

Contents

INTRODUCTION	14
CHAPTER 1: PHYSIOLOGICAL, SOCIAL AND PSYCHOLOGICAL DEVELOPMENT IN PLAYERS FROM 9 TO 12 YEARS OLD	15
GROWTH MATURATION: PHYSICAL GROWTH	16
INTELLECTUAL GROWTH	17
SOCIAL DEVELOPMENT	18
CHAPTER 2: TRAINING SESSION FORMAT	19
OUTLINE OF TRAINING SESSIONS	20
PRACTICE FORMAT	21
CHAPTER 3: RUNNING WITH THE BALL TRAINING UNIT	22
SESSION 01	23
Practice 1 Running with the Ball - '4 Corners'	23
Practice 2 Ball Control and Coordination Relay	24
Practice 3 Close Control with Shooting Accuracy	24
Practice 4 Coordination & Agility Training with 1v1 Duels	25
Practice 5 3v3 with End Zones Small Sided Game	25
Practice 6 Free Small Sided Game	25
SESSION 02	26
Practice 1 Dribbling and Shielding Warm Up - 'The Hunt'	26
Practice 2 Coordination Relay	27
Practice 3 Close Control, Move & Pass Exercise	27
Practice 4 Dribbling and Turning - '1v1 Pursuit'	28
Practice 5 '4 Goals' 4v4 Small Sided Game	28
Practice 6 Free Small Sided Game	28
SESSION 03	29
Practice 1 Close Control and Turning with Shot	29
Practice 2 1v1 Duels - Dribbling & Changes of Direction	30
Practice 3 Technical Ball Control & Changes of Direction	30
Practice 4 Dribbling Coordination and 1v2 Duel	31
Practice 5 4v4 (+GK) Attacking Combinations and Incisive Dribbling in and Around the Penalty Area	31
Practice 6 Free Small Sided Game	31
SESSION 04	32
Practice 1 Quick Reactions Dribbling Game	32
Practice 2 Dribbling Race with Turning and Shooting	33
Practice 3 Dribbling with Quick Changes of Direction	33
Practice 4 Dribbling Team Game with Numbers	34
Practice 5 4v4 with 6 Dribble Gates in a SSG	34
Practice 6 Free Small Sided Game	34

SESSION 05.....	35
Practice 1 Dribble, Feint and Pass Practice	35
Practice 2 1v1 RWTB Race - 'Quickest Player Shoots'.....	36
Practice 3 Feints, Changes of Direction & Accurate Shot	36
Practice 4 1v1 v Defender + 1v1 v Goalkeeper	37
Practice 5 4v4 'Rugby Rules' Small Sided Game.....	37
Practice 6 Free Small Sided Game.....	37
CHAPTER 4: PASSING TRAINING UNIT.....	38
SESSION 01.....	40
Practice 1 'Psycho-Kinetics' Passing in Pairs Warm Up	40
Practice 2 Skip, Pass, Receive, Dribble & Run Sequence.....	41
Practice 3 Accurate Passing in Pairs.....	41
Practice 4 Back to Goal 2v1 Dynamic Practice	42
Practice 5 Possession & Speed of Play in a SSG	42
Practice 6 Free Small Sided Game.....	42
SESSION 02.....	43
Practice 1 Accuracy & Weight of Pass - 'Aim for the Target'.....	43
Practice 2 Accelerating & Changing Direction at Speed	44
Practice 3 Pass, Move & Receive in a Square.....	44
Practice 4 Dynamic 2v2 Duel Games	45
Practice 5 5v5 Possession & Changing the Direction of Attack in a Small Sided Game	45
Practice 6 Free Small Sided Game.....	45
SESSION 03.....	46
Practice 1 Dribble, Feint and Pass Practice	46
Practice 2 'Technique & Balance' Passing Exercise	47
Practice 3 'Give and Go' Passing Circle.....	47
Practice 4 One-Two Combinations in a 2v1 Duel	48
Practice 5 'Give and Go' 3 Team Possession Game	48
Practice 6 Free Small Sided Game.....	48
SESSION 04.....	49
Practice 1 4v2 Possession - Passing, Receiving & Speed of Play	49
Practice 2 Sprinting & Agility with a Goalkeeper.....	50
Practice 3 Ball Control, Passing & Agility with Shooting	50
Practice 4 Passing Combinations with a 3v2 Advantage	51
Practice 5 7v7 Possession Game with Target Players.....	51
Practice 6 Free Small Sided Game.....	51
SESSION 05.....	52
Practice 1 Passing and Shooting Challenge - 'How Many?'.....	52
Practice 2 Coordination and Passing Relay	53
Practice 3 Pass, Receive and Follow in a Square	53
Practice 4 2v1 Combination Play with Overlapping Run	54
Practice 5 5v5 End to End Possession Game.....	54
Practice 6 Free Small Sided Game.....	54

SESSION 06.....	55
Practice 1 Receiving, Juggling and Passing Warm Up	55
Practice 2 Roll, Run, Volley Pass and Sprint	56
Practice 3 Pass, Receive in the Air, Dribble and Shoot	56
Practice 4 Lofted Passes into the End Zones in a SSG	57
Practice 5 Free Small Sided Game.....	57
SESSION 07.....	58
Practice 1 Football Tennis Game	58
Practice 2 Jump, 1-2, Change Direction and Shoot	59
Practice 3 Quick Reactions & Speed of Play in a 2v1 Duel Game	59
Practice 4 4v3 Numerical Advantage in a 3 Zone SSG.....	60
Practice 5 Free Small Sided Game.....	60
SESSION 08.....	61
Practice 1 Juggling in Pairs Over a Net	61
Practice 2 Quick Reactions, Turning and 1st Time Shot.....	62
Practice 3 Passing and Receiving with Good Communication	62
Practice 4 Support Play with Target Players in a SSG.....	63
Practice 5 Free Small Sided Game.....	63
SESSION 09.....	64
Practice 1 Accurate Aerial Passing and Volley Finishing	64
Practice 2 Pass, Receive and Quickly Dribble.....	65
Practice 3 3v3 (+2) Crossing & Finishing with Side Zones	65
Practice 4 Passing & Support Play with Overlapping Runs in a 7v7 Small Sided Game.....	66
Practice 5 Free Small Sided Game.....	66
SESSION 10.....	67
Practice 1 Low Crosses (Passes) Across the Box and Finishing	67
Practice 2 Pass, Dribble and Press with Quick Reactions	68
Practice 3 Passing and Receiving - 'Moving Target Practice'	68
Practice 4 2v1 Play on the Flank and in the Penalty Area	69
Practice 5 Passing, Crossing & Finishing in a 7v7 SSG.....	69
Practice 6 Free Small Sided Game.....	69
CHAPTER 5: SHOOTING TRAINING UNIT	70
SESSION 01.....	72
Practice 1 Shooting Practice with 1-2 Combination	72
Practice 2 Balance, Mobility and Flexibility for Shooting	73
Practice 3 Shooting Practice - '7 Stations'.....	73
Practice 4 Sprinting & Turning in a Shooting Team Game.....	74
Practice 5 7v7 'Shooting Bonus' Zonal Small Sided Game	74
Practice 6 Free Small Sided Game.....	74
SESSION 02.....	75
Practice 1 Juggling on the Move and Finishing.....	75

Practice 2	Coordination and Balance with Finishing	76
Practice 3	Volley Finishing with a Curved Run	76
Practice 4	Crossing and Finishing with Defensive Pressure	77
Practice 5	Quick Shooting in a 3v3 Small Sided Game	77
Practice 6	Free Small Sided Game	77
SESSION 03.....		78
Practice 1	Acrobatic Shooting Game	78
Practice 2	Coordination & Speed Shooting Practice	79
Practice 3	One Touch Shooting Practice	79
Practice 4	2v1 on the Flank and 1v1 in the Box	80
Practice 5	1v1 Marking in a 4v4 Small Sided Game	80
Practice 6	Free Small Sided Game	80
SESSION 04.....		81
Practice 1	Shooting Accuracy with Throw-ins	81
Practice 2	Shooting Game with a Coordination Circuit	82
Practice 3	Pass, Receive and Shoot on the Turn	82
Practice 4	Sprint, Change Direction and Shooting Race	83
Practice 5	Shooting Practice in a 7v7 Possession Game	83
Practice 6	Free Small Sided Game	83
SESSION 05.....		84
Practice 1	Dribble, Shoot, Turn, Receive and Shoot Again	84
Practice 2	Speed & Agility Shooting Competition	85
Practice 3	Shooting Accuracy - 'Aim for a Corner'	85
Practice 4	Running Backwards, Dribbling & Shooting Game	86
Practice 5	Shooting Accuracy in a 6v6 Small Side Game	86
Practice 6	Free Small Sided Game	86
SESSION 06.....		87
Practice 1	Volleying Accuracy - 'Aim for a Corner'	87
Practice 2	Speed Ring Coordination Relay	88
Practice 3	1-2 Combinations, 3rd Man Runs and Finishing	88
Practice 4	1-2 Combination and 1v1 Duel	89
Practice 5	Possession Game with Quick Attack & Finishing	89
Practice 6	Free Small Sided Game	89
SESSION 07.....		90
Practice 1	Throw, Catch and Volley in a 4v4 Game	90
Practice 2	Agility Circuit with 1 Touch Finishing	91
Practice 3	Passing & Receiving in a Shooting Practice	91
Practice 4	3v4 (+2) Attackers vs Defenders Shooting Drill	92
Practice 5	7v7 (+6) with Outside Support in a SSG	92
Practice 6	Free Small Sided Game	92
SESSION 08.....		93
Practice 1	Pass, Throw, Chip and Accurate Volley	93

Practice 2	Roll, Dribble and Shoot with a Goalkeeper	94
Practice 3	Penalty Kick Practice.....	94
Practice 4	1v2 Dynamic Duel with 3 Goals	95
Practice 5	7v7 Shooting Area 6 Goals Small Sided Game	95
Practice 6	Free Small Sided Game.....	95

SESSION 09..... 96

Practice 1	Throw, Catch and Volley in a 4v4 Game.....	96
Practice 2	Turn and Shoot First Time.....	97
Practice 3	Feints / Quick Movements and Shot	97
Practice 4	3v2 First Time Shooting Practice.....	98
Practice 5	2 Team Accurate Passing and Finishing Game	98
Practice 6	Free Small Sided Game.....	98

CHAPTER 6: HEADING TRAINING UNIT..... 99

SESSION 01..... 100

Practice 1	Heading Accuracy - 'Aim for the Ring'	100
Practice 2	Agility and Heading Competition	101
Practice 3	Diving Headers in Pairs	101
Practice 4	1v1 Heading in the Penalty Area	102
Practice 5	6v6 Headers Game with 6 Outside Players	102
Practice 6	Free Small Sided Game.....	102

SESSION 02..... 103

Practice 1	4v4 Headed Finishing Game	103
Practice 2	Jump, Run, Change Direction and Headed Pass	104
Practice 3	Heading Accuracy 'Aim for a Corner'	104
Practice 4	2v1 with Headed Knock Down and Finishing	105
Practice 5	Heading with Target Players in a Small Sided Game	105
Practice 6	Free Small Sided Game.....	105

SESSION 03..... 106

Practice 1	Heading Accuracy 'Against the Crossbar'	106
Practice 2	Coordination, Agility and Balance Exercise.....	107
Practice 3	Headed Passing and Shooting Practice	107
Practice 4	Throw-ins, Heading, 1v1s and Finishing	108
Practice 5	Heading with Target Players in a SSG (2).....	108
Practice 6	Free Small Sided Game.....	108

CHAPTER 7: RECEIVING TRAINING UNIT..... 109

SESSION 01..... 110

Practice 1	Juggling and Passing with 3 Players.....	110
Practice 2	Roll, Receive and Shoot	111
Practice 3	Receiving with a Directional First Touch.....	111
Practice 4	Move, Receive and Score in a 1v1 Duel.....	112
Practice 5	Receiving in Corner Zones in a 7v7 SSG	112
Practice 6	Free Small Sided Game.....	112

SESSION 02.....	113
Practice 1 Football Tennis with Coordination Exercises	113
Practice 2 Dribble, Cross Receive and Shoot	114
Practice 3 Move, Receive and Volley	114
Practice 4 Sprint, Receive and Score in a 1v1.....	115
Practice 5 Switching Play with End Zones in a 7v7 SSG.....	115
Practice 6 Free Small Sided Game.....	115
SESSION 03.....	116
Practice 1 Receiving with the Correct Body Shape	116
Practice 2 Coordination, Passing and Receiving Game	117
Practice 3 Opening Up to Receive and Dribble.....	117
Practice 4 Receive the Ball and Score in a 2v1.....	118
Practice 5 Creating Space to Receive in a 7v7 Game.....	118
Practice 6 Free Small Sided Game.....	118
SESSION 04.....	119
Practice 1 Receiving with Back to Goal - Turn and Shoot	119
Practice 2 Quick Reactions - Receive, Dribble and Shoot	120
Practice 3 Passing and Receiving Around a Pole	120
Practice 4 Receive the Ball and Score in a 2v1 (2)	121
Practice 5 8v8 Game with 2 Sided Goals & Striker Zones.....	121
Practice 6 Free Small Sided Game.....	121
SESSION 05.....	122
Practice 1 Receiving, Dribbling & 1v1 with a Goalkeeper.....	122
Practice 2 Agility & Quickness in a 1v1 Shooting Game.....	123
Practice 3 Receiving on the Move and Guided Control	123
Practice 4 Receive the Ball and Dribble Under Pressure	124
Practice 5 7v7 Game with 4 Goals - 'Receive from Behind'	124
Practice 6 Free Small Sided Game.....	124
CHAPTER 8: JUGGLING TRAINING UNIT	125
SESSION 01.....	126
Practice 1 Juggling Around Poles with 3 Players.....	126
Practice 2 Juggling with Obstacles and Shooting	127
Practice 3 Juggling Through Obstacles and Shooting.....	127
Practice 4 Juggling and Shooting vs Goalkeeper.....	128
Practice 5 5v5 Juggling Small Sided Game	128
Practice 6 Free Small Sided Game.....	128
CHAPTER 9: THROW-INS TRAINING UNIT	129
SESSION 01.....	130
Practice 1 Throw-ins Accuracy - 'Hit the Target'	130
Practice 2 Speed & Agility Circuit with Throw-ins	131
Practice 3 Throw-in Accuracy - 'Hit the Ball in the Air'.....	131
Practice 4 Throw-in, Receive and 1v1 Duel.....	132

Practice 5	Hands and Feet Small Sided Game	132
Practice 6	Free Small Sided Game	132
CHAPTER 10: MOTOR ACTIVITY FOR 9 TO 12 YEAR OLD PLAYERS		133
MOTOR ACTIVITY FOR 9 TO 12 YEAR OLD PLAYERS.....		134
COORDINATION ABILITIES		135
TECHNICAL FUNDAMENTAL AND ASSOCIATED COORDINATION ABILITY		136
CHAPTER 11: TRAINING SESSIONS WITH SPECIFIC MOTOR COORDINATION EXERCISES		137
COORDINATION REQUIRED FOR TECHNICAL TRAINING		139
DIFFERENTIATION.....		140
Practice 1	Ball Touches with Varied Distances	140
Practice 2	Passing & Receiving in Zones with Changing Distances	140
Practice 3	Aerial Passing and Receiving.....	141
Practice 4	Weight of the Pass & Vision - 'Coloured Boxes'	141
Practice 5	Accurate Finishing with Visual Awareness	141
REACTIONS		142
Practice 1	Agility, Vision and Quick Reactions Exercise.....	142
Practice 2	Passing & Receiving in Zones with Changing Distances	142
Practice 3	Changing the Direction of Attack in a Small Sided Game	143
Practice 4	Exploiting a Numerical Advantage in a 3v2 Situation.....	143
Practice 5	Vision and Awareness Passing Sequence Practice.....	144
Practice 6	6v3 Dynamic Possession Game	144
ADAPTATION AND TRANSFORMATION.....		145
Practice 1	Dribbling and Passing Alley	145
Practice 2	Creating 2 Passing Options in a Square.....	145
Practice 3	Dribbling and Passing Gates in a Small Sided Game	146
Practice 4	Psycho-Kinetics with 4 Coloured Goals in a SSG	146
Practice 5	Crossing from the Flank with 1v1 Zones in the Centre	147
Practice 6	Ball Control Obstacle Circuit	147
SPACE AND TIME ORIENTATION.....		148
Practice 1	'Creating Shapes Together' Vision & Awareness Practice	148
Practice 2	Passing in Between Players	148
Practice 3	'Knock the Cones Down' Small Side Game	149
Practice 4	5v4 Dynamic Possession Game	149
Practice 5	Dynamic Possession Game with 4 Goals.....	150
Practice 6	Quick Reactions Heading and Passing Practice.....	150
RHYTHM.....		151
Practice 1	Changing the Rhythm of Play in a 3 Zone SSG	151
Practice 2	Ball Control with Cones at Varying Distances	151
Practice 3	Ball Control 'Touch the Ball on the Whistle'.....	152

MOTOR COMBINATIONS.....	153
Practice 1 Control, Pass, Skip and Receive	153
Practice 2 Dynamic Juggling, Passing and Receiving Practice	153
Practice 3 Ball Control and Accurate Shooting Game.....	154
Practice 4 Technical Passing and Receiving in a Triangle.....	154
Practice 5 Ball Control Practice in Pairs.....	155
Practice 6 Chip Pass, Receive and Shoot in a Team Game.....	155
BALANCE.....	156
Practice 1 Changing Direction and Receiving Relay	156
Practice 2 Crossing and Finishing Practice with Volleys and Headers	156