



# PDP 1

## COACHING PRACTICE BOOKLET



**HIGH PERFORMANCE**  
EVOLVE | EXCEL | INSPIRE



**COACH EDUCATION PROGRAMME**  
*the pathway to develop Irish football*



**“The PDP 1 Coach is able to implement a player-focused model based on enjoyment and skill development and reduce the emphasis on winning at all costs.”**

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**COACH  
EDUCATION  
PROGRAMME**  
*the pathway to develop Irish football*



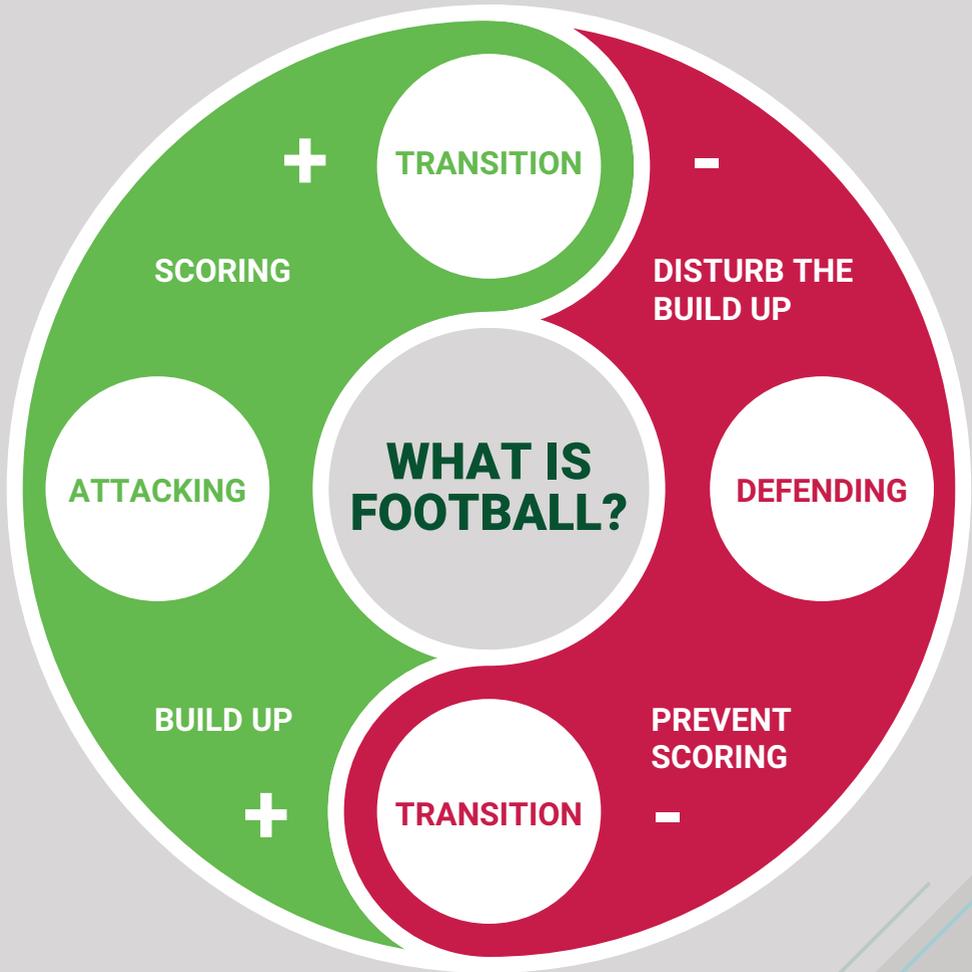
**HIGH  
PERFORMANCE**  
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# PLAYING FORMAT SUMMARY

Age Group	Squad Size	Team Size	Match Format	Match Duration	Referees
U6	10	4 v 4 (no GK)	Twin	4 x 10 mins	No
U7	10	4 v 4 (no GK)	Twin	4 x 10 mins	No
U8	12	5 v 5	Twin	4 x 12 mins	No
U9	12	5 v 5	Twin	4 x 12 mins	No
U10	16	7 v 7	Twin	2 x 25 mins	Yes
U11	10	7 v 7	Twin	2 x 25 mins	Yes
U12	10	9 v 9	Normal	2 x 30 mins	Yes
U13	10	11 v 11	Normal	2 x 30 mins	Yes
U14	10	11 v 11	Normal	2 x 35 mins	Yes
U15	10	11 v 11	Normal	2 x 35 mins	Yes
U16	10	11 v 11	Normal	2 x 40 mins	Yes

Playing Time	League Tables	Pitch Size (m) Min/Max	Goal Size	Ball Size & Weight
75%	No	35m x 20m max* 30m x 20m min	1m x 3m	5 (290gms)
75%	No	35m x 20m max* 30m x 20m min	1m x 3m	5 (290gms)
75%	No	45m x 25m max* 30m x 20m min	2m x 5m	5 (290gms)
75%	No	45m x 25m max* 40m x 25m min	2m x 5m	5 (320gms)
50%	No	65m x 40m max* 60m x 35m min	2m x 5m	5 (320gms)
50%	No*	65m x 40m max* 60m x 35m min	2m x 5m	5 (320gms)
25% to 50%	Yes	Box to Box	2m x 5m	5 (370gms)
25% to 50%	Yes	Full	Full	5 (370gms)
25% to 50%	Yes	Full	Full	5 (370gms)
25% to 50%	Yes	Full	Full	5 (450gms)
25% to 50%	Yes	Full	Full	5 (450gms)

# FOOTBALL ACTION THEORY



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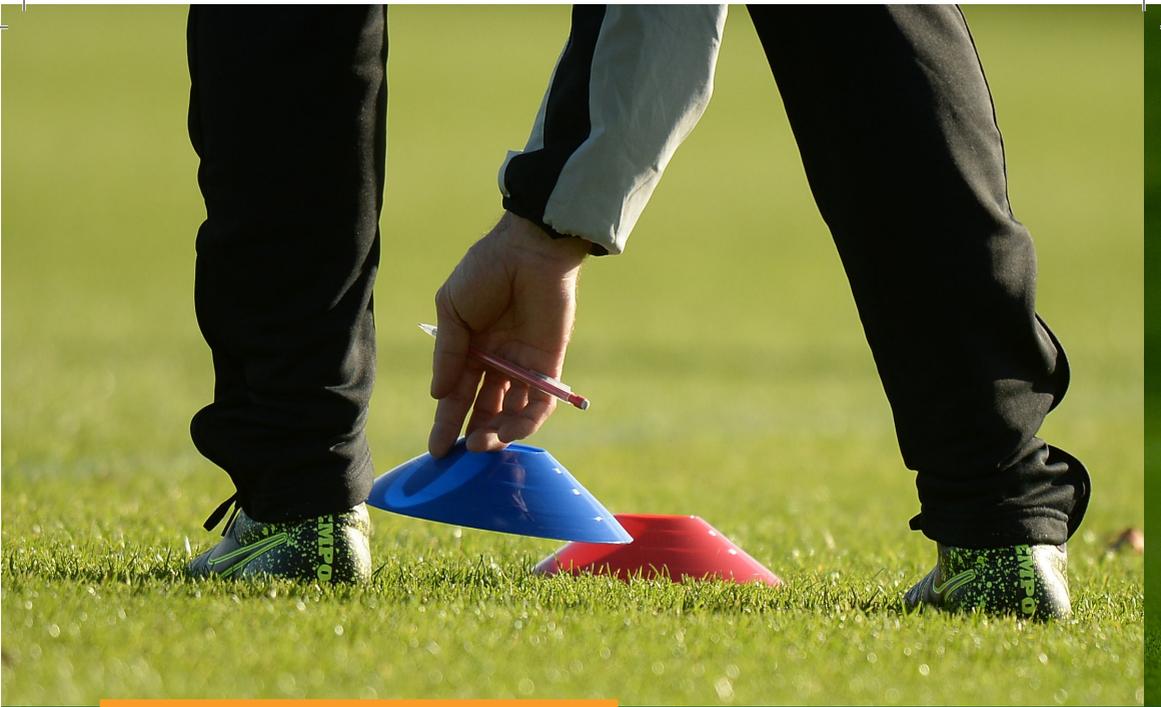
**FOOTBALL ACTION**

**COMMUNICATION**

**DECISION**

**EXECUTION**

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# COACHING SKILLS FOR THE GRASSROOTS COACH

- Enthusiastic
- Motivate
- Communication skills
- Adaptable
- Coach in a positive way
- Patient
- Pleasant
- Aware
- Organised
- Role model
- Inspire
- Dress like a Coach
- Knowledge of the activity?
- A desire for the game
- Provide feedback
- Punctual
- Praise
- Encourage
- Freedom of expression



## COACHING PRACTICE CONSIDERATIONS

- Age
- Abilities/Developmental level
- Keep players active
- Appropriate training equipment
- Use the PDP 1 sessions
- Session plan - pre-prepared (theme)
- Time
- Make the training FUN
- Always play a GAME

# COACHING PROCESS

## IDEAL PRINCIPLE

<b>I</b>	<b>Introduce</b>	Introduce the theme of the session at the start (Make sure players are fully aware of the coaching practice goals)
<b>D</b>	<b>Demonstrate</b>	Demonstrate the Actions and Organisation (Demonstration gives clarity)
<b>E</b>	<b>Explain</b>	Explain all factors in a logical sequence. (Explanation & demonstration is best used together)
<b>A</b>	<b>Action</b>	Let them play from the coaching point
<b>L</b>	<b>Look</b>	Look at the play and observe key moments to help achieve outcomes



WARM UP





### Objective

A practice designed to warm players up for a session with an emphasis on turns, changes of direction, 1 v 1 moves and passing



### Organisation

- Grid size 24 metres x 24 metres with small 5 metres x 5 metres square inside the area
- 1 ball for every 2 players
- Half the players inside the area with the ball and half outside of the area
- Players use inside small area to preform ball mastery –  
1. Turns 2. Changes of direction 3. 1 V 1 moves and then then pass to outside player and swap roles
- Vary method of passing to outside player –  
Pass and switch, wall pass, pass and press.

### Coaching Instructions

- Soft touch when space is restricted (Dribbling) larger touch when player sees some space (Running with the ball)
- Head up, scanning the area
- Change of direction
- Change of pace
- Awareness – where and when to turn/change direction

### NOTES

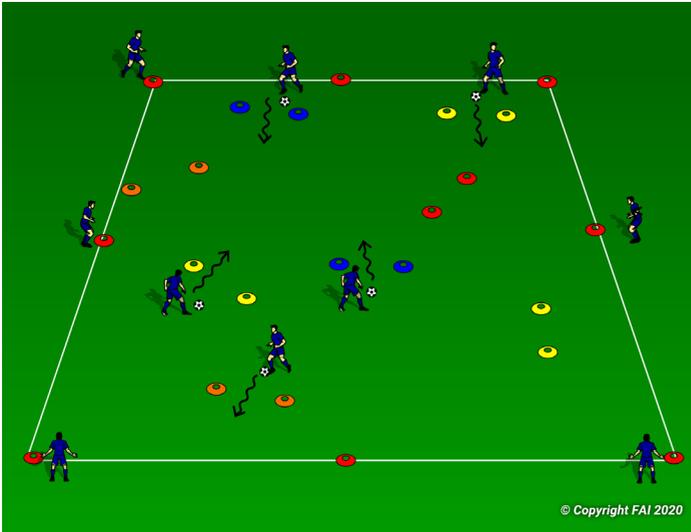
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## Objective

A practice designed to warm players up for a session with an emphasis on dribbling, turning and ball mastery

## Organisation

- Area: 24 x 24 metres
- 1 ball for every 2 players
- Gates placed inside the area 1 metre apart same coloured cones for each gate
- Players work in two's, when one is working the other player is resting
- Player must dribble through the cones to score
- Coach can decide to play games based on time for example how many gates can you dribble through in 30 seconds, or have a game of first team to get to ten gates wins (5 gates each)
- Coach can introduce different methods of scoring for example players must do a turn after they go through gate, players must do a circle around a gate, players must do 10 toe taps at each gate

## Coaching Instructions

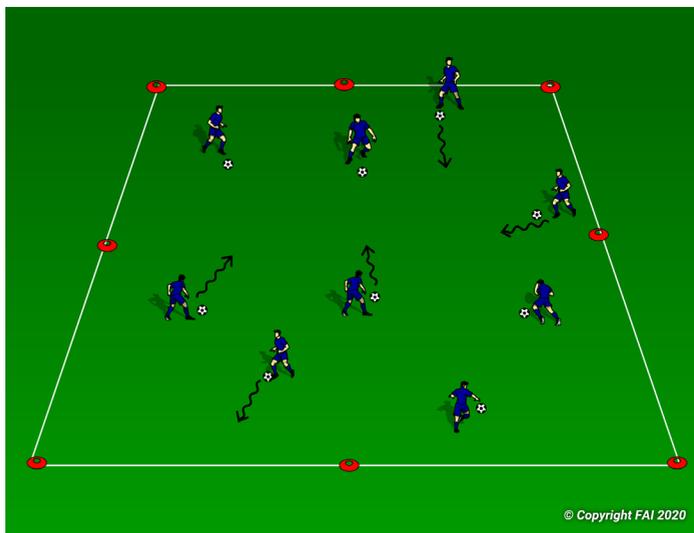
- Soft touch when space is restricted (Dribbling) larger touch when player see's some space (Running with the ball)
- Head up, scanning the area
- Change of direction
- Change of pace

## NOTES



### Objective

A practice designed to warm players up for a session with an emphasis on dribbling and running with the ball



### Organisation

- Area: 24 X 24 metres
- 1 ball per player
- Player's work freely inside the area with the ball at their feet
- Can introduce 2 defenders towards the end of warm up or play king of the ring

#### TIP

Players can perform different ball mastery techniques – toe taps, turns, feints and fun moves such as sitting on the ball, switching footballs etc.

### Coaching Instructions

- Soft touch when space is restricted (Dribbling) larger touch when player see's some space (Running with the ball)
- Head up, scanning the area
- Change of direction
- Change of pace

### NOTES

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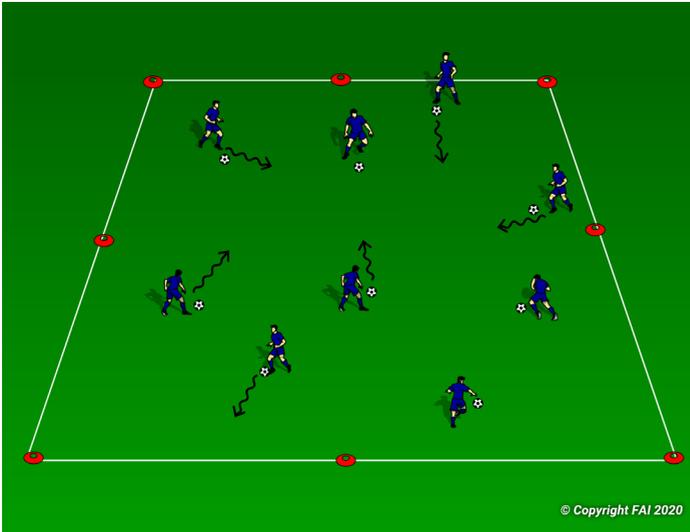
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## WARM UP

# Dribbling Numbers



## Objective

A practice designed to warm players up for a session with an emphasis on dribbling, agility, balance and coordination

## Organisation

- Area: 24 X 24 metres
- 1 ball per player
- Player's work freely inside the area with the ball at their feet
- Coach calls numbers:
  - No.1 Dribble freely
  - No.2 Toe taps
  - No.3 Sit on the ball
  - No.4 Feet together and jump over ball
  - No.5 Sharp turn with outside of right foot
  - No.6 Sharp turn with outside of left
  - No.7 Try a skill (stepover, Cruyff, chop, etc).
  - No.8 Dribble as fast as possible keeping the ball close.
  - No.9 Keep ups

## Coaching Instructions

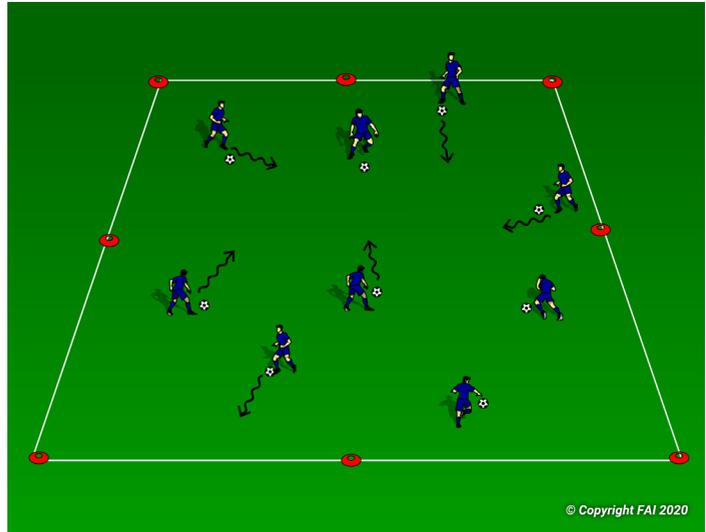
- Soft touch when space is restricted (Dribbling) larger touch when player see's some space (Running with the ball)
- Head up, scanning the area

## NOTES



### Objective

Multi-directional warm up designed to improve a player's ability in ball mastery and 1v1 situations



### Organisation

- Area 24 x 24 metres
- Each player has a ball
- The aim is to knock as many players' balls out of the grid while at the same time protecting their own ball
- Begin the practice by freely dribbling around the grid
- If your ball is knocked out, retrieve it quickly and rejoin the game

#### TIP

Gradually build the speed of the game or make area smaller. The aim is to change your speed and direction to exploit the free space. Football actions, communication, decision making and execution.

### Coaching Instructions

- Maintain control of the ball while being aware of opposing players and space
- Keep your head up while using both feet in order to dribble around the grid
- Head up and aware
- Change of pace / direction in order to exploit space
- Dribble by using the inside, outside and sole of your foot
- Keep close control and protect the ball.
- Learn various changes of direction... inside, outside, sole, cruff, chop, etc

### NOTES

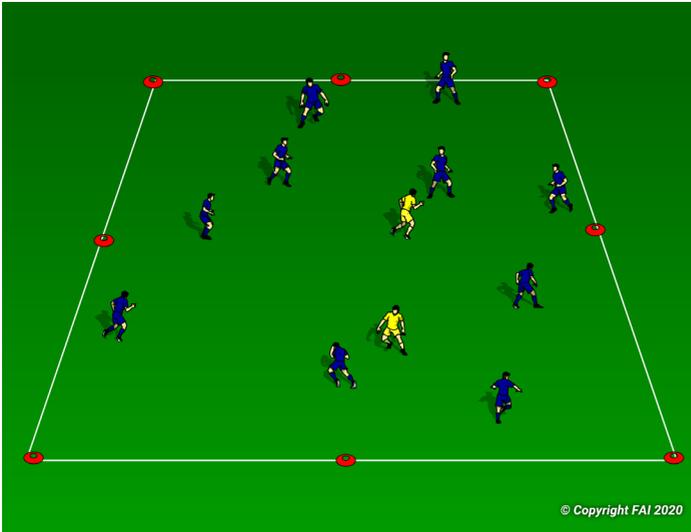
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### Objective

A practice designed to warm players up for a session with an emphasis on speed, agility, balance and coordination.

### Organisation

- Area: 24 x 24 metres
- Coach can play various games
  - 1 Yellow players are on and must tag Blue players, if you get tagged you are then on
  - 2 Yellow players must tag blue players, Blue player must then freeze make a star shape and an untagged Blue player must go through their legs to free them
  - 3 Yellow player has a ball and must head their ball off a Blue player who then is on

### Coaching Instructions

- Awareness, keep your head up
- Change of direction
- Change of pace
- Disguise

#### TIP

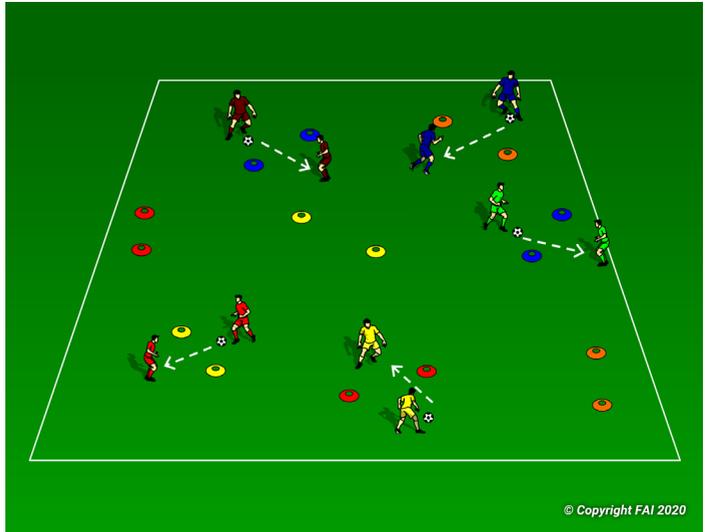
Vary tag games, make them fun with lots of varying movements. This will always lead into some work with the ball

### NOTES



### Objective

A practice designed to warm players up for a session with an emphasis on passing and receiving.



### Organisation

- Area: 24 X 24 metres
- Split group into pairs
- 1 Ball between 2 players
- Players pass through one of the gates to their partner and move to another gate

#### TIP

Players count how many passes they get, make it fun, make area bigger if more space and longer passes are required.

### Coaching Instructions

- Eye on the ball
- Standing foot planted beside ball
- Lock kicking foot
- Strike through middle of ball (kicking foot should follow through to face target).
- Body weight over the ball
- Weight and accuracy of pass

### NOTES

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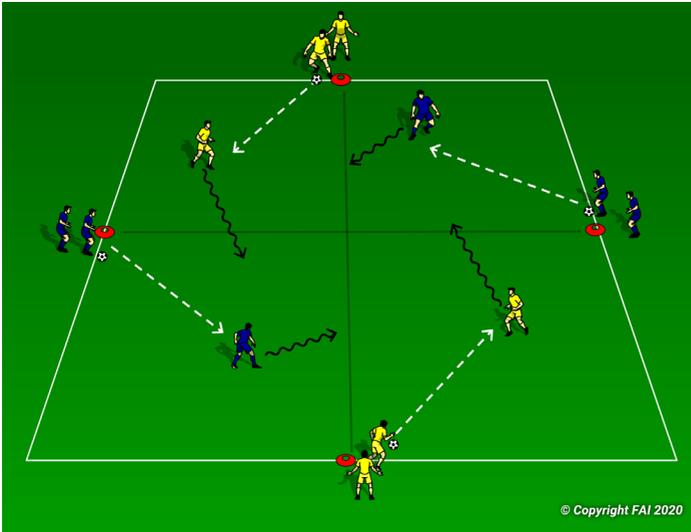
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## Objective

This session encourages players to make runs/movements to create space for themselves before they receive the ball

## Organisation

- Area: 24 x 24 metres
- Yellow makes a double run (go-show) on the show, yellow player passes into yellow
- Yellow breaks the line then plays to the opposite side
- At the same time, the blues are playing the same passes
- Other runs to make:
  - Show – go
  - In-out
  - Out-in
- Change the direction, so that the outside players play to the left to work both sides

## Coaching Instructions

- Eye on the ball
- Standing foot planted beside ball
- Lock kicking foot & strike through middle of ball
- Timing of movement
- Timing of Pass
- Weight of Pass
- Body shape to receive
- Back foot to receive
- Positive first touch

## NOTES

# FOOTBALL ACTION – DRIBBLING

## COMMUNICATION

Verbal and non-verbal communication with teammate.

Non verbal communication with opposition player.

## DECISION

Where to dribble (what direction and which side of opponent)? How to dribble?

When to release the ball?

## EXECUTION

Soft Touches, head up, protect ball from opponent keeping your body between opponent and ball, execute your Decision - move (change direction, skill, acceleration)

### **Change Direction – Inside Foot:**

Close control, standing foot behind ball, disguise kicking action, wrap foot around ball, accelerate away.

### **Change Direction – Outside Foot:**

Close control, get level with ball, push ball away with outside of foot and accelerate into space.

### **The 'Drag back' move:**

Close control, standing foot beside the ball, sole of the foot on top of ball, drag ball behind standing foot, turn and accelerate away.

### **Running with ball into space:**

Play the ball out with laces in direction you want to go, keep the ball out of your feet, accelerate with head up, take few touches, end product.



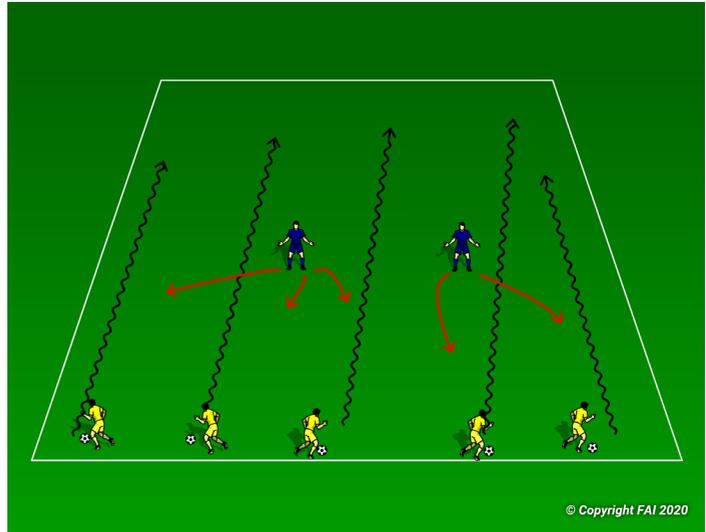
# DRIBBLING





### Objective

A functional practice designed to improve players Dribbling and Change of Direction.



### Organisation

- Grid size 20m x15m
- Yellow players both start on the line.
- Blue players start in the middle of area in a sitting position (lift themselves off ground with their hands).
- Yellow players must try to dribble to the other end as fast as possible while keeping close control of the ball.
- If the Defending player (crab) hits their ball, the yellow player now joins them as another crab.

### Coaching Instructions

- Standing start, players to have forward lean when they move
- Quick acceleration
- Can player change direction with the ball under control from pressure
- Make your move (Skill, trick or speed)
- Accelerate into space.
- If ball is lost quick Transition to become a crab.

### NOTES

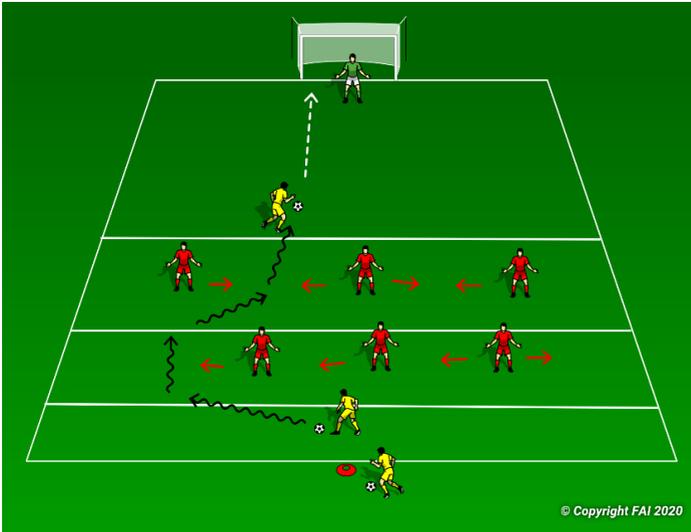
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## Objective

A functional practice designed to improve players dribbling, ball control and finishing.

## Organisation

- Area size 30m long x 20m wide with 1 goal.
- Yellow players both start on the line.
- Red players start in the middle of area in a sitting position (lift themselves off ground with their hands).
- Yellow players must try to dribble through by crabs as fast as possible while keeping close control of the ball and scoring against the goalkeeper.
- Red crabs try to dispossess the yellow player.

## Coaching Instructions

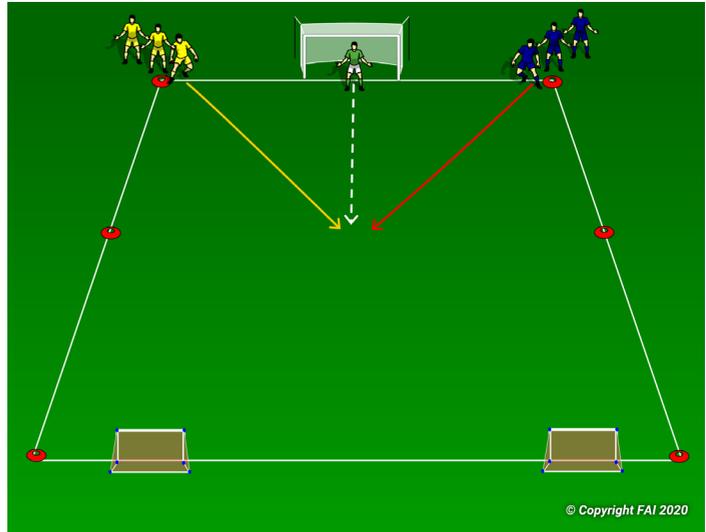
- Keep close control of ball
- Keep head up and assess defenders (crabs) positions
- Soft touches in tight spaces, bigger touches when in space
- Changes of direction
- Exploit space
- Use trickery
- End product – shot on goal – accuracy over power

## NOTES



### Objective

A functional practice designed to improve players 1 v 1 Playing with their back to Goal, Change of Direction and Dribbling with Transition to Defend



### Organisation

- Area 25 x 15 metres
- Blue and Yellow players both start as Attackers either side of the Goal.
- When the Goalkeeper passes the ball into the area both the Blue and Yellow players run to win the ball.
- When a player wins the ball they must change direction and try to score in the big goals, if the Defending player wins the ball back they have to Attack the opposite end and score in either of the two small goals

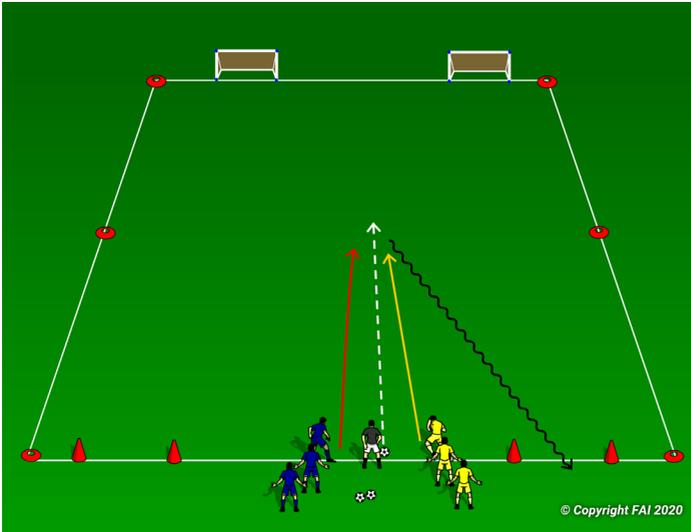
#### TIP

Make sure that players play until goal is scored, i.e. dribble through either goal, or ball goes out of play and are aware of the transitions

### Coaching Instructions

- Standing start, players to have forward lean when they move
- Quick acceleration
- Can player change direction with the ball under control from pressure
- Make your move (Skill, trick or speed)
- Accelerate into space created
- End Product
- If ball is lost quick Transition to Defend

### NOTES



## Objective

An attacking practice designed to improve players 1 v 1, Change of Direction and Dribbling with Transition to Defend

## Organisation

- Area 20 x 15 metres
- Blue and Yellow players both start as Attackers either side of the coach.
- When the coach passes the ball into the area both the Blue and Yellow players run to win the ball.
- When player wins the ball they must change direction and dribble through either goal at the end that they started from marked with red cones
- If the Defending player wins the ball back they have to Attack the opposite end and score in either of the two small goals

## Coaching Instructions

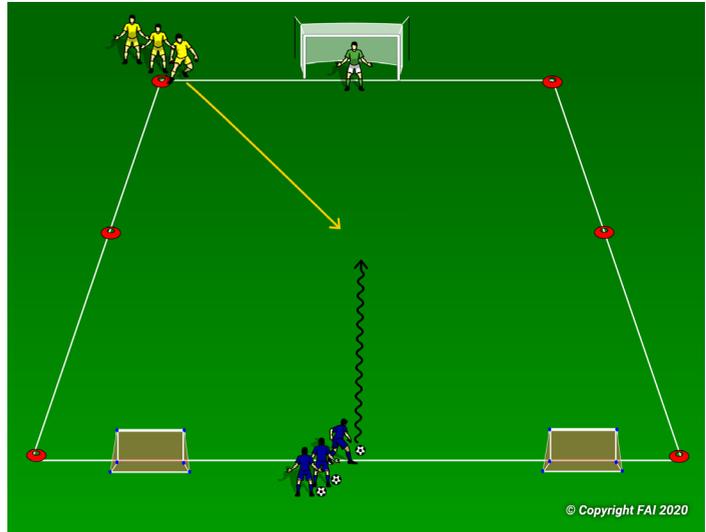
- Standing start, players to have forward lean when they move
- Quick acceleration
- Can player change direction with the ball under control from pressure
- Make your move (Skill, trick or speed)
- Accelerate into space created
- End Product – Execution
- If ball is lost quick Transition to Defend

## NOTES



### Objective

An attacking practice designed to improve players 1 v 1, Dribbling and Finishing with Transition to Defend



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### Organisation

- Area 25 x 15 metres
- Blue players attack the main goal and the Yellow Players and Goalkeeper try to prevent goals and if they win possession they must attack quickly and score through the two small goals at the other end

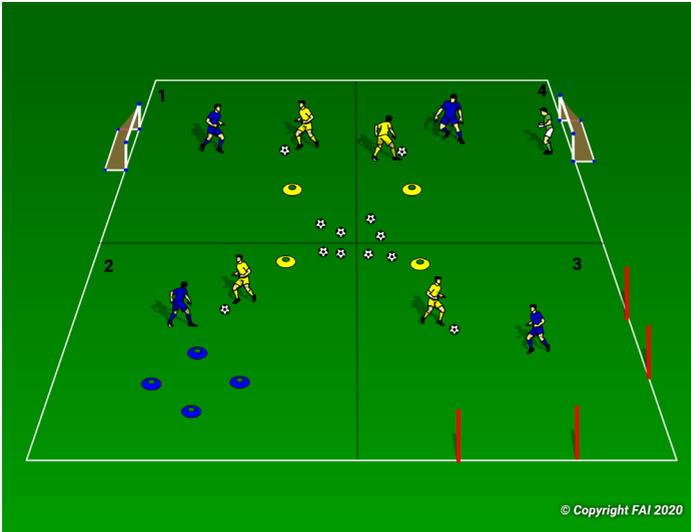
#### TIP

Make sure that players play until goal is scored, i.e. dribble through either goal, or ball goes out of play and are aware of the transitions

### Coaching Instructions

- First touch forward to get the ball out of your feet
- Attack the Defender with the ball under control
- Keep your head up to assess Defender and Goalkeepers position
- Make a Decision - move (Skill, trick or speed)
- Accelerate into space created
- Quality finishing
- Blue players don't always need to beat Yellow player to score, can finish by curling around them or feinting to shoot high and then shoot low (Creativity)
- End Product – Quality of the Execution of the action.
- If ball is lost quick Transition to Defend

### NOTES



## Objective

A functional practice designed to improve players 1 v 1 with a Transition to Defend.

## Organisation

- The 1v1 playground has four types of 1v1 situation
  - Area 1 – the defender must defend the mini goal
  - Area 2 – the defender must defend the circled area
  - Area 3 – the defender must defend the two angled gates
  - Area 4 – the defender must defend the goal and goalkeeper
- To start, one defender goes into each area and the remaining 2 or 3 attackers go to the middle zone to collect a ball
- The attackers can attack any of the goals to try and score. If successful, they return to the middle zone and attack a new goal on the coaches whistle. If defenders disposes the attacker they transition to dribble into the centre square to score (yellows transition to defend the blue).

## Coaching Instructions

- Soft touches and close control
- Attack at speed while keeping close control
- Make your move (Skill, trick or speed)
- Accelerate into space created and finish into goal
- If ball is lost quickly transition to win it back.

## NOTES



### Objective

An attacking practice designed to improve players 1 v 1, Dribbling and Finishing with Transition to Defend



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### Organisation

- Area 25 x 15 metres
- Blue Players (Attackers) must dribble and try to score by dribbling into either of the two top goals, If the Yellow Players (Defenders) win the ball they can try and score by passing into either of the two opposite goals

#### TIP

Encourage players to be creative, Attack at speed. Make sure that players play until goal is scored, i.e. goal is scored or ball goes out of play and are aware of the Transitions

### Coaching Instructions

- First touch towards goal
- Keep your head up to assess Defender and Goalkeepers position
- Make a Decision - move (Skill, trick or speed)
- Accelerate into space created
- Quality finishing
- End Product – Quality of the Execution of the action.
- If ball is lost quick Transition to Defend

### NOTES

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## Objective

A functional practice designed to improve players 1 v 1 with a Transition to Defend.

## Organisation

- Area 30 x 20 metres
- Two teams.
- The yellow team are the attackers and will have 16 x 1v1 situations (each attacker has 1 attack against each defender). The blue team are the defenders and must defend 1 attack against each of the yellow attackers.
- On the coaches whistle, the first attackers commence (4 balls at the same time). On completion, the players move to the next pitch on their right and wait for the coaches second whistle.
- If defenders dispossess the attacker they try to dribble into the square in middle to score.

## Coaching Instructions

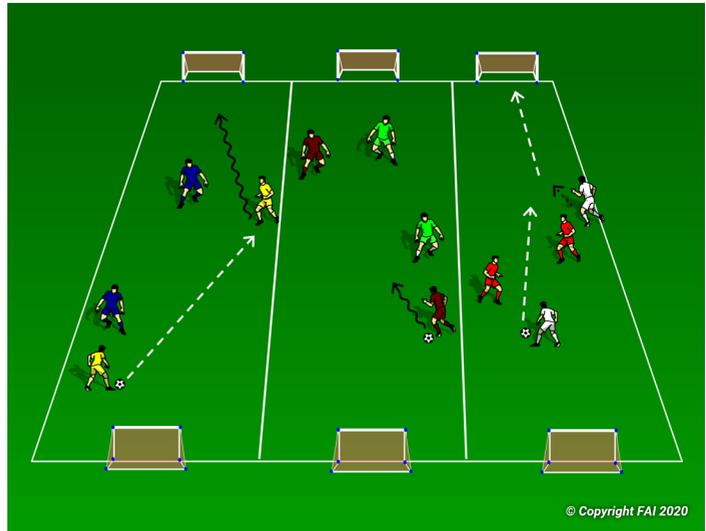
- Soft touches and close control
- Attack at speed while keeping close control
- Make your move (Skill, trick or speed)
- Accelerate into space created and finish into goal
- If ball is lost quickly transition to win it back.

## NOTES



### Objective

A practice designed to improve players dribbling, passing, communication, decisions with teammate.



### Organisation

- Grid size 10x15m
- Group players in pairs, one ball and 2 pairs per pitch
- Each game will last two 1-2 minutes. Players will change over to the next pitch in a clockwise direction
- Once the ball leaves a pitch, the players must look to bring it back as quickly as possible and dribble in to restart the game
- Last play back is the goalkeeper but they must not use their hands

#### TIP

Encourage players to be creative, attack at speed and play until Goal is scored or ball is out of play

### Coaching Instructions

- Close control
- Dribbling at speed
- Keep body between Ball and Defender
- Change of pace / direction
- Communication and decision making
- Movement off the ball
- Keep head up to assess Goalkeepers position
- End Product
- If ball is lost quick Transition to Defend

### NOTES

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## Objective

A practice designed to improve players dribbling, passing, communication, decisions with teammate.

## Organisation

- Area 10 x 15 metres for each pitch
- 4 different games taking place at once
  - Pitch 1 – Ice Hockey, Players must score by dribbling through the goals from behind
  - Pitch 2 – 4 Goal game, Players score by dribbling through either of the two goals
  - Pitch 3 – 1 v 1 Duel, players take turns doing a 1v1 and score by dribbling through the small goals
  - Pitch 4 – Knock the ball, players score by knocking the ball of the cone

## Coaching Instructions

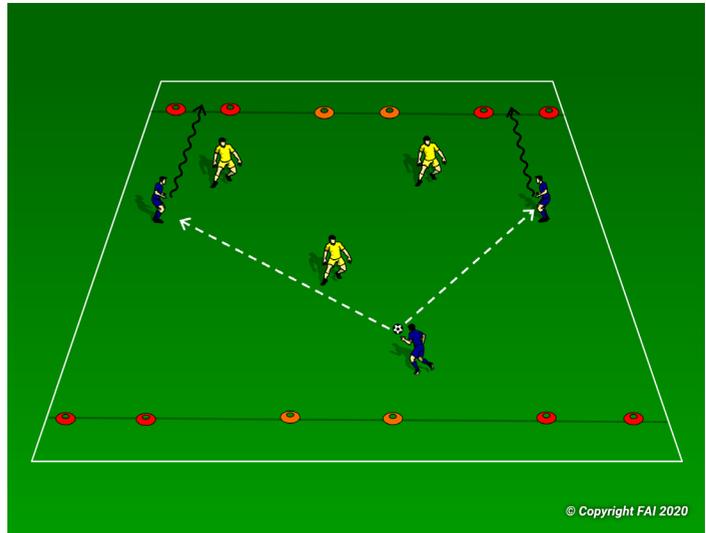
- Head up, scan the area, make your decision
- Attack the defender with the ball under control, be positive and creative
- Make your move (Skill, trick or speed)
- Accelerate into space created
- End Product
- If ball is lost quick Transition to Defend

## NOTES



### Objective

A practice designed to improve players dribbling, passing, communication, decisions with teammate.



### Organisation

- Grid size 30x20m
- 2 teams of 3 players.
- Teams score by dribbling through any one of the 3 opposition gates (goals) and stopping the ball in the end zone.
- Opposition players cannot enter the endzone.
- If blue score in yellow end zone, yellow team then re-start the game.

#### TIP

Encourage players to be creative, attack at speed and play until Goal is scored or ball is out of play

### Coaching Instructions

- Close control
- Dribbling at speed
- Keep body between Ball and Defender
- Change of pace / direction
- Communication and decision making
- Movement off the ball
- Keep head up to assess opposition.
- End Product

### NOTES

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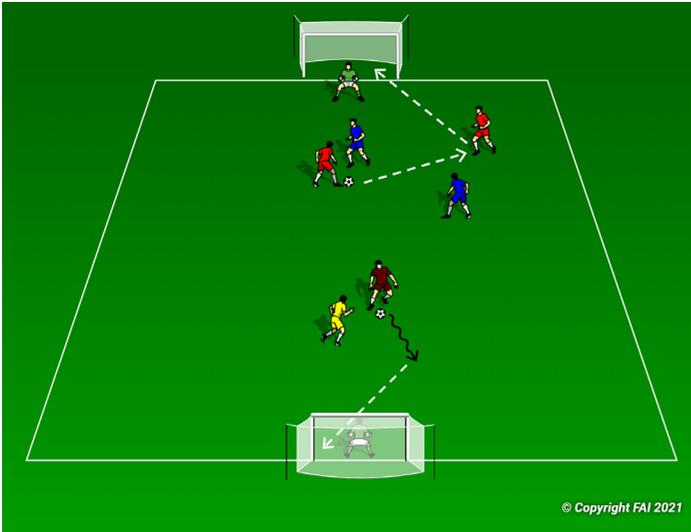
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## Objective

A practice designed to improve players Dribbling and Change of Direction, passing and shooting.

## Organisation

- Grid size 30m x 20m
- Players split into 2 groups, 1 group playing into one goal and the other group playing into opposite goal.
- Play always starts with the goalkeeper.
- Game can be set up as 2v2, 1v1, 2v1 etc.
- First 'country' to 3 goals is the winning team.

### TIP

Make it fun, encourage creativity, different turns / changes of direction and lots of shooting. Name each team as country or club to make it fun. Adjust area size if required.

## Coaching Instructions

- Quick acceleration
- Can player change direction with the ball under control from pressure
- Make your move (Skill, trick or speed)
- Accelerate into space.
- Shoot or pass to teammate.
- If ball is lost quick Transition to win the ball back quickly.

## NOTES

## FOOTBALL ACTION – PASSING & RECEIVING

### COMMUNICATION

Verbal and non-verbal communication with your teammate to coordinate the movement and pass as best as possible. Non-verbal communication with the opposition.

### DECISION

Who does the player pass the ball to? How does the player pass the ball? Where does the player pass the ball? When does the player pass the ball?

### EXECUTION

#### **Short push pass:**

Eye on the ball, standing foot planted beside ball, lock kicking foot, body weight over ball, strike through middle of ball.

#### **Long Pass – Low/Lofted Passes:**

Eye on the ball, plant non kicking foot in direction of target- toe to side of ball for low driven pass, toe behind ball for lofted pass. Use the instep (toe down, heel up) to strike through middle of ball, lean back striking through bottom of ball for lofted pass. Follow through.

#### **Receiving the pass:**

Get into line and flight of the ball, offer the surface, withdraw the surface to cushion the ball into the direction you want to go. Stay on balls of the feet.



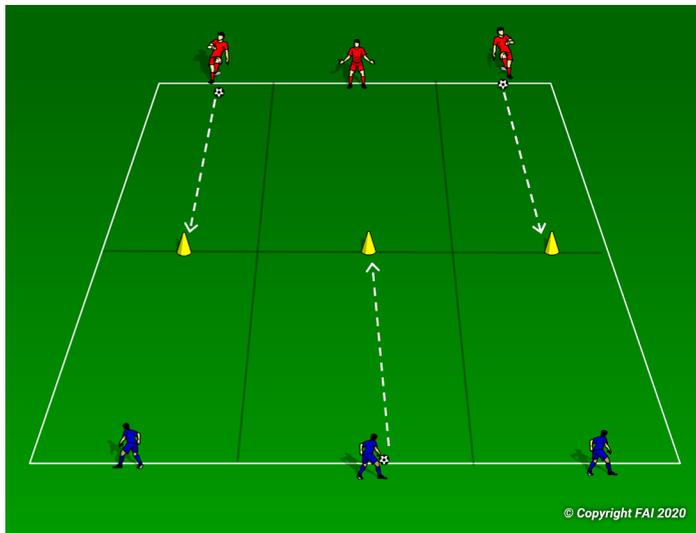
# PASSING & RECEIVING





### Objective

An Attacking practice designed to improve players passing.



### Organisation

- Groups of 2 players across from each other
- Try to hit the cone with a ball
- The player that hits the cone the most times is the winner (for example in 2 minutes)
- Variations : use both feet.

#### TIP

Make it fun, increase difficulty by increasing distance from player to cone. Vary the striking actions (inside foot, laces, outside)

### Coaching Instructions

- Eye on the ball
- Standing foot planted beside ball
- Lock kicking foot
- Strike through middle of ball (kicking foot should follow through to face target).
- Body weight over the ball
- Weight and accuracy of pass

### NOTES

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## Objective

An Attacking practice designed to improve players passing, communication, decision making and execution.

## Organisation

- All players on the outside of the circle.
- Every player has a ball.
- Players try to hit the neutral ball (coloured ball) with your ball so it will end up outside the circle. Other players try to do the same but by hitting the ball it will go in the opposite direction and so spoil the intention of the other players by keeping the ball in the circle.
- Now progress to two teams that play against each other.

## Coaching Instructions

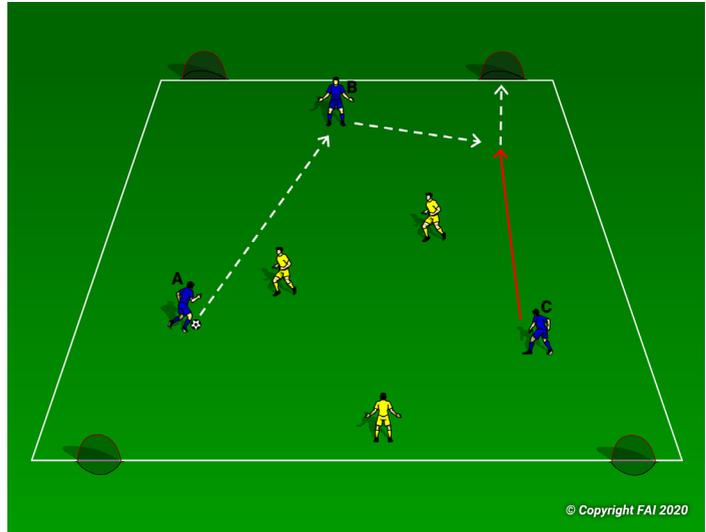
- Eye on the ball
- Standing foot planted beside ball
- Lock kicking foot
- Strike through middle of ball (kicking foot should follow through to face target).
- Body weight over the ball
- Weight and accuracy of pass

## NOTES



### Objective

An Attacking practice designed to improve players passing, communication, decision making and execution.



### Organisation

- Area: 32x20m
- End zone 6m each
- Goals 2m apart
- Each team must have one player in their attacking end zone
- Players A and B combine and look for forward pass to player C
- A goal can only be scored by involving end zone player C, who should lay off after receiving pass. Game restarts each time with coach throwing ball in.

#### TIP

Include a floating player (player that can play on both teams)

### Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – when to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.

### NOTES

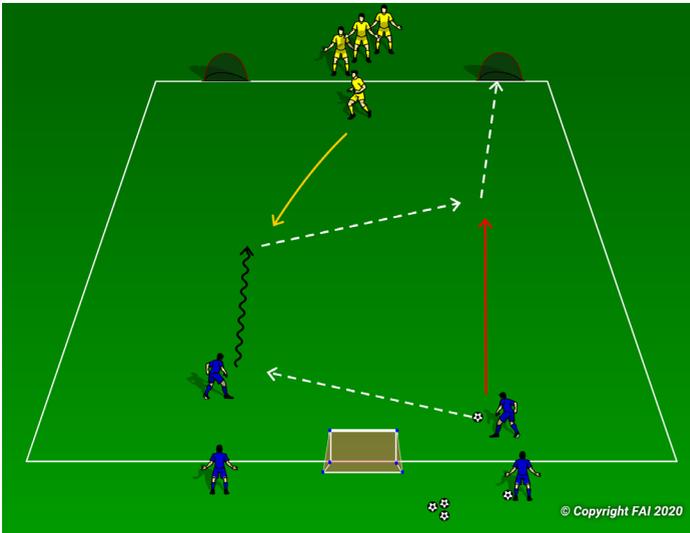
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## Objective

This session encourages players to improve communication, decision and passing execution.

## Organisation

- Area: 20 x 15 metres
- 2 teams of 4 players.
- Blue player starts by passing to his teammate.
- Yellow defender then engages to defend.
- Blue players try to score by passing the ball into either of the small goals
- If yellow player wins the ball, they try to score in the blue's goal.

### TIP

Match tempo, quality of pass, weight, disguise and angle of support from teammate.

## Coaching Instructions

- Eye on the ball
- Standing foot planted beside ball
- Lock kicking foot & strike through middle of ball
- Timing of movement
- Timing & Weight of Pass
- Body shape to receive & back foot to receive
- Positive first touch
- Decision making on when to pass and who to pass to.
- After passing player should move to provide another angle

## NOTES

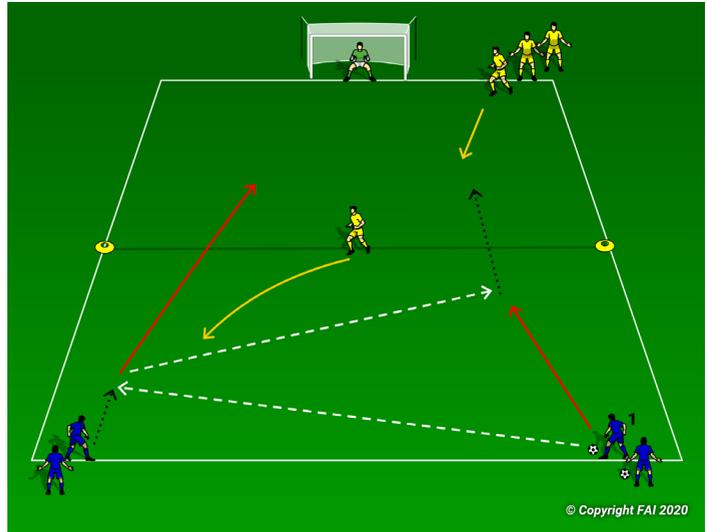
# Passing 2v1 Zone

## PASSING & RECEIVING



### Objective

This session encourages players to improve communication, decision and passing execution.



### Organisation

- Area: 20 x 30 metres (10 x 15m zones)
- 2 teams of 4 players.
- Blue player starts by passing to his teammate.
- Yellow defender then engages to defend.
- When blue players pass the first yellow defender in first zone, another yellow defender then engages to defend final zone.
- Only one yellow defender can defend at any time in one zone.
- Blue players score against goalkeeper.
- If Yellow player wins possession, they score by dribbling outside area.

### Coaching Instructions

- Eye on the ball
- Standing foot planted beside ball
- Lock kicking foot & strike through middle of ball
- Timing of movement
- Timing & Weight of Pass
- Body shape to receive & back foot to receive
- Positive first touch
- Decision on when to pass and who to pass to.
- After passing player should move to provide another angle

### NOTES

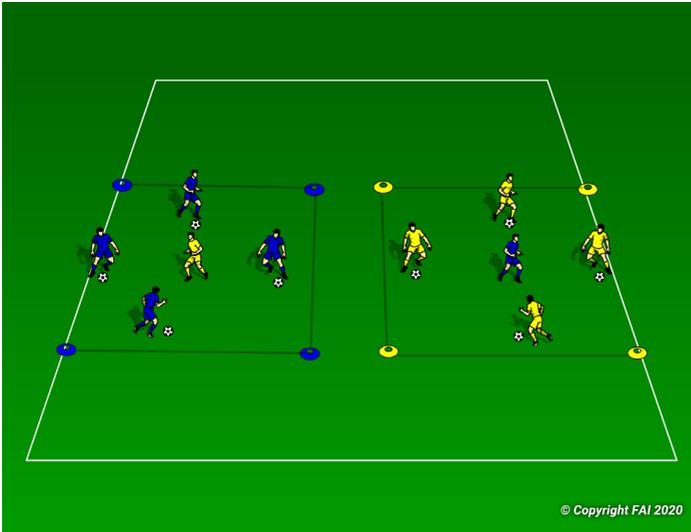
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## Objective

A practice designed to improve players ball control and ability to pass and keep possession by providing angles and good quality passing.

## Organisation

- Two groups of 5 players
- Each team send one defender into the opponents area to defend
- In the area, each attacker has one ball
- The aim for the defender is to knock all four balls out of the area at top speed
- When the attackers ball is knocked out of the area, they can now help their team mates to keep possession of the ball. This will see variations of 4 players with 4 balls, to 4 players with 1 ball in a 4v1 situation .

## Coaching Instructions

- Protect ball with close control and body between ball and defender.
- When dispossessed create width and depth & provide angles of support
- Good quality pass to back foot
- Weight and accuracy of pass
- Open body shape
- Provide an angle to receive it back when you pass.

## NOTES

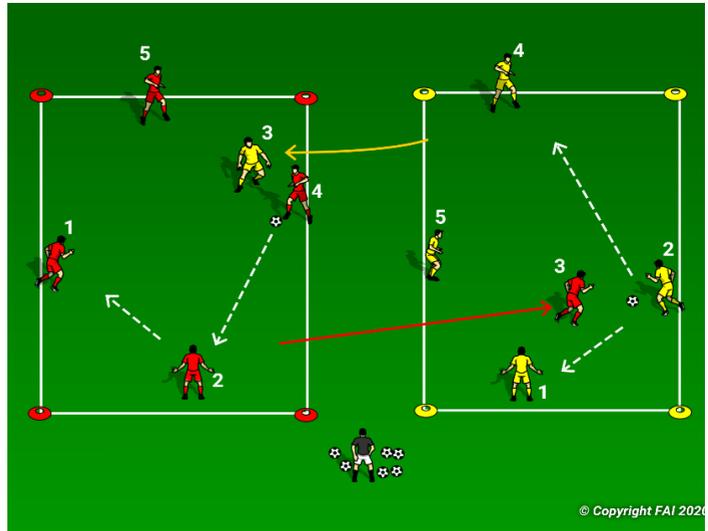
# 4v1 Passing Target

## PASSING & RECEIVING



### Objective

This session encourages players to improve communication, decision and passing execution.



### Organisation

- Area: 20 x 15 metres
- 2 teams of 5 players
- 2 4v1 areas
- Give each player a number 1-5 on each team.
- On coaches call by number one yellow player goes into the blue's area & one blue player goes into the yellow's area
- Teams score by passing to end target player, when target player receives it he/she then plays back into area to try score by passing to opposite end.
- If opposition player wins the ball they score by dribbling outside the area.
- 30 second rounds, count how many goals each team have scored.
- Rotate opposition player, continue practice, overall highest score at the end wins.

### Coaching Instructions

- Eye on the ball
- Standing foot planted beside ball
- Lock kicking foot & strike through middle of ball
- Timing of movement
- Timing & Weight of Pass
- Body shape to receive & back foot to receive
- Positive first touch
- Decision on when to pass and who to pass to.
- After passing, player should move to provide another angle

### NOTES

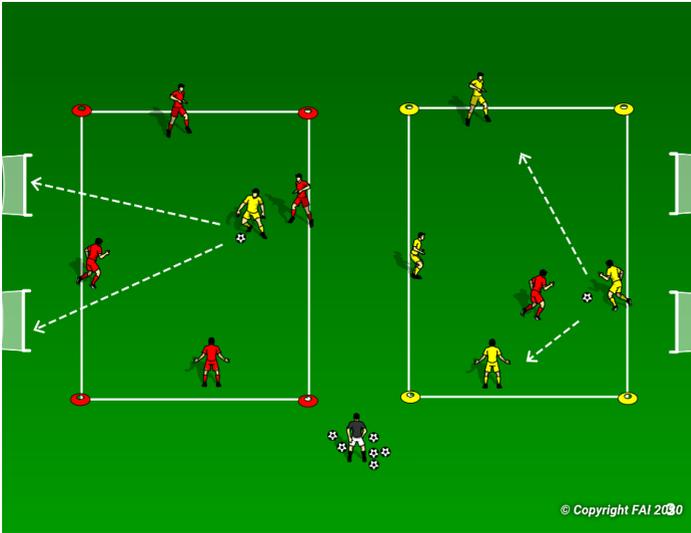
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## Objective

A practice designed to improve players ability to pass and keep possession by providing angles and good quality passing

## Organisation

- Area size: 2 grids 15m x 12m with 3m apart with 2 goals at either ends.
- 10 players split into 2 teams. Yellow and Red
- Each player can be defender for 1min and rotate defenders
- If defender wins the ball he/she can score in open goals. (Progress and use GKs) wins.

### TIP

Start with ball in the hands and throw to pass, then progress it to ball on ground. Rotate defenders regularly.

## Coaching Instructions

- Width and Depth
- Provide angles of support
- Good quality pass to back foot
- Weight and accuracy of pass
- Open body shape
- Transition to Defend

## NOTES





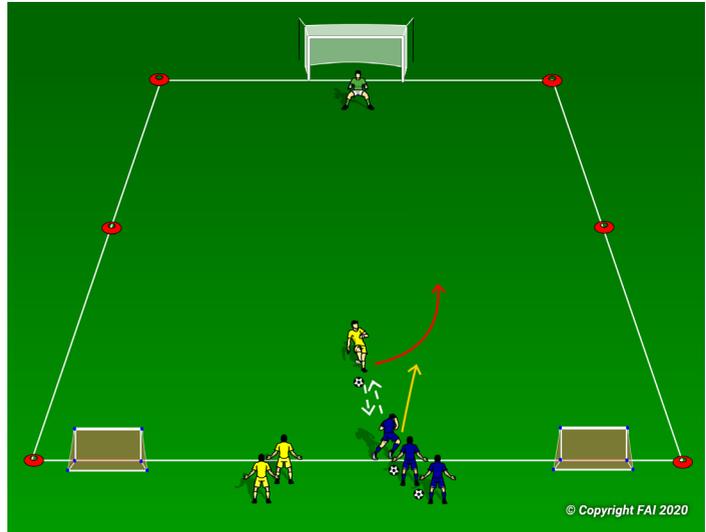
# SHOOTING





### Objective

An attacking practice designed to improve players 1 v 1, Turning and Running with the ball with Transition to Defend.



### Organisation

- Area 20 x 15 metres
- Yellow Player (Attacker) passes back and forth with one touch to Blue Player (Defender)
- On Yellow players decision he/she turns and attacks the goal, Blue player must react and defend
- If the Goalkeeper saves the ball or the blue player wins the ball, they must then transition to attack and try to score in the two small goals
- Players switch roles after each go

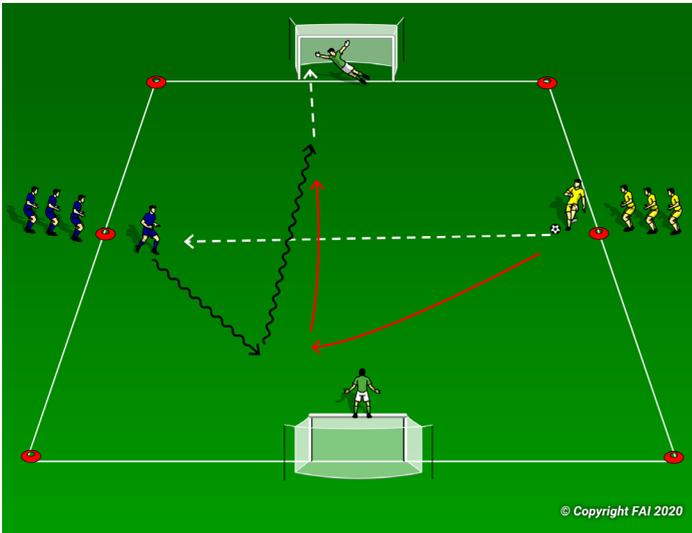
#### TIP

Encourage players to be creative, Attack at speed. Make sure that players play until goal is scored, i.e. goal is scored or ball goes out of play and are aware of the Transitions

### Coaching Instructions

- Quick turn – minimum touches, feints or let the ball run through legs
- Positive first touch, get the ball out of the players feet
- Running with the ball – big touches but under control
- Keep body between Ball and Defender
- Keep head up to assess Goalkeepers position
- End Product – Quality of the Execution of the action.
- If ball is lost quick Transition to Defend

### NOTES



## Objective

An attacking practice designed to improve players 1 v 1, Dribbling and Finishing with Transition to Defend

## Organisation

- Area 25 x 15 metres
- Yellow Player passes the ball to Blue Player and Defends, Blue player can score in either goal
- If Yellow Player or Goalkeeper wins the ball back, they must Attack opposite goal to the one Blue Player was Attacking (Transitions)

### TIP

Encourage players to be creative, Attack at speed. Make sure that players play until goal is scored, i.e. goal is scored or ball goes out of play and are aware of the Transitions

## Coaching Instructions

- First touch towards goal
- Accelerate away from defender
- Keep your head up to assess Defender and Goalkeepers position
- Make a Decision - move (Skill, trick or speed)
- Accelerate into space created
- Quality finishing
- End Product – Quality of the Execution of the action.
- If ball is lost quick Transition to Defend

## NOTES

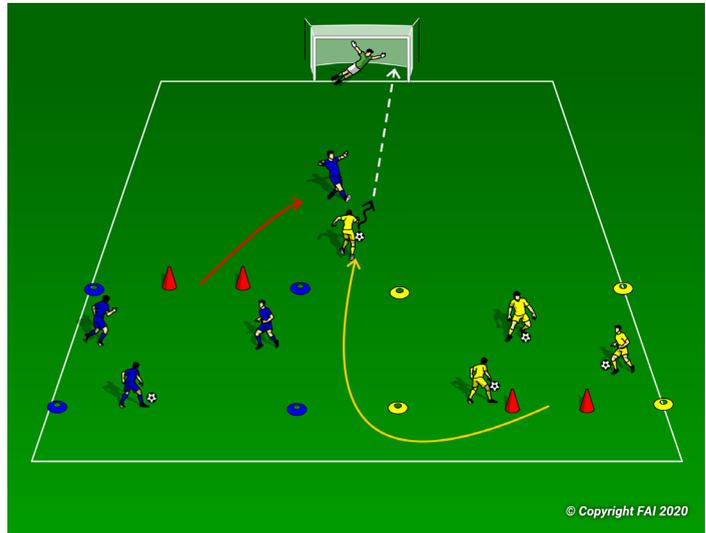


### Objective

A practice designed to improve decision making on SHOOTING.

#### TIP

Rotate groups after each game. If attackers are struggling to beat defender then swap exit point in their areas so defender leave area furthest from goal and chases attacker form behind.



### Organisation

- 2 teams, 4 players per team
- 4 attackers in an area with a ball each dribbling inside the area
- 4 defenders in the other area, passing a ball to each other, 1 goalkeeper in the goal
- Attacker moves out of the back of their area to try to score
- Defender leaves their area through the cones nearest the goals and tries to prevent the attacker scoring
- The attacker can shoot as soon as they feel they can score
- When defending, players must stay on their feet
- Rotate teams as required
- Rotate the goalkeeper after 3 goals have been scored

### Coaching Instructions

- Ensure all the shots are on target and the players concentrate on accuracy and not power.
- Ensure attackers follow up on rebounds.
- Shots must be taken using both feet
- Place standing foot beside the ball and in the direction of the target.
- Keep the head steady with eyes fixed firmly on the ball when shooting.
- Lock your ankle and kick through the centre of the ball while following through.

### NOTES

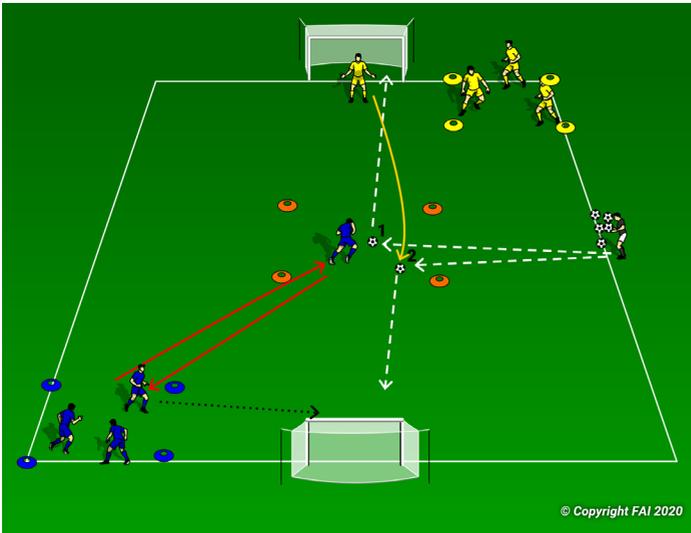
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## Objective

A practice designed to improve decision making on SHOOTING and RECOVERY RUN

### TIP

Serve balls early and encourage a high tempo.  
Count number of goals, first team to 5 goals win.

## Organisation

- Area: 30 x 20 metres
- 2 teams
- Coach serves the footballs into central square
  - 1 - Blue player runs into square and shoots. As soon as the shot is taken the player sprints back to tag a teammate who then goes in goal.
  2. Yellow player (the goalkeeper from previous phase) runs into square and shoots at the blue goal, after the shot has been taken by the yellow player (who sprints back to tag yellow teammate to go in goal)
  3. The blue goalkeeper runs into square to shoot into yellow goal.

## Coaching Instructions

- Place standing foot beside the ball and in the direction of the target.
- Keep the head steady with eyes fixed firmly on the ball when shooting.
- Lock your ankle and kick through the centre of the ball while following through.
- Encourage players to shoot early
- Accuracy before power
- Aim for the corner of the goals
- Awareness of what to do after shooting
- No rebounds allowed.

## NOTES





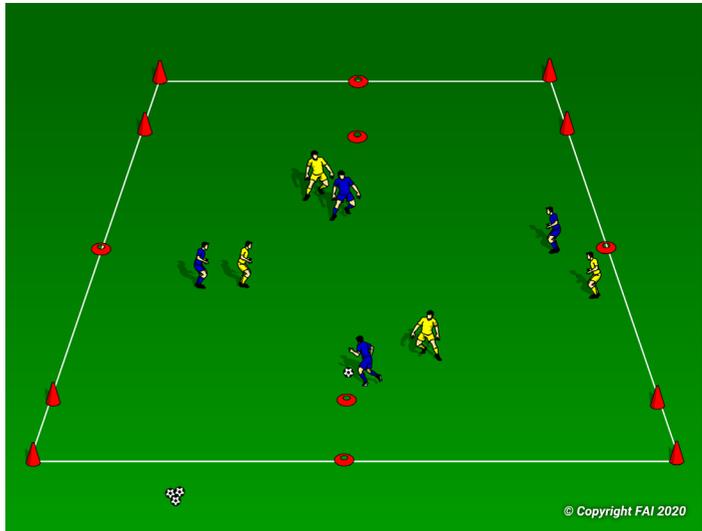
GAMES





### Objective

A game designed to improve build up and dribbling within a 4v4 endzone game with transition to defend.



### Organisation

- Pitch size 30mx25m
- Team in possession must build the game and score by dribbling the ball over the end line and stopping the ball in the endzone, the team that scores must then transition to defend as quickly as possible against the opposition who now have possession
- When the ball leaves the pitch, players can restart the game by throw in, dribble or pass

### TIP

Progressions include doing a trick before dribbling over the end line. Third player run to score, team who scores maintains possession and quickly has to score in the opposite direction

### Coaching Instructions

- Awareness on the ball and off the ball
- Change of direction
- Change of pace
- Disguise
- 1v1 attacking, 2v1 overloads, wall pass and third player runs

### NOTES

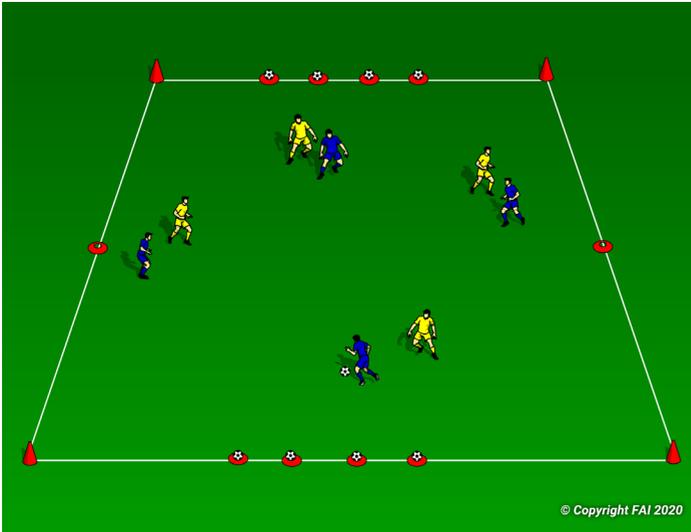
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## Objective

A game designed to improve build up and passing within a 4v4 endzone game with transition to defend.

## Organisation

- Pitch size 30mx25m
- Team in possession must build the game and score by passing the ball off one of the balls sitting on the red cones, the team that scores must then transition to defend as quickly as possible against the opposition who now have possession
- When the ball leaves the pitch, players can restart the game by throw in, dribble or pass.
- You must be in the oppositions half to score

### TIP

Progressions - 3v2 in each half.

## Coaching Instructions

- Awareness on the ball and off the ball
- Passing accuracy, timing, weight and disguise
- Movement to create space and receive pass
- Movement off first touch following an opening body shape
- Wall pass and third player runs

## NOTES



### Objective

Build up within a 4v4 game with transition to defend 4 goal Game



### Organisation

- Pitch size 30mx25m
- Team in possession must build the game and score by shooting the ball into one of the goals, the team that scores must then transition to defend as quickly as possible against the opposition who now have possession
- When the ball leaves the pitch, players can restart the game by throw in, dribble or pass.
- Emphasis is on playing forward to players between lines on oppositions shoulder

#### TIP

Allow free play, encourage creative play. Encourage teammates to provide an angle to receive a pass.

### Coaching Instructions

- Awareness on the ball and off the ball
- Passing accuracy, timing, weight and disguise
- Shooting accuracy – inside of the foot or laces
- Movement off first touch following an opening body shape
- Encourage free play

### NOTES

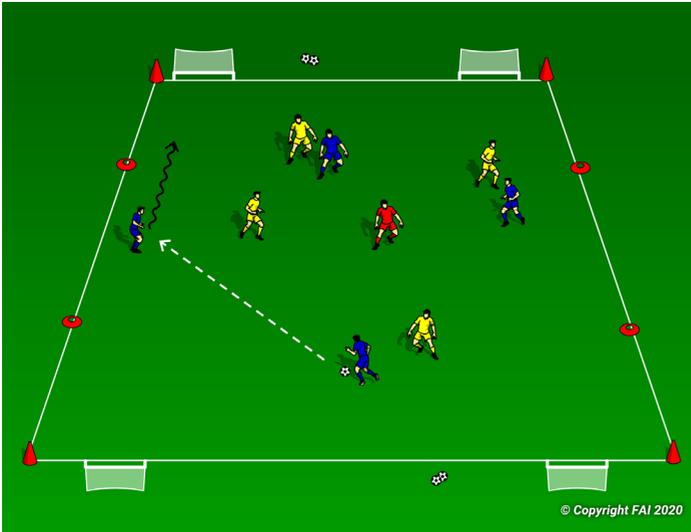
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## Objective

Build up within a 4v4 game with transition to defend 4 goal Game

## Organisation

- Pitch size 30mx25m
- Team in possession must build the game and score by shooting the ball into one of the goals, the team that scores must then transition to defend as quickly as possible against the opposition who now have possession
- When the ball leaves the pitch, players can restart the game by throw in, dribble or pass.
- Emphasis is on playing forward to players between lines on oppositions shoulder

### TIP

Progressions – Play 2v2 in each half with floater creating overload

## Coaching Instructions

- Awareness on the ball and off the ball
- Passing accuracy, timing, weight and disguise
- Shooting accuracy – inside of the foot or laces
- Movement off first touch following an opening body shape
- Encourage free play

## NOTES



### Objective

Build up within a 4v4 game with transition to defend



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### Organisation

- Pitch size 30mx25m
- Team in possession must build the game and score by shooting the ball into the goal, the team that scores must then transition to defend as quickly as possible against the opposition who now have possession
- When the ball leaves the pitch, players can restart the game by throw in, dribble or pass.
- Emphasis is on taking as many shots as possible

#### TIP

Progressions – Extend pitch dimensions. When a team scores they can keep possession

### Coaching Instructions

- Awareness on the ball and off the ball
- Passing accuracy, timing, weight and disguise
- Shooting accuracy – inside of the foot or laces
- Position body over the ball, lock ankle on follow through

### NOTES

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## Objective

Build up within a 4v4 game with transition to defend

## Organisation

- Pitch size 30mx25m
- Team in possession must build the game and score by shooting the ball into the goal, the team that scores must then transition to defend as quickly as possible against the opposition who now have possession
- When the ball leaves the pitch, players can restart the game by throw in, dribble or pass.
- Emphasis is on taking as many shots as possible

## Coaching Instructions

- Awareness on the ball and off the ball
- Passing accuracy, timing, weight and disguise
- Shooting accuracy – inside of the foot or laces
- Position body over the ball, lock ankle on follow through

## NOTES

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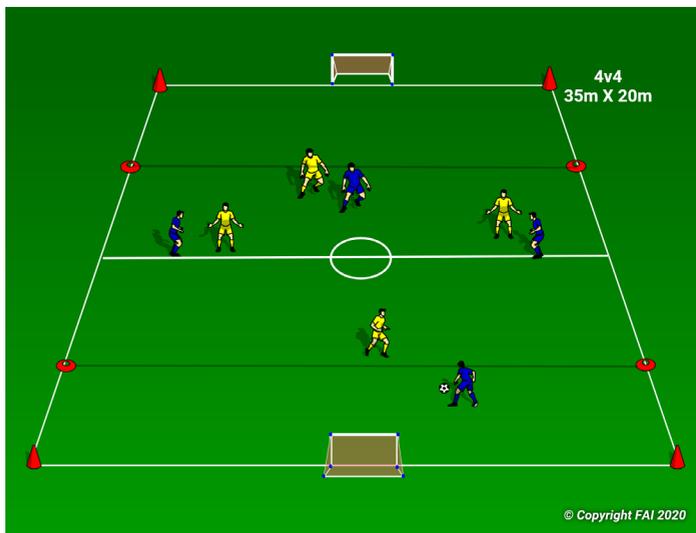
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### Objective

4v4 PDP Plan Game for U6 – U8.



### Organisation

- Twin Games
- Minimum playing Time – 75%
- Size 5 Ball (290gms weight)
- Uniform pitch (35m x 20m) and goal size (1m x 3m)
- Retreat line
- No Referees
- No goalkeepers

#### TIP

The 4v4 “Twin Game” layout for U6 and U7 players. For these age groups Squad Size is 10 and the squad is then broken down into two teams of 5 playing 4v4 matches with one rolling substitute per team (no goalkeepers). There are no goalkeepers in this format as we do not want early position specialisation.

### Coaching Instructions

- Awareness of space, opposition and support
- Football Actions – passing, control, dribbling, shooting, movement on and off the ball.
- Verbal and non-verbal communication
- Players are constantly faced with performing football actions, communicating and making decisions before executing throughout the game

### NOTES

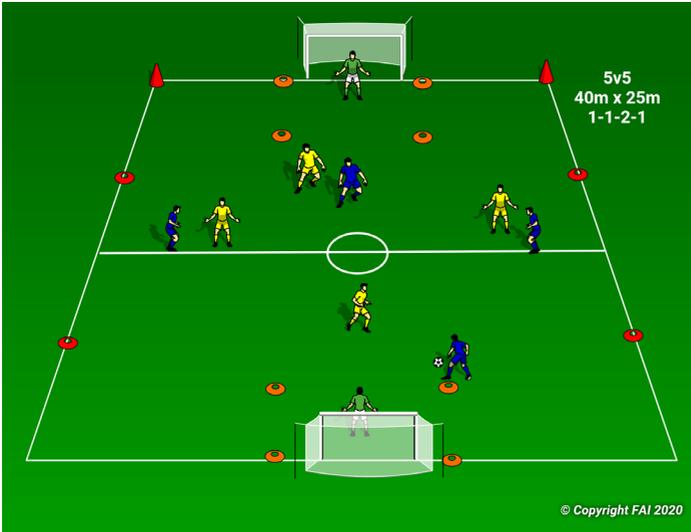
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## Objective

5v5 PDP Plan Game

### TIP

The 5v5 "Twin Game" layout for U8 and U9 players. For these age groups Squad Size is 12 and the squad is then broken down into two teams of 6 playing 5v5 matches with one rolling substitute per team (with goalkeepers).

## Organisation

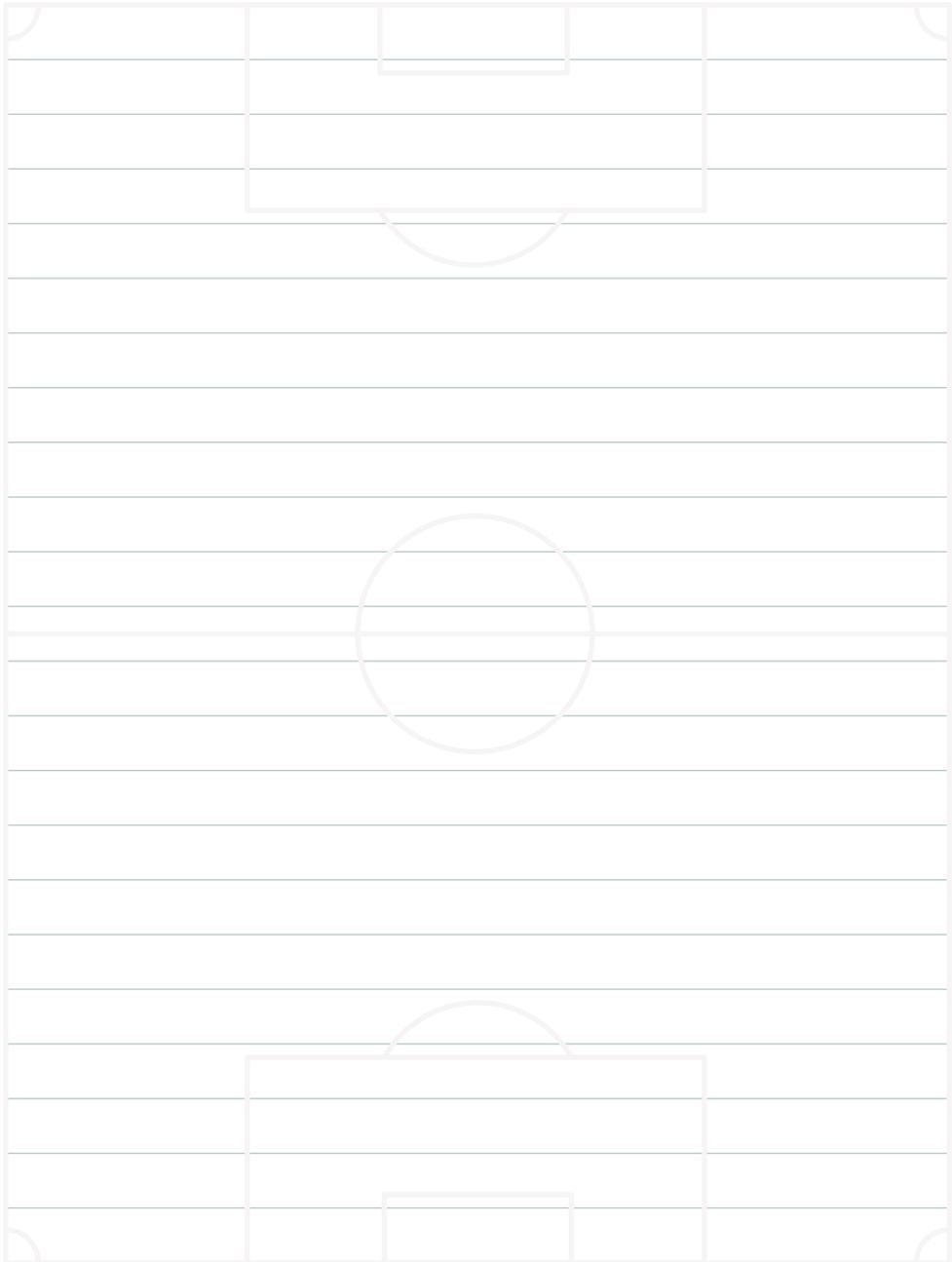
- Pitch size 40m x 25m
- Goal Size 1.88m x 3m
- Ball size & weight 5(290gms for u8 & 320gms for u9)
- 12 players
- Roll on roll off substitutions
- 3 x 15 mins games, each player playing a minimum of 75% of game.
- Two teams formations 1-1-2-1
- Retreat line in play (opponents cannot cross the retreat line until the player receiving the ball from the goalkeeper touches it)
- There is no offside

## Coaching Instructions

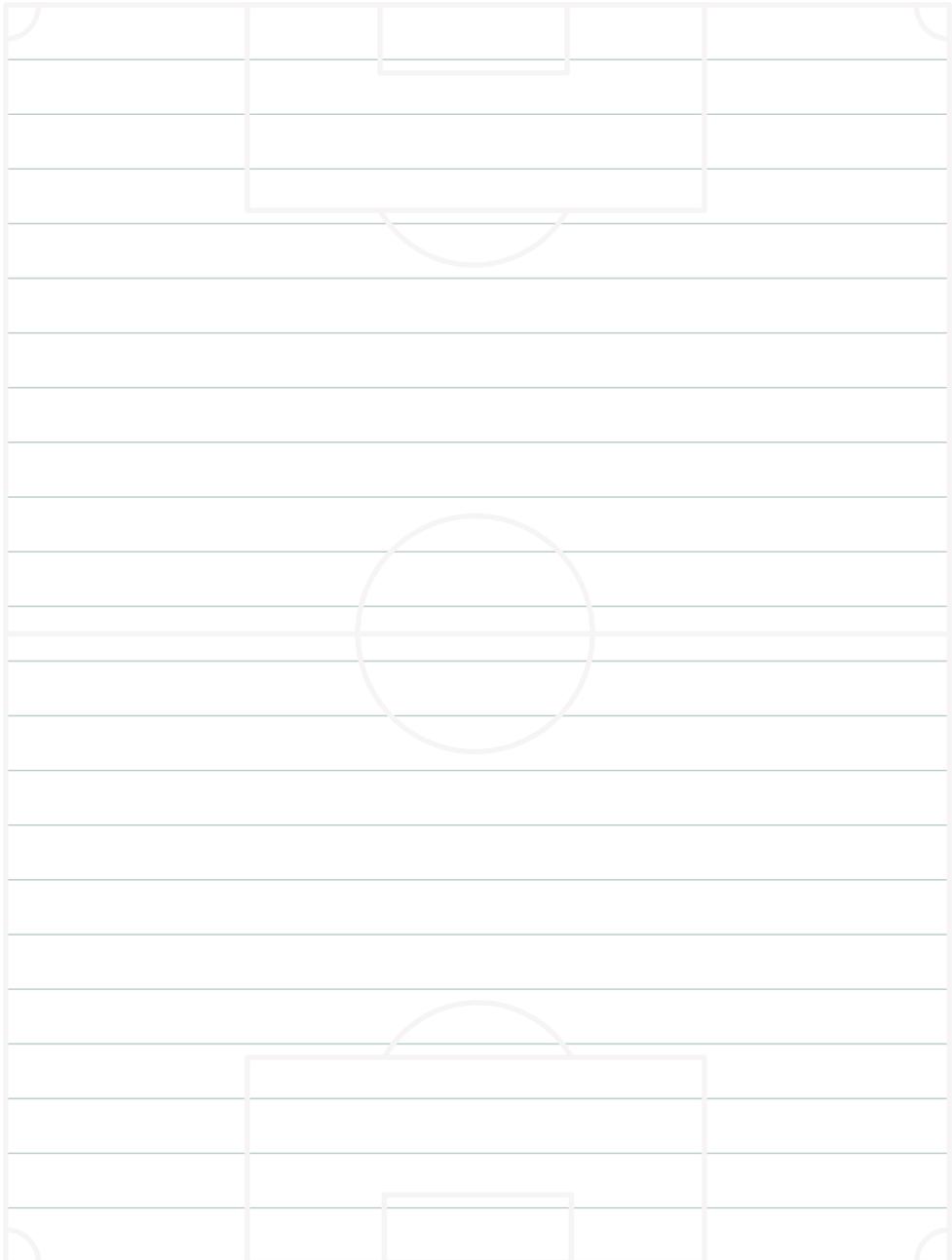
- Awareness of space, opposition and support
- Football Actions – passing, control, dribbling, shooting, movement on and off the ball
- Verbal and non-verbal communication
- Players are constantly faced with performing football actions, communicating and making decisions before executing throughout the game

## NOTES

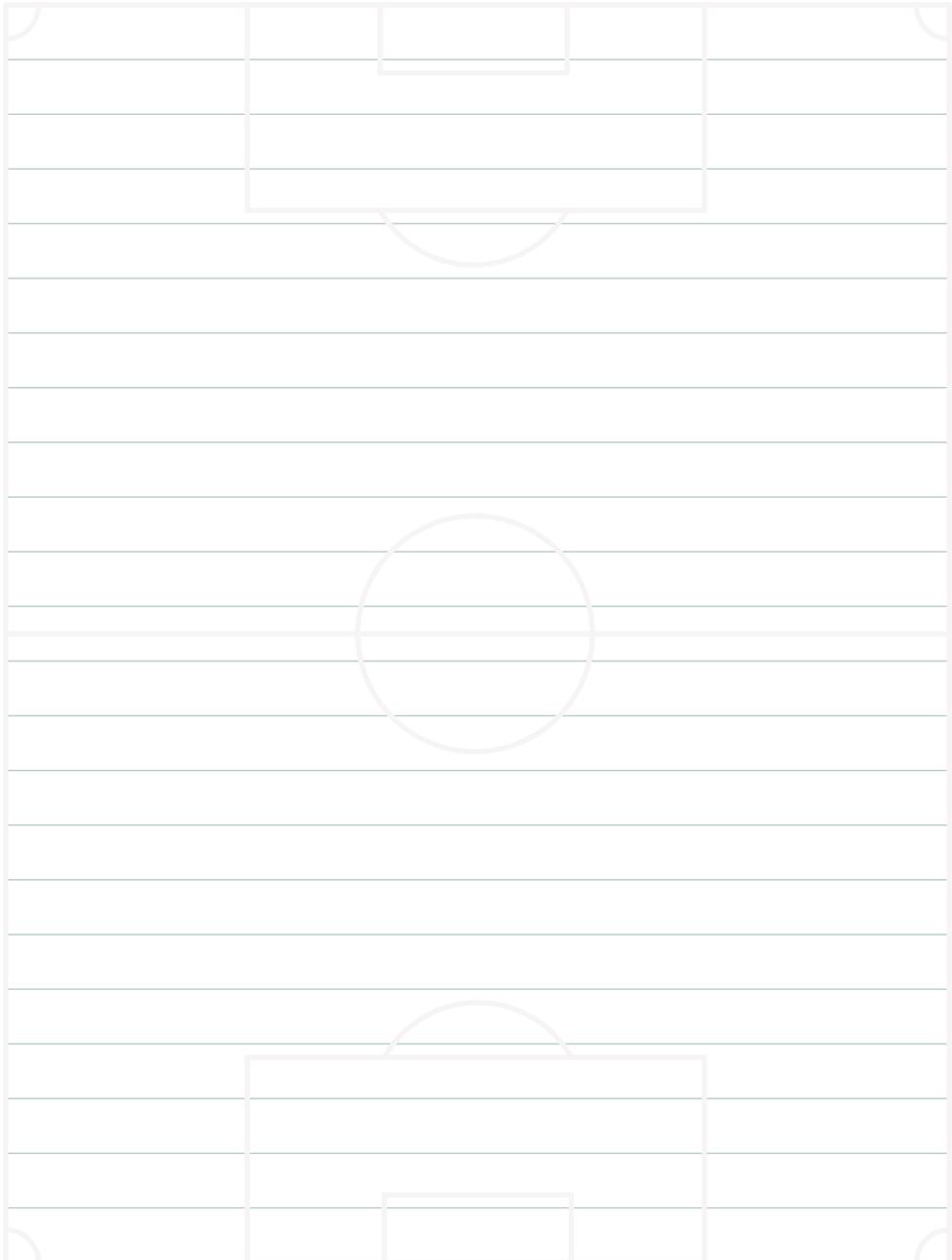
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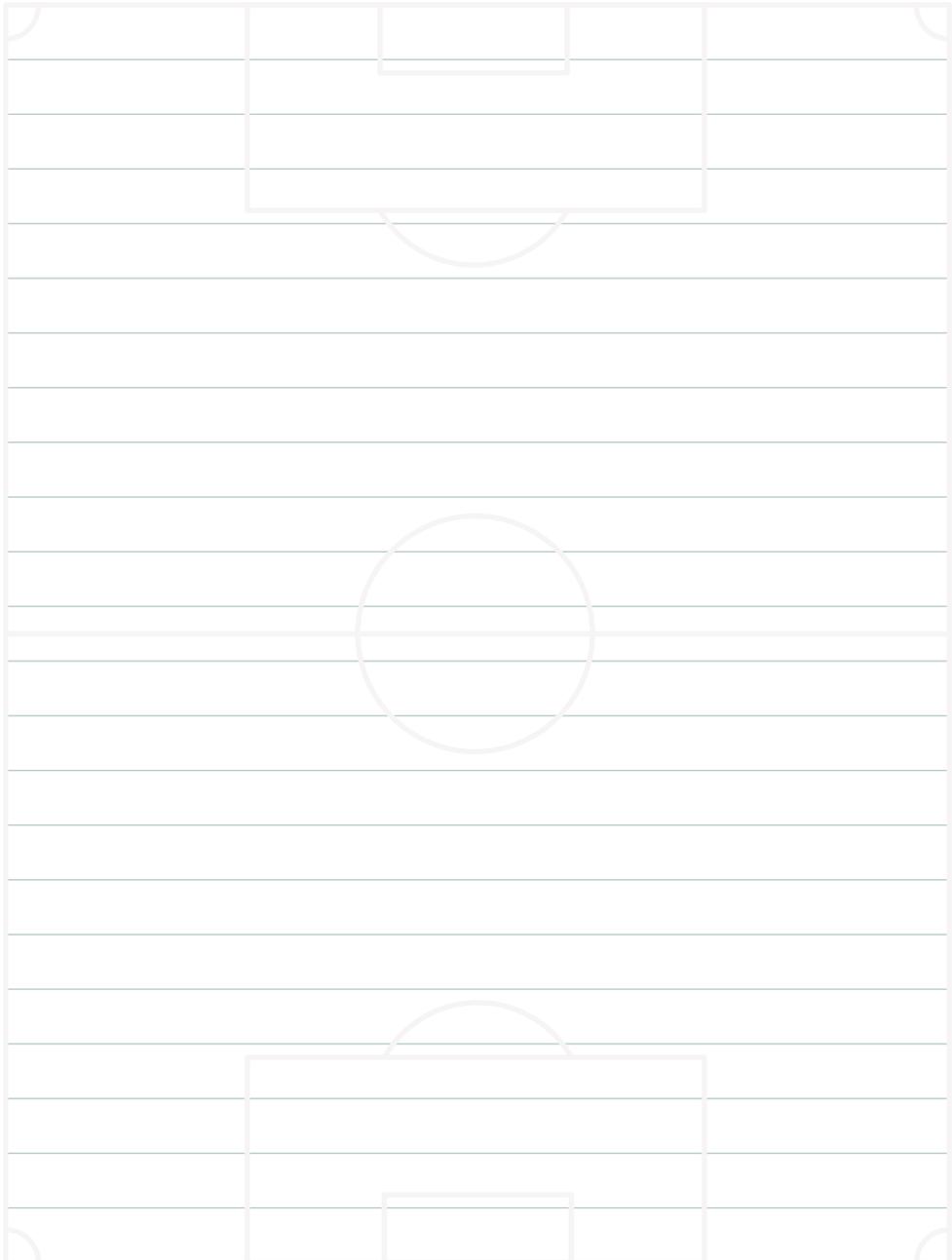
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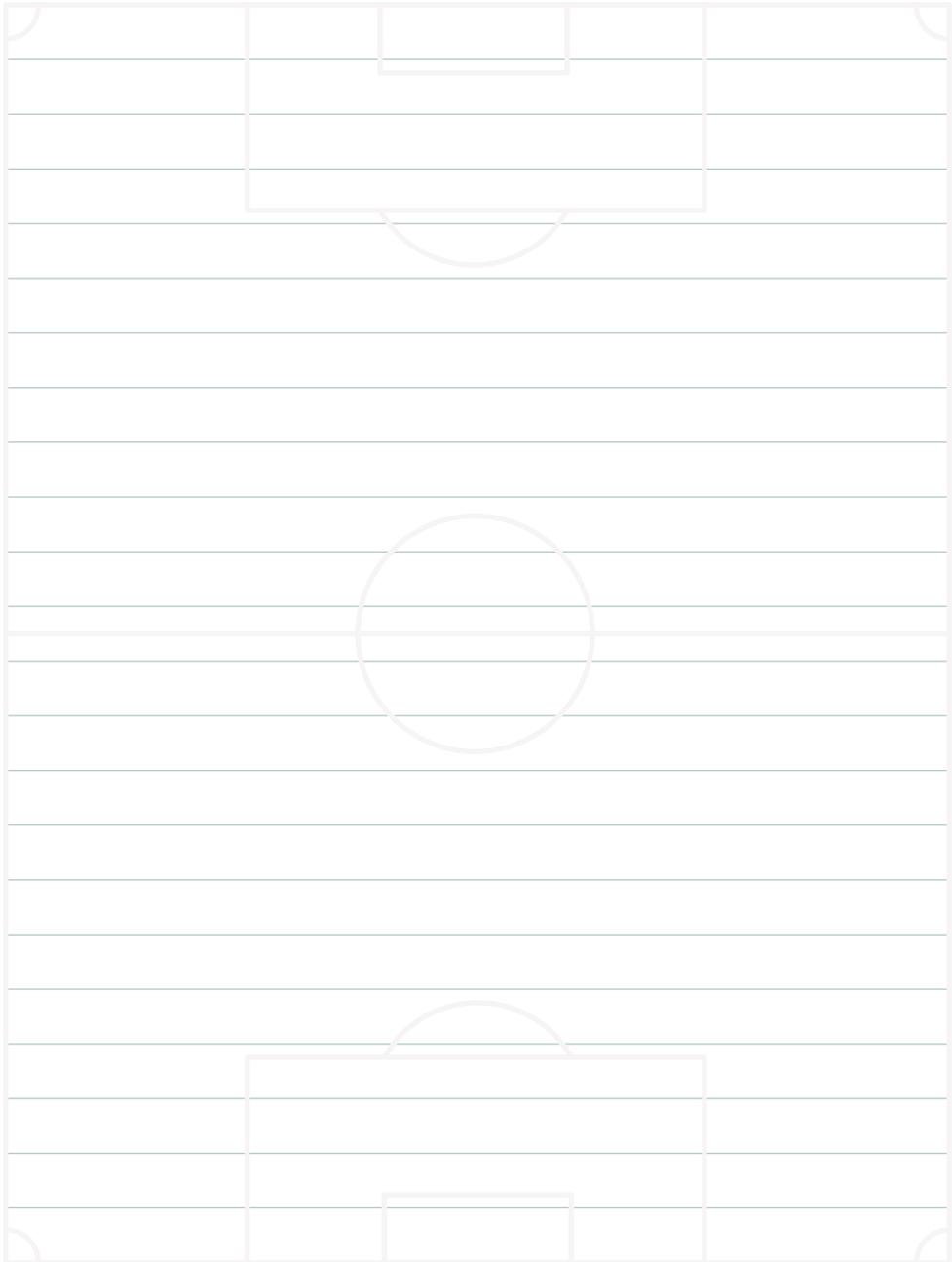
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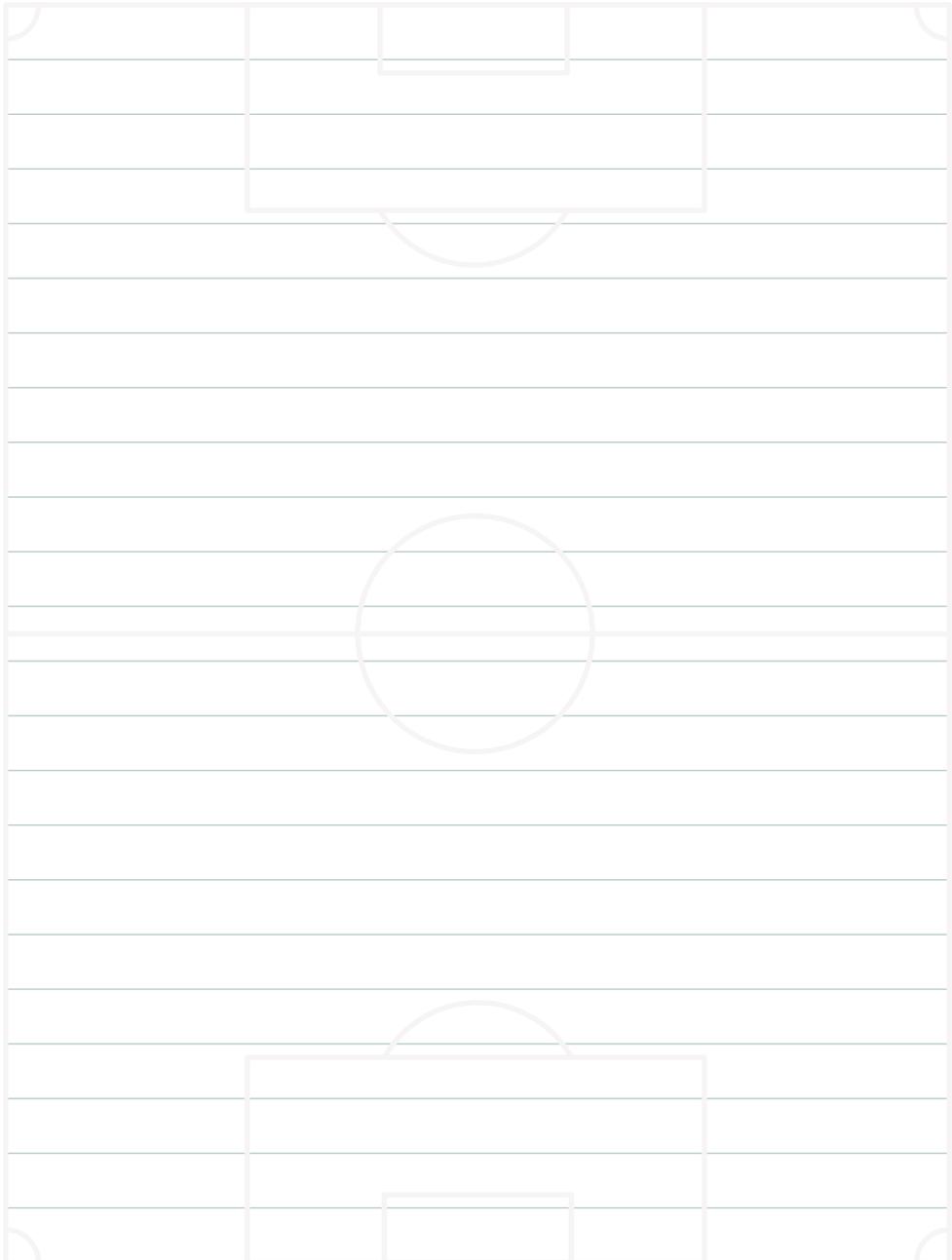
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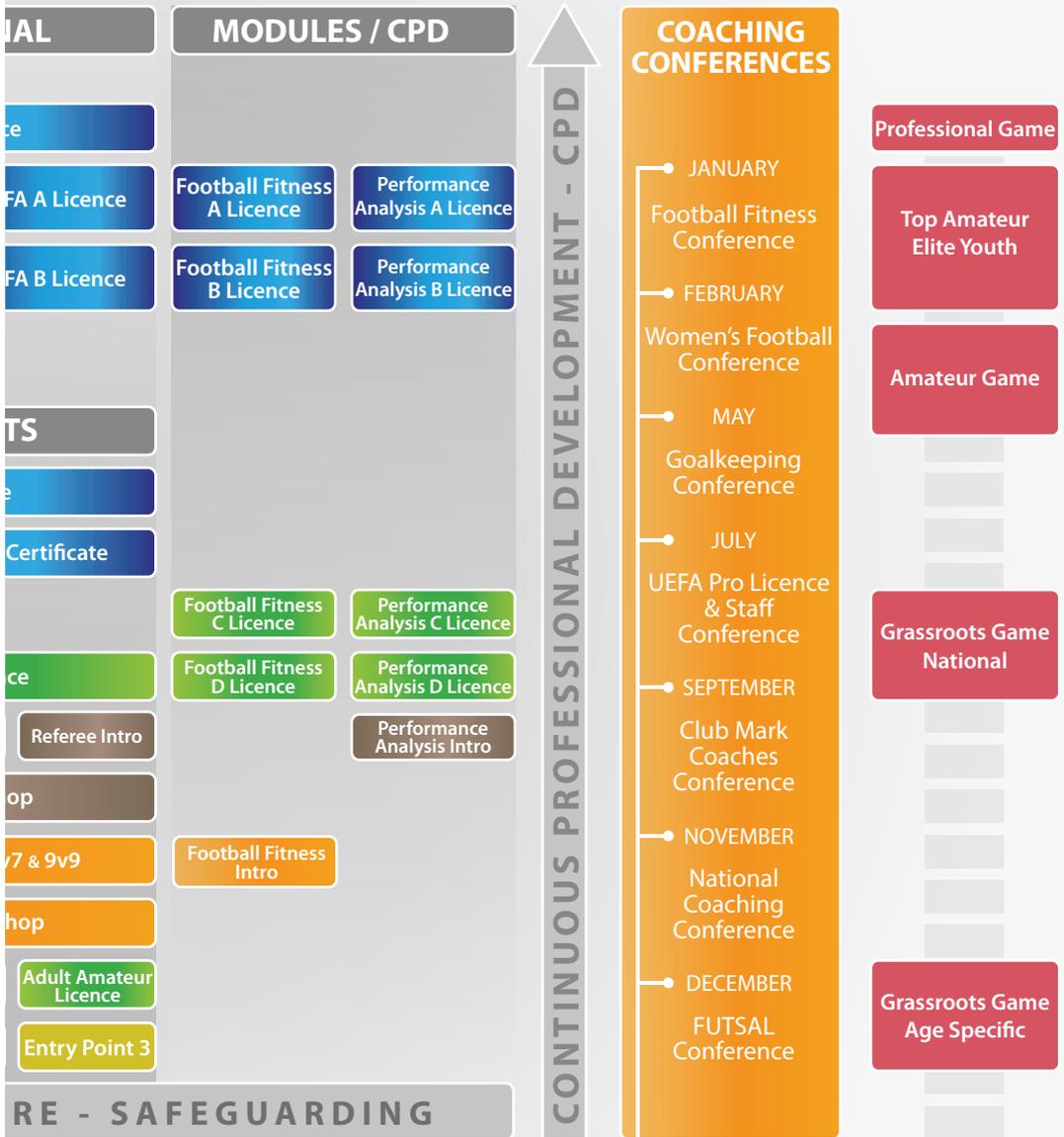


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# 2021 - 2025



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