

GRASSROOTS TRAINING DRILLS

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THE PARTNERSHIP

We appreciate and acknowledge the dedication of Grassroots Managers, Coaches, Secretaries, Chairmen etc. These individuals dedicate their time to grassroots football, for the benefit of the players and local communities. That's why Discount Football Kits have teamed up with a number of influential coaches, tacticians, and sports writers to bring Grassroots training drills and football related stories to Grassroots managers, coaches & players, all **Free of Charge**.

When we had the chance to team up with Level 5 Coach Louis Lancaster it was an opportunity we did not want to pass up. We believe passionately that equipping grassroots coaches with more information will improve the grassroots game, while more importantly improve the fun all kids are able to have. We are therefore providing every training drill of 2014 provided in association with Louis Lancaster in this one single document.

About Discount Football Kits

We are the UK's largest specialist supplier of branded football kits, tracksuits, rain jackets, footballs & accessories. With over 250,000 items in stock we can offer the best combination of price, service, lead time, & delivery. We only deal with the four major brands that have the same dedication to grassroots football as we do and the thousands of team managers, coaches, players & parents we supply every year.

About LOUIS LANCASTER – Level 5 COACH

"I have invested a huge amount of time and effort in developing myself. I have worked abroad, coached mixed abilities male and female ranging from 4 years old to senior professionals, which has all led to valuable experiences. The game as we know is evolving and I would like to consider myself moving in the same direction. In October 2011 I was selected as one of 16 candidates with an A License over the past decade to be the first to work towards the world's first Elite Coaching License (Level 5). This FA pilot program has helped me formulate a clear coaching philosophy, develop my practical experience, expose me to new thinking - especially around player and coach development – and test out my abilities."



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LAST WEEK'S WARM UP



#1 Players jog across side to side for 5 minutes. They can jog alone, in a group, take a ball, whatever they wish.

#2 10 minutes of dynamics using the balls as cones.

#3 Possession game in the corner for 2 minutes. 2 teams with 3 neutral players.

#4 Players have 2 minutes to themselves. I have no say in what they do, they do whatever they want as long as it is beneficial to their game.

#3 Back to number 3 for 2 minutes

#5 Players again have 2 minutes and this is what they did.

Training session created by

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@Louis
Lanes

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Next game the warm up will be different as I feel routine warm ups do not warm up players mentally.



PLAYER FAVOURITES



Structure:

-Set up the area as above. Vary the size depending on age and ability.

Rules:

- Yellows and Reds compete and try to score in either of the little goals at one end.
- Yellows shooting left to right.
- Reds shooting right to left.
- If a team scores they then take control and can win by scoring in the big goal. If successful they win.
- However if the other team scores in the two little goals they then take control back of the big goal, leaving the other having to score in the little goals once again.
- I usually play first team to win 5 matches.



Progressions

1.

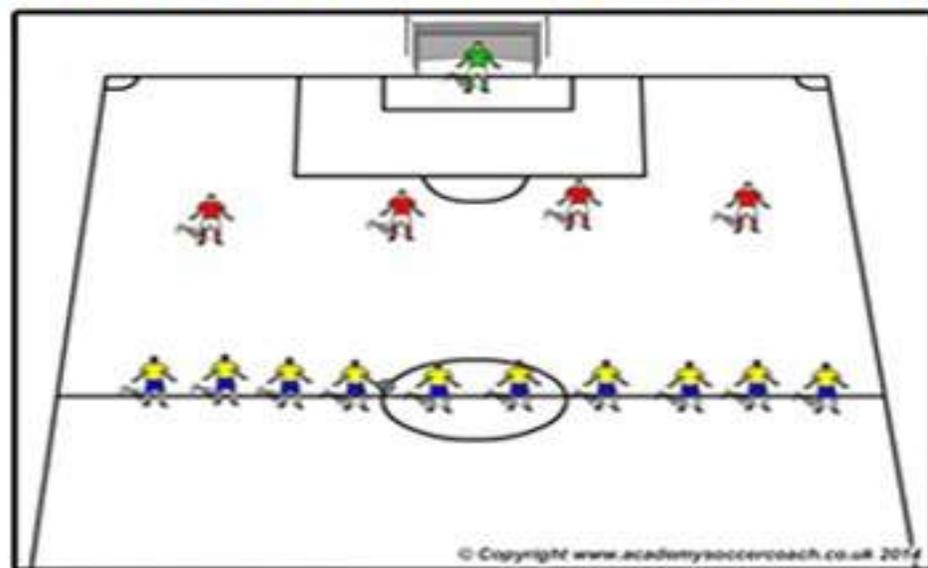
- Same rules as before, however this time there are two games going on at the same time sharing the same grid.
- Yellows and Reds play across and use the top goal as control.
- Purple and Blues play across and use the bottom goal as control.

2.

- As soon as a team scores in the big goal, they and the team in control of the other game join together. They play against the other two teams and play first to score 2 goals in the big goals.



REMAINING COMPACT AS A BACK 4



Structure:

-Set up the area as above.

Rules:

- 10 yellows head up the pitch trying to score a goal.
- The offside rule is in place.
- If a red player touches the ball then that ball is dead and all the yellows must return to the half way line. I usually say they must all recover to the half way line with in 4 seconds.
- Play for 15 minutes



Structure:

-Set up the area as above.

Rules:

- This time 8 attackers head up the pitch trying to score.
- 2 yellows stay behind.
- The reds in this game have to win the ball and get it to the two yellows who stay on the half way line.
- They can do this by either playing over, around or through the yellows.
- If the reds win the ball then yellows defend trying to prevent them hitting the two targets on the half way line.
- If the yellows do win the ball back they try to score just like before.
- If the reds do hit the targets, all the yellows then retreat to the half way line within the 4 seconds and then attack again changing the two targets.
- Play for 15 minutes.
- The difference between this game and the previous one are the transitions.

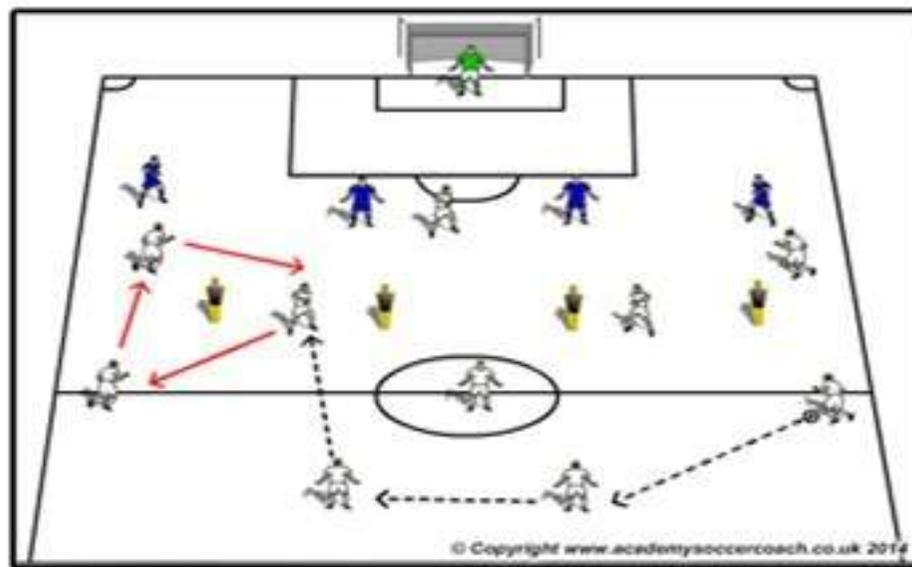
Inspired by Arrigo Sacchi



BREAKING LINES



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Structure:

-Set up the area as above, vary the size of the playing area depending on numbers and ability.

Rules:

- The two whites in the middle try to keep possession of the ball.
- The whites can use the players on the outside.
- Outside players can play off one or two touch if you want.
- If the blues win the ball they keep possession of the ball using the overload.

**Inspired by Bayern Munich
last year in the UCL**

Structure:

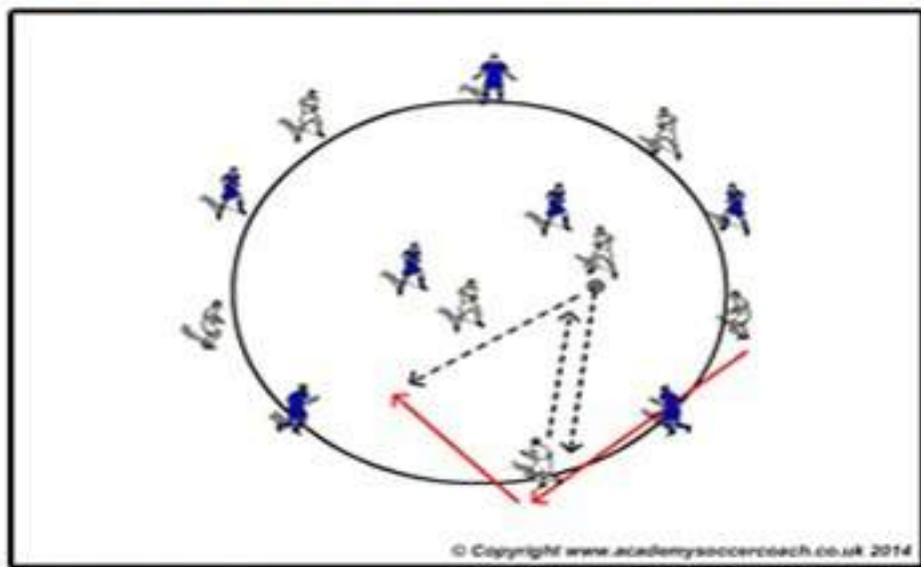
-Set up the area as above.

Rules:

- Set up your team 433, 442, 352 etc.
- Players keep possession of the ball.
- On coaches command they look to break the lines.
- Ask exploratory questions to the players asking how this can be done?
- Once the line is broken the whites look to score.
- The blues defend the goal.
- If the defenders win the ball they must try and hit targets on the half way line. This can be either goals, targets etc.
- This was the numbers I had for the practice. You can obviously add or reduce the number depending on availability.



3rd MAN RUNNING



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Structure:

-Set up the area as above suiting the needs of your players and numbers available.

Rules:

- The game starts with 2v2 in the middle.
- The rest of the players are on the outside.
- If the players in the middle combines with the outside players using a 3rdman run then that player can join the middle.
- The 3rdman run must be completed using one touch passes.

Example:

Player passes outside, the player receiving the ball passes back to either player inside. As this is happening another player on the outside has to overlap the outside player who received the pass and then receive it from the inside player. He then stays in the middle if the routine is performed successfully.

- If a team visit the outside and this is not done successfully normal play resume and numbers stay the same.
- Play by time or the first to get all their players inside the circle.

Structure:

-Set up the area as above.

Rules:

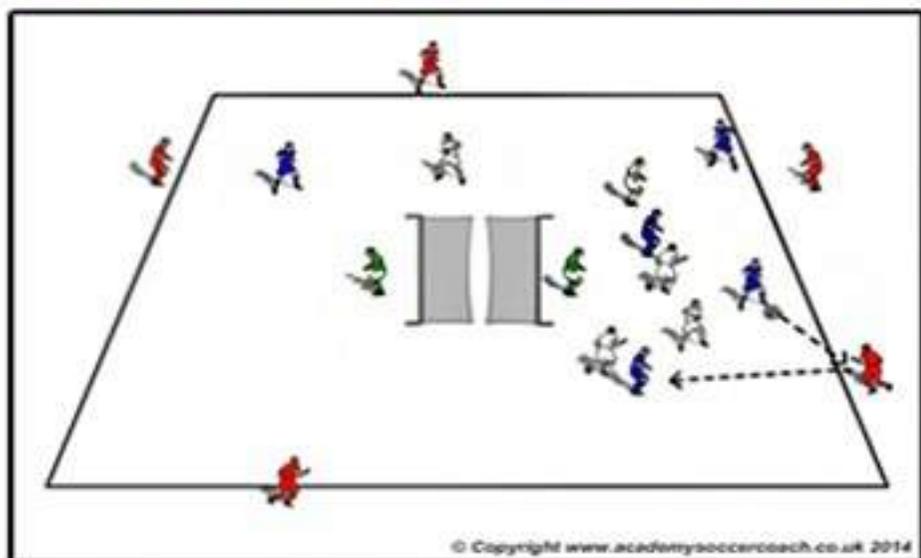
- Match rules
- In possession a team can only play one touch in the middle section.
- In possession a team can have as many touches as they need in the wide area.
- These conditions will encourage quick play using forward and backward passes.

Progressions:

-Try reversing the conditions. As many touches in the middle as you like, and only one touch in the wide areas.



BACK TO BACK GOALS



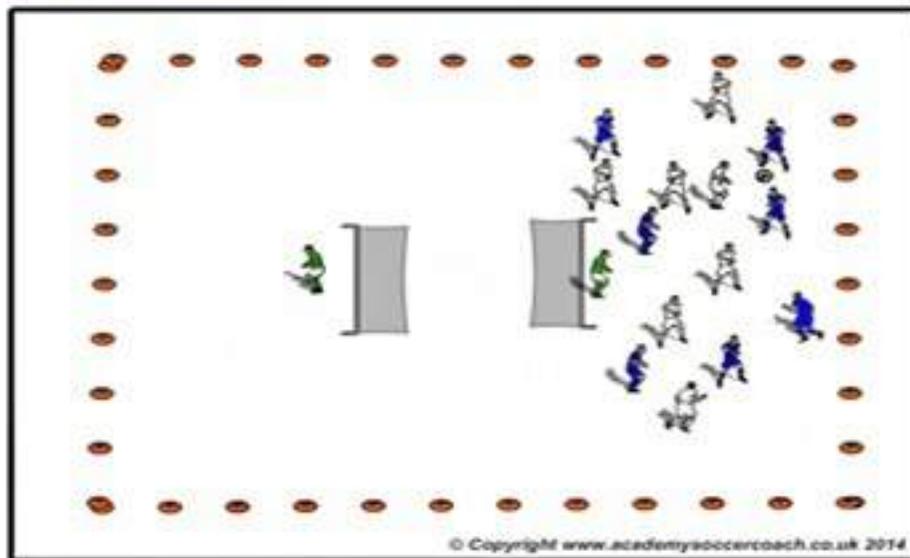
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Structure:

- Two goals back to back.
- Use an area suitable for your numbers and ability.

Rules:

- Blues and whites fight in the middle.
- Reds are bounce players on the outside.
- First team to score in both goals wins the game.
- When a team regains possession they must play and receive a pass from any red player first. If the other team regain possession they do the same.
- If blues score in a goal they must now score in the second goal to win.
- The whites however can score in any goal still.
- If the whites regain the ball, visit a red player and then score then they only to score in the remaining goal to win.
- The blues would then need to score in both goals again.
- I usually play 3 minute games.



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Structure:

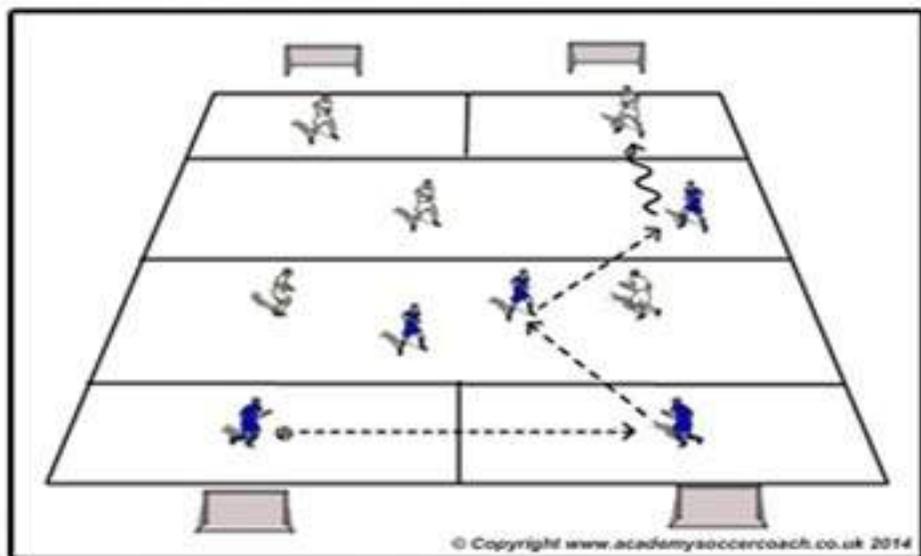
- Same as the previous set up, however separate the goals by 10-15 yards to increase the intensity.

Rules:

- This time you have two teams.
- Blues score in one goal and whites the other.
- A team can only score when all their team are in one section, which is the goal line to the coned line.
- If both teams are in the blues section and whites regain the ball. They must try and get the ball to their goal.
- If all of the defending team are also in the same zone and that team score they only get 1 goal.
- If a team score and there is one defender not in the zone then the team that scored now get 2 goals.
- I usually play first team to win 5 matches.



DIRECT PLAY FROM MIDFIELDERS

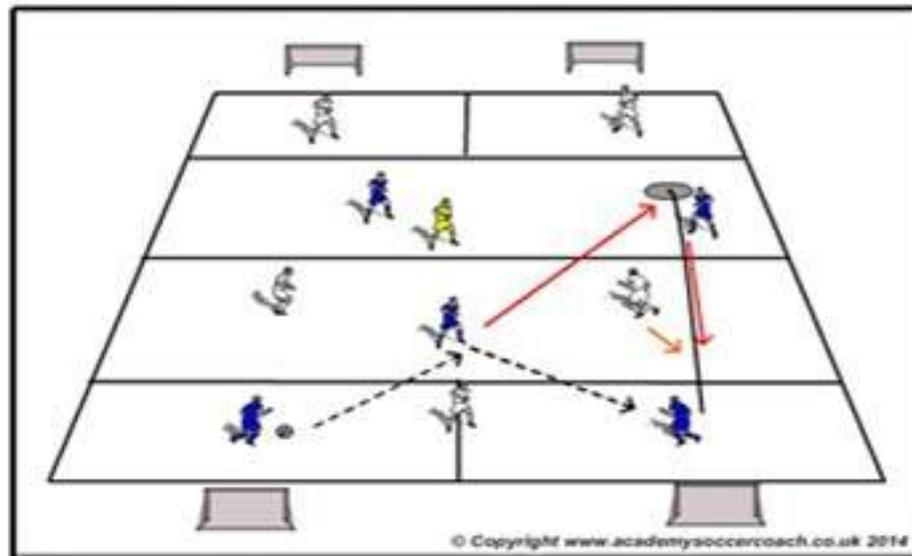


Structure:

-Set up the area as above. Vary the size depending on age, ability and numbers.

Rules:

- 2 CB's for each team at one end each in their own box.
- When a CB receives a pass, they must transfer the ball across to the other CB before returning the ball back in to the game.
- 3v3 in the middle with the rule that they can never all be in the same half. Encourage plenty of movement and rotations.
- The 3 in the middle can pass the ball back to the CB's if there is a problem, however once the ball goes the CB remember the rule where they have to pass it across.
- The idea is that a midfield player can break out from the middle and attack a CB 1v1 towards a goal.



Structure:

-Same as the previous session

Rules:

- Similar rules as before.
- The defending team have the floater/magic man/extra player.
- When the ball is with the CB's 1 defender is allowed in to press.
- The team in possession must find alternative ways of getting the ball to both CB's.



YOUTUBE LINKS

<http://goo.gl/CTdEhA>

<http://goo.gl/2IAfVG>





FINISHING IN THE BOX #CAGE

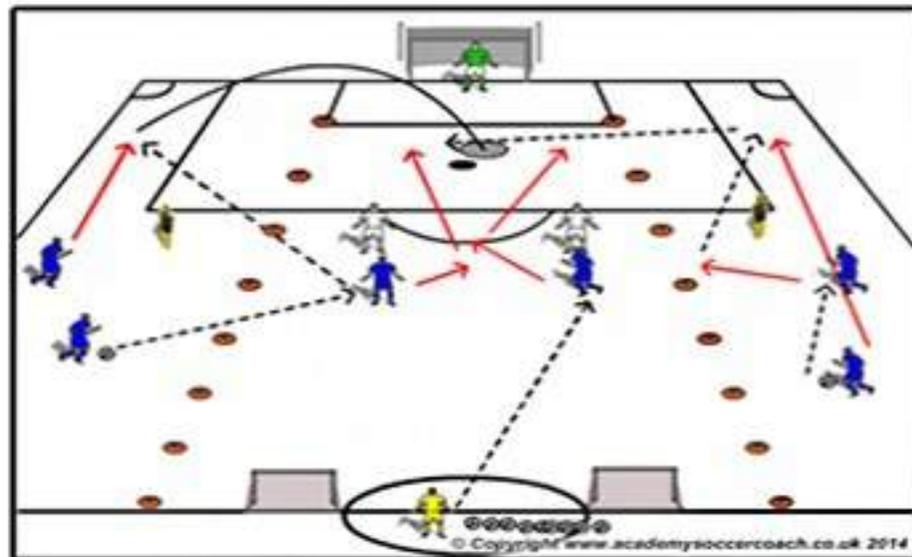


Structure:

-Set up the area as above.

Rules:

- The idea is for the strikers to score in the penalty area also known as the #CAGE.
- The coach plays in a ball to the whites who are currently 4v3.
- As soon as the ball is played in a defender placed on the half way line can recover to make it 4v4.
- The defenders are **not allowed** in the box. This rule encourages the strikers to run in behind.
- If the defenders win the ball their job is to play out trying to hit the coach on the half way line.



Structure:

-Set up the area as above.

Rules:

- There is a combination wide ending in a delivery in to the box.
- This is repeated on the other side.
- The strikers are trying to create space, lose their marker and score.
- As soon as both crosses are completed the coach passes to a striker for a 2v2 battle.
- If the defenders win the ball they must try and play in the goals on the half way line.



YOUTUBE LINKS

<http://goo.gl/hnceYt>

<http://goo.gl/PPpJVl>





POSSESSION GAMES WITH A TWIST



Structure:

-Set up the area as above suiting the needs of your players and numbers available.

Rules:

- Two teams fight in the middle for possession of the ball.
- The team in possession must try and play in a team into one of the corners.
- The first team to fill all four corners win the game.
- If a blue player is in a corner the blue team can still use that player to keep possession. If this happens the blue player must leave the box and be replaced by another blue player, so they still have control of the box.
- If the whites regain possession they can play team mate into a corner that a blue occupies.
- Whites then regain the box and the blue player must leave.



Structure:

-Set up the area as above suiting the needs of your players and numbers available.

Rules:

- Blues and whites keep possession of the ball from the yellows.
- They can only pass the ball alternately (blue, white, blue, white etc.)
- If they fail to do so give a ball to the yellows.
- The blue and white also have a ball each.
- They can only pass the ball to their own team. Blues pass to blues and whites pass to whites.
- If the yellows win the ball they must try and score in any of the goals.
- Play for 2 minutes and then let another team defend.
- To clarify blues and whites must pass their own ball through the hands only to their team whilst keeping possession of the ball passing to the other colour.



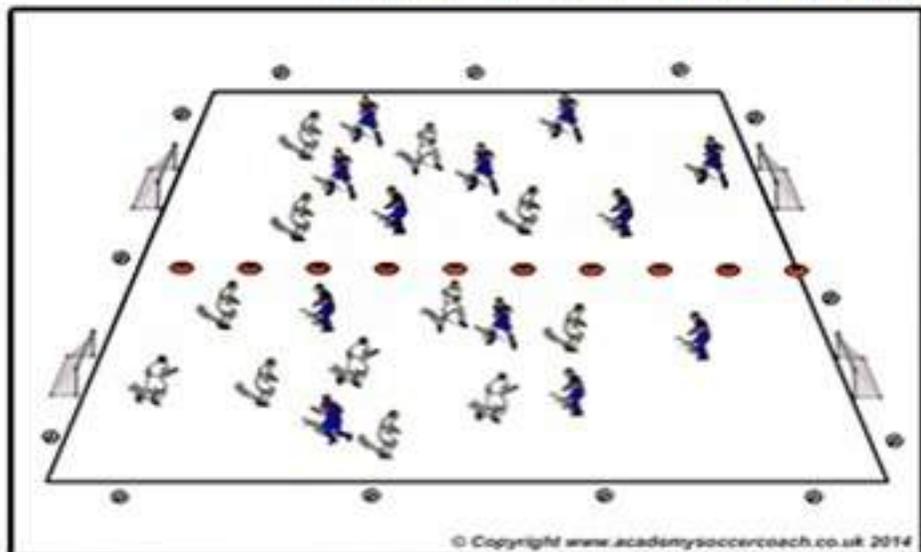
training session by
level 5 coach @LouisLancs
Inspired by
@nlevett



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THE PLAYERS' #1 SESSION



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Structure:

-Set up the area as above. Vary the size depending on numbers and ability.

Rules:

-Split your players into two teams.
-Once you know the numbers you can design 5 matches as below.

Game 1 -Pitch 1 4v7 Pitch 2 8v5

Game 2 -Pitch 1 6v5 Pitch 2 6v7

Game 3 -Pitch 1 6v3 Pitch 2 6v9

Game 4 -Pitch 1 2v2 Pitch 2 10v10 (using 2 balls)

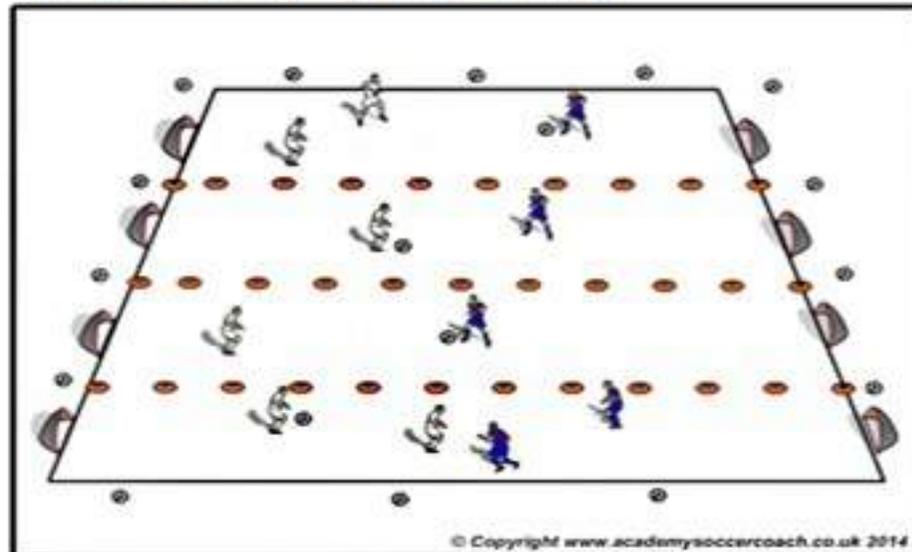
Game 5 -Pitch 1 5v8 Pitch 2 7v4

-Play one game at a time and it is up to the players to split their team as they wish.

-Play each game for 8 minutes.

-If a team wins they get one point.

-If the winning team keep a clean sheet they get two points.



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Structure:

-Set up the area as above. Vary the size depending on numbers and ability.

Rules:

-Each team deploys their players however they wish. The only rule is they must have a player on each pitch.

-They must keep this a secret as it is important not to tell the other team.

-Once both teams have told the coach how they have chosen to deploy their players, you now draw out of a hat how many points each pitch is worth.

-The team who wins the game earns the points the pitch is worth.

-Repeat this process 5 times and reveal the total points and winning team.

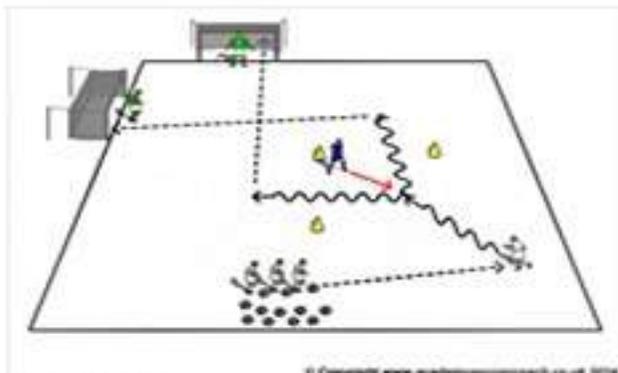
I can honestly say from my experience that this is the player's most enjoyable session.

Stolen from/Inspired by @nlevett

To view all Louis sessions visit www.discountfootballkits.com/louis



GAME SPECIFIC 1v1 SITUATIONS



Structure:

-Set up the area as above. Vary the distances depending on ability and age.

Rules:

- The white player passes the ball across to the other white player.
- The player receiving the pass now drives at the defender.
- The attacker can beat the defender going to the left or the right.
- The defender to start with is not allowed to leave the square.

Progressions

- Defender can leave the square and fight until the end.



Structure:

-Set up the area as above.

4v4

- The blue defenders play the ball to the white attackers.
- As the defenders release the ball they move towards the attacker to defend.
- Once the attackers receive the ball they must try to beat the defender and score.

Progressions

- 2v2s/3v3's
- Over and under loads



Structure:

-Set up the area as above.

Rules:

- The blues are the attackers and have a ball each.
- They must go around the cone, beat the defender and try to score.
- The whites go around the cone and then defend.
- I usually time how long it takes for a team to score 5 goals.

Progressions:

- Shift it over to the wide area so the blue player produces a cross for forward to finish.



<http://www.youtube.com/watch?v=nXzXsdZJ5AQ>



MISSING OUT/PLAYING THROUGH MIDFIELD



Missing Out Midfield

Structure:

-Set up the area as above suiting the needs of your players and numbers available.

Rules:

- The two defenders are in the defending third 3v1.
- They must deliver the ball direct to the striker.
- They can either play a fast pass on the ground or go over the top.
- Once the striker receives the ball they can either turn or lay it off for the midfielders.
- The two midfielders then join the attack to create a 3v2.
- If the whites win the ball they must go through the same process.

Progressions:

- Add another striker or midfielder to suit the needs of your formation.
- Add more players progressing to 11v11 and full pitch.



Playing Through Midfield

Structure:

-Set up the area as above suiting the needs of your players and numbers available.

Rules:

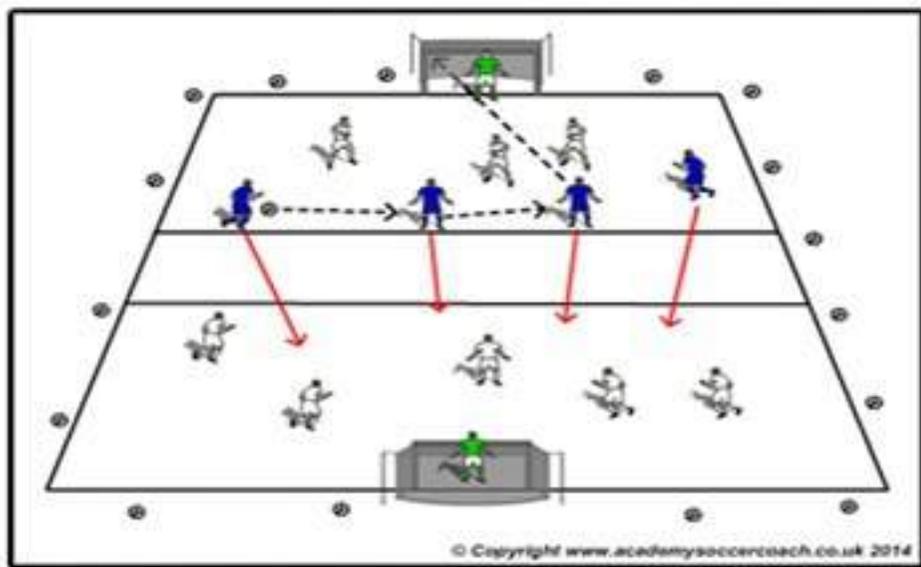
- Similar process to the previous game.
- This time the ball must go into the middle third.
- The midfielder on the ball can then break out into the end zone 2v2.
- Set a challenge for the midfielders. Can they try and all be on different lines in the middle third.
- I like to treat the areas like a basketball key, where the players try not to spend more than three seconds in the same line.

Progressions:

- Allow a defender to drive into midfield meaning a midfielder must then move into the final third.
- Give the players a choice whether to miss out or play through midfield.



ATTACKING UNDER/ OVERLOADS



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Structure:

-Set up the area as above suiting the needs of your players and numbers available.

Rules:

- The 4 blues attack the 3 whites making it an overload 4v3.
- If they score they then turn round and try to score in the other goal which is now an under load 4v5.
- If the whites win the ball they must try and play the ball to the opposite whites and the blues continue attacking the opposite goal.
- This continues for a period of time, turns, goals etc.
- Change the personnel.

Progressions

- Change the numbers
- Attack one goal adding more realism.



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Structure:

-Set up the area as above. It can obviously be 7v7, 9v9 etc.

Rules:

- Normal game with normal rules.
- The coach walks around during the game and at any time he/she can throw a ball in to the game looking for overloads.
- As soon as the coach introduces the new ball, the previous ball is dead.
- The team who receives this pass must attack the goal as quickly as possible.

Progressions:

- Work on overloads in different thirds of the pitch.
- Distribute ball to even numbers or under loads.
- Look at this as an opportunity focus on recovery runs etc.



MORE POSSESSION GAMES



Structure:

- Set up the area as above suiting the needs of your players and numbers available.
- Good ball supply

Rules:

- Two teams battle in the middle.
- Blues shoot in one goal with whites in the other.
- On the coaches command the goal keepers swap goals meaning the game is played up and down the pitch.
- The coach can change as many times as they like.

Progressions:

- Once a team scores the goal keepers change goals. It is then the first team to score two goals in succession wins the game.



Structure:

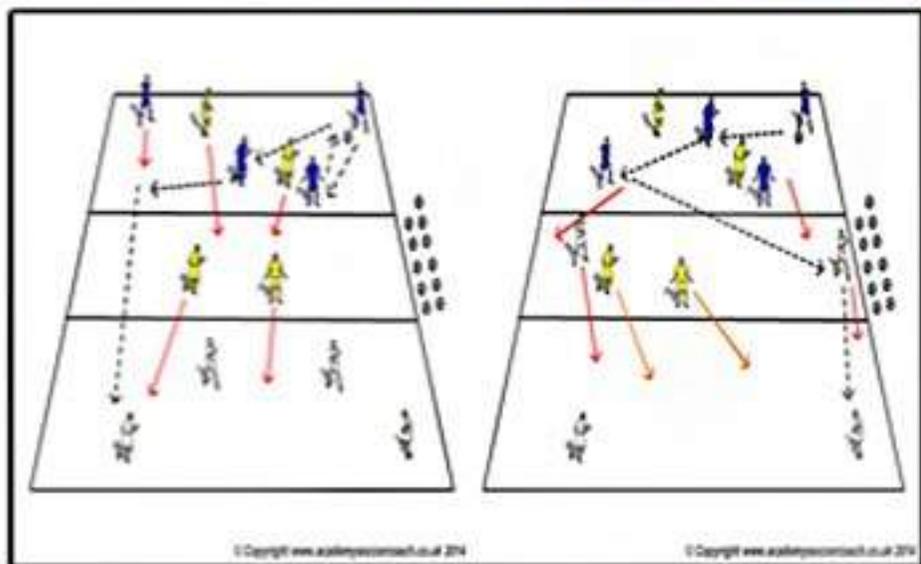
- Set up the area as above suiting the needs of your players and numbers available.
- Good ball supply.

Rules:

- The blues must score in either of the little goals at the bottom.
- The whites must score in either of the goals at the top.
- Once a team scores they now take control of the big goal.
- The team to score in the big goal wins the game.
- If the whites take control of the big goal and then the blues score in the small goal they then take control of the big goal.
- The whites would then have to score in the little goals again to take control.
- I usually play first to win 5 matches.



OLDIES BUT GOODIES



Structure:

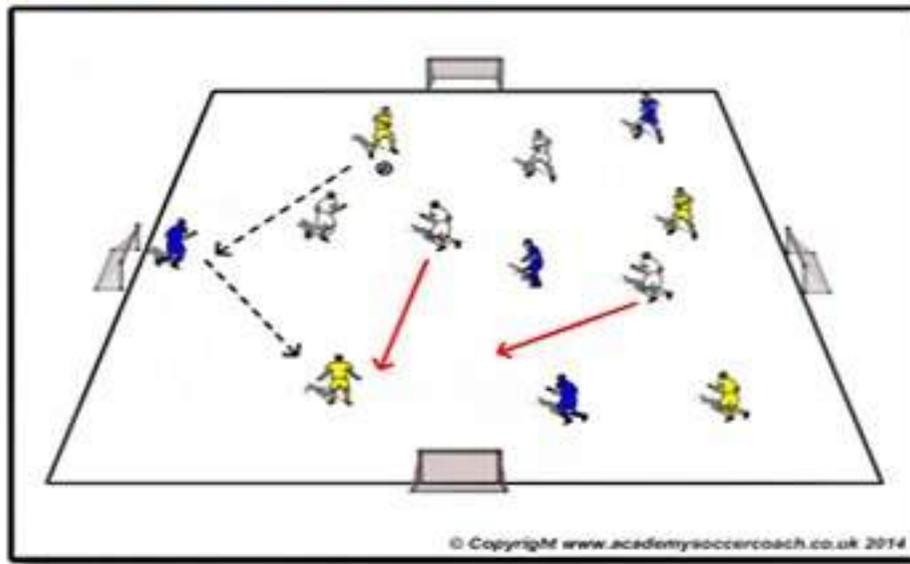
-Set up the area as above suiting the needs of your players and numbers available.

Rules:

- 3 teams and can work with many different numbers.
- Whites at one end and blues at the other.
- Yellows in the middle.
- The whites and blues have to make 6 consecutive passes and then transfer the ball to each other.
- Two yellows are allowed in the end zone to try and win the ball.
- The remaining yellows stay in the middle trying to intercept any passes.
- You can play by time or the team that lost possession become the defenders.

Progressions

- As shown on the diagram two players from the opposite end when out of possession.
- They try to receive the ball and transfer it into their own zone.



Structure:

-Set up the area as above.

Rules:

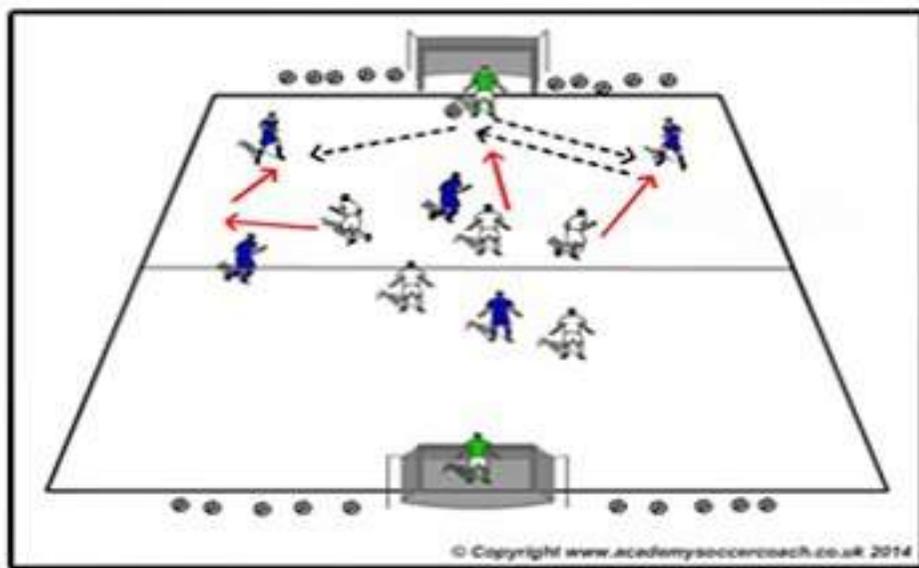
- Two teams keep possession of the ball from the third team.
- You can play by time meaning the defending team defend for three minutes. Once they regain possession of the ball they must try and score in any of the goals.
- You can also remove the goals and have the condition where the team that lose possession become the defenders

Progressions:

- Teams in possession play off 1 or 4 touches.
- Teams in possession can only pass to the other colour (blue to yellow to blue...).



PRESSING GAMES



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Structure:

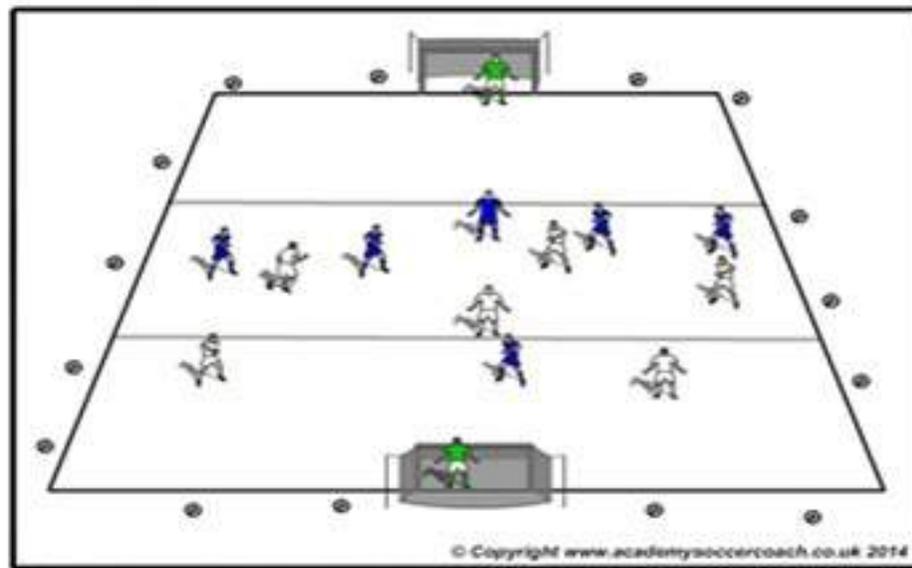
-Set up the area as above suiting the needs of your players and numbers available.

Rules:

- Players can go wherever they like on the pitch just like the game.
- Every time the ball goes out of play the game restarts from the keeper who is to play in.
- The team in possession must make four passes in their half before they can play out in to the oppositions half and attempt to score.
- I usually play for 3 minute blocks as I like the session to be very intense.

Progressions.

- I like to then give the team in possession a choice.
- 1. If they make four passes in their own half they get 3 goals for scoring.
- 2. If they chose to not make the four passes in their own half they get 1 goal for scoring.



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Structure:

-Set up the area as above suiting the needs of your players and number available.

Rules:

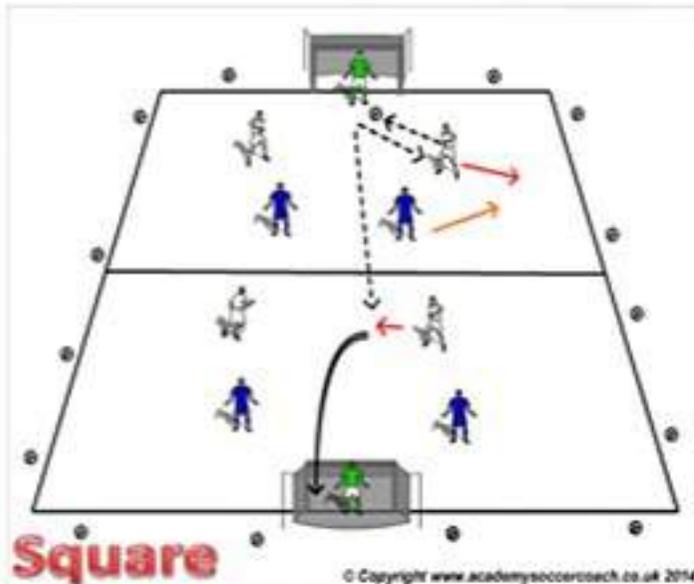
- Players can go anywhere they like just like the game.
- Player must try and get the ball to the opposite keeper in specific third of the pitch depending on the coaches command.
- This will then get the team not in possession either pressing, dropping off or defending extremely deep.
- Once players grasp the practice I would suggest the coach changes the thirds regularly to test and stretch the players capabilities.

Progressions:

- If the coach commands the middle third for example, the team in possession can get the ball to the goal keeper from this third for 3 points or choose another third for 1 point.



GAMES USING DIFFERENT SHAPES



Square

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Structure:

-Set up the area as above suiting the needs of your players and numbers available. It can be done with 3v3, 4v4 etc.

Rules:

- Players stay in the half they are in.
- The white defenders try to get the ball to the whites attackers.
- The white attackers then try to score.
- The blues do the same playing in the opposite direction.

Progressions

- Allow players to join the other half to create overloads.



Diamond

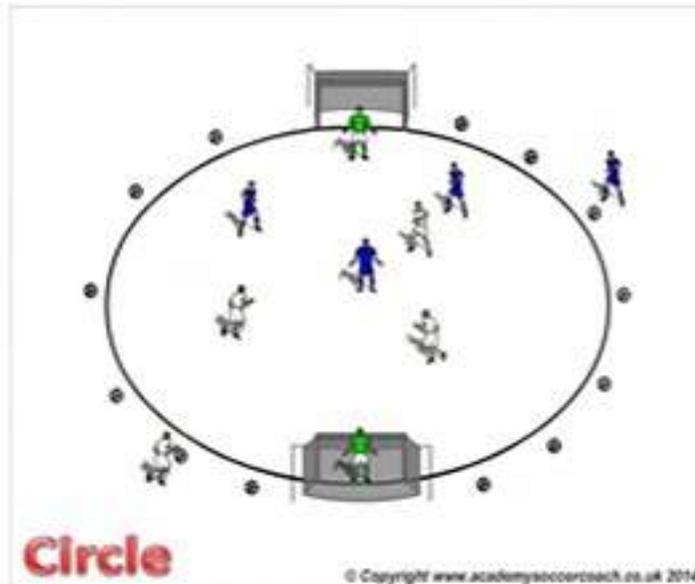
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Structure:

-Set up the area as above suiting the needs of your players and numbers available. It can be done with 3v3, 4v4 etc.

Rules:

- In the top half the whites attack against the blues.
- Once the ball is dead a white attacker leaves the game and the white player on the side joins the game with a new ball.
- This is repeated in the bottom section with the blues attacking.
- Play for 3 minutes and see who score the most goals.



Circle

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Structure:

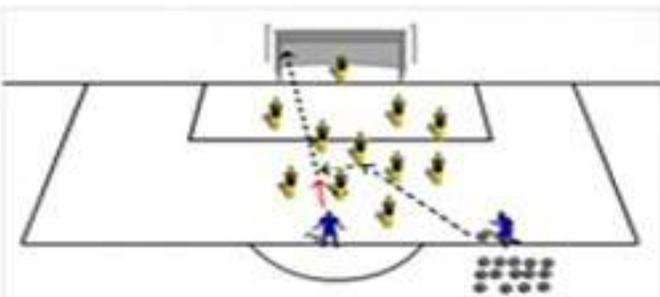
-Set up the area as above suiting the needs of your players and numbers available. It can be done with 3v3, 4v4 etc.

Rules:

- Two teams have a fight in the middle.
- The team in possession are trying to score at either end or one end, you decide.
- Team out of possession are defending.
- If the ball leaves the pitch one player from each team leave the game and stand by a ball.
- The game restarts with a player driving in with a ball. If blues kicked it out then the white player would drive in.
- The players on the outside try to keep moving between balls to try and gain an advantage.



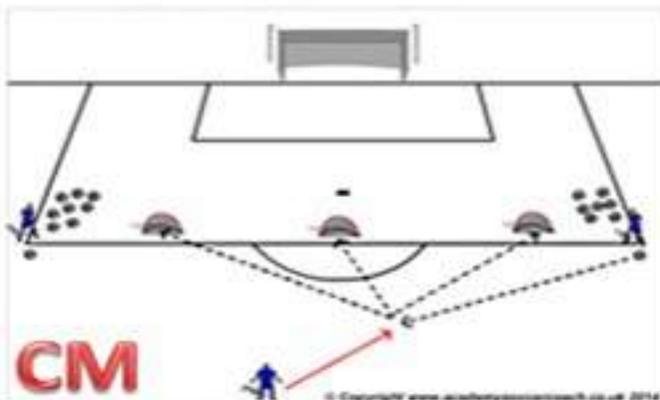
MORE POSITION SPECIFIC WEEKLY CHALLENGES



FW

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Server hits a mannequin and striker finishes as quickly as possible for a point.



CM

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Midfielder runs forward and tries to put the ball in either goal one touch for a point.



FB

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RB tries to work a cross whilst the LB attempts to prevent the cross for a point.



CB

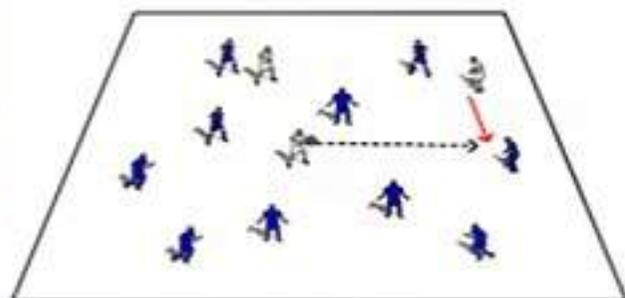
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Server hits a high ball to the CB who has to head the ball pass the coned line for a point.

- Players are **ONLY** allowed 20 attempts (10 minutes).
- Repeat practice 3 times during the week.
- You will find players are secretly competing against each other.
- You will notice the scores go up throughout the week 8/20, 11/20, 14/20!
- Change the sessions on a weekly basis.
- In time maybe let the players come up with their own.
- Let the players set up the practice and put it away giving them personal responsibility.



WOMEN'S NATIONAL TEAM SESSION #1



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Structure:

- Square was 15 by 15 yards.

Rules:

- The whites have possession of the ball.
- They must pass the ball in hands.
- Whites try to tag a blue player. Only the player with the ball can tag.
- If a blue player is tagged they join the whites.
- Last blue player WINS!



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Structure:

- Square was 20 by 20 yards.

Rules:

- Blues have a major overload and possession of the ball.
- Blues keep possession of the ball away from the whites.
- The whites who have an under load try to win the ball.
- Once the whites win the ball they can score in either of the goals.
- We played for 2 minutes and then changed personnel.



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Structure:

- Half a pitch with plenty of balls on the half way line.

Rules:

- Blues have a goal keeper and 6 outfield players (back 4 and 2 CM's)
- They had 2 extra full backs who stood next to the goal and rotated every 2 balls.
- Whites tried to score having a huge overload in the main goal.
- On winning possession blues had to try and score in any of the goals on the half way line.
- If the ball went out of play all the whites except the striker returned to the half way line in 4 seconds to collect a new ball.



training session
created by
level 5 coach

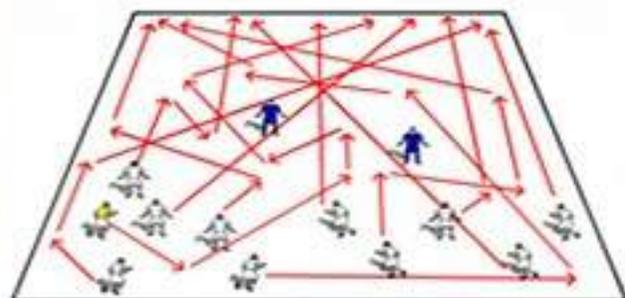
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Lancs.



in association with

discountfootballkits.com
the UK's leading branded teamwear specialist

WOMEN'S NATIONAL TEAM SESSION #2



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Structure:
-Square was 30 by 50 yards.

Rules:

- This was a good old fashioned game of bulldog like the school playground.
- All players (white) at end with two taggers in the middle (blues).
- Whites must make it from one end to the other.
- Blues have to try and tag the whites.
- Any player who is tagged becomes a blue.
- Last player not to be tagged wins.
- Notice the movement of the yellow player. This a great little physical warm up that offers decisions.

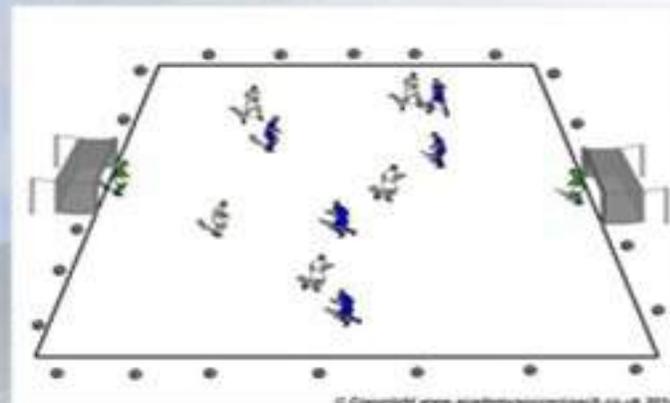


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Structure:
-Half a pitch with plenty of balls on the half way line.

Rules:

- Same as previous session which I tweeted last week 'Women's National Team Session #1' Progressions
- I had a few coaches scattered in an around the pitch. At any time they could deliver a new ball to the whites meaning the blues would have to deal with it.



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Structure:
-36 by 30 yards.
-Huge ball supply.

Rules:

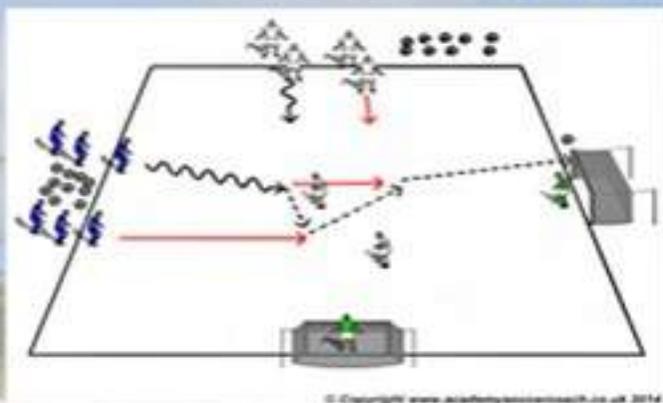
- Blues play whites for 2 minutes.
- Whoever wins gets a point individually.
- I would then mix the teams up and play again for 2 minutes.
- Again whoever won got a point individually.
- The winner was the first player to win 7 matches.
- This game was a huge hit.



To view all Louis sessions visit www.discountfootballkits.com/louis



WOMEN'S NATIONAL TEAM SESSION #3



Structure:
-Square was 30 by 50 yards.

Rules:
-Blues travel with the ball trying to score in the opposite goal.
-The white defenders obviously defend the goal.
-If the blues score or the ball leaves the field of play they then defend goal opposite the next pair of whites.
-This process repeats.
-If the defenders win the ball their challenge is to try and play in the next pair.
-We played first team to score 7 goals.

Progressions:
Add numbers.
Use under or overloads.



Structure:
-Half a pitch with plenty of balls on the half way line.

Rules:
-Same as previous session which I tweeted last week 'Women's National Team Session #1'
Progressions
I had a few coaches scattered in an around the pitch. At any time they could deliver a new ball to the whites meaning the blues would have to deal with it.



Structure:
-Full Pitch
-Good ball supply.

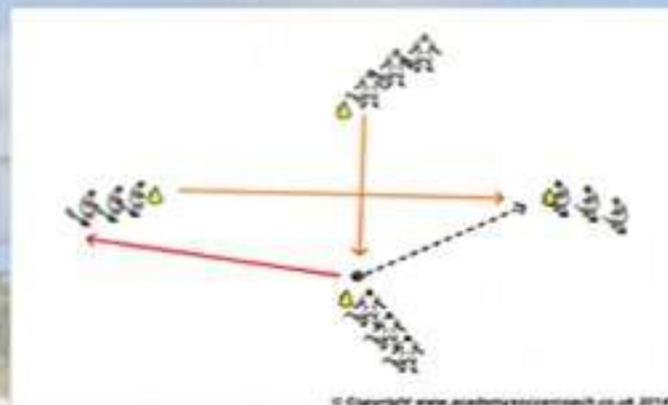
Rules:
-The 10 blues in one half defend the goal. They leave one player in the attacking half.
-The whites try to score using their overload.
-If the blues win the ball they can break and attack the 3 yellows.
-I had it that only a certain amount of blues could break asking the rest of the blues to remain secure.

Progressions:
-During the game add a new ball anytime meaning the previous ball is dead.
-Reduce or increase the number of players allowed to counter.





MEN'S U20's NATIONAL TEAM SESSION



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Structure:

-Set up the area as above keeping the distances roughly 8-10 yards.

Rules:

- If the ball is in front of the player they press.
- The player receiving the ball must pass left and run right or vice versa.
- The process continues. I would maybe run this in hands first.

Progressions:

- Get players pressing to block a pass and then apply pressure making the play predictable.
- Once the player has blocked a pass, applied pressure they can now track the runner.



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Structure:

-Set up the area as suiting the ability and numbers of players.

Rules:

- Coach calls a third of the pitch 'Middle Third'.
- The team in possession can only score from this third.
- As the game continues the coach keeps changing the thirds 'Defending third or attacking third'.
- The defending team will now experience defending deep, very deep and high press.

Progressions:

- Players can score anywhere they like however if the defending team win possession in their chosen third they get a point.



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Structure:

- Full pitch
- Good ball supply.

Rules:

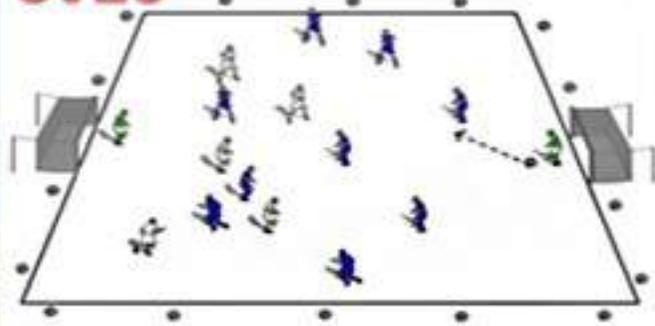
- Whites play whatever formation, style, tactics they choose.
- Blue team defend however they want in their own half however they must be man for man in the opponents half.

The opposition decided to play long ball as a result of this condition. The blues then decided to let them have 2 free passes and then go man for man. Now they were winning the ball near the goal and creating chances.



MEN'S NATIONAL TEAM SESSION #1

6v10



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Structure:

- Set up suitable for numbers and ability.
- Good ball supply.

Rules:

- Play a game for 12 minutes.
- Whites have 6 players.
- Blues have 10 players.
- I always ask the team with less players if they want a 1 goal lead, it's up to them if they take it.
- Once the game has finished, play again using same teams or change teams.



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Structure:

- Set up suitable for numbers and ability.
- Good ball supply.

Rules:

- Blues against whites and players can go wherever they like.
- The only condition is players must visit the wide areas twice before they score.
- They can visit the same wide area or switch the play.
- They must do this every time they regain possession.

Progressions:

- One goal for visiting the wide areas twice before scoring.
- Two goals if a player changes his mind and identifies a gap centrally, scoring without visiting the wide areas.



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Structure:

- 2 pitches suitable for numbers and ability.
- Good ball supply.

Rules:

- Split your players into two teams.
- Once you know the numbers you can design 4 matches as below:

- Game 1 -Pitch 1 8v6 Pitch 2 5v7
- Game 2 -Pitch 1 5v9 Pitch 2 8v4
- Game 3 -Pitch 1 5v5 Pitch 2 7v7
- Game 4 -Pitch 1 8v7 Pitch 2 5v6

- Play one game at a time and it is up to the players to split their team as they wish.
- Play each game for 4-10 minutes.
- If a team wins they get one point.
- If the winning team keep a clean sheet they get two points.





MEN'S NATIONAL TEAM SESSION #2



Structure:

-Set up suitable for numbers and ability.

Rules:

- The first team to score in the main goal wins the game.
- To take control of the main goal, first a team has to score in their opponents goal across the pitch.
- The team that scores across the pitch then tries to score in the main goal. The opponents goal keeper must run to the goal as fast as possible.
- This leaves one team to score in the main goal and the other working across.
- If the team working across the pitch score, they then take control of the big goal leaving the opposition having to score across the pitch once again.



Structure:

- Set up suitable for numbers and ability.
- Good ball supply.

Rules:

- The blues attack the white 3v2.
- As they cross the half way line another white player joins in from the side to make it 3v3. They must run around the mannequin.
- As the blues enter the opposition half two more blues join the other end ready to defend the next phase.
- Once the blues 3v2/3v3 is finished the same process continues. The blues who just attacked drop out and the whites who just defended break 3v2.
- You can use all sorts of numbers.



Structure:

-As shown on the diagram.

Rules:

- Yellows and whites have a fight in the 18 yard box.
- The team in possession of the ball, can only score once they visit the blues on the outside and receive it back.
- If the other regain possession they must then go through the same process before scoring.
- The blues play off one touch.
- We did first team to win 5 matches.



MEN'S NATIONAL TEAM SESSION #3



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Structure:

-Set up suitable for numbers and ability.

Rules:

- Whites and blues having a fight in the middle.
- Whites scoring in one goal and blues the other.
- If the blues have the ball in their half, whites must win the ball and transfer it to their side.
- Reds act as bounce players and must play off one touch.
- We played first to score 2 goals.
- 1 goal if all the defending team are in their defending half and 2 goals if they are not all in.



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Structure:

- Set up suitable for numbers and ability.
- Good ball supply.

Rules:

- 1v1
- Blues play applying any tactics and style they want.
- The whites however when defending must have everyone behind the ball within 3 seconds except one player. It doesn't matter who it is.
- If they do not get behind the ball the blues get a goal.
- If the blues have possession in the whites defending third then all whites except one player must be in the defending third not behind the ball.



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Structure:

-As shown on the diagram.

Rules:

- Blue have 15 players against the whites who have 8.
- The whites have the same 3 second rule as the previous game.
- The blues condition is that the player on the ball must always have four passing options. If this does not happen immediately then the whites get a goal.
- I always offer the team with less players a 1-0 or 2-0 head start. It's up to them if they take it.





BOY'S U12's NATIONAL TEAM SESSION



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Structure:

-Set up the area as above varying the distances depending on ability and numbers.

Rules:

- 4-5 players in each team.
- Each team has their own ball and they must transfer the ball end to end.
- They must visit both boxes at each end by passing the ball sideways.

Progressions:

- How many times can they transfer the ball end to end in one minute?
- Can you make a forward pass followed by a backwards pass?
- Can you perform a skill when required?



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Structure:

-Set up the area as above.

Rules:

- 4 teams in one area.
- Blues v yellows across the pitch.
- Greens v whites up and down the pitch.
- Make sure there is a good ball supply.
- if the coach calls 'change' then the blues and yellows play up and down the pitch and whites and greens play across.
- The coach calls as many times as they like.



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Structure:

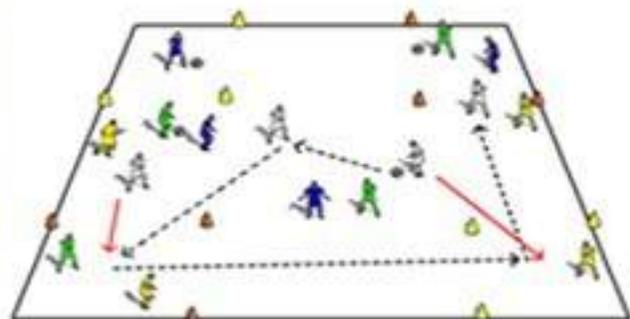
- Same as the previous game however there are no bibs and players must play in silence.
- if a player makes a sound it is a free kick to the other team.

Street football is the most natural form of education and this is a great way to replace it in your session.





BOY'S U9's NATIONAL TEAM SESSION



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Structure:

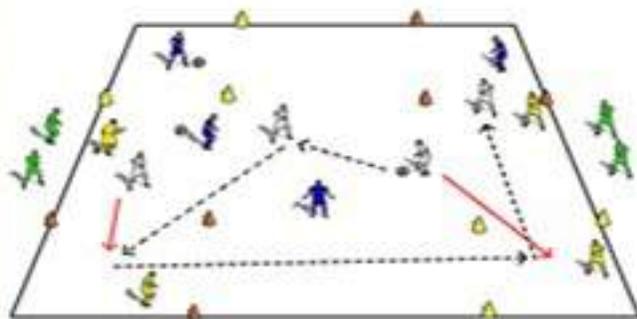
-Set up the area as above varying the distances depending on ability and numbers.

Rules:

- 4-5 players in each team.
- Each team has their own ball and they must transfer the ball end to end.
- They must visit both boxes at each end by passing the ball sideways.

Progressions:

- How many times can they transfer the ball end to end in one minute?
- Can you make a forward pass followed by a backwards pass?
- Can you perform a skill when required?



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Structure:

-Same as previous

Rules:

-Same process as the previous game with each team having their own ball and transferring it end to end. They must complete both boxes at each end.

Competition:

- Each team has a turn of becoming defenders.
- Notice the greens going first. The other teams must retain possession of their ball. If they lose possession they get another ball and continue.
- If the defenders win the ball they must make 3 quick passes and leave the ball.
- Play for 2 minutes.



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Structure:

-2 pitches suitable for numbers and ability.
-Good ball supply.

Rules:

-Split your players into two teams.
-Once you know the numbers you can design 4 matches as below.

Game 1 -Pitch 1 8v6 Pitch 2 5v7

Game 2 -Pitch 1 5v9 Pitch 2 8v4

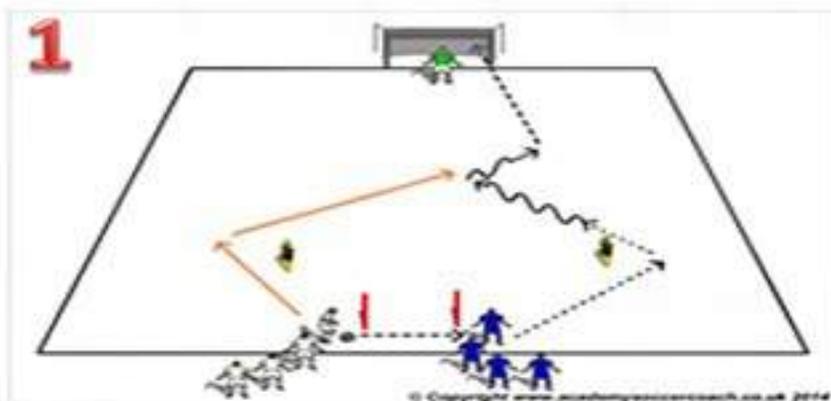
Game 3 -Pitch 1 5v5 Pitch 2 7v7

Game 4 -Pitch 1 8v7 Pitch 2 5v6

- Play one game at a time and it is up to the players to split their team as they wish.
- Play each game for 4-10 minutes.
- If a team wins they get one point.
- If the winning team keep a clean sheet they get two points.
- Team with the most points wins!



1v1 COACHING PRACTICES



Process:

- White player passes to the blue.
- The white player then runs around the mannequin whilst the blue player dribbles around the other.
- It is then 1v1 towards goal.



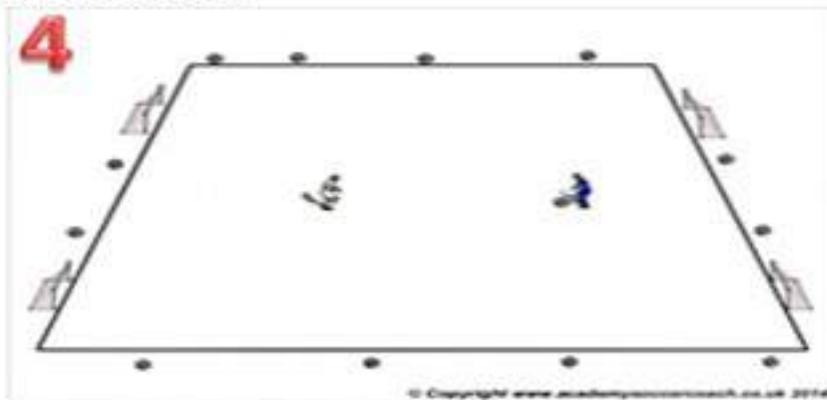
Process:

- It starts with the white player attacking against the blue defender.
- As soon as that ball is dead the defender returns to his team whilst the white attacker now sprints across to defend.
- The process repeats.



Process:

- Players must stay in their areas.
- It starts with the whites 4v2 against the blue. They must make 10 passes and release the ball wide.
- The winger must beat the full back 1v1 and provide a cross for the striker who is also 1v1

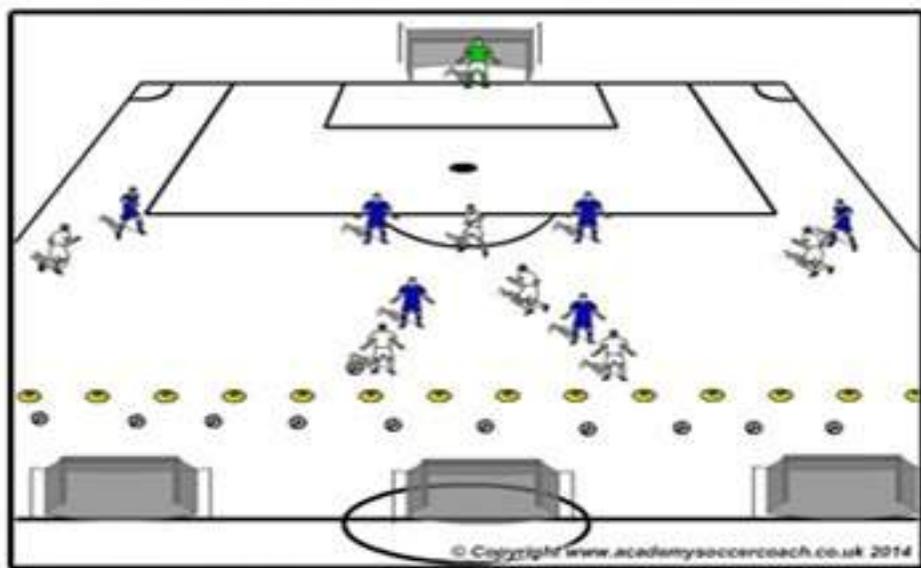


Process:

- White player attacks the two goals left to right with the blue player going the opposite direction.
- First player to score 5 goals.



POSSESSION IN THE FINAL THIRD



Structure:

- Set up the area as above suiting the needs of your players and numbers available.
- Play around with various formations.

Rules:

- The attackers collect a ball and attack the goal.
- They obviously are trying to score in the goal.
- If the defenders win the ball they must try and hit one of the nets on the full (no bounce).
- The ball is always live unless it leaves the pitch. If this happens the attackers collect another ball.
- When they run out of balls that's your time to ask exploratory questions.

Progressions

- Change formations
- Add conditions.



Structure:

- Set up the area as above. It can obviously be 7v7, 9v9 etc.

Rules:

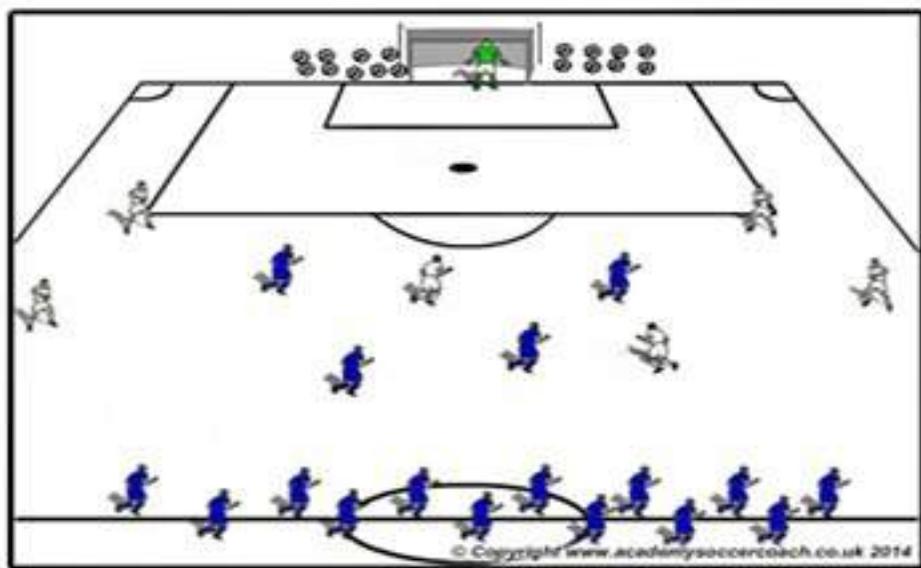
- The game starts with two CB's passing the ball back and forth to each other.
- They must play the ball in to the box when possible. If the ball goes in to the box it can go back to the CB's only once.
- In the box you can see the half line runs through the middle. The challenge is for the midfield to not all be in the same half.
- One midfielder player can leave the box and drive in to the final third.
- The game is then the same as the previous game.
- If the opposition win the ball they must try and hit one of the nets on the full (no bounce).

Progressions:

- Change formations.
- Add recovering runners.



PLAYING OUT FROM THE BACK



Structure:

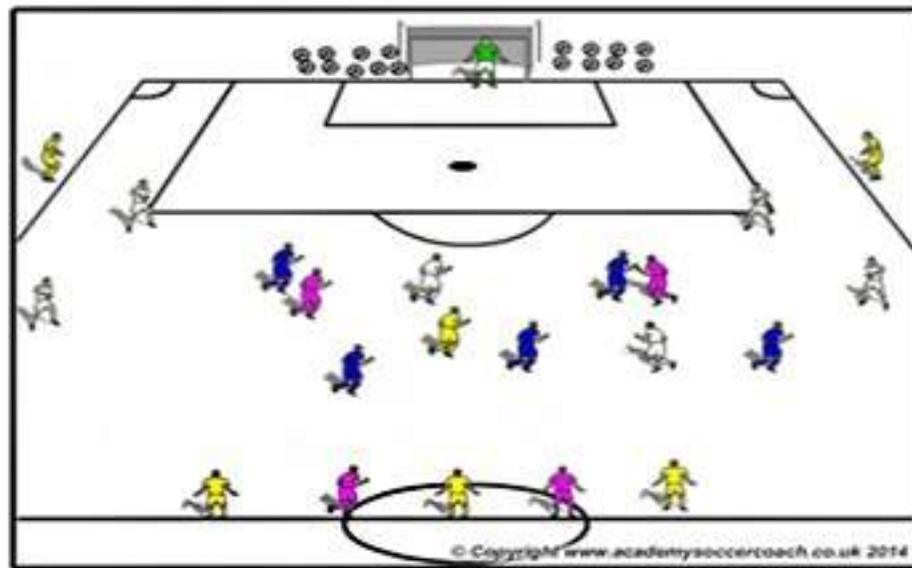
- To keep it as realistic as possible use half the pitch.
- Good ball supply.

Rules:

- The game can start with a goal kick, coach sending it in to any white player or the blues attacking the goal.
- I would mix up the starting mechanism to keep players guessing.
- The whites have to dribble the ball past the half way line.
- On each phase the coach sends different numbers of blues.
- The whites may play out against 3 blues one minute then 6 the next.
- If the blues win the ball they can go for goal.
- When the ball is dead the blues retreat to the halfway line.

Progressions

- Get the blues to press/drop/man to man
- Change formations
- Change formations



Structure:

- To keep it as realistic as possible use half the pitch.
- Good ball supply.

Rules:

- Similar to the previous game.
- The whites are in place to try and play out from the back.
- The white will try to play out against the yellows, pinks and blues one team at a time.
- Notice the yellow, pink and blues have different numbers of players which the whites have to notice.
- In the diagram the whites are playing out against the blues.
- The two teams that are resting (pinks and yellows) can rest wherever they wish.
- The idea behind this is that they can effect play immediately when it is their turn.

Progressions:

- Get pinks to press, yellows to drop and blues to do what they want.



PASSING TO FEET - PASSING TO SPACE



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Structure:

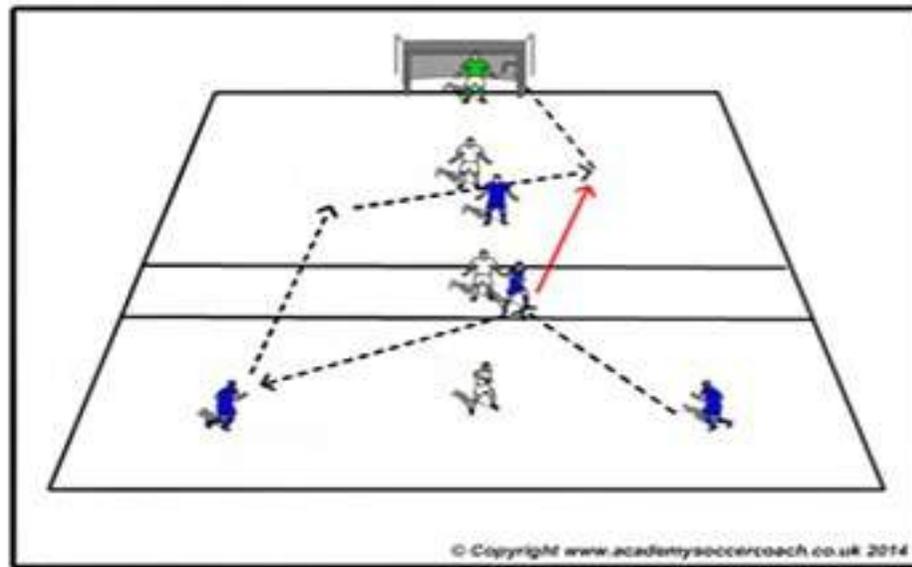
-Set up the area as above suiting the needs of your players and numbers available.

Rules:

- The blues are attacking in the front zone with the whites defending.
- If the whites score 3 times in the small goals they then attack with the blues defending.
- The idea is for the blues who are attacking to try and play a ball in behind the mannequin for the striker.
- The yellow striker looks to receive the ball in behind.
- Once through they go 1v1 against the goal keeper.

Progressions:

- Change the numbers.
- Get one of the attackers to drive out the grid with the ball.



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Structure:

-Set up the area as above suiting the needs of your players and numbers available.

Rules:

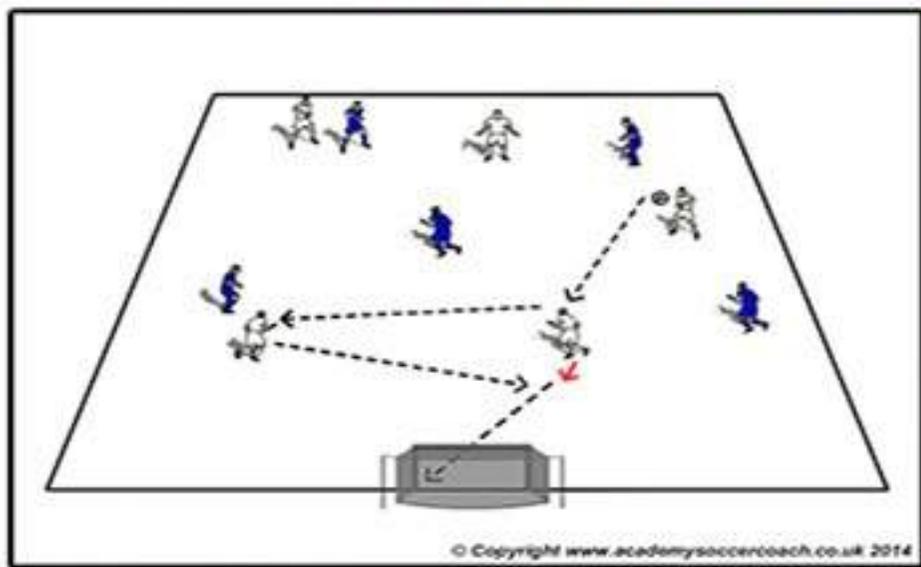
- The blues are attacking.
- They must try and get the ball to the striker.
- They can do this by going direct or playing with the midfield player.
- The white and the blue players in the middle channel must stay in their zone, however when the ball hits the striker the blue attacker can join in to make it 2v1.

Progressions:

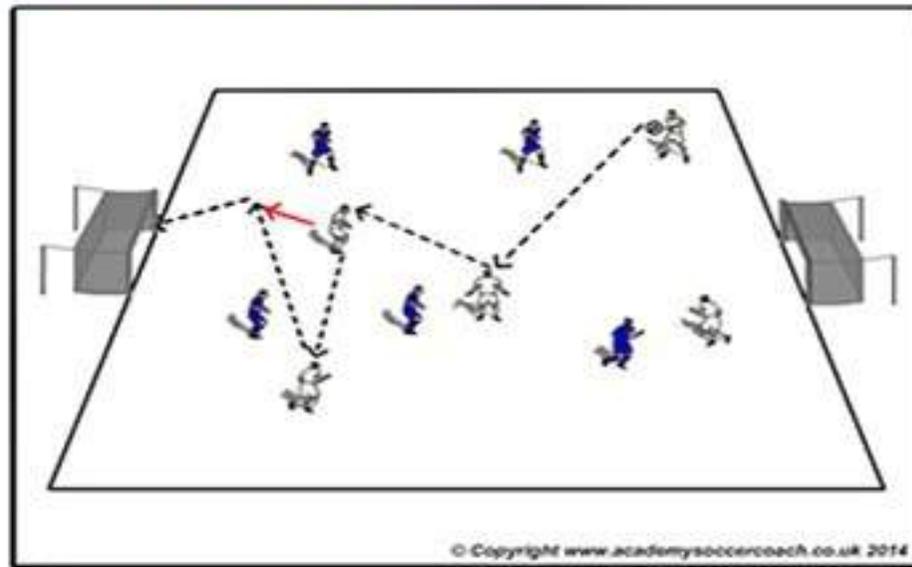
- Change the numbers.
- Add recovery runs.



FUN WARM-UP GAMES



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Structure:

-Set up the area as above suiting the needs of your players .

Game 1: 1st to 20 consecutive passes

-Team mates pass the ball through hands.

-A player receiving the ball must control the ball legally and then catch it.

-Defending team only have to catch the ball to regain possession.

Game 2: 1st to make 10 one touch passes

-Team in possession continue to pass through hands and control the ball legally before catching it.

-The receiving player can either:

1. Secure the ball (control and catch)
2. Pass the ball to a team mate using one touch.

Game 3: 1st team to score 10 goals -The player receiving the ball can either:

1. Secure the ball (control and catch)
2. Pass the ball to a team mate using one touch.
3. Score in the goal one touch if they received a one touch pass.

Structure:

-Set up the area as above suiting the needs of your players and numbers available.

Rules:

-The blues are attacking.

-They must try and get the ball to the striker.

-They can do this by going direct or playing with the midfield player.

-The white and the blue players in the middle channel must stay in their zone, however when the ball hits the striker the blue attacker can join in to make it 2v1.

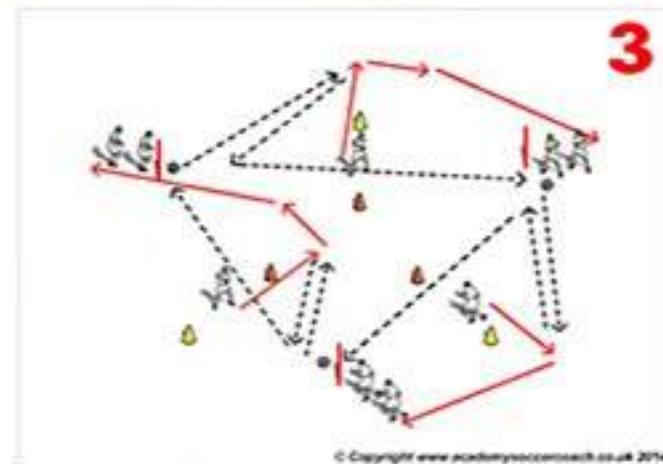
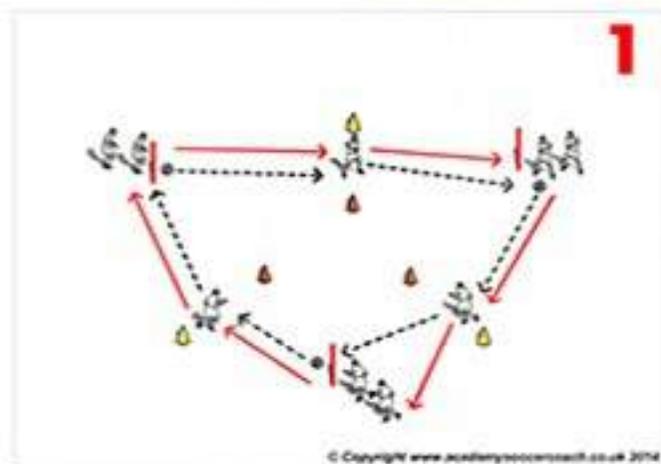
Progressions:

-Change the numbers.

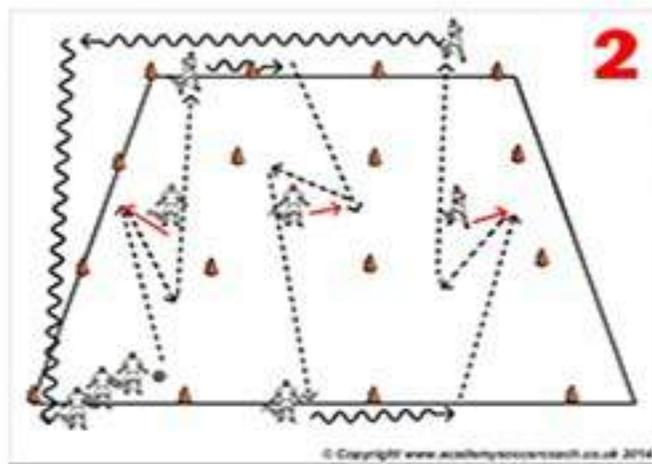
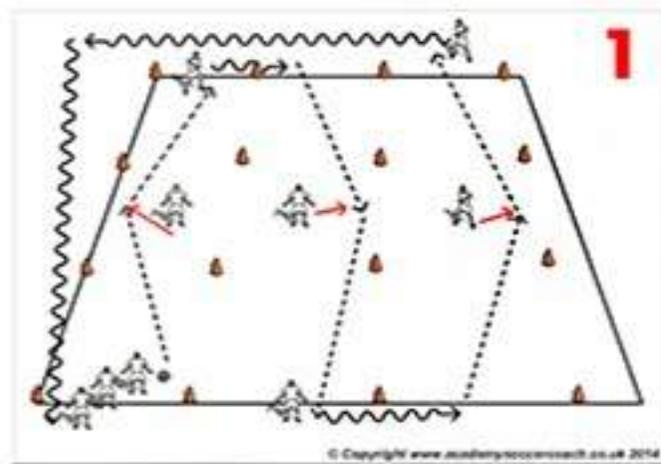
-Add recovery runs.



PASSING & RECEIVING DRILLS

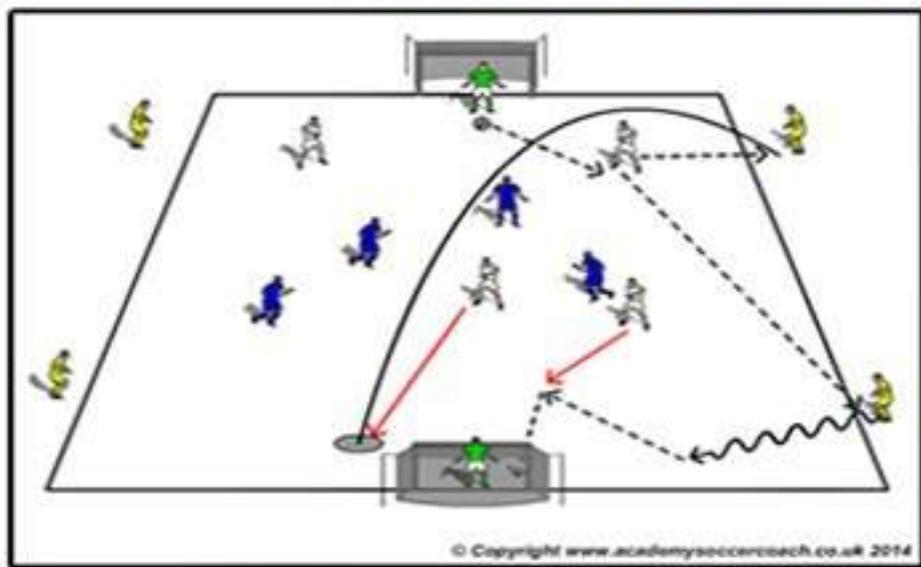


In both passing and receiving drills, whoever releases the ball follows their pass. I fully understand players may find them boring, however get them to set personal challenges. An example may be to not make a mistake, increase heart rate etc.





CROSSING & FINISHING



Structure:

-Set up the area as above suiting the needs of your players and numbers available.

Rules:

- Blues and whites fight in the middle.
- In the middle they are only allowed a maximum of 5 passes, the ball must then go out to any of the yellow bounce players. The ball can go out before the maximum 5 passes.
- The team in possession can score centrally before they make 5 passes.
- If a yellow receives the ball in the attacking teams own half, they must deliver a cross from deep.
- If a yellow receives the ball in the attacking teams oppositions half, they must drive in towards the goal looking for cut backs or the death pass.



Structure:

-Set up the area as above suiting the needs of your players and numbers available.

Rules:

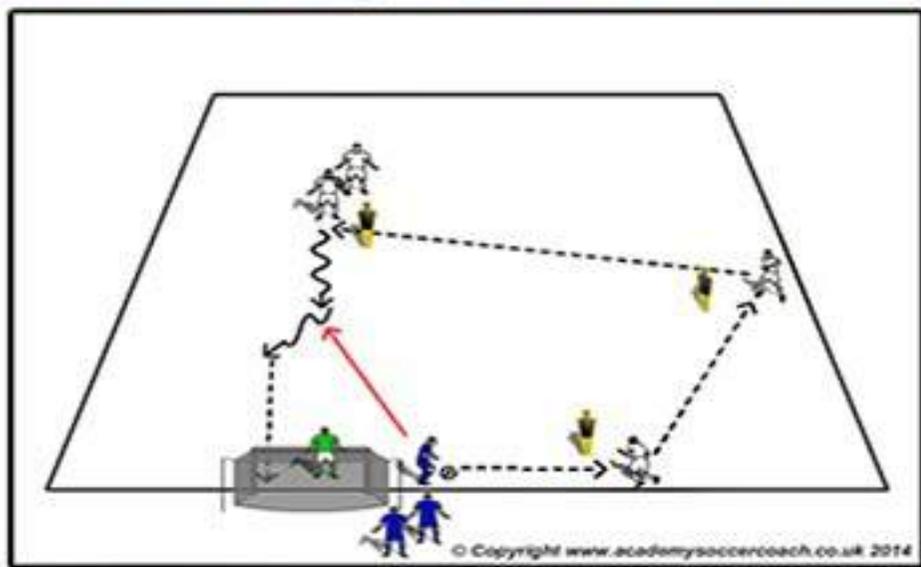
- Blues and whites fight in the middle.
- Each team must score from a cross.
- The blues and whites look to find the reds.
- If a red receives the ball in defending half, they must try to play in a runner in the box ahead as shown on the diagram.
- If they receive the ball in the opposition half then they can deliver the cross as shown on the diagram.

Progressions

- If a team score centrally (without going wide) they get 1 pt.
- Scoring from a cross is 3 points.
- 1st team to score 10 points.



INTENSE, ENJOYABLE SESSION STARTERS



Structure:

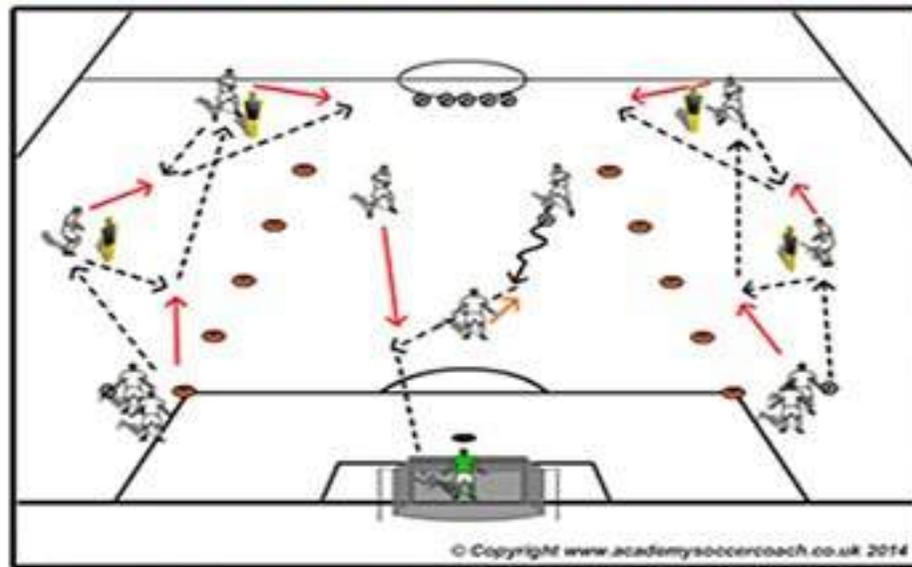
-Set up the practice as shown in the diagram. -Change the distance depending on your aims.

Rules:

- Blues defend and whites attack 1v1.
- The blue defender passes the ball to white to start the practice.
- The whites then pass the ball around the mannequins.
- They must follow their pass.
- As the ball is going round the circuit the blue defender moves forward to have a fight 1v1.

Progressions

- Change the angle of approach for defenders and attackers.
- Change the passing patterns.



Structure:

-Set up the practice as shown in the diagram. -Change the distance depending on your aims.

Rules:

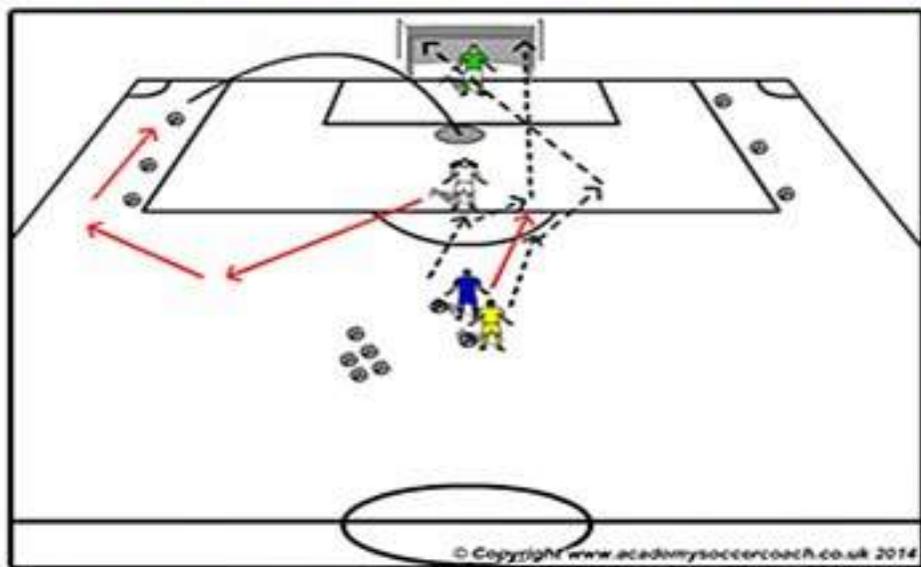
- The whites on either side of the 18 yard box start the practice.
- Each side go through a passing pattern and work the ball to the top.
- The whites follow their pass.
- When they get to the top there is now a 2v1 towards the goal.
- There are no bibs as it would slow the session down.
- Two white attackers fight against one white defender.
- Whoever has the final shot at goal or loses possession become the defender for the next 2v1 whilst the remaining defender and attacker join either side for the process to continue.

Progressions

- Change the numbers, patterns etc.



VARIETY OF FINISHING PRACTICES



Structure:

-Set up the area as above suiting the needs of your players.

Rules:

- The blue player plays a one two with the white player, ending with the blue player taking a shot at goal.
- The white player then bends their run to either side of the 18 yard box.
- Whilst the white player makes their run, the yellow player plays a one two with the blue player and then produces a shot on target.
- Once the blue and yellow player have had their shots, they then enter the box to finish a cross from the white player.
- Repeat process with players rotating the roles.

Progressions:

-Add defenders. -Change the process.



Structure:

-Set up the area as above suiting the needs of your players.

Rules:

- Both strikers take it in turns to run in behind for a one on one with the keeper.
- As soon as both one on ones are finished they then try and finish a cross from either side.
- Players can either move to the next part in the sequence or return to the same station.

Progressions:

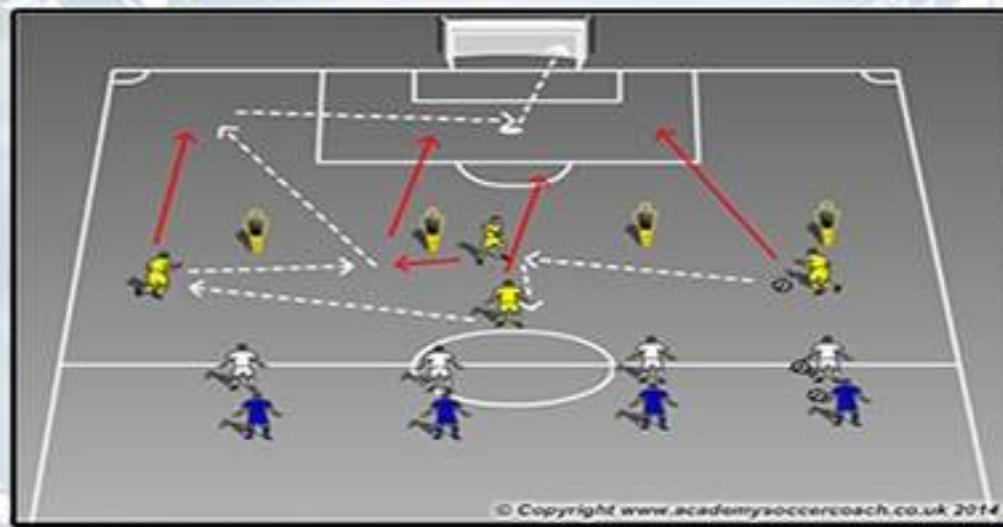
- Add defenders.
- Deliver a variety of crosses.
- Change it to a diagonal pass and straight run.



RECOVERY SESSION



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Structure:

-Set up the area as above suiting the needs of your players and numbers available.

Rules:

- Three teams.
- It is the first team to hit their pole.
- The first players attempts to hit the pole.
- They then run to the pole to receive the next pass.
- The player receiving the pass dribbles the ball back and gives it to the next player,
- The process continues until there is a winner.

Challenges:

- Move the pole closer or further away.
- Hit the pole on the floor or on the full.
- Passing combinations when returning the ball.

Structure:

-Set up the area as above.

Rules:

- 3 teams, they do not have to be evenly split.
- The yellows pass and move towards goal.
- They can only go past the mannequins once they have completed 15 passes.
- Once the yellow have an attempt at goal they then travel back to the half way line passing and moving once again.
- Whilst the yellows are on their way back the next team set off making 15 passes before they have their attempt at goal.
- The idea is that this create traffic.
- This process continues.

Challenges:

- Forward pass, followed by a backwards pass.
- Visit both sides of the pitch before beating the mannequins.

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