

# TRAINING SESSIONS



GRADES U11-U12 No 1-3

# SESSION 1 BALL MASTERY & DRIBBLING



## 1. JUGGLING 5-6 MINS

Western Springs Football YouTube  
Link: Juggling

- Start with 'bounce juggle catch'
- Aim to increase juggles and reduce bounces

**MINI CHALLENGE:** use different parts of the body.

**HINT:** Soft touches keep the ball lower.

**HINT:** Keep your eye on the ball.

Western Springs Football YouTube  
Link: Juggling - tricks to start

**FINAL CHALLENGE:** What is the highest number of juggles (allowed 1 bounce between juggles) you can do in 1 minute?

## 2. FIT4FOOTBALL 11+ 4-5 MINS

YouTube Link: Part 1 Running Game

- Work through the 6 parts using the space you have available
- Repeat each x2

**CHALLENGE:**  
Maintain control throughout all movements.

## 3. TICK-TOCKS 8-10 MINS

Western Springs Football YouTube  
Link: Tick-Tocks

- Start with tick-tocks on the spot (1 minute)
- While moving forwards/backwards (1 minute)
- While moving sideways (1 minute)
- On the spot with a change of direction and then accelerate with ball (3-4 minutes)

**MINI CHALLENGE:** To be just as good with each foot.

**HINT:** Soft touches keep the ball close.

**HINT:** Keep your weight on the front of your foot to help movement.

**FINAL CHALLENGE:** How many tick-tock touches can you do in 1 minute?

## 4. FITNESS OPTION 1

- See additional Fitness page
- Complete 2-3 rounds

**CHALLENGE:**  
Maintain good posture throughout.

## 5. DRIBBLING - OUTSIDE-INSIDE 6-8 MINS

Western Springs Football YouTube  
Link: Dribbling

- Start on the spot with 1 minute per foot then repeat x2
- Sideways using both feet together for 1 minute
- Using a space of 5 to 10 metres travel forwards for up to 50 metres.

**MINI CHALLENGE:** To keep the ball away from the imaginary defender.

**HINT:** Soft touches keep the ball close.

**HINT:** Use your arms to help balance.

**FINAL CHALLENGE:** How many Outside-Inside touches with 1 foot can you do in 1 minute?

## 6. FIT4FOOTBALL 11+ 4-5 MINS

YouTube Link: Part 2 Strength

- Work through the 6 parts using level 1 (progressing to level 2 in time)
- Repeat each x2

**CHALLENGE:** All movements should be slow, controlled and focused.

## HOMEWORK TASK 1

Create a video of your dribbling skills and share with your coach, teammates or club – Instagram or Facebook.

## HOMEWORK TASK 2

Select a GK/defender/midfielder/attacker and use YouTube to find out more about them (football strengths and areas to work on). Then tell somebody else what you've learned!

# SESSION 2 BALL MASTERY & TURNS



## 1. JUGGLING 8 MINS

[Western Springs Football YouTube Link: Juggling](#)

- Start with 'bounce juggle catch'
- Aim to increase juggles and reduce bounces

**MINI CHALLENGE:** Use different parts of the body.

**HINT:** Soft touches keep the ball lower

[Western Springs Football YouTube Link: Juggling - tricks to start](#)

**MINI CHALLENGE:** Choose one of the tricks and keep practicing.

**HINT:** Keep your eye on the ball.

**FINAL CHALLENGE:** What is the highest number of juggles (allowed 1 bounce between juggles) you can do today in 1 minute?

## 2. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 1 Running](#)

- Work through the 6 parts using the space you have available
- Repeat each x2

**CHALLENGE:** Maintain control throughout all movements.

## 3. DRAGBACKS 8-12 MINS

[Western Springs Football YouTube Link: Dragbacks](#)

- Start with dragbacks by walking between 2 cones 3-4 metres apart
- Repeat using left foot for dragbacks (1 minute)
- Continue and aim to move into a jog (if possible) with 1 minute per foot (2 minutes in total)

**MINI CHALLENGE:** How many dragbacks can you do in 1 minute?

**HINT:** Soft touches keep the ball close.

**HINT:** Lower your centre of gravity when changing direction

[Western Springs Football YouTube Link: Dragback Variations](#)

**FINAL CHALLENGE:** Try the Dragback variation – the L-Cut, and repeat as for the dragback.

## 4. FITNESS OPTION 2

- See additional Fitness page
- Complete 2-3 rounds

**CHALLENGE:** Maintain good posture throughout.

## 5. CRUYFF TURN 8-10 MINS

[Western Springs Football YouTube Link: Cruyff Turn](#)

- Start with Cruyff Turns by walking between 2 cones 3-4 metres apart – use right foot for dragbacks (1 minute) metres apart – use right foot for Cruyff Turns (1 minute)
- Repeat using left foot for Cruyff Turns (1 minute)
- Continue and aim to move into a jog (if possible) with 1 minute per foot (2 minutes in total)

**MINI CHALLENGE:** Spread out 4-5 cones (or other objects) within a 10x10 metre area. Alter the number of cones for a smaller area. Dribble around the area and perform a Cruyff Turn every time you dribble towards a cone.

**HINT:** Use the inside of your big toe to change the direction of the ball.

**HINT:** Use your arms to point in the direction of your fake pass.

**FINAL CHALLENGE:** Without any obstacles, how many Cruyff Turns can you do in 1 minute?

## 6. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 2 Strength](#)

- Work through the 6 parts using level 1 (progressing to level 2 in time)
- Repeat each x2

**CHALLENGE:** All movements should be slow, controlled and focused.

## HOMEWORK TASK 1

Create a video of your Dragbacks and Cruyff Turns and share with your coach, teammates or club – Instagram or Facebook.

## HOMEWORK TASK 2

Find out more about Samantha Kerr, Eden Hazard or another player (you could use YouTube). Then tell somebody what they are awesome at!

# SESSION 3 BALL MASTERY & CHANGE OF DIRECTION



## 1. JUGGLING 8 MINS

[Western Springs Football YouTube Link: Juggling](#)

- Start with 'bounce juggle catch'
- Aim to increase juggles and reduce bounces

**MINI CHALLENGE:** Use different parts of the body.

**HINT:** Soft touches keep the ball lower.

[Western Springs Football YouTube Link: Juggling - tricks to start](#)

**MINI CHALLENGE:** Choose a different trick and keep practising

**HINT:** Keep your eye on the ball.

**FINAL CHALLENGE:** What is the highest number of juggles (allowed 1 bounce between juggles) you can do today in 1 minute?

## 2. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 1 Running](#)

- Work through the 6 parts using the space you have available
- Repeat each x2

**CHALLENGE:** Maintain control throughout all movements

## 3. PUSH-PULL 6-8 MINS

[Western Springs Football YouTube Link: Push-Pull](#)

- Start with 10x Push-Pulls with each foot – placing a cone (or other object) out in front acting as an opponent.
- Then repeat again with each foot

**MINI CHALLENGE:** How many Push-Pulls can you do in 1 minute?

**HINT:** Push with laces and pull with studs

**HINT:** Use the push to draw in an opponent then pull away.

**FINAL CHALLENGE:** Try the Push-Pull and then accelerate away from the cone (opponent) with the ball. Try 4 with each foot.

## 4. FITNESS OPTION 3

- See additional Fitness page
- Complete 2-3 rounds

**CHALLENGE:** Maintain good posture throughout

## 5. RONALDO CHOP 8-10 MINS

[Western Springs Football YouTube Link: Ronaldo Chop](#)

- Start the Ronaldo Chop by walking towards the ball and using the inside of the heel to flick the ball behind your front foot. Stop the ball and then repeat (1 minute)
- Progress by jumping into the 'chop' to flick the ball behind your front foot (1 minute per each foot).

**MINI CHALLENGE:** Place a cone in the middle of your area and each time you move towards the cone, perform a Ronaldo Chop to move past the cone (90 seconds).

**HINT:** Use the inside of your heel for the chop.

**HINT:** Jump into the chop.

**FINAL CHALLENGE:** Without any obstacles, how many Ronaldo Chops can you do in 1 minute?

## 6. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 2 Strength](#)

- Work through the 6 parts using level 1 (progressing to level 2 in time)
- Repeat each x2

**CHALLENGE:** All movements should be slow, controlled and focused.

## HOMEWORK TASK 1

Create a video of your Ronaldo Chops and share with your coach, teammates or club – Instagram or Facebook.

## HOMEWORK TASK 2

Learn about a different trick you haven't tried before (you could use YouTube to search football tricks). Then practise it and show it to a family member!

# FITNESS OPTIONS 1-3



## OPTION 1 4 SIDES

**SET-UP:** Use a 10x10 metre square with 4 sides and a red cone as the starting point (other objects can be used)

### WORK:

- Jog 4 sides
- Sprint 1 side / jog 3 sides
- Sprint 2 sides / jog 2 sides
- Sprint 3 sides / jog 1 side
- Sprint 4 sides / jog 4 sides
- Rest for 2 minutes
- Repeat 3-4 times in total (include opposite direction)

**ADDITIONAL:** If you have 4 balls then you can place a ball on each corner and when you do each jogging part there will be a ball for you to dribble rather than jog.



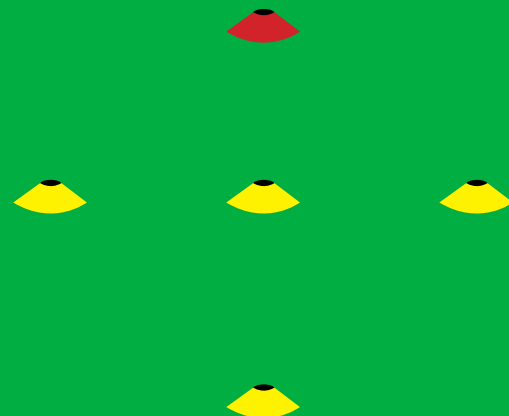
## FITNESS OPTION 2 THE CLOCK

**SET-UP:** Use a 10x10 metre cross shape with a centre point.

### WORK:

- Jog to 4 corners
- Sprint to 1 corner / jog to 3 corners
- Sprint to 2 corners / jog to 2 corners
- Sprint to 3 corners / jog to 1 corner
- Sprint to 4 corners / jog to 4 corners
- Rest for 2 minutes
- Repeat 3-4 times in total (include opposite direction)

**ADDITIONAL:** If you have 4 balls then you can place a ball on each corner and when you do each jogging part there will be a ball for you to dribble rather than jog.



## FITNESS OPTION 3 FIGURE OF 8

**SET-UP:** Use a 10x10 metre square with 4 corners and a centre point. Each circuit is done in a figure of 8 with 5 cones.

### WORK:

- Start at a corner cone and jog a complete circuit
- Sprint to 1 cone / jog to 5 cones (brings you back to the starting cone)
- Sprint to 2 cones / jog to 4 cones
- Sprint to 3 cones / jog to 3 cones
- Sprint to 4 cones / jog to 2 cones
- Sprint to 5 cones / jog to 1 cone
- Sprint to 6 cones
- Jog to 6 cones
- Rest for 2 minutes
- Repeat 2-3 times in total



# ADDITIONAL TRAINING ACTIVITIES



Here are some additional training activities you can try, giving you the opportunity to try something new whilst you are at home.

They only require a small space and you can view on a TV or any portable devices through YouTube. Trying anything new for the first time can be a bit tricky but once you go for a second and third time then it gets easier and you'll get used to the movements/skills involved. To make it even more fun then ask somebody at home to join in with you! [Our YouTube Channel.](#)

**1000 TOUCH WORKOUT -  
JUGGLING**

**1000 TOUCH WORKOUT - BALL  
MASTERY**

**1000 TOUCH WORKOUT -  
DYNAMIC BALL MASTERY**

**10 MINUTE BALL MASTERY  
WORKOUT**

**10 MINUTE YOGA**

**10 MINUTE PILATES**

If you try any of the above activities and enjoy them then let a friend and/or your coach know as they can then let your other teammates know. If you find other training sessions online that you enjoy then share them also and let me know too! Video clips are a great way of sharing but do check with somebody at home first.