



# BALMAIN & DISTRICT FOOTBALL CLUB

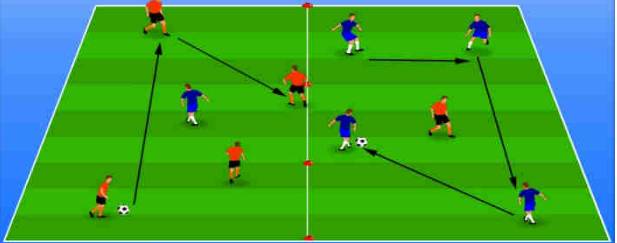

## SESSION PLAN 1



SESSION FOCUS: Players assessment

AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

<p>DURATION: 20 MIN</p>	<p>Players start as 4v1 possession and positioning game. They play 1.5 touches rule (if the player before use 2 touches on the ball the next player must use 1 touch and vice-versa). Progress to a 4v2 with the same rules.</p>	 <p>Created using SoccerTutor.com Tactics Manager</p>
<p>DURATION: 20 MIN</p>	<p>Normal game with the rule that players have 2 touches maximum on the ball.</p>	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

<p>DURATION: 35 MIN</p>	<p><b>Small Sided Game</b></p>					
<p>CONES X 25</p>	<p>POLES X 0</p>	<p>BALLS X 15</p>	<p>BIBS 3 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA</p>	



## BALMAIN & DISTRICT FOOTBALL CLUB SESSION PLAN 2



SESSION FOCUS: Effective possession - POFTB

AGE GROUP: U13/U14/U15/U16

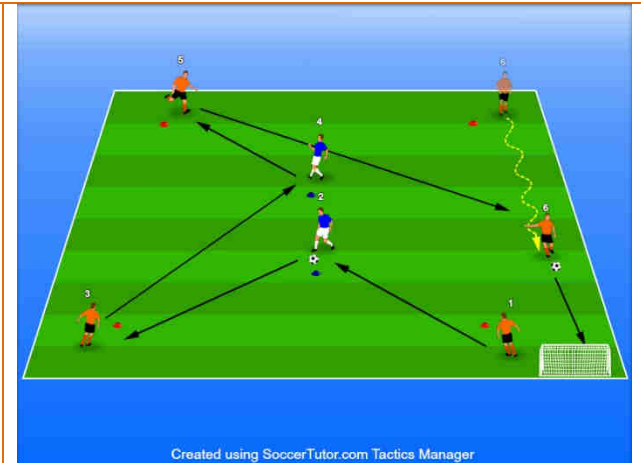
DURATION: 75 min

DURATION:  
10 – 15  
MIN

Place 6 cones as 2 mirrored pyramids (use a different color for the middle cones). 1 player in each cone. Player 1 starts with the ball by passing to player 2 who has 2 touches only (1 to prepare and 1 to pass) and pass to player 3 who has only 1 touch (the players in the middle - blues - can use 2 touches, the others try to pass using one touch if possible), when the ball reaches player 6 he runs halfway and shoot. Start with 1 ball only, when the players understand the drill ask for the next player on position one start when the other ball leaves player 4.

Variations:

- Remove middle cones, 2 players will be in the middle and add 2 passive defenders inside the square (swap them every 1-2min). The players inside now must move away from defenders to be able to pass the ball to the next player, the middle players can combine between themselves



DURATION:  
15 – 20  
MIN


Divide the field in 3 areas with the middle area being 30x30 and the end areas 5x30. Divide the players in 3 teams of 4 with different coloured bibs. 2 teams will play against each other on the middle area and the third team will be divided with 2 (CBs) players in each end area. Ball always start from the CBs; the objective is to make the ball go from one CBs side to the other; CBs can't leave their area and can't be tackled; both CBs must touch the ball before reaches the other side. If defenders win the ball they should pass to a CB to restart.

Variations:

- Add a neutral player for team with possession
- 1 CB can now dribble the ball into the middle area to create an overload to the attacking team
- Defending players can press the CBs



DEVELOPMENT PROGRAM SESSIONS

<p>DURATION: 15 – 20 MIN</p>	<p>Divide the players in 2 teams with attacking team having 2 extra players, attacking team should play 3-3 or 4-3 formation and defending team 3-1 or 1-3-1 formation (depending on numbers). Ball should always start with defensive player from attacking team (as if it's a goal kick – NO LONG BALLS) and all players from defending team should be pressing from opposition half. Both teams are trying to score and if the ball goes out of play it restarts with attacking team from the back (no throw-ins or corners)</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>- Attacking team (with numerical advantage) can only score once they enter the final third of opposition</li> <li>- More/less Neutral players</li> </ul>				
<p>DURATION: 15 - 20 MIN</p>	<p><b>Small Sided Game</b></p>				
<p>CONES X 20</p>	<p>POLES X 0</p>	<p>BALLS X 15</p>	<p>BIBS 2 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA</p>



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 3



SESSION FOCUS: Limit opponent ability to create scoring chances

AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

DURATION:  
10 – 15  
MIN

Divide the field in 4 areas. 2v1 in the first area (red), 2v0 in the second (yellow), 3 defenders in the third area (blue, divided in 3 grids) and 2 target players in the final area. The orange players attempt to exchange passes to pass the ball to the players on the next area, if successful the players in the yellow area must now attempt to find a pass to one of the target players. The first defender can tackle the players on the first area, the defenders in the blue grid must attempt to close the pass lane and block the pass to the target players (players should move as a unit during the passes, the last 3 defenders can only stay inside their grid).

Variation:

- First defender can enter second area to apply pressure on players
- Remove grids from blue area and defenders can move freely



DURATION:  
15 – 20  
MIN

Divide the field in 2 parts, on part 1 (1/3 of the field) create a central grid (1), on part 2 of the field (2/3 of the field) mirror the central area (2) (see diagram). On central part 1 we will have 3v1, on central part 2 we will have 1v2 and on the sides of central area 2 we will have 1v1. The orange players attempt to pass the ball to create a passing option to any player on the 2/3, if they can pass the ball to the target player it counts 1 point and if they can't pass to the target player and use the side players instead the goal equals 1. Once the ball crosses from grid 1 **all players** can move freely. If blue players win possession they try to receive/dribble the ball inside 1/3.

Variation:

- 3v2 inside central grid 1
- Limit number of attacking players that can join 2/3 to score



DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 - 20  
MIN

Remove the central grids from the previous drill, leave the line that divides the fields in 1/3 and 2/3. The orange GK starts with the ball, on the 1/3 we will play GK + 2v1, on the 2/3 area we will have 3v4. The oranges attempt to pass the ball to any player on the next grid and then they can join the attacking players to score (Blue defender can also drop to assist his/her teammates). Blue team has no restrictions once they recover the ball and try to score in the other goal.



DURATION:  
15 - 20  
MIN

**Small Sided Game**

CONES  
X 20

POLES  
X 0

BALLS  
X 15

BIBS  
2 sets of  
colours

GOALS  
X 2

EXTRA



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 4



SESSION FOCUS: Transition. Quick forward moving/passing

AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

DURATION:  
10 – 15  
MIN

Divide the field in 3 parts and the players in 2 groups. Place 1 player from each team in the middle area. In the opposite sides, all other players must be numbered from 1 to the number of players and should be doing ball work with a ball each (dribbling, turning, juggling, skills etc.). The coach will call a number, the player assigned that number will quickly do a wall pass with the central player and dribble to the other side, the first player to arrives scores a point to his/her team.

Variation:

- Leave 1 ball per team and insert one player from each team to be the defender on the opposite area, the coach still calls a number (the player called don't have to make the pass to the central player but must be the one to breakout from his/her area to arrive in the other area). The first player to arrive in the other side scores 1 point.
- Insert another player of each team inside the central area (**one is acting as a defender only**).

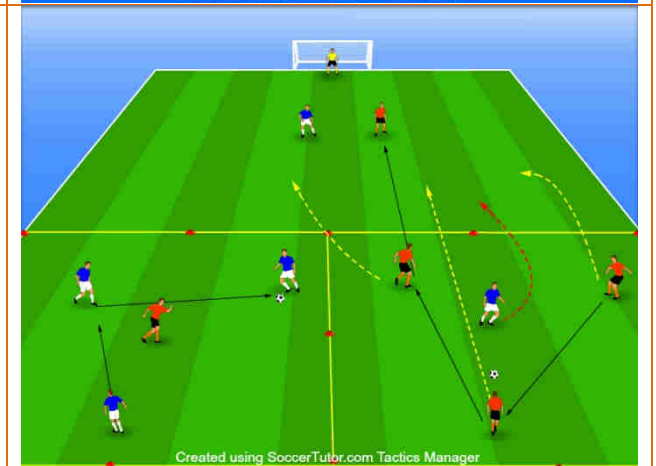


DURATION:  
15 – 20  
MIN


Divide the field in 2 areas and the area furthest to the goal in 2 grids. Players will be divided in 2 teams; inside the grids they will play 3v1 or 4v2 (depending on numbers) and in the other area 1v1. Both grids start with a ball and play possession game. After 6 consecutive passes (or coach can call a colour), that team tries to break out on a counter attack by passing to their player on grid 2 and taking attacking positions (the defender from that grid can come out to help his/her teammate). Attacking team has 8s to score or the attack is finished.

Variation:

- 1 ball per grid, if the defender wins possession he/she passes to his side and joins that group to keep possession (they break out after number of passes or coach call)
- Combine the 2 grids in 1 area, teams play possession with same numbers of attackers/defenders



## DEVELOPMENT PROGRAM SESSIONS

<p>DURATION: 15 - 20 MIN</p>	<p>Divide the field in 3 areas (see diagram). Divide the players in 2 teams with GKs. Both teams should always have a striker inside their attacking area. Defenders are not allowed to enter. For this game the striker should be at his/her area until their teammates regain possession, as soon as their team has the ball they can move outside the area to receive a pass, if they receive the pass outside they are not offside but if they receive inside the area it counts as offside.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>- 2 strikers and 1 defender inside the areas</li> <li>- When one team <b>regain</b> possession, they have 10s to score</li> </ul>					 <p style="font-size: small; text-align: center;">Created using SoccerTutor.com Tactics Manager</p>
<p>DURATION: 15 - 20 MIN</p>	<h3>Small Sided Game</h3>					
<p>CONES X 20</p>	<p>POLES X 0</p>	<p>BALLS X 15</p>	<p>BIBS 2 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA</p>	



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 5



SESSION FOCUS: Controlled possession

AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

DURATION:  
10 – 15  
MIN

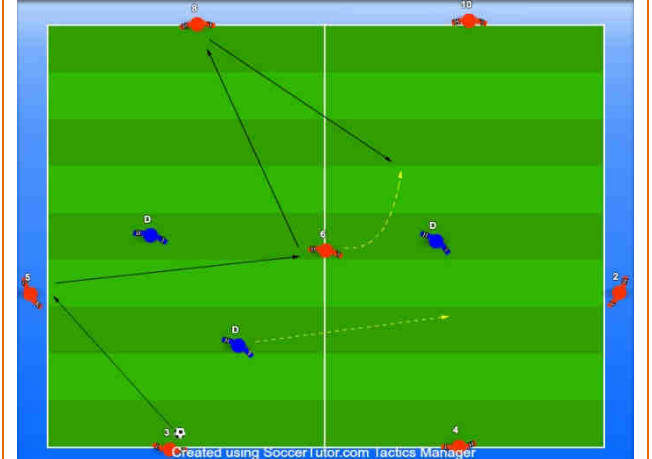
Create a circle with cones. Divide the players in 2 groups, one with 8 players and another with 3. For the team of 8, 6 players will be positioned outside the circle and 2 players inside. The other 3 players will stay inside the circle as defenders. The game is like rondo; the players outside must pass the ball to their teammate inside who passes to a different player outside the circle. The outside players can pass only **once** to another player outside; the next pass must be to a player inside. Players outside should be moving and changing positions all the time. Swap the inside players and the defenders every 2/3 min.



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DURATION:  
15 – 20  
MIN


Area 20x30 divided in half. 7 x Attackers positioned along the lines or inside (if inside they must maintain their positions) the area against 3 x Defenders inside the area, with only 2 of the 3 Defenders allowed in a half at any one time to defend. Centre Backs (3 and 4) and Centre Midfielders (8 and 10) can play along the length of their designated line. Full Backs (2 and 5) can play along the length of area and CDM (6) can play anywhere inside the full area.  
**\*Adapt the players depending on numbers – extra defender/player inside, remove one of the CB/CM**  
Orange team keeps possession and try to switch the ball to the “free side”, if Blue team wins the ball they should complete 3 passes between them to win a point. Game restarts with one of the CB.  
Swap defenders every 4min.



Created using SoccerTutor.com Tactics Manager



DEVELOPMENT PROGRAM SESSIONS

<p>DURATION: 15 - 20 MIN</p>	<p>Make 2 end zones (10-15x30) teams of 5 will play 2-2-1 or 3-1-1 formations, with GK. Action always start from the back (coach or GK can serve the ball to defenders). 1 defence player can join the midfielder area (creating a 2v1 or 3v2, depending on the formation) and 2 players from the attacking team can join the striker area (creating a 3v2 or 3v3, depending on the formation) to attempt to score. Once action is finished all players must return to their original positions.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>- 1 or 2 defenders and/or striker (from the attacking team) can join mid (4v2)</li> <li>- Add another defender/striker</li> </ul>					
<p>DURATION: 15 - 20 MIN</p>	<p><b>Small Sided Game</b></p>					
<p>CONES X 20</p>	<p>POLES X 0</p>	<p>BALLS X 15</p>	<p>BIBS 2 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA</p>	



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 6



SESSION FOCUS: Deny opponents time and space to build up

AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

DURATION:  
10 – 15  
MIN

Place 4 mannequins (or cones/poles) in a diamond shape. 2 to 3 players in each mannequin. 1 player starts with the ball (P1 on the diagram), player must pass the ball to the right-side player and run to the left side group (joining the back of that line); the player direct in front of the player receiving the ball should run and act as a **passive defender** (and join the line of that group). Drill is continuous.

Variation:  
- Players can choose to which side they want to pass (ask defenders to slightly block one side so the players should pass to the other), still players must pass to one side and run to the other.




DURATION:  
15 – 20  
MIN

Divide the area in two halves and the players in 2 teams of 5. In one half we will have one team of 5 + 2 support players playing against 4 players from the other team (7v4), one player from the defending team should always be positioned on the other half waiting for his/her team to win the ball and switch the play to their half; if the defending team is successful in regaining possession and passing to their teammate, all players must transit to the other side to continue and one player from the team that just lost possession stays on their half. For the ball to switch sides either the defenders win the ball or the ball goes out of play.

Every 6 successful passes scores 1 point.



## DEVELOPMENT PROGRAM SESSIONS

<p>DURATION: 15 - 20 MIN</p>	<p>Divide the players in 2 groups, attacking and defending. Attacking group will attempt to score against 3 defenders who are trying to regain possession and score. Attacking team in a formation simulating the back 4 (#2, #3, #4 and #5). Defending team simulating the front 3 (#7, #11 and #9). Only 1 orange player allowed inside defenders' area; Blue defenders can move from their area. No throw-ins or corners, they always restart from the back (both teams must reset before restarting). Let every round run for 1-2 min, then change groups/players.</p> <p>Variation:</p> <ul style="list-style-type: none"> <li>- Add another Attacking player that stays in final area</li> <li>- Players can only score inside final third</li> <li>- Team with numerical <b>disadvantage</b> have limited time to score (10s)</li> </ul>					
<p>DURATION: 15 - 20 MIN</p>	<p><b>Small Sided Game</b></p>					
<p>CONES X 20</p>	<p>POLES X 4</p>	<p>BALLS X 15</p>	<p>BIBS 3 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA Mannequins instead of poles*</p>	



## BALMAIN & DISTRICT FOOTBALL CLUB

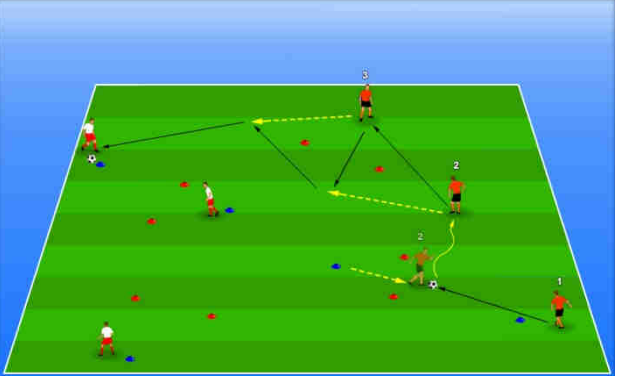
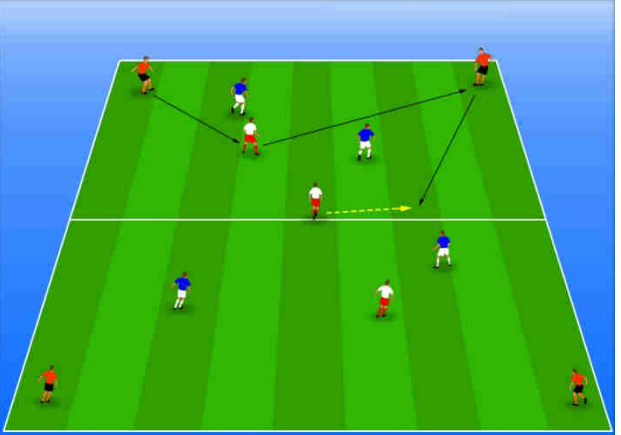
### SESSION PLAN 7



SESSION FOCUS: Combination play

AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

<p><b>DURATION:</b> 10 – 15 MIN</p>	<p>Position the cones as per diagram. 1 player in each blue cone. Player 1 waits for player 2 to run through the red cones and passes the ball; player 2 receives on a half turn and passes to player 3, they will perform a 1-2-3 combination before player 3 passes to the white player to restart the drill. All players pass and follow their passes. After 2-3 rounds insert a second ball so the drill starts on opposite sides at the same time.</p> <p>Variation:</p> <ul style="list-style-type: none"> <li>- Use different combination patterns</li> </ul>	 <p style="font-size: small; color: blue;">Created using SoccerTutor.com Tactics Manager</p>
<p><b>DURATION:</b> 15 – 20 MIN</p>	<p>Divide the field in half. Divide the players in 2 teams of 4 + 2-3 neutrals (extra players can be neutrals outside the area). The team in possession must be on each corner of the area and tries to move the ball from one half of the field to the other, they can use the neutral players to accomplish their objective. The defending team must be in the middle of the area and have 2 players on each half; if they regain possession they must change positions with the other team. Every time a team can swap the ball to the other side they win a point.</p> <p>Variation:</p> <ul style="list-style-type: none"> <li>- Defenders are free to move all field</li> <li>- Allow long passes/air passes</li> <li>- Limit players touch (1-2 touches maximum)</li> <li>- Make area bigger/smaller</li> </ul>	 <p style="font-size: small; color: blue;">Created using SoccerTutor.com Tactics Manager</p>

DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Divide the field in 3 areas, a 20x25 central area and 20x30 end areas; and the players in 2 teams (if too many players use extra players as bouncers/neutrals on central area). In the central area, the teams will play 3v3/4v4, their objective is to pass the ball to the target player positioned outside the central area, once the team can pass the ball to the target player they must sprint to that area to receive the ball back from target player (has 2 touches maximum) and score a goal, defenders also run outside central area to try to defend. If the other team regain possession they attempt to score on the opposite side.

Variation:

- Insert a defender that starts with the GK and once the pass is made to target player the defender is live
- Make central area bigger and add 1-2 neutral players inside central area (during transition they stay in central area)



DURATION:  
15 - 20  
MIN

**Small Sided Game**

CONES X 20	POLES X 0	BALLS X 15	BIBS 3 sets of colours	GOALS X 2	EXTRA
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# BALMAIN & DISTRICT FOOTBALL CLUB

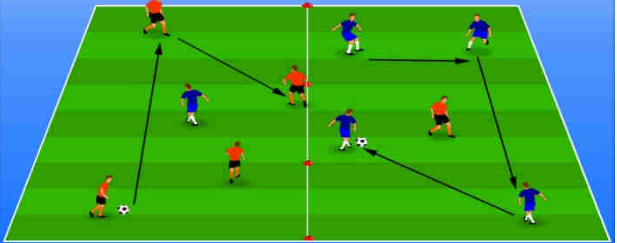

## SESSION PLAN 8



SESSION FOCUS: Players assessment

AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

<p>DURATION: 20 MIN</p>	<p>Players start as 4v1 possession and positioning game. They play 1.5 touches rule (if the player before use 2 touches on the ball the next player must use 1 touch and vice-versa). Progress to a 4v2 with the same rules.</p>	 <p>Created using SoccerTutor.com Tactics Manager</p>
<p>DURATION: 20 MIN</p>	<p>Normal game with the rule that players have 2 touches maximum on the ball.</p>	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

<p>DURATION: 35 MIN</p>	<p><b>Small Sided Game</b></p>					
<p>CONES X 25</p>	<p>POLES X 0</p>	<p>BALLS X 15</p>	<p>BIBS 3 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA</p>	



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 9



SESSION FOCUS: Win the ball back ASAP

AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

**DURATION:** 10 – 15 MIN

Divide the players in 2 groups, they will do the same drill on opposite sides. Player in position 1 starts with the ball, he/she must pass to player in position 2, who passes to 3 who finishes by passing to 4. Player 4 once in possession should dribble the ball to the end of the line (position 1). The 2 defenders inside the area must be passive, **they are not tackling the player in possession**, they are only passively blocking the pass so the next player must move to a better position to receive the ball, swap defenders every 2min. Players must follow the sequence of pass (1-2-3-4), once player 4 starts dribbling the ball out, the next player can restart the drill. Players should change positions after every turn (1 to 2, 2 to 3 and 3 to 4).

Variation:

- Players can make combinations to achieve the pass to next player
- Defenders active, how many times can they win possession in 90sec?




**DURATION:** 15 – 20 MIN

Divide the area in half. Place 3 support players as per diagram (one on each end and one in the middle). Divide the remaining players in 2 teams. One team will start with the ball inside one area, they should have 2 extra players inside the area compared to the defending team. The objective is for the team in possession to be able to combine with the middle support player and successfully pass the ball to the neutral player on opposite area, if successful they must quickly run to the other area and continue the game (1 point). If defending team wins possession they should pass to any of the remaining players on the other area and restart the game from there (2 players from the defending team must always stay on the opposite half).



## DEVELOPMENT PROGRAM SESSIONS

<b>DURATION:</b> 15 – 20 MIN	Divide the area in 2 halves and the players in 2 teams with GK. Teams will play a normal game with the condition that a goal is only allowed if the entire team is beyond halfway line (GK excepted). Also, if the defending team press and win the ball on the opposite half, with all their players pressing on that half (orange team on the diagram) and score a goal it counts as 3 points. Teams must start playing from their half (no long balls).		 <p style="text-align: right; font-size: small;">Created using SoccerTutor.com Tactics Manager</p>			
<b>DURATION:</b> 15 - 20 MIN	<b>Small Sided Game</b>					
	CONES X 20	POLES X 0	BALLS X 15	BIBS 3 sets of colours	GOALS X 2	EXTRA





## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 10



SESSION FOCUS: Effective possession - POFTB

AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

<p>DURATION: 10 – 15 MIN</p>	<p>Y passing: Set the cones in a "Y" shape. Player 1 passes to player 2 who receives the ball and turn to face and pass to Player 3. Player 3 dribbles the ball and joins the line. One player passes to the right and the next player pass to the left (from player 2 to 3). T Passing: Set cones in a "T" shape. Player 1 passes to 2, 2 to 3. Player 3 does a wall pass with player 5 before passing to player 4. Player 4 receives and dribbles the ball to position 5. All players pass and follow their passes. Variation: - Wall passes - 1-2-3 passing combination - Passive defenders</p>
<p>DURATION: 15 – 20 MIN</p>	<p>Create a 30x30 area with cones; inside that area we will have 2 teams with the same number of players + 1 support player inside the area and 2 players outside on opposite sides. Ball starts with one of the outside players, the teams' inside play possession, if the ball goes out of play or if the defending team gains possession they can use the support players to keep the ball. Change the extra players every 2-3 min. Variation: - Change size of the area - Players have a set number of touches - Teams' must receive from one outside player and successfully pass to the other outside player on the opposite side</p>



DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Divide the field with 2 areas on each side for the FBs (see diagram). Orange team will have 2 players as CBs, 2 FBs (inside their area only), 1 CDM, 1 GK and 1-2 target players. The blue team will have the front 3 (LW, RW and CF) plus the CM. The orange team must play from the GK, their objective is to pass the ball to their target player (FBs are not allowed to pass the ball to the target players and are allowed 2 touches maximum). The blue team must regain possession and score in 10s, when blue team regain the ball, the orange players have no restrictions to defend. No blue player is allowed in FB area when defending.

Variations:

- Add another player from each team inside playing area
- Insert a defender on target players' area
- Defenders are allowed in FBs area



DURATION:  
15 - 20  
MIN

**Small Sided Game**

CONES X 20	POLES X 0	BALLS X 15	BIBS 3 sets of colours	GOALS X 2	EXTRA
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## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 11



SESSION FOCUS: Transition – Make the field as small as possible

AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

**DURATION:** 10 – 15 MIN

Place cones around the area as per CBs, FBs, CDM and CAM (fluctuates between the blue cones depending on the passing side) positions (see diagram). The orange players should pass the ball to each other while the blue players defend passively. At any point one of the blue players can switch from passively to aggressive defending and block the pass. As soon as that happens all orange players must quickly react to defensive positions. Depending on numbers, double the players between the cones, they should rotate turns.

Variations:

- After a while change the rules where once the blue player wins possession they attempt to dribble the ball across the outside lines. All orange players must move to defensive positions to regain possession



**DURATION:** 15 – 20 MIN

Create a 30x30 area. Inside the area, we have equal number of players and on each side outside the area we have 1 support player. The team with the ball will attempt to keep possession by using the support players. The defending team will attempt to win the ball and dribble across any side of the area. When the defending team wins possession all players (even outside support) can move freely inside the area to avoid the player dribbling across the line.

Variations:

- Play for time, set number of passes = 1 point and every time the defender crosses the line = 1 point
- If defender crosses the line they swap roles with the other team



DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Create a 30x30 square with cones and a 15x30 rectangle area in front of the goal. Divide the players in 2 teams with the defending team with 1 extra player inside the area and the attacking team with 1 or 2 support players outside the area (Attacking team has more players than defending team but are in disadvantage inside the area). Blue team starts with the ball, their objective is to enter low area (blue) and score a goal (no orange players allowed), the orange team objective is to recover the ball and either keep for 5s or cross the end line or both. If the orange team regain possession, all blue players (support included) move to defending positions inside the area and try to regain possession, if successful the drill restarts after all players reset.

Variations:

- Change area size
- Only 1 support player can enter the area to defend
- Add another goal, when orange players win the ball they try to score



DURATION:  
15 - 20  
MIN

**Small Sided Game**

CONES X 20	POLES X 0	BALLS X 15	BIBS 2 sets of colours	GOALS X 2	EXTRA
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## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 12



SESSION FOCUS: Converting scoring chances

AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

**DURATION:** 10 – 15 MIN

Divide the field in half and have 2 groups working simultaneously. Place 4 cones as per diagram and 1 player per cone, the other players will be on position A with a ball each. Player A pass to B, who lay the ball to C; Player C pass to D who performs a wall pass with B before dribbling the ball to the end of the line. Players swap positions (A to B, B to C, C to D and D to A). Next player restarts the action. Encourage the players to move fast and use 1 touch only, also they should perform faints to simulate moving away from the defender.

Make sure players are working on their communication with which each other.

Variation:

- Pass with left/right foot
- Pass from C to D on the floor or in the air



**DURATION:** 15 – 20 MIN

Create a middle area about 7x30 with cones; divide the players in 3 teams. 1 team will start on the middle area (defenders, with 2 extra players) while the other teams will be on opposite sides. At the beginning one team change passes and try to create a passing lane so they can pass the ball from their grid to the next (1 point) without being blocked by the defenders; once other team receives the ball they try to achieve the same result; the defending team will always send 2 players to try to recover the ball while the others will play as a unit to block the pass. If defenders win the ball they can either win one point (and swap teams after a set time) or switch with the team that lost it.

Use a player as support for both attacking teams if numbers are not enough or extra players as bouncers outside if too many players.







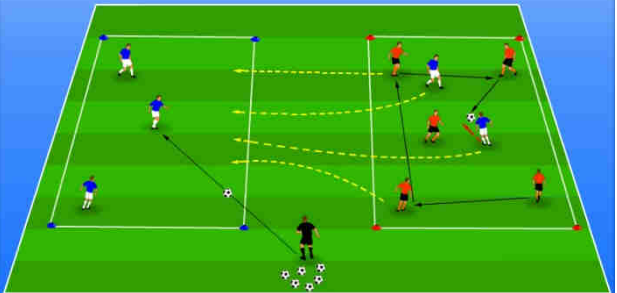

## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 13



SESSION FOCUS: Limit opponents' ability to create goal scoring chances    AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

<p><b>DURATION:</b> 10 – 15 MIN</p>	<p>Create 2 areas on opposite sides with a 10mt space between them. Divide the players in 2 teams. Each team will be inside 1 area. The coach will serve the ball to one side, as soon as he/she passes the ball 2 or 3 players from the opposite side must run to the opposite area and try to touch the ball or make the other team do a mistake (ball out of playing area). As soon as that happens the coach will pass a new ball to the other team. The players from that team and 2-3 players from the opposite team must sprint to the other side to continue the game.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>- Start with 1 defender, every 5 successful passes allow another defender to enter the area. Which team can bring more defenders to their side?</li> <li>- Change area size</li> </ul>	 <p>Created using SoccerTutor.com Tactics Manager</p>
<p><b>DURATION:</b> 15 – 20 MIN</p>	<p>Divide the field in 2 areas (2/3 with a big goal and 1/3 with 2 small goals). In the bigger area, we will have the attacking team with 1 player + GK more than the defending team and in the smaller area we will have an equal number of attackers and defenders. Ball starts with GK, blue team tries to build up and dribble the ball to the smaller area to join the strikers (3v2) and scores in either small goal. Orange team try to gain possession and score in the big goal in 10s or less. No orange player allowed to join the 2 defenders in the smaller area.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>- Limit number of touches</li> <li>- 1 player of each team from the smaller area can join the bigger grid</li> <li>- Blue team can pass the ball to a 3<sup>rd</sup> player inside the smaller area instead of dribbling in</li> </ul>	 <p>Created using SoccerTutor.com Tactics Manager</p>

## DEVELOPMENT PROGRAM SESSIONS

**DURATION:**  
15 – 20  
MIN

Place 2 small goals in one end of the field and 1 big goal with a GK at the other. 4 players will be the defenders and the others will be divided in groups of 5. In waves of attack we will have 5v4+GK. The orange players try to score in the big goals and the blue players try to protect the goals and/or score a goal in the mini goals. Before a new wave starts the players must reset in 5s. Ask players to constant change their positions when attacking. Change defenders every 2-3min.

Variations:

- Limit touches
- Give a time limit to score
- Change area size



**DURATION:**  
15 - 20  
MIN

### Small Sided Game

**CONES**  
X 20

**POLES**  
X 0

**BALLS**  
X 15

**BIBS**  
2 sets of colours

**GOALS**  
X 2

**EXTRA**





## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 14



SESSION FOCUS: Controlled possession on middle/3

AGE GROUP: U13/U14/U15/U16

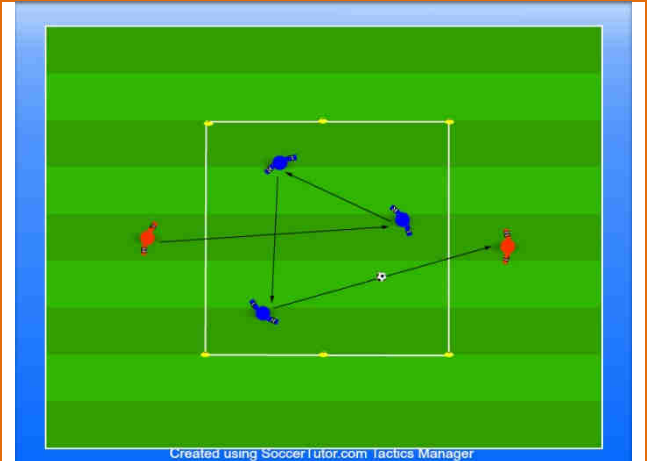
DURATION: 75 min

**DURATION:** 10 – 15 MIN

Create a 10x12mt area. 3 players inside the area and 2 outside, 1 ball per group. One outside player starts with the ball and pass to any inside player, this player must use his/her 1<sup>st</sup> touch to pass to a second player inside who pass to the last inside player that finishes by passing to the opposite player outside (see diagram). The opposite player that received the last pass restart the drill. Players should be constantly moving.

Variations:

- Inside players can have 2 touches and outside 1
- After a few minutes the coach signals and the outside players enter the area as defenders (one at a time, if inside players complete 4 passes the second defender enter the area)
- Make the areas closer to each other, after a few minutes' finish by combining the areas and all groups play in one big area



**DURATION:** 15 – 20 MIN

Area 30x40 divided in half. Divide the players as per diagram (9x4), with 2 x Defenders locked into each zone when out of possession. The Midfield 3 (6, 8 and 10) can play anywhere in the area. Centre Back and Centre Forward (in opposite directions) can play along the length of their area. Full Backs and wingers can play along the length of their area (not allowed inside). The objective of the orange team is to play the ball from the CB to the CF (maintaining position and possession), only the inside players can realize the final pass to CF. If the defenders win the ball their objective is to dribble through any of the end lines (all orange players can enter the area to defend).

Variations:

- Add another defender
- Remove middle line and play as one big area



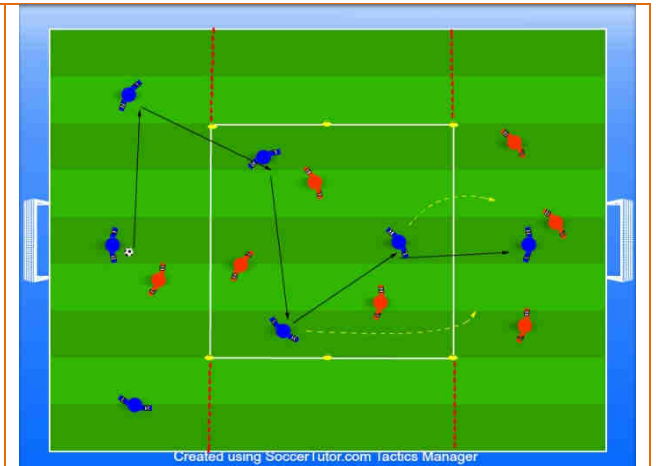
DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Create a square in the middle of the field, 3 players of each team will stay inside the square. The others will be divided as defenders and strikers and placed on each end (defenders with advantage on number of players). Both teams try to score a goal by building up the play through the middle area to final area. No players are allowed on the outside of the middle square. 2 midfield players are allowed inside final third to play with striker.

Variations:

- 1 player from defence can join middle area
- Midfielders can shoot from middle area
- Limit number of touches
- Change area size



DURATION:  
15 - 20  
MIN

**Small Sided Game**

CONES  
X 20

POLES  
X 0

BALLS  
X 15

BIBS  
2 sets of colours

GOALS  
X 2

EXTRA



# BALMAIN & DISTRICT FOOTBALL CLUB

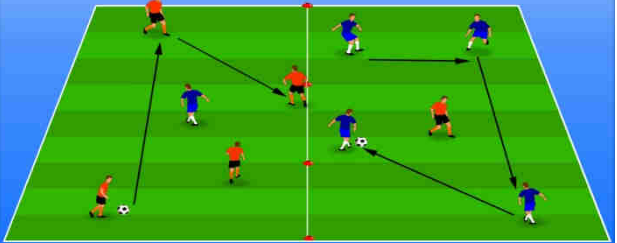

## SESSION PLAN 15



SESSION FOCUS: Players assessment

AGE GROUP: U13/U14/U15/U16

DURATION: 75 min

<p>DURATION: 20 MIN</p>	<p>Players start as 4v1 possession and positioning game. They play 1.5 touches rule (if the player before use 2 touches on the ball the next player must use 1 touch and vice-versa). Progress to a 4v2 with the same rules.</p>	 <p>Created using SoccerTutor.com Tactics Manager</p>
<p>DURATION: 20 MIN</p>	<p>Normal game with the rule that players have 2 touches maximum on the ball.</p>	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

<p>DURATION: 35 MIN</p>	<p><b>Small Sided Game</b></p>					
<p>CONES X 25</p>	<p>POLES X 0</p>	<p>BALLS X 15</p>	<p>BIBS 3 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA</p>	