

Ball Mastery U11-U14

WEEK 1 | SESSION 1



Week Objectives:

- Allow players to rediscover their technique in controlling & manipulating the ball after time off during summer
- Encourage players to experience and enjoy the game

Main Principle: Ball Mastery

- Definition: comfort in possession using all parts of both feet and controlling the ball
- Coaching Points:
 - Use your first touch to stop the ball dead or lead you into a new area
 - Be able to use different parts of the foot to manipulate the ball (bottom, laces, inside, outside)
 - Bring ball under control quickly (with one touch) to make the decision whether to dribble, pass, or shoot

Counter Principle: Applying pressure to the ball (defending)

- Definition: ability to close down an attacker to make a tackle, block a shot or pass, or delay an attack
- Coaching Points:
 - Sprint to close down attacker, then slow approach to be able to change direction
 - Approach side-on to make play predictable and allow quick recovery if attacker takes touch past

Hourglass: Ball Mastery

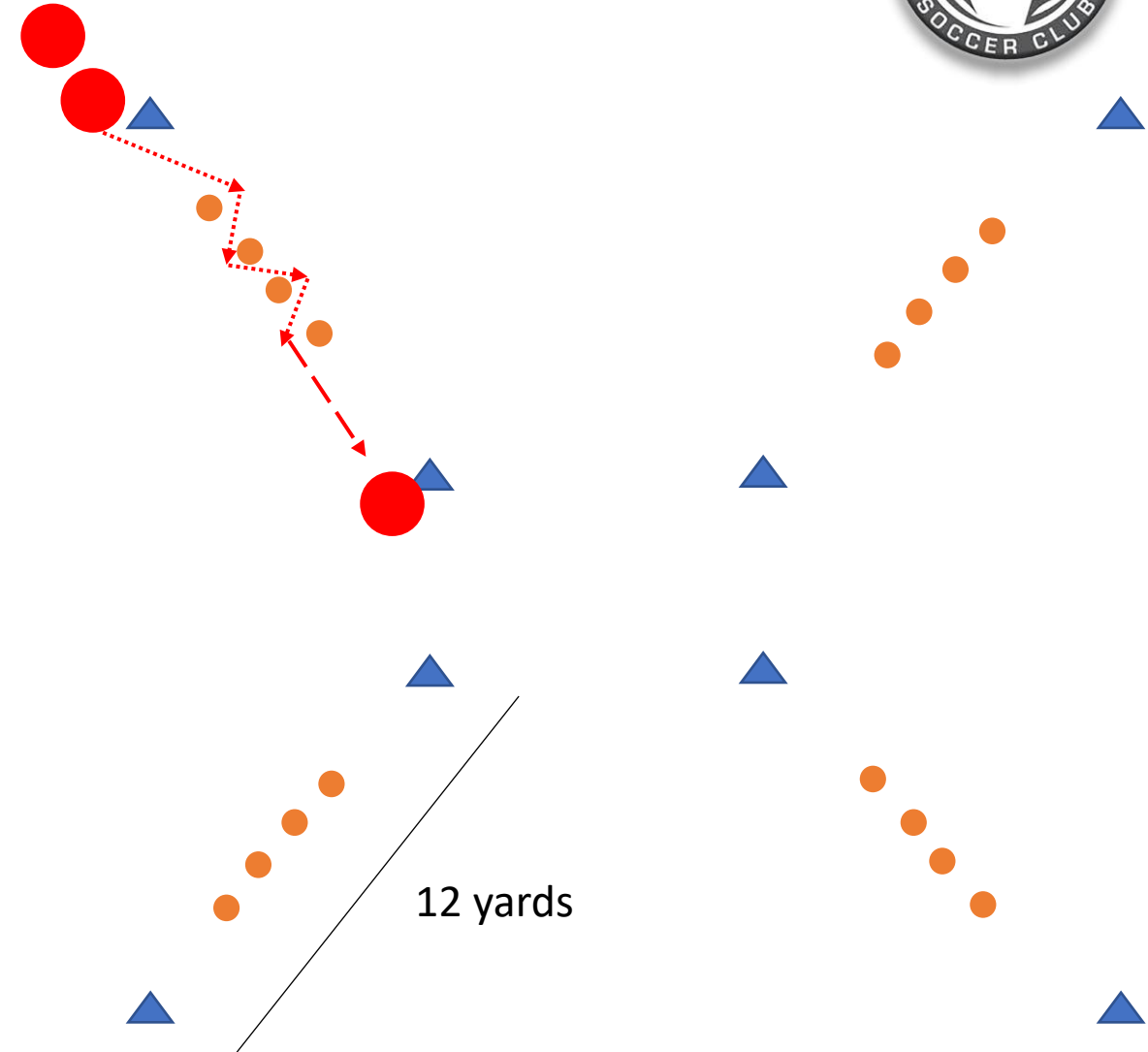
Time	20
Sets & Set Length	5x2 min (1 min rest)
Teams or Grid Numbers	3-5 players per station
Number of Grids	1
Dimensions	12-yard stations (4-4-4)

Rules:

- 3-4 players per station – dribble thru 4 cones and pass
- *Progressions: unlimited, R only, L only, inside-outside, roll-stop*

Coaching Points

- Directional first touch – accelerate into the cones
- Master technique, then increase speed
- Finish action with firm accurate pass



1v1: Ball Mastery



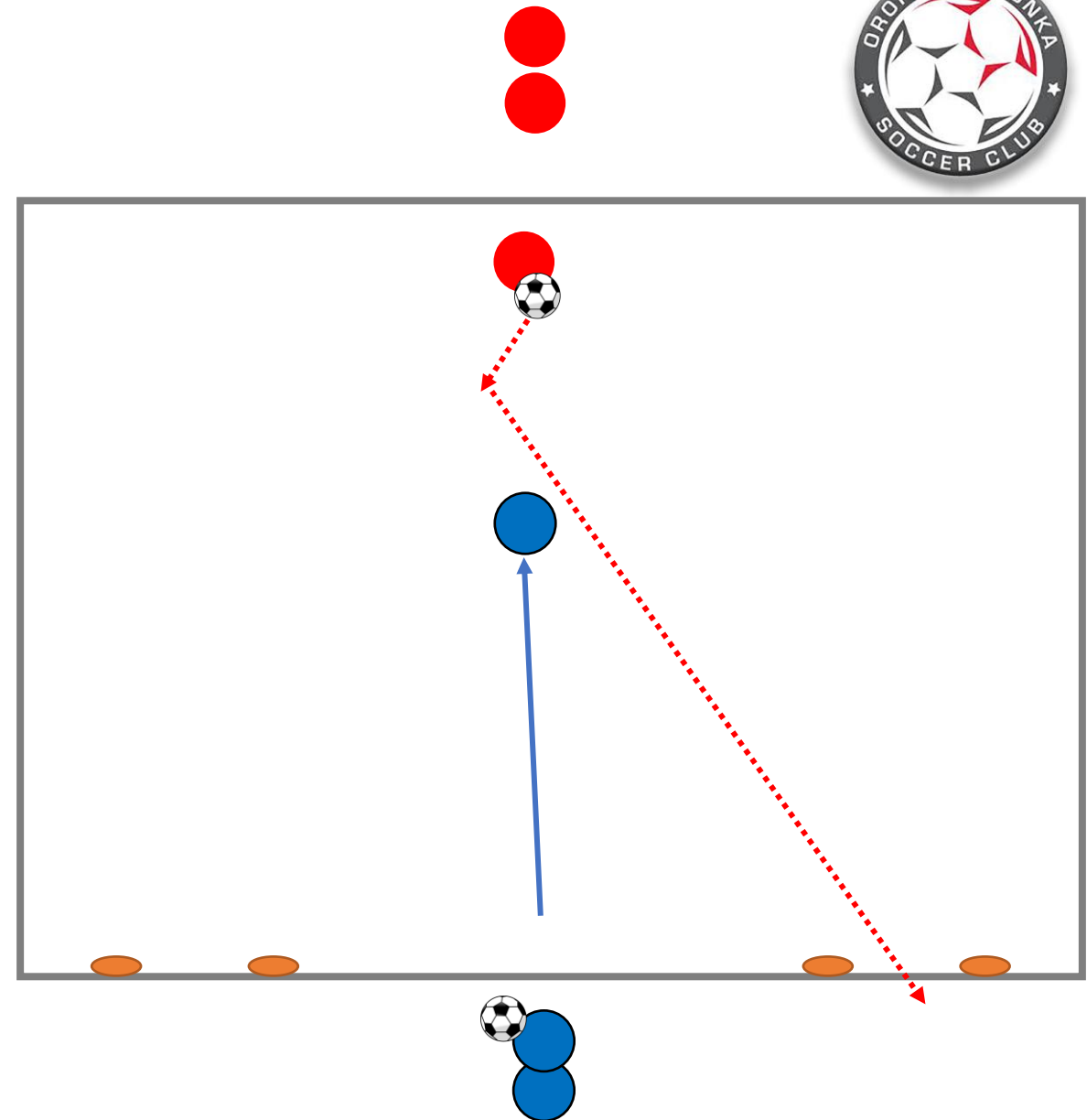
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	2 even groups
Number of Grids	2 (Ideally 5-8 players per grid)
Dimensions	15x15yards

Rules:

- Blue passes to red, then defends
- Red scores by dribbling between one of the two gates
- If blue wins the ball, passes back to team for a point
- Team attacks for 2 minutes, then defends for 2 minutes
- *Progression: scoring on 1 gate is worth 2, whereas scoring on the other is only worth 1*

Coaching Points

- Directional first touch – where does first touch take you?
- Use different surfaces of the foot to dribble past defender
- *Counter Principle: Use angle of approach to limit attacker's option to one gate*



Final Game



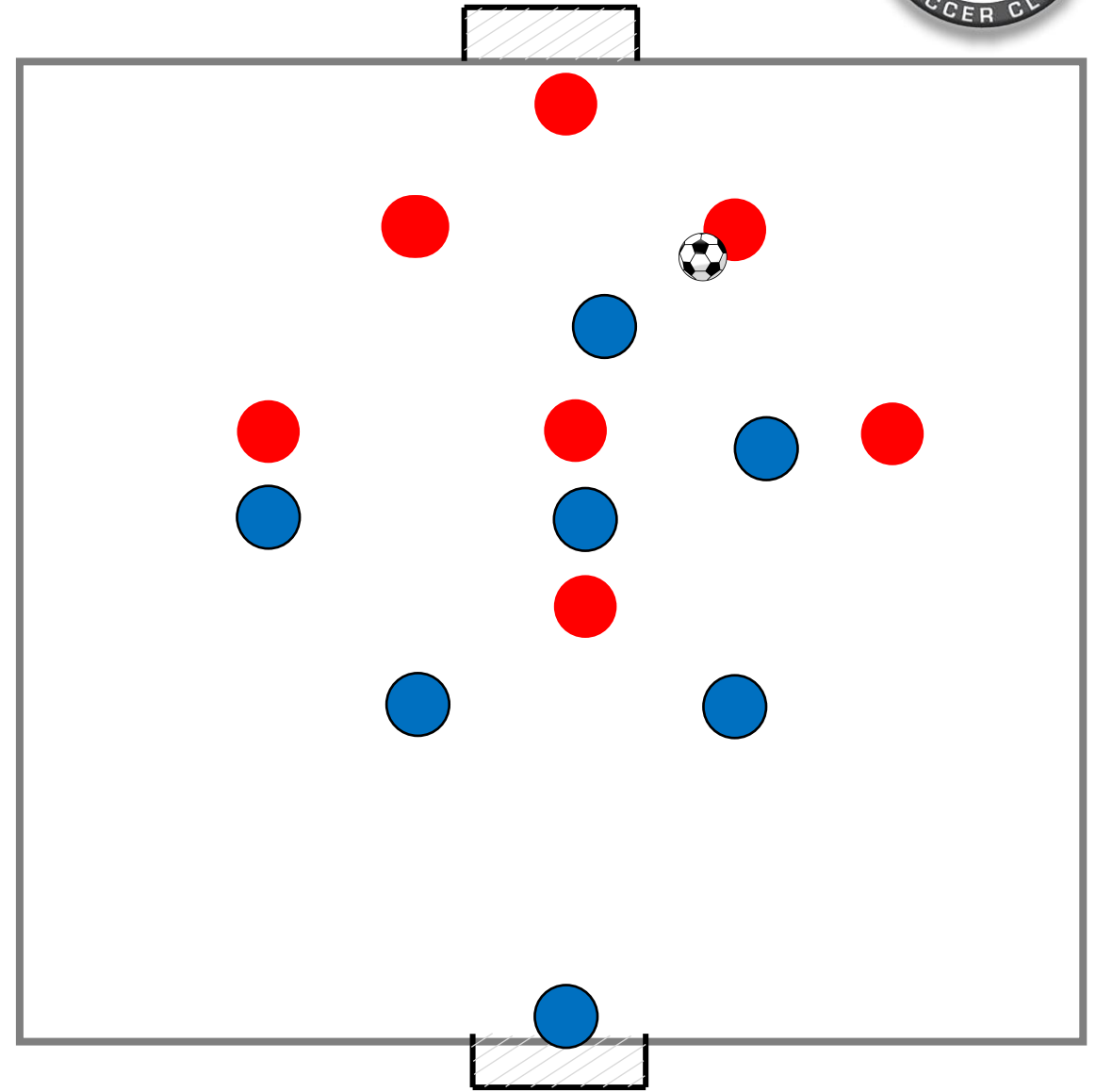
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal = 2pts, 1 touch goal = 2pts*

Coaching Points/Observation Questions:

- Observe: are players able to control & manipulate the ball in all situations with both feet? (notate technical corrections for next session)
- What causes teams' turnovers? Poor technique? Poor vision/decision making? Poor movement from team?



Ball Mastery U11-U14

WEEK 1 | SESSION 2



Week Objectives:

- Allow players to rediscover their technique in controlling & manipulating the ball after time off during summer
- Encourage players to experience and enjoy the game

Main Principle: Ball Mastery

- Definition: comfort in possession using all parts of both feet and controlling the ball
- Coaching Points:
 - Use your first touch to stop the ball dead or lead you into a new area
 - Be able to use different parts of the foot to manipulate the ball (bottom, laces, inside, outside)
 - Bring ball under control quickly (with one touch) to make the decision whether to dribble, pass, or shoot

Counter Principle: Applying pressure to the ball (defending)

- Definition: ability to close down an attacker to make a tackle, block a shot or pass, or delay an attack
- Coaching Points:
 - Sprint to close down attacker, then slow approach to be able to change direction
 - Approach side-on to make play predictable and allow quick recovery if attacker takes touch past

Individual Juggling



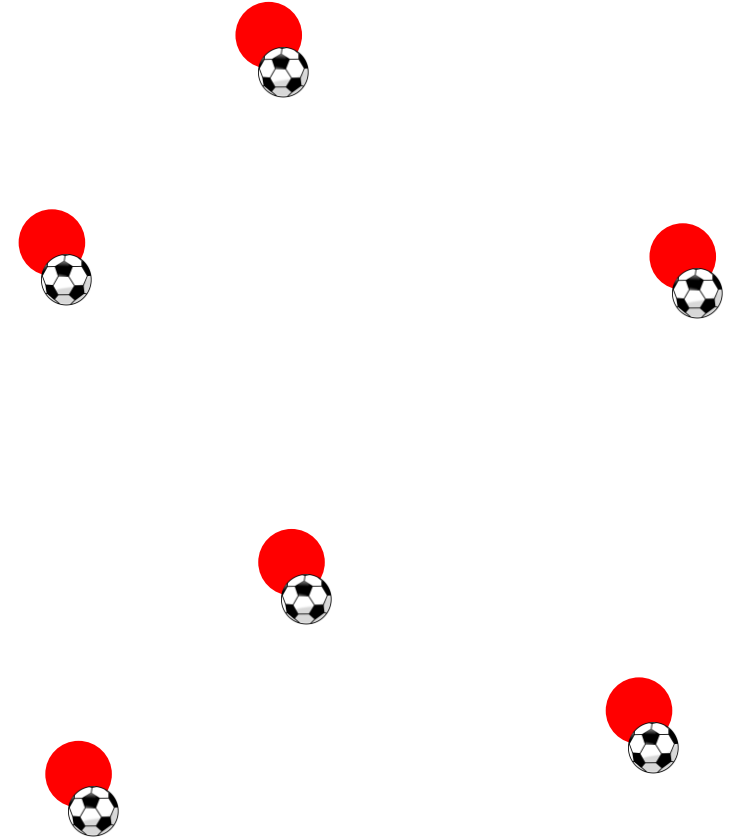
Time	15
Sets & Set Length	4x3 min
Teams or Grid Numbers	All players
Number of Grids	1
Dimensions	

Rules:

- Each player has a ball and juggles using below prompts
- Start with ball in hands, one juggle & catch
- Attempt more & more consecutive juggles as aptitude improves
- *Progressions: unlimited, R only, L only, headers only*

Coaching Points

- Keep ankle locked and contact the ball directly (no spin)
- Start controlled, then build consistency
- Keep track of high score



3 Team Possession



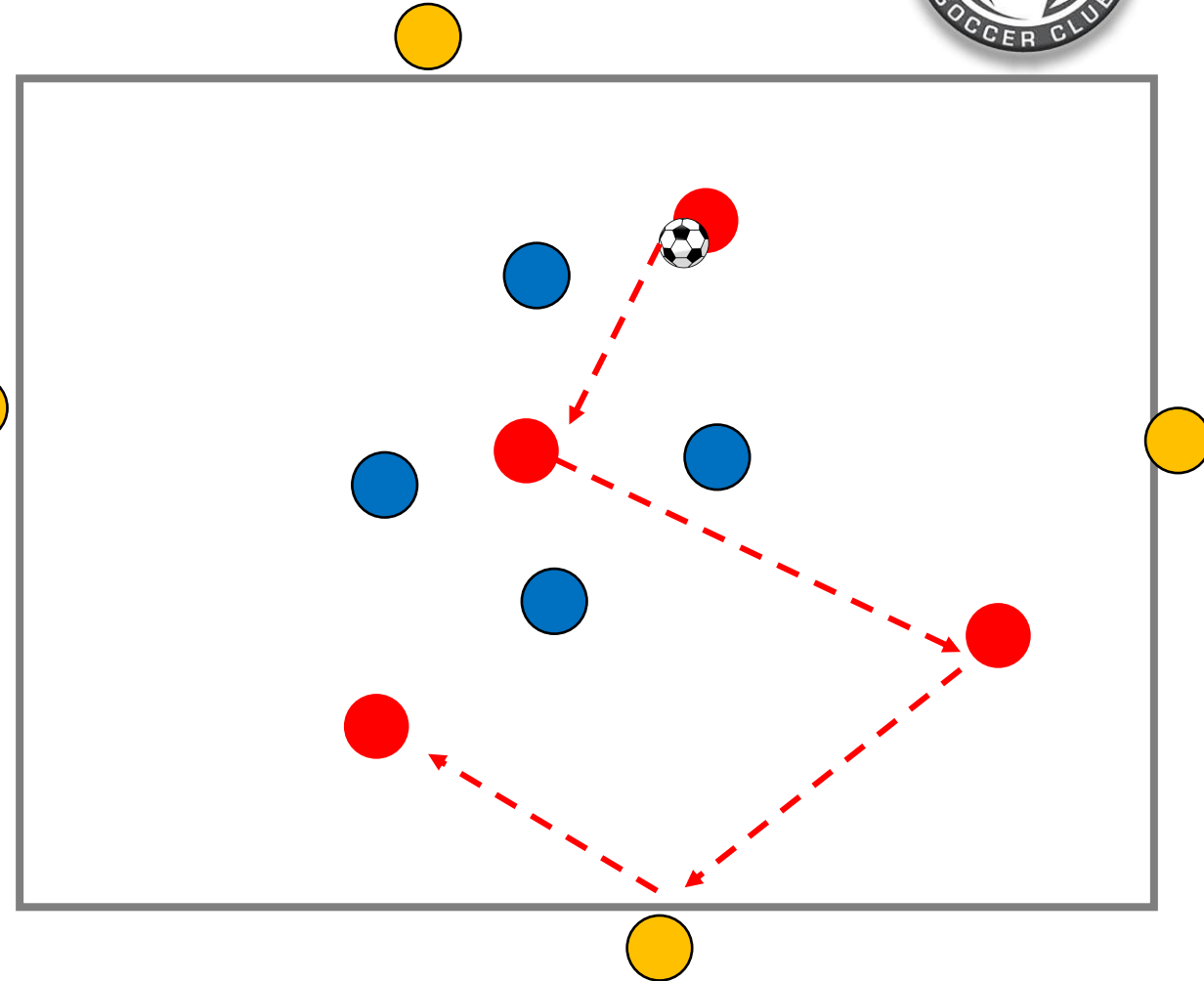
Time	25
Sets & Set Length	6 x 3 minutes
Teams or Grid Numbers	4v4+4
Number of Grids	1
Dimensions	30x30 yards

Rules:

- Blue and red play against each other to keep possession of the ball – 6 passes = point
- Both teams can use yellow as neutral players
- Yellow rotates in after first round (3 team rotation)
- *Progression: Outside players can only play with 1 touch*

Coaching Points

- Get ball under control in one touch to play quickly
- Show to receive the ball, use the space
- *Counter Principle: Use angle of approach to limit attacker's passing options*



Final Game



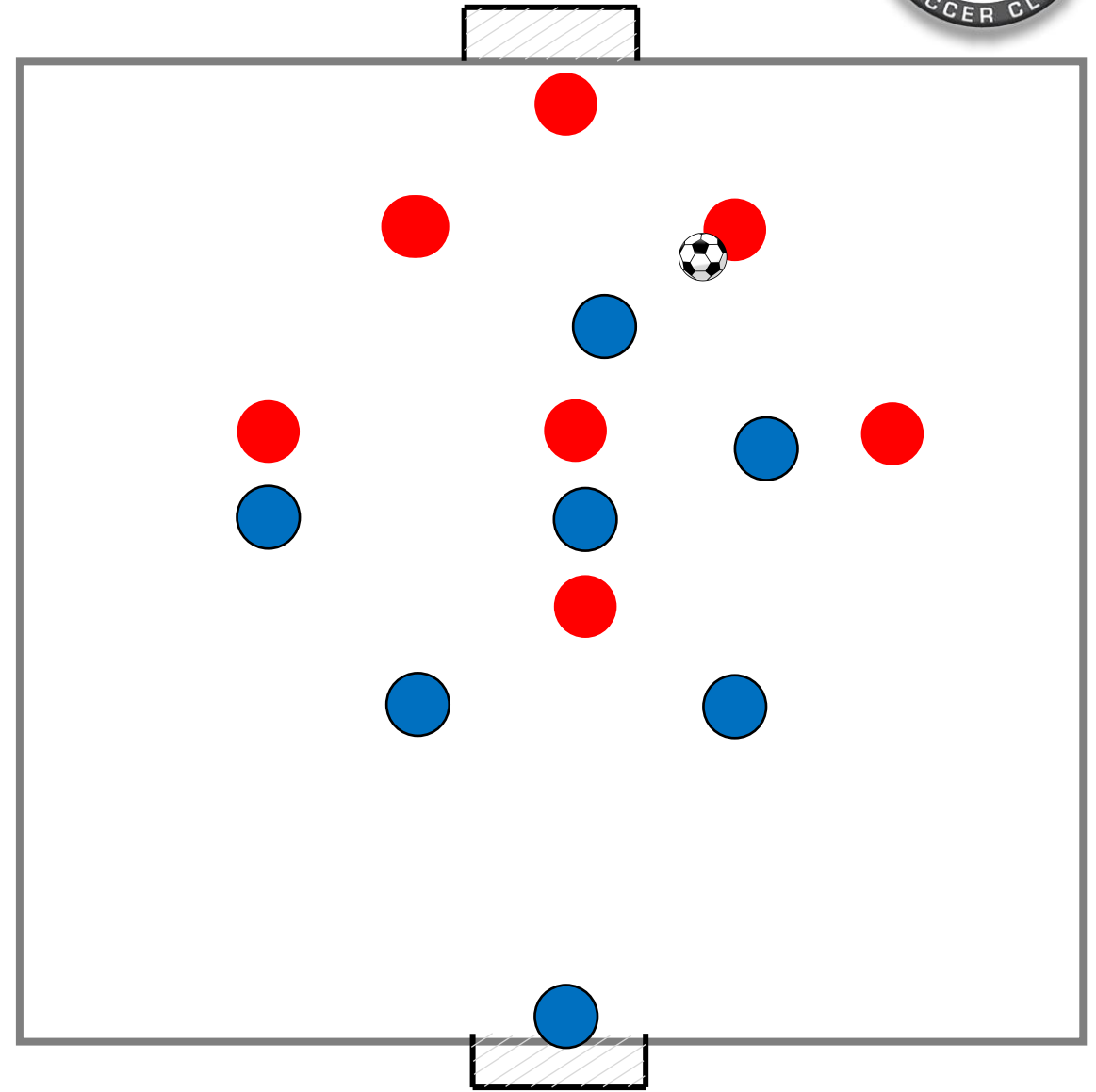
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal = 2pts, 1 touch goal = 2pts*

Coaching Points/Observation Questions:

- Observe: are players able to control & manipulate the ball in all situations with both feet? (notate technical corrections for next session)
- What causes teams' turnovers? Poor technique? Poor vision/decision making? Poor movement from team?



Passing U8-U10

WEEK 2 | SESSION 1



Week Objectives:

- Teach players to pass and receive the ball with proper technique, and allow them apply their technique under pressure
- Encourage players to experience and enjoy the game

Main Principle: Ball Mastery

- Definition: moving the ball from one player to another
- Coaching Points:
 - Pass with the inside of your foot
 - Plant (non-passing) foot should point to your target
 - Keep ankle locked – toe should be above heel

Counter Principle: Intercepting the ball (defending)

- Definition: ability to read the pass, and step in to regain possession of the ball
- Coaching Points:
 - Anticipate the pass in a certain direction
 - Take the angle to meet the ball in the passing lane

Hourglass: Ball Mastery



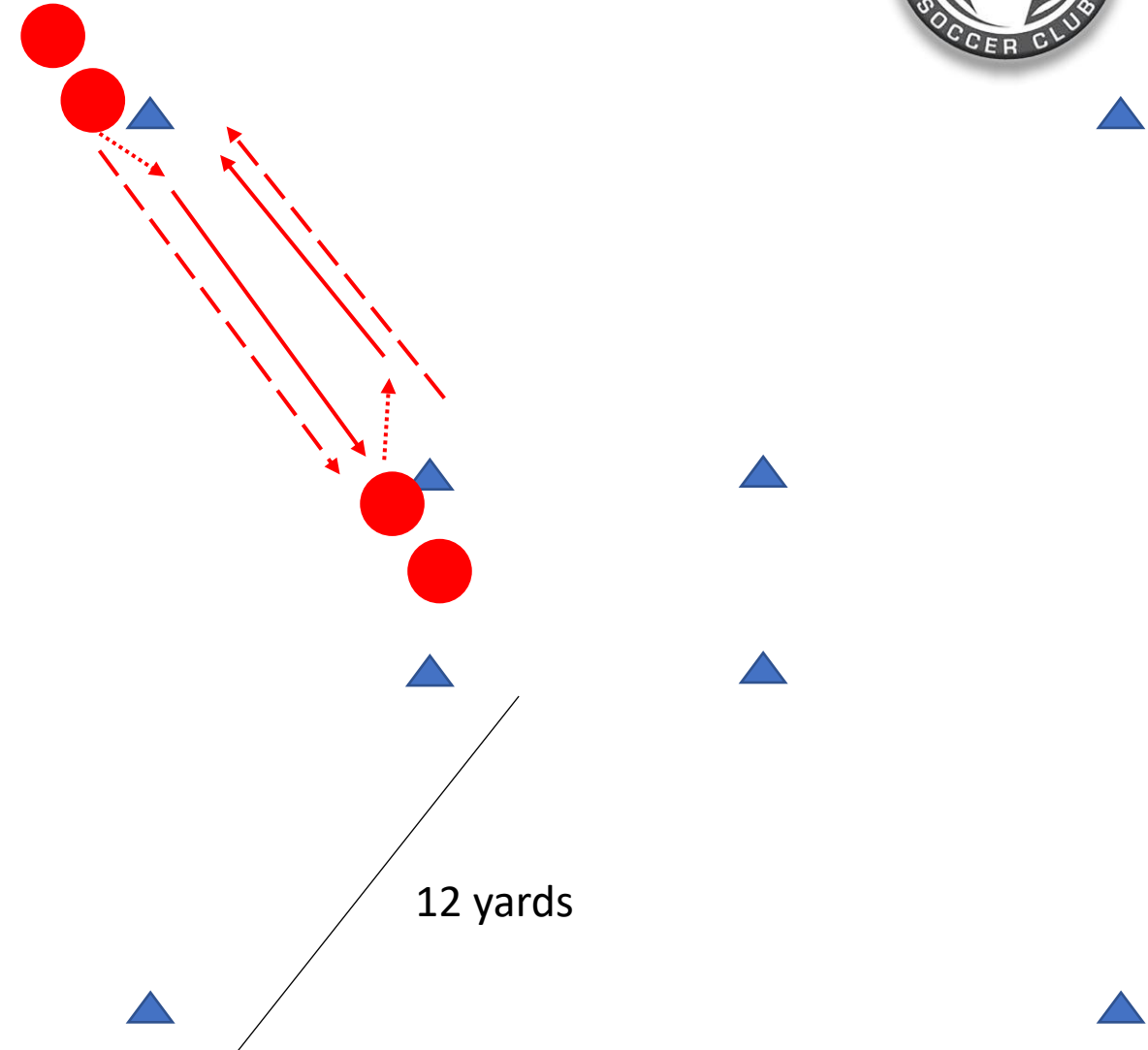
Time	20
Sets & Set Length	5x2 min (1 min rest)
Teams or Grid Numbers	4-5 players per station
Number of Grids	1
Dimensions	12-yard stations

Rules:

- 4-5 players per station – pass to partner & follow pass
- *Progressions: 2 touch (unrestricted), 2 touch (receive with one foot, pass with other), 1 touch*

Coaching Points

- Pass with the inside of your foot
- Plant (non-passing) foot should point to your target
- Keep ankle locked – toe should be above heel



2V1: Passing



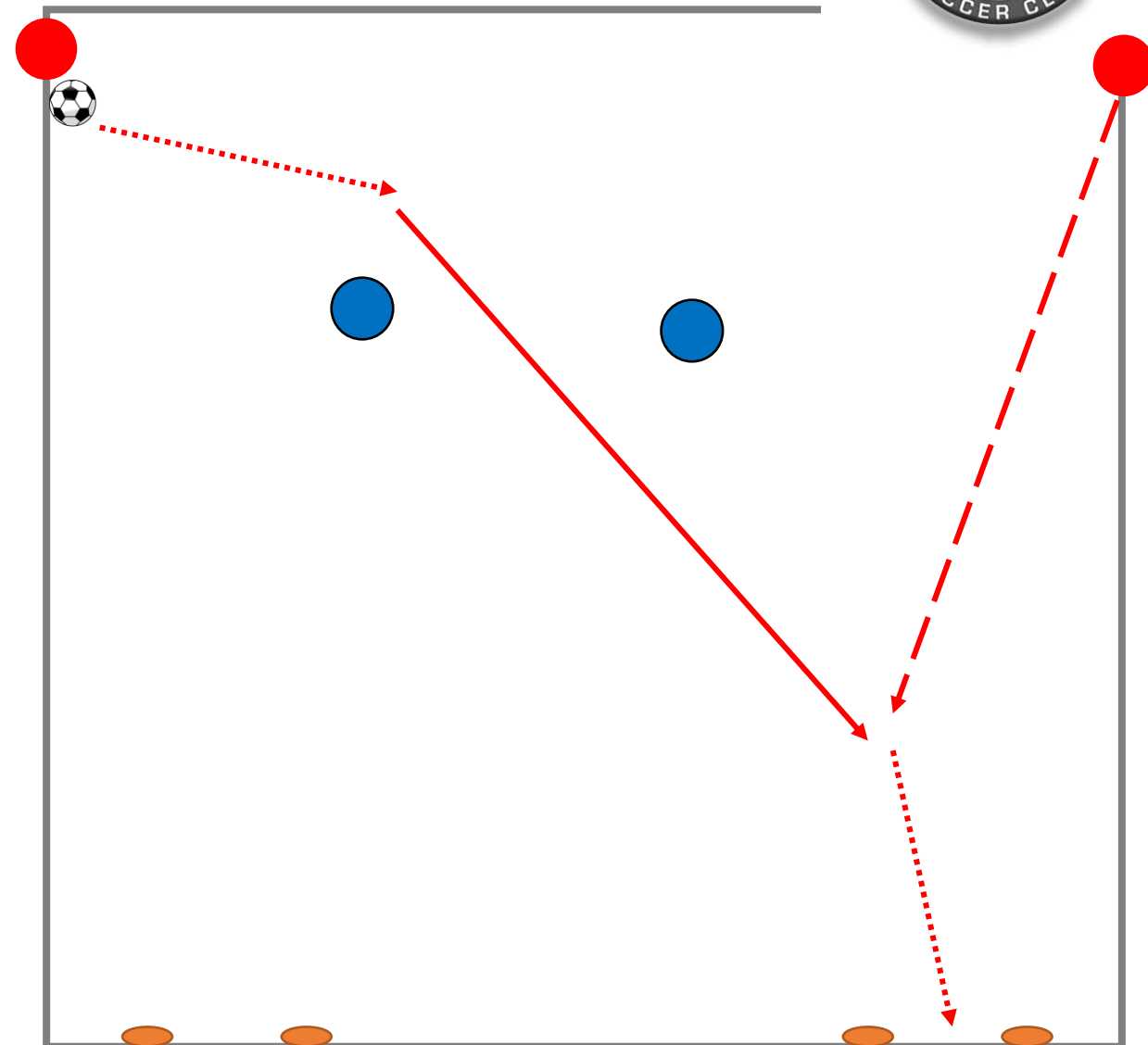
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	2 even groups
Number of Grids	2 (Ideally 5-8 players per grid)
Dimensions	30x20yards

Rules:

- Blue passes to red, then defends
- Red scores by dribbling between one of the two gates
- Team attacks for 2 minutes, then defends for 2 minutes
- *Progression: scoring on 1 gate is worth 2, whereas scoring on the other is only worth 1*

Coaching Points

- Pass with the inside of your foot
- Plant (non-passing) foot should point to your target
- Keep ankle locked – toe should be above heel



Final Game



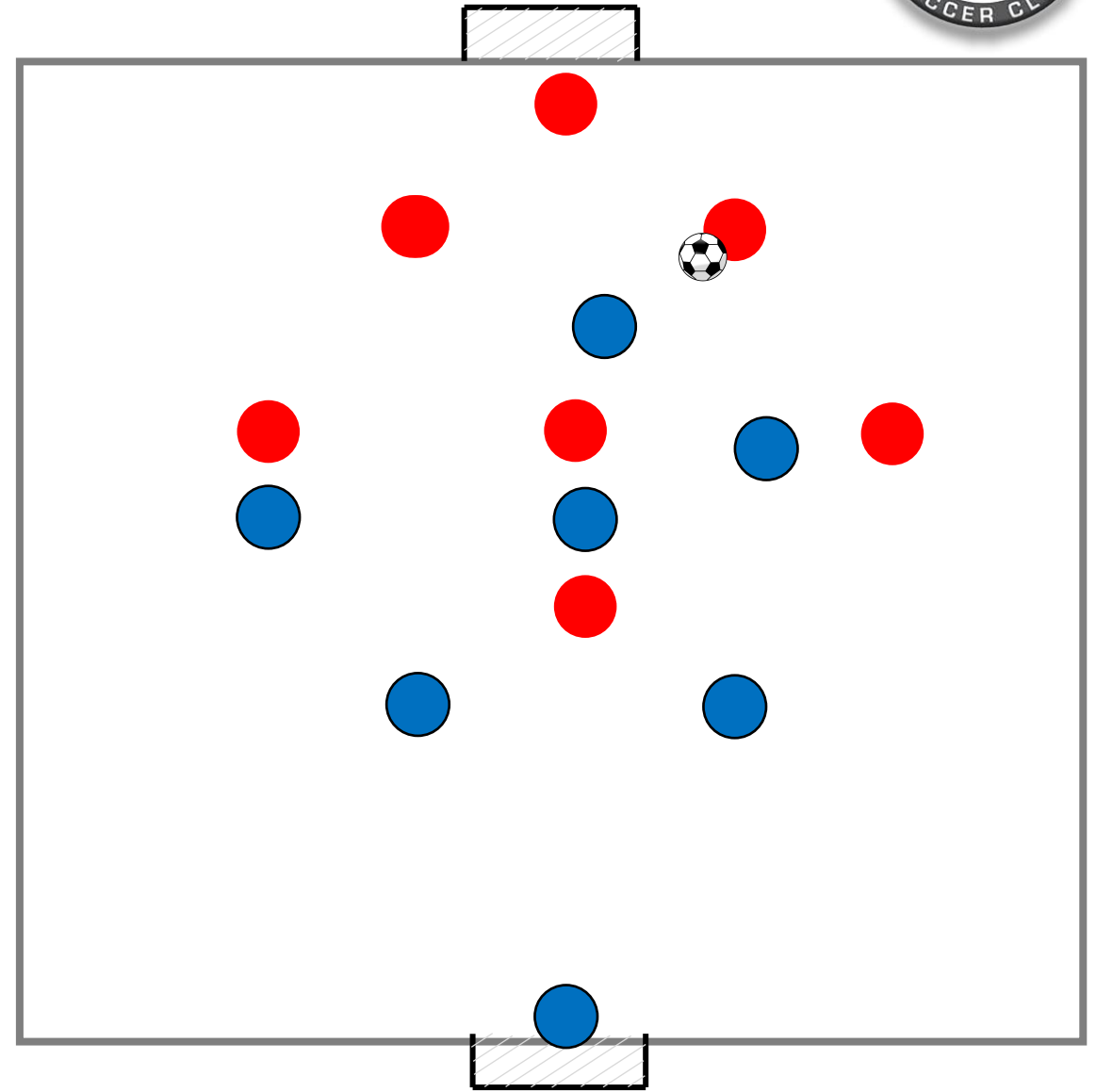
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: goals after 5+ passes = 2pts*

Coaching Points/Observation Questions:

- Observe: are players able to connect passes? Are most passes forward, backwards, or sideways?
- What causes teams' turnovers? Poor technique? Poor vision/decision making? Poor movement from team?



Passing U11-U14

WEEK 2 | SESSION 2



Week Objectives:

- Teach players to pass and receive the ball with proper technique, and allow them apply their technique under pressure
- Encourage players to experience and enjoy the game

Main Principle: Ball Mastery

- Definition: moving the ball from one player to another
- Coaching Points:
 - Pass with the inside of your foot
 - Plant (non-passing) foot should point to your target
 - Keep ankle locked – toe should be above heel

Counter Principle: Intercepting the ball (defending)

- Definition: ability to read the pass, and step in to regain possession of the ball
- Coaching Points:
 - Anticipate the pass in a certain direction
 - Take the angle to meet the ball in the passing lane

Individual Juggling



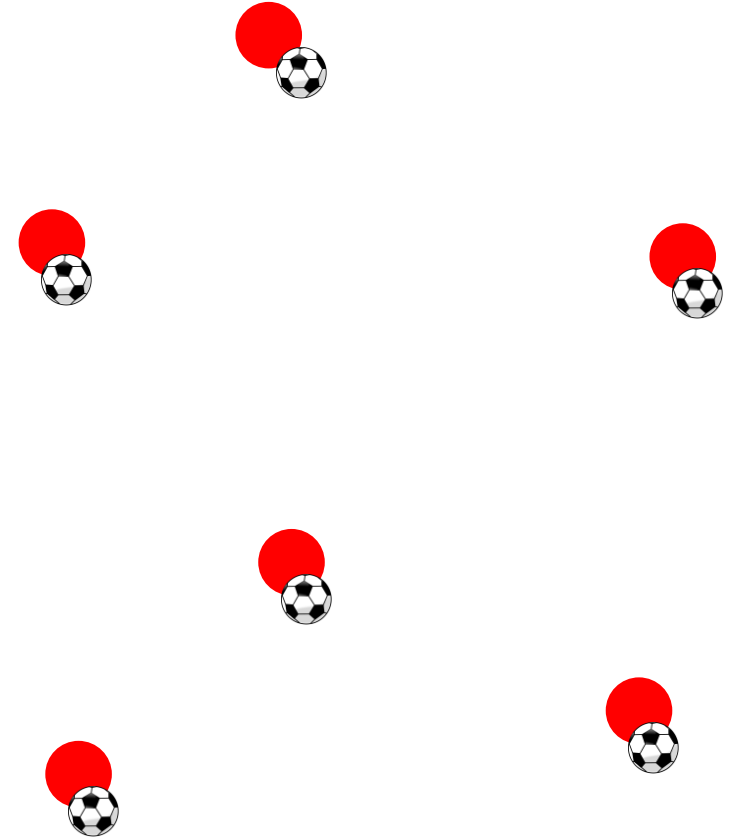
Time	15
Sets & Set Length	4x3 min
Teams or Grid Numbers	All players
Number of Grids	1
Dimensions	

Rules:

- Each player has a ball and juggles using below prompts
- Start with ball in hands, one juggle & catch
- Attempt more & more consecutive juggles as aptitude improves
- *Progressions: unlimited, R only, L only, headers only*

Coaching Points

- Keep ankle locked and contact the ball directly (no spin)
- Start controlled, then build consistency
- Keep track of high score



3v3 +2 Possession



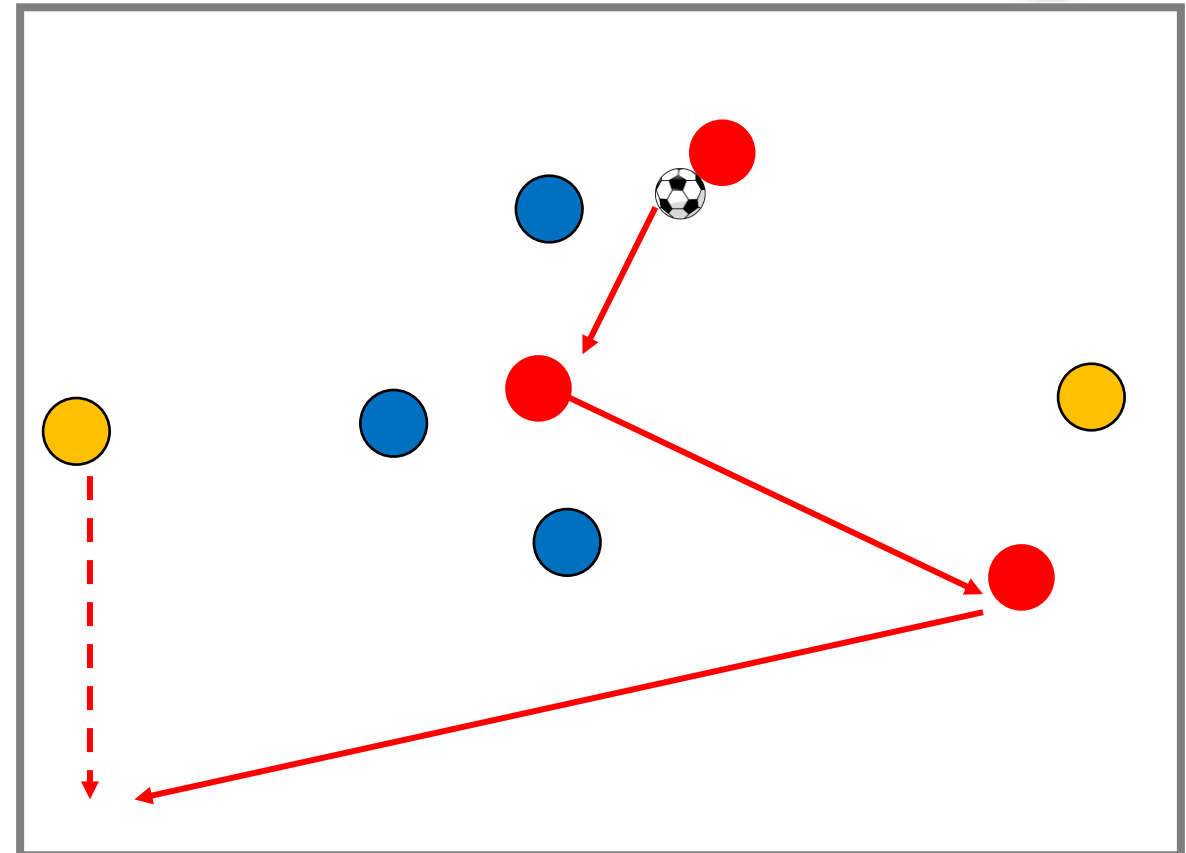
Time	25
Sets & Set Length	6 x 3 minutes
Teams or Grid Numbers	3v3+2
Number of Grids	1
Dimensions	30x30 yards

Rules:

- Blue and red play against each other to keep possession of the ball – 6 passes = point
- Both teams can use yellow as neutral players
- Yellow rotates in after first round (switch with 2 players)
- *Progression: neutral players must stay on end lines*

Coaching Points

- Pass with the inside of your foot
- Plant (non-passing) foot should point to your target
- Keep ankle locked – toe should be above heel



Final Game



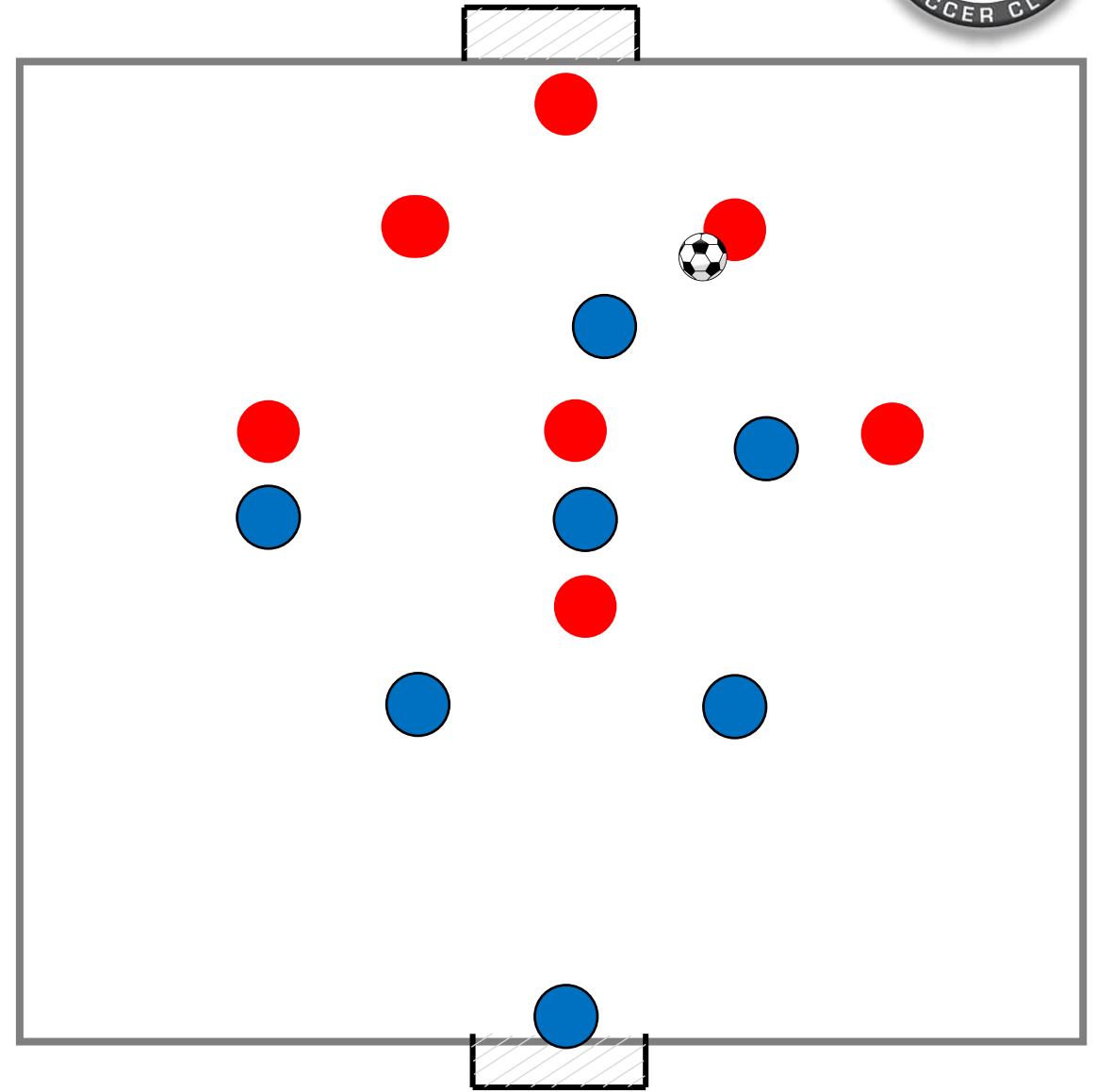
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: goals after 5+ passes = 2pts*

Coaching Points/Observation Questions:

- Observe: are players able to connect passes? Are most passes forward, backwards, or sideways?
- What causes teams' turnovers? Poor technique? Poor vision/decision making? Poor movement from team?



Shooting U11-U14

WEEK 3 | SESSION 1



Week Objectives:

- Give technical direction on shooting – both in striking the ball with the laces and inside of the foot
- Encourage players to experience and enjoy the game

Main Principle: Shooting

- Definition: striking the ball towards the goal with power & accuracy
- Coaching Points:
 - Laces: head down, plant foot next to the ball, keep ankle locked, follow through towards target, land on shooting foot
 - Inside: similar to passing technique (toe above heel), play foot next to ball, follow through to target
 - Identify when to shoot with power (laces) & accuracy (inside of foot)

Counter Principle: Stepping to prevent shot or cross

- Definition: ability to close down an attacker to block or dissuade a shot or cross
- Coaching Points:
 - Sprint to close down attacker, then slow approach to be able to change direction
 - Approach side-on to make play predictable and allow quick recovery if attacker takes touch past

Hourglass: Ball Striking

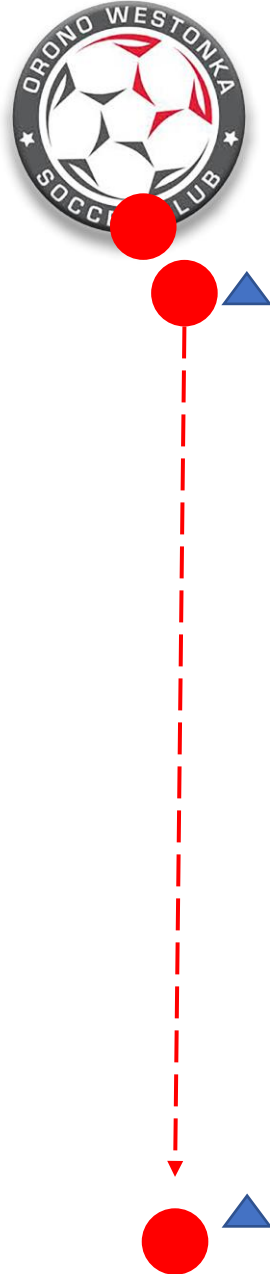
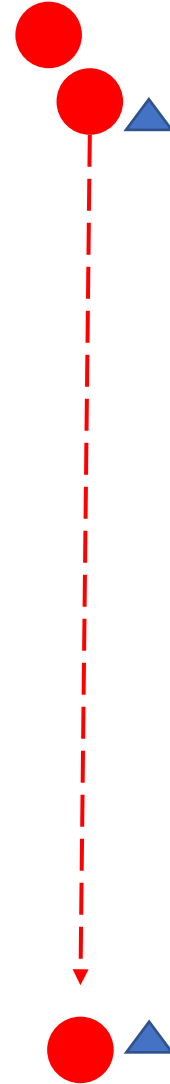
Time	20
Sets & Set Length	5x2 min (1 min rest)
Teams or Grid Numbers	3-5 players per station
Number of Grids	1
Dimensions	25 yards between cones

Rules:

- 3-4 players per station – strike the ball across the area and follow your pass
- Insist on use of both feet
- *Progressions: inside of foot (x2), laces (x2)*

Coaching Points

- Laces: head down, plant foot next to the ball, keep ankle locked, follow through towards target, land on shooting foot
- Inside: similar to passing technique (toe above heel), play foot next to ball, follow through to target



1v1: Shooting



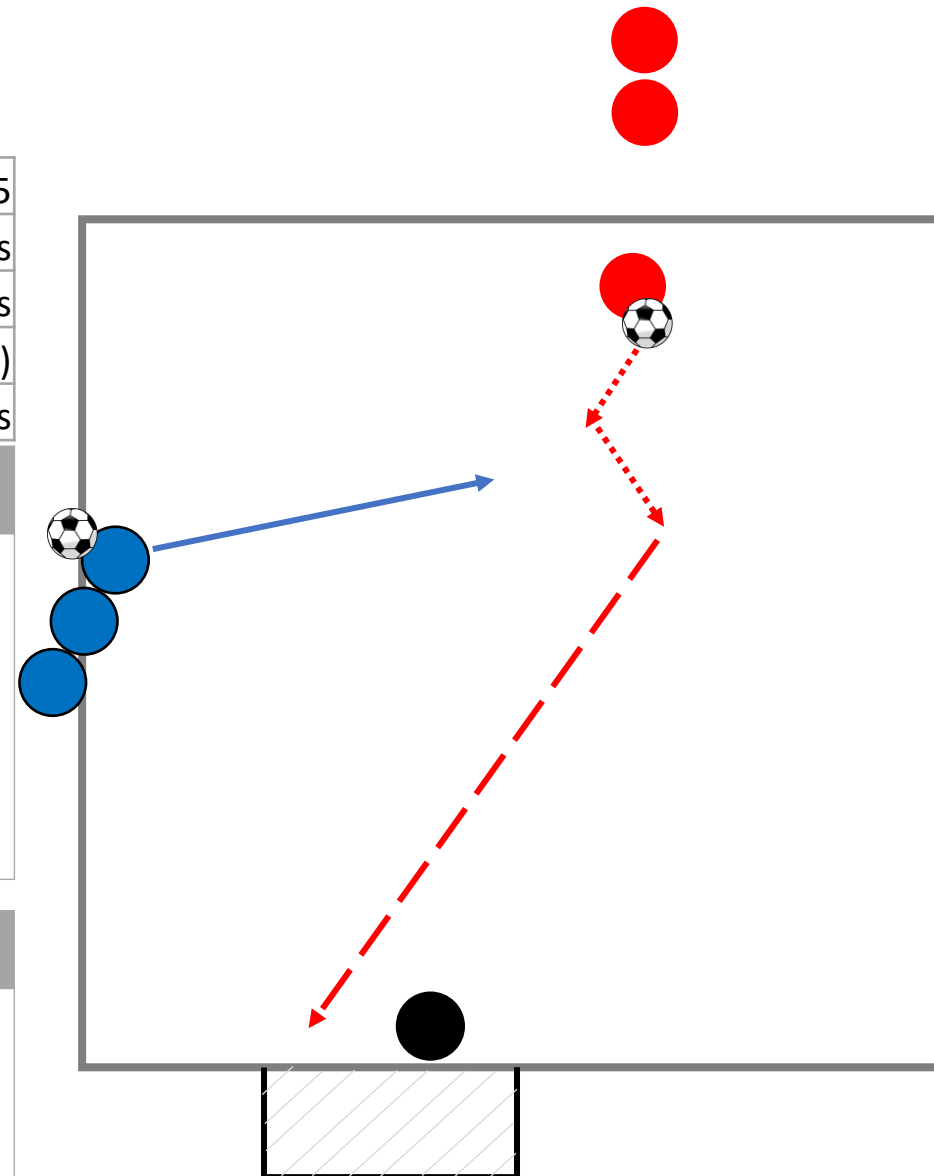
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	2 even groups
Number of Grids	2 if poss (Ideally 5-8 players per grid)
Dimensions	25x15yards

Rules:

- Blue passes to red, then defends
- Red scores by shooting into the goal
- If blue wins the ball, dribbles across end line for point
- Team attacks for 2 minutes, then defends for 2 minutes

Coaching Points

- Laces: head down, plant foot next to the ball, keep ankle locked, follow through towards target, land on shooting foot
- Inside: similar to passing technique (toe above heel), play foot next to ball, follow through to target



Final Game



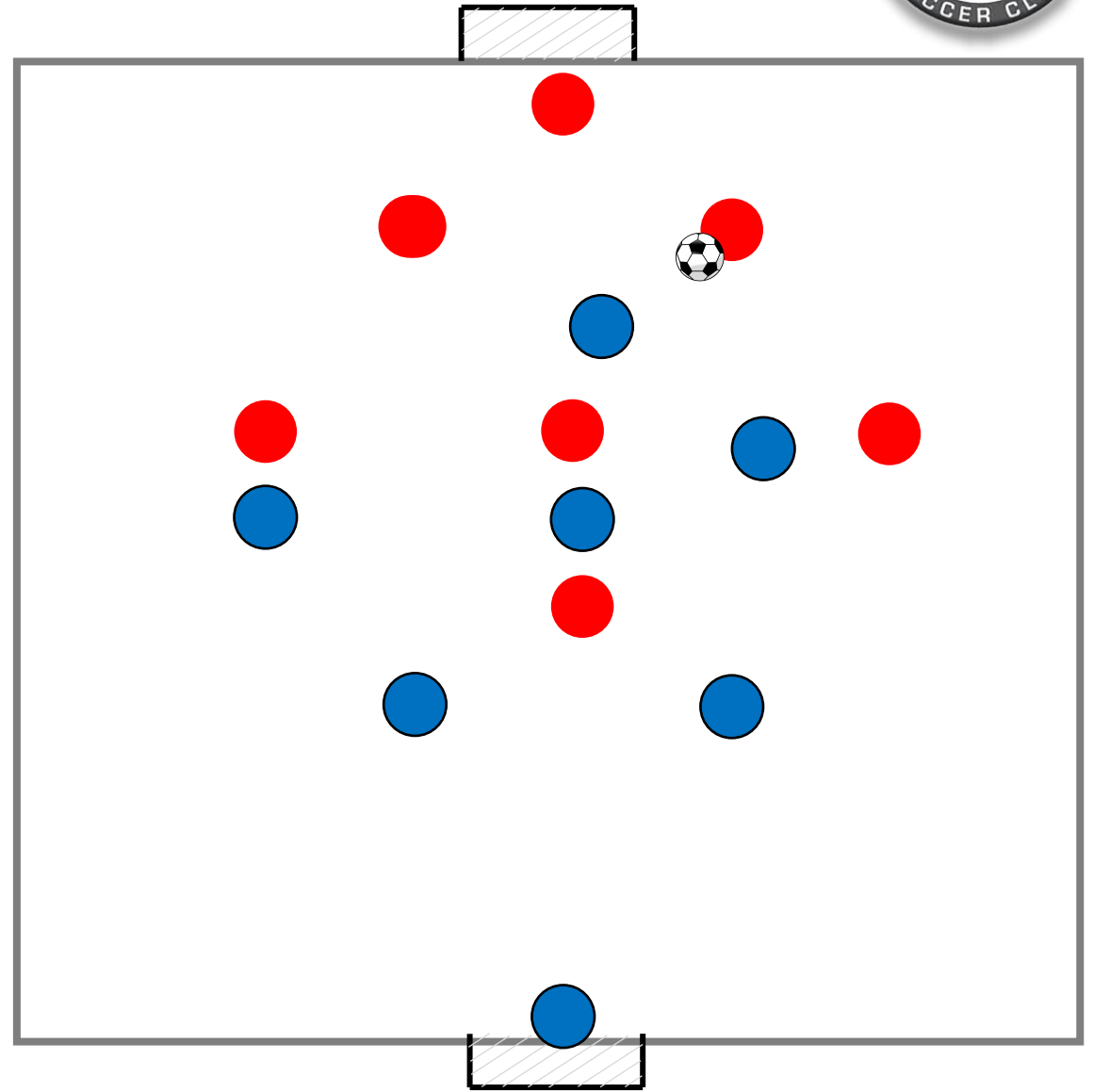
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal =2pts, 1 touch goal =2pts*

Coaching Points/Observation Questions:

- Observe: how many shots does each team take? Are the shots scored, saved, or off-target?
- Reinforce technique for shooting within the game



Shooting U11-U14

WEEK 3 | SESSION 2



Week Objectives:

- Give technical direction on shooting – both in striking the ball with the laces and inside of the foot
- Encourage players to experience and enjoy the game

Main Principle: Shooting

- Definition: striking the ball towards the goal with power & accuracy
- Coaching Points:
 - Laces: head down, plant foot next to the ball, keep ankle locked, follow through towards target, land on shooting foot
 - Inside: similar to passing technique (toe above heel), play foot next to ball, follow through to target
 - Identify when to shoot with power (laces) & accuracy (inside of foot)

Counter Principle: Stepping to prevent shot or cross

- Definition: ability to close down an attacker to block or dissuade a shot or cross
- Coaching Points:
 - Sprint to close down attacker, then slow approach to be able to change direction
 - Approach side-on to make play predictable and allow quick recovery if attacker takes touch past

Individual Juggling



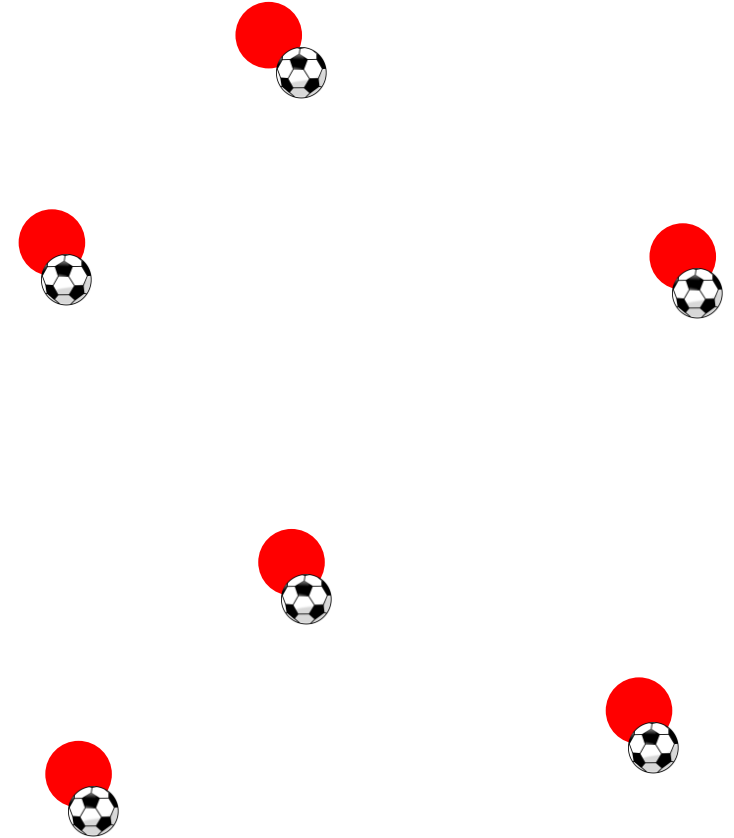
Time	15
Sets & Set Length	4x3 min
Teams or Grid Numbers	All players
Number of Grids	1
Dimensions	

Rules:

- Each player has a ball and juggles using below prompts
- Start with ball in hands, one juggle & catch
- Attempt more & more consecutive juggles as aptitude improves
- *Progressions: unlimited, R only, L only, headers only*

Coaching Points

- Keep ankle locked and contact the ball directly (no spin)
- Start controlled, then build consistency
- Keep track of high score



2v2 +1: Shooting



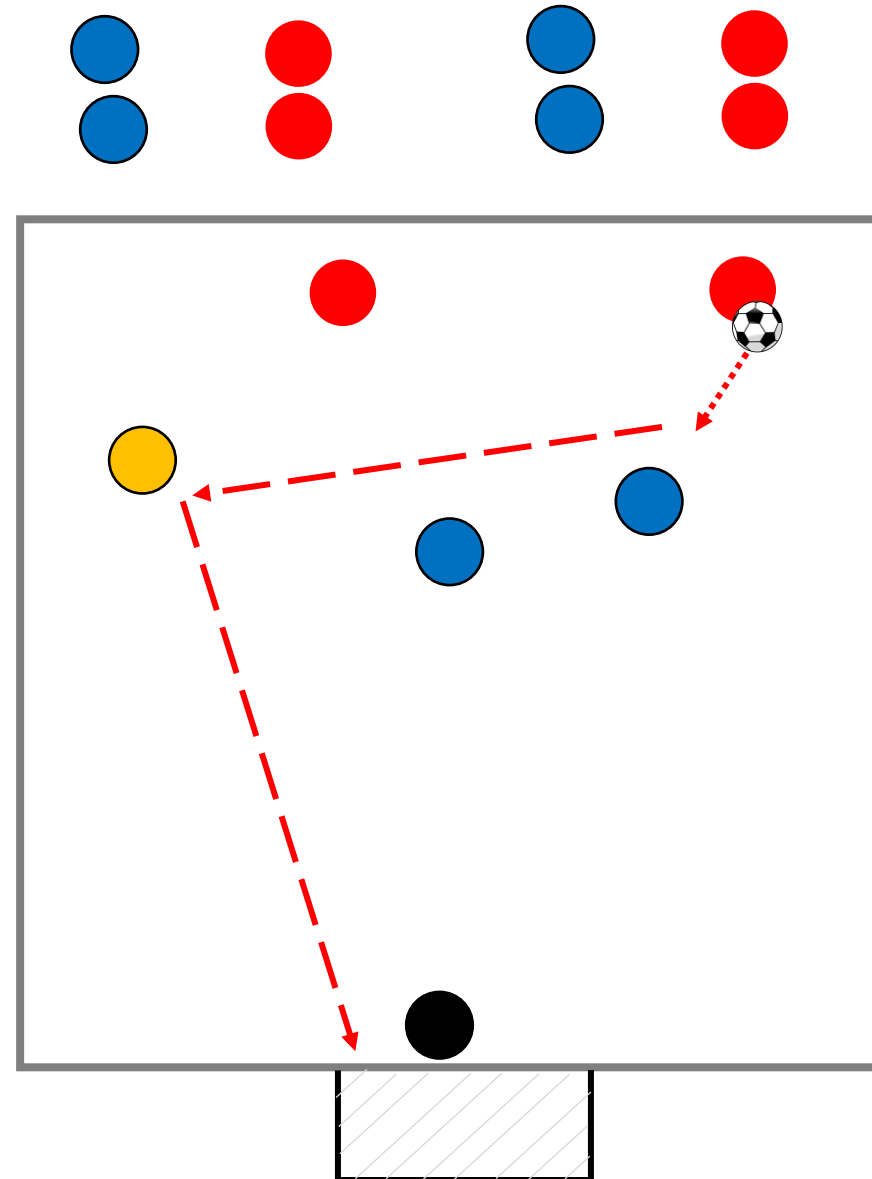
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	1v1 +1
Number of Grids	1
Dimensions	25x20yards

Rules:

- One player in yellow is all time offence (neutral)
- Red attacks with yellow, offside in effect
- Once red players attack, blue player dribbles in – red defends and blue attacks with yellow
- Rotation: attack, defend, off

Coaching Points

- Laces: head down, plant foot next to the ball, keep ankle locked, follow through towards target, land on shooting foot
- Inside: similar to passing technique (toe above heel), play foot next to ball, follow through to target



Final Game



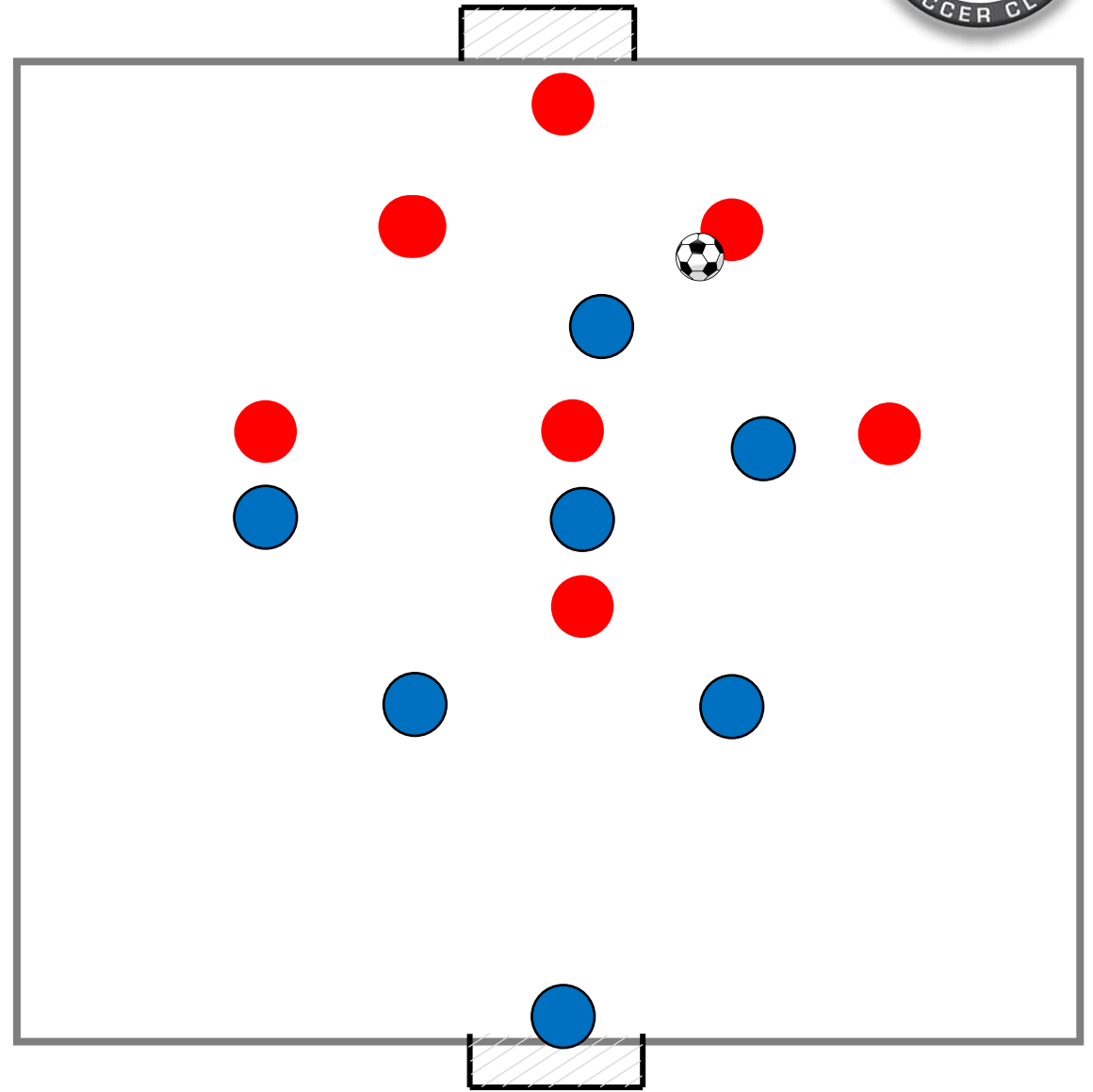
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal =2pts, 1 touch goal =2pts*

Coaching Points/Observation Questions:

- Observe: how many shots does each team take? Are the shots scored, saved, or off-target?
- Reinforce technique for shooting within the game



Running w/the Ball U11-U14

WEEK 4 | SESSION 1



Week Objectives:

- Demonstrate the ability to run with speed while on the ball – keeping control while accelerating away from opposition
- Encourage players to experience and enjoy the game

Main Principle: Running with the Ball

- Definition: dribbling at top speed while maintaining control of the ball
- Coaching Points:
 - Use the pinky toe – keep toes down and push the ball forward with the top of the pinky toe
 - Take a touch every step – push the ball forward each time the player steps with the strong foot (maintain control)
 - Accelerate & lengthen stride – all while keeping control of the ball

Counter Principle: recovery 1v1 defending

- Definition: ability to close down an attacker from behind and successfully tackle or prevent forward progression
- Coaching Points:
 - Sprint to get goal-side or side-by-side with attacking player
 - Use shoulder to ease attacker off the ball, or step in to tackle at the correct time to avoid a foul

Hourglass: Ball Striking



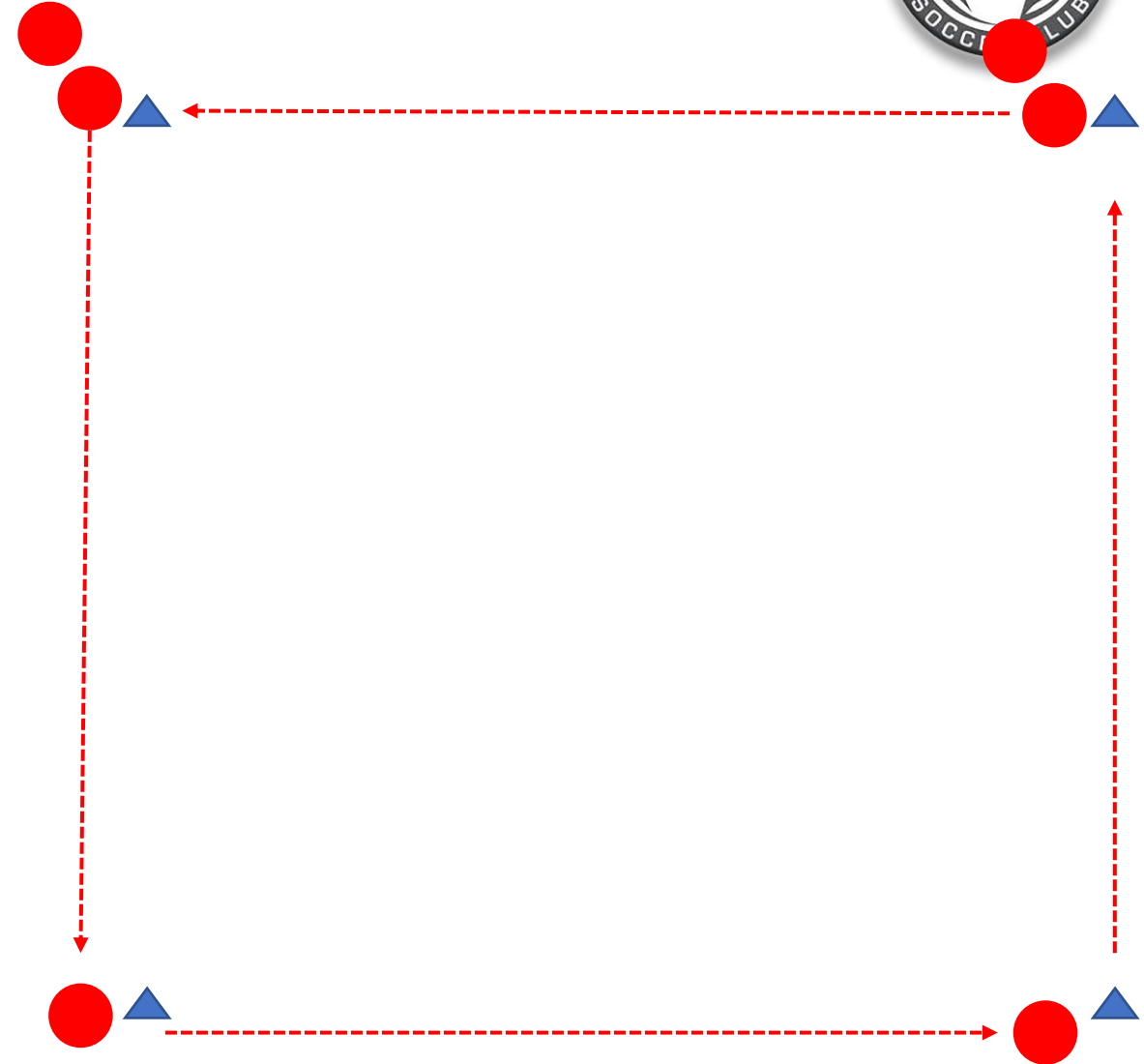
Time	20
Sets & Set Length	5x2 min (1 min rest)
Teams or Grid Numbers	6-8 players per box
Number of Grids	1-2
Dimensions	25 x 25y

Rules:

- Dribble with speed to the next cone, then leave ball for next player
- Insist on proper technique
- *Prog: counter-clockwise (right foot), clockwise (left)*

Coaching Points

- Use the pinky toe – keep toes down and push the ball forward with the top of the pinky toe
- Take a touch every step – push the ball forward each time the player steps with the strong foot (maintain control)
- Accelerate & lengthen stride – all while keeping control of the ball



1v1: Running W/ Ball



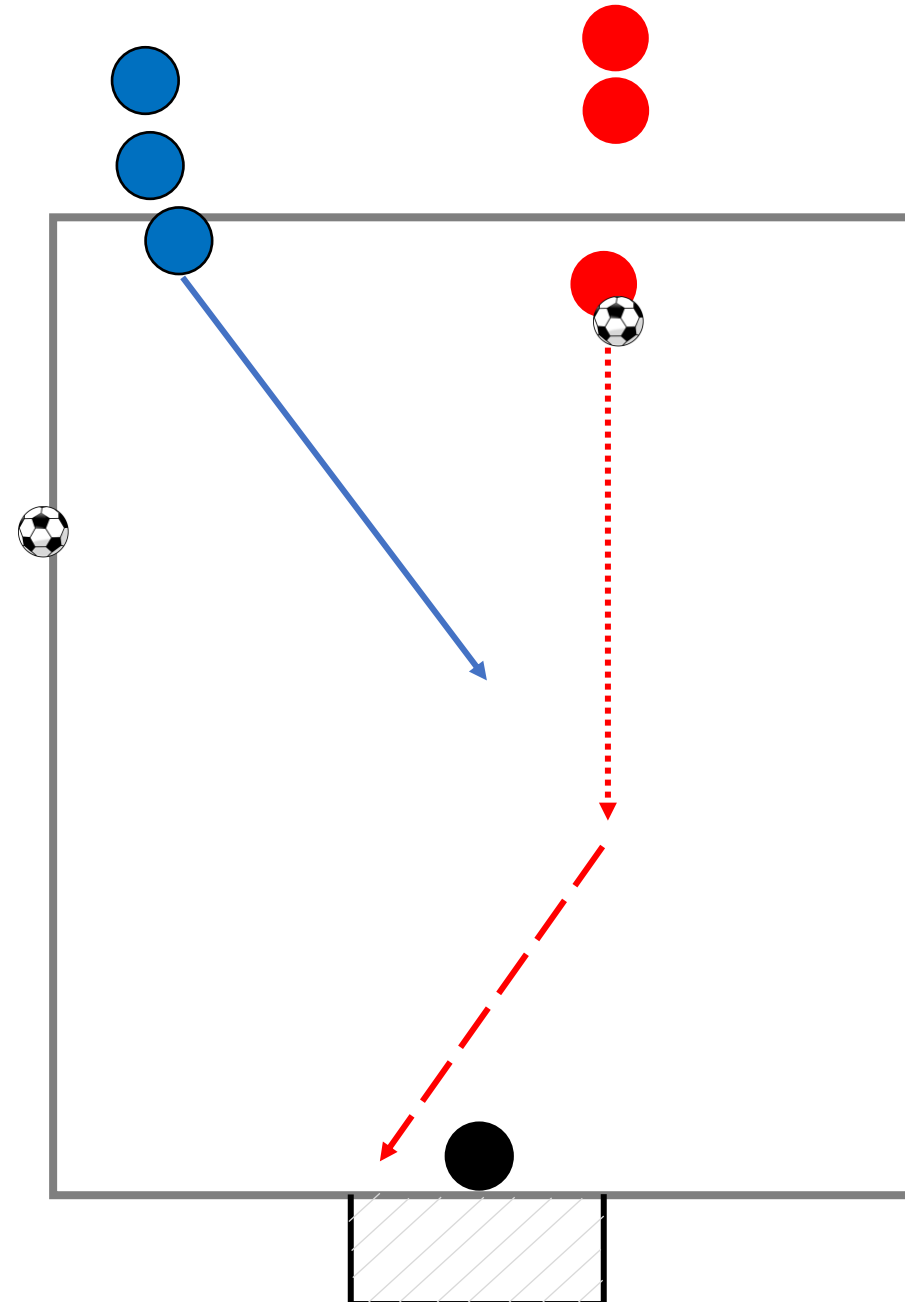
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	2 even groups
Number of Grids	2 if poss (Ideally 5-8 players per grid)
Dimensions	35x15yards

Rules:

- Red starts the play by taking a touch into the grid, blue tries to recover and defend
- Red scores by shooting into the goal
- If blue wins the ball, dribbles across end line for point
- Team attacks for 2 minutes, then defends for 2 minutes

Coaching Points

- Use the pinky toe – keep toes down and push the ball forward with the top of the pinky toe
- Take a touch every step – push the ball forward each time the player steps with the strong foot (maintain control)
- Accelerate & lengthen stride – all while keeping control of the ball



Final Game



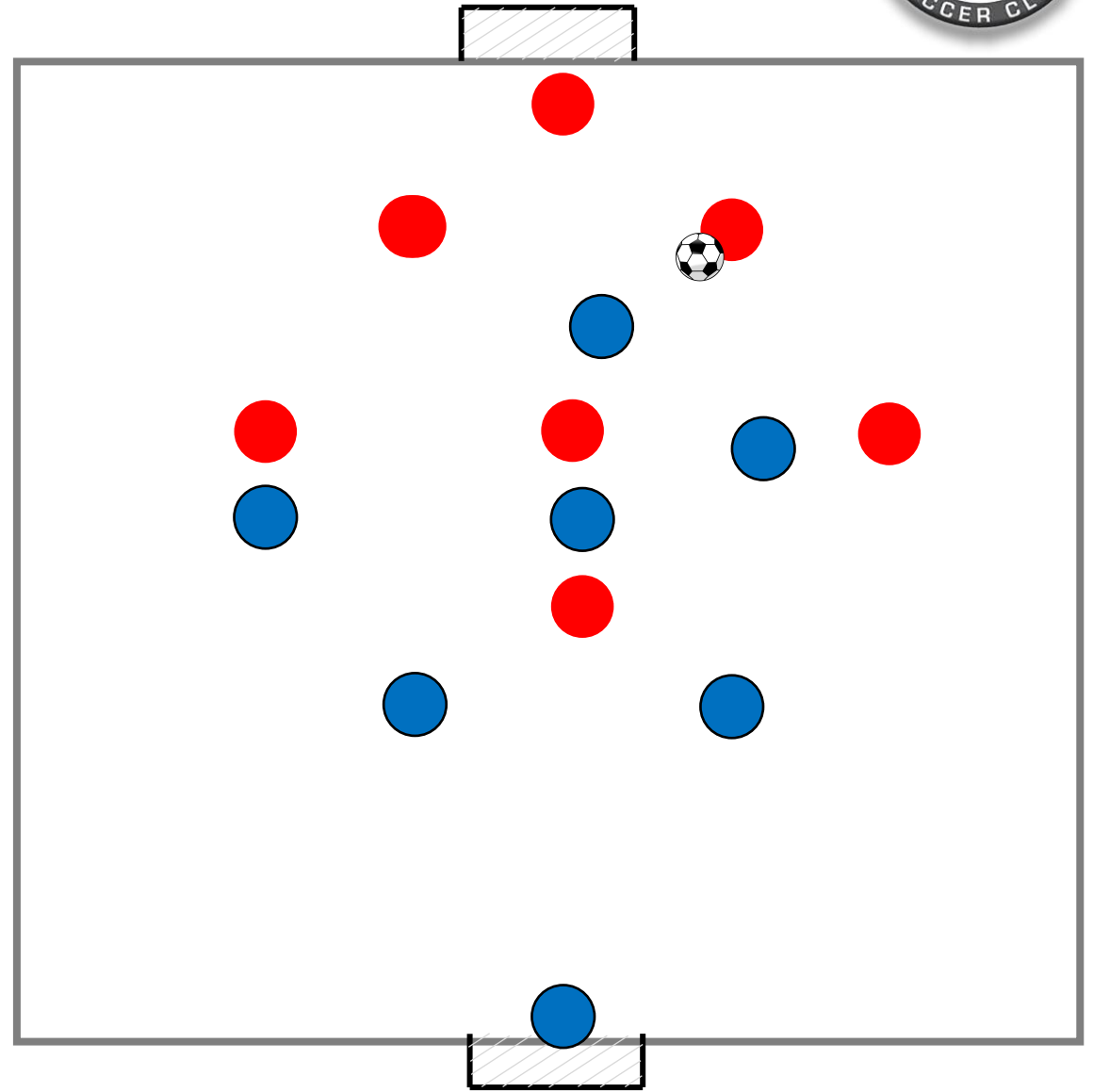
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (10 yds long, 6 wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed

Coaching Points/Observation Questions:

- Observe: especially in wide areas and when ball is played behind, can players successfully retain the ball while going forward with speed?
- Reinforce technique within the game



Running w/the Ball U11-U14

WEEK 4 | SESSION 2



Week Objectives:

- Demonstrate the ability to run with speed while on the ball – keeping control while accelerating away from opposition
- Encourage players to experience and enjoy the game

Main Principle: Running with the Ball

- Definition: dribbling at top speed while maintaining control of the ball
- Coaching Points:
 - Use the pinky toe – keep toes down and push the ball forward with the top of the pinky toe
 - Take a touch every step – push the ball forward each time the player steps with the strong foot (maintain control)
 - Accelerate & lengthen stride – all while keeping control of the ball

Counter Principle: recovery 1v1 defending

- Definition: ability to close down an attacker from behind and successfully tackle or prevent forward progression
- Coaching Points:
 - Sprint to get goal-side or side-by-side with attacking player
 - Use shoulder to ease attacker off the ball, or step in to tackle at the correct time to avoid a foul

Individual Juggling



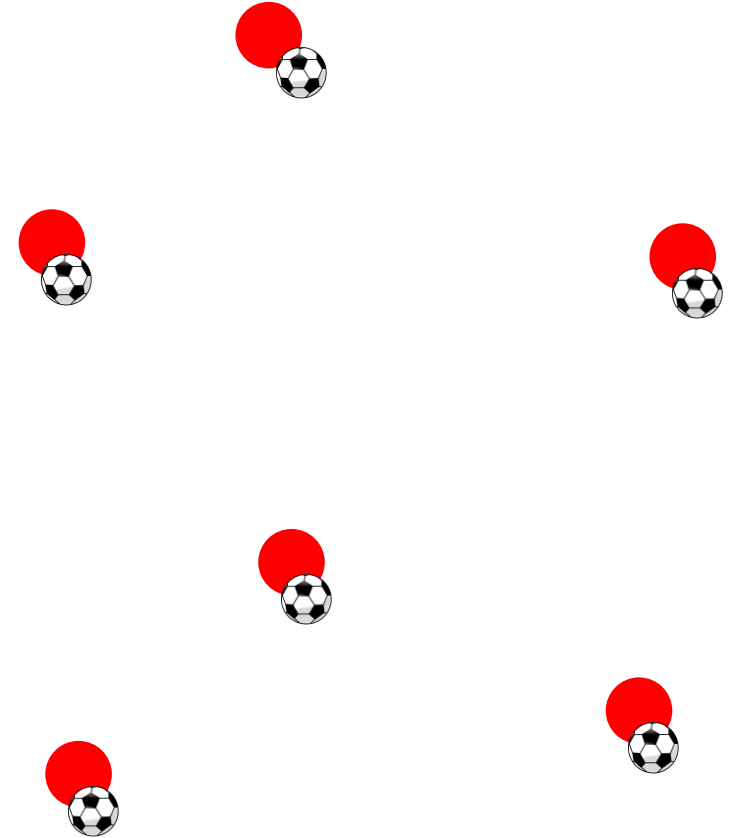
Time	15
Sets & Set Length	4x3 min
Teams or Grid Numbers	All players
Number of Grids	1
Dimensions	

Rules:

- Each player has a ball and juggles using below prompts
- Start with ball in hands, one juggle & catch
- Attempt more & more consecutive juggles as aptitude improves
- *Progressions: unlimited, R only, L only, headers only*

Coaching Points

- Keep ankle locked and contact the ball directly (no spin)
- Start controlled, then build consistency
- Keep track of high score



4v4: Running W/Ball



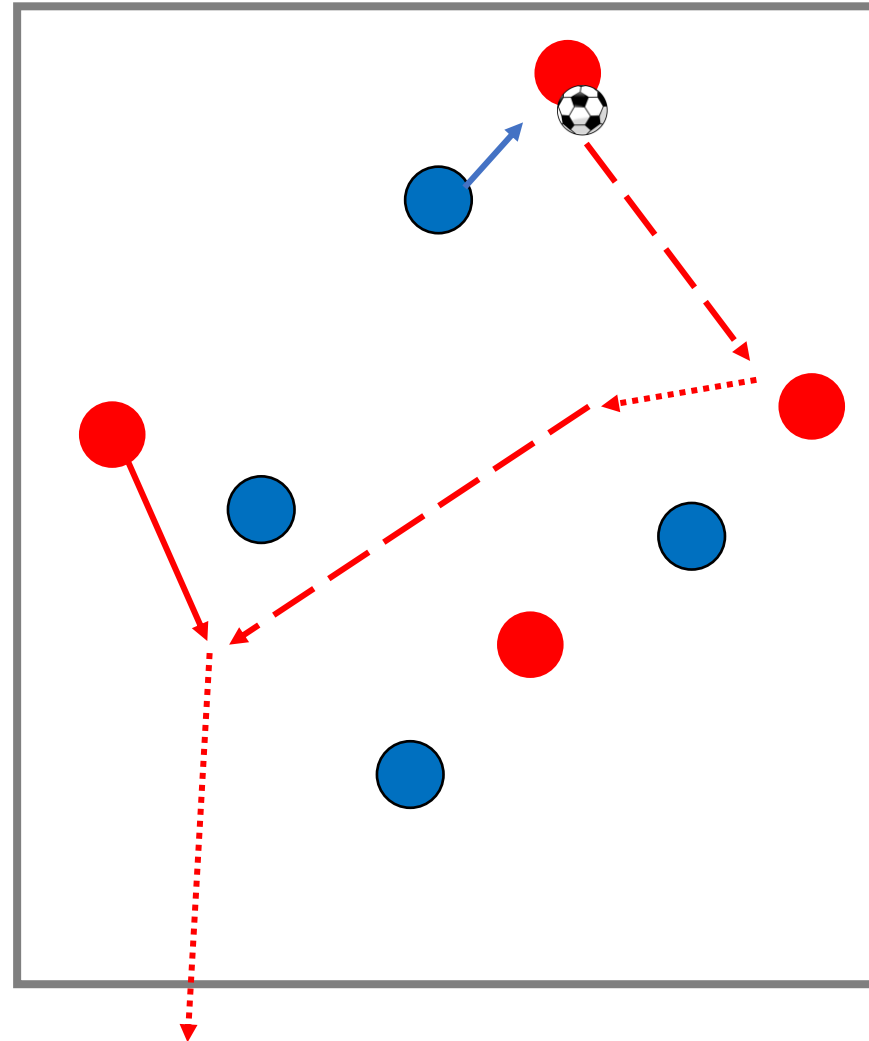
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	4v4
Number of Grids	2 (can also be 3v3)
Dimensions	40x25yards

Rules:

- Two teams play from one end line to the other – dribble across the endline for a point
- No offside in effect

Coaching Points

- Use the pinky toe – keep toes down and push the ball forward with the top of the pinky toe
- Take a touch every step – push the ball forward each time the player steps with the strong foot (maintain control)
- Accelerate & lengthen stride – all while keeping control of the ball



Final Game



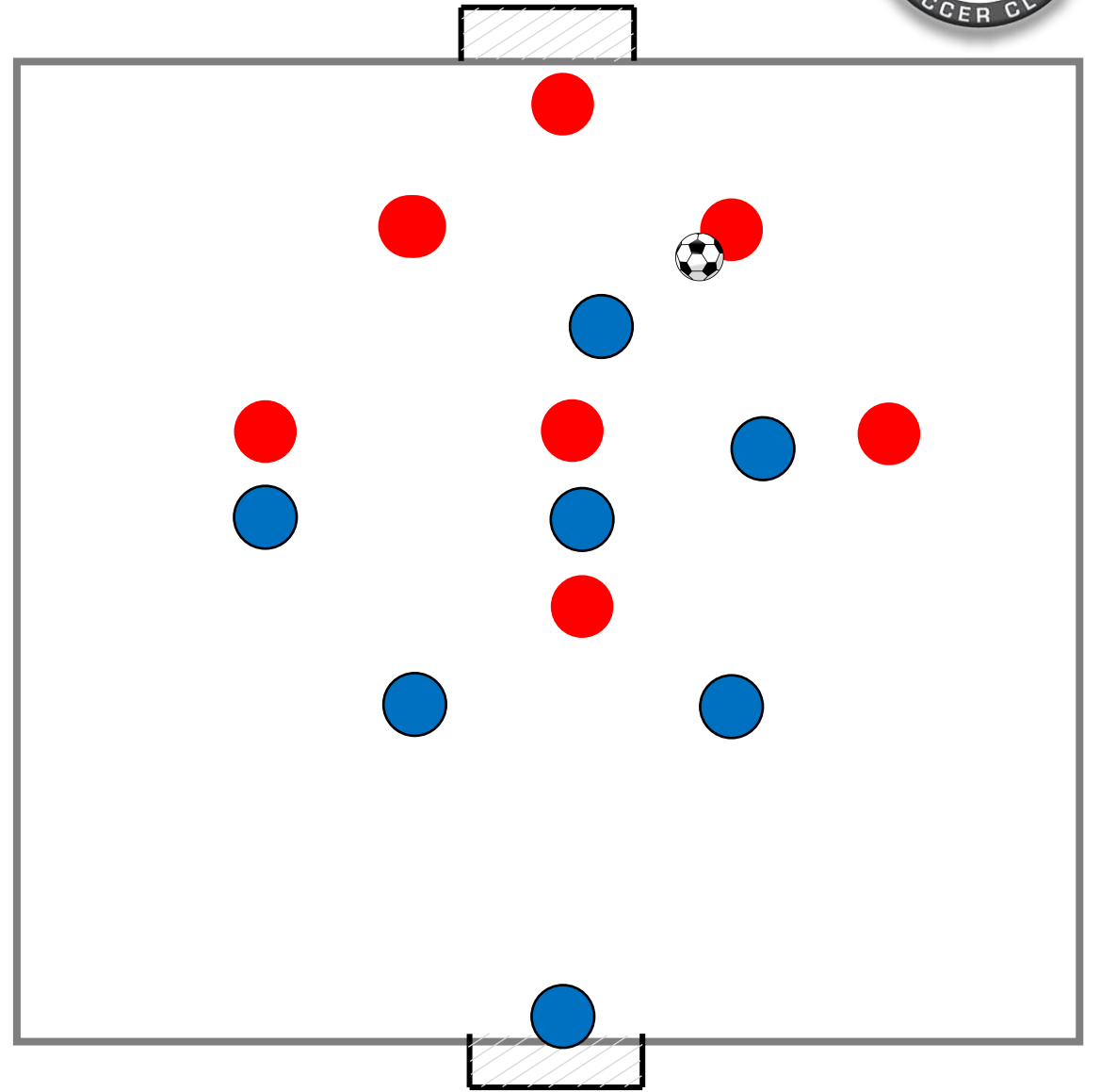
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (10 yds long, 6 wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed

Coaching Points/Observation Questions:

- Observe: especially in wide areas and when ball is played behind, can players successfully retain the ball while going forward with speed?
- Reinforce technique within the game



Turning: U11-U14

WEEK 5 | SESSION 1



Week Objectives:

- Teach players the technique of turning, as well as how to identify moments to turn out of pressure
- Encourage players to experience and enjoy the game

Main Principle: Turning

- Definition: changing direction (> 90 degrees) while dribbling
- Coaching Points:
 - Make your turn in 1 sharp touch if possible
 - Accelerate away from the turn
 - *Advanced: add deception (fake shot or pass) to create space for yourself*

Counter Principle: Applying pressure to the ball (defending)

- Definition: ability to close down an attacker to make a tackle, block a shot or pass, or delay an attack
- Coaching Points:
 - Sprint to close down attacker, then slow approach to be able to change direction
 - Approach side-on to make play predictable and allow quick recovery if attacker takes touch past

Hourglass: Turning



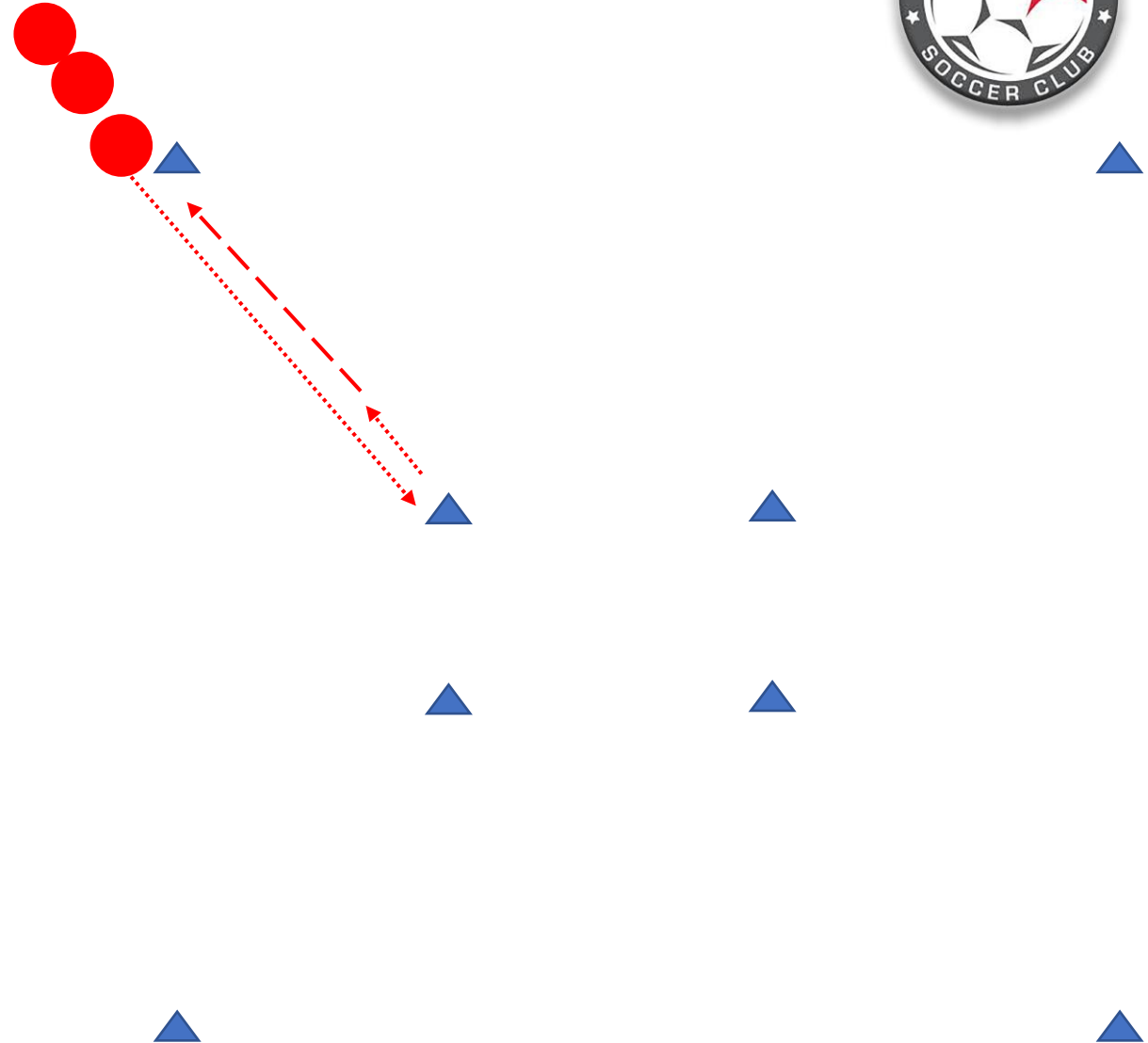
Time	20
Sets & Set Length	5x2 min (1 min rest)
Teams or Grid Numbers	3-5 players per station
Number of Grids	1
Dimensions	12-yard stations

Rules:

- 3-5 players per station – player 1 dribbles to other cone, turns, and passes back to player 2
- *Progressions: unlimited, inside cut, outside cut, stepover*

Coaching Points

- Make your turn in 1 sharp touch if possible
- Accelerate away from the turn
- *Advanced: add deception (fake shot or pass) to create space for yourself*



1v1: Turning



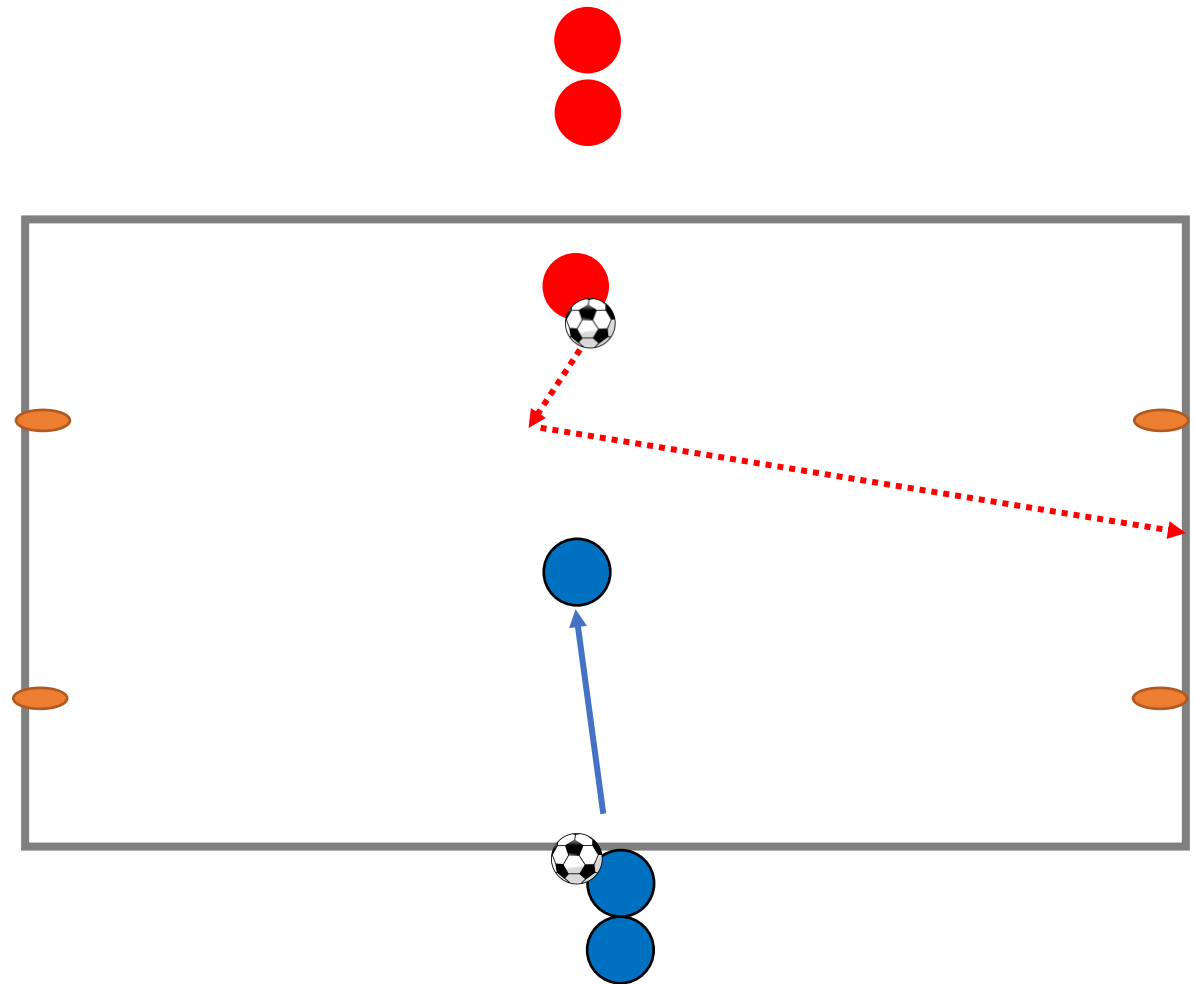
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	2 even groups
Number of Grids	2 (Ideally 5-8 players per grid)
Dimensions	15x10yards

Rules:

- Blue passes to red, then defends
- Red scores by dribbling between one of the two gates
- If blue wins the ball, passes back to team for a point
- Team attacks for 2 minutes, then defends for 2 minutes

Coaching Points

- Make your turn in 1 sharp touch if possible
- Accelerate away from the turn
- *Advanced: add deception (fake shot or pass) to create space for yourself*



Final Game



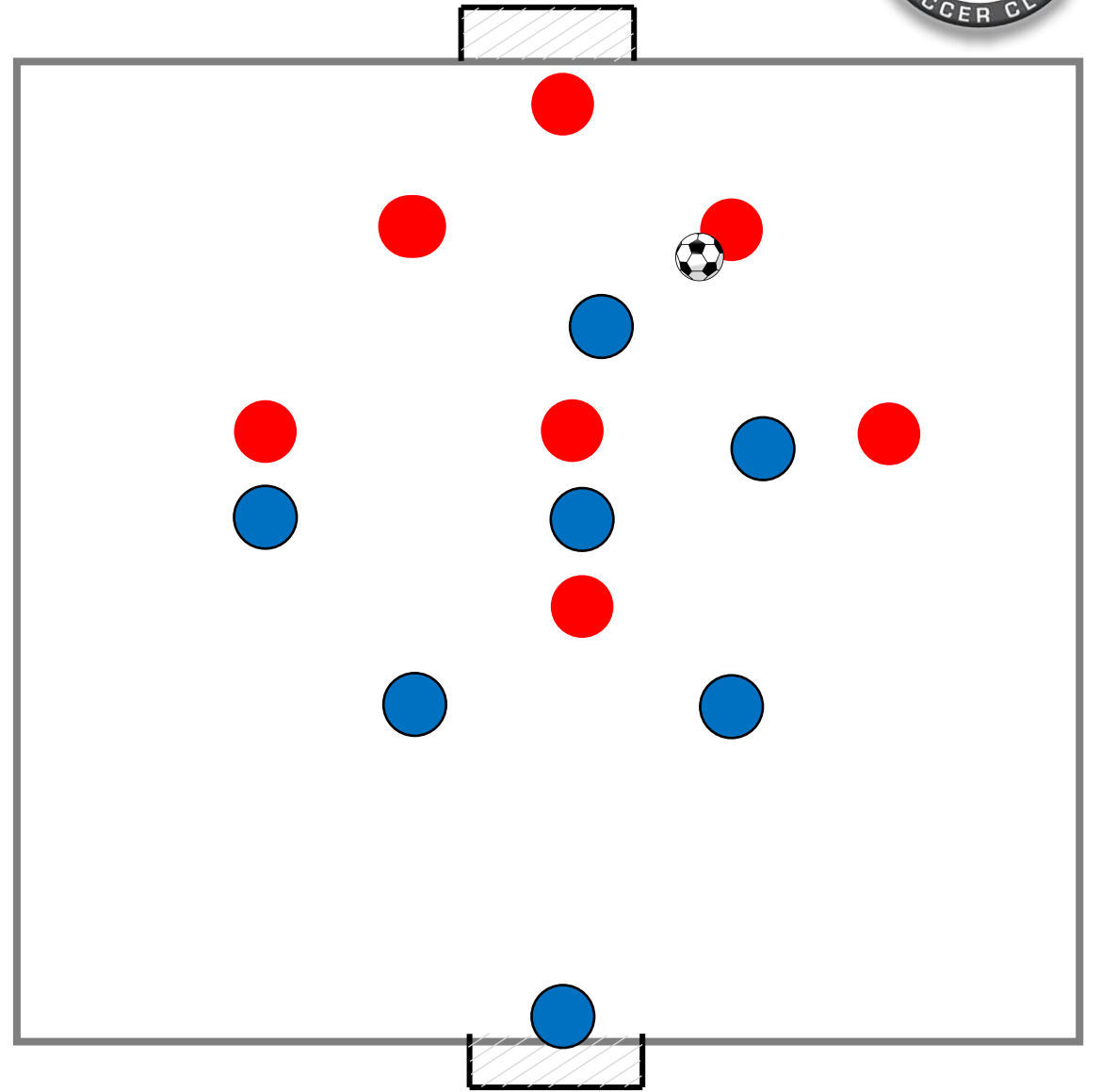
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal = 2pts, 1 touch goal = 2pts*

Coaching Points/Observation Questions:

- Observe: do players recognize when an option/area is blocked by the opposition? Will they turn and play elsewhere in this situation?
- What causes teams' turnovers? Poor technique? Poor vision/decision making? Poor movement from team?



Turning: U11-U14

WEEK 5 | SESSION 2



Week Objectives:

- Teach players the technique of turning, as well as how to identify moments to turn out of pressure
- Encourage players to experience and enjoy the game

Main Principle: Turning

- Definition: changing direction (> 90 degrees) while dribbling
- Coaching Points:
 - Make your turn in 1 sharp touch if possible
 - Accelerate away from the turn
 - *Advanced: add deception (fake shot or pass) to create space for yourself*

Counter Principle: Applying pressure to the ball (defending)

- Definition: ability to close down an attacker to make a tackle, block a shot or pass, or delay an attack
- Coaching Points:
 - Sprint to close down attacker, then slow approach to be able to change direction
 - Approach side-on to make play predictable and allow quick recovery if attacker takes touch past

Individual Juggling



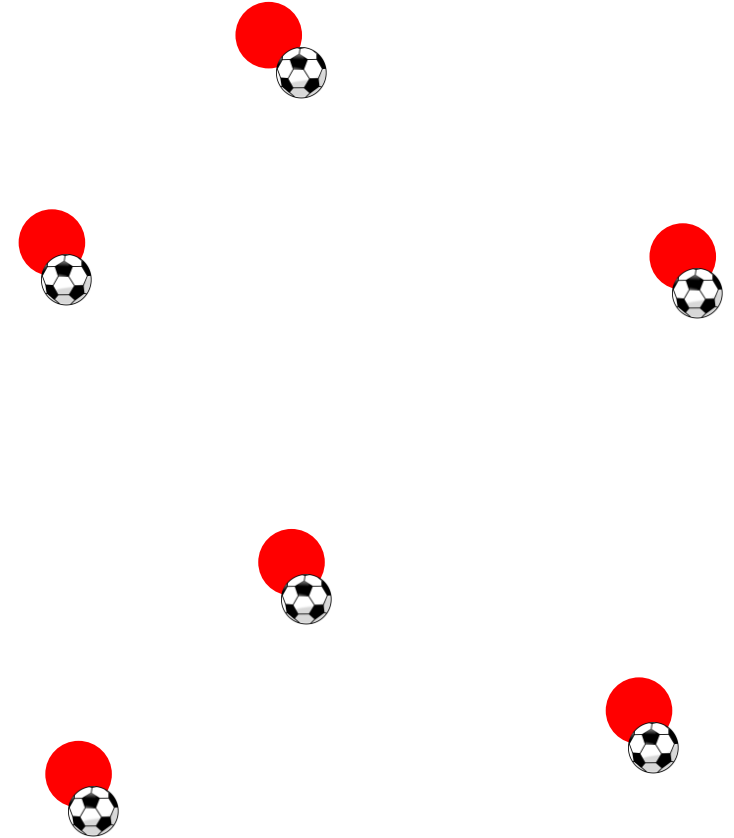
Time	15
Sets & Set Length	4x3 min
Teams or Grid Numbers	All players
Number of Grids	1
Dimensions	

Rules:

- Each player has a ball and juggles using below prompts
- Start with ball in hands, one juggle & catch
- Attempt more & more consecutive juggles as aptitude improves
- *Progressions: unlimited, R only, L only, headers only*

Coaching Points

- Keep ankle locked and contact the ball directly (no spin)
- Start controlled, then build consistency
- Keep track of high score



4v4: Turning



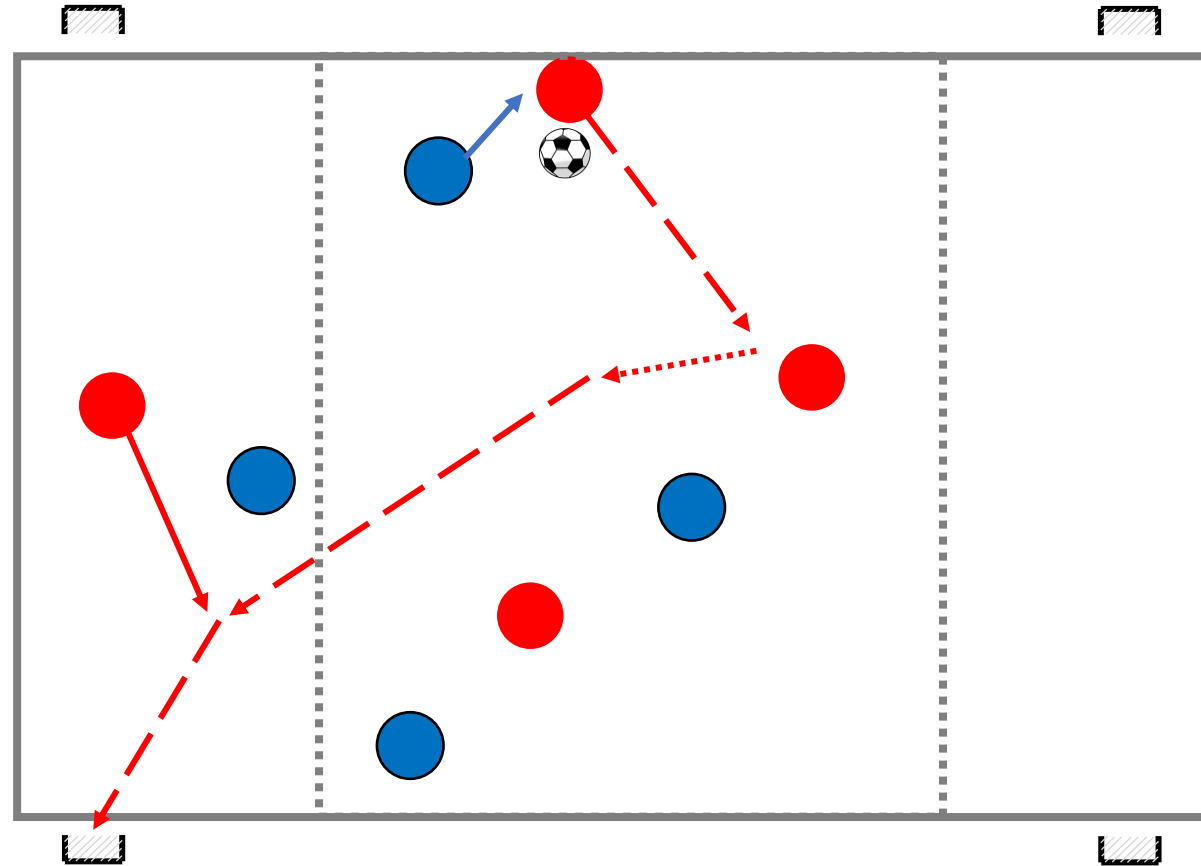
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	4v4
Number of Grids	2 (can also be 3v3)
Dimensions	20x30 yards

Rules:

- Attacking team can score by passing into the mini goals (you can also use gates), or dribbling over the endline in the central channel
- No offside in effect

Coaching Points

- Make your turn in 1 sharp touch if possible
- Accelerate away from the turn
- *Advanced: add deception (fake shot or pass) to create space for yourself*



Final Game



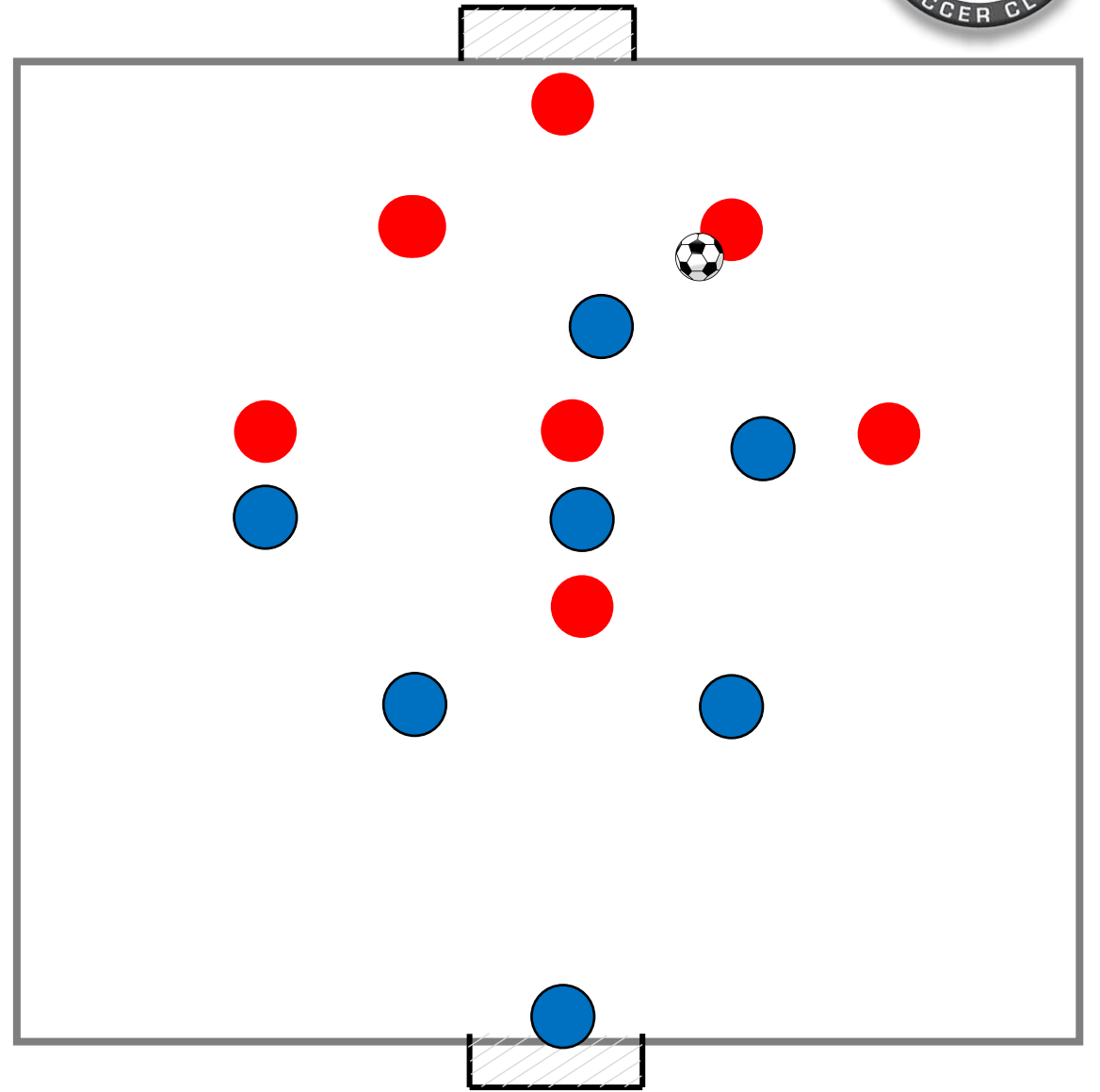
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal = 2pts, 1 touch goal = 2pts*

Coaching Points/Observation Questions:

- Observe: do players recognize when an option/area is blocked by the opposition? Will they turn and play elsewhere in this situation?
- What causes teams' turnovers? Poor technique? Poor vision/decision making? Poor movement from team?



1v1 Moves: U11-U14

WEEK 6 | SESSION 1



Week Objectives:

- Develop players repertoire of 1v1 moves to beat a player on the dribble
- Encourage players to experience and enjoy the game

Main Principle: Turning

- Definition: dribbling past a defender using a fake or change of direction (we will teach these moves: [inside chop](#)(1:07), [scissors](#))
- Coaching Points:
 - Make your move early – don't wait until you are right in front of the defender
 - Keep your speed – don't slow down as you approach the defender, but keep your defender
 - Sell the move – have a defined fake and/or change of direction

Counter Principle: 1v1 defending

- Definition: ability prevent an attacker from dribbling beyond or creating space to pass or shoot
- Coaching Points:
 - Sprint to close down attacker, then slow approach to be able to change direction
 - Approach side-on to make play predictable and allow quick recovery if attacker takes touch past

Hourglass: 1v1



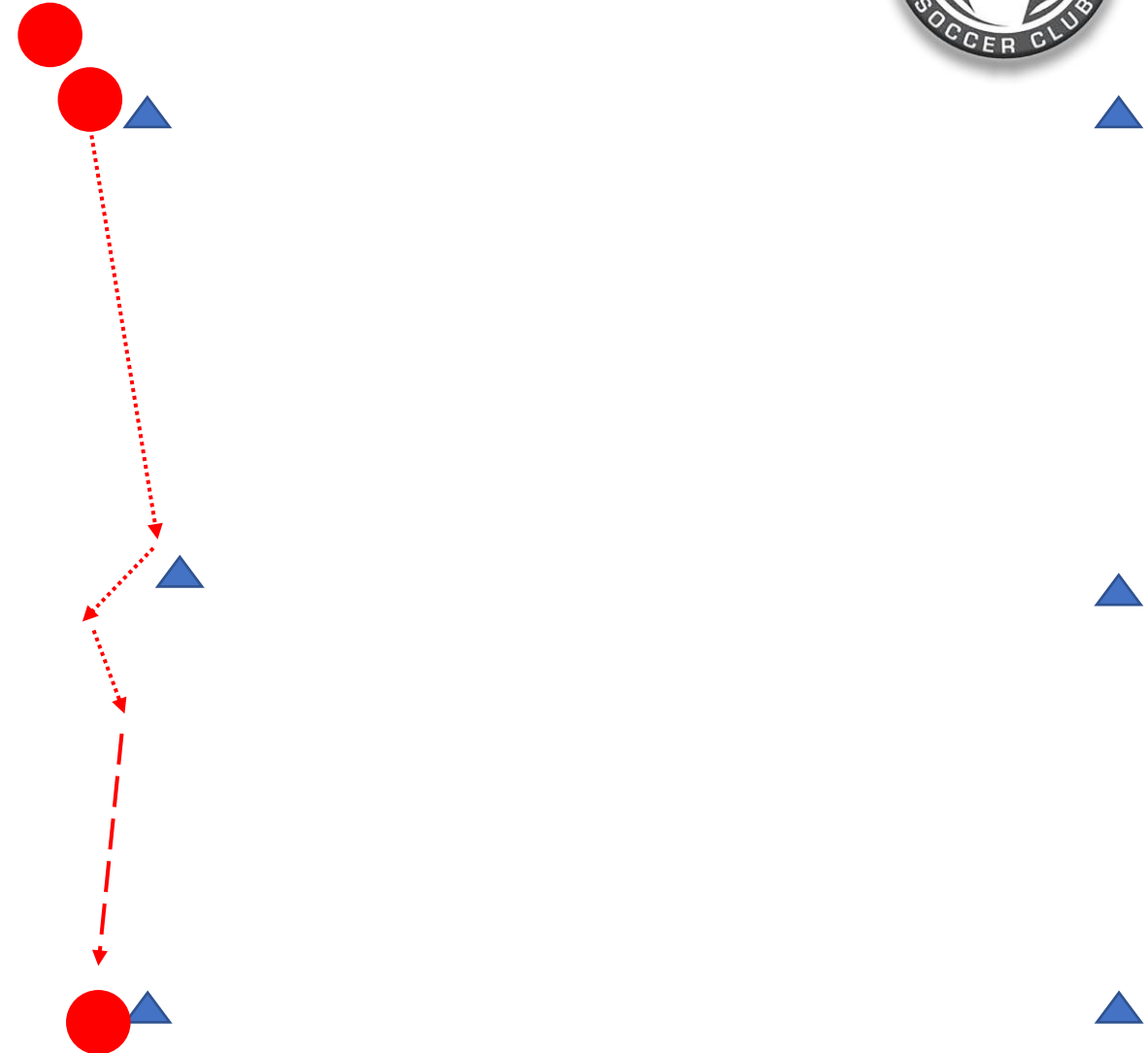
Time	20
Sets & Set Length	4x3 min (1 min rest)
Teams or Grid Numbers	3-5 players per station
Number of Grids	1
Dimensions	12-yard stations

Rules:

- 3-5 players per station – player 1 dribbles to “defender” cone, does 1v1 move
- *Progressions: unlimited, inside chop, scissors*

Coaching Points

- Make your move early – don’t wait until you are right in front of the defender
- Keep your speed – don’t slow down as you approach the defender, but keep your defender
- Sell the move – have a defined fake and/or change of direction



1v1 Moves



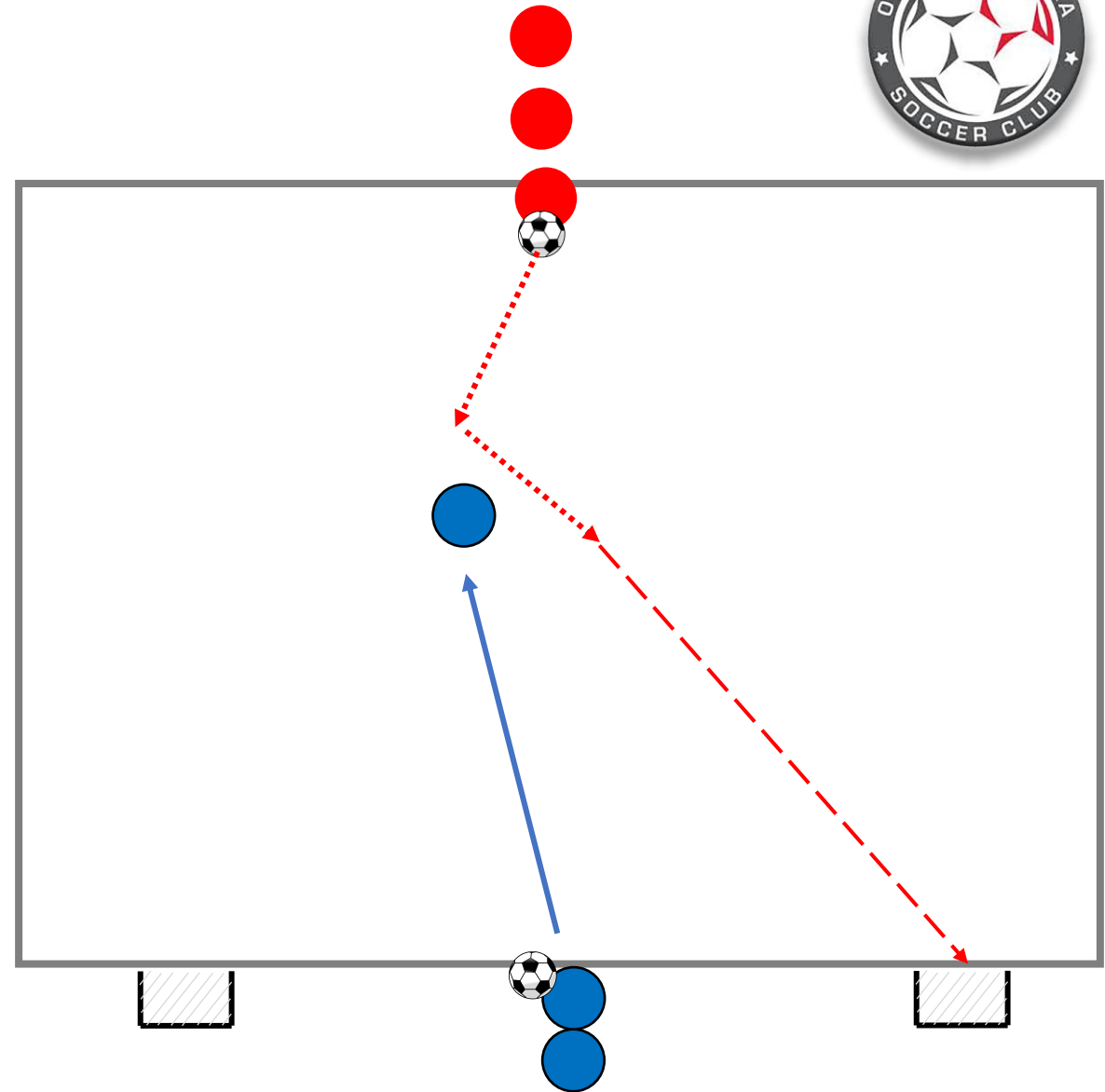
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	2 even groups
Number of Grids	2 (Ideally 5-8 players per grid)
Dimensions	15x10yards

Rules:

- Blue passes to red, then defends
- Red scores by passing into a mini goal (or through gate)
- Team attacks for 2 minutes, then defends for 2 minutes

Coaching Points

- Make your move early – don't wait until you are right in front of the defender
- Keep your speed – don't slow down as you approach the defender, but keep your defender
- Sell the move – have a defined fake and/or change of direction



Final Game



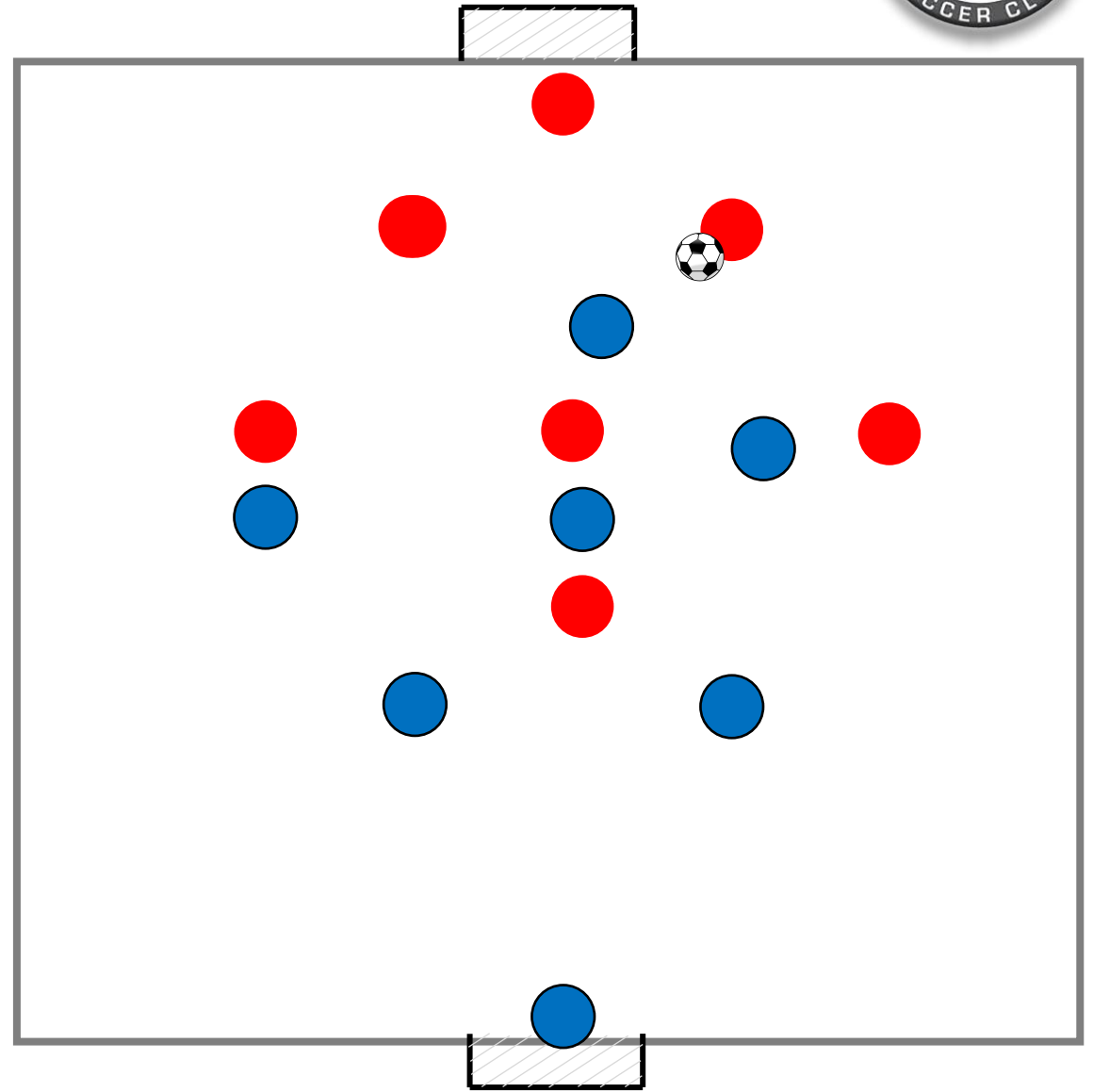
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: goal after successful 1v1=2pts*

Coaching Points/Observation Questions:

- Observe: how many times are in players in 1v1 situations to make a move? When it fails, why (technique, timing)?
- Be sure to celebrate when 1v1 moves are attempted, even if they fail. We want players to be creative in the right situations.



1v1 Moves: U11-U14

WEEK 6 | SESSION 2



Week Objectives:

- Develop players repertoire of 1v1 moves to beat a player on the dribble
- Encourage players to experience and enjoy the game

Main Principle: Turning

- Definition: dribbling past a defender using a fake or change of direction (we will teach these moves: [inside chop](#)(1:07), [scissors](#))
- Coaching Points:
 - Make your move early – don't wait until you are right in front of the defender
 - Keep your speed – don't slow down as you approach the defender, but keep your defender
 - Sell the move – have a defined fake and/or change of direction

Counter Principle: 1v1 defending

- Definition: ability prevent an attacker from dribbling beyond or creating space to pass or shoot
- Coaching Points:
 - Sprint to close down attacker, then slow approach to be able to change direction
 - Approach side-on to make play predictable and allow quick recovery if attacker takes touch past

Individual Juggling



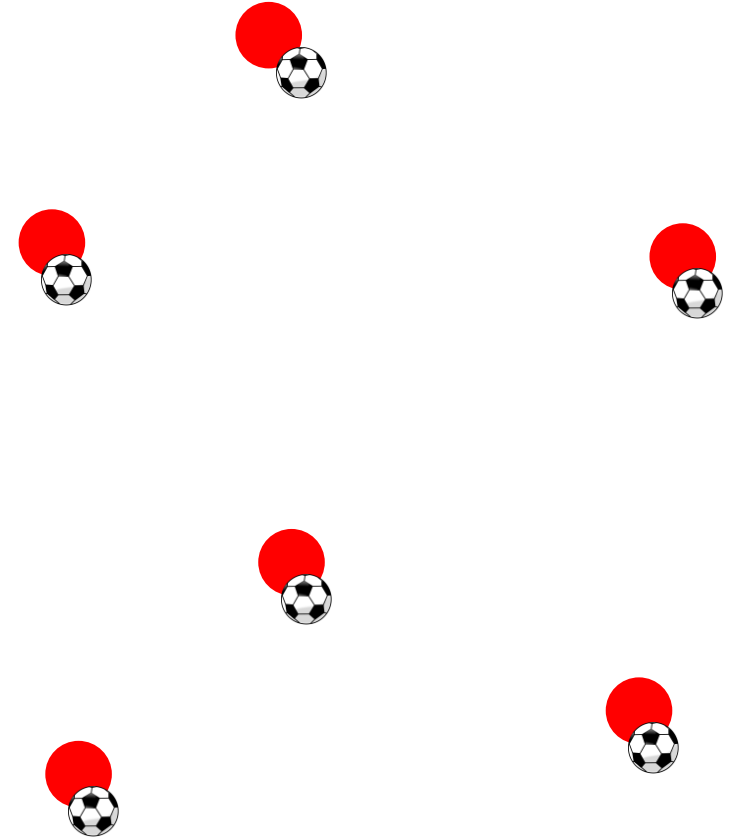
Time	15
Sets & Set Length	4x3 min
Teams or Grid Numbers	All players
Number of Grids	1
Dimensions	

Rules:

- Each player has a ball and juggles using below prompts
- Start with ball in hands, one juggle & catch
- Attempt more & more consecutive juggles as aptitude improves
- *Progressions: unlimited, R only, L only, headers only*

Coaching Points

- Keep ankle locked and contact the ball directly (no spin)
- Start controlled, then build consistency
- Keep track of high score



2v2



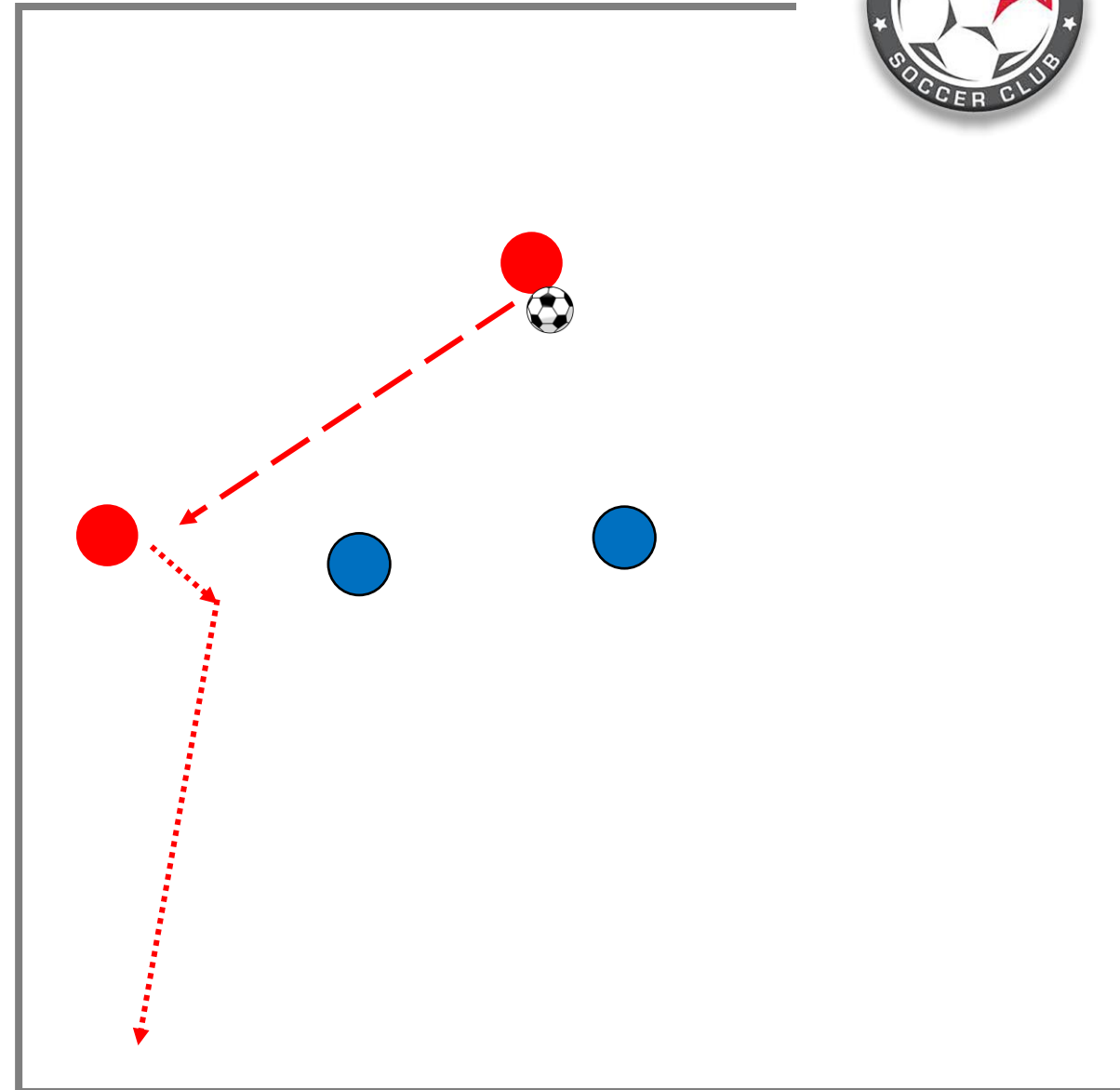
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	2v2
Number of Grids	2-4
Dimensions	25x15 yards

Rules:

- Attacking team can score by dribbling over the endline
- Offside is in effect

Coaching Points

- Make your move early – don't wait until you are right in front of the defender
- Keep your speed – don't slow down as you approach the defender, but keep your defender
- Sell the move – have a defined fake and/or change of direction



Final Game



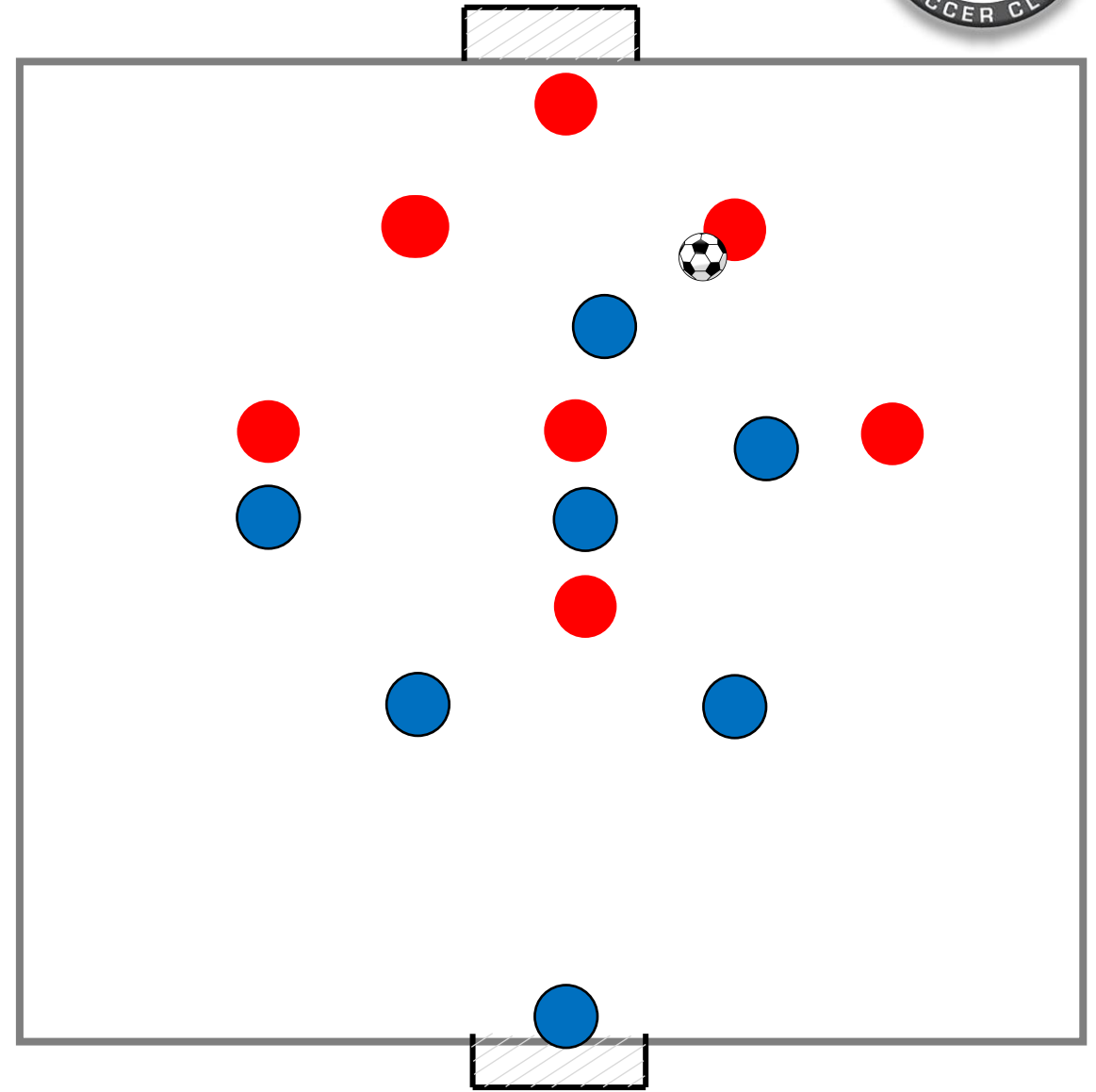
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: goal after successful 1v1=2pts*

Coaching Points/Observation Questions:

- Observe: how many times are in players in 1v1 situations to make a move? When it fails, why (technique, timing)?
- Be sure to celebrate when 1v1 moves are attempted, even if they fail. We want players to be creative in the right situations.



Ball Mastery U11-U14

WEEK 7 | SESSION 1



Week Objectives:

- Allow players to control & manipulate the ball with both feet & different surfaces of the feet
- Encourage players to experience and enjoy the game

Main Principle: Ball Mastery

- Definition: comfort in possession using all parts of both feet and controlling the ball
- Coaching Points:
 - Use your first touch to stop the ball dead or lead you into a new area
 - Be able to use different parts of the foot to manipulate the ball (bottom, laces, inside, outside)
 - Bring ball under control quickly (with one touch) to make the decision whether to dribble, pass, or shoot

Counter Principle: Applying pressure to the ball (defending)

- Definition: ability to close down an attacker to make a tackle, block a shot or pass, or delay an attack
- Coaching Points:
 - Sprint to close down attacker, then slow approach to be able to change direction
 - Approach side-on to make play predictable and allow quick recovery if attacker takes touch past

Hourglass: Ball Mastery

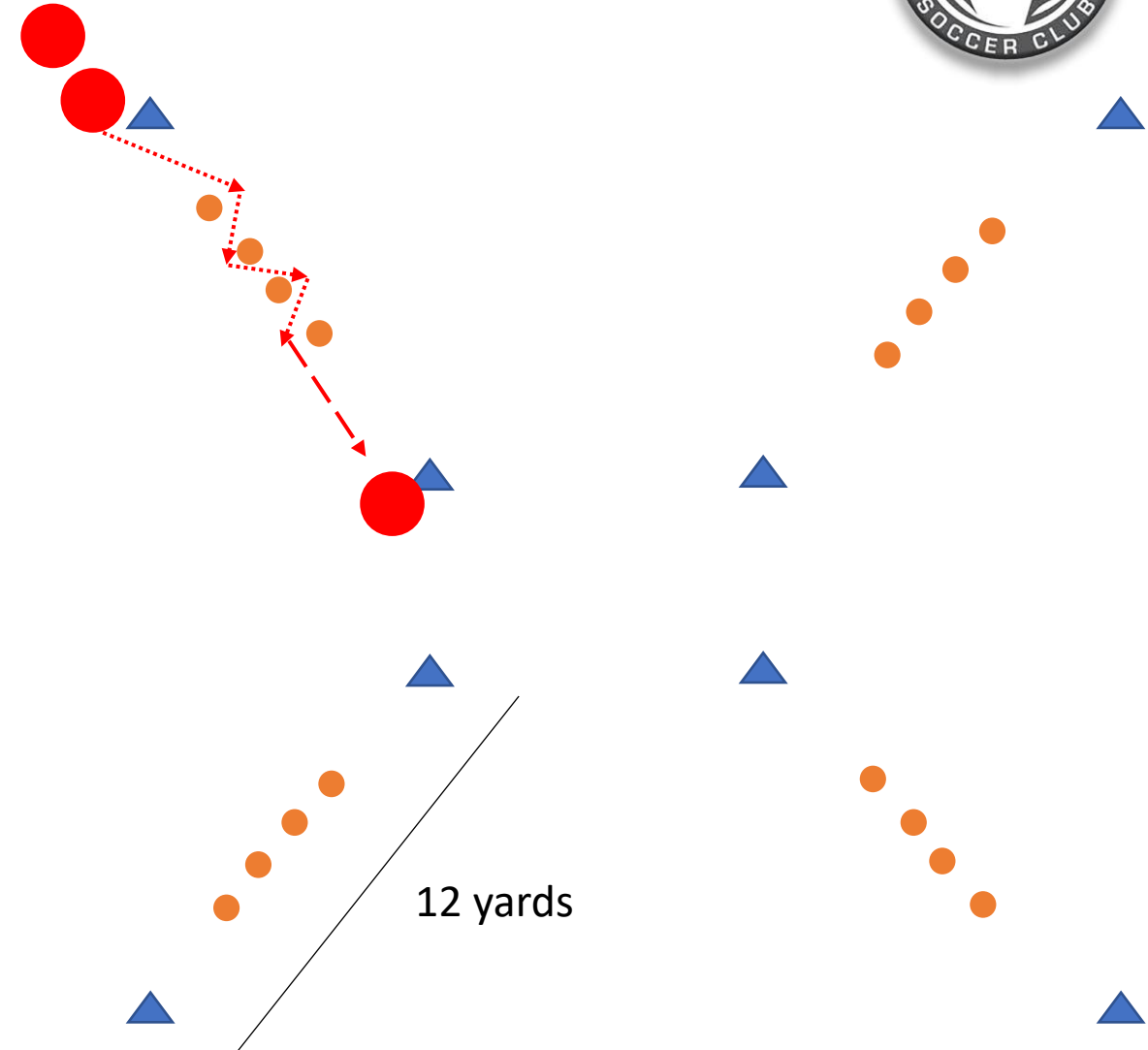
Time	20
Sets & Set Length	5x2 min (1 min rest)
Teams or Grid Numbers	3-5 players per station
Number of Grids	1
Dimensions	12-yard stations (4-4-4)

Rules:

- 3-4 players per station – dribble thru 4 cones and pass
- *Progressions: unlimited, R only, L only, inside-outside, roll-stop*

Coaching Points

- Directional first touch – accelerate into the cones
- Master technique, then increase speed
- Finish action with firm accurate pass



1v1: Ball Mastery



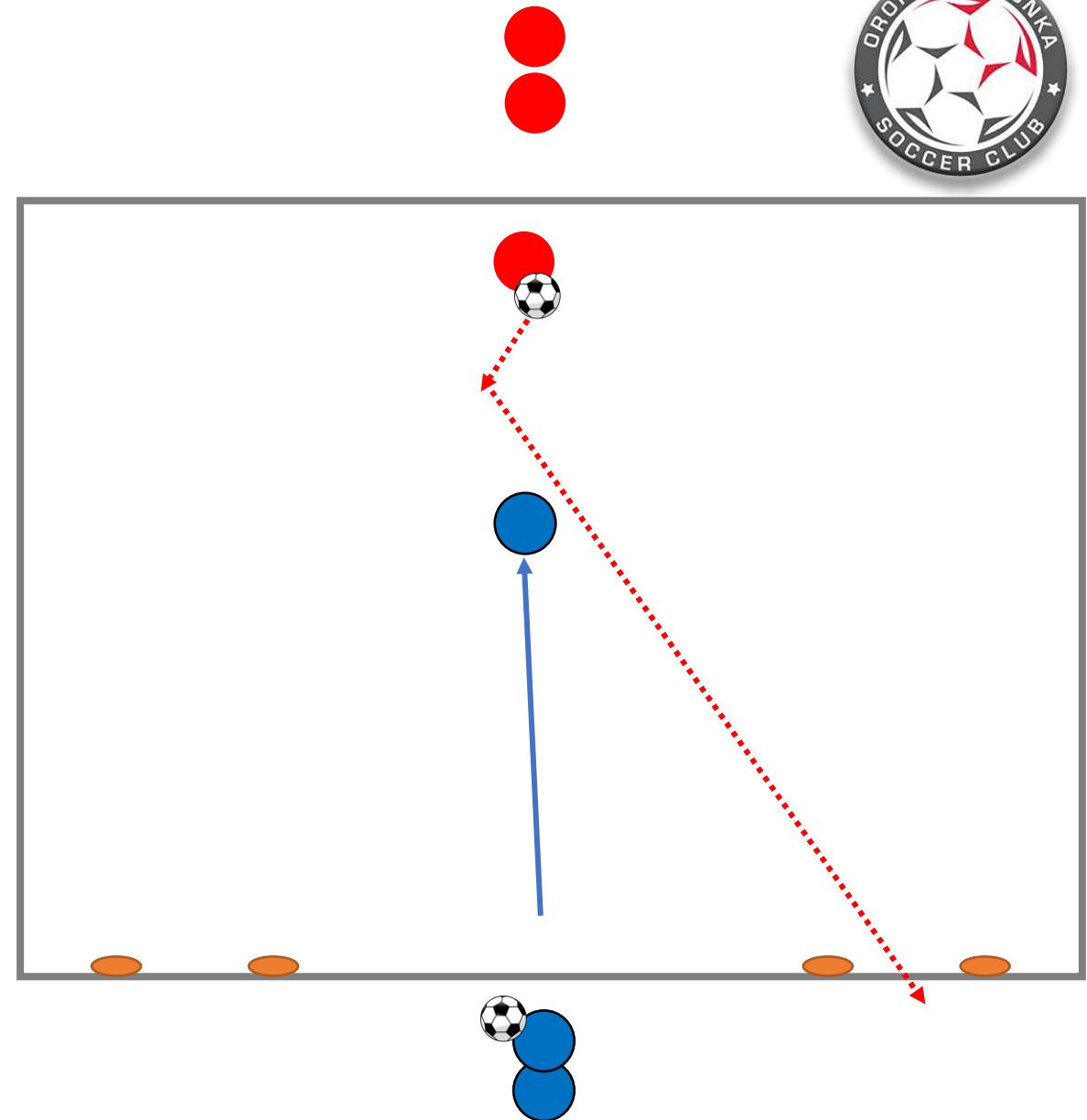
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	2 even groups
Number of Grids	2 (Ideally 5-8 players per grid)
Dimensions	15x15yards

Rules:

- Blue passes to red, then defends
- Red scores by dribbling between one of the two gates
- If blue wins the ball, passes back to team for a point
- Team attacks for 2 minutes, then defends for 2 minutes
- *Progression: scoring on 1 gate is worth 2, whereas scoring on the other is only worth 1*

Coaching Points

- Directional first touch – where does first touch take you?
- Use different surfaces of the foot to dribble past defender
- *Counter Principle: Use angle of approach to limit attacker's option to one gate*



Final Game



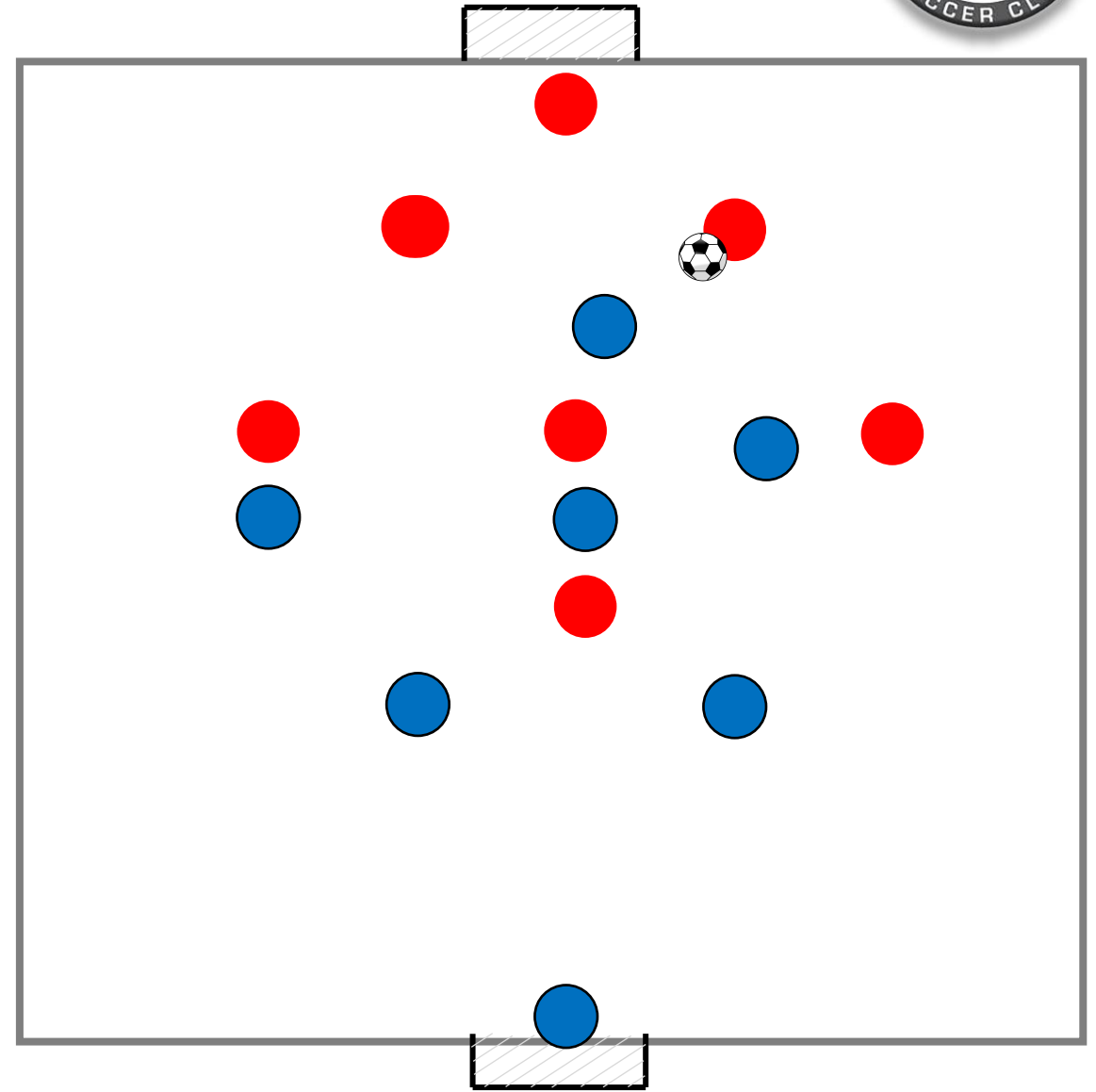
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal = 2pts, 1 touch goal = 2pts*

Coaching Points/Observation Questions:

- Observe: are players able to control & manipulate the ball in all situations with both feet? (notate technical corrections for next session)
- What causes teams' turnovers? Poor technique? Poor vision/decision making? Poor movement from team?



Ball Mastery U11-U14

WEEK 7 | SESSION 2



Week Objectives:

- Allow players to develop their technique in controlling & manipulating the ball with both feet
- Encourage players to experience and enjoy the game

Main Principle: Ball Mastery

- Definition: comfort in possession using all parts of both feet and controlling the ball
- Coaching Points:
 - Use your first touch to stop the ball dead or lead you into a new area
 - Be able to use different parts of the foot to manipulate the ball (bottom, laces, inside, outside)
 - Bring ball under control quickly (with one touch) to make the decision whether to dribble, pass, or shoot

Counter Principle: Applying pressure to the ball (defending)

- Definition: ability to close down an attacker to make a tackle, block a shot or pass, or delay an attack
- Coaching Points:
 - Sprint to close down attacker, then slow approach to be able to change direction
 - Approach side-on to make play predictable and allow quick recovery if attacker takes touch past

Individual Juggling



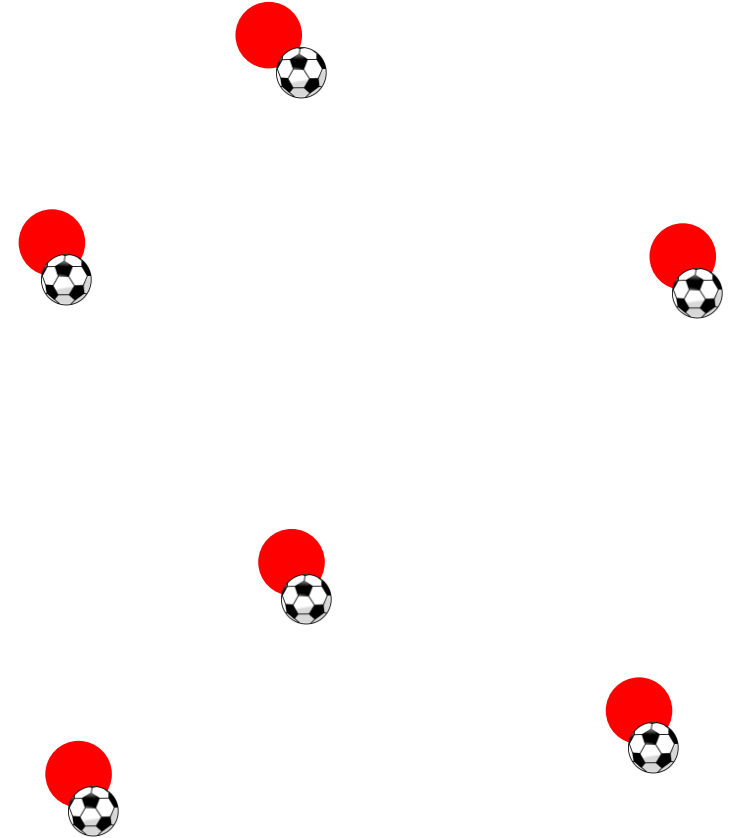
Time	15
Sets & Set Length	4x3 min
Teams or Grid Numbers	All players
Number of Grids	1
Dimensions	

Rules:

- Each player has a ball and juggles using below prompts
- Start with ball in hands, one juggle & catch
- Attempt more & more consecutive juggles as aptitude improves
- *Progressions: unlimited, R only, L only, headers only*

Coaching Points

- Keep ankle locked and contact the ball directly (no spin)
- Start controlled, then build consistency
- Keep track of high score



3v3 +2 Possession



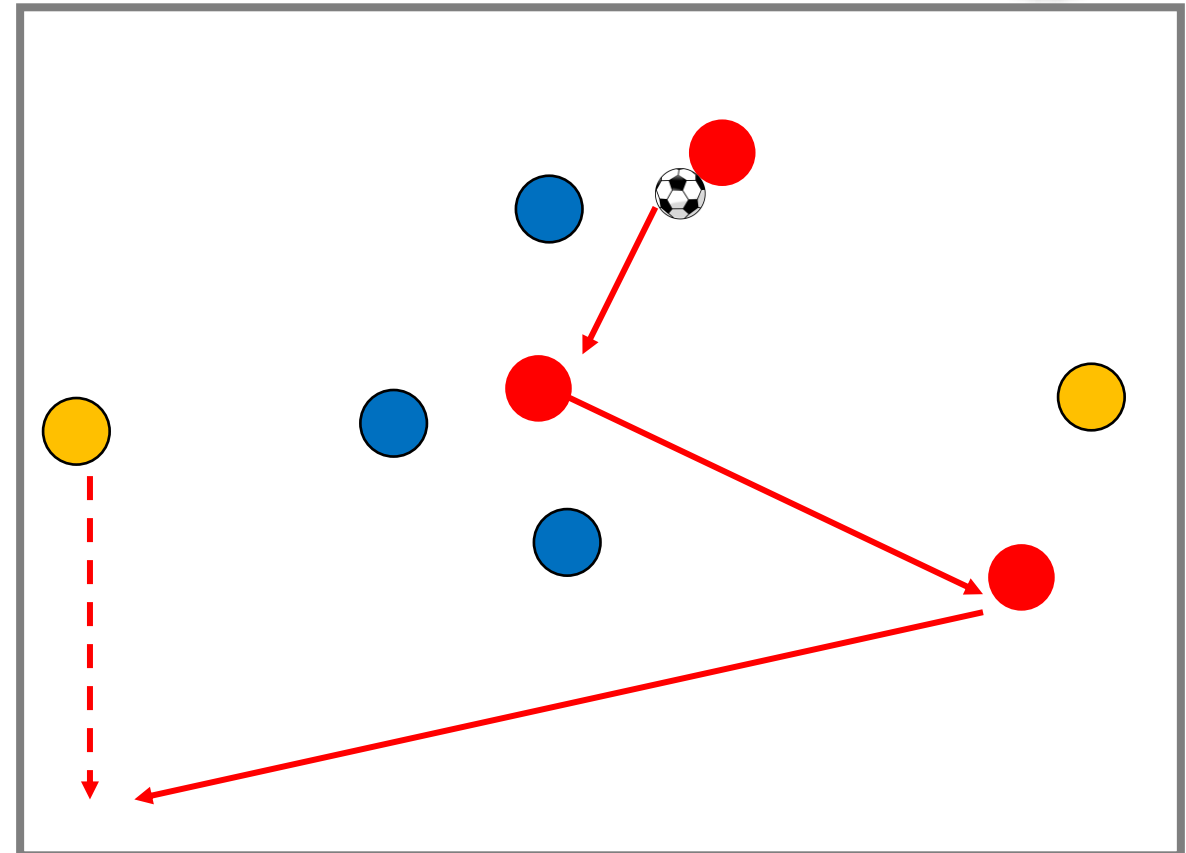
Time	25
Sets & Set Length	6 x 3 minutes
Teams or Grid Numbers	3v3+2
Number of Grids	2
Dimensions	20x20 yards

Rules:

- Blue and red play against each other to keep possession of the ball – 6 passes = point
- Both teams can use yellow as neutral players
- Yellow rotates in after first round (switch with 2 players)
- *Progression: neutral players must stay on end lines*

Coaching Points

- Get ball under control in one touch to play quickly
- Show to receive the ball, use the space
- *Counter Principle: Use angle of approach to limit attacker's passing options*



Final Game



Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal = 2pts, 1 touch goal = 2pts*

Coaching Points/Observation Questions:

- Observe: are players able to control & manipulate the ball in all situations with both feet? (notate technical corrections for next session)
- What causes teams' turnovers? Poor technique? Poor vision/decision making? Poor movement from team?

