



Greenock Morton Football Club

Youth Section

Training Plan Templates

Season 2010/11

Greenock Morton Youth Training Programme

Area/Skill Focus: Crossing & Finishing

Date: _____

1st Drill: Warm Up: Captain & Vice take the group for warm up. After the warm up players line up 20 yds from goal

One after the other they must strike the ball, crossing the goal line before bouncing. (Must hit the target) When each

player has went then move the marker to 30 yds out then 40 yds out. Once at 40yds out have a competition. Any player

who misses stays in to the next round. Finshing up with 1 player who has to do a forefit.

2nd Drill: Shooting: Split into 3 groups along the edge of the box. 1st player passes the ball across the box through

a gate and then arcs run behind P2 & P3 to get to the ball as it passes through the gate and cross into box. P2 shoots

once P1 has ran past then P3 shoots when keeper has saved P2 shot. P2 & P3 then make Front/Back post run

to get end of P1 cross into the box and score. Change groups round after a few shots. Change side cross comes from.

Game Related Practice: 4 Strikers: 2 sets of 2 strikers are positioned in the centre of the park (1 half with a

goal on the halfway line). All other players are in designated corners. P1 plays a ball to the feet of second striker (S2)

S2 lays the ball off to first striker (S1) who plays a ball into the channel for P1 to chase and deliver a cross into the area

This happens simultaneously from both corners. S2 spins to attack cross along with S1 from other group.

Start at same time/Change Strikers around/Vary balls into S2/Add in a defender to put pressure on S2 and defend cross

Conditioned Game: Split into 2 even teams. Playing a game using half the park.

Both teams must nominate a "target man" who will be identified using a separate coloured bib. The target man

plays on the shoulder of the defence always staying high. Each team must play through their target man before scoring

a goal. During the game the target man will be changed. Different variations can be added. I.E 3 touch only. Target man

has 1 touch. Cross ball before a goal counts as 2 goals etc..

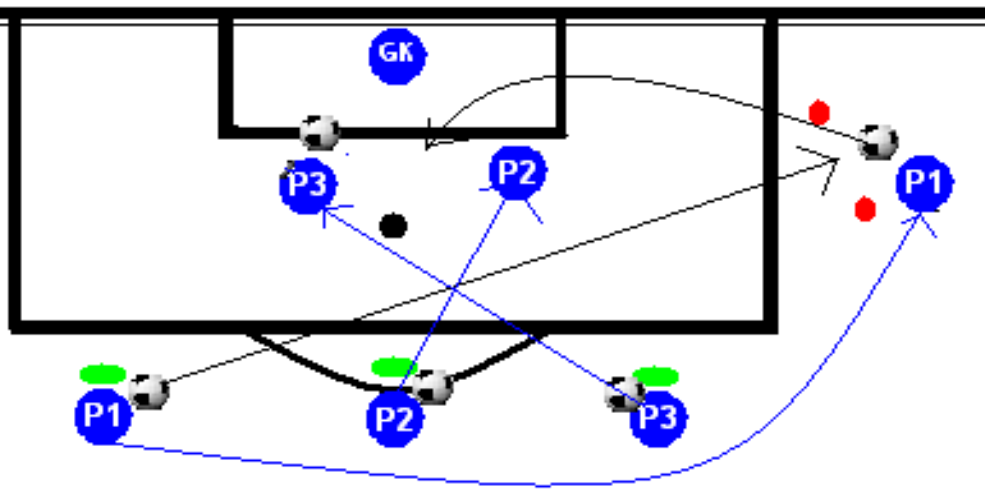
Comments on Session: _____

Greenock Morton Youth Training Programme

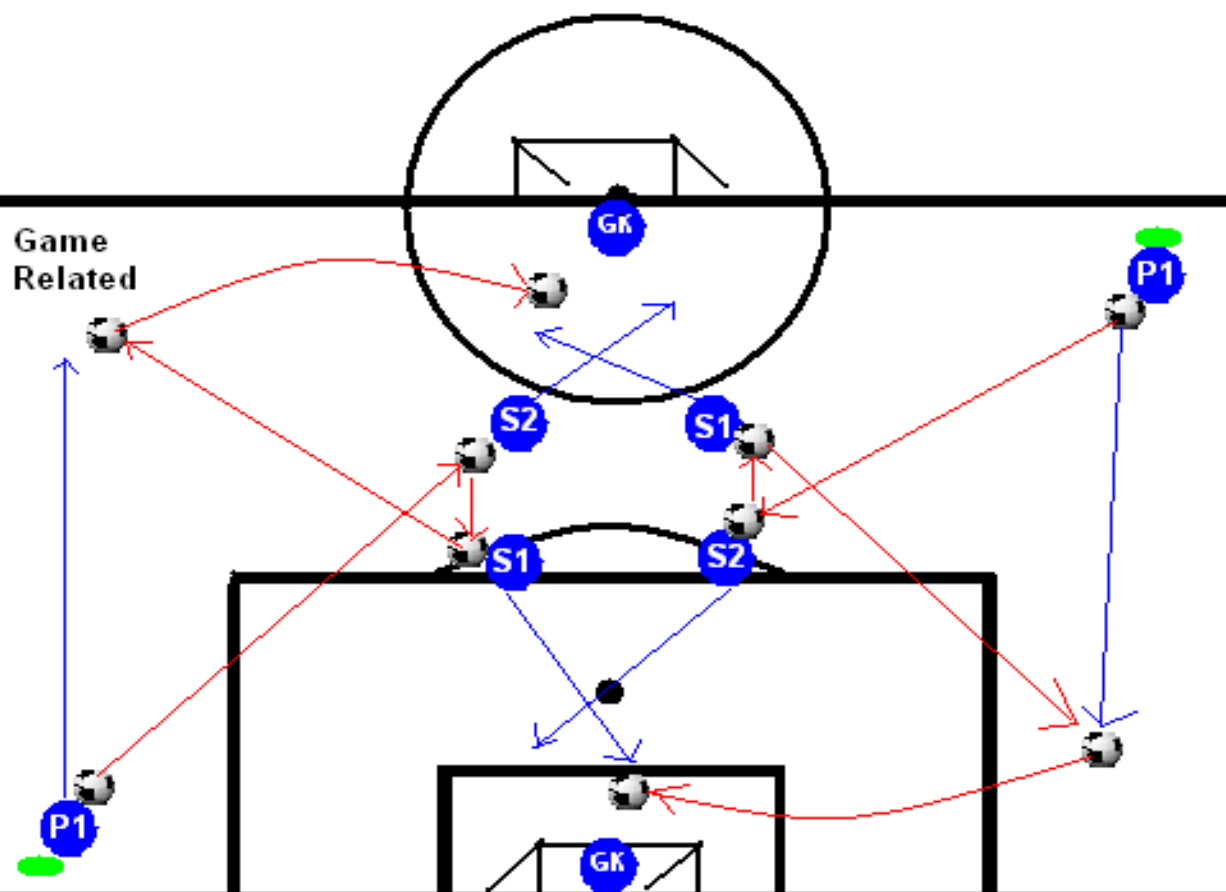
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Drill 2



Game Related



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1st Drill: Warm Up: Captain & Vice take the group for warm up. 3 goal drill. Separate the players into 3 groups

Pair up with each group having a player to the left and right of the goal. Goals are placed in a triangle shape 20yds apart

Player on left hand side of goal 1 will flick ball into middle area for his partner to run on to and volley it. First player

retrieves the ball. Once clear players at goal 2 start and repeat. Players move to next goal after each turn.

2nd Drill: Players spilt into 2 groups to a marker on the goal line at the edge of 6yd box with 1 player in the middle

at the penalty spot. Player faces away from goal and the ball is passed from one side beyond them. The player has

one touch to control the ball and turn to face goal and 1 to score. 5 balls come alternately from each side. Players move

from Left to Middle to Right after the 10 balls until each player has gone twice. (Split 1st & 2nd Drill into 2 groups)

Game Related Practice: Sexton: Split into 3 groups. 1 team defending inside the box, 1 team attacking inside the

box and the final team splits between 1 at each corner and the rest spread across the edge of the box. The corner

players from 3rd team have 5 balls each and feed them in 1 at a time to the attacking team who must try score as many

as possible. Players on outside have 1 touch to shoot or pass it back into box if they are used. Teams swap round after

all 10 balls have been played. Play 2 rounds and add each teams total to see who the winners are.

Conditioned Game: Channel Game: Split into 2 teams. Mark off a channel using cones on either side of the

park (5-10yd wide). 1 player from each team stays in the channel. Players must get the ball wide into their "channel man"

who has a 1 on 1 with the opposition "channel man" before being able to put a cross in or pass back into teammate.

The ball must be played into the channel at some point in the move before a goal can be scored. Change channel men

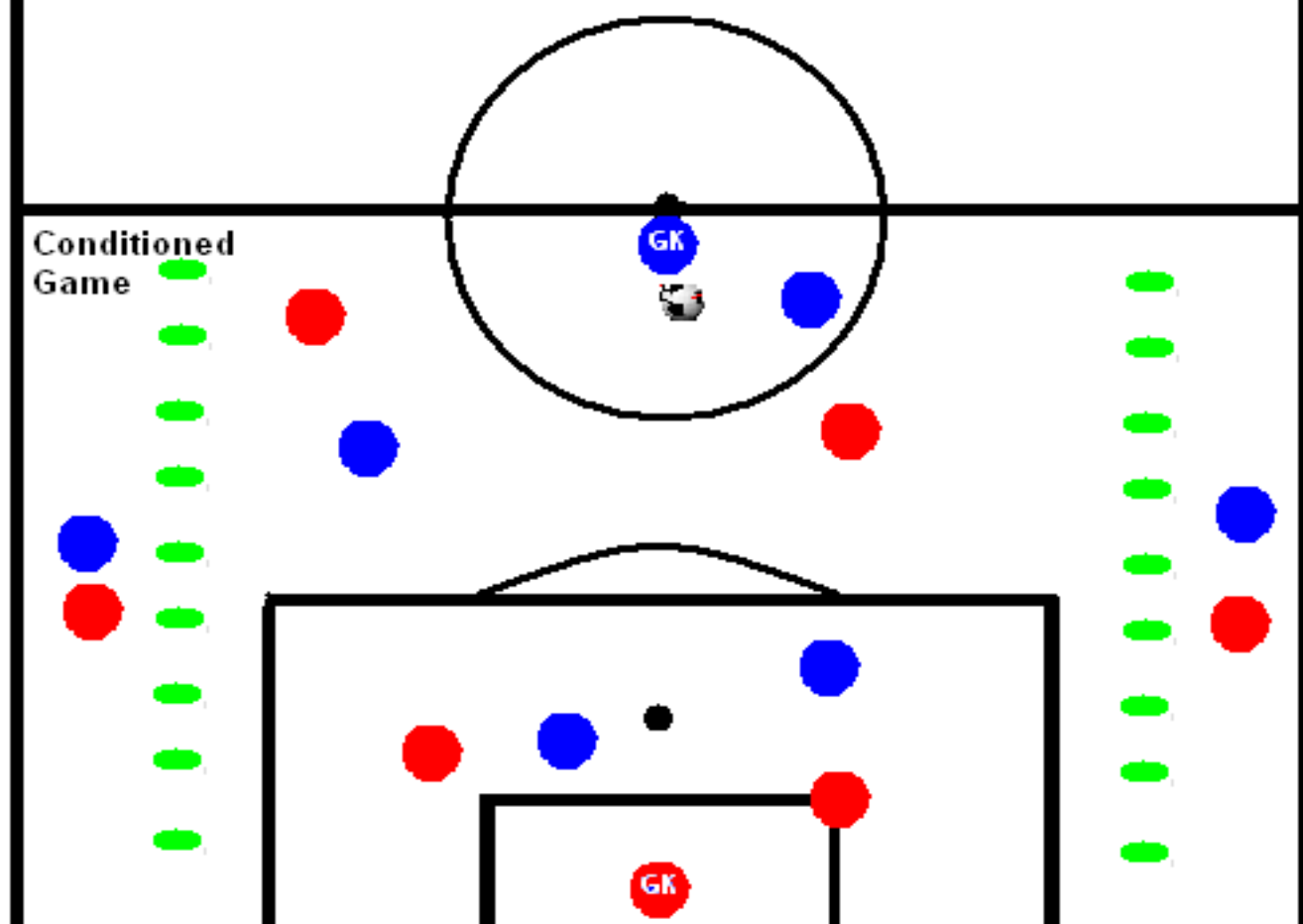
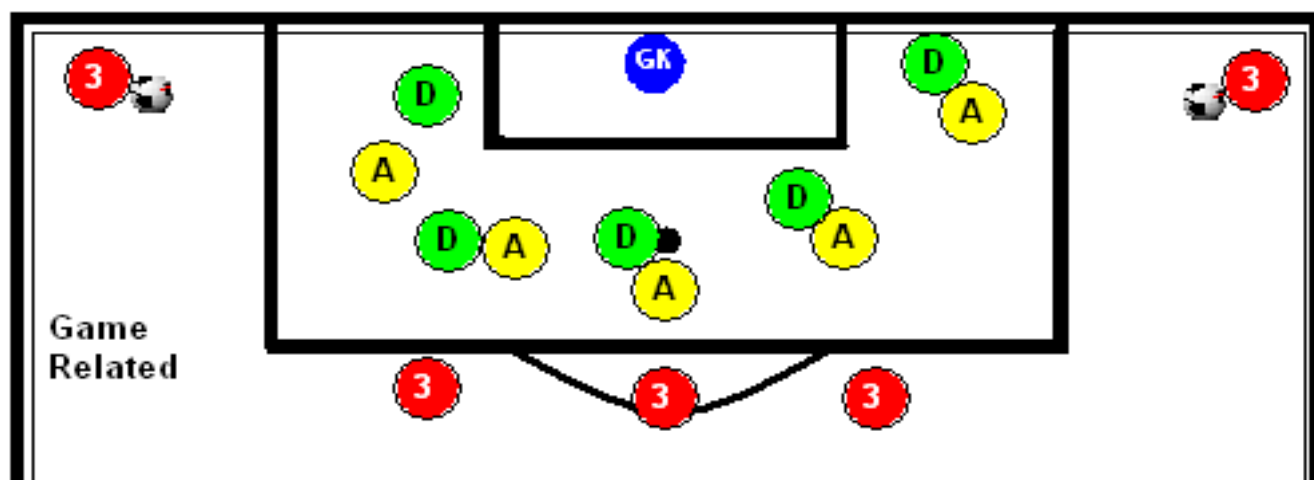
every few mins. You can vary it by adding a second channel man in each or allowing a 2 v 1 to occur when in channel

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Area/Skill Focus: Dribbling

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1st Drill: Warm Up: Captain & Vice take the group for warm up. Lay out several different coloured gates

(3 x 5 colours within a 30x30yd). Pair up. Players without the ball will stand outside the box and keep count for their

partner, Player with the ball will have 1 minute to dribble through as many gates as possible then switch with partner.

Then 1 min to dribble through gates of certain colour that the coach shouts. Then 1min to beat 1st score through all gates

2nd Drill: Create 4 channels. 40 x 10yd. Section off each channel into 10 yards. Players split into 4 groups with

players at each side. One side starts with the ball and player must dribble through each section taking 3 touches in each.

Short sharp touches, close control. After 5 mins change to one touch per section. Fast paced dribbling with laces.

After 5 mins allow players to choose either method then after a final few mins have a race between the 4 groups.

Game Related Practice: End Zone Game: Split into 2 groups. Mark out a 70 x 50yd area. Each end of the 60 yard

length should have an "end zone" of 5 yards marked out with cones. The object for the teams to pass the ball about and

work an opening for someone to dribble in the space and run into the "end zone" to score a point. To vary the game you

can reduce or increase the amount of touches each player is allowed on the ball before passing (i.e any more than 3 you

must attempt to dribble it into the "end zone". Extra point offered for dribbling the ball to a team to take possession

Conditioned Game: Split into 2 teams. Play with 1 goal and 2 small gates in each corner at the opposite side

of the park. Players must dribble the ball through the gate to activate the opportunity to attack the goal. Then the team

defending the goal must dribble through the gates when they regain possession and so on. Players must work to keep

possession and create space for their team mates to have 1v1 situations. When dribbling the players must use the skills

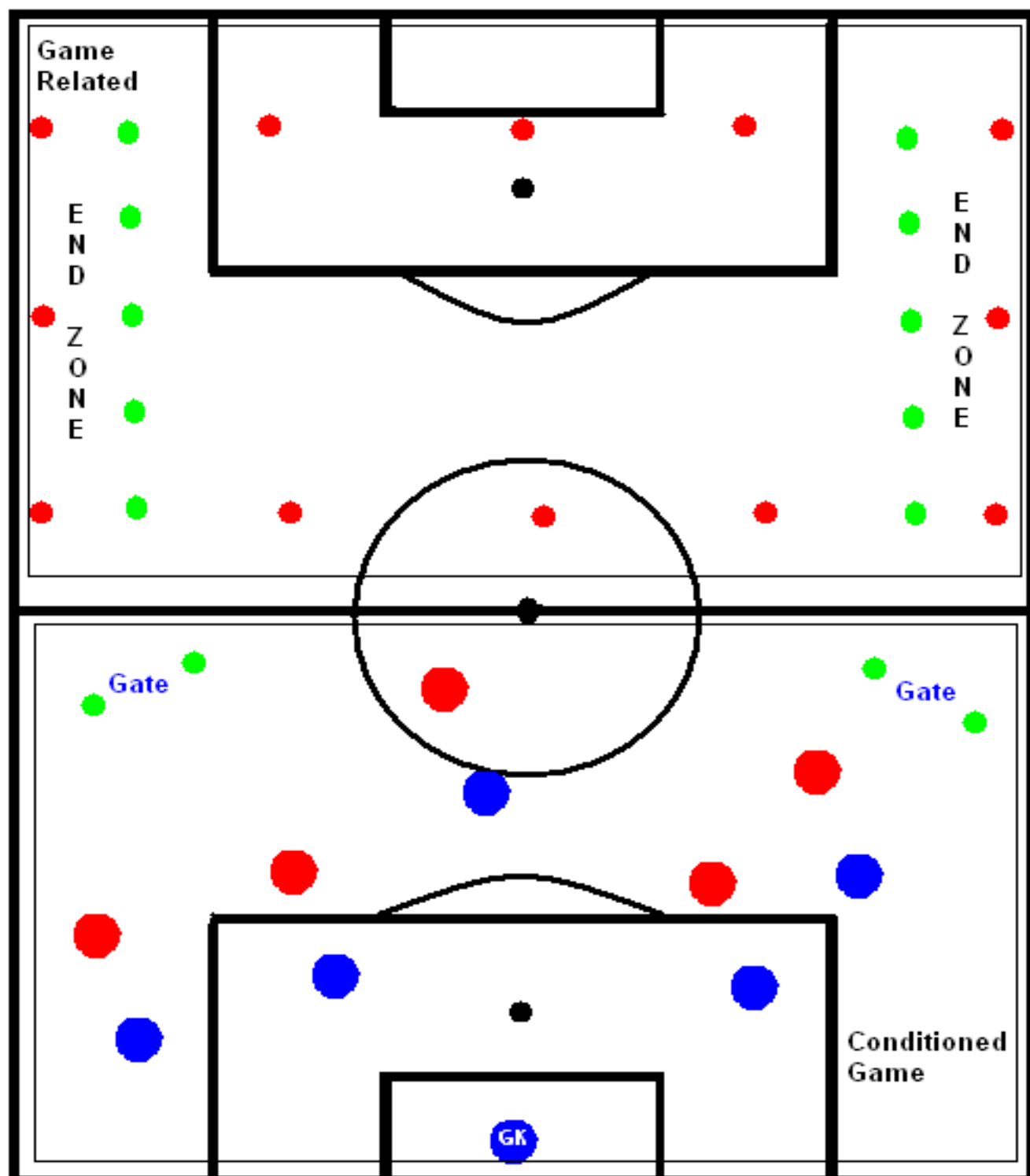
learned in the drill to change from close control dribbling to the faster pace dribbling to get away from their opponent

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Area/Skill Focus: Passing

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1st Drill: Warm Up: Captain & Vice take the group for warm up. Split into 2 groups & run Drills 1 & 2 at same time
30 x 30yd square. Players are at each corner. Pass is made from corner 1 clockwise. The player at corner 2 lays the ball
back for 1st player to hook the ball round to corner 3 and repeat. Alter after a while to go anti clockwise so both feet
are being used. Alter the type of pass being made into the corner (chipped to chest, fired to feet, curled to thigh)

2nd Drill: Passing in Pairs: Split into 2 groups & run Drills 1 & 2 at same time. 2 players in the middle of a 30 x 30yd
Other players are split round the outside. Ball is played from outside the square to the furthest away player who makes
a pass to his team mate who will then pass the ball outside the square. The players rotate after each play to change
who is the further away player receiving and who psses it out the square. Rotate the players inside after a few mins.

Game Related Practice: 3 v 2: Split into 3 groups. At least 3 v2 minimum to create an advantage
Create 3 areas of 20 x 20yd. One group in each. Team of 2 defends against the team of 3 or more. The team with a man
advantage use this to pass the ball around the square. 5 passes counts as a point/goal. If defending team gain
possession they surrender the ball and play starts with other team. Swap players defending every few minutes until each
player has had a shot defending and attacking.

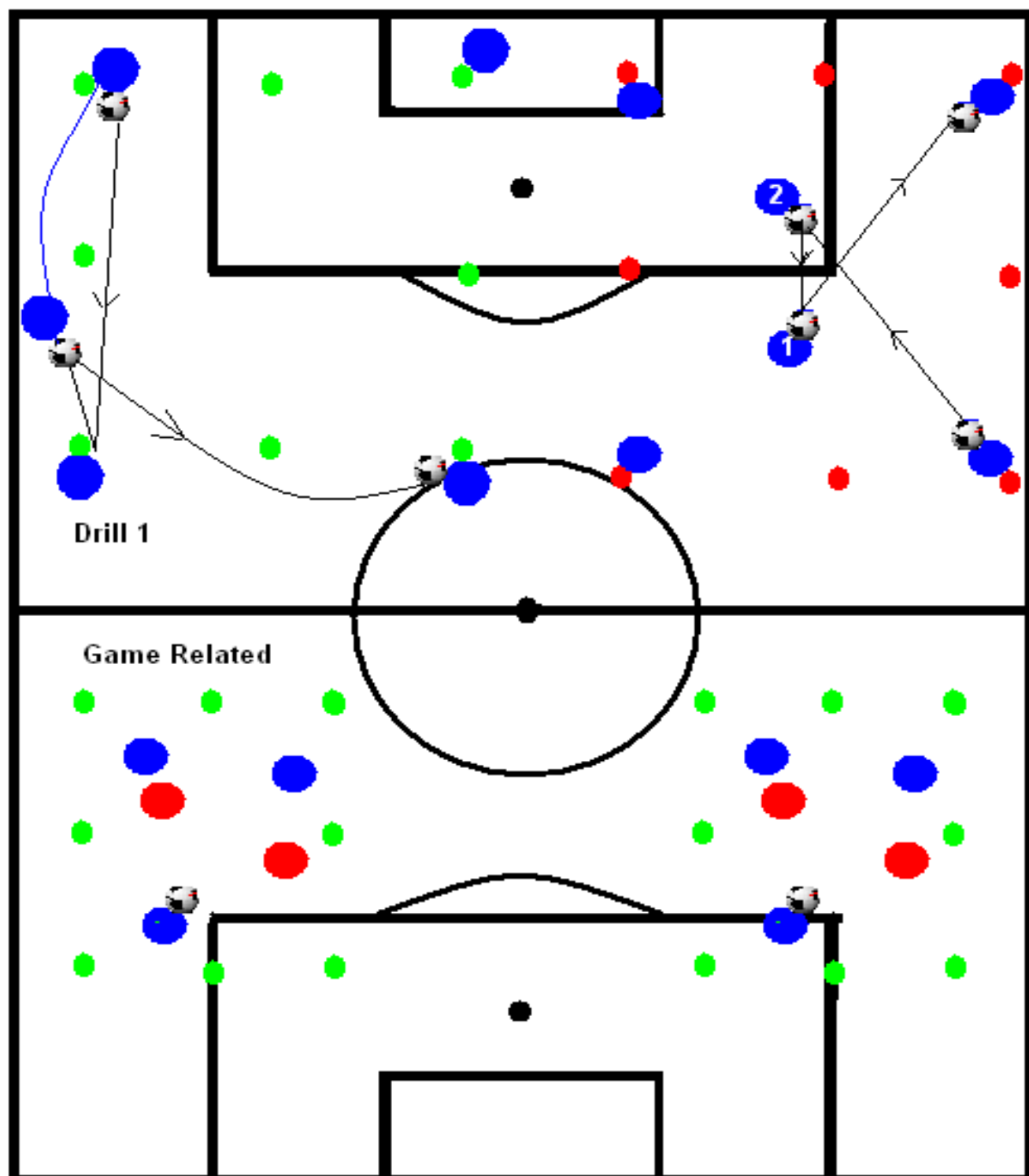
Conditioned Game: Split into 3 groups. 2 teams play against each other on the park and the 3rd team line
themselves up around the edge of the park (1 at either side of the goal and 1 on each touch line) The team in possession
can pass the ball to the "wall" men at the side to create an extra man advantage and use this to keep possession
The "wall" men start with 2 touches max going down to 1 touch. The teams can either be rotated based on a time
period or when a team concedes a goal they must swap with the wall men. A 5 pass rule before scoring can be added

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1st Drill: Warm Up: Captain & Vice take the group for warm up. Then Split into 2 groups, numbering players in a sequence. Passing and moving within a 30x30yd square, Players must pass to the next in sequence. 1 - 2 - 3 etc

Vary passes played to the next person in the sequence. Players make a sprint to the edge of the square after they pass before looking to receive the next pass.

2nd Drill: Create a box 40x40yd. 2 players are in the middle and the rest have a corner each. A ball is passed from cone 1 into the centre, the player in the centre passes to player at cone 2 (clockwise). Each player follows their pass.

The drill starts with 2 ball, one at cone 1 and one at cone 3. After a few mins alter the direction of the pass to go anti clockwise so that players are using both feet and turning both ways when in the middle of the square.

Game Related Practice: Corner Game: Split into 2 groups. Mark out a square in each corner of the park

5 x 5yd. Place 2 players from each team into 1 of the 4 squares. The team in possession must pass the ball into a

square to gain a point. Any square can be used as the players in the square play for the team in possession. Point

cannot be scored in the square which the last point was scored by the team in possession. Change the players in each

square. Alter the amount of passes within the park that must be made before passing into a box to score.

Conditioned Game: 3 Goal Game: In 2 groups. 1 main goal centrally and 2 goals in the corners at the opposite

side of the pitch. Teams must pass the ball 5 times between them then pass the ball into one of the corner goals before

they get the opportunity to attack the main goal to score a goal/point. The game can be altered by increasing or

decreasing no. of passes required. A switch in play from left to right or right to left can be required before scoring.

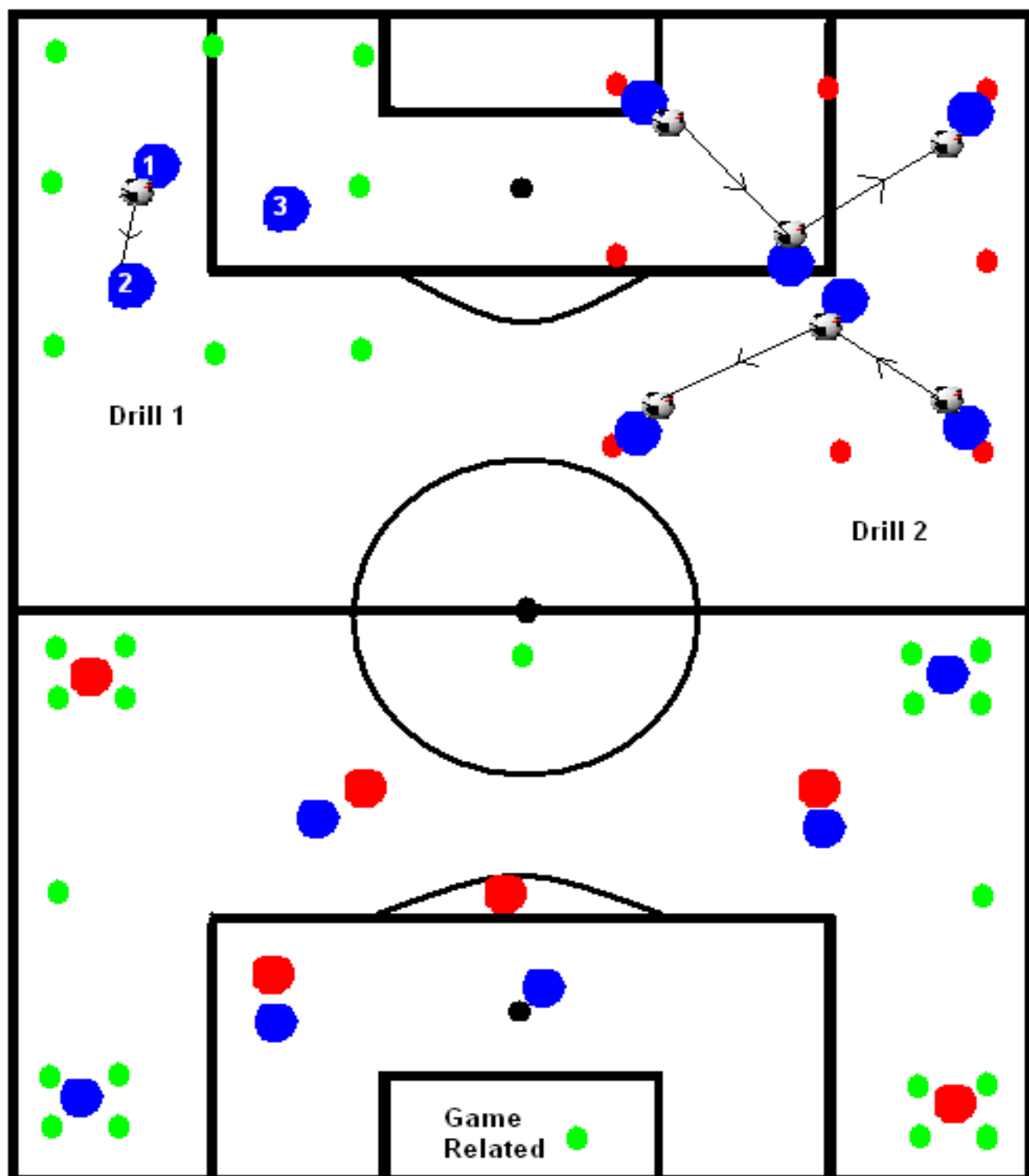
Goalkeeper in main goal passes to defending team whenever in possession of the ball

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