



Are You Ready To Play? UK Elite Training Methodology

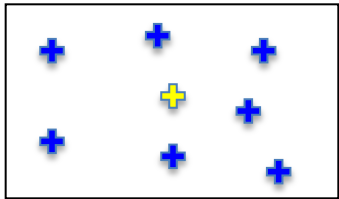
Age: 7 Years **Date:** Session 1 (Week 1 Session 1)
Theme: Ball Mastery
 Inside & Outside of the foot. The cut turn

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Time	Activity	Diagram	Coaching Points
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10 **Traffic Lights** – Players dribble their soccer ball around the grid . The coach holds a red, yellow and green cone, behind their back, frequently holding one of the cones up for the players to see. Green cone = increase speed; Yellow cone = dribble slower; Red cone = stop and put foot on the ball.
Progression: use toe taps, juggles, box passes if players don't react to the change in color quickly.

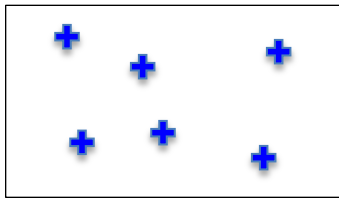


Use laces/inside/outside of foot to dribble.

Change direction to maintain space.

Keep head up to recognize the change in color

15 **Introduction to the cut turn**– players have a ball each and dribble around the area. On coaches command they do the following; (1) stop the ball with the inside of their foot (2) as 1 then dribble off quickly (3) As 1 but pass the ball to themselves and dribble
Progression: call a players name and dribble to them then 'cut turn' away.

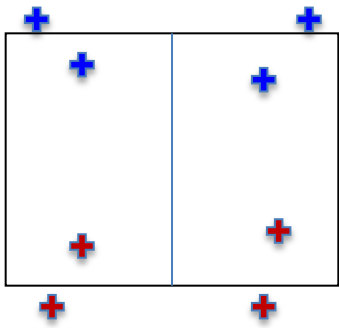


Slow down before turning

Push the ball away with inside of foot

Accelerate into the space

20 **1V1 Unopposed**- Minimum of 2 players start at each end of the channel (2/3 channels per grid depending on number of players). Blues & reds dribble out to the middle at the same time, & perform a cut turn to get past each other. Red then dribbles to Blue line and Blue to Red line and the next player repeat.
Progression 1: Accelerate after the cut turn.
Progression 2: Use weaker foot to perform the turn.

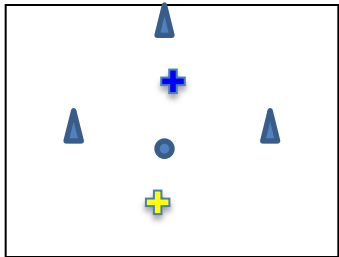


Use inside and outside of foot

Try to change direction quickly to get behind the opposite player

Accelerate after cut.

15 **Fake Out Break Out**– set players up in a 1 vs. 1 ladder. They have two cones 10 yards apart and face each other. One is the attacker with the ball and must try to touch the ball onto a cone, the other is the defender who tries to stop them by placing their foot in the way. Have a Wembley and Red Bull Arena (winners / losers). Players play against each other for 90 seconds, taking it in turns to be the attacker (45 seconds each).
Progression 1: Players can now go forwards to the cone in front when the time is right. As soon as attacker comes forward, def can steal .



Use inside & outside of foot to cut from side to side

Continue all previous points adapted to the games

15 **Scrimmage**
 4 vs 4/5v5 on two small fields. 2/3/4 balls to start.
Progression: 5 mins of 1 ball.

Look to emphasize the coaching points covered in the session





Are You Ready To Play? UK Elite Training Methodology

Age: 7 Years **Date:** Session 2 (Week 1 Session 2)
Theme: Ball Mastery
 The Sole of the foot. The Drag Across turn

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Time	Activity	Diagram	Coaching Points
10	<p>Body Ball– Players dribble their soccer ball around the grid . When the coach shouts a body part, the players have to stop the ball with their feet, and put that body part on the ball. Sometimes coach will shout hand, but players ignore this and continue to dribble. Consequence for using hand. Progression: Call body parts faster, & shout hand now and again. Toe taps, boxes, juggles if they fall for it.</p>		<p>Use laces/inside/outside of foot to dribble.</p> <p>Change direction to maintain space.</p> <p>Keep head up to recognize the change in color</p>
15	<p>Introduction to the drag across– players have a ball each and dribble around the area. On coaches command they do the following; (1) stop the ball with the sole of their foot (2) as 1 then dribble off quickly (3) As 1 but drag the ball to themselves and dribble away Progression: call a players name and dribble to them then 'drag across' and dribble away</p>		<p>Slow down before turning</p> <p>Roll with the sole to change direction</p> <p>Accelerate into the space</p>
20	<p>Unopposed 2v2/3v3 to end zone - Players are in teams of 2/3 over 2 grids. Reds must dribble their ball past blues and stop it on the blue line. Blue's do the same. They then run back to their end line and repeat. Players get bonus points for doing the drag across turn. The team with the least amount of balls on their line wins. Switch teams on grids. Progression: Players must do the drag across turn before leaving the ball on the end line.</p>		<p>Use laces, inside & outside of foot to dribble.</p> <p>Slow down on approach to opposite players</p> <p>Use the drag across turn to move out the way and into space.</p>
15	<p>1v1's- Set up as opposite. Red starts with ball as the attacker who must beat 1 blue defender and stop the ball on the end line. If blue steals, they dribble the ball to the red line. Rotate attackers and defenders after each go. Progression 1: Drag across turn = 5 extra points. Progression 2: Points only given if the drag across turn is performed.</p>		<p>Continue all previous points adapted to the games</p>
15	<p>Scrimmage 4v4/5v5 to 2 goals. 2/3 balls if needed. Progression 1: 1 ball</p>		<p>Look to emphasize the coaching points covered in the session</p>





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Are You Ready To Play?

UK Elite Training Methodology

Age: 7 Years **Date:** Session 3 (Week 2 Session 1)

Theme: Ball Mastery

The inside, outside & sole of the foot. The L-Turn

Time	Activity	Diagram	Coaching Points
10	<p>Zig Zag– Players get in pairs. 1's lead (without a ball to start), and 2's (with a ball) must follow. Tell players to help each other by not going fast, but they can and should change direction. After a short period, rotate the roles of each player & repeat.</p> <p>Progression 1: Both players have a ball.</p> <p>Progression 2: On coaches command, 1's try to accelerate and lose their partner for 10 secs. If they are touching distance point goes to #2, if they are not the point goes to #1.</p>		<p>Use laces/inside/outside of foot to dribble.</p> <p>Change direction to maintain space.</p> <p>Keep head up to see where your partner is going.</p>
15	<p>Introduction to the L-Turn– players have a ball each and dribble around the area. On coaches command they do the following; (1) stop the ball with the sole of their foot (2) as 1 then role the ball back (like a drag back), (3) As 1 & 2 but use the inside of their foot to chop the ball to their side making an L with the ball.</p> <p>Progression: call a players name and dribble to them then 'L-Turn' away.</p>		<p>Slow down before turning</p> <p>Use the sole to drag back & the inside of the same foot to push ball out to side.</p> <p>Accelerate into the space/after ball</p>
20	<p>Cuckoos Nest – Players are split into 4 teams, 1 team in each corner of the grid. The balls are in a circle of disc cones in the middle. On coaches command, 1 player from each team runs to the circle, collects a ball and dribbles it back to their grid (next player repeats). Play until no balls are left. Must perform the L-Turn when collecting a ball.</p> <p>Progression 1: Once balls are gone from the middle, players can steal from other teams.</p> <p>Progression 2: Take a player from each team to become defenders who protect the balls.</p>		<p>Slow down on approach to the balls</p> <p>Use the L-Turn to remove ball from pack and turn towards your corner.</p>
15	<p>Conditioned game – 2 teams, 4/6 balls (2/3 balls per team). Blues try and get the ball on the red end line, Reds try to get them on the blue end line. A point is scored for every time a team gets a ball on an end line. Bonus points are scored for doing the L-Turn</p> <p>Progression 1: Balls cannot be brought back into play once dribbled to the end lines. Team with least balls on their end line wins.</p>		<p>Continue all previous points adapted to the games</p>
15	<p>Scrimmage 4v4/5v5. 2/3 balls</p> <p>Progression 1: 1 ball</p>		<p>Look to emphasize the coaching points covered in the session</p>





Are You Ready To Play? UK Elite Training Methodology

Age: 7 Years **Date:** Session 4 (Week 2 Session 2)
Theme: Ball Mastery
 Inside, outside & laces. 1v1. Fake take turn.

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Time	Activity	Diagram	Coaching Points
10	<p>'Where's my Partner?'– Players get in pairs. 1's lead (with a ball), and 2's (without a ball) must follow. 2's must stay as close to 1's as they can. On coaches command 1's try and lose their partner (rotate).</p> <p><i>Progression 1:</i> Both players have a ball.</p> <p><i>Progression 2:</i> Players dribble on their own, & on coaches command, players have to find their partner & dribble to them as quickly as possible.</p> <p>Points for the quickest pairs.</p>		<p>Use laces, inside & outside of foot to dribble.</p> <p>Change direction to identify & maintain space.</p> <p>Keep head up to see where your partner is going/where they are.</p>
15	<p>Introduction to the fake take– players have a ball each and dribble around the area. On coaches command they do the following; (1) slow down, put their standing foot to the side of ball, bend the knee & drop the shoulder (2) as 1 then use the outside of their kicking foot to knock the ball forwards & slightly to the side. (3) As 1 & 2, now accelerate after the ball.</p> <p><i>Progression:</i> call a players name and dribble to them then 'fake take' away.</p>		<p>Use laces, inside & outside of foot to dribble.</p> <p>Drop the shoulder and bend the knee</p> <p>Knock the ball away with the outside of foot.</p>
20	<p>Bull Dog- Each player starts with a pinnie in their shorts. On coaches command players must dribble their ball past the defender in the middle (either the coach to start or a player without a ball). The coach/def tries to steal the pinnie. If they do, that player becomes a defender. If they make it to the other side they go again. Play until 1 player is left.</p> <p><i>Progression:</i> Have 1 team defending & 1 team attacking.</p>		<p>Practice the fake take even if defender is not near you.</p> <p>Change direction & change speed.</p>
15	<p>1v1 to goal- Set up as opposite. Defenders pass the ball to the attackers & then pressure the ball. The attackers try and beat the defender & score.</p> <p><i>Progression 1:</i> Bonus points for fake take.</p> <p><i>Progression 2:</i> Points only given if fake take is performed.</p>		<p>Attack defender at speed.</p> <p>Use fake take to send def other way</p> <p>Attack the space behind def</p>
15	<p>Scrimmage 4v4/5v5. 2/3 balls to start.</p> <p><i>Progression 1:</i> 1 ball.</p>		<p>Look to emphasize the coaching points covered in the session</p>





Are You Ready To Play? UK Elite Training Methodology

Age: 7 Years **Date:** Session 5 (Week 3 Session 1)

Theme: Ball Mastery

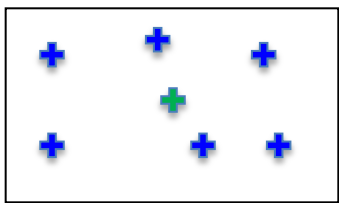
Dribbling using multiple surfaces. 1v1. Fake fake take turn.

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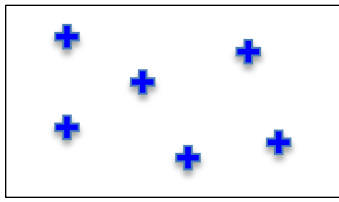
Time	Activity	Diagram	Coaching Points
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10 **King of the ring** - Players dribble around the grid trying to avoid the defender. The defender (1 of the players), has a ball in their hands (to prevent pushing), & tries to kick the players balls out of the grid. Once all players balls have been kicked out or time has reached 1 minute, rotate defender.
Progression 1: Have multiple defenders



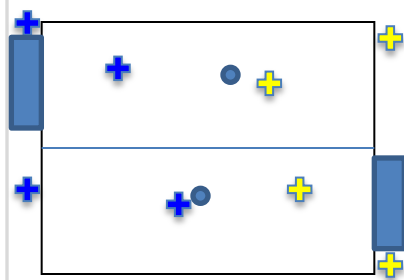
Use laces, inside & outside of foot to dribble.
Change direction to identify space and stay away from defender(s).
Keep head up to see where the defender(s) is/are.

15 **Introduction to the fake fake take** – players have a ball each and dribble around the area. On coaches command they do the following; (1) slow down, put their standing foot to the side of ball, bend the knee & drop the shoulder (2) perform 1 & replicate it using the other foot in quick succession (3) as 1 & 2, then use the outside of their non supporting foot to knock the ball to the opposite side & accelerate after the ball.
Progression: call a players name and dribble to them then 'fake fake take' away.



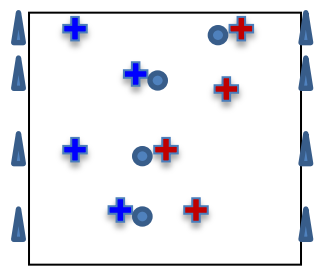
Drop the shoulder and bend the knee to push off.
Knock the ball away with the outside of foot.

20 **1v1's to goal**- Set up as opposite. Defending player start with ball & passes to the attacker, who must beat the defender & try to score. If blue steals, they dribble the ball to the yellows end line. Rotate attackers and defenders.
Progression 1: fake fake take turn = 5 extra points.
Progression 2: Points only given if the fake fake take turn is performed.



Keep ball close
Use different surfaces to change direction quickly
Try and use fake fake take to beat the defender.

15 **Conditioned game** – Players are split into 2 teams, but each player has a partner on the opposite team. Half of the red players have a ball and half of the blue players have a ball (their partners do not). On coaches command the players with a ball have to try and dribble through 1 of 2-3 goals on the opposite end line. Their partners have to try and steal the ball and dribble to the opposite goals.
**Only their partners can tackle the player with the ball. (Rotate rolls).*



Head up to see where your partner is.
Change direction and speed to get behind your partner & to the goal.
Use a skill/turn to fake our partner.

15 **Scrimmage**
4v4/5v5. 1 ball
2 points for using a fake fake take & beating the defender
3 for faking & scoring.

Look to emphasize the coaching points covered in the session





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Are You Ready To Play? UK Elite Training Methodology

Age: 7 Years **Date:** Session 6 (Week 3 Session 2)
Theme: Ball Mastery
Dribbling using multiple foot surfaces. 1v1. Scissors turn

Time	Activity	Diagram	Coaching Points
10	<p>Skillz Skool - Players dribble around the grid. Coach reviews some of the turns already taught (or new ones depending on group ability). Coach numbers each turn 1,2,3...etc. When coach shouts a number, players perform that turn.</p> <p>Progression 1: Put small disc cones down randomly in the grid and have the players perform a turn each time they approach a cone.</p> <p>Progression 2: How many turns can you do in 1 min?</p>		<p>Use laces/inside/ outside of feet to dribble.</p> <p>Change direction to identify space to perform skill.</p> <p>Change direction & speed with every turn.</p>
15	<p>Introduction to the scissors turn - players have a ball each and dribble around the area. On coaches command they do the following; (1) slow down & put a foot next to the ball dropping the shoulder and bending the knee. (2) as 1 then make a circle with the other foot around the ball going inside to out. (3) As 1 & 2, now use the outside of the foot that circled the ball to push the ball forwards and to the side. whilst accelerating after the ball.</p> <p>Progression: call a players name and dribble to them then 'scissors turn' away.</p>		<p>Slow down before turning</p> <p>Bend the knee and drop the shoulder to fake</p> <p>Circle the ball & push off with the planted foot in the opposite direction.</p>
20	<p>1V1's to goal - Set up as opposite. Defending player start with ball & passes to the attacker, who must beat the defender & try to score. If blue steals, they dribble the ball to the yellows end line. Rotate attackers and defenders.</p> <p>Progression 1: scissors turn = 5 extra points.</p> <p>Progression 2: Points only given if the scissors turn is performed.</p> <p>Conditioned game - 2 teams attacking opposite end lines or 2-3 goals on the end line (as shown opposite). 1 goal for dribbling to the end line. 2 for dribbling through the goal. Bonus points for using turns. Each team has 1 ball.</p> <p>Progression 1: players must now score by dribbling through 1 of 2-3 goals placed on the end lines.</p>		<p>Keep ball close</p> <p>Use different surfaces to change direction quickly</p> <p>Try and use a move/turn to fake the defender.</p>
15	<p>Conditioned game - 2 teams attacking opposite end lines or 2-3 goals on the end line (as shown opposite). 1 goal for dribbling to the end line. 2 for dribbling through the goal. Bonus points for using turns. Each team has 1 ball.</p> <p>Progression 1: players must now score by dribbling through 1 of 2-3 goals placed on the end lines.</p>		<p>Continue all previous points adapted to the games</p> <p>As Above</p>
15	<p>Scrimmage 4v4/5v5. 1 ball 2 points for using a fake & beating the defender 3 for faking & scoring.</p>		<p>Look to emphasize the coaching points covered in the session</p>





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Are You Ready To Play?

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Age: 7 Years **Date:** Session 7 (Week 4 Session 1)

Theme: Ball Mastery

Dribbling using multiple surfaces. 2v1. Stop & Go turn

Time	Activity	Diagram	Coaching Points
10	<p>Tag - Players dribble around the grid with a pinnie in their shorts. The coach tries to steal a players pinnie. As soon as a players pinnie is taken, that player helps the coach steal the other pinnies (without a ball).</p> <p>Progression 1: Have a defending team (stealing the pinnies), and an attacking team (dribbling). Once pinnie is lost they sit on their ball. Rotate teams.</p>		<p>Use laces/inside/outside of feet to dribble.</p> <p>Change direction to identify space to perform skill.</p> <p>Change direction & speed to avoid being tagged.</p>
15	<p>Introduction to the stop & go turn - players have a ball each and dribble around the area. On coaches command they do the following; (1) Put the sole of their foot on top of the ball. (2) as 1 then use outside of the same foot to knock the ball forward and slightly to the side. (3) As 1 & 2, now accelerate after the ball.</p> <p>Progression: call a players name and dribble to them then 'Stop & go turn' away.</p>		<p>Try to stop the ball & go again as quickly as possible</p> <p>Knock the ball forward & slightly to the side to beat defender.</p>
20	<p>2V1 to goal - Set up as opposite. The defender passes the ball to an attacker & then pressures the ball. The player with the ball + 1 other attack the goal. If defender steals they dribble past the end line.</p> <p>Progression 1: Bonus points stop & go..</p> <p>Progression 2: 2 points for faking or beating the defender & scoring & 1 point for passing and scoring.</p>		<p>Dribble at the defender at speed.</p> <p>Attack their front foot</p> <p>Accelerate once you've beat def.</p> <p>Decision making (pass v dribble)</p>
15	<p>Conditioned game - 2 teams attacking opposite end lines or 2-3 goals on the end line (as shown opposite). 1 goal for dribbling to the end line. 2 for dribbling through the goal. Bonus points for using turns. (1 ball)</p> <p>Progression 1: players must now score by dribbling through 1 of 2-3 goals placed on the end lines.</p>		<p>Continue all previous points adapted to the games</p>
15	<p>Scrimmage 4v4/5v5. 1 ball 2 points for using a fake & beating the defender 3 for faking & scoring.</p>		<p>Look to emphasize the coaching points covered in the session</p>





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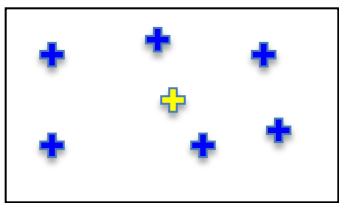
Age: 7 Years **Date:** Session 8 (Week 4 Session 2)
Theme: Ball Mastery
 Dribbling using multiple surfaces. 2v1. Step Over turn

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Time	Activity	Diagram	Coaching Points
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10 **Skillz Skool** - Players dribble around the grid. Coach teaches skill turns from previous sessions (new ones depending on group ability). Coach numbers each turn number 1,2,3...etc. When coach shouts a number, players perform that turn.
Progression 1: Put small disc cones down randomly in the grid and have the players perform a turn each time they approach a cone.
Progression 2: How many turns can you do in 1 min?

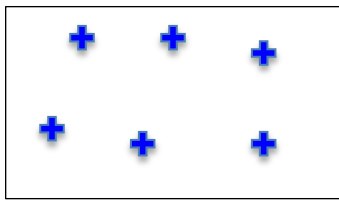


Use laces, inside & outside of foot to dribble.

 Change direction to identify space to perform skill.

 Change direction & speed with every turn.

15 **Introduction to the step over turn** - players have a ball each and dribble around the area. On coaches command they do the following; (1) slow down & put a foot next to the ball dropping the shoulder and bending the knee. (2) as 1 then make a circle with the other foot around the ball going outside to in. (3) As 1 & 2, now they use the outside of the same foot to push the ball to the side & forward whilst accelerating after the ball.
Progression: call a players name and dribble to them then 'Step over turn' away.

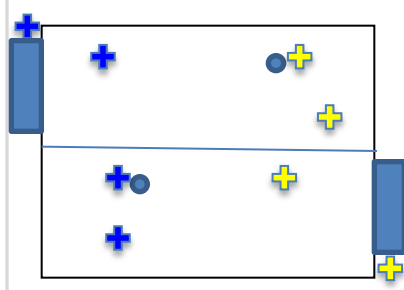


Slow down before turning

 Bend the knee of the supporting foot & drop the shoulder.

 Use outside of foot to push the ball in front and to the side.

20 **2V1 to goal** - Set up as opposite. The defender passes the ball to an attacker & then pressures the ball. The player with the ball + 1 other attack the goal. If defender steals they dribble past the end line.
Progression 1: Bonus points for step over.
Progression 2: 2 points for faking or beating the defender & scoring & 1 point for passing and scoring.



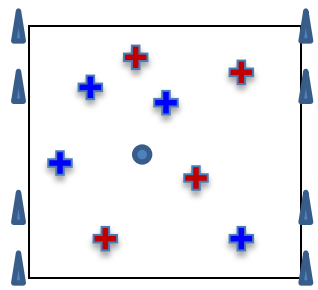
Dribble at the defender at speed.

 Attack their front foot

 Accelerate once you've beat def.

 Decision making (pass v dribble)

15 **Conditioned game** - 2 teams attacking opposite end lines or 2-3 goals on the end line (as shown opposite). Players must score by dribbling through 1 of the goals on the end lines (1 ball).
Progression 1: Cannot score until player has performed a step over.



As Above

 Continue all previous points adapted to the games

15 **Scrimmage**
 4v4/5v5. 1 ball
 2 points for using a fake & beating the defender
 3 for faking & scoring.

Look to emphasize the coaching points covered in the session





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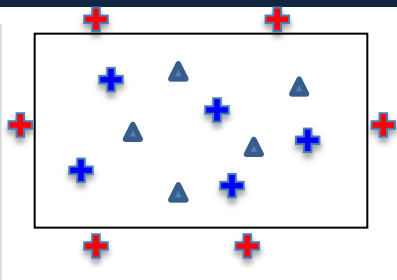
Age: 7 Years **Date:** Session 9 (Week 5 Session 1)
Theme: Passing & Receiving
 Passing with the inside of the foot. First Touch

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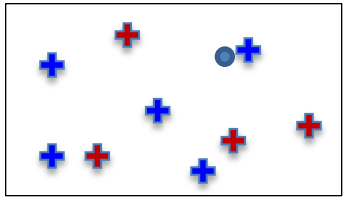
Time	Activity	Diagram	Coaching Points
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10 **Dynamic Warm Up**- Players are split into 2 groups, one group wait on the outside (without a ball) & the other on the inside (with a ball). The players on the inside dribble around 5 cones, and then pass to a player on the outside who repeat.
Progression 1: Dribble using only the laces/inside/outside etc
Progression 2: Must do a move/turn when dribbling.



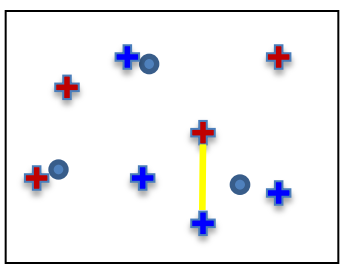
Use laces/inside/outside of foot to dribble & have your head up
 Lock the ankle & pass with the inside of the foot.
 Weight of the pass

20 **Passing to alternative colors**- Put players in to 2 teams. Start with 1 ball. Red must pass to blue & blue to red etc etc.
Progression 1: Cannot pass to the same player that passed you the ball.
Progression 2: Add a ball every 3/4/5 passes.



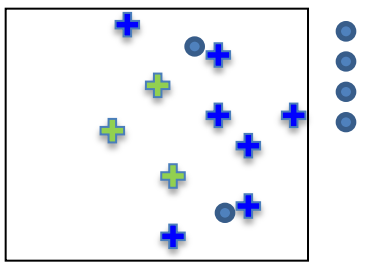
Pass & then move quickly into a space.
 Keep moving
 Weight & accuracy of pass

15 **Passing through a moving goal** – have 2 players (1 from each color) hold each end of a pinnie making a goal, walk around the grid slowly. The other players pass between these 2 players, getting 1 point each time. Start with multiple balls. Rotate players holding pinnie.
Progression 1: Reds pass & blues must receive, switch.
Progression 2: teams can steal the balls from each other, which ever team passes through the goal gets a point.



Keep head up & recognize when goal is free to make a pass through.
 Communicate
 Move to the other side of goal to receive pass.

15 **Conditioned Game** – Players start on one side of the grid with a pile of balls, & there are 3-4 defenders on the inside. Blue team take 2 balls at a time, trying to pass around the defenders & get the ball to the opposite side. If defenders steel the ball, they kick it out the grid. Play until all balls are gone.
Progression 1: Play with 1 ball.
Progression 2: Add/remove defenders (based on ability).



Receive the ball facing forwards/the direction you're traveling.
 Continue all previous points adapted to the games

15 **Scrimmage**
 4v4/5v5. 1 ball
Progression 1: Must make 3 passes before shooting/scoring

Look to emphasize the coaching points covered in the session





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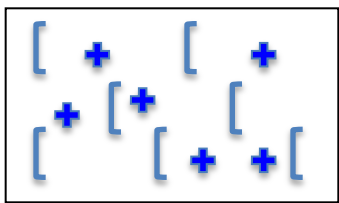
Age: 7 Years **Date:** Session 10 (Week 5 Session 2)
Theme: Passing & Receiving
 Passing with the inside of the foot. First Touch

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Time	Activity	Diagram	Coaching Points
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10 **Gate Warm up** - Players dribble around the area passing the ball through each gate, & running around the outside of the gate to retrieve.
Progression 1: How many passes in 1 minute?
Progression 2: Weaker foot only.

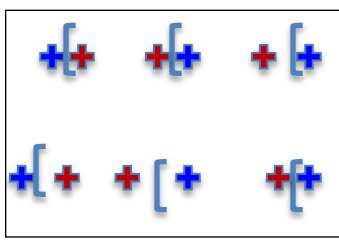


Use laces/inside/outside of foot to dribble & have your head up

 Lock the ankle & pass with the inside of the foot.

 Weight of the pass

20 **Gate Game** – As above, players are now in pairs. They must pass their ball through the gate and to their partner. The partner must then take a touch, & pass it back. Repeat.
Progression 1: Competition; how many passes in 1 min.
Progression 2: Make 3 passes, and dribble to another gate & repeat until back at your gate.
Progression 3: red stays at gate, blue dribbles to another gate, passes to red, red then dribbles off to another gate & passes to another blue (repeat).

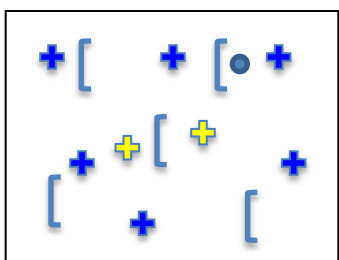


As above

 First touch with the inside of the foot & cushion the ball.

 Open up on first touch to dribble away.

15 **Gate Game with defender** – Set up as above, players have 2/3 balls to start. Players must pass through as many gates as possible whilst 2 defenders try and stop them. If defenders steal the ball, they kick it out of the grid. Play until all balls have been cleared/2-3mins. Rotate defenders.

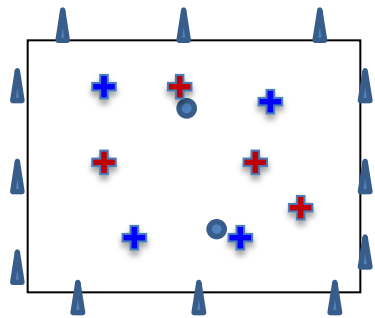


Pass quickly

 Use inside of foot to pass & receive

 Head up to play away from defenders

15 **Conditioned Game** – 2 teams, start with 1 ball per team. Place pointy cones (or small goals with disc cones) around the outside of the grid. Teams get a point every time they knock over a cone/score in the small goals. Play until all cones are knocked over/for a set amount of time.
Progression 1: Use 1 ball.



Continue all previous points adapted to the games

15 **Scrimmage**
 4vs4/5v5 . 1 ball.
Progression 1: Must make 3 passes before shooting/scoring

Look to emphasize the coaching points covered in the session





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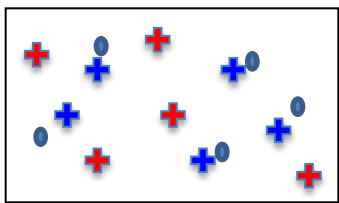
Age: 7 Years **Date:** Session 11 (Week 6 Session 1)
Theme: Passing & Receiving
 Passing & Receiving to beat an opponent. 2v1.

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Time	Activity	Diagram	Coaching Points
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10 **Dynamic Warm Up** - Players are split into 2 groups. 1 group starts without a ball, and the other with a ball, both groups of players are moving. On coaches command, the players dribbling find a player without a ball & pass the ball to them. Roles are now reversed.
Progression 1: Laces only dribble; inside only dribble etc.
Progression 2: Incorporate moves/turns while dribbling

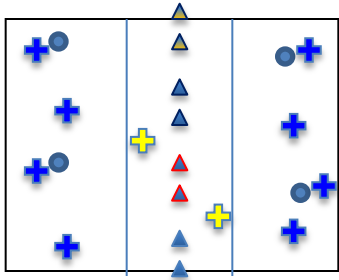


Use laces, inside & outside of foot to dribble & have your head up

 Lock the ankle & pass with the inside of the foot.

 Open foot & cushion ball using the inside of the foot

15 **Goal Pass** - Players are evenly spread between the 2 halves of the grid. Start with 2-3 balls per side. The players have to pass the balls through the 4 gates at the middle line, to the other players on the opposite side. 2-3 defenders try and stop the passes being made, and kick the balls out of the grid. Rotate defenders as soon as all the balls are gone/after a certain amount of time.
Progression 1: Increase number of defenders.
Progression 2: Remove balls 1 at a time (try and get down to 1 ball).

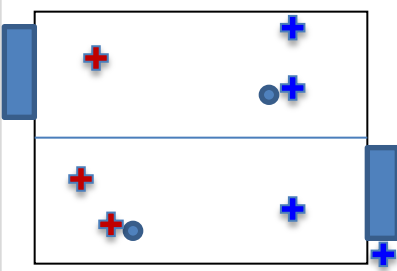


Pass the ball to players on same side until gate is free

 Accuracy & weight of pass

 Cushion the ball with inside of foot with first touch.

20 **2v1 to Goal**- Players set up as opposite. Blues dribble & try to beat red defender & score in an empty goal. (Have both attacking players dribble a ball each to start if group ability requires). Rotate defending teams. Defensive player dribbles to end line if they steal.
Progression 1: Go to 1 ball if haven't already.
Progression 2: Add a GK for the defending team.



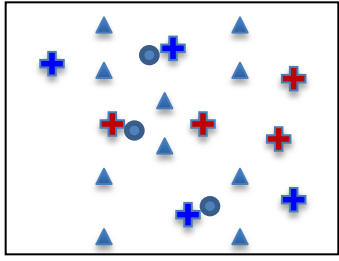
Attack at speed to invite pressure from defender

 Pass to supporting player if they're in space

 Position of supporting player.

 Accelerate forward once defenders been beat.

15 **Conditioned Game** - Set up as opposite with 2 equal teams. Start with 2-3 balls if needed & 5-6 gates. 1 point is scored for every time a pass is made & received through one of the gates.
Progression 1: go to 1 ball.



Continue all previous points adapted to the games

15 **Scrimmage**
 4vs4/5v5. 1 ball

Look to emphasize the coaching points covered in the session





Are You Ready To Play? UK Elite Training Methodology

Age: 7 Years **Date:** Session 12 (Week 6 Session 2)
Theme: Passing & Receiving
 Passing & Receiving to beat an opponent. 2v1.

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Time	Activity	Diagram	Coaching Points
10	<p>Ball Tag- Players dribble around the grid, & the coach tries to tag the players using a soccer ball. If a players leg or ball gets hit, they help the coach & try to tag all other players. Play until there is one player left.</p> <p><i>Progression 1:</i> Split into 2 teams. Rotate roles</p> <p><i>Progression 2:</i> Incorporate moves/turns while dribbling</p>		<p>Use different surfaces when dribbling</p> <p>Lock the ankle, identify target & follow through with the inside of the foot.</p> <p>Head up, change speed & direction to avoid being hit</p>
20	<p>Cone Knockdown - Blue players have a ball between 2 and pass around the 3-4 defenders (green players), & try to knock down as many cones as possible using the inside of their foot. Defenders have to put the cones up the right way, & try to steal/kick the balls out of the grid. Play until all cones are knocked down/balls have been kicked out the grid or for a certain amount of time. Rotate defenders.</p> <p><i>Progression 1:</i> Increase defenders</p> <p><i>Progression 2:</i> have 2 equal teams.</p>		<p>Pass the ball around defenders</p> <p>Accuracy of pass</p> <p>Move into space to receive the ball</p>
15	<p>2v1 + 1 GK to Goal- Players set up as opposite. Blues dribble & try to beat red defender & score past GK. (Have both attacking players dribble a ball each to start if group ability requires). If defender steals they are unopposed, and must pass into an empty goal within 5 seconds. Rotate defending teams.</p> <p><i>Progression 1:</i> Go to 1 ball if haven't already.</p> <p><i>Progression 2:</i> Attacking team can tackle defending player</p> <p><i>Progression 3:</i> Gk can support defender if they steal</p>		<p>Attack at speed to invite pressure from defender</p> <p>Pass to supporting player if they're in space</p> <p>Position of supporting player.</p> <p>Accelerate forward once defenders been beat.</p>
15	<p>Conditioned Game- 2 even teams, 1 ball per team. Reds score by passing the ball from top to bottom of the grid, and blues score by passing from side to side.</p> <p><i>Progression 1:</i> Teams have to pass their ball & try to kick the other teams ball out.</p> <p><i>Progression 2:</i> Go to 1 ball</p>		<p>Pass through the players & into space</p> <p>Continue all previous points adapted to the games</p>
15	<p>Scrimmage 4v4/5v5. 1 ball</p>		<p>Look to emphasize the coaching points covered in the session</p>





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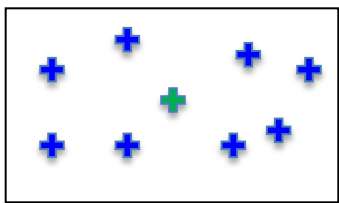
Age: 7 Years **Date:** Session 13 (Week 7 Session 1)
Theme: Shooting
 Setting the ball to shoot. Striking with power & accuracy

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Time	Activity	Diagram	Coaching Points
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10 **Ball Tag** - Players dribble around the grid, & the coach tries to tag the players using a soccer ball. If a players leg or ball gets hit, they help the coach & try to tag all other players. Play until there is one player left. Use the laces
Progression 1: Split into 2 teams. Rotate roles
Progression 2: Incorporate moves/turns while dribbling

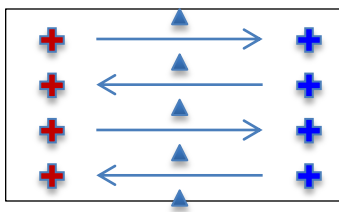


Use different surfaces when dribbling

 Lock the ankle, identify target & follow through with the laces

 Look around & change speed & direction to avoid being hit

15 **Gate Goal Game** – Players are in 2's. Reds strike the ball using their laces to the Blue's who control & strike back. Avoid hitting the cone Start close to the gate & work back.
Progression 1: Competition, every pass/shot = 1 point. Start over



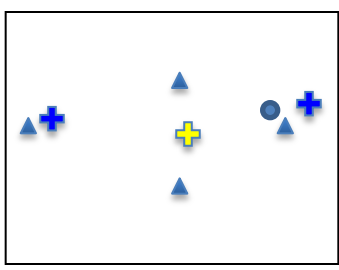
Plant non kicking foot to side of ball

 Head & knee over the ball

 Point toe to the ground & strike with laces

 Follow through towards gate/target

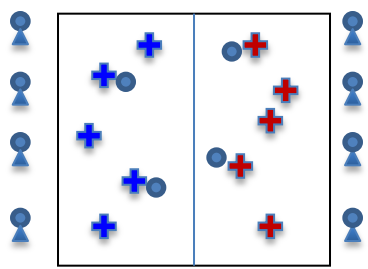
15 **Shooting to goal** – Set up as above, players are now in 3's. 2 are shooters and 1 is GK. The shooters try and score past the GK & get the ball to the other shooter.
Progression 1: How many goals in 1 minute?
Progression 2: Add a feeder who passes in from the side.
Progression 3: Striker must set the ball by taking a small touch out of their feet before shooting.



As above

 Aim for corners.

15 **Conditioned Game** – 2 teams, 2/3/4 balls per team (depending on group size; 1 ball between 2 minimum). Each team has to protect their end line where there are balls placed on cones. To start with, teams are not allowed in the other teams half of the grid. Players must shoot balls trying to knock the balls off the cones.
Progression 1: Players can cross into other half of field but they can be tackled at this point.



Continue all previous points adapted to the games

15 **Scrimmage**
 4v4/5v5. 1 ball
Progression 1: Bonus points given for frequent shooting.

Look to emphasize the coaching points covered in the session





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Are You Ready To Play? UK Elite Training Methodology

Age: 7 Years **Date:** Session 14 (Week 7 Session 2)
Theme: Shooting
Setting the ball to shoot. Striking with power & accuracy

Time	Activity	Diagram	Coaching Points
10	<p>Ball Tag- Players dribble around the grid, & the coach tries to tag the players using a soccer ball. If a players leg or ball gets hit, they help the coach & try to tag all other players. Play until there is one player left. Players must use their laces.</p> <p>Progression 1: Split into 2 teams. Rotate roles</p> <p>Progression 2: Incorporate moves/turns while dribbling</p>		<p>Use different surfaces when dribbling</p> <p>Identify target & follow through with the laces of the foot.</p> <p>Look around & change speed & direction to avoid being hit</p>
20	<p>Squash Shoot – Set up as opposite. Blue dribbles ball to square/cone, and stops the ball with the sole of their foot. Red then runs on to ball & shoots on GK. Blue then joins red line and red joins blue line. Set up twice if group is large.</p> <p>Progression 1: Have defenders start behind the goal who can apply pressure once ball has been set/squashed (ability dependent). Start of passive.</p>		<p>Time approach to the ball</p> <p>Look up to identify goal & GK position on approach to the ball.</p> <p>Aim for corners.</p>
15	<p>Wall Pass to goal – As above with 2 lines, each player now has a ball. First blue player dribbles towards goal & shoots when in/near the square. After the shot, the shooter turns and faces the red line. First red player passes to the blue player who lays off ball for red player to shoot. Repeat.</p> <p>Progression 1: Player who lays off ball becomes a passive defender (group dependent).</p> <p>Progression 2: Shot must be first time.</p>		<p>As Above</p>
15	<p>Conditioned Game – Players are split into 2 teams and each team must stay in their own half. Each player is numbered and has a ball. When number is called, that player dribbles their ball from their half to the other half, & shoots on goal.</p> <p>Progression 1: Once number is called, 1 defensive player can become a GK.</p>		<p>Continue all previous points adapted to the games</p>
15	<p>Scrimmage 4v4/5v5. 1 Ball. Bonus points given for frequent shooting.</p>		<p>Look to emphasize the coaching points covered in the session</p>

