

Week No: 1

Introduction to Programme and Heart Rate Monitoring

A. Introduction

All young people will be issued with their own logbook and given an explanation about how to use it during the programme. Logbooks should be retained within the school and collected at the end. Each week the coach should refer to the activities contained within the logbook and ensure pupils are keeping information up to date.

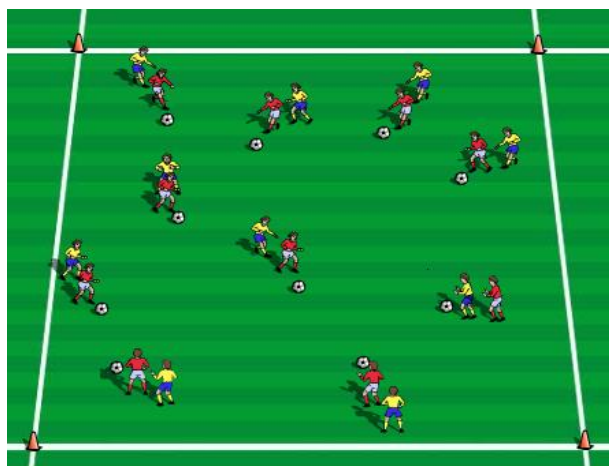
The coach will explain how to take heart rates throughout the session. The session will be as illustrated below. The coach will explain that after each session all young people will fill out weekly heart rates within the logbook. This will be both a resting heart rate before activity starts and a heart rate recorded during activity.

B. WARM-UP

Follow the Leader - In pairs, with a ball between 2, players are encouraged to dribble freely throughout the defined area. At first reds take possession, with every possession 'change' dictated by the coach. Conditions of moving with the ball can include:

1) Preferred foot only; 2) Weak foot only; 3) Inside-outside; 4) inside-inside etc...

Introduce dynamic stretching towards the end of the warm-up phase.



C. HEART RATE MONITORING – 15 mins

Players will be placed into teams of 3 or 4 depending on the numbers in the class.

The teams will play in continuous round robin fixtures where feasible with each game lasting for 2 minutes max.

At the start players will be asked to take their heart rate and input within week one (Before Session) of exercise diary and also write down their perceived activity level. During the games players will be asked to think about how they feel and how hard they think they are working. At the end of activity they will complete week one (After Session) of the exercise diary and fill out the physical activity questionnaire.



D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

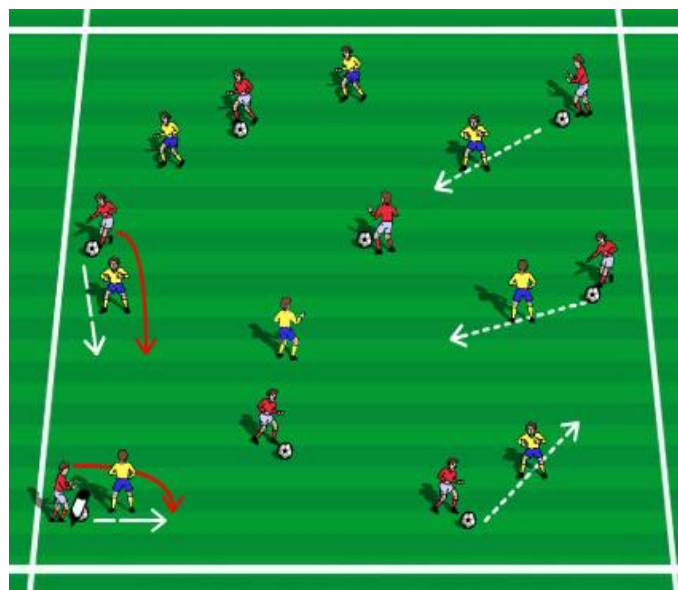
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Week No: 2

Introduction to Exercise Awareness

A. Introduction

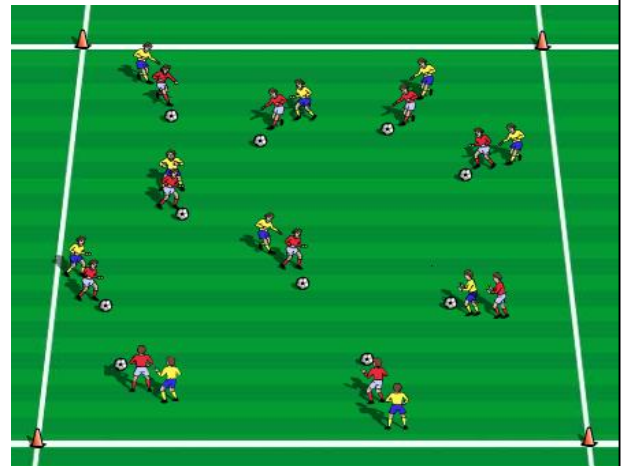
The coach will explain how to use the perceived exertion activity scale (See Activity Sheet and logbook week 2) before and during exercise. The session will be as illustrated below. The coach will explain that after the session each week all young people will fill out a score in the logbook relating to the activity scale. Coaches should also re-enforce the heart rate monitoring each week also.

C. WARM-UP

Follow the Leader - In pairs, with a ball between 2, players are encouraged to dribble freely throughout the defined area. At first reds take possession, with every possession 'change' dictated by the coach. Conditions of moving with the ball can include:

1) Preferred foot only; 2) Weak foot only; 3) Inside-outside; 4) inside-inside etc...

Introduce dynamic stretching towards the end of the warm-up phase.



B. EXERCISE AWARENESS – 15 mins

Players will be placed into teams of 3 or 4 depending on the numbers in the class.

The teams will play in continuous round robin fixtures where feasible with each game lasting for 2 minutes max.

At the start players will be asked to take their heart rate and input within week one (Before Session) of exercise diary and also write down their perceived activity level. During the games players will be asked to think about how they feel and how hard they think they are working. At the end of activity they will complete week one (After Session) of the exercise diary and fill out the physical activity questionnaire.



D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

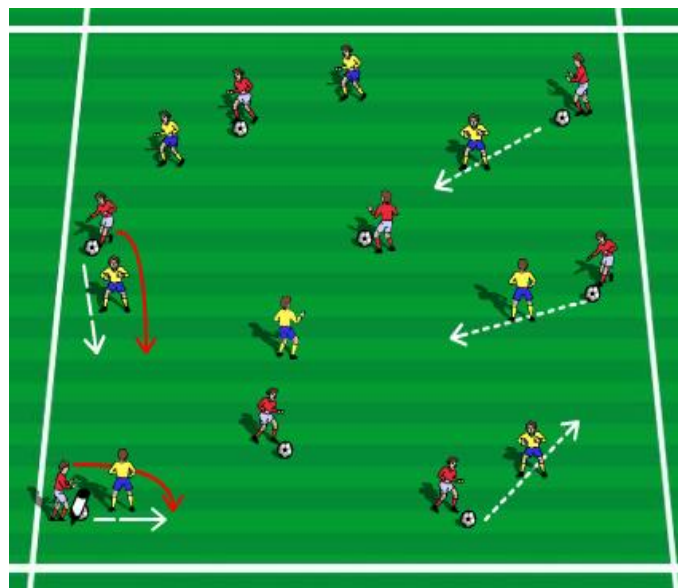
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Week No: 3

Dribbling Skills Test

A. WARM-UP

Players with a ball each are encouraged to dribble freely within the defined area. Conditions of moving with the ball can be added as follows: 1) Preferred foot only 2) Weak foot only 3) Inside-outside 4) Inside-inside

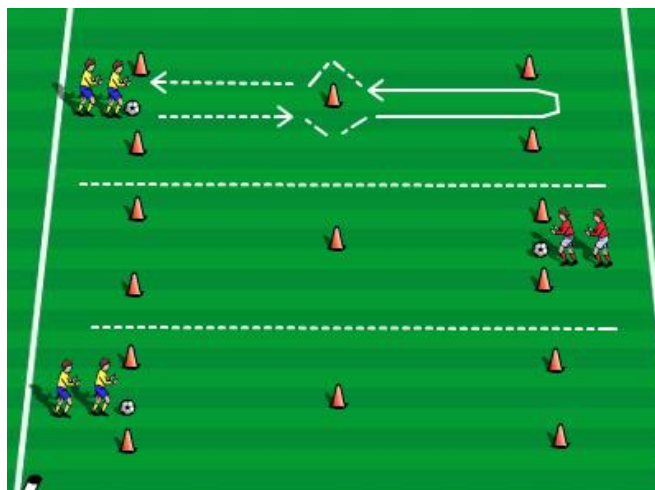
Introduce players to the inside cut move.

Introduce dynamic stretching towards the end of the warm-up phase.



B. DRIBBLING SKILLS TEST

Dribbling Skills Test - Player has 30 secs to complete as many shuttles within defined area while executing moves to beat an opponent at centre cone and changes of direction at end gates. Player must go through gate before executing move. Each player has two attempts and records score within logbook.



20 Week Programme

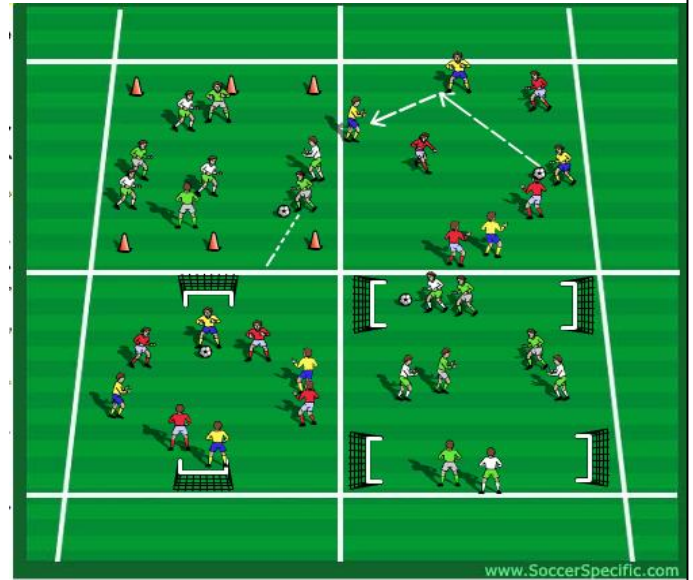
C. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over endline to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

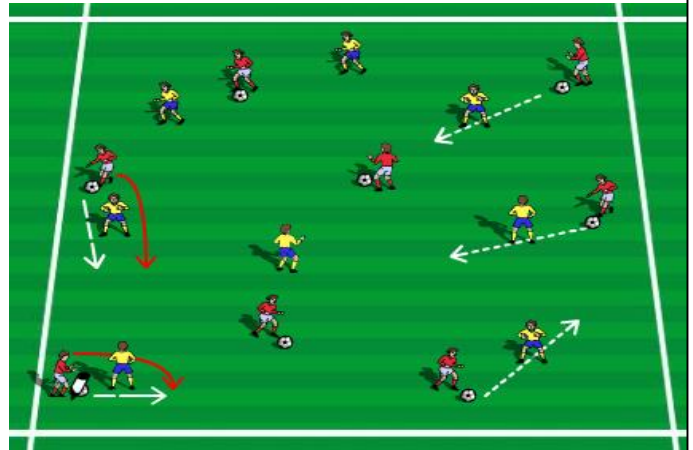
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



D. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.

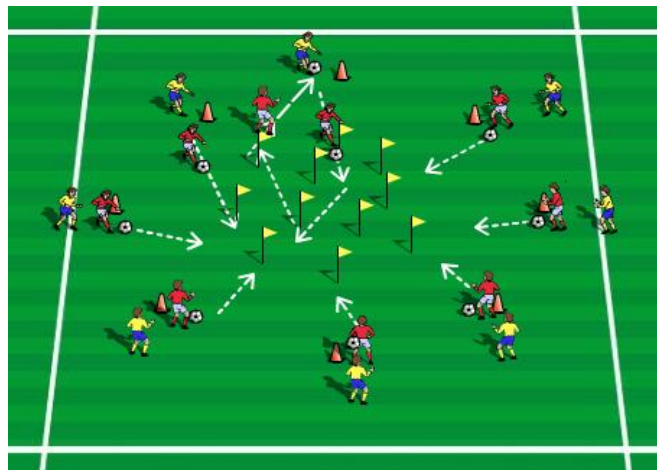


Week No: 4

Generic Activity: Coordination **Football Theme:** MTBO 1 - Fake

A. WARM-UP

Warm-Up: create a circle with markers, 2 players on each marker, players dribble ball in to the centre area and go round several markers/flags/poles. Upon leaving the centre area the player plays a short pass to his partner. While the partner is waiting he can perform some dynamic stretches. This can be progressed to passing the ball to any free player.



B. GENERIC ACTIVITY

Running Circuit

Player start behind gate A. Jog up to ladders (B) and fast feet (single run). Jog on to cones (C) side skip to each cone. jog over to hurdles (D) multiple jumps. After the last hurdle sprint through gate E. Jog back through gate F and down to gate G. Start circuit again.

NOTE - Once stage C is reached the next player can go.



C. TECHNICAL DRILL – a) Fake

Dribble ball towards partner, fake to left or right by exaggerating upper body movement and dropping lead shoulder low. Draw opposite foot behind ball and push out in opposite direction away from defender. Complete change of direction at opposite end, continue exercise. Ensure players have opportunity to work both right and left.



D. TECHNICAL DRILL – b) Fake + Pass

Fake + Pass - Dribble ball towards partner, fake to left or right by exaggerating upper body movement and dropping lead shoulder low. Draw opposite foot behind ball and push out in opposite direction away from defender. Complete change of direction at opposite end, then pass to partner. Focus on Accuracy & Weight of pass.



E. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

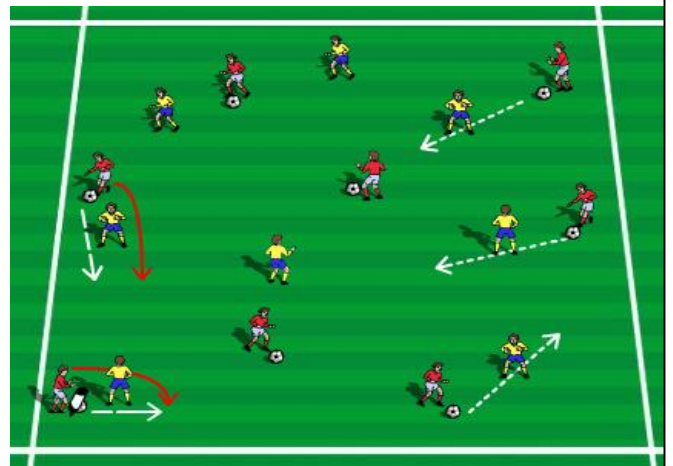
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



F. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Week No: 5

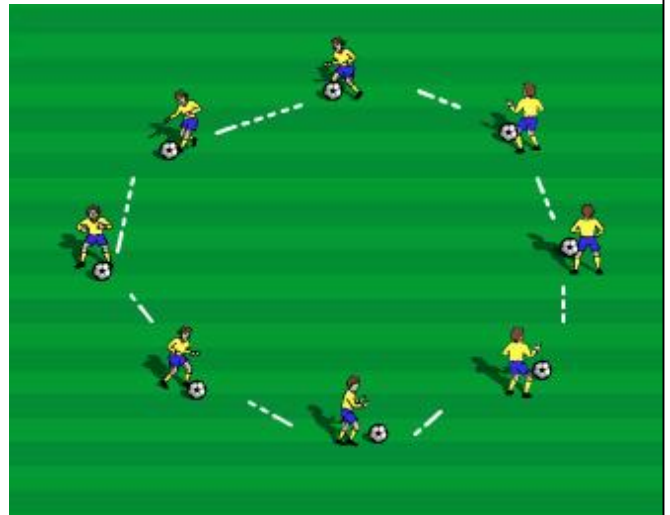
Generic Activity: Speed & Agility

Football Theme: Touch & Technique

A. WARM-UP

Players take the ball and form a circle. Players dribble the ball in a clockwise direction. The coach can instruct the players to change direction using a drag back or other move. Other instructions could be:

- 1) Stop ball and jog round the circle to your ball.
- 2) Leave ball and do some dynamic stretching
- 3) Additional commands can be made by the coach.
- 4) Stop the ball and move to the next ball in the direction you are facing.



B. GENERIC ACTIVITY – Behind Enemy Lines

Organisation: Mark out 2 lines 50-60 feet apart. Divide group into 2 teams, with each team starting behind one line. Objects are placed randomly in centre area. Establish a time limit, probably 2-3 minutes (then adapt movement restrictions)

Activity: On go+ the objective is to place as many objects as possible over the OTHER TEAM'S line. Only one object at a time can be taken and objects must be placed, not thrown, across the line. If all objects are gone from the centre they may be taken from own end and placed in opponents end. When time is up, the team with the LEAST number of objects in their end wins.

Movements should be changed so that restrictions are included such as dribbling the ball, carrying the ball, hopping, bounding movements etc.



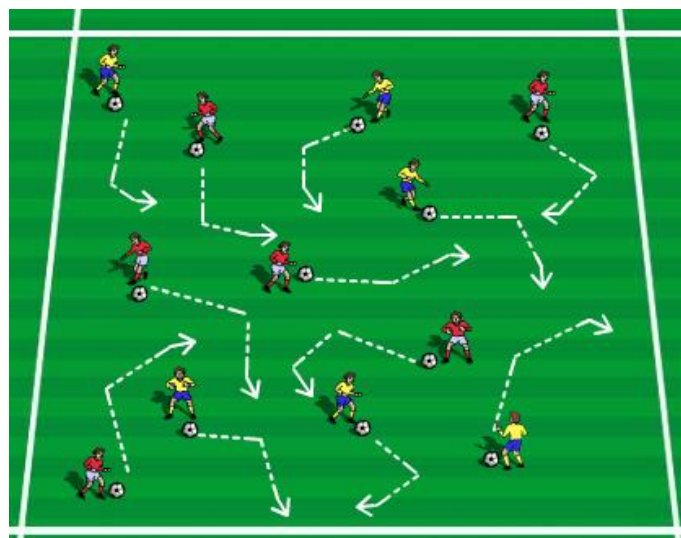
C. TECHNICAL DRILL - Touch & Technique

Players with a ball each dribble freely inside the defined playing area.

Coach provides instruction on various conditioned movements with the ball as follows.

- a) inside-inside; b) inside-outside; c) turn-in;
- d) turn-out; f) change g) toe-taps.

Players perform the conditioned activity for a set-time before moving freely again. Encourage players to take soft touches, lift head for awareness and control speed of movement.



D. SMALL-SIDED GAMES – Choice of

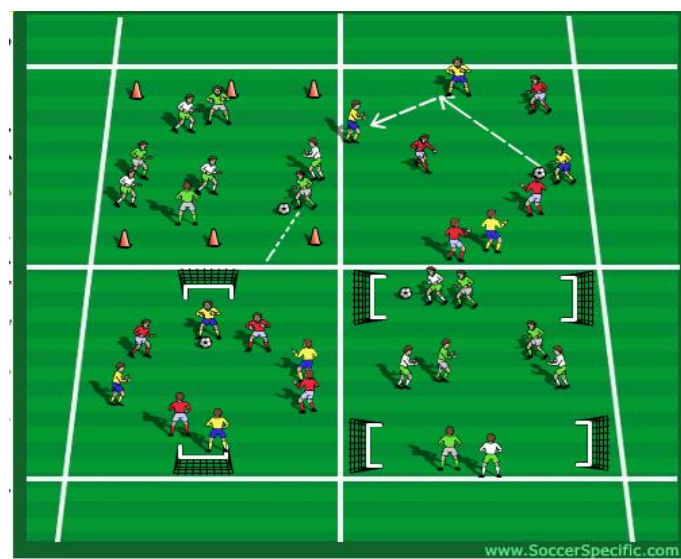
Top Left: End line game - dribble over end line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

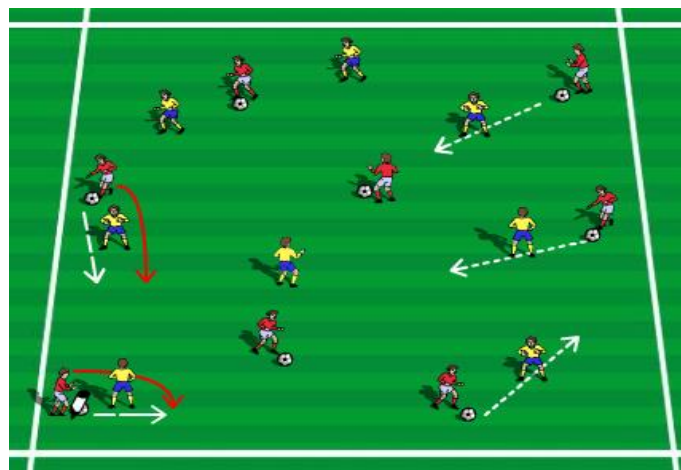
Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.

All games kick in from side to re-start and are 5 minutes in duration.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



20 Week Programme

Week No: 6

Generic Activity: Fast Feet

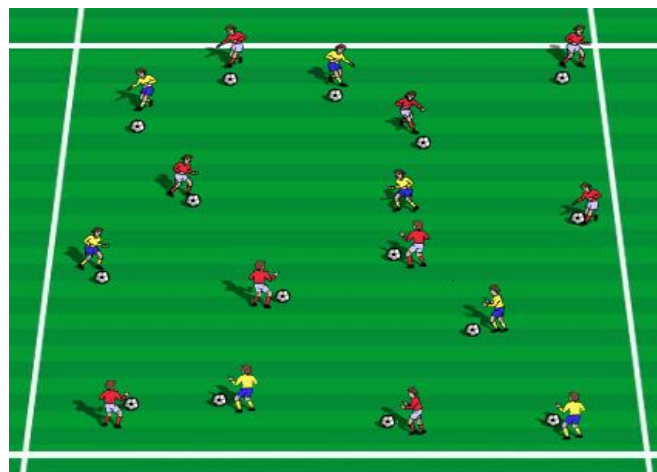
Football Theme: MTBO 2 - Scissors

A. WARM-UP

Players with a ball each are encouraged to dribble freely within the defined area. Conditions of moving with the ball can be added as follows: 1) Preferred foot only 2) Weak foot only 3) Inside-outside 4) Inside-inside

Introduce players to the scissors move.

Introduce dynamic stretching towards the end of the warm-up phase.



B. GENERIC ACTIVITY

Players start at point 1 & 6. They work through each task moving into touch the centre cone (point 2) before moving in a clock wise direction through the circuit. Players always jog between stations.

Route from point 1

Point 1 - Multiple jumps

Point 2 - Centre cone has to be touched after each exercise.

Point 3 - Fast feet through ladders

Point 4 - Zigzag through flags/cones

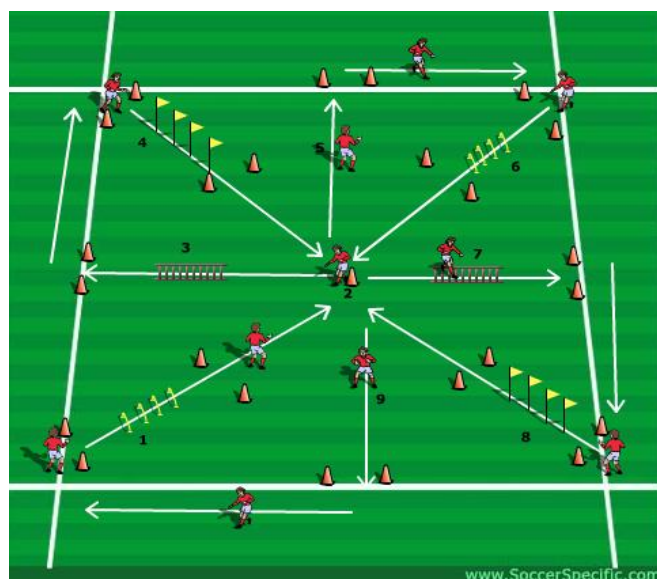
Point 5 - Jog back through gate

Point 6 - Multiple Jumps

Point 7 - Fast feet through ladders

Point 8 - Zigzag through

Point 9 - Jog through gate and restart at point

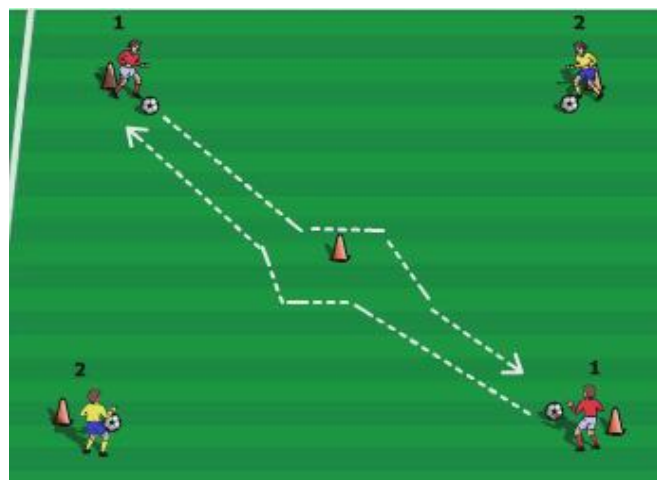


Note: Activity can be adapted dependant on available facility & equipment.

C. TECHNICAL DRILL – a) Scissors

Players run towards cone at the same time as the player diagonally opposite. Each player performs a scissors move and runs towards opposite cone whilst dribbling the ball under control. This drill can be progressed with players working in pairs - the player without the ball applies pressure.

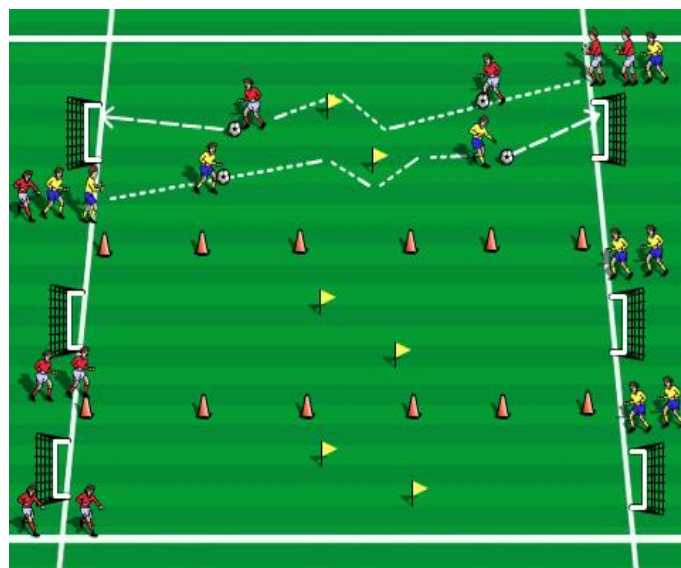
Coaching Points: Fake to pass the ball with the outside of the right foot, then step around the ball with the same foot. Then take the ball away with the outside of the left foot.



C. TECHNICAL DRILL – b) Scissors & Shoot

Players dribble out to marker perform scissors move and shoot. Put players in two groups, Groups perform step left go right then shoot and join end of other group. Groups then go to other side of goal and players step right and go left before shooting.

Encourage shot to be taken with alternate feet, challenge those who are performing well to increase the speed of the dribble. Progress by adding in a defender.



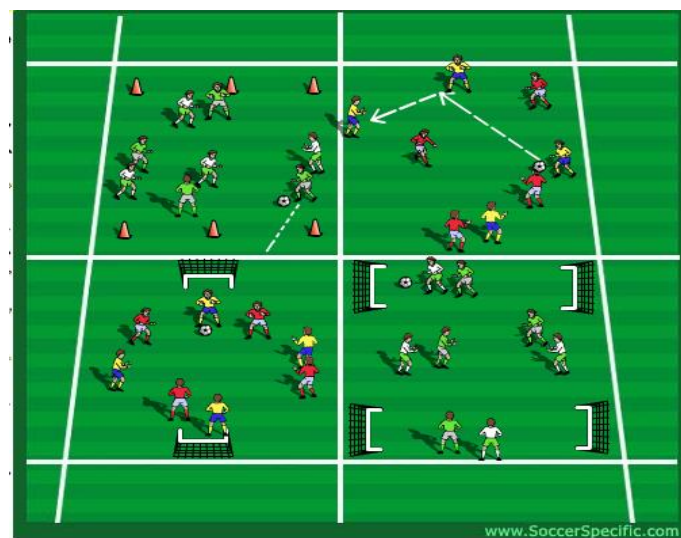
D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over endline to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

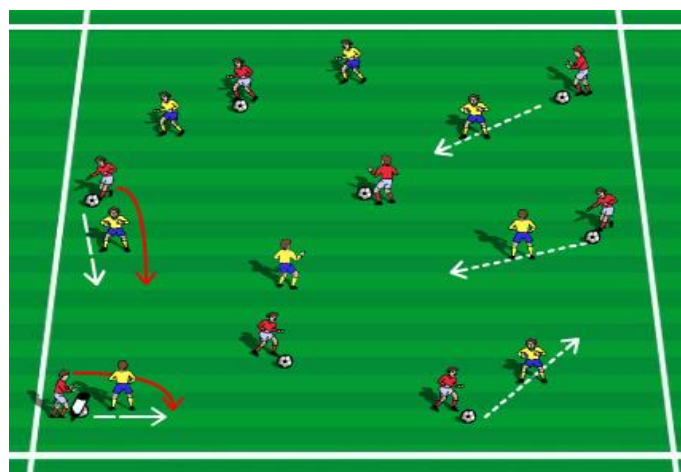
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Week No: 7

Dribbling Skills Test

A. WARM-UP

Players with a ball each are encouraged to dribble freely within the defined area. Conditions of moving with the ball can be added as follows: 1) Preferred foot only 2) Weak foot only 3) Inside-outside 4) Inside-inside

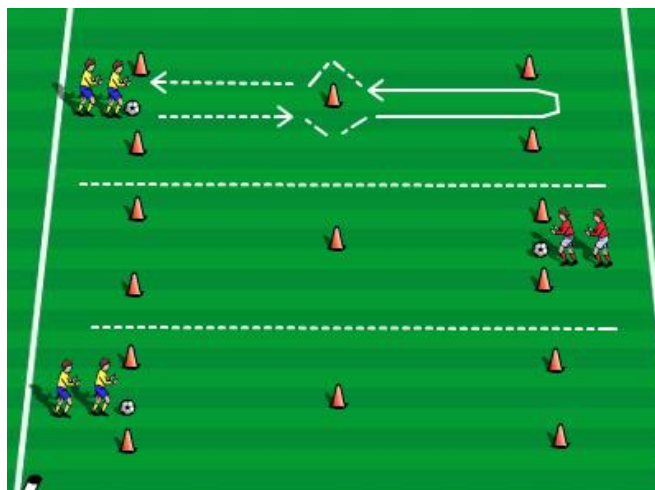
Introduce players to the inside cut move.

Introduce dynamic stretching towards the end of the warm-up phase.



B. DRIBBLING SKILLS TEST

Dribbling Skills Test - Player has 30 secs to complete as many shuttles within defined area while executing moves to beat an opponent at centre cone and changes of direction at end gates. Player must go through gate before executing move. Each player has two attempts and records score within logbook.



C. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over endline to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

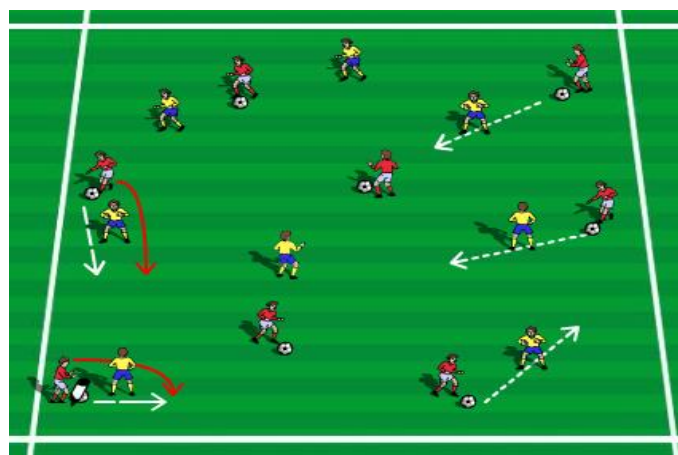
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



D. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Week No: 8

Generic Activity: Fast Feet

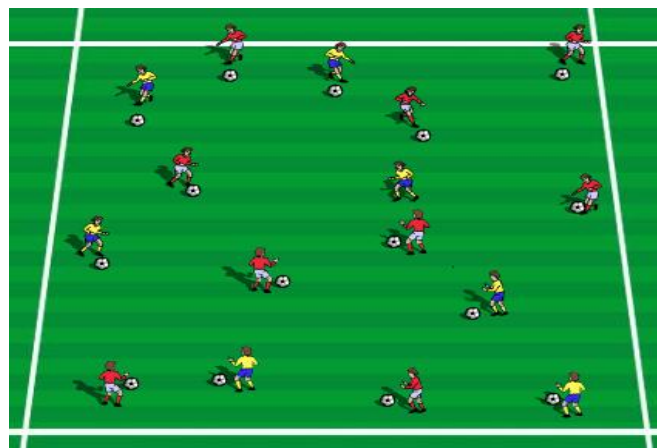
Football Theme: MTCD 1 - Inside Cut

A. WARM-UP

Players with a ball each are encouraged to dribble freely within the defined area. Conditions of moving with the ball can be added as follows: 1) Preferred foot only 2) Weak foot only 3) Inside-outside 4) Inside-inside

Introduce players to the inside cut move.

Introduce dynamic stretching towards the end of the warm-up phase.



B. GENERIC ACTIVITY

Players start at point 1 & 6. They work through each task moving into touch the centre cone (point 2) before moving in a clock wise direction through the circuit. Players always jog between stations.

Route from point 1

Point 1 - Multiple jumps

Point 2 - Centre cone has to be touched after each exercise.

Point 3 - Fast feet through ladders

Point 4 - Zigzag through flags/cones

Point 5 - Jog back through gate

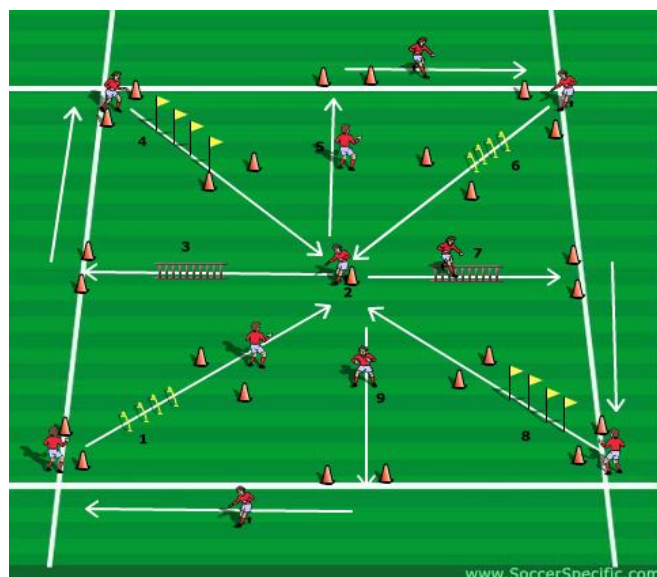
Point 6 - Multiple Jumps

Point 7 - Fast feet through ladders

Point 8 - Zigzag through

Point 9 - Jog through gate and restart at point

Note: Activity can be adapted dependant on available facility & equipment.



C. TECHNICAL DRILL – a) Inside Cut

Inside Cut - Dribble ball towards partner, fake to strike ball, then cut to change direction by using inside of foot. Exaggerate upper body movement and disguise to unbalance opponent.



C. TECHNICAL DRILL – b) Inside Cut + Pass

Inside Cut + Pass- Dribble ball towards partner, fake to strike ball, then cut to change direction by using inside of foot. Complete 2nd cut at start position then pass to partner. Focus on Accuracy & Weight of pass



D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

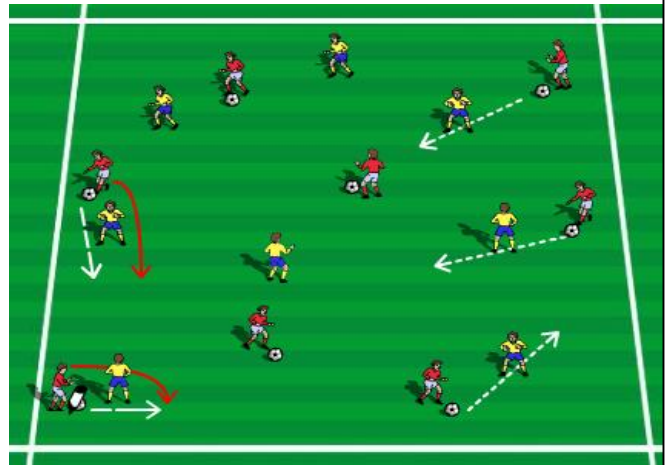
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Week No: 9

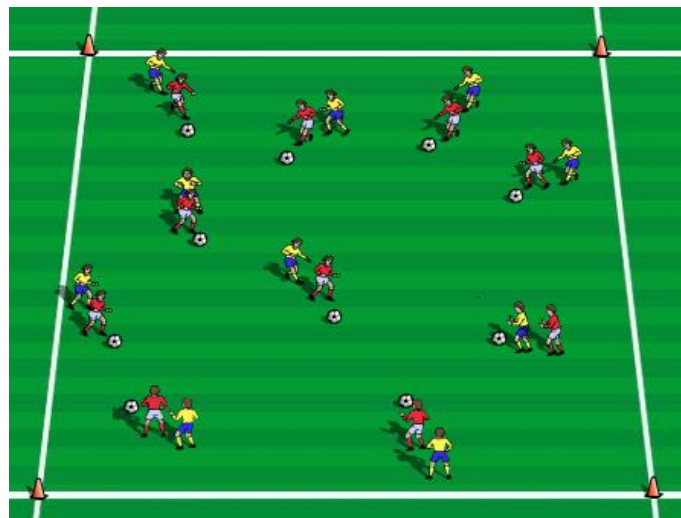
Generic Activity: Coordination **Football Theme:** Creative Movement

A. WARM-UP

Follow the Leader - In pairs, with a ball between 2, players are encouraged to dribble freely throughout the defined area. At first reds take possession, with every possession 'change' dictated by the coach. Conditions of moving with the ball can include:

1) Preferred foot only; 2) Weak foot only; 3) Inside-outside; 4) inside-inside etc...

Introduce dynamic stretching towards the end of the warm-up phase.



B. GENERIC ACTIVITY

Running Circuit

Players start behind gate A. Jog up to ladders (B) and fast feet (single run). Jog on to cones (C) side skip to each cone. jog over to hurdles (D) multiple jumps. After the last hurdle sprint through gate E. Jog back through gate F and down to gate G. Start circuit again.

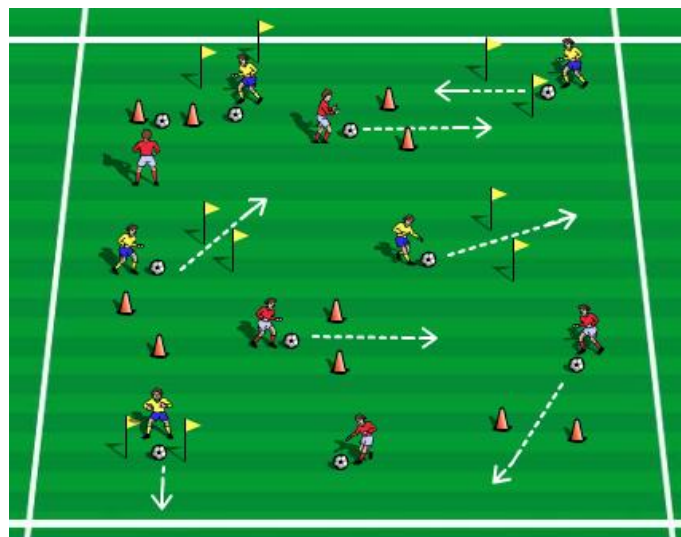
NOTE - Once stage C is reached the next player can go.



C. TECHNICAL DRILL 1 - Creative Movement

Players at first are encouraged to dribble freely with the ball showing various moves to beat opponents and changes of direction. Players eventually progress to dribbling through a gate on the coaches signal.

Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates and show various dribbling moves.

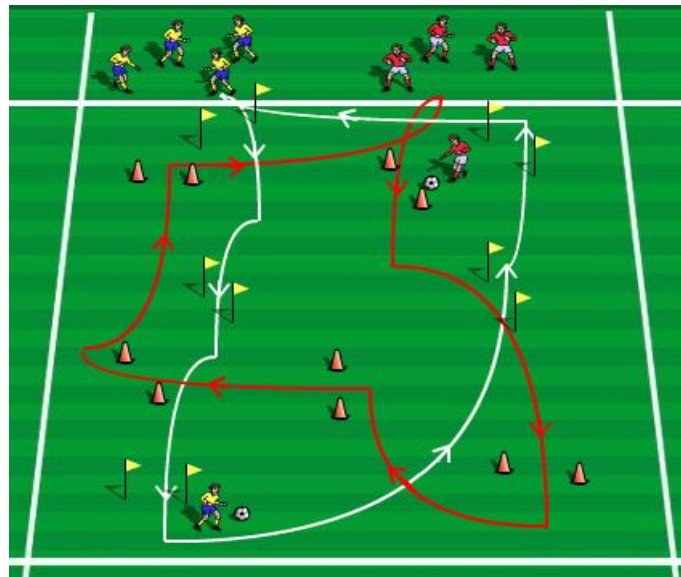


C. TECHNICAL DRILL 2 - Creative Movement

a) 30 seconds to dribble through as many gates as possible;

b) 2 teams, 1 v 1 dribbling - 1 player from each team speed dribble through all gates and back to start.

Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates and show various dribbling moves.



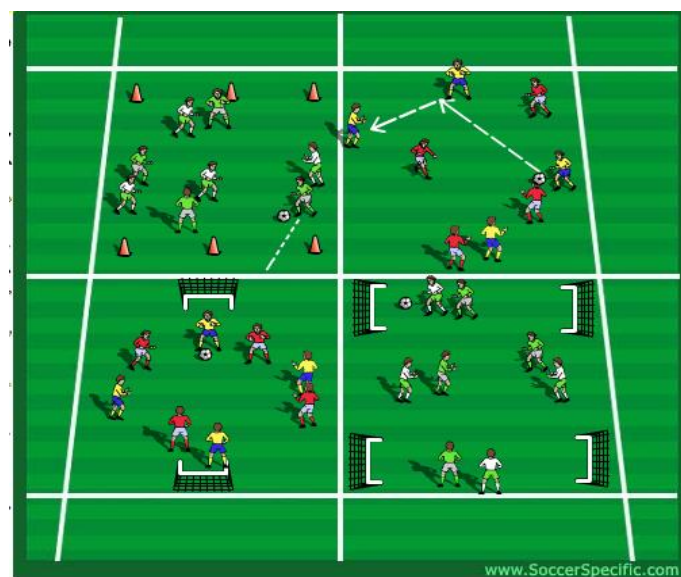
D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

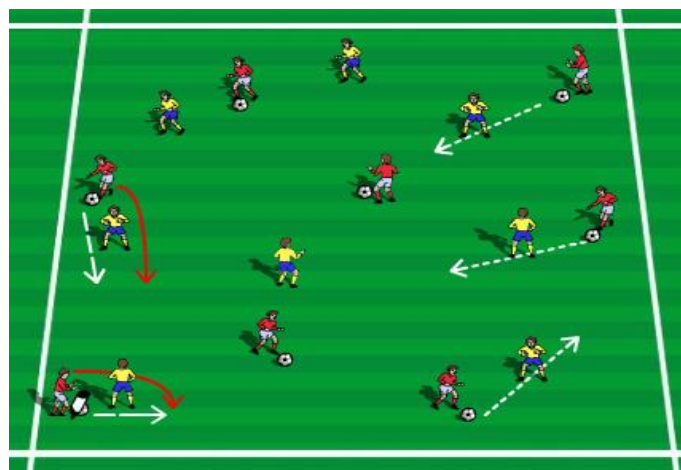
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Week No: 10

Generic Activity: Developing Speed

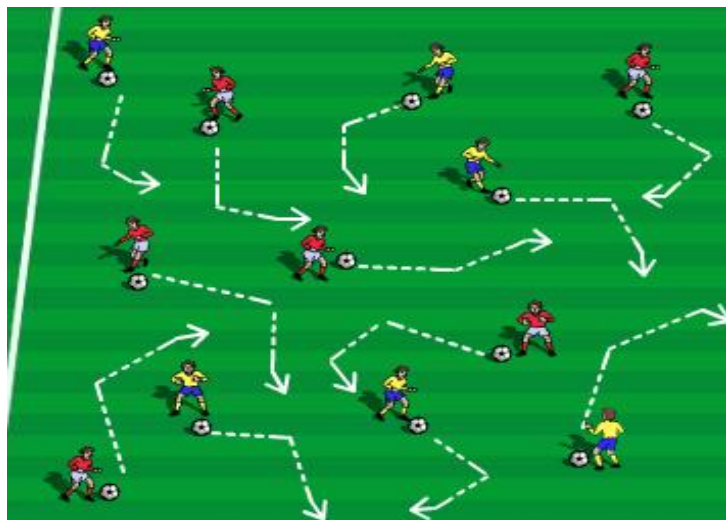
Football Theme: MTCD 2 - Outside Cut

A. WARM-UP

Players with a ball each dribble freely inside the defined area. Coach provides instruction on various conditioned movements with the ball as follows.

a) inside-inside; b) inside-outside; c) turn-in; d) turn-out; f) change g) toe-taps.

Players perform the conditioned activity for a set-time before moving freely again. Encourage players to take soft touches, lift head for awareness and control speed of movement.



B. GENERIC ACTIVITY

Developing Speed – Choice of

A - T - Agility Sprint

1. Start at point 1
2. Sprint forward 5m to point 2. Shuffle 360* around cone while continually facing forwards and sprint to point 3.
3. At point 3 shuffle round 360* and sprint to point 4.
4. Sprint to point 5 and touch cone and to cone 6 and back to point 4 and jog back to point 1.
5. Tag next player and they start exercise.

B . Box Drill

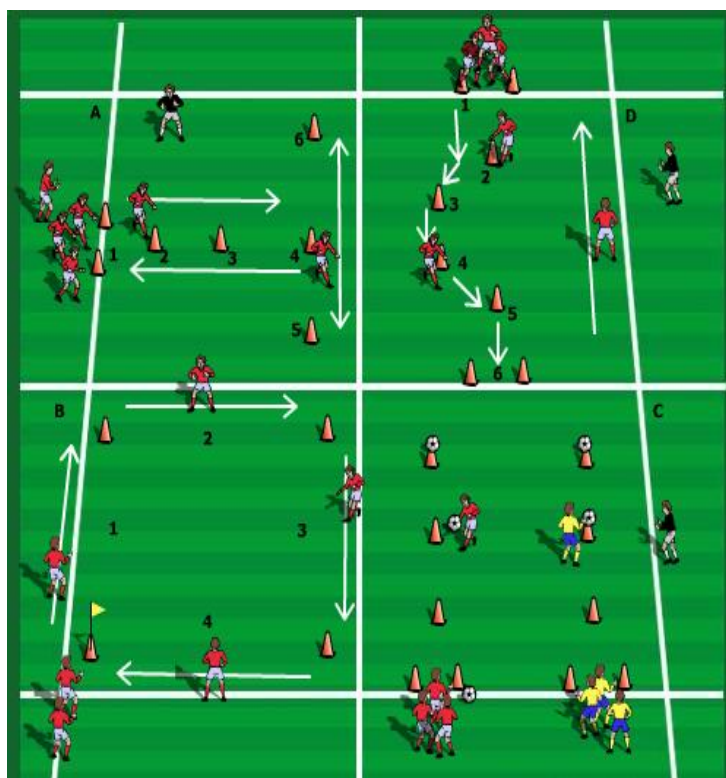
Start and sprint to first cone. Make sharp right cut and jockey to next cone. Backpedal to next cone and jockey to finish. Next person starts.

C . Relay Drill

Team start behind cones. Coach give command to sprint out and pick up ball and bring back to start.

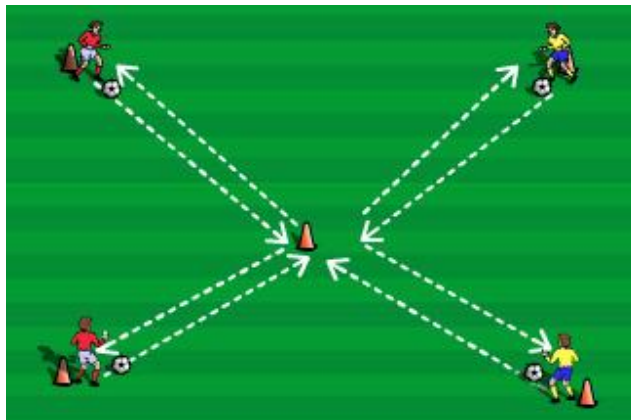
D . Variation Sprint

1. Start and jog to point 2 (push off right foot) and sprint to 3, slow down and jog to 4 (push of left foot) and sprint to 5, jog through 6.



C. TECHNICAL DRILL – a) Outside Cut

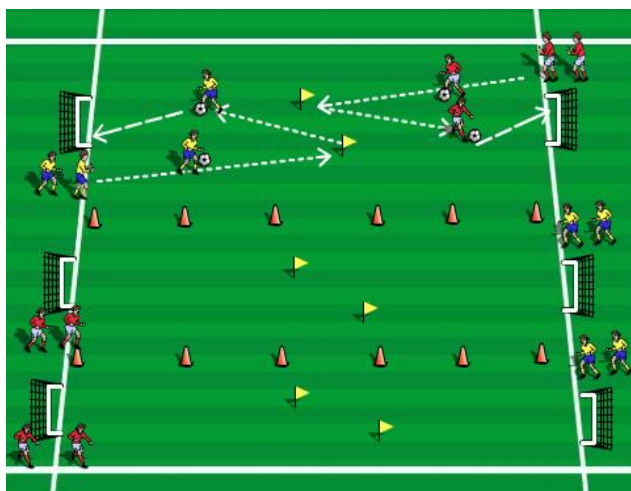
Players dribble ball towards centre perform outside cut and return to your starting cone, use the same turn and repeat the exercise. The drill can be progress to go to opposite cone or in a clockwise direction.



C. TECHNICAL DRILL – b) Outside Cut & Shoot

Outside Cut and Shoot: Players dribble out to marker perform outside cut and then dribble and shoot.

Coaching Points: Encourage shot to be taken with alternate feet, challenge those who are performing well to increase the speed of the dribble. Progress by adding in a defender.



D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over endline to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Week No: 11

As previous weeks

Dribbling Skills Test

A. WARM-UP

Players with a ball each are encouraged to dribble freely within the defined area. Conditions of moving with the ball can be added as follows: 1) Preferred foot only 2) Weak foot only 3) Inside-outside 4) Inside-inside

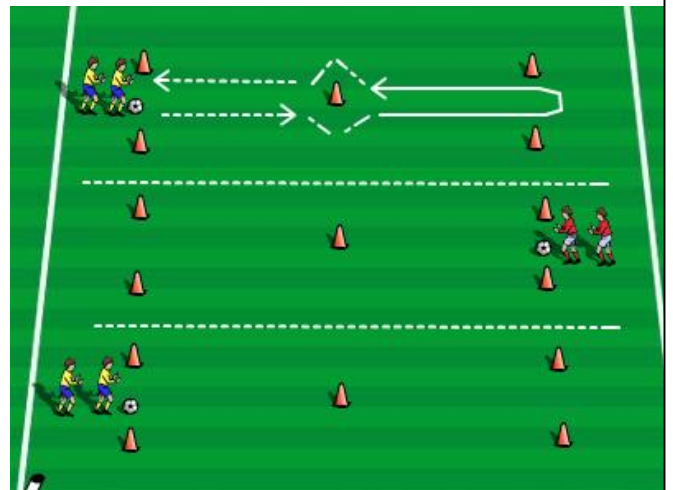
Introduce players to the inside cut move.

Introduce dynamic stretching towards the end of the warm-up phase.



B. DRIBBLING SKILLS TEST

Dribbling Skills Test - Player has 30 secs to complete as many shuttles within defined area while executing moves to beat an opponent at centre cone and changes of direction at end gates. Player must go through gate before executing move. Each player has two attempts and records score within logbook.



20 Week Programme

C. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over endline to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

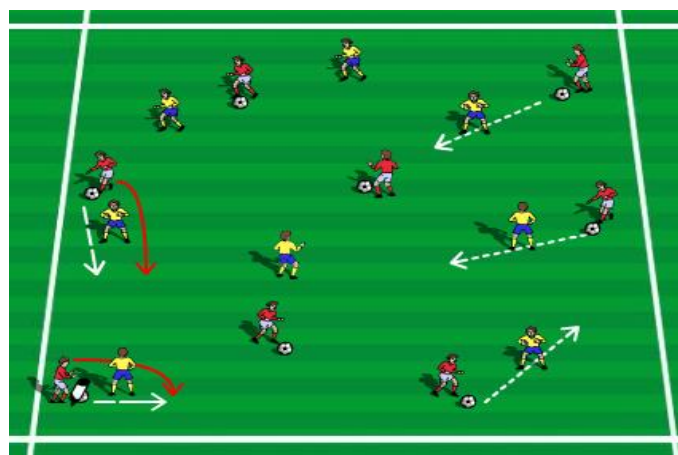
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



D. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



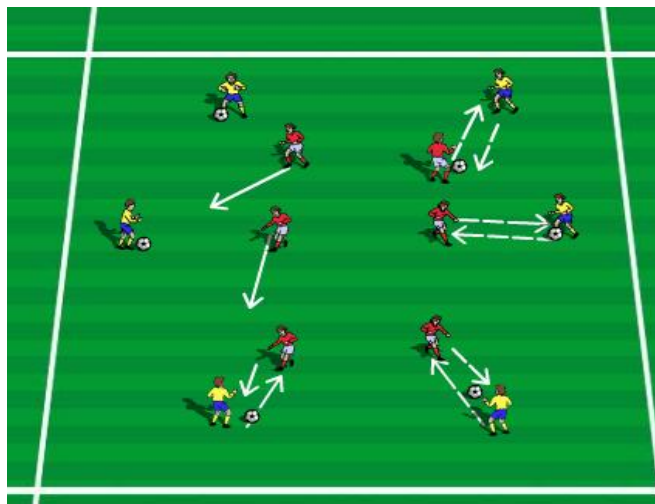
Week No: 12

Generic Activity: Reaction **Football Theme:** MTBO 3 Stepover

A. WARM-UP

Yellows players take the ball and form a circle. Red players without a ball position themselves inside the circle. Yellow players with the ball feed pass from hands/feet to red player who returns pass to feeder:

- 5) Ground Pass
 - 6) Half Volley
 - 7) Volley
 - 8) Head
 - 9) Various surface control and pass.
- Start with partner, then move round group then switch positions.

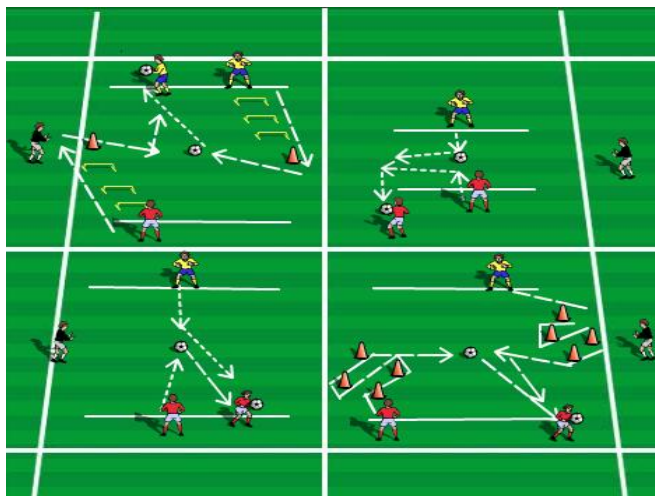


B. GENERIC ACTIVITY

Equipment: 1 object for every 3 participants

Activity: When the third child calls 'match' the other 2 run out to try to grab the object and get to their own line before being tagged by the other.

Variation: Start within a few steps of the object to minimise running speed being a factor. Use instructor to call 'match' only using a child if there is an odd number of participants. Include mini-obstacle courses, dribbling, hopping and bounding movements etc



C. TECHNICAL DRILL – a) Step-over

Step-over- Dribble ball towards partner, step around ball with left or right foot, plant it on other side of ball and move away with ball in opposite direction. Lead shoulder should be low, knees bent. In slow, out fast. Ensure players have opportunity to work both right and left.



C. TECHNICAL DRILL – b) Step-over + Pass

Step-over + Pass - Dribble ball towards partner, step around ball with left or right foot, plant it on other side of ball and move away with ball in opposite direction. Lead shoulder should be low, knees bent. In slow, out fast. Complete change of direction at opposite end, then pass to partner. Focus on Accuracy & Weight of pass



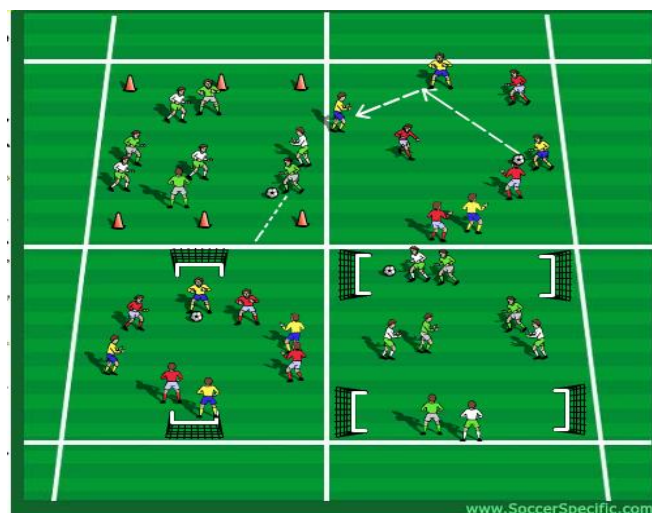
D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over endline to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

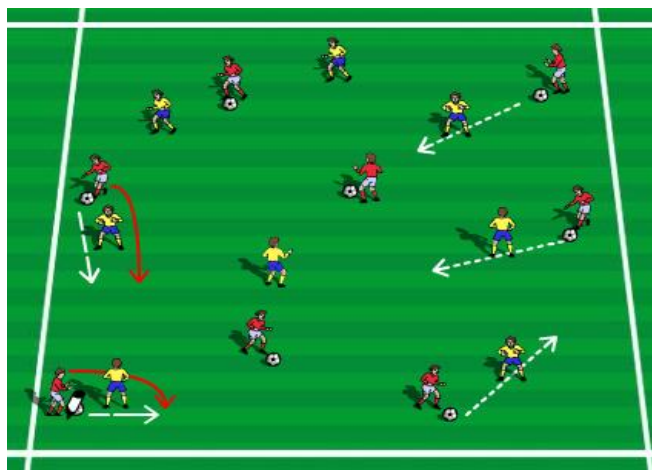
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Week No: 13

Generic Activity: Speed & Agility

Football Theme: Touch & Technique

A. WARM-UP

Follow the Leader - In pairs, with a ball between 2, players are encouraged to dribble freely throughout the defined area. At first reds take possession, with every possession 'change' dictated by the coach. Conditions of moving with the ball can include:

1) Preferred foot only; 2) Weak foot only; 3) Inside-outside; 4) inside-inside etc...

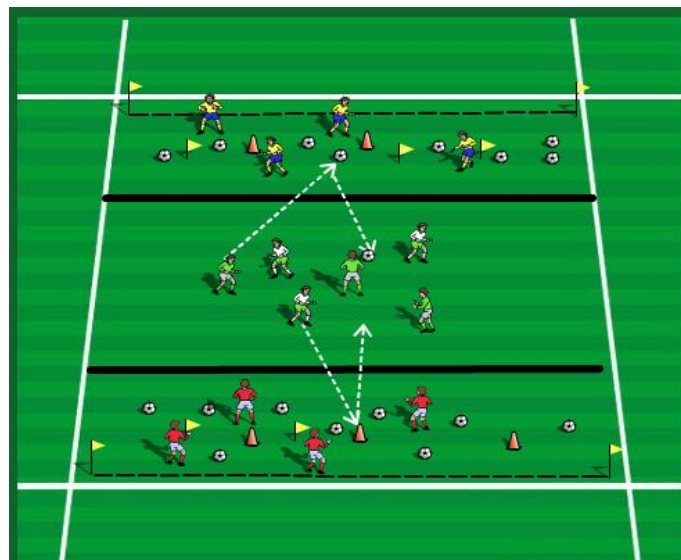
Introduce dynamic stretching towards the end of the warm-up phase.



B. GENERIC ACTIVITY

Organisation: Mark out boundaries, a safe area at both ends of the playing area and an area to be defended in between them. Place objects in area to be defended. Select 3-4 (or more) defenders. Remaining players are scattered in the play area.

Activity: Players defend the wall by trying to keep the others from grabbing an object and getting it back to a safe area without being tagged. If caught, they become a defender. Game ends when all objects are in safe area OR all players are caught.

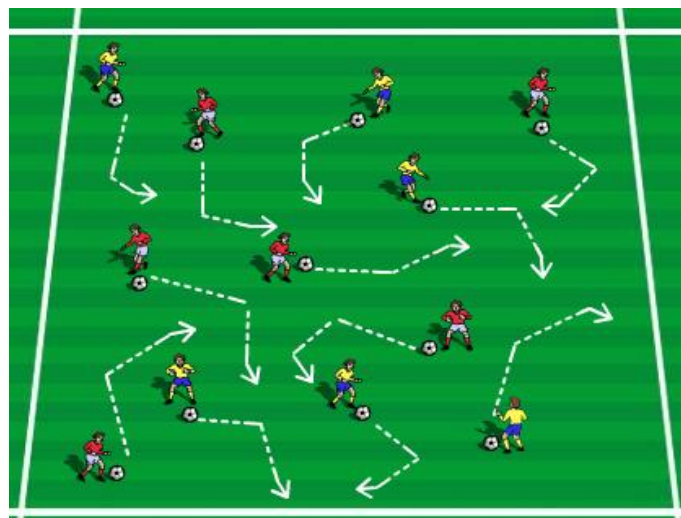


C. TECHNICAL DRILL - Touch & Technique Activities

Players are encouraged to dribble freely inside the defined playing area. Coach provides instruction on various conditioned movements with the ball as follows.

- a) Speed dribble with laces; b) Switch; c) Keepy-up;
- d) Sole of foot drag; f) Change g) Sole of foot push.

Players perform the conditioned activity for a set-time before moving freely again. Encourage players to take soft touches, lift head for awareness and control speed of movement.



D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

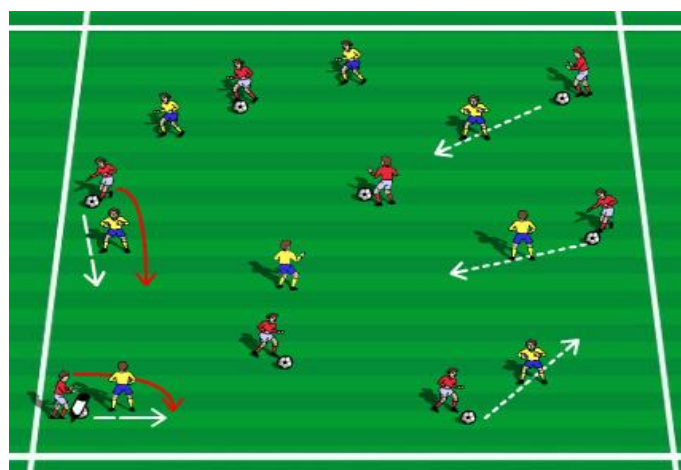
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Week No: 15

Dribbling Skills Test

A. WARM-UP

Players with a ball each are encouraged to dribble freely within the defined area. Conditions of moving with the ball can be added as follows: 1) Preferred foot only 2) Weak foot only 3) Inside-outside 4) Inside-inside

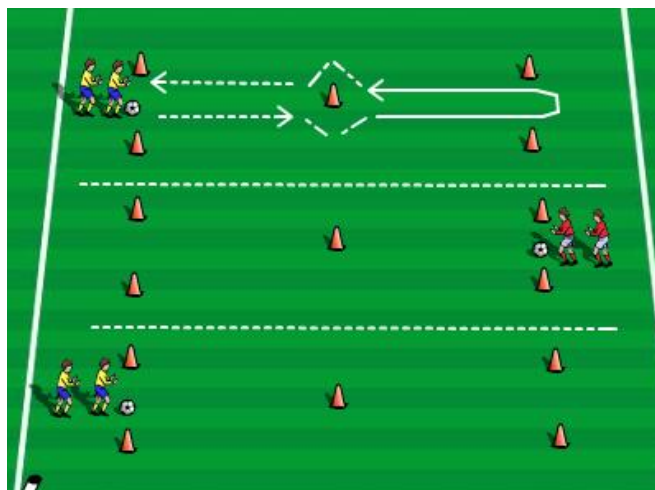
Introduce players to the inside cut move.

Introduce dynamic stretching towards the end of the warm-up phase.



B. DRIBBLING SKILLS TEST

Dribbling Skills Test - Player has 30 secs to complete as many shuttles within defined area while executing moves to beat an opponent at centre cone and changes of direction at end gates. Player must go through gate before executing move. Each player has two attempts and records score within logbook.



C. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over endline to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

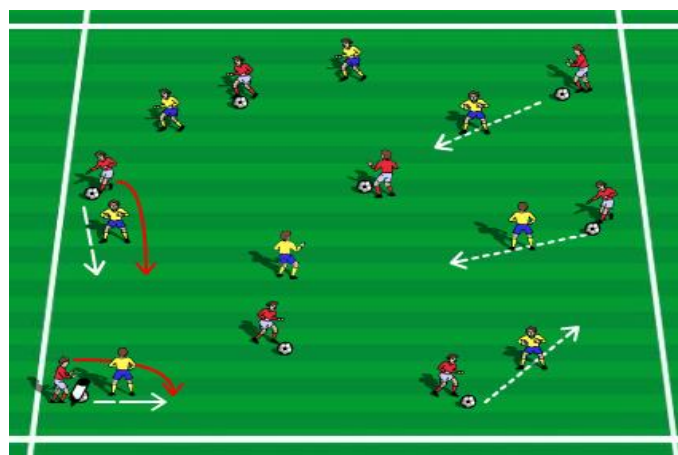
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



D. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Week No: 16

Generic Activity: Strength

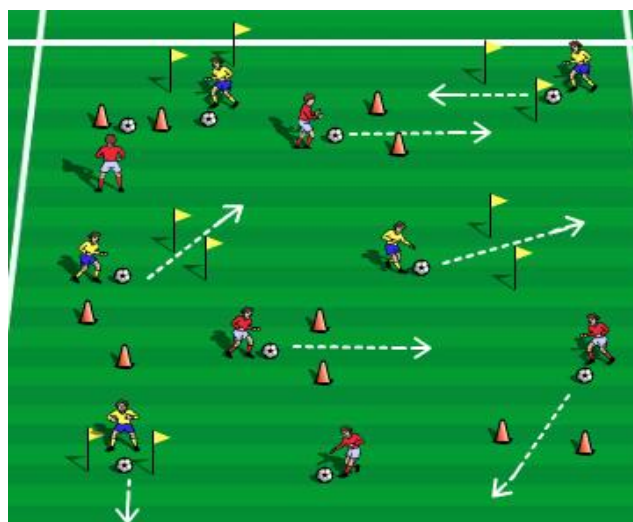
Football Theme: MTCD 3 Stop Turn

A. WARM-UP

Players at first are encouraged to dribble freely with the ball showing various moves to beat opponents and changes of direction. Players eventually progress to dribbling through a gate on the coaches signal. Variations include:

a) 30 seconds to dribble through as many gates as possible; b) in 2 teams, 1 v 1 dribbling - 1 player from each team speed dribble through all gates and back to start.

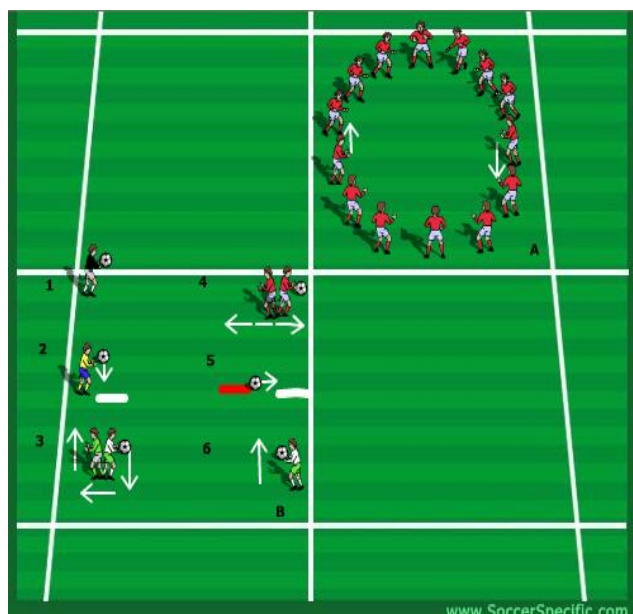
Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates and show various dribbling moves.



B. STRENGTH GAMES – Choice of:

A – Ball Chasing (could be used as a warm up to circuit)

Form circle with two balls positioned diagonally opposite each other. Aim of the game is for one ball to catch the other when both are passed in the same direction.



B – Strength Circuit

(Do each exercise for 30s and take 10s between each. 1min active rest between each circuit)

1. Ball Wrestling. Partners both hold ball and attempt to gain full control by pushing away with legs.
2. Lying Chest Pass. Ball is dropped down to performer's hands. Ball is caught and taken to chest, very rapidly, thrown upwards and caught by partner.
3. Vertical Extension. Ball is passed in a controlled manner alternating between the legs and over head.
4. Torso Twist. Partners stand back to back. Keep hips facing forward, legs slightly bent. Ball is passed to one and other by twisting the torso.
5. Hyper Throw. Partner lies face downwards facing each other, feet and arms elevated. Ball is passed horizontally at head height continuously.
6. Bunnie Jump. Straight back, flexed leg position. Ball is held forwards with straight arms. Player then moves forward in a series of forward jumps. Knees should not bend below 45°

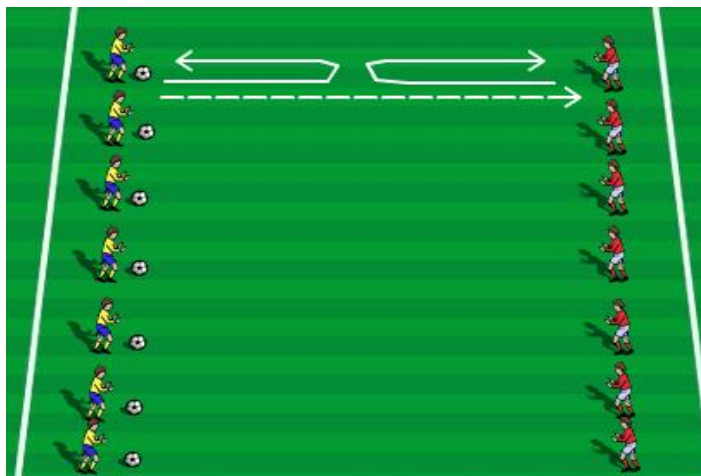
C. TECHNICAL DRILL – a) Stop Turn

Stop Turn- Dribble ball towards partner, stop ball with sole of foot. Step over ball with both feet, turn quickly and take ball away in opposite direction. Use momentum to go beyond the ball and turn sharply. Use both left and right foot.



C. TECHNICAL DRILL – b) Stop Turn + Pass

Stop Turn- Dribble ball towards partner, stop ball with sole of foot. Step over ball with both feet, turn quickly and take ball away in opposite direction. Use momentum to go beyond the ball and turn sharply. Complete 2nd turn at start position then pass to partner. Focus on Accuracy & Weight of pass.



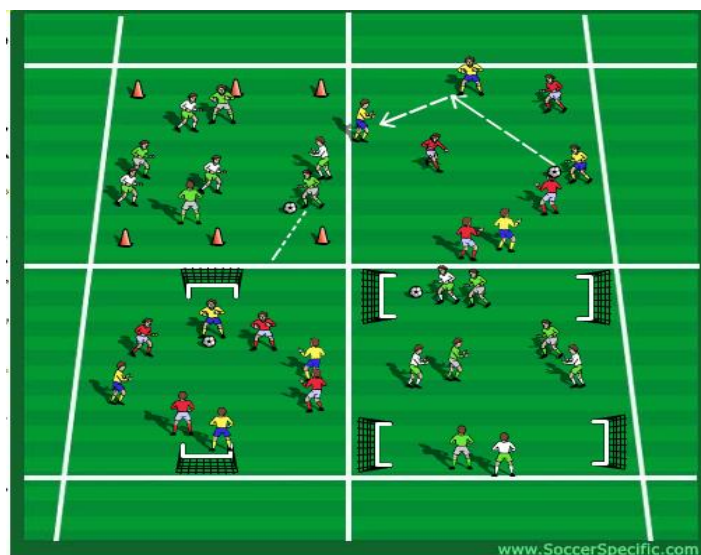
D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over endline to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

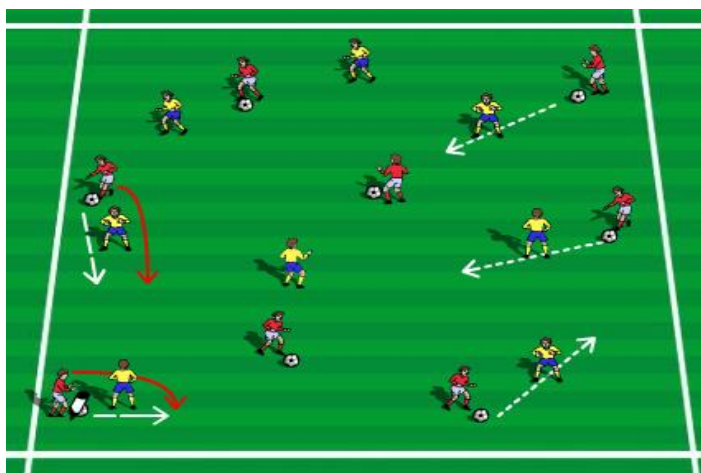
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Week No: 17

Generic Activity: Reaction

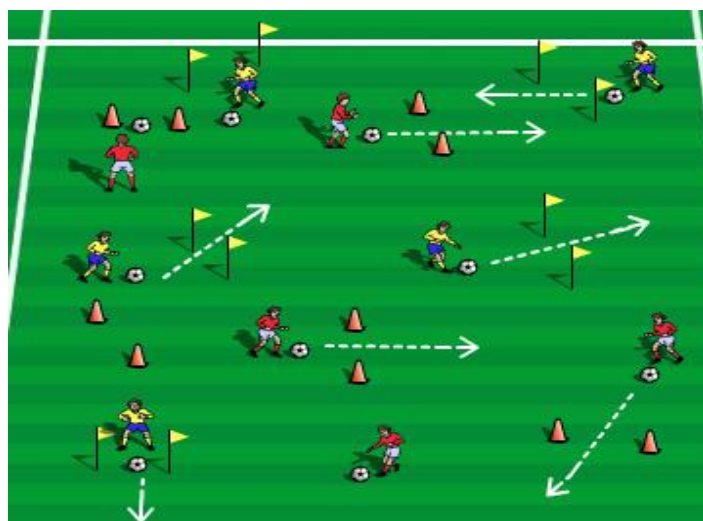
Football Theme: Creative Movement

A. WARM-UP

Players at first are encouraged to dribble freely with the ball showing various moves to beat opponents and changes of direction. Players eventually progress to dribbling through a gate on the coaches signal. Variations include:

a) 30 seconds to dribble through as many gates as possible; b) in 2 teams, 1 v 1 dribbling - 1 player from each team speed dribble through all gates and back to start.

Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates and show various dribbling moves.

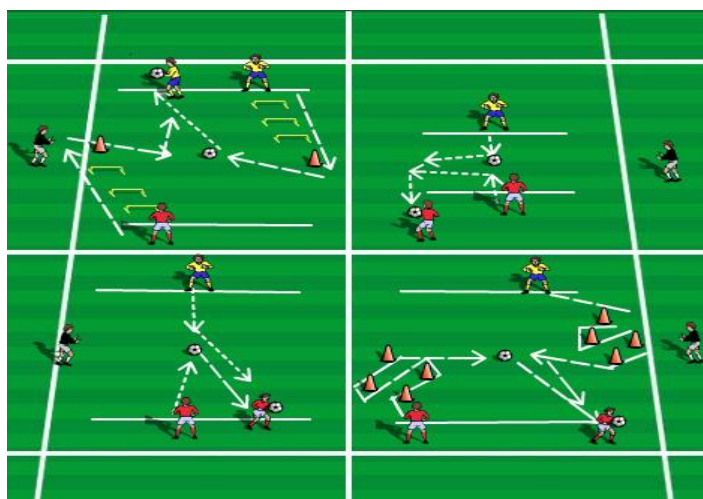


B. GENERIC ACTIVITY

Equipment: 1 object for every 3 participants

Activity: When the third child calls 'snatch' the other 2 run out to try to grab the object and get to their own line before being tagged by the other.

Variation: Start within a few steps of the object to minimise running speed being a factor. Use instructor to call 'snatch' only using a child if there is an odd number of participants. Include mini-obstacle courses, dribbling, hopping and bounding movements etc

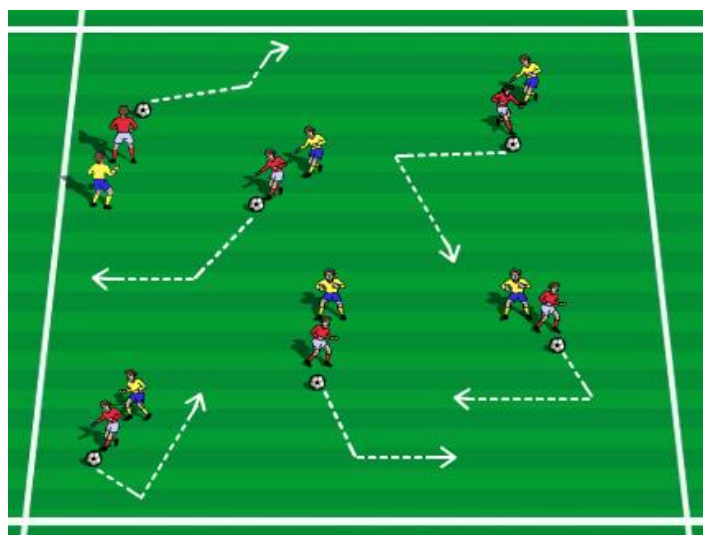


C. TECHNICAL DRILL - Creative Movement

Follow the Leader

In two's, with one ball, players are encouraged to dribble freely within the defined area. Reds at first, ensuring each player has equal time on the ball. Coach provides players with various conditioned movements as follows:

Variation: Add a ball each and player following must mirror exact movements of leading player. Encourage players here to use various moves.



20 Week Programme

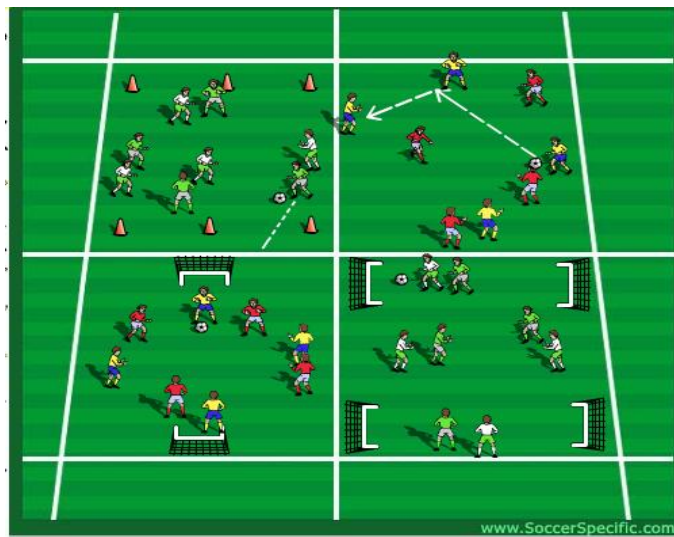
D. SMALL-SIDED GAMES

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

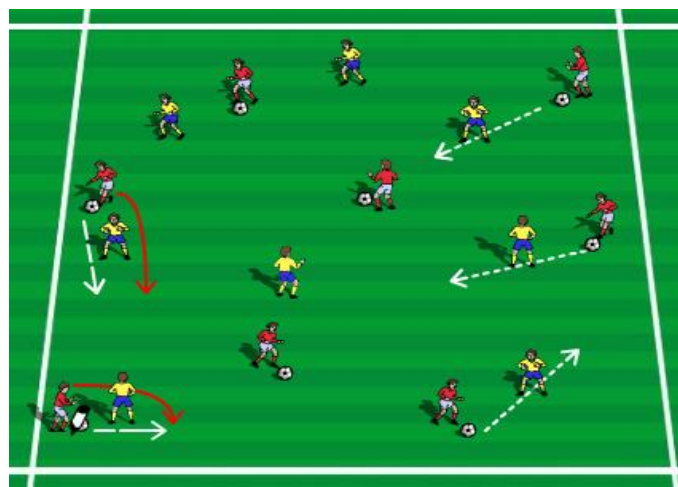
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



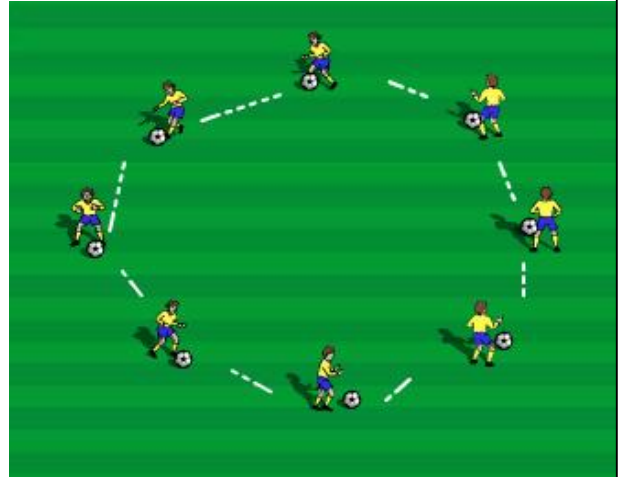
Week No: 18

Generic Activity: All **Football Theme:** MTCD 4 Cruyff Turn

A. WARM-UP

Players take the ball and form a circle. Players dribble the ball in a clockwise direction. The coach can instruct the players to change direction using a drag back or other move. Other instructions could be:

- 10) Stop ball and jog round the circle to your ball.
- 11) Leave ball and do some dynamic stretching
- 12) Additional commands can be made by the coach.
- 13) Stop the ball and move to the next ball in the direction you are facing.

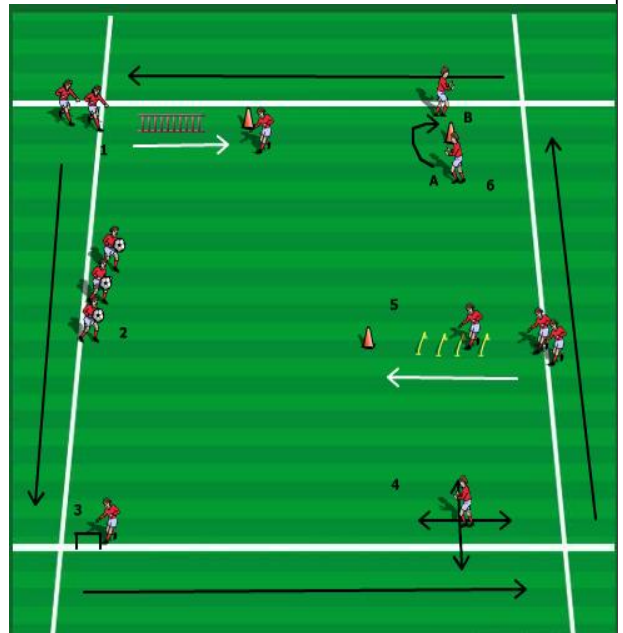


B. GENERIC ACTIVITY – Circuit

1. Fast foot ladder - Single runs. Player only starts once they are tagged from returning player.
2. Forward lunges with ball.
3. Step on and off bench. Alternate feet.
4. Cross jump. Start in the middle. Two feet together. Jump forward, back and side to side making a cross.
5. Multiple jumps. Next player starts once they are tagged by returning player.
6. Twist jump. Start at point A jump twisting in the air and land at point B facing the other way.

Note -

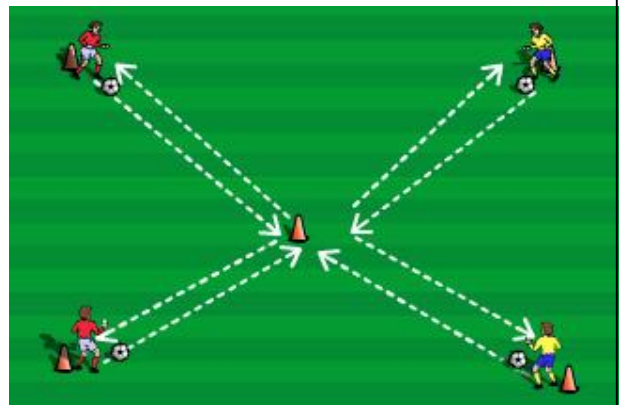
- # Work at each station for 30s
- # Coach will start and stop each station
- # Rest for 10s between each station.
- # After all stations are completed. Active rest for 1min walking round circuit.
- # Complete two circuits



C. TECHNICAL DRILL – a) Cruyff Turn

Players dribble ball towards centre complete Cruyff and return to starting cone, use the same turn and repeat the exercise. The drill can be progress to go to opposite cone or in a clockwise direction.

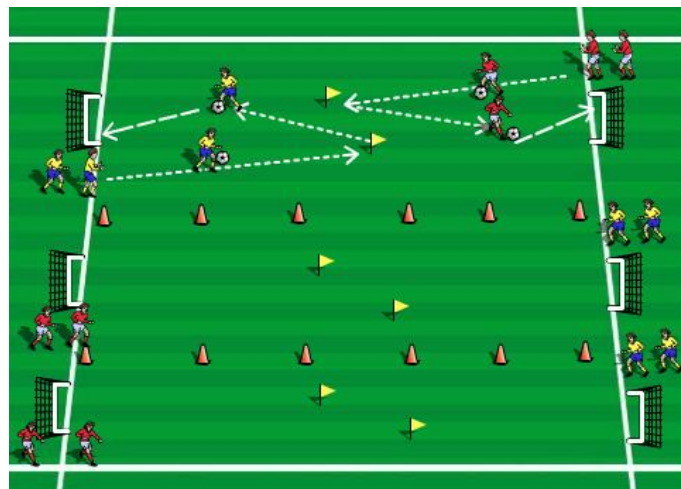
Drill should operate both clockwise and anti clockwise.



C. TECHNICAL DRILL – b) Cruyff + Shot

Players dribble out to marker perform Cruyff and dribble then shoot.

Encourage shot to be taken with alternate feet, challenge those who are performing well to increase the speed of the dribble. Progress by adding in a defender.



D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over endline to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

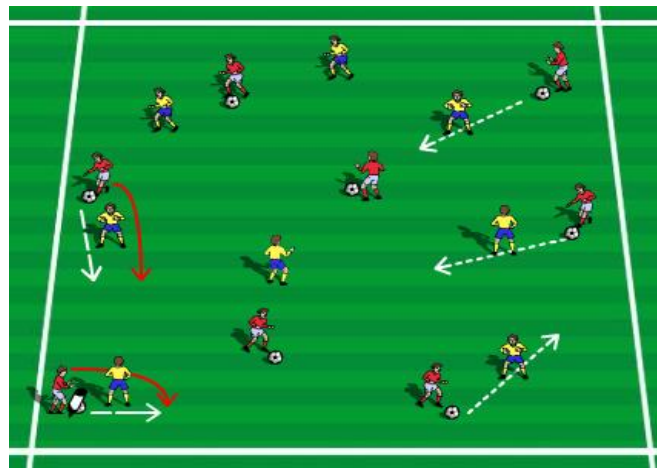
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Week No: 19

Dribbling Skills Test

A. WARM-UP

Players with a ball each are encouraged to dribble freely within the defined area. Conditions of moving with the ball can be added as follows: 1) Preferred foot only 2) Weak foot only 3) Inside-outside 4) Inside-inside

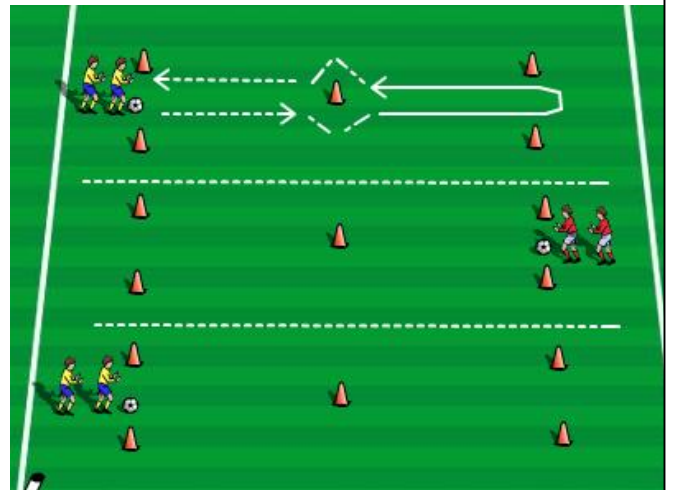
Introduce players to the inside cut move.

Introduce dynamic stretching towards the end of the warm-up phase.



B. DRIBBLING SKILLS TEST

Dribbling Skills Test - Player has 30 secs to complete as many shuttles within defined area while executing moves to beat an opponent at centre cone and changes of direction at end gates. Player must go through gate before executing move. Each player has two attempts and records score within logbook.



C. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over endline to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

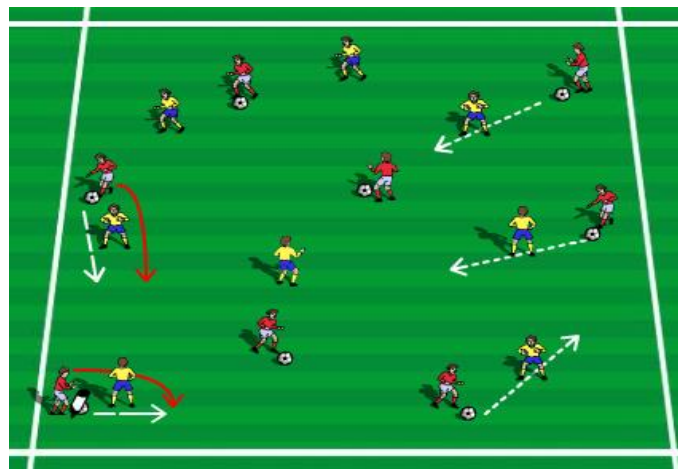
Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



D. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



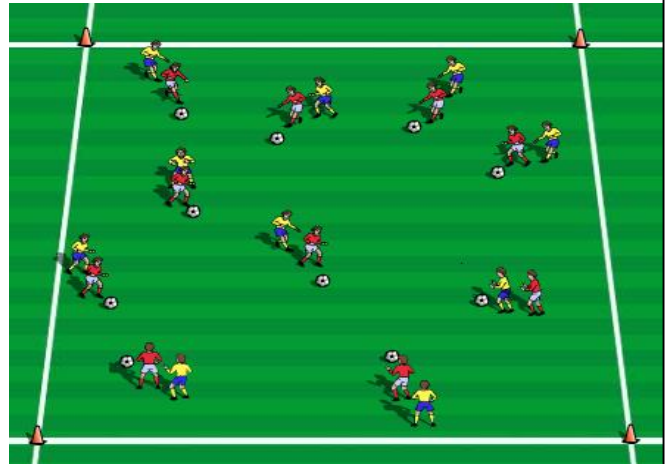
Week No: 20

Exercise Awareness & Evaluation

A. WARM-UP

Follow the Leader - In pairs, with a ball between 2, players are encouraged to dribble freely throughout the defined area. At first reds take possession, with every possession 'change' dictated by the coach. Conditions of moving with the ball can include:
1) Preferred foot only; 2) Weak foot only; 3) Inside-outside; 4) inside-inside etc...

Introduce dynamic stretching towards the end of the warm-up phase.



B. EXERCISE AWARENESS – 15 Mins

Players will be placed into teams of 3 or 4 depending on the numbers in the class.

The teams will play in continuous round robin fixtures where feasible with each game lasting for 2 minutes max.

At the start players will be asked to take their heart rate and input within week one (Before Session) of exercise diary and also write down their perceived activity level. During the games players will be asked to think about how they feel and how hard they think they are working. At the end of activity they will complete week one (After Session) of the exercise diary and fill out the physical activity questionnaire.



C. SMALL-SIDED GAMES

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



D. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.

