



Building a Training Session 2020/2021



**YOUTH
PARTNER**



Building a Training Session



**YOUTH
PARTNER**

What is your topic?

How are you going to get to your main outcome?

What moment in the game are you focusing on?

Will my players be able to execute the activities?

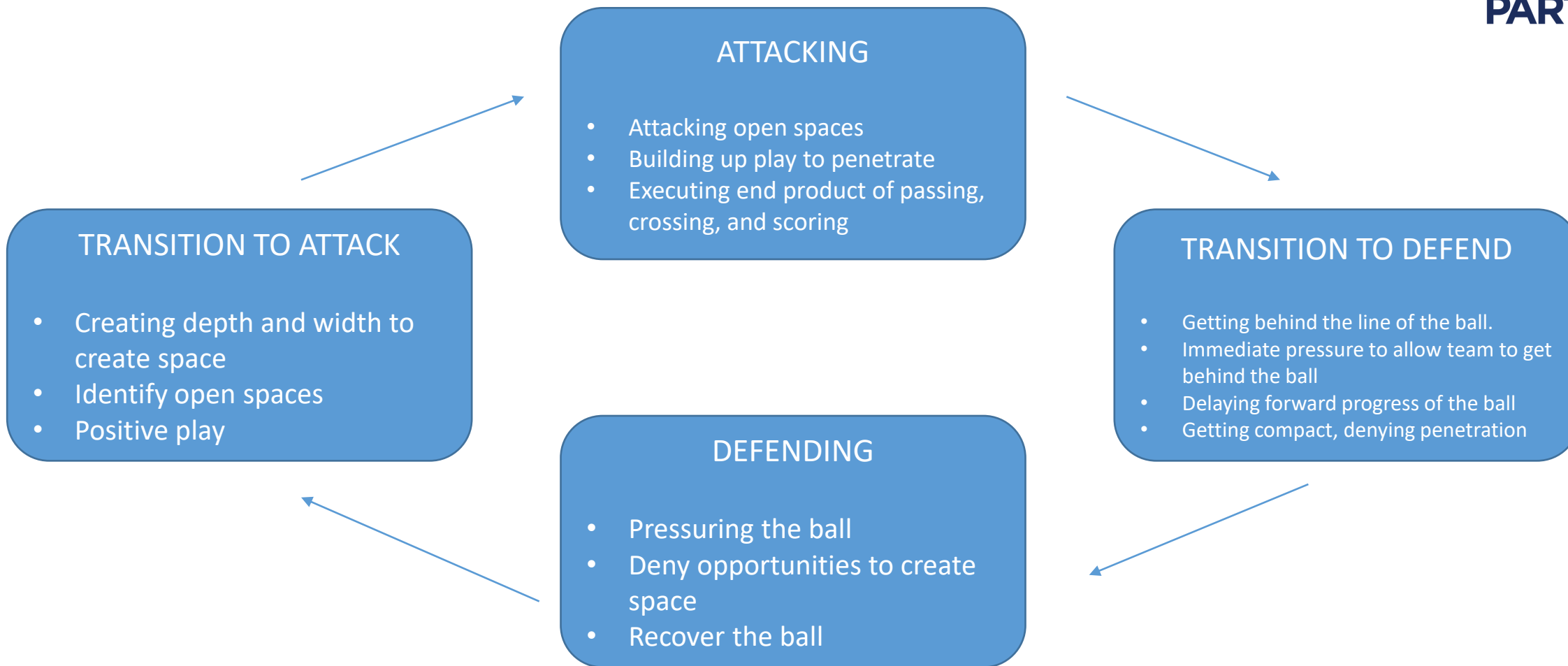
Is this practice game relevant?



4 KEY MOMENTS IN THE GAME | WHAT IS OUR FOCUS?



**YOUTH
PARTNER**





**YOUTH
PARTNER**

PRINCIPLES OF PLAY

What are the 5 principles of Attacking?

- Penetration – act of breaking through the defense by dribbling, passing, shooting or running without the ball.
- Support – providing options backwards, sideways or even forwards your teammate on the player on the ball in order to maintain possession.
- Mobility – movement off of the ball into open spaces or to draw defenders into different spaces.
- Width – Stretching or moving into the wide areas of the field in order to draw defenders out of the middle of the field
- Creativity – The ability to ‘think on the fly’, to improvise, to take risks and employ an element of surprise.



**YOUTH
PARTNER**

PRINCIPLES OF PLAY

What are the 5 principles of Defending?

- **Pressure** – the moment possession is lost, the nearest player(s) to the ball close down space and try to regain possession or apply pressure on the ball.
 - Close down, get down, stay down!
 - Fast, slow, sideways, low!
- **Cover** – the “help”...the immediate organization of players behind the pressuring defender.
- **Balance** – As the team organizes around the ball, defending players away from the ball (opposite side) must start to position themselves to cover or protect vital spaces or open marks.
- **Compactness** – As defending players begin to organize themselves, their goal is to limit the time and space that the opponent has to play by connecting and closing down the space around the ball as a group.
- **Control and Restraint** – Defending players must be disciplined and play under control when challenging for the ball. Players should restrain from going in for a tackle until they are confident they will win the ball.
 - Don't dive in or lunge in 1v1 situations
 - Delay or contain in overload or man-down situations



KEY SESSION COMPONENTS



**YOUTH
PARTNER**

ALLOW CREATIVITY | Allow players to express themselves on the field

COMPETITION | Create challenging activities that will push players out of their comfort zone

SMALL SIDED GAMES | Use SSG to teach different game-like situations and principles of play

ENJOYMENT | Players should have fun during every activity

LEARN BY PLAYING | Use the game itself as a tool to teach different moments, and how to react



SESSION FIELD LAYOUT



**YOUTH
PARTNER**

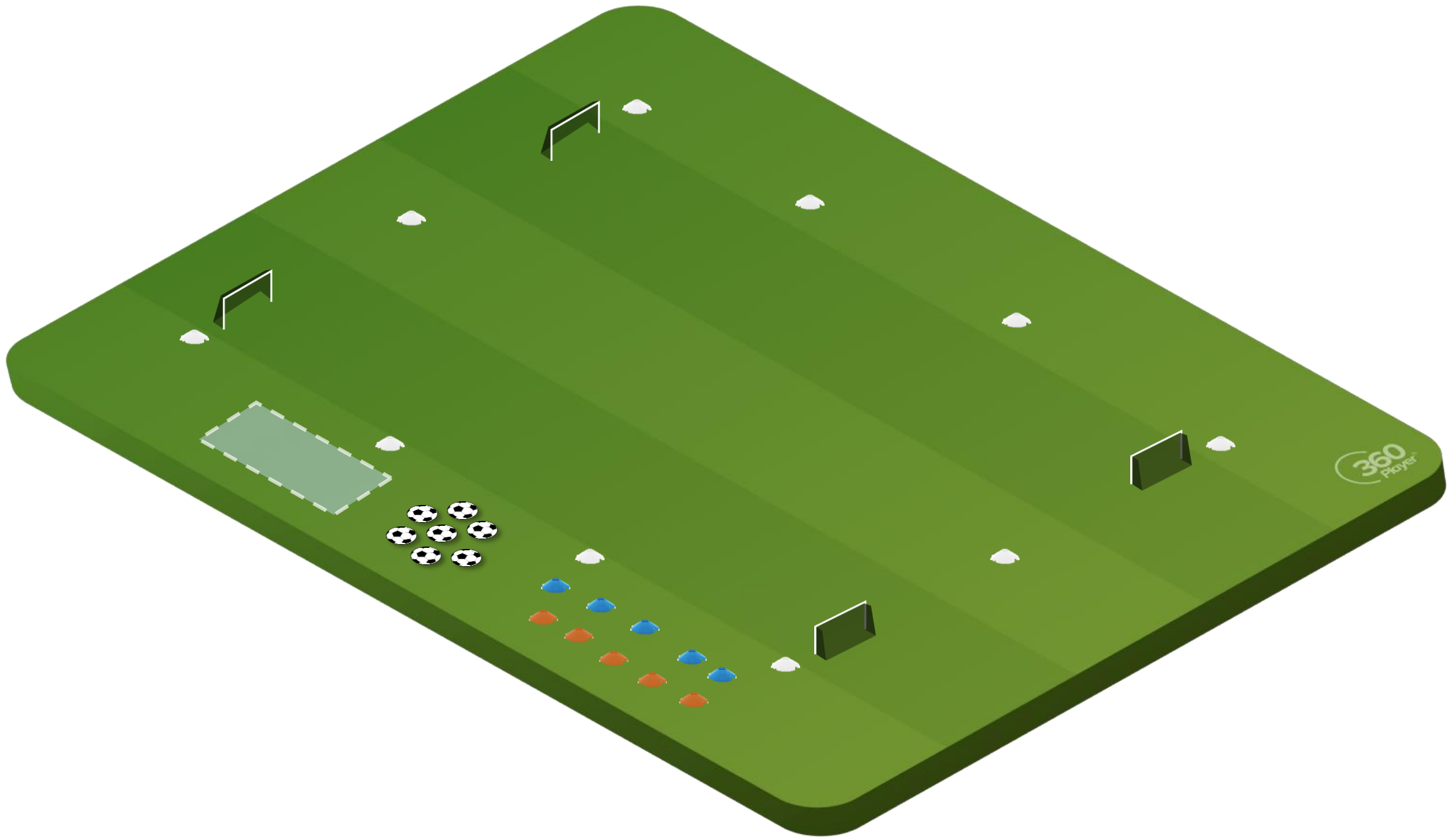
COACHES
EQUIPMENT

PLAYER LOCKER
ROOM

DEFINED
PLAYING AREA

ORGANIZED
BIBS

RED AND BLUE
CONES FOR
ACTIVITIES





SESSION STRUCTURE



**YOUTH
PARTNER**

WARM-UP

- 10 – 15 minutes
- Related to session topic
- Allows moment for players to engage and be creative
- Introduction to technical components of the concept

ACTIVITY 1

- 15-20 minutes
- Work on technical concepts, whether in opposed or unopposed activities
- Allows players the ability to continue to be creative and introduces decision making

ACTIVITY 2

- 15-20 minutes
- Use of conditioned games to bring out concept
- Conditioned games allow for failure and success with player decision making

FINAL MATCH

- 20-25 minutes
- Use small sided games or larger 7v7 / 9v9 / 11v11 format games
- Reinforce coaching points and concepts



DEVELOPMENT PHASE VS. PERFORMANCE PHASE



**YOUTH
PARTNER**

DEVELOPMENT PHASE

U8 – U12

Focus on the technical aspect of the game

Encourage individual creativity

Understand concepts and principles

PERFORMANCE PHASE

U13 – U19

Consistency in execution

Team over individual

Positional understanding of concepts and space

