

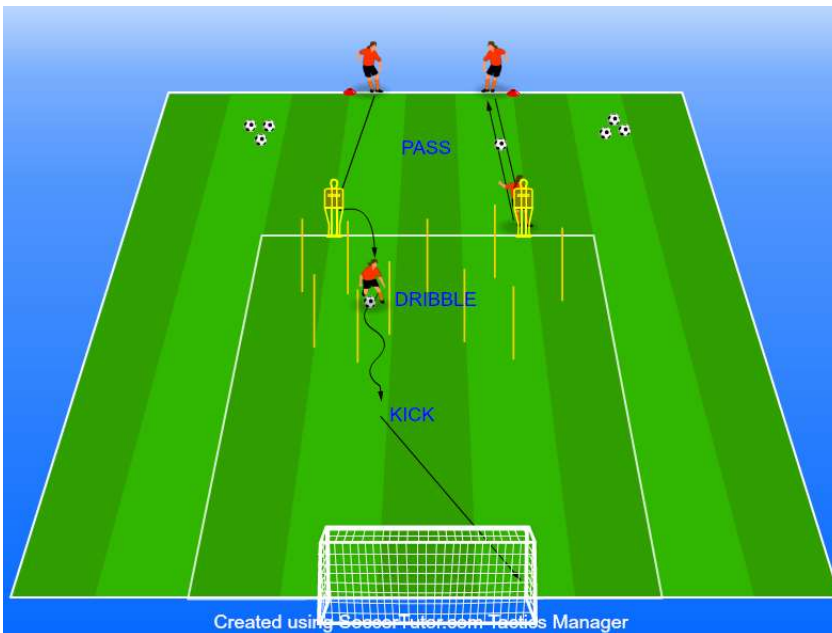
Grading for U8 to U11: Day 1 (skills session):

- 60 minutes per age group
- 3 stations x 20 min:



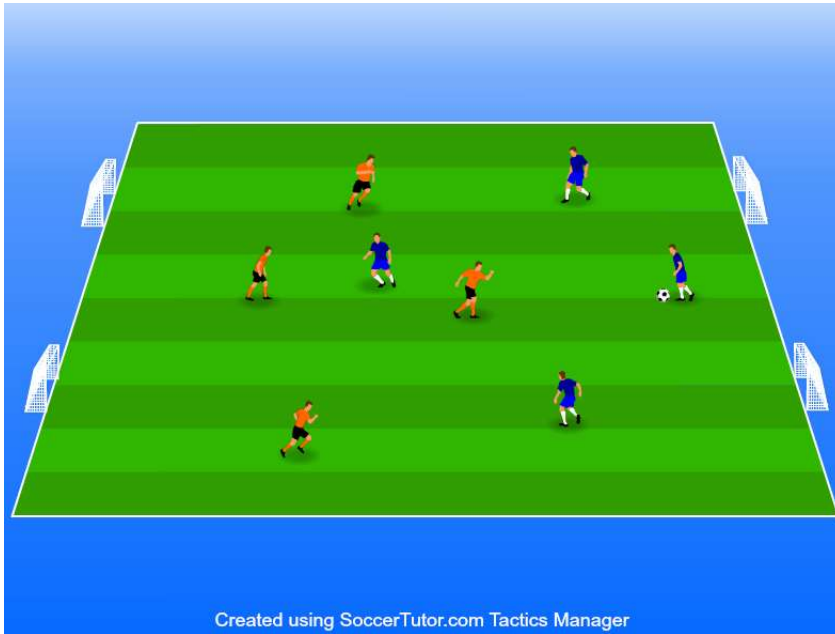
1v1

- 2 lines of players (attackers and defenders)
- Defender must pass the ball to attacker, once he/she take their 1st touch the defenders can move towards player
- Attacker tries to dribble the ball through any of the 2 gates made with poles. If the defender wins possession he/she tries to dribble through any of the gates in the opposite side



Technical

- 2 lines of players
- Players must pass 3 times between themselves (**pass**)
- Player standing in front of mannequin moves the ball to one side when receiving 3rd pass (**1st touch**), dribbles through poles (**dribbling**) and shoots into the goal (**shooting**)
- Drill is continuous, both sides can go at the same time (if no GK in goals). Once one player starts dribbling the next player can take his/her place in front of mannequin.



4v4

- Divide players in 2 teams (No GK)
- We will have 4v4 playing on the field
- Players can score in either of the 2 mini goals
- Extra players will wait outside as substitution
- All substitutions to stay a maximum of 3 minutes outside

Day 2 (game session):

- 60 minutes per age group
- 7v7 or 9v9 Small Sided Games
- Number of games and length will depend on groups' numbers
- Teams will play against each other's, but coaches can move players around to analyse different formations/positions

Grading for U12 to U16:

Day 1 (skills):

- 60 minutes per age group
- 3 stations x 20 min:



6v6

- 2 teams of 6 (1 x GK) in a 3-2 or 2-3 formation
- 9 min rounds with 1 min break (depending on number of participants we may change the format. All players will play in their favourite position at some point of the game)



3v2

- 3 attackers vs 2 defenders (if we have GK they will be taking turns in goals)
- Attackers try to score in the goal
- Defenders try to avoid goal and regain possession, if successful they must pass the ball to any of the next 3 attackers
- If ball goes out of play, the next group of attackers and defenders start a new game



Possession

- 2 teams of 6
- 4 v 4 inside the square with 2 players from each team outside
- Players should keep possession and use the outside players, once the inside player passes to the outside ones they must swap positions
- *depending on groups' numbers other styles of possession games can be used to better suit that group

Day 2 (game session):

- 60 minutes per age group
- 11v11 games
- 2 x 25 minutes' halves with 5 minutes' break or if more than 2 teams a different format will be used where all teams can play against all the others (i.e. 3 x 20min games)