



# **U11-U13 Session Plans**



## SESSION 1 Dribbling and Fienting



### Warm Up : Basic Dribbling

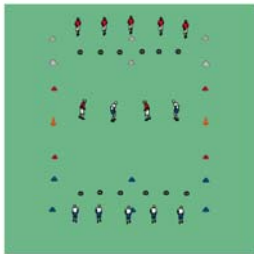


#### Organisation

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

### Dribbling Game : No Mans Land



#### Organisation

Set up a 30x25yd field with 2 end zones of 5yds each (see diagram). Place half the balls in one end zone and half the balls in the other. Each team selects 2 players to be the defenders. Teams line up on opposite sides of the field and the defenders position themselves between the 2 end zones (see diagram). On the coaches command the teams run across to the opposite endzone pick up a ball and attempt to carry the ball back to their end zone without being tagged by the defenders, if tagged the ball is replaced and they must try again. The team with the most balls in their end zone after a set time is the winner

#### Progressions

Players now have to dribble ball across, defenders must also dribble a ball

Players must dribble the ball past the defenders who are now attempt to touch the ball with their feet

### 3v3 or 4v4 dribble across the end Line Game



#### Organisation

Set up a 30x20yd area with 2 end zones of 5yds see diagram. Players play a 3v3 and attempt to dribble into the opponent's end zone. Defending players are not allowed to challenge players in the end zones.

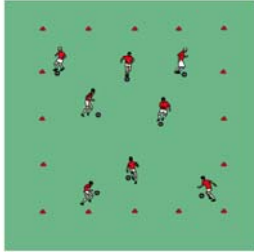
**COOL DOWN : Gentle Jog followed by Static Stretching**



## SESSION 2 Dribbling and Turning



### Warm Up : Turns, Turns, Turns



#### Organisation

Set up a 15x15yd grid each player with a ball, Players dribble their ball towards the cones marking the grid and perform the following turns:

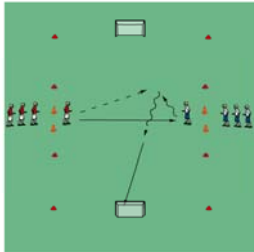
- Inside hook
- Outside hook
- Drag back
- Stop Turn

Once players are comfortable see how many turns they can perform in 30secs

#### Progression

Place players on the outside of the grid, players dribble up to the players on the outside of the grid and perform a turn preventing the player from getting a touch on the ball

### Skill Practice : 1v1, 2v2 two directional game



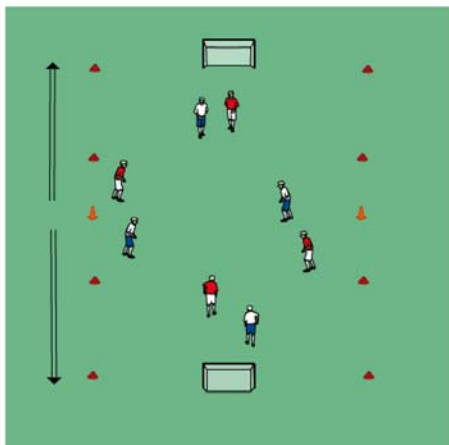
#### Organisation

Set up a 30x20yd field split players into 2 teams and have players line up as shown in the diagram. The 1<sup>st</sup> player from one team passes the ball into the 1<sup>st</sup> player from the other team (see Diagram). Players play 1v1 and can score in either goal

#### Progression

2v1, 2v2

### 3v3 or 4v4 Two Directional Game



#### Organisation

Set up a 30x20yd field with 2 small goals, players play a 4v4 game and can score on either of the 2 goals.

**COOL DOWN** : Gentle Jog followed by Static Stretching



## SESSION 3 Passing and Receiving



### Warm Up: Passing Gates



#### Organisation

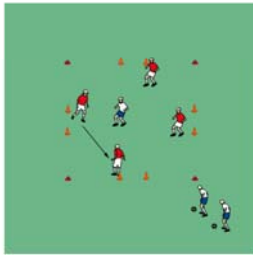
Set up a 20x20yd grid with a series of small gates marked out by cones (see diagram). Get the players into pairs with one ball between two. In their pairs player move around the grid passing the ball to their partner through a gate in the following manner:

- Roll ball to pass, catch to receive
- Throw to pass, Catch to receive
- Bounce ball to pass Catch to receive
- Pass ball with inside of foot
- Make 5 consecutive passes
- Volley Ball to partner from hands

#### Progression

Select 2 players to act as defenders who attempt to block the gates

### Passing and Support : 4v1, 4v2, four goal game



#### Organisation

Set up a 10x10yd grid with a small goal on each side of the grid (see Diagram), split players into 2 groups of 4 with 1 group as the attackers and the other group as the defenders. The drill starts by the defender passing the ball into the attackers. The attackers attempt to keep possession and prevent the defender from winning the ball. Once the attackers have made 10 passes or the defender wins the ball and scores by passing the ball through one of the small goals a new defender is introduced.

#### Progression

4v2,4v3

### 3v3 or 4v4 Cone Knockdown



#### Organisation

Set up a 35x25yd field with 2 end zones placing an equal amount of tall cones in each end zone (See Diagram). The aim of the game is for each team to knock over the other teams cones with the ball. Once a cone has been knocked over the player must pick up the cone and place it with their teams set of cones. The team with the most cones at the end is the winner.

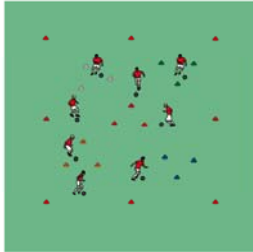
**COOL DOWN** : Gentle Jog followed by Static Stretching



## SESSION 4 Shooting



### Warm Up Triangle dribbling

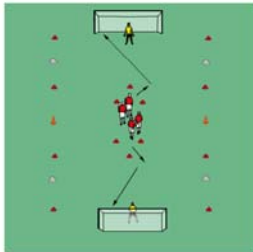


#### Organisation

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

### Technique Practice : Shooting



#### Organisation

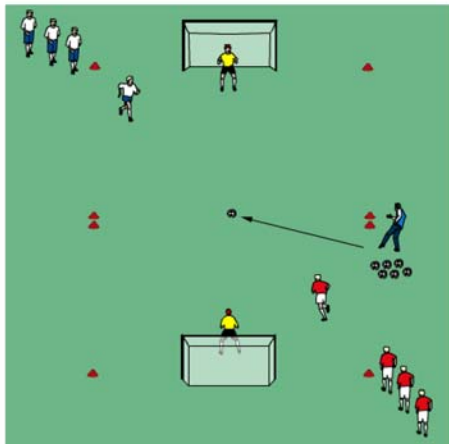
Set up a 30x20yd field with a small triangle marked by cones 10yds from each goal(See Diagram),split players into 2 groups and have players line up behind on of the t triangles with ball each. Players in turn line their ball between the 2 cones and have one touch set up their shot through one of the sides of the triangle and then must shoot on their second touch

#### Progression

Players perform feint towards one side of the triangle and then take ball through other side before shooting

Introduce passive defender to block side of the triangle

### Classic Numbers game, prograss to 3v3 or 4v4 game



#### Organisation

Set up a 30x20 small field and split players into 2 teams. Teams line up us shown in the diagram. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to score a goal. The team with the most goals at the end wins. Call out 2, 3 or 4 numbers at a time.

#### Progression

Progress to a regular 3v3 or 4v4 soccer game

**COOL DOWN :** Gentle Jog followed by Static Stretching



## SESSION 5 Dribbling and Feinting



### Warm Up Feints and Moves



#### Organisation

Set up a 20x20yd grid and randomly place balls inside the grid. Players lightly jog around the grid from ball to ball and perform the following exercises at each ball.

- 4 Mathews (Drop Shoulder)
- 4 Mathews carry ball for a few strides
- 4 Scissors
- 4 Scissors carry ball for a few strides
- 4 Step-overs
- 4 Step-overs Carry ball for a few strides

*(Be creative: drill can be used to introduce new feints and turns)*

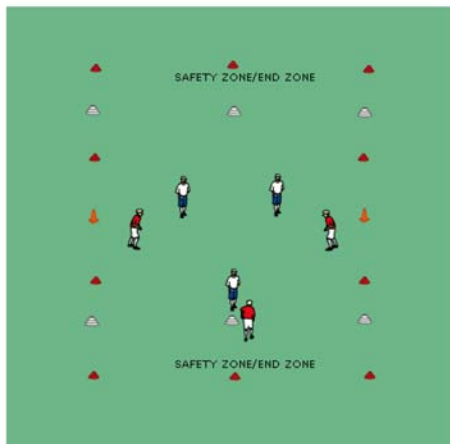
### Skill Practice : 1v1 ladder game



#### 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.

### 3v3 or 4v4 dribble across the end Line Game



#### Organisation

Set up a 30x20yd area with 2 end zones of 5yds see diagram. Players play a 3v3 and attempt to dribble into the opponent's end zone. Defending players are not allowed to challenge players in the end zones.

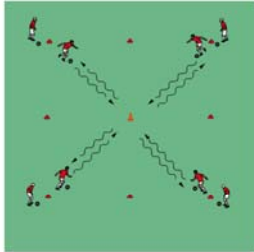
**COOL DOWN** : Gentle Jog followed by Static Stretching



## SESSION 6 Dribbling and Turning



### Warm Up Dutch Turning Square



#### Organisation

Set up a 15x15yd grid with a cone in the middle. Split players into pairs with a ball each. Each pair stands on the corners of the grid (see diagram). Players dribble their ball towards the central cone and perform the following turns

- Inside hook
- Outside hook
- Drag back
- Stop Turn

#### Progression

Introduce a passive defender instead of the cone.

Can the defender touch a ball

### Turning Games : Gate Game



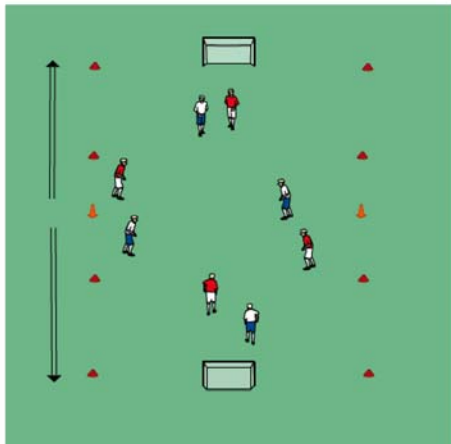
#### Organisation

Set up a 20x20yd grid, with a series of small gates marked out by cones (see Diagram). Split group into pairs with one ball between two. Player with the ball must attempt to dribble through the gates while their partner attempts to block the gates. Players switch roles after 30 seconds and try to beat partners score.

#### Progression

Players are allowed to win the ball

### Two Directional Numbers game developing into a 3v3 or 4v4 game



#### Organisation

Set up a 30x20yd field with 2 small goals. Split players into two teams and have each team line up on either side of the field. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to score a goal in any of the 2 goals. The team with the most goals at the end wins.

#### Progression

Coach Calls 2 or 3 numbers

Play a 3v3 or 4v4 game

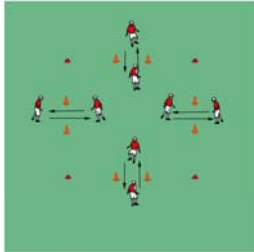
**COOL DOWN** : Gentle Jog followed by Static Stretching



## SESSION 7 Passing and Receiving



### Warm up : Pass and Move



#### Organisation

Set up a 20x20yd grid with four 3yd gates marked on the perimeter as shown in the diagram. Split players into pairs with one ball between two, players pass the ball back and forth over a distance of 5yds through the gates and perform the following exercises:

- Receive using inside of the foot
- Receive using inside of one foot and pass with inside of the other foot
- Receive using outside of the foot
- Receive using Sole of the foot
- 1 touch passing

#### Progression

After making a pass players on the inside move to receive a ball from another player on the outside

Players pass the ball back and forth on the inside if the grid on the coaches command the player in possession of the ball attempts to dribble through one of the gates while their partner attempts to stop them

### Passing Game : 3 passes to shoot in any goal



#### Organisation

Set up a 20x20yd grid with 4 small goals placed on the outside (See Diagram). Split the group into 2 teams one team as the attackers and the other as the defenders. The attackers start with the ball and attempt to make 3 passes while one defender attempts to steal the ball. Once the attackers have made 3 passes they can shoot in any of the 4 goals. If the defender wins the ball they also can score in either of the 4 goals.

#### Progressions

Introduce another defender

Increase the number of passes the Attackers have to make before they can shoot in one of the 4 goals

### 3v3 or 4v4 game 3 passes to shoot in any goal



#### Organisation

Set up a 25x25yd grid with a small goal on each side of the grid (see Diagram). Players play a 3v3 or 4v4 with the condition: after completing 3 successful passes the attacking team can score in any of the 4 goals

**COOL DOWN** : Gentle Jog followed by Static Stretching



## SESSION 8 Shooting



### Warm up : Brazilian Juggling



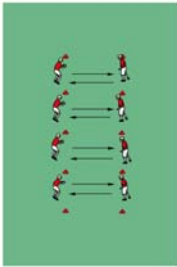
#### Organisation

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

- Laces of both feet
- Inside of both feet
- Outside of both feet
- Thighs
- Thighs, feet
- Chest
- Thigh, chest,
- Head
- Shoulders

Be creative introduce different combinations.

### Technique Practice : passing and volley technique

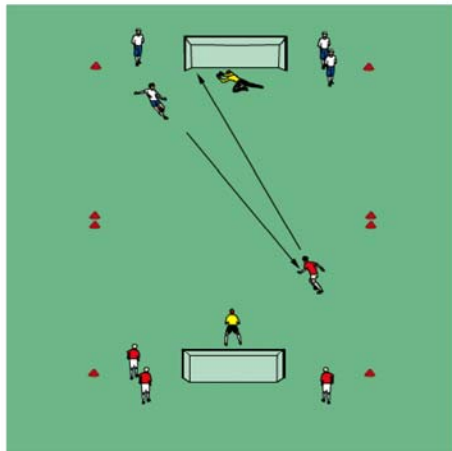


#### Organisation

Set up a series of 3x5yd grids. Split players into pairs with one ball between two. One player serves the other player who performs the following passing and volley techniques:

- 2 touch passing
- 1 touch passing
- Inside foot volley
- Instep volley
- Outside foot volley
- Half Volley
- Receive on thigh and volley
- Receive on chest and volley
- Header

### 1v1, 2v2 shooting progress to 4v4 shooting game



#### Organisation

Set up a 30x20yd field split players into 2 teams and have players line up as shown in the diagram. The defending team starts by passing the ball into one of the 2 attackers players play a 1v1. The ball is dead once the ball is out of play

#### Progression

2v2

Play 4v4 shooting game player are encouraged to shoot at every opportunity

**COOL DOWN : Gentle Jog followed by Static Stretching**