

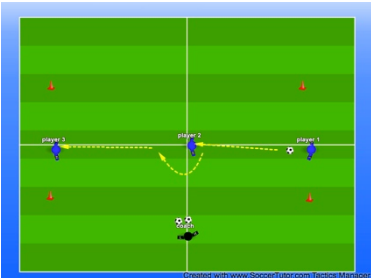




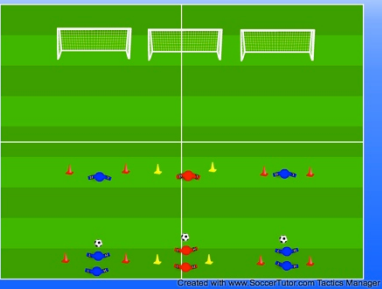





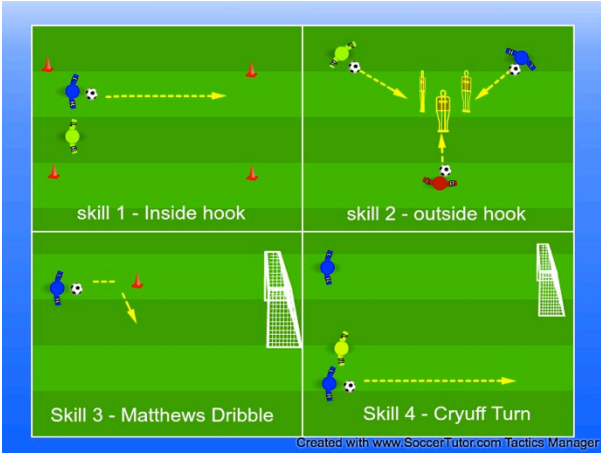
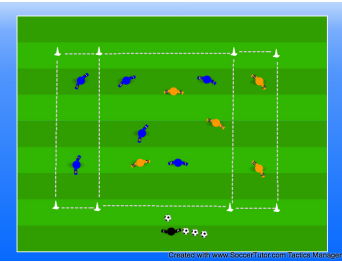



Ballymoney United Youth Academy Coaching Session Booklet 2013

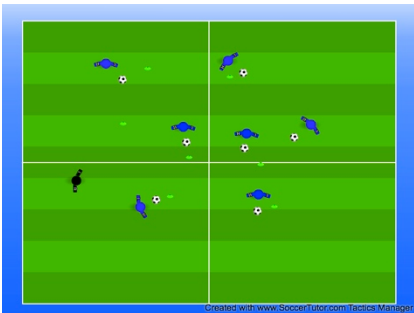
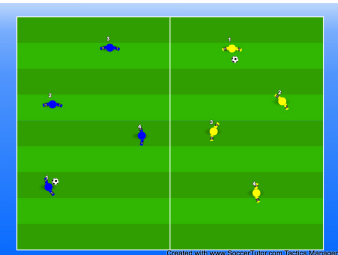

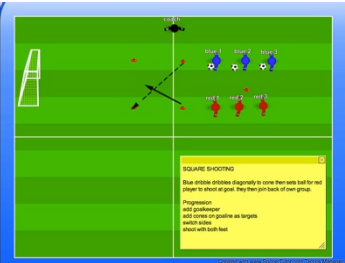



Group	Under 8's		Session	1
Warm Up Ball Familiarisation Passing				
		<p style="text-align: center;">Head or catch</p> <p>Group make circle around coach, coach throws ball to player and calls catch or head, player must return with that action. If performed wrong run around group. Play opposites.</p>		<p style="text-align: center;">Pass and Turn</p> <p>Work in group of 3, pass to player in middle who turns with ball and passes to player at end. Weight of pass, player in middle takes ball on back foot. Change roles regularly</p>
<p style="text-align: center;">Jump and shout</p> <ul style="list-style-type: none"> • One ball per child. • Players dribble inside grid using both feet, doing range of skills such as toe taps, turns etc • Work on both feet • On call of jump players stop ball and jump in air shouting waah! • Then add stopping ball then going low making low noise • Alternate between both • Call opposites, on call of jump players go low making low noise and vice versa. 		<p style="text-align: center;">Dribble & Pass</p> <p>Players have ball each and dribble through gates. Progress to working with partner and you must pass through gate to partner to score a point. Add in time challenges/ number of passes etc.</p>		<p style="text-align: center;">SSG</p> <p>Focus on passing, use of width and consistent use of weaker foot</p>


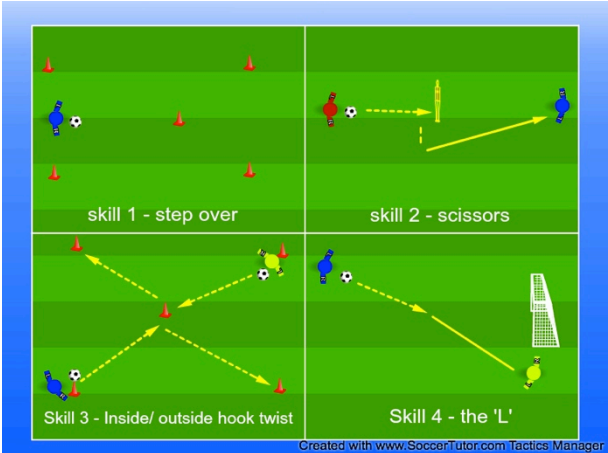
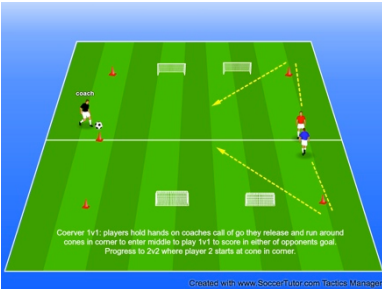

Group	Under 8's		Session	2
Warm Up		Passing	Shooting	
		<h3 data-bbox="936 416 1261 456">Toe tap Sequence</h3> <ul data-bbox="920 501 1267 691" style="list-style-type: none"> • Set up per grid in regimented order • Players perform toe taps, on clap turn 90 degrees • Keep shape • Add pendulums 	 <h3 data-bbox="1771 416 2033 496">Pass then turn and shoot</h3> <p data-bbox="1733 531 2069 743">Pass and then change places with person in middle, keep playing until coaches blows whistle, then player with ball tries to score a goal before other team.</p>	
<h3 data-bbox="208 826 421 866">Thigh catch</h3> <p data-bbox="109 911 512 1031">Ball each dribbling inside and performing variety of ball Familiarisation techniques. Add in Stop turn and drag back turn.</p> <p data-bbox="109 1034 255 1058">Advance to:</p> <ul data-bbox="109 1066 499 1249" style="list-style-type: none"> • Ball in hands release to thigh and knock up in air before catching. • 2 thigh touches before catch • Alternate thighs then catch • Freestyle 		<h3 data-bbox="981 826 1223 866">Twin Toe Tap</h3> <p data-bbox="920 895 1279 1015">With partner ball between 2 both do toe taps at same time. Add rotations on clap Build speed and tempo</p>	 <h3 data-bbox="1765 826 2040 866">Numbers Game</h3> <p data-bbox="1733 911 2047 1182">Two teams of 5 numbered 1 to 5, both teams in opposite corners. Coach calls out number i.e 1 and the number 1's from each corner compete to score first. Coach can call out more than 1 number at a time.</p>	

Group	Under 8's	Session	3
Warm Up Skill Zone SSG's			
 <p>BIB TAG Split group into two groups, one group have a ball each and dribble inside grid, the other group have a bib and must try and steal a ball from the group. If they get ball they give dribbler the bib and they become a catcher. Variation Group still split into 2 groups. 1 group has ball and others are catchers but don't have a bib this time. This encourages dribblers to keep head up while on the move.</p>	 <p>Skill 1 - Inside hook Skill 2 - outside hook Skill 3 - Matthews Dribble Skill 4 - Cryuff Turn</p> <p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>	 <p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>	<p>Mark out grid which is 20x20 in middle and has 2 end zones that are 10x20. Play 3v3 in middle with 2 target men at either side. Coach plays ball into grid and team try to get ball to target man as quick as possible. Dev.: set number of passes before using target man. Target man from each team in end zone.</p>
<p>Ball Tig</p> <p>Split group into two groups, one group has a ball each and dribble inside grid, the other group have a bib and must try and steal a ball from the group. If they get ball they give dribbler the bib and they become a catcher. Variation Group still split into 2 groups. 1 group has ball and others are catchers but don't have a bib this time. This encourages dribblers to keep head up while on the move</p>	<p>Skill 1 – player 1 has a ball and is shadowed by partner, dribble with ball towards cones and execute turn trying to get back to line before partner. Skill 2 – Dribble in towards mannequin and perform turn before passing to partner who then goes. Skill 3 – dribble towards cone (two touches with inside of foot, then use outside of foot to move ball out of feet) and then shoot. Skill 4 – dribble towards line and perform Cryuff turn before passing to striker who shoots.</p> <p>www.playerpluscoaching.com</p>	 <p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>	<p>SSG</p> <p>Play 4v4 with 2 wide players on tramlines who work for both teams.</p>



Group	Under 8's		Session	4
Warm Up Passing/ shooting SSG				
		<h3 style="text-align: center;">Passing Sequence</h3> <ul style="list-style-type: none"> Each group has a football in their area, and each group numbers each other 1-5. Number 1, passes to 2, to 3, to 4, to 5, to 1 in their area. On coaches call move to new grid leaving ball behind 		<h3 style="text-align: center;">1v1</h3> <p>Two teams of 4, each team lines up opposite small goal. First player from the line dribbles and scores and then becomes the defender against the first player from the other team. Drill continues that after you shoot you defend. P play 2v2 as per illustration</p>
<h3 style="text-align: center;">Musical Cones</h3> <p>Range of coloured cones spread out in area. Coach calls out colour players must dribble to that colour. Call out few colours players must dribble in sequence. P. Enough cones for one each, on go players dribble and coach removes cones. On call you must get to a free cone if none left go to skills square.</p>		<h3 style="text-align: center;">Square Shooting</h3> <p>Two small lines, first player dribbles to cone diagonally then back heels ball from player at start of other line to shoot. P. Try both feet</p>		<h3 style="text-align: center;">SSG</h3> <p>Play 4v4 with 2 wide players on tramlines who work for both teams.</p>


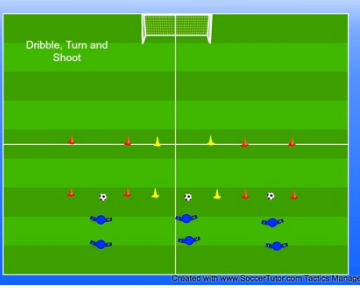



Group	Under 8's	Session	5
Warm Up Skill Zone 1v1			
			<h3 style="text-align: center;">Holding Hands</h3> <p>Coerver 1v1: players hold hands on coaches call of go they release and run around cones in corner to enter middle to play 1v1 to score in either of opponents goal. Progress to 2v2 where player 2 starts at cone in corner.</p>
<h3 style="text-align: center;">Body parts</h3> <p>One ball each. Try the following skills – “1 knee and 1 hand” = kids must put one knee and one hand on their ball. “1 foot and 1 hand” = kids must put one foot and one hand on their ball. “2 knees” = kids must put two knees on their ball</p>	<p>Skill 1 – dribble to cone and perform step over/ work on both feet Skill 2 – dribble to mannequin and perform scissors before passing to player at start of other line Skill 3 – Start at corner and dribble to middle cone before performing turn and dribbling to other corner. Work around grid. Skill 4 – dribble to meet defender in middle before performing ‘L’ turn before shooting www.playerpluscoaching.com</p>		<h3 style="text-align: center;">SSG</h3> <p>Play 5v5 all players allocated an opponent who they are responsible for marking. Rotate positions</p>

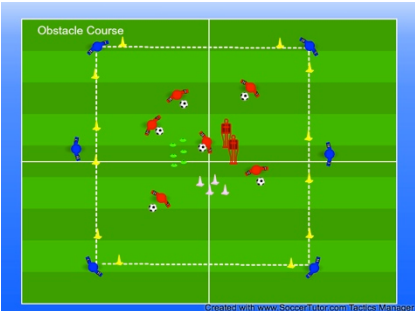
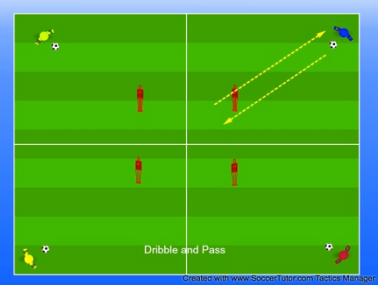





Group	Under 8's		Session	6
Warm Up		Skill Development	SSG	
 <p>END ZONE TAG Players jog inside grid trying to avoid the two taggers. If you are being chased you can enter safe zone on either side (only stay for 3 seconds before reentering) if caught balance on one leg until freed. Progression taggers have ball, all players dribble inside grid.</p>		<p>3v1</p> <p>Working in small grid, encourage movement around grid and try to keep possession of ball. 5 passes = goal, KQ – does the player in possession always have 2 options? Rotate roles</p>	 <p>Coerver 3v3. coach passes ball to any team and they combine to try and score in any of their opponents three goals. other members of team stand behind goal and when goal is scored or coach calls game dead they switch. Focus on overlaps and width. Use passing arcs for goals</p>	<p>3v3 Multi Goal</p> <p>Coerver 3v3. coach passes ball to any team and they combine to try and score in any of their opponents three goals. other members of team stand behind goal and when goal is scored or coach calls game dead they switch. Focus on overlaps and width. Use passing arcs for goals</p>
<p>End Zone Tag</p> <p>Players jog inside grid trying to avoid the two taggers, if you are being chased you can enter safe zone on either side (only stay for 3 seconds before reentering) if caught balance on one leg until freed. Progression taggers have ball, all players dribble inside grid.</p>		<p>1v1</p> <p>split group into small lines, player 1 starts with ball and passes to player 2, they then play 1v1 into any of the goals. Coach adds time limit or calls end of game, can things be done fast.</p>		<p>SSG</p> <p>Play 5v5 all players allocated an opponent who they are responsible for marking. Rotate positions</p>

Group	Under 8's		Session	7
Warm Up	Skill Development		Shooting/ SSG	
 <p>CORNER BALL ball dribble with ball on coaches call they dribble ball and leave it in a corner then go and get a ball from a different corner. Perform drag back when collecting ball. While in middle perform a variety of skills such as foot heel, foot toe, v shape</p>	 <p>Special Moves dribble to cone in middle and then pass to player at start of your line. dribble the middle perform a drag back before rejoining group. perform U turn before rejoining group. now go to middle then pass to go on your side and join the back of that group.</p>	<p>Special Moves</p> <p>Dribble to cone in middle and then pass to player at start of your line. Dribble into middle perform drag back before rejoining group perform U turn before rejoining group. Now go to middle then pass to group on your left and join the back of that group</p>	 <p>2v1 player in middle passes to any of one of the player at start of other line, they then join with this player to play as a 2 against the player from the start of the other line.</p>	<p>2v1</p> <p>player in middle passes to any of one of the player at start of other line, they then join with this player to play as a 2 against the player from the start of the other line.</p> <p>P. rotate roles</p>
<p>Corner Ball</p> <p>Players dribble with ball, on coaches call they dribble ball and leave it in a corner then go and get a ball from a different corner. Perform drag back when collecting ball. While in middle perform a variety of skills such as foot heel, foot toe, v shape</p>	 <p>321 shoot player at front of group one dribbles to the front cone, he then turns to face group 2, player at start of group 2 plays a 1-2 then shoots. Group 2 player then becomes defender in 1v1 situation against player from group 3</p>	<p>321 shoot</p> <p>player at front of group one dribbles to the front cone, he then turns to face group 2, player at start of group 2 plays a 1-2 then shoots. Group 2 player then becomes defender in 1v1 situation against player from group 3</p>		<p>SSG</p> <p>Play 4v4 with 2 wide players on tram lines who work for both teams.</p>

Group	Under 8's		Session	8
Warm Up	Technical		Dribbling	
		<p>Dribble, turn and shoot</p> <p>First player dribbles to line and performs a turn then comes back to original line before turning and shooting. Change lines so as shooting from different angle. (Technique)</p>		<p>3v3 Middle Goal</p> <p>3v3. blue team start with ball and pass long to red team, when red team control ball they can attack either of the 2 goals. game continues until goal is scored on either goal or coach calls game to end.</p>
<p>Happy Feet</p> <p>“1” = Toe Taps – One foot on top of ball then the other, then the other, then the other etc....</p> <p>“2” = Side to Side – move the ball from foot to foot using the inside of the feet.</p> <p>“3” = Push & Pull – Move ball back and forth using the sole of the foot on top of the ball.</p> <p>Try some of the COERVER skills</p>		<p>3v3 plus 2</p> <p>Play 3v3 possession game in middle. Use of players on outside to retain possession. Add when passed to player on outside then change places.</p>		<p>SSG</p> <p>Play 5v5 all players allocated an opponent who they are responsible for marking. Rotate positions</p>



Group	Under 8's		Session	9
Warm Up		Technical	Attacking	
		<p>Dribble and Pass</p> <p>Split group into four corners: 1; Dribble into face mannequin perform drag back and dribble back 2. Dribble around mannequin pass to player at start of line 3. Dribble around mannequin and pass to player at start of group on your left.</p>	 <p>Use of Width</p> <p>Striker starts on edge of box and when they dribble defender comes in. the striker can play to either wide man to create a 2 v 1 situation. Striker then becomes wide man. Change angle of defenders approach.</p>	
<p>Obstacle Course</p> <p>Split group in half, half group have ball each and dribble in the middle of grid performing turns and flicks through the cones and mannequin, change regularly with players on outside by passing through gates. Focus and recap on turns and skills covered in previous weeks.</p>		<p>Shooting – put me in</p> <ol style="list-style-type: none"> 1. Player has ball and dribbles to cone then passes to striker who has peeled off mannequin. 2. play firm pass into feet for striker to flick ball to side before going through to score. 3. play 1-2 with striker who goes through to score 	 <p>SSG</p> <p>Play 4v4 with 2 wide players on tramlines who work for both teams.</p>	



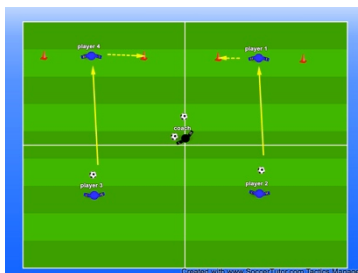
Group	Under 8's		Session	10
Warm Up		Technical	Dribbling	
		<h3>Drag and push</h3> <p>Number players 1to 3 and players go when number called.</p> <ol style="list-style-type: none"> 3 touches inside of foot/ 3 touches outside of foot. All players go drag and push until coach calls sit, then all players must sit on ball, last player go back to line. 		<h3>Run the Gauntlet</h3> <p>Player starts with ball and tries to dribble past the two defenders who must remain on the white line. Once they dribble across or loose ball player from opposite side starts. Rotate roles Give defenders more flexibility to move.</p>
<h3>Line and Turn</h3> <ol style="list-style-type: none"> Dribble and perform chop to beat mannequin Dribble and perform Matthew Dribble and perform 360 Dribble and perform scissors <p>Rotate roles Now dribble across performing skill on both mannequins</p>		<h3>Passing follow me</h3> <p>Player starts with ball and passes to player on right then follows pass.</p> <p>KP:</p> <ul style="list-style-type: none"> Weight of pass Play to back foot Take ball on back foot Work on both sides Add in 2 balls 		<h3>SSG</h3> <p>Play 5v5 all players allocated an opponent who they are responsible for marking. Rotate positions</p>

Extra Drills

1v1



Technical/ Dribble

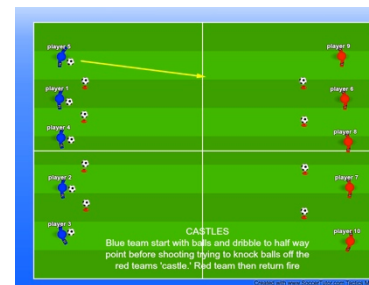


Passing

Work with partner on inside of foot pass, work on small distance on focus on accuracy and weight of pass. Add 2 cones once you pass move to side to touch cone before returning to middle.

Games/ Heading

Castles



Each team has a castle (5 cones with a ball on them) One team starts with a ball at their feet and dribble to half way line and attempt to knock the balls off their opponent's castle. Game continues until someone's castle is defeated.

1v1

Split group into 2 small lines in front of a small goal, on go player at start of line 1 dribbles and scores in empty goal before becoming the defender in 1v1 situation against player from line 2. Game continues with every time you attack you then become defender for next player.



Dribble Chase

Player 1 (blue) has to dribble through the cones and try and catch the red player around the triangle. Set up a few triangles to avoid long waiting time



Basic Heading

Split group in two small lines, coach/ feeder throws under arm for player at of line to head into goal. KQ - How many headers can you complete in 30 seconds? Quality of serve/ attacking/ defensive headers.