

# TRAINING SESSIONS



GRADES U15+ NO 4-6

# SESSION 4 BALL MASTERY & DRIBBLING



## 1. JUGGLING 5-6 MINS

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

- Choose a different starting variations and work on it
- Aim to increase juggles using different parts of the body

**MINI CHALLENGE:** Can you get the ball up to your thigh and head and back down to your feet under control – working on your aerial control.

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

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

**FINAL CHALLENGE:** See how many juggling tricks you can do in 1 minute without ball touching the ground?

## 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. FITNESS OPTION 1 OR 2

- See additional Fitness Options (page 5) complete 3-4 rounds

**CHALLENGE:** Maintain good posture throughout.

## 4. 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)

**HINT:** To be just as good with each foot - don't be predictable in a game

**FINAL CHALLENGE:** How many tick-tock touches can you do in 1 minute, without looking at the ball?

## 5. FITNESS OPTION 3 OR 4

- See additional Fitness Options (page 5) complete 3-4 rounds

**CHALLENGE:** Maintain good posture throughout.

## 6. INSIDE-INSIDE ROLLOVER 6-8 MINS

[Western Springs Football YouTube Link: Inside-Inside-Rollover](#)

- Start on the spot with 90 seconds of inside-inside-rollover transferring the ball from foot to foot. Rest for 20 seconds and then repeat.

**MINI CHALLENGE:** Using a space of 5 to 10 metres travel back and forwards using the above skill for up to 50m using a range of turns when you change direction, without looking at the ball all the time

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

**MINI CHALLENGE:** A lower centre of gravity helps with balance

**FINAL CHALLENGE:** How many Inside-Inside rollovers can you do in 1 minute without looking at the ball.

## 7. 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.

## ADDITIONAL TASK 1

Try one of the alternative training options available on YouTube.

## ADDITIONAL TASK 2

Watch Zidane highlights and see how he perfects the rollover.

# SESSION 5 BALL MASTERY & TURNS



## 1. JUGGLING 5-6 MINS

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

- Choose a different starting variations and work on it
- Aim to increase juggles using different parts of the body

**MINI CHALLENGE:** Can you get the ball up to your thigh and head and back down to your feet under control – working on your aerial control.

**HINT:** Soft touches keep the ball lower.  
**HINT:** Keep your eye on the ball.

**FINAL CHALLENGE:** Try to beat your previous juggling record. Have a few goes and give yourself a fist pump when you beat that record.

## 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. FITNESS OPTION 5 OR 6

- See additional Fitness Options (page 5) complete 3-4 rounds

**CHALLENGE:**  
Maintain good posture throughout.

## 3. PUSH-PULL 7-9 MINS

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

- Start with a ball in front of cone.- use your right foot to push ball towards the cone pull it back to you (1 minute)
- Repeat using left foot (1 minute)

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

**HINT:** Have comfortable & balanced upright stance

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

**FINAL CHALLENGE:** Try the push pull variations – drawing in opponent and pulling away – then accelerate into space to right or left.

## 5. FITNESS OPTION 1 OR 2

- See additional Fitness Options (page 5) complete 3-4 rounds

**CHALLENGE:**  
Maintain good posture throughout.

## 6. 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 ‘quicker’ after the turn (if possible) with 1 minute per foot (2 minutes in total)

**MINI CHALLENGE:** Push pull and accelerate away performing a Cruyff turn at the end of your area. Practice with each foot.

**HINT:** use your arms to trick the opponent and point in the direction of your fake pass/shot/cross

**FINAL CHALLENGE:** Use an area up to 10x10 metres and spread out 5-7 cones (objects) within the area. Take 2 minutes to complete as many different turns as possible when you get to a cone.

## 7. 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.

## ADDITIONAL TASK 1

Try as many Cruyff turns with inside-inside & outside-inside rollovers (available on YouTube)

## ADDITIONAL TASK 2

*Watch [Robson-Kanu \(Wales\) execution of Cruyff turn with his goal v Belgium at the 2016 Euros QF.](#)*

# SESSION 6 BALL MASTERY & CHANGE OF DIRECTION



## 1. JUGGLING 6-8 MINS

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

- Choose a different starting variation or create one and work on it
- Aim to increase juggles using different parts of the body

**MINI CHALLENGE:** How many can you do with your head, then shoulder then thigh to find out the worst one of the 3 to work on more.

**HINT:** Move your feet

**HINT:** Keep your eye on the ball & stay relaxed

**FINAL CHALLENGE:** What is the highest number of juggles you can do in 1 minute (keep going if you go beyond 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. FITNESS OPTION 3 OR 4

- See additional Fitness Options (page 5) complete 3-4 rounds

### **CHALLENGE:**

Maintain good posture throughout.

## 3. INIESTA 10 MINS

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

- Start with a ball with 6-7metres space in front and try the Iniesta.
- Repeat it back and forth using different turns when changing your direction

**HINT:** Make an accurate touch sideways

**MINI CHALLENGE:** Use push(lace) to go forward and pull(studs) to turn/change direction. Do your Iniesta in between

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

**HINT:** Maintain a balanced upright stance with a slight bend in the knees

**FINAL CHALLENGE:** Using an area of u to 10x10 metres space out 3-4 cones and each time you dribble towards a cone try the Iniesta to change direction. Keep going until you complete 15.

## 5. FITNESS OPTION 5 OR 6

- See additional Fitness Options (page 5) complete 3-4 rounds

### **CHALLENGE:**

Maintain good posture throughout.

## 6. RONALDO CHOP 8-10 MINS

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

- Start the Ronaldo Chop by dribbling the ball and then jumping into the 'chop' to flick the ball behind your front foot (1 minute per each foot)

**MINI CHALLENGE:** Start with the Iniesta without cones and change direction with the Ronaldo Chop (2 minutes)

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

**HINT:** If chopping to the left side with your right foot then travel towards the right side of the cone

**FINAL CHALLENGE:** Start with static tick-tocks then a push into a Iniesta to a Ronaldo Chop. Reset and go back the other direction.

## 7. 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.

## ADDITIONAL TASK 1

Try one of the alternative training options available on YouTube

## ADDITIONAL TASK 2

Watch El Clasicos (Real v Barca) highlights from 2009-2018 to catch Iniesta & Ronaldo executing their moves.

# FITNESS OPTIONS 1-4



## 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)

**ALTERNATIVE:** Where a longer and narrow space is available then 5 cones can be spaced out up to 10 metres apart and this same activity is carried out in a similar way - using the 4 spaces in-between the 5 cones.



## OPTION 2 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 diagonal / jog 3 sides
- Sprint 1 diagonals / jog 2 sides
- Sprint 2 sides / jog 1 diagonal
- Sprint 1 diagonal/jog 1 side (do all 4 diagonals & sides continuously)
- 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.



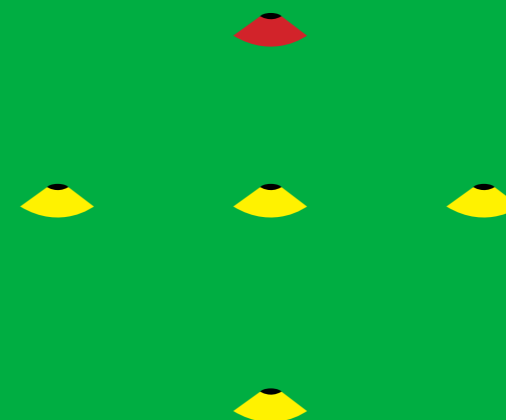
## FITNESS OPTION 3 THE CLOCK

**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)

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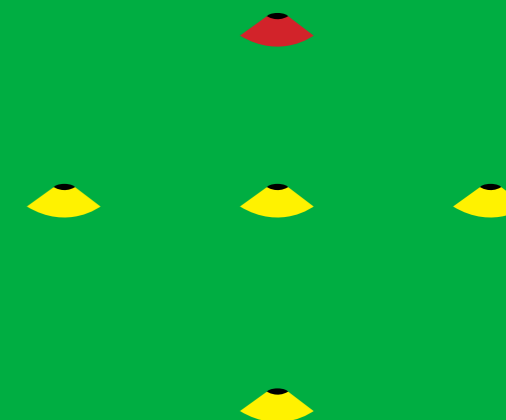


## FITNESS OPTION 4 THE CLOCK

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

### WORK:

- Jog to middle and backwards jockey back
- Sprint to middle/shuffle to left and back to the centre/backwards jockey back
- Sprint to middle/shuffle to right and back to the centre/backwards jockey back
- Sprint to furthest cone/shuffle sideways back changing facing side at the centre
- Sprint to furthest cone/shuffle sideways diagonally to the right facing outside then facing inside from halfway cone
- Sprint to furthest cone/shuffle sideways diagonally to the left facing outside then face inside from halfway cone
- Rest for 2 minutes
- Repeat 3-4 times in total (include opposite direction)



# FITNESS OPTIONS 5-6



## FITNESS OPTION 5 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



## FITNESS OPTION 6 TRIANGLES AND SQUARES

**SET-UP:** Use a 10x10 metre square with 4 corners and a centre point. Each circuit is done by drawing different shapes with 3-5 cones.

### WORK:

- Start at a corner cone and
- Sprint to 1 cone / jog to 2 cones to draw a triangle
- Sprint to 2 cones / jog to 2 cones to draw a square
- Sprint to 3 cones / jog to 1 cone to draw a triangle
- Sprint to 3 cones / jog to 1 cone to form a square
- Sprint to 4 cones to form a square/ triangle (you choose)
- Jog to all 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.

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**ANDRES INIESTA - THE LAST OF HIS KIND**

**LIONEL MESSI - BEST SOLO GOALS**

**CRISTIANO RONALDO - TOP 20 GOALS**

**ALEX MORGAN - SKILLS GOALS**

**SAM KERR - GOALS - SKILLS**

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