

Introduction

We all know how to plan various sessions & they come in all shapes & sizes.

I'd like to show you how you can incorporate lots of different aspects' of football using a simple Circle. It includes Warm-ups, Passing, Dribbling, Turning, Attacking & Defending skills.

Progression of varying levels will also be identified to meet the needs of your players. Always check your players temperature during warm-up. Get them to stand by the coloured cones as shown below.

Why a circle ? Easy to set-up, enables multi-directional movements, it is flexible in size & can handle any amount of players.

Lets see how useful it can be for you !

Players body Temperature check.



HOT
CONE



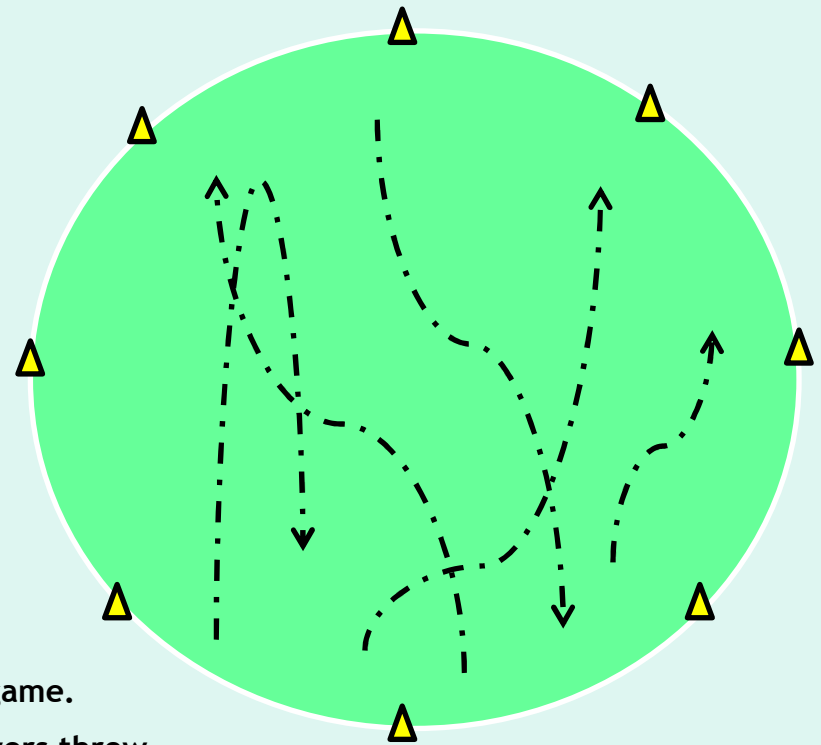
PLAYER READY
CONE



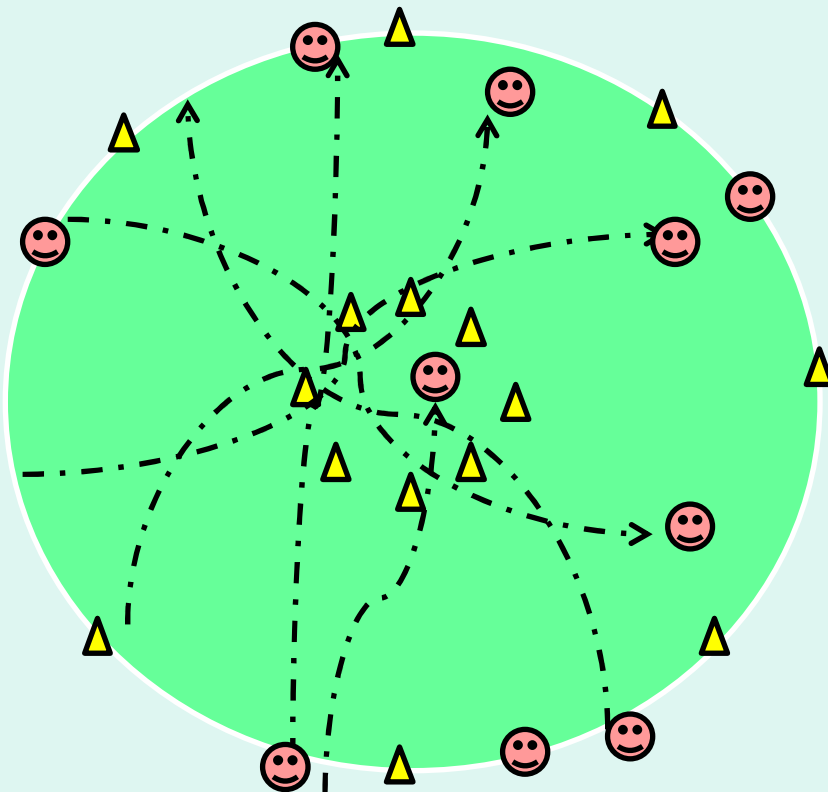
COLD
CONE

Warm-up Set Up

- Without Ball, simple start, basic movements within area, can you find the space ?
- Social aspect introduce High & low fives, goal celebrations, heading & GK saves.
- Introduce bibs for a game of Tag, chase the tail or the chain game.
- With a Ball, introduce 30% of footballs roughly 1 ball to 3 players throw passes & catch on the move.
- Introduce toe taps, Hip twists, high leg kicks with the ball in the hands.
- Get the ball on the floor & pass to feet. Ensure ball is controlled before pass is made, all players on the move.
- Can the player control with one foot & pass with the other, getting the ball to go across body.
- Introduce a few coned gates, can the players move to receive pass through the gate ?
- When receiving a pass from any direction can your first touch take you through the gate ? Think body position.
- Introduce 1 ball each for dribbling, turns & attacking skills.
- Pair up & follow the leader both players have ball. Try to get away from player. Think of changing pace & direction. Can you turn & take your player on?



Dribbling & Turning Set Up



- Simple start, All players start on the outside of Large Circle with 50% ball ratio. Players with ball dribble into inner circle & do skill turn & move out towards a player who is free.

Player stops the ball in front & other player takes ball & continues.

Can you find the space ?

Can you see the free player ?

Can you avoid other active players ?

- Progress different turns & now introduce passing from inner circle.

Are balls going out of area ?

What's the communication like ?

What's the passing accuracy & weight like ?

- Progress pass with a 1-2 wall pass. What's the movement like ? Is the player creating an angle ?

- Progress to Pass with pressure. The inner to outer circle pass is followed & passive pressure is put on the outer player to receive & beat oncoming player.

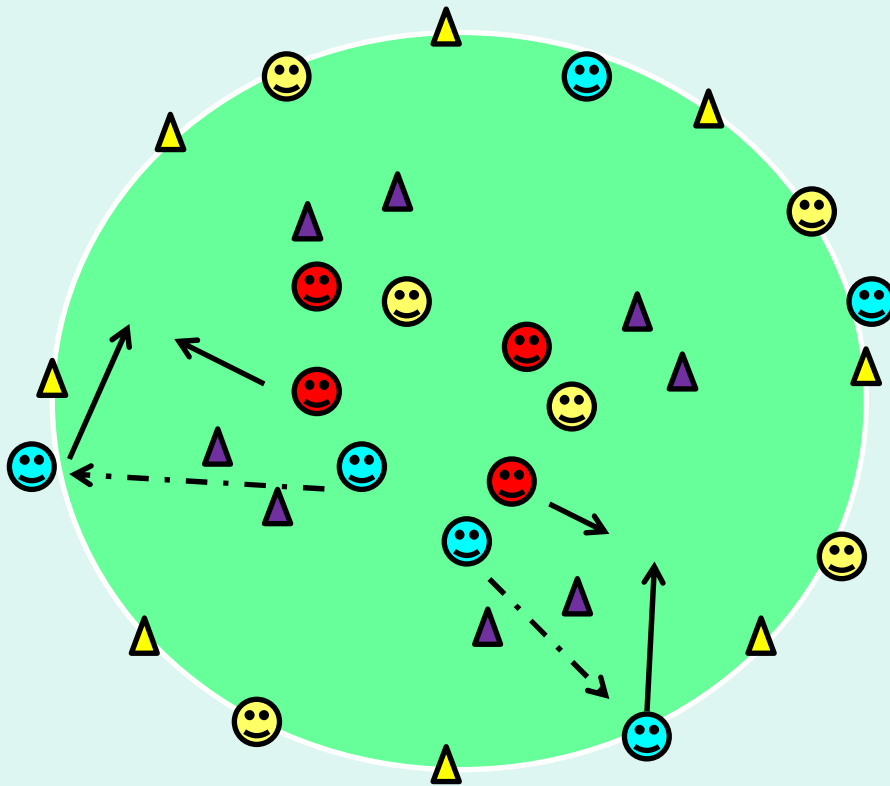
What's the first touch like ?

Is there disguise of movement ?

Acceleration ?

Attacking / Defending Set Up

Bib up 6 Blue players, 6 Yellow players & 4 Red players. The red team defend & stop the 2 other teams from dribbling & passing. Change defending players after a few goes.



- Two balls per team you score when a pass is made to an outside player. They take ball into circle & attempt pass to outside player.

- Progress by adding 4 or 5 gates that must be passed through to receive on outside of circle. Always take outside players place after pass.

- Progress by asking players to dribble through a gate & then selecting any other gate to pass through.

- Add up successful passes to find out winning team.

- The overload of attackers against defenders is designed to achieve attacking success. Adjust this to make it easier or harder depending on your players ability.