

U8/U9 10 Week Session Plan

Week 1- Ball Manipulation Skills

Week 2- Dribbling

Week 3- Receiving

Week 4- Passing

Week 5- Shooting

Week 6- Beating a player 1v1

Week 7- Defending/ Interception

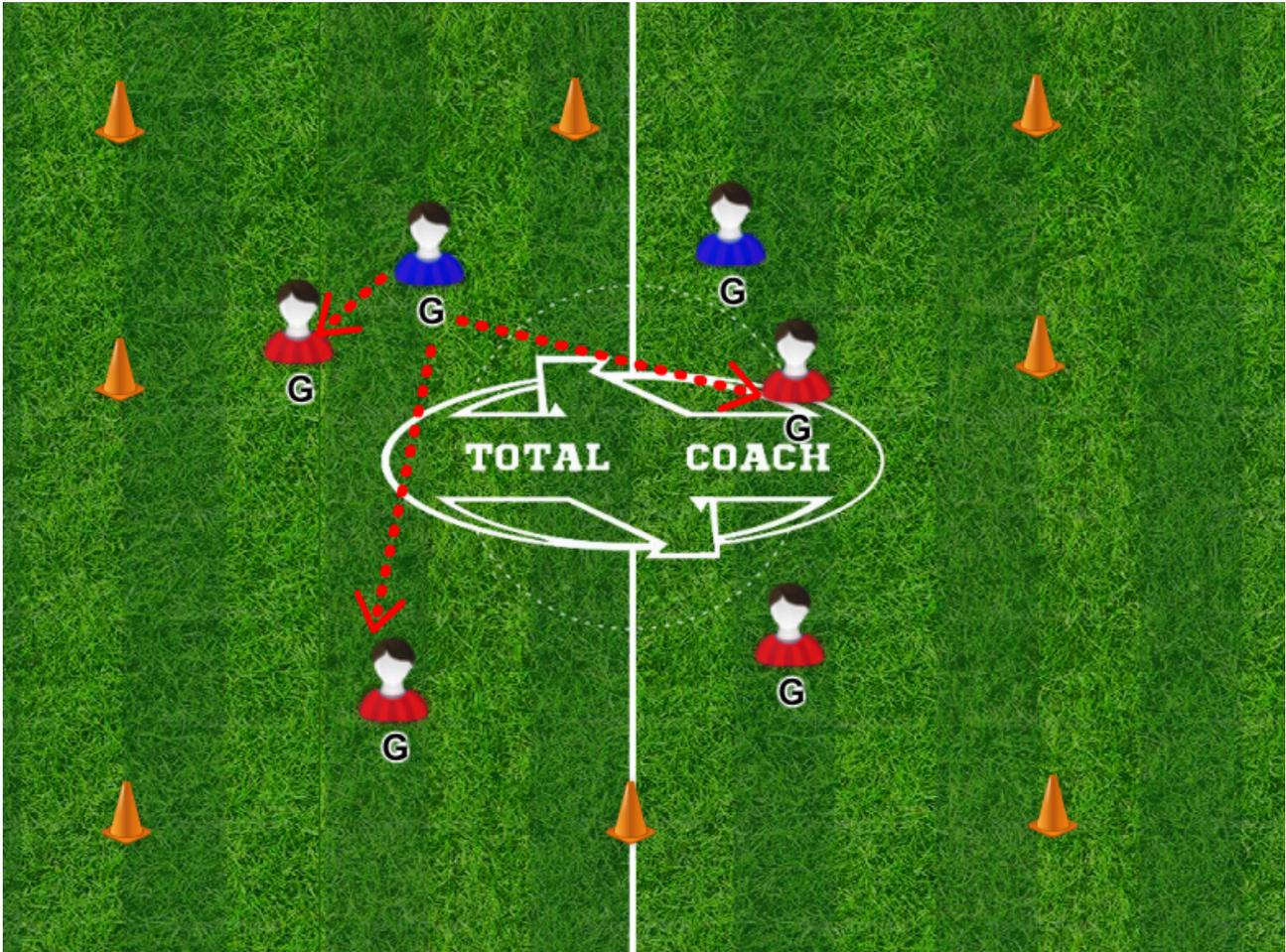
Week 8- Shielding and protecting the ball

Week 9- Working together to score

Week 10- Maintaining Possession

Week 1- Ball Manipulation

Warm up: Stuck in the mud



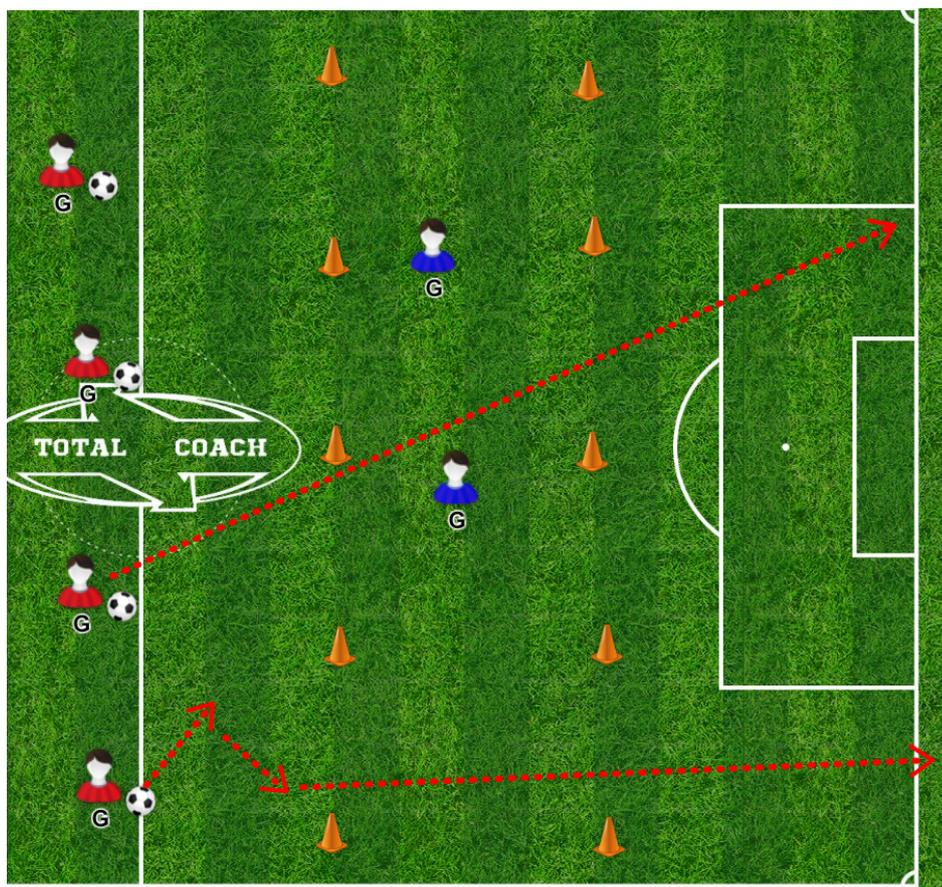
Set up: Set up a grid with all the players inside this area. Nominate 2 players as taggers who must try to tag the players on the shoulder. If the player gets tagged on the shoulder they become 'stuck in the mud', freezing on the spot with their legs wide open.

In order to get unfrozen another player must crawl through the legs of the player stuck in the mud. At this point the player is free and can move around again.

Progression:

- 1.) Restrict the players to different movements: skipping, backwards running ect.
- 2.) Add a soccer ball that the players must move around with in the grid.

Unopposed: Sharks and Minnows

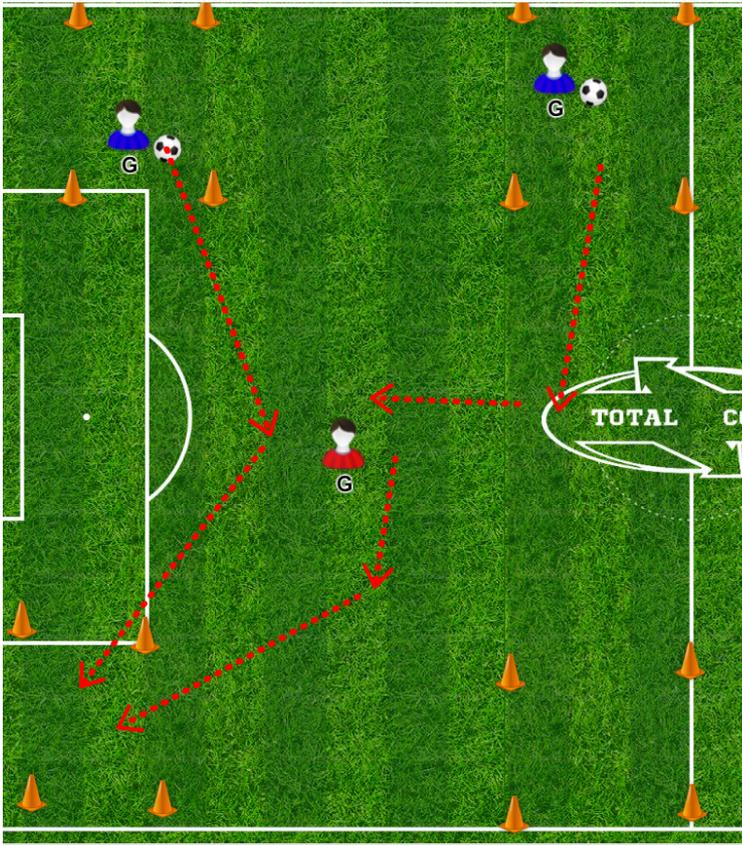


Set Up: Set up a grid with a small channel within it (where the blue players are standing in the diagram). Two players in the channel are the sharks, the rest of the players are fish who stand behind one end of the area. The aim for the players is to dribble with a soccer ball across to the other side of the grid without getting tagged by the shark. The sharks can only tag people within their small channel or 'the deep dark ocean'. If the players get tagged by the shark they become a shark as well and must tag the players coming into the zone.

Progression:

- 1.) Restrict the way the players move the soccer ball across the area. for example inside of their foot, bottom, tapping it with the inside of their foot ect. The players must do this between the side of the grid and the small channel, then they are free to move through the small channel anyway they like.
- 2.) Remove the channel and allow the sharks to go anywhere. Now the players must dribble across the whole area without getting caught.

Opposed: Pirates Plunder

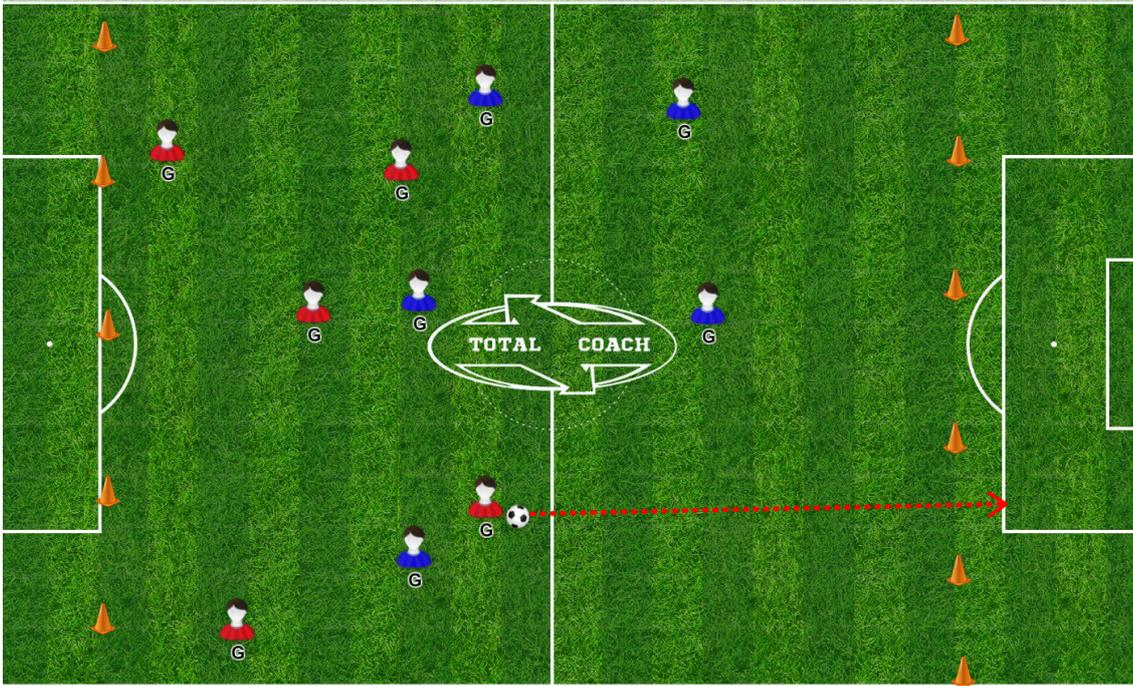


Set Up: Set up four areas in the corner of the grid. Each player has a soccer ball and is a pirate who must bury there treasure on as many treasure islands as possible. They must do this by performing 5 toe taps on each island. A player is located in the middle of the area and is the sea monster who will follow players in the area and try to steal their soccer balls. However players cannot be caught in the four corners.

Progression:

- 1.) Add a couple of the players to the middle to make more sea monsters
- 2.) Change the task that the players must perform in the boxes.
- 3.) Encourage players to trick the sea monsters by heading to one area and then changing direction towards another.

Small Sided Game: End zone game



Set Up: Create an area with an end zone at either end of the field. The group should be divided into 2 equal teams. Players must try to dribble the ball into the oppositions end zone to score a point. Once they do the coach must challenge them to perform one of the skills they have learnt during the practice: this could be moving the ball with different parts of their foot or showing off a trick. Once this is done the game continues with the other team playing.

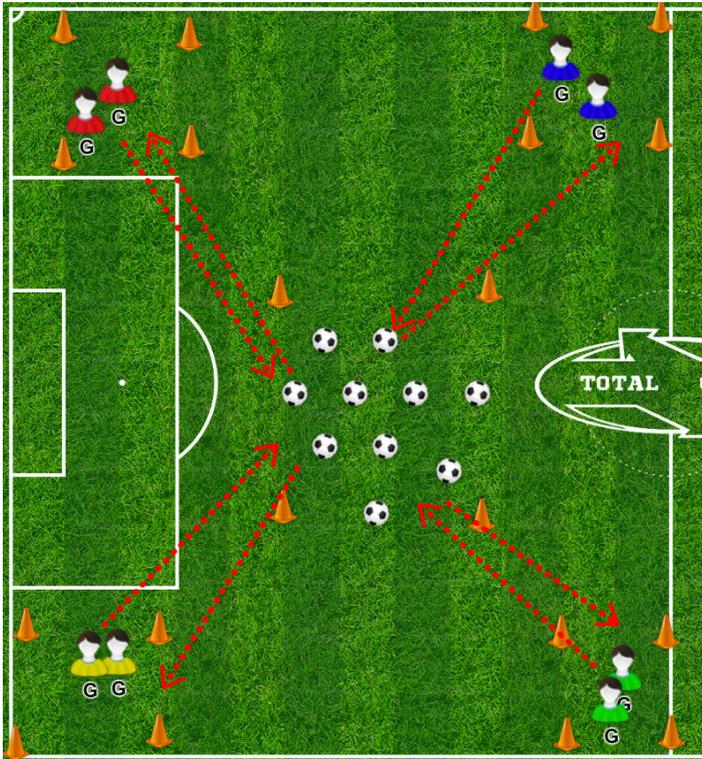
Progression:

- 1.)** Challenge the players to think about having players near both ends so that they can attack but also stop the other team.
- 2.)** Once in the end zone the players must make a pass to a team mate who is also in the end zone to score a goal.

Weekly Challenge: Can you dribble into space like when we where trying to get away from the sea monster.

Week 2- Dribbling

Warm up: Pirates treasure



Set Up: Place four areas in the corners of the area. One large square occupies the middle of the area, with all the balls in these area. Divide the teams into 4 groups and have them stand in one of the four wide areas, which are known as the pirate ships.

The pirates job is to run into the middle, collect a soccer ball and dribble it back to their grid. When they collect the ball they should place the bottom of their foot on the top of the ball and then roll it back towards their ship, performing a turn. The soccer balls are treasure and the middle grid is treasure island. One player from each pirate ship/ area can go at a time.

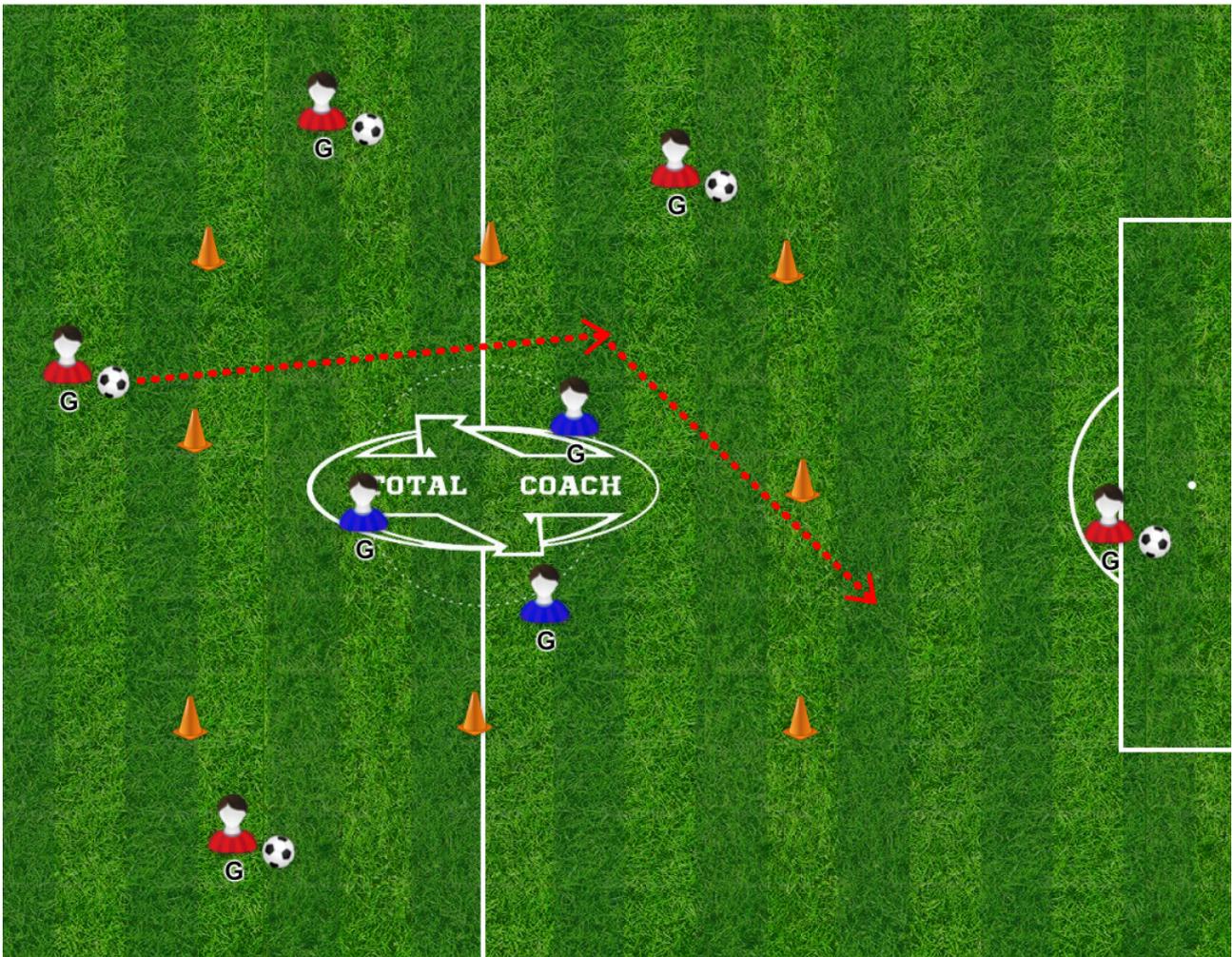
Once this is completed have each grid count up the amount of treasure they got and announce a winner. Now all of the soccer balls are in the four corners. Thus the players must re-bury their treasure on treasure island. They must dribble the ball back to the middle square with the ball and perform 5 toe taps (Tapping the top of the ball with the bottom of their foot) to bury the treasure.

Progression:

1.) When the players collect the ball from the middle they must perform a cruyff turn. This is where the player stamps their weaker foot next to the ball, moves their over foot to around to the top of the ball and twists so that the inside of their foot faces the top of the soccer ball. At this point they tap the soccer ball between their legs and turn. Another option that should be taught is the outside hook

2.) Once all the soccer balls are collected from the middle area and located on in the four corners, allow the players to all go and steal the soccer balls from the other corners. No-one can puppy guard or block the balls.

Unopposed:

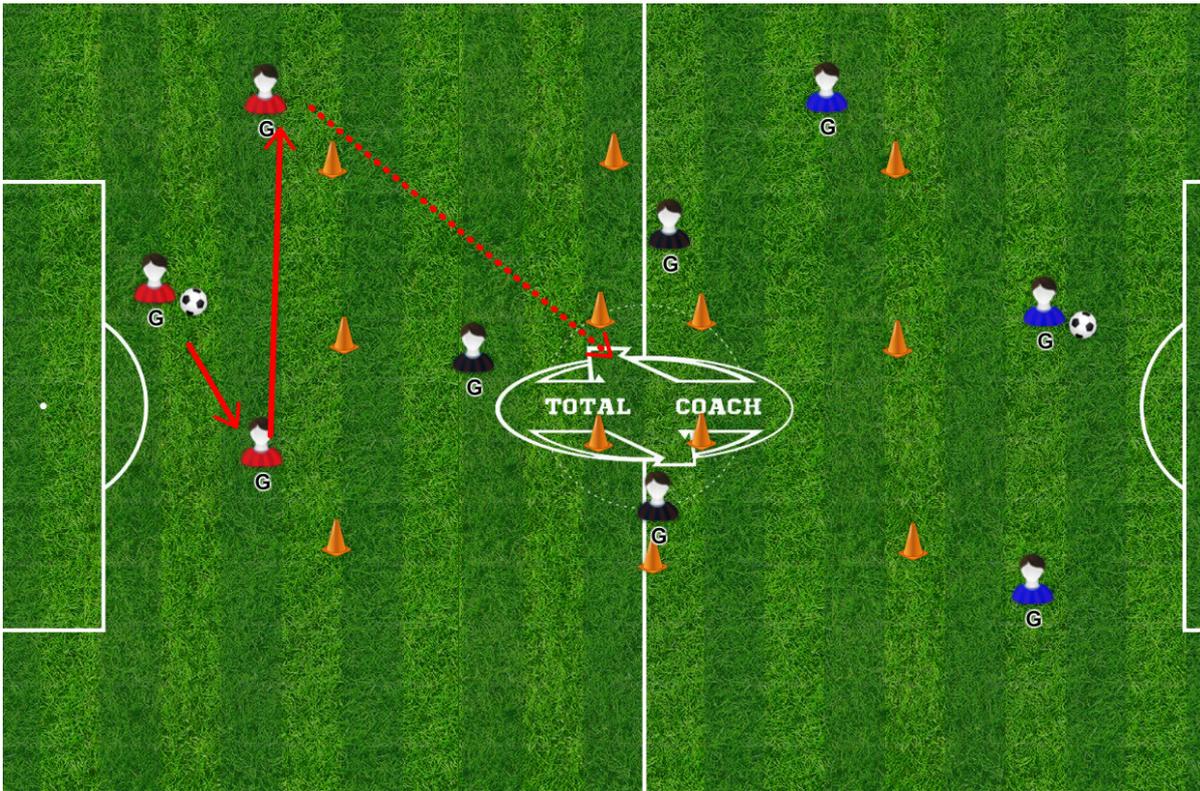


Set Up: Players all have a ball around the outside of a large middle square. Three defenders operate in the middle zone. The aim for the players on the outside is to make it across the area without getting tagged by one of the defenders. If they are tagged then they swap around.

Progression:

- 1.) Allow the defenders to intercept and steal the ball.
- 2.) Give 1 point for dribbling to the adjacent channel and 2 points for making it all the way across.

Opposed: The Alamo



Set up: Place a small box within a larger square area. Within the larger area place 3 defenders.

Divide the rest of the group into 2 (or 3) teams of 3. These players should start the game outside both grids.

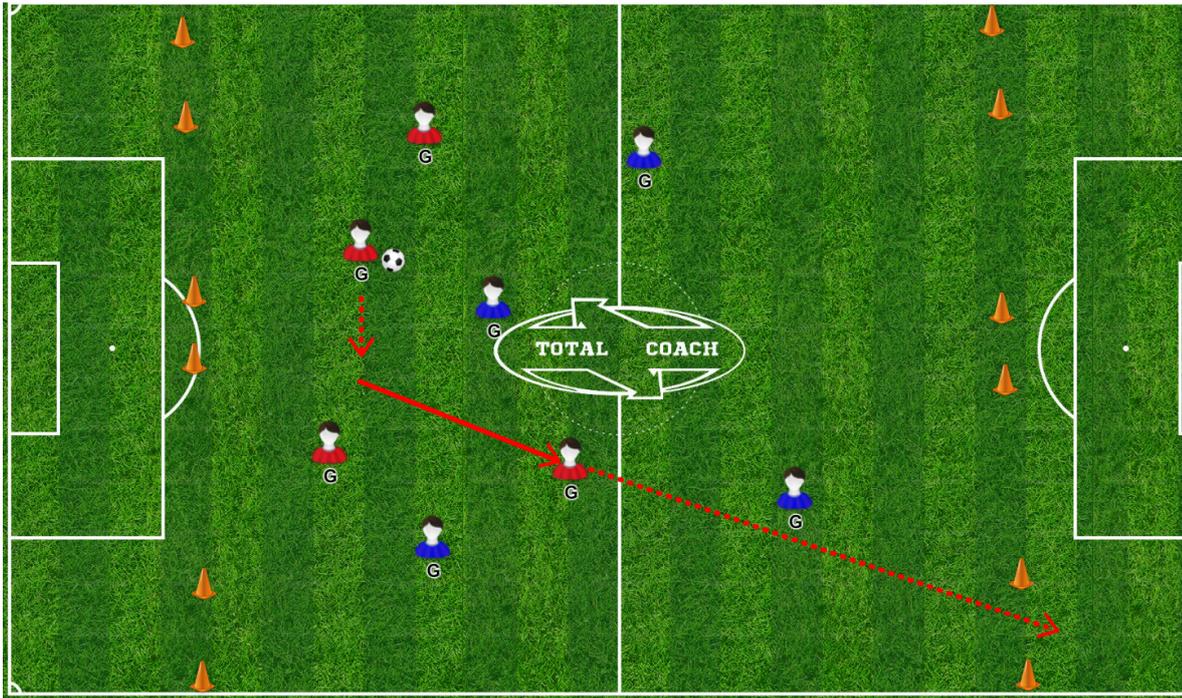
The aim is for the players to pass the ball around and look for opportunities to dribble the ball into the middle small square.

The defenders can intercept and tackle to prevent this from happening. Only the player with the ball can enter the big square to attempt to score.

Progression:

1.) Allow attacking players to enter the box without the ball. When they enter the box they can be passed to and then dribble into the middle box.

Small Sided Game: 3 goal dribble



Set Up: Create three small goals with cones at either end of the field. The players should be divided into 2 equal teams.

The players can score by dribbling through 1 of the three goals at the oppositions end. If they are successful then the game begins again with the other team.

Focus should be on spreading out to create space and width on the field. Equally challenge the players to run towards their own teammates who should move to create space.- lie during the gladiator game.

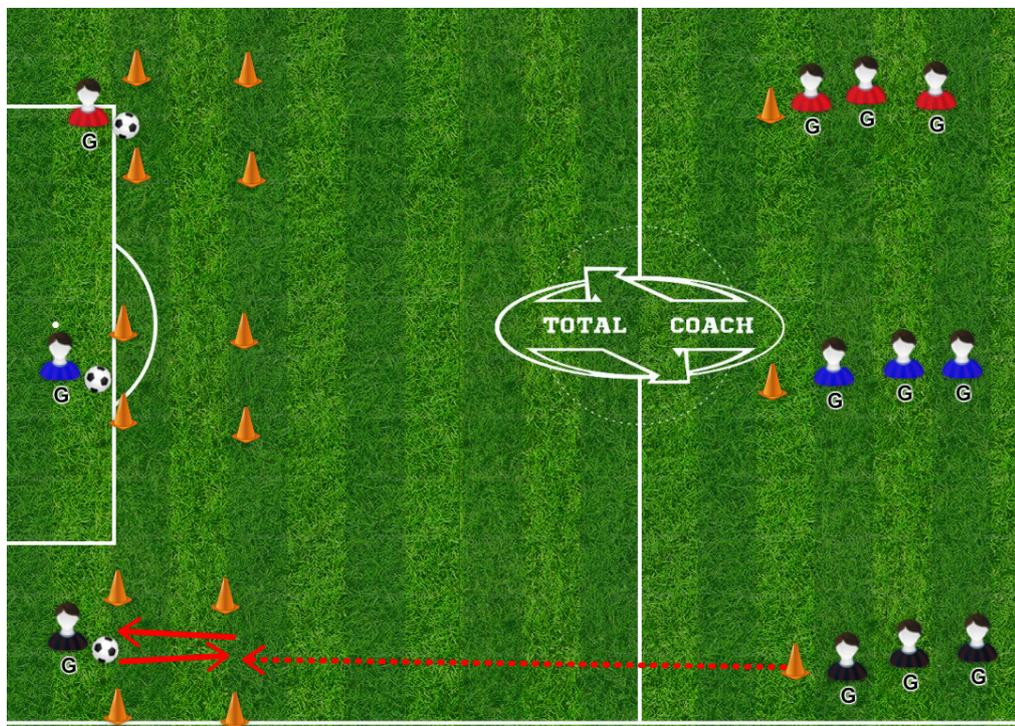
Progression:

1.) Allow the players to change ends and score in the opposite direction once they have a goal.

Weekly Challenge: Can you spread out to create space for you team to dribble into, like we did in the Alamo?

Week 3- Receiving and Controlling the ball

Warm up: Relay Race



Set Up: Create 3 small boxes at one end of the grid and place a cone at the other.

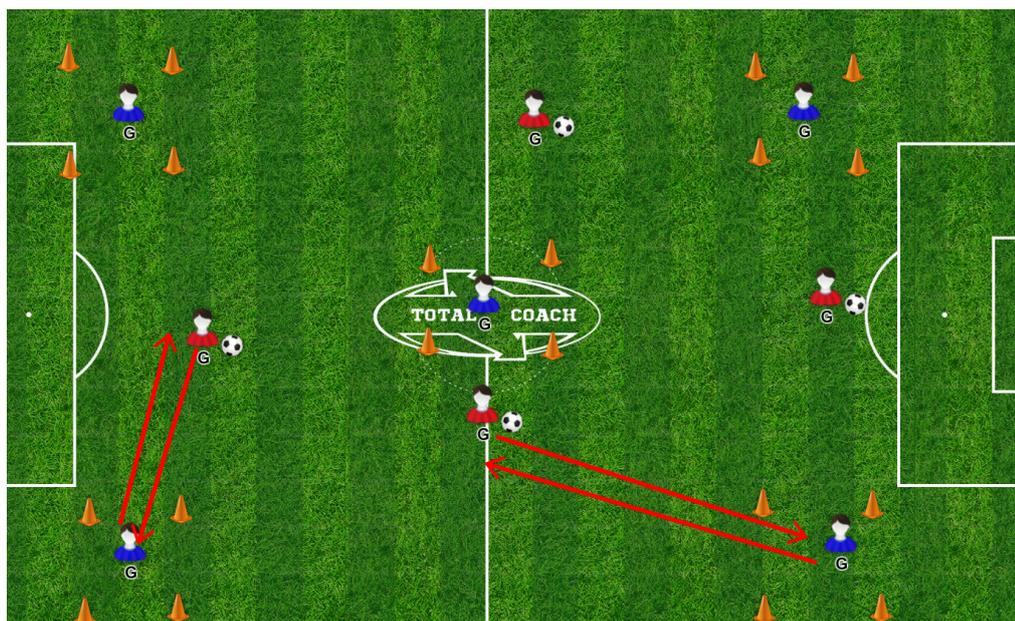
One player from each relay team should stand on the far side of the box, with everyone else forming a que at the other end.

The players should run to the box one at a time in a relay fashion from each team, make 5 passes to the player on the far side of the box and then return to their line and sit down. The winning team is the first to complete this challenge.

Progression:

- 1.) Have the players perform different movements up to the box- e.g running, skipping, hopping ect.
- 2.) Set new challenges focused on receiving: e.g players have to stop the ball with the bottom of their foot before passing back to the other player. Other challenges should include stopping the ball with the inside of their foot and finally stopping it with the outside in a sweeping motion.
- 3.) Give the players in the que a ball instead of the player on the far side. Now players must perform different movements on the ball, such as moving the ball with the bottom of their foot, to reach the player on the far side.
- 4.) Have the players practice one touch or no touch turns back when they have made their last pass and are returning to the line.

Unopposed: Feed the Monkeys



Set Up: Create 5 small squares set up like the 5 on a dice. Within these squares have a player in each.

5 players with balls should occupy the space outside of these boxes.

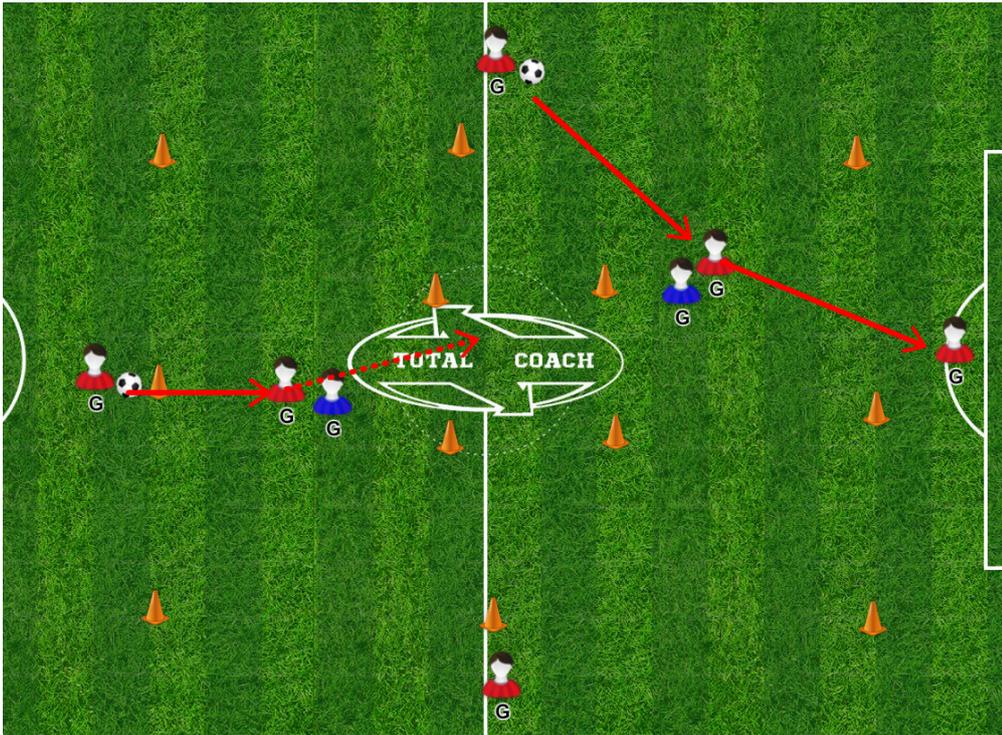
The players in the boxes are monkeys and those on the outside are visitors to the zoo. The challenge is to see how many times the players can feed the monkeys by passing the ball into the zone and receive it back from them. Set a time limit on this.

The focus should be on stopping the ball for those that are in the box, using the different techniques previously discussed: stop with the bottom, inside and outside of the foot. For those on the outside of the squares focus on how to quickly get the ball to the next target: one touch turns, no touch turns, playing long passes.

Progression:

- 1.) If the monkeys can control the ball out of the box in one touch (controlled) then the visitor has to swap with the monkey
- 2.) Allow the monkeys to pick the ball up and give the visitors aerial balls to control down.

Opposed: storm the castle



Set Up: Set up a large square grid with a small grid in the middle. Place four players, two of which have balls, on the outside of the large area. In the middle area there should be 2 attackers and 2 defenders.

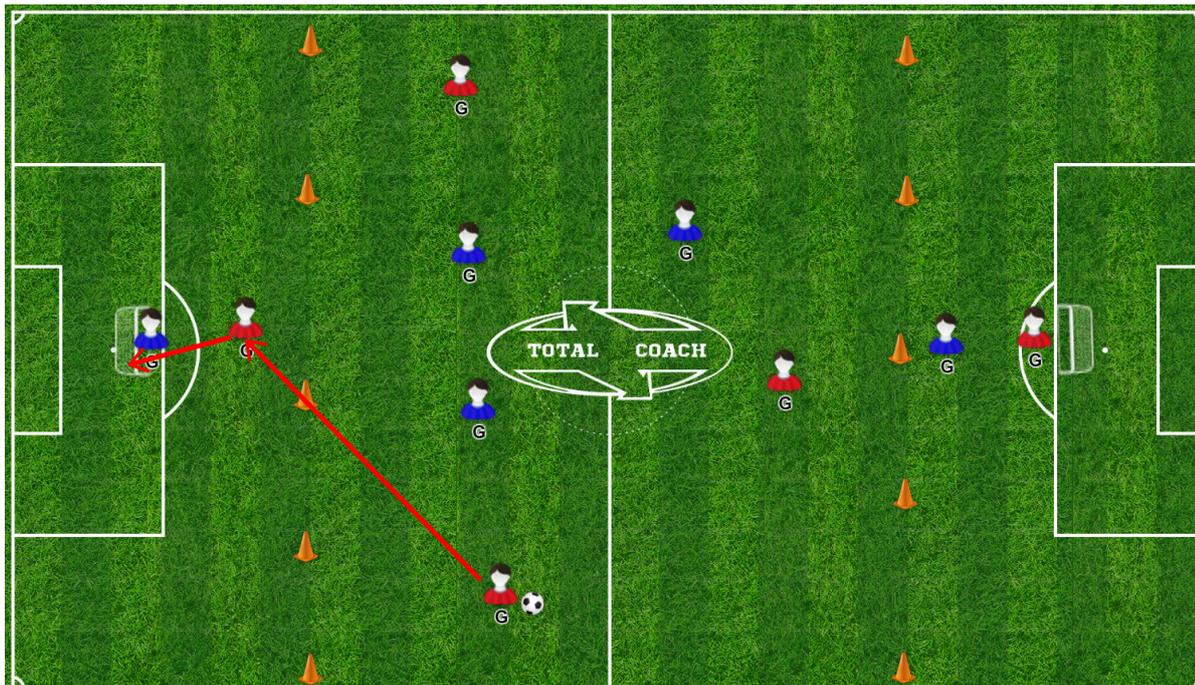
The aim of the game is for the players in the middle to receive the ball from one of the outside players and dribble through the middle zone without getting tackled by one of the defenders. If they can do this then they should pass the ball to the outside and look to score again.

They can pass back to any of the players on the outside at anytime and these players cannot be tackled by the defenders.

Progression:

- 1.) Allow the players to swap with the inside player when they pass the ball.
- 2.) Allow the outside players to dribble into the middle themselves if they receive the ball back.

Small Sided Game (15 mins)



Set Up: Create two small end zones next to the goals. There should be a goalkeeper and a striker in each area.

3V3 in the middle zone. The players in this middle zone cannot go into the end zones.

The aim is to pass the ball to the striker who has 3 seconds to score without anyone tackling him.

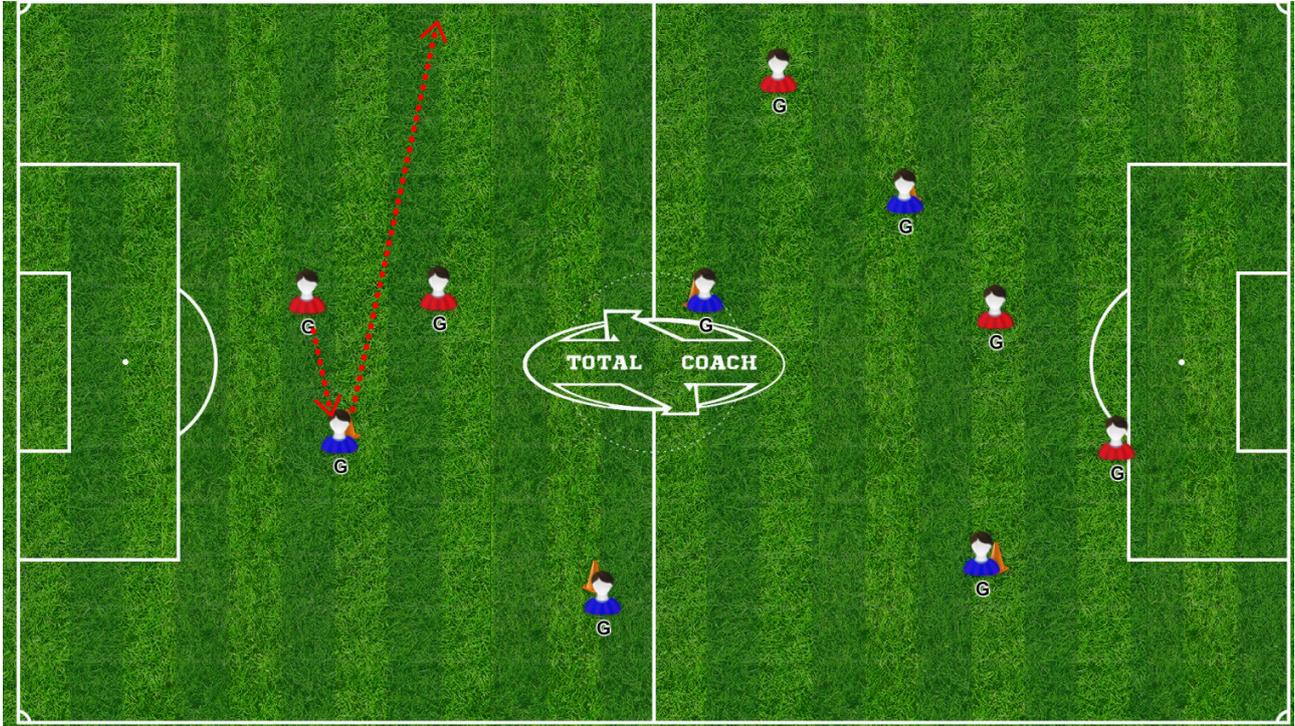
Progression:

- 1.) After 3 seconds the defenders can enter the box
- 2.) After 3 seconds other attackers can enter the box
- 3.) Add a defender to each box as well as the striker.

Weekly Challenge- Can you receive the ball so that you can see where you want to play ?

Week 4- Passing the ball

Warm Up: Spongebob Sqaurepants



Set Up: Players are split into 2 equal teams. One team places themselves on one of the cones randomly placed in the area. The other team are free to roam around between these players.

The players not next to the cone are spongebag and the players at the cone are squid ward. The spongebags must run up to one of the cones touch it and then run to the outside of the area as quickly as possible.

The squid wards aim is to chase them, only after the spongebags have touched the cone, and tag them on the shoulder before they make it outside the area.

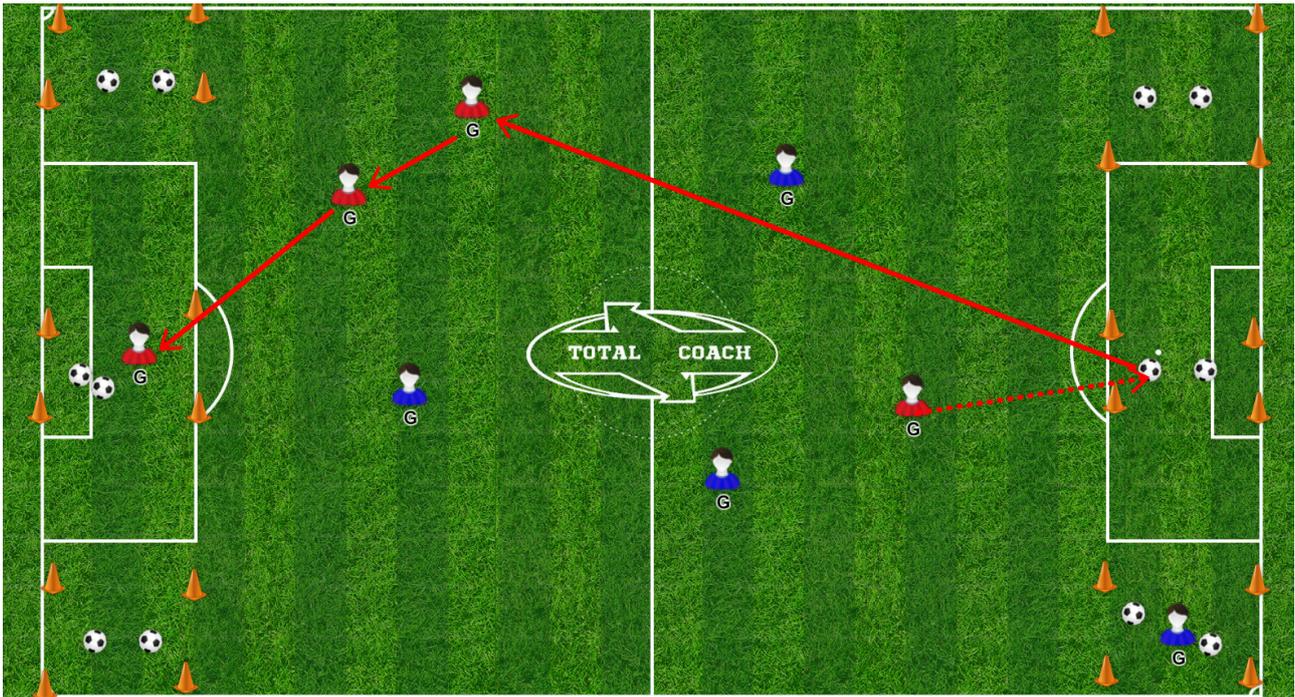
If they squid wards catches a spongebob the players swap roles.

Progression:

- 1.) Restrict the players movements e.g forwards running, sideways running, hopping ect.
- 2.) Introduce balls to the game. Now the players have to perform a turn instead of touching the cone to get away from squid ward.

Examples of turns are: Drag Back, Cruyff, Outside hook, step over turn.

Unopposed: Behind enemy lines



Set Up: Create 3 small boxes at either end of the field and a half way line that separates the field in two. Split the players into two equal teams.

The aim of the game is simple: try to go across the half way line to the enemies boxes, steal a ball and get it into your boxes.

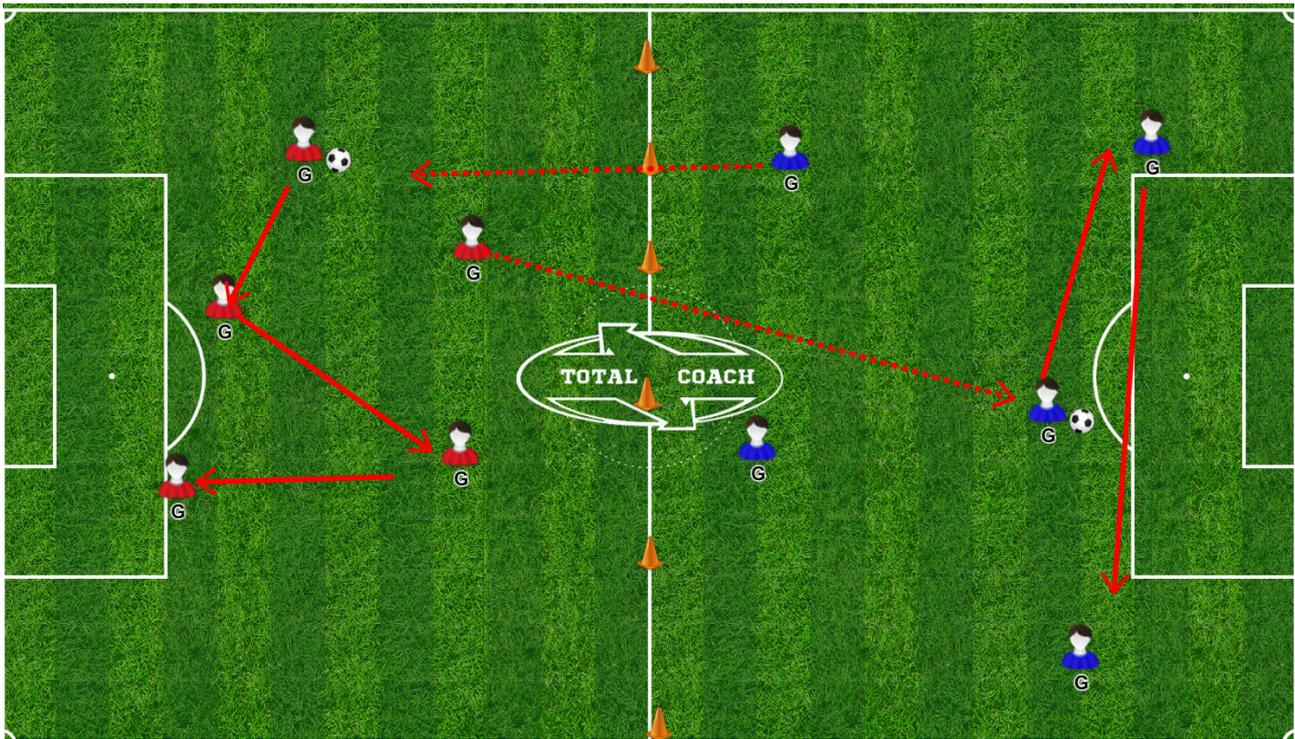
Only one ball per team can be stolen from the other teams boxes at a time. For the steal to count the player must also pass the ball to a teammate inside one of the boxes- not just kick it in.

Any balls that go wide of the box do not count unless they pass it in again.

Progression:

- 1.) Set different restrictions in the game: for example only one player can venture into the oppositions half of the field, players are only allowed two touches with the ball, each box can have no more than 3 balls inside of it.
- 2.) Allow the players to nominate one defender who must try and intercept the ball when it is being stolen by the other team and dribble it back to their own box.
- 3.) Allow for all the players in the team to intercept the oppositions ball when they are passing.

Opposed: Invasion



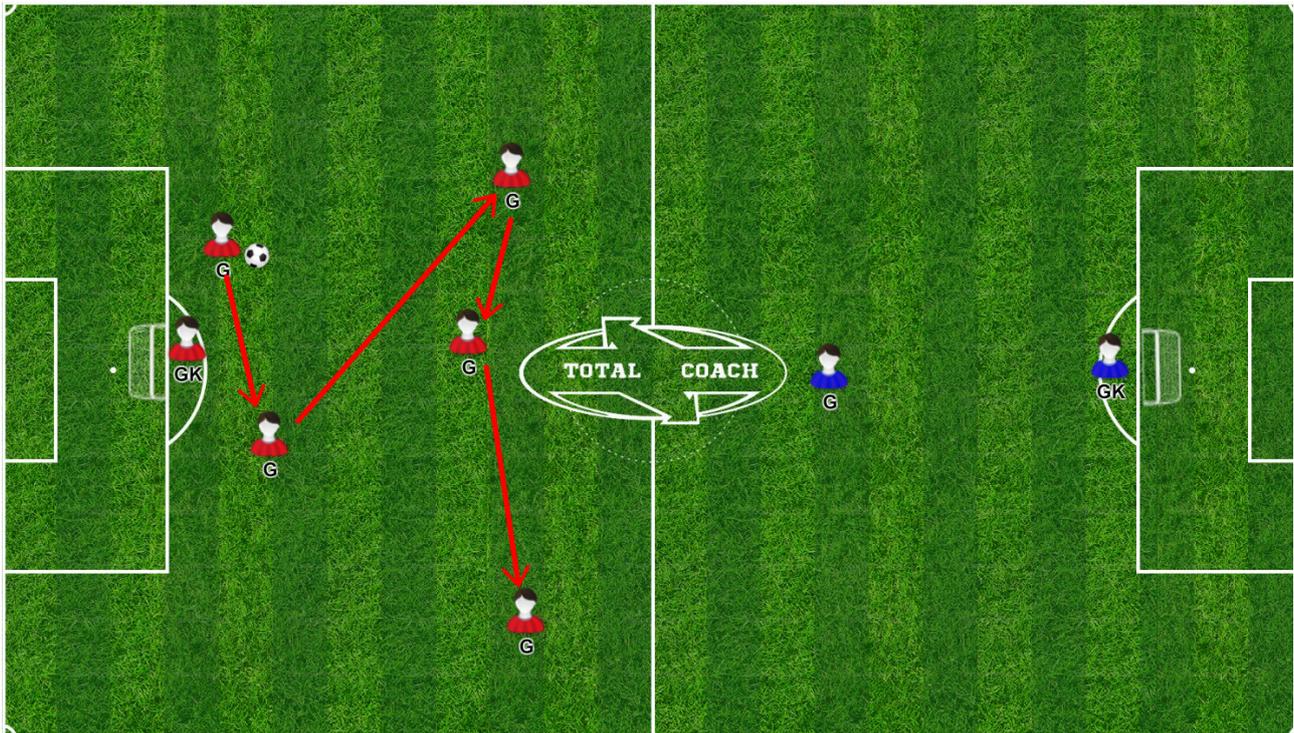
Set Up: Divide the field into two large equal squares and a goal at either end. The players should be split into two teams, each with a soccer ball. Players should pass the ball between them on their side of the area. On the shout of 'invasion' from the coach, one player must run across to the oppositions area and try to win the ball and score. The first team to do so wins the point.

The players who have not gone into the oppositions zone should try to keep their ball away from the invading player for as long as possible, to give time for their teammate to win the other ball and score.

Progression:

- 1.) Allow 2 players to go across for the invasion to make it harder
- 2.) Allow the players to choose how many people go over for the invasion- will they risk not keeping their own ball to try and win the other teams?

Small Sided Game: Outnumbered



Set Up: Create a field with a goal at either end. there should be a goalkeeper on each team. The rest of the players play all vs 1 to start.

If the team with most of the players on can make 5 passes then the goal they score is worth double points.

If the team with the most players on scores then one of their players will move over to the other team to make an all vs 2 situation.

This continues until the teams are even, the 5 passes for double points remains.

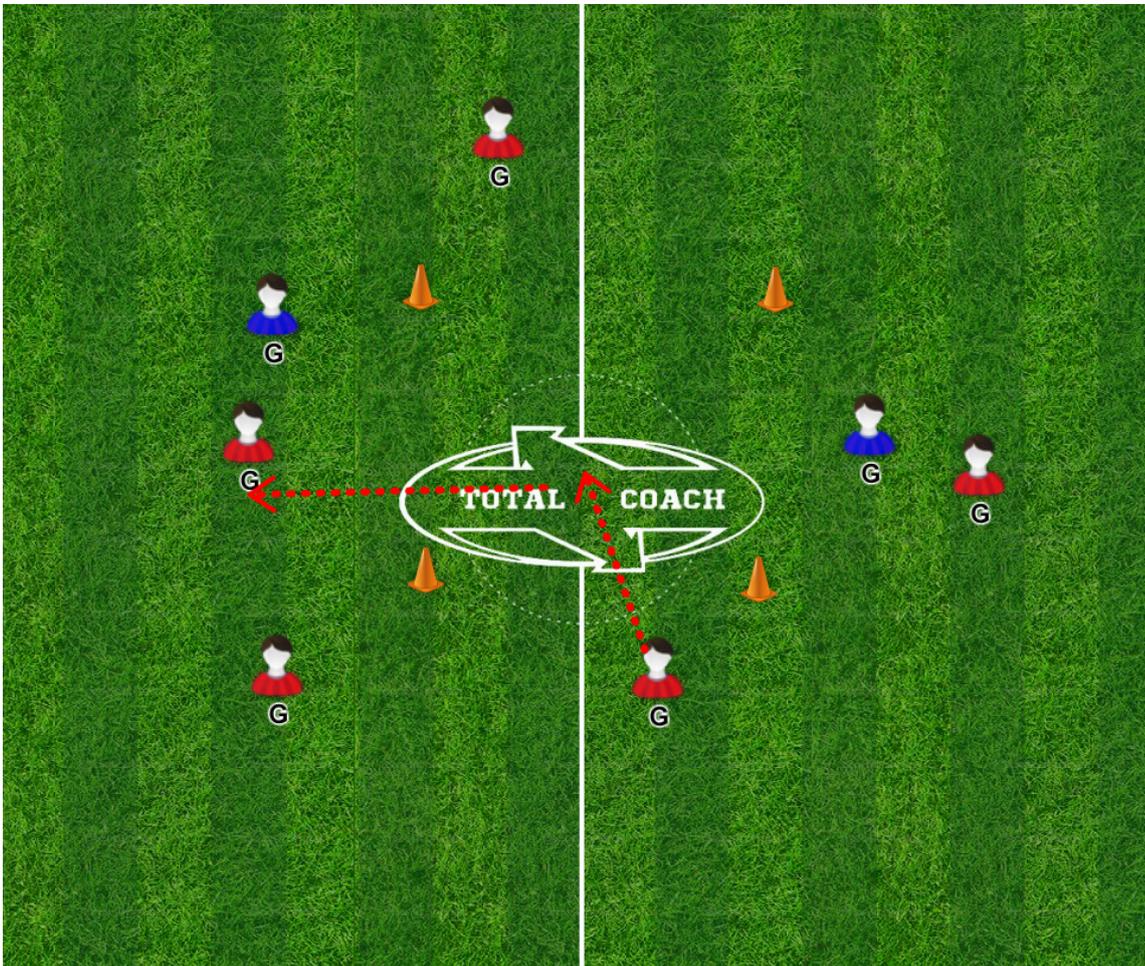
Progression:

1.) Allow a increase in points for every 5 passes made: e.g 10 passes would be worth 3 points.

Weekly Challenge- Can you make the pitch wide to help your team keep the ball ?

Week 5- Shooting

Warm up: Trough the zone



Set Up: Create a square in the middle of the area. Nominate 2 players to be taggers. It is a game of tag but the middle square is a free zone. The players cannot stop in this middle zone and must instead continuously move when inside it.

If the taggers catch somebody then they swap with that person.

Progression:

- 1.) Have the players perform different movements as they go through the middle zone such as hopping , side stepping ect.
- 2.) Introduce a ball. Now the players have to make it through the box whilst dribbling.

Unopposed: Shooting Alley



Set Up: Have 3 goals at one end of the field and a large box stretching across the whole width of the field at the opposite end.

The players should be divided into 3 equal teams. Give a player in each team a number between 1-4 (or higher if you have more players)

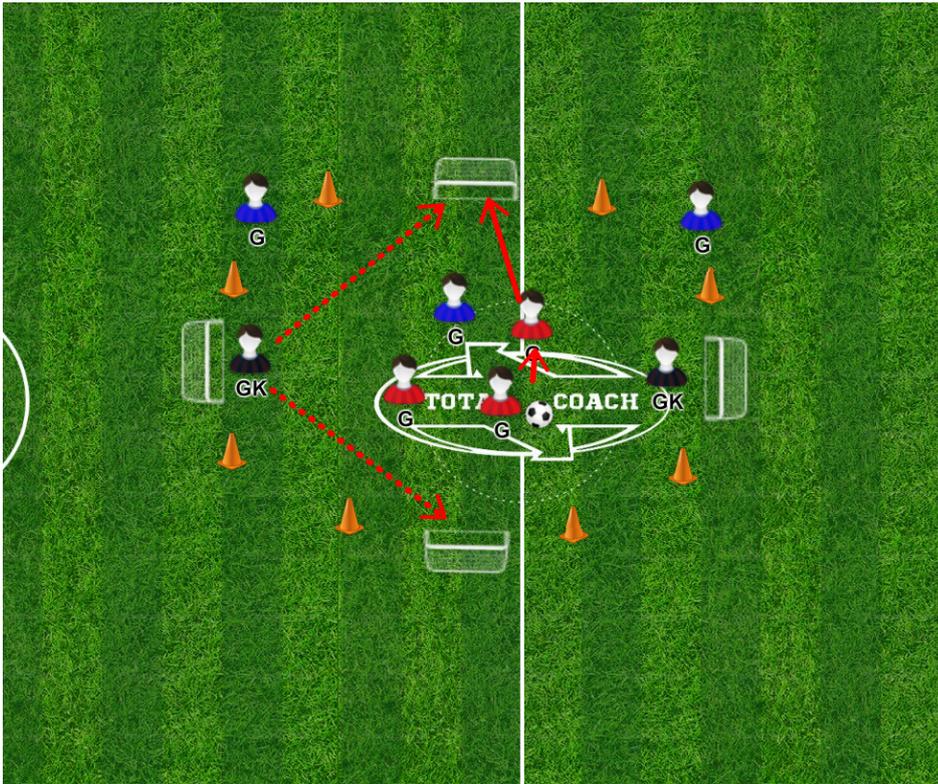
When the number is shouted out the players must dribble towards goal and take a shot at any of the the goals. The player to score first gets 3 points for their team, the player who scores second 1 point and the player who scores third 0 points.

If the players miss the target then no points are awarded.

Progression:

- 1.) Add a neutral keeper in each goal
- 2.) If a player scores in a goal then it cannot be used by the other teams in that round.
- 3.) Allow the players to defend against the other team after they have taken their shot.

Opposed: Goal Wars



Set Up: Create a large circle with four goals located at the edges of the circle. In the middle of the circle have a 3v1 situation. Place 2 goalkeepers (or 4 if you have enough players) in the goals.

An additional 2 players should stand on the outside of the area with the coach: these players will play for the blue team. The coach should stand with these players ready to give them instructions.

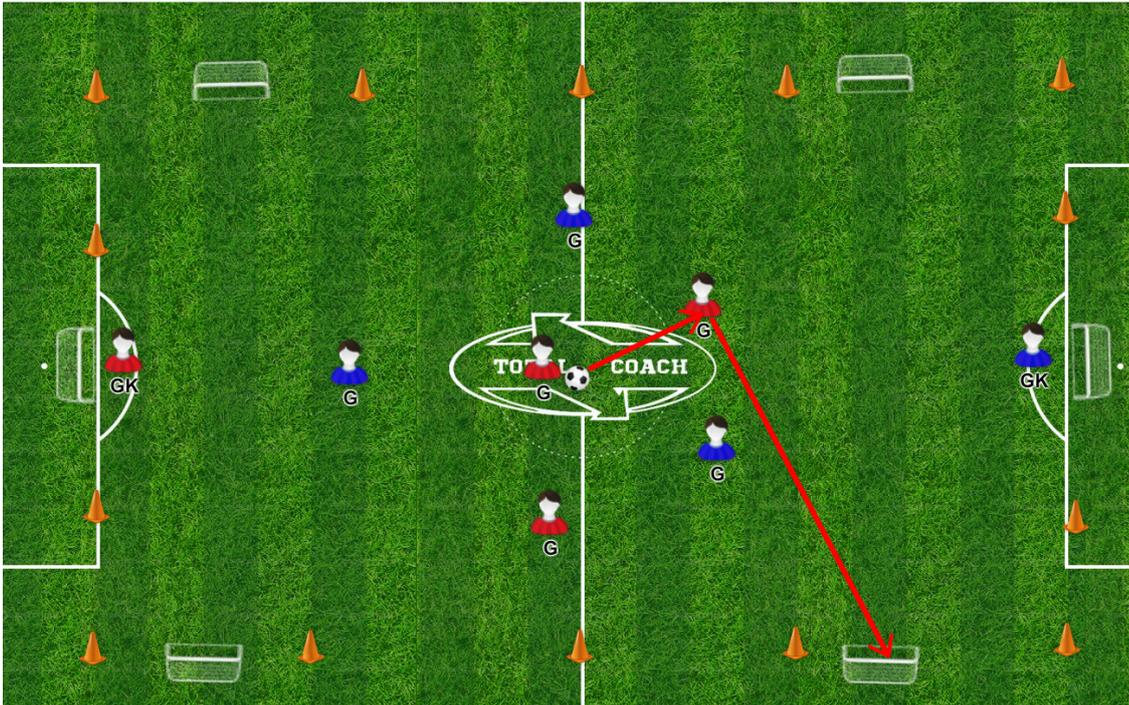
The aim of the game for the red team is to score as many goals as possible. The blue player must stop them from scoring by stealing the ball and getting it out of the area. If the red team score a goal then the blue players gain an extra defender to make a 3v2 situation. If they score again then it becomes 3v3.

The game should continue for a pre-assigned amount of balls or time.

Progression:

- 1.) Allow the blue players to score if they win the ball . If they manage to score then the game is over and the teams swap around.
- 2.) Change the rule so that the defending team gain a player only when the attackers miss the goal- not the players have to be more selective about which shots they take.
- 3.) Tell the players they can gain extra points by scoring certain types of goals such as volleys, headers, weaker foot goals ect.
- 4.) Have the players that are outside the area act as setters who the attacking team can use to set them up for a goal.

Small Sided Game: 3 goal game



Set Up: Create an area with 3 goals at either end: one in the middle as normal and two to the side of the area.

The game should have one keeper with the rest of the players divided into equal teams in the middle of the field.

The players can score in any of the 3 opposition goals.

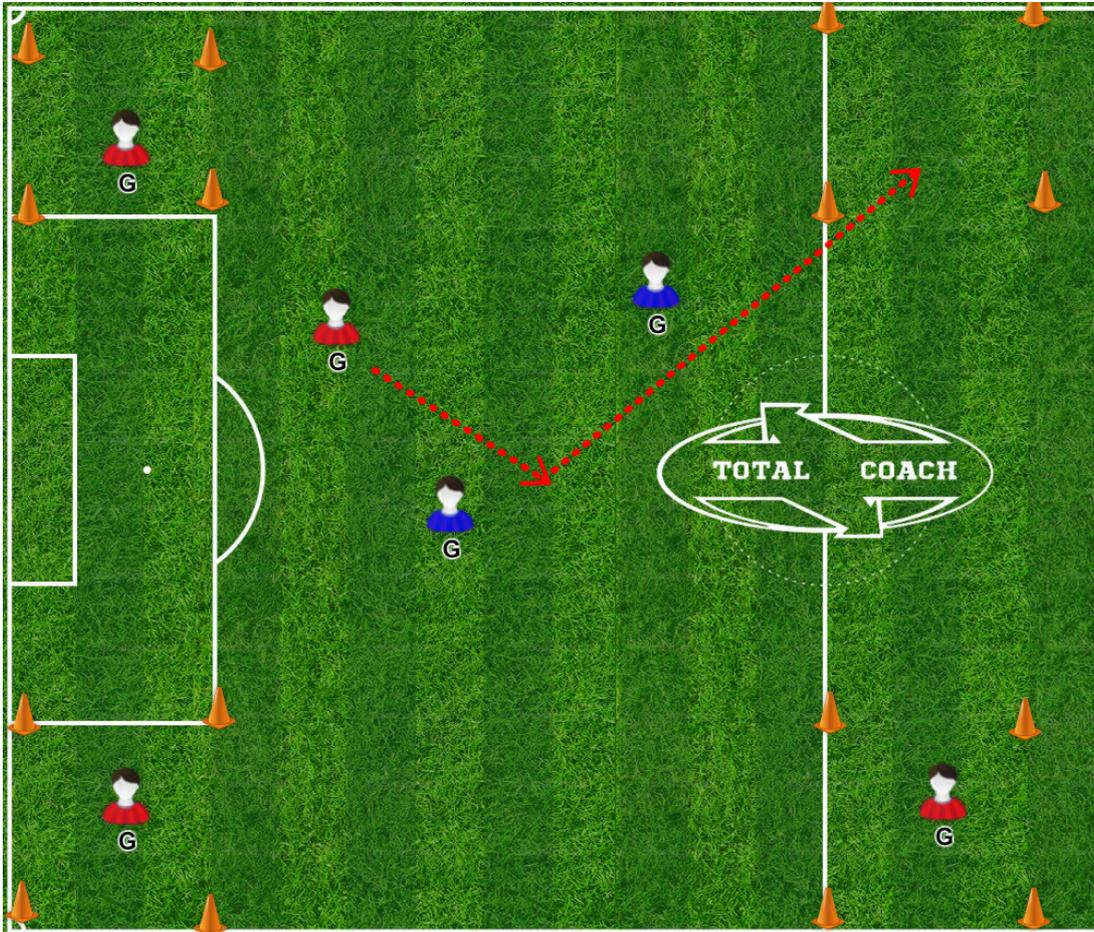
Progression:

- 1.) Reduce the size of the goals in the wide areas to make them harder to score in
- 2.) Allow the team to score in Any of the 5 goals that their keeper is not occupying.

Weekly Challenge- If you see space to shoot can you do so quickly?

Week 6- Beating an player 1v1

Warm Up: 4 Corner Tag



Set Up: Create 4 coned areas at the side of the field. Nominate 2 players to be taggers.

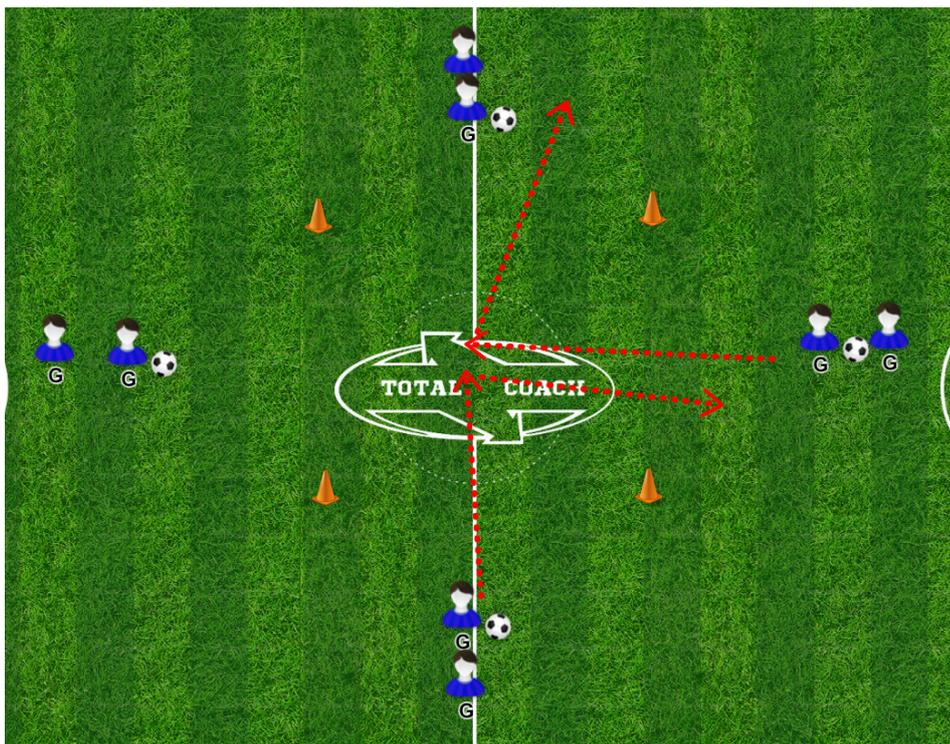
The game is tag but the boxes act as safety zones in which players can not be tagged. The players can only spend 5 seconds in a box before they have to move on.

If the player gets tagged they swap with the tagger

Progression:

- 1.) Add balls into the box. When the players arrive in a box they must do a set skill during the time they are in the box before they have to move out. Examples could be: toe taps, penguin walks, rolling the ball with the sole of the foot.
- 2.) Have players all move with a ball in the area. Now the taggers must control the ball for 2 seconds in order to tag someone

Unopposed: Skill Box



Set Up: Create a large square in the middle of the area. Players should be sorted into 4 lines.

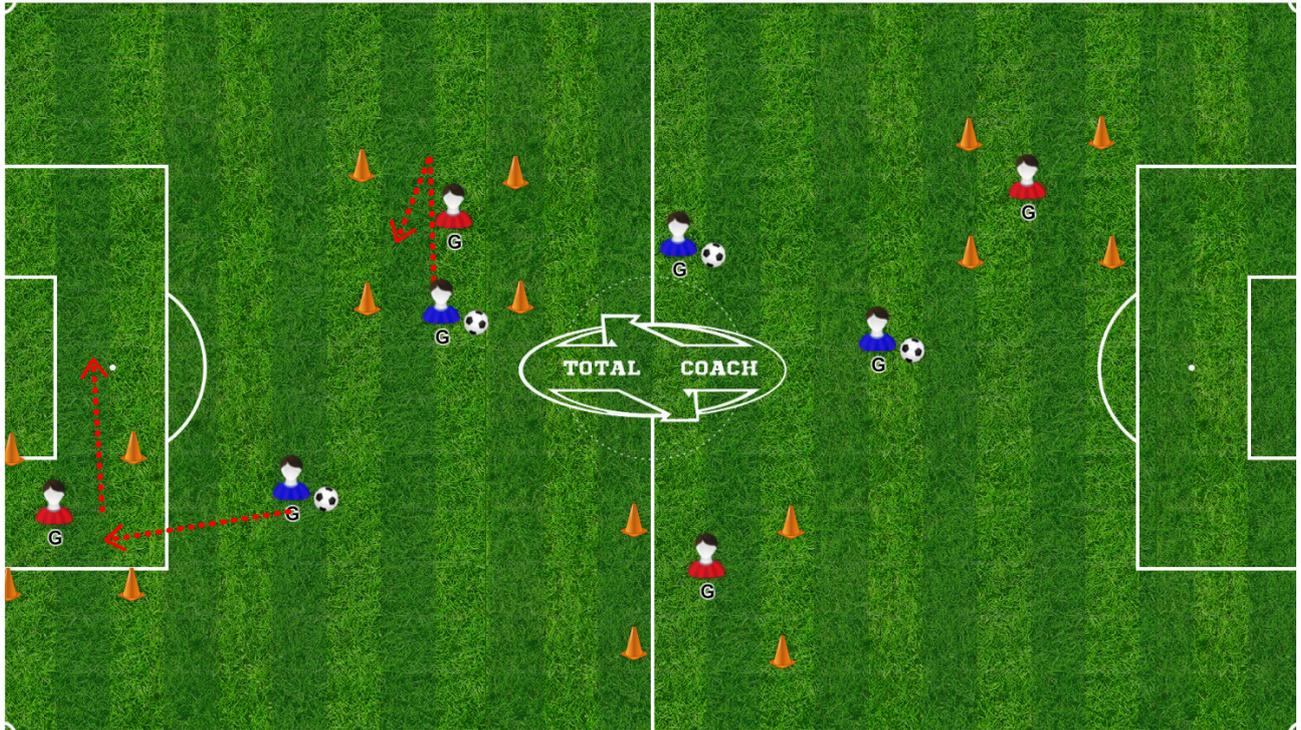
1 player from each line should dribble into the middle zone and perform a skill that could be used to beat a player and can then join any line of their choosing.

Examples of skills to be used could be: Using the outside of the foot to touch the ball out of the area, Stop the ball with the bottom of the foot and flick the ball out of the area, Step overs, scissors ect.

Progression:

- 1.) Allow the players to come up with their own skills
- 2.) Remove the restrictions of lines and allow the players to move into the box when they like. Emphasise trying to move into the box when there is space.

Opposed: Dragons Layer



Set Up: Create medium size squares in the area and fill them with a player and some bibs. The number of boxes should equate to half of the players in the session. All the players not in the box must have a ball.

The aim of the game is for the players to enter the boxes and find a route out to score a point. The players in the boxes are known as dragons and the players trying to run through are the knights.

Whilst the knights are trying to get through the box and out a different side the dragons must try to throw the bibs (pennies) they have been given at the knights when they are in the box. The bibs represent 'fire' and if the knight is burnt then they must swap with the dragon.

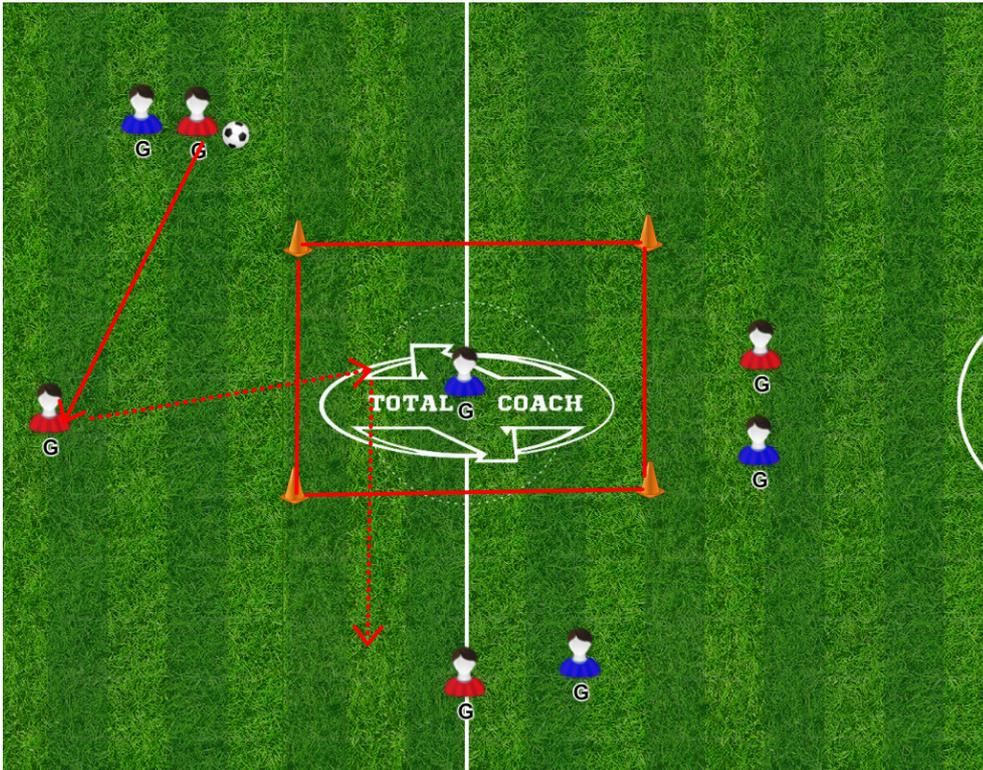
The knights should see how many dragons they can beat without getting caught.

Progression:

1.) Remove the pennies from the game. Now the dragons in the box must steal the ball in order to stop the knights.

2.) Encourage the use of skills and tricks by giving double points to players who try specific skills to evade the dragon.

Small Sided Game: Beat the Box



Set Up: Create a large box in the middle of the area. Divide the players into 2 equal teams. The aim of the game is to dribble into the box and out of the other side to score a point.

The defending team is allowed to place 1 player inside the box to prevent this from happening.

Now the players must rely on 1v1 skills to beat the man.

Progression:

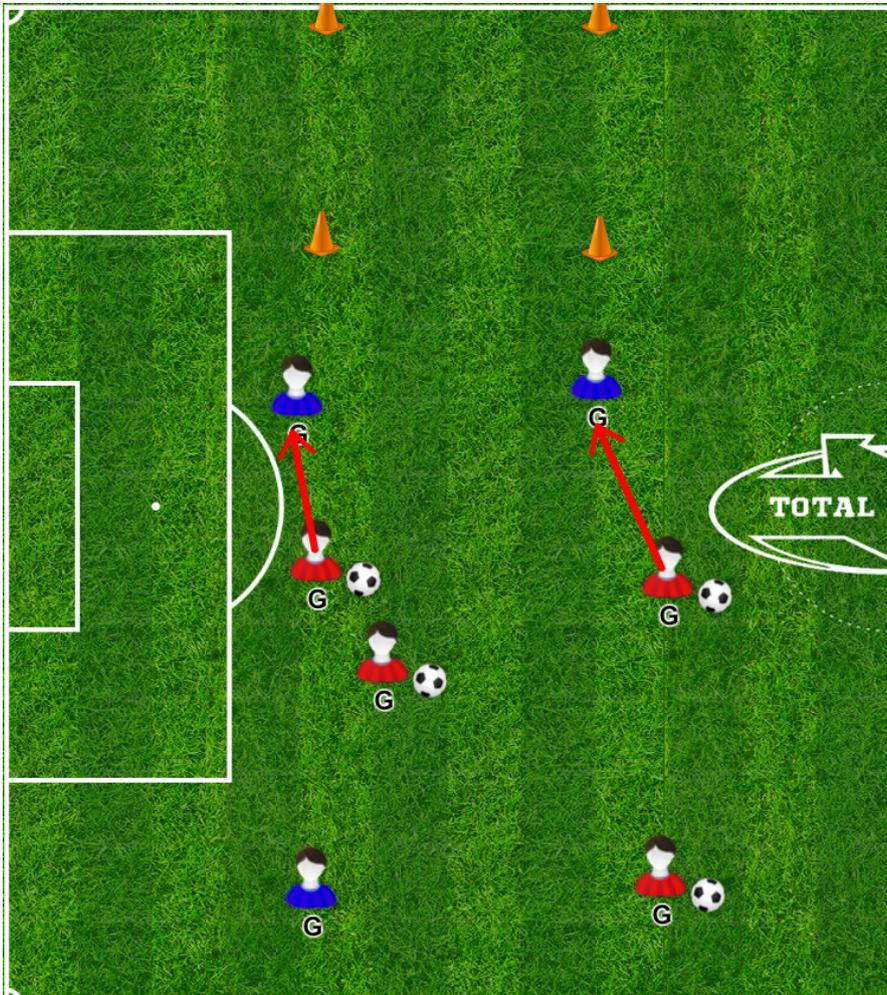
- 1.) Add a goal at either end. If the team that is defending the box manages to win the ball in the box then they can quickly counter attack and score in either of the two goals.
- 2.) After the aforementioned progression allow the teams to focus their attack solely on the goal. Extra points are given if the player can dribble through the middle box as well
- 3.) Add 2 new boxes to the side of the one created so that they stretch the width of the field. A maximum of 1 defender is allowed in each box. Now the players **must** attempt to beat a player or run through a free box to score a goal.

Weekly Challenge- Can you use a trick to beat a player 1v1 ?

Week 7- Defending/ Interception

Warm Up: Cops and Robbers

Cops and Robbers

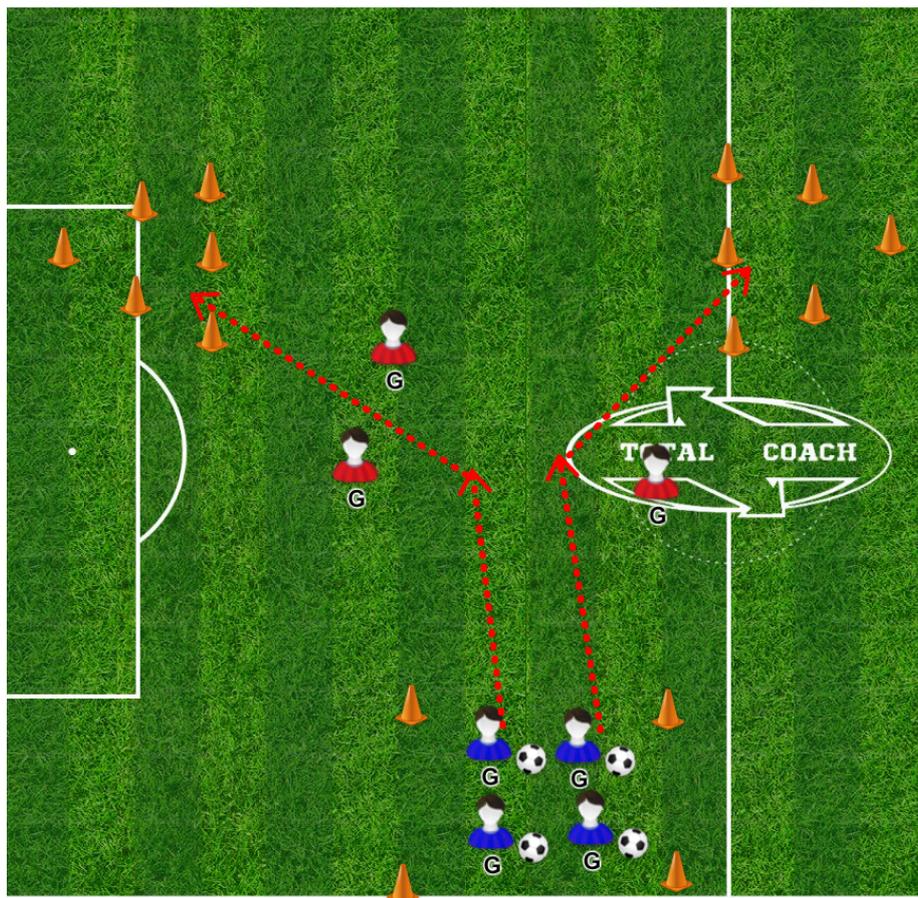


Set Up: Add a small grid at one end of the area that acts as a 'jail'. The players (in red) are the police who must try and catch the robbers by kicking their soccer ball into them. Once the robber is caught they must make their way to the jail as quickly as possible. Once all the players are caught the game is over.

Progression:

- 1.) Have the robbers movement restricted to sideways, jumping ect.
- 2.) Give the robbers a ball to run away with now they must keep control and escape capture.

Unopposed: Pizza Party



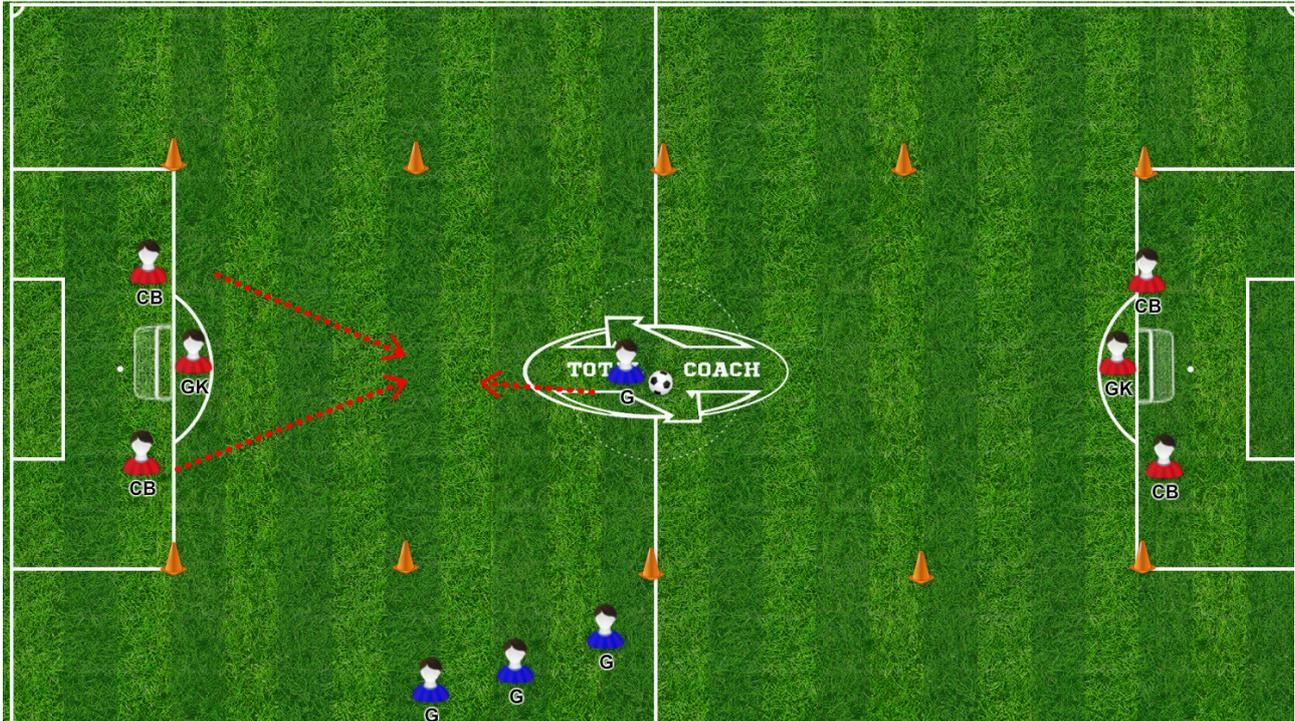
Set Up: Create a square at one end of the field and two small triangles at the other end. Place 3 players in the middle of the area who are customers. Place everyone else in pairs into the square, with a ball each, these are the chefs.

The aim for the chefs is to get as many pizza toppings onto the pizza slices (small triangle areas) as possible. The customers must try to stop them getting the toppings onto the pizza. They cannot enter the pizza areas. Only 2 chefs can go at a time and the next two in line cannot go until both toppings have successfully been placed on the pizza, or stolen by the defenders. The focus should be on the defending team emphasising defending principles: Defend high to stop them running towards the pizza slices, Show them with your body away from the pizza slices, have someone cover you who can help if you get beaten, tackle only when you know you can steal the ball.

Progression:

- 1.) Add a goal at the opposite end to the square. If the defenders win the ball they can shoot it into the net to prevent it getting on the pizza.
- 2.) Restrict the defenders so that they cannot tackle the ball and must simply use their body to show the players the other way.

Opposed: Risky Business



Set Up: Create a field with a goal at either end. Divide the players into two equal sides. Place a goalkeeper from 1 team in each goal and two defenders at each side of the goal. Have the whole of the opposition team line up on the outside of the area.

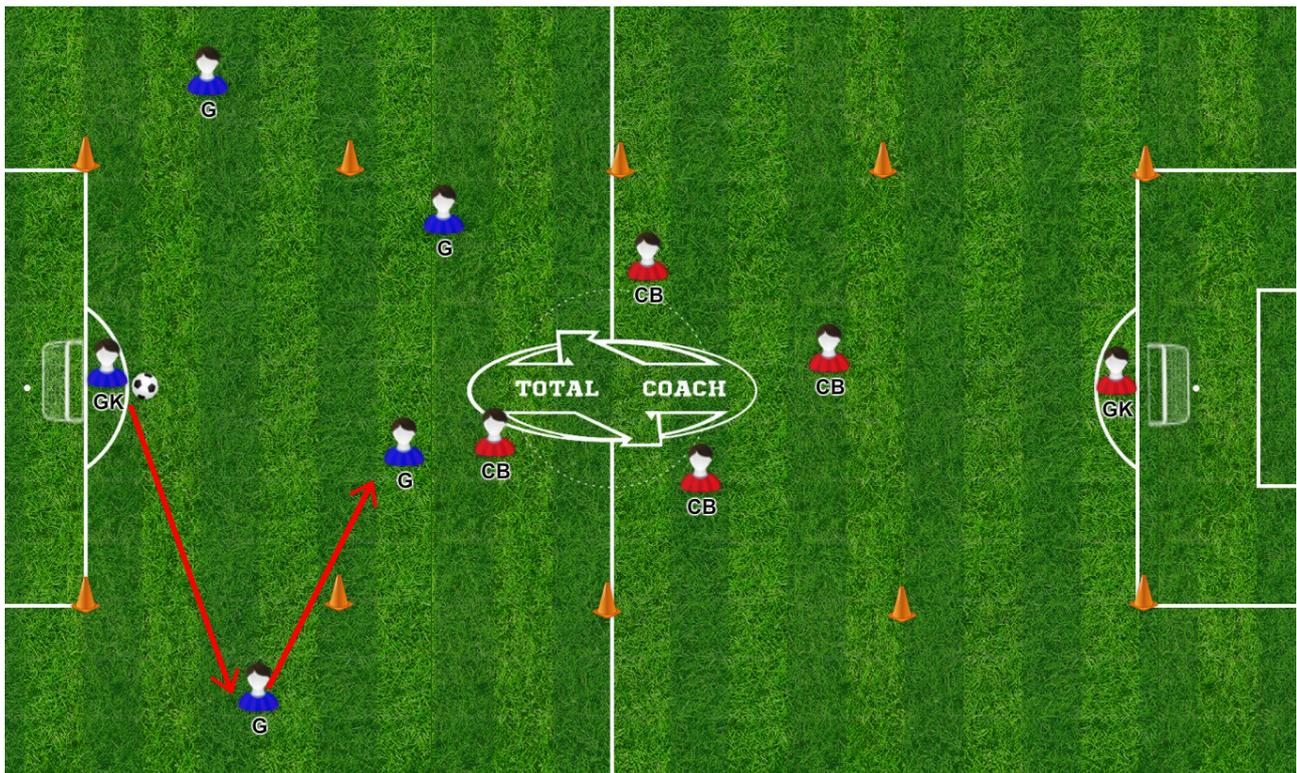
The players outside of the area get to choose how many defenders to play against for a different amount of points if they score. The options are: 1 Defender (DEF) vs 1 Attacker (ATK) for 10 points, 2 DEF vs 2 ATK (10 points), 1 DEF vs 2 ATK (5 points) and 2 DEF vs 1 ATK (15 points). If they successfully score then the coach should play another ball in and the game continues but playing in the opposite direction towards the other goal with new defenders.

The coach should call to the defenders how many are required to come out. The focus for the coach should be on the defending team and the principles discussed above.

Progression:

- 1.) If the defending team can force the player out of the sides of the field then they get 5 points instead
- 2.) If the defender can steal the ball and score a goal at the opposite end then they get 10 points instead.

Small Sided Game- 3 zones across



Set Up: Create 2 channels across the field going lengthways to create a middle area and 2 wide areas. The game has normal rules. Encourage the team that is defending to only defend in the middle zone and encourage them to try and use their bodies to show the other team into these wide zones.

Encourage the attacking team to spread out and have a man in all 3 zones.

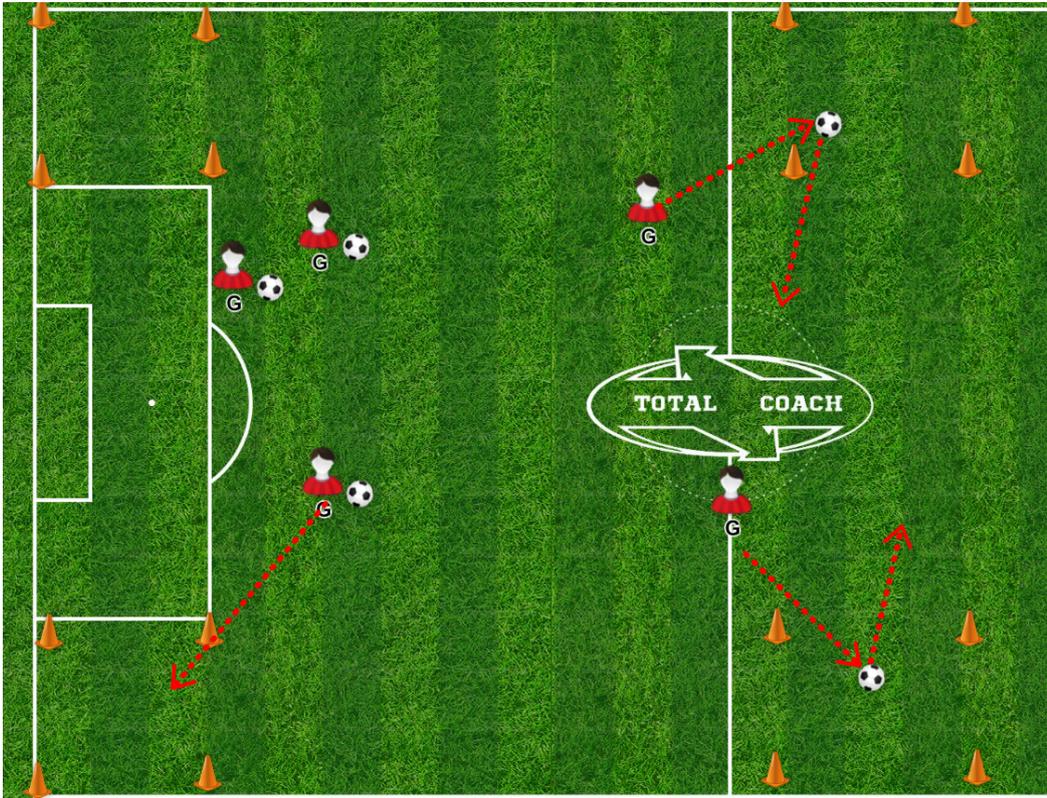
Progression:

1.) Allow/ encourage 1 player on the defending team to go out to the wide zones to slow down play.

Weekly Challenge- Can you use your body to show the opposition away from goal?

Week 8- Shielding and Protecting the ball

Warm Up: Find a Ball



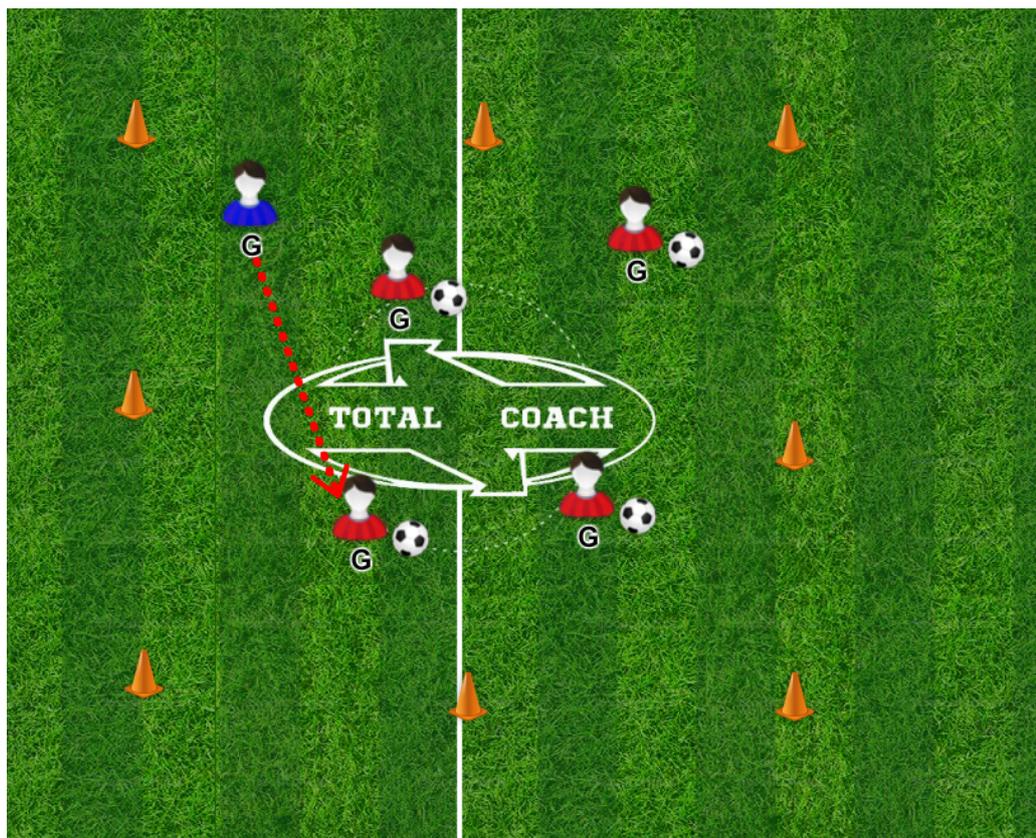
Set Up: Create 4 squares on the field. Each player has a ball and must dribble around the area using different techniques.

The players must dribble their ball to one of the boxes, leave it there and find a new ball in a box. When they get to the ball they must perform different turns to get out of the box such as: Drag back turn, Cruyff turn, outside hook.

Progression:

- 1.) Have the call 'find a ball' at which point everyone in the area has to leave their ball, regardless of whether they are in the box, and find a new one. At this point the players must perform the designated turn on the new ball.
- 2.) Have the coach remove a ball from the session when it's placed in the square. When find a ball is shouted now one player will be without who is now out, like musical chairs.

Unopposed/skill in isolation: Zombie Infection

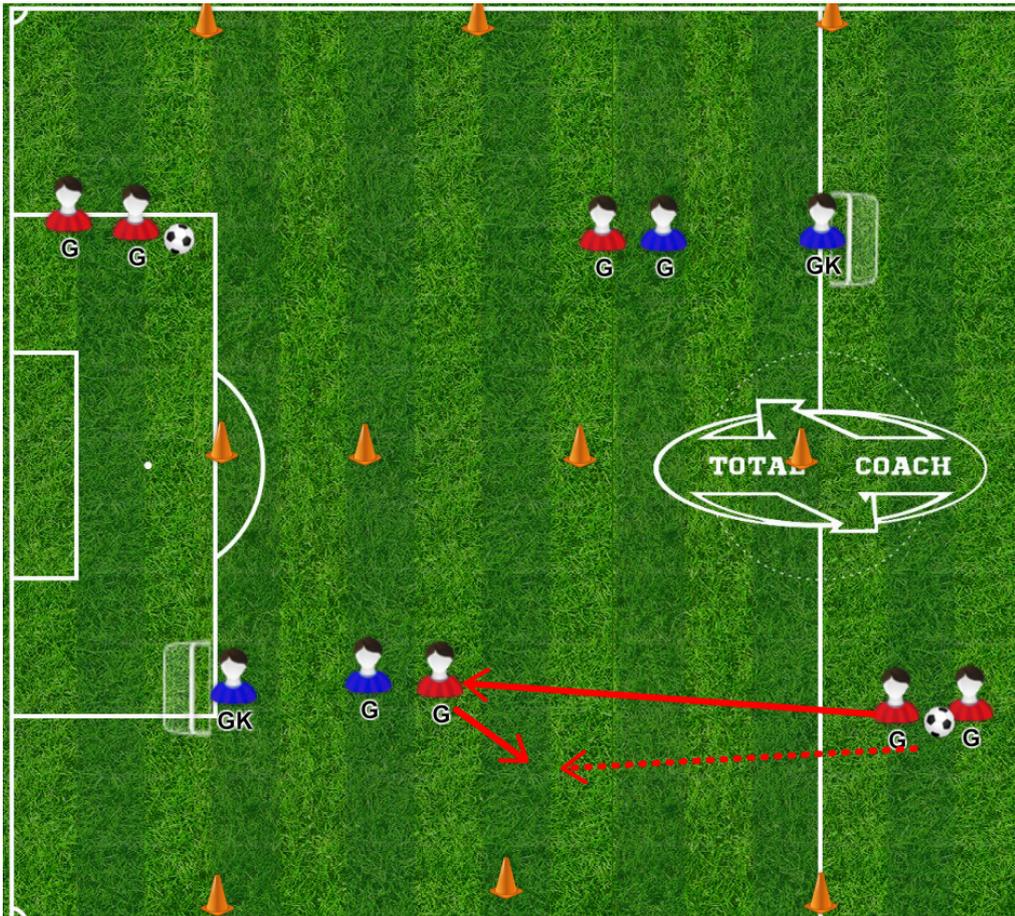


Set Up: Create a large grid within the area. Have all the players bar 1 in the middle with a ball. The player without a ball is the zombie who must steal the persons ball and dribble it to a cone to get them out and infect them. When this happens the person also becomes a zombie and must do the same to others. This continues until everyone is infected. The players should focus on the individual shielding technique they can use to avoid being caught.

Progression:

1.) Have a player located on the outside of each side of the grid. Now the players can use this person to pass the ball to in order to receive the pressure of them. The person on the outside can only hang on to the ball for 3 seconds though.

Opposed- Shooting Alley



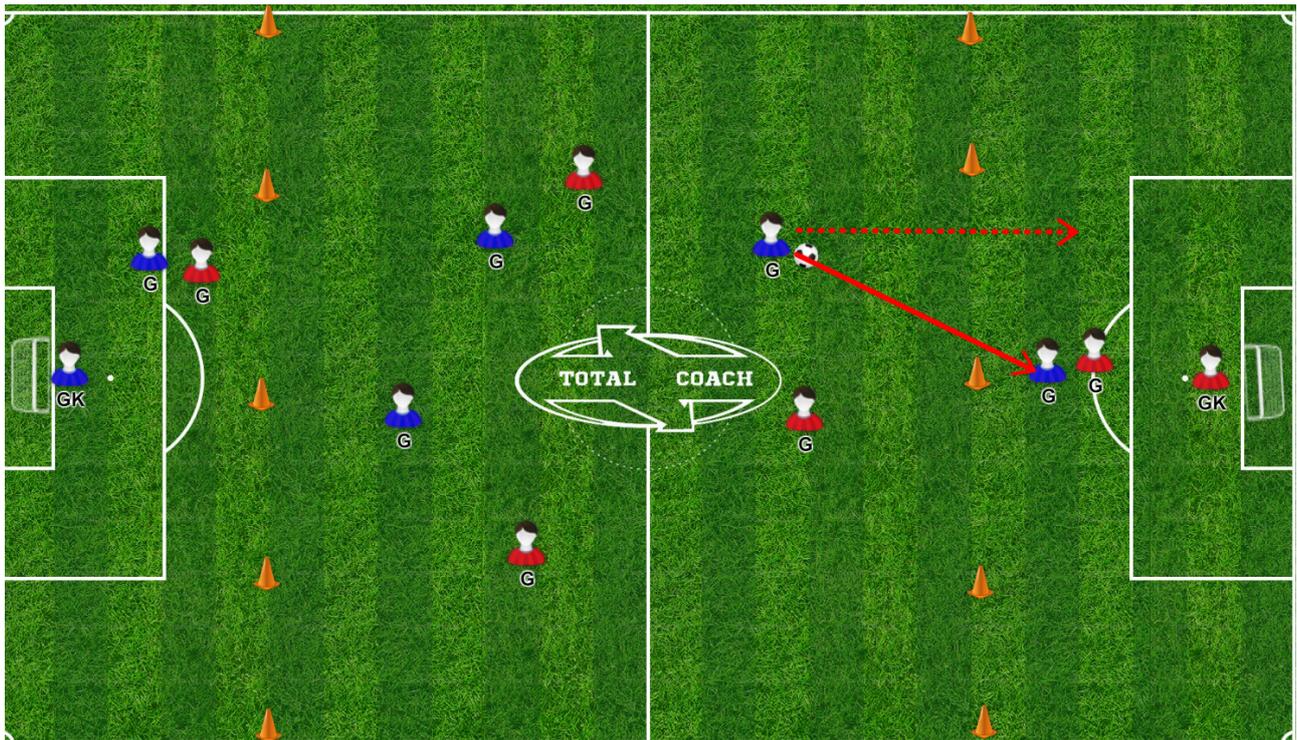
Set Up: Create 2 channels with a goal at one end and a group of players lined up at the other. Each goal should have a keeper and a defender as well as a striker in the area. The game starts with the ball being played into the strikers feet. They must use their shielding skills to receive the ball and to hold off the defender whilst they pass it back to their partner to make a 2v1 situation.

Once the shot has been taken the player that was the striker moves to the opposite queue and the player that played the ball in becomes the striker. The circuit should continuously rotate in this manner.

Progression:

- 1.) Enforce that the striker has to hold the ball up for 3 seconds before the setting player can join in to make a 2v1.
- 2.) Allow a third player to enter after 3 seconds to make a 3v1 situation.

Small Sided Game: Play to the Strikers.



Set Up: Create 2 small zones and one large middle zone as shown above. Place a goal at either end with a keeper and in the small zones there should be 1 attacker and 1 defender. All the other players should be divided equally into two teams and play in the middle zone.

Rules follow a normal game apart from the ball must be played to a striker before anyone else can enter into one of the two small zones at the end of the field. E.G the striker must touch the ball before others can join in the attack.

Once the striker has the ball anyone is allowed into the end boxes, attackers or defenders.

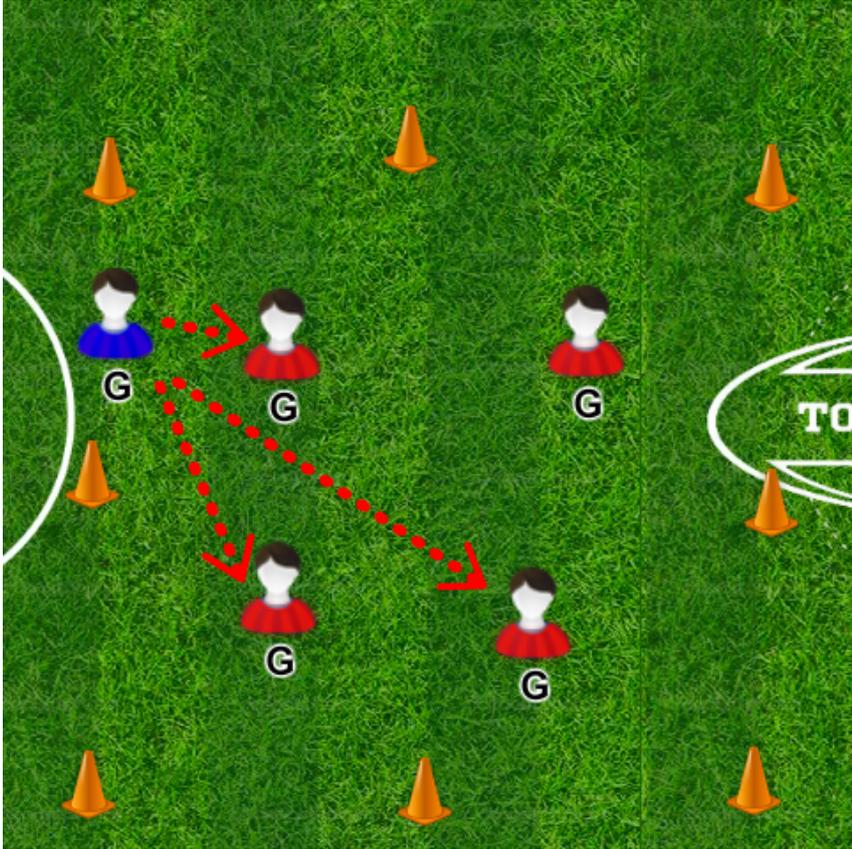
Progression:

1.) Have 2 strikers and 2 defenders start in the end boxes to give more targets to aim for.

Weekly Challenge- Can you protect the ball from the opposition using your body ?

Week 9- Working together to score

Warm Up- Foxes and Hounds



Set Up: Create a small defined square grid in the area. Each player must have a Bib/Pinney tucked into their shorts, to represent a foxes tail. 2 players are the hounds who must go around and try to pull out the bibs and place them on the floor.

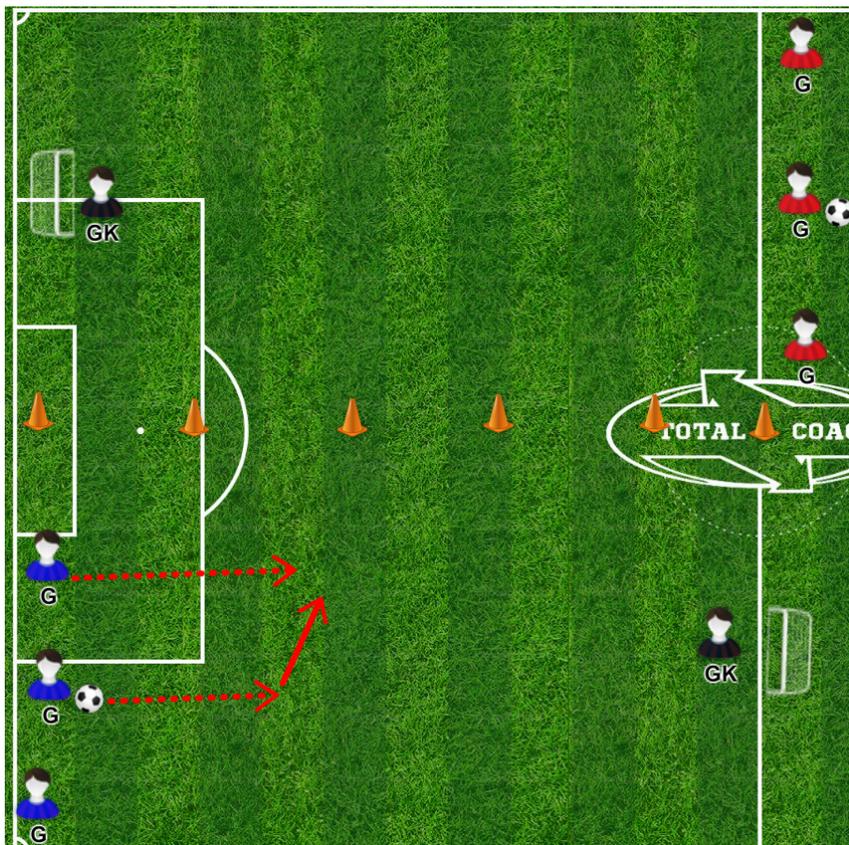
The players can all replace their tail as soon as it has been pulled away. They have to try and avoid getting caught by the hound.

Progression:

1.) The players have to move in different ways whilst avoiding the hound. This could be skipping, jumping, side shuffling, backwards running.

2.) Add a soccer ball that the players must have to dribble around with the ball trying to avoid getting their tail pulled out.

Unopposed: Waves



Set Up: Create 2 channels with a goal at one end. Each goal has a goalkeeper. Have the players divide into 3's and stand at the open ends of the channels.

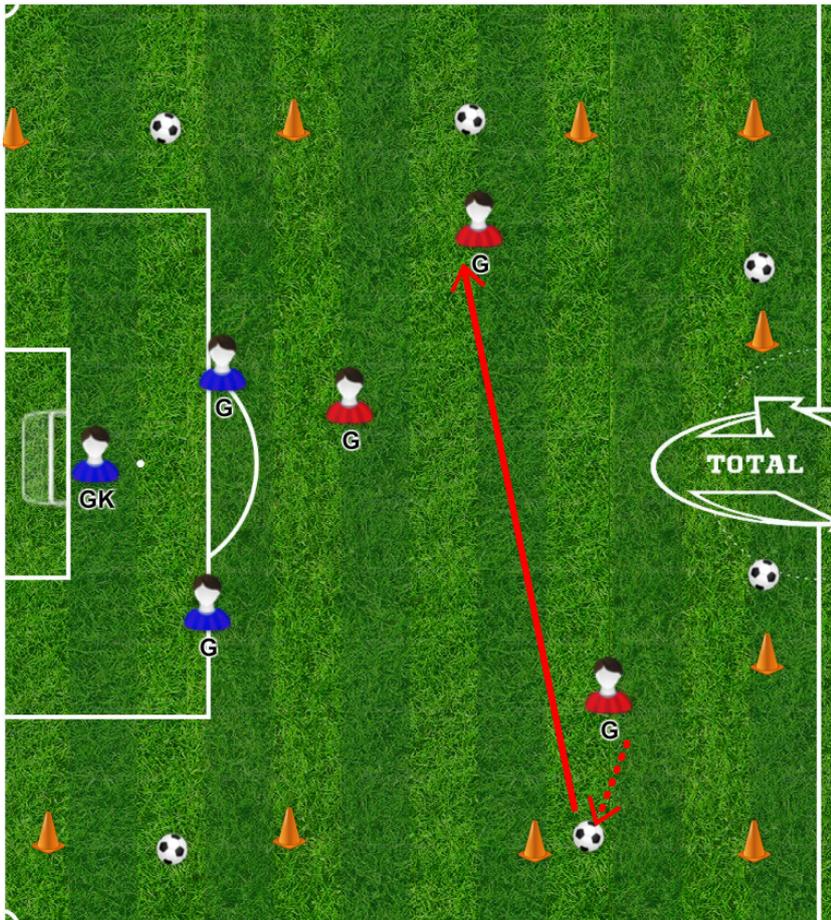
The aim is to combine with teammates and take a shot on goal. Once the shot has been taken the team should join the back of the other queue.

Encourage players to think about what combination work well for scoring and the position they take up. E.G Can the players spread wide, can they make crosses to the middle player to score, can they dribble towards the centre to score.

Progression:

- 1.) Allow players to change their starting positions to help them score- an example could be having one player move far into the zone to become a striker who the other players must play to before they can move into the zone.
- 2.) Add a defender to make it more challenging

Opposed: 6 balls to score



Set Up: Create a grid with a goal at 1 end. Place 6 balls around the outside in the order shown in the picture. This set up should be repeated in another grid to make 2 fields. Divide the players into 2 teams. The blues should have a keeper and 2 defenders on one pitch whilst the reds have 3 attackers.

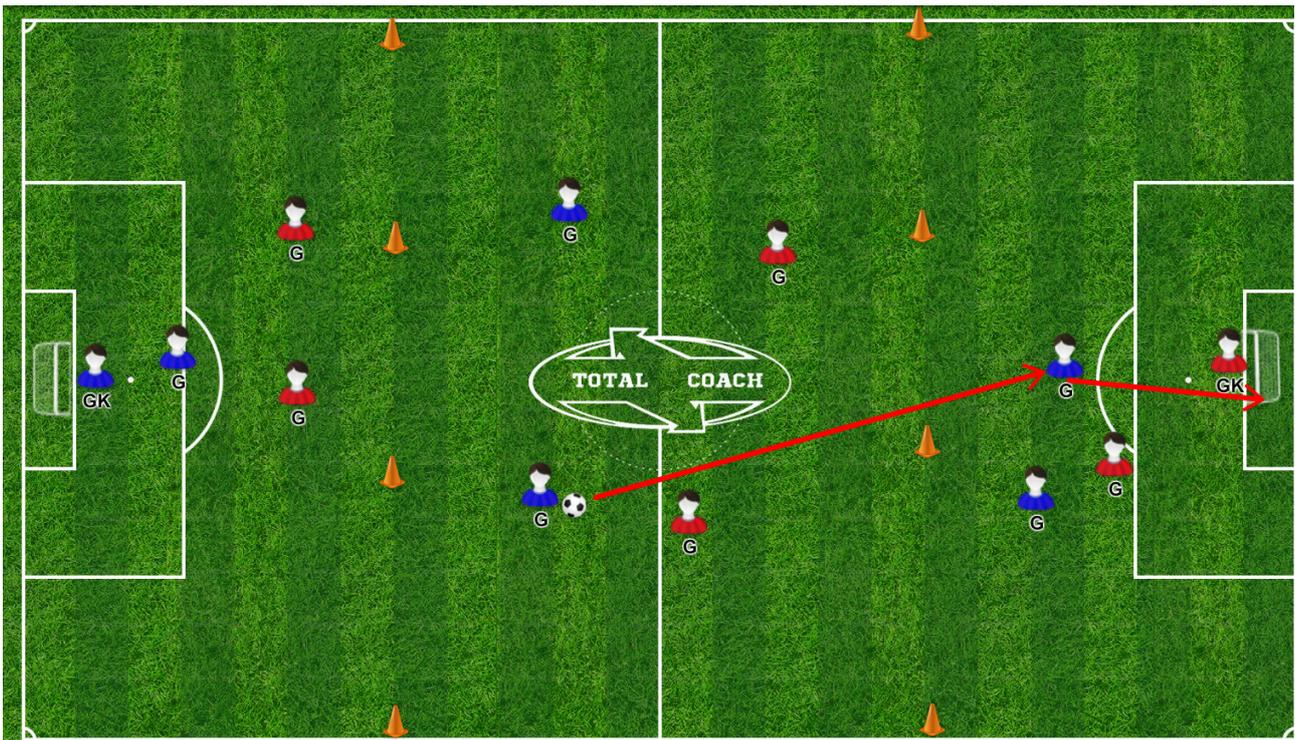
The aim of the game is to see how many of the 6 balls the attackers can score. The ball is not active until the attacker plays the ball to a team mate. Encourage the players to think about different combinations in different positions- for example if the ball is out wide it could be crossed in to a friend.

Once both fields have used their balls then the teams should swap around.

Progression:

1.) Set challenges on how the goal must be scored- for example each goal must be a header or every goal must have 3 passes before you can score.

Small Sided Game: Stuck in position



Set Up: Divide the field into 3 zones. Each team should have a goalkeeper and 1 defender in their defensive zone, 2 players in the middle zone and 2 attackers in the attacking zone- making a 1v2, 2v2 and 2v1. The players start all stuck to their zones, they cannot move between them. Can they move the ball to score a goal.

Progression:

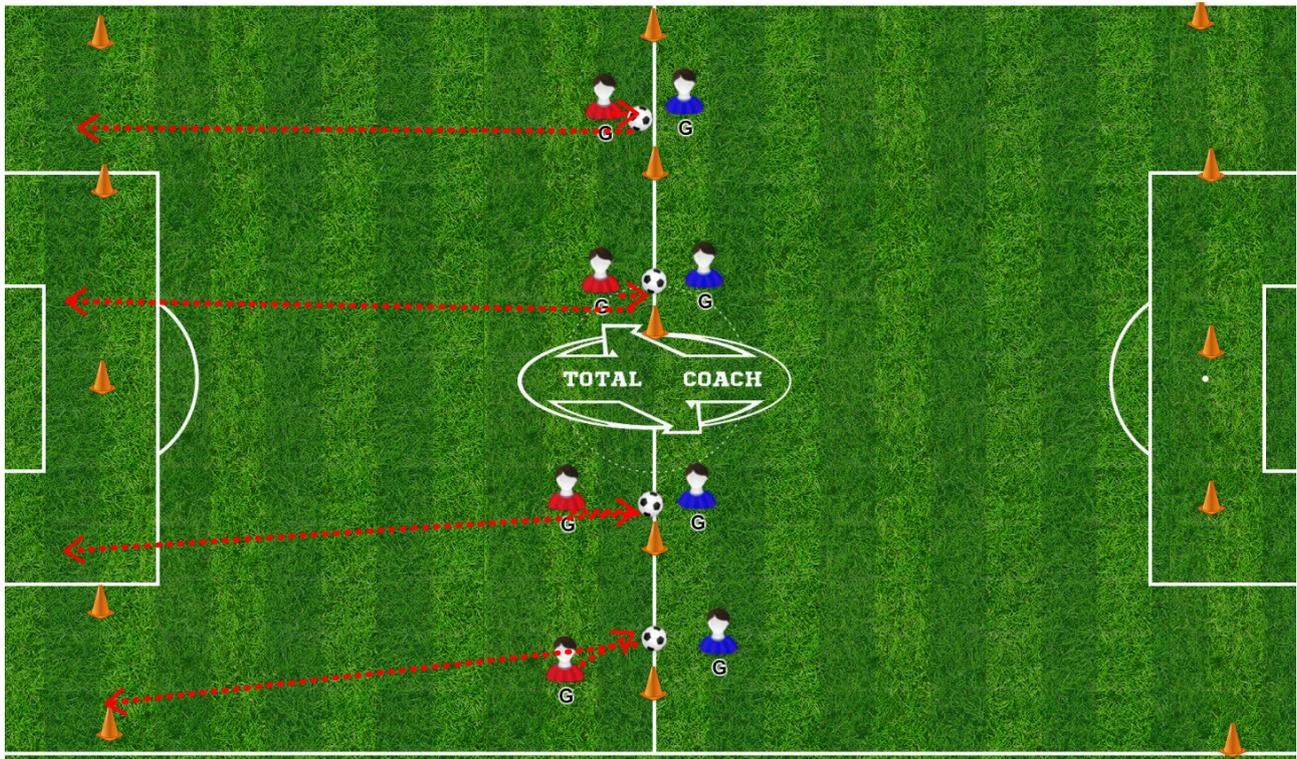
1.) Gradually lift the restrictions on the attacking team allowing them to move into different zones: the first could be that you are allowed to dribble across a zone. Then if you pass you can join the next zone. Finally allow players in the attacking team to move freely.

2.) Allow the defending team to do the same when they don't have the ball to make it a normal game.

Weekly Challenge- Can you combine with the striker to score a goal ?

Week 10- Maintaining Possession

Warm Up: Foxes and Rabbits



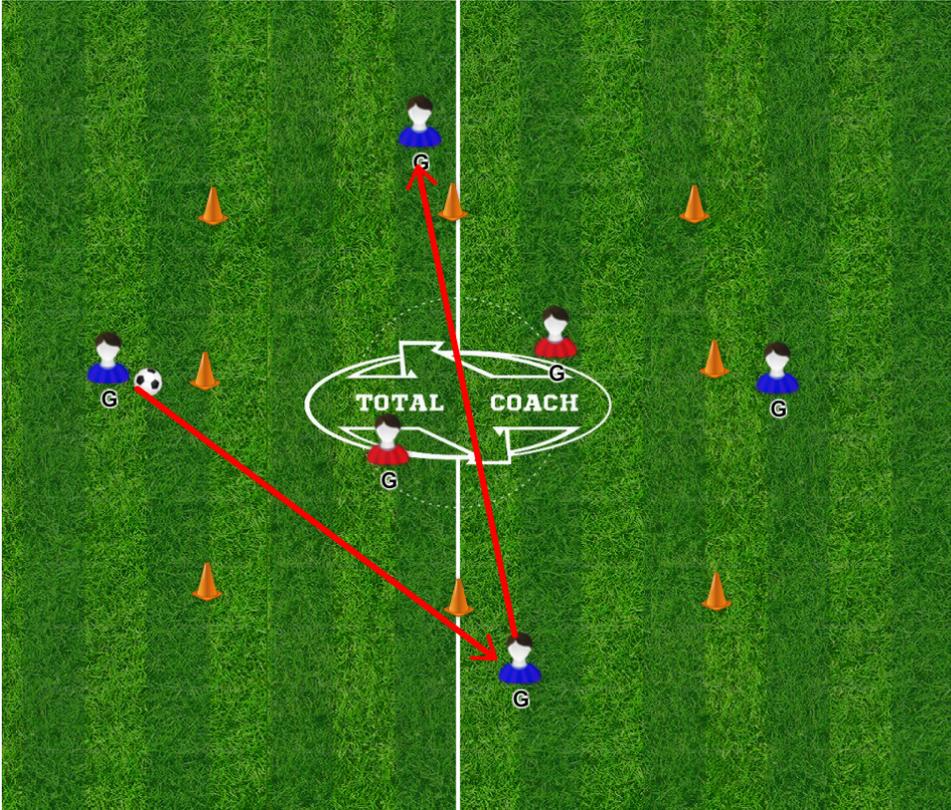
Set Up: Create a zone with 2 lines of end cones and a line of middle cones. Have the players pair up and stand opposite each other either side of the middle cones. Each pair should have a ball.

One team should be the foxes and the other the rabbits. When the coach shouts out the teams animal- e.g in the example the red team are 'foxes- the players must perform a turn on the ball and run as quickly as they can to the end line of cones behind them. The other team must chase them as try to tag them to win the point. If the players make it past the line of cones they are safe. The game should then re-set in the middle.

Progression:

- 1.) Have the players perform different turns in the middle section: drag back, cruyff and outside hook.
- 2.) The chasing players can win the point by stealing the ball rather than by tagging the player.
- 3.) The chasing players can score two points if they can make it back to their end zone with the ball after they have stolen it.

Unopposed: Through the Gap



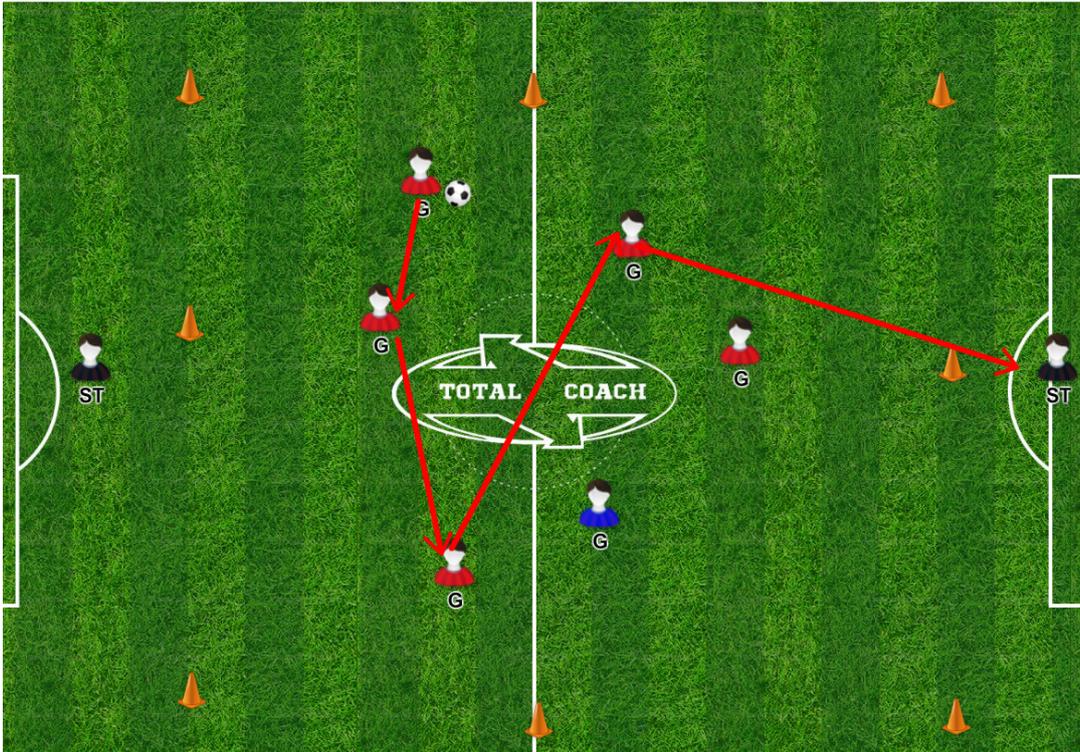
Set Up: Create a large square in the middle of the field. Have 2 defenders in this zone who cannot tackle the outside players but can intercept the ball from inside the area. Have a player on each side of the grid. If you have more players, have two players on either side of the grid.

The outside players can score a point if they pass it between the 2 defenders as shown in the second pass on the outline above.

Progression:

- 1.) Allow the players from the outside to move in and try to get the ball for a point.
- 2.) Add a goal for the defenders to score in if they win the ball in the middle of the area.

Opposed: Target Men



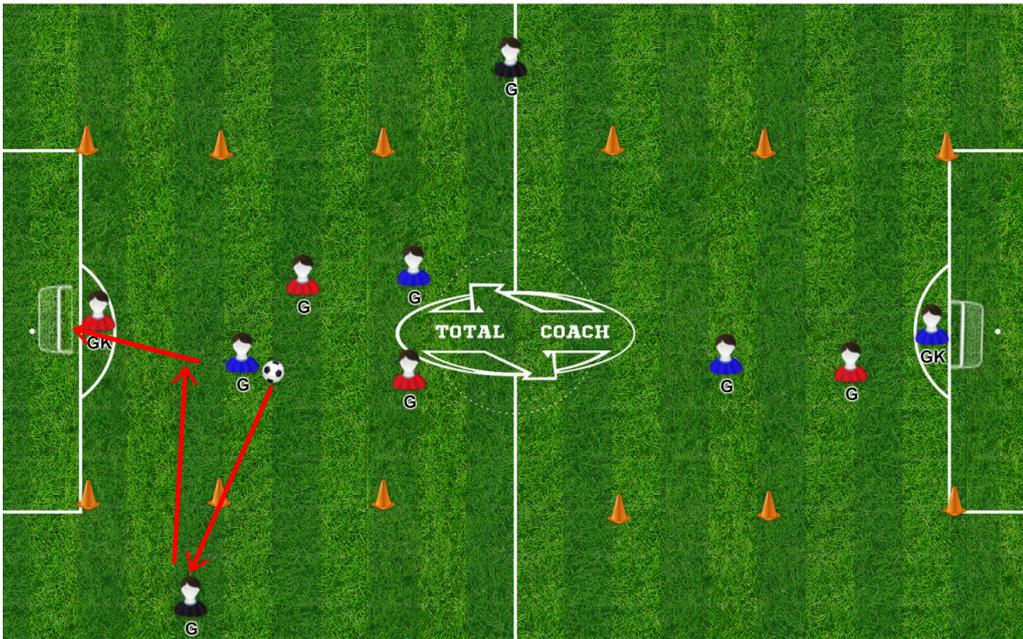
Set Up: Have a large square with a 5v1 situation in the middle. Two neutral players (target men) should be at either end of the grid. The aim for both teams is to pass the ball to either target man for a point, although you can't go to the same one twice in a row.

Add players to the team with less player until the game is a 3v3 situation.

Progression:

- 1.) Allow the players in the middle to enter the target man zone to receive a pass
- 2.) Allow the target men to attempt a long ball to the other target man

Small Sided Game:



Set Up: Have 2 wide channels set up on the field and a goal at either end. 2 neutral wide players play for the team in possession and cannot be tackled. They must stay in the wide channels created on the field. Have a normal game in the middle section.

Award a points if the players can switch the ball from 1 wide player to the other. Award 3 points if they can score a goal after combing with a wide player. Goals without using the wide player are worth 2 points.

Progression:

- 1.) Allow the wide players to dribble the ball into the middle zone.
- 2.) Allow the wide players to play a 1-2 with a player and enter the middle zone.
- 3.) Allow 1 defender into the wide channel to try and intercept the ball.

Weekly Challenge- Can you make the pitch wide and long to keep the ball for your team ?