

Session : U12 & U13 Girls

Description : U12 & U13 Girls

Notes :

1 - Line Drills with Passing

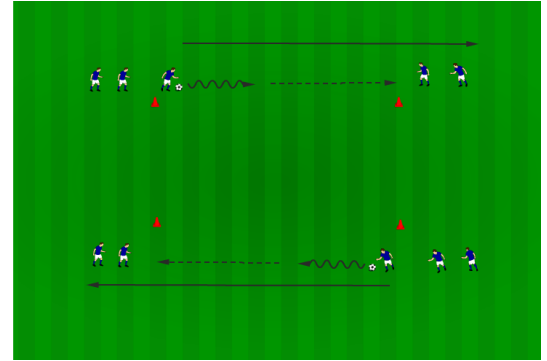
Duration:

Explanation

- * Player with the ball at their feet is to play the ball across to the person at the front of the opposite line
- * Once this player has played the ball they will follow the pass and stand at the end of the opposite line
- * The player receiving the ball must step forward of the cone and communicate with the player passing the ball

Coaching Points

- * Pass the ball directly across to the player at the front of the opposite line
- * Dribble part way towards the opposite player and pass the ball
- * Pass the ball to the player in the opposite line, who controls the ball and plays it back to the first player (moving forwards) who controls the ball and dribbles to the front of the opposite line
- * These same two players perform the same pattern as above but when the ball is played back to the first player from player two, the ball is then returned to player two by



2 - Passing in Pairs

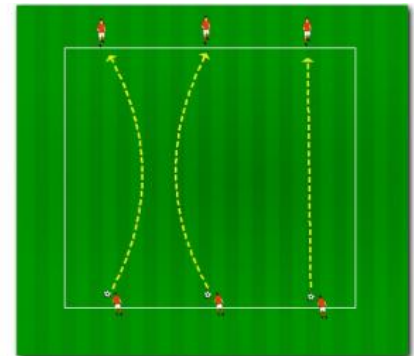
Duration:

Explanation

- * one-touch to control the ball out in front of the passing foot
- * focus on a quality strike when driving or chipping the ball back to your partner
- * distance will vary between ages and skill level

Coaching Points

- * concentrate on the placement of the plantfoot
- * keep the head down with the eyes on the ball
- * concentrate on which part of the ball you will strike and which part of the foot you will use to make the pass
- * concentrate on the feeling of the ball when it strikes the foot



3 - One versus One Attacking Two Goals

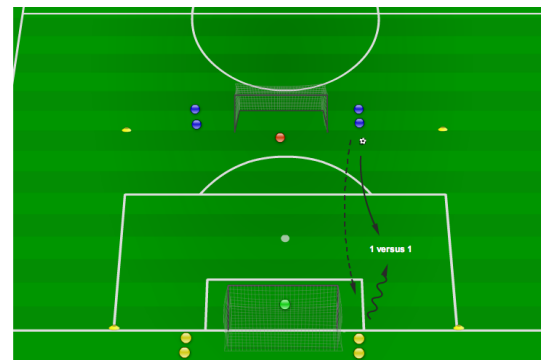
Duration:

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support

Coaching Points

- attacking and defending priorities
- goalkeeper involvement



4 - 3v3 Small Sided Game

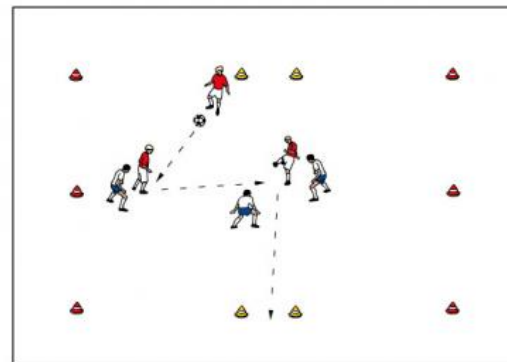
Duration:

Explanation

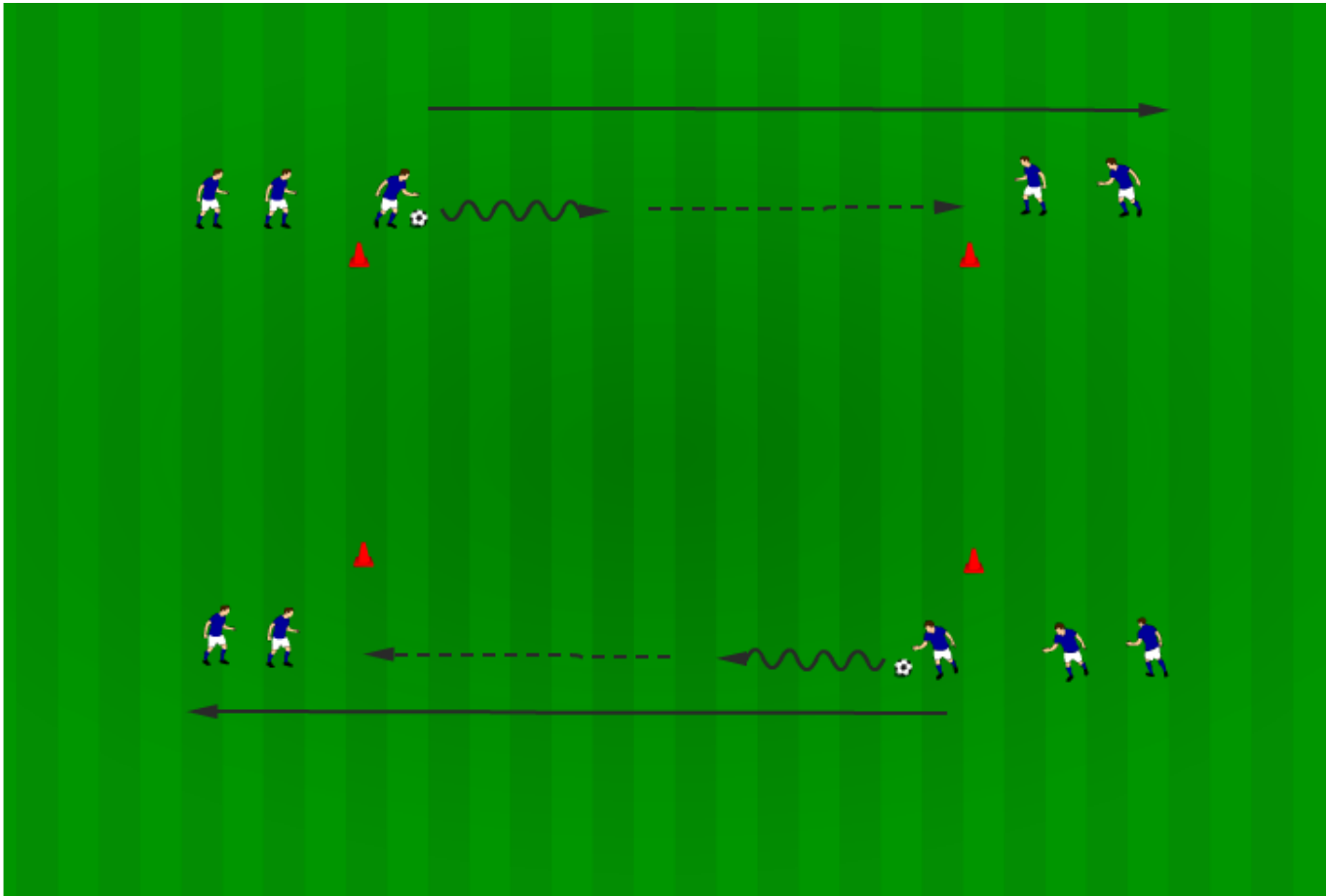
- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 3v3 with no goalkeeper
- * Normal SSG rules

Coaching Points

- * Encourage players to shoot as much as possible when close to the goal



Activity : Line Drills with Passing



Objectives

- * Ball control
 - * Passing accuracy and technique
 - * Receiving the ball
 - * Communication and support

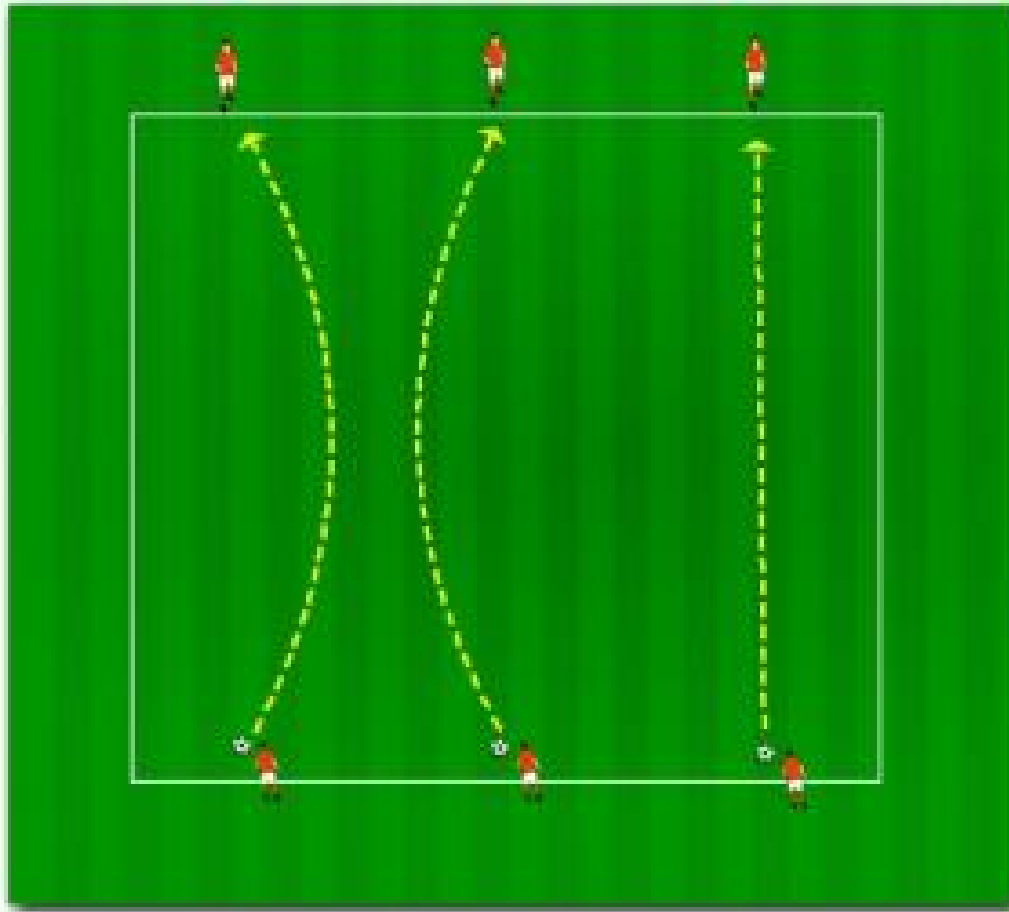
Explanation

- * Player with the ball at their feet is to play the ball across to the person at the front of the opposite line
 - * Once this player has played the ball they will follow the pass and stand at the end of the opposite line
 - * The player receiving the ball must step forward of the cone and communicate with the player passing the ball

Coaching Points

- * Pass the ball directly across to the player at the front of the opposite line
 - * Dribble part way towards the opposite player and pass the ball
 - * Pass the ball to the player in the opposite line, who controls the ball and plays it back to the first player (moving forwards) who controls the ball and dribbles to the front of the opposite line
 - * These same two players perform the same pattern as above but when the ball is played back to the first player from player two, the ball is then returned to player two by player one who dribbles or passes the ball to the front of the next line

Activity : Passing in Pairs



Objectives

* Increased repetition ball striking between partners * concentrate on ball striking technique, accuracy and control * variation in service: driven pass, chipped pass

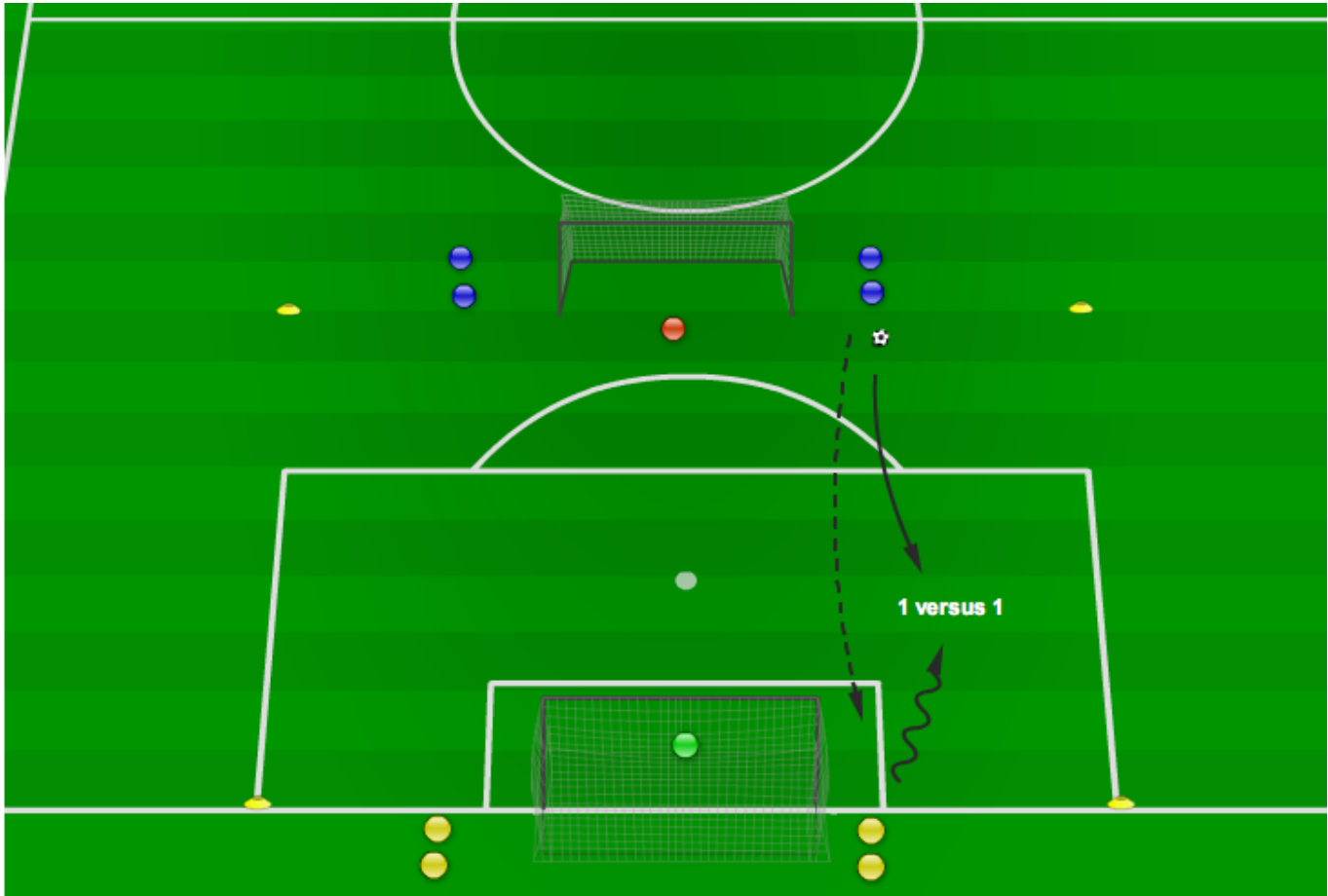
Explanation

* one-touch to control the ball out in front of the passing foot * focus on a quality strike when driving or chipping the ball back to your partner * distance will vary between ages and skill level

Coaching Points

* concentrate on the placement of the plantfoot * keep the head down with the eyes on the ball * concentrate on which part of the ball you will strike and which part of the foot you will use to make the pass * concentrate on the feeling of the ball when it strikes the foot

Activity : One versus One Attacking Two Goals



Objectives

- one versus one attacking and defending
- progress to 2v1, 2v2, 3v2, 3v3

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support

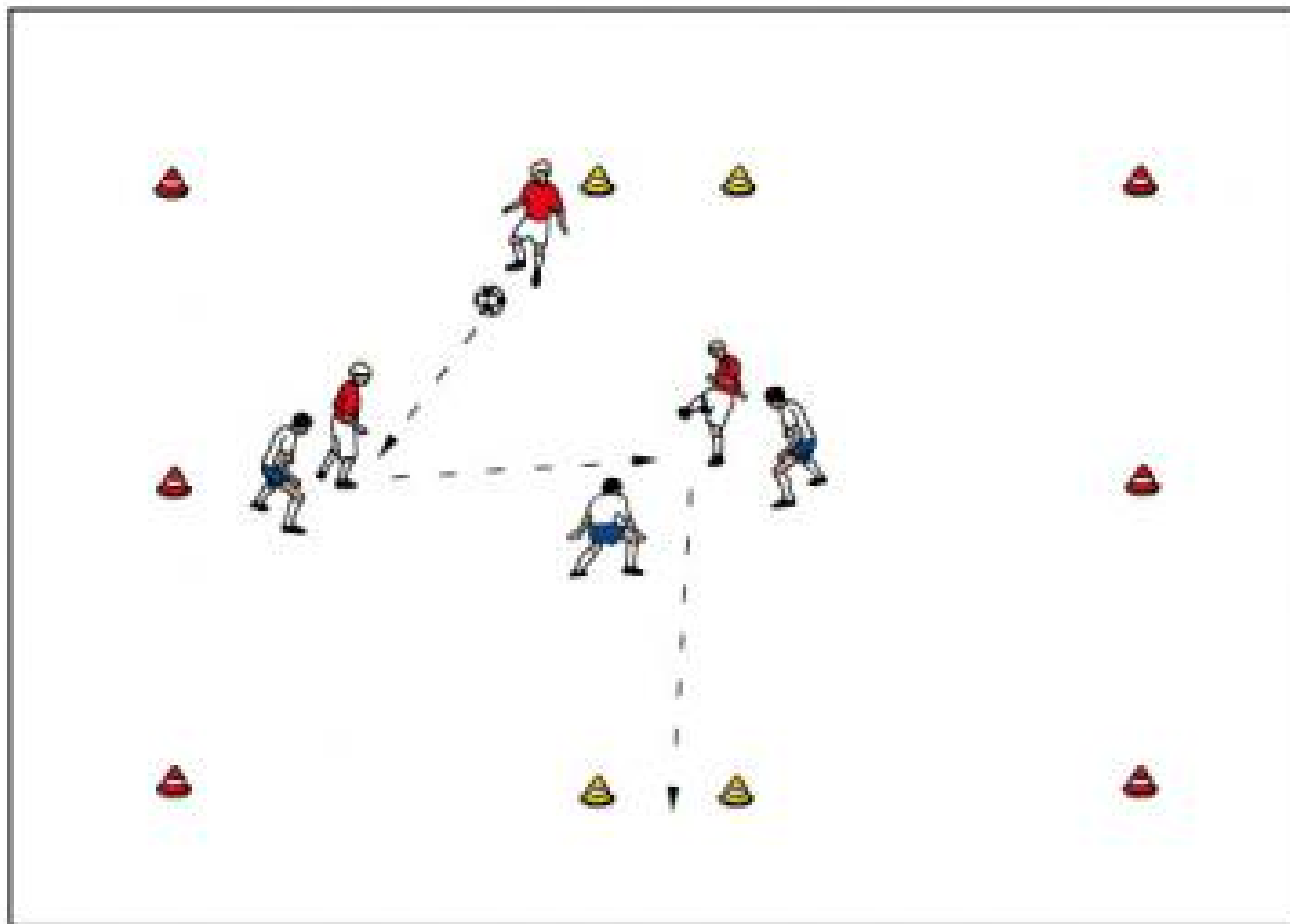
Coaching Points

- attacking and defending priorities
- goalkeeper involvement

Progression

- if and when you move to 2v1, or 3v2 (anytime there is an imbalance between players)
- at the moment the defenders win the ball (always the team starting with less players) then an additional player from the defensive team will join the attack to make the teams even

Activity : 3v3 Small Sided Game



Explanation

- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 3v3 with no goalkeeper
- * Normal SSG rules

Coaching Points

- * Encourage players to shoot as much as possible when close to the goal

Session : U12-U13 Trail Session Two

Description : U12-U13 Trail Session Two

Notes :

1 - Nanaimo DDC-German Passing Part One (Shel)

Duration:

Explanation

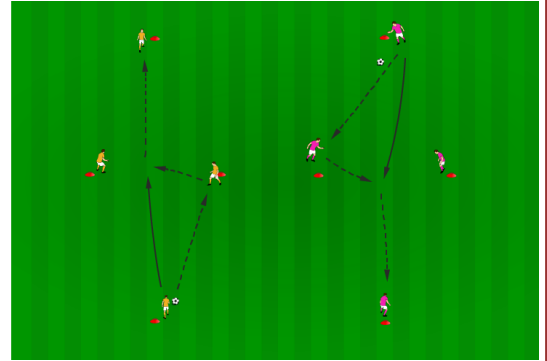
* the ball is played into the near target for a quick 1-2

* the player will then play a long pass into the first player at the front of the opposite line and follow the pass to take their position at the end of this line

* switch the target players regularly

Coaching Points

- * accuracy of passing
- * position of the body when the long pass is made
- * ball striking technique
- * communication



2 - Nanaimo DDC-German Passing Part Two (Shel)

Duration:

Explanation

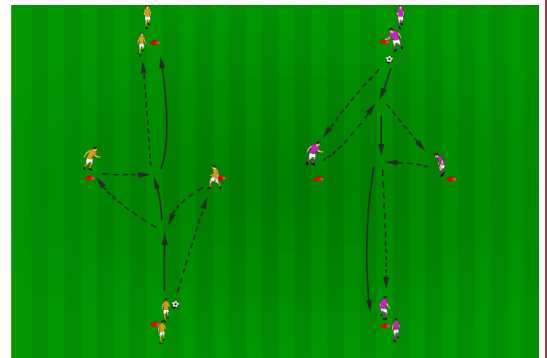
* the ball is played into the first target for a quick 1-2

* the next pass is a long pass into the second target for the same player to receive a short pass back from the second target

* the player will then play the ball into the player at the front of the opposite line and follow the pass to the end of the line

Coaching Points

- * communication
- * accuracy of passing
- * passing technique
- * receiving the ball



3 - German Passing Part Three

Duration:

Explanation

* the ball is played into the first target who will connect with the second target by passing the ball directly to them * the first player will make an overlap run on the outside of the first target and look to receive the ball back from the second target * it is essential the pass is played in front of the overlapping player (rather than behind) so they can address the ball and play into the first player in the opposite line

Coaching Points

- * communication
- * accuracy of passing
- * passing technique
- * receiving the ball
- * timing of the overlap



4 - 2v2 Possession with Targets

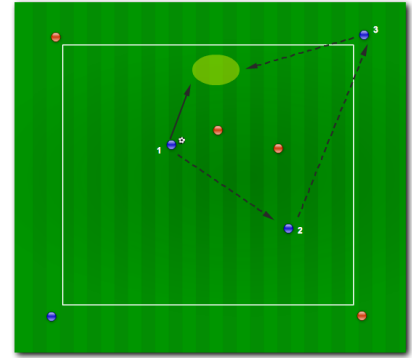
Duration:

Explanation

- * the players inside the area will play two versus two
- * each team will have two targets on the outside
- * the idea is to keep the ball away from the opponents by using the targets on the outside to create 3v2 or 4v2 situations

Coaching Points

- * focus on the shape of the attackers and the movement off the ball
- * assess how the players keep the ball under pressure
- * focus on the defensive pressure and shape of the team without the ball



5 - 4v4 Plus Two Possession Game

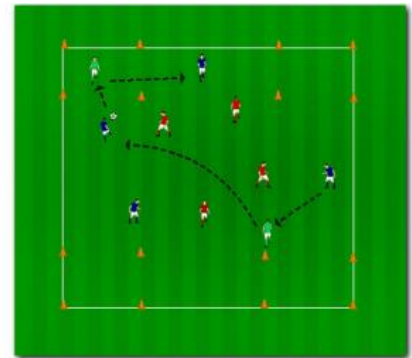
Duration:

Explanation

- the teams will play four versus four in the area with two neutral players who will support the team with the ball - the aim is to pass the ball into one of the four areas to arrive at the same time as one of the offensive players to score a point - if and when a point is scored the team in possession of the ball will continue to keep the ball in an effort to score more points

Coaching Points

- passing accuracy - decision making - movement off the ball - ball control - defensive pressure, intensity and organization



6 - Two versus One Attacking Two Goals

Duration:

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support

Coaching Points

- attacking and defending priorities
- goalkeeper involvement



7 - Two versus Two Attacking Two Goals

Duration:

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support

Coaching Points

- attacking and defending priorities
- goalkeeper involvement



8 - 6v6 Small Sided Game

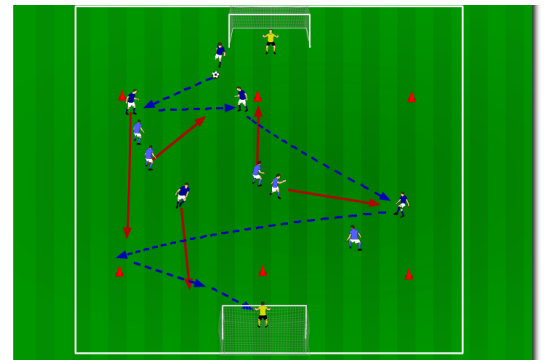
Duration:

Explanation

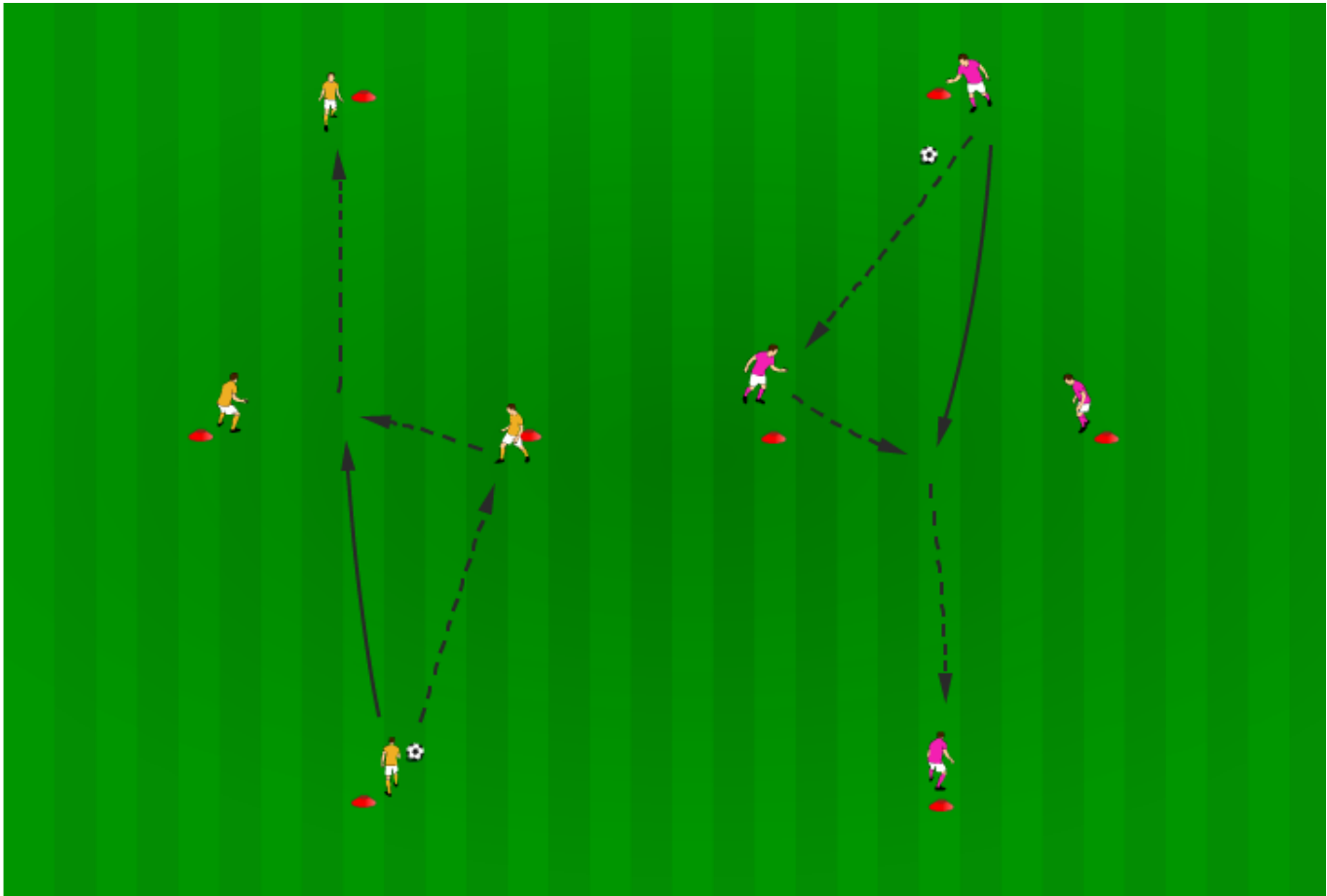
- * Set up a 6v6 small sided game 40x60 (approx)
- * Split the field into 3 zones, 2 defensive zones 40 x 15 and a midfield zone 40 x 30
- * Only the defender and goalkeeper are allowed in defensive zone
- * Attacking team must pass to an on-running teammate into the defensive zone to create a 1v1 situation and a shooting opportunity

Coaching Points

- 'Let Them Play'But!
- * Encourage interchange-ability in positions, but keep team shape
- * Emphasis quality of passes, timing, accuracy, weight, angle
- * Encourage support runs and distance of support player
- * Decision making pass or dribble



Activity : Nanaimo DDC-German Passing Part One (Shel)



Objectives

- * passing & player movement
- * communication and support

Explanation

- * the ball is played into the near target for a quick 1-2
- * the player will then play a long pass into the first player at the front of the opposite line and follow the pass to take their position at the end of this line
- * switch the target players regularly

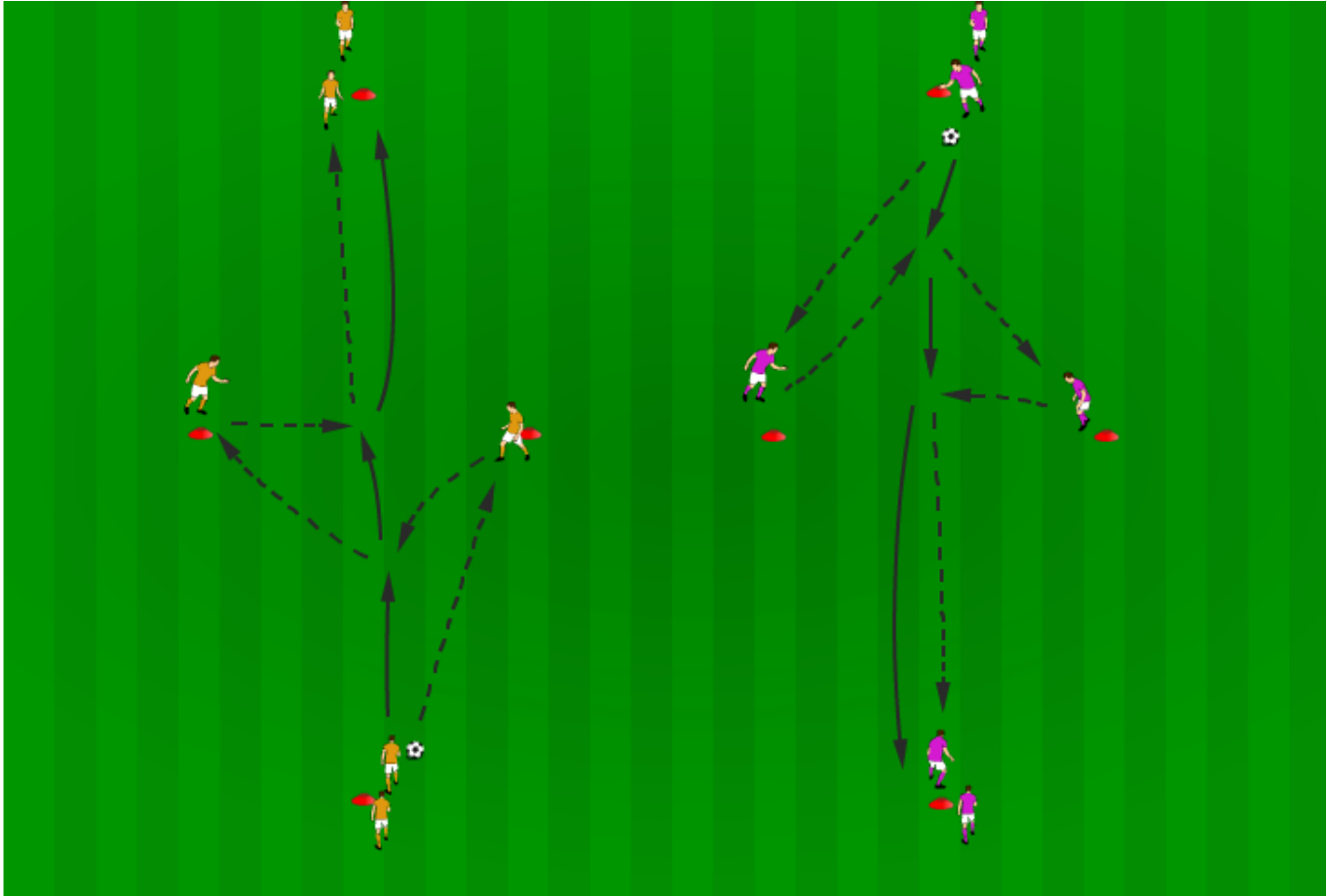
Coaching Points

- * accuracy of passing
- * position of the body when the long pass is made
- * ball striking technique
- * communication

Progression

- * have players check away before receiving the ball

Activity : Nanaimo DDC-German Passing Part Two (Shel)



Objectives

- * passing & player movement
- * communication and support

Explanation

- * the ball is played into the first target for a quick 1-2
- * the next pass is a long pass into the second target for the same player to receive a short pass back from the second target
- * the player will then play the ball into the player at the front of the opposite line and follow the pass to the end of the line

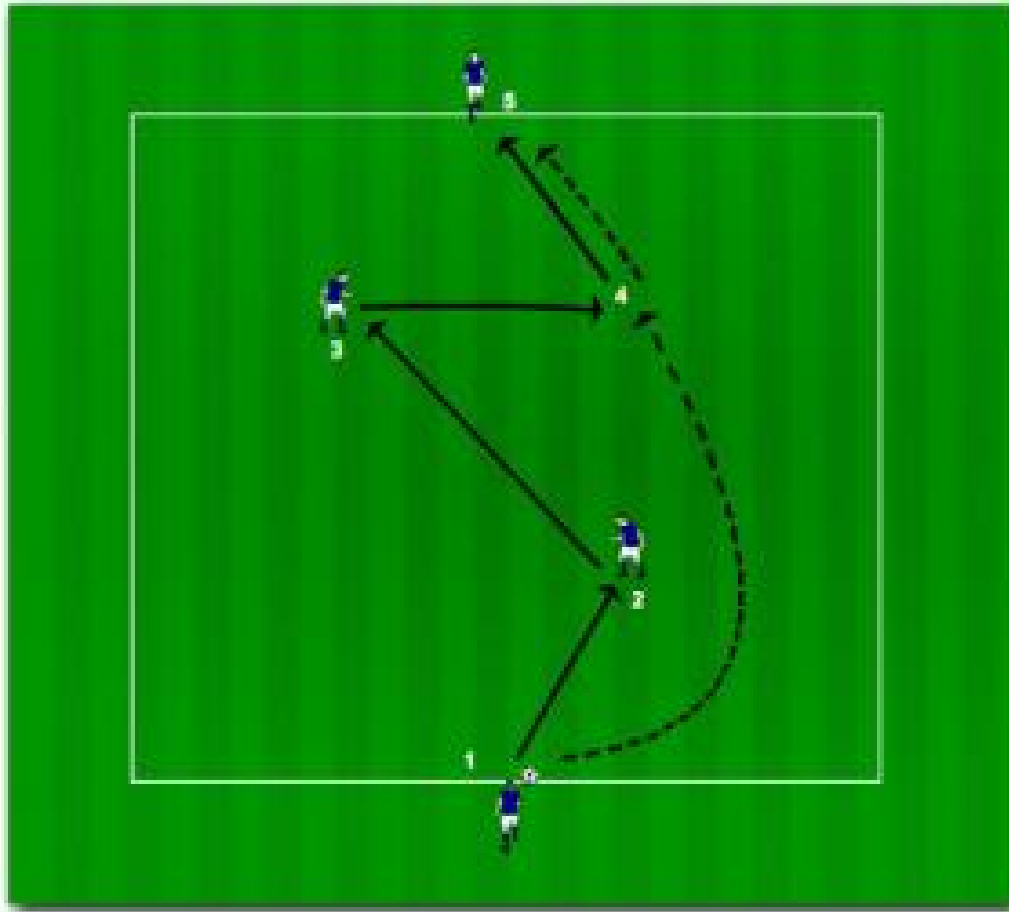
Coaching Points

- * communication
- * accuracy of passing
- * passing technique
- * receiving the ball

Progression

- * have players check away before receiving the ball

Activity : German Passing Part Three



Objectives

* passing and player movement * communication and support * introducing the overlap

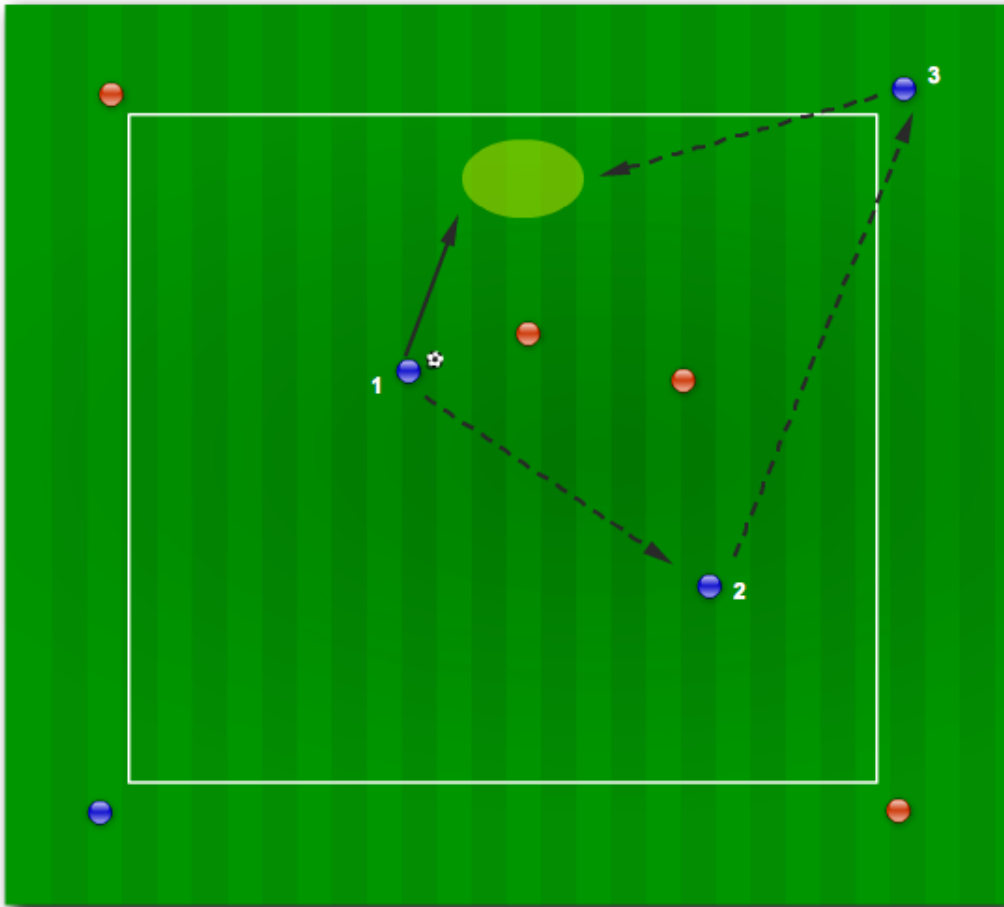
Explanation

* the ball is played into the first target who will connect with the second target by passing the ball directly to them * the first player will make an overlap run on the outside of the first target and look to receive the ball back from the second target * it is essential the pass is played in front of the overlapping player (rather than behind) so they can address the ball and play into the first player in the opposite line

Coaching Points

* communication * accuracy of passing * passing technique * receiving the ball * timing of the overlap

Activity : 2v2 Possession with Targets



Objectives

- * passing
 - * movement off the ball
 - * ball control
 - * communication

Explanation

- * the players inside the area will play two versus two
 - * each team will have two targets on the outside
 - * the idea is to keep the ball away from the opponents by using the targets on the outside to create 3v2 or 4v2 situations

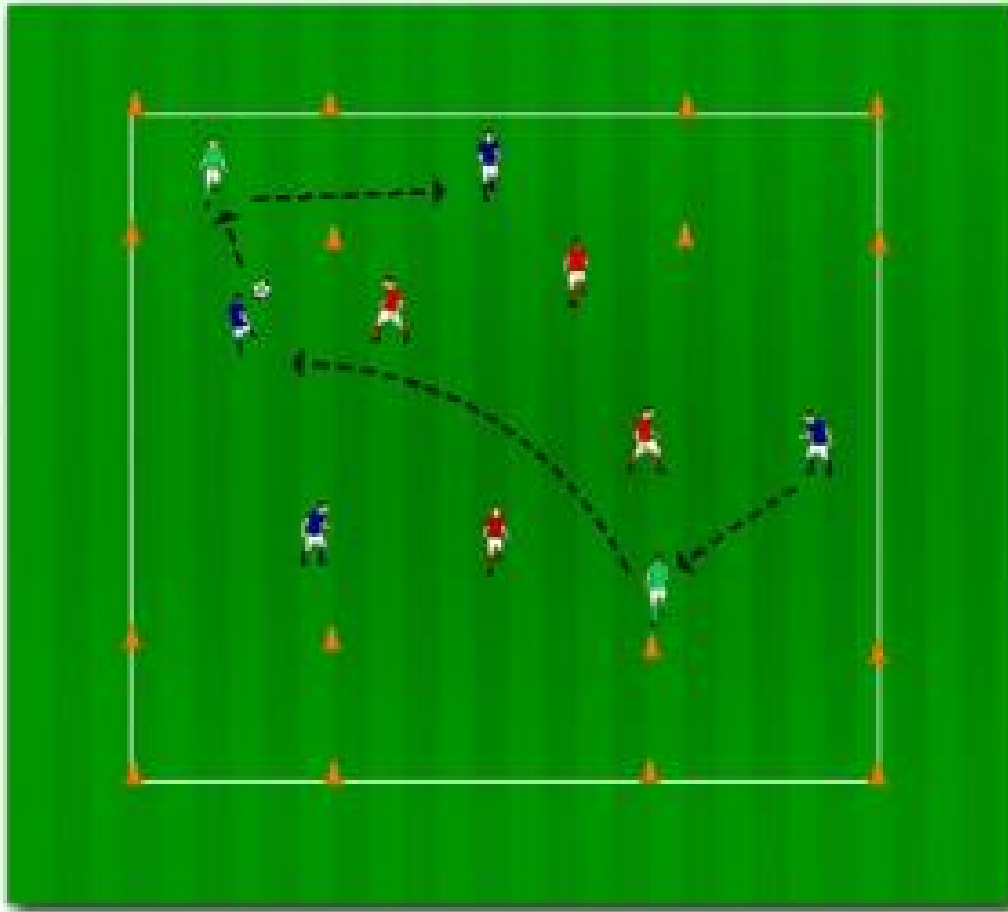
Coaching Points

- * focus on the shape of the attackers and the movement off the ball
 - * assess how the players keep the ball under pressure
 - * focus on the defensive pressure and shape of the team without the ball

Progression

- * restrict the number of touches on the ball
 - * do not allow the targets to play to targets
 - * score a point when 5 successful passes are made

Activity : 4v4 Plus Two Possession Game



Objectives

- passing and ball control - movement off the ball - defensive pressure and intensity

Explanation

- the teams will play four versus four in the area with two neutral players who will support the team with the ball - the aim is to pass the ball into one of the four areas to arrive at the same time as one of the offensive players to score a point - if and when a point is scored the team in possession of the ball will continue to keep the ball in an effort to score more points

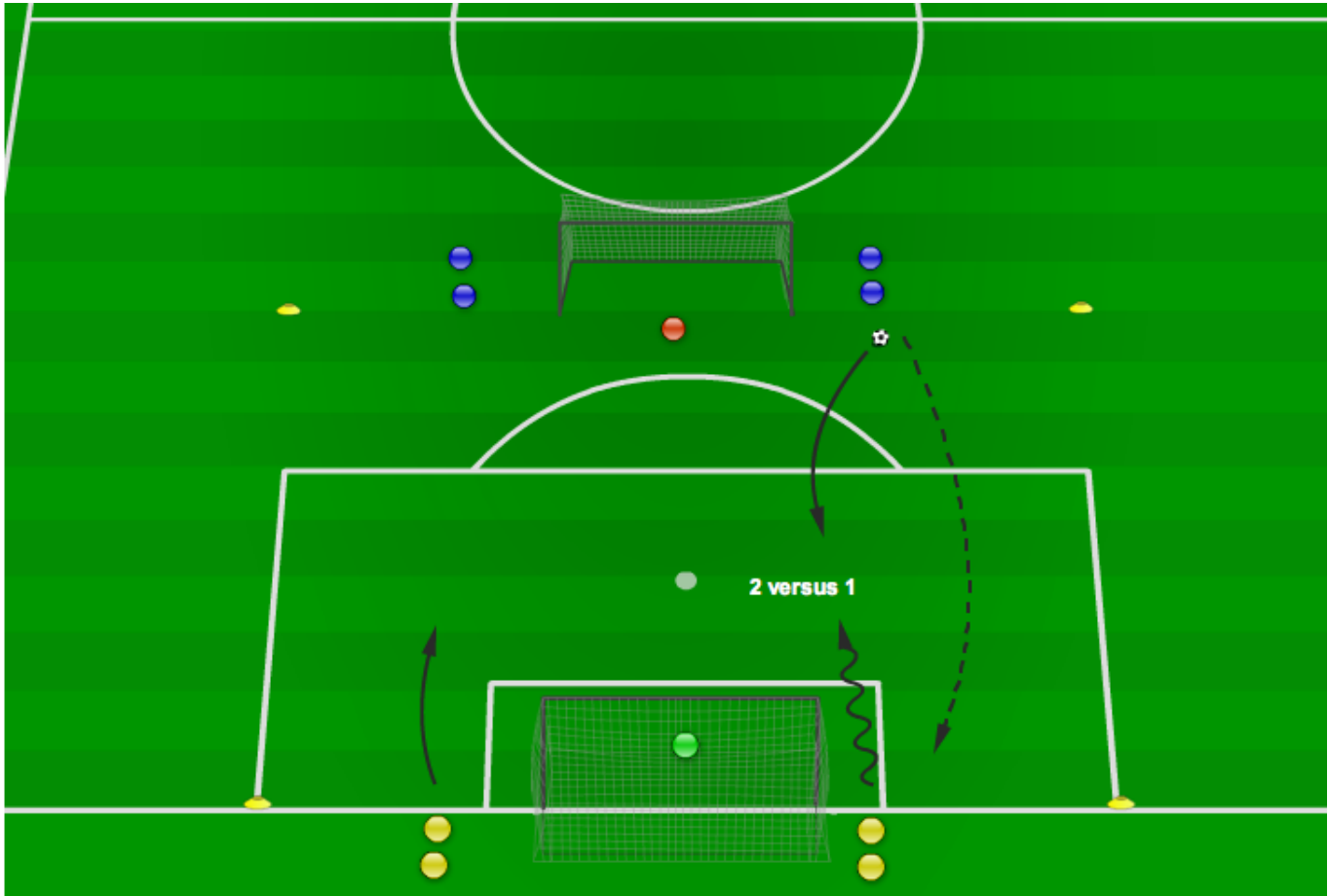
Coaching Points

- passing accuracy - decision making - movement off the ball - ball control - defensive pressure, intensity and organization

Progression

- restrict the number of touches each player has on the ball - open touch; 3-touch; 2-touch

Activity : Two versus One Attacking Two Goals



Objectives

- two versus one attacking and defending
- progress to 2v2, 3v2, 3v3

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support

Coaching Points

- attacking and defending priorities
- goalkeeper involvement

Progression

- if and when you move to 2v1, or 3v2 (anytime there is an imbalance between players)
- at the moment the defenders win the ball (always the team starting with less players) then an additional player from the defensive team will join the attack to make the teams even

Activity : Two versus Two Attacking Two Goals



Objectives

- two versus one attacking and defending
- progress to 3v2, 3v3

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support

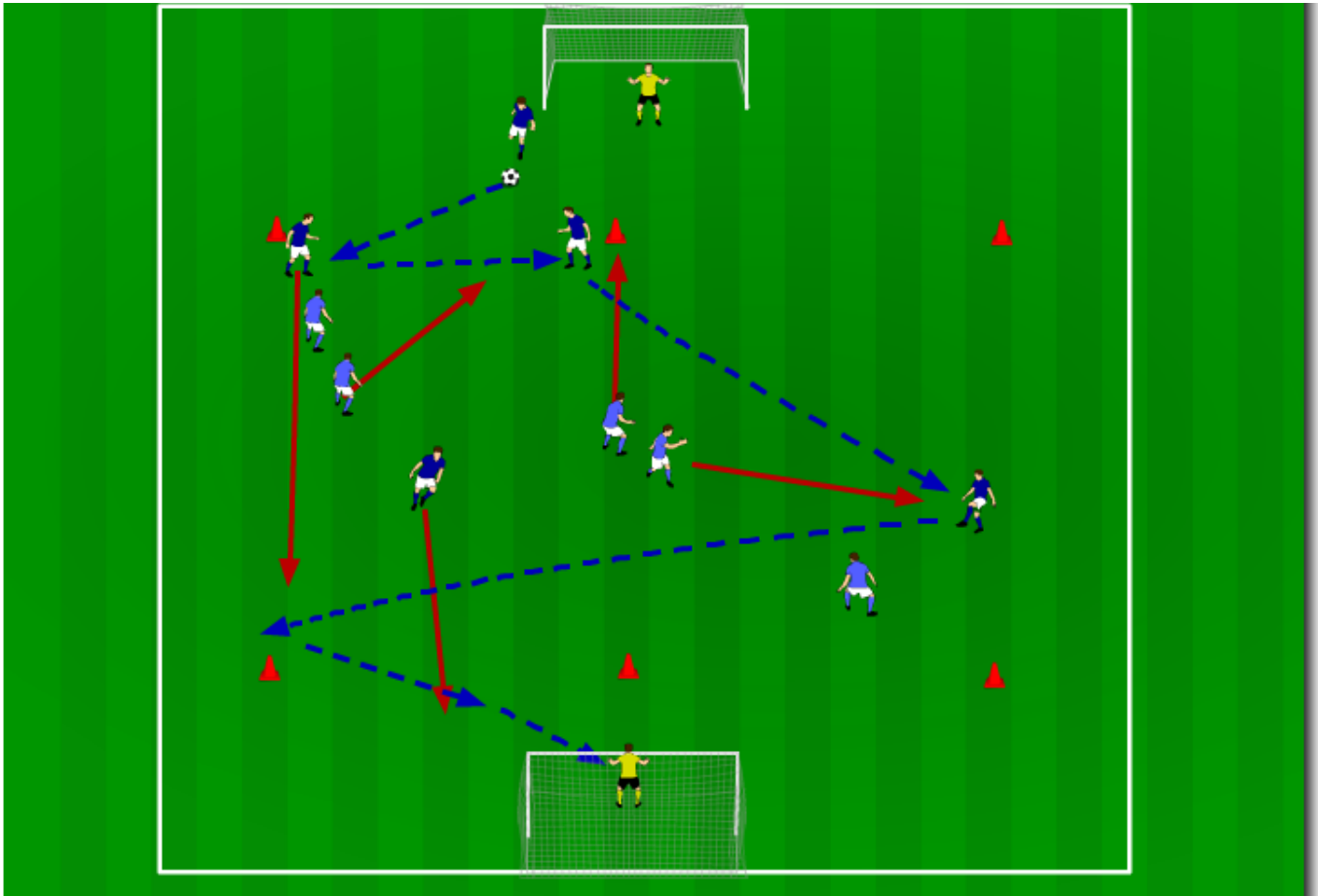
Coaching Points

- attacking and defending priorities
- goalkeeper involvement

Progression

- if and when you move to 2v1, or 3v2 (anytime there is an imbalance between players)
- at the moment the defenders win the ball (always the team starting with less players) then an additional player from the defensive team will join the attack to make the teams even

Activity : 6v6 Small Sided Game



Objectives

- * To practice skills learned earlier in the session
- * To work on passing, dribbling, and finishing under pressure
- * To achieve successful supporting runs

Explanation

- * Set up a 6v6 small sided game 40x60 (approx)
- * Split the field into 3 zones, 2 defensive zones 40 x 15 and a midfield zone 40 x 30
- * Only the defender and goalkeeper are allowed in defensive zone
- * Attacking team must pass to an on-running teammate into the defensive zone to create a 1v1 situation and a shooting opportunity

Coaching Points

- 'Let Them Play'But!
- * Encourage interchange-ability in positions, but keep team shape
- * Emphasis quality of passes, timing, accuracy, weight, angle
- * Encourage support runs and distance of support player
- * Decision making pass or dribble

Session : OYSS U13 Boys House Team Session

Description : OYSS U13 Boys House Team Session

Notes :

1 - Passing in Pairs

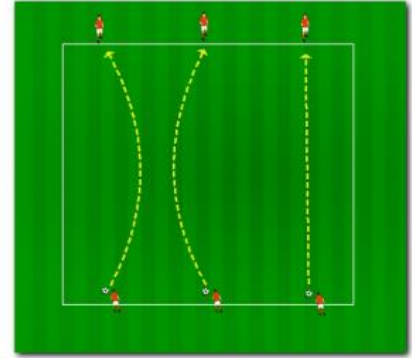
Duration:

Explanation

* one-touch to control the ball out in front of the passing foot * focus on a quality strike when driving or chipping the ball back to your partner * distance will vary between ages and skill level

Coaching Points

* concentrate on the placement of the plantfoot * keep the head down with the eyes on the ball * concentrate on which part of the ball you will strike and which part of the foot you will use to make the pass * concentrate on the feeling of the ball when it strikes the foot



2 - Six vs Two Possession

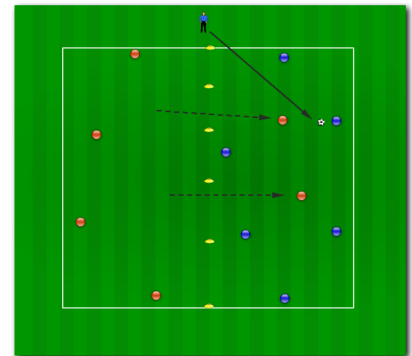
Duration:

Explanation

* initiate drill with service from the coach outside the area
* defensive pressure is applied as soon at the team receiving the ball has taken thier first touch
* passing and movement off the ball to achieve target for team in possession of the ball
* high level of intensity and work from the two defenders attempting to regain the ball

Coaching Points

* quality first touch
* communication
* width and depth



3 - 3v3 Small Sided Game

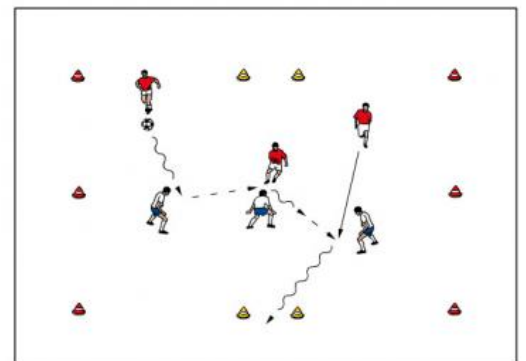
Duration:

Explanation

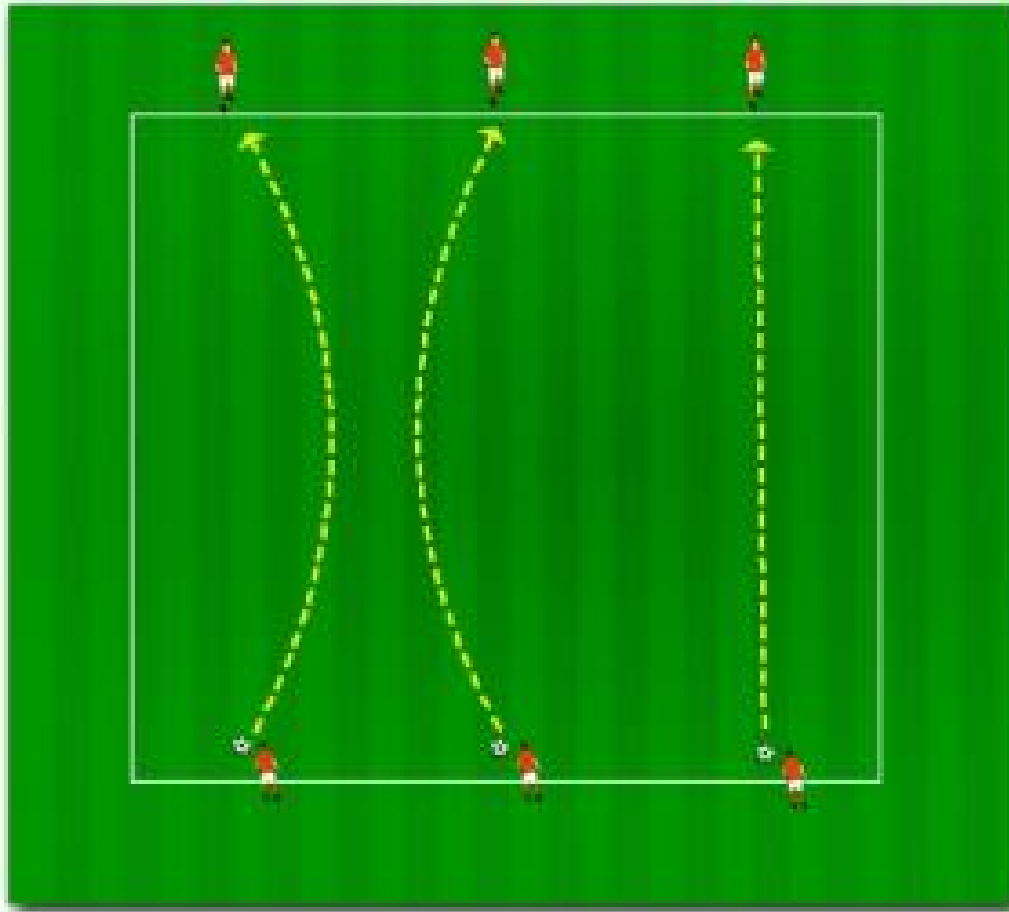
* Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
* Players play 3v3 with no goalkeeper
* Normal SSG rules

Coaching Points

* Reinforce dribbling skills
* Coach players to protect the ball



Activity : Passing in Pairs



Objectives

* Increased repetition ball striking between partners * concentrate on ball striking technique, accuracy and control * variation in service: driven pass, chipped pass

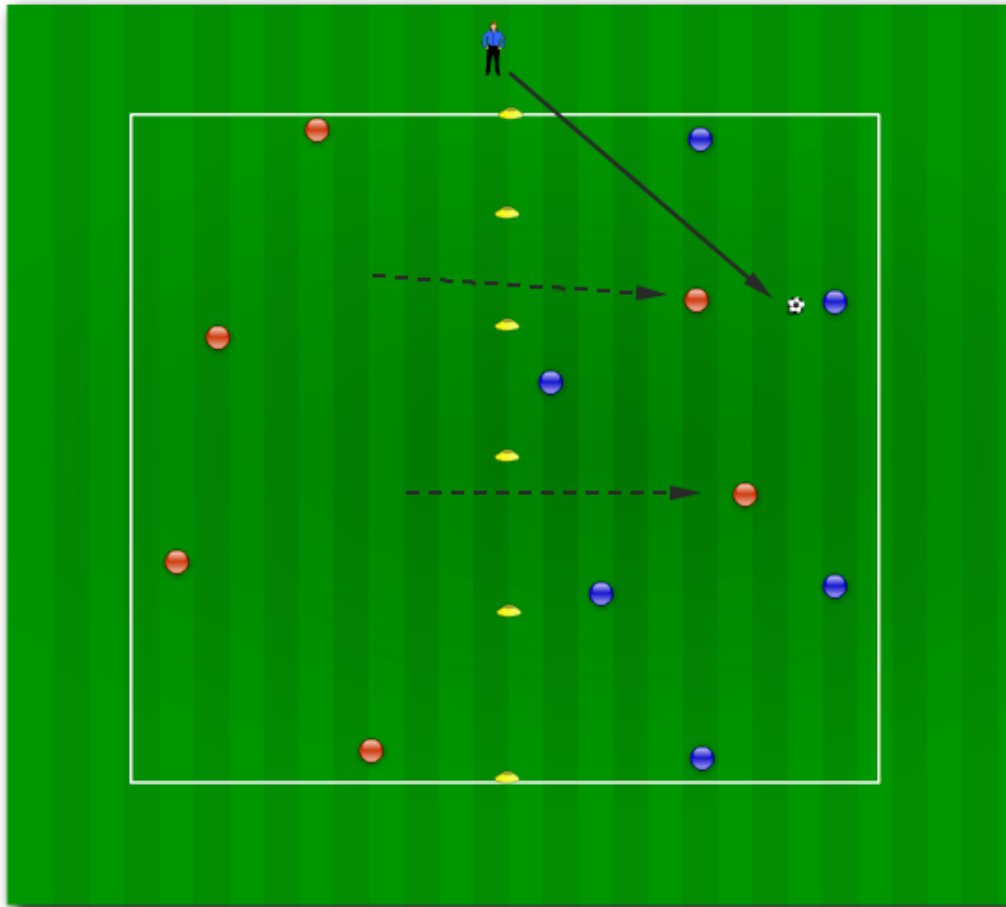
Explanation

* one-touch to control the ball out in front of the passing foot * focus on a quality strike when driving or chipping the ball back to your partner * distance will vary between ages and skill level

Coaching Points

* concentrate on the placement of the plantfoot * keep the head down with the eyes on the ball * concentrate on which part of the ball you will strike and which part of the foot you will use to make the pass * concentrate on the feeling of the ball when it strikes the foot

Activity : Six vs Two Possesion



Objectives

- * two teams with six players in each grid
- * each team must pass the ball 4 times without allowing the defenders to win the ball and then play across into the opponents side of the area to score one point
- * defensive pressure comes in pairs

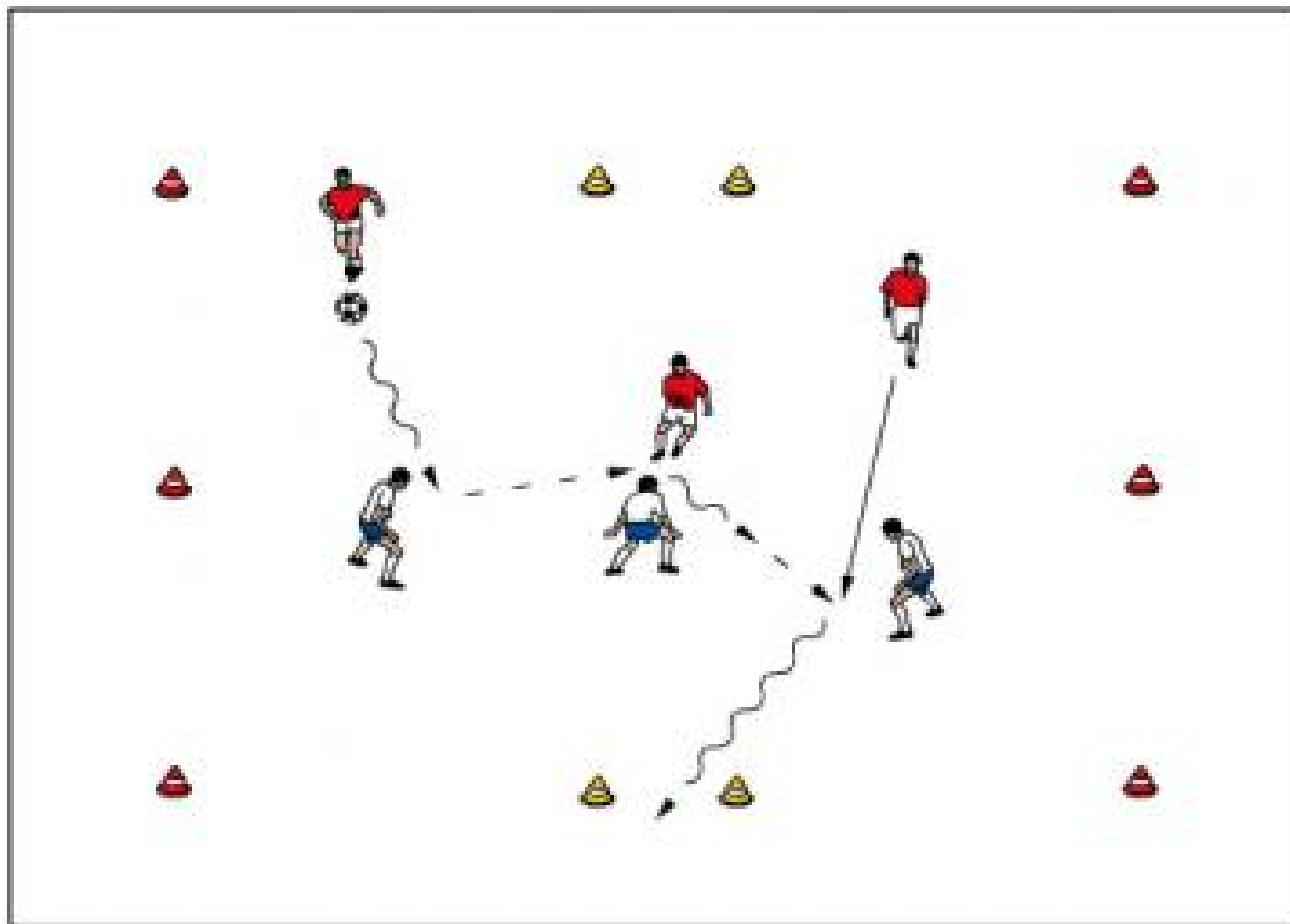
Explanation

- * initiate drill with service from the coach outside the area
- * defensive pressure is applied as soon as the team receiving the ball has taken their first touch
- * passing and movement off the ball to achieve target for team in possession of the ball
- * high level of intensity and work from the two defenders attempting to regain the ball

Coaching Points

- * quality first touch
- * communication
- * width and depth

Activity : 3v3 Small Sided Game



Explanation

- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 3v3 with no goalkeeper
- * Normal SSG rules

Coaching Points

- * Reinforce dribbling skills
- * Coach players to protect the ball