

SFA Youth Action Plan Coaching Session Planner



Generic Activity: Speed & Agility

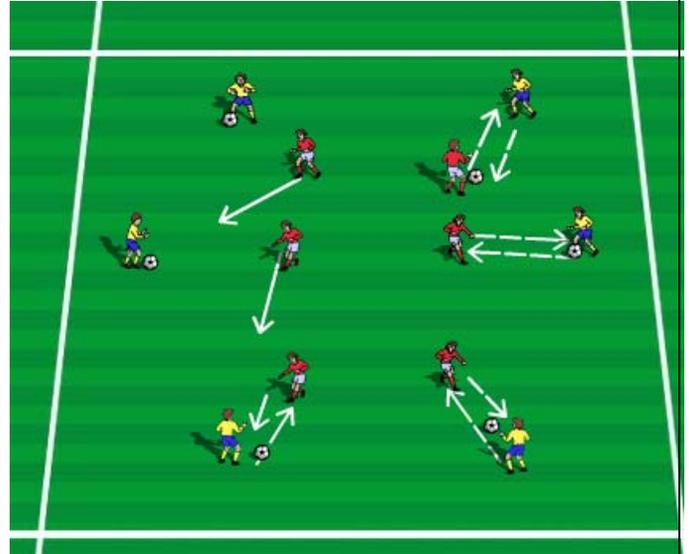
Football Theme: 1 v 1

A. WARM-UP

Yellows players take the ball and form a circle. Red players without a ball position themselves inside the circle. Yellow players with the ball feed pass from hands/feet to red player who returns pass to feeder:

- 1) Ground Pass
- 2) Half Volley
- 3) Volley
- 4) Head
- 5) Various surface control and pass.

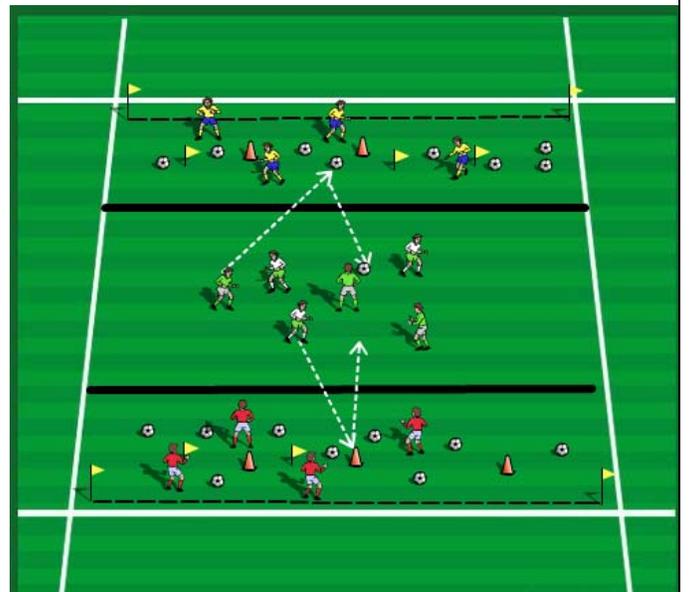
Start with partner, then move round group then switch positions.



B. GENERIC ACTIVITY

Organisation: Mark out boundaries, a “safe” at both ends of the playing area and an area to be defended in between them. Place objects in area to be defended. Select 3-4 (or more) defenders. Remaining players are scattered in the play area.

Activity: Players defend the wall by trying to keep the others from grabbing an object and getting it back to a “safe” area without being tagged. If caught, they become a defender. Game ends when all objects are in safe area OR all players are caught.



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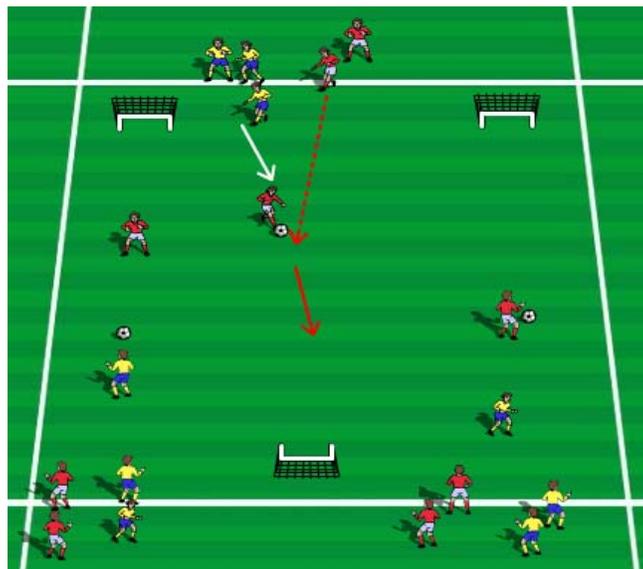
C. TECHNICAL DRILL – 1 v 1

Red player dribbles ball out from by-line towards goal and at half-way point tramps ball and moves away to defend goal. Yellow player moves forward to collect ball and attacks goal.

Players alternate as defender and attacker.

Encourage players to utilise moves shown in previous weeks.

Up and down leagues format could be used as a variation.



D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

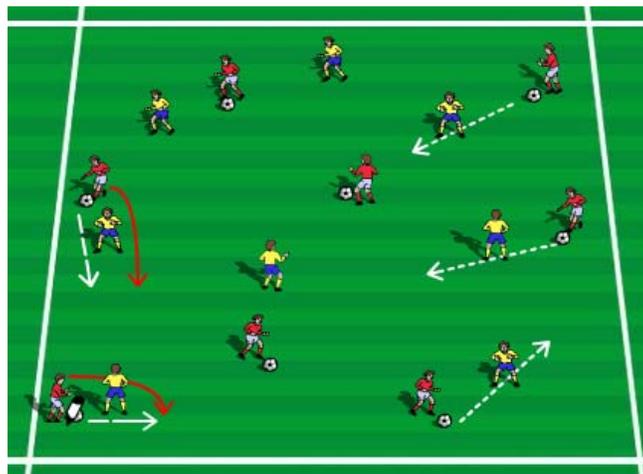
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



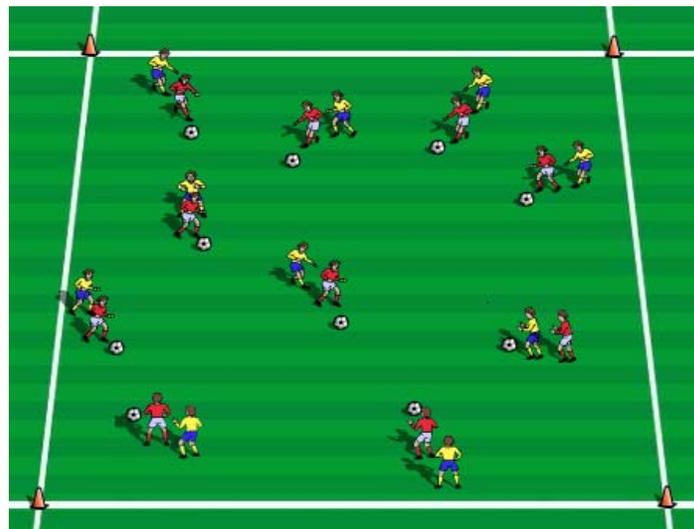
Coaching Session Planner

Generic Activity: Coordination **Football Theme:** Creative Movement

A. WARM-UP

Follow the Leader - In pairs, with a ball between 2, players are encouraged to dribble freely throughout the defined area. At first reds take possession, with every possession 'change' dictated by the coach. Conditions of moving with the ball can include:
 1) Preferred foot only; 2) Weak foot only; 3) Inside-outside; 4) inside-inside etc...

Introduce dynamic stretching towards the end of the warm-up phase.

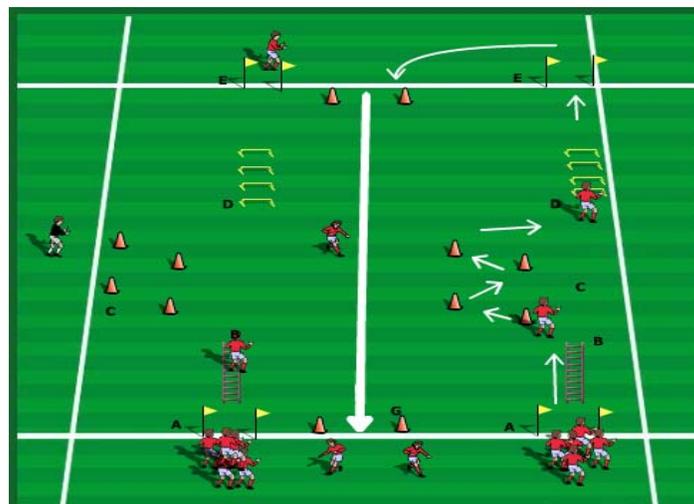


B. GENERIC ACTIVITY

Running Circuit

Players start behind gate A. Jog up to ladders (B) and fast feet (single run). Jog on to cones (C) side skip to each cone. jog over to hurdles (D) multiple jumps. After the last hurdle sprint through gate E. Jog back through gate F and down to gate G. Start circuit again.

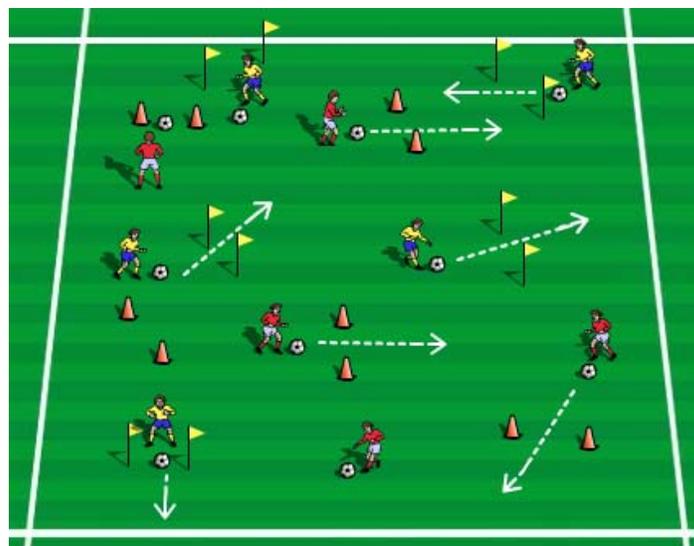
NOTE - Once stage C is reached the next player can go.



C. TECHNICAL DRILL 1 - Creative Movement

Players at first are encouraged to dribble freely with the ball showing various moves to beat opponents and changes of direction. Players eventually progress to dribbling through a gate on the coaches' signal.

Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates and show various dribbling moves.



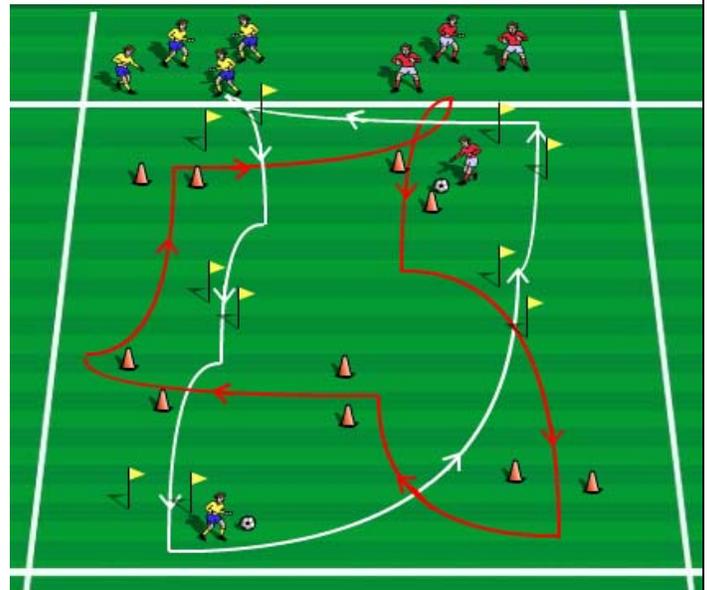


C. TECHNICAL DRILL 2 - Creative Movement

a) 30 seconds to dribble through as many gates as possible;

b) 2 teams, 1 v 1 dribbling - 1 player from each team speed dribble through all gates and back to start.

Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates and show various dribbling moves.



D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

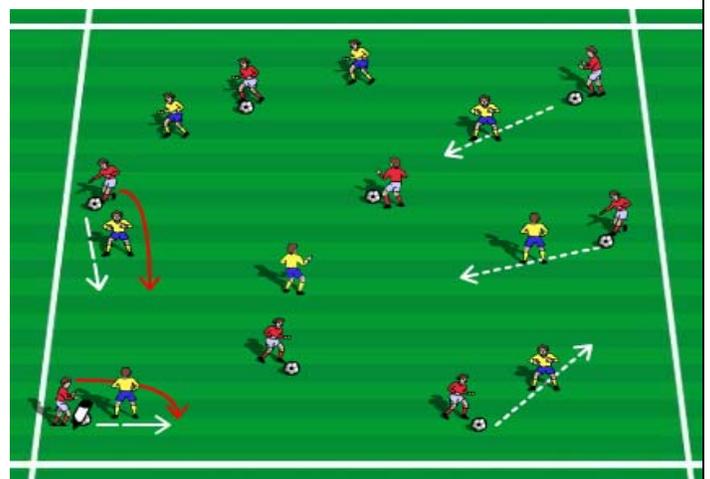
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Dribbling Skills Test

A. WARM-UP

Players with a ball each are encouraged to dribble freely within the defined area. Conditions of moving with the ball can be added as follows: 1) Preferred foot only 2) Weak foot only 3) Inside-outside 4) Inside-inside

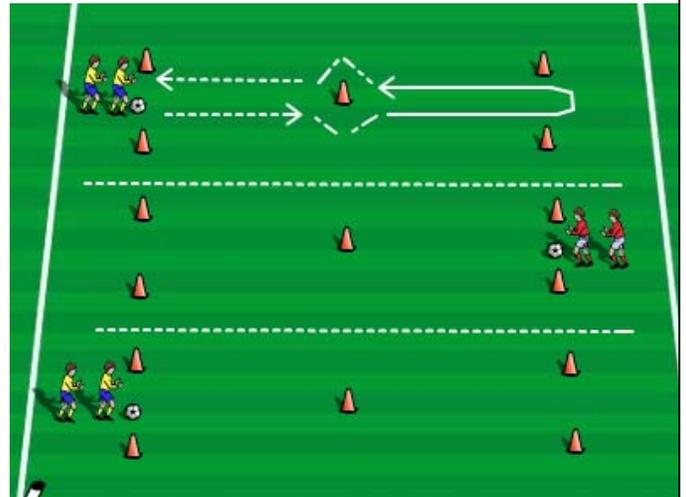
Introduce players to the inside cut move.

Introduce dynamic stretching towards the end of the warm-up phase.



B. DRIBBLING SKILLS TEST

Dribbling Skills Test - Player has 30 secs to complete as many shuttles within defined area while executing moves to beat an opponent at centre cone and changes of direction at end gates. Player must go through gate before executing move.



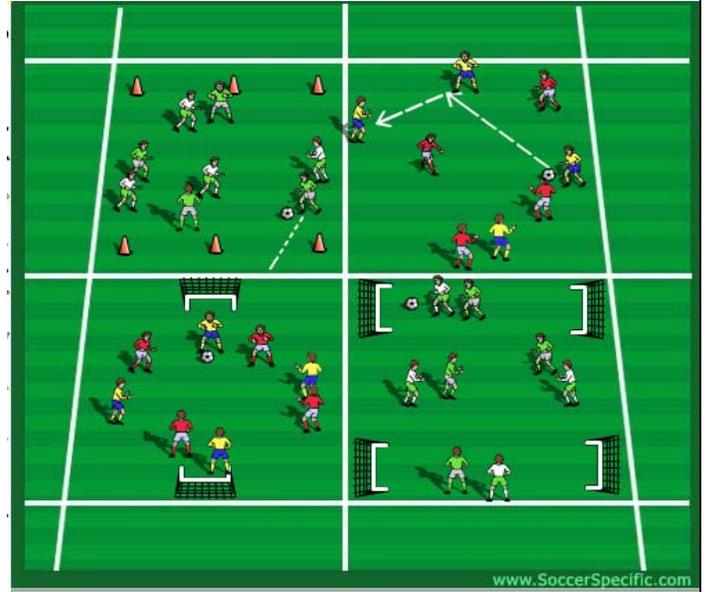
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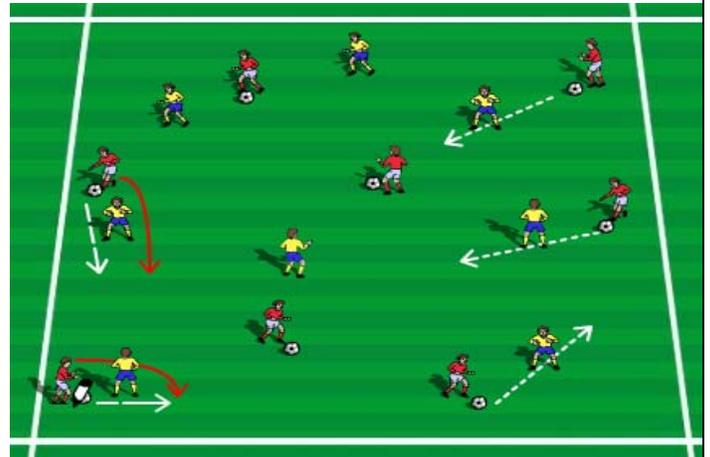
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



D. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



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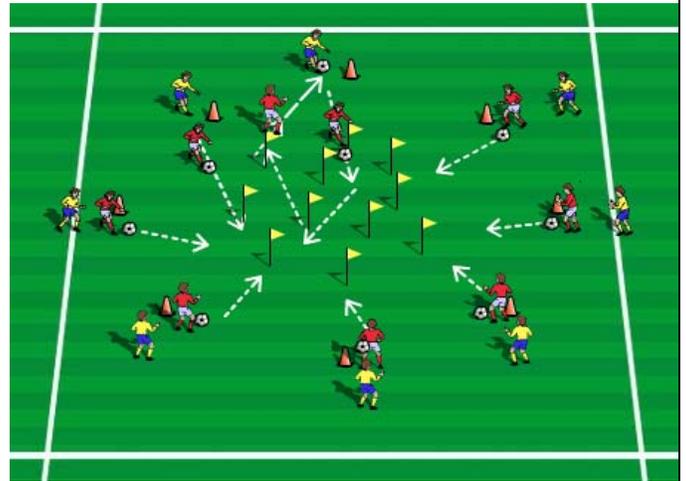


Generic Activity: Coordination

Football Theme: Fake

A. WARM-UP

Warm-Up: create a circle with markers, 2 players on each marker, players dribble ball in to the centre area and go round several markers/flags/poles. Upon leaving the centre area the player plays a short pass to his partner. While the partner is waiting he can perform some dynamic stretches. This can be progressed to passing the ball to any free player.



B. GENERIC ACTIVITY

Running Circuit

Player start behind gate A. Jog up to ladders (B) and fast feet (single run). Jog on to cones (C) side skip to each cone. jog over to hurdles (D) multiple jumps. After the last hurdle sprint through gate E. Jog back through gate F and down to gate G. Start circuit again.

NOTE - Once stage C is reached the next player can go.



C. TECHNICAL DRILL – a) Fake

Dribble ball towards partner, fake to left or right by exaggerating upper body movement and dropping lead shoulder low. Draw opposite foot behind ball and push out in opposite direction away from defender. Complete change of direction at opposite end, continue exercise. Ensure players have opportunity to work both right and left.



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C. TECHNICAL DRILL – b) Fake + Pass

Fake + Pass - Dribble ball towards partner, fake to left or right by exaggerating upper body movement and dropping lead shoulder low. Draw opposite foot behind ball and push out in opposite direction away from defender. Complete change of direction at opposite end, then pass to partner. Focus on Accuracy & Weight of pass.



D. SMALL-SIDED GAMES – Choice of

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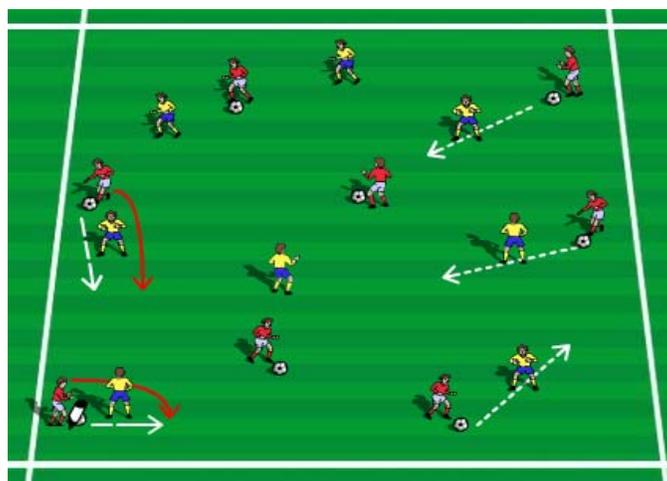
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



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Generic Activity: Fast Feet **Football Theme:** Inside Cut

A. WARM-UP

Players with a ball each are encouraged to dribble freely within the defined area. Conditions of moving with the ball can be added as follows: 1) Preferred foot only 2) Weak foot only 3) Inside-outside 4) Inside-inside

Introduce players to the inside cut move.

Introduce dynamic stretching towards the end of the warm-up phase.



B. GENERIC ACTIVITY

Players start at point 1 & 6. They work through each task moving into touch the centre cone (point 2) before moving in a clock wise direction through the circuit. Players always jog between stations.

Route from point 1

Point 1 - Multiple jumps

Point 2 - Centre cone has to be touched after each exercise.

Point 3 - Fast feet through ladders

Point 4 - Zigzag through flags/cones

Point 5 - Jog back through gate

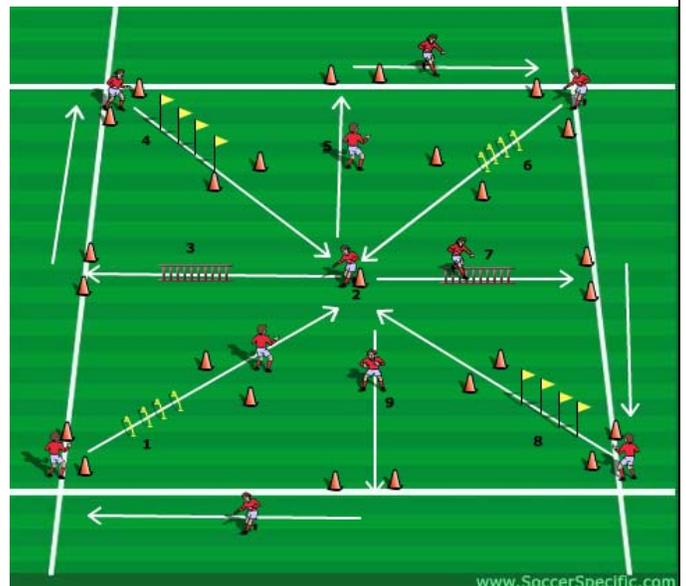
Point 6 - Multiple Jumps

Point 7 - Fast feet through ladders

Point 8 - Zigzag through

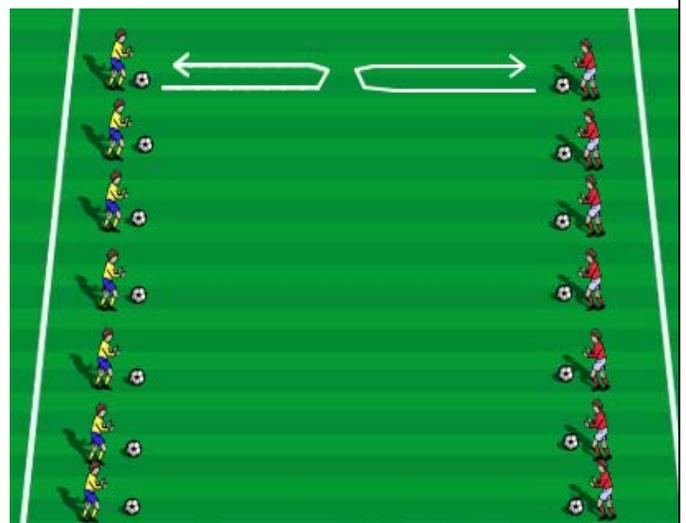
Point 9 - Jog through gate and restart at point

Note: Activity can be adapted dependant on available facility & equipment.



C. TECHNICAL DRILL – a) Inside Cut

Inside Cut - Dribble ball towards partner, fake to strike ball, then cut to change direction by using inside of foot. Exaggerate upper body movement and disguise to unbalance opponent.



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C. TECHNICAL DRILL – b) Inside Cut + Pass

Inside Cut + Pass- Dribble ball towards partner, fake to strike ball, then cut to change direction by using inside of foot. Complete 2nd cut at start position then pass to partner. Focus on Accuracy & Weight of pass



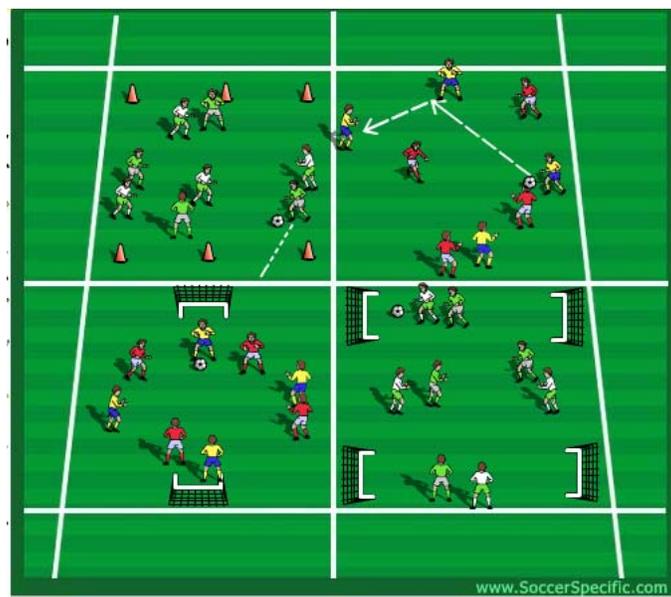
D. SMALL-SIDED GAMES – Choice of

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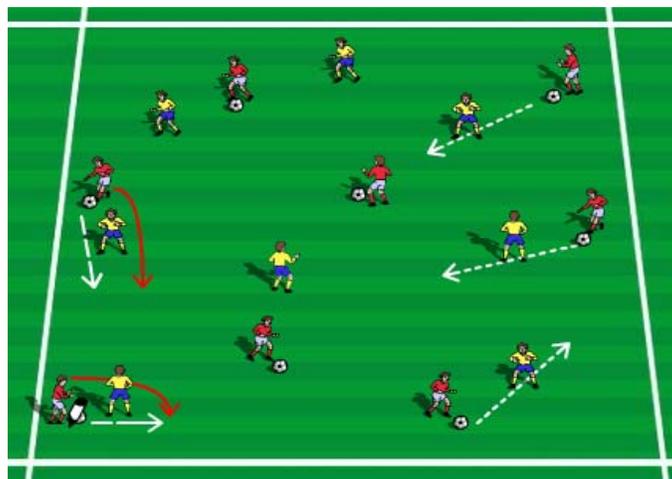
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



SFA Youth Action Plan - Coaching Session Planner

Generic Activity: Developing Speed

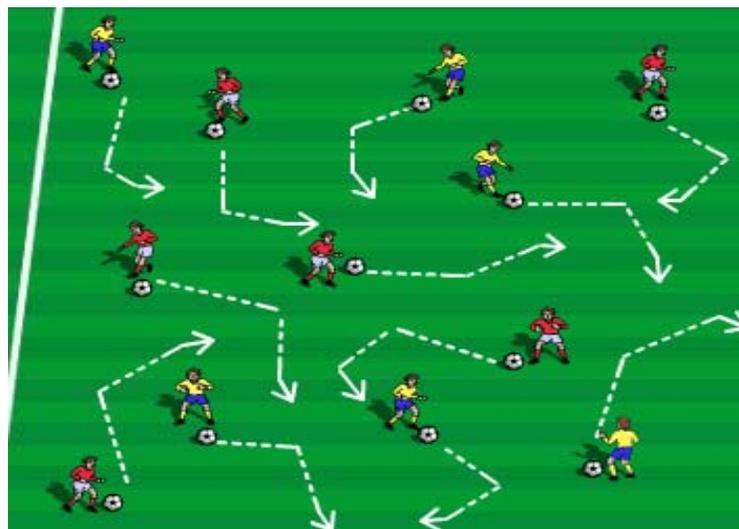
Football Theme: Outside Cut

A. WARM-UP

Players with a ball each dribble freely inside the defined area. Coach provides instruction on various conditioned movements with the ball as follows.

a) inside-inside; b) inside-outside; c) turn-in; d) turn-out; f) change g) toe-taps.

Players perform the conditioned activity for a set-time before moving freely again. Encourage players to take soft touches, lift head for awareness and control speed of movement.



B. GENERIC ACTIVITY

Developing Speed – Choice of

A - T - Agility Sprint

1. Start at point 1
2. Sprint forward 5m to point 2. Shuffle 360° around cone while continually facing forwards and sprint to point 3.
3. At point 3 shuffle round 360° and sprint to point 4.
4. Sprint to point 5 and touch cone and to cone 6 and back to point 4 and jog back to point 1.
5. Tag next player and they start exercise.

B – Box Drill

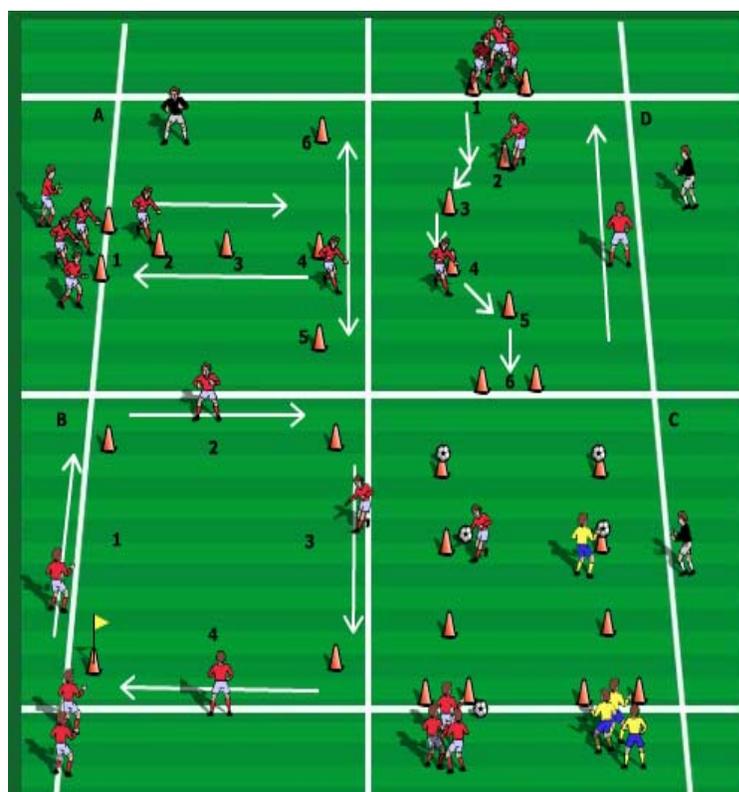
Start and sprint to first cone. Make sharp right cut and jockey to next cone. Backpedal to next cone and jockey to finish. Next person starts.

C – Relay Drill

Team start behind cones. Coach give command to sprint out and pick up ball and bring back to start.

D – Variation Sprint

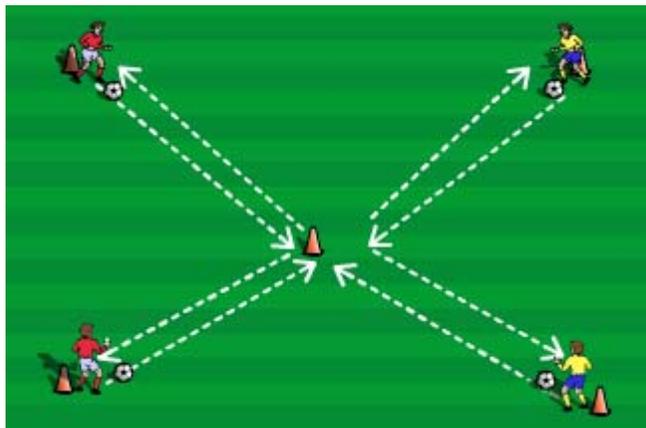
1. Start and jog to point 2 (push off right foot) and sprint to 3, slow down and jog to 4 (push of left foot) and sprint to 5, jog through 6.



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C. TECHNICAL DRILL – a) Outside Cut

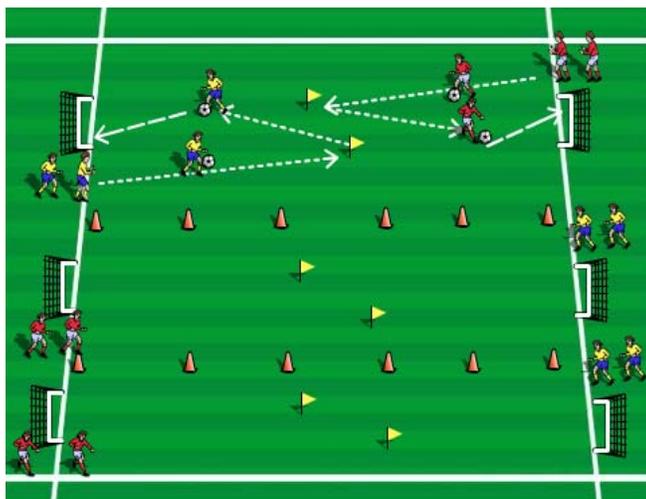
Players dribble ball towards centre perform outside cut and return to your starting cone, use the same turn and repeat the exercise. The drill can be progress to go to opposite cone or in a clockwise direction.



C. TECHNICAL DRILL – b) Outside Cut & Shoot

Outside Cut and Shoot: Players dribble out to marker perform outside cut and then dribble and shoot.

Coaching Points: Encourage shot to be taken with alternate feet, challenge those who are performing well to increase the speed of the dribble. Progress by adding in a defender.



D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over endline to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

As previous weeks

Football Specific Theme: 1v1 Defending – Training 1
Age Group: 13-18

Warm Up (15 mins)

Set Up:

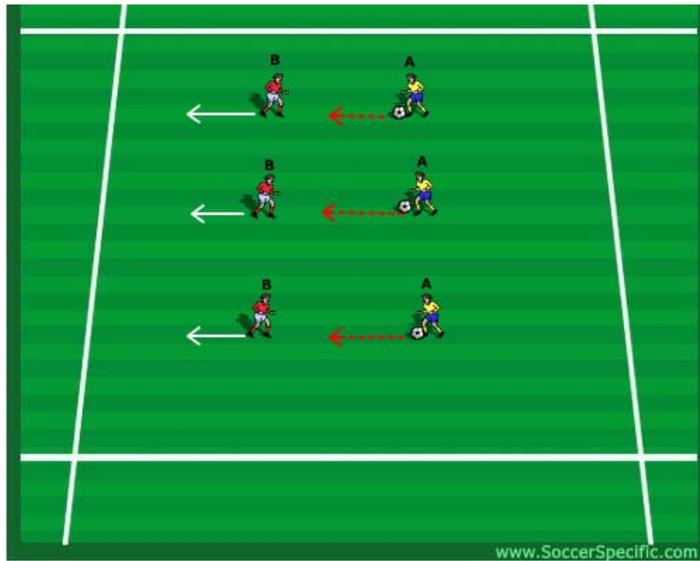
Players work in pairs with 1 ball between 2 players and spread out in the space dedicated for the warm up. Player A drives forward dribbling the ball towards player B. Player B moves back with front foot facing forward and keeping on the balls of their feet.

Progression:

Ask the defending player to challenge for the ball.

Coaching Points:

Body position – low, ready.
Upper body upright.
Focus on the ball.
Quick feet adjustment.
Front foot in a forward stance to react quickly to changes of direction of the attacking player.



KEY: - - - - > Ball Path → Player Path - - - - - > Dribble

Dynamic Stretching (5 mins)

Speed and Agility (10 mins)

1v1 Drill (15 mins)

Set Up:

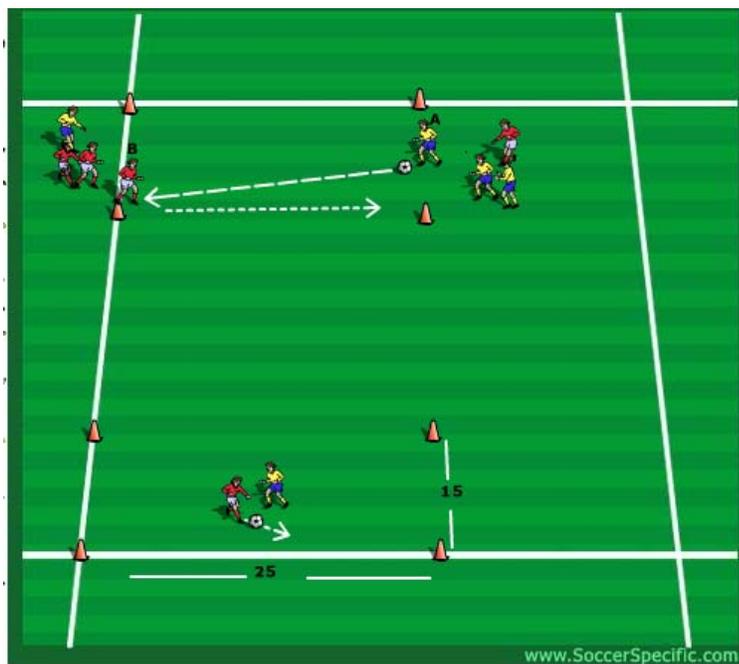
The area is a channel (25 meters by 15 meters), 4 players on each side is a good number. To start the drill, Player A plays a pass to player B, Player A becomes the defender and player B becomes the attacking player. Player B tries to dribble the ball across the line protected by player A.

Progression:

Increase speed, attacking player should increase to game speed.

Coaching Points:

Deny opponent space and time.
Delay opponent – don't over commit.
Body position – channel opponent out.
Assess opportunity for "quick steal".
Close, strong, well-timed challenge.
Stay on feet.
Recover quickly.



KEY: - - - - > Ball Path → Player Path - - - - - > Dribble

1v1 Defending Game Related Practice (20 mins)

Set Up:

Use the sideline for marking out the area. Player B plays a pass to player A, Player A dribbles the ball to the centre box, player B defends the centre box, The object of the practice is to channel player A, out of the box.

Change side on attacker and defender after 10 mins.

Progression:

Increase speed, attacking player should increase to game speed.

Coaching Points:

As in 1v1 drill.

Channel over the sideline.

Ensure good strike on the ball from passer and movement towards the ball when receiving it.



KEY: - - - - > Ball Path → Player Path ·····> Dribble

Conditioned Game (25 mins)

Set Up:

Conditioned Game 9v9 (1-3-2-3)

Conditions:

1, 2 or more than 4 touches.

If a player touches the ball 3 or 4 times possession is giving to the other team.

Coaching Points:

The players are encouraged to control the ball with one touch and play quick passes. When the opportunity of a 1v1 appears the defending player should be coached on the defending principles bedded down in the session.



KEY: - - - - > Ball Path → Player Path ·····> Dribble

Homework – Individual Specifics (20 mins)

Cool Down (10 mins)

Football Specific Theme: 2v1 Attacking

Age Group: 13-18

Warm Up (15 mins)

Set Up:

A1 drives toward defending B1. A2 runs out in an angle to become a wall-passer. A1 passes A2 who wall-passes back to A1. A1 receives, dribbles, passes to A3, who starts again by driving toward defending B2, using A4 as a wall.

Progression: A1 can make a decision either to dribble or to pass.

Coaching Points:

Commit defender.
Passing techniques – timing, weight, angle, accuracy.
Support runs – timing, angle, speed, direction (offside).
Decision making – dribble or pass.
Disguise.
Dribbling techniques.



KEY: - - - - > Ball Path → Player Path ······ > Dribble

Dynamic Stretching (5 mins)

Speed and Agility (10 mins)

2v1 Drill (15 mins)

Set Up:

B passes A. A1 and A2 attacks and tries to score by reaching to goal line with the ball under control.

Coaching Points:

Width – attacking players split.
Penetration – drive at goal, commit defender.
Support – second attacker provides passing alternative.



KEY: - - - - > Ball Path → Player Path ······ > Dribble

2v1 Attacking Game Related Practice (20 mins)

Set Up:

Both goalkeepers starts at the same time with a throw-out to A1. B1 acts as a passive defender. A1 passes to A2, who makes a lay-off to A1. 2v1 against B2.

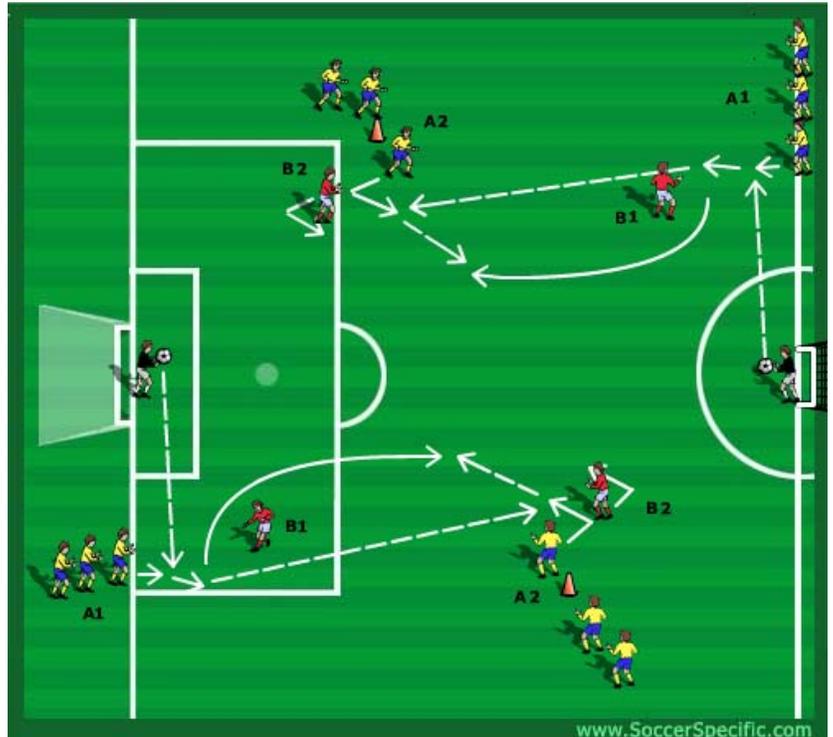
B2 is not allowed to try and win the ball until after the lay-off to A1.

Progression:

A2 can decide to either make a lay-off or receive and turn immediately to take on B2 with A1 giving other options to attack 2v1.

Coaching Points:

As in Warm Up and 2v1 drill.
Beware of offside.



KEY: - - - - > Ball Path → Player Path ·····> Dribble

Conditioned Game (25 mins)

Set Up: Conditioned Game 8v8 plus 1 floating player. Shape 1-2-2-3 v 1-3-2-2. Pitch 65 meters by 50 meters.

Floating player on the midfield always with the attacking team.

Coaching Points:

Encourage player on the ball to commit defenders and the team mates to support through good movement.



KEY: - - - - > Ball Path → Player Path ·····> Dribble

Homework – Individual Specifics (20 mins)

Cool Down (10 mins)

Football Specific Theme: 2v2 Defending

Age Group: 13-18

Warm Up (15 mins)

Set Up:

6v2 in a rectangle (15 meters by 10 meters).
First defender puts pressure and channels.
Second defender directs and supports/covers.

Conditions:

If the defenders do not succeed, the attacking players must use a minimum of 2 touches.

Coaching Points:

Avoid passes going through the two defenders.
Communicate with each other to make fast decisions, who presses and who supports/covers.
First defender delays, denies space and channel attacker.
Second defender supports/covers and directs first defender in choice of channel and amount of pressure.



KEY: - - - -> Ball Path → Player Path ·····-> Dribble

Dynamic Stretching (5 mins)

Speed and Agility (10 mins)

2v2 Drill (15 mins)

Set Up:

Mark out two channels (25 meters by 20 meters), 4 players on each side is a good number. To start the drill, one of the players A plays a pass to players B, Players A becomes the defenders and players B becomes the attacking players. Players B tries to dribble the ball across the line protected by players A.
In the beginning the attacking players must pass the ball between each other a couple of times before they try and go past the defenders.

Progression: The attacking players are allowed to try and pass the defenders directly.

Coaching Points:

Both defenders position themselves in relation to goal(line). The first defenders body position – channel opponent, isolate first attacker. Second defender place herself in position depending on the success of the first defenders attempt to channel the attacker. If first defender is successful, second defender supports, otherwise she covers. Second defender be aware of second attacker's position. Awareness of offside.



KEY: - - - -> Ball Path → Player Path ·····-> Dribble

2v2 Defending Game Related Practice (20 mins)

Set Up:

Use sideline for marking up the area.
 A1 and A2 attacks from the first zone and tries to get through the middle zone where B1 and B2 defends.
 Change side on attacker and defender after 10 mins.

Progression:

Second defender is allowed to recover into the goal area to defend a penetrating pass.

Coaching Points:

As in Warm Up activity and 2v2 drill.
 Channel over the sideline.



KEY: - - - - > Ball Path → Player Path ······ > Dribble

Conditioned Game (25 mins)

Set Up:

Conditioned Game 6v6 plus 2 goalkeepers in three zones. 2v2 situations in each of the three zones. Attacking in final third after a lay-off to the second forward who has dropped off into the mid-zone (passive in mid-zone).

Coaching Points:

As in Warm Up and 2v2 drill.



KEY: - - - - > Ball Path → Player Path ······ > Dribble

Homework – Individual Specifics (20 mins)

Cool Down (10 mins)

Football Specific Theme: Soccer 7's Fast Attack

Age Group: Children 8- 12 Years

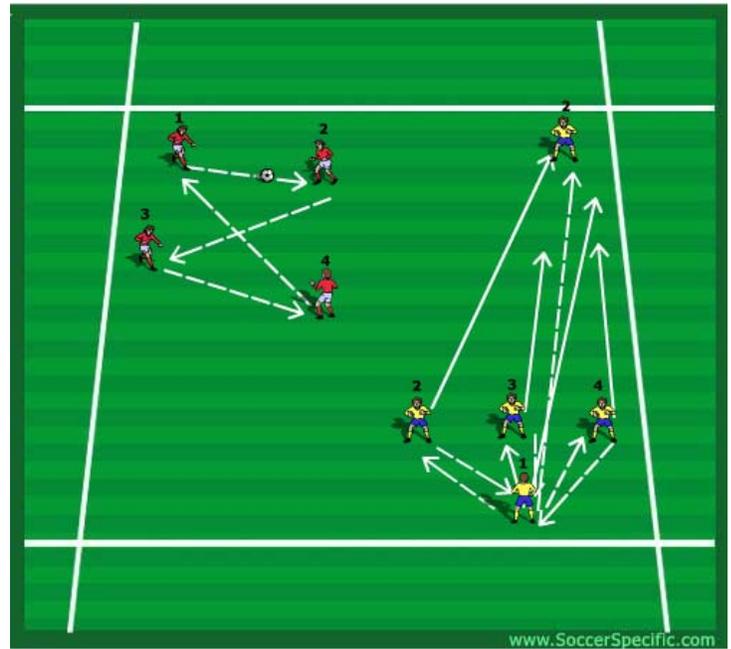
WARM UP

Set Up: Mark out Area based on the number of players you will have, the area should be big enough to allow long passes to be played as the drill progresses. Each group of 4 players will be given a ball between 4. Begin with players passing the ball short distances as they move about in a set area.

Objective:

Players pass the ball in number order and move in the area.

Progression: To progress player 1 plays a wall pass (one-two) with player 2. Player 2 takes off on a run of at least 15 meters, player 1 then plays a wall pass with the rest of the group before playing a long pass to the player 2 who has just made the run. The other players run towards the player with the ball and continues the sequence.



Coaching Points: encourage movement at slow pace, increasing the tempo as the warm progresses. Short passes with open body side foot, long passes driven with laces.

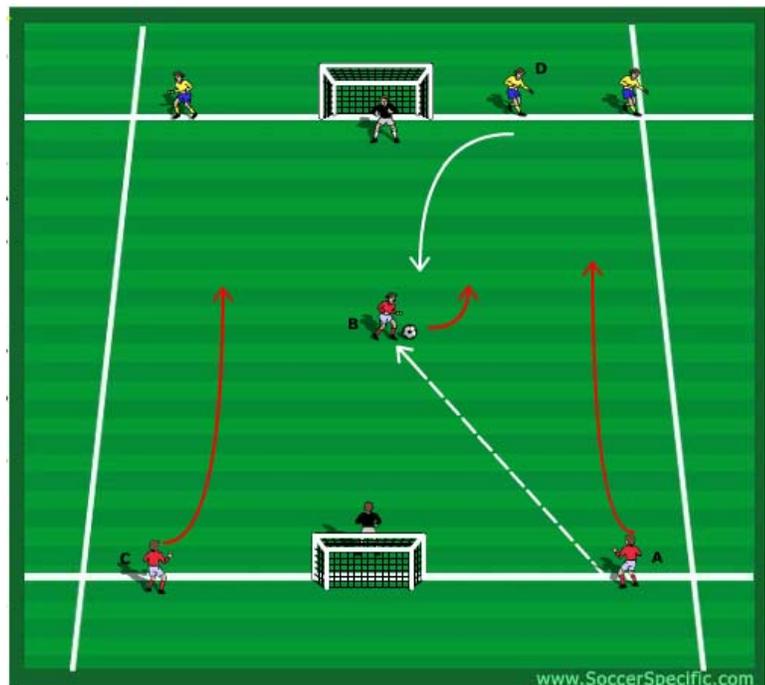
DRILL

Set Up: 2 goals. Players are put into 2 teams. A plays pass to striker B. B turns quickly to attack goal.

Objective:

To provide midfield support to attacking player and shoot on goal.

Progression: A and C support quickly. Defender D can move out to defend passively only when striker B receives the ball. Play alternates as waves of attack from each end.



Coaching Points: Encourage accurate and well weighted passes forward and quick turns by strikers as well as quick support play.

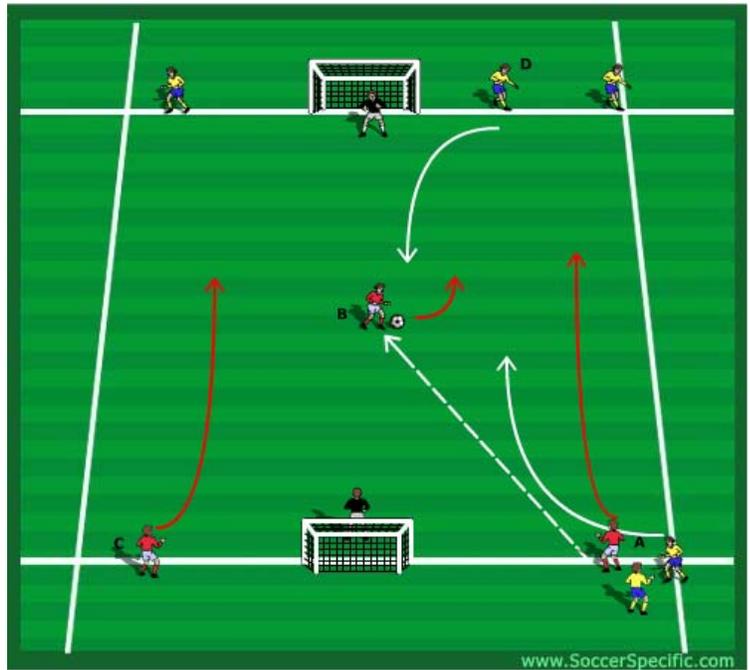
GAME RELATED PRACTICE

Set Up: 2 goals. Players are put into 2 teams. As in the drill, however, defender can tackle and a second recovering defender can support when striker B touches the ball.

Objective:

To provide midfield support to attacking player and shoot on goal.

Progression: Defender D can be positioned next to the goal when pass is played or alternatively allowed to man mark striker B closely. Instead of 3v1 + recovering defender progress to 2v1 + recovering defender.



Coaching Points: Encourage accurate and well weighted passes forward and quick turns by strikers as well as quick support play.

CONDITIONED GAME

Set Up: 2 goals. Players are put into 2 teams. 4v4 or 5v5 plus GKs. Set out 3 zones.

Objective:

To provide midfield support to attacking player and shoot on goal.

Progression: Team in possession can move players forward zones, defending team cannot move back to defend at first. This can be progressed to allow players to move freely in all areas.



Coaching Points: When possession is won encourage teams to play forward quickly and support with numbers.

COOL DOWN

(Please include a cool down at the end of every session)

Objective: Gradual decrease of players heart rate.

Example Cool Down: Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.

Football Specific Theme: Opponents Possession (Defending)

Age Group: 13-18

Warm Up (15 mins)

Set Up:

Positional play – Basic positional play (Rectangles)
– 5v3 Defending. Three players work together: 1 presses, 1 supports, 1 covers.

Conditions:

Nearest presses, 1 supports, 1 covers.

Coaching Points:

Make the area small – nothing through between defenders.



KEY: - - - - > Ball Path → Player Path ······> Dribble

Dynamic Stretching (5 mins)

Speed and Agility (10 mins)

GK and back 4 v front 3 and midfield 3 with 1 deep support player (5v7) (20 mins)

Set Up:

Area of field – own half (Back four defending).

- 1) Full half
- 2) Back third

Coaching Points:

- 1) Starting positions
- 2) Pushing away
- 3) Passing on
- 4) Not passing on

Do not let them score



KEY: - - - - > Ball Path → Player Path ······> Dribble

GK and back 4 v front 3 (5v3) (20 mins)

Set Up:

Area of field – opponents half (Front three defending).

- 1) Full half

Coaching Points:

- 1) Starting position.
- 2) Disturb the build up – prevent the pass forward.



KEY: - - - - > Ball Path → Player Path ·····> Dribble

Game 9v9 (20 mins)

Set Up:

9v9, shape 1-3-2-3. 65 m by 50 m. Make the pitch small.

Coaching Points:

Defensive start position.
Setting the block.

Front line – drop off
Middle line – tuck in
Back line – push up

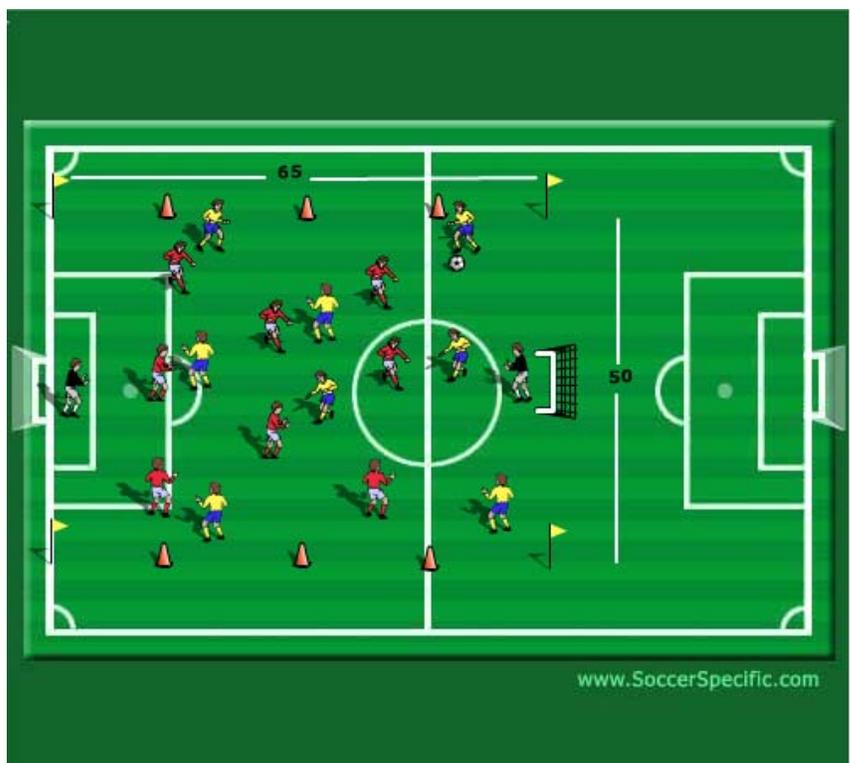
Basic team shape –
Good occupation of the field.

Focus on front three:

- Disturbing the build up
- Preventing the pass forward
- Start position

Focus on back four:

- Passing on, not passing on
- Pushing away
- Start position



KEY: - - - - > Ball Path → Player Path ·····> Dribble

Homework – Individual Specifics (20 mins)

Cool Down (10 mins)

Football Specific Theme: Passing (Inc Counter Attack)

Age Group: Children 13-18 Years

DRILL

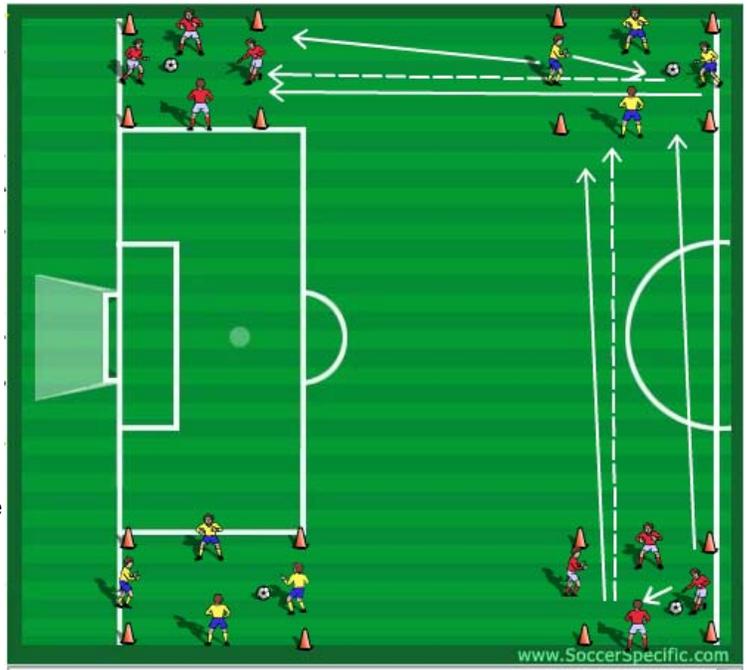
Set Up: Players start by keeping possession in their group of four. On command of the coach the ball is laid off to a passer and the ball is transferred anti-clockwise initially to the next box. The player who laid the ball off and the passer then run to the same box to which the ball was played.

The players not involved in laying or passing remain in the box to receive the pass from another box. The process continues. Intensity can be altered by increasing the pace between boxes.

Objective:

To penetrate accurately and provide quick support

Progression: When the ball is passed long the player and the passer run to two different adjacent boxes (eg one clockwise and one anticlockwise.) (when this is happening the balls still go in the same direction)



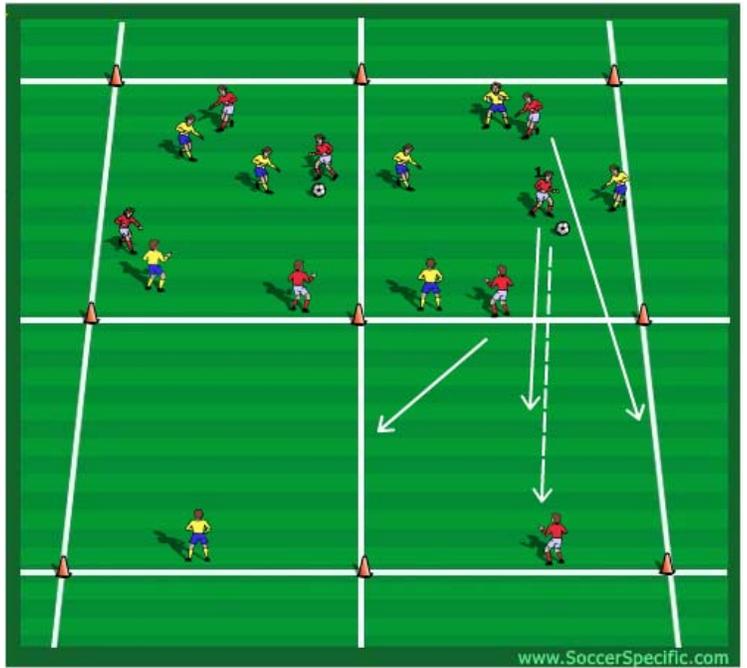
Coaching Points: Quality of passes, quickness of support, awareness of other players and balls.

GAME RELATED PRACTICE

Set Up: Two 15x15 yard grids are created side-by-side. A 4v4 is organised in each grid as shown. One player from the defending team must remain in the opposite grid as shown above. The other 3 team-mates must attempt to gain possession from the 4 opposing players. This creates a numbers-down situation for the defensive team and forces them to work as a "unit" to regain possession. If the defensive team wins possession they must quickly switch the ball to their team-mate in the opposite grid. Immediately they must travel to support the play. In the Diagram above, Player (1) has won possession of the ball and quickly passes to his/her team-mate in the opposite grid. The reds will now transition quickly to support the play while the yellow team must send over 3 players to defend. Points are awarded for a successful "switch" and 7 consecutive passes.

Objective: To penetrate accurately and provide quick support

Progression: Combine pitches and play 8v8 with tow target players of the same colour at each end (results in 8v6 for attacking team).



Coaching Points: Work together to defend as a "unit" Attempt to regain possession quickly. Immediately look to switch the ball on gaining possession. Travel quickly to support the play.

SFA Youth Action Plan Coaching Plan (Counter-Attack Passing Page 2)

CONDITIONED GAME

Set Up: Players play 5v5 in middle zone. When possible try to hit striker or as in diagram player 2 drives into the final third along with one other supporting player (3). Play then ensues 3v2 to opponents goal.

Coach should demand quick solutions to each play and demand a high tempo. This game may also promote driven diagonal passing from the back to both the middle and final third.

This game may also promote driven diagonal passing from the back to both the middle and final third.

Objective:

To win possessions and to counter attack and score asap.

Progression: The progression is then as the GK saves or retrieves the ball, he can start a counter attack in the opposite direction asap (this should leave 5v3 in the middle zone if the counter is done quick enough.)

Coaching Points: Travel quickly to support the play. Make correct passing or dribbling decisions. Find a quick solution. No long passing sequences. Quality of finish

