

PRO YOUTH ACADEMY

COACHING

SESSIONS

These sessions have been taken from academies of the English Premier League and Championship clubs for 20 years.

You will find actual training sessions on the following topics:

-  WARM-UPS
-  TECHNICAL & POSSESSION
-  DEFENDING
-  HEADING
-  WING PLAY & FORWARDS
-  MIDFIELD PLAY

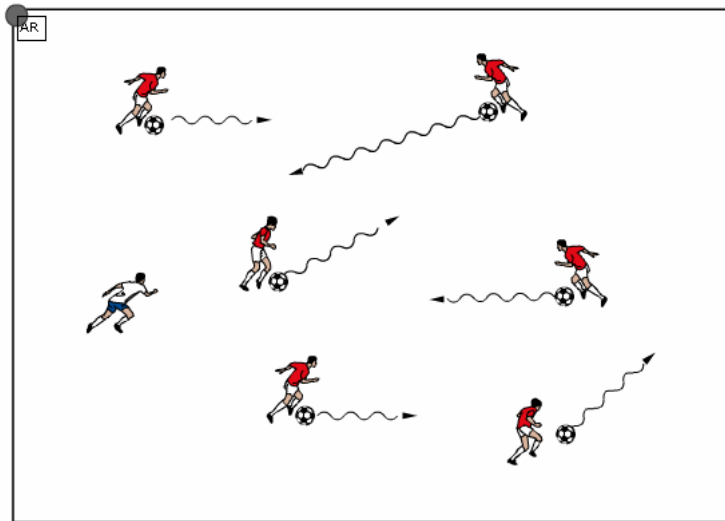
Some sessions are more technique related and functional, while others are more team related and tactical in nature.

Whether you coach a youth, high school, college or professional team this information will be without doubt, a great addition to you coaching library.

Copyright© AC Ramskill 2007

All Rights reserved no part of this publication may be reproduced, transmitted or utilized in any form or by any means, electronic, mechanical photocopying recording or otherwise without written permission from the publisher or licence from the Copyright Licensing Agency Limited.

WARM-UPS



Ball Thief

Organisation

Players dribble their balls and attempt to shield away from the “ball thief” who equally attempts to shoot them out of the 10 by 10 yard grid.

Progression

Two “ball thieves

Players losing his ball stays in the field and receives passes from a team mate, in doing so making it harder for the ball thieves

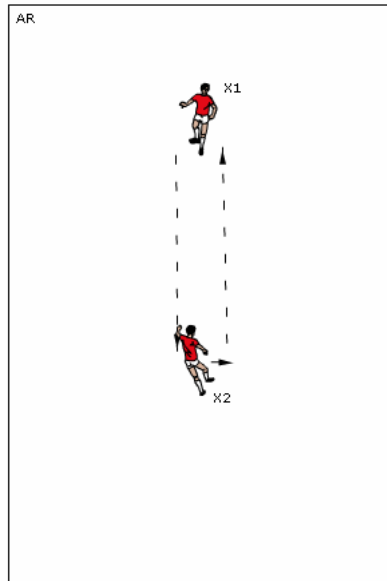
Coaching Points

Awareness

Decision

Ball Control

WARM-UPS



First Touch / Changing The Angle

Organisation

X1 plays to X2 who plays a variety of first touches. i.e. inside of right foot across to left foot and pass with the left, outside of right foot and pass with right, fake and pass.

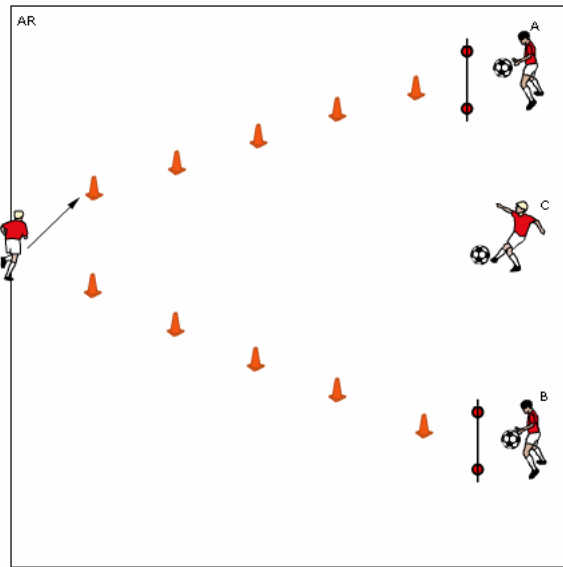
Progression

🏀 On passing the ball to X2, X1 must mirror X2's movement (stay alert to his first touch)

Coaching Points

- 🏀 Observe
- 🏀 First Touch
- 🏀 Decision
- 🏀 End Product

WARM-UPS



Plyometrics & Speed

Organisation

Player X lines up at start with cones in front to the left and right and hurdle at the end of each line of cones. Three players wait with a ball at point A, B and C. Player X hops left footed over cones, over hurdle and heads ball at A, runs back around cones and hops right footed over cones and hurdle, head ball at B, returns to start and chase ball C to catch it before it reaches line 20 yards away.

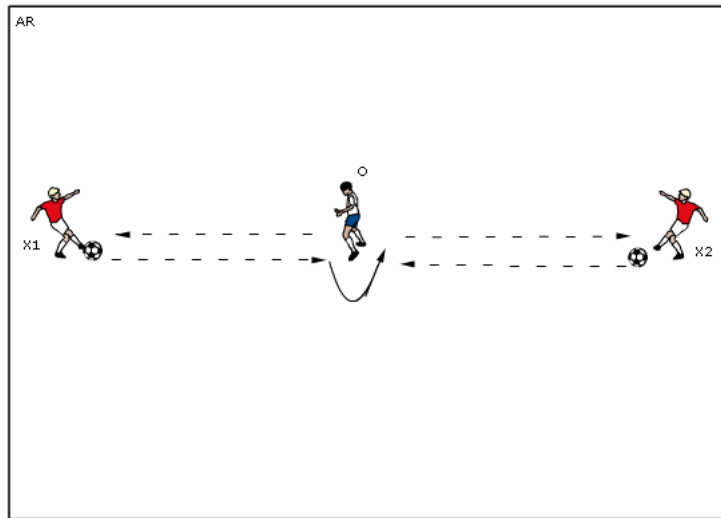
Progression

⚽ Rotate positions

Coaching Points

⚽ Quality of movement

WARM-UPS



Warm Up With a Ball

Organisation

X1 plays to O. O returns one touch and spins to face other direction. X2 plays to O. O returns one touch and spins. Repeat.

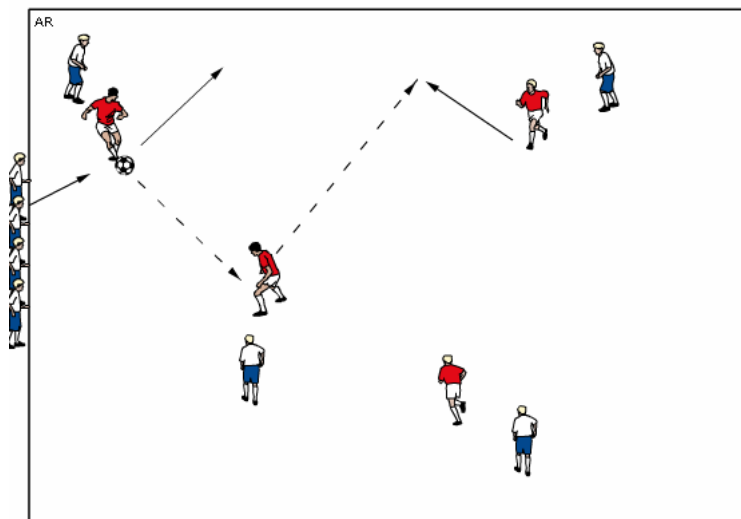
Progression

- ⚽ Rotate positions
- ⚽ All one touch

Coaching Points

- ⚽ Up on toes – ready to play
- ⚽ Inside of foot passes

TECHNICAL & POSSESSION



4 + 4 v 4

Organisation

On an appropriately sized field depending on age and ability, play begins with 4 + 4 v 0. Players pass non-directionally amongst each other keeping the ball moving. Defenders are added creating a 4 + 4 v 1 v 4 situation.

Increased pressure, with a greater need for support.

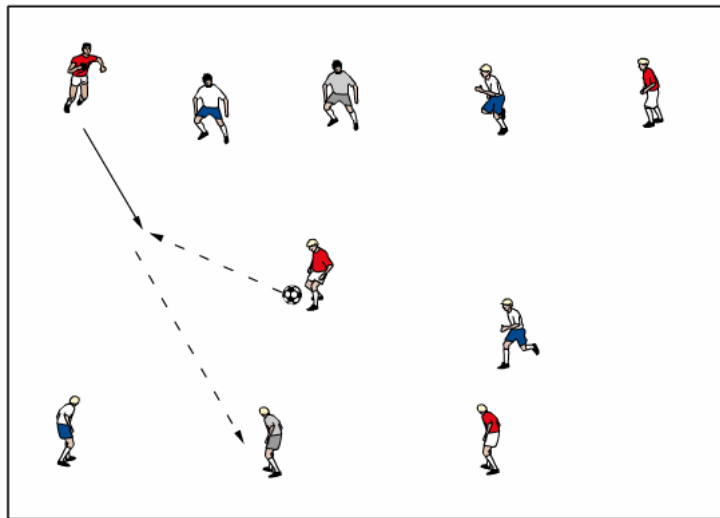
Progression

- ⚽ 4 + 4 v 4 passes to alternate colour. Reduced passing options creating a greater understanding and awareness both in possession and support
- ⚽ 4 + 4 v 4 Alternate one touch and all in. one touch passing to relieve quick pressure, quick support and variation in tempo

Coaching Points

- ⚽ Be on the move
- ⚽ Play with head up create greater awareness
- ⚽ Know what to do before you need to do it

TECHNICAL & POSSESSION



5 v 5 (+2 Floaters)

Organisation

Same set up as previous, play begins with 5 v 2 + 2 non-directionally play to achieve set number of passes. Gradually increase pressure by playing to target goals, end lines or end line players.

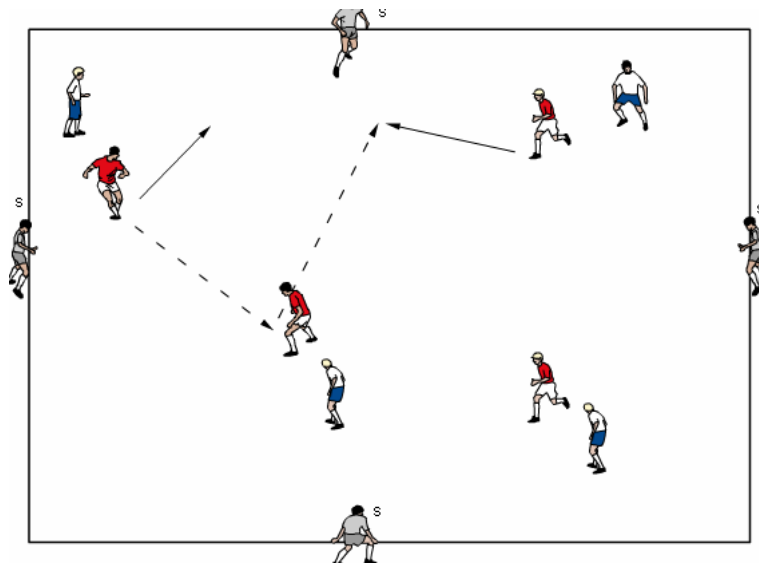
Progression

- ⚽ Floaters are restricted to one or two touch play only
- ⚽ Rotate positions

Coaching Points

- ⚽ Focus on penetration – support in advance / behind
- ⚽ End lines encourage dribbling, running with the ball
- ⚽ Needling players encourage forward passing

TECHNICAL & POSSESSION



4 v 4 + 4 Static Support Players

Organisation

Same set up as previous with two teams playing 4 v 4 in the middle with the other four players on the outside. Players can use outside support players when pressurised.

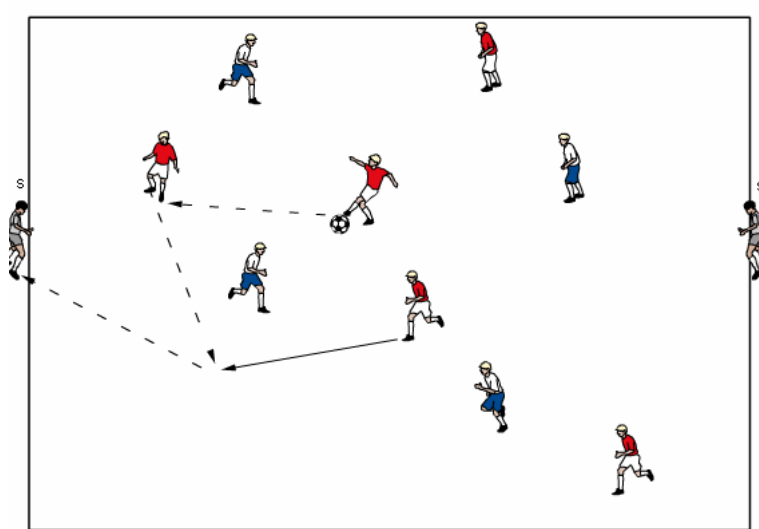
Progression

- ⚽ Restrict touches of outside support players
- ⚽ Support players can play across grid to each other

Coaching Points

- ⚽ Quicker support, more selective use of support
- ⚽ Stretching play encourages awareness away from the ball

TECHNICAL & POSSESSION



5 v 5

Organisation

Same set up as previous with teams playing 5 v 5 + 2 end support players. To score, team in possession must play ball to one of the end players and team must retain possession from end player.

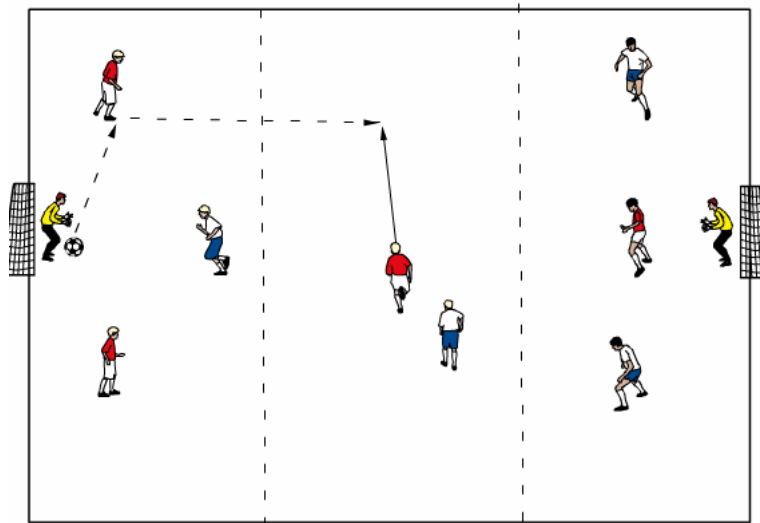
Progressions

- 🏴 O's pass or run out of zone – when a player passes to, they trade places and attack opposite end.

Coaching Points

- 🏴 Virtual match conditions with single direction overload or multi direction overload
- 🏴 When to run / pass, rotation, awareness to replace O's by players in grid
- 🏴 If O's are conditioned to stay in zones other players may go man to man which encourages movement to lose marker and recognition of other players as to who is unmarked

TECHNICAL & POSSESSION



Structured Small-Sided Games

Organisation

On a 30 by 20 yard field players set up with a goalkeeper, two defenders a midfielder and a forward. The field is marked into thirds with each set of positions staying in their own third. Work a basic form of shadow play with players free to use simple moves and movements that happen in games. Finish with a shot at goal and repeat in opposite direction.

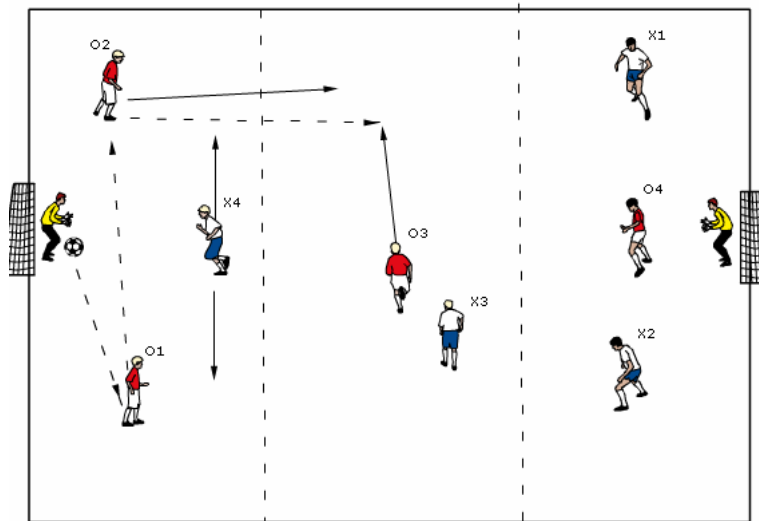
Progression

- ⚽ Opposition to “stand” on the field
- ⚽ All players are two touch

Coaching Points

- ⚽ Simple and repetitive
- ⚽ Awareness of other team mates and opposition
- ⚽ Responsibilities
- ⚽ Communication

TECHNICAL & POSSESSION



Structured Small-Sided Games

Organisation

Same set up as previous now with ball starting with the GK. GK rolls ball to O1 or O2 who in turn must pass out of their zone to O3 or O4. Forward X4 can only move along the zone line to stop defenders getting out until the ball has gone into the next zones, he then steps forward into his attacking third. Once the ball has been passed forward into each zone, one player can move forward creating either a 2v1 in the middle third or 2v2 in the attacking third.

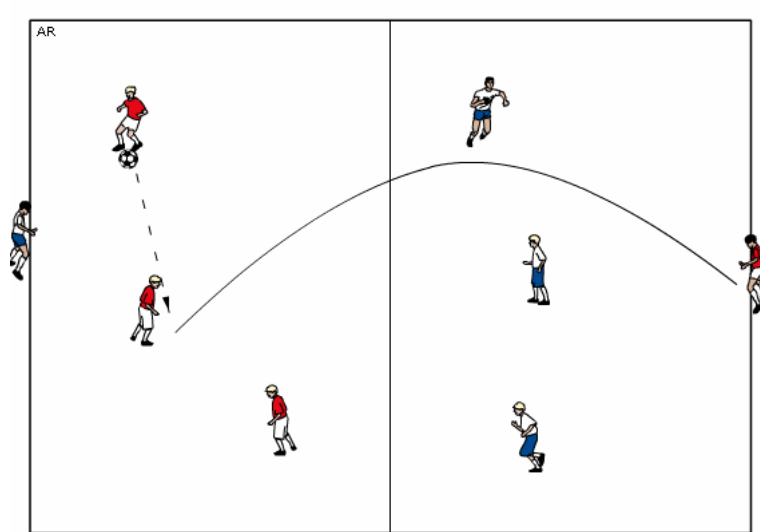
Progression

- ⚽ Increase attackers and defenders
- ⚽ Interchange positions
- ⚽ Free play

Coaching Points

- ⚽ Movement – with and without the ball
- ⚽ Find space
- ⚽ Finish with a shot on goal
- ⚽ Quality of passes

TECHNICAL & POSSESSION



Sliding Skills

Organisation

Two teams of three compete in 20 by 15 yard grid with a halfway line dividing the teams. Each team has a target player at opposite end whom they are trying to pass the ball to; if they succeed they keep possession, if the ball gets intercepted then the opposing team attempts to reach their target player.

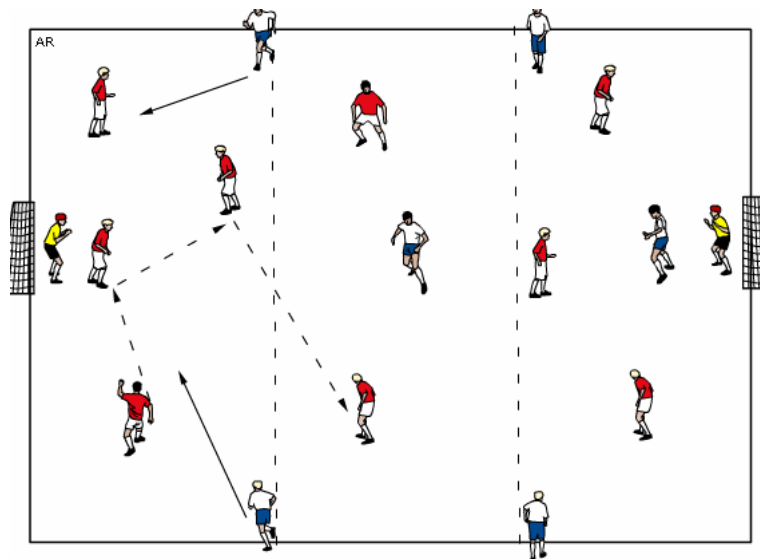
Progression

- ⚽ Allow players to cross halfway line
- ⚽ Play two touch
- ⚽ Pass and trade with target player

Coaching Points

- ⚽ Concentration
- ⚽ Defending and screening
- ⚽ Communication
- ⚽ Nearest man closes the ball
- ⚽ Second man – screen target (keep checking shoulder)
- ⚽ Third man – get round, don't over cover

TECHNICAL & POSSESSION



Direction Game with GK's & Goals

Organisation

The goalkeeper starts the session by throwing the ball to one of his defenders. The two opposing defenders can come in and pressure once he has taken his first touch, creating a 4v2 situation. Defenders play to create an opening to get the ball to their target players in the middle third. The target players combine to play the ball to their forwards in the offensive third. Defenders again come in and close down to create a 4v3 situation.

Repeat activity in the opposite direction.

Progression

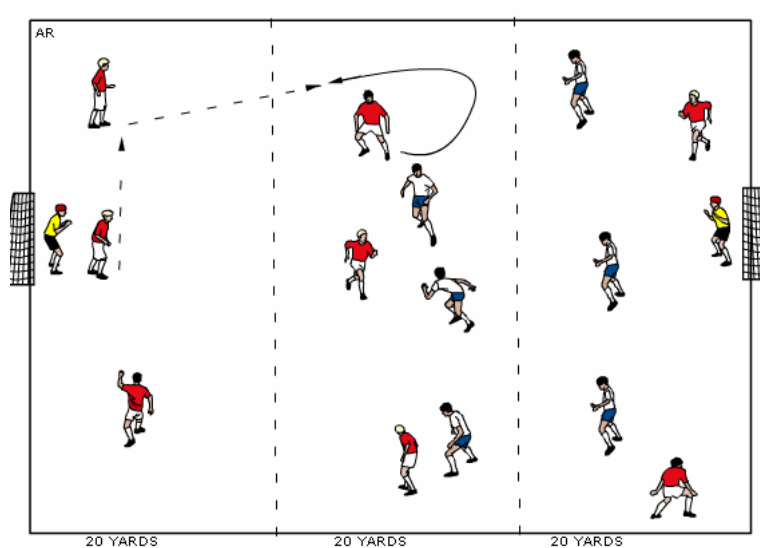
⚽ Rotate positions

Coaching Points

⚽ Pass and move – change the angle

⚽ Support the player in possession

TECHNICAL & POSSESSION



Playing Through the Midfield

Organisation

The field is divided into thirds with each end played 3v2 and the middle third played 3v3. Defenders outnumber the forwards 3v2 in their own defensive end. The session begins with the goalkeeper playing the ball out to one of the back players. The objective for the defenders is to keep possession and play through the midfield whenever possible. Once the ball has progressed of the middle third the midfielders attempt to play the ball the forwards. One player from midfield can support the forwards and a defending midfielder can track this runner.

Progression

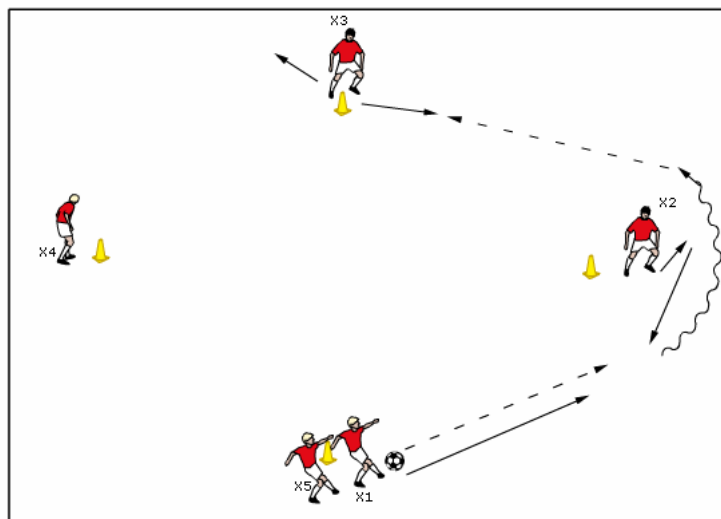
⚽ Restrict players to certain touch limit

Coaching Points

⚽ Retain Balance

⚽ Mix the play up. Pass and move or take people on

TECHNICAL & POSSESSION



Diamond Drills

Organisation – Passing & Turning

Four cones are placed in a diamond formation approximately 20 yards apart, five players are used with one at each cone and two at the starting cone. X1 starts exercise by passing to X2 and follows pass. X2 moves away first to create space in front and then checks back. X2 turns with the ball around the outside of the cone. X2 then passes to X3 and follows pass. X3 moves away and then checks in.

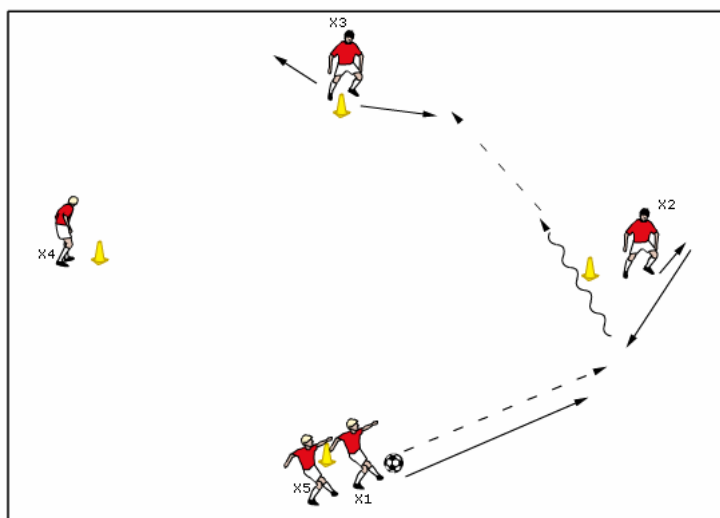
Progressions

⚽ Repeat in opposite direction

Coaching Points

- ⚽ Good control
- ⚽ One touch if ability allows
- ⚽ Call out for the ball

TECHNICAL & POSSESSION



Diamond Drills

Organisation – Passing & Turning

Same set up as previous diamond drill. Players must now turn to the inside of the cone before passing to the next player in sequence. X1 starts off with two touches to initiate X2 movement.

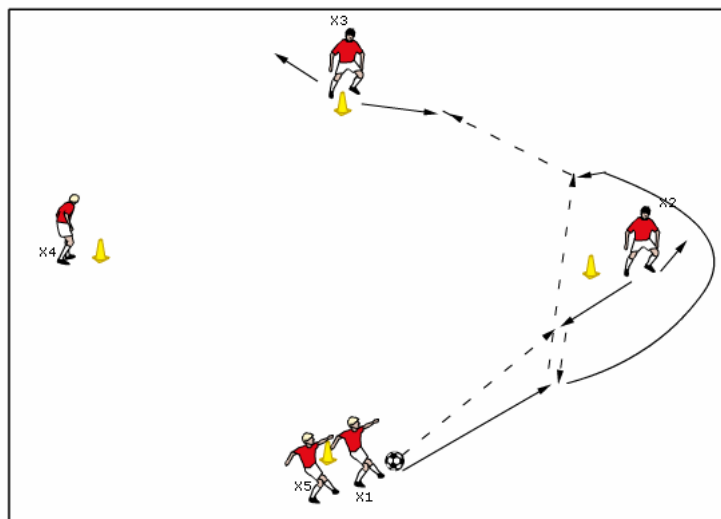
Progression

⚽ Repeat in opposite direction

Coaching Points

- ⚽ Communication
- ⚽ Quality set up touches
- ⚽ One touch if ability allows

TECHNICAL & POSSESSION



Diamond Drills

Organisation – Passing, Setting & Spinning

Same set up as previous drill. X1 plays off two touches to initiate X2 movement. X1 passes to X2 and then creates angle inside. X2 moves away to create space in front, checks back, sets ball to X1 and then spins around the cone to collect through pass from X1. X2 plays to X3 who has moved away and checked back. X2 moves inside to other angle inside. X3 sets for X2 and spins around cone. X2 plays through ball to X3.

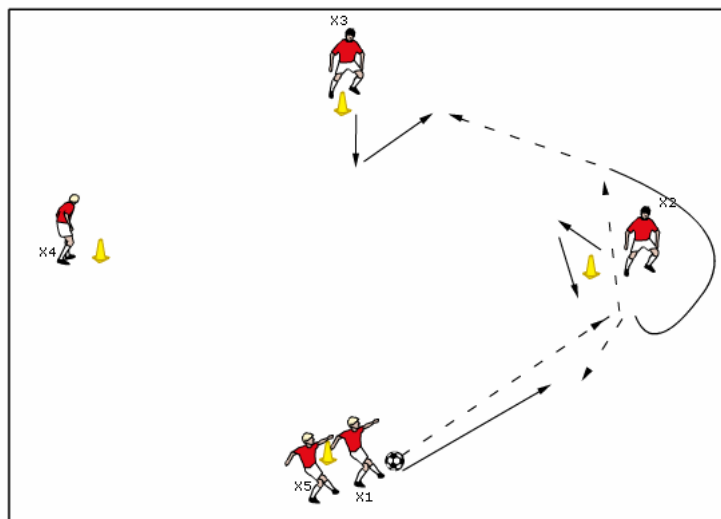
Progression

⚽ Repeat in opposite direction

Coaching Points

- ⚽ Communication
- ⚽ Quality set up touches
- ⚽ One touch if ability allows

TECHNICAL & POSSESSION



Diamond Drills

Organisation – Passing, Setting & Spinning

Same set up as previous but now players must now move inside of the cone to create space outside. Players spin to receive through ball which has been played outside of the cone.

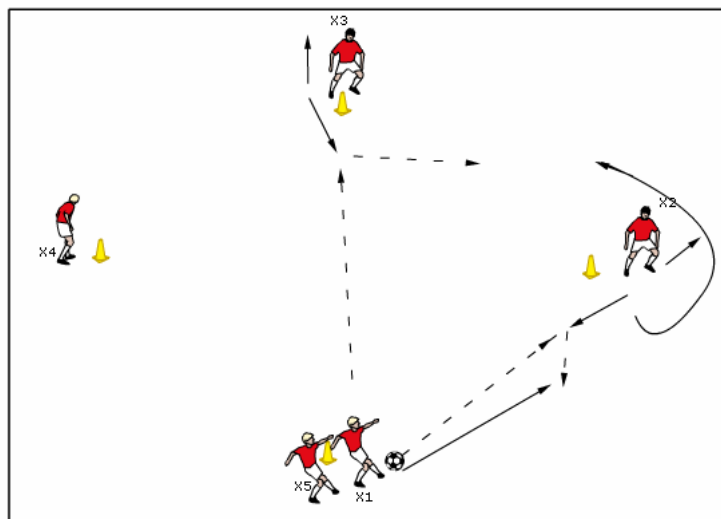
Progression

⚽ Repeat in opposite direction

Coaching Points

- ⚽ Communication
- ⚽ Quality set up touches
- ⚽ One touch if ability allows

TECHNICAL & POSSESSION



Diamond Drills

Organisation – Passing, Setting & Spinning

Same set up as previous but now players must now move away to create space in front. X1 plays ball to X2 and supports inside. X2 moves away to create space in front and then checks back to receive pass from X1. X2 sets ball to X1 and then spins around outside of the cone. X1 plays ball to target player X3. X2 supports X3 with his outside run.

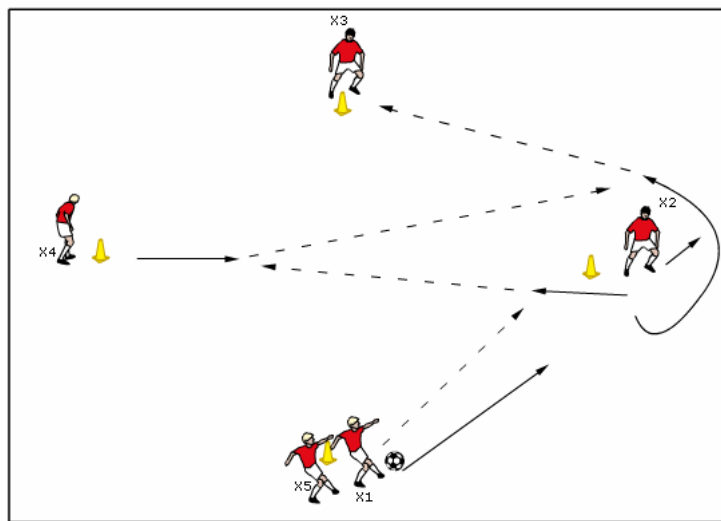
Progression

🏈 Repeat sequence using X3 as starting playing and X5 as target player.

Coaching Points

- 🏈 Communication
- 🏈 Quality set up touches
- 🏈 One touch if ability allows

TECHNICAL & POSSESSION



Diamond Drills

Organisation – Wall Pass, Spinning & Turning

X1 plays off two touches to initiate X2 and X4 movement. X1 passes to X2 and follows pass. X2 moves away to create space in front and then checks back. X2 plays ball into X4 who comes in short to play ball back behind X2's cone. X2 spins behind / outside cone and plays into X3.

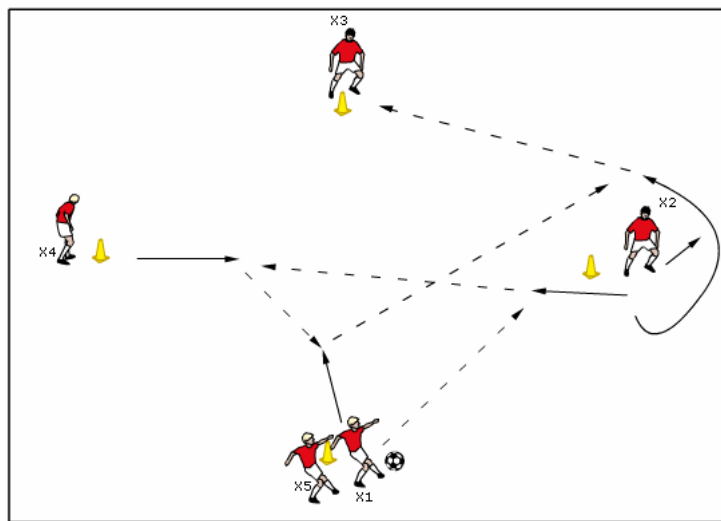
Progressions

- 🏐 Repeat sequence with X3 playing into X4 and X1 now offering the wall pass.

Coaching Points

- Quality of combination play
- Communication
- One touch if ability allows

TECHNICAL & POSSESSION



Diamond Drills

Organisation – Wall Pass, Spinning & Turning

X1 plays off two touches to initiate X2 and X4 movement. X1 passes to X2 and moves inside for a support ball from X4. X2 moves away to create space in front and then checks back to receive pass from X1. X2 plays ball sequence to X4 who comes in short. X2 spins behind / outside cone and plays into X3. X4 sets ball for X1 who in turn slides ball inside of cone through to X2. X2 passes to X3 who has moved away and checked in.

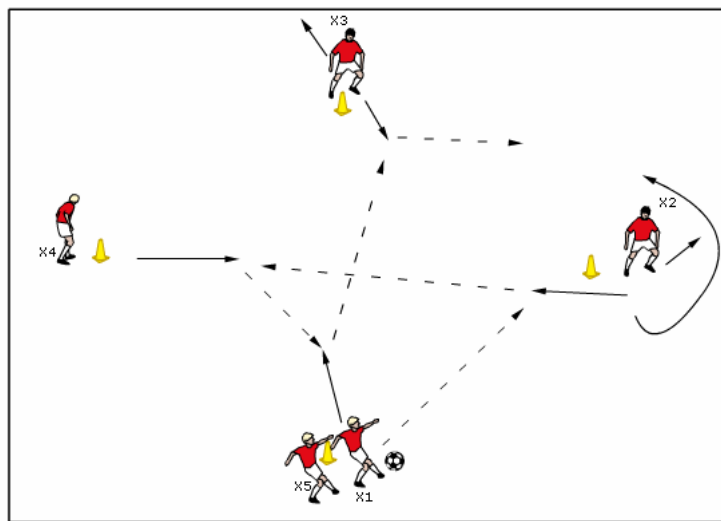
Progression

⚽ Repeat sequence in opposite direction

Coaching Points

- ⚽ Quality of combination play
- ⚽ Communication
- ⚽ One touch if ability allows
- ⚽ Performed at game speed

TECHNICAL & POSSESSION



Diamond Drills

Organisation – Wall Pass, Spinning & Turning

X1 plays off two touches to initiate X2 and X4 movement. X1 passes to X2 and moves inside for a support ball from X4. X2 moves away to create space in front and then checks back to receive pass from X1. X2 plays ball square to X4 who comes in short. X2 spins behind / outside cone and plays into X3. X4 sets the ball for X1 who in turn plays up to target player X3. X3 who has moved away and checked in sets the ball back to X2 who plays square pass to X4.

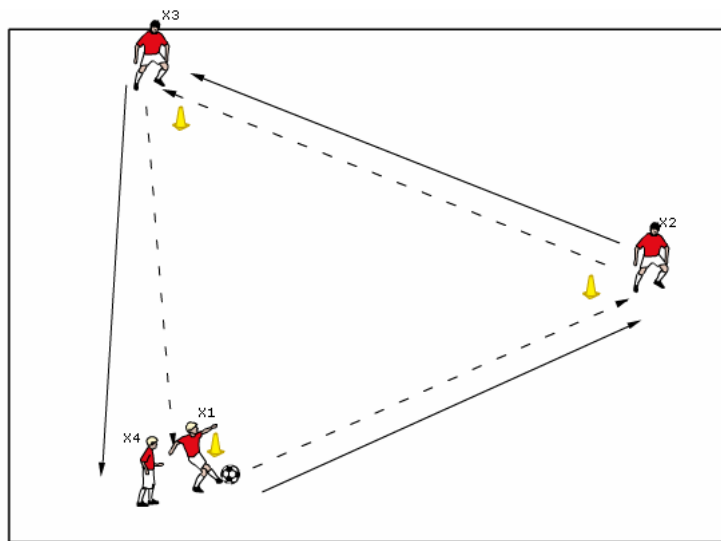
Progression

⚽ Repeat sequence in opposite direction

Coaching Points

- ⚽ Quality of combination play
- ⚽ Communication
- ⚽ One touch if ability allows
- ⚽ Performed at game speed

TECHNICAL & POSSESSION



Receiving Session

Organisation

Players line up in a triangle approximately 15 yards apart. X1 passes to X2 and follows pass. X2 opens out, letting the ball run across body then plays to X3 and follows pass. X3 to X4 and so on.

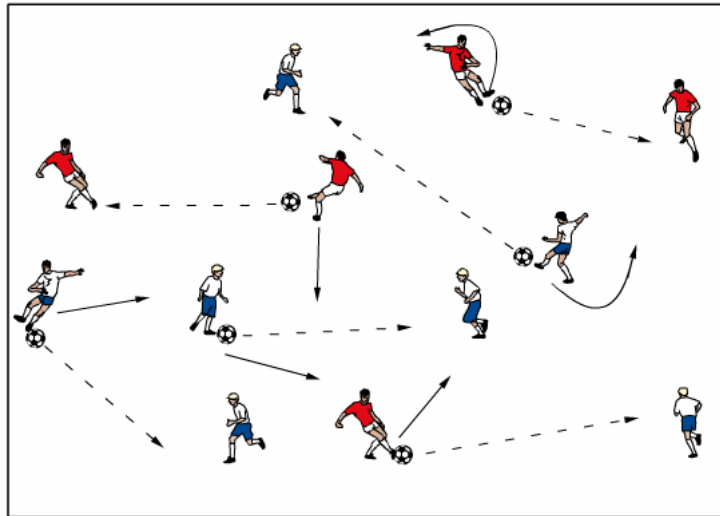
Progressions

- ⚽ Repeat in other direction with other foot
- ⚽ Play two touch – then one touch

Coaching Points

- ⚽ Slight pressure to make receiver aware
- ⚽ Feint to play ball back
- ⚽ Good first touch to open angle
- ⚽ Good pass

TECHNICAL & POSSESSION



Receiving Session

Organisation

Within a 40 by 40 yard grid, two teams of six with each team having two balls. Players pass ball amongst their respective teams.

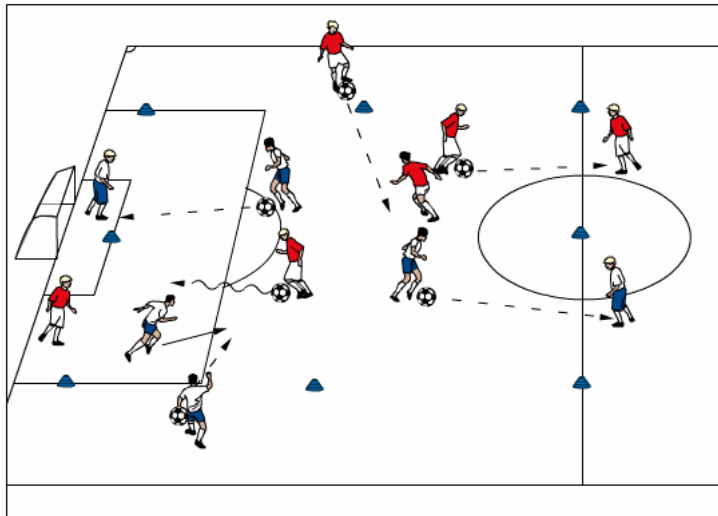
Progression

- ⚽ Play one or two touch only
- ⚽ After pass has been made, players to go beyond ball or spin away

Coaching Points

- ⚽ Pass and move looking for accuracy
- ⚽ Playing soft to bring players on the ball
- ⚽ Playing firm for players to turn or open angles
- ⚽ Lots of movement going on to encourage players to be aware of space and team mates.
- ⚽ Good body shape

TECHNICAL & POSSESSION



Passing & Receiving Session

Organisation – Pass and move

Within a 40 by 40 area six players on each team with three players inside the grid and three players spread around the outside. Players along the outside can move along lines but can only work with their team mates. All players inside the grid have a ball and they dribble around and pass to outside supporting team mates.

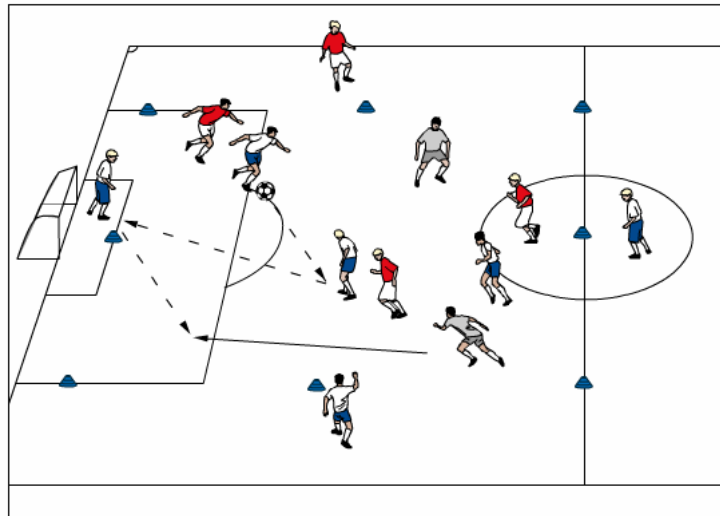
Progression

⚽ Rotate positions

Coaching Points

- ⚽ Accurate pass
- ⚽ Make good angle, enabling player to see all of the player area
- ⚽ Good first touch out of feet, early decision regarding next pass
- ⚽ Is it possible to play pass in two touches, if not be patient
- ⚽ Body shape vital
- ⚽ Lots of movement, essential to be aware of other players within the square
- ⚽ Communication – does the player need the ball back from outside in one touch

TECHNICAL & POSSESSION



Passing & Receiving Session

Organisation

Within a 30 by 30 yard grid, play 3v3+2 floaters and two supporting players on outside. X's can play with outside X's and O's can play with outside O's. Floaters cannot play with players outside.

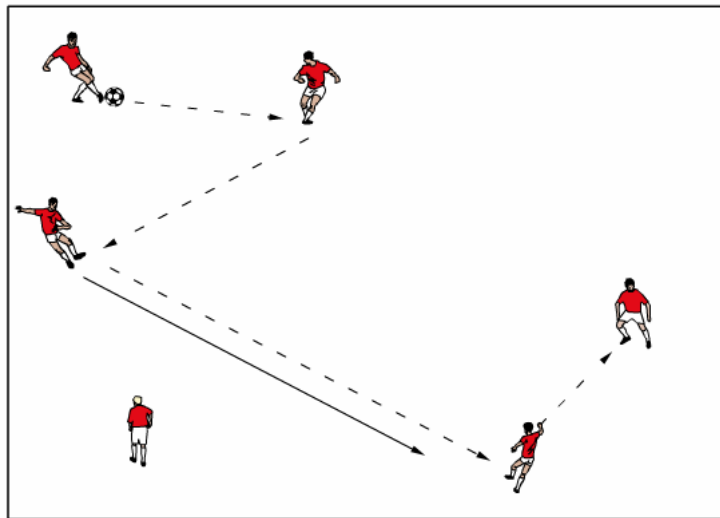
Progressions

- ⚽ Players must changeover when ball is passed to outside player
- ⚽ Allow a second player to change to create defensive confusion

Coaching Points

- ⚽ Controlled possession
- ⚽ Angles of support

TECHNICAL & POSSESSION



Screening Technique

Organisation

Six players play with one ball in a 30 by 30 yard area. The passing sequence is two short then one long pass. One touch passing allowed only. The receiver of the passes short to set the sequence again. Ensure that the practice is played at a realistic match pace.

Progression

⚽ Long passer follows the ball to support the screener

Coaching Points

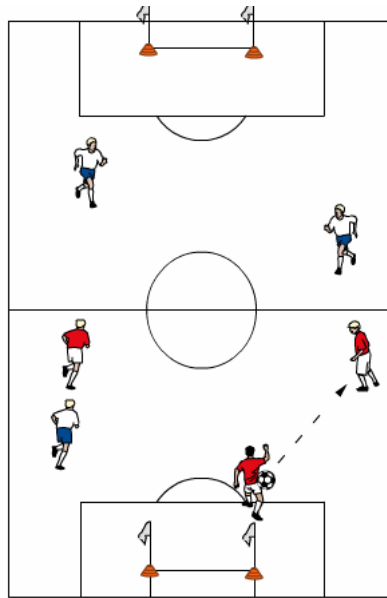
⚽ Support short for first two passes then break and support long for next long pass

⚽ Receiver of long pass to create space by moving away from receiving area, then quickly checking back to come down the line of the ball

⚽ Control with outside of foot

⚽ Turn on the using a correct turning technique

TECHNICAL & POSSESSION



Pass & Move

Organisation

Teams play 3v3 on appropriately sized field for ability and age (U16's – 40 x 30 yard). A goal scoring box 5v5 yards is placed in front of the goals. Players can only score from inside of the box and when all team members are in opponents half. No corners and all balls are passed in from sidelines.

Progression

⚽ Play two touch

⚽ Play mini-tournament against other teams using two fields

Coaching Points

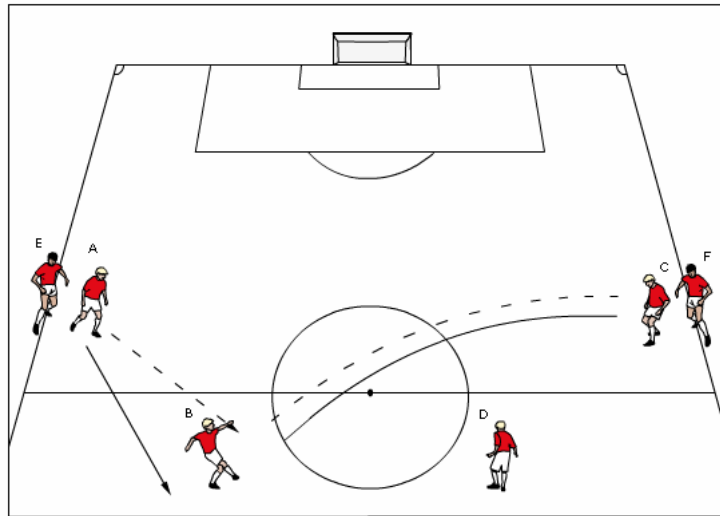
⚽ Pass and move in support and in advance of the ball

⚽ Encourage defending goal side of the ball to reinforce correct defending and realistic play

⚽ Run at a defender, turn and screen the ball if forward passing is not on, and then pass back to a supporting player. Screening with skill and composure is important

⚽ Introduce runs to create space in the future

TECHNICAL & POSSESSION



Switching Play

Organisation

Using the width of the pitch, two players line up left side, two players line up on right side and two players as middle midfielders. Balls starts with X who passes to B and follows pass. B switches to C and follows pass. C passes to D and follows and D passes to E and follows. Repeat.

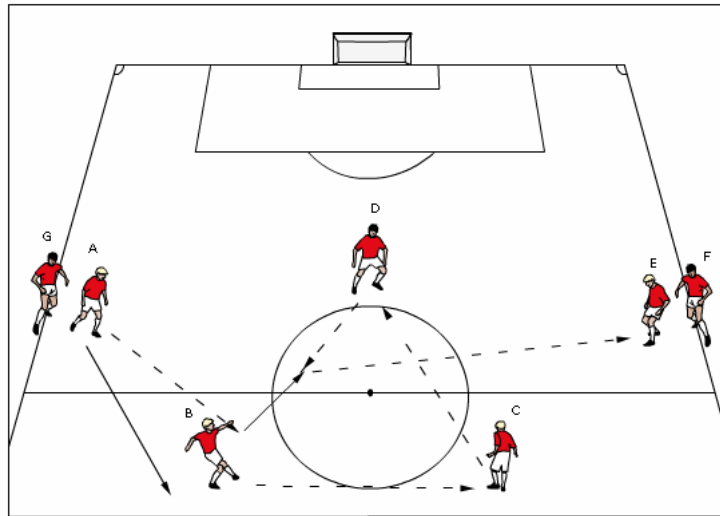
Progression

⚽ Two touch play in the middle – one touch at side line

Coaching Points

- ⚽ Be on toes ready to receive
- ⚽ Receive ball with right foot and pass with left and opposite
- ⚽ Receive ball on back foot

TECHNICAL & POSSESSION



Switching Play

Organisation

Same set up as previous but now with 3 central midfielders. Player A passes to B follows. B passes to C who plays to D who lays the ball back to B who switches the play to E. E takes ball down line then returns to start over by playing to C.

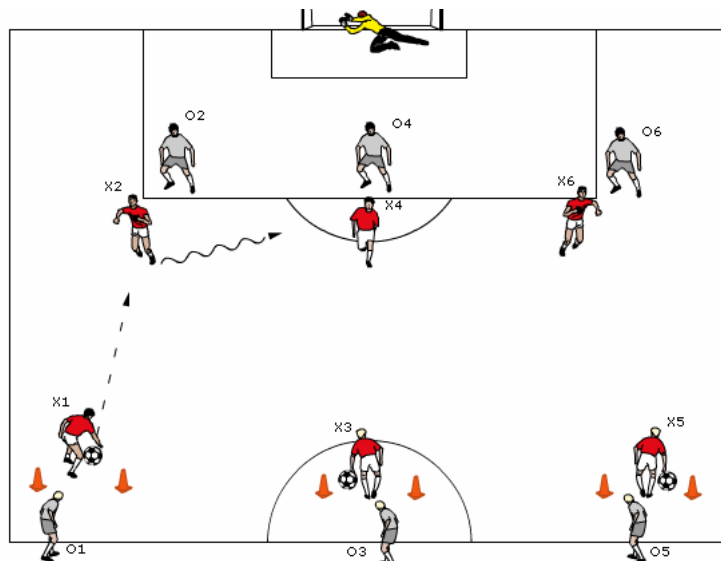
Progression

⚽ A takes position B / B takes position D / D takes position A

Coaching Points

- ⚽ Quick play in the middle area – one / two touch only
- ⚽ Keep the ball moving at game speed

TECHNICAL & POSSESSION



1v1 – Progressing to 2v2 after a Pass

Organisation

Using a 25 by 25 yard area with one large goal and a goalkeeper, players line up as shown in the diagram. X1 plays to X2, who tries to get away from O2 and shoot at the large goal. If O2 wins the ball he can counterattack and attempt to score by dribbling the ball through the small goals.

Progression

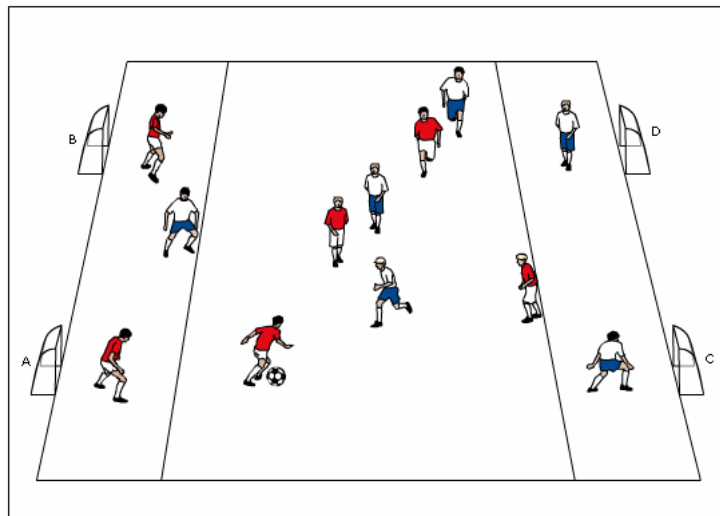
⚽ Players rotate position

⚽ 2v2 (X1 + X2 v O1 + O2). X2 can involve X1 by playing a pass to him. O1 can now join in to make 2v2. X2 must make the decision to involve X1.

Coaching Points

- ⚽ Create Space
- ⚽ First Touch
- ⚽ Decision
- ⚽ End Product

TECHNICAL & POSSESSION



Maintaining Possession

Organisation 4 Goal Game

X's and O's compete against each other in a 6v6 game with four goals on a 30 by 60 yard field. X's can score in goals A or B and they defend C and D.

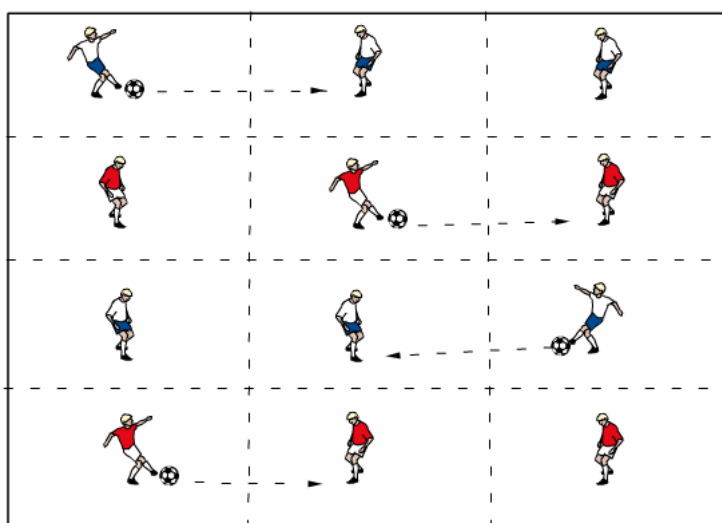
Progressions

- ⚽ One touch finishing
- ⚽ Midfielders players on two touch restriction

Coaching Points

- ⚽ Defenders – switching play, maintain possession, support, decision making
- ⚽ Midfielders – turns, decision making, creating space, support, finishing, runs, switching play, maintain possession
- ⚽ Forwards – finishing, runs, layoffs, hold ball up, decision making
 - ⚽ Encourage:
 - ⚽ Changing of direction, even if it means backwards
 - ⚽ Constant movement and support
 - ⚽ Skill, intelligence, technique

DEFENDING & HEADING



Setting the Scene

Organisation

- ⚽ A grid is set up with 12 squares inside and a player in each square. Play starts off with a ball in each grid line and the ball being passed up and down the line.

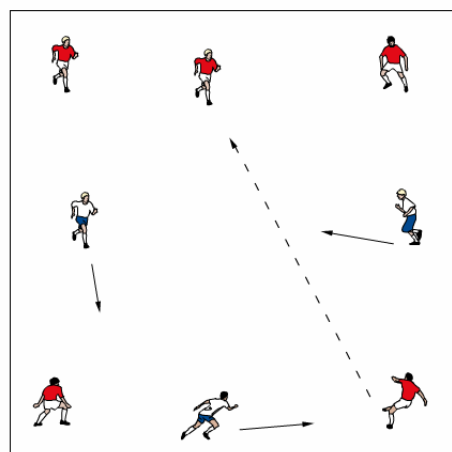
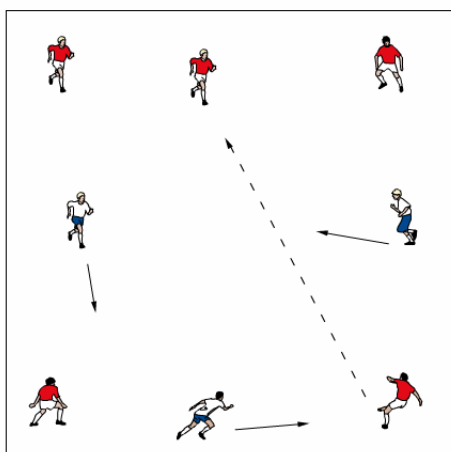
Progression

- ⚽ Two ball set up – pass between
- ⚽ One ball set up with one player to press the ball but stay in own square

Coaching Points

- ⚽ Quality Passing
- ⚽ Control and set up
- ⚽ Head up and eye contact

DEFENDING & HEADING



Passing & Receiving Session

Organisation

In a square approximately that of two grids, play is set up in each with a 5v3 game of keep away. In one grid red team has the numerical advantage and in the other grid the white team has the numerical advantage.

Progression

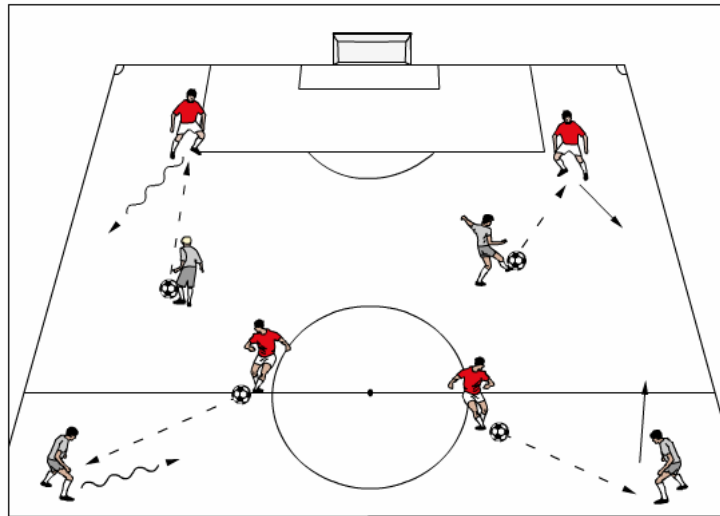
⚽ Have players play opposite roles

Coaching Points

⚽ Quick play movements

⚽ Defenders to close down quickly and force turnover

DEFENDING & HEADING



The Fullback

Organisation – Warm Up

Right and left full backs work together on different moves they may use in a game situation. They have one ball between two and feed each other passes and take each other on within their zone on the field.

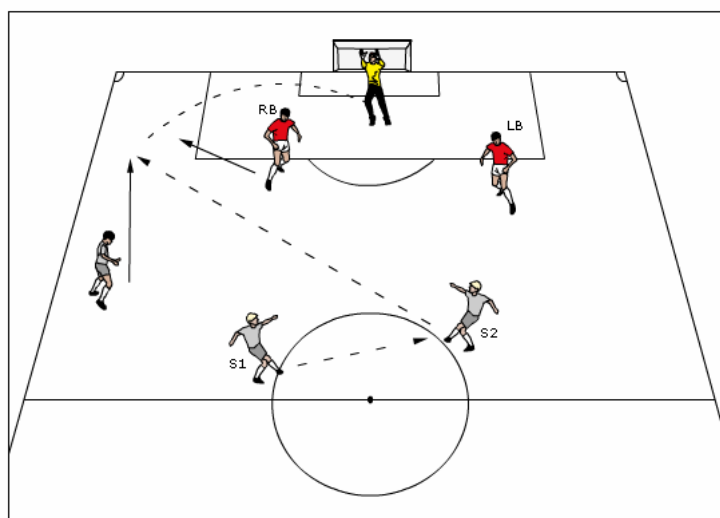
Progression

- ⚽ Rotate positions
- ⚽ Work both RB and LB

Coaching Points

- ⚽ Ball across body fake
- ⚽ First touch across body
- ⚽ Fake pass back – step over, outside hook
- ⚽ Open out and play inside, fake inside and open out
- ⚽ Heading side on to clear

DEFENDING & HEADING



The Fullback

Organisation – Blocking Crosses

Central midfielders S1 and S2 play to each other and then find winger.
RB tries to prevent ball being played into a goal area.

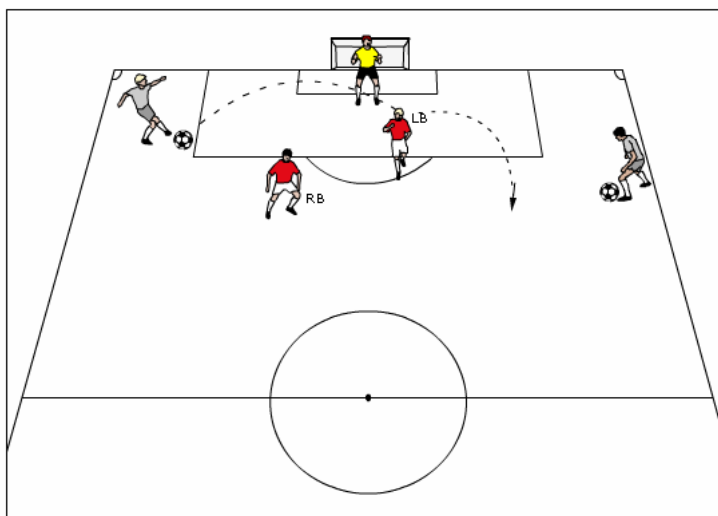
Progression

- 🏈 Rotate positions
- 🏈 Work both RB and LB

Coaching Points

- 🏈 RB to take up position as ball travels to winger
- 🏈 Block line of cross (with outstretched leg). Which leg to use? How quickly can you do it?
- 🏈 Distance away from winger is crucial
- 🏈 Jump to make yourself big when your sure its going to be crossed

DEFENDING & HEADING



The Fullback

Organisation – defending the Far Post

Attacking wide player crosses deep to opposite side defender who clears danger. Defender must make decision to clear with head or foot, control ball back to keeper with head/chest, or let ball run if its over hit.

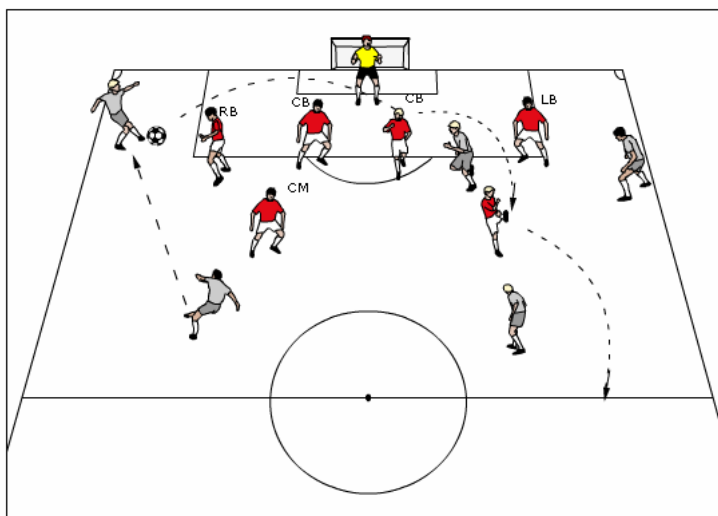
Progression

- ⚽ Add a passive attacker in goal area

Coaching Points

- ⚽ Position of body
- ⚽ Head – where?
- ⚽ Angles and distance to defend
- ⚽ Make decision early

DEFENDING & HEADING



The Fullback

Organisation – Defending from Crosses

Similar set up as previous exercise but now have four defenders with two defensive midfielders playing against four midfielders and two attackers.

Ball is played out wide to outside attacking midfielder who crosses.

Defenders clear lines to halfway line.

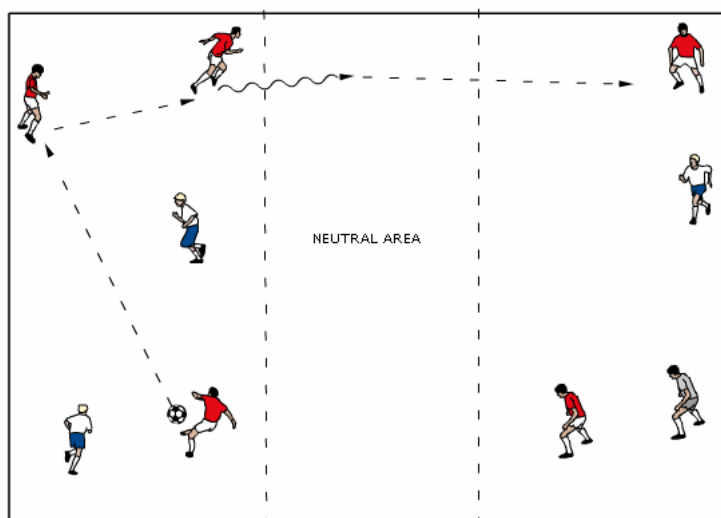
Progressions

- Progress to play after cross
- Attack down both flanks

Coaching Points

- Angles and distance to defend
- Full backs not to get drawn out of position
- Defend again after cross. Pressure attacking players

DEFENDING & HEADING



The Fullback / Defender

Organisation – playing Out of the back

In a 40 by 25 yard area with two 15 yard areas and one middle 10 yard neutral zone. Three defenders play against two attackers in one third to begin. On coach's command or completion of set number of passes, a defender can advance out of zone into neutral zone and link up with two defenders at opposite end to play again.

Progression

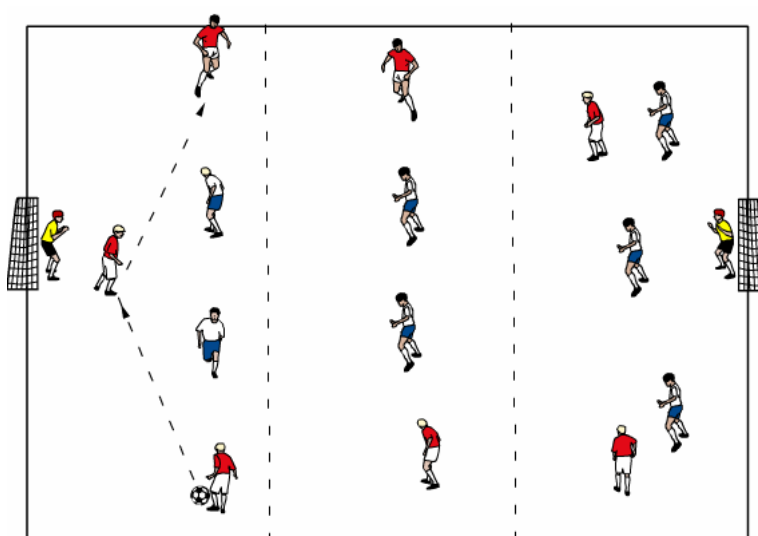
⚽ Rotate positions

Coaching Points

⚽ First touch out of feet to advance forward

⚽ Run fast to neutral zone then make decision on who to pass to

DEFENDING & HEADING



The Fullback / Defender

Organisation – Playing Out of the back

On a field 70 by 50 yard in dimension, goals are placed at either end.

Teams play 7v7 plus goalkeepers with three defenders and two midfielders and two forwards. Players must start in their zone. Ball is played around defenders until coach's command to advance.

Progressions

⚽ Two touch

⚽ Play to midfield first, then forwards

Coaching Points

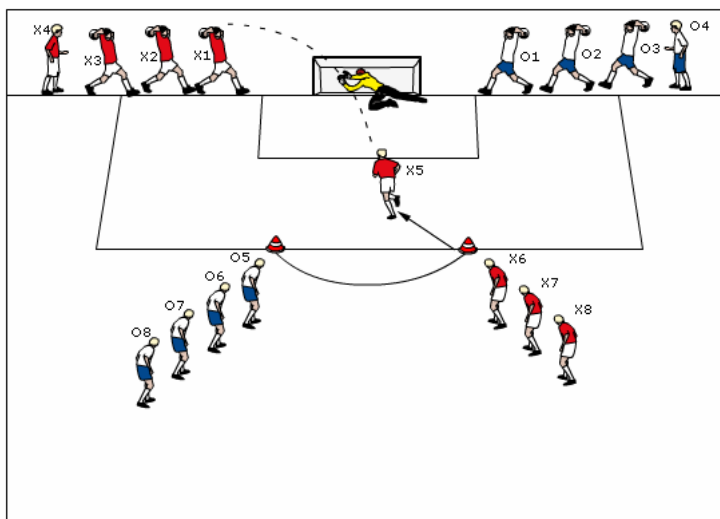
⚽ Full backs break out and join in with midfield creating a 3v2 scenario

⚽ Run / distribution – make decision early

⚽ Overlap / underlaps / getting forward without ball

⚽ Final third play

DEFENDING & HEADING



Heading


Organisation

Two teams line up with four players at each side of goal post and four team mates diagonally opposite at edge of box. X1 takes a throw in and aims for the penalty spot. X5 attacks the ball and tried to score. Players change ends running around the outside. Each team alternates, X5 then O5 etc. First team to score 10 goals wins.

Progression

 Diving headers permitted inside six yard box are worth two points

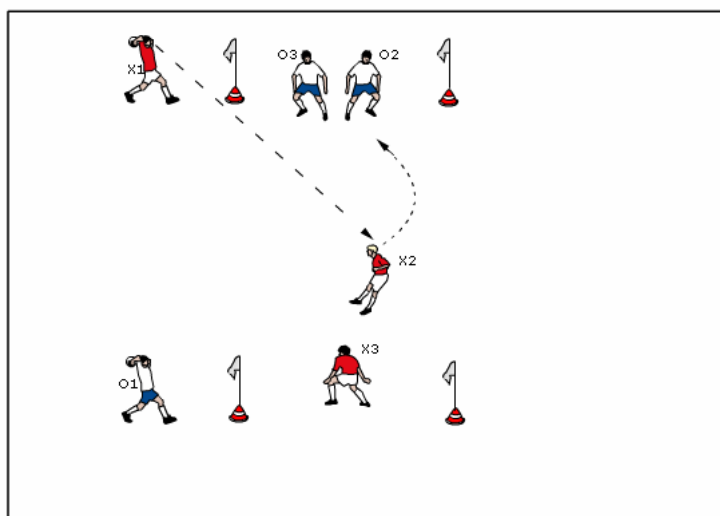
Coaching Points

 Time the run

 Keep eyes on the ball at all times

 Head ball down into corner

DEFENDING & HEADING



Heading

Organisation – Diving Headers

Two small goals are placed 10 yards apart. Two players in each goal link arms. To start X1 throws to X2 to dive and head past O2 and O3. O1 throws to O2 to dive and score past X2 and X3.

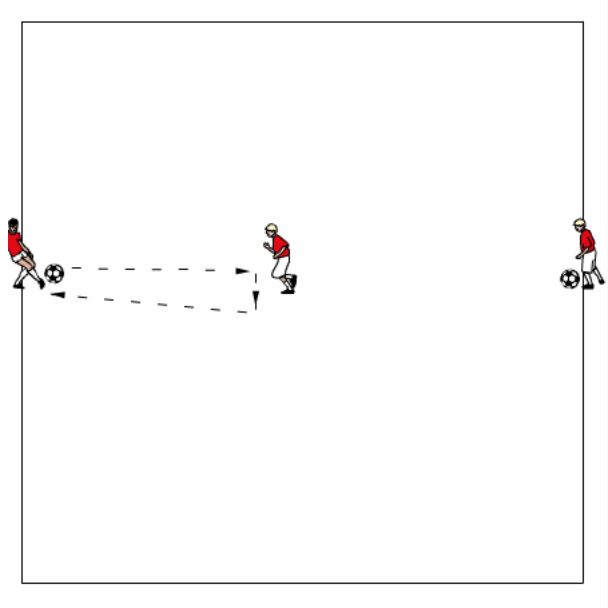
Progression

⚽ Rotate positions

Coaching Points

- ⚽ Players must stay on their half of the field
- ⚽ Goalkeepers must not break link to save
- ⚽ Goals only count if from a diving header

MIDFIELD



Midfield Players

Organisation

In an 8 by 8 yard, players line up with one player on each side of grid with a ball and one player in the middle without a ball. Outside players play one touch into middle player who controls and returns ball to them.

Inside player must call for the ball before outside player passes.

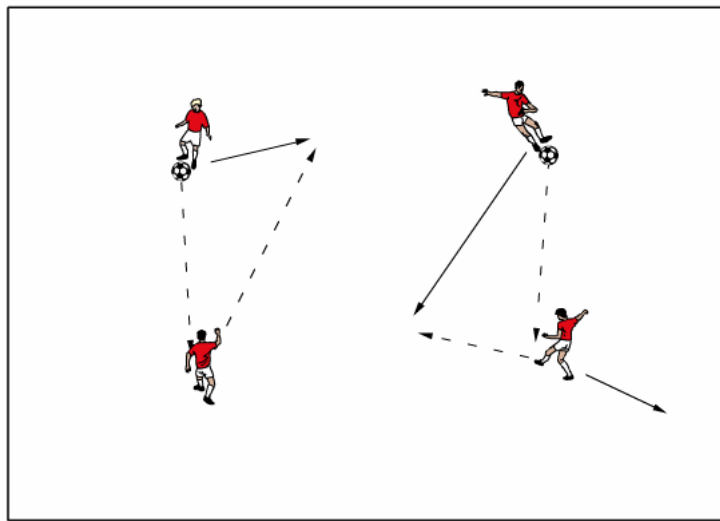
Progressions

- ⚽ Rotate positions
- ⚽ Increase / decrease grid size

Coaching Points

- ⚽ Receiving techniques – Back foot, let ball run, through legs
- ⚽ Passing techniques – Front foot, round corner, laces
- ⚽ Concentration
- ⚽ Imagination

MIDFIELD



Midfield Players

Organisation – Moves of a Midfielder

Players pair up and pass and move within a 25 by 25 yard grid. Receiving player controls ball in various manners and returns ball to partner.

Progression

⚽ Rotate positions

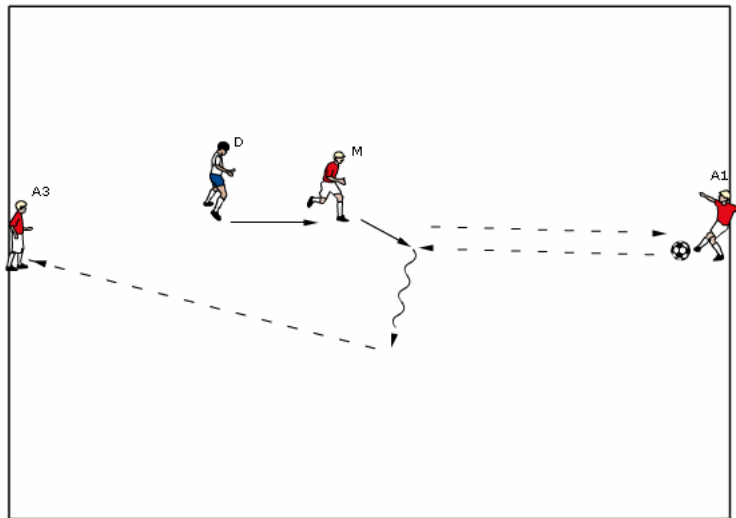
Coaching Points

⚽ Control ball across body

⚽ Inside to outside

⚽ Drag across body

MIDFIELD



Midfield Players

Organisation – 4v4 Directional

Players in group of fours in 20 by 10 yard grids, two players at each end and two players in the middle. Outside players pass to middle team mate who is defended. Middle player must either turn and play to opposite end player or return pass back to original passer.

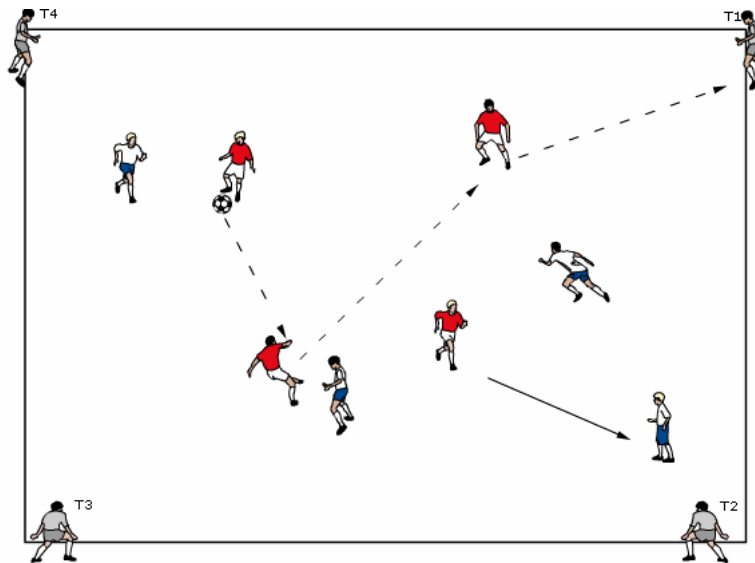
Progressions

- ⚽ Rotate all positions
- ⚽ Increase / decrease grid size

Coaching Points

- ⚽ Middle player to play across body to switch play
- ⚽ If defender is tight – pass behind
- ⚽ If defender is off – pass in front

MIDFIELD



Midfield Players

Organisation – 4v4 Directional

On a 25 by 25 yard area, players group in fours. Two teams compete in the middle and one team line up with a player in each corner. The Red team combine to reach target players T1 and T2. Once reached, the white team combine to reach T3 and T4.

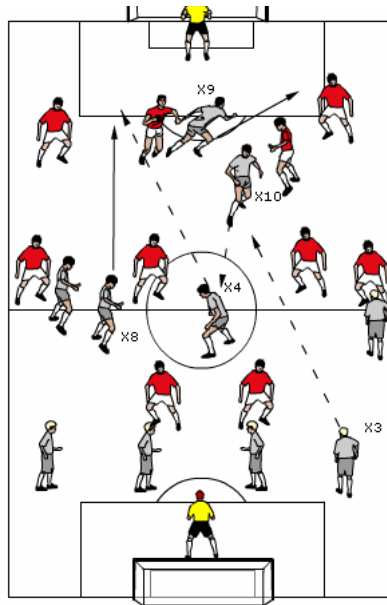
Progression

- ⚽ Rotate so all players compete in the middle and all players become target players

Coaching Points

- ⚽ Support player in possession
- ⚽ Look for diagonal passes and switches of play
- ⚽ Maintain possession
- ⚽ Transition once possession is lost

MIDFIELD



Midfield Players

Organisation – Breaking Out

Full field practice using all 11 players. Ball starts with X3 who plays into X10. X10 sets ball to midfielder X4. X9 runs behind X10. X8 runs into space vacated by X9. X4 plays through ball for X8.

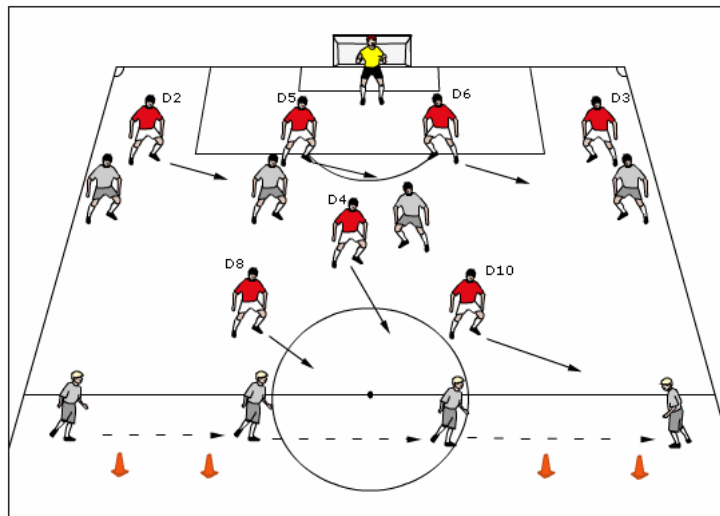
Progressions

- ⚽ Repeat using O players in opposite direction
- ⚽ Allow free play but encourage set up activity

Coaching Points

- ⚽ Timing of play – game specific
- ⚽ Shadow play for defenders
- ⚽ Quality of passing and control
- ⚽ End product – shot on goal?

MIDFIELD



Midfield Players

Organisation – Central Midfield

Four defenders and these central midfielders line up as shown. The ball is switched from the left side to the right side. Midfielders D4, D8 and D10 all slide to keep shape. Repeat in opposite direction.

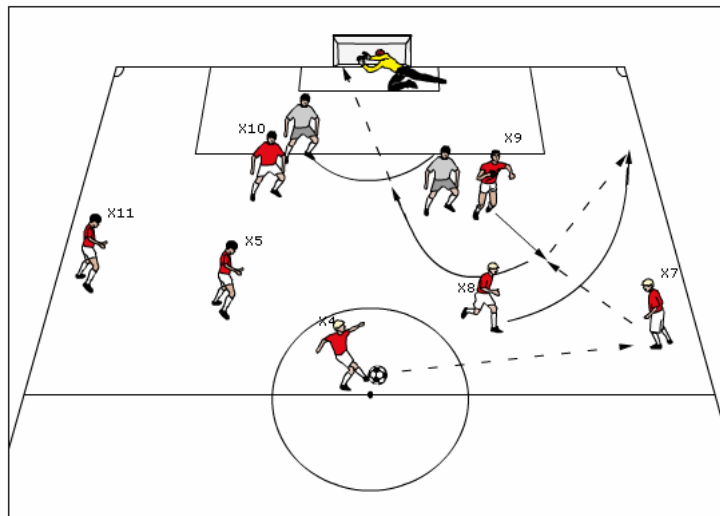
Progressions

- ⚽ Attacking team to play into forwards and attack goal
- ⚽ Defending team to win possession and counter into small goals

Coaching Points

- ⚽ Midfield triangle changes shape according to opposition
 - ⚽ Players slide and don't get picked off
 - ⚽ Defending in balance
- ⚽ Recognise how to get back into shape, not position

MIDFIELD



Midfield Players

Organisation – Overlapping Runs

Half field practise with seven attacking players and two defenders and a goalkeeper. X4 passes out to X7. X7 receives and passes to X9 who has come short to receive. X9 turns and either passes to X8 who has overlapped or turns and shoots/combines with X10 with a wall pass to shoot.

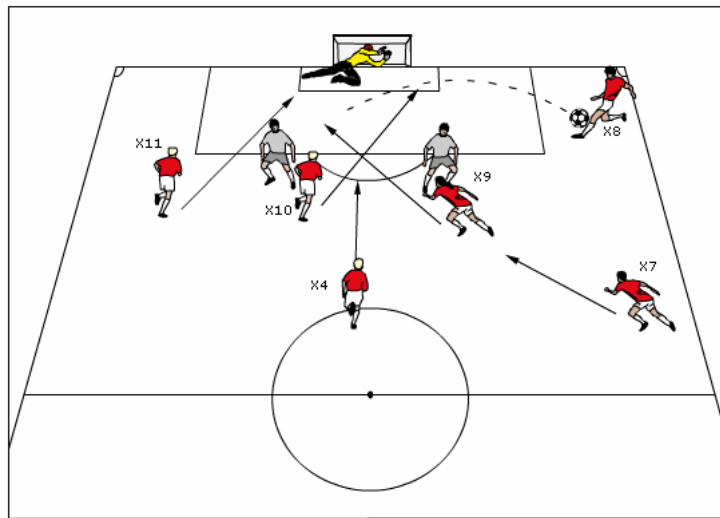
Progressions

- ⚽ Repeat using both sides
- ⚽ One touch or two touch
- ⚽ Bring in more defenders

Coaching Points

- ⚽ Create space by front players
- ⚽ Quality of pass
- ⚽ Timing / Angle of run from midfield player

MIDFIELD



Midfield Players

Organisation – Overlapping Runs

Continuation from previous exercise – if X9 plays in X8 out wide, X9, X10 and X11 must attack the area. X10 cuts towards the near post, X9 moves towards centre and X11 takes up a position towards the far post as indicated. X7 and X4 look for knock downs on the edge of the penalty area.

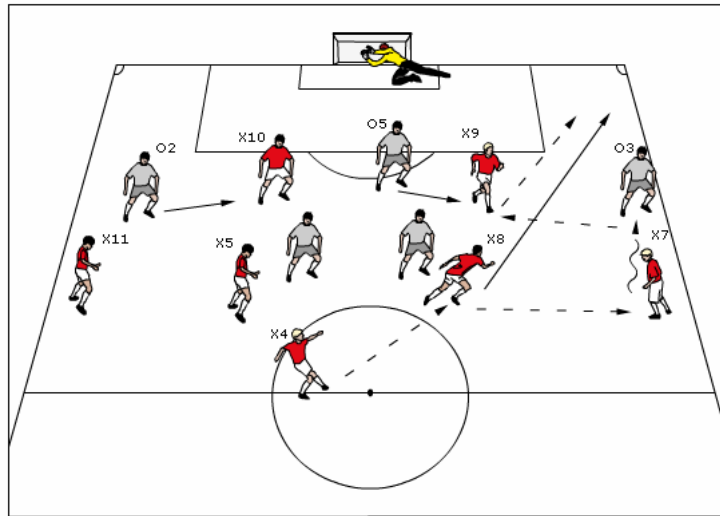
Progression

⚽ Repeat using both sides

Coaching Points

- ⚽ Quality of cross
- ⚽ Timing of runs
- ⚽ The finish

MIDFIELD



Midfield Players

Organisation

Half field practice with seven attacking players and five defending players as shown in the diagram. X5 passes to X4 or X8. X4 or X8 pass wide to X7 or X11. O2 and O3 are conditioned to show players inside or outside. Attacking players combine to shoot and score. The offside rule is in play.

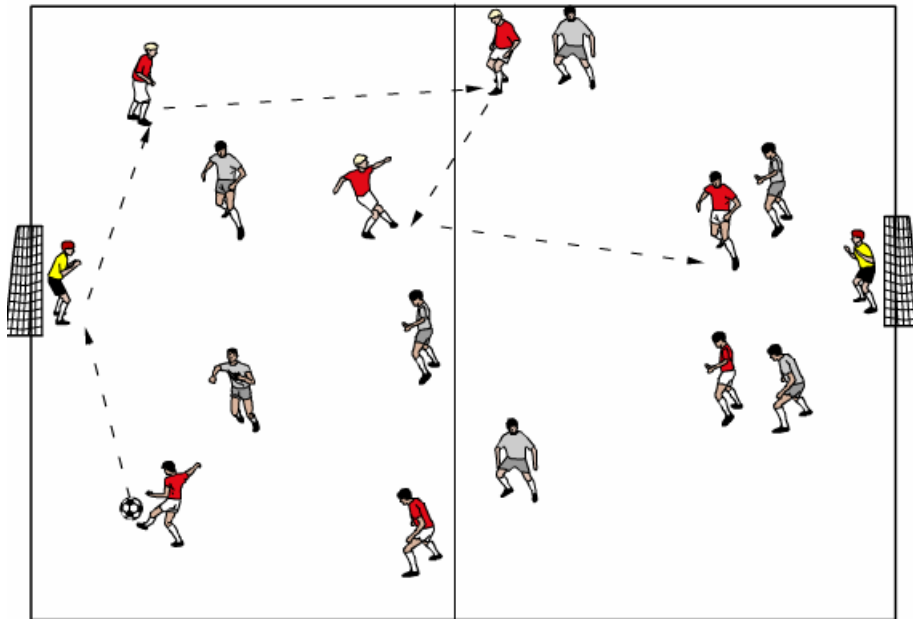
Progression

⚽ Introduce a second centre back

Coaching Points

- ⚽ Decisions made by the players –
 - ⚽ Blind-side runs
 - ⚽ Combination play
 - ⚽ Overlaps

MIDFIELD



Midfield Players

Organisation – Turning, Dribbling and shots

On a field 50 by 30 yards with goals at each end teams play 8v8 using a 2-3-2 formation. Offside is in play.

Progression

⚽ Play two or three touch only

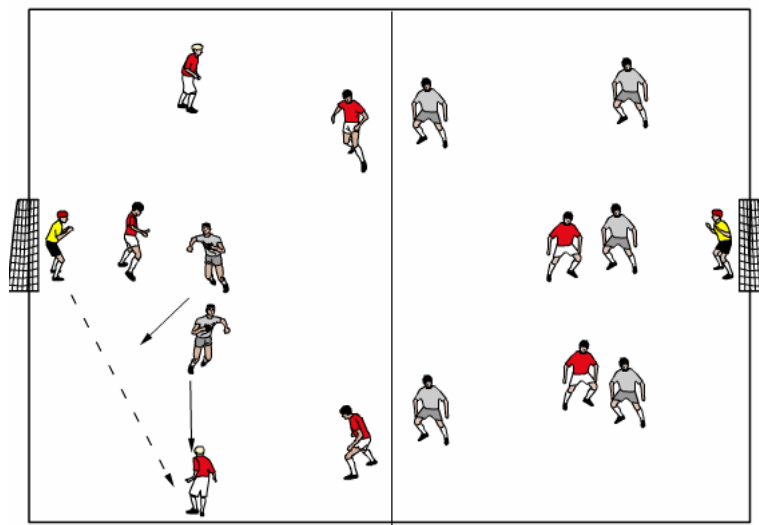
Coaching Points

⚽ Turning – Awareness of space and other players – First Touch – Decision (selection of turn)

⚽ Dribbling – Attitude (first touch; when and where) – Decision (Technique)

⚽ Shooting – Attitude – Selection

MIDFIELD



Midfield Players

Organisation

Same set up as previous but using a larger field 60 by 40 yards and a 3-2-2 formation set up.

Progression

⚽ Restrict touches

Coaching Points

⚽ Close –retreat

⚽ Cover and support

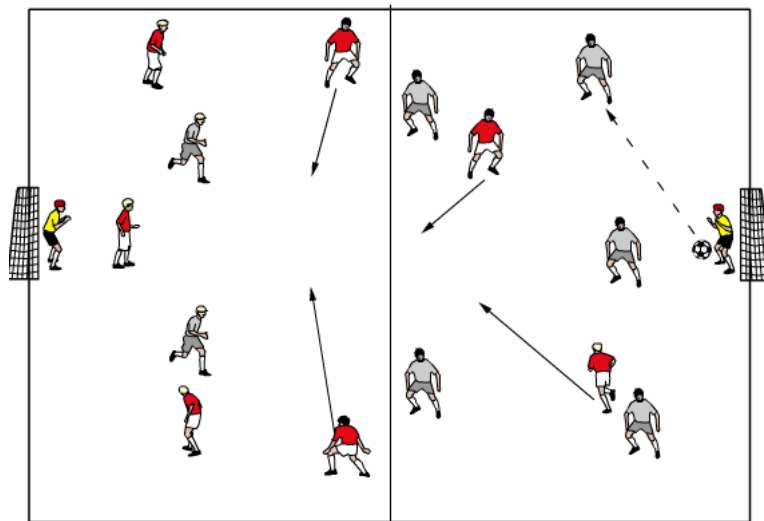
⚽ Balance and compactness

⚽ Tracking and recover

⚽ Communication

⚽ High pressure – react early – encourage play in one direction

MIDFIELD



Midfield Players

Organisation

Same set up as previous. This formation allows space for defenders to receive.

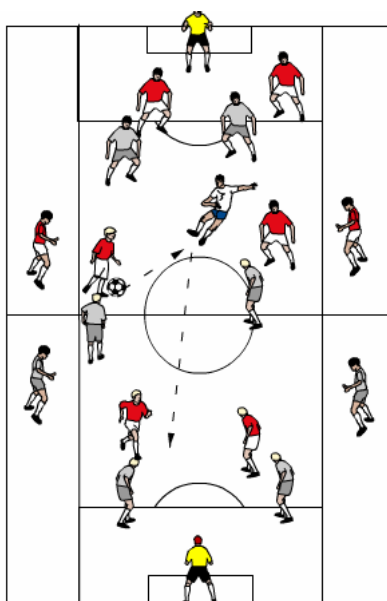
Progressions

- ⚽ Restrict touches
- ⚽ Rotate positions

Coaching Points

- ⚽ Low pressure – restrict when not possible to close early / or part of team strategy – ensure the space behind is not vulnerable
 - ⚽ Balance and compactness
 - ⚽ Cover and support

WING PLAY & FORWARDS



Imaginative Play

Organisation

Team play 8v8 with one floating player and goalkeepers on a three quarter sized field. Teams line up with two defenders, four midfielders and two forwards. The outside midfielders have an area where they play unopposed.

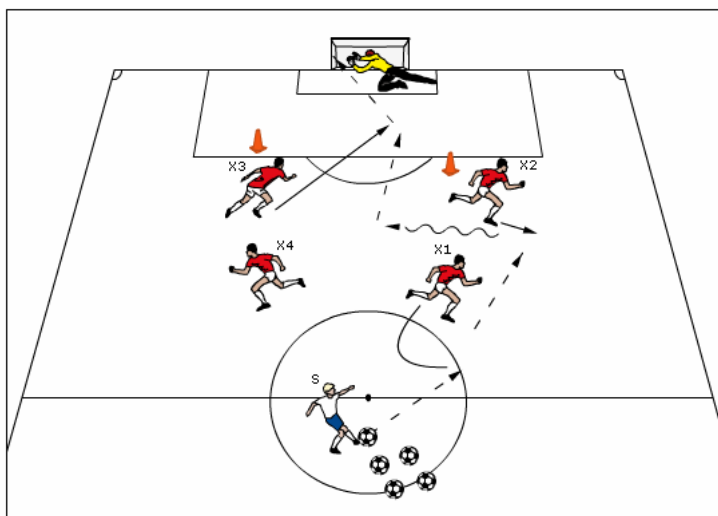
Progressions

- ⚽ Rotate all positions
- ⚽ Offside rule applies
- ⚽ Play can become 9v9 (3v3 in central midfield area)

Coaching Points

- ⚽ GK must throw ball centrally and not wide of start game
- ⚽ Players are encouraged to play wide as often as possible

WING PLAY & FORWARDS



Blind-Side Runs

Organisation

Attacking from half field to goal, play starts with a server in the centre circle. S plays to X1 who checks and turns. X2 checks and receives a pass from X1. X2 then runs in field and plays an angled pass for X3.

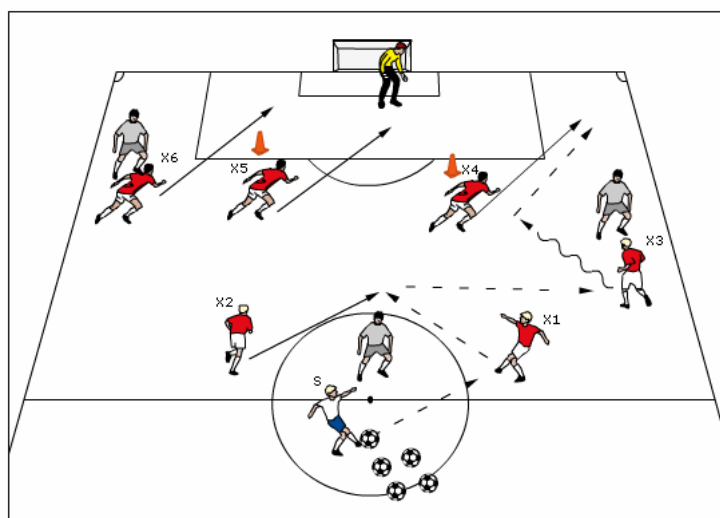
Progression

⚽ Repeat on the left side using X4 etc

Coaching Points

- ⚽ Communication
- ⚽ Receive “Side-on”
- ⚽ Timing / Angle of run
- ⚽ Timing / Pace of pass – Outside of front foot

WING PLAY & FORWARDS



Blind-Side Runs

Organisation

Same set up as previous. S plays into X1 who turns. X2 makes a diagonal run to receive pass from X1. X2 passes wide to X3. X3 runs in field and passes to X4. X4 shoots or crosses to X5 and X6. Repeat on other side.

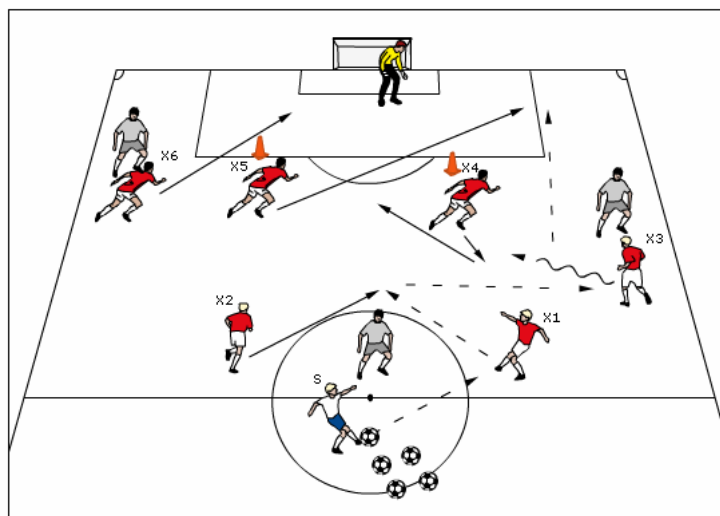
Progressions

- ⚽ Full backs, passive defending and show player inside
- ⚽ Full backs to become more active

Coaching Points

- ⚽ Communication
- ⚽ Receive “Side-on”
- ⚽ Timing / Angle of run
- ⚽ Timing / Pace of pass
- ⚽ Forwards and wide players to create a space before ball arrives – check in or move away

WING PLAY & FORWARDS



Blind-Side Runs

Same set up as previous. S passes to X1. X2 makes a diagonal run to and receives a pass from X1. X2 passes wide to X3. X3 runs in field and X4 comes in short. X5 makes a blind-side run to receive a pass from X3. X5 either shoots or crosses if too wide. Repeat from left side.

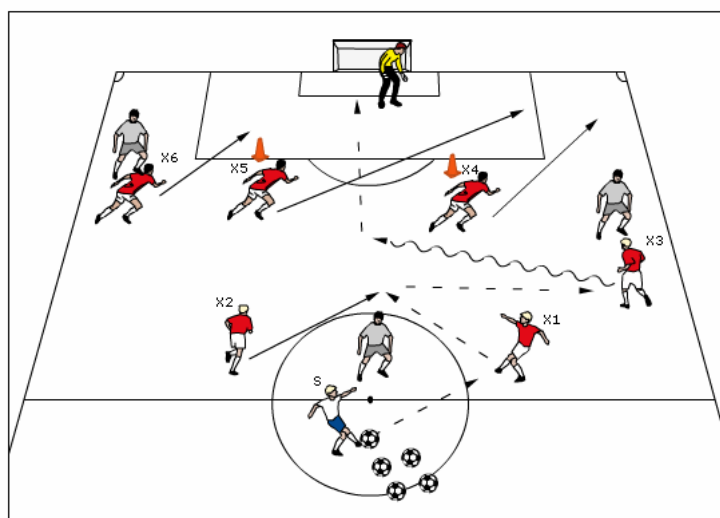
Progression

⚽ Rotate positions

Coaching Points

- ⚽ Communication
- ⚽ Receive “side-on”
- ⚽ Timing / Angle of run
- ⚽ Timing / Pace of pass
- ⚽ Speed of play
- ⚽ Timing of run from second striker

WING PLAY & FORWARDS



Blind-Side Runs

Organisation

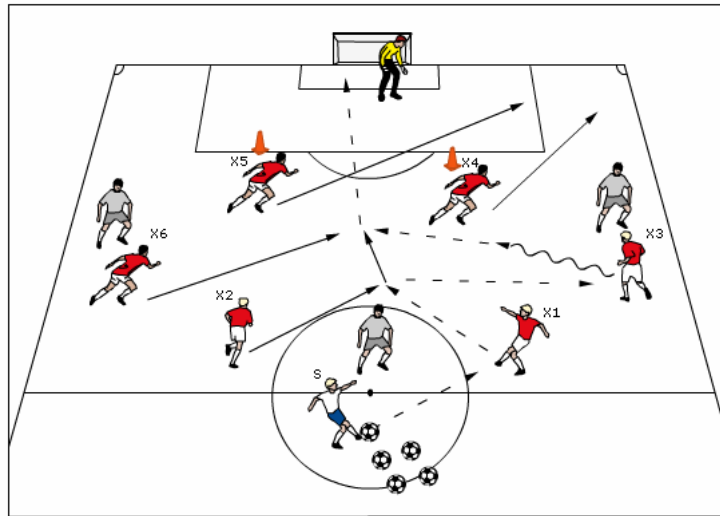
Same set up as previous. S plays into X1. X2 makes a diagonal run and receives from X1. X2 passes wide to X3. X3 runs in field with the ball.

Both strikers X4 and X5 make blind-side runs. X3 continues run and shoots. Repeat on the left side.

Progression

- ⚽ Communication
- ⚽ Receive “Side-on”
- ⚽ Timing / Angle of run
- ⚽ Timing / Pace of pass
- ⚽ Positive attitude from wide player – shooting technique

WING PLAY & FORWARDS



Blind-Side Runs

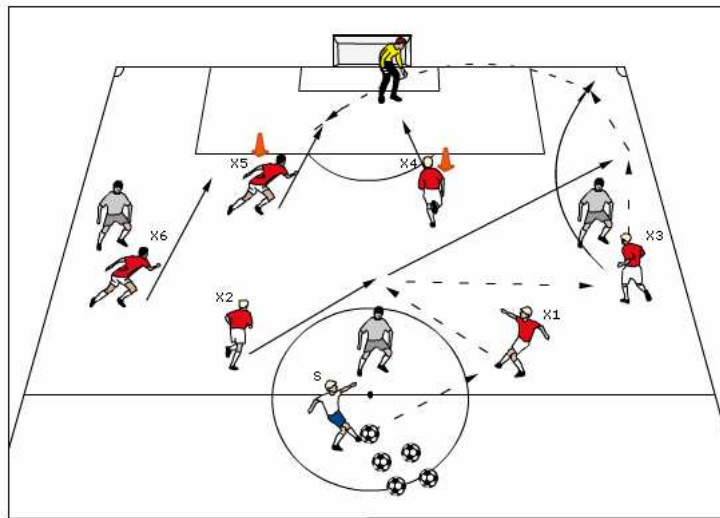
Organisation

Same set up as previous. S plays into X1 who controls and passes to X2 who have made a diagonal run in field. X2 passes wide to X3. X3 runs in field with the ball. Strikers X4 and X5 make blind-side runs. X3 passes inside for either X2 or X6 to shoot.

Progressions

- ⚽ Communication
- ⚽ Receive "Side-on"
- ⚽ Timing Pace of pass
- ⚽ Timing of runs from midfield / opposite wide players

WING PLAY & FORWARDS



Blind-Side Runs

Organisation

Same set up as previous. S plays to X1 who controls and passes to X2. X2 plays wide to X3 and makes a blind-side run behind defender O. X3 passes to X2 and also makes a blind-side run. X2 passes to X3. X3 crosses for X4, X5 and X6.

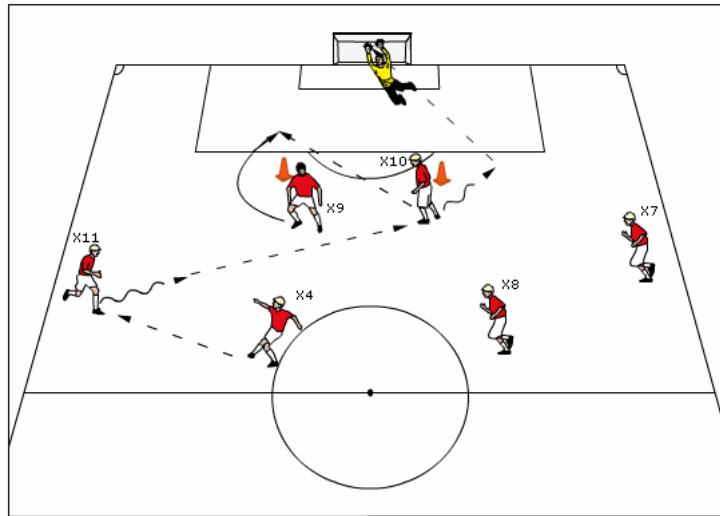
Progression

⚽ Repeat this on the left side

Coaching Points

- ⚽ Communication
- ⚽ Receive “Side-on”
- ⚽ Timing / Angle of run
- ⚽ Timing / Pace of pass

WING PLAY & FORWARDS



Attacking Play

Organisation

Similar set up to previous exercises. X4 plays to X11 who receives and runs with the ball and passes to X9. X9 moves into the line and lets the ball run for X10. X9 spins for return pass from X10. X10 can either pass to X9 or let the ball run and shoot for goal. X9 follows up for rebound.

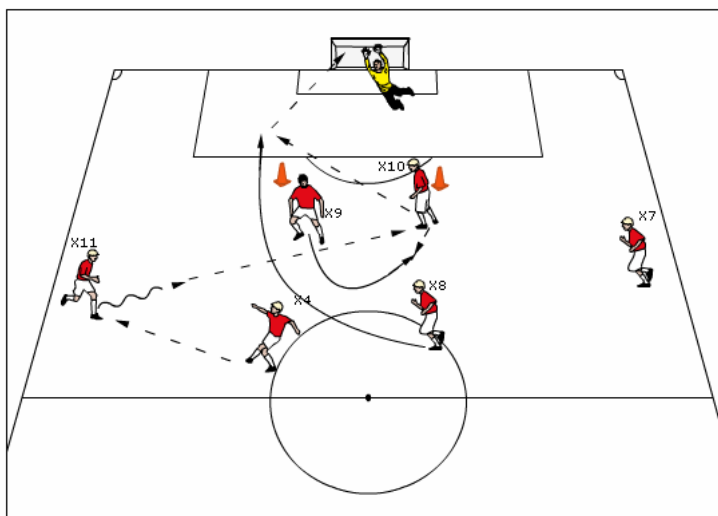
Progressions

- Repeat the other way with X8 starting and passing wide to X7
- Rotate all positions

Coaching Points

- 🏠 Pass / Accuracy of the pass – hard and driven
 - ⚽ Create space – first striker
 - ⚽ Communication from second striker
 - ⚽ Support of other players
 - ⚽ Technique of shots / cross

WING PLAY & FORWARDS



Attacking Play

Organisation

Same set up as before. X4 passes to X11 who runs in field with the ball and passes to X9. X9 moves into the line and lets the ball run for X10. X9 spins inside. X10 can either pass to X9 to shoot or pass to X8 who makes a late forward run.

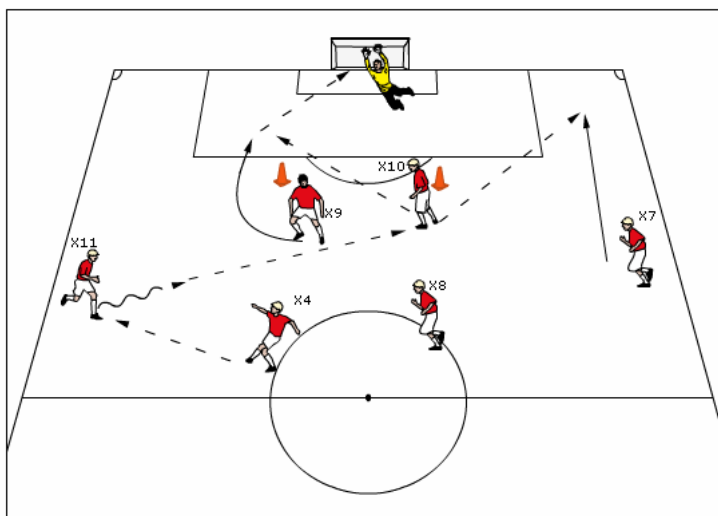
Progression

⚽ Repeat from the right side

Coaching Points

- ⚽ Pass / Accuracy of the pass – hard and driven
- ⚽ Create space – first striker
- ⚽ Communication from second striker
 - ⚽ Support of other players
 - ⚽ Shot selection
- ⚽ Rebounds from goalkeeper

WING PLAY & FORWARDS



Attacking Play

Organisation

Same set up as before. X4 passes wide to X11 who dribbles in field and passes to X9. X9 moves into the line and lets the ball run to X10. X10 turns away and X9 spins to goal looking for an angled pass X10. X7 makes a late forward run and supports X10.

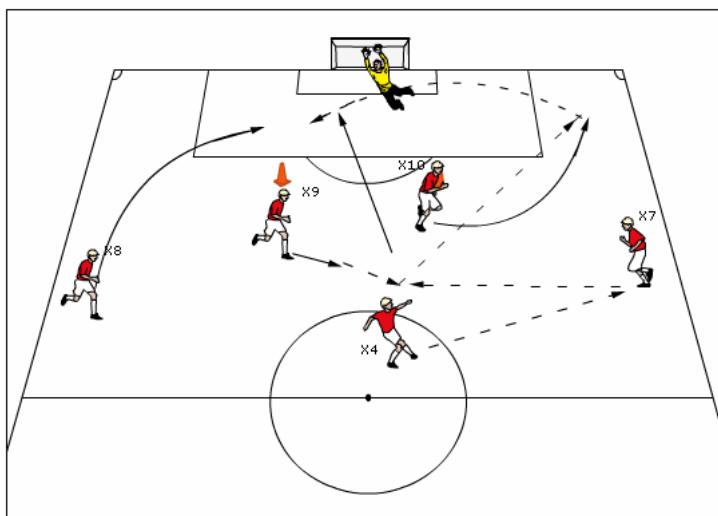
Progression

⚽ Repeat from the right side

Coaching Points

- ⚽ Pass / Accuracy of the pass – hard and driven
- ⚽ Create space – first striker
- ⚽ Communication from second striker
- ⚽ Support of other players
- ⚽ Shot selection
- ⚽ Timing / Angle of runs

WING PLAY & FORWARDS



Attacking Play

Organisation

Same set up as before. X4 passes to X7. X7 controls and passes to second striker X9 and follows pass. X9 passes back to X7. First striker X10 “spins out” for a pass from X7. X9 and X8 make forwards runs. X10 can either shoot or cross if in a wide position.

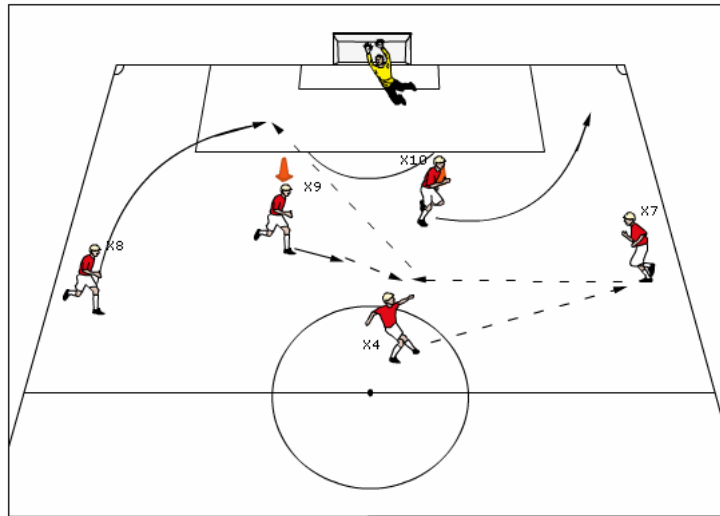
Progression

⚽ Repeat from left and side

Coaching Points

- ⚽ Pass / Accuracy of the pass
- ⚽ Create space – both strikers
- ⚽ Communication
- ⚽ Support of other players
- ⚽ Shot selection
- ⚽ Rebounds for goalkeeper

WING PLAY & FORWARDS



Attacking Play

Organisation

Same set up previous exercises. X8 passes to X7. X7 passes to X9 and follows pass. X9 passes back to X7 who passes to X4 who is breaking forward to shoot. X9 and X10 spin for rebounds.

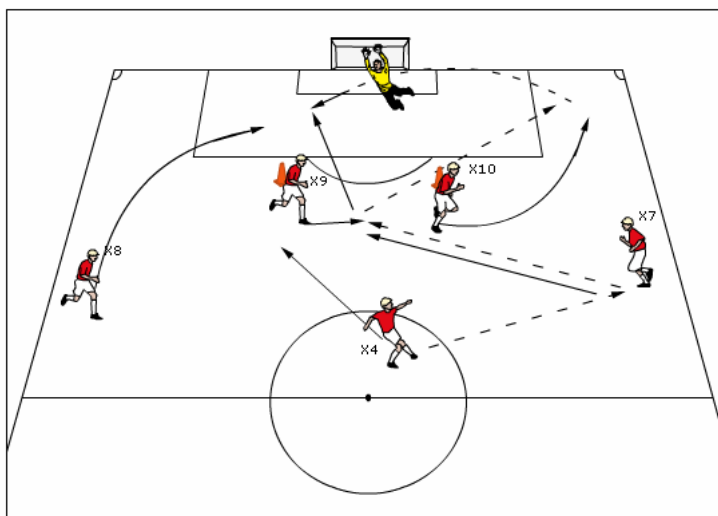
Progression

⚽ Repeat from left hand side

Coaching Points

- ⚽ Pass / Accuracy of the pass
- ⚽ Create space – both strikers
 - ⚽ Communication
- ⚽ Support of other players
 - ⚽ Shot selection
- ⚽ Rebounds from goalkeeper

WING PLAY & FORWARDS



Attacking Play

Organisation

- Same half field set up as before. X4 passes to X7. X7 passes to X10 and follows the pass. X10 lets the ball run to X9. X10 spins out and receives a pass from X9. X9 and X8 make runs into the penalty area and X10 looks to cross early.

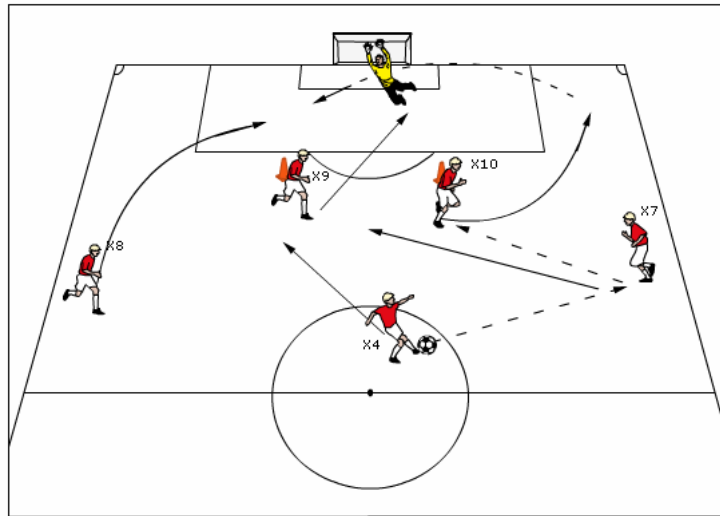
Progression

- Repeat from left hand side

Coaching Points

- Pass / Accuracy of the pass
- Create space – both strikers
- Communication
- Support of other players
- Shot selection
- Rebounds from goalkeeper

WING PLAY & FORWARDS



Attacking Play

Organisation

- Same set up as before. X4 passes to X7. X7 passes to X10 who receives the ball. X7 makes a diagonal run in field and calls for return pass. X10 turns out and looks to cross for X9 and X8.

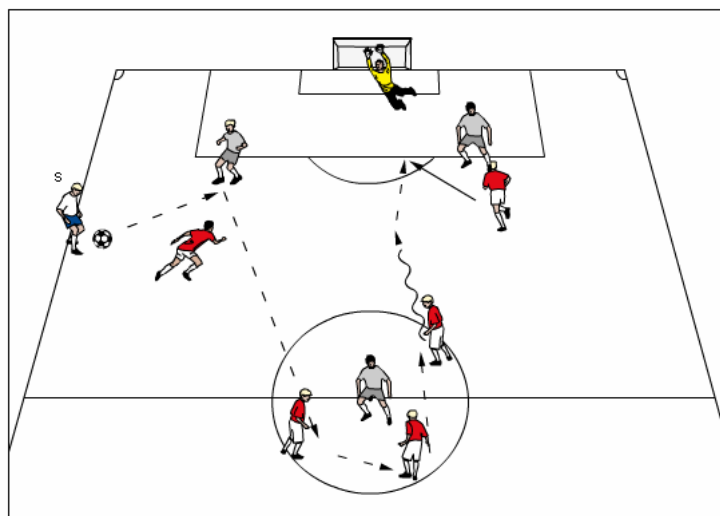
Progression

- Repeat from left hand side

Coaching Points

- Pass / Accuracy of the pass
- Create space – both strikers
 - Communication
- Support of other players
 - Shot selection
- Rebounds from goalkeeper

WING PLAY & FORWARDS



Attacking Play

Organisation

Server plays the ball to the defending team who clear to attacking team waiting in the centre circle. Attackers play 3v1 in the centre circle. After set number of passes, one attacking player breaks out of the centre circle and combines with the two forwards to create a 3v2 to goal.

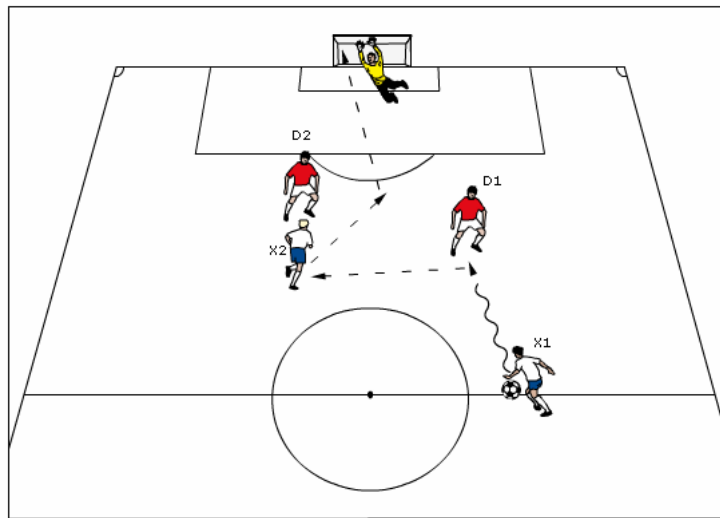
Progressions

- ⚽ Rotate positions
- ⚽ Add a second defender creating a 3v2 in centre circle
- ⚽ Allow a defender to follow breakout attacker

Coaching Points

- ⚽ Movement
- ⚽ Pull on shoulders of X's to open channel for pass
- ⚽ Timing of pass
- ⚽ Weight of pass
- ⚽ Finish

WING PLAY & FORWARDS



Attacking Play

Organisation

Starting about 30 yards from goal, X1 dribble towards static defender 1 and then passes to X2. X2 controls and takes on static defender 2 and shoots on goal.

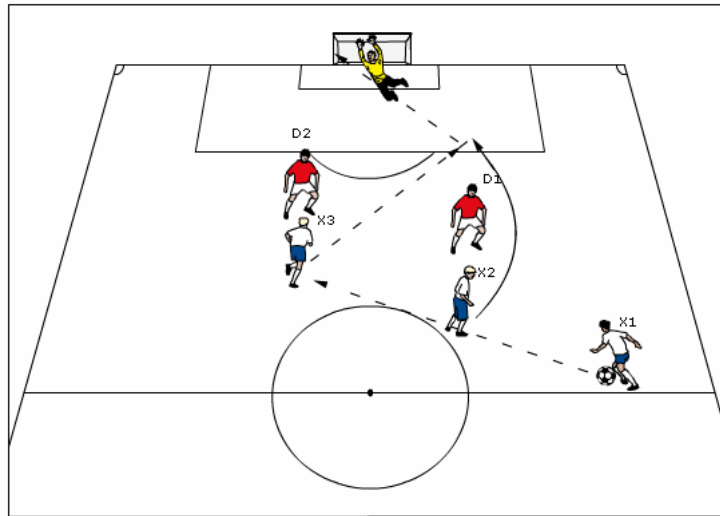
Progression

⚽ Use specific move each time, Matthews, Scissors, Step-over

Coaching Points

- ⚽ Use correct technique each time
- ⚽ Concentrate on timing of move

WING PLAY & FORWARDS



Attacking Play

Organisation

Same set up as previous. X1 plays to X2 who steps over the ball and spins around static defender1. X3 controls and passes to X2. X2 shoots at goal.

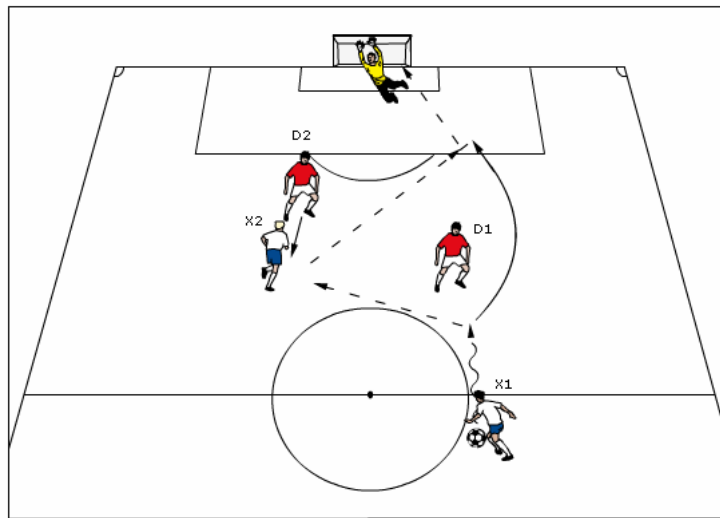
Progressions

- ⚽ Rotate positions
- ⚽ One touch play only

Coaching Points

- ⚽ Timing of runs
- ⚽ Timing of pass
- ⚽ Quality of pass

WING PLAY & FORWARDS



Attacking Play

Organisation

Same set up as previous. X1 dribble towards static defender 1 and passes to X2. X2 comes off defender 2 and plays a first time pass back to X1. X1 controls and shoots.

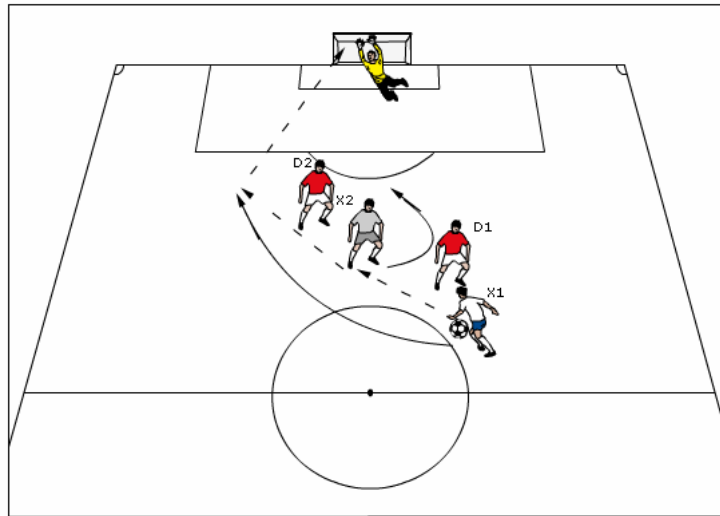
Progressions

- ⚽ Rotate positions
- ⚽ Rotate sides so players shoot with both feet

Coaching Points

- ⚽ Be ready to play – on toes, side on
- ⚽ Quality of pass

WING PLAY & FORWARDS



Attacking Play

Organisation

Same set up as before. X1 plays into X2 and follows pass. X2 controls and fakes cutting inside between defenders. X2 screens defender 2 and lays ball off to X1. X1 controls and shoots.

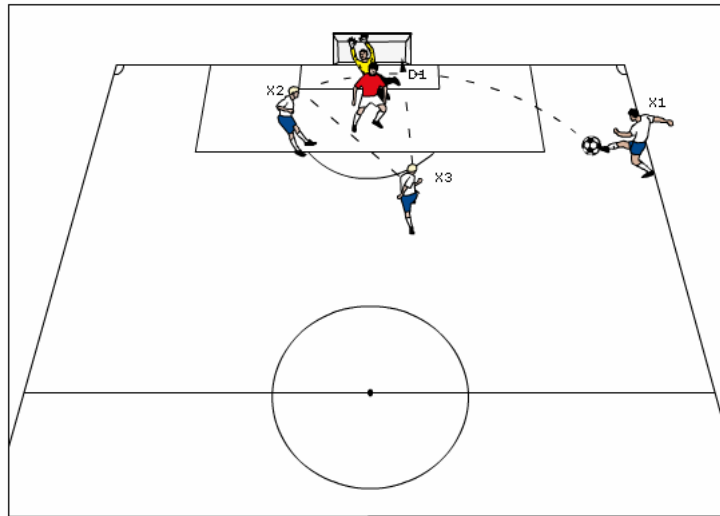
Progressions

- ⚽ Rotate positions
- ⚽ Allow X2 to cut inside to keep defenders on toes

Coaching Points

- ⚽ Speed of play
- ⚽ Timing of support
- ⚽ Quality of pass

WING PLAY & FORWARDS



Attacking Play

Organisation

Similar set up as previous. X1 starts from a wider position and serves a cross to X2. X2 knocks ball down for X3 to run on and shoot.

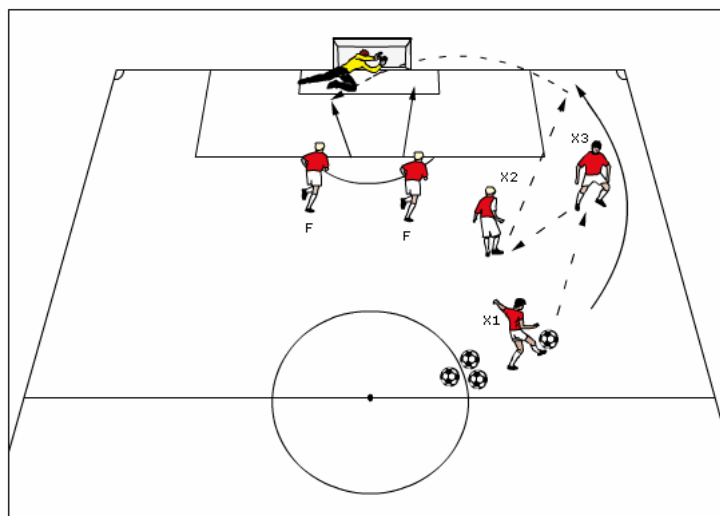
Progression

⚽ Rotate positions

Coaching Points

- ⚽ Timing of X3's run to shoot with one touch
- ⚽ Quality of delivery from X1
- ⚽ Knock down – Head, Chest, Foot

WING PLAY & FORWARDS



Wing Play

Organisation

X1 starts by playing wide to X3 and follows pass to overlap. X3 controls and plays to X2 and runs inside for rebound. X2 play wide to X1. X1 crosses for forwards. Forwards make run into box to finish one touch from cross.

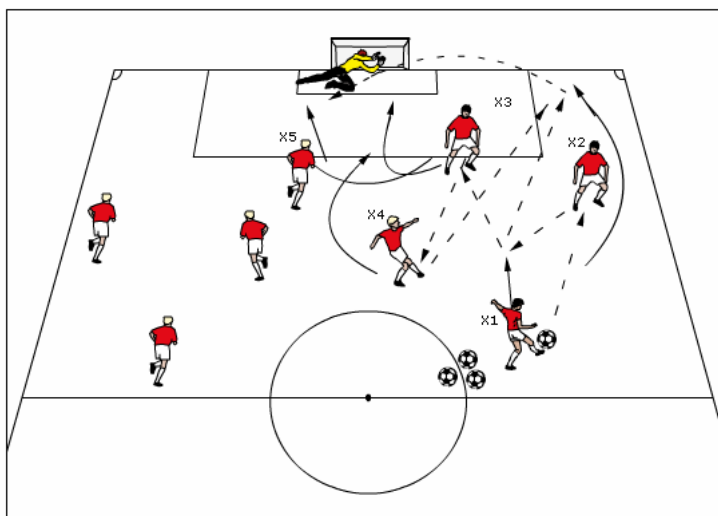
Progressions

- ⚽ Rotate positions
- ⚽ One touch only

Coaching Points

- ⚽ Good set up play
- ⚽ Quality of passes
- ⚽ Timing of runs – X1 and forwards
- ⚽ Timing of play

WING PLAY & FORWARDS



Wing Play

Organisation

Using one half of the pitch set up as follows. X1 passes wide to X2 who sets back for X1. X1 passes to X3 and then overlaps X2. X3 lays off to X4 for X4 to play out wide to X1. X3 and X4 spin into goal area and are joined by X5. X1 crosses the ball into the middle for X3, X4 and X5 to score.

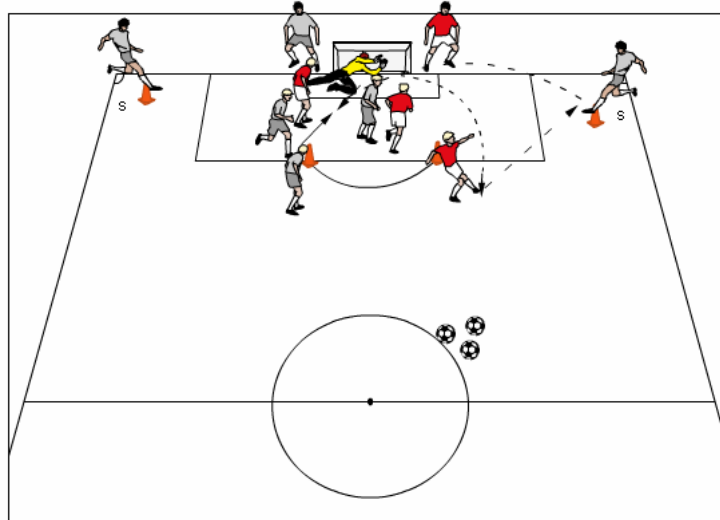
Progressions

- ⚽ Repeat on opposite side with X5 becoming the target player
- ⚽ Rotate positions if necessary

Coaching Points

- ⚽ Quality of passes
- ⚽ Timing of runs
- ⚽ Good angled support play
- ⚽ Quality of delivery / cross

WING PLAY & FORWARDS



Finishing

Organisation

This game is played in and around the goal area. GK throws ball out to a player at the edge of goal area. They in turn pass out wide to one of the servers. Servers to play ball in on one touch. Two players from each team compete for the ball and score with one touch.

Progressions

- ⚽ Rotate all positions
- ⚽ Repeat both sides

Coaching Points

- ⚽ Dynamic movement in goal area
- ⚽ Vary movement direction
- ⚽ Timing of runs
- ⚽ Quality of delivery

Copyright© AC Ramskill 2007

All Rights reserved no part of this publication maybe reproduced, transmitted or utilized in any form or by any means, electronic, mechanical photocopying recording or otherwise without written permission from the publisher or licence from the Copyright Licensing Agency Limited.