

Manly Vale Football Club

Junior Development Program



Training Manual ~ U12
For Coaches & Managers



'Personal growth through a love of football.'



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How to use this Manual

All training sessions should be followed as closely as possible to ensure every Manly Vale player for is obtaining the same level of exposure to each of the game's 4 core skills.

Simply conduct a different session for each week of training. For example, Week 1: First Touch (Session 1), Week 2: Striking the Ball (Session 1), Week 3: Running with the Ball (Session 1), Week 4: 1 v 1 (Session 1). Repeat the cycle after 1v1 (Session 3).

Be Flexible

Because all coaches are faced with their own unique set of challenges and issues at training, always try and be flexible in your delivery and be willing to modify certain aspects of each session in order to cater to the circumstances presented.

In short, if the session is not working as well as you'd like, CHANGE IT!

Be Prepared

After conducting your first sessions for each of the designated core skills, you will obviously have a much greater understanding of each player's current level of ability. This shall, in turn, help you to better prepare for the next time you hold the session.

In saying this, always keep an extra game or exercise up your sleeve and always be willing to use it when things don't go according to plan. Ideally, this should be a game you have used before or one that you know your players will enjoy.

'Having a 'Plan B' is a must!'

Remember that, at this age, we still want our players having as much fun at training as possible. As long as they are all involved in each exercise and have plenty of opportunities to repeat the designated core skill – you are succeeding as their coach.

'At this stage of their development, always praise the level of effort of each player, not their talent.'



Individual Player Development

What to look for?

Effective coaching of this age group is not only about good organization and keen observation, but also giving clear explanations and demonstrations to your players.

All Coaches thus facilitate the playing and learning environment by ensuring all sessions are:

- Well-organized and safe.
- Fun and inclusive.
- Objective focused.
- Easily understood.

The table below provides a useful tool when accessing the success of your sessions.

At the Start of the Session	Yes	No
<ul style="list-style-type: none">• Was the training area safe and free of hazards?• Were all players made aware of what the session was about?		
During the Session		
Was each exercise safe and free of collisions and/or injuries? <ul style="list-style-type: none">• Was each exercise fun and engaging?• Was there laughter?• Were there plenty of opportunities for each player to practice the set core skill as described by the session objective?		
At the End of the Session		
<ul style="list-style-type: none">• Did every player have at least 50-100 touches of the ball?• Did every player experience a sense of achievement?• Was the purpose of the session reinforced?• Was every player happy and smiling when they left?		

Suffice to say, if you can answer each question with an emphatic 'yes' you have more than fulfilled your role as your team's Coach.



First Touch

Session 1

Session Objective:

'To improve each player's ability to take an excellent first touch, using both feet.'

Frame:

Briefly explain and demonstrate the difference between 'trapping the ball' and taking a good 'first touch' into space. For example:

'Today, kids, we are going to have lots of fun practicing how to take a confident first touch into space.'

'Remember, a good first touch sets you up for what you want to do next.'

MV Player Message:

'Practice Makes Permanent'.

First Touch

1. Skill Introduction

SET UP

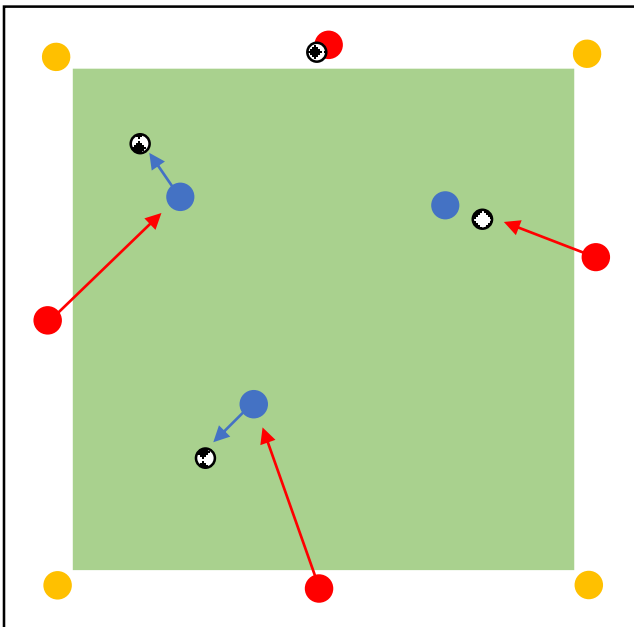
- A grid 20m (width) x 20m (length).

HOW TO PLAY

- 9-12 players split into 3 groups of 3-4. For odd numbers, the coach can act as a 'wall player'.
- The red players are positioned around the outside of the grid with a ball each.
- An orange player is positioned on each corner without a ball.
- The blues move around inside the grid calling for the ball and moving it with their first touch into a space before then passing to a free player outside the grid **who does not have a ball**.
- Players cannot pass back to the player they just received the ball from.
- Change roles after 1 minute and practice for 10 minutes with a drink break.

VARIATIONS

- Players use their left/right foot only (inside or outside).
- Players receive the ball on the 'half turn' (furthest foot from the ball).





KEY COACHING POINTS

- “Pass with good ball speed and accuracy.”
- “Look where you are going so you don’t run into each other.”
- “Pass when the passing line is open and make sure nobody is passing to the same player at the same time.”
- “When asking for the ball, run into space and make an angle so you can receive the ball facing forward.”

First Touch

2. Skill Training

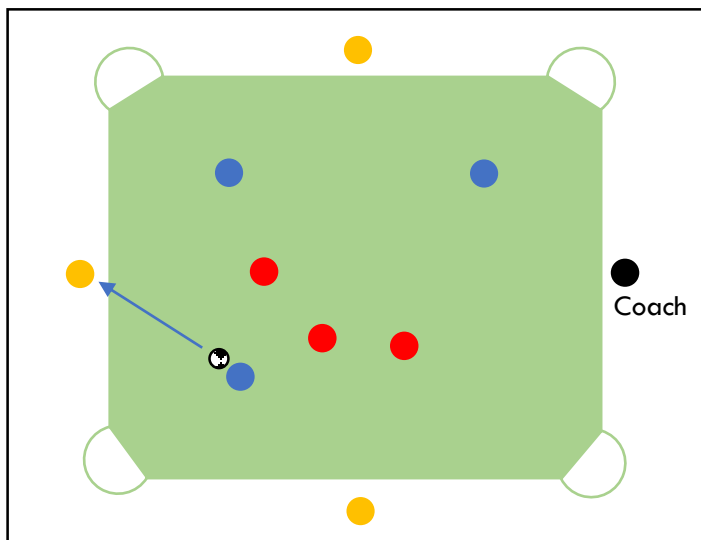
OPTION 1 (FOR 8-12 PLAYERS):

SET UP

- A grid 20m x 20m + 4 small goals (1 in each corner of the grid).

HOW TO PLAY

- Play 3 v 3 + 3-4 wall players. For odd numbers, the Coach can act as a wall player.
- The blues use the orange wall players to 'keep the ball for as long as possible' in order to stop the red team from scoring in one of the four small goals.
- **Minimum 2-touch requirement.** Disallowing a direct pass will force players to take a good first touch in order to pass/move the ball away from the defender with their 2nd/3rd touch!
- As soon as they win the ball, the red defending team can score in one of the four goals.
- The defending team cannot use the wall players.
- The team that scores the most goals wins.
- Change the defending team after 1-2 minutes.
- Play for 20 minutes with regular drink breaks.



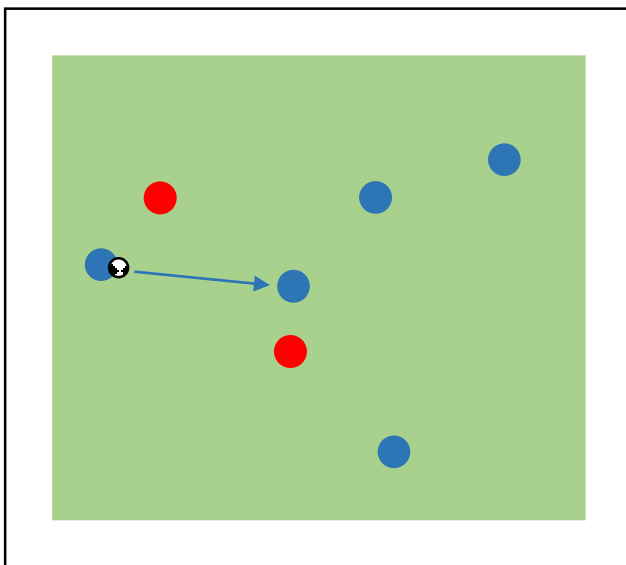
OPTION 2 (FOR 7 PLAYERS OR LESS):

SET UP

- Using cones, mark out one grid: 15m (width) x 15-20m (length).

HOW TO PLAY

- 7 players: Play 6 v 1, 5 v 2 (very difficult).
- 6 players: Play 5 v 1.
- Players try to keep the ball away from the defender(s), just like a 'piggy in the middle' game.
- Instruct the defender(s) to hold his/her bib and to always try and win the ball.
- If the defender wins the ball he/she swaps places with the player who gave the ball away.
- **Minimum 2-touch requirement.** Disallowing a direct pass will force players to take a good first touch in order to pass/move the ball away from the defender with their 2nd/3rd touch!
- Play for 10-15 minutes with a drink break.



KEY COACHING POINTS

- Always demonstrate to your players how to 'take a good first touch away from the defender'.
- Always encourage your players to keep the ball moving (it should not stop).
- Remind players they don't have to pass the ball straight away and that they can also dribble the ball/take 'extra touches' into a free space to keep the ball away from the defender(s).

First Touch

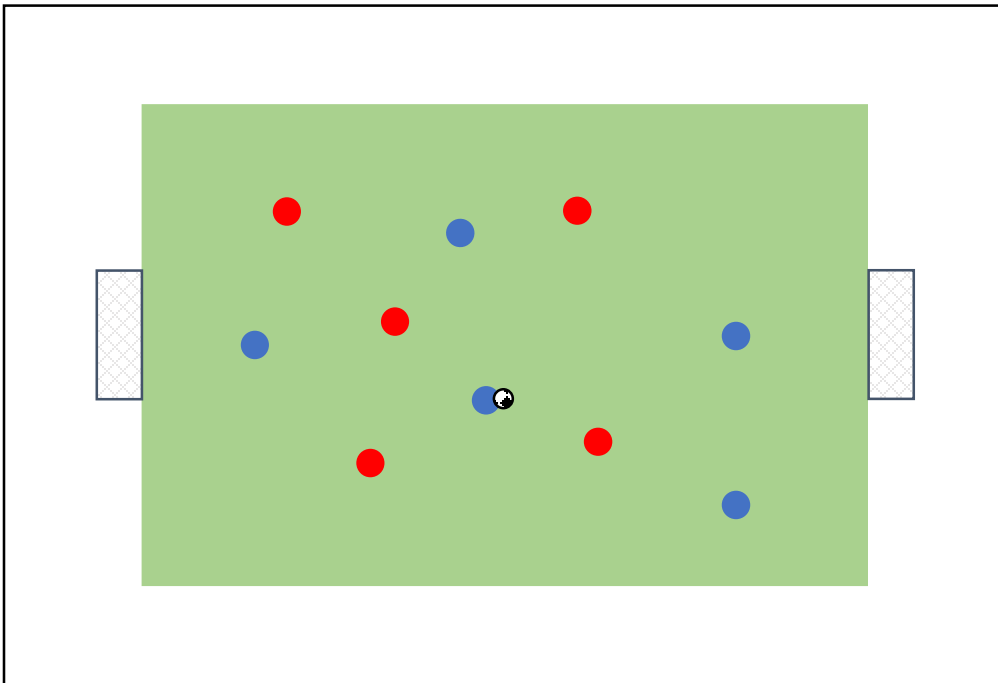
3. Skill Game

SET UP

- 22m (width) x 36m (length) + 2 large or small-sized goals.

HOW TO PLAY

- Directional game. No Goalkeepers, corners, offsides or throw-ins.
- For odd numbers, allow one player to be 'Messi' – he/she plays with the team in possession.
- **Minimum 2-touch requirement.**
- Every player from the same team must complete a pass before their team can score a goal.
- Every player from the same team must be either on half-way or within the opposition half for the goal to count. Maximize the level of participation!
- When the ball goes out, it must be passed back into the area or played in by the Coach.
- Play for 15-20 minutes with a drink break every 4-5 minutes.





FIRST TOUCH

Session 2

Session Objective:

'To improve each player's ability to take an excellent first touch, using both feet.'

Frame:

Briefly explain and demonstrate the difference between 'controlling and trapping the ball' and taking a good 'first touch' into space. For example:

'Today, kids, we are going to have lots of fun practicing how to take a confident first touch into space.'

'Remember, a good first touch sets you up for what you want to do next.'

MV Player Message:

'Practice Makes Permanent'.

First Touch

1. Skill Introduction

SET UP

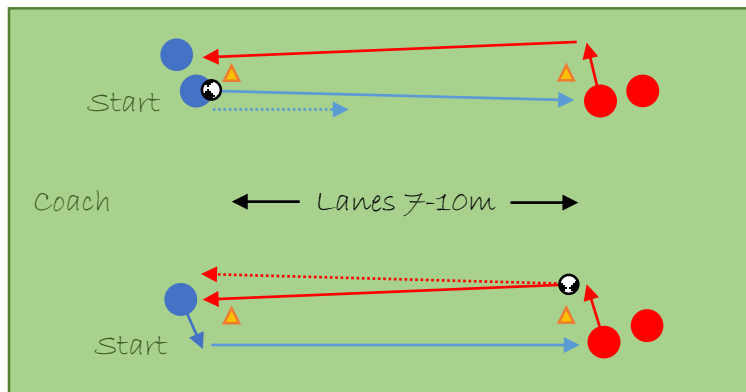
- Using cones, create 2-3 passing lanes (depending on player numbers).
- Each passing lane should be 7-10m in length with a safe distance between each lane.
- Split players into groups of 3-5 players with one ball between them.

HOW TO PRACTICE

- The blue player starts by passing the ball to the red player and follows his/her pass.
- The reds use their **first touch to move the ball away from the approaching blue player** and with their second touch pass to the next blue player in the line.
- The red player then jogs to the back of the opposite line.
- Gradually increase the speed of the practice as the players improve.
- Alternate between a right foot and left foot first touch.
- Practice for 10 minutes with a drink break.

PROGRESSION

- **Concluding Competition:**
 - Which group can complete 10 passes first?



Always encourage your players to be 'on their toes' and ready to receive the ball!

First Touch

2. Skill Training

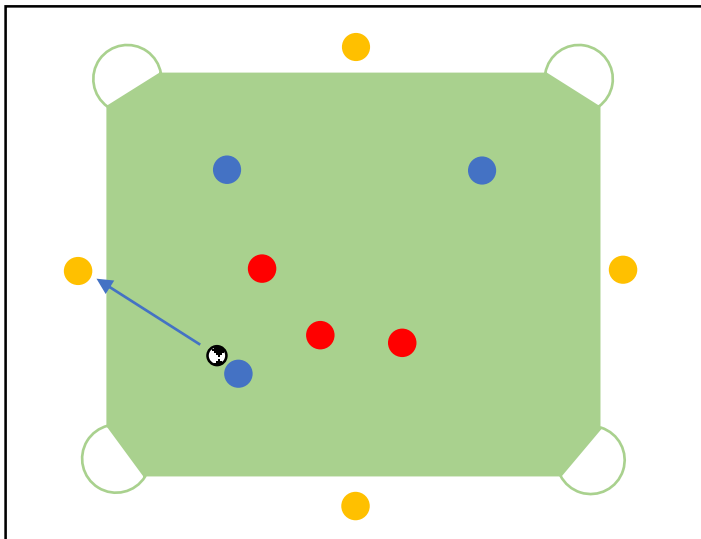
OPTION 1 (FOR 8-12 PLAYERS):

SET UP

- A grid 20m x 20m + 4 small goals (1 in each corner of the grid).

HOW TO PLAY

- Play 3 v 3 + 3-4 wall players. For odd numbers, the Coach can act as a wall player.
- The blues use the orange wall players to 'keep the ball for as long as possible' in order to stop the red team from scoring in one of the four small goals.
- **Minimum 2-touch requirement.** Disallowing a direct pass will force players to take a good first touch in order to pass/move the ball away from the defender with their 2nd/3rd touch!
- As soon as they win the ball, the red defending team can score in one of the four goals.
- The defending team cannot use the wall players.
- The team that scores the most goals wins.
- Change the defending team after 1-2 minutes.
- Play for 20 minutes with regular drink breaks.



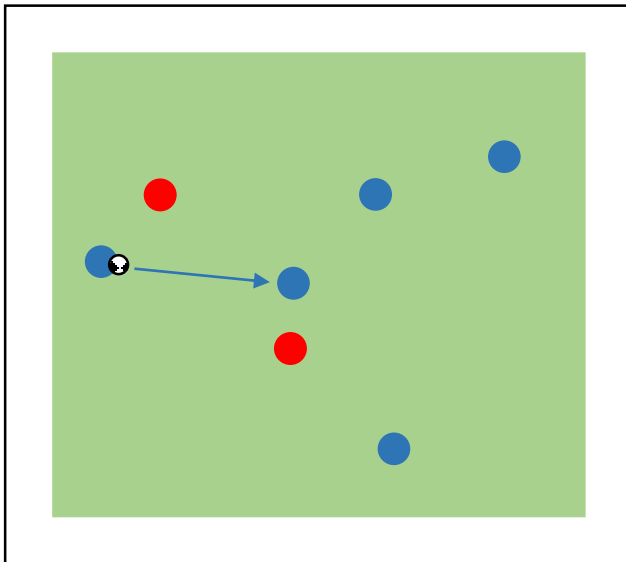
OPTION 2 (FOR 7 PLAYERS OR LESS):

SET UP

- Using cones, mark out one grid: 15m (width) x 15-20m (length).

HOW TO PLAY

- 7 players: Play 6 v 1, 5 v 2 (very difficult).
- 6 players: Play 5 v 1.
- Players try to keep the ball away from the defender(s), just like a 'piggy in the middle' game.
- Instruct the defender(s) to hold his/her bib and to always try and win the ball.
- If the defender wins the ball he/she swaps places with the player who gave the ball away.
- **Minimum 2-touch requirement.** Disallowing a direct pass will force players to take a good first touch in order to pass/move the ball away from the defender with their 2nd/3rd touch!
- Play for 10-15 minutes with a drink break.



KEY COACHING POINTS

- Always demonstrate to your players how to 'take a good first touch away from the defender'.
- Always encourage your players to keep the ball moving (it should not stop).
- Remind players they don't have to pass the ball straight away and that they can also dribble the ball/take 'extra touches' into a free space to keep the ball away from the defender(s).

First Touch

3. Skill Game: 'Score & Keep the Ball'

SET UP

- 18m (width) x 28m (length) + 4-6 small goals (2-3 at either end).

HOW TO PLAY

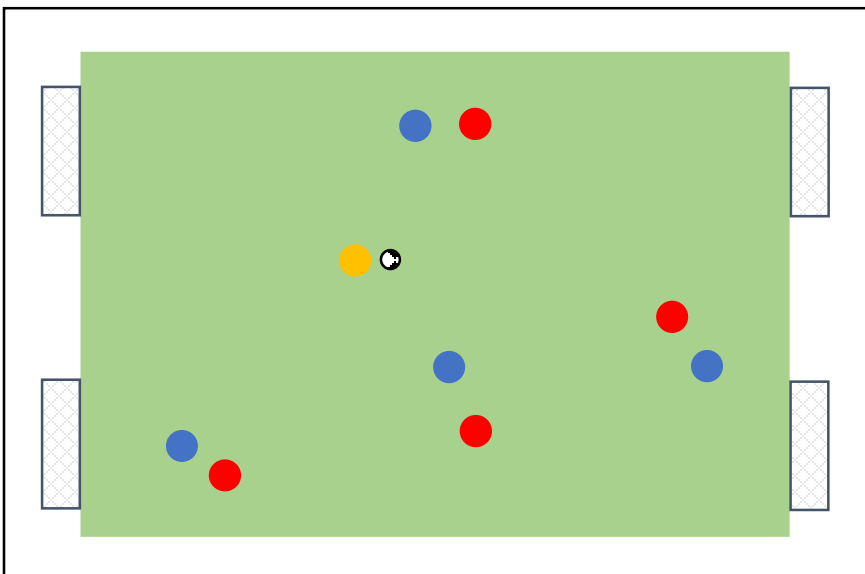
- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- For odd numbers, allow one player to be 'Messi' – he/she plays with the team in possession.
- **Minimum 2-touch requirement.**

Key Rule:

- When one team scores they cannot score again until after the other team has scored.
- If the other team does score a goal, then normal play resumes until either team scores again.
- This rule will ensure close games whilst continuing to teach the players the importance of keeping the ball for as long as possible to stop the other team from scoring.
- Play 5 x 3-4 minute games with drink breaks.

VARIATION

- Play 'all in' to finish the session. Normal SSG rules apply.





FIRST TOUCH

Session 3

Session Objective:

'To improve each player's ability to take an excellent first touch, using both feet.'

Frame:

Briefly explain and demonstrate the difference between 'trapping the ball' and taking a good 'first touch' into space. For example:

'Today, kids, we are going to have lots of fun practicing how to take a confident first touch into space.'

'Remember, a good first touch sets you up for what you want to do next.'

MV Player Message:

'Practice Makes Permanent'.

First Touch

1. Skill Introduction

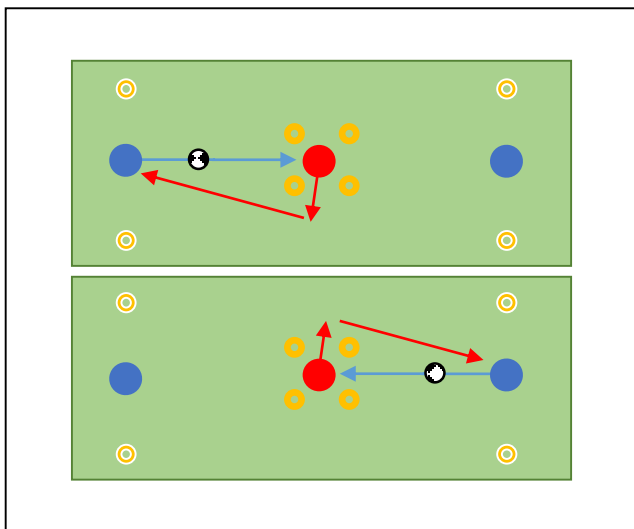
SET UP

- Create 2-4 passing lanes 10m (length) x 5m (width) plus a small 2m x 2m square in the middle of each lane as shown. Each passing lane is designed for 3 players.
- Ensure an adequate distance in between each passing lane (minimum of 5m).

HOW TO PRACTICE

Exercise 1:

- The first blue player passes to the red player in the centre grid.
- The red player takes a good 1st touch out of the cones and with his/her 2nd touch passes the ball back to the same blue player.
- The red player then turns and performs the same action with the other blue player.
- Alternate between a left foot/right foot first touch (passes can be on either foot).
- Repeat 5 times then change roles.



Outside players:

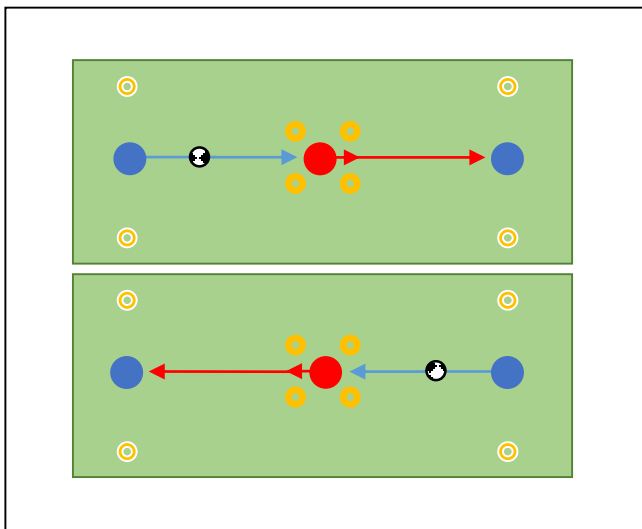
- 'Aim your passes at your team-mate's correct foot.'

Inside players:

- 'Focus on taking a confident first touch into space.'
- 'Remember, your first touch is a little pass for yourself.'
- 'And your second touch is a bigger pass for someone else.'

Exercise 2:

- The first blue player again passes to the red player in the centre grid.
- Only this time the red player takes his first touch on his/her furthest foot and with his/her 2nd touch passes the ball to the other blue player.
- This action is called 'receiving on the half turn'.
- Alternate between left foot/right foot first touch (passes can still be on either foot).
- Encourage players to take a first touch with one foot and pass the ball with the other foot.
- Repeat 5 times then change roles.



Outside players:

- 'Aim your passes at your team-mate's correct foot.'

Inside players:

- 'Focus on taking a confident first touch into the space.'
- 'Remember, your first touch is a little pass for yourself.'
- 'And your second touch is a bigger pass for someone else.'

PROGRESSION

- **Concluding Competition – Exercise 1:**
 - Which group can complete 10 passes first?
- **Concluding Competition – Exercise 2:**
 - Which group can complete 10 passes first?

First Touch

2. Skill Training

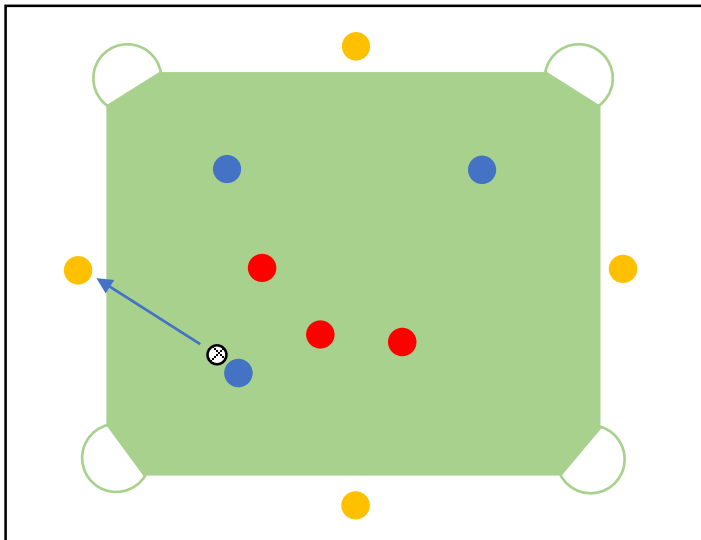
OPTION 1 (FOR 8-12 PLAYERS):

SET UP

- A grid 20m x 20m + 4 small goals (1 in each corner of the grid).

HOW TO PLAY

- Play 3 v 3 + 3-4 wall players. For odd numbers, the Coach can act as an extra wall player.
- The blues use the orange wall players to 'keep the ball for as long as possible' in order to stop the red team from scoring in one of the 4 small goals.
- **Minimum 2-touch requirement.** Disallowing a direct pass will force players to take a good first touch in order to pass/move the ball away from the defender with their 2nd/3rd touch!
- As soon as they win the ball, the red defending team can score in any of the 4 goals.
- The defending team cannot use the wall players.
- The team that scores the most goals wins.
- Change the defending team after 1-2 minutes.
- Play for 20 minutes with regular drink breaks.



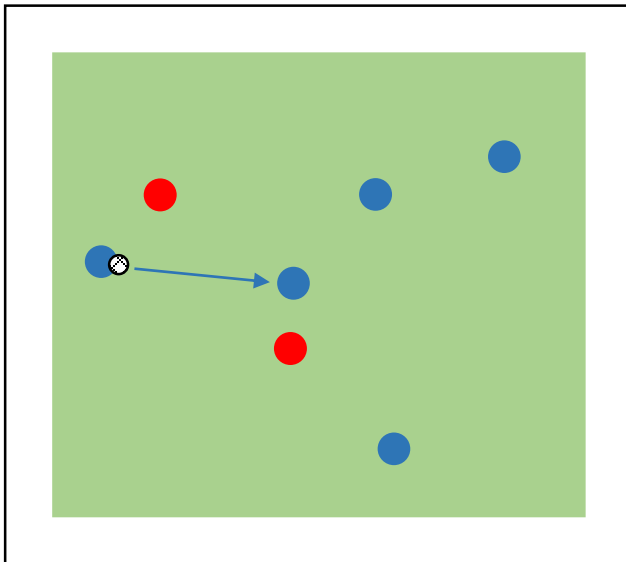
OPTION 2 (FOR 7 PLAYERS OR LESS):

SET UP

- Using cones, mark out one grid: 15m (width) x 15-20m (length).

HOW TO PLAY

- 7 players: Play 6 v 1, 5 v 2 (very difficult).
- 6 players: Play 5 v 1.
- Players try to keep the ball away from the defender(s), just like a 'piggy in the middle' game.
- Instruct the defender(s) to hold his/her bib and to always try and win the ball.
- If the defender wins the ball he/she swaps places with the player who gave the ball away.
- **Minimum 2-touch requirement.** Disallowing a direct pass will force players to take a good first touch in order to pass/move the ball away from the defender with their 2nd/3rd touch!
- Play for 10-15 minutes with a drink break.



KEY COACHING POINTS

- Always demonstrate to your players how to 'take a good first touch away from the defender'.
- Always encourage your players to keep the ball moving (it should not stop).
- Remind players they don't have to pass the ball straight away and that they can also dribble the ball/take 'extra touches' into a free space to keep the ball away from the defender(s).

First Touch

3. Skill Game

SET UP

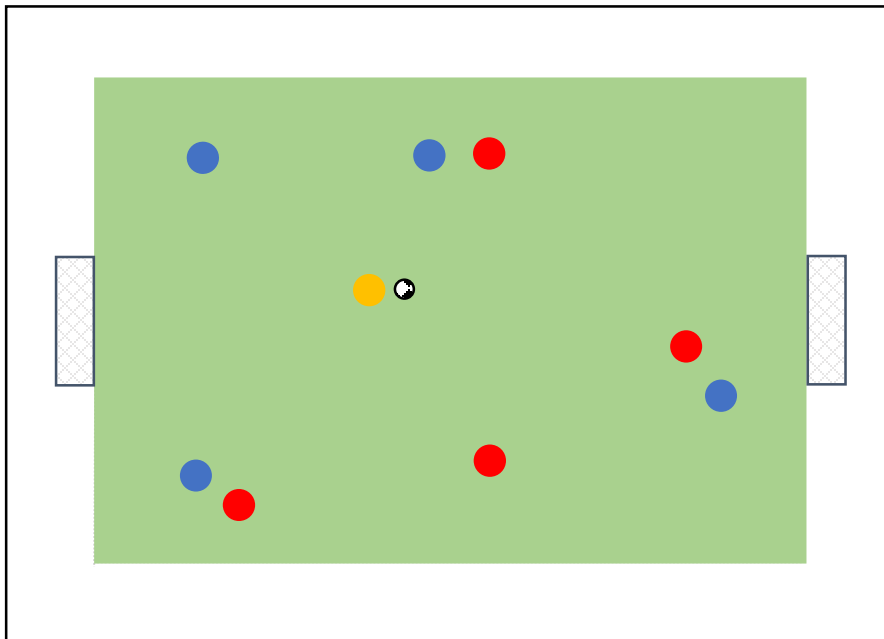
- 18m (width) x 28m (length) + 2 small goals.
- Place all spare balls around the outside of the playing area for quick & easy access.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- For odd numbers, allow one player to be 'Messi' – he/she plays with the team in possession.
- The Coach gives each player from each team a number. For example, Blue 1/Red 1, etc.
These players must 'man mark' each other and cannot tackle any other player.
- **Minimum 2-touch requirement.** Disallowing a direct pass will force players to take a good first touch away from their opponent in order to pass to a team-mate.
- When the ball goes out, it must be passed back into the area or played in by the Coach.
- Change opponents regularly and play for 15-20 minutes with a drink break.

VARIATION

- Play 'all in' to finish the session. Normal SSG rules apply. Players must still take a first touch!





STRIKING THE BALL

Session 1

Session Objective:

‘To improve each player’s ability to play a ‘wall pass’, using the inside & outside of both feet.’

Frame:

Briefly explain the purpose of the session. For example:

‘Today, kids, we are going to have lots of fun practicing how to play wall passes with each other, using both feet.’

MV Player Message:

‘Practice Makes Permanent’.

Striking the Ball

1a. Skill Introduction

SET UP

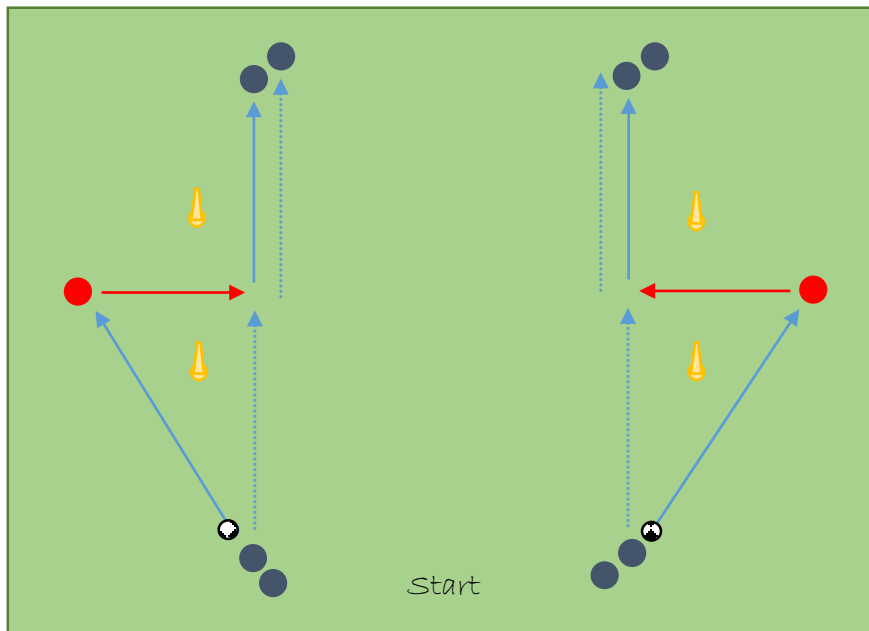
- 14-22m (width) x 14-22m (length) + 4 mannequins/poles.
- The distance between the mannequins/poles on each side should be 8-10m.

HOW TO PRACTICE

- The red players are wall players and remain where they are ready to receive the ball.
- The blue players pass quickly to the reds and exchange a short 1-touch wall pass, before passing on to the blue opposite them as shown. The blues always follow their final pass.
- **The blues must always pass to the next blue player in between the mannequins/poles.**
- Change the wall players every 1-2 minutes.
- Ensure 50% practice on each foot (by simply changing the starting position).
- Practice for 10 minutes and try to increase the ball speed throughout.

KEY COACHING POINTS

- Passing Players: "Let's see a confident, accurate pass with the inside of your foot".
- Wall Players: "Focus on an excellent 1-touch pass for your team-mate to run onto."



Striking the Ball

1b. Skill Introduction

SET UP

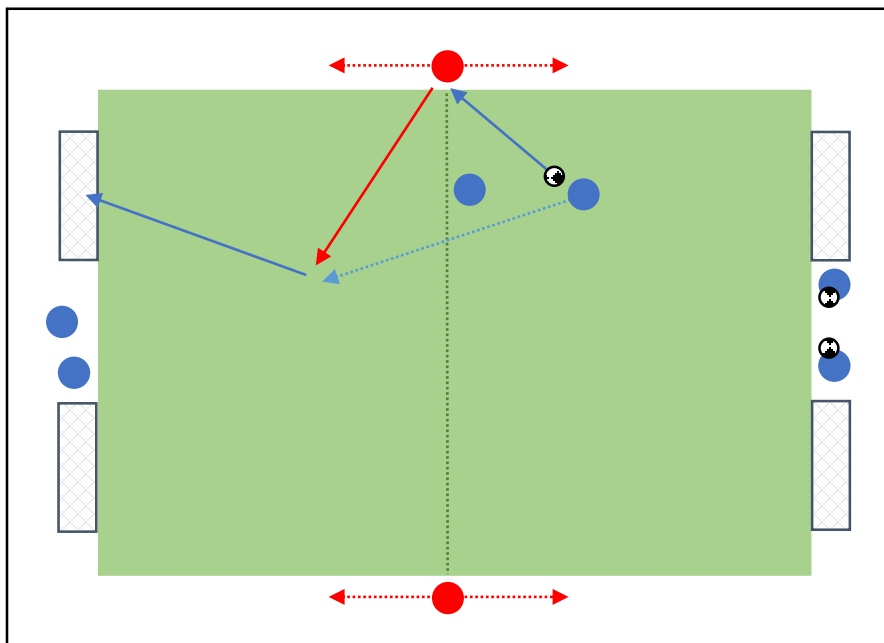
- Remove the mannequins/poles and use the same area as the first part of the exercise.
- Grid size: 14-22m (width) x 14-22m (length) + 4 small goals as shown.

HOW TO PLAY

- Attackers v Defenders. The blue players now go 1v1 using the red wall players.
- Commence play at one end. If the defender wins the ball he/she can score.
- **To score, a blue player must exchange a wall pass with one of the reds on either side.**
- **Players have 20 seconds to score.**
- Instruct the wall players to move up and down the line to offer support.
- Ensure everyone has a turn at being a wall player and change opponents regularly.
- Which player scores the most goals?
- Play for 10 minutes with a drink break.

KEY COACHING POINTS

- Passing Players: “Attack the opponent at speed and pass just as he comes close.”
- Wall Players: “Focus on an excellent 1-touch pass for your team-mate to run onto in space.”



Striking the Ball

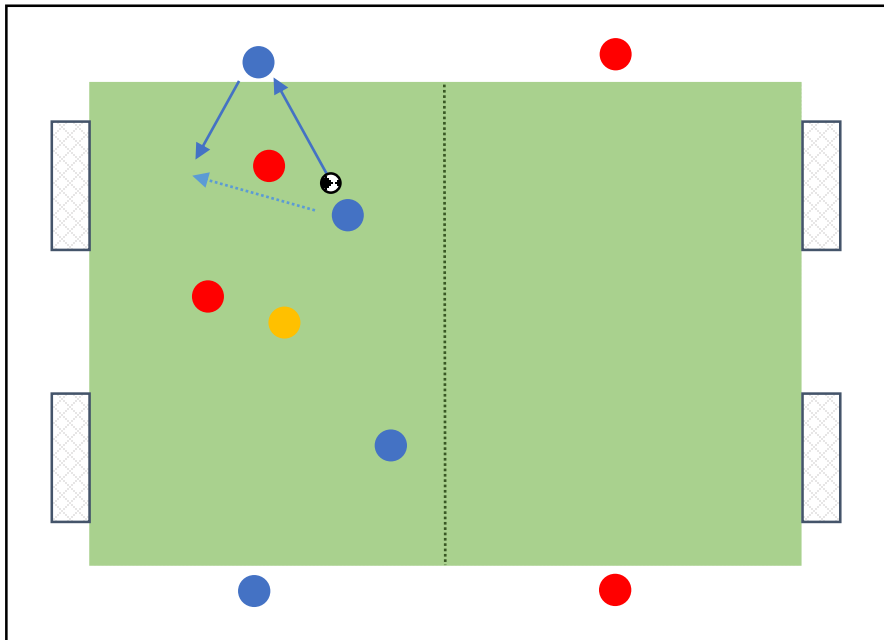
2. Skill Training

SET UP

- 18m (width) x 32m (length) + 4 small goals.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- With more players add extra wall players or create a third team.
- For odd numbers, allow one player to be 'Messi' – he/she plays with the team in possession.
- Place 2 wall players for each team on either side of the opponent's half.
- **The team in possession must pass to a wall player before their team can score.**
- **The wall players are 1-touch.**
- Goals count as double if scored directly from a wall pass.
- When the ball goes out, it must be passed back into the area or played in by the Coach.
- Change the wall players and Messi every 2 minutes.
- Play for 15-20 minutes with a drink break.



Striking the Ball

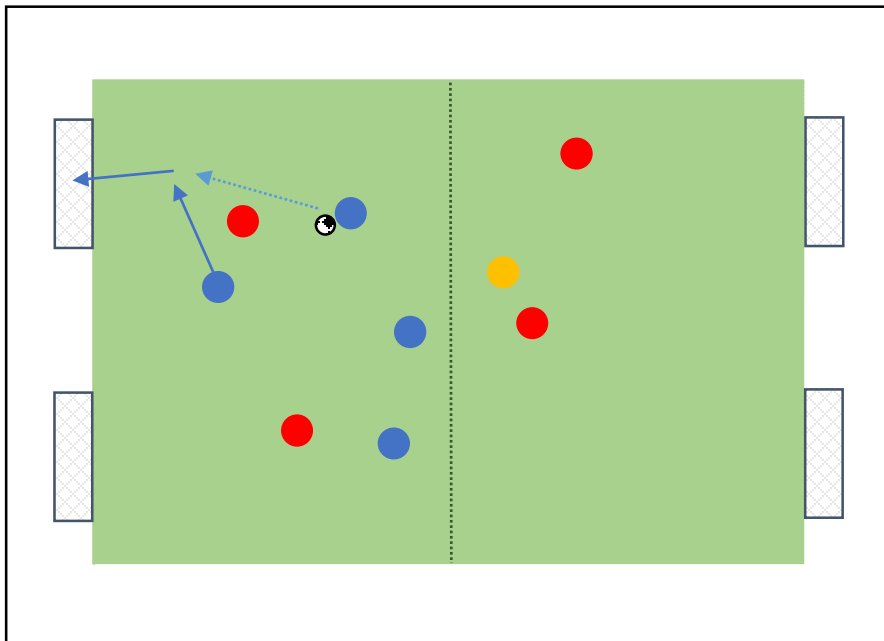
3. Skill Game

SET UP

- Use the same area as the previous exercise.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- For odd numbers, allow one player to once again be 'Messi' – he/she can play with the team in possession. Messi can now only play 2-touch.
- **The team in possession must complete 3 passes before they can score.**
- **All players from the same team must be inside the opp. half for the goal to count.**
- **Goals are worth double if scored directly from a wall pass.**
- When the ball goes out, it must be passed back into the area or played in by the Coach.
- Change Messi every 2 minutes.
- Play for 15 minutes with a drink break.





STRIKING THE BALL

Session 2

Session Objective:

'To improve each player's ability to play a 'killer pass', using both feet.'

Frame:

Briefly explain the purpose of the session. For example:

'Today, kids, we are going to have lots of fun practicing how to play killer passes for each other, using both feet.'

MV Player Message:

'Practice Makes Permanent'.



Striking the Ball

1. Skill Introduction

SET UP

- 14-18m (width) x 14-18m (length) + 5 mannequins or poles.

HOW TO PRACTICE

For 5-6 players practice with 1 ball – Diagram 1 (overleaf):

- Player #1 passes to Player #2.
- Player #2 then ‘bounces’ (passes) it back to Player #1.
- Player #1 then plays a ‘killer pass’ to Player #3.
- Player #3 then takes a 1st touch and before passing to Player #4 with his/her 2nd touch.
- **All players involved move to the next cone after completing their action/pass.**
- Every 2-3 minutes change the direction of the pass to ensure equal repetitions on both feet.
- Practice for 15 minutes followed by a drink break.

For 7-10 players you can practice with 2 balls passed simultaneously from opposite ends of the grid – Diagram 2 (overleaf):

- Player #1 passes to Player #2 and Player #3 passes to Player #4.
- Player #2 then ‘bounces’ (passes) it back to Player #1 and Player #3 bounces Player #4.
- Player #1 then plays a ‘killer pass’ to Player #3.
- Player #3 then takes a 1st touch before passing to Player #4 with his/her 2nd touch.
- **All players involved move to the next cone after completing their action/pass.**
- Every 2-3 minutes change the direction of the pass to ensure equal repetitions on both feet.
- Practice for 15 minutes followed by a drink break.

KEY COACHING POINTS

- “Let’s see quick, accurate passes into your team-mates right/left foot.”
- “Focus on taking an extra touch if you have to keep the ball under control.”
- “Play the killer pass with speed and confidence.”
- “All players communicate and time your action.”

Diagram 1 (only 1 ball)

All players move to the next cone after their pass/action in a clockwise/anti-clockwise direction.

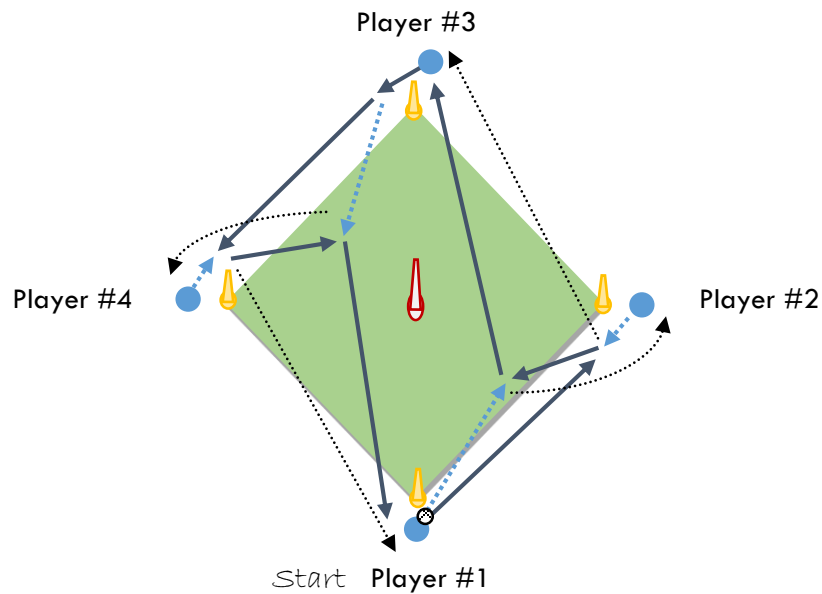
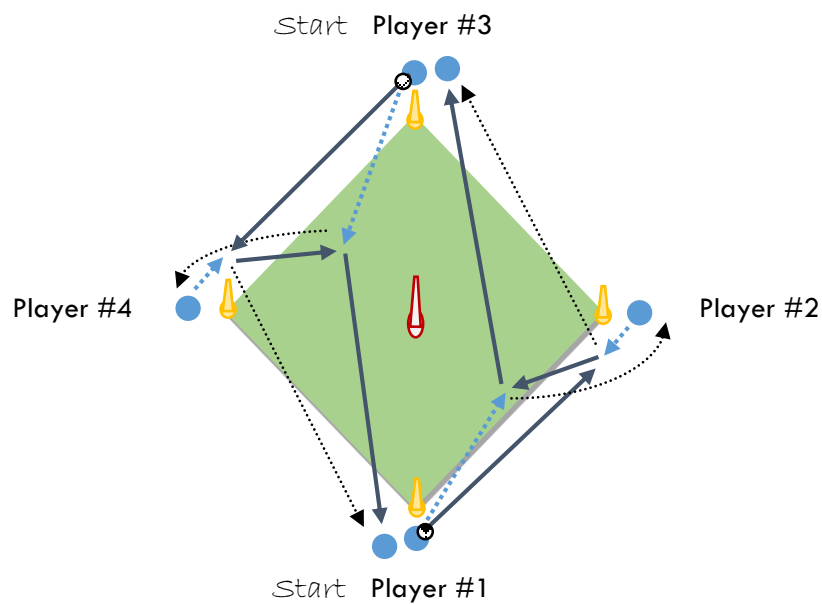


Diagram 2 (with 2 balls passed simultaneously)



Striking the Ball

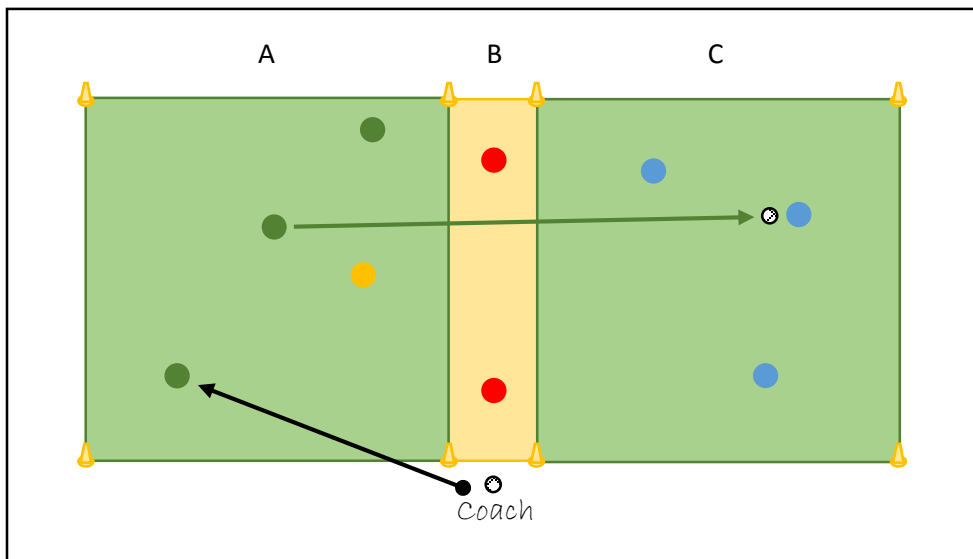
2. Skill Training

SET UP

- Two grids 12m x 12m (A & C) separated by a narrow grid 12m x 5m (B).
- This positioning game can be used for 6-12 players.

HOW TO PRACTICE

- In this example we've used 9 players:
3 teams of 3 players (greens, oranges & blues) – 1 team in each grid as shown.
- The Coach is positioned centrally with all the balls.
- The Coach starts the game with a pass to a green player in grid A. At that moment, 1 red player from grid B sprints into grid A to defend/win the ball, thereby making it a 3v1 in grid A.
- Greens must now look for the right moment to play a killer pass through grid B (and the 2 remaining red defenders who can intercept the ball) to a blue player in grid C.
- **The killer pass must always be played below knee height (no lofted passes).**
- When this occurs another red player sprints into grid C to defend while the defender from grid A returns to grid B.
- If a defender wins the ball in grid A/C or the defenders intercept the killer pass in grid B, they change grids with the team that lost the ball.
- Play for 20 minutes with drink breaks.



Striking the Ball

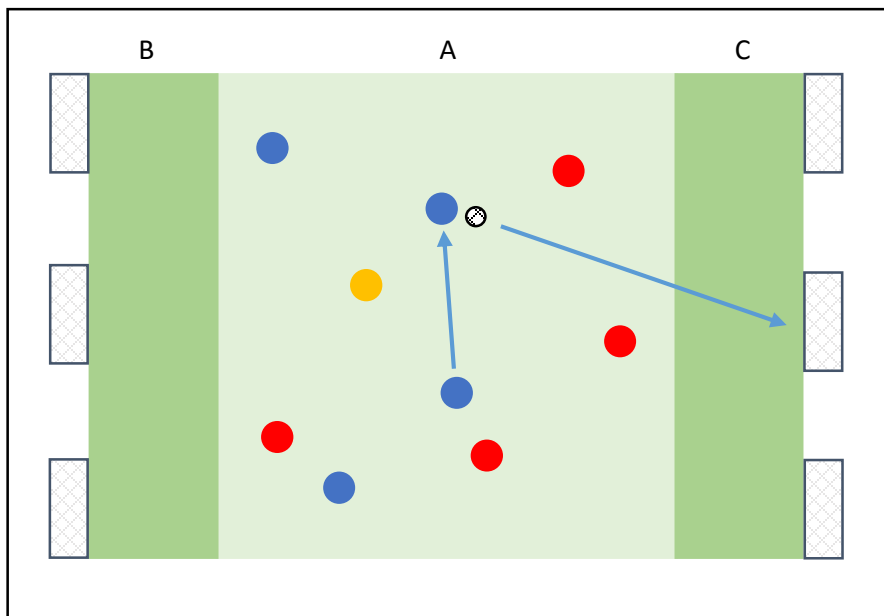
3. Skill Game

SET UP

- Grid A: 22m (width) x 44m (length).
- Grids B + C: 22m (width) x 8m (length) + 6 small goals (or gates positioned at opposing end).

HOW TO PLAY

- Directional game. 4 v 4 + 1 'Messi' who plays with the team in possession.
- To score, teams must shoot in any of the 3 goals – **anywhere from within grid A.**
- **Players can enter grids B + C but cannot score within these zones.**
- The ball must be played below knee height at all times.
- A goal scored represents a killer pass played between defenders.
- If the ball goes out, the Coach plays another one in.
- Play 4 x 4-5 minute games with a drink break.





STRIKING THE BALL

Session 3

Session Objective:

‘To improve each player’s ability to shoot at goal using the instep drive.’

Frame:

Briefly explain the purpose of the session. For example:

‘Today, kids, we are going to have lots of fun shooting at goal using what we call the instep drive.’

‘Who knows what part of the foot we need to use to shoot with our instep?’

MV Player Message:

‘Practice Makes Permanent’.

Striking the Ball

1. Skill Introduction

SET UP

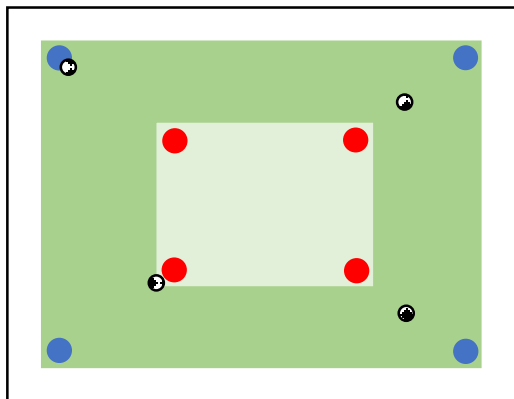
- A large grid 15-20m x 15-20m.
- Inside the centre of the large grid is a smaller grid 7-10m x 7-10m.
- Adjust the size of the two grids depending on total player numbers.

HOW TO PRACTICE

- 3-6 players are positioned evenly around the outside of the large grid with a ball each. They start the exercise as the 'servers'.
- 3-6 players are positioned evenly around the inside the smaller grid without a ball. They start the exercise as the 'shooters' and stand opposite each server.
- On the coach's call, each server rolls a ball to the shooter and with **a controlled instep drive**, he/she then shoots it back into the server's hands.
- The shooters then move on to the next server in an anti-clockwise direction (to their right).
- Once they returned to where they started, the shooters then move in a clockwise direction (to the left) using the left foot only to practice the instep drive.
- Change roles every 2 minutes.

PROGRESSION

- Practice 2 – instep drive on the volley:
'Now servers, throw the ball and shooters, try to volley it back into the server's hands.'
- Practice 2 – instep drive on the half-volley:
'Now servers and shooters, let's try a half volley.'





KEY COACHING POINTS

- “Shooters, be on your toes. That’s confidence.”
- “Focus on good technique – let’s see good contact with the ball.”
- “Focus on a controlled instep drive – it’s all about accuracy, not power.”

Striking the Ball

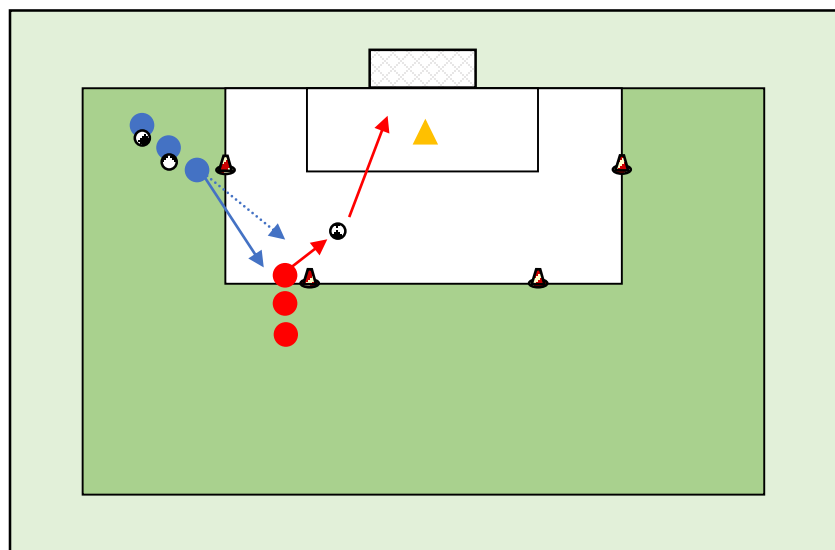
2. Skill Training

SET UP

- As shown.

HOW TO PRACTICE

- 4-9 players – 2 lines of players + 1 Goalkeeper (an Assistant Coach is preferable).
- For 10+ players you can create 4 lines and have them shooting from both sides of the 18-yard box (or the designated shooting area).
- On the Coach's call, the first blue player passes the ball to the first red player and runs to apply passive pressure (no tackling).
- The blue player then takes a good 1st touch into space and shoots with his/her right foot.
- The red player then joins the shooting line while the blue player retrieves his/her ball and joins the passing line.
- The Coach should manipulate the angle/distance between the groups to ensure the shooting player always has enough time to shoot with his/her 2nd touch (and avoid a 1v1 scenario).
- Change sides after 4-5 minutes to ensure all players receive equal repetitions using both feet.
- Practice for 20 minutes with a drink break.





KEY COACHING POINTS

- “Shooters, can you set yourself up for the shot with a good first touch?”
- “Shooters, focus on the ball and keep your head down.”
- “Shooters, can you aim your shots low and hard into the corners?”

STEP DOWN/STEP UP:

- Move the cones to decrease the shooting distance.
- Move the cones to increase the shooting distance.



Striking the Ball

3. Skill Game

OPTION 1 – ‘Hotshots’

SET UP

- As shown – 20m x 20m + two large goals.
- Ensure all the balls are in or next to each of the goals for quick and easy access.

HOW TO PLAY

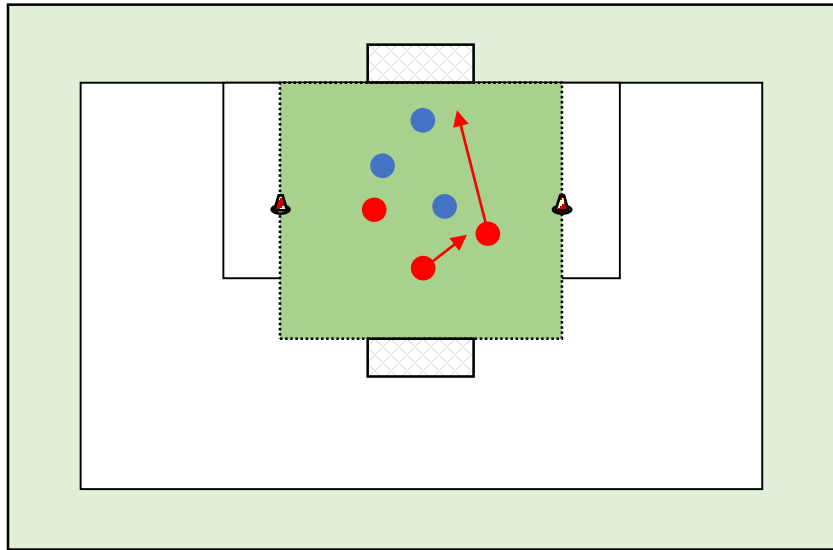
- Directional game. No corners, goal-kicks or throw-ins.
- Play 3v3/4v4 with 1 player from each team also playing as the Goalkeeper.
- For additional players, you can create 3 teams and have the 3rd/resting team playing as wall players for the team in possession – they are 1-touch only.
- In each half of the field, there is a GK + 2 from one team and one player from the other team to create a 3v1 scenario. All players must stay in their own half of the grid.
- The game always starts/re-starts with the Goalkeeper or the Coach.
- Teams can only score by shooting from inside their own half or from a finish from the ‘lone striker’ (No. 9).
- Rotate the players regularly every 2 minutes.
- Play for 15-20 minutes (maximum).

PROGRESSIONS

- Allow players from both teams to play anywhere.
- Limit the time or number of passes required to take a shot to ensure every player is given plenty of opportunities to shoot at goal.

KEY COACHING POINTS

- ‘Move the ball quickly to open the line to the goal.’
- ‘As soon as the line to the goal is open – SHOOT.’
- ‘Don’t just boot it, precision and technique is more important.’



OPTION 2 – ‘One Goal, All-in’

SET UP

- A large grid 36m (width) x 36m (length) with a smaller grid inside – 12m x 12m.
- Use poles to create one large goal inside the smaller grid.
- Make the area bigger/smaller depending upon total player numbers.

HOW TO PLAY

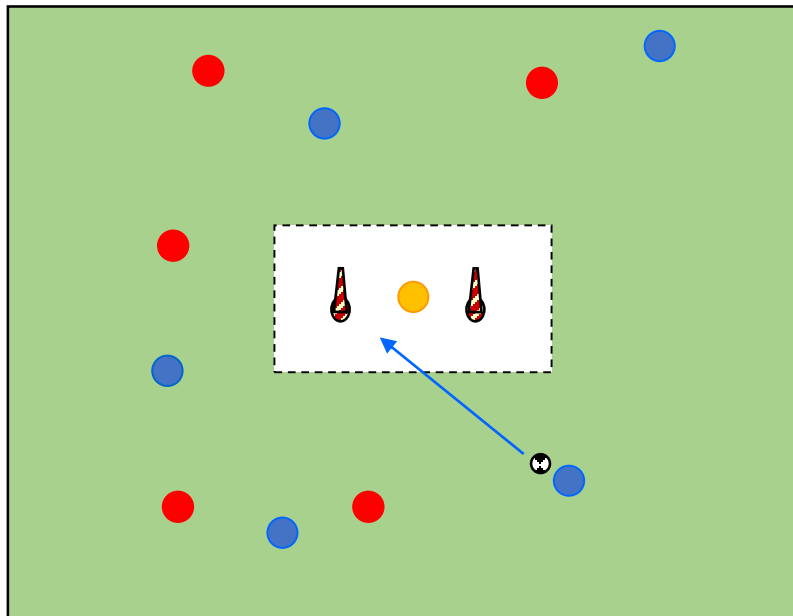
- Non-directional game. No corners, goal-kicks or throw-ins.
- Play 4v4/5v5 with one Goalkeeper.
- Both teams can shoot from anywhere on the field – except from inside the smaller grid.
- Players can enter this area to keep possession or to set a team-mate up for a shot.
- Whenever the ball goes out, the Coach plays a new one in.
- Play for 15-20 minutes (maximum) with drink breaks.

PROGRESSIONS

- Limit the time or number of passes required to take a shot to ensure every player is given plenty of opportunities to shoot at goal.

KEY COACHING POINTS

- 'Move the ball quickly to open the line to the goal.'
- 'As soon as the line to the goal is open – SHOOT.'
- 'Don't just boot it, precision and technique is more important.'





RUNNING WITH THE BALL

Session 1

Session Objective:

‘To improve each player’s ability to run with the ball by taking bigger touches in open space (using both feet).’

Frame:

Briefly explain what the session is about. For example:

‘Today, kids, we are going to have lots of fun running with the ball in open space.’

MV Player Message:

‘Practice Makes Permanent.’



Running with the Ball

1a. Skill Introduction

SET UP

- A grid 30m x 30m.

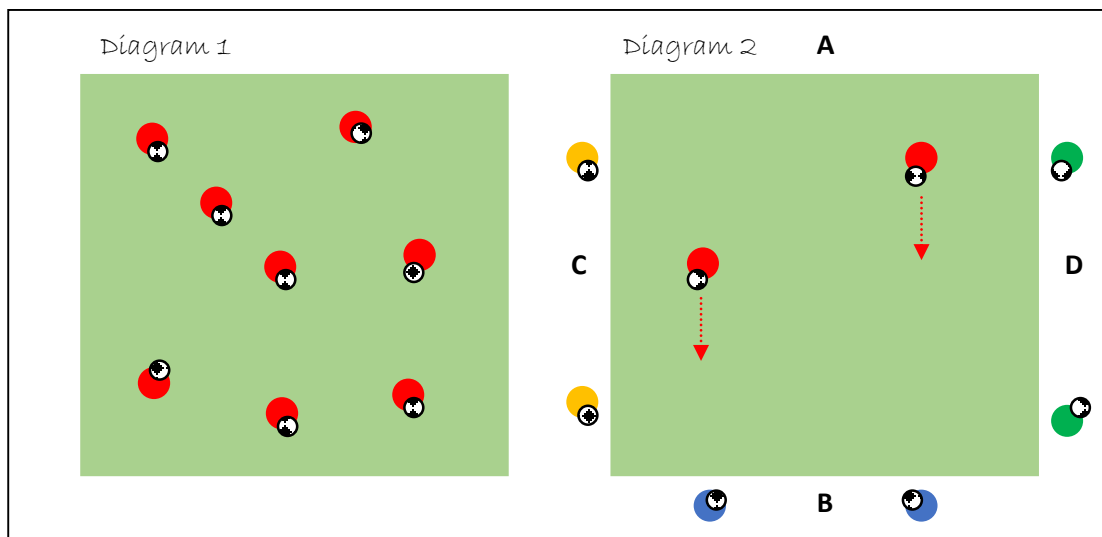
HOW TO PRACTICE

Exercise 1 (Diagram 1):

- All players run with the ball freely inside the grid.
- First 2 minutes: “Focus on using both feet.”
- Next 2 minutes: “Accelerate when you see free space in front of you.”

Exercise 2 (Diagram 2):

- Now split your players into 4 groups of 2-3 players and number them in groups 1, 2, 3 & 4.
- Position each group on each side of the grid with a ball each.
- When the coach calls a number, these players run with the ball as quickly as they can across the area and back again (the opposite group will need to move back to give the others room to turn!).
- Now 2 groups at the same time: “Look out for collisions – if necessary, slow down & accelerate again.”
- Practice for 10-15 minutes with a drink break.





VARIATIONS

- Left foot/right foot only.

KEY COACHING POINTS

- “Take bigger touches to travel faster while keeping the ball under control.”
- “Push the ball forward every 3-4 steps.”

Running with the Ball

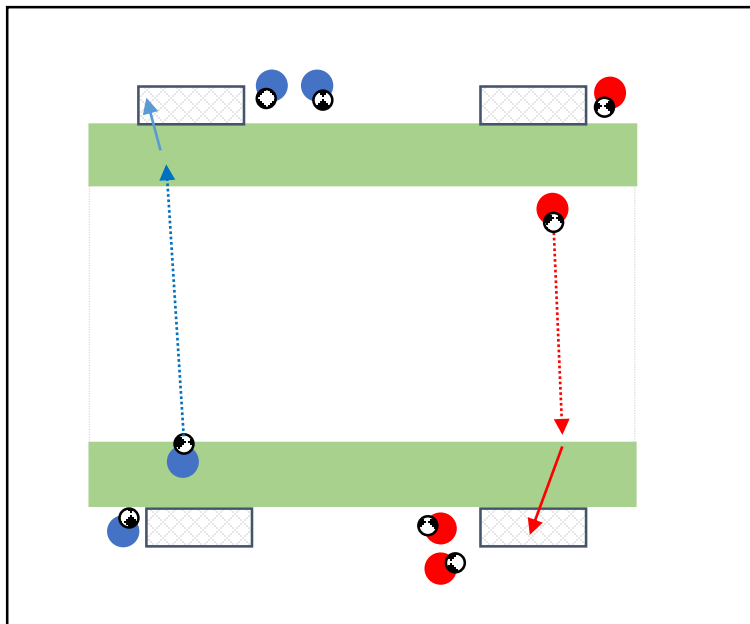
1b. Skill Introduction

SET UP

- 20m (width) x 30m (length) + 4 small goals with a 5-7m shooting zone at each end.

HOW TO PRACTICE

- Relay Racing. 8-12 players split into 2 teams (Reds v Blues).
- On the coach's signal the first player from each team starts running with the ball to the opposite goal.
- When they enter the green shooting zone they pass the ball into the empty goal.
- **As soon as the ball passes the goal-line the next player can go.**
- If a player misses the goal, he/she must tag his team-mate instead.
- Alternate races between right foot and left foot RWB only.
- Which team will score the most goals?
- Practice for 10 minutes followed by a drink break.



KEY COACHING POINTS

- "Take bigger touches to travel faster while keeping the ball under control."
- "Push the ball forward every 3-4 steps."

Running with the Ball

2. Skill Training

SET UP

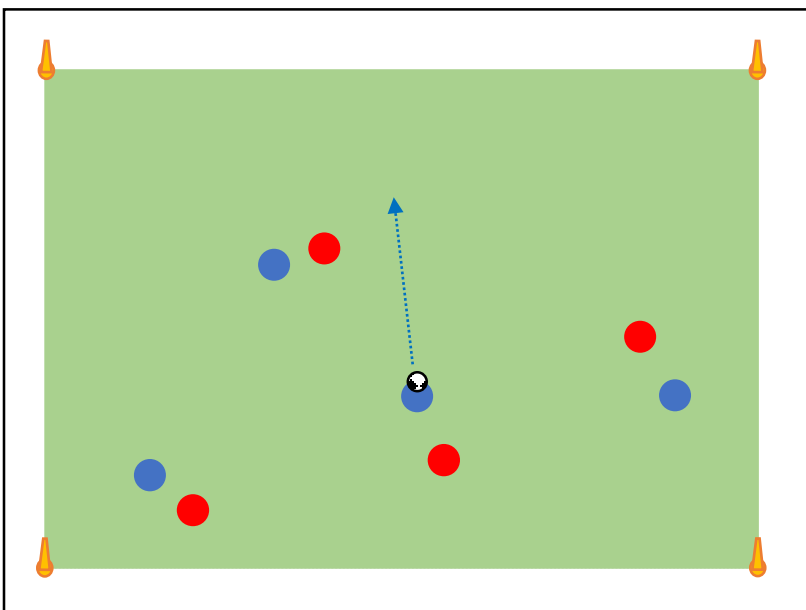
- **A short and wide playing area:** 32m (width) x 22m (length).
- Where possible use poles to mark out the end-lines for clearer visibility.

HOW TO PLAY

- Directional game. 4 v 4 (Blues v Reds) + 1 'Ronaldo' who plays with the team in possession.
- **Players can only pass the ball backwards or sideways.** This key condition forces players to attack the open space in front of them and take on opponents without fear.
- **No slide tackling for safety.**
- When the ball goes out, it must be dribbled back into the field or passed in by the Coach.
- Play 4 x 4-5 minute games with regular drink breaks.

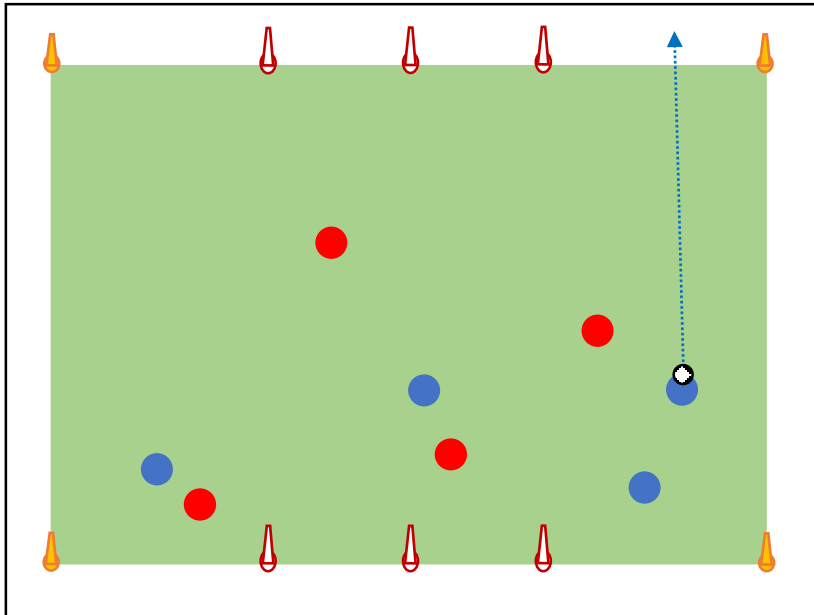
KEY COACHING POINTS

- "Spread out – use the full width of the field."
- "Run with the ball whenever you see open space in front of you."
- "Remember to take bigger touches to travel faster."
- "Never be afraid to take on opponents."



STEP DOWN/STEP UP (easier or harder)

- Make the field wider.
- Place mannequins on each end-line. Players now have to attack the space in between the mannequins to score (as per diagram below). Placing the mannequins more centrally will also force players to spread out in order to score.



Running with the Ball

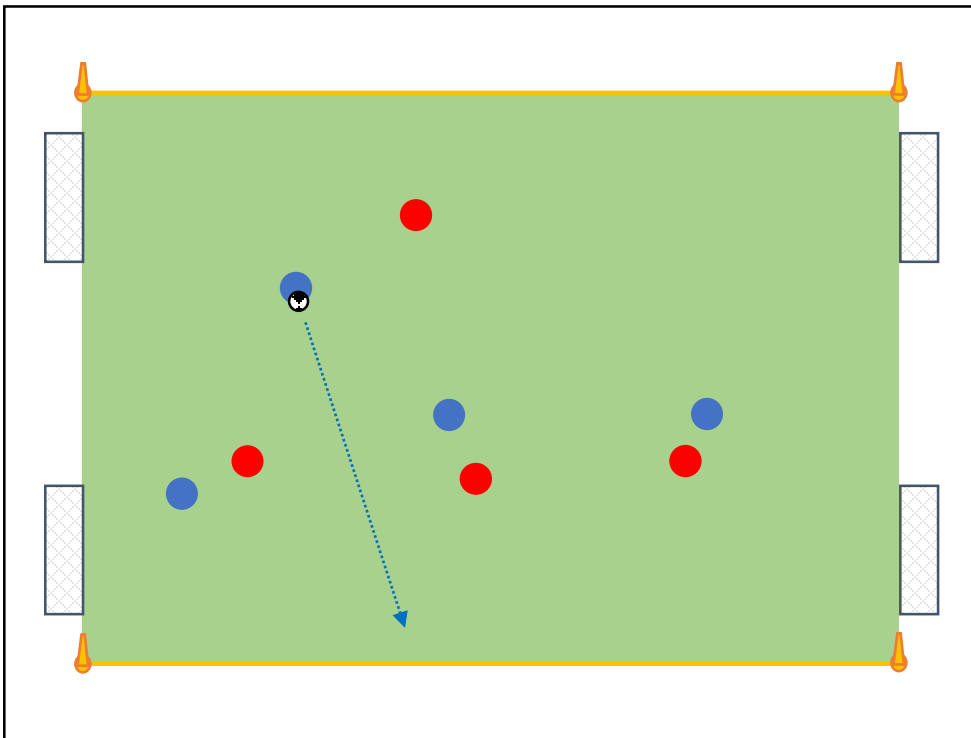
3. Skill Game

SET UP

- Use the same area as the previous exercise and simply add 4 small goals as shown.

HOW TO PLAY

- Directional game. No Goalkeepers, corners, offsides or throw-ins.
- 4 v 4 (Blues v Reds). Teams have to score in one of their two small goals as per a normal SSG.
- After 2-3 minutes, the Coach calls 'SWITCH' and both teams switch to defend the area on their left. (Note: If this proves too difficult simply play a normal SSG).
- Teams now have to score by RWB over the opposing yellow end-lines as shown.
- When the Coach calls 'SWITCH BACK' normal play resumes utilizing the 4 goals.
- When the ball goes out, it must be dribbled back into the area or played in by the Coach.
- Change make-up of teams to ensure all players have plenty of opportunities to score a goal.
- The Coach can also utilize the switch to ensure players are getting enough repetitions RWB.
- Play 4 x 4-5 minute games with regular drink breaks.





RUNNING WITH THE BALL

Session 2

Session Objective:

‘To improve each player’s ability to run with the ball by taking bigger touches in open space (using both feet).’

Frame:

Briefly explain what the session is about. For example:

‘Today, kids, we are going to have lots of fun running with the ball in open space.’

MV Player Message:

‘Practice Makes Permanent.’

Running with the Ball

1a. Skill Introduction

SET UP

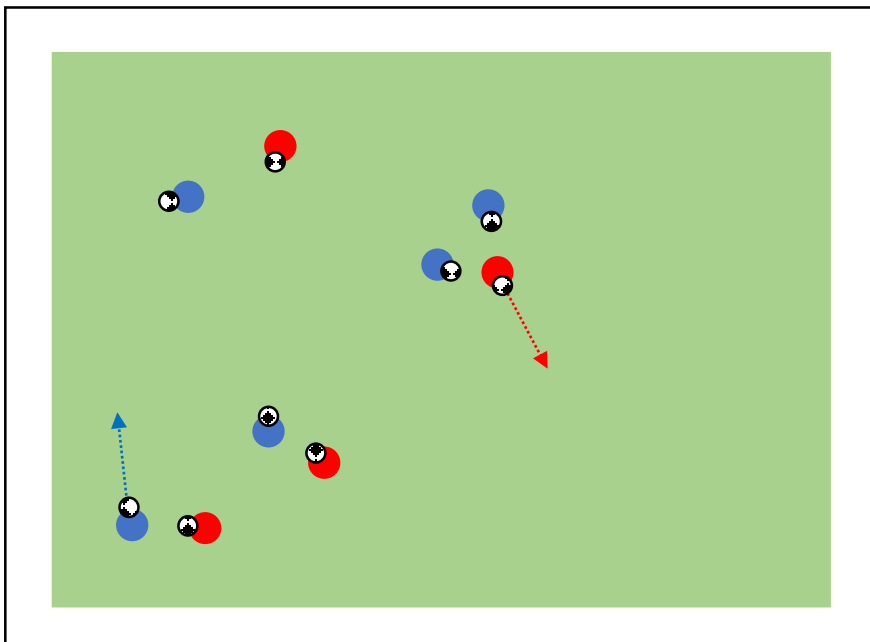
- 22m (width) x 32m (length).
- For safety reasons, always ensure the area is 'too big' rather than 'too small'.

HOW TO PRACTICE

- Divide players into pairs (where possible) with a ball each.
- On the coach's signal, one player dribbles in front while the other follows at a short distance.
- Every 1-2 minutes, the coach should instruct players to add the following variations:
 - Stop-starts (with their studs).
 - Sharp turns and changes of direction.
 - Feint stops and turns followed by an acceleration.
- The coach should always ask the players to "scan the field" to avoid running into each other.
- Practice for 10 minutes with a drink break.

KEY COACHING POINTS

- "Take a bigger touch & accelerate when a space opens up in front of you."
- "Change direction sharply and accelerate away."



Running with the Ball

1b. Skill Introduction: 'Running of the Bull!'

SET UP

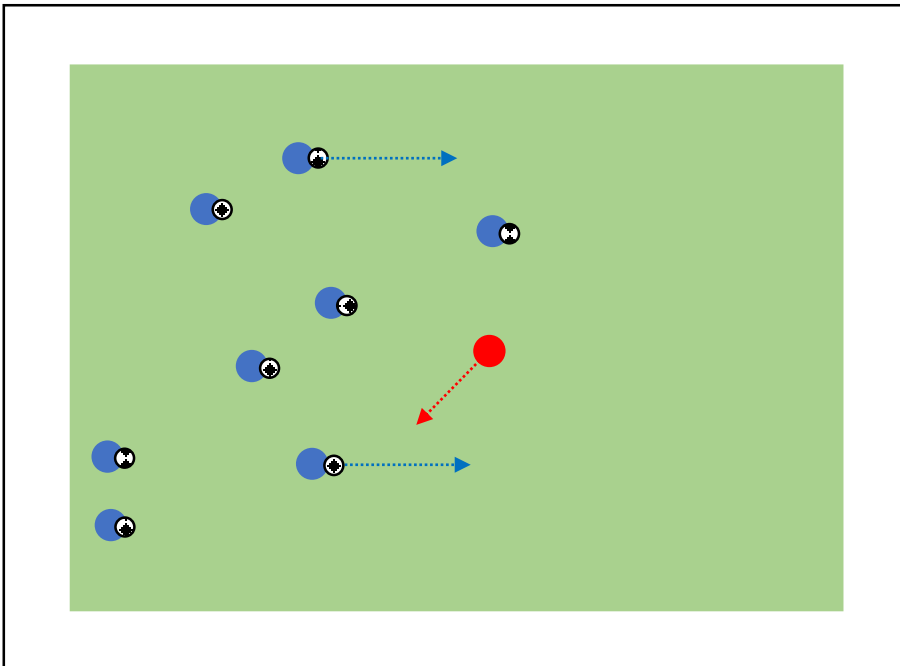
- Use the same area as the first part of the exercise.

HOW TO PLAY

- One player starts as the 'Bull' with all other players spreading out behind one end-line.
- On the coach's call, players then try to run with the ball across to the opposite end-line.
- Players are allowed 10-15 seconds recovery at each end.
- Players become bulls when they are tagged.
- The last player left wins the game.
- **Aim for 50% playing time – left foot RWB only.**
- Play for 10 minutes with a drink break.

VARIATION

- Add another bull to start the game.



Running with the Ball

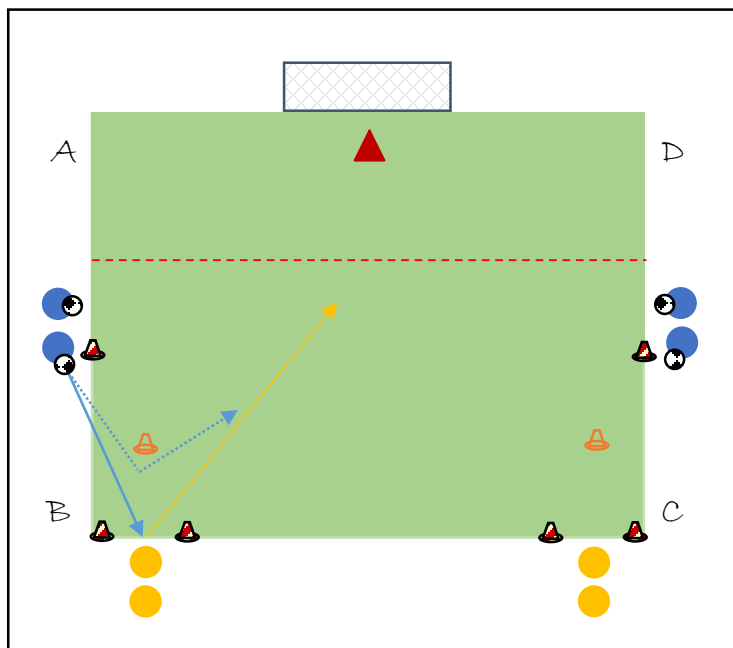
2. Skill Training

SET UP

- 24m (width) x 32m (length) + a Finishing 'line' – 12m away from the goal as shown (the ball-runner cannot score until he/she reaches this area).

HOW TO PRACTICE

- 2 teams play off against each other (Blues & Oranges). The Coach can play as the Goalkeeper.
- The first blue player from Group A passes to the first orange player from Group B.
- Player B receives and runs with the ball through the gate – directly toward the goal.
- Player A follows his/her pass, runs around the cone before chasing Player B – who tries to score in the large goal.
- Then the blue player returns to position A and the orange player goes back to position B.
- Now it's Group D and Group C's turn. Which team scores the most?
- Change sides regularly to practice using both feet.
- Practice for 20 minutes with a drink break.



KEY COACHING POINTS

- "Push the ball forward every 3-4 steps to travel faster."
- "Attack the open space in front of you".

Running with the Ball

3. Skill Game

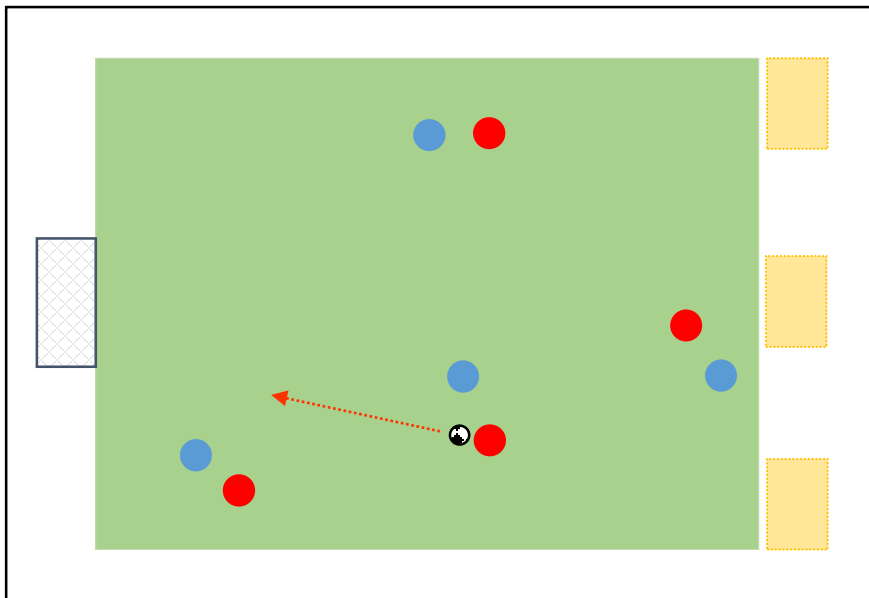
OPTION 1: 'Ball Runners -v- Sharp Shooters'

SET UP

- 20m (width) x 32m (length) + 2 small goals + 3 'end-zones' (4m x 4m).
- Place all spare balls around the outside of the playing area for quick & easy access.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- The Blues are the 'Ball Runners' and have to score by running with the ball into one of the three end-zones and stopping it with their studs. **Defenders are not allowed to slide tackle.**
- The Reds are the 'Sharp Shooters' and can score in the large goal.
- When the ball goes out, it must be dribbled back into the area or played in by the Coach.
- **Play 4 x 5 minute games with a drink break.**
- Ensure both teams get to attack each end.



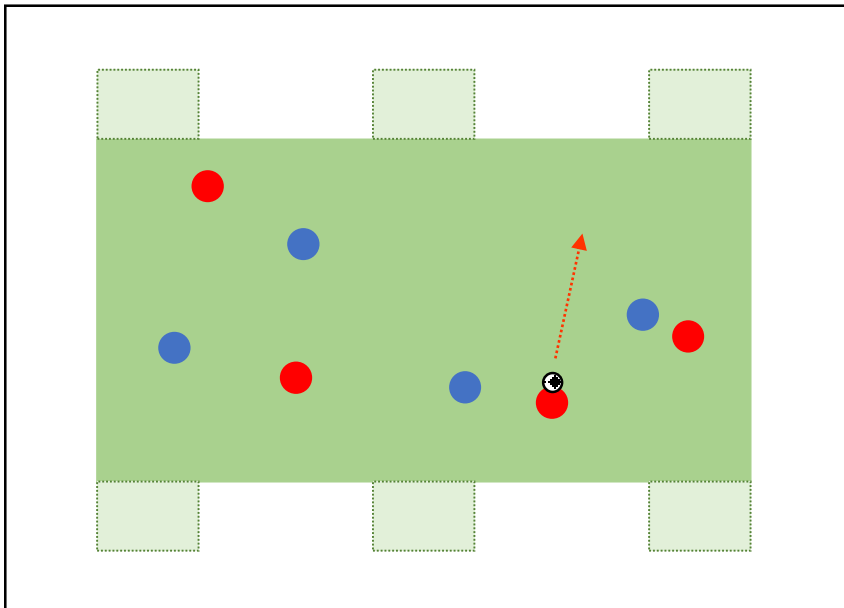
OPTION 2: 'End-Zone Football'

SET UP

- A short & wide playing area: 32m (width) x 22m (length) + 6 'end zones' (6m x 6m).
- Place all spare balls around the outside of the playing area for quick & easy access.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- Players score by running with the ball into one of their opponent's end-zones & stopping it with their studs. Defenders are not allowed inside these zones and **there is no slide tackling**.
- If the ball goes out, it must be dribbled back into the field of play or passed in by the Coach.
- Change teams to ensure all players have plenty of touches on the ball.
- Play for 15 minutes with a drink break.





RUNNING WITH THE BALL

Session 3

Session Objective:

'To improve each player's ability to run with the ball by taking bigger touches in open space (using both feet).'

Frame:

Briefly explain what the session is about. For example:

'Today, kids, we are going to have lots of fun running with the ball in open space.'

MV Player Message:

'Practice Makes Permanent.'

Running with the Ball

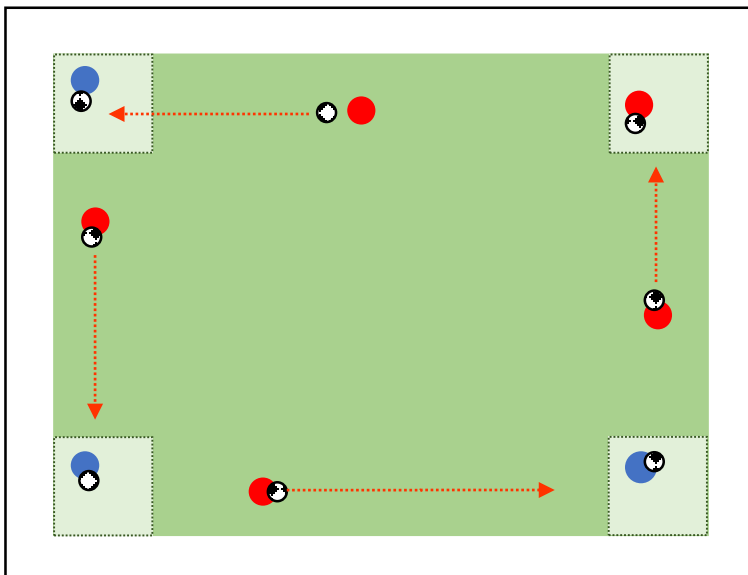
1. Skill Introduction

SET UP

- An area approximately 30m x 30m with 4 small corner grids (5m x 5m).

HOW TO PRACTICE

- 4 groups of 2-3 players are positioned in the corner grids with a ball each.
- On the Coach's signal all players from the same group (all reds, for example) run with the ball to the next corner followed by the next group.
- When everyone is back in the grid where they started; we move in the opposite direction using the left foot only.
- Every 1-2 mins, the Coach can add the following variations:
 - Stop-starts (with their studs).
 - Sharp turns and changes of direction.
 - Feint stops and turns followed by an acceleration.
- Practice for 5-10 minutes.



Running with the Ball

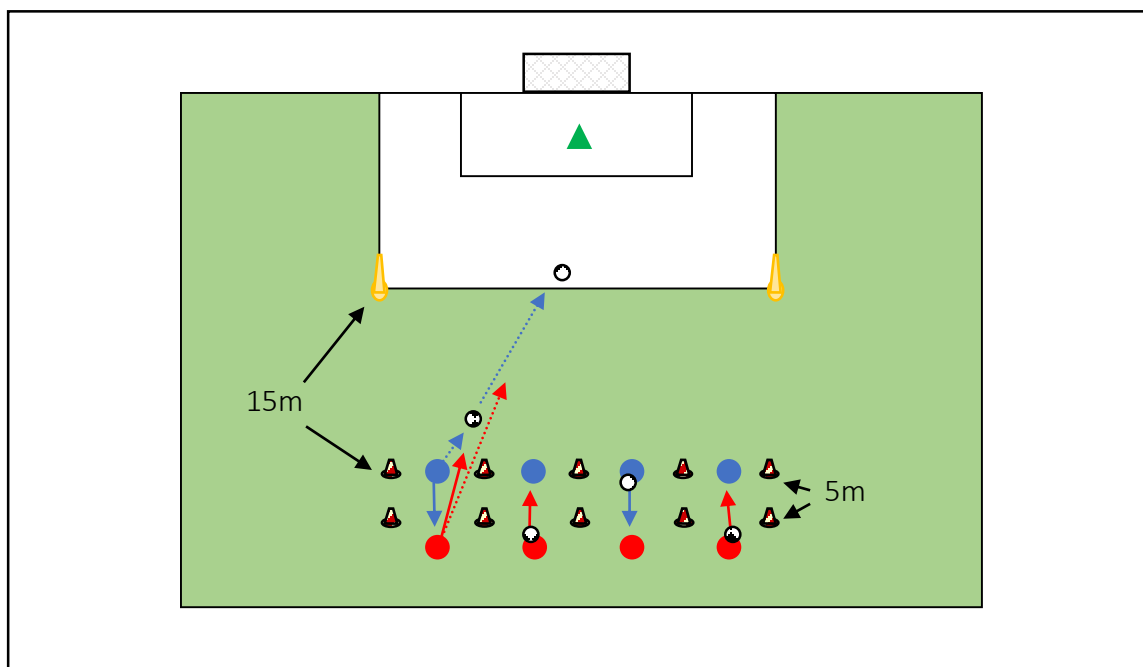
2. Skill Training

SET UP

- Place two lines of cones – 15m outside the penalty box as shown.
- The distance between the two lines of cones should be 5m.
- The distance in width between the cones should be 7-10m.

HOW TO PRACTICE

- 2 teams. Blues v Reds.
- Split the players into rival pairs of two positioned inside each grid.
- The exercise starts with each pair continually exchanging short passes with each other.
- As soon as the red player decides to pass the ball past a blue player in the direction of the goal, the blue player must then turn and run with the ball towards the goal to score with the red player in pursuit. The blue player can shoot as soon as he/she has passed the yellow poles/cones. **No slide tackling for safety.**
- When the action is completed, the next group goes.
- Regularly change opponents between the blue and red teams.
- Which team scores the most goals?
- Play for 20-25 minutes with drink breaks.





KEY COACHING POINTS

- “Always attack the open space in front of you.”
- “Push the ball forward every 3-4 steps.”
- “Run as fast as you can while keeping the ball under control”.
- “Cut across the defender if he/she catches up with you.”

Running with the Ball

3. Skill Game

SET UP

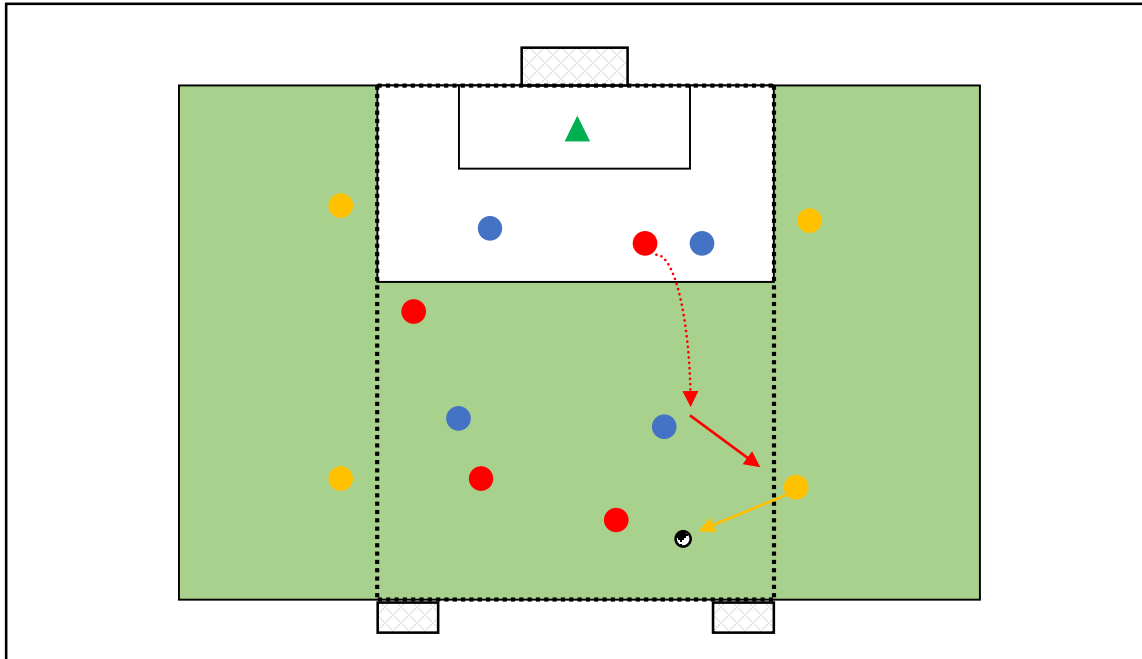
- A long and narrow pitch: 22m (width) x 40m (length).
- Narrow or widen the pitch depending on total player numbers.

HOW TO PLAY

- 3 teams of 3-4 players. Play 4 v 4 + 4 wall players (8 v 4 for the team in possession).
- Directional game. Offside applies. Wall players are 1-2 touches only.
- Change teams when a goal is scored or after 2-3 minutes.
- Play for 15-20 minutes with drink breaks.

VARIATIONS

- 1-2 SSG goals without goal-keepers/large goals.
- No goals but 'line football'.



Encourage players to always attack open space when it is in front of them.



1 v 1

Session 1

Session Objective:

'To improve each player's ability to perform a feint against an opponent in a 1v1 situation (using both feet).'

Frame:

Briefly explain what the session is about. For example:

'Today, kids, we are going to have lots of fun practicing how to beat a defender using a feint.'

MV Player Message:

'Practice Makes Permanent.'

1 v 1

1. Skill Introduction

SET UP

- 4 markers placed 12-15m opposite each other with 4 markers centrally in a square 1-1.5m.

HOW TO PRACTICE

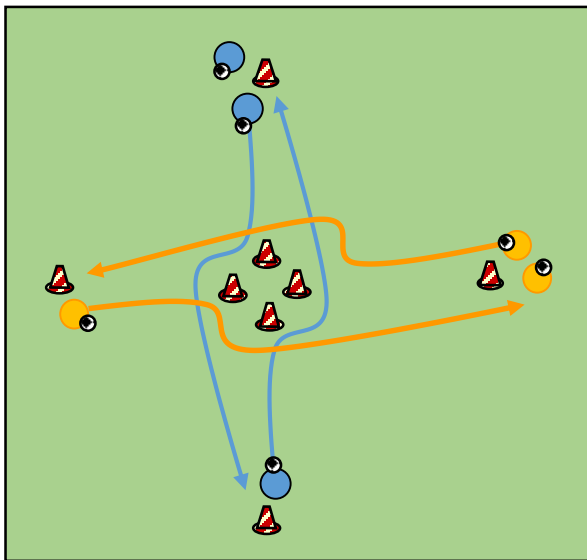
- Max. 2-3 players with a ball line up at the markers.
- To avoid possible collisions, ensure your instructions are clear and precise.
- On the coach's call, 2 opposing players start dribbling towards each other.
- When they reach the middle, they perform a 'feint' to go around **the right side of the markers** before accelerating towards the opposite marker.
- After 2 minutes: **now go around the left side of the markers.**

KEY COACHING POINTS

- 'Feint to go one way, drop your shoulder, then push the ball past the defender.'

PROGRESSION

- Speed up tempo whilst maintaining proper execution.
- For advanced players take out the central markers.





1 v 1

2. Skill Training

SET UP

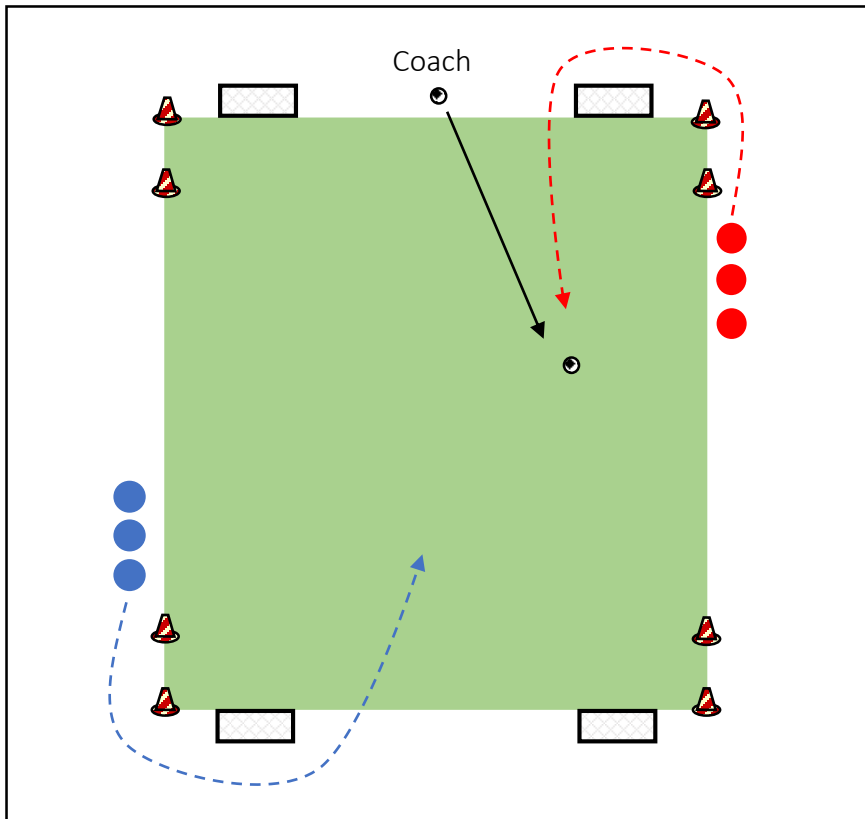
- A grid 20m (width) x 30m (length) + 2 small goals placed on each back line with markers on the corners and on the touchline at 5m from the corners to mark the 'scoring zone'.

HOW TO PLAY

- 2 teams of 6 players line up behind the markers on the touchline as shown.
- The coach is positioned with the balls between the two goals on one side of the pitch.
- On the coach's signal, a red and a blue player sprint around the corner marker and the nearest goal.
- The coach then serves in favor of the red players who take on the blue players.
- The attacker can finish in either of the 2 goals but only from inside the 5m 'scoring zone'.
- If the defender wins the ball they can score in one of the opposite goals (one attempt max. each). When the action has ended the players line up on the opposite side.
- The coach can manipulate the 1v1 through the angle with which they serve the ball.
- Regularly switch sides from where the attackers and defenders start.
- Play for 20 minutes with drink breaks.

KEY COACHING POINTS

- **Attackers:**
 - 'Go at the defender at speed.'
 - 'Can you use a feint to put the defender off balance?'
 - 'Can you threaten to go one way then suddenly attack the other way?'
- **Defenders:**
 - 'Bend your knees and be on your toes so you're able to change direction quickly.'
 - 'Can you close the attacker down quickly to stop him/her playing forward?'
 - 'Can you show the attacker one way?'
 - 'The best moment to commit is when the attacker takes a heavy touch or slows down.'



PROGRESSIONS

- Play 2v1, 2v2.

1 v 1

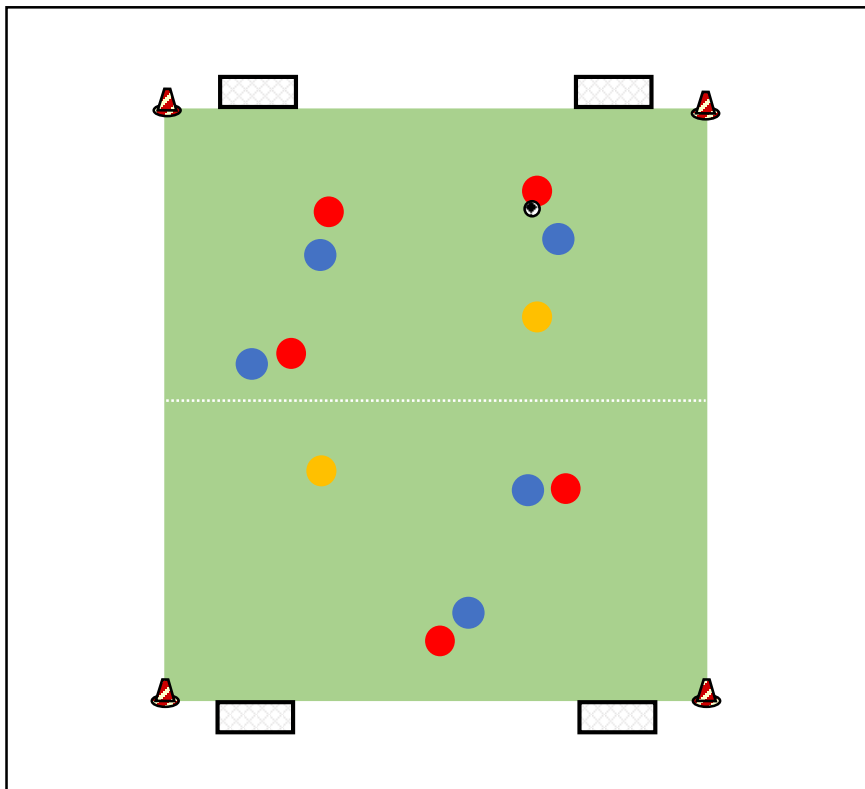
3. Skill Game

SET UP

- Use the same area as the previous exercise. Only now split it into 2 grids joined together.
- Make the area bigger/smaller depending on total player numbers.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- Play 4v4, 5v5 + 2 'jokers' who cannot score but create an overload for the team in BP.
- **Ensure half the players from each team plays in one half of the field.**
- Both 'jokers' can also enter either half to support the team in BP.
- Change the jokers every 2 mins.
- When the ball goes out, it must be passed back into the area or played in by the Coach.
- Ensure every player gets to score a goal by changing where they play on the field.
- Play for 15-20 minutes with drink breaks.





1 v 1

Session 2

Session Objective:

‘To improve each player’s ability to defend against an opponent in a 1v1 situation.’

Frame:

Briefly explain what the session is about. For example:

‘Today, kids, we are going to have lots of fun practicing how to defend against an attacker in a 1v1 situation.’

MV Player Message:

‘Practice Makes Permanent.’

1 v 1

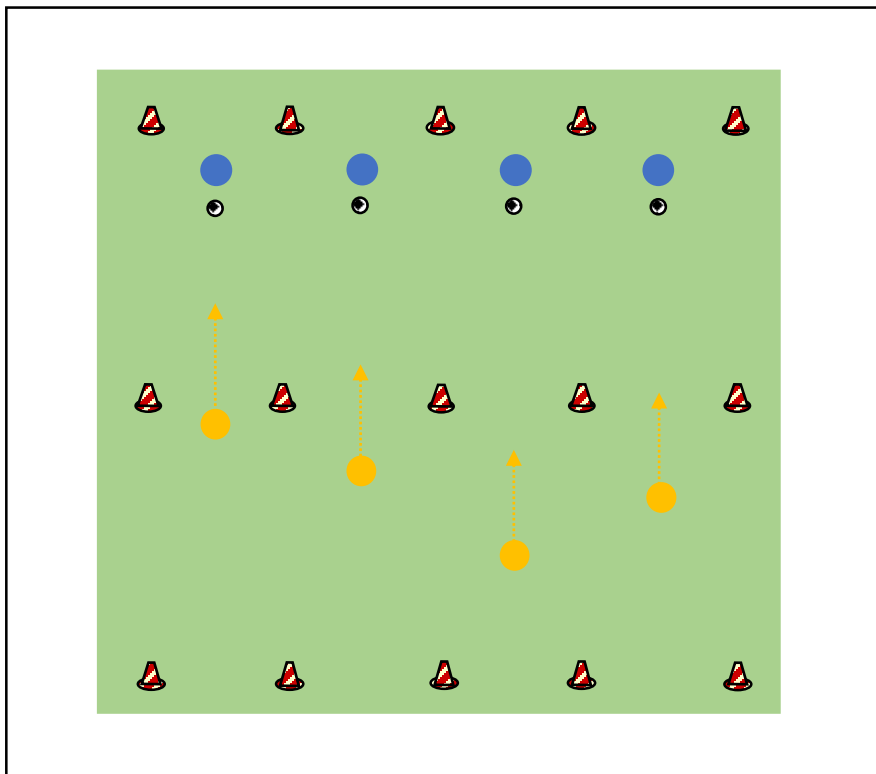
1. Skill Introduction

SET UP

- Using cones create 3-6 dribbling lanes – each lane should be 6m (width) x 20m (length).

HOW TO PRACTICE

- 2 players in each dribbling lane with a ball between them. The one with the ball is the attacker, the one without, the defender. They start the exercise at opposite ends of the lane.
- On the coach's call, the attacking player must then dribble towards the defender and the said defender must defend against the attacker – **no tackling**.
- When they reach the defensive end, the players swap roles immediately with the defender now becoming the attacker and the attacker now becoming the defender.
- Practice for 10 minutes (maximum).



KEY COACHING POINTS

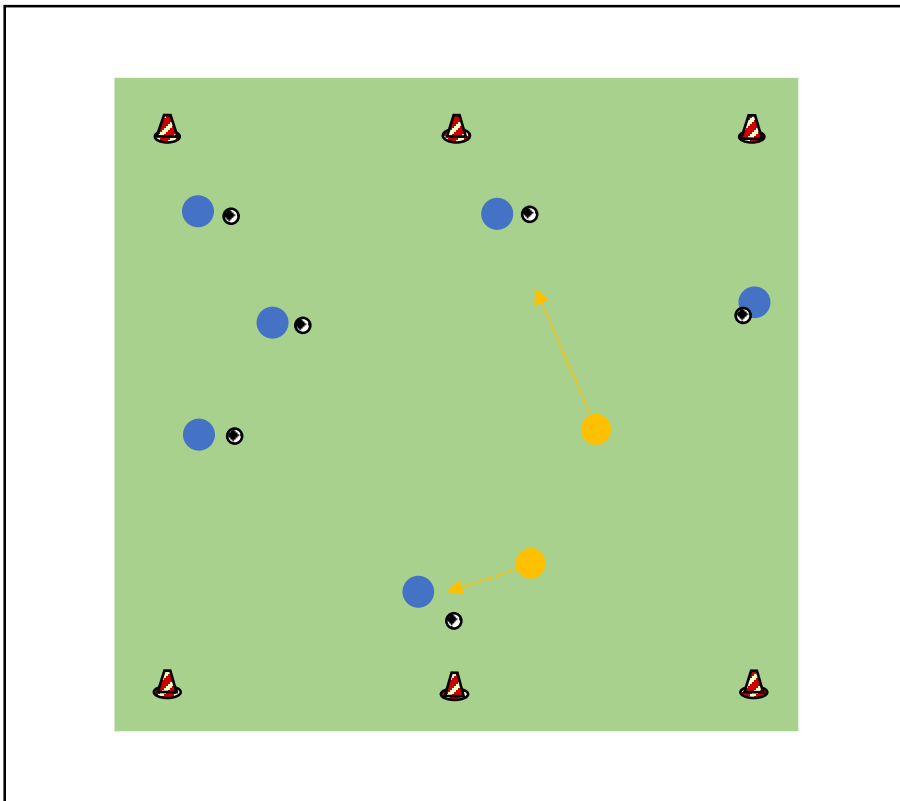
- Attackers: 'Dribble in a straight line and at speed.'
- Defenders: 'Bend your knees; be on your toes with your chest facing the ball so you can always quickly in either direction.'

PROGRESSION

- Remove the cones for each lane. But be careful of collisions.

CONCLUDING TAGGING GAME (optional)

- Nominate one player as the tagger.
- Dribblers have to get from end of the grid to the other.
- When a player gets tagged they also become a tagger.
- Last player left wins.





1 v 1

2. Skill Training

SET UP

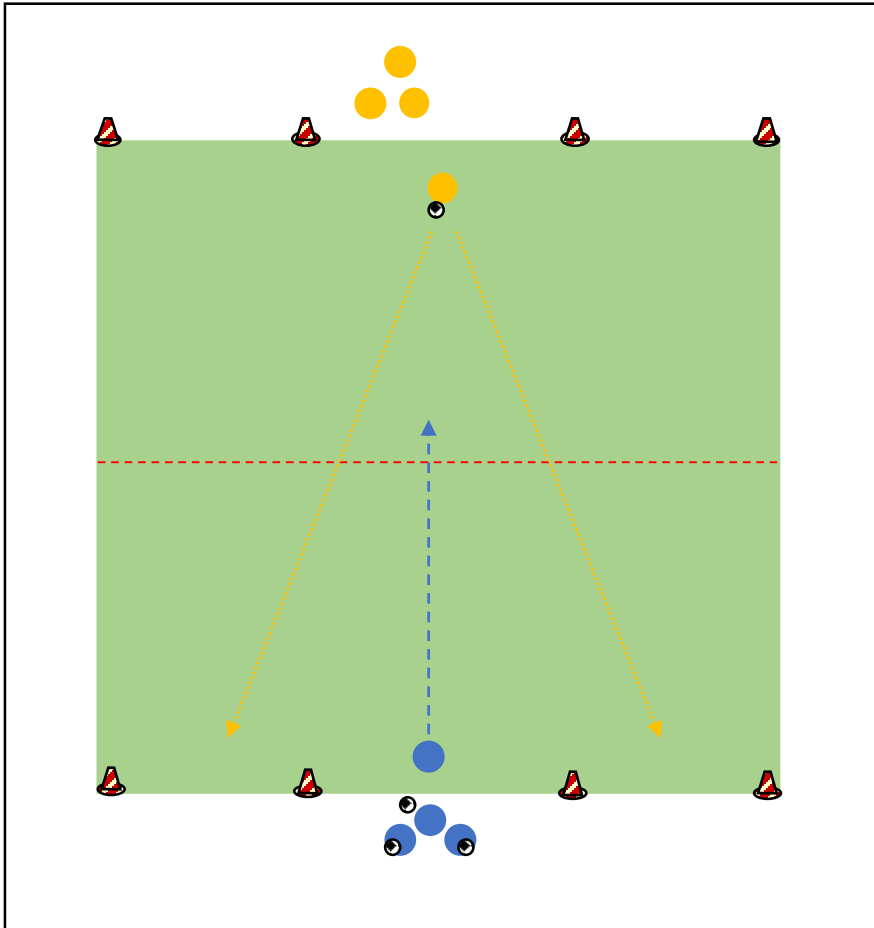
- A grid approximately 16m (width) x 16m (length) with a halfway line and three gates of 5m on each by-line.

HOW TO PRACTICE

- 2 teams of 4-5 players are positioned opposite one another in the middle gate as shown.
- The defenders start with a ball each – the attackers are without a ball.
- In the example, the 1st defender passes to the 1st attacker and immediately sprints to the half-way line to close down the space between himself/herself and the attacking player.
- The attacker who receives the ball then takes on the defender at speed, to score by dribbling through either the left or right gate.
- The game is over when the attacker scores or the defender wins the ball and scores by dribbling through the opposing left or right gate.
- After each game the rival attacker and defender change ends.
- Games last no longer than 20 seconds to ensure the action is fast-paced and game-realistic.
- Change opponents after everyone has had a turn attacking/defending.
- Play for 20 minutes.

KEY COACHING POINTS

- **Attackers:**
 - 'Always attack the defender at speed.'
 - 'Use a feint to put the defender off balance as he/she is back-pedaling.'
 - 'Accelerate away from the defender once you are about to pass him/her.'
- **Defenders:**
 - '**Close down the attacker quickly then check back on approach.'**
 - '**Always be on your toes with knees, low to the ground.**
 - '**Always keep your chest facing the ball so you can turn quickly in either direction.'**



PROGRESSIONS

- Play 2v1, 2v2.

1 v 1

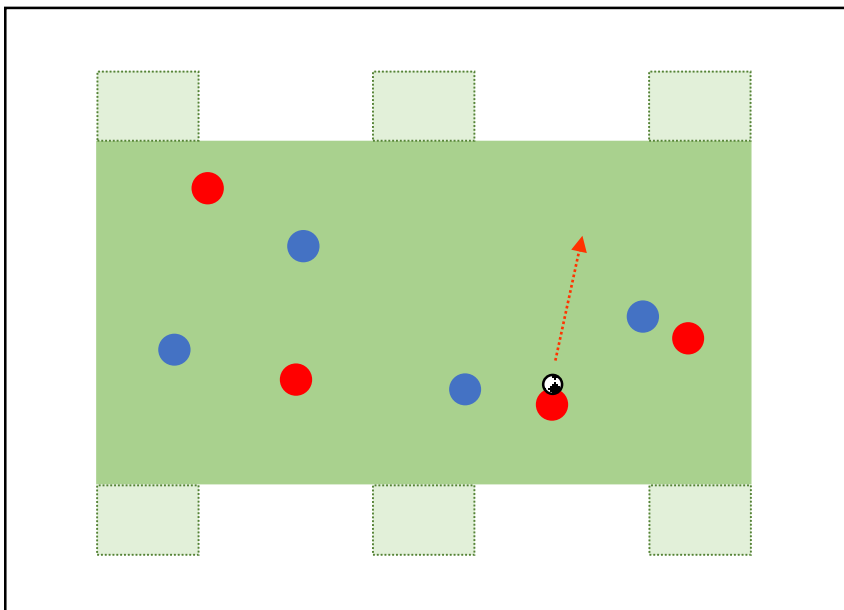
3. Skill Game

SET UP

- A short & wide playing area: 32m (width) x 22m (length) + 6 'end zones' (6m x 6m).
- Place all spare balls around the outside of the playing area for quick & easy access.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- **Players can only pass the ball backwards or sideways.** This key condition forces players to take on opponents without fear.
- Players score by dribbling the ball into one of their opponent's end-zones & stopping it with their studs. Defenders are not allowed inside these zones and **there is no slide tackling.**
- If the ball goes out, it must be dribbled back into the field of play or passed in by the Coach.
- Change teams to ensure all players have plenty of touches on the ball.
- Play for 15-20 minutes with a drink break.



VARIATIONS

- Play with one end zone at either end. Or simply play 'line football'.



1 v 1

Session 3

Session Objective:

'To improve each player's ability to beat an opponent in a 1v1 situation in the final 3rd (using both feet).'

Frame:

Briefly explain what the session is about. For example:

'Today, kids, we are going to have lots of fun practicing how to beat a defender in a 1v1 situation in front of goal.'

MV Player Message:

'Practice Makes Permanent.'

1 v 1

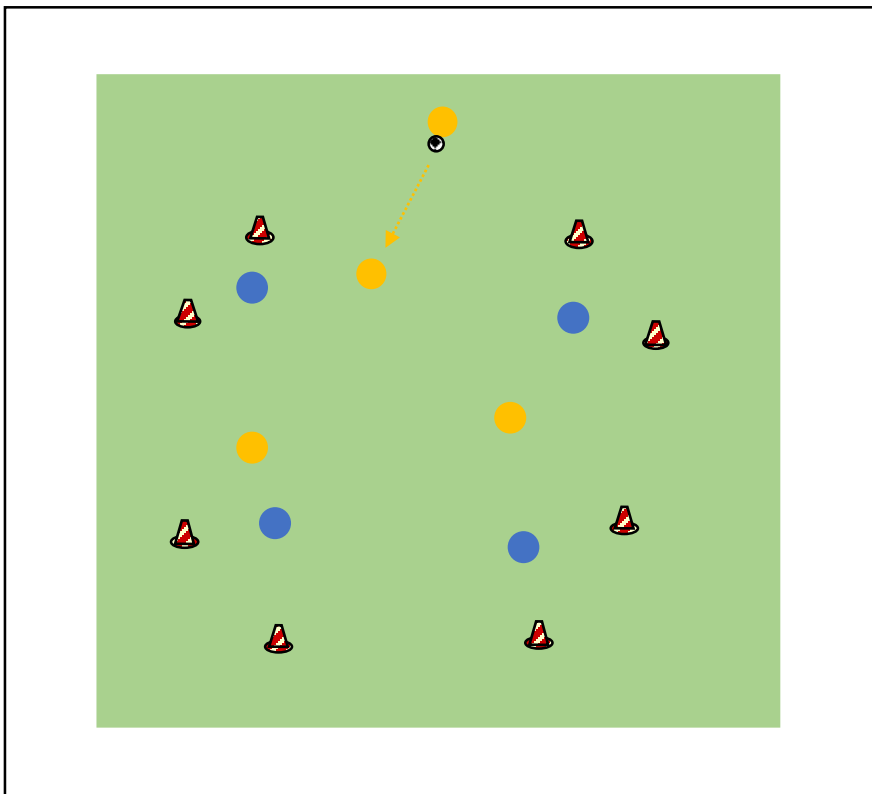
1. Skill Introduction

SET UP

- A grid approximately 30-35m (width) x 30-35m (length).
- Using cones, insert 4 gates of 5-7m in width as shown. Each gate is protected by a defender.
- Play 4v4 – add an extra gate for every additional player.

HOW TO PLAY

- The team in possession scores a goal when one of their players can beat a defender and dribble through one of the gates.
- The attacking team has 20 seconds to score; otherwise possession goes to the other team.
- If the defending team wins the ball, the roles change without stopping the game.
- Which team scores the most?
- Play 4 x 4min games with regular drink breaks.



1 v 1

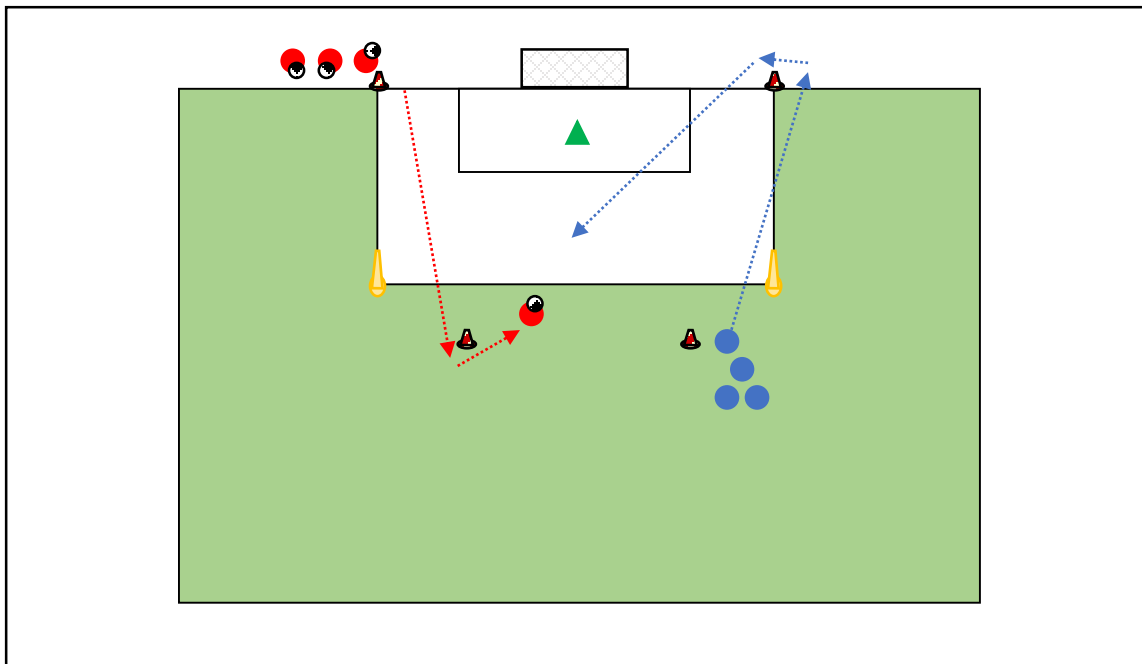
2. Skill Training

SET UP

- A grid approximately 30-35m (width) x 30-35m (length).
- Using cones, insert 4 gates of 5-7m in width as shown. Each gate is protected by a defender.
- Play 4v4 – add an extra gate for every additional player.

HOW TO PLAY

- One team starts as the attackers and line up at the cone next to the goal with a ball each.
- The other team starts as defenders and line up behind the cone on the opposite side.
- Play starts with the 1st attacker dribbling their ball around the cone and driving towards the goal to score – from inside the 18-yard box.
- At the same time, the 1st defender sprints around their cone and attempts to stop the attacker from scoring.
- If the defender wins the ball, he/she can score a goal by dribbling back to where he/she started their run.
- Once the play is over, the players join the opposite line from where they started.
- Practice for 20-25 mins with drink breaks.





KEY COACHING POINTS

- Attackers:
 - 'Always attack the defender at speed.'
 - 'Use a feint to put the defender off balance as he/she is back-pedaling.'
 - 'Accelerate away from the defender once you are about to pass him/her.'
- Defenders:
 - 'Close down the attacker quickly then check back on approach.'
 - 'Always be on your toes with knees, low to the ground.'
 - 'Always keep your chest facing the ball so you can turn quickly in either direction.'

PROGRESSIONS

- Play 2v1, 2v2.

1 v 1

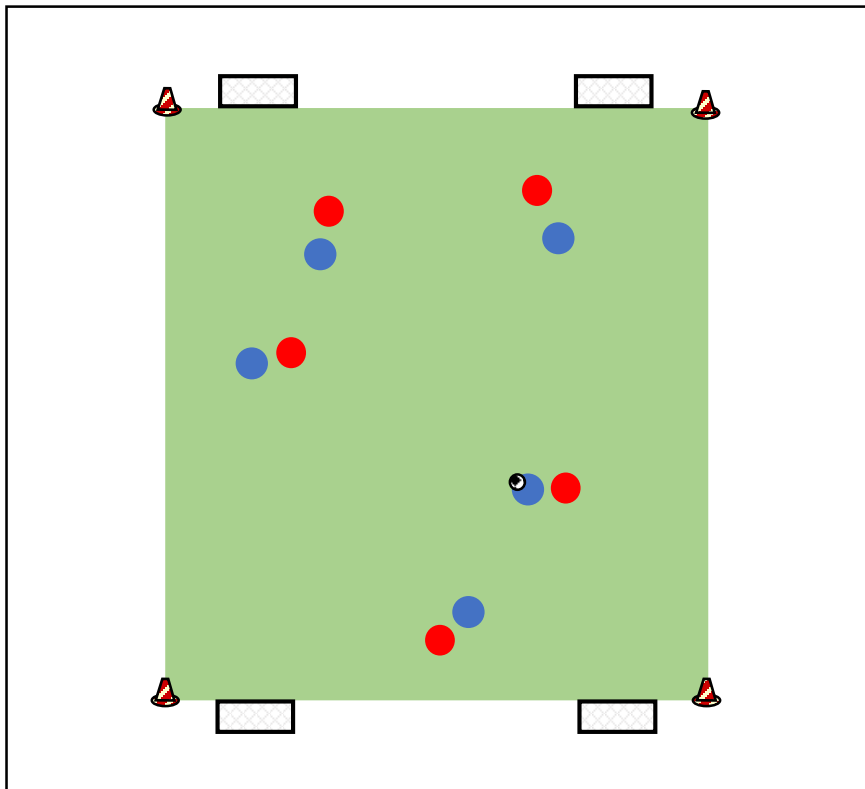
3. Skill Game

SET UP

- Use the same area as the first exercise and add 2-4 goals.
- Make the area bigger/smaller depending on total player numbers.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- Play 3v3, 4v4, 5v5.
- For every successful 1v1 action performed, the team in BP receives a bonus point.
- **Goals scored from a successful 1v1 are worth triple points.**
- When the ball goes out, it must be passed back into the area or played in by the Coach.
- Ensure every player gets to score a goal by changing where they play on the field.
- Play for 15-20 minutes with drink breaks.





Manly Vale Juggling Challenge

For Sub-Juniors

Players experiment with different ways of juggling the ball using various parts of their body.

SET UP

- Players have a ball each and are spread out inside the playing area.

HOW TO PLAY

- Demonstrate how to drop the ball on the ground – lightly kick it up and catch it.
- Ask, ‘How many times can you drop, kick and catch your ball in a row?’
- Play for 5-10 minutes at the end of your session.
- Players can juggle in pairs to combine scores – who scores the most?
- **You can also use this exercise as a warm-up for your players at the start of the session.**

PROGRESSION

- Players can try different types of juggling including:
 - Drop onto the thigh and catch.
 - Foot to foot using both feet.



‘Practice Makes Permanent’



www.manlyvalefc.com.au