

Contents

INTRODUCTION	14
PHYSICAL AND PSYCHOLOGICAL CHARACTERISTICS AND ELEMENTS OF TRAINING	
METHODOLOGY.....	15
GROWTH MATURATION: PHYSICAL GROWTH	16
CONDITIONING	17
COORDINATION SKILLS.....	21
PSYCHOLOGY FOR 12-15 YEAR OLDS	22
TRAINING SESSION FORMAT	23
OUTLINE OF TRAINING SESSIONS	24
PRACTICE FORMAT.....	25
TRAINING UNIT FOR WEEK 1 & 2	26
SESSION 01.....	27
1. Warm Up: Running with the Ball - 'Defensive Shadow'	27
2. Conditioning: Interval Training 'Fartlek Running'	28
3. Technical: Dribbling with Feints / Moves to Beat	28
4. Game Situation: Frontal 1v1 Duel with Coloured Goals.....	29
5. Specific Game: Man Marking 6 Goal Dribbling Game	29
6. Free Small Sided Game.....	29
SESSION 02.....	30
1. Warm Up: Running with the Ball and Dynamic Movements	30
2. Conditioning: Strengthening and Speed Power.....	31
3. Technical: Changing Direction Team Shooting Game.....	31
4. Game Situation: Quick Reactions and Finishing in a 1v2 Frontal Marking Duel.....	32
5. Specific Game: 7v7 Position Specific Zonal Game	32
6. Free Small Sided Game.....	32
SESSION 03.....	33
1. Warm Up: Quick Reactions in a Man Marking Dribbling Game	33
2. Conditioning: Quickness Circuit.....	34
3. Technical: Dribbling with Frontal Marking in 1v1 Channels.....	34
4. Game Situation: Back 4 Closing Down and 1v1 Duels.....	35
5. Specific Game: 1v1 Side Zones in an 8v8 Small Sided Game.....	35
6. Free Small Sided Game.....	35
TRAINING UNIT FOR WEEK 3 & 4	36
SESSION 04.....	37
1. Warm Up: One Touch Play with One-Two Combinations.....	37
2. Conditioning: Interval Training 'Fartlek Running' (2)	38
3. Technical: Dribbling with Different Obstacles.....	38
4. Game Situation: Receiving a Ball on the Ground with Close Marking from Behind	39
5. Specific Game: Target Players and Close Marking from Behind in a 3 Zone Small Sided Game	39
6. Free Small Sided Game.....	39
SESSION 05.....	40
1. Warm Up: Possession and Long Passing Transition Game	40
2. Conditioning: Strengthening and Explosive Power.....	41

3. Technical: Receiving, Turning and Dribbling with the Back to Goal.....	41
4. Game Situation: 2v1 / 2v2 Man Marking from Behind	42
5. Specific Game: 1v1 Man Marking in a 7 Zone Game.....	42
6. Free Small Sided Game.....	42
SESSION 06.....	43
1. Warm Up: Defensive Support Play Practice	43
2. Conditioning: Technical Quickness Circuit	44
3. Technical: 1v1 with Frontal Marking / 1v1 with Back to Goal	44
4. Game Situation: Shifting of the Defensive Unit with a 4v4	45
5. Specific Game: Awareness in a '2 Teams, 4 Colours Game'	45
6. Free Small Sided Game.....	45
TRAINING UNIT FOR WEEK 5 & 6	46
SESSION 07.....	47
1. Warm Up: Switching Play with Support Players in End Zones.....	47
2. Conditioning: Interval Training 'Fartlek Running' (3)	48
3. Technical: Running with the Ball, Feints and Shooting.....	48
4. Game Situation: Sprinting & Turning in a Shooting Team Game	49
5. Specific Game: 1v1 Duels in a 5 Zone Game	49
6. Free Small Sided Game.....	49
SESSION 08.....	50
1. Warm Up: RWTB, Volley Passing & Juggling with the Weaker Foot.....	50
2. Conditioning: Explosive Power Training Circuit	51
3. Technical: RWTB and Turning / Changing Direction.....	51
4. Game Situation: Receiving the Ball in 1v1 Situations in and Around the Penalty Area.....	52
5. Specific Game: 4v4 with 4 Goals in a Small Sided Game	52
6. Free Small Sided Game.....	52
SESSION 09.....	53
1. Warm Up: 4 Colours, 2 Team Game.....	53
2. Conditioning: Quickness Circuit with Turning.....	54
3. Technical: Ball Control, Crossing and Finishing Practice	54
4. Game Situation: Man Marking in the Penalty Area from Crosses on the Flank.....	55
5. Specific Game: Wide Play, Crossing & Defensive Covering with a 2v2 in the Penalty Area	55
6. Free Small Sided Game.....	55
TRAINING UNIT FOR WEEK 7 & 8	56
SESSION 10.....	57
1. Warm Up: 5v5 'Nutmeg' Possession Game	57
2. Conditioning: Quick Reactions Colours Game.....	58
3. Technical: Dribbling at Speed with 'Nutmeg'	58
4. Game Situation: 1v1 on the Flanks with Crossing & Finishing.....	59
5. Specific Game: 1v1 on the Flanks with Crossing & Finishing (2).....	59
6. Free Small Sided Game.....	59
SESSION 11.....	60
1. Warm Up: 4v4 Rugby Game	60
2. Conditioning: Non Stop 6 Coloured Goals 3 Zone Possession Game.....	61
3. Technical: Running with the Ball and Penetrating Passes.....	61
4. Game Situation: Creating Space to Receive Long Passes on the Flank	62

5. Specific Game: Rugby Style 5v5 Small Sided Game	62
6. Free Small Sided Game	62
SESSION 12.....	63
1. Warm Up: Passing and RWTB in Pairs	63
2. Conditioning: Technical Quickness Circuit	64
3. Technical: Marking a Player Coming from the Opposite Side to the Ball	64
4. Game Situation: Back 4 Providing Support with the Ball on the Ground	65
5. Specific Game: 4v4 with 4 Coloured Goals Possession Game	65
6. Free Small Sided Game	65
TRAINING UNIT FOR WEEK 9 & 10	66
SESSION 13.....	67
1. Warm Up: 5v5 Passing Gate Game	67
2. Conditioning: Sprint Training & Quick Combinations	68
3. Technical: Diagonal Passing Square.....	69
4. Game Situation: Individual Tactics - Marking in a 1v1	69
5. Specific Game: 3 Team Possession Game	70
6. Free Small Sided Game	70
SESSION 14.....	71
1. Warm Up: Passing with a Colour Sequence.....	71
2. Conditioning: Sprint Training and Quick Dribbling	72
3. Technical: Passing and Receiving Square	73
4. Game Situation: Defensive Positioning in a 2v2 Situation.....	73
5. Specific Game: 2v2 (+2) Possession Game with End Zones.....	74
6. Free Small Sided Game.....	74
SESSION 15.....	75
1. Warm Up: 6v6 Penetrating Passes Possession Game.....	75
2. Conditioning: Circuit training & Technical Work in Pairs Under Condition of Quickness	76
3. Technical: Defensive Support Play from a Long Ball	76
4. Game Situation : 1v1 Situations	77
5. Specific Game: 1v1 / 2v2 Zonal Defending	77
6. Free Small Sided Game.....	77
TRAINING UNIT FOR WEEK 11 & 12	78
SESSION 16.....	79
1. Warm Up: 4v4v4 Dynamic 3 Zone Possession Game.....	79
2. Conditioning: Position Specific Training Exercises.....	80
3. Technical: 1-2 Combination Play with Close Pressure.....	80
4. Game Situation: Creating a Numerical Advantage (1v1 > 2v1).....	81
5. Specific Game: 3v3 (+4) Switching Play with Outside Support Players Possession Game.....	81
6. Free Small Sided Game.....	81
SESSION 17.....	82
1. Warm Up: 6v3 Speed of Play Dynamic Possession Game	82
2. Conditioning: Position Specific Training Exercises (2)	83
3. Technical: One-Two Combination and Shot.....	83
4. Game Situation: 3v2 Game with Target Player	84
5. Specific Game: 3v3 (+4) Speed of Play Game with Target Players	84
6. Free Small Sided Game.....	84

SESSION 18.....	85
1. Warm Up: 5v2 2 Touch Possession Game.....	85
2. Conditioning: Hurdles, Volley Pass and Sprinting.....	86
3. Game Situation: 2v1 on the Flanks with Accurate Crossing.....	86
4. Tactical Situation: Defensive Support with the Ball in the Air & Building Up Play with 2 Central Midfielders.....	87
5. Specific Game: 6v6 Quick Shooting Game.....	87
6. Free Small Sided Game.....	87
TRAINING UNIT FOR WEEK 13 & 14	88
SESSION 19.....	89
1. Warm Up: 5v3 Dynamic Small Sided Game.....	89
2. Conditioning: Position Specific Training Exercises (3).....	90
3. Technical: Diagonal Run with Penetrating Pass.....	90
4. Game Situation: Varying 3v2 Game Scenarios.....	91
5. Specific Game: Passing Conditions in 4v4 Small Sided Games.....	91
6. Free Small Sided Game.....	91
SESSION 20.....	92
1. Warm Up: Handball Game.....	92
2. Conditioning: Position Specific Training Exercises (4).....	93
3. Technical: Aerial Pass, Diagonal Run and Volley.....	93
4. Game Situation: 3v3v3 Speed of Play in the Penalty Area.....	94
5. Specific Game: 4v4 (+4) SSG with Support Players.....	94
6. Free Small Sided Game.....	94
SESSION 21.....	95
1. Warm Up: 3v1 Possession Game.....	95
2. Conditioning: Hurdle Agility Training & Volley Passes.....	96
3. Technical: Receiving Aerial Passes with 2v1.....	96
4. Game Situation: Defensive Support with Ball in the Air Against 2 Forwards.....	97
5. Specific Game: 4v4 (+4) with Support Players in the Attacking Zone.....	97
6. Free Small Sided Game.....	97
TRAINING UNIT FOR WEEK 15 & 16	98
SESSION 22.....	99
1. Warm Up: 4v4 Target Player Diamond Shape End Zone Game.....	99
2. Technical: Short and Long Passing with Colours Between 2 Zones.....	100
3. Technical: Shielding the Ball and Penetrating Passes.....	100
4. Game Situation: 3v2 Penetrating Passes End Zone Game.....	101
5. Specific Game: Attacking the Space 3 Zone SSG.....	101
6. Free Small Sided Game.....	101
SESSION 23.....	102
1. Warm Up: Juggling in Pairs.....	102
2. Conditioning: Juggling Coordination Team Game.....	103
3. Technical: Quick Passing and 1-2 Combinations.....	103
4. Game Situation: 2v2 (+2) Game / Double 2v2 Game.....	104
5. Specific Game: Passing Conditions Small Sided Game.....	104
6. Free Small Sided Game.....	104
SESSION 24.....	105
1. Warm Up: 3 Team Possession Game.....	105
2. Conditioning: Agility Exercise with Volley Passing.....	105

3. Game Situation: 4v2 Support Play End to End Game	106
4. Tactical Situation: Cohesive movement of the Defensive Unit with No Immediate Pressure on the Ball	106
5. Specific Game: Fast Break Attacks Dynamic Transition Game	107
6. Free Small Sided Game	107
TRAINING UNIT FOR WEEK 17 & 18	108
SESSION 25.....	109
1. Warm Up: 4v4 with Long Accurate Passing	109
2. Conditioning: Running With and Without the Ball in Pairs	110
3. Technical: Accurate Aerial Passing in Pairs	110
4. Game Situation: Receiving a Long pass & Shielding the Ball	111
5. Specific Game: Long Passing, Crossing and Finishing in a 7 Zone Small Sided Game	111
6. Free Small Sided Game	111
SESSION 26.....	112
1. Warm Up: 4v4 (+4) Long Passing Game with Support Players and Goalkeepers	112
2. Conditioning: Sprinting and Changing Direction	113
3. Technical: Receiving Long Passes on the Move	113
4. Game Situation: Receiving a Long Straight Pass with a 2v1 Play in the Penalty Area	114
5. Specific Game: Switching Play with Long Passes in a 7v7 Small Side Game	114
6. Free Small Sided Game	114
SESSION 27.....	115
1. Warm Up: 2v2 + Neutral Player End Zone Game	115
2. Conditioning: Speed and Agility Circuit Training	116
3. Technical: Dynamic Quick Reactions 2v2 Game	116
4. Game Situation: Shooting With and Without Pressure	117
5. Specific Game: 4v6 to 6v4 Zonal Defending Practice	117
6. Free Small Sided Game	117
TRAINING UNIT FOR WEEK 19 & 20	118
SESSION 28.....	119
1. Warm Up: 5v5 Support Play Possession Game	119
2. Conditioning: 3 Minute Runs with 3 Minutes Recovery	120
3. Technical: Creating Angles of Support with Proper Movements of Centre Backs and Centre Midfielders	120
4. Game Situation: 2v1 (+2) One-Two Combinations in an End to End Small Sided Game	121
5. Specific Game: 5v5 Support Player End Zone Game	121
6. Free Small Sided Game	121
SESSION 29.....	122
1. Warm Up: Pass and Move Sequence with 3 Players	122
2. Conditioning: Sprinting with Visual Awareness and Wind Sprints	123
3. Technical: Shooting After Dribbling Inside	123
4. Game Situation: 5v3 Dynamic Possession Game with Target Goalkeeper	124
5. Specific Game: 4v4 Games with Passing Conditions (2)	124
6. Free Small Sided Game	124
SESSION 30.....	125
1. Warm Up: 4v4 Counter-Movement Small Sided Game	125
2. Conditioning: Coordination & Agility Shooting Race	126
3. Game Situation: Creating Space with Counter-Movements in 2v1 Play	126
4. Tactical Situation: Cohesive Movement of the Defensive Unit	127

5. Specific Game: Counter-Movement and Attacking Combinations Near the Penalty Area 127
 6. Free Small Sided Game 127

TRAINING UNIT FOR WEEK 21 & 22 128

SESSION 31..... 129

1. Warm Up: 4 Colour Passing Sequence 129
 2. Conditioning: Pass, Sprint, Turn, Receive and Pass 130
 3. Technical: Weighted Pass, Agility Poles and Shooting 130
 4. Game Situation: Dynamic 1v1 Duels 131
 5. Specific Game: 6v6 Quick Shooting in a Small Area 131
 6. Free Small Sided Game 131

SESSION 32..... 132

1. Warm Up: Quick Reactions 4v4 Games 132
 2. Conditioning: Sprint, Receive and Passing Triangle 133
 3. Technical: Shooting from Various Angles 133
 4. Game Situation: 3v2 Dynamic Small Sided Game 134
 5. Specific Game: 5v5 (+5) Heading Support Players in a SSG 134
 6. Free Small Sided Game 134

SESSION 33..... 135

1. Warm Up: 1v1 Play with Feints / Moves to Beat 135
 2. Conditioning: Intense Volley Passing Triangle 136
 3. Technical: Shooting from Various Angles (2) 136
 4. Game Situation: 6v6 (+6) Quick Combinations Game 137
 5. Specific Game: 8v8 Dynamic Transition Game 137
 6. Free Small Sided Game 137

TRAINING UNIT FOR WEEK 23 & 24 138

SESSION 34..... 139

1. Warm Up: Dribbling and Juggling with the Weaker Foot 139
 2. Conditioning: Quick Passing Competition 140
 3. Technical: Accurate Shooting on the Volley 140
 4. Game Situation: 2v2 Agility Game with 4 Goals 141
 5. Specific Game: 6v6 with 6 Dribble Gates 141
 6. Free Small Sided Game 141

SESSION 35..... 142

1. Warm Up: 4 Colours Awareness Passing Sequence 142
 2. Conditioning: One-Two and Shoot / 20 Yard Sprints 143
 3. Technical: Receiving and Shooting in Front of Goal 143
 4. Game Situation: 1v1 Dribbling and Shooting Duel 144
 5. Specific Game: Playing in Behind with 6 Dribble Gates 144
 6. Free Small Sided Game 144

SESSION 36..... 145

1. Warm Up: Dribbling and Feints in Pairs 145
 2. Conditioning: Pass and Move Sequence with 3 Players (2) 146
 3. Technical: Awareness & Changing Direction with the Ball 146
 4. Game Situation: Collective Movements & Combinations with Overlapping Run, Crossing & Finishing 147
 5. Specific Game: 6v6 Crossing & Finishing 5 Zone Game 147
 6. Free Small Sided Game 147

TRAINING UNIT FOR WEEK 25 & 26 148

SESSION 37..... 149

1. Warm Up: Juggling, Control and Short Bursts of Dribbling..... 149

2. Conditioning: Sprinting & Agility with Crossing & Heading 150

3. Technical: Receiving with Back to Goal and Shooting 150

4. Game Situation: Receiving with Back to Goal Dynamic 1v1 Duels 151

5. Specific Game: 5v5 'Pass to the Captain' Game..... 151

6. Free Small Sided Game..... 151

SESSION 38..... 152

1. Warm Up: Awareness & Receiving with the Chest 152

2. Conditioning: RWTB & 1-2 Combinations Passing Circle 153

3. Technical: Passing and Receiving with an Obstacle..... 153

4. Game Situation: 2v1 Play with Shielding of the Ball 154

5. Specific Game: Quick Passing with Outside Runners..... 154

6. Free Small Sided Game..... 154

SESSION 39..... 155

1. Warm Up: RWTB and Shielding - 'Kick the Ball Out'..... 155

2. Conditioning: Sprint, Turn and Volley..... 156

3. Technical: Receiving and Shooting on the Edge of the Box 156

4. Game Situation: Movements of the Centre Midfielders when Not in Possession of the Ball..... 157

5. Specific Game: Receiving from Accurate Long Passing and Crossing..... 157

6. Free Small Sided Game..... 157

TRAINING UNIT FOR WEEK 27 & 28 158

SESSION 40..... 159

1. Warm Up: Pass and Move Sequence with 3 Players (3)..... 159

2. Conditioning: 1v1 Quick Reaction Sprints to the Ball 160

3. Technical: Receiving with Good Awareness and the Correct Body Shape..... 160

4. Game Situation: 1v1 Receiving and Shielding the Ball..... 161

5. Specific Game: 8v8 Passing Box 3 Zone Game..... 161

6. Free Small Sided Game..... 161

SESSION 41..... 162

1. Warm Up: Throw-ins and Headers Game..... 162

2. Conditioning: Applying Quick Pressure in a 3 Zone Game 163

3. Technical: Heading on the Run with Mini Goals 163

4. Game Situation: 3v3 Attacking / Defending Crosses 164

5. Specific Game: 5v5 (+4) Headed Finishing Game..... 164

6. Free Small Sided Game..... 164

SESSION 42..... 165

1. Warm Up: 2v2 Football Tennis Tournament 165

2. Conditioning: Speed, Agility & Coordination Circuits 166

3. Technical: Headed Juggling Sequence with 3 Players..... 166

4. Game Situation: Position Specific Team Shape Shadow Play 167

5. Specific Game: Headed Finishing with Support Players 167

6. Free Small Sided Game..... 167

TRAINING UNIT FOR WEEK 29 & 30	168
SESSION 43.....	169
1. Warm Up: Defending the Goal in a 1v1	169
2. Conditioning: Strengthening Exercises & Possession Game.....	170
3. Technical: Headed Juggling Sequence with 4 Players.....	170
4. Game Situation: 2v1 with Agility Circuit & Headed Pass	171
5. Specific Game: Four Colour Heading Game	171
6. Free Small Sided Game.....	171
SESSION 44.....	172
1. Warm Up: Defending the Goal Using Good Body Shape.....	172
2. Conditioning: Motor Exercise with 2v1 Duel	173
3. Technical: Crossing and Heading Practice with 4 Goals	173
4. Game Situation: Crossing and Heading Team Game.....	174
5. Specific Game: Shooting from Distance with 6 Goals in a 3 Zone Small Sided Game.....	174
6. Free Small Sided Game.....	174
SESSION 45.....	175
1. Warm Up: Jump, Criss-Cross and Heading Competition	175
2. Conditioning: Running Through Poles and Volley	176
3. Technical: Defensive Positioning to Block the Shot.....	176
4. Game Situation: Collective Tactical Movement.....	177
5. Specific Game: 6v6 with 6 Outside Support Players.....	177
6. Free Small Sided Game.....	177
ADDITIONAL STRENGTH, ENDURANCE AND SPEED PRACTICES	178
STRENGTH & POWER PRACTICES	179
Practice 1: Jumping and Volley Pass Circuit.....	179
Practice 2: Crossing and Heading on the Run	179
Practice 3: Juggling in Pairs	180
Practice 4: Dynamic Technical Circuit.....	180
Practice 5: Strengthening Exercises and 1v1 Duels.....	181
Practice 6: Strength Exercises Relay	181
ENDURANCE PRACTICES.....	182
Practice 1: Endurance Possession Game	182
Practice 2: Changing Direction and Dribbling at Speed.....	182
Practice 3: 3v3 High Intensity Small Sided Game	183
Practice 4: Closing Down and Winning the Ball (1v5).....	183
Practice 5: Possession Circle with Coloured Defenders	184
Practice 6: Quick Reactions 1v1 Duel Game	184
SPEED PRACTICES	185
Practice 1: Quick Reactions to Change the Direction of Play in a SSG.....	185
Practice 2: Dribbling Shadow Play	185
Practice 3: Sprinting with Quick Reactions	186
Practice 4: Speed of Reaction 1v1 Duel.....	186
Practice 5: Acceleration in a 2v1 Duel.....	187
Practice 6: Acceleration and Deceleration Exercise.....	187
Practice 7: Acceleration and Deceleration in a 1v1 Duel.....	188
Practice 8: Acceleration, Deceleration and Speed of Reaction.....	188