



LEARN TO TRAIN SESSION PLAN

FOR COACHES OF U8-U11 FEMALES AND U9-U12 FEMALES



Player Development Model

How it works

Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

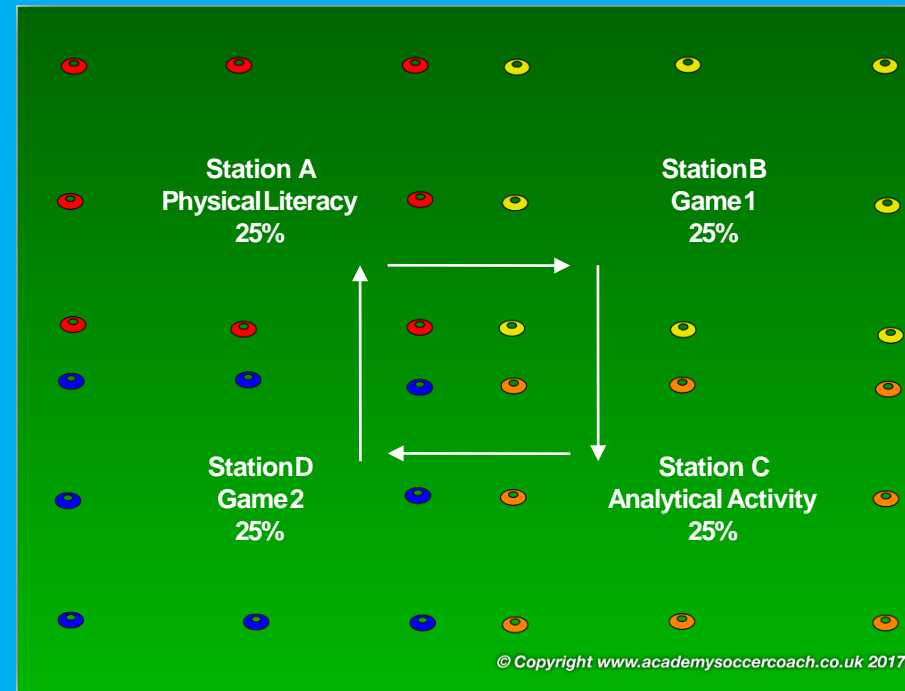
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate through each activity. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Timing	Area
Total Time: 70 mins 4 x 12 minute Stations	30 x 30 m(x4)

Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	1	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
					Combination Play	2	2	2	1
					Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
					Retreat	3	3	3	3
					Recovery	3	3	3	3
					Compactness	3	3	3	2

Priority Key

Priority	U9	U10	U11	U12
High	1	1	1	1
Medium	2	2	2	2
Low	3	3	3	3
Not Applicable	4	4	4	4

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Station A - Physical Literacy

Ball Tag!



Organization

3v3 in an 8mx8m area. One ball needed with spare balls placed around the outside.

Procedure

The player in possession of the ball is the only person that is allowed to tag the opposing team. However, they cannot run with the ball. As soon as they tag the opponent they get a point, transition happens. Play for 2 minutes and winning teams moves on to play one another.

Note: Encourage the receiving player to receive the ball close to the opponent so they can tag them.

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, and demonstration of the activity.

Progression

Play with the ball on the floor and players use their feet, the player with the ball can dribble and tag.



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Timing	Area
12 minutes	16m x 8m (2 halves 8x8m)

Objective

To develop spatial awareness

Outcomes

All Players - will be able to create space to receive the ball

Most Players - will be able to receive the ball in space with optimal body orientation

Some Players - will be able to receive under pressure with optimal body orientation

Technical / Tactical	Psychological
Passing Receiving Turning Scanning	Competition Resilience Decision Making
Socio - Emotional	Physical
Problem Solving Verbal Communication Non-Verbal Communication	Agility Balance Coordination Speed

Top Tip

Use a model group to explain the activity to players. If there are players who may have shorter attention spans in the group, use them in your demonstrations to keep them engaged.



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Station B - Small Sided Game

Chaos Game

Organization

Four teams of 3. Two teams within the field. Two teams organized outside (with 1 player within).

Procedure

The teams within the field play a 3v3 small-sided game. This is to provide interference for the other two groups.

The other two groups, have a single player within the game who must receive from their outside team-mate and look to turn & play his other team-mate across the field. Outside players should be free move and receive the ball.

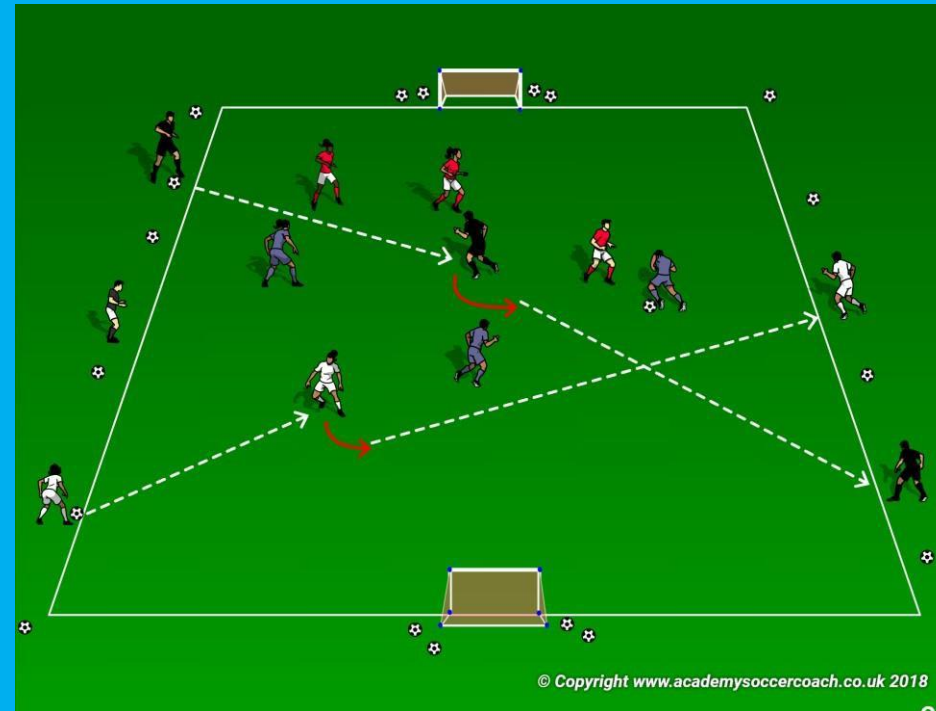
Rotate players every 2 minutes.

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, and demonstration of the activity.

Progression

N/A



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Timing	Area
12 minutes	20m x 15m

Objective

To develop spatial awareness

Outcomes

All Players - will be able to create space to receive the ball

Most Players - will be able to receive the ball in space with optimal body orientation

Some Players - will be able to receive under pressure with optimal body orientation

Technical / Tactical	Psychological
Passing Receiving Turning Scanning	Competition Resilience Decision Making
Socio - Emotional	Physical
Problem Solving Verbal Communication Non-Verbal Communication	Agility Balance Coordination Speed

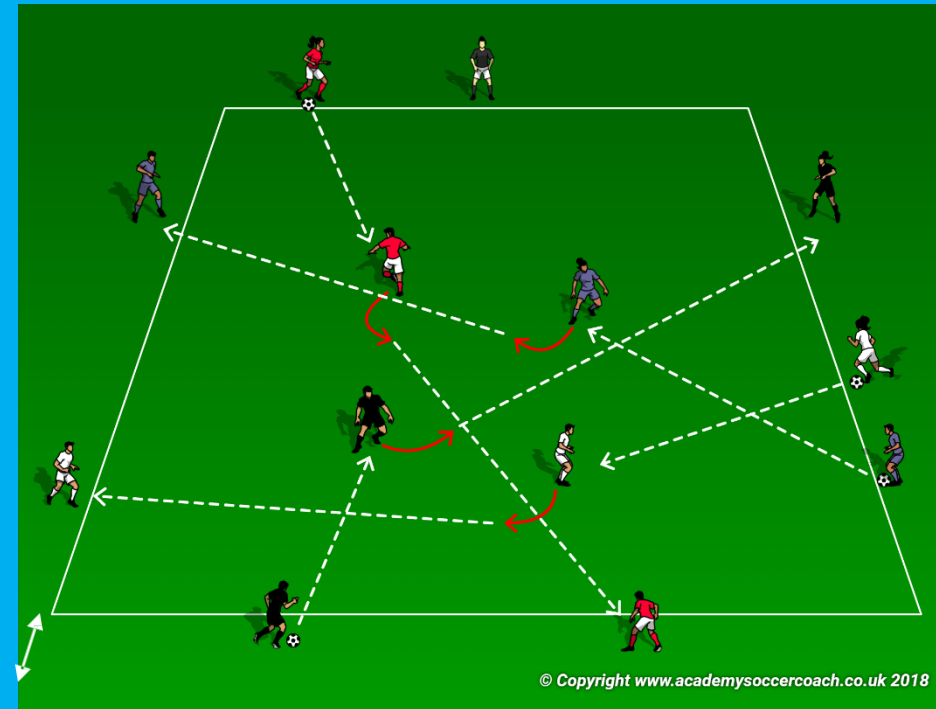
Top Tip Always ensure we keep players moving and engaged. We can do this by giving players specific tasks to do on-field that create interference for other players to have more decisions being made throughout the session.



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Station C - Analytical Activity

Turning with the Ball



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Timing	Area
12 Minutes	20m x 20m

Organization
Four teams of 3 players. Two on the exterior of the grid with one within.
Procedure
Ball begins with a player (one from each team) on the outside. Players within the grid look to find space and receive the ball, turn, and play their other team-mate.
Players should be aware of the other players and open space.
Rotate players every 2 minutes.
Emphasis
Creating a safe environment, positive reinforcement, allow decision making, and demonstration of the activity.
Progression
Outside players move to another side of the grid around the perimeter.

Objective	
To develop spatial awareness	
Outcomes	
All Players - will be able to create space to receive the ball	
Most Players - will be able to receive the ball in space with optimal body orientation	
Some Players - will be able to receive under pressure with optimal body orientation	
Technical / Tactical	Psychological
Passing Receiving Turning Scanning	Competition Resilience Decision Making
Socio - Emotional	Physical
Problem Solving Verbal Communication Non-Verbal Communication	Agility Balance Coordination Speed

Top Tip Show players examples of professional players executing these techniques. Perhaps use a cell phone or a tablet to show examples of TFC, Ottawa Fury or the Canadian National Team and ask what details they can see and try and replicate.

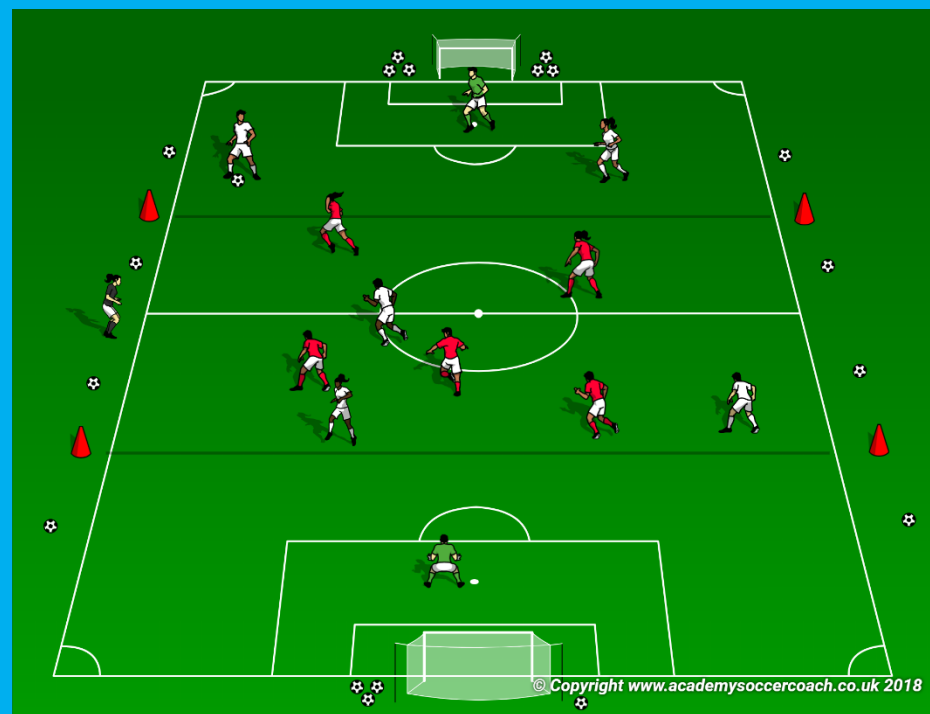


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Station D - Small Sided Game

6v6 with Retreat Line

Organization
Two teams of 6v6 (or 7v7). Balls are placed around the outside of the pitch for quick restarts.
Procedure
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offsides, throw ins.
Emphasis
Creating a safe environment, positive reinforcement, allow decision making, demonstration of activity, and ensure gamerealism.
Progression
N/A



Timing	Area
12 Minutes	40m x 30m

Objective	
To develop spatialawareness	
Outcomes	
All Players - will be able to create space to receive the ball	
Most Players - will be able to receive the ball in space with optimal bodyorientation	
Some Players - will be able to receive under pressure with optimal bodyorientation	
Technical / Tactical	Psychological
Passing Receiving Turning Scanning	Competition Resilience Decision Making
Socio -Emotional	Physical
Problem Solving Verbal Communication Non-VerbalCommunication	Agility Balance Coordination Speed

Top Tip Use visuals to explain the activity like a tactics board or a 'mini field' with cones and a ball that represent players. Encourage players to ask questions when explaining the activity when everyone is close together. Put the pinnies out on the field in the correct place to allow for a quick start.



Player Development Model

How it works

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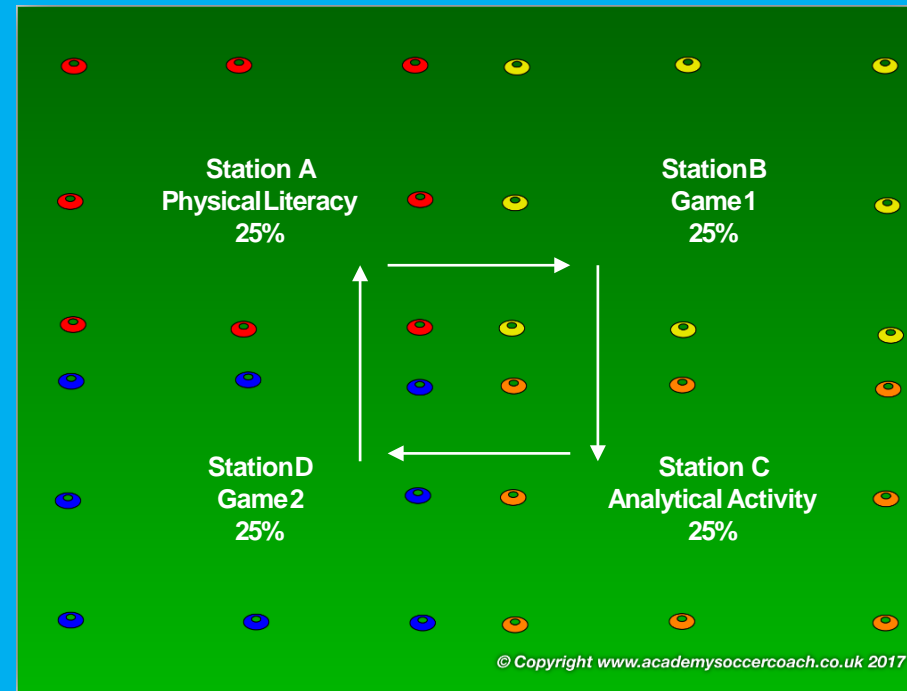
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Procedure

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Emphasis

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Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
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Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
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					Retreat	3	3	3	3
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Priority Key

Priority	U9	U10	U11	U12
High	1			
Medium	2			
Low	3			
Not Applicable	4			

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Station A - Physical Literacy

Ball Split!



Organization

3v3 in an 8mx8m area. One ball needed with spare balls placed around the outside.

Procedure

The player in possession of the ball tries to split the other team with a dribble through two of them. The team without the ball can tag him / her (with the ball) then taking possession for their own team. After winning possession the player holds the ball and sprints out of the grid switching the last ball in play with a ball on the sidelines taking a pass-in or throw-in to a teammate to now keep possession.

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, and demonstration of the activity.

Progression

When switching the ball with one from the outside, use feet to dribble out.



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Timing	Area
12 minutes	16m x 8m (2 halves 8x8m)

Objective

To develop spatial awareness

Outcomes

All Players - will be able to create space to receive the ball

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Technical / Tactical	Psychological
Passing Receiving Turning Scanning	Competition Resilience Decision Making
Socio - Emotional	Physical
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Top Tip

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Station B - Small Sided Game

Chaos Game

Organization

Four teams of 3. Two teams within the field. Two teams organized outside (with 1 player within).

Procedure

The teams within the field play a 3v3 small-sided game. This is to provide interference for the other two groups.

The other two groups, have a single player within the game who must receive from their outside team-mate and look to turn & dribble around their counterpart in the center before passing to a different side then switching places with that teammate. That teammate then dribbles through the centre and repeats the process. Outside players should be free move and receive the ball.

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, and demonstration of the activity.

Progression

N/A



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12 minutes	20m x 15m

Objective

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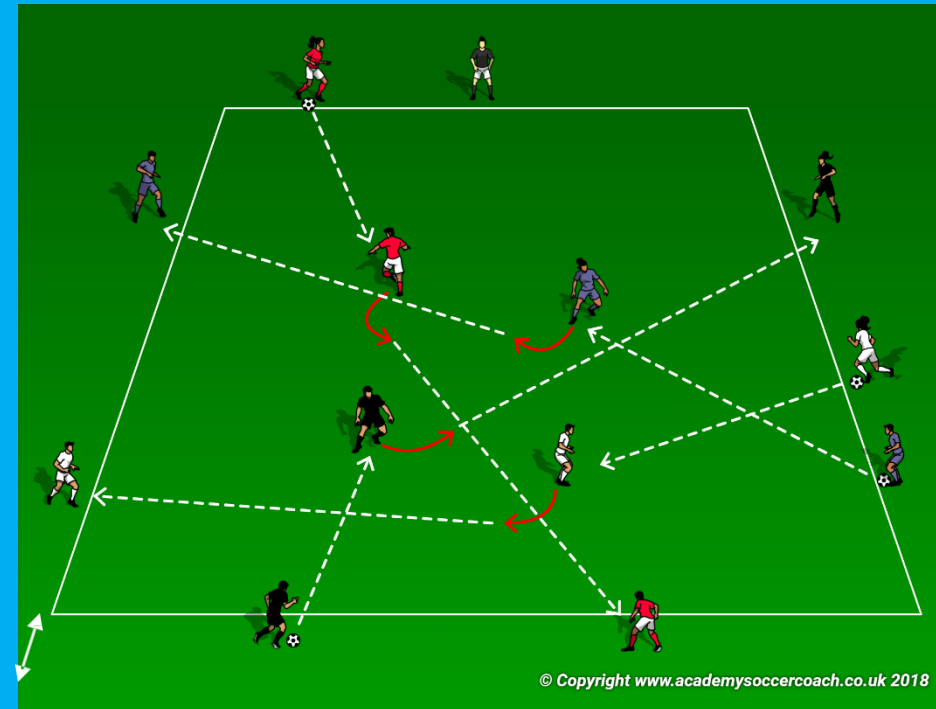
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Station C - Analytical Activity

Turning with the Ball



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Timing	Area
12 Minutes	20m x 20m

Organization
Four teams of 3 players. Two on the exterior of the grid with one within.
Procedure
Ball begins with a player (one from each team) on the outside. Players within the grid look to find space and receive the ball, turn, and play their other team-mate. When they have completed that action, they then look to switch the ball within the grid with another team-mate. Then playing the ball back to an outside player and switching places.
Players should be aware of the other players and open space.
Emphasis
Creating a safe environment, positive reinforcement, allow decision making, and demonstration of the activity.
Progression
Outside players move to another side of the grid around the perimeter.

Objective	
To develop spatial awareness	
Outcomes	
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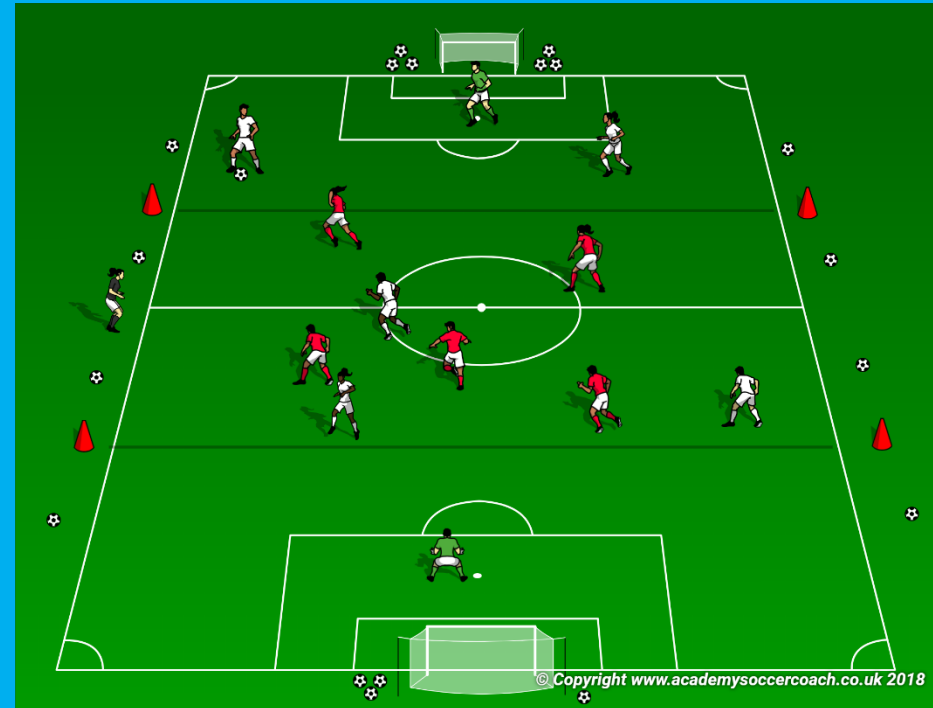


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Station D - Small Sided Game

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Procedure
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Emphasis
Creating a safe environment, positive reinforcement, allow decision making, demonstration of activity, and ensure gamerealism.
Progression
N/A



Timing	Area
12 Minutes	40m x 30m

Objective	
To develop spatialawareness	
Outcomes	
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Technical / Tactical	Psychological
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Socio -Emotional	Physical
Problem Solving Verbal Communication Non-Verbal Communication	Agility Balance Coordination Speed

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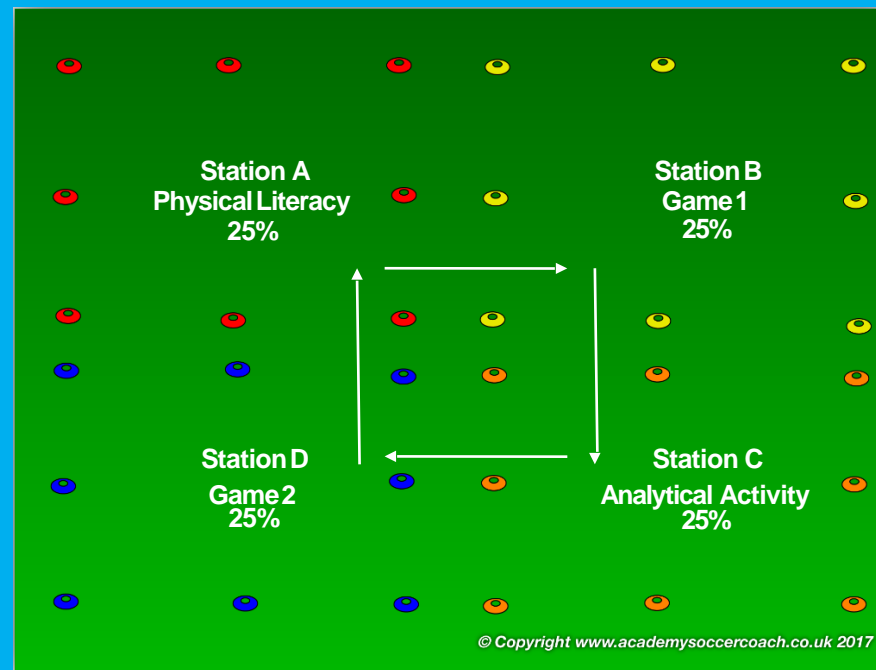
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



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Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
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Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
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Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision - making	2	2	1	1	Self Control	2	2	1	1
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					Principles				
					Possession	2	2	2	2
					Transition	2	2	2	2
Priority	Key				Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
High		1			Combination Play	2	2	2	1
Medium		2			Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
Low		3			Retreat	3	3	3	3
Not Applicable			4		Recovery	3	3	3	3
					Compactness	3	3	3	2

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Station A-Physical Literacy

Bring it On!



Organization

2 players in red and 2 in white are placed in an area as shown in the diagram.

Procedure

Red players must start and run through either one of the red gates without being tagged.

White players must observe their body movements and look to tag them before they get through the gates. As soon as it's done, swap roles. Set this up multiple times and have a winner play each other.

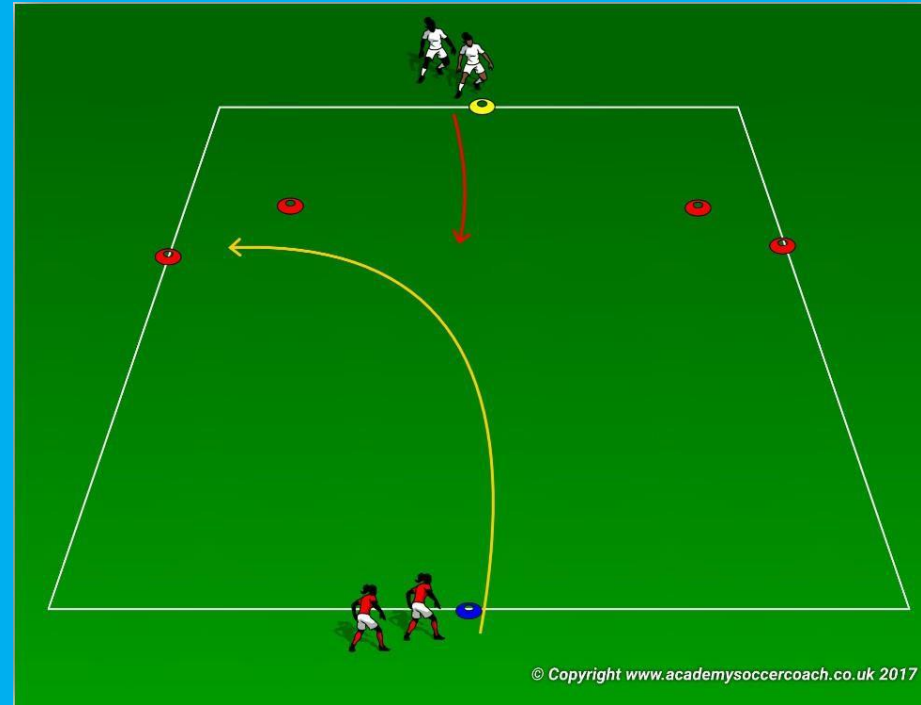
Emphasis

Allowing the players to make decisions, maintaining a safe environment, providing positive reinforcement and demonstration of the activity.

Progression

Add a ball, it can start by the defenders throwing the ball and the red players catching it in their hands and running with the ball in the hands.

Or progress to a pass on the floor and dribble through. If defender wins the ball, dribble across end line.



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Timing	Area
12 Minutes	10m x 10m

Objective

Players are able to defend effectively 1v1

Outcomes

All Players - are able to delay the opponent in a 1v1 situation and can identify the 3 P's of defending

Most Players - are able to delay the opponent in a 1v1 situation and can demonstrate the 3 P's of defending

Some Players - are able to delay the opponent in a 1v1 situation, demonstrate the 3 P's of defending and start a counter or quick attack

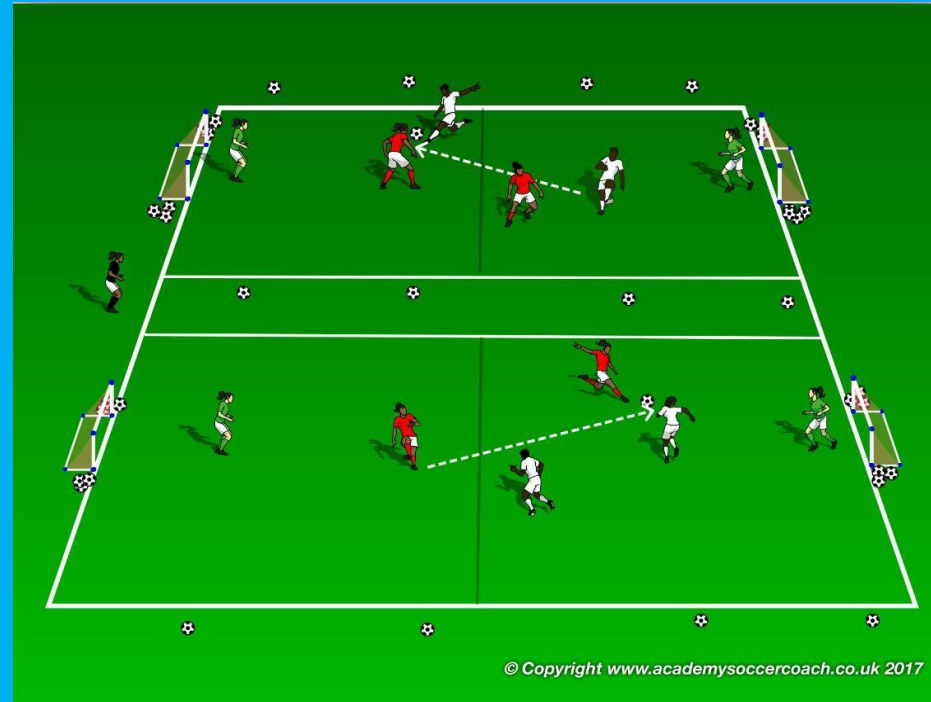
Technical / Tactical	Psychological
1v1 Defending Pressure Position Patience	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination

Top Tip

Use a model group to explain the activity to players. If there are players who may have shorter attention spans in the group, use them in your demonstrations to keep them engaged.

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Station B- Small Sided Game 3v3 with retreat line



Timing	Area
12 Minutes	20m x 25m (Two 20m x 12m fields)

Organization
Players are broken up into 4 groups of 3. Balls between the two target goals.
Procedure
<p>Players play 3v3. If the ball goes out of play, play is restarted from the goalkeeper.</p> <p>After 3 minutes, rotate the teams. Make sure goalkeepers also rotate and play outfield.</p> <p>Relate the 2 outfield players to your game model. 2 defenders and a goalkeeper vs two strikers and a midfielder.</p> <p>Include celebrations with team mates, high5's, come up with their own etc.</p>
Emphasis
Fun, creating a safe environment, positive reinforcement, allowing players to make decisions, demonstration of the activity
Progression
N/A

Objective	
Players are able to defend effectively 1v1	
Outcomes	
<p>All Players - are able to delay the opponent in a 1v1 situation and can identify the 3 P's of defending</p> <p>Most Players - are able to delay the opponent in a 1v1 situation and can demonstrate the 3 P's of defending</p> <p>Some Players - are able to delay the opponent in a 1v1 situation, demonstrate the 3 P's of defending and start a counter or quick attack</p>	
Technical / Tactical	Psychological
<p>1v1 Defending</p> <p>Pressure</p> <p>Position</p> <p>Patience</p>	<p>Fun</p> <p>Safety</p> <p>Motivation</p> <p>Self Confidence</p> <p>Decision Making</p>
Socio - Emotional	Physical
<p>Problem Solving</p> <p>Communication</p> <p>Celebration</p> <p>Teamwork</p>	<p>Agility</p> <p>Balance</p> <p>Coordination</p>

Top Tip

Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

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Station C-Analytical Activity

Pressure, Position...Patience



Organization

12 players are placed in to 3 groups of 4. In the groups of 4, players are divided in to 2 teams. Then one player plays as an outfield player while the other plays in goal.

Procedure

Players play 1v1 for 1 minute and try and score past the opposition goalkeeper. If the ball goes out of play, the goalkeeper plays in the ball while the defender drops behind the retreatline.

After 1 minute, they swap roles and play again.

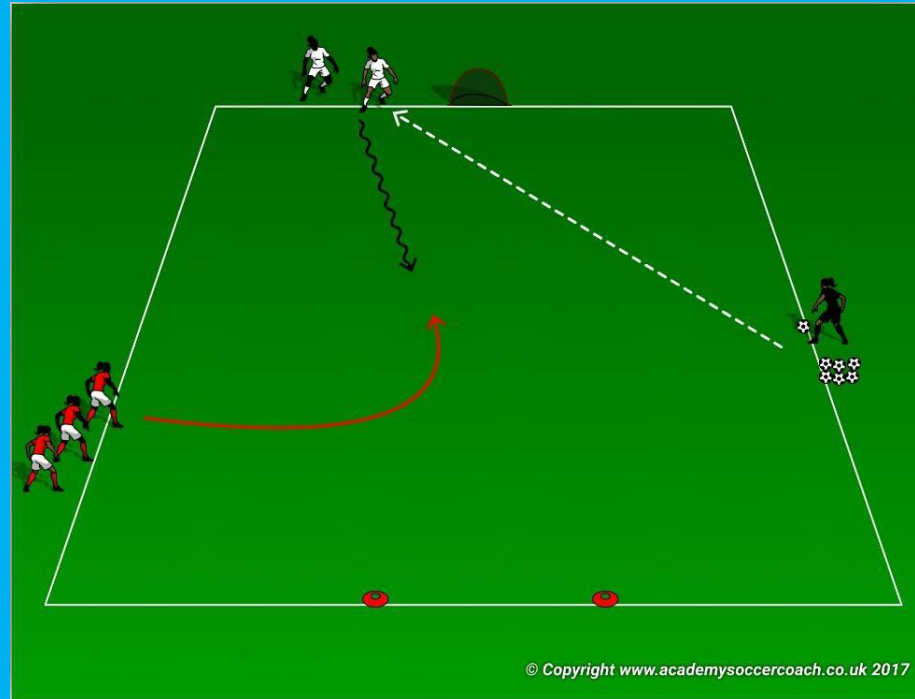
Winning team moves up to play the winners of the previous game. Winners on the top pitch (MLS Final) stay where they are. The team that lost in the MLS Final goes down to the bottom pitch (1/4 final) to play the losers of the previous 1/4 final.

Emphasis

Fun, positive reinforcement, allowing players to make decisions, demonstration of the activity

Progression

Can change so only individual players move on rather than in teams of 2.



Timing	Area
12 Minutes	20m x 40m 20m x 12m (set up 3 times)

Objective

Players are able to defend effectively 1v1

Outcomes

All Players - are able to delay the opponent in a 1v1 situation and can identify the 3 P's of defending

Most Players - are able to delay the opponent in a 1v1 situation and can demonstrate the 3 P's of defending

Some Players - are able to delay the opponent in a 1v1 situation, demonstrate the 3 P's of defending and start a counter or quick attack

Technical / Tactical	Psychological
1v1 Defending Pressure Position Patience	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination

Top Tip

It's important that players can make decisions that are in context to the game. Think about starting position, movement, direction and speed in relation to the game.

Learn to Train

Station D- Small Sided Game 6v6 or 7v7 with retreat line



Organization
Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart.
Procedure
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offside, throw ins. If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
12 Minutes	45m x 30m (6v6) 50m x 30m (7v7) 70m x 50m (9v9)

Objective	
Players are able to defend effectively 1v1	
Outcomes	
All Players - are able to delay the opponent in a 1v1 situation and can identify the 3 P's of defending	
Most Players - are able to delay the opponent in a 1v1 situation and can demonstrate the 3 P's of defending	
Some Players - are able to delay the opponent in a 1v1 situation, demonstrate the 3 P's of defending and start a counter or quick attack	
Technical / Tactical	Psychological
1v1 Defending Pressure Position Patience	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination

Top Tip Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.

Player Development Model

How it works



Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

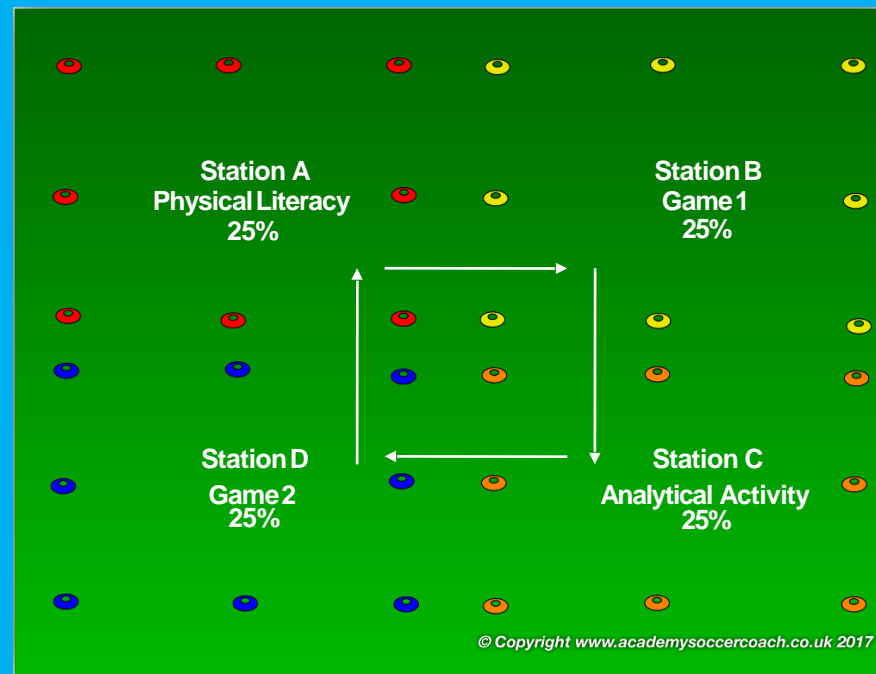
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	3	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	2	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
Priority	Key				Switching Play	4	4	4	3
High		1			Combination Play	2	2	2	1
		2			Zonal Defending	4	4	4	4
Medium		3			Pressing	3	2	2	2
Low		4			Retreat	3	3	3	3
					Recovery	3	3	3	3
Not Applicable					Compactness	3	3	3	2

Learn To Train

Station A-Physical Literacy

Just Keep Swimming!



Organization

A 20m x 20m area is set up with 4 goals on each side as shown in the diagram.

8m x 8m square in set up in the middle of the area. 2 players start in the middle of the square.

Procedure

Begin without a ball: The red players must get through the area without being tagged by the defender. If tagged, they swap over roles.

Progress to a ball where the players dribble across without being tackled, once they get to the other side, they score on the goal. If players are tackled, they become the defenders and can win the ball back straight away. The player who won the ball must dribble fast to the nearest goal and score.

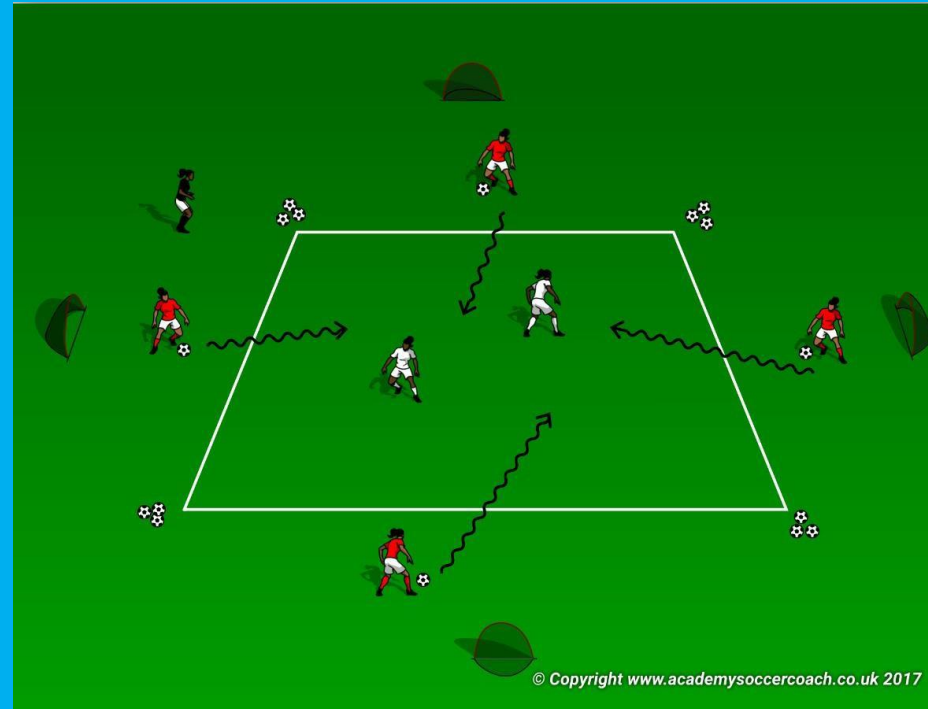
Players are not allowed to stand on the same side of the area, so if two players are on the same side, the one there the longest must make a run for it!

Emphasis

Fun, creating a safe environment, creativity and celebrating!

Progression

Play 1v1 to goals, allowing the strikers to score in any of the goals or play a 3 attackers vs 3 defenders.



Timing

9 Minutes

Area

20 m x 20m
(8m x 8m smaller square in the middle)

Objective

To beat a player in a 1v1 situation

Outcomes

All Players - Can beat a player in a 1v1 situation

Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required

Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required

Technical / Tactical	Psychological
Ball mastery Dribbling Running with the ball	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip

Ensure that players greet or celebrate with each other, a high 5, handshake, fist bump or a greeting that the players come up with can be powerful as they learn to positively interact with each other.

Learn to Train

Station B- Small Sided Game 2v2 with retreat line



Organization
Create three mini fields, 12x15 yards. Balls around the perimeter.
Procedure
Players play 2v2. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors to settle a tied game. Include celebrations with team mates, high5's, come up with their own etc.
Emphasis
Free Play and FUN!
Progression
N/A



Timing	Area
15 Minutes	15 m x 12 m (Set up 3 times)

Objective	
To beat a player in a 1v1 situation	
Outcomes	
All Players - Can beat a player in a 1v1 situation	
Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required	
Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required	
Technical / Tactical	Psychological
Dribbling Receiving Passing Finishing	Fun Confidence Being safe Reactions
Socio -Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

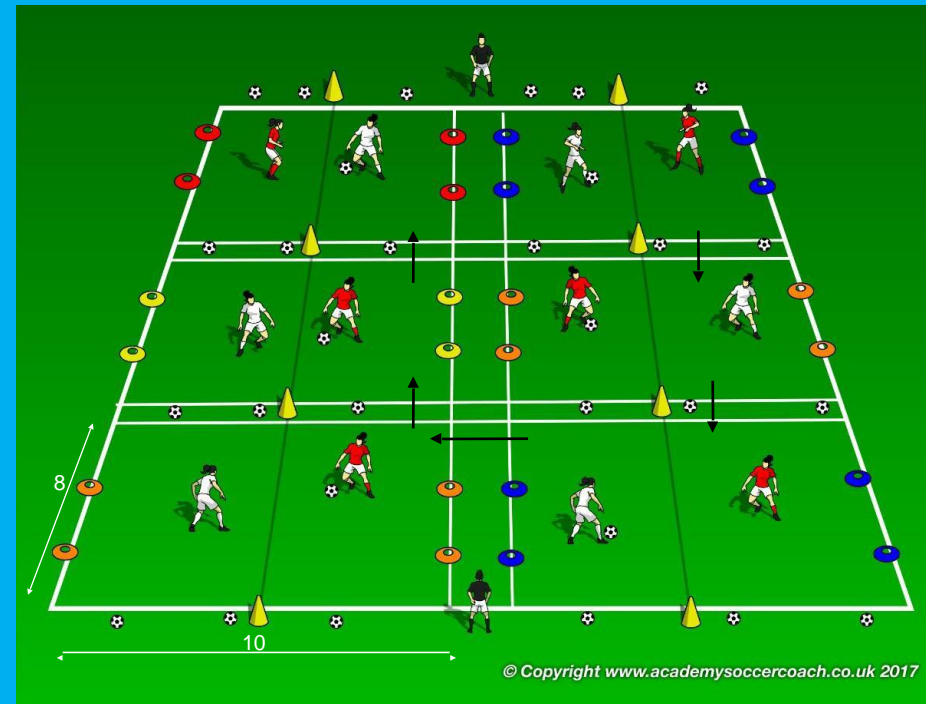
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Station C- Analytical

The World Cup



Organization
2 players are placed in a 10m x 8m area with a ball. This is set up 6 times as shown in the diagram. All spare balls are placed on the outside. Allow spaces between each field for safety.
Procedure
Players play 1v1 and try to dribble over the end line to score, once they have done that, they retreat back into their own half behind the yellow tall cones.
Play for 1 minute. Move players on in a ladder (black arrows show rotation) to move in the World Cup Final / Red Square. (Rock, paper, scissors decides a tied game)
Emphasis
Imagination Creativity Celebrating
Progression
Players dribble through the goals that are placed on the end line (as shown in the diagram)



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Timing	Area
15 Minutes	25x25m grid Each field is 10m x 8m

Objective	
To beat a player in a 1v1 situation	
Outcomes	
All Players - Can beat a player in a 1v1 situation	
Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required	
Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required	
Technical / Tactical	Psychological
Dribbling Receiving Passing Safe Side dribbling	Fun Confidence Being safe Reactions
Socio -Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

The most important focus at this age is the continued development of physical literacy and the recognition that individual technique development is paramount.

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Station D- Small Sided Game 3v3 with retreat line

Organization
Two teams of 3v3 are placed on to a 20x15 field with 1 or 2 goals at each end.
Procedure
Players play 3v3 for two minutes. After time is up, rotate the teams so the two winning teams face each other. Repeat.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
15 Minutes	15 m x 20 m (set up twice)

Objective	
To beat a player in a 1v1 situation	
Outcomes	
All Players - Can beat a player in a 1v1 situation	
Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required	
Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required	
Technical / Tactical	Psychological
Dribbling Receiving Passing Safe Side dribbling	Fun Confidence Being safe Reactions
Socio -Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

When communicating with young players it's important to get down to their eye level rather than towering above them. This can be intimidating for young children.

Player Development Model

How it works



Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

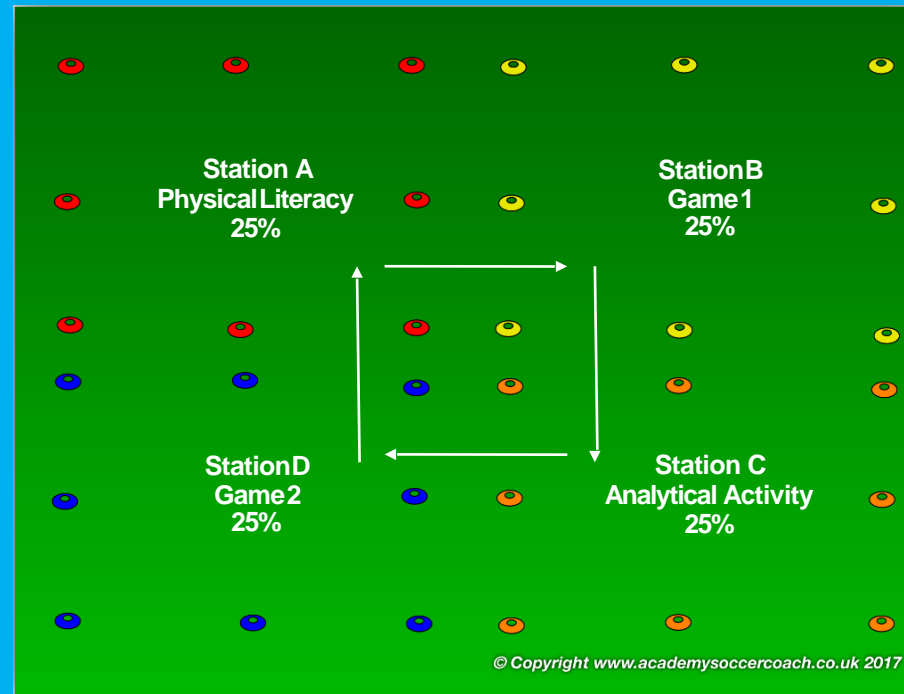
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Timing	Area
Total Time: 70 mins 4 x 12 minute Stations	30 x 30 m (x4)

Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	1	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
					Combination Play	2	2	2	1
					Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
					Retreat	3	3	3	3
					Recovery	3	3	3	3
					Compactness	3	3	3	2

Priority Key

High	1
Medium	2
Low	3
Not Applicable	4

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Station A-Physical Literacy

DuelWorld Cup



Organization

Players are divided in to pairs. Each player has a ball. A 25m x 25m area is divided up to create 6 boxes approx 8m x 8m.

Procedure

Players have 30 seconds to play 1v1 and try and touch each others ball as many times as they can. A point awarded every time they touch opponents ball.

The players must be in close control of their own ball at all times & cannot leave it.

The player who touches their opponents ball the most in 30 seconds is the winner. count up the score and have the winner move up in a laddersystem.

Create a 'World Cup Final Square', where the winner in that square stays in it. Rock, paper, scissors to decide a tie.

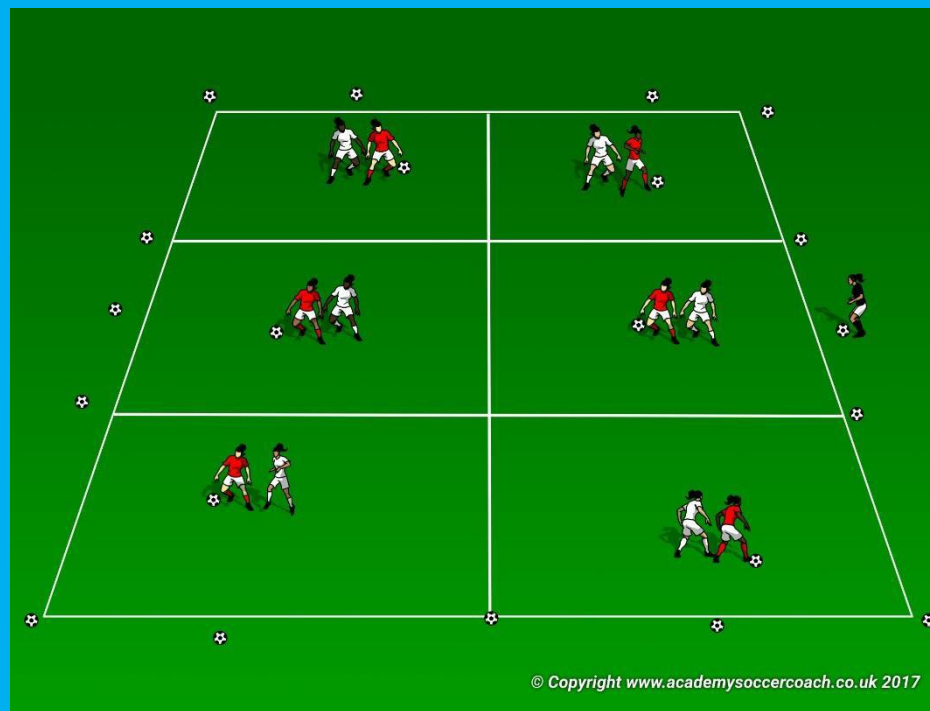
Emphasis

Creating a safe environment, positive reinforcement, allow decision making, demonstration of activity.

Progression

Play with one ball where players shield for 15 seconds before swapping. Who ever gets the least touches on their ball wins.

Start with a tackle, player who has possession at end of the time wins.



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Timing	Area
8 – 12minutes	24m x 16m (8m x 8m minigrids)

Objective

To receive the ball when under pressure high pressure

Outcomes

All Players - will be able to recognise what foot they should receive the ball on when they are under pressure

Most Players - will be able to receive and turn with their back to goal or drop in to space receive on the half turn

Some Players - will receive under high pressure spin and score

Technical / Tactical	Psychological
Ball Control Receiving 1v1 Defending and Attacking	Fun Competitiveness Concentration Self Control Determination
Socio - Emotional	Physical
Problem Solving Decision Making Patience	Strength Suppleness Reaction Perception Awareness

Top Tip

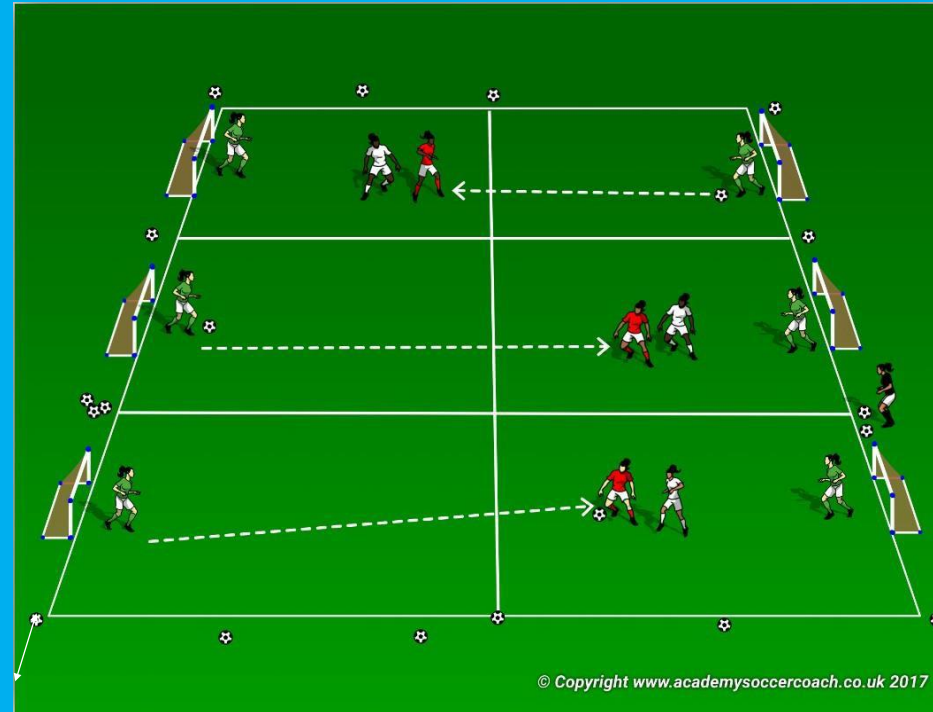
Show player success on a tablet or smartphone. Ask players to review what was successful. Use the players to discuss with each other and provide feedback. "It was hard to play against you when you did this" or "because I saw you doing this, it allowed me to be successful"

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Station B- Small Sided Game 2v2 with retreat line



Organization
Players play 2v2. 1 outfield player and 1 GK.
Procedure
Game restarts with the GK and the player must start in the opposite half. From there the attacker can move freely. If the attacker drops deep in their half, the defender must respect the retreat line.
After 1 minute, rotate the GK's. When the game is over after the next minute. Winning team moves on to the World Cup Final square.
Include celebrations with team mates, high5's, come up with their own etc.
Emphasis
Fun, Creating a safe environment, Positive reinforcement, Allowing players to make decisions, Demonstration of the activity
Progression
N/A



Timing	Area
12 Minutes	20m x 36m (Three 20m x 12m fields)

Objective	
To receive the ball when under pressure high pressure	
Outcomes	
All Players - will be able to recognise what foot they should receive the ball on when they are under pressure	
Most Players - will be able to receive and turn with their back to goal or drop in to space receive on the half turn	
Some Players - will receive under high pressure spin and score	
Technical / Tactical	Psychological
Ball Control Receiving 1v1 Defending and Attacking Finishing	Fun Competitiveness Concentration Self Control Determination
Socio - Emotional	Physical
Problem Solving Decision Making Patience	Strength Suppleness Reaction Perception Awareness

Top Tip

Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

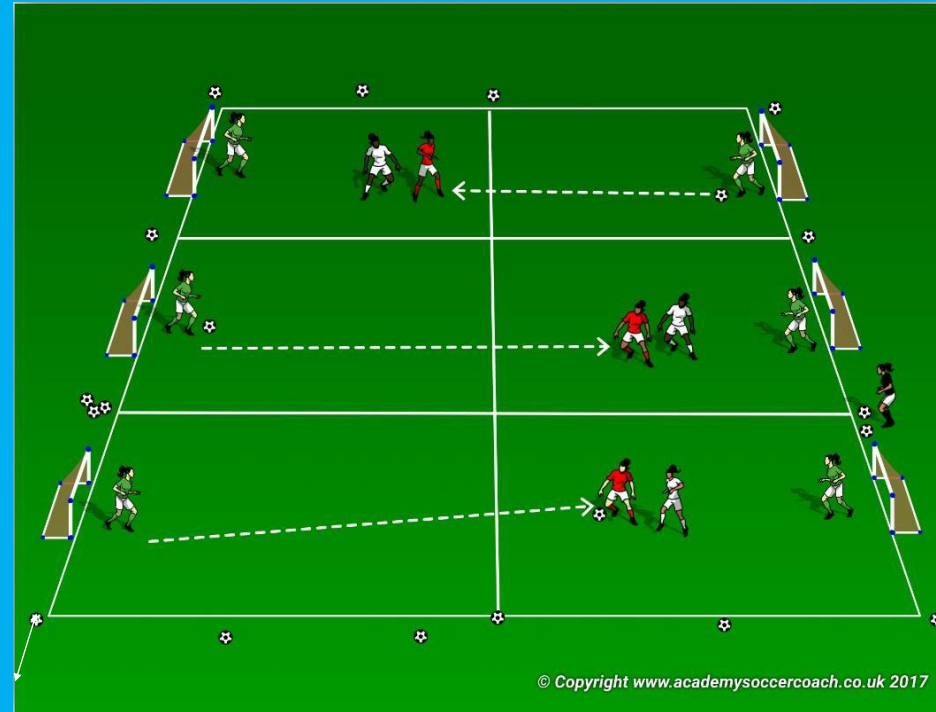
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Station C-Analytical Activity

1v1 Duel



Organization
Players play 1v1 outfield with GK's in each goal.
Procedure
Game starts from GK who plays in to the attacker who starts in the opposite half. From there the attacker can move freely. If the attacker drops deep in their half, the defender must respect the retreat line.
After 1 minute, rotate the GK's. When the game is over after the next minute. Winning team moves on to the World Cup Final square.
Include celebrations with team mates, high5's, come up with their own etc.
Emphasis
Fun, Creating a safe environment, Positive reinforcement, Allowing players to make decisions, Demonstration of the activity
Progression
N/A



Timing	Area
12 Minutes	20m x 36m (Three 20m x 12m fields)

Objective	
To receive the ball when under pressure high pressure	
Outcomes	
All Players - will be able to recognise what foot they should receive the ball on when they are under pressure	
Most Players - will be able to receive and turn with their back to goal or drop in to space receive on the half turn	
Some Players - will receive under high pressure spin and score	
Technical / Tactical	Psychological
Ball Control Receiving 1v1 Defending and Attacking Finishing	Fun Competitiveness Concentration Self Control Determination
Socio - Emotional	Physical
Problem Solving Decision Making Patience	Strength Suppleness Reaction Perception Awareness

Top Tip Encourage creativity and reward the players for taking risks. Remind them that a lot of the time when attacking or being creative, their ideas might not work. Guide them to success by helping them identify the problems and guiding them to solutions.

Learn to Train

Station D- Small Sided Game 6v6 or 7v7 with retreat line



Organization
Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart.
Procedure
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offsides, throw ins. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game. If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
12 Minutes	45m x 30m (6v6) 50m x 30m (7v7) 70m x 50m (9v9)

Objective	
To attack quickly on winning possession	
Outcomes	
All Players - will be able to recognise when their team has won the ball and how to attack	
Most Players - will be able to make a decision based on the number of players they are attacking with	
Some Players - will be able to draw in the opposition to create space in behind to exploit	
Technical / Tactical	Psychological
Free Play	Fun Decision making Determination Competitiveness
Socio -Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.

Player Development Model

How it works



Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

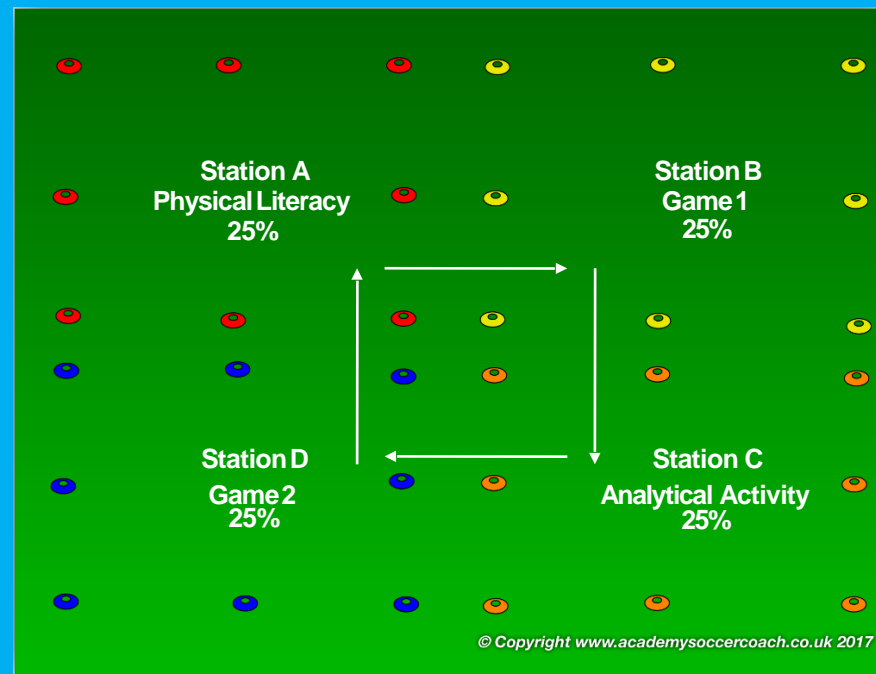
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	3	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	2	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
Priority	Key				Switching Play	4	4	4	3
High		1			Combination Play	2	2	2	1
		2			Zonal Defending	4	4	4	4
Medium		3			Pressing	3	2	2	2
Low		4			Retreat	3	3	3	3
					Recovery	3	3	3	3
Not Applicable					Compactness	3	3	3	2

Learn To Train

Station A-Physical Literacy

Just Keep Swimming!



Organization

A 20m x 20m area is set up with 4 goals on each side as shown in the diagram.

8m x 8m square in set up in the middle of the area. 2 players start in the middle of the square.

Procedure

Begin without a ball: The red players must get through the area without being tagged by the defender. If tagged, they swap over roles.

Progress to a ball where the players dribble across without being tackled, once they get to the other side, they score on the goal. If players are tackled, they become the defenders and can win the ball back straight away. The player who won the ball must dribble fast to the nearest goal and score.

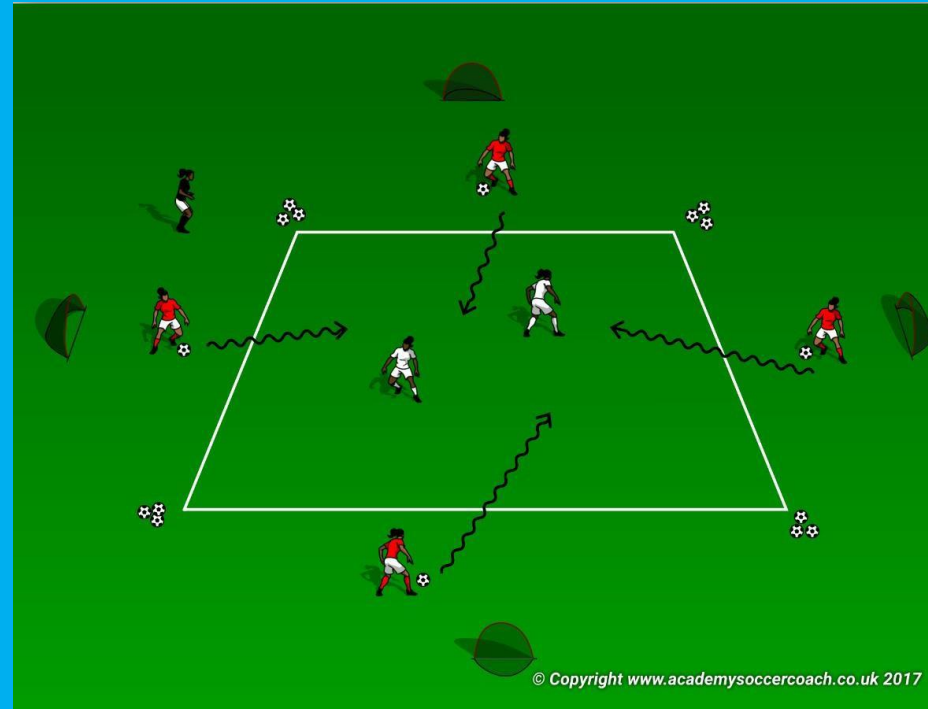
Players are not allowed to stand on the same side of the area, so if two players are on the same side, the one there the longest must make a run for it!

Emphasis

Fun, creating a safe environment, creativity and celebrating!

Progression

Play 1v1 to goals, allowing the strikers to score in any of the goals or play a 3 attackers vs 3 defenders.



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Timing	Area
9 Minutes	20 m x 20m (8m x 8m smaller square in the middle)

Objective

To beat a player in a 1v1 situation

Outcomes

All Players - Can beat a player in a 1v1 situation

Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required

Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required

Technical / Tactical	Psychological
Ball mastery Dribbling Running with the ball	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip

Ensure that players greet or celebrate with each other, a high 5, handshake, fist bump or a greeting that the players come up with can be powerful as they learn to positively interact with each other.

Learn to Train

Station B- Small Sided Game 2v2 with retreat line



Organization
Create three mini fields, 12x15 yards. Balls around the perimeter.
Procedure
Players play 2v2. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors to settle a tied game. Include celebrations with team mates, high5's, come up with their own etc.
Emphasis
Free Play and FUN!
Progression
N/A



Timing	Area
15 Minutes	15 m x 12 m (Set up 3 times)

Objective	
To beat a player in a 1v1 situation	
Outcomes	
All Players - Can beat a player in a 1v1 situation	
Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required	
Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required	
Technical / Tactical	Psychological
Dribbling Receiving Passing Finishing	Fun Confidence Being safe Reactions
Socio -Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

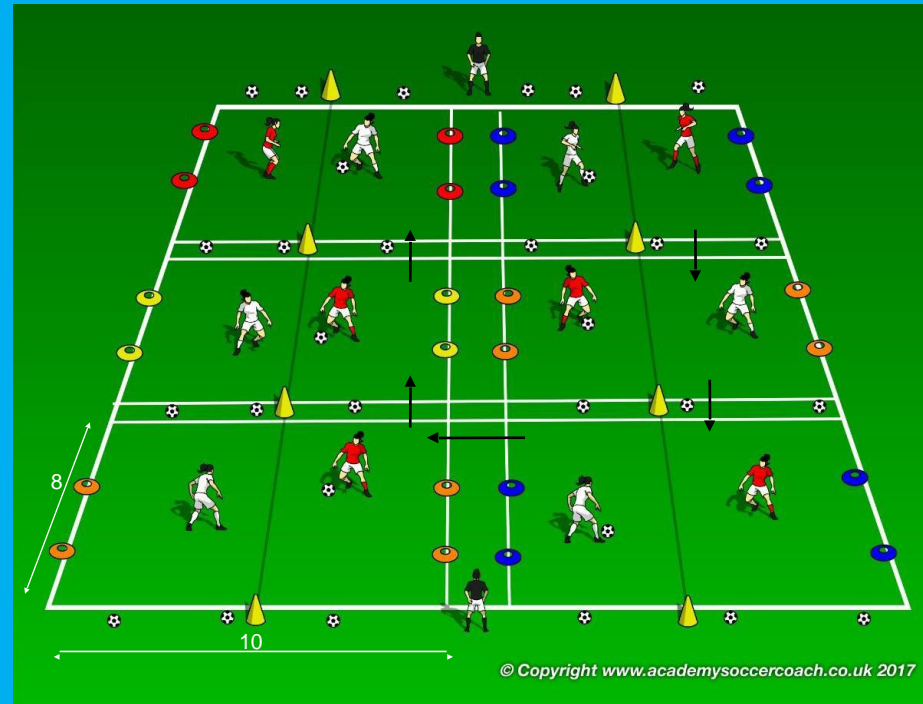
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Station C- Analytical

The World Cup



Organization
2 players are placed in a 10m x 8m area with a ball. This is set up 6 times as shown in the diagram. All spare balls are placed on the outside. Allow spaces between each field for safety.
Procedure
Players play 1v1 and try to dribble over the end line to score, once they have done that, they retreat back into their own half behind the yellow tall cones.
Play for 1 minute. Move players on in a ladder (black arrows show rotation) to move in the World Cup Final / Red Square. (Rock, paper, scissors decides a tied game)
Emphasis
Imagination Creativity Celebrating
Progression
Players dribble through the goals that are placed on the end line (as shown in the diagram)



Timing	Area
15 Minutes	25x25m grid Each field is 10m x 8m

Objective	
To beat a player in a 1v1 situation	
Outcomes	
All Players - Can beat a player in a 1v1 situation	
Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required	
Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required	
Technical / Tactical	Psychological
Dribbling Receiving Passing Safe Side dribbling	Fun Confidence Being safe Reactions
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

The most important focus at this age is the continued development of physical literacy and the recognition that individual technique development is paramount.

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Station D- Small Sided Game 6v6 or 7v7 with retreat line



Organization
Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart.
Procedure
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offside, throw ins. If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
12 Minutes	45m x 30m (6v6) 50m x 30m (7v7) 70m x 50m (9v9)

Objective	
To beat a player in a 1v1 situation	
Outcomes	
All Players - Can beat a player in a 1v1 situation	
Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required	
Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required	
Technical / Tactical	Psychological
Receiving Dribbling Shooting Finishing	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.

Player Development Model

How it works



Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

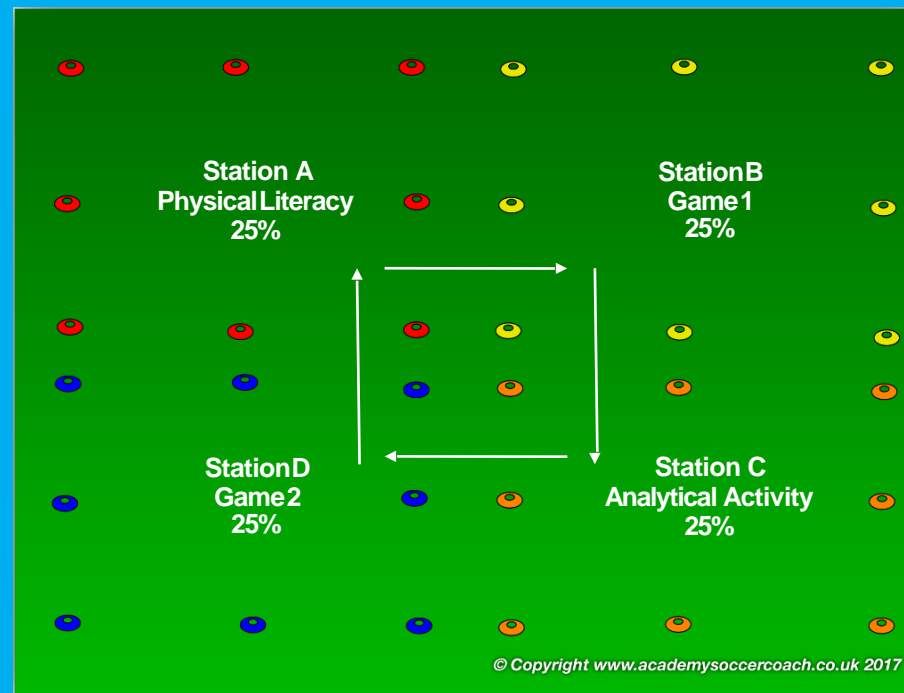
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Timing	Area
Total Time: 70 mins 4 x 12 minute Stations	30 x 30 m (x4)

Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	1	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
					Combination Play	2	2	2	1
					Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
					Retreat	3	3	3	3
					Recovery	3	3	3	3
					Compactness	3	3	3	2

Priority Key

High	1
Medium	2
Low	3
Not Applicable	4

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Station A-Physical Literacy

Find the Underload!



Organization

Create an a 25mx20m area. Place 4 zones in different colours in the corners as shown. Place 4 mini goals in the middle of each side of the area facing inwards. All balls start in the middle. 3 players in red and 5 in white. Setup twice for 16players.

Procedure

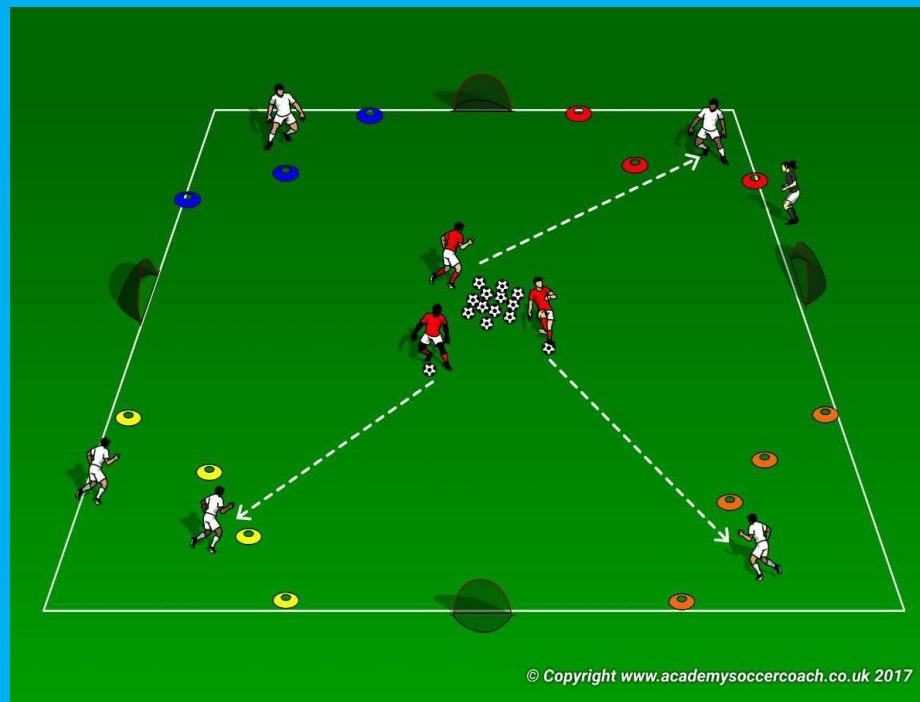
Red players are defenders and they pass the ball to any of the white players. The white players must receive and score in any of the goals. They get 1 point for scoring in the two nearest goals and 3 points for scoring in the furthest ones. Once they have scored, they must go to an area with the smallest number of players in, if they go in to an area with more than 1 other player in, they must swap roles with the defenders. After the red players have passed the ball in to the white players, they are trying to win the ball off them and score in the mini goals to swap roles and become the attacker. Play for 2 mins and swap who starts as the defender.

Emphasis

Creating a safe environment
Positive reinforcement
Allow players to make decisions
Demonstration of activity

Progression

Players move in different ways in order to focus on different areas of the body. This can be played without a ball as a tag game.



Timing	Area
8 – 12minutes	25m x 20m

Objective

To attack quickly on winning possession

Outcomes

All Players - will be able to recognise when their team has won the ball and how to attack

Most Players - will be able to make a decision based on the number of players they are attacking with

Some Players - will be able to draw in the opposition to create space in behind to exploit

Technical / Tactical	Psychological
Ball Mastery Dribbling Passing	Fun Safety Decision making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination Change of Speed Change of Direction

Top Tip

Encourage the players to take risks and come up with ways to try being creative or deceptive to fool the opponents. Praise any efforts to do this or creativity, tell the players why you are praising "Well done, Jayde, good idea to fake one way to trick the defenders"

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Station B- Small Sided Game Overloads and Under loads



Organization
Players are divided in to 4 teams of 2. The field is set up as shown with balls around the outside and in the middle of the safe zone. If 16 players set up whole activity twice.
Procedure
Players play 2v2 and look to dribble over the end line to score. If a player has dribbled over the end line, they must look to run with the ball and score in the mini target goal. While that is happening, the team that has conceded, can look to start a new attack in a 2v1 situation. After 2 minutes, rotate the teams so the two winning teams play each other. Include celebrations with team mates, high5's, come up with their own etc.
Emphasis
Fun, Creating a safe environment, Positive reinforcement, Allowing players to make decisions, Demonstration of the activity
Progression
N/A



Timing	Area
12 Minutes	30m x 25m (Two 20m x 12m fields)

Objective	
To attack quickly on winning possession	
Outcomes	
All Players - will be able to recognise when their team has won the ball and how to attack	
Most Players - will be able to make a decision based on the number of players they are attacking with	
Some Players - will be able to draw in the opposition to create space in behind to exploit	
Technical / Tactical	Psychological
Dribbling Running with the ball Transition	Fun Decision making Determination Competitiveness
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

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Station C-Analytical Activity Transition Game



Organization

2 mini goals are placed on one side of a 25m square and a 9v9 goal is placed on the opposite side. Players are divided in to 2 teams and will rotate which player is the GK each time.

Procedure

The first red player dribbles out against a white defender. The red player looks to score past the GK in the big goal. The white player looks to steal and score in two of the mini goals. As soon as the play is over, the next white player dribble the ball in to create a 2v1 situation. When that is over, two red players dribble in to create a 3v2 situation. After that the final white player dribbles in to create a 4v3 (inc goalkeeper) and then the final red player dribbles in to create a 4v3 outfield situation.

Count how many goals are scored and swap sides. Also make sure you swap the order that the players start in to balance physical demands.

Emphasis

Fun,
Creating a safe environment,
Positive reinforcement,
Allowing players to make decisions,
Demonstration of the activity

Progression

Can change so only individual players move on rather than in teams of 2.



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Timing	Area
12 Minutes	25m x 25m

Objective

To attack quickly on winning possession

Outcomes

All Players - will be able to recognise when their team has won the ball and how to attack

Most Players - will be able to make a decision based on the number of players they are attacking with

Some Players - will be able to draw in the opposition to create space in behind to exploit

Technical / Tactical	Psychological
Dribbling Running with the ball Transition Finishing	Fun Decision making Determination Competitiveness
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

It's important that players can make decisions that are in context to the game. Think about starting position, movement, direction and speed in relation to the game.

Learn to Train

Station D- Small Sided Game 6v6 or 7v7 with retreat line



Organization
Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart.
Procedure
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offsides, throw ins. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game. If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
12 Minutes	45m x 30m (6v6) 50m x 30m (7v7) 70m x 50m (9v9)

Objective	
To attack quickly on winning possession	
Outcomes	
All Players - will be able to recognise when their team has won the ball and how to attack	
Most Players - will be able to make a decision based on the number of players they are attacking with	
Some Players - will be able to draw in the opposition to create space in behind to exploit	
Technical / Tactical	Psychological
Dribbling Running with the ball Transition Finishing	Fun Decision making Determination Competitiveness
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.



Player Development Model

How it works

Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

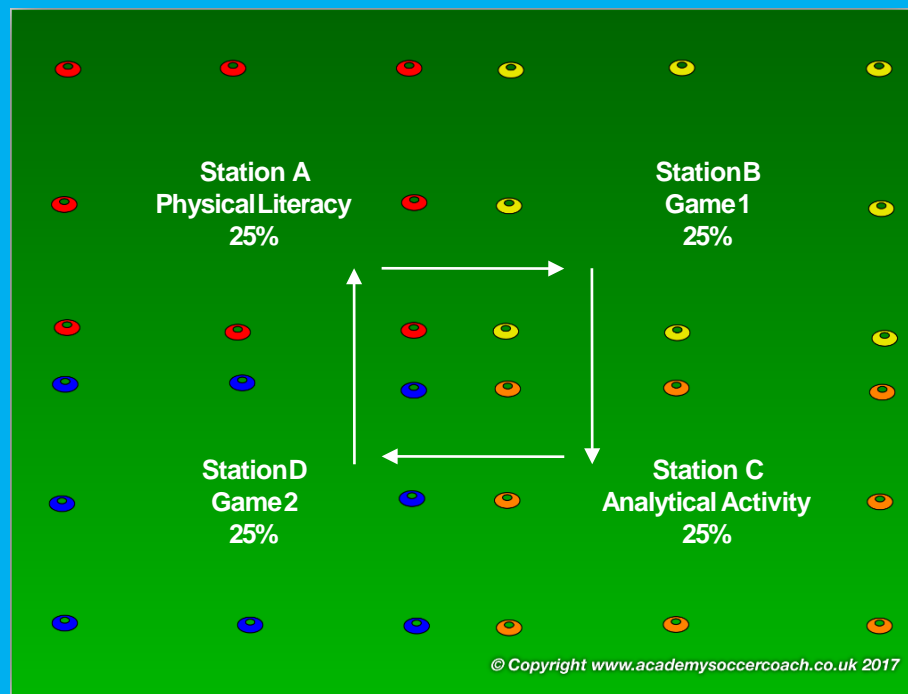
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Timing	Area
Total Time: 70 mins 4 x 12 minute Stations	30 x 30 m(x4)

Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	1	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
					Combination Play	2	2	2	1
					Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
					Retreat	3	3	3	3
					Recovery	3	3	3	3
					Compactness	3	3	3	2

Priority Key

Priority	U9	U10	U11	U12
High	1	1	1	1
Medium	2	2	2	2
Low	3	3	3	3
Not Applicable	4	4	4	4

Learn to Train

Station A - Physical Literacy

Protect your Cones!



Organization

Two teams of 6. Half of each team is designated the defenders and the other half the attackers.

Procedure

The Attackers attempt to hit/knock over all the opposition cones before a) time runs out and b) the opposition does it first! If the Defenders disarm/dispossess an Attacker of the ball, they must return to home (blue grid on their side) via the ladder by doing a designated pattern and obtain a new ball to re-enter the game.

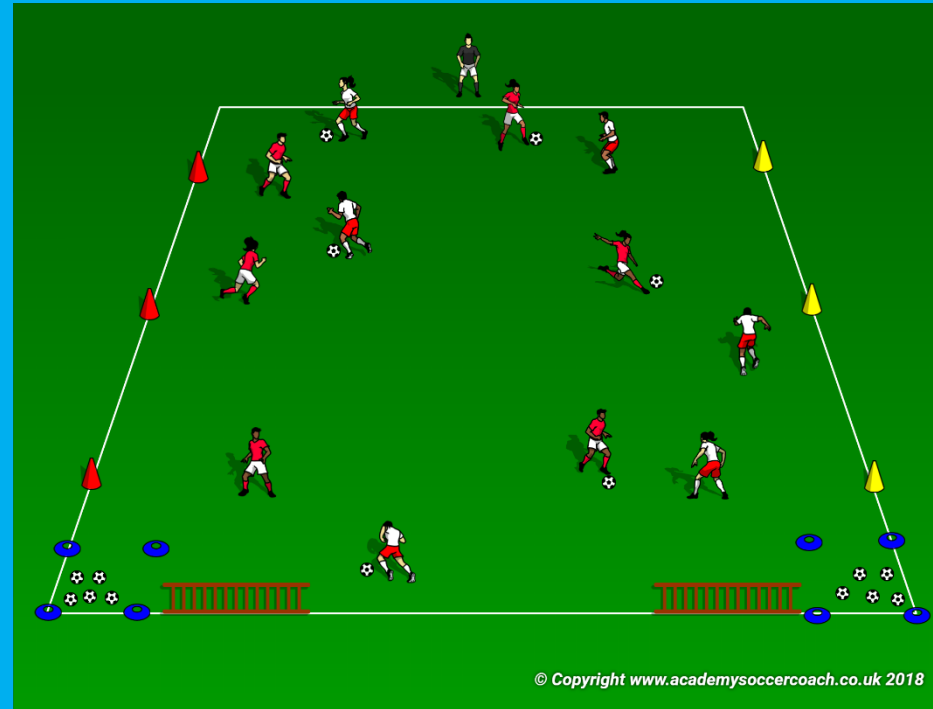
After two minutes, players switch roles. Two full games should be played.

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, and demonstration of the activity.

Progression

Remove the ball – Bear Crawl, Crab Walk, etc.
Add more cones than defenders.
Change the ladder for another exercise (ex. Hurdles).
Play until the first team runs out of balls.



Timing	Area
12 minutes	30m x 30m

Objective

To effectively apply pressure to the ball carrier

Outcomes

All Players - will be able to apply pressure to the ball carrier in the correct body position

Most Players - will be able to apply pressure to the ball carrier in the correct body position and disarm their opponent

Some Players - will be able to apply pressure to the ball carrier in the correct body position and recover the ball

Technical / Tactical	Psychological
1v1 Defending Pressure Cover Tackles	Fun Competitiveness Concentration Self Control Determination
Socio -Emotional	Physical
Problem Solving Decision Making Patience Teamwork	Reaction Awareness Agility Balance Coordination

Top Tip

Use a game or themed activity to introduce new topics to children. By making it fun and enjoyable, players respond more readily to information – especially new information.



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Station B – Small Sided Game

2v2's with Retreat Line

Organization

Players play in 2v2's with a Retreat Line.

Procedure

Play begins with the attackers taking a ball and passing to their team-mate. A defender can only leave their half once the attacker has received the ball (regular Retreat Line). The other defender should act as a Goalkeeper.

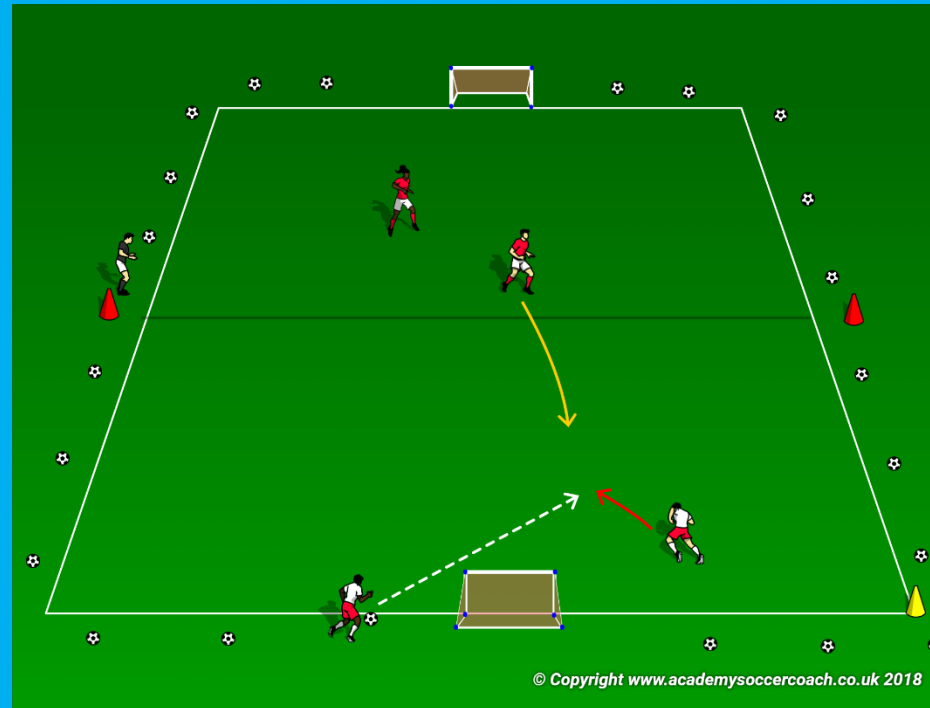
After each goal or if the defenders recover the ball, one of the attackers must transition into goal as a goalkeeper and the other as a defender.

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, and demonstration of the activity.

Progression

Play can start with the GK's team and play a 1v2



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Timing	Area
12 Minutes	25m x 45m (Three 25m x 15m fields)

Objective

To effectively apply pressure to the ball carrier

Outcomes

All Players - will be able to apply pressure to the ball carrier in the correct body position

Most Players - will be able to apply pressure to the ball carrier in the correct body position and disarm their opponent

Some Players - will be able to apply pressure to the ball carrier in the correct body position and recover the ball

Technical / Tactical	Psychological
1v1 Defending Pressure Tackles	Fun Competitiveness Concentration Self Control Determination
Socio - Emotional	Physical
Problem Solving Decision Making Patience	Strength Reaction Awareness Agility Balance

Top Tip

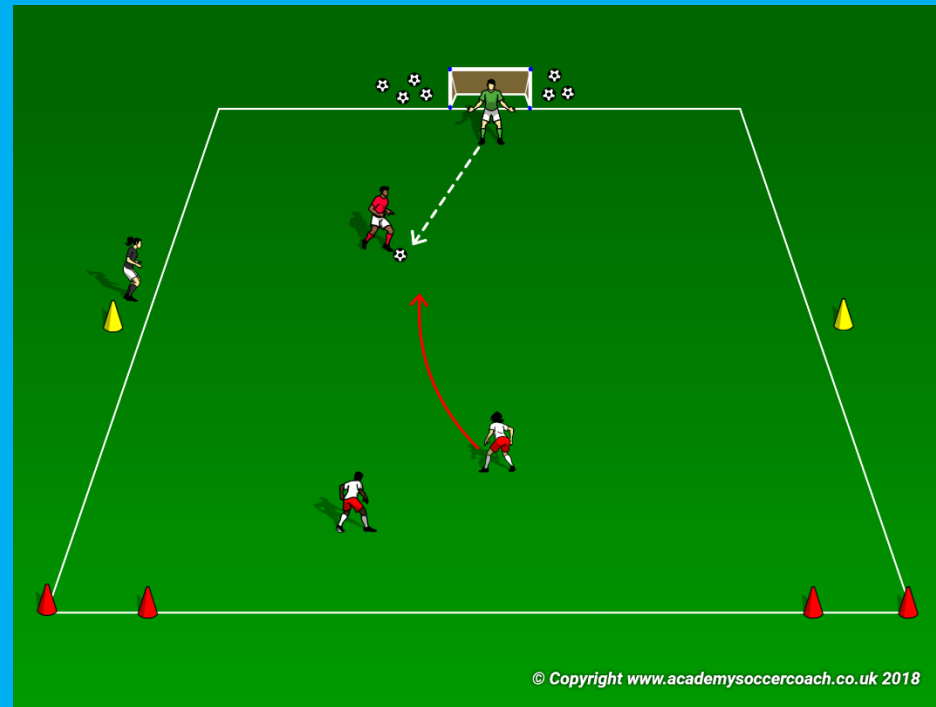
Promote the player to be as competitive as possible in 1v1 situations. This is especially important in the face of adversity – provide encouragement and specific information to overcome challenges and keep going!



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Station C – Analytical Activity

2v1+GK with Retreat Line



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Organization
Players play 2v2. Oneteam with two outfielders versus one outfielder and a GK.
Procedure
Game starts and restarts from the GK serving to their team-mate. Attacker attempts to dribble through one of the two gates to score. Defenders apply pressure (after attacker has touched the ball) to the ball carrier to prevent a goal – if they recover the ball, they can score in the goal.
Rotate all players after 3 minutes.
Emphasis
Creating a safe environment, positive reinforcement, allow decision making, and demonstration of the activity.
Progression
GK can vary distribution (ex. With feet/hands to feet/chest/into space/etc.) Can introduce 'Cover'

Timing	Area
12 Minutes	20m x 36m (Three 20m x 12m)

Objective	
To effectively apply pressure to the ball carrier	
Outcomes	
All Players - will be able to apply pressure to the ball carrier in the correct body position	
Most Players - will be able to apply pressure to the ball carrier in the correct body position and disarm their opponent	
Some Players - will be able to apply pressure to the ball carrier in the correct body position and recover the ball	
Technical / Tactical	Psychological
1v1 Defending Pressure Cover Tackles	Fun Competitiveness Concentration Self Control Determination
Socio - Emotional	Physical
Problem Solving Decision Making Patience	Strength Reaction Awareness Agility Balance

Top Tip Don't forget that the Goalkeeper is an integral part of the team. Ensure that you provide information that is relative to your theme/topic to them as well throughout the session.

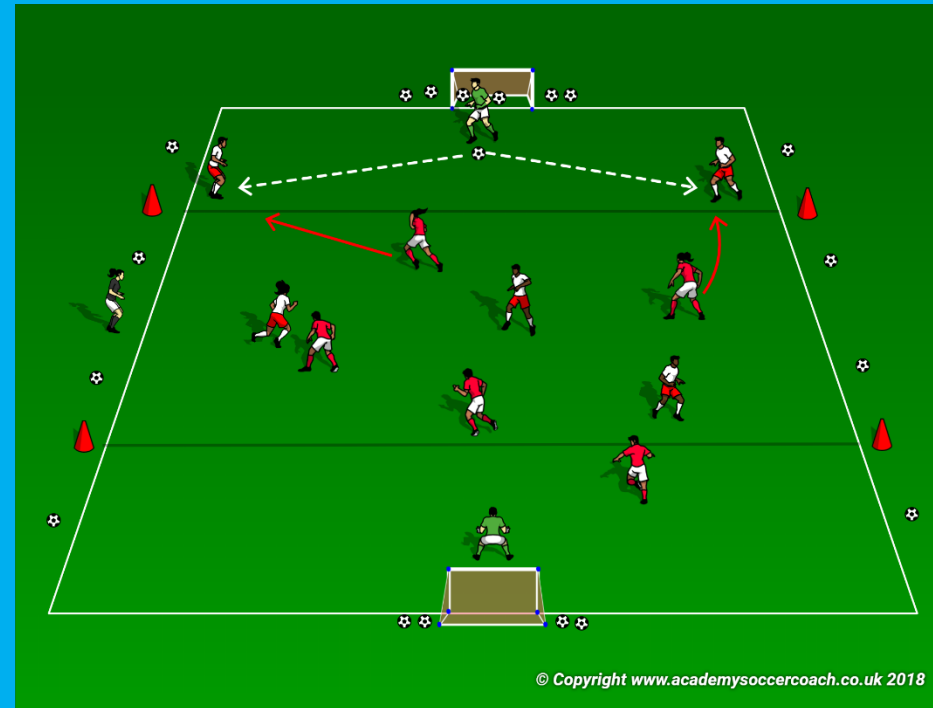


Learn to Train

Station D - Small Sided Game

6v6/7v7 with Retreat Line

Organization	Two teams of 6v6 (GK+5v5+GK). Format could also include 7v7 or 9v9. Balls are placed around the outside of the pitch for quick restarts.
Procedure	Players play a normal game with all age and stage appropriate rules applied. Retreat line, offside, throw ins. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game.
Emphasis	Creating a safe environment, positive reinforcement, allow decision making, demonstration of activity, and ensure gamerealism.
Progression	N/A



Timing	Area
12 Minutes	45m x 30m

Objective	
To effectively apply pressure to the ball carrier in game situations	
Outcomes	
All Players - will be able to apply pressure to the ball carrier in the correct body position	
Most Players - will be able to apply pressure to the ball carrier in the correct body position and disarm their opponent	
Some Players - will be able to apply pressure to the ball carrier in the correct body position and recover the ball	
Technical / Tactical	Psychological
1v1 Defending Pressure Cover Tackles	Fun Competitiveness Concentration Self Control Determination
Socio -Emotional	Physical
Problem Solving Decision Making Patience	Strength Reaction Awareness Agility

Top Tip Challenge your Goalkeeper to talk to their defenders. A vocal cue to apply pressure or move into space that is realistic to the game (and not reliant on the coach) can be very effective and impactful.



Player Development Model

How it works

Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

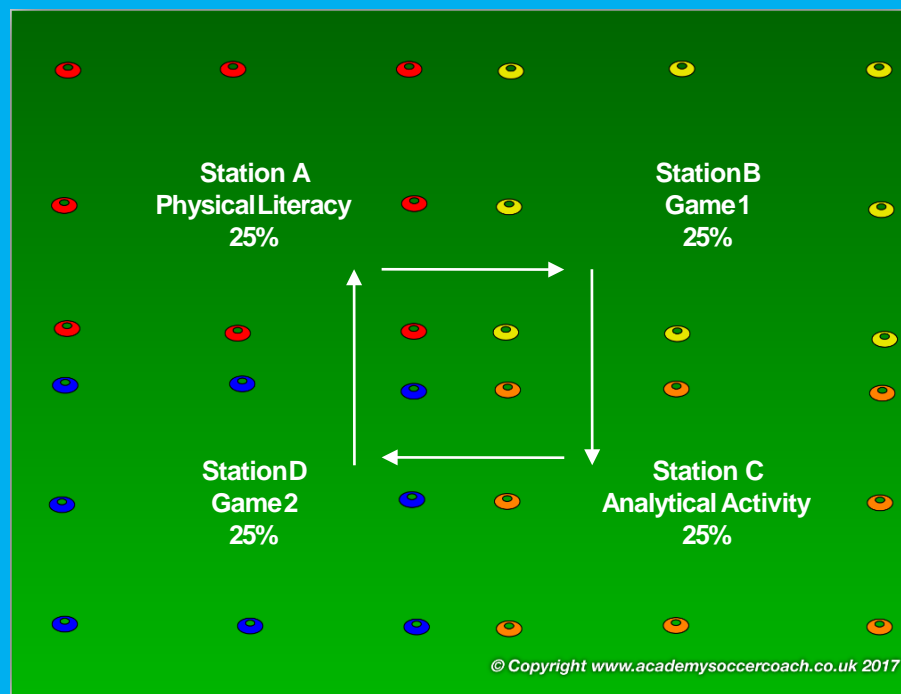
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Timing	Area
Total Time: 70 mins 4 x 12 minute Stations	30 x 30 m(x4)

Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	1	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
					Combination Play	2	2	2	1
					Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
					Retreat	3	3	3	3
					Recovery	3	3	3	3
					Compactness	3	3	3	2

Priority Key

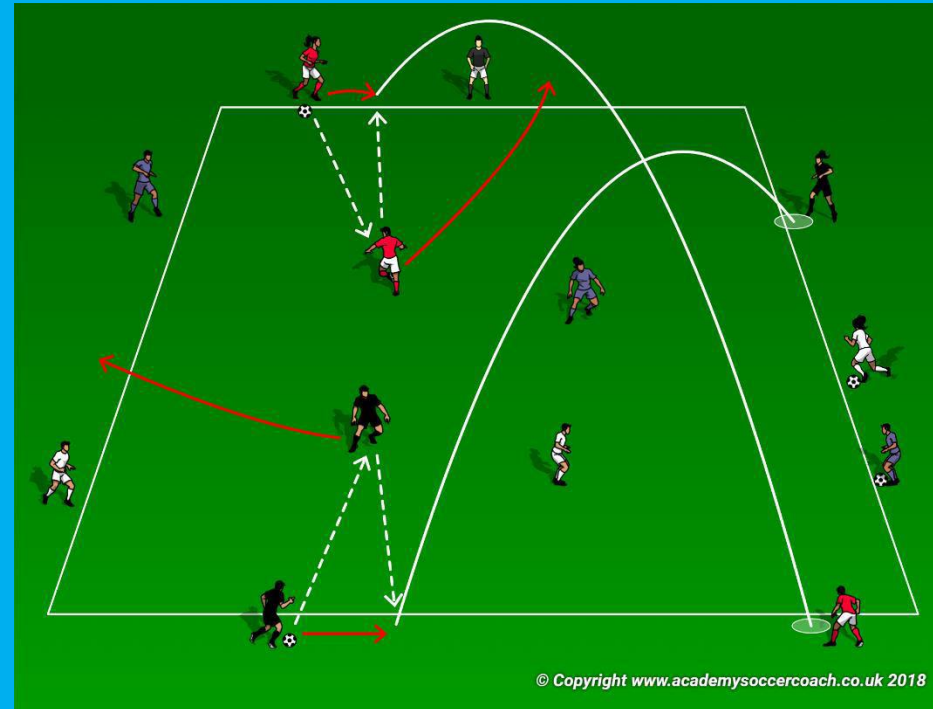
High	1
Medium	2
Low	3
Not Applicable	4



Learn to Train

Station A - Physical Literacy

Short, Short, Long!



Organization
Four teams of 3 players – two on the perimeter and one inside the grid.
Procedure
Players inside the grid show for their outside team-mate with the ball to combine short. Outside players, upon re-receiving the ball, look to play long across the grid. Outside player then enter the grid to provide the short option for who they just passed long to.
Inside players then select an unoccupied side (3 possible) to provide the next long option. Once outside the grid, players do an exercise/movement (ex. 5 hops on one leg, 5 jumping jacks, 5 leg raises, etc.)
Emphasis
Creating a safe environment, positive reinforcement, allow decision making, demonstration of activity.
Progression
Exercises can be done inside the grid before exiting. Players on the inside must go long Allow players the freedom to decide on the combination One team adds opposition inside the grid.

Timing	Area
12 minutes	25m x 25m

Objective	
For players to be able to play a long pass	
Outcomes	
All Players - will be able to play a long pass with one foot	
Most Players – will be able to play a long pass with one foot accurately	
Some Players - will be able to play a long pass with both feet	
Technical / Tactical	Psychological
Passing Crossing Receiving	Fun Competitiveness Determination Self Confidence
Socio -Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Strength Awareness Balance

Top Tip

Be patient when introducing new skills - allow players to feel that they are encouraged to try regardless of the outcome.



Learn to Train

Station B - Small Sided Game

Highway Overpass

Organization

Four teams of 3. Players play 3v3 with no GK's.

Procedure

A 3v3 game is played in the center with rules as close to game day as possible.

Other two teams begin outside the perimeter. Players attempt to play different long passes over the small-sided game. After playing a long pass, players must run to the other side of the field (around the game).

Rotate one team after 3 minutes.

Emphasis

Fun in a safe environment with positive reinforcement for desired behaviours.

Progression

One of the outside players enter the field to provide a short pass to an outside player, who passes long, before switching roles



Timing	Area
12 Minutes	30m x 20m

Objective

For players to be able to play a long pass

Outcomes

All Players - will be able to play a long pass with one foot

Most Players – will be able to play a long pass with one foot accurately

Some Players - will be able to play a long pass with both feet

Technical / Tactical	Psychological
Passing Crossing Receiving	Fun Competitiveness Determination Self Confidence
Socio -Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Strength Awareness Balance

Top Tip

Show the players various options they may have to reach a desired outcome – fill their “toolbox” to better equip them to make decisions!



Learn to Train

Station C - Analytical Activity

Get to the Channels!

Organization

Players play 2v2 with 1 player in each channel.

Procedure

Players in the channel play with whoever is in possession. Objective for these players is to play in crosses when in the attacking half and combine when looking to build out of the back.

Encourage outside players to play as quickly as possible

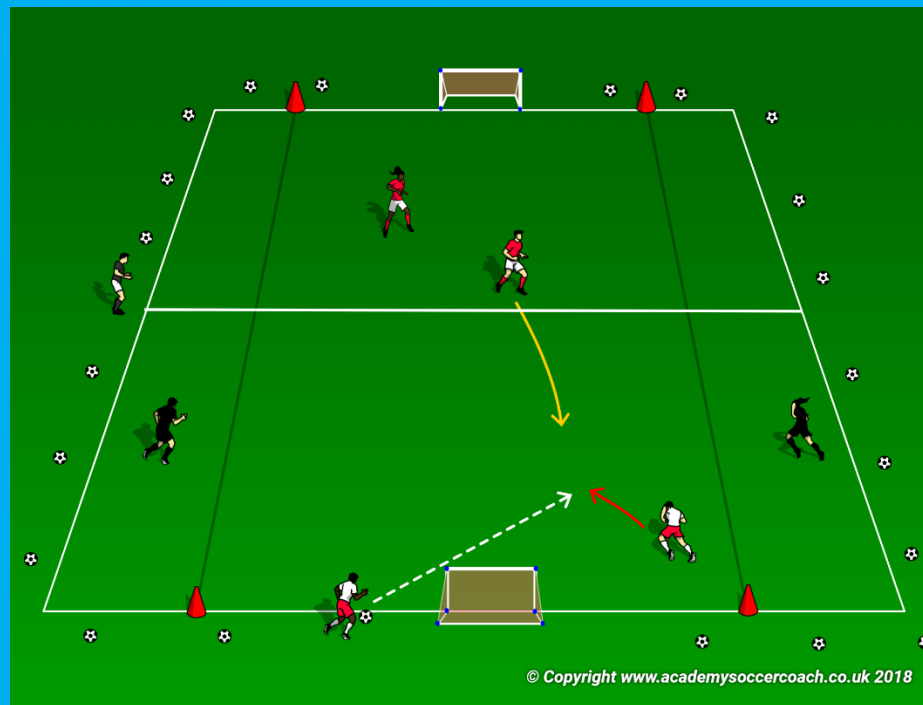
Teams rotate every 4 minutes.

Emphasis

Fun,
Creating a safe environment,
Positive reinforcement,
Allowing players to make decisions,
Demonstration of the activity

Progression

Opposition may enter the channel
Add players to have 1v1 in the channel (+2m to the channels)
Add Goalkeepers with full size goals



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Timing

12 Minutes

Area

25m x 15m
(+3m channel on each side)

Objective

For players to be able to play a long pass

Outcomes

All Players - will be able to play a long pass with one foot

Most Players – will be able to play a long pass with one foot accurately

Some Players - will be able to play a long pass with both feet

Technical / Tactical

Passing
Crossing Receiving
Combination Play

Psychological

Fun
Competitiveness
Determination Self
Confidence

Socio -Emotional

Problem Solving
Decision Making
Cooperation
Communication

Physical

Strength
Awareness
Balance

Top Tip

Avoid setting constraints that inhibit players decision making. Rather encourage and reinforce desired behaviours with positive feedback and rationale.



Learn to Train

Station D - Small Sided Game

6v6 or 7v7 with retreat line

Organization	Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for quick restarts.
Procedure	Players play a normal game with all age and stage appropriate rules applied. Retreat line, offside, throw ins. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game.
Emphasis	Fun, creativity and celebrating!
Progression	N/A



Timing	Area
12 Minutes	45m x 30m(6v6) 50m x 30m(7v7) 70m x 50m(9v9)

Objective	
For players to be able to play a long pass	
Outcomes	
All Players - will be able to play a long pass with one foot	
Most Players – will be able to play a long pass with one foot accurately	
Some Players - will be able to play a long pass with both feet	
Technical / Tactical	Psychological
Free Play	Fun Competitiveness Determination Self Confidence
Socio – Emotional	Physical
Problem Solving Decision Making Communication Celebration Cooperation	Strength Awareness Balance

Top Tip During free play, take the opportunity to observe and assess if the session achieved its objective – in other words see if the players have learned something!



Player Development Model

How it works

Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

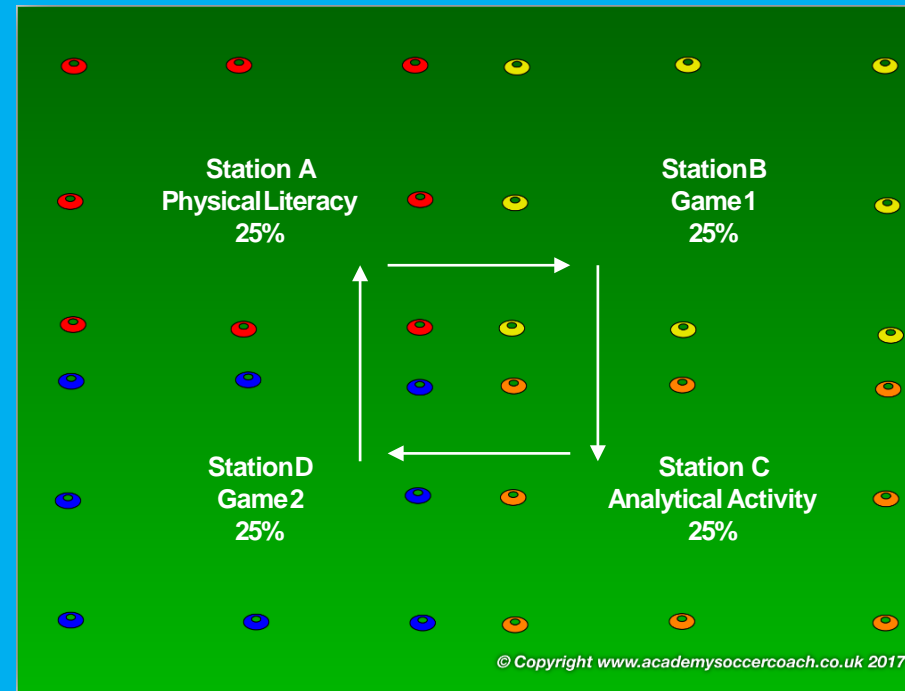
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Timing	Area
Total Time: 70 mins 4 x 12 minute Stations	30 x 30 m(x4)

Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	1	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
					Combination Play	2	2	2	1
					Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
					Retreat	3	3	3	3
					Recovery	3	3	3	3
					Compactness	3	3	3	2

Priority Key

High	1
Medium	2
Low	3
Not Applicable	4



Learn to Train

Station A - Physical Literacy

Passing in 3's

Organization

Four teams of 3 players – 4 Target areas (yellow/red/tall flag/short flag).

Procedure

Players begin with ball in their hand a look to play end-to-end (E-W/N-S/NW-SE/NE-SW). Begin with free play but then proceed to add restrictions: must do a keep-up every 3 steps, ball can only be in your possession 3seconds, etc. Introduce competition to see who can get to each end more often – winners pick an exercise for all to do.

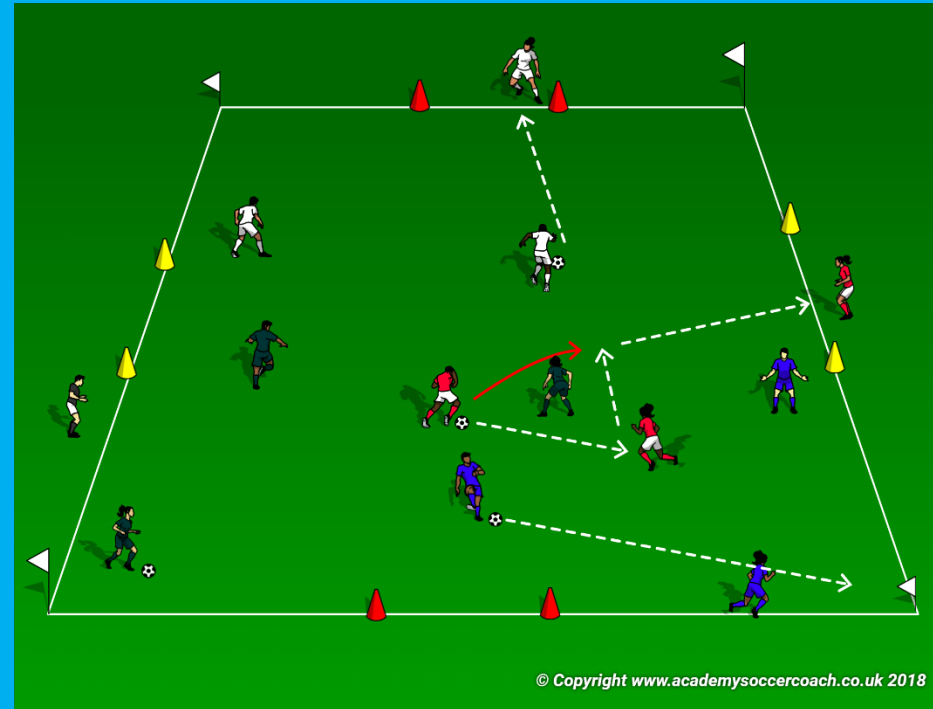
Ball is then placed on the ground with identical objectives.

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, demonstration of activity.

Progression

1. One team acts as defenders
2. Add incentive for combination play (extrapoint)



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Timing	Area
12 minutes	25m x 25m

Objective

For players to be able to play a give & go pass

Outcomes

All Players - will be able to play a give & go pass to go forward

Most Players – will be able to play a give & go pass with appropriate timing/weight

Some Players - will be able to play a give & go pass with appropriate timing/weight in any direction

Technical / Tactical	Psychological
Passing Receiving Ball Control Dribbling Running with the Ball	Fun Competitiveness Determination Self Confidence Awareness
Socio -Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Acceleration Balance Motor Skills Coordination

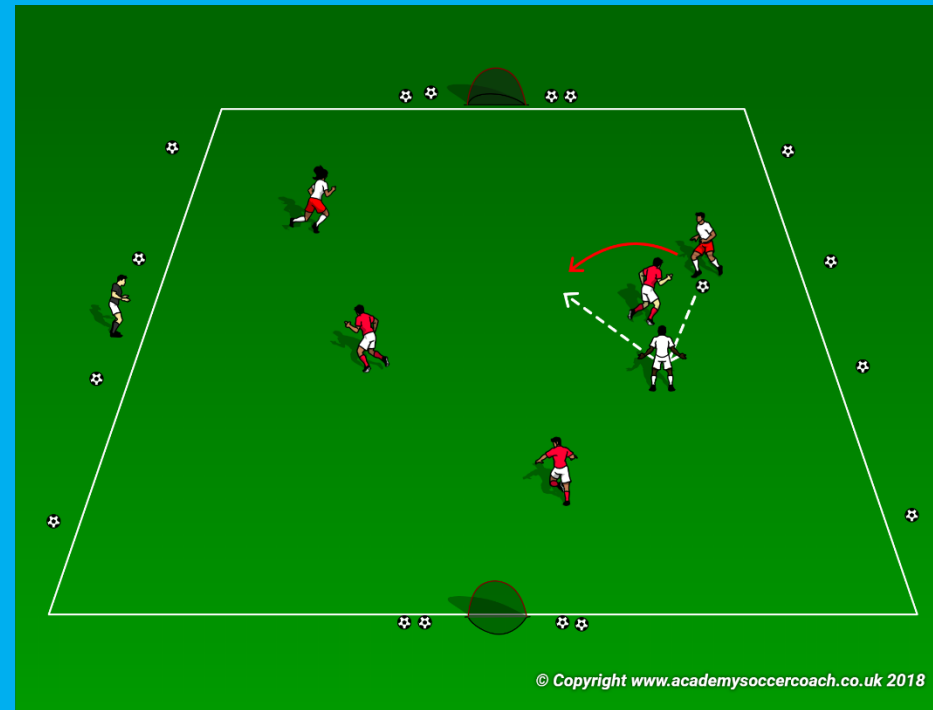
Top Tip

Try to use different methods of demonstrating a desired outcome – verbal, visual (video/white board), demo (coach or player), etc.

Learn to Train

Station B – Small Sided Game

3v3 Game



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Organization
Players play 3v3 game to small goals (ex. Puggs) Encourage passes (as opposed to dribbles) when playing the ball backin.
Procedure
Players attempt to score goals. Provide incentives to combine through point system: Goal = 1 points Goal with a give & go = 2 points Goal with multiple give & go's = 3 points
Emphasis
Fun, Creating a safe environment, Positive reinforcement, Allowing players to make decisions, Demonstration of the activity
Progression
1. Regression: change to end zone instead of goals/add another goal to each side/opposition target to create 3v2

Timing	Area
12 Minutes	25m x 15m

Objective	
For players to be able to play a give & go pass	
Outcomes	
All Players - will be able to play a give & go pass to go forward	
Most Players – will be able to play a give & go pass with appropriate timing/weight	
Some Players - will be able to play a give & go pass with appropriate timing/weight in any direction	
Technical / Tactical	Psychological
Passing Receiving Ball Control Dribbling Running with the Ball Shooting	Fun Competitiveness Determination Self Confidence Awareness
Socio -Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Acceleration Balance Motor Skills Coordination

Top Tip

Explaining to players the WHY is very powerful! It enhances their understanding, learning, and likely, their buy-in to particular idea or piece of information.

Learn to Train

Station C – Analytical Activity

4v4+4



Organization

Three teams of 4. Players play 3v3 with GK's (can rotate every goal/round). Extra team provides neutral support outside the grid with one player on each side.

Procedure

A 4v4 game is played in the center with rules as close to game day as possible. Neutrals should play 1 touch where possible. Scoring system, to promote combination play should be as follows:

- direct combination to goal (give & go) = 3
- indirect combination to goal (A passes to Neutral who gives to B and scores) = 2
- goal = 1

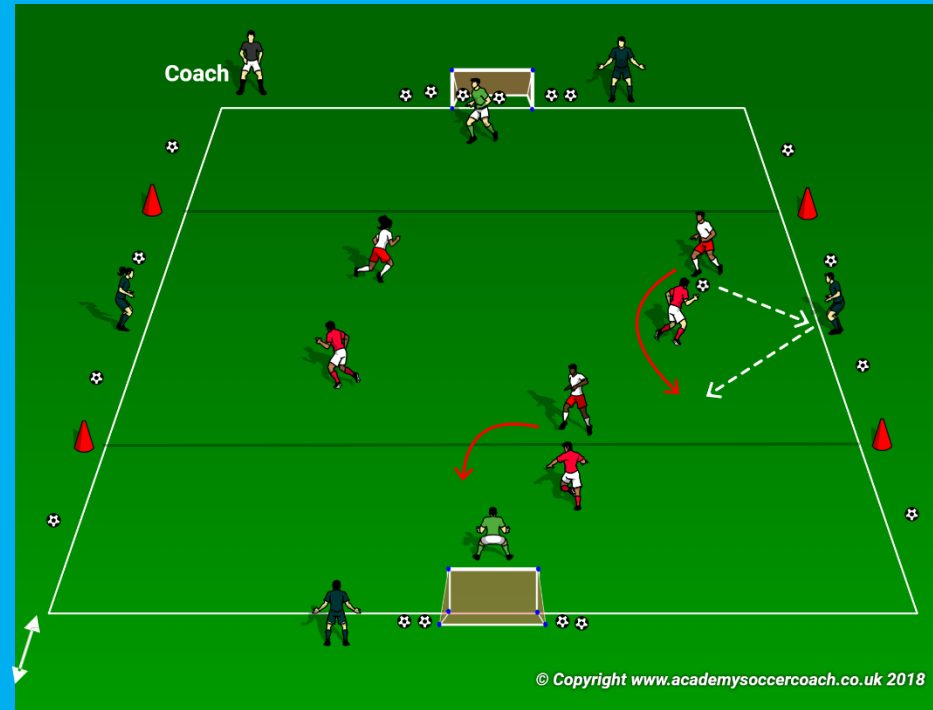
Winner stays on! Rotate every 3 minutes.

Emphasis

Fun in a safe environment with positive reinforcement for desired behaviours.

Progression

1. Limit neutral players to 1 touch
2. Modify the scoringsystem



Timing	Area
12 Minutes	35m x20m

Objective

For players to be able to play a give & go pass

Outcomes

All Players - will be able to play a give & go pass to go forward

Most Players – will be able to play a give & go pass with appropriate timing/weight

Some Players - will be able to play a give & go pass with appropriate timing/weight in any direction

Technical / Tactical	Psychological
Passing Receiving Ball Control Dribbling Running with the Ball Shooting	Fun Competitiveness Determination Self Confidence Awareness
Socio -Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Acceleration Balance Motor Skills Coordination

Top Tip

Information can be given to the neutral players without disturbing the flow of the game that is essential for achieving successful combination play – such as body shape, angle of support, mobility, technical selection, etc.



Learn to Train

Station D - Small Sided Game

6v6 or 7v7 with retreat line

Organization

Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for quick restarts.

Procedure

Players play a normal game with all age and stage appropriate rules applied. Retreat line, offside, throw ins. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game.

Emphasis

Fun, creativity and celebrating!

Progression

1. Provide incentives for combination play (1 point for using a give & go to beat a player, bonus point for goals from a give & go, etc.)



Timing	Area
12 Minutes	45m x 30m (6v6) 50m x 30m (7v7) 70m x 50m(9v9)

Objective

For players to be able to play a give & go pass

Outcomes

All Players - will be able to play a give & go pass to go forward

Most Players – will be able to play a give & go pass with appropriate timing/weight

Some Players - will be able to play a give & go pass with appropriate timing/weight in any direction

Technical / Tactical	Psychological
Free Play	Fun Competitiveness Determination Self Confidence Awareness
Socio – Emotional	Physical
Problem Solving Decision Making Communication Celebration Cooperation	Acceleration Balance Coordination Strength

Top Tip

Allow players to lead their own debrief – it is another method a coach can use to assess learning but also understanding of the game (or its components).



Player Development Model

How it works

Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

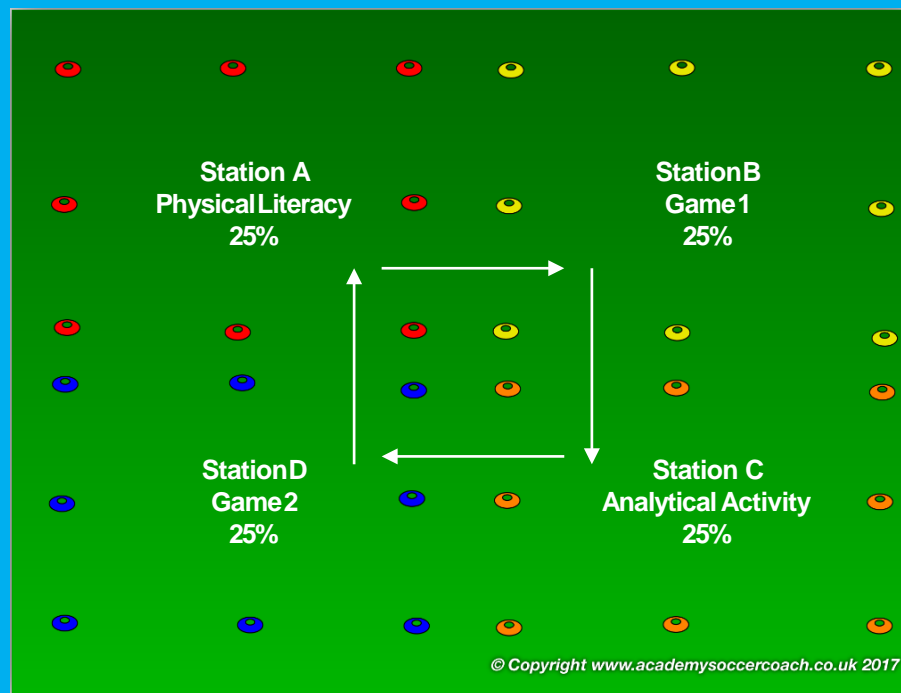
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Timing	Area
Total Time: 70 mins 4 x 12 minute Stations	30 x 30 m(x4)

Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	1	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
					Combination Play	2	2	2	1
					Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
					Retreat	3	3	3	3
					Recovery	3	3	3	3
					Compactness	3	3	3	2

Priority Key

High	1
Medium	2
Low	3
Not Applicable	4

Top Tip

Learn to Train

Station A - Physical Literacy

Coordination Nation



Organization

Four groups of players – 4 lanes with different equipment (cones/agility poles/ladder/hurdles).

Procedure

Players begin with an assigned task through each lane (shuffle, agility, ladder pattern, two-footed jump). Players then sprint to the yellow cone and execute a fundamental movement skill on the way back (ex. Bear crawl, crabwalk, military crawl, etc.).

Examples of Variables that can be changed:

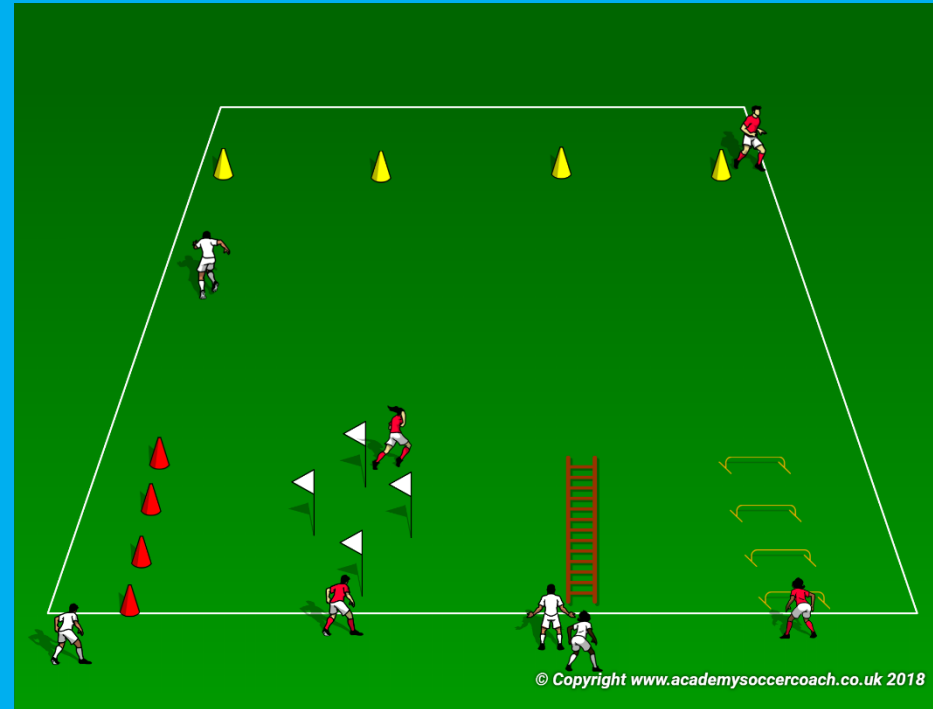
- 1) Fundamental Movement to the cone; sprint back
- 2) Players select the fundamental movements
- 3) Players carry a ball; dribble back (however they like)
- 4) Timing of next player starting (ex. When tagged, when the other starts their sprint, etc.)

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, demonstration of activity.

Progression

1. Play in a circle to induce chaos
2. Introduce competition (relay race)
3. Create a circuit for players to try (allow their input)



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Timing	Area
12 minutes	25m x 25m

Objective

For players to be able to be creative while dribbling

Outcomes

All Players - will be able to try something new when dribbling

Most Players – will be able to try something new with success when dribbling

Some Players - will be able to try several new things with success when dribbling

Technical / Tactical	Psychological
Ball Control Dribbling Running with the Ball	Fun Competitiveness Determination Self Confidence Awareness
Socio - Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Acceleration Balance Motor Skills Coordination

Top Tip

Be mindful of player's work:rest ratio – you want to ensure that every activity is as close to the game as possible relative to their actions and the rest between them

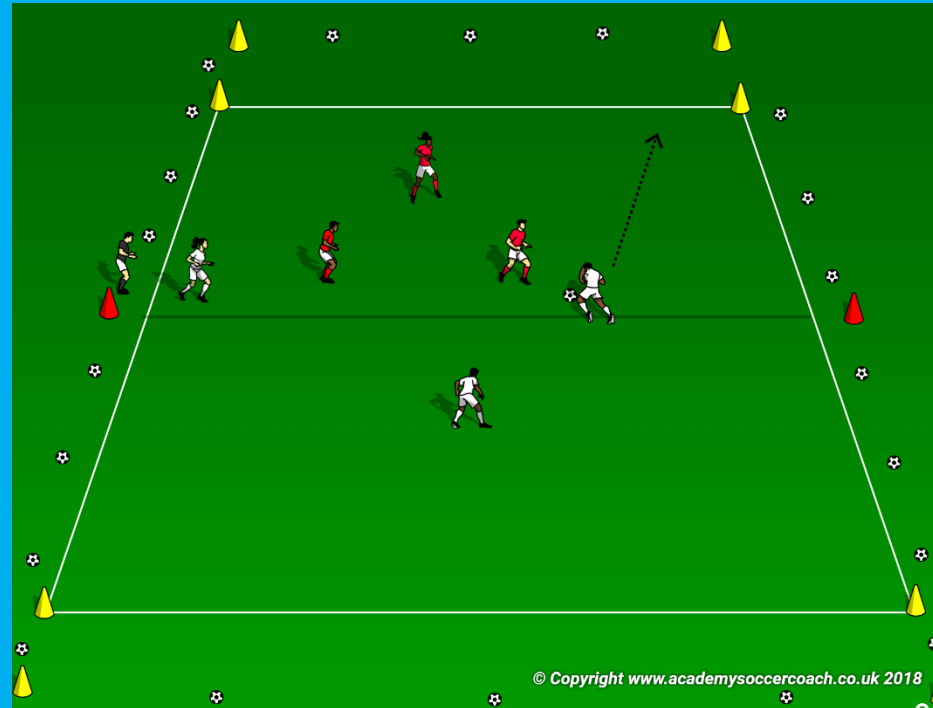
Learn to Train

Station B – Small Sided Game

3v3 End Zone Game



Organization
Players play a 3v3 game to an end zone (3-5m deep). Place balls on the outside of the grid to keep flow.
Procedure
Players attempt to score goals. Provide incentives to increase creativity through a point system – for example:
Pass into zone = 1 point Dribble into zone = 2 points Dribble into zone after beating a defender = 3 points Creative celebration = bonus 1 point Creative feint = bonus 2 points
Emphasis
Fun, Creating a safe environment, Positive reinforcement, Allowing players to make decisions, Demonstration of the activity
Progression
1. Allow players to create a point system



Timing	Area
12 Minutes	25m x 15m

Objective	
For players to be able to be creative while dribbling	
Outcomes	
All Players - will be able to try something new when dribbling	
Most Players – will be able to try something new with success when dribbling	
Some Players - will be able to try several new things with success when dribbling	
Technical / Tactical	Psychological
Passing Receiving Ball Control Dribbling Running with the Ball	Fun Competitiveness Determination Self Confidence Awareness
Socio -Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Acceleration Balance Motor Skills Coordination

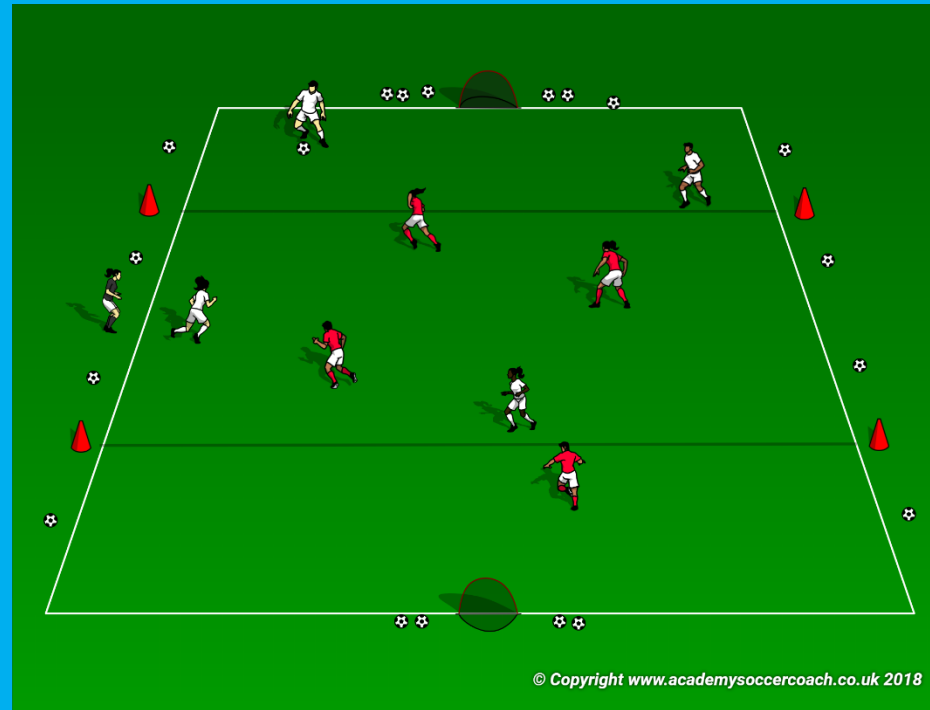
Top Tip

Explaining to players the WHY is very powerful! It enhances their understanding, learning, and likely, their buy-in to particular idea or piece of information.

Learn to Train

Station C – Analytical Activity

Challenge Collector!



Timing	Area
12 Minutes	35m x 20m

Organization
Two teams of 4. Players play 4v4 without GK's (or 3v3 with GK's). Place balls around the grid to keep flow.
Procedure
The game is played with rules as close to game day as possible (including the Retreat Line) for 5 minutes. Challenges are provided to players which upon completion they put on a coloured pinnie. For example: Orange = Meg an opponent, Blue = Score a goal after beating a defender, Yellow = Successfully use a feint, etc.
Two ways to win:
1) Outscore the opposition
2) Collect all the challenges as a team (Note that challenge completion supercedes the score)
Emphasis
Fun in a safe environment with positive reinforcement for desired behaviours as well encouragement to try new things.
Progression
1. Change the challenges after each game (allow players to come up with their own)
2. Winning clause: an individual OR all individuals on a team must complete all challenges

Top Tip Let players participate in the process of creating incentives or constraints – they can surprise us with some unique views on what is challenging to them!

Objective	
For players to be able to be creative while dribbling	
Outcomes	
All Players - will be able to try something new when dribbling	
Most Players – will be able to try something new with success when dribbling	
Some Players - will be able to try several new things with success when dribbling	
Technical / Tactical	Psychological
Passing Receiving Ball Control Dribbling Running with the Ball Shooting	Fun Competitiveness Determination Self Confidence Awareness
Socio -Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Acceleration Balance Motor Skills Coordination



Learn to Train

Station D - Small Sided Game

6v6 or 7v7 with retreat line

Organization

Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for quick restarts.

Procedure

Players play a normal game with all age and stage appropriate rules applied. Retreat line, offside, throw ins. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game.

Emphasis

Fun, creativity and celebrating!

Progression

1. Provide incentives for combination play (1 point for using a give & go to beat a player, bonus point for goals from a give & go, etc.)



Timing	Area
12 Minutes	45m x 30m(6v6) 50m x 30m(7v7) 70m x 50m(9v9)

Objective

For players to be able to be creative while dribbling

Outcomes

- All Players** - will be able to try something new when dribbling
- Most Players** – will be able to try something new with success when dribbling
- Some Players** - will be able to try several new things with success when dribbling

Technical / Tactical	Psychological
Free Play	Fun Competitiveness Determination Self Confidence Awareness
Socio – Emotional	Physical
Problem Solving Decision Making Communication Celebration Cooperation	Acceleration Balance Coordination Strength

Top Tip

Try to use different methods of demonstrating a desired outcome – verbal, visual (video/white board), demo (coach or player), etc.



Player Development Model

How it works

Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

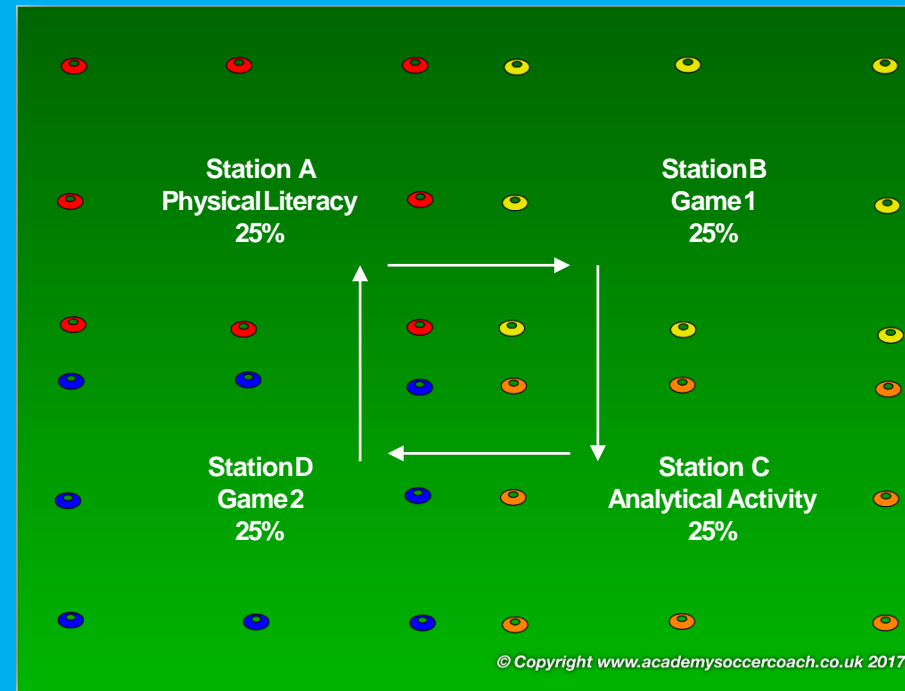
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Timing	Area
Total Time: 70 mins 4 x 12 minute Stations	30 x 30 m(x4)

Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	1	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
					Combination Play	2	2	2	1
					Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
					Retreat	3	3	3	3
					Recovery	3	3	3	3
					Compactness	3	3	3	2

Priority Key

High	1
Medium	2
Low	3
Not Applicable	4

Learn to Train

Station A - Physical Literacy

Coordination Nation



Organization

Four groups of players – 4 lanes with different equipment (cones/agility poles/ladder/hurdles).

Procedure

Players begin with an assigned task through each lane (shuffle, agility, ladder pattern, two-footed jump). Players then sprint to the yellow cone and execute a fundamental movement skill on the way back (ex. Bear crawl, crabwalk, military crawl, etc.).

Examples of Variables that can be changed:

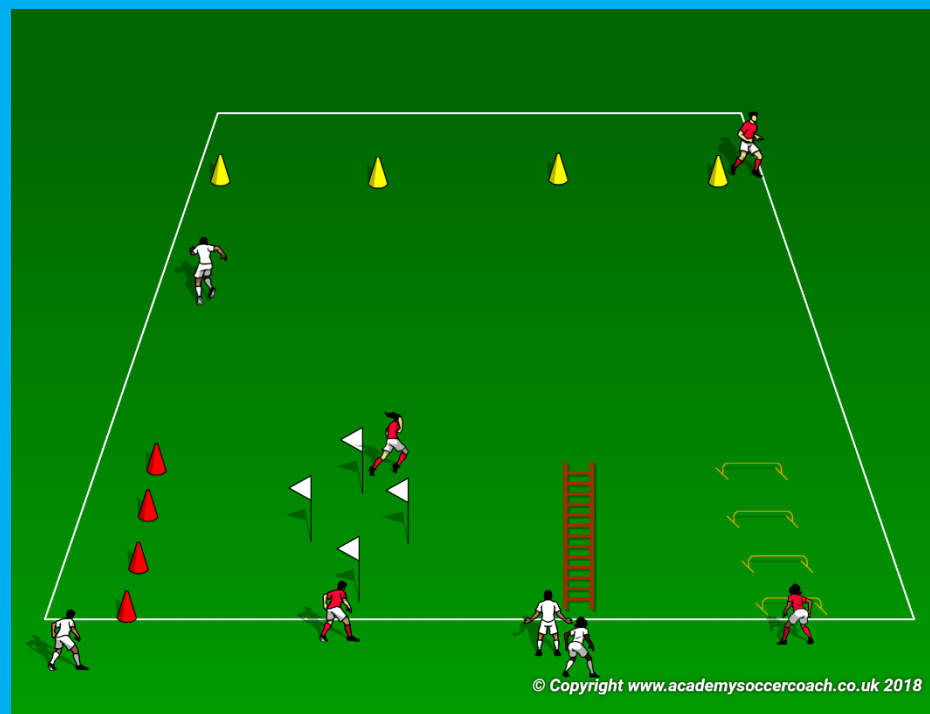
- 1) Fundamental Movement to the cone; sprint back
- 2) Players select the fundamental movements
- 3) Players carry a ball; dribble back (however they like)
- 4) Timing of next player starting (ex. When tagged, when the other starts their sprint, etc.)

Emphasis

Creating a safe environment, positive reinforcement, allow decision making, demonstration of activity.

Progression

1. Play in a circle to induce chaos
2. Introduce competition (relay race)
3. Create a circuit for players to try (allow their input)



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Timing	Area
12 minutes	25m x 25m

Objective

For players to be able to be creative while dribbling

Outcomes

All Players - will be able to try something new when dribbling

Most Players – will be able to try something new with success when dribbling

Some Players - will be able to try several new things with success when dribbling

Technical / Tactical	Psychological
Ball Control Dribbling Running with the Ball	Fun Competitiveness Determination Self Confidence Awareness
Socio - Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Acceleration Balance Motor Skills Coordination

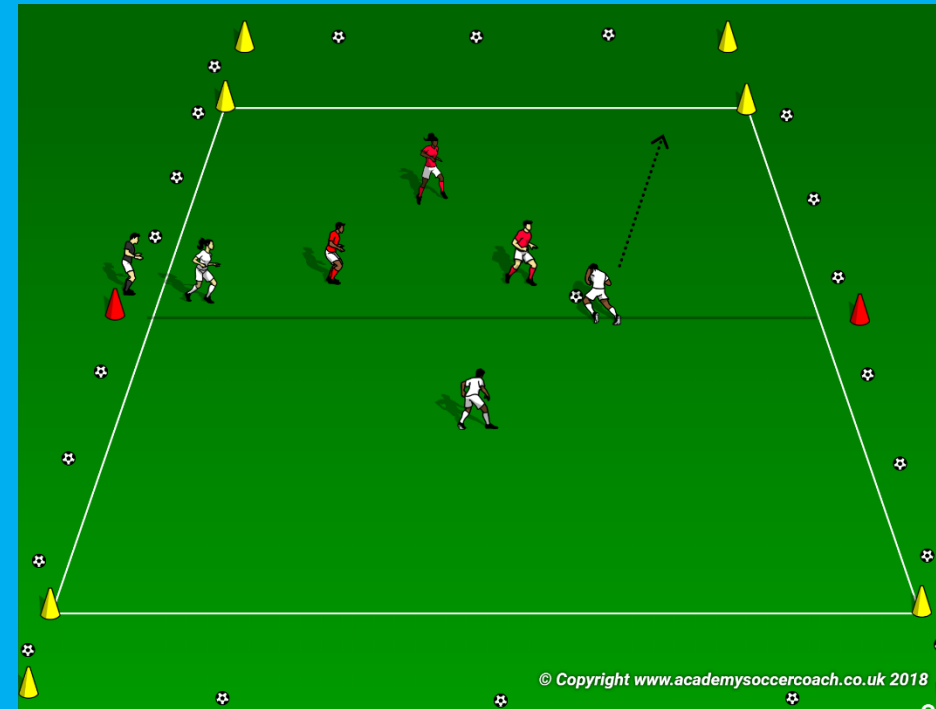
Top Tip

Be mindful of player's work:rest ratio – you want to ensure that every activity is as close to the game as possible relative to their actions and the rest between them

Learn to Train

Station B – Small Sided Game

3v3 End Zone Game



Timing	Area
12 Minutes	25m x 15m

Organization
Players play a 3v3 game to an end zone (3-5m deep). Place balls on the outside of the grid to keep flow.
Procedure
Players attempt to score goals. Provide incentives to increase creativity through a point system – for example:
Pass into zone = 1 point Dribble into zone = 2 points Dribble into zone after beating a defender = 3 points Creative celebration = bonus 1 point Creative feint = bonus 2 points
Emphasis
Fun, Creating a safe environment, Positive reinforcement, Allowing players to make decisions, Demonstration of the activity
Progression
1. Allow players to create a point system

Objective	
For players to be able to be creative while dribbling	
Outcomes	
All Players - will be able to try something new when dribbling	
Most Players – will be able to try something new with success when dribbling	
Some Players - will be able to try several new things with success when dribbling	
Technical / Tactical	Psychological
Passing Receiving Ball Control Dribbling Running with the Ball	Fun Competitiveness Determination Self Confidence Awareness
Socio -Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Acceleration Balance Motor Skills Coordination

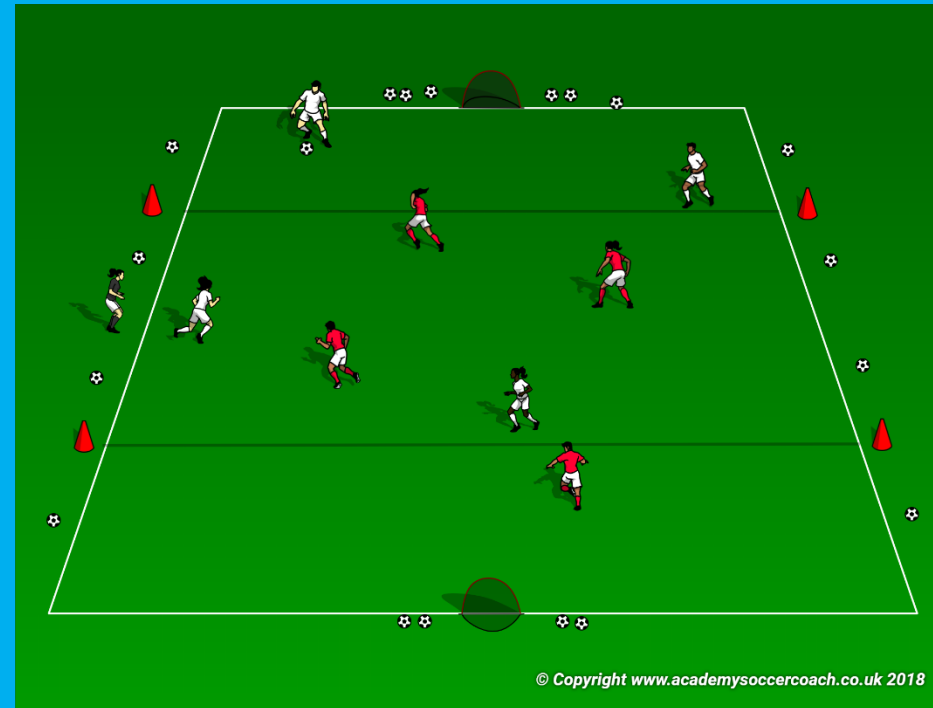
Top Tip

Explaining to players the WHY is very powerful! It enhances their understanding, learning, and likely, their buy-in to particular idea or piece of information.

Learn to Train

Station C – Analytical Activity

Challenge Collector!



Organization
Two teams of 4. Players play 4v4 without GK's (or 3v3 with GK's). Place balls around the grid to keep flow.
Procedure
The game is played with rules as close to game day as possible (including the Retreat Line) for 5 minutes. Challenges are provided to players which upon completion they put on a coloured pinnie. For example: Orange = Meg an opponent, Blue = Score a goal after beating a defender, Yellow = Successfully use a feint, etc.
Two ways to win:
1) Outscore the opposition
2) Collect all the challenges as a team (Note that challenge completion supercedes the score)
Emphasis
Fun in a safe environment with positive reinforcement for desired behaviours as well encouragement to try new things.
Progression
1. Change the challenges after each game (allow players to come up with their own)
2. Winning clause: an individual OR all individuals on a team must complete all challenges

Timing	Area
12 Minutes	35m x 20m

Objective	
For players to be able to be creative while dribbling	
Outcomes	
All Players - will be able to try something new when dribbling	
Most Players – will be able to try something new with success when dribbling	
Some Players - will be able to try several new things with success when dribbling	
Technical / Tactical	Psychological
Passing Receiving Ball Control Dribbling Running with the Ball Shooting	Fun Competitiveness Determination Self Confidence Awareness
Socio -Emotional	Physical
Problem Solving Decision Making Cooperation Communication	Acceleration Balance Motor Skills Coordination

Top Tip

Let players participate in the process of creating incentives or constraints – they can surprise us with some unique views on what is challenging to them!



Learn to Train

Station D - Small Sided Game

6v6 or 7v7 with retreat line

Organization

Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for quick restarts.

Procedure

Players play a normal game with all age and stage appropriate rules applied. Retreat line, offside, throw ins. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game.

Emphasis

Fun, creativity and celebrating!

Progression

1. Provide incentives for beating an opponent or breaking a line (1 point for each, etc.)



Timing	Area
12 Minutes	45m x 30m(6v6) 50m x 30m(7v7) 70m x 50m(9v9)

Objective

For players to be able to be creative while dribbling

Outcomes

- All Players** - will be able to try something new when dribbling
- Most Players** – will be able to try something new with success when dribbling
- Some Players** - will be able to try several new things with success when dribbling

Technical / Tactical	Psychological
Free Play	Fun Competitiveness Determination Self Confidence Awareness
Socio – Emotional	Physical
Problem Solving Decision Making Communication Celebration Cooperation	Acceleration Balance Coordination Strength

Top Tip

Try to use different methods of demonstrating a desired outcome – verbal, visual (video/white board), demo (coach or player), etc.

Learnto Train

Station A-Physical Literacy

Escape to Victory!



Organization

4 in red and 4 in white. The white players cover all 4 sides of the 10m x 10m square. The Red players start outside the square next to the mini goals. For 12 players set up the activity twice with 6 players, or increase the area size to 15x10 so all players are involved and moving .

Procedure

Begin with no ball to allow focus on the area of the body that is being developed. Consider different ways the players can move to change the physical focus, crawling (upper body) 2 foot jumping (hamstrings, calves and quadriceps)

The red player must get across the square without being tagged by the white player. 2 points for all the way across and 1 point for diagonally across. The white player can only move laterally, along the lines. Play for 45 seconds and swap OR swap every time a player is tagged so the game is continuous.

Emphasis

Fun, allowing the players to make decisions, maintaining a safe environment, providing positive reinforcement and demonstration of the activity.

Progression

Play with the ball. Players use their feet to dribble. The white player can steal and score for a point. The red player can get 3 points if they go all the way across and score in a mini goal.



Timing	Area
12 Minutes	10 m x 10m

Objective

To create space to receive and attack fast

Outcomes

All Players - Create space, take their first touch forward and pass forward, dribble or shoot

Most Players - Create space, take their first touch towards the goal and assist a shot or shoot on target

Some Players - Create space, disguise the direction of the first touch and create an assist or score a goal

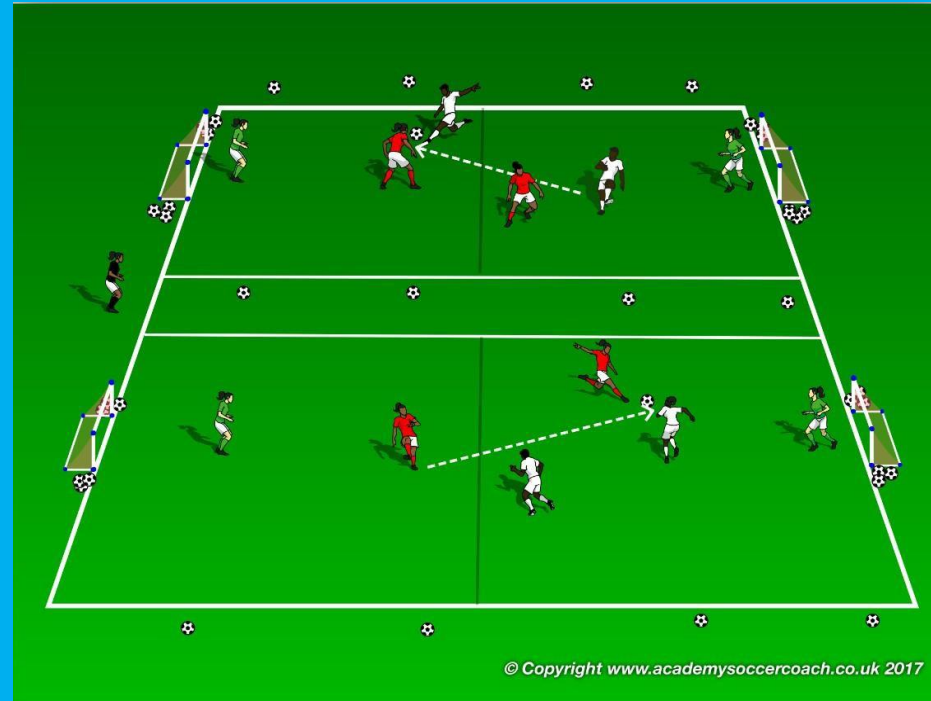
Technical / Tactical	Psychological
Dribbling Finishing Receiving	Safety Fun Decision making
Socio -Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Inspire players by setting scene of the session, sharing some footage on a cell phone or table of the professional players 1v1 attacking or show them the great 1v1 dribblers such as Maradona, Ronaldo, Ronaldinho, Messi, Cristiano Ronaldo, Marta, Necib and Morgan. Ask them what they notice, allow them to try and replicate in the session ahead.

Learn to Train

Station B- Small Sided Game 3v3 with retreat line



Timing	Area
12 Minutes	20m x 25m (Two 20m x 12m fields)

Organization
Players are broken up into 4 groups of 3. Balls between the two target goals.
Procedure
<p>Players play 3v3. If the ball goes out of play, play is restarted from the goalkeeper.</p> <p>After 3 minutes, rotate the teams. Make sure goalkeepers also rotate and play out field.</p> <p>Include celebrations with team mates, high 5's, come up with their own etc.</p>
Emphasis
Fun, creating a safe environment, positive reinforcement, allowing players to make decisions, demonstration of the activity
Progression
N/A

Objective	
To create space to receive and attack fast	
Outcomes	
<p>All Players - Create space, take their first touch forward and pass forward, dribble or shoot</p> <p>Most Players - Create space, take their first touch towards the goal and assist a shot or shoot on target</p> <p>Some Players - Create space, disguise the direction of the first touch and create an assist or score a goal</p>	
Technical / Tactical	Psychological
Shooting Finishing Receiving	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

Learn to Train

Station C-Analytical Activity 1v1 to Goal with retreat line



Organization

12 players are placed in to 3 groups of 4. In the groups of 4, players are divided in to 2 teams. Then one player plays as an outfield player while the other plays in goal.

Procedure

Players play 1v1 for 1 minute and try and score past the opposition goalkeeper. If the ball goes out of play, the goalkeeper plays in the ball while the defender drops behind the retreat line.

After 1 minute, they swap roles and play again.

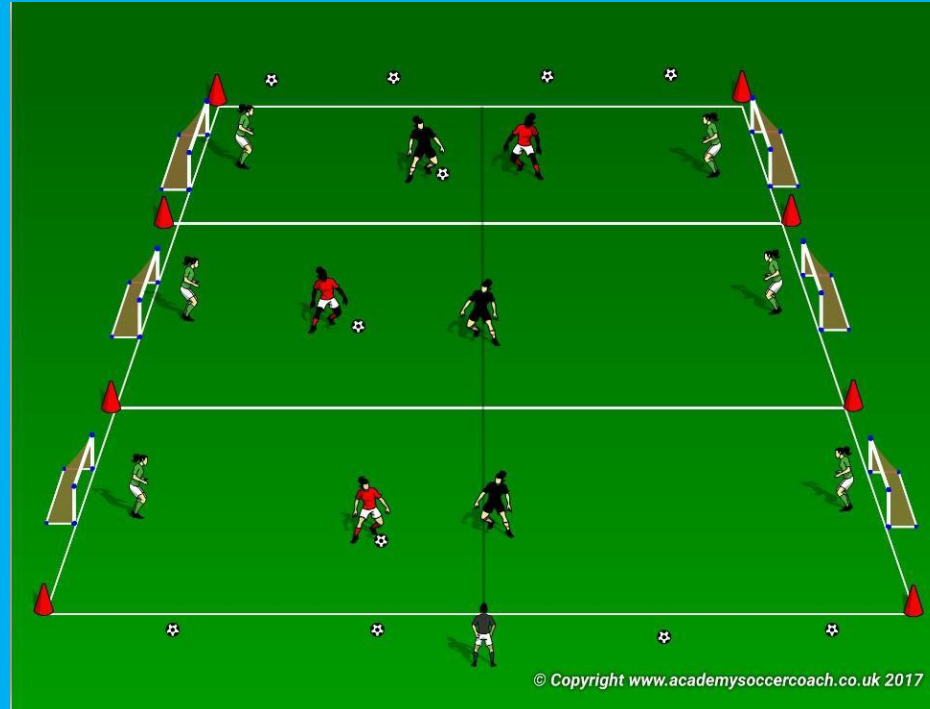
Winning team moves up to play the winners of the previous game. Winners on the top pitch (FA Cup Final) stay where they are. The team that lost in the FA Cup Final goes down to the bottom pitch (1/4 final) to play the losers of the previous 1/4 final.

Emphasis

Fun, positive reinforcement, allowing players to make decisions, demonstration of the activity

Progression

Can change so only individual players move on rather than in teams of 2.



Timing	Area
12 Minutes	20m x 40m 20m x 12m (set up 3 times)

Objective

To create space to receive and attack fast

Outcomes

All Players - Create space, take their first touch forward and pass forward, dribble or shoot

Most Players - Create space, take their first touch towards the goal and assist a shot or shoot on target

Some Players - Create space, disguise the direction of the first touch and create an assist or score a goal

Technical / Tactical	Psychological
Receiving Dribbling Shooting Finishing	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

It's important that players can make decisions that are in context to the game. Think about starting position, movement, direction and speed in relation to the game.

Learn to Train

Station D- Small Sided Game 6v6 or 7v7 with retreat line



Organization
Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart.
Procedure
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offside, throw ins. If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
12 Minutes	45m x 30m (6v6) 50m x 30m (7v7) 70m x 50m (9v9)

Objective	
To create space to receive and attack fast	
Outcomes	
All Players - Create space, take their first touch forward and pass forward, dribble or shoot	
Most Players - Create space, take their first touch towards the goal and assist a shot or shoot on target	
Some Players - Create space, disguise the direction of the first touch and create an assist or score a goal	
Technical / Tactical	Psychological
Receiving Dribbling Shooting Finishing	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.

Player Development Model

How it works



Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

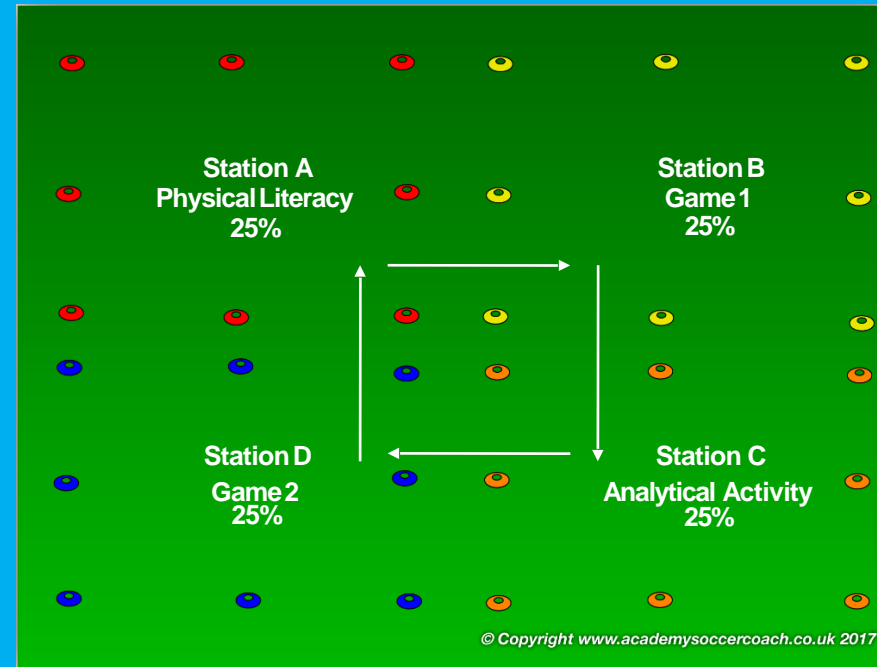
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	3	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	2	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
Priority	Key				Switching Play	4	4	4	3
High		1			Combination Play	2	2	2	1
			1		Zonal Defending	4	4	4	4
Medium				2	Pressing	3	2	2	2
Low					Retreat	3	3	3	3
				3	Recovery	3	3	3	3
					Compactness	3	3	3	2
Not Applicable				4					

Top Tip

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Learnto Train

Station A-Physical Literacy

Bal Tag



Organization

2v2 (or 3v3 if two coaches) in an 8mx8m area. One ball needed with spare balls placed around the outside.

Procedure

The player in possession of the ball is the only person that is allowed to tag the opposing team. However, they cannot run with the ball. As soon as they tag the opponent they get a point, transition happens. Play for 2 minutes and winning team moves on in a competition ladder. Create a final square.

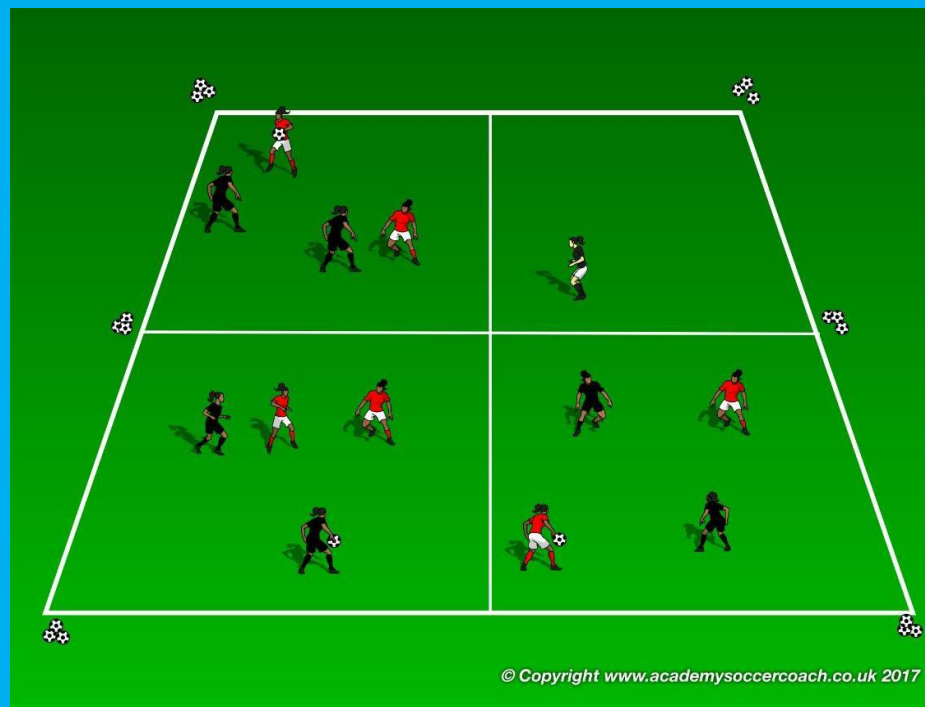
Note: Encourage the receiving player to receive the ball close to the opponent so they can tag them.

Emphasis

Allowing the players to make decisions, maintaining a safe environment, providing positive reinforcement and demonstration of the activity.

Progression

Play with the ball on the floor and players use their feet, the player with the ball can dribble and tag.



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Timing	Area
12 Minutes	16 m x 16m (4 grids of 8mx 8m)

Objective

To create space to receive and attack fast

Outcomes

All Players - Create space, take their first touch forward and pass forward, dribble or shoot

Most Players - Create space, take their first touch towards the goal and assist a shot or shoot on target

Some Players - Create space, disguise the direction of the first touch and create an assist or score a goal

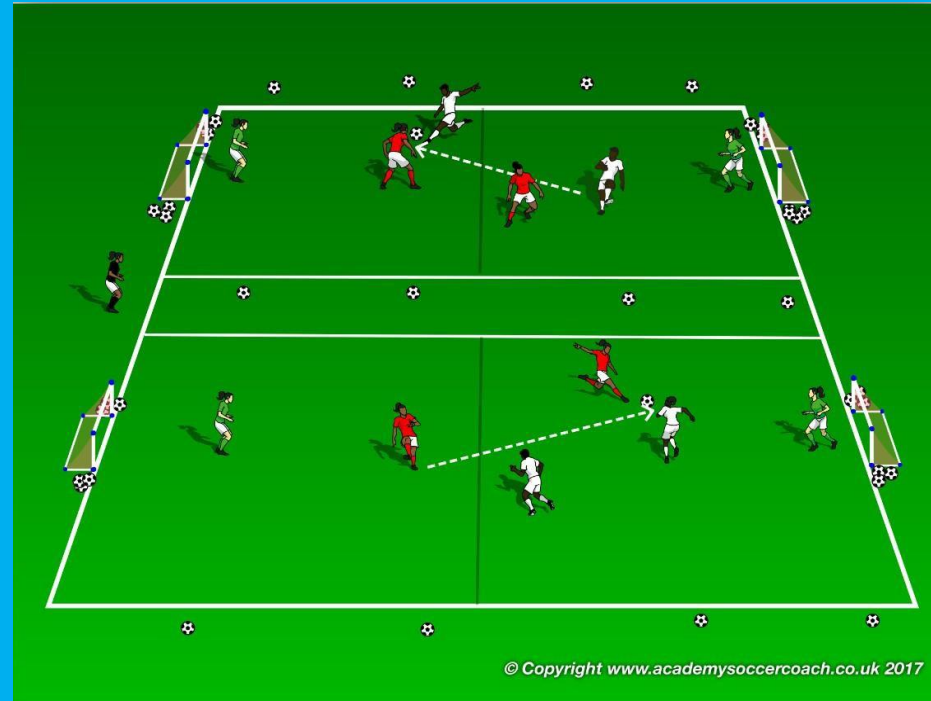
Technical / Tactical	Psychological
Dribbling Finishing Receiving	Safety Fun Decision making
Socio -Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Learn to Train

Station B- Small Sided Game 3v3 with retreat line



Organization
Create two mini fields, 20x12m. Balls between the two target goals.
Procedure
Players play 3v3. If the ball goes out of play, play is restarted from the goalkeeper. After 3 minutes, rotate the teams. Make sure goalkeepers also rotate and play out field. Include celebrations with team mates, high 5's, come up with their own etc.
Emphasis
Fun, creating a safe environment, positive reinforcement, allowing players to make decisions, demonstration of the activity
Progression
N/A



Timing	Area
12 Minutes	20m x 25m (Two 20m x 12m fields)

Objective	
To create space to receive and attack fast	
Outcomes	
All Players - Create space, take their first touch forward and pass forward, dribble or shoot	
Most Players - Create space, take their first touch towards the goal and assist a shot or shoot on target	
Some Players - Create space, disguise the direction of the first touch and create an assist or score a goal	
Technical / Tactical	Psychological
Shooting Finishing Receiving	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

Learnto Train

Station C-Activity

1v1to Goal



Organization

12 players are placed in to 3 groups of 4.
One starts as the server with the ball, another as an attacker, a third player as a defender and the final player as a goalkeeper.

Procedure

Server passes the ball toattacker who receives from wherever they want to receive from and try to score past the goalkeeper. If the defender wins the ball, they can score on the small target goal.

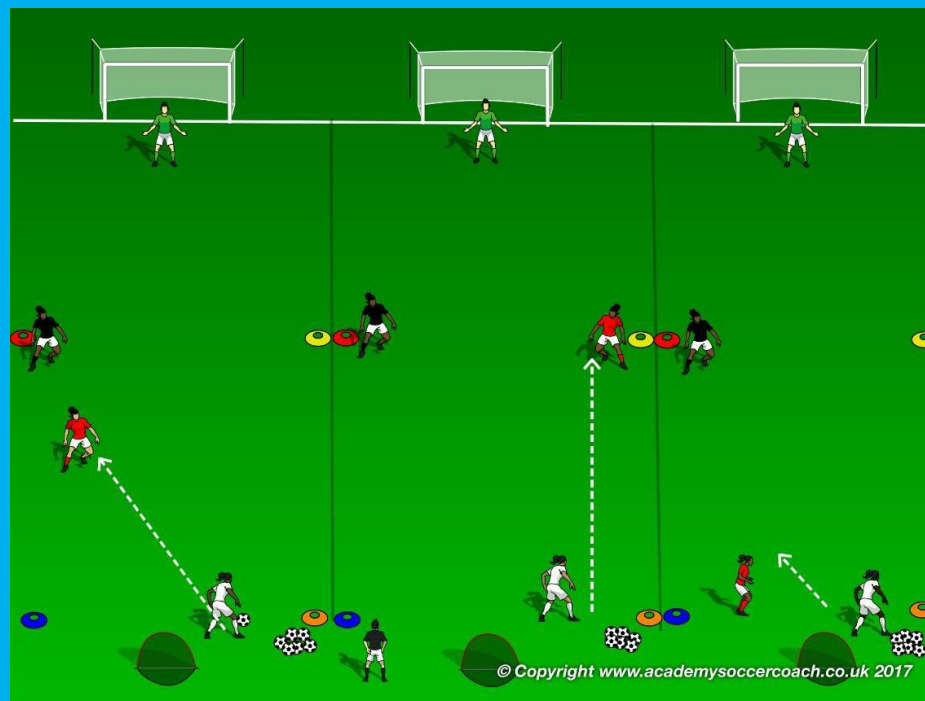
If the ball goes out of play. The turn is over and all player rotate. Server becomes the attacker,attacker → defender, defender → GK, GK→server. After 3 minutes whoever scores the most goals moves on to playing area on the right. The player with the least goals scored on the right field (as shown in diagram) goes tothe field on the left.

Emphasis

Fun, positive reinforcement, allowing players to make decisions, demonstration of theactivity

Progression

Move the defenders starting point so they can pressure fromthe yellow cone (right,behind), blue cone (left, side) and orange (right,side)cone.



Timing	Area
12 Minutes	20m x 30m 20m x 10m (set up 3 times)

Objective

To create space to receive and attackfast

Outcomes

All Players - Create space, take their first touch forward and pass forward, dribble orshoot
Most Players - Create space, take their first touch towards the goal and assist a shot or shoot on target
Some Players - Create space, disguise the directionof the first touch and crate an assist or score a goal

Technical / Tactical	Psychological
Receivin Dribbling Shooting Finishing	Safety Decision making Fun
Socio -Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

It's important that players can make decisions that are in context to the game. Think about starting position, movement, direction and speed in relation to the game.

Learn to Train

Station D- Small Sided Game 6v6 or 7v7 with retreat line



Organization
Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart.
Procedure
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offside, throw ins. If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
12 Minutes	50m x 30m (6v6) 70m x 50 m (9v9)

Objective	
To create space to receive and attack fast	
Outcomes	
All Players - Create space, take their first touch forward and pass forward, dribble or shoot	
Most Players - Create space, take their first touch towards the goal and assist a shot or shoot on target	
Some Players - Create space, disguise the direction of the first touch and create an assist or score a goal	
Technical / Tactical	Psychological
Receiving Dribbling Shooting Finishing	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.

Player Development Model

How it works



Introduction

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Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

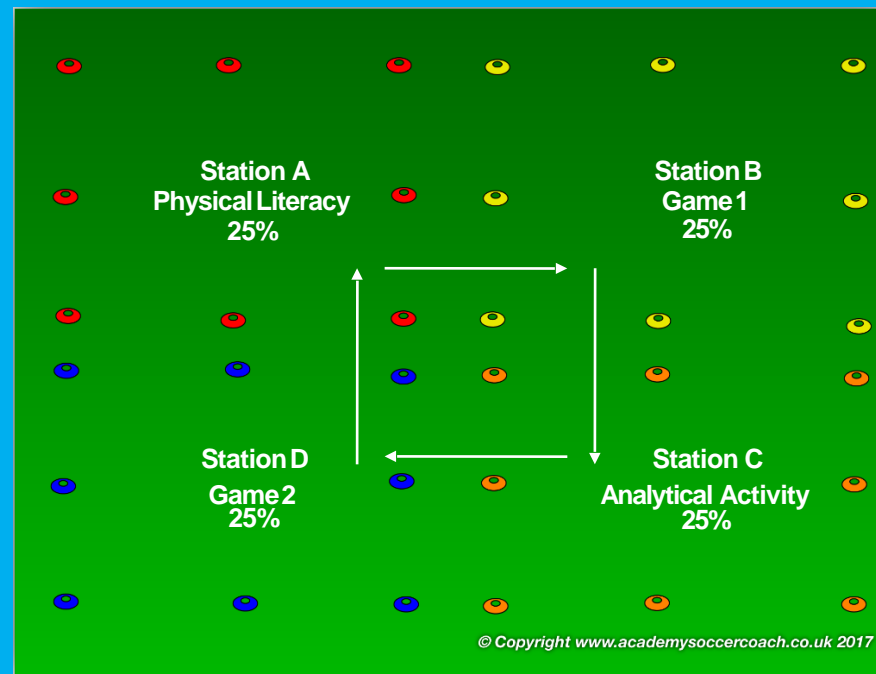
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	3	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	2	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
Priority	Key				Switching Play	4	4	4	3
High		1			Combination Play	2	2	2	1
			1		Zonal Defending	4	4	4	4
Medium				2	Pressing	3	2	2	2
Low					Retreat	3	3	3	3
				3	Recovery	3	3	3	3
					Compactness	3	3	3	2
Not Applicable				4					

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Station A-Physical Literacy

Bal Tag



Organization

2v2 in an 8m x 8m area. One ball needed per group with spare balls placed around the outside.

Procedure

The player in possession of the ball is the only person that is allowed to tag the opposing team. However, they cannot run with the ball. As soon as they tag the opponent they get a point, transition happens.

Note: Encourage the receiving player to receive the ball close to the opponent so they can tag them.

Emphasis

Decision making, awareness and fun!

Progression

Play with the ball on the floor and players use their feet, the player with the ball can dribble and tag.



Timing	Area
15 Minutes	20 x 20m

Objective

To beat a player in a 1v1 situation

Outcomes

All Players - Can beat a player in a 1v1 situation

Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required

Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required

Technical / Tactical	Psychological
Receiving on the safe side Shielding Turning Combination Play	Fun Confidence Awareness Competitiveness Self Control Determination
Socio - Emotional	Physical
Problem Solving Communicating Listening Decision Making Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Learn to Train

Station B- Small Sided Game 2v2 with retreat line



Organization
Create three mini fields, 12x15 yards. Balls around the perimeter.
Procedure
Players play 2v2. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors to settle a tied game. Include celebrations with team mates, high5's, come up with their own etc.
Emphasis
Free Play and FUN!
Progression
N/A



Timing	Area
15 Minutes	15 m x 12 m (Set up 3 times)

Objective	
To beat a player in a 1v1 situation	
Outcomes	
All Players - Can beat a player in a 1v1 situation	
Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required	
Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required	
Technical / Tactical	Psychological
Dribbling Receiving Passing Finishing	Fun Confidence Being safe Reactions
Socio -Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

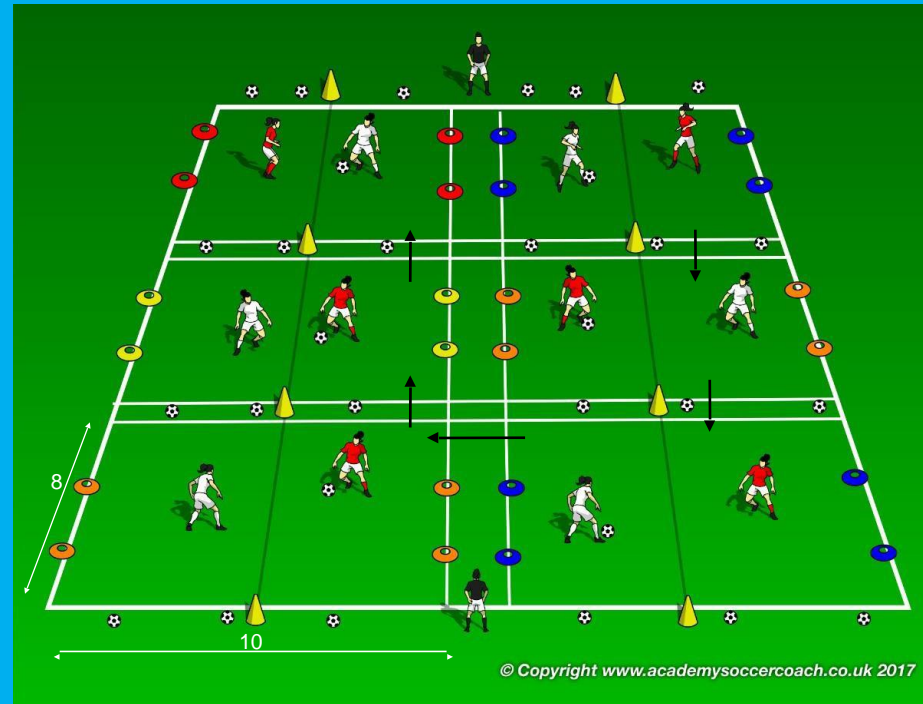
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Station C- Analytical

The World Cup



Organization
2 players are placed in a 10m x 8m area with a ball. This is set up 6 times as shown in the diagram. All spare balls are placed on the outside. Allow spaces between each field for safety.
Procedure
Players play 1v1 and try to dribble over the end line to score, once they have done that, they retreat back into their own half behind the yellow tall cones.
Play for 1 minute. Move players on in a ladder (black arrows show rotation) to move in the World Cup Final / Red Square. (Rock, paper, scissors decides a tied game)
Emphasis
Imagination Creativity Celebrating
Progression
Players dribble through the goals that are placed on the end line (as shown in the diagram)



Timing	Area
15 Minutes	25x25m grid Each field is 10m x 8m

Objective	
To beat a player in a 1v1 situation	
Outcomes	
All Players - Can beat a player in a 1v1 situation	
Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required	
Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required	
Technical / Tactical	Psychological
Dribbling Receiving Passing Safe Side dribbling	Fun Confidence Being safe Reactions
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

The most important focus at this age is the continued development of physical literacy and the recognition that individual technique development is paramount.

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Station D- Small Sided Game 3v3 with retreat line



Organization
Two teams of 3v3 are placed on to a 20x15 field with 1 or 2 goals at each end.
Procedure
Players play 3v3 for two minutes. After time is up, rotate the teams so the two winning teams face each other. Repeat.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
15 Minutes	15 m x 20 m (set up twice)

Objective	
To beat a player in a 1v1 situation	
Outcomes	
All Players - Can beat a player in a 1v1 situation	
Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required	
Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required	
Technical / Tactical	Psychological
Dribbling Receiving Passing Safe Side dribbling	Fun Confidence Being safe Reactions
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip When communicating with young players it's important to get down to their eye level rather than towering above them. This can be intimidating for young children.



Player Development Model

How it works

Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organisation

If working with a larger group, organize players into groups of 6. Each station has a coach who leads that specific station for the session.

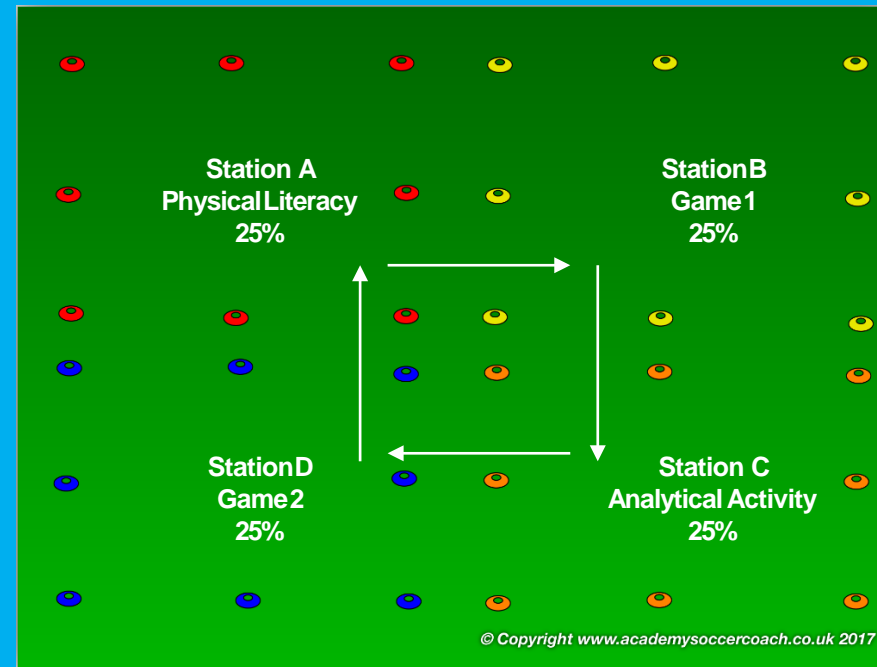
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Timing	Area
Total Time: 70 mins 4 x 10 minute Stations	20 x 20 m (x4)

Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	3	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	2	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
Priority	Key				Counter Attacking	4	4	4	4
High		1			Switching Play	4	4	4	3
Medium		2			Combination Play	2	2	2	1
Low		3			Zonal Defending	4	4	4	4
Not Applicable		4			Pressing	3	2	2	2
					Retreat	3	3	3	3
					Recovery	3	3	3	3
					Compactness	3	3	3	2

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Station A

Physical Literacy - Retrieval



Organization
25 x 25 m. Players are in groups of 3. Each group with 1 ball.
Procedure
Each group gives their ball to the coach and the coach throws the ball into space. The group has to retrieve the ball and bring it back to the coach as fast as possible. The coach will tell the players how the ball has to be brought back, e.g. all players hopping on their right foot with each of them touching the ball. The coach will ask the players for solutions on other ways of bring the ball back to coach.
Emphasis
Teamwork, Creativity, Speed and Fun
Progression
Progress within groups 2v1 and attackers look to beat defender to get the ball to the coach. Rotate until each player defendsonce.



Timing	Area
10 Minutes	25 x 25m

Technical / Tactical	Psychological
Passing Receiving	Fun Being safe Decision making Confidence
Socio - Emotional	Physical
Problem Solving Communicating Listening Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

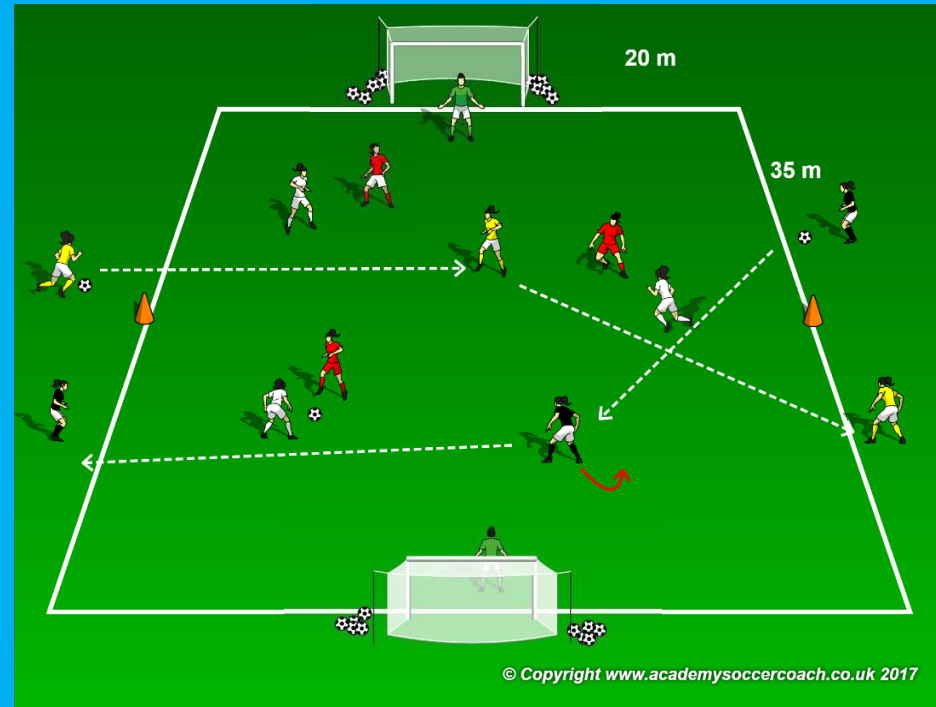
Coaches need to be positive role models that respects and encourages all players



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Station B

Small Sided Game – Crossing the Highway



Timing	Area
9 Minutes	20 x 35m

Organization
20 x 35 m. 4 teams of 3 and 2 Goalkeepers. Retreat line in place athalf.
Procedure
Reds and Whites play 4v4 to goal in the North to South direction.
The yellow and white players, will have two players positioned on the outside of the playing area and one inside. The player on the inside of the area, will look to find space to receive ball from one teammate and switch play to the other. Both activities take place simultaneously. Rotate the players in the middle after 3 passes. After 2 minutes, swap over to yellows play against black and red and white do the passing and receiving.
Emphasis
FUN, Awareness, Decision Making, Passingand Receiving, Dribbling, Finishing.
Progression

Technical	Psychological
Dribbling Receiving Passing Finishing Turning with ball	Confidence Awareness Decision Making FUN
Social	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Enable children to have a fun and rewarding experience while competing in small sided games

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Station C

Analytical - Mind the Gap



Organization

30 x 30m. 3 teams of 4. Each team with a ball. 1 team to be placed outside of grid. 2 teams to be placed inside the grid.

Procedure

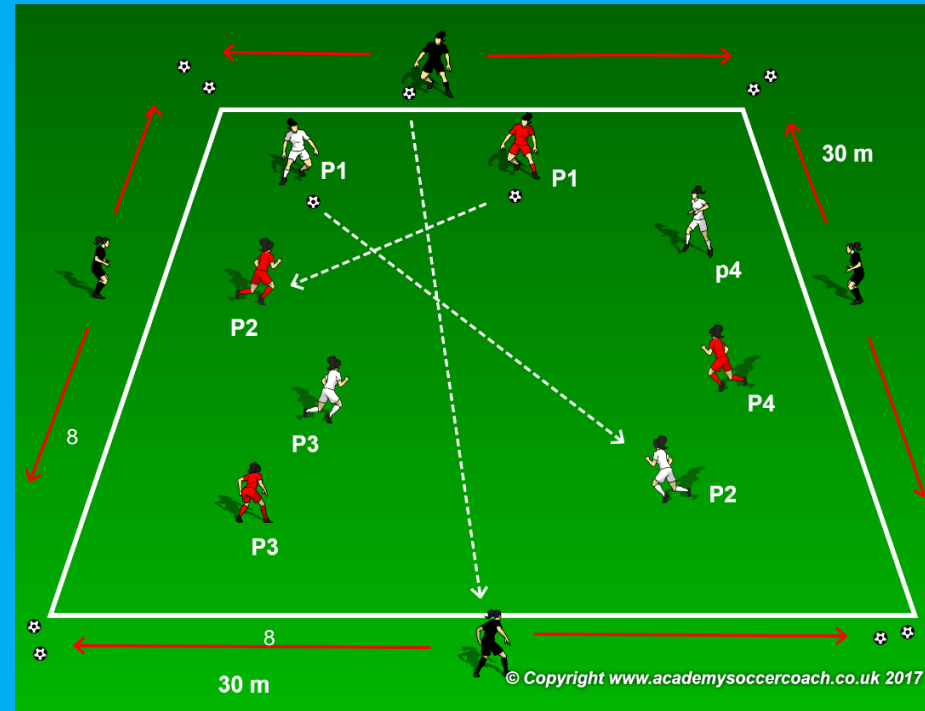
The team on the outside of the grid, must pass to each other without hitting the players in the middle.

The players inside the grid, must pass within their team's number 1-4. Player 1 must pass to player 2, player 2 must next pass to player 3 within their own team etc.

Emphasis

Decision making, awareness and fun!

Progression



Timing	Area
10 Minutes	30 x 30m

Technical / Tactical

Passing
Receiving
Scanning
Support

Socio - Emotional

Problem Solving
Communicating
Teamwork

Psychological

Being safe
Decision making
Awareness
FUN

Physical

Agility
Balance
Co-ordination
Change of Speed
Change of Direction

Top Tip

Coaches need to create an environment where players can self-discover their own creativity

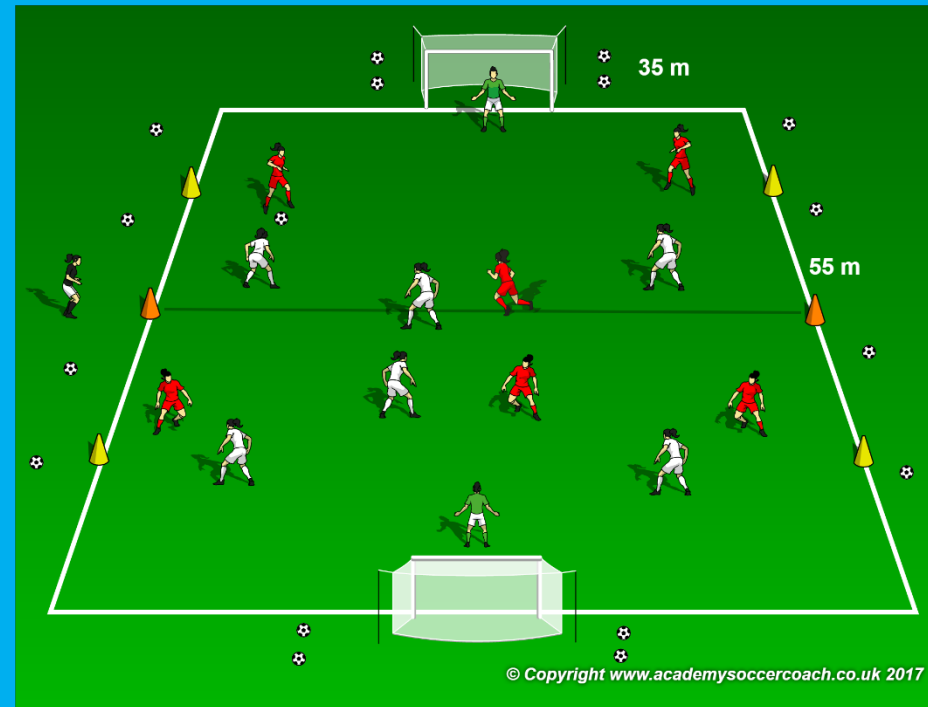
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Station D

Small Sided Game - Super Sevens



Organization
35 x 55 m. Play 7v7. 6 outfield players in one colour and 6 outfield players in another. Goalkeepers wear a third colour. Balls are placed around the outside for quick re-starts. Retreat line in place on the thirds and shown by cones.
Procedure
Players play all rules of a normal 7v7 game.
Emphasis
Running with the ball, allowing the players to make their own decisions, free play and fun
Progression
N/A



Timing	Area
10 Minutes	35 x 55m

Technical / Tactical	Psychological
Running with the ball Passing Receiving Support Penetration Mobility	Fun Being safe Decision making Attacking mindset
Socio -Emotional	Physical
Problem Solving Communicating Teamwork	Change of Speed Change of Direction

Top Tip The U8-U11 female and U9-U12 male age group is the third stage of soccer development that our players go through, commonly known as the “golden age of learning”.

Player Development Model

How it works



Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

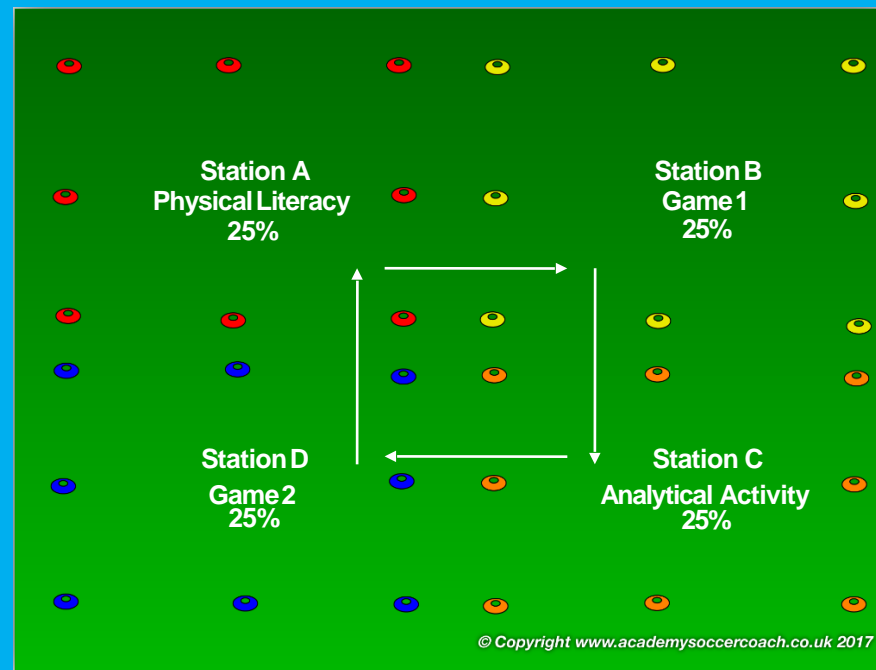
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	3	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	2	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
Priority	Key				Switching Play	4	4	4	3
High		1			Combination Play	2	2	2	1
			1		Zonal Defending	4	4	4	4
Medium				2	Pressing	3	2	2	2
Low					Retreat	3	3	3	3
				3	Recovery	3	3	3	3
					Compactness	3	3	3	2
Not Applicable				4					

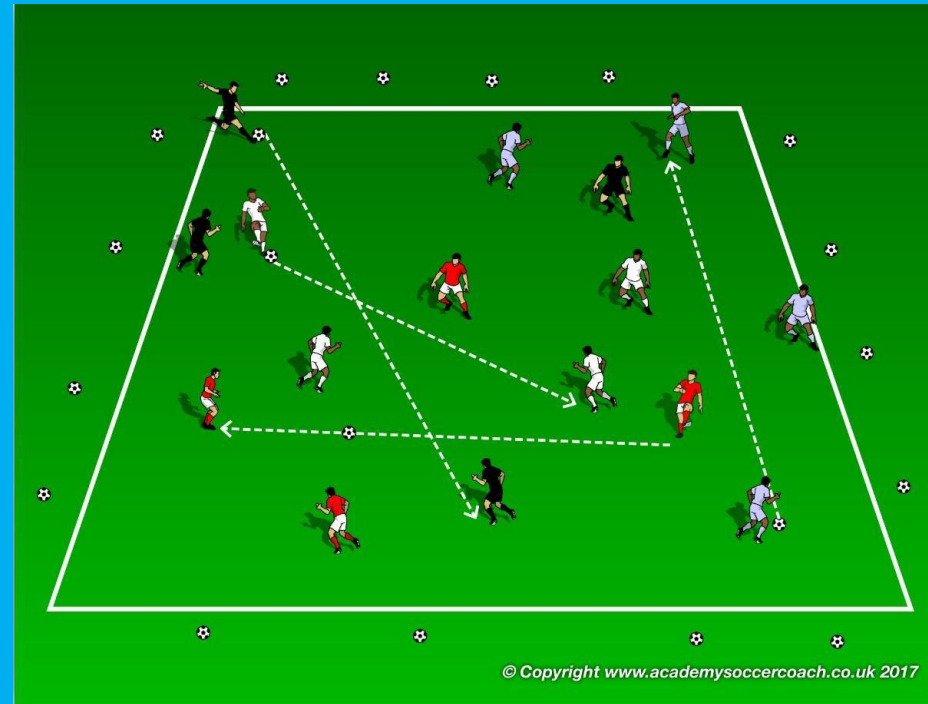
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Station A

Physical Literacy - Handball!



Organization
4 teams of 4, one ball between each team.
Procedure
Start with the ball in the hands. Players pass to their own colour. As the ball is travelling to the receiving player, they must call out the name of the person they want to pass to next before they catch it. Once the player has passed the ball, they can do a forward roll, cart wheel, bear crawl or burpee.
Emphasis
Decision making, awareness and fun!
Progression
<ol style="list-style-type: none"> 1. Players put the ball on the ground and throw the ball backwards between their legs to a receiving player. 2. Play with the ball on the floor and players use their feet. 3. Players receiver from a different colour play to another colour.



Timing	Area
10 Minutes	30m x 30m

Objective	
To communicate to a team mate when receiving the ball	
Outcomes	
All Players - will be able to communicate to their team mate as the ball is travelling to them	
Most Players - will be able to communicate to their team mate as the ball is travelling to them under pressure of an opponent	
Some Players - will be able to communicate to their team mate as the ball is travelling to them under pressure both verbally and nonverbally	
Technical / Tactical	Psychological
Receiving Passing	Fun Safety Decision making
Socio -Emotional	Physical
Problem Solving Communication Celebration Teamwork	Strength Suppleness Reaction Perception Awareness

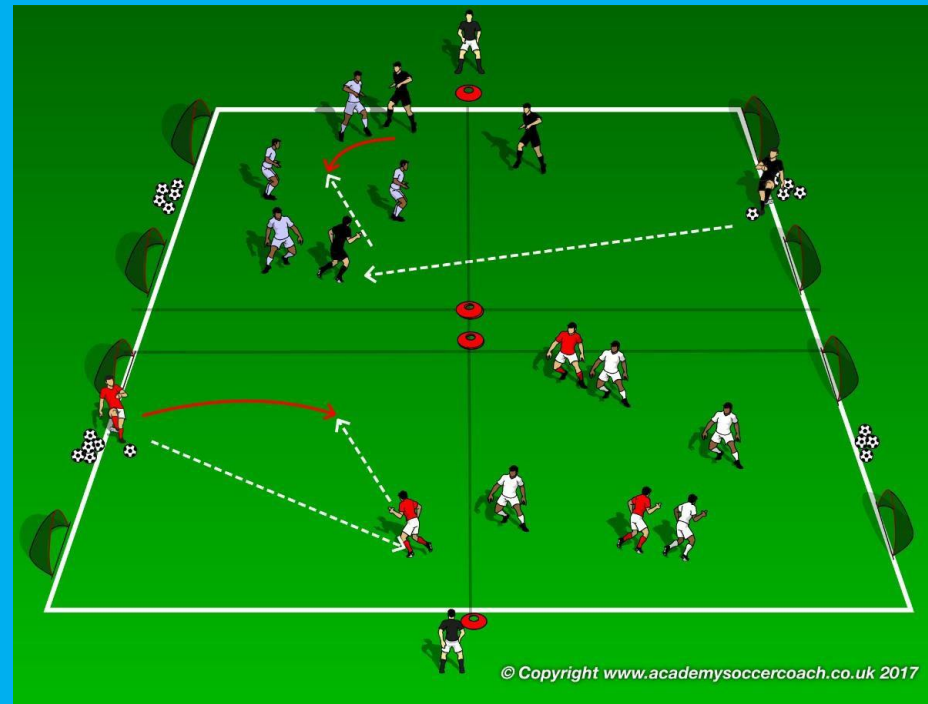


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Station B- Small Sided Game 4v4 with retreat line



Organisation
Create two mini fields, 30x20m. Balls between the two target goals.
Procedure
Players play 4v4. If the ball goes out of play, play is restarted from the balls in between the goals, the nearest player will go and take it and the opposition retreats. Once the player plays the ball in, they join in as normal, they are not just a serving player. Ask players to call the player they want to pass to as the ball is travelling to them.
After 2 minutes. Rotate the teams. Include celebrations with team mates, high5's, come up with their own etc.
Emphasis
Free Play and FUN!
Progression
N/A



Timing	Area
10 Minutes	30m x 20m (set up twice)

Objective	
To communicate to a team mate when receiving the ball	
Outcomes	
All Players - will be able to communicate to their team mate as the ball is travelling to them	
Most Players - will be able to communicate to their team mate as the ball is travelling to them under pressure of an opponent	
Some Players - will be able to communicate to their team mate as the ball is travelling to them under pressure both verbally and nonverbally	
Technical / Tactical	Psychological
Receiving Passing Finishing Use of the hips to disguise passing or receiving intentions.	Fun Confidence Being safe Reactions Competitiveness
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Strength Suppleness Reaction Perception Awareness

Top Tip

Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

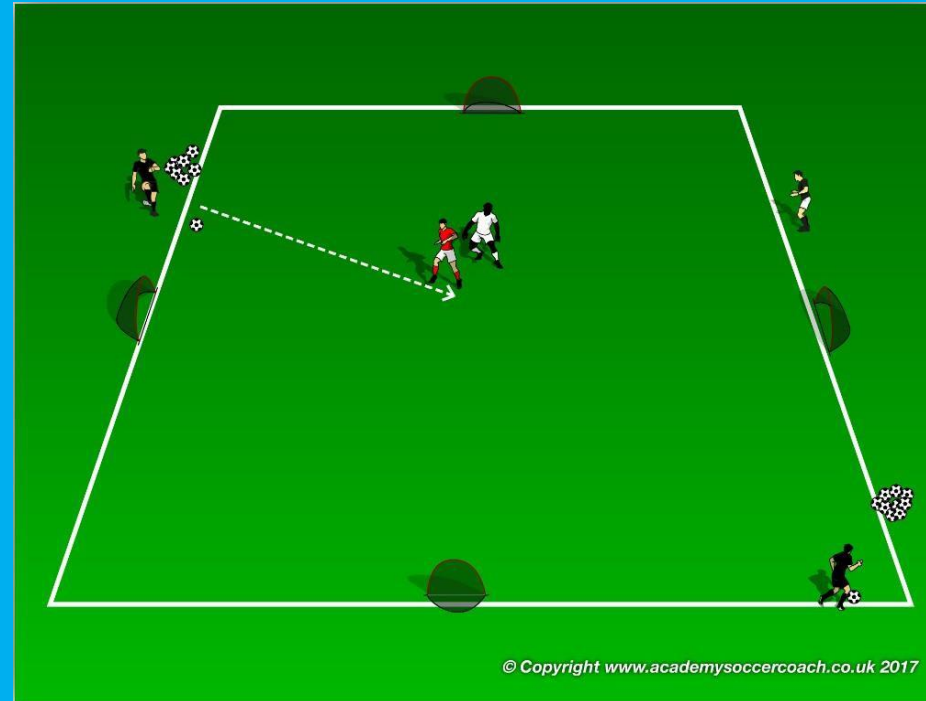
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Station C

Analytical-‘Footbonaut’



Organization
2 players are placed inside the area. 2 players are placed on the outside diagonally opposite each other. All the balls are split into two between the players on the outside. Set this up 4 times for 16 players.
Procedure
Servers (black) play into the red player's feet (attacker) who receives and passes into the target goals for 2 points, if they cannot go forward, they can return the ball back to the server safely for one point. (Servers keep the attackers score). Defenders defend as they normally would in a game and if they steal it, they get a point for scoring in any of the 4 targets. After 30 seconds, defender and attacker switch roles. Play straight away on the transition. Once both players have attacked, they swap and become the servers. Once every player has attacked, the 2 players with the highest amount of goals play against each other. Once that is done, the winning players from each square form a group, as do the second, third and fourth placed players and play again.
Emphasis
Imagination, creativity and celebrating!
Progression
Level 2 - Servers play the ball at different heights, to simulate receiving imperfect passes like in a game bounced, rolled, spun etc



Timing	Area
Each player attacks for 30 seconds before becoming servers. 10 Minutes overall for the activity.	15x15m grid (set up 4 times)

Objective	
To communicate to a team mate when receiving the ball	
Outcomes	
All Players - will be able to communicate to their team mate as the ball is travelling to them	
Most Players - will be able to communicate to their team mate as the ball is travelling to them under pressure of an opponent	
Some Players - will be able to communicate to their team mate as the ball is travelling to them under pressure both verbally and nonverbally	
Technical / Tactical	Psychological
Shielding Turning Combination Play Receiving on the safe side (the foot that is the furthest away from the defenders)	Fun Confidence Being safe Reactions Competitiveness
Socio -Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Acceleration Reaction Perception Awareness Change of Speed Change of Direction

Top Tip

The most important focus at this age is the continued development of physical literacy and the recognition that individual technique development is paramount.

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Station D-Smal Sided Game 7v7 (+2Neutral) with retreat line



Organisation
Two teams of 7v7 are placed on to a field with the retreat line marked at thirds. a 5 m channel is set up for the two neutral wide players. Balls are placed around the outside of the pitch for a quick restart.
Procedure
Players play a normal game but the team in possession can use the wide players to create an overload of 9v7. Wide players can come inside and play as normal but if possession changes hands, ask them to return to the channel. Swap the wide players every 3 minutes.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
9 Minutes	70m x 50m

Objective	
To communicate to a team mate when receiving the ball	
Outcomes	
All Players - will be able to communicate to their team mate as the ball is travelling to them	
Most Players - will be able to communicate to their team mate as the ball is travelling to them under pressure of an opponent	
Some Players - will be able to communicate to their team mate as the ball is travelling to them under pressure both verbally and nonverbally	
Technical / Tactical	Psychological
Free Play	Fun Safety Decision making
Socio -Emotional	Physical
Problem Solving Communication Celebration Teamwork	Strength Suppleness Reaction Perception Awareness

Top Tip Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.



Player Development Model

How it works

Introduction

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Organisation

If working with a larger group, organize players into groups of 6. Each station has a coach who leads that specific station for the session.

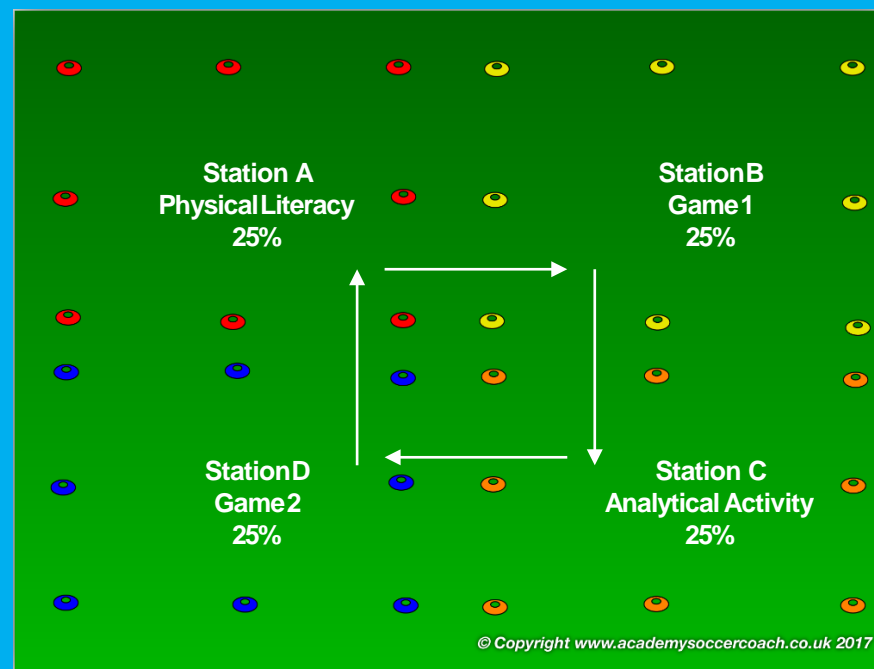
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Timing	Area
Total Time: 70 mins 4 x 10 minute Stations	20 x 20 m (x4)

Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	3	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	2	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
Priority	Key				Counter Attacking	4	4	4	4
High		1			Switching Play	4	4	4	3
Medium		2			Combination Play	2	2	2	1
Low		3			Zonal Defending	4	4	4	4
Not Applicable		4			Pressing	3	2	2	2
					Retreat	3	3	3	3
					Recovery	3	3	3	3
					Compactness	3	3	3	2



Learn to Train

Station A - Physical Literacy

Build Up Tag

Organization

9 players are placed inside the area. 3 players are placed in a different color without a ball to start.

Procedure

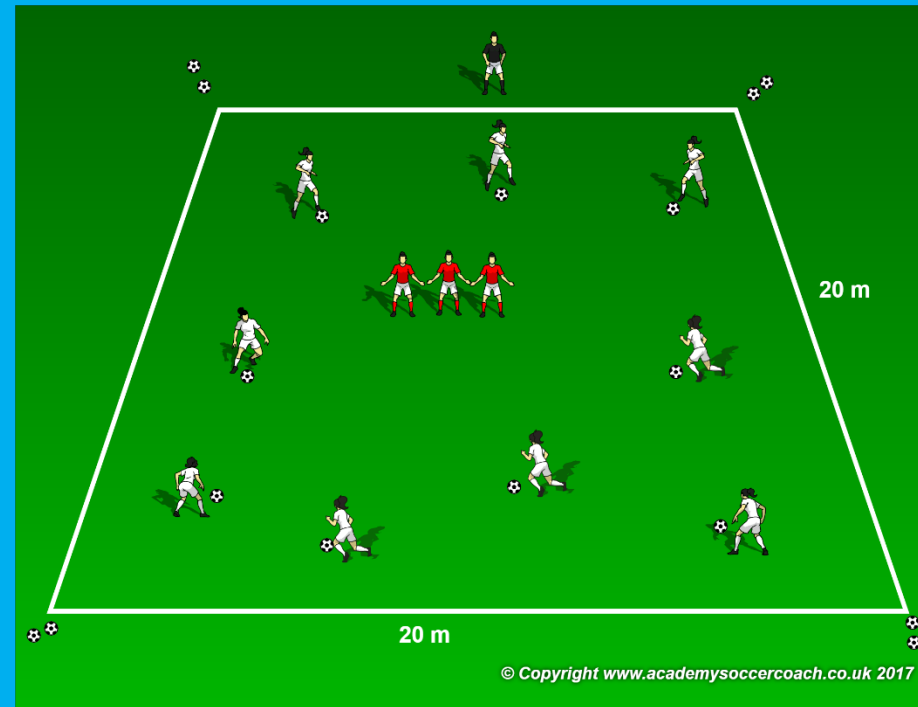
The players in red (taggers) must hold hands and work together to touch players in white. If they manage to do so, that player in white then becomes part of the defending team. If white players go out of the area, they become part of the defending team. Last player remaining wins. Coach can adjust space to make it more challenging for players.

Emphasis

Creating a safe environment, positive reinforcement, allow players to make decisions, demonstration of activity

Progression

Add soccer balls to allow players to dribble and run with the ball. Defending players (taggers) can face alternate ways by holding hands to make it more challenging.



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Timing	Area
10 Minutes	20 m x 20m

Objective

Players will be able to beat a player while running with the ball.

Outcome

All players: can beat a player by changing their speed
 Most players: can beat a player by changing their speed and direction
 Some players: Can beat a player left and right by changing their speed and direction

Technical / Tactical	Psychological
Dribbling Ball mastery Running with the ball	Confidence Awareness FUN
Socio - Emotional	Physical
Problem Solving Communicating Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

The most important focus at this age is the continued development of physical literacy and the recognition that individual technique development is paramount.



Learn to Train

Station B - Small Sided Game

3v3 World Cup with Retreat Line

Organization

2 fields of 20 x 25 m. 4 teams of 3. Retreat line in place at half. Balls placed around playing field.

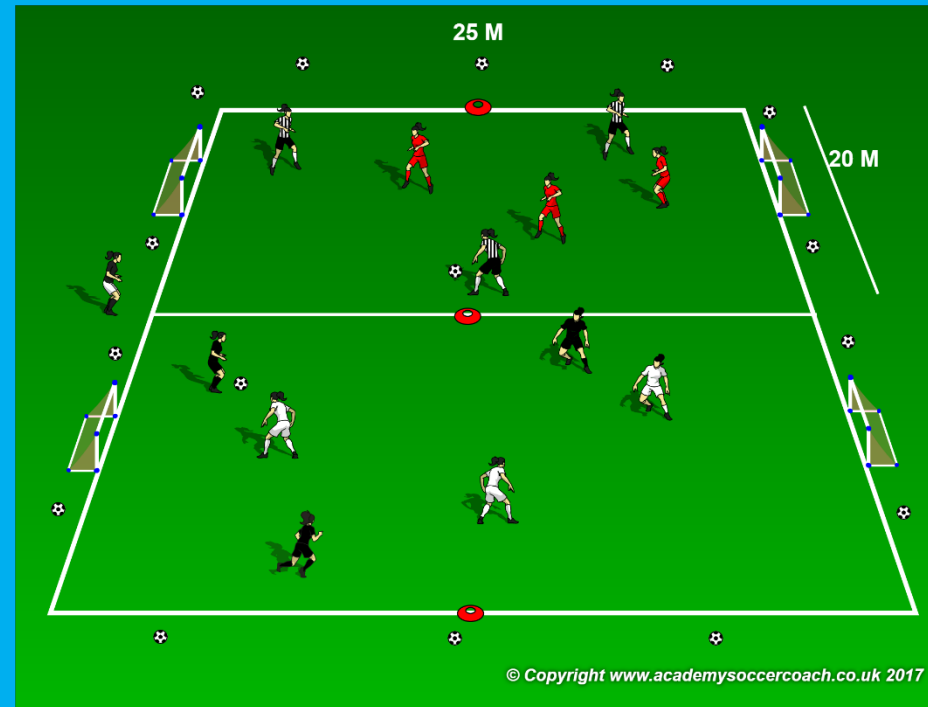
Procedure

Players play 3v3 in smaller fields. After 2 minutes, rotate the teams. Can do a competition ladder and rock paper scissors if a tie. Allow each team to name their own teams and must be a country.

Emphasis

Creating a safe environment, positive reinforcement, allow players to make decisions, demonstration of activity

Progression



Timing	Area
10 Minutes	20 m x 25 m

Objective

Players will be able to beat a player while running with the ball.

Outcome

All players: can beat a player by changing their speed
 Most players: can beat a player by changing their speed and direction
 Some players: Can beat a player left and right by changing their speed and direction

Technical	Psychological
Running with the ball Dribbling Passing Finishing	Confidence Awareness Decision Making FUN
Social	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Enable children to have a fun by challenging them through player movement or team movement in small sided games.



Learn to Train

Station D - Small Sided Game

6v6 or 7v7 with Retreat Line

Organization

6v6 or 7v7 with GK based on numbers available. Balls are placed around the outside for quick re-starts. Yellow cones in place for retreat line.

Procedure

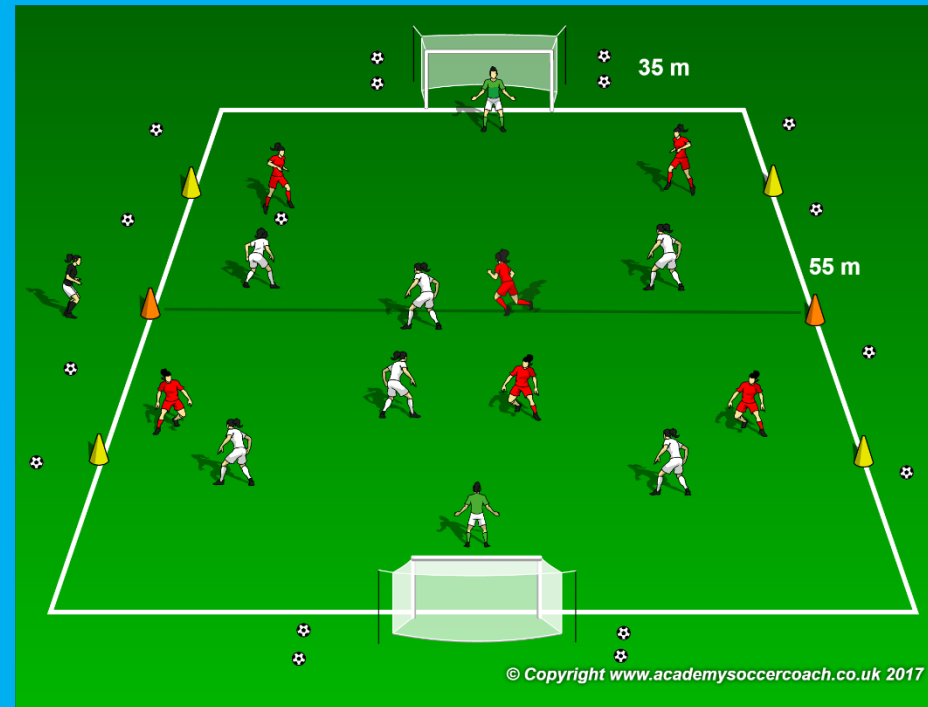
Players play all rules of a normal 6v6 or 7v7 game

Emphasis

Creating a safe environment, positive reinforcement, allow players to make decisions

Progression

N/A



Timing	Area
10 Minutes	35 m x 55m

Objective

Players will be able to beat a player while running with the ball.

Outcome

All players: can beat a player by changing their speed
 Most players: can beat a player by changing their speed and direction
 Some players: Can beat a player left and right by changing their speed and direction

Technical / Tactical	Psychological
Running with the ball Dribbling Passing/Receiving Finishing	Confidence Decision making Awareness FUN
Socio - Emotional	Physical
Problem Solving Celebrating Creativity Teamwork Communication	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Remember that children do not mean to make mistakes, we should make mistakes as a necessary part of learning.

Player Development Model

How it works



Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

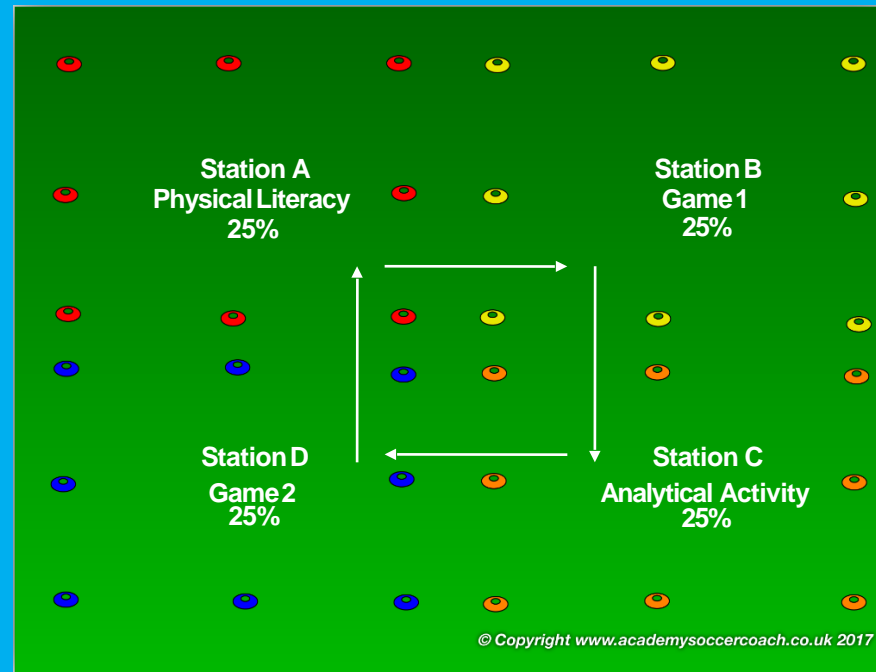
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	3	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	2	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision-making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking Principles	3	3	3	3
					Possession	2	2	2	2
					Transition	2	2	2	2
					Counter Attacking	4	4	4	4
Priority	Key				Switching Play	4	4	4	3
High					Combination Play	2	2	2	1
		1			Zonal Defending	4	4	4	4
Medium					Pressing	3	2	2	2
Low					Retreat	3	3	3	3
					Recovery	3	3	3	3
Not Applicable					Compactness	3	3	3	2

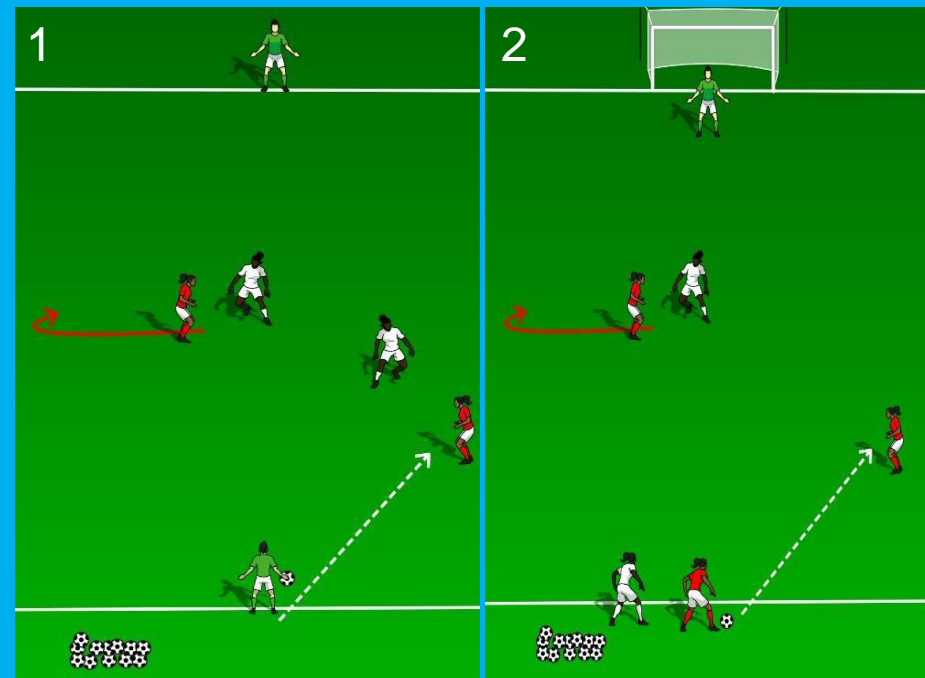
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Station A- Physical Literacy

Space Maker



Organization
6 players in each set up. 2 in red, 2 in white and 2 in green. Ball are at one end of the area.
Procedure
Activity 1 - Handball - 2v2 in the middle with 2 target players. Players score by moving the ball from one target player to another, the keep possession each time they score. Play for 45 seconds and swap over.
Activity 2 - 2v1 to goal with recovering defender. Server plays in the ball in to create a 2v1 to situation to goal. The defender next to the server, recovers. If defenders win the ball, they score by passing the ball to servers feet. After 5 chances, rotate so attackers become defenders, defenders become GK and Server and GK and server become attackers.
Emphasis
Decision making, awareness and fun!
Progression
Activity 1 to Activity2



Timing	Area
12 Minutes	20m x 12 m (set up twice)

Objective	
To create space to receive and shoot	
Outcomes	
All Players - Create space, take their first touch forward and shoot	
Most Players - Create space, take their first touch towards the goal and shoot on target	
Some Players - Create space, disguise the direction of the first touch and score past the goalkeeper	
Technical / Tactical	Psychological
Shooting Finishing Receiving	Safety Decision making Fun
Socio -Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

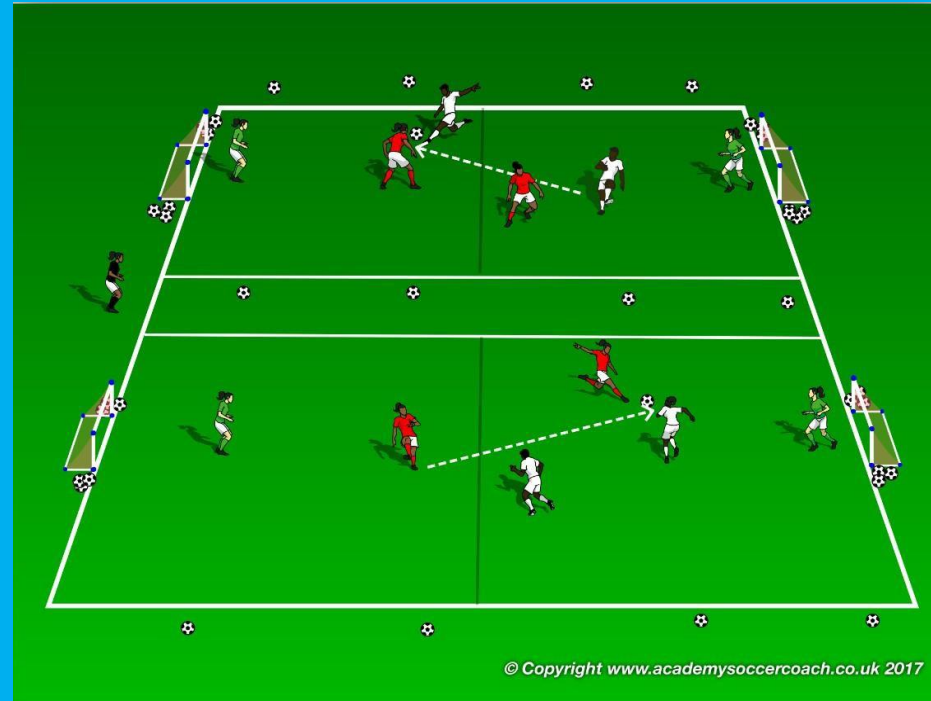


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Station B- Small Sided Game 3v3 with retreat line



Organization
Create two mini fields, 20x12m. Balls between the two target goals.
Procedure
<p>Players play 3v3. If the ball goes out of play, play is restarted from the goalkeeper.</p> <p>After 3 minutes, rotate the teams. Make sure goalkeepers also rotate and play out field.</p> <p>Include celebrations with team mates, high5's, come up with their own etc.</p>
Emphasis
Creating a safe environment, positive reinforcement, allowing players to make decisions, demonstration of the activity
Progression
N/A



Timing	Area
12 Minutes	20m x 12m (set up twice)

Objective	
To create space to receive and shoot	
Outcomes	
<p>All Players - Create space, take their first touch forward and shoot</p> <p>Most Players - Create space, take their first touch towards the goal and shoot on target</p> <p>Some Players - Create space, disguise the direction of the first touch and score past the goalkeeper</p>	
Technical / Tactical	Psychological
<p>Shooting</p> <p>Finishing</p> <p>Receiving</p>	<p>Safety</p> <p>Decision making</p> <p>Fun</p>
Socio - Emotional	Physical
<p>Problem Solving</p> <p>Communication</p> <p>Celebration</p> <p>Teamwork</p>	<p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Change of Speed</p> <p>Change of Direction</p>

Top Tip

Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

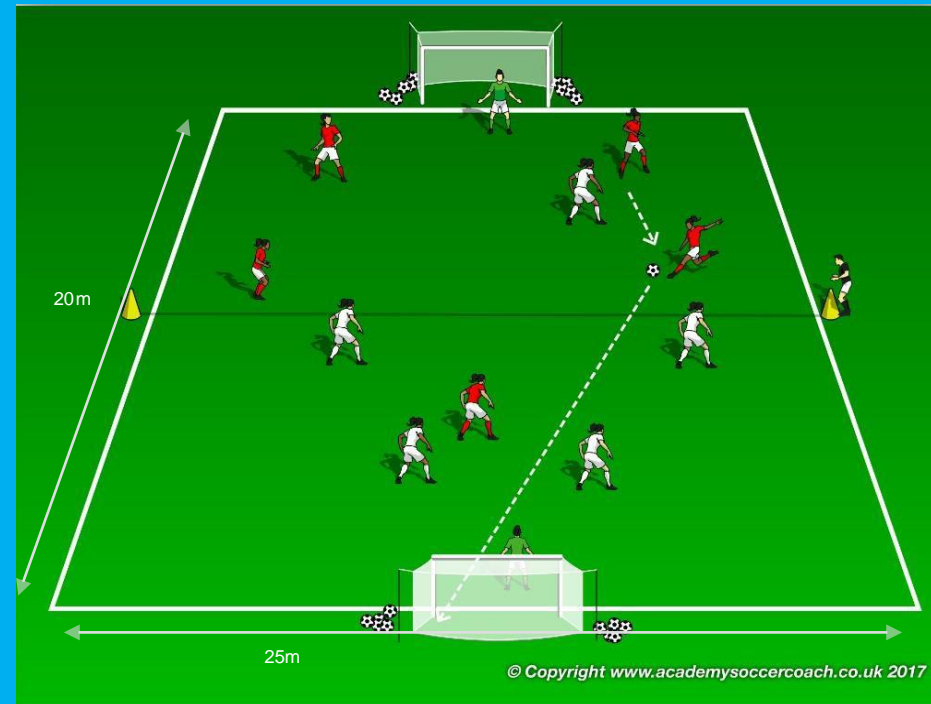
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Station C-Activity

The King Louix



Organization
5 outfield players for each team and one goalkeeper. All balls are placed to the sides of each goal.
Procedure
The players must stay in their own half and are tasked with moving the ball quickly and looking to shoot at the first opportunity.
If a ball goes out of play, the defending team's goalkeeper will re-start.
Emphasis
Creating a safe environment, positive reinforcement, allowing players to make decisions, demonstration of the activity
Progression
One attacker may play in the opposition half to win the ball early and score. Further progress by adding two strikers.



Timing	Area
12 Minutes	20m x 25m

Objective	
To create space to receive and shoot	
Outcomes	
All Players - Create space, take their first touch forward and shoot	
Most Players - Create space, take their first touch towards the goal and shoot on target	
Some Players - Create space, disguise the direction of the first touch and score past the goalkeeper	
Technical / Tactical	Psychological
Shooting Finishing Receiving	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction



Learn to Train

Station D- Small Sided Game 6v6 or 7v7 with retreat line



Organisation
Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart.
Procedure
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offside, throw ins. If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
12 Minutes	50m x 30m (7v7) 70m x 50 m (9v9)

Objective	
To create space to receive and shoot	
Outcomes	
All Players - Create space, take their first touch forward and shoot	
Most Players - Create space, take their first touch towards the goal and shoot on target	
Some Players - Create space, disguise the direction of the first touch and score past the goalkeeper	
Technical / Tactical	Psychological
Shooting Finishing Receiving	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.

Player Development Model

How it works



Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

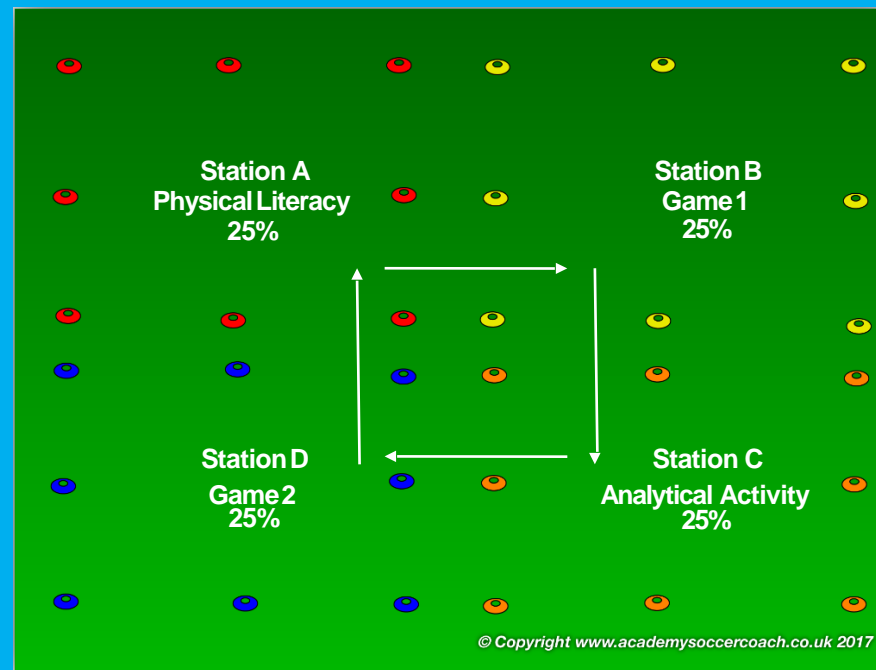
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	1	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision - making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking	3	3	3	3
					Principles				
					Possession	2	2	2	2
					Transition	2	2	2	2
Priority	Ke				Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
High			1		Combination Play	2	2	2	1
Medium			2		Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
Low			3		Retreat	3	3	3	3
Not Applicable			4		Recovery	3	3	3	3
					Compactness	3	3	3	2

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Station A-Physical Literacy

GoalsGalore



Organization

6 goals are placed around a 25m x 25m area. Each corner is coned off with a different colour and balls are placed in the corner of those zones.

Procedure

6 players in red have 90 seconds to score as many goals as they can past the 6 goalkeepers. If they score past the GK they must do a forward roll as a goal celebration.

Once they have scored, players get a new ball from one of the coloured areas. They can only enter and leave the area by doing one of the following movements: Yellow: Bear Crawl, Red: Crab Walk, Blue, Frog Jumps, Orange: Opposite foot hops.

Players must try and visit all 4 areas and score on all 6 goals in the time allocated. Players count how many goals they score. After 90 seconds, swap group over.

Emphasis

Allowing the players to make decisions, maintaining a safe environment, providing positive reinforcement and demonstration of the activity.

Progression

Add defenders in each area and reduce the amount of goals that can be scored on. Defenders win the ball and run with the ball into one of the 4 corners for 10 points.



Timing	Area
12 Minutes	25 m x 25m

Objective

Players are able to shoot on target and score

Outcomes

All Players - are able to take their first touch towards goal and shoot.

Most Players - are able to take their first touch towards the goal and shoot on target.

Some Players - are able to disguise the direction of the first touch and score past the goalkeeper

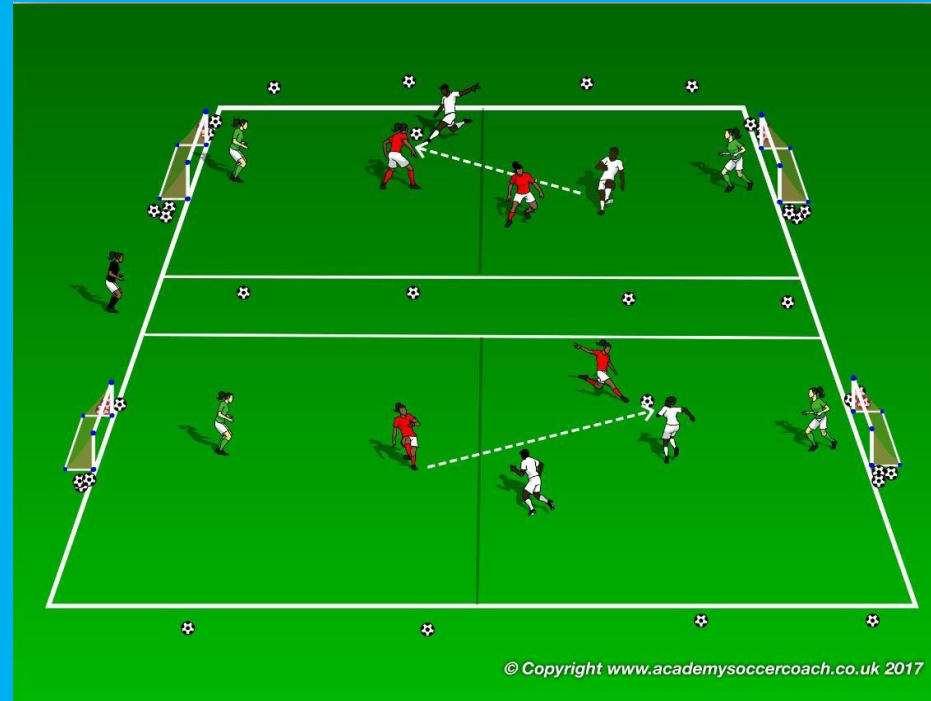
Technical / Tactical	Psychological
Finishing Shooting	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination Change of Speed Change of Direction Strength

Top Tip

Use a model group to explain the activity to players. If there are players who may have shorter attention spans in the group, use them in your demonstrations to keep them engaged.

Learn to Train

Station B- Small Sided Game 3v3 with retreat line



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Timing	Area
12 Minutes	20m x 25m (Two 20m x 12m fields)

Organization
Players are broken up into 4 groups of 3. Balls between the two target goals.
Procedure
<p>Players play 3v3. If the ball goes out of play, play is restarted from the goalkeeper.</p> <p>After 3 minutes, rotate the teams. Make sure goalkeepers also rotate and play outfield.</p> <p>Relate the 2 outfield players to your game model. 2 strikers or 1 striker and midfielder.</p> <p>Include celebrations with team mates, high 5's, come up with their own etc.</p>
Emphasis
Fun, creating a safe environment, positive reinforcement, allowing players to make decisions, demonstration of the activity
Progression
N/A

Objective	
Players are able to shoot on target and score	
Outcomes	
All Players - are able to take their first touch towards goal and shoot.	
Most Players - are able to take their first touch towards the goal and shoot on target.	
Some Players - are able to disguise the direction of the first touch and score past the goalkeeper	
Technical / Tactical	Psychological
Shooting Finishing Receiving	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

Learn to Train

Station C-Analytical Activity 1v1 to Goal with retreat line



Organization

12 players are placed in to 3 groups of 4. In the groups of 4, players are divided in to 2 teams. Then one player plays as an outfield player while the other plays in goal.

Procedure

Players play 1v1 for 1 minute and try and score past the opposition goalkeeper. If the ball goes out of play, the goalkeeper plays in the ball while the defender drops behind the retreat line.

After 1 minute, they swap roles and play again.

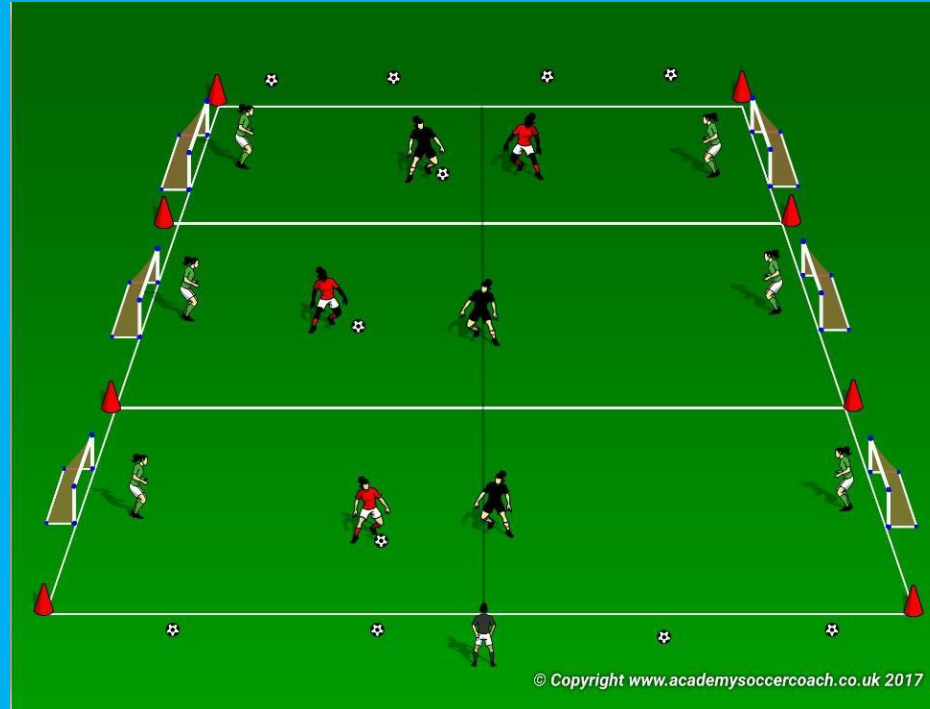
Winning team moves up to play the winners of the previous game. Winners on the top pitch (MLS Final) stay where they are. The team that lost in the MLS Final goes down to the bottom pitch (1/4 final) to play the losers of the previous 1/4 final.

Emphasis

Fun, positive reinforcement, allowing players to make decisions, demonstration of the activity

Progression

Can change so only individual players move on rather than in teams of 2.



Timing	Area
12 Minutes	20m x 40m 20m x 12m (set up 3 times)

Objective

Players are able to shoot on target and score

Outcomes

All Players - are able to take their first touch towards goal and shoot.

Most Players - are able to take their first touch towards the goal and shoot on target.

Some Players - are able to disguise the direction of the first touch and score past the goalkeeper

Technical / Tactical	Psychological
Receiving Dribbling Shooting Finishing	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

It's important that players can make decisions that are in context to the game. Think about starting position, movement, direction and speed in relation to the game.

Learn to Train

Station D- Small Sided Game 6v6 or 7v7 with retreat line



Organization
Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart.
Procedure
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offside, throw ins. If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
12 Minutes	45m x 30m (6v6) 50m x 30m (7v7) 70m x 50m (9v9)

Objective	
Players are able to shoot on target and score	
Outcomes	
All Players - are able to take their first touch towards goal and shoot.	
Most Players - are able to take their first touch towards the goal and shoot on target.	
Some Players - are able to disguise the direction of the first touch and score past the goalkeeper	
Technical / Tactical	Psychological
Receiving Dribbling Shooting Finishing	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.

Player Development Model

How it works



Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organization

If working with a larger group, organize players into groups of 6 or 8. Each station has a coach who leads that specific station for the session.

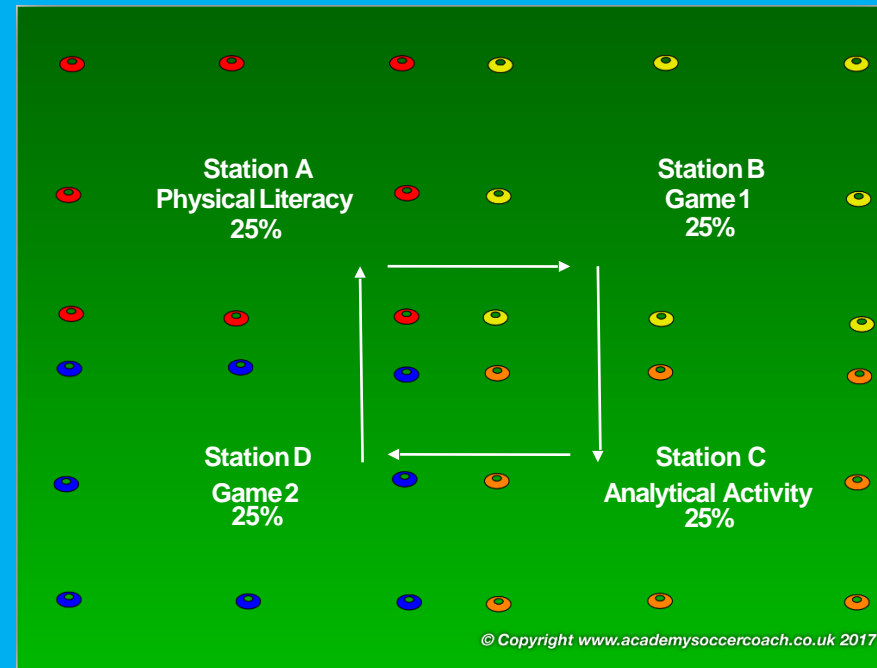
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 9 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Technical	U9	U10	U11	U12	Physical	U9	U10	U11	U12
Dribbling	1	1	1	1	Agility	1	1	1	1
Running with the ball	1	1	1	1	Balance	1	1	1	1
Shooting	1	1	1	1	Coordination	1	1	1	1
Ball Control	2	1	1	1	Stamina	2	2	2	1
Passing	2	1	1	1	Strength	2	2	2	1
Receiving	2	1	1	1	Speed	1	1	1	1
Heading	4	4	4	3	Suppleness	2	2	2	2
Shielding	3	2	2	1	Acceleration	1	1	1	1
Crossing	3	2	2	1	Reaction	1	1	1	1
Finishing	3	2	2	1	Basic Motor Skills	1	1	1	1
1v1 Defending	3	3	2	1	Perception	1	1	1	1
1v1 Attacking	2	1	1	1	Awareness	1	1	1	1
Socio-Emotional	U9	U10	U11	U12	Psychological	U9	U10	U11	U12
Listening	2	2	1	1	Motivation	1	1	1	1
Co-operation	2	2	1	1	Self Confidence	1	1	1	1
Communication	1	1	1	1	Competitiveness	2	2	1	1
Sharing	2	1	1	1	Concentration	2	2	1	1
Problem-solving	2	2	1	1	Commitment	2	2	2	1
Decision - making	2	2	1	1	Self Control	2	2	1	1
Empathy	3	2	1	1	Determination	2	2	1	1
Patience	3	2	1	1	Tactical	U9	U10	U11	U12
Respect / discipline	2	1	1	1	Playing out from the back	2	2	2	1
Fair play / honesty	2	1	1	1	Attacking	3	3	3	3
					Principles				
					Possession	2	2	2	2
					Transition	2	2	2	2
Priority	Key				Counter Attacking	4	4	4	4
					Switching Play	4	4	4	3
High		1			Combination Play	2	2	2	1
Medium		2			Zonal Defending	4	4	4	4
					Pressing	3	2	2	2
Low		3			Retreat	3	3	3	3
Not Applicable			4		Recovery	3	3	3	3
					Compactness	3	3	3	2

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Station A-Physical Literacy

Handbal



Organization
12 Players are divided in to 2 groups of 6. Then they are divided in to 3 teams of 2.
Procedure
Players have the ball in their hands and have 90 seconds to score as many goals as they can. They score by receiving from from one target player and passing to the other. If defending team intercepts, a pass is incomplete or the ball goes out of the playing area, the ball is turned over to the opposition team. All three teams play each other once. The winning team plays the winning team from the other group with the best runners up taking the final spot. Play again.
Emphasis
Allowing the players to makedecisions, Maintaining a safe environment, Providing positive reinforcement Demonstration of theactivity.
Progression
N/A



Timing	Area
12 Minutes	15 m x 8 m (Middle Area 10m x8m)

Objective	
Players are able to penetrate lines of defence by passing through them	
Outcomes	
All Players - are able to break a defensive line by passing.	
Most Players - are able to break two defensive lines by passing through them.	
Some Players - are able to break two defensive lines by passing with disguise throughthem	
Technical / Tactical	Psychological
Passing Receiving Creating Space	Fun Safety Motivation Self Confidence Decision Making
Socio -Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination Change of Speed Change of Direction

Top Tip Use a model group to explain the activity to players. If there are players who may have shorter attention spans in the group, use them in your demonstrations to keep them engaged.

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Station B- Small Sided Game 2v2 to Targets



Organization
12 Players are divided in to 2 groups of 6. Then they are divided in to 3 teams of 2.
Procedure
As Station A, players now use their feet. Play 2v2 in the middle and receive from the target players and look to score by receiving from one end zone and scoring in the other. If defending team intercepts, a pass is incomplete or the ball goes out of the playing area, the ball is turned over to the opposition team. All three teams play each other once. The winning team plays the winning team from the other group with the best runners up taking the final spot. Play again.
Emphasis
Allowing the players to make decisions, Maintaining a safe environment, Providing positive reinforcement Demonstration of the activity.
Progression
N/A



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Timing	Area
12 Minutes	15 m x 10 m (Middle Area 10m x 10m)

Objective	
Players are able to penetrate lines of defence by passing through them	
Outcomes	
All Players - are able to break a defensive line by passing.	
Most Players - are able to break two defensive lines by passing through them.	
Some Players - are able to break two defensive lines by passing with disguise through them	
Technical / Tactical	Psychological
Passing Receiving Creating Space	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination Change of Speed Change of Direction

Top Tip Show players examples of professional players executing these techniques. Perhaps use a cell phone or a tablet to show examples of TFC, Ottawa Fury or the Canadian National Team and ask what details they can see and try and replicate.

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Station C-Analytical Activity

Pass Master



Organization

12 players are placed in to 3 groups of 4. In the groups of 4, players are divided in to 2 teams. Then one player plays as an outfield player while the other plays in goal.

Procedure

Players play 4v4 in the middle zone. They score by passing in to the end zone and a player receiving it as per the offside rule. (i.e player has to run in the end zone to receive after the ball was passed) once the player is in the end zone they can score on either of the goals for a bonus point. 1 defender can stop them scoring on the goal by dropping in to the end zone and a team mate can join for a 2v1.

While all this is happening, the black team are moving the ball by passing to each other. Their objective is to penetrate through gaps in the main field to score. Ensure these passes are on the ground for safety. Play for 3 minutes and winning team stays on to play the black team.

Emphasis

Maintaining a safe environment,
Decision Making

Progression

N/A



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Timing

12 Minutes

Area

35m x 25m
(Middle area 20m x 20m)

Objective

Players are able to penetrate lines of defence by passing through them

Outcomes

All Players - are able to break a defensive line by passing.

Most Players - are able to break two defensive lines by passing through them.

Some Players - are able to break two defensive lines by passing with disguise through them

Technical / Tactical

Passing
Receiving
Creating Space

Psychological

Fun
Safety
Motivation
Self Confidence
Decision Making

Socio -Emotional

Problem Solving
Communication
Celebration
Teamwork

Physical

Agility
Balance
Coordination
Change of Speed
Change of Direction

Top Tip

It's important that players can make decisions that are in context to the game. Think about starting position, movement, direction and speed in relation to the game.

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Station D- Small Sided Game 6v6 or 7v7 with retreat line



Organization
Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart.
Procedure
Players play a normal game with all age and stage appropriate rules applied. Retreat line, offside, throw ins. If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.
Emphasis
Fun, creativity and celebrating!
Progression
N/A



Timing	Area
12 Minutes	45m x 30m (6v6) 50m x 30m (7v7) 70m x 50m (9v9)

Objective	
Players are able to penetrate lines of defence by passing through them	
Outcomes	
All Players - are able to break a defensive line by passing.	
Most Players - are able to break two defensive lines by passing through them.	
Some Players - are able to break two defensive lines by passing with disguise through them	
Technical / Tactical	Psychological
Passing Receiving Creating Space	Fun Safety Motivation Self Confidence Decision Making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination Change of Speed Change of Direction

Top Tip Use visual aids to explain to the players the activity they are about to play. This can be as simple as sharing the session plan with the players, a whiteboard with a diagram drawn, cones to show formation and shape or any other objects that might capture a young players interest or attention.

Player Development Model: Station Concept



The activities provided illustrate how stations can be used during Grassroots practices.

All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, psychological and technical.

Total practice time 45-70 minutes as per the Recreational and Development Matrix.

Play. Inspire. Unite.

Acknowledgments' to OS