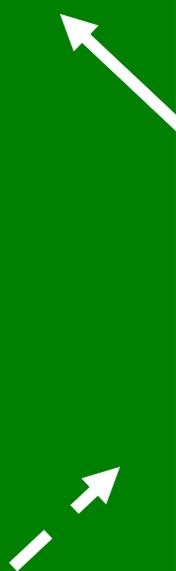
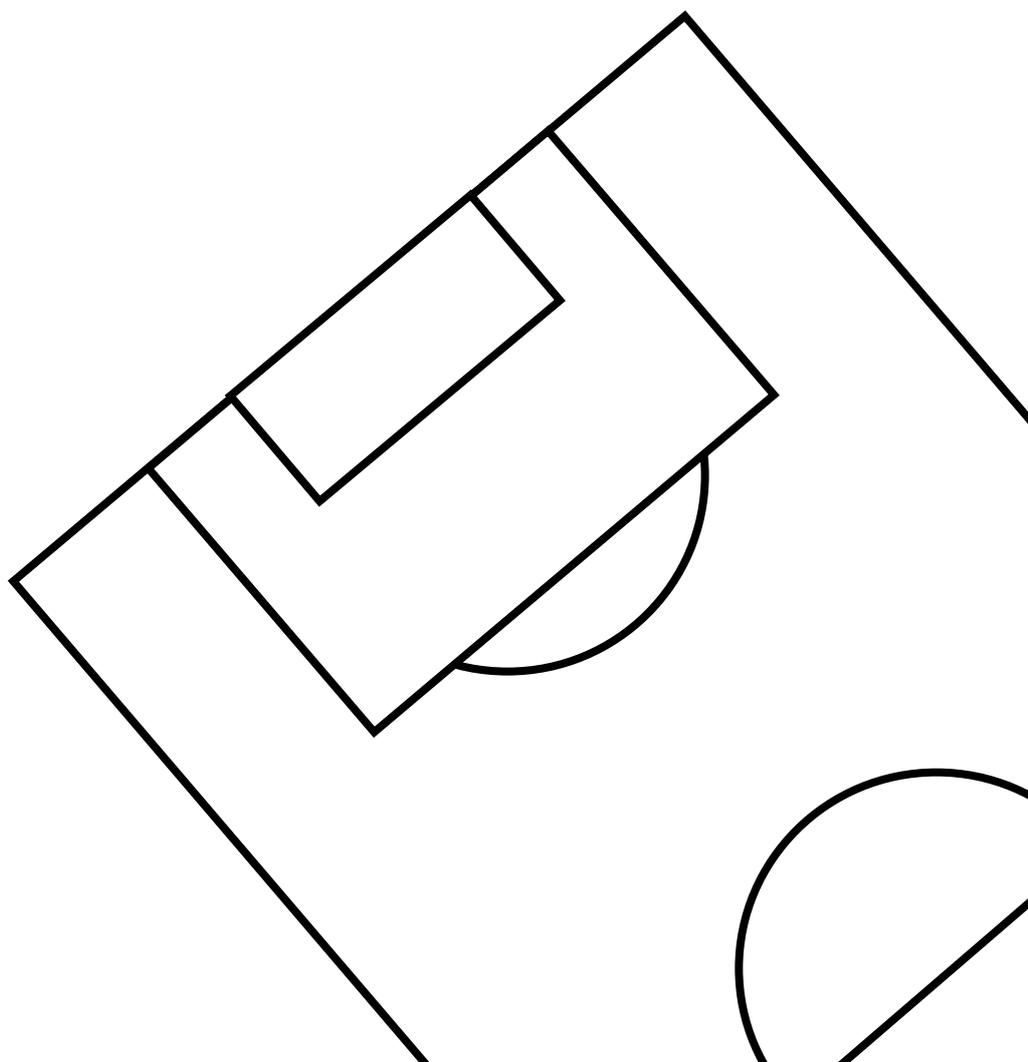




Simon Harris

UEFA B

Coaching Planner

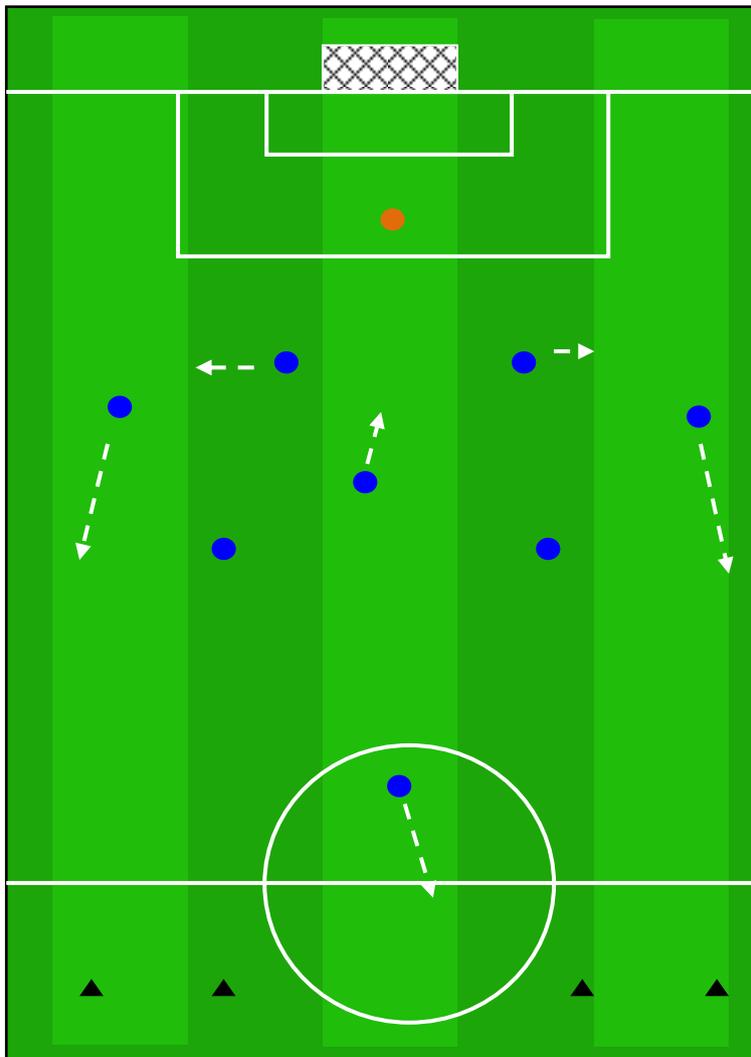


Session Number	Session Theme	Session Topic	Session Structure
1	Principals of Attacking	Play out from the back, from GK possession	Pattern/Phase
2	Principals of Attacking	Spread out and utilise space when attacking	Skill/SSG
3	Counter Attacking	Attacking quickly from GK possession	Pattern/Phase
4	Counter Attacking	Counter attacking quickly on regaining possession	Skill/SSG
5	F flank Attacking Play	Creating overloads using fullbacks	ATP/Phase
6	F flank Attacking Play	Crossing and finishing	Wave/Phase
7	Central Attacking Play	Retain possession to attack	ATP/SSG
8	Central Attacking Play	Passing and movement	Wave/SSG
9	Defending when Organised	Compactness when defending	Wave/SSG
10	Defending when Organised	Defending crosses	Functional/Phase
11	Defending when Outnumbered	Defend against counter attacks	Skill/SSG
12	Defending when Outnumbered	Defending When outnumbered in own half of the field	Skill/SSG
Session Number	Session Theme	Session Topic	Session Structure
13	Attackers to combine effectively	Strikers combination	Function/Phase
14	Attackers to combine effectively	Combination skills and clever passing	wave/SSG
15	Attackers to combine effectively	Clever movement from attackers in final third	ATP/Phase
16	Attackers to combine effectively	Break out game/finishing	Skill/SSG
17	Attackers to combine effectively	Combination play in and around penalty area	Pattern/Phase

Session

1

Topic Theme Level	Principals of Attacking
	Playing out from the back from GK possession
	Intermediate



Set Up

Format: Pattern

- Set up as shown using full half of the pitch
- Two target goals 10 yards off the half-way line
- Attacking team sets up 4-3-1
- Play starts with the goalkeeper
 - Goal kick
 - Back pass
 - Pass into hands
- Attacking team must work the ball up the pitch to score in either of the two target goals
- Once attack is finished, they must work the ball back down the pitch and back to the goalkeeper
- Play starts again

Coaching Points:

Technical/Tactical

- Support – from team, from GK
- Pass selection, timing, weight, accuracy
- Runs of team/body position to receive
- GK delaying to allow team to spread out

Physical

- Quick dispersal of team

Psychological

- Decision making – to feet to space?

Social

- Communication – visual/ verbal

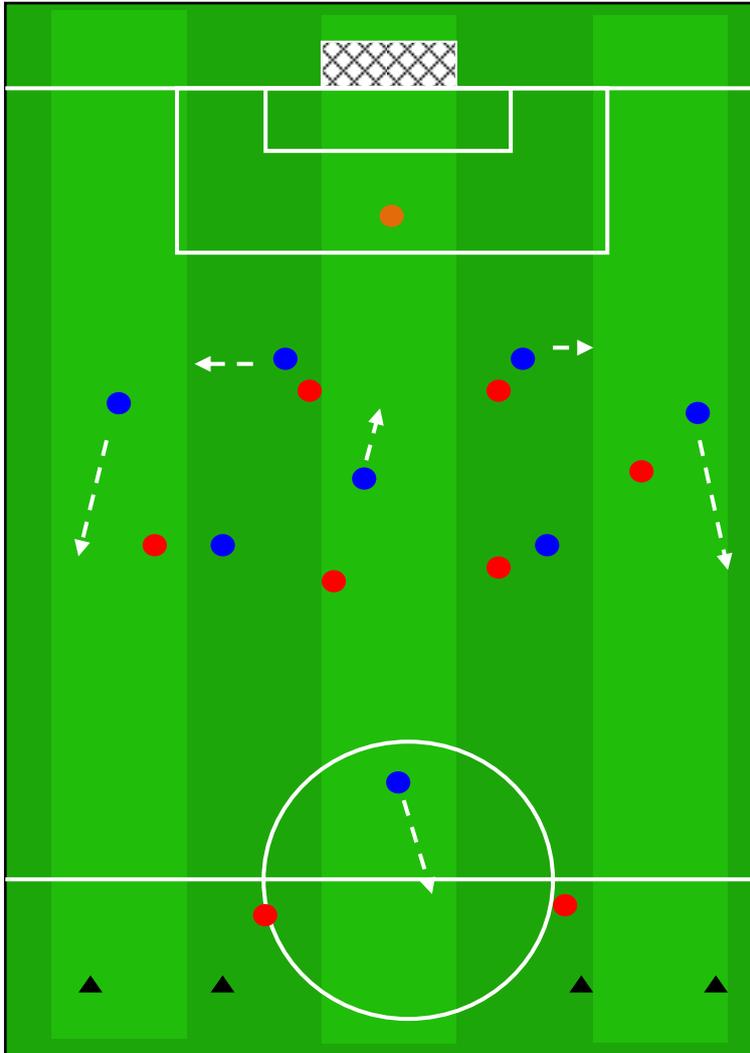
To Make Session Harder:

- Playing out through centre back or full backs
- Add conditions - time limits, number of touches etc.
- Progress into phase of play

To Make Session Easier:

- Walk through patterns

Topic Theme Level	Principals of Attacking
	Playing out from the back from GK possession
	Intermediate



Set Up

Format: Phase of play

- Set up as shown using full half of the pitch
- Two target goals 10 yards off the half-way line
- Attacking team set up 4-3-1
- Defending team set up 2-4-2
- Attacking team must work the ball up the pitch to score in either of the two target goals
- Defending team must defend as they would in a match, if they win possession they can attack the goal
- Play starts again

Coaching Points:

Technical/Tactical

- Full backs pull wide or stand still, advance? How far?/CB's Split
- GK delivery?
- MF short or long/ST push high why?

Physical

- Quick dispersal of team

Psychological

- Decision making – to feet to space?

Social

- Communication – visual/ verbal

To Make Session Harder:

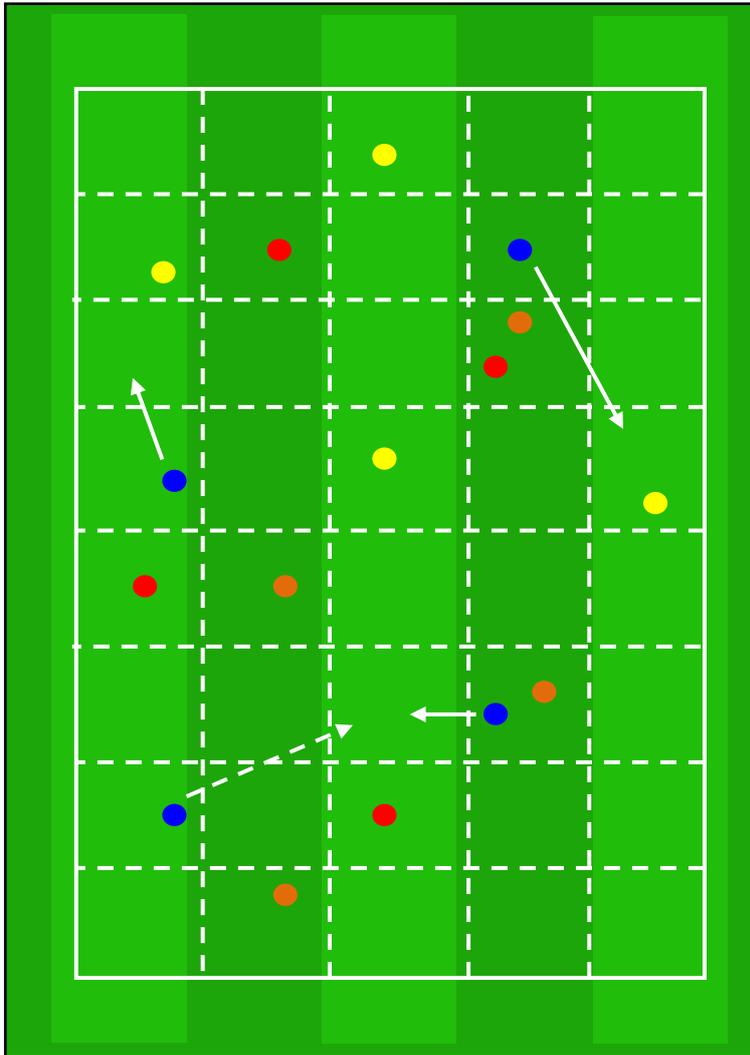
- Playing out through centre back or full backs
- Playing out through holding midfielder
- Playing out to striker

To Make Session Easier:

- Passive defenders to start
- Overload formations

Session 2

Topic Theme Level	Attacking Play
	Spreading out & utilising space when attacking
	Intermediate



Set Up

Format: Skill Practice

- Set up as shown (pitch size can vary) pitch split into 5 x 5 yard squares
- Three teams of four, each with a football
- Each team must pass and move the ball around the area
- Game conditions;
 - Cannot be in a square for longer than four seconds
 - Cannot be in the same square as a teammate

Coaching Points:

Technical/Tactical

- Movement on and off the ball
- Support play
- Quality of pass - to feet /to space?

Physical

- Quick dispersal

Psychological

- Decision making (pass or run/where and when?)

Social

- Communication- verbal and non-verbal

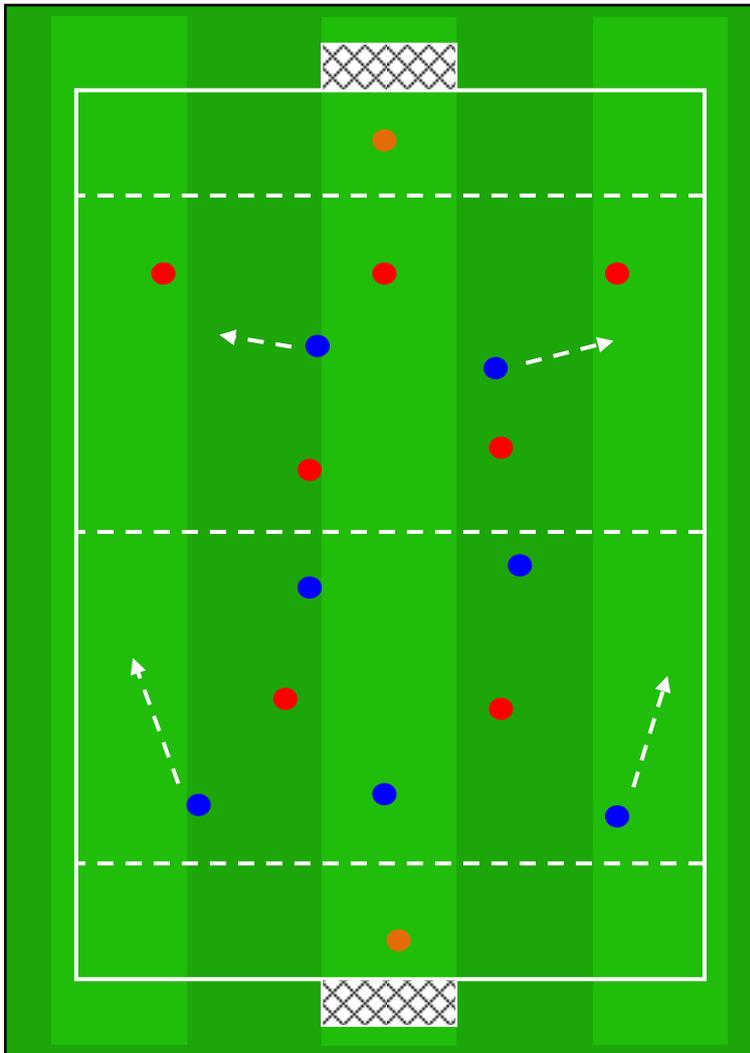
To Make Session Harder:

- Add conditions e.g. third man runs, pass must miss at least one square , first touch must take you out of the square
- Add one team as defenders

To Make Session Easier:

- Free play no time limits
- Make team numbers smaller
- Less squares

Topic Theme Level	Attacking Play
	Spreading out & utilising space when attacking
	Intermediate



Set Up

Format: SSG

- Set up as shown (pitch size can vary)
- Area 70 x 50, 8 v 8 both teams set out in a 3-2-2 formation
- Game rules, no corners & offside applies
- The attacking team must look to make the pitch big to create spaces that can be used when attacking
- Defending team are conditioned to work the ball up the pitch as quick as possible, either for an attempt at goal or a long ball into the goalkeepers hands
- Play starts with the goalkeepers playing out of their area to a teammate, players can drop into the goalkeeper's area to receive unopposed.

Coaching Points:

Technical/Tactical

- Dispersal- long and wide
- Support play- around and in front
- Quality of pass to exploit the space (behind, to feet, to space?)

Physical

- Quick dispersal on regaining possession

Psychological

- Decision making (pass or run/where and when?)

Social

- Communication- verbal and non-verbal

To Make Session Harder:

- Make area smaller
- Progression into an 11 aside practise, full pitch

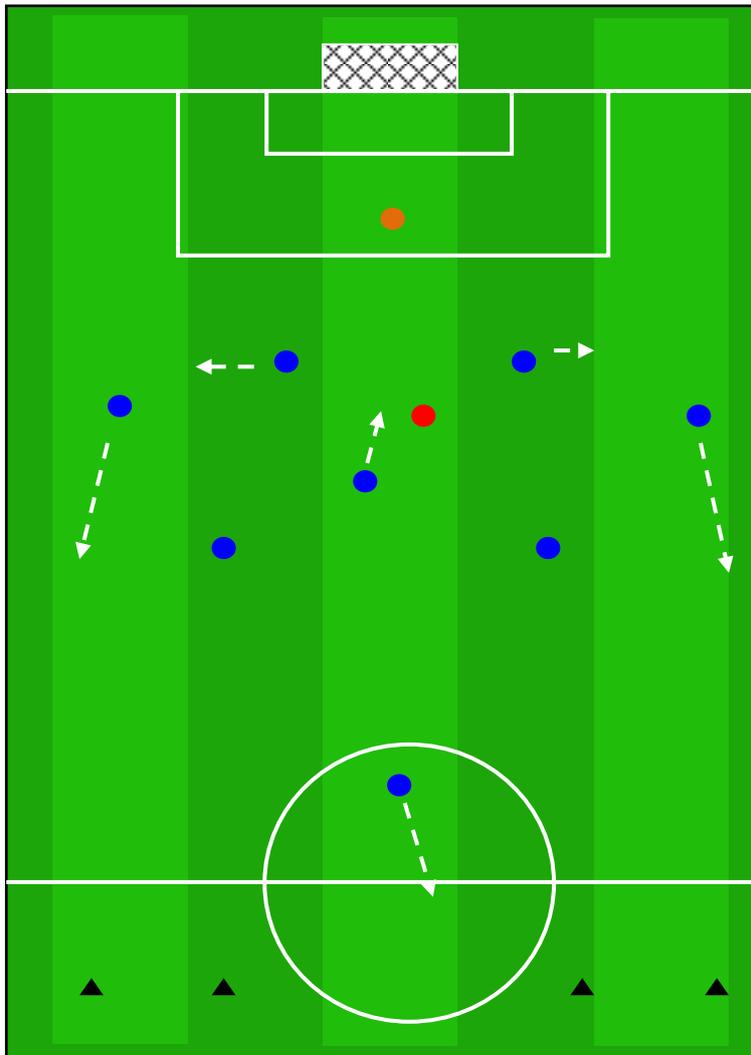
To Make Session Easier:

- Split pitch into thirds, players restricted to their third depending on what position they play i.e. defence, midfield, and attack. Attacking team can advance out of their third to create overloads

Session

3

Topic Theme Level	Counter Attacking
	Attacking quickly from GK possession
	Intermediate



Set Up

Format: Pattern

- Set up as shown using full half of the pitch
- Two target goals 10 yards off the half way line
- Attacking team sets up 4-3-1
- One server
- Play starts with the goalkeeper
 - Save from server
 - Back pass
 - Pass into hands
- Attacking team has 30 seconds to work the ball up the pitch to score in either of the two target goals
- Once attack is finished they must work the ball back down the pitch and back to the goalkeeper or to the server to have a shot
- Play starts again

Coaching Points:

Technical/Tactical

- Support – from team, from GK
- Pass selection, timing, weight, accuracy
- Runs of team/body position to receive
- GK delaying to allow team to spread out

Physical

- Quick dispersal in transition of ball

Psychological

- Decision making – to feet to space?

Social

- Communication – visual/verbal

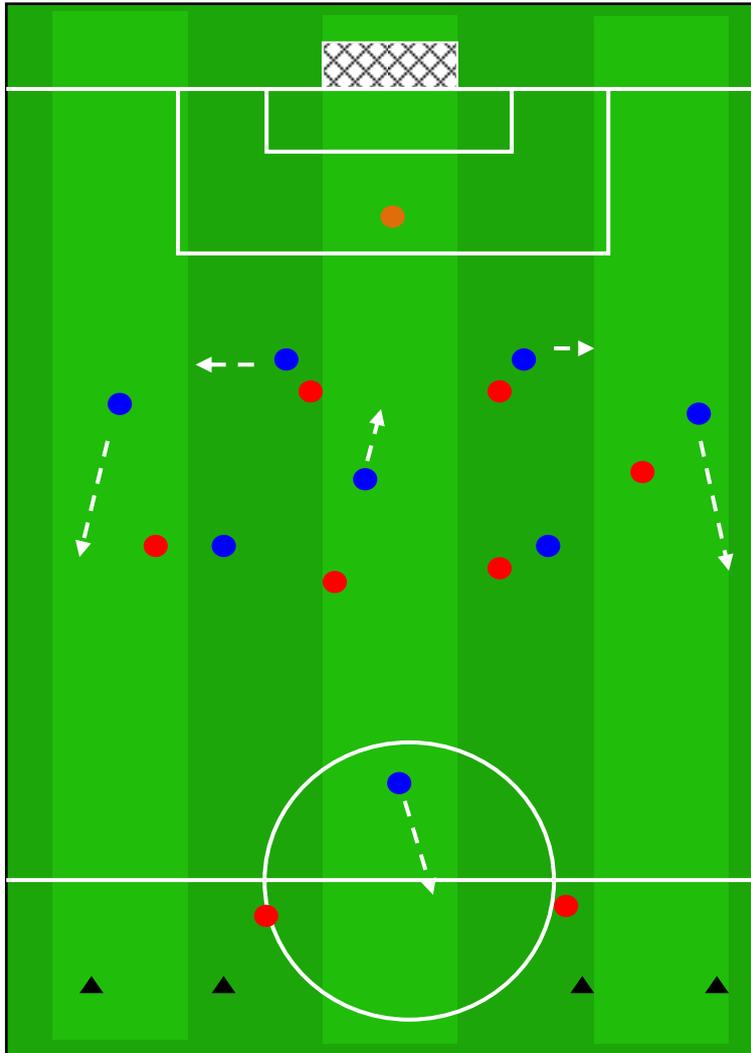
To Make Session Harder:

- Add conditions - time limit 20 seconds, number of touches etc.
- Progress into phase of play

To Make Session Easier:

- Walk through patterns

Topic Theme Level	Counter Attacking
	Attacking quickly from GK possession
	Intermediate



Set Up

Format: Phase of play

- Set up as shown using full half of the pitch
- Two target goals 10 yards off the half way line
- Attacking team sets up 4-3-1
- Defending team set up 2-4-2
- Attacking team have 30 seconds to work the ball up the pitch to score in either of the two target goals
- Defending team must defend as they would in a match, if they win possession they can attack the goal
- Play starts again

Coaching Points:

Technical/Tactical

- Full backs pull wide or stand still, advance? How far?/CB's Split
- GK delivery?
- MF short or long/ST push high why?

Physical

- Quick dispersal of team

Psychological

- Decision making – to feet to space?

Social

- Communication – visual/verbal

To Make Session Harder:

- Playing out through centre back or full backs
- Playing out through holding midfielder
- Playing out to striker

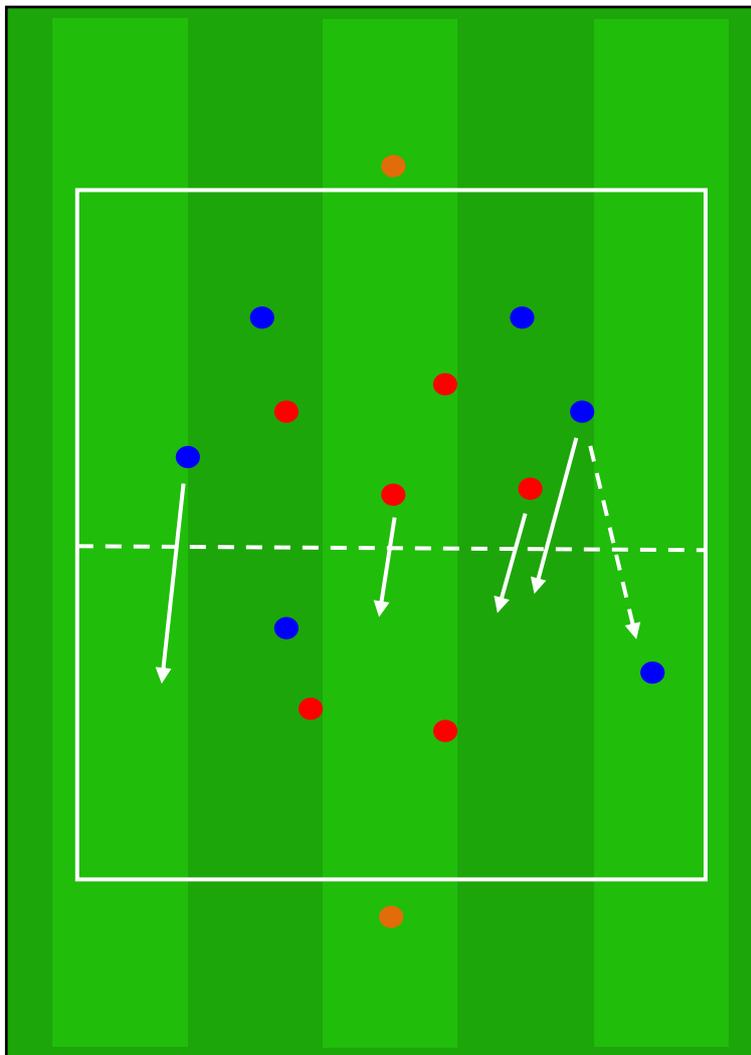
To Make Session Easier:

- Passive defenders to start
- Overload formations

Session

4

Topic Theme Level	Counter Attacking
	Support Play
	Intermediate – Early Advanced



Set Up

Format: Skill Practice

- Set up as shown (playing number can vary, pitch size to suit age/ability of group)
- Pitch size 40 x40 yards split in half with a halfway line
- Two goalkeepers
- 4v4 in one half of the pitch 2v2 in the other
- Goalkeepers start play
- Attacking team keep possession and look for opportunities to pass forward into the attacking half
- Attacking players can advance into the attacking half, two defenders can recover
- Attacking team then try to play the ball into goalkeeper then get it back to attack the other half
- If defenders win the ball they try to counter attack

Coaching Points:

Technical/Tactical

- When to play/when to keep possession
- Angle, Timing, Distance of forward runs
- Quality/type of pass

Physical

- Quick movement in transition of ball

Psychological

- Recognising opportunities early

Social

- Communication - verbal and non-verbal

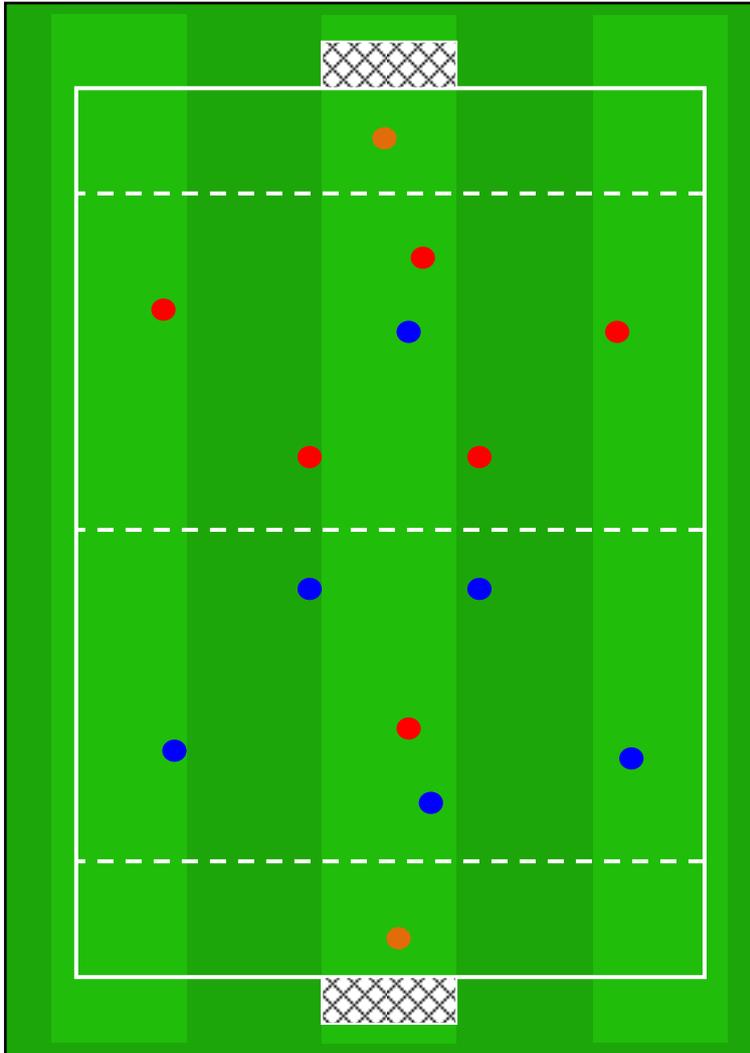
To Make Session Harder:

- Try to use one touch to change tempo
- Pass limits for team in possession before they can score (i.e. 3 pass maximum)

To Make Session Easier:

- Make the area bigger
- Only one defender can recover

Topic Theme Level	Counter Attacking
	Counter Attacking quickly upon Regaining Possession
	Intermediate - Early Advanced



Set Up

Format: SSG

- Set up as shown (playing number can vary, pitch size to suit age/ability of group)
- Area 60 x 40, 7 v 7 (including 2 goalkeepers) both teams set out in a 3-2-1 formation
- Game rules, no corners & offside applies
- One team is designated as the counter attacking team, the other team must look to build play up and work the ball into the opponents half before they can score
- When the counter attacking team win possession they have seven seconds to start a counter attack

Coaching Points:

Technical/Tactical

- Dispersal - long and wide
- Support play - around and in front
- Quality of pass to exploit the space (behind, to feet, to space?)

Physical

- Quick dispersal on regaining possession

Psychological

- Decision making- pass or run- (where/when?)

Social

- Communication - verbal and non-verbal

To Make Session Harder:

- Make area smaller
- Progression into an 11 aside practise, full pitch

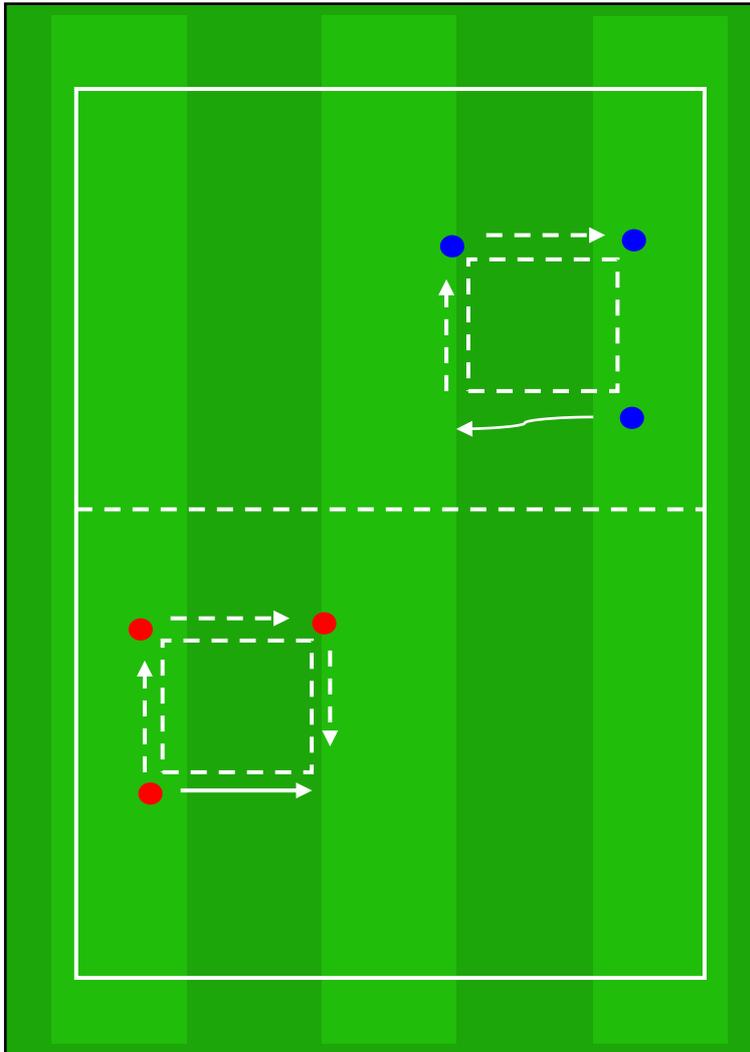
To Make Session Easier:

- Split pitch into thirds, players restricted to their third depending on what position they play i.e. defence, midfield, and attack. Attacking team can advance out of their third to create overloads

Session

5

Topic Theme Level	Flank Attacking Play
	Creating overloads using fullbacks
	Intermediate- Early Advanced



Set Up

Format: ATP

- Set up as shown, area 10x10 yards
- Two teams of three with one ball per team
- Objective is for player to move the ball on the outside of the square, players must remain on the outside of the square
- Players can change places, dribble, play through the square, play to feet or for a team mate to receive onto, interchange from side to side or front to back

Progression;

- Same rules as before
- One football, the team must make five passes and look to switch the ball to the other group to do the same

Coaching Points:

Technical/Tactical

- Quality of receiving touch
- Timing of movement to receive
- Quality, accuracy, timing, weight of passes (diagonal and vertical)

Physical

- Range of passing

Psychological

- Awareness and selection
- Variety of pass and receiving surface

Social

- Communication- verbal and non-verbal

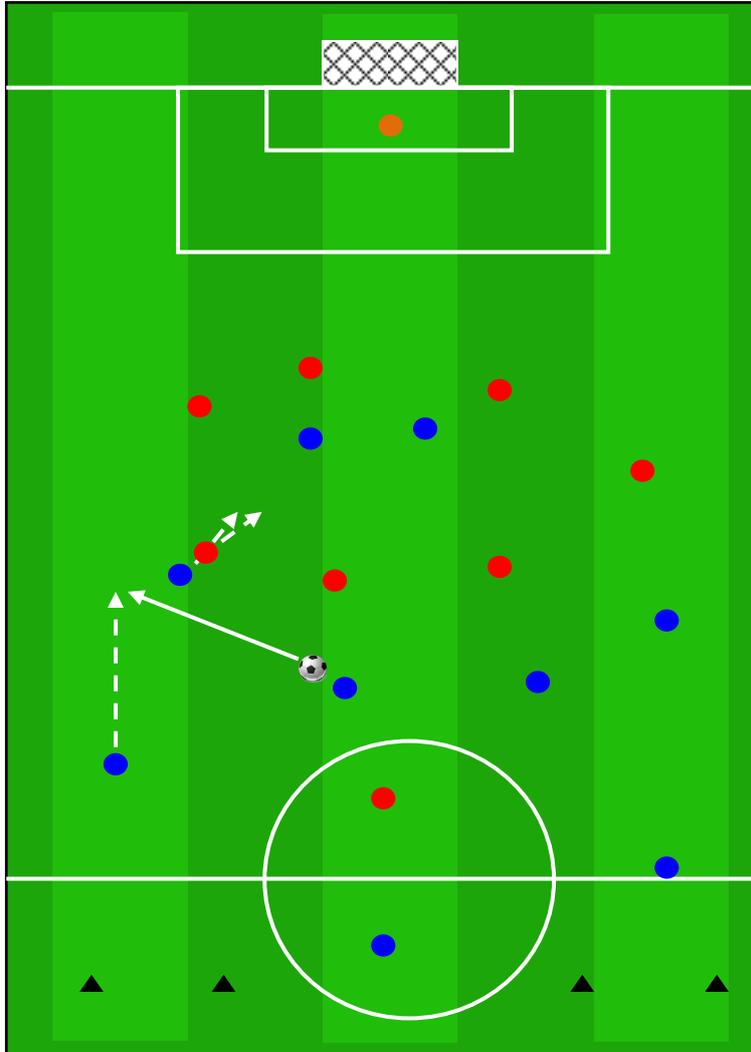
To Make Session Harder:

- Limit touches
- Switch must be done on one touch
- Teams have a football each and must switch play when one team makes a diagonal pass

To Make Session Easier:

- Teams must pass the ball around the square in one direction, working on the basics of passing and receiving

Topic Theme Level	Flank Attacking Play
	Creating overloads using fullbacks
	Intermediate



Set Up

Format: Phase of Play

- Set up as shown using full half of the pitch
- Blue CB starts play
- Blue team are the attacking team, their aim is to work the ball up the pitch to shoot
- Red team are the defending team their aim is to win possession and score by running the ball through either of the two gates
- If blue or red team score, play would start again with blue team CB

Coaching Points:

Technical/Tactical

- Movement to receive/receiving skills
- WM come inside to create space for FB
- Carrying and protecting the ball
- Supporting play

Physical

- Speed to support/overlap
- Running with the ball skills

Psychological

- Decision making – to feet to space?

Social

- Communication– visual/ verbal

To Make Session Harder:

- Change FB starting positions
- Change defensive team formation to match up in midfield or overload in midfield

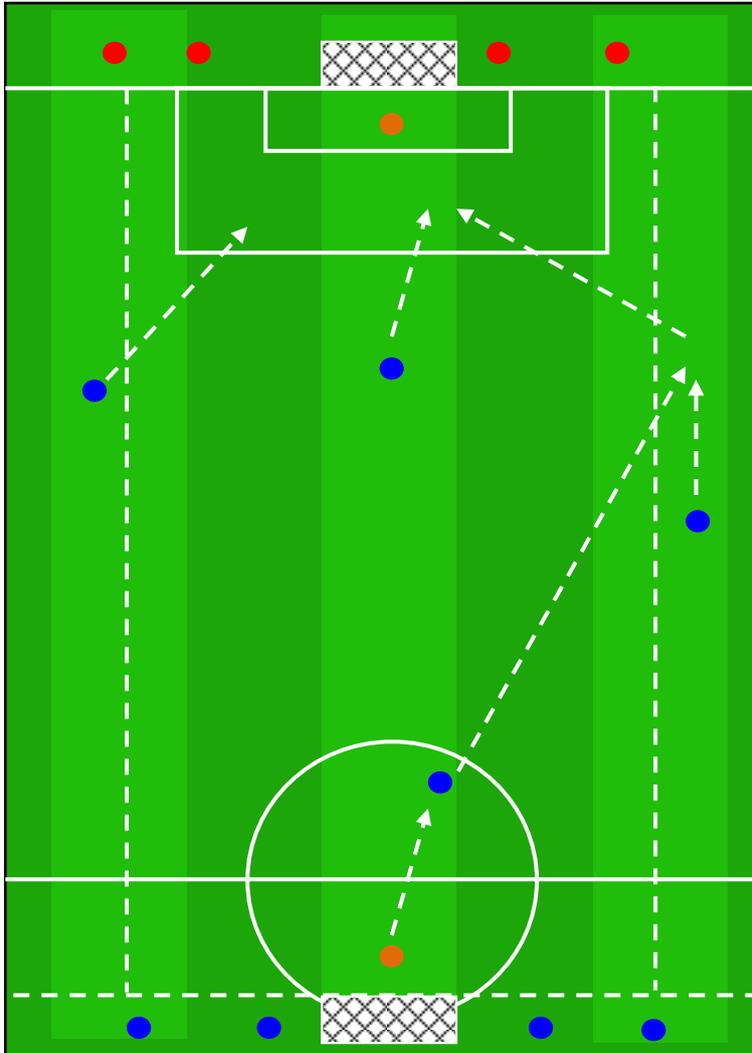
To Make Session Easier:

- Walk through patterns
- Take away numbers (work on one side only)

Session

6

Topic Theme Level	Flank Attacking Play
	Crossing and Finishing
	Intermediate



Set Up

Format: Wave

- Set up as shown with two flank channels either side of the box running full length of area
- Three teams of four, each team must have at least two wide players
- Play starts with GK
- Team one must receive the ball from the GK and work the ball up the pitch into a wide player who would look to cross for another teammate to score (crosses must be from the flank area)
- Wide players can also come inside to finish when the ball is on the opposite flank
- Once team one finish their attack, team two would attack the opposite goal
- Play would continue

Coaching Points:

Technical/Tactical

- Accuracy/weight/timing of pass into wide player and of cross into attackers
- Combination skills
- Type/variety of cross e.g. low driven, near post far post etc.

Physical

- Quick dispersal of team

Psychological

- Decision making

Social

- Communication– visual/verbal

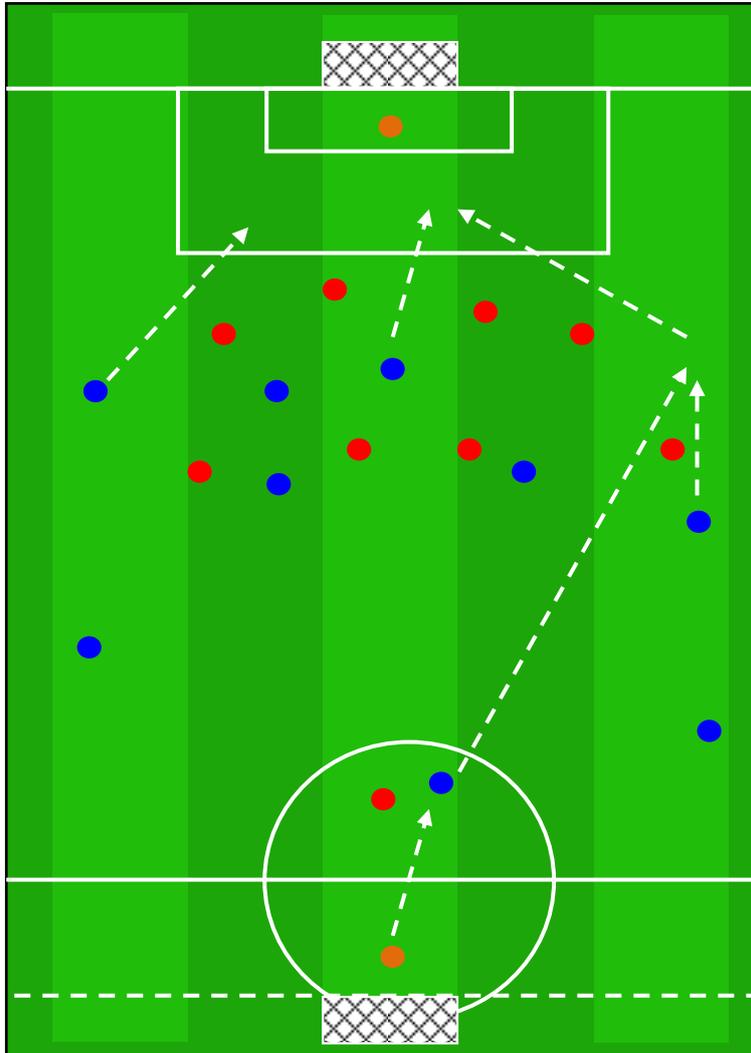
To Make Session Harder:

- Add an offside line
- Add conditions i.e. time limits, number of passes
- Add defenders

To Make Session Easier:

- Add an extra attacking player
- Make area smaller

Topic Theme Level	Flank Attacking Play
	Crossing and finishing
	Intermediate



Set Up

Format: Phase of Play

- Set up as shown using full half of the pitch
- Blue team starts play by;
 - Receiving from goalkeeper
 - Misplaced pass to winger or fullback
 - Interception from a midfield player
- Blue team are the attacking team, their aim is to work the ball up the pitch and look to produce a cross
- Red team are the defending team their aim is to win possession and score
- If blue or red team score, play would start again from one of the starting positions

Coaching Points:

Technical/Tactical

- Appropriate delivery
- Timing of movement/runs (wide & attacking players)
- Finishing on the move

Physical

- Movement of players

Psychological

- Recognising attacking spaces
- Assessing where attackers are for cross

Social

- Communication– visual/verbal

To Make Session Harder:

- Add an offside line
- Add conditions i.e. time limits, number of passes
- Overload defence

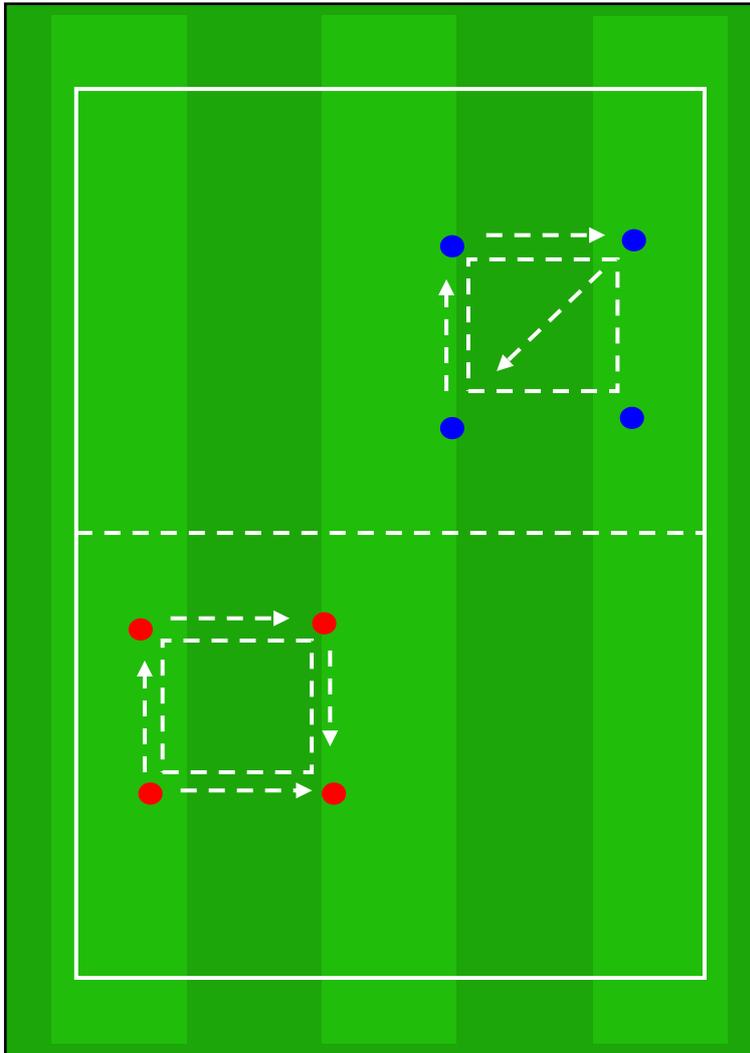
To Make Session Easier:

- Remove defenders
- Add two safe channels running length of pitch

Session

7

Topic Theme Level	Central Attacking Play
	Retain possession to attack
	Intermediate- Early Advanced



Set Up

Format: ATP

- Set up as shown, area 10x10 yards
- Two teams of four with one ball per team
- Objective is for player to move the ball on the outside of the square, players must remain on the outside of the square
- Players can play through the square, interchange from side to side or front to back

Progression;

- Same rules as before
- One football, the team must make five passes and look to switch the ball to the other group to do the same

Coaching Points:

Technical/Tactical

- Quality of receiving touch
- Quality, accuracy, timing, weight of passes (diagonal and vertical)

Physical

- Range of passing

Psychological

- Awareness and selection
- Variety of pass and receiving surface

Social

- Communication- verbal and non-verbal

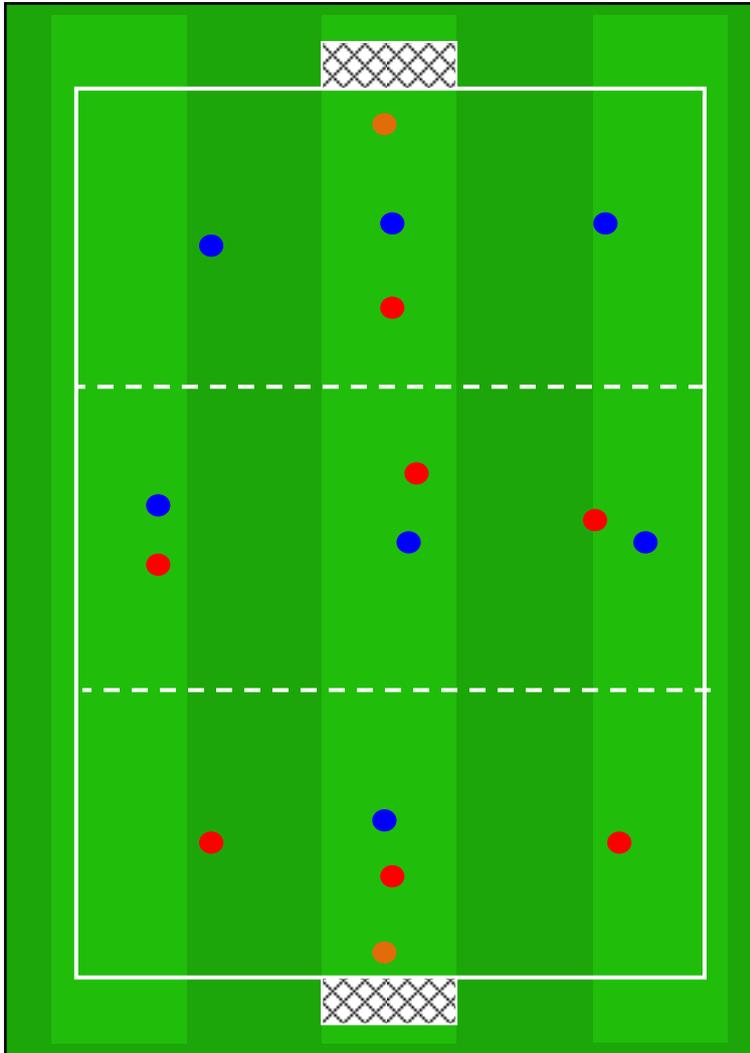
To Make Session Harder:

- Limit touches
- Switch must be done on one touch
- Teams have a football each and must switch play when one team makes a diagonal pass

To Make Session Easier:

- Teams must pass the ball around the square in one direction, working on the basics of passing and receiving

Topic Theme Level	Central Attacking Play
	Retain possession to attack
	Intermediate



Set Up

Format: SSG

- Set up as shown (Pitch size to suit age/ability of group)
- Both teams set up a 3-3-1 formation with goalkeepers
- Blue team are the attacking team they must look to get the ball into the middle section, once in the middle section blue team look to keep possession and look for opportunities to play the ball into the final third to attack
- Red team are the defending team, if red team win possession they have 10 seconds to attack

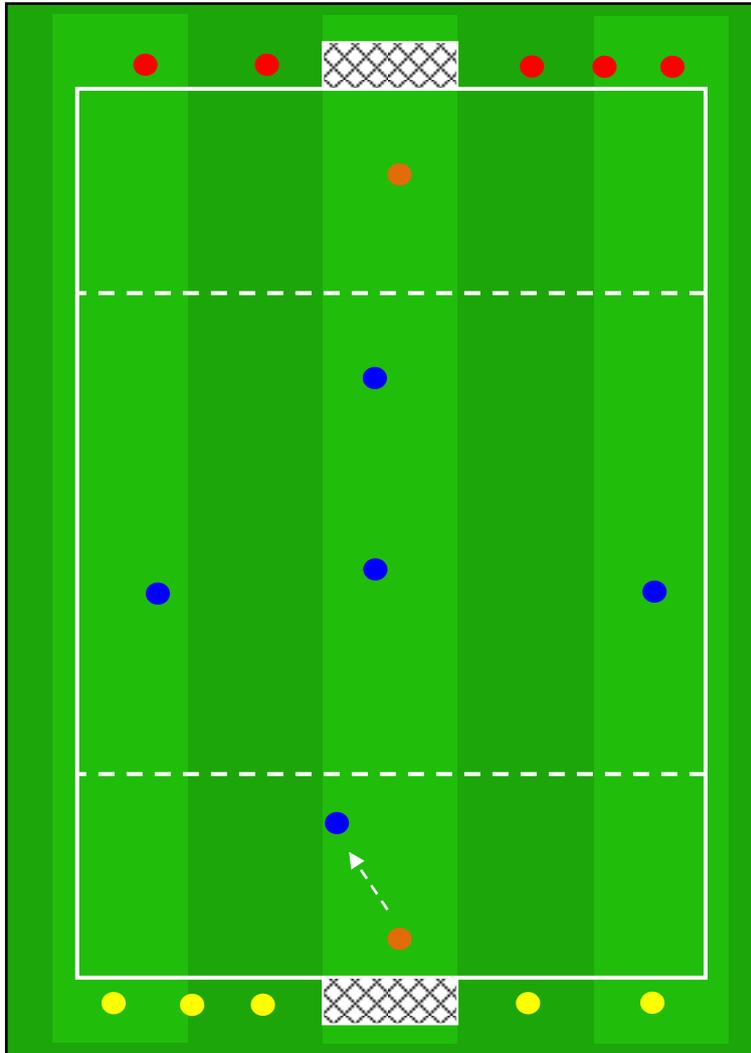
Coaching Points:	
Technical/Tactical	
• Support – who, where, when, how	
• Timing of support runs	
• When to play/when to keep possession	
• Finishing	
Physical	
• Working off the ball	
Psychological	
• Selection of pass	
• Recognising opportunities early	
Social	
• Communication- verbal and non-verbal	

To Make Session Harder:	
• Overload midfield area	
• Limit touches	
• Make area smaller	
To Make Session Easier:	
• Players must stay in their sections	
• Players can use the defensive third to receive unopposed	

Session

8

Topic Theme Level	Central Attacking Play
	Passing and Moving
	Intermediate



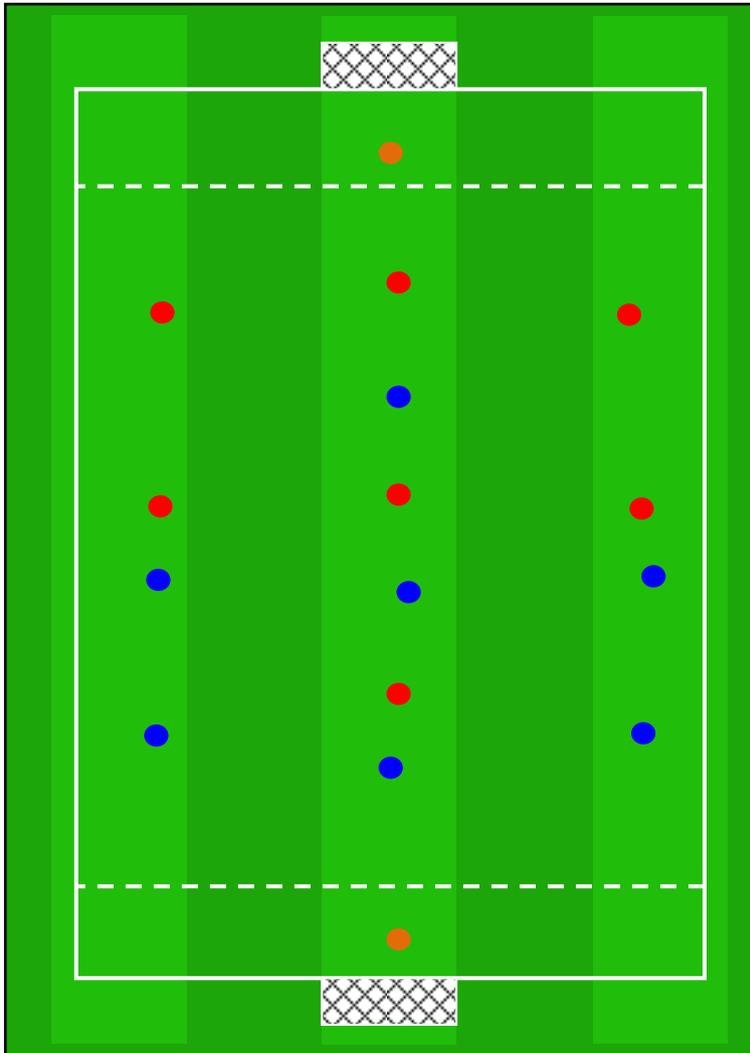
Set Up
Format: Wave Practice

- Set up as shown (pitch size can vary)
- Three teams of five
- Teams start behind the goals
- Play starts with the GK
- GK plays it out to attacking team who must work the ball up the pitch to score
- The aim is for all players to touch the ball before the team scores and work on various passing/moving patterns
- Once a teams has attacked, the next team would repeat play from the opposite end, with the team next to the goal ready to move quickly into an attacking formation and receive from the GK
- Teams attack alternate ends

Coaching Points:
Technical/Tactical
<ul style="list-style-type: none"> • Combinations • Pass– which player, 1/2 touch, feet or space • First touch– to control/to release
Physical
<ul style="list-style-type: none"> • Support and movement after pass
Psychological
<ul style="list-style-type: none"> • Awareness– support/receiving situation
Social
<ul style="list-style-type: none"> • Communication – verbal and non-verbal

To Make Session Harder:
<ul style="list-style-type: none"> • Two teams play at same time • Add conditions e.g. limit number of touches, limit time to score etc. • Offside applies
To Make Session Easier:
<ul style="list-style-type: none"> • Walk through combinations first

Topic Theme Level	Central Attacking Play
	Passing and Moving
	Intermediate



Set Up

Format: SSG

- Set up as shown (pitch size can vary)
- Area 70 x 50, 8 v 8 both teams set out in a 3-3-1 formation
- Game rules, no corners & offside applies
- The Attacking team must look to keep possession in midfield using a variety of combinations to try and start an attack
- Play starts with the goalkeepers playing out of their area to a teammate, players can drop into the goalkeepers area to receive unopposed

Coaching Points:

Technical/Tactical

- Distance and angles of support
- Quality of delivery– varied pass, distance, skill
- Accuracy of passing

Physical

- Support and movement after pass
- Speed/range of passing

Psychological

- Awareness– position/what’s around

Social

- Communication– verbal and non-verbal

To Make Session Harder:

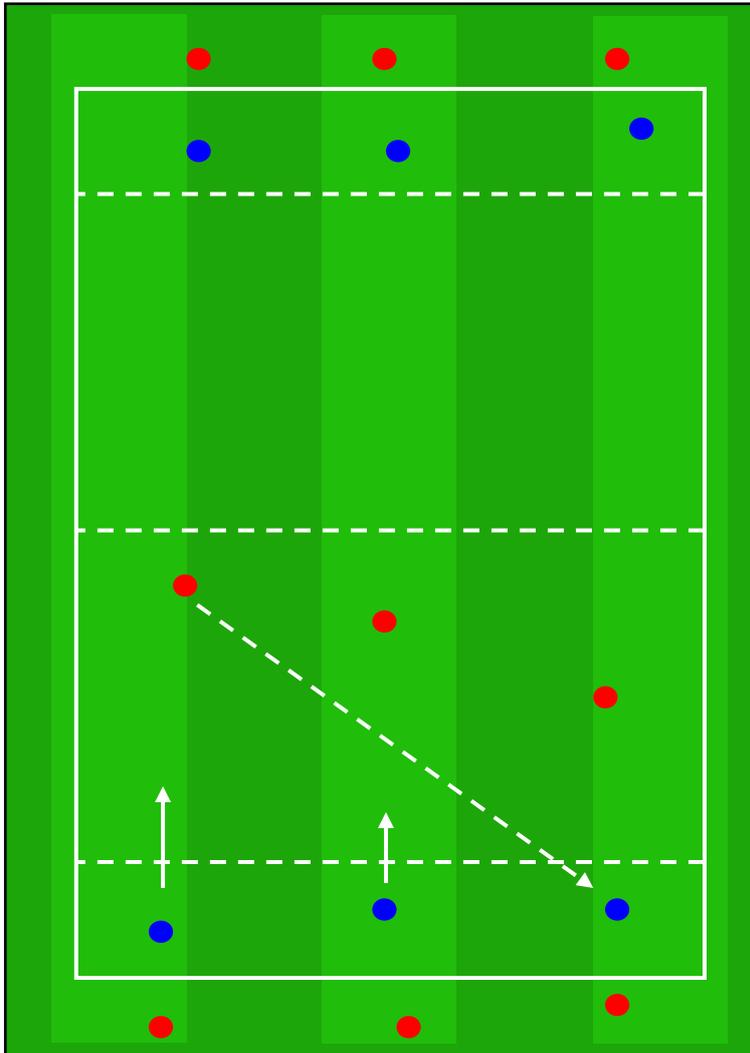
- Overload midfield area
- Condition touches i.e. two touch

To Make Session Easier:

- Split pitch into thirds, players restricted to their third depending on what position they play i.e. defence, midfield, and attack
- Walk through patterns/combinations of play with less or static defenders

Session 9

Topic Theme Level	Attack VS Defence
	3 VS 3 Attacking & Defending in Waves
	Intermediate



Set Up

Format: Wave Practice

- Set up as shown (pitch size can vary)
- Two end zones and a halfway line/offside line to mark the pitch
- 5 teams of 3
- Defending team start with the ball on the halfway line
- Defending team play the ball to the three attackers who must try to work the ball into the opposite half of the pitch and play a pass into the other attacking team, who would then become the attacking team
- If the defending team win possession they must play the ball out and become attackers, the team that lost possession would then become the defending team
- Attacking and defending play should be continued

Coaching Points:

Technical/Tactical

- Can you press? – who, when, how, why
- Positioning – depth

Physical

- Speed to cover ground (sliding and screening)

Psychological

- Decision making – show inside, drop off?

Social

- Communication – verbal and non-verbal

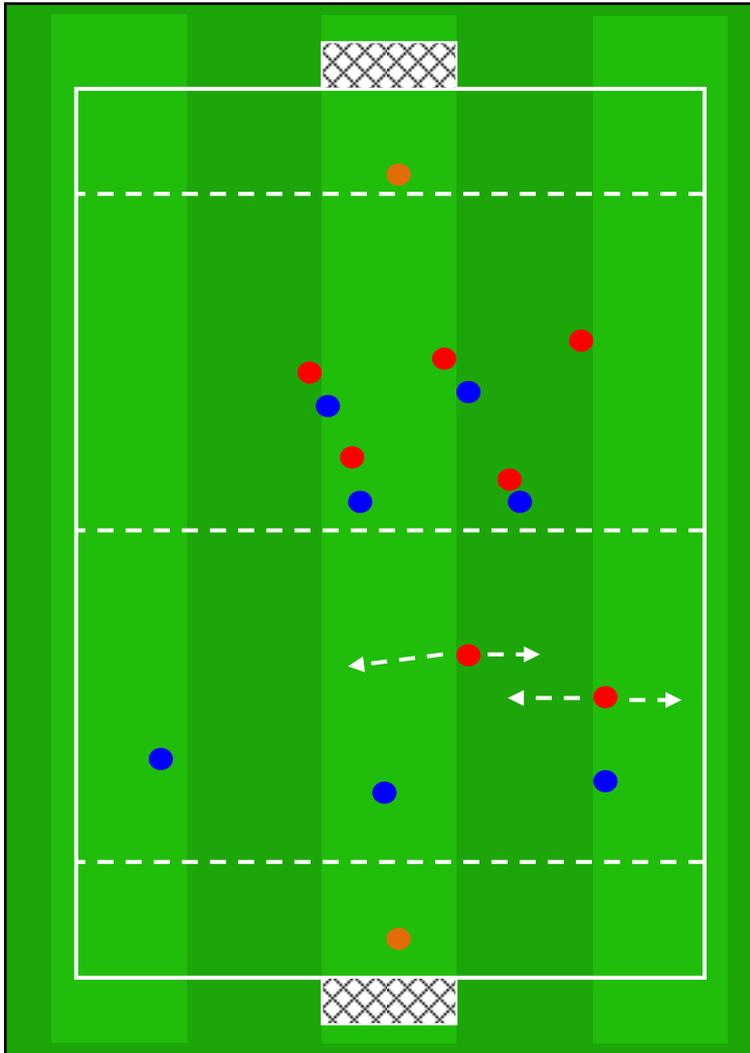
To Make Session Harder:

- Add or remove players
- Increase area

To Make Session Easier:

- Decrease area
- Add another unit of defence in opposite half and split into two units e.g. 2-2, 2-3

Topic Theme Level	Defensive Play
	Compactness When Defending
	Intermediate



Set Up

Format: SSG

- Set up as shown (pitch size can vary)
- Area 70 x 50, 8 v 8 both teams set out in a 3-2-2 formation
- Game rules, no corners & offside applies
- The Defending team must look to compact the pitch and show the attacking either back across the pitch or backwards
- Play starts with the goalkeepers playing out of their area to a teammate, players can drop into the goalkeepers area to receive unopposed

Coaching Points:

Technical/Tactical

- Delay– Press (when, where, why, how)
- Compactness– distance, movement as a team (balance), angles, cover, depth?
- Control– Occupying spaces

Physical

- Speed to cover ground

Psychological

- Decision making– who presses etc.

Social

- Communication– verbal and non-verbal

To Make Session Harder:

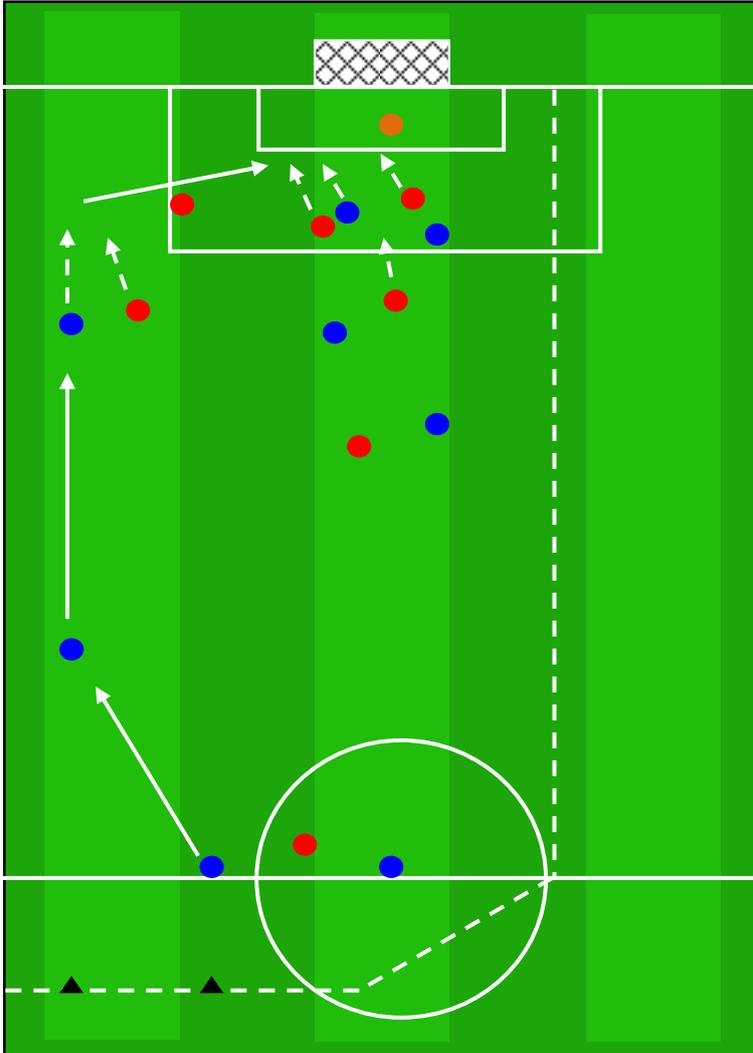
- Progression into an 11 aside practise, full pitch

To Make Session Easier:

- Split pitch into thirds, players restricted to their third depending on what position they play i.e. defence, midfield, and attack.

Session 10

Topic Theme Level	Defending when organised
	Defending Crosses
	Early Advanced



Set Up

Format: Functional Practice

- Set up as shown area 60x40
- Attacking team set up 3-3-2
- Defending team set up GK-3-3-1
- Attacking team must work the ball into wide areas to cross and score
- Defending teams aim is to prevent or defend the cross, if they win possession defending team can attack the gate to score
- Offside applies

Coaching Points:
Technical/Tactical
<ul style="list-style-type: none"> • Full back– press or cover, when/how? • Marking attacking spaces, who/where?
Physical
<ul style="list-style-type: none"> • Tracking and marking players
Psychological
<ul style="list-style-type: none"> • Defending responsibility • Anticipating movement
Social
<ul style="list-style-type: none"> • Communication– visual/verbal

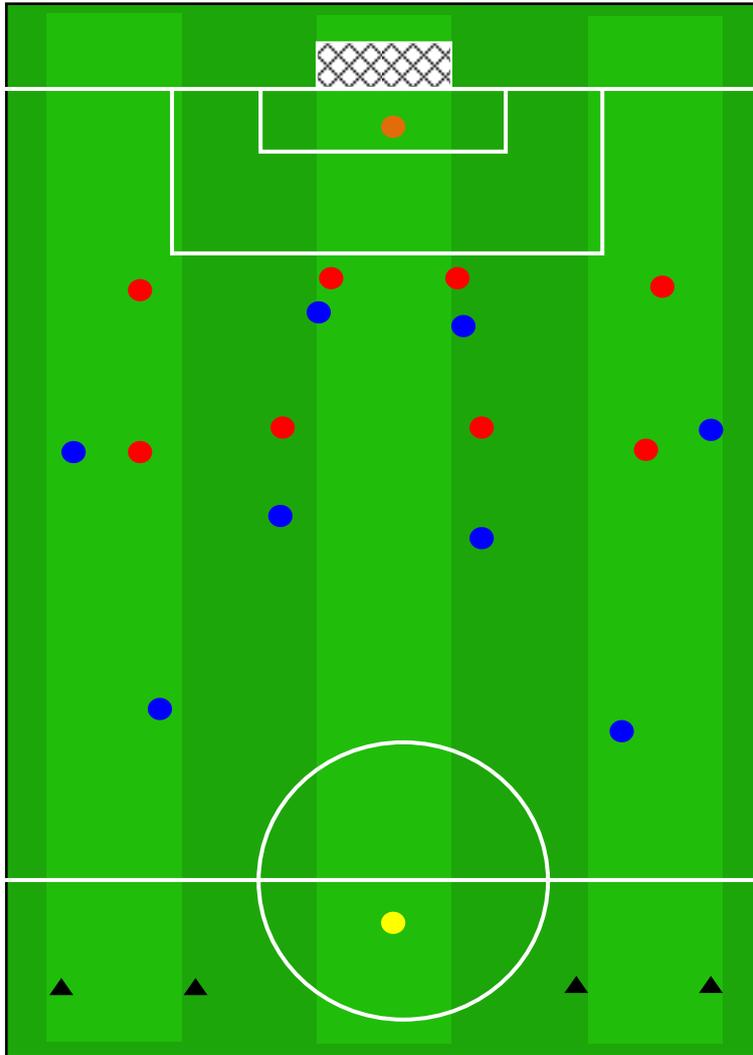
To Make Session Harder:

- Variety of cross to defend i.e. front post, low driven, high etc.

To Make Session Easier:

- No attacking players, defend only the cross

Topic Theme Level	Defending when organised
	Defending Crosses
	Early Advanced



Set Up

Format: Phase of Play

- Set up as shown using full half of the pitch
- Attacking team set up a 2-4-2 formation
- Defending team play with a goalkeeper, four midfielder players and four defenders
- Target/server player plays for both teams
- Target/server player starts the play by playing it to the attacking team who look to work the ball wide to cross and score
- Attacking team look to prevent or defend the cross, if defending team win possession they can link up play with the target player and attempt to score in either of the two gates

Coaching Points:

Technical/Tactical

- Defending attacking area- who, where?

Physical

- Movement of team– nearest defenders presses, press and cover if ball is switched, how?

Psychological

- Decision making– defensive line, full back press or cover?

Social

- Communication – visual/verbal

To Make Session Harder:

- Progression into an 11 aside practise, full pitch
- Variation of cross/crossing position

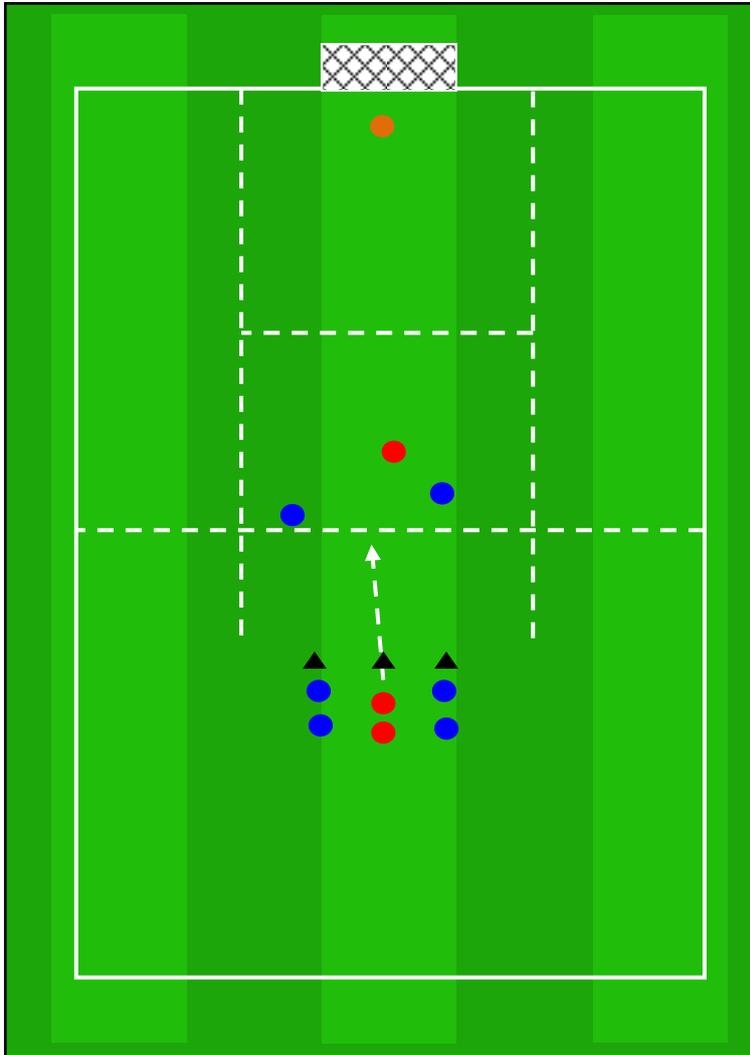
To Make Session Easier:

- Remove a striker

Session

11

Topic Theme Level	Defending when outnumbered
	Defending against counter attacks
	Intermediate



Set Up

Format: Skill Practice

- Set up as shown (pitch size can vary)
- Area 30 x 15 split into three sections 15 x 10 x 5
- Attacking team line up behind the cones in pairs
- One defender starts in the middle section
- Attacking pairs take it in turns to attack the goal
- Attackers can only be tackled once they enter the middle third
- Once attackers reach the middle third a second defender can recover to make play 2v2
- Players change roles after each attack

Coaching Points:

Technical/Tactical

- Body position/footwork
- Deny space, delay play– how?

Physical

- Movement when ball is passed
- Recovery– towards goal

Psychological

- Decision making– when to press?
- Judgment- around ball, space, support

Social

- Defending responsibilities

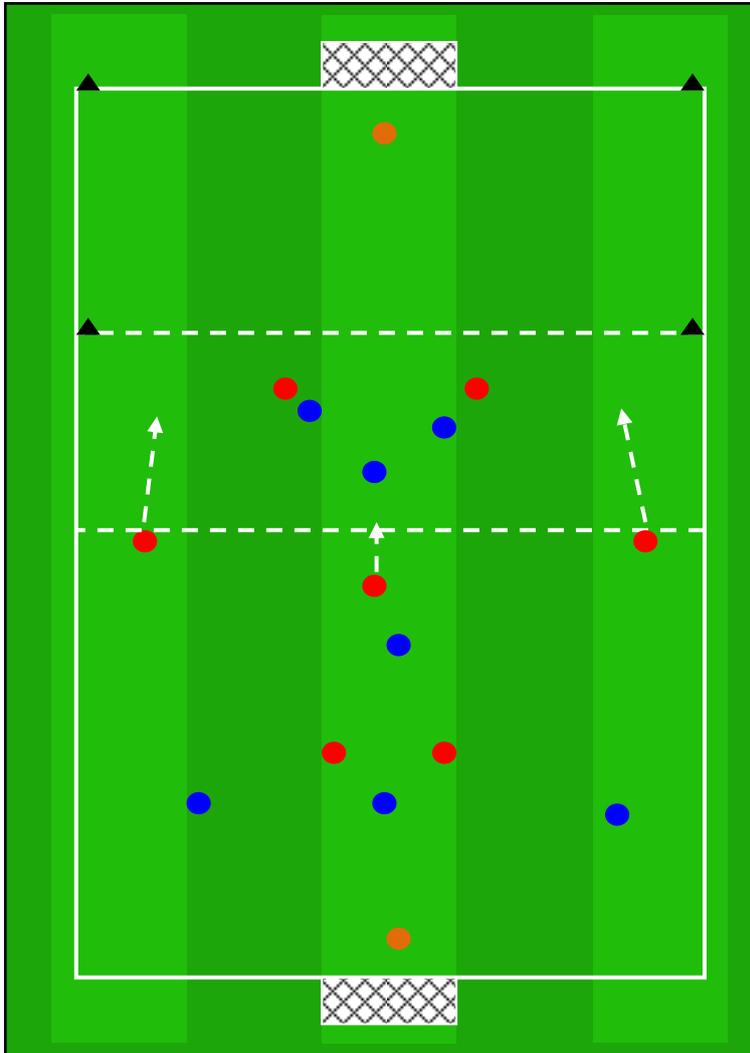
To Make Session Harder:

- No recovering defender
- Make area bigger

To Make Session Easier:

- Play 1 v 1 or 2 v 2 to start
- Add time limits for attackers to score

Topic Theme Level	Defending when outnumbered
	Defending against counter attacks
	Intermediate



Set Up

Format: SSG

- Set up as shown (pitch size can vary)
- Area 70 x 50 with a 20 yard channel marked across the pitch
- 8 v 8 attacking team set up a 3-2-2 formation, defending team set up a 2-3-2 formation
- Game rules, no corners & offside applies
- Practice starts with defending team goalkeeper playing the ball into a defending play who receives unopposed in the channel
- Defending team must work the ball over the halfway line and have 20 seconds to score, they must have every player out the channel to score
- Attacking team attempt to win possession and counter attack

Coaching Points:

Technical/Tactical

- Delay opponents– remain narrow
- Deny opponents– block passes/shots

Physical

- Tracking runners– try to get goal side of ball and player
- Recovery runs– where/who?

Psychological

- Decision making– when to press?

Social

- Communication- verbal and non-verbal

To Make Session Harder:

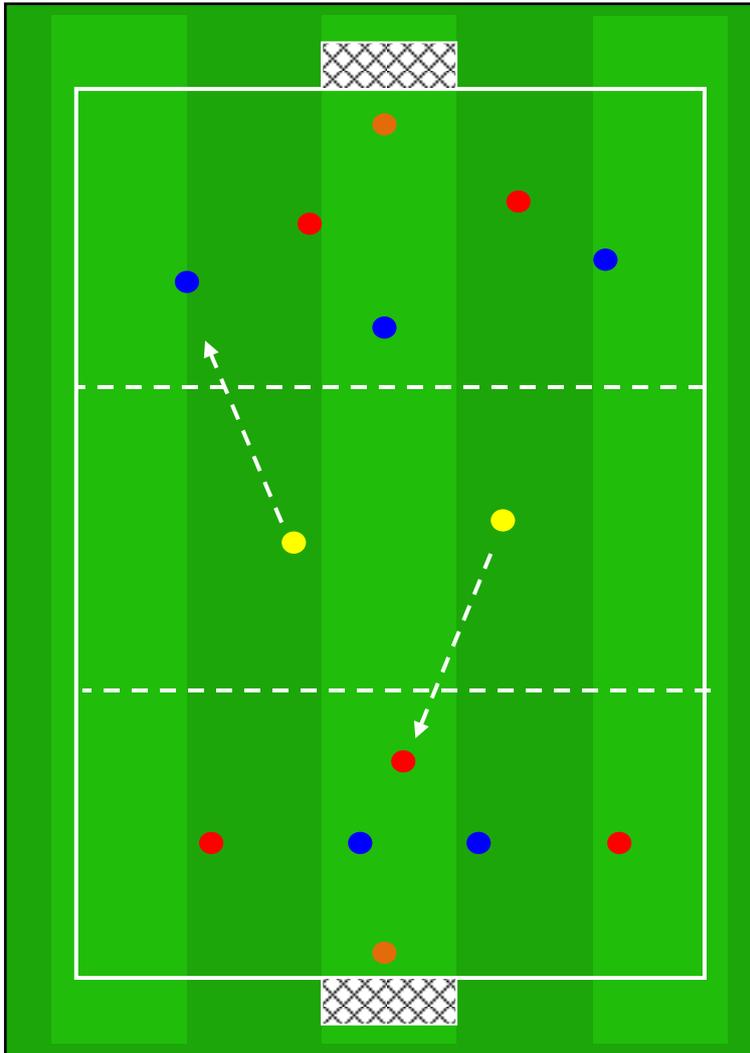
- Make area bigger
- Full defending team must be over the half way line to score when attacking

To Make Session Easier:

- Defending team are allowed three players to stay in the channel area when attacking

Session 12

Topic Theme Level	Defending when outnumbered
	Defending when outnumbered in own half of the field
	Intermediate



Set Up

Format: Skill practice

- Set up as shown (pitch size to suit age/ability of group)
- 3 v 2 in attacking third with 2 servers in middle zone
- Play starts with server playing a pass into the attacking team from the middle third, servers can support play from behind but cannot leave middle third
- Defenders play outnumbered and try to prevent attackers from scoring, if defending team win possession they score a point by playing a pass into the server
- Players rotate roles

Coaching Points:

Technical/Tactical

- Pressing– when, who?
- Marking and covering
- Distance between defenders
- Deflect attack away from goal

Physical

- Speed to cover ground

Psychological

- Changing roles

Social

- Communication- verbal and non-verbal

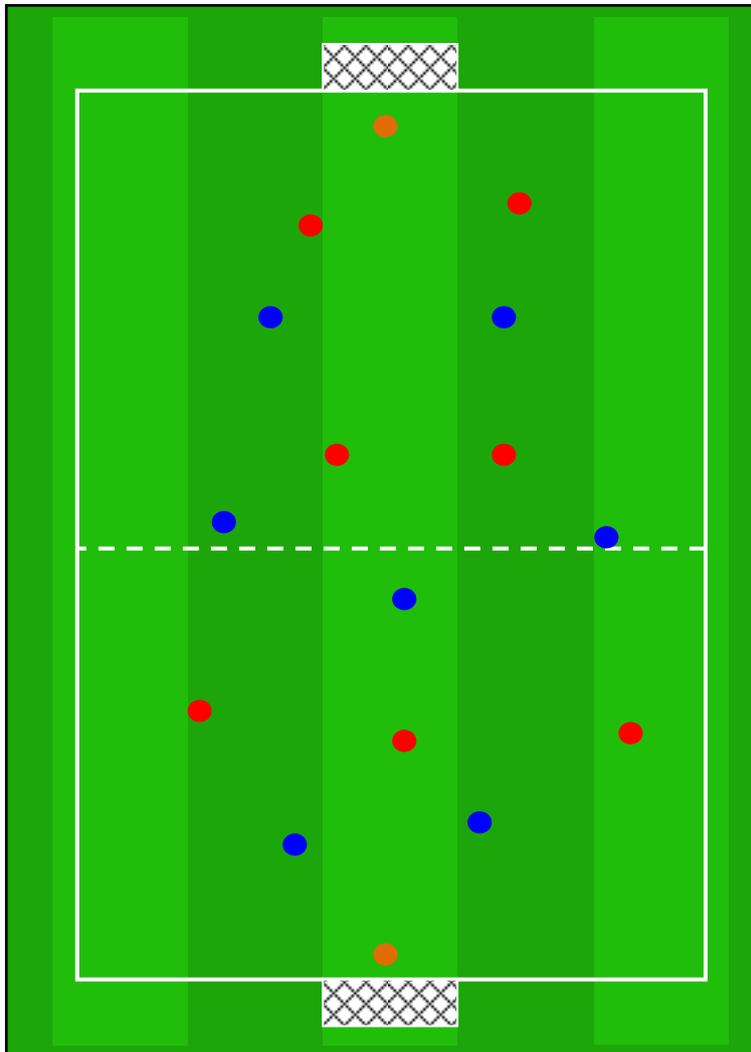
To Make Session Harder:

- Server plays a pass in and joins as an attacker i.e. 2D VS 4A
- Make area bigger

To Make Session Easier:

- Server plays a pass in and joins as a defender i.e. 3 D VS 3A
- Make area smaller

Topic Theme Level	Defending when outnumbered
	Defending when outnumbered in own half of the field
	Intermediate



Set Up

Format: SSG

- Set up as shown (pitch size to suit age/ability of group)
- Defending team formation 2-2-3
- Attacking team formation 2-3-2
- Practice starts with goalkeeper playing at to defending team who have 20 seconds to work the ball over the halfway line to attack
- Blue team look to prevent the attack and win possession, then look to counter
- No corners and offside applies

Coaching Points:

Technical/Tactical

- Pressing– when, who?
- Force play away from goal
- Delay/deny play

Physical

- Quick reorganisation
- Quick recovery of supporting players

Psychological

- Early decisions/Judgment i.e. when to press- bad touch etc.

Social

- Communication- verbal and non-verbal

To Make Session Harder:

- Make area bigger
- Full defending team must be in attacking half to score

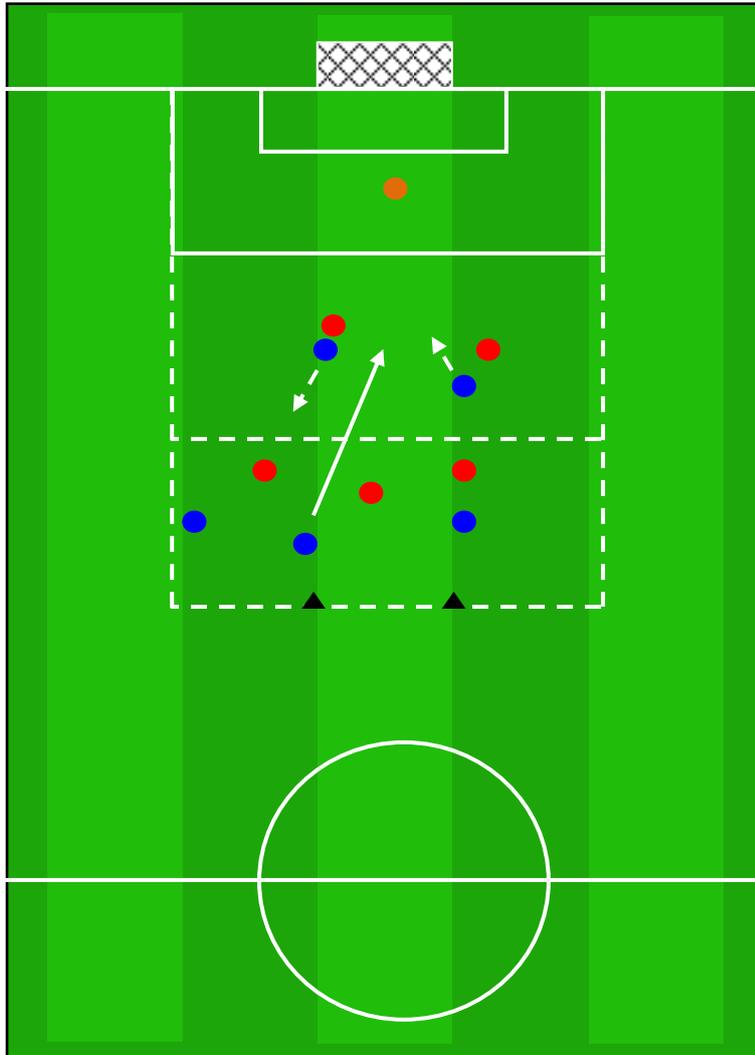
To Make Session Easier:

- Attacking team have time limits to score
- Make area smaller

Session

13

Topic Theme Level	Attackers to combine effectively
	Strikers Combination
	Early Advanced



Set Up

Format: Functional Practice

- Set up as shown, area width of box plus 40 yards split into two areas
- Attacking team has two strikers and three midfield players
- Defending team has two defenders plus three midfielders
- Aim of the session is for the attacking team to play the ball into one of the two strikers to combine with each other and attempt to score
- If attackers score or ball goes out of play, attack starts again from midfield
- If defenders win possession they can score by running the ball through the gate
- Offside applies

Coaching Points:

Technical/Tactical

- Receiving position- back to goal, side on
- First touch- to strike, set up
- Combination skills- 1 touch passing etc.

Physical

- Movement- dummy runs etc.
- Quick reaction- second ball etc.

Psychological

- Anticipating passes
- Observation- space defenders

Social

- Communication- visual/ verbal

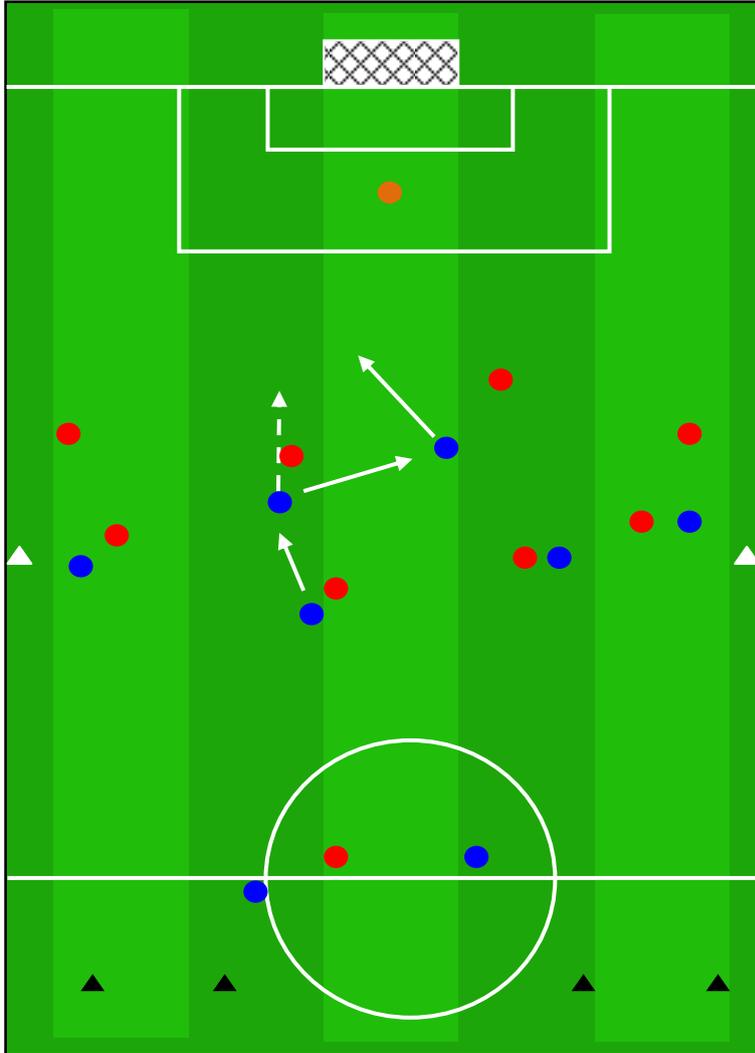
To Make Session Harder:

- Remove half way line that separates midfield from attack and play as before, players can now move anywhere and combine with midfield
- Add extra defender in either sections
- Play on two touch

To Make Session Easier:

- Remove midfield defender
- Make area bigger

Topic Theme Level	Attackers to combine effectively
	Strikers Combination
	Early Advanced



Set Up

Format: Phase of play

- Set up as shown using full half of the pitch (cones to mark final third of pitch)
- Two target goals 10 yards off the half way line
- Attacking team sets up 2-4-2
- Defending team set up 4-4-1 with GK
- Attacking team look to work to ball up the pitch into the final third to and combine with strikers to produce an attempt at goal
- If attackers score play starts from last attacker back
- If defending team win possession they can counter attack and score by running through either of the gates
- Offside applies

Coaching Points:

Technical/Tactical

- Angle and distances of strikers– from midfield, each other
- Support play– who, where, when?
- Type of pass- one touch, to space etc.

Physical

- Speed to break away from defender
- Clever movement- draw defender etc.

Psychological

- Observation– space defenders

Social

- Communication– visual/verbal

To Make Session Harder:

- Strikers play on two touch
- Variety of service into strikers i.e. chest, head, through ball etc.

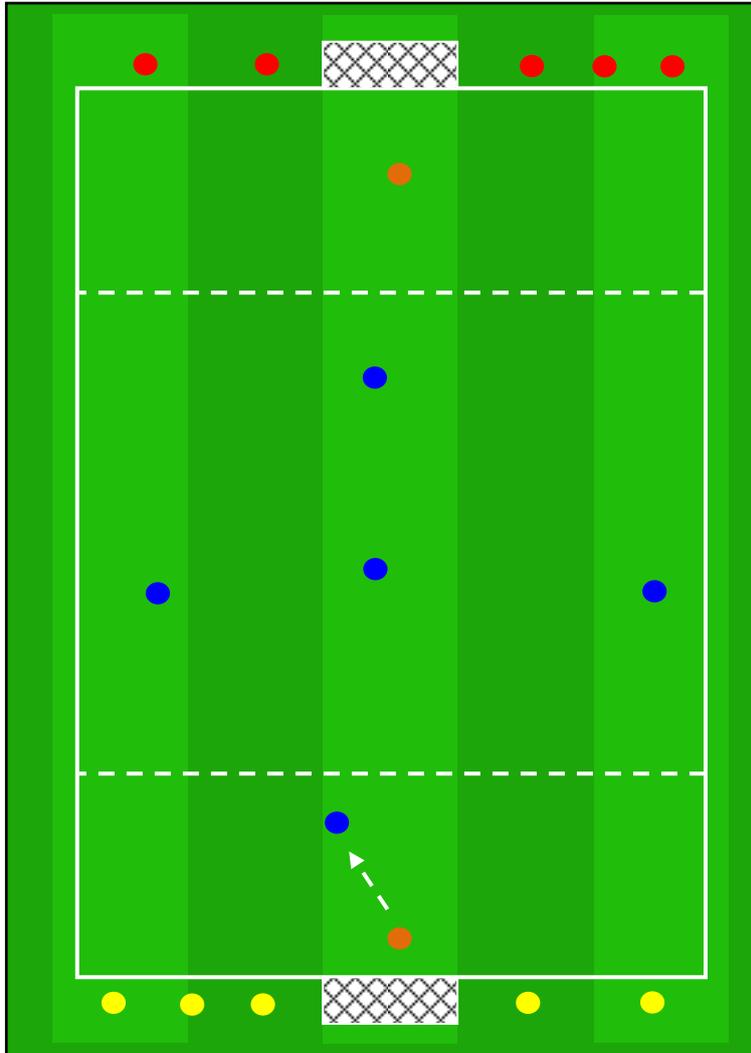
To Make Session Easier:

- Overload formations e.g. attackers 2-4-2 vs 4-3-1
- Defending team have time limit to score

Session

14

Topic Theme Level	Attackers to combine effectively
	Combination skills and clever passing
	Intermediate



Set Up

Format: Wave Practice

- Set up as shown (pitch size can vary)
- Three teams of five
- Teams start behind the goals
- Play starts with the GK
- GK plays it out to attacking team who must work the ball up the pitch to score
- The aim is for the attacking team to combine together using clever passing and combinations to shoot at goal
- Once a team has attacked, the next team would repeat play from the opposite end, with the team next to the goal ready to move quick into an attacking formation and receive from the GK
- Teams attack alternate ends

Coaching Points:

Technical/Tactical

- Combinations- who, where, when?
- Pass- which player, 1/2 touch, feet or space
- First touch- to control/to release

Physical

- Support and movement after pass
- Movement of players- to create space

Psychological

- Awareness- support/receiving situation

Social

- Communication- verbal and non-verbal

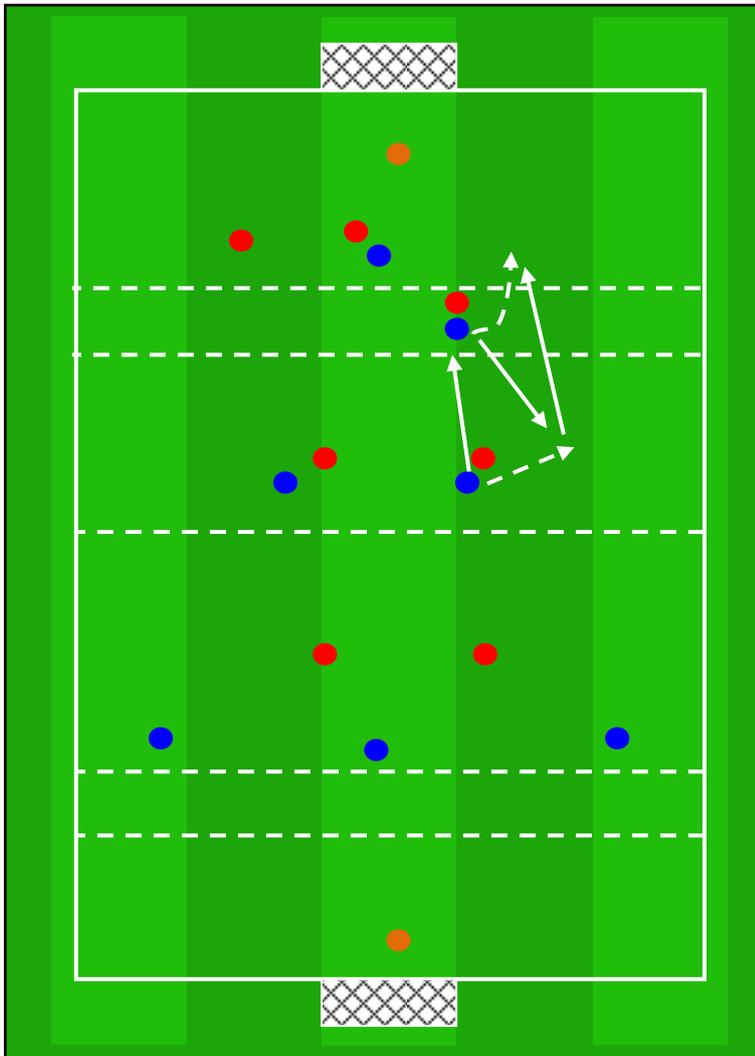
To Make Session Harder:

- Add conditions i.e. limit touches, time limits to score etc.
- Add a defender in the middle
- Two teams work at once
- Add offside line

To Make Session Easier:

- Walk through combinations first
- Team have time to set up on the pitch before GK plays

Topic Theme Level	Attackers to combine effectively
	Combination skills and clever passing
	Early Advanced



Set Up

Format: SSG

- Set up as shown (pitch size can vary)
- Area 70 x 50, 8 v 8, with two 5 yard zones going along the pitch
- Both teams set out in a 3-2-2 formation
- In the 8v8 game, the ball is worked through to the front man who is pressed in the 5-yard zone by a defender. An overlapping attacker makes a run from deep. Defending team look to win possession and attack
- Defending team has 30 seconds to strike at goal.
- Game rules, no corners & offside applies

Coaching Points:

Technical/Tactical

- Combinations of midfield and attackers – dummy, deflect, deceive, dissect
- Quick passing– 1/2touch
- Quality/variety of passing – inside/outside foot etc.

Physical

- Movement to create space to receive
- Support runs

Psychological

- Observing space/defenders

Social

- Communication– verbal and non-verbal

To Make Session Harder:

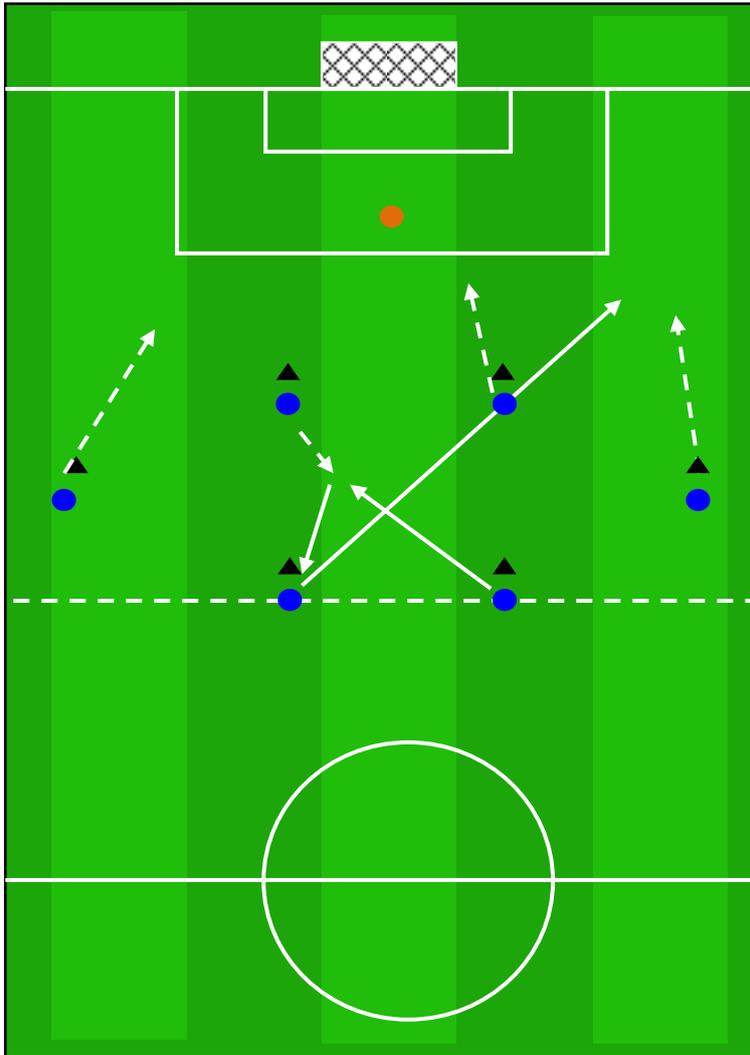
- Remove attacking zones
- Limit number of touches in attacking zone

To Make Session Easier:

- Strikers can receive unopposed in attacking zones

Session 15

Topic Theme Level	Attackers to combine effectively
	Clever movement from attackers in final third
	Intermediate



Set Up

Format: ATP

- Set up as shown, with final third marked out on the pitch
- Players set up as if they were attacking in a 4-4-2 formation playing against one GK
- Cones mark out only the midfield four and two strikers, players start on a cone
- Play starts with either of the two centre midfield players
- The aim of the session is for the attacking players to use a variety of different movements to create an attack
- If a goal is scored or ball goes out of play, play would start again from midfield

Coaching Points:	
Technical/Tactical	
• Create and exploit space individually/ together	
• Variation of receiving techniques	
Physical	
• Playing quick– limit defenders reaction time	
• Support runs	
Psychological	
• Observing where the space is	
Social	
• Communication– visual/verbal	

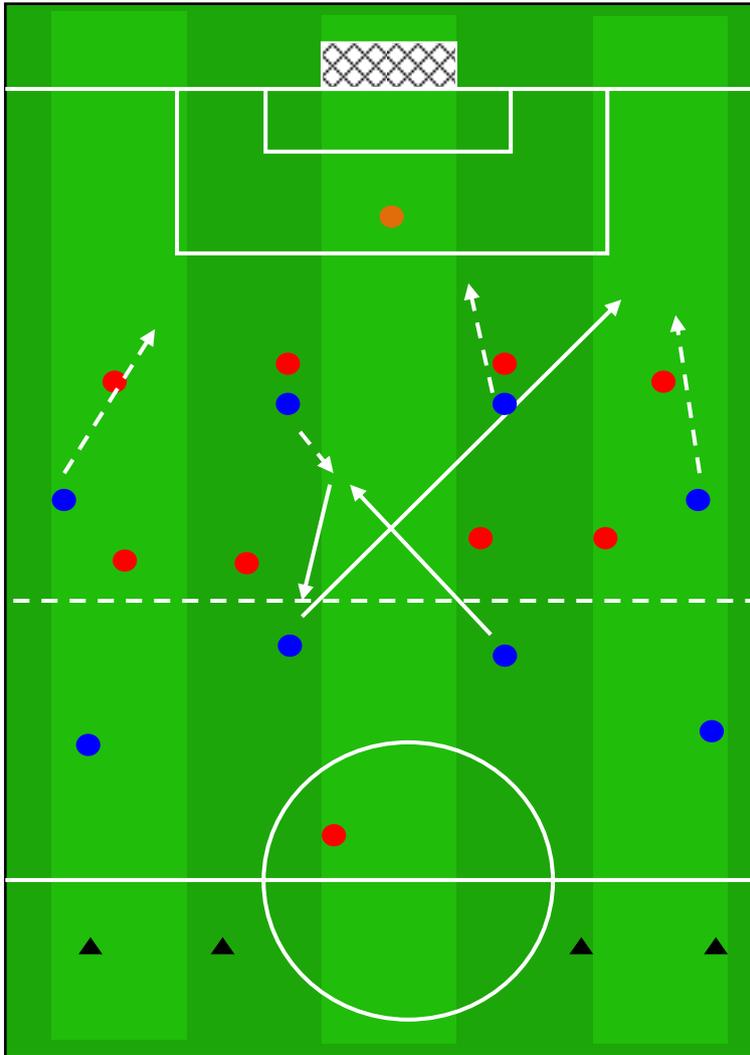
To Make Session Harder:

- Offside applies
- Add passive defenders e.g. on each cone or a back four
- Add conditions i.e. time limits, touch limit

To Make Session Easier:

- Teams work on only one move at a time determined by coach
- Remove GK

Topic Theme Level	Attackers to combine effectively
	Clever movement from attackers in final third
	Intermediate



Set Up

Format: Phase of Play

- Set up as shown, with final third marked out on the pitch
- Attacking team set up in a 2-4-2 formation
- Defending team set up in a 4-4-1 formation
- The aim of the session is for the attacking team to work the ball into the attacking third to produce an attack
- Attacking team look to create and exploit space in attacking third
- If defending team win possession they can attack either of the two gates
- Play starts with the attacking teams defenders
- Offside applies

Coaching Points:

Technical/Tactical

- Playing between the lines– who? When?

Physical

- Playing quick– limit defenders reaction time
- Clever movement to create space – drop deep, run across lines etc.

Psychological

- Observing where the space is

Social

- Communication– visual/verbal

To Make Session Harder:

- Attacking team have a time limit to score once in attacking third
- Limit number of touches attacking team have in attacking third

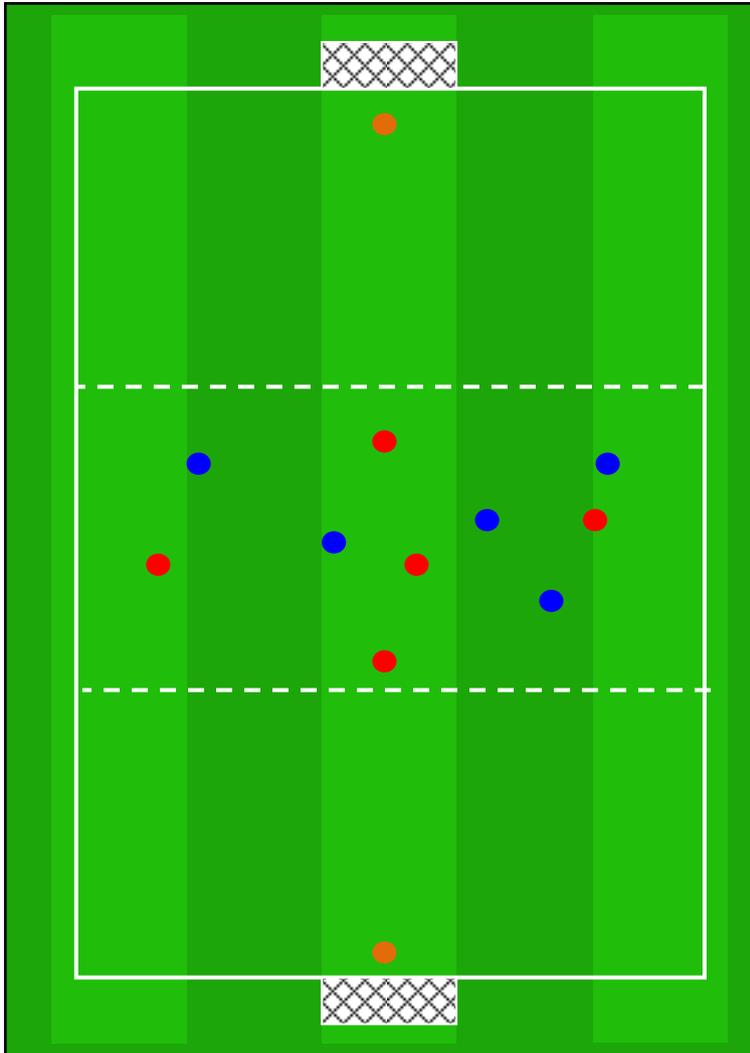
To Make Session Easier:

- No offside
- Overload formations i.e. 2-4-2 vs 4-3-2

Session

16

Topic Theme Level	Attackers to combine effectively
	Quick play to break out/Finishing
	Intermediate



Set Up

Format: Skill Practice

- Set up as shown (pitch size to suit age/ability of group)
- 5v5 including goalkeepers
- Players player in middle section retain possession until there is an opportunity to play a through ball to a teammate who has made a run into an attacking zone
- Players are not allowed to drop into their own defensive third
- Each team attempts to score in opponents goal from the attacking third- no goals can be scored in middle section
- Offside applies

Coaching Points:

Technical/Tactical

- Timing of support runs
- When to play/when to keep possession
- Finishing
- Combinations

Physical

- Working off the ball

Psychological

- Selection of pass
- Recognising opportunities early

Social

- Communication- verbal and non-verbal

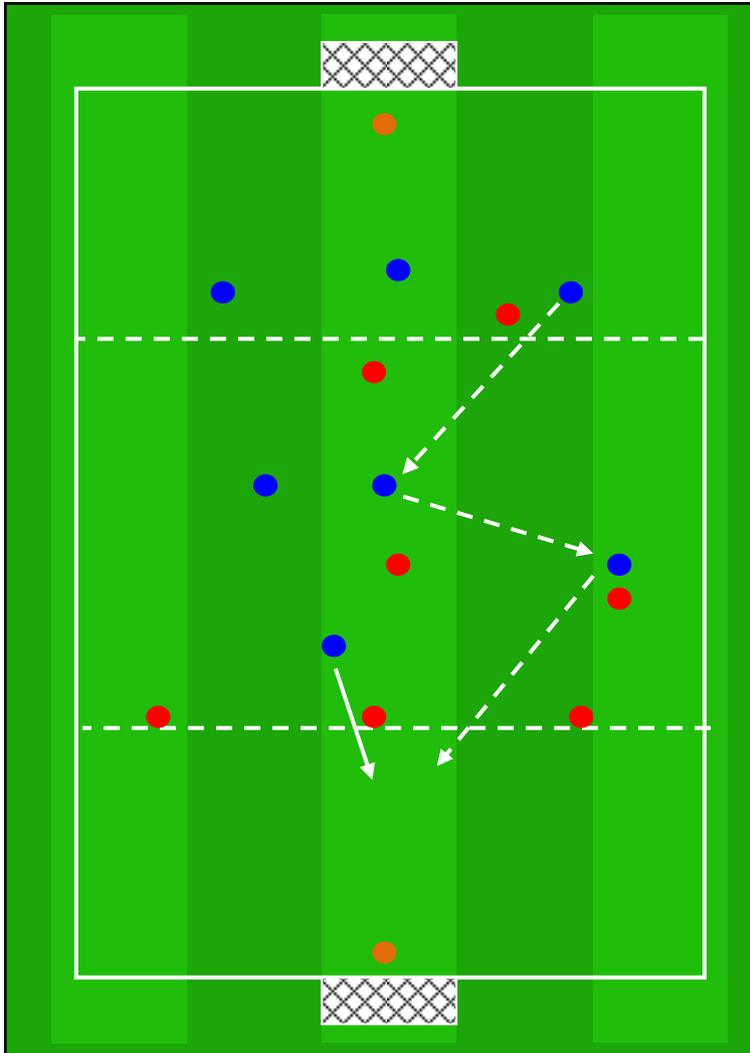
To Make Session Harder:

- 1 defender is allowed to track into the attacking section
- 1 touch = 3 goals

To Make Session Easier:

- Make the area bigger
- Players can drop into the defensive third to receive

Topic Theme Level	Attackers to combine effectively
	Quick play to break out/Finishing
	Intermediate



Set Up

Format: SSG

- Set up as shown (pitch size to suit age/ability of group)
- Both teams set up a 3-2-2 formation
- Play start with attacking team GK
- The aim of the session is for the attacking team to work the ball into the midfield zone and look for opportunities to break out
- Defending team must use the midfield zone to plan an offside line
- If defending team win possession they can attack
- Offside applies

Coaching Points:

Technical/Tactical

- Timing of runs– support, behind
- When to play/when to keep possession
- Finishing
- Combinations

Physical

- Movement to create space to receive

Psychological

- Selection of pass
- Recognising opportunities early

Social

- Communication- verbal and non-verbal

To Make Session Harder:

- Make offside line shorter
- 1 touch = 3 goals
- Add conditions i.e. limit number of touches in midfield zone
- Defending team can play anywhere

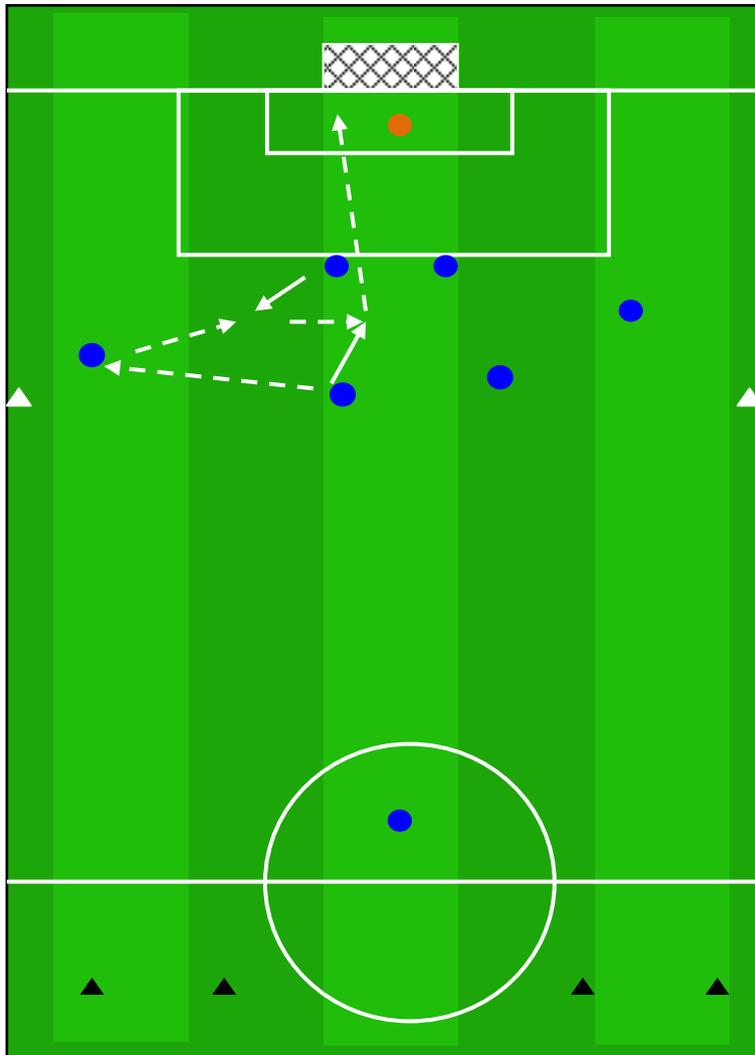
To Make Session Easier:

- Defenders cannot track into scoring area once ball in played through to striker to allow 1v1
- Make offside line shorter

Session

17

3Topic Theme Level	Attackers to combine effectively
	Combinations in and around the penalty area
	Advanced



Set Up

Format: Pattern

- Set up as shown using full half of the pitch, cones mark out a scoring area 10 yards outside of the box
- Two target goals 10 yards off the half way line
- Attacking team sets up 1-4-2
- Play starts with furthest back blue player who plays into a midfield player
- Attacking team must work the ball into the scoring zone
- Once in the attacking zone they must combine to score
- Once attack has finished, teams receive a ball from the goalkeeper and must work the ball up the pitch to score in either of the two gates
- One striker would become a defender the other would move into midfield, one midfielder would become a striker and the original defender would become the other striker
- Play would continue and roles would reverse back

Coaching Points:

Technical/Tactical

- Angle and distances of strikers– from midfield, each other
- Support play– who, where, when?
- Type of pass- one touch, to space etc.
- Finishing

Physical

- Movement of team

Psychological

- Quick decision making of players

Social

- Communication– visual/ verbal

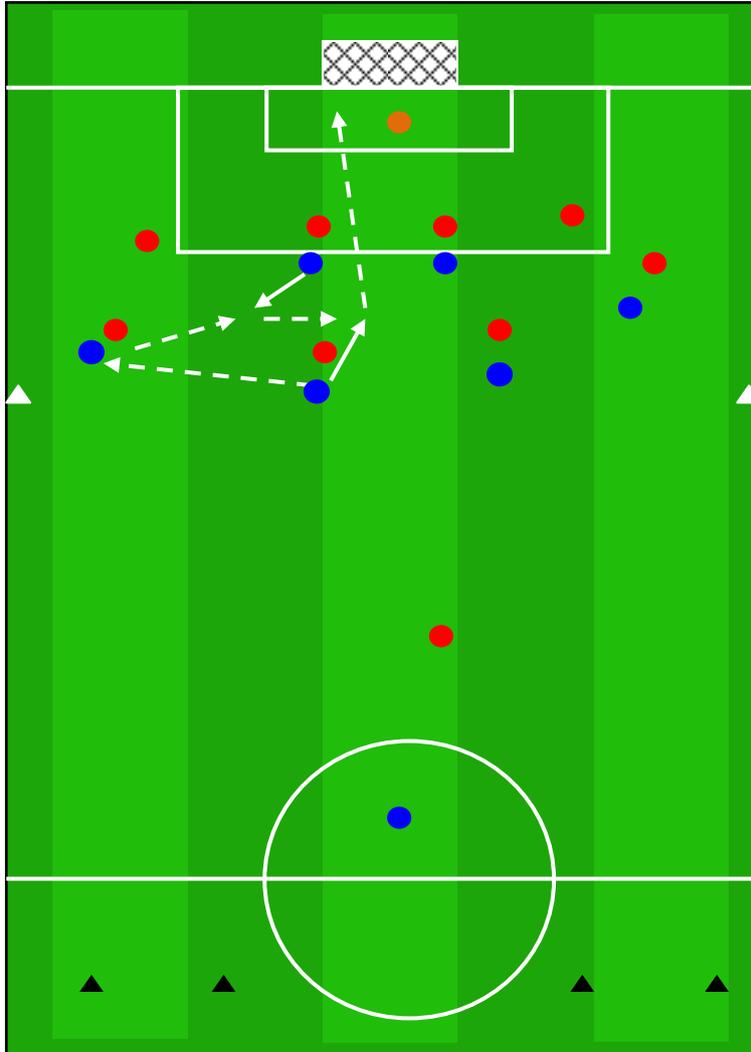
To Make Session Harder:

- Add conditions i.e. time limits to score once in shoot section, number of touches in scoring section
- Make scoring section 5 yards smaller
- Add a defender to shadow play
- Offside applies

To Make Session Easier:

- Make scoring section bigger

Topic Theme Level	Attackers to combine effectively
	Combinations in and around the penalty area
	Advanced



Set Up

Format: Phase of play

- Set up as shown using full half of the pitch, cones mark out a scoring area 10 yards outside of the box
- Two target goals 10 yards off the half way line
- Attacking team sets up 1-4-1
- Defending team set up 4-4-1
- Attacking team must work the ball up into the scoring area, once in the scoring area they must use a variety of combinations to try and score
- Defending team must drop and allow attackers into scoring area to defend, if they win possession they can attack the goal
- Offside applies
- Play starts again
- Starting positions;
 - Win possession from a misplaced pass out of defence
 - Long pass into strikers feet from last attack back
 - Pass into midfield from last attacker back

Coaching Points:

Technical/Tactical

- Angle and distances of strikers– from midfield, each other
- Support play– who, where, when?
- Type of pass- one touch, to space etc.

Physical

- Speed to break away from defender
- Clever movement- draw defender etc.

Psychological

- Observation– space defenders
- Decision making of players

Social

- Communication– visual/ verbal

To Make Session Harder:

- Add conditions i.e. time limits to score once in shoot section, number of touches in scoring section
- Make scoring section 5 yards smaller

To Make Session Easier:

- Make scoring section bigger
- Overload formations e.g. 1-4-2 vs 4-3-1