

Manly Vale Football Club

Junior Development Program



Training Manual ~ U8
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: First Touch (Session 1), Week 2: Running with the Ball (Session 1), Week 3: Striking the Ball (Session 1), Week 4: 1v1 (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 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.



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 'controlling or trapping the ball' and taking an 'excellent first touch'. For example:

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

SET UP

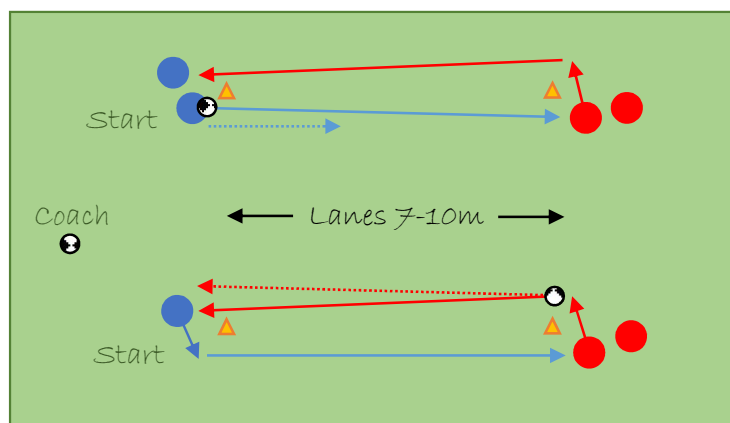
- Using cones, create 2-3 passing lanes (depending on your player numbers).
- Each passing lane should be 7-10m in length with a safe distance between each lane.
- Split players into groups of 3-5 players with one ball between them.

HOW TO PRACTICE

- The blue player starts by passing the ball to the red player and follows his/her pass.
- The red player uses his first touch to move the ball away from the approaching blue player and with his second touch passes to the next blue player in 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 10-15 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. 'Sheepdog'

SET UP

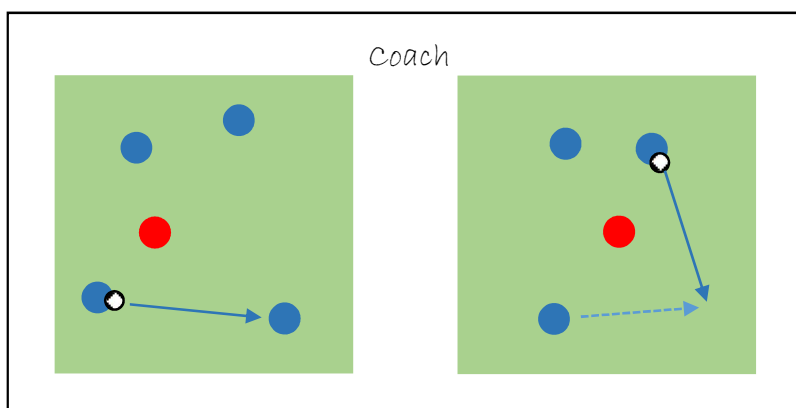
- Using cones, create 1-2 grids: 15m (width) x 15-20m (length).
- Size of the grids will obviously depend upon player numbers and attendance:
7 players or less – 1 large grid: 5 v 1, 4 v 1, 3 v 1.
8 players or more – 2 small grids: 3 v 1, 4 v 1.
- Ensure a good supply of balls so that the players don't go chasing after them!

HOW TO PRACTICE

- Players try to keep the ball away from the Sheepdog (like a 'piggy in the middle' game).
- Instruct the Sheepdog to hold his/her bib and to always try and win the ball.
- **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 how to 'take a good first touch away from the Sheepdog'.
- Remind players they don't have to pass the ball straight away and that they can also dribble the ball into a free space to keep the ball away from the ball away from the sheepdog(s).



STEP DOWN/STEP UP (easier or harder)

- Make the grid(s) bigger/smaller.



First Touch

3. Four-sided Football

SET UP

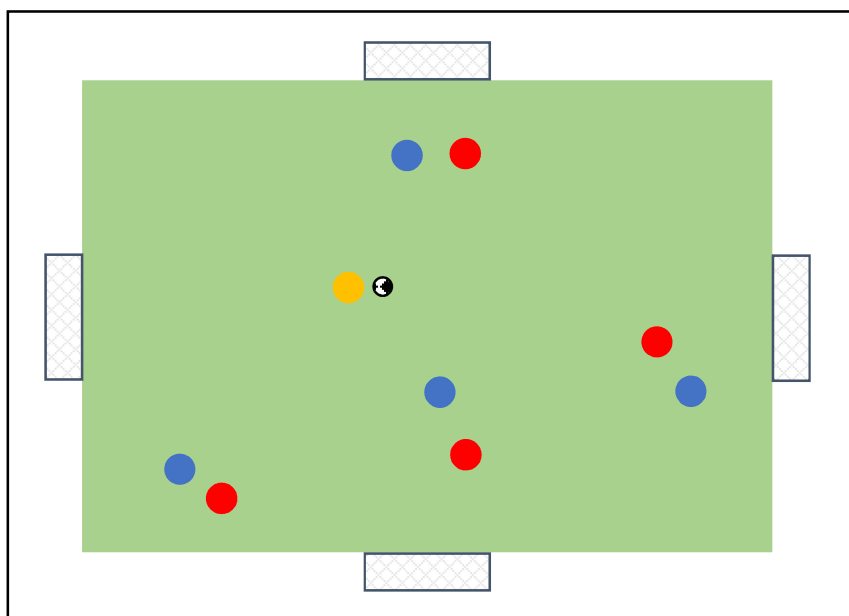
- 18m (width) x 28m (length) + 4 small goals.

HOW TO PLAY

- **Non-Directional game.** Blues v Reds. No Goalkeepers, corners 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.**
- 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 15-20 minutes with regular drink breaks.

VARIATIONS

- Players can only score using the outside of their left/right foot.
- Remove two of the goals and play a standard small-sided game.





RUNNING WITH THE BALL

Session 1

Session Objective:

‘To improve each player’s ability at running with the ball, using both feet.’

Frame:

Briefly explain and demonstrate the difference between dribbling and running with the ball at the start of the session:

- Dribbling – ‘smaller touches of the ball in smaller spaces like this.’
- Running with the ball – ‘bigger touches of the ball in bigger spaces like this.’

MV Player Message:

‘Practice Makes Permanent’.



Running with the Ball

1. End-Zone Football

SET UP

- 28m (width) x 18m (length) + 2 x 5m end-zones as shown.

HOW TO PLAY

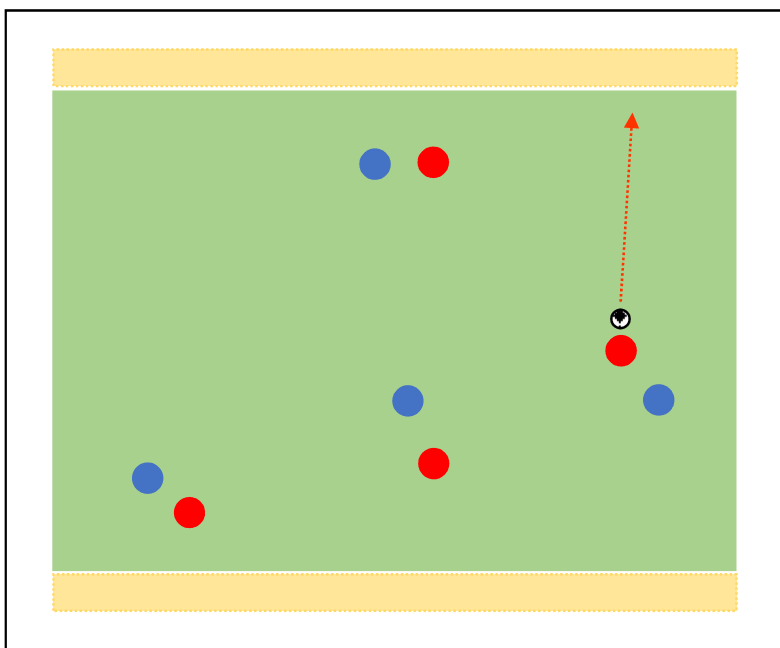
- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- Players score by RWB into their opponent's end-zone & stopping it with their studs.
- If the ball goes out, it must be dribbled back into the area or played in by the Coach.
- **Aim for 50% playing time – left foot only.**
- Change teams to ensure all players have plenty of touches on the ball/get to score a goal.
- Play for 10-15 minutes with a drink break.

KEY COACHING POINT

- 'Always attack the open space in front of you by taking bigger touches of the ball.'

PROGRESSION

- Introduce the offside rule.





Running with the Ball

2. Colour Craze

SET UP

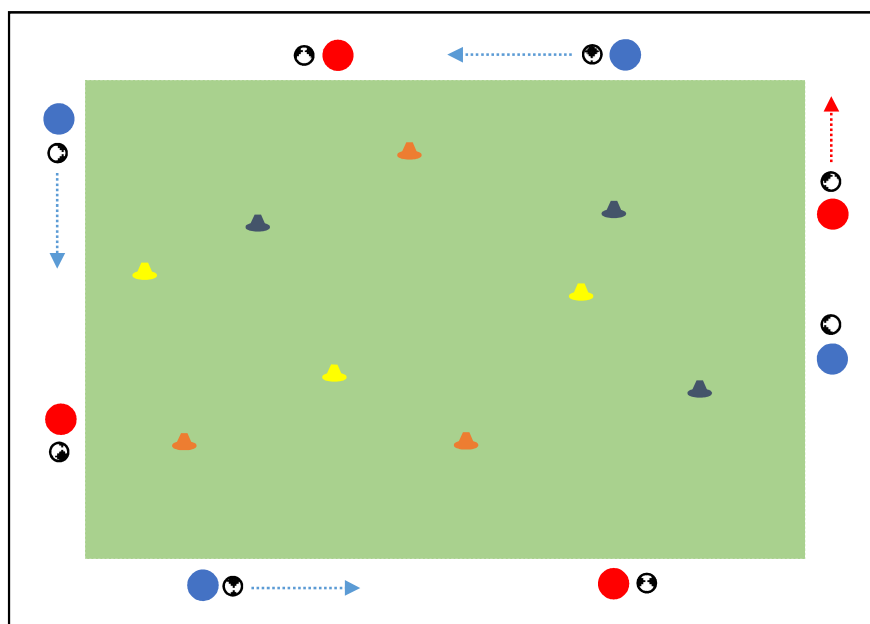
- 28m (width) x 18m (length) approximately plus 3 cones of 2 or more colours placed randomly inside the square.

HOW TO PLAY

- Players dribble their balls around the outside of the area using both feet.
- When the Coach calls out a colour – for example, ‘Blue!’ – the players must enter the square & dribble around the cone of that colour before returning to the outside of the grid.
- The winner is the first one back outside the grid with their foot on the ball.
- Remind players to keep their heads up to avoid collisions.
- **Aim for 50% playing time – left foot only.**
- Play for 10-15 minutes with a drink break.

PROGRESSION

- Change the positioning of the cones. Make it harder or easier.





Running with the Ball

3. Ball Runners -v- Sharp Shooters

SET UP

- 18m (width) x 28m (length) + 2 small goals + 1 end-zone (5m).

HOW TO PLAY

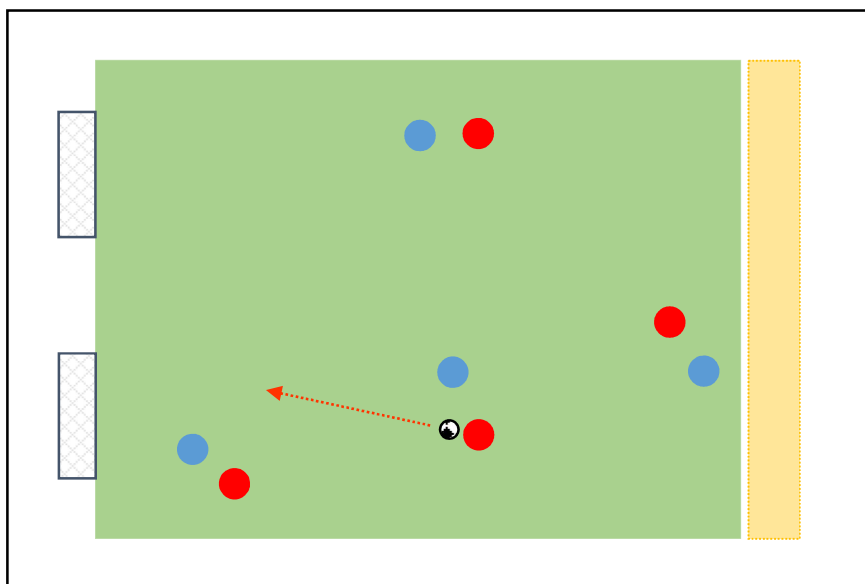
- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- The Blues are the 'Ball Runners' and have to score by running with the ball into the (green) end-zone and stopping it with their studs.
- The Reds are the 'Sharp Shooters' and can score in either of the 2 goals.
- When the ball goes out, it must be dribbled back into the area or played in by the Coach.
- Play 4 x 4 minute games with a drink break. Swap the teams around for equal playing time.

KEY COACHING POINT

- 'Always attack the open space in front of you by taking bigger touches of the ball.'

PROGRESSION

- Introduce the offside rule.





RUNNING WITH THE BALL

Session 2

Session Objective:

‘To improve each player’s ability at running with the ball, using both feet.’

Frame:

Briefly explain and demonstrate the difference between dribbling and running with the ball at the start of the session:

- Dribbling – ‘smaller touches of the ball in smaller spaces like this.’
- Running with the ball – ‘bigger touches of the ball in bigger spaces like this.’

MV Player Message:

‘Practice Makes Permanent.’



Running with the Ball

1. Ball Runners -v- Sharp Shooters

SET UP

- 18m (width) x 28m (length) + 2 small goals + 1 end-zone.

HOW TO PLAY

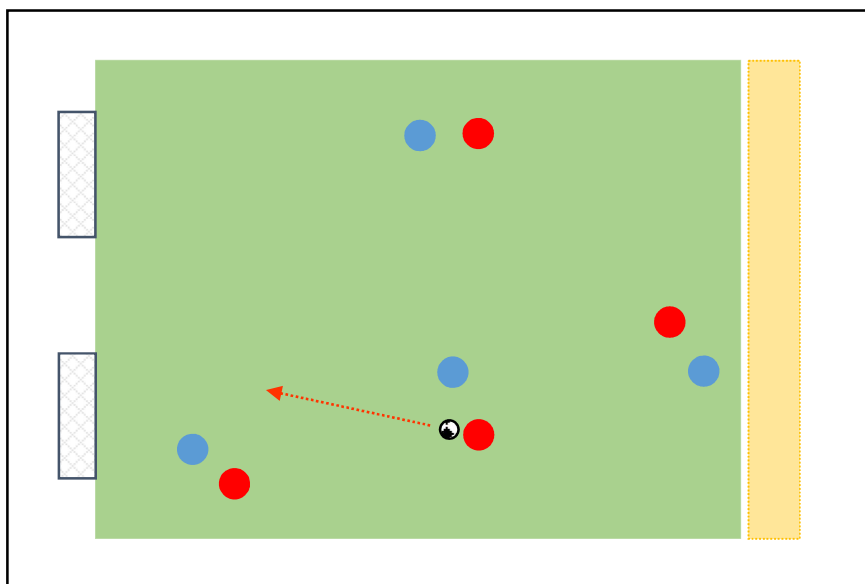
- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- The Blues are the 'Ball Runners' and have to score by running with the ball into the (green) end-zone and stopping it with their studs.
- The Reds are the 'Sharp Shooters' and can score in either of the 2 goals.
- When the ball goes out, it must be dribbled back into the area or played in by the Coach.
- Play 4 x 4 minute games with a drink break. Swap the teams around for equal playing time.

KEY COACHING POINT

- 'Always attack the open space in front of you by taking bigger touches of the ball.'

PROGRESSION

- Introduce the offside rule.





Running with the Ball

2. Cat & Mouse!

SET UP

- 2-3 lanes. Each lane is 9m (width) x 18m (length) as shown.

HOW TO PLAY

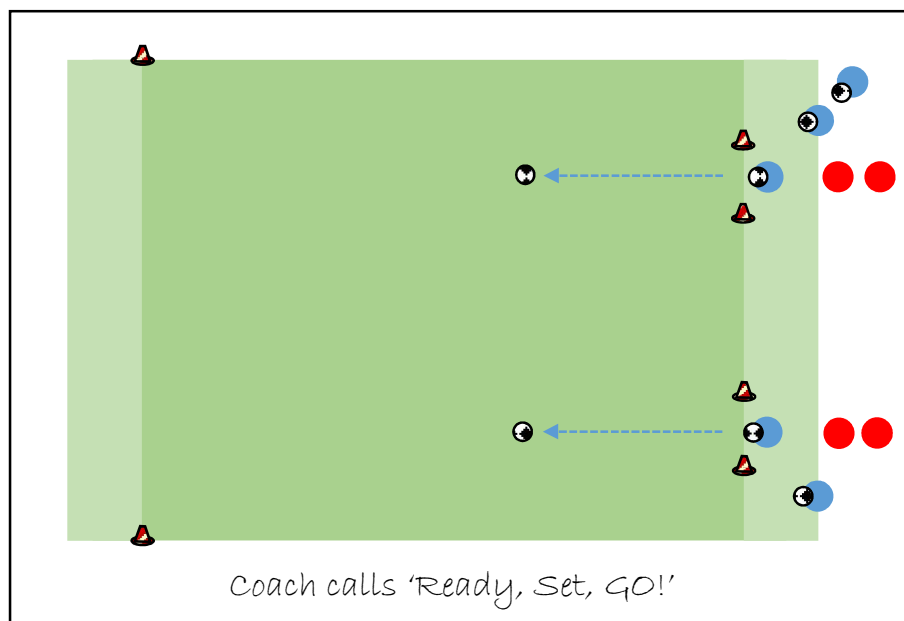
- Relay Racing. Blues v Reds. **No slide tackling.**
- The Blues are the 'Mice' and they have to run the ball into the opposing zone under control.
- The Reds are the 'Cats' and have to give chase and tag the mice before they enter the zone.
- The mice have a 5m head-start on the cats. Modify the distance where necessary.
- **Aim for 50% playing time - left foot only.** Play for 15 minutes with a drink break.

KEY COACHING POINT

- Encourage the mice to 'travel faster, by taking bigger touches of the ball.'

PROGRESSIONS

- Mice to use the outside of the foot only.
- Mice have to stop the ball inside the opposite end-zone with their studs.
- Cats have to stand on their starting line with their backs to the mice.





Running with the Ball

3. End-Zone Football

SET UP

- 28m (width) x 18m (length) + 2 x 5m end-zones as shown.

HOW TO PLAY

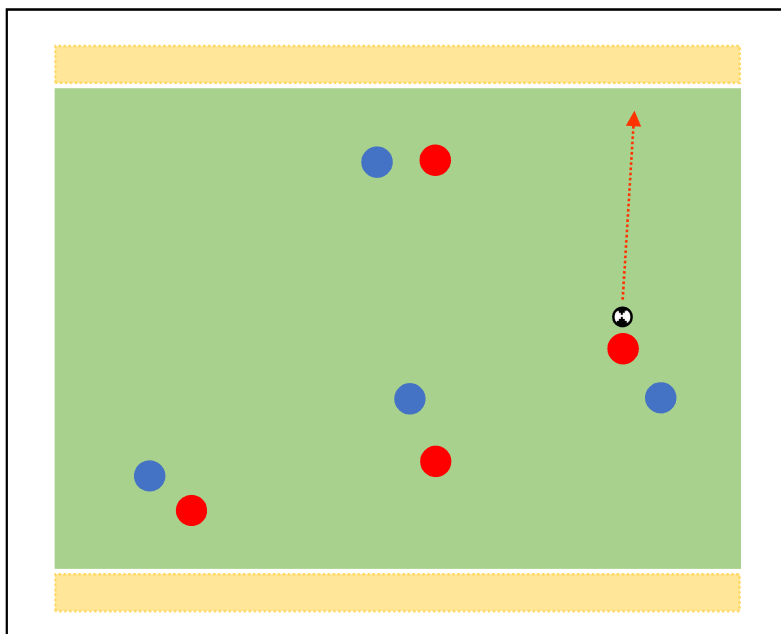
- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- Players score by RWB into their opponent's end-zone & stopping it with their studs.
- If the ball goes out, it must be dribbled back into the area or played in by the Coach.
- **Aim for 50% playing time – left foot only.**
- Change teams to ensure all players have plenty of touches on the ball/get to score a goal.
- Play for 10-15 minutes with a drink break.

KEY COACHING POINT

- 'Always attack the open space in front of you by taking bigger touches of the ball.'

PROGRESSION

- Introduce the offside rule.





RUNNING WITH THE BALL

Session 3

Session Objective:

‘To improve each player’s ability at running with the ball, using both feet.’

Frame:

Briefly explain and demonstrate the difference between dribbling and running with the ball at the start of the session.

- Dribbling – ‘smaller touches of the ball in smaller spaces like this.’
- Running with the ball – ‘bigger touches of the ball in bigger spaces like this.’

MV Player Message:

‘Practice Makes Permanent.’



Running with the Ball

1. Feather Your Nests

SET UP

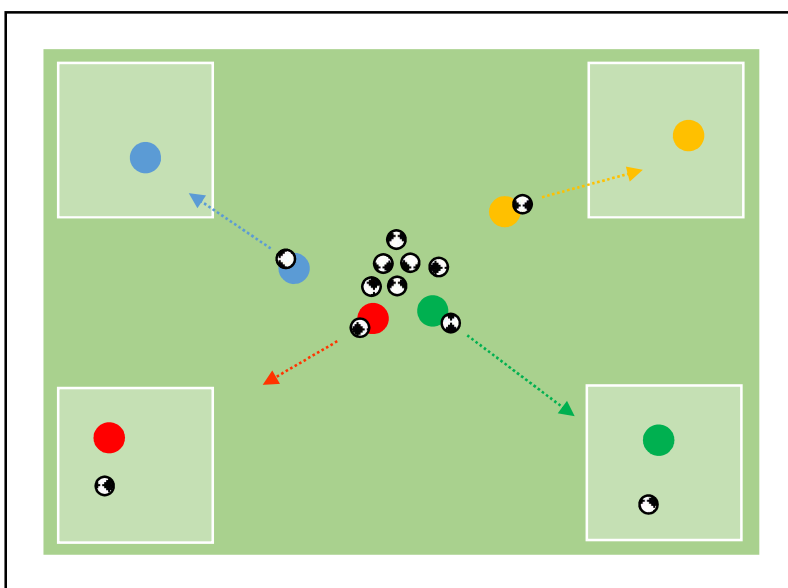
- Mark out a grid: 28m (width) x 18m (length) with 4 squares (4m x 4m) as shown.
- Place all your team's balls in the middle of the grid.
- If you have less than 8 players remove one of the small grids.

HOW TO PLAY

- Organize 4 teams of 2-3 players.
- Each team tries to gather as many balls as possible for their 'nest' within a set time limit.
- One player from each team runs to the middle of the grid to get a ball for his/her team.
- His/her team-mate then does the same.
- When all of the balls are taken, players can then take them from someone else's nest.
- Players are not allowed to stop others from taking their balls – no blocking, tackling, etc.
- **Ensure every second match is left foot only.**
- Play for 10 minutes with a drink break.

KEY COACHING POINT

- 'Always attack the open space in front of you by taking bigger touches of the ball.'



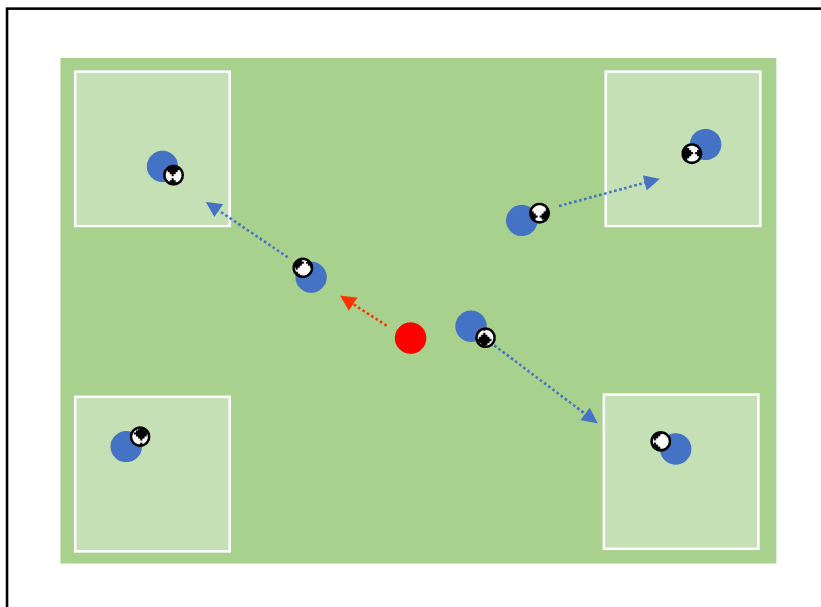


VARIATION – CONCLUDING TAGGING GAME

- Use the same set-up from the previous exercise.

HOW TO PLAY

- One player with a ball in every corner grid – the others have a ball in the centre of the grid.
- There are 1-2 'taggers' without a ball who try to tag the players with the ball.
- When a player is tagged they also become a tagger.
- A player can 'escape' the tagger(s) by running with the ball into a corner grid, but then the player already waiting there must immediately leave the grid.
- When there are only 2-3 players left, they are still allowed to escape into one of the small grids. **Only now they have a 5-10 second time limit before they must re-enter the grid.**
- The last player left with a ball wins.
- Play for 10 minutes with a drink break.





Running with the Ball

2. End-Zone Football

SET UP

- Short and wide field: 28m (width) x 18m (length) + 6 'end zones' (6m x 6m).

HOW TO PLAY

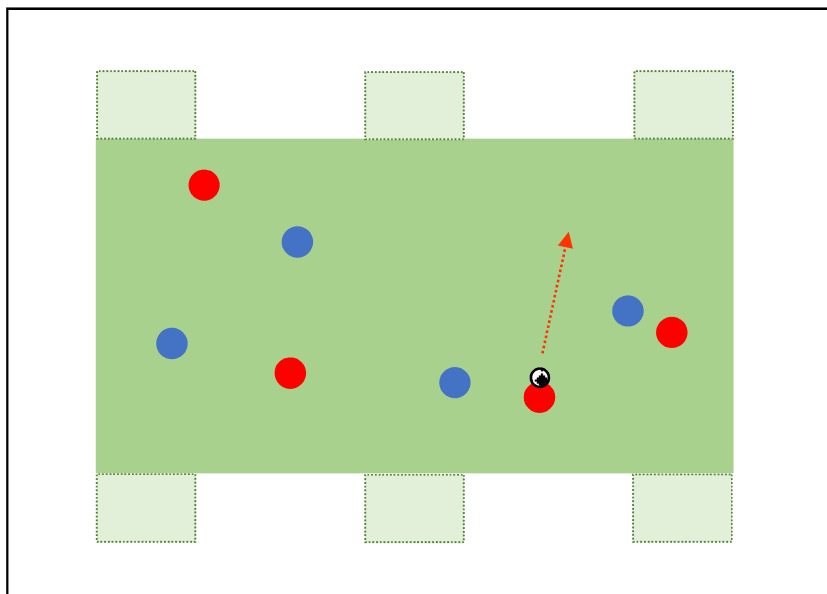
- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- Players score by running with the ball into one of their opponent's end-zones & stopping it with their studs. Defenders are not allowed inside these zones and **there is no slide tackling**.
- If the ball goes out, it must be dribbled back into the field of play or passed in by the Coach.
- **Aim for 50% playing time – left foot only.**
- Change teams to ensure all players have plenty of touches on the ball/get to score a goal.
- Play for 10-15 minutes with a drink break.

KEY COACHING POINT

- 'Always attack the open space in front of you by taking bigger touches of the ball.'

PROGRESSION

- Introduce the offside rule.





Running with the Ball

3. Ball Runners -v- Sharp Shooters

SET UP

- 18m (width) x 28m (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

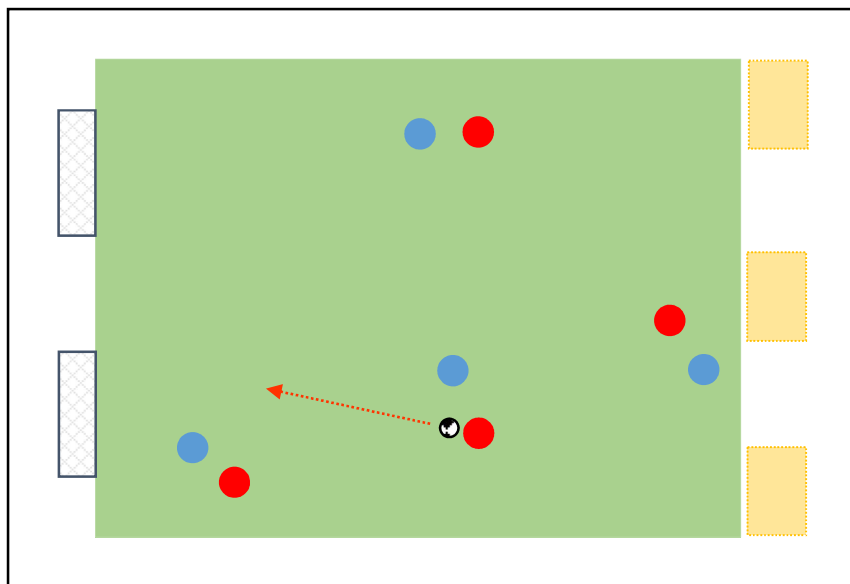
- Directional game. Blues v Reds. No Goalkeepers, no corners, no offsides.
- The Blues are the 'Ball Runners' and have to score by running with the ball into one of the three end-zones and stopping it with their studs. **Defenders are not allowed to slide tackle.**
- The Reds are the 'Sharp Shooters' and can score in either of the 2 goals.
- When the ball goes out, it must be dribbled back into the area or played in by the Coach.
- **Play 4 x 4 minute games with a drink break.** Swap the teams around for equal playing time.

KEY COACHING POINT

- Always '**Attack the open space in front of you by taking bigger touches of the ball.**'
Demonstrate how this will help them '**travel faster**' with the ball.

PROGRESSION

- Introduce the offside rule.





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

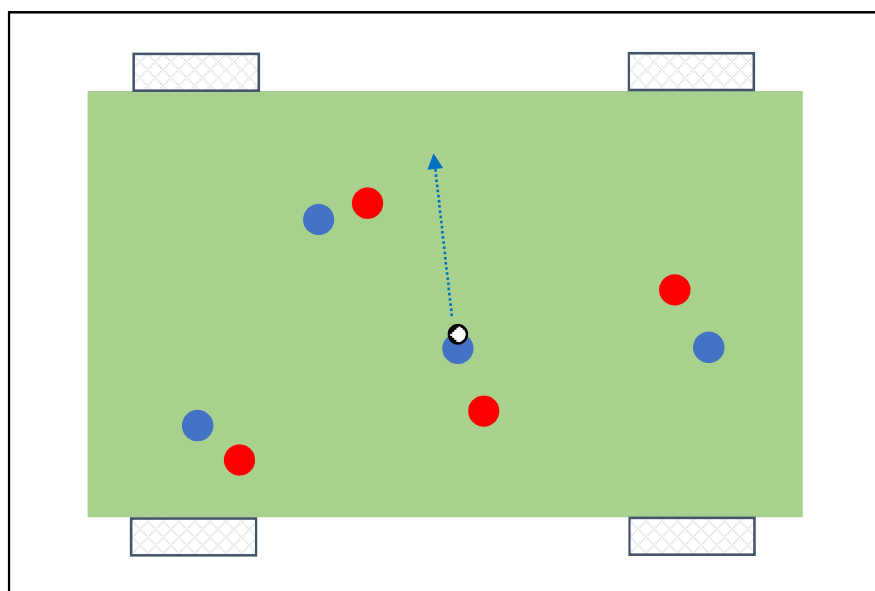
1. Left foots -v- Right foots

SET UP

- **A short and wide playing area (to encourage players to spread out):**
28m (width) x 18m (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

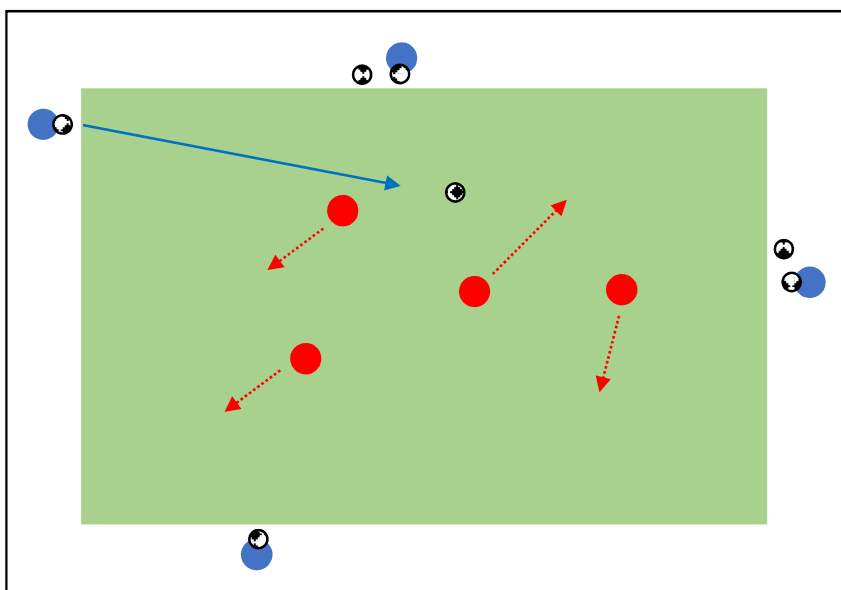
- A grid approximately 12-16m (width) x 12-16m (length).
- The more players the bigger the area.

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.

VARIATION

- **Players now have to use the outside of their feet.**
- Once again alternate between left and right foot only.





Striking the Ball

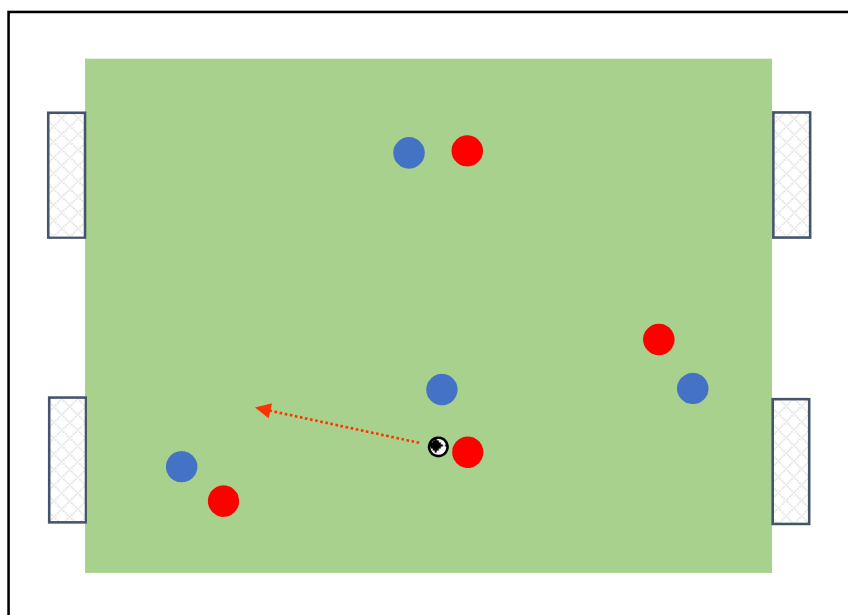
3. Four Goal Football

SET UP

- 18m (width) x 28m (length) + 4 small goals.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- **Every player from the same team must complete a pass before their team can score.**
- 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. Four-sided Football

SET UP

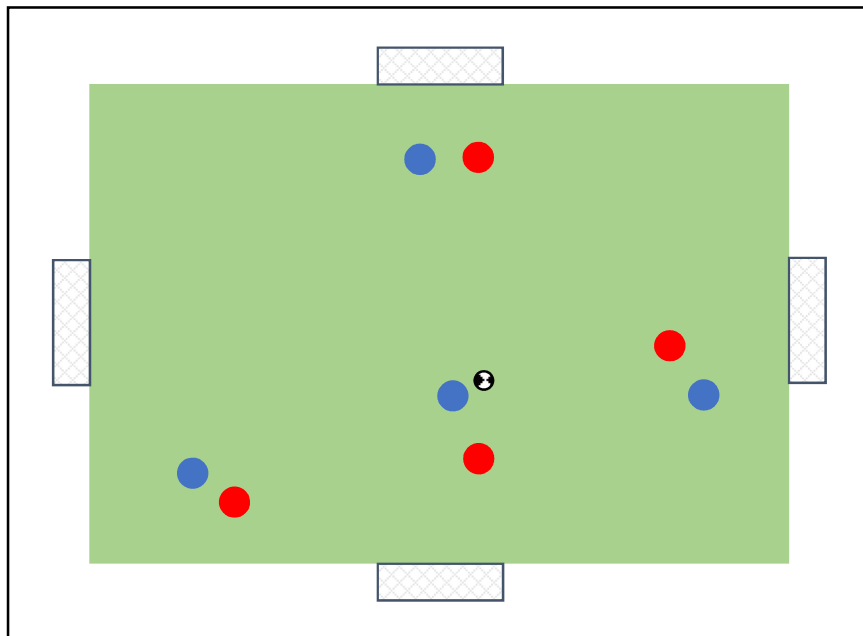
- 18m (width) x 28m (length) + 4 small goals.

HOW TO PLAY

- **Non-Directional game.** Blues v Reds. No Goalkeepers, corners or throw-ins.
- **Every player from the same team must complete a pass before their team can score.**
- 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

2. Tiki Taka Time

SET UP

- 10-16m (width) x 18-24m (length) + 4-5 'gates' (2-4m wide).

HOW TO PLAY

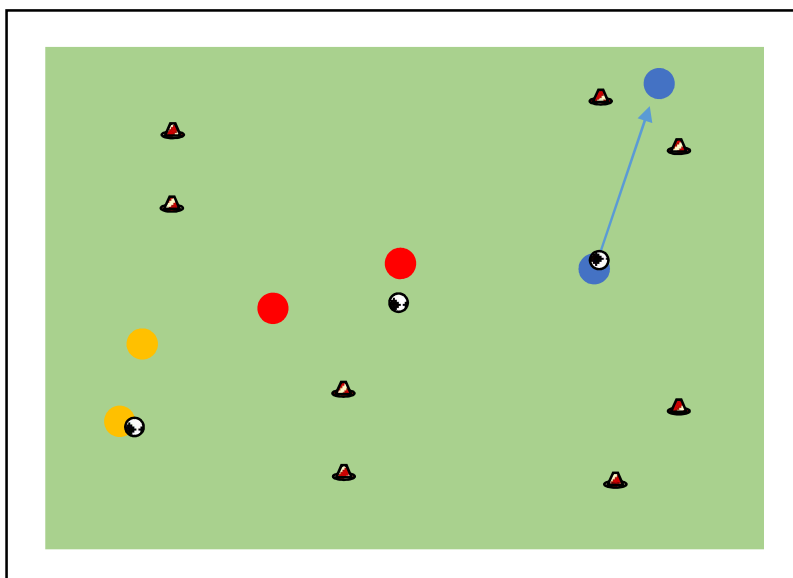
- Split players into pairs with a ball between them and ensure there is always an extra 'gate'.
- On the Coach's call, the pairs move around the area passing their balls through the gates.
- The winning pair is the first to pass their ball through every gate and wait outside the area.
- **Alternate between 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.

KEY COACHING POINT

- Observe and demonstrate the correct passing technique as required.

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.





Striking the Ball

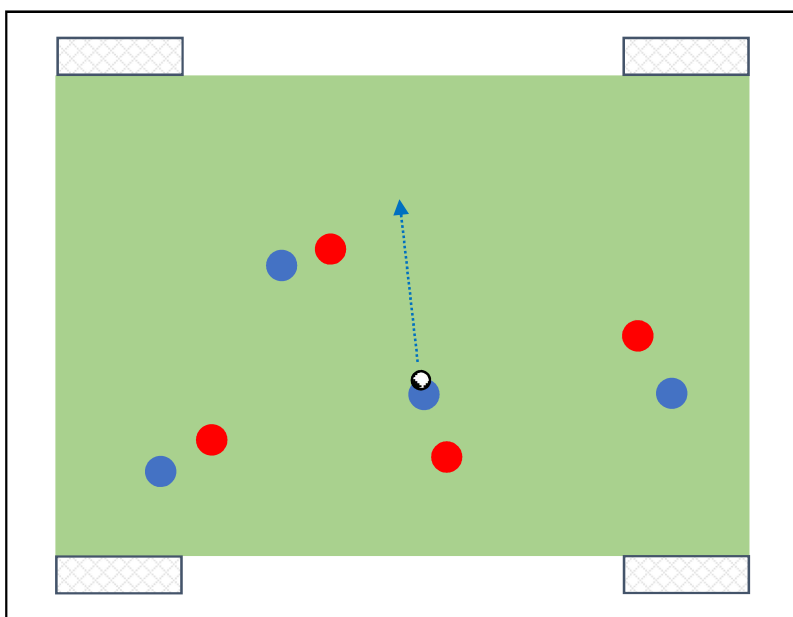
3. Four Goal Football

SET UP

- 18m (width) x 28m (length) + 4 small goals.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- **Every player from the same team must complete a pass before their team can score.**
- 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 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. Find the Target Player

SET UP

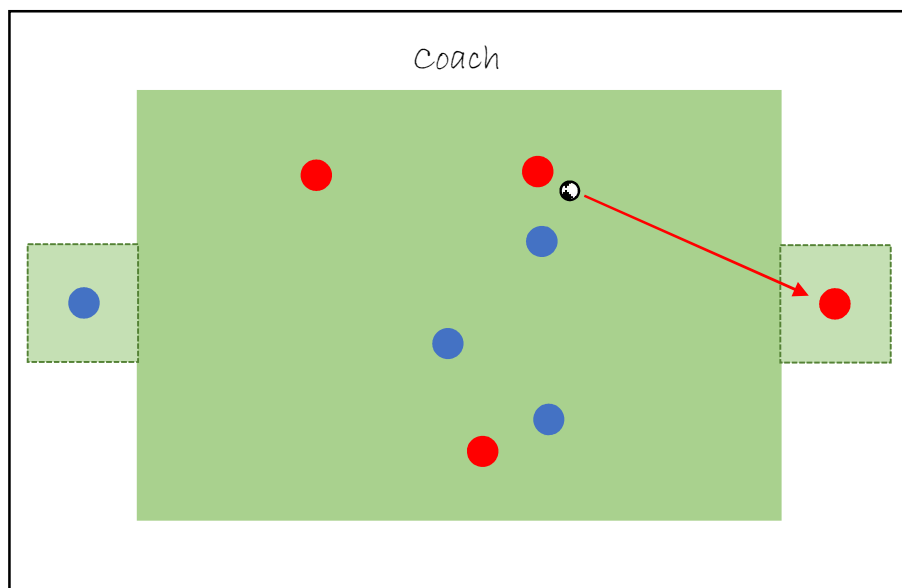
- 18m (width) x 28m (length) + 2 small end zones as shown (6m x 6m).

HOW TO PLAY

- Directional Game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- Teams score by passing into their 'target player' at their designated end. The passer must then swap places with the target player to ensure the game is continuous.
- After a goal is scored, the Coach then serves a ball into the other team.
- 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

- Teams must complete 3-4 passes before finding their target player.





Striking the Ball

2. Cannonball Run

SET UP

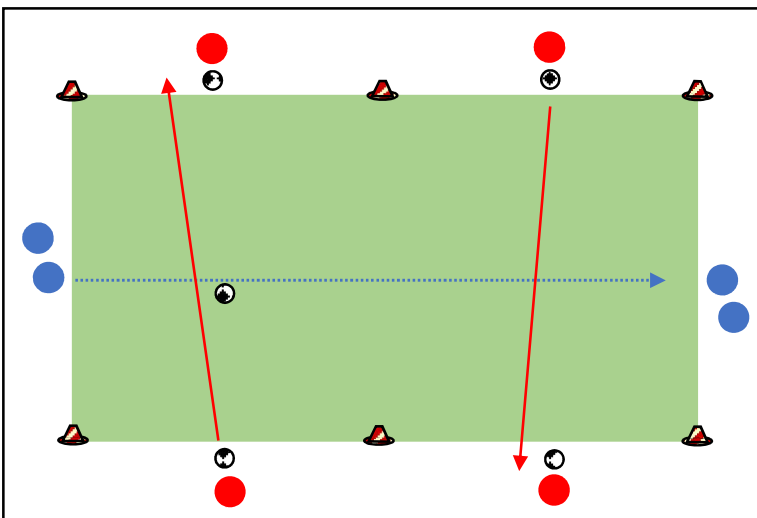
- A grid 10m (width) x 18-22m (length).

HOW TO PLAY

- 2 teams. Reds v Blues.
- Reds start as the 'Shooters' and are positioned opposite each other with at least 2 balls each.
- 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 shooters.
- Each time a runner is struck, the shooters get a point.
- **Shooters 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.
- Shooters now have to pass using **the outside of the foot only**.





Striking the Ball

3. Four Goal Football

SET UP

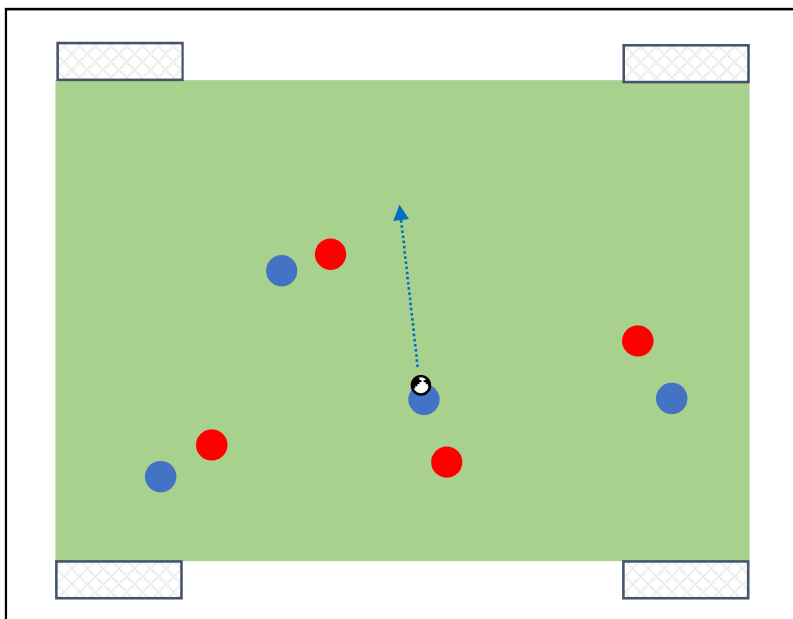
- **A short and wide playing area (to encourage your players to spread out):**
28m (width) x 18m (length) + 4 small goals.

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 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

1a. The Ball is Your Best Friend

SET UP

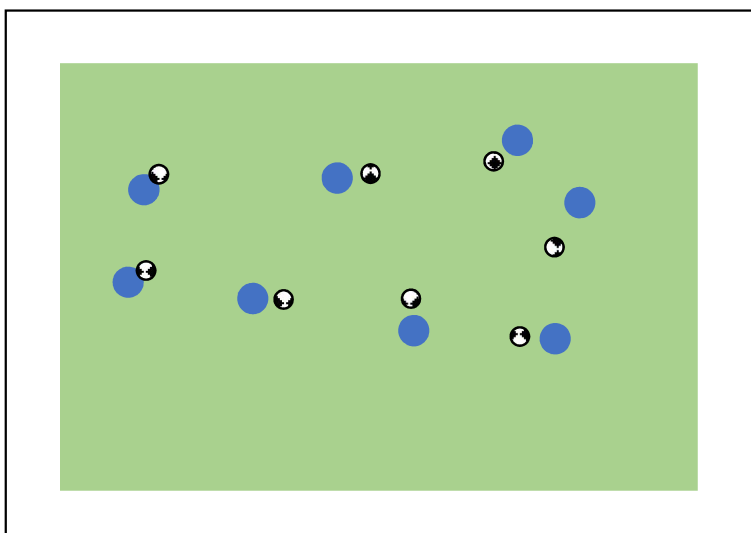
- 14m (width) x 22m (length). Ensure there is enough space to avoid collisions.

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.**
- Practice for 10 minutes alternating between dribbling and each of the ball mastery skills.

PROGRESSIONS

- Try to encourage your players to dribble around 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

1b. Dodgems

SET UP

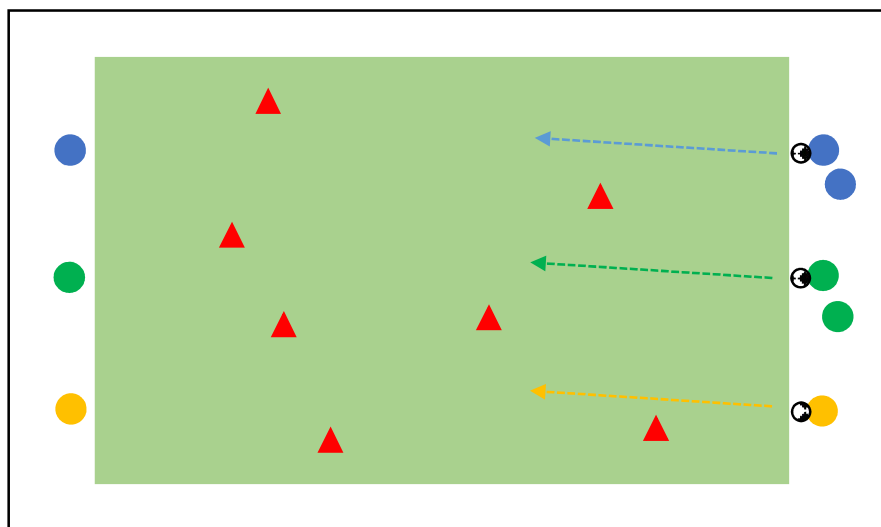
- Use the same area as the previous exercise.

HOW TO PLAY

- Relay racing with 2-3 teams of 2-3 players.
- Taking 'little touches', players from each team have to dribble through to the other side without their balls touching any of the markers.
- Once across the area they have to stop the ball with their studs so their team-mate can go.
- Points are awarded for teams that get to the other side without touching a marker.
- Players dribble their balls around freely inside the grid.
- **Make every second race left foot dribbling only.**
- Practice for 10 minutes with a drink break.

PROGRESSIONS

- Change the positioning of the markers to make it easier to harder.
- Add more markers to make it harder.





1 v 1

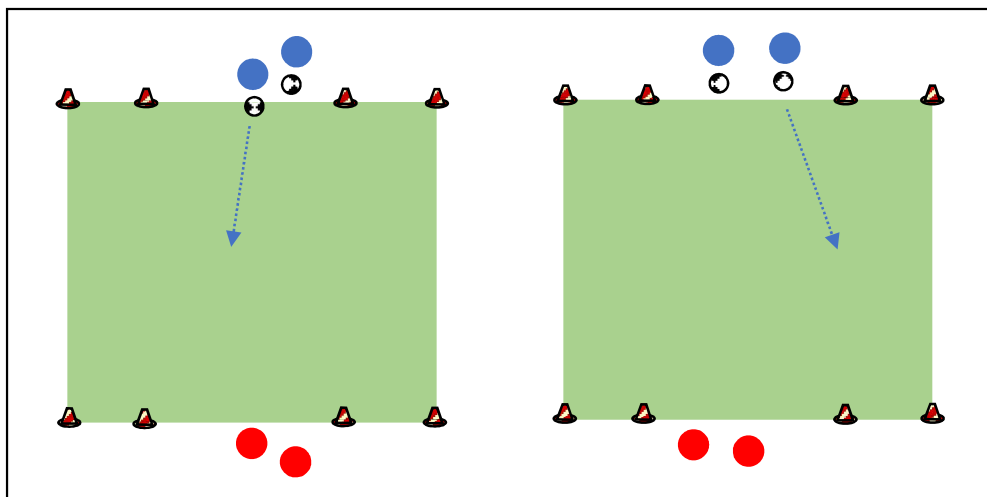
2. Attackers -v- Defenders

SET UP

- 2 playing grids placed side by side:
10-12m (width) x 12-16m (length) + 8 small 'gates'.

HOW TO PLAY

- Directional games. 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 have plenty of opportunities 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

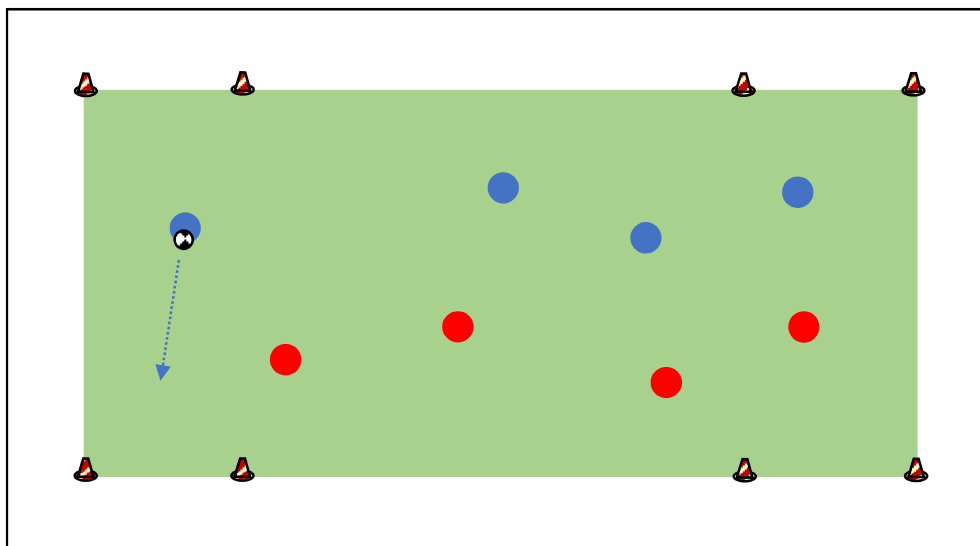
3. Dribble through the Gates

SET UP

- Now we combine both grids from the previous exercise:
28m (width) x 18m (length) + 4 small 'gates' (4-6m wide).

HOW TO PLAY

- Directional game. 2 teams. Blues v Reds.
- Team's 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

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.'

MV Player Message:

'The ball is your best friend.'



1 v 1

1. Team Nutmeg

SET UP

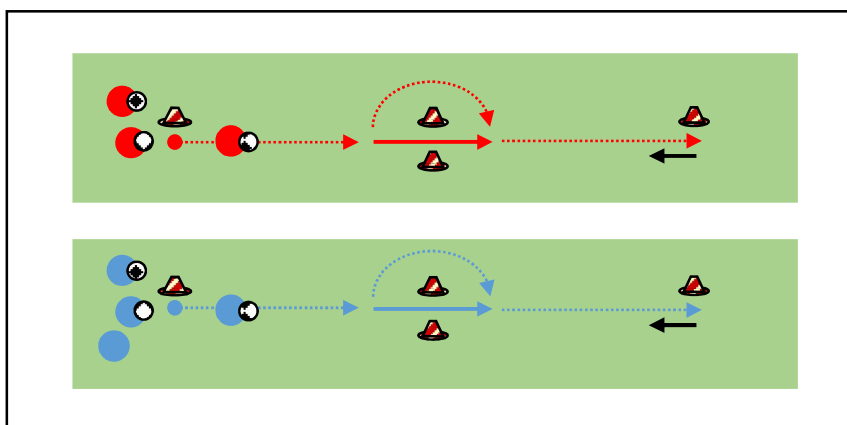
- Each 'lane' is 16m long (8m between the cones) + 1 central 'nutmeg' gate 2-3m wide.
- For 4-7 players: 2 lanes
- For 9+ players: 3 lanes.

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

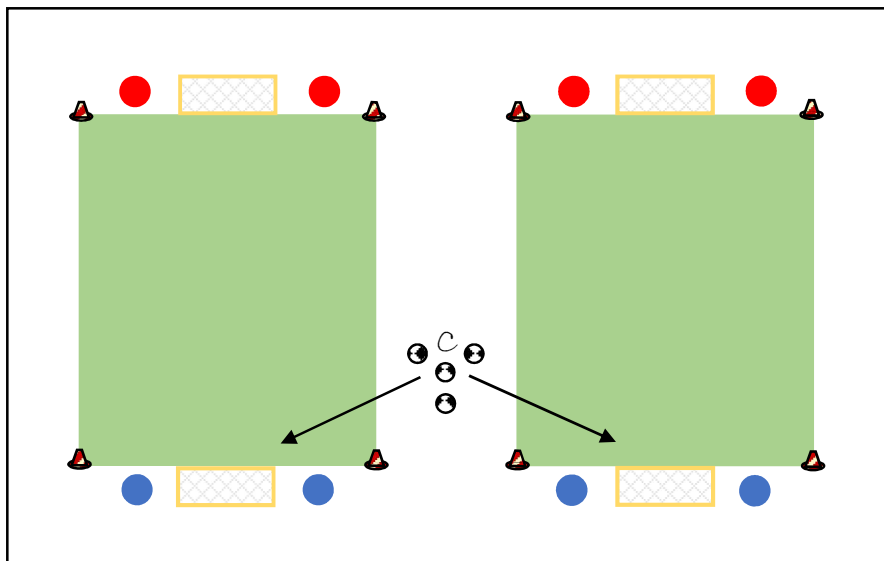
2. Attackers -v- Defenders

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

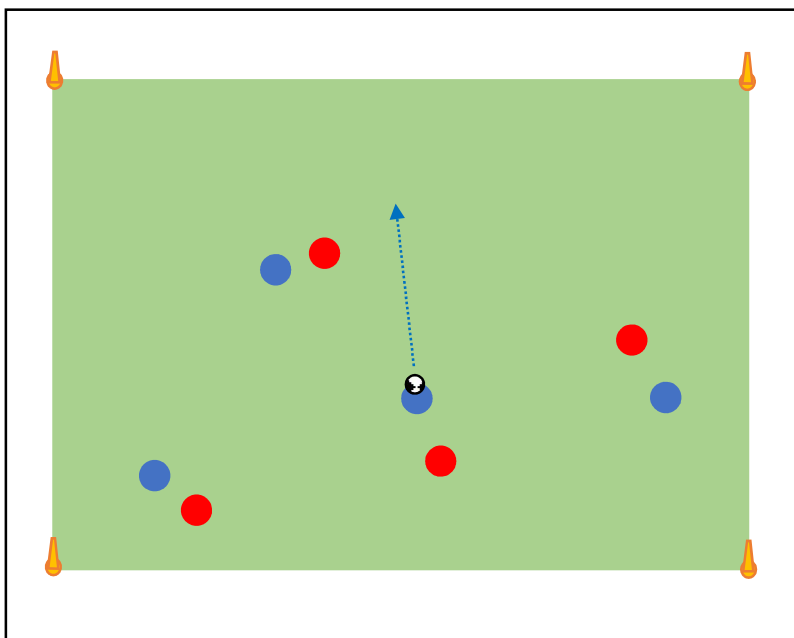
3. End-Line Football

SET UP

- **A short and wide playing area (to encourage your players to spread out):**
28m (width) x 18m (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 the ball 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 have plenty of opportunities 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!



1 v 1

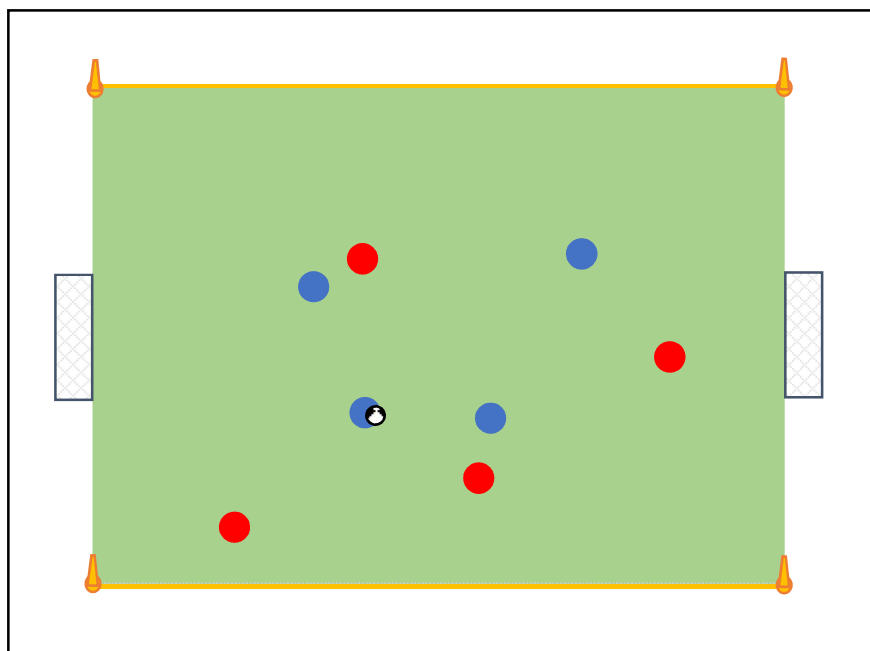
3. Dribblers -v- Sharp Shooters

SET UP

- **A short and wide playing area (to encourage your players to spread out):**
28m (width) x 12m (length) + 2 small goals + 2 opposing end-lines as shown.

HOW TO PLAY

- **Non-Directional Game.** Blues v Reds. No Goalkeepers, corners, offsides 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 have plenty of opportunities to score a goal.
- **Award bonus points to teams for every successful nutmeg performed.**
- Play for 10-15 minutes with a drink break.



VARIATION

- Play a normal directional game using the small goals to finish.



1 v 1 Session 3

Session Objective:

‘To improve each player’s ability to perform an inside and outside cut, 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 “inside and outside cut” to help us keep possession of the ball.’

MV Player Message:

‘The ball is your best friend.’



1 v 1

1. Cut it Up

SET UP

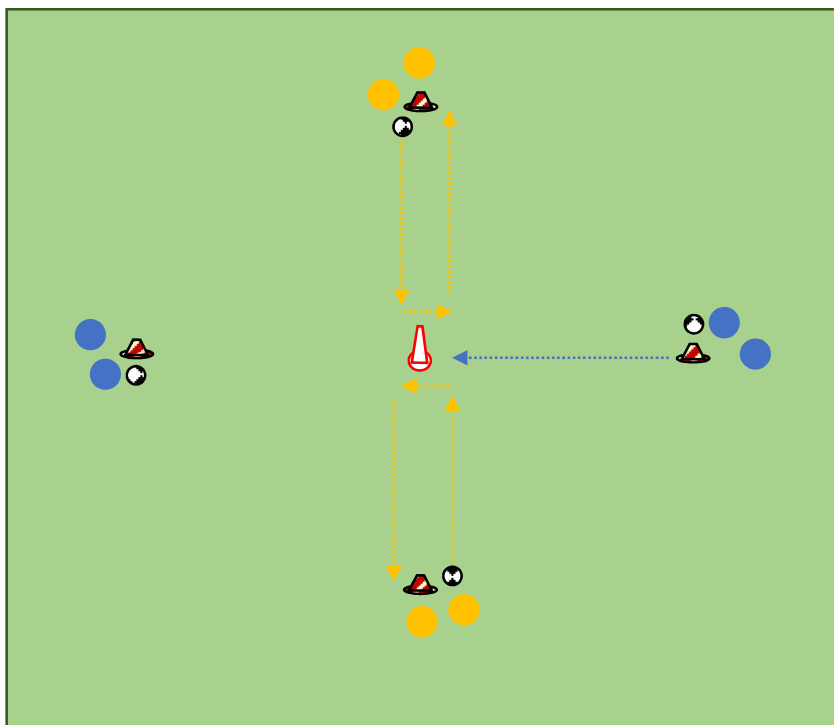
- A diamond-shaped grid – 16m x 16m (8m to the central cone/pole) as shown.

HOW TO PRACTICE

- Split players into 2 teams with 2-3 players from each team positioned on the outside cones.
- On the Coach's call, 2 orange players opposite each other dribble to the middle of the grid and perform an 'inside cut' (with the inside of the foot) before dribbling back to the start.
- After this, 2 blue players opposite each other do the same.
- Repeat for 2-3 minutes then **change to a left foot 'inside cut'**.
- Repeat for 2-3 minutes then change to an 'outside cut' (with the outside of the foot).
- Repeat for 2-3 minutes then **change to a left foot 'outside cut'**.
- Practice for 10-15 minutes with a drink break.

PROGRESSION

- Have a relay race between the teams, practicing the 'inside cut' and 'outside cut'.





1 v 1

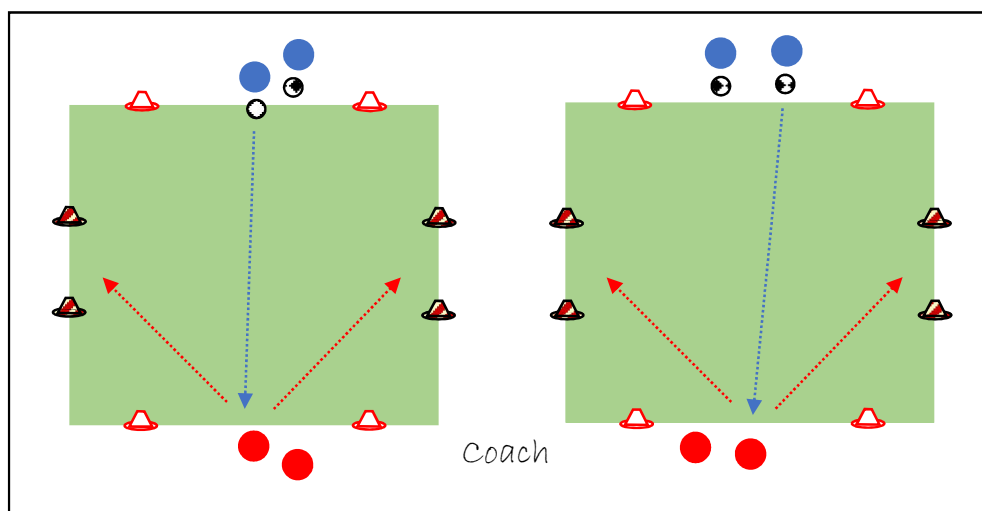
2. Attackers -v- Defenders

SET UP

- 2 playing grids placed side by side: 10-12m (width) x 12-16m (length) + 4 small 'gates'.

HOW TO PLAY

- Directional games. 2 teams. Blues v Reds.
- Play one grid at a time for safety.
- When the Coach calls 'Play!', the defender passes the ball to the attacker and the attacker has to dribble through one of the two side gates to score.
- **No slide tackling allowed.**
- 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 side 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

- Play 2v1, 2v2.



1 v 1

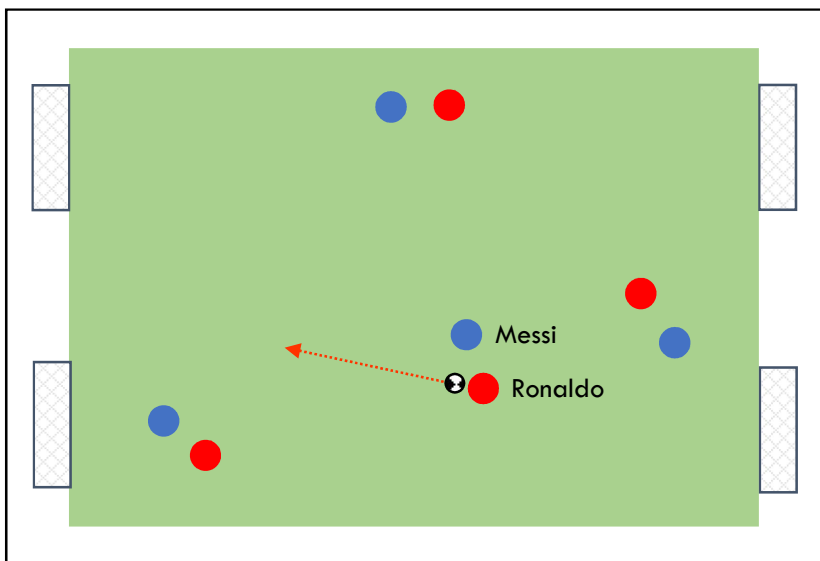
3. Messi -v- Ronaldo

SET UP

- 18m (width) x 28m (length) + 4 small goals.

HOW TO PLAY

- Directional game. Blues v Reds. No Goalkeepers, corners, offsides or throw-ins.
- **Messi plays for one team. Ronaldo plays for the other. Both players cannot pass the ball.**
- 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.
- Ensure every player gets to be Messi/Ronaldo at least once during the game.
- Play for 10-15 minutes with a drink break.





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'



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