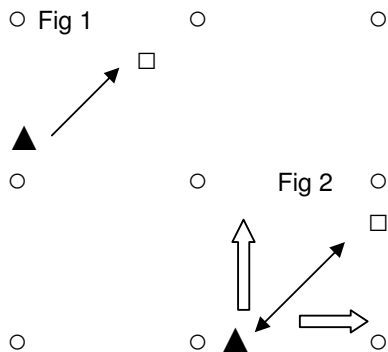


Some of my favourite drills!
Session delivered by Dave Wilkes – Carlisle Utd Centre of Excellence
Manager

10th September 2009 @ Central Fields Complex, Carlisle

1st part of the session was delivered to the u12's group:

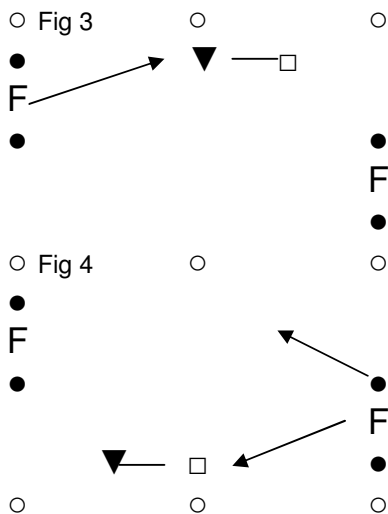


Practise 1 Set up:

- Construct multiple grid squares within your area – roughly 10x10 for the players to work in. (As shown)
- 2 players to each grid with 1 ball between them to create 1v1 situations.
- To start the practise ▲ plays to □ who then moves around the grid attempting to keep the ball from the defender. (Fig.1)
- Can player with the ball keep possession whilst trying to commit the defender?
- Swap players around

Progression 1:

- Starting in 1 corner of the grid ▲ plays to □ then receives the ball back and then must try to get to 1 of the other 3 corners of the grid. (Fig. 2)
- Emphasis on trying to keep the ball from the defender whilst trying to be positive and trying new tricks to get past the other player.



Practise 2 set up:

- Using the same area. Make the playing space roughly 10x20.
- Place 1 goal in 1 corner at each end of the grid approx 3/4 metres wide (can be larger or smaller depending on age, ability etc)
- 4 players per grid with a 1 ball per group.
- 1 player from each team stands in the goal (feeder) and the other within the playing space ▼ or □.
- Feeders (F) play the ball into ▼ or □ who attempts to get the ball through the opposite goal by either passing or running the ball through. (Fig 3)
- Feeders remain between the goals to start with.
- Swap over attackers and defenders.

Progression 1:

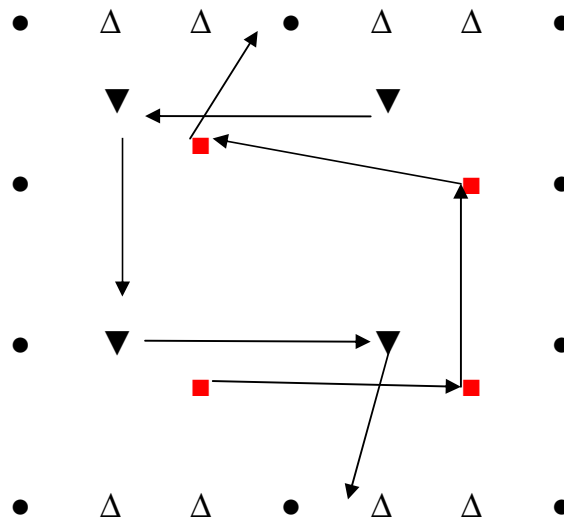
- Feeders that play the ball into ▼ or □ can join in to make 2v1 situations. (Fig 4)
- Swap roles

Progression 2:

- Allow all players to join in making the game 2v2.

4 v 4 possession game:

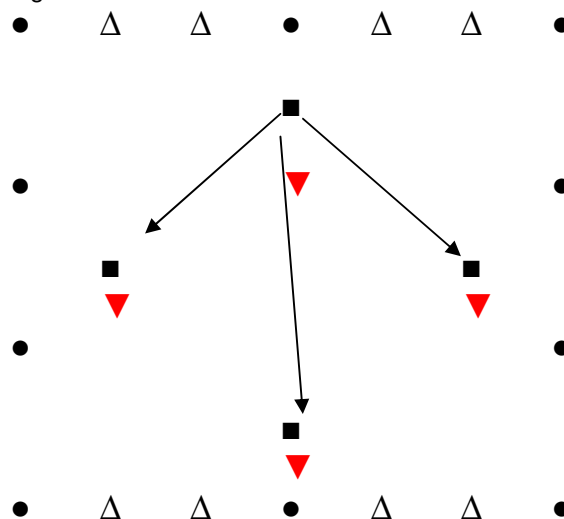
Fig 5



Practise set up: See Fig 5

- Aim of game is to play from one side to the other to score a goal whilst keeping possession.
- Pitch size – approx 15x20 depending on age, ability etc.
- 4 players on both sides. Teams play from one end to the other.
- To start the game – Coach plays ball on to the field.
- To start with, a goal can only be scored by stopping the ball on the opposite touch line.
- Play proper throw ins.
- Change possession when goal is scored.

Fig 6



Practise progressions:

Progression 1:

- Ask players to adopt a team shape to assist with practise. (Diamond formation – game related) Fig 6.

Progression 2:

- Change direction of play – play width ways across pitch instead of length.

Progression 3:

- Allow players to score in goals. Instead of stopping on touchline.

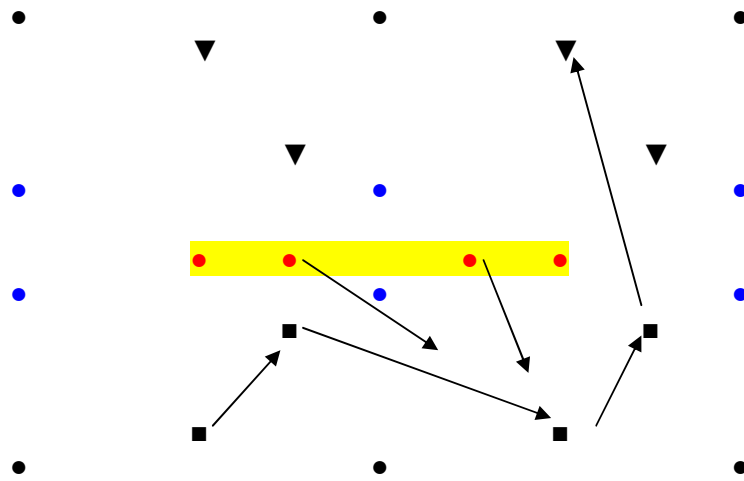
Things to work on with all the above:

- Ball manipulation – chance to have lots of touches.
- Opportunity to try new techniques e.g. turns tricks etc.
- Spatial awareness.
- Combination play – one 2's, 3rd man running.
- Variation of games – e.g. GK coming into the practise.
- Encourage rotation of players trying different positions.
- Passing, dribbling techniques.
- Defensive play.
- Attacking play.
- ALWAYS ENCOURAGE.
- REWARD SUCCESS NO MATTER HOW SMALL.
- MINIMAL INTERVENTION WITH MAXIMUM EFFECT.

2ND PART OF THE SESSION WAS DELIVERED TO THE U15'S GROUP

Possession and transfer games

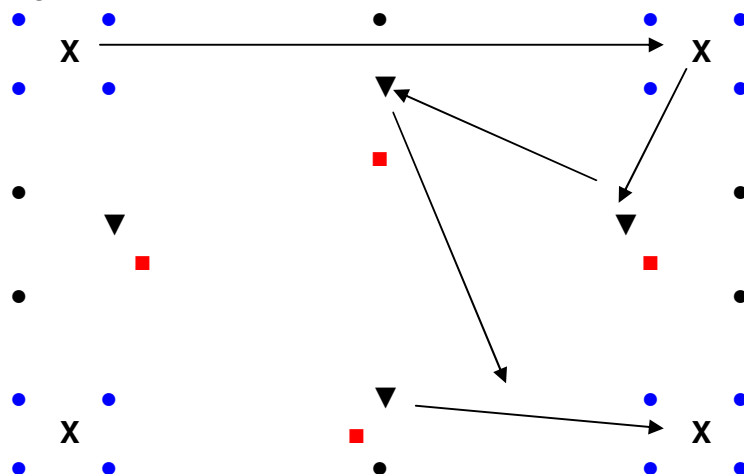
Fig 7



Practise set up:

- Mark out an area roughly 30x20 with a 10meter wide zone down the middle (as shown in Fig 7)
- Divide players up into 3 teams with 1 team occupying the middle zone – This team are defenders to start with. (Shown in red/yellow)
- The aim of the game is to keep possession of the ball from the defenders for 3 passes or more then to transfer the ball to the other group by either threading or lofting a pass.
- Defending teams are only allowed 2 members to enter a zone at a time.
- Defenders cannot enter the zone until the attacking team has made their 1st touch
- Upon gaining possession of the ball the defenders must relinquish the ball and the practise starts again from the other side
- Swap teams around.

Fig 8



Practise progressions:

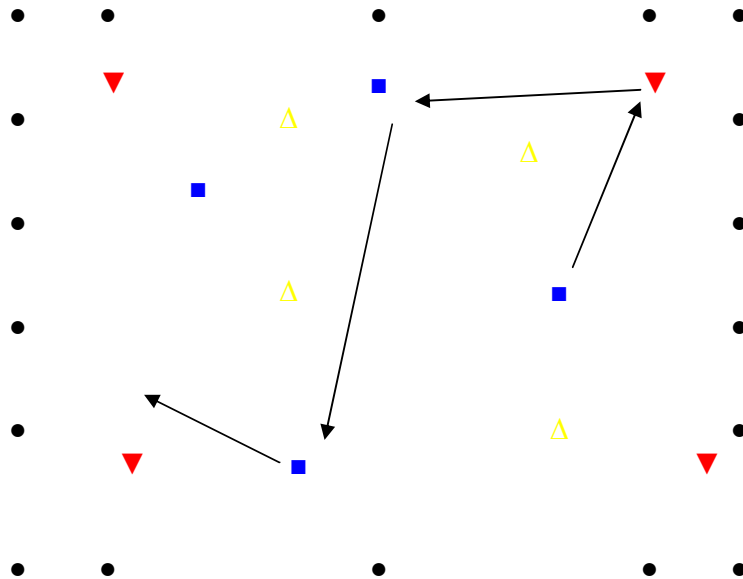
Progression 1:

- Adjust existing grid by 5m each side and place squares in each corner Approx 5x5.
- 2 teams are against each other in the middle while the other team takes up the square positions (fig 8).
- To start the game, the ball is transferred from 1 sq to another then into the middle for the teams to play. (Fig 8)
- Aim of the game is to keep possession and try to score in the squares.

Progression 2:

- Once a goal has been scored in one square, a team cannot return immediately to the same square

Fig 9



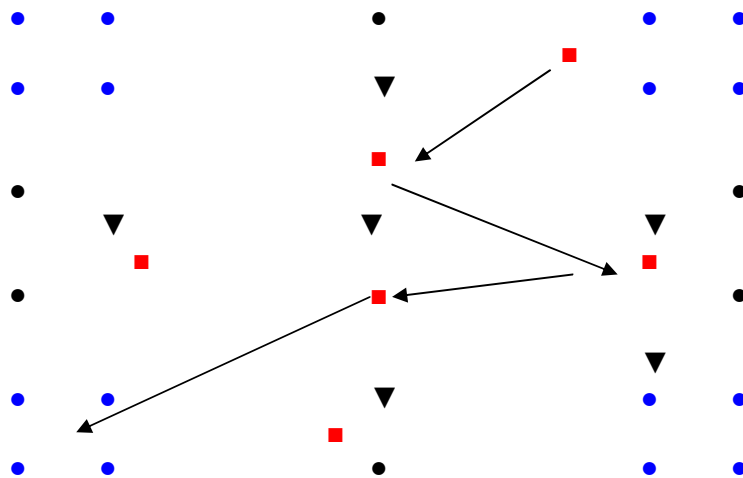
Progression 3:

- Remove inside squares from previous drill.
- 2 teams will be working together to keep the ball. Other team will be defending. (8v4) Fig 9
- Aim of the game is to keep the ball from the defenders.
- Rotate teams after sufficient time working.

Things to look out for:

- Composure on the ball.
- Options for man on the ball.
- Defenders working to close down – Do they have a shape?
- Aware of the space – Perhaps away from the ball rather than towards it.
- Decision making.

Fig 10



Progression 4:

- Make the grid a little bit bigger again and add the 4 inside squares – but leave them empty this time. (Fig 10)
- Equal teams – 6v6.
- Aim of the game is to keep possession from the other team and try to score within 1 of the squares.
- Goals can be scored by either running the ball into the square or passing the ball into the square.
- Squares are no tackling zones.

Things to look out for:

- Are players aware of space, on, around & away from the ball?
- Have they adopted a team shape?
- Decision making.