from left hand side

## Coaching Points

Pass / Accuracy of the pass
© Create space - both strikers
© Communication
© Support of other players
${ }_{3}$ Shot selection
Rebounds from goalkeeper

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Same set up as before. X4 passes to X7. X7 passes to X10 who receives the ball. X7 makes a diagonal run in field and calls for return pass. X10 turns out and looks to cross for X9 and X8.

## Progression

© Repeat from left hand side

## Coaching Points

Pass / Accuracy of the pass
© Create space - both strikers
© Communication
Support of other players © Shot selection
Rebounds from goalkeeper

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Server plays the ball to the defending team who clear to attacking team waiting in the centre circle. Attackers play 3 v 1 in the centre circle. After set number of passes, one attacking player breaks out of the centre circle and combines with the two forwards to create a 3 v 2 to goal.

## Progressions

Rotate positions
Add a second defender creating a 3 v 2 in centre circle
(e) Allow a defender to follow breakout attacker

## Coaching Points

te Movement
Pull on shoulders of X's to open channel for pass
(3) Timing of pass
(3) Weight of pass
ti) Finish

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Starting about 30 yards from goal, X1 dribble towards static defender 1 and then passes to X 2 . X2 controls and takes on static defender 2 and shoots on goal.

## Progression

Use specific move each time, Matthews, Scissors, Step-over

## Coaching Points

Use correct technique each time
© Concentrate on timing of move

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Same set up as previous. X 1 plays to X 2 who steps over the ball and spins around static defender1. X3 controls and passes to X2. X2 shoots at goal.

## Progressions

Rotate positions
One touch play only

## Coaching Points

Timing of runs
timing of pass
© Quality of pass

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Same set up as previous. X1 dribble towards static defender 1 and passes to X2. X2 comes off defender 2 and plays a first time pass back to X1. X1 controls and shoots.

## Progressions

(e) Rotate positions

Rotate sides so players shoot with both feet

## Coaching Points

Be ready to play - on toes, side on
© Quality of pass

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Same set up as before. X1 plays into X2 and follows pass. X2 controls and fakes cutting inside between defenders. X 2 screens defender 2 and lays ball off to X1. X1 controls and shoots.

## Progressions

Rotate positions
Allow X2 to cut inside to keep defenders on toes

## Coaching Points

## ${ }^{3}$ Speed of play

(6) Timing of support
${ }^{6}$ Quality of pass

## WING PLAY \& FORWARDS



Attacking Play

## Organisation

Similar set up as previous. X1 starts from a wider position and serves a cross to X2. X2 knocks ball down for X3 to run on and shoot.

## Progression

Rotate positions

## Coaching Points

E6 Timing of X3's run to shoot with one touch Quality of delivery from X1
© Knock down - Head, Chest, Foot

## WING PLAY \& FORWARDS



## Organisation

X1 starts by playing wide to X3 and follows pass to overlap. X3 controls and plays to X2 and runs inside for rebound. X2 play wide to X1. X1 crosses for forwards. Forwards make run into box to finish one touch from cross.

## Progressions

Rotate positions
(3) One touch only

## Coaching Points

Good set up play
© Quality of passes
(6) Timing of runs - X1 and forwards

E Timing of play

## WING PLAY \& FORWARDS



## Organisation

Using one half of the pitch set up as follows. X1 passes wide to X2 who sets back for X1. X1 passes to X3 and then overlaps X2. X3 lays off to X 4 for X 4 to play out wide to $\mathrm{X} 1 . \mathrm{X} 3$ and X 4 spin into goal area and are joined by X5. X1 crosses the ball into the middle for $\mathrm{X} 3, \mathrm{X} 4$ and X 5 to score.

## Progressions

© Repeat on opposite side with X5 becoming the target player (3) Rotate positions if necessary

## Coaching Points

Quality of passes
te Timing of runs
(3) Good angled support play
© Quality of delivery / cross

## WING PLAY \& FORWARDS



Finishing

## Organisation

This game is played in and around the goal area. GK throws ball out to a player at the edge of goal area. They in turn pass out wide to one of the servers. Servers to play ball in on one touch. Two players from each team compete for the ball and score with one touch.

## Progressions

Rotate all positions
E Repeat both sides

## Coaching Points

ed Dynamic movement in goal area
\& Vary movement direction
e Timing of runs
(3) Quality of delivery

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