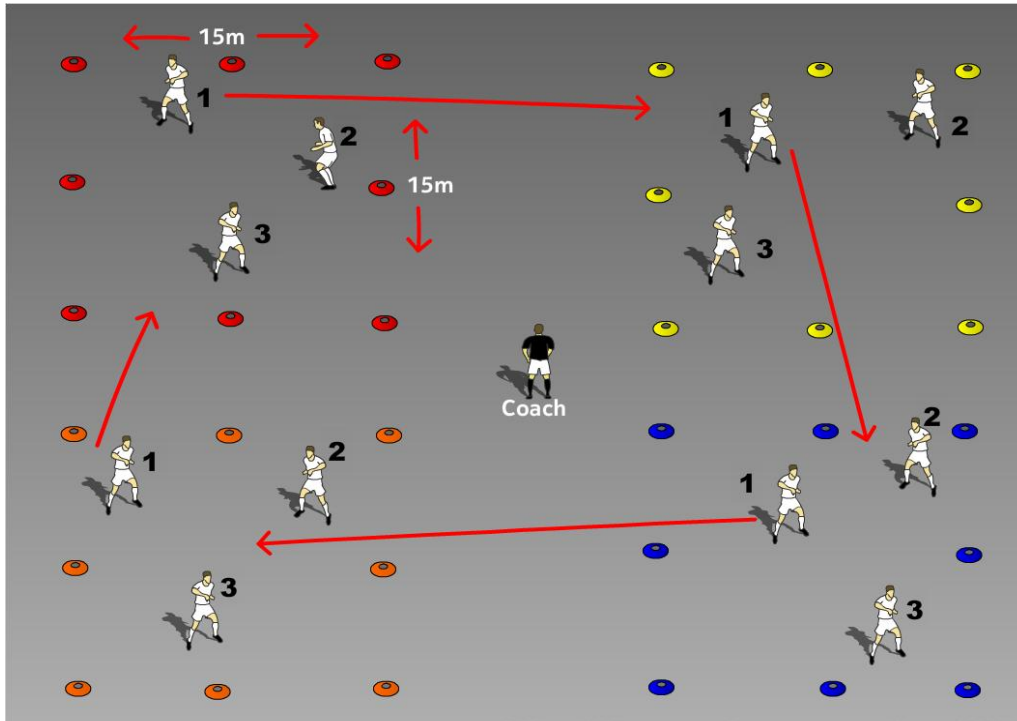




FUNdamentals/Learn to Train

Station A

General Movement squares



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Organization: 3 players are placed inside each 15m x 15m area.
Procedure: Players are asked to move around in different directions within their own area. The coach should also ask players to perform different movements. I.e. skipping, hopping, moving sideways, backwards etc.
When the coach calls out a number, that player sprints to the next square in the direction shown by the arrows.
Progression: Add a ball to each square and have players pass and move.

Time frame. 11 minutes

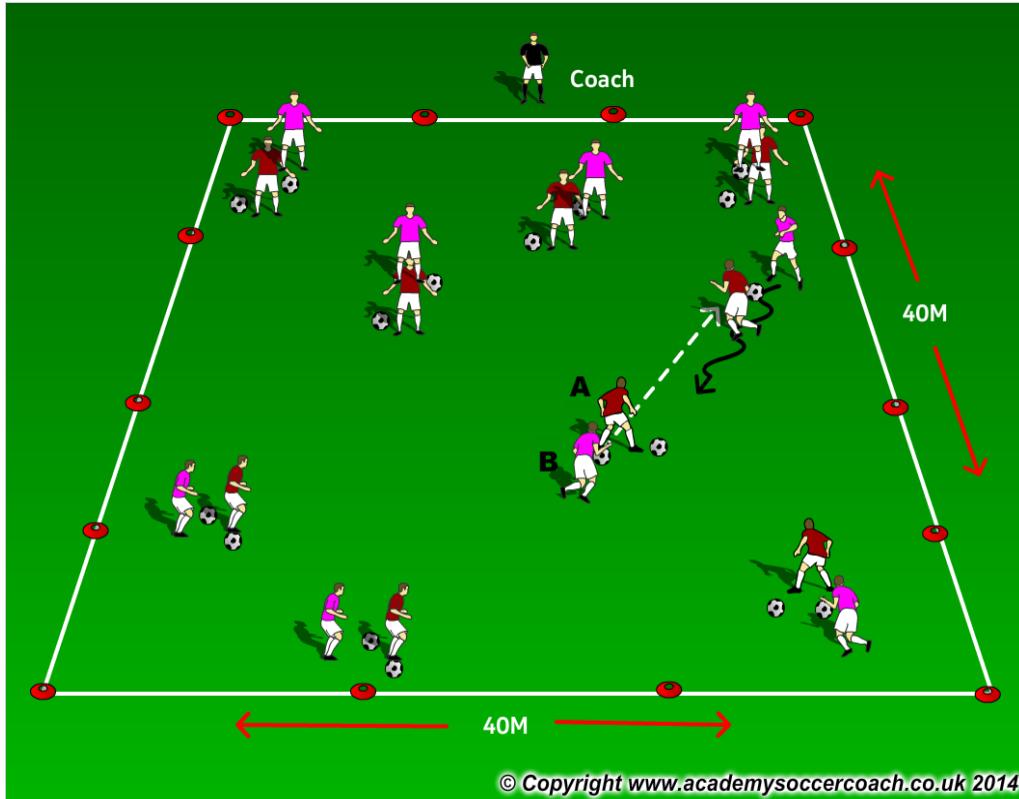
Emphasis:

Agility, Balance, Coordination, Speed
 Changing Direction
 Movement Preparation
FUN!

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling or Passing</p>
<p><u>Physical</u> Agility, Balance Change of Direction Fundamental Movements</p>	<p><u>Social</u> Listening Working as a team</p>



FUNdamentals/Learn to Train
Station B
Small sided game – 1v1 to a ball!



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1v1 to a ball:
 Players play 1v1 to a ball. Player B plays a pass through player A's legs. Once the ball is played the game is live and players compete to hit the target ball with the game ball. Players compete for 2 minutes. Once a goal is scored players switch and restart the game.

Time Frame. 11 minutes

Emphasis:

Listening
 1v1
 Imagination
 FUN!

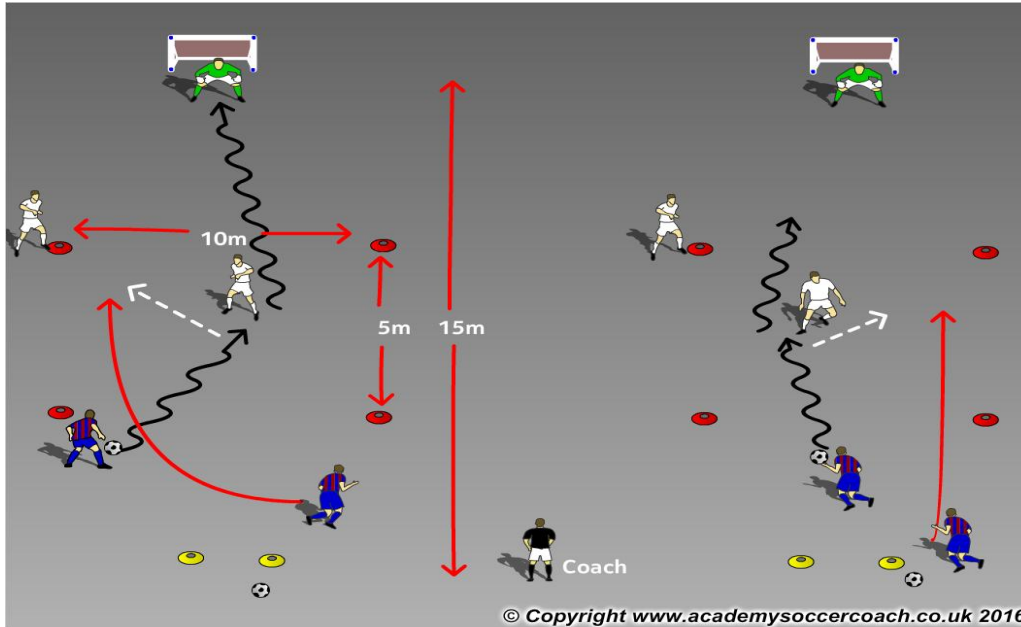
<p><u>Psychological</u> Confidence Being safe Imagination</p>	<p><u>Technical</u> 1v1 Dribbling Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>



FUNdamentals/Learn to Train

Station C

2v1 alley



Organization: Players are placed into groups of 5. 2 defenders and 2 attackers and 1 goalkeeper. Space is organised as above.

Procedure: A 2V1 situation is now created. Player in possession of the ball dribbles towards the defender to try to beat him/her. Defender must start in the square and can move anywhere in the area once the attacker dribbles in. The attacker now has a supporting team mate and can either make the decision to go 1v1 against the defender or pass to their team mate to create 2v1. If the attacker beats the defender they go and score in the main goal. If the defender wins possession they can score by dribbling through yellow goal. Players switch between attackers and defenders after each game. Players celebrate when they score and keep a track of how many goals they score.

Time frame. 11 minutes

Emphasis:

Guide players to make the correct decisions.

Offer advice through questions

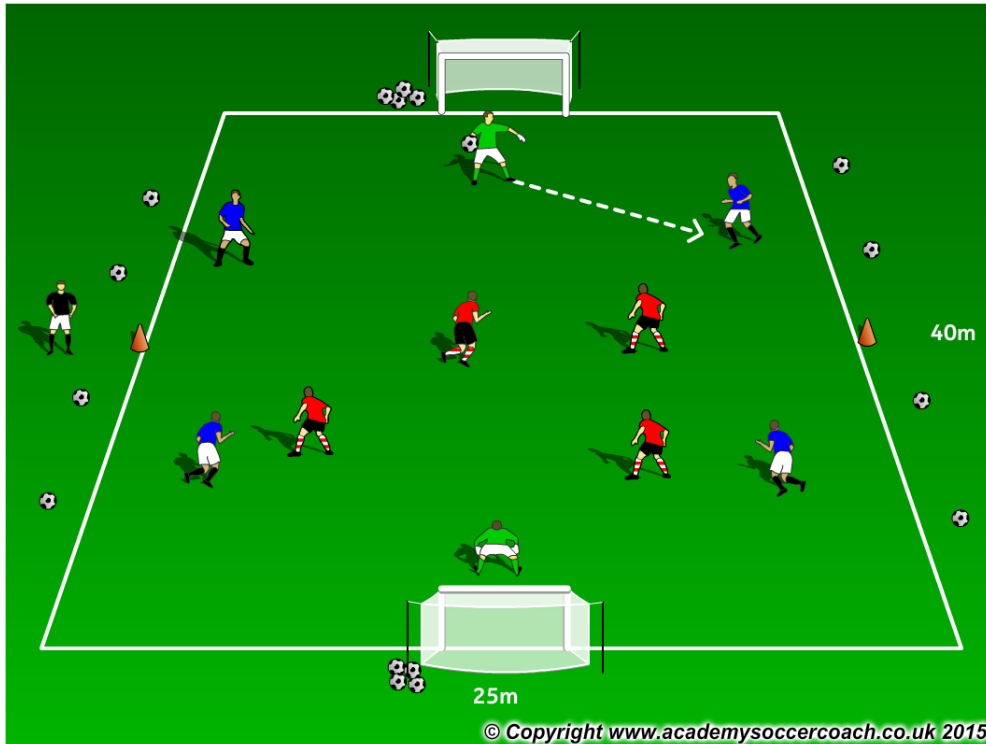
<p><u>Psychological</u> Competition Confidence Decision making FUN</p>	<p><u>Technical</u> Passing Receiving 1v1</p>
<p><u>Physical</u> Speed Movement Change of Direction</p>	<p><u>Social</u> Listening Communicating Interaction</p>



FUNdamentals/Learn to Train

Station D

Small Sided Game – 4v4/5v5/6v6 Free play



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Time frame. 11 minutes

Emphasis:

FREE PLAY

Creativity

Opportunities to penetrate with the dribble

Allow the game to be the teacher

FUN

Psychological

Fun
Confidence
Decision Making
Imagination

Technical

Body position
Touch Direction
Keeping ball close
Scanning

Physical

Speed
A,B,C's
Power/acceleration

Social

Listening
Communicating
Fun with friends