



CLUB SELECT PROGRAM BOYS

Club Coaches Manual





Mission Statement

“To raise the general standard and understanding of soccer and, to improve the technique of developing players and coaches, enabling all participants to reach their desired goals.”

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NSSDC CLUB SELECT PROGRAM

In partnership with NVFC the NSSDC is pleased to offer the Club Select Program.

What it means to you as a coach of the team and also you as parent of each player

In each age group from U-11 to U-16 the clubs will have several teams participating at the "select level" from Silver to Gold. During the season the club and the Technical Director see it as an advantage to offer its players and coaches the ability to work with a professional coach. This is where the NSSDC can offer its services as mentor and teacher to the coaches and its players.

How does it work?

Prior to the start of the season there are several steps taken to prepare all parties for the program.

- The NSSDC will provide each club select team coach an official program curriculum guide which, will be delivered both electronically and on the NSSDC website in the form of easy to understand lesson plans.
- The club select team coaches will also be offered an on field coaching clinic to prepare them for the course.
- Once the season begins there will be a designated NSSDC Staff assigned to each age group and will stay with the age group through the entirety of the season to ensure consistency and maximum quality customer service.

The staff coach will provide ongoing mentorship to the club coaches and its players. Each select team and its team coaches will work with the designated NSSDC Staff Coach on 6 separate occasions on the training ground. During this time the coaches will work on the following program highlights:

- Preparation of a structured training session plan.
- Assist in the development of club coaches on field technical ability to deliver a structured progressive theme from warm up stage to its game related conclusion.

To compliment the 6 training sessions the program also offers the club coach the ability to work with a mentor NSSDC Staff Coach in 3 game day visits. Program highlights include the following:

- Assist club coach with feedback to identify game day deficiencies. Deficiencies to be translated into training session plans for work in team training sessions.
- Collaborate with club coach on systems of play and player movement within.
- Follow up on each game day visit with a written game analysis communicated via e-mail to the club TD, team coach and NSSDC Management Team.
- Provide the club TD, team coach and NSSDC Management Team with a written report on each individual player outlining strengths, weaknesses and recommendation for the appropriate level in the following year.

The NSSDC prides itself on providing the highest calibre of Staff Coaches to operate its programs. This NSSDC program requires a specific skill set from its staff and as such each successful candidate must clear a specific suitability test

Planning and Preparation

“By failing to plan you are planning to fail.”

(Cook 1997)

Most problems occur during a coaching session due to a lack of planning and preparation by coaches. Therefore coaches should plan and prepare well in advance of the session.

The NSSDA has set up a set of guidelines for coaches to follow to assist with their planning and preparation before a session:

1. Before planning a session coaches should take the following into consideration:
 - Session Topic
 - Number of players
 - Players age, ability, gender
 - Time available
 - Field type
 - Weather
 - Size of area available
 - Equipment available

2. Complete a session plan on the session plan sheets provided and include the following:
 - Session topic
 - Age and number of players
 - Duration of session
 - Equipment required
 - Diagrams (include measurements) and brief explanation of warm up, drills and practices
 - Duration of each drill and practice
 - Coaching points for each drill or practice

Organising and Conducting the Session

A good coach will always arrive before their players; this will not only set a good example but will allow the coach to:

- Conduct a Health and safety check (facilities and equipment)
- Help organise and set up equipment
- Set up area

As the players arrive have them perform light ball work for example; set up a Brazilian juggling circle. Once all players have arrived greet and address the group to discuss the previous session/game and give a brief explanation of the topics to be covered in the session. The session should consist of the following:

- Warm Up (10-15mins)

The warm up should include:

- Light aerobic work (with the ball)
- Mobility and dynamic stretch

- Technique practice (15-20mins)

The technique practice is to be introduced after or as part of the warm up. The technique chosen should have some relation to the session's overall topic. Sometimes players can find these practices quite repetitive and boring, to make it more interesting introduce movement or a passive defender to increase difficulty.

- Skill Practice (20-25mins)

Develop the technique into a skill by introducing contextual interference, for example the introduction of a defender. Drills should always simulate game like situations but on a smaller scale and follow the session theme.

- Small sided game/conditioned game (30-35mins)

Finish with a small sided conditioned game. By placing a condition on the game you will force players to practice what they have learnt in a game type situation. For example if the topic was shooting you might shorten the playing area so that a shot can be struck from anywhere and encourage players to shoot when presented with the opportunity.

At the end of the session de-brief players using the question and answer technique. This method will allow you to see if the players have understood all the coaching points and that the session objectives have been achieved.

REMEMBER: When conducting your session involve all players avoid drills with long lines and players sitting on the side lines during games.

Coaching Process

During the session coaches will be expected to follow the following coaching process:

- Briefly explain and demonstrate drill
- Get players to practice
- Step back and observe faults in:
 - Group performance
 - Individual performances
- If group performance is at fault:
 - Stop practice *“Stop stand still!”*
 - Quickly step in and explain and demonstrate
 - Rehearse
 - Play
- If individual fault correct player individually (when possible without stopping the group)

REMEMBER: Always start with a positive comment when stopping the session to correct the group or individual. For example “Sam that was a great control, don’t forget to look up before you pass.”

Coaching Style

There are three coaching styles:

- Command/Autocratic

The coach makes all the decisions and the players role is to listen, absorb and comply.

- Submissive

The coach makes few decisions and generally just lets the players have fun and just play with little or no instruction.

- Cooperative/Democratic

The coach involves players in the decision making process by using techniques that enable players to solve problems and think for themselves. The two techniques used to form this Coaching Style are:

- Question and answer technique – The coach tries to stimulate the player into a response to a direct singular question.

“John what part of the foot do we use to pass the ball?”

- Guided discovery technique - The coach leads the players to make their own decisions.

“Dave can you show me where you could move to, to support the player on the ball?”

The NSSDA encourages all coaches to adopt the co-operative/democratic method when coaching, as studies have shown that players develop better when involved in the learning process.

Evaluating the Session

After each session coaches are encouraged spend time to evaluate their session. On the back of the Session plan sheets there are four sections for coaches to fill out to help when evaluating a coaching session:

- Coaches comments on session
- Players understanding of session content
- Objectives of the session, were they achieved?
- Modifications to session (if any)

In doing this it will enable coaches to avoid problems in the future and help design better coaching sessions.

Coaching Clinics

Coaching clinics will be organised for the Club coaches and run by the NSSDC and BCSA, all clinics will be conducted on field or in the class room. Coaches taking part in these sessions will be used as players and therefore need to bring suitable clothing and equipment. A full clinic program schedule will be sent to all coaches via the club, which will outline dates, times, location, topic and clinic presenter.

Further Development

All club coaches are encouraged to attend any additional courses, seminars or clinics that will further enhance their overall development. In addition to this coaches are always welcome to come and observe the training sessions at:

- NSSDC Player Development Program

For information on the dates and times for the above program please visit the NSSDC website www.nssdc.net



Club Select Curriculum and Lesson Plans

Curriculum Overview

BOYS

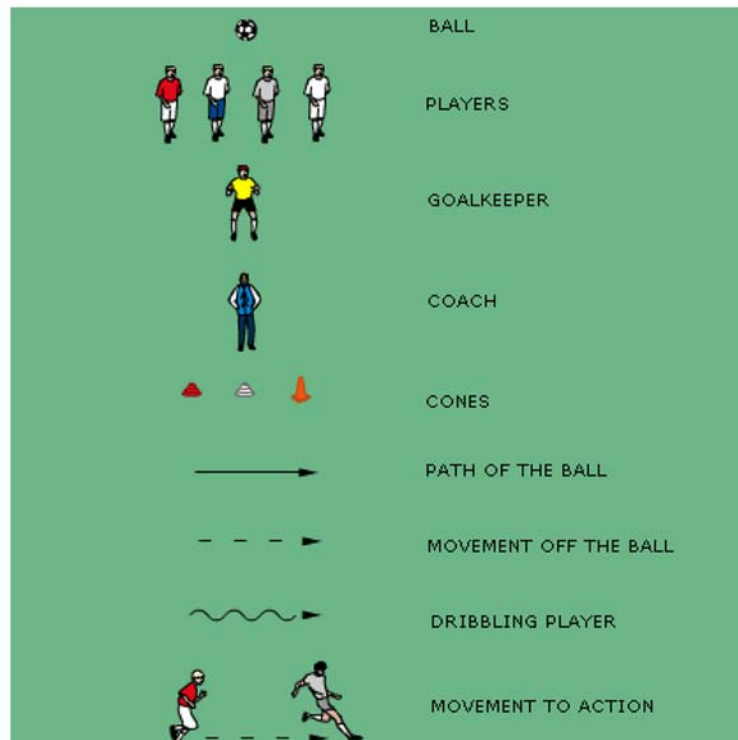
1. 1v1 attacking
2. Passing and Possession
3. Principles of Defending
4. Club Coach and AGTC will decide on topic based on teams performance
5. Shooting
6. Crossing and Finishing

How the Sessions work?

Each Session plan is to be used as a guide and concentrates on a particular topic. It is up to the coach to look at adapting the session's suitability to the conditions, age and ability of the players.

Club Coaches are encouraged to participate in each session run by the AGTC, the participation levels of each club coach will differ and will depend on their confidence and expertise. This participation will increase over the course of the season and for the last session the club coach will be presented with a topic where they will have to design a conduct a session based around that topic.

Notation Legend



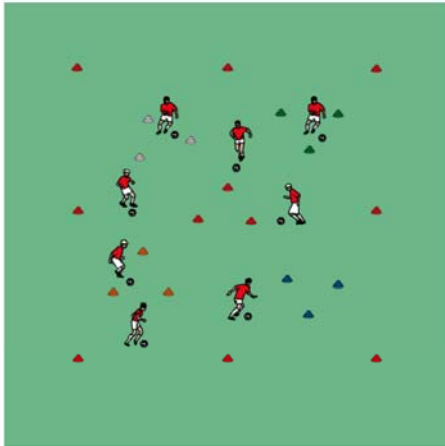


U11/12/13 SESSION 1 1v1 Attacking

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Dribbling, turning, shielding, feints, Shooting
Tactical	<ul style="list-style-type: none"> • Basic Principles of 1v1 • Recognising when and where to dribble

WARM UP

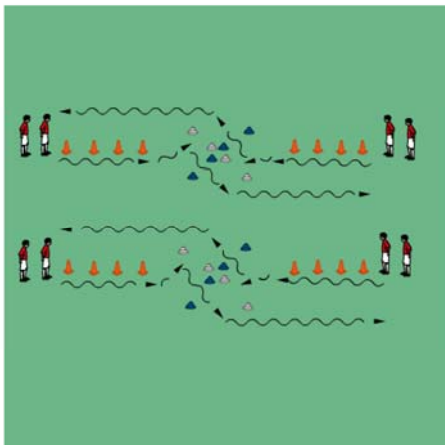


Organisation

Set up a 20x20yd grid with small triangles marked inside (See Diagram) each player with a ball, dribble inside the grid and look to enter through the side of a triangle leaving through a different side. Introduce challenges for players:

- Players can only use a certain part of their foot
- Players must disguise their intentions going through the triangle by looking to go through one side and changing direction to go through the other

TECHNICAL EXERCISE



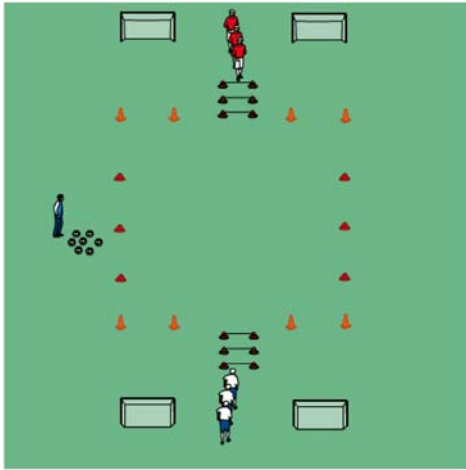
Organisation

Set up 2 rows of cones as shown in the diagram. Split players into 2 groups with equal amounts of players either side of each line of cones (see Diagram). Players dribble through the cones on reaching the centre the player will fake towards the white cones and exit through the blue

Progression

- Players can only use a certain part of their foot
- Players pass to the next player in line
- Introduce competition 1st team through the cones wins.

SKILL PRACTICE



Organisation

Set up a 15x15yd grid with 2 small gates either end with a small goal about 10yds away (see diagram). Between the 2 gates set up a ladder or cones and split players into 2 teams and have them line up behind the ladder. On the coaches command players perform an exercise as set by the coach through the ladder, the coach plays a ball into the area and the players compete and look to dribble through one of the 2 gates to have a free shot on goal.

Progression

- Vary the exercises through the ladder

Use Cones if no agility ladder available.

SSG



Organisation

Set up a 30x20yd field with 4 small goals marked out by cones, players play a 4v4 game and can dribble through either of the 2 goals to score.

Progression

- On scoring a goal teams look to immediately attack the other 2 goals

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep our head up in 1v1 situations?**
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**
Use tricks or feints
- **What do we do once we have unbalanced the defender?**
Quickly change direction and accelerate past the defender.

Coaching Points

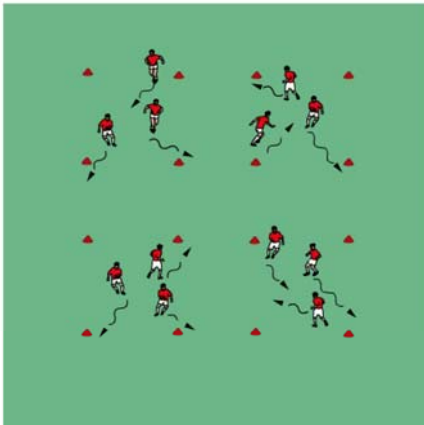
- On balls of feet
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available

U11/12/13 SESSION 2 Passing and Support

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Passing, Receiving
Tactical	<ul style="list-style-type: none"> • Providing Good Support and movement off the ball • Maintaining Possession of the ball

WARM UP



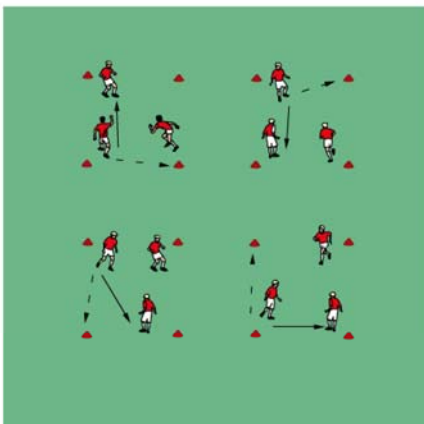
Organisation

Set up four 10x10yd grids, split players into groups of 3 with 1 ball each. Players dribble around the 1 of the 4 cones on the 4 corners of the square keeping the ball tight to the cone and return to the middle of the square and then dribble to another cone.

Progression

Have players dribble with one foot only.

TECHNICAL EXERCISE



Organisation

Set up four 10x10yd grids, split players into groups of 3 with 1 ball between each group. Players pass the ball, and run around a cone before receiving the next pass. (See Diagram)

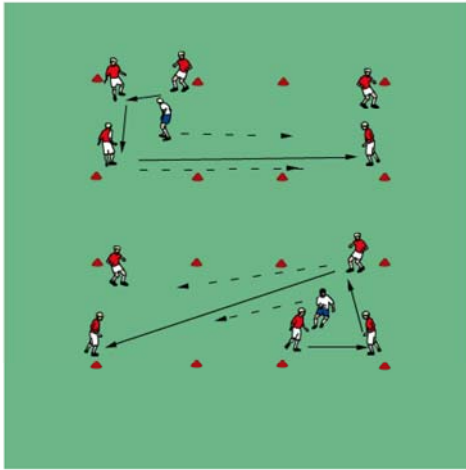
Progression

Players pass to another square on coaches command:

- Clockwise
- Anti-clockwise
- Horizontal
- Vertical
- Diagonal

Limit players to 2 or 1 touch

SKILL PRACTICE



Organisation

Set up two 8x8yd grids with 3 attackers in one grid and 2 attackers in the other grid. The drill starts by a defending player passing the ball into the group of 3 creating a 3v1 situation. The attackers attempt to make 4 passes before they are allowed to pass to the 2 attackers in the other grid. The player who passes the ball follows their pass again creating a 3v1 situation (see Diagram). If the attackers manage to switch grids 3 times or the defender wins the ball a new defender is introduced

Progression

- Increase the number of passes before the ball can be played across.
- Introduce a second defender making it 3v2

SSG



Organisation

Set up a 30x20yd grid, split players into 2 teams of 6. 2 players from each team stand on opposite corners of the grid acting as Target players (See Diagram). Players play a 4v4 inside the grid and attempt to pass to one of the 2 target players to score. Once a goal has been scored the ball must be played to the opposite target player to gain another point. If possession is lost and regained the ball can be passed to any of the 2 target players.

Progression

Player who passes to target player switch places.

Reduce number of touches

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space on 1st touch, head up.
- **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs

Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1st touch
- Head Up
- Quality of pass, Accuracy, weight and timing
- Quality of support and movement off the ball

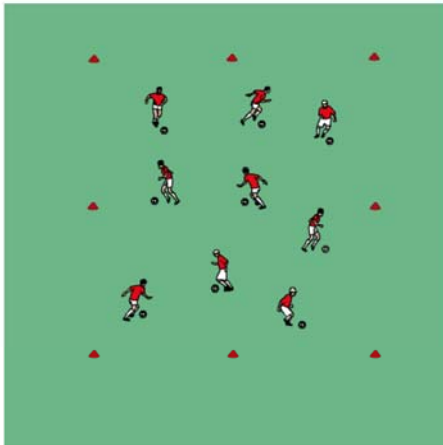


U11/12/13 SESSION 3 Principles of Defending

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Defending Techniques (Jockeying and Tackling)
Tactical	<ul style="list-style-type: none"> • Individual, 2v2 and 4v4 Defending • Basic Principles of Defending

WARM UP

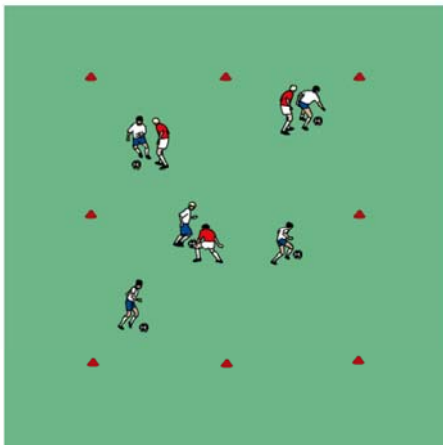


Organisation

Set up a 20x20yd grid each player with a ball, players perform the following exercises:

- Inside Taps
- Jog on the ball
- Roll ball across body and tap with inside of other foot
- Dribble using inside/outside right foot
- Dribble using inside/outside left foot
- Dribble using insides of both feet
- Dribble using outside of both feet
- Dribble using sole of both feet
- Free to use all parts of both feet

TECHNICAL EXERCISE



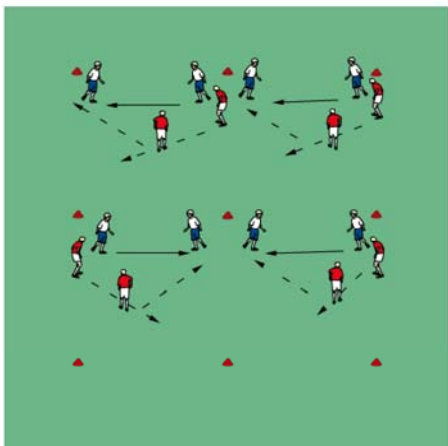
Organisation

Set up a 15x15yd grid each player with a ball and perform the "Basic Dribble Warm up". After 5mins select 3 or 4 players to act a passive defenders who put pressure players with the ball attempting to force them into certain areas of the grid without winning the ball. Switch defenders after 30 sec.

Progression

If defenders win the ball cleanly the attacking player becomes the defender

TACTICAL EXERCISE



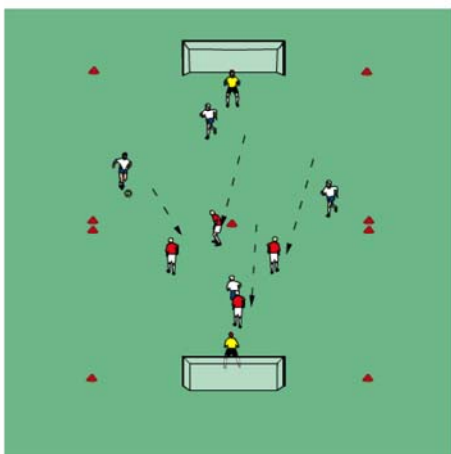
Organisation

Set up a series of 20x20yd grids, split players into groups of 4 with 1 ball between each group. 2 attacking players pass the ball between each other while the 2 defending players work as a team to maintain a good defensive position (See Diagram) Players switch roles after 1 min

Progression

Develop into a skill practice Attackers attempt to dribble over the end line

SSG



Organisation

Mark out a 30x20yd field with a centre line marked by cones. Players play a 4v4 game with the condition that on loosing possession all players must move back to their own half

Progression

Introduce Pressure defending by putting a condition on the game that all players must be in their opponent half to score

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **When Defending who is responsible for putting pressure on the player with the ball?**
The nearest defender to the ball.
- **When should the defender look to close down the player with the ball?**
As the ball is travelling to the player about to receive the ball.
- **What does the defender need to think about in 1v1 situations?**
Close down the space quickly, slow down and adopt side on body position forcing the player in one direction, be patient jockey and wait for an opportunity to win the ball
- **What do we need to do as a team on loosing possession of the ball?**
Get back behind the ball and adopt good defensive positions.

Coaching Points

- 1st Defender applies pressure
- Jockey be patient recognise the right moment to tackle
- 2nd Defender supports
- 3rd defender Covers (marks men and space)
- Stay compact and defend as a unit
- Communication



U11/12/13 SESSION 4

Club Coach and AGTC will decide on topic based on teams performance

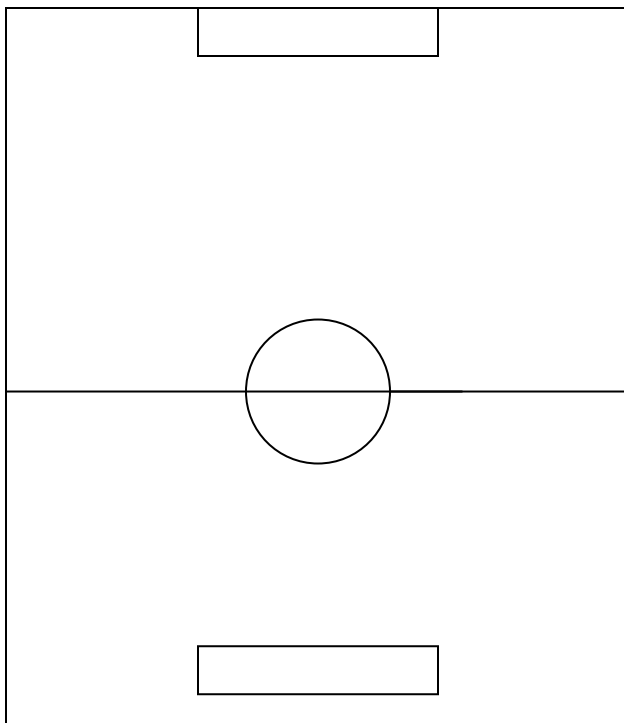
Date _____ Age Group _____ Number of Players _____

Session Theme _____ Coach Name _____

Warm Up

Technical Exercise

Tactical Exercise



Small Sided Game/Phase of Play

Coaches self assessment of session

Coaches Comments on Session:

Players Understanding of Session:

Objectives of Session, where they achieved:

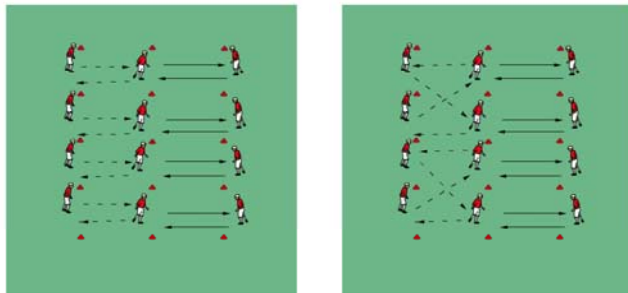
Modifications to session (if any) :

U11/12/13 SESSION 5 Shooting

Table of objectives

Physical	<ul style="list-style-type: none"> • Introduction to basic movement mechanics • Co-ordination (legs, Arms) • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Shooting
Tactical	<ul style="list-style-type: none"> • Recognizing when to shoot

WARM UP



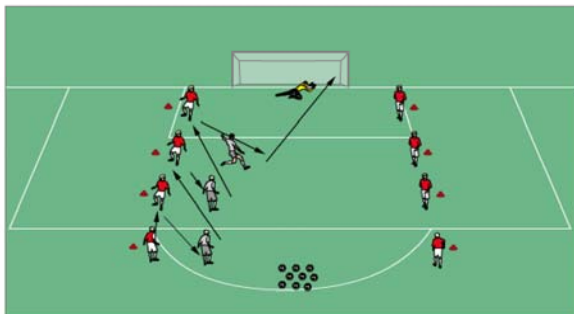
Organisation

Set up a series of 10x5yd grids as shown in the diagram. Split players into groups of three with one ball between each group (see Diagram). Player on the outside passes to the player in the middle who passes back and switches with the other player (see 1st Diagram).

Progression

- Develop into 1 touch passing
- Back player switches on the diagonal (see 2nd Diagram),
- Players on the outside switch positions so everyone is moving

TECHNICAL EXERCISE

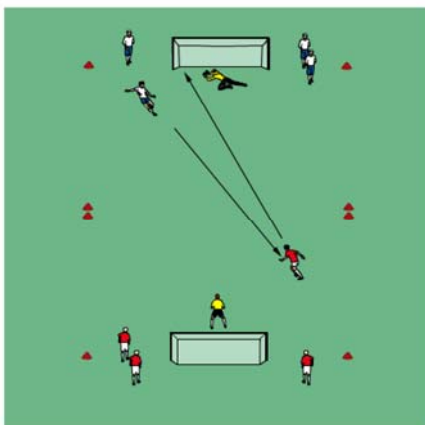


Organisation

Mark out 2 lines with 4 cones in each line, and have a player stand by each cone (see Diagram). Players pass the ball as shown in the diagram with the last player in the sequence shooting on goal. Vary the service by:

1. Player chips ball into the end player who then sets the Shooter with a volley or a header
2. Players pass the ball in sequence, the player setting up the shoot can decide to pass to shooter or chip the ball into their hands and set the shooter up for a volley or a header

TACTICAL EXERCISE



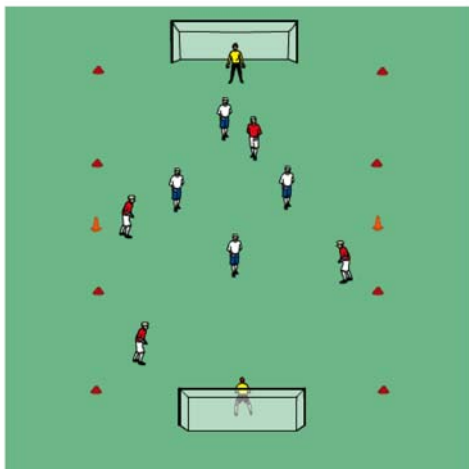
Organisation

Set up a small field as shown in the diagram, player play 1v1 with the objective to shoot.

Progressions

Develop into 2v1 and 2v2

SSG



Organisation

Set up a 30x20yd field with 2 big goals, players play a 4v4 game with keepers, Players are encouraged to shoot at every opportunity

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to do before we shoot?**
Look up and observe the keeper
- **What is more important, Accuracy or Power when shooting?**
Accuracy.
- **When do we look to shoot in a game situation?**
When the space is available do so.
- **Once a shot has been taken what is our next action?**
To follow up the shot for possible rebounds.

Coaching Points

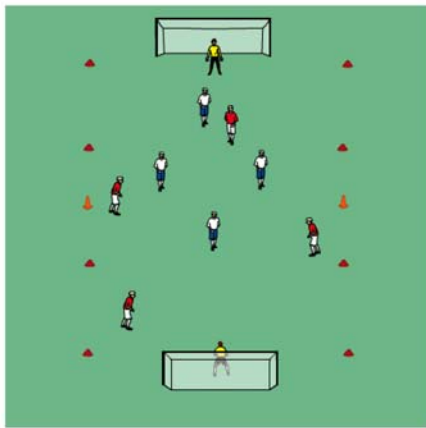
- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.
- Concentrate on accuracy before power
- Follow up for rebounds
- Encourage players to take all shooting opportunities
- If shot is not available:
Can I create a shooting opportunity as an individual
Can I pass to a player in a shooting position
Can I combine to create a shooting opportunity

U11/12/13 SESSION 6 Crossing and Finishing

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Crossing, Shooting, Volley and heading Techniques
Tactical	<ul style="list-style-type: none"> • Crossing and Finishing

WARM UP



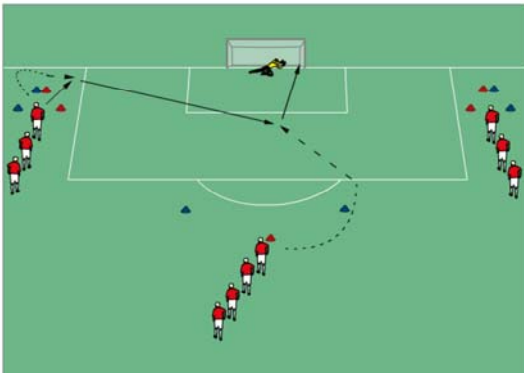
Organisation

Set up a 30x20 yd field with 2 large goals, players play hand ball, with the objective to throw the ball into the net.

Progression

- Players volley ball into the net.
- Players volley ball to each other
- Players Head ball to each other

TECHNICAL EXERCISE



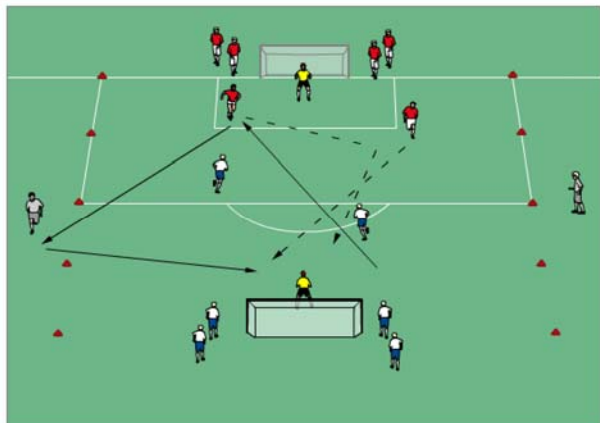
Organisation

Set up area as shown in the diagram, and split players into 3 groups. Exercise starts with the crosser touching the ball through the red gate and running through the blue and then crossing the ball into the striker, who makes their run around the blue cone.

Progression

- Introduce a 2nd striker, near and far post runs

SKILL PRACTICE



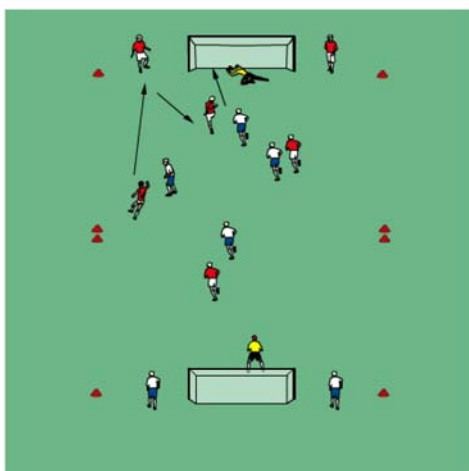
Organisation

Set up an area double size of the penalty box with 2 goals (see diagram). Split player into 2 groups and have players line up as shown in the diagram with 2 players to act as the crossers. Players play a 2v2 and a goal can only be scored from a cross.

Progression

- Limit crossers to 2 or 1 touch
- Extra points are awarded if a goal is scored from a header or a volley

SSG



Organisation

Set up an 30 x25yd field, Players play a 4v4 game with 4 target players (see Diagram) the ball must be passed into a target player who passes the ball back in to score. Play starts with the keeper

Progression

- Targets pick ball up and serve players to perform a volley or header

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What does the crosser need to do before delivering the cross?**
Look up to see strikers position
- **What is the best area to cross the ball?**
Just in front of the penalty Spot, away from the GK and in the path of the incoming striker
- **What things does the striker need to think about before striking the ball?**
The timing of the run, observe Gk, watch flight of the ball, surface of the foot to strike the ball.
- **What is more important, Accuracy or Power when shooting?**
Accuracy.

Coaching Points

- Quality of the cross
- Timing of the strikers run don't arrive too early
- Head up observe Goalkeeper
- Judge the flight of the ball, and select technique to strike the ball
- Quality of Finish

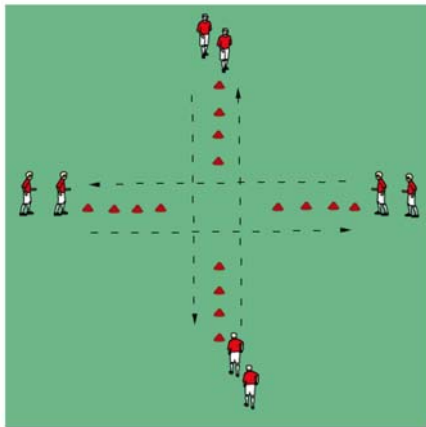
U14/15/16 SESSION 1

1v1 Attacking

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Dribbling, turning, shielding, feints, Shooting
Tactical	<ul style="list-style-type: none"> • Basic Principles of 1v1 • Recognising when and where to dribble

WARM UP



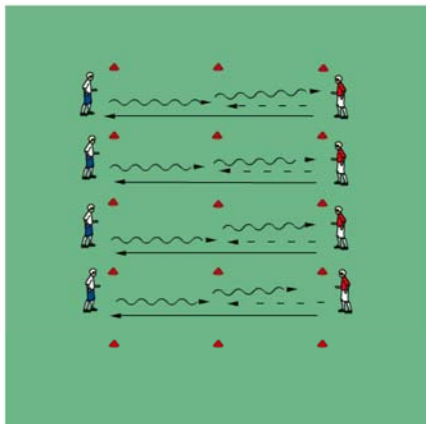
Organisation

Set up as shown in the diagram and split players into 4 groups. Players perform various agility exercises through cones and jog to the opposite side while dodging other players.

Progression

Introduce ball, vary dribbling techniques through cones
 Players pass ball into next player

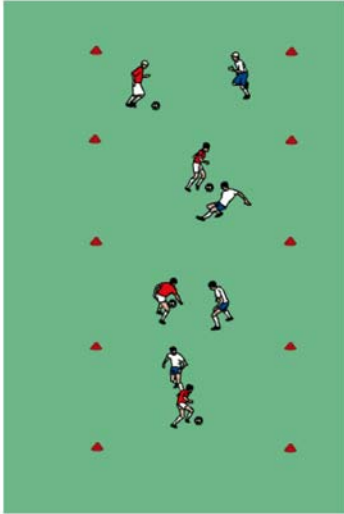
TECHNICAL EXERCISE



Organisation

Set up a series of 15x10yd grids (see diagram) Split players into pairs with a ball between 2. Player passes to partner and follows pass, the player receiving dribble ball towards the incoming player and performs a feint around the incoming player, on reaching the end this player performs a turn and makes a pass to their partner and the exercise is repeated
 Vary types of passes, receiving techniques, feints and turns

SKILL PRACTICE



Organisation

Set up a series of 15x10yd grids (see diagram) Players split into pairs and have a ball between them. The player with the ball starts the drill by passing to their partner who then attempts to beat their partner by dribbling across the end line. Play for 3mins the player with the most points moves up the ladder.

SSG



Organisation

Set up area as shown in the diagram, players play a 4v4+2 with one team attacking the Blue gates and the other attacking the white. The aim is to dribble through the gates on dribbling through the team turns and looks to attack either of the other 2 goals.

Progression

- Coach walks around and changes the colours of the gates.

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep head up in 1v1 situations?**
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**
Use tricks or feints
- **What do we do once we have unbalanced the defender?**
Quickly change direction and accelerate past the defender.

Coaching Points

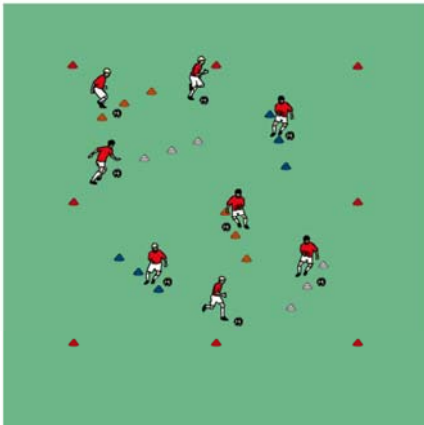
- On balls of feet
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available

U14/15/16 SESSION 2 Passing and Support

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Passing, Receiving
Tactical	<ul style="list-style-type: none"> • Providing Good Support and movement off the ball • Maintaining Possession of the ball

WARM UP

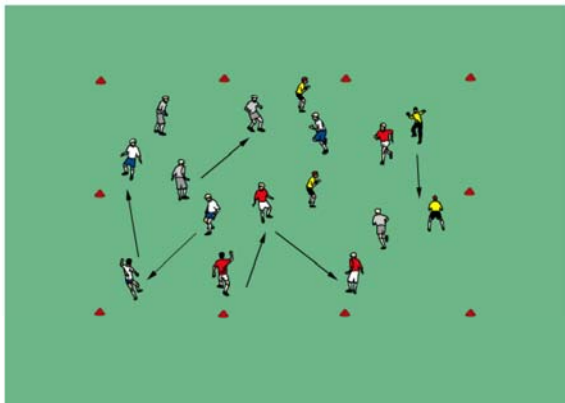


Organisation

Set up a 20x20yd grid with a series of lines of 3 cones within the grid (See Diagram). Players dribble through the cones using the following exercises:

- Inside of both feet
- Inside outside of right ft
- Inside outside Left ft
- Outside both feet
- Roll with sole of the foot

TECHNICAL EXERCISE



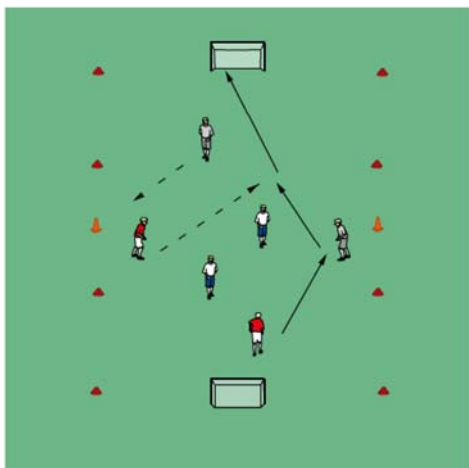
Organisation

Set up a 40x30yd grid, split players into 4 groups of 4 with each group wearing a different colour pinnie. Players start by passing and moving within the grid with their group using different techniques to pass a receive the ball (Throw, catch / roll, catch / bounce, catch / volley, catch / head, catch / pass and receive with feet).

Progressions

- Red pass to yellow, yellow to white, white to blue, blue to red
- Players who passes calls a colour the player receiving to pass to
- As above but the player receiving the ball must pass to a different colour

SKILL PRACTICE



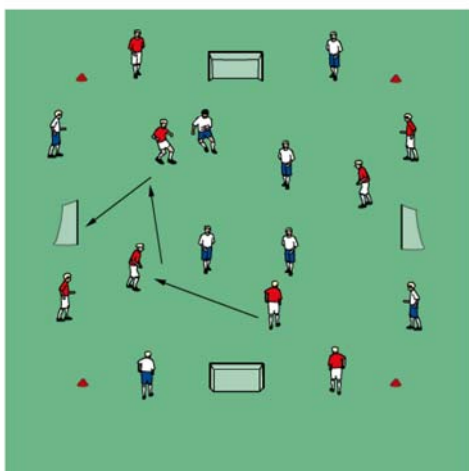
Organisation

Set up a 25x20yd field with 2 small goals. Split players into 2 teams of 2, with 2 neutral players with a different colour pinnie who play for the team in possession creating a 4v2. Players must make 5 passes before they can score

Progression

- Players can only pass to a team mate wearing a different colour pinnie
- Players are limited to 2 touch

SSG



Organisation

Set up a 30x30yd field with 4 small goals. Players play a 4v4 possession game with four support players on the perimeter (See Diagram) . Each team must make 6 successful passes before they can score on any of the 4 goals

Progression

- Support players switch with the player that passed them the ball
- To score players must receive a ball from a support player and finish with one touch

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space on 1st touch, head up.
- **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs

Coaching Points

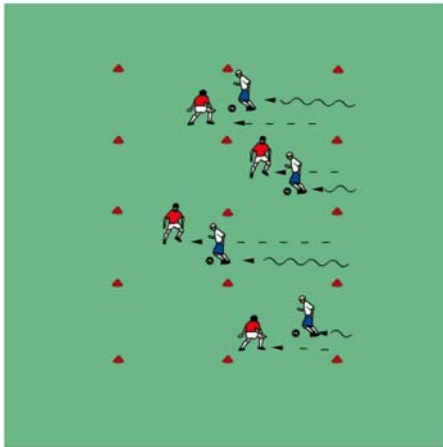
- On toes/move into line
- Select controlling surface
- Create space on 1st touch
- Head Up
- Quality of pass, Accuracy, weight and timing
- Quality of support and movement off the ball

U14/15/16 SESSION 3 Principles of Defending

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Defending Techniques (Jockeying and Tackling)
Tactical	<ul style="list-style-type: none"> • Individual defending • Group defending • Principles of Defending

WARM UP



Organisation

Set up a series of 20x5yd grids, split players into pairs with 1 ball between each pair. One player dribbles in a straight line while the other jockeys. On reaching the end line players switch roles

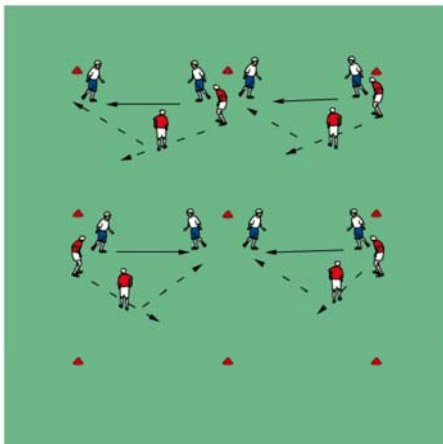
Progression

Dribbling player can change the direction of the dribble using feints

Defender passes the ball into the attacker from the end line and closes down attacker

Players play 1v1 and attempt to dribble over the end line

TACTICAL EXERCISE 1



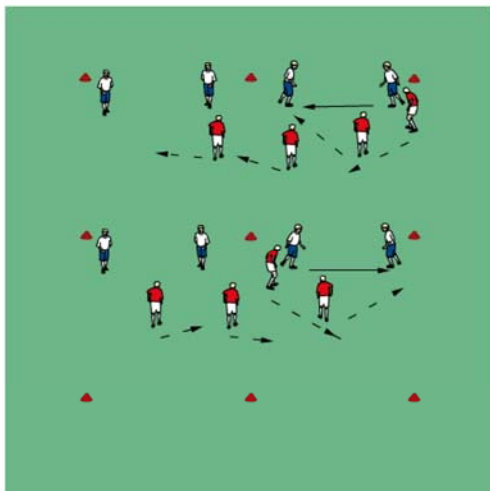
Organisation

Set up a series of 20x20yd grids, split players into groups of 4 with 1 ball between each group. 2 attacking players pass the ball between each other while the 2 defending players work as a team to maintain a good defensive position (See Diagram) Players switch roles after 1 min

Progression

Develop into a skill practice Attackers attempt to dribble over the end line

TACTICAL EXERCISE 2



Organisation

Expand the area to 40x20 repeat as in previous exercise except working with groups of 4

Progression

Develop into a skill practice Attackers attempt to dribble over the end line

SSG



Organisation

Mark out a 50x30yd field with a centre line marked by cones. Players play a 7v7 game with keepers and line up in the following formation 4 Defenders and 2 Strikers. Ball always starts with the GK. Emphasis should be on defending.

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **When Defending who is responsible for putting pressure on the player with the ball?**
The nearest defender to the ball.
- **When should the defender look to close down the player with the ball?**
As the ball is travelling to the player about to receive the ball.
- **What does the defender need to think about in 1v1 situations?**
Close down the space quickly, slow down and adopt side on body position forcing the player in one direction, be patient jockey and wait for an opportunity to win the ball
- **What do we need to do as a team on losing possession of the ball?**
Get back behind the ball and adopt good defensive positions.

Coaching Points

- 1st defender pressures
- Move into line and down the line
- Adopt a side on body position and sit down
- Force play inside towards second defender when the ball is with the outside player
- 2nd defender supports
- 3rd and 4th defender should provide good cover and balance
- Defenders should work as a unit and react to the balls movement
- Communication



U11/12/13 SESSION 4

Club Coach and AGTC will decide on topic based on teams performance

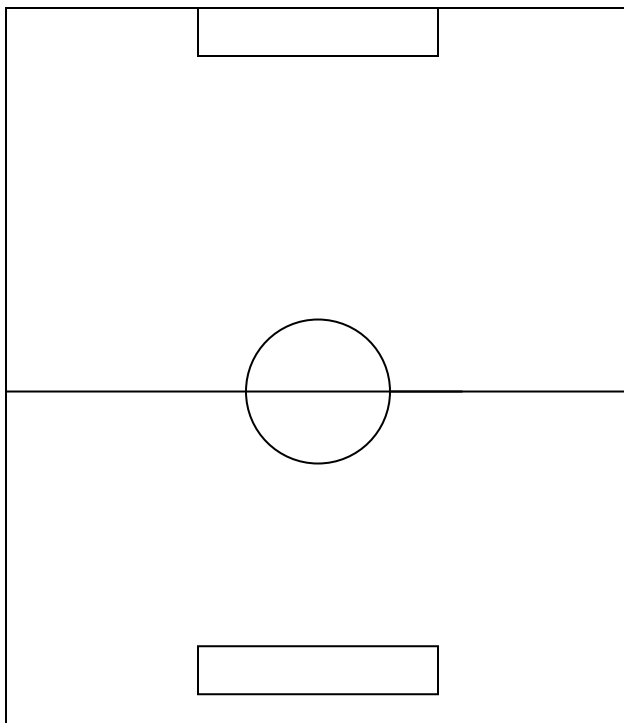
Date _____ Age Group _____ Number of Players _____

Session Theme _____ Coach Name _____

Warm Up

Technical Exercise

Tactical Exercise



Small Sided Game/Phase of Play

Coaches self assessment of session

Coaches Comments on Session:

Players Understanding of Session:

Objectives of Session, where they achieved:

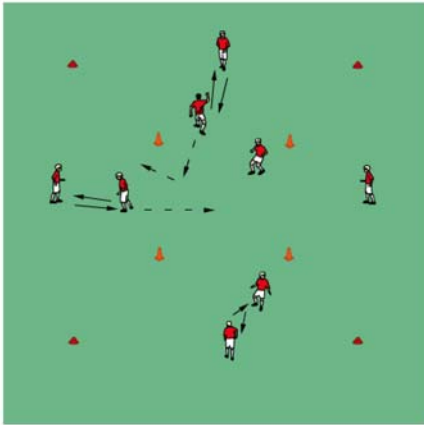
Modifications to session (if any) :

U14/15/16 SESSION 5 Shooting

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Shooting and Volley Techniques
Tactical	<ul style="list-style-type: none"> • 1v1, 2v2, 4v4 • Recognising the moment to shoot

WARM UP



Organisation

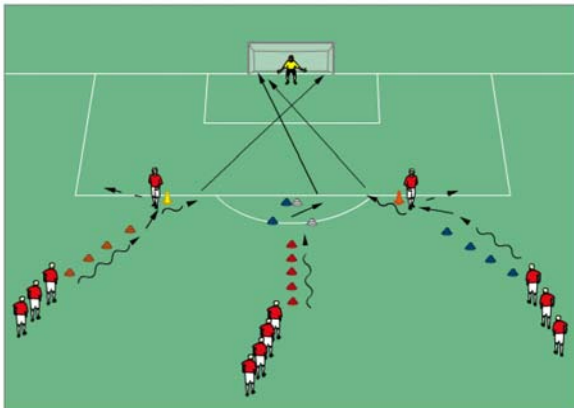
Set up a 15x15yd grid with a small 8x8yd grid inside. Split players into pairs with one ball between two. One player positions themselves on the perimeter of the grid with the ball and the other stands inside the grid. Players on the inside move around looking to receive a ball from the players on the outside and perform the following Volley techniques:

- 1 touch pass inside foot
- Inside foot volley
- Instep volley
- Outside foot volley
- Half Volley
- Header

Progression

- Players can perform various exercises in the small grid for example summersault

TECHNICAL EXERCISE

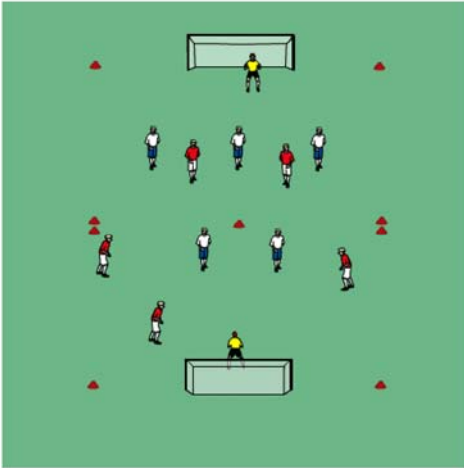


Organisation

On the edge of the 18yd box set out 3 shooting stations as shown in the diagram. Player perform the following exercises at each station and rotate after 3 mins:

1. (left) Players dribble through the cones on exiting the cones the player standing by the cone checks to receive a pass, on receiving the pass the player turns towards the goal and shoots with right foot.
2. (middle) Players dribble through the cones on exiting feints towards the blue cones and exit through the white cones and shoot or vice versa
3. (Right) same as one shoot with left foot

SKILL PRACTICE



Organisation

Set up a 30 x25yd field, split the field in half with 2 attackers and 3 defenders in each half. Players are not allowed to cross the halfway line. The goalkeeper can only distribute to the 3 players in the defending half and shots must be taken from this half to create long range shots. Play always starts from the keeper.

Progression

Ball must be passed to one of the strikers to set up shot

SSG



Organisation

Set up a 30x25yd field with 2 big goals, players play a 6v6 game with keepers, Players are encouraged to shoot at every opportunity

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to do before we shoot?**
Look up and observe the keeper
- **What is more important, Accuracy or Power when shooting?**
Accuracy.
- **When do we look to shoot in a game situation?**
When the space is available do so.
- **Once a shot has been taken what is our next action?**
To follow up the shot for possible rebounds.

Coaching Points

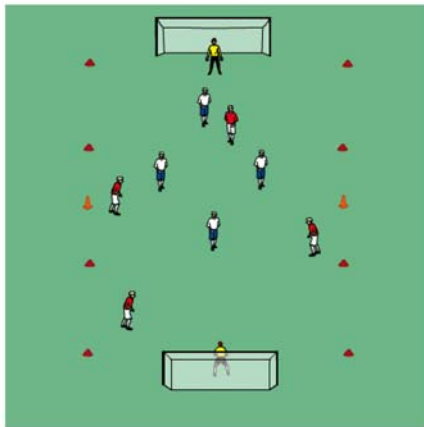
- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.
- Concentrate on accuracy before power
- Follow up for rebounds
- Encourage players to take all shooting opportunities
- If shot is not available:
Can I create a shooting opportunity as an individual
Can I pass to a player in a shooting position
Can I combine to create a shooting opportunity

U14/15/16 SESSION 6 Crossing and Finishing

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Crossing, Shooting, Volley and heading Techniques
Tactical	<ul style="list-style-type: none"> • Crossing and Finishing

WARM UP



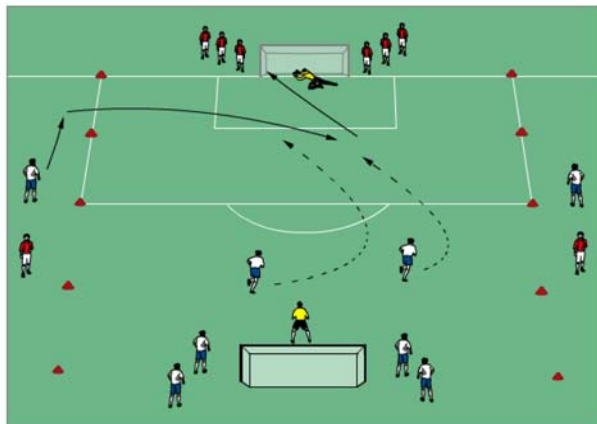
Organisation

Set up a 30x20 yd field with 2 large goals, players play hand ball, with the objective to throw the ball into the net.

Progression

- Players volley ball into the net.
- Players volley ball to each other
- Players Head ball to each other

TECHNICAL EXERCISE



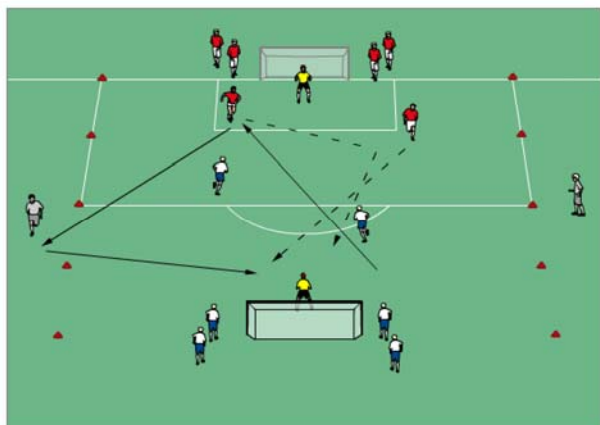
Organisation

Set up an area double size of the penalty box with 2 goals (see diagram). Split player into 2 groups and have players line up as shown in the diagram with 4 players to Cross the balls in. The crossers take turns at crossing the balls while strikers take turns at making runs into the penalty box and attempt to score

Progression

- Show variations of runs into the penalty box for example the 2 strikers crossover

SKILL PRACTICE



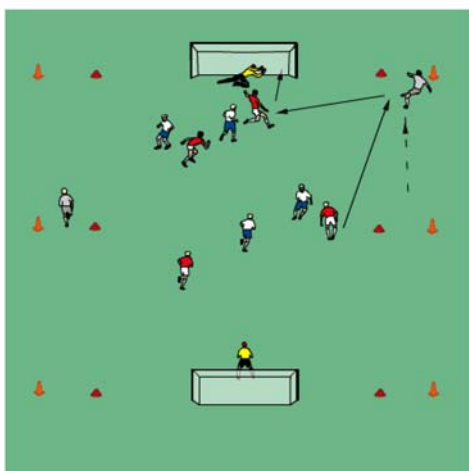
Organisation

Set up an area double size of the penalty box with 2 goals (see diagram). Split player into 2 groups and have players line up as shown in the diagram with 2 players to act as the crossers. Players play a 2v2 and a goal can only be scored from a cross.

Progression

- Limit crossers to 2 or 1 touch
- Extra points are awarded if a goal is scored from a header or a volley

SSG



Organisation

Set up a 40 x30yd field with 2 wide channels marked by cones. Players play a 4v4 game with 1 target player on each wing (see Diagram). Goals can only be scored from a cross and 2 points are given if the goal is scored by a header or a volley. Play always starts from the keeper

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What does the crosser need to do before delivering the cross?**
Look up to see strikers position
- **What is the best area to cross the ball?**
Just in front of the penalty Spot, away from the GK and in the path of the incoming striker
- **What things does the striker need to think about before striking the ball?**
The timing of the run, observe Gk, watch flight of the ball, surface of the foot to strike the ball.
- **What is more important, Accuracy or Power when shooting?**
Accuracy.

Coaching Points

- Quality of the cross
- Timing of the strikers run don't arrive too early
- Head up observe Goalkeeper
- Judge the flight of the ball, and select technique to strike the ball
- Quality of Finish

BCSA COACHES CODE OF CONDUCT

- I will be reasonable when scheduling games and practices, remembering that young athletes have other interests and obligations.
- I will teach my athletes to play fairly and to respect the rules, officials and opponents.
- I will ensure that all athletes get equal instruction, support and playing time.
- I will not ridicule or yell at my athletes for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
- I will make sure that equipment and facilities are safe and match the athlete's ages and abilities.
- I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.

