

# Training Sessions

Somersall Rangers - Excite with the Ball



# *In Possession - Excite with the Ball*

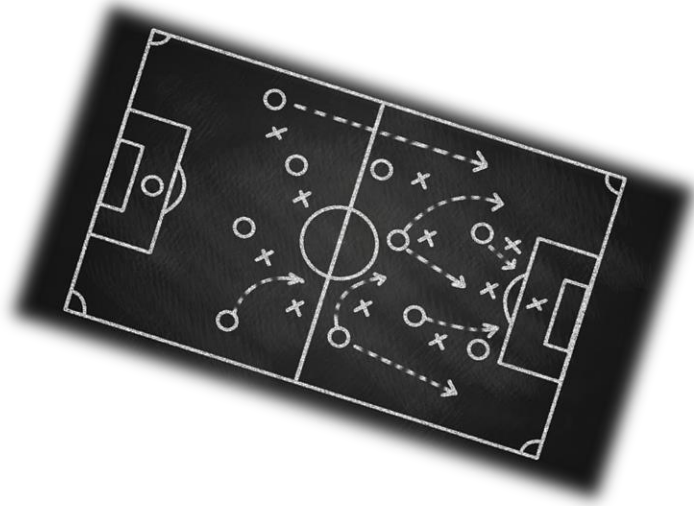
## **Working With the Ball Programme for 8 Weeks**

**Individual Technical Points to be Constantly Reinforced over the 8 weeks in the game related practice**

- ✓ Staying on the ball
- ✓ Wanting the ball
- ✓ Individual skills and progression
- ✓ Linking of all the individual sessions to make the all-round player
- ✓ Reviewing how we coach? – Command, question and answer, observation and feedback, guided discovery, trial and error.

## **Warm Up Games**

- ✓ Hand ball
- ✓ Skills Corridor
- ✓ Symmetry (Orange and Yellow Cones)
- ✓ Bomber
- ✓ Tag
- ✓ Fitness (orange and Yellow Cones)
- ✓ Fitness (Warm Up)



## **Programme**

### **Week 1**

Creative Solutions (Movement)

### **Week 2**

Master the Ball (Shielding)

### **Week 3**

Turning (Looking Forward)

### **Week 4**

Control

### **Week 5**

Passing

### **Week 6**

Travelling with the Ball

### **Week 7**

Decision Making

### **Week 8**

Positive First Touch

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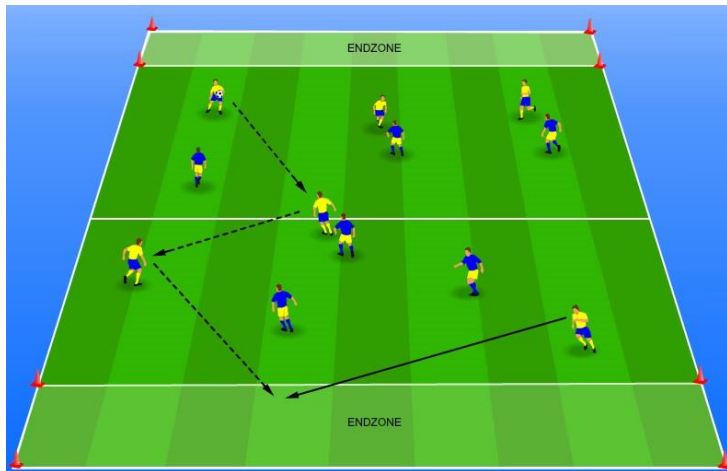
## Creative Solutions (Movement)

### Warm Up Session – Hand Ball

- Possession keeping game where all passing is with the hands by throwing and catching.
- Teams score a point every time they get to the endzone
- Game is two way
- The fact that the ball carrier cannot run with the ball in hand means the other players will all need to move a lot to create space.
- The opposition team can intercept the pass or collect loose balls but can't tackle a player with the ball in the hand.
- Progress to players using their feet

#### Movement Team Key Points

- ✓ Move away at an angle so the defender follows.
- ✓ Cut back quickly into the space created, leaving the opposition trailing.
- ✓ Accelerate into space.
- ✓ Move too soon or too late to receive the pass and the space might be closed down.
- ✓ Communication – verbal, eye contact, movement.
- ✓ Variation – attack the space behind the opposition



## Skill Practice (Variable)

### Basket Ball v Football

- Teams are split into two teams
- One team will play football (two way)
- One team will play basketball (two way)
- Whichever team has the ball has to play either football or basketball
- Player/ball into the endzone to score

#### Movement Team Key Points

- ✓ Move away at an angle so the defender follows.
- ✓ Cut back quickly into the space created, leaving the opposition trailing.
- ✓ Accelerate into space.
- ✓ Move too soon or too late to receive the pass and the space might be closed down.
- ✓ Communication – verbal, eye contact, movement.
- ✓ Variation – attack the space behind the opposition.

#### Progression

- Both teams play football rules
- Both teams play basketball rules
- Time limit for players with the ball and have 30 seconds to score then it is turned over

## Game Related Practice (Random)

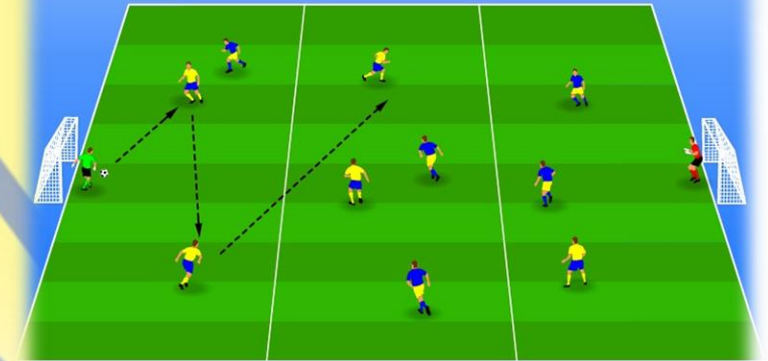
- 12 players - two teams of 5 players + GK
- Half of field - split into 3 zones (thirds of the field)
- 3 Zones - 2v1 into 2v2 into 1v2

#### Movement Team Key Points

- ✓ Speed of Action – Movement to enable quick passing
- ✓ Timing of movement to the ball from central players
- ✓ Counter movement, bring defender away to check back into space

#### Progression

- Midfield players can join to make a 2v2 in final zone
- Lift conditions/restrictions, play regular rules



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# In Possession - Excite with the Ball

## Master the Ball (Shielding)

### Warm Up Session – Steal and Keep

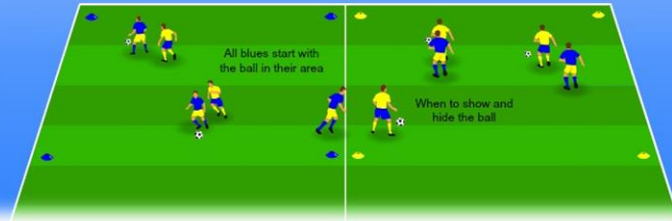
- This is a good England DNA warm up. Pairs of Red and Blue players play
- The aim if you don't have a ball is to get it off your opponent and dribble it to your own coloured area.
- If you have the ball, keep it in your own coloured area.

### Master the Ball Key Points

- ✓ Stay on the ball
- ✓ Low center of gravity
- ✓ Head up
- ✓ Be aware of space
- ✓ Change direction
- ✓ Change of pace
- ✓ Hide the ball

### Progression

- The distance between the two areas can vary to allow for more/less dribbling.



## Skill Practice (Variable)

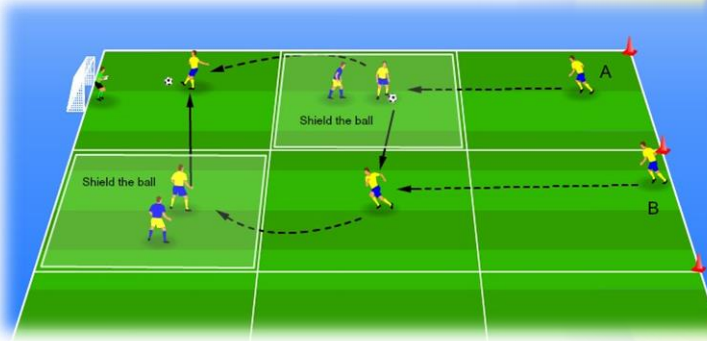
- Players work in teams of 2 to beat the two defenders one a time.
- Player A dribbles the ball into the first shaded area (5x5m)
- They must protect the ball from the defender for at least 3 seconds.
- Player B looks for a square pass and takes the ball into the second shaded area and again must shield the ball for at least 3 seconds.
- Player B then plays the square pass to Player A who must finish 1st time.
- If the ball is played out of the grid or lost in possession to the defenders those pairings return to the end and is the trigger for the next pairing.

### Master the Ball Key Points

- ✓ Practice should be done at speed.
- ✓ Correct body position with the body always between the ball and the defender when inside the defender's area.
- ✓ Passes should be a good weight and in front of the supporting player to ensure speed in attack.

### Progression

- Shield the ball for longer



## Game Related Practice (Random)

- 12 players - two teams of 5 players + GK
- Half of field - split into 3 zones (thirds of the field)
- Players in the middle or attacking third of the field must take a minimum of 4 touches on the ball before they pass to teammate or shoot on goal
- Shielding should be encouraged.

### Master the Ball Key Points

- ✓ Place body between the defender and ball
- ✓ Body at right angle to the defender; shoulder/arm in defender's chest
- ✓ Keep ball on furthest foot (sole/inside/outside)
- ✓ Use arms to create space
- ✓ Move laterally/away from defender
- ✓ If defender overcommits, spin away in opposite direction using sole foot and beat into space behind
- ✓ Tactical awareness of when to move into open space/pass v. when to shield ball & protect

### Progression

- Lift the touches rule; only allow players to pass the ball forward (backwards or sideways=turnover)



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## Turning (Looking Forward)

### Technical Practice (Constant)

- In an area 20m x 5m player 3 starts the exercise passing to player 2 in the middle, who performs a turn and passes to player 1.
- Point to note, the central player has to practice at turning in both directions.
- Continue the exercise with player 1 as the next starting point. Player roles can be rotated, so all three players have the opportunity to practice turning (see diagram 1).

### Points

- ✓ Good passing is still important in this exercise, as is the movement to receive, and the turning technique by the central player.
- ✓ Look for good close control.
- ✓ Central player encouraged to look behind before receiving the ball to encourage awareness – this will become important as the session develops.
- ✓ Disguising the direction of the turn.
- ✓ Maintain a low body position during the turn.

### Progression

- Player 3 passes to 2, who turns and passes to player 1. Player 1 now has the option to turn away, practicing varying turns, before turning back (see diagram 2).
- As player 1 works on turning, player 2 and 3 exchange places.
- Key points as above, however need to be aware when to change roles.



## Skill Practice - Variable

- 4 teams of 3 players - two on the outside, one player on the inside of the 5 metre circle
- Pass the ball to a player in the circle
- Player in the circle has to do a turn before going through a gate and then another turn and pass to a their other player on the outside
- Players can't go through the same gate as another player

### Coaching Key Points

- ✓ Keeping the head up and awareness
- ✓ *Sole Turn* – Use the bottom of the foot to role across the ball and change direction
- ✓ *Hook Turn* – Use the inside/outside of the foot to hook round the ball and change direction
- ✓ *Cryuff Turn* – Place one foot over the ball and use the inside of the same foot to drag the ball back and change direction.
- ✓ Disguising the direction of the turn.

### Progression

- Players on the outside are moving around the circle
- Go through more than one gate
- Work in threes to see how many passes, turns and gates you can go through.



## Game Related Practice (Random)

- 12 players - two teams of 5 players + GK
- Half of field - split into 3 zones (thirds of the field)
- Stay in the zones
- Coach 1 team only and progress by adding 2 goals for a team that makes turns in the move when they score.

### Master the Ball Key Points

- ✓ Awareness of other players
- ✓ Types of turns
- ✓ Disguise the turn
- ✓ Maintain a low body position
- ✓ Look for good close control

### Progression

- Points for different types of turns as well as goals
- Remove the zones



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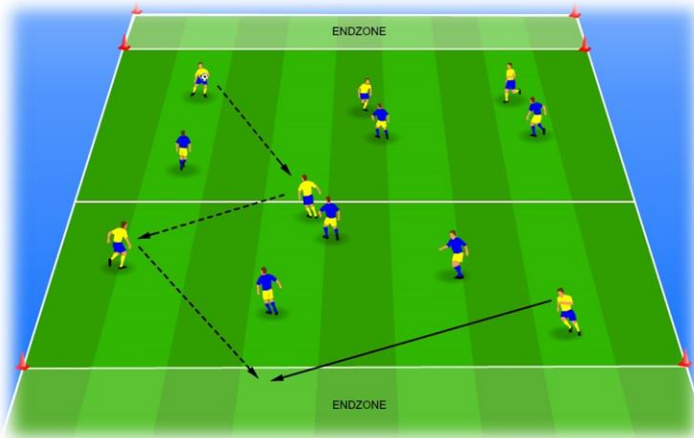
## Control – Moving Forward With Intent

### Warm Up Session – Hand Ball

- Possession keeping game where all passing is with the hands by throwing and catching.
- Teams score a point every time they get to the endzone
- Game is two way
- The fact that the ball carrier cannot run with the ball in hand means the other players will all need to move a lot to create space.
- The opposition team can intercept the pass or collect loose balls but can't tackle a player with the ball in the hand.
- Progress to players using their feet

### Movement Team Key Points

- ✓ Move away at an angle so the defender follows.
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## Skill Practice (Variable)

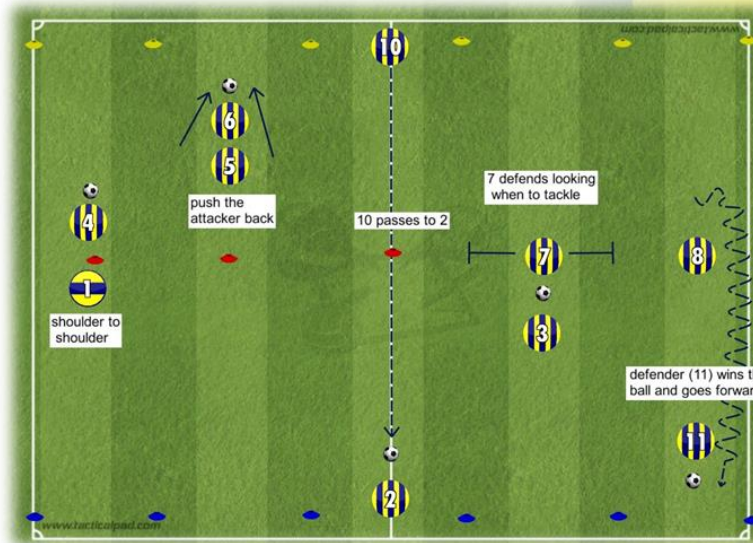
- Both players start in the middle, shoulder to shoulder, can we force the defender (who hasn't got the ball) back towards the goal.
- Think about skills to beat the player

### Points

- ✓ Outside right foot push
- ✓ Right left inside foot
- ✓ Left step over and push ball with right foot.
- ✓ Enthusiastic to go forward

### Progression

- Pass to start and then the attacker will attack, once past the halfway line the attacker cannot go back.
- When the attacker is coming at the defender can they look to get the ball and go forward.



## Game Related Practice (Random)

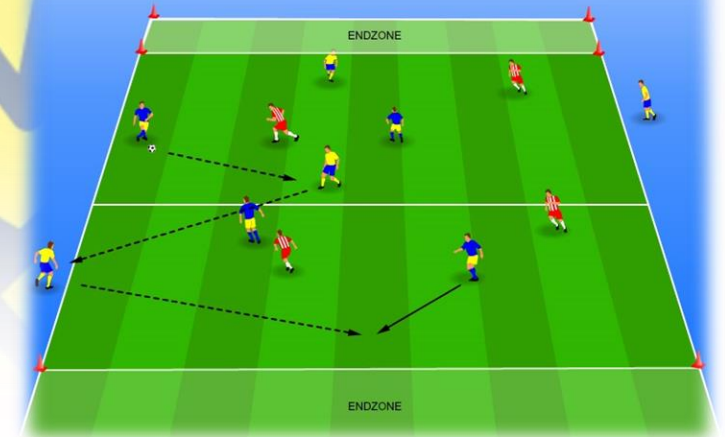
- 12 players, 4 vs 4 in the central area with 4 floater players (in yellow)
- 2 players on the outside (full pitch support) and 2 in the central area, all play to support the team in possession.
- All players in yellow play one touch football and the target for the blue and red teams in the area is to run the ball into the opposing teams scoring zone.
- The team in possession needs to create space to try and lose markers, players not in possession looking to create space for themselves..

### Control Key Points

- ✓ Players should learn when to pass the ball forward quickly.
- ✓ Players should also recognise when to support and when to run with the ball – once again good control is vital.
- ✓ All players should be aware of protecting defensive space when a colleague breaks out with the ball.

### Progression

- Lift the touches rule; only allow players to pass the ball forward (backwards or sideways=turnover)
- Introduce goals and move to a full game with the same rules.



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# In Possession - Excite with the Ball

## Passing

### Technical Practice (Constant)

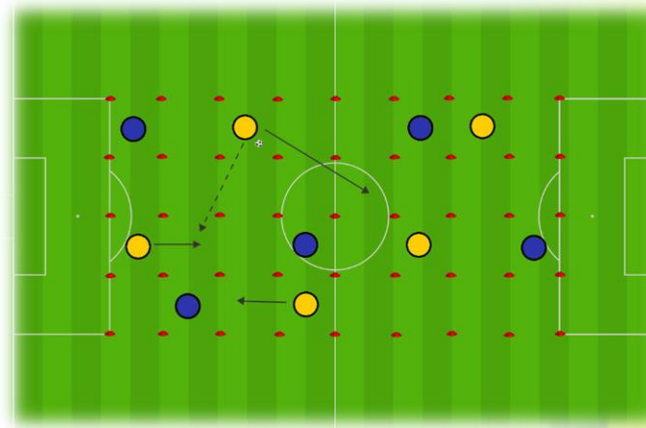
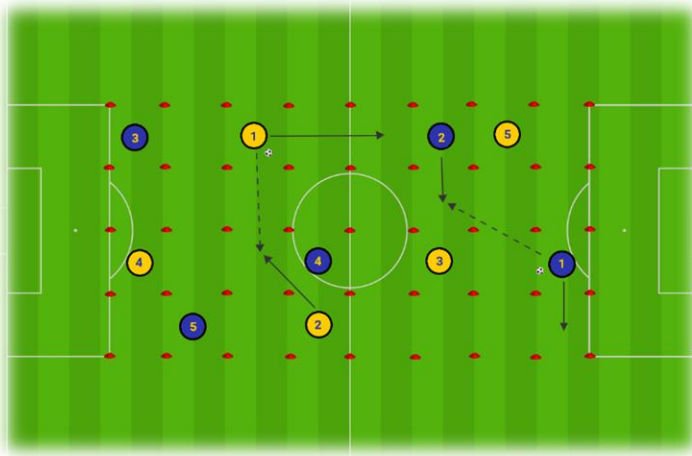
- Set up a playing area split into 6x6 squares.
- Players work in twos to pass into a box for the other player to run onto.
- Players must move into a new square to receive a pass and find a new square after they pass.

#### Points

- ✓ Weight of the pass
- ✓ Accuracy
- ✓ Ball control
- ✓ Foot contact inside of the foot and outside.

#### Progression

- Players are in 2 teams, with each player numbered from 1 upwards in their chosen team.
- Each team has a ball and each player starts in their own square.
- Teams pass the ball in number order, returning to number 1 when the ball reaches the last number.
- Players must move into a new square to receive a pass and find a new square after they pass.



### Skill Practice (Variable)

- Use 1 ball and have the teams play a possession game. 5-10 seconds of possession equals 1 point.

#### Points

- ✓ Type of pass – inside, outside, toe poke
- ✓ Movement with and without the ball
- ✓ Decision making
- ✓ Creating space to receive
- ✓ Ball retention

#### Progression

- Bring in end zones to play directional

### Game Related Practice (Random)

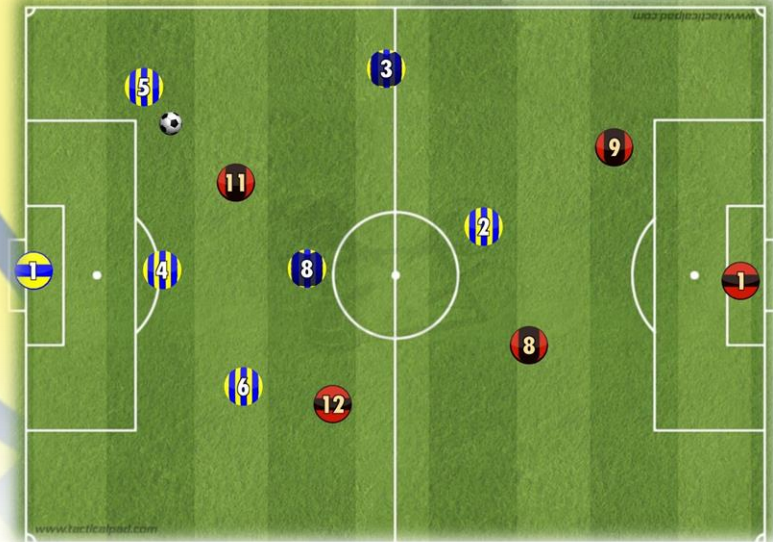
- 2 keepers, 2 floaters who play for any team in possession, 4v4 outfield
- Coaching only one team

#### Points

- ✓ Overlaps
- ✓ Short bursts
- ✓ Timing of the pass

#### Progression

- If attacking team scores without using floaters this will be two goals
- Always play out from the keepers



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## Travelling With The Ball

### Technical Practice (Constant)

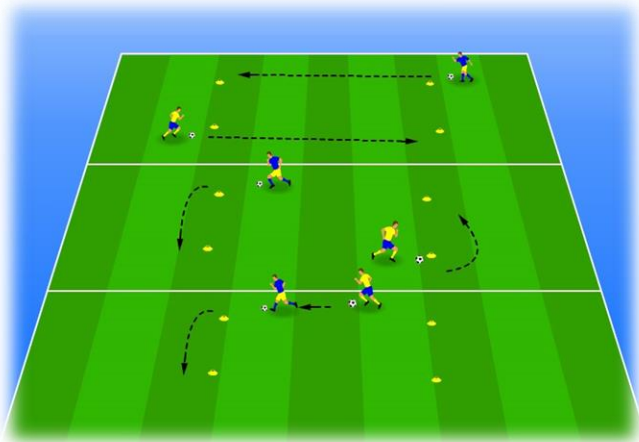
- Create a 10 X 10-yard grid.
- Start a player on two diagonal corners of the grid.
- Each of the two players has a ball.
- When the coach yells "GO", the players must dribble around the outside of the grid in an attempt to catch their partner.
- When the coach yells "STOP", the players must stop the ball.
- When the coach yells "TURN", the players must switch the direction around the grid.

### Points

- ✓ Close Control
- ✓ Speed with the ball
- ✓ Keep the ball close
- ✓ Sharp touches

### Progression

- "LEFT" to use the left foot only
- "RIGHT" to use the right foot only
- "BOTTOM" to use the bottom of the foot only



### Skill Practice (Variable)

- The yellow players are positioned as shown so that they can attack both goals.
- The blue defenders come on one at a time to defend 1v2 with a GK.
- The activity starts with a throw from the GK.
- The receiving player has a supporting player if he needs it.

### Points

- ✓ Receive the ball with an open body so that you can move forwards quickly
- ✓ Get your head up so that you can see the defenders and your support players
- ✓ Keep the ball close and draw in the defender
- ✓ Decision to pass or shoot

### Progression

- More players can be added to either team but as more are added the more it becomes a passing activity not a running with the ball activity.
- Make sure you finish the move, don't allow the GK to save or you will be countered

## Game Related Practice (Variable)

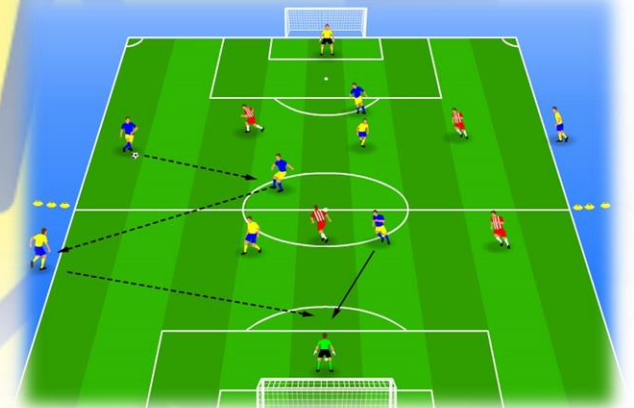
- 12 players, 4 vs 4 in the central area with 4 floater players (in yellow) 2 players on the outside (half pitch support) and 2 in the central area, all play to support the team in possession.
- All players in yellow play one touch football and the target for the blue and red teams in the area is to score.
- The team in possession needs to create space to try and lose markers, players not in possession looking to create space for themselves.

### Key Points

- ✓ Players should learn when to run with the ball and when to pass bringing in earlier techniques
- ✓ Players should also recognise when to support and when to run with the ball – once again good control is vital.
- ✓ Is it quicker to travel with the ball, pass or get in a different position.

### Progression

- Yellow outside players can come into the game and support
- Yellow outside players can use the full length of the pitch.



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## Decision Making

### Technical Practice (Constant)

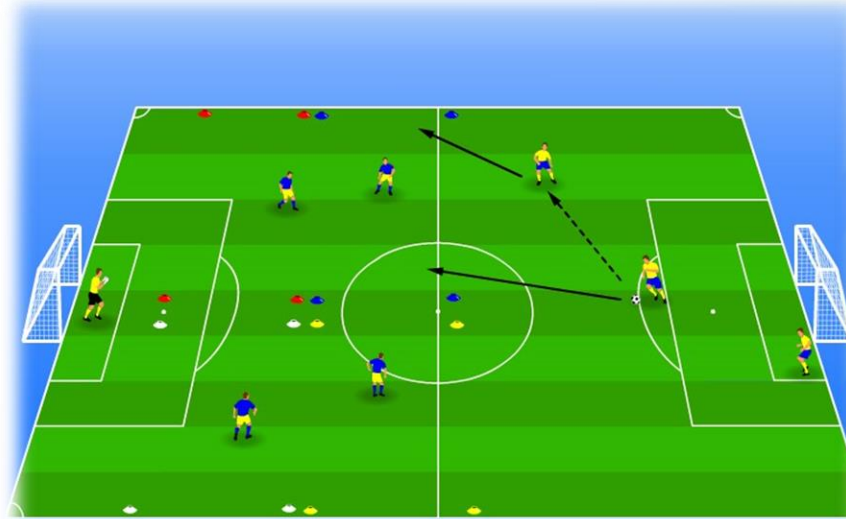
- Passers try to retain possession of the ball in area for as long as they can
- Dribblers try to regain possession from the opposing team or force a mistake
- Marker out area as shown in the diagram which can accommodate the number of players involved
- Passers need one ball, whilst dribblers have ball each

### Points

- ✓ Encourage passers to retain possession of their ball by creating space and using quick, accurate passing & support or dribbling skills
- ✓ Encourage dribblers to maintain possession of their own ball whilst working with others to force mistakes to regain possession of the 'Passers' ball

### Progression

- Changing the size & shape of the area
- Challenging players to use certain types of passes or a given number of touches when keeping possession



## Game Related Practice (Variable)

- 12 players, 5 vs 5 in the central area with 2 floater players (in yellow).
- All players in yellow play one touch football and the target for the blue and red teams in the area is to run the ball into the opposing teams scoring cones.
- The team in possession needs to create space to try and lose markers, players not in possession looking to create space for themselves.

### Key Points

- ✓ Players should learn when to run with the ball and when to pass bringing in earlier techniques
- ✓ Players should also recognise when to support and when to run with the ball – once again good control is vital.
- ✓ All players should be aware of protecting defensive space when a colleague breaks out with the ball.

## Skill Practice (Variable)

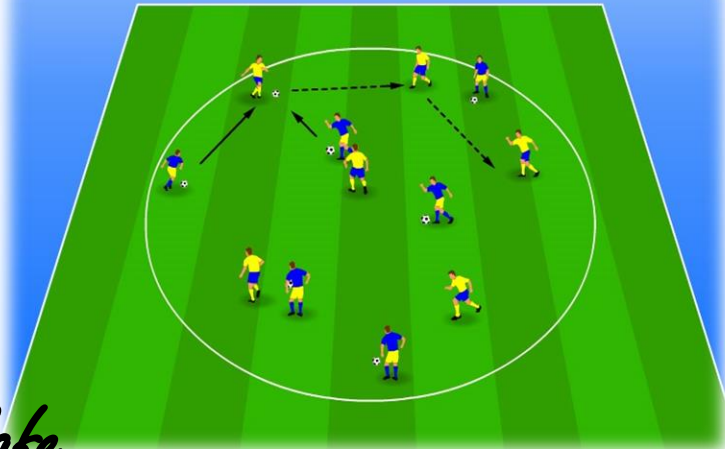
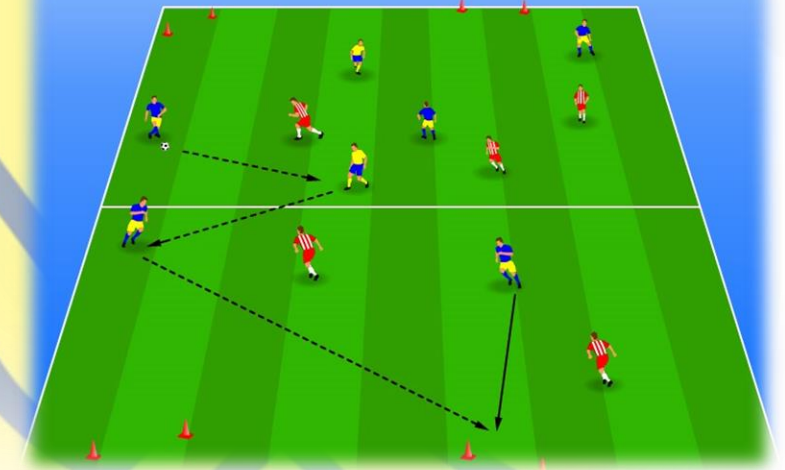
- Defenders locked into a square
- Attackers start as 2
- Defenders stay in squares and defend
- Defender wins the ball they can counter attack

### Points

- ✓ Challenge attackers to make the decision when attacking
- ✓ Look at their formation
- ✓ Decide to run, pass or move into space
- ✓ Decision to pass or shoot

### Progression

- More players can be added to the attacking team.
- Make sure you finish the move, don't allow the GK to save or you will be countered



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## Positive First Touch

### Technical Practice (Constant)

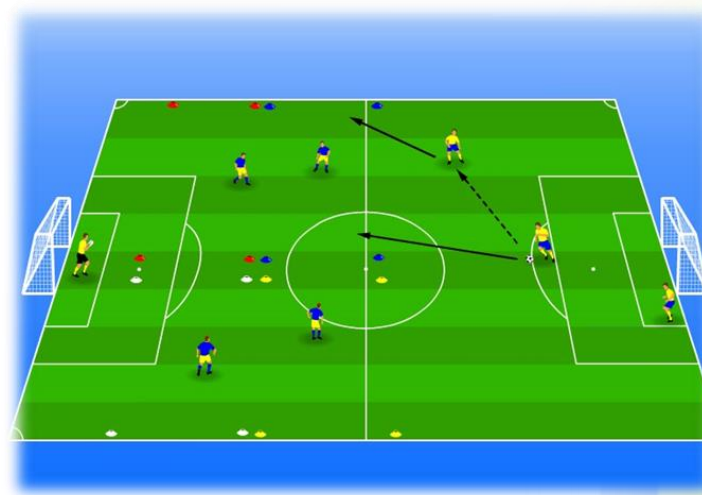
- 1 ball per pair, each player takes it in turn to drive towards the passive defender opposite and reach the other line
- Once they are there drill repeats with now other player becoming the passive defender.

### Points

- ✓ Control of the ball – side, sole, laces
- ✓ Body position – looking forward, awareness
- ✓ Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
- ✓ Ability to shuffle quickly.

### Progression

- Defender needs to think about body shape/angle/distance away from attacker. can we force them to an area? weaker foot?



### Skill Practice (Variable)

- Defenders locked into a square
- Attackers start as 3
- Defenders stay in squares and defend
- Defender wins the ball they can counter attack

### Points

- ✓ Challenge attackers to make the decision when attacking
- ✓ Look at their formation
- ✓ Decide to run, pass or move into space
- ✓ Decision to pass or shoot

### Progression

- More players can be added to the attacking team.
- Make sure you finish the move, don't allow the GK to save or you will be countered

### Game Related Practice (Variable)

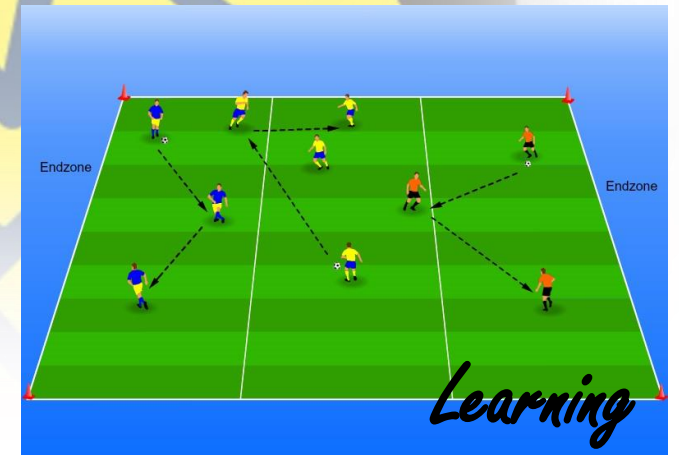
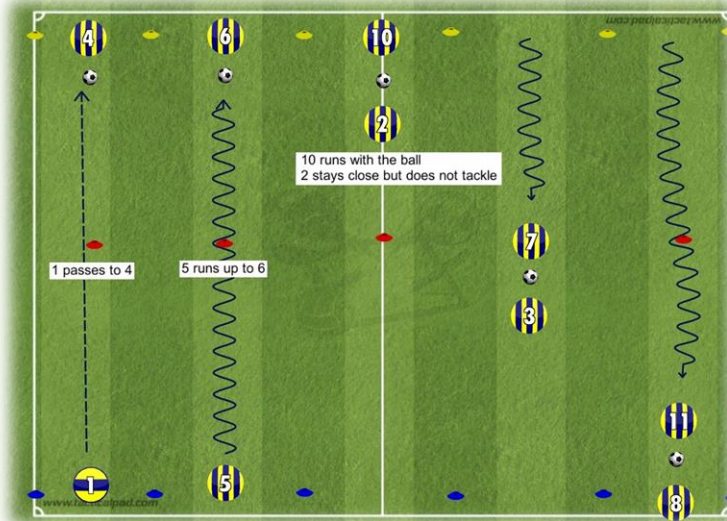
- Each team tries to pass & move their ball from one End Zone (Red) to the other
- The ball must go through the Middle Third (Yellow)
- Teams try to get players positioned in each third
- 3 teams of 4 players, each with a ball
- Area divided into thirds with the End & Middle Zones marked as shown in the diagram

### Key Points

- ✓ Creation of space by individuals and the team following a positive first touch
- ✓ Players try to retain possession of their ball with accurate passing, clever movement & support play
- ✓ Teams encouraged to try different combination play Receiving and turning in the thirds

### Progression

- Varying dimensions of the area and the thirds (i.e. a shallow Middle Third)
- Encourage all players to receive the ball as it passed though the thirds
- One team becomes blockers/defenders with at least one player in each third
- Team(s) in possession score points/goal if they can play from one End Zone to the other using the Middle Third



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