**Week 1: Dribbling**

**Organisation**
- All players with a ball dribbling around the area listening/watching for instructions from coach.

**Progressions**
- Coach introduces different commands – toe taps, foundations, different parts of the feet to dribble, pull back turn, fake and take, scissors.

**Coaching Points**
- Keep the ball close to feet – small touches.
- Head up to see space
- Avoid other players
- Vary parts of the feet used.

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**Organisation**
- Freeze tag – each player has a ball. 1 player/coach must hold a ball in one hand at all times, but aims to ‘freeze’ a player by tagging them. Players can be unfrozen by another player dribbling through their legs.

**Progressions**
- Tagger must touch their ball to tag.
- 2nd tagger

**Coaching Points**
- Keep ball close to feet.
- Head up to see taggers, but also other players that could slow them down.
- Change speed – accelerate away from tagger.
- Use body to protect the ball.
Week 1: Dribbling

**Organisation**
- Set up multiple ‘gates’ out of 2 cones around the area. Have varied color gates. Each player with a ball. Players must dribble through as many as they can in a set time.

**Progressions**
- Use sole only
- Players can’t go through same color gate twice in a row.
- Eliminate 1 color.
- Coach acts as a defender that players must avoid.

**Coaching Points**
- Keep ball close so you can change direction easily.
- Head up looking for open gates. Avoid crowded ones.
- Plan your ‘route’ as you move around the gates.

**Organisation**
- Teams play 4v4

**Progressions**
- Award points for good turns, changes of direction and dribbling.

**Coaching Points**
- Encourage players to dribble when they have opportunity.
- Encourage ‘big’ diamond shape in possession.
**Organisation**

- Players are in pairs (1 red/1 white in diagram). Players play tag with just their partner. Player who is tag after 1 minute performs 5 star jumps.

**Progressions**

- Add a ball for each player

**Coaching Points**

- Vary speed and direction to lose tagger.
- Accelerate into space
- Close control with ball so you can change direction at any moment.
- Awareness of other players.

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**Organisation**

- Scatter coned out squares throughout the area of various sizes. Challenge players to dribble across as many as they can in a minute.

**Progressions**

- Players cannot go all the way through a square – must change direction and leave through a side.
- Players must enter and leave through the same side – pull back turn.

**Coaching Points**

- Keep ball close to feet, small touches.
- Different parts of the feet and ways to change direction e.g. inside of left or outside of right to turn to the right.
- Pull back turn.
- Look for open/less crowded squares.
**Week 2: Dribbling**

**Organisation**
- 1 player starts as defender in the center zone. Players on coaches command must attempt to dribble to the opposite end zone without being tagged. Tagged players become additional defenders.

**Progressions**
- Defenders now have to get the ball to tag a player.

**Coaching Points**
- Keep the ball close
- Different parts of the feet to dribble.
- Accelerate into space.
- Change of direction and speed to beat the defender.

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**Organisation**
- 4v4, teams score by dribbling into the end zone.

**Progressions**
- Both teams can score in both end zones to encourage turns.

**Coaching Points**
- Keep the ball close
- Spread out to create space and give players opportunity to dribble
- Drive into space with the ball.
## Week 3: Passing

### Organisation
- All players have a ball, 1 is the ball tagger. Aim is to tag the red players, but kicking the ball to strike the balls of the other players. Once tagged, players become additional taggers.

### Progressions
- Start with more taggers

### Coaching Points
- Dribble to get closer to a target
- Use inside of the foot for accuracy
- Weight/timing of the pass so they can still be hit while moving.
- As you get more taggers, try longer passes to catch out players

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### Organisation
- Teams of 4-5. Each team has a ball and players are numbered in sequence. Players move around the area and pass the ball in order.

### Progressions
- Race – 1st team to do 3 sequences.
- Pass to any color but your own.

### Coaching Points
- Use inside of the foot to pass
- Point toes on standing foot towards partner.
- Awareness of where team mates are.
- Players need to move for a passing lane.
**Week 3: Passing**

**Organisation**
- Area is split in half with a team in each one. Additional players start outside the area.
- Red team attempts to make 2 passes in their own area, before switching the ball to white team. A blue player comes into the red area to defend. After a successful switch a new blue player comes into the white area to defend.

**Progressions**
- Increase number of passes before a switch

**Coaching Points**
- Spacing – spread out in the area to make it harder for the defender.
- Angles – make sure the player with the ball can ‘see’ you and has a lane to pass.
- Use inside of the foot to pass.
- Try to disguise your pass.

**Organisation**
- Create targets out of lines of 3 balls balanced on cones. Play 4v4 team scores by hitting the targets.

**Progressions**
- Make targets smaller if they are having success.
- Both teams can hit any targets

**Coaching Points**
- Encourage ‘big’ diamond shape in possession to create space.
- Use inside of foot for accuracy when passing or trying to hit the targets.
Week 4: Passing

Organisation
- Use pairs of cones to create multiple ‘gates’ throughout the playing area. Players are in pairs, and pass through the gate. After each pass they move to a new gate and repeat. Aim to do as many as possible in a minute.

Progressions
- 3 passes in each gate before moving on.
- Coach plays as a defender as players move between gates
- First time passes

Coaching Points
- Use inside of the foot for the pass, make eye contact with team mate before pass.
- Receiving player needs to move in line with the ball.
- Can receiving player take first touch in direction of the next gate.

Organisation
- Split area in half with each team in their own side passing in sequence.

Progressions
- Reverse the order
- Give new sequences.
- Make 1 big area so teams have to avoid the other players too.

Coaching Points
- Use inside of the foot to pass
- Point toes on standing foot towards team mate.
- Awareness of where team mates are.
- Players need to move for a passing lane.
**Week 4: Passing**

**Organisation**
- Split area in half with each team in their own side passing in sequence. When coach calls a number, that player goes across to the other side as a defender and attempts to kick the ball out.

**Progressions**
- Defender has to steal the ball and dribble out of the area to get the point.

**Coaching Points**
- Use inside of the foot to pass
- Point toes on standing foot towards team mate.
- Awareness of where team mates are.
- Players need to move for a passing lane.
- Team should stay spread out to make it harder for the defender to cover everyone.

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**Organisation**
- 4v4 – Reds score a goal by making 3 passes in a row. Whites score by kicking into either goal. Swap teams over after a period of time.

**Progressions**
- Full Scrimmage
- If players struggle, adjust number of opponents to give possession team an advantage

**Coaching Points**
- Spread out, encourage ‘big’ diamond shape in possession.
- Angles to be able to receive a pass.
- Awareness of space and players around you.
- Inside of the foot to pass.
- Don’t panic and kick the ball away under pressure.
Week 5: Ball Mastery

**Organisation**
- Relay races.

**Progressions**
- Add in soccer ball
- Players can only dribble using the inside part of their foot
- Players can only dribble using the outside part of their foot
- Players can only dribble using their weaker foot

**Coaching Points**
- Keep ball close with little touches
- Keep knees bent for balance

**Organisation**
- 20x20 Yd box, with 6x6 yd center box. Players split into teams of 2-3 in each corner. Players relay race 1 at a time to and around the closest cone and back, high 5 next player. Each player goes 2 or 3 times per race.

**Progressions**
- Toe taps to cone
- Rollover to cone
- Foundations to cone
- Insides/outsides to cone
- Introduce pull back turn at cone

**Coaching Points**
- Keep ball close to feet for easier and quicker turn
- What is more important – speed or keeping control?
**Week 5: Ball Mastery**

**Organisation**
- 20x20 Yd box, with 6x6 yd center box. Players split into teams of 2-3 in each corner. Players relay race 1 at a time, using different footskills to 1st cone, then on to furthest cone and back, high 5 next player. Each player goes 2 or 3 times per race.

**Progressions**
- Vary footskills to 1st cone – toe taps, foundations, inside outside, rollover, etc.
- Introduce pull back turn

**Coaching Points**
- Keep ball close to feet – small touches
- Head up and awareness of other players in central zone
- Change speed/direction to avoid ‘crashing’

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**Organisation**
- Play 4v4. Teams score by dribbling the ball into end zone and stopping the ball.

**Progressions**
- Teams can both score in either end zone to encourage turns/change of direction.

**Coaching Points**
- Keep ball close, small touches
- Head up, awareness of other players and space.
- Change direction and speed into space
**Week 6: Attacking 1v1**

### Organisation
- Teams are split into two even groups. One team is the attacking team (white) and one team is the defending team (red). The defending player is trying to reach the opposite gate that the attacker goes to first. The attacking player is trying to fake the defender out, so send him one way and go another. This is an introduction to “dummies”.

### Progressions
- Swap lines and roles each go

### Coaching Points
- Drop a shoulder to pretend to go one way but go the other
- Bent knees for balance
- Once the defender has committed to the “dummy” accelerate to opposite gate as quickly as possible

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### Organisation
- Now add in the soccer balls. The defenders start off with the ball, the defenders then passes to the attacker. The attacker traps the ball. The defender can not touch the ball until the attacker takes there next touch. The idea is to encourage attacking players to try and “fake” the defenders out before trying to beat them to a gate.

### Progressions
- Swap lines and roles each go

### Coaching Points
- Encourage attacking players to try the same dummies as previously
- Drop a shoulder to pretend to go one way but go the other
- Bent knees for balance
- Positive but controlled touch out of feet to attack a gate
Week 6: Attacking 1v1

Organisation

- Players start one behind another with a ball each. In order to score a goal they have to dribble passed the line outlined by the cones. This will putting attacking players in 1v1 situations and avoid them just kicking the ball.
  Once the attacking player has finished their go they become the defender. Once the defender has finished defending they get the ball and join the back of the line.
  If numbers are big set two playing areas up, try to keep the lines between 5-8 players.

Progressions

- First player to 10 goals wins.

Coaching Points

- Little touches on the ball to keep it close
- Use different parts of the foot to change direction.
- Head up to see open goal
- Accelerate into space to get away from opponent

Organisation

- 4 goals, each team attacks 2 goals.

Progressions

- Full scrimmage

Coaching Points

- Support the player with the ball, ahead and behind when needed.
- ABCs
- Angles of support.
- Look to switch the point of attack to attack the open goal.
**Week 7: 1v1 Attacking**

**Organisation**
- Players in pairs – 1 attacker, 1 defender; use 2 cones to create an imaginary wall between the 2 players. No ball initially, attacker scores a point by losing defender and getting beyond either cone 1st. If defender gets a foot past the cone, attack must change direction.

**Progressions**
- Add a ball
- Rotate players to play against different opponents.

**Coaching Points**
- Stay facing defender so you can go either way.
- Use fakes and quick changed of direction to 'lose' the defender.
- Introduce skills moves – fake & take, scissors, stepover.

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**Organisation**
- 1 defender on an invisible line between 2 cones. Defender can only move laterally on line. Attackers score a point each time they can get to opposite end of the area past the defender.

**Progressions**
- Defender may leave the line.

**Coaching Points**
- Look for opportunity to get past the defender while they are occupied by other player – attack space when it’s there.
- Use changes of direction and skill moves – fake & take, scissors, etc to beat defender.
**Week 7: 1v1 Attacking**

**Organisation**
- 1 goal in each corner, players start in teams on the yellow central cones. On coach’s "GO" 1 from each team run around the area and between the goals, while coach serves in a ball. Players play 1v1 to dribble through either of the opponents goals.

**Progressions**
- Teams alternate to send 2 players to play 2v1.
- 1v1 – players can score in any goal

**Coaching Points**
- Close control/dribble – don’t kick the ball!
- Look to get defender off balance by changing direction – take them one way to create space the other.
- Be creative – use skill moves to get defender out of position/off balance.
- Accelerate to attack space when it’s there.

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**Organisation**
- Small sided scrimmage in a square area with gates spread throughout. Teams score a ‘goal’ every time they dribble through a gate.

**Progressions**
- Extend field and play regular scrimmage

**Coaching Points**
- Spread out in possession to create space for players to dribble.
- Dribble away from pressure to open gates.
- Use skill moves/changes of direction to bear your man.
**Week 8: Attacking Play**

**Organisation**
- Set out two areas with 1 defender in each. Players must try and get past defender without being tagged. Once to the other end players turn and run down the other side trying to get past the second defender. Defenders can only move side to side between the cones.

**Progressions**
- Each player now has a ball and dribbles through the zones.

**Coaching Points**
- Little touches on the ball to keep it close
- Use different parts of the foot to change direction.
- Head up to see open goal
- Speed to get away from opponent

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**Organisation**
- Players inside the circle move around until coach calls go. At this point they leave the middle circle and try and run out through one of the gates. The white players try and tag any player leaving the circle. Once escaped players can try and get back into the circle.

**Progressions**
- Each player now has a ball and must dribble out to escape.

**Coaching Points**
- Little touches on the ball to keep it close
- Use different parts of the foot to change direction.
- Head up to see open goal
- Speed to get away from opponent
**Week 8: Attacking Play**

**Organisation**
- Teams start on the orange cones. On coach command 2 players from each run around the back of their own goal and into the field. Team without the ball, 1 player must drop back as a GK to leave 2v1 on the field.

**Progressions**
- 3v3 with same rule, one player drops back as GK.

**Coaching Points**
- Keep space between the 2 players to make it harder for defender.
- Player off the ball move to give a supporting angle.
- Pass, then move. Try to combine to take the defender out the game.

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**Organisation**
- Scrimmage with end zones instead of goals. Teams score by passing the ball for a team mate to receive in the end zone.

**Progressions**
- Regular scrimmage.

**Coaching Points**
- ‘Make the field big’ by spreading out, makes it harder for defenders to cover everyone.
- Movement off the ball to give angles where there player with the ball can find you.
- Don’t force the pass into the end zone, try to keep possession.
**Week 9: Control**

**Organisation**
- Players pair up – Ball between two – Cone between two. Players should find a partner and spread out inside the grid with a ball and a cone, Players should set the cone down and take a large step back to insure that they get an appropriate distance; coach should adjust where necessary. Players will pass the ball to each other avoiding the cone.

**Progressions**
- Players must take a touch across their body
- Players must Back Foot, Front Foot, Side Foot

**Coaching Points**
- Positive first touch, feet moving before receiving the ball
- Different types of passes
- Body position when receiving the ball

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**Organisation**
- Ball each, 4 different colored boxes. Players dribble their ball around the area, coach calls out a color, players must dribble into that square and perform a task. Example drag back, toe taps, foundations, sole drag, v-cut.

**Progressions**
- Condition the players to only use weaker foot
- Condition players to only use one part of the foot

**Coaching Points**
- Use both feet
- Use all parts of the foot
- Head up to find space, accelerate using the laces into open space
**Organisation**

- Same set up as previously with a bunch of balls in the middle of the field. Each box is one team. Players run into the box one at a time get a ball and dribble back to their square, once the player is back in the box the next one can go. Game goes until all balls are gone.

**Progressions**

- Turn it into a competitive game team that collects the most balls wins.

**Coaching Points**

- Use both feet when dribbling
- Use all parts of the foot
- Head up look for space, accelerate using the laces

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**Organisation**

- 4v4 inside grid. No goalkeepers

**Progressions**

- Add set amount of passes before players are allowed to score

**Coaching Points**

- Spatial awareness of teammates and opposition players
- Keep ball close and have it under control
- Look for passes
**Week 10: Small Sided Games**

**Organisation**
- Ball each for players. Cones laid out in triangles. Players dribble into the triangle and have to change directions existing.

**Progressions**
- Players have to perform task inside the triangle. Ex toe taps, foundations, drag backs, sole roles.

**Coaching Points**
- Use both feet when dribbling
- Use all parts of the foot
- Head up look for space, accelerate using the laces

**Organisation**
- 4v4 in grid with end zones either end. To score players must dribble and control the ball in the end zone.

**Progressions**
- Players now have to pass the ball into end zone for team mate to run onto
- Team can also score a goal by passing 5 times

**Coaching Points**
- Spatial awareness of teammates and opposition players
- Keep ball close and have it under control
- Look for passes
### Week 10: Small Sided Games

**Organisation**
- 4 goals on each side of the field. 4v4 inside the grid. Players play a possession game until the coach shouts “GO”, the team with the ball then tries to score in any of the 4 goals.

**Progressions**
- Team can also score a goal by passing 5 times

**Coaching Points**
- Spatial awareness of teammates and opposition players
- Keep ball close and have it under control
- Look for passes

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**Organisation**
- 4v4 inside grid. No goalkeepers

**Progressions**
- Team can also score a goal by passing 5 times

**Coaching Points**
- Spatial awareness of teammates and opposition players
- Keep ball close and have it under control
- Look for passes