

SPARTANS SMALL SIDED AGE GROUPS



CREATIVE PLAYER PROGRAMME

“All players like to take part in fun game like sessions that involve lots of contact with the ball and goal-scoring opportunities. I’m sure the sessions contained within this booklet will provide exactly that experience.

Combined with lots of practice, enthusiasm and effort, young players can benefit from these activities to attack with different moves, pace and confidence.” Billy King

Player Focus: BILLY KING

**A QUICK SESSION
GUIDE FOR
COACHES ON THE
GO**



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Lots of coaches like to deliver sessions that encourage feints, fakes, shimmies, twists, turns etc. which the kids love and are very keen to learn.

The following 10-week programme has been designed to focus on the playing style of Billy King who possesses a lot of the attributes coaches and players like to work on. These practices are a great way to get kids practicing existing and new moves as well as improving their 1v1s and attacking play.

If you are a coach, feel free to change it, tweak it, adapt it, progress it, improve it, add to, share it or just take out the bits and pieces you think are relevant for your players. The main thing is, keep it fun, keep it exciting, keep it challenging and allow the kids to get lots of repetition of all the games and practices. The activities are meant to be enjoyable themselves, many of which require the players to improvise or problem solve.

All the sessions flow with a common thread or theme so it should be easy to refer to points in the game that are also part of the skill practices.

Each session starts with a fun activity to set the tone of the session before moving onto skill practices, game related practices and then small-sided games. All the practices have been chosen as developmental activities that we believe the kids will want to do as opposed to have to do.

Sessions have been compiled by Alan 'Chalky' White, Scottish FA Community Coach at Heart of Midlothian F.C.

@ch4lkster

@heartcoaching

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WEEK 1 - INTRODUCTION TO MOVES & ATTACKING

FUN: If you win it - keep it



Description: Fun activity - players in the box with a ball each aim to dribble and protect ball away from the three defenders entering the box.

If a defender wins a ball or forces a ball out of the area he/she keeps that ball while the losing player becomes a defender and aims to win a ball from a different player.

Ball Mastery Groups to Goal



Description: Four groups of three work to end line and goal before finishing. Moves to beat a defender Set moves introduced by coach when returning to goal.

1. Step-Behinds 2. Scissors 3. Chops 4. Take/hooks

Coaching Points: Work ball in V shapes to move defender; head up; throw eyes; change of pace or 'gear' into end zone.

Include other ball mastery moves such as drag stop on way back to start.

Progression - Add mannequin to end zone. Competition with other groups. Set time to achieve

Beginners Chelsea Shooting



Description: A drives out, performs move at mannequin then shoots
B then drives out, plays 1-2 with A and shoots. (Players return to start)

New player A drives out and shoots

C then drives out plays 1-2 with A and shoots. (Players return to start). Repeat.

Coaching Points: Relax before shooting, aim to move GK.

Change of pace after 1-2

Progression - 1-2s across the face.

C plays 1-2 with A and then improvise to finish.

A can pressure B after playing 1-2.

3v3 Numbers Up Game



Description: Players play 3v3 on two pitches

If a player scores, he/she leaves their pitch and joins the same colour team on neighbouring pitch.

As game continues, numerical advantages change all the time allowing players different problems to solve. Minimum that can be left on each pitch is 1v1.

Progression: When a team scores, that team then attacks from the goal they have just scored in.

5v5 + GKs



Description: 5v5 + GKs Free Play



WEEK 2 - SCISSORS & CHOPS

FUN: Bib tig



Description: Fun activity - players in box aim to avoid being caught by catchers. If caught the bib transfers to the new catcher.

Players left with bibs after set time receive fun forfeit.

Stimulate movement, practice reaction and decision making. Set tone for session

Progression: More/less catchers

Avoid being caught while in possession of ball.

Ball Mastery Groups to Goal



Description: Four groups of three work to end line and goal before finishing. Practice moves to beat a defender

Set moves introduced by coach when returning to goal.

1. Step-Behinds 2. Scissors 3. Chops 4. Take/hooks

Coaching Points: Work ball in V shapes to move defender; head up; throw eyes; change of pace or 'gear' into end zone.

Include other ball mastery moves such as drag stop on way back to start.

Progression - Add mannequin to end zone. Competition with other groups. Set time to achieve

Face to Face; Scissor or Chop Drill w/ finishing



Description: Player receives ball from feeder and performs move at both mannequins before finishing. Feeding player follows pass; shooting player joins feeders at opposite side.

Coaching Points: Dribble with laces.

Fake to pass before move

Final touch out of feet to allow shot. Move GK with shot.

Progression - Once feeder passes ball, he closes down allowing dribbling player to perform move under pressure. Race to score vs opposite team.

1v1 Continual to two goals with end zone



Description: Maroon player drives into end zone and shoots.

As soon as ball is away blue player drives out and aims to get into end zone 1v1 against maroon player.

Repeat with new maroon player attacking against blue player.

Players must get into end zone to score

Coaching Points: Find quickest way to score

Move defender if needed

Change of pace and direction. Hard work and concentration to transition and defend.

Progress to 2v1 and /or 2v2 with recovering defenders if required.

Create 1v2 scenario

6 Goal Game



Description: Players attempt to score in opponents two goals or dribble through middle gates to score.

Aim is to also switch play when required to create 1v1s and overloads in space.

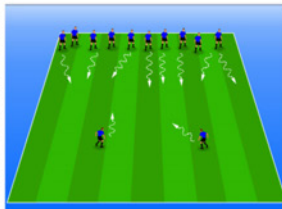
Progression: When a team scores, that team then attacks from the goal they have just scored in. Defending team have to run round their goals which allows attacking team to come out.

Add one GK to each team who has to defend all 3 goals.



WEEK 3 - DRIVING WITH LACES & CHANGING DIRECTION

FUN: Bulldog



Description: Catchers aim to tag players who are running as a group to get to other side. If caught, players join the catchers. Promote changes of direction, speed and evasion
Last player in wins
Introduce ball for each attacking player.

Progression: Runners each have a ball - if defenders knock ball out the area, the runners join catchers.

Driving Laces Drill - Billy King Dribble



Description: Players aim to touch the ball as often as possible before half way point with laces. Once at halfway, they zoom away to end line again using laces only. (Repeat with other foot in opposite direction).
Aim to get more touches than team mates before reaching half way
As above but add scissors at half way before zooming

Progression: Drive out with max touches and react to coaches call before performing move and zooming to end line race.

Drive across other players paths

Driving Laces Drill with Face to Face Moves



Description: 2 Boxes of 6 works best to increase individual repetition.

Players drive out, changes direction in middle and drives with least number of touches required through opposite gate

1. Chop 2. Scissors 3. Step behind

Coaching Points: Quick change of direction ball out feet
Economy of touch to gate

Use inside foot laces to drive e.g. Billy King dribble

Progressions - Triplice Scissors or combo moves at mannequin. Race with opposite group. Add ball mastery moves on way to joining opposite group.

1v1 Attack and Defend



Description: 1 plays one/two with 2 and takes a shot. As soon as 2 lays off he/she receives ball from 3 and drives at 1, 1v1.

If 1 wins ball he then attacks the other goal.

(Rotation: 1 to 2, 2 to 3, 3 joins opposite group at 1 (and collects 2 balls))

Coaching Points: Drive, change of pace and direction

Finish asap

Quick, clinical decisions

Progression - first group to score wins. Set up pass can be across the face

4v4 + GKs + Floaters



Objective: Identify where 1v1s and overloads can take place

Maximise opportunities to shoot and score

Description: Play 4v4 with GKs. Two floating players in white play with team in possession.

Create overloads, 2v1, 3v2 etc and thrive in 1v1s and 1v0s

Use supporting players as decoys with step behind and scissors moves.

Use chops to drive in from side to create scoring chances.



WEEK 4 - RUNNING & DRIVING THROUGH ON GOAL

FUN: Weight, Chase, Shoot



Description: Players weight ball from touch line and try to have ball reach the target box. Player chases ball and tries to shoot at goal to score. If ball doesn't reach box or misses completely the player returns to the start. Ensure players start from different sides of their goal to work both feet!
Each group can play against each other - first to 5 goals!
Progress to the ball having to hit the net first before the ground to score.

Progression: Add GK; increase distance; decrease target area; ball doesn't stop; competition with other team; ball must hit net first to score.

Ball Mastery Groups to Goal



Description: Four groups of three work to end line and goal before finishing. Moves to beat a defender. Set moves introduced by coach when returning to goal.
1. slides 2. shuffle roll overs 3. scissors 4. v pull push

Coaching Points: Work ball in V shapes to move defender; head up; throw eyes; big circles; change of gear into end zone.

Progression - Bounce pass of wall player and first time shot

Scissor and Chop Drill



Description: Receive ball from byline, turn and attack mannequin with moves.

Coaching Points: Pull wide/inside to take ball on back foot; check shoulders, first touch forward, drive, change of direction and pace; move goalkeeper with shot
Use eyes to look beyond mannequin to aid disguise.

Progression - Combine moves / Race with opposite group to add pressure

Blind Runs - Straight Ball for a Diagonal Run



Description: First player drives out to mannequin at pace. Second player makes quick curved run between or beyond mannequins and is played in to score with minimum touches.

First player then stays central and the play repeats from the opposite side. Repeat.

Coaching Points: Penetrating dribble; outside of foot pass, timing of run; quickness of run; weight of pass and finish. Progressions -

1. Add additional forward who can set pass before curved run from other striker
2. Play to second striker who plays penetrating ball in between defenders for first striker who spins. 3. Race to score and or 2v1 vs feeder

Blind Runs - Diagonal Ball for a Straight Run



Description: First player drives out to mannequin at pace. Second player peels away and makes straight run for a diagonal pass and is played in to score with minimum touches.

First player then stays central and the play repeats from the opposite side. Repeat.

Coaching Points: Penetrating dribble; outside of foot pass, timing of run; quickness of run; weight of pass and finish.

Progression - Add additional forward or two sides play at same time.
Inclusion of chop and scissors moves

Dribbling End Zone Game with GKs



Description: Younger Players - Coach can feed ball into the middle and players can dribble into either end zone to score.

Older Players - GK feeds out and players aim to dribble into opponents end zone and score.

Coaching Points: Check shoulders, create space to receive, receive on back foot where possible, positive first touches, disguise, use team mates as decoys, team mate movement to move defenders quick penetration, change of pace change of direction, confident finish. Use GK to help switch play quickly. Progression - Allow two attackers and one defender into end zone. Allow pass into end zone as well as dribble (ball must be in before player). Set number of passes before scoring.



WEEK 5 - BREAKING LINES

FUN: 3v3 with One Man Up



Description: Play 3v3 but each team must always have at least one player in attacking half. This game will be high tempo but should result in 1v1, 2v1 & 2v2 & 3v2 activity. Can players get the ball up to high player and support?

Progression: Progress to 3v3 free play and/or 6v6 4 goal game

Breaking the Lines - Passing and Dribbling



Description: Blue players on outside receive the ball from the middle players (middle player follows pass to outside). Player drives across the box and aims to dribble between two maroon players thus breaking the line. Maroon team aims to play passes and pass the ball to each other between blue dribblers - again breaking the line. After 4 successful 'breaking passes', maroons can score in a goal

Progression: Increase number of passes.

1v1 Fast Break Attack



Description: First player drives out and shoots. As soon as shot is away the first player from the other team start to attack opposite goal. Original player reacts and becomes defender and tries to stop attack. Repeat. Add a floating player to provide constant overload and passing option

Progression: Add a floating player to provide constant overload and passing option
Develop into 2v2; time limit attacks, first to five wins; use yellow shooting zone for quicker attacks if required.

Breaking Lines 4 Goal Game



Description: Blue team aim to score into the two goals where the blue wall players are situated. Maroon team do the same for the other two goals.

As soon as a goal is scored, the player standing next to the goal drives in and enters play on the attack. The player who scored retrieves his ball and takes the place of the wall player.
If the ball goes out of play the coach feeds a new ball in from the side.

Progression: Aim to score in the other two goals so the teams have to cope with scoring then transition to defend.
Use bigger goals and include goalkeepers.

3 Middle Goal Game



Description: Teams can score in either goal.

Players must first dribble or play a completed pass to a team mate through one of the three gates thus breaking the lines.

Goalkeepers can be used to help build attacks. Goals can be awarded for moving the ball through the gates as well as for scoring in the goals.

Coaching Points: Patience

Switch play wide or long where required
Create overloads



WEEK 6 - CHOPS & SCISSORS & FAST ATTACKS

FUN: Bounce and Go!



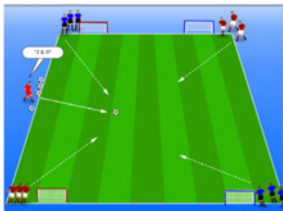
Description: Coach asks first group of players to bounce in different directions on the spot. When he says go, the players react and race to the end line.
Introduce the ball and players do ball mastery activity before responding to the coach.

Chop & Scissors Box



Description: White arrows - player drives out to cone and performs chop before playing out to corner player and follows pass. Corner player performs ball mastery moves back to start.
Yellow arrows - as before but dribbler plays ball wide and on touch he attempts to score in either goal with pressure from corner player.

Numbers Game - Find a Quick Solution



Description: All players are numbered and start as shown. Coach calls out one or multiple numbers and those called run out to play and aim to score in either of their end goals.
Bibs can be placed on goals to indicate team colour.

Progression: Add middle goal if required

4v4v4 Counter Attack Game



Description: Teams play 4v4 without goalkeepers. 4 additional players start 'off' on corners. Once the blues score in bottom goal, they collect their ball at pace from the goal and begin a quick attack in opposite direction. The conceding maroon team exit quickly to corners and red team react and do their best to defend the blues attack.

Progression: Ball can be played into play by coach if required.
Add goalkeepers once group is competent.
Play a 4 goal variation to increase goals and quick switches of play.

3v3 Numbers Up Game



Description: Players play 3v3 on two pitches
If a player scores, he/she leaves their pitch and joins the same colour team on neighbouring pitch.
As game continues, numerical advantages change all the time allowing players different problems to solve.
Minimum that can be left on each pitch is 1v1.



WEEK 7 - QUICK ATTACKS & SPEEDY RECOVERY

FUN: Head Shoulders Knees & Toes



Objective: Fun & Reaction

Description: Coach sings out "Head Shoulders Knees & Toes" etc etc. When coach shouts "ball" each player tries to react and pull ball away from opponent with foot.

Progress to using hands to retrieve ball

Up and down leagues for wins or losses can make this very competitive.

1v1 Pressure and Defend Warm Up



Description: Blue player performs ball mastery moves, toe taps etc.

Coach shouts a colour and defender runs out to that cone and jockeys

At any time the coach can shout go. The defender aims to recover while the attacker tries to score in either goal. 2 areas working to maximise activity

Coaching Points: Defending - press quickly, channel, spook

Attacking - ball out feet, speed, quick solution, only turn if you have to

Chelsea Shooting - 3 Prong



Description: A drives out and shoots

B then drives out, plays 1-2 with A and shoots.

C plays up to B (who stays long). A runs across face. B plays to either A or C and improvise to finish

Coaching Points: Relax before shooting, aim to move GK.

Change of pace after 1-2

Improvise

Progression - A decides which side to receive 1-2 from

3v2 Counter Attack Game



Description: First defender plays ball to coach & overlaps. Coach plays ball to either wide player. Attack ensues 3v2 with original defender attempting to recover to make 3v3. If defenders win ball they instantly attack the other way and spare defender between small goals can join to create 4v3 overload.

Once attack is over the 3 players on yellow cones rotate with 2 centre backs and striker.

Coaching Points: Movement of striker

Angle of dribble by wide player

Quality of support

Decision making

Turning to Score Game



Description: 3v3 Games

Maroons aim to score into yellow goals, Yellow into maroon goals

Coaches should place coloured cones or bibs in goals to signify colour

(Note - all goals should face in the park)

Aim is to promote good decision making, game awareness and quick attacks.

Coaching Points: Turn to create 1v1s or numerical advantage

Switch of play.

Play through lines

Decision making



WEEK 8 - FINISHING FROM WIDE AREAS

FUN: Heading Knock Off



Description: Coaches serve balls up for players to attack with headers, diving headers etc.

First team to head all 3 balls of their cones wins

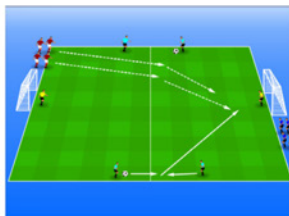
Players must head from behind a set mark e.g. line or cone

Progression: Can progress to diving headers as well.

Players can feed instead of coaches

Make sure there is a large supply of balls to ensure a high tempo.

Penalty Box Crossing



Description: 2 sets of wide players start on either side of the box and deliver crosses. Attackers start at side of each goal and run to finish with a shot, volley or header in opposite goal. Once attack takes place players join opposite side. Crossers start with a pass and set to begin.

Progression: Crossers can play 1-2 down the line before crossing, perform overlap or drive and change direction and lay off for cross.

3v3+4 Wide Players Game



Description: Teams play 3v3 in the middle and allowed a maximum of 4 passes in an attempt to score. If they can't score the 5th pass must go to any of the 4 wide players who must then deliver a cross. Wide players are positioned so crosses may come in from wide or deep.

Progression: Wide players can combine to score e.g. 1-2, overlap, pass and set etc.

Wide player on opposite side from crosser can enter pitch and join the attack when a cross is being made.

2-2-2 Formation Pattern Into Game



Description: Both teams play a set pattern and play out the back via the GK or coach at the same time.

If all teams for example play to the number 5, this will result in two attacks down opposite sides.

Pattern 1: GK-5-CDM-10-cross for 8 & 9 (then repeat opposite side)

Pattern 2: GK-5-CDM-10-(1-2 with CDM)-cross for 8 & 9

Pattern 3: GK-5-CDM-8-cross for 9&10

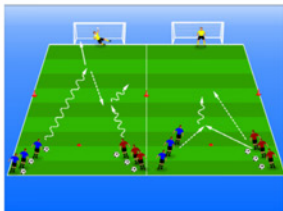
Progression can be race to finish for both teams. Progress to normal game.

Progression: The unused player at the back e.g. 4 or 5, can defend the attack from the opposing team.



WEEK 9 - DOMINATING 2V1s

FUN: Progressive Shoot Out



Description: 1. Blue player drives into scoring zone and attempts to score. As soon as ball is away, the maroon player drives out and aims to score with pressure from the blue player. Repeat.

2. Maroon player plays through ball for blue. Blue attempts to score while maroon tries to get goal side asap to foil attack

Coaching Points: Speed

Arm out to protect ball

Change of pace and direction

Improvise

Quick solution

2v1 Jail Break



Description: Two maroon defenders start on lines. As soon as ball is passed between blues first maroon can press and 2v1 ensues. Once blues get past first line the next maroon can press. Original defender can't retreat further than his line.

If blues get past defender they stay as attackers. If not they take defenders places.

Coaching Points: Speed

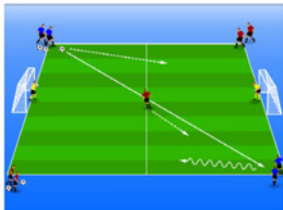
Decision making

Change of pace and direction

Improvise

Quick solution

2v1 Diagonal Start



Description: Blue plays diagonal to blue through defender. First blue gets 'inside' to create 2v1 to goal. Once play is finished the original passer becomes the defender and the remaining attacker and defender travel to the opposite groups from which they came. Play then restarts in opposite direction with a pass between the maroons

Coaching Points: Width and support

Speed

Quick solution

Progress to 2v2 in middle

FUN: 3v3 with One Man Up



Description: Play 3v3 but each team must always have at least one player in attacking half.

This game will be high tempo but should result in 1v1, 2v1 & 2v2 & 3v2 activity. Can players get the ball up to high player and support?

Coaching Points: Play through lines

Dominate 1v1s

Secure ball

One touch lay offs



WEEK 10 - 1V1 TO 5V5 FOOTBALL FESTIVAL

FUN: Tic-Tac-Toe



Description: Players run out in a relay and place their coloured marker in any hoop (only one marker allowed in a hoop at any time)

Aims is to get three in a row.

Teams only have 4 markers each.

Once all markers are in play, the next player may move a marker from one hoop to the other in an aim to get 3-in-a-row.

Coaching Points: Speed

Anticipation

Planning

1v1 Chaos



Description: 2 x 1v1s taking place at the same time

Coaching Points: Speed, change of direction, burst of pace.

Use other players as distractions or blockers

Progression - If one of the 1v1s finishes before the other, both players can join their team-mates to create a 2v2.

2v2 Up & Down the Leagues



Description: 2v2 games. Winners move up, losers move down a pitch

Coaching Points: Where games end in a draw, the team that scores first goes up.

Supply of balls in each goal to encourage quick play and counter attacks

Short 3-4 min games.

Progression - Scoring only allowed in opponents half

3v3 Up and Down the Leagues



Description: 3v3 games. Winners move up, losers move down a pitch

Free play - 3-4 minute games

Coaching Points: Where games end in a draw, the team that scores first goes up.

Supply of balls in each goal to encourage quick play and counter attacks

Progression - Scoring only allowed in opponents half.

Must keep a player in the opposing half.

5v5 + GKs 6 Goal Game



Description: Goals scored in big goals count as 2, goals scored in small goals count as 1.

For every 3 goals scored in small goals, the team is allowed a penalty kick into the big goal

Coaching Points: Identify space quickly

Quick and effective decision making

Passing or power finishing

Playing through lines

Progression - One or two touch finishes

