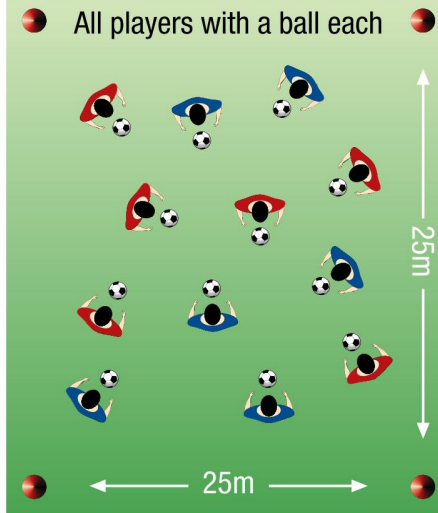


1

WARM UP/
DRIBBLING

15 MINS

- Challenge players to dribble ball using strongest foot, using inside and outside of foot
- Players lose points (challenge) if they go out of boundaries or fall over (balance)
- Use weaker foot also
- Drop left shoulder and take the ball with outside of right foot and Vice versa
- Drag backs - emphasis on opening the body up (shoulders & hips) and changing direction (both feet)
- Scissors (Q&A kids on who is good at this i.e Cristiano Ronaldo)
- Special awareness

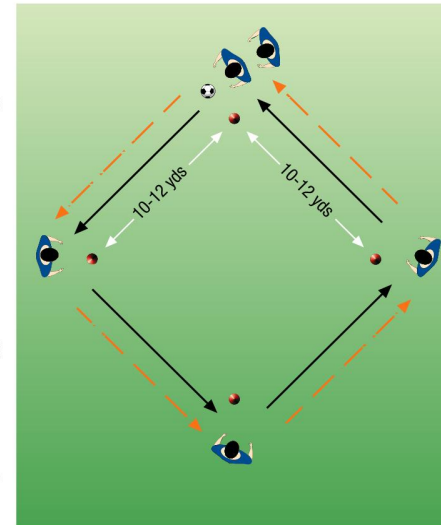


2

PASSING
DRILL

15 MINS

- Players in 5's or more
- 10-12 yd diamond shape
- Rotate clockwise/anti-clockwise
- Follow pass to next cone
- Receive with open body
- Always back foot control
- Minimum 2 touches
- Pre action movement
- Ball out of feet, head up and pass with instep (big surface)
- Pass away from cones (defenders) with correct weight, timing and accuracy



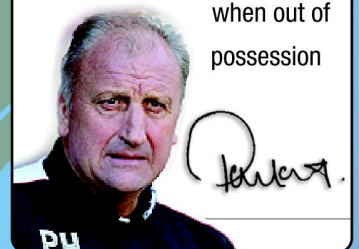
PAUL HART'S
KEY FACTORS

- **Dribbling :**
The use of cones within the 25 x 25 grid and explaining that these are defenders can assist the players to dribble around the cones
- **Special Awareness :**
When dribbling, the players should be encouraged to dribble with their heads up and be aware of the space around them
- **Pre-Action :**

Encourage players to make space and time by sharp, bright movements away from cone (defender), then come short to receive ball and Vice versa

• **Small Sided Game :**
Encourage players to keep diamond shape and to make the pitch big (long and wide) in possession and to compress it

when out of possession

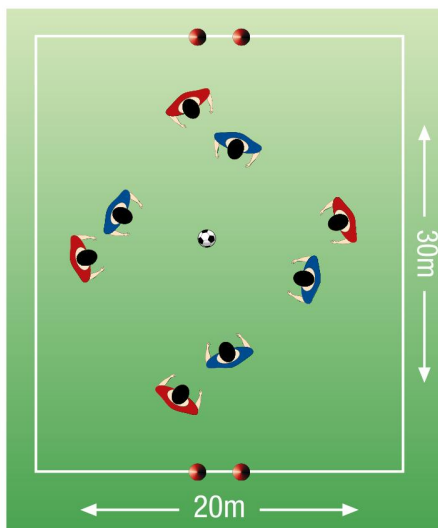


3

SMALL SIDED
GAME

25 MINS

- 4 v 4
- 30m x 20m
- Attack and defend 2 small goals
- Depending on ability levels 1 touch finishing
- Encourage players to keep their diamond shape when attacking (carrying on theme from passing drill)
- Encourage 2 touch football
- Allow free play
- Depending on ability levels challenge players to pass the ball 3-5 times between team mates before shooting



4

WARM DOWN

5 MINS

- Ball with each player
- Recap on earlier learning but decrease intensity levels
- Dynamic flex stretching (no static stretching at this age)
- Various low tempo movements - both feet
- Recap via Q&A with players
- Set homework 100 right foot & left foot pass and control with big surfaces (insteps)
- **NEVER WASTE OPPORTUNITIES TO IMPROVE TECHNIQUES**