



U14-U16 Session Plans

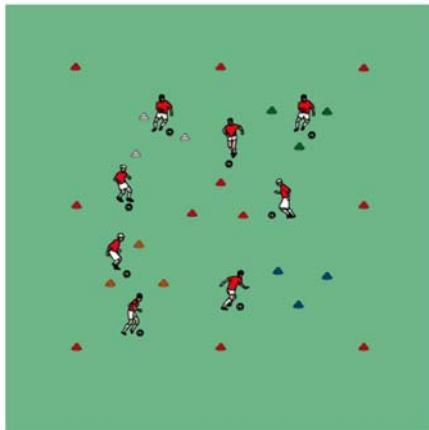


U14/U16 SESSION 1 Dribbling and Feinting

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

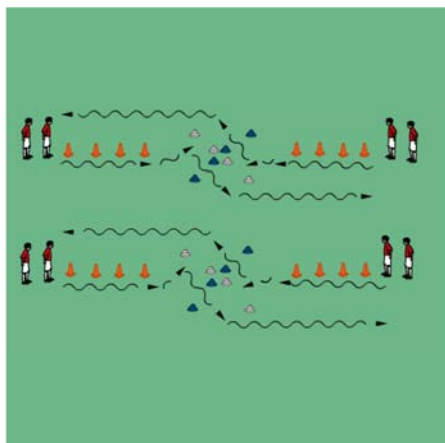


Organisation

Set up a 20x20yd grid 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



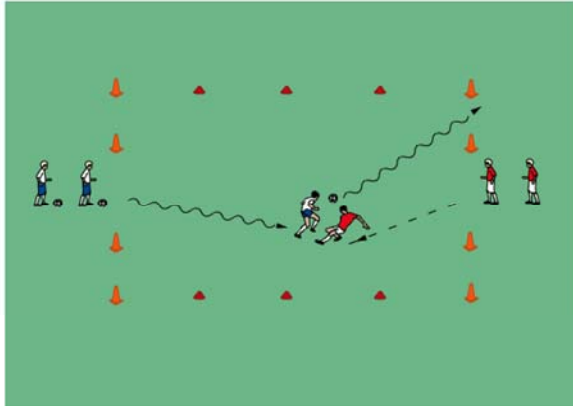
Organisation

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 15x10yd grid with 2 small goals either end. Players form a line either end between the 2 goals. The attacking player starts with the ball and attempts to dribble through one of the 2 goals.

Progression

Player passes ball to attacking player

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



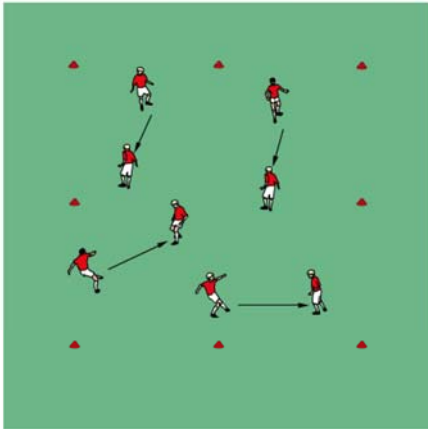
U14/U16 SESSION 2

Passing and Possession

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 • Maintaining Possession of the ball

WARM UP/TECHNICAL EXERCISE



Organisation

Set up a 20x20yd grid use 1 ball for every 3 players (e.g. 9 players = 3 balls). Players move about the grid passing and receiving after they have passed one ball they immediately look for another ball. Players use the following techniques.

- Throw to pass, Catch to receive
- Bounce ball to pass, Catch to receive
- Roll ball to pass, Flick up to hands to receive
- Volley to hands
- Passing and receiving using feet

TACTICAL EXERCISE 1



Organisation

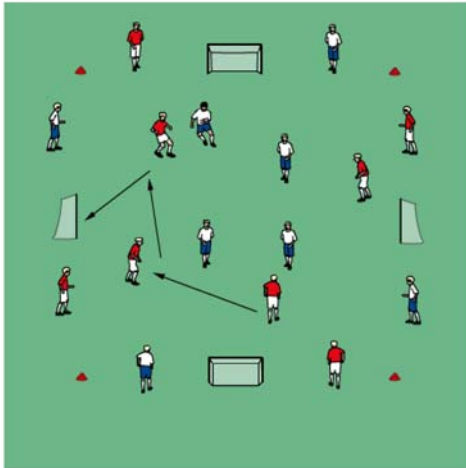
Set up a 10x10yd grid with 4 small goals placed on the outside (See Diagram). Split the group into 2 teams one team as the attackers and the other as the defenders. The attackers start with the ball and attempt to make 3 passes while one defender attempts to steal the ball. Once the attackers have made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

TACTICAL EXERCISE 2



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 50x30yd field with 2 big goals, players play a 6v6 game with the emphasis on good passing and support 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

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

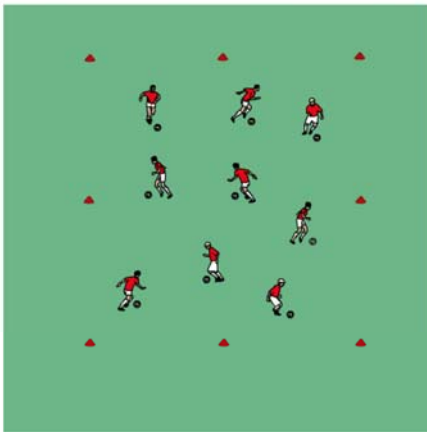


U14/U16 SESSION 3 Shooting

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

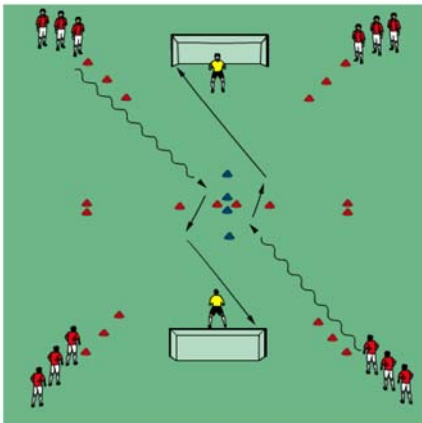
Set up a 20x20yd grid, each player with a ball. Players move around the grid and serve to themselves and perform the following juggling exercises catching the ball each time:

- 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.

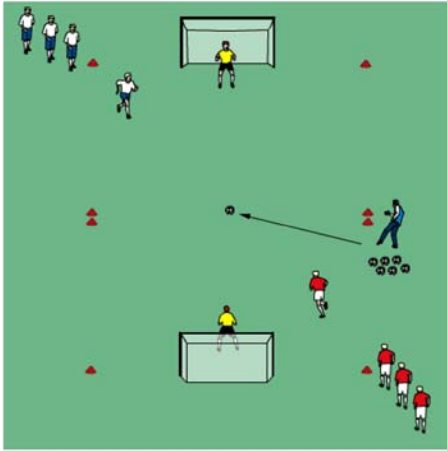
TECHNICAL EXERCISE



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

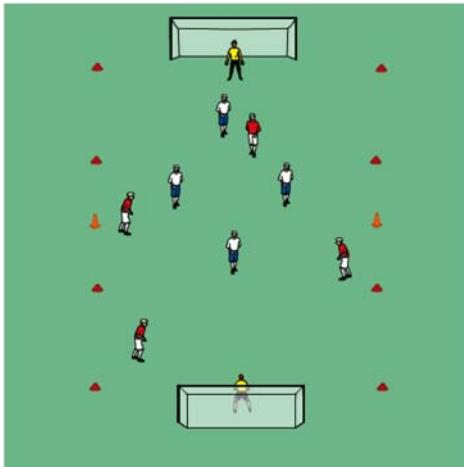
TACTICAL EXERCISE



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 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*

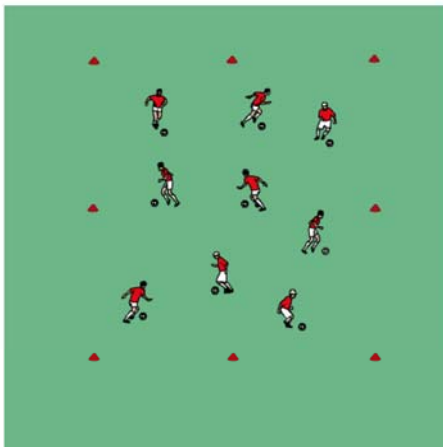


U14/U16 SESSION 4 Defending

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"> • Defending Techniques (Jockeying and Tackling)
Tactical	<ul style="list-style-type: none"> • Individual, 2v2 and 4v4 Defending • Basic Principles of Defending

WARM UP

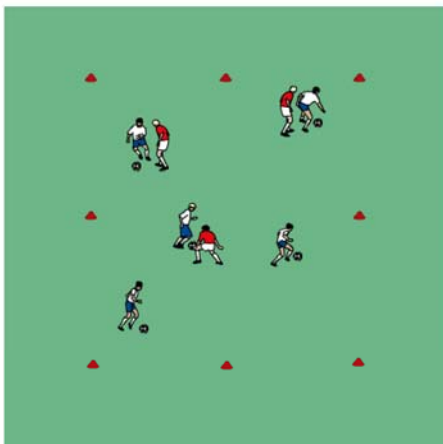


Organisation

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



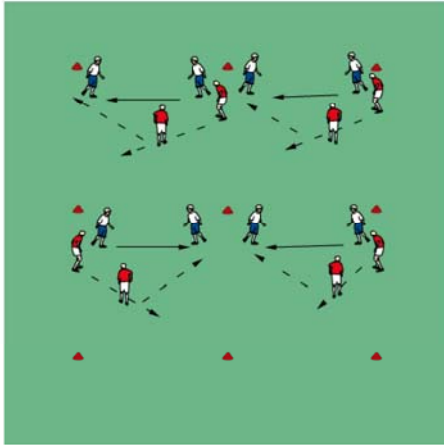
Organisation

Set up a 15x15yd grid each player with a ball and perform the "Basic Dribble Warm up". After 5mins select 3 or 4 players to act as passive defenders who put pressure on players with the ball attempting to force them into certain areas of the grid without winning the ball. Switch defenders after 30 sec.

Progression

If defenders win the ball cleanly the attacking player becomes the defender

TACTICAL EXERCISE



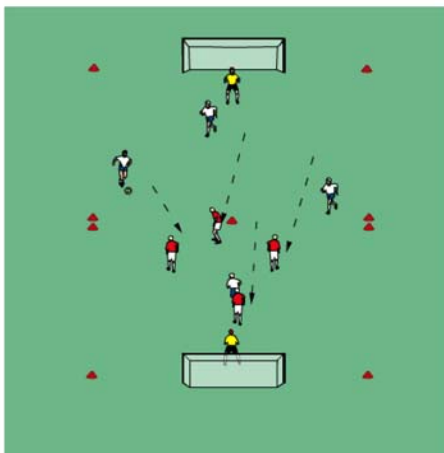
Organisation

Set up a series of 20x20yd grids, split players into groups of 4 with 1 ball between each group. 2 attacking players pass the ball between each other while the 2 defending players work as a team to maintain a good defensive position (See Diagram) Players switch roles after 1 min

Progression

Develop into a skill practice Attackers attempt to dribble over the end line

SSG



Organisation

Mark out a 30x20yd field with a centre line marked by cones. Players play a 4v4 game with the condition that on loosing possession all players must move back to their own half

Progression

Introduce Pressure defending by putting a condition on the game that all players must be in their opponent half to score

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **When Defending who is responsible for putting pressure on the player with the ball?**
The nearest defender to the ball.
- **When should the defender look to close down the player with the ball?**
As the ball is travelling to the player about to receive the ball.
- **What does the defender need to think about in 1v1 situations?**
Close down the space quickly, slow down and adopt side on body position forcing the player in one direction, be patient jockey and wait for an opportunity to win the ball
- **What do we need to do as a team on loosing possession of the ball?**
Get back behind the ball and adopt good defensive positions.

Coaching Points

- 1st Defender applies pressure
- Jockey be patient recognise the right moment to tackle
- 2nd Defender supports
- 3rd defender Covers (marks men and space)
- Stay compact and defend as a unit
- Communication

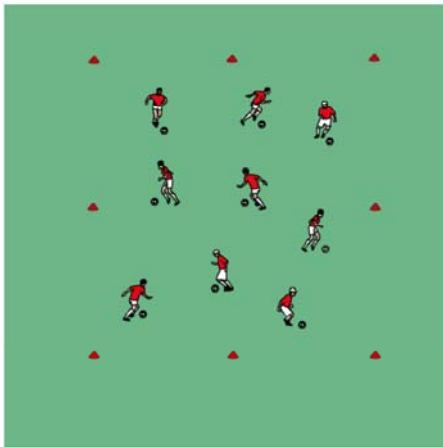


U14/U16 SESSION 5 Long Range Shooting

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"> • Long Range shooting
Tactical	<ul style="list-style-type: none"> • 1v1, 2v2, 4v4 • Recognising the moment to shoot

WARM UP

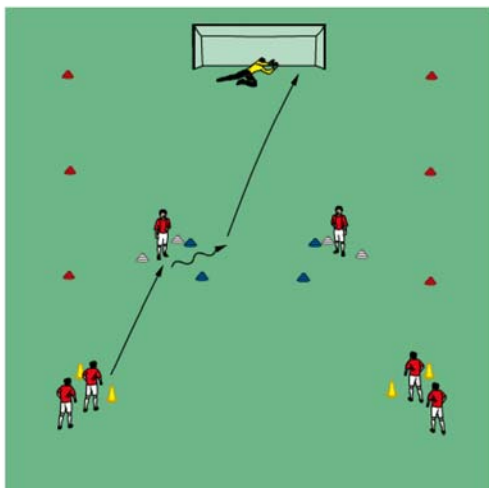


Organisation

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

- Laces of both feet
- Inside of both feet
- Outside of both feet
- Thighs and feet
- head

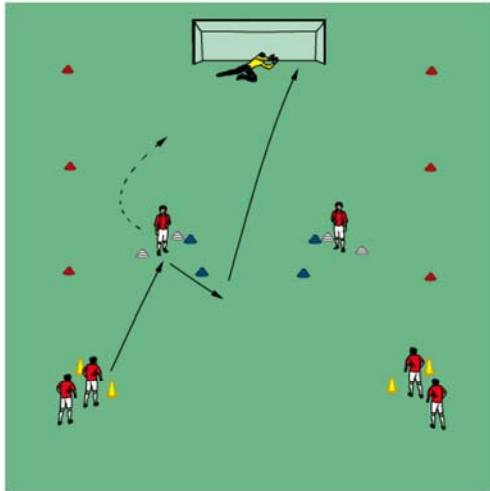
TECHNICAL EXERCISE 1



Organisation

Set up area as shown in the diagram. Split players into 2 groups and have them line up as shown in the diagram. The player standing by the cone checks off the cone to receive a ball from a player in the line. On receiving the ball the player turns and shoots

TECHNICAL EXERCISE 2



Organisation

As in previous exercise except the player standing by the cone on receiving the ball the player sets the ball back for the player to shoot. After laying the ball off, the player on the cone follows up the shot for any rebounds.

SSG



Organisation

Set up a 30 x30yd field, split the field in half with 1 attacker and 3 defenders in each half. Players are not allowed to cross the halfway line. The goalkeeper can only distribute to the back 3 players and shots must be taken from this half to create long range shots. Play always starts from the keeper.

Progression

- Ball must be passed to the strikers to set up shot for defenders
- Free Play emphasis on shooting

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 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

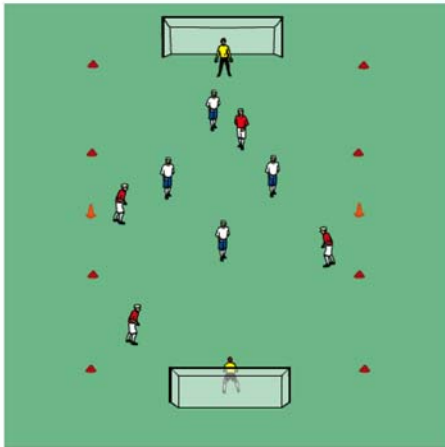


U14/U16 SESSION 6 Crossing and finishing

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"> • Crossing and Finishing

WARM UP



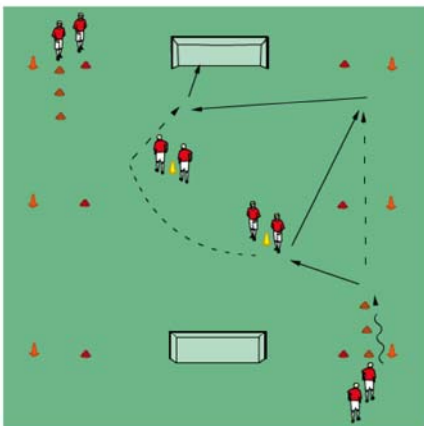
Organisation

Set up a 30x20 yd field with 2 large goals, players play hand ball, with the objective to throw the ball into the net.

Progression

- Players volley ball into the net.
- Players volley ball to each other
- Players Head ball to each other

TECHNICAL EXERCISE 1

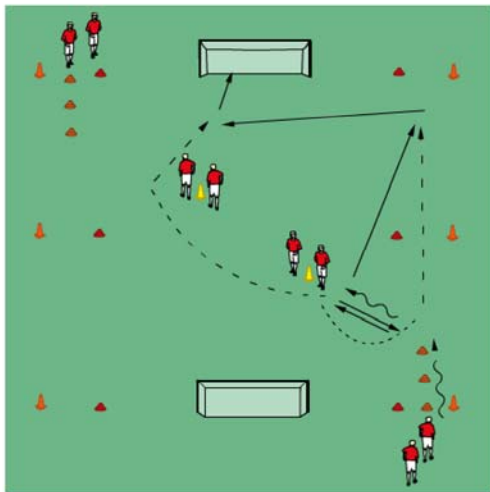


Organisation

In a 40x30yd set up as shown in the diagram, split the group into 2 groups and have them set up as shown in the diagram. Both groups work at the same time and follow the following pattern:

Wide Player Dribbles through cones, and plays a wall pass with striker, striker spins and makes run towards goal, wide player crosses for striker to finish.

TECHNICAL EXERCISE 2

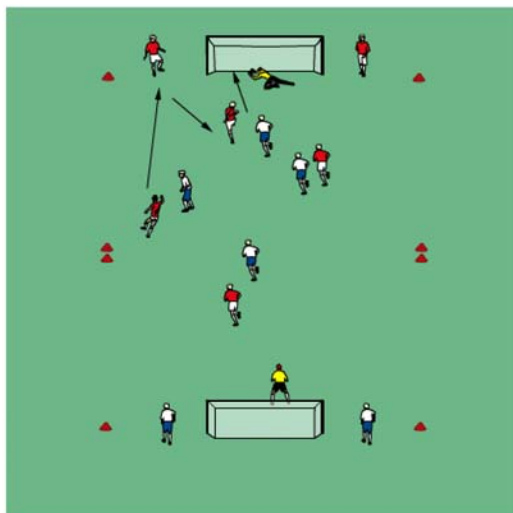


Organisation

Set up as in previous exercise players now perform the following pattern:

Wide player dribbles through cones, passes to striker who passes ball back, wide player dribbles inside and the striker overlaps wide player. The wide player passes into striker and continues to make a run towards the goal, striker crosses ball to wide player to finish

SSG



Organisation

Set up an 30 x25yd field, Players play a 4v4 game with 4 target players (see Diagram) the ball must be passed into a target player who passes the ball back in to score. Play starts with the keeper

Progression

- Targets pick ball up and serve players to perform a volley or header

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