



**Ballymoney United Youth Academy
Fundamental Stage
Booklet 1
2011/12**





Coaching Guidelines

Age Group	Coaches		Equipment	Number of Participants	Game format
	Wednesday 6 -7pm at Astro JDLC	Saturday 10-11am at Showgrounds			
U6 (2006/07)	Colin Taggart/ John Fall	Colin Taggart/ Davy Reid	20 White size 3 Umbro balls	Max 15	Small goals (4) 4 teams of 4 35 x 25m
U7 (2005)	Simon Smyth/ Mark Lyons	Simon Smyth/ Mark Lyons/ JF	14 Yellow size 3 balls	Max 15	12x 6 goals (4) 4 teams of 5 35 x 25m
U7/8 (2004)	Mark McKane/ Joe Gunn	John Getty/ Gary Keys/ CW	10 white size 4 balls	Max 15	
U9 (2003)	John McMullan		10 pink balls	Max 20	12 x 6 goals (2) 55 x 35m max 7 a side

To ensure smooth running of all sessions could each coach:

- They arrive 30 minutes prior to start team
- Set up appropriate pitches for their age group
- Inspect area for any objects/ litter
- Ensure their group has adequate balls, bibs and cones and place them at their coaching grid
- Have a copy of session plan, feel free to adapt if necessary and make any recommendations or feedback to SS
- Ensure all children have registered
- Gareth Fall to provide water bottles to all groups
- Use buddy system if children need toilet/ Gareth Fall to supervise changing area
- Could staff report any problems with equipment to Gareth Fall
- Any issues with children report to JF/ SS/ JMcM
- All coaches to count equipment and assist in putting equipment away, report any missing equipment to SS/ GF
- It is recommended that coaches do not play in matches
- Be positive in your feedback to children
- Support the ethos of fair play and inclusion

Risk assessment and copies of forms can be found at the club website or from SS/GF.

Signed: _____ Date: _____

To be reviewed summer 2012

Coach Name: _____

Signed: _____

Date: _____



Session Theme
Session Objectives

Passing and Speed

- Ball Familiarisation
- Dribble with speed
- Pass with accuracy

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Warm Up



7 Steps

Players drill inside grid on call perform action

- 1=on run
- 2=on shoe
- 3=on knee
- 4=on floor
- 5=drag back turn
- 6=on head
- 7= toe taps

On coaches call exchange

Development

RATS AND RABBITS

On call of rats, rats have to get safe zone before being caught
Add ball each
Ball in middle perform drag back before taking ball to end zone

PASSING IN COLOURS

Number team 1 to 4, 1 passes to 2, 2 to 3 etc.
Work on touch and direction of pass
How many passes in 30 seconds?
Can you pass and move into space



UNDER THE BRIDGE

In groups of 3, player 1 tries to pass the ball between legs of player in middle (bridge) to partner.
Rotate roles
Vary distance
Try weak foot?
Recap on technique



LAND ON THE MOON

In small groups with supply of balls, try and land ball inside circle, if ball does not stay inside circle collect and join back of group.
vary distance and angle

Small Sided Game





Session Theme
Session Objectives

Dribble and Turn

- Dribble with control
- Change direction
- Introduce method of turning

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Warm Up



STUCK IN THE MUD

Players have a ball each and dribble in grid, 2 catchers on and they must tag players with ball, if caught hold ball in hands and open legs wide, you can be freed if another player passes their ball through your legs.

Variation

2 catchers, 2 players with ball who can free players, player run inside grid if tagged stand with legs open until the free players pass the ball between your legs.

Development

HUNGRY HIPPOS

All balls start in middle on go one player from each group goes into middle to retrieve ball and brings back to won group then player 2 goes etc.
2. players dribble ball in and leave
3. bring ball out once there are no balls in middle steal from other groups

COLOURED CORNERS

players dribble inside coach on call they must quickly dribble ball into their coloured corner. Vary dribbling i.e. follow each other, 1 ball between group passing, one ball between group throwing.



RUN THE SLALOM

in groups of 3, dribble through cones before dribbling quickly back to group
Carry ball first
Try weak foot?
Pass through legs before starting etc.
recap on technique

QUICK DRAW

on coaches call who can perform drag back first.
progress to can you drag back and reach line before being caught
try weak foot

Small Sided Game





Session Theme
Session Objectives

Dribble and shoot

- Ball Familiarisation
- Dribble with control
- shoot with accuracy

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Warm Up



TAILS

Players run inside grid with bib in back of shorts on call they must try and steal as many other bibs as they can. add a ball each so that they have to dribble with ball.

Variation

2 catchers, if caught you must go to coach do a skill and they you can return to grid. Split up into 3/4 teams, team that collects most bibs are winners, any bibs you collect must go in back of shorts, you can only steal one at a time

Development

HIT THE NET

in groups of 3, players have a ball each, player at front of line shoots at goal then collects ball and joins back of group. try weak foot? hit a moving ball/ hit a bouncing ball recap on technique

TARGET PRACTICE

Again in small groups, players have ball each and aim to hit a shot with accuracy to knock ball off cone, if they knock ball off bring it back to your group first to knock all 5 off are the winners.



PROTECT THE CASTLE

Play 3v1 in 10x10 grid, players try to pass the ball and get opportunity to strike ball at target ball on cone. if defender intercepts ball he passes it to side of grid, players start again. Change defender regularly Should i shoot from distance or dribble close?

ALAMO

Dribble ball and shoot from distance collect ball and join back of other group.

Small Sided Game





Session Theme
Session Objectives

Dribble with speed

- Dribble changing direction quickly
- Beat opponent at pace & using skill

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Warm Up



TRAFFIC LIGHTS
use of green for go and red for stop, add orange for toe taps (ready to go) call movements reverse, turn right/ left and slow/ fast etc.

DODGE EM!
all players have ball and try to hit coach below knee to score a point
on coaches call exchange balls

Development

SPEED CORRIDOR
in groups of 3, dribble up to speed corridor then dribble as fast as you can to end cone, slow down and dribble back to back of your group.

ZIG ZAG
on coaches call player 1 zig zags through course as quickly as possible, once they reach top flag jog to back of group



FEINT
in groups of 2 start on line and dribble in to meet partner when balls touch drag ball back and dribble quickly back to your line play best of 5/ use weaker foot
dribble to middle exchange balls before sprinting back to line

DEFEND THE ZONE
player starts with ball and tries to get to other side past defender who tries to gain possession defender only allowed in zone.
progress to 2v1

Small Sided Game



Session Theme
Session Objectives

- Drizzle and pass**
- Dribble with control
 - Pass on the move

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Warm Up



ZIG ZAG

Partner goes in front and moves around the grid, player with ball must stay as close as possible. (Not fast)

Progression
Ask player in front to change direction quickly, player with ball aims to stay close.
Player in front has the ball; can you lose your partner?

Development

LINE DRIBBLE

Players line up on end line, coach faces away from them, players must dribble slowly and if coach turns and catches them moving they must return to the line.
PROGRESSION
Players dribble out and when coach turns they must get back to line before being caught.

3'S DRIBBLE

Firstly players dribble to cone and back, ensure they use both feet/ inside/ outside of foot. Players then Zig Zag up to cone then dribble back. Plenty of touches of the ball



PASS AND SHOOT

Players pass to coach get lay off and have a strike at goal.
Progression
coach goes other side to encourage left footed shot once you hit a shot become GK

STEPMOVER TO SHOOT

Split into 2 small groups, players dribble to middle perform step over then have a shot.
Progression
Add goalkeeper/ covering defender
Play 1v1

Small Sided Game





Session Theme
Session Objectives

Improve Ball control

- Dribble using variety of surfaces
- Develop awareness
- Shooting and passing

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Warm Up

BALL CATCHER
catcher carries ball in hand and chases dribblers inside grid. if they intercept ball kick it out of square. Dribbler retrieves ball and goes back into grid.
Progression
Set time then change catcher
If ball goes out perform skill before returning
Competition.
KP Play with head up, close control, use body as barrier

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Dribbling/ Passing

DRIBBLE AND CLOSE CONTROL

1. Dribble up and around cones using outside of foot only
 2. Use studs and pushball in front
 3. Drag using sole of foot
 4. use inside of feet pendulum technique
- Progression
Use of both feet
Small groups
Head up try weak foot

DRIBBLE AND CLOSE CONTROL
1. dribble up and around cones using outside of foot only
2. use studs and push ball in front
3. drag using sole of foot
4. use inside of feet pendulum technique
progression
use of both feet
small groups
head up

FOLLOW THE TRIANGLE
Use a triangle (using 3 players) instead of 8. Split group in half, group 1 on the corners of the shape, group 2 have a ball each and are inside the shape. Group in middle must dribble and try and stay close to ball on outside.
Group in middle must dribble and try and stay close to ball on outside.
switch roles
Can you disguise your pass?

FOLLOW THE TRIANGLE

Use a triangle if using 6 players/ square if 8. Split group in half, group 1 on the corners of the shape, group 2 have a ball each and are inside the shape. Group in middle must dribble and try and stay close to ball on outside.
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switch roles
Can you disguise your pass?

Shooting

SHOOT AND QUICK FEET
Group line up 10 feet from coach with ball in hand, player tosses ball in air and controls with foot, they then dribble up to coach perform a skill and have a shot at goal. they then collect ball and do fast feet through cones before returning to back of group.
add goalkeeper
add defender

SHOOT AND QUICK FEET

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Session Theme
Session Objectives

- Dribble and shoot**
- Dribble in congested area
 - Shooting on the run
 - Weight of pass

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Warm Up

BIB TAG
Split group into two groups, one group has a ball each and dribble inside grid, the other group have a bib and must try and steal a ball from the group. if they get ball they give dribbler the bib and they become a catcher.

Variation
Group still split into 2 groups. 1 group has ball and others are catchers but don't have a bib this time. this encourages dribblers to keep head up while on the move

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Dribble/ Shooting

DRIBBLE COMPASS

Blue group dribble from West to East in straight lines, at same time green group dribble in a Zig Zag formation from North to South.

Progression
Switch groups
Speed

DRIBBLE COMPASS
Blue group dribble from West to East in straight lines, at same time green group dribble in a zig zag formation from North to South.

Progression
switch groups
speed
size of group

SQUARE SHOOTING
Blue dribble diagonally to cone then sets ball for red player to shoot at goal. they then join back of own group.

Progression
add goalkeeper
add cones on goal line as targets
switch sides
shoot with both feet

SQUARE SHOOTING

Blue dribble diagonally to cone then sets ball for red player to shoot at goal. they then join back of own group.

Progression
add goalkeeper
add cones on goal line as targets
switch sides
shoot with both feet

Shooting

WEIGHTED PASS THEN SHOT
Players form small lines, player at front of line plays a weighted pass into square then quickly runs to catch up with ball before dribbling to endline.

Progression
2 groups opposite go to back of other group
Play weighted pass into box catch up with ball and have shot at goal.

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Progression
2 groups opposite go to back of other group
Play weighted pass into box catch up with ball and have shot at goal.



Session Theme
Session Objectives

Control and Combination Play

- control using variety of surfaces
- beat an opponent
- Shooting and passing

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Warm Up



KING OF THE RING

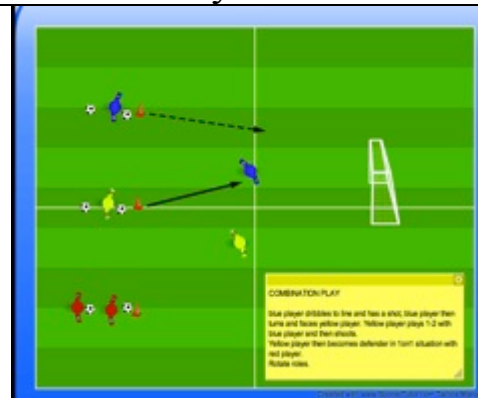
Players dribble around grid and perform a variety of skills as per coaching command. toe taps, tick tick, drag back etc.

Progress into game of king of ring, if ball goes out of grid you must perform a skill before you can return.

Control/ Combination Play

BALL CONTROL

All players a ball each in small grid, players throw ball in air and practice control with. Remember key points right foot left foot thigh head what other surfaces can you control ball with keep up challenge



COMBINATION PLAY

blue player dribbles to line and has a shot, blue player then turns and faces yellow player. Yellow player plays 1-2 with blue player and then shoots. Yellow player then becomes defender in 1on1 situation with red player. Rotate roles. Break into 3 separate drills for younger groups.

2v2



2 V 2

Play 2v2 trying to score in the 3 goals. Encourage dribbling passing and moving into space.

Rotate teams

For younger group play numbers game.

Session Theme
Session Objectives

- Turning and Dribbling
- Explore range of turns
 - Dribble and shoot on the run
 - SSG

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Warm Up



DEFEND THE LINE

Players start on line with ball and try to dribble to other side avoiding the defenders in the middle. If you can dribble across grid without losing control of ball you get a point. Run 3 times then change defender

Variation

Vary number of defenders
If caught become defender

Turning/ Dribbling

SKILL SKOOL

dribble freely in grid performing a range of skills. Introduce a number of turns and let players perform. Add step overs, can they do a double step over? What other turns can they do?

KP. Head up, dribble with laces



FAST LANE

One go player at front of line dribbles quickly with ball to opposite side and stops ball on line.
Coach gives call for next players to go.

Progress to having a shot at half way cone.
Remember KP's

Shooting



SSG

Play range of SSG with 4 v 4

- Game 1: Score by dribbling with ball over end line
- Game 2: Score by 5 consecutive passes in your team
- Game 3: No goalkeepers
- Games 4: 4 goals/ score in any of 2 opponents goals

Session Theme
Session Objectives

- Passing and Dribbling
- Control when dribbling
 - Various types of passing
 - Beating an opponent

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Warm Up



BODY PARTS

Players have ball each and dribble inside grid. (max 10 per group) perform series of skills that were covered over past few weeks (toe taps, step over, pendulum etc.)

When coach calls out body part stop ball with foot then touch ball with body part called and hold for 3 seconds.

can you keep your head up and find space?

on coaches call exchange balls

Passing/ Dribbling

PASSING GATES

players have ball between 2, player 1 rolls ball through gate for player 2 to control and pass back. work on both feet. Can you control with one foot and pass back with the other.

develop to both players passing, how many successful passes can you complete in 30 seconds?

for advanced players control and take ball to side of cone before passing back.

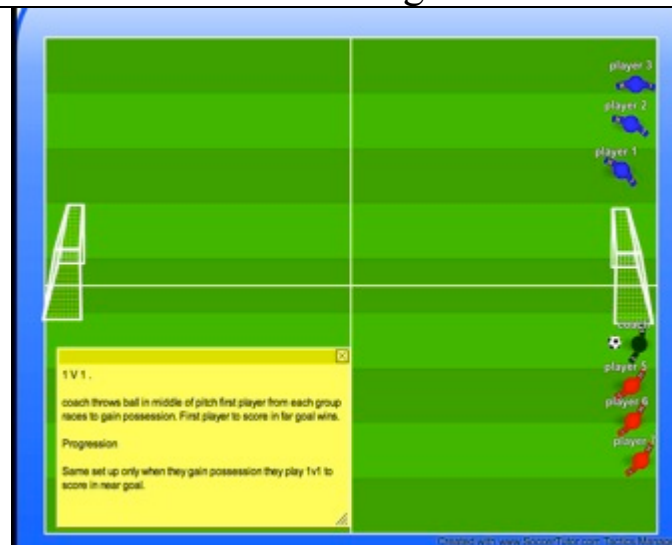


COWBOYS & INDIANS

red players attempt to dribble ball to other side of grid avoiding the balls that are shot at them by the blue. Every success cross over gets a point for your team. Play 3/4 times then swap roles,

Ball must be passed along ground and aim to hit dribblers on the feet or hit their ball.

Shooting



1 V 1

Coach throws ball in middle of pitch first player from each group races to gain possession. First player to score in far goal wins.

Progression

Same set up only when they gain possession they play 1v1 to score in near goal.