

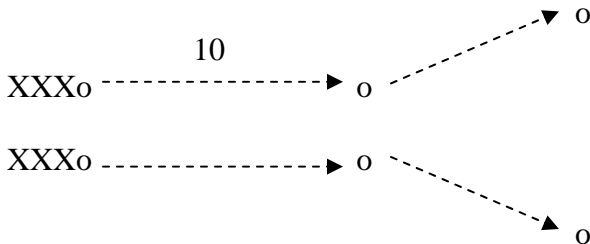
Queen Anne Soccer Club
Age Group: U15+ Equipment: Balls/Bibs/Cones/Markers

Week 1

Theme: Dribbling and Passing

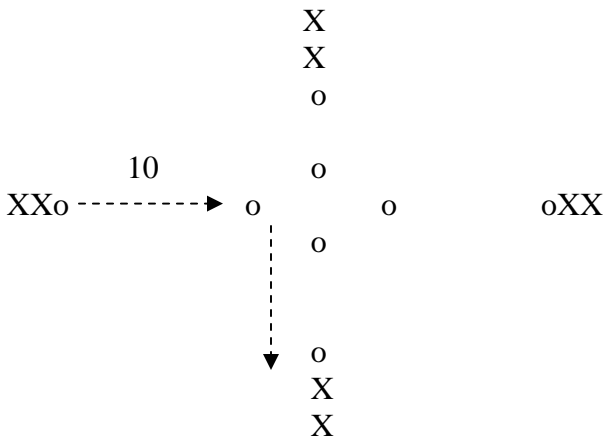
Key: X = Player
 o = Marker
 20 = yards
 —▶ = pass
 - - -▶ = movement

Warm-Up: Dynamic Stretching 10-15mins



Use a 1 lap jog just to loosen up.
 Perform stretches between the first two cones (10 yards) then jog around the cone on the diagonal and back round to the back of the line.
 Have partners at going at the same time and speed, increases team cohesion.
 Perform stretches twice then move onto the next one.
 Perform static stretching for a few minutes when done just to loosen off further.
Stretches: Bum kicks, high knees, side to side, two left two right skips, morcambe and wise, grapevine, garden gate (in to out/out to in).

Basic Dribbling and Turning: Maze Dribble 10-15mins



Aim: Dribble ball into the middle of the maze, turn left/right and dribble to the next line of people.

Technique: Ball close to feet
 Head Up
 Turn Quickly
 Accelerate when turned.
 Avoid others and the cone (defender)

Progression: Go left/right, use different turns
 Time limits/races

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Technique: Time run

Get ball out of feet

Play into space

SCRIMMAGE: 5-10mins

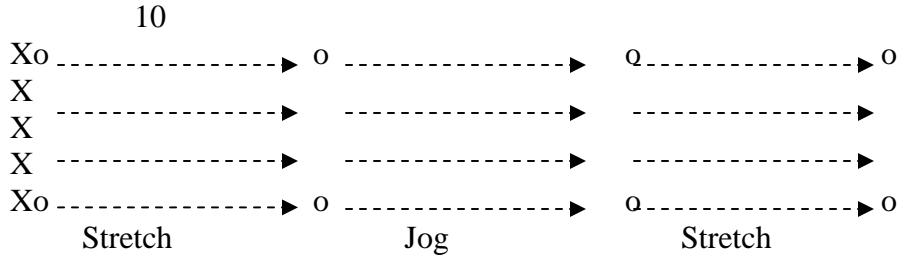
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Week 2

Theme: Shooting and Control

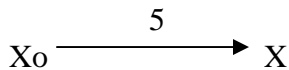
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Warm-Up: Dynamic Stretching 10-15mins



Use a 1 lap jog just to loosen up.
 Perform stretches between the first two cones (10 yards) then jog around the cone on the diagonal and back round to the back of the line. To next set of cones then stretch between these cones and the last cones.
 Once complete jog around the side of the grid to the start point and perform a new stretch
 Have 4 players going at the same time and speed, increases team cohesion.
 Perform static stretching for a few minutes when done just to loosen off further.
Stretches: Bum kicks, high knees, side to side, two left two right skips, morcambe and wise, grapevine, garden gate (in to out/out to in).

Basic Control: Full Body Control 10-15mins



Aim: One player stands on the marker and throws the ball underarm to their partner, who will control the ball so it lands at their feet and pass it back. Perform each move five times then swap throwers.

- Technique:**
- Foot* - Use inside of foot
 - On toes ready to receive the ball
 - Get in line with the ball
 - Soft touch to bring the ball to your feet
 - Knee* - Use thigh
 - Produce a bike ride motion to softly touch the ball
 - Do not go at the ball with your thigh
 - On your toes and get inline
 - Chest* - Create a wide area by having the arms out like wings
 - Cushion the ball with the chest
 - Do not go at the ball
 - On your toes and get inline

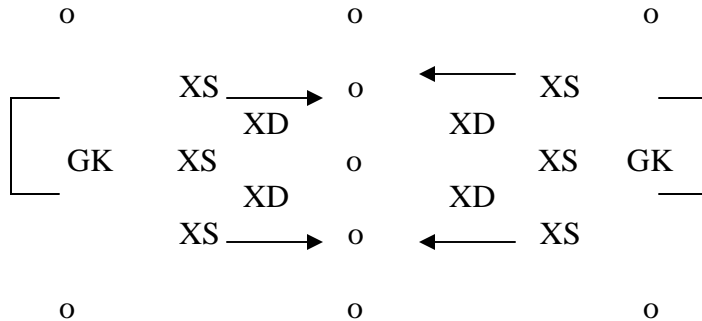
Progression: Add a marker in front of the person, who is controlling the ball, they must control the ball to one side of the marker before passing it back

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Further Progression: Add a marker behind the receiver, once they have performed the skill they must turn run round the cone and back to their original mark.

Shooting: Diamonds are forever 10-15mins



Setup: 40 x 30 grid, with a half way line marked out. Each team will have a goal keeper and three strikers on one side and the other two players will be defenders on the other side. Only the strikers can shoot. Players must stay in their half of the grid at all times.

Adapt to the number of players at training but always have more strikers than defenders.

Aim: To play keep away until a chance arises to shoot towards goal, the game looks at players shooting from long distance, defenders must get ball back to the strikers.

Technique: Accurate passing and keep away skills.

Shoot with laces

Head of over the ball

Look up before shooting

Once in space look to open up the body towards goal

If the chance arises shoot

Look for defenders laying the ball back to shoot

Create options for the next pass by creating angles

Defenders follow up on shots

Progression: Make the teams equal in numbers

Three passes must be made before shooting

Change the strikers to defenders and defenders to strikers to produce a

game where the object is to shoot from close range

SCRIMMAGE: 10-15mins

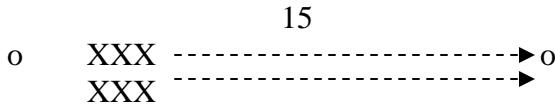
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Week 3

Theme: 1v1 Receiving /3v1 to Shoot

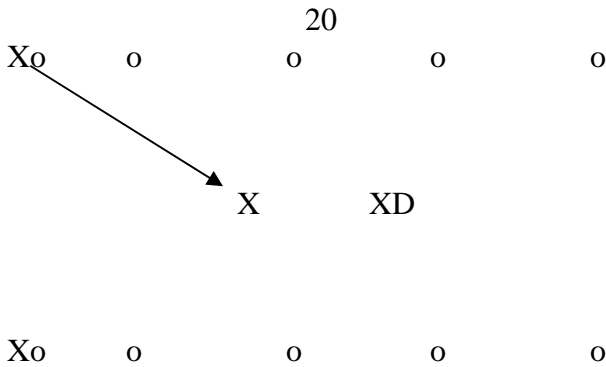
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Warm-Up: Dynamic Stretching 10-15mins



Aim: Have players in pairs running on the outside of the grid, between two markers have the players perform a stretch and between the next two markers jog. So each run around the square should consist of two of the same stretches and two jog sections.

1v1 Receiving and Turning 10-15mins



Aim: Attackers receive a pass from the passers on the markers; they must turn the defender and dribble past them to run the ball through the end markers.

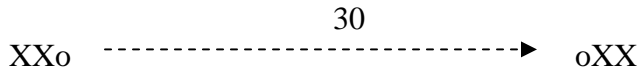
- Technique:** Create space by taking defender away
 Communicate which passer you want the ball from
 Look behind before receiving the pass
 If you have space turn
 If the defender is close get yourself between ball and defender (safe side)
 Get low and balanced
 Turn defender
 If in a 1v1 situation face on: go in slow and spring out fast
 Trick/fake defender

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Progression: If in trouble get the attacker to pass back to the passers, the same ball will be in play. Get passers to communicate to the attacker of whereabouts of the defender. Add a goal and a goalie to have them shoot against.

Running with the ball: Relays 5-10mins

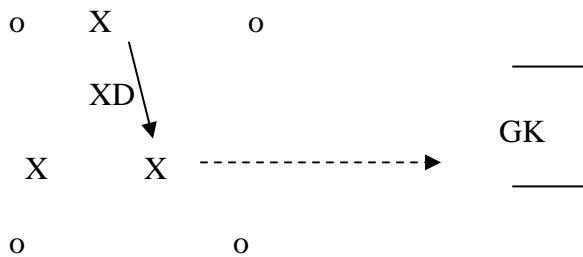


Aim: Players must run the ball in relays

Technique: Different to dribbling

- Use the outside of the foot to dribble the ball
- Outside of the foot increases stride length
- Head up

3v1 Running to Shoot 15-20mins



Aim: Players must play keep away from the defender (XD), when the opportunity arises to take the ball towards goal the players must move out of the grid and go to shoot on goal.

Technique: Passing technique

- Open up the body
- Create options
- Running Technique
- Shooting Technique

Progression: Have the defender chase down the striker.

Tip: Dependent on numbers set up another grid and goals facing the other direction, once a team has finished there run they can join the back of the queue on the next run.

SCRIMMAGE: 5-10mins

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Aim: Players within the end zones must play 4v2 keep away, when the opportunity arises to play a long pass to the far end zone then they must play the long pass. Defenders will start in the middle and 2 will go into the end zone, once a long pass has been made they must go back to the half way line, whilst the other two defenders then go to the opposite end zone.

Technique: 4v2 Keep away

Accurate passes, good weight

Open up body

Create a diamond formation to split defenders

Draw defenders towards you

Long Passing

Lofted pass, curved pass, driven pass

Produce lay offs to the back person to hit long

Wide players may choose to use driven or curved passes

Good control of the long pass, use whole body

SCRIMMAGE: 5-10mins

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Week 5
Theme: Heading

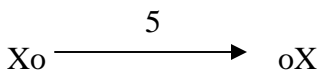
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Warm-Up: Lions Den 10-15mins

Setup: 20 x 20 grid, get players into pairs, pairs must find space in the grid and lie face down. Take one pair, one is the lion, one is the meat. The lion needs a pinny.

Aim: The meat must not get caught by the lion. To stop being the meat you can lay next to another pair and the player on the far side (not the middle player) will become the piece of meat. If caught the meat becomes the lion and the lion becomes the meat.

Heading: Basic Heading 5-10mins



Aim: Ball is thrown to the partner and partner must head the ball back into throwers hands

Technique: Use forehead

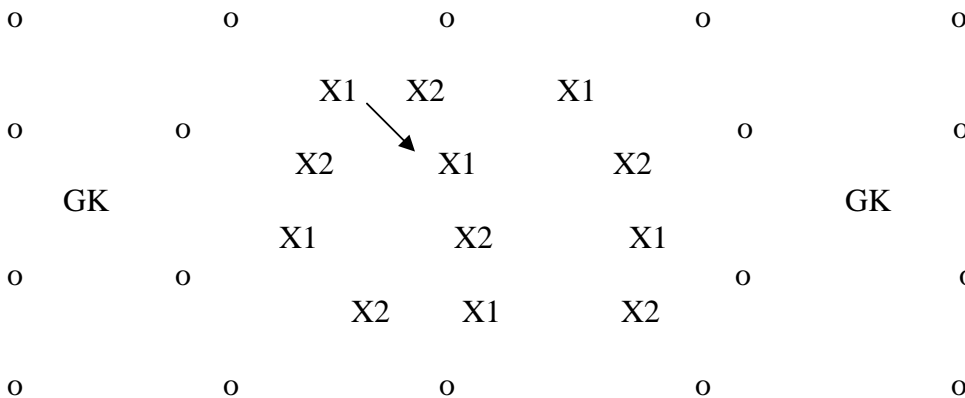
- Eyes open
- Mouth closed
- Arms up to create wide body position and balance
- Push head towards ball
- On toes to receive ball
- Side on position
- Watch flight of the ball
- Jump to meet a high ball

Attacking headers: Head the top of the ball down between legs of thrower

Defending headers: Head bottom of ball over throwers head

Progression: Throw balls different heights
Attacking/Defending headers

Heading on the move: Throw Head Catch 15-20mins



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Aim: Two teams of equal numbers, they must advance up the grid by throwing it to a team mate, who must head it to another who must catch it. Ball can only be intercepted by the other team or if ball is dropped/hits the floor.

Once one team is near the goal area they must head it to their goalie to catch

Technique: Create space
Provide options
Good throws
Head to partner using forehead
Heading technique
Communication

Progression: Add goals and no goalies to make it more like a soccer game, attacking headers into the goals.

SCRIMMAGE: 5-10mins

Queen Anne Soccer Club

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Week 6

Theme: *Passing and Shooting*

Key: X = Player

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Warm-Up: Hand Ball 10-15mins

Setup: Using the field already setup up, split the players into two teams.

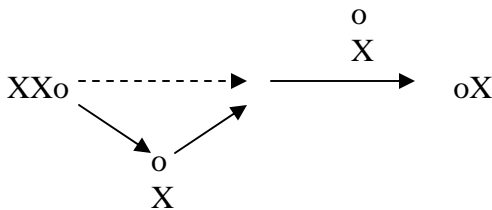
Aim: To keep ball between your team and advance up the field only using your hands.

Rules: You cannot tackle the person with the ball only block/intercept.

The person with the ball cannot move with the ball.

If the ball is dropped the ball is passed over to the other team

Passing Give and Go 10-15mins



Aim: To pass the ball to a stationary player X on the cone, make a run to receive the ball back. Then the next person goes the other way. The two people on the side must remain on the cone they do not move.

Technique: On toes to receive pass

Pass with accuracy

Time run, don't go too fast as ball will go behind you

The stationary passer must pass ball in front of running player

Communicate

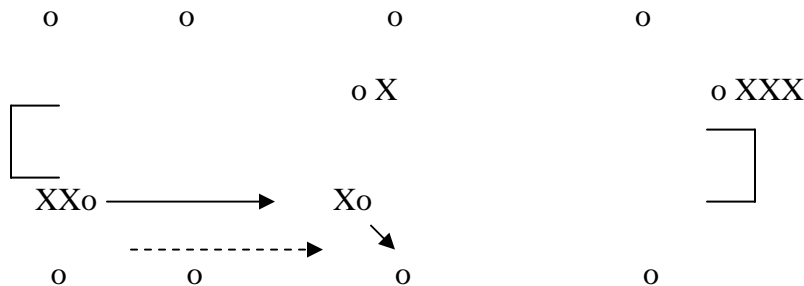
Add a defender to pressure (not tackle) to players on the end of the drill

Get players on the side to play to space not the player

Draw defender in and show how to create space

Have defender intercept ball and players can play either right or left.

Overlap to Shoot 10-15mins



Aim: Players must pass to player X from their line; this can be a coach to begin with.

They will run around the player they passed to and receive the ball back, run to goal and shoot. Once they have shot they can join the next line

Technique: Pass and move

Run fast

Pass ball in front of runner

Take few touches before shooting preferably one

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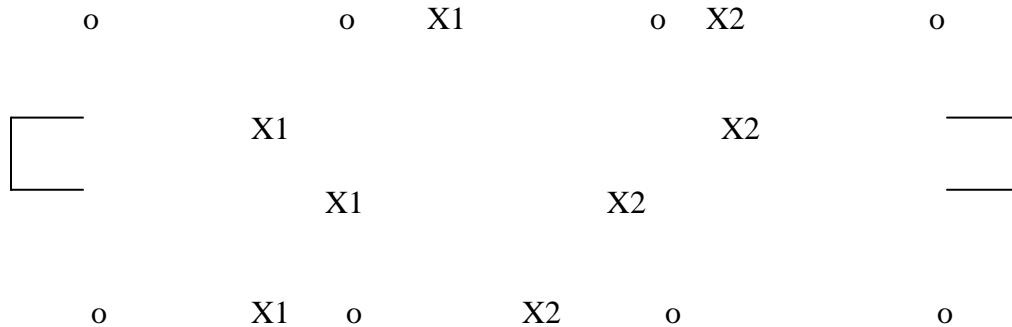
Week 7

Theme: Wall Passing

Key: X = Player
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Warm-Up: Hand Ball 10-15mins

Wall Passing Scrimmage 10-15mins



Aim: Two teams scrimmaging

Players on the side can only move along the side

Player must play a wall pass/give and go before scoring.

Players on the side cannot tackle each other for the ball or intercept passes bound for the opposition players.

Technique: Pass and move

Communicate

Players on side must advance up and down line with advancing play

Quick passes

Try overlap passing too

WORLD CUP SCRIMMAGE

Play a world cup scrimmage using the wall passing scrimmage drill and o short matches.

With everyone playing everyone else in the whole tournament.