

STAGES IN A COACHING PROGRESSION

1. WARM UP.

- Wherever possible should relate to the topic you are coaching i.e. if your session is on passing the warm up should be a passing activity
- Movement is vital and ideally every player should have a ball each or at least one ball between two.
- Don't be afraid to go in and coach in this stage – but keep your coaching points limited and basic e.g. stay on your toes
- You can implement your stretching into your warm up – remember always warm up before you stretch – never stretch to warm up.

2. UNOPPOSED

- There is no opposition (defenders) at this stage.
- This is where you are working on the fundamentals of the specific technique – you need to get your coaching points in here e.g. get on your toes, how do we approach the ball, how do we make contact with the ball, what happens after we make contact with the ball?
- Start off slowly and then once you are happy that the majority can cope you can start to introduce pressure e.g. by using time – e.g. “how many passes can you and your partner make in 30 seconds”. You can also introduce pressure by making the space smaller – smaller space equals less time to react.

3. OPPOSED

- This is where you start to introduce pressure from an opponent (defender)
- Always load the numbers to give an advantage to the team and topic you are working on e.g. if working on passing start with 4 v 1 (4 attackers v one defender). This gives an advantage to the attackers and ensures a better chance of success (in the number of passes made). Once the attackers are having consistent success you can then make it more difficult by introducing a second defender e.g. 4 v 2 or 5 v 2.
- You can impose restrictions on the defenders again to give an advantage to the attackers e.g. in 4 v 1 if the attackers are still having difficulty have the defender hop on one leg, then you can have them go on all fours like a crab, then semi opposed, then full on defending.

4. CONDITIONED GAME

- Usually in the form of small sided games
- Don't have to be equal numbers e.g can be 5 v 3, 5 v 5 plus 2
- Conditions can be in the number of touches e.g. 2 touch, or number of passes e.g. must have three passes before we can shoot.

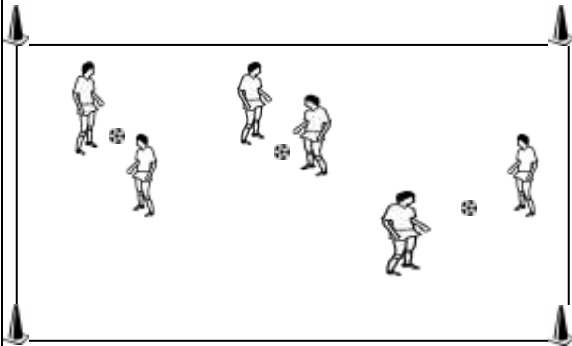
5. GAME

Passing – 6-9 yr olds

WARM UP 9:00 – 9:35am

Size of Area - 20 x 30yds

Set Up – In pairs, one ball between two.



Action –The pairs have to move around the grid passing the ball back and forth to each other. They can vary the length of the pass and with skilled players can vary the height. Players must try and keep the ball within the area and avoid striking other players and their soccer balls when passing.

Coaching Points –

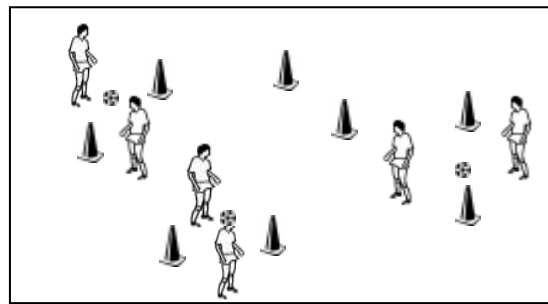
- Good weight of pass
- Movement after passing to partner (into space)
- Good 1st touch towards next gate
- Communication – show your partner by pointing which goal you are going to next

Variation – Weaker foot only; use flick pass only

UNOPPOSED 9:35 – 9:50am

Size of Area - 20 x 30yds

Set Up – Place a number of gates around the grid, ‘Pass Thru gates’. In pairs, one ball between two.



Action –The pairs have to move around the grid passing the ball thru as many gates as possible. Let them have 1-2 practice attempts and then give them a time limit of 30 seconds. How many points can they get? Pass has to go thru gate without touching cones to gain a point.

Coaching Points –

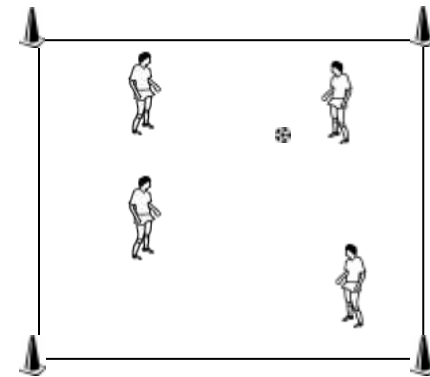
- Good weight of pass
- Movement after passing to partner (into space)
- Good 1st touch towards next gate
- Communication – show your partner by pointing which goal you are going to next

Variation – Weaker foot only; use flick pass only

UNOPPOSED 9:50 – 10:05am

Size of Area – 4 – 10 x 10 yd grids

Set Up – “Pass and move”. Split the group into teams of 4 each to a 10x10yd square and 1 ball per group.



Action – Players pass to each other by keeping the ball inside the grid. Once a player passes the ball he/she must run around one of the corner cones. They cannot run around the same cone twice in succession. Players must take a minimum of two touches – one to control and one to pass. How many passes can they make in 30 seconds. Score goes back to 0 if the ball goes out of the grid or if a player takes one touch.

Coaching Points –

- Same as previous
- Approach the ball from an angle
- Bend your knees
- Use inside of foot to control the ball

Variation –

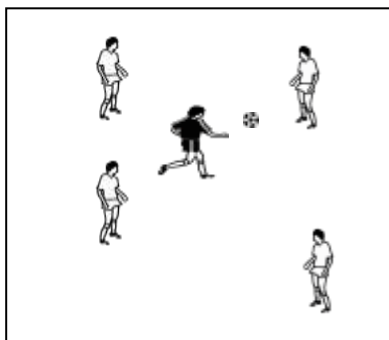
Make the grid larger if it is too hard or make it smaller if the passers have a lot of success.

Passing – 6-9 yr olds

OPPOSED 10:05 – 10:20

Size of Area – 4 – 10 x 10 yd grids

Set Up – “Pass and move with a defender”. As before but now split the group into teams of 4 with one defender (4 v 1). 1 ball per group.



Action – Players pass to each other by keeping the ball inside the grid. Once a player passes the ball he/she must run around one of the corner cones. They cannot run around the same cone twice in succession. Players must take a minimum of two touches – one to control and one to pass. How many passes can they make in 30 seconds without the defender touching the ball.. Score goes back to 0 if the ball goes out of the grid or if a player takes one touch.

Coaching Points –

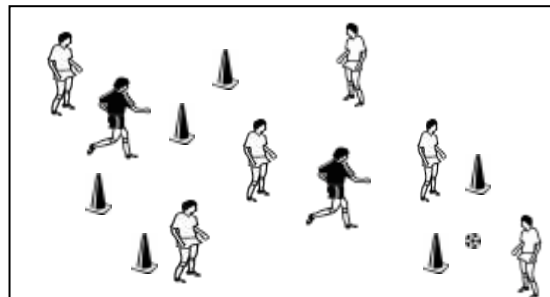
- Same as previous

Variation – have defender hop on one leg; have defender move like a crab (on all fours)

OPPOSED 10:20 – 10:35am

Size of Area - 2 - 20 x 30yds

Set Up – Same as before but now have two grids next to each other with gates and play 6 v 2 or 5 v 3.



Action – Same as before but two defenders work in each grid trying to stop the other team from passing thru the gates. Play for 30 seconds and rotate defenders. Make it a competition between the two groups. What happens if you bunch up? What happens if you stand still? How can we keep the ball away from the defender?

Coaching Points –

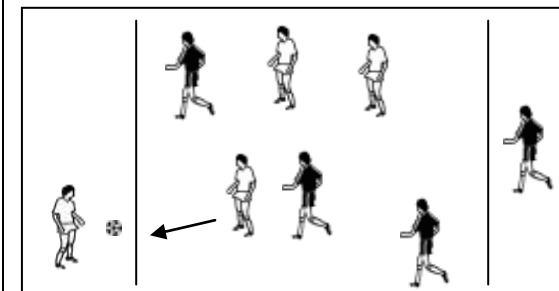
- Same as previous
- Keep an eye out for the defender
- Move into space

Variation – Add a 3rd defender or add a second ball to the exercise.

CONDITIONED GAME 10:35 – 10:55am

Size of Area – 2 x 20x30yd fields

Set Up – Play two 3v3 or 4v4 games next to each other in a tournament style format. Name each field (e.g. Wembley Stadium and Fratton Park). Play winner stays on (the Champions field being Wembley of course!). Use end zones for goals.



Action – Players have to pass to a teammate (target player) in the end zone with ball to score a point or make 3 consecutive passes. Defenders can't enter their own end zone. All re-starts are made with a pass in on the ground. Rotate teams after 5-minute games. The target players can move anywhere up and down the end zone. Once a goal is scored the target player plays the ball in to the other team.

Coaching Points –

- Can players get open?
- How is their spacing (triangle shape)
- Attitude - get your head up early - can you score?

Variation – Vary the service into the target player – on the floor, in the air for target to catch etc.