

NWSF MAX 10 - No Contact Sessions - COVID 19 - 2020

Coaches, please choose the sessions that best suit your players. We have given you an indication with the headings.

Please note:

- You may prefer to mix and match your own by looking at all the sessions in the document. They include FFA Sessions, NWS Koalas/Spirit FC Sessions and Additional Sessions by contributors such as Rob Sherman (former FFA Technical Director)
- If you end up having more than 3 Max 10 sessions simply repeat one of the sessions or mix your favourite parts up to make a new session
- Remember to pre-set your whole session (all activities) as much as you can so you just need to take away cones rather than reset after every activity
- The NWSF U9-U12 are the ones the NWS Spirit/Koalas FC are doing and are built on the skills that were practiced over the last 2 months. If this does not suit your players use other skills or use the FFA activities.
- The NWSF Youth/Senior Sessions are what our NWS Spirit/Koalas FC Youth teams are using, if this does not suit your players use the FFA sessions or the Additional Practices at the end of the document. Make sure they are appropriate for your players.

Make sure you follow all the [guidelines](#) stipulated by FNSW and your club including:

- Max 10 players/coaches in a quarter field
- Players keep social distance with other players and staff (1.5m)
- No Contact
- No mixing or areas or groups

All sessions are included in this document to make it easy for you to access the information.

MAX 10 SESSION	U6 to U12	U9 to U12 Advanced	Youth Beginner / Intermediate	Youth and Senior (U13+) Advanced
SESSION 1	FFA Activity Sheet A	NWSF U9-U12 Advanced Session 1	FFA Activity Sheet B	NWSF Youth/Senior Advanced Session 1
SESSION 2	FFA Activity Sheet B	NWSF U9-U12 Advanced Session 2	FFA Activity Sheet C	NWSF Youth/Senior Advanced Session 2
SESSION 3	FFA Activity Sheet C	NWSF U9-U12 Advanced Session 3	FFA Activity Sheet D	NWSF Youth/Senior Advanced Session 3

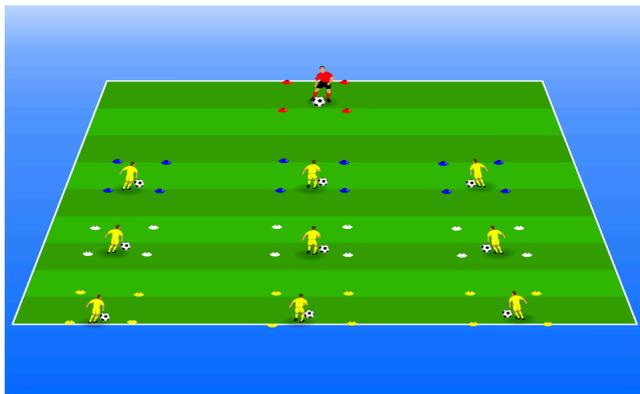
A reminder there are additional Max 10 sessions at the end of this document if you would like to build your own practice (drill) combination for your sessions. Enjoy!

Tim Thorne
NWSF Head of Football



REBOOTING FOOTBALL

AIS Level B Guidelines: Small groups (no more than 10 athletes/staff in total); 1.5m social distancing; activities must be non-contact

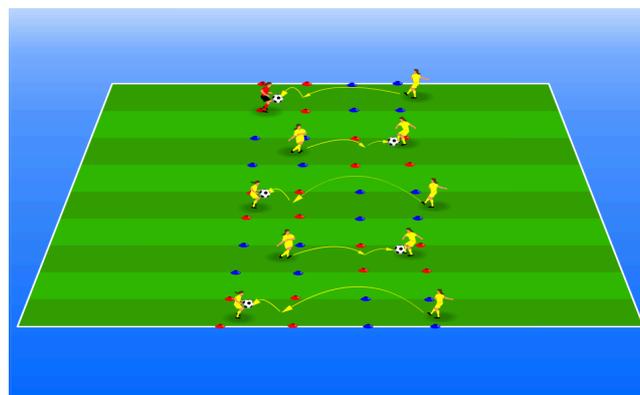


Activity #1: 'Tekkers grid'

-  Create 4m x 4m grid per player; each with a ball
-  Instruct/demonstrate a skill for players to practise within grid

Progressions/variations:

-  Instruct players to dribble within their 4m x 4m grid to spell: their name; favourite team/food/colour; month of birth, etc.
-  Juggle within grid (cater for all abilities)



Activity #2: 'Football tennis'

-  Create 4m x 4m grids with 1.5m spaces between grids
-  Rules: 1 bounce; unlimited touches (modify to cater for all)

Progressions/variations:

-  Change the size of the ball: football size 5; 4; or, 3.
-  Make it co-operative: Longest rally between pairs
-  Make it competitive: 'King/Queen of the court'

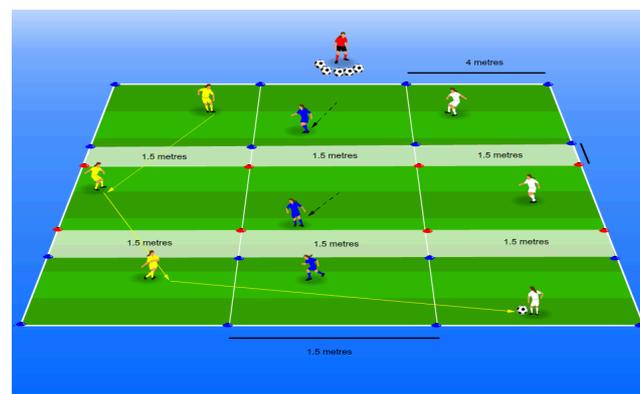


Activity #3: 'Shooting relay'

-  Create 3 teams of three; position players & GKs as illustrated
-  Coach calls out number "1" or "2"
-  Player from each team (1 or 2) to run with the ball around their marker on top of grid then shot before 1.5 metre zone

Scoring system:

-  2 points for first player to score; 1 point for any goal scored; 1 point for a save by goalkeeper (rotate role of GKs)



Activity #4: 'Cross the mines'

-  Create 4m x 4m grids with 1.5m spaces between grids
-  Split group into three equal teams (3 x 3)
-  Teams on outside combine and play the ball 'cross the mines' to the opposite side for a point.
-  Defenders (middle team) get a point for intercepting
-  Swap the role of middle team frequently

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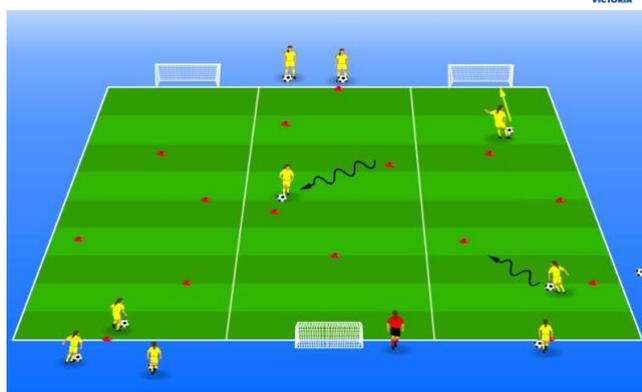


Andrew Kentepozidis | Football Victoria



Activity #1: Build up

-  Split players into two areas and spread players evenly
-  In groups of three, players will pass the ball in sequence before one player must drive into the end zone to score
-  3 points for goal in corners; 1 for a goal; 1 point for GK save
-  Attacker cannot enter 1.5m zone
-  Progression: Create a race between the two areas



Scott Grimshaw | Football Queensland



Activity #2: Zig Zag

-  Split players into three areas and layout cones in a zig zag
-  Attackers will zig zag with the ball and perform a 1v1 skill move (i.e. scissor, outside cut, Ronaldo chop) at each cone
-  After dribbling beyond the final cone, players will score in mini goal placed at the end of area, then join the next area
-  Ensure ALL players are active and involved (i.e. next player starts once first player has reached second cone)

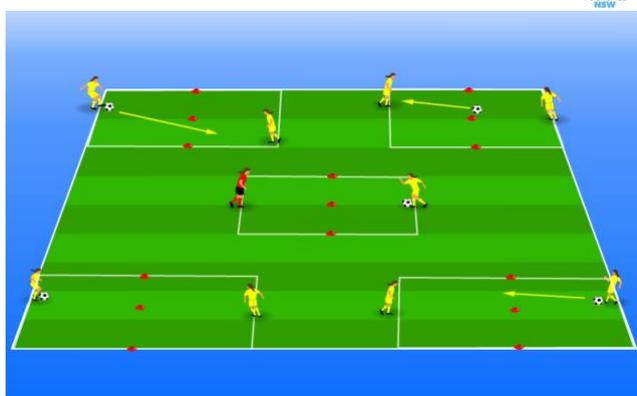


Brian Dene | Football NSW



Activity #3: Take it on

-  Create two areas with goals and spread players evenly
-  Player will pass ball into attacker who will take positive first-touch and use 1v1 skills (i.e. stepover, feints) to get past central cone and enter end-zone to score past goalkeeper
-  3 points for goal in corners; 1 for a goal; 1 point for GK save
-  Attacker cannot enter 1.5m zone
-  Players follow their pass and attacker moves into other area



Andrew Kentepozidis | Football Victoria

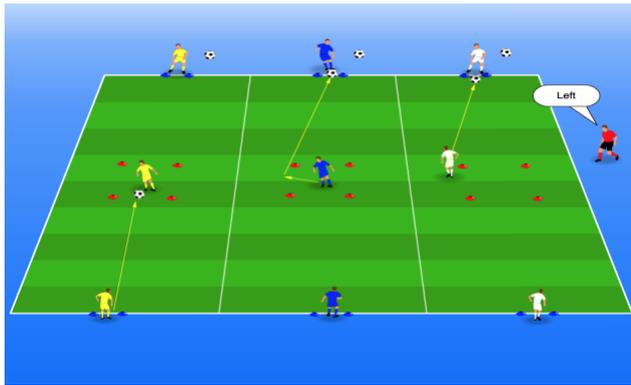


Activity #4: Split the gap

-  Split players into pairs and set up areas as shown
-  Pairs pass between them as the ball must go through a different gap (as marked by cones) after each pass
-  When passing the ball, the player gives their pair a number of touches that they can take before they must pass the ball back (i.e. two-touch)
-  Progression: Make a competition between the group as to who can complete the most passes successful (i.e. using one-touch)

REBOOTING FOOTBALL

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Alec Wilson | Football South Australia

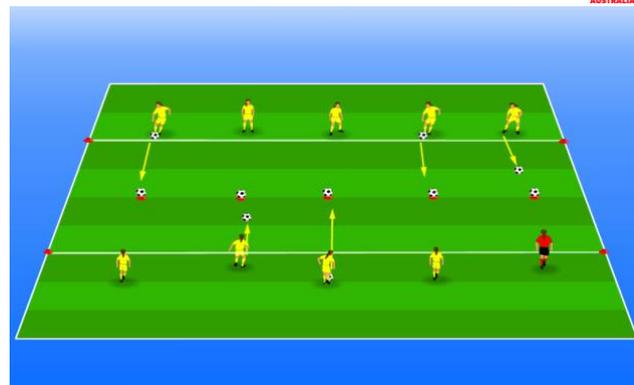


Activity #1: First touch grid

-  Create 3 groups of three; 2m x 2m grid in the middle
-  Player on end passes to middle player who takes first-touch sideways out of the grid and pass it back with second touch

Progressions/variations:

-  Receive from bottom player and return pass to top player
-  Coach to add challenge: "left", "right", "return pass," etc

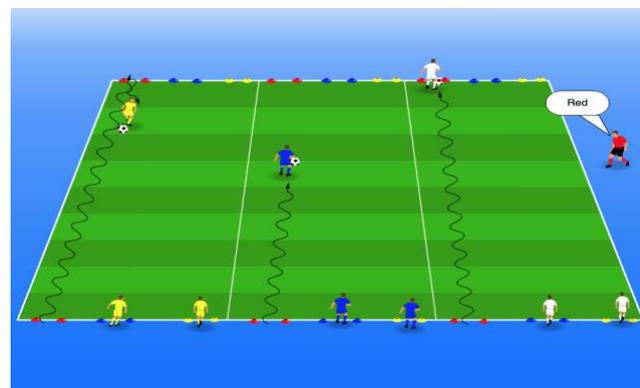


Northern NSW Football



Activity #2: 'Football Marbles'

-  Place balls on top of cones in the middle of a small area
-  Players will stand on outside of the area 1.5m apart each other attempting to knock the balls off the cones with a pass
-  Time how long it takes for a team to knock all balls off the cones and attempt to lower time in the next sequence
-  Cater for all players by increasing or decreasing distance from the ball as long as there is at least 1.5m spaces



John Tambouras | Football Northern Territory



Activity #3: Relays with the ball

-  Create 3 teams of three; 1.5m apart as illustrated
-  Each player has their own **racing lane**: red, blue, yellow
-  Coach calls out a colour & race commences to top and back
-  3 points for 1st; 2 points for 2nd; 1 point for 3rd

Progressions/variations:

-  Team relays: red, blue then yellow; 1st team to finish wins
-  Left foot only, right foot only, roll ball with soles of feet, etc



Garry Church | Football West

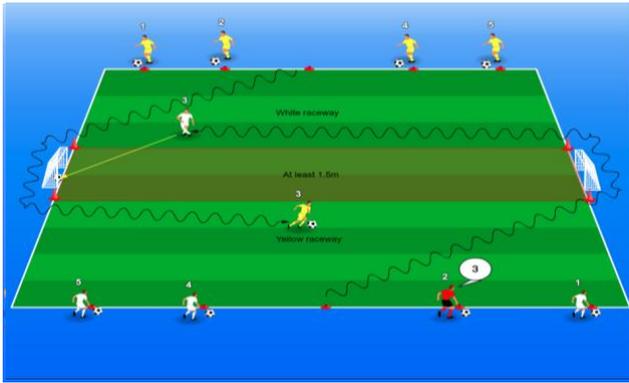


Activity #4: Through the lines

-  Split players into two teams with one neutral player
-  Teams will combine to play ball through the lines to find end-player. Once found, one player receives a return pass in the attacking end-zone to score in mini-goals
-  Only one player can be in each area as shown and players must find another free area once they have passed the ball
-  First team to score all their balls in mini-goals wins
-  Cater for all players by increasing or decreasing distances between players as long as there is at least 1.5m spaces

REBOOTING FOOTBALL

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Activity #1: Raceway to score!

-  Create 2 teams of 5, including the coach, and split them on opposite sides, adhering to 1.5m social distancing guidelines
-  Each player is given a number. Coach calls out a number, e.g., "3"
-  Players (#3s in this case) run around the goal on their right-hand side as shown and score in opposite mini-goal
-  First player to score gains a point for their team
-  First team to reach 5/10 goals wins! Modify to cater for your players



Activity #2: In the mixer

-  Create activity, adhering to 1.5m social distancing guidelines
-  Player in corner will pass the ball into 'shooter' in the middle area who will shoot and attempt to score in corners of the goal
-  3 points for a goal in corners; 1 for a goal; 1 point for GK save
-  Passer becomes 'shooter' and receives ball from other side
-  Cater for all abilities. E.g. one-touch finish to stretch players

Michael Edwards | Football Tasmania



Activity #3: Combinations

-  Position players as shown, adhering to 1.5m social distancing rules
-  Simple passing drill and finish with strike on goal
-  Passing and movement (encourage different variations)
-  Once ball gets to forwards, they decide to turn and shoot, or lay off
-  Develop players' habit of moving and supporting after each action
-  Encourage quality passing into feet or into space and communication
-  Get players to come up with their own patterns and combinations

Scott O'Donnell | Capital Football



Activity #4: Turn and go

-  Create two areas with goals and areas as shown
-  Player will pass the ball into attacker as middle player moves into either the left or right area as marked out
-  Attacker receives the ball and turns into the vacant area and advances to score in goal past the goalkeeper
-  3 points for a goal in corners; 1 for a goal; 1 point for GK save
-  Passer becomes attacker, attacker becomes middle player and middle player becomes passer. Repeat sequence

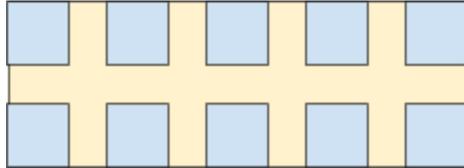
NWSF Max 10 - U9 to U12 Advanced Sessions

Session 1 - 1v1 Skill Retention and Repetition (Session 1 and 2 for U9/U10)

Skill Warm up

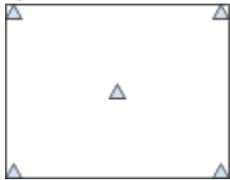
Dribbling in zone

- Organisation
 - Create personal 5x2 grids with 2.5m gaps in between for social distance playing coaching zones

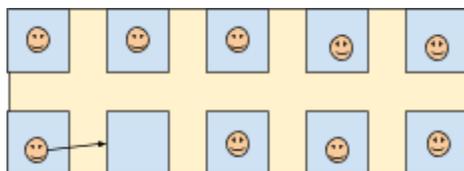


- Players dribble within their grids with dominant then non dominant foot while completing Physical preparation.

Each grid should look like the below with cones:



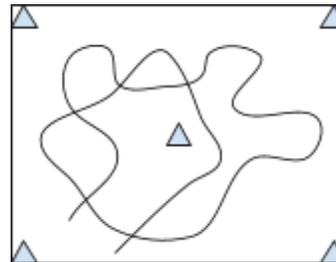
- Physical preparation progressions
 - Start gently
 - Freeze and have players open the gate. After 30 secs, switch to close the gate
 - Continue dribbling then complete additional 2 more dynamic stretches (FIFA11+kids) every 1 minute
- Skill Progressions:
 - Players dribble within their grids with dominant then non dominant foot at full pace
 - When players see a free zone that they can dribble into they then drive with long touches into that zone. This will create a dominoes effect. Players are dribbling dynamically the whole time while waiting for a free grid.



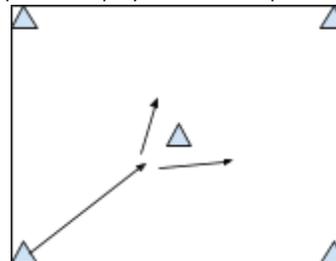
Skill Practice

On the Ball Skill Progressions

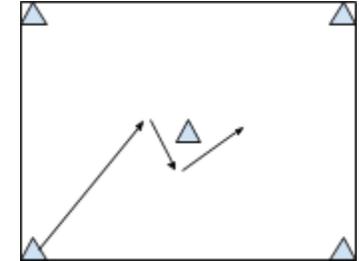
- Players practice their on the ball skills they learnt at home practice previously inside their zone:
 - Skills (See [Kickstart Skills App](#) or NWSF facebook posts - You can modify to suit your players)
 - Single/Double Scissor
 - Sole Role
 - Roulette
 - Repeat with non dominant side if appropriate for players technical path



- Players practice these skills with a virtual defender coming from any of the outside cones. For these skills you dribble straight at the defender first. Repeat with non dominant side if appropriate for players technical path



- Repeat above with the following skills:
 - Step over turn
 - Air Step
 - V Push
 - note difference below in picture of how to approach cones (Step over turn and V-push right footed and Air Step left footed example)
 - Repeat with non dominant side if appropriate for players technical path



Skill Situation

On the Ball Skill Situational Progressions

- Players drive at the final cone before the goal and complete the skill the coach names to the outside of the cone.



- Players rotate left to right keeping social distance at all times
- Repeat this to the inside of the cone
- Repeat the above with the remaining skills one at a time

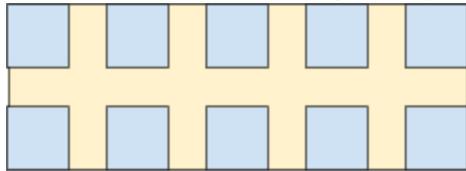
Finish with Cool Down

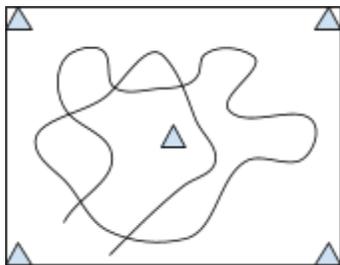


Session 2 - 1v1 Skill Repetition and Situation (Session 3 for U9/U10)

Skill Warm up

Dribbling in zone

- Organisation
 - Create personal 5m² grids with 2.5m gaps in between for social distance playing coaching zones
- 
- Players dribble within their grids with dominant then non dominant foot while completing Physical preparation
- Physical preparation progressions
 - Start gently
 - Freeze and have players open the gate. After 30 secs, switch to close the gate
 - Continue dribbling then complete additional 2 more dynamic stretches (FIFA11+kids) every 1 minute
 - Players practice their on the ball skills they learnt at home practice previously inside their zone:
 - Skills
 - Single/Double Scissor
 - Sole Role
 - Roulette
 - Step over turn
 - Air Step
 - V Push
 - Repeat with non dominant side if appropriate for players technical path

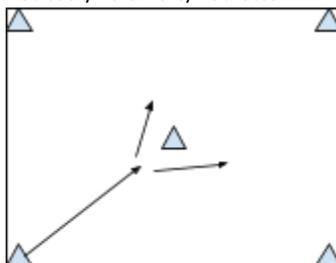


Skill Practice and Progressions

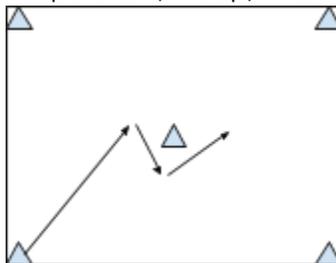
On the Ball Skill Progressions

- Players practice these skills with a virtual defender coming from any of the outside cones. For these skills you dribble straight at the defender.. Repeat with non dominant side if appropriate for players technical path

Scissor/Role Role/Roulette



Step over turn/Air step / V Push



Skill Situation

On the Ball Skill Situational Progressions

- Players drive at the final cone before the goal and complete the skill the coach names to the outside of the cone.

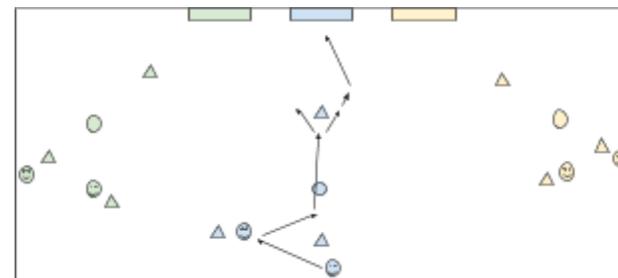


- Players rotate left to right keeping social distance at all times
- Repeat this to the inside of the cone
- Repeat the above with the remaining skills one at a time

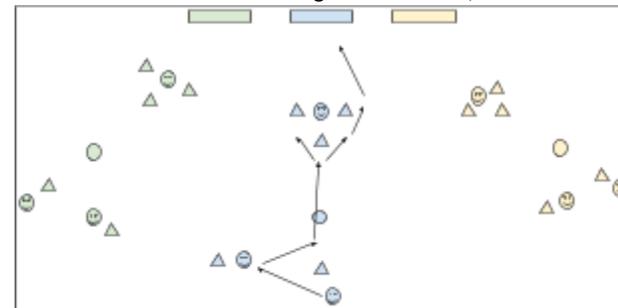
Skill Situational with decision making

On the Ball Skill Progressions

- Players wall pass to the player outside of them then retain the ball prior to the pancake then drive towards the final cone and choose which skill they would like to use and which side they would like to go, they can then take one more touch if they like and shoot. They then get the ball out of the goal with their feet then dribble back with social distance to where the bouncer is.
- Dribbler/Shooter goes to Return Dribbler goes to Wall Passer goes to Dribbler/Shooter.
- After 4 minutes rotate groups.



- Extension
 - Players in the back of the triangle(defender) wait with their ball, when the dribbling players do their skill the player instantly put their ball on the side they think the dribbler will go, if they are right the dribbler does not get to shoot.
 - Dribbler/Shooter goes to Defender (with ball) goes to Wall Passer goes to Dribbler/Shooter.

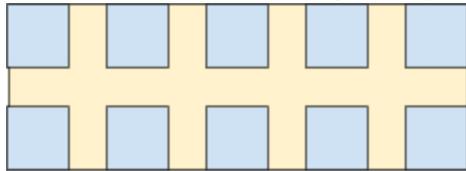


Finish with Cool Down

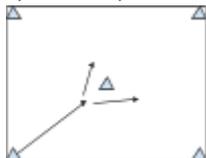
Session 3 - 1v1 Skill Repetition, Situation and Decision Making Game (Session 4 for U9/U10)

Skill Warm up

Dribbling in zone

- Organisation
 - Create personal 5m2 grids with 2.5m gaps in between for social distance playing coaching zones
- 
- Players dribble within their grids with dominant then non dominant foot while completing Physical preparation
- Physical preparation progressions
 - Start gently
 - Freeze and have players open the gate. After 30 secs, switch to close the gate
 - Continue dribbling then complete additional 2 more dynamic stretches (FIFA11+kids) every 1 minute
 - Players practice these skills inside their zone with a virtual defender coming from any of the outside cones. For these skills you dribble straight at the defender. Repeat with non dominant side if appropriate for players technical path
 - Skills
 - Single/Double Scissor
 - Sole Role
 - Roulette
 - Step over turn
 - Air Step
 - V Push
 - Repeat with non dominant side if appropriate for players technical path

Scissor/Role Role/Roulette



Step over turn/Air step / V Push

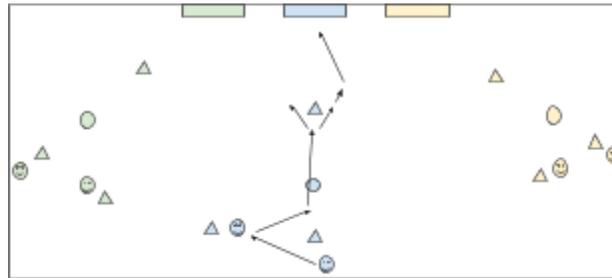


Skill Situation with decision making

On the Ball Skill Situational Progressions

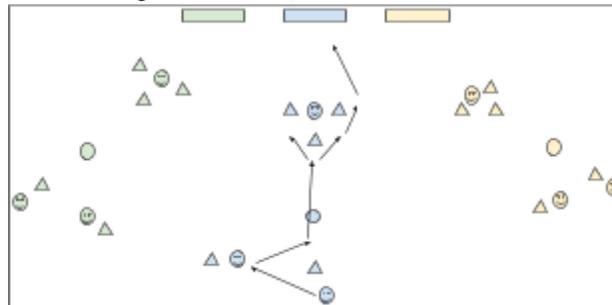
Part 1

- Players will pass to the player outside of them then retain the ball prior to the pancake then drive towards the final cone and choose which skill they would like to use and which side they would like to go, they can then take one more touch if they like and shoot. They then get the ball out of the goal with their feet then dribble back with social distance to where the bouncer is.
- Dribbler/Shooter goes to Return Dribbler goes to Wall Passer goes to Dribbler/Shooter.
- After 4 minutes rotate groups.
- If you feel your players are ready you can go directly to Part 2



Part 2

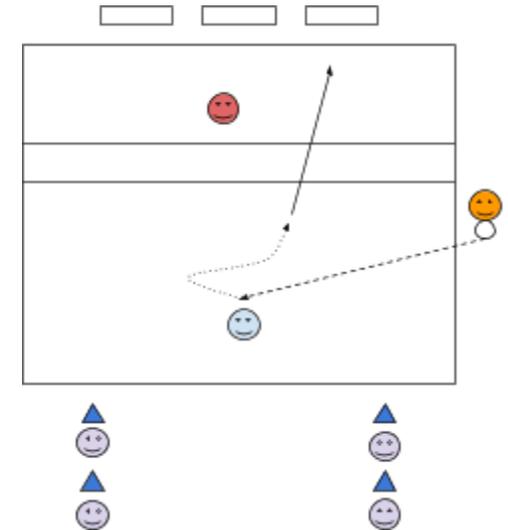
- Players in the back of the triangle(defender) wait with their ball, when the dribbling players do their skill the player instantly put their ball on the side they think the dribbler will go, if they are right the dribbler does not get to shoot.
- Dribbler/Shooter goes to Defender (with ball) goes to Wall Passer goes to Dribbler/Shooter.



Skill Decision Making Game

Trick the defender

- Organisation
 - 1v1 as below. Or is coach. Waiting players separated and 1.5m apart as shown
 - Coach plays to blue who scores with a pass into one of 3 small goals. Can use multiple touches to do skill moves to confuse red defender. Players locked to zones - must pass before reaching line.
 - If red wins the ball, score by passing to either of waiting players
 - Players move from Purple>Blue>Red (alternate blues from either side) keeping social distance
 - Encourage quick flow by driving session



- Player task: lose your opponent so you can score a goal
 - Use turns/skill moves/fakes to confuse
 - Pass quickly when you see the defender cannot cover a goal
- Progressions
 - 3 seconds to score after they receive the ball
 - Defender is moved closer to passer to decrease opportunities
 - Goals are put closer together

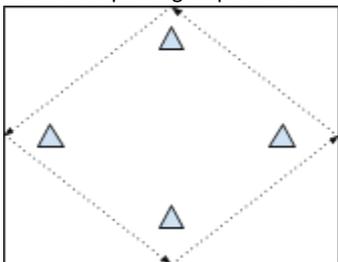
Finish with Cool Down

NWSF Max 10 Youth League and Senior Advanced Sessions

Session 1

Warm up

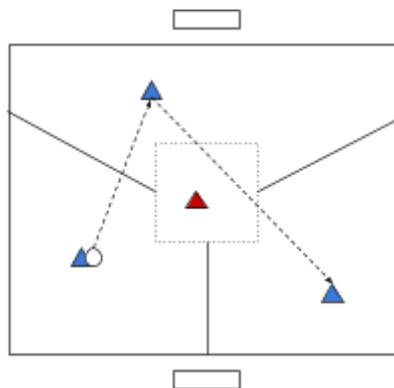
- Organisation
 - One player on each cone, spare players on bottom
 - Follow your pass
 - Continue passing sequence through diamond



- Physical preparation
 - Start gently - soft passes, light jog between cones
 - Freeze and have players do [Squat Base Mobility](#) (1x8) and [90/90 to Pigeon](#) (1x4/side)
 - Resume passes. When moving between cones, open the gate. After 1 minute, switch to close the gate
 - Freeze and have players do [World's Greatest Stretch](#) (1x4/side) and [Arabesque](#) (no pole) (1x8/side)
- After warm up is completed, have high expectations on players completing diamond at high speed & quality
 - Coaching points
 - Starting position level and outside
 - Get free
 - Touch away from defender (cone)
 - Speed/direction of pass
 - Communication between players
 - Progressions
 - Change direction of passes
 - Players start on cone then get free dynamically
 - Players combine at cone before passing forward

Training exercise

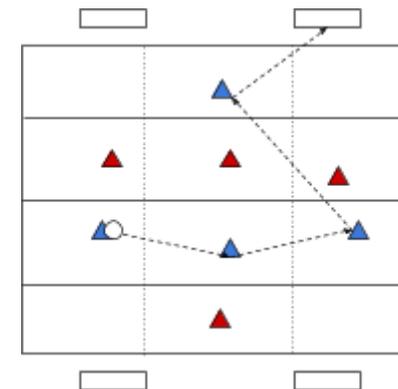
- Organisation
 - 3v1 as below (make 2 grids for your group)
 - All players locked to their zone
 - Blues pass the ball, looking to pass the ball through the central grid (pancakes) for 1 point
 - If red wins the ball, score with a pass into either of m cone (1.5m apart)
 - Players must 'get free' from cone (imagine it is a defender) before receiving pass
 - 2 small goals for 3 points. Blues can intercept this pass



- Team task: move the ball quickly to attract the defender and be able to play a killer pass
 - Player tasks
 - Move the ball quickly
 - Scan constantly
 - Open body to see ball & see defenders
 - Cues
 - Scan constantly to see if there is a gap between defenders to play a killer pass
 - If you can play a killer pass, change the pace of the ball as you play forward
 - Top player: constantly adjust your body position to be able to play a first time pass forward to score a goal

Training exercise

- Organisation
 - Two teams of 4 organised as below
 - Divide grid into four zones, with two small goals at either end
 - Players locked into zones (vertically & horizontally)
 - Blues try to pass the ball into the teammate (below waist height). When teammate receives must pass 1-touch into a small goal for a point
 - If reds win the ball they try to do the same, blues become defenders



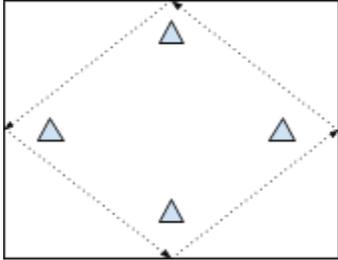
- Team task: move the ball quickly to create a gap to play through
 - Player tasks
 - Move the ball quickly
 - Scan constantly
 - Open body to see ball & see defenders
 - Cues
 - Scan constantly to see if there is a gap between defenders to play a killer pass
 - If you can play a killer pass, change the pace of the ball as you play forward
 - Top player: constantly adjust your body position to be able to play a first time pass forward to score a goal

Session 2

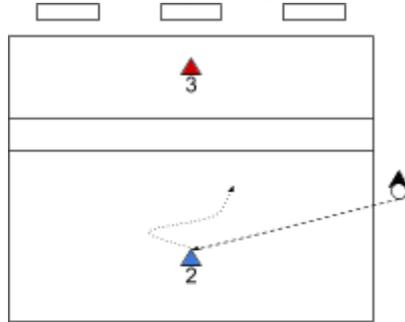
Warm up

Warm up

- Organisation
 - One player on each cone, spare players on bottom cone (1.5m apart)
 - Players must 'get free' from cone (imagine it is a defender) before receiving pass
 - Follow your pass
 - Continue passing sequence through diamond



- Physical preparation
 - Start gently - soft passes, light jog between cones



- Freeze and have players do [Squat Base Mobility](#) (1x8) and [90/90 to Pigeon](#) (1x4/side)
- Resume passes. When moving between cones, open the gate. After 1 minute, switch to close the gate
- Freeze and have players do [World's Greatest Stretch](#) (1x4/side) and [Arabesque](#) (no pole) (1x8/side)

Training exercise

Warm up (continue)

- After warm up is completed, have high expectations on players completing diamond at high speed & quality
 - Coaching points
 - Starting position level and outside
 - Get free
 - Touch away from defender (cone)
 - Speed/direction of pass
 - Communication between players
 - Progressions
 - Change direction of passes
 - Players start on cone then get free dynamically
 - Players combine at cone before passing forward

Skill game

Distract the defender

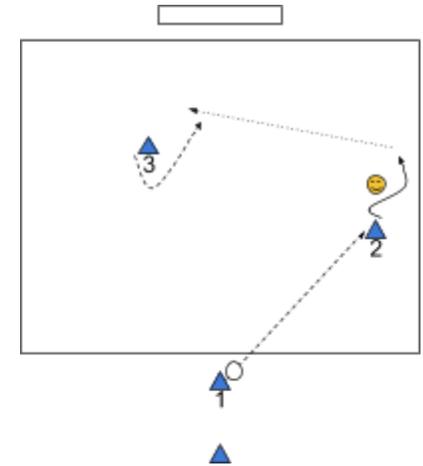
- Organisation
 - 1v1 as below. Black is coach. Waiting players separated and 1.5m apart as shown
 - Coach plays to blue who scores with a pass into one of 3 small goals. Can use multiple touches to do skill moves to confuse red defender. Players locked to zones - must pass before reaching line.
 - If red wins the ball, score by passing to either of waiting players
 - Players move from 1>2>3 (alternate 1s from either side)
 - Encourage quick flow by driving session
- Player task: lose your opponent so you can score a goal
 - Use turns/skill moves/fakes to confuse
 - Pass quickly when you see the defender cannot cover a goal
- Progressions
 - Change the starting position of (2) - back to goal, side on etc

Training exercise

Crossing & finishing

Skill moves in wide areas

- Organisation
 - Set up as below - use 7v7/9v9 goal
 - 1 passes to 2, 2 receives and uses skill move past mannequin, crosses to 3 who finishes
 - 1 > 2 > 3 who collects ball and goes back to 1
 - Drive exercise for speed & quality



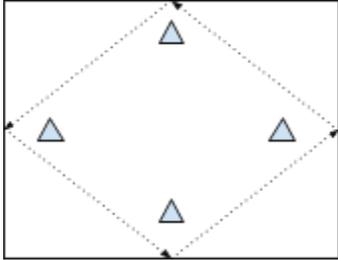
- Coaching points
 - Speed of pass from 1>2
 - Link to concepts from Session 1
 - 2 using skill moves effectively
 - Encourage/motivate players to visualise this moment of going beyond a defender - 'make it real'
 - Quality of cross & finish
 - 9 must arc their run before attacking the ball

Session 3

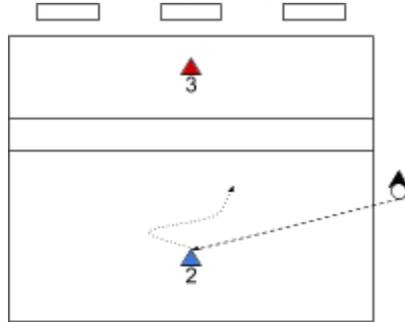
Warm up

Warm up

- Organisation
 - One player on each cone, spare players on bottom cone (1.5m apart)
 - Players must 'get free' from cone (imagine it is a defender) before receiving pass
 - Follow your pass
 - Continue passing sequence through diamond



- Physical preparation
 - Start gently - soft passes, light jog between cones



- Freeze and have players do [Squat Base Mobility](#) (1x8) and [90/90 to Pigeon](#) (1x4/side)
- Resume passes. When moving between cones, open the gate. After 1 minute, switch to close the gate
- Freeze and have players do [World's Greatest Stretch](#) (1x4/side) and [Arabesque](#) (no pole) (1x8/side)

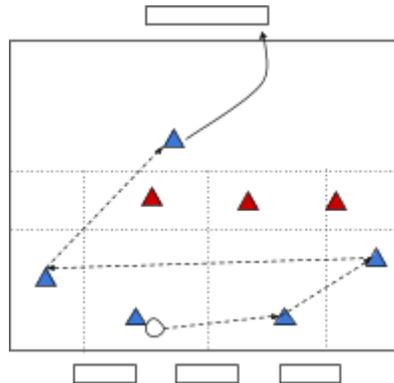
Training exercise

Warm up (Continue)

- After warm up is completed, have high expectations on players completing diamond at high speed & quality
 - Coaching points
 - Starting position level and outside
 - Get free
 - Touch away from defender (cone)
 - Speed/direction of pass
 - Communication between players
 - Progressions
 - Change direction of passes
 - Players start on cone then get free dynamically
 - Players combine at cone before passing forward

Technical Training

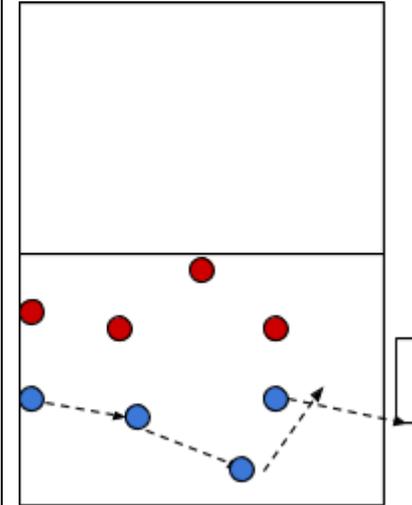
- Organisation
 - Set up as below - use 7v7/9v9 goal
 - "Back four" or "midfield & wingers" pass between each other, looking to play through to striker who must finish 1-2 touch
 - Players locked to zones (including reds - can only be in 1 neighbouring zone)
 - If reds win ball score with pass into 3 small goals



- Team task: move the ball quickly to attract the defender and be able to play a killer pass
 - Player tasks
 - Move the ball quickly
 - Scan constantly
 - Open body to see ball & see defenders

Training exercise

- Organisation
 - Set up as below - centre-back playing into 6, who passes to winger who crosses for striker to finish
 - Players return to their positions
 - Blue goes first, then red, then blue



- Coaching points
 - Link back to Session 2 (if your squad did it)
 - Encourage quality passing
 - Position-specific behaviours
 - 3+4 drive on first touch
 - 6 get free to face forward
 - 7+11 using skill moves
 - 9 arcing run to get free and score (penalty box behaviours)



ADDITIONAL PRACTICES

For MAX 10 - No Contact - COVID 19 - 2020 Guidelines

The practices below were put together as part of the ACPE Monday Night Coaches' Club.

You can use these practices (drills) to put together your own sessions. Please ensure these are appropriate for the age and ability of your players.

Feel free to mix them with the FFA or NWSF practices if you feel it would suit your squad better.

Many great coaches help put these together with special mention to:

- Rob Sherman - Former FFA Technical Director
- Jack Brazil - Professional Coach in Norway

Thanks to Gareth Long, Warren Grieves, Christopher Adams and Drew Taylor for making these great coach education webinars for us all to enjoy and develop.

To register go to <http://acpe.edu.au/mncc2020/>

We hope you enjoy the practices!

Tim Thorne
NWSF Head of Football





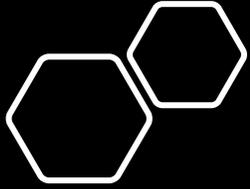
THE RETURN TO COACHING: IDEAS FOR COACHING UNDER COVID-19 RESTRICTIONS



ACPE
AUSTRALIAN COLLEGE OF
PHYSICAL EDUCATION



#MONDAYNIGHTCC



Before you
start...



Thank you to everyone who has joined in the #MondayNightCC.

This resource has been created as a result of the webinar held on Wednesday 20th May in response to the COVID-19 restrictions.

The sessions provided are from the coaches who attend.

Thank you for collaborating and sharing.

Apologies where recognition hasn't been included.

Apologies for the different designs.

It is the responsibility of the coach delivering the sessions to ensure that they meet the COVID-19 guidelines. Check the latest advice before deciding whether the ideas in the following resource are suitable.

#MONDAYNIGHTCC

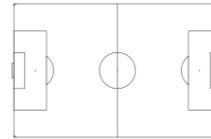
ARRIVAL GAMES - 1ST TOUCH RONDO



4



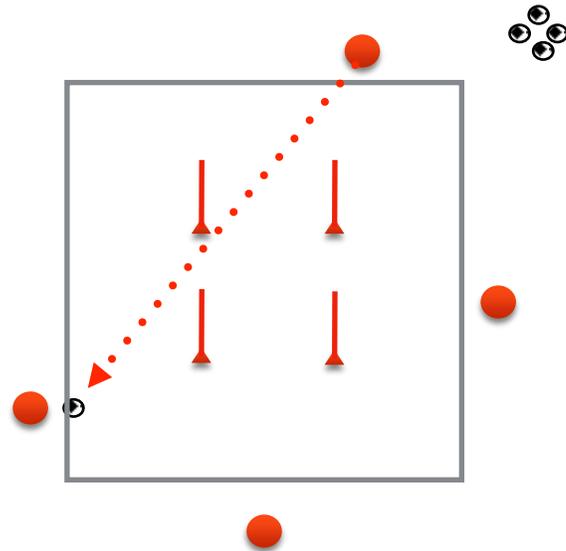
10mins



8 x 8

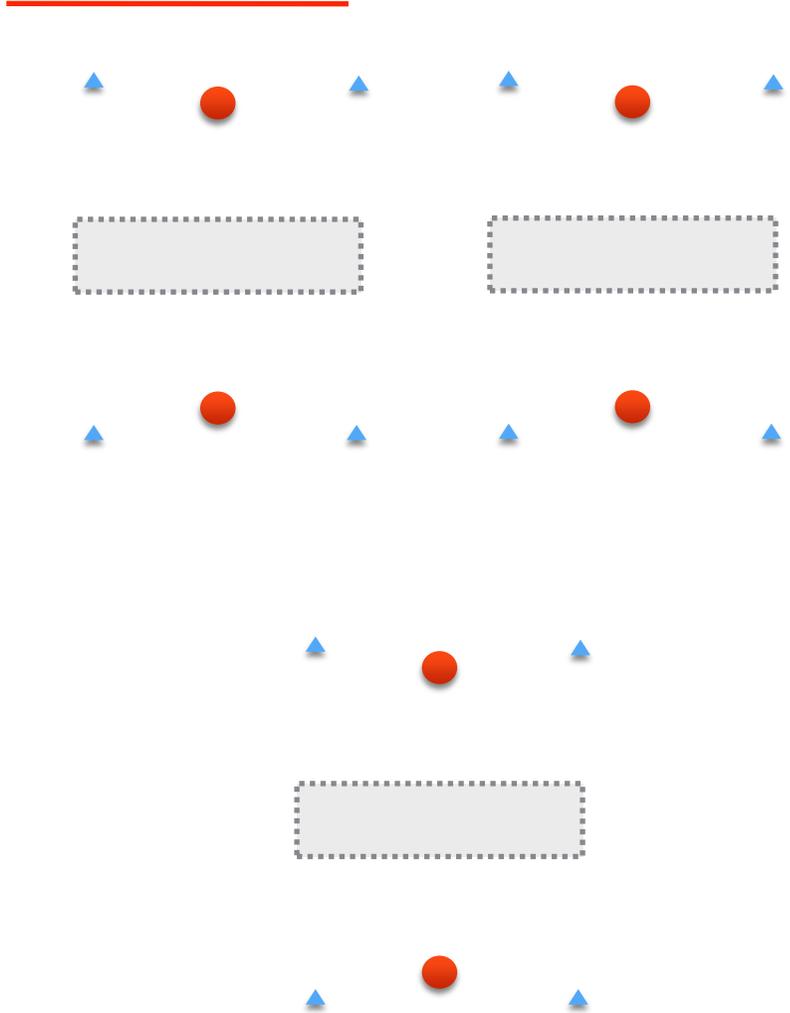


Not needed



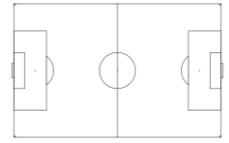
- **Organisation** - The minimum group size is 4. The square is set out with markers. Poles set out the central passing lane. Maximum of 2 touches.
- **Objective** - The player receiving the ball aims to play the ball back through the central area. 1st team to pass through the poles 20 times wins.
- **Observation** -
 1. Can the attacker shift the ball off his first touch
 2. Can the player control the ball on the move?
 3. Does the player receiving display disguise or double movements
 4. Players off the ball move to create a clear passing lane through the central area

ARRIVAL GAMES - FOOT TENNIS



 3 groups of 2

 10mins

 Small tight

 Not needed

- **Organisation** - 3 foot tennis courts. Ball can bounce once inside the court on each point.
- **Objective** - Win points like tennis or work as a team against the other courts to have the longest rally.



MIDFIELD RELATIONSHIPS

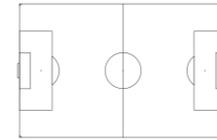
- **Organisation** - Cones. Balls, Bibs. The ball starts with one of the yellow players on the outside of the grid off a switch between players. Each time the ball is passed into central areas each player inside the grid must touch the ball before a pass to the outside player on the opposite side can be made. Once the player at the end receives the ball they sprint to the starting point. The dark players are passive defenders who block passing lanes. Rotate players to inside the grid every 3 minutes.



8 up



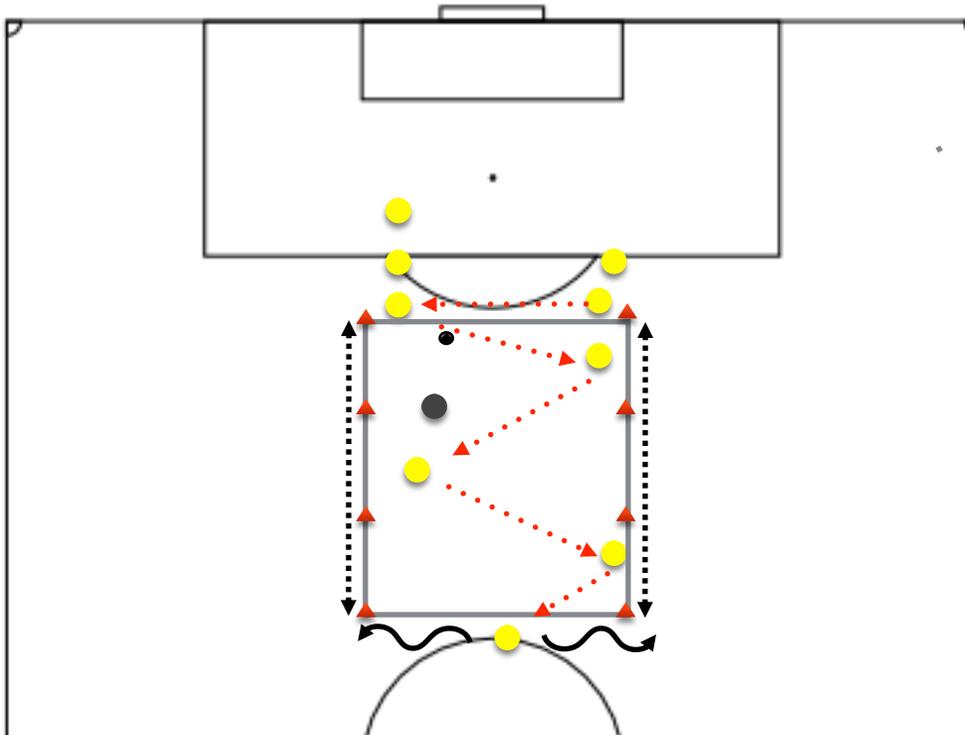
10mins



20 x 30



Not needed

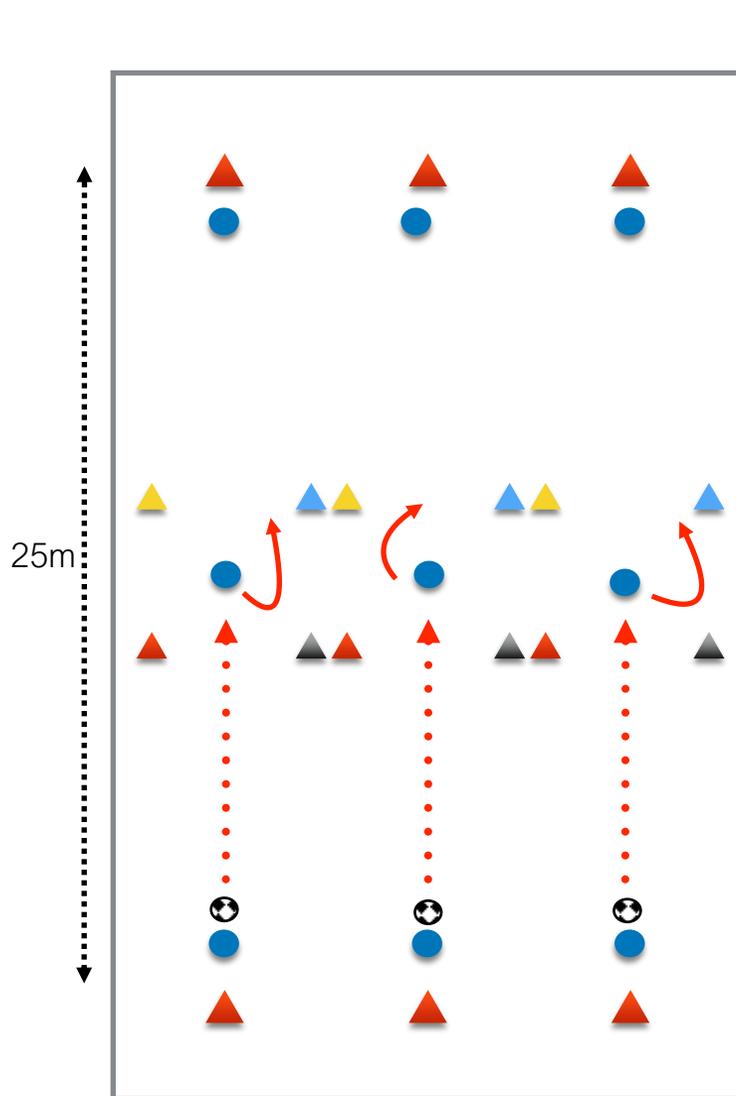


- **Objective** - This is a great passing practice for midfield movement and relationships. Players have a lot of opportunities to practice their first touch and passing technique.

- **Observation** -

1. Movement of the players to receive a pass.
2. Can players inside the grid occupy different levels
3. Midfield - 1st touch
4. Midfield - Movement to support player on the ball
5. Outside players - Scan early for early passing decisions (Body Position)
6. Details of pass - (which foot, Speed of pass)

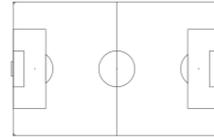
CENTRAL MIDFIELD COMBINATIONS



9



10/20 minutes



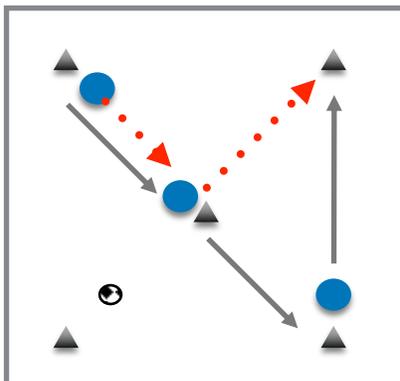
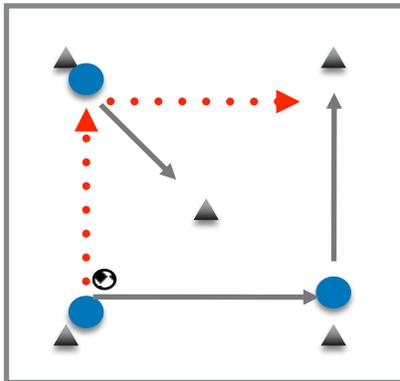
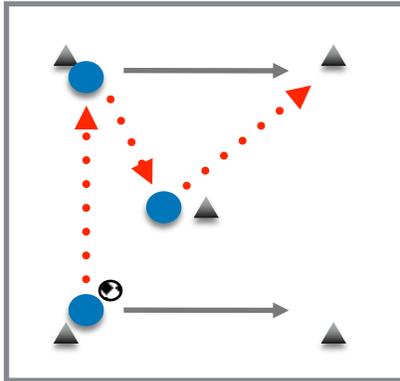
25m - 5 x 5
Grid



Not needed

- **Organisation** - Cones/Poles 4 colours . The ball starts with player at one end the ball is passed into central grid. the player turns and plays the ball to the player at the opposite side. Rotate players to inside the grid every 2 - 3 minutes.
- **Objective** - How many passes in 1.30sec
- **Observation** -
 1. Scanning shoulder
 2. 1st touch
 3. Variation of turns
- **Progressions:**
 1. Before the ball is passed by the player at one they call a colour(red, black , Blue or yellow) the player turns in that direction.
 2. Before the ball is passed by the player at one they call a colour(red, black , Blue or yellow) the player turns in the opposite direction
 3. Change cones around

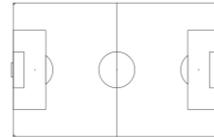
FIVE POINT GAME



3 groups of 3



10 minutes



3 grids of 12 x 12 ,adjust age ability



Not needed

- **Organisation** - Cones , Balls . The ball starts with any player on any cone who passes to the ball to a team mate. Once a player passes they move to the adjacent cone. (players must move cones after each pass) The ball can not be played diagonally from one corner of the square to the other (Triangles)

- **Objective** - How many passes in 1.00 minute

- **Observation** -

1. Weight of pass
2. 1st touch
3. Play the way you're facing
4. Communication
5. Quick movement off the ball

- **Progressions:**

1. Put mannequins or obstacles in passing lanes.

BREAKING LINES

- **Organisation** - Cones/Poles. Mini goal The ball starts with coach who plays the ball to either blue 6 or 8. the player turns and plays the ball to the player at the opposite side.



10/20 minutes

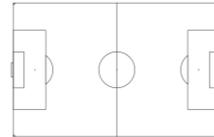
- **Objective** -

Attacking-

1. Play the ball from the 6 and 8 to the 10 and 9 who combine to score in large goal

Defense-

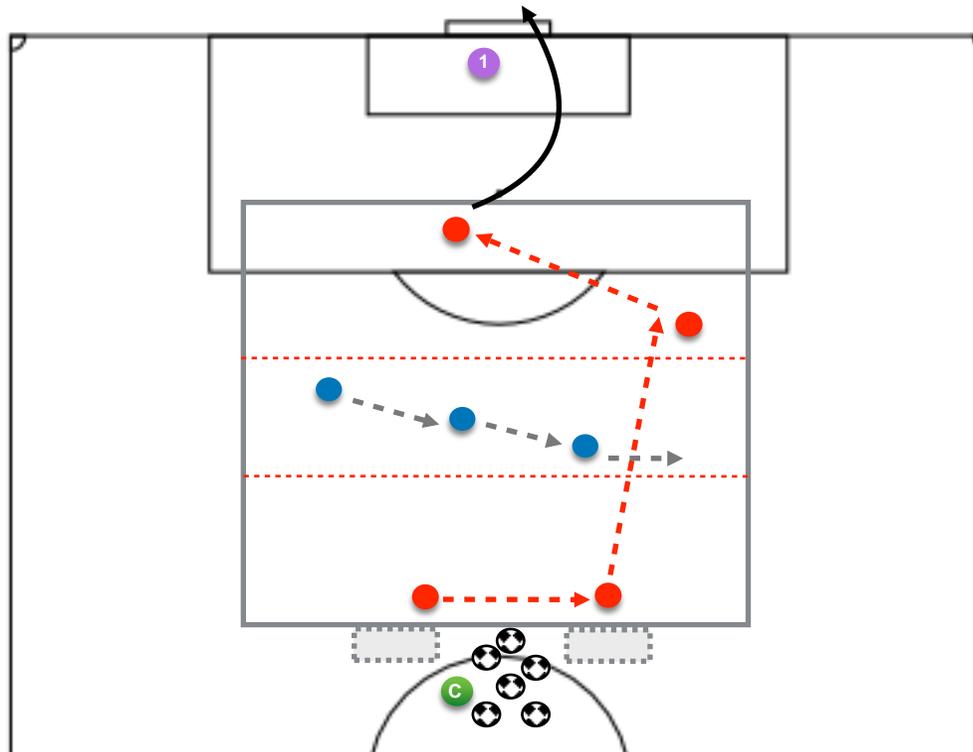
1. Screen forward passes
2. Intercept and score in small goals



Tight 1/4 -
1/2 pitch



Not needed



- **Observation** -

Attacking:

1. Recognising moments to play forward and when to switch the play
2. Body position on first touch
3. Variation of turns
4. Movement to receive the ball between lines
5. Decision of finish (power , accuracy)

Defensive:

1. Slide across as a unit
2. Tilt underneath (far side)
3. Communication between players

- **Progressions:**

1. Limit touches in attacking 1/2
2. First time finish
3. Blue intercept and finish in small goals

BREAKING LINES V2

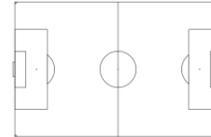
- **Organisation** - Cones/Poles/Bibs and Mini goals .The ball starts with coach who plays the ball to red team. The Red team aim to pass the ball to tree team on the opposite side of the field. rotate into central zone ever 3 minutes



9



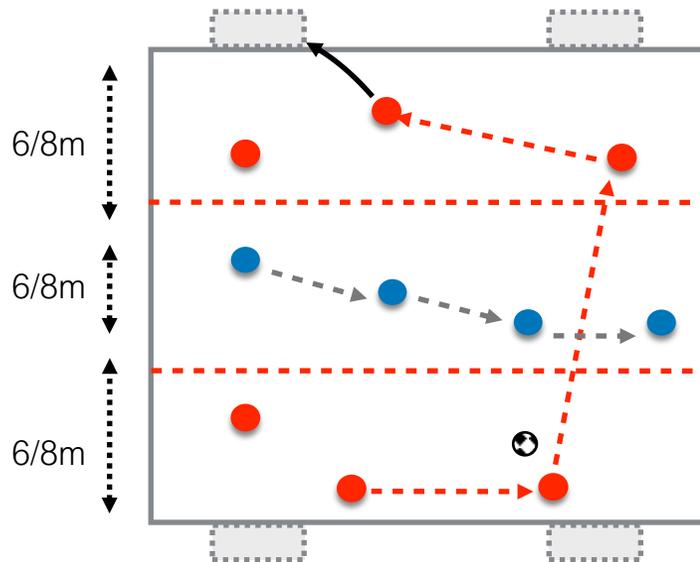
10/15 minutes



40 x 30



Not needed



- **Objective** -

Attacking-

1. Play the ball from one side of the grid to the other without.

Defense-

1. Screen forward passes
2. Intercept and score in small goals

- **Observation** -

Attacking:

1. Recognising moments to play forward and when to switch the play
2. Body position on first touch
3. Scanning to play forward
4. Variation of turns
5. Movement to receive the ball between lines
6. Decision of finish (power , accuracy)

Defensive:

1. Slide across as a unit
2. Tilt underneath (far side)
3. Communication between players

BREAKING LINES

- **Organisation** - Cones/Poles. The ball starts with coach who plays the ball to either blue or red. Blue replicate 9,7,11,10 and 8. Red replicate 2 , 3 , 4 and 5.



9

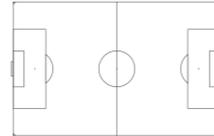


10/15 minutes

- **Objective** -

White has the ball:

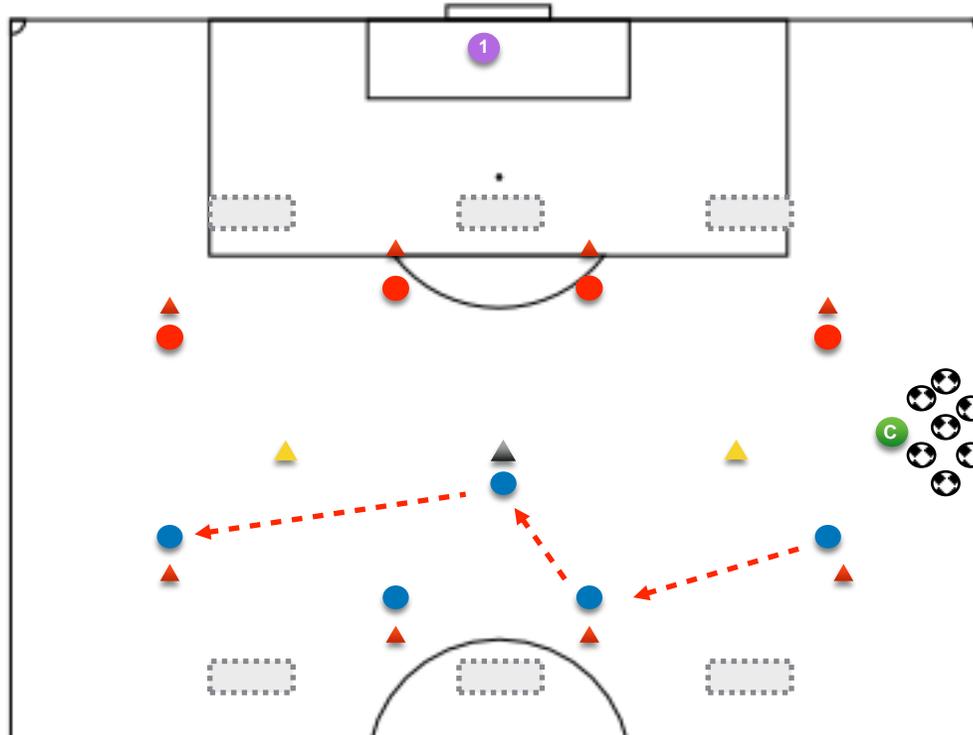
1. White team-Quick passes between each other inside their grid.
2. Red team- Slide to cover passing lanes as a defensive unit



40 x 30



Not needed



- **Observation** -

Attacking:

1. Recognising moments to play forward and when to switch the play
2. Body position on first touch
3. Variation of turns
4. Movement to receive the ball between lines
5. Decision of finish (power , accuracy)

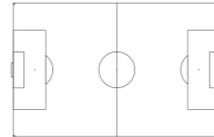
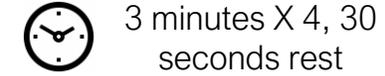
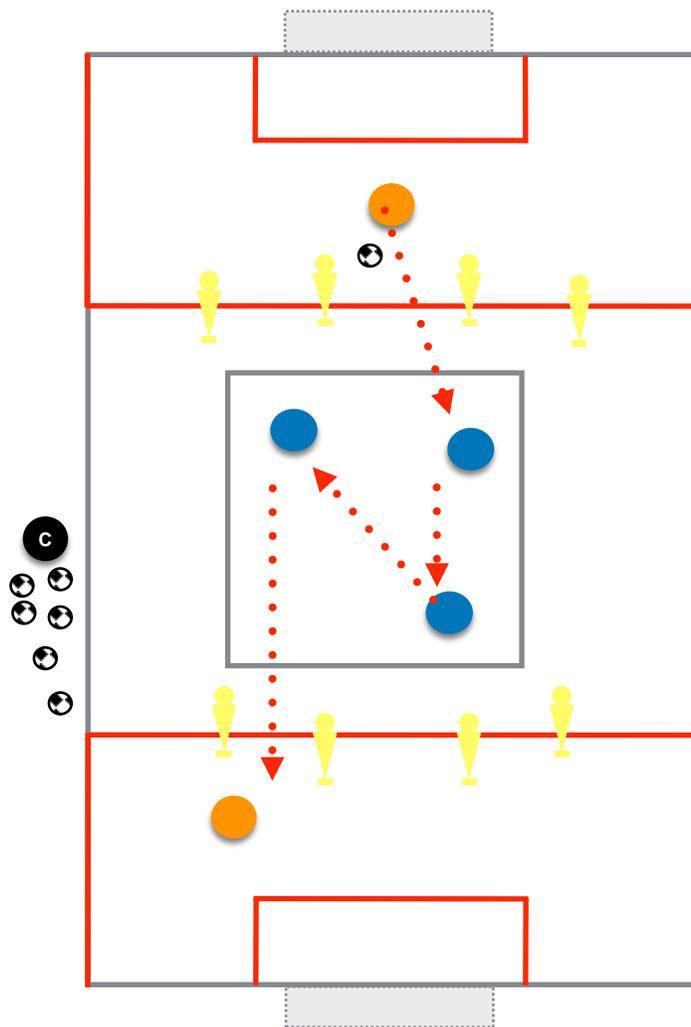
Defensive:

1. Slide across as a unit
2. Tilt underneath (far side)
3. Communication between players

- **Progressions:**

1. Finish with a shot into goals on the opposite side
2. Can only finish/Pass into goal with 1st time pass
3. Intercept and finish
4. Feed both teams
5. Divide field into 2v2 or 3 v 3

PLAYING THROUGH MIDFIELD



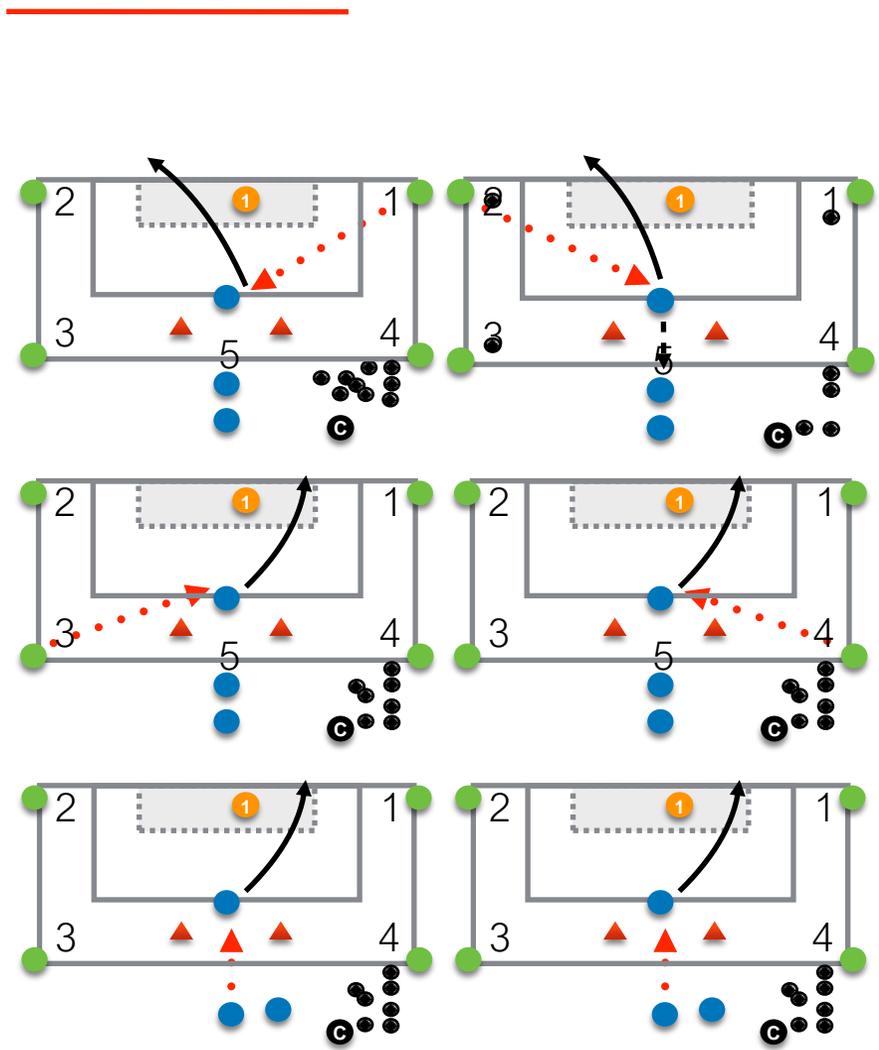
8 x 8



Not needed

- **Organisation** - Cones , Mannequins /poles. The ball starts with one of the outside players the. Each time the ball is passed into central areas each player inside the grid must touch the ball before a pass to the outside player on the opposite side can be made. The games works best if played in two identical grids with two teams competing against each other. Rotate players to inside the grid every 3 minutes.
- **Objective** - A goal is scored each time the ball is played successfully between the mannequins from one side to the other. The outside player cannot return the ball through the same pair of mannequins or to the same player.
- **Observation** -
 1. Movement of the outside players to receive a pass.
 2. Outside players - shift the 1st touch
 3. Midfield - 1st touch
 4. Midfield - Movement to support player on the ball
 5. Different passing techniques (Inside foot , Laces , Weight)
- **Progressions** - Limit touches on the players inside the grid

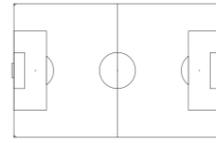
SHOOT ON SIGHT



4 v 4+ GK up



6 shots each for 15 /20min



Penalty area



Not needed

- Organisation** - The ball is played in by outside players one at a time to the central player who shoots into the goal. After each shot the central must recover between red cones before receiving the next pass. Outside player move clockwise after each pass until they reach the top of the box. Shooter moves to 1st station on the outside of the box.
- Objective** - Each player keeps score of how many goals are scored in the session.
- Observation** -
 1. Angle & timing of run
 2. Variety of finishes
 3. 1st time finish or 1st touch to finish
- Progressions** - Vary the pass from the outside. No shots inside the 6 yard box.

CROSSES AND FINISHES

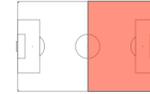
⦿ **Organisation** - The goalkeeper begins the game with a volley over the attacking team to the coach or midfielder. Once they control the ball, a pass is made to one of the wide players who drives into the grid at the side of the field and crosses. The players who are lined up behind the goal then sprint to their attacking positions. Once it is finished the players swap positions and the action starts again.



5 up



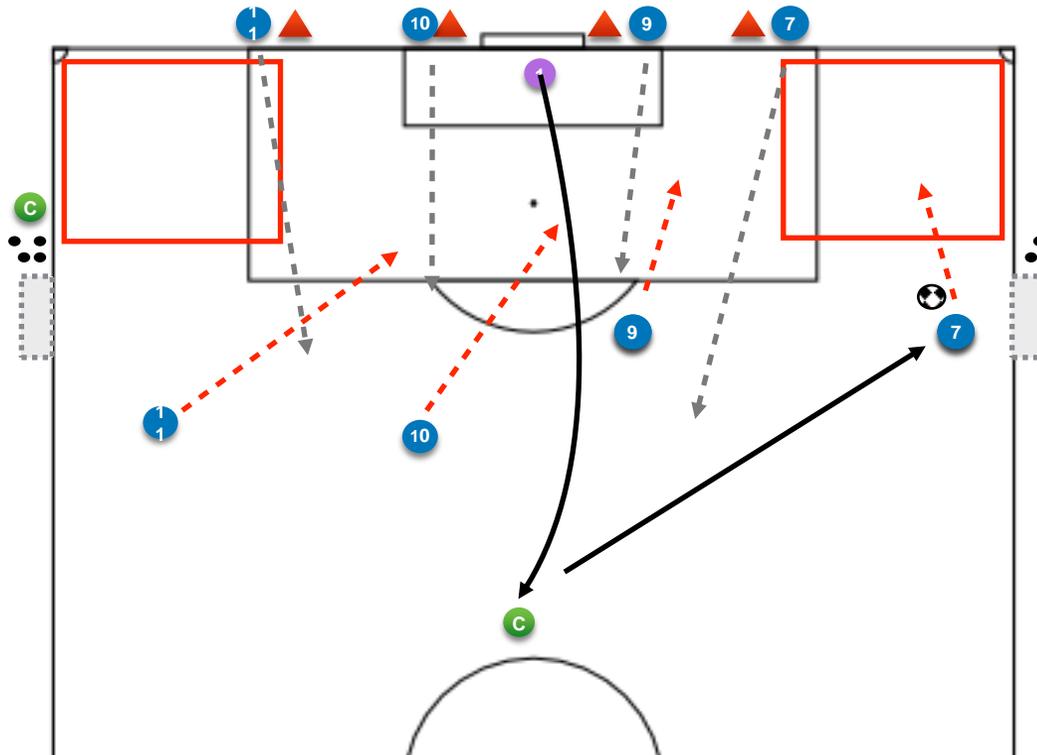
15/20m



1/2 Field



Not needed



⦿ Observations

Attacking:

1. Runs into the box once predicting crosses
2. Timing of runs
3. Technique on crosses
4. Choice of crosses into the box
5. How do the players react to the 2nd phase

Defensive:

6. GK Positioning
7. GK coming for crosses

GRIDS - DISTANCE RUNNING



2 up



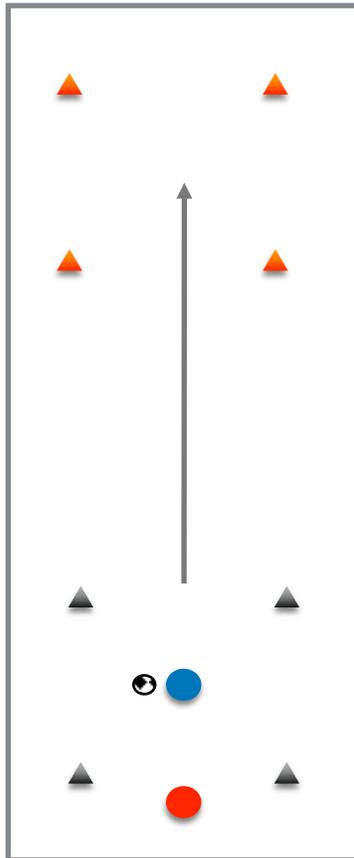
10/15min



30m , 5 x 5
grids



Not
needed



- **Organisation** - Cones/Poles. 2 x 5x5 grids

- **Objective** -

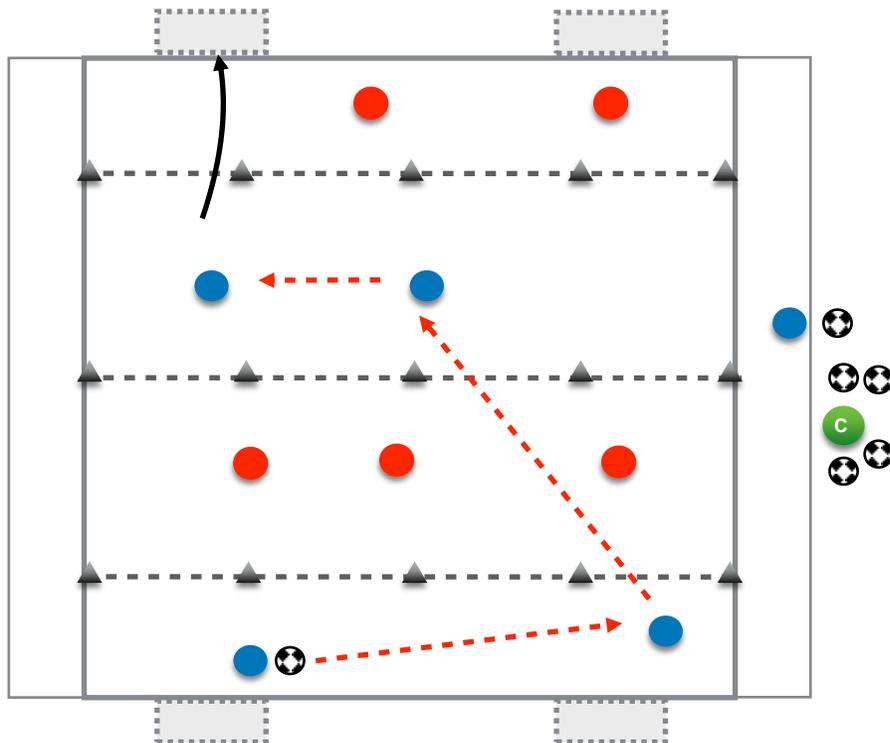
1. Blue player aims to juggle 10 times with the ball
2. Blue player then sprints to box opposite and completes 4 passes to red player.
3. Blue player sprints back to 1st grid
4. Repeat 4 times then red swaps with blue

- **Progressions** -

1. Change distance between grids
2. Change Juggles to ??
3. Change pass technique (Headers , Volleys)

BREAKING LINES V3

- **Organisation** - Cones/Bibs and Mini goals .The field is broken up into 8 x 4x4 grids in the central area with narrow end and wide zones. The game starts with the coach feeding the ball to one team in the end narrow zones.
- **Objective** - Keep possession in the central 3v3 zone - moving the ball to unbalance the defence. When a gap appears play a penetrating pass through the opponent's defence towards the blue striker who can score. If the reds intercept the ball they aim to counter attack with the same rules applying.



2 up



10/15min



30m , 5 x 5 grids



Not needed

• Observation -

Attacking:

1. Recognising moments to play forward and when to switch the play
2. Body position on first touch
3. Scanning to play forward
4. Variation of turns
5. Movement to receive the ball between lines
6. Decision of finish (power , accuracy)

Defensive:

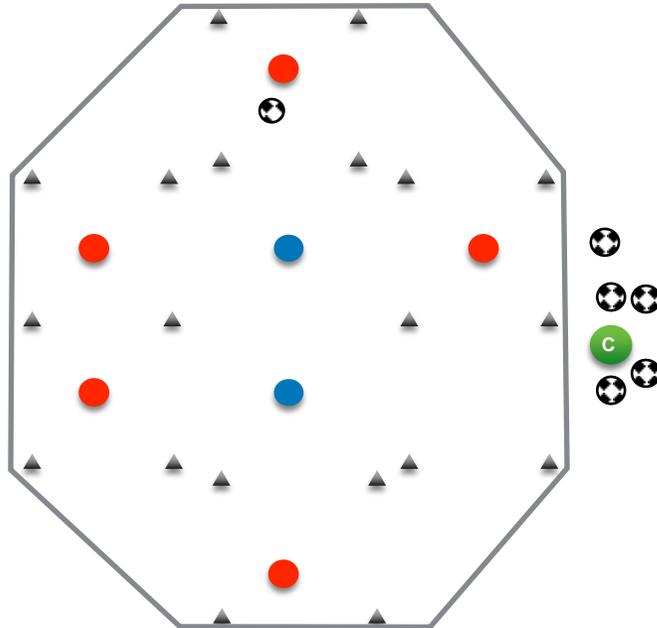
1. Slide across as a unit avoid getting split
2. Tilt underneath (far side)
3. Counter quickly when possible , when not value possession
4. Can you dictate where the opponent plays the ball using body position
5. Force them to play predictable football and then win an intercept

RONDO 5 v 2

- **Organisation** - Cones/Bibs and Mini goals .The field is broken up into 6 x 3x3 grids. The game starts with the coach feeding the ball to a red player in one of the grids

- **Objective** -

1. 1 point attacking team strings 8 passes together
2. 1 point defending team if they intercept
3. Five attacking players look to combine with their team mates to keep possession whilst the players inside the central zone look to intercept.
4. After a playing a pass to a team mate , you can move to a free grid to support the play.



7



10/15min



6 x 3 x3
grids



Not
needed

- **Observation** -

Attacking:

1. Penetration - Can you combine to create opportunities to play through the central defensive players
2. Support - Passing positions left/right/centre and far
3. Communication
4. Types of combination passes - Around/Through /Under/over

- **Progressions** -

1. Defenders stay in the middle for 30sec - 1min
2. Attacking player who loses possession and their team mate on the left go into the central zone and swap with the defensive players

2 v 2 ZONAL ATTACK

- **Organisation** - Cones/Poles/Bibs and Mini goals .The ball starts with coach who plays the ball to red or blue team.The team with the ball aims to score in the goals on the opposite side of the field. The defensive team aims to intercept passes and score in the goals on the opposite side of the field.

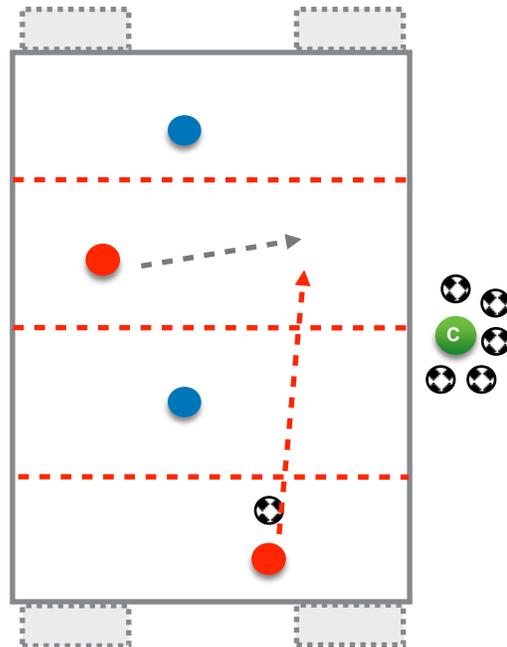
- **Objective** -

Attacking-

1. Play the ball from one side of the grid to the other and score in the goals.

Defense-

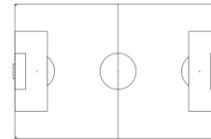
1. Screen forward passes
2. Intercept and score in small goals



4 up



10/15 minutes



40 x 30



Not needed

- **Observation** -

Attacking:

1. Recognising moments to play forward and when to switch the play
2. Movement to receive the ball between lines
3. Decision of finish (power , accuracy) 1st time or first touch
4. Penetration - Can you play penetrating passes

Defensive:

1. Slide to intercept
2. Communication from the player behind of what passing lane to cover
3. Scan over shoulder
4. Delay passes forward

- **Progressions** -

1. Shot clock
2. No passes over knee height

PENETRATING PASSES

- **Organisation** - Cones/Poles/Bibs. Player on either side of the grids play diagonal passes between grids.



9



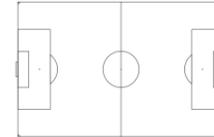
10/15 minutes

- **Objective** -

1. To score a point all four players must complete 1 pass and get the ball back to the start point. 60/90 seconds then rest and swap out passive defender.

CONE OR MANEQUIN - LITTLE/NO PDE - Set passing pattern

CENTRAL LANE DEFENDER - PDE - No set passing pattern. Shift defender to play forward.



8 x 4 x 4 grids



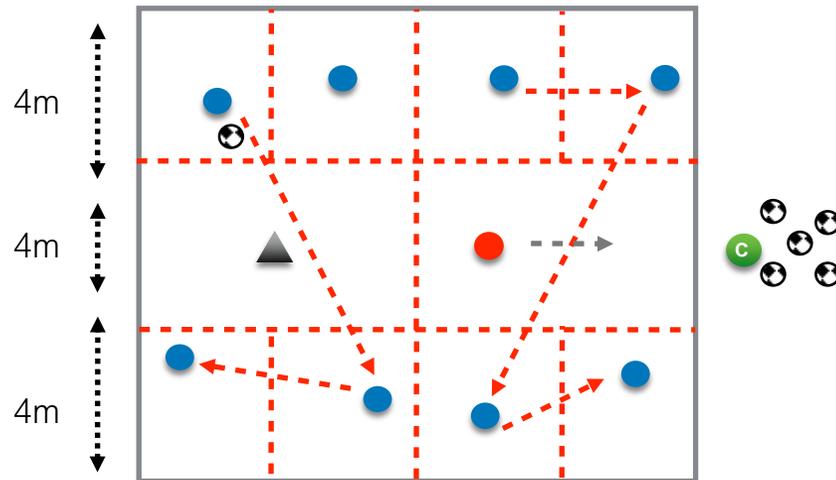
Not needed

- **Observation** -

1. 1st touch
2. Body position to receive the ball
3. Passing - Inside , laces , outside
4. Scan before receiving pass
5. With central lane defender - Recognise when to pass forward
6. Scan before receiving pass

- **Progressions** -

1. 2 touch
2. 1 touch

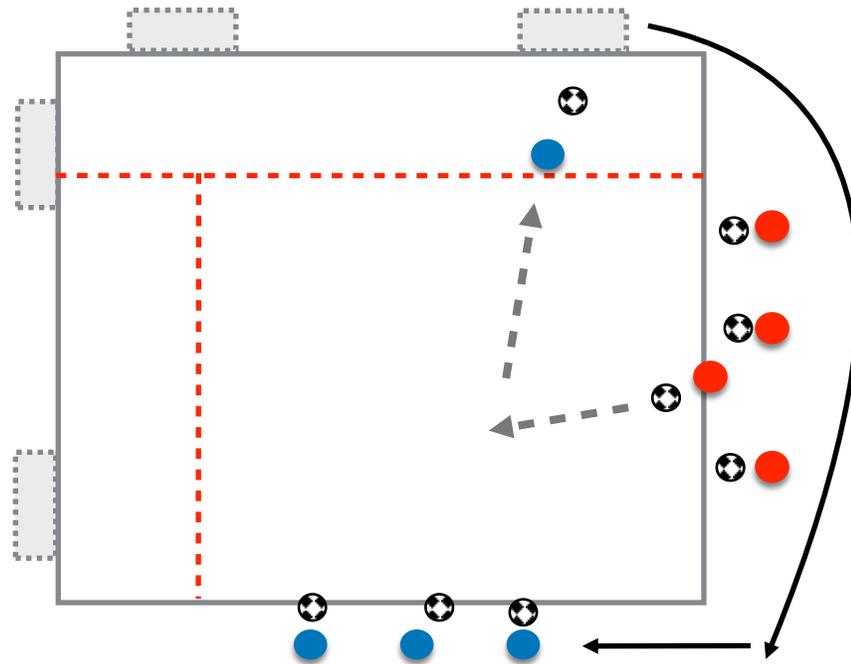


SHOOTING ON THE RUN

- **Organisation** - Cones/Poles/Bibs and Mini goals with shooting zones. Blues dribble the ball quickly into the scoring zone to score in either goal. As soon as blues shoot then reds dribble quickly in the goals opposite them and repeat.

- **Objective** -

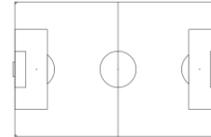
1. Personal mobility , Penetrating runs & Penetrating shots on goal.



8



10/15 minutes



25 x 25



Not needed

- **Observation** -

1. Personal mobility - Run faster with or without the ball ?
Keep the ball under control at speed
2. Penetrating Runs - Direction of explosive action and option of 1 v 1
3. Penetrating Shots on goal - Players take their shots on goal quickly and then get ready for the defensive phase of play quickly

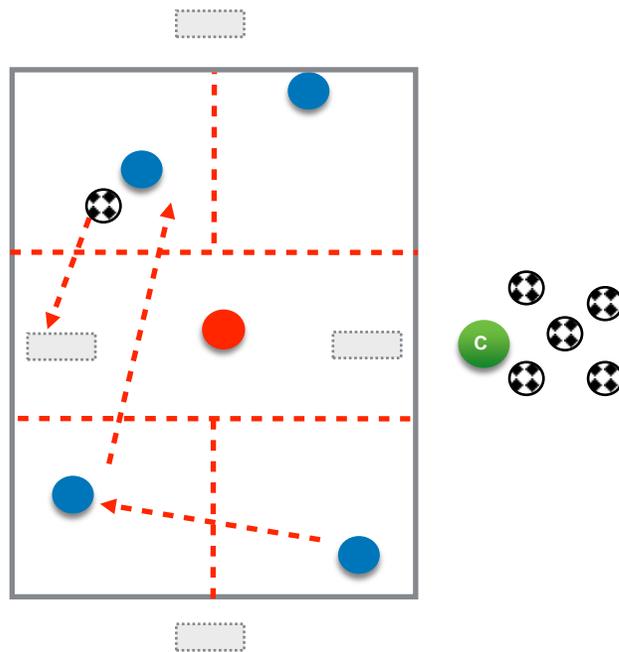
- **Progression** -

1. Make the grid larger
2. Make the grid smaller
3. Change the direction of the field to have goals facing each other at either end.

4 V 1 MINI GOAL RONDO

- **Organisation** - Cones/Poles/Bibs, four goals. Four blue players combine and score in any of the central goals. Red defender looks to intercept the chances on goal.

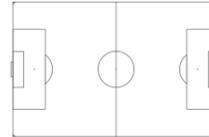
- **Objective** -
 1. Improvisation , Penetrating passes , Supporting positions. Defending Delay and dictate.



5



10/15 minutes



8 x 4 x 4
grids



Not needed

- **Observation** -

1. Improvisation - Can you beat your opponent with disguised 1st touch , explosive 1st touch and supporting runs off the ball
2. Penetration - Can you as an attacker combine with your teammates to play a penetrating pass
3. Support - Communication , passing positions left/ right/centre (far)
4. Types of combination passes - Around /Through /Under /Over

- **Progressions** -

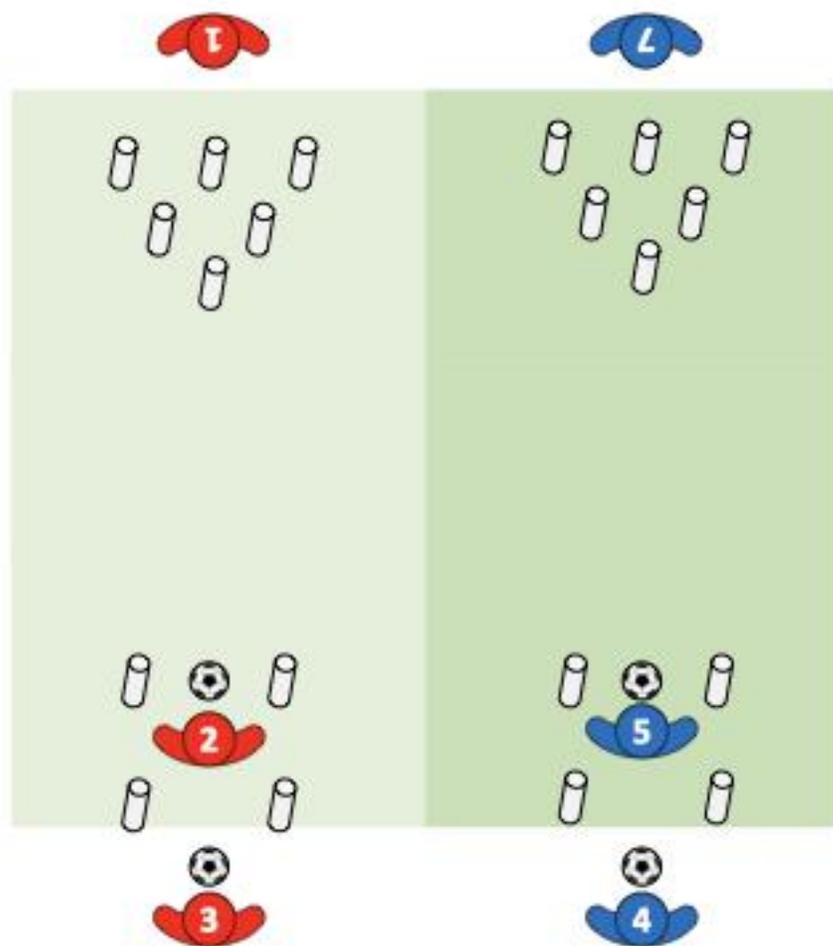
1. Time limit - Swap if team doesn't score in allocated time
2. No pass over knee high
3. If the defender wins possession can score in any of the two goals on the outside of the field.

Session: Soccer Bowling

Principles in Focus: Penetration

10 mins

Organisation:



DESCRIPTION:

- Divide the group into two teams
- Either larger markers to knock over or six footballs on cones per team replicating bowling pins
- One player behind the cones as "The Collector"

START:

- Players dribble forward and strike the ball attempting to knock over as many "bowling pins".
- Once the strike has been taken, the collector passes the ball back to their teammates for the next player's attempt.
- The team to knock over all the bowling pins the quickest wins.

PROGRESSION:

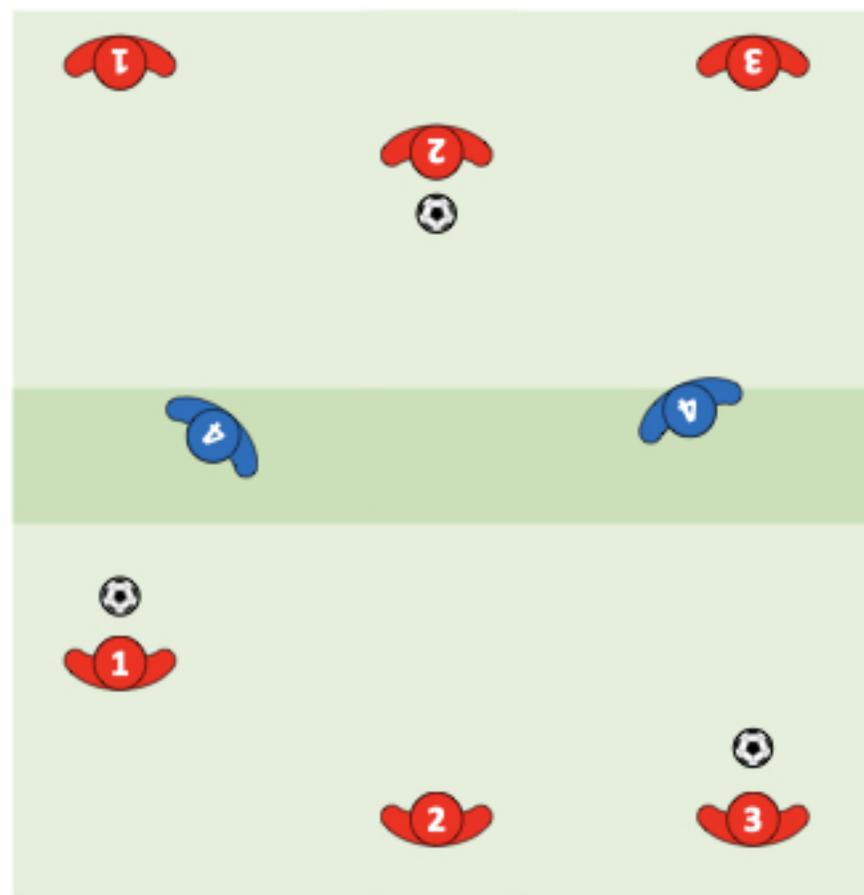
- Set a time limit or a leaderboard - "Can you knock the pins over quicker than your last time?"
- If too hard, move the starting position forward
- If too easy, move the starting position back
- Collector to choose between collecting the footballs for their team or blocking the footballs from their opponents pins.
- Challenge: Can you knock over the pins using different parts of your foot - laces, inside of foot, outside of foot, toes, sole, heel?

Session: Space Invaders

Principles in Focus: Mobility, Penetration, Support

10 mins

Organisation:



DESCRIPTION:

- Divide group into pairs with one ball per pair
- One pair starts as space invaders in the middle

START:

- Space invaders (Blue) keep moving from side to side inside their central channel
- Attackers (Red) can move in their half of the field to pass and receive the ball

PROGRESSION:

- Set a time limit (most number of passes inside 30seconds without the space invaders stealing the ball)
- 1 point (Attackers) - each successful pass between attackers (highest scoring partnership wins)
- 1 point (Space Invaders) - each interception.
- Rotate space invaders after each time frame
- Make the space bigger if needed - or have set channels for players to pass the ball to their partner
- Make the space smaller - increase difficulty
- Players can pass to anyone on the other side - work as a whole team.

HINTS / CUES:

- First touch away from pressure
- Movement off the ball to create passing angles of support - Lines of pass
- Penetrating passes - speed of the ball moving from one side to the other - range of passes (short/ long)

Blue team

- Penetration

Yellow team

- Defensive connectivity

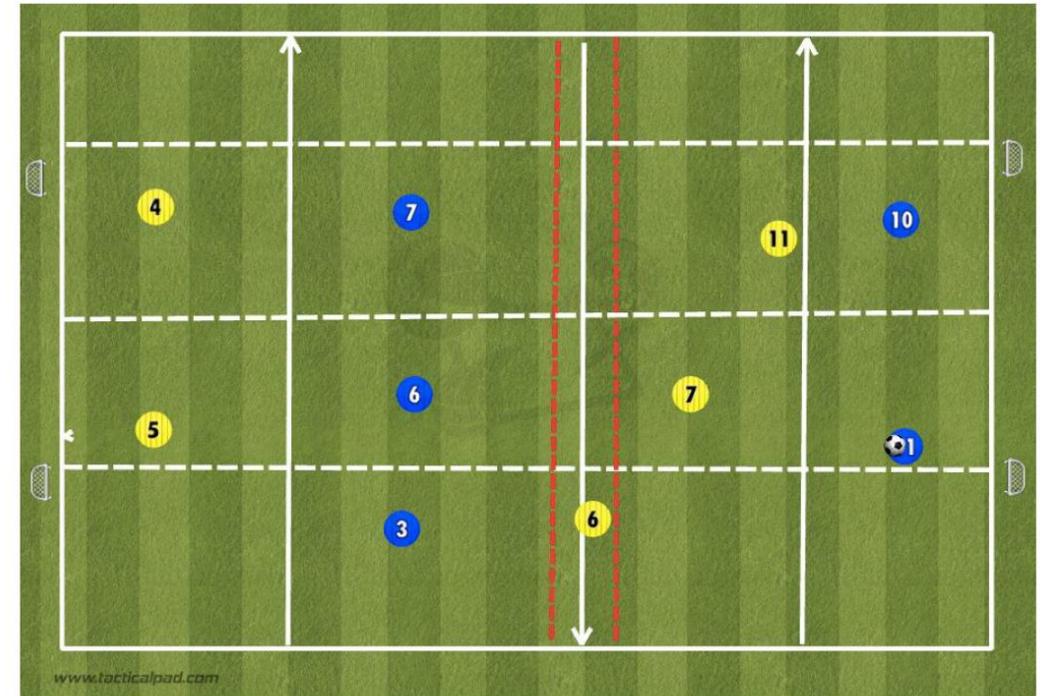
Blues look to play forward to their teammates who then look to score.

Progression:

- Extra point for playing between defenders, rather than around

Yellows look to defend with even spacing to prevent passes in between. No more than 1 player per zone. If they win the ball via interception, the roles reverse.

The red zone represents a **covering zone**. Appropriate player dropping in to prevent a through ball. Furthest player from the ball looks to passively press the free player





Incisive Possession

Category: Tactical: Attacking principles

Difficulty: Moderate

Samuel Gray, Wagga Wagga, Australia
Individual-Adult Member

Scoring!

Ball Possession

Incisive Possession in Central Areas

- Coach starts with the ball and begins the practice by passing out to any BLACK MF player who should try to combine with any of the 2 Yellow players (7&11) until they can play through the 2 PINK defenders into the attackers. Attackers must combine before they shoot from within their zone and cannot enter the GK Zone.

- PINK can screen/block/intercept any pass through the middle zone, if they intercept the ball they should combine with the 2 Yellow players to tray and score in the pop up goals at the end. ONLY the Yellow players can be in the scoring zone adjacent to the coach.

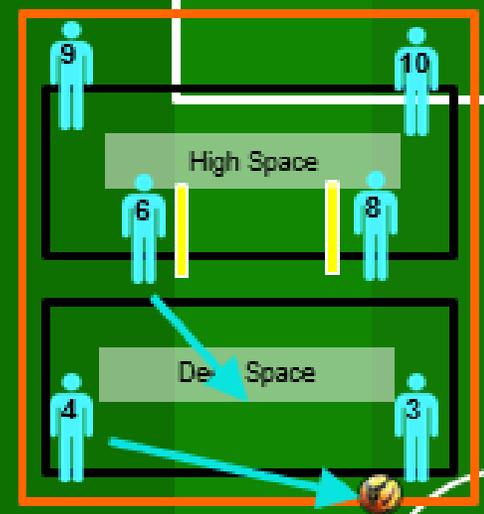
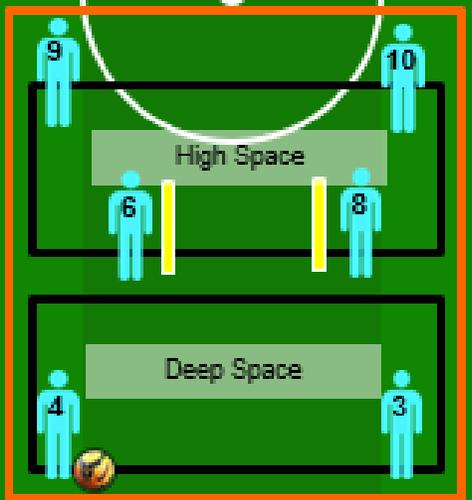
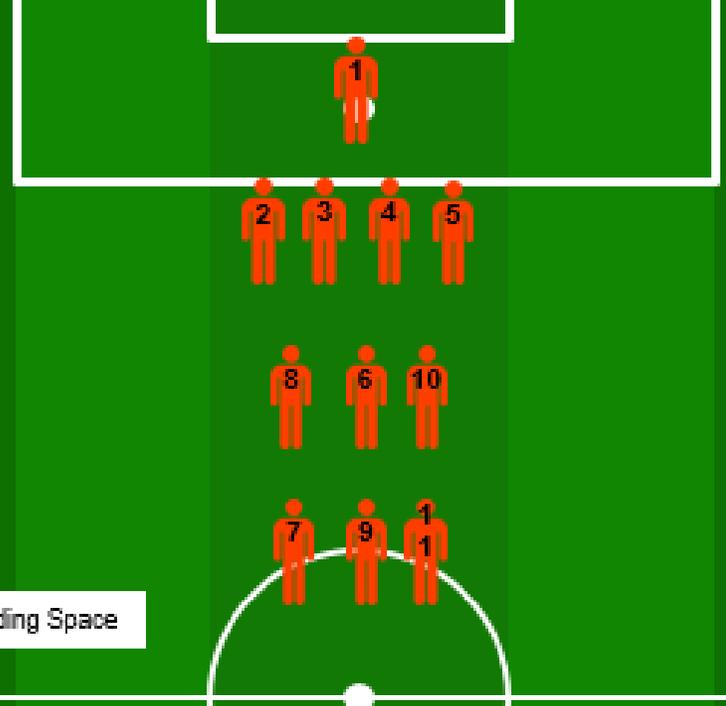
- Always restart with the coach.

CHANGE IT

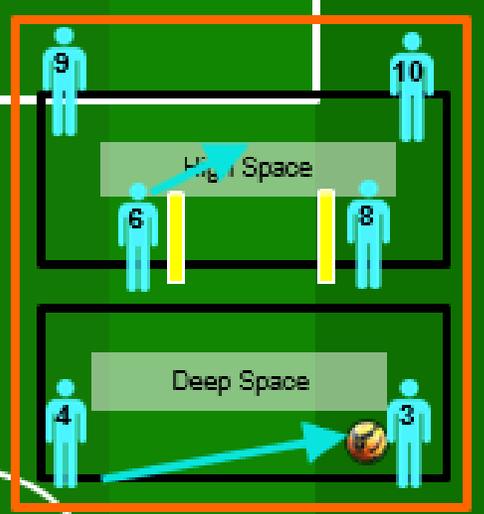
Reverse the practice to become a playing out from the GK practice.



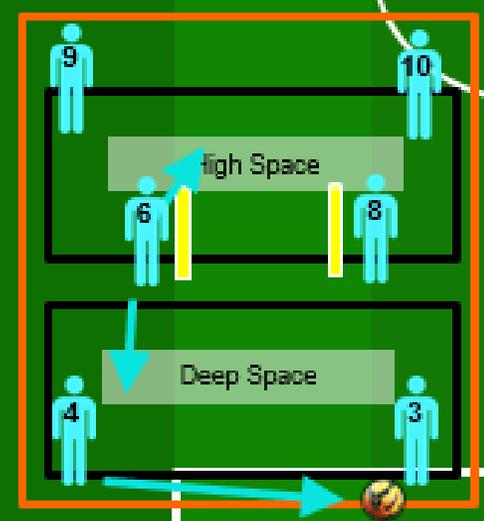
Understanding Space



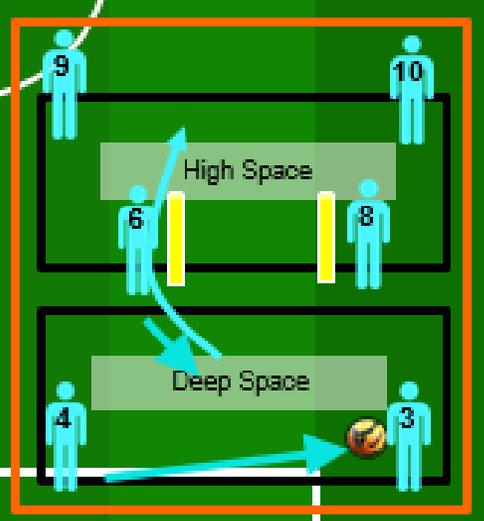
Ball behind = deep space



Ball in front = high space



Ball behind = double movement go away to come to deep space

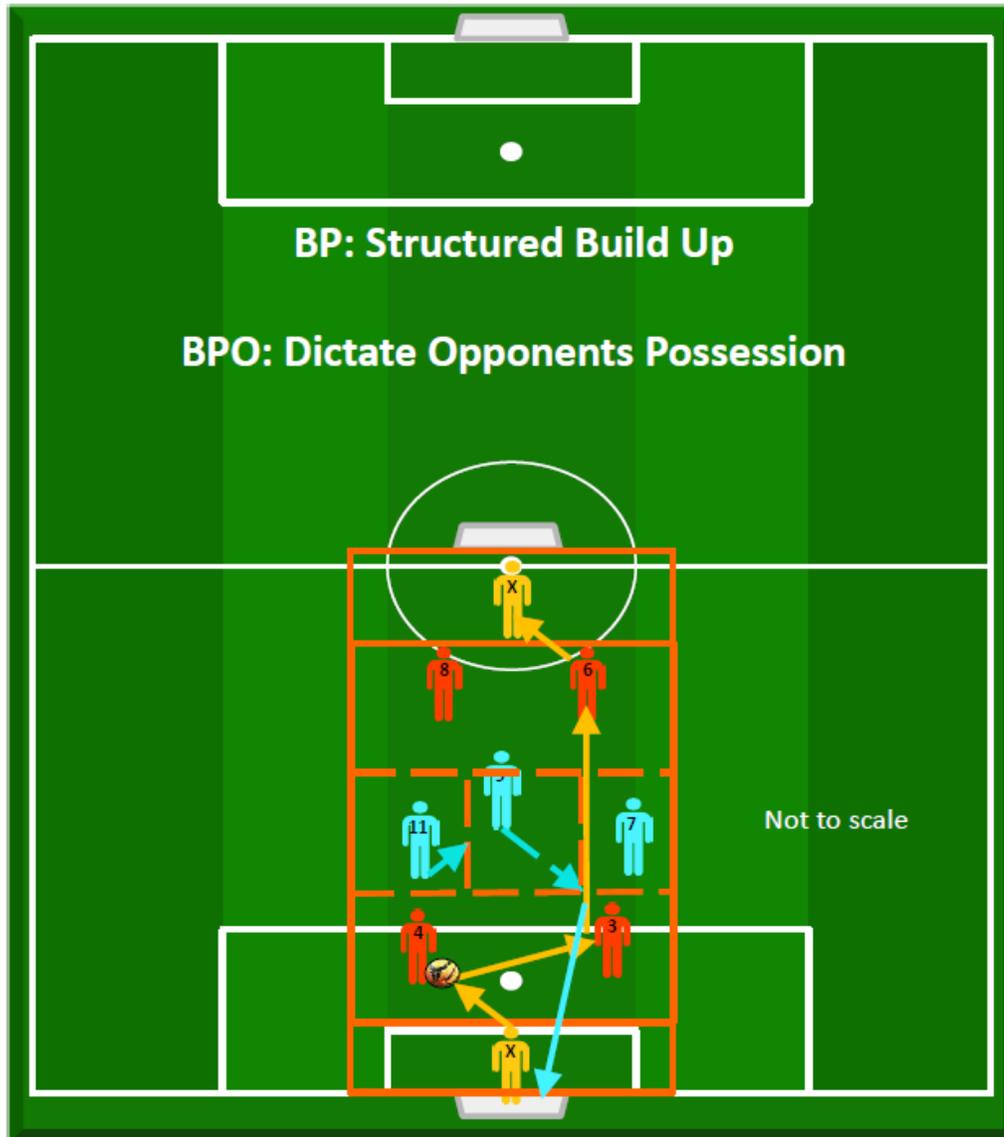


Ball behind = double movement go to to come away high space

Directional Positioning Game with Goalscoring (Ages 12 +)

Drew Taylor

Social Distancing Session



Explanation:

- ⚽ Players divided as per diagram; 2 players in each end area, 3 in middle area (middle area also divided into horizontal areas)
- ⚽ Ball starts at a GK, play into the 2 players who look to play through the line or between themselves
- ⚽ If ball is successfully played through, it is played back to GK and then play restarts in opposite direction
- ⚽ Blue look to intercept and then score into goal that is in front of them from within their area

Scoring system: (guide only)

- ⚽ Oranges one end to the other = goal
- ⚽ Blue score in a goal = 3 goals

Key Coaching Points:

Orange

- ⚽ Perception
- ⚽ Decision making – play forward when possible
- ⚽ Deception – hips and eyes
- ⚽ Execution
- ⚽ Body shape
- ⚽ Correct ball speed
- ⚽ Immediate transition to defend

Blue

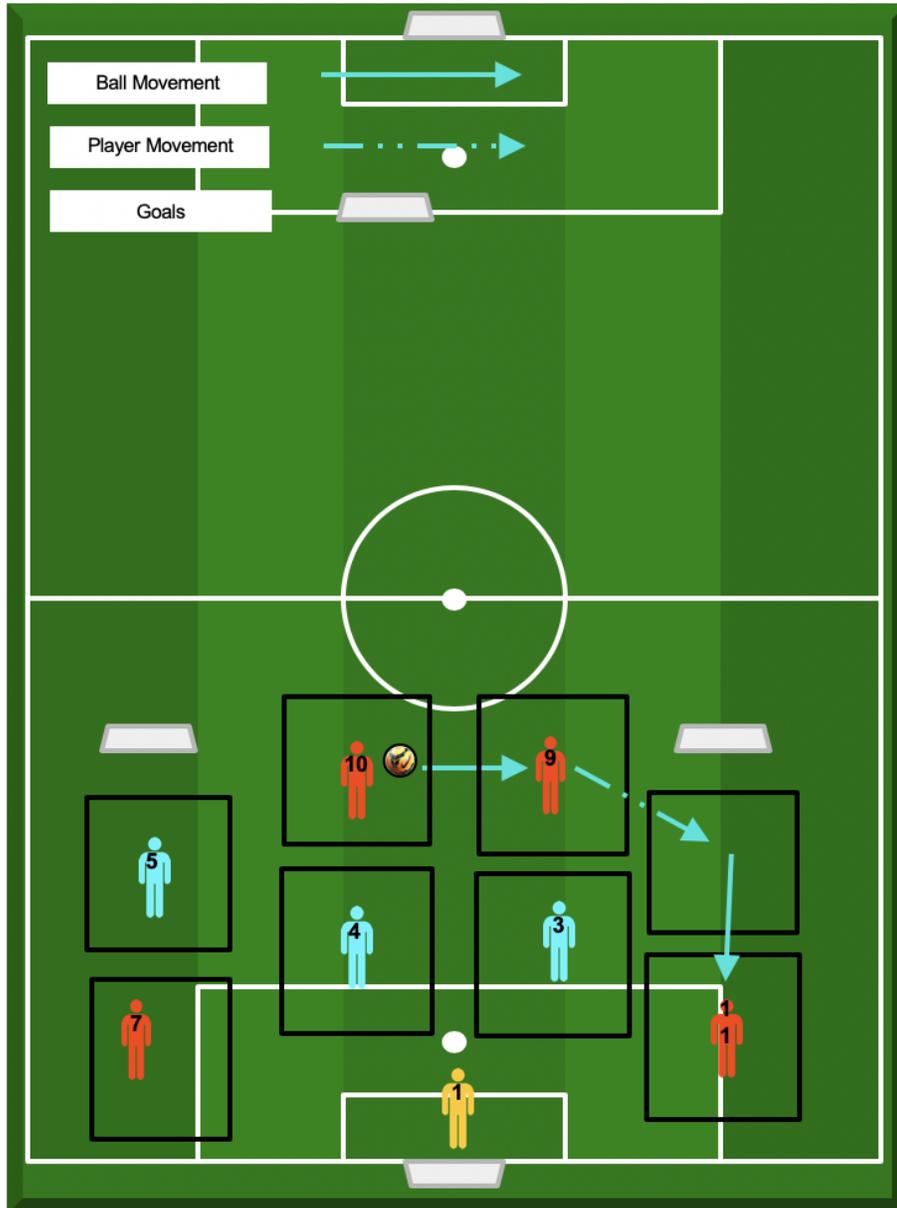
- ⚽ Close space to reduce angle
- ⚽ Awareness of pressing 'shadow'
- ⚽ Cover and Balance 2nd and 3rd defenders
- ⚽ Immediate transition to shot

All

- ⚽ Positioning
- ⚽ Communication

Directional Passing into Positioning Game

Project Re-start



Explanation

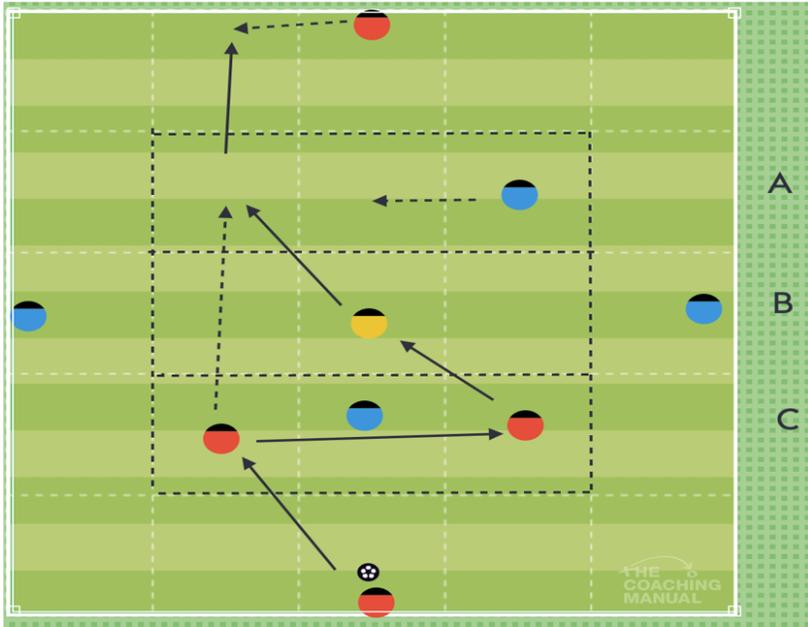
- One player in each box the GK must remain inside of the 6 yard box.
- There is always one spare box
- The red team (front 4) try to work the ball from box to box and get a finish on goal.
- Any player from any team can move into a vacant box but there can only ever be one player in each box.
- If a misplaced pass goes into the blue teams box (back 4) they then keep the ball and try to score in the two small goals.

Key coaching points:

- Perception where to take first touch (secure possession)
- Decision making – forward passes (into feet into space)
- Execution – weight and time of pass
- Support on and off the ball (make use of vacant box)

Constants:

- Positioning
- Communication



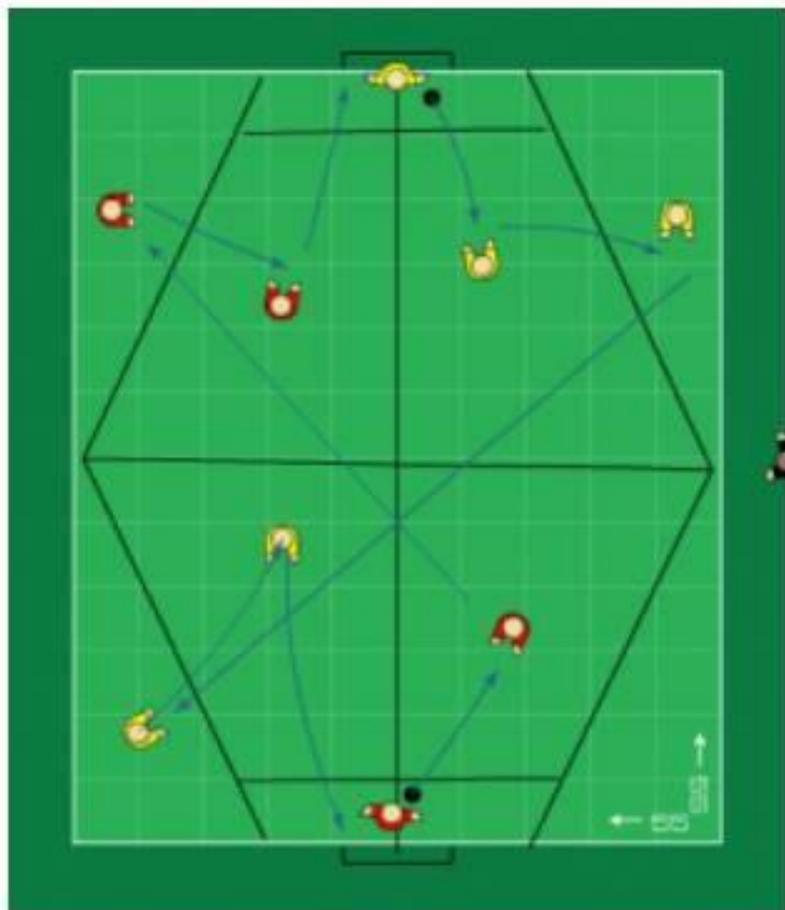
- 2 team of 4 players + 1 Joker
- Joker (Yellow) stays in central corridor (B)
- Objective for Red team is to keep possession and play to red end players
- Objective for Blue team is to win the ball, keep possession and play into blue end players.
- Every time a pass is played into an end player 1 point is awarded.

Rules -

- In possession, team can have 2 players in one corridor (A or C) to create a 2v1 situation against opponent.
- As illustrated, as the ball travels out of one corridor, the team in possession can move into the next corridor to continue to create a 2v1 overload.
- Defending team cannot leave their corridor, always one defender in corridor A and C.
- Possession can only be won through interception of misplaced pass whereby possession is turned over.
- At no time can two players be in one square. SQUARES ARE 2M X 2M TO ADHERE TO SCOCIAL DISTANCING.

Return to Training - Passing Practice, D'Amore

Recommended from level: 12 - 14



Organisation:

A 2 goal pitch, but marked out in a diamond as well. The pitch shape encourages the players to play forwards into midfield and final third quickly and finish.

Learning:

Technique of short/long pass. Identifying when to pass and when to open up to receive the pass.
Finishing.

Instruction points:

The goalkeeper or CB looking to play into the midfield/switch play quickly.

Creative and aggressive play in the final third, due to the lack of space.

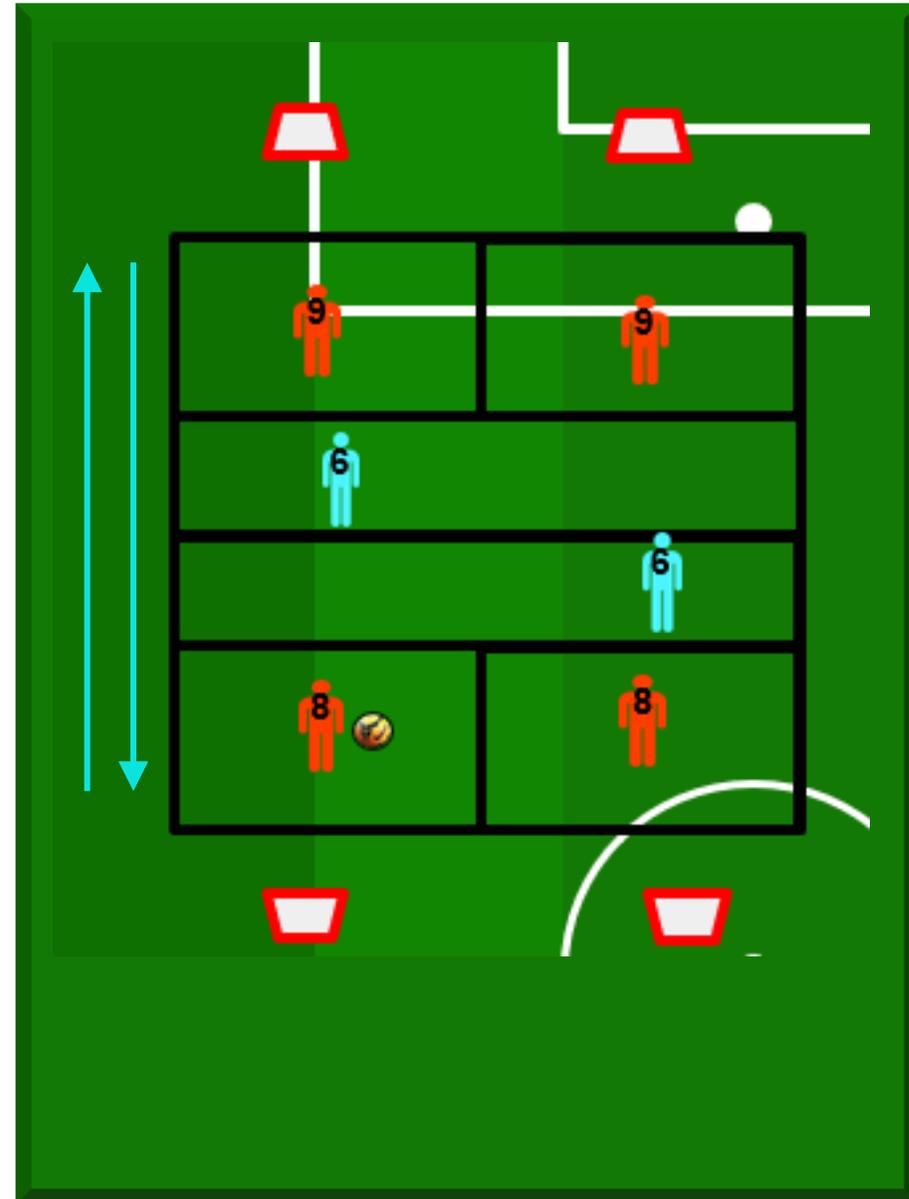
Variations:

Defenders can move into defensive zone to block shot.

Conduct

Skill Training / Recognition

Players Involved	6 x players
Areas / Size	20m x 20m – Central Zones could adjust depth to suit players 20 x 5m
Timing	12-16 mins Swap defs in middle every 60-90 secs
Shape / Formation / Style	As shown in diagram
Scoring method	Orgs 1pt for passing across central zone. Defs 1pt for intercepting ball & keeping it inside central zone 2pts for hitting ball in Pugg goals at either end (time limit 5 secs)
Starts/ Restarts	Ball restarts with players in either end
Rules/ Explanation	The aim is for the Oranges to progress the ball forward past the 2 x screens in midfield. The ball travels in both directions. Only 1 x player allowed in a zone at a time. Players can switch zones with a player of the same colour as long as they do it more than 1-5m apart.
Progression/ Step Up or Step Down	1. Orgs get 2pts for splitting 2 x Defs in centre zone 2. Orgs get 2pts if pass diagonally across central zone without splitting defs Step Down: Central players are not allowed to switch zones.
Added Extras (if	



Conduct

Script

Exercise Task/Challenge:

All Orange Players to constantly create problems for 2 x Central players so they cannot organize to prevent ball going forward.

Player Tasks/Challenges:

What

Orange players constantly challenge the defs to reposition.

When the ball is on your side of the grid.

In possession adjust position of ball to make defs move (1st Touch, rwbll or passing).

Out of possession try to reposition yourself so that can play 1st time across central zone if receive ball.

Orange players if ball in other zone.

You need to reposition to give the player in possession a possible 2nd or 3rd passing option.

Far side player can you position yourself to receive diagonal pass across central zone or split pass if defs split.

Ball side player can you position yourself for split pass or pass down side of grid.

Why Disrupt their defensive shape so the ball can progress forward.

Coach's Cues:

When

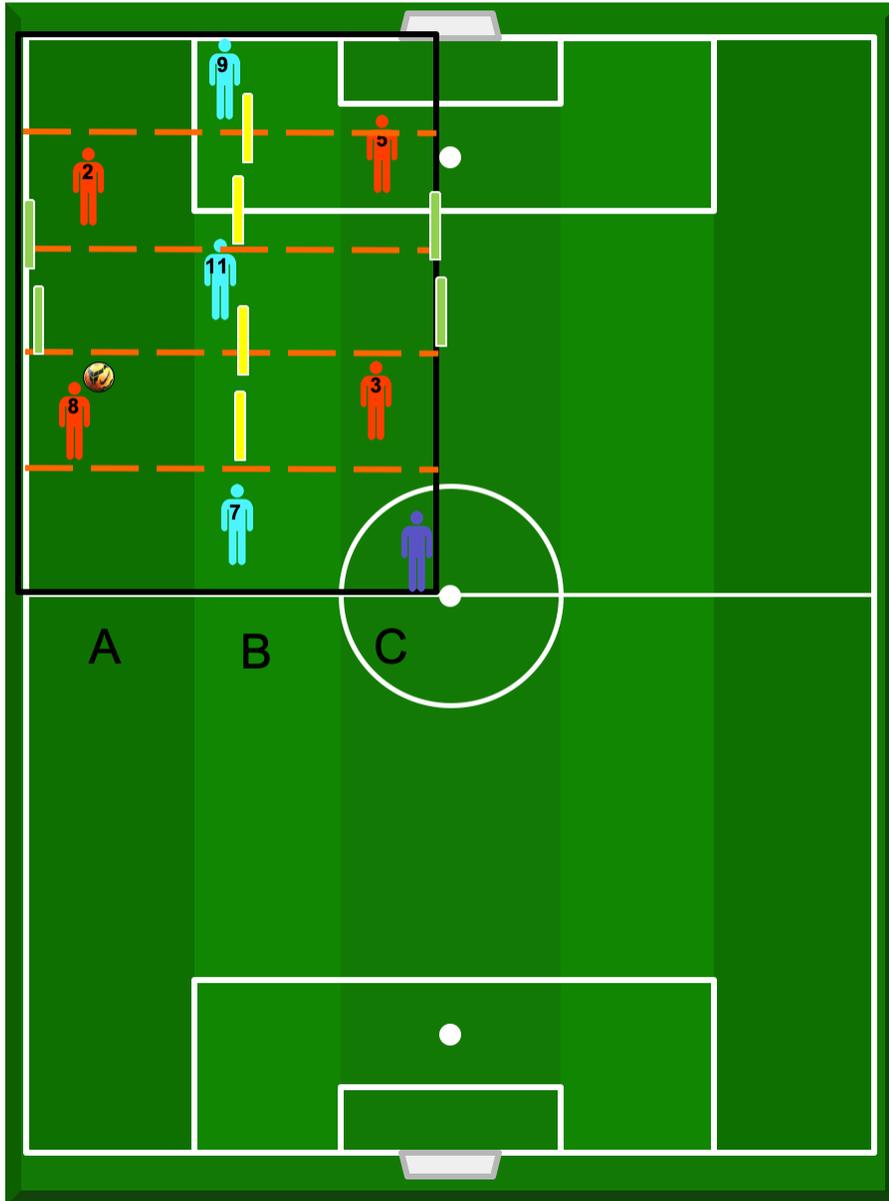
If the 2 x central defs are close together (moving together) then 2nd player needs to reposition wide to look for pass outside of the 2 x defs.

If the 2 x defs are apart (moving apart) then 2nd player needs to reposition to play split pass between them.

and How

Player in possession when players split or come together disguise the direction of your pass.

Planning Template



COACH CLUB | Room 20 Plan

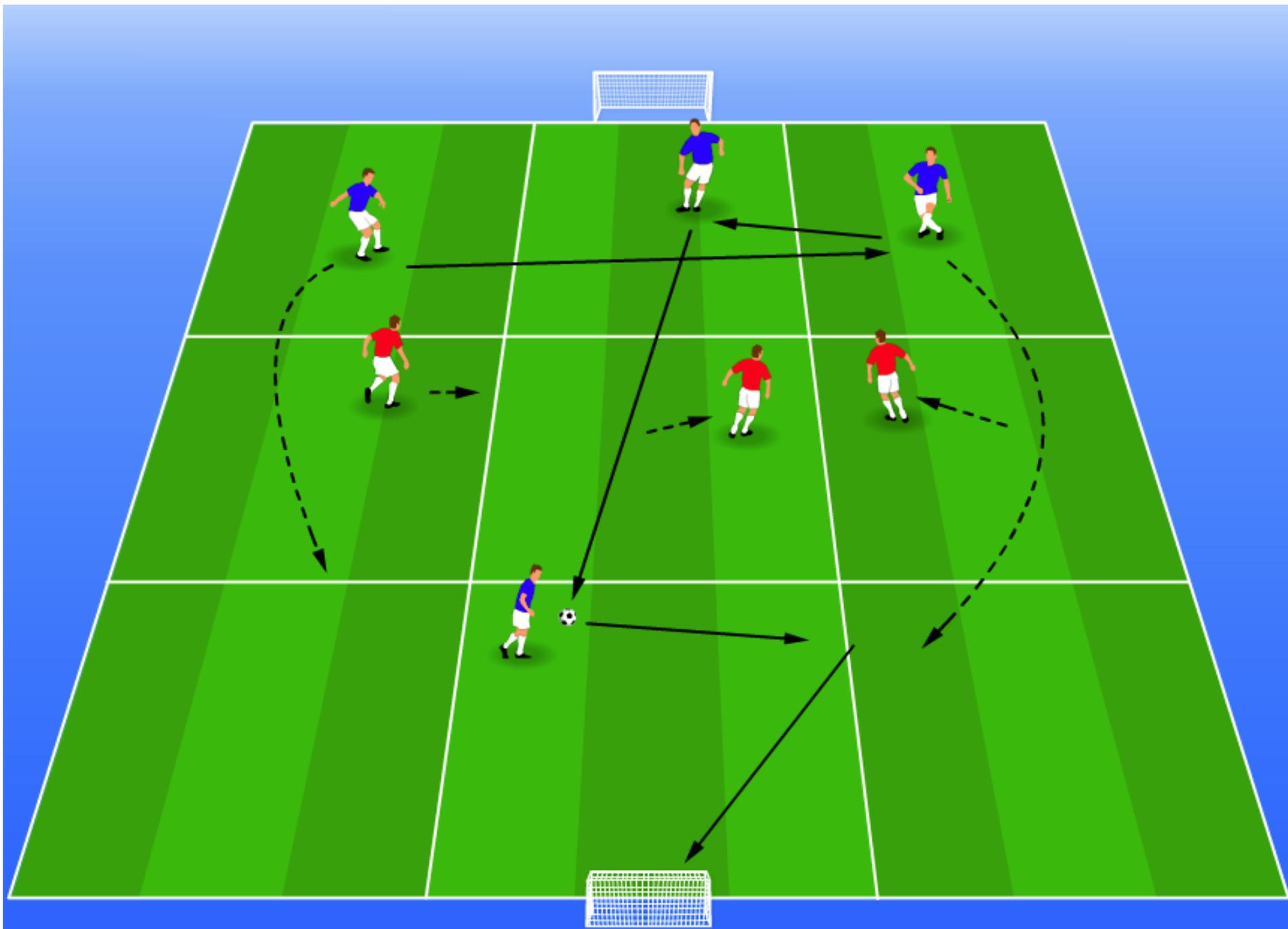
5X3 grid (5 Channels, 3 Zones)
2 yellow goals central (red score both sides), 2
green goals on the side (blue score)
1 ball
4 red v 3 blue

Objective

Red score through both sides of the yellow
goals. If they lose ball, protect side goals.
Blue protect the central goal. If they win the
ball, score in green.

Constraints

Red restricted to Zone A, C. Blue restricted to
Zone B.
No 2 players can be in the same area.



Room 18 Plan



Ball always starts with Blue players - Make a certain amount of passes then try split the yellow or pass around them.

Red player takes 1 touch pass to player next to them and then finish in goal.

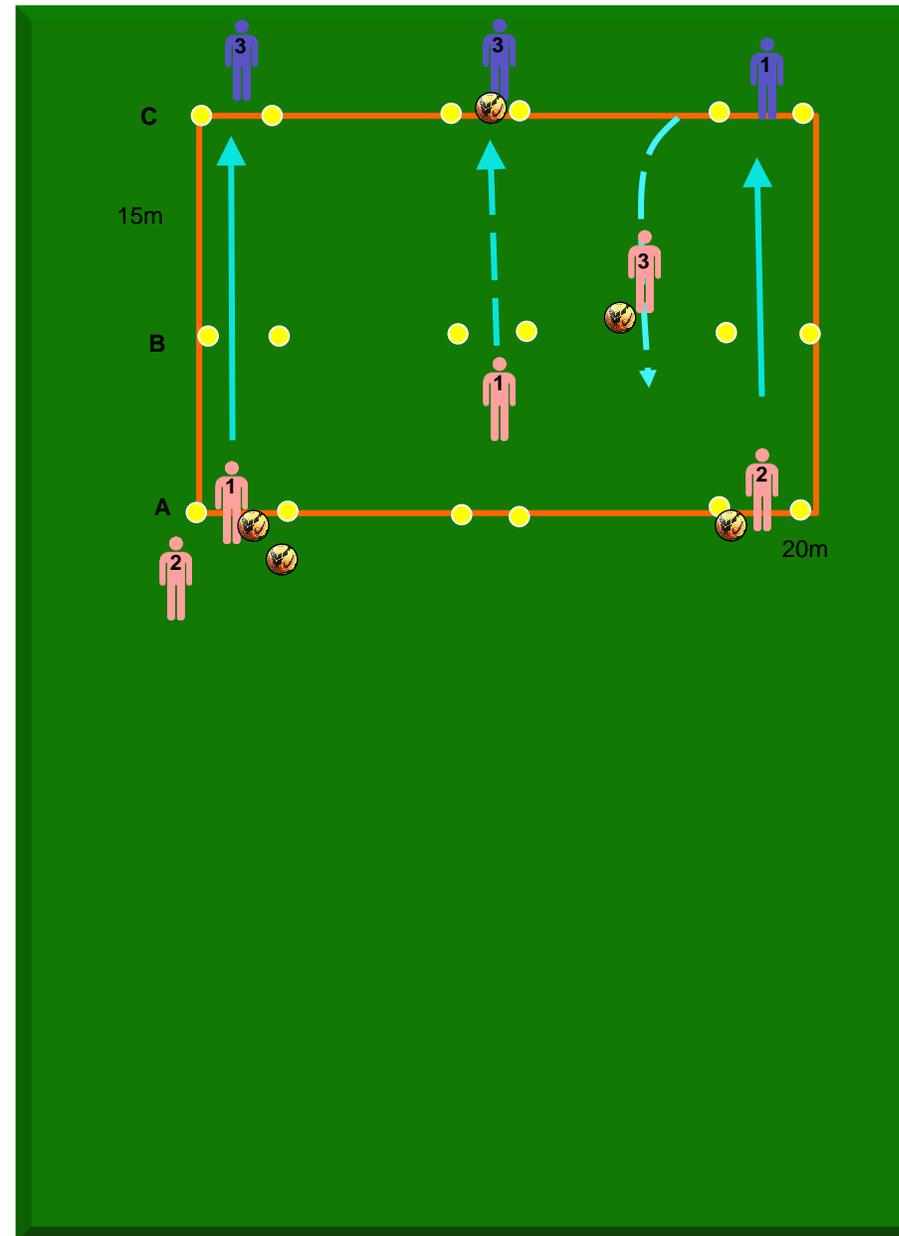
When ball reaches red players zone, 1 yellow player can press them and put pressure.

Rotate players in zones every few minutes.

Conduct

Skill Introduction / Intervention

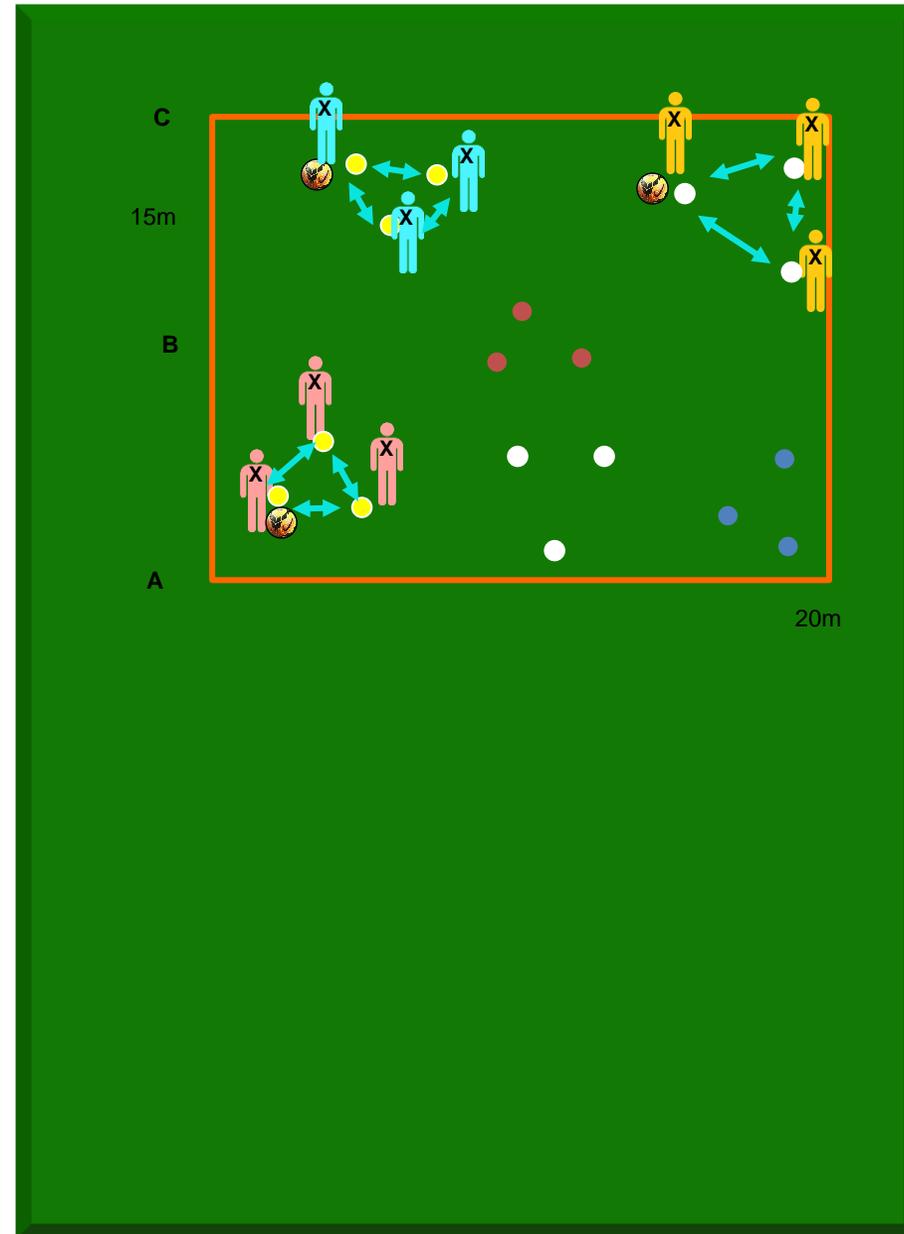
Players Involved	9 + 1 coach
Area and Size	15m x 20m
Timing	20 minutes (total)
Starts/Restarts	From who: Pass the ball from line A through the gates to the player at line C
Scoring Method	- 1 point per accurate pass within the channel
Rules/ Explanation	<ol style="list-style-type: none">1. Player 1 passes the ball from Line A through the gate (line B), to player 3 at line C.2. Player 3 dribbles the ball outside of the gates back to Line A,3. Player 2 then passes to player 3 and repeat
Added Extras?	Make sure players maintain social distancing in the queues. Strictly no handling of the ball (feet only)
Progressions	<ul style="list-style-type: none">- Players can undertake other skills at the cones such as scissors, step overs, V drags etc be creative whilst dribbling back to Line A.- Player 1 and 3 complete a 1-2 between line B and C before player 3 takes the ball back to line A.
Competition	How many passes can each pair make in 60 seconds?



Conduct

Skill Training / Recognition

Players Involved	9 + 1 coach
Areas / Size	20m x 15m. Triangles are 1.5m x 1.5 minimum
Timing	20 minutes
Scoring method	1. 2 passes at each triangle
Starts/ Restarts	Either player
Rules/ Explanation	<ol style="list-style-type: none">1. Players are split into team of 32. The team of 3 complete 2 passes around the triangle3. The third player receives the ball and takes it to a new triangle.4. Players then repeat action 1 and repeat Each game/round last for 60-90 seconds. Strictly 1 team at a gate at a time
Progression/ Step Up or Step Down	<ol style="list-style-type: none">1. Which team can score the most passes in 60 seconds2. After they completed a colour they cannot go to the same colour next.3. Pass from further away4. Make the area bigger5. Can you score through two sides of the triangle rather than around6. Players must change angle to receive the return pass <p>Step down – Stay at the same triangle, make the triangles wider or only use the same colour gates (e.g. red pair only red cones)</p>
Added Extras (if required)	



Conduct

Script

Exercise Task/Challenge:

Complete 2 good passes at every triangle then quickly repeat at a different gate

Player Tasks:

1. Using the correct surface of the foot, can you complete 2 quick and accurate passes?
2. Can you pass on 1 touch (not needing to control the ball first)?
3. Can you make the first pass at the earliest opportunity? This might be over a longer distance.
4. Can you check your shoulder before receiving the pass, so you know where you can go to next?

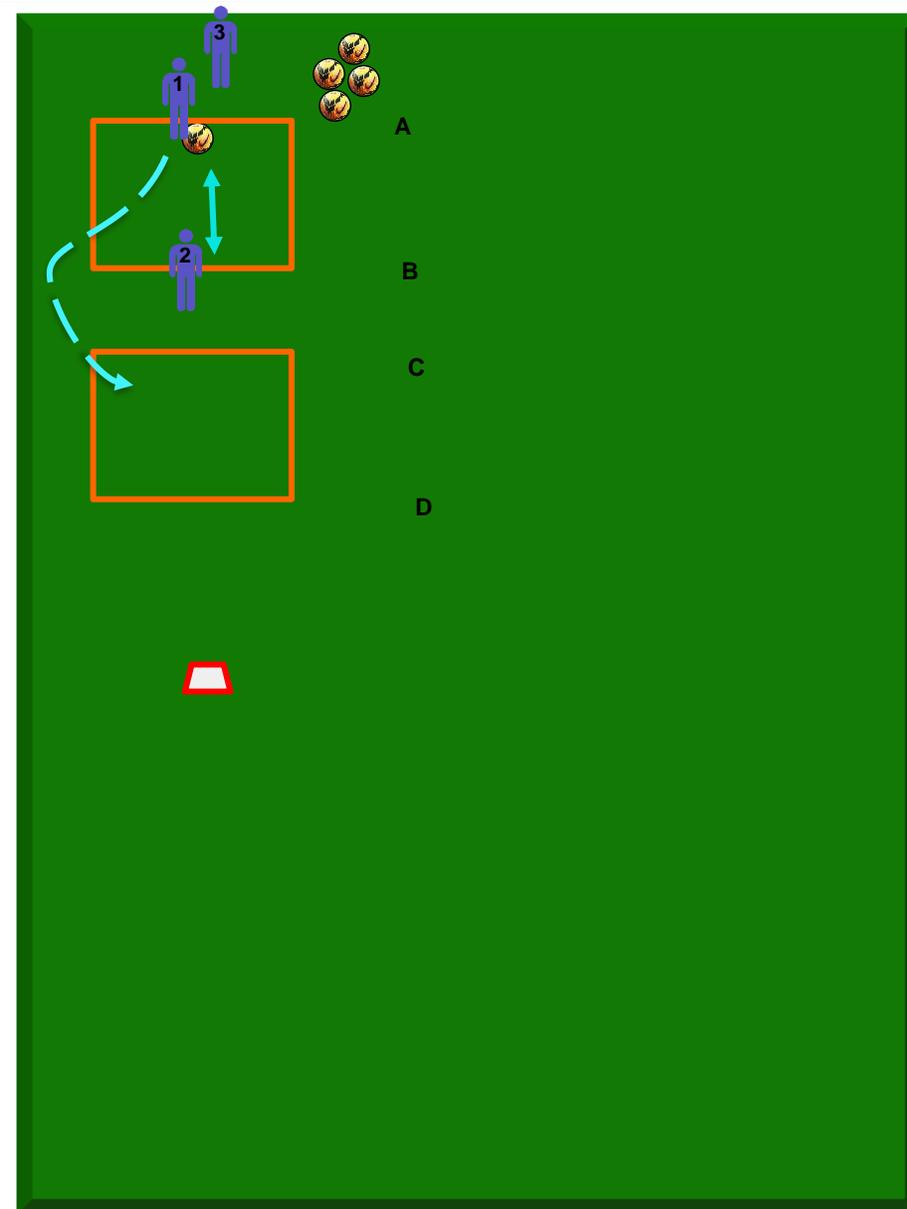
Coach's Cues:

1. As you pass the ball, lock your ankle and strike the ball with the inside of the foot. The ankle of the kicking foot needs to follow a correct passing line from swing to connection to follow through. The standing foot needs to point at the destination.
2. When possible, move inline with the ball and repeat the passing action, without controlling the ball first.
3. As soon as your partner is at or near the next gate can you get the ball out of your feet and accurately pass the ball through.
4. At all moments especially as the ball is coming to you, can you have a quick look over your shoulder to see the space. Easier if you are already on a half turn not facing the ball.

Conduct

Skill Game / Free Game

Areas / Size	2 boxes of 5x5 with 4m space between, small goal/poles 5-10 m beyond last box. Set up 3 different areas (3 players at each)
Timing	20 minutes
Scoring method	1 ball in the goal = 1 goal Bonus goal if got all 3. First back gets 3 goals.
Starts/ Restarts	Ball starts at the top with a player as shown by purple team.
Rules/ Explanation	<ol style="list-style-type: none">1. Players 1 & 2 must complete a pass from their starting lines (A or B)2. Players 1 & 2 must take up a new position on lines C and D3. Player 3 must pass direct to player 1 and then take up new position4. Repeat all passes in box 2, player 3 must now shoot into the goal for the final pass5. All players start again in box one changing player numbers/roles. Repeat all stages, with a new player 3 now scoring in the Small goal.6. Repeat until all 3 players have had a shot at the goal
Progression / Step Up or Step Down	Step up – Bigger boxes and put the goal further away Passes or final shot in the air Weaker foot Add more boxes Step down – make area/goal closer





Social Distancing Practice 1

Category: Academy: Reactive pressure

Difficulty: Moderate

Samuel Gray, Wagga Wagga, Australia
Individual-Adult Member

Screen 1

Coach is positioned behind PUG and is in control of the players actions.

Player A, beside the red cone, delivers the pass through passing arc/gate to player B who acts on the information of the coach and which cone to dribble around....

YELLOW - player B receives the pass then dribbles around one of the yellow cones and passes back to player A through the passing arc/gate.

PINK - player B receives the pass then runs with the ball to the top left cone and changes the ball with the ball at the pink cone, a pass is then sent back to player A through the passing arc/gate if possible.

WHITE - player B receives the pass then runs with the ball to the top left cone and changes the ball with the ball at the pink cone, a pass is then sent back to player A through the passing arc/gate if possible.

PROGRESSIONS.

1. Start to count goals every time Player B gets the ball through the passing arc/gate on return.
2. Coach does not call out now, player has to scan to determine the target; yellow/white/pink/goal. The coach either points or holds out a coloured cone
3. Introduce the goals as a target and player must scan before receiving a pass to ensure they know where to go.

Players should rotate every 8 footballs

Social distancing maintained by Player B exiting outside the GREEN cones and Player A walking through the middle of the initial passing zone.

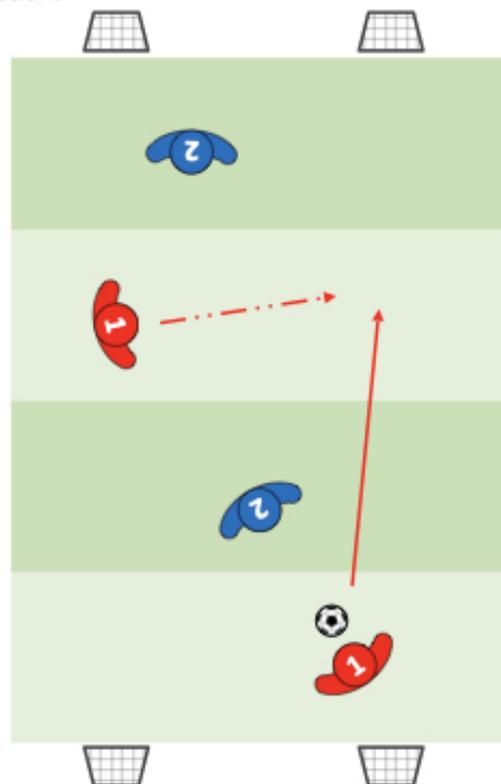


Session: 2v1 Zonal Attack

Principles in Focus: Attacking - Improvisation, Penetrating Passes, Supporting Positions (L/R/C) Defending - Delay, Dictate

15 mins

Organisation:



DESCRIPTION:

- 2v1 zonal game
- 4 wide zones + 4 goals

START:

- Red team look to combine with their teammate to score in either of the two goals at the end of the field.
- If Blue team intercept the pass, they look to counter attack quickly.

PROGRESSIONS:

- Shot clock - time limit to create a goal scoring opportunity otherwise swap over.
- Knee-high passing only - focus on around/through penetrating passes
- Double/Triple goal value if the player can score from one end of the field to the other.

HINTS/CUES:

ATTACKING

- Improvisation - Can you beat your opponent using fake moves, rapid movement, and supporting runs in behind to lose your marker.
- Penetration - Can you as an attacker look to combine with your teammates to play a penetrating split pass through your opponents?
- Support - Passing positions left/right/centre(far), and supporting communication
- Types of combination passes - Around / Through / Under / Over

DEFENDING

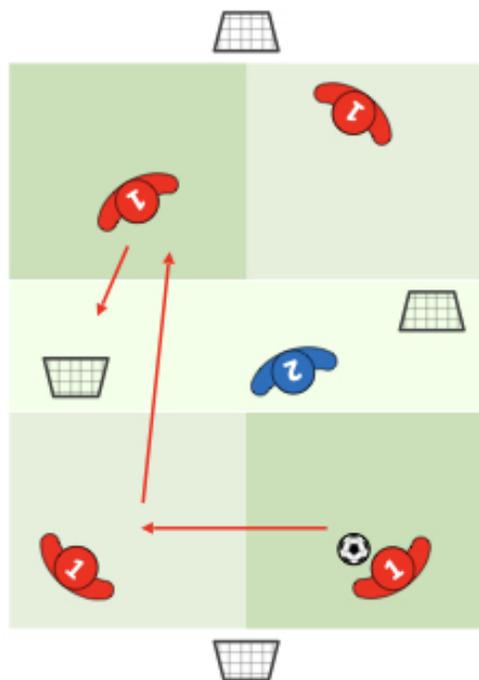
- Delay - Can you slow your opponent down, forcing them to stop the ball or play slowly?
- Dictate - Can you as a defender force your opponent to play where you want them to go? Can you force them to play predictable football and then win an intercept?

Session: 4v1 Mini Goal Rondo

Principles in Focus: Attacking - Improvisation, Penetrating Passes, Supporting Positions (L/R/C) Defending - Delay, Dictate

15 mins

Organisation:



DESCRIPTION:

- 4v1 rondo game
- 4 attacking zones + 1 central defending zone + 4 goals

START:

- 4 Red players look to combine and score in either of the two central goals
- 1 Blue defender looks to block and intercept the chances on goal

PROGRESSIONS:

- Shot clock - time limit to create a goal scoring opportunity otherwise swap over.
- Knee-high passing only - focus on around/through penetrating passes
- If the defender wins possession, they can try and score in either of the two goals at the end of field.

HINTS/CUES:

ATTACKING

- Improvisation - Can you beat your opponent using fake moves, rapid movement, and supporting runs in behind to lose your marker.
- Penetration - Can you as an attacker look to combine with your teammates to play a penetrating split pass through your opponents?
- Support - Passing positions left/right/centre(far), and supporting communication
- Types of combination passes - Around / Through / Under / Over

DEFENDING

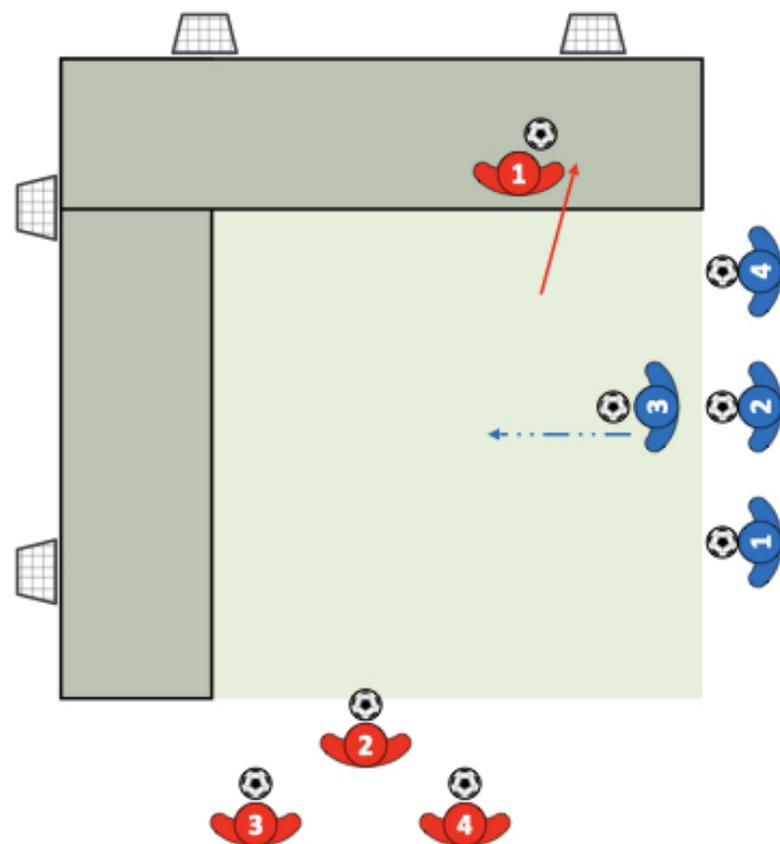
- Delay - Can you slow your opponent down, forcing them to stop the ball or play slowly?
- Dictate - Can you as a defender force your opponent to play where you want them to go? Can you force them to play backwards or sideways passes?

Session: Shooting on the Run

Principles in Focus: Personal Mobility, Penetrating Runs & Penetrating Shots on Goal

20 mins

Organisation:



DESCRIPTION:

- A 25x25 grid with markers setting out a "Goal Scoring Zone (GSZ)" (3 yards from the end line)
- Two goals for each group to score.

START:

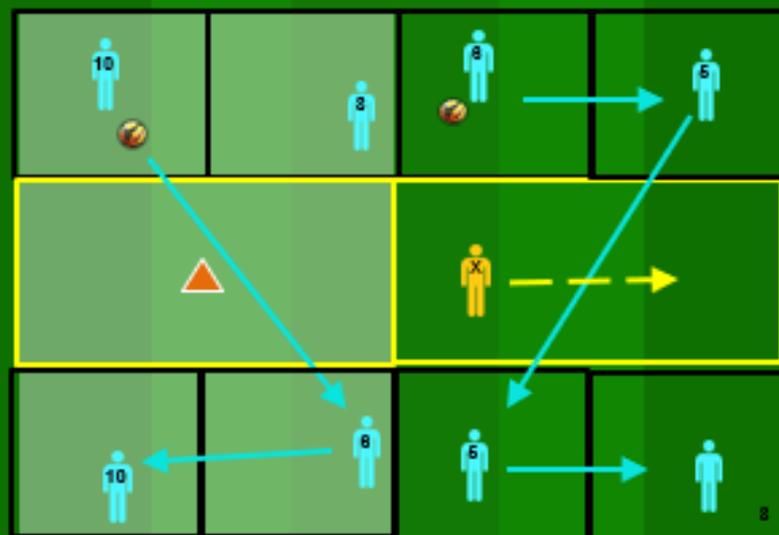
- Red1 dribbles the ball quickly into the goal scoring zone and attempts to score in either goal.
- As soon as Red1 enters the GSZ, Blue3 can dribbling forward quickly - Challenge is can Blue3 attempt to score before Red1 can score in a goal and then run around the goal that Blue3 is heading towards.
- Play continues with players from either team trying to score before their opponent can run around the goal.

PROGRESSIONS:

- Make the GSZ larger
- Make the GSZ smaller
- Change the direction of the field to have goals facing each other at either end

HINTS / CUES:

- Personal Mobility - ran faster with or without the ball? Keeping the ball under control at speed.
- Penetrating Runs - direction of explosive action & option of 1v1
- Penetrating Shots on Goal - players take their shots on goal quickly and then get ready for the defensive phase of play quickly



Pass | Receive

Core skills:

First touch; striking the ball

Player actions:

Position self to receive the ball
Body shape for FT
FT in the direction you want to play
Pass weight & accuracy

Players:

9; 4 / 5 per team

Constraints:

Mandatory 2 touches
60/90sec time limits

Scoring:

Complete 4 passes, all players = 1pt

1.A PASSIVE DEFENDER ▲ (POLE/MANEQUIN)

- Diagonal pass across YELLOW zone
- FT within black square > pass sideways
- Diag. pass across zone.
- ** Set passing pattern, no PDE; focus basic core skill

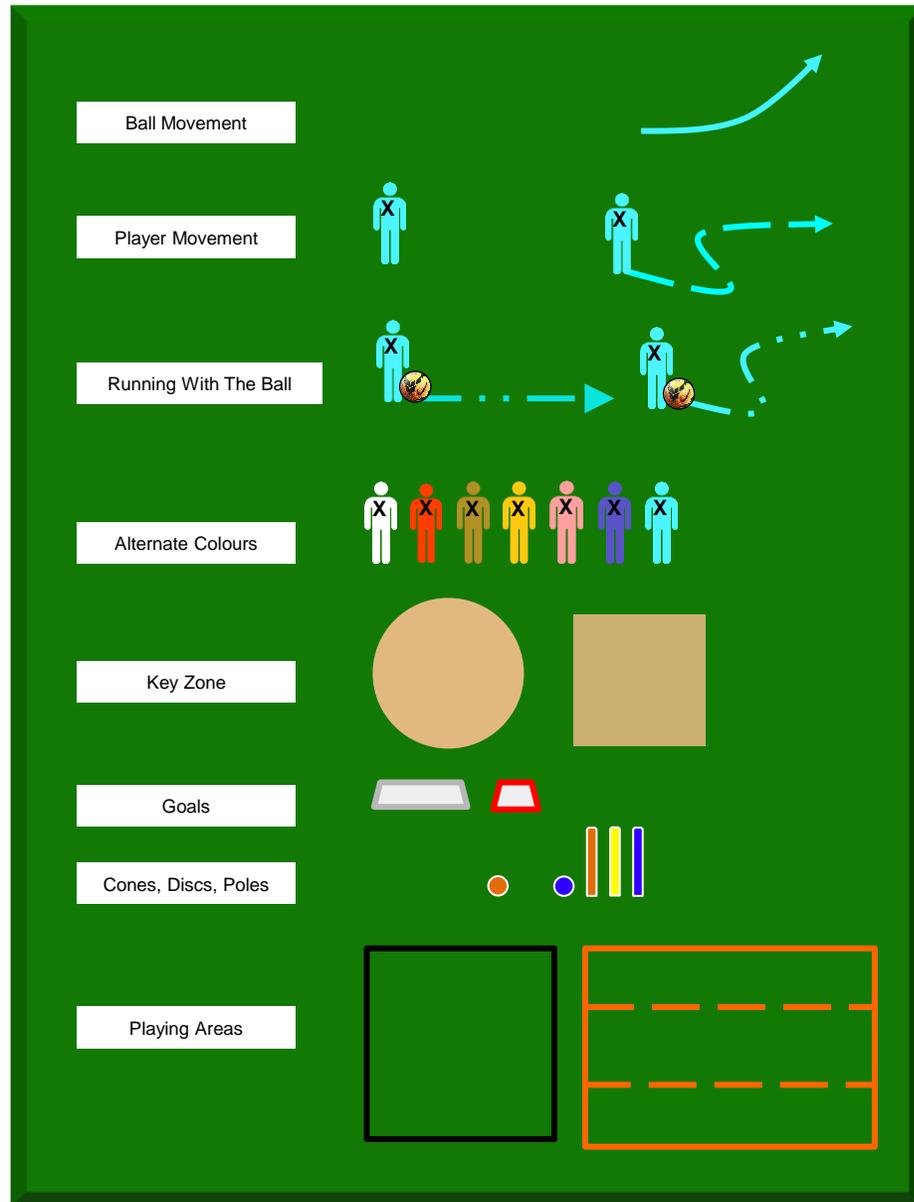
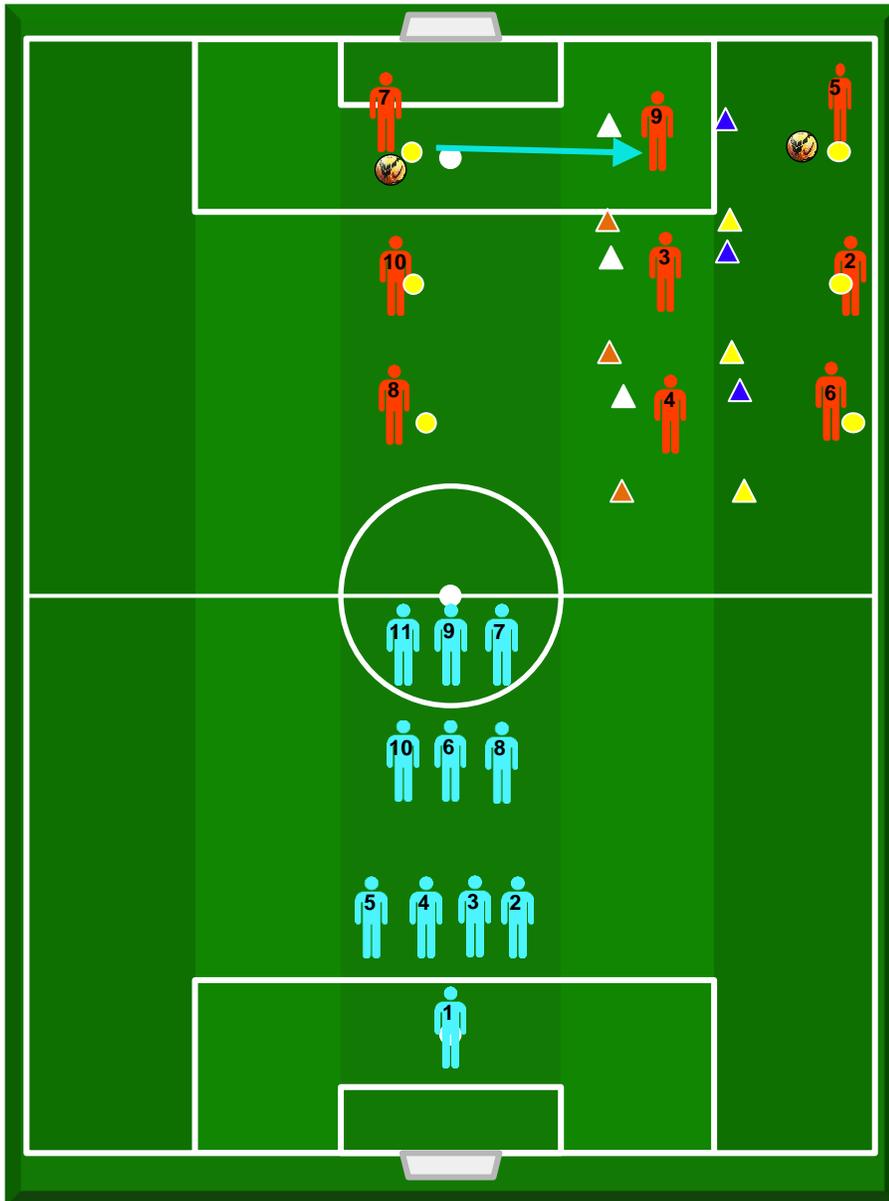
1.B ACTIVE DEFENDER ⚧

- Same task, but active defender tries to intercept
- NO set passing pattern >> PDE
- To score point must involve 4 players & MUST make 2 DIAGONAL passes

Variation: at time limit (eg 60sec) player in possession turns to score in nearest mini-goal. (3 touches: *turn-touch-shoot*)

Planning Template

Coloured cones by G Banks – Centre Midfield Awareness



Conduct

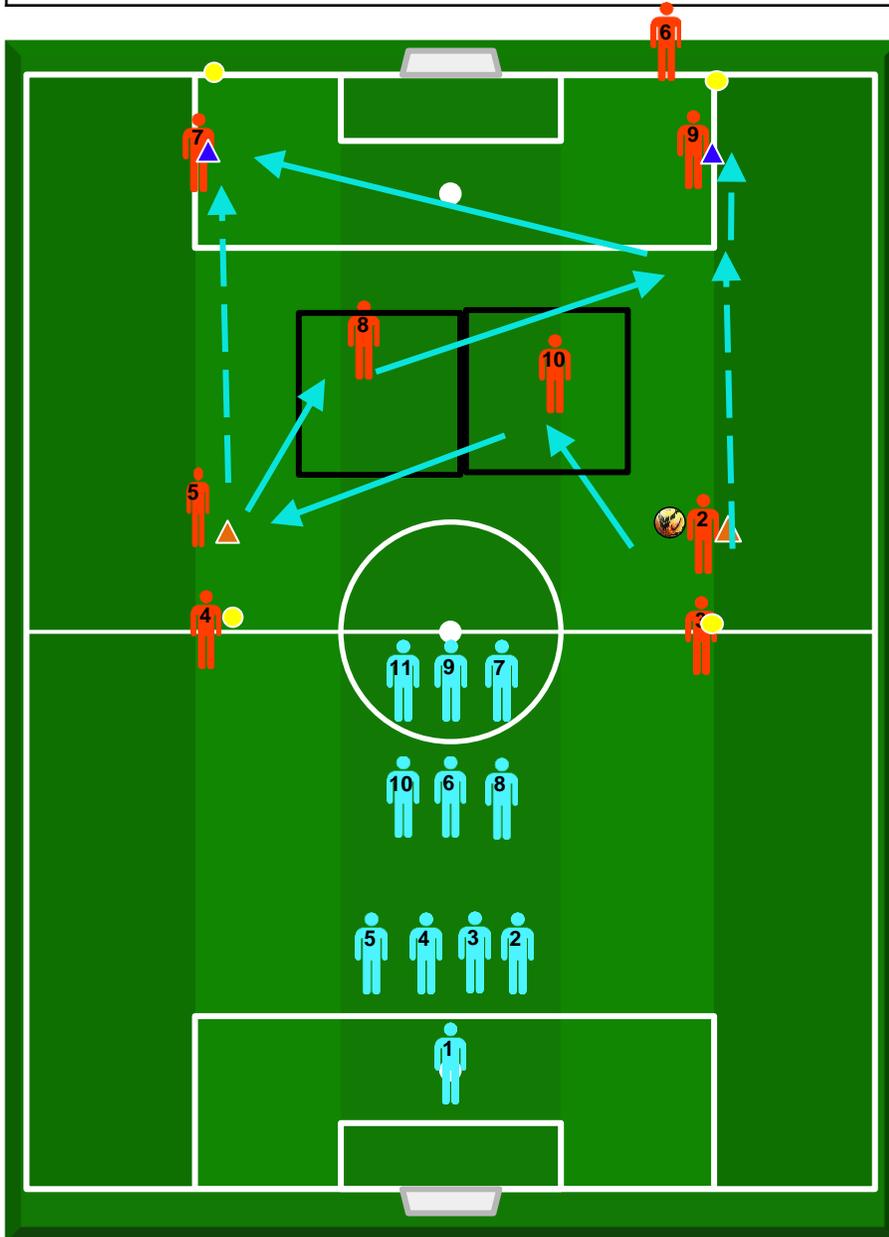
Skill Introduction / Intervention – Centre Midfield Combinations

Players Involved	3 groups of 3
Area and Size	3 grids of 24 v 5 (or longer depending on age)
Timing	20mins
Starts/Restarts	From who: Position:
Scoring Method	Number of completed passes in 1min 30secs
Rules/ Explanation	Player in the grid is working. Player #7 pass the ball into the player in grid #9 and calls a colour. Player must take a touch towards the colour, dribble round and then play the ball back to Player #7. Then Player #5 passes into player #9 Let players get used to the practice. Then coach walks around changing the colours of the cones
Coaching points	Looking over shoulder to be aware of what is around you
Progressions	1. First take a touch away from the colour called. Then a sharp turn to dribble around the colour cone before passing the ball back
Competition	Each group is trying to get to more points than the other groups

Place image here or illustrate
using the FFA template/s

Planning Template

Centre Midfield Wave Practice and Third Man Running by G Banks – Centre Midfield Awareness



Ball Movement

Player Movement

Running With The Ball

Alternate Colours

Key Zone

Goals

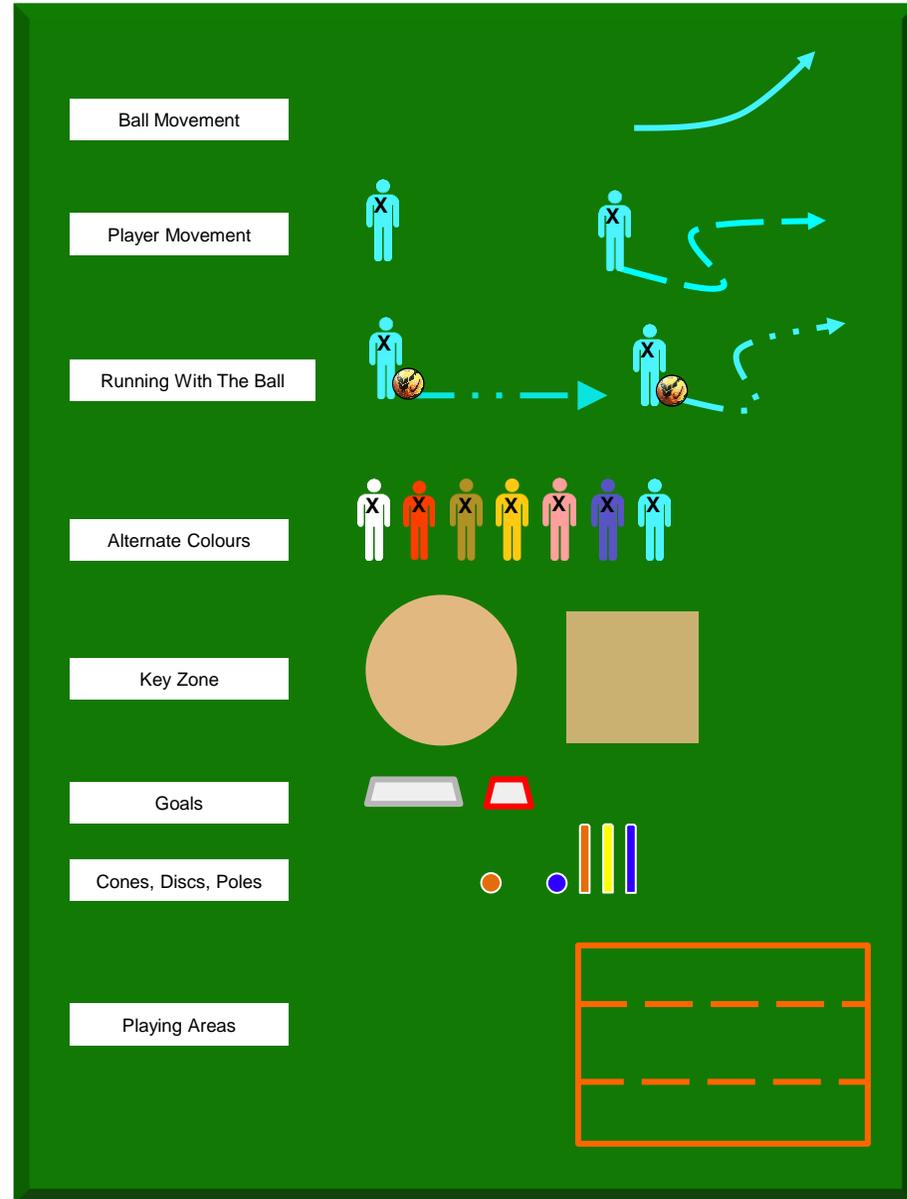
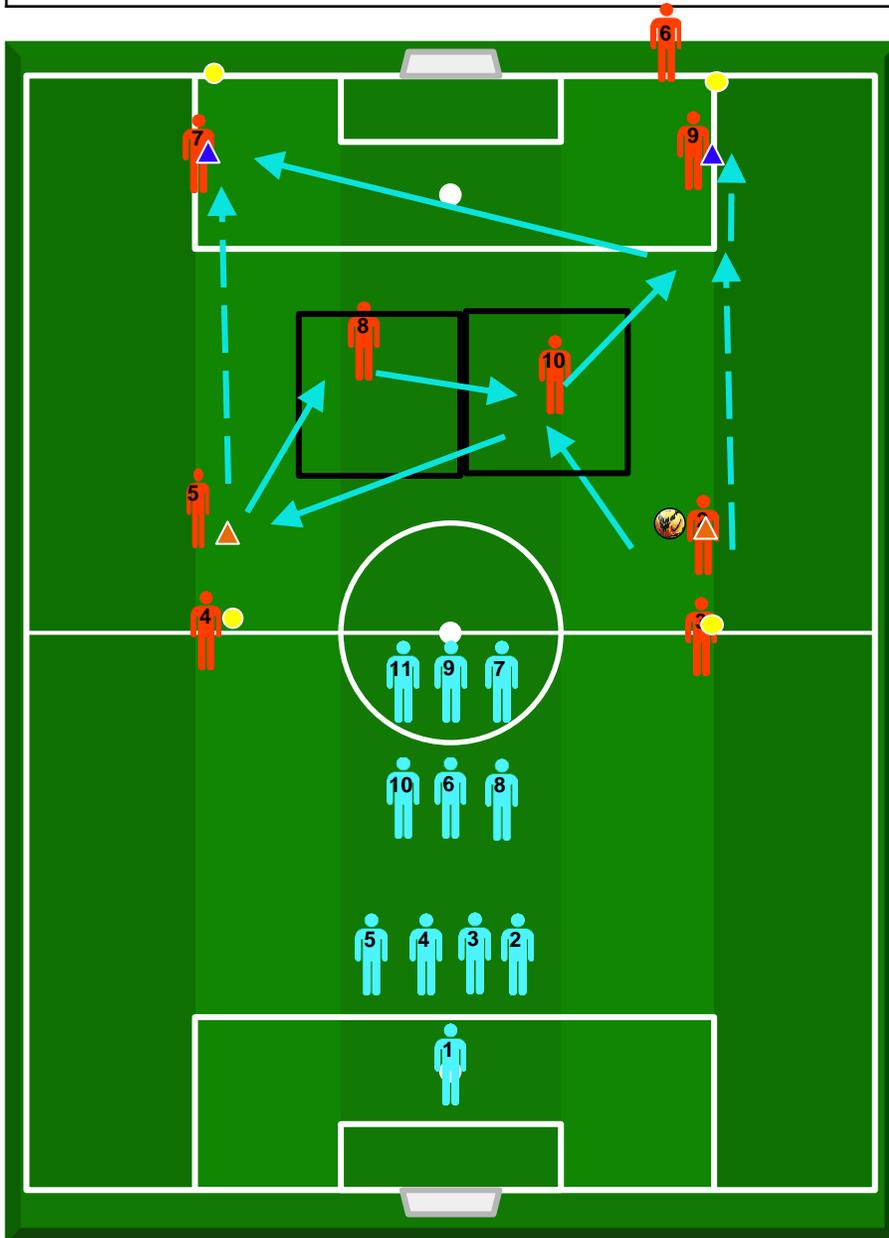
Cones, Discs, Poles

Playing Areas

The legend defines the symbols used in the pitch diagram. It includes: a curved blue arrow for ball movement; a blue figure with an 'X' and a dashed arrow for player movement; a blue figure with a ball and a dashed arrow for running with the ball; a row of seven figures in different colors (white, orange, brown, yellow, pink, purple, blue) for alternate colors; a brown circle and square for key zones; a goal icon for goals; a red cone, a blue disc, and three poles (yellow, blue, purple) for cones, discs, and poles; and a dashed orange rectangle for playing areas.

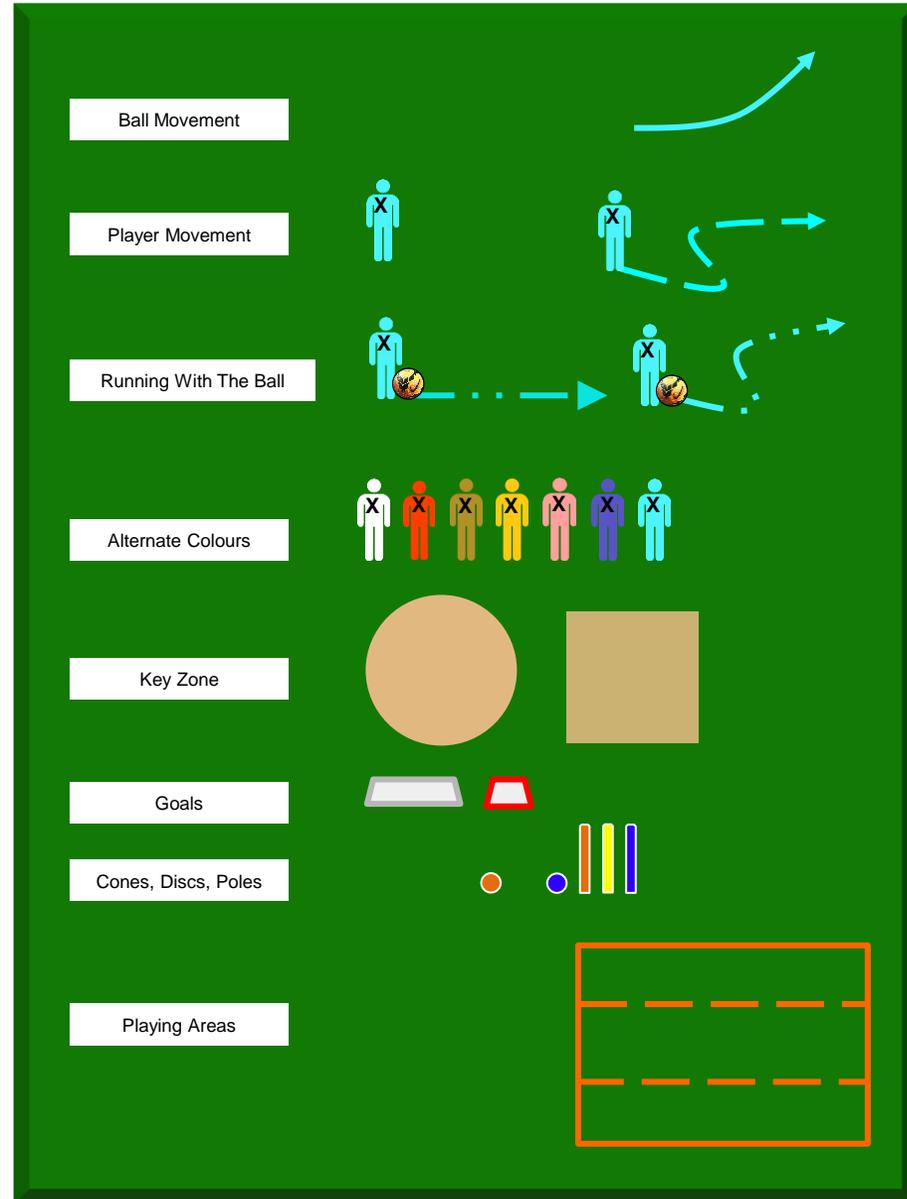
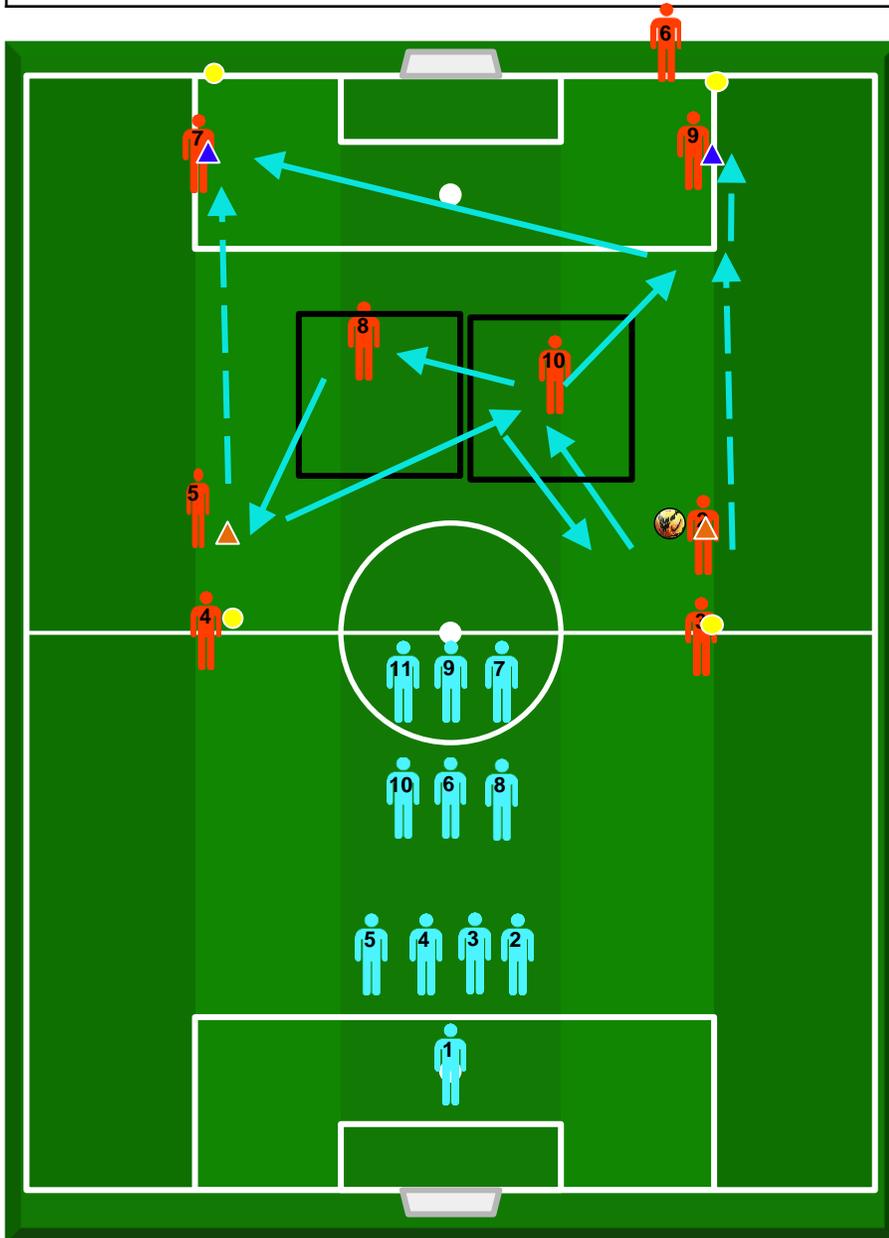
Planning Template

Example 2



Planning Template

Example 3



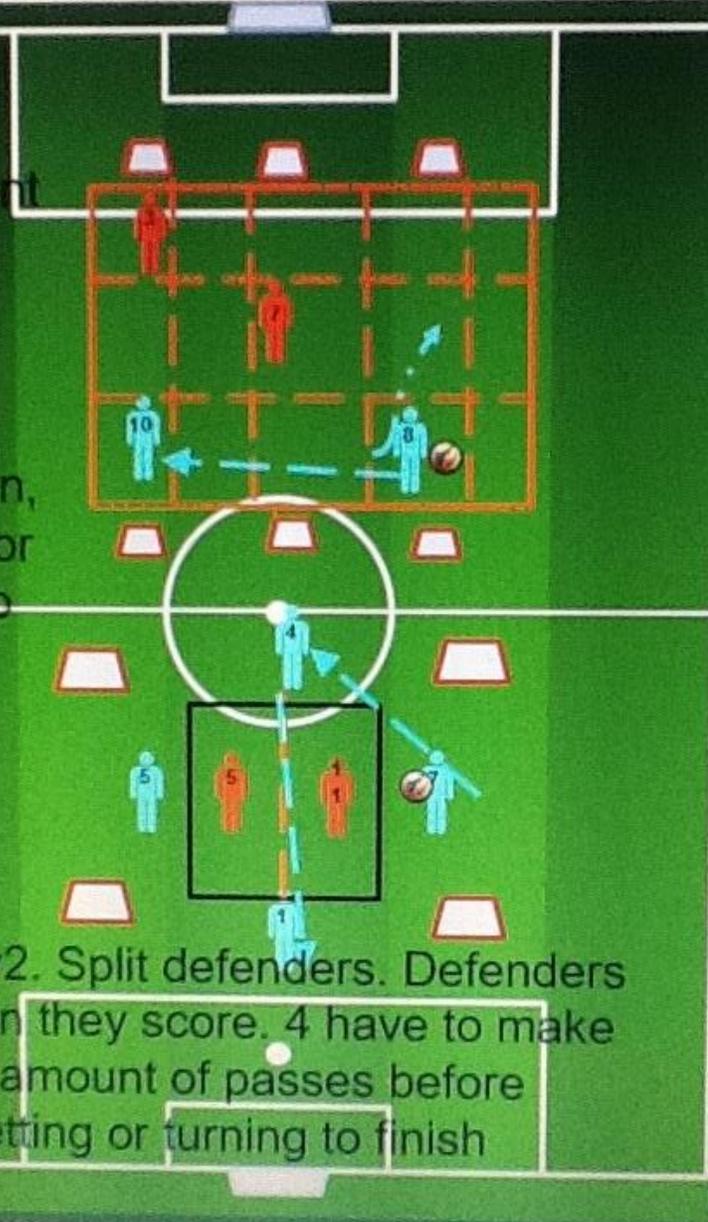
Conduct

Skill Introduction / Intervention – Centre Midfield Combinations

Players Involved	9 PLayer
Area and Size	Most of the space available
Timing	20mins
Starts/Restarts	From who: Position:
Scoring Method	[Could have a goal to score in at each end]
Rules/ Explanation	Two players to work the ball to the other end through various combinations of the two CMs Rotate two CMs regularly. In the first example, #2 passes into #10, who passes to #5. #5 passes to #8 who finds #2 who is running on. Ball finishes with #7 who starts again with a new partner. Waiting players must be on a cone 4m behind the other player
Coaching points	Centre Midfield combinations. Weight of pass. Open body position
Progressions	1. First take a touch away from the colour called. Then a sharp turn to dribble around the colour cone before passing the ball back
Competition	

Place image here or illustrate using the FFA template/s

2v2 or
3v3etc
You cant
go in
same
box.
Empty
travel in,
run in or
pass to
score



4v2. Split defenders. Defenders
win they score. 4 have to make
X amount of passes before
setting or turning to finish

Covid precautions:
General safe distancing.
Players always 2m apart
Individual water and break stations
No physical contact

Passing and receiving:

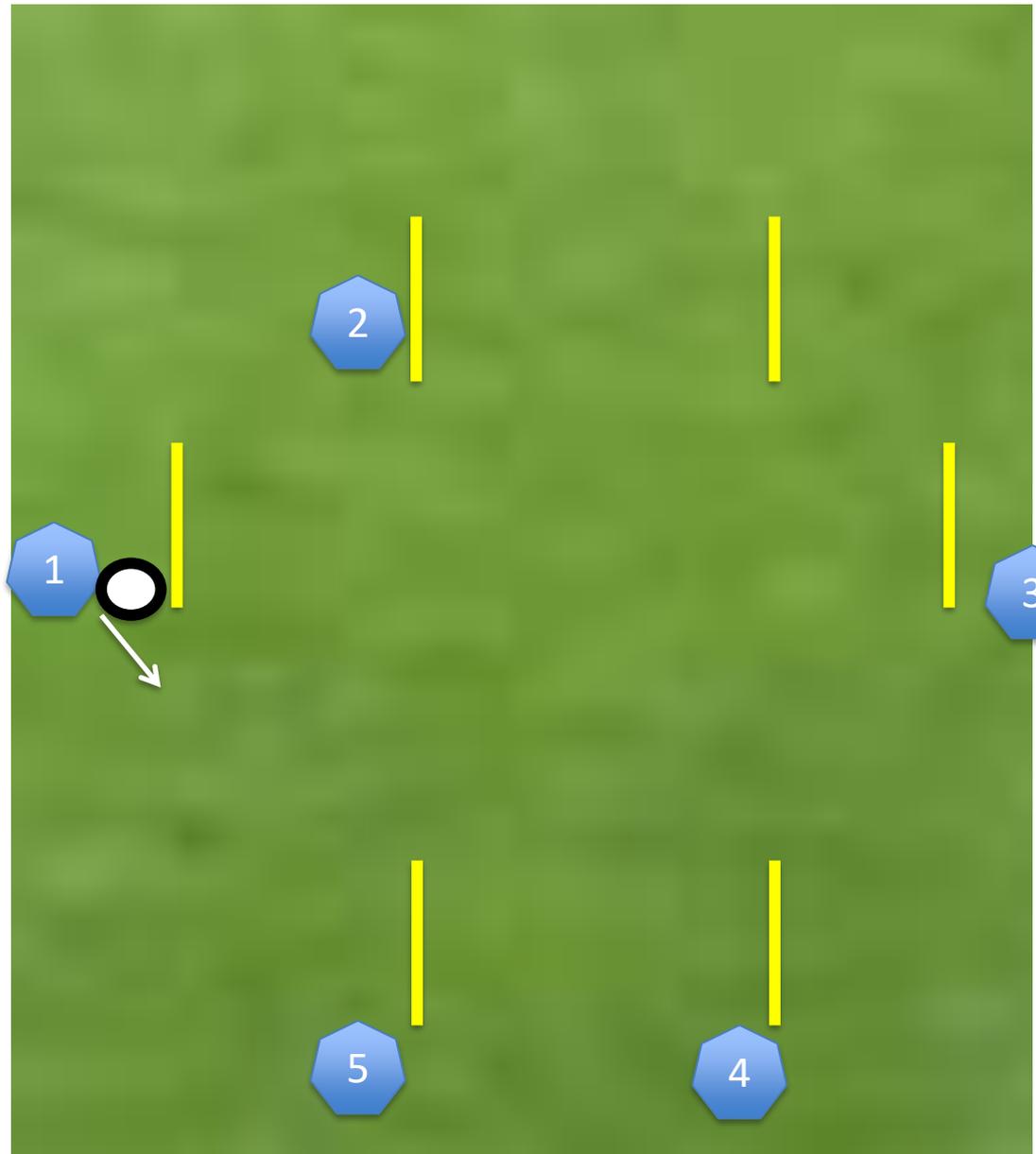
4 or 5 players in a circle

Always 1 more cone/pole than number of players

1 Ball

Player 1 passes to one of the other player and runs to the spare cone/pole

Receiving player is behind the pole and moves to the side on the touch of player 1. On receiving the ball they shift the ball across the pole and play to another player and run to the spare cone/pole



Exercise 1: Slide 2

Passing and receiving:

4 or 5 players in a circle

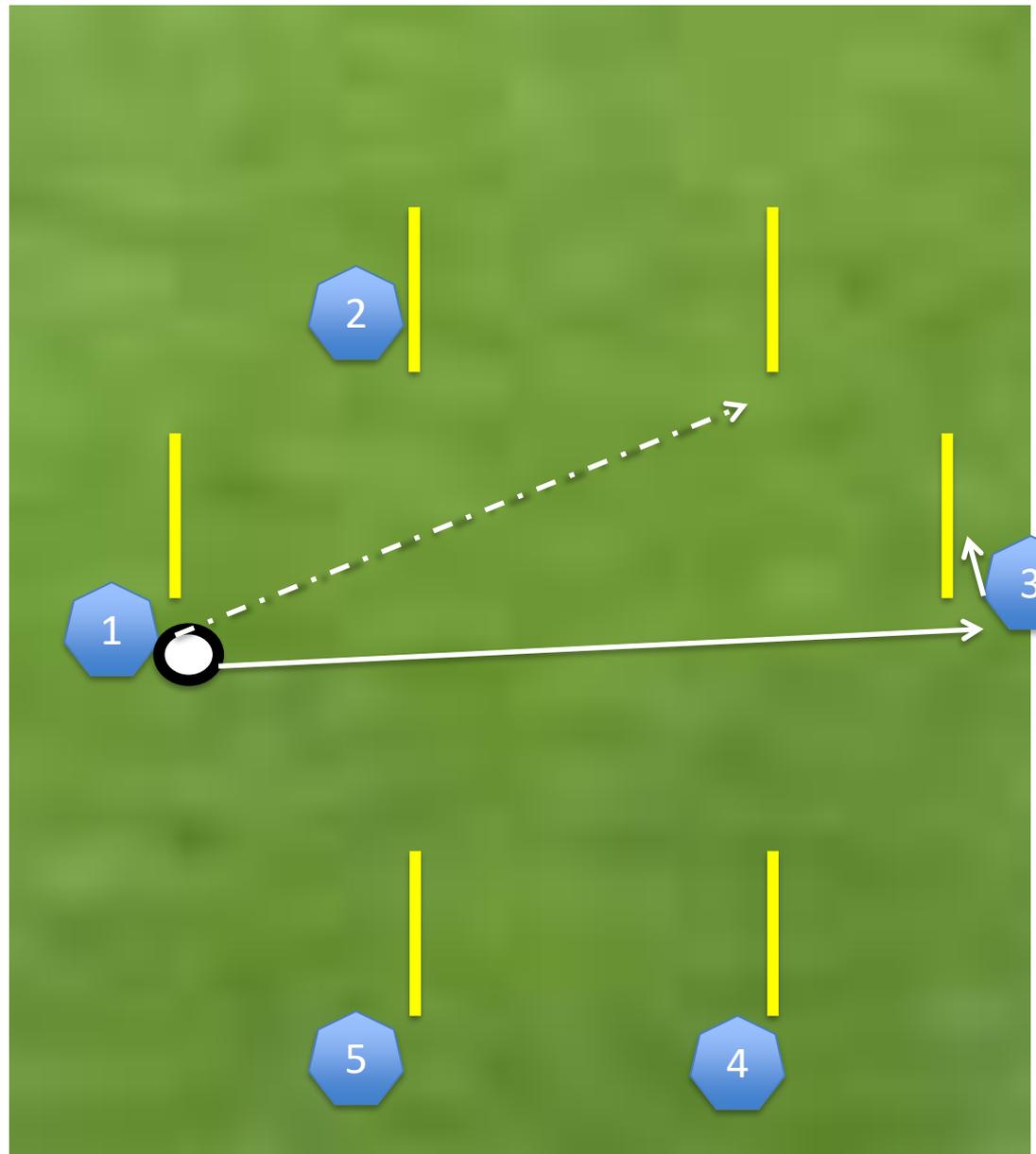
Always 1 more cone/pole than number of players

1 Ball

Player 1 passes to one of the other player and runs to the spare cone/pole

Receive ball in-front of cone/pole

Progress to 2 balls.



Passing and receiving:

4 or 5 players in a diamond

Always 1 more cone/pole than number of players

1 Ball

Player 1 passes to 2 and follows the ball

2 passes to 3 who passes to 4 who passes to 5 who has moved onto the front cone/pole

Use a variety of passes side foot, front foot etc

Use a variety of receiving;

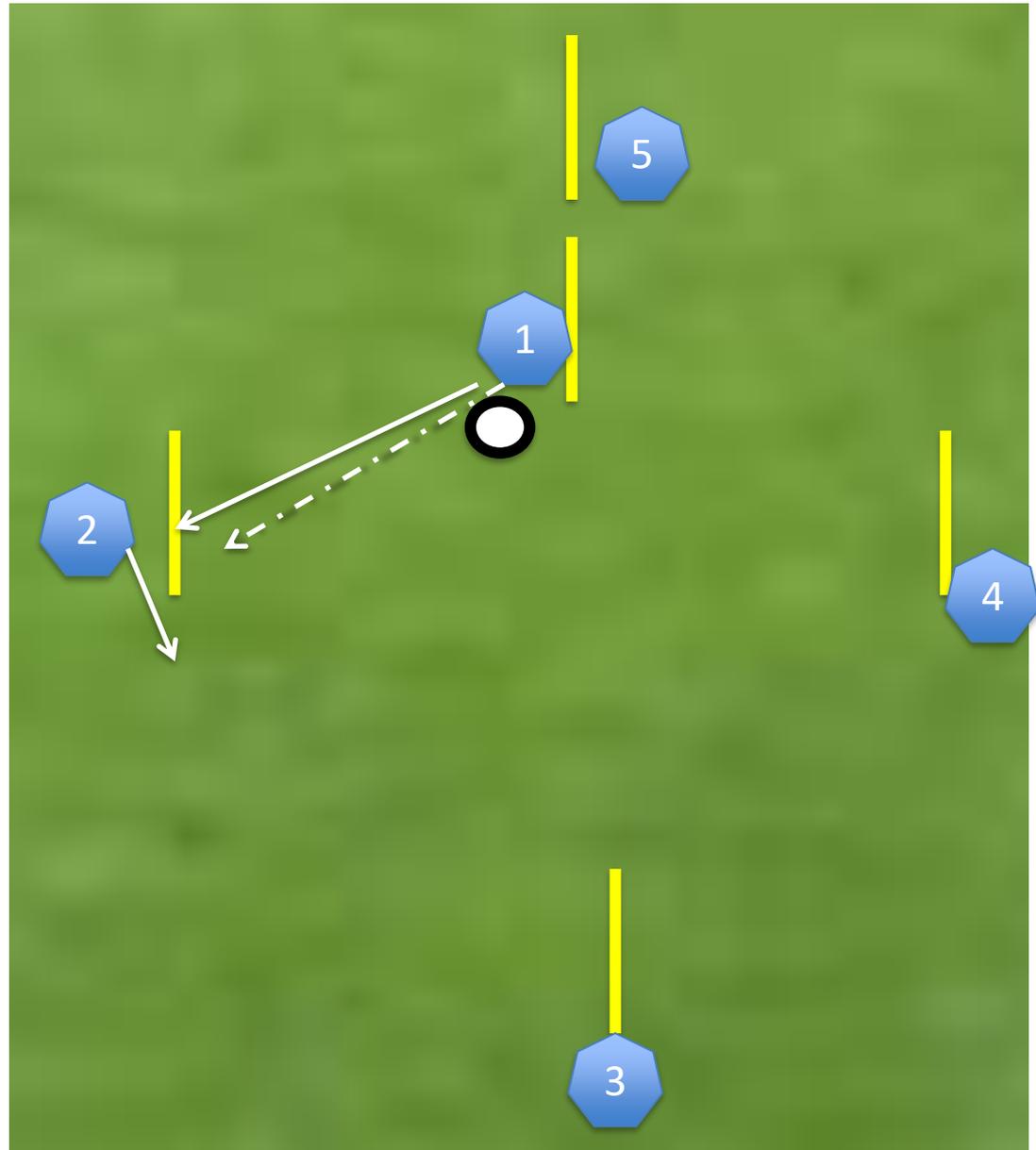
1st touch beyond the cone/pole

outside the pole - front foot

Inside the pole – back foot

Pass beyond the pole to run onto

Develop into combinations 1-2's and have races to see which player can get around the 3 poles the quickest



Passing and receiving:

4 or 5 players in a diamond

Always 1 more cone/pole than number of players

1 Ball

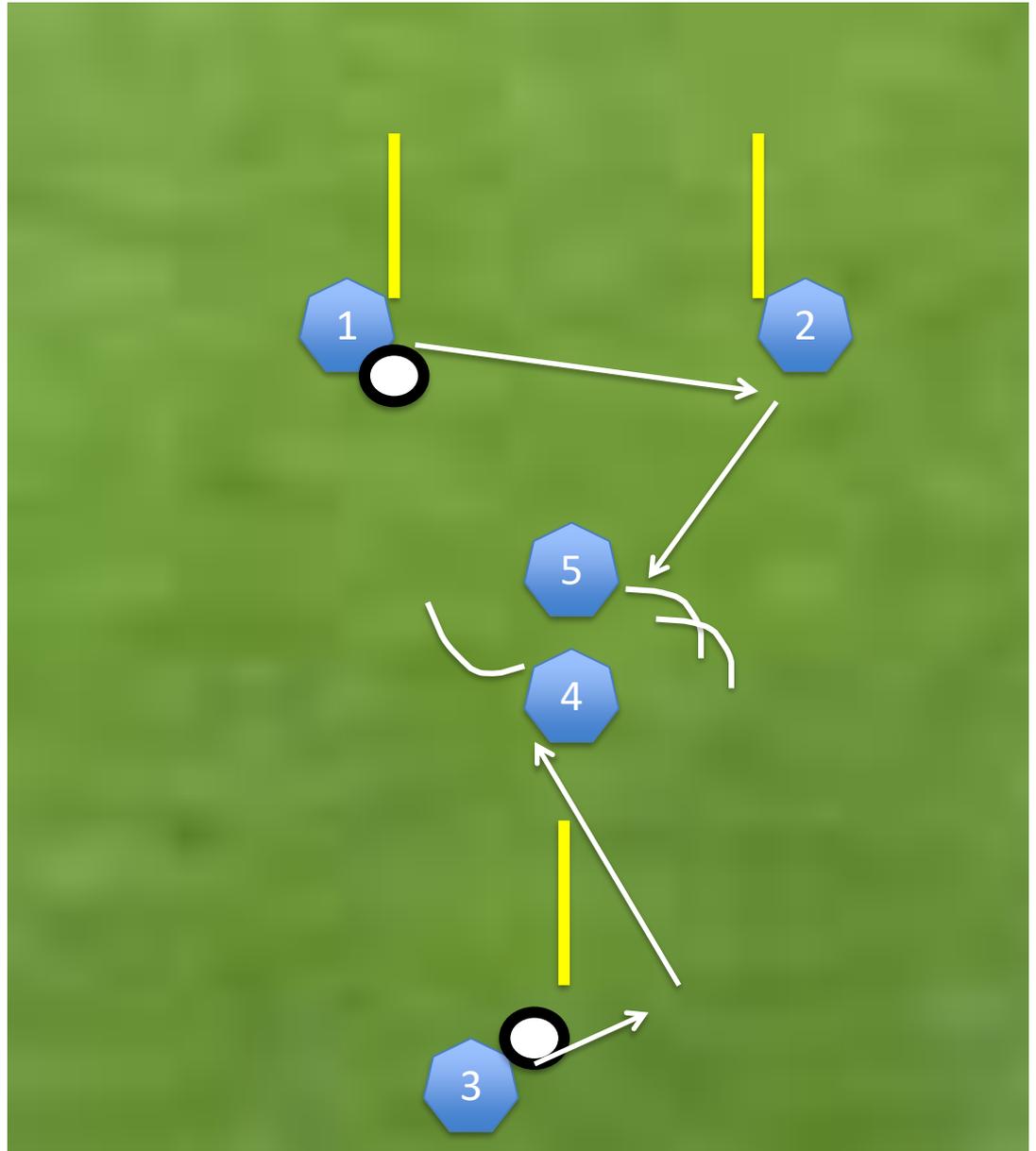
Player 1 passes to 2 who play via their mid man to get the ball to the other end

Players stay on their post for 2 minutes

The objective is to get the mid players to be aware of the opponent and touch the ball away from the opponent but still playing forward

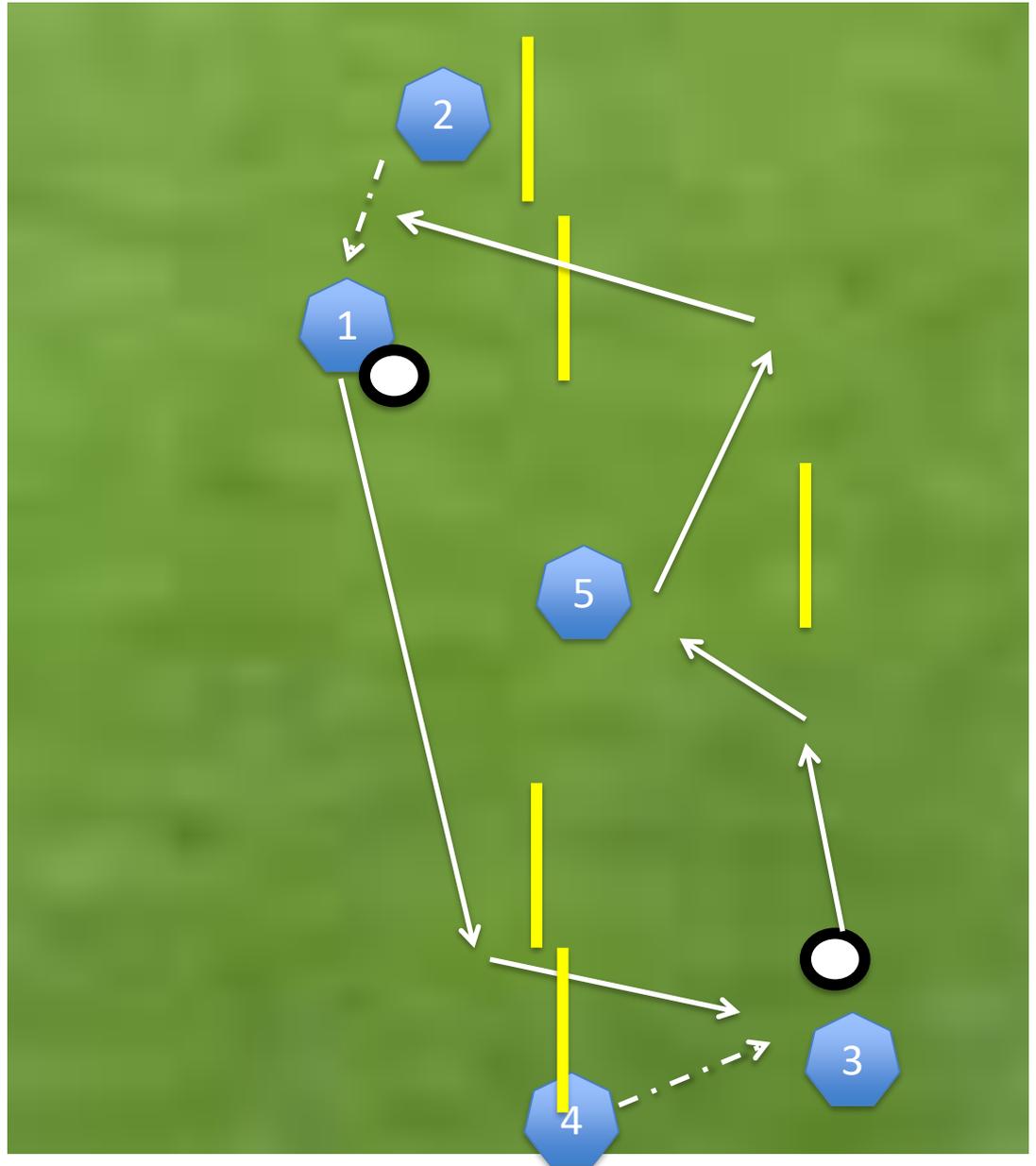
Timing of movement

Pass to safe side etc



Dribbling and Running with the ball:

The spare player acting as a combination in the middle



Dribbling and Running with the ball:

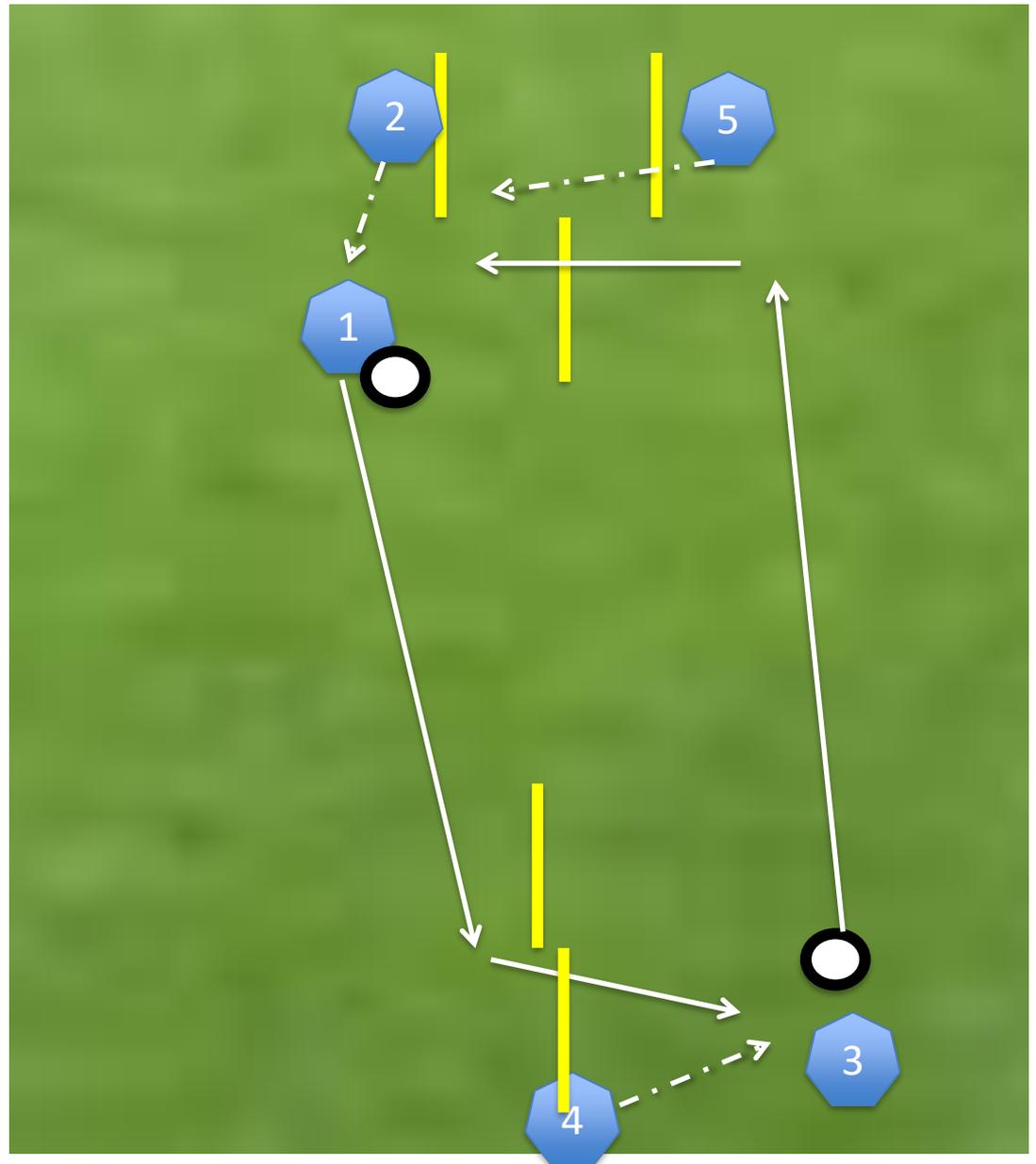
1 and 3 set off at the same time.

2, 4 get into position to receive and 5 move to next cone.

When 1 & 3 get level with the pole they play the ball to 4 & 2 who then run with the ball and pass to 5 and 1 etc.

Introduce the ball player running around the can and chasing

The spare player acting as a combination in the middle



Passing and receiving:

4 or 5 players in a diamond

Always 1 more cone/pole than number of players

1 Ball

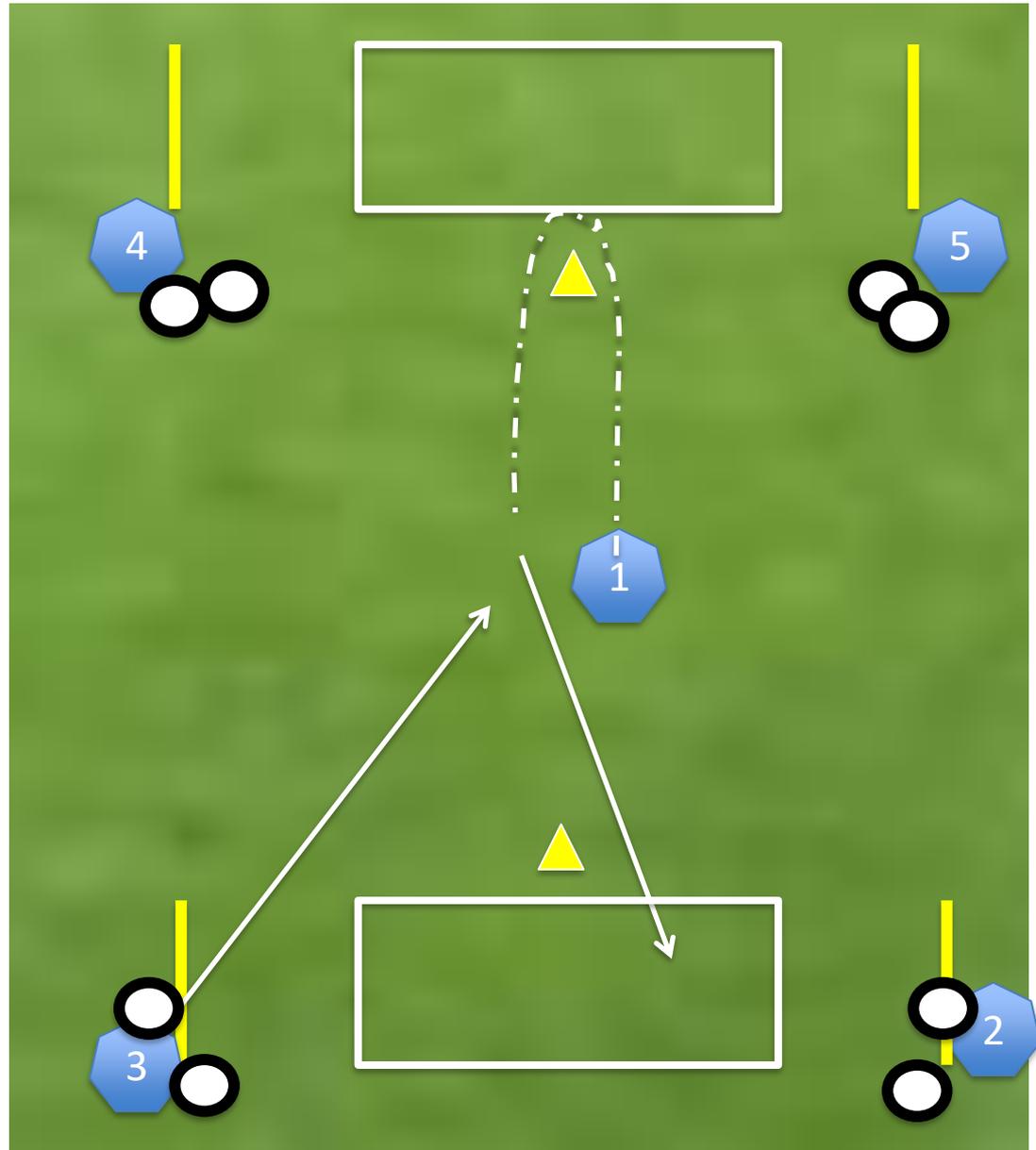
Player 1 starts in the middle.

Runs around a cone and receives a pass from the outside

They shoot at goal and run around the opposite cone and receive another pass

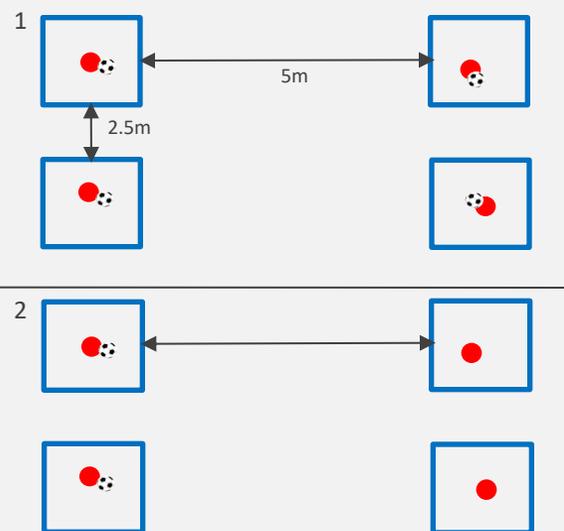
Vary the service.

- Ball on ground, in air, bouncing etc
- Change the position of the cone to run around to change the shooting angle
- Change the serve so you are running onto the ball to finish
- Time the amount of time to shoot all the balls and have a competition
- Put someone in Goal



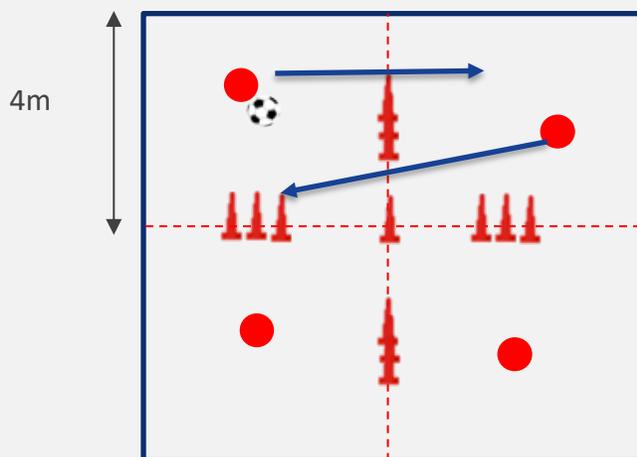
'Corona safe' training exercises

Warm up



1. Ball mastery - Toe taps; insides; tap-tap-roll; football dance; inside-sole; lace-rol; v-move
2. Passing - from box to box between cones, receive ball inside box to take outside box and pass back, receive one way and then take second touch out of the box the other way before passing, receive outside box with pre-movement and then play back inside box

Exercise 1



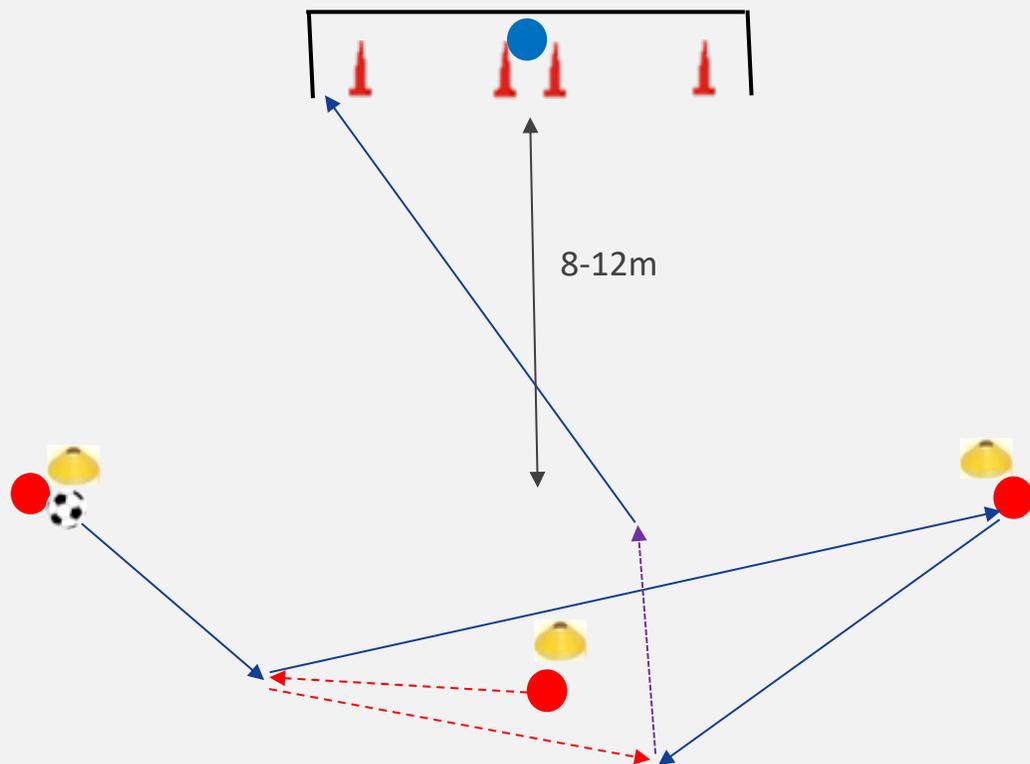
Play ball around edge, when possible try to play between gaps in the cones.

Progression - If pass goes through the middle, play who passed must move to new box and switch with other player (On opposite sides of the 3 cones)

Coaching points

- When to play around/through?
- Eye contact between players to play through the lines.
- Checking to see where players are and if we need to switch

Exercise 2



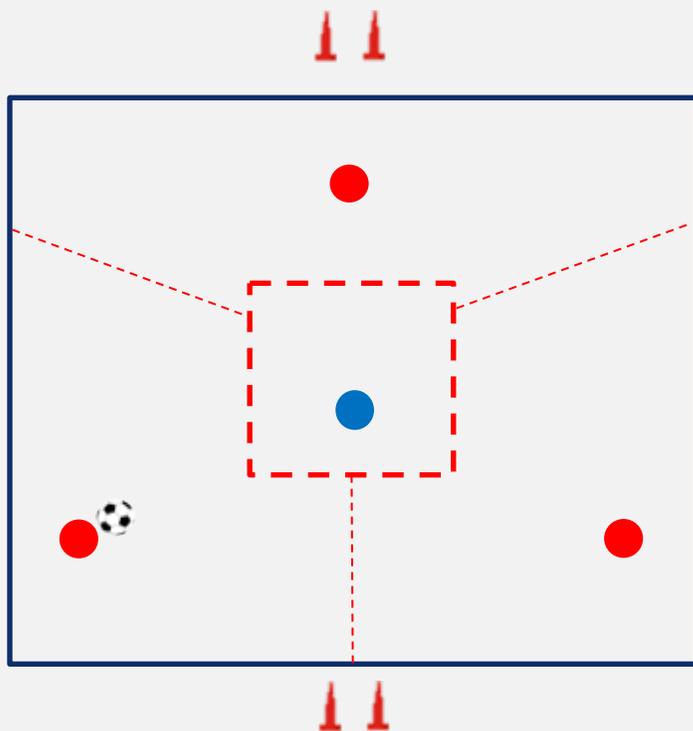
Reds switch ball between them, when ready middle player takes touch forwards and scores in goal where blue is not standing. 3 tries the rotate roles.

Progression - blue stands in front and blocks

Coaching points

- When to move forwards and try to pass through gates in goal
- Creating diagonal angles behind the ball to receive
- Receiving with good body shape

Exercise 3

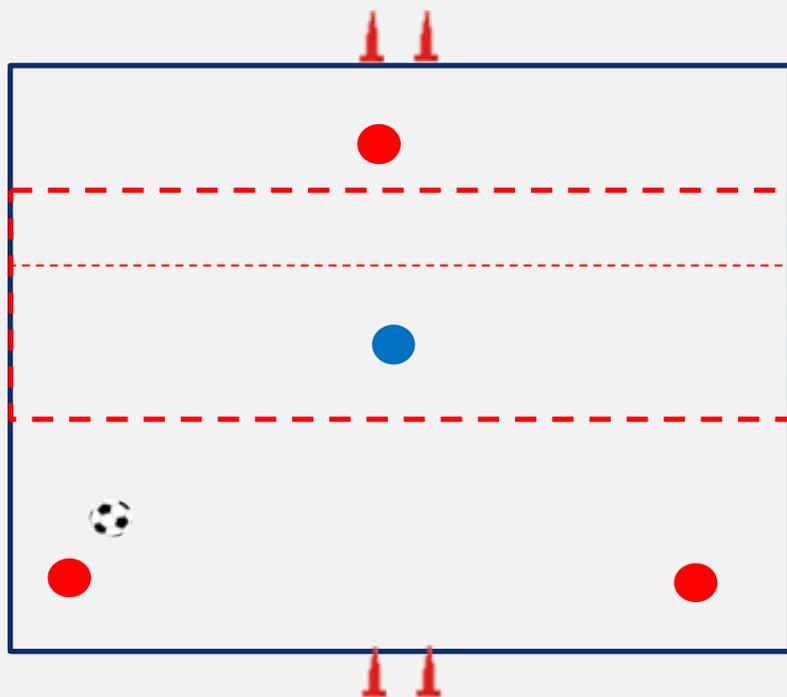


Reds keep ball, must stand in their area. To score a point they must play through the central box with blue in. If blue wins it he can score on either goal.

Coaching points

- Moving the middle player with quick passes to play through the middle box
- Always correcting/creating passing lines
- Receiving with good body shape and checking where to pass next

Exercise 4



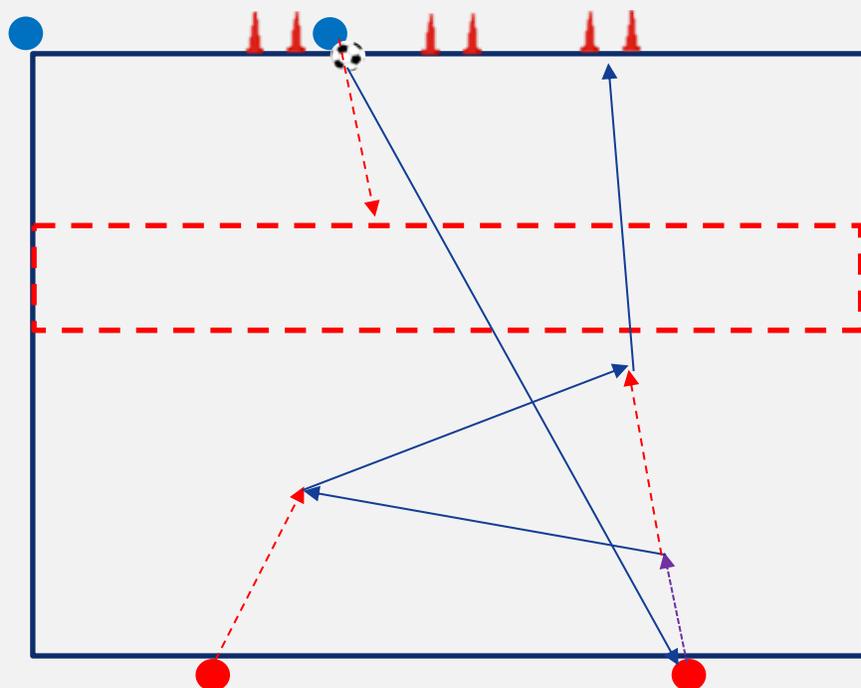
2 reds build up and try to play to other red player who then can score on goal. Blue must block in middle channel, if he wins ball scores on opposite goal

Progression - If red in top box receives ball one red from back box must join to finish on goal

Coaching points

- Checking before receiving so we know when we can go forwards
- Being in a position to receive and play forwards at all times
- Utilising good movements to get free behind the defender

Exercise 5



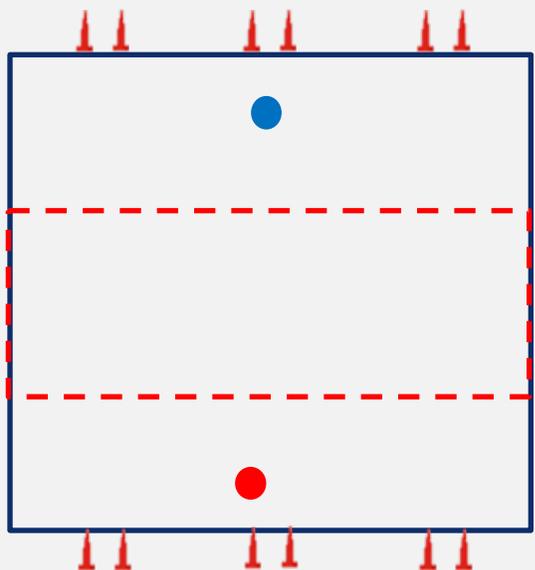
Blue passes to red, cannot cross red line. Reds attack 2v1, must shoot before red line and score on mini goal. Player who shoots to side, player waiting defence, defender moves as attacker.

Progression - Player waiting can block goals at back to make 2v2

Coaching points

- Supporting angles ahead/behind the ball
- Moving the defender to commit/block goals and then playing with disguise into goal
- Checking where defender is to play through 'free' goal

Exercise 7



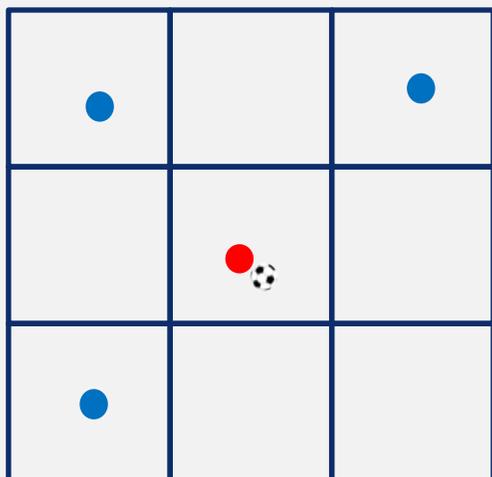
Coach passes ball to player who must receive, 'lose' opponent on opposite side (2m apart) and score on one of the free goals.

Progression - Change start position to side run/receive with back to goal etc.

Coaching points

- Using turns/feints to confuse opponent
- Disguised passing
- Speed of movement/accelerations

Exercise 8



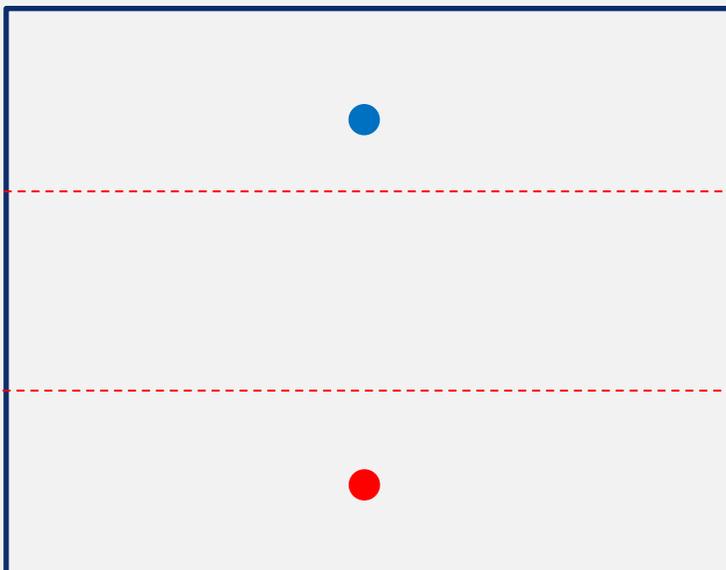
Red player with ball tries to dribble out the box, blues block boxes. Red cannot dribble into a box where a blue is, he must try and find free box to dribble out of.

Progression – Pass ball to player from outside and they must take first touch out of box rather than dribbling

Coaching points

- Using turns/feints to confuse opponent
- Speed of movement/accelerations
- Checking/taking first touch into space

Exercise 9



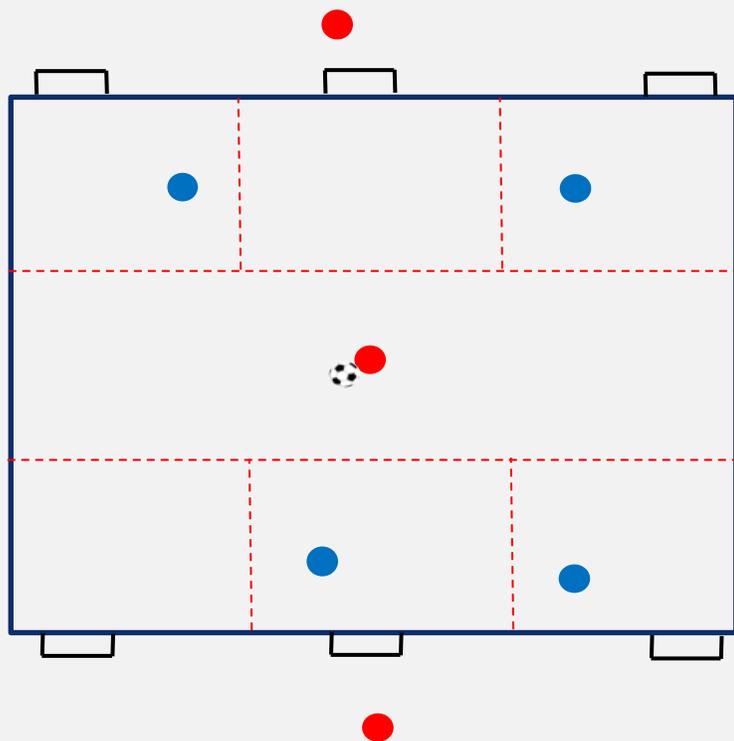
Blue and red stand opposite, blue is the 'leader'. When he runs the red can too. Blue tries to run out the horizontal sides of the box before red can react and do the same. Can use change of direction.

- Progression –
1. Include ball for both players
 2. Include ball for just blue
 3. Coach passes ball in and they lead

Coaching points

- Using turns/feints to confuse opponent
- Speed of movement/accelerations
- Look up to see where the opponent is going

Exercise 10

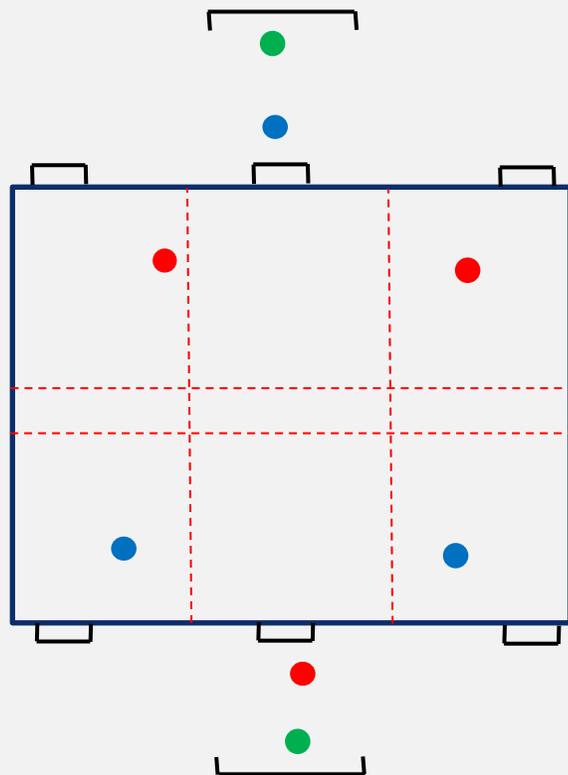


Central red starts with ball, his aim is to score on a goal or pay a through pass to the end reds (Strikers/wing backs). Blues job is to block the mini goals and passing lane to the end reds. Maximum 1 blue in each box at one time.

Coaching points

- Using turns/feints to confuse opponent
- Checking for gaps
- Creating passing lines as an end player

Exercise 11



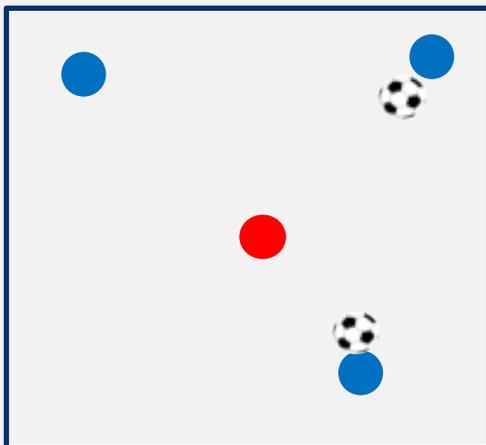
2v2 (+1) game. Reds try to score on mini goals or play to end red who can receive and must score within 3 touches maximum, blues block their goals. Roles swap when ball is lost/blocked.

Progressions - 2 points for scoring with a disguised pass.
Coach plays extra ball to striker after ball is passed through mini goals.

Coaching points

- Disguised passing
- Checking for gaps
- Playing first time passes
- Movement to receive
- Shift/shoot for strikers

Exercise 12



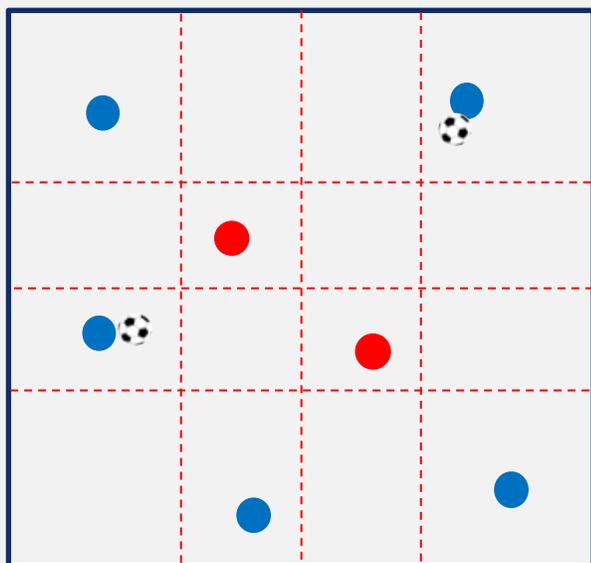
Blue player passes ball to red who turns and plays to free man. Blue who passed now moves to the next corner and then red receives the ball from the next corner.

Progressions – Maximum 2 touches

Coaching points

- Angle, body shape, checking
- First touch sets up the second touch

Exercise 13



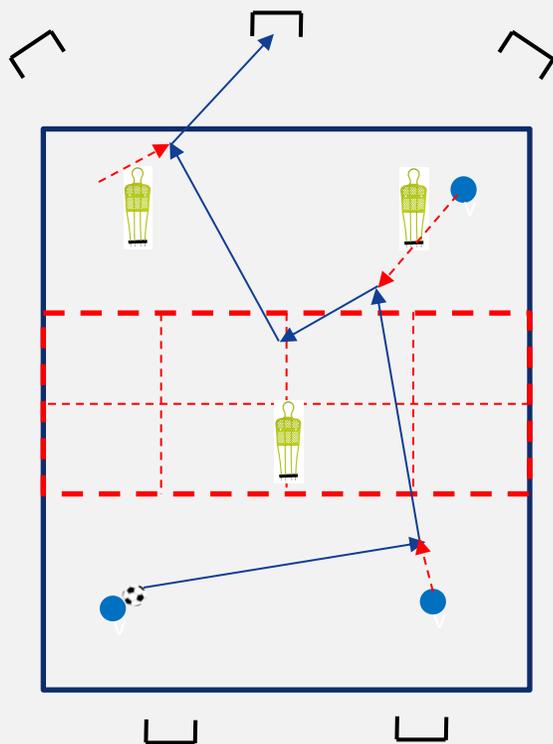
2 balls, play in and out, 2 red players in middle cannot be in the same box. Blue players on outside must move after pass to free box.

Progressions – Down to 1 ball, must a combination between the reds central players now

Coaching points

- Angle, body shape, checking
- First touch sets up the second touch

Exercise 14

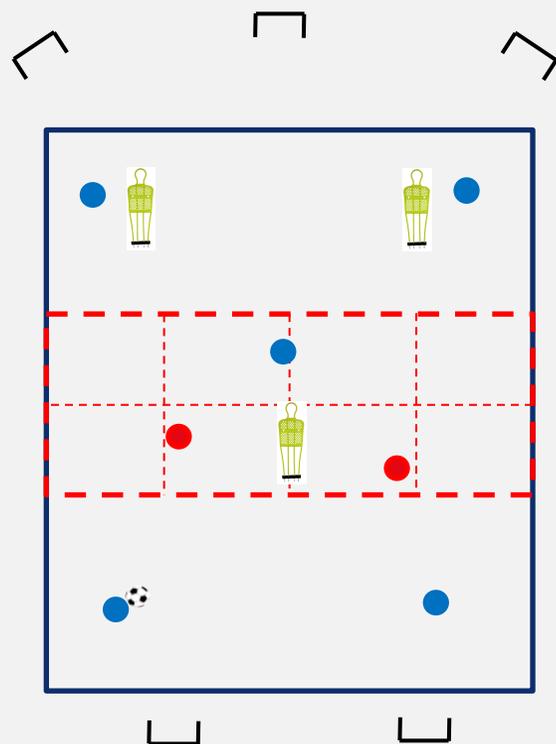


Stoppers play ball and when ready start pattern. After they have completed 3 mins, give them free licence to make their own pattern (Every player must touch ball).

Coaching points

- Communication with pass
- First touch sets up the second touch
- Movements – separation, blindside, rotation

Exercise 15



2 red defenders in central boxes, they must block penetration to CM's/6. 1 CM/6 can drop into central box which is free to receive or 2 blue stoppers can play straight through to far box on the floor. If red defenders win the ball they score on the mini goals behind 2 blue stoppers. If blues manage to progress to the midfielders the midfielders must combine and then score on the 3 mini goals.

Coaching points

- Communication with pass
- First touch sets up the second touch
- Movements – separation, blindside, rotation