

Manly Vale Football Club

Junior Development Program



Training Manual ~ U7
For Coaches & Managers



'Personal growth through a love of football.'



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How to use this Manual

This training manual is best used as a guide for you to explore, follow and improve where necessary throughout the season.

Simply conduct a different session for each week of training. For example, Week 1: Running with the Ball (Session 1), Week 2: Striking the Ball (Session 1), Week 3: 1v1 (Session 1), Week 4: Running with the Ball (Session 2). 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 change certain aspects of each session in order to cater to the relevant age group you are coaching.

Be Prepared

After conducting your first sessions for each of the designated core skills, you will obviously have a much clearer understanding of each player's current level of ability. This shall better prepare you 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 all your players will enjoy.

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

Remember that, at this age, we 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 a child's early football development, the game itself is the best teacher, not the Coach.'



Individual Player Development

What to look for?

Effective coaching of this age group is all about good organization and keen observation.

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

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

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		
<ul style="list-style-type: none">• Was each exercise safe and free of collisions and/or injuries?• 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.



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.'

MV Player Message:

'The ball is your best friend.'



Running with the Ball

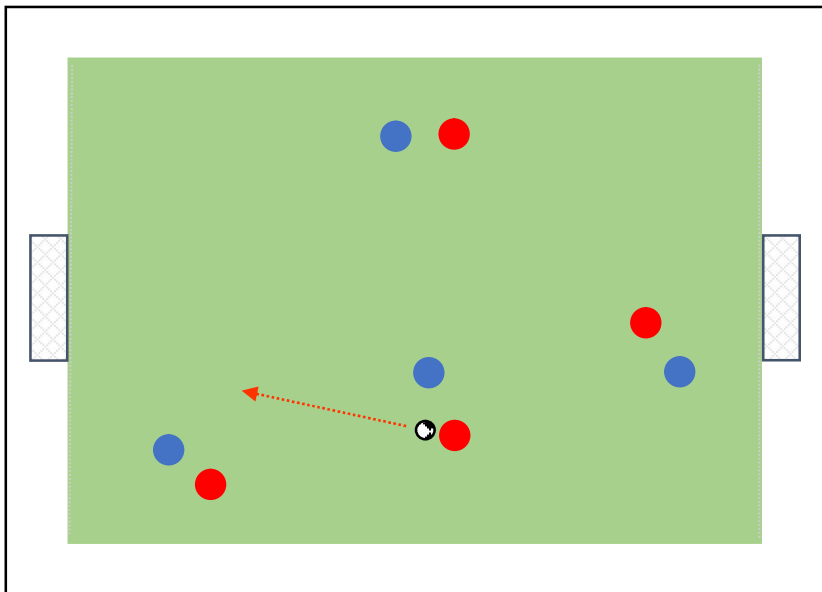
1. Two Goal Game

SET UP

- 16m (width) x 26m (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.
- 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 get to score a goal.
- Play for 10-15 minutes with a drink break.





Running with the Ball

2. Troll Bridge

SET UP

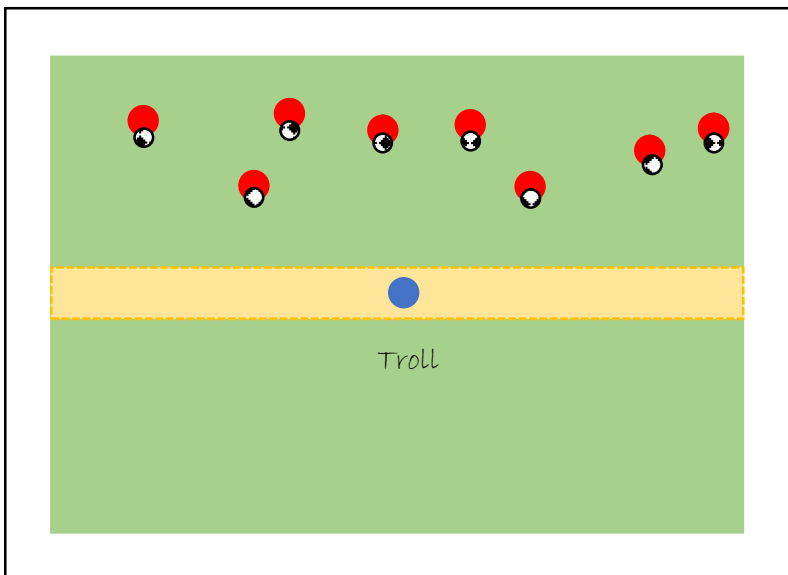
- 26m (width) x 16m (length).
- Mark out the 'Troll Bridge' on the half-way line using cones (approx. 4-6m wide).

HOW TO PLAY

- The Coach always starts as the troll with all players waiting behind one end-line.
- On the troll's signal, players try to dribble across the bridge to the opposite end-line.
- The troll cannot leave the bridge.
- Players become trolls when they are tagged or dribble out of the grid.
- The last player left wins the game.
- **Make every second game – left foot RWB only.**
- Play for 10-15 minutes with a drink break.

PROGRESSION

- Add another troll to start the game.
- Players now have to cross the bridge **with one touch of the ball.**





Running with the Ball

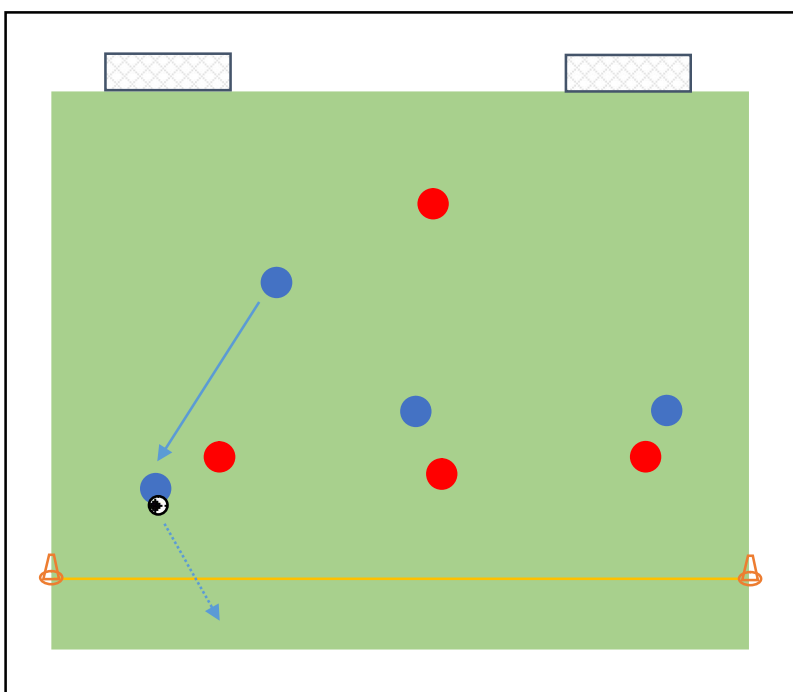
3. Ball Runners v Sharp Shooters

SET UP

- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length) + 2 small goals + 1 'end-line'.

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 over the end-line.
- The reds are the 'Sharp Shooters' and can score in one of the two small 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.
- Play 4 x 4 minute games with 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.'

MV Player Message:

'The ball is your best friend.'



Running with the Ball

1. End-Line Football

SET UP

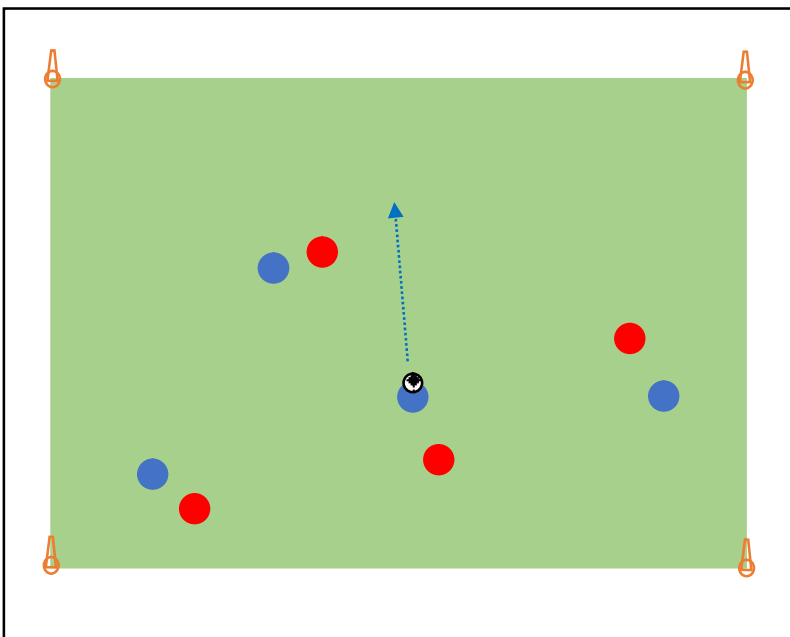
- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length).
- Where possible use poles to mark out the end-lines for clearer visibility.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- Teams score a goal by running with the ball over the opponent's end-line.
- When the ball goes out, it must be dribbled back into the field or passed in by the Coach.
- Change make-up of teams to ensure all players have plenty of opportunities to score a goal.
- **Aim for 50% playing time – left foot RWB only.**
- Play 4 x 4 minute games with a drink break.

KEY COACHING POINT

- Encourage players to **take bigger touches of the ball when there is open space in front of them to travel faster.**





Running with the Ball

2. Running of the Bull!

SET UP

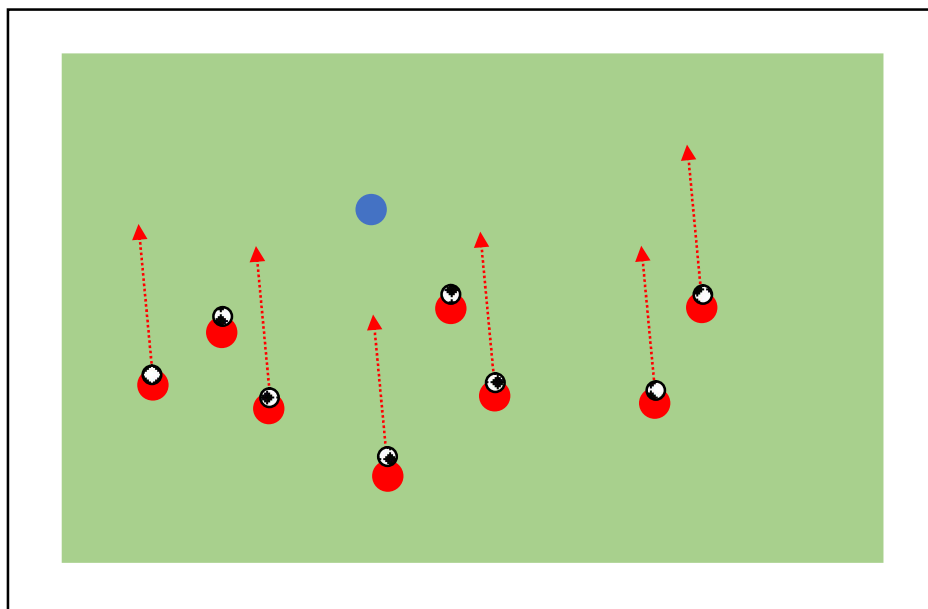
- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length).

HOW TO PLAY

- The Coach always starts as the 'Bull' with all players spreading out behind one end-line.
- On his/her call, players try to run with the ball across the area 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 10-15 minutes with a drink break.

KEY COACHING POINT

- Encourage players to **take bigger touches of the ball when there is open space in front of them to travel faster.**





Running with the Ball

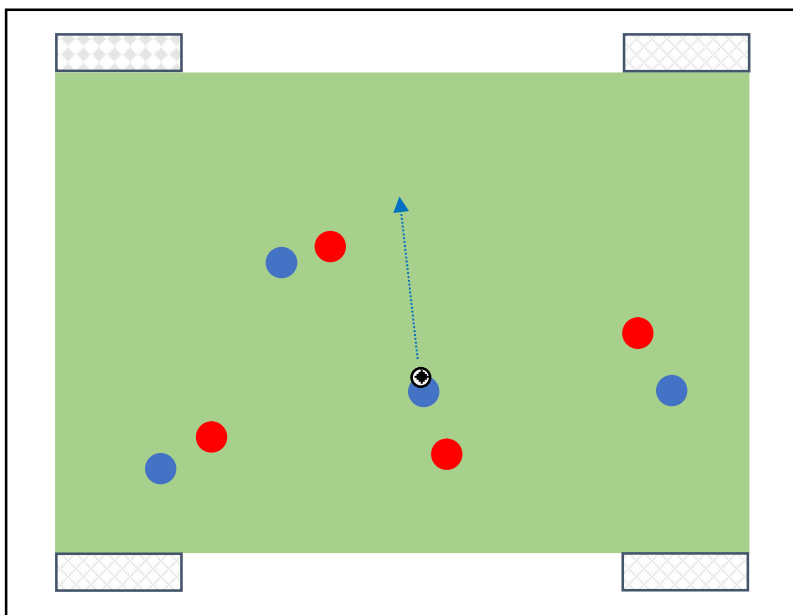
3. Four Goal Football

SET UP

- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length) + 4 small goals.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- 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 get to score a goal.
- Play 4 x 4 minute games with drink breaks.





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.'

MV Player Message:

'The ball is your best friend.'



Running with the Ball

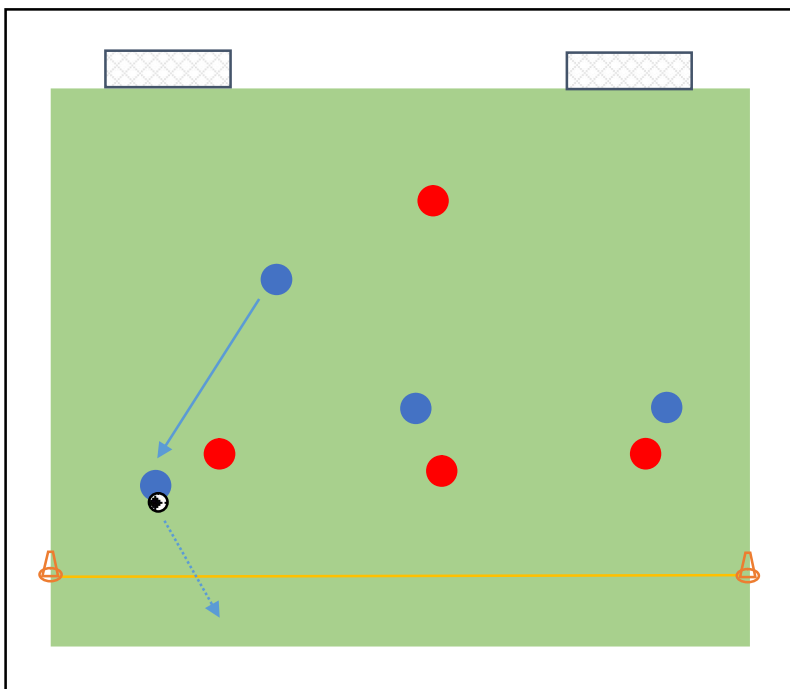
1. Ball Runners v Sharp Shooters

SET UP

- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length) + 2 small goals + 1 'end-line'.

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 over the end-line.
- The reds are the 'Sharp Shooters' and can score in one of the two small 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 get to score a goal.
- Play 4 x 4 minute games with drink breaks.





Running with the Ball

2. 'Beat the Blob'

SET UP

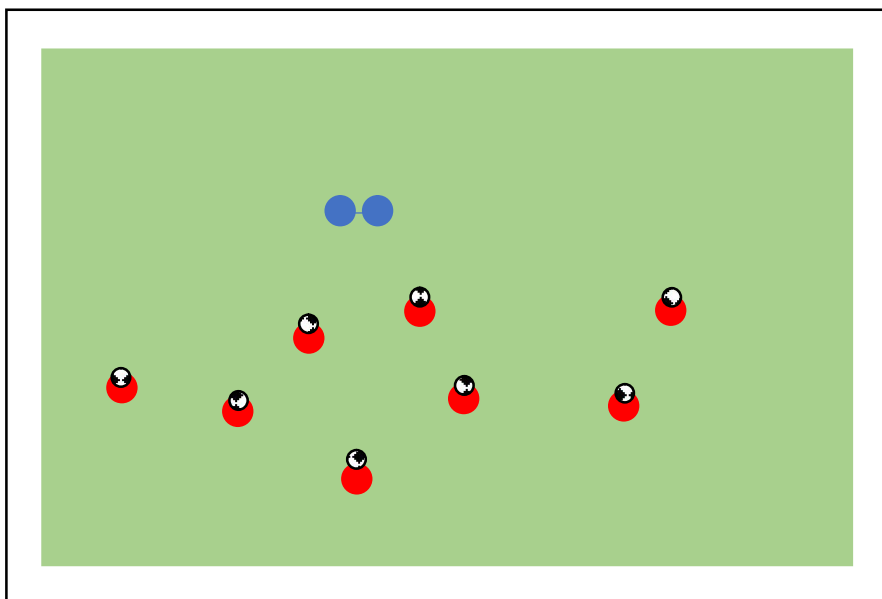
- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length).

HOW TO PLAY

- The Coach and one other player start as 'The Blob', linking arms. They move around together trying to kick the other players' balls out of the area.
- The others run with their balls around the area, trying not to have their balls kicked out.
- A player must join and link arms with the blob when his/her ball is kicked out – or if they exit the grid.
- The last player left wins the game.
- **Make every second game – left foot RWB only.**
- Play for 10-15 minutes with a drink break.

VARIATION

- Give every player a turn at starting as the 'Blob'.





Running with the Ball

3. End-Line Football

SET UP

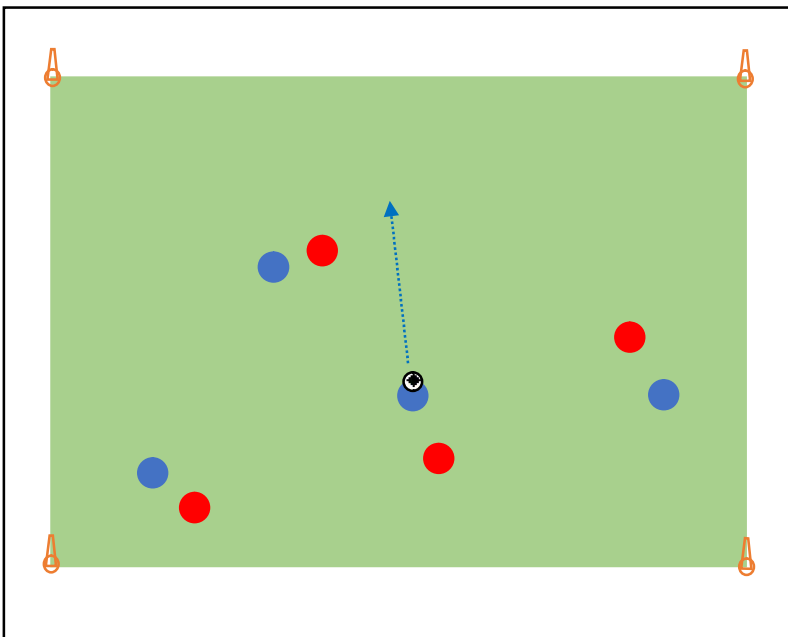
- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length).
- Where possible use poles to mark out the end-lines for clearer visibility.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- Teams score a goal by running with the ball over the opponent's end-line.
- 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.
- **Aim for 50% playing time – left foot RWB only.**
- Play for 10-15 minutes with a drink break.

KEY COACHING POINT

- Encourage players to **take bigger touches of the ball when there is open space in front of them to travel faster.**





STRIKING THE BALL

Session 1

Session Objective:

'To improve each player's short-range passing ability (<10m), using both feet.'

Frame:

Briefly explain what the session is about. For example:

'Today, kids, we are going to have lots of fun passing and shooting the ball.'

MV Player Message:

'The ball is your best friend.'



Striking the Ball

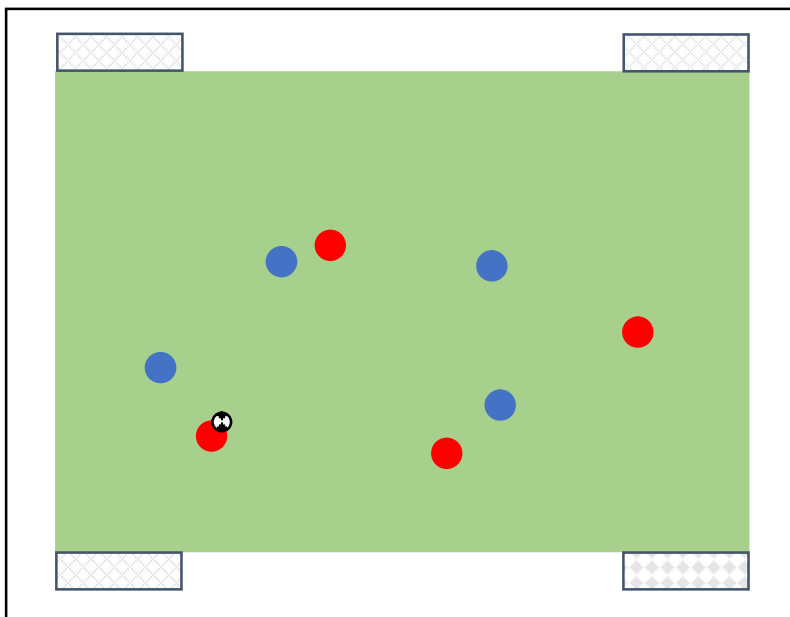
1. Left foots v Right foots

SET UP

- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length) + 4 small goals.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- **One team can only play with their left foot – the other team with their right foot. Change at half-time for equal playing time.**
- When the ball goes out, it must be passed 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.
- Play for 10-15 minutes with a drink break.



Encourage players to pass and score from anywhere!



Striking the Ball

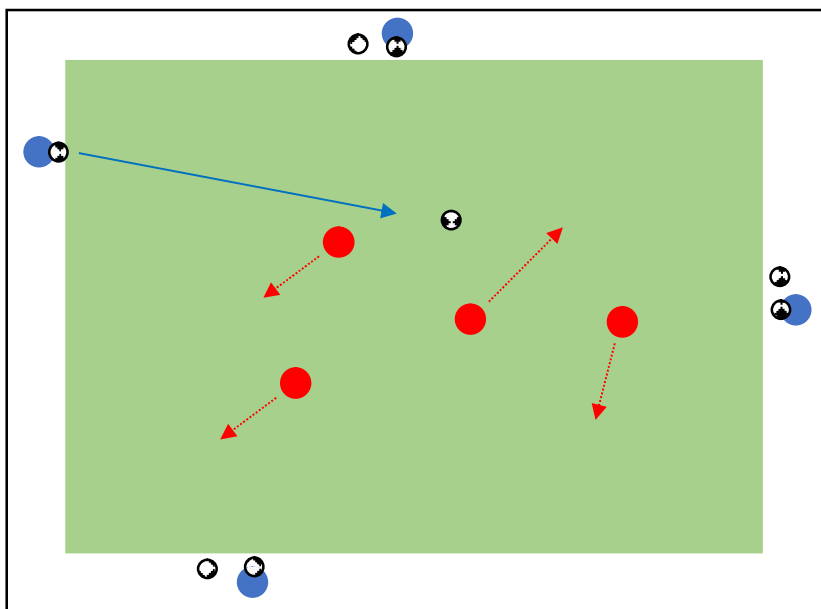
2. Space Invaders

SET UP

- A grid approximately 10-14m (width) x 10-14m (length).
- The more players the bigger the area.

HOW TO PLAY

- 2 teams. Blues v Reds.
- The blue 'Lasers' stand around the outside of the grid with at least 1-2 balls each.
- The red 'Space Invaders' can move around freely inside the grid.
- **Using the inside of the foot**, the lasers try to 'hit' the space invaders with a short pass.
- Every time a space invader is struck with a 'direct hit', the lasers get a point.
- Play each game for 1 minute (or until there are no balls left) then change.
- **Alternate each game between a left foot/right foot pass.**
- Play for 10-15 minutes with a drink break.





Striking the Ball

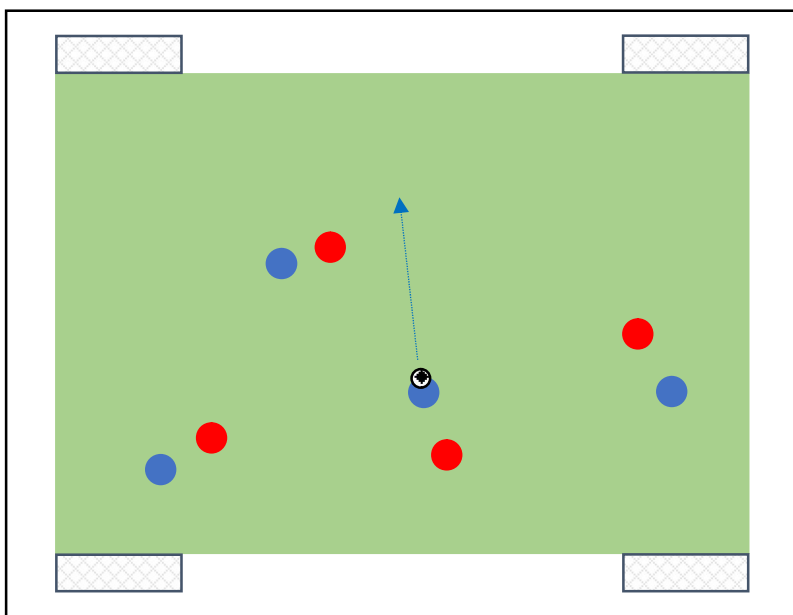
3. Four Goal Football

SET UP

- 16m (width) x 26m (length) + 4 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.
- When the ball goes out, it must be passed back into the area or played in by the Coach.
- Change make-up of teams to ensure all players get to score a goal.
- Play for 10-15 minutes with a drink break.



Encourage players to pass and score from anywhere!



STRIKING THE BALL

Session 2

Session Objective:

'To improve each player's short-range passing ability (<10m), using both feet.'

Frame:

Briefly explain what the session is about. For example:

'Today, kids, we are going to have lots of fun passing and shooting the ball.'

MV Player Message:

'The ball is your best friend.'



Striking the Ball

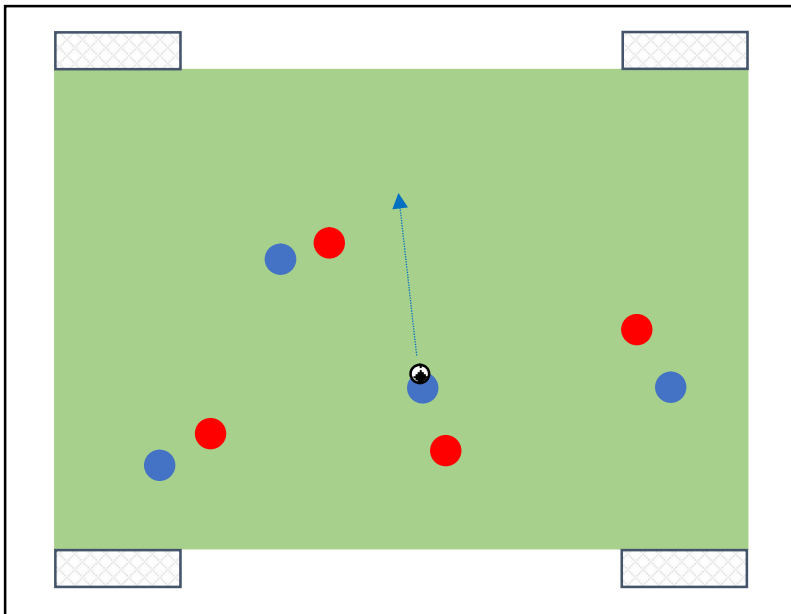
1. Left Foots v Right Foots

SET UP

- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length) + 4 small goals.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- **One team can only play with their left foot – the other team with their right foot. Change at half-time for equal playing time.**
- When the ball goes out, it must be passed back into the area or played in by the Coach.
- Change make-up of teams to ensure all players get to score a goal.
- Play for 10-15 minutes with a drink break.



Encourage players to pass and score from anywhere!



Striking the Ball

2. Tiki Taka Time!

SET UP

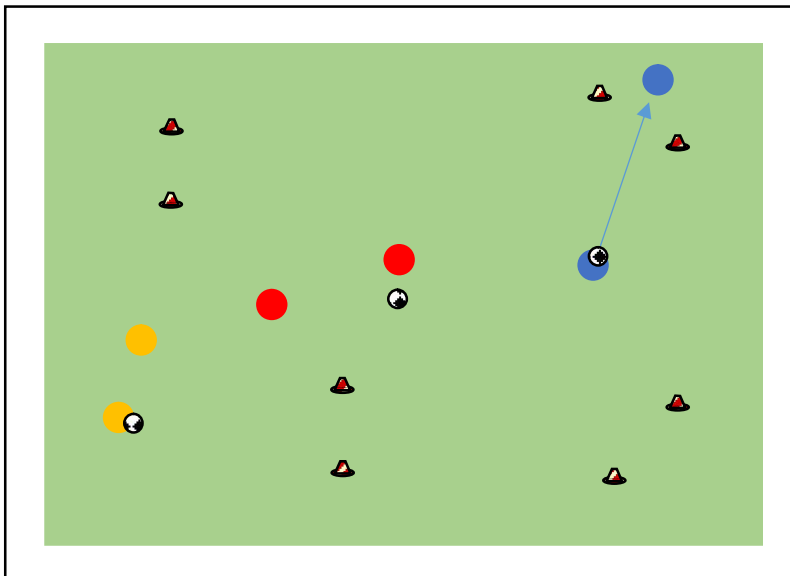
- 10-14m (width) x 16-20m (length) + 4-5 'gates' (3-5m wide).

HOW TO PLAY

- Split players into pairs with a ball between them and ensure there is always an extra 'gate'.
- On the Coach's call, the pairs move around passing their balls through each of the gates.
- The winning pair is the first to pass their ball through every gate and wait outside the area.
- **Alternate between a right foot/left foot pass for each game.**
- Change the make-up of the pairs to ensure all players experience some form of success.
- Play for 10-15 minutes with a drink break.

PROGRESSIONS

- When the Coach calls, 'Tiki Taka', the pairs must exchange continuous passes between the gates until the coach calls, 'Play On'.
- Players now have to pass with the outside of the left/right foot.
- Make the gates smaller/change the position of the gates.





Striking the Ball

3. Four-sided Football

SET UP

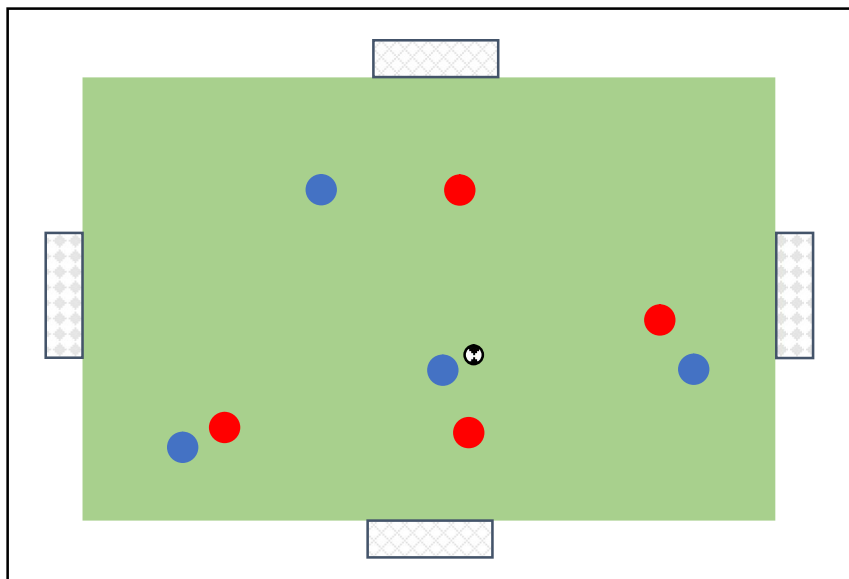
- 16m (width) x 26m (length) + 4 small goals.
- Place all spare balls around the outside of the playing area for quick & easy access.

HOW TO PLAY

- **Non-Directional game.** Blues v Reds. No Goalkeepers, corners or throw-ins.
- Teams can score in any one of the 4 goals.
- When the ball goes out, it must be passed back into the area or played in by the Coach.
- Change make-up of teams to ensure all players get to score a goal.
- Play for 10-15 minutes with a drink break.

VARIATION

- Players can only score using the outside of their left/right foot to score.



Encourage players to pass and shoot from everywhere!



STRIKING THE BALL

Session 3

Session Objective:

'To improve each player's short-range passing ability (<10m), using both feet.'

Frame:

Briefly explain what the session is about. For example:

'Today, kids, we are going to have lots of fun passing and shooting the ball.'

MV Player Message:

'The ball is your best friend.'



Striking the Ball

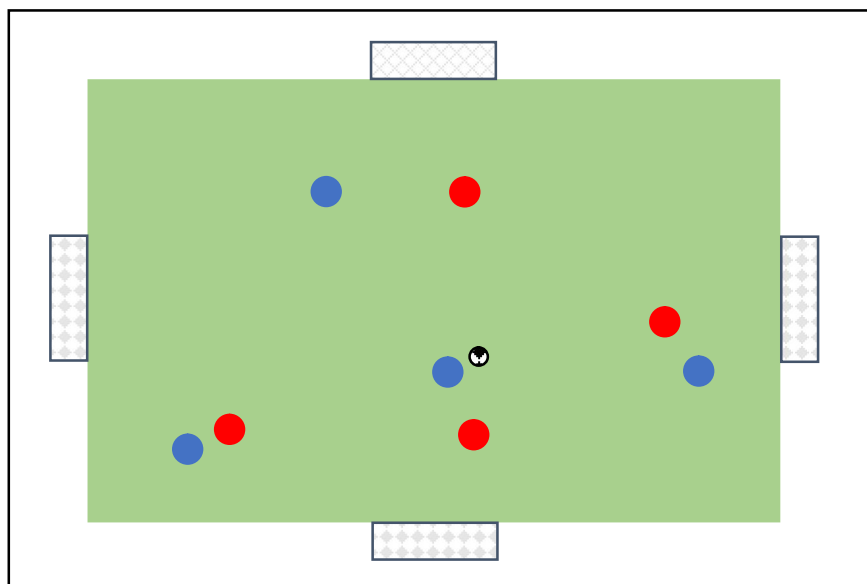
1. Four-sided Football

SET UP

- 16m (width) x 26m (length) + 2 small goals.
- Place all spare balls around the outside of the playing area for quick & easy access.

HOW TO PLAY

- **Non-Directional game.** Blues v Reds. No Goalkeepers, corners or throw-ins.
- Teams can score in any one of the four goals.
- When the ball goes out, it must be passed back into the area or played in by the Coach.
- Change make-up of teams to ensure all players get to score a goal.
- Play for 10-15 minutes with a drink break.



Encourage players to pass and score from anywhere!



Striking the Ball

2. Cannonball Run

SET UP

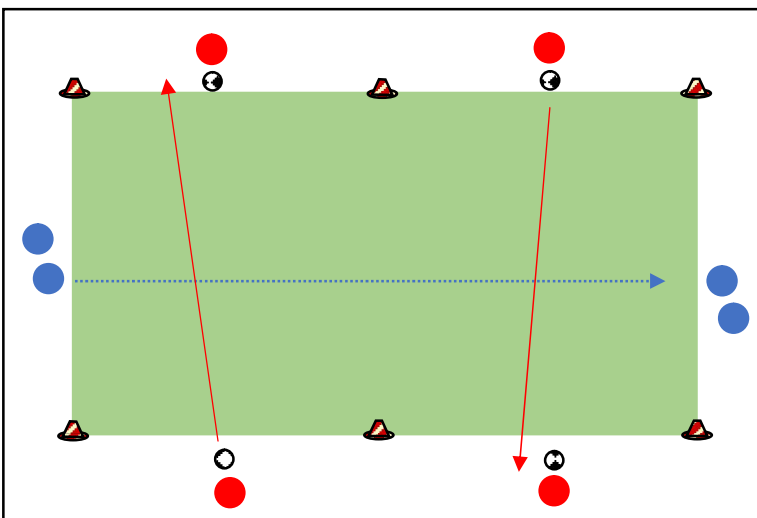
- A grid 8-10m (width) x 16-18 (length).

HOW TO PLAY

- 2 teams. Reds v Blues.
- Reds start as the 'Gunners' and are positioned opposite each other with a ball.
- Blues are the 'Runners' and are lined up at either end of the corridor.
- When the Coach calls 'Fire', one blue runner races down the corridor, trying not to be struck by a pass from one of the red gunners.
- Each time a runner is struck, the gunners get a point.
- **Gunners alternate between a right foot pass and a left foot pass for each game.**
- Play for 10-15 minutes with a drink break.

PROGRESSIONS

- Runners now have a ball and the shooters have to knock their balls out of the area to score.
- Gunners now have to pass using **the outside of the foot only**.





Striking the Ball

3. Four Goal Football

SET UP

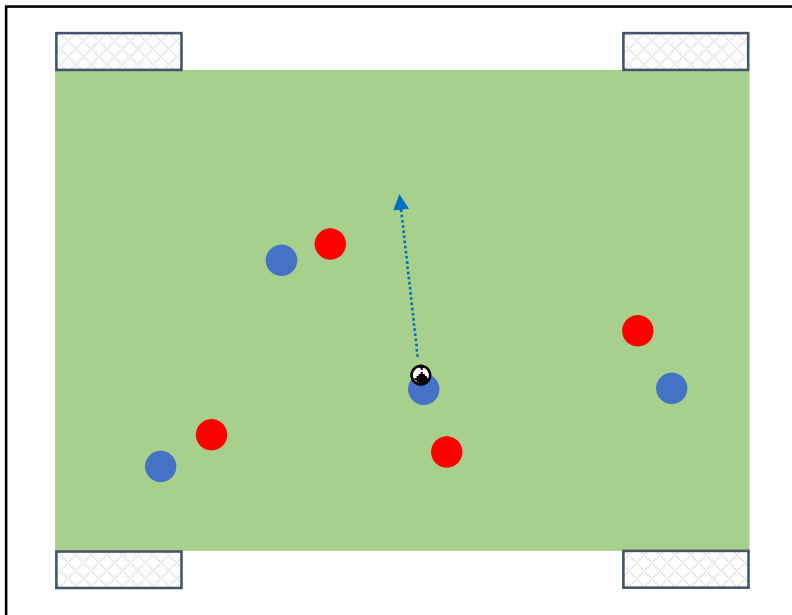
- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length) + 4 small goals.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- When the ball goes out, it must be passed back into the area or played in by the Coach.
- Change make-up of teams to ensure all players get to score a goal.
- Play for 10-15 minutes with a drink break.

PROGRESSION

- Players can only score using **the outside of the foot only.**



Encourage players to pass and shoot from everywhere!



1 v 1

Session 1

Session Objective:

'To improve each player's 1v1 ability, using both feet.'

Frame:

Briefly explain what the session is about. For example:

'Today, kids, we are going to have lots of fun improving our ball skills and playing 1v1 games.'

MV Player Message:

'The ball is your best friend.'



1 v 1

1. The Ball is Your Best Friend

SET UP

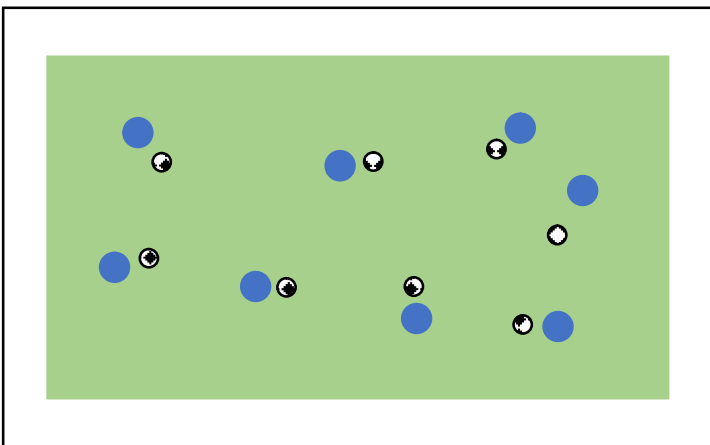
- 12m (width) x 20m (length). Ensure there is enough space to avoid collisions.

HOW TO PLAY

- Players dribble their balls around freely inside the grid.
- When the Coach calls, 'Freeze!' each player must stop the ball with their studs and stand still.
- With his/her own ball, the Coach then demonstrates how to perform one of the following ball mastery skills **with both feet**:
 - 'Side to sides', 'Toe-tapping', 'Pull-pushes', 'Foot rolls' and Scissors'.
- When the Coach calls 'Dribble Off!' players then resume dribbling around the grid as before.
- **Aim for 50% left foot dribbling only.**
- Play for 10-15 minutes alternating between dribbling and each of the ball mastery skills.

PROGRESSION

- Once the players become more comfortable, encourage them to dribble with their heads up.
Tip: You can do this by asking them to call out how many fingers you are holding up, or by telling them that when your arm is raised that is the cue for them to freeze where they are.
- Always use your imagination by giving funny instructions like 'sit on your ball', 'sit next to your ball' or 'lay on your ball' – **anything to ensure they are all smiling and having fun!**





1 v 1

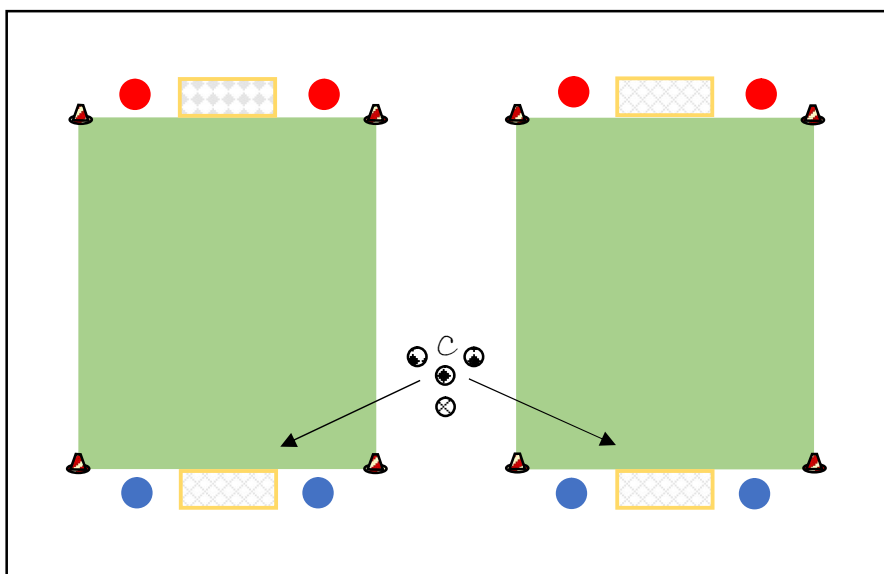
2. Attackers v Defenders

SET UP

- 2-3 playing grids side by side: 8-10m (width) x 10-14m (length) + 4-6 small goals.

HOW TO PLAY

- 2 teams. Blues v Reds.
- The Coach plays a ball into the field of play – one grid at a time.
- When the ball goes out, the game is over.
- If the defender wins the ball, he/she can score.
- The team that scores the most goals wins.
- Change teams/opponents to ensure all players get to score a goal.
- Play for 10-15 minutes with a drink break.





I v I

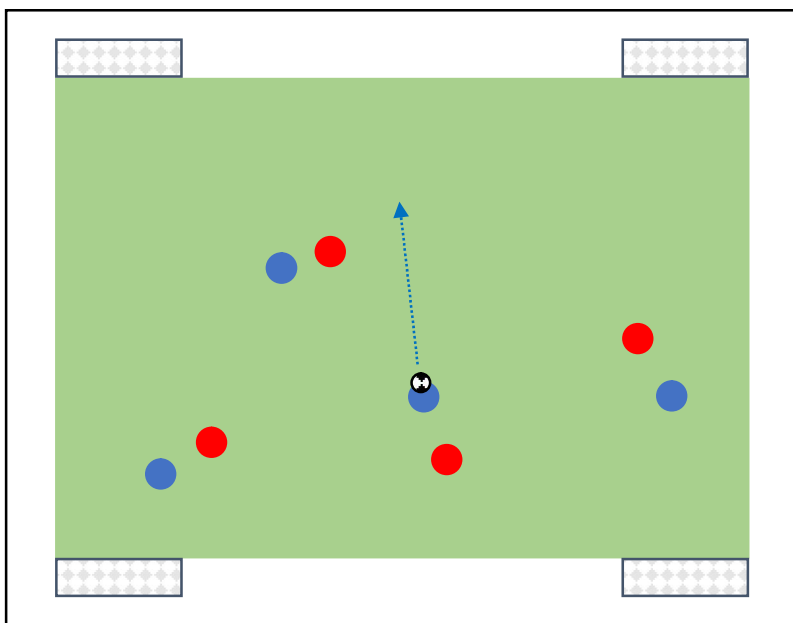
3. Four Goal Football

SET UP

- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length) + 4 small goals.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- When the ball goes out, it must be dribbled back into the field or played in by the Coach.
- Change the make-up of teams to ensure all players get to score a goal.
- Play for 10-15 minutes with a drink break.





1 v 1

Session 2

Session Objective:

'To introduce players to the 'nutmeg' and to use it to improve their 1v1 skill, 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 do a 'nutmeg' move between a defender's legs.'

MV Player Message:

'The ball is your best friend.'



1 v 1

1. Team Nutmeg

SET UP

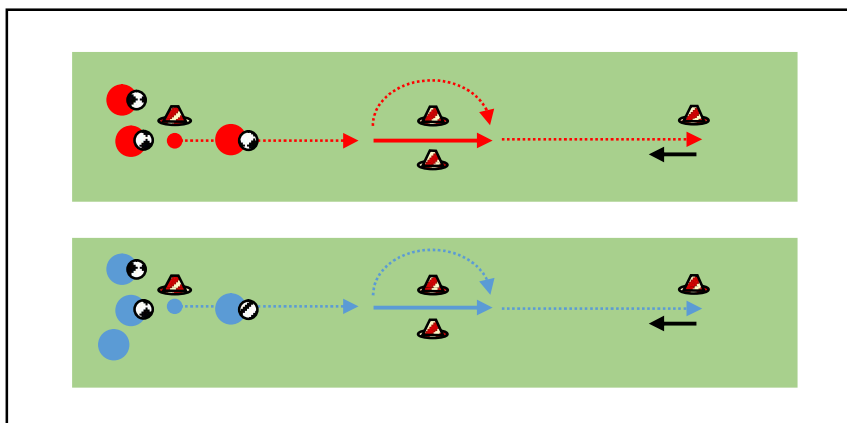
- Each 'lane' is 16m long (8m between the cones) + 1 central 'nutmeg' gate 2-3m wide.
- **For 4-7 players: 2 lanes**
- **For 9+ players: 3 lanes.**

HOW TO PLAY

- Relay Racing with teams of 2-3 players as shown in each lane.
- Each player dribbles their ball and plays a 'nutmeg' (little pass) through the central gate.
- When each player reaches the furthest cone, he/she must perform a 'back heel' before repeating the same nutmeg move on the return leg.
- The next player then completes the same pattern.
- **Ensure every second race is left foot only.**
- Change the make-up of teams to ensure everyone gets to win a race.
- Play for 10 minutes with a drink break.

PROGRESSION

- Make the nutmeg gates smaller.





1 v 1

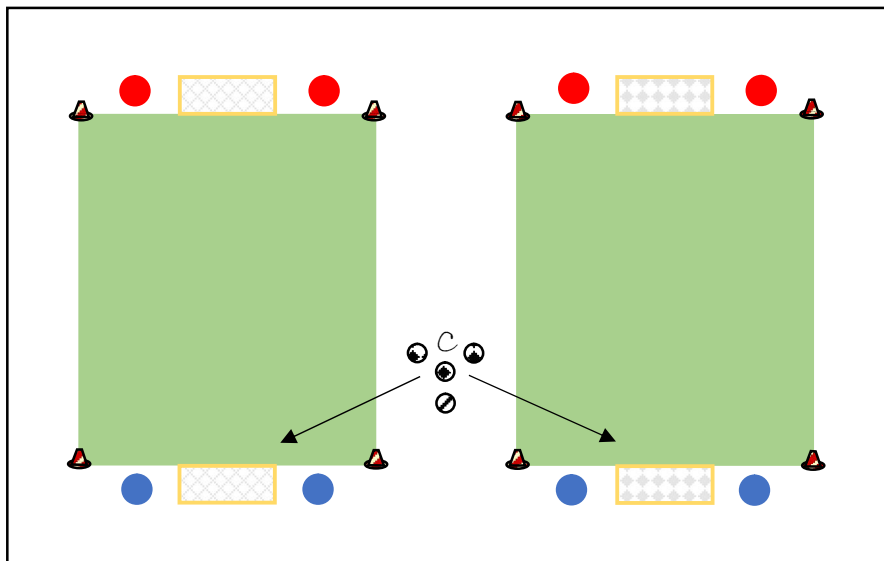
2. Attackers v Defenders

SET UP

- 2-3 playing grids side by side: 8-10m (width) x 10-14m (length) + 4-6 small goals.

HOW TO PLAY

- 2 teams. Blues v Reds.
- The Coach plays a ball into the area – one grid at a time.
- When the ball goes out, the game is over.
- If the defender wins the ball, he/she can score.
- The team that scores the most goals wins.
- Change teams/opponents to ensure all players get to score a goal.
- **Goals scored using a 'nutmeg' are worth double points.**
- Play for 10-15 minutes with a drink break.





1 v 1

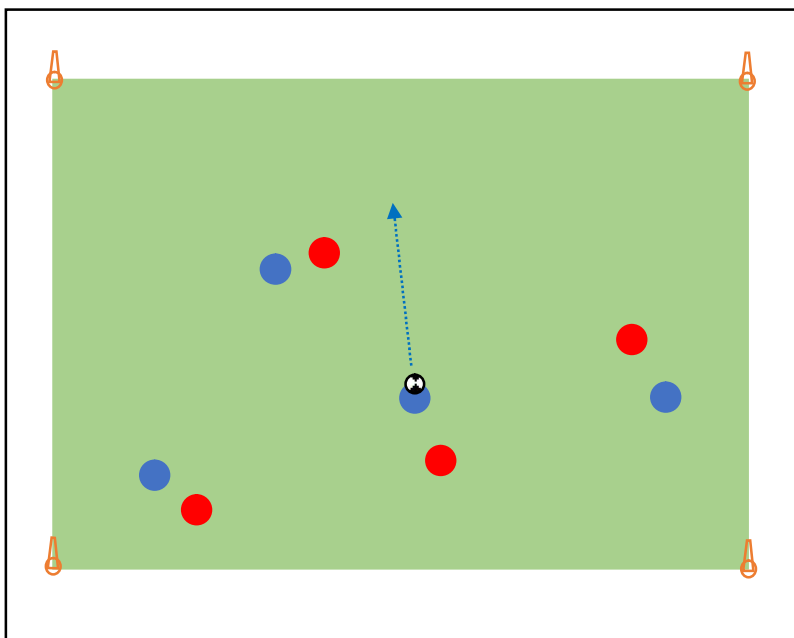
3. End-Line Football

SET UP

- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length).
- Where possible use larger cones/poles to mark out the end-lines for clearer visibility.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- Teams score by dribbling over the opponent's end-line and stopping it with their studs.
- 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 get to score a goal.
- **Award bonus points to teams for every successful nutmeg performed.**
- Play 4 x 4 minute games with a drink break.



Encourage players to dribble and run with the ball as much as possible!



I v I

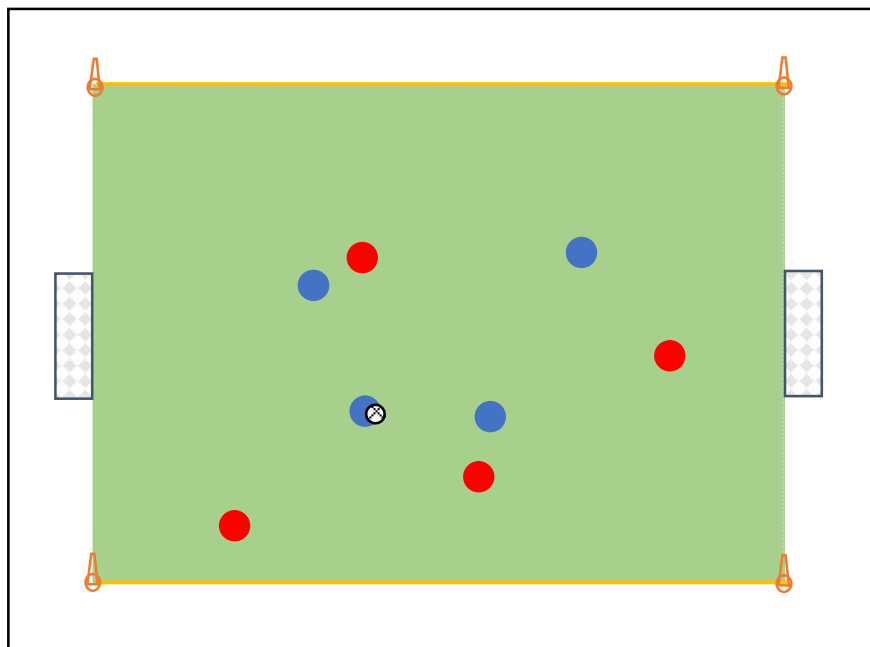
4. Dribblers v Sharp Shooters

SET UP

- **A short and wide playing area (to encourage your players to spread out):**
26m (width) x 16m (length) + 2 small goals + 2 end-lines as shown.

HOW TO PLAY

- **Non-Directional Game.** Blues v Reds. No Goalkeepers, corners or throw-ins.
- The blues are the dribblers and have to score by dribbling the ball over either of the (yellow) end-lines and stopping it with their studs.
- The reds are the sharp shooters and can score in either of the two small 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 get to score a goal.
- **Award bonus points to teams for every successful nutmeg performed.**
- Play for 10-15 minutes with a drink break.





1 v 1

Session 3

Session Objective:

‘To improve each player’s 1v1 ability, using both feet.’

Frame:

Briefly explain what the session is about. For example:

‘Today, kids, we are going to have lots of fun improving our ball skills and playing 1v1 games.’

MV Player Message:

‘The ball is your best friend.’



1 v 1

1a. The Ball is Your Best Friend

SET UP

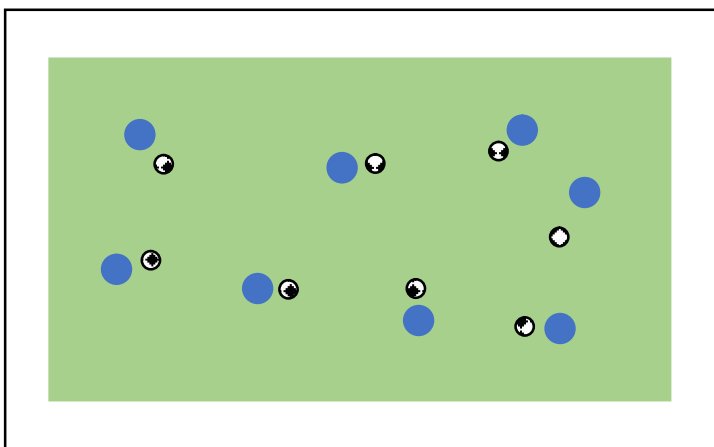
- 12m (width) x 20m (length). Ensure there is enough space to avoid collisions.

HOW TO PLAY

- Players dribble their balls around freely inside the grid.
- When the Coach calls, 'Freeze!' each player must stop the ball with their studs and stand still.
- With his/her own ball, the Coach then demonstrates how to perform one of the following ball mastery skills **with both feet**:
 - 'Side to sides', 'Toe-tapping', 'Pull-pushes', 'Foot rolls' and Scissors'.
- When the Coach calls 'Dribble Off!' players then resume dribbling around the grid as before.
- **Aim for 50% left foot dribbling only.**
- Play for 10-15 minutes alternating between dribbling and each of the ball mastery skills.

PROGRESSION

- Once the players become more comfortable, encourage them to dribble with their heads up.
Tip: You can do this by asking them to call out how many fingers you are holding up, or by telling them that when your arm is raised that is the cue for them to freeze where they are.
- Always use your imagination by giving funny instructions like 'sit on your ball', 'sit next to your ball' or 'lay on your ball' – **anything to ensure they are all smiling and having fun!**





I v I

1b. Follow the Leader

SET UP

- 12m (width) x 20m (length). Ensure there is enough space to avoid collisions.

HOW TO PLAY

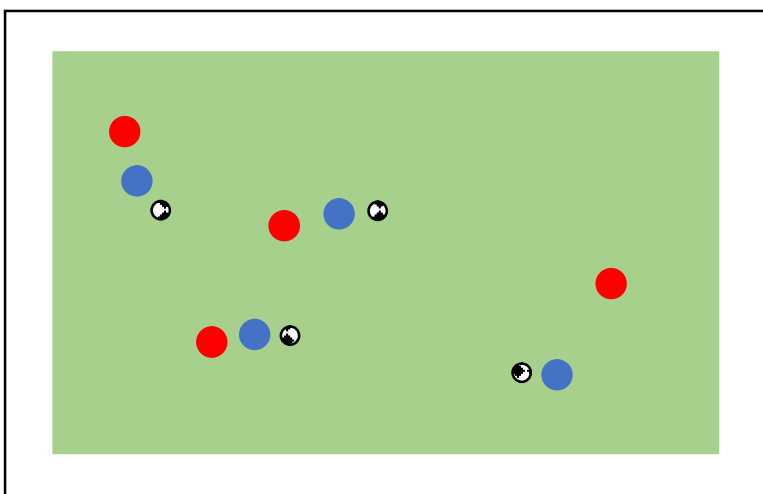
- Players pair up; one is designated as the 'leader' and the other as the 'follower'.
Only the leader has a ball.
- The leader dribbles around taking 'little touches' while trying to shield it from the follower.
- When the Coach calls, 'Freeze!' each leader must stop the ball with their studs and stand still.
The follower must also stand still and should not be able to touch the leader.
- When the Coach calls 'Dribble Off!' players then resume dribbling around the grid as before.
- **Aim for 50% left foot dribbling only.**
- Play for 10 minutes with a drink break.

PROGRESSION

- The 'leader' and the 'follower' both have balls.
- Only the 'follower' has a ball (this is a difficult progression so instruct the 'leader' to walk quickly or jog at a medium speed around the area with occasional changes of direction).

KEY COACHING POINTS

- Encourage the dribbling players to keep taking 'little touches' of the ball into space.





1 v 1

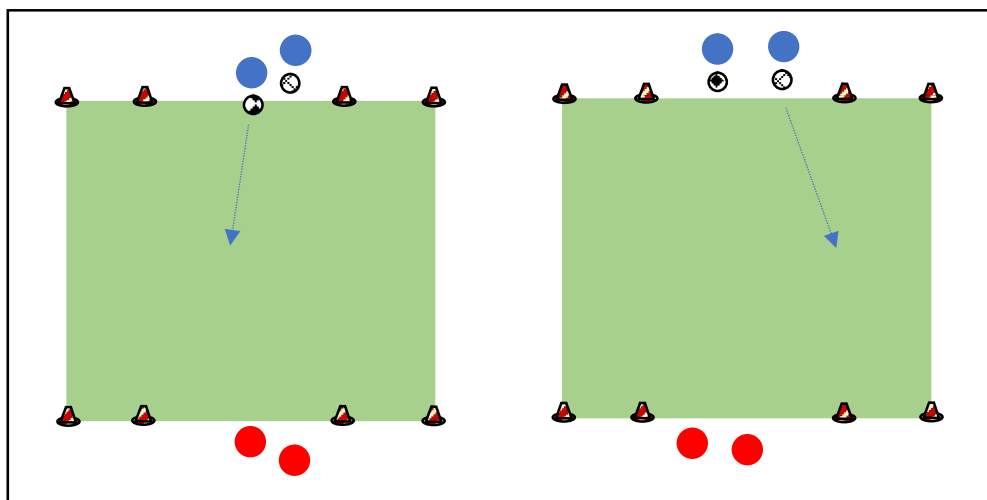
2. Attackers v Defenders

SET UP

- 2 playing grids placed side by side:
8-10m (width) x 10-14m (length) + 8 small 'gates' (2-3m wide).

HOW TO PLAY

- 2 teams. Blues v Reds.
- When the Coach calls 'Play!', the attackers dribble quickly into area and try to score through one of the defender's gates.
- When the ball goes out of play, the game is over.
- If the defender wins the ball, he/she can score through one of the two opposing gates.
- The team that scores the most goals wins.
- **Each game should not exceed 15-20 seconds.**
- Change teams/opponents to ensure all players get to score a goal.
- Play for 10-15 minutes with a drink break.



VARIATIONS

- The attackers/defenders now have to score through the main (middle gate).
- Play 2v1, 2v2.



1 v 1

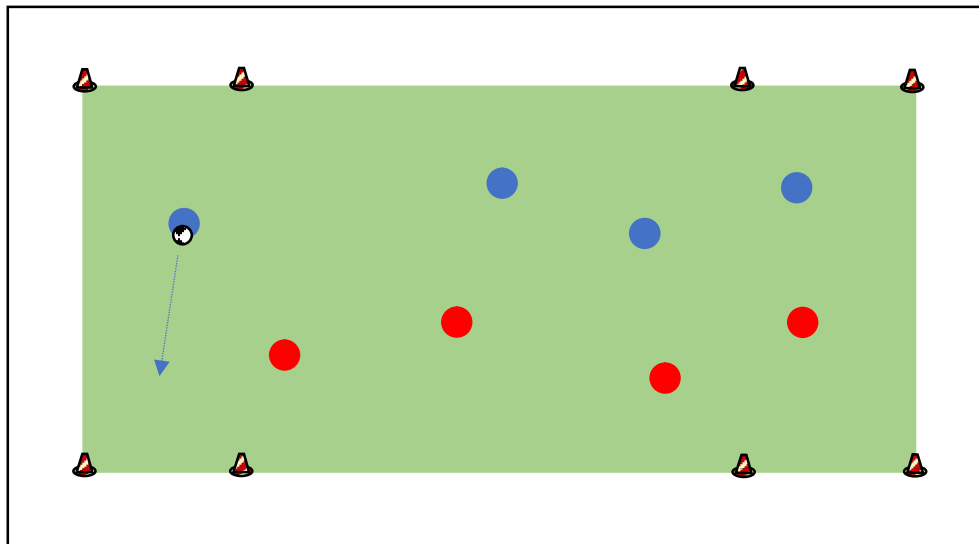
3. Dribble through the Gates

SET UP

- Now we combine both grids from the previous exercise:
26m (width) x 16m (length) + 4 small 'gates' (4-6m wide).

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- Teams score by dribbling the ball through one of the two opposing 'gates'.
- Change teams/opponents to ensure all players get to score a goal.
- **Aim for 50% playing time – left foot dribbling only.**
- Play for 10-15 minutes with a drink break.



VARIATIONS

- Widen the gates.
- Players now have to score through the main (middle gate).



1 v 1

4. Four Goal Football

SET UP

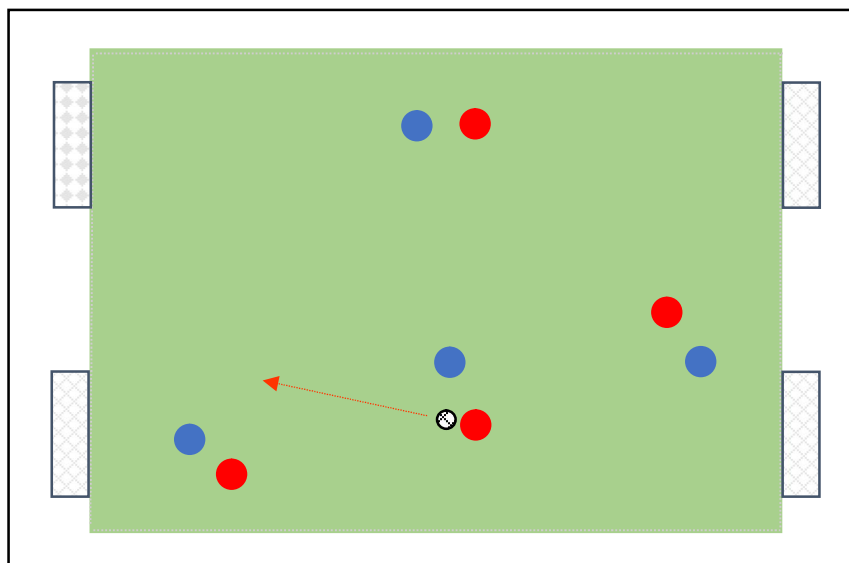
- 26m (width) x 16m (length) + 4 small goals.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- When the ball goes out, it must be dribbled back into the field or passed in by the Coach.
- Change the make-up of teams to ensure all players get to score a goal.
- Play for 10-15 minutes with a drink break.

VARIATION

- When the Coach calls 'Dribble, dribble!', a player from either team can score a goal by dribbling the ball out of the playing area. **They cannot pass the ball to a team-mate.**
- Try to use this variation frequently to develop more 1v1 situations in the game.
- Resume normal play after a goal is scored.





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