

Session Topic: Dribbling to Escape Pressure

Timings:

Duration: 60 mins

Session Structure:

Warm up - 15 mins

Possession - 15 mins

Learning Game - 20 mins

Pack up/debrief - 5 mins

Session Objectives:

Takes first touch to progress attack

Wiggles out of tight spaces to keep possession

Uses body to protect the ball when challenged in tight areas

Mental Component:

Confidence on the ball



Part 1 - Pirates

Set Up:

25x20m area
1 goal on outside

Game rules:

Who can hold onto their treasure for the longest?

Ball = treasure
Goal = Pirates treasure chest

Pirates try to steal balls off the other players and score in the goal.

If a pirate scores with your ball then you become one too.

If your ball goes out of the area 3x you become a pirate too.

Progression:

Less space
More Pirates

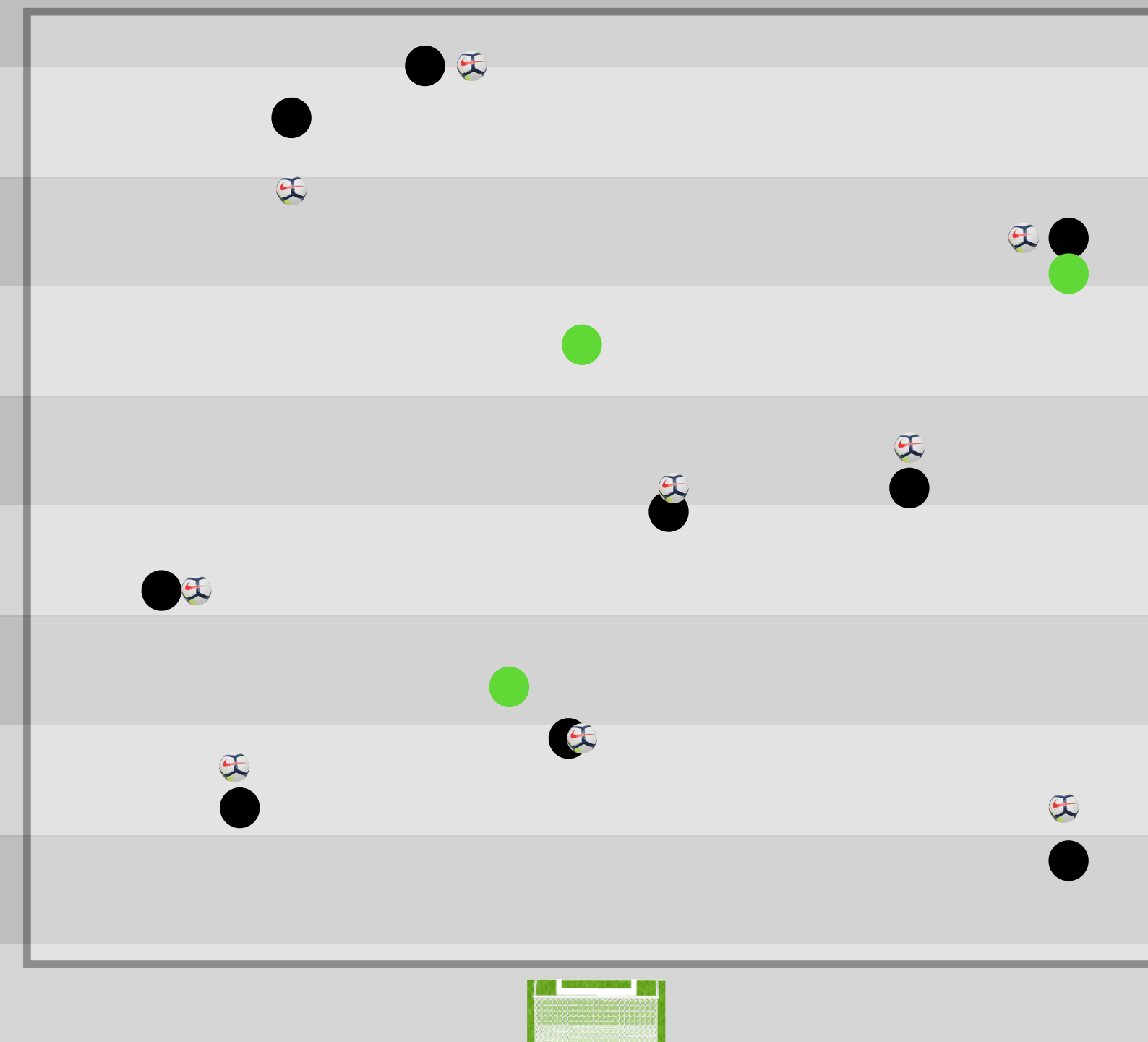
Coaching:

Protecting the ball - skills, strength, speed etc

Quick response when your ball is taken.

Awareness of where the pirates are and space to run into.

Pirates have 30 seconds to make a game plan before a round, can they work together to get more treasure?



Part 2: 1v1's + 1v2's

Set Up:

7x7m areas
6 players per pitch

Game Rules:

Quick fire 1v1's.

Defender plays the ball into the attacker

Must **DRIBBLE** and stop the ball on the line of her teams gate to score.

Defender is live on the first touch

Progressions:

Both players start in the zone and are passed the ball to start the game. This gives the attacker a different picture now with the defender behind them.

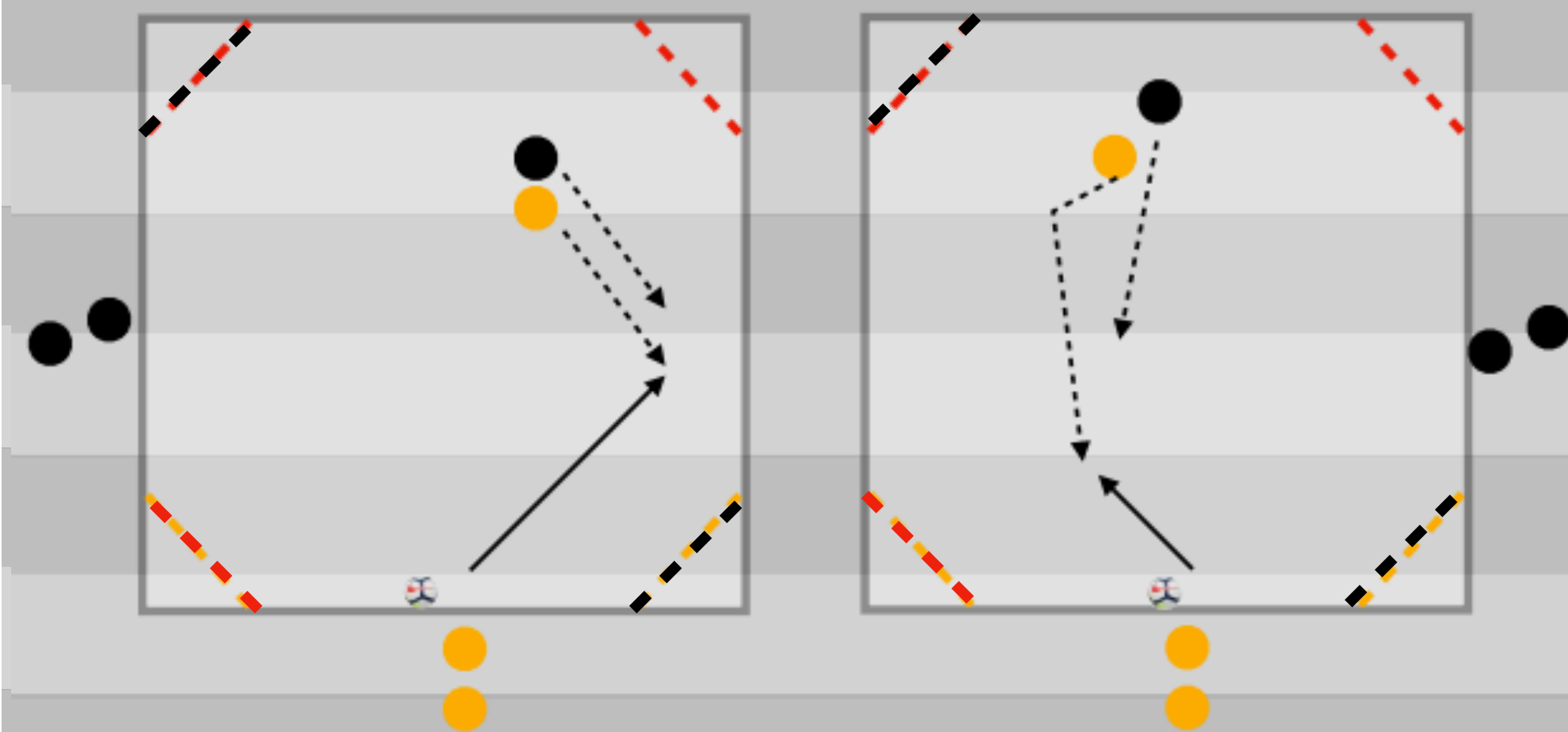
2 v 1 with defenders coming in from the side.

Coaching:

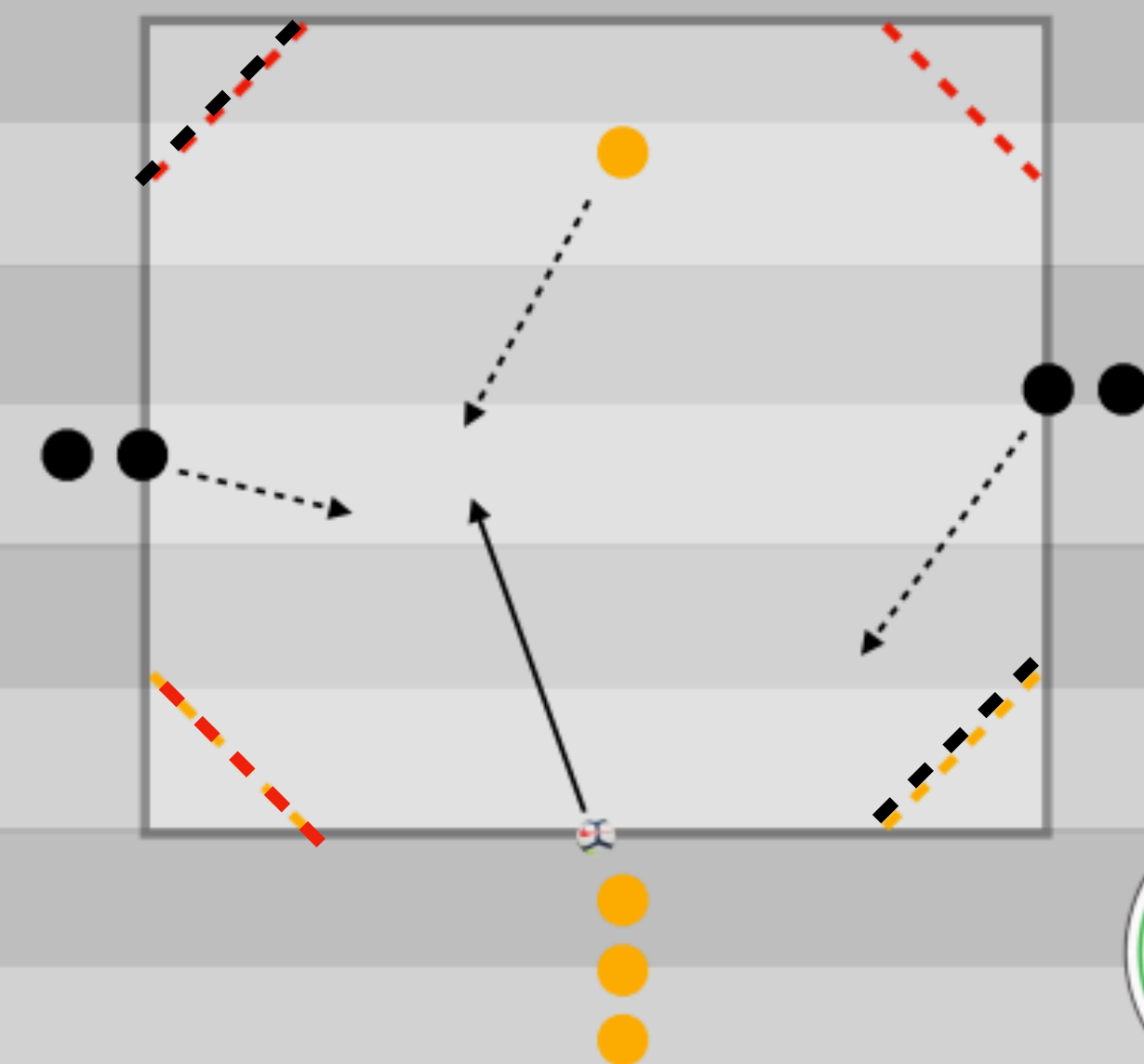
First touch to help you protect the ball.

Feints/turns to fool the defender

Confidence go for it



Progression



Part 3 - Learning Game 20mins

Set Up:

30x20m area

Small goals either side with 2m scoring zone you have to dribble into before you can shoot.

If you have more than 6v6 please set up 2 smaller games of 4v4

Points:

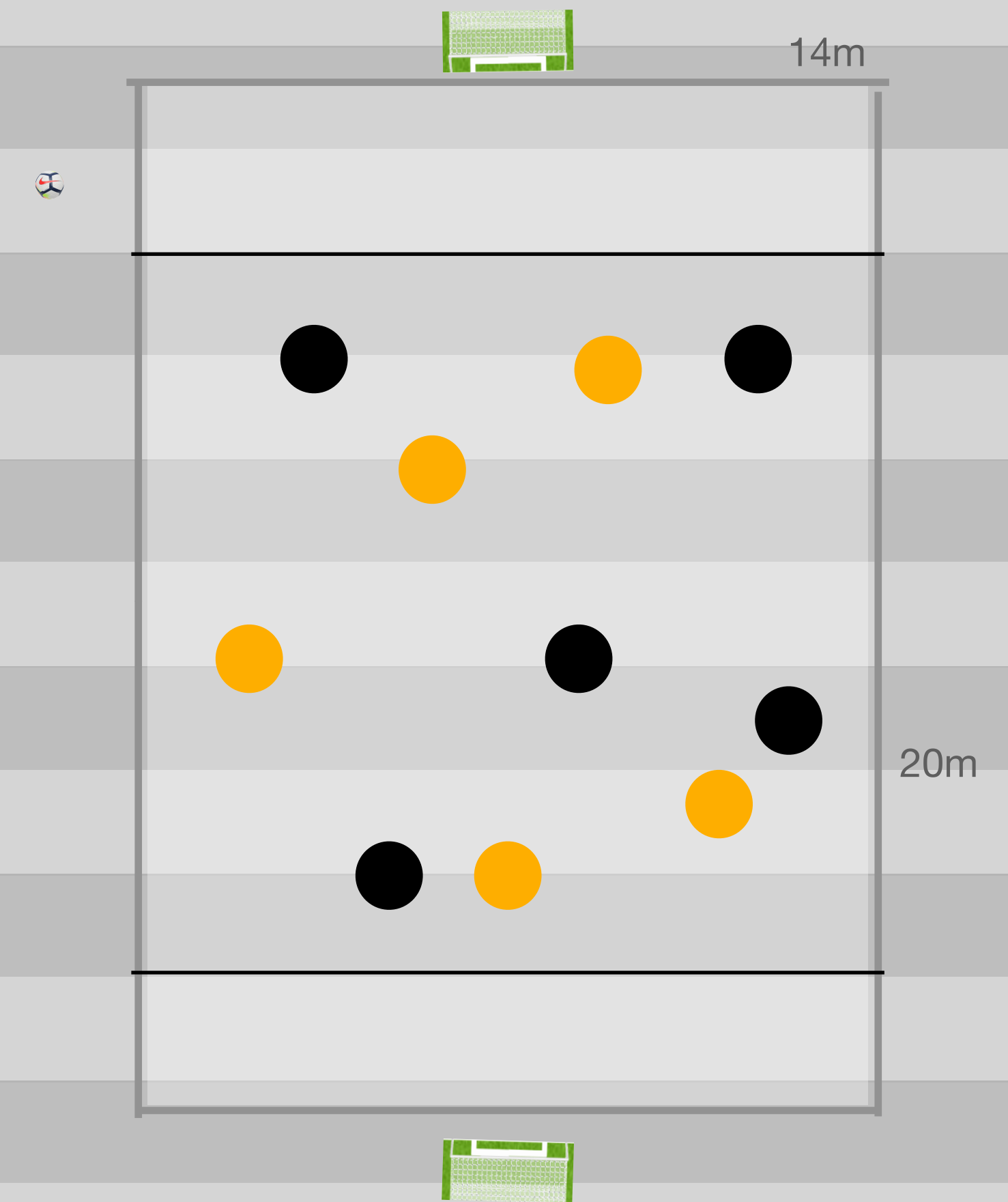
1 point for dribbling into the end zone.

1 point for a goal that's scored after dribbling into the end zone.

Extra points given for great turns away from defenders and completing a pass/escape.

Coaching:

Encourage bravery, taking players on, trying skills, protecting the ball.



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Warm up - 15 mins

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Game - 20 mins

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Week 2
20/2/2025
Manipulate
Seeing overloads
Recognises and escapes from dead ends
Stretches the field to create space for dribbler/receiver, or create overload
Scanning and shoulder checking to recognise the overload
Pressure from infront
All the turns :)
Eyes up on dribble to see free player
Curious

Technical Detail



Part 1 - Skills on the ball

Set Up:

25x20m area

Cones spread around the area.

Some cones groups of 3 or different shapes/challenges for players to get around.

Every player with a ball

Revisit some of the skills from this week

Drag back

Cruyff

Outside of the foot turn away from pressure

Soul role

Etc etc etc teach them some more!

How many different/effective ways can they get past the cones.

Progression:

Add some defenders in to lift intensity.

If you dribble out of the area, hit a cone or get tackled then the defender gets the ball and you become a defender.

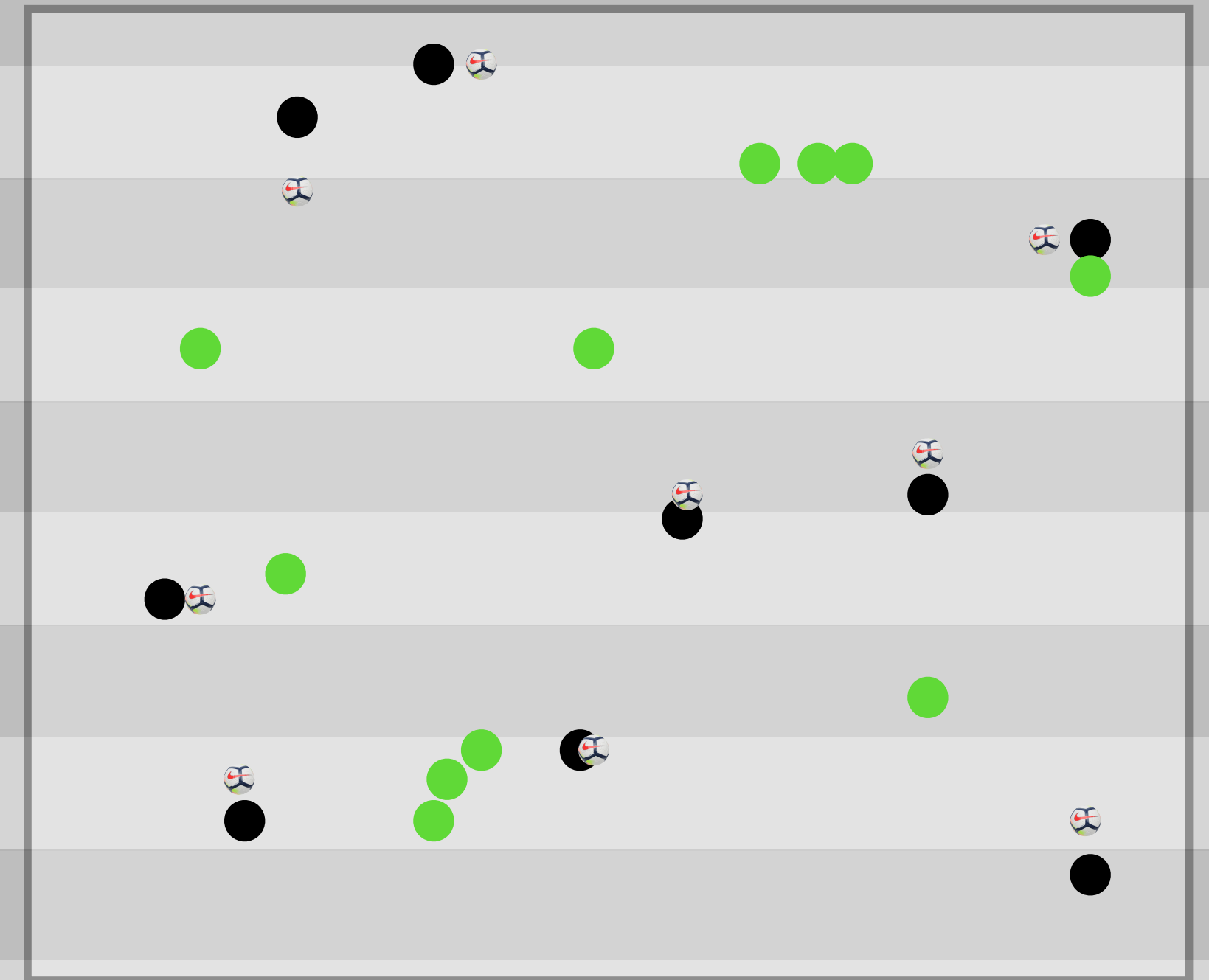
Coaching:

Head up! Awareness space to run into.

Protecting the ball - skills, strength, speed etc

Quick response when your ball is taken.

Pirates have 30 seconds to make a game plan before a round, can they work together to get more treasure?



Part 2: 1v1's + 1v2's

Set Up:

2x 14x10m areas
6 players per pitch
2x mini goals per pitch

Game Rules:

Quick fire 1v1's.

Defender (yellow) plays the ball into the attacker
Black must **DRIBBLE** into the scoring zone to shoot.
Defender is live once the ball is played

Progressions:

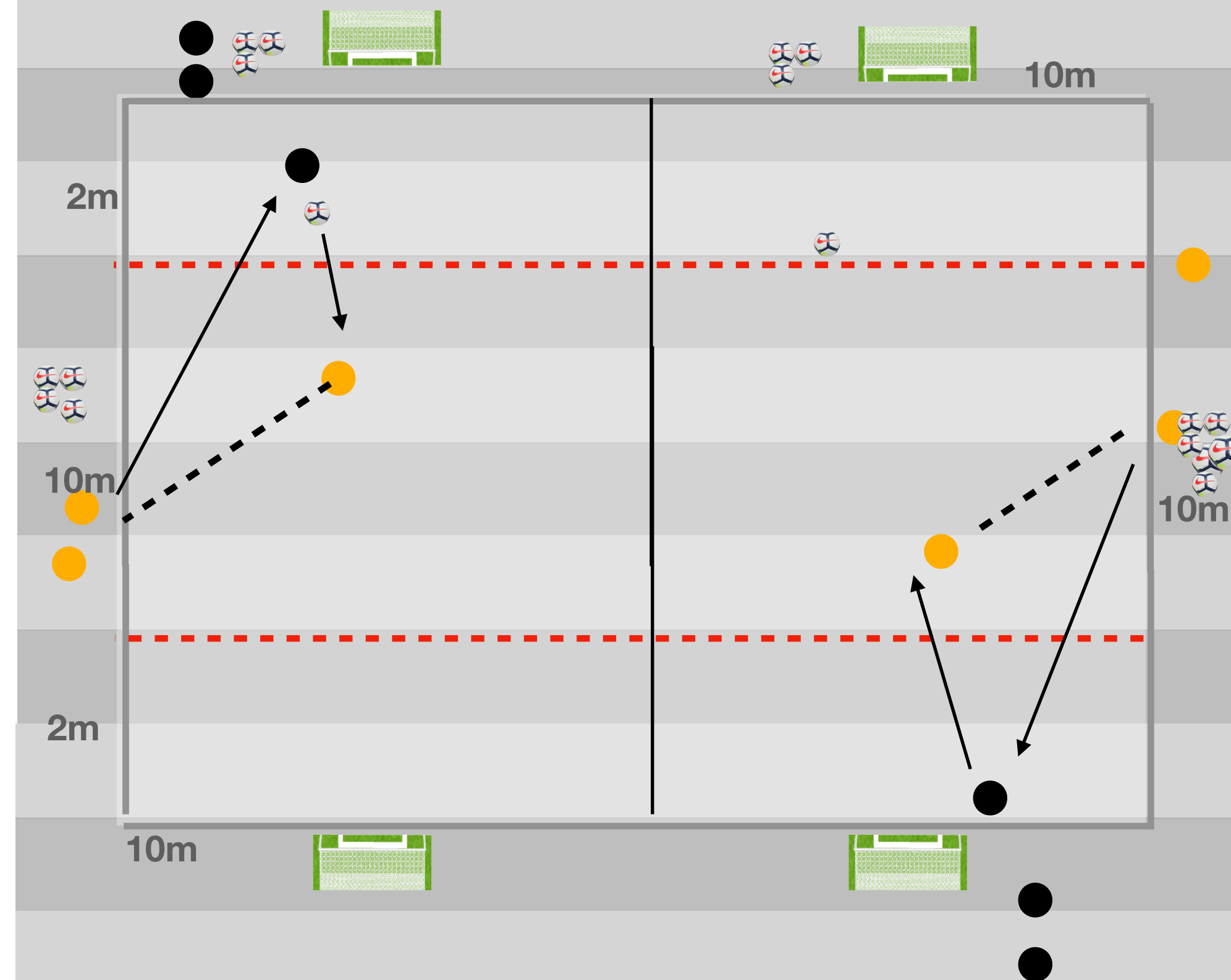
Both players start in the zone and are passed the ball to start the game. This gives the attacker a different picture now with the defender behind them.

2 defenders v 1 attacker with 1 defender starting behind the attacker to encourage quick play

Coaching:

First touch to help you protect the ball or get out of trouble.
Feints/turns to fool the defender
Confidence go for it

Handy Hint: Match players up with someone of similar competitiveness.
Swap players around after a while.



Part 3 - Learning Game 20mins

Set Up:

30x20m area

Small goals either side with 2m scoring zone you have to dribble into before you can shoot.

If you have more than 6v6 please set up 2 smaller games of 4v4

Points:

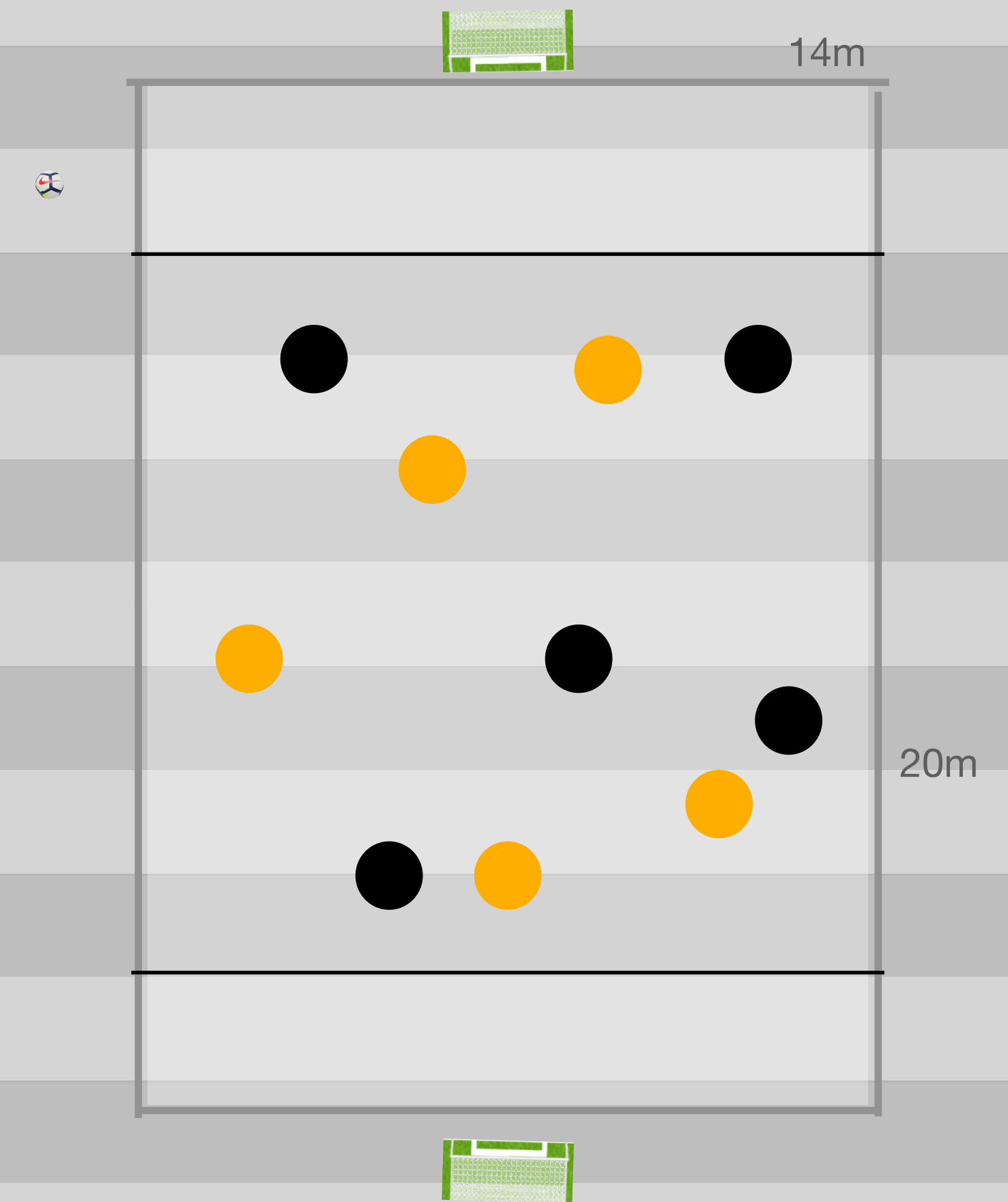
1 point for dribbling into the end zone.

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Coaching:

Encourage bravery, taking players on, trying skills, protecting the ball.



Session Topic: Dribbling to Escape Pressure

Timings:

Duration: 60 mins

Session Structure:

Small sided - 20 mins

Evasion Game - 15

Game - 20 mins

Pack up/debrief - 5 mins

Curriculum

Week 3

24/2/2025

Independent

Dribbling to beat defender 1v1

Identifies and drives into space

Use of dribbling skills - cuts, body work & turns

Uses change of pace and direction to quickly move away from defender

Pressure from the side / in front

Dodges, inside / outside chop

Big spaces - get speed up!

Relentless

Technical Detail



Part 1 - Small sided games 2 v 2 +2 - 20 mins

Organisation: In 2x area 25x15
2 minute games - Swap 2 players every time.

Detail:

Coach or wide player has balls and passes to a player to control when it goes out.
No headers.

Progressions/Constraints to add a challenge:

- 3 touch max on the sides (encourage 1 or 2 for better players)
- End zones to dribble in before scoring

Coaching Detail:

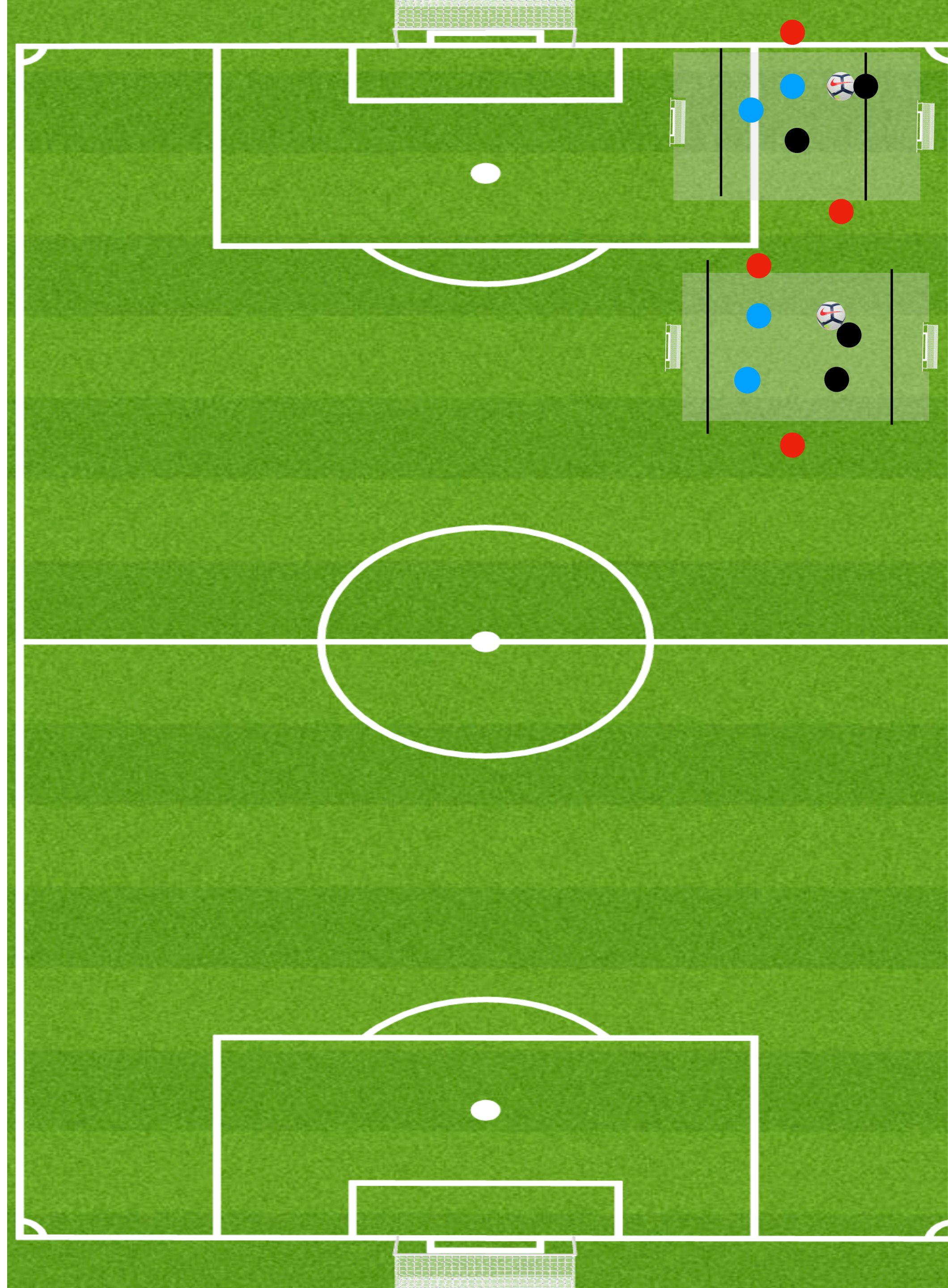
Defending team to protect line to goal first and work together to press the player with the ball.

Change of direction + change of speed to beat or engage a player before passing/shooting

Give and go's + Communication

Move defenders to create space for yourself or a teammate to receive

Constantly readjusts and moves angles to receive in space



Part 2 - Evasion Game - 15mins

Organisation:

Choose one of the following:

- **Shark Attack** (Bullrush) 20x25
- **Queen of the Castle or Pirates (see session plan 3 - T1)** 20x25
(2x Defenders in to start. Keep your ball in the area, if your ball goes out, you become a defender too)
- **Rob the nest** 5x5 x3/4
(with 2x 'Assassin's'/Defenders who can tackle players who are out of the bases then pass balls to coach which eliminates them out the game)

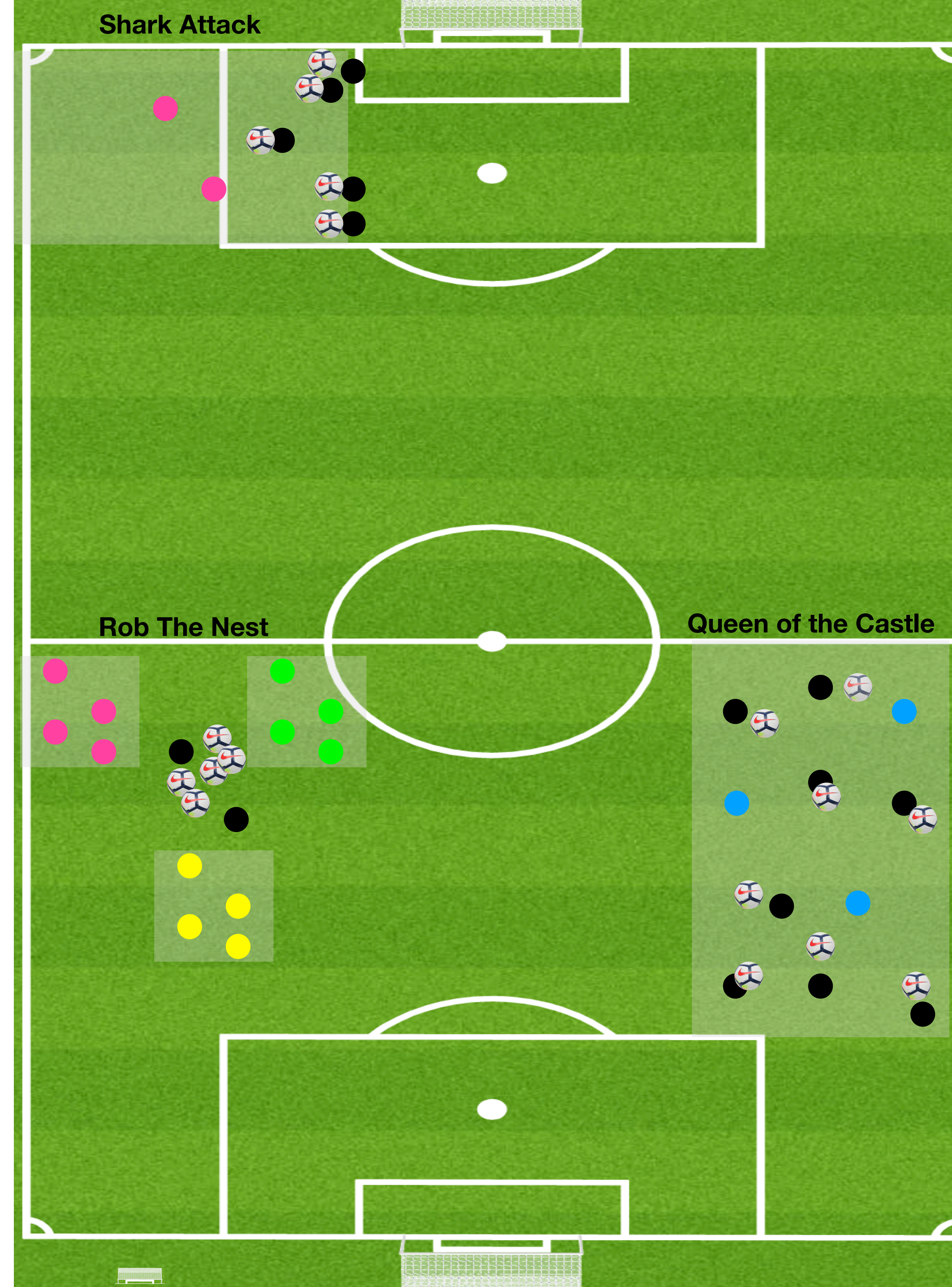
Coaching detail:

Creativity/Skills on the ball to escape
Change of pace and direction to break away

Adaption:

Each game has fun ways to progress which can make it harder or encourage different things

Eg: Anyone can tackle you
Beat a player with a skill to get a ball back in



Part 3 - Game (20 mins)

Set up:

35 x 30m

3m wide channels each side

4x5 minute games.

Swap wide players after each game

Game:

Normal goal = 1

Anyone dribbles in the end zone to score =2

Anyone tries a slick skill to beat a player can get an extra point if the attempt impresses the coach.

Wide player 1v1 in the channel - If a team scores after a wide player attack =2

Progressions:

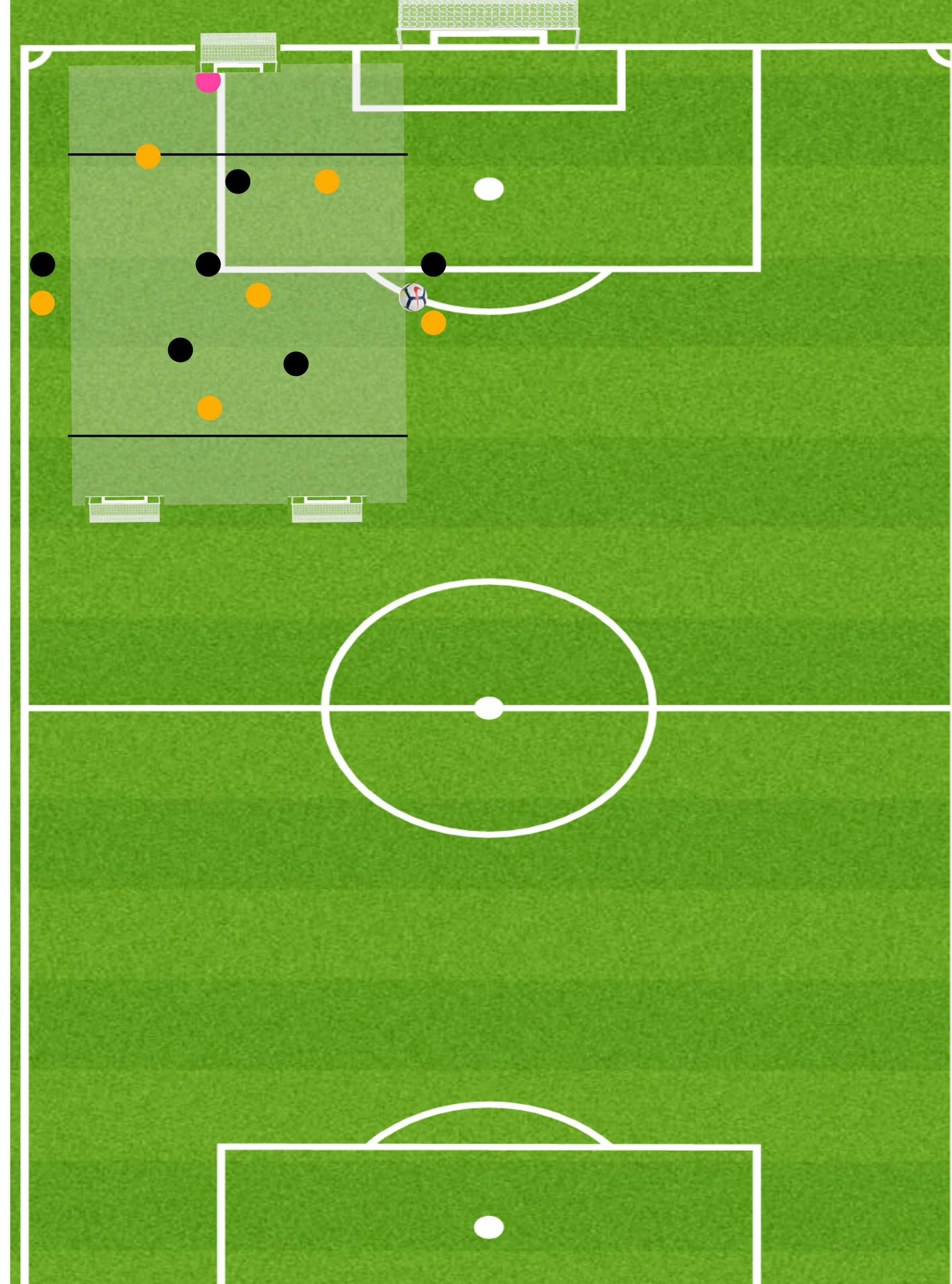
Wide player with the ball can drive inside but must interchange with another player - defender must stay in the channel.

Coaching points:

Be courageous, give it a go.

Seeing/creating overloads.

Look for moments to highlight good opportunities to take players on 1v1



Session Topic: 1v1 Defending

Timings:

Duration: 60 mins

Session Structure:

Warm Up - 15 mins

Skill- 20 mins

Game - 20 mins

Curriculum

Week 5

10/3/2025

Burning fire

1v1 Defending

Quick transitions and eagerness to hunt the ball

Make play predictable by forcing one direction and applying pressure

Low body (knees / hips)

Timing tackle to win

JUGGLING JUGGLING
JUGGLING JUGGLING

Relentless

Technical Detail



Part 1 - Warm Up

Organisation: In 3x area 15x15
90 second games - Swap the attacker every time.

Detail:

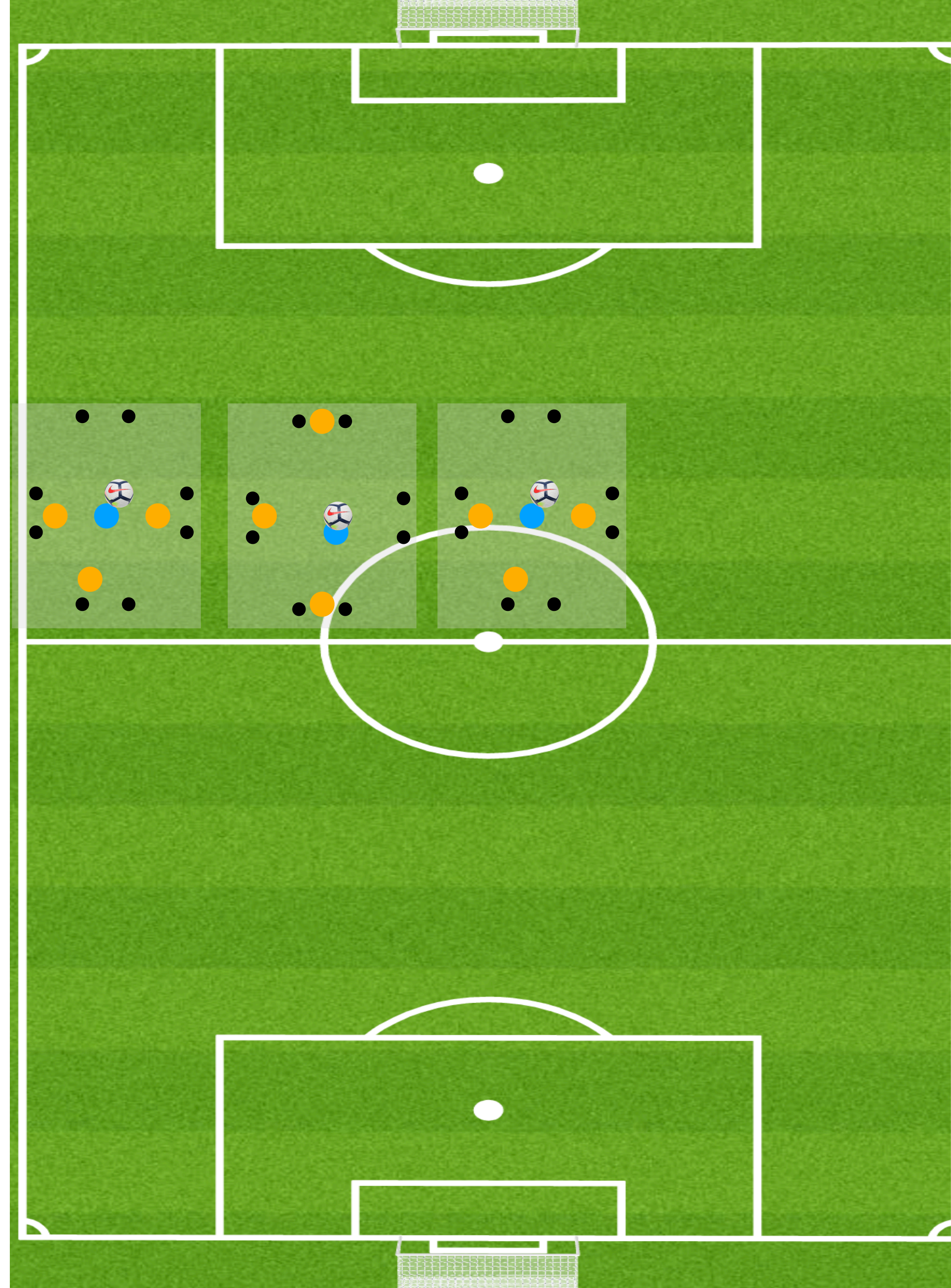
3 defenders must block the gates to stop the attacker dribbling through them.
Can the attacker be cunning to get out of the trap, through a free gate.
If the defender wins it, give the ball back and go again until time is up.

Progressions/Constraints to add a challenge:

- 1 defender can enter the zone to put pressure/tackle

Coaching Detail:

Defenders working smart and fast to prevent the escape.
Change of direction + change of speed for attacking player
Communication from defenders



Part 2 - 1v1's & 2v1's

Organisation:

Each team will need the bigger goals with a keeper in it.
Shooting zone 10m from goal. Players have to be in there to score
2x small goals for defenders or GK to play in if they win it.
A gate for attackers to drive through AT SPEED to start the game.

Coaching detail:

Quick to the ball to shut down options.
Force them away from where they want to go.
How not to dive in (get low, light on feet, hands on the player etc.)
GK Communication & encouragement

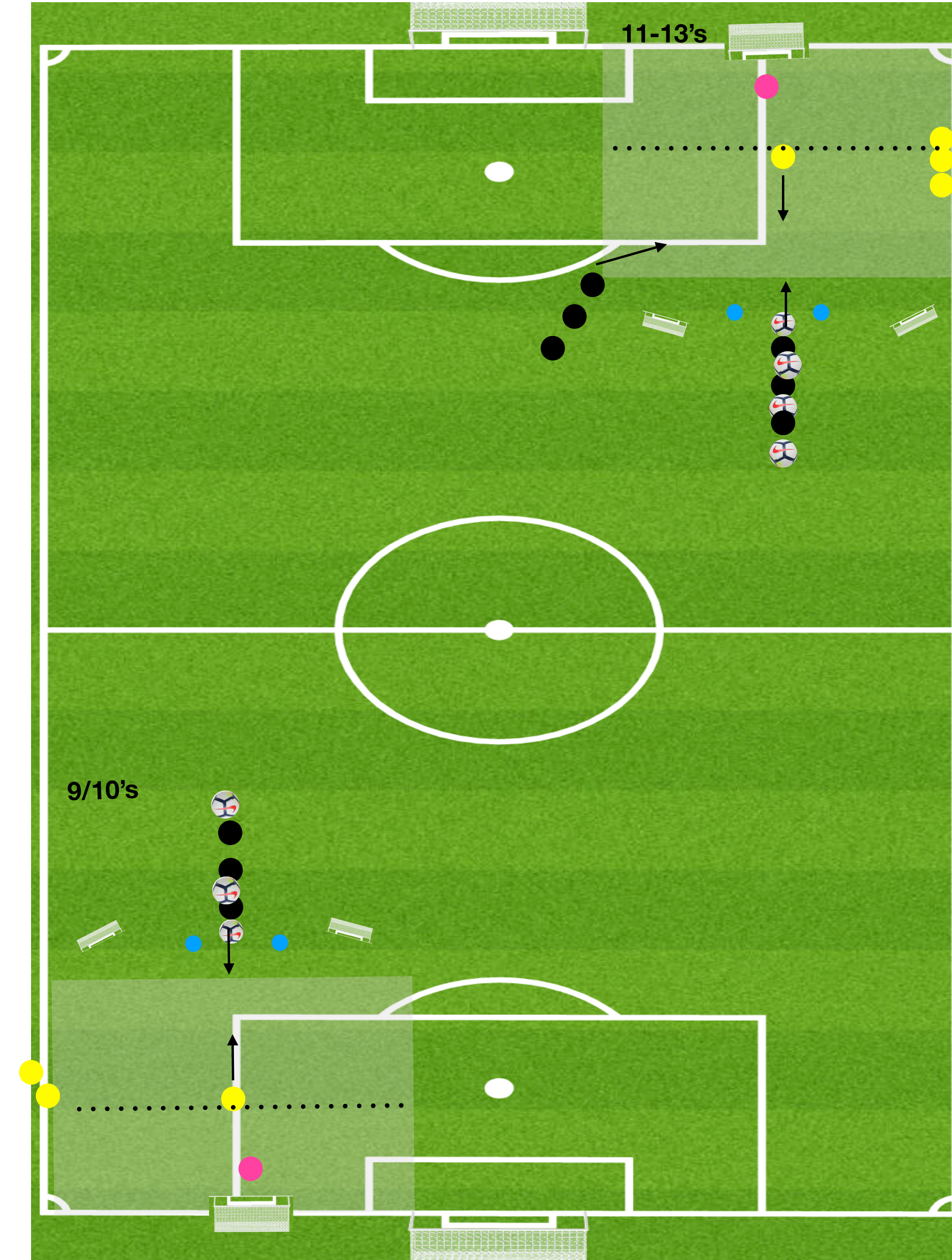
2v1's: Shape of press to cut off free pass/force offside

Progression:

2v1's, especially for older players

Quick starts, ball ready to go and defender in AS SOON AS the play before dies.

This may need to be coached from the start so you don't have to stress it every time - eg: an extra point at the end to the team paying the most attention/ready to go.



Part 3 - Game (20 mins)

Game:

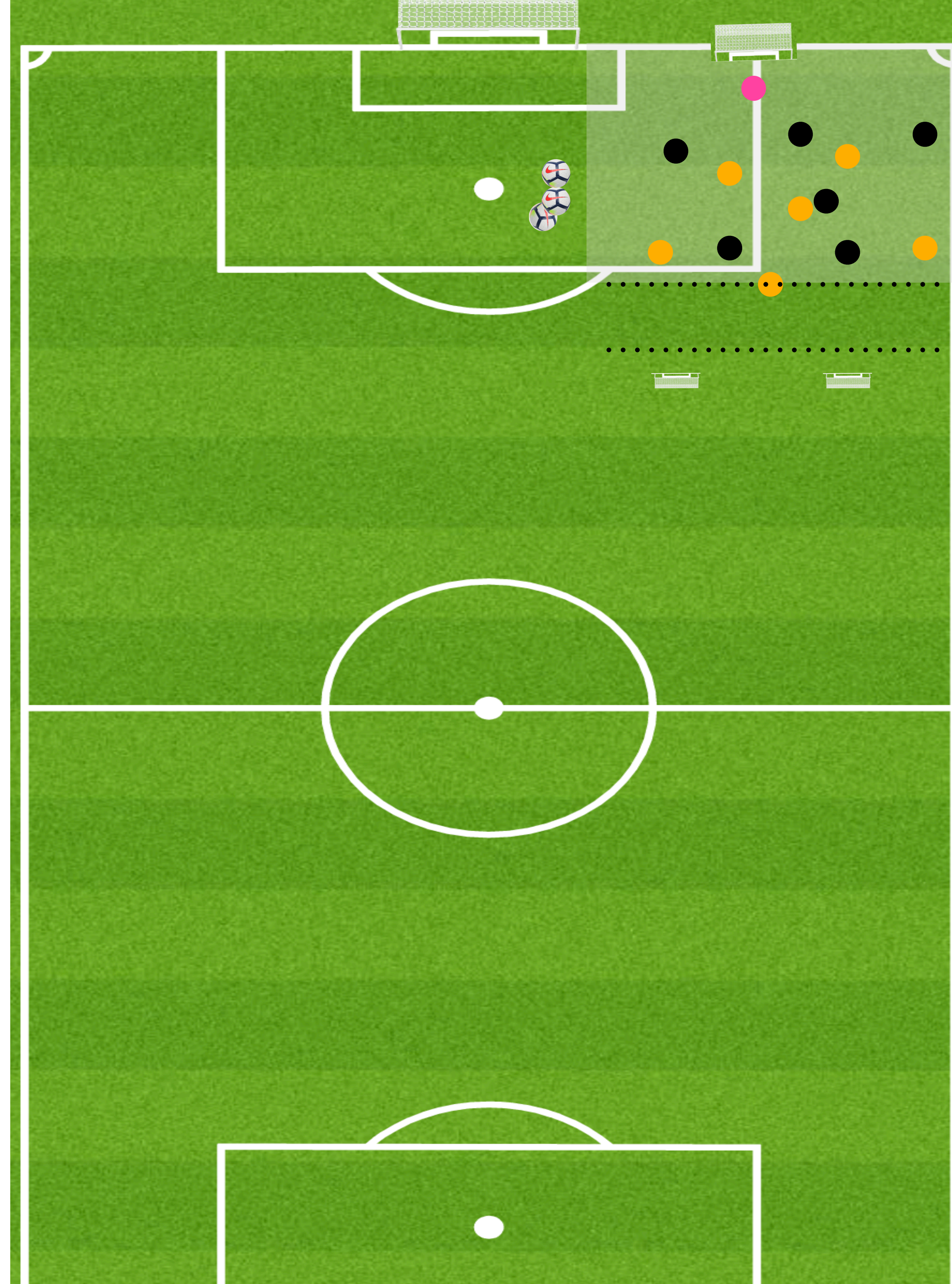
35 x 25m

2x10min game, swap sides.

1 player can defend in the 'end/scoring zone'
Put small goals 2m from zone so they have to finish accurately.

Coaching points:

- Blocking the line to goal first.
- Getting pressure on the ball
- Forcing them one way
- Making their play predictable.



Session Topic: 1v1 Defending

Timings:

Duration: 60 mins

Session Structure:

Warm Up - 15 mins

Skill- 20 mins

Game - 20 mins

Curriculum

13/3/2025

Burning fire

1v1 Defending

Uses body effectively in 1v1 situations to come away with the ball on front foot

Quick transitions and eagerness to hunt the ball

Make play predictable by forcing one direction and applying pressure

Body between ball and opponent

Use arm / shoulder / hip to win space

Winning ball not just kicking away

Relentless

Technical Detail



Part 1 - Warm Up

Organisation: In area 30x30

Detail:

Players paired up with someone of similar ability technical and physical
Passing and moving around in their pairs

When the coaches whistle blows, the person with the ball has to keep it away from the other person

Whoever has the ball at the end of 45 seconds gets a point.

If the ball is out at the end then no one gets a point

Progressions/Constraints to add a challenge:

- Swap players around to keep it competitive

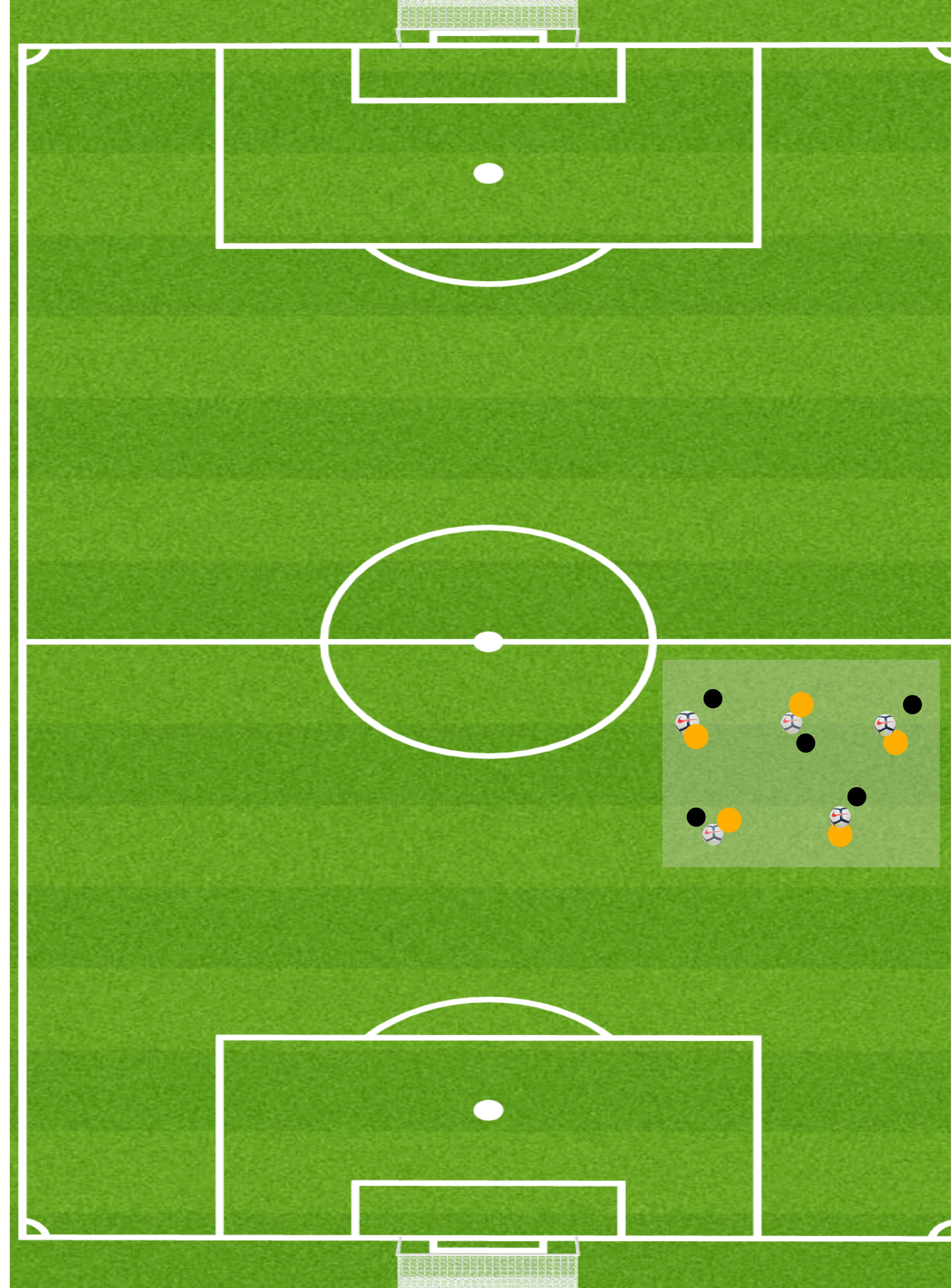
- Have a group of 3

Coaching Detail:

Defenders working smart and fast to apply pressure

Keeping the ball when you win it

Strong physically to protect the ball



Part 2 - 1v1's & 2v1's - Defending from behind

Organisation:

Each team will need the bigger goals with a keeper in it.
Shooting zone 10m from goal. Players have to be in there to score
2x small goals for defenders or GK to play in if they win it.
A gate for attackers to drive through AT SPEED to start the game.

Coaching detail:

NEVER GIVE UP! BURNING FIRE

Force them away from where they want to go.

How not to dive in (get low, light on feet, hands on the player etc.)

GK Communication & encouragement

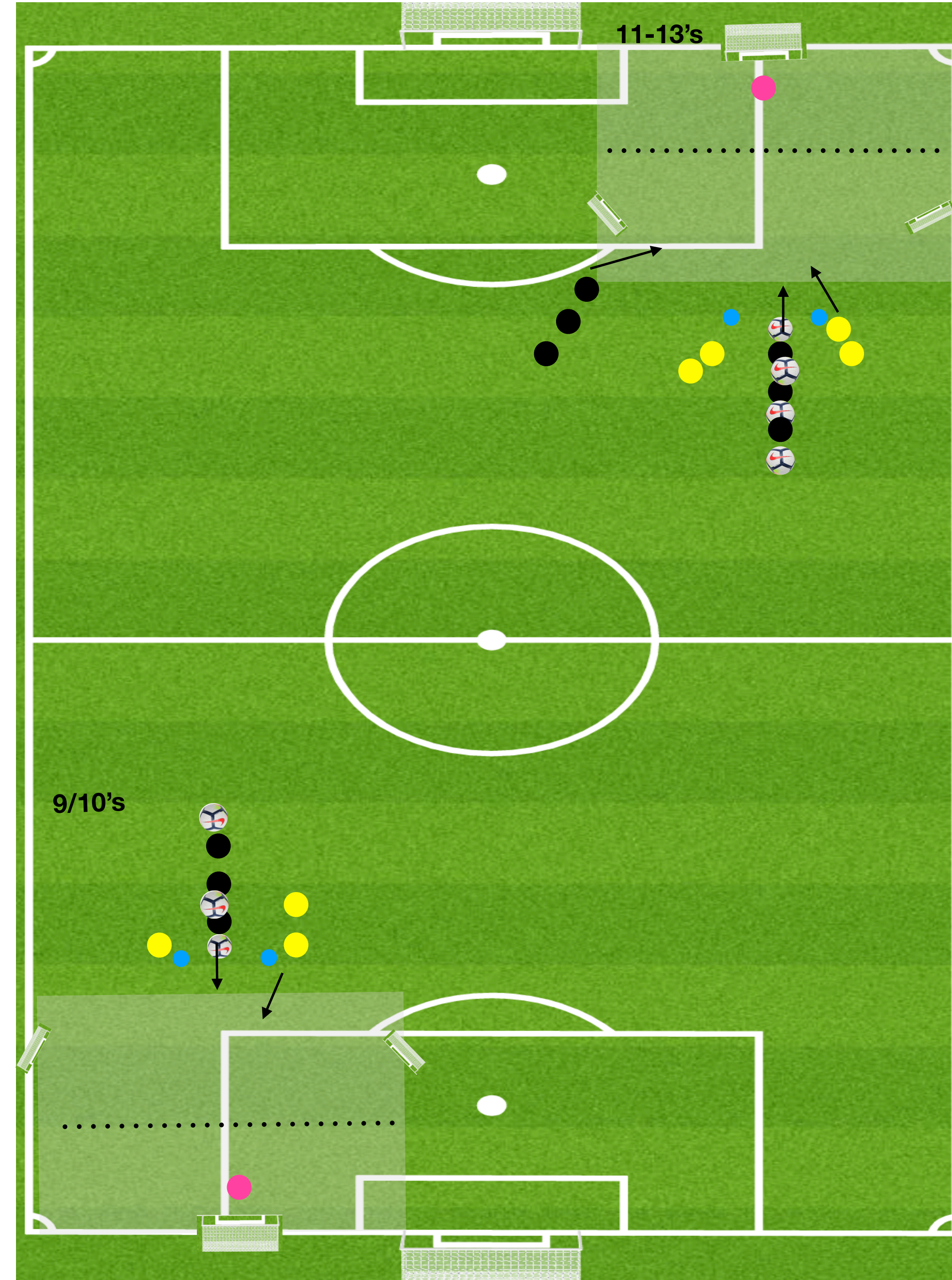
2v1's: Shape of press to cut off free pass/force offside

Progression:

Non-Dominant foot goal = 2 points

Quick starts, ball ready to go and defender in AS SOON AS the play before dies.

This may need to be coached from the start so you don't have to stress it every time - eg: an extra point at the end to the team paying the most attention/ready to go.



Part 3 - Game (20 mins)

Game:

35 x 25m

2x10min game, swap sides.

3 zones.

Players stay in their zones when defending.

In possession one player can dribble into the next zone to create an overload.

Points for strong tackles or brilliant defending!

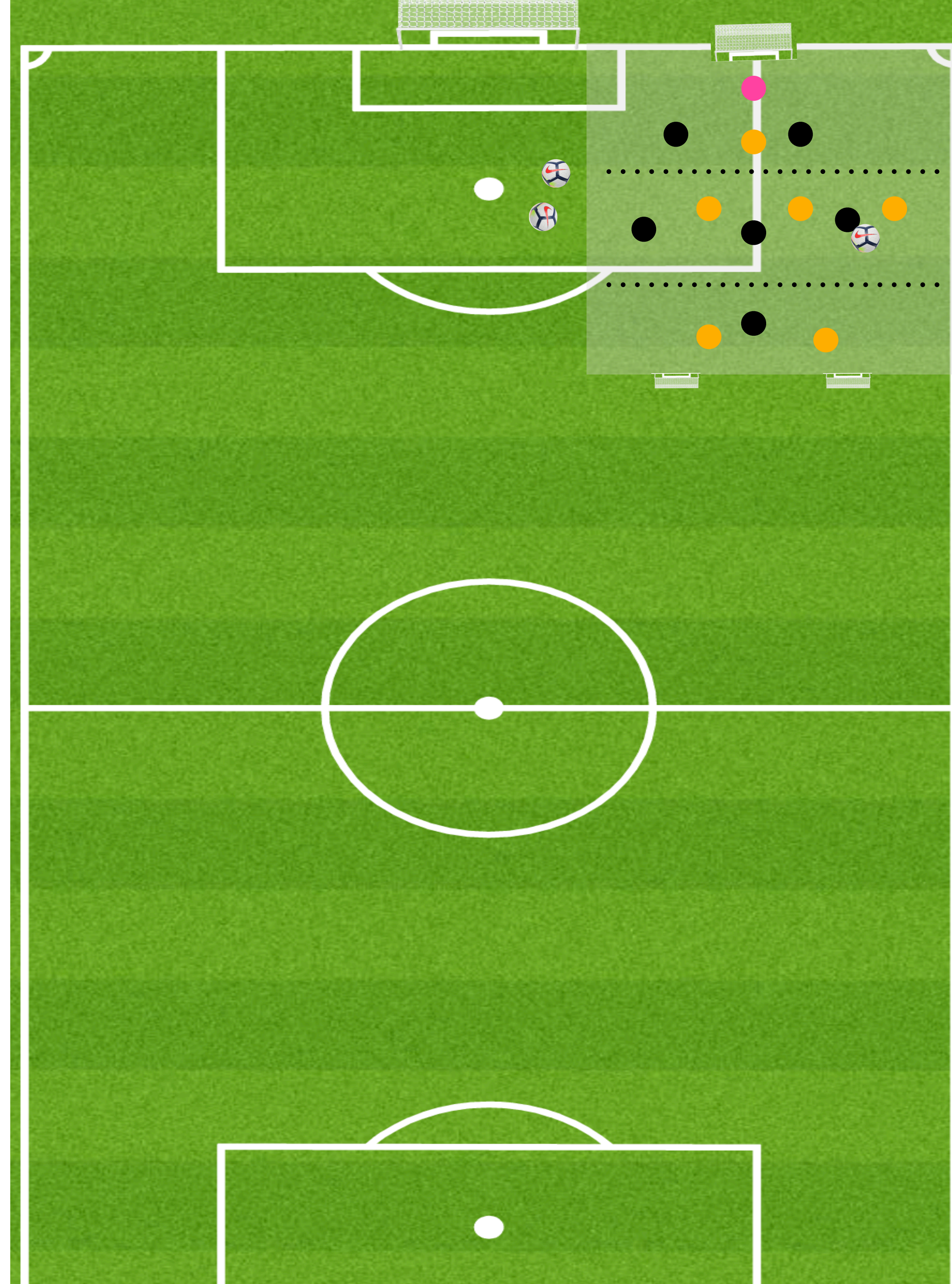
Coaching points:

Blocking the line to goal first.

Getting pressure on the ball

Forcing them one way

Making their play predictable.



Session Topic: Passing Texture

Timings:

Duration: 60 mins

Session Structure:

Warm Up - 10 mins

Skill- 25 mins

Game - 20 mins

Curriculum

Week 7
24/3/2025
Expressive
Passing texture
Scans and assesses play off the ball
Passes to encourage next action for receiver
Offers 360° of support
Making decisions while repetition / fun games
Pass - serve a 3 course meal, not throw a plate of food at them
Inside foot - nail technique
Calm Mind

Technical Detail



Part 1 - Warm Up

Organisation: 25x20

Half the players start in, half start out.

Detail:

Outside players start with the ball, inside players run towards them and receive a ball on their left foot and right foot before going to find someone else to pass with.

Swap players over every 60 seconds.

After all players have had a turn, get them to leave the balls and do some of the FIFA + movements in the area together.

Progression:

Players in the middle play a 1/2 with the outside and turn with the ball to find another outside player to play with. Be creative coach! Lot's of variations you can play with here.

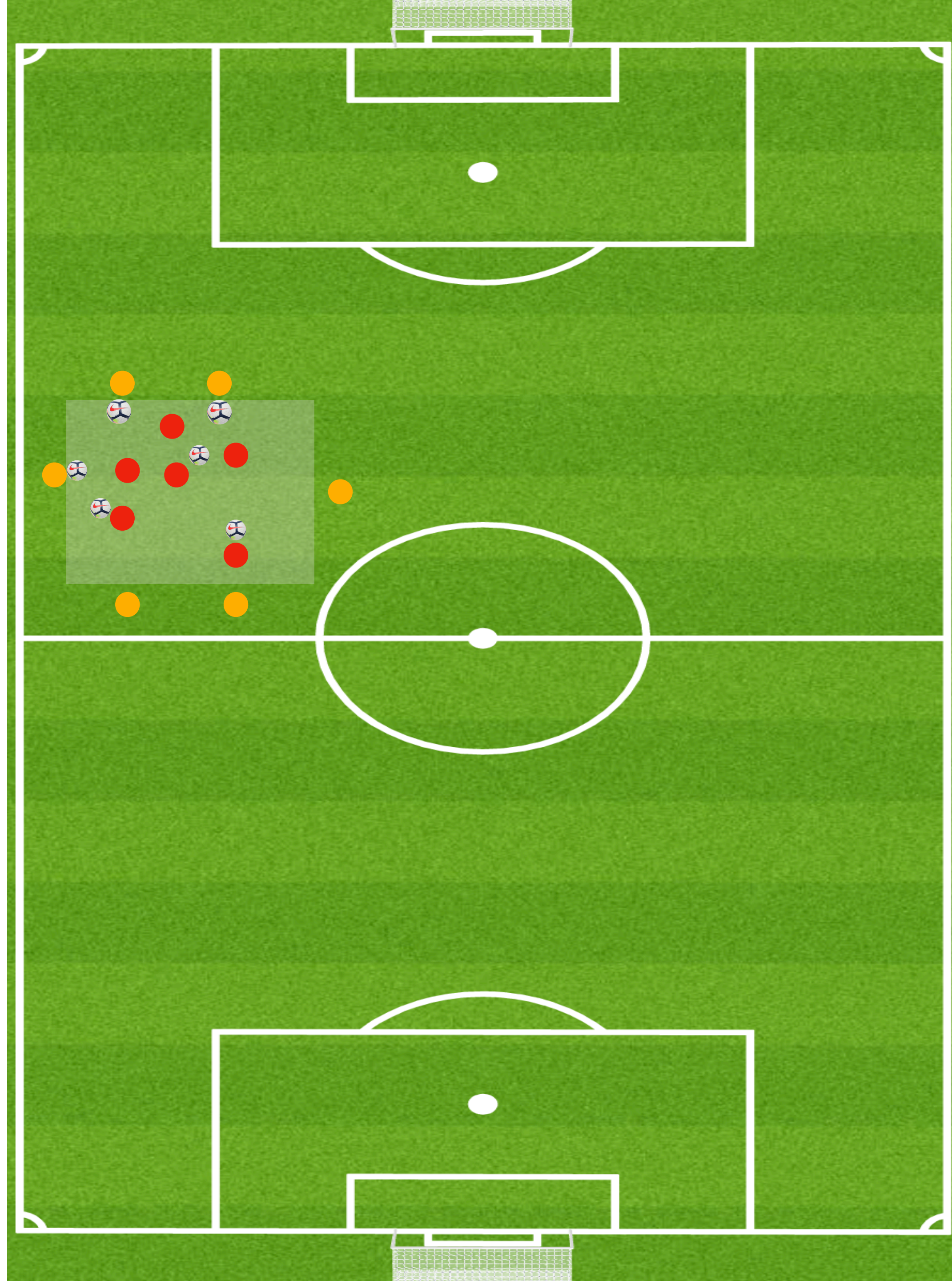
Coaching Detail:

Angle to receive

Checking shoulders!

Communication from passer

Different turns to try



Part 2 - Possession

Organisation: 25x20

6/7v3 or 8v4 depending on your numbers

Detail:

Defenders are trying to work together to win the ball back and score as quickly as possible.

The rest are trying to keep the ball and reach their target of passes - 8? 10? 15?

Help them set a realistic target to work towards

Coaching Detail:

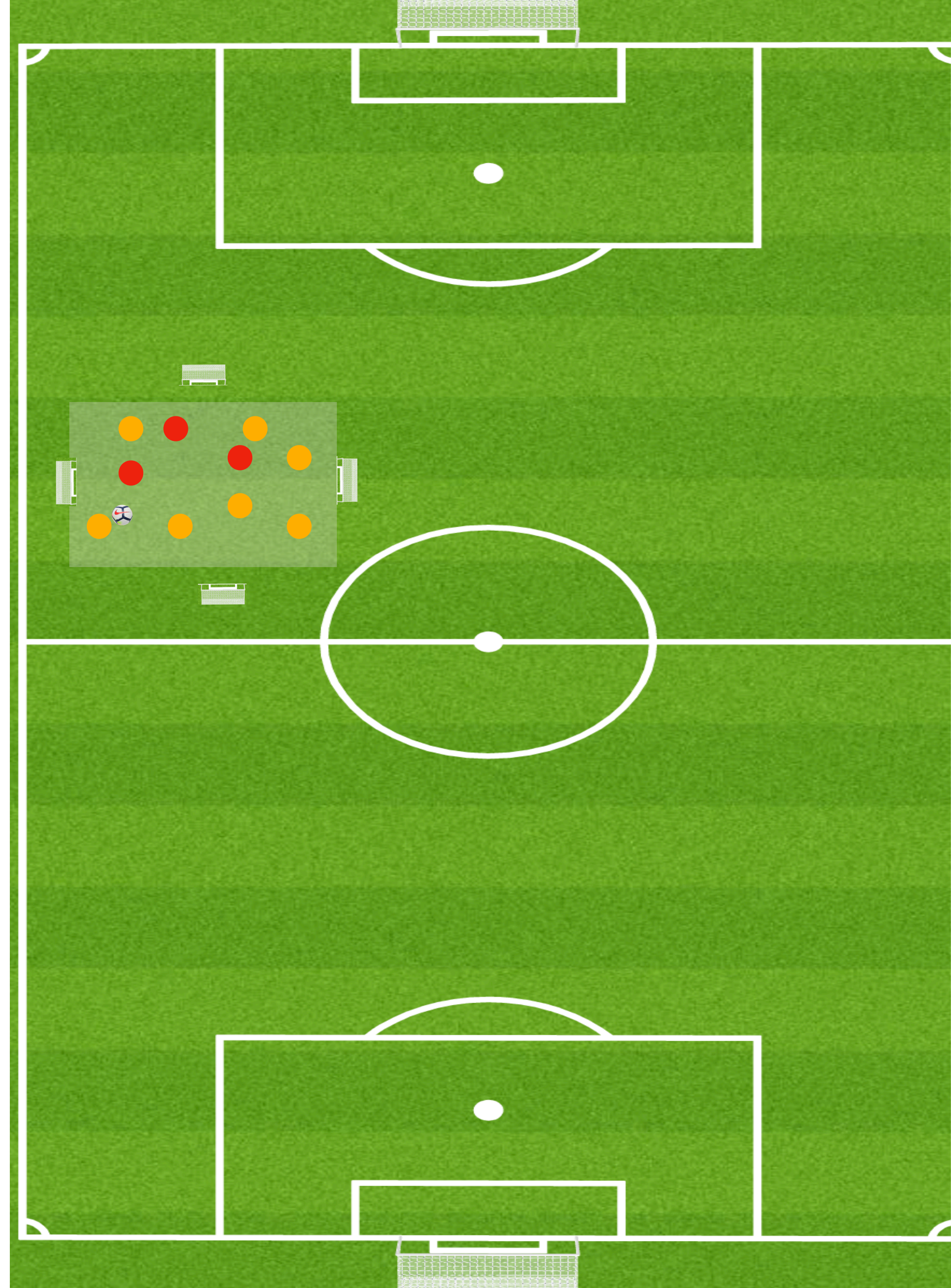
Using the space.

Supporting at good angles, always having options

Importance of first touch and knowing where to play next

Not stitching up your players with passes

When to switch the play.



Part 3 - Game

Organisation: 25x20

6v6 or whatever your numbers allow

Detail:

Make 5 passes and you get a point. Make 5 passes and score and it's worth 5!

Coaching Detail:

Using the space.

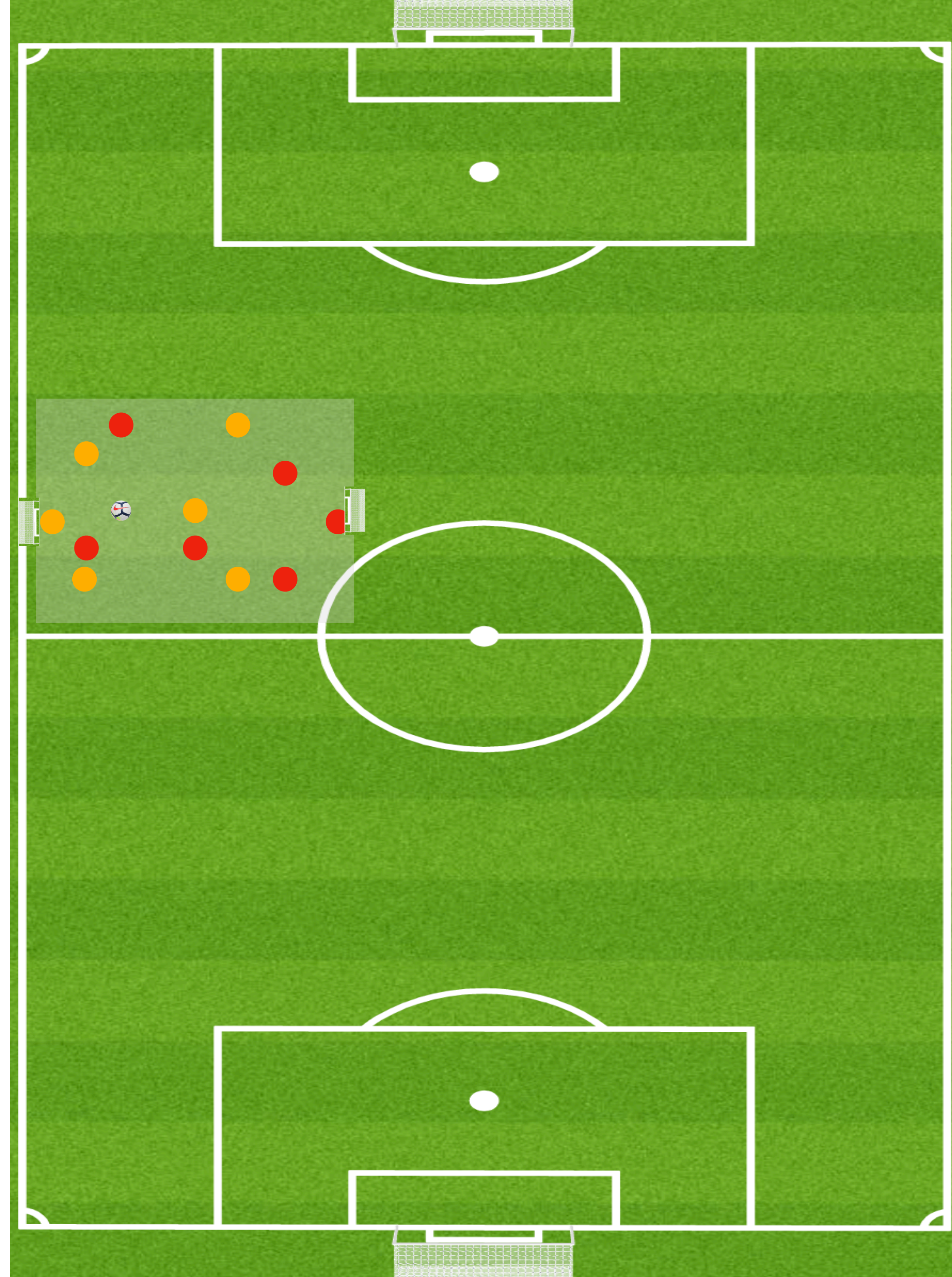
Supporting at good angles, always having options

Give and go's

Importance of first touch and knowing where to play next

Not stitching up your players with passes

When to switch the play.



Session Topic: Passing Texture

Timings:

Duration: 60 mins

Session Structure:

Warm Up - 10 mins

Skill- 25 mins

Game - 20 mins

Curriculum

Week 7
27/3/2025
Expressive
Passing texture
Scans and assesses play off the ball
Passes to encourage next action for receiver
Uses one touch combination play (can punch the ball in on one touch)
Making decisions while repetition / fun games
Receiving tech - on toes, looking + ready for pass
Inside foot - nail technique
Calm Mind

Technical Detail



Part 1 - Warm Up

Organisation: 2 x 15x10m

3/4 v 1

Detail:

3 players pass the ball WITH THEIR HANDS. The player with a bib is trying to tag a player with the ball. Players must move the ball quickly to avoid being tagged. If they get tagged with the ball then they swap with the player who tagged them.

Progression:

2 Teams - Ball tag, but players must hold the ball when tagging a player (no throwing it!).

If you get tagged, you join the taggers.

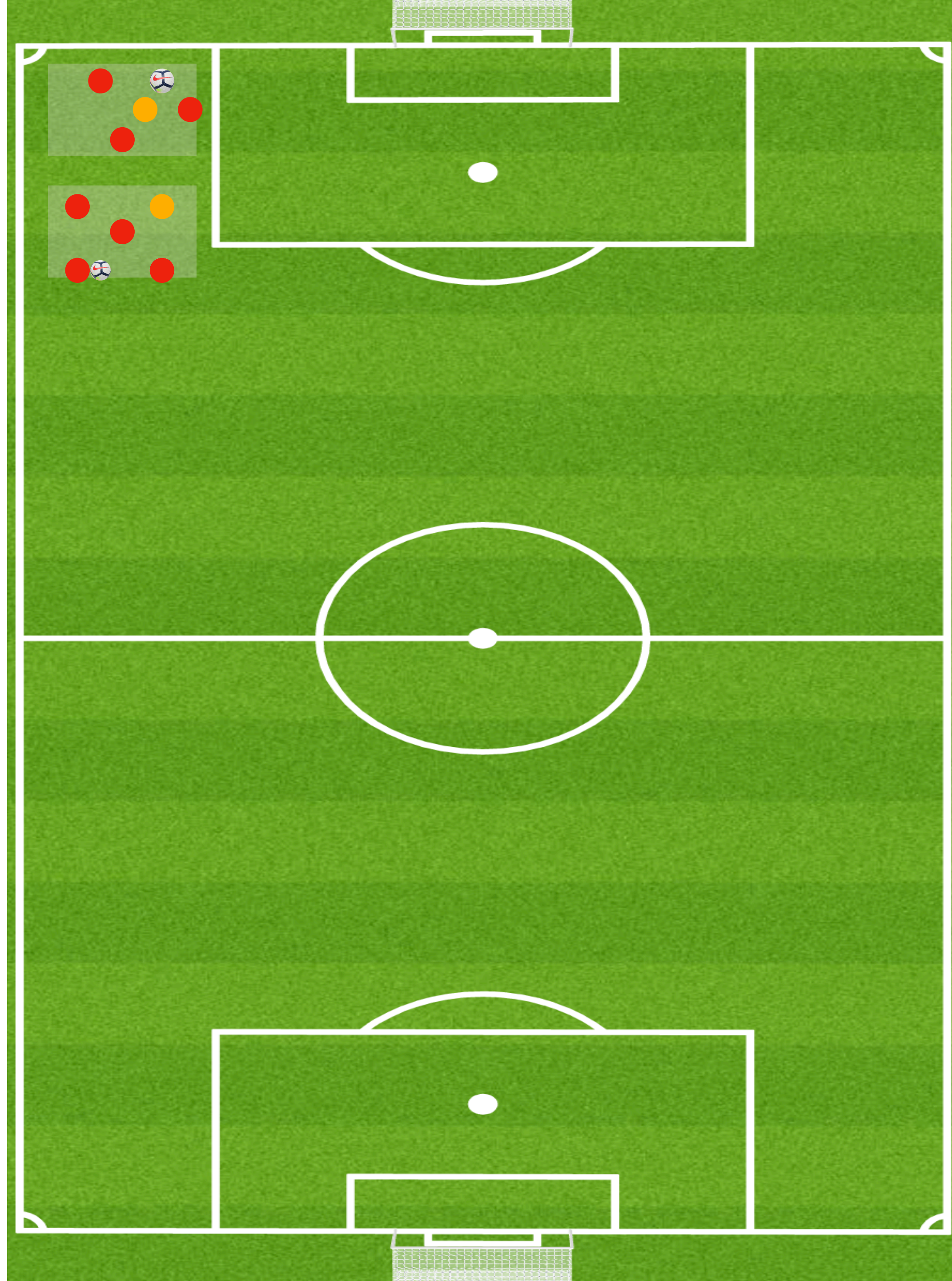
Coaching Detail:

Angle to receive

Checking shoulders!

Communication from passer

Knowing what to do next



Part 2 - Possession

Organisation: 25x20

Split the pitch in quarters.

1 defender in each zone.

Detail:

Defenders are trying to win the ball back and score as quickly as possible.

The rest are trying to keep the ball and reach their target of passes - 8? 10? 15?

If they reach their target they can score.

Help them set a realistic target to work towards.

Attackers can go anywhere in the zone.

Coaching Detail:

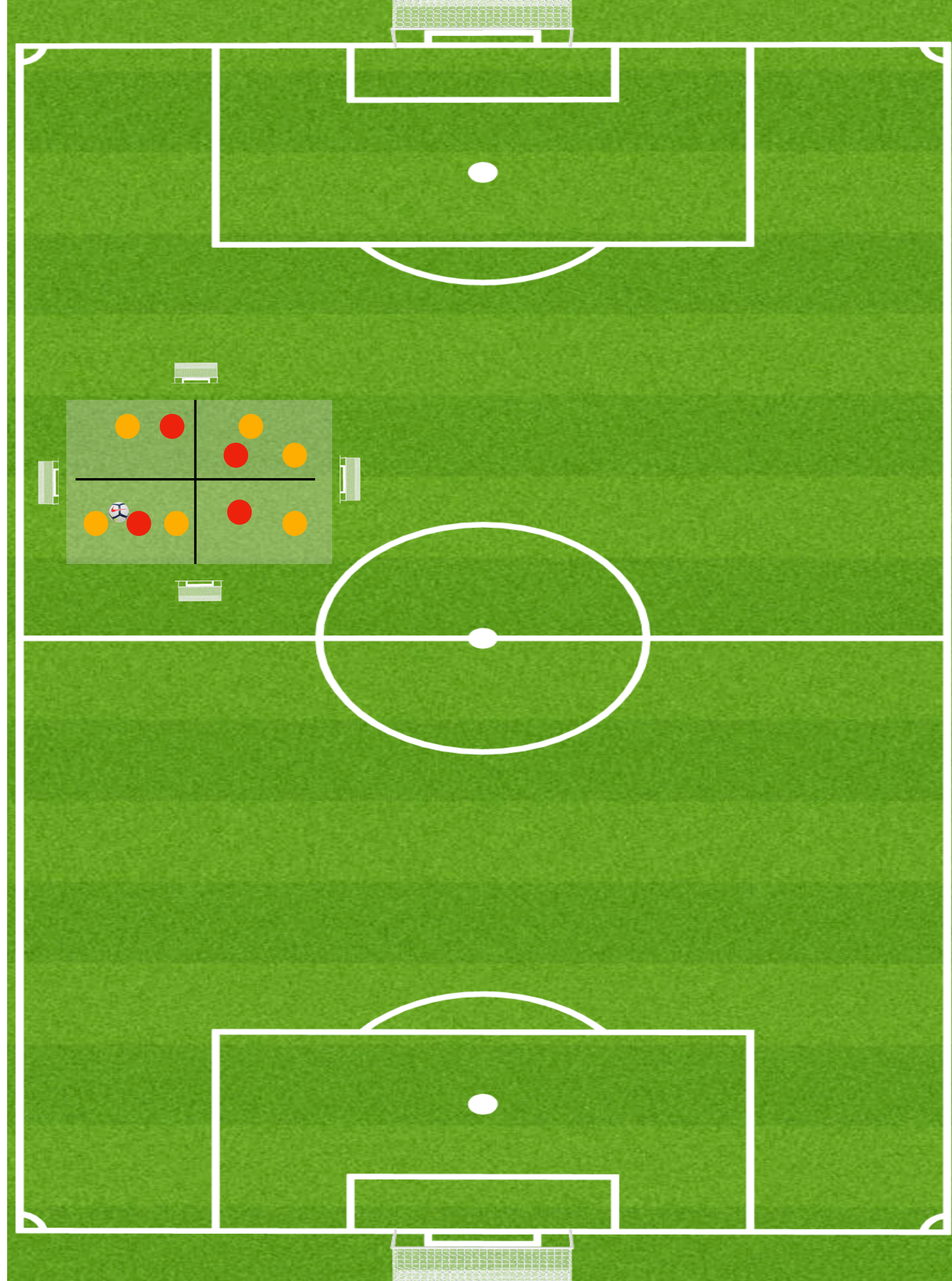
Using the space.

Supporting at good angles, always having options

Importance of first touch and knowing where to play next

Not stitching players with passes

When to switch the play.



Part 3 - Game

Organisation: 25x20

6v6 or whatever your numbers allow

Detail:

First 10 mins: 5 passes = 1 point

Older teams:

Can't score unless you've made a pass in each zone

Younger teams:

Can score after passing in 2 of the zones.

Coaching Detail:

Using the space.

Supporting at good angles, always having options

Give and go's

Importance of first touch and knowing where to play next

Not stitching up your players with passes

When to switch the play.

