

FREE Gift - Contains 10 Sample Games



# youth football

## 101 *coaching sessions*



By Tony Charles and Stuart Rook



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## • Introduction

**The main purpose of this book is to help coaches and players to get the most out of their coaching sessions. By combining our three decades of experience we have created 101 fun, informative and challenging coaching sessions, designed to give players the maximum time with the football, to enable them to improve their football skills. We believe that young players learn best when they are enjoying themselves and have accordingly designed this book around this principle by incorporating fun, fast paced warm ups, free flowing imaginative technical sessions and challenging small sided game practices.**

We have designed each session to be as inclusive as possible, with as many players working with a ball, or a ball between two or three as often as it is viable, depending on the technique coached during the exercise. This is in order to try to move away from old-fashioned line drills, where the players are static and waiting for a turn and might only touch a football once every few minutes

as giving players more touches of the ball will only help in their overall development. From our experience, when working with children the more involved they are and the more enjoyment the session brings, the less likely they are to be disruptive or become disengaged from the session.

Each page will give you a diagram of the how to set out the session along with sub heading, which help you with the following crucial areas of your session:

- **Organisation – how to set out the correct sized area and how to organise the players, which players need a ball or a bib and if there are any particular requirement for the setting up of the session.**
- **Equipment – what specific equipment you will need to deliver the session**
- **Description – a description of the rules of the game and how it should work successfully. This will point out the**

basic objective of the game and how to find a winner to each game in order to make it competitive.

- **Coaching points** – the key coaching points of the session which you need to try to get across to the players. For each game we have listed three or four coaching points but feel free to include your own.
- **Progressions** – how to make the game more difficult. Some of the games are very basic and can be progressed quite quickly, others are a little bit more difficult to grasp and might take longer for the players to master. One of the most important aspects of being a coach is to understand when the group of players need to be progressed and their skills further challenged.
- **Instructions** – this sub heading will be only on a small number of sessions, and relates to specific extra instructions that the coach will need to call out during the course of the practise.

Learning how to plan a session is one of the most important skills of a coach. Knowing the level of ability, age range and level of development of the players you coach will go a long way into knowing what you can coach, what you need to coach and how you are going to coach it all comes into your plan, and is essential in the development of the players you are coaching. Remember, plan your work, and work your plan!

### The sessions

In the full version of the book; With the exception of the warm ups, at the end of each





session you will find a series of numbers – these are session numbers and relate to other games within the book. We have carefully selected games that we feel work well with others which could create a complete football coaching session. Warm up sessions can be applied to any session and what we have suggested is simply a guide for you to work from and to develop into your own coaching sessions, as we feel a coach should be adaptable and above all imaginative.

The complete session we have suggested (in the series of numbers) will usually consist of two or three fun football sessions and one or two small sided games. All of these sessions will correspond to the technique being coached during the practise. For example; Session 22 – ‘Body Ball’, is a dribbling game which is matched with fun football games 28 – ‘Shark Attack’, 32 – ‘King of The Ring’ and 68 – ‘Skillz School’, which are all other dribbling sessions, and small



sided game 78 – ‘Four Corners’, where the idea of the game is to dribble the ball into the corner in order to score a goal. This encourages the players to apply the dribbling techniques have learnt during the fun games into practise through a conditioned small sided game.

Within the sessions we have also suggested where the coach should stand, this is to help the players get the most out of the session as the coach will be able to view and correct technique of the players during the session and be able to deliver the coaching points and the progressions effectively.

It will also ensure that the coach can survey the entire area and see everything that is going on a wider scale, particularly during the small sided games. Being able to see the ‘bigger picture’ is an essential coaching skill and incorporating this into your sessions will help the players develop into more complete footballers.

The position of the coach suggested in each session means the coach will not be interfering with the play, allowing the play and therefore the session to flow freely, while maintaining control from a broader viewpoint.

The timing for each session will depend on the age group and length of your session. For example, an hour long after school club might consist of a warm up game (5-10 minutes), a fun football game (15-20 minutes), then a conditioned small sided practice (10-15 minutes) which would then naturally develop into practise match at the end.

For a ninety minute or two hour session you might want to spend more time on a specific technique or on two different techniques, incorporating three or four different fun football games – or you may wish to spend more time on the small sided game conditioned practices. In this instance, longer warm up would benefit the players by preparing them for a longer session, and the warm up games can also be used as a cool down at the end of the session.

Club coaches may well be able to identify the area of their team they feel needs specific improvement, and design a session plan with that goal in mind. Being able to spot certain strengths and weaknesses of a team or a player and then planning how to improve on those weaknesses or make best use of the strengths could be the difference between a good team and a great team.

We believe that to be a good coach you need to let your personality come across in your sessions. Each page is a guide for you to use: feel free to adapt any game to allow it to work best for you.

Finally, our biggest hope is that this book will inspire coaches, teachers and parents to develop fresh, entertaining and informative sessions and that they will always be positive, show encouragement and provide examples of fair play. Keep up the good work and keep laying the foundations for the football futures of young players.

**Happy coaching!**



### About Foundation Football

Foundation Football provides children with the opportunity to access sport during the school day and also evenings, weekends and school holidays. We also provide Local Education Authorities with delivery of sessions, tournaments and competitions.

Our enthusiastic coaches deliver sports coaching sessions in primary and secondary schools. We provide fun and informative sessions with fresh ideas. Our qualified coaches are always positive, show encouragement and provide examples of fair play.

## • Warming Up

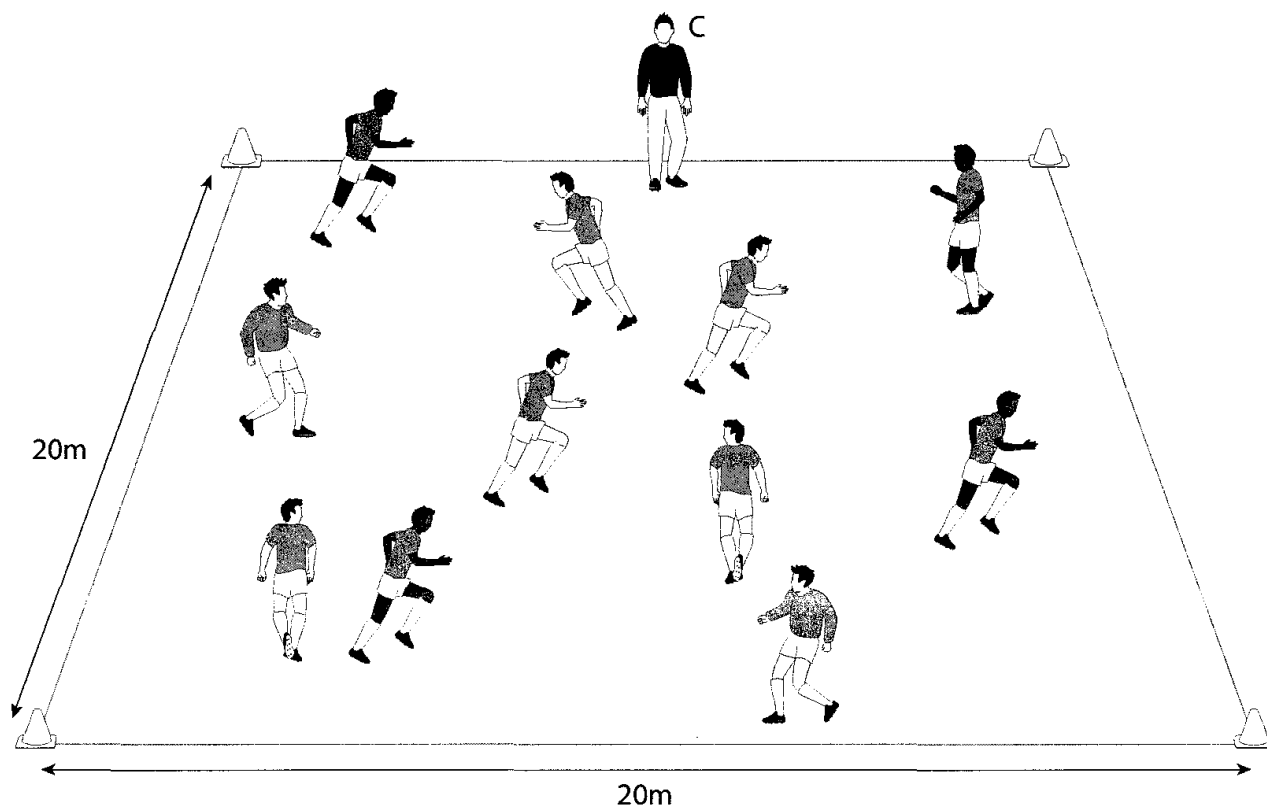
Warming up is one of the most important aspects of your coaching session. It is vital that your players are warmed up properly in order to maximise their performance and reduce the risk of injury. A warm up also helps the players to concentrate on the session ahead.

All our warm up sessions can be used at the beginning of any coaching session as they are inclusive and are not restricted to one specific football technique. Particular emphasis is given to the importance of developing and mastering the basic physical skills of agility, balance, co-ordination and speed along with spatial awareness.





# #1 Traffic Lights



## Organisation:

Set out a 20 x 20 m area.

## Equipment:

Bibs, marker cones, balls.

## Description:

Players move around inside the area listening to the coach's instructions. Each instruction has a simple movement to follow.

## Examples of instructions:

Green light = Go [move around the area];

Red light = Stop [stand still];

Yellow light = Get ready to go [jog on the spot];

Reverse = Move around the area backwards;

Speed bump = Players lie down on their back on the floor [if it's not wet or muddy].

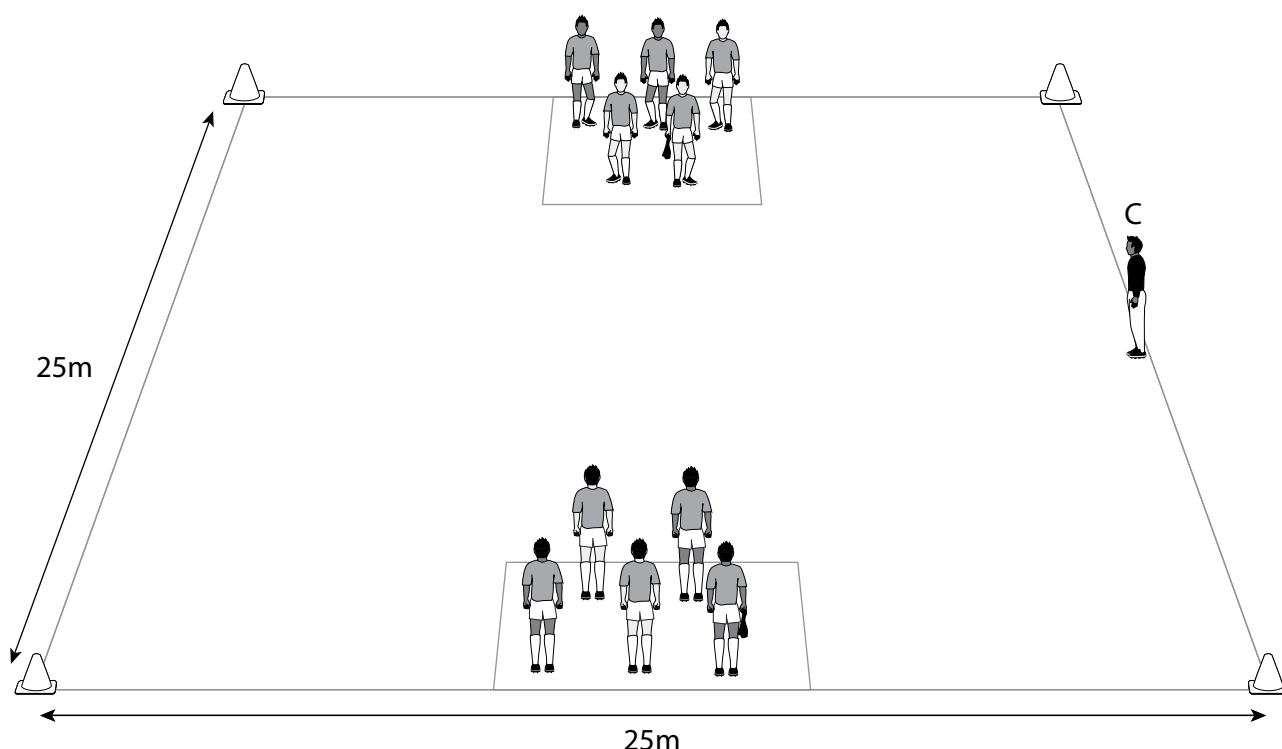
## Coaching points:

Encourage lots of movement. Spatial awareness – don't crash into another player. Listening skills.

## Progressions:

Coach makes up more commands [examples]. Add a ball per player, now each player dribbles a ball while trying to listen and perform each command.

# #19 Tag Squares



## Organisation:

Set out a 25 x 25m area, with two smaller 10 x 10m squares at either end. Players are separated into two groups and are positioned one group in each square.

## Equipment:

Bibs, marker cones, balls.

## Description:

One player from the group in each square holds a bib and tries to tag another player. If a player is tagged, they take the bib and become the 'tagger'. When the coach calls 'Go', the players race to swap squares – with the last player to get to the square becoming the 'tagger'.

## Coaching points:

Use body swerves to stay away from the tagger. Use clever movement to avoid the tagger. Use your speed so you are not the last player to the other square.

## Progressions:

Add an extra tagger. Change the type of movement between squares – backwards, sideways, skipping. Give each player a ball, with the tagger trying to win a ball from the other players instead of trying to tag them.



## • Fun Football

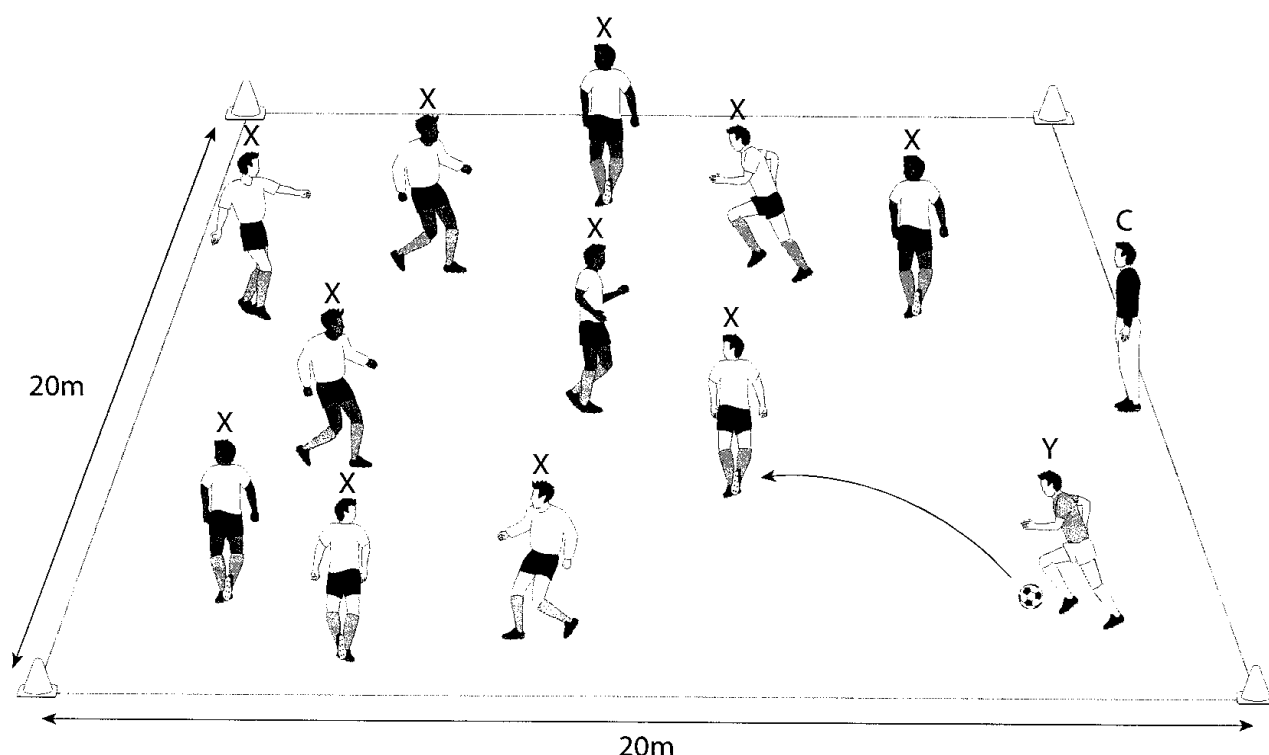
In this section you will find games that range from very easy and simple techniques to more challenging practices for advanced players. These sessions are designed to be simple to execute and fun in practice for both coach and player.

The more basic games in this section serve as a great platform for players who are starting out in football, while the more advanced sessions are designed to put players to the test in order to develop as a player.

Regardless of the level of difficulty, the aim of each game is to engage the player's imagination and enthusiasm for football without focusing too heavily on technique – guided discovery over mundane line drills.







## Organisation:

Set out a 20 x 20 m area. One player [Y] starts with a ball, the remaining players, without a ball, spread out inside the area.

## Equipment:

Bibs, marker cones, balls.

## Description:

The Y player dribbles the ball around the area and attempts to hit the X players by passing ball, aiming below the knee. Once an X player is hit, they get a ball and join the Y player..

## Coaching points:

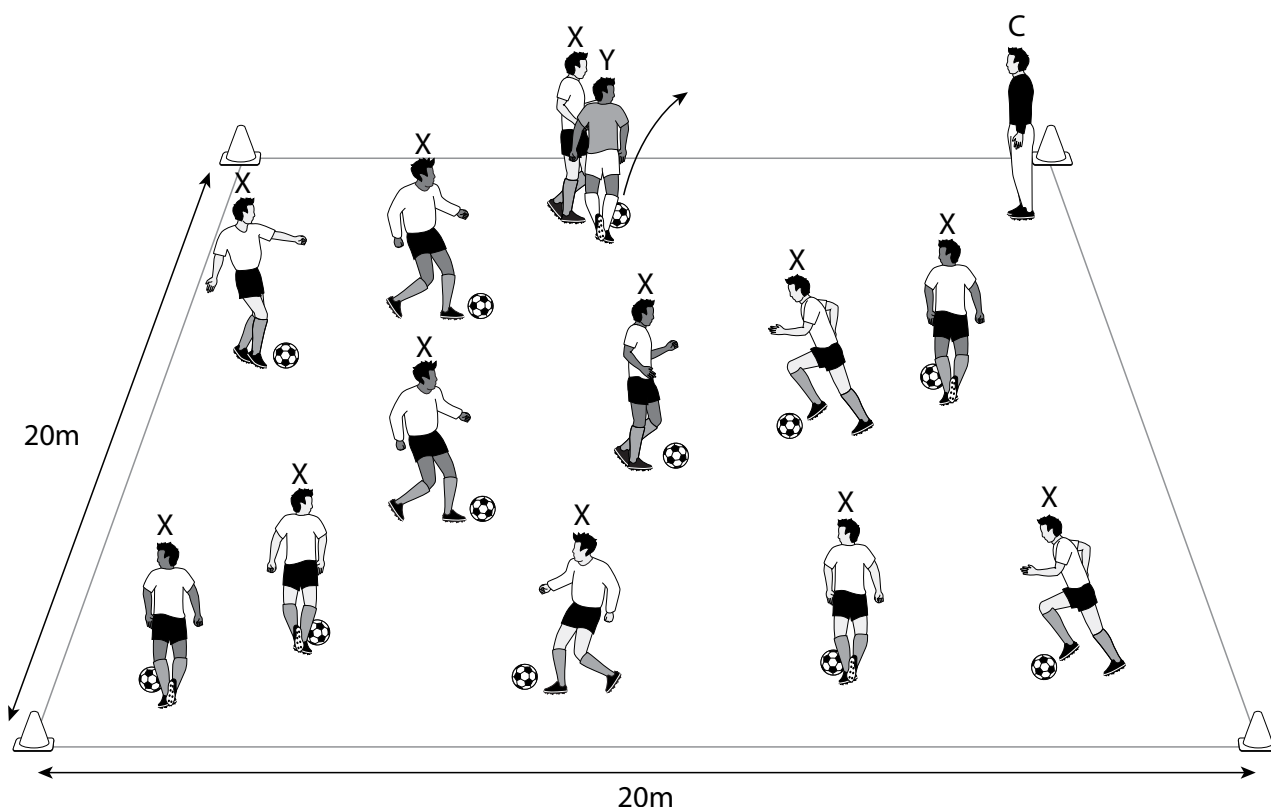
Keep the ball close to your feet while dribbling. Dribble with your head up. Make accurate passes using the inside of the foot.

## Progressions:

Start game with two Y players. Pass only with weaker foot. Have one ball between two Y players so they pass to each other trying to strike out the X players.

>>> 27 - 39 - 44 - 85

# #31 Dog Catcher



## Organisation:

Set out a 20 x 20m area. Select one player (Y) to be the dogcatcher. This player does not have a football. Everyone else (X) has one football and stands inside the area.

## Equipment:

Bibs, marker cones, balls.

## Description:

On the coach's command the dogcatcher (Y) tries to kick everybody's football out of the grid. Whoever ends up as the last player remaining wins.

## Coaching points:

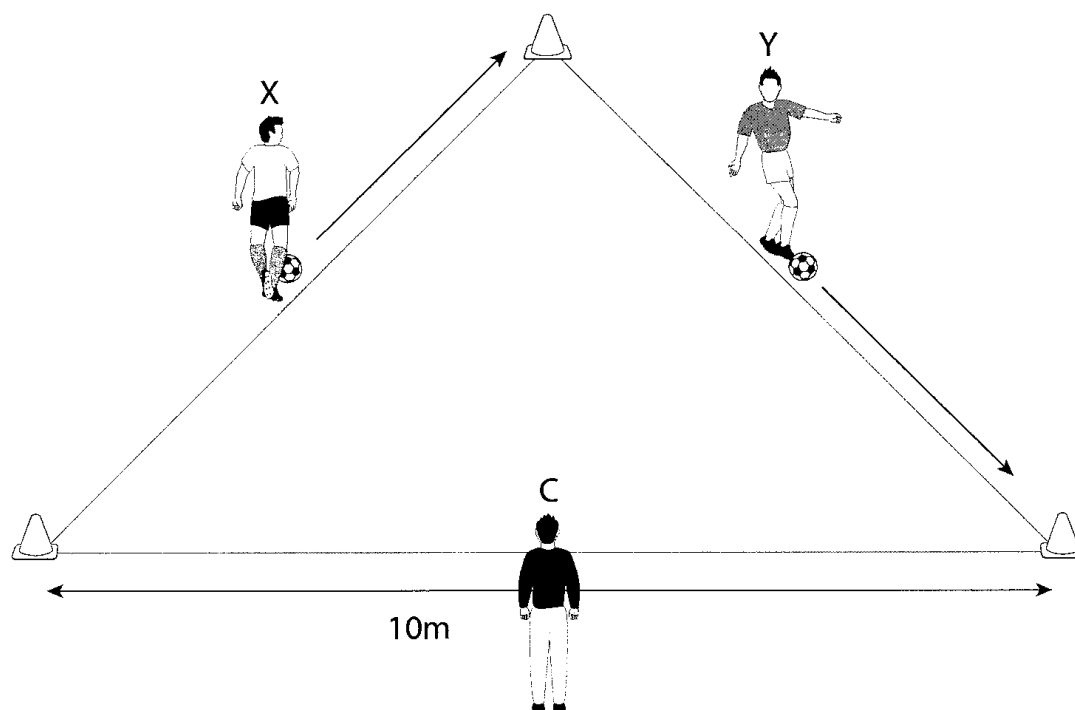
Keep the ball close to your feet. Use the inside of your foot. Be aware of footballs and players around you.

## Progressions:

Start the game with two dogcatchers. Players may only use their weaker foot. Players work in pairs, with one ball between two, trying to keep the ball away from the dogcatchers.

>>> 25 – 38 – 63 – 83

# #35 Chase the Ace



## Organisation:

Set out a triangle with each point 10m apart. Position two on the outside of the triangle, with a ball each. Create sufficient areas for the number of players.

## Equipment:

Bibs, marker cones, balls.

## Description:

While dribbling the ball player X tries to tag player Y by chasing him around the outside of the triangle. Player Y can dribble in either direction in order to lose his marker.

## Coaching points:

Keep the ball close to your feet to ensure it is under control. Dribble with your head up so you can see which direction your opponent is coming from. Use as many different types of turn as you can to change direction.

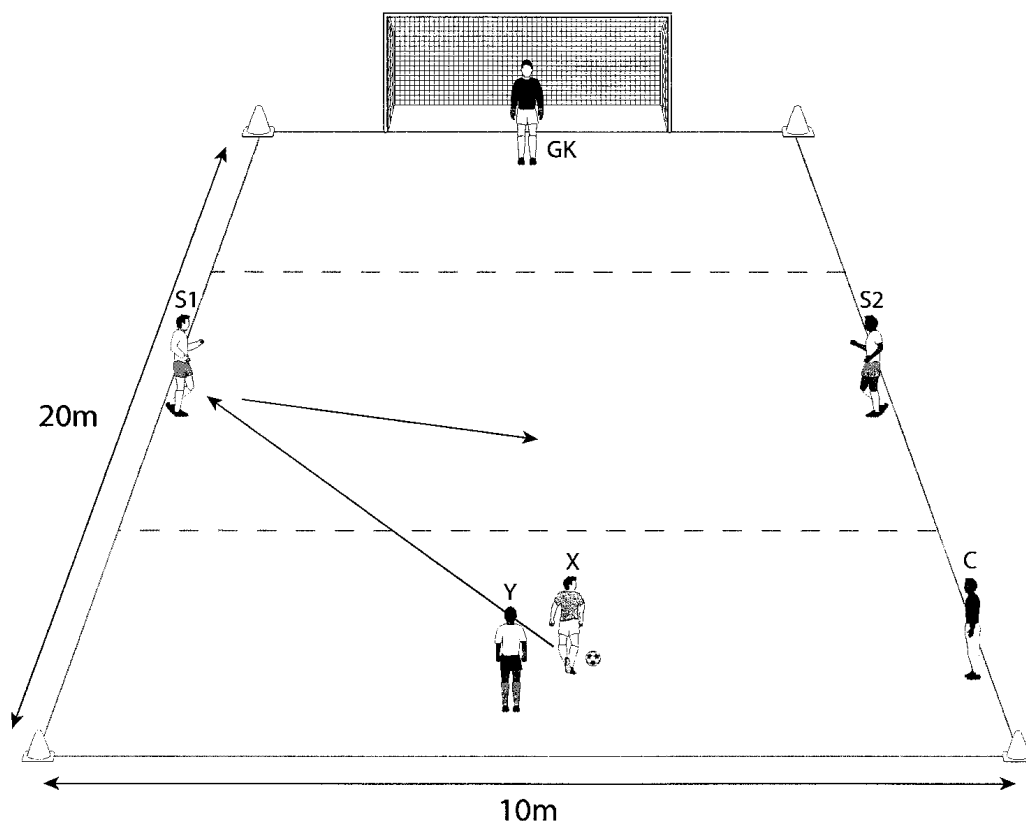
## Progressions:

Limit players to a specific type of turn - i.e. only an outside hook turn or only a drag back. Allow players to turn using only their weaker foot. The chasing player does not use a ball, making it harder for the dribbling player.

>>> 23 - 66 - 69 - 98



# #58 Shooting Stars



## Organisation:

Set out a 20 x 10m area. Organise two players [X and Y], who play head to head, and two servers (S1 and S2) to the side of the grid. Create sufficient areas for the number of players.

## Equipment:

Bibs, marker cones, balls.

## Description:

Player X starts with a football and passes it to a server, either S1 or S2. The server then sets the ball back for player X who shoots at goal first time. Players X and Y take turns; first to five goals is the winner, then swap places with the servers.

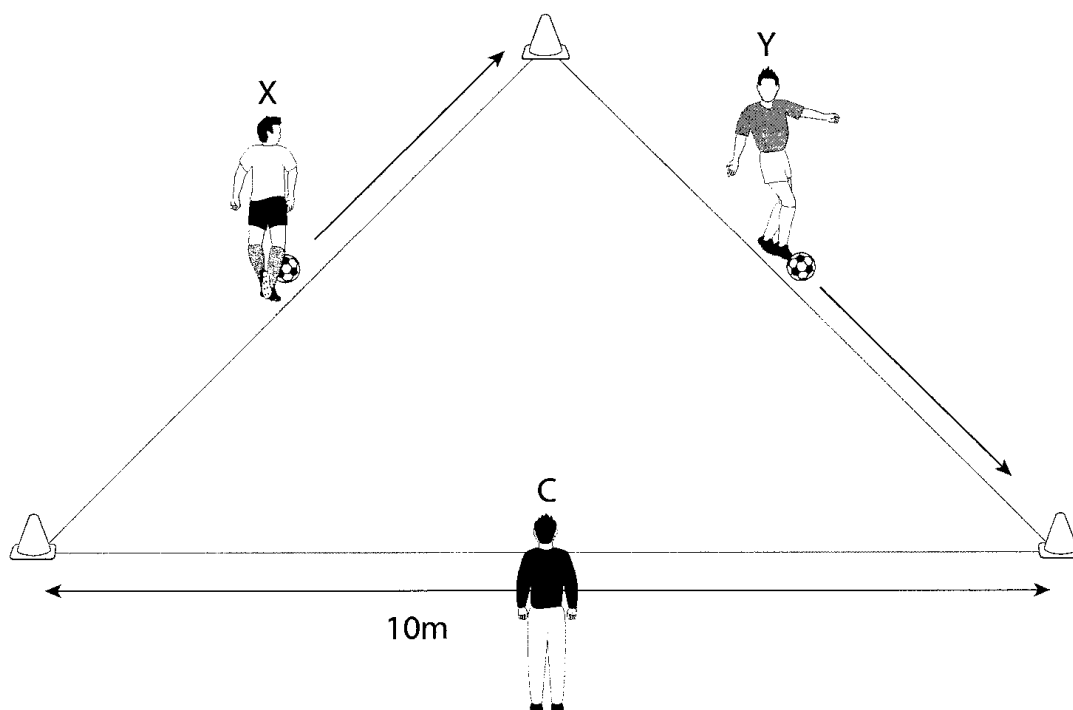
## Coaching points:

Shoot using your laces for power. Shoot using your instep for placement. Aim for the corners of the goal. Keep your head over the ball.

## Progressions:

Shoot using weaker foot only. After the server sets the ball, the server on the opposite side moves to try to block the shot - applying pressure to the shooting player. Allow player Y to follow up any rebounds, making it a race to score the rebound.

>>> 55 - 61 - 69 - 86



## Organisation:

Set out a 20 x 10 m area. Play 2 v 2 with four small goals placed in the corners of the area. Position the teams one at each end of the area, this will be the end line, which they defend.

## Equipment:

Bibs, marker cones, balls.

## Description:

Teams play 2 v 2 and score points by stopping the ball on opponent's end line for one point, dribbling through one of the small goals for three points or by using a move to beat a player then dribbling through a small goal for five points.

## Coaching points:

Encourage attacking play in 1 v 1 situations. Use fakes and moves to beat a player to get past the defender. Accelerate after a move to get away from the defender.

## Progressions:

Change to one small central goal to make it harder for attackers. Play with one player from each team man marking the other

>>> 22 - 30 - 94 - 96



## • Small Sided Football

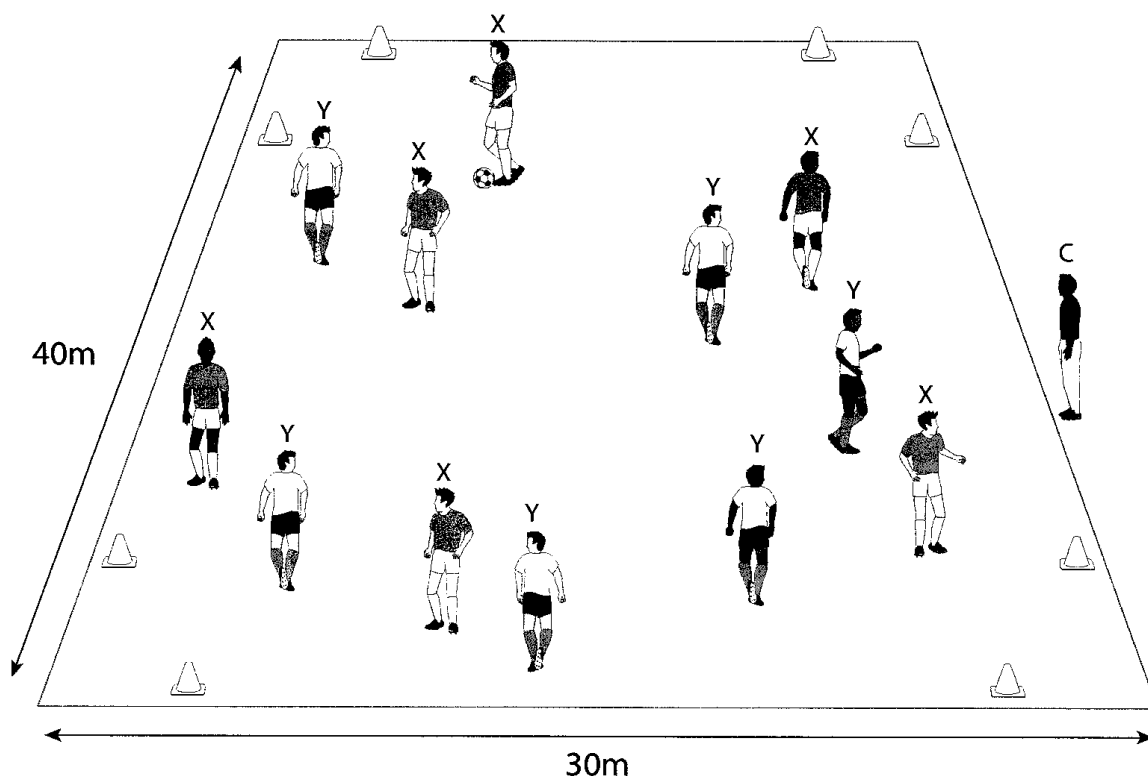
Small-sided games are a developmentally appropriate environment for young players to learn and improve.

Each game incorporates a specific football technique such as dribbling, passing or shooting, or focuses on team play and strategies such as defending, attacking, creating space or switching play. These games are specifically designed to bring the best out of players in realistic match situations.

By allowing the players to enjoy more playing time, their understanding of the importance of team play, relative positional sense and decision making will be greatly improved.







## Organisation:

Set out a 40 x 30 m area with four small goals [approx. 2 m apart] placed diagonally in each corner. Teams play 6 v 6 with no goalkeepers.

## Equipment:

Bibs, marker cones, balls.

## Description:

X's play 6 v 6 against y's, with the aim of dribbling the ball through one of the corner goals to score a point. Players can attack any goal while in possession.

## Coaching points:

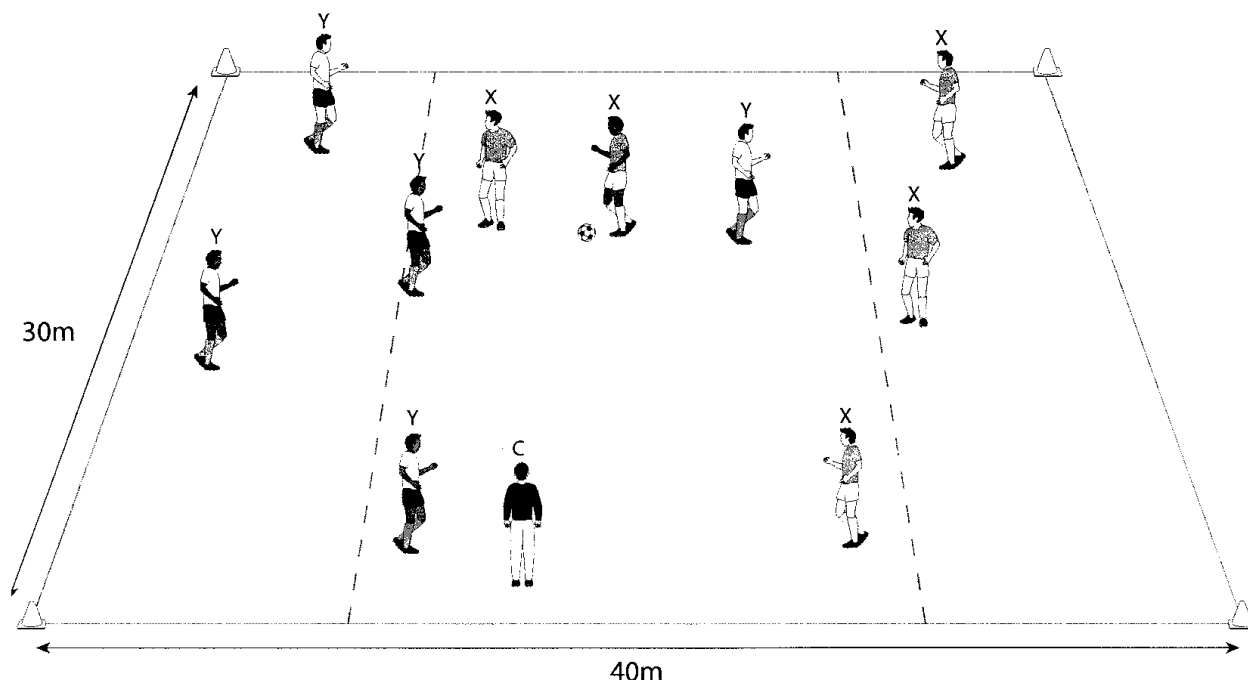
Players should try to create space so that teammates can score in the wide areas. Try to get the ball wide. Switch the point of attack where possible.

## Progressions:

Teams cannot score in the same goal twice in a row. Teams only attack the two goals at one end/side of the area. Teams only attack diagonally opposed goals.

>>> 24 - 33 - 60 - 77

# #89 Touchdown



## Organisation:

Set out a 40 x 30 m area, with a touchdown zone at each end 10m from the goal Line.

## Equipment:

Bibs, marker cones, balls.

## Description:

To score a point, players have to dribble into their opponent's end zone and stop the ball under their foot..

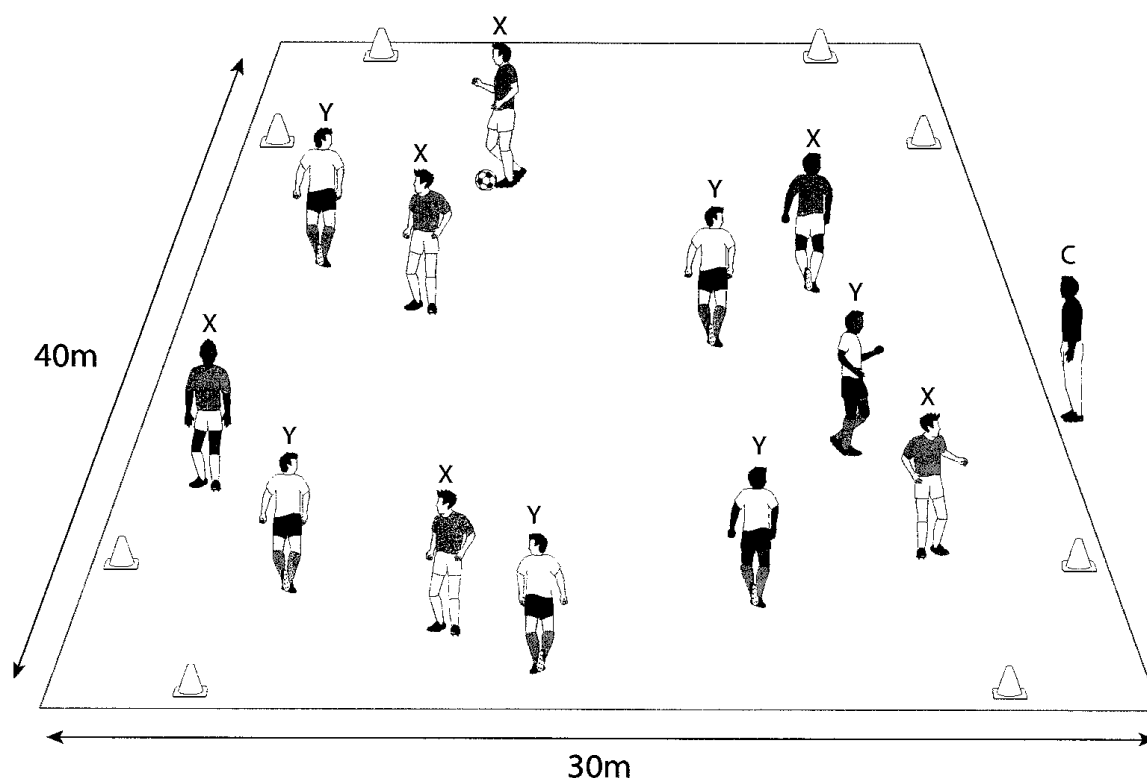
## Coaching points:

Encourage teamwork and passing. Ask players to move off the ball in order to create space. Encourage positive and quick decision-making.

## Progressions:

Limit players to two touches each time they receive the ball. Add a permanent defender in the end zone to guard the defensive area. Players cannot dribble into the area but must make a run into the area and then receive a pass from a teammate.

>>> 22 - 43 - 79 - 81



## Organisation:

Set out a 40 x 30 m area. Play 5 v 5 or 6 v 6 inside the area.

## Equipment:

Bibs, marker cones, balls.

## Equipment:

Plays a 5 v 5 but points are scored per consecutive pass. 1 pass = 1 point, 2 passes = 2 points and so on. A goal = 5 points, and combination play is encouraged, e.g. 2 passes and a goal = 7 points. The first team to 21 points wins.

## Coaching points:

Create space to make passing easier. Look to make accurate passes to score extra points. Shoot at goal whenever you have the chance to get maximum points. Apply pressure to the ball when not in possession to limit points scored by other team.

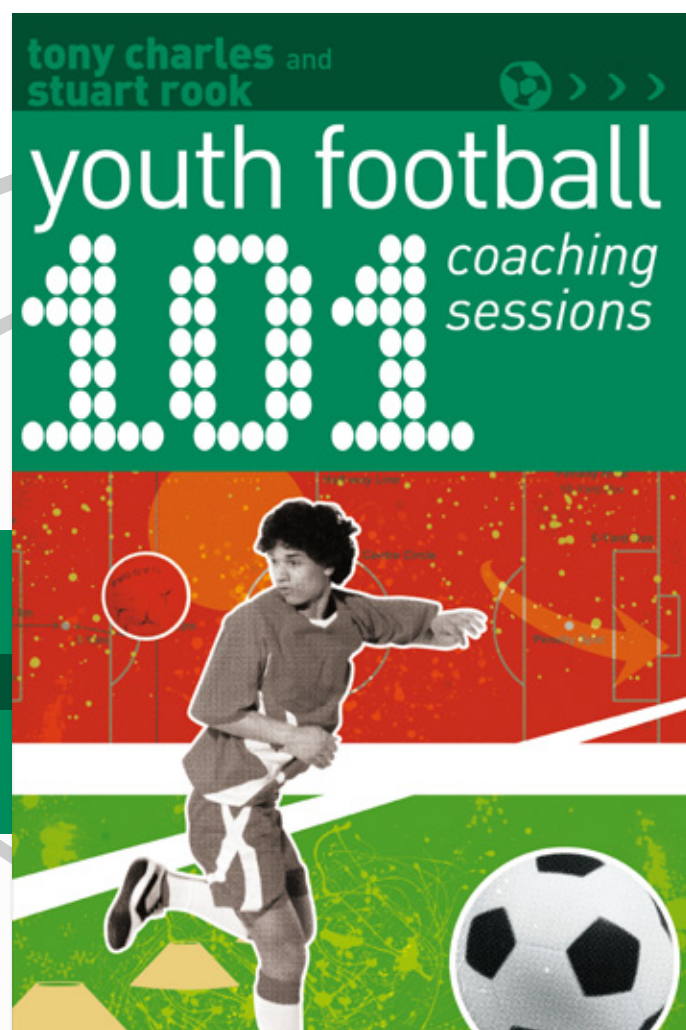
## Progressions:

Limit players to three or two touches. Add first time finish rule.

>>> 46 - 58 - 74 - 99



Now **you've** had a taste  
of the games, why not  
check out the **full** book?



The culmination of years of experience, this manual outlines comprehensive training sessions for young footballers, including warm-ups, skills training, games and final practice drills. Fun, educational and challenging, each session contains information on equipment needed, space required and how to organise the players. Ideal for teachers or coaches who are looking for a fully planned session, this contains everything you need to build up the skills of young players and ensure they have fun and remain safe.

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## • Foundation Football

Foundation Football are dedicated to improving the quality of coaching to young players. We are one of the country's leading independent coaching companies, coaching children from key stage one upwards. We have coaches across Europe, North America and Asia with the aim of improving the quality of coaching to boys and girls of all ages and abilities, hopefully laying the foundations for their football futures.

Foundation Football believes all children whatever their circumstances or abilities, should be able to participate in and enjoy sport. It can improve a child's confidence to get involved with the session, have the skills to participate and show a desire to improve and achieve. Our coaches give a level of enthusiasm that will meet the energetic needs of every child.

If your school or team would like Foundation Football to deliver services such as:

- After School Clubs
- PPA Cover
- Lunchtime Clubs
- Team Training
- Breakfast Clubs
- Holiday Courses

Then please do not hesitate to contact us [coach@foundationfootball.com](mailto:coach@foundationfootball.com).

Alternatively if you are interested in coaching for Foundation Football please submit your CV and covering letter to [coach@foundationfootball.com](mailto:coach@foundationfootball.com)



