

INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



1. Ball Mastery
2. First Touch
3. Short Passing
4. Shooting
5. Running with the Ball
6. Dribble (1v1)

INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: BALL MASTERY. ROUTINE 1

1. WARM UP

Introduction:

- Each player with one ball running with the ball and making feints and dribbles following coach instructions.
- Coaches have to select 2 or 3 feints in each session

Condition:

Each number means one feint to be executed by the players.

Coaching Point:

- Using both feet to improve.
- Practice with different surfaces.
- Awareness.
- Head up.
- Ball in front to the feet.

Organization:

Players: 8-10/group.

Time: 10 min.

Space: 20mx20m.

Equipment: ball, cones.

Progression:

- Let the players do their own dribbles and turns.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: BALL MASTERY. ROUTINE 2

1. WARM UP

Introduction:

- Each player with one ball making different dribbling and turns (linking dribble and turn) in front of the cones or dummies in the middle. Running with the ball and return.
- Different ways of turns with different foot.

Condition:

Running towards the cone/mannequin and come back.

Coaching Point:

- Using both feet to improve.
- Practice with different surfaces.
- Awareness.
- Head up.
- Ball in front to the feet.

Organization:

Players: 8-10/group.

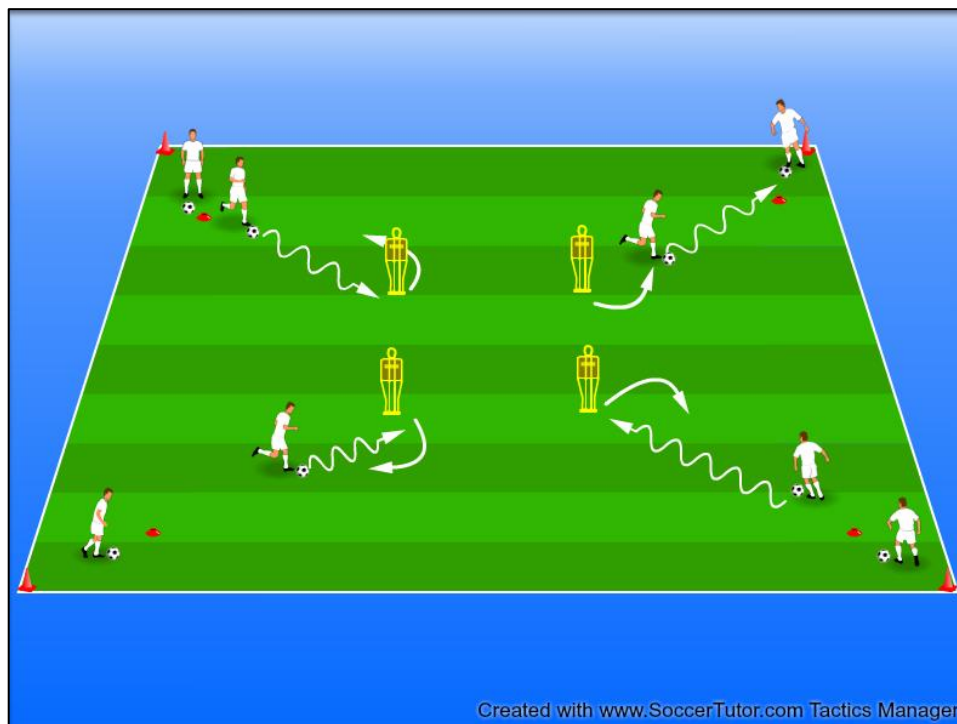
Time: 10 min.

Space: 15mx15m.

Equipment: cones or mannequin, balls.

Progression:

- Let the players do their own dribbles and turns.



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INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: BALL MASTERY. ROUTINE 3

1. WARM UP

Introduction:

Each player with one ball running free and making different dribbling and turns in front of the markers. In each marker (blue, red and yellow) the player must do an specific dribble/turn demonstrated by the coach.

Coaching Point:

- Using both feet to improve.
- Practice with different surfaces.
- Awareness.
- Head up.
- Ball in front to the feet.

Organization:

Players: 8-10/group.

Time: 10min.

Space: 30mx30m.

Equipment: markers (different color), balls.

Progression:

- Let the players do their own dribbles and turns.
- Competition between 2 teams.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: FIRST TOUCH. TRAINING SESSION 1

1. WARM UP 1st PART: 4+1

Introduction:

Players in groups of 5 and two balls on the outside. 4 players outside (white) of the grid have to pass the ball to the player inside. Player inside receives the ball, turns and passes the ball to the other players outside the grid without the ball.

Condition:

Players inside are mandatory playing always with 2 touches.

Coaching Point:

- Body position (half turn) before receiving the ball.
- Efficient first touch to get a good orientation and turn with the ball.
- Inside and outside of both feet to execute the first touch.
- Awareness.
- Communication.

Organization:

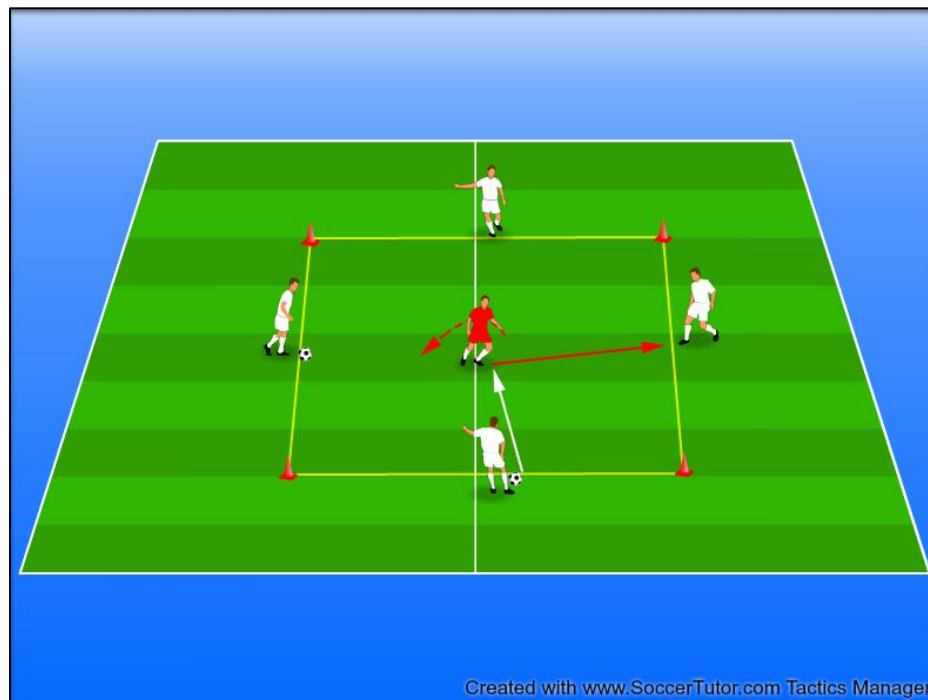
Players: 5 players/group.

Time: 15min.

Repetitions: 2-3 sets.

Space: 10mx10m

Equipment: cones, balls, bibs.



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INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: FIRST TOUCH. TRAINING SESSION 1

2. WARM UP 2nd Part: 4v1

Introduction:

Players in groups of 4-5. 4 players outside (white) of the grid have to keep possession passing the ball making short passes among them. 1 player (red) inside the grid as defender and try to recover the ball as soon as possible.

Condition:

Is mandatory playing always with 2 or 3 touches.

Coaching Point:

- Body position (half turn) before receiving the ball.
- Efficient first touch to get a good orientation and to put the ball away from the defender.
- Inside of both feet to execute the first touch.
- Awareness.
- Communication.

Organization:

Players: 4-5 players/group.

Time: 20min.

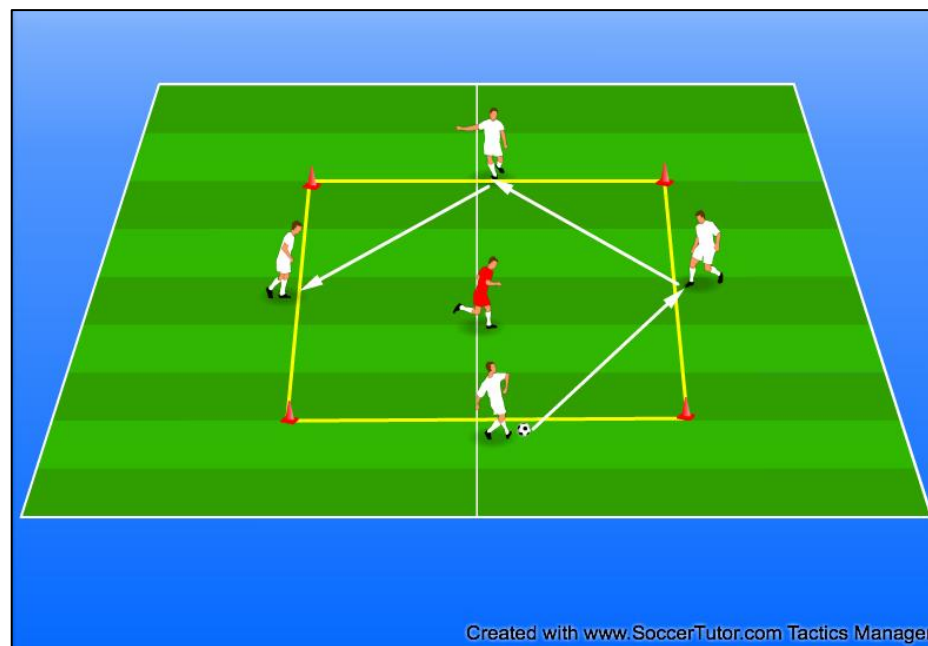
Repetitions: 2-3 sets.

Space: 10mx10m

Equipment: cones, balls, bibs.

Progression:

Smaller space which requires better first touch.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: FIRST TOUCH. TRAINING SESSION 1

3. SKILL DEVELOPMENT :3v1

Introduction:

Players in groups of 3-4. 3 players outside (white) of the grid have to keep possession passing the ball making short passes among them. 1 player (red) inside the grid as defender and try to recover the ball as soon as possible.

Condition:

Is mandatory playing always with 2 or 3 touches.
3v1 with one side free forcing the players supporting always.

Coaching Point:

- Body position (half turn) before receiving the ball.
- Efficient first touch to get a good orientation and to put the ball away from the defender.
- Inside of both feet to execute the first touch.
- Awareness.
- Communication.

Organization:

Players: 3-4 players/group.

Time: 20min.

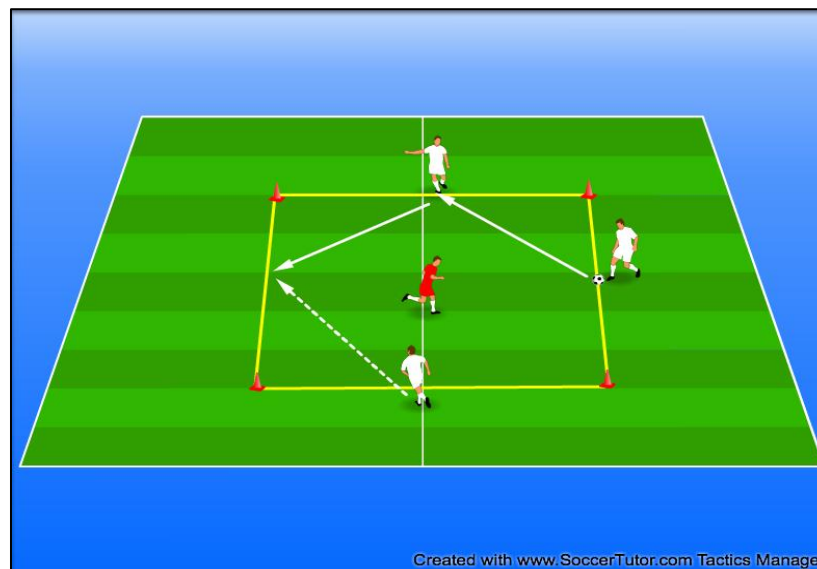
Repetitions: 2-3 sets.

Space: 10mx10m

Equipment: cones, balls, bibs.

Progression:

Smaller space which requires better first touch



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: FIRST TOUCH. TRAINING SESSION 1

4. SSG: 4v4+3N

Introduction:

SSG 4v4 where each team has 3 neutral players. Those neutrals can play with team in ball possession. 4 passes before being able to score.

Condition:

Is mandatory playing always with 2 or 3 touches. Changing roles each 4-5 minutes.

Coaching Point:

- Body position (half turn) and ball protection before receiving the ball.
- Efficient first touch to get a good orientation and to put the ball away from the defender.
- Inside of both feet to execute the first touch even under pressure.
- Awareness.
- Communication.

Organization:

Players: 7/group.

Time: 25min.

Repetitions: 3 sets.

Space: 30mx30m

Equipment: cones, balls, bibs of different color.

Progression:

- 4v4+4N: less difficulty.
- 4v4+2N: more difficulty.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: FIRST TOUCH. TRAINING SESSION 1

5. GAME: 7v7

Introduction:

2 teams of seven players. Normal match.

Condition:

1 touch is not allowed.

Coaching Point:

- Body shape to get an efficient orientation.
- Strong first touch to put the ball away from defender and able to be played.
- First touch + cross/first touch + shooting.
- Efficient team shape according with 1-3-2-1 game system.
- Awareness.
- Communication.

Organization:

Players: 14/group.

Time: 25min.

Repetitions: 2 x 12min.

Space: 45mx50m

Equipment: cons, markers, balls, bibs of different color.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: FIRST TOUCH. TRAINING SESSION 2

1. WARM UP

Introduction:

Players in groups of 4. Player inside the small square on the middle must control the ball (first touch) and pass the ball to one of the players.

Passing pattern is marked by numbers.

Condition:

Change roles after 2-3min.

Coaching Point:

- Body position (half turn) before receiving the ball.
- Efficient first touch to get a good orientation to pass the ball to the next team mate.
- Inside of both feet to execute the first touch.
- Communication.

Organization:

Players: 4/group.

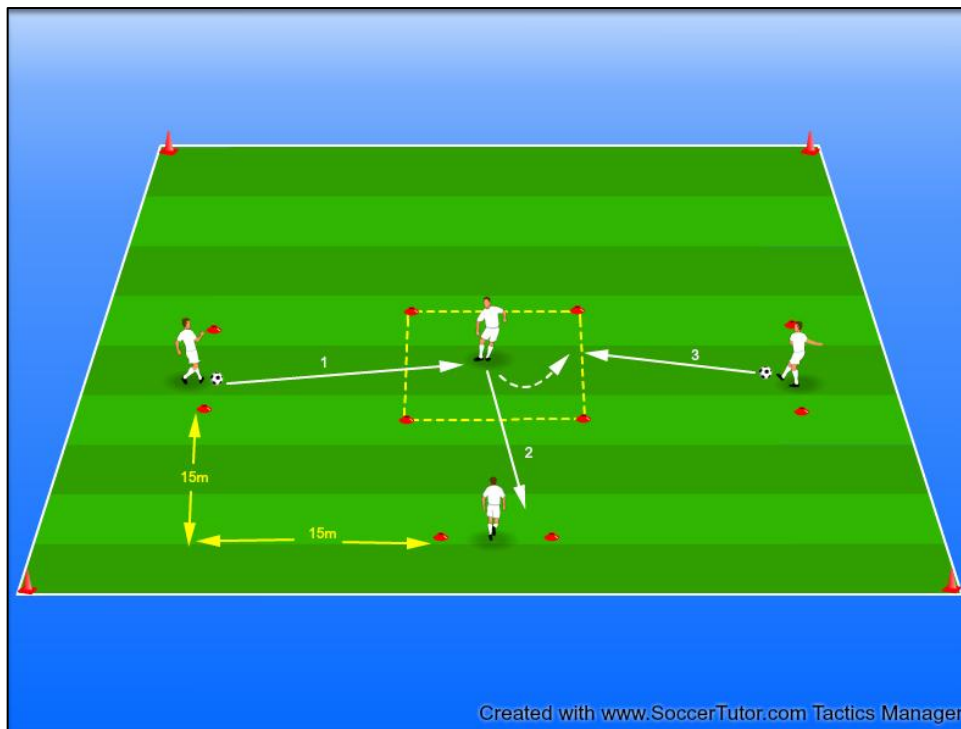
Time: 15min.

Repetitions: 3 sets. First right foot - Second left foot - Third own decision

Space: 15m between players.

Equipment: cones, balls.

Progression:



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: FIRST TOUCH. TRAINING SESSION 2

2. SKILL DEVELOPMENT 6v6+1N

Introduction:

Possession game 6v6 where each team has 2 players outside the pitch and 1 neutral player inside the pitch (blue).

Condition:

1 point to reach 5 passes.

Is mandatory playing always with 2 or 3 touches.

Changing roles each 4-5 minutes.

Coaching Point:

- Players offering always different passing lines. In triangles.
- Rotation of the outfield players.
- Strong and efficient first touch to be able to beat the opponent and to make a second action.
- Use and create free space for the others.
- Communication.
- Confident keeping possession.

Organization:

Players: 13/group.

Time: 20min.

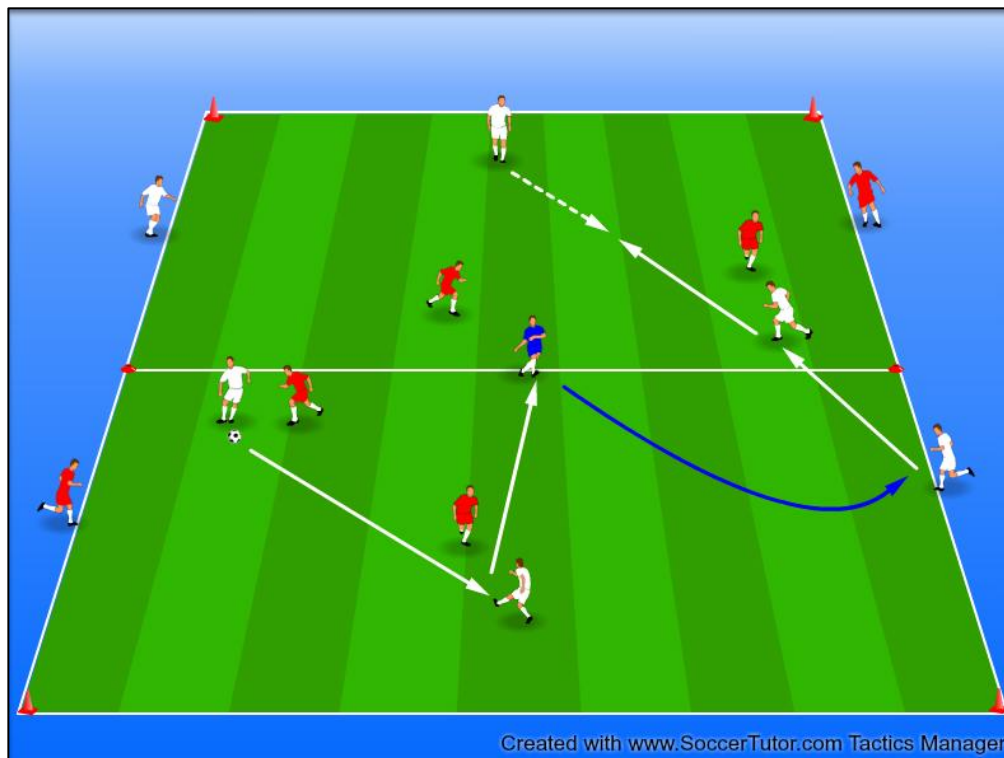
Repetitions: 1.

Space: 30mx 30m

Equipment: cons, balls, bibs of different color.

Progression:

- 6v6+2N: less difficulty.
- 7v7: more difficulty.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: FIRST TOUCH. TRAINING SESSION 2

3. GAME 5v5+4N

Introduction:

Competition between 2 teams (white and red). Each team has 2 neutral players outside the pitch in both sides. Normal match. Each team has to score goals to aim for.

Condition:

Is mandatory playing always with 2 or 3 touches.

Coaching Point:

- Players offering always different passing lines. In triangles.
- Rotation of the outfield players.
- Strong and efficient first touch to be able to beat the opponent and to make a second action.
- In opponent side aim for first touch + shooting.
- Use and create free space for the others.
- Communication.
- Confident keeping possession.

Organization:

Players: 14/group.

Time: 25min.

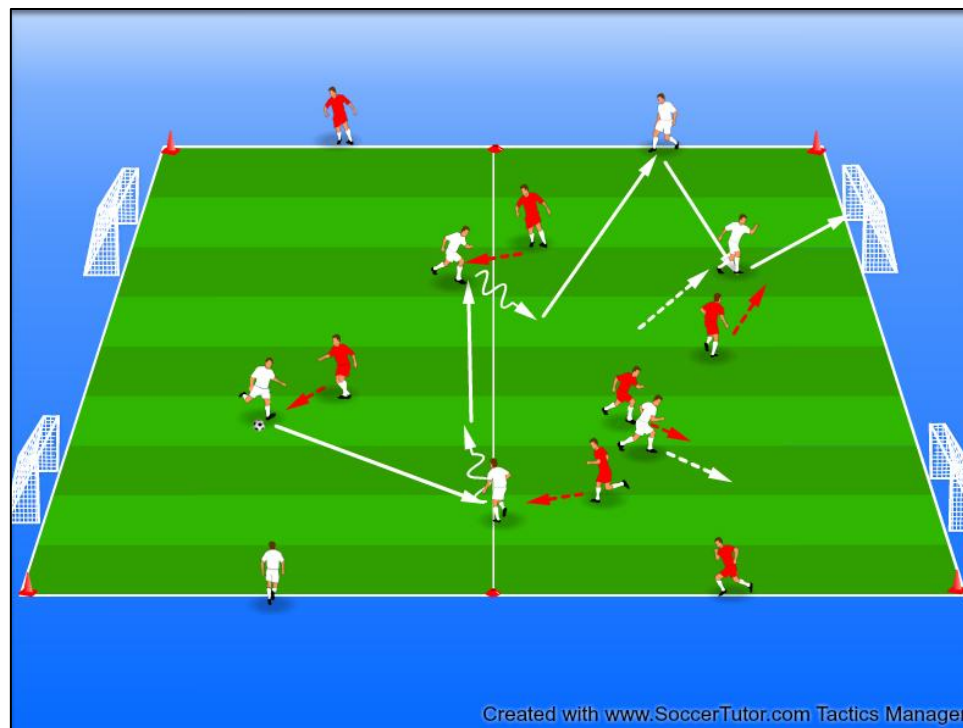
Repetitions: 3 sets.

Space: 40m x 40m

Equipment: cones, balls, bibs of different color.

Progression:

- 7v7+2GK.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: FIRST TOUCH. TRAINING SESSION 2

4. SSG 7v7

Introduction:

2 teams of seven players. Normal match.

Condition:

1 touch is not allowed.

3 passes must be done in own half before going towards opponent's half.

Coaching Point:

- Body shape to get an efficient orientation.
- Strong first touch to put the ball away from defender and able to be played.
- Confident build up from the back keeping possession.
- First touch + cross/first touch + shooting.
- Efficient team shape according with 1-3-2-1 game system.
- Mobility and rotation among all the players.
- Awareness.
- Communication.

Organization:

Players: 14/group.

Time: 25min.

Repetitions: 2 x 12min.

Space: 45mx50m

Equipment: cons, markers, balls, bibs of different color.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHORT PASSING. TRAINING SESSION 1

1. SKILL INTRODUCTION

Introduction:

Players in 2 groups of 6 players, when one of the players get the ball have to play one of the team mates.

Condition:

Red should play with red and white should play with white.

Coaching Point:

- Good control of the ball before passing to a team mate.
- Using mainly the inside of both feet (right/left).
- Awareness.
- Communication.

Organization:

Players: 10-12/group.

Time: 15min.

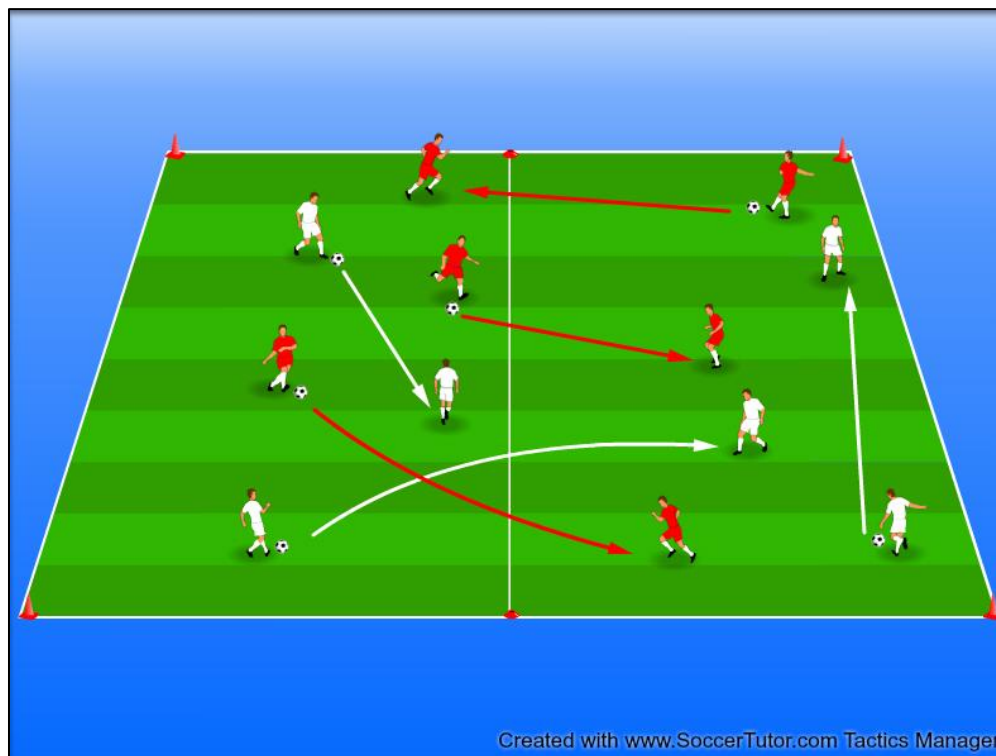
Repetitions: right foot and left foot alternatively.

Space: 30mx30m.

Equipment: cones, markers, balls, bibs of different color.

Progression:

- After receiving the ball from one opponent player, one turn or dribbling before changing of direction.
- Competition between reds and whites counting the number of passes done by each player after 1 repetition.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHORT PASSING. TRAINING SESSION 1

2. SKILL TRAINING 4v1 & 4v2

Introduction:

Players in groups of 5. 4 players outside (white) of the grid have to keep possession passing the ball making short passes among them. 1 player inside (red) the grid try to get the ball back as soon as possible.

Condition:

Any touch is allowed, but not playing one touch.

Coaching Point:

- Good control of the ball before passing to a team mate
- Using mainly the inside of both feet (right/left).
- Body shape (half turn).
- Ball protection and passing the ball away from defenders.
- Awareness.
- Communication.

Organization:

Players: 5-6/group.

Time: 20min.

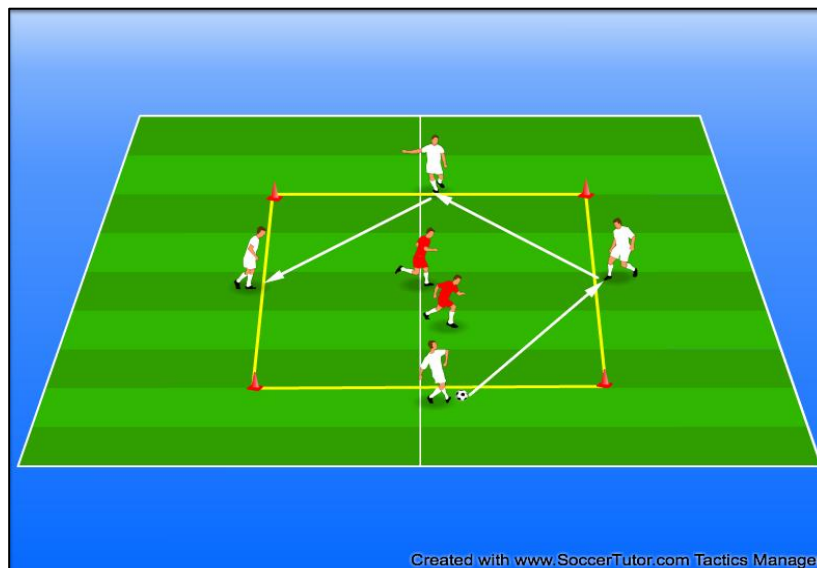
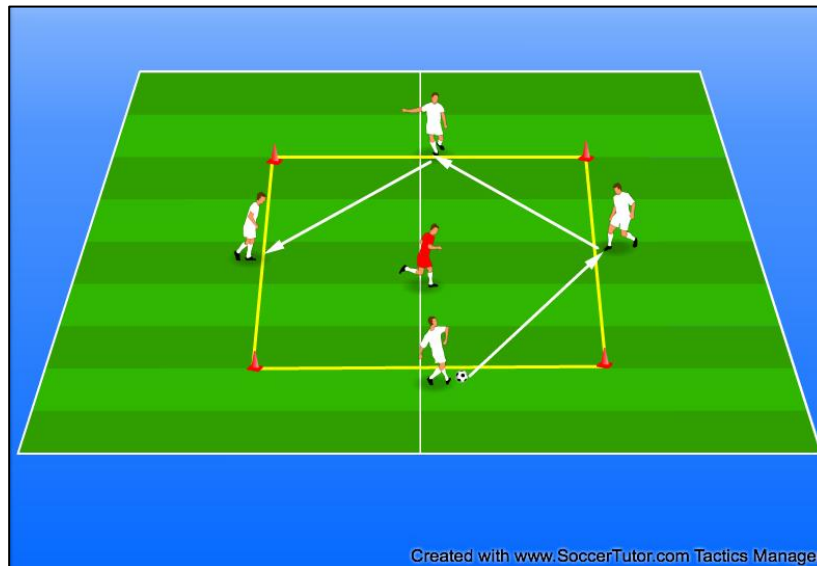
Repetitions: right foot and left foot alternatively.

Space: 4v1/4v2-10mx10m.

Equipment: cones, balls.

Progression:

- 4v2/4v1: 1-2 touches.
- 4v2/4v1: always 2 touches.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHORT PASSING. TRAINING SESSION 1

3. GAME 5v5

Introduction:

2 teams of 5 players. Team in possession is able to score in either of the two small goals on opponent side.

Condition:

Each team before scoring, at least should do 4 passes and always from the halfway line (to force them to use a short pass to score).

Coaching Point:

- Efficient attacking shape in triangles to offer more passing lines and to keep the ball.
- Passing and use a free space to offer a new passing line.
- Passing into team mate's feet and into space.
- Dribble and passing / Running with the ball and passing.

Organization:

Players: 10 players/group.

Time: 25min.

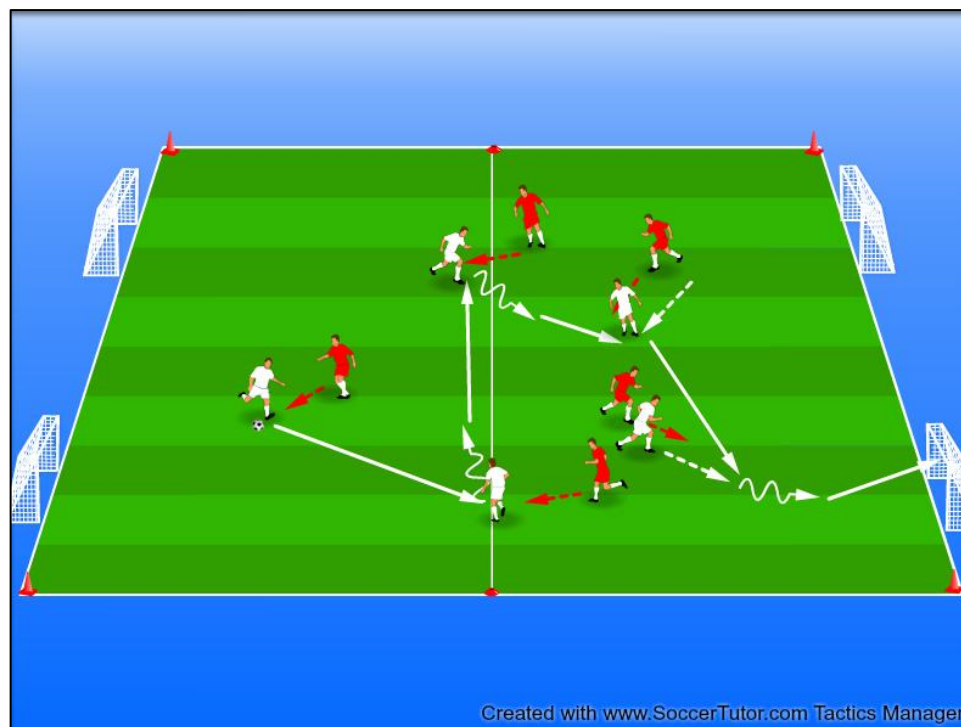
Repetitions: 1.

Space: 30 mx30 m.

Equipment: cones, balls, bibs of different color.

Progression:

- 5v5+2 Goalkeeper.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHORT PASSING. TRAINING SESSION 1

4. SSG 7v7

Introduction:

2 teams of seven players. Normal match.

Condition:

Num 2 and num 5 both have to get the ball before attempting to score.

1 touch is not allowed.

Coaching Point:

- Body shape to get an efficient orientation.
- Right time to pass the ball to the team mate.
- Right time to make the switch play.
- Supporting and getting a dynamic attacking shape.
- Efficient team shape according with 1-3-2-1 game system.
- Awareness.
- Communication.

Organization:

Players: 14/group.

Time: 25min.

Repetitions: 2 x 12min.

Space: 45mx50m

Equipment: cons, markers, balls, bibs of different color.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHORT PASSING. TRAINING SESSION 2

1. WARM UP

Introduction:

Players in pairs with one ball must do short passes inside the square and score goals passing the ball between cones.

Condition:

Both players are free to go around passing the ball and they must score each time in a different goal.

Coaching Point:

- Good control of the ball before passing to a team mate.
- Passing and supporting.
- Using mainly the inside of both feet (right/left).
- Quick movement after passing.
- Awareness.
- Communication.

Organization:

Players: 16-18/group.

Time: 15min.

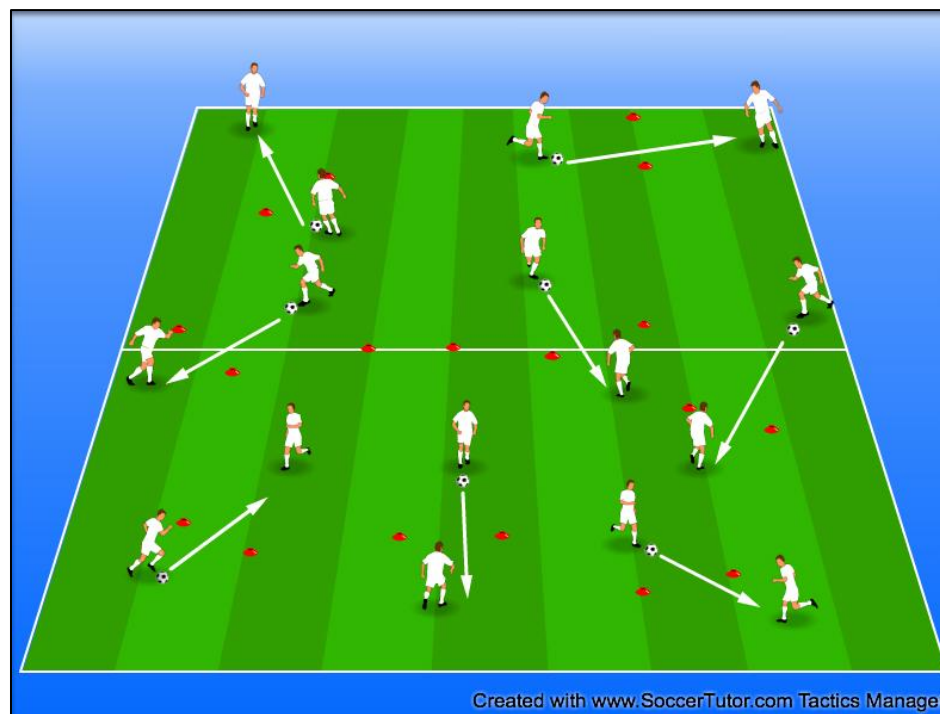
Repetitions: 2 sets of 3min, 3min progression using left and right foot to make the passes alternatively.

Space: 30mx30m.

Equipment: cones, markers, balls.

Progression:

- Wall pass combination: 2 passes between markers and then wall pass outside the markers.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHORT PASSING. TRAINING SESSION 2

2. SKILL DEVELOPMENT 4v4+3N

Introduction:

2 teams of 4 players. Team in possession must keep the ball as long as possible, playing with 3 neutral players. Team defending must do a good pressure to get the ball back.

Condition:

After lost both teams change roles.

Neutral on the middle is totally free, that means any defender can get the ball back from him.

Coaching Point:

- Ball protection and passing the ball away from defenders.
- Awareness.
- Communication.
- 3rd man passing line.
- Passing and use a free space to offer a new passing line.
- Passing into team mate's feet and into space.
- Beat the opponents passing the ball instead of dribbling.

Organization:

Players: 7 players/group.

Time: 20min.

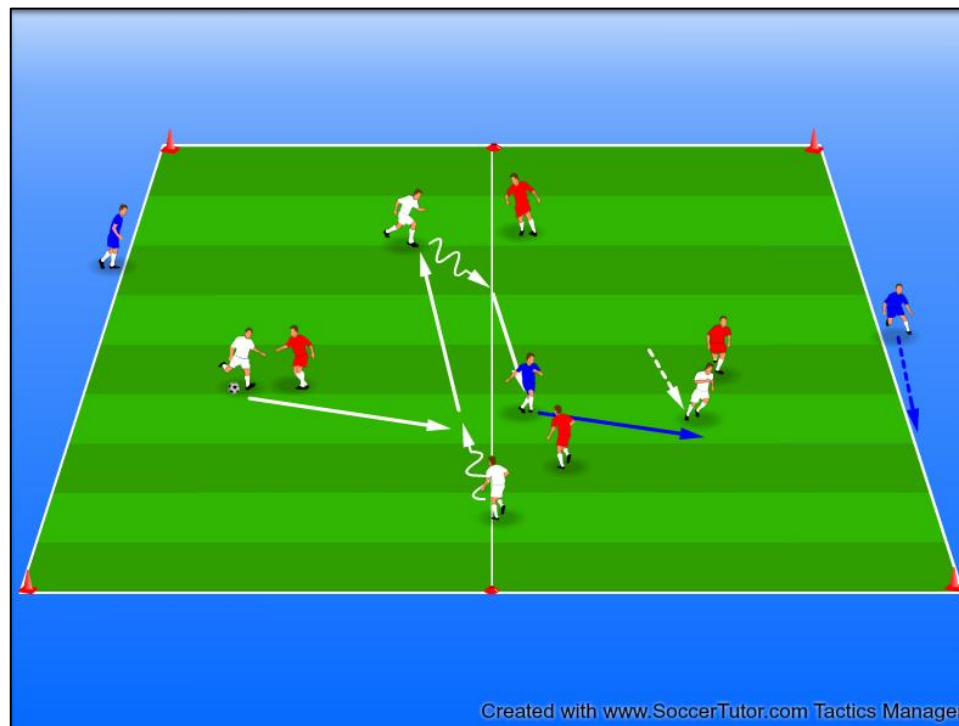
Repetitions: 2x10min.

Space: 30mx30m.

Equipment: cones, balls, bibs of different color.

Progression:

- 4v4+4N: less difficulty.
- 4v4+2N: more difficulty.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHORT PASSING. TRAINING SESSION 2

3. SSG: 5v5+1N+2GK

Introduction:

2 teams of 5 players and 1 neutral players supporting team attacking. Team in possession is able to score in opponent goal after making 3 passes in own half (4v2). In opposite half the team in possession with one player move over together with the neutral (4v3) may finish with unlimited number of passes to score goal.

Condition:

One of the defenders is able to go forward and attack opponent side. If the team defending get the ball back is able to start a quick counterattack, but always 2 players must stay in own side.

Coaching Point:

- Ball protection and passing the ball away from defenders.
- Awareness.
- Communication.
- 3rd man/free man passing line.
- Passing and use a free space to offer a new passing line.
- Passing into team mate's feet and into space.
- Beat the opponents passing the ball instead of dribbling.

Organization:

Players: 13/group.

Time: 25min

Repetitions: 1.

Space: 40mx40m

Equipment: cones, balls, bibs of different color.

Progression:

- 5v5+2GK



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHORT PASSING. TRAINING SESSION 2

4. GAME: 7v7

Introduction:

2 teams of seven players. Normal match.

Condition:

Coaching Point:

- Body shape to get an efficient orientation.
- Right time to pass the ball to the team mate.
- Right time to make the switch play.
- Supporting and getting a dynamic attacking shape.
- Efficient team shape according with 1-3-2-1 game system.
- Quick movement after passing.
- Awareness.
- Communication.

Organization:

Players: 14/group.

Time: 25min.

Repetitions: 2 x 12min.

Space: 45mx50m

Equipment: cons, markers, balls, bibs of different color.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHOOTING. TRAINING SESSION 1

1. WARM UP

Introduction:

Players in two groups shooting over the goal after dribble and going through the small goal.

Condition:

Shooting to goalkeeper's hands.

Coaching Point:

- Shooting with accuracy using inside-instep of the foot.
- Finishing with instep to increase strength of the shoot.
- Strike the ball hard.
- Head up when shooting.
- Get body over ball when striking to keep it low.

Organization:

Players: 10-12/group.

Time: 15 min.

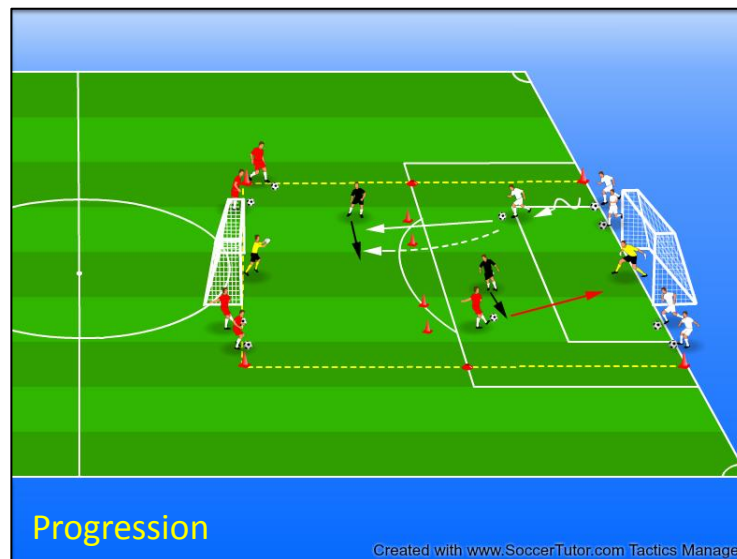
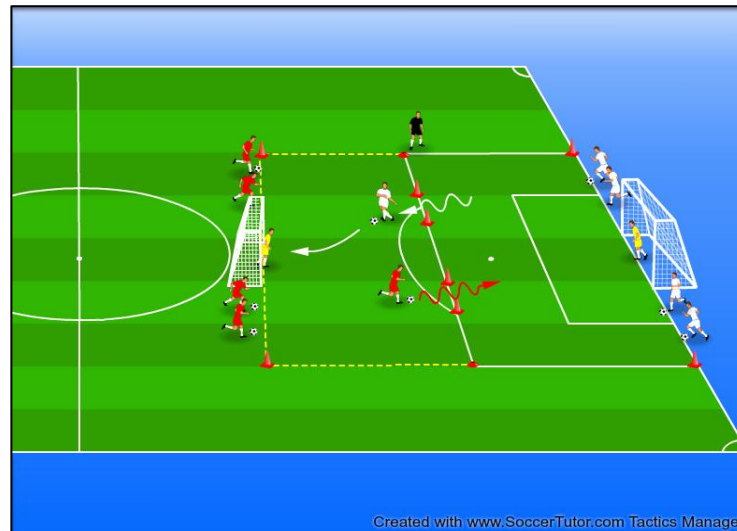
Repetitions: 4 (2 repetitions shooting right foot – 2 repetitions shooting left foot).

Space: 40mx40m

Equipment: cones, markers, balls, bibs of different color.

Progression:

- Shooting to score wall pass with coach.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHOOTING. TRAINING SESSION 1

2. SKILL DEVELOPMENT

Introduction:

3 teams of 4 players. Two teams supporting outside the playing area and one team shooting to score.

Condition:

2 players starting receiving the ball from the coach. They have to dribble through one of the small goal and then shooting to score. Then they have to get another ball from the other coach and going to attack the other goal.

Player may use the players outside the playing area to make wall pass before shooting to score.

Coaching Point:

- Important get a good first touch before shooting.
- Shooting with accuracy using inside-instep of the foot.
- Finishing with instep to increase strength of the shot.
- Attack the ball when shooting.
- Strike the ball hard.
- Get body over ball when striking to keep it low.
- Communication.

Organization:

Players: 8 players/group.

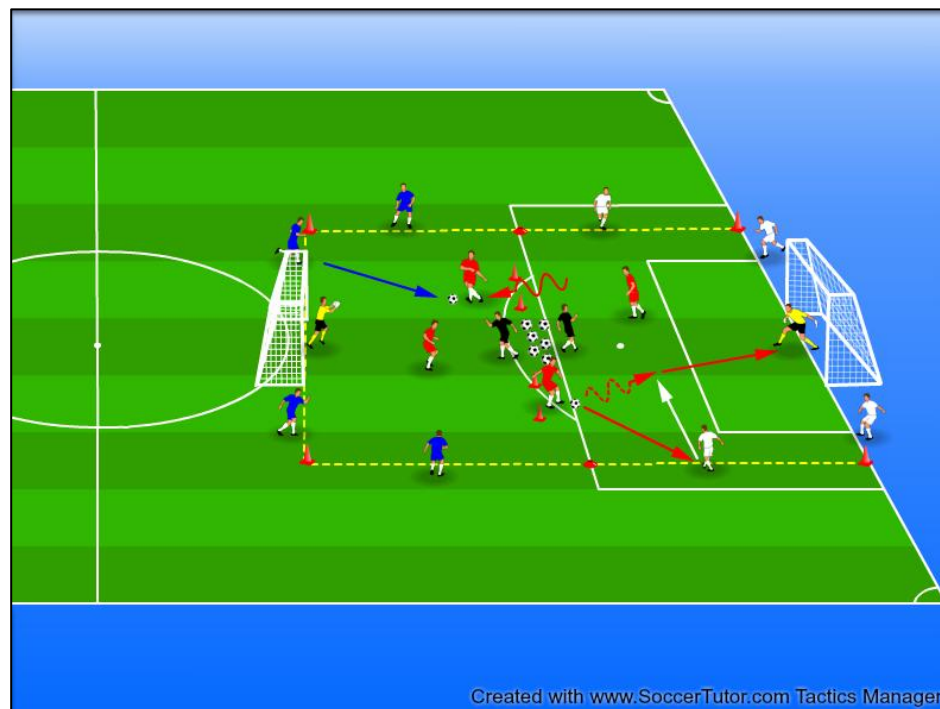
Time: 20 min.

Repetitions: 2-3. After 4 times shooting inside the playing area change roles.

Space: 40mx40m.

Equipment: cones, markers, balls.

Progression:



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHOOTING. TRAINING SESSION 1

3. SSG 1: 2v2+4N+2GK

Introduction:

2 teams of 2 players playing small sided game supported by 4 outside players aiming to create chances to score.

Condition:

Team attacking have to play with either outside player (on opponent side) before shooting to score.

If the team score a goal, they will keep possession.

Coaching Point:

- Use and create free space to make one player able to finish by shooting.
- Quick movement after passing.
- Strike the ball hard.
- Get body over ball when striking to keep it low.
- Try different shooting techniques.
- Communication.

Organization:

Players: 14/group.

Time: 30min.

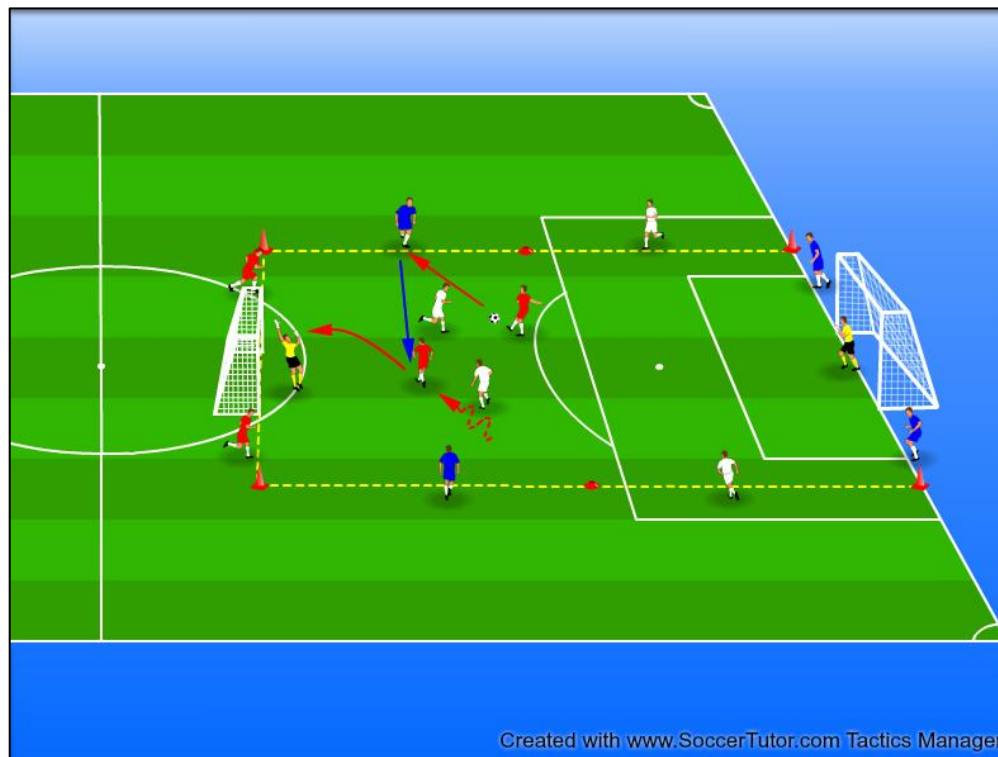
Repetitions: 3 sets.

Space: 40m x 40m

Equipment: cons, balls, bibs of different color.

Progression:

2v2+2N: more difficulty.



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INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHOOTING. TRAINING SESSION 1

4. SSG 2: 4v4+4N+2GK

Introduction:

2 teams of 4 players playing small sided game supported by 2 outside players aiming to create chances to score.

Condition:

Team attacking may use the two outside players (on opponent side) to get better chances shooting to score.

If the team score a goal, they will keep possession.

Coaching Point:

- Use and create free space to make one player able to finish by shooting.
- Quick movement after passing.
- Strike the ball hard.
- Get body over ball when striking to keep it low.
- Try different shooting techniques.
- Communication.

Organization:

Players: 14/group.

Time: 30min.

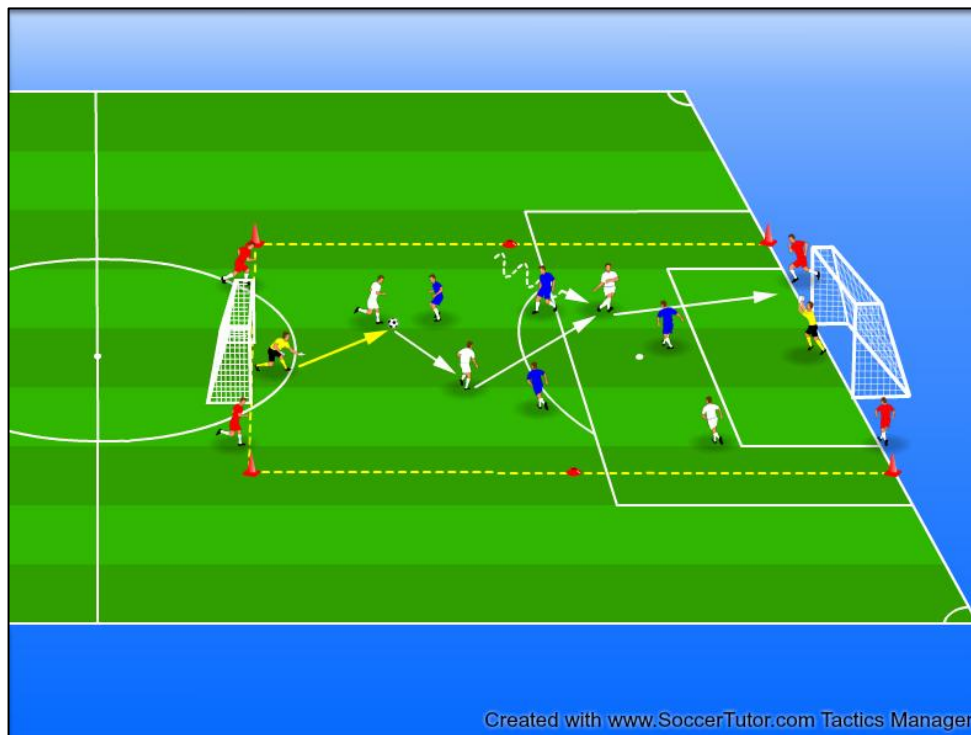
Repetitions: 3 sets.

Space: 40m x 40m

Equipment: cons, balls, bibs of different color.

Progression:

5v5+2N: more difficulty.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHOOTING. TRAINING SESSION 1

5. SSG: 7v7

Introduction:

2 teams of seven players. Normal match.

Condition:

Once the team reach the halfway line can not pass the ball back, they should find forward passing lines to create chances to score.

Coaching Point:

- Body shape to get an efficient orientation.
- Confident attacking in front third.
- Looking always for shooting chances.
- Supporting and getting a dynamic attacking shape.
- Efficient team shape according with 1-3-2-1 game system.
- Awareness.
- Communication.

Organization:

Players: 14/group.

Time: 25min.

Repetitions: 2 x 12min.

Space: 45mx50m

Equipment: cons, markers, balls, bibs of different color.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHOOTING. TRAINING SESSION 2

1. WARM UP

Introduction:

Shooting practice over 3 goals. Each goal defended by 1 goalkeeper. 3 players of each team (red and white) inside the playing area and 3 players out of the playing area.

Condition:

Players inside the playing area should shoot over either of the 3 goals and score the maximum number of goals (out of the goalkeeper safe area) after coach call. As showed on the graphic when the whites are shooting, the reds are dribbling. After shooting once, each player have to get more balls from the outside players. Players outside have to be always able to pass the ball to the player inside who needs one. Players should follow coach instructions.

Coaching Point:

- Important get a good first touch before shooting.
- Shooting with accuracy using inside-instep of the foot.
- Finishing with instep to increase strength of the shot.
- Strike the ball hard.
- Get body over ball when striking to keep it low.

Organization:

Players: 15/group.

Time: 15 min.

Repetitions: 4x2-3min, with change of role.

Space: 40mx40m + 15mx15m shooting area.

Equipment: cones, markers, posts, balls.

Progression:

- Competition between 2 teams, counting number of goals scored.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHOOTING. TRAINING SESSION 2

2. SKILL DEVELOPMENT

Introduction:

Shooting practice drill. Different techniques.

Condition:

- A. Shooting after short passing.
- B. Shooting and running after passing behind defenders.
- C. Shooting after crossing.
- D. Running with the ball + passing + shooting.

Coaching Point:

- Good first touch.
- Practicing different shooting techniques.
- Shooting using both feet.
- Strike the ball hard.
- Get body over ball when striking to keep it low.

Organization:

Players: 10-12/group.

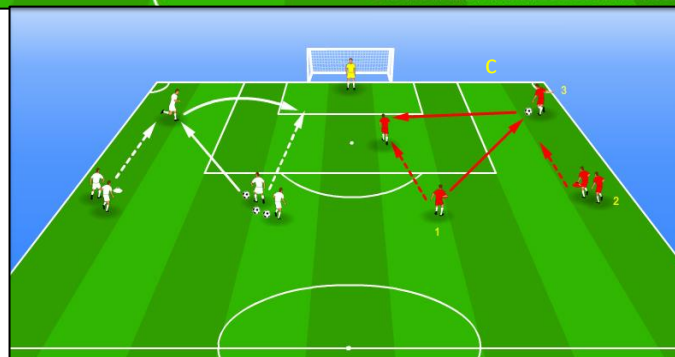
Time: 20 min.

Repetitions:

Space: half pitch – $\frac{3}{4}$ pitch.

Equipment: cones, markers, mannequins, balls, bibs of different color.

Progression:



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHOOTING. TRAINING SESSION 2

3. GAME 6v6+2GK

Introduction:

Competition between 2 teams (white and red) of 3 players inside the playing area. Outside two white players and two red players stay beside each goal. Outside two neutral players are supporting both teams when they are in possession of the ball.

Condition:

Attacking team in possession must combine with outside player before shooting at goal (first touch is allowed).

Attacking team may use both neutral player either to keep the ball or to create crossing chances.

Team who score keep possession. When defenders regain the ball can start quick counterattack.

Coaching Point:

- Use the neutrals to create more attacking options.
- Attacking mentality.
- Looking for shooting chances.
- Use first touch or not before shooting.
- Get body over ball when striking to keep it low.

Organization:

Players: 7/group.

Time: 30 min.

Repetitions: 1

Space: 40m x 30m

Equipment: cons, balls, bibs of different color.

Progression:



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: SHOOTING. TRAINING SESSION 2

4. GAME: 7v7

Introduction:

2 teams of seven players. Normal match.

Condition:

Each attacking attempt will be started always by the coach, from the halfway line.

Coaching Point:

- Body shape to get an efficient orientation.
- Confident attacking in front third.
- Looking always for shooting chances.
- Supporting and getting a dynamic attacking shape.
- Efficient team shape according with 1-3-2-1 game system.
- Awareness.
- Communication.

Organization:

Players: 14/group.

Time: 25min.

Repetitions: 2 x 12min.

Space: 45mx50m

Equipment: cones, markers, balls, bibs of different color.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 1

1. WARM UP

Introduction:

Players running free with the ball and 3 players (red bibs) have to chase the others.

Condition:

When the reds regain the ball, attacker and defender change the role.

Coaching Point:

- Awareness.
- Always ball close to feet.
- Head up.
- Inside or outside of the foot and both feet.

Organization:

Players: 10-12/group.

Time: 20 min.

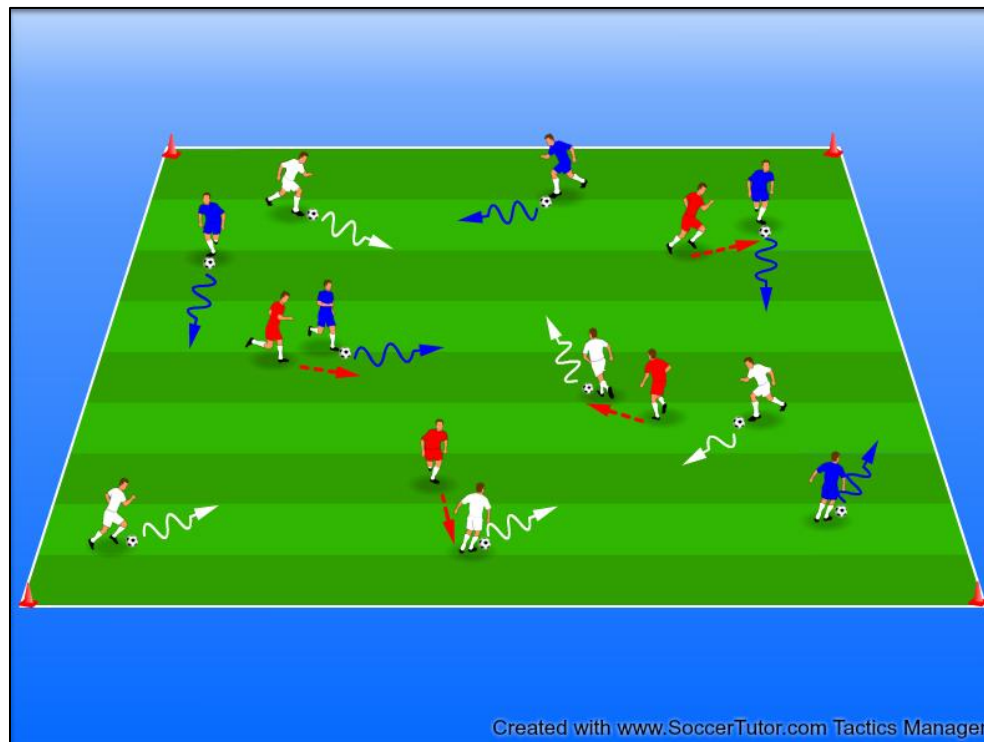
Repetitions: 2x10min (5min) right foot, 5min (left foot).

Space: 20m x 20m.

Equipment: balls, bibs of different color.

Progression:

- More players chasing and less space.
- Players in pairs, one running with the ball, the other chasing.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 1

2. SKILL DEVELOPMENT 4v4

Introduction:

2 teams of 4 players. Normal game.

Condition:

The players should start playing from the middle playing area all the time (coach ready with some balls). The attacker team after achieving at least 3 passes is able to score a goal by running with the ball through the running area to either one of the 2 small goals.

One defender can avoid an easy running with the ball and finishing.

Coaching Point:

- Awareness.
- Always ball close to feet.
- Head up.
- Inside-Outside of the feet and both feet.
- Inside to dribble - Outside to run faster.

Organization:

Players: 8/group.

Time: 20 min.

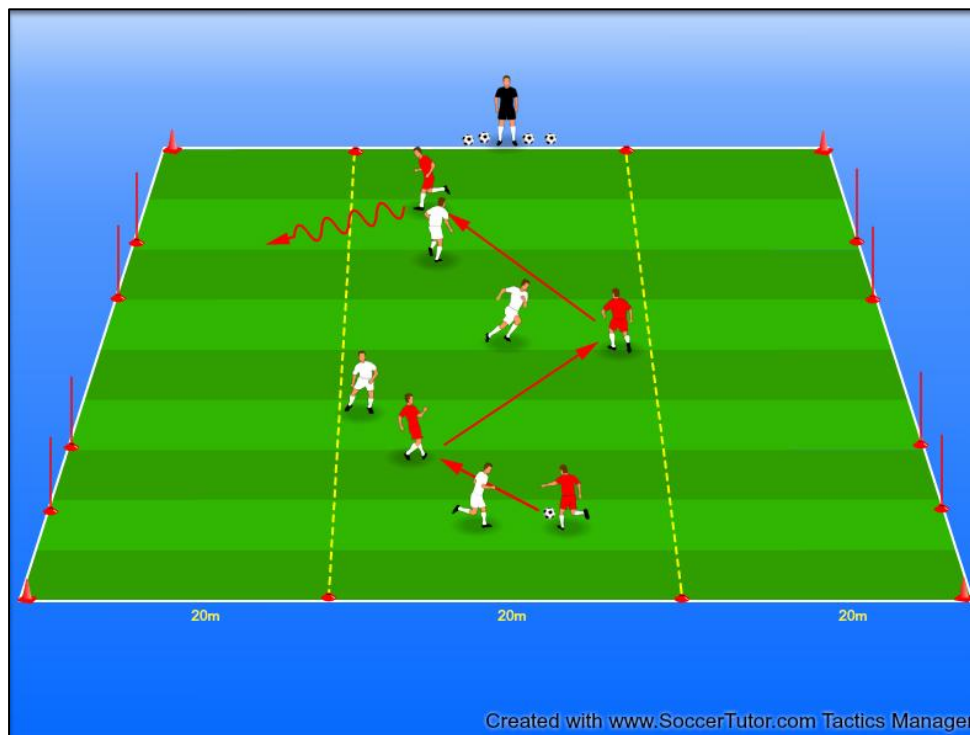
Repetitions: 1-2.

Space: 30m x 60m.

Equipment: posts, cones, markers, balls, bibs of different color.

Progression:

- Reduce playing area.
- 5v5



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 1

3. SSG: 4v4

Introduction:

Competition between 2 teams (red and white). Both teams playing inside the yellow square.

Condition:

After 3 passes the team is able to score running with the ball and shooting out of the yellow square towards one of the four goals (red team scoring over right and left goals, white team over up and down goals).

One defender can go out of the playing area and try to avoid the goal.

Coaching Point:

- Awareness.
- Always ball close to feet.
- Head up.
- Inside-Outside of the feet and both feet.
- Inside to dribble - Outside to run faster.

Organization:

Players: 8/group.

Time: 25 min.

Repetitions: 2.

Space: 40mx40m - 20mx20m playing area.

Equipment: balls, cones, markers, bibs of different color.

Progression:

- 5v5.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 1

4. GAME: 7v7

Introduction:

2 teams of seven players. Normal match.

Condition:

One team keeping possession and attacking (red) and the other team (white) aiming for regain the ball (by interception in the graphic) and to start a quick counterattack.

If the team score a goal, they will keep possession.

Coaching Point:

- Focused on both transitions (AD – DA).
- Keeping possession efficiently. Finishing every move.
- Compact box defending. Interception skills.
- Quick reaction after ball lost (drop back) – ball regained (run forward).
- Awareness.
- Communication.

Organization:

Players: 14/group.

Time: 25min.

Repetitions: 2 x 12min.

Space: 45mx65m

Equipment: cons, markers, balls, bibs of different color.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 2

1. WARM UP

Introduction:

Running with the ball technique drills.

Condition:

- A. Running forward with the ball.
- B. Running with the ball + change of direction.
- C. Running with the ball + 1-2 passing combination.

When one player finishes, the next one is able to start.

Coaching Point:

- Awareness.
- Always ball close to feet.
- Head up.
- Inside-Outside of the feet and both feet.

Organization:

Players: 4-6/group.

Time: 15 min.

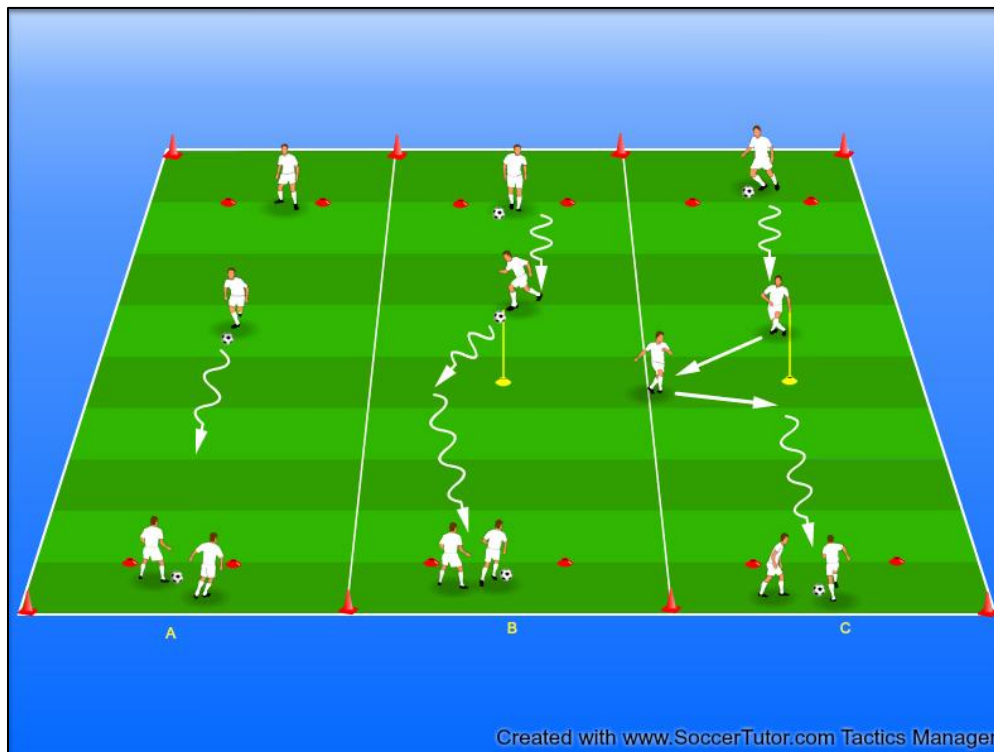
Repetitions: 5min on each drill.

Space: 20mx25m each drill.

Equipment: balls, cones, markers, posts.

Progression:

- Running with the ball competition among 3 teams.



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INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 2

2. SKILL DEVELOPMENT

Introduction:

2 teams of 4 players. Normal game.

Condition:

The players should start playing from the middle playing area all the time (coach ready with some balls). The attacker team after achieving 3 passes is able to score a goal by running with the ball through the running area to the "scoring area".

One defender can avoid an easy running with the ball and finishing.

Coaching Point:

- Try to receive the ball away from defender and with enough space for running.
- Running from outside to inside and from inside to outside.
- Running forward and change of speed to beat the opponent.
- Dynamic attacking shape.

Organization:

Players: 8/group.

Time: 25 min.

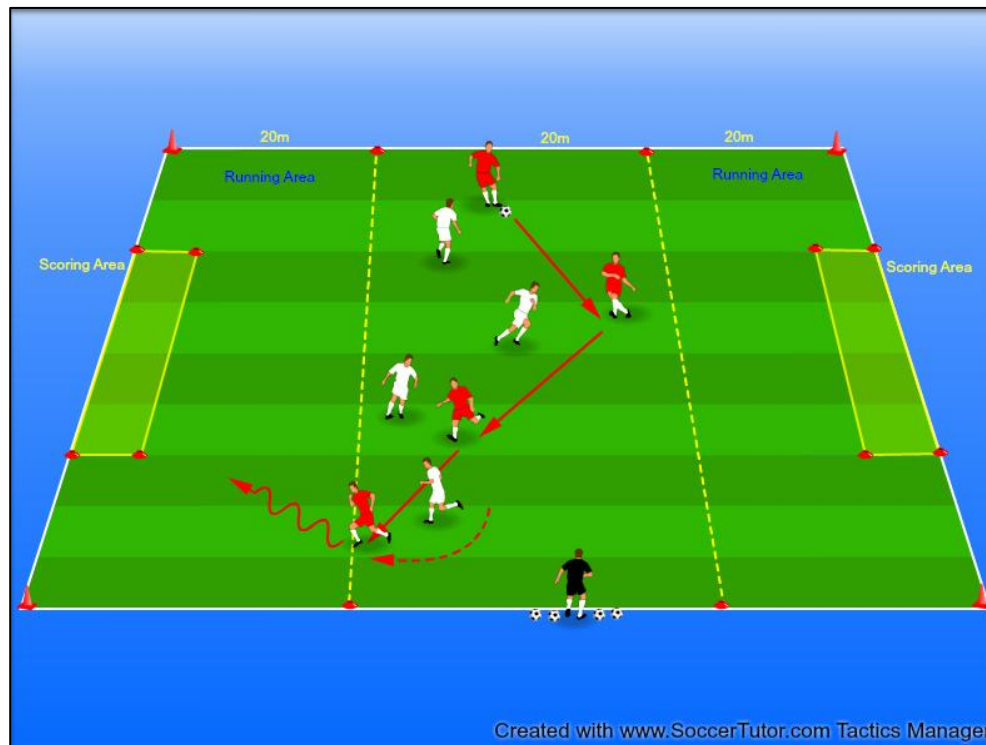
Repetitions: 2.

Space: 30mx60m.

Equipment: cones, markers, balls, bibs of different color.

Progression:

- Reduce playing area.
- 5v5.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 2

3. GAME: 4v4+2GK

Introduction:

Competition between 2 teams (red and white). Both teams playing inside the playing area.

Condition:

Normal game. Create chances to score by running with the ball through the running area and finishing over the opponent's goal. Once the attacker reaches the running area other attackers may follow him.

One defender can go out of the playing area and try to avoid the goal.

Coaching Point:

- Try to receive the ball away from defender and with enough space for running.
- Right time to start running with the ball.
- Looking for space to run forward behind defenders.
- Running from outside to inside and from inside to outside.
- Running forward and change of speed to beat the opponent.
- Dynamic attacking shape.

Organization:

Players: 10/group.

Time: 25 min.

Repetitions: 2.

Space: 30m x 70m.

Equipment: balls, cons, bibs of different color.

Progression:

- 5v5+2GK.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 2

4. SSG 7v7

Introduction:

2 teams of seven players. Normal match inside the playing area.

Condition:

3 passes have to be done before attempting to score.

Coaching Point:

- Body shape to get an efficient orientation.
- Supporting and getting a dynamic attacking shape.
- Right time to start running with the ball.
- Get free space to make the player able to run with the ball.
- Looking for passes behind defenders.
- Efficient team shape according with 1-3-2-1 game system.
- Awareness.
- Communication.

Organization:

Players: 14/group.

Time: 25min.

Repetitions: 2 x 12min.

Space: 45mx65m

Equipment: cons, markers, balls, bibs of different color.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: DRIBBLE (1v1). TRAINING SESSION 1

1. WARM UP

Introduction:

Players in pairs passing the ball free around the space. When the coach flows the whistle, player with the ball start 1v1 against his pair and try to score in one of the small goals.

Condition:

Mandatory beat the opponent in 1v1 situation. Before passing the ball back to team mate player must execute some feints and dribbles.

Coaching Point:

- Ball always close to the feet.
- Different feints and change of the pace afterwards.
- Link feint + change of direction + change of pace.
- Both feet to improve.
- Defending right-left foot of the opponent.
- Decrease center of gravity.

Organization:

Players: 10-12/group.

Time: 15min.

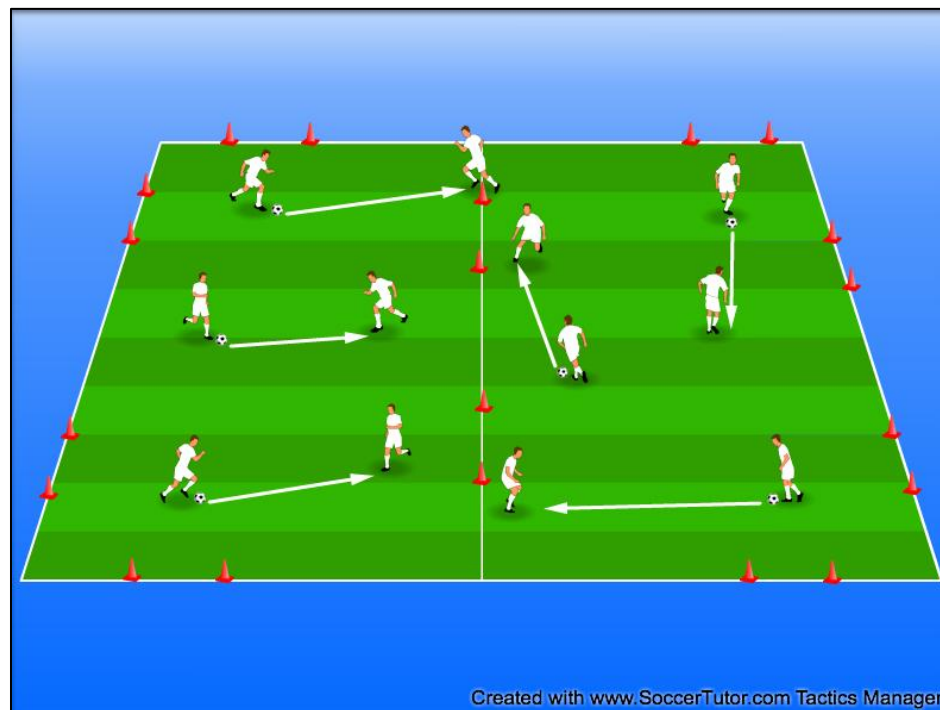
Repetitions: 4, changing pairs in each set.

Space: 20m x 40m

Equipment: balls, cones.

Progression:

- From 1v1 to 2v2.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: DRIBBLE (1v1). TRAINING SESSION 1

2. SKILL DEVELOPMENT

Introduction:

1v1 Competition.

Condition:

Player with the ball is able to score in the small goal but always from inside the shooting area. If the defender get the ball back can score in opponent's goal directly and doesn't have to wait (he is able to start counterattack).

Coaching Point:

- Ball always close to the feet.
- Protection of the ball.
- Link feint, change of direction and change of pace.
- Both feet to improve.
- Defending right-left foot of the opponent.
- Decrease center of gravity.

Organization:

Players: 6-8/group.

Time: 20min.

Repetitions: Change opponents after 60-90 seconds, as a competition. Who win goes up, who lost goes down.

Space: 15m x 20m each small pitch.

Equipment: cones, balls, bibs of different color.

Progression:

- From 1v1 to 2v1.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: DRIBBLE (1v1). TRAINING SESSION 1

3. GAME 4v4

Introduction:

Match between 2 teams (white and red) of 4 players.

Condition:

Player with the ball must beat opponent in a 1v1 situation before scoring. Players without the ball should create free space to be used by one of them.

Coaching Point:

- Braveness.
- Feints.
- Change of speed and direction.
- Create space to receive the ball.
- Avoid defender's intentions.

Organization:

Players: 10 players/group.

Time: 25min.

Repetitions: 1

Space: 20m x 40m

Equipment: balls, bibs of different color.

Progression:

- 5v5



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: DRIBBLE (1V1). TRAINING SESSION 1

4. SSG 7v7

Introduction:

2 teams of seven players. Normal match inside the playing area.

Condition:

Players are not allowed to play at one touch.

Coaching Point:

- Braveness to beat the opponent in 1v1.
- 1v1+shooting / 1v1+crossing.
- Get free space to support the team mate and to receive the ball with enough time/space.
- Create and use free space to run and support away from opponent.
- Efficient ball protection.
- Strong attitude defending: body contact, tackle, ...
- Awareness.
- Communication.

Organization:

Players: 14/group.

Time: 25min.

Repetitions: 2 x 12min.

Space: 45mx50m

Equipment: cones, markers, balls, bibs of different color.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: DRIBBLE (1v1). TRAINING SESSION 2

1. WARM UP

Introduction:

1v1 warm up drill, from ball mastery and no opposition to a real 1v1 situation.

Condition:

Drill A: players dribbling the ball towards the marker on the middle and making different feints such as scissors, step – over, roulette, etc.

Drill B: 2 teams of 4 players, one team defending and one team attacking. Attacker must beat the defender inside the grid 10mx10m reaching the yellow line on the opposite side. First repetitions starting on a soft opposition from the defender.

Coaching Point:

- Ball always close to the feet.
- Different feints and change of the pace afterwards.
- Link feint + change of direction + change of pace.
- Both feet to improve.
- Defending right-left foot of the opponent.
- Decrease center of gravity.

Organization:

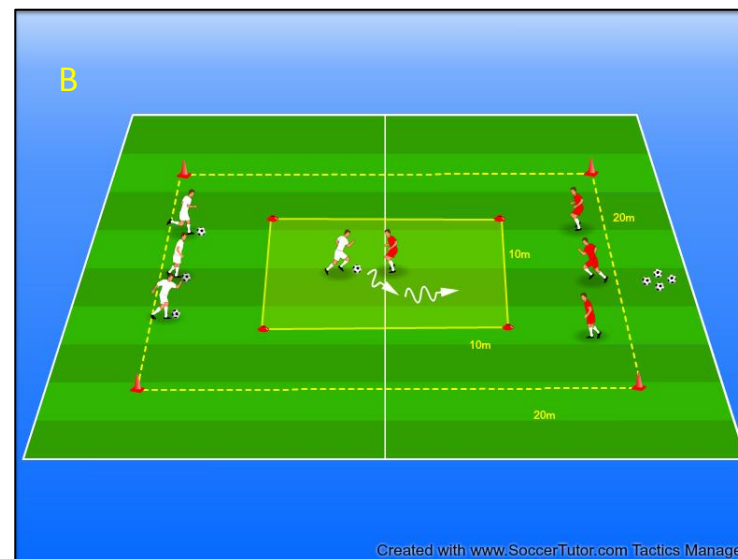
Players: 8-10/group.

Time: 15min.

Repetitions: 4 sets, changing pairs in each set.

Space: 20m x 20m (10m x 10m inside grid).

Equipment: balls, cones, markers, bibs of different color.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: DRIBBLE (1v1). TRAINING SESSION 2

2. SKILL DEVELOPMENT

Introduction:

1v1 Competition.

Condition:

Drill A: Attacker receiving the ball from defender must beat him and score in either of the two small goals, from inside the “shooting area”. Defender after passing the ball must run quick and face attacker getting a correct body shape.

Drill B: Attacker receiving the ball from goalkeeper must finish the move either 1v1+shooting or shooting if the defender (red) is not enough fast. If white player scores, white team keep attacking. In case white team cannot score, red team starts a new attack from goalkeeper.

Coaching Point:

- Ball always close to the feet.
- First touch of the ball.
- Different feints and change of the pace afterwards.
- Link feint + change of direction + change of pace.
- Both feet to improve.
- Defender: body shape half turn and decreasing center of gravity.

Organization:

Players: 8-10 players on each drill (A and B).

Time: 20min.

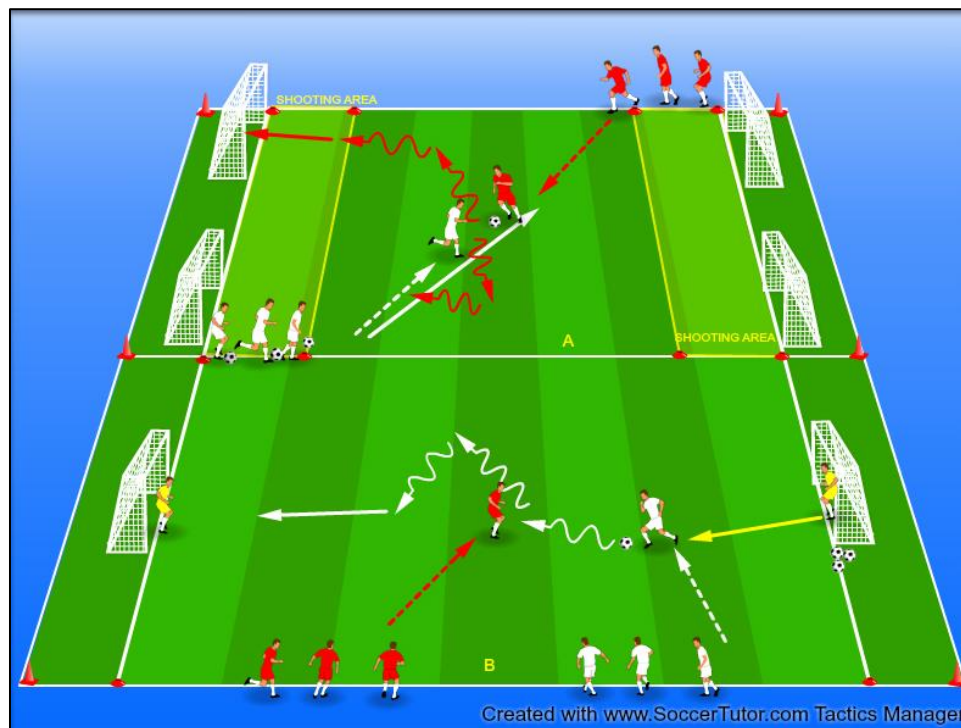
Repetitions: 2 sets. A Group goes to B and B Group goes to A.

Space: 25m x 35m each drill.

Equipment: ball, cones, markers, bibs of different color.

Progression:

- From 1v1 to 2v2.



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: DRIBBLE (1v1). TRAINING SESSION 2

3. GAME 4v4+2GK

Introduction:

Match between 2 teams (white and red) of 4 players.

Condition:

Player with the ball must beat opponent in a 1v1 situation before scoring. Players without the ball should create free space to be used by one of them.

Coaching Point:

- Aim for 1v1 plus shooting.
- Braveness.
- Feints.
- Change of speed and direction.
- Create space to receive the ball.
- Avoid defender's intentions.

Organization:

Players: 10 players/group.

Time: 25min.

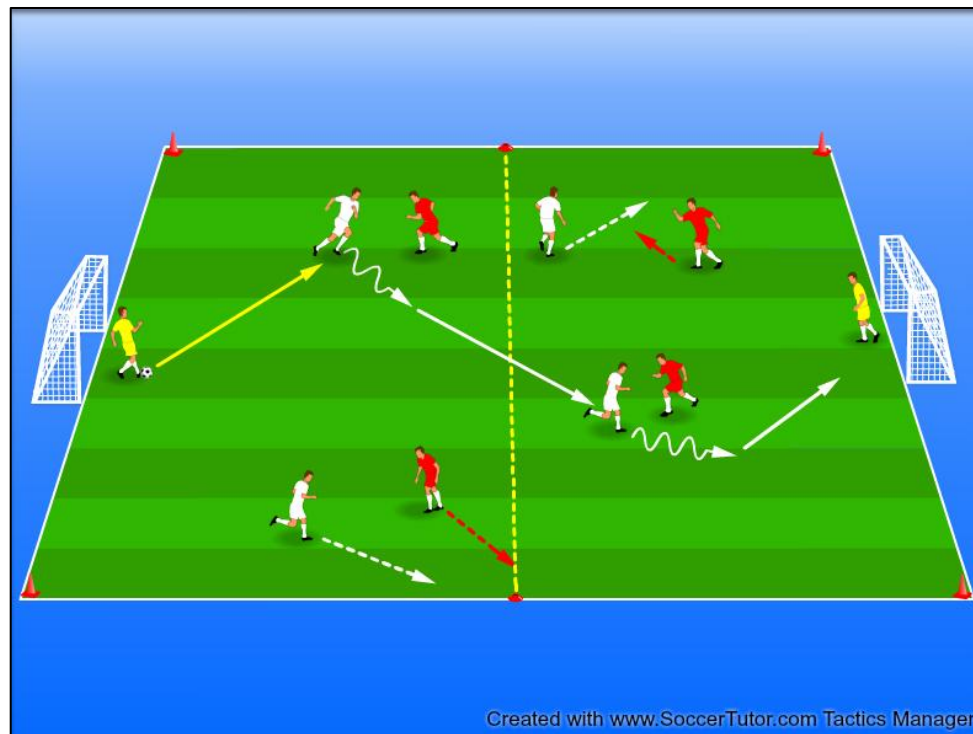
Repetitions: 1

Space: 20m x 40m

Equipment: cones, markers, balls, bibs of different color.

Progression:

- 5v5+2GK



INDIVIDUAL SKILL DEVELOPMENT PHASE (9-12)



CORE SKILL: DRIBBLE (1V1). TRAINING SESSION 2

4. SSG 7v7

Introduction:

2 teams of seven players. Normal match inside the playing area.

Condition:

Players are not allowed to play at one touch.

Coaching Point:

- Braveness to beat the opponent in 1v1.
- 1v1+shooting / 1v1+crossing.
- Get free space to support the team mate and to receive the ball with enough time/space.
- Create and use free space to run and support away from opponent.
- Efficient ball protection.
- Strong attitude defending: body contact, tackle, ...
- Awareness.
- Communication.

Organization:

Players: 14/group.

Time: 25min.

Repetitions: 2 x 12min.

Space: 45mx50m

Equipment: cones, markers, balls, bibs of different color.

