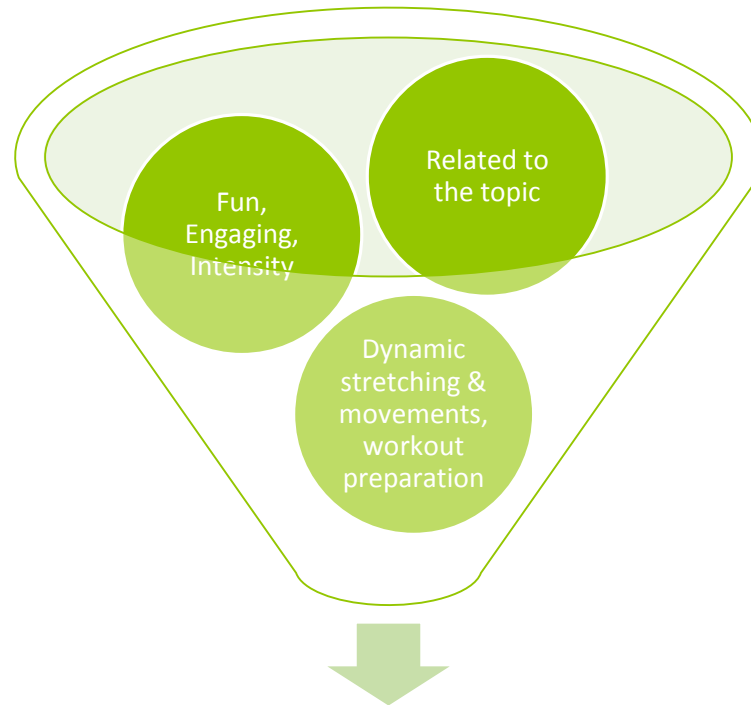




Warm up activities



Ready to learn and play!



Warm up - 1V1 Transition

Organization

20 x 25 grid

Space Invaders!

Each player in the middle has a ball, half the group are on the outside without a ball

Activity

When the coach calls they run into the grid to try and steal a ball

After a minute play is stopped, whoever has the ball keeps possession for the next round...repeat and see who can stay in the most amount of times

Make 2 teams whoever has all their ball in the ring after a minute wins 5 points, make it a competition!

KF

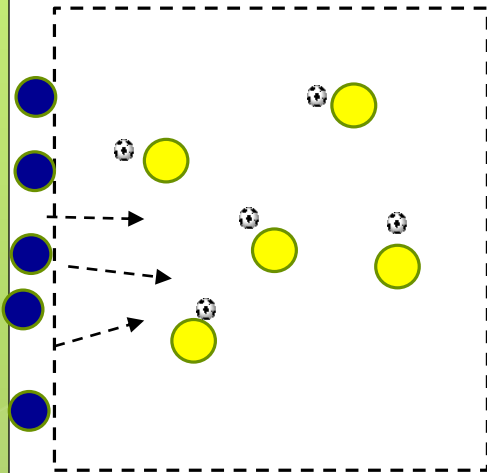
Close control and accelerate and decelerate

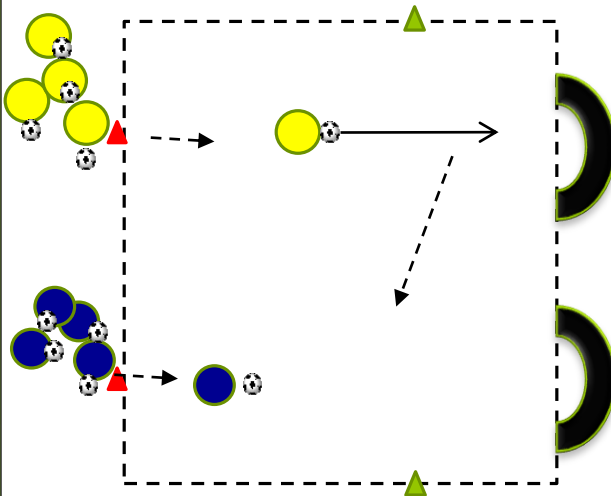
Change direction, add moves and feints

Shield protect the ball

Vision and awareness of invaders and others

Quick transition-when they win it get away quick, when they lose it get it back quick!





This is a key activity that is recommended to repeat throughout your program in Warm Ups' and Isolated Activities. This builds transitional habits which will give your players urgency and understand the importance of making decisions at speed.

Warm Up 1V1 and transition from attack to defence

Organization

Approx.. 50 x 30 split in to 2 lanes with small goals on one side

All players have a ball each

Cones marking attackers starting point and a shooting zone (No more than 4 stood in line, run extra identical grid if coaches numbers permit)

Activity

First attacker runs and scores into the net straight ahead of them

As soon as this happens the next attacker (blue) does the same but the yellow must close them down and try to block/win possession

As soon as the second attacker scores they pressure the next yellow attacker
If the defender wins the ball they score too but the rotation stays the same

Progression

1. Player can score in any goal and return to the opposite line
2. Players can only score when they are past the green marker (shooting zone)

Regression

Players close down players coming from behind them (in their line) instead of in the next group

Key Factors

Dribble forward at speed based on visual cue of attacker scoring

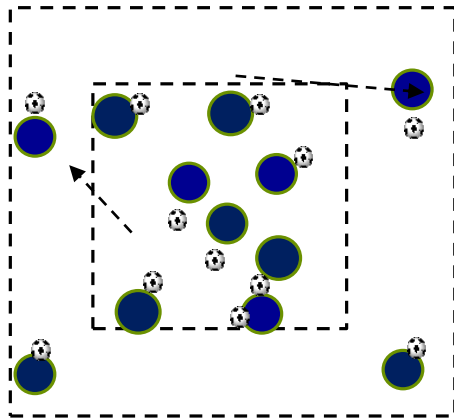
Head up to assess pressure and goal position

Make decisions based on pressure and spatial awareness

Change speed and direction, manipulation of the ball and close finishing

Not much coaching is needed it's a fun, active game that focuses on transition (what to do after they have scored)

You may have to keep reminding them to close down but this will create good habits.



Session Topic: Running with the ball

Warm Up

Organisation

15 x 18y grid inside a 22x24 grid. Players begin in 2 groups and all have a ball as 1. 8-12 players

Activity

In small grid players keep the ball close then when they see a space they explode into bigger grid. On the outside they take bigger touches and increase tempo whilst looking to enter the small grid and repeat

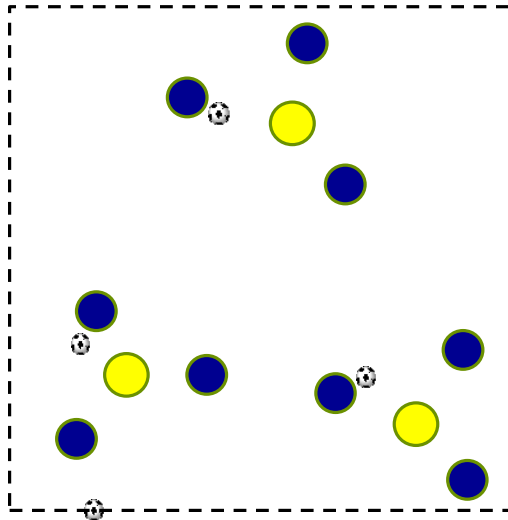
Progression

1. Incorporate moves in the small grid, change of direction in the big grid

2. Insert 2 defenders in the small grid who can steal, their balls

Key Factors

Dribbling/running with ball technique – using front/outside of foot. Ball manipulation using all parts of the foot to turn. Awareness, constantly scanning for openings to enter



Warm Up or Isolated Activity – 3v1 passing & receiving

Organisation

Approx area 30x40y. Divide into small groups. 3 attackers 1 defender 1 ball

Activity

3v1 keep away with no defined area. When the ball is lost roles change

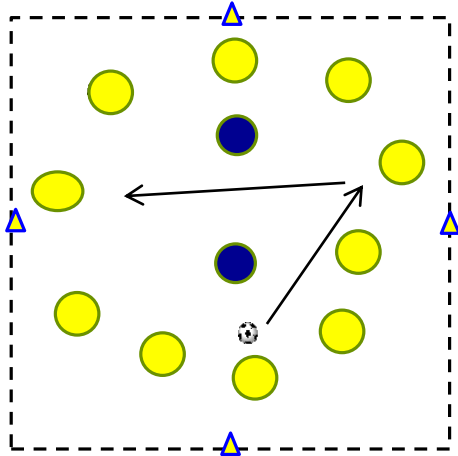
Progression

1. Limit touches or Mix up touches (1 player has 1 touch other has to take 3)

Key Factors

Opening hips & body out to receive. Support and weight/direction of pass.
Maintain support even with undefined grid.

Note: Ensure appropriate rest is given and defender is rotated regularly



Warm Up Session Topic – Group possession

Organisation

Players in a circle with 2 defenders no more than 10 on the outside, if more create two circles

Activity

Start with throwing and catching keep away – if defender gets a touch roles reverse

Progression

1. Now introduce a passing with feet
2. Extra points for the 'split pass'
3. Limit touches
4. To introduce movement every time a player passes they must sprint around a cone and return

Regression

1. 1 defender

Key Factors

Correct pass technique and weight/accuracy. Bodyshape, receiving and awareness. This should be fun, dynamic. If 10 passes are made defenders do a fun forfeit then change roles. Note: circle must be as close as possible and big gaps should not appear



Session Topic: Passing, receiving and transition

Warm Up

Organisation

15 x 18y grid. Players begin in 2 groups but working as 1. 8-12 players, 1 ball every 2nd player

Activity

△ Begin by throwing/catching a ball to a player then sprinting around any cone and back. Now with balls. Encourage dribbling, turning before they pass. Incorporate dynamic movements

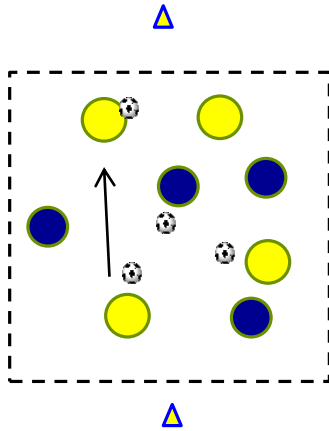
Progression

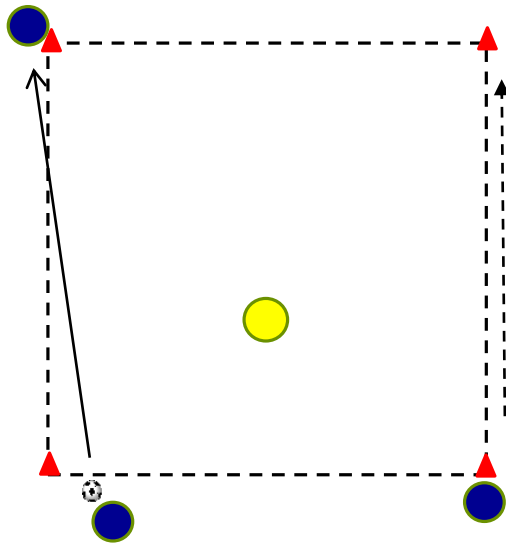
1. Only pass to a certain colour

2. Instead of running around add pressure to the player you have passed to, no tackling

Key Factors

Physical Literacy, inside pass with accuracy, movement before and after pass with purpose (transitional movements)





Warm Up or Isolated Activity – 3v1 passing & receiving

Organisation

8-8y grids with 4 manneqins or big cones if possible. Setup however many grids you need. 3 attackers 1 defender 1 ball

Activity

Whenever ball is passed the player not in the pass exchange must move to the free cone – this is known as a 3rd player run, ball must travel through grid and the defender cannot leave grid. If defender wins ball rotate

Progression

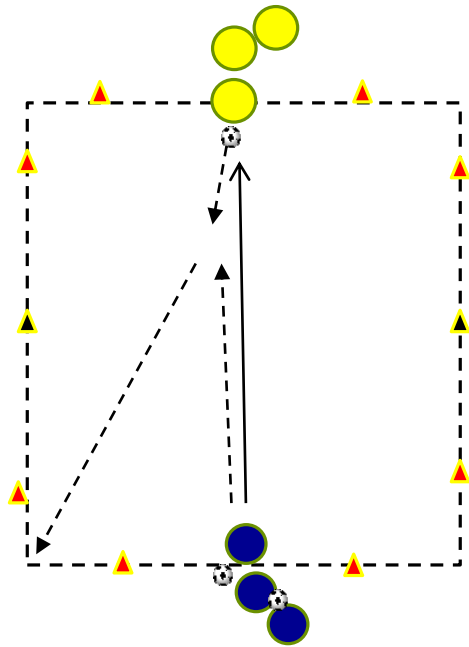
1. Play is now inside the grid
2. Limit touches

Key Factors

Opening hips & body out to receive. Support and weight/direction of pass

End with game 5v5 to 8v8

Encourage taking advantage of overloads by switching play, moving the ball forward and making dangerous runs. Ensure shape is kept with width, depth and there is always mobility.



Warm Up or Isolated Activity – 1V1 Attacking

Organisation

Grid is 8-12y x 8-15y /gates are 3-5y

No more than eight players (run 2 grids along side each other if numbers are large)

All balls are at one end with defenders

Activity

Start as a tag game without balls, blue player must try and get through the gates opposite without yellow tagging

Introduce balls, Defender passes to attacker who attempts to dribble through either gate for 1 point

If defender wins possession they can score by dribbling through gates at opposite end

Afterwards they switch lines (this rotation is very important as this develops transition and understanding of movement after the ball)

Progression

- 1.Attack the middle gate
- 2.Start from an angle behind the gate

Regression

1. Add a pause line (marked with cones as shown) that when the defender crosses this they cannot retreat behind it giving the attacker more room for success
2. Instead of a pass to setup the attack, let the attacker dribble in themselves (balls are then passed back down to attackers that are waiting)

Key Factors

Get in line, body position, positive first touch, head up and assess, dribble toward defender, wait for delay or commitment then execute change in direction or end product



Warm Up or Isolated Activity - 1v1/receiving/running with the ball

Organization

20 x 25 grid

Two lines of players defenders and attackers. Two gates 3-5y at either end/side of the grid

Activity

Defender passes to the first attacker who attempts to dribble through either gate (furthest one is worth 2 points nearest 1 point) As soon as the attacker touches the ball the defender can retrieve the ball and score through a gate themselves. When the two are fished they change lines and the next two enter

Regression

1. Attackers gets 2 touches before it is live
2. Attackers start in possession and dribble out to begin activity

KF

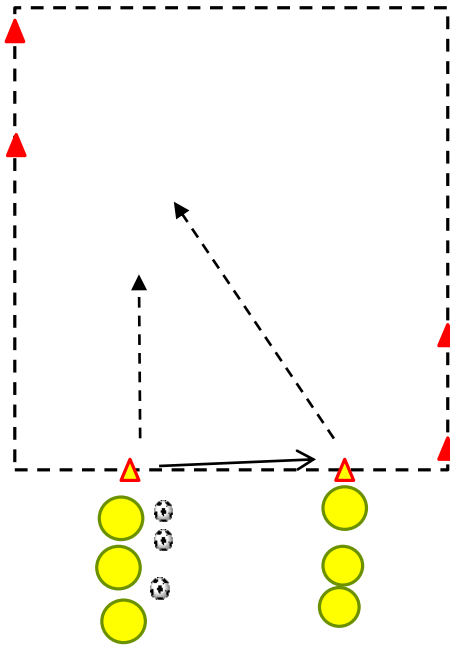
The pass must be accurate aiming for the back foot. Receive side on and push ball forward exploding in to space. When to use big/small dribble

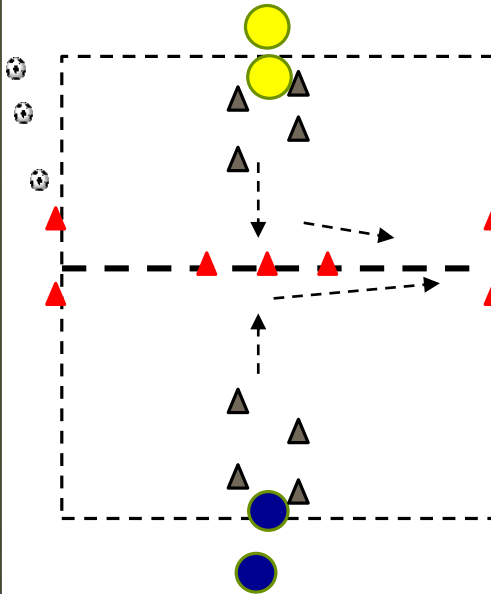
Change direction, add moves and feints

Shield protect the ball by getting across defender

Vision and awareness of gates and pressure

Quick transition-when they win it get away quick, when they lose it get it back quick!





Warm up – Lose your marker/defender!

Organization

Grid approx.. 25 x 30y split in to 2 with 2 teams facing each other in a line.

4-6 cones are set out in front staggered, 3 different cones are placed along the centre line with 2 gates at either side, no balls to begin with-working on speed and agility

Activity

Designate an attacking team and a defending team. The first players from each line move slalom in and out of the cones then sprint to the middle where the attacker chooses a gate and tries to sprint through it without being tagged by the defender

Attacker can fake direction but when past the final red cone must go for that gate

Progression

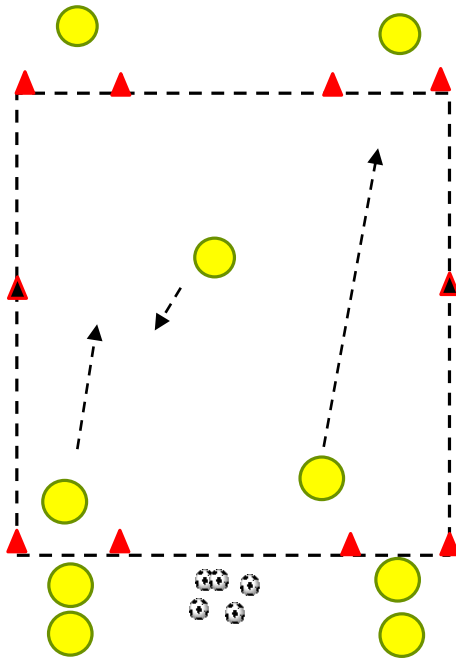
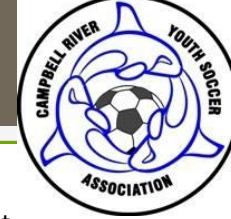
1. Variation of movements around cones i.e. backwards shuffle, touch the cones, use hurdles or pinnies to jump/hop
2. Each player has ball now does the same but dribbles/runs with the ball so they are turning and exploding through the gate

Key Factors

Physical Literacy – Jumping, hopping, reaching and running

Fake, exaggerate upper body movement then explode into space

Ball mastery, dribbling, turning and running with the ball techniques, awareness FUN! Make this a competition



Warm Up 2v1 chase!

Organization

Fields approx... 22 x 32y

4 gates approx. 3-5y at each corner of the field and halfway marked out

If numbers permit have two games going on side by side or subs on the fly

4-6 players at each end in line behind gates but leaving a gap for players to run through. Load balls at the centre of the gates

Activity

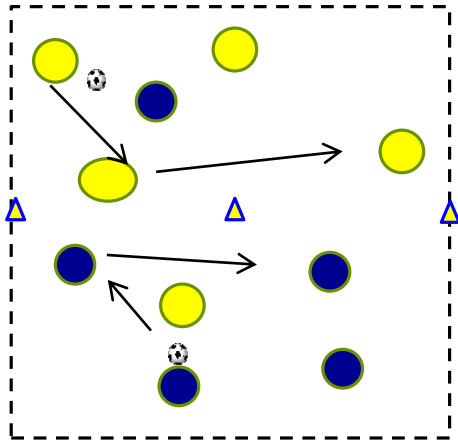
2v1 with no balls – designate attackers and defenders. Attackers must get through gates opposite without being tagged, if tagged roles switch, if player makes through the gate they join that line to attack the other way

Progression

1. Replace the gates with goals, 2v2 with a ball, attackers must attempt to pass into the goals, if the ball is won roles are reversed
2. They must get over half way to score

Key Factors

Encourage making decisions based on vision..Can I move forward or do I have to change direction?
Understand when to pass the ball and execute the correct weight and direction



Group warm up – Small group possession

Organization

Approx.. 35 x 22y grid split into 2 with 5 players in each, each group has a ball

Activity

Start with throwing and catching keep away – 1 player has the pinnie in hand and when they win the ball they switch roles with that player

Progression

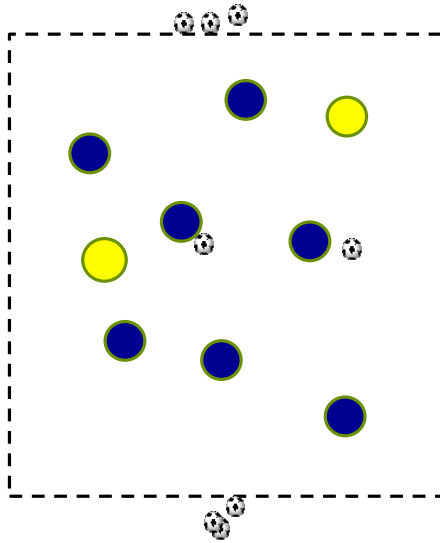
1. Now introduce a passing with feet
2. Use 1 ball between the 2 grids when all players have touched the ball it is passed over to the other side, rules still apply with defenders
3. Limit touches

Regression

1. Defender only has to touch the ball to win possession
2. Defender cannot tackle but only block passes

Key Factors

Correct pass technique and weight/accuracy. Body shape, awareness and understanding when to play quick or when to hold the ball (based on position of defenders)



Warm up – Passing & Receiving tag game

Organization

25x25y Grid 2 with 2 balls in play the rest around the edge

Activity

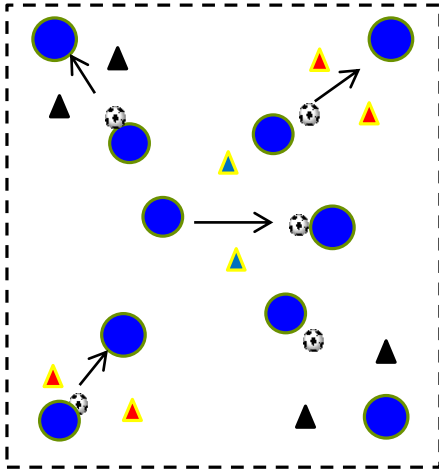
Players must throw/catch ball to each other. Two taggers with pennies in hand try to tag players. When tagged you pick up the dropped penny. If you have a ball in your hands you cannot be tagged but can only hold on to it for 3 seconds then you must throw it to somebody else

Progression

Instead of throwing/catch it is now passing and receiving with feet

Key Factors (KF)

Physical Literacy. Passing technique, visual awareness of defenders and team mates.



Warm Up or Isolated activity -short passing and receiving

Organisation

12-15y x 18-25y Grid. 10 players in partners with one ball with a 3-5y gate each

Activity

Partners pass the ball back & forth

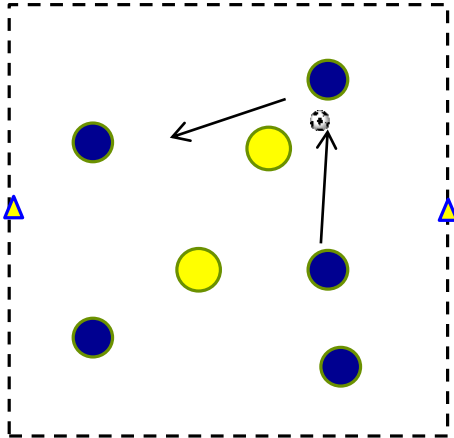
Progression

1. Vary ways of receiving – instep, push across with outside of the foot, sole
2. One touch passing
3. Passing and moving through different gates
4. Make 1 or 2 players taggers, with pinnies in their hands, if a player has a ball they can be tagged, when they are tagged taking the pinnie and switching roles

Key Factors

Accurate passing with correct technique, always on balls of their feet and receiving in line and side on.

Awareness and communication



Warm Up or isolated activity– Small group possession

Organization

Approx.. 35 x 22y grid players divided into 5v2

Activity

Start with throwing and catching keep away – defenders have the pinnie's in hand and when they win the ball they switch roles with that player (drop the pinnie which is picked up by the new defender)

Progression

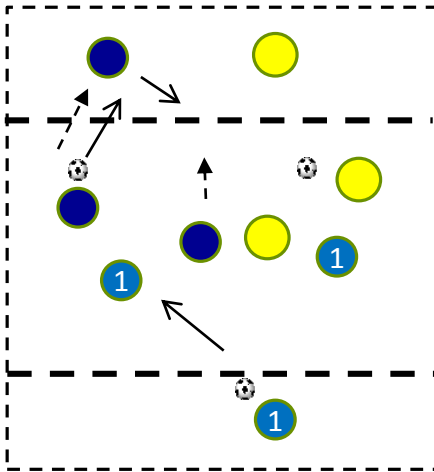
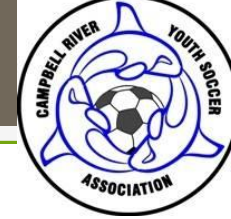
1. Now introduce passing with feet
2. Limit touches

Regression

1. Decrease defenders
2. Defender only has to touch the ball to win possession
3. Defender cannot tackle but only block passes

Key Factors

Correct pass technique and weight/accuracy. Body shape, awareness and understanding when to play quick or when to hold the ball (based on position of defenders)



Warm up

Organization

*Begin a warm up by starting with all players in the grid dribbling at speed

Half now in possession and start to pass and move

When in possession incorporate running with the ball, feints, moves

Every 40 secs stop and perform dynamic movements (butt kicks, skips etc)

Isolation Activity - ball control, short passing and combinations

Organization

Approx.. 20x 30 split in to 3 zones with (2 end zones 5-8 y in length)

When making zones use different colour cones at the end and a few across the middle are sufficient

Teams of 3, 1 ball per team

Activity

Pass and move the ball from one end to the other making sure all 3 players touch the ball

Work on combinations e.g... give & go, over lap, forward pass to run on to.

Progression

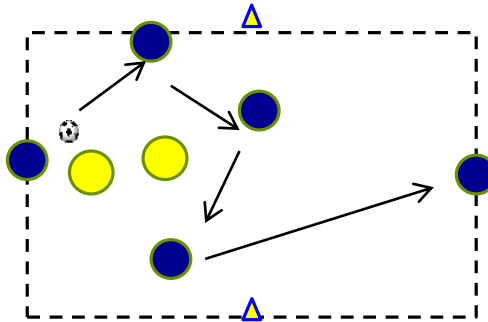
Players must move into another zone when they have passed the ball

Have a race to see which team can get from one zone to the other the most times in a minute

Key Factors

Technique of receiving and passing in combinations-body open try and receive on the back foot and play to a team mate where they can play quick

Coach the combinations, create space with movement, use imagination by progressing through the zones



Warm Up or Isolated Activity– Small group possession/Switching play

Organization

Approx.. 15 x 25y grid players divided into 5v2, grid is split in to two

Activity

Start with throwing and catching keep away – defenders have the pinnie's in hand and when they win the ball they switch roles with that player (drop the pinnie which is picked up by the new defender). The object of the game is to get it across to the other half of the grid, unlimited passes. Defenders apply pressure on both sides . When the play switches an attacker must remain in the half to receive when it is transferred back

Progression

1. Now introduce passing with feet
2. Everyone touches the ball before it goes
3. Limit touches

Regression

1. Decrease defenders
2. Defender only has to touch the ball to win possession
3. Defender cannot tackle but only block passes

Key Factors

Correct pass technique and weight/accuracy. Body shape, awareness and understanding when to play quick or when to hold the ball (based on position of defenders)



1v1 Transition Game

Passing/Dribbling/Receiving/Running with the ball

Organisation

3 cones 2y apart making 2 triangles 8-12y apart. No more than eight players so run activities if few if needed

Activity

Player in possession dribbles and delivers a small pass to the opposite player who receives and does the same to the other end. They join their opposite lines

Progression

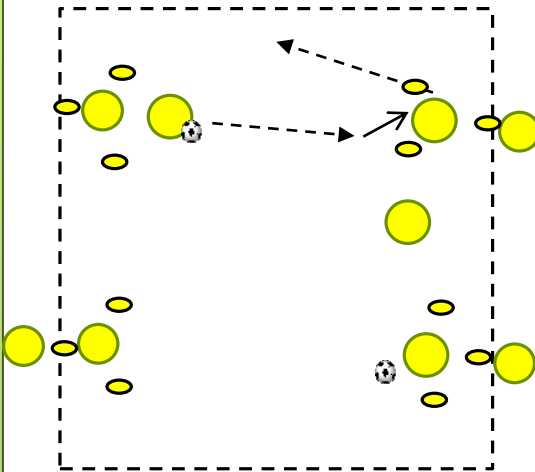
1. Player who receives must now push the ball the outside of the cone on their first touch (receiving open)
2. The player who has passed it now has to sprint around the other cone and try to tag the player in possession before they releases the ball

Key Factors

Increase the tempo with the session allowing sufficient breaks

Body shape open to receive. Pass into positive area. Dribble straight with correct technique

Encourage quick transition to chase the ball –when your players become fast and efficient at this warm up the intensity of the whole session will rise





Warm Up Passing and receiving

Organization

Approx.. 25x35y grid, cones mark 2 lanes that split the grid vertically
Players fill each lane as shown - 2 players in middle zone, one at either end
2 balls , one for each side

Activity

Start without balls (throw and catch) Object of the game is to transfer the ball from one end to the other and then back the other way constantly. The defender must try and steal possession.

Progression

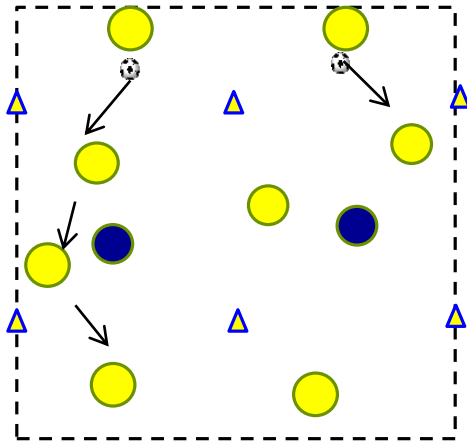
1. Now use feet
2. Whoever passes into end player switches roles with them
3. Now join the two groups and play the whole grid

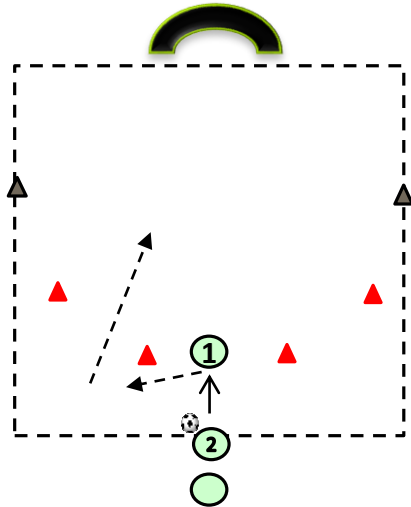
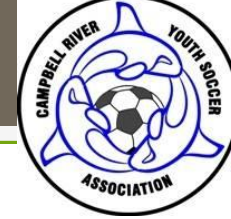
Key Factors (KF)

Pass to first attacker must carry the appropriate weight and accuracy.

Attacker must try to open body out facing forward when receiving , receive on foot nearest to the outlet if possible

Head up before and after receiving. Movement of team mate supporting in wide area or in behind defender





Warm up – Receiving/Dribbling/Shooting

Organization

Grid approx.. 15 x 20, 2 black cones designating a scoring line, 2 red gates 3-5 yards and a small goal (use bigger if needed for success)

3-5 players per activity (setup another grid if needed)

No balls to begin with

Activity

Player who is stood in between the gates starts the race. Whichever gate he goes through the player facing must go through the other gate and try and tag them before they get past the scoring line. Player who starts the race can fake as it only starts when they leave their standing position. Points are scored for finishing first without being tagged or tagging somebody

Progression

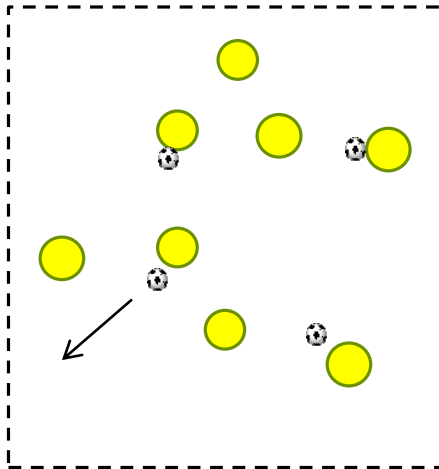
1. Now they must touch the 2 cones of the gate before crossing the scoring line
2. Introduce balls, 1 passes to 2 back and forth until then 1 makes a break through one of the gates to score in the goal from any distance, 2 must chase to tag before the score a goal

Key Factors

Physical Literacy – Jumping, hopping, reaching and running

Fake, exaggerate upper body movement then explode into space

Ball mastery, dribbling, turning and running with the ball techniques, awareness. FUN! Make this a competition



Warm up

***Begin a warm up by starting with all players in the grid dribbling at speed**

Half now get a ball-pass and move

When in possession incorporate running with the ball, feints, moves

Every 40 secs stop and perform dynamic movements (butt kicks, skips etc)

Organisation

12-15y x 18-25y Grid. 10 players 6 feeders on the outside 4 receivers in the middle

Activity

Feeders begin with 5 balls then pass to receivers who transfer the ball to someone else on the outside, feeders can also pass to each other if there is no receiver available. Change roles every 90 secs

Once ball is transferred player then must go find another ball

Progression

Two feeders come into the centre and become defenders (with pinnies in hand ready to change quickly) if defenders win possession they switch roles with the player they just dispossessed. Can be made in to a 3 v 3 game in the middle keeping the 4 feeders on the outside and points are scored by number of passes.

Key Factors (KF)

Check shoulder be aware, unpredictable movement. Open the body out and receive on the foot furthest away from the ball if possible, first touch in to space, keep possession and positive communication.



Warm up - Storm the castles!!

Organization

20 x 25 grid

20x30 grid 5 to 7 balls placed on top of cones

Defenders vs Attackers approx.. 8-12 players

Activity

Attackers must knock down all the balls, if they are tagged before they must go back to their 'land' and do jumping jacks. Game is played for 90 secs then roles swapped

Progression

Remove cones each attacker now has a ball and tries to dribble passed the defenders line. Defenders must choose an attacker and only tackle that individual

Regression

No tackling work on the jockeying technique

Key Factors

Physical Literacy. Defending techniques of getting low, side on trying to deny them space whilst keeping touching distance

