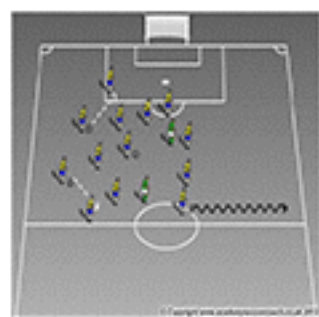


GRASSROOTS TRAINING DRILLS

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EVERY SESSION OF 2016



TRAINING SESSIONS CREATED BY



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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 UEFA Pro Licence 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 2016 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 five 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 – UEFA PRO LICENCE COACH

"Louis Lancaster - 2016 proved a very exciting year for Louis. Working at a Premier League Academy as an individual coach, completing the prestigious UEFA Pro License and making the move to China as a first team coach for Shanghai Shenxin FC. Louis has coached at all levels of the game and is extremely proud of the time he has invested in developing himself. Although highly qualified and having a wealth of experience Louis only considers this one part of his journey. He actively seeks opportunities to develop the quality and breadth of his coaching. This has been instrumental in helping Louis formulate a clear coaching philosophy, develop tactical experiences and expose him to new thinking, especially around player development. Louis has been fortunate enough to meet many amazing people in and out of the game and feels that is time to give something back to the football community."

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POSITION SPECIFIC - FULL BACK



Process:

- The FB starts by having 10 quick touches of the ball from the pole to the mannequin.
- They must move the ball outside the line of their body, like moving in a zig zag.
- They then play a one two around the mannequin.
- The delivery must go over the first set of goals and into the far set.
- By all means look to add a variety of crosses.

Process:

- Defender vs attacker.
- Each player must stay their side of the line.
- The attacker tries to hit the far set of goals.
- The defender tries to block the cross.
- There is no tackling.



Process:

- Similar to the previous sessions, however the ball is played out to the wide player.
- The defender moves as the ball does.
- Again the attacker tries to deliver the ball in to the far set of goals.
- The defender tries to prevent the cross.
- Normal game rules apply.





POSITION SPECIFIC - CENTRE BACK



Process:

- The two white players in front of the small goal pass the ball back and forth to each other.
- Whilst the ball is moving the yellow defenders must move laterally and mark the mannequin on the correct shoulder.
- At any time the two whites can hit the ball in to the small goal which means all the yellow press and move forward to the next mannequin.
- As the defenders go through the process they will eventually come up against a player.
- They must prevent this player turning and even better try to intercept the ball when required.

Process:

- The white player on the ball has two choices.
- He either leaves the ball in the centre circle for the striker to pick up and attack 1v1 or he can try and release the striker in behind.
- The defender must identify when to step, drop or hold.



Process:

- The two whites pass the ball back and forth to each other.
- At any time either of them can take a forward touch towards goal and produce a shot.
- The defender must be taking snap shots of the situation and look to block any shot at goal.





POSITION SPECIFIC - CENTRE MIDFIELD



Process:

- The yellows play against the whites in the square 3v2. By all means change the numbers to suit your formation.
- It is important that the yellows always have players in front and behind the whites.
- At the right time the yellows must try to break the line.
- As soon as the players receives the ball they must turn and look to play a key pass to the striker.
- Once the striker receives the ball they have 3 seconds to score.

Process:

- The four whites try to move the ball end to end (top to bottom).
- They can either split the yellows down the middle or go through the side men.
- The yellows try to prevent forward passes and keep the ball in front of them and not behind them.



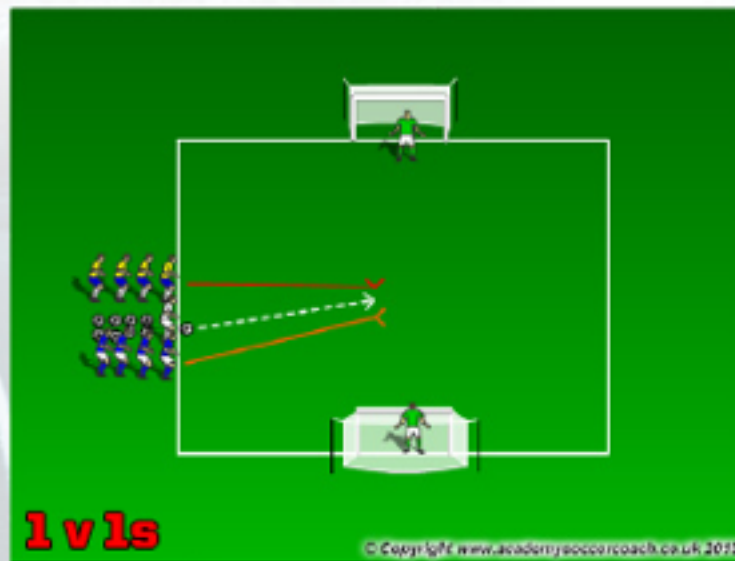
Process:

- The two whites pass the ball back and fourth to one another.
- At any time they can release the ball into the small goal.
- The yellow must block the goal and then apply pressure to the ball. Now and then the whites throw in a loose pass which the yellow player must pounce on and then produce a shot towards goal.





POSITION SPECIFIC - FORWARDS



Process:

- The coach plays the ball in to the area.
- The blue and yellow compete for the ball and try to score.
- They can score in either goal.
- That ball is dead once someone scores, the ball leaves the pitch or a player protects/shields the ball.
- Players are not allowed to pass to the goal keeper.
- As soon as one go finishes another starts.
- Progress to making it directional with players scoring in a designated goal.

Process:

- A variety of deliveries are played in and around the goal.
- The striker is to pounce on every ball and try to score.
- They maybe able to shoot straight away or they might have shift the ball.



Process:

- The yellow player receives the first pass and roles the mannequin to produces a shot at goal.
- Once they produce their first shot the coach plays in 3 balls one after each other for the player to pounce on.





POSITION SPECIFIC - WIDE PLAYER



Process:

- The yellow winger releases a pass to white player.
- The white player is effectively a full back.
- The wingers role is to work back to prevent the white player scoring.
- Not only can he prevent them scoring, can he regain possession and attack the goal at the opposite end.

Process:

- The coach releases the ball out wide to the winger.
- The wingers must try to release the ball in behind the mannequins in to the small goal.
- Players will try and creep forward however it is important to pin them back.



Process:

- The coach releases the ball out wide to the winger.
- They are now 1v1 against the defender.
- They can go inside or outside.





POSITION SPECIFIC - No. 4



Process:

- The yellows attack up the pitch.
- The whites attack down the pitch.
- To start with each team must go through the purple player (your no.4)
- The no.4 must look to always be available within their channel.

Progressions:

- Add a man marker to encourage the no.4 to work smarter to become a free man.

Process:

- The whites and the yellows pass the ball to each other trying to get it end to end.
- When transferring the ball can they try to hit the yellow player.
- Your purple no.4 tries to prevent forward play.
- They must whatever happens stop the yellow player receiving the ball.



Process:

- 8v8 game
- Challenge your no.4 to play forwards at every opportunity.
- For every forward successful pass give a point.
- Ask the right questions in how to get more points and then play again.

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POSITION SPECIFIC - No. 10

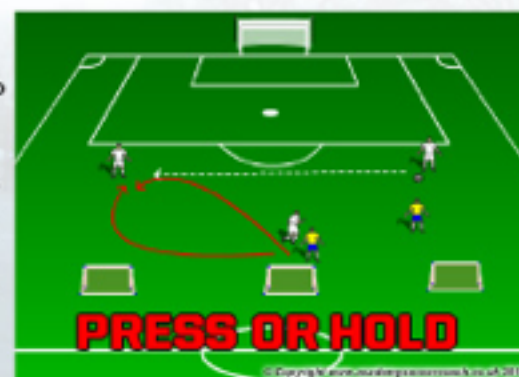


Process:

- The yellows always attack.
- The whites always defend.
- The game starts with the keeper releasing an aerial ball to the yellow for a 1v1.
- Once the 1v1 has finished another yellow plays in to create a 2v1.
- Once the 2v1 has finished another yellow plays in to create a 3v2.
- Another white defender also comes out.

Process:

- The whites and the yellows pass the ball to each other trying to get it end to end.
- When transferring the ball can they try to hit the yellow player.
- Your purple no.4 tries to prevent forward play.
- They must whatever happens stop the yellow player receiving the ball.



Process:

- 8v8 game
- Challenge your no.10 to receive the ball in between the opposing defence and midfield.
- Every time they receive in between give them a point.
- Give them two points if they play forward and receive and then play forward.



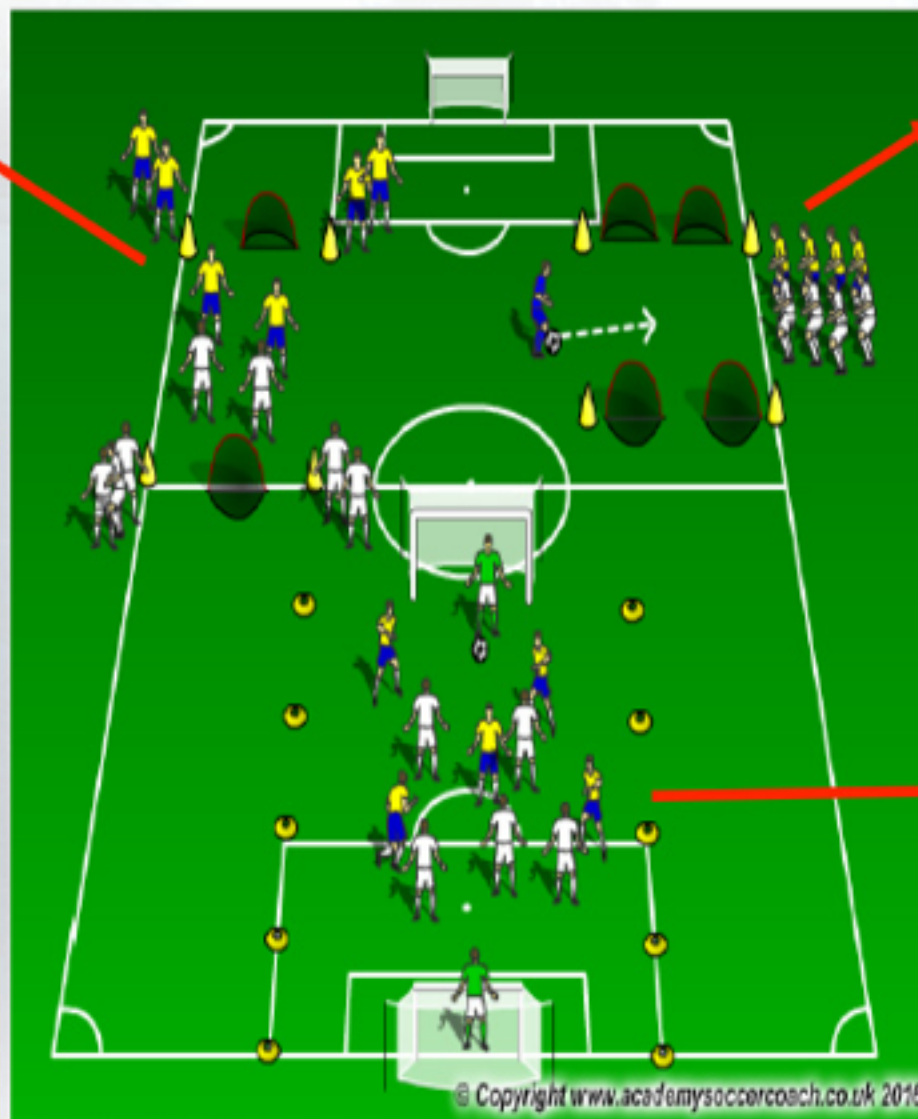
CAROUSEL

2v2:

- We played four periods of two minutes.
- 2v2 in the middle.
- If a team score they get the next ball.
- If nobody scores then the team to sprint back to their own line first receives the next ball.

Process:

- Split all your players into 2 teams.
- Each team then divides their team into 3 teams and place each team at one of the three activities.
- 5v5 game
- 1v1s
- 2v2s
- The whites stay at the end of each practice whilst the yellows move round.
- Once the yellows have visited each practice the whites the move round.



1v1:

- The coach plays in the ball.
- The whites try to score in the goals to the right.
- The yellows try to score in the goals to the left.
- After 2 minutes change sides and repeat this twice.
- Team with the most goals wins!

5v5:

- We played four periods of two minutes.
- Some periods were conditioned whilst others were free play.
- Make sure you have a good ball supply.

Training session
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Level 5 coach



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NEXT LEVEL CONDITIONS

6 Pass Rule (Possession)

-Once the team in possession score, they must complete 6 successful passes for the goal to stand.

6 Pass Rule (Pressing)

-Once the team in possession score, they must press and prevent the opposition completing 6 successful passes.



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4 pass Rule:

The team in possession must enter the opposition half within 4 passes.

The team in possession who make the most successful passes in 20 minutes wins the game. Every goal scored adds 10 passes to the total.

Transition

The coach is loaded with footballs and can release a new ball in to the game at any time.

Set Plays:

At any time the coach can award set plays to either team. Each team has 5 set plays which they use at their discretion.

The Game Changer:

9v9 with two floaters.
If a team score they get 1 goal.
If they play go through the floater they get 3 goals. The floater however can give the ball back to any team!

Back Court Violation

Once the team in possession cross the half way line they are forced to stay there.

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PURPOSEFUL POSSESSION



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Coaching Pointers:

Dispersal: Length, width and depth.

Support: Always be available.
Forward, inside and backwards options.

Movement: Become a free man.

Penetration: Think forward, try to play forward.

Security: Thinking about regaining possession whilst in possession.

Game 1:

- Play for a period of twenty minutes.
- The team that makes the most successful passes wins.
- Any goal scored adds ten passes to the total.

The idea is to get the players to enjoy the ball. They will naturally start to move it quicker.

Game 2:

- No time limit.
- First team to 150 passes wins the game
- Any goal scored adds ten passes to the total.

The idea is that as the total increases the pressure and intensity from the defending team will increase.
You can either reduce the pitch size.

Game 3:

- No time limit.
- First team to 300 passes wins the game.
- Passes in your own half count as one.
- Passes in the oppositions half count as two.
- Any goal scored adds ten passes to the total.

This will encourage the team in possession to play higher up the pitch.

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MOTIVATING PLAYERS FOR SET PLAY



To be considered:

-Same a previous concerning strengths and weaknesses.

Rules:

Allow free play for 1 minute once the corner has been taken.

Players really enjoyed this and the feedback was excellent



To be considered:

-Attacking corners.

-Identify opportunities to score, retain possession in the oppositions half and prevent being countered.

-Deploy you players considering your strengths and weaknesses.

Rules:

Allow free play for a period of time once the corner has been taken. This will allow realism and motivate players throughout.



To be considered:

-Same a previous concerning strengths and weaknesses.

Rules:

Play 11v11 for 3 periods of 20 minutes.

Round 1: Set play on coaches command.

Round 2: Set play every 4th time the ball leaves the pitch.

Round 3: Each team has 6 corners and they decide when they would like to take them.

ATTACKING CENTRALLY



Process:

- Normal rules apply, however the only difference is the pitch shape.
- This shape naturally forces the team in possession inside the pitch.
- Depending on your returns for the session and players add offside -lines.
- High lines to exploit space in behind.
- Deep lines to give opportunities to beat the block.

Process:

- Normal rules apply, however the only difference is the pitch shape.
- This shape naturally forces the team in possession inside the pitch.
- Depending on your returns for the session and players add offside -lines.
- High lines to exploit space in behind.
- Deep lines to give opportunities to beat the block.



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