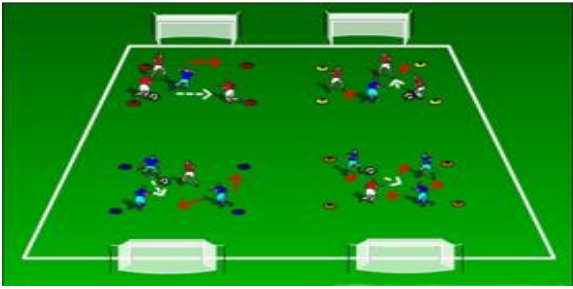







Age group	session length	Topic	
U 8+	90 mins	Attacking skills –play the killer pass	
Main Coaching points & progressions			Organisation Warm up: Set up as picture. This set up will be used for all session until match. In the squares depending on number a 3v1 situation takes place where the attackers try to pass and keep the ball away from the defender. If they make 5-10 passes depending on age and ability they get a goal. If the ball goes out of the square or the defender wins it they change with the player who lost the ball. For older and better groups you can limit the touches to 2 touches and even 1 touch after some time.
Key points <ul style="list-style-type: none"> •Play the ball quickly •Movement off the ball to create angles for team mates to pass the ball •Communication. 			
Main Coaching points & progressions			
Variations <ul style="list-style-type: none"> •Type of pass of defender winning ball. •More defenders join in to win the ball back if the attackers keep the ball for 2 goals. <ul style="list-style-type: none"> •The ball is dribbled back across but the defender going to the square can win it back in transition. •Make the gap between squares realistic for age, ability and type of pass you want them to use. 			Organisation Warm up cont... Now 2 squares link up together as in picture vertically. There is a team of reds and a team of bibs. Reds start with the ball in their square and keep possession. The bib team sends one player to try and win the ball. If the player wins the ball he must transfer the ball to his team's grid and join them to keep possession. If this happens the reds send a player to win back the ball. For older groups you can vary the pass across to a chip or lofted pass or a dribble under pressure from the defender heading to the square to win the ball. Again 5-10 passes equals a goal. If the attacking team scores 2 goals without losing the ball either the defender switches with a team mate or another defender joins him/her to help and make it more of a challenge for the attackers.
Main Coaching points & progressions			
Coaching points; 2v1s. Draw the defender in before making the pass. Movement and communication			
Main Coaching points & progressions			Organisation Drill 1 2v1 pass to box Now the teams are put at opposite ends of the pitch. The defenders line up behind each other in 1 line while the attackers pair up to be placed at either side of the goal. The aim of the exercise is for the attackers to get the ball into the square of the defending team. They can pass or dribble and go anywhere in the area, even the other side of the square, however the ball must be passed into the square and controlled by the team mate to get the point. 1 defender comes out to stop them, but he or she cannot enter the square. If the defender wins it, he/she must dribble the ball to the attackers square to get a point. Rotate so the defenders and attackers swap roles after some time. There are no points for dribbling into the box, it must be a pass.
Main Coaching points & progressions			
Variations and Coaching Points; <ul style="list-style-type: none"> •2v2 runs off the ball, communication, varied passing techniques, skills to beat opponents. •3v2 so attackers have the advantage again. •Defenders can enter the box as well to make it harder. 			
Main Coaching points & progressions			Organisation Drill 2 2v2 To make it more challenging for the attackers make it a 2v2 situation again they have to pass into the box for their partner to score, dribbling in the box doesn't count. Encourage the attackers to use skills and quick passes and runs off the ball are important with different types of passes used to get the ball into the box. You can then add in another attacker to make 3v2 so the attackers are on top again.
Main Coaching points & progressions			
Variations and Coaching Points; <ul style="list-style-type: none"> •2v2 runs off the ball, communication, varied passing techniques, skills to beat opponents. •3v2 so attackers have the advantage again. •Defenders can enter the box as well to make it harder. 			
Main Coaching points & progressions			Organisation Add in the goals to shoot Now the goals are added in. You can start at 2v1 again or just continue with 2v2 or 3v2 depending on what is appropriate. The same game is played with the attackers aiming to pass the ball for their team mate and control it in the square, however once this is successfully done the player in the box can now try to shoot and beat the keeper. Again defenders cannot enter the box. They can only score if they get the ball in the box. You can progress this by allowing the player in the box to pass to their team mate who could be in a better position to score. If the defenders win it they build their own attack to score in the opposite goal.
Main Coaching points & progressions			
No goal keepers to start			
Main Coaching points & progressions			Organisation Conditional game Play a normal match however to score a goal it is one touch finish. Therefore as the ball comes to you, you must shoot directly, if you control the ball you cannot score and must pass to a team mate. This will encourage perfect passes to set up your team mate to score a goal. Continue into a normal match with goalkeepers added.
Main Coaching points & progressions			
No goal keepers to start			
Review			
what went well			
Even better if			
Changes for next time			