



#GetActive



NARSPORTS

Passion Presented

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WHY WORK WITH US HERE AT NAR SPORTS

TO BE THE BEST COACHING ORGANISATION IN THE LOCAL AREA, AND BEYOND

Purpose of this curriculum:

To deliver a consistent player experience across all NAR Programmes.

To provide you with the set-up of the coaching activities that then allows you to adapt them to the needs and enjoyment of the players.

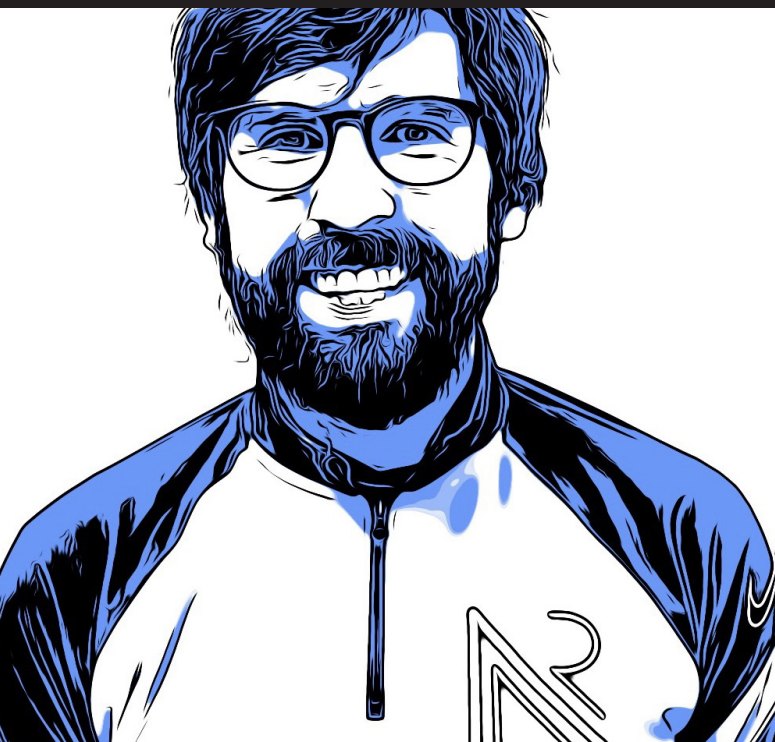
For you to focus on bringing out your own character and personality to create a positive rapport with the players and most of all enjoy delivering the programme.

To provide detail behind the NAR coaching approach to use as a reference alongside the Online Learning Centre Modules.

Support your personal development in working with different types of players and representing NAR on the different range of programmes.

We look forward to working with you and hope that together we can enjoy a positive and productive relationship.

Adam Beasley, NAR Sports Director



WE'RE COMMITTED ON MAKING FOOTBALL FUN, WITH AN EMPHASIS ON DEVELOPING YOUNG PLAYERS ON AND OFF THE PITCH.

ADAM BEASLEY

CURRICULUM OBJECTIVES

Reflect the commitment of NAR towards Youth Development, using moments from the football's history and past and present to deliver inspirational activity at all times.

Teach players how to build up a range of movements and techniques related to the ever evolving game of football. Coaching sessions have been designed to allow repetition of these fundamental actions in a fun and exciting way and to challenge and motivate players at all times. Whatever their level, help players to develop the courage and confidence to express their ability in games and an understanding of how to learn from their mistakes.

Build a positive rapport with all players to deliver the best possible experiences and activity to raise self esteem and improve performance on and off the field. Each player will be encouraged to reflect on their progress in technical, tactical, physical, mental and social aspects of the game. Working hard to never give in, working together and always believing in yourself are core traits of a successful NAR football player that are encouraged throughout all our sessions and matches.

Develop positive relationships with players, parents and partners we meet to create a positive affinity towards NAR.



COACHING PATHWAY

CREATE THE NAR ENVIRONMENT

Knowledge and understanding of the NAR playing philosophy and model.

LEARNING TO PLAY THE NAR WAY

Using a carefully thought out and innovative curriculum to create our coaching delivery.

LEARNING TO COACH THE NAR WAY

Delivering the programme to all ages, abilities and nationalities.

CREATE THE NAR ENVIRONMENT

KNOWLEDGE AND UNDERSTANDING OF THE NAR PLAYING PHILOSOPHY AND MODEL



BELIEF IN
YOUNG
PLAYERS
.....
WINNING
MENTALITY

RELENTLESS
PURSUIT OF
SUCCESS
.....
NEVER
GIVE UP



FUN PRACTICE **WORK**
..... PRACTICE TOGETHER
..... PRACTICE LET THE PLAYERS
BELIEVE
IN YOURSELF PATIENCE **PLAY**

LEARNING TO PLAY THE NAR WAY

USING A CAREFULLY THOUGHT OUT AND INNOVATIVE CURRICULUM TO CREATE OUR COACHING DELIVERY.

MOVE LIKE MESSI

Practice to master a range of tricks and turns and develop an awareness of when and where to use them.



PASS LIKE POGBA

Practice a range of long and short passes to develop confidence to receive the ball.



DEFEND LIKE VAN DIJK

Enjoy the challenge and success of winning the ball back for your team.



SCORE LIKE SALAH

Be clever, strong and positive to take your chance.



RUN LIKE RONALDO

Train and fuel your body to give yourself the best chance of success.



STAR PLAYER

NEVER give less than 100% effort.

ALWAYS work together as a team, and **REMEMBER** to believe in yourself and everyone around you.

This spells NAR and is part of our core philosophy, and all parents, coaches and players should know this.

LEARNING TO PLAY THE NAR WAY

TECHNICAL

Teach players how to build up a range of movements and techniques related to the ever evolving game. Coaching sessions have been designed to allow repetition of these fundamental actions in a fun and exciting way and to challenge and motivate players at all times.

DEVELOP THE PLAYER'S UNDERSTANDING

CHANGE PACE
CHANGE DIRECTION
CHANGE PLAY

TACTICAL

Enhance the player's understanding of why, when and where the techniques are used in small sided games leading up to 11v11 principles where relevant. Whatever their level help players to develop the courage and confidence to express their ability in games and decision making.

MENTAL

Developing a winning mentality requires strong character and a positive attitude. Build a positive rapport with all players to deliver the best possible experiences and activity to raise self esteem and improve performance on and off the field. Working hard to never give in, working together and always believing in yourself are core traits of a successful team that are encouraged throughout all our courses.

FUNDAMENTALS
FITNESS FUN
INTENSITY
SPEED
EXPLOSIVE PLAY

PHYSICAL

Show players how to train their bodies for the demands of the game and the different positions. Speed, strength, suppleness, stamina and skill can be developed to help you players achieve their optimum level of performance. Players will also learn how fuelling their bodies off the field will give them the best chance on it.

SOCIAL

Sessions are delivered to encourage the players to work together, to get to know each other and take ownership of how the session progresses, developing core skills to help them develop in and out of the game.

MOVE LIKE MESSI
PASS LIKE POGBA
DEFEND LIKE VAN DIJK
SCORE LIKE SALAH
RUN LIKE RONALDO

NEVER GIVE UP
ALWAYS WORK
TOGETHER
AS A TEAM
REMEMBER TO
BELIEVE IN YOURSELF

FRIENDSHIP
OWNERSHIP
LEADERSHIP
COMMUNICATION
TEAMWORK

LEARNING TO COACH THE NAR WAY

DELIVER TO ALL AGES, ABILITIES AND NATIONALITIES.



CONNECT & CREATE A RAPPORT

Initiate enthusiastic communication with the players. Voice tone, manner, body language.

Dressing Room

- Quick, exact and inclusive.
- Be yourself - use your character to relax the players.
- Set the rules:
 - If somebody speaks, we all listen.
 - When we work, we work to the highest possible quality.
 - We smile and enjoy it!
- Explain the purpose of the session and encourage discussion about which players it relates to.
- Choose one 'Star Player' topic to focus on for the session.
- Everybody shake hands before going out to play.
- Learn your new players' names on the first session/day.
- Set the tone for players to contribute which will be central to how the session develops. This may be new to many players.

COMMUNICATE THE SESSION & CONSIDER THE PLAYER

- Start with the session option provided.
- Highlight the key messages related to 1st team play to inspire and motivate players of any ability.
- Once the session is underway begin to assess what the players' needs.

DEAL WITH DIFFERENCE

Learning Styles

- Vary how you give players information/show them, tell them, guide them, let them do it.
 - Demonstrate the detail of techniques accurately and with quality.
-

Age

- Chronological vs Developmental age. Consider that players of any age may have differing competencies technically, tactically, physically, mentally or socially.
-

Ability

- Can players of similar ability work together?
- Can players of differing ability work together where the more advanced can communicate the detail.
- Be patient - appreciate your session may look slow/untidy to start off with.
- Set realistic technical and physical outcomes from the start.
- Remember: Players may understand what you are asking for but might not be able to demonstrate it.

RAISING SELF ESTEEM

- Focus on the positive – Encourage players to focus on what they do well to give them confidence to work on their weaknesses.
- Using their name is a simple way of making the player feel part of the session.
- Highlight players who try the skills in games and those who look for the ball after mistakes.

Behaviours & Personalities

- Consider what affects a player's behaviour – inclusion, understanding, homesick, anxious, tired, jet-lagged.
- Encourage contribution from all players.
- Use good play/behaviour as examples.

Giving Player Ownership

- Encourage leadership - Identify players in your group who can assist you in giving praise, coaching points and encouragement to other players.
- Give players the opportunity to have responsibility for their own learning: e.g. size of area, how to progress the session.

Player Rewards

- Captain/player of the week, equipment monitors.
- Reward players for Star Player qualities:
 - Working Hard.
 - Working Together.
 - Believing in themselves – courage to take the ball after mistakes, trying skills in games.

CONDITION TO CHALLENGE & MOTIVATE

Create your coaching toolbox

Stages of the Session

- Vary the stages - Technique – Skill – Game.
 - Consider how long is relevant to spend on each stage.
 - Let the session develop momentum and allow the players to practice.
 - Sessions involving beginners start and finish with a 4v4 game, with the technical and skill elements in between.
-

Size of the Area

- Altering the size of the playing area can make the practice easier or harder depending on the task.
 - Some players may need guidance on pitch/space awareness – mark out areas if necessary.
-

The Practice

- The coach can challenge or help the players by guiding them to use less or more touches, perform particular types of tricks/turns and encourage the use of the weaker foot.
-

Time Limits

- Conditioning the task with time limits for players to perform a number of movements/techniques can motivate and challenge all abilities.
-

Equipment

- Using smaller balls, and adapting the target areas or goals can challenge and motivate the players.
 - Starting without a ball or with the ball in hand can help beginners understand the fundamental movements for the session.
-

Use of Players

- Rotate player roles to motivate and improve understanding. Altering the number of defenders or attackers in a practice can help you control the success achieved by the players.
-

Player Cards

- Can be used in small sided games to give the player realistic targets to apply the session techniques in the game whilst thinking about what the topic means for a famous ex or current player within their position, or linked to topic.
-

Small Sided Game Scenarios

- Can be used to link the session objectives to match scenario. Encourage players to create their own scenario, strategy and tactics.

CONTROL YOUR GROUP

Monitor and adjust the control of your group when necessary (Tight: Loose).
Maintain fair and consistent discipline within your group.

Session Interventions

- Be patient - Give the players the opportunity to try what you've ask them to do.
 - Minimum stoppage maximum impact.
 - Let the players play as much as possible but consider how the number of interventions you make can impact on the physical intensity of your session.
 - Use low intensity activity breaks.
 - Decide the best type of intervention – direct teaching, questions, self-appraisal, guided, debriefs.
 - Use appropriate drinks breaks taking into consideration the session time, the weather and intensity of the session.
 - Use breaks as an opportunity for players to discuss the session objectives.
-

Managing Mistakes

- Questions: Ask at right time, in the right way and with the right question.
- Some players may benefit from being left alone to play and be spoken to afterwards.

CONSOLIDATE THE LEARNING

Session De-Brief

- Encourage everybody to shake hands as they finish the session.
-

Player Reflection

- Ask your players to reflect on the session objectives individually or in small groups.
 - Use the Player cards to reflect on the players' targets.
 - Ask questions that help the players understand what they can do to improve once they have left the course.
-

Coach reflection

- Consider what went well and what can be improved for next time.



CURRICULUM

DYNAMIC MOBILITY

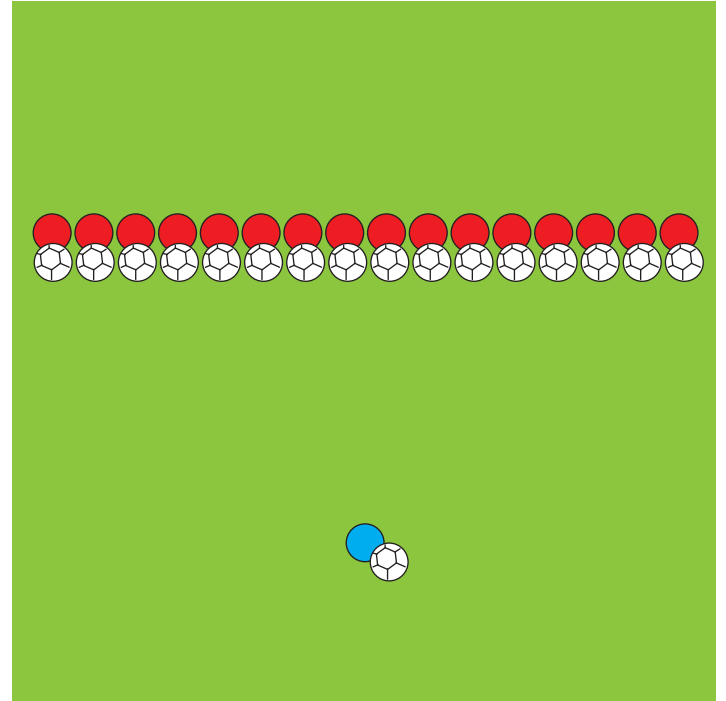
To be included in the introduction session if warming up is required.

Set Up

- Players in front of the coach with a ball each.
- Take players through the movements at their pace/level.

Progression

- Players in pairs, one mirrors the other.
- One player feeds to the other. Vary surface used – volleys, headers, floor passes.



1. Touch thigh with ball for hip flexors.



2. Touch foot with ball for hamstrings.



3. Work ball back and forward for trunk flexibility.



4. Work ball side to side for trunk.



5. Lunge with ball under control.



6. Under legs alternate.



7. Touch ball on
i) inside of foot
ii) outside

AN AREA FOR PLAYERS TO PRACTICE ON THEIR OWN IN PLAYER LED GAMES TO TAKE ADVANTAGE OF ANY SPARE TIME.

Encourage the players to enjoy practicing in their spare time both with us and at home. Coach to supervise only. Let players organise games out for themselves as much as possible. Great for social development.

Use this opportunity to go around and get to know your players.

2 Minute Challenge:

How many keep ups can they do in 2 minutes? If the ball drops they go back to Zero.

Note: some players may start by letting the ball bounce after touches.

Wembley Singles/Doubles:

1 GK, max of 6 outfield players. Scorer goes in goal or 1st to 3 goals wins.

Headers and Volleys (60 seconds):

1 GK, max of 6 outfield players. 1st player to miss target 3 times goes in goal

Rondos. 5/6 Players on Outside of Grid:

1 or 2 players look to intercept passes. Player whose pass is intercepted goes in to defend.

Head Tennis

Dynamic Numbers

Handball, Bulldog, Tick Games, Target Games

Numbers

On their own or in pairs to teach each other (see below).

ARRIVAL ACTIVITIES - NAR SKILLS SHOWCASE

BALL MANIPULATION

Step 1

Tip taps.

Step 2

Semi-circles.

DRAG BACK

Step 1

Plant your non-kicking foot behind the ball, not too close.

Step 2

Put your kicking foot on top of the ball.

Step 3

Drag the ball back and twist your body in the direction you want to go.

Step 4

Push the ball away with the inside of the same foot.

FLICK BEHIND

Step 1

You need to be square on to the ball as it travels towards you.

Step 2

Take a big step and place your non-kicking foot in front of the ball.

Step 3

As the ball rolls between your legs, bring your kicking foot in beside the ball.

Step 4

With the inside of your kicking foot flick the ball behind your standing leg.

SCISSORS

Step 1

Plant your non-kicking foot behind the ball, knee bent weight going forward.

Step 2

Swing your kicking foot around between the ball and your standing leg, place the weight on this foot.

Step 3

Move your kicking foot around behind the ball.

Step 4

Push the ball past the defender.

STEP OVER

Step 1

Plant your foot behind the ball.

Step 2

Swing your kicking foot around the ball.

Step 3

Bring your non-kicking foot in alongside the ball.

Step 4

With that same foot, take the ball away.

ARRIVAL ACTIVITIES - NAR SKILLS SHOWCASE

STOP TURN

Step 1

Plant your non-kicking foot beside the ball.

Step 2

Place your kicking foot on top of the ball.

Step 3

Roll the ball backwards, plant your kicking foot behind the ball and turn your body.

Step 4

Take the ball away in the opposite direction.

OUTSIDE HOOK

Step 1

The ball needs to be at least a stride length in front of you.

Step 2

Lift your kicking foot up and over the ball placing the outside of the foot in front of the ball.

Step 3

Use a little jump to swing your non-kicking foot around the ball.

Step 4

Push the ball past the defender.

ROLLERCOASTER

Step 1

Place your kicking foot on top of the ball.

Step 2

Use a little jump to place your kicking foot over and in front of the ball, twisting your body.

Step 3

Place your non-kicking foot on top of the ball.

Step 4

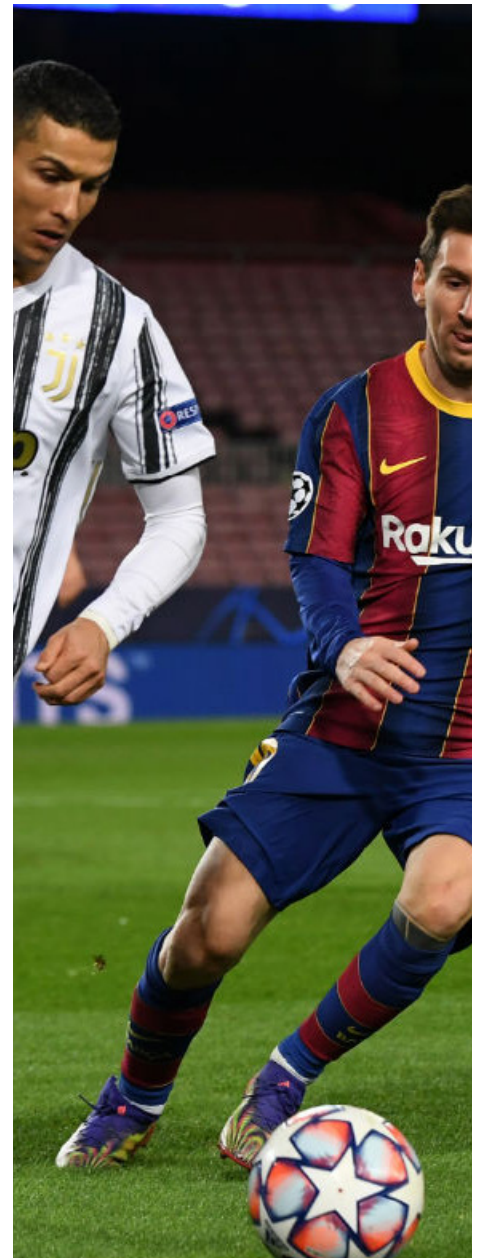
Use that foot to drag the ball past the defender.

YOUR OWN

Player performs a trick of their own

Coach players to master a range of tricks and turns and develop a confidence and awareness of when and where to use them to change the direction of play.

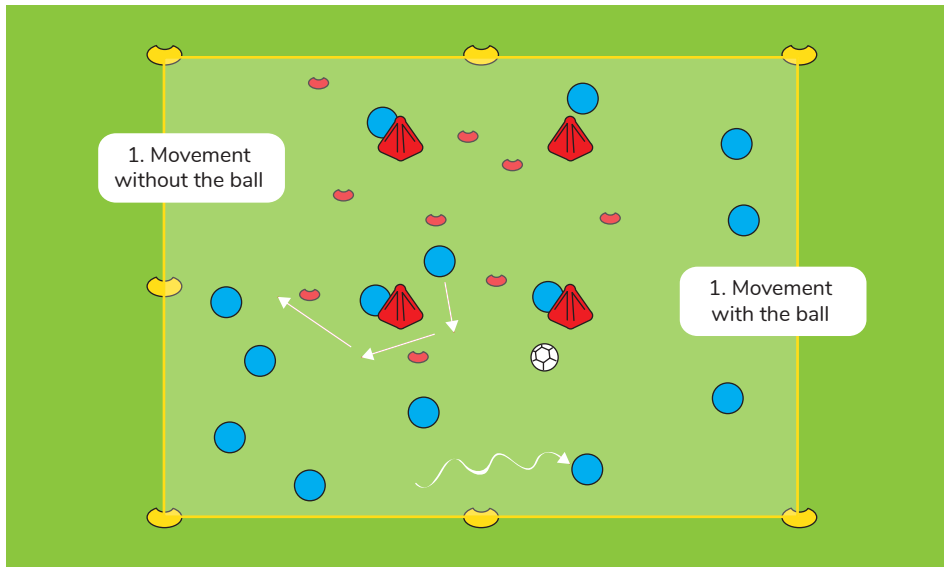
CHANGE OF PACE, CHANGE OF DIRECTION, BALL MANIPULATION, DIFFERENT PARTS OF THE FEET, FEINT, FAKES, SKILLS AND TRICKS.



Equipment

4 x dome cones, 30 x yellow marker cones, 20 x red marker cones, 4 x mini samba goals

ACTIVATION



Set Up

Use random cones spread out. 4 large cones ready for progression. Movement without a ball, change of pace and direction. Different movement between cones. Call out numbers for groups of 3,4 etc. Use the time for players to learn each other's names. Dynamic stretches in between exercises.

Introduce ball. Unstructured dribbling, no conditions. Change balls (awareness). Use time to identify ability.

Challenges

How many cones can they dribble past in 30 seconds?
How many cones can they dribble past in 30 seconds using a different technique each time?
Can players be inventive?

Set Up

Groups of 4 in each quarter, all performing the same exercises with a ball each.

Four progressions:

1. Ball manipulation
2. Moves when defender is in front
3. Moves to go to the side
4. Moves to turn back

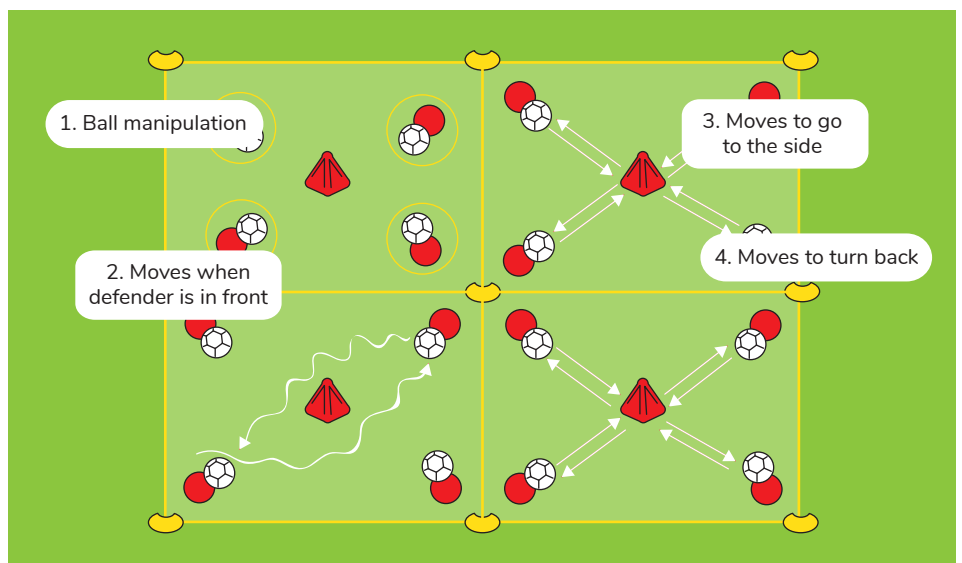
Key Points

Work on technique at their own pace. Slow in, quick out and accelerate. Head up and fewer touches once in space. Use of disguise.

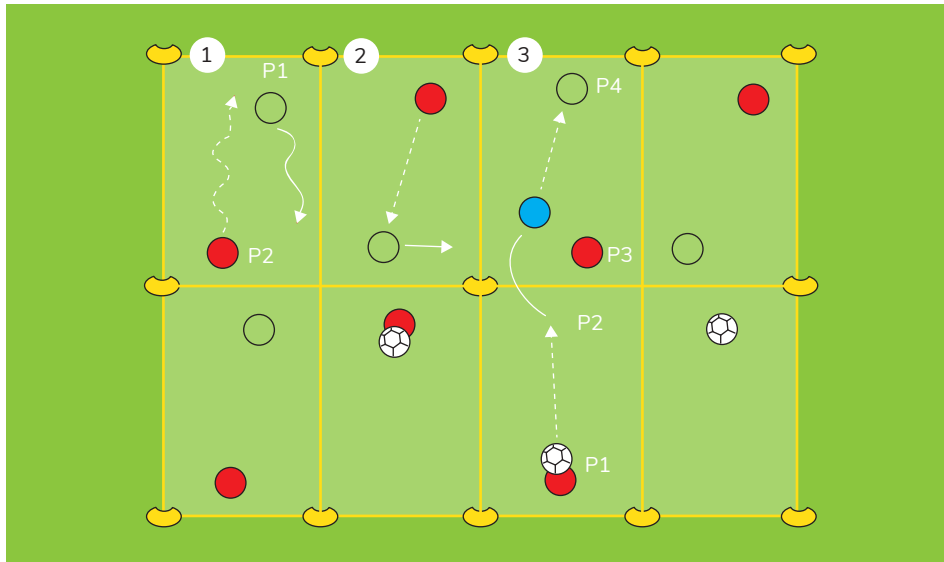
Challenges

Players to introduce their own choice of trick. Introduce double moves. How many in 30 seconds?

TECHNIQUE



SKILL



Set Up

Pairs working in channels. One ball between two.

Opposed practice to make use of technique more realistic.

1. P1 plays ball to P2 who has to try and get past opponent. Attacker / defender roles change with each.
2. Defender at side. 1st touch to the side.
3. Defender behind. P1 to P2 turns to pass to P4 - Rotate roles.

Key Points

Attack with confidence and positive first touch.

Try and get defender on their back foot.

Players free to select tricks.

Challenges

Players keep score of successful attempts - Promotion / Relegation.

Every couple of minutes players move up or down the grid to play against other players.

Set Up

8 pairs on 4 pitches. 1v1.

Diagonal pass to attacker who can attack and score in either gate.

Defender closes space to prevent attacker scoring. Score by dribbling through gate.

Key Points

Good first touch towards goal.

Change pace and direction.

Decision making.

What turn?

What side? Ball, body, defender.

Disguise.

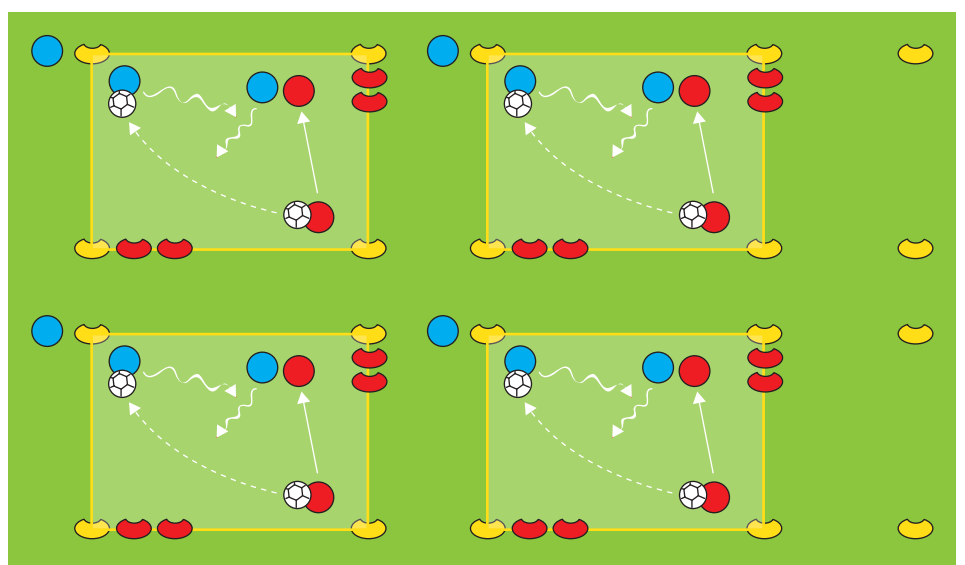
Shield the ball.

Priority is always to maintain possession.

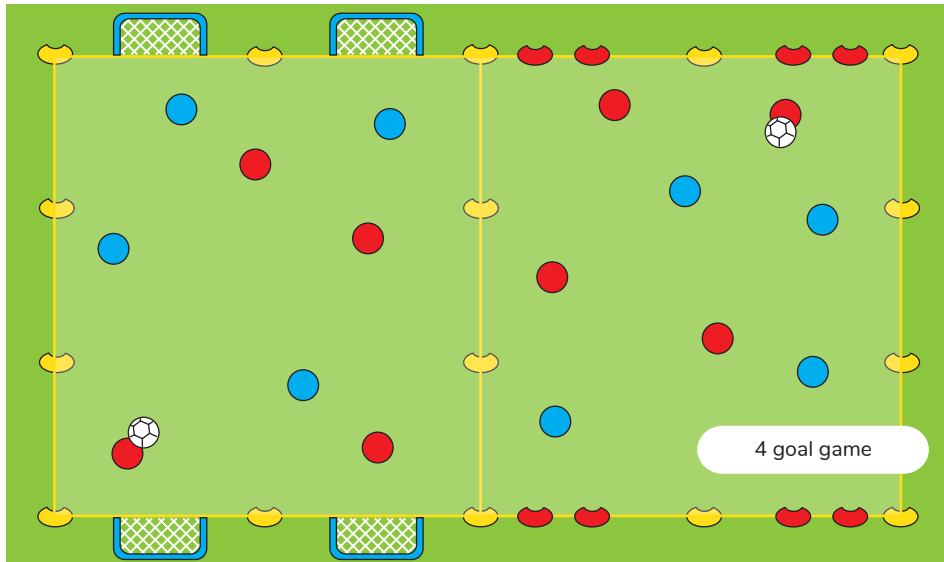
Challenges

Promotion/relegation between grids.

SKILL



SSG



Set Up

Four goal game.
Mini samba goals for one pitch, cones for other pitch.

Key Points

Encourage players to try and go past defenders at every 1v1 opportunity.
Look at movement of players to get into wide positions.

Challenges

5v3 to start with to encourage success.
Only points count when a player has gone past an opponent leading to the goal.
Use scenario card.

Individual Challenges

Player Cards

Set the individual players realistic challenges related to 1st team players and their positions.
Allow the player to decide which challenge to aim for.
Give them opportunity to review their target to progress.

Team Scenario

Coach to use a memorable game.

Strategy

The manager wants you to exploit this weakness and create 1v1 situations in the attacking third.

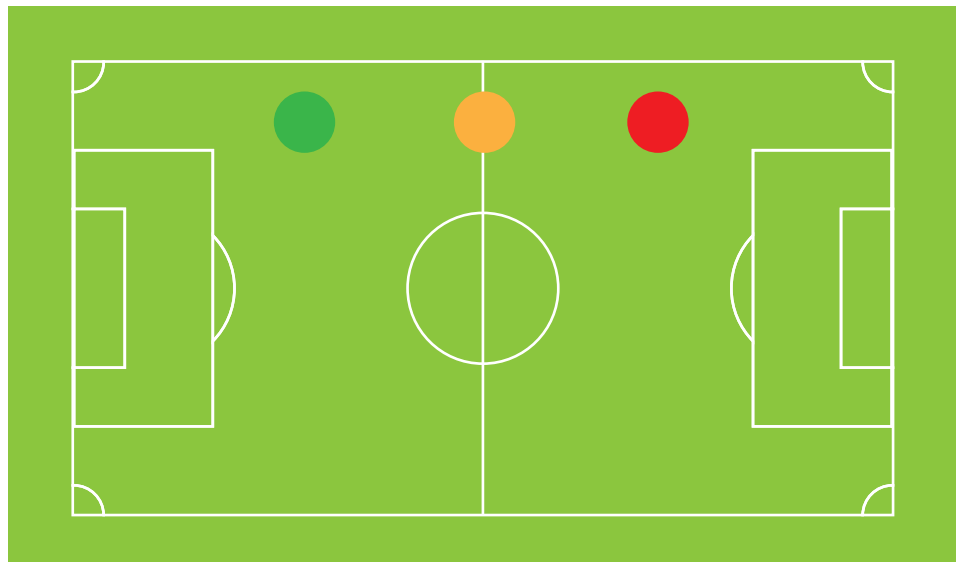
Tactics

As a team, can you:

Use wide areas of the pitch to set up scoring chances.
Attack and score without using your team mates and using a trick or turn to beat your opponent
Change the play - decide when it's best to dribble or pass to beat an opponent.

6v6 TO 11v11 PRINCIPLES

Encourage the same movements and patterns from the previous sessions.



What other strategies could you employ as a team?

Can the players think of other Scenarios, Strategies and Tactics?

PASS LIKE POGBA

Make players feel composed to receive the ball from all angles, especially after mistakes, to then practice a range of passes to combine to attack.

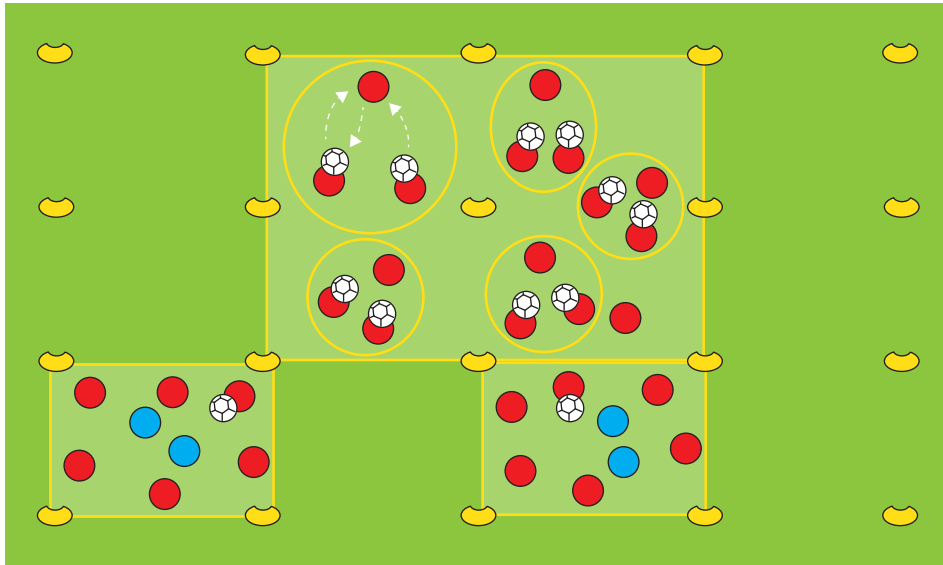
WEIGHT OF PASS, DIRECTION OF PASS, SPEED OF PASS, DRIVEN PASS, LOFTED PASS, POSSESSION PASS, FIRST TOUCH.



Equipment

40 yellow cones, 20 red cones, 4 mini goals, 4 large cones, 16 large cones

ACTIVATION



Set Up

Players working in groups of 3 with 2 balls.

One player works, 2 serve (rotate players as required).

Ball in to feet and return, alternate feet, 1-2 touch.

Progress to serving underarm; player controls the ball in the air and returns with a volley.

Progress to using one ball. Player receives and passes to free player.

Challenges

How many successful passes in 30 seconds?

Can they progress to free play in a confined area (players staying in the same position but on their toes)?

One touch passing? Juggling circle? Progress to boxes.

Set Up

In pairs, players play through gates. Variety of passing techniques through and around the gate area.

Players progress to receiving away from pressure into the skill box in the middle. Perform a trick and find a free player to repeat process.

Players work in groups (8 each time) or continually rotate with receiving touch inside the gate.

Key Points

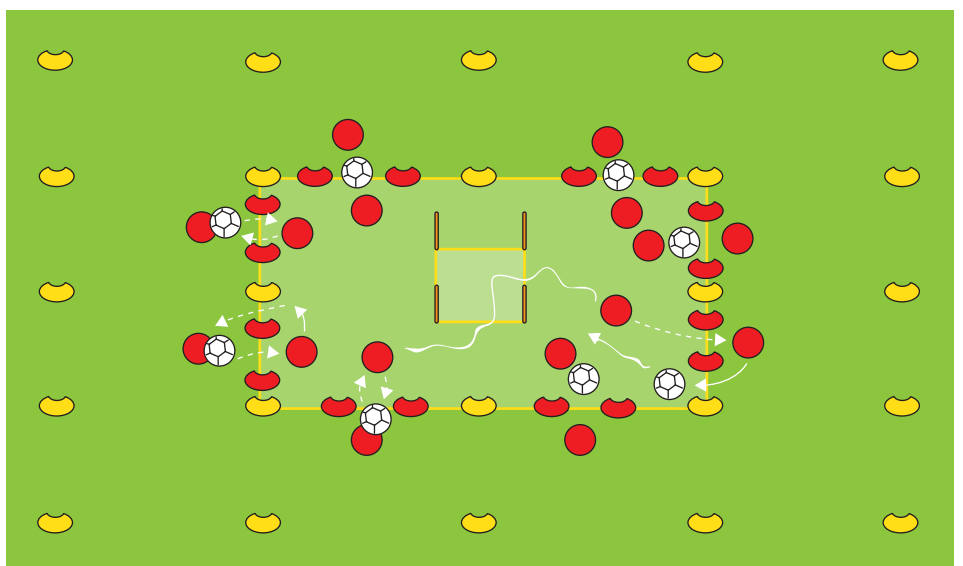
On toes ready to receive.

Selection of technique and good first touch away from pressure.

Encourage players to check their shoulder for space and play with their head up.

Awareness of space and opponents to be able to make the correct decision.

TECHNIQUE/SKILL

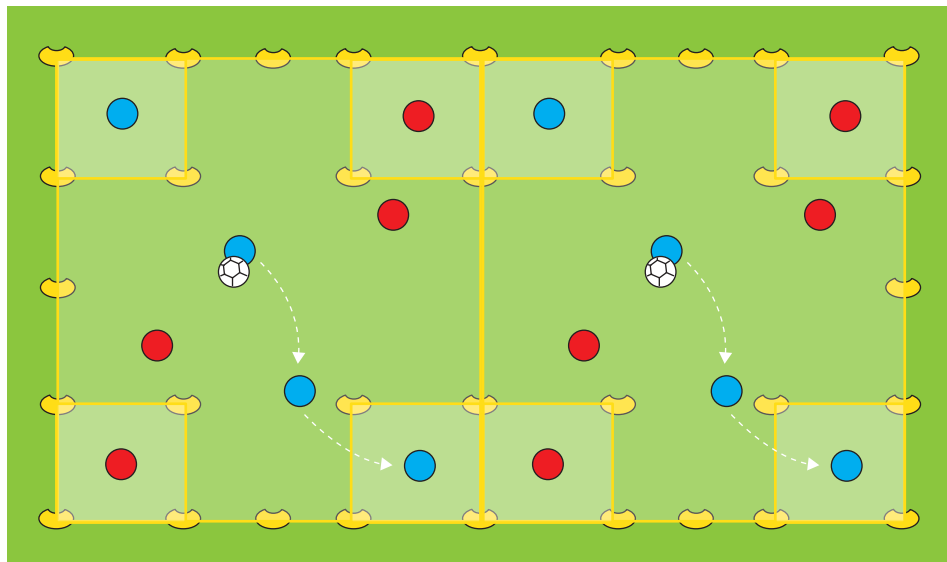


Challenges

How many successful passes in 30 seconds? Success will depend on quality of touch and delivery.

Make defenders active to encourage more realistic situation. Can players perform a no touch turn?

SKILL/SSG



Set Up

Two games (4v4 in each).
Target players in 4 corners. Players try to combine to pass into target areas.
Target players to stay in zones.
Progress to rotate in and out of zones with each pass.
Target players on perimeter.

Key Points

Good first touch.
Awareness.
Exploit space.
Quick play.
Combinations.

Challenges

Score points for each target achieved.
Change players in teams.
Score extra points for receiving out of zone in one touch.

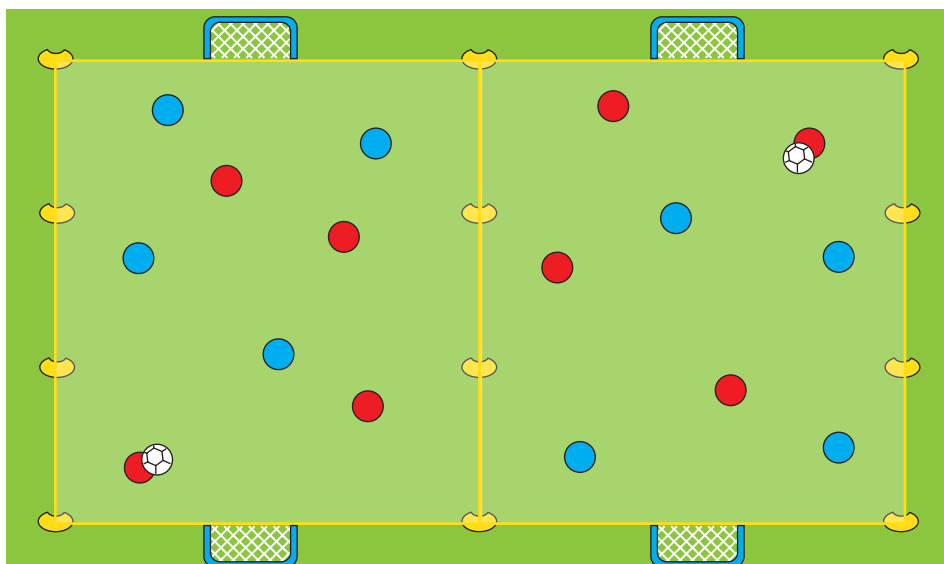
Set Up

4v4, 2 goal games.
Look to use turns in competitive game situations.

Key Points

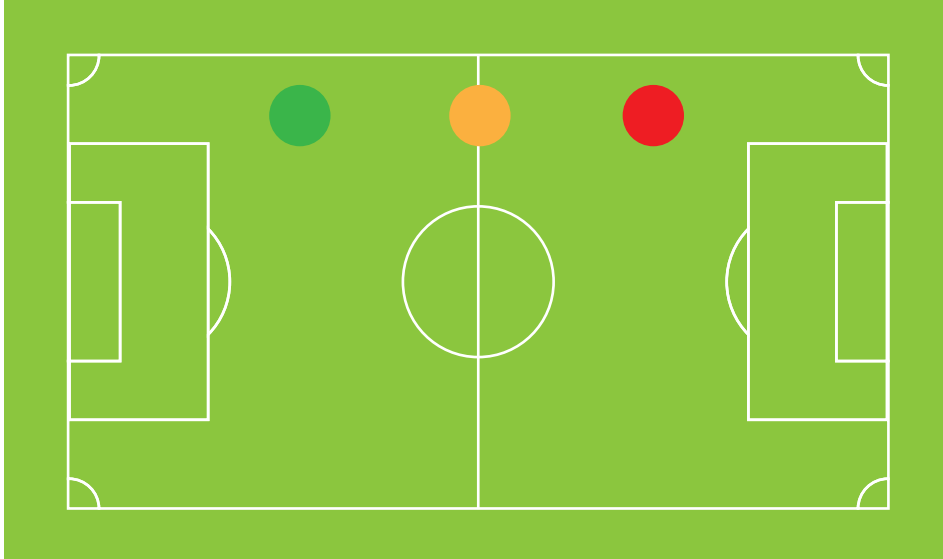
Look for quick combinations to attack the space with purpose.
Use the 4v4 scenario card.

SSG



6v6 TO 11v11 PRINCIPLES

Encourage the same movements and patterns from the previous sessions.



What other strategies could you employ as a team?

Can the players think of other Scenarios, Strategies and Tactics?

Individual Challenges

Player Cards

Set the individual players realistic challenges related to 1st team players and their positions.

Allow the player to decide which challenge to aim for.

Give them opportunity to review their target in progress.

Team Scenario

Coach to use a memorable game.

Strategy

The manager wants you to launch an attack quickly once you regain possession.

Tactics

As a team, can you:

React 1st and make a good 1st touch to keep the ball.

Keep the ball for 3 passes once possession is regained.

Create a chance within 5 passes of gaining possession.

Play 1 or 2 touch to attack quickly.

DEFEND LIKE VAN DIJK

Encourage players to enjoy the challenge and success of winning the ball back for their team and to start the next attack as an individual and a team.

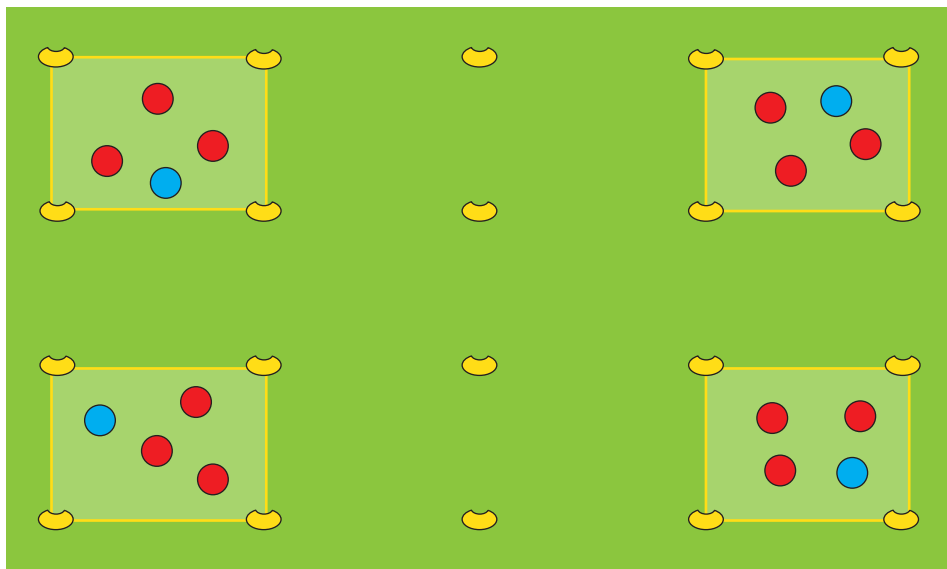
DELAY, DENY, DEFLECT, DEFEND, ACCELERATE TO CLOSE DOWN, BRAKES ON, JOCKEY TO SLOW DOWN, BRAVE, TIMING OF TACKLE.



Equipment

20 yellow cones

ACTIVATION



Set Up

3v1 bib game - changing pace and direction.

Players perform dynamic warm up movements (see dynamic flexibility numbers).

Relate movements to defending.

Challenges

1v1 man marking with reaction belts.

Players try to break free. With and without the ball.

Set Up

Players in pairs - P1 passes to P2.

P1 tries to prevent P2 running the ball over either cone behind.

Start with passive defending.

Key Points

Delay the attacker and deny space.

Close the space.

ABCs of footwork and balance.

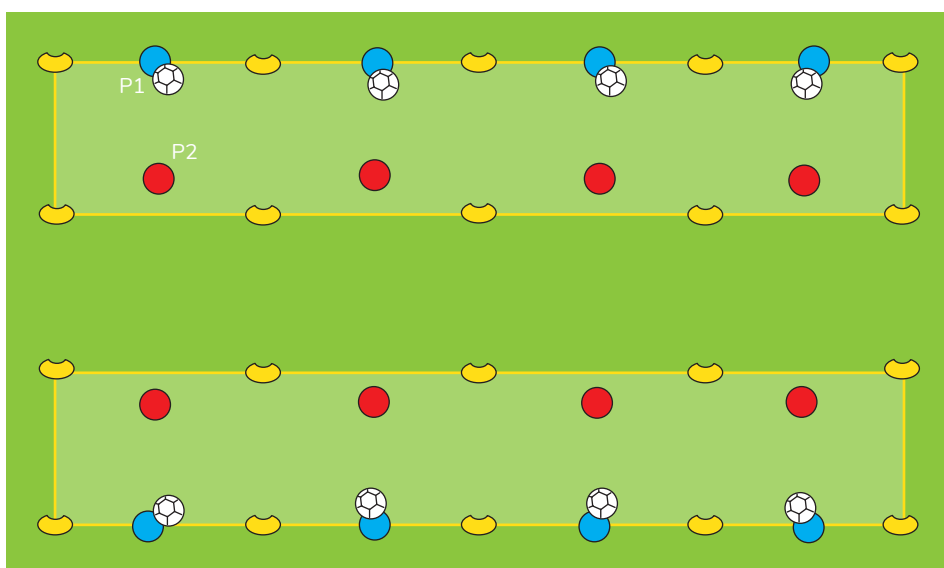
Challenges

1st to 5 points.

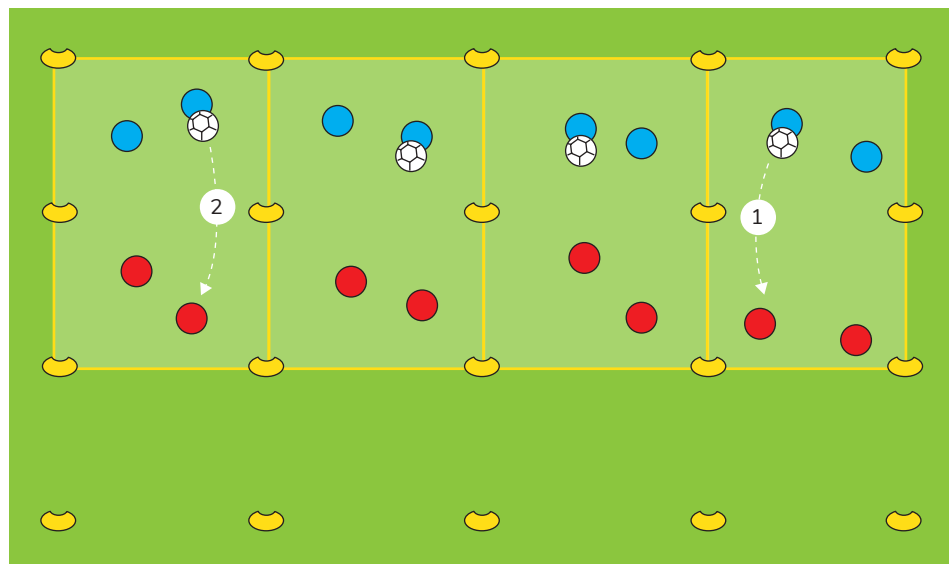
Start with 1v1 game using reaction belts.

Defender can't allow attacker to get to cones or break the belt.

TECHNIQUE



2v1 DEFENDING GAME



Set Up

Start with 1 attacker v 2 defenders.
Defender plays the ball to the attacker.
The two have to stop the attacker reaching the coned back line.

Key Points

Communication with defensive partner.
Delay and deny the attackers time and space with the ball.
Decision making, when to press, when to stay.

Set Up

4 v 2 + 2 players on outside.
Attackers look to get the ball to any of the outside players.
How many times can defenders win ball back?

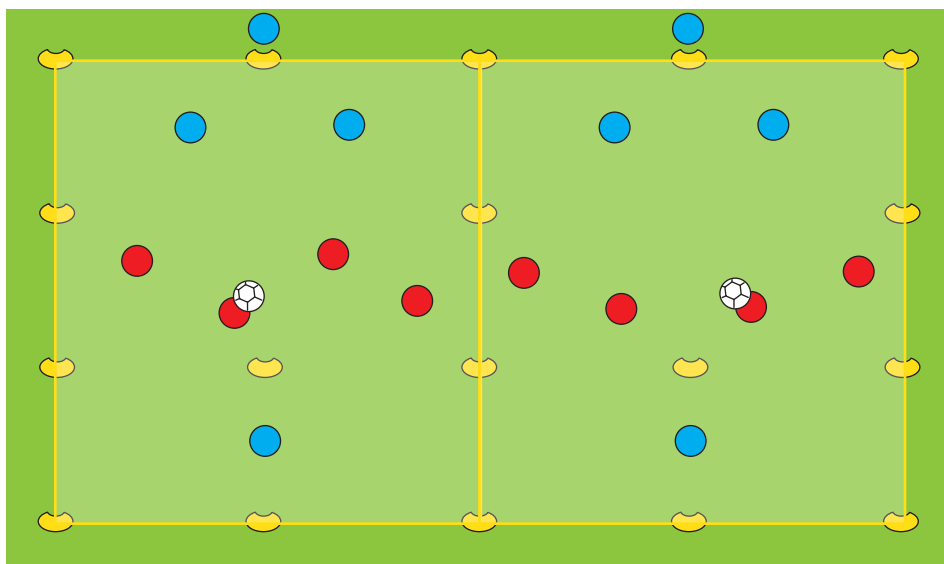
Key Points

Distance and angles of support.
Communication with defensive partner.
Delay and deny the attackers time and space with the ball.
Decision making, when to press, when to stay.

Challenges

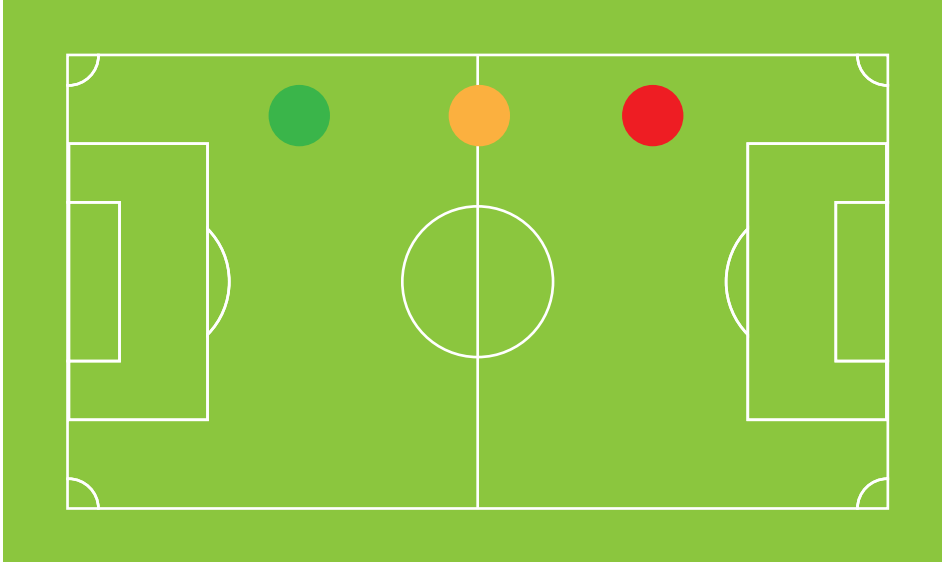
2 attackers v 4 defenders. The 2 attackers score double points if they can win the ball and pass to an outside player.
Add goals in to replace outside players.

SSG



6v6 TO 11v11 PRINCIPLES

Encourage the same movements and patterns from the previous sessions.



What other strategies could you employ as a team?

Can the players think of other Scenarios, Strategies and Tactics?

Individual Challenges

Player Cards

Set the individual players realistic challenges related to 1st team players and their positions.

Allow the player to decide which challenge to aim for.

Give them opportunity to review their target in progress.

Team Scenario

Coach to use a memorable game.

Strategy

Expecting a strong attacking start from opposing team, the manager wants you to silence the crowd by being defensively solid as a team, keep the ball and score an away goal when you get the opportunity.

Tactics

As a team, can you:

Communicate and organise yourselves so that as a team you have good angles and distances of support.

Support each other as quickly as you can when possession is lost.

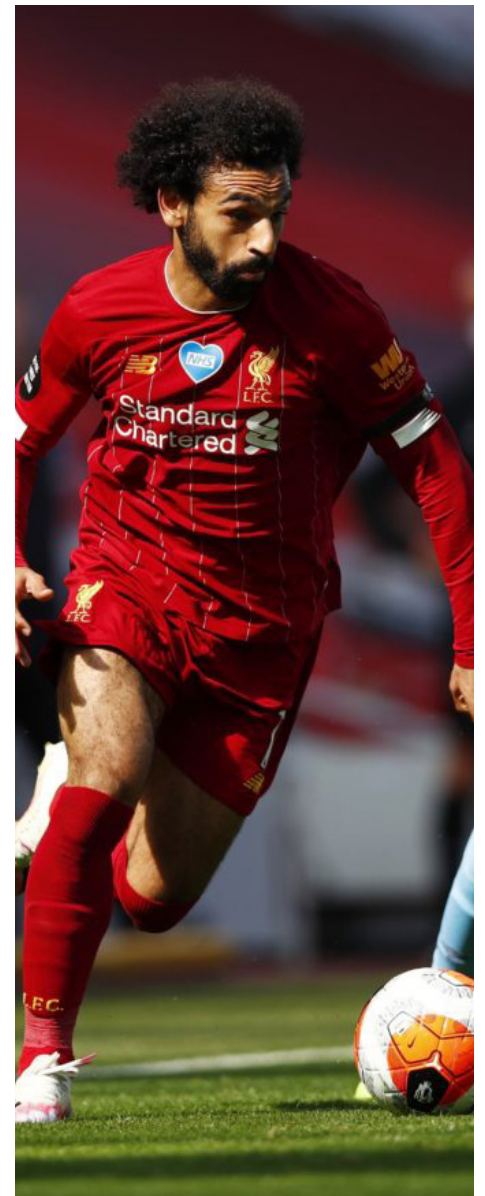
Win the ball back and counter attack quickly.

Retain the ball after winning a tackle.

SCORE LIKE SALAH

Encourage players to be strong and positive to give themselves the best chance to score. Coach a range of different finishes and combinations to build confidence in front of goal.

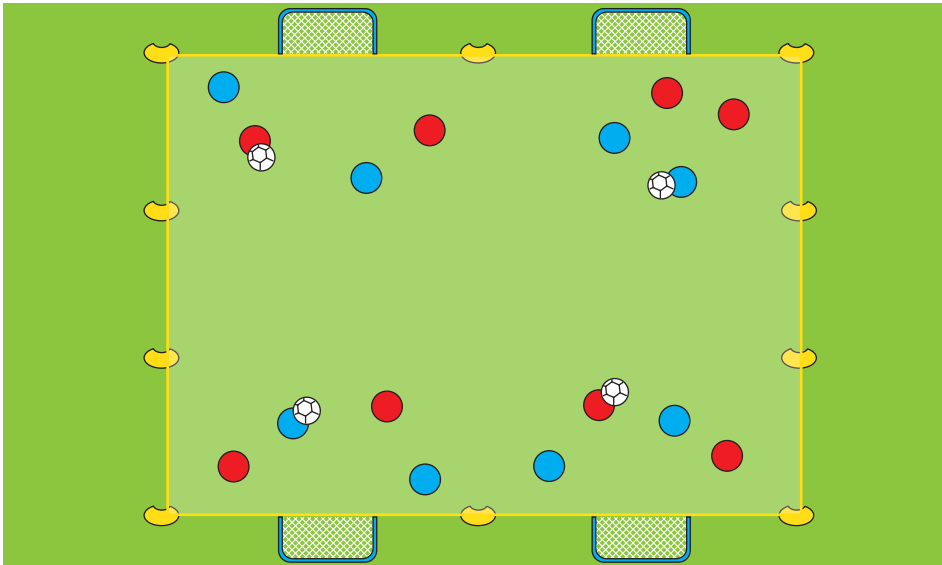
POWER, ACCURACY, SIDE-NETTING, HEADERS, VOLLEYS, GOALKEEPERS POSITIONING, DEFENDERS POSITIONING, FIRST TIME FINISH, INSIDE BOX, OUTSIDE BOX.



Equipment

4 x large cones, 30 x yellow marker cones, 20 x red marker cones, 4 mini samba goals

ACTIVATION



Set Up

1v1, 2v2 coach to facilitate only.
Allow for players to work and score on their own.
Stop the session regularly to take players through the dynamic numbers.

Set Up

1. P1 plays to P2 opposite who receives and strikes for goal. P1 and P2 then swap places and P3 and P4 repeat the practice once area is clear.
2. P1 plays to P3 diagonally who receives and strikes for goal. P1 and P3 then swap places and P2 and P4 repeat the practice once area is clear.
3. Add poles for players to attack before finishing.
4. P1 plays to P3 who receives turns and finishes at other goal. P1 into the middle, P3 to the side of the goal. P2 and P4 repeat when area is clear.

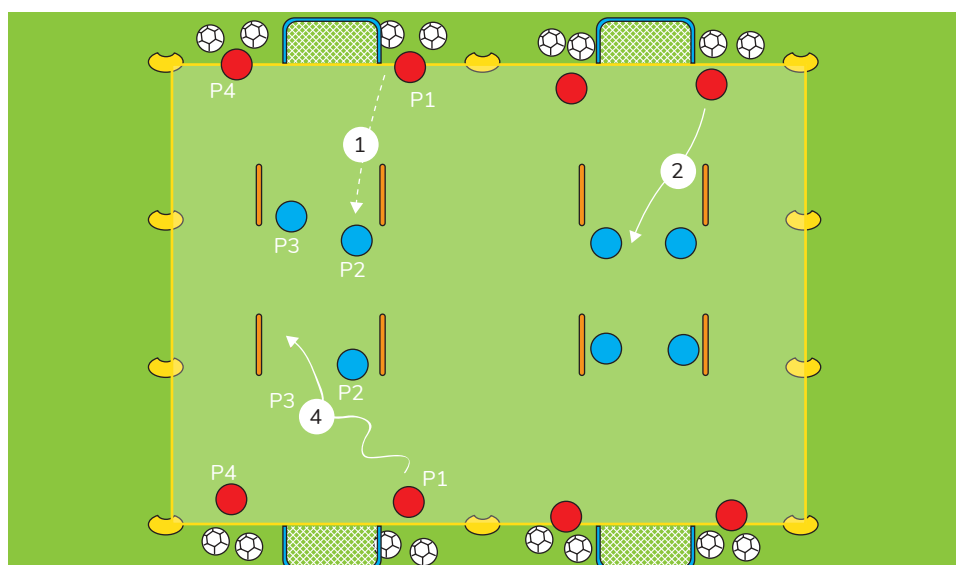
Key Points

Receive ball on toes and into space to strike at goal.
Decide best technique for accuracy.

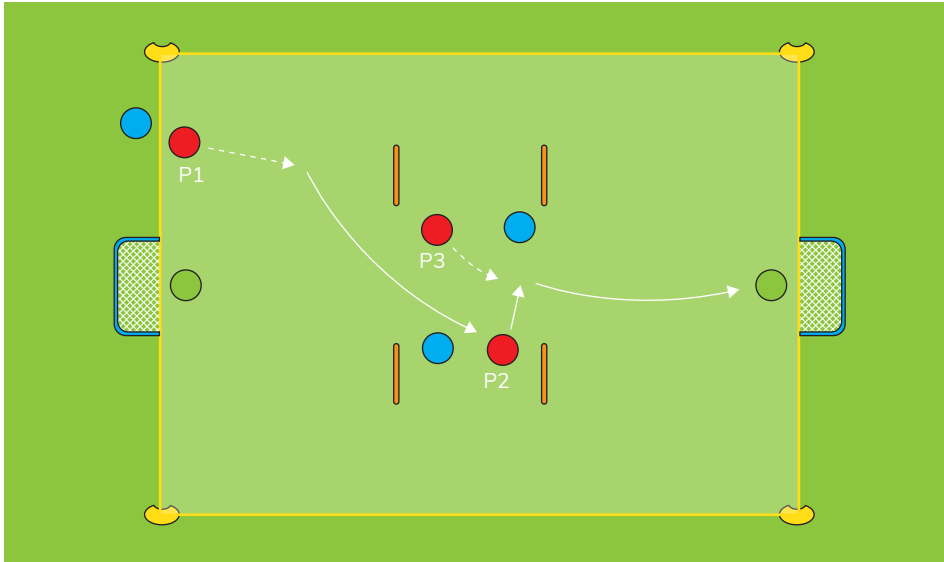
Challenges

As a team of 4 or 8, how many goals can be scored in 30 seconds?
P1 plays to P2 opposite. P2 attacks P1 to finish.
Only right foot shots v only left foot shots.

TECHNIQUE/SKILL



SKILL



Set Up

P1 Dribbles then passes to P2 who sets the ball to P3 who finishes on goal. All players follow their pass, (P3 becomes goalkeeper). Repeat from opposite end.

Key Points

Quality of the pass.
Type of pass, driven/lofted.
Type of set.
Type of finish.

Challenges

Ask players to replicate on the other side.
Introduce Goalkeeper.
P2 react for rebounds.

Set Up

P1 dribbles then plays P2 who sets the ball to P3. P3 passes to P4 to cross to P5 to finish. {P1 to P3, P3 to P4, P4 to P2, P2 to P5, P5 to P6}.

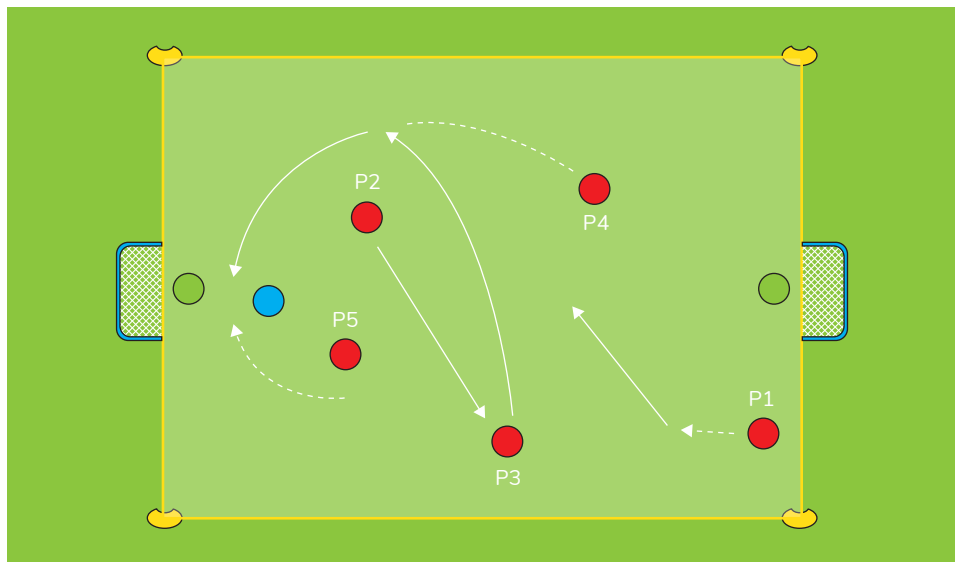
Key Points

Movement of players.
Type of cross (low, high, near, far, cut back).
Type of runs.
Hit the target.
Communication.

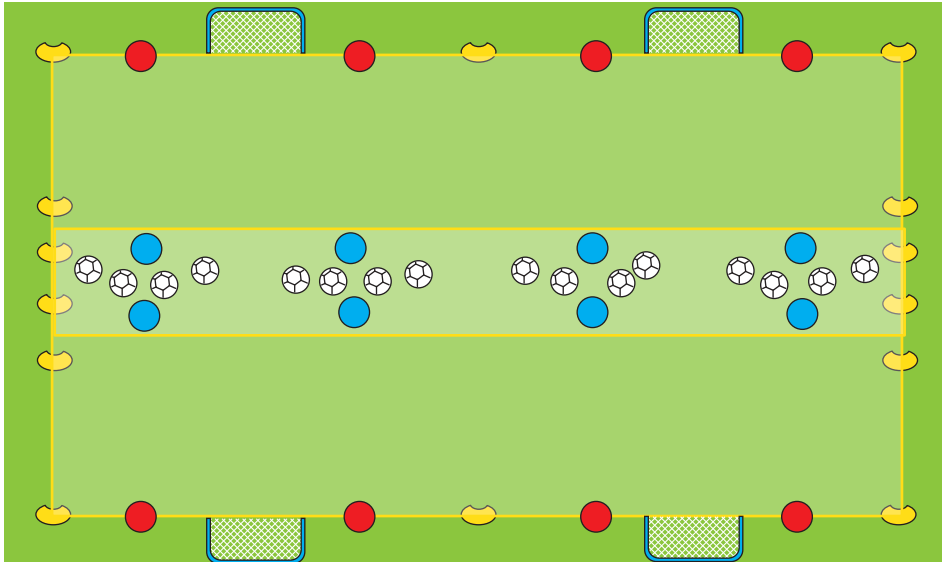
Challenges

Ask players to replicate on the other side.
Add in defender.
React for rebounds.
P2 becomes 2nd striker.

SKILL



SSG FINISHING GAME



Set Up

1v1 as a start point scoring in one goal.
 4v2 as a start point scoring into two goals.
 8v4 as a start point scoring into four goals. Balls to be placed around outside of area, with 4 players serving the ball.

Key Points

Encourage to shoot for goal.
 Decision making.
 Movement off the ball.

Challenges

Which of the four teams scores the most goals - use as many balls as you like.

Individual Challenges

Player Cards

Set the individual players realistic challenges related to 1st team players and their positions.
 Allow the player to decide which challenge to aim for.
 Give them opportunity to review their target to progress.

Team Scenario

Coach to use a memorable game.

Strategy

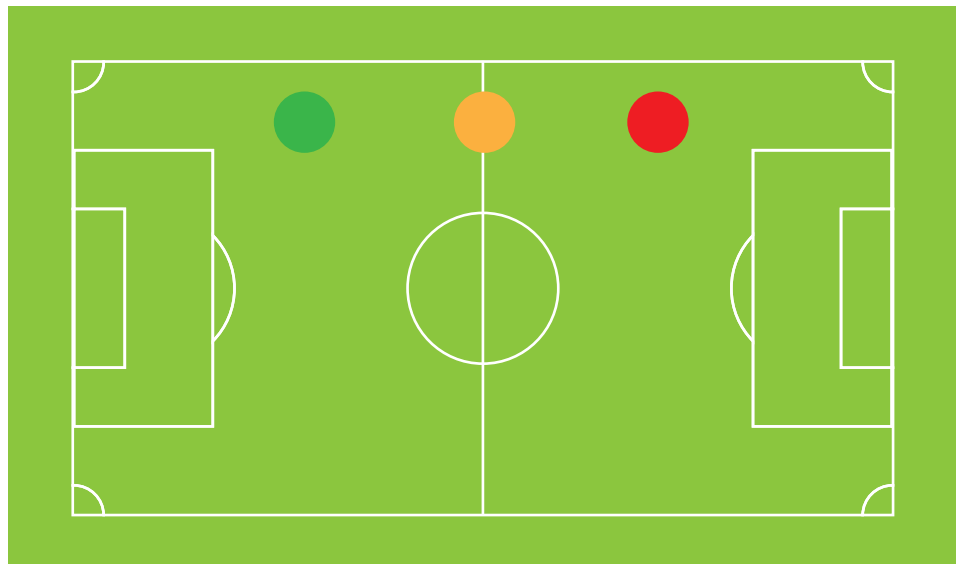
The manager has instructed you to go all out to score the winning goal!

Tactics

As a team, can you:
 Commit players forward but maintain a good defensive balance.
 Score with your 1st touch.
 Score from 20 yds.
 Score one touch from 6 yds.

6v6 TO 11v11 PRINCIPLES

Encourage the same movements and patterns from the previous sessions.



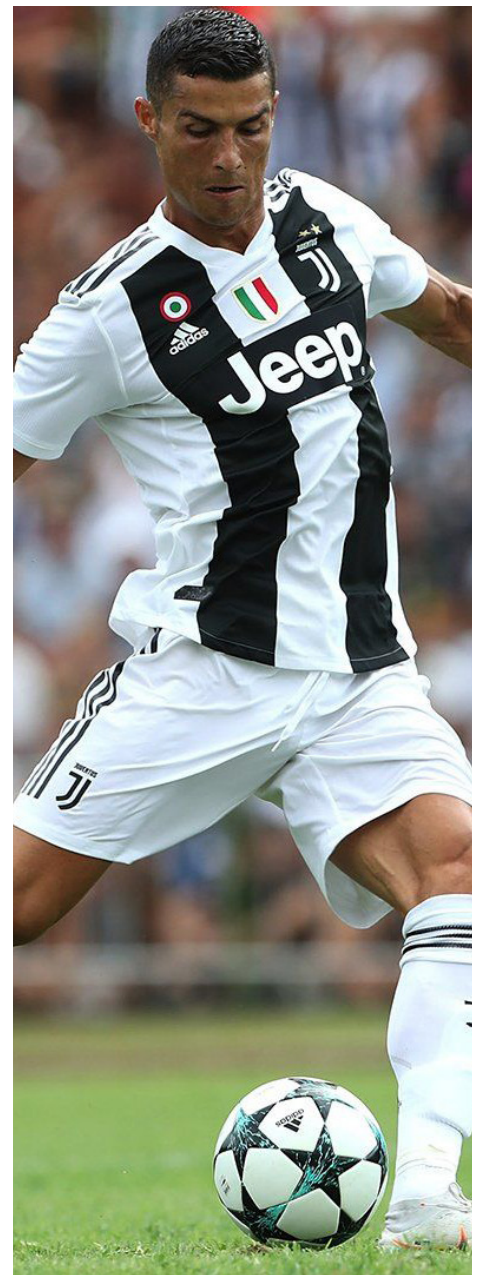
What other strategies could you employ as a team?

Can the players think of other Scenarios, Strategies and Tactics?

RUN LIKE RONALDO

Coach players to learn a range of football specific movements related to different players and their positions and how they can fuel their body to maximise their performance.

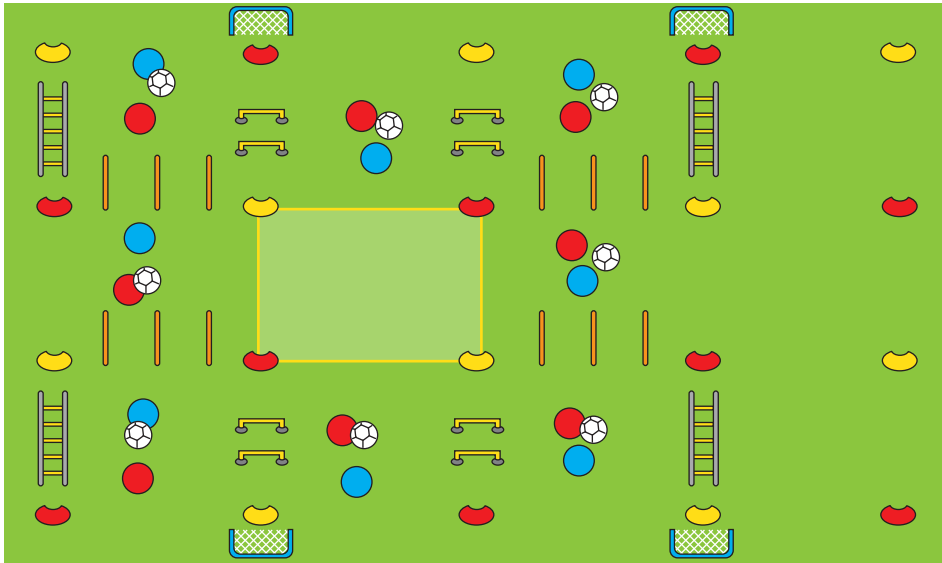
**SPEED, POWER, AGILITY, BALANCE,
CO-ORDINATION, SPEED ENDURANCE,
AND FLEXIBILITY**



Equipment

8 x hurdles, 4 x ladders, 12 x poles, 8 agility webs, 4 x pop up goals, 9 x yellow SPARQ cones, 1 x stopwatch, 30 x yellow marker cones, 16 x red marker cones, 8 x cut react belts

ACTIVATION



Set Up

Move alternately to the red/yellow cones using different actions. Enforce rules (no sharing lines etc). Include the ball. Players pass and move around the box. Perform action on equipment once passed. Player with the ball dribbles into middle zone to perform turn/trick and back to partner.

Key Points

Try and get through the piece of equipment in the most efficient way.

Quality 1st then speed:

Work: rest ratio – 1: 4/5.

Maximum time for each activity – 30 seconds.

Challenges

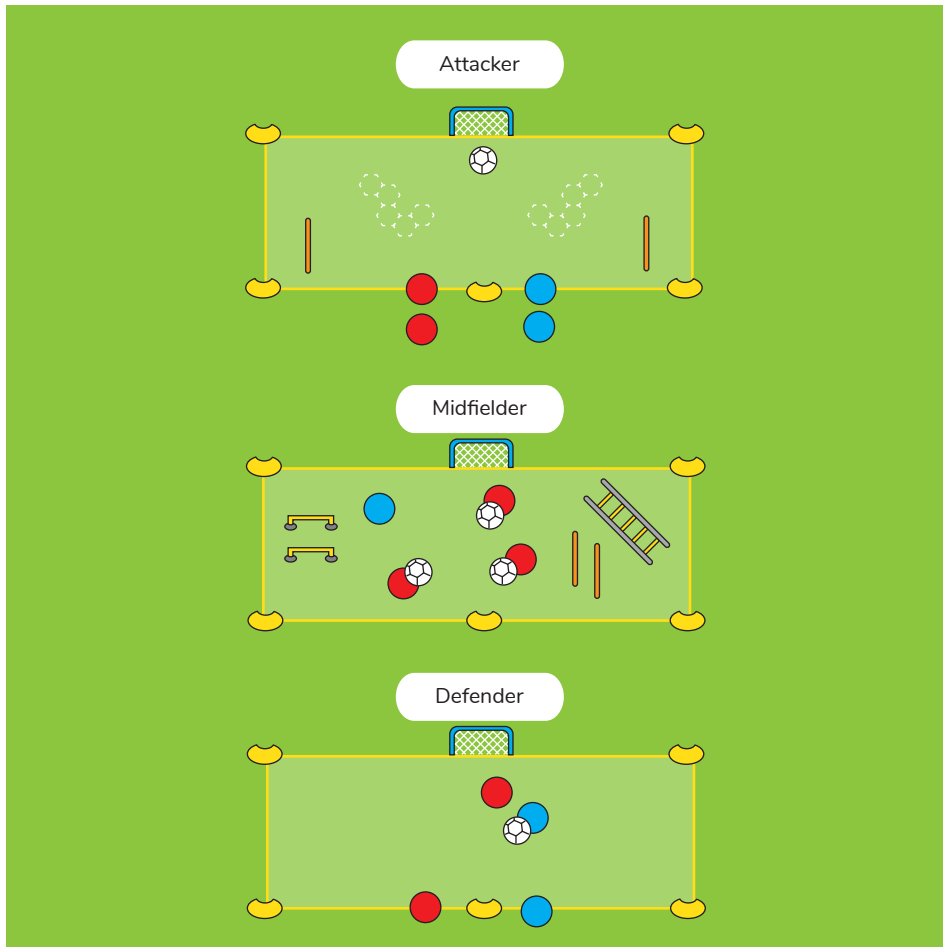
Work in 2's:

In boxes 2 players on, 2 players rest. 1 player mirrors the other. 30 secs each 1v1 tag.

Player 1 throws ball to bounce anywhere in the box, P2 has move through a piece of equipment then return the ball by, volley, pass, catch/throw, head.

Change partners.

POSITIONAL PRACTICES



Question

How might the fitness requirements/movements made differ for different players?

3 different practices. All groups perform the same practice at the same time.

Attacker

(2 poles/2 agility webs)

1v1 on a player's call, both players run around the pole and through the web to challenge for the ball to score.

Vary the use of equipment/serves to challenge the players.

Midfield

3 servers plus 1 player reacting to balls. Use equipment to challenge player before they pass, head, and volley back.

Vary serves.

High intensity so ensure rest periods.

Rotate players

Defence

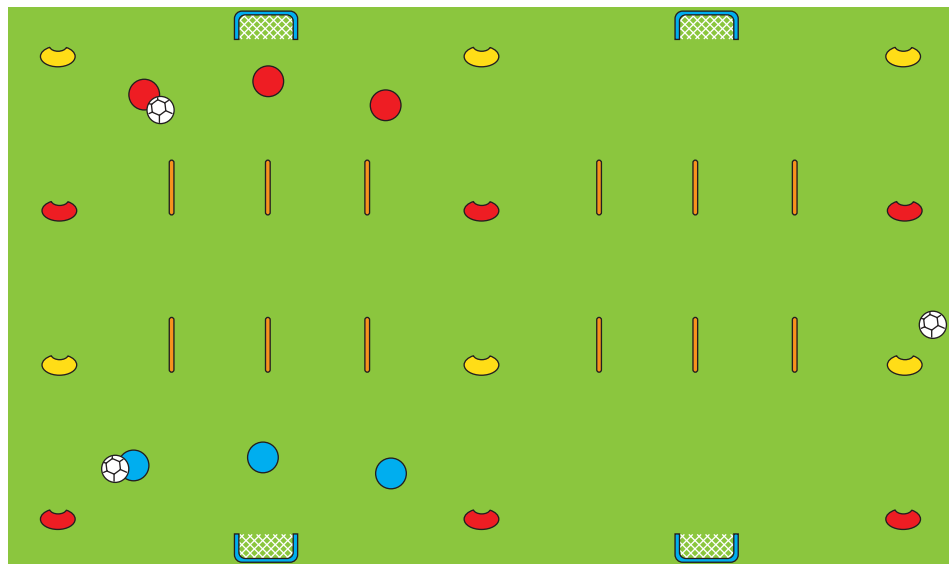
2 cut reactions belts

1v1 - Ball served in to the attacker.

Defender needs to make sure the belt isn't broken before attacker receives the ball and when in possession when defending the goal.

Rotate players.

GOAL GAME



Set Up

2 slalom poles placed as shown
Groups of 2 or 3 start at one end of the pitch, combine through the poles to pass to the next group.
Start slowly with ball in hands if necessary.

Key Points

Angles/distances of support.
Communication between the players.
Accuracy and timing of pass - in front to keep momentum
Highlight balance, speed and composure required.

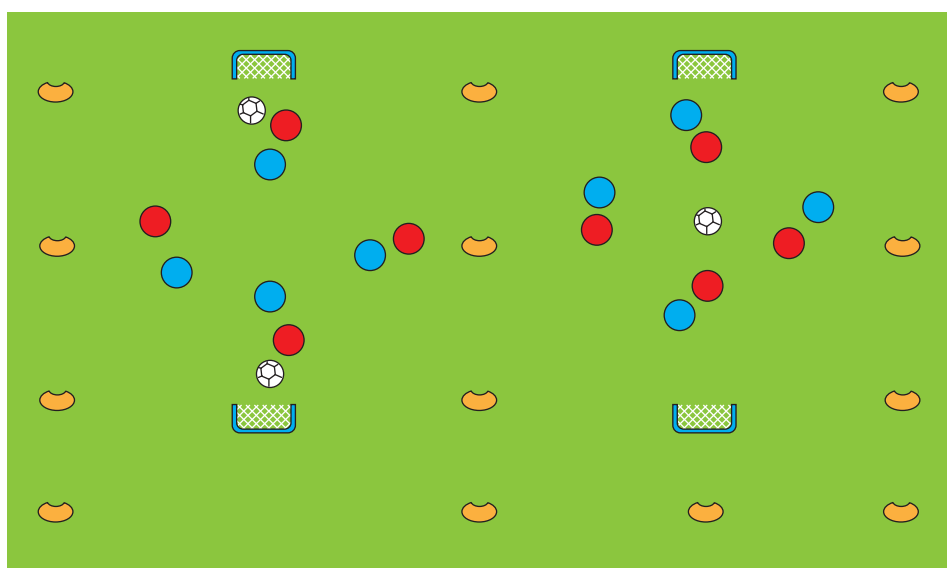
Challenges

Gradually increase pace to end up going through at as quick as possible.
Who can get the shot off the quickest?
Bonus for goals scored.
Stipulate number of touches before shot.
Add defenders next to poles.

Set Up

2 goal game 4v4 (2 pitches).
Recognise the different movements they have to perform.
Have balls on the outside so play can quickly restart if the ball goes out of play.
Monitor intensity and provided appropriate rest for players.

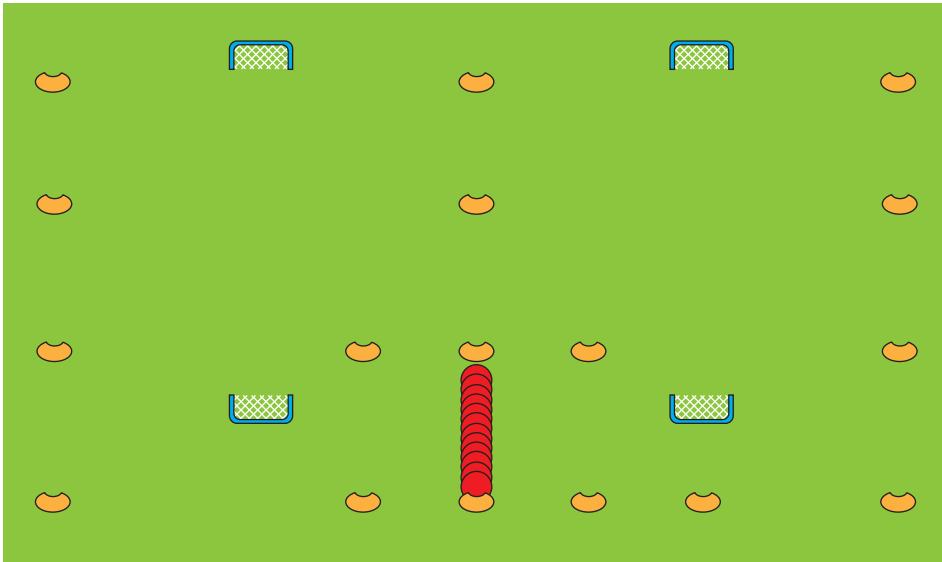
SMALL SIDED GAMES



FINAL GAME

Set Up

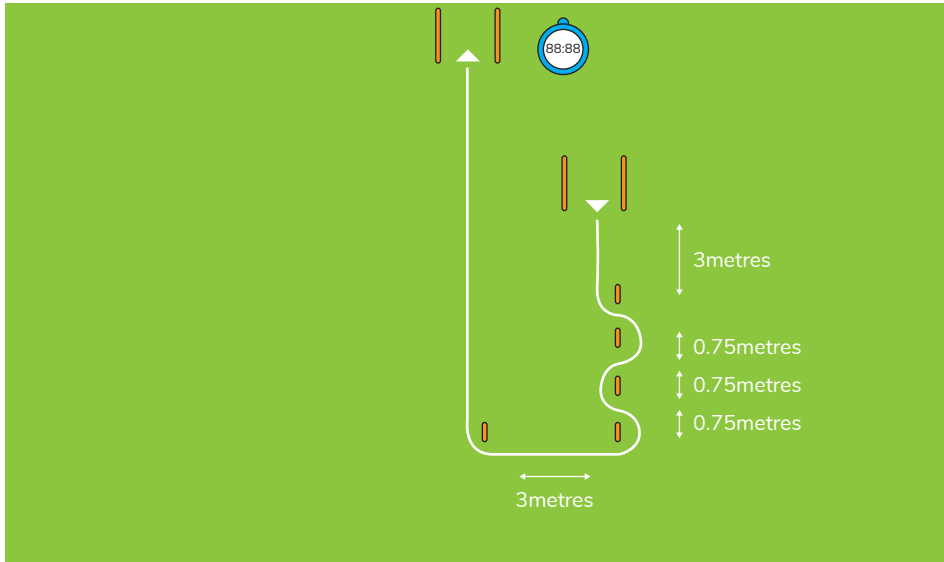
All players in a line facing the coach.
On coaches call, they perform movements and run to left/right line.
On change they face opposite direction.
Last player in wins.



EXPLOSIVE TEST (NO BALL)

Set Up

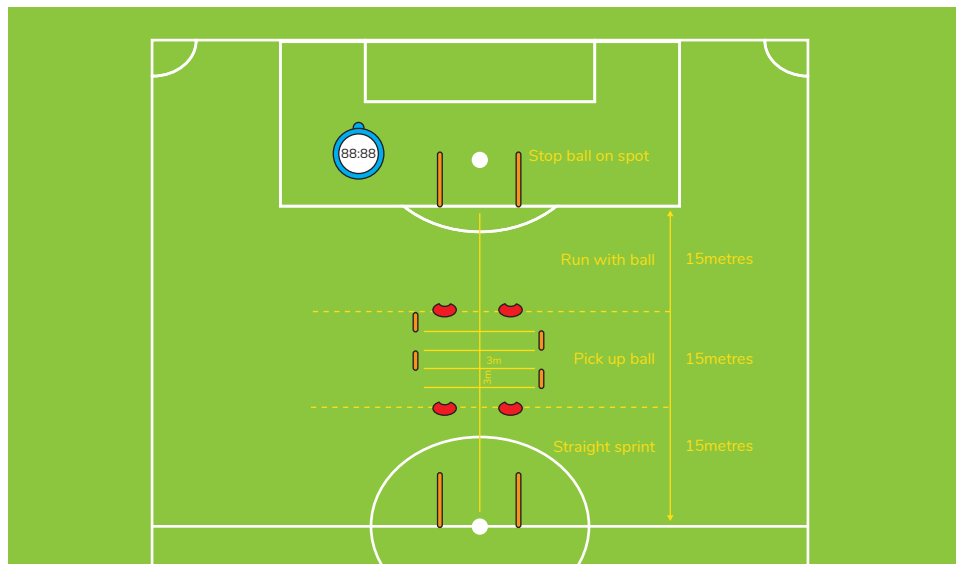
- 4 poles,
- 5 yellow outdoor agility cones,
- cones,
- 1 stopwatch



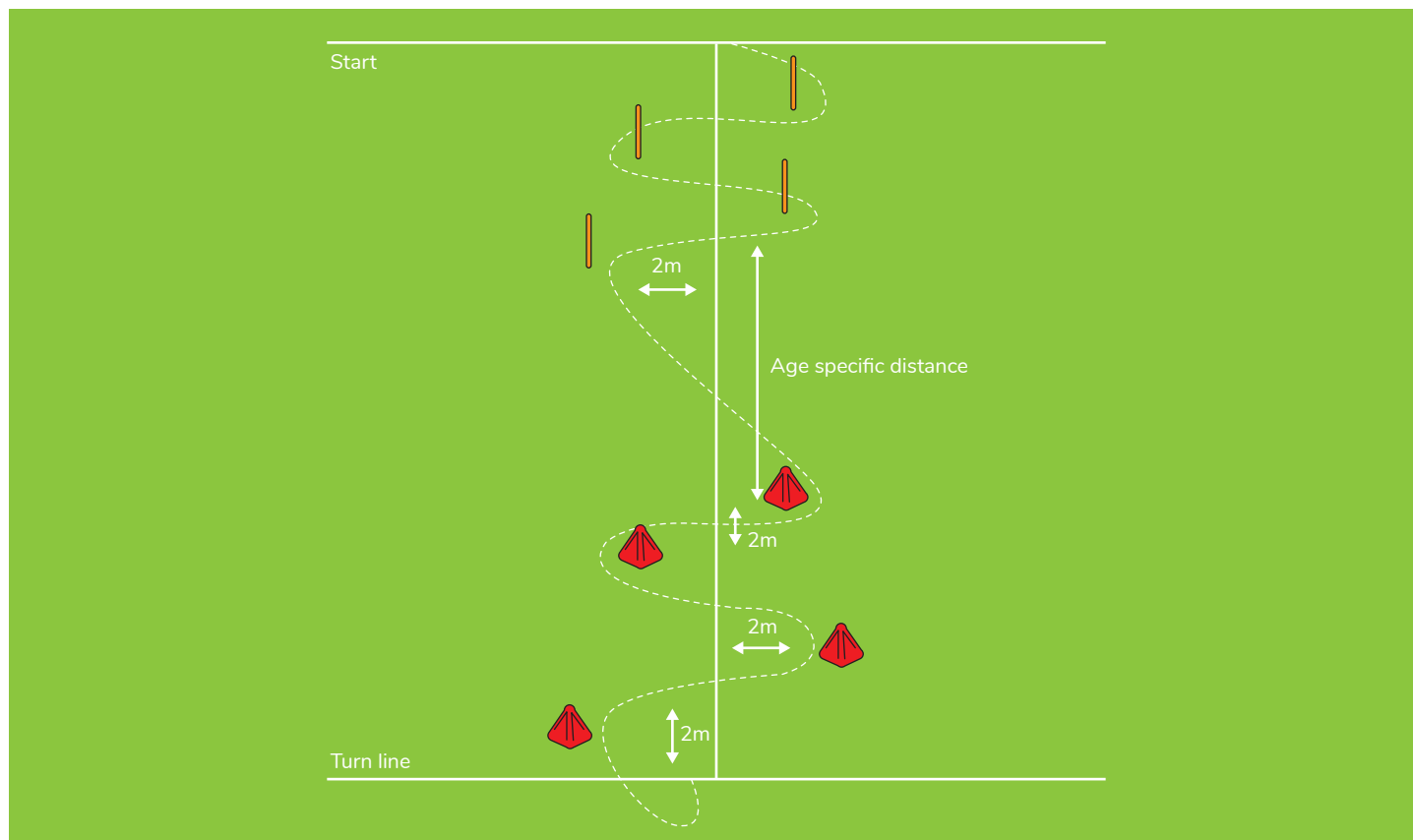
Set Up

- 4 poles,
- 4 yellow outdoor agility cones,
- cones,
- 1 stopwatch,
- 4 red cones

CONTROL AT PACE (WITH BALL)



DRIBBLING



EQUIPMENT

4 large cones, 4 poles, cones, ball

SPECIFICS

From the start line mark out 2m, go out to the side for 2m and place a slalom pole down and go back to the centre, step forward 2m and then out to the other side 2m and place another pole. Follow this for poles 3 and 4.

The running with the ball distance is the age specific element (see diagram).

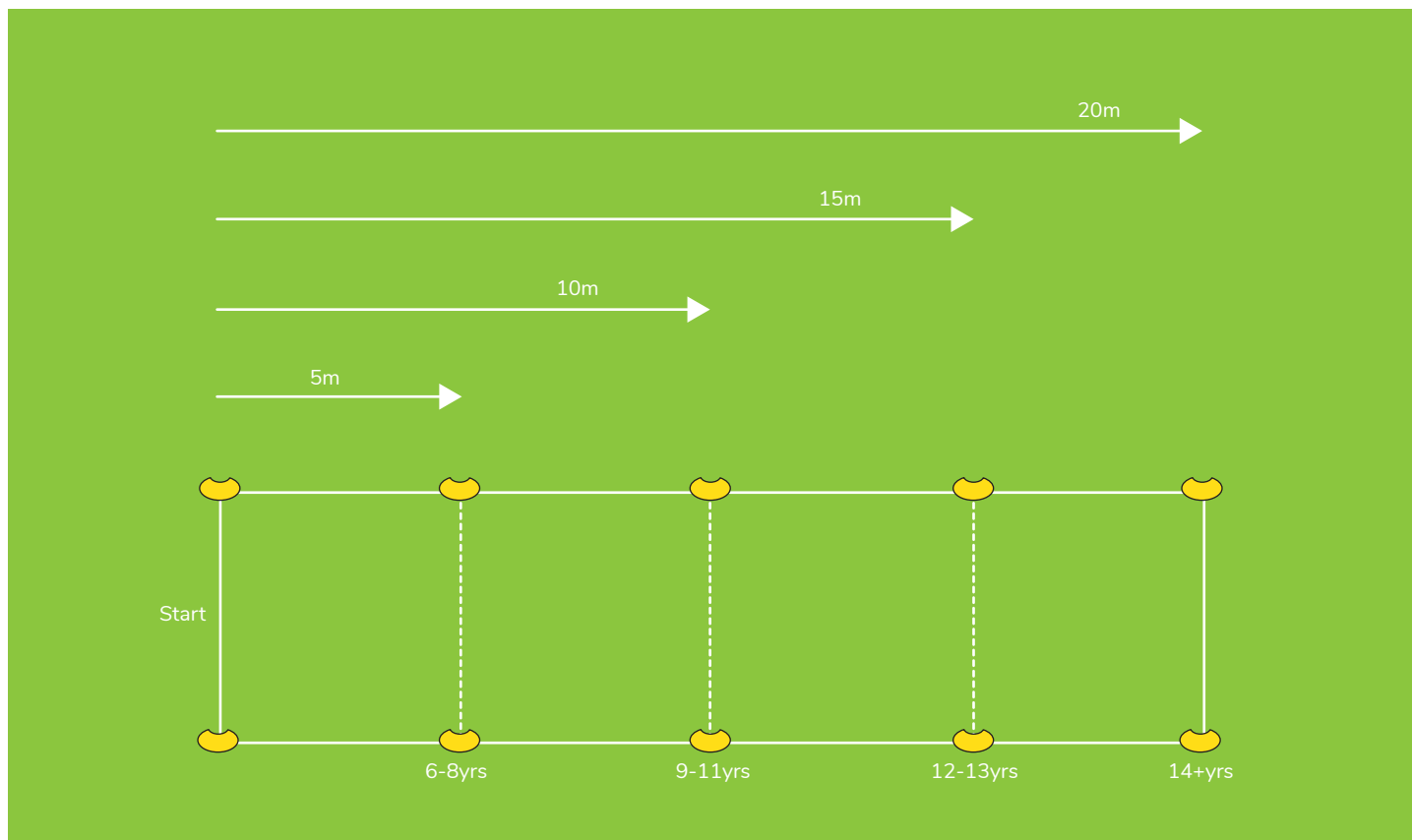
Mark the next spot use a mannequin - start from the end of the age specific distance and then step out 2m so that the player has to make a diagonal run with the ball. Set up the remaining 3 large cones as previously and a turn line after the last mannequin. On turning the players go back through the large cones/poles in the same way.

Each player has 30 seconds to complete the challenge. The player score 20 points for every mannequin they go past.

AGE SPECIFIC DISTANCES

6-8 years: 10m
9-11years: 15m
12-13 years: 20m
14+: 25m

CONTROL



EQUIPMENT

Different coloured cones

SPECIFICS

Players must juggle the ball using any part of their body but their hands from start to finish without the ball touching the ground. If the ball should hit the ground before the end line, the players must dribble the ball back to the beginning to start again. When the player reaches the end line they must dribble the ball back to the start for another attempt. Each player should attempt the course as many times as possible in 1 minute. 50 points are scored for each complete circuit.

AGE SPECIFIC DISTANCES

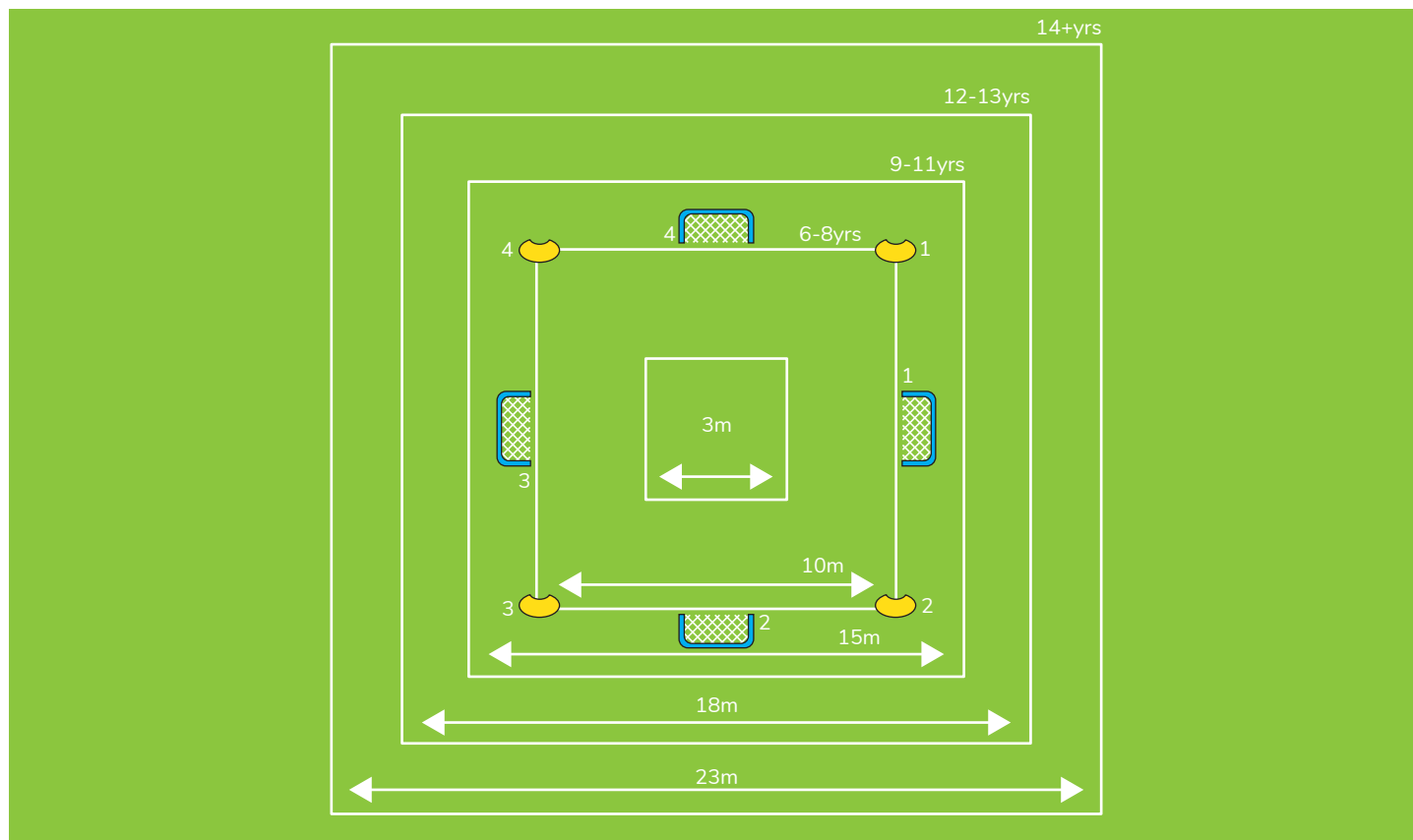
6-8 years: 5m

9-11years: 10m

12-13 years: 15m

14+: 20m

SHORT PASSING



EQUIPMENT

4 balls, 4 passing gates, cones

SPECIFICS

Mark out a square relevant to each age group. Use 4 disc cones to mark out each corner. In the middle of each side of the square place a passing gate. Place 1 ball in each corner.

Mark out a 3m square in the middle.

Each player has 30 seconds to start from cone 1, take the ball into the centre square, turn and pass the ball through the corresponding gate. This is then repeated with balls 2, 3 and 4.

The challenge finishes when the player runs back to cone 1, or 30 seconds has elapsed.

The player scores 50 points for every successful pass through the gates. If the player scores 4 successful passes and finishes within the 30 seconds they will score 10 bonus points for each second below.

AGE SPECIFIC DISTANCES

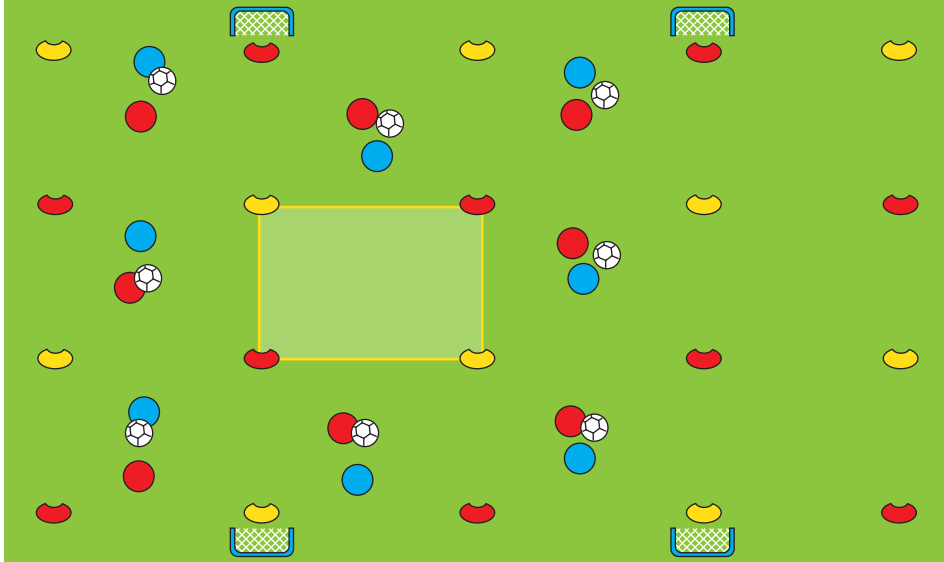
6-8 years: 10m

9-11 years: 15m

12-13 years: 18m

14+: 23m

To be used as a cool down if it's the last session of the morning, afternoon or evening.



Players place a cone each randomly on the pitch.
Move alternately to the red/yellow cones using different actions.
Gradually slow down the movements in to bring HR down.
Perform dynamic stretches slower and holding for longer, finishing with static stretches.
Use the time for players to reflect on the session.
Ensure players hydrate appropriately.



LUKE SHAW

MOVE LIKE MESSI

1

Dribble the ball forward into space from wide/deep

2

Use a trick/turn to attack wide/forward areas

3

Assess the risk whether to attack, play safe or keep the ball

PASS LIKE POGBA

1

Receive the ball in a wide/deep area

2

Receive the ball in a wide/deep area with open body

3

Receive the ball in wide/deep area with open body and play forward

DEFEND LIKE VAN DIJK

1

Get close to the wide player

2

Get in position to see player & ball

3

Decide whether to intercept, delay or dispossess

SCORE LIKE SALAH

1

Advance to cross/shoot

2

Advance to cross/shoot on target

3

Communicate and arrange cover before advancing



RAHEEM STERLING

MOVE LIKE MESSI

1

Keep the ball close whilst dribbling forward

2

Use a trick or turn to beat a player/keep the ball

3

Use a trick or turn to beat a player to cross, pass, cut inside or shoot

PASS LIKE POGBA

1

Create or find space to receive wide/long/rotate sides

2

Receive under pressure

3

Decide which type of pass to use

DEFEND LIKE VAN DIJK

1

Move back to a defensive position once possession is lost

2

Win the ball back

3

When possession is regained look to receive the ball

SCORE LIKE SALAH

1

Beat a player to shoot

2

Beat a player to shoot on target

3

Decide whether to pass, shoot or cross



JACK GREALISH

MOVE LIKE MESSI

1

Keep the ball for 3 touches

2

Keep the ball using a trick/turn

3

Use a trick/turn to change angle of attack

PASS LIKE POGBA

1

Look over shoulder before receiving

2

Receive on half turn

3

Decide the type of pass you use

DEFEND LIKE VAN DIJK

1

Position yourself to protect your defence

2

Can you organise the players around you?

3

Can you stop an attack?

SCORE LIKE SALAH

1

Support forward players

2

Shoot from distance/edge of the box

3

Time your run to meet a cross



HARRY KANE

MOVE LIKE MESSI

1

Keep the ball away from defender/keep possession

2

Use a trick/turn to keep the ball away from defender/keep possession/shoot

3

Don't pass until you have shot or lose possession

PASS LIKE POGBA

1

Receive under pressure, furthest foot away/side on

2

Decide which part of the body to use to receive the ball

3

Combine to finish using long/short pass

DEFEND LIKE VAN DIJK

1

Work hard to close down defenders in possession

2

Decide when to drop and when to press

3

Win ball back as a team

SCORE LIKE SALAH

1

Try to lose your marker

2

Take your chance – shoot when possible

3

If the shot isn't on, can you keep possession?



JOHN STONES

MOVE LIKE MESSI

1

Dribble the ball forward into space

2

Turn away from pressure into space

3

Turn away from pressure into space and pass to a teammate

PASS LIKE POGBA

1

Clear from danger

2

Clear from danger to a teammate

3

Support and receive from a team mate under pressure to keep possession

DEFEND LIKE VAN DIJK

1

Stay close to an opponent (forward) not in possession

2

Organise the players around you to delay, close down or stop the attack

3

Win the ball back and launch an attack

SCORE LIKE SALAH

1

Shoot on target

2

Support the forward players but organise cover before going up

3

Can you combine with a team mate to shoot?

NAR IN-HOUSE CHAMPIONSHIP

16 players, 4 v 4 games

| Game 1 | Game 2 | Game 3 | Game 4 | Game 5 |
|------------|-------------|-----------|-----------|-----------|
| A v B | A v B | A v B | A v B | A v B |
| 1,2,3,4 | 1,5,6,13 | 2,6,10,14 | 1,6,11,16 | 2,5,9,15 |
| C v D | C v D | C v D | C v D | C v D |
| 9,10,11,12 | 13,14,15,16 | 3,7,11,15 | 3,8,10,13 | 4,7,12,14 |
| Game 4 | Game 5 | SCORING | SCORING | SCORING |
| A v B | A v B | 10 pts | 10 pts | WIN |
| 2,4,6,8 | 1,3,5,7 | 2,6,12,16 | 5 pts | DRAW |
| C v D | C v D | 4,8,10,14 | 0 pts | LOSS |
| 9,11,13,15 | 10,12,14,16 | 1,5,11,15 | EXTRA pts | PLAY |
| | | | 1 pt | TEAM GOAL |

| No. | Name | Game 1 | Points | Game 2 | Points | Game 3 | Points | Game 4 | Points | Game 5 | Points | Total |
|-----|------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|
| 1 | | A | | A | | A | | B | | C | | |
| 2 | | A | | B | | B | | A | | B | | |
| 3 | | A | | C | | C | | B | | A | | |
| 4 | | A | | D | | D | | A | | D | | |
| 5 | | B | | A | | B | | B | | C | | |
| 6 | | B | | B | | A | | A | | B | | |
| 7 | | B | | C | | D | | B | | A | | |
| 8 | | B | | D | | C | | A | | D | | |
| 9 | | C | | A | | B | | C | | A | | |
| 10 | | C | | B | | C | | D | | D | | |
| 11 | | C | | C | | A | | C | | C | | |
| 12 | | C | | D | | D | | D | | B | | |
| 13 | | D | | A | | C | | C | | A | | |
| 14 | | D | | B | | D | | D | | D | | |
| 15 | | D | | C | | B | | C | | C | | |
| 16 | | D | | D | | A | | D | | B | | |