

Chain Tag

Category: Warm Up

Length: 00:10 Rec. Players: 12

Published: January 21, 2015 @ 16:47

Practice Theme/Topic

General Notes

An easy to organise Arrival Activity

Aims & Objectives

One or two pairs of players link arms to create a chain and try to chase down & tag the remaining players. Once tagged, players must join the chain. As the chain grows it can split up to make another pair/smaller chain

Organisation & Setup

Quickly mark out an area in which to play & organise the players as shown in the diagram

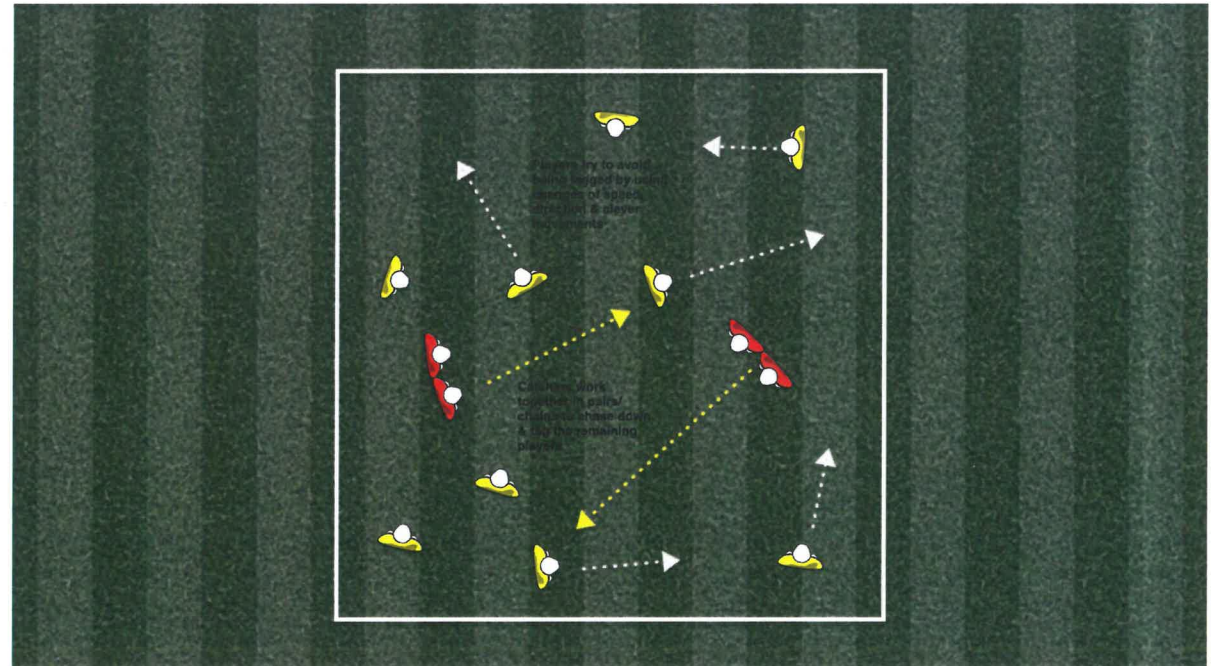
Coaching Factors & Outcomes

Encourage all players to use changes of speed and direction to help them avoid being tagged by the 'Catchers'

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Vary size & shape of the playing area
- Introduce footballs for all players to use
- Use time limit for the Catchers



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Technical

N/A

Physical

N/A

Psychological

N/A

Social

N/A

Practice: 01 Length: 00:10
Chain Tag
Category: Warm Up

Slide: 01/01



Dribble or Pass

Category: Warm Up

Length: 00:15 Rec. Players: 12

Published: January 21, 2015 @ 16:39

Practice Theme/Topic

General Notes

An easy to organise Arrival Activity

Aims & Objectives

Passers try to retain possession of the ball in area for as long as they can
Dribblers try to regain possession from the opposing team or force a mistake

Organisation & Setup

Marker out area as shown in the diagram which can accommodate the number of players involved
Passers need one ball, whilst dribblers have ball each

Coaching Factors & Outcomes

Encourage passers to retain possession of their ball by creating space and using quick, accurate passing & support or dribbling skills
Encourage dribblers to maintain possession of their own ball whilst working with others to force mistakes to regain possession of the 'Passers' ball

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Changing the size & shape of the area
- Challenging players to use certain types of passes or a given number of touches when keeping possession
- Varying Overloads (ie Matched up or more dribblers than passers)

Technical

N/A

Physical

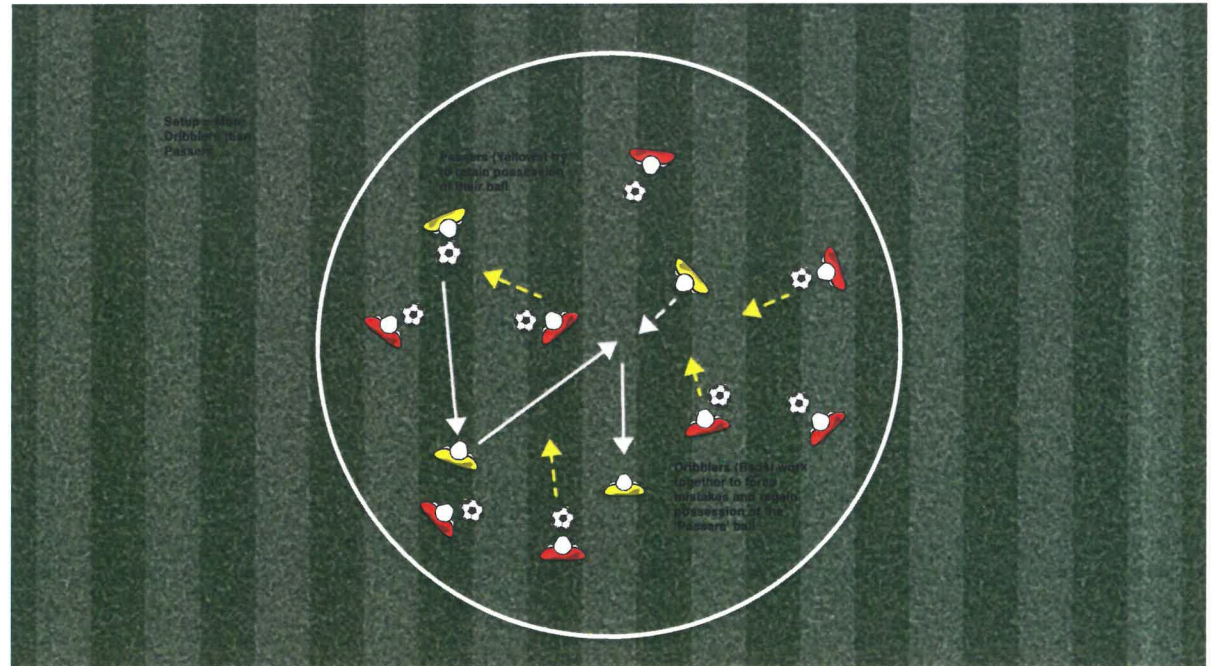
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Dribble or Pass

Category: Warm Up

Length: 00:15 Rec. Players: 12

Published: January 21, 2015 @ 16:39

Practice Theme/Topic

General Notes

An easy to organise Arrival Activity

Aims & Objectives

Passers try to retain possession of the ball in area for as long as they can
Dribblers try to regain possession from the opposing team or force a mistake

Organisation & Setup

Marker out area as shown in the diagram which can accommodate the number of players involved
Passers need one ball, whilst dribblers have ball each

Coaching Factors & Outcomes

Encourage passers to retain possession of their ball by creating space and using quick, accurate passing & support or dribbling skills
Encourage dribblers to maintain possession of their own ball whilst working with others to force mistakes to regain possession of the 'Passers' ball

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;
- Changing the size & shape of the area
- Challenging players to use certain types of passes or a given number of touches when keeping possession
- Varying Overloads (ie Matched up or more dribblers than passers)

Technical

N/A

Physical

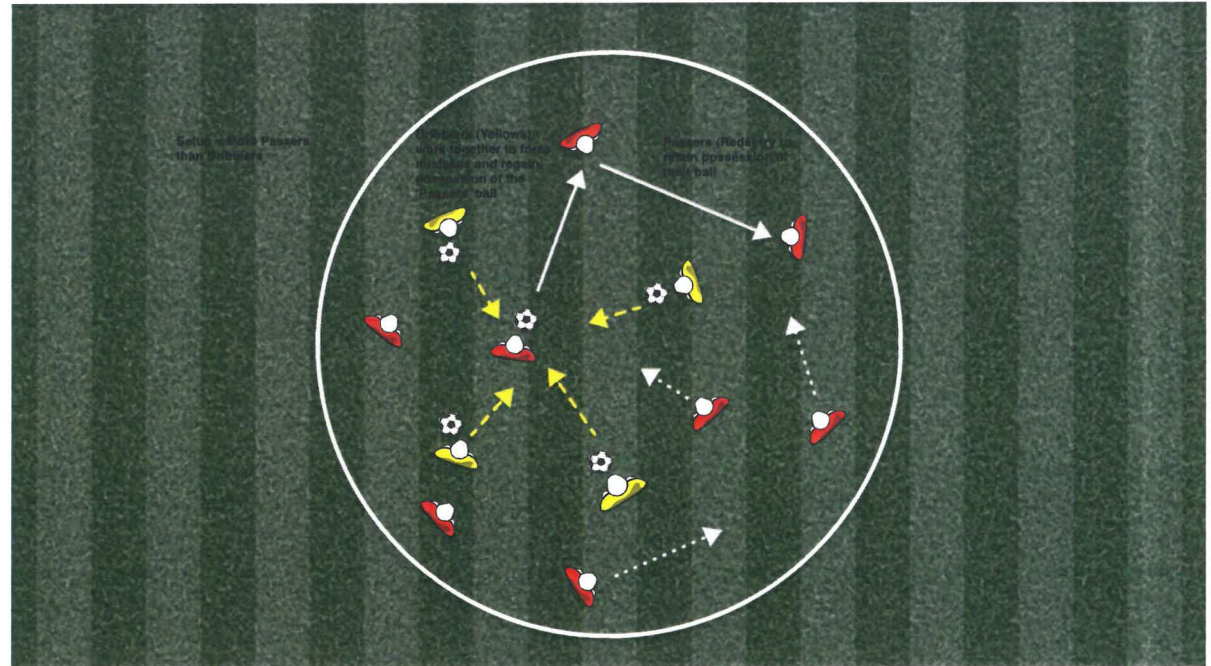
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Practice: 01 Length: 00:15
Dribble or Pass
Category: Warm Up

Slide: 02/02



Head Tennis

Category: Warm Up

Length: 00:15 Rec. Players: 4

Published: January 21, 2015 @ 16:48

Practice Theme/Topic

General Notes

An easy to organise Arrival Activity

Aims & Objectives

Players operate in pairs & try to play ball over a central net or zone using a given number of touches.

For instance, players could be allowed one bounce and a maximum of 4-6 touches, before returning the ball over the net

Organisation & Setup

In the diagram shown, 4 players are involved with a central zone being used

Coaching Factors & Outcomes

Players are encouraged to improve their 1st touch, control and set up with their partners

Different controlling surfaces (feet, thigh, chest, head) & passing techniques are required from the players

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Varying the dimensions of the court
- Placing restrictions on the numbers of touches which players/the teams are allowed

Technical

N/A

Physical

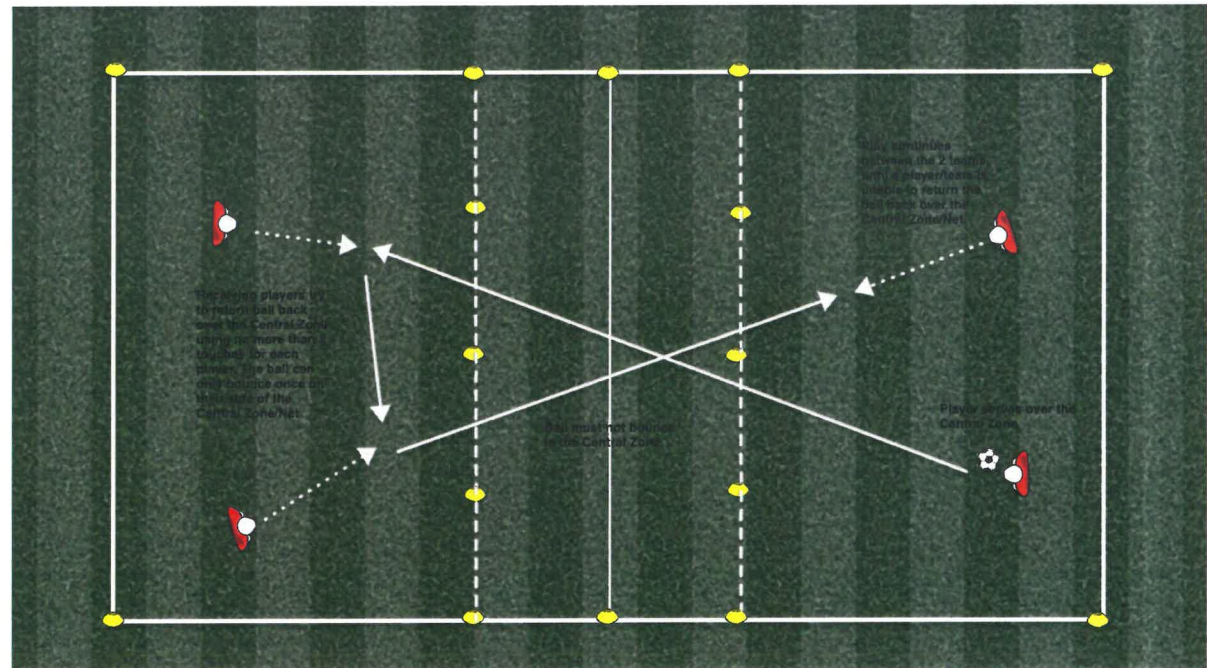
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Head Tennis

Category: Warm Up

Length: 00:15 Rec. Players: 4

Published: January 21, 2015 @ 16:48

Practice Theme/Topic

General Notes

An easy to organise Arrival Activity

Aims & Objectives

Players operate in pairs & try to play ball over a central net or zone using a given number of touches.

For instance, players could be allowed one bounce and a maximum of 4-6 touches, before returning the ball over the net

Organisation & Setup

In the diagram shown, 4 players are involved with a central zone being used

Coaching Factors & Outcomes

Players are encouraged to improve their 1st touch, control and set up with their partners

Different controlling surfaces (feet, thigh, chest, head) & passing techniques are required from the players

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Varying the dimensions of the court
- Placing restrictions on the numbers of touches which players/the teams are allowed

Technical

N/A

Physical

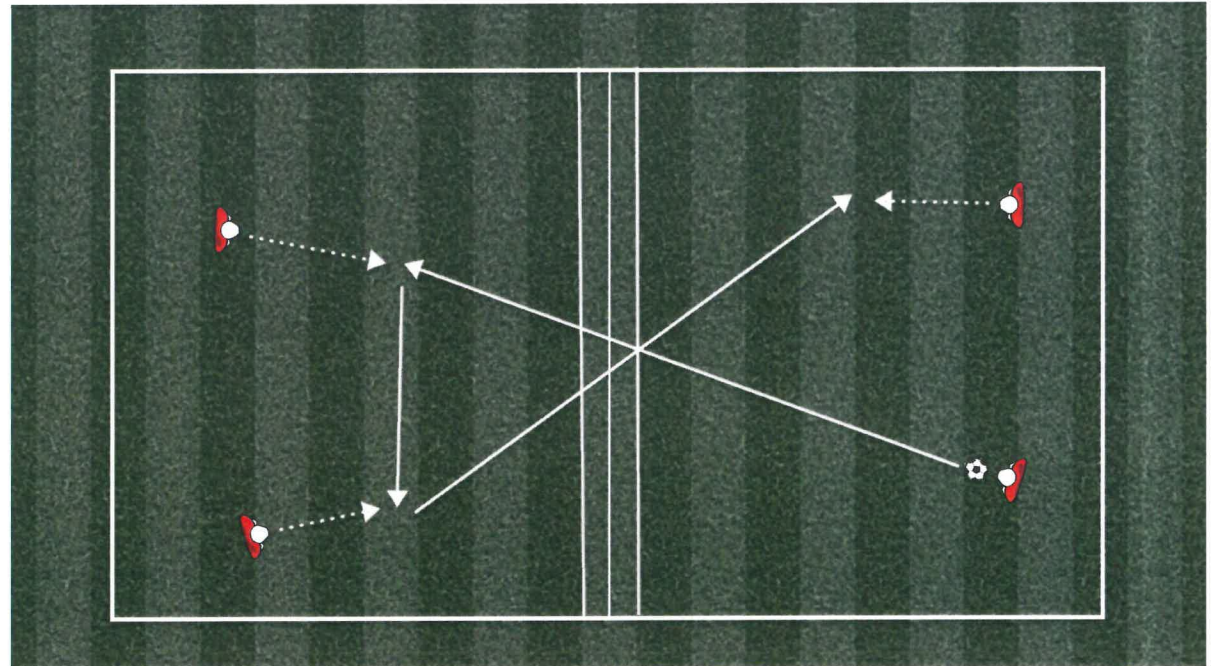
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Practice: 01 Length: 00:15
Head Tennis
Category: Warm Up

Slide: 02/02



Positive Touch Pass

Category: Warm Up

Length: 00:05 Rec. Players: 2

Published: February 13, 2016 @ 21:51

Practice Theme/Topic

Arrival activity

General Notes

Play starts with pass through the middle of cones, ball must be returned in two touches through the diagonal of the cones and game continues like this. Players can decide which side to pass through left or right.

Aims & Objectives

Fun arrival activity
Practicing first touch and passing.

Organisation & Setup

4 cones and a ball, as seen on diagram.

Coaching Factors & Outcomes

Improve first touch and passing

Adaptation & Progression

Reduce size.
Vary distances.
Must use both feet.

Technical

Body shape to receive
Short accurate passing.

Physical

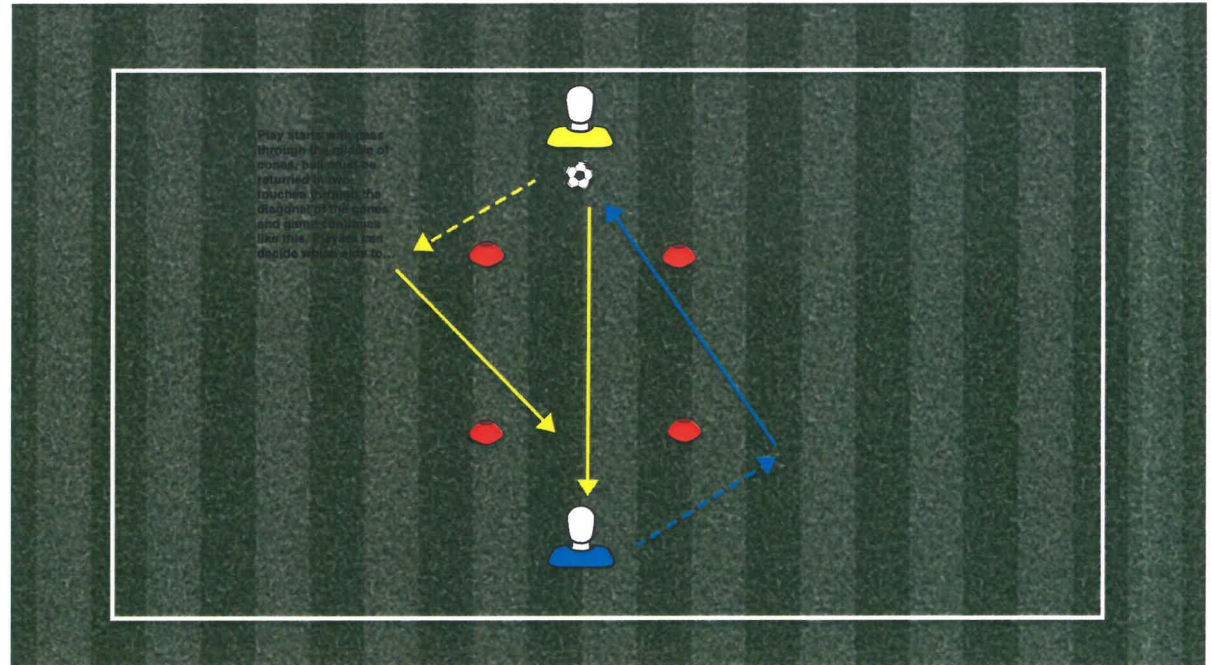
Quick movements

Psychological

Decision making

Social

Interactive



Coaching Point #1

Body shape to control and set for pass.

Coaching Point #2

On toes ready to receive.

Coaching Point #3

Coaching Point #4

Practice: 01 Length: 00:05
Positive Touch Pass
Category: Warm Up

Slide: 01/01



Power Passing

Category: Warm Up

Length: 00:05 Rec. Players: 2

Published: February 13, 2016 @ 22:06

Practice Theme/Topic

Arrival activity

General Notes

Ball must be passed along the ground, if player receiving doesn't control ball inside their box its a point to the other player. Encourage firm passes, but if ball doesn't enter between cones point to opponent. Decision making, pace and power with accuracy.

Aims & Objectives

Improve powerful passing with accuracy.

Organisation & Setup

8 cones and ball as seen on diagram.

Coaching Factors & Outcomes

N/A

Adaptation & Progression

Increase distant, reduced box size.

Types of control, sole of foot, instep, both feet.

Technical

Passing
Receiving skills

Physical

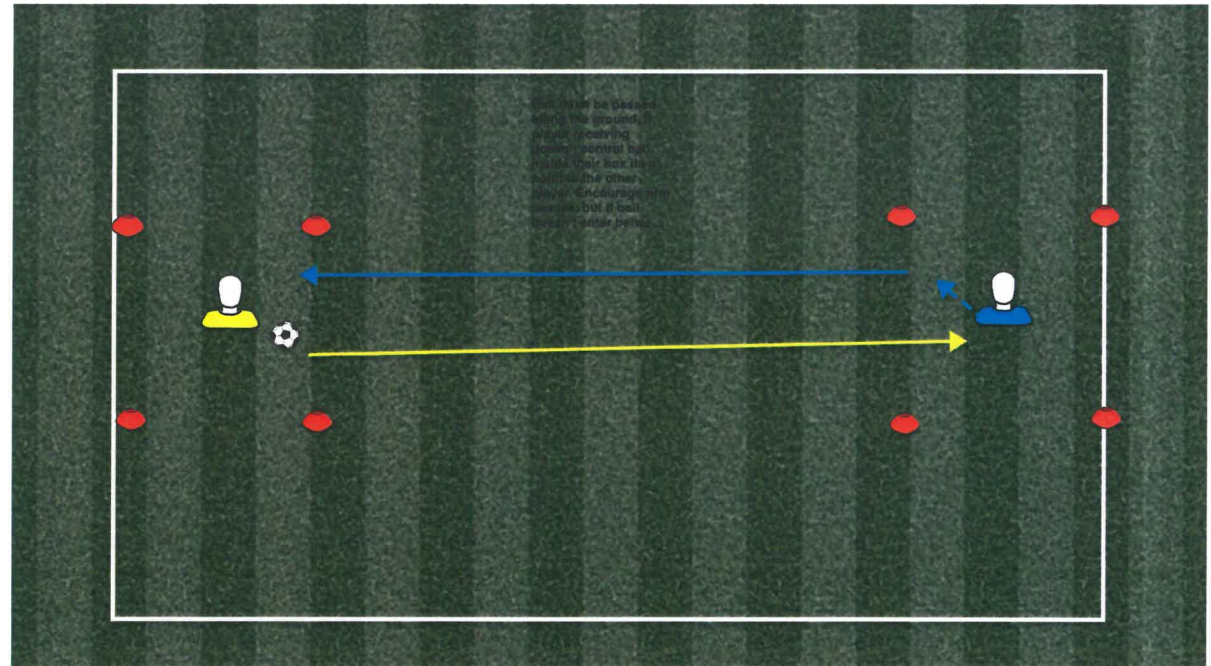
Quick body adjustments

Psychological

Competitive

Social

Interactive



Coaching Point #1

Types of control.

Coaching Point #2

Decision making- power with accuracy.

Coaching Point #3

Striking through the ball, body shape.

Coaching Point #4

Practice: 01 Length: 00:05
Power Passing
Category: Warm Up

Slide: 01/01



Rondo Possession Practice

Category: Warm Up

Length: 00:15 Rec. Players: 14

Published: January 21, 2015 @ 16:48

Practice Theme/Topic

General Notes

An easy to arrange Arrival Activity

Aims & Objectives

Players aim to keep possession of the ball for as long as possible without the defenders making an interception or forcing a mistake.

The defenders work together & try to intercept passes or force mistakes

Organisation & Setup

Organise the players to create different overloads. 5v2 is shown in the examples used

Coaching Factors & Outcomes

The players in possession use quick, accurate passing & close control to retain possession of the ball

The defenders work together and try to intercept passes, apply pressure, remain compact & force mistakes

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Vary the size & shape of the area being used
- Place restrictions on the number of touches players are allowed, 1,2 or more touches
- Challenge players to try certain types of passes
- Change Overloads

Technical

N/A

Physical

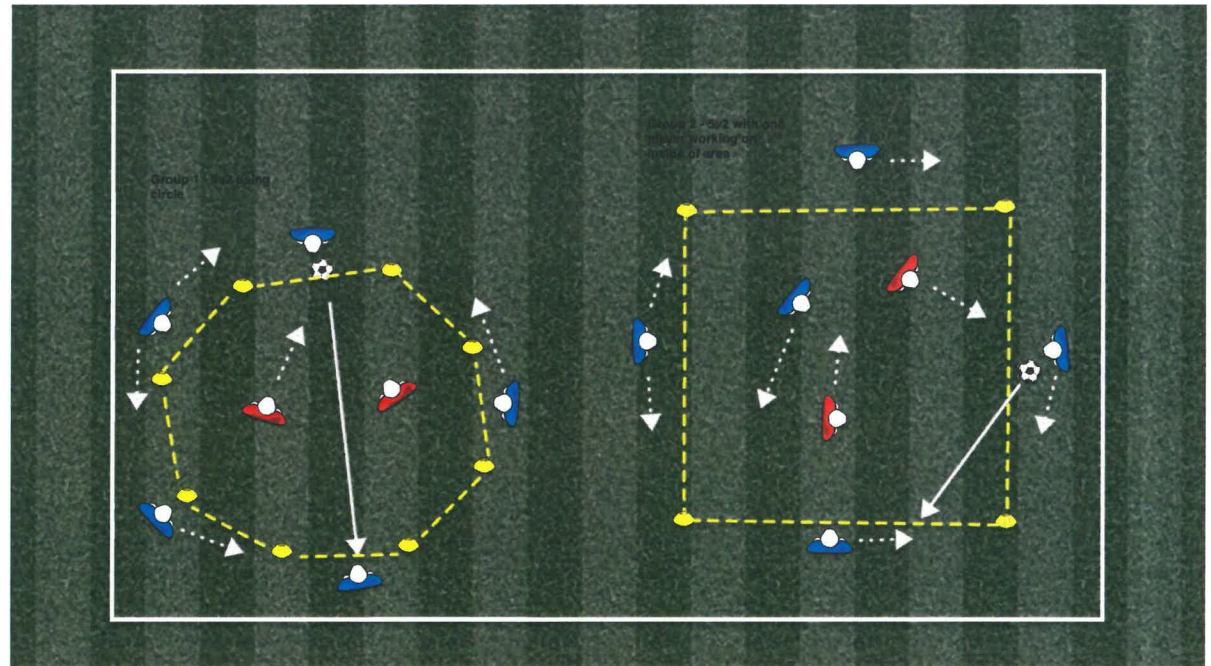
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Practice: 01 Length: 00:15
Rondo Possession Practice
Category: Warm Up

Slide: 01/01



Run the Gauntlet

Category: Warm Up

Length: 00:15 Rec. Players: 12

Published: January 21, 2015 @ 16:39

Practice Theme/Topic

General Notes

An easy to organise Arrival Activity

Aims & Objectives

Attackers try to dribble or pass the ball past the defenders and score in the mini goal at the opposite end of the channel.

Defenders try to win possession of the ball and score by dribbling over the end line of the channel through the cones.

Organisation & Setup

Use marker cones & mini goals to set up two or more channels as shown in the diagram

Coaching Factors & Outcomes

Encourage attackers to beat the defender(s) with positive dribbling or quick, accurate passing

Encourage defenders to deal with 1v1 or 2v1 situations and recognise when to delay opponents or win possession

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Varying the width of the channel
- Increase overload to play 3v1
- Match up & play 1v1
- Encourage one touch finishing into goals

Technical

N/A

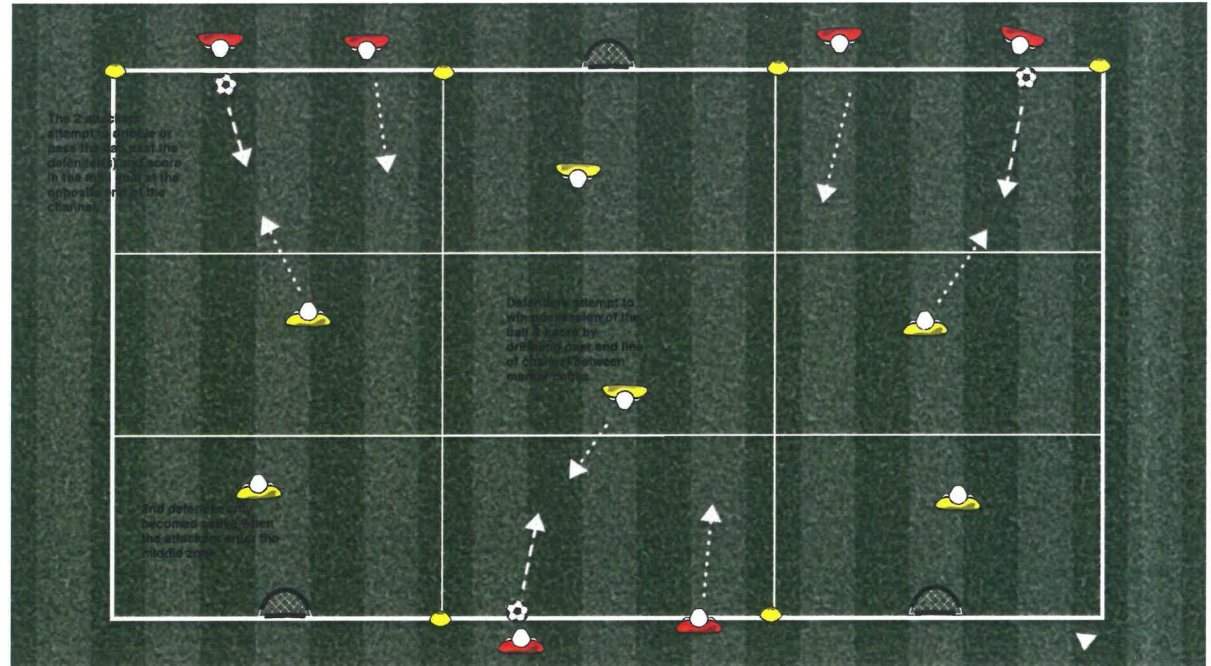
Physical

N/A

Psychological

N/A

Social



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Practice: 01 Length: 00:15
Run the Gauntlet
Category: Warm Up

Slide: 01/01



The Passing Ladder

Category: Warm Up

Length: 00:15 Rec. Players: 12

Published: January 21, 2015 @ 16:47

Practice Theme/Topic

General Notes

An easy easy to set up Arrival Activity

Aims & Objectives

Players try to pass the ball through the cones using either feet and as many touches as required

Organisation & Setup

Use marker cones to set up a passing ladder as shown in the diagram

Coaching Factors & Outcomes

Encourage quick, accurate passing and close control from the players

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Varying distances to pass through
- Set challenges for the type of passes & number of touches
- Use different size of football
- Change the player pairings

Technical

N/A

Physical

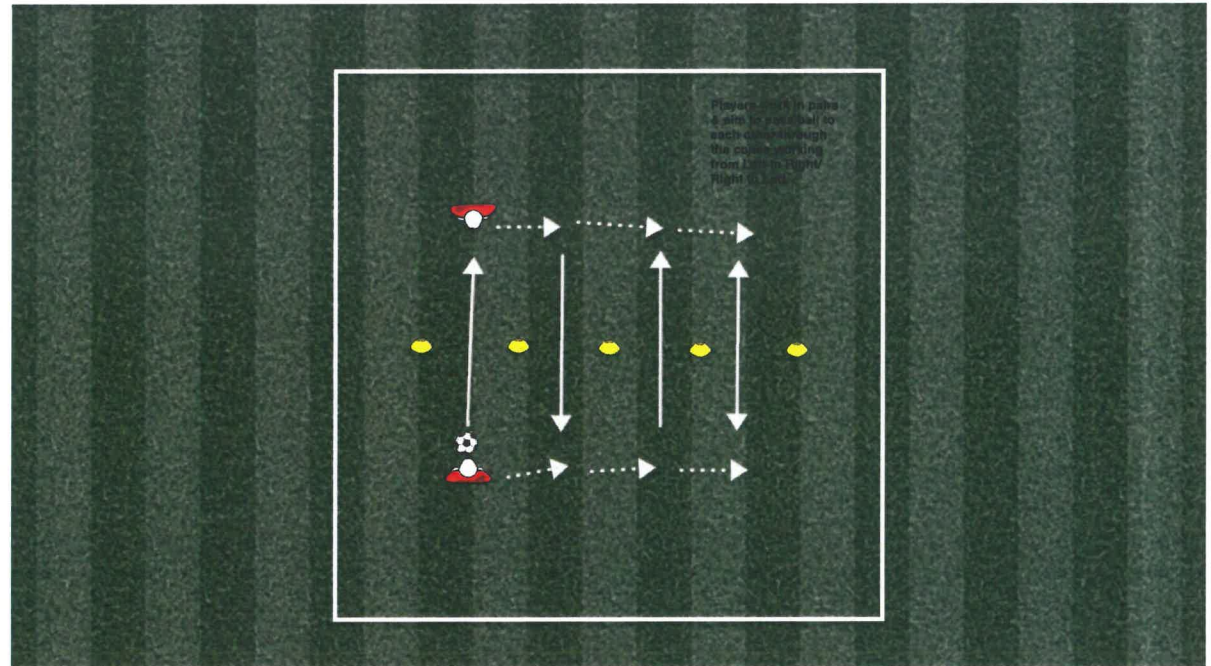
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Practice: 01 Length: 00:15
The Passing Ladder
Category: Warm Up

Slide: 01/01



Two Touch Tri-Angle

Category: Warm Up

Length: 00:05 Rec. Players: 2

Published: February 13, 2016 @ 19:53

Practice Theme/Topic

Control and passing.

General Notes

Yellow player rolls ball with sole of foot through the triangle. The blue player cannot pass back directly through triangle. Blue player has two touches to get the ball back through one of the other two sides.

Aims & Objectives

Players try and pass ball through triangle, encourage disguise to trick opponent.

Organisation & Setup

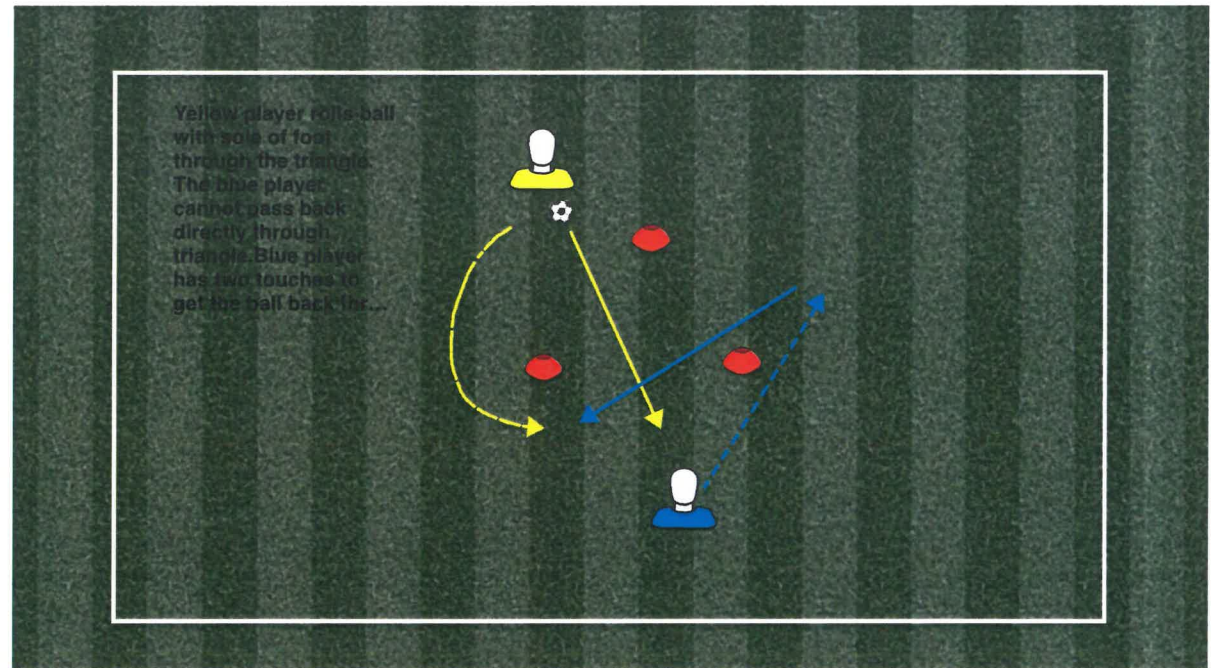
3 cones about 1 metre apart as shown in diagram.

Coaching Factors & Outcomes

Improve first touch- inside and outside of foot.
Quick clever movement to trick opponent.

Adaptation & Progression

Can only use sole of foot.
Can pass with inside of foot.
Reduce size of triangle.
Vary distances.
Competitive.
Rotate partners.



Coaching Point #1

On toes to receive.

Coaching Point #2

How to use disguise.

Technical

First touch

Physical

Movement

Psychological

Challenging

Social

Fun

Interactive activity

Coaching Point #3

Coaching Point #4

Practice: 01 Length: 00:05
Two Touch Tri-Angle
Category: Warm Up

Slide: 01/01



Skills Corridor

Category: Technique

Length: 00:20 Rec. Players: 8

Published: June 03, 2014 @ 10:29

Practice Theme/Topic

Developing awareness & close control

General Notes

An easy to organise practice which can be used as a Warm Up or for improving Technical and Skill Development

Aims & Objectives

Players travel through the 'Skills Corridor' getting as many touches on the ball as possible

Organisation & Setup

Use discs to mark out the Skills Corridor as shown in the diagram
Players work with a ball each, if possible, travelling from one end of the Skills Corridor to the other

Coaching Factors & Outcomes

Various Challenges are used to encourage the players to;

- Get as many touches on the ball as possible
- Use both feet and different surfaces of the foot
- Recognise space
- Change direction and speed
- Use feints and moves
- Practice Keepie Uppies,
- Passing & Control

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

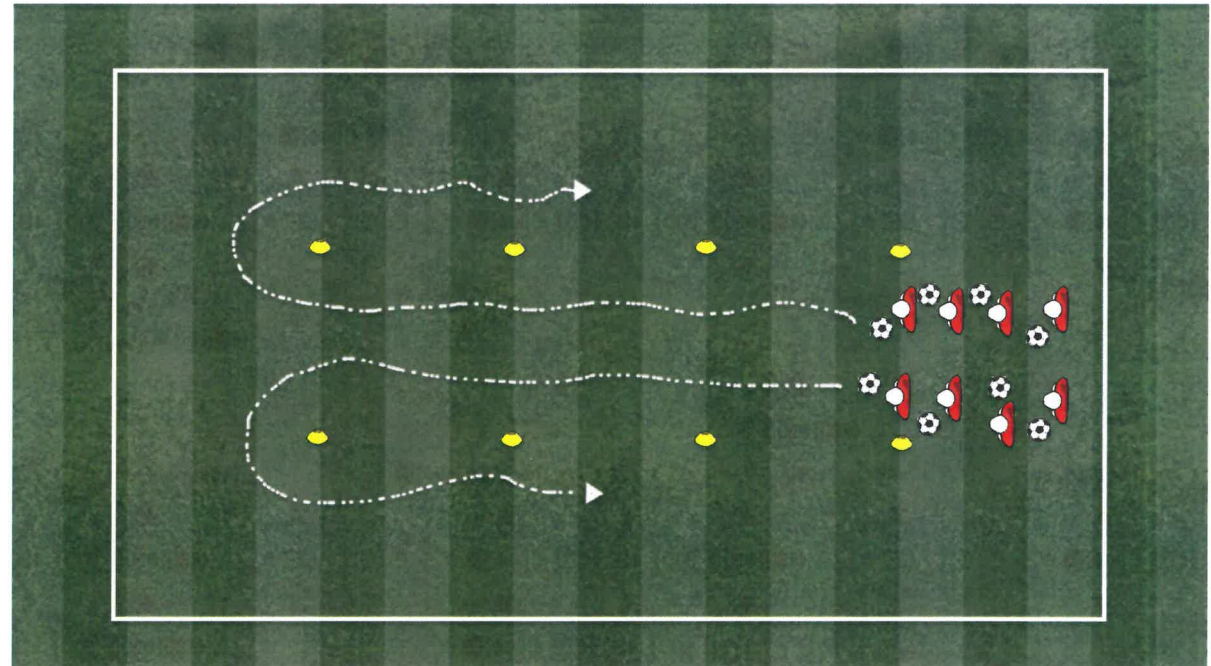
- Varying the dimensions of the Skills Corridor
- including players to 'Pass & Control' to create interference and encourage decision making
- Use different size footballs

Technical

N/A

Physical

N/A



Coaching Point #1

Get as many touches on the ball as possible, using both feet & different surfaces

Coaching Point #2

Be aware of the space & other players

Coaching Point #3

Keep close control of the ball

Coaching Point #4

Positive changes of direction & speed

Practice: 01 Length: 00:20
Skills Corridor
Category: Technique

Slide: 01/03



Practice Theme/Topic

Developing awareness & close control

General Notes

An easy to organise practice which can be used as a Warm Up or for improving Technical and Skill Development

Aims & Objectives

Players travel through the 'Skills Corridor' getting as many touches on the ball as possible

Organisation & Setup

Use discs to mark out the Skills Corridor as shown in the diagram
Players work with a ball each, if possible, travelling from one end of the Skills Corridor to the other

Coaching Factors & Outcomes

Various Challenges are used to encourage the players to;

- Get as many touches on the ball as possible
- Use both feet and different surfaces of the foot
- Recognise space
- Change direction and speed
- Use feints and moves
- Practice Keepie Uppies,
- Passing & Control

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

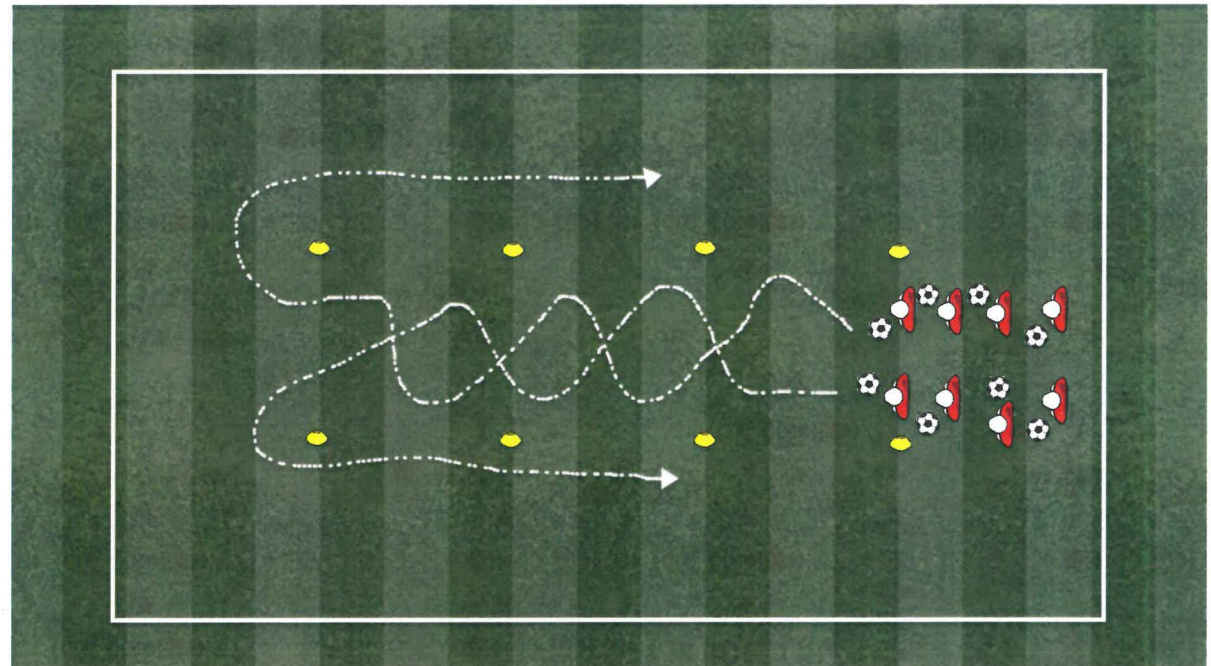
- Varying the dimensions of the Skills Corridor
- Including players to 'Pass & Control' to create interference and encourage decision making
- Use different size footballs

Technical

N/A

Physical

N/A



Coaching Point #1

Get as many touches on the ball as possible, using both feet & different surfaces

Coaching Point #2

Be aware of the space & other players

Coaching Point #3

Keep close control of the ball

Coaching Point #4

Positive changes of direction & speed

Practice Theme/Topic

Developing awareness & close control

General Notes

An easy to organise practice which can be used as a Warm Up or for improving Technical and Skill Development

Aims & Objectives

Players travel through the 'Skills Corridor' getting as many touches on the ball as possible

Organisation & Setup

Use discs to mark out the Skills Corridor as shown in the diagram
Players work with a ball each, if possible, travelling from one end of the Skills Corridor to the other

Coaching Factors & Outcomes

Various Challenges are used to encourage the players to;

- Get as many touches on the ball as possible
- Use both feet and different surfaces of the foot
- Recognise space
- Change direction and speed
- Use feints and moves
- Practice Keepie Uppies,
- Passing & Control

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

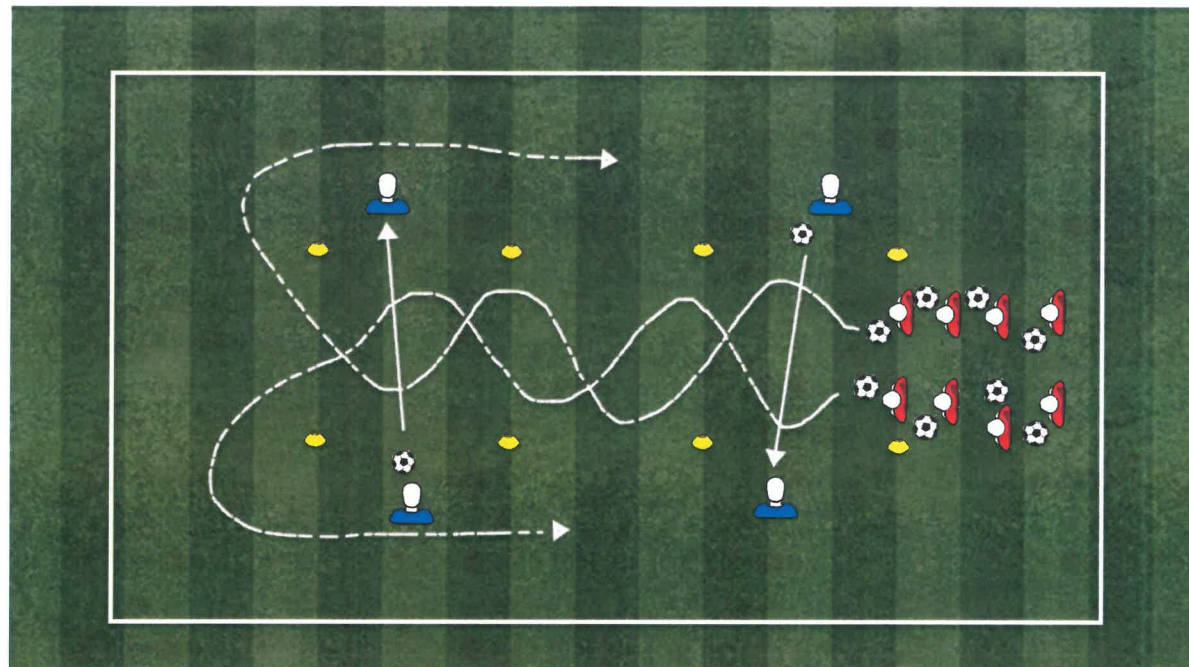
- Varying the dimensions of the Skills Corridor
- Including players to 'Pass & Control' to create interference and encourage decision making
- Use different size footballs

Technical

N/A

Physical

N/A



Coaching Point #1

Get as many touches on the ball as possible, using both feet & different surfaces

Coaching Point #2

Be aware of the space & other players

Coaching Point #3

Keep close control of the ball

Coaching Point #4

Positive changes of direction & speed

Individual Passing Practice-Race To The Premier League

Category: Passing

Length: 00:30 Rec. Players: 8

Published: February 13, 2016 @ 22:18

Practice Theme/Topic

General Notes

N/A

Aims & Objectives

- To improve individual passing & receiving technique
- To improve receiving the ball at different speeds / angles / heights
- To develop tactical analysis & awareness

Organisation & Setup

- One pitch = Two 5x5m squares 10m apart
- Set up required number of pitches for players
- 1 player per square

Coaching Factors & Outcomes

Decision Making on

1. Type of Pass - weight / pace / power / height / technique
2. Receiving Technique - type of touch / body part to use / weight of touch / leave ball playable
3. How to win the game - opponents weakness / tactics / game management (time wasting?)

Adaptation & Progression

- If player can return the ball first time to score a point - the point is doubled

Technical

Individual passing techniques off both feet.
Jabba individual and group practice to develop targeted area.

Physical

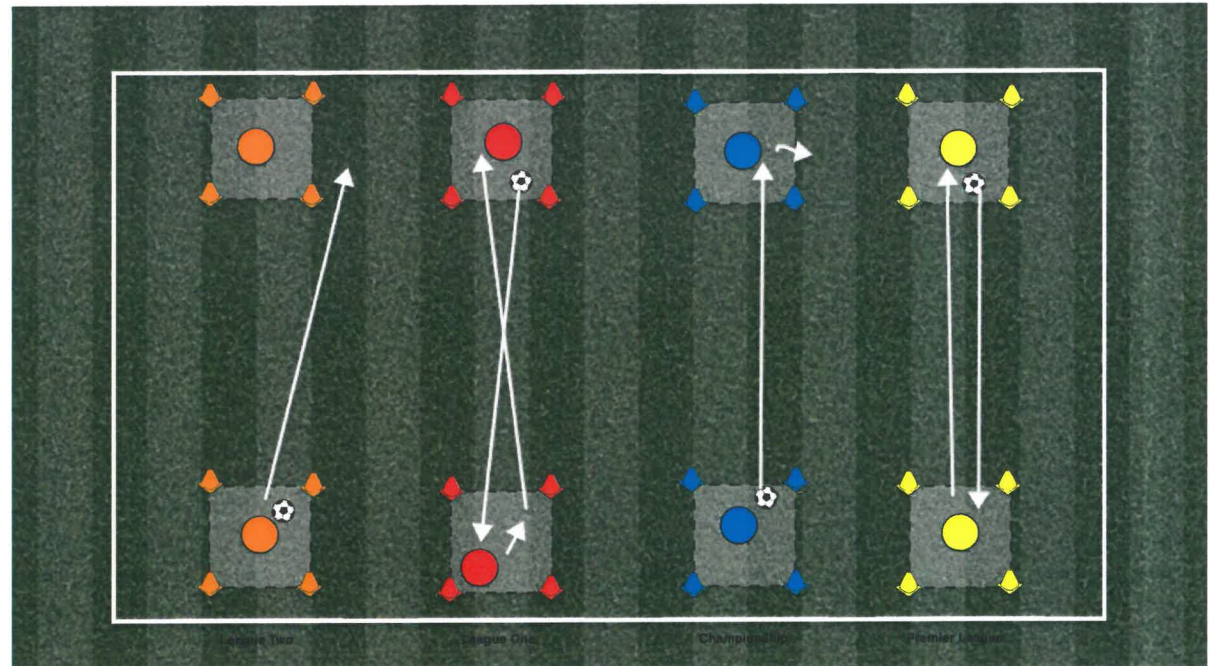
N/A

Psychological

Concentration and focus key.
Body shape and mentality to improve weaker side and stick with it

Social

N/A



Coaching Point #1

Try to

- Work out a way to beat opponent
- Recognise the flight of the ball & be prepared for ball to arrive

Coaching Point #3

Coaching Point #2

Try to improve weaker foot both passing and receiving

Coaching Point #4

Practice: 01 Length: 00:30

Individual Passing Practice-Race To The Premier League

Category: Passing

Slide: 01/01



Playing through the Thirds

Category: Passing

Length: 00:20 Rec. Players: 12

Published: June 03, 2014 @ 10:46

Practice Theme/Topic

Playing through the thirds

General Notes

Technique - Skill Practice designed to encourage playing through the thirds

Aims & Objectives

Each team tries to pass & move their ball from one End Zone (Red) to the other

The ball must go through the Middle Third (Yellow)

Teams try to get players positioned in each third

Organisation & Setup

3 teams of 4 players, each with a ball

Area divided into thirds with the End & Middle Zones marked as shown in the diagram

Coaching Factors & Outcomes

Creation of space by individuals and the team

Players try to retain possession of their ball with accurate passing, clever movement & support play

Teams encouraged to try different combination play

Receiving and turning in the thirds

Adaptation & Progression

Make appropriate use of the STEP Principle. Examples might include;

- Varying dimensions of the area and the thirds (i.e. a shallow Middle Third)
- Encourage all players to receive the ball as it passed through the thirds
- One team becomes blockers/defenders with at least one player in each third
- Team(s) in possession score points/goal if they can play from one End Zone to the other using the Middle Third

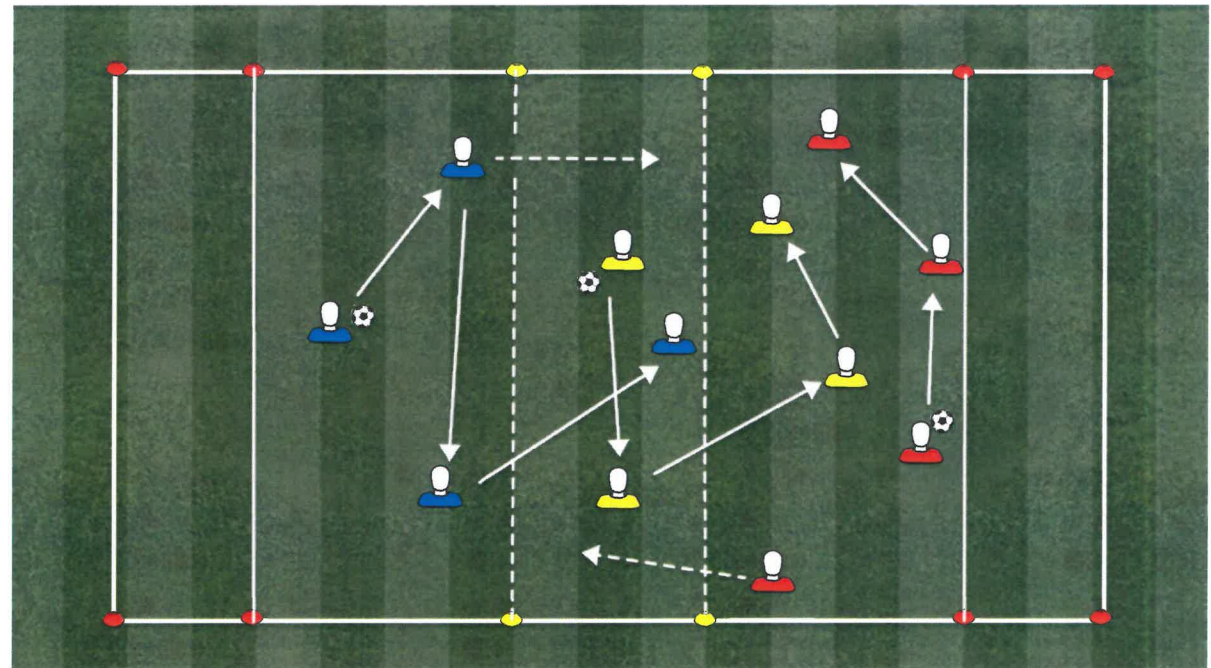
Technical

N/A

Physical

N/A

Psychological



Coaching Point #1

Creating space as an individual, unit & team

Coaching Point #2

Positive forward passing

Coaching Point #3

Receiving & turning

Coaching Point #4

Effective support okay

Practice: 01 Length: 00:20
Playing through the Thirds
Category: Passing

Slide: 01/02



Playing through the Thirds

Category: Passing

Length: 00:20 Rec. Players: 12

Published: June 03, 2014 @ 10:46

Practice Theme/Topic

Playing through the thirds

General Notes

Technique - Skill Practice designed to encourage playing through the thirds

Aims & Objectives

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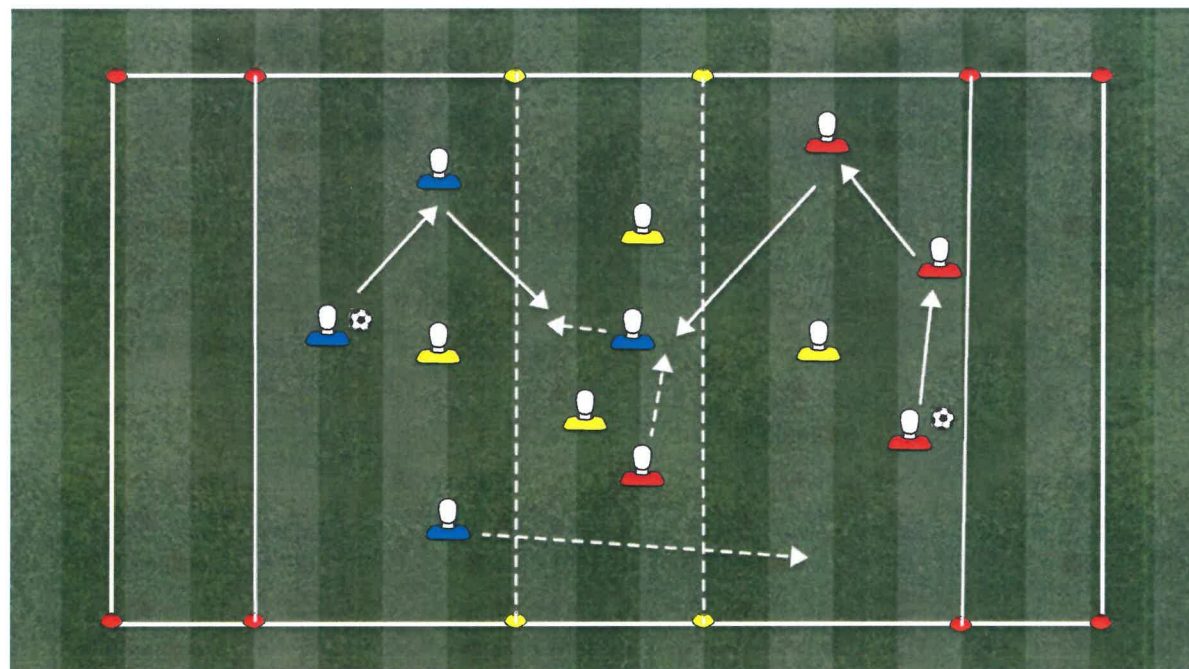
Technical

N/A

Physical

N/A

Psychological



Coaching Point #1

Creating space as an individual, unit & team

Coaching Point #2

Positive forward passing

Coaching Point #3

Receiving & turning

Coaching Point #4

Effective support okay

Practice: 01 Length: 00:20
Playing through the Thirds
Category: Passing

Slide: 02/02



Gates & Corners

Category: Possession

Length: 00:20 Rec. Players: 10

Published: June 03, 2014 @ 10:44

Practice Theme/Topic

Retaining possession

General Notes

A multi-directional possession practice involving x2 teams of players

Aims & Objectives

Team 1 (Blues) try to retain possession of the ball and score points/goals by passing through the 'Gates'

Team 2 (Reds) try to retain possession of the ball and score points/goals by finding the players in the 'Corners'

Organisation & Setup

2 teams of x5 players organised to create a 5v2 in the middle area with x3 players in the corners

Area marked out using discs as shown in the diagram

Gates marked using different coloured discs & positioned randomly around the middle area

Coaching Factors & Outcomes

Both teams aim to retain possession of the ball and score by either;

- 1) Passing through the 'Gates'
- 2) Finding their team mates in the 'Corners'

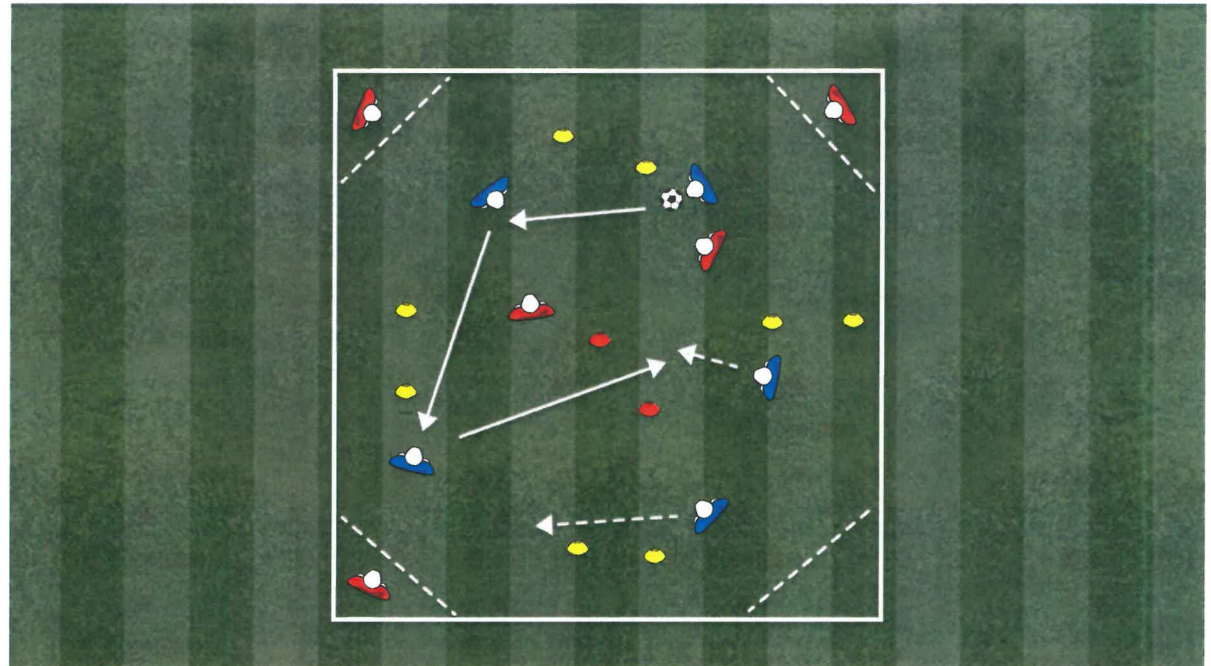
Players are encouraged to;

- Create, exploit and maintain space
- Pass and Move
- Dribble
- Provide support
- Shield and Protect the ball

Adaptation & Progression

Make appropriate use of the STEP Principle. Examples might include;

- Varying the dimensions of the practice area, corners and gates
- Changing the scoring method (i.e. Must score through different gates, central red gate worth double score, must find different team mates in the Corners, after every score one player should seek to move to the free corner)
- Change size and position of the Gates
- Vary organisation of the players to establish different Overloads (i.e. 5v1, 5v2, 5v3 etc)



Coaching Point #1

Creating space as an individual and group

Coaching Point #2

Effective passing & support

Coaching Point #3

Receiving & controlling the ball

Coaching Point #4

Protecting & shielding

Practice: 01 Length: 00:20
Gates & Corners
Category: Possession

Slide: 01/02



Practice Theme/Topic

Retaining possession

General Notes

A multi-directional possession practice involving x2 teams of players

Aims & Objectives

Team 1 (Blues) try to retain possession of the ball and score points/goals by passing through the 'Gates'

Team 2 (Reds) try to retain possession of the ball and score points/goals by finding the players in the 'Corners'

Organisation & Setup

2 teams of x5 players organised to create a 5v2 in the middle area with x3 players in the corners

Area marked out using discs as shown in the diagram

Gates marked using different coloured discs & positioned randomly around the middle area

Coaching Factors & Outcomes

Both teams aim to retain possession of the ball and score by either;

- 1) Passing through the 'Gates'
- 2) Finding their team mates in the 'Corners'

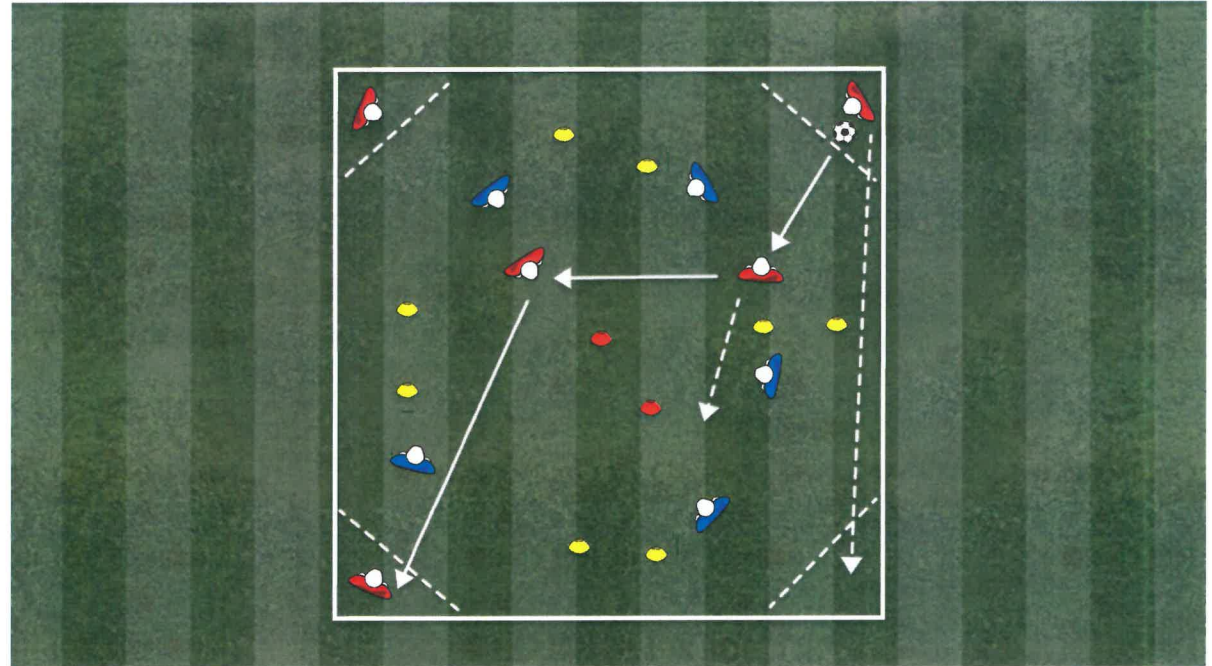
Players are encouraged to;

- Create, exploit and maintain space
- Pass and Move
- Dribble
- Provide support
- Shield and Protect the ball

Adaptation & Progression

Make appropriate use of the STEP Principle. Examples might include;

- Varying the dimensions of the practice area, corners and gates
- Changing the scoring method (i.e. Must score through different gates, central red gate worth double score, must find different team mates in the Corners, after every score one player should seek to move to the free corner)
- Change size and position of the Gates
- Vary organisation of the players to establish different Overloads (i.e. 5v1, 5v2, 5v3 etc)



Coaching Point #1

Creating space as an individual and group

Coaching Point #2

Effective passing & support

Coaching Point #3

Receiving & controlling the ball

Coaching Point #4

Protecting & shielding