



SPORTSDIRECT.COM FAI

Summer Soccer Schools

Coaching Content 2017

Welcome!

Once again, our Summer Soccer Schools Programme continues to grow with thousands of young participants experiencing the beautiful game for the first time at our camps!

We continue to maintain the highest possible standards of child welfare, safety and supervision. Further to this, feedback from parents and guardians tells us that the quality of coaching at our camps is of a very high standard. This is extremely important to us - in essence we feel an FAI Camp should be of the highest possible quality from a coaching point of view.

The implementation of the FAI's Player Development Plan represents a very exciting time for underage football in Ireland. In line with the Player Development Plan we have developed this coaching manual to support the great work done by you, our coaches, every summer.

We have developed coaching content for various age-groups to ensure that both our new and returning participants continue to have fun and are challenged in line with their level of ability each day at our camps.

As coaches on the [SPORTSDIRECT.COM](https://www.sportsdirect.com) FAI Summer Soccer Schools Programme your responsibility is to implement this content in a fun, engaging and enthusiastic manner to ensure the participants have the best possible experience on our camps.

Good luck with your coaching and enjoy the summer!

Trevor Scanlon

FAI Camps National Coordinator

Table of Contents

- Rua's Cubs – Overview, Social Interaction, Morning and Afternoon Games
- Rua's Hot Shots – Overview, Social Interaction, Morning and Afternoon Games
- Rua's Tekkers Team–Overview, Social Interaction, Morning and Afternoon Games
- Rua's Pro Players – Overview, Social Interaction, Morning and Afternoon Games





‘Rua’s Cubs’

6-7 Year Olds

Objectives

- To create a fun learning environment
- All players need to be praised as much as possible
- All movements to be multidirectional
- Constant interaction
- Engage players with story based exercises
- Relate all exercises to children’s level



'Rua's Cubs'

Social Interaction

"Microphone" Game

- This game is played with the young players gathered in a circle
- Ask all the players to think of their favourite footballer and keep it in their head.
- Throw a ball to the first player and ask him/her to share with the group
- Objective is to create a fun comfortable environment
- Once a player has shared with the team they can throw the ball to a team mate and sit down.
- Game continues until all players are sitting or on their hunkers.
- Relate questions to the children's level

Sample Week

- Monday – Favourite Player
- Tuesday – Favourite Team
- Wednesday – TV Programme
- Thursday – Favourite Colour
- Friday – Favourite Food

Morning Activities

- All morning activities need to be fun and engaging
- No 'bus queues'
- Ensure all players are using a ball as much as possible
- Encourage success and set games to ensure this takes place
- All activities should be based around the individual

Break the Laser



'Break the laser'
6-8 year olds

Objectives

- To improve players spatial awareness and dribbling

Organisation

- Gates(3 yards) are spread throughout the grid.
- Every player has 1 ball each

Methods

- Players look to dribble through each gate and break the 'laser' that goes through the from cone to cone.

Progression

- Players cannot go through same colours twice they must go through different colour each time.

Delivery Tips/ Hints

- Emphasis the break of the 'laser' and be enthusiastic
- Create different scenarios and build a story around this
- Ask players to choose a different barrier (i.e. Glass or walls etc.)

Football Bowling



'Football Bowling' 6-8 years old

Objectives

- To improve fundamentals of passing

Organisation

- Tall cones are set out in ' bowling pins' like positions.
- Sets of teams are situated behind cones away with footballs

Method

- 1 player for each team tries to pass the ball towards the cones and knock them down .
- The first team with all cones down wins

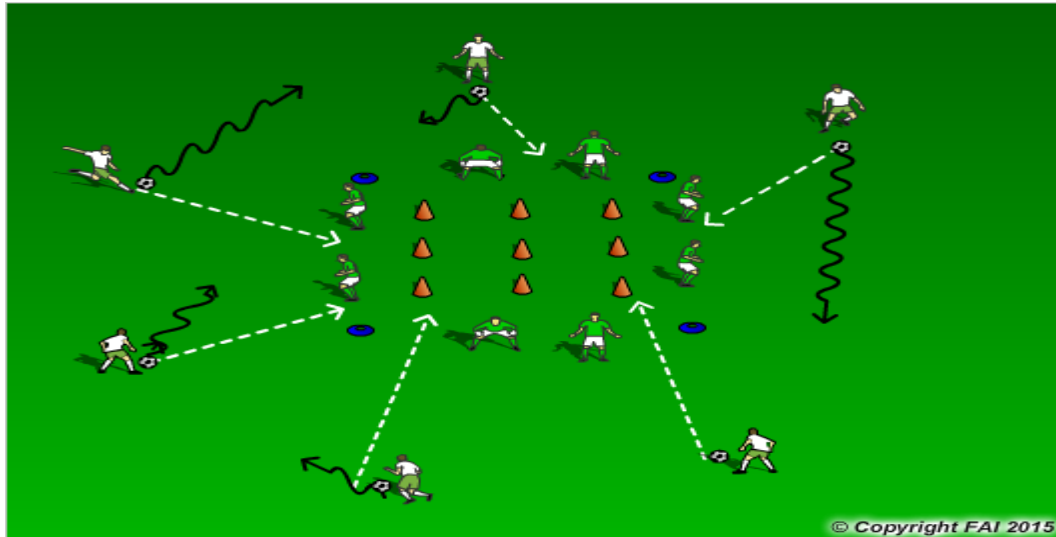
Progression

- Players dribble and pass moving ball
- Players add in skill before striking moving ball.

Delivery Hints/ Tips

- Build the story about going bowling with Parents etc.
- Engage players by asking lots of questions regarding bowling
- Encouragement to group/individual is key
- Change rules regularly to keep children engaged

King of the Castle



'King of the Castle' 6-7 yr old

Objectives

- To improve players passing

Organisation

- Square set out in 15x15 area (small cones)
- Big cones set in the middle of blue square
- 1 team acts as defenders and 1 team acts as attackers
- Attackers must stay outside of blue square and defenders must stay inside blue square.
- Time limit may be set before teams changeover
- Team with most cones down wins.

Methods

- Attackers pass 'cannons' from stationary position towards the 'castle' (big cones) trying to knock them down
- Defenders try to block the 'cannons' and protect the 'castle'.

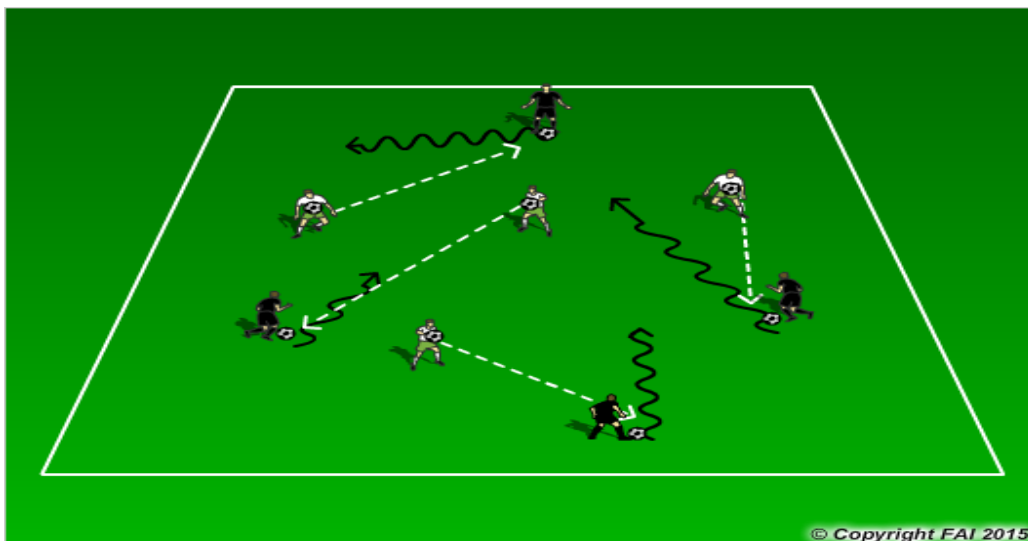
Progression

- Attackers can dribble the 'cannons' and find new positions
- Attackers can pass to another attacker to knock them down.

Delivery Hints/ Tips

- Emphasise the both sides of story and build the story around it (use buzz words throughout i.e. cannons etc.)
- The enthusiasm of both sides of the story needs to be played on
- Ensure lots of success and encouragement

Marbles



© Copyright FAI 2015

'Marbles' 6-7 Year Olds

Objectives

- To improve players dribbling / passing

Organisation

- Every player has a ball
- Players split into 2 teams
- Every marble hit = 1 point
- Teams change over on signal of coach

Method

- 1 team of players dribbles with ball(marble) at feet
- 1 team of players carries ball(marble) in hands
- Players with balls at feet try to throw ball at players with ball at their feet , trying to hit their ball (marble)
- Team that are dribbling need to try and manouvere the ball to not get hit.

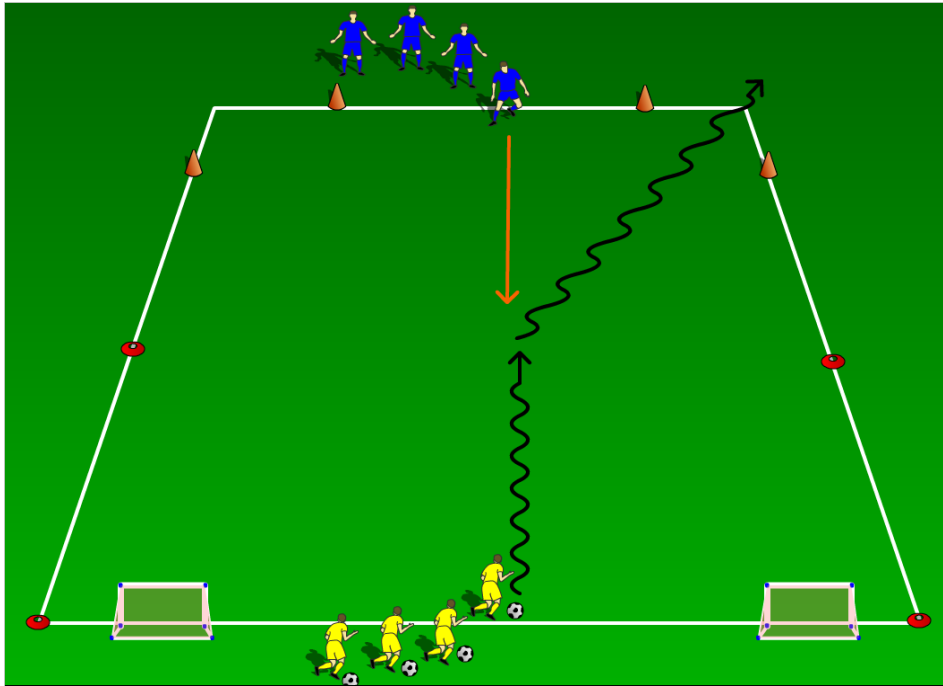
Progression

- Players then pass the ball instead of throwing to hit the others ball.
- No teams, players chase each other (with balls at feet) and tag each other, the most tags wins !

Delivery Hints/ Tips

- Emphasis on the story of 'Marbles'
- Engage and ask questions in relation to the story
- Emphasis on success instead of 'coaching points'
- Change the game every few minutes to keep engaged with progressions

Get the Goal!



Objectives

-To improve players in 1v1 situations

Organization

-1 team at each end of grid, small goal gates in corner and goals at far end too

Method

-1 team tries to score in the goal whilst 1 team tries to stop

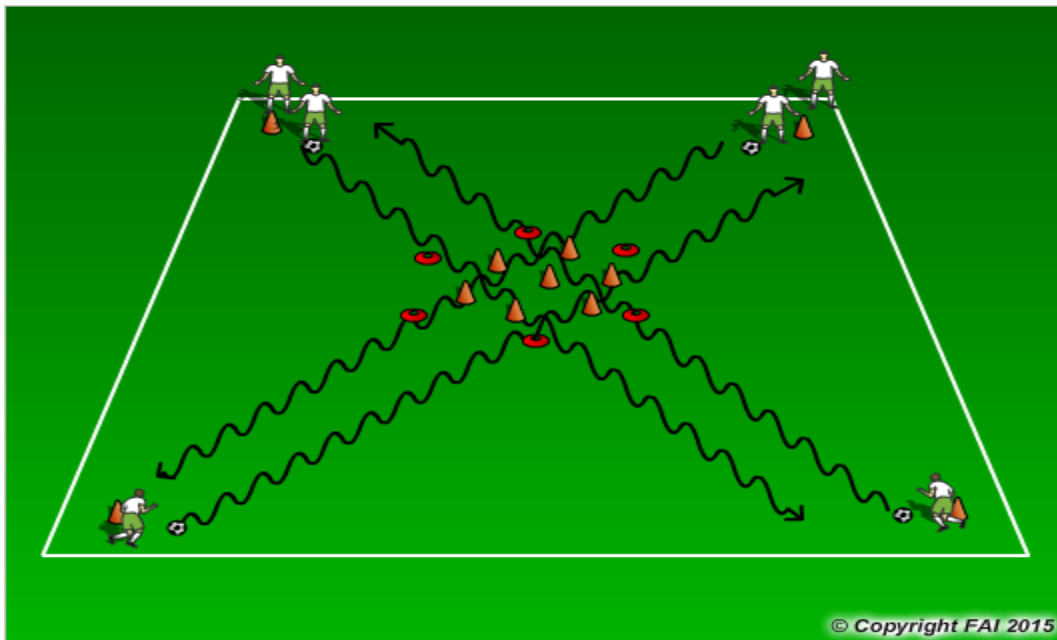
Progression

-When defending team wins the ball they can then score in opposition's

Delivery Hints/tips

- Encourage good play
- Create a positive atmosphere
- Try to build a story around the game (pretend you are Ronaldo)

Messy Room



Messy Room 6-7 Year Old

Objectives

- To improve dribbling in small spaces

Organisation

- 4 teams set on cones
- Middle zone with cones/obstacles

Method

- Players try to dribble through the zone without hitting an obstacles in the zone .

Progression

- Player must add in trick whilst in the zone
- Turn it into a race through

Delivery Hints/Tips

- Emphasis on the story behind going through the messy room
- Name the objects in the middle zone (relative to children)
- Engage players with the story, encourage good play



Afternoon Games

- All afternoon games should be catered towards the individual
- In line with National Player Development Plan
 - Encourage free play
 - Encourage attacking play
- All players will try individual actions and this should be encouraged

4 v 4 – applies to U6 and U7 players

1. The Field of Play

Minimum: 30 metres by 20 metres

Maximum: 35m x 20m maximum.

Goal Size: 3m x 1m (10ft by 3ft).

If such a goal size is unavailable use the 5 metre x 2 metre goals, turn over and place poles 3 metres apart (this will create a goal size of 3 metres x 1 metres. Alternatively Poles can be used as goalposts. Poles should also be used for corner flags.

Retreat Line: Disc Cones (Yellow) should be used to divide pitch into thirds (signifying retreat lines)

There should also be a centre mark at the midpoint of the halfway line.

2. Team formation

As per diagram 1-2-1 (recommended).

3. The ball out of play.

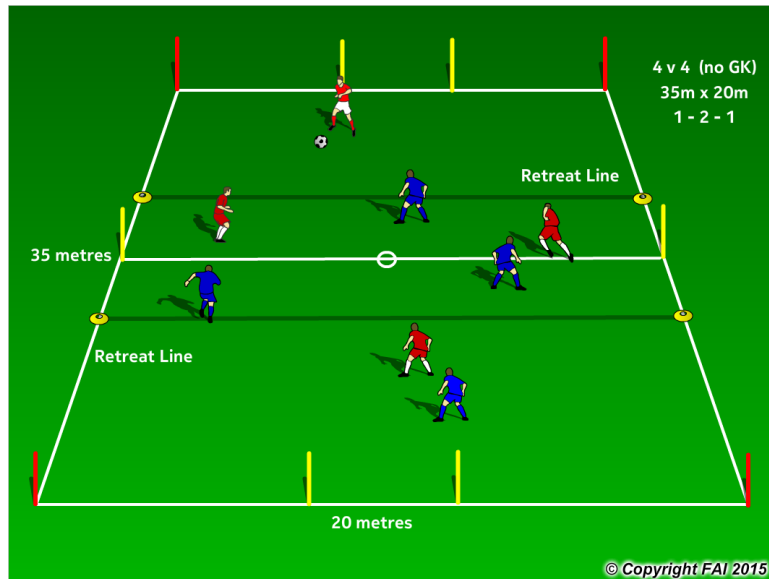
If the ball goes out of play at the sideline the player will have 5 seconds to recommence play by dribbling or passing the ball back into play (opponent must retreat 3 metres).

If the ball goes wide of either goal all opposition players must retreat beyond the retreat line (marked by the yellow cones). The defending player will restart the game from the side of the goal by either dribbling directly into play or passing to a teammate, once the player commences the dribble or his/her team-mate receives the pass the opponents can again move forward.

4. The Start and Restart of Play

On scoring a goal the team that scores will retreat to the halfway line. The team conceding the goal will restart the game from the side of the goal by either dribbling directly into play or passing to a teammate, once the player

Games (4v4)

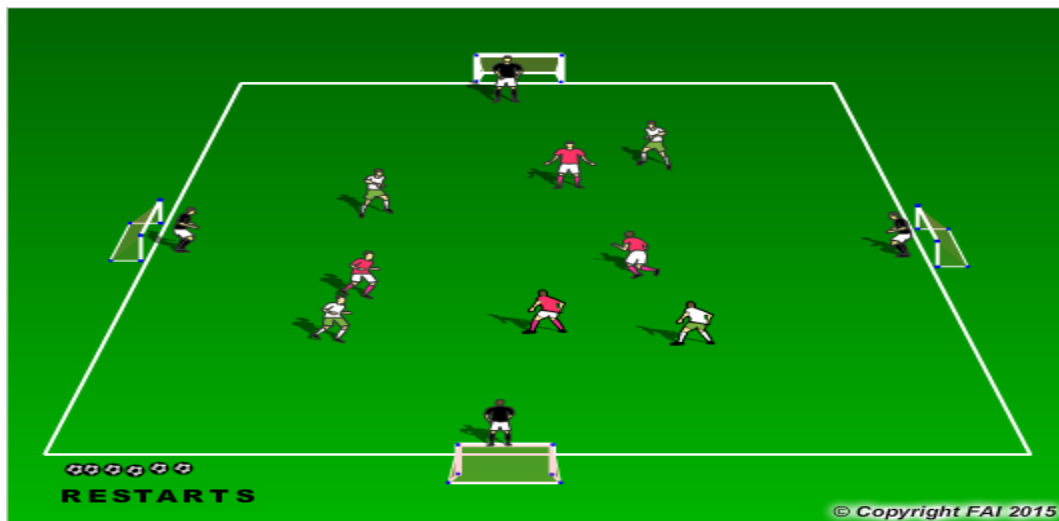


Delivery Hints/Tips

Pitch size (35x20)

- Individual play is encouraged
- Goals/Attacking play
- Restart with a dribble always (goals and sides)
- Rotation of teams throughout
- No GK's in games but GK's can also be added if GK's are available
- 3v3's are also appropriate

4v4 + 4 GKs



4v4 + 4 gks SSG
12+ year olds + gks

Objectives

- To improve players decision making, awareness and attacking in SSG

Organisation

- 2 teams are set out in 4v4 teams
- 4 goalkeepers are included

Method

- Players play in 4v4, both teams can score in any goal
- To restart game players must restart games at designated areas.

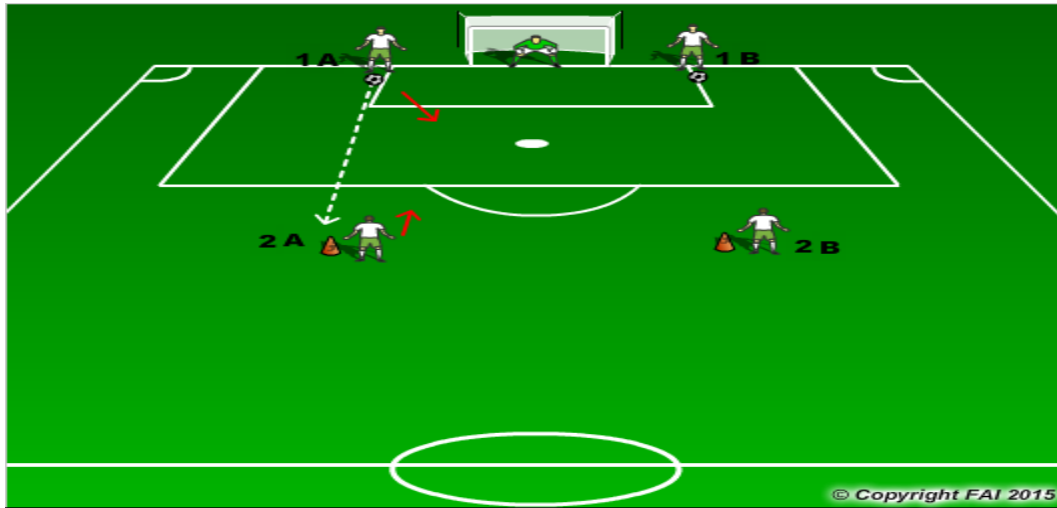
Progression

- Players must score in different goal from last time
- First team to score in all goals wins

Delivery Hints/ Tips

- Encourage individual freedom
- Encourage shooting
- Inclusion of goalkeeper is vital (praise save and shot)
- Ensure rules are set out clearly
- Encourage GK's role within a system
- Goalkeepers decisions within SSG
- Encourage GK's to be a player not just GK

1v1s into 2v2s



1v1s into 2v2s 10-11 years (gks included)
Objectives - To improve players ability in 1v1/ 2v2 situations - To improve goalkeepers ability in 1v1/2v2 situations
Organisation - Player 1A and 1B start beside goal - Player 2A and 2B start at cones facing goal.
Methods - Player 1A plays pass to player 2A and acts as defender. - Player 2A attacks player 1A and tries to score - Players 1B and 2B repeat the same process
Progression -Player 1A plays pass to player 2B and becomes a defender alongside 1b (1A&1B vs 2A&2B)

Delivery Hints/ Tips

- Encourage individual freedom
- Encourage shooting
- Inclusion of goalkeeper is vital (praise save and shot)
- Ensure rules are set out clearly



‘Rua’s Hot Shots’

8-9 Year old

Objectives

- To create a fun learning environment
- All players need to be praised as much as possible
- All movements to be multidirectional and more challenging
- Constant interaction and be patient
- Engage players with individual situations
- Engage players with story based exercises
- Relate all exercises to children’s level (Players from TV)



‘Rua’s Hotshots’

Social Interaction

“I have a Secret” Game

- This game is played like “Tag”
- Ask all the players to think of their favourite footballer and keep it in their head.
- Design a suitable sized grid (eg. 20x20m)
- Objective is to create a fun comfortable environment
- Players must run and tag another player to find out their secret
 - Can also use bibs tucked into shorts & the players must grab the bib
- Constant interaction
- Relate questions to the children’s level

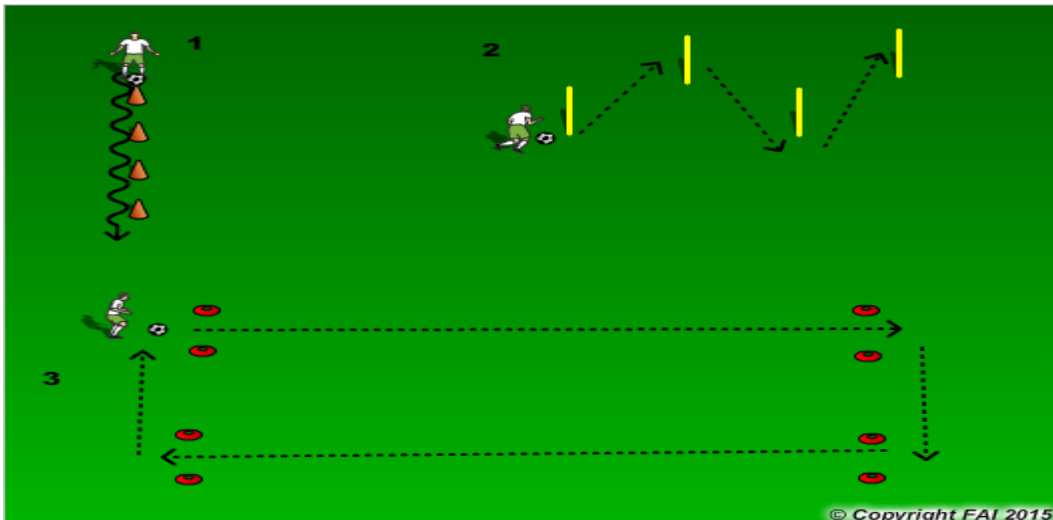
Sample Week

- Monday – Favourite Player
- Tuesday – Favourite Team
- Wednesday – TV Programme
- Thursday – Favourite Colour
- Friday – Favourite Food

Morning Activities

- All morning activities need to be fun and engaging
- No 'bus queues'
- Ensure all players are using a ball as much as possible
- Encourage success and set games to ensure this takes place
- All activities should be based around the individual

Dribbling Stations



© Copyright FAI 2015

Dribbling Stations 8-9 yrs

Objective

- To work on different types of dribbling/ running with the ball

Organisation

- Each player works through stations
- Each player has 1 ball each
- Coach dictates time/ reps at each station

Methods

- 1.- Player dribbles through cones using various surfaces of foot
- 2.- Player runs with ball in zig zag direction through poles
- 3.- Player runs with ball through gates using running with ball key factors.

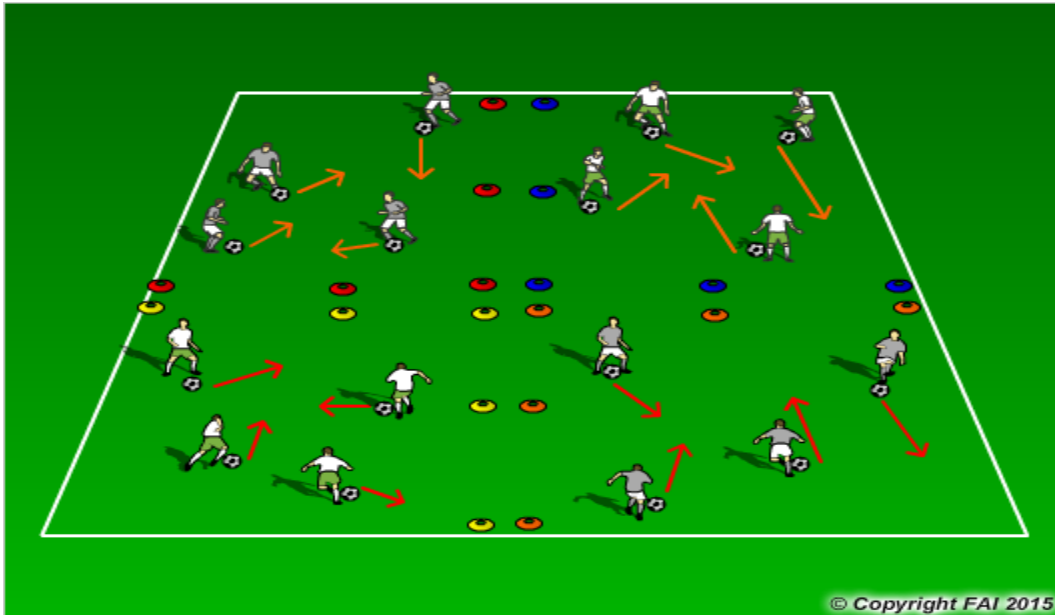
Progression

- Vary surfaces
- Create competitions
- Limit times

Delivery Hints/ Tips

- Over encourage good practice and also encourage all the time
- Try to tap into competitive side of players
- Emphasize the fun side of it
- Create scenarios i.e. on short dribble you are Messi, on long run you are Bale etc.
- Relate everything to age of players specifically

Ball Mastery



Multidirectional / Ball Mastery (8-9 year old)

Objectives

- To improve players control , dribbling & spatial awareness

Organisation

- 4 different colour squares set as shown (20mx20m)
- 4 different teams of small numbers start in each square

Method

- All players dribble in multidirections
- All players work on dribbling (key factors)
- All players work on different examples shown by coach.

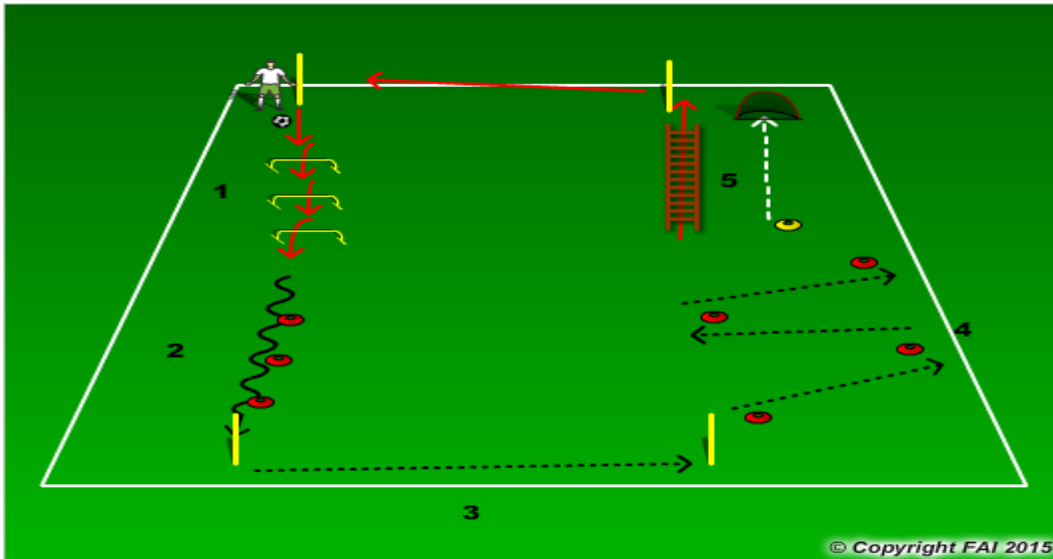
Progression

- As players dribble on coaches signal the players can rotate into different squares in a clockwise/ anti clockwise direction.
- Coach can then decide which teams to rotate and do one or 2 at a time etc.

Delivery Hints/ Tips

- Encourage individual freedom
- Praise skills and individual actions
- Promote challenges between teams

Obstacle Course



© Copyright FAI 2015

Obstacle Course 8&9 Year Olds

Objectives

- To improve ball control & SAQs

Organisation

- 1. Hurdles are set up with 1 yard gap in between
- 2. 5 yards away is cones that are 2 yard gaps
- 3. Poles 20 yards apart
- 4. Cones in a zig zag that are 5 yards a part

Method

1. Player dribbles to to hurdle and picks up ball and carries whilst jmping the hurdles.
2. Player then dribbles in and out of the cones using small touches.
3. Player then ' Runs with ball' from pole to pole
4. Player then dribbles ina zig-zag past cones
5. player then takes shot in goal and goes through ladder.

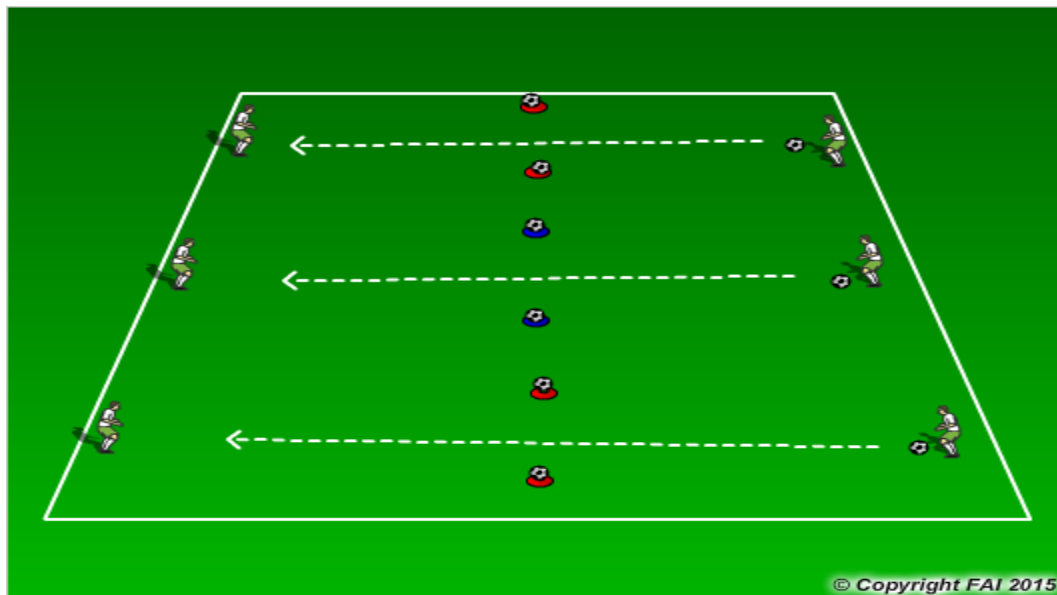
Progression

- Make it a race and time players

Delivery Hints/Tips

- Encourage free movement within reason
- Always look at good practice i.e. good movements
- Encourage explosive movements through exercises with rest in between each section
- Create a story/scenario behind the obstacle course
- Encourage all players
- Ensure success happens

Passing Wars



Passing Wars 8-9 Year olds

Objectives

To improve passing accuracy

Organisation

-2 players facing each other (15 yards apart)

-2 cones in the middle with balls on top (2 - 4 yards apart)

Method

-Players pass the ball through the gate

-Try not to knock balls from top of cone

-Last team to knock balls from cones wins

Progression

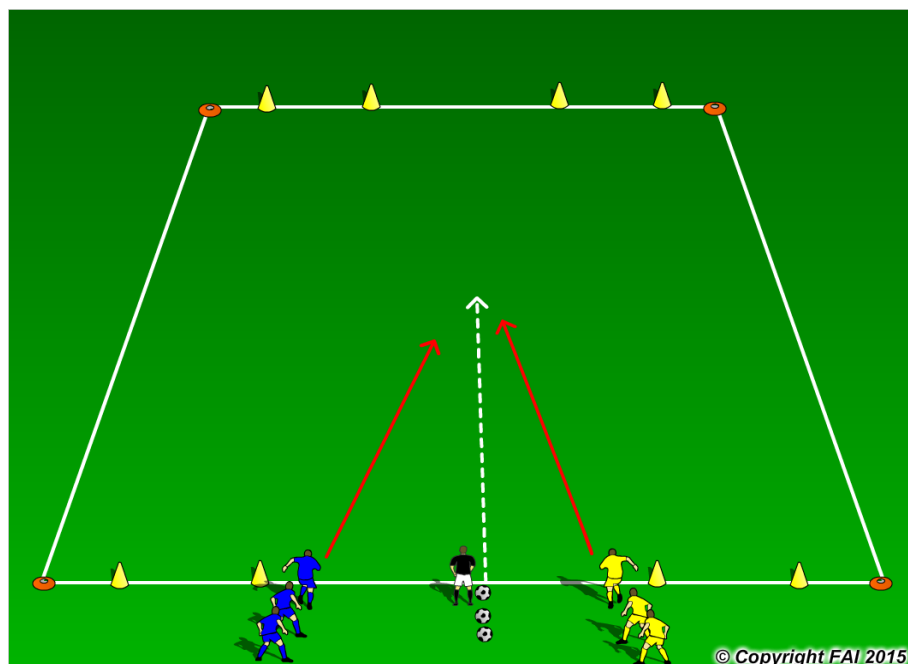
- Players then try to knock the balls from the cones

-First teams to knock balls down wins.

Delivery Hints/Tips

- Encourage quality of play
- Emphasise the idea of a story based game
- Encourage the competition and speed of their play (slow/fast)
- Praise good play and create good atmosphere

Dribbling Race



Dribbling Race

Objectives

- To improve 1v1 dribbling under pressure

Organization

- Two teams line out side by side with coach in the middle
- Two goals are set out at top of the grid

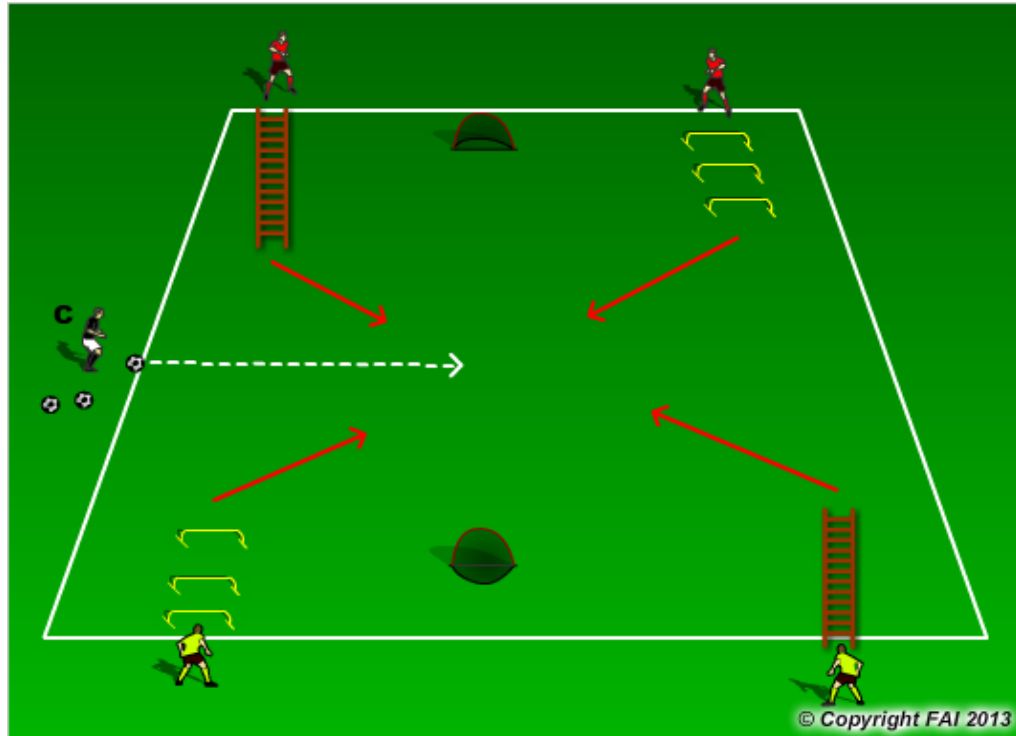
Method

- 1 player from each team races to through ball played by coach and tries to score in either goal at top end

Progression

- Players can then score in any goal

Obstacle 2v2s



Obstacle Shooting

Objectives

- To improve agility and attacking/defending in 2v2s

Organization

- 2 teams at opposite ends of grid, goals in between the agility obstacle

Method

- Players run through agility obstacle and coach plays ball in
- The game then becomes a 2v2 and look to score in opposite goal

Afternoon Games

- All afternoon games should cater for the individual
 - In line with National Player Development Plan
 - Encourage free play
 - Encourage attacking play
- All players will try individual actions and this should be encouraged

5 v 5 – applies to U8 and U9 players

1. The Field of Play

Minimum: 40 metres by 25 metres

Maximum: 45m x 25m maximum.

Goal size: 5m x 2m (16ft by 6ft).

Where such a goal size is unavailable Poles can be used as goalposts. Poles should be used for corner flags.

Retreat Line: Disc Cones (Yellow) should be used to divide pitch into thirds (signifying retreat lines)

There should also be a centre mark at the midpoint of the halfway line

4. Team formation

As per diagram 1-1-3-1 (recommended).

5. The ball out of play.

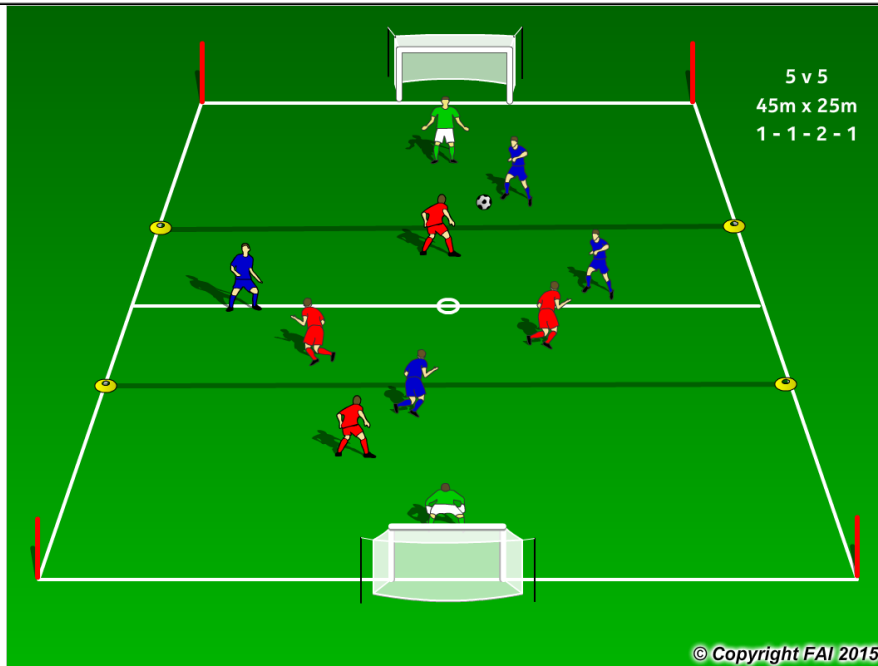
If the ball goes out of play at the sideline the player will have 5 seconds to recommence play by dribbling or passing the ball back into play (opponent must retreat 3 metres).

If the ball goes wide of either goal all opposition players must retreat beyond the retreat line (marked with yellow cones). Play will resume with the goalkeeper throwing the ball out to a team-mate. The opponents cannot advance beyond the retreat line until the player receiving the ball from the goalkeeper touches the ball. The goalkeeper can also restart play by passing to a team-mate at or inside the retreat line (they cannot kick long off the ground or off the hands).

6. The Start and Restart of Play.

On scoring a goal the team that scores will retreat to the halfway line. Play will resume with the goalkeeper throwing the ball out to a team-mate, the opponents cannot advance beyond the half-way line until the player receiving the ball from the goalkeeper touches the ball. The goalkeeper can also restart play by passing to a team-mate within the first third of the pitch (they cannot kick long off the ground or off the hands).

Games (5v5)



Delivery Hints/Tips

Pitch size (45x25)

- Individual play is encouraged (dribble, shots etc.)
- Goals/attacking play
- Restart with a dribble or pass in always (goals and sides)
- Rotation of teams throughout
- Goalkeeper section camps can add in goalkeepers
- Play 4v4 if needs be

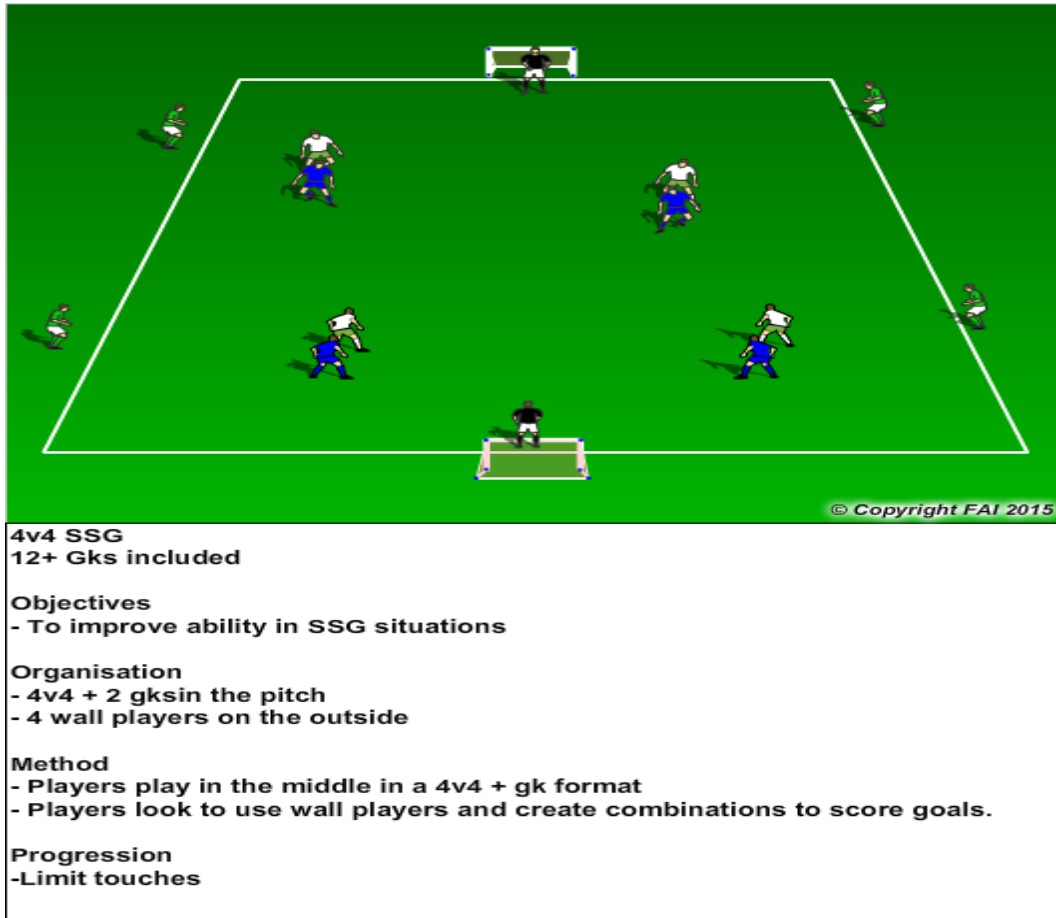
4 Goal Game



Delivery Hints/ Tips

- Encourage individual freedom
- Encourage shooting
- Inclusion of goalkeeper is vital (praise save and shot)
- Ensure rules are set out clearly
- Encourage GK's role within a system
- Goalkeepers decisions within SSG
- Encourage GK's to be a player not just a GK's

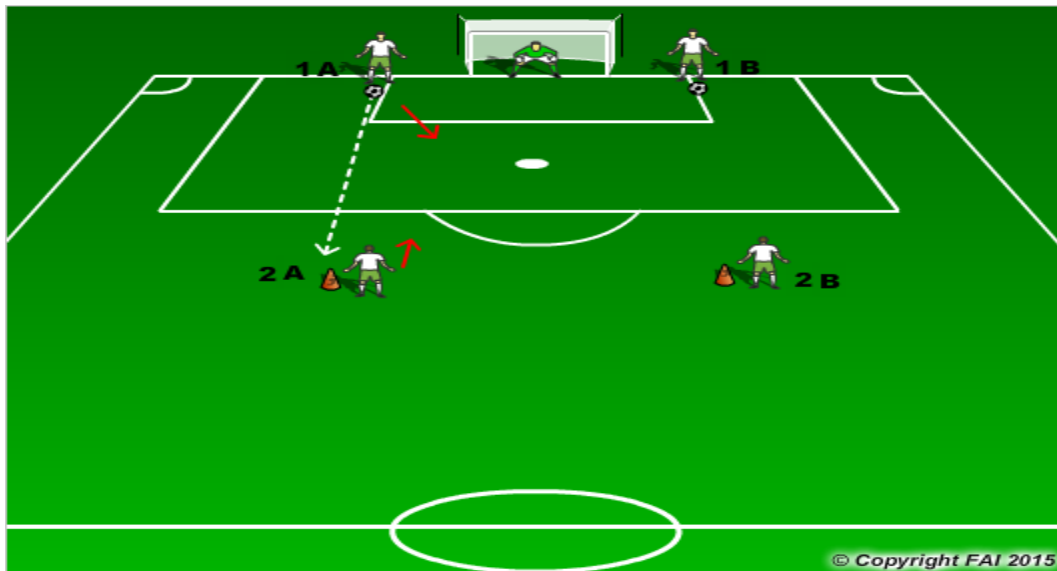
Small Sided Game



Delivery Hints / Tips

- Clear rules to encourage goals
- Praise good play
- Give scenarios that are game related
- Encourage GK's to be a part of team

1v1s into 2v2s



1v1s into 2v2s
10-11 years (gks included)

Objectives

- To improve players ability in 1v1/ 2v2 situations
- To improve goalkeepers ability in 1v1/2v2 situations

Organisation

- Player 1A and 1B start beside goal
- Player 2A and 2B start at cones facing goal.

Methods

- Player 1A plays pass to player 2A and acts as defender.
- Player 2A attacks player 1A and tries to score
- Players 1B and 2B repeat the same process

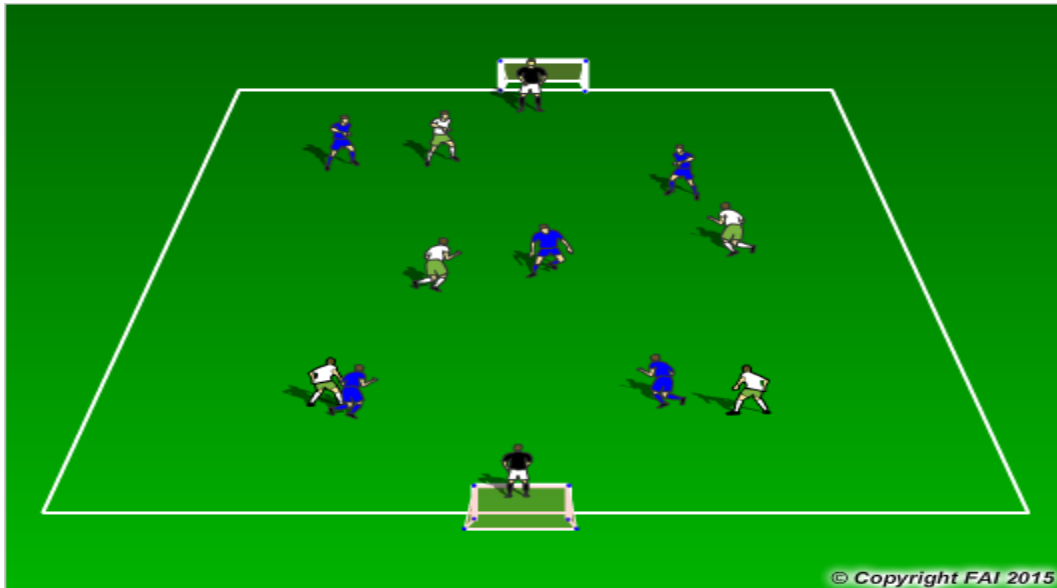
Progression

- Player 1A plays pass to player 2B and becomes a defender alongside 1b (1A&1B vs 2A&2B)

Delivery Hints/ Tips

- Encourage individual freedom
- Encourage shooting
- Inclusion of goalkeeper is vital (praise save and shot)
- Ensure rules are set out clearly

SSG Countdown



SSG (countdown)

Objectives

- To encourage attacking play

Organisation

- Area: 20 x 40metres (adjust depending on age / skill of the players)
- 2 Teams

Method

- Play normal match
- When one team scores a 60 second countdown begins.
- If the 2nd team don't score within 60 seconds the goal for the first team stands. If team 2 scores, game continues until next goal is scored then countdown begins again.
- If the team that has scored scores a 2nd goal within 60 seconds then the 1st goal stands and the countdown starts again



'Rua's Tekkers Team'

10-11 Year Old

Objectives

- To create a fun learning environment
- All players need to be praised as much as possible
- All movements to be multidirectional and more challenging
- Constant interaction, patience and Motivation
- Challenge their decision making process
- Engage players with individual situations but create more unit situations
- Engage players with more game situations scenarios
- Relate all exercises to children's level

‘Rua’s Tekkers Team’

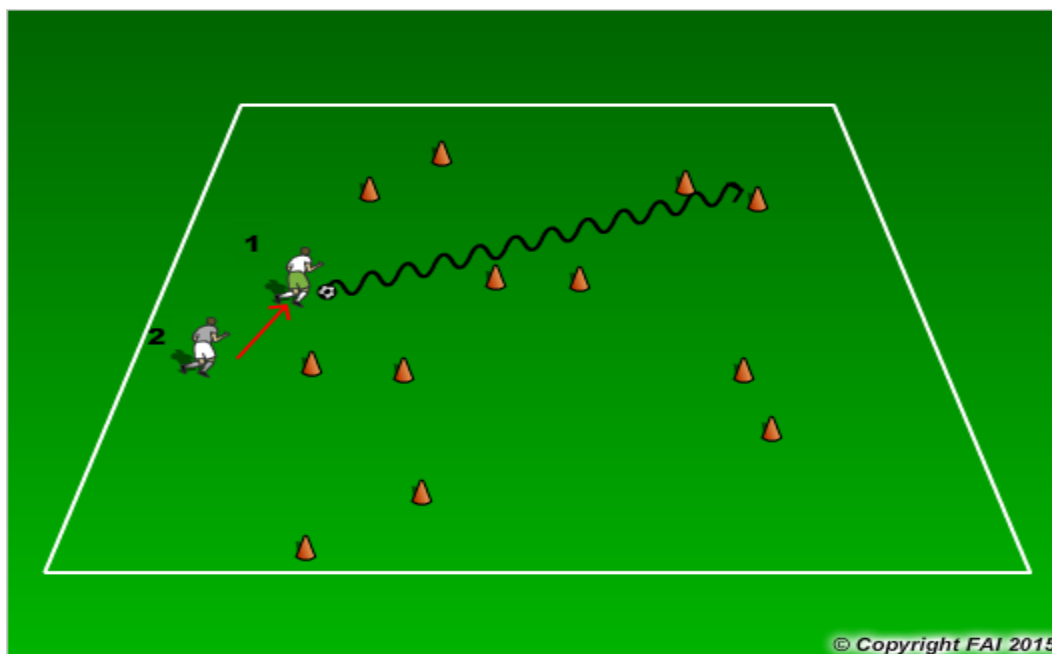
“Tekker School” Game

- This game is played with the players gathered in a circle
- Ask all the players to think of their favourite footballer and their favourite trick/Flick or move with a ball
- Throw a ball to the first player and ask him/her to share with the group
- Ask the player to perform a trick or flick for the group
- Objective is to create a fun comfortable environment
- Once a player has shared with the team they can pick a team mate, pass them the ball and sit down.
- Game continues until all players are sitting down.
- During the week the coach can demo or show them tricks to practise in the circle.
- Encourage the players to be positive and express their imagination
- Constant interaction

Morning Activities

- All morning activities need to be fun and engaging
- No 'bus queues'
- Ensure all players are using a ball as much as possible
- Encourage success and set games to ensure this takes place
- All activities should be based around the individual with a small view on others in team set up now
- All activities should be challenging also.

Dribbling 1v1



Dribbling 1v1 10&11 years old

Objectives

- To improve players ability in 1v1 situations

Organisation

- 3 yard gates are scattered around 20x20 square
- Coach dictates allotted time (30 sec)

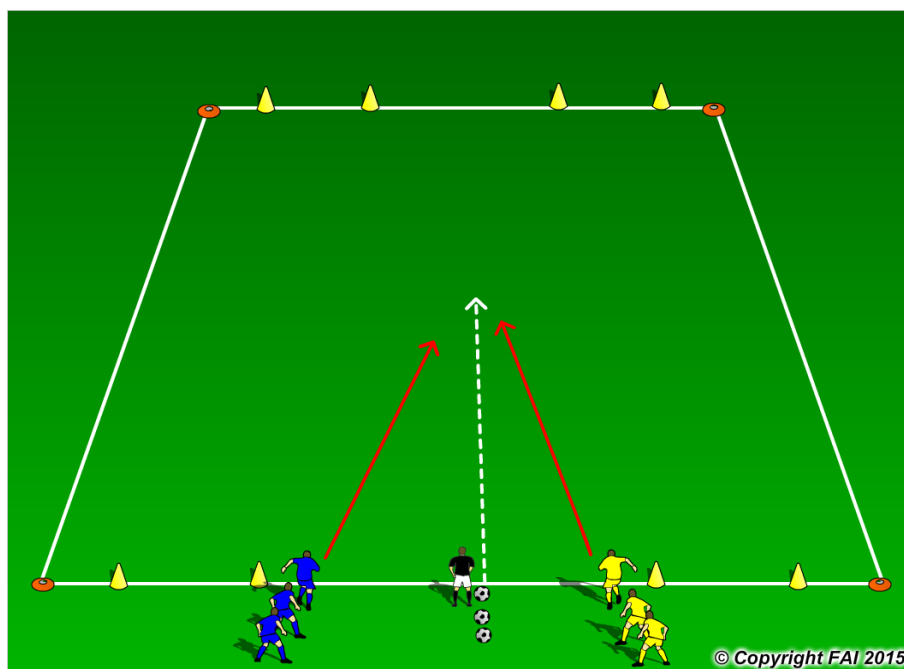
Methods

- Player 1 tries to dribble through as many gates a possible using different dribbling skills
- Player 2 tries to stop player 1
- Player 2 then becomes dribbler on coaches instruction

Delivery Hints/ Tips

- Ensure quality of dribble
- Encourage individual freedom(i.e. skills/tricks)
- Promote scoring/end product
- Promote success at all times

Dribbling Race



Dribbling Race

Objectives

- To improve 1v1 dribbling under pressure

Organisation

- Two teams line out side by side with coach in the middle
- Two goals are set out at top of the grid

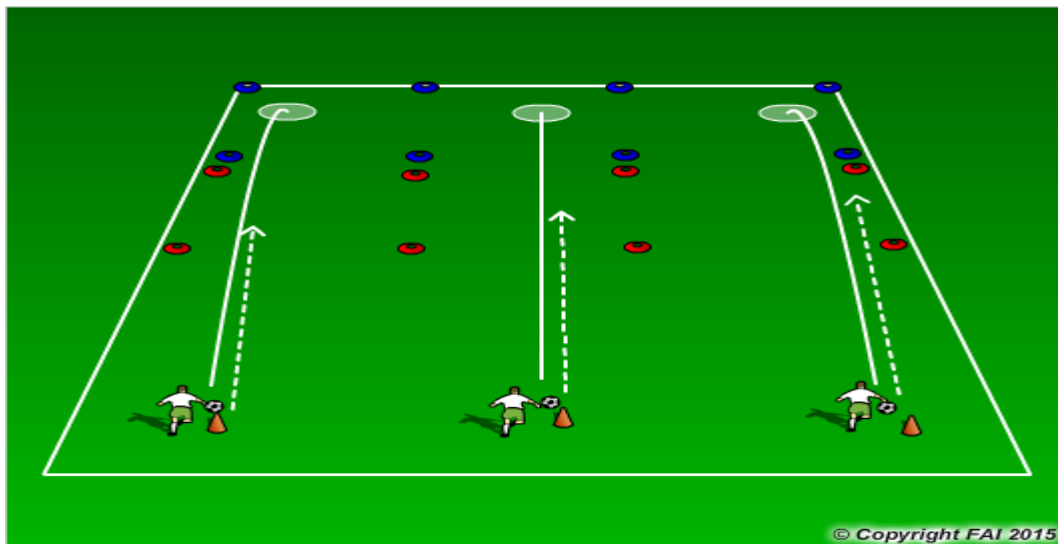
Method

- 1 player from each team races to through ball played by coach and tries to score in either goal at top end

Progression

- Players can then score in any goal

Passing



Passing 10&11 Year old

Objective

- To improve different types of passing

Organisation

- Players start at cones 20 yards away from red zone & 25 yards away from blue
- Zones can be varied in size (5-10 yards)

Methods

- Players start behind cone and look to pass the ball into red zone whilst stopping in the zone
- 'Push Pass' technique is encouraged for the red zone.
- Players then try to play pass into blue zone.
- 'Lofted pass ' technique is encouraged for the blue zone.

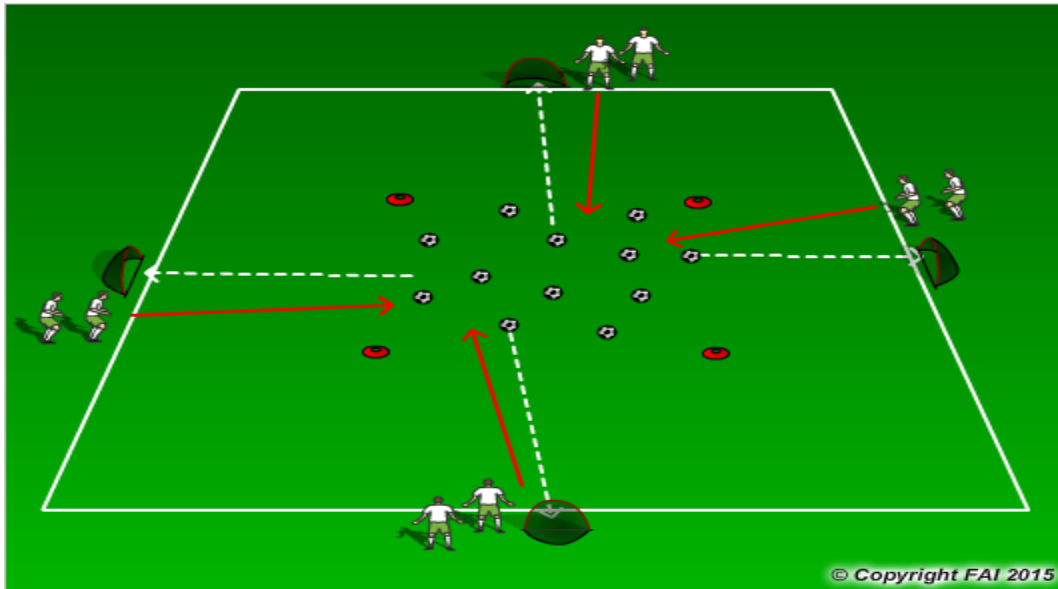
Progression

- Change to moving ball
- Make it a competition

Delivery Hints/ Tips

- Ensure quality of Pass
- Encourage competition
- Encourage individual freedom (i.e.different type of pass)
- Promote scoring/end product (relate to a game situation)
- Promote success
- Ensure all rules are clearly stated
- Praise all good play

Shooting



Shooting 10&11 Year old

Objective

- To improve turn and shoot combination

Organisation

- 12 Footballs in the middle of a 10x10 square
- 4 small goals spread around the grid.(30x30)
- Players placed beside the goals

Method

- Player sprints to middle cones to receive ball
- Player turns quickly and plays shot into goal they just left
- Player gets back and tags teammate to go next.

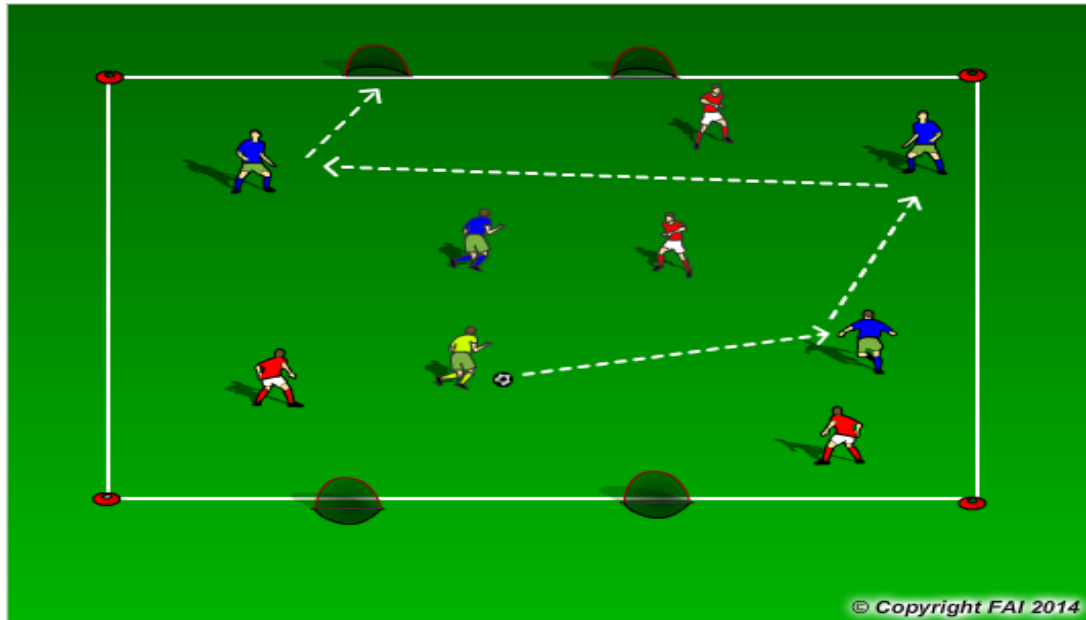
Progression

- Player plays into different goal indicated by coach

Delivery Hints/Tips

- Ensure that quality of the shot is kept
- Ensure all movements are done well
- Encourage success at start but challenge later in drill
- Use different types of finish
- Individual praise is key for this age

Possession



Objectives

- To improve possession of the ball with emphasis on finishing

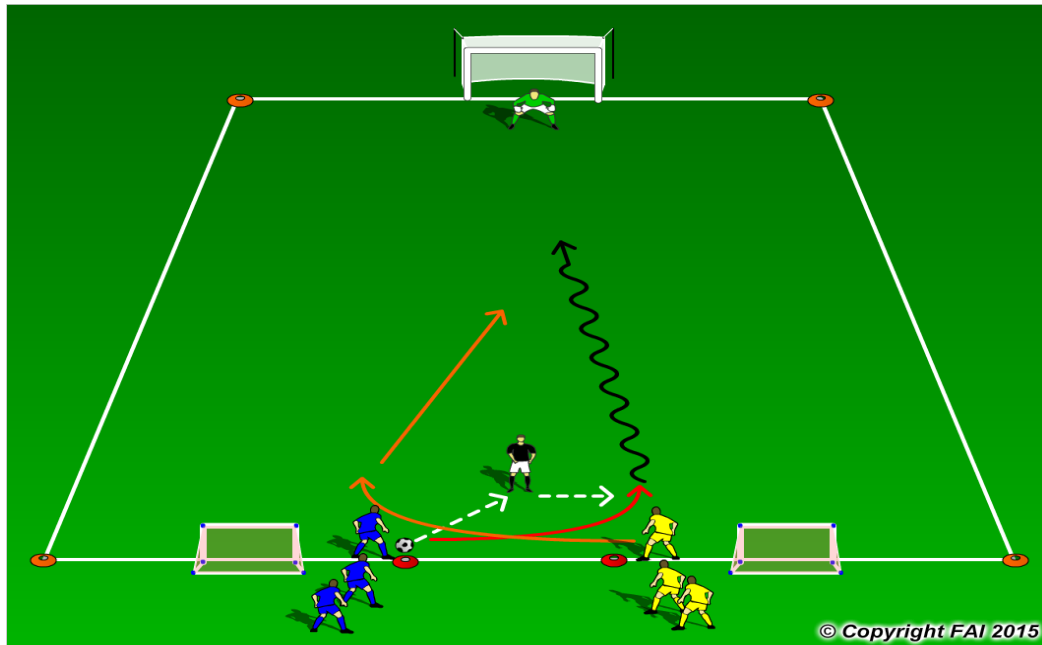
Organisation

- 2 teams of 4 players with 1 spare player
- 2 goals set up each end

Method

- Teams look to keep possession of the ball and score in small goals when chance arrives.
- Good quality possession is encouraged before scoring
- Look to use spare player as much as possible

1v1 Pressure



Objectives

- To improve 1v1 finishing under pressure

Organization

- Area 20 x 15 metres
- 1 Blue v 1 Yellow with Coach acting as server

Method

- Blue player and coach play a wall pass with the Yellow player overlapping the Blue player on the coach's pass
- On receiving the ball can the Blue player control and dribbling at speed with the opportunity to finish while been under pressure from the Yellow player
- If the Yellow player wins the ball, he/she must pass through either of two small goals at the opposite end.

Afternoon Games

- All afternoon games should cater for the individual
 - In line with National Player Development Plan
 - Encourage free play
 - Encourage attacking play
- All players should be encouraged towards individual play
(i.e. dribbles, shots etc.)

7 v 7 – applies to U10 and U11 players

1. The Field of Play

Minimum: 60m x 35m

Maximum: 65m x 40m

Goal size: 5m x 2m (16ft by 6ft).

Poles should be used for corner flags.

Retreat Line: Disc Cones (Yellow) should be used to divide pitch into thirds (signifying retreat lines).

There should also be a centre mark at the midpoint of the halfway line.

2. Team formation – as per diagram 1-2-3-1 (recommended).

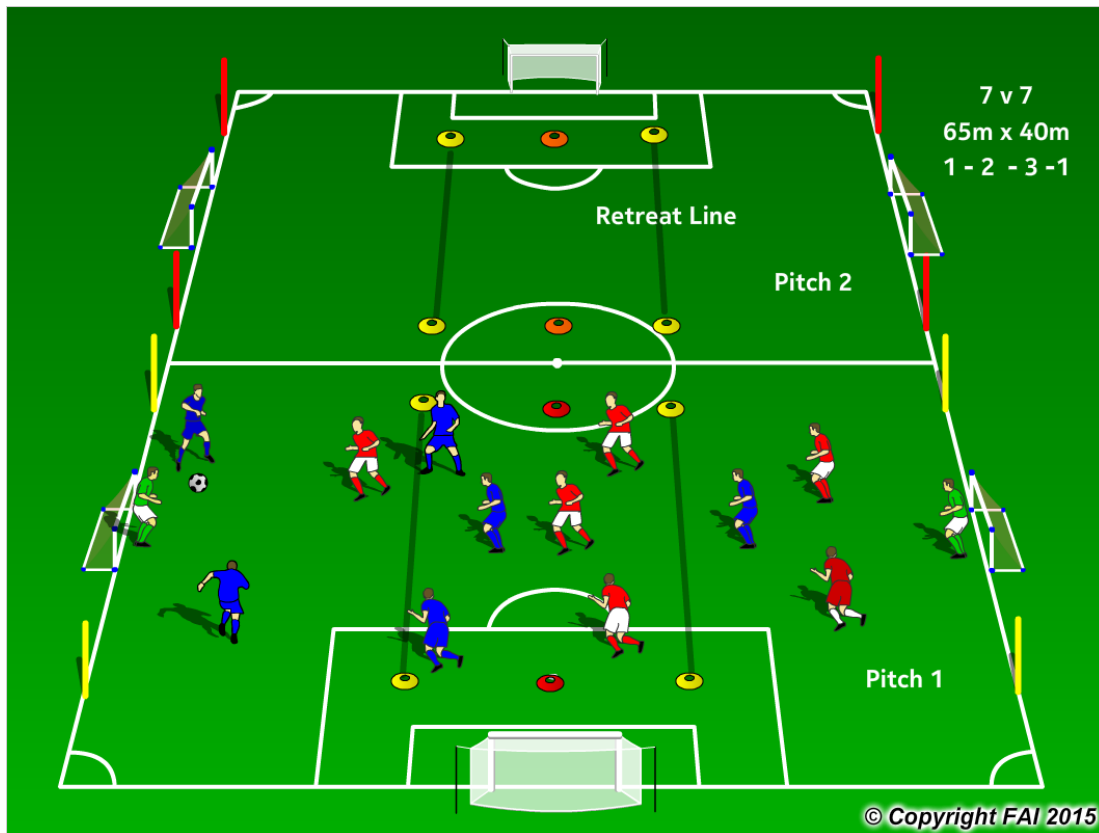
3. If the ball goes out of play at the sideline play will recommence with a throw in.
4. If the ball goes wide of either goal all opposition players must retreat beyond the retreat line (marked with yellow cones). Play will resume with the goalkeeper throwing the ball out to a team-mate, the opponents cannot advance beyond the retreat line until the player receiving the ball from the goalkeeper touches the ball. The goalkeeper can also restart play by passing long to a team-mate but the emphasis should be on playing out from the back

If the ball goes out of play at the sideline play will recommence with a throw in.

If the ball goes wide of either goal all opposition players must retreat beyond the retreat line (marked with yellow cones). Play will resume with the goalkeeper throwing the ball out to a team-mate, the opponents cannot advance beyond the retreat line until the player receiving the ball from the goalkeeper touches the ball. The goalkeeper can also restart play by passing long to a team-mate but the emphasis should be on playing out from the back.

5. The Start and Restart of Play.

Normal rules apply (kick off).



Games (7v7)



Delivery Hints/Tips

Pitch size (65x40)

- Individual play is encouraged
- Goals/Attacking play
- Restart with a throw in or kick in (goals and sides)

Rotation of teams throughout

SSG



Delivery Hints / Tips

- Clear rules to encourage goals
- Praise good play
- Give scenarios that are game related
- Encourage GK's to be a part of team

4 goal game



The diagram shows a green rectangular field with four goals, one on each side. There are 12 players in total, divided into two teams of 4v4. The players are represented by small figures in red and green kits. Four goalkeepers are positioned in front of each goal. The field is marked with white lines. At the bottom left, there are five small soccer ball icons and the word "RESTARTS" in bold. At the bottom right, there is a copyright notice: "© Copyright FAI 2015".

4v4 + 4 gks SSG
12+ year olds + gks

Objectives
- To improve players decision making, awareness and attacking in SSG

Organisation
- 2 teams are set out in 4v4 teams
- 4 goalkeepers are included

Method
- Players play in 4v4, both teams can score in any goal
- To restart game players must restart games at designated areas.

Progression
- Players must score in different goal from last time
- First team to score in all goals wins

Delivery Hints/ Tips

- Encourage individual freedom
- Encourage shooting
- Inclusion of goalkeeper is vital (praise save and shot)
- Ensure rules are set out clearly
- Encourage GK's role within a system
- Goalkeepers decisions within SSG
- Encourage GK's to be a player not just GK's

SSG Countdown



© Copyright FAI 2015

SSG (countdown)

Objectives

- To encourage attacking play

Organisation

- Area: 20 x 40metres (adjust depending on age / skill of the players)
- 2 Teams

Method

- Play normal match
- When one team scores a 60 second countdown begins.
- If the 2nd team don't score within 60 seconds the goal for the first team stands. If team 2 scores, game continues until next goal is scored then countdown begins again.
- If the team that has scored scores a 2nd goal within 60 seconds then the 1st goal stands and the countdown starts again



‘Rua’s Pro Players’

12+ Year Old

Objectives

- To create a fun/challenging learning environment
- All players need to be praised as much as possible
- All movements to be multidirectional and more challenging
- Constant interaction, patience and motivation
- Challenge their decision making process
- Engage players with individual situations but create more unit situations
- Engage players with more game situations scenarios
- Challenge players within team situations
- Relate all exercises to children’s level

‘Rua’s Pro Players’

Social Interaction

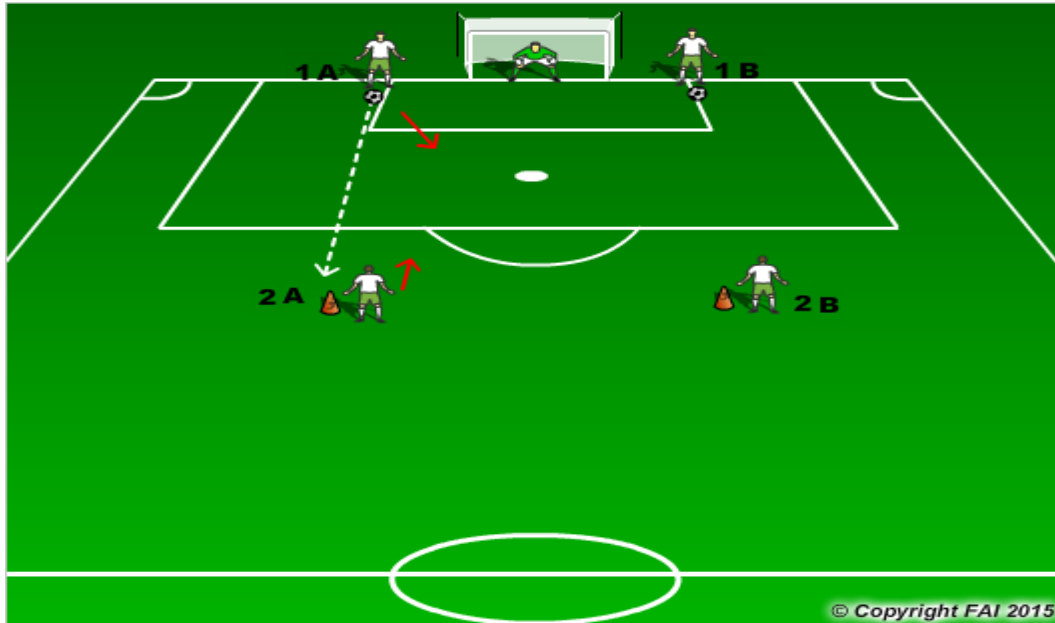
“Pro Skill School” Game

- This game is played with the players gathered in a circle
- Split the group into 2 teams and give them a nickname (Use these teams for some of the practises that day and change the teams every day)
- Invite a player from each team into the centre to compete against each other
- Give the players 20-30 seconds each to perform as many trick/flicks/skills as possible
- Encourage the players to finish by telling the group something football related about themselves. (Club/position/favourite player/favourite team etc.)
- Get the rest of the group to vote on the best player by cheering after each head to head.
- During the week the coach can demo or show them tricks to practise in the circle.
- Encourage the players to be positive and express their imagination.
- Constant interaction

Morning Activities

- All morning activities need to be engaging
- Ensure all players are using a ball as much as possible
- Encourage success and set games to ensure this takes place
- All activities should be based around the individual with a view on others in team set up/functions now
- All activities should also be challenging

1v1s into 2v2s



1v1s into 2v2s

10-11 years (gks included)

Objectives

- To improve players ability in 1v1/ 2v2 situations
- To improve goalkeepers ability in 1v1/2v2 situations

Organisation

- Player 1A and 1B start beside goal
- Player 2A and 2B start at cones facing goal.

Methods

- Player 1A plays pass to player 2A and acts as defender.
- Player 2A attacks player 1A and tries to score
- Players 1B and 2B repeat the same process

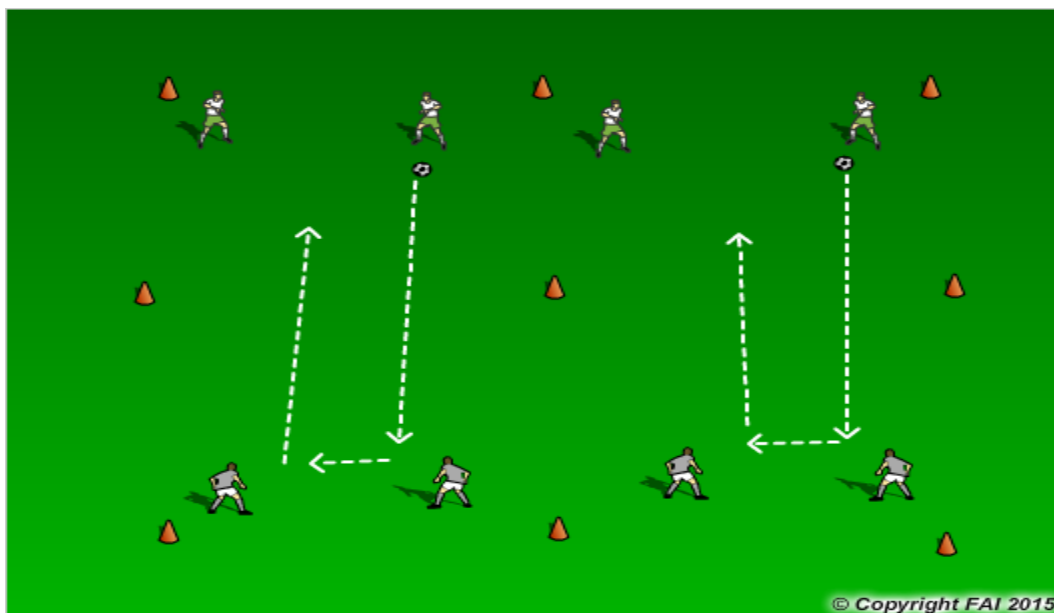
Progression

- Player 1A plays pass to player 2B and becomes a defender alongside 1b (1A&1B vs 2A&2B)

Delivery Hints/ Tips

- Encourage individual freedom
- Encourage shooting
- Inclusion of goalkeeper is vital (praise save and shot)
- Ensure rules are set out clearly

2 Touch



2 Touch 12+ Year Old

Objectives

- To improve quality and speed of play

Organisation

- Channels set in a 20 x 6 yard area
- 2 players make a team and have one end each on grid
- Teams stay in their own during game
- Ball must stay under head height.

Progression

- Different types of passes

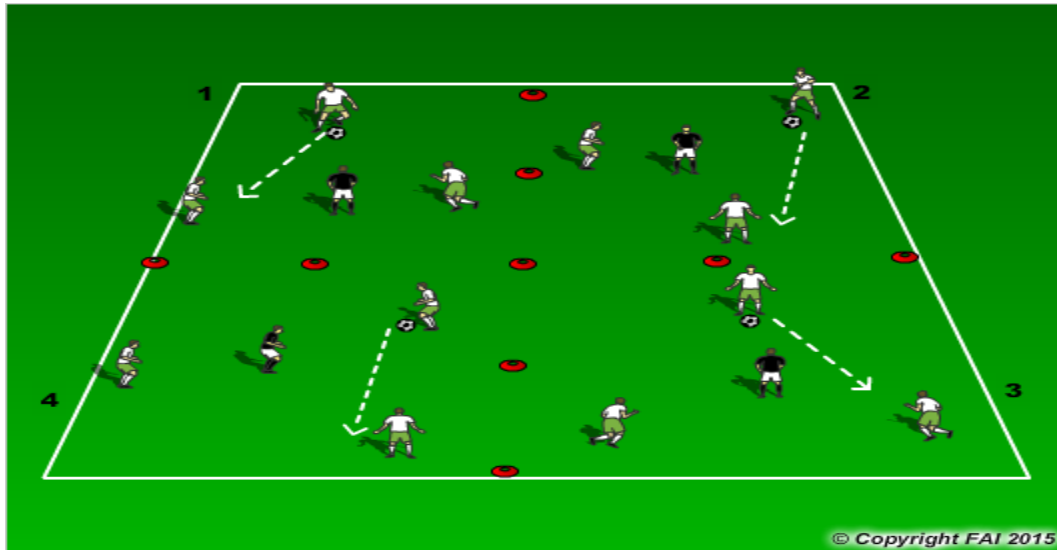
Method

- 1 team plays down to opposite team
- The receiving team must take 1 touch to set the ball and 1 touch to pass
- Only 2 touches are allowed before sending the ball to opposite team

Delivery Hints/Tips

- Look at quality of pass
- Clearly state the rule to cause no confusion
- Encourage the competitive side with winners
- Look at players 'testing' each other

3v1s



Possession 3v1
12+ years old

Objectives

- To keep good quality possession

Organisation

- Grid is 12x12
- 3 white vs 1 black

Method

- 3 white team look to keep possession of the ball
- black team look to win the ball back
- white team must use full area and stretch the area
- players must move up and down to create clear passing lines.
- player must have quality of decision and quality of pass

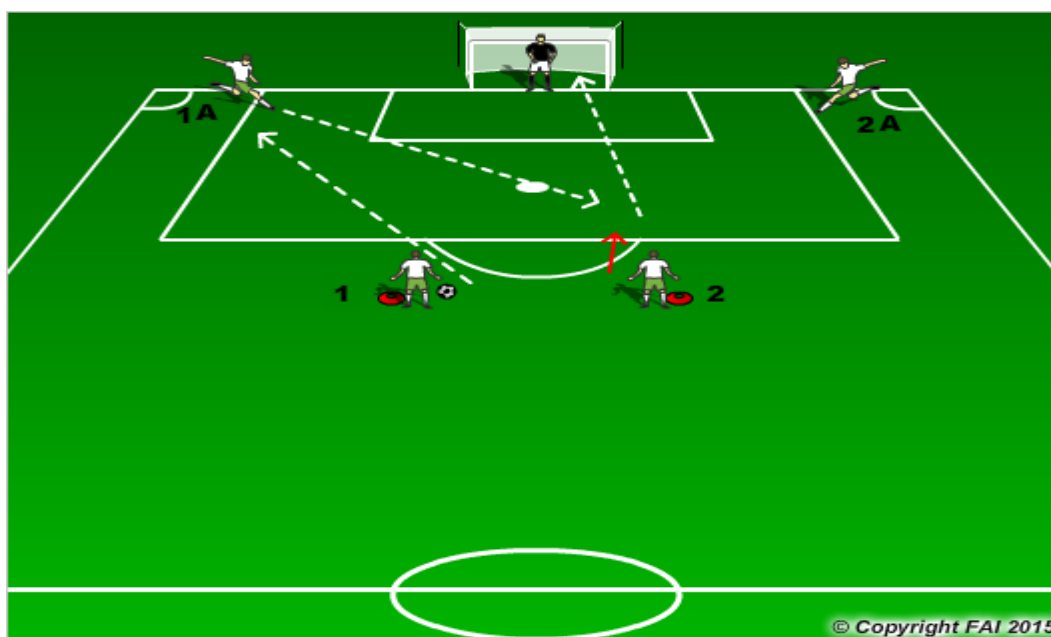
Progression

- Play with 1 ball and ball can be transferred through groups
- Group 1&2 can play together
- Group 3&4 can play together

Deliver Hints/ Tips

- Promote good play
- Encourage/Praise good play
- Emphasis on reality based learning through game scenarios
- Relate movements to on pitch situations
- Promote competition

Shooting



© Copyright FAI 2015

Shooting 12+ years

Objective

- To improve 1 & 2 touch finish

Organisation

- 2 players on end line at corner of the box
- Players lined up at cones at cones outside the box

Method

- Player 1 passes the ball to 1A
- Player 1A then plays the ball across to 2 who the strikes on goal

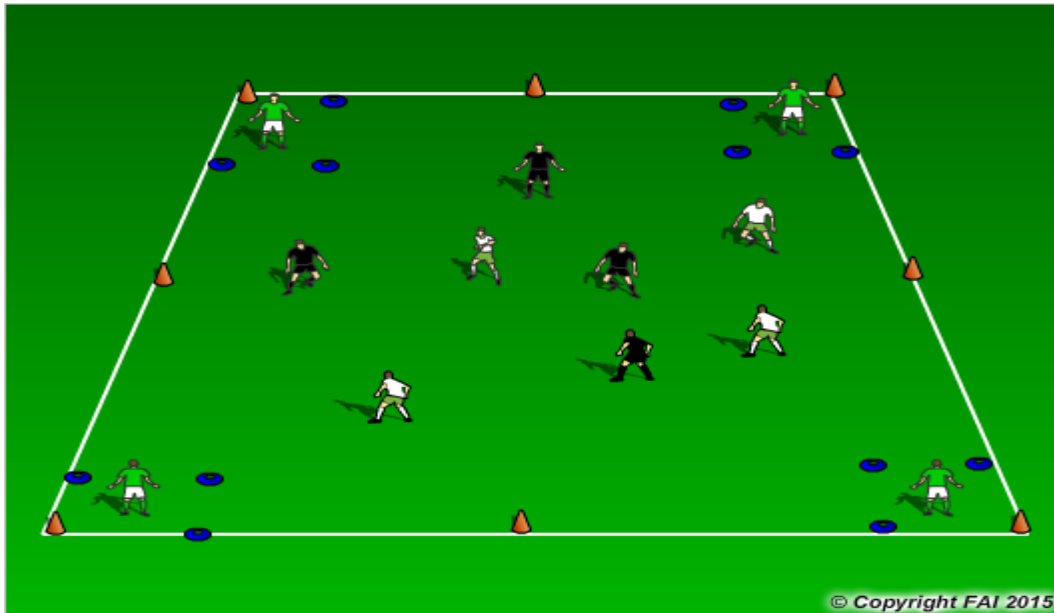
Progression

- change shooting to volleys or Headers

Delivery Hints/ Tips

- Try to make practice reality based
- Re-create game scenarios
- Promote good practice
- Praise and encourage all good actions

4 Corner Game



© Copyright FAI 2015

4 Corner Game 12 + Year Old

Objectives

- To improve Quality Possession and to improve direction of play

Organisation

- Grid 30x30
- 3 teams of 4
- Corner grids 3x3

Method

- 4v4 in middle of grid
- Teams look to keep possession
- After a set number of passes , the ball needs to be played into a corner man.
- The ball is then played back into same team and then the other end needs to be attacked.

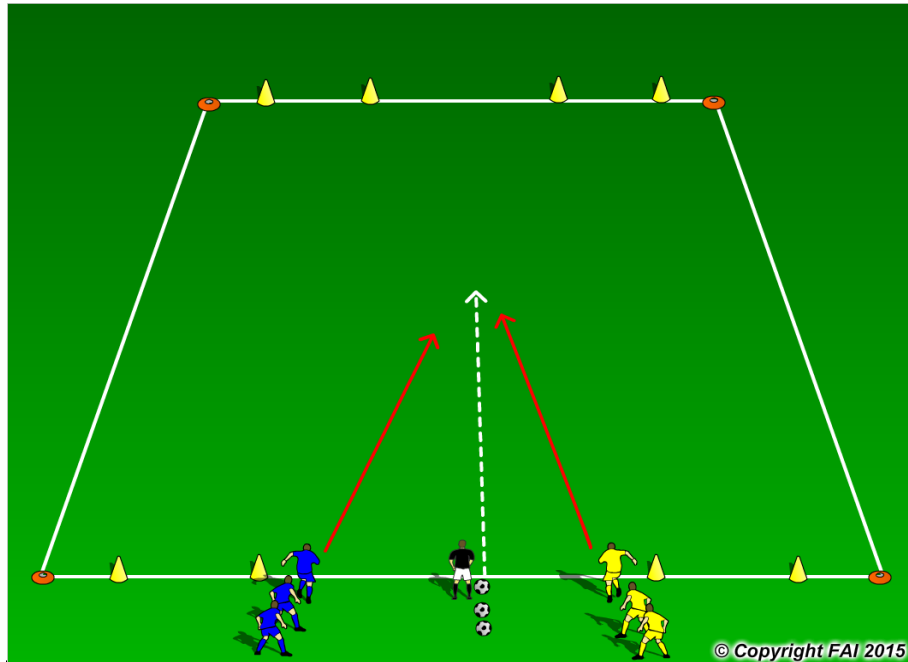
Progression

- Players must receive ball back from corner player for a goal to be scored
- After player scores , they must then score in the square diagonal to the one they just scored in.

Delivery Hints/ Tips

- Try to make practice reality based
- Re-create game scenarios
- Promote good practice
- Praise and encourage all good actions

Dribbling Race



Dribbling Race

Objectives

- To improve 1v1 dribbling under pressure

Organization

- Two teams line out side by side with coach in the middle
- Two goals are set out at top of the grid

Method

- 1 player from each team races to through ball played by coach and tries to score in either goal at top end

Progression

- Players can then score in any goal

Afternoon Games

- All afternoon games should be based on the individual
 - In line with National Player Development Plan
 - Encourage free play
 - Encourage attacking play
- All players will be self-centered and should be encouraged
 - Players should be challenged
- All games should be conditioned towards PDP philosophy

Small Sided Games



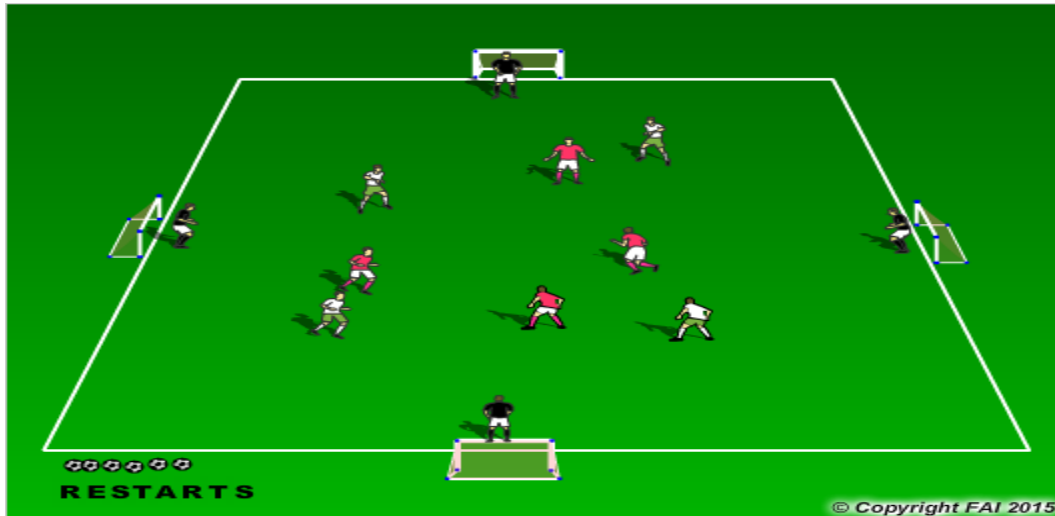
Delivery Hints/Tips

Pitch size (35x20)

- Individual play is encouraged
- Goals/Attacking play
- Restart with GK's always (goals and sides)
- Looking at different topics in relation to team units

Rotation of teams throughout

4v4 + 4 GKs



4v4 + 4 gks SSG
12+ year olds + gks

Objectives

- To improve players decision making, awareness and attacking in SSG

Organisation

- 2 teams are set out in 4v4 teams
- 4 goalkeepers are included

Method

- Players play in 4v4, both teams can score in any goal
- To restart game players must restart games at designated areas.

Progression

- Players must score in different goal from last time
- First team to score in all goals wins

Delivery Hints/ Tips

- Encourage individual freedom
- Encourage shooting
- Inclusion of goalkeeper is vital (praise save and shot)
- Ensure rules are set out clearly
- Encourage GK's role within a system
- Goalkeepers decisions within SSG
- Encourage GK's to be a player not just GK's

Crossing & Finishing + GKs



Crossing and Finishing + Gks 12+ years old

Objectives

- To improve players crossing, finishing from crosses and finishing from central areas (outfielders)
- To improve decision making , ability to take crosses and shot stopping (goalkeepers)

Organisation

- Group 1,2 &3 has cones 10 yards apart.
- 1 player starts at cone closest to goal
- rest of players start at cones furthest away .

Methods

- Group 1 , player A passes into player B and follows in for shot at goal.
- Group 2 then proceeds , Player A passes into player B who sets the ball for player A to cross for group 1 who are in the box.
- Group 3 then proceeds and repeats the steps of group 2.

Progression

- Add in 1v1 with goalkeeper from group 1
- Add in combination with groups 2 & 3

Delivery Hints/ Tips

- Look at the decision making process of the goalkeeper
- Praise good play (shot/save)
- Encourage all different aspects of practice
- Encourage game related scenario
- Promote the reality based side of session

SSG Countdown



SSG (countdown)

Objectives

- To encourage attacking play

Organisation

- Area: 20 x 40metres (adjust depending on age / skill of the players)
- 2 Teams

Method

- Play normal match
- When one team scores a 60 second countdown begins.
- If the 2nd team don't score within 60 seconds the goal for the first team stands. If team 2 scores, game continues until next goal is scored then countdown begins again.
- If the team that has scored scores a 2nd goal within 60 seconds then the 1st goal stands and the countdown starts again