



9 v 9

Coaching guide

Grassroots development

EDUCATE . CONNECT. INSPIRE

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BRAND PILLARS

The Revolution Academy is founded on three pillars that guide our direction, philosophy, vision and definition of success:

EDUCATE CONNECT INSPIRE

VISION

To teach and develop players in a safe environment that is challenging, professional and fun, creating a connection with the player and to the club, inspiring them to be the best player they can be.

Coaching philosophy

**PLAYER
CENTERED**

**DEVELOPMENT
BASED**

**EXPERIENCE
DRIVEN**

LEARNING CULTURE

1. **Player-centered** environment meeting the players learning needs.
2. **Safe** environment role modelling positive behavior
3. Active learning through **collaboration** and **adaptation** based on the needs of the players.
4. **Passion** that inspires players to have fun, develop and love the game.
5. **Growth mindset** through continuous coach development
6. **Enjoyable, inspirational**, and **positive** experience.

U12 9v9 Small Sided Game: Key Points to Remember

U12 five HELPFUL TIPS

- 1** – U12 9v9 players enjoy competition so introduce points systems for exercise/games, clearly explain rules and challenge players with a variety of competitive small sided games.
- 2** – U12 players move to 9v9 on larger field so small sided games should increase in numbers to teach in larger connected group sizes.
- 3** – U12 9v9 players should continue to master the ball with moves, creativity and technical guidance through a variety of exercises to foster the love for the game.
- 4** – U12 9v9 players attention span lengthens, and they understand connected group concepts / tactics through small sided games and exercises.
- 5** – U12 9v9 players still learn best when observing so demonstrate, a picture paints a thousand words. Utilizing freeze moments in games can help to show players larger pictures.

ELEMENTS OF A GRASSROOTS SESSION

Organized

Reviews session plan, exercises are set up in advance and easy to transition between.

Game-Like

Exercises are game realistic and reflect the objective of the session.

Repetitions

Keeps players engaged by maximizing the appropriate number of repetitions.

Challenging

Manages the exercise to find the right balance between too easy and too difficult.

CHECK AND ADAPT BASED ON THE 4 ELEMENTS BEFORE
UTILIZING THE COACHING TOOLKIT

Coaching

Communicates clear and concise coaching points using a variety of methods from toolkit

Enthusiasm

Demonstrates positive energy and enthusiasm with players.

U12 TRAINING

U12 “Me and My Team”

- ✓ Train to learn the game.
- ✓ Improve comfort with the ball.
- ✓ Improve relationship with teammates.
- ✓ Improve confidence to win the ball.
- ✓ Develop functions & fundamentals of roles and positions within the team.

Training B.L.O.C.K.S.

Bed-In the skill of the day.

Learn the new technical tools to enhance the skill.

Orientate the skill within the game.

Challenge the skill with a specific problem.

Knowledge Check for in-game knowledge of the skill.

Solve Can the players solve the problem.

U12 - SESSION TOPICS & OBJECTIVES

- 1** **Topic** Escaping pressure to keep the ball
Objective Improve basic escape moves
- 2** **Topic** Taking players on 1v1 to advance
Objective Learn how to possess, progress, and penetrate
- 3** **Topic** Passing to advance the ball forward
Objective Learn how to pass to feet or space
- 4** **Topic** Shooting to score goals
Objective Improve how to strike the ball in the corners
- 5** **Topic** Defending in twos to regain the ball
Objective Learn how to defend in two's (Pressure, cover)
- 6** **Topic** Combination play with a teammate
Objective Improve how to combine 1-2 with a teammate
- 7** **Topic** Shooting to score goals
Objective Improve how to shoot low and with the correct foot
- 8** **Topic** Defending in twos to regain the ball
Objective improve how to defend in two's (Pressure, Cover)
- 9** **Topic** Taking players on 1v1 to advance
Objective Learn how to scan and shield the ball in 1v1's
- 10** **Topic** Passing to unbalance the opposition
Objective Learn how to pass the ball to unbalance the opponent

Week 1 Escaping Pressure to keep the ball

OBJECTIVE | Improve Basic escape moves

COACHING POINTS

1. Keep your body in between opponent and the ball
2. Accelerate through the escape move
3. Drive into open space after you escape pressure

GUIDED QUESTIONS

1. When is a good time to use an escape move? Why?
2. How can I gain space after using an escape move?
3. What foot should I use to perform this escape move? Why?


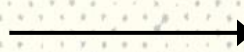

KEY WORDS

Protect, Drive, Take Space, Pick head up

PLAYER ACTIONS

Escape Pressure

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Shield; **Block 2:** Accelerate, Basic Escape Moves;
Block 3: Scan, Correct Foot



9 v 9

Train to learn

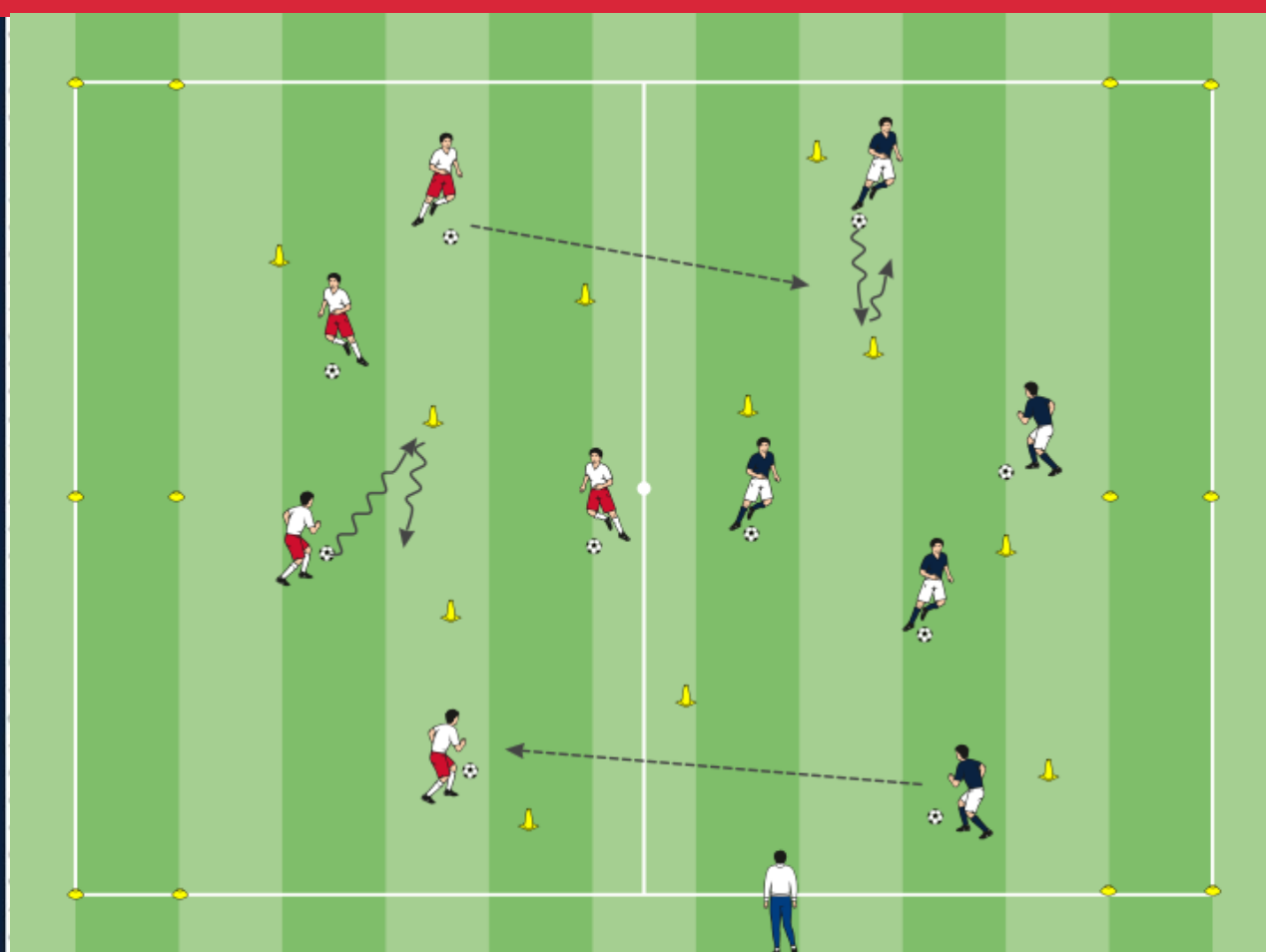
Me and the team

Develop functions and fundamentals of roles and positions within the team

Escape Pressure
Block 2

PHASE 1 – Warm Up | 10 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

30 x 25 in two halves with 5-yard end zone

DESCRIPTION

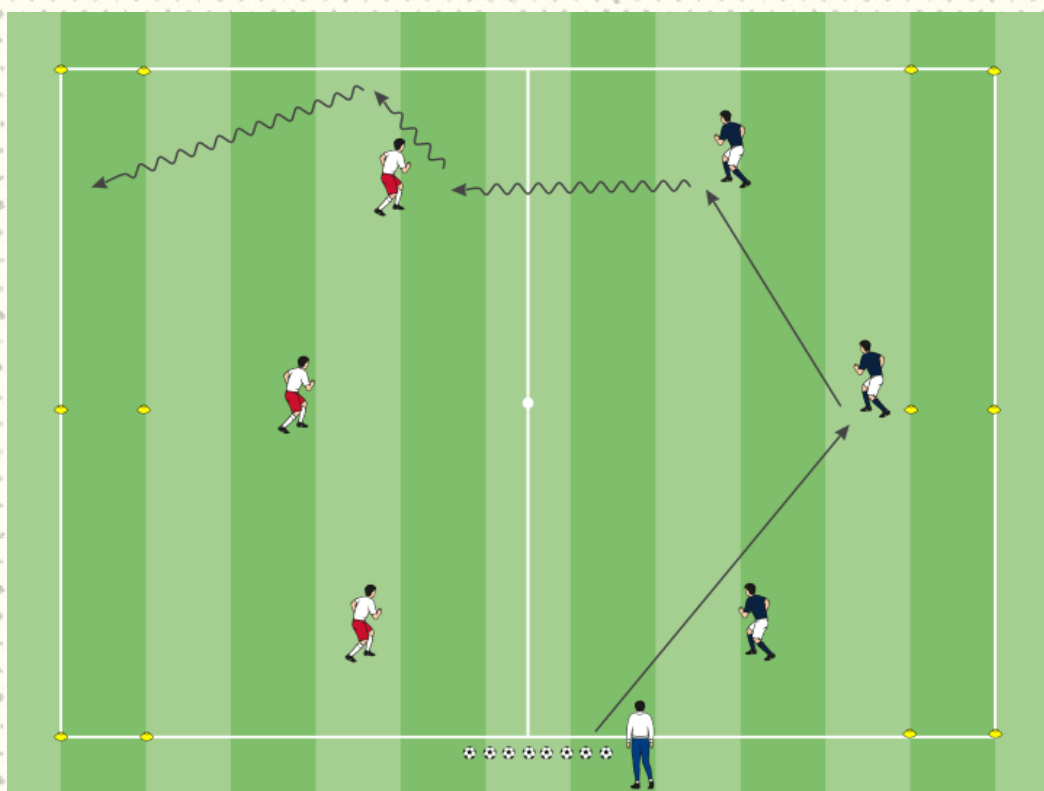
Split into two teams, players with ball each working on dribbling and escape moves (pull backs, change of directions) to cones. Number players in each team 1-5. Call out #1 and both #1s attempt to knock all opponents balls out of gird the fastest. Use escape moves to protect ball.

MORE CHALLENGING

Call multiple numbers.

Week 1 Escaping pressure to keep the ball

PHASE 2 – End Zone Soccer | 20 MINS



3 MINUTES PLAY | 1 MINUTE REST

AREA

30 x 25 including a 5 yard end zone each side

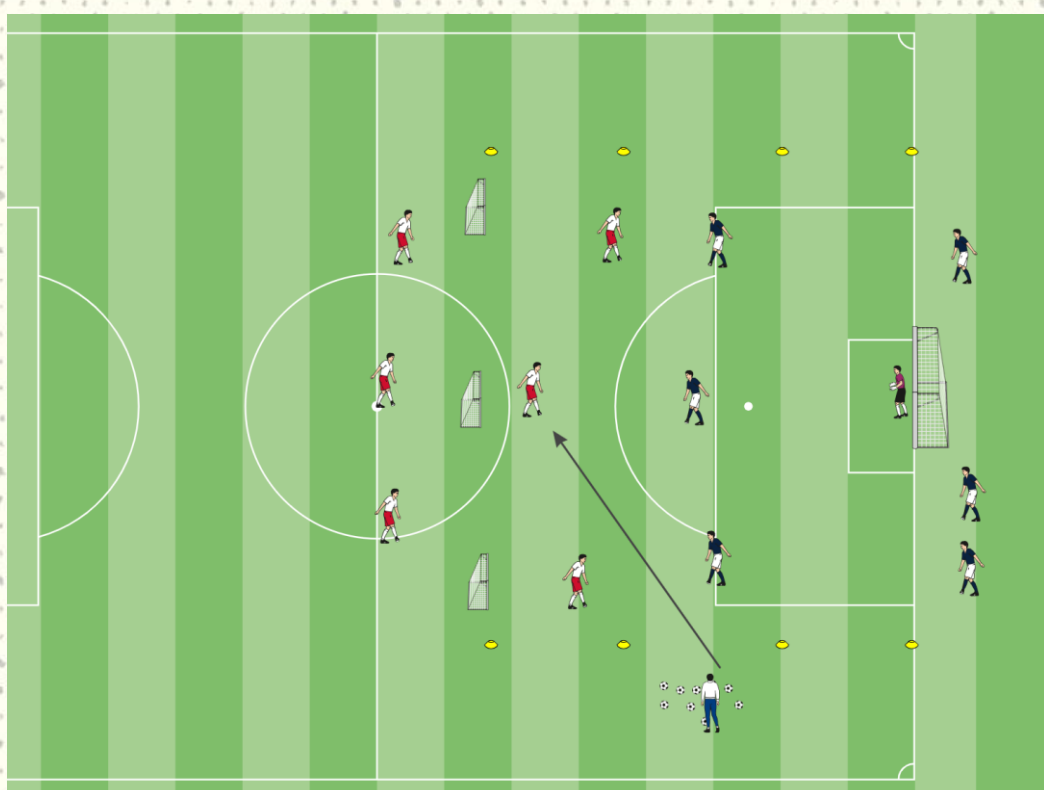
DESCRIPTION

Play 3v3 game with team in possession scoring a point for dribbling into opponents end zone. Coach plays new ball in if ball goes out. Encourage players to use escape moves to protect ball and find space.

MORE CHALLENGING

Play 4v4 / 5v5 Add a goal to score to after dribbling into end zone. 1v1 with Goalkeeper to reward playing escaping pressure and finding space.

PHASE 3 – Expanded Small Sided | 20 MINS



4 MINUTES PLAY | 1.5 MINUTE REST

AREA

Game with in a 36 x 40 yard space. Place 3 mini goals or cone gates on one side, large goal on the other side.

DESCRIPTION

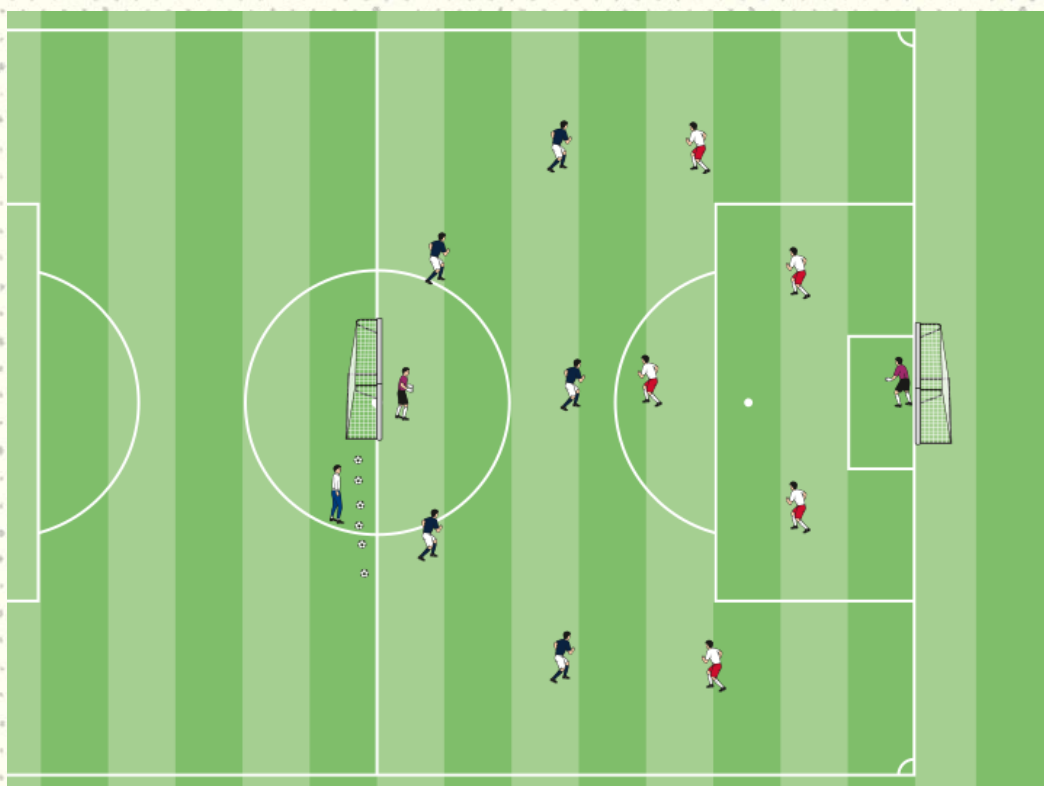
Coach passes ball into red team who attack 3v3 (start with 2v2, 3v2 based on level) to the large goal point for a goal. Blue team counter on the 3 mini goals for a point.

Play 4 minutes or first to score, clear field and start with 3 new attackers & defenders. Try to create a 1v1 or 2v1 to goal.

MORE CHALLENGING

Play 4v4 / 5v5

PHASE 4 – Game | 25 MINS



8 MINUTES PLAY | 2 MINUTE REST

AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 5v5 to 7v7v , adjust based on numbers. Regular game rules encouraging players to take players to use moves to escape pressure, keep ball and find space.

SCORING

1 point for scoring in respective goals

Week 2 Taking players on 1v1 to advance

OBJECTIVE | Improve how to shield, scan and use correct foot

COACHING POINTS

1. Check shoulders to scan the field
2. Keep your body in between opponent and the ball
3. Accelerate through the 1v1 move

GUIDED QUESTIONS

1. When should we take an opponent on 1v1?
2. How can you find open space?
3. How can we protect the ball when doing a 1v1 move?


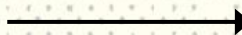

KEY WORDS

Keep it close, Drive, Take Space, Pick head up

PLAYER ACTIONS

Take on opponent

SESSION KEY

Dribble 
Pass / Shot 
Movement 

TECHNICAL TOOLS

Block 1: Dribble past opponent; **Block 2:** Accelerate, Basic 1v1 Moves; **Block 3:** Shield, Scan, Correct foot



9 v 9

Train to learn

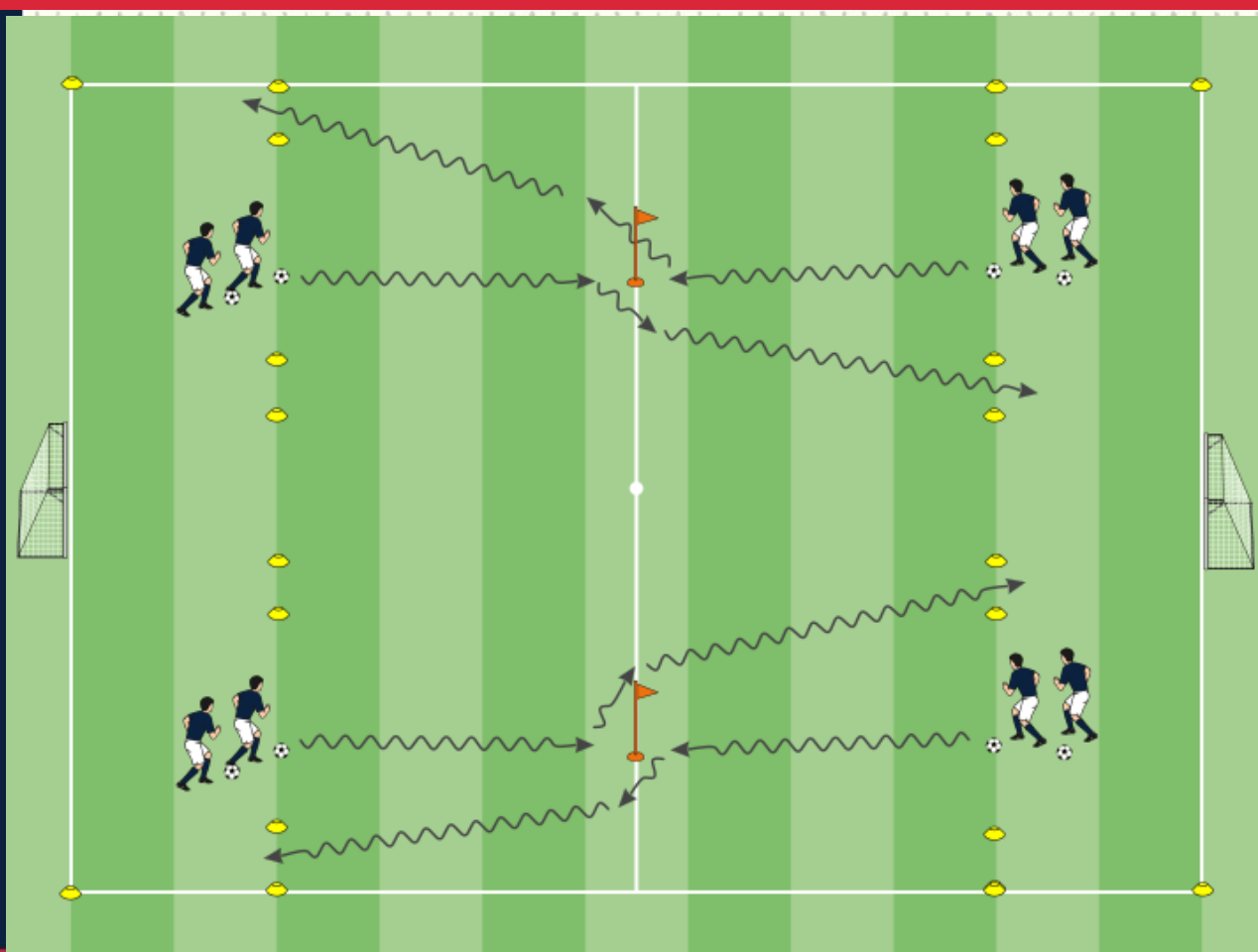
Me and the team

Develop functions and fundamentals of roles and positions within the team

Taking on opponent
Block 2

PHASE 1 – Functional Moves | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

Two 12 x 15 yard areas. Small gates.

DESCRIPTION

Ball each, players dribble to flag/mannequin and perform 1v1 moves and drive with ball to wide gate as shown. Next player goes when first player dribbles to gate Alternate fake left take right, fake right take left.

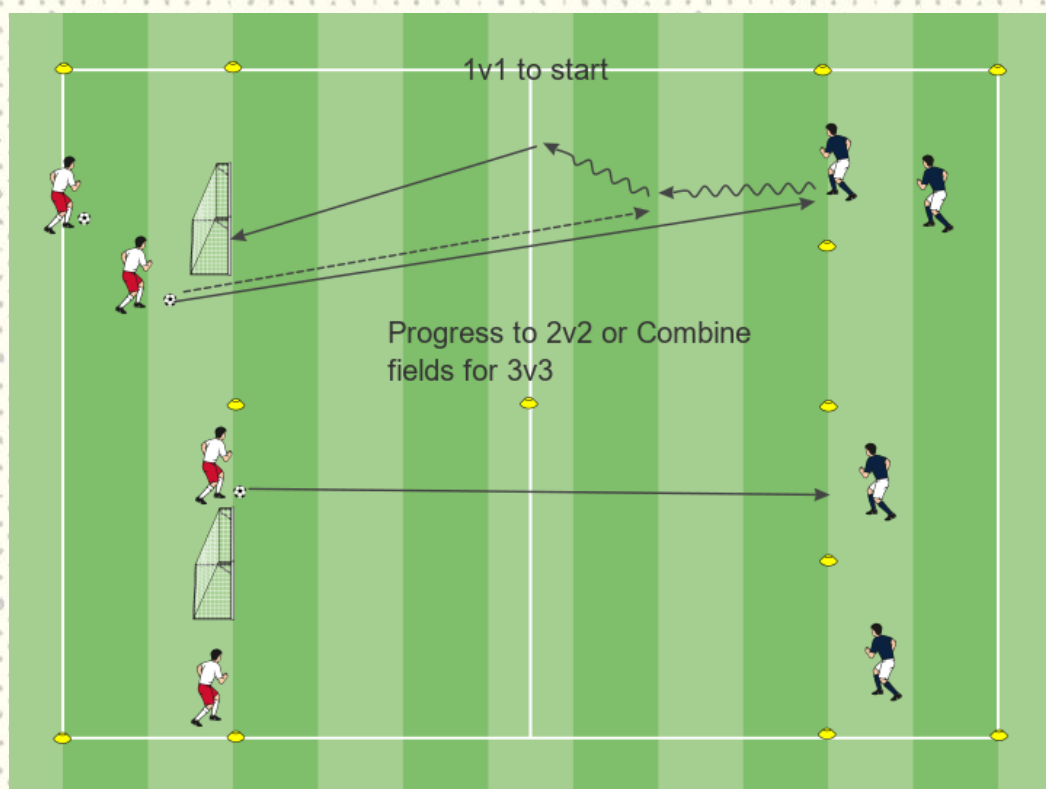
MORE CHALLENGING

Both players go at the same time to create decision making and players picking head up to find open space / gate. Races to gate for point.

Week 2 Taking players on 1v1 to advance

PHASE 2 – End Zone Soccer | 20 MINS

2 MINUTES PLAY | 1 MINUTE REST



AREA

12 x 15 yard area, 1 min goal, 1 end zone (blue players start in end zone as shown)

DESCRIPTION

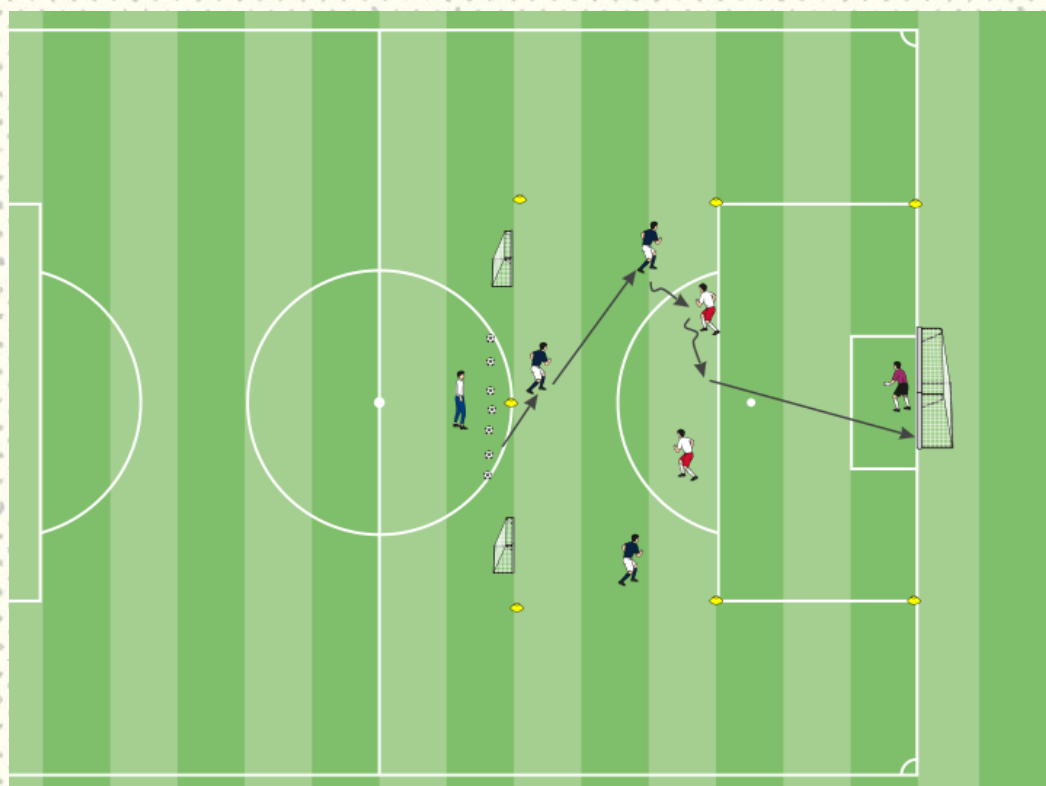
1v1 Game, red passes into blue who uses 1v1 move to beat opponent and score on mini goal for a point. Red defender can score point by winning ball and dribbling into end zone. Ball always start with pass from red.

MORE CHALLENGING

Play 2v2 (when to pass, when to dribble forward)
Play 3v3 (combine grids, play to two mini goals)

PHASE 3 – 3v3 Wave Game | 20 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

36 x 28 yards. 1 large goal, 2 counter goals.

DESCRIPTION

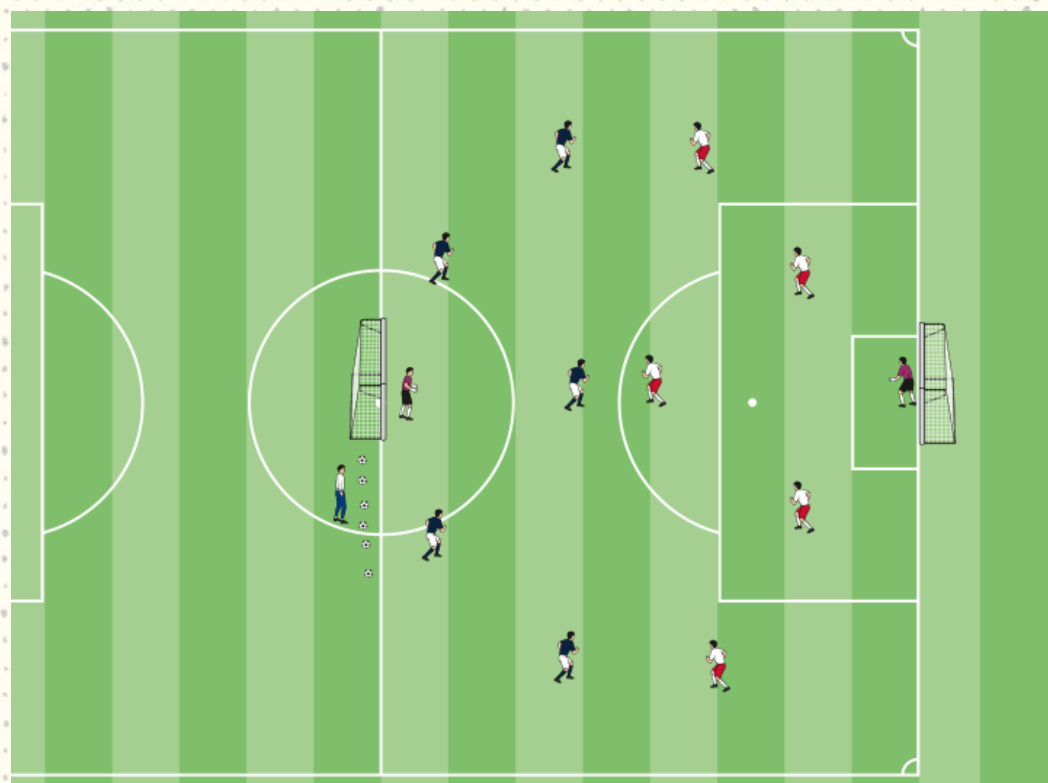
Coach passes ball into blue team, play 3v2 to goal. Red team counter on mini goals for a point. Ball always starts with attacking team. Encourage player on the ball to take chances and try 1v1 moves to beat opponent and create a chance or shoot on goal.

MORE CHALLENGING

3v3, 4v3, 4v4

PHASE 4 – Play | 25 MINS

12 MINUTES PLAY | 3 MINUTE REST



AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 5v5 to 7v7v , adjust based on numbers. Regular game rules encouraging players to take on opponent to advance the ball and to create chances in attacking half.

SCORING

1 point for scoring in respective goals

Week 3 Passing to advance the ball forward

OBJECTIVE | Learn how to pass to feet or space

COACHING POINTS

1. Make eye contact with the receiver
2. Balanced when making contact with the ball
3. Lock ankle, high toe/heavy heel

GUIDED QUESTIONS

1. When is a teammate open for a pass?
2. When should I pass to feet?
3. When should I pass to space?



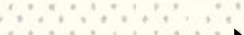
KEY WORDS

Find feet, Relax and be balanced, find the runner

PLAYER ACTIONS

Passing

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Find a teammate; **Block 2:** Pass to feet, Pass to space; **Block 3:** Possess, Progress, Penetrate



9 v 9

Train to learn

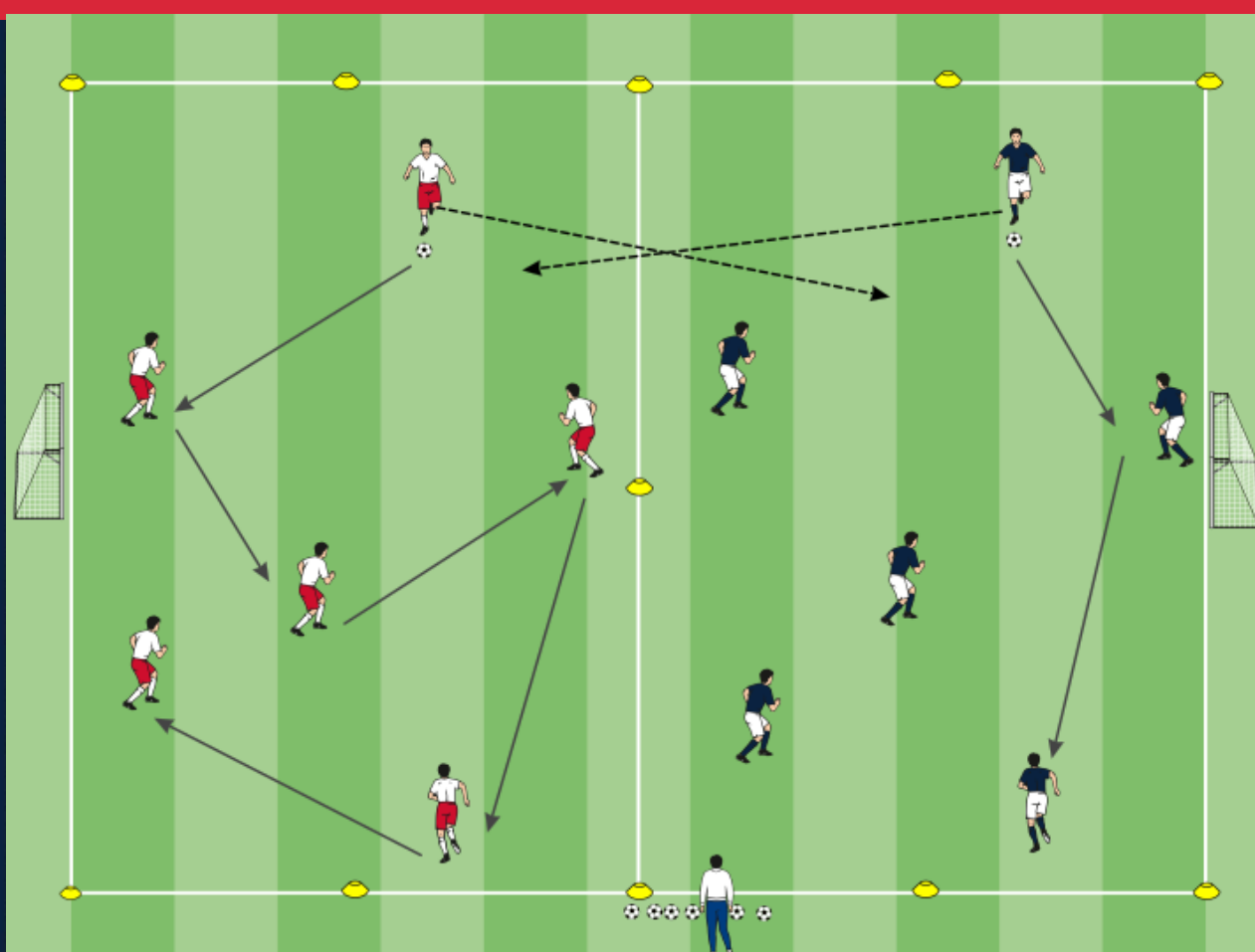
Me and the team

Develop functions and fundamentals of roles and positions within the team

Passing
Block 2

PHASE 1 – Pass and Move | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 30-yard area with two mini goals

DESCRIPTION

Number players 1-6. Each group has 1 ball pass and move in the area.

Progress to passing in sequence, #1 passes to #2 to encourage communication.

Progress to calling out a number who tries to steal ball from opposing group (as shown)

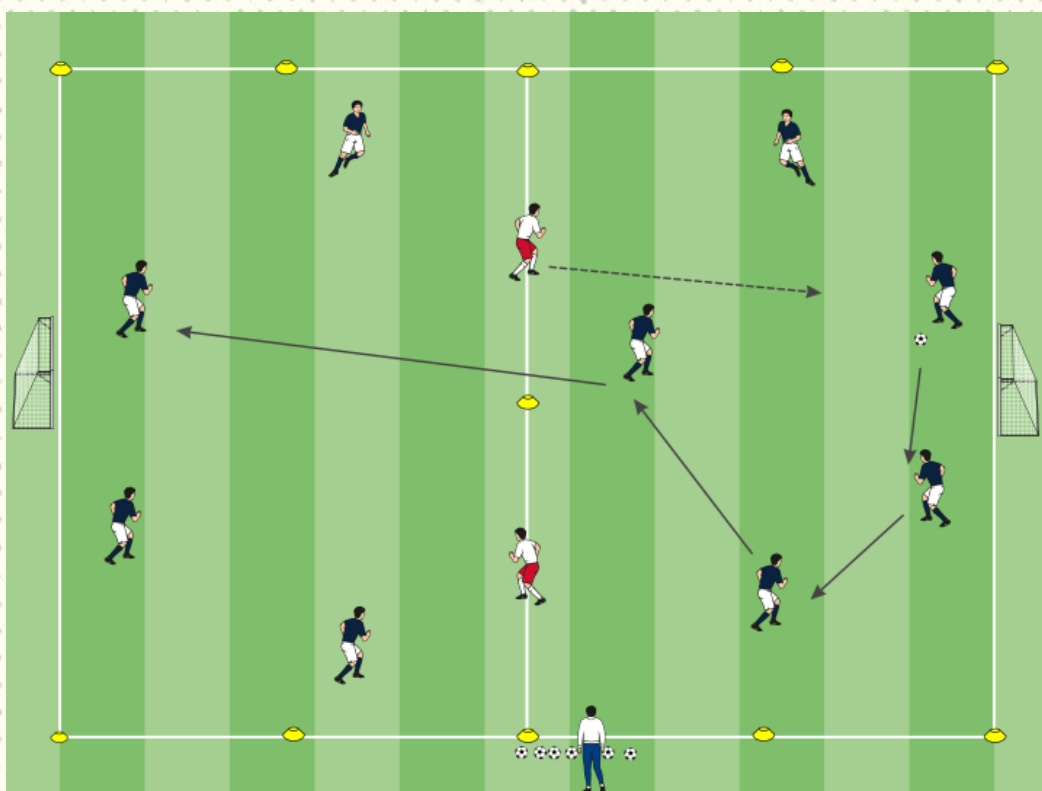
MORE CHALLENGING

Call two numbers, defenders score a point for scoring on mini goal if they win ball.

Week 3 Passing to advance the ball forward

PHASE 2 – 5v1 to advance ball | 20 MINS

4 MINUTES PLAY | 1 MINUTE REST



AREA

Same 30 x 20 yard area.

DESCRIPTION

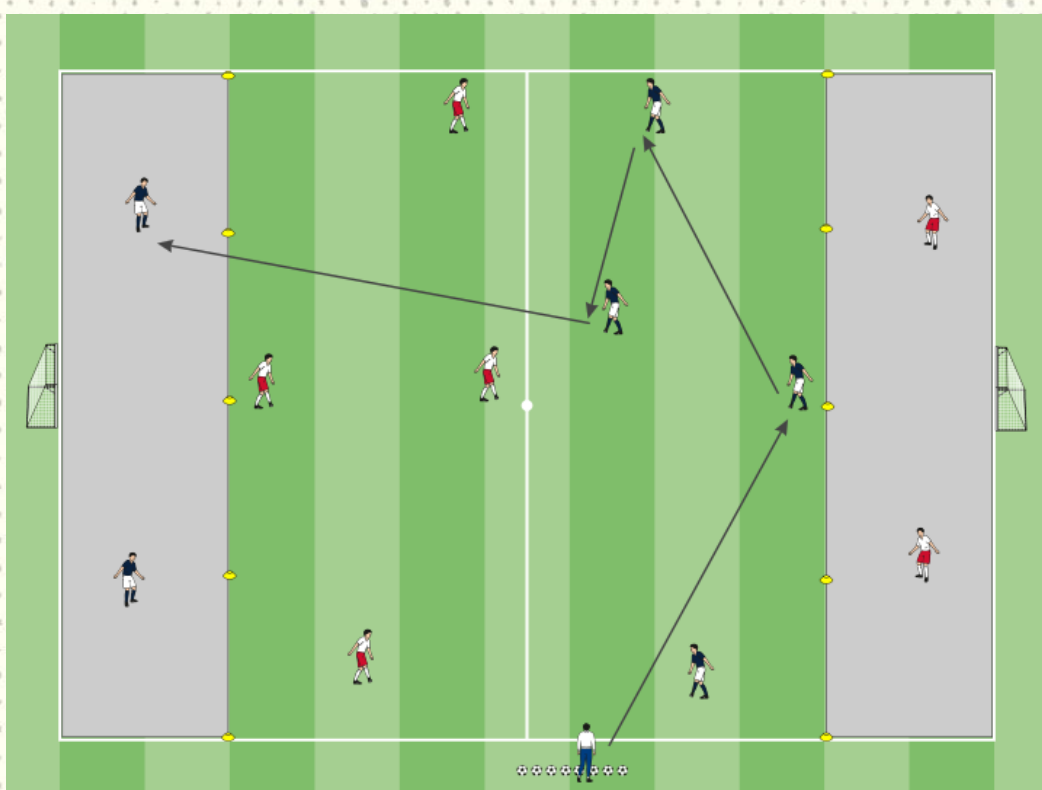
Blue team plays 5v1 in half field. Make 3-5 passes before playing pass across halfway line to remaining blue players waiting. New red defender presses. If red wins ball they can score on mini goal. Rotate defenders every 2 minutes.

MORE CHALLENGING

5v2, progress to 5v3.

PHASE 3 – 4v4/5v5 Target Game | 20 MINS

20 MINUTES PLAY | 1.5 MINUTE REST



AREA

35 x 25-yard area with 5-yard end zone. Play game with 4v4 with 2 target players in each end zone.

DESCRIPTION

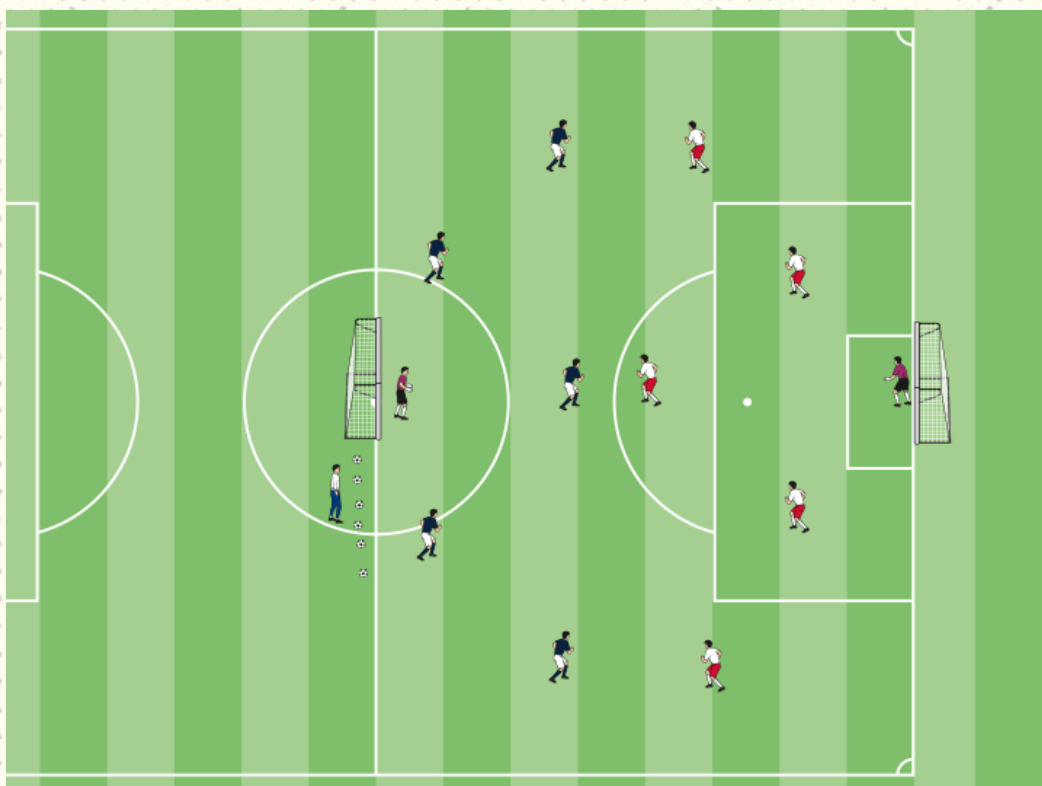
Coach passes ball to a team and play possession. Point for passing into the target. New ball starts with coach. Defending team win ball they find their targets. Targets can move across line side to side offering passing option. Encourage players to look forward.

MORE CHALLENGING

Play 5v5 with 1 target player

PHASE 4 – Play | 25 MINS

12 MINUTES PLAY | 3 MINUTE REST



AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 5v5 to 7v7, adjust based on numbers. Regular game rules encouraging players to. Encourage players to pass to play forward.

SCORING

1 point for scoring in respective goals

Week 4 Shooting to score goals

OBJECTIVE | Improve how to strike the ball in the corners

COACHING POINTS

1. Tight touch, Glance at the corner of the goal
2. Short approach steps, big last stride before you strike
3. Lock ankle and strike with the laces

GUIDED QUESTIONS

1. How can we generate power in the strike?
2. Where on the target are you trying to shoot the ball?
3. How can we keep the ball low when we shoot?




KEY WORDS

Hit it hard, Make the keeper work, Be confident

PLAYER ACTIONS

Shooting

SESSION KEY

Dribble 
Pass / Shot 
Movement 

TECHNICAL TOOLS

Block 1: Kick the ball to the goal; **Block 2:** Organize feet, Find corners **Block 3:** Strike low, Correct foot



9 v 9

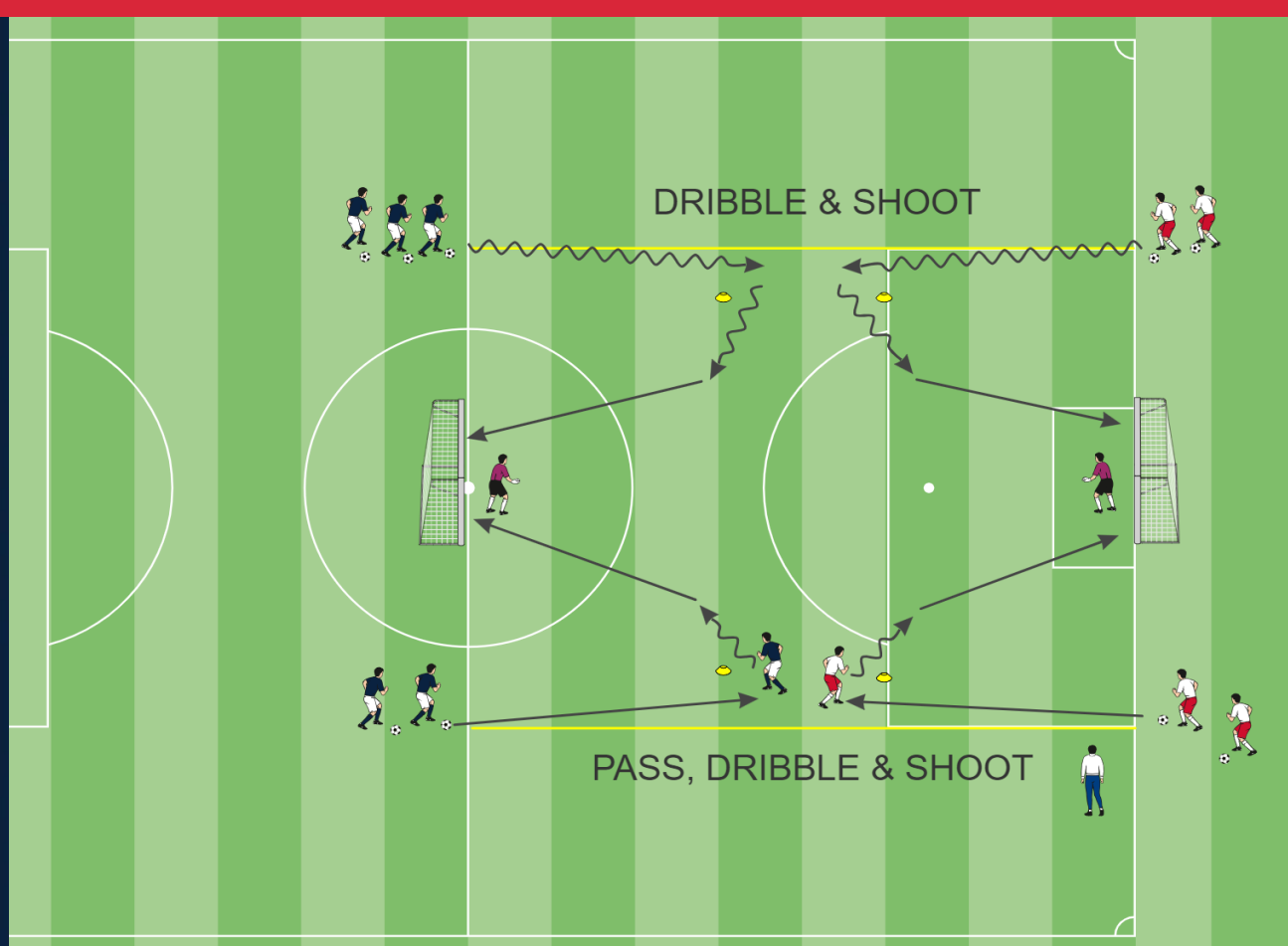
Train to learn

Me and the team

Develop functions and fundamentals of roles and positions within the team

Shooting
Block 2

PHASE 1 – Finishing technique | 15 MINS



3 MINUTES PLAY | 1 MINUTE REST

AREA

2 x goals, width of penalty box, half field. Set up 4 cones as shown

DESCRIPTION

1. Player's dribble and turn past red cone to goal working on finishing technique
 2. Progress to receiving a pass and taking first touch to goal before finishing.
- Make this competition between both teams, who can score more goals in a set time

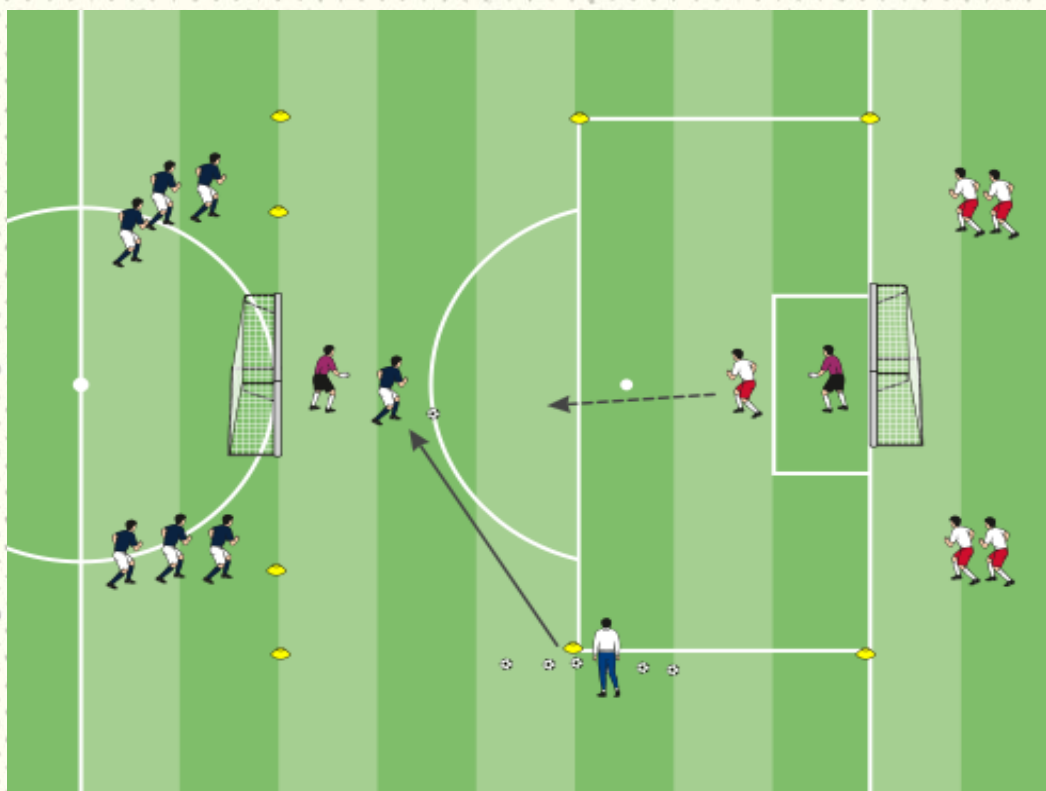
MORE CHALLENGING

Add 1v1 before shooting, add a combination wall pass before shooting

Week 4 Shooting to score goals

PHASE 2 – 1v1, 2v1, 3v2 to goal | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

2 x goals, 20 x 25 yard area

DESCRIPTION

Coach passes to blue player for 1v1 to goal.

Encourage quick play to get lots of reps.

Red counter on opposite goal.

If ball goes out of play or a goal is scored start with new set of players with pass into blue

Progress to 2v1 & 3v2

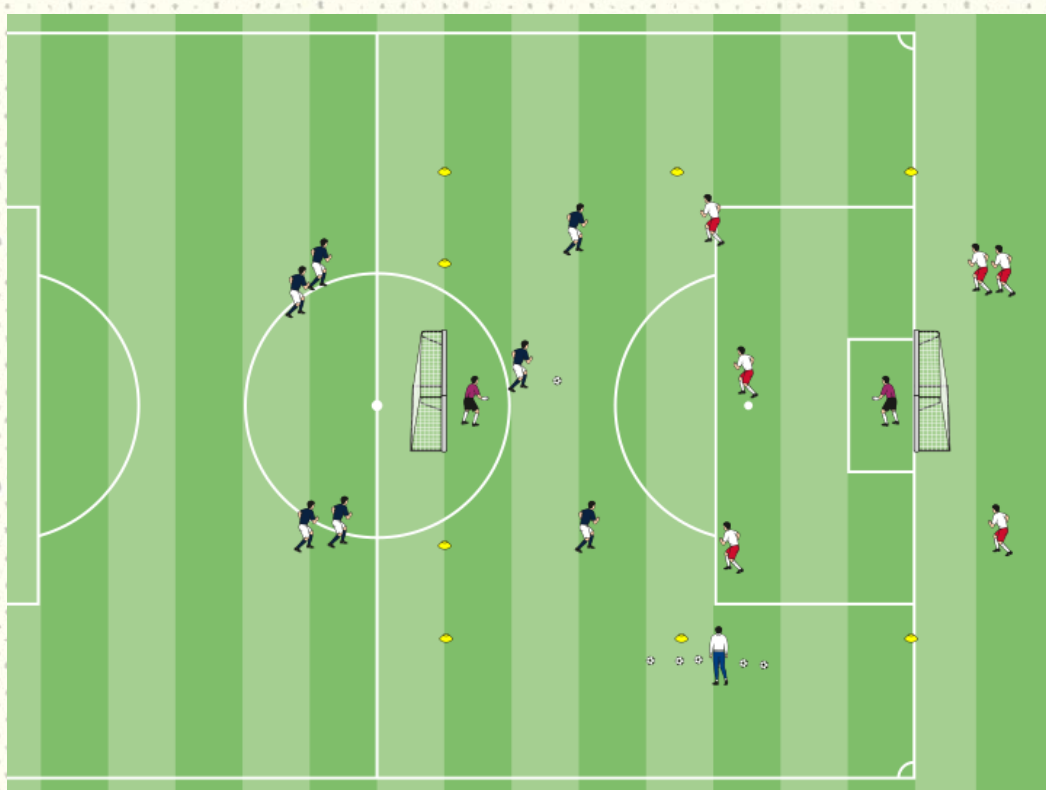
Switch first pass to red team after 3 minutes

MORE CHALLENGING

2v2, 3v3

PHASE 3 – 3v3 Wave Game | 20 MINS

4 MINUTES PLAY | 1 MINUTE REST



AREA

2 x goals, 30 x 35 yard area

DESCRIPTION

Ball starts with pass from coach to blue team 3v3 against red team. Score as many goals in 3 minutes.

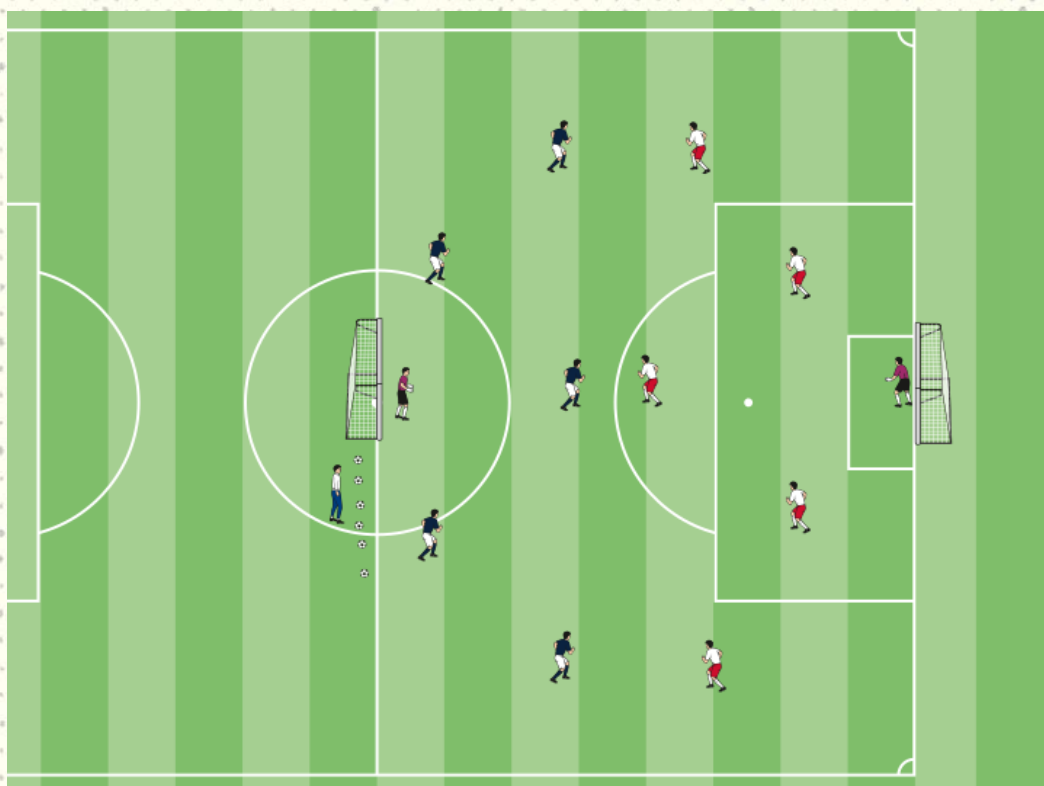
Red team can block and counter. When the ball leaves the field next wave of 3v3 starts with pass to blue team. Switch first pass to red after 3 minutes.

MORE CHALLENGING

Instead of only blues attacking, every missed shot, the red team begins with the ball. Quick transitions.

PHASE 4 – Play | 20 MINS

10 MINUTES PLAY | 3 MINUTE REST



AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 5v5 to 7v7, adjust based on numbers. Regular game rules encouraging players to take on opponent and take shots in the attacking half of field.

SCORING

1 point for scoring in respective goals

Week 5 Defending in twos to regain the ball

OBJECTIVE | Learn how to defend in two's
(Pressure, cover)

COACHING POINTS

1. Press quickly slow down closer to the ball
2. Start tall, get low as you get closer to the ball, bend knees
3. 2nd and 3rd defender provide cover to first defender

GUIDED QUESTIONS

1. Why do you need to be on toes when defending 1 on 1?
(To move quickly when attacker dribbles)
2. Why do you think you should press quickly? (to win ball further from your grid slash poll)

KEY WORDS

Defend, cover, pressure, compact




PLAYER ACTIONS

Pressure/cover/balance, make it compact

TECHNICAL TOOLS

Defending

SESSION KEY

Dribble 
Pass / Shot 
Movement 



9 v 9

Train to learn

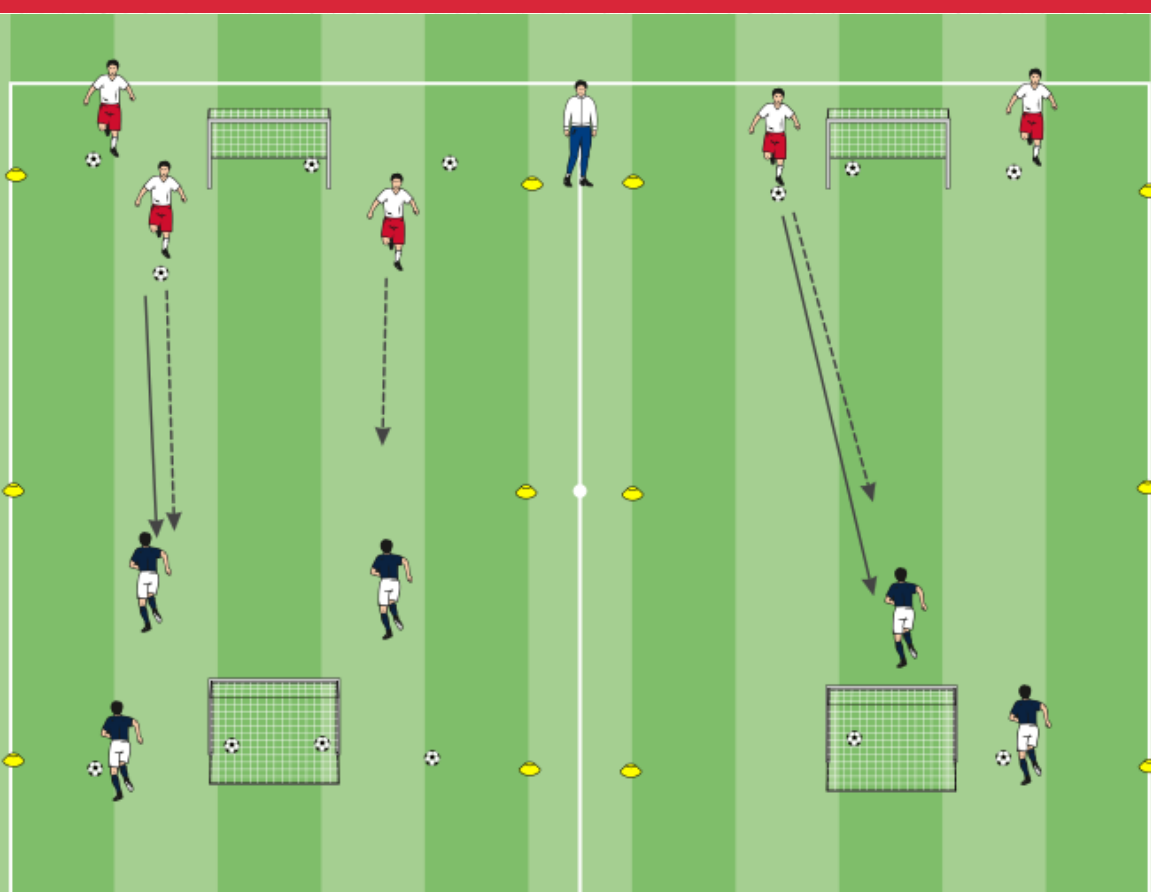
Me and the team

Develop functions
and fundamentals of
roles and positions
within the team

Defending
Block 3

PHASE 1 – 1v1 Defending | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

10 x 15 two grids

DESCRIPTION

1v1 to start on both fields
Reds pass into blue, press and protect goal.
Play until goal is scored or ball goes out.
Start with next red passing into next blue.
Progress to 2v2 (shown on left)
Switch after 3 minutes with blue passing ball in

MORE CHALLENGING

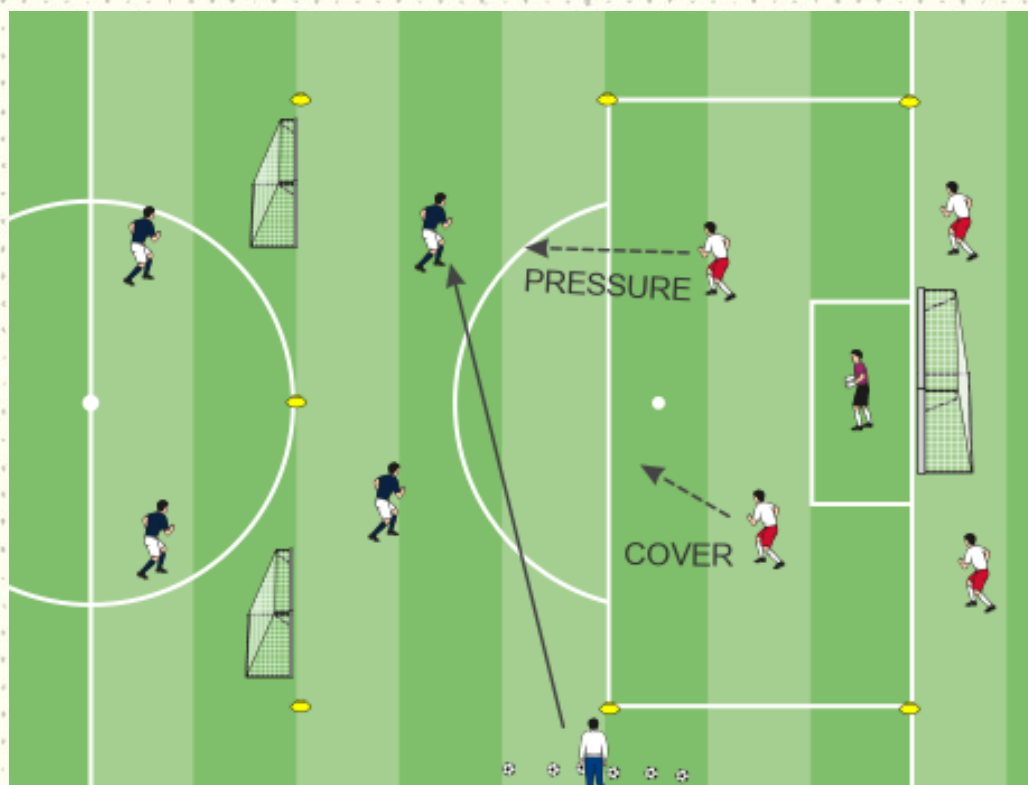
Combine fields and play 3v3 / 4v4 four goal game.

Week 5

Defending in twos to regain the ball

PHASE 2 – 2v2 Defending | 20 MINS

5 MINUTES PLAY | 2 MINUTE REST



AREA

30 x 20 yard area

Play 2v2 game with goalkeeper

DESCRIPTION

Coach passes balls into blue team who attack goal

Red team counter on mini goals

Red team apply pressure, then cover.

If goal is scored or ball goes out, new set of players

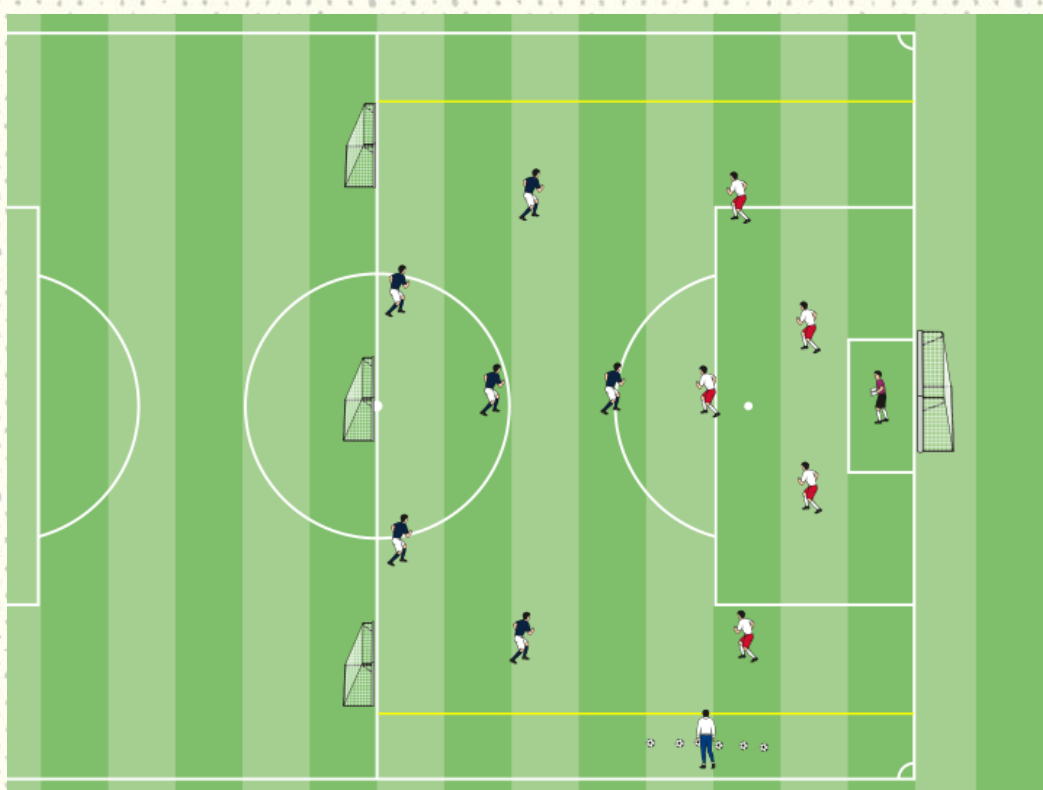
Switch Red and Blue team after 4 minutes.

MORE CHALLENGING

Play 3v3, 4v4 (make area larger)

PHASE 3 – Team Defending | 20 MINS

10 MINUTES PLAY | 3 MINUTE REST



AREA

Play half field game adjusting the width based on the number of players

3 mini goals (gates) and 1 large goal

DESCRIPTION

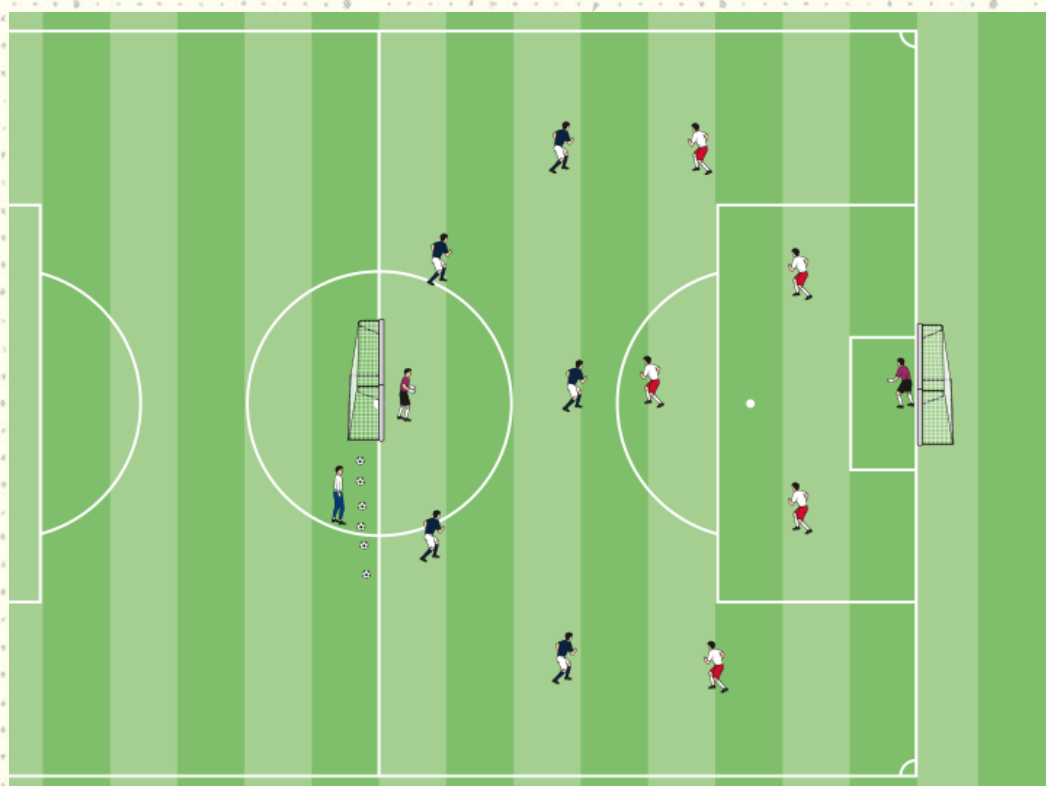
Play 6v5. Ball starts with coach pass to blue (vary entry pass location to work on defending teams' position and press) Blue score on large goal, red counter on one of the three mini goals. Work on defending team pressing the ball, moving together and staying compact to protect goal/s.

MORE CHALLENGING

Play 7v6, 7v7

PHASE 4 – Play | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 5v5 to 7v7, adjust based on numbers. Regular game rules encouraging players to work together defensively to pressure ball and provide cover.

SCORING

1 point for scoring in respective goals

Week 6

Combination play with a teammate

OBJECTIVE | Improve how to combine 1-2 with a teammate

COACHING POINTS

1. Show for the ball
2. Firm pass, soft set back to the passer
3. Communicate

GUIDED QUESTIONS

1. When is it a good time to combine?
2. What does a good set back to the passer look like?
3. How can I help communicate with my teammate?

KEY WORDS

Talk, Show for the ball, Quick passes

PLAYER ACTIONS


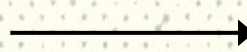

Combination play

TECHNICAL TOOLS

Block 1: 1-2's;

Block 2: Overlaps

SESSION KEY

Dribble 
Pass / Shot 
Movement 



9 v 9

Train to learn

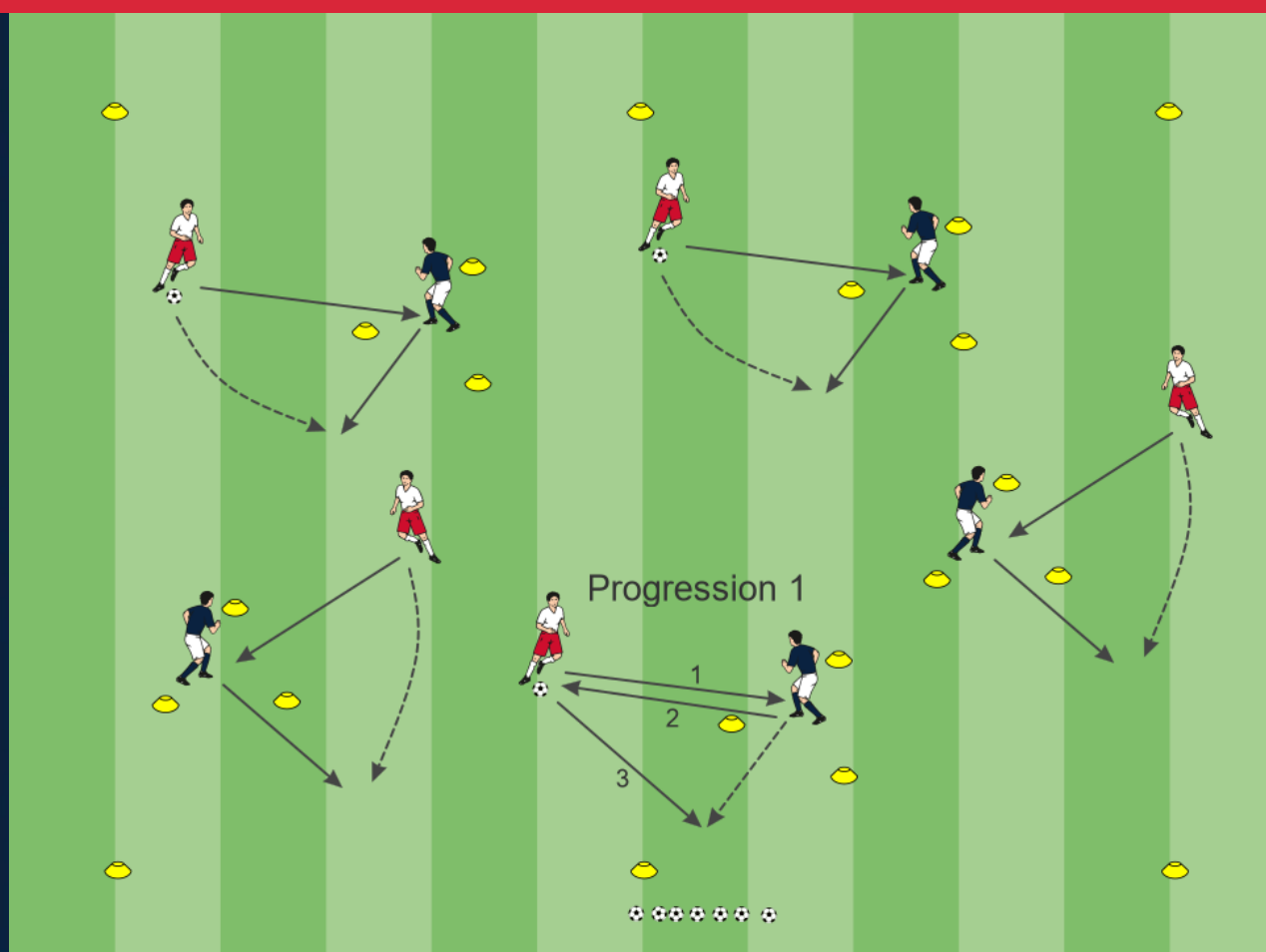
Me and the team

Develop functions and fundamentals of roles and positions within the team

Combination Play
Block 1

PHASE 1 – Give and Go Warm Up | 15 MINS

2 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 30 with 5-yard triangles

DESCRIPTION

Blues in triangle without a ball and reds inside grid with a ball. Red passes to open blue player and blue player plays back to red through a different side of the triangle Red dribbles to combine with a different blue player. Switch red and blue after 2 minutes.

MORE CHALLENGING

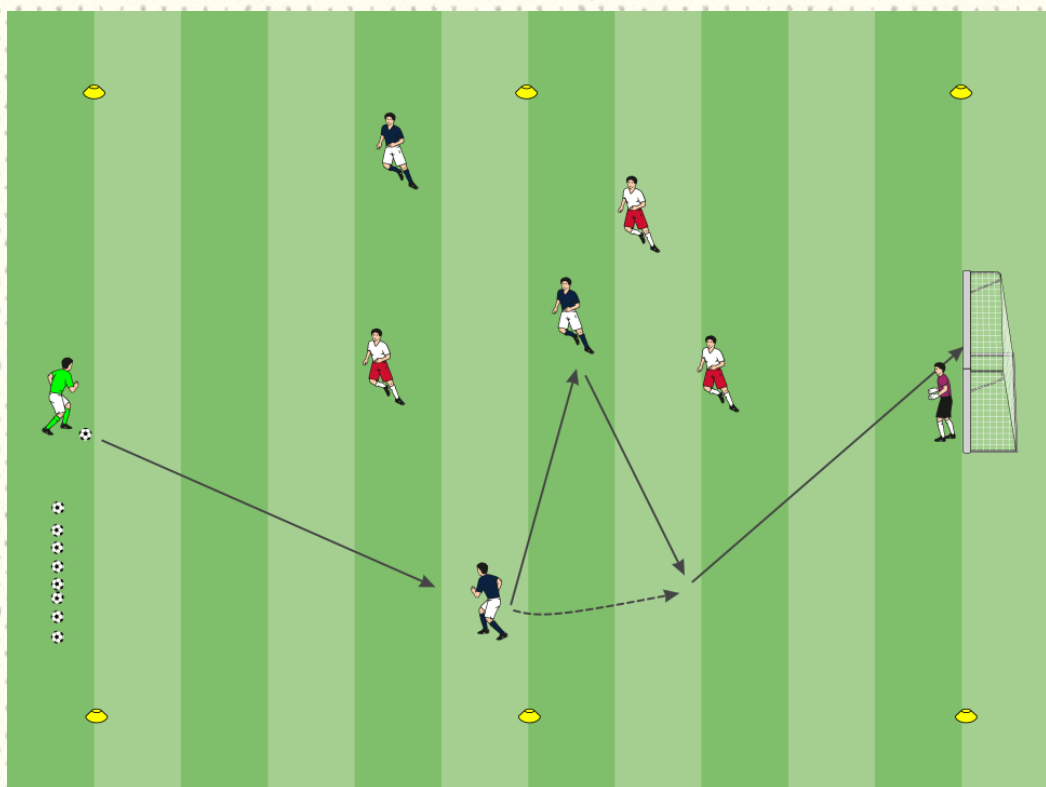
Add in a double combination 1-2 with red taking blues spot in triangle after combination (shown as progression 1 on right side of image)

Week 6

Combination play with a teammate

PHASE 2 – Combination small sided | 20 MINS

4 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 30-yard area, 3v3 + 1 Target

DESCRIPTION

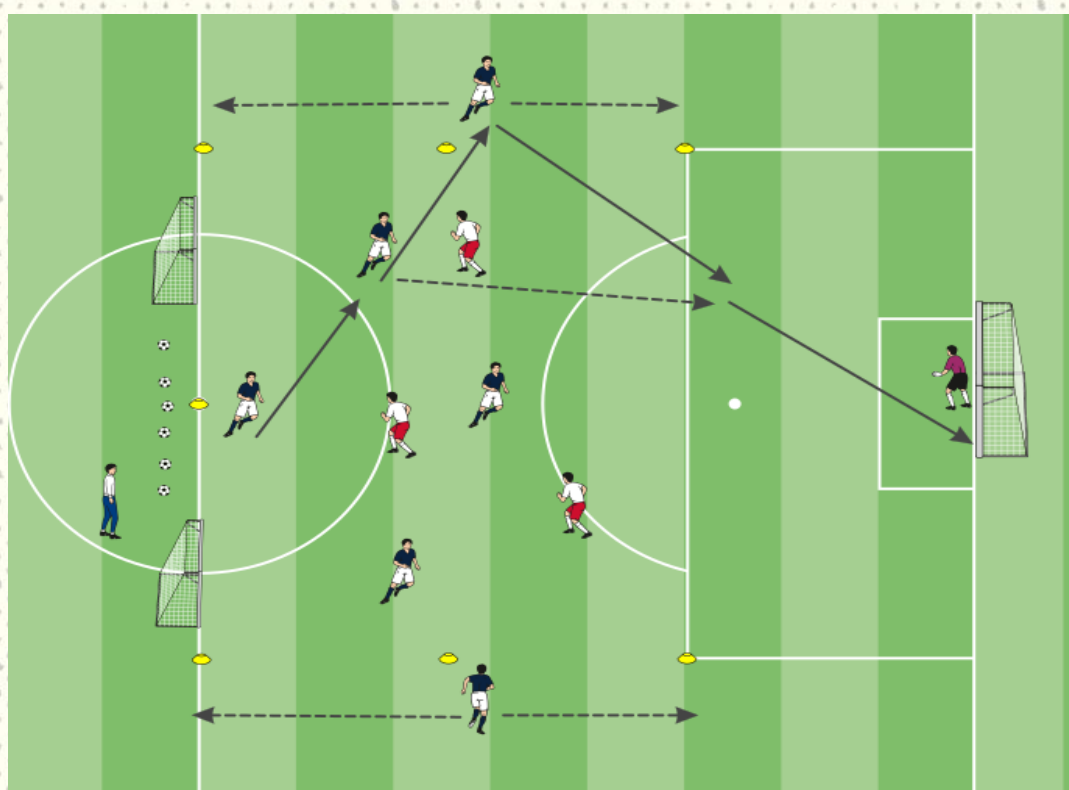
Ball always starts with target (Green), 3v3 Game with objective to get ball from green target to the opposite side to score on goal. Red team counter to pass to targets feet for a point. Green player plays for whichever team has ball. Switch Red / Blue teams after 4 minutes.

MORE CHALLENGING

4v4, 5v5 – Add transition, if defending team find green target, they then attack the large goal

PHASE 3 Combination play to goal – | 20 MINS

5 MINUTES PLAY | 1.5 MINUTE REST



AREA

Half Field Area with cones marking the width of the goal box. 1 Large Goal and 2 mini counter goals.

DESCRIPTION

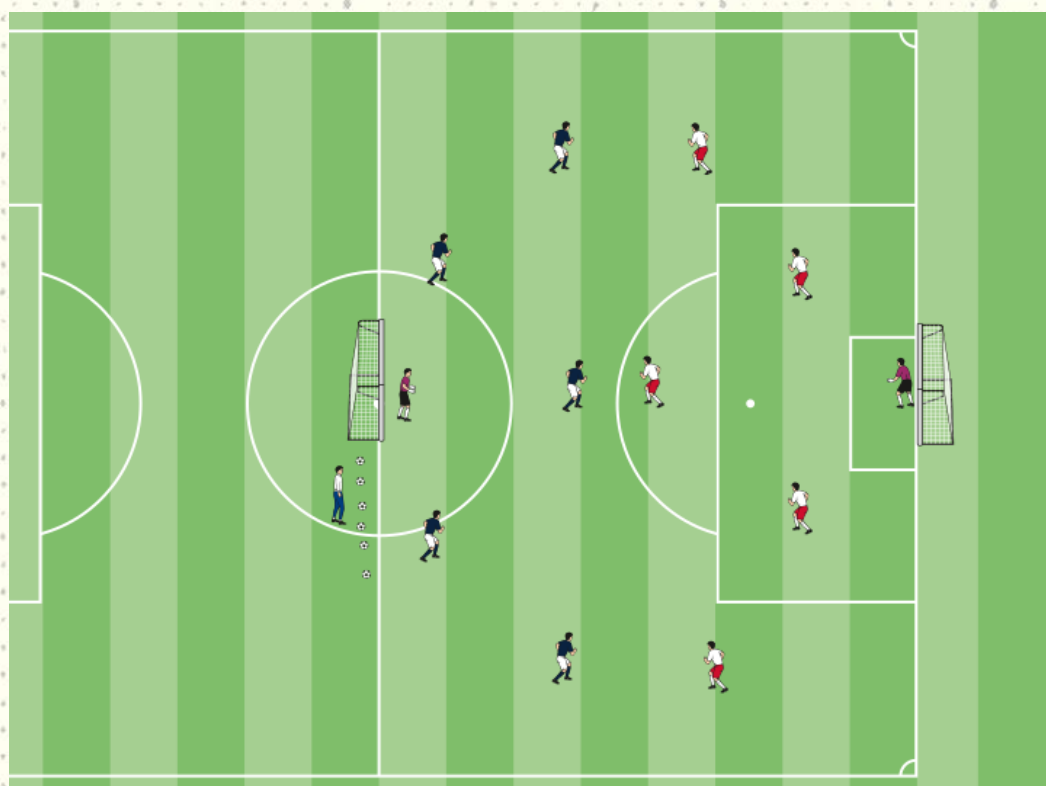
Blue team always start with the ball. Wide players move up and down line. Blue team attempt to combine with a 1-2 to either create chance centrally or by playing wide player into space for a cross. Red score a point for passing ball into counter goal if they win ball. Encourage quick passing and using 1-2 combinations to create chances to score.

MORE CHALLENGING

Add more defenders, limit wide players to two touch.

PHASE 4 –Play | 25 MINS

12 MINUTES PLAY | 3 MINUTE REST



AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 5v5 to 7v7, adjust based on numbers. Regular game rules encouraging players to work on 1-2 combinations with their teammates. Award points for successful combination plays.

SCORING

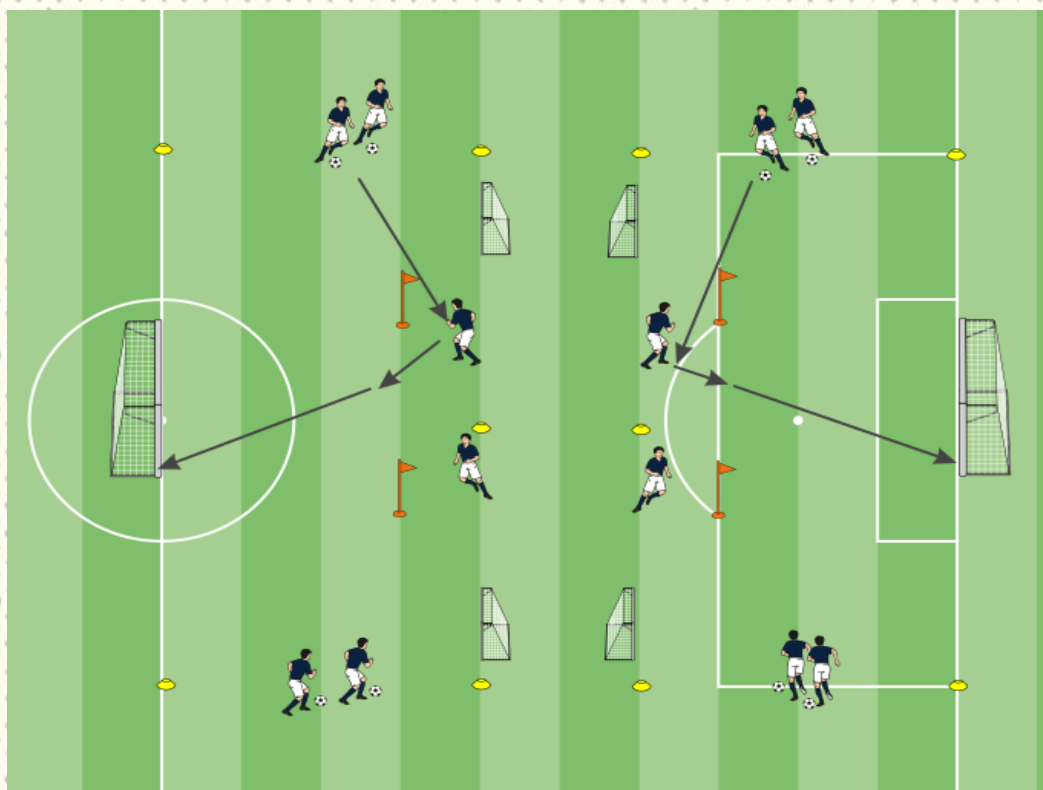
1 point for scoring in respective goals

Week 7

Shooting to score goals

PHASE 2 – Practice Finishing | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

Same area as previous phase.

DESCRIPTION

Finishing repetitions. Wide player passes to central player past the flag who takes touch forward and shoots on goal. Wide player moves into middle and shooter takes ball to wide area to rotate. Opposite side starts after shot on goal.

MORE CHALLENGING

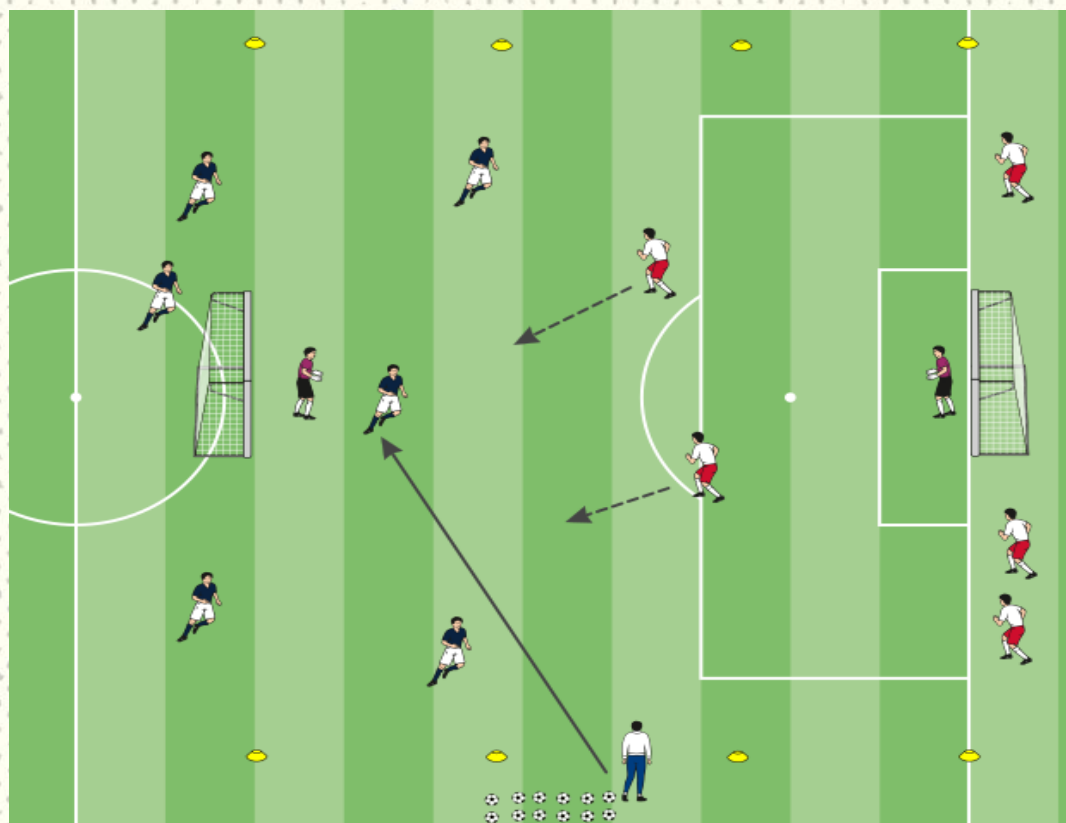
1 touch finish

Move Flag back

Add a combination with wide player before finishing

PHASE 3 – 3v2 Wave Game | 20 MINS

4 MINUTES PLAY | 1 MINUTE REST



AREA

2 x goals, 35 x 40-yard area

DESCRIPTION

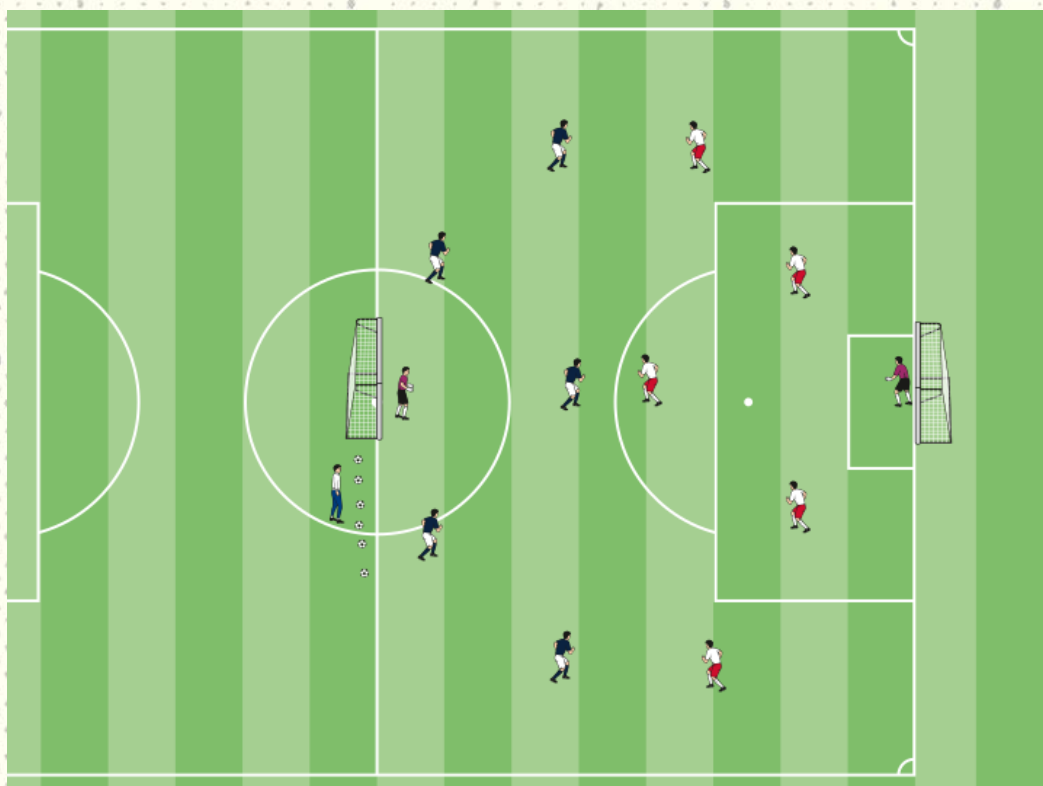
Ball starts with pass from coach to blue team 3v2 against red team. Score as many goals in 3 minutes. Red team can block and counter. When the ball leaves the field next wave of 3v2 starts with pass to blue team. Switch first pass to red 3v2 after 3 minutes.

MORE CHALLENGING

3v3, 4v3

PHASE 4 – Play | 20 MINS

10 MINUTES PLAY | 3 MINUTE REST



AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 5v5 to 7v7, adjust based on numbers. Regular game rules encouraging players to take on opponent and take shots in the attacking half of field.

SCORING

1 point for scoring in respective goals

Week 8 Defending in twos to regain the ball

OBJECTIVE | Improve how to defend in two's
(Pressure, cover)

COACHING POINTS

1. Press quickly slow down closer to the ball
2. Start tall, get low as you get closer to the ball, bend knees
3. 2nd and 3rd defender provide cover to first defender

GUIDED QUESTIONS

1. Why do you need to be on toes when defending 1 on 1?
(To move quickly when attacker dribbles)
2. Why do you think you should press quickly? (to win ball further from your grid slash poll)

KEY WORDS

Defend, cover, pressure, compact




PLAYER ACTIONS

Pressure/cover/balance, make it compact

TECHNICAL TOOLS

Defending

SESSION KEY

Dribble 
Pass / Shot 
Movement 



9 v 9

Train to learn

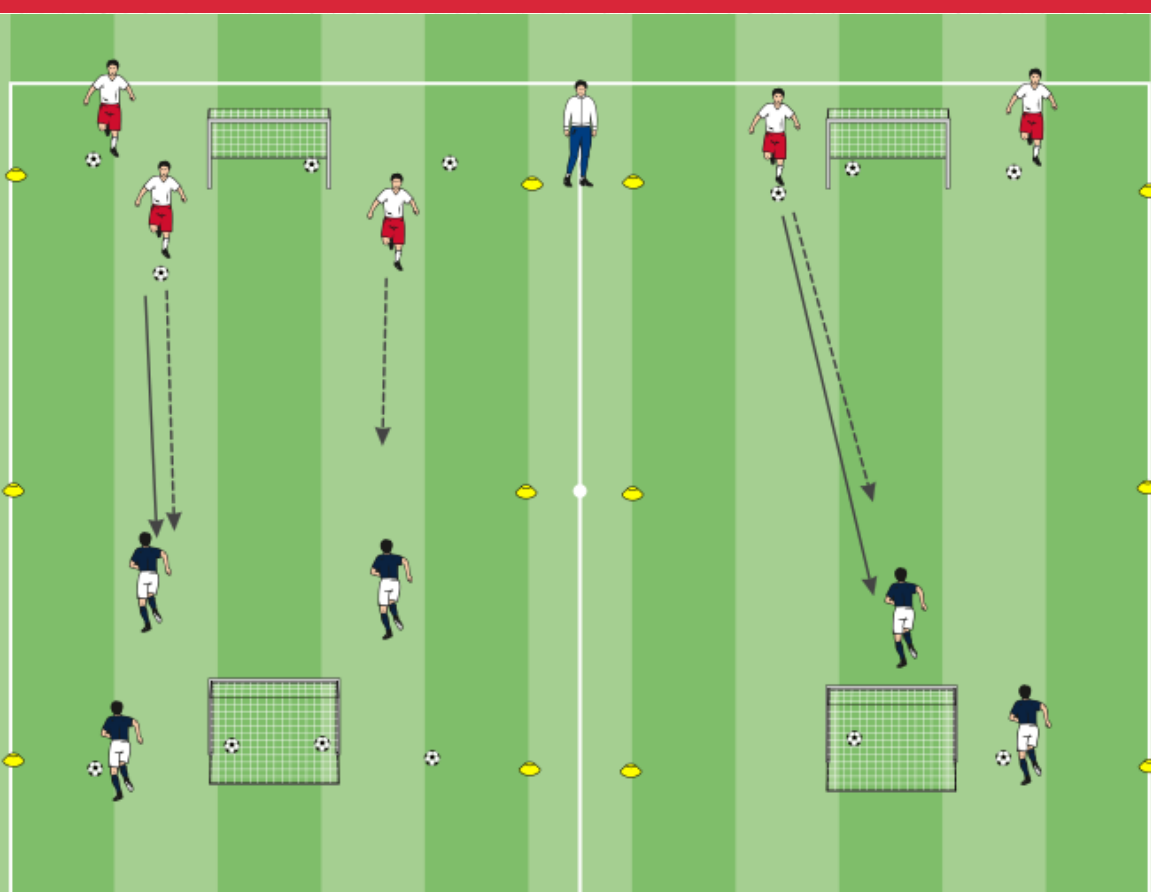
Me and the team

Develop functions
and fundamentals of
roles and positions
within the team

Defending
Block 3

PHASE 1 – 1v1 Defending | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

10 x 15 two grids

DESCRIPTION

1v1 to start on both fields
Reds pass into blue, press and protect goal.
Play until goal is scored or ball goes out.
Start with next red passing into next blue.
Progress to 2v2 (shown on left)
Switch after 3 minutes with blue passing ball in

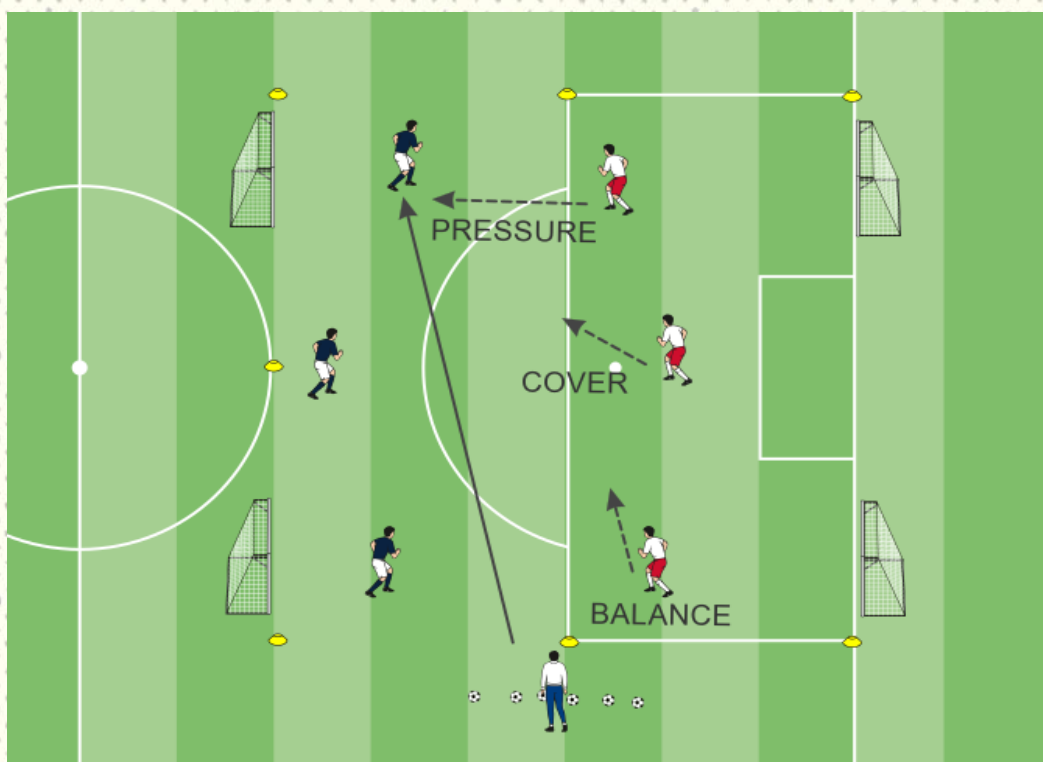
MORE CHALLENGING

Combine fields and play 3v3 / 4v4 four goal game.

Week 8 Defending in twos to regain the ball

PHASE 2 –3v3 Defending | 20 MINS

5 MINUTES PLAY | 2 MINUTE REST



AREA

40 x 30 -yard area

Play 3v3 game with 4 goals (gates if no goals)

DESCRIPTION

Coach passes balls into blue team who attack goal
Red team counter on mini goals

Red team apply pressure, then cover & balance

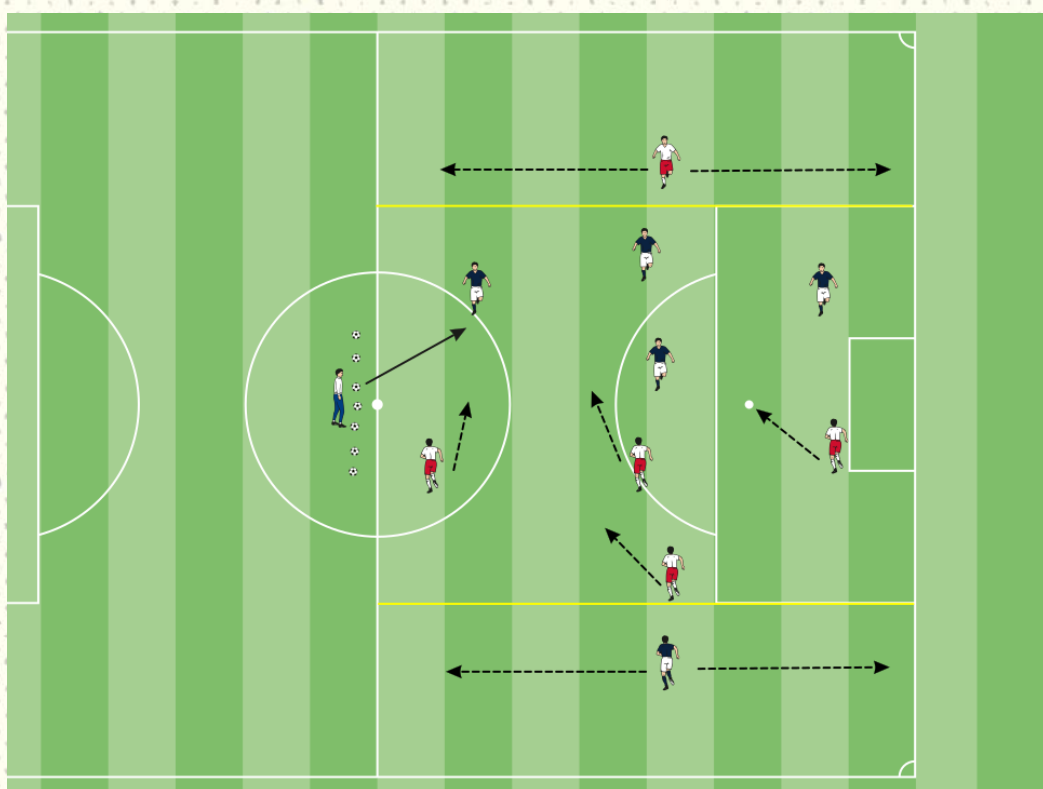
If goal is scored or ball goes out, new set of players
Switch Red and Blue team after 4 minutes.

MORE CHALLENGING

Play 4v3, 5v4 (make area larger)

PHASE 3 – Team Defending | 20 MINS

10 MINUTES PLAY | 3 MINUTE REST



AREA

Play half field width with end line on each side of box
(as shown in yellow)

DESCRIPTION

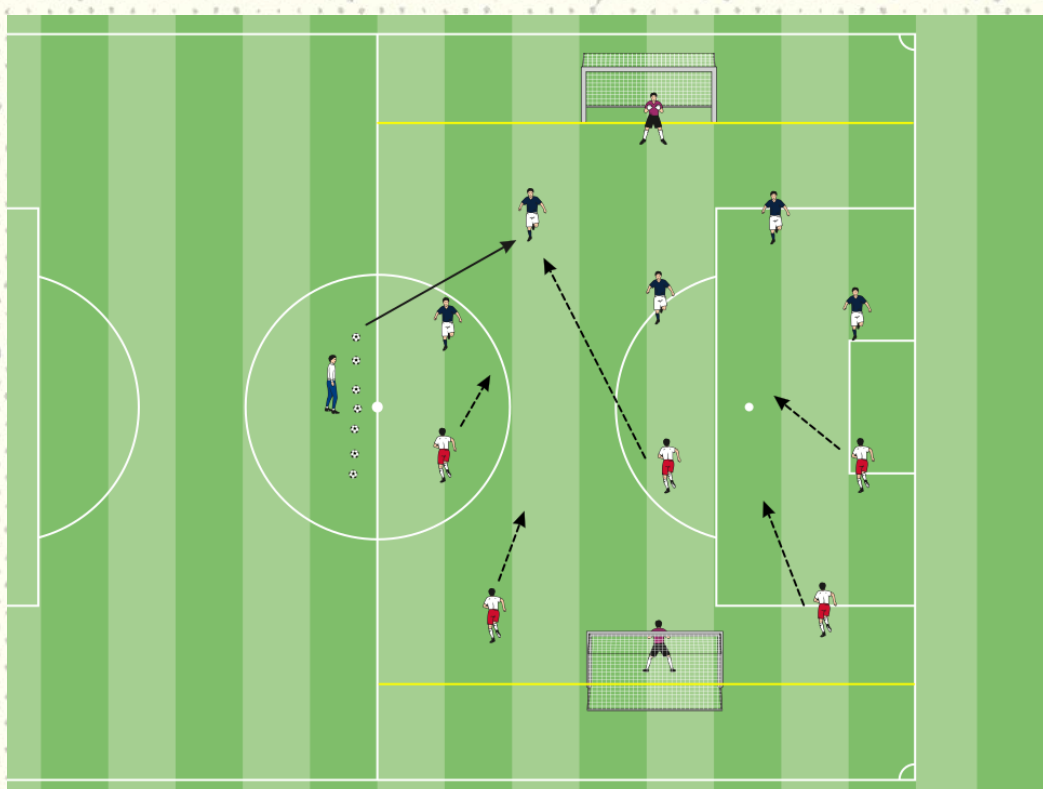
Play 5v5 Ball starts with coach pass to blue (vary
entry pass location to work on defending teams'
position and press) Blue score by passing ball to their
target player over end line. If red team win ball they
score point for finding their target with a pass.
Targets can move across yellow line.

MORE CHALLENGING

Play 6v6, Increase field size..

PHASE 4 –Play | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

Half Field Game with 2 goals. Bring endline in 10
yards to create lots of shooting opportunities to
work on defending team pressuring and providing
cover/balance.

DESCRIPTION

Play 5v5 to 7v7, adjust based on numbers. Regular
game rules encouraging players to work together
defensively to pressure ball and provide cover.

SCORING

1 point for scoring in respective goals

Week 9 Taking players on 1v1 to advance

OBJECTIVE | Learn how to scan and shield the ball in 1v1 moments

COACHING POINTS

1. Check shoulders to scan the field
2. Keep your body in between opponent and the ball
3. Accelerate through the 1v1 move

GUIDED QUESTIONS

1. When should we take an opponent on 1v1?
2. How can you find open space?
3. How can we protect the ball when doing a 1v1 move?


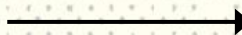

KEY WORDS

Keep it close, Drive, Take Space, Pick head up

PLAYER ACTIONS

Take on opponent

SESSION KEY

Dribble 
Pass / Shot 
Movement 

TECHNICAL TOOLS

Block 1: Dribble past opponent; **Block 2:** Accelerate, Basic 1v1 Moves; **Block 3:** Shield, Scan, Correct foot



9 v 9

Train to learn

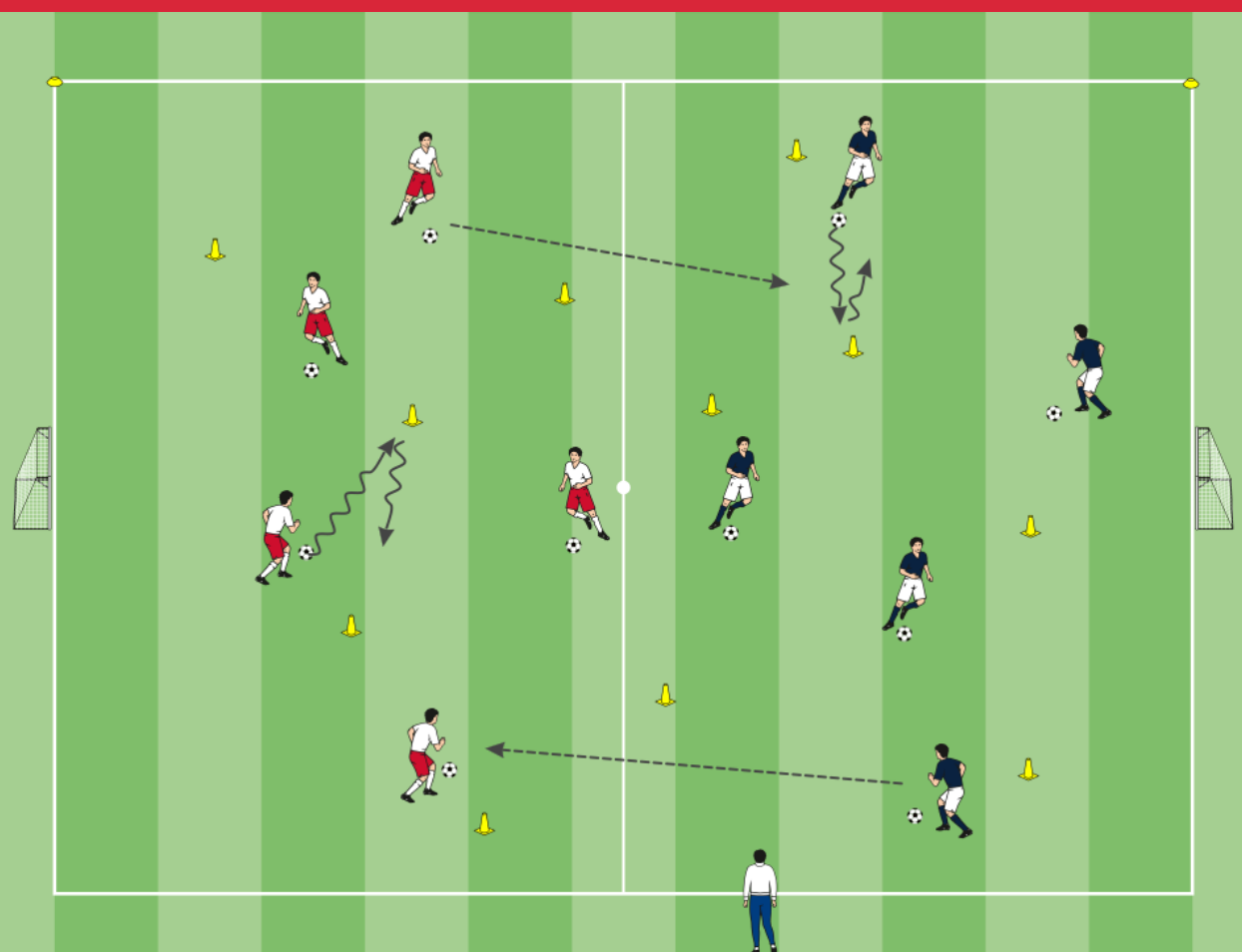
Me and the team

Develop functions and fundamentals of roles and positions within the team

Taking on opponent
Block 2

PHASE 1 – Functional Moves | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

25 x 30-yard area split into two halves with cones randomly placed in grid.

DESCRIPTION

Split into two groups. Each player with a ball working on ball mastery touches and 1v1 moves at cones and into space.

Progress to Number the players 1-5 on each side, when number 1 is called run across to knock ball out of grid as fast as possible. Players should scan, utilize 1v1 moves and shield to protect ball.

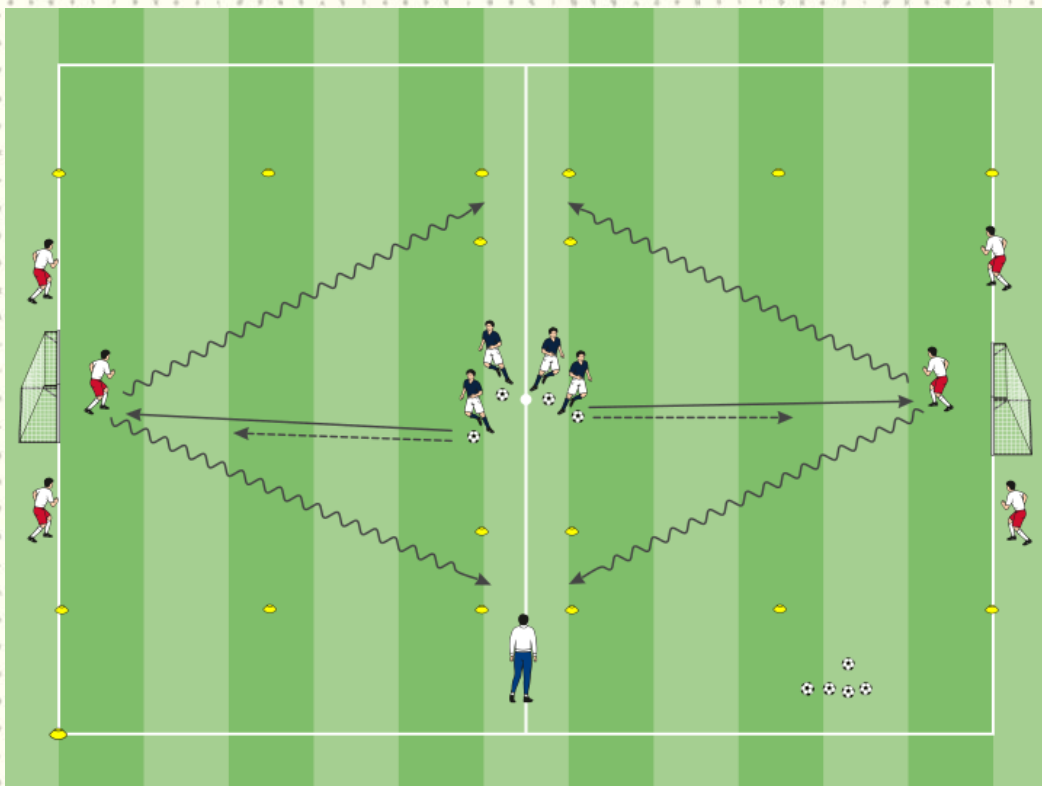
MORE CHALLENGING

Send 2 defenders.

Week 9 Taking players on 1v1 to advance

PHASE 2 – 1v1 Attacking | 20 MINS

2 MINUTES PLAY | 1 MINUTE REST



AREA

10 x 12-yard area with 1 goal and two gates

DESCRIPTION

Blue passes ball into red and pressures. Red attacks either of the two wide gates, if Blue wins ball, counter to small goal. If ball goes out of play game is over. Switch teams after 3-4 minutes.

SCORING

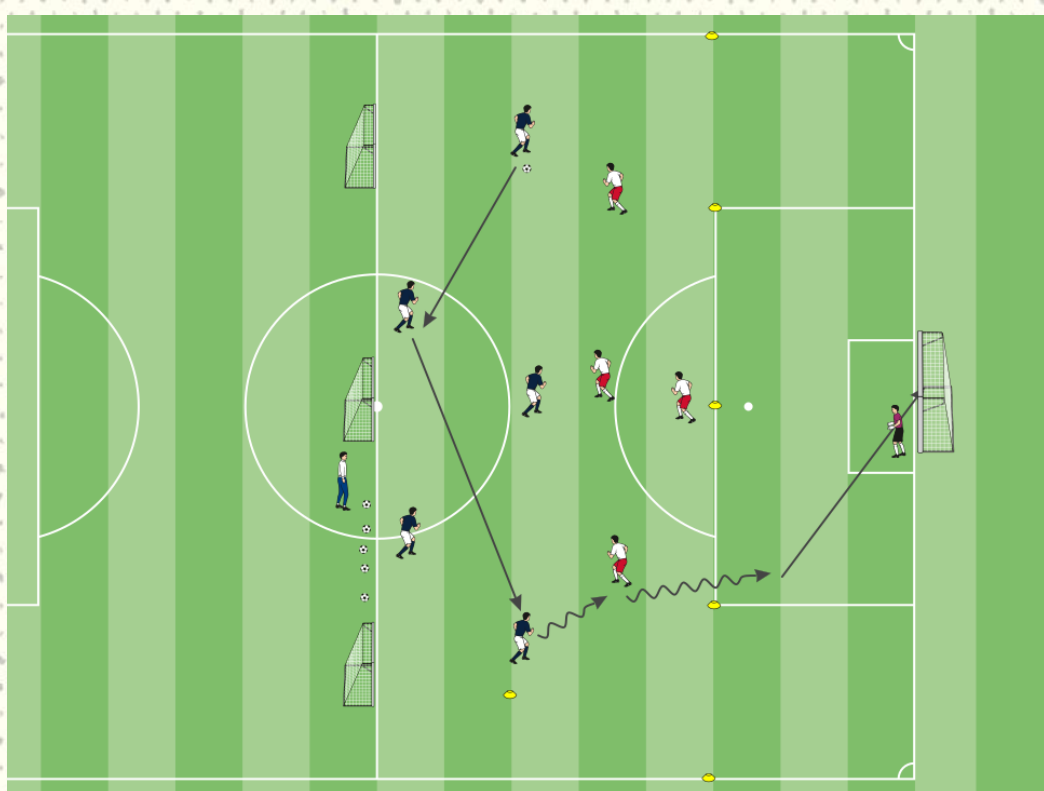
Point for dribbling through gate or counter into mini goal.

MORE CHALLENGING

Play 2v2

PHASE 3 – 5v4 Attacking | 20 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

Half Field Game with restraining line on top of box. 1 large goal, 3 counter goals / gates.

DESCRIPTION

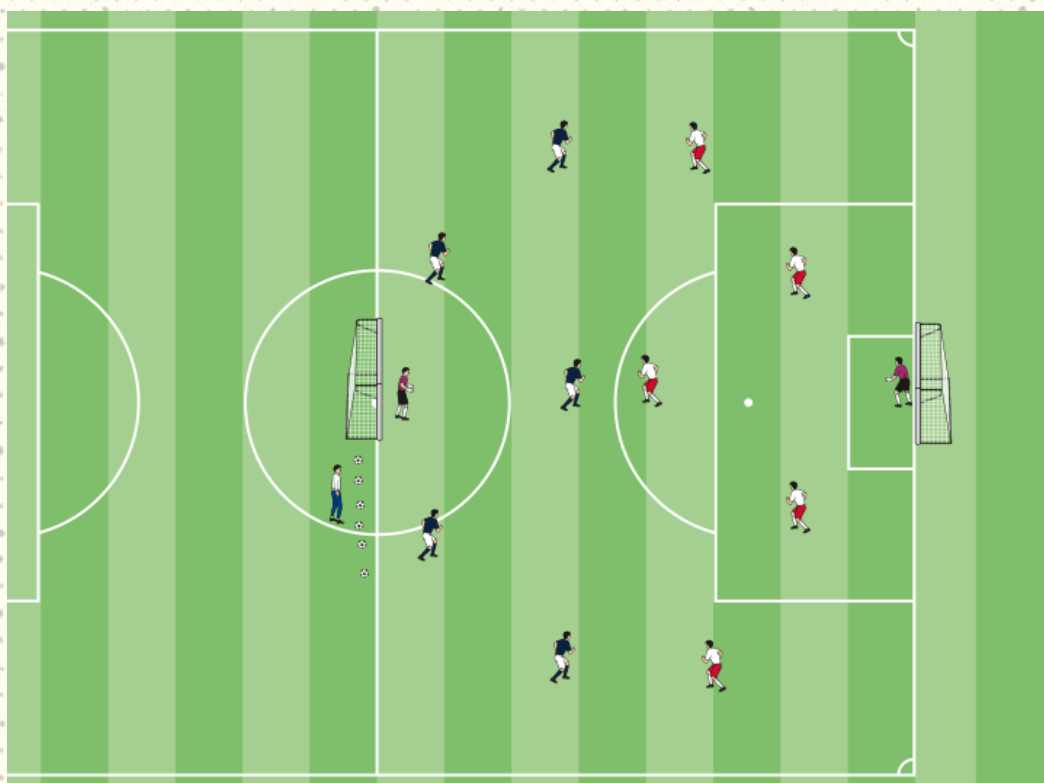
Teams play 5v4 plus a goalkeeper. The attacking team must dribble over the restraining line before scoring. Only 1 defender can enter the scoring zone after the attacker has passed the restraining line. Defenders score in the counter goals

MORE CHALLENGING

5v5

PHASE 4 – Play | 25 MINS

12 MINUTES PLAY | 3 MINUTE REST



AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 5v5 to 7v7v, adjust based on numbers. Regular game rules encouraging players to take on opponent to advance the ball and to create chances in attacking half.

SCORING

1 point for scoring in respective goals

Week 10 Passing to unbalance the opposition

OBJECTIVE | Learn how to pass the ball to unbalance the opponent

COACHING POINTS

1. Make eye contact with the receiver
2. Balanced when making contact with the ball
3. Lock ankle, high toe/heavy heel

GUIDED QUESTIONS

1. When is a teammate open for a pass?
2. When should I pass to feet?
3. When should I pass to space?

KEY WORDS

Find feet, Relax and be balanced, find the runner


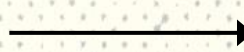

PLAYER ACTIONS

Passing

TECHNICAL TOOLS

Block 1: Find a teammate; **Block 2:** Pass to feet, Pass to space; **Block 3:** Possess, Progress, Penetrate

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 



9 v 9

Train to learn

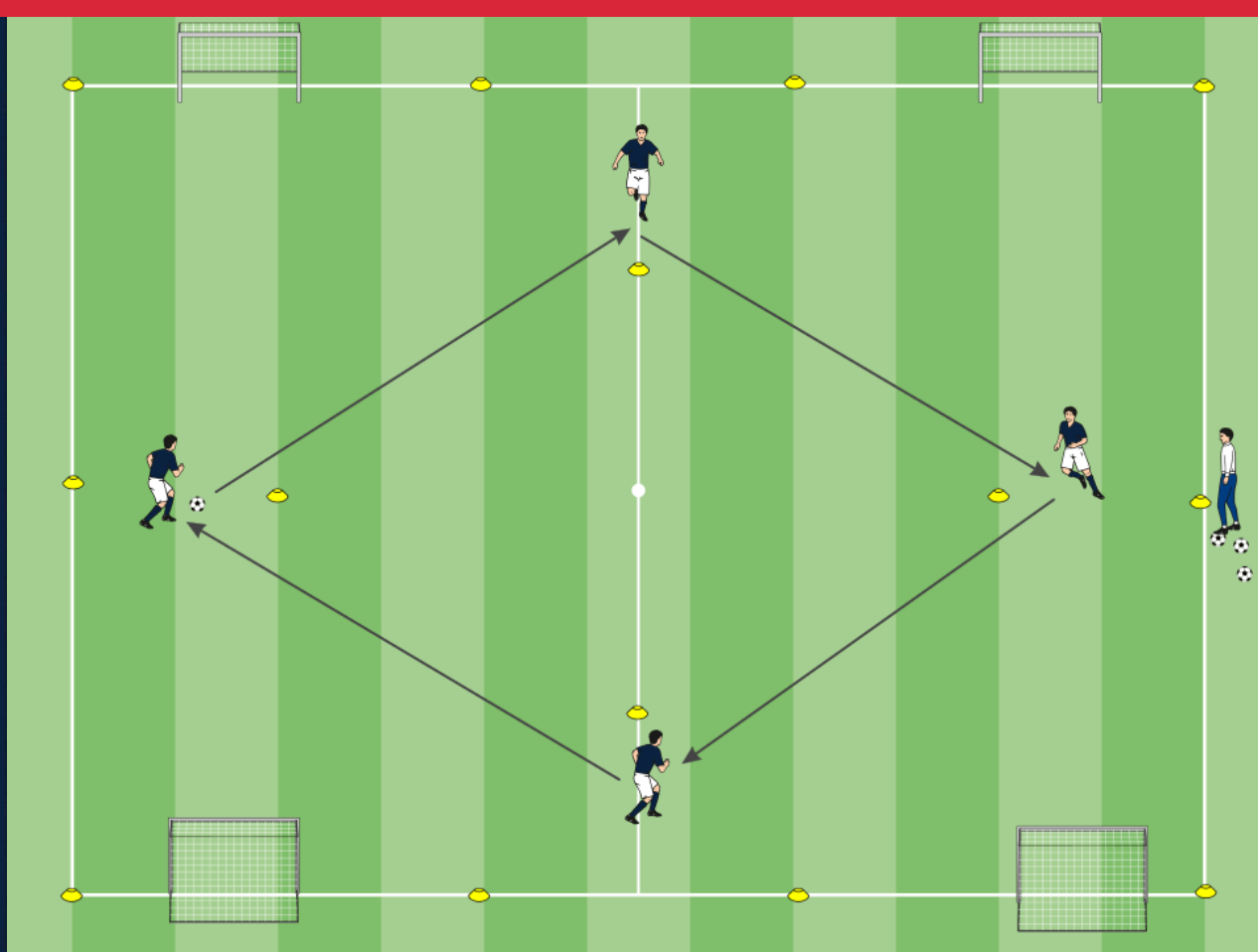
Me and the team

Develop functions and fundamentals of roles and positions within the team

Dribbling,, shooting, advances skill moves, passing and receiving

PHASE 1 – Pass and Move | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 30-yard area set up 2 x passing diamonds shown.

DESCRIPTION

Players pass ball around diamond staying in same spot. Focus should be on self-preparation (on toes), quality of first touch, picking head up to see next player, passing accuracy and technique.

MORE CHALLENGING

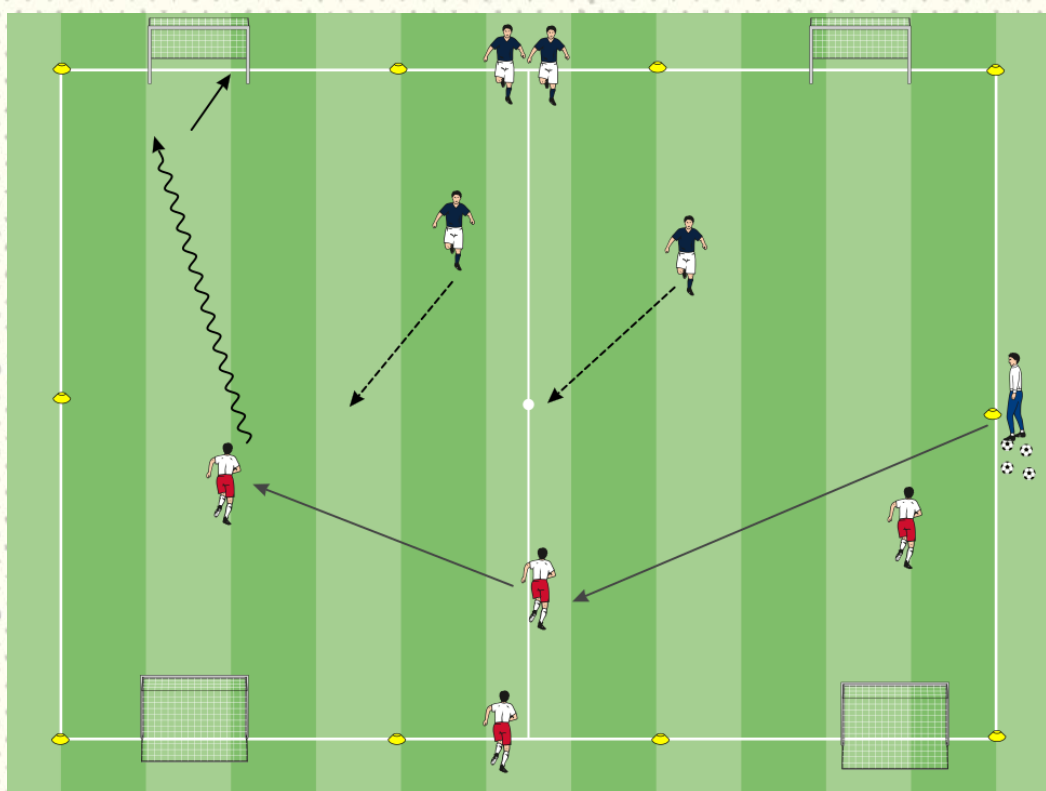
Pass and follow (add 5th player to group)
 Add wall pass combinations

Week 10

Passing to unbalance the opposition

PHASE 2 – 3v2 to 4 goals | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

20 x 30 yard area (Adjust size based on age/level)

DESCRIPTION

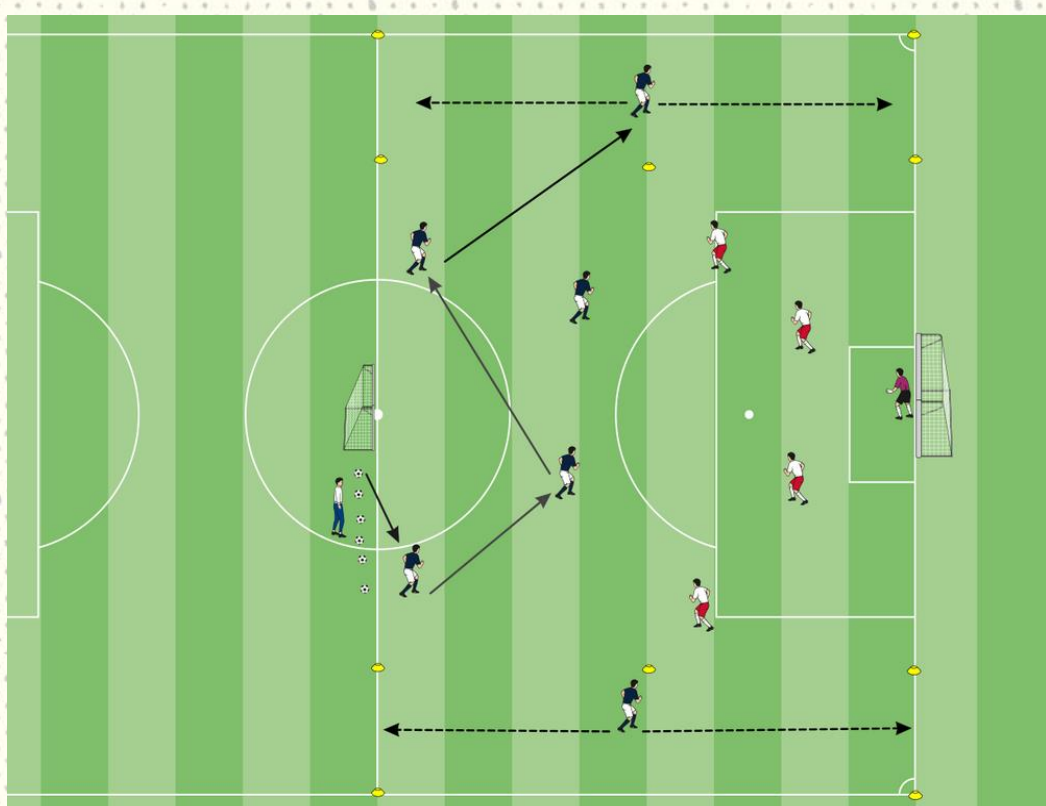
Red start with the ball each time and play 3v2 to score on mini goals for a point. Blue team win ball and counter on mini goals. Rotate teams/players.

MORE CHALLENGING

3v3, 4v3

PHASE 3 – Target Passing Game | 15 MINS

6 MINUTES PLAY | 1.5 MINUTE REST



AREA

Set up half field game with large goal and counter goal. Create 10-yard-wide channel

DESCRIPTION

Play 6v5 (start with 6v4), blue attacking large goal, red counter to mini goal. Wide players in channels. Wide players can come into game when receiving ball. Red defenders can't enter wide channel to start.

MORE CHALLENGING

Red can now defend player in wide channel. Add an additional red defender. Remove wide channels

PHASE 4 – Play | 25 MINS

12 MINUTES PLAY | 3 MINUTE REST



AREA

Set up half field 7v7 game.
1 Large goal, 3 mini goal/gates

DESCRIPTION

Blue team attack the large goal, red team counter on the mini goals/gates for a point. Encourage players to work on switching the ball quickly to unbalance opponent and to find the weak side of the field to create chances

Ages and stages

Social Development

- Begin a growing desire to assert individuality and independence.
- Very loyal to peer group and influenced by them (judgment).
- Can be critical of peers and adults.

Emotional Development

- Don't accept authority blindly.
- Can change emotions quickly – may be overly sensitive and dramatic.
- Beginning to gain experiences which give them insight into the fact that someone can have a different opinion.

Language Development

- Evolving, conversations can be more abstract (Sportsmanship, fairness) etc.
- Like to talk, use language to express feelings and tell stories.
- Ask many questions and want thoughtful questions.

Cognitive Development

- Eager to learn.
- Still willing to use imagination and creativity.
- Can sequence thoughts and actions; improving ability to perform more complex tasks (within that sequence). Also enjoy problem solving and rule-based games.

Physical Development

- Increased growth rate and maturation means players can be more susceptible to injury (overuse vs acute injury).
- Talent gap increases (Differences).
- Continued development of endurance.



AGE: U15

LEVEL: GRASSROOTS

AREA OF FIELD:

Buildup

GAME PRINCIPLE: PENETRATION

TEACHING TOOLS

PLAYER ACTIONS

WHAT YOU WOULD LIKE THE PLAYERS TO DO BASED ON SESSION TOPIC.

EXAMPLE

“Pass or dribble forward”

TECHNICAL TOOLS

WAYS IN WHICH TO PERFORM OR ENHANCE PLAYER ACTIONS.

COACHING POINTS

HOW TO HELP & GUIDE PLAYERS TO PERFORM THE PLAYER ACTIONS.
EXAMPLE FOR DRIBBLING “LARGER TOUCHES TO ACCELERATE INTO SPACE”

GUIDED QUESTIONS

QUESTIONS SHOULD BE PREMEDITATED TO SEEK UNDERSTANDING FROM THE PLAYERS. THEY MUST BE RELEVANT TO THE SESSION TOPIC AND SIMPLE FOR THIS AGE.
EXAMPLE FOR DRIBBLING “HOW DO YOU KNOW WHERE THE OPEN SPACE IS WHEN DRIBBLING?”

PLAYERS NEED TO HAVE FUN! BELOW ARE PLAYERS ACTIONS AND TECHNICAL TOOLS.

TECHNICAL TOOLS

PLAYER ACTIONS



Each team should teach **block 1** before teaching **block 2**. Progress to teach **block 2 (or beyond)** when you feel the majority of the team is ready to advance or individually should you have high performers within the team.

COACHING



- Learn players names
- Positive reinforcement
- Use small sided games to develop skills and teach roles with attack, defense and transition

- Keep a supply of balls
- DEMONSTRATE!
- Use of freeze moments in games to show larger pictures
- No laps, lines or lectures!



SESSION STRUCTURE

SKILL DEVELOPMENT

Teaching skills by breaking down the mechanics of the technique, gradually increasing pressure and applying the skill into specific game related situations.

PHASE 1

WARM UP

PHASE 2

TECHNICAL
COMPETITION

PHASE 3

TECHNICAL
RELATED GAME

PHASE 4

GAME

OR

PLAY-PRACTICE-PLAY

A Grassroots developed philosophy designed around a player-centered approach to coaching. The concept of *Play-Practice-Play* is to allow young players to experience the game and game-like situations as much as possible.

PLAY

SMALL-SIDED
GAMES
1v1, 2v2, 3v3, 4v4

PRACTICE

DELIBERATE
PRACTICE GAME-
LIKE ACTIVITIES

PLAY

GAME RELATED
PLAY IN
4v4 TO 7v7