

THE SESSION PLANNER

5v5 (+5) GAME



GAME: Split your squad into 3 equal teams, and put a keeper in goals. In this diagram we are playing 5v5 in the 18 yard box with 5 players on the outskirts. They are servers and are numbered 1-5.

To start the game the coach calls a number, and the first player that reacts correctly to the call and runs towards that numbered player and calls for the ball, gains possession. His team then attacks the goal, while the other team become defenders.

The game stops when, the team scores or the ball goes out of play. If the defenders win the ball and return it to that number they get a point. The game restarts.

CONDITIONS & DEVELOPMENT OF GAME

Start of 2 touch

The server who plays the ball now becomes part of the game to create a 6v5 scenario

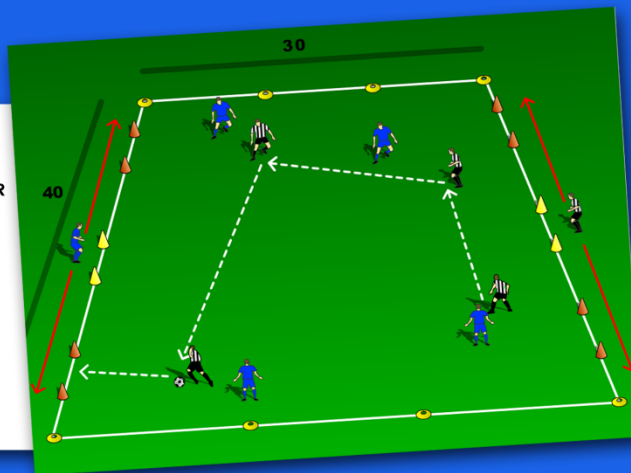
When the server plays the ball, all servers are now in play to offer support on the outskirts but have 1 touch!

Alert and ready for first time shot as their is no time to dwell in the 18 yard box

VISION GAME

GAME: SPLIT YOUR TEAM INTO TWO EQUAL SIDES. PLACE 3 GOALS AT EACH END OF THE PITCH, AND PLACE A PLAYER FROM EACH TEAM BEHIND THE END LINE. MAXIMUM OF 5v5 INSIDE THE PITCH, AND THE AIM OF THE GAME IS TO SCORE IN EITHER GOAL.

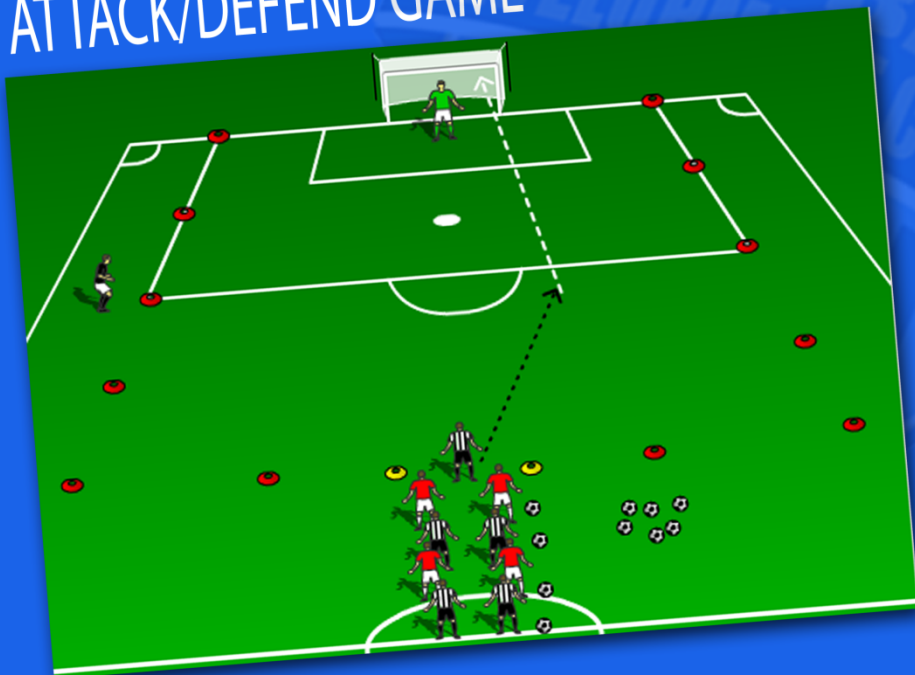
THE PLAYER ON THE END LINE ACTS AS A SWEEPER AND TRIES TO BLOCK THE GOAL THAT THE OPPONENTS ARE ATTACKING.



COACHING POINTS

- >ENCOURAGE PLAYERS TO GET THEIR HEADS UP EARLY
- >OFFER SUPPORT IN ATTACK THROUGH WIDTH
- >KEEP BALL MOVING AT HIGH TEMPO IN ATTACK
- >DONT WASTE POSSESSION
- >GOOD BODY SHAPE WHEN RECEIVING A PASS
- >SWITCHING PLAY TO CREATE OPPORTUNITIES
- >EXPLOSION OF PACE WHEN BALL IS SWITCHED TO SCORE

ATTACK/DEFEND GAME



SET UP: Place cones down the sides of the 18 yard box as in above diagram, and make the length about 40 yards.

GAME: Keeper in goals, and split the remaining squad into 2 teams. One player from the first team starts the game with a free shot on goal. You will notice in the diagram that behind the first player the others are in pairs. As soon as the first player shoots, he turns and now becomes a defender against the first two red players. They now attack the goal with the aim to score in a 2v1 situation. If or when they score, hit it wide or the keeper makes a save, or the defender wins possession, the two red players now become defenders. The two black & white striped players along with the first initial player now attack to make it 3v2, and the game continues in that manner until all of the players are used.

Restart the drill with the reds, and you will probably find that this will take up the majority of your session, as the young players love this game.

COACHING POINTS

Awareness of player in transition from attacker to defender, must be switched on!

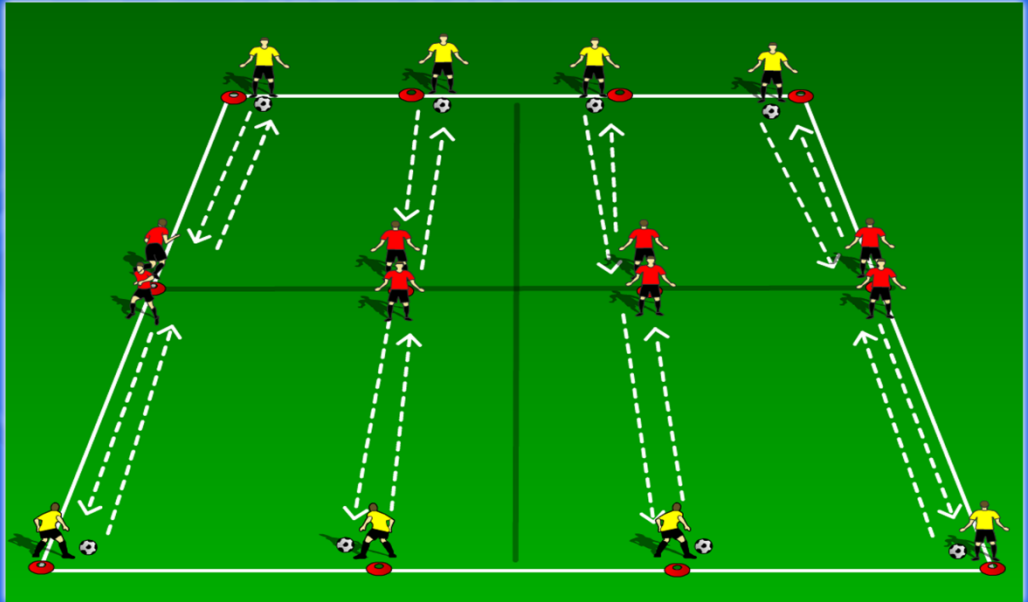
Communication from team mates to help inform him of his task!

In attack, good width required and decision making is very important!

In defence we want to try and isolate the attacker and force him to make a bad decision!

WARM UP GAME

AREA 15 across x 30 long



GAME: Players set up in grid as per diagram above. Reds in the middle are working and the yellows are the servers. Simply passing back and forward with your server at a nice steady tempo. I have sectioned the grid off using an imaginary line to make it 2 reds per grid,

CONDITIONS

When the Coach calls out any number below the player must follow that instruction.

- 1= Switch positions with the player directly behind.
- 2= Switch positions with the player to your side in your grid.
- 3= Switch positions diagonally with the players behind you.
- 4= Sprint to your server and join the opposite group.
- 5= Sprint to the opposite server and join your own group.

Increase the tempo of play.

Make it one touch to make it more difficult.

COACHING POINTS

Good communication between each grid and their servers to help the players make the right decisions.

Good body shape to receive and pass.

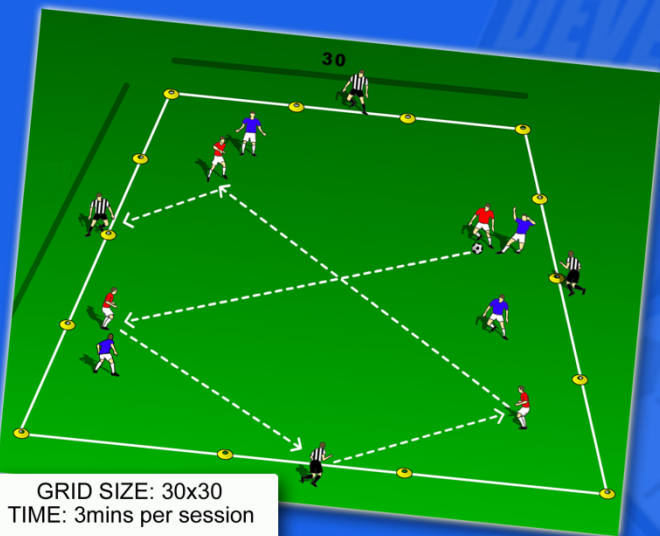
Importance of first touch and concentration.

8v4 GAME

GAME: 8v4 - On the outside of the grid 4 players are positioned as in diagram, and act as wall players. In the grid it's 4v4 and the team in possession can use the wall players to help them keep the ball. The team without the ball are now defending and must work hard to close down and win the ball.

When a team loses possession, they now become the defending team and the game carries on with the team now in possession using the wall players.

Change the wall players after 3 minutes.



GRID SIZE: 30x30
TIME: 3mins per session

4v4v4 GAME

GAME: Blues are positioned outside the grids as in diagram (left). They have 1 ball and must pass through the chaos inside the grid. Reds also have 1 ball and must pass and move inside the grid. Yellows have a ball each and dribble around the grid looking to get in the way of everyone, trying to block passes and put off the reds.

Repeat drill after alternating groups so that they all take a turn at the individual exercise. Each group does this twice.



GRID SIZE: 30x30
TIME: 3mins per session

COACHING POINTS

Body shape when receiving ball

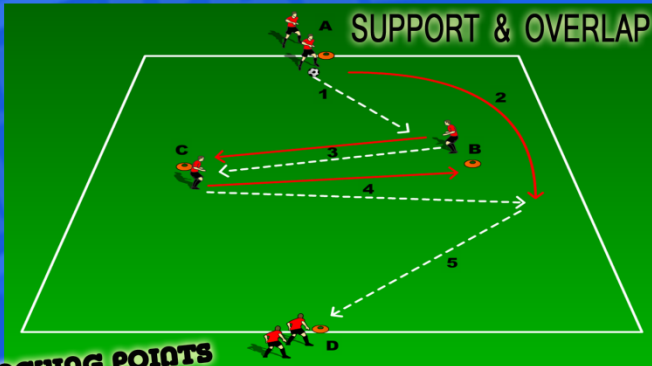
Awareness of space

Quality & weight of passing

Good first touch & get head up early

Make an angle to receive the ball

Communication



SET UP: 20x10 Grid

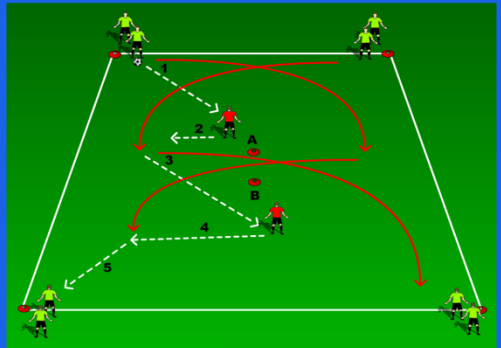
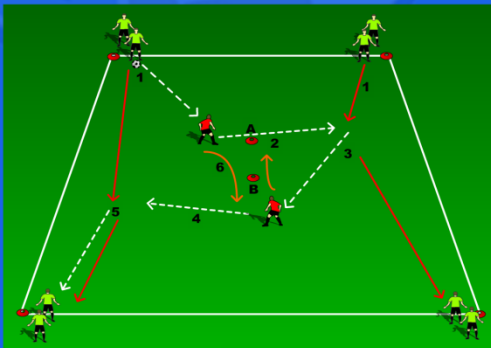
START: 2 Players positioned in middle of grid at B & C. The remaining players go to the cones at A & D. Player at A starts the drill by passing the ball to player at cone B, then overlaps. B passes to C, who then lays off for the overlapping player A. B & C change positions immediately.

Player C passes to D.

Restart the drill.

COACHING POINTS

The middle players start off with two touch, receive and pass. Body shape must be good, on the half turn in the direction of the player in possession, angling towards the person they are passing to. Up the tempo allowing a first time pass only. Encourage the players to pass with the correct weight and accuracy. Players at ends must time their overlapping run!



DRILL 1

Play starts at the top left hand corner of the grid, with a pass into the player at cone A. The top 2 players move at the same time as per diagram, with player 2 holding his run. Player A pulls off the cone making an angle and lays off to player 2, who then passes to the player at B. B then makes an angle, adjusts his body shape in the direction of player 1 and lays off the pass to continue the move. A & B then rotate positions, and player 1 passes to team mate at bottom.

COACHING POINTS

Communication between A & B when passing, receiving and alternating positions.

Body shape when receiving to pass, always on the half turn towards the player passing.

Awareness of speed when receiving the lay off from middle players. Hold back, don't get ahead!

DRILL 2

Exactly the same principles as Drill 1, only this time player 1 & 2 cross over their runs to receive the pass from player A. Then cross over again to receive pass from player B. Player 1 passes to A, then switches allowing player 2 to receive the ball from A. Player 2 then passes to B who lays off for player 1 after they switch positions.

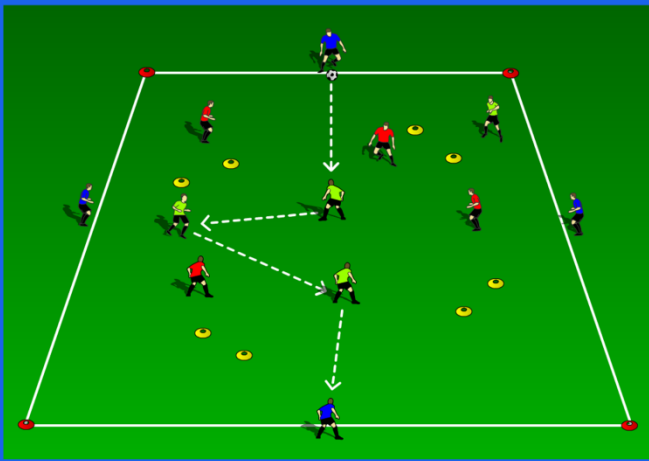
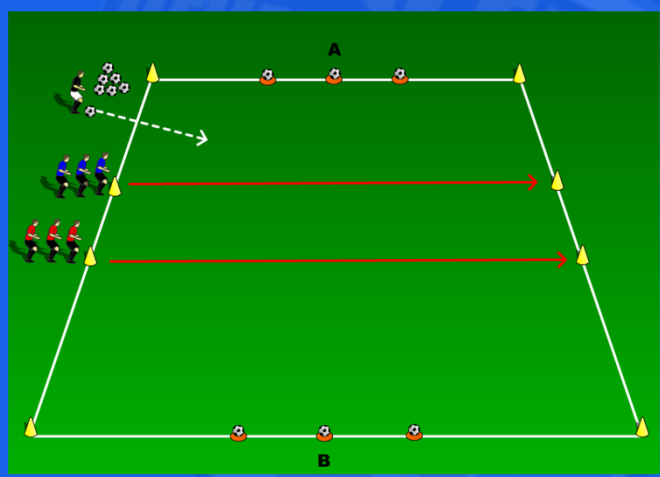
COACHING POINTS

As above. Also, it's about mobility so encourage good timing of run, awareness of the picture unfolding before them.

Good communication from players crossing over, using cue words such as 'Switch'.

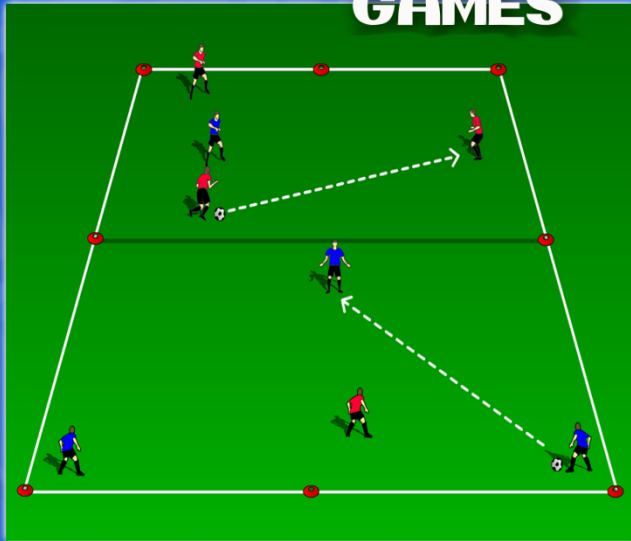


THE SESSION PLANNER



SMALL SIDED GAMES

THE SESSION PLANNER

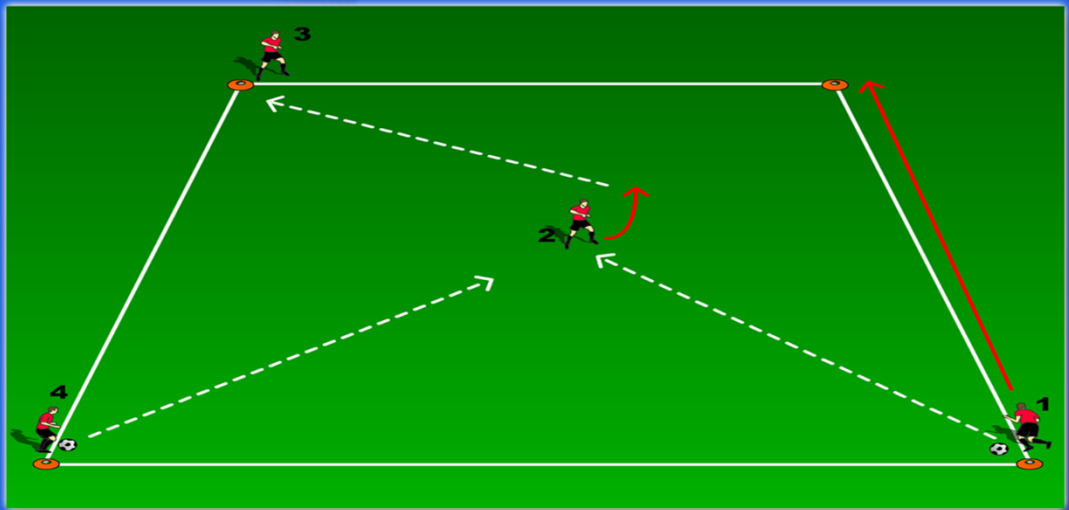


OBJECTIVE: Improve technical ability in short range passing

SET UP: 30x15 Grid / 4 bibs per grid / cones to mark grid out

DRILL: Four players are positioned in the 30x15, which is split into 2 smaller 15x15 grids. Players in each group are numbered 1-4, and begin passing the ball within their grid using 1 & 2 touches. When the Coach calls out a number, the player from each group with that corresponding number advances into the other grid to create a 3v1 game, and tries to win the ball. First player to win the ball, wins a point for his team. Drill restarts.

- *Quality and pace of passing
- *Movement of team in possession
- *Body shape when receiving a pass
- *Communication



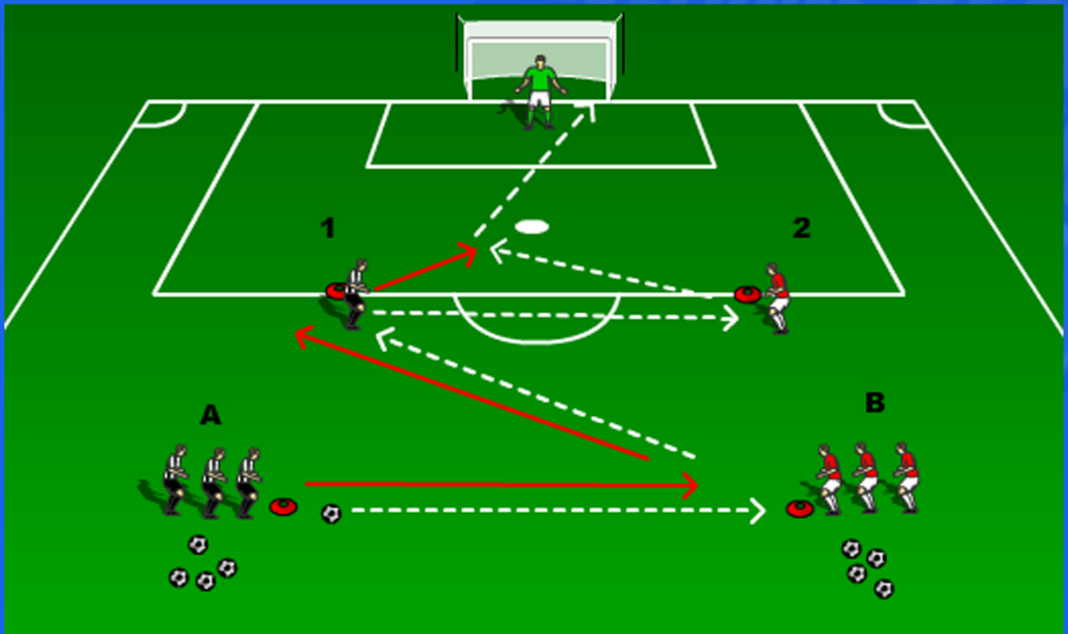
OBJECTIVE: Improve quick decision making and passing skills.

SET UP: 10x10 Grid / 2 Footballs per grid / 4 Cones

DRILL: 3 Players position themselves at cones as above, with 1 player in the middle. Player 1 passes to Player 2, and then immediately runs to the vacant cone. Player 2 controls the pass and turns and passes to Player 3. He then receives a pass from Player 4, and looks to pass to the player without a ball, who would now be Player 1. Player 4, after passing to Player 2 in the middle can now run to the free cone. The exercise continues in that manner.

- *Body shape when receiving ball
- *Quality of first touch
- *Accuracy and pace of pass
- *Always on toes looking to receive the ball
- *Awareness of movement around you

PASS / MOVE / SHOOT



SET UP

Cones are placed in a 10 yard grid as in above diagram. Players are positioned as above, with players at positions A & B in equal amounts.

DRILL

Play starts at position 'A', first player passes to players at 'B', and then sprints to position 'B'.

Player at position 'B', controls pass with one touch, and passes diagonally to the player at position '1', and then sprints to position '1'.

Player at position '1' controls, then passes to player at position '2', and moves forward to take a return pass from player '2', before getting a shot in on goal.

Player from position '1' who takes the shot, goes and collects the ball, and joins the end of his group.

NOTE

When player at position '1' receives the ball during the drill, the player positioned at 'B' restarts the drill. The drill continues in that sequence, to keep the groups balanced, and a continuous steady flow of passing and shooting.

COACHING POINTS

Weight of pass to have right amount of pace

Body shape when receiving pass, and playing next pass.

First touch is important.

Strikers to learn composure - open up their body shape and try to place shot in corners.



GAME: 3 cones place in a triangular shape about 10 yards apart. First 3 players are stationed at each of the cones as per diagram to the left. Coach will play a pass about 3-4 yards in front of them, to make them leave their station and attack the ball. When that happens the other players must switch on and close the gap in behind him, and act as cover and balance.

For example if Coach passes towards the player at the red cone, yellow will position himself roughly in the middle point between red and yellow, with the player at blue moving in to do the same between yellow and blue. A pass to each of them and then they sprint to the orange cones, fast feet forward and backwards, before being served by the players at the bottom, returning the ball and take their position.

AWARENESS GAME

GAME: Set up as in diagram (right) in a 40x40 area. Place four 10 yard grids in the positions as per diagram with a 5x5 yard grid in the centre (middle zone).

In each of the four 10x10 grids place 4 players to create a 3v1 scenario. They play keep ball, and on the coaches call the man in possession runs out with the ball to the middle zone. He then must make a decision and head for another grid to get the balance of 3v1.

The game continues. When the man in the middle wins the ball (blue) he is replaced by the person who lost possession. So it is best to have the man in the middle hold a bib instead of putting it on.



COACHING POINTS

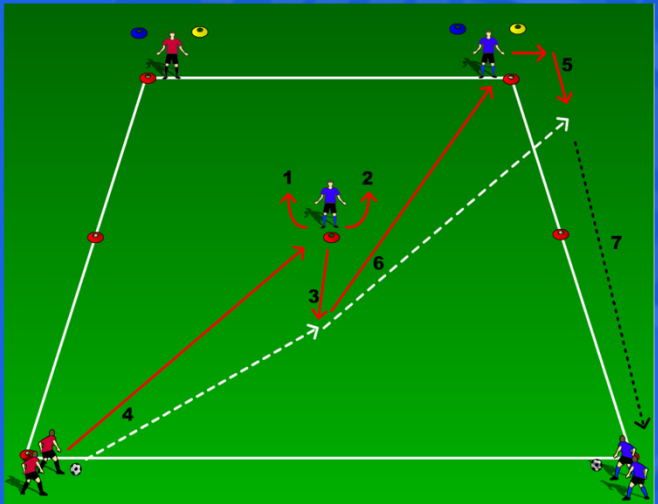
**MOVE THE BALL AT GOOD TEMPO IN THE GRID.
GOOD ANGLES FOR PASSING (OPTIONS), THINK TRIANGLE SHAPE!
DECISION MAKING - HEAD UP WHEN DRIBBLING TO MIDDLE ZONE
AWARENESS OF SPACE AND EXPLODE WITH PACE TO NEW GRID
PLAYERS IN GRID MUST BE READY AND MAKING GOOD ANGLES TO RECEIVE**

AWARENESS

SET UP: 20x10 GRID

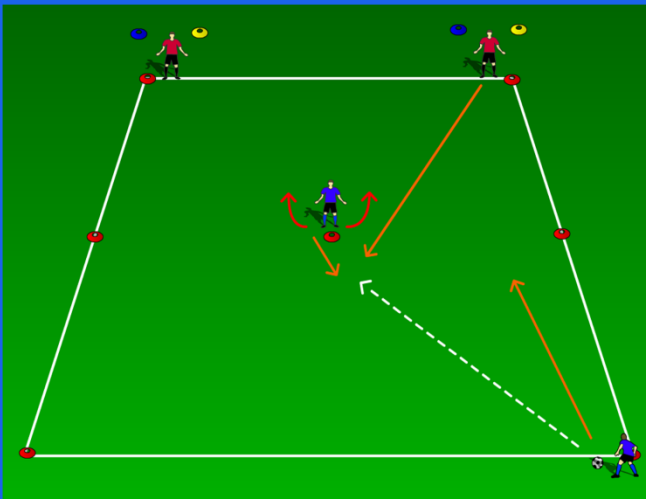
START: The Blue player in middle must look over his shoulder to see what colour of cone the two players behind him are holding up (1&2). He must call out the colour loud, indicated in the above diagram by the blue and yellow cones, before he receives a pass.

When he calls out the colours he immediately moves into a space in front of the cone to receive the pass (3). Turns and plays to his team mate in Blue at the corner, and takes up that position (4), as his team mate dribbles back to the starting point (5). The Blues restart the drill.



Coaching Points

- > Player receiving must be on his toes and alert
- > Have the players holding the cones delay. If the player in the middle turns his head and sees the Red player with no cone up, he immediately turns to see what the Blue player is holding up. If he delays, then he turns to see the Red player again. Encourage the end players to stall occasionally for a few second before holding up a cone.
- > Before he moves to receive the ball, fake a run forward and check back towards the player passing the ball, to mimic good movement to lose their marker.
- > Good body shape when receiving to open up towards the direction they want to pass.
- > Correct weight and accuracy of pass



PROGRESSION AWARENESS 2v1

Set Up: 20x10 Grid

START: Its now 2v2 in each grid the Blue team start the exercise. Same principles as above drill only this time when the Blue player receives the ball, his team mate joins him as they attack the Red line.

If successful they simply stop the ball on the line, and the Red team start the play.

A 3rd progression would be to add 2 goals at each end and allow a Red player to defend them.

COACHING POINTS

- > Its now an attacking 2v1 progression, so encourage good width & support!
- > Looking for good penetration to get beyond last defender, so we want to require good movement from player without the ball in a tight area.
- > Good communication between attackers
- > Weight and accuracy of pass

REMEMBER THAT WARM UP'S ARE NOT JUST PHYSICAL!

With the club standardising pre-game warm up and cool down's to help prepare and recover for the physical demands of the game, do we have any considerations for the mental aspect? With a degree of sense, our warm up's will have no problems in getting a player ready physically for the game, but do we challenge our players mentality at all? The games during the warm up should depend on the mindset of the players. You know your players, are they complacent and need refocusing? Are they nervous, do you need to settle them down and relax them, by offering a game that brings success? If they require success do we really need to be adding keep ball games with no set direction or goals? By getting the coaches mind into this frame of thinking, we can prepare our players both physically and mentally.



GAME: Split your squad into two teams, like the red and yellow team in the above diagram. I have placed 12 players in a 30x30 grid, 3 yellows have a ball at their feet and 3 reds are holding a ball. The aim of the exercise is to keep the players thinking and kick start their brains before a session or game.

Get the players to move around the grid and on call, the players begin to use this sequence until you stop them for a break. When the coach calls 'GO' the players without a ball must make themselves available for a pass or a throw. Once you a pass, you must quickly make yourself available and be an option for a throw. The play should continuously move and no one should be standing without a ball for longer than a few seconds.

COMMUNICATION

Get your players to call for the ball using their name!

Communicate using hand signals to verify were they want the ball, they can do this by holding their hands in the 'W' goalkeeper hands at chest height for a throw, and by pointing their hand to their feet for a pass.

BUILD THE TEMPO UP TO FAST PACE!

“ABILITY
IS WHAT YOU'RE CAPABLE OF DOING
MOTIVATION
DETERMINES WHAT YOU DO
Attitude
DETERMINES HOW WELL YOU DO IT”



Booklet designed by Gerard Mallon for Colinvalley Football Development Centre