Holiday 2016 Coaches Book

Sessions and Activities from Across the World — 6th Edition
About the Booklet

This book contains sessions and activities from soccer coaches and trainers from across the world. Previous compilations were put together in the last 4 years. The intent is to compile sessions and activities for coaches to share, adapt, and implement.

I encourage you to follow all of these contributors as they all add value to the game. Thank you to all of these coaches for allowing us to share their sessions and activities.

This book is for coaches of all ages, genders, levels, etc. Be sure to adapt where you see fit for the needs of your players.

Thank you to everyone who has encouraged me to continue developing as a coach. Shout out to our club, Cincinnati United Soccer Club/CUP (@cincyunited), and all of our players, trainers, coaches, directors, parents, referees, and volunteers.

As always, special thank you to my family and friends for always inspiring me.

All the best,

- Bobby Puppione
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**Interactive Session Plan™**

**Coach:** Sean Nahas - CASL PLAYER DEVELOPMENT;

**Session date:** N/A

**Team/Age Group:** U10s and up

**Theme:** TECHNICAL PASSING SEQUENCES

### NOTES

#### Setup:
2-3 players on Each Line (makes it tougher and more demanding)

**Basic Sequence:** (Player Follows pass)

- A to B
- B to C
- C to D
- D to A

**Variations:**
- Each Coach can improvise sequence off of the first variation

**Once Players have a good rhythm:** Add a 2nd ball at Player C

Now there are multiple players running through channels and each player sprints to next line:

Never watch their pass: With players running through channels make

#### Setup:
5 Cones OR 3 cones and 2 sticks (If applicable)

**Multiple soccer balls**

8-9 players (2-3 at Starting position)

**Sequence:**

- B shows towards inside stick
- A plays into B and then follows with overlapping movement around the outside stick
- B turns and plays into A; A can either Play 1 or 2 touch into C
- C turns and plays into D; D turns and plays into A OR Dribbles back to start

**Multiple balls at Start**

#### Setup:
5 Cones OR 3 cones and 2 sticks (If applicable)

**Multiple soccer balls**

8-9 players (2-3 at Starting position)

**Sequence:**

- B shows towards inside stick
- A plays into B and then fills space in left open by Bs original movement
- B plays back into A; A can either Play 1 or 2 touch into C
- C turns and plays into D; D turns and plays into A OR Dribbles back to start

**Multiple balls at Start**

#### Setup:
6 cones

12 to 14 players (Multiple at Start)

**Cones 8 -10 yards apart**

**Sequence:**

- A to B; B to C; C to D; D to E; E to F

**Emphasis:** Quality 1st touch

**Accuracy and Pace of the pass

**Movement following each pass

**Mentality to be successful**

**Rotation:**

- A to C; C to B; B to D; D to F; F to E

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I. 5 v 5 +2 Positional Possession

Setup:
- Duration: 20-25 min
- Field Size: 25 x 20
- Intensity: High

Organization & Coaching Points:
- Organization:
  - Grid: 20 x 25 yards (can be adjusted based on level)
  - Yellow: 2 Neutrals (Can act as Flanks or Outside Backs)
  - White: 5 Players on team (2 CBS and 2 Targets on outside; CM in middle)
  - Red: 5 Players on a team (starting as defenders in middle)
- Coaching Points:
  - 10 2 minute games
  - Angles of play
  - Creating/finding space or pockets of play
  - Build in attack to play forward; Quality of passes
  - Speed of Play (Varying Tempos)
  - Transitional play

Game Rules (3 touches max to start):
- Team on outside keeps possession with yellow (8 passes in a row is a pt)
- Red defends in 2 banks of 3 and 1 in middle keeping their shape and recognition

II. 6 v 3 Positional Possession (Out of Back)

Setup:
- Duration: 20-25 min
- Field Size: 25 x 20
- Intensity: High

Organization & Coaching Points:
- Organization:
  - Defending Group: White represent front 3 or Mid 3 of an opposing 4-3-3 (#s can be adjusted)- Defend for (60-90 seconds); if they win it they play 3 v 2 VS the 2 CBS
  - Coach can add a goal behind the GK for the 3 v 2 to go to goal
- Attacking Group: 1 GK, 2 CBS, RB, LB, DM, Target

- Coaching Points:
  - Adjusting passing lines
  - Interchanging of movements to create space
  - Possess to pull defenders apart
  - Look to play forward through lines of play
  - Recognition of when to increase tempo

III. 6 v 3 Positional Possession (In Midfield)

Setup:
- Duration: N/A
- Field Size: N/A
- Intensity: N/A

Organization & Coaching Points:
- In addition to above:
  - Game can be adjusted to represent Midfield play (See Exercise 3)
    - This would be HM, RT Flank/LFT Flank/Center Target on the outside
    - 2 attacking mids on the inside
Defending 1v1
Players play a 1v1 to an opponent. As opponent receives ball defender closes down. Defenders close down, slow down and show the attacker away from goal.
- Immediate Pressure on the ball
- Correct body shape - Denying towards goal
- Prevent foul back foot - side on
- Can the defender steal it with foot first?
- If they can win the ball then force them out of bounds

2v2 Defending: Pressure, Cover
First defender plays the ball to the other team then closes them down. The second defender covers him diagonally behind covering him and the other attacker.
- If the ball gets played to the other attacker then the covering defender
- Pressing defender and visa versa
- Defenders always forcing away from goal.
- Immediate Pressure on the ball
- Cover behind the pressure
- Correct body shape - forcing away from goal
- Quick movement to press and cover when ball moves laterally
- Tracking runners, keeping defenders
- Encourage pressing defender not to follow ball when ball gets played pass him/her
- Communication from covering defender
- If defenders win the ball quick counter

Defending Tracking Runners
Both teams have to try and hit the green target to score a goal. Defenders have to concentrate on tracking the runners to receive the pass. Defenders have to be ball side and goal side to track the runners.
- What Pressure on the ball? High or Low
- Keeping the lines the same - staying connected
- Cover behind the pressure
- Correct body shape - forcing towards pressure
- Quick shifting movement to press and cover when ball moves laterally to stay balanced
- Tracking runners, keeping defenders
- Encourage pressing defender not to follow ball when ball gets played pass him/her
- Communication from covering defender
- If defenders win the ball quick counter

Defending Focus on Back Four
- Defenders win the ball they play to targets. Attackers score at Goal.
- Identify triggers as an individual and team
- What Pressure on the ball? High or Low
- Keeping the lines the same - staying connected
- Cover behind the pressure
- Correct body shape, forcing towards pressure
- Quick shifting movement to press and cover when ball moves laterally to stay balanced
- Tracking runners, keeping defenders
- Encourage pressing defender not to follow ball when ball gets played pass him/her
- Communication from covering defender
- If defenders win the ball quick counter
Pre Season Practice : The Football League

Make 3 equal size Grids. Split the players into 2 teams per grid (6 teams in total) either 1v1 2v2 3v3 depending on the number of players you have, I've used a 2v2 example.

Play 3 x 2 minute games with a minutes rest in between. Adapt to suit the age of your players.

The game is line ball where the team in possession have to get to the opposite end of the grid placing the ball on the line to score a goal.

At the end of the 3 games the final score decides the winner. The twist is the winning team get promoted up a grid or retain their position in the top grid if in number 1 with the losing team moving down to grid 2.

Grid 1 = The Championship
Grid 2 = League One
Grid 3 = League Two

Encourage expression - quick combination play - committing opponents - 1v1 situations.
This must be played at tempo to be game realistic. Add your own ideas as you see fit, to progress the practice further.

Enjoy
Pre Season Practice: The Football League

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This must be played at tempo to be game realistic. Add your own ideas as you see fit, to progress the practice further.

Enjoy
**Building Out Of The Back Part I and II**

*Date: Dec 13, 2016 | Team: Latronica U-17 MNT | Duration: 95 min*

**Setup:** Phase 1 - Building through the back four (2,3,4,5) and the holding midfielder (6) without an opposition. Diagram shows a goal kick, GK plays short to the right central defender (4) who has pulled away from the mannequin, the #4 plays it back to the GK, GK plays a central ball to the holding midfielder (6) who has checked away from the mannequin at an angle, the #6 plays out of pressure to the left defender (3), the #3 finishes the buildup by playing the ball back to the coach. Continue phase 1 with additional patterns for 15-20 minutes.

**Instructions:** Create as many game related scenarios for the GK to advance the ball out of the back. Different scenarios could include: goal kicks, the coach driving a ball into the box and GK builds from there, or #2 or 3 serves a cross into the box and GK builds from there. Must connect at least five passes before the ball is circulated back to the coach.

**Coaching Points:** Recognizing the most appropriate option with the least amount of risk, choosing the correct method and technique of the distribution. Realistic ball movement, speed of play, speed of thought.

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**Setup:** Phase 2 - 6V3 in defensive third- Building through the (2,3,4,5,6), the central midfielder (8) and attacking midfielder (10).

**Instructions:** Diagram shows the coach driving a ball into the GK’s hands, the GK plays short to the 4 who gives it back, the GK then switches the point of attack to the number 5 who finds the holding midfielder. The number 6 receives the ball on the half turn and plays wide to the number 3 who connects with a penetrating number 8. Must connect at least five passes in the defensive third before you can advance the ball to the number 8 or 10. Continue different scenarios for 15-20 minutes.

**Coaching Points:** Breaking the opponent’s first line of pressure, switching the point of attack, good starting positions, reading how and where the three attackers are pressing.

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**Setup:** Phase 3 - 9V5 (6V3 in defensive third and 4V2 in the midfield third) Diagram shows the GK playing short to the #5 who is under pressure and plays it back one touch. GK changes the point of attack with a long driven ball to #2. The #2 lays it back to the #4 who breaks the line of pressure with a penetrating ball to the #6 on the fifth pass. #6 turns and follows his pass into the midfield zone. #10 lays back to #6, out to the #8 who finds the neutral player and then back to the coach on the fifth pass. Must connect five passes in the defensive third and then five passes in the midfield third before finding the coach. Continue different scenarios for 15-20 minutes.

**Coaching Points:** All previous coaching points plus finding the right opportunity to play into the midfield, midfielders must open up the space and make the two defenders work defensively. Establish a strong buildup and relationship between the defenders and midfielders.

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Building Out Of The Back Part I and II

Date: Dec 13, 2016 | Team: Latronica U-17 MNT | Duration: 95 min

**Setup:** Phase 4 - 4V2 inside the 30X30 yard box shown in red. Both outside backs, #2 and #3 are waiting on the sides of the grid to join the attack as shown. 6V3 in the final third attacking at pace to goal (2, neutral, 10, 7, 9, and 11 versus the two central defenders and GK)

**Instructions:** 4V2 inside the 30X30 yard grid, once they have connected five passes they must play to either the #2 or #3. The outside back must play a penetrating ball into the #9 to initiate the attack in the final third. The outside back, neutral player and the #10 join the three forwards making it a 6V3 to goal. No restrictions in the final third, play continues until a goal is scored, ball goes out of bounds or GK gains possession.

**Coaching Points:** Maintaining good possession in the midfield. Advancing the ball from the midfield third to the final third. Create numbers up situations by encouraging the midfielders and outside back to get forward. Ball circulation, combination play to goal, timing of runs in the box, and quality finishing.

**Setup:** Phase 5 - 4V2 inside the 30X30 yard box shown in red. Both outside backs, #2 and #3 are waiting on the sides of the grid to join the attack as shown. 6V6 in the final third attacking at pace to goal (2, neutral, 10, 7, 9, and 11 versus the back four, #6 holding midfielder and GK)

**Instructions:** 4V2 inside the 30X30 yard grid, once they have connected five passes they must play to either the #2 or #3. The outside back must play a penetrating ball into the #9 to initiate the attack in the final third. The outside back, neutral player and the #10 join the three forwards making it a 6V6 to goal. No restrictions in the final third, play continues until a goal is scored, ball goes out of bounds or GK gains possession.

**Coaching Points:** All previous coaching points plus focusing on how to create chances on goal in an even numbers situation to goal (6V5 defenders plus a GK) precise movements on and off the ball, creating 2v1 in wide areas, losing defenders inside the box, aggressive runs in the box.

**Setup:** Final phase - 11V11+1 zonal play, middle zone is 30X30 yards square. 21 field players plus 2 GKS. 2X10 minutes.

**Instructions:** Defensive zone is a 6V3 (GK,2,3,4,5 and the 6): Must connect five passes before advancing the ball to the midfield zone. Midfield zone is 4V2 (6,8,10 and the Neutral player): The holding midfielder #6 joins the area making it a 4V2, five passes must be connected before playing either the 2 or 3 into space who eventually plays into the attacking third. The attacking third is a 6V6 (2 or 3, 8, 10, 7, 9, 11) to goal: Once the outside back (2 or 3) has penetrated forward in possession, an entry ball is played into one of the three attackers’ feet while the 10 and neutral player join the attack making it a 6V6 to goal. No touch restrictions in the final third. If a goal is scored or the ball goes out of play, a new ball is started with the opposing team’s GK building out the other direction.

**Coaching Points:** Building out of the back, maintaining possession in the midfield, creating numbers up scenarios in the final third, creating chances on goal. Player spacing in all zones, good starting positions, accurate passing, recognizing appropriately when to build and when to penetrate.
Passing Awareness Warm-Up

Area: 60x40 divided into 6 grids
3 Players per group (1 ball)

Start 1:
- Players pass the ball in sequence, moving around the grid and using one touch i.e. red, to yellow, yellow to blue, blue to red.

Start 2:
- Same as 1, now groups A and D work together, as well as B and E, and C and F.
- One ball per group, using two grids and passing and moving

Start 3:
- As in 1 and 2, now groups A, B, and D work together, as do E, F, and C.
- One ball per group, working on an 'L shape'.

Coaching Points:
- Good movement
- Type and weight of pass
- Communication is vital

Progression:
Add a defender
Spot The Danger

This session centres on the defending team spotting where the danger is and moving to block and force the danger away from goal. Defenders are locked to zones to help with player positions. By David Clarke

WHY USE IT
This helps a defensive unit to cover all areas across the back in front of goal and not bunch up leaving space behind.

SET-UP
You need balls, bibs, cones, a normal goal and two target goals. Set up an area 20 yards wide x 15 yards deep. We used 7 players in the session.

HOW TO DO IT
Split your players into a defending team of 3 players plus a goalkeeper and three attacking players. The attacking players try to score in the normal goal against the goalkeeper and can move in either of the two zones. The defending team has a player in each zone who must stay in that zone and a player who can go in either zone to double up the defence. This will allow movement and defender positions to be clearer and help with the coaching points. The defending team must try to force play away staying in the zones and if they win the ball they can score in the small goals.

TECHNIQUE
The moving defender must be ready to support the two defenders in the zones – speed and anticipation is key to success.
Possession Game Four

Theme: Developing Third Man Runs focusing on movements OFF the ball beyond the opponents back four

Condition: Every time the ball is passed backwards a player has to run forwards

Some of the best forward runs in soccer are deemed “third man runs” often made from a position this is blind side of the opponents. A usual sequence is; a forward pass; a backward pass, a forward run. A one, two; three; so to speak

Small side third man run game situation with end zones

The set up is as it would be in the attacking shape of a 4-2-3-1, so you can take this small sided game to represent the 11 v 11 in a particular area of the field making the same types of plays.

You can also use this for any team shape set up you might use in an 8 v 8 or 11 v 11. If you play with two strikers then play 7 v 7 and two up front for example or even change the shape behind. To begin to help provide a guide / signal for when to make the 3rd man run we have a CONDITIONED RULE: Everytime the ball is passed BACKWARDS, another player must run forward and beyond the ball. That would be the forward third man run we are encouraging; and the player receiving the back pass needs to see that run and make that pass

Coaching Points
a) Identifying the conditioned moment (a back pass) to make the run
b) Identifying the conditioned moment to make the pass
c) Timing; angle and weight of the pass off a previous pass back
d) Timing and angle of the run to receive the through ball
e) Encouraging more than one player making a forward run to increase the options
**Scoring:** To score the player has to receive the pass as he or she is over the end line within the end zone. Equate the first line on the end zone as the back four of the opponents so you are timing the run to beat the back four.

**Timing:** Going too early with the run and they receive the pass in an offside position. Weight of pass is so important here also.

1. The ball is passed forward first, as soon as it is passed back that is the signal for a player; or players; to make forward runs beyond the ball and beyond the furthest forward player.

2. The third man run passing sequence can also be started and end with the same player such as here with (11) who plays forward to (9) who drops the ball back to (7) who plays the forward pass to (11) making the blindside run.

**INCLUDE GOALS AS AN END PRODUCT**

1. The inside thick end line represents the back four position of the opponents. We need to build the attack and once the ball is played back another player; or players; makes the third man run off the ball, in this case (8) and (11).

2. Set up like this you can have two teams working on the same theme.

3. If you want to relate it to playing against a back four you can bring your own back four in and set it up as such; as I have shown in the Phase of Play next.
2v2 plus targets with GKS (36 long by 18 wide with big goals -- grid size adjustable)

On transition, the 2 players entering the field must play to their target (T) before shooting. The target can turn and shoot or lay off. Goalkeepers are active and rebounds/saves are live. Only transition on a goal or ball out of bounds. Targets cannot defend.

Progressions:
- Target cannot turn and shoot
- Go to 3v3 plus targets

Coaching Points:
Technique of dribbling/passing/receiving/finishing
Combination Play
Attacking Movement/Runs
Finishing
Creativity
Press/Defending
**4v4 Plus GKs (4 bumpers) Cuthroat/Dynasty**

**Directions:**
Play 4v4 plus goalkeepers to big goals with a third team serving as neutrals on outside. Field is 25 yards long and 20 yards wide (adjust width if need be). Teams look to score on big goal. If they score, they get the ball out of that net, turn, and attack the other goal. The team that gets scored on immediately gets off (becomes neutrals) and team that was neutrals comes on. It is a transition so no stopping the game - can you score and then get a new ball and quickly score again. Neutrals can be used but only have one touch. Keep score. If no one has scored after 90-12 seconds, team that was on the longest gets off.

**Coaching Points:**
- COMPETE
- Body prepared to finish
- Be confident
- Attack the goal
- Choose the correct finishing surface
- Technique of finish
- Technique of cross
- Timing of runs
- Transition
Receiving to Break Out
David Robertson - @CincySoccer2307

Setup:
2 Goals
2 Teams
Balls at each goal

Instructions:
**Both GK must have a ball at their feet/in hands every time activity restarts**
(1) Player A & D jog out together across grid
(2) Coach yells out trigger word for one team (can be teams bib colors, etc)
(3) That Player (A in this example) checks back to GK
   **Player D can attempt to win the ball and finish**
(4) Player A must lay the ball off to B or C to attack
(5) As the layoff happens, players E & F sprint on to press the play

Coaching Notes:
1. For young/lower level players can allow A to initially receive not allowing D
to win ball - make sure to allow this later on though
2. Can incorporate a time limit (ie. must score within 10 seconds)
3. Work on losing your mark (change of pace) when checking back
4. Different textured balls for layoff (4) - can we not always play negative?
5. Emphasize tempo & speed of play, remember working on breaking
   out/counter attacking
6. Play to score - first to 5 etc
Objectives

Improve player's ability to strike a ball by learning correct technique with the non-dominant foot.

Warm-Up Ball Striking

Coaching Points
- Head up to see the field
- Prepare ball out of foot (at an angle)
- Approach at a slight angle
- Hop onto support/plant foot
- Plant foot is beside ball (about the size of a ball or smaller) and pointed in the direction of your target
- Prepare the surface (instep, outside of foot)
- Lock ankle (make a fist inside the boot)
- Load energy into back swing
- Keep eye on the ball (not the target)
- To keep shot low, keep body over the ball
- Strike through the middle of the ball
- Keep knees bent and over the ball on the follow-through
- Land on shooting foot

Accuracy over power

Description

Small-Sided 3v2 to 3v3 Shooting Gallery

Coaching Points
- Head up to recognize penetration lanes
- Prepare ball to positive space (away from defender) to strike on goal.

Description

Arc of cones slightly outside of the 18 yard box. Start with 3 attackers in middle (11,9,7) versus two defenders (one GK/one field player). Add another defender at 4th interval to create more pressure. Supporting players are on the outside of the arc and will each have a ball who will pass into the grid based on the three attackers calling/showing for ball. 3 attackers attempt to get a strike on goal by shooting.

Expanded Small Sided 5v5 (3v1 to 3v1) to 2 Large Goals

Coaching Points
- Play with head up and keep ball moving to create shooting opportunities.
- Be proactive and look to create a shot by passing or dribbling to get a better penetration angle.
- Communicate with target player to turn, shoot, or drop to help keep the ball if a shooting option is not available.

Description

Field is 16 yards long by 44 yards wide with cones across 18 and 2 large goals. Extra balls are placed beside the goal. 3 blue attackers (11,10,7) play against one red defender in their half of the field. No player can leave the grid to start. On the

7v7 to 9v9 Match

Coaching Points
- Look for breakdowns where players are not proactive or shoot from poor angles/distance.

Description

Full Field or on half field. Extra balls spread out around the field. 7v7 (1-2-1-3) to 9 v9 (1-3-2-3) Full FIFA Rules apply.
TRAINING SESSION: MIDFIELDERS ROLES WHILE BUILDING UP FROM YOUR OWN HALF

**Goal**
To improve the midfielders' understanding of recognizing when and where to support their teammates while the team is building up from the defensive half. Working on the timing and supporting angles as well as keeping the ball circulating so that the team can penetrate. Help the midfielders to work in unison with each other so that they can stretch the

**Improve Midfield Passing & Support Play**
- **6 Players**
- Cones, Balls, Vests
- **Intensity: 5**
- **10:00 min**
  - (3 x 01:00 min, 00:30 min rest)

**Coaching Points**
- Weight of pass needs to be firm and played fast
- Movement of body, shape the body up to receive the ball and play the way you are facing
- Scan the field, be looking for the next pass
- Try to play the deepest midfield first

**Description**
Set up grid approximately 16 yards x 22 yards. Two cones approximately 3 yards apart are placed in the middle of the grid. 4 players on the outside. One player on each side of the grid, the players must keep moving up and down the perimeter. 2 players

**Improve Midfield Passing & Support Play Stage II**
- **7 v 2**
- Cones, Balls, Vests
- **Intensity: 5**
- **15:00 min**
  - (3 x 01:30 min, 01:00 min rest)

**Coaching Points**
- Midfielders vacate the space and try to play in between the defenders
- Speed of the pass, try to play 1-2 touch
- Midfielders need to scan the field.
- Movement and support of the players on the outside needs to be opposite of what the central players do.
- Players on the outside need to guide and instruct the central players on what to do
- Never stop moving, always offer good supporting angles (distance and timing)

**Description**
7v2 or 6v1. If playing with seven players on the attacking team, place two in the middle

**Midfielders Roles in the Buildup Phase Of Play**
- **8 v 7**
- Goals, Vests, Balls
- **Intensity: 7**
- **20:00 min**
  - (3 x 05:00 min, 01:30 min rest)

**Coaching Points**
- The #2 #3 make the field wide as does the #7 #11 #6 drops in a little to try and receive the ball. Midfielders have to work opposite each other, never be on the same line and avoid square passes.
- Scan the field, looking to switch the play.
- Encourage the #6 and #8 to play with a one-two touch rhythm, but always be looking to support the ball and get on the ball

**Description**
8 Attacking Players (playing with 1 GK, #3

**9v9 Midfield Play**
- **9 v 9**
- Cones, Balls, Vests, Goals
- **Intensity: 6**
- **20:00 min**
  - (2 x 08:00 min, 02:00 min rest)

**Coaching Points**
- Looking to create passing patterns using the midfield in the build up.
- Midfielders can not be on the same line
- Try to play the high midfield target
- Keep moving off to receive the ball at angles
- Players need to be scanning the field to receive the second pass
- Timing of Runs and Pass

**Description**
9v9 on a 80 - 55. Team 1 Plays in a 1-3-2-3 Team 2 Plays in a 1-3-3-2. Normal FIFA Rules
**Theme/Objectives:**
ATTACKING: CREATING SPACE. RUNS FROM MIDFIELD BEYOND FORWARDS
Teach midfielders, when, how and where to make runs into the final third, getting beyond the forwards.

**Age:** 11-13
**Mesocycle:**
**Microcycle:** Tech - Tactical

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**Duration:** 15 mins  **Intensity:** Medium  
**Intervals:** 10  **Work:Rest:** 2:1

**Organisation/Explanation:**
- 30x30 grid, with 3v3 plus a goalkeeper on each team.
- Attacking team play ball into #9 and try to create space and go to goal.
- Attacking team can use goalkeeper as a #6 for support.
- Red team go to goal once possession is one.

**Coaching Points**
- Quick combinations to create space
- Work through set patterns (for example: up, back and through)
- Good first touch
- High tempo

**Progression(s)**
- Play two touch maximum
- Add a neutral player

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**Duration:** 20 mins  **Intensity:** Medium  
**Intervals:** 8  **Work:Rest:** 4:1

**Organisation/Explanation:**
- Set up using width of 18 yard box and 36 yards in length.
- Play 5v5 (plus Goalkeeper for Red).
- Ball starts with Blue (#11, #8 or #7) and played into #10 or #9.
- Blue go to goal.
- Red can pass/dribble into target goals.

**Coaching Points**
- Timing of runs (stay inside)
- Visual cues.
- Draw defenders out of position for Mids to get in behind, between or around.
- Move ball around at speed to create the space required to penetrate.

**Progression(s)**
- Add a red #2 and #3 to make it 5v5
- Use edge of 18 yard box as offside line.

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**Duration:** 20 mins  **Intensity:** Med - High  
**Intervals:** 4  **Work:Rest:** 4:1

**Organisation/Explanation:**
- Play whole half 5v5 (plus Goalkeeper for Red)
- Ball starts with #8 and played into #10 or #9.
- Blue play to goal.
- Red can pass ball into targets.

**Coaching Points**
- Look for combinations between forwards and midfielders.
- Good movement off the ball required (third man runs)
- Positive touches to draw defenders in.

**Progression(s)**
- Make field shorter and narrower
- Add additional Red to play 5v6.

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**Duration:** 35 mins  **Intensity:** Medium  
**Intervals:** 2  **Work:Rest:** 5:1

**Organisation/Explanation:**
- Play 8v8 regular game, with ball starting at Blue #6 each time.
- Blue set up in 3-3-2
- Red set up in 1-4-3-1.

**Coaching Points**
- Quick ball movement
- Look for gaps between defenders
- #9 and #10 should be checking in to create space
- Look for opportunities to create overloads

**Progression(s)**
- Only allow Red #8 to press beyond halfway line.

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**www.24-7uksocceracademy.com**
Theme/Objectives: ATTACKING: SWITCHING THE POINT OF ATTACK
Teach players to change the point of attack through the #6 and #8

Age: U13-18  Mesocycle: Technical / Tactical  Microcycle: 

Duration: 20 Mins  Intensity: Med

Organisation/Explanation:
- Set up a 30x50 grid with three attackers vs five defenders.
- Teams play 7v5 keep away when Blue have the ball and 5v3 when Red have it.
- Blue score a point every time they get ball from #3 / #11 to #7 / #2.
- Red score a point by playing 10 passes.
- Blue start with ball each time.

Intervals: 5  Work:Rest: 3:1

Coaching Points:
- Good speed/tempo of play
- Body shape when receiving ball
- Check shoulder / scan field when receiving ball
- Change angle when receiving

Progression(s):
- Allow red players to pressure wide players
- Add touch restrictions

Duration: 20 Mins  Intensity: Med

Organisation/Explanation:
- Using half field set up 8v6 as shown in diagram
- 5v3 in defensive third
- 3v3 in middle third
- Ball starts with Goalkeeper, who can play out to any of the four defenders or the #6/8, who can check to the defensive grid.
- Blue can have one player move up/down grid and must score in target goals.
- Red try to win possession and go to goal.

Intervals: 5  Work:Rest: 3:1

Coaching Points:
- Timing of runs and good movement off the ball
- Good decision making
- Quality of pass/touch
- Communication between players (verbal, non-verbal)

Progression(s):
- Add #7 and #11 to the red team
- All three midfielders must touch ball before scoring.

Duration: 25 Mins  Intensity: Med-High

Organisation/Explanation:
- Add a third grid and make it 11v8
- Ball still starts with Goalkeeper and one player from blue can move up/down a grid in order to create overloads.

Intervals: 6  Work:Rest: 3:1

Coaching Points:
- Shift ball quickly to off balance opposition
- Patience when moving the ball
- Positive touch to take ball into space when it is available.

Progression(s):
- Remove grid lines
- Allow additional red players to move across grids.

Duration: 25 Mins  Intensity: Med-High

Organisation/Explanation:
- Both teams set up in a 1-4-2-3-1
- Play 11v11 with ball starting from Blue Goalkeeper each time.
- Have red play low line of confrontation to start with, allowing blue to play out of the defensive third.

Intervals: 2  Work:Rest: 4:1

Coaching Points:
- Movement of players off the ball
- Good decision making
- Head up and look for defensive gaps to penetrate
- Look to play through #6 and #8 to change angle and switch the ball.

Progression(s):

www.24-7uksocceracademy.com
Moments of Transition - Technical warm-up

Organization and Set-up:
Player A passes to Player B who peels off the marker. As B receives, Player C makes the run behind the marker into space. As C receives, Player D peels off his marker and dribbles to the back of the line. Repeat going the other way.
Players rotate A-B-C-D.

Progressions:
Player D does not receive to feet, checks high and then makes the blind side run for the through ball.
Give and go at the top between player B and C.
Short-short-long from A-B-C with a through ball to D.
Short-short-long give and go with A-B-C-B-C with a through ball to D.
Add a defender to replace the mannequins.

Adapt, Share, Enjoy!

Moments of Transition - Positional activity

Organization and Set-up:
3 teams of 4 (adjust numbers as needed) with one team of 4 being neutrals on the sides and each end to create positional shape and superiority. Red are keeping possession with the help of the deep neutral and two side neutrals. Once yellow wins the ball, they have to transition the ball to the other side successfully with the side neutrals now moving up the field. Repeat the same game on the opposite side with yellow keeping possession and reds looking to win the ball and transition to attack.

Progressions:
10 passes is a point for the team in possession.
*Realistic - after 5 passes from the team in possession, they can switch the point of attack.

Touch limits

Reactions to the offensive transition moment/defensive transition moment
Transition/counter more direct!

Adapt, Share, Enjoy!

Moments of Transition - Game situations

Organization and Set-up:
Red midfielders outnumber the yellow midfielders 3v2 and look to score in the small goals. If yellow wins the ball, they quickly transition to a counter attack situation. The yellow player that wins the ball can play directly into striker or outside mids to begin the offensive moment of transition.

To start, one trailing red player can join making it a 3v2 for yellows if they attack at speed, 3v3 if it is too slow.

Progressions:
Touch limits for red or must look to score by a certain pass count to help trigger the transition/counter moments.
Yellow can add a late midfield runner to create 4x2-4x3 situations.
Add more numbers in the middle (3x3 or 4x3).
Add defenders who track the wide players, making them work on their timing of runs and reading the moment of transition.
Add another forward and defender.

Adapt, Share, Enjoy!
Position Specific training- working with def mids and backs

Organization and set-up:
Begin with the 18 extended to half and split in the middle. Start with a simple 1v1 where the defender (ensure they are your backs and defensive mids) must deny the attacker the chance. The play must stay inside the channel. This is reflected in channel A.
Channel B takes this to a 2v2 situation where we have pressure and cover with the same rules as before. You can adapt and adjust to your player level and numbers.
Note: Make sure you have some sort of counter target for defenders!

Progressions:
1v1-2v1
2v2-3v2
Attackers must score in a certain time.
Defenders lose a point if a shot comes off (blocking).

Coaching points:
Can we funnel the attacker away from the middle?
If we are 2v2, is it better to show to my support or away?
Not "crossing lines" in the 2v2-3v2
Effective and deliberate communication.
Body positioning, when to step in.
Position Specific training - working with def mids and backs phase

Organization and set-up:
We begin by focusing on the CDM and the CB being out numbered to ensure we work on the zonal press, keeping shape, compact, shifting, and dropping in for cover when needed. Counter goals are still on for our defenders to find the target or wingers.

Progression:
Add another defender to make numbers even.
Add a target for the attackers to occupy the CB's, meaning the CDM must shield the entry ball.
Take away the cones and add the back full backs to create back four and picote.
Add a second pivote.
Give attackers 6 players to mimic their shape.

Coaching points:
Denying the pass into space behind.
When to step up and press.
Where are we showing the attackers? Can we funnel them wide and take away overloads?
Are the backs shifting together or are they leaving gaps to exploit?
Basic indidividual defending.
Position Specific training- working with def mids and backs phase

Organization and set-up:
We begin by focusing on the CDM and the CB being outnumbered to ensure we work on the zonal press, keeping shape, compact, shifting, and dropping in for cover when needed. Counter goals are still on for our defenders to find the target or wingers.

Progression:
Add another defender to make numbers even.
Add a target for the attackers to occupy the CB's, meaning the CDM must shield the entry ball.
Take away the cones and add the back full backs to create back four and pivote.
Add a second pivote, add AM for defenders.
Give attackers 6 players to mimic their shape.

Coaching points:
Denying the pass into space behind.
When to step up and press.
Where are we showing the attackers? Can we funnel them wide and take away overloads?
Are the backs shifting together or are they leaving gaps to exploit?
Basic individual defending.
Interactive Session Plan™

Coach: Gavin MacLeod  
Session date: August 2016  
Team/Age Group: U16s  
Theme: Defending Centrally / Forcing Play Wide  
Time available: 90 mins

NOTES

An area of 24 yard x 15 yard with two zones on the sides. A gate is placed at the end of the grid. Coach plays the ball into the attacking players who try to dribble through the gate. One defender starts halfway up the grid and applies the pressure and is joined by a second defender. If they force the dribbler into a zone, they win a point. Progress to winning the ball and counter attacking to the gate.

Coaching Focus: Immediate pressure, angle and speed of approach, body shape, step across the attacker if they take a big touch, supporting angle and distance of second defender, communication.

86 yard x 44 yard grid. Three teams of three players and one keeper. Two teams play in the grid with one team acting as wall players. Wall players cannot pass to each other. The attacking team scores in the big goal. Defensive team scores by winning possession and finding the bumper player at the top of the grid. Switch teams after 90 seconds. Central defender can play as a Def Mid (#6)

Coaching Focus: Immediate pressure, not allowing time and space for the attackers to turn, body shape and angle (keeping an eye on the ball) second defender needs to be opened up so they can see both ball and man. Keeper stays connected with the defenders, #6 defend from the front but checks shoulders to cut out passing lanes.

52 yard x 44 yard grid. Playing to two big goals with offside rules apply. No corner, if a corner is won the ball goes back to the keeper of the team who won the corner. 7 v 8, the defensive team plays with 7 in a 1-3-2-1 formation against the team of 8 in a 1-2-3-2 formation.

Coaching Focus: Team shape, to allow the ball to wide, to come back in and then try to win possession. Compactness and being patient by not chasing the ball, if possible create a pressure pocket and lock the opposition in on the sideline. The spacing between the #1 and back line. Technique of tackling (block, poke and slide).

9v9 (Play 11v11 if numbers permit)

Maintain all previous coaching points to keep units connected and working to force the play wide and not get beat through the middle.
I-Warm Up (15 mins)

16 field players full contact, 1 player light contact (cannot be tackled), 2 no contact (bumpers/outside neutrals/servers only)
3 GKs
All players warm up with following:
Foam rollers/lacrosse balls
Bands
Dynamic warm up (could be incorporated into next phase if desired)

3v3/1v1+4 PP w/Transition (30 mins)

One grid 36x18 split into two grids
In one grid 3v3+3
In opposite grid 1v1+1
Objective 3v3+3 grid attempts to possess ball and play into opposite half of grid
Rules for transporting can vary:
Can allow players in grid to dribble or restrict them to passing only
Can allow neutral players to play across (can require that to be one touch)
Can allow only players inside grid to play across
Can allow central players to drift into opposite grid to provide option
Can allow central players to play wide neutrals across into opposite grid
Can require when neutral players in opposite grid are played ball must play one touch
Coaching Points:
Structure of team in possession
Positional relationship of central plays with neutral players
Body shape & vision of attacking players to be able to play into opposite grid
Timing of runs into opposite grid by central and/or wide players if permitted
Recognition of opportunities to break pressure to get into opposite grid if permitted
Reading defensive cues to press or sit deeper to protect gaps into opposite grid
Movement of 1v1 players in opposite grid to receive ball & positional relationship with target player
Speed of support into opposite grid, both attacking and defending
Obviously not all of these coaching points would be relevant in one session, but exercise can be adapted to achieve multiple training objectives.
3v2/4v3 Transition (20 mins)

Field 30x30
2 teams of 8
Green team starts attacking with three players, Red defends with two
When Green scores, ball goes out of touch or Red GK holds ball
Red immediately adds to players to attack 4 v 3 (if ball is out of play, player on one of the post must dribble or pass into grid to restart play)
If Green wins the ball back during 4v3 stage then they have 5 seconds to score a goal or round ends
Start next round with Red attacking 3v2, Green countering 4v3
Coaching Points:
Creating/expointing overloads in the attack
 Shrinking field and eliminating options defensively
 Recognizing transitional moments to change numbers in game
 Take advantage of turnovers to counter

4v4/5v5 +2 Transition (20 mins)

Field space 50x35, two grids of 25x35
Two teams of 8 + 2 neutral wide players (Megan & Ana)
In one half of grid 3 Green v 3 Red + 2 Wide Neutrals
In other half of grid 1 Green v 1 Red
Teams play 3v3 in one grid, Green going to goal, Red defending. Both teams can use Neutrals
When Red wins ball they attempt to play into other grid & both teams transitioning to make it 3v3
Neutrals transition to opposite grid as well
Game 2:30min x 6
Add additional player to each team to play 4v4+2/1v1
Game 4min x 4
Coaching points:
 Transitional play both attacking and defending
 Use of neutral players to create overloads
 Defensive decision making when ball is with neutral players (close ball or be compact to defend cross)
 Recognition by target player to check/hold play up or stretch defender to create space behind run
 1v1 defending in opposite grid
Thank you for downloading the book and for sharing with others. Be sure to follow all of the contributors from this book.

Good luck to all!

- Bobby Puppione
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