



U11-U13 Session Plans

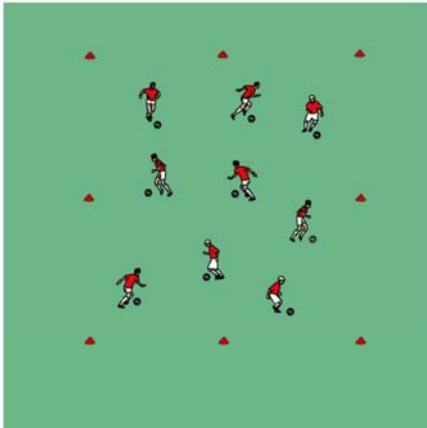


U11/U13 SESSION 1 Dribbling and Feinting

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Dribbling, turning, shielding, feints, Shooting
Tactical	<ul style="list-style-type: none"> • Basic Principles of 1v1 • Recognising when and where to dribble

WARM UP

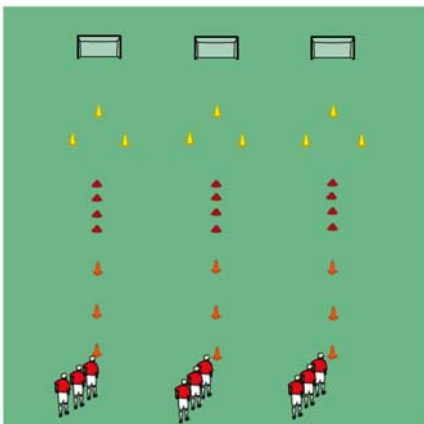


Organisation

Set up a 20x20yd grid each player with a ball, players perform the following exercises:

- Inside Taps
- Jog on the ball
- Roll ball across body and tap with inside of other foot
- Dribble using inside/outside right foot
- Dribble using inside/outside left foot
- Dribble using insides of both feet
- Dribble using outside of both feet
- Dribble using sole of both feet
- Free to use all parts of both feet

TECHNICAL EXERCISE



Organisation

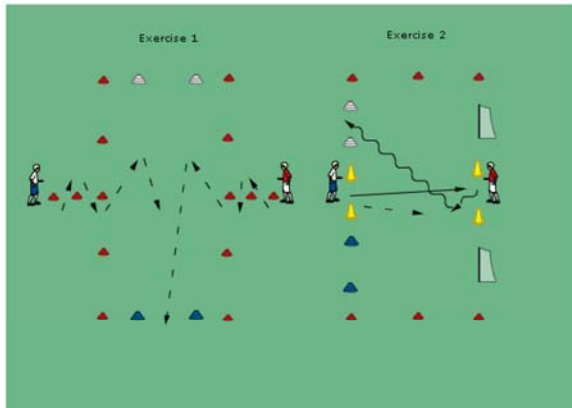
Set up 3 rows of cones as shown in the diagram with a small goal and the end of each row. Split players into 3 groups. Players dribble through the cones and end with a shot on goal. Introduce challenges for players:

- Players can only use a certain part of their foot
- Players must disguise their intentions going through the triangle by looking to go through one side and changing direction to go through the other

Progression

- Introduce competition 1st team through the cones wins.

TACTICAL EXERCISE



Organisation

Set up an area as shown in the diagram with 2 different coloured gates.

Exercise 1

Players shuffle through cones one player is the tagger the other the runner, the runner attempts to run through either the blue or white gate without being tagged by the runner (Position gates as in exercise 2 to increase difficulty).

Exercise 2

Introduce a ball creating a 1v1 if the defender wins the ball they can score in the 2 goals.

SSG



Organisation

Set up a 30x20yd field with 4 small goals marked out by cones, players play a 4v4 game and can dribble through either of the 2 goals to score.

Progression

- On scoring a goal teams look to immediately attack the other 2 goals

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep our heads up in 1v1 situations?**
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**
Use tricks or feints
- **What do we do once we have unbalanced the defender?**
Quickly change direction and accelerate past the defender.

Coaching Points

- On balls of feet
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available

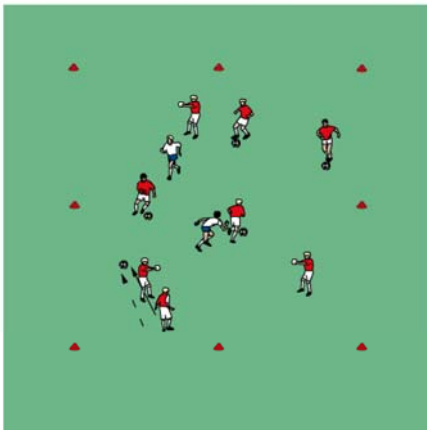


U11/U13 SESSION 2 Passing and Receiving

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Passing, Receiving
Tactical	<ul style="list-style-type: none"> • 4v1, 4v2, 4v4 • Providing Good Support and movement off the ball

WARM UP



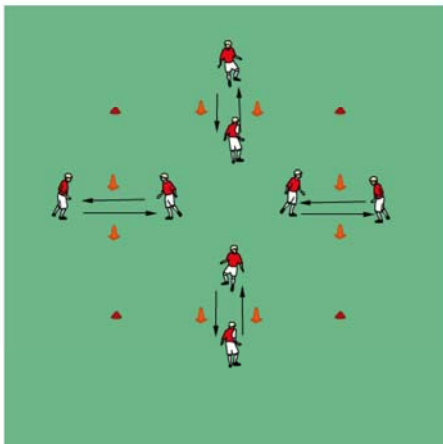
Organisation

Set up a 20x20yd grid. Have Players line up on one side of the grid, The coach selects 1 or 2 Taggers that wear the bibs. The rest of the group run around the grid trying to avoid the taggers. If they happen to get tagged they are frozen and must hold their hands above their head, open their legs and call other players to help them. The only way to be rescued is by one of your team mates to crawl under your legs.

Progression

Players dribble ball around the grid avoiding the taggers. If tagged, To be rescued a player must pass the ball under your legs.

TECHNICAL EXERCISE



Organisation

Set up a 20x20yd grid with four 3yd gates marked on the perimeter as shown in the diagram. Split players into pairs with one ball between two, players pass the ball back and forth over a distance of 5yds through the gates and perform the following exercises:

- Receive using inside of the foot
- Receive using inside of one foot and pass with inside of the other foot
- Receive using outside of the foot
- Receive using Sole of the foot
- 1 touch passing

Progression

After making a pass players on the inside move to receive a ball from another player on the outside

TACTICAL EXERCISE



Organisation

Set up a 10x10yd grid with 4 small goals placed on the outside (See Diagram). Split the group into 2 teams one team as the attackers and the other as the defenders. The attackers start with the ball and attempt to make 3 passes while one defender attempts to steal the ball. Once the attackers have made 3 passes they can shoot in any of the 4 goals. If the defender wins the ball they also can score in either of the 4 goals.

Progressions

Introduce another defender

Increase the number of passes the Attackers have to make before they can shoot in one of the 4 goals

SSG



Organisation

Set up a 25x25yd grid with a small goal on each side of the grid (see Diagram). Players play a 4v4 with the condition: after completing 4 successful passes the attacking team can score in any of the 4 goals

Players should start off using there hands by bouncing the ball to pass and rolling the ball to shoot, this way players will be forced to find good angles of support. Also the addition of neutral players that play with the team in possession would also give players more success

Progression

To finish have players play with there feet for the last 5 mins

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space on 1st touch, head up.
- **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs

Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1st touch
- Head Up
- Quality of pass, Accuracy, weight and timing
- Quality of support and movement off the ball

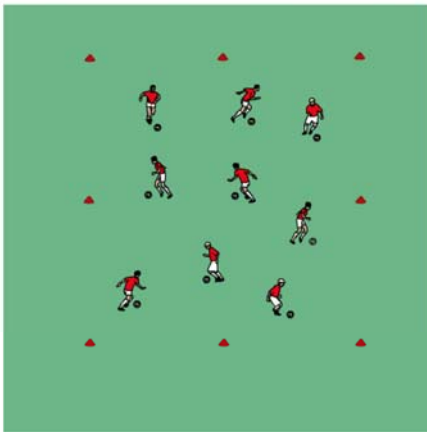


U11/U13 SESSION 3 Shooting

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Juggling, Shooting
Tactical	<ul style="list-style-type: none"> • 1v1, 2v2, 4v4 • Recognising the moment to shoot

WARM UP



Organisation

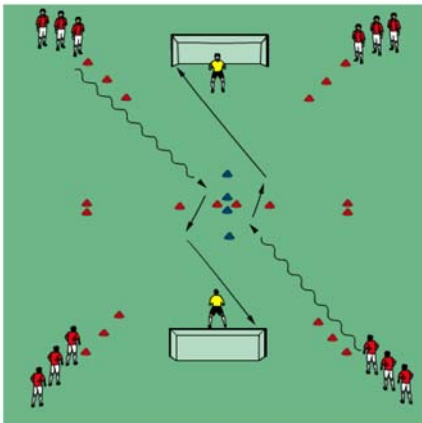
Set up a 20x20yd grid, each player with a ball. Players move around the grid and serve to themselves and perform the following juggling exercises catching the ball each time:

- Laces of both feet
- Inside of both feet
- Outside of both feet

Progression

Have players perform 2 or more juggles before catching the ball, introduce combinations for example laces, thigh, catch.

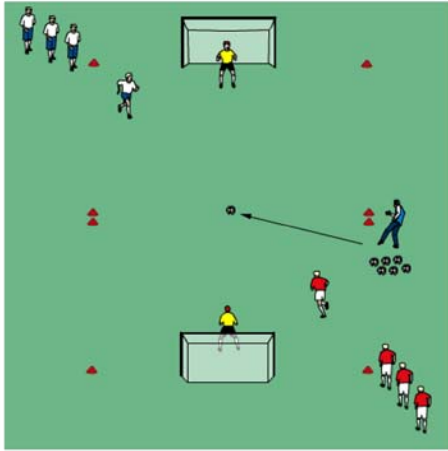
TECHNICAL EXERCISE



Organisation

Set up a 30x20yd field and set up the cones as shown in the diagram. Split players into 4 groups with a ball each and have them line up as shown in the diagram. Players from opposite corners dribble through the cones and towards the central cones, on reaching the centre players fake towards the blue cones and touch the ball through the red cones and then shoot on goal

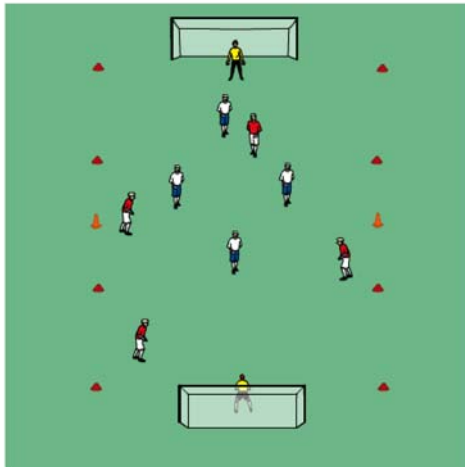
TACTICAL EXERCISE



Organisation

Set up a 30x20 small field and split players into 2 teams. Teams line up as shown in the diagram. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to score a goal. The team with the most goals at the end wins. Call out 2, 3 or 4 numbers at a time.

SSG



Organisation

Set up a 30x20yd grid with 2 goals. Player play a 4v4 game with goalkeepers, Players are encouraged to shoot at every opportunity

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to do before we shoot?**
Look up and observe the keeper
- **What is more important, Accuracy or Power when shooting?**
Accuracy.
- **When do we look to shoot in a game situation?**
When the space is available do so.
- **Once a shot has been taken what is our next action?**
To follow up the shot for possible rebounds.

Coaching Points

- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.
- Concentrate on accuracy before power
- Follow up for rebounds
- Encourage players to take all shooting opportunities
- If shot is is not available:
Can I create a shooting opportunity as an individual
Can I pass to a player in a shooting position
Can I combine to create a shooting opportunity

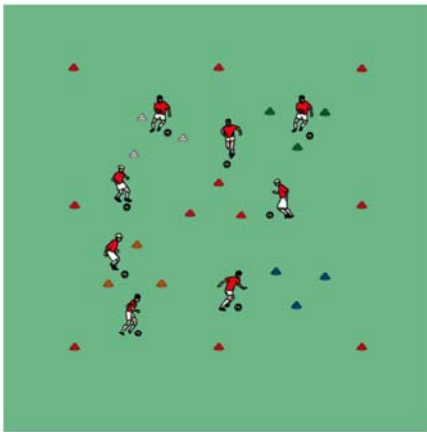


U11/U13 SESSION 4 1v1 Attacking

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Dribbling, Turning, Feints, Shielding,
Tactical	<ul style="list-style-type: none"> • 1v1 • Recognising when and where to dribble

WARM UP

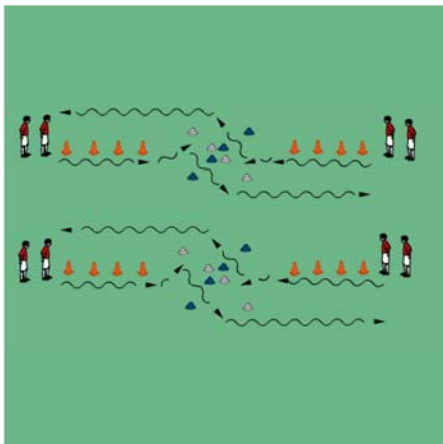


Organisation

Set up a 20x20yd grid with small triangles marked inside (See Diagram) each player with a ball, dribble inside the grid and look to enter through the side of a triangle leaving through a different side. Introduce challenges for players:

- Players can only use a certain part of their foot
- Players must disguise their intentions going through the triangle by looking to go through one side and changing direction to go through the other

TECHNICAL EXERCISE



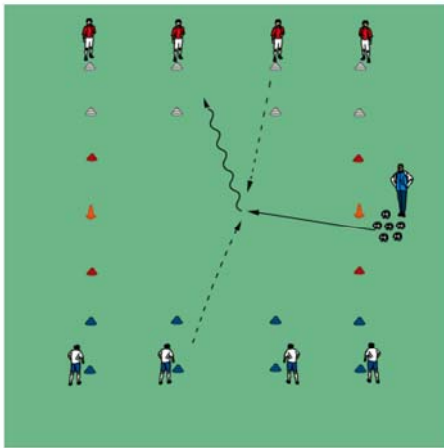
Organisation

Set up 2 rows of cones as shown in the diagram. Split players into 2 groups with equal amounts of players either side of each line of cones (see Diagram). Players dribble through the cones on reaching the centre the player will fake towards the white cones and exit through the blue

Progression

- Players can only use a certain part of their foot
- Players pass to the next player in line
- Introduce competition 1st team through the cones wins.

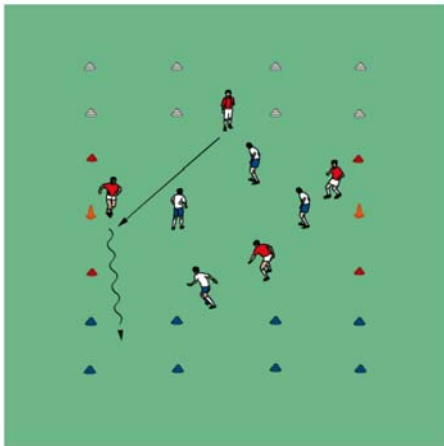
TACTICAL EXERCISE



Organisation

Set up a 30x20yd area with 2 end zones of 5yds see diagram. Teams line up as shown in the diagram. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to creating a 1v1 with the emphasis is to dribble the ball into the end zone.

SSG



Organisation

Set up a 30x20yd area with 2 end zones of 5yds see diagram. Players play a 4v4 game and attempt to dribble into the opponent's end zone. Defending players are not allowed to challenge players in the end zones.

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep are head up in 1v1 situations?**
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**
Use tricks or feints
- **What do we do once we have unbalanced the defender?**
Quickly change direction and accelerate past the defender.

Coaching Points

- On balls of feet (on Front Studs)
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available

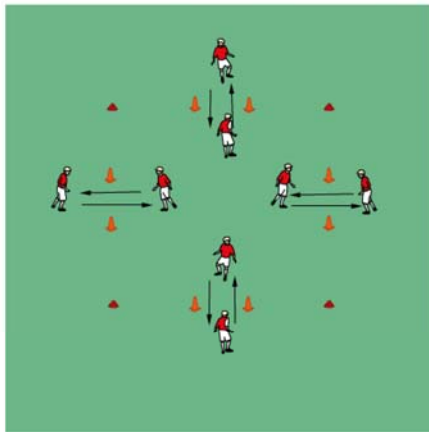


U11/U13 SESSION 5 2v1, 2v2 Attacking

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Passing, Receiving, Shooting
Tactical	<ul style="list-style-type: none"> • 2v1, 2v2 • Support and movement off the ball

WARM UP



Organisation

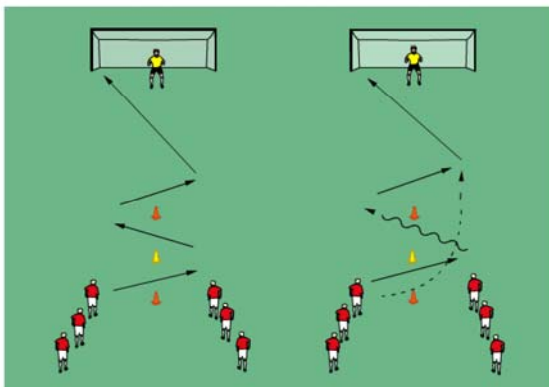
Set up a 20x20yd grid with four 3yd gates marked on the perimeter as shown in the diagram. Split players into pairs with one ball between two, players pass the ball back and forth over a distance of 5yds through the gates and perform the following exercises:

- Receive using inside of the foot
- Receive using inside of one foot and pass with inside of the other foot
- Receive using outside of the foot
- Receive using Sole of the foot
- 1 touch passing

Progression

After making a pass players on the inside move to receive a ball from another player on the outside

TECHNICAL EXERCISE

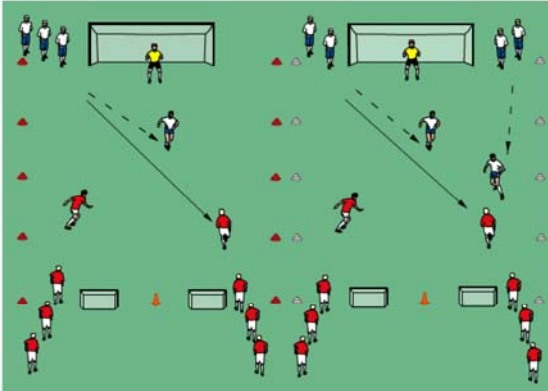


Organisation

Set up a line of cones about 3yds apart (See diagram) with a goal at the end. In pairs players line up as shown in the diagram and perform the following exercises followed by a shot on goal:

- 2 touch passing using inside of foot
- 1 touch passing using inside of foot
- 2 touch passing using outside foot
- 1 touch passing using outside foot
- Overlap (see 2nd Diagram)

TACTICAL EXERCISE



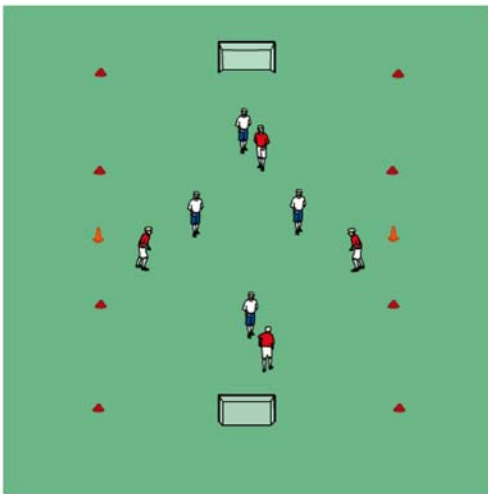
Organisation

Set up a 30x20 field with one big goal and 2 small goals, split players into 2 groups defenders and attackers and have them line up as shown in the diagram. Defending player passes into one of the 2 attacking players and players play a 2v1.

Progression

- 2v2

SSG



Organisation

Set up a 35x25yd field players play a 4v4 game

DO NOT COACH LET THEM PLAY

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space on 1st touch, head up.
- **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs
- **What type of forward pass is best?**
Penetrating pass into space which eliminates defenders.

Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1st touch
- Head Up
- Use correct passing technique
- Good Accuracy. Weight and Timing of the pass
- Quality of decision by player with the ball, dribble pass or shoot.
- Quality of support and movement off the ball by other player



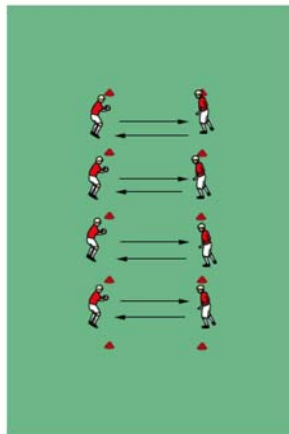
U11/U13 SESSION 6

Crossing and finishing

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Crossing, Shooting, Volley Techniques
Tactical	<ul style="list-style-type: none"> • 1v1 • Crossing and Finishing

WARM UP



Organisation

Set up a series of 3x5yd grids. Split players into pairs with one ball between two. One player serves the other player who performs the following passing and volley techniques:

- 2 touch passing
- 1 touch passing
- Inside foot volley
- Instep volley
- Outside foot volley
- Half Volley
- Receive on thigh and volley
- Receive on chest and volley
- Header

TECHNICAL EXERCISE 1



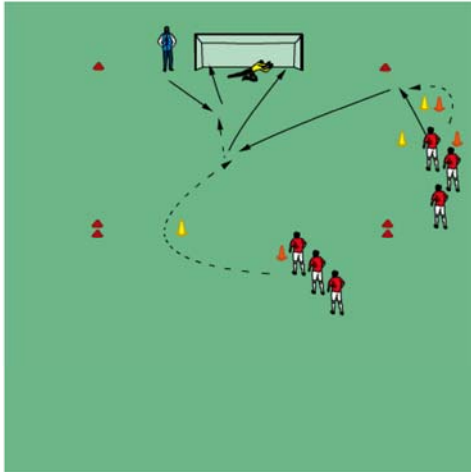
Organisation

Set up an area as shown in the diagram, divide players into 2 groups and have them line up as shown in the diagram. Players lined up on the side each have a ball and place the ball between the orange and yellow cones. The player then touches the ball through the yellow cones, runs through the orange cones and crosses the ball into the striker to finish (See Diagram). Players switch lines.

Progression

Run same exercise on the left.

TECHNICAL EXERCISE 2



Organisation

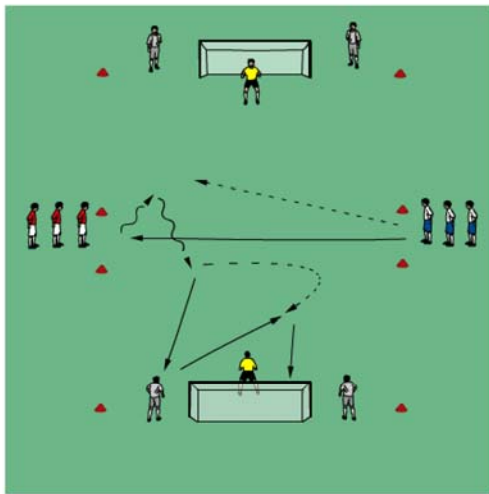
As in previous exercise except for the coach passes another ball into the striker after the striker has finished off the cross

Progression

Coach serves a ball for a volley or a header after the striker has finished off the cross

Again switch to left side

TACTICAL EXERCISE



Organisation

Set up a 35x25yd field as shown in the diagram and have 4 Target players standing in the 4 corners of the field (see Diagram). Split the rest of the group into 2 teams and have each team line up on either side of the field (see Diagram). 1st player from one team passes into the 1st player from the other team (see Diagram). Players play 1v1 and can score in either goal but must receive a pass from one of the 4 target players to score.

DEVELOP INTO 4v4 SHOOTING GAME TO FINISH

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What does the crosser need to do before delivering the cross?**
Look up to see strikers position
- **What is the best area to cross the ball?**
Just in front of the penalty Spot, away from the GK and in the path of the incoming striker
- **What things does the striker need to think about before striking the ball?**
The timing of the run, observe Gk, watch flight of the ball, surface of the foot to strike the ball.
- **What is more important, Accuracy or Power when shooting?**
Accuracy.

Coaching Points

- Quality of the cross
- Timing of the strikers run don't arrive too early
- Head up observe Goalkeeper
- Judge the flight of the ball, and select technique to strike the ball
- Quality of Finish