

EXPLORATION PHASE (6-8)



1. Basic Motor Skills
2. Ball Mastery
3. Dribbling
4. 1 v 1
5. Small Sided Games

EXPLORATION PHASE (6-8)



CORE SKILL: DRIBBLING. TRAINING SESSION 1

WARM UP: BASIC MOTOR SKILLS

Introduction:

Two players located on the middle have to touch the others (in pairs) throwing the ball with their hands. Players in pairs must hold a bib between them and they should avoid the ball touch them running, stopping their run or do it faster, changing of direction, jumping, etc...

Condition:

Aiming throwing the ball below knee height.
Players in pairs always running holding the bib.
The pair inside the grid will be replaced by one different pair after 2-3 min.

Coaching Point:

- Keep head up.
- Let the players enjoy and trying different ways of displacement.
- Awareness.
- Communication.

Organization:

Players: 12-14/group.

Time: 10 min.

Space: 20mx20m+6mx6m.

Equipment: balls, cones, markers.

Progression:

Players running free individually.



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EXPLORATION PHASE (6-8)



CORE SKILL: DRIBBLING. TRAINING SESSION 1

BALL MASTERY

Introduction:

Players dribble free their balls around inside the grid.

Condition:

The coach then shouts a body part out and the players put that body part on the ball (leg, chest, head, arm, etc.).

Coaching Point:

- Keep head up.
- Look for space.
- Ball always close to feet.
- Be brave to try new things.

Organization:

Players: 12-14/group.

Time: 10min.

Space: 20mx20m.

Equipment: balls, cones.

Progression:

Players to using right foot only – left foot only, dribbling using instep or other, etc.



EXPLORATION PHASE (6-8)



CORE SKILL: DRIBBLING. TRAINING SESSION 1

SKILL GAME

Introduction:

Players dribble around inside the grid. Three players start without balls and attempt to tag the players.

Condition:

When tagged the player must hold their balls above their head and stand with their feet apart. Other players try to free the tagged players by passing their ball through the tagged player's legs to set them free

Coaching Point:

- Keep head up.
- Look for fast change of direction when pursued.
- Dribble to free space.
- Always ball close to feet.
- Be brave to try new things.

Organization:

Players: 12-14/group.

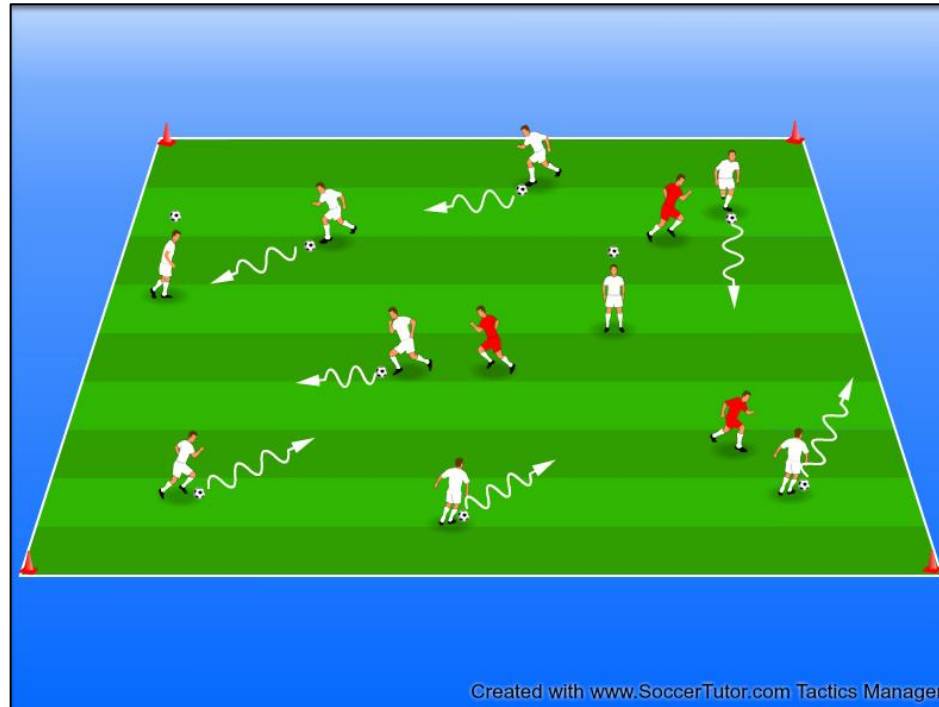
Time: 15min.

Space: 20mx20m.

Equipment: balls, cones, bibs of different color.

Progression:

Players that are trying to tag, have balls and must dribble when trying to tag.



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EXPLORATION PHASE (6-8)



CORE SKILL: DRIBBLING. TRAINING SESSION 1

GAME: 4v4.

Introduction:

Two teams of four players. No goalkeeper.

Condition:

Team who scores a goal keep possession and starts attacking towards any of the other three goals.

The aim for both teams is to score in all four goals keeping always the ball.

Coaching Point:

- Keep heads up.
- Dribbling using both feet.
- Be brave mastering the ball.
- Try to beat an opponent either dribbling or running with the ball.

Organization:

Players: 8 players/group.

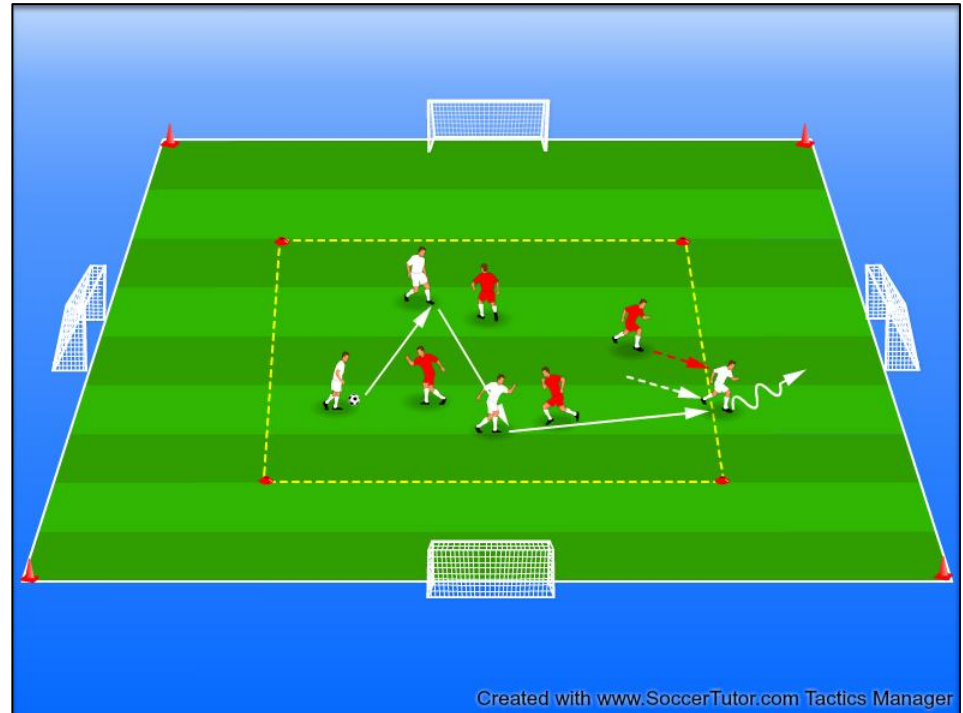
Time: 20min.

Space: 30m x 30m.

Equipment: balls, cones, bibs of different color.

Progression:

With goalkeepers in 2 goals.



EXPLORATION PHASE (6-8)



CORE SKILL: DRIBBLING. TRAINING SESSION 2

WARM UP: BASIC MOTOR SKILLS

Introduction:

Players jogging around inside the grid with a ball in hands.

Condition:

The coach demonstrates various moves and the players copy the moves. Moves: bounce ball and catch, throw the ball and catch, roll the ball behind through legs and catch, perform 1 juggle with various parts of the body (thigh, laces, inside of foot, outside of foot, forehead or even shin, back heel etc.) and catch the ball.

Coaching Point:

- Keep heads up.
- Look for space.
- Awareness.

Organization:

Players: 12-15/group.

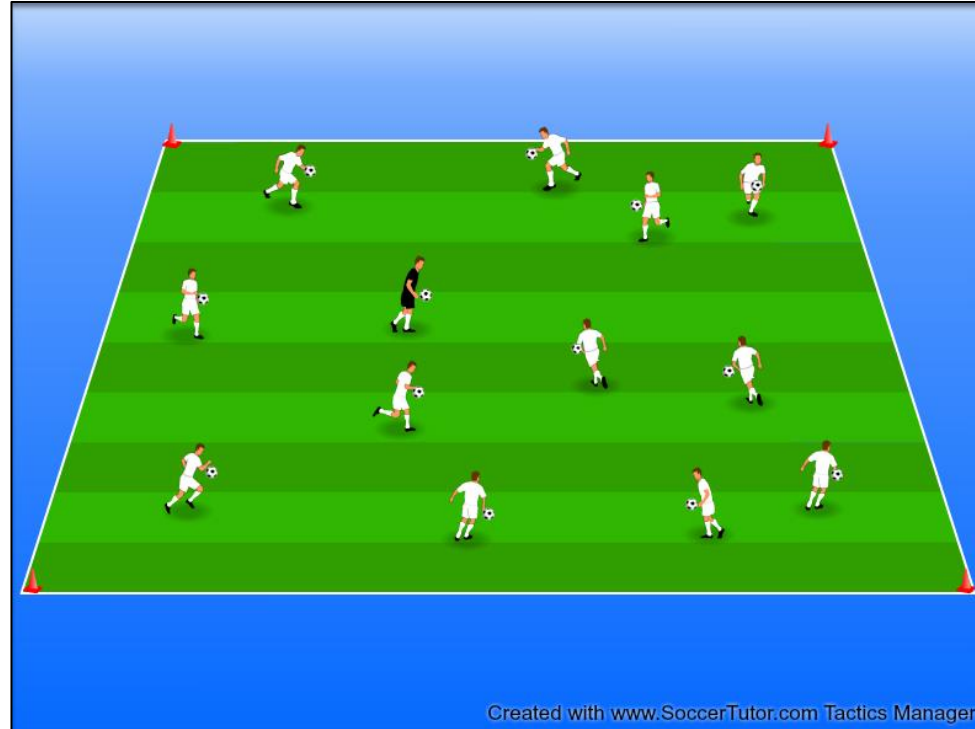
Time: 10min.

Space: 20m x 20m.

Equipment: balls, cones.

Progression:

Increase the number of players juggling.



EXPLORATION PHASE (6-8)



CORE SKILL: DRIBBLING. TRAINING SESSION 2

BALL MASTERY

Introduction:

Players dribble around inside the grid with a ball each.

Condition:

The coach demonstrates various moves and the players copy the moves. Moves: stops, different turns, scissors, dribble with weak foot, etc.

Coaching Point:

- Keep head up.
- Look for space.
- Ball always close to feet.
- Be brave to try new things.

Organization:

Number of players: 12/group.

Time: 10min.

Space: 20m x 20m.

Equipment: cones, balls.

Progression:

Coach calls out the number of body parts to be placed on the ground and the players react.



EXPLORATION PHASE (6-8)



CORE SKILL: DRIBBLING. TRAINING SESSION 2

SKILL GAME

Introduction:

Players with the ball dribbling free into the space. 3 defenders trying to get the ball back from the attackers.

Condition:

Defenders should touch the ball of the attackers from their feet. When it happens, the attacker goes to the small square with ball in the middle. Other attackers may free him by dribbling inside the area and touching his hand.

Coaching Point:

- Keep head up and aware of surroundings.
- Maintain close control.
- Protect ball with body and legs.

Organization:

Players: 12-15/group.

Time: 12min.

Space: 20x20m + 4x4m.

Equipment: balls, cons, markers, bibs of different color.

Progression:

- Add more defenders
- Change the way to save players by rolling the ball through his legs, etc.



EXPLORATION PHASE (6-8)



CORE SKILL: DRIBBLING. TRAINING SESSION 2

GAME: 4v4.

Introduction:

Two teams of four players. No goalkeepers.

Condition:

Team who scores a goal keep possession and starts attacking towards any of the other three goals.

The aim for both teams is to score in all four goals keeping always the ball.

The aim for both teams is to score in all four goals.

Coaching Point:

- Keep heads up.
- Dribbling using both feet.
- Be brave mastering the ball.
- Dribbling fast and away from opponent.

Organization:

Players: 8 players/group.

Time: 20min.

Space: 30m x 30m.

Equipment: balls, cones, bibs of different color.

Progression:

With goalkeepers in 2 goals.



EXPLORATION PHASE (6-8)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 1

WARM UP: BASIC MOTOR SKILLS

Introduction:

Players jogging around inside the grid, start with three or four balls and with the players holding the balls in their hands.

Condition:

Players pass the ball to a teammate by throwing the ball, calling out their team mate's name before they pass.

Coaching Point:

- Keep heads up.
- Look for space.
- Be courageous.

Organization:

Players: 12-15/group.

Time: 10min.

Space: 20m x 20m.

Equipment: cones, balls.

Progression:

- Passing the ball to a teammate like in rugby, hand by hand and do some running with the ball in hands after passing again to a different teammate.
- Dribbling the ball like in basketball before passing the ball to a teammate.
- Competition: 2 teams passing and throwing the ball among all the players. After 2-3min ask each team how many passes have they achieved.



EXPLORATION PHASE (6-8)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 1

BALL MASTERY

Introduction:

Players dribble balls around inside the grid – Set out an equal number of markers to players.

Condition:

Have the players dribble around the grid avoiding other players and the markers. Once the coach shouts one color (blue, red and yellow) the players have to stop to the nearest marker of that color as soon as possible. Once the coach shouts “Go” the players continue to dribble.

Coaching Point:

- Keep head up.
- Look for markers that are unattended.
- Maintain close control.

Organization:

Players: 12-15/group.

Time: 10min(few breaks)

Space: 15mx15m.

Equipment: balls, cones, markers.

Progression:

Introduce other dribbling constraints such as right/left foot only, sole, laces, etc.



EXPLORATION PHASE (6-8)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 1

SKILL GAME

Introduction:

Players line up at the end of the grid with a ball each. The coach stands in the center and try to touch the ball of the players.

Condition:

On the coaches' mark, players running with the ball towards the other end and try to avoid being touched by the coach while maintaining control of the ball. Players being caught become defender. Repeat until all players (or a preset number of players) have been touched.

Coaching Point:

- Keep head up.
- Keep the ball close
- Look for space between defenders to accelerate.
- Change of speed and direction to escape from defender.

Organization:

Players:10-15/group.

Time: 15min.

Space: 20mx25m.

Equipment: balls, cones.

Progression:

- 2-3 players starting as a “defenders”. Running with the ball only with right foot/left foot, etc.
- 2 groups of 2-3 players holding their hands, then only 1 group of 6-7 players.



EXPLORATION PHASE (6-8)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 1

GAME: 4v4.

Introduction:

Two teams of four players. Each team is able to score in any of the four goals outside the playing area.

Condition:

After keeping the ball inside the playing area, team is able to score in any goal by any player running with the ball. If team attacking scores keep the ball starting from the playing area. If any defender regains the ball, is able to start running with the ball and score.

Coaching Point:

- Keep heads up
- Maintain close control
- Ball close to feet
- Be aware of opponent's intention

Organization:

Players: 8/group.

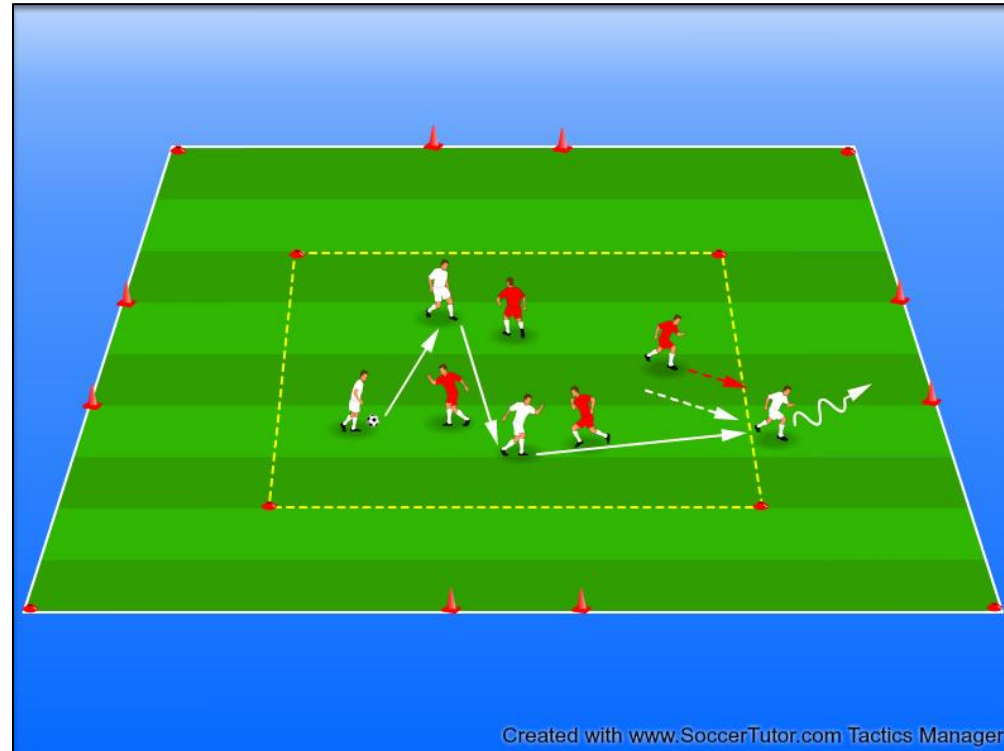
Time: 20min.

Space: 35mx35m (25x25m playing area + 10x10m running with the ball area)

Equipment: balls, cones, markers.

Progression:

- 4v4+2GK.



EXPLORATION PHASE (6-8)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 2

WARM UP: BASIC MOTOR SKILLS

Introduction:

Coach appoints 2 – 3 players chasing the others. Players juggling around inside the grid, start with three or four balls and with the players holding the balls in their hands.

Condition:

Defenders try to eliminate players by tagging them on the shoulder. Player with a ball in hand are free from being tagged. Players pass the ball to a teammate in danger by throwing the ball. Players tagged leave the grid and wait for next round. Play for 1-2 minutes then change defenders.

Coaching Point:

- Keep heads up.
- Without ball - Look for space.
- With ball - Look for teammates to help.
- Communication.

Organization:

Players: 12-15/group.

Time: 10min.

Repetitions:

Space: 15mx15m.

Equipment: balls, cones, bibs of different color.

Progression:

- When the players are jogging around get them to – Skip, Hop, Jump, High Knees, Kick Backs, Side Step
- Increase the number of defenders.



EXPLORATION PHASE (6-8)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 2

BALL MASTERY

Introduction:

Players dribble balls around inside the grid.

Condition:

The coach shouts the following instruction:

- 1 – dribble slow.
- 2 – go medium speed.
- 3 – dribble full speed.
- 4 – stop their ball with the sole of their foot.
- 5 – drag the ball backwards using their sole

Coaching Point:

- Keep heads up.
- Remain close control of the ball.
- Look for space.

Organization:

Players: 12-15/group.

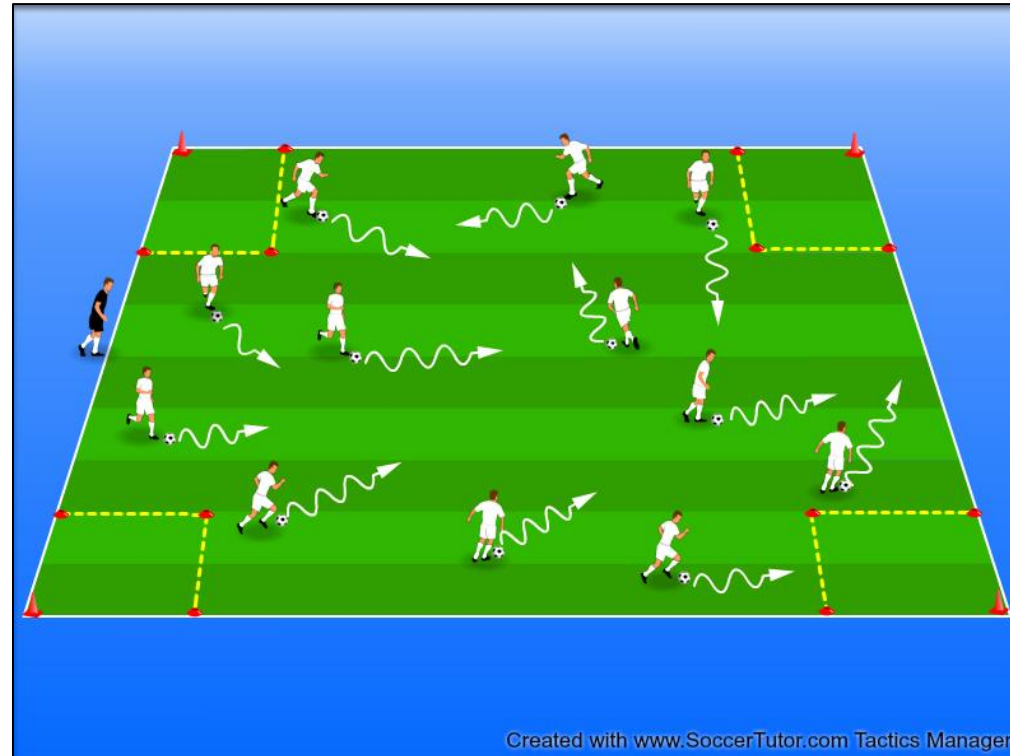
Time: 10min.

Space: 20m x 20m.

Equipment: cones, markers, balls.

Progression:

- Dribble to a corner and do 10 toe taps.
- Dribble to a corner and do 10 quick feet



EXPLORATION PHASE (6-8)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 2

SKILL GAME

Introduction:

Players pair up and set themselves up with one player in the safe zone and the other directly opposite with a ball facing away.

Condition:

The player in the safe zone runs towards their partner (facing the dribblers with their backs), just before they get to him, he must stop, tap the partner on the shoulder, turn with the ball, dribble away and try to get in to the safe zone before the partner tags him.

Coaching Point:

- Keep heads up
- Remain close control of the ball.
- Bend knees in the turn to accelerate.

Organization:

Players: 12-15/group.

Time: 10min.

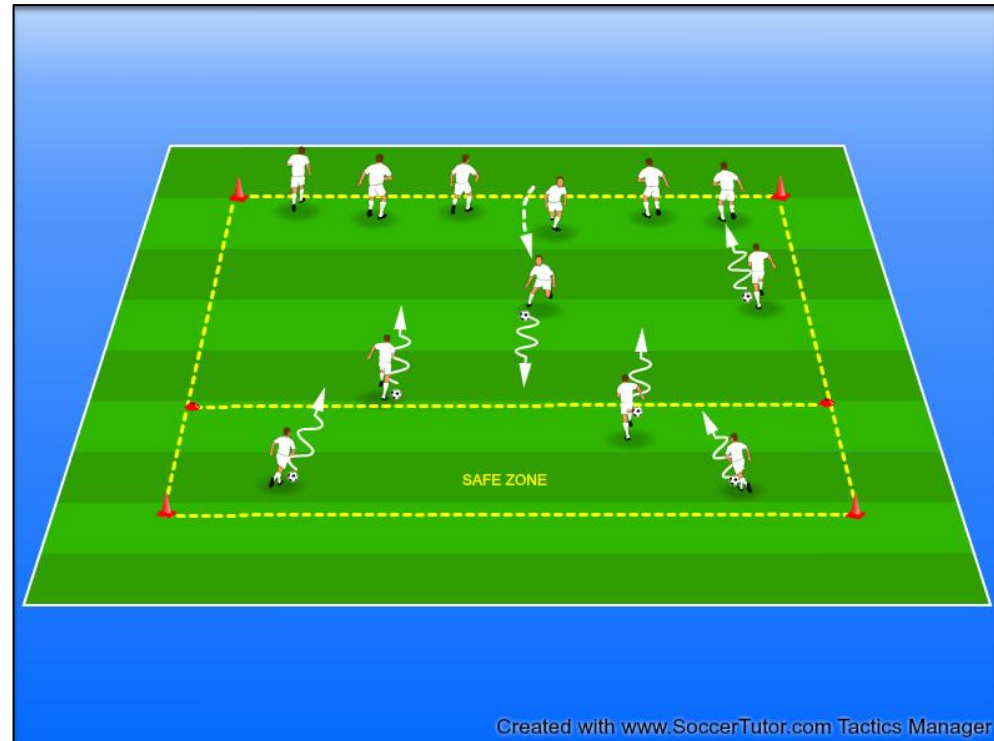
Space: 20m x 20m.

Equipment: cones, balls.

Progression:

Increase / decrease distance between partners.

Increase / decrease safe zone.



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EXPLORATION PHASE (6-8)



CORE SKILL: RUNNING WITH THE BALL. TRAINING SESSION 2

GAME: 4v4.

Introduction:

Two teams of four players, each team is able to score in any of the two goals of the opponent.

Condition:

The match starts in one half. Team attacking is able to score by running with the ball towards the opposite half. Then the match will start from that half.

If the defenders regain the ball, are able to score in any of the two goals right away.

Coaching Point:

- Keep heads up.
- Running forward with the ball.
- Running forward without the ball.
- Communication.

Organization:

Players: 10/group.

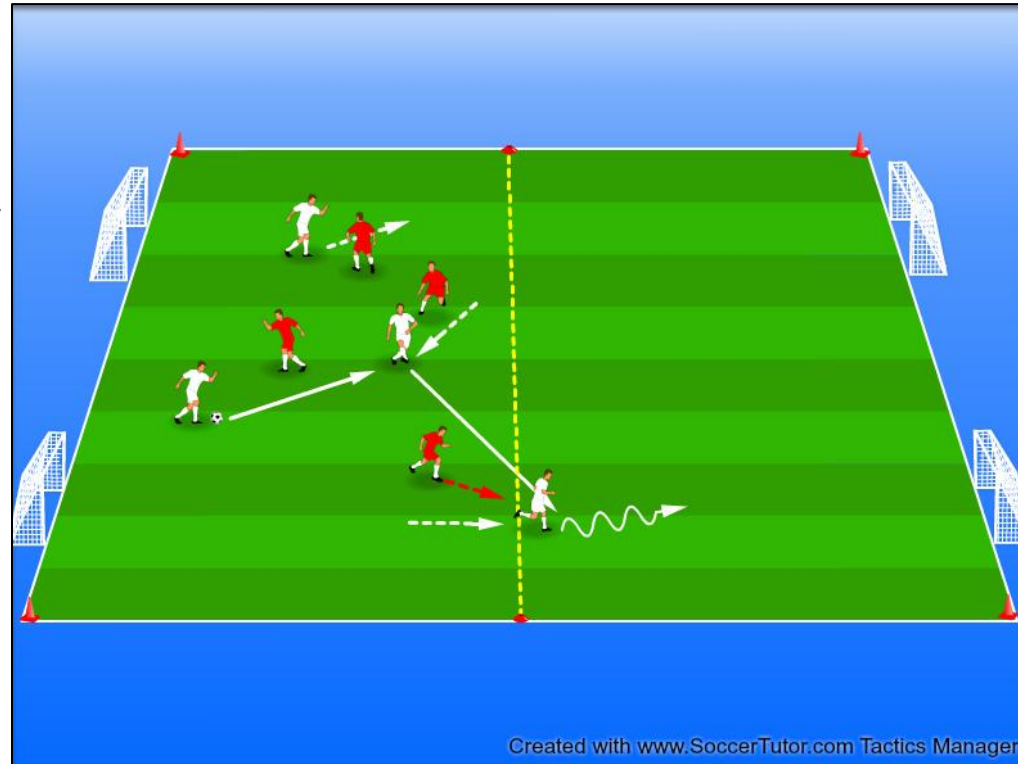
Time: 20min.

Space: 30m x 25m.

Equipment: balls, cones, markers, bibs of different color.

Progression:

- 4v4+GKs.



EXPLORATION PHASE (6-8)



CORE SKILL: 1v1. TRAINING SESSION 1

WARM UP: BASIC MOTOR SKILLS

Introduction:

Players dribbling around inside the grid.

Condition:

The coach shouts out a number and the players try to get into a group matching that number. Make it into a competition. The latest group or those who cannot form a group have to be penalized (e.g. Jumps).

Coaching Point:

- Keep head up.
- Look for space.
- Reaction.
- Communication.

Organization:

Players: 12-15/group

Time: 10min.

Space: 20m x 20m.

Equipment: balls, cones.

Progression:



EXPLORATION PHASE (6-8)



CORE SKILL: 1v1. TRAINING SESSION 1

BALL MASTERY

Introduction:

Three teams, A, B and C. Position teams B and C on either side of the area with one ball per player. Team A starts at one end of the rectangle with a ball per player.

Start:

Condition:

2 players from team A will run the path marked by the markers by dribbling in and out in front of them to the other side of the playing area. Players of teams B and C shoot their balls along the ground in an attempt to hit team A's balls. If a player's ball is hit, he is retired and must go behind the rest of his team. If the player reaches the end of the path he wins 1 point for his team.

Coaching Point:

- Keep head up and aware of balls coming.
- Maintain close control.
- Change of speed to avoid being touched.

Organization:

Players: 12-15/group.

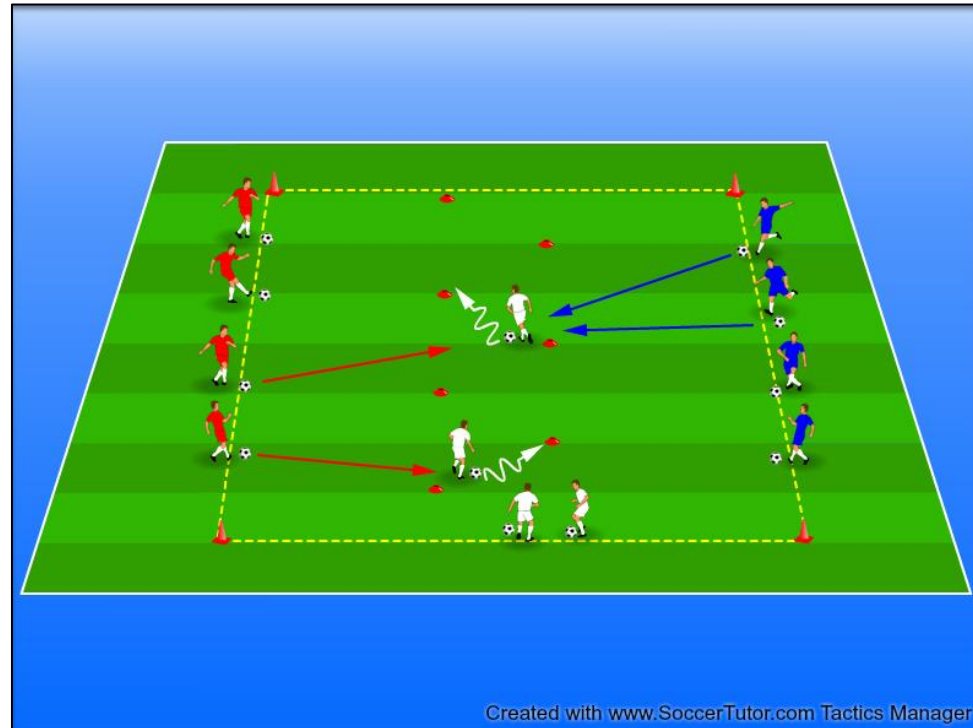
Time: 10 min.

Space: 20m x 20m.

Equipment: balls, cones, markers, bibs of different color.

Progression:

- Different pathway to follow.
- Kicking the ball using different surfaces.



EXPLORATION PHASE (6-8)



CORE SKILL: 1v1. TRAINING SESSION 1

SKILL GAME

Introduction:

Two teams of four players, whites attack goals on one end and reds attack the others. No Keepers.

Condition:

Each pair plays 1v1 and can score in any one of the three goals. Continuous play to allow for counter-attack. When a goal is scored, switch attack and defense. Change opponents at intervals.

Coaching Point:

- Positive attitude in trying to beat opponent 1v1.
- Different feints to success in the 1v1.
- Body contact and ball protection.

Organization:

Players: 8-10/group.

Time: 15min.

Repetitions:

Space: 30mx30m.

Equipment: balls, bibs of different color.

Progression:

- Reduce the game to four goals instead of 6.



EXPLORATION PHASE (6-8)



CORE SKILL: 1v1. TRAINING SESSION 1

GAME: 4v4.

Introduction:

Two teams of four players. Each team scoring over two small goals. Normal game.

Condition:

Outfield players choose an opponent to be marked by and to mark when their team is not in possession of the ball. For a set time – 5 minutes, say – this is the only player that can tackle you and the only player that you can.

Coaching Point:

- Positive attitude in trying to beat opponent 1v1.
- Different feints to success in the 1v1.
- Body contact and ball protection.
- Get space before receiving the ball.

Organization:

Players: 8/group.

Time: 20min.

Space: 25m x 25m.

Equipment: cones, balls, bibs of different color.

Progression:

- With goalkeeper.
- 4v4+GKs.



EXPLORATION PHASE (6-8)



CORE SKILL: 1v1. TRAINING SESSION 2

WARM UP: BASIC MOTOR SKILLS

Introduction:

Players juggling around inside the grid with a tail tucked into the back or side of their shorts. The tail must be visible.

Condition:

Players try to steal others' tail by pulling the tail out. Tails dropped on the ground/already be stolen cannot be stolen again. Players cannot grip their tail to stop others stealing it. Players who lose their tail will need to stay on the side and perform ball tricks or juggling until the game ends. Player with the most number of tails win.

Coaching Point:

- Keep heads up.
- Look for space.
- Change of direction and speed.

Organization:

Players: 12-15/group

Time: 10min.

Space: 20m x 20m.

Equipment: cones, balls.

Progression:

- Give each player a ball and play the game while keeping close control of the ball



EXPLORATION PHASE (6-8)



CORE SKILL: 1v1. TRAINING SESSION 2

BALL MASTERY

Introduction:

Get each player to dribble around the area with a ball.

Condition:

The players must try to kick out the other players' balls whilst protecting their own balls. The last player left in the area is the winner.

Coaching Point:

- Keep heads up and aware of surroundings.
- Use body and legs to protect ball.
- Change of speed and direction to escape.

Organization:

Players: 12-15/group.

Time: 10min.

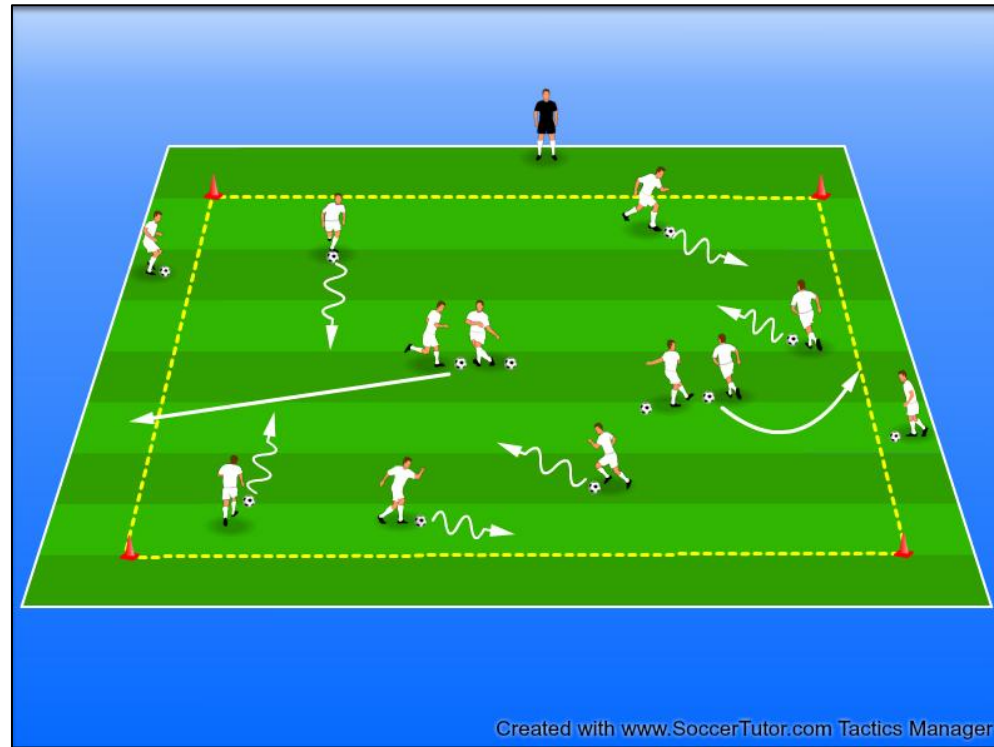
Repetitions:

Space: 15m x 15m.

Equipment: balls, cones.

Progression:

- Introduce other dribbling constraints such as right/left foot only, sole, laces, etc.



EXPLORATION PHASE (6-8)



CORE SKILL: 1v1. TRAINING SESSION 2

SKILL GAME

Introduction:

Three teams of four players (1 team as GKs, 1 team as defenders and 1 team as attackers).

Condition:

When the ball is played, the attacking player then goes to the next station to their left and waits for the coaches whistle to attack again. When all the balls have been played, count the total number of goals scored by all four attackers. Rotate teams.

Coaching Point:

- Different feints to success in the 1v1.
- Body contact and ball protection.
- Determination to beat the opponent.
- Efficient 1v1 + shooting.

Organization:

Players: 12/group.

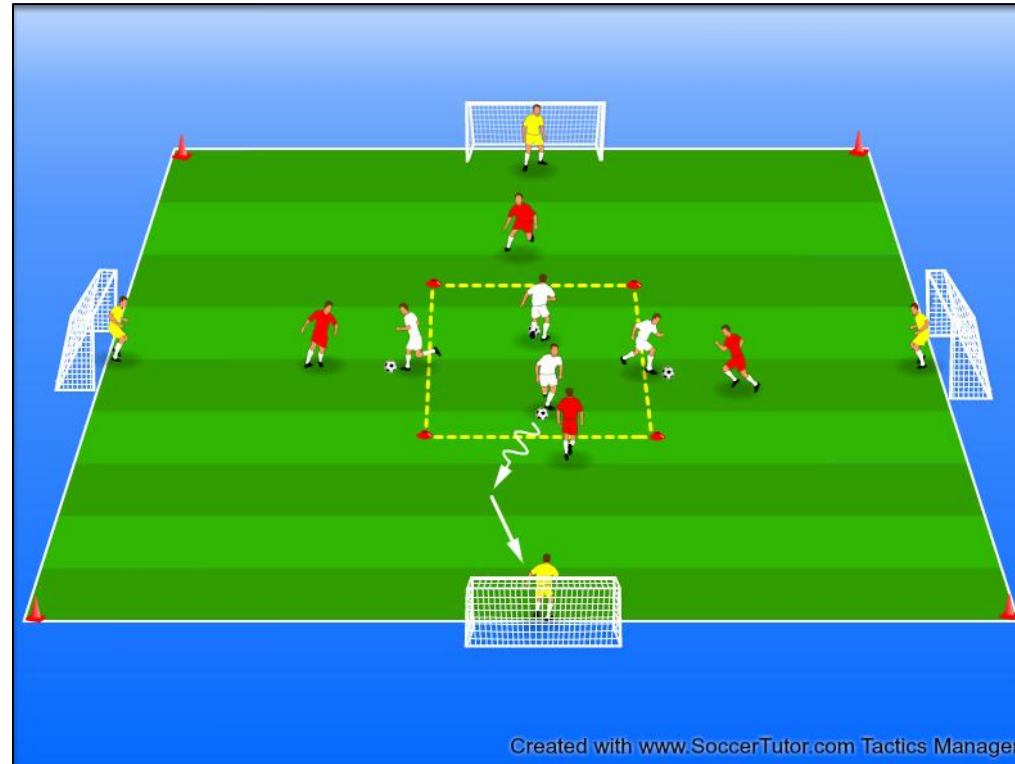
Time: 15min.

Repetitions:

Space: 30m x 30m.

Equipment: cones, markers, balls, bibs of different color.

Progression:



EXPLORATION PHASE (6-8)



CORE SKILL: 1v1. TRAINING SESSION 2

GAME: 4v4+2GK.

Introduction:

Two teams of four players. With goalkeeper. Normal game.

Condition:

Outfield players choose an opponent to be marked by and to mark when their team is not in possession of the ball. For a set time – 5 minutes, say – this is the only player that can tackle you and the only player that you can.

Coaching Point:

- Positive attitude in trying to beat opponent 1v1.
- Different feints to success in the 1v1.
- Body contact and ball protection.
- Get space before receiving the ball.

Organization:

Players: 8group.

Time: 20min.

Repetitions:

Space: 25m x 25m.

Equipment: cones, balls, bibs of different color.

Progression:



EXPLORATION PHASE (6-8)



CORE SKILL: PASSING AND RECEIVING. TRAINING SESSION 1

WARM UP: BASIC MOTOR SKILLS

Introduction:

Players in two groups of five players, training the basic motor skills together with some ball mastery drills.

Condition:

Players inside the small grid should make different ball mastery drills using both feet and different surfaces.

Players outside should complete one agility circuit by making some exercises such as quick steps, jumps and slalom together with some ball mastery drills:

1. 10 times touching the ball with the sole of both feet.
2. Executing 3 different feints.
3. Manipulating the ball on the air.

Change teams after 2 repetitions making the agility circuit.

Coaching Point:

- Running with enough speed and coordination.
- Awareness and head up.
- Try different ball mastery inside the grid.

Organization:

Players: 12-15/group

Time: 10min.

Space: 20m x 20m.

Equipment: cones, balls, posts, rings.

Progression:



EXPLORATION PHASE (6-8)



CORE SKILL: PASSING AND RECEIVING. TRAINING SESSION 1

BALL MASTERY

Introduction:

Place one player inside each of the 2x2m squares. 4 players dribble around inside the main area.

Condition:

Two defenders – without a ball – look to knock balls out of the grid. Each ball they knock out is worth 1 point. The game stops when they knock all 5 balls out of the area. If a dribbling player wants a rest they can bump a player out of one of the safety zones. Players in a safety zone must try to control any passes into them.

Coaching Point:

- Dribblers: Keep head up.
- Dribblers: Use feints to avoid defenders.
- Defenders: First touch into space but not danger.

Organization:

Players: 12-15/group.

Time: 10 min.

Space: 20m x 20m.

Equipment: balls, cones, markers, bibs of different color.

Progression:

- Increase no of defenders.



EXPLORATION PHASE (6-8)



CORE SKILL: PASSING AND RECEIVING. TRAINING SESSION 1

SKILL GAME

Introduction:

Attackers, three on each side, have to pass the ball from one side to the other, don't letting the defenders catch the ball. Defenders have to avoid the passing among the attackers.

Condition:

Attacking team playing with two balls at the same time.

Every time that attacking team make a success pass wins 1 point. After some time change the role of both teams.

Coaching Point:

- Look for gaps (passing line).
- Keep the defenders guessing by passing the ball around.
- Communication.

Organization:

Players: 8/group.

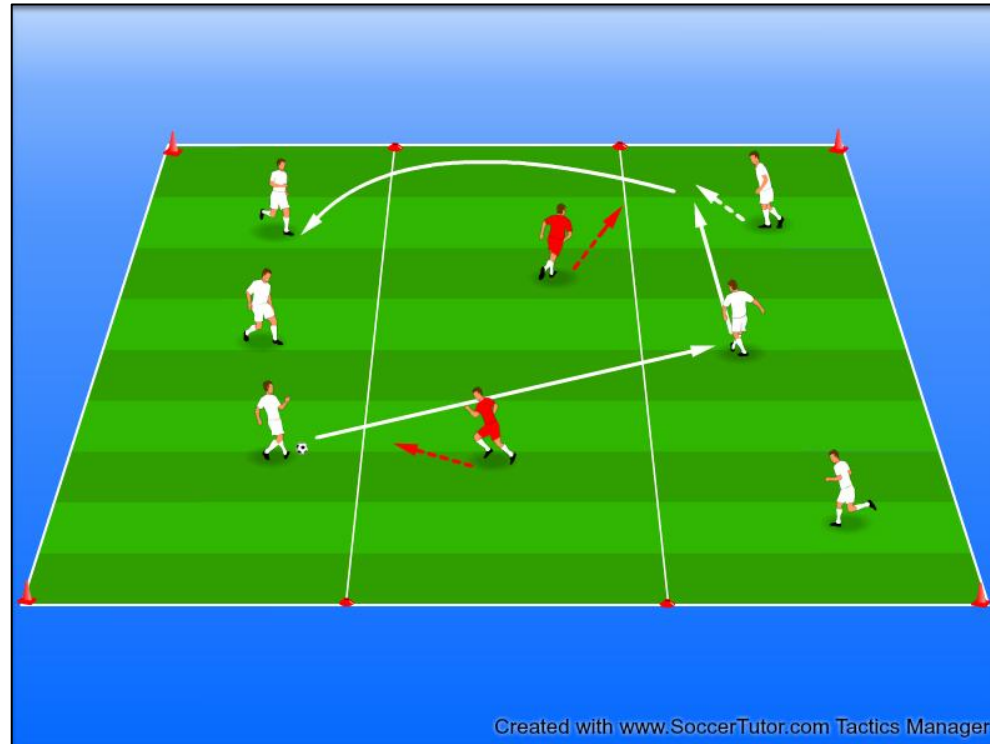
Time: 15min.

Space: 25m x 20m.

Equipment: balls, cones, markers.

Progression:

- Increase defenders.



EXPLORATION PHASE (6-8)



CORE SKILL: PASSING AND RECEIVING. TRAINING SESSION 1

GAME: 4v4+2GK

Introduction:

Two teams of 5 players. Normal game.

Condition:

4 passes must be done before being able to score.

Coaching Point:

- Passing line.
- Supporting always, good communication.
- Creating and using free space.
- Strong kicking – passing the ball.
- Be confidence passing the ball to the others.

Organization:

Players: 12

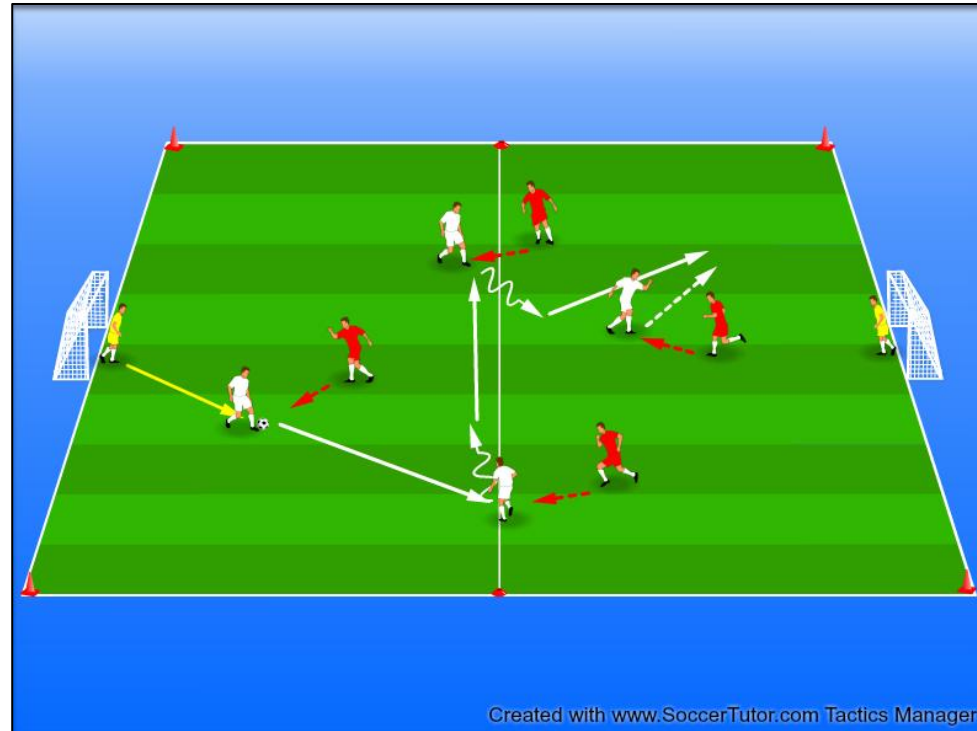
Time: 20 min.

Space: 30m x 30m.

Equipment: cones, markers, bibs, balls.

Progression:

- 5v5+2GK



EXPLORATION PHASE (6-8)



CORE SKILL: PASSING AND RECEIVING. TRAINING SESSION 2

WARM UP: BASIC MOTOR SKILLS

Introduction:

Passing and receiving competition among 3 teams wearing bibs of different color.

Condition:

Each team have to pass the ball among own color (white to white, red to red, blue to blue).

Players of the same team can not stay all of them in the same half.

Coaching Point:

- Dribbling and passing the ball at the same time.
- Passing the ball with speed.
- Awareness.
- Communication.

Organization:

Players: 12-15/group.

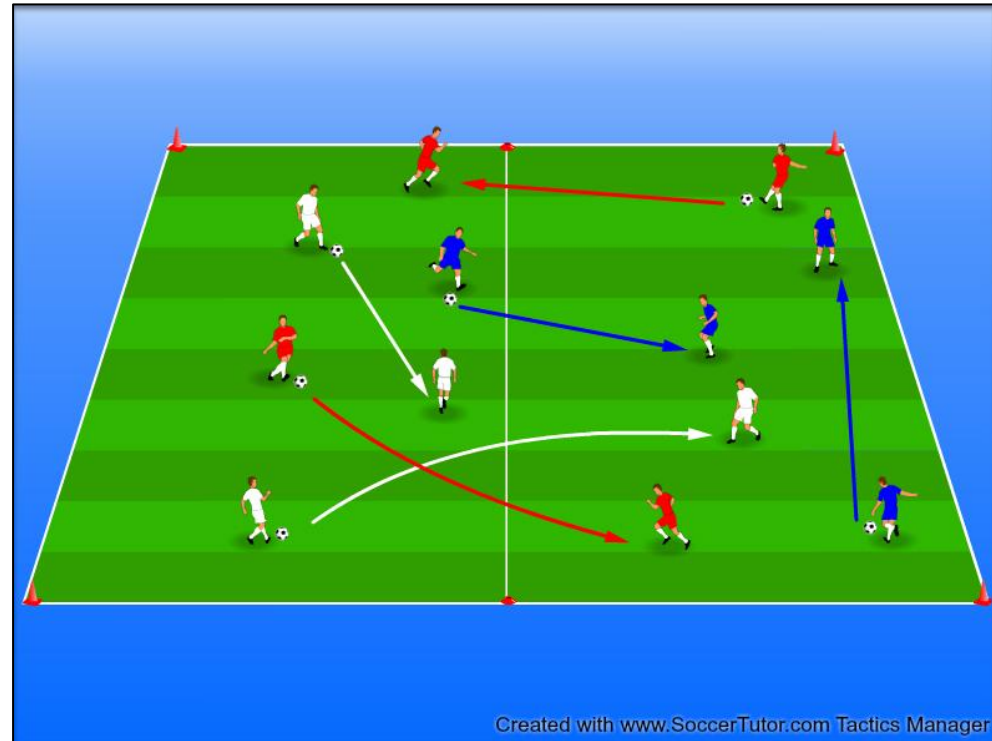
Time: 10 min.

Space: 30m x 30m.

Equipment: cones, markers, bibs of different color, balls.

Progression:

- Competition among three teams counting the number of passes made by each team after 1-2min.
- Add one more team defending and trying to get the ball back from the other teams.



EXPLORATION PHASE (6-8)



CORE SKILL: PASSING AND RECEIVING. TRAINING SESSION 2

BALL MASTERY

Introduction:

Players get in pairs with one ball between each pair in their feet. 3 players as defenders.

Condition:

Defenders holding a cone with their hands. On coaches call the defenders run in to the square and try to intercept other players' balls with their cones. If a player's ball gets intercepted then the player have to do three jumps.

Coaching Point:

- Keep heads up and aware of surroundings.
- Maintain close control.
- Try to change direction and speed to escape.
- Communication.

Organization:

Players: 12-15/group.

Time: 10 min.

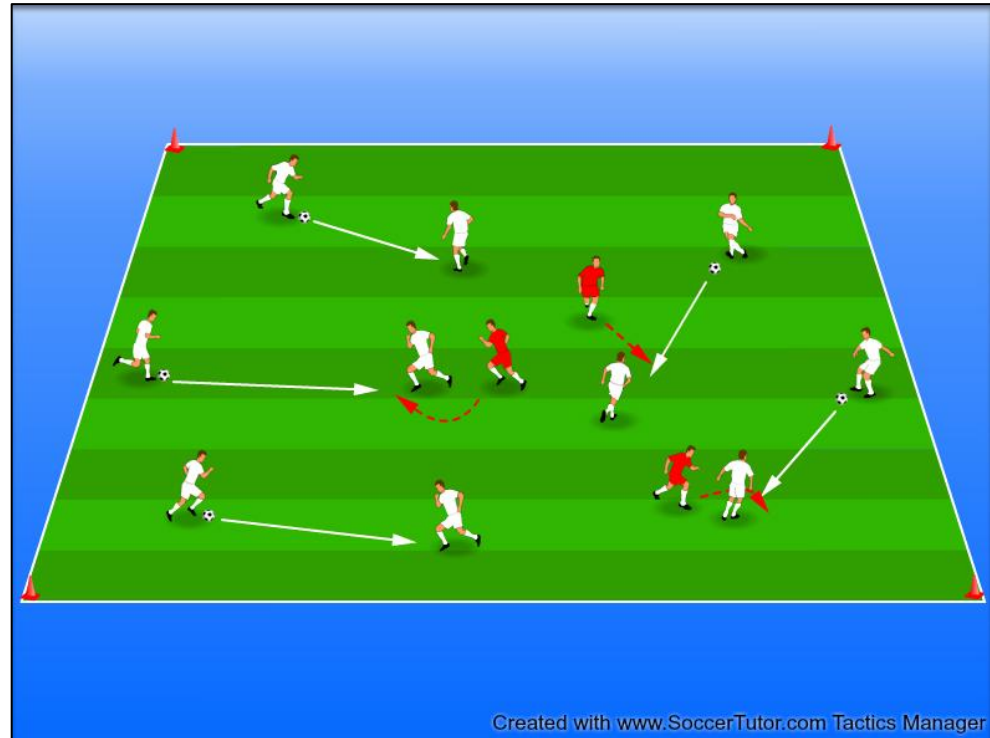
Repetitions:

Space: 20m x 20m.

Equipment: cones, balls, bibs of different color.

Progression:

- Defenders use their feet instead of cones to tackle.



EXPLORATION PHASE (6-8)



CORE SKILL: PASSING AND RECEIVING. TRAINING SESSION 2

SKILL GAME

Introduction:

Passing and receiving game with 3 teams involved. White and blue starting as attackers and red as defenders.

Condition:

White team have to pass the ball to the blue team, don't letting the red team intercept the ball. Competition on each success pass counts 1 point. After 2-3min change of the role.

Coaching Point:

- Passing line.
- Strong kicking – passing the ball.
- Both feet improvement.

Organization:

Players: 12-14/group.

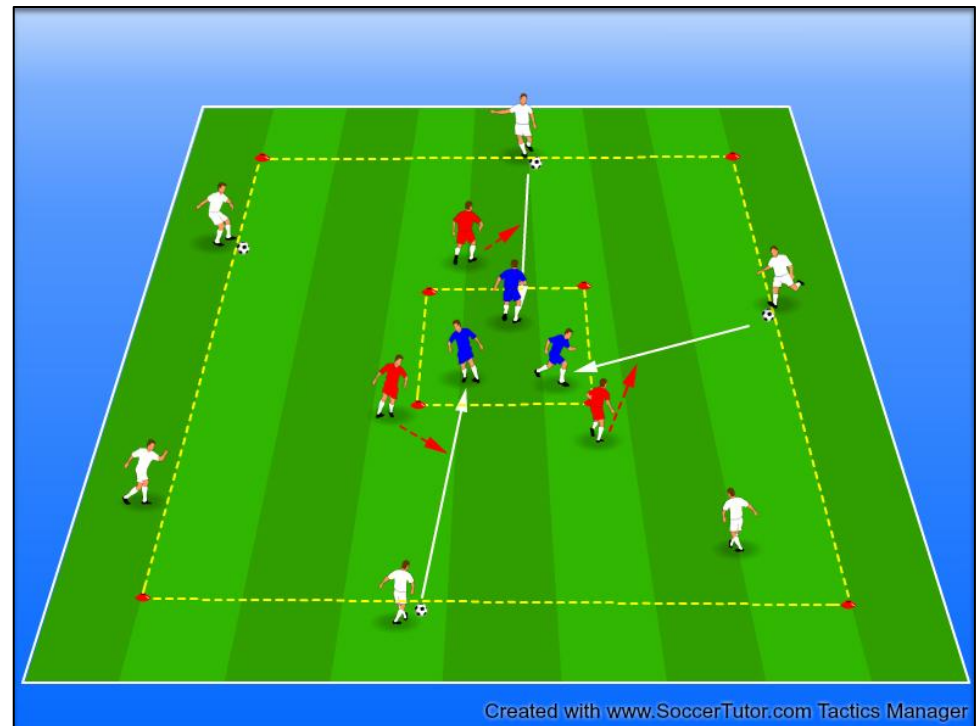
Time: 15 min.

Space: 25mx25m.

Equipment: balls, markers, bibs of different color.

Progression:

- Introduce more defenders.



EXPLORATION PHASE (6-8)



CORE SKILL: PASSING AND RECEIVING. TRAINING SESSION 2

GAME: 5v5+2GK

Introduction:

Two teams of six players. Normal game.

Condition:

5 passes must be done before being able to score.

Coaching Point:

- Passing line.
- Strong kicking – passing the ball.
- Be confidence passing the ball to the others.
- Keeping possession.
- Ball protection.

Organization:

Players: 12

Time: 20 min.

Repetitions:

Space: 40m x 30m.

Equipment: balls, cones, markers, bibs of different color.

Progression:

