

Somersall Rangers

8 Week Programme “Superhero's!”

Somersall Rangers FC

Introduction

Each practice features three fun and progressive drills and culminates with a small-sided game.

Emphasis is placed on the development of fundamental skills and careful consideration has been given to prioritize the most relevant techniques to master at this age level.

The program starts with dribbling to familiarize novice players with the ball and introduces the game as a fun and enjoyable sport.

Passing practices concentrate on developing the basics using drills designed to focus purely on the mechanics, pace and accuracy of the push pass.

The program is meant as a guideline and coaches are encouraged to incorporate a minimal understanding of team concepts and laws of the game.

Week

- Week One
- Week Two
- Week Three
- Week Four
- Week Five
- Week Six
- Week Seven
- Week Eight

Technique Practice Theme/Key Words

Dribbling Comfort ability with the ball
Dribbling Change of direction and speed
Dribbling Direction and speed/basic moves
Passing Pure mechanics/static/walking
Passing Pace/accuracy/targets
Passing Pace/accuracy/jog/run/targets
Passing Pace/accuracy/targets
Passing Pace/accuracy/static/run/movement

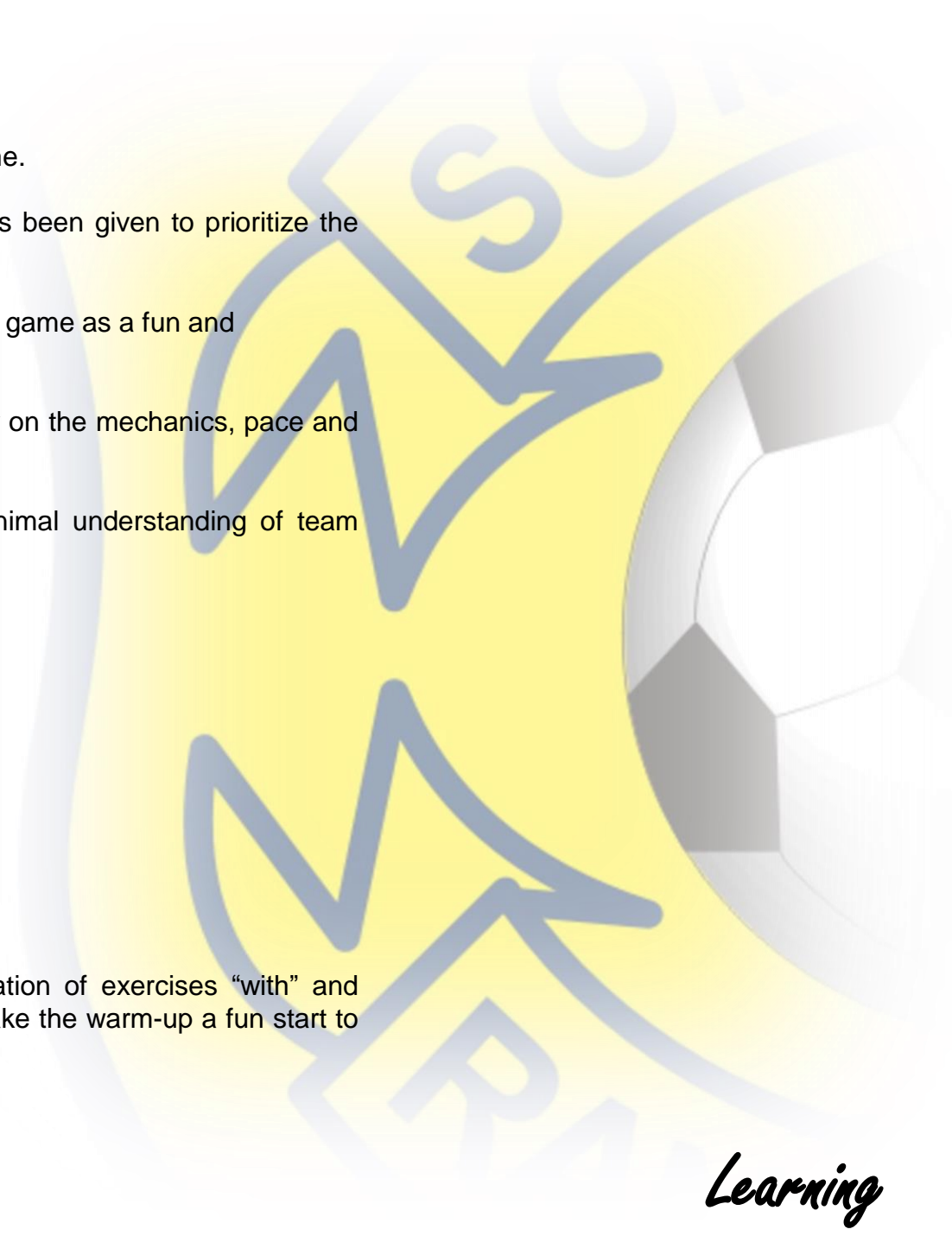
Warm Up

A thorough warm up should be performed before each practice session. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the practice session.

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Week One – Drill One “Spiderman v Dr Octopus”

Skill Practice:

Improve the player’s technical ability in a variety of dribbling moves.

Playing Set Up:

Players - Entire Group

Area - 6 x 12 metres

Equipment – Balls and Cones

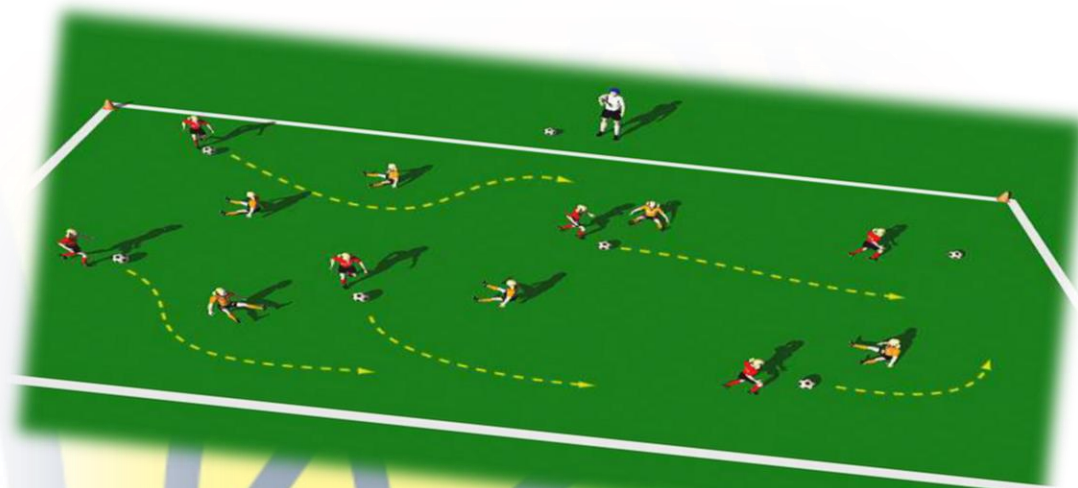
Coaching Points:

A group of players are positioned in a grid, one set of players with one ball each and divided equally into two groups.

One group is positioned on the end line of the grid with one ball each. (These are the “Spidermen”). The second group of players inside the grid as the “Octopuses”. The players must dribble their ball (Web Shooter) and get to the opposite end of the grid.

The Octopuses want the secret recipe and try to steal the Web Shooters. All players dribble at the same time. Octopuses on the ground may only move using their hands and feet, they cannot stand up. They must try to kick the balls out over the sideline. If the ball is kicked back over the starting line the dribbling player may start over.

All players dribble at the same time. Players on the ground may only move using their hands and feet, they cannot stand up. If the ball is kicked back over the starting line the dribbling player may start over. When reaching the end line the coach counts all the successful players. The group then dribbles back to the opposite side. The dribbling group gets four attempts and all their points are totaled. The groups then switch roles. Encourage the dribbling players to use a variety of dribbling moves and attack open spaces in the grid.



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Week One – Drill Two “Batman v The Jokers”

Skill Practice:

Improve the player's technical ability in a variety of dribbling moves.

Playing Set Up:

Players - Entire Group

Area - 12 x 12 metres

Equipment - Balls and Cones

Coaching Points:

All but one player has a ball.

The practice is started with one player placed in the center of the grid (Batman).

The player tries to kick the dribbling player's ball out of the grid. Once the player has been dispossessed, they then becomes a member of Batman's gang and has to help them kick the ball out of the grid. The last player remaining in possession of a ball is the winner.

Encourage the players to seek out Batman and not hide in corners. The dribbling players should use a variety of dribbling moves while scanning the grid for open spaces and defensive players. The winner of the practice becomes Batman in the following game.

Players should also look to screen the ball whenever needed, using their arms to hold off pressurising defenders.



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Week One – Game Related Practice

Exercise Objectives:

Finish with small sided game (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Playing Set Up:

Players – Entire Group (split into teams of three or fours)

Area – 15 x 15 metres

Equipment – Balls, Bibs, Small Goals and Cones

Coaching Points:

Divide the players into teams of three or fours, no goalkeepers.

- Each field should be approximately 15 metres x 15 metres.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.

Format:

- Team 1 v Team 2
- Team 3 v Team 4
- Team 1 v Team 3
- Team 2 v Team 4
- Team 1 v Team 4
- Team 2 v Team 3

Scenario

Players have to dribble from their own half into the opposition half before they can pass



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Week Two – Drill One “Iceman”

Skill Practice:

This practice is designed to develop close control while running with the ball.

Playing Set Up:

Players – 3

Area - 4 x 12 metres

Equipment – Balls and Cones

Coaching Points:

Two players are positioned at one end of the grid, with one player at the opposite side.

Players alternate dribbling the ball at full speed through the line of cones.

Cones are placed at 1-yard intervals across the full length of the grid.

Maintain close control over the ball.

- Build up speed gradually. Don't sacrifice quality for speed
- Use the outside and inside of the foot to dribble with the ball.
- Don't keep the eye's fixed on the ball. Scan the horizon.



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Week Two – Drill Two “Silver Surfer”

Skill Practice:

This practice is designed to develop close control while running and turning with the ball.

Playing Set Up:

Players – 2

Area - 4 x 12 metres

Equipment – Balls and Cones

Coaching Points:

Divide players into pairs, with one ball each. Player's alternate dribbling the ball to the opposite cone, turning and dribbling back to the starting position.

The cone is placed approximately 5-7 yards from the starting line.

The coach should emphasize the following coaching points:

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use the outside and inside of the foot to dribble with the ball.
- Don't keep the eye's fixed on the ball. Scan the horizon.



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Week Two – Drill Three “Iron Man v Mandarin”

Skill Practice:

This practice is designed to develop close control while running and turning with the ball.

Playing Set Up:

Players – 2

Area - 4 x 12 metres

Equipment – 2 Balls and Cones

Coaching Points:

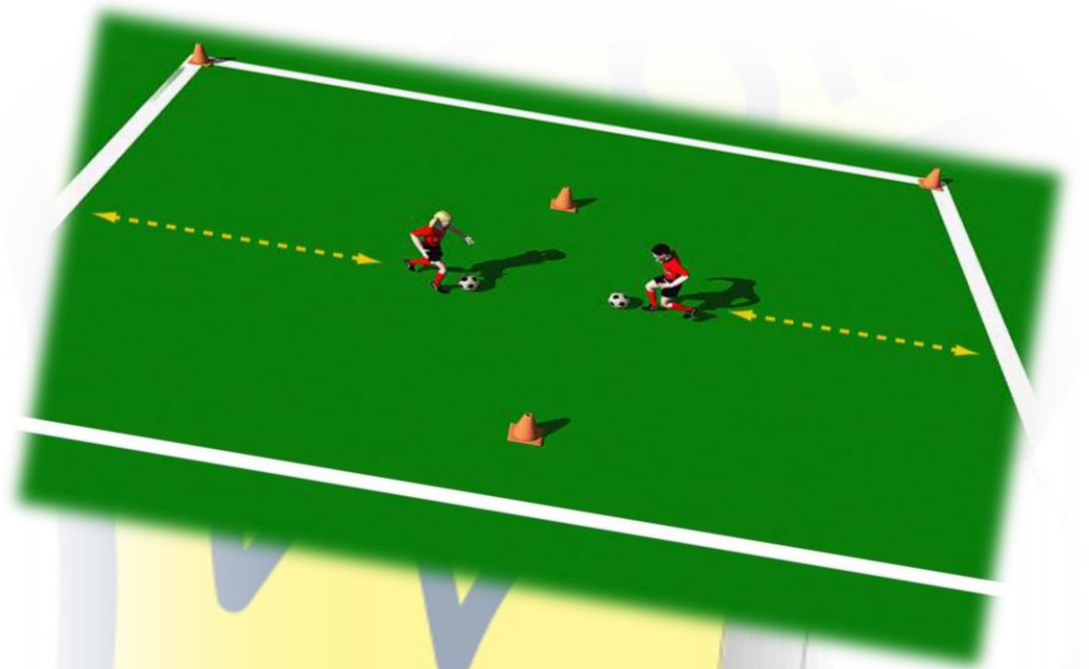
Divide players into pairs, with one ball each. Players alternate dribbling the ball towards each other.

At the mid-point of the grid, players' turn and dribble back to their starting positions.

Players should accelerate after turning.

The coach should emphasize the following coaching points:

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use a variety of surfaces to turn with the ball such as outside, inside and sole of the foot.
- Use a variety of turning techniques such as the “Step and Hop” or the Cryuff.
- When turning, get the ball out of your feet and into the direction you want to turn.
- If the turning touch is close to the feet the head will be down. If the turning touch is out of the feet, the player can scan the field and run onto the ball for their second touch.
- Use a change of speed and explode away from the player.



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Week Two – Game Related Practice

Exercise Objectives:

Finish with small sided game (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Playing Set Up:

Players – Entire Group (split into teams of three or fours)

Area – 15 x 15 metres

Equipment – Balls, Bibs, Small Goals and Cones

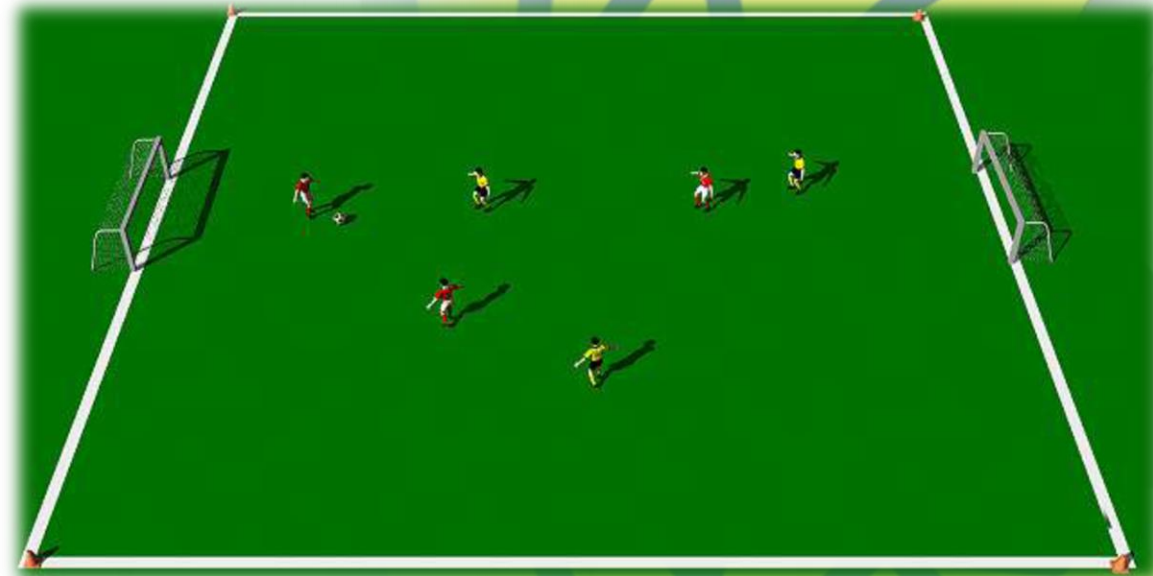
Coaching Points:

Divide the players into teams of three or fours, no goalkeepers.

- Each field should be approximately 15 metres x 15 metres.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.

Format:

- Team 1 v Team 2
- Team 3 v Team 4
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- Team 1 v Team 4
- Team 2 v Team 3



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Week Three – Drill One “Spiderman’s Web”

Skill Practice:

This practice is designed to improve the player’s technical ability when dribbling and running with the ball.

Playing Set Up:

Players – Entire Group

Area - 15 x 15 metres

Equipment – Balls, Cones and Coloured Domes

Coaching Points:

The whole group is positioned in a grid.

Four corners are marked off with cones and designated with numbers one through to four (or use coloured domes).

Each player has a ball and dribbles around the inside of the grid.

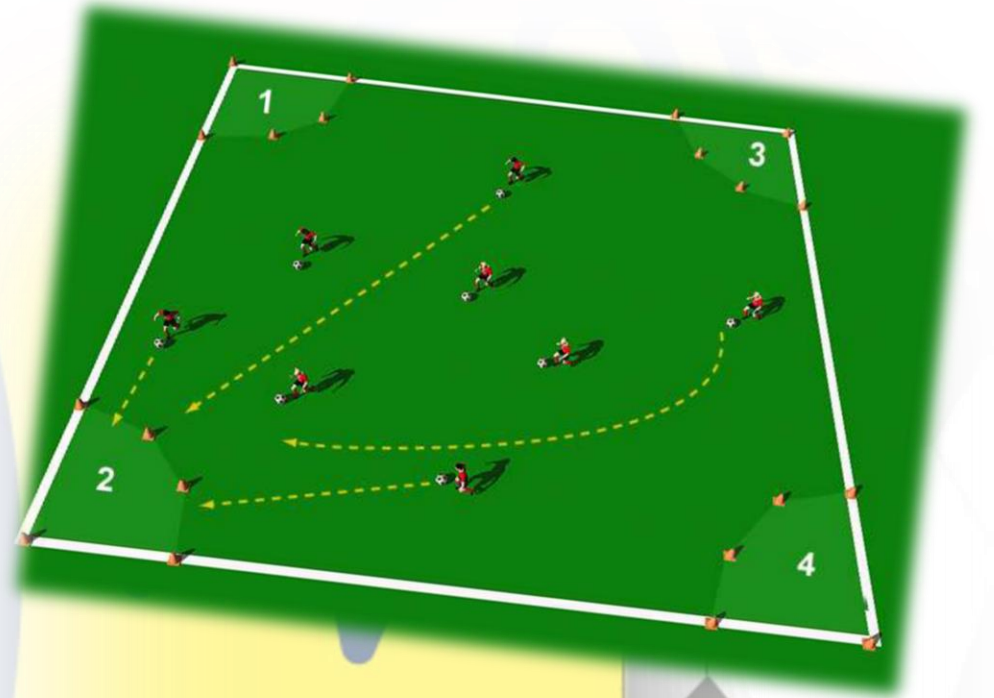
Players must avoid each other.

When the coach calls out a number (or coloured cones), the players must then dribble the ball quickly to the corner selected while avoiding other players.

First player into the corner wins a point.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.



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Week Three – Drill Two “Batman v The Joker”

Skill Practice:

This practice is designed to improve the player’s technical ability when dribbling and running with the ball.

Playing Set Up:

Players – 2

Area - 15 x 15 metres

Equipment – Balls and Cones

Coaching Points:

Divide the group into pairs with each player having a ball.

First player is the “joker” the second player “batman”.

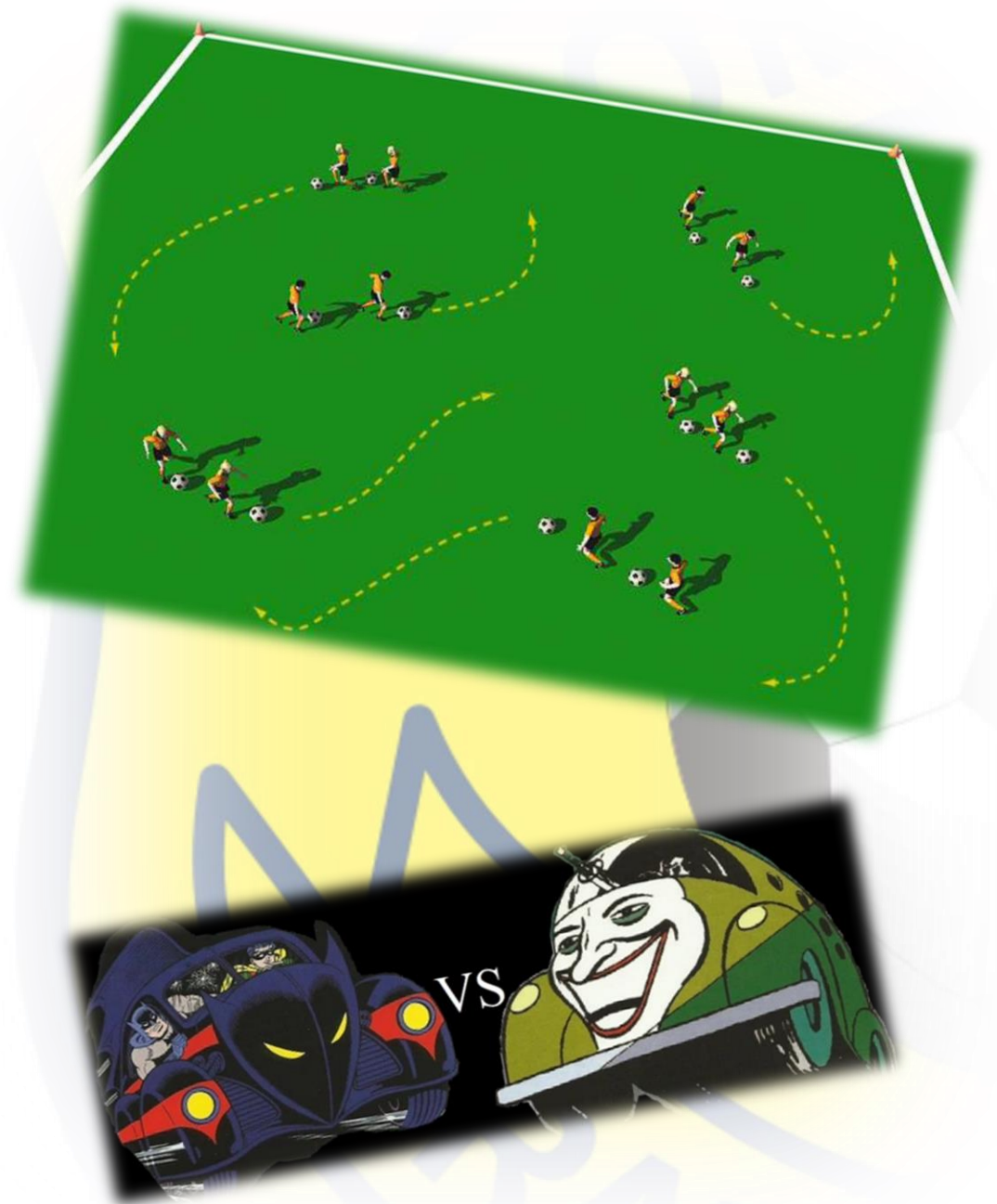
On the coach’s command “batman” must follow the “joker” as closely as possible around the grid.

The “joker” must change speed and direction as much as possible. Players reverse roles when the coach shouts “change”.

Players must avoid colliding with other teams within the grid.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.



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Week Three – Drill Three “Infinity War”

Skill Practice:

This practice is designed to improve the player’s technical ability when dribbling and running with the ball.

Playing Set Up:

Players – Entire Group

Area – 15 x 15 metres

Equipment – Balls and Cones

Coaching Points:

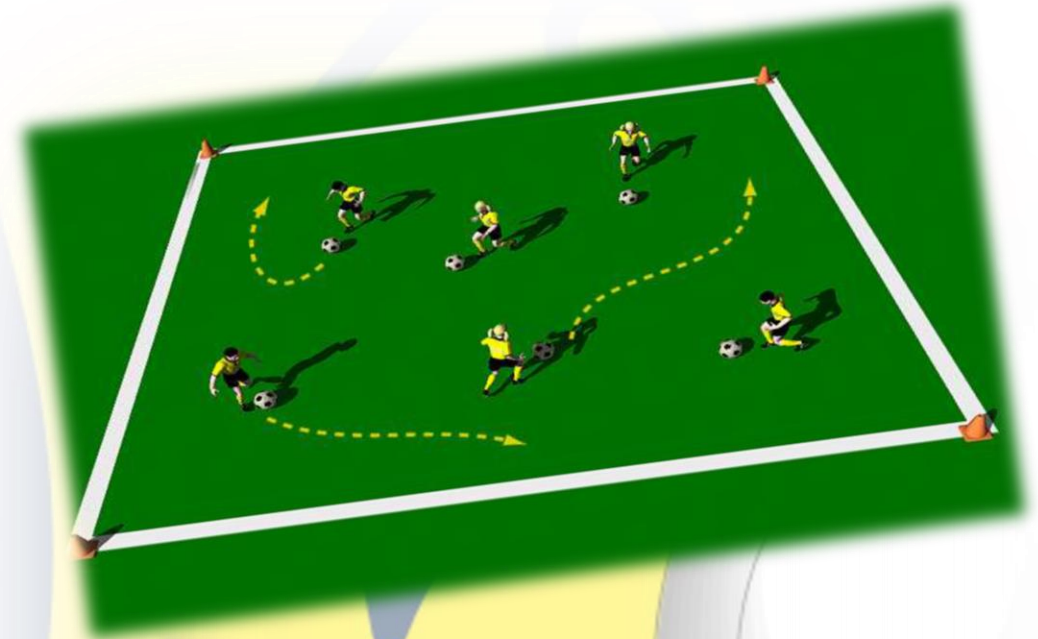
Each player has a ball. The practice starts with the players dribbling their ball freely around the inside of the grid. The players must instantly react to a series of commands from the coach. The commands are;

- **Stop** – Players must stop the ball using the sole of the foot.
- **Turn** – Players must change direction 180 degrees.
- **Step Over** – Players perform a step over move over the ball.
- **Fake** – Players must fake to pass or cross the ball.
- **Explode** – Players must change speed rapidly into an open area.

Players must avoid colliding with other teams within the grid.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.
- Use a variety of foot surfaces to manipulate the ball.



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Week Three – Game Related Practice

Exercise Objectives:

Finish with small sided game (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Playing Set Up:

Players – Entire Group (split into teams of three or fours)

Area – 15 x 15 metres

Equipment – Balls, Bibs, Small Goals and Cones

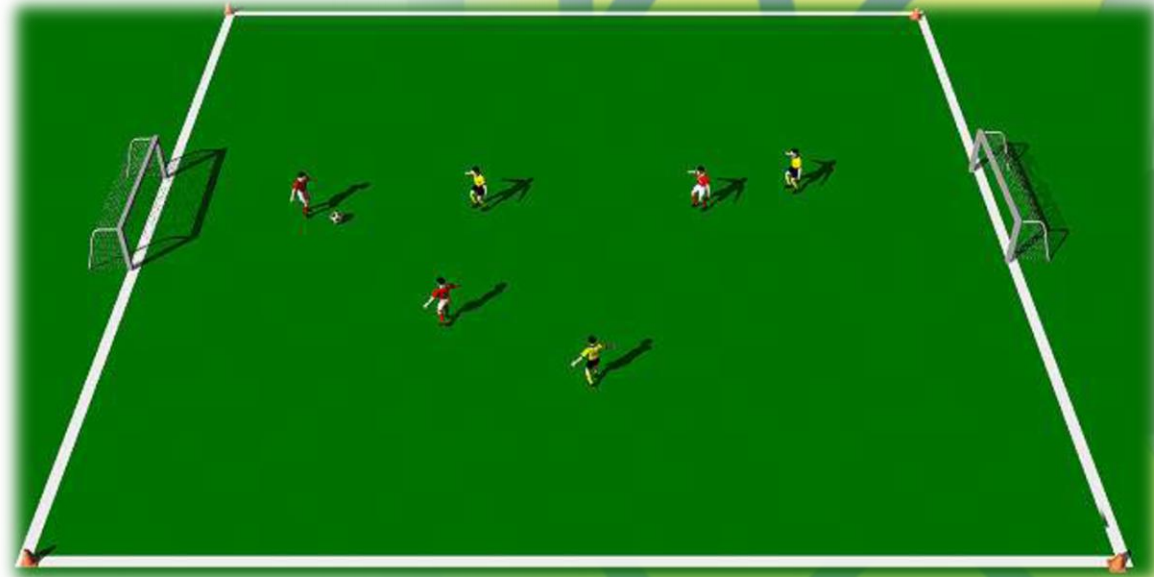
Coaching Points:

Divide the players into teams of three or fours, no goalkeepers.

- Each field should be approximately 15 metres x 15 metres.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.

Format:

- Team 1 v Team 2
- Team 3 v Team 4
- Team 1 v Team 3
- Team 2 v Team 4
- Team 1 v Team 4
- Team 2 v Team 3



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Week Four – Drill One “Incredible Hulk - Push Pass Mechanics”

Skill Practice:

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the “Push Pass.”

Playing Set Up:

Players – 2

Area – 4 x 4 metres

Equipment – One ball

Coaching Points:

One player kneels holding the ball firmly between their hands (Incredible Hulk).

The other player alternates stepping towards the ball and performing the “Push Pass.”

The players should always step towards the ball and try to hit the ball in their stride.

The players should alternate holding the ball.

The coach should emphasize the following coaching points:

- Approach the ball at a slight angle.
- Place non-kicking foot along side the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot - through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.



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Week Four – Drill Two “Captain America v Baron Zemo - Lock the Ankle”

Skill Practice:

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the “Push Pass”.

Playing Set Up:

Players – 2

Area – 4 x 4 metres

Equipment – One ball

Coaching Points:

The players are positioned on either side of the ball. In pairs the players step towards the ball and lock the ball between their feet as they perform the “Push Pass”. To ensure the timing coincides, one player should slowly count out loud "one, two, three". On the three count the players move towards the ball. The players should always step towards the ball and try to hit the ball in their stride.

The coach should emphasize the following coaching points:

- Approach the ball at a slight angle.
- Place non-kicking foot along side the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot - through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.



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Week Four – Drill Three “The Green Lantern - Under The Bridge”

Skill Practice:

This practice is designed to improve the correct mechanics involved in the execution of the “Push Pass” with an emphasis on accuracy.

Playing Set Up:

Players – 3

Area – 8 x 4 metres

Equipment – One ball and Four Cones

Coaching Points:

One player is placed in the middle and presents themselves as a target by making a tunnel with their legs.

The other two players try to pass the ball (Green Lantern) through the tunnel.

The distance should be increased slowly to make the practice more challenging.

The coach should emphasize the following coaching points:

- Develop a feel for the correct pace in which you need to pass the ball.
- Concentrate on making the pass accurate.
- The first player to get the ball through the tunnel 5 times wins.

Rotate so different players compete against each other



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Week Four – Game Related Practice

Exercise Objectives:

Finish with small sided game (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Playing Set Up:

Players – Entire Group (split into teams of three or fours)

Area – 15 x 15 metres

Equipment – Balls, Bibs, Small Goals and Cones

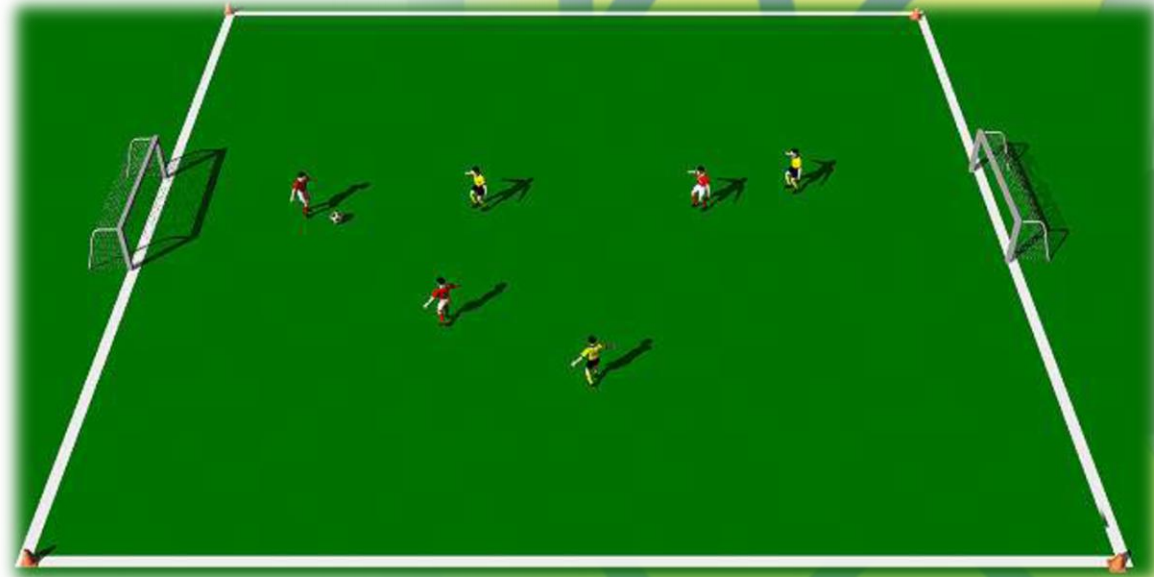
Coaching Points:

Divide the players into teams of three or fours, no goalkeepers.

- Each field should be approximately 15 metres x 15 metres.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.

Format:

- Team 1 v Team 2
- Team 3 v Team 4
- Team 1 v Team 3
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- Team 1 v Team 4
- Team 2 v Team 3



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Week Five – Drill One “Go Back to Krypton”

Skill Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

Playing Set Up:

Players – 3

Area – 8 x 12 metres

Equipment – Balls and Cones

Coaching Points:

A grid is marked off and a circle is made with cones at one end of the grid.

A group of players with a ball each (Krypton) are positioned at the opposite end of the grid.

In turn, players have to try and land their kryptonite (ball) onto the surface of Krypton (circle marked off by cones).

A point is awarded for each successful mission.

No points are awarded if the ball lands outside the circle.

Repeat practice several times and total up points.

To challenge the players the size of the circle may be reduced each time.



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Week Five – Drill Two “Green Arrow Marbles”

Skill Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

Playing Set Up:

Players – 5

Area – Centre Circle

Equipment – Balls and Cone

Coaching Points:

Use the center circle or mark off a circle approximately 8 metres wide.

Place a ball (green arrow) in the center of the circle.

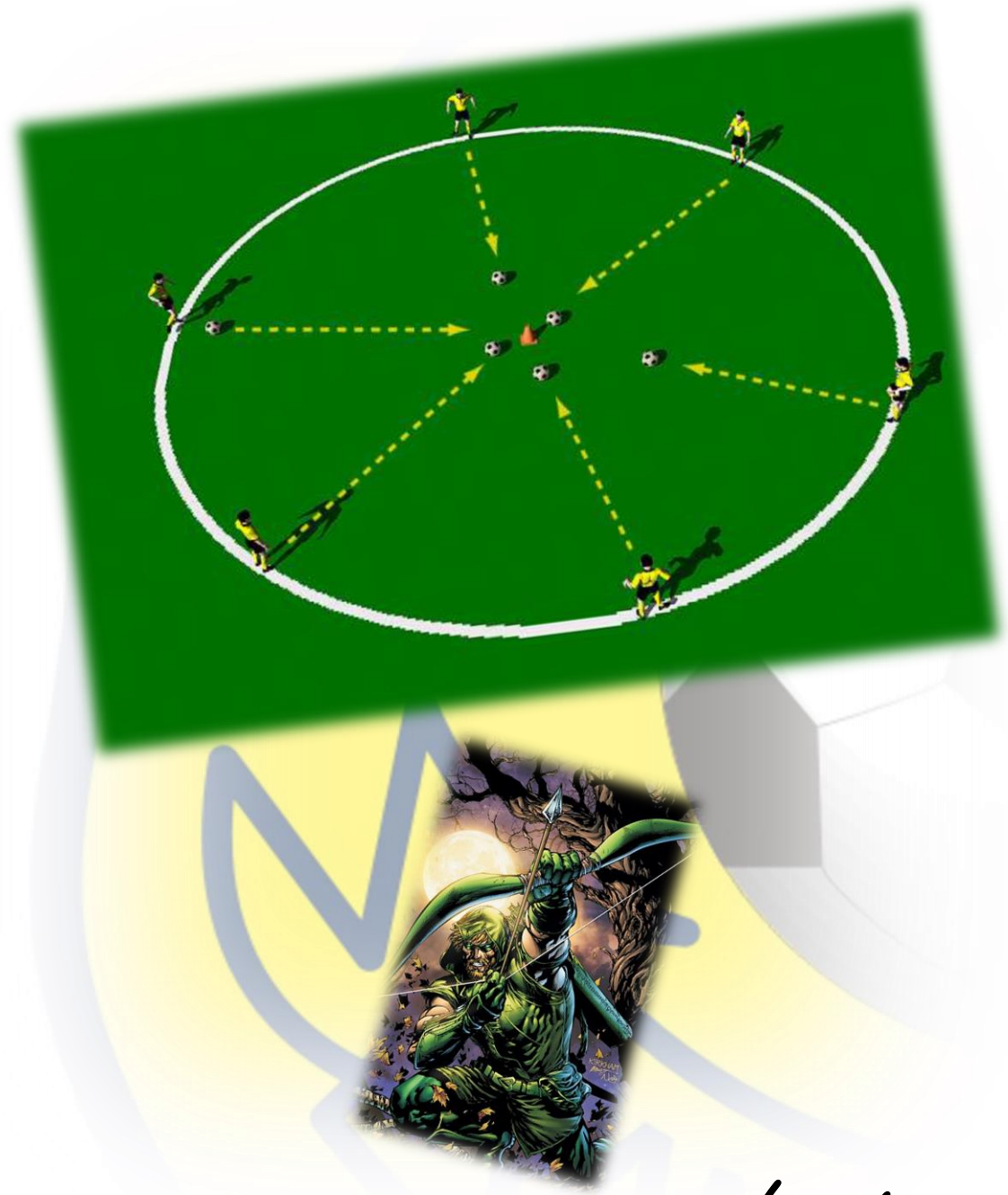
Each player has a ball (green arrow) and is positioned around the perimeter of the circle.

In turn, players try to get their kryptonite (ball) as close as they can to the center marble.

The closest ball to the center cone wins a point.

Repeat game several times and total points.

Distance of the circle may be increased to make the game more challenging.



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Week Five – Drill Three “Ant Man”

Skill Practice:

This practice is designed to improve the technical ability of the “Push Pass” with emphasis on “pace and accuracy”.

Playing Set Up:

Players – 3

Area – 8 x 12 metres

Equipment – Balls and Cones

Coaching Points:

A line of cones is placed across the middle of the grid, forming a box.

A group of players with a ball each is positioned on one end of the grid and in turn, players try to pass their ball into the box - a point is awarded if the ball stays within the box.

After all players have taken a turn they retrieve their ball and return to the starting position.

To make the game progressively challenging, the box is now reduced to half width and a new line marked across the grid using the cones.

Players repeat the game until everyone has had a turn and return to their starting positions on the end line.

The box is once more reduced to half width and a new line marked across the grid using the cones. Players repeat the game until everyone has had a turn.

Line up all the players and total the points.



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Week Five – Game Related Practice

Exercise Objectives:

Finish with small sided game (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Playing Set Up:

Players – Entire Group (split into teams of three or fours)

Area – 15 x 15 metres

Equipment – Balls, Bibs, Small Goals and Cones

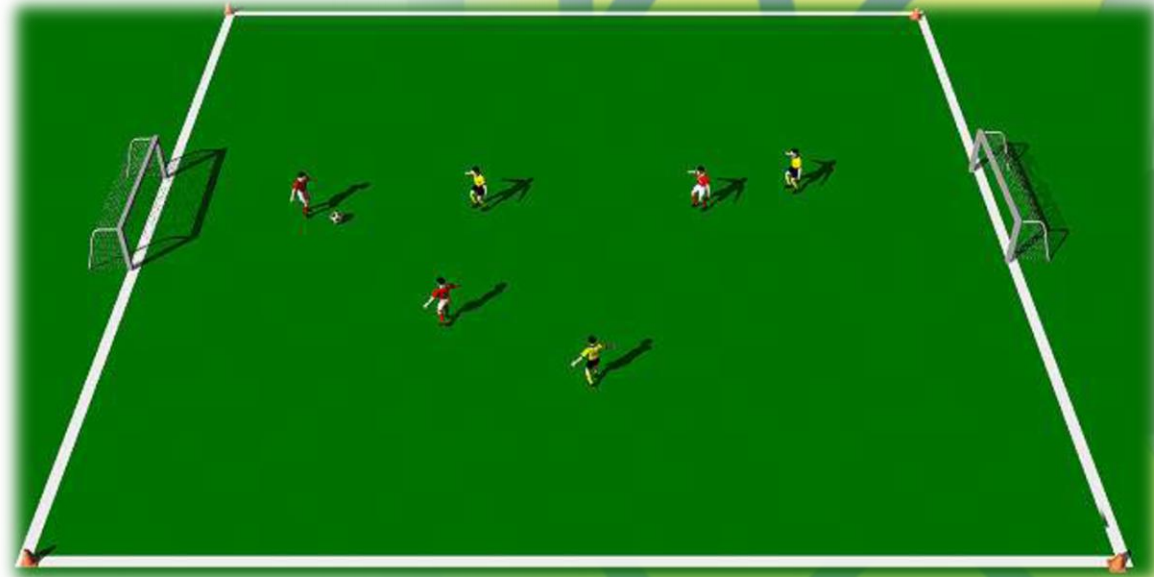
Coaching Points:

Divide the players into teams of three or fours, no goalkeepers.

- Each field should be approximately 15 metres x 15 metres.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.

Format:

- Team 1 v Team 2
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- Team 2 v Team 4
- Team 1 v Team 4
- Team 2 v Team 3



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Week Six – Drill One “Human Torch - One Player Relay”

Skill Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

Playing Set Up:

Players – 2

Area – 8 x 4 metres

Equipment – 1 Ball and Four Cones.

Coaching Points:

One player is positioned at one side of a grid, the player receives the ball from the server. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the server's hands.

After each pass the receiver must turn and run back to the starting position.

The server should pass the ball approximately 5 metres. If the server passes the ball too far the receiving player will not come to meet the ball.

With a correctly weighted pass the receiving player will always be encouraged to come and meet the ball.

Emphasize correct technique and slowly build up the tempo to match speed.

Care must be taken to emphasize quality over speed. Create a competition between groups.

Keep score and award points for the first player to reach 20 good passes or the player who can perform the most passes in one minute.

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Week Six – Drill Two “Thor – Hammer the Target”

Skill Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “accuracy”.

Playing Set Up:

Players – 4

Area – 8 x 4 metres

Equipment – Balls and Cones.

Coaching Points:

A small group of players are positioned at one side of the grid with the server at the opposite side.

Each player alternates receiving a rolled pass from the server.

Players should try to pass the ball “first time” through the two cones, turn and join the end of the group.

A point is awarded for each pass returned on the ground and through the cones.



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Week Six – Drill Three “Dr Strange – Energy Blasts”

Skill Practice:

This practice is designed to improve the correct mechanics involved in passing a moving ball. An emphasis is placed on timing and accuracy.

Playing Set Up:

Players – 4

Area – 8 x 4 metres (Small area 1 x 1 metres)

Equipment – Balls and Cones.

Coaching Points:

The practice starts when the server rolls the ball across the grid.

The first player in line comes forward and redirects the ball using "one touch".

The object is for the player to redirect the ball by passing it into the small box.

The ball must stay within the box for it to count as a success.

After passing the ball, the player returns and joins the back of the line.

Have 2 groups side by side competing against each other.

First team to get all their balls in the box wins.

Try making the box smaller to challenge your players.

Rotate servers to ensure everyone practices the activity.



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Week Six – Game Related Practice

Exercise Objectives:

Finish with small sided game (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Playing Set Up:

Players – Entire Group (split into teams of three or fours)

Area – 15 x 15 metres

Equipment – Balls, Bibs, Small Goals and Cones

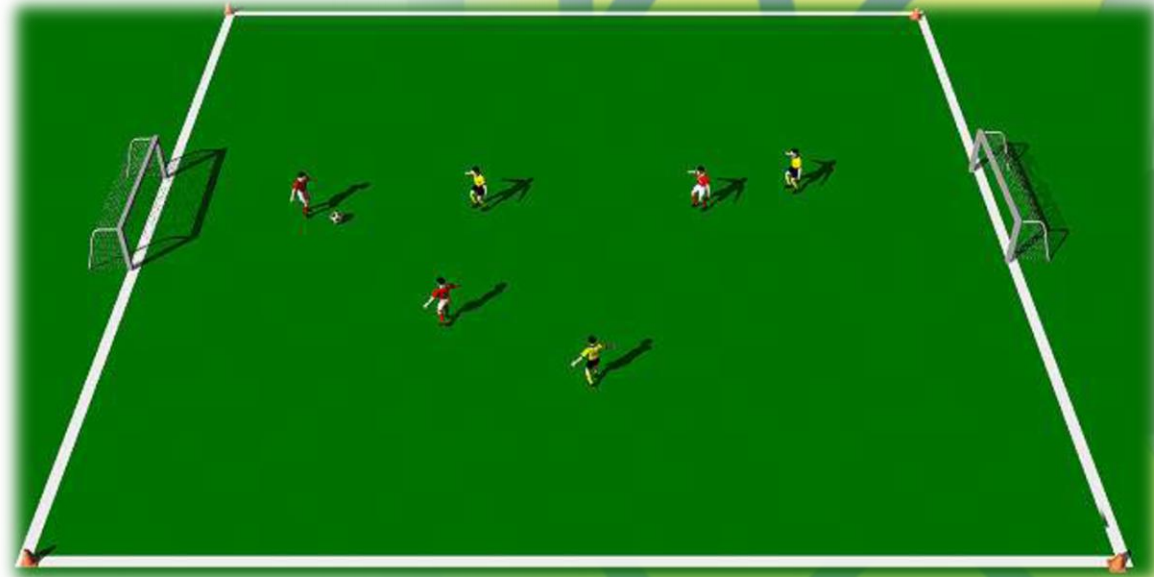
Coaching Points:

Divide the players into teams of three or fours, no goalkeepers.

- Each field should be approximately 15 metres x 15 metres.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.

Format:

- Team 1 v Team 2
- Team 3 v Team 4
- Team 1 v Team 3
- Team 2 v Team 4
- Team 1 v Team 4
- Team 2 v Team 3



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Week Seven – Drill One “Batman v Penguin - Swap The Ball”

Skill Practice:

This practice is designed to improve the mechanics involved in the “Push Pass”. An emphasis is placed on accuracy and movement.

Playing Set Up:

Players – 2

Area – 10 x 10 metres

Equipment – Two Balls and Cones.

Coaching Points:

Two players are positioned in a grid 10 yards by 10 yards.

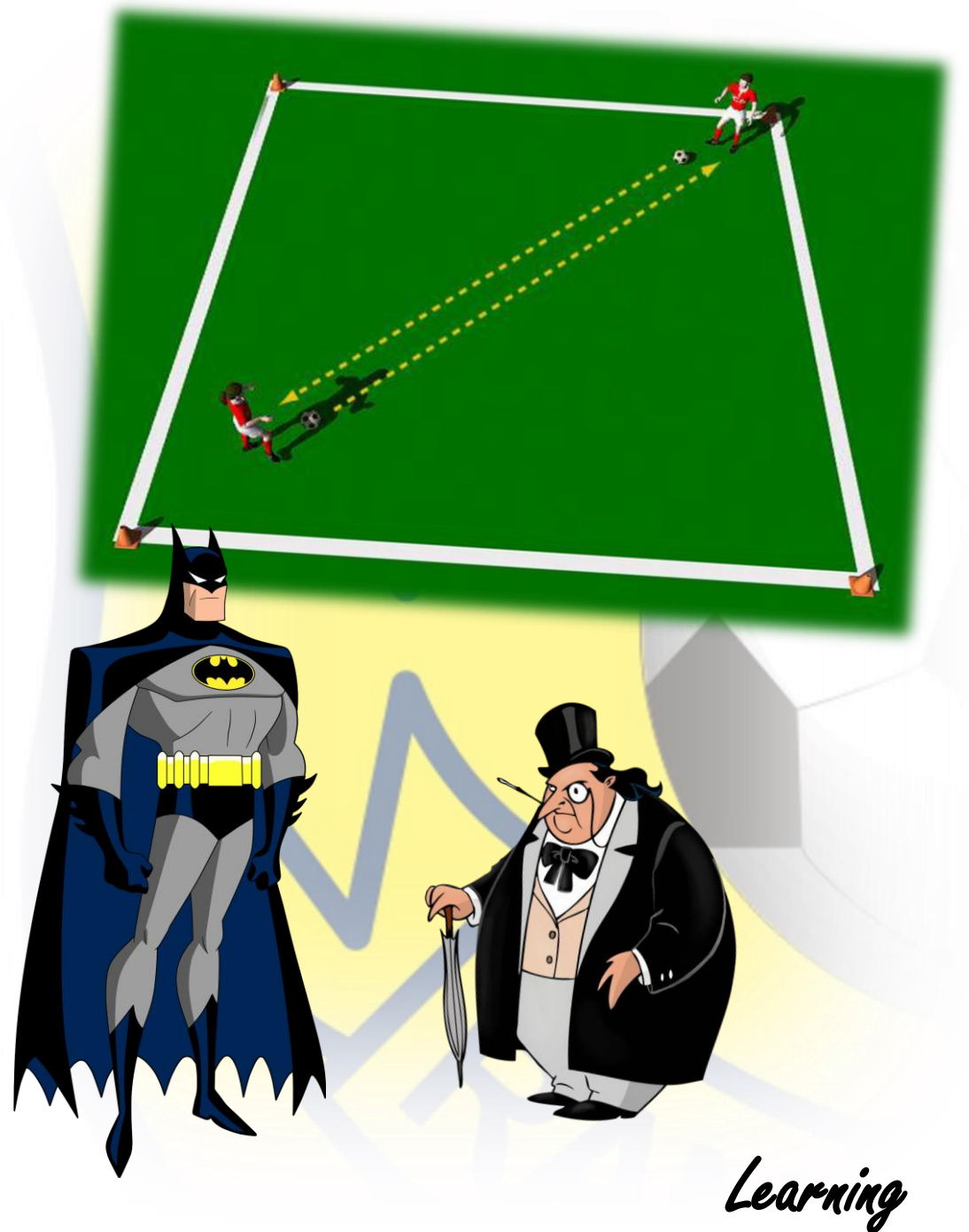
Players work in pairs with their partner on the opposite side of the grid.

On the count of three, both players pass the ball across the grid to their partner.

Players should be alert on their feet, get behind the flight of the ball quickly and control it.

The practice is then repeated.

Players should pass the ball slightly to the side of the their partner to avoid the balls from colliding.



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Week Seven – Drill Two “Batman v Catwoman - Knock Down the Cone”

Skill Practice:

This practice is designed to improve the mechanics involved in the execution of the “Push Pass” with an emphasis on accuracy.

Playing Set Up:

Players – 4

Area – 10 x 10 metres

Equipment – Two Balls and Cones.

Coaching Points:

Four players are positioned in a grid 10 metres by 10 metres.

Players work in pairs with their partner on the opposite side of the grid.

On the coach’s command, the first pair to knock down the cone (Umbrella) in the center of the grid wins.

One of the losing pair must stand up the cone after it is knocked down.

First pair to knock down the cone 5 times wins



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Week Seven – Drill Three “Batman v The Riddler, Two Face and Clayface”

Skill Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy.

Playing Set Up:

Players – 2

Area – 10 x 10 metres

Equipment – One Ball and 7 Cones (The cones should be positioned as a set of three, set of two and a single cone).

Coaching Points:

Players work as a team to knock down all the standing cones.

First objective is to knock down the set of three cones (The Riddler).

After this is completed they knock down the set of two cones (Two Face).

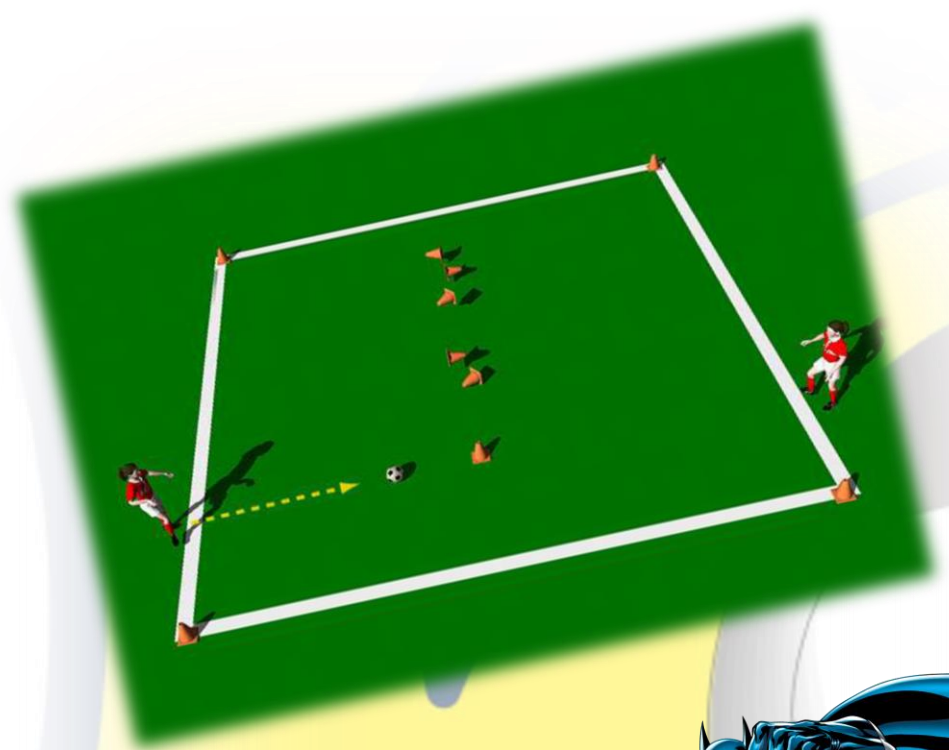
Finally the competition is completed when the last single cone is knocked down (Clayface).

The targets get more challenging as they reduce in size.

Divide your group into pairs and have them compete against each other.

First pair to eliminate all six cones wins.

Repeat practice several times.



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Week Seven – Game Related Practice

Exercise Objectives:

Finish with small sided game (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Playing Set Up:

Players – Entire Group (split into teams of three or fours)

Area – 15 x 15 metres

Equipment – Balls, Bibs, Small Goals and Cones

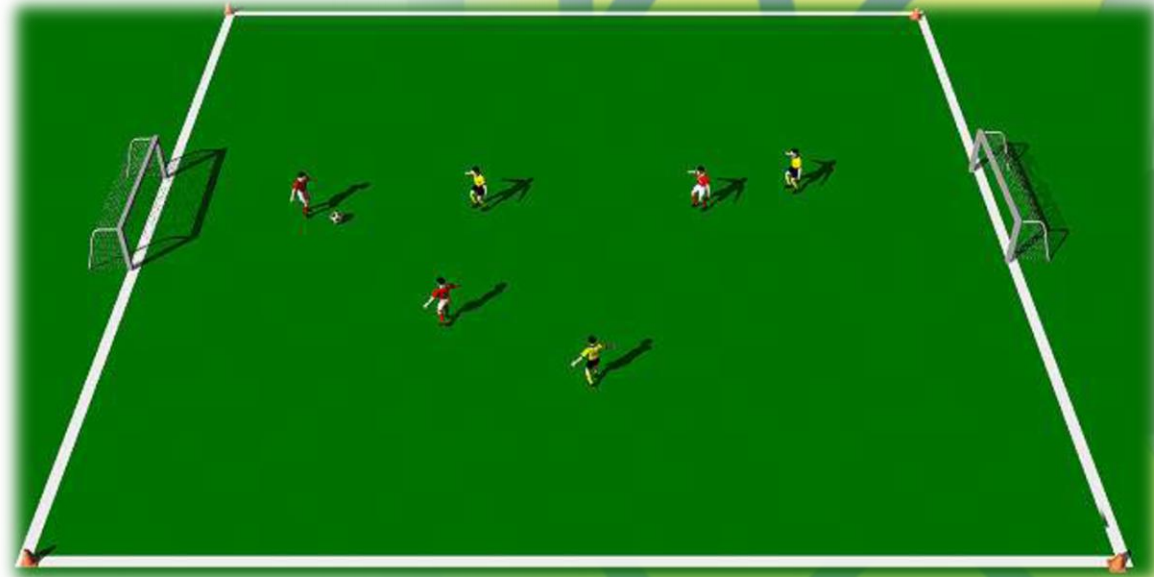
Coaching Points:

Divide the players into teams of three or fours, no goalkeepers.

- Each field should be approximately 15 metres x 15 metres.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.

Format:

- Team 1 v Team 2
- Team 3 v Team 4
- Team 1 v Team 3
- Team 2 v Team 4
- Team 1 v Team 4
- Team 2 v Team 3



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Week Eight – Drill One “Superman - Two Player Relay”

Skill Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “Pace and accuracy”.

Playing Set Up:

Players – 3

Area - 8 x 8 metres

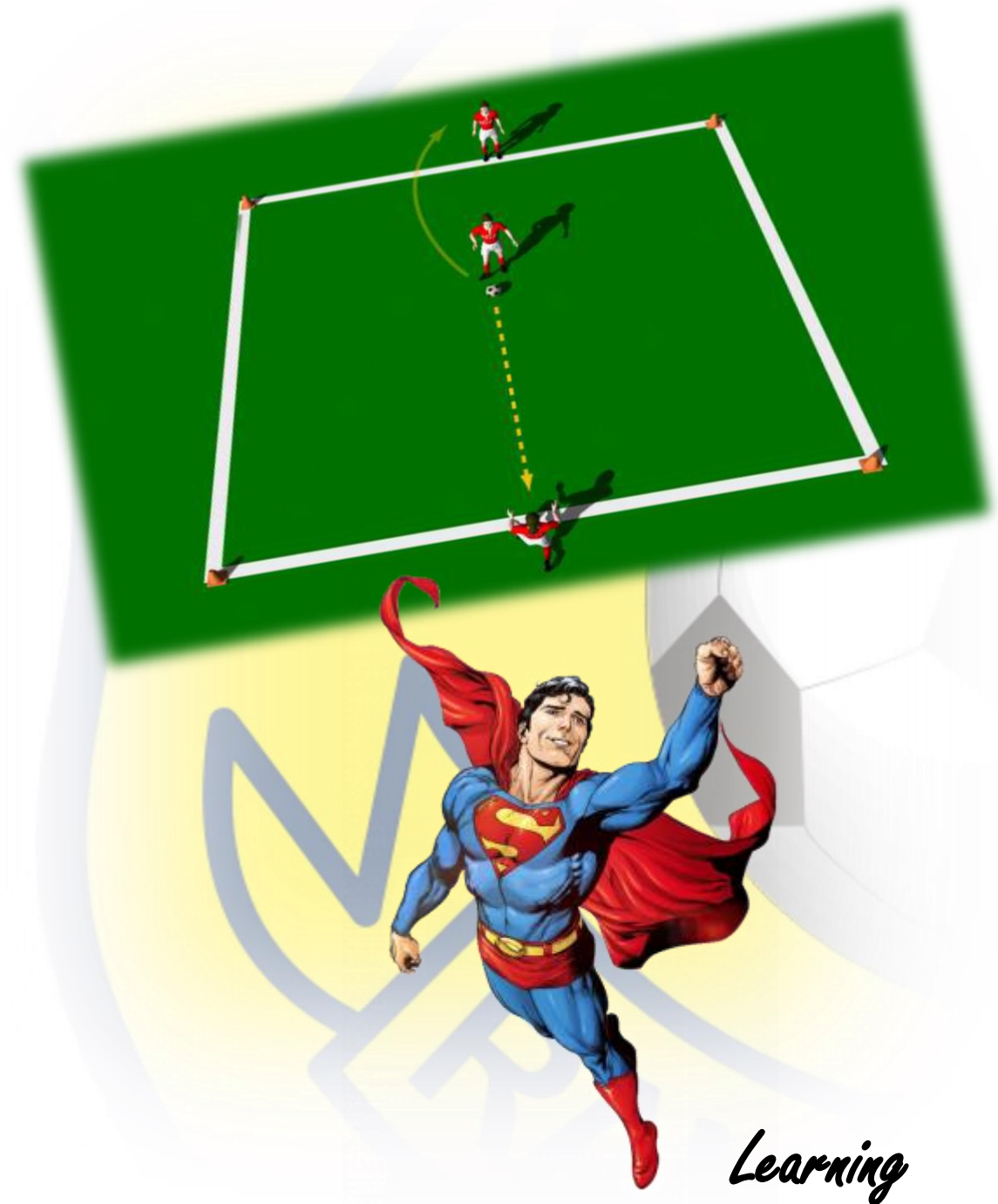
Equipment – 1 Ball and Four Cones

Coaching Points:

Two players are positioned at one side of a grid. The players receive the ball from the server. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the servers feet. After each pass the receiver must return to their starting position.

The server should pass the ball approximately 5 metres. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player is always be encouraged to come and meet the ball.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good passes or see which team who can perform the most passes in one minute.



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Week Eight – Drill Two “The Flash - Pass and Run”

Skill Practice:

This practice is designed to improve the correct mechanics involved in the execution of the “Push Pass”.

Playing Set Up:

Players – Minimum of 4

Area - 8 x 8 metres

Equipment – 1 Ball and Cones

Coaching Points:

Two groups are positioned at each end of a grid 8 metres x 8 metres.

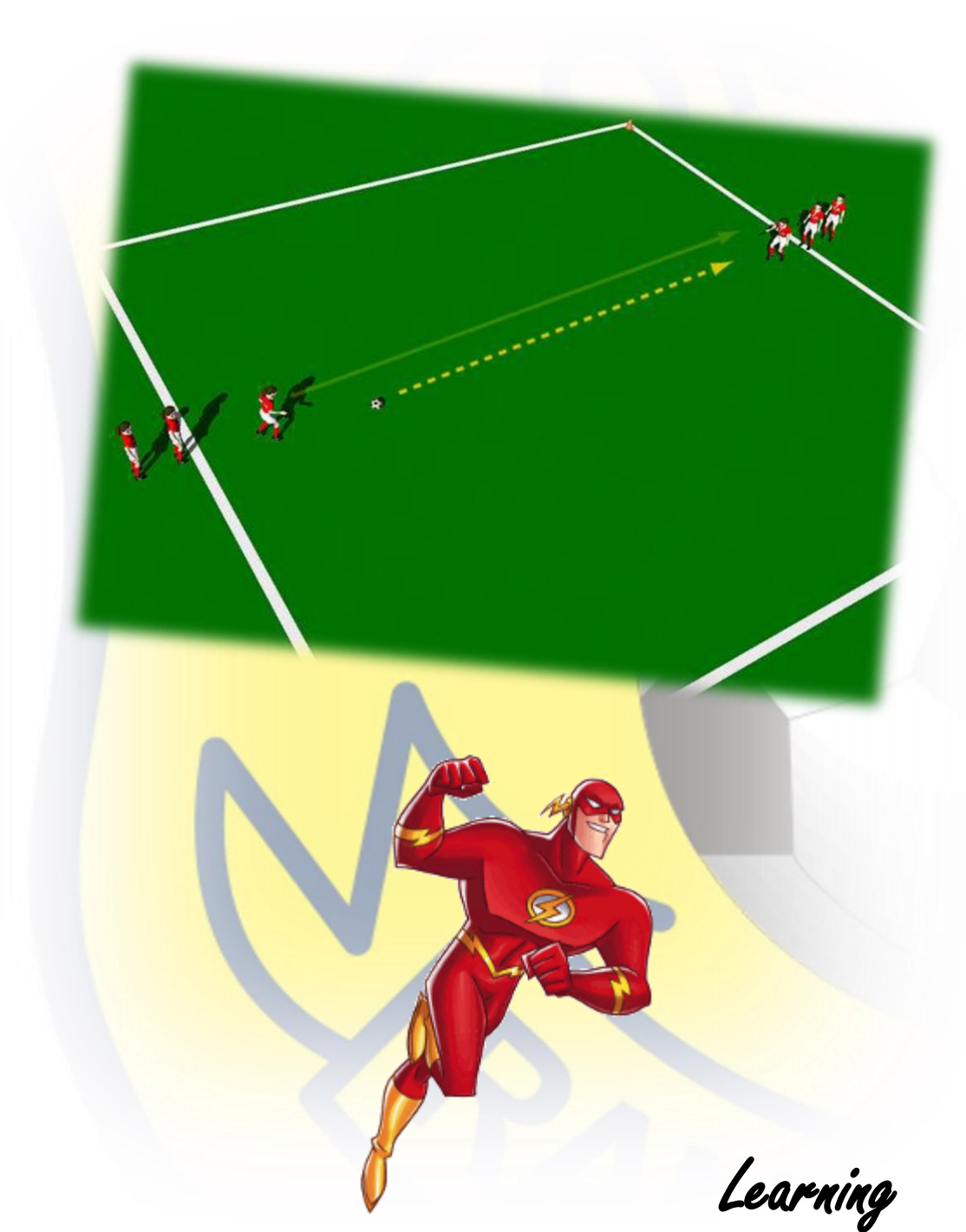
The first player with the ball passes to the player opposite.

After passing, the player sprints to the opposite end of the grid and joins the back of the line.

The receiving player repeats to continue the sequence.

The coach should emphasize the following coaching points:

- Concentrate on quality ground passes to feet.
- Deliver a pass that the receiver can play using "one touch".
- Accelerate explosively without the ball



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Week Eight – Drill Three “Quicksilver - Pass and Overlap”

Skill Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on an overlapping run after making a pass..

Playing Set Up:

Players – Minimum of 4

Area – 8 x 8 metres

Equipment – 1 Ball and Cones

Coaching Points:

Two groups are positioned at opposite sides of the grid.

The first player passes the ball through the two center cones to the player at the opposite side.

After passing the ball, the player makes a fast supporting run around the side cone and joins the opposite group.

The coach should emphasize the following coaching points:

- Encourage players to keep the ball on the ground.
- Move quickly after passing the ball.
- Try to play "one touch" passes whenever possible.



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Week Eight – Game Related Practice

Exercise Objectives:

Finish with small sided game (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Playing Set Up:

Players – Entire Group (split into teams of three or fours)

Area – 15 x 15 metres

Equipment – Balls, Bibs, Small Goals and Cones

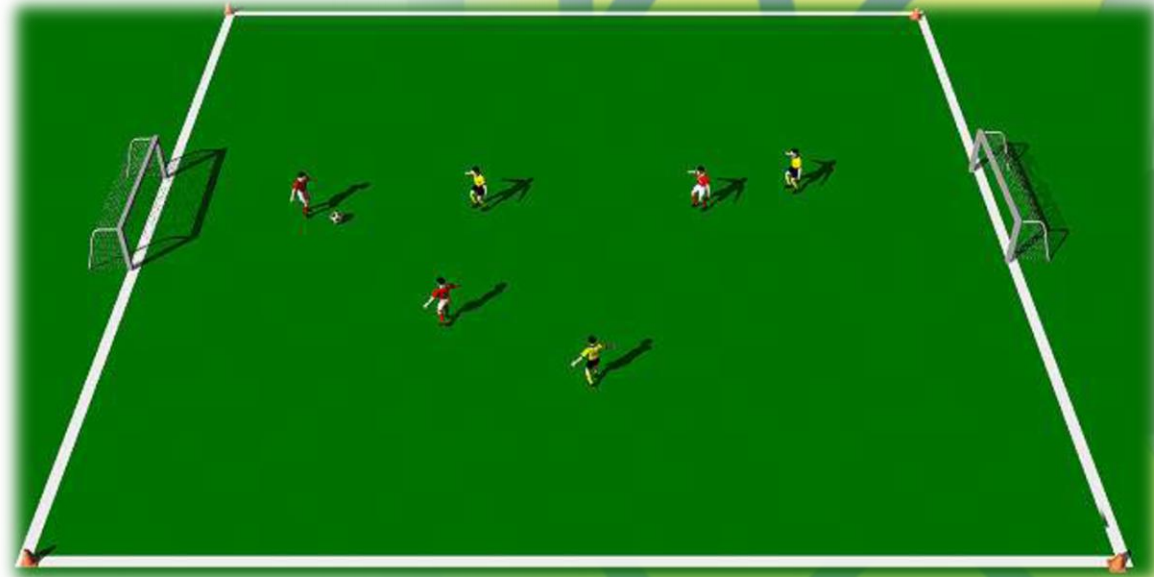
Coaching Points:

Divide the players into teams of three or fours, no goalkeepers.

- Each field should be approximately 15 metres x 15 metres.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.

Format:

- Team 1 v Team 2
- Team 3 v Team 4
- Team 1 v Team 3
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