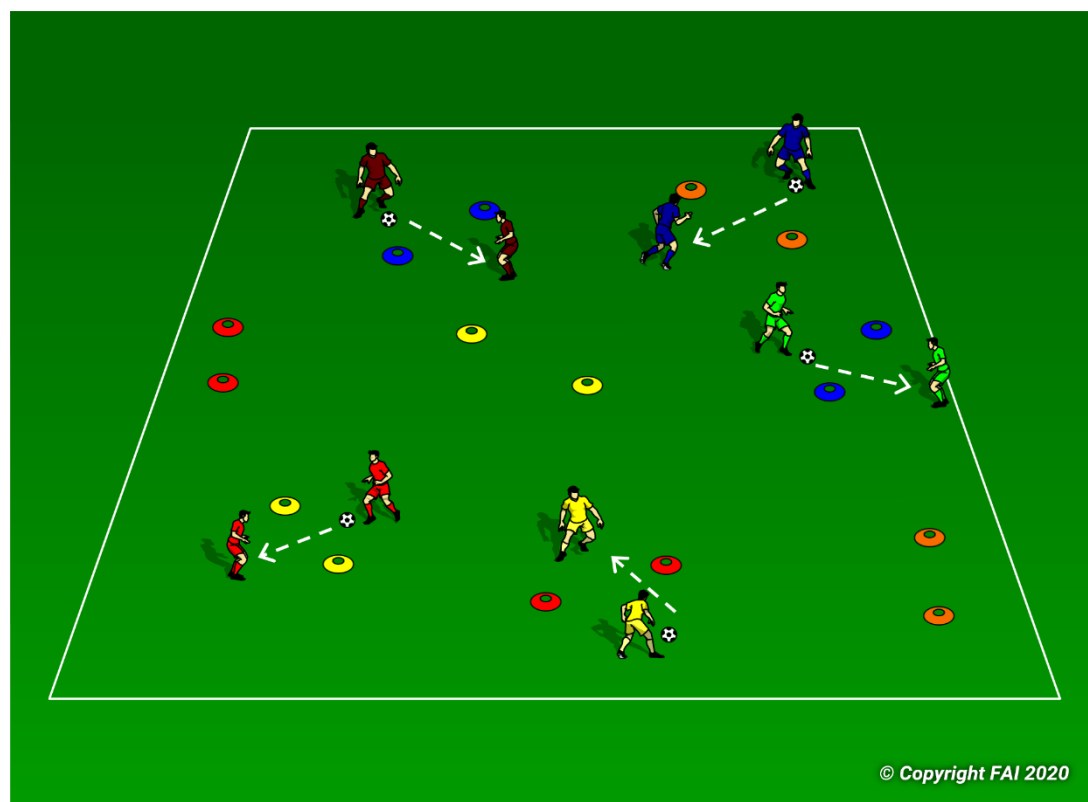


Passing



Coaching Practice Plan



Objective

A Warm up improve player's passing.

Theme

Warm up

Organisation

Area: 30 X 20 metres

Add a number of gates 1-2 metres apart (different colours)

Split group into pairs

1 Ball between 2 players

Players pass through one of the gates to their partner and move to another gate.

Method

Players pass through one of the gates to their partner and move to another gate.

Players count how many passes they get, make it fun, adjust area if more space and longer passes are required.

Notes

- Eye on the ball
- Standing foot planted beside ball
- Lock kicking foot
- Strike through middle of ball (kicking foot should follow to face target).
- Body weight over the ball
- Weight and accuracy of pass

I	→	Introduce the theme of the day
D	→	Demonstrate the actions being practiced
E	→	Explain the technique of each action within a logical sequence
A	→	Action , allow the players to experience the action being practiced
L	→	Look and observe the players performing each action, use leading questions to provide feedback and to check for learning



Coaching Practice Plan

Objective

To improve player's passing.

Theme

Passing

Organisation

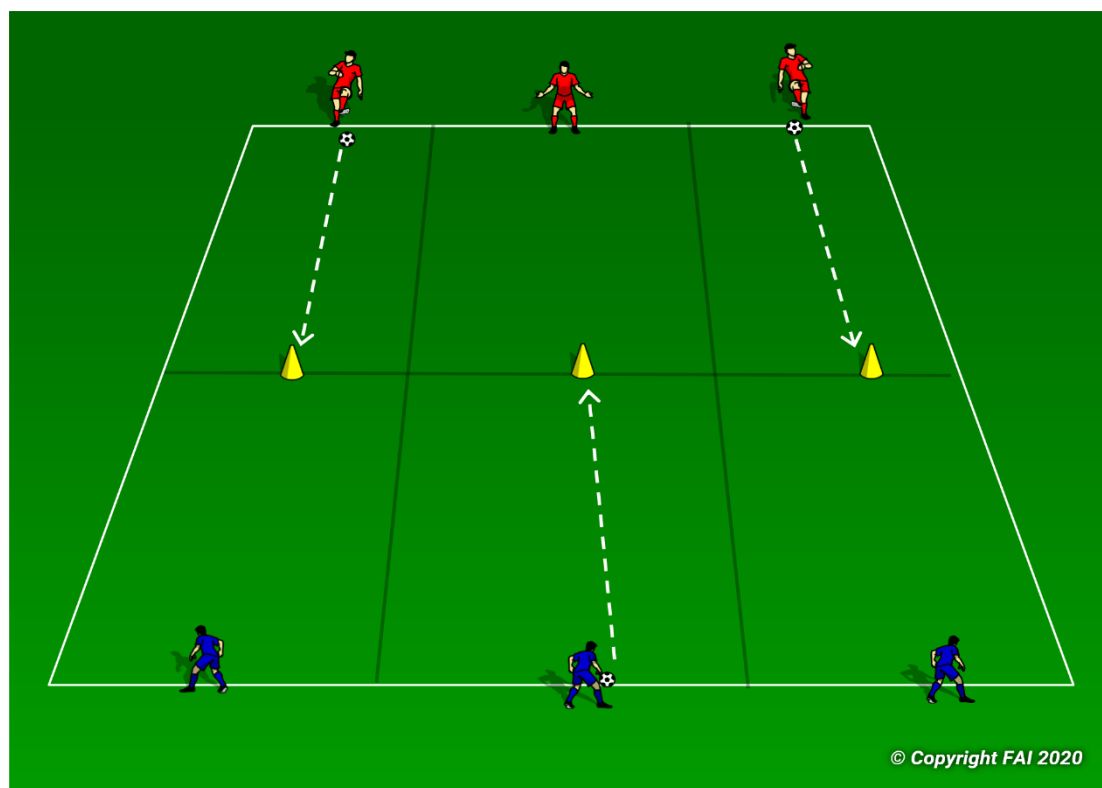
30 x 20m area, 5 – 10 metre spaces between end players depending on space. Groups of 2 players across from each other

Method

- Try to hit the cone with a ball
- The player that hits the cone the most times is the winner (for example in 2 minutes)
- Variations : use both feet.

Notes

- Eye on the ball
- Standing foot planted beside ball
- Lock kicking foot
- Strike through middle of ball (kicking foot should follow through to face target).
- Body weight over the ball
- Weight and accuracy of pass



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Coaching Practice Plan

Objective

To improve players passing.

Theme

Passing

Organisation

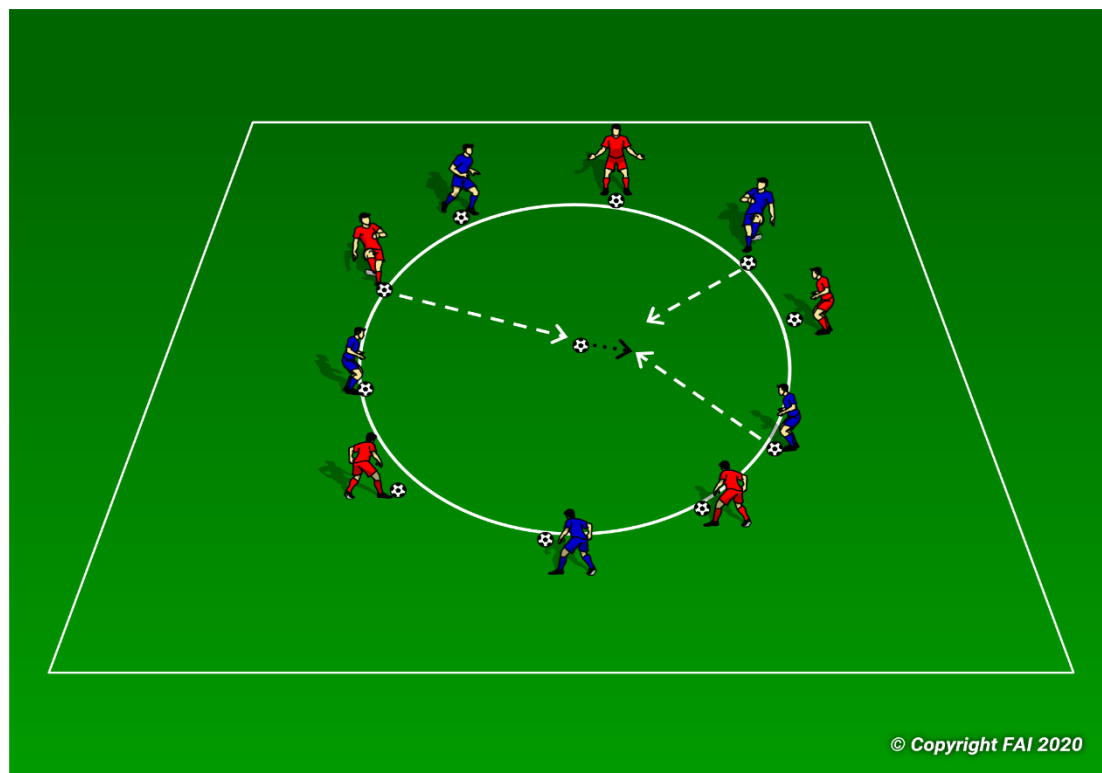
30 x 20m area, create a large circle within your pod.

Method

- All players on the outside of the circle.
- Every player has a ball.
- Players try to hit the neutral ball (coloured ball if possible) with your ball so it will end up outside the circle. Other players try to do the same from the other side hitting the ball in opposite direction.
- Player that knocks the target ball out of the circle is the winner.
- Now progress to two teams that play against each other.

Notes

- Eye on the ball
- Standing foot planted beside ball
- Lock kicking foot
- Strike through middle of ball (kicking foot should follow through to face target).
- Body weight over the ball
- Weight and accuracy of pass



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I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning



Coaching Practice Plan

Objective

To improve players passing and receiving.

Theme

Passing

Organisation

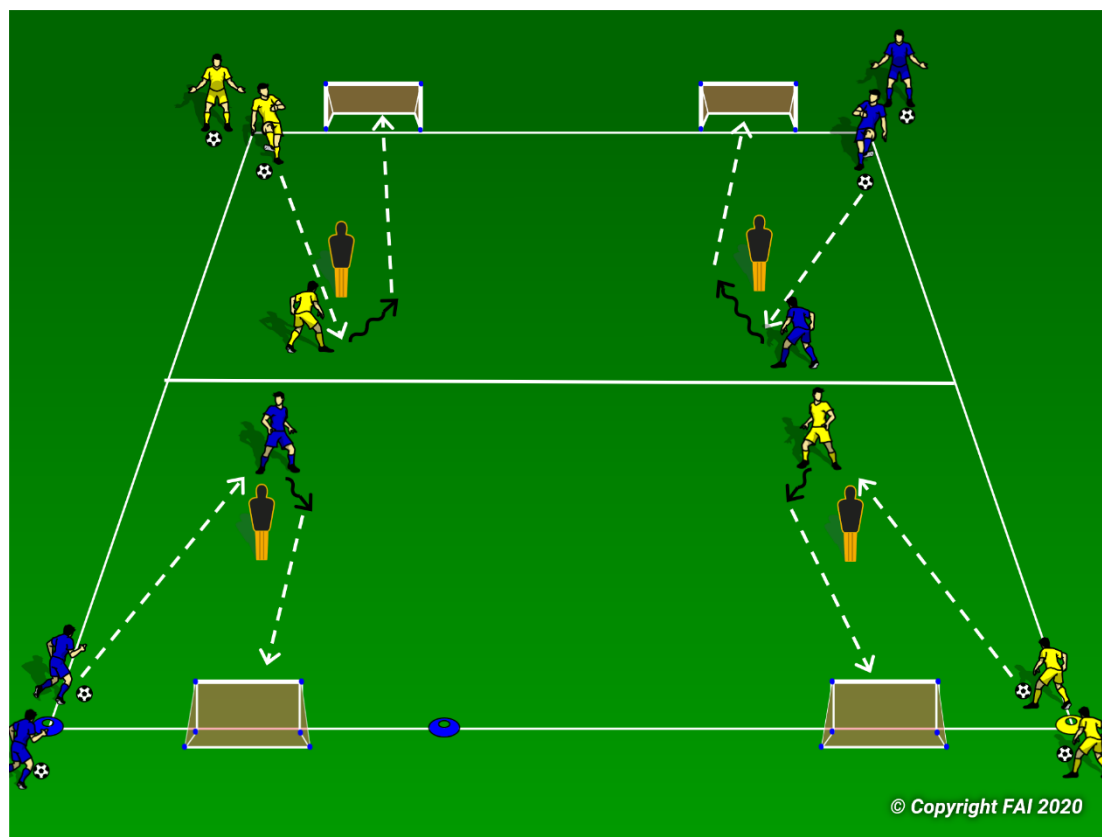
30 x 25m area, balls, bibs, cones, mannequins or poles, 4 small goals

Method

- 4 groups of 3 at each station.
- 2 players at the corner cone, 1 player starts at mannequin/pole to receive the pass and then score by passing into the goal.
- After the player passes into the goal, they then join the end of their group. The players follow the pass.

Notes

- Eye on the ball
- Standing foot planted beside ball
- Lock kicking foot
- Strike through middle of ball (kicking foot should follow through to face target).
- Body weight over the ball
- Weight and accuracy of pass
- Body shape to receive on back foot
- Offer surface and cushion the ball into your path



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Dribbling



Coaching Practice Plan

Objective

To warm up and prepare players for dribbling based practices through an unopposed / semi opposed environment

Theme

Warm up

Organisation

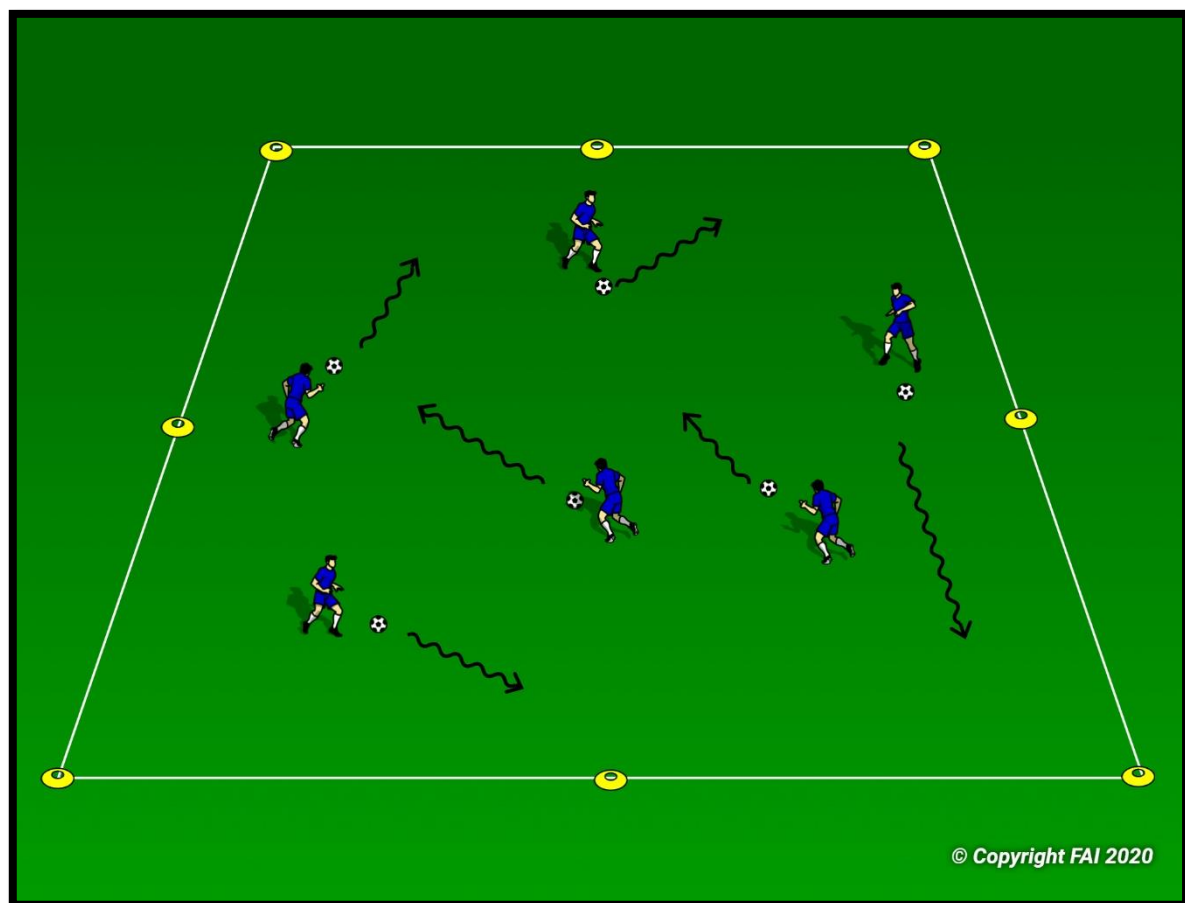
Area: 20 x 30 metres

Method

- Players begin to dribble the ball around the grid at the coach's command
- Using leading questions gradually introduce players to the actions of how to Dribble
- Keep your head up, identify space and dribble into this space
- Soft touches of the ball keeping the ball under control and close to your body
- Use different surfaces of both left and right foot – inside, outside and sole of your foot

Notes

- Players must always stay within the grid
- Aim to change speed and direction to exploit space
- Focus of quality of actions
- Introduce different ways to change direction e.g. drag back



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Coaching Practice Plan

Objective

To warm up and prepare players for dribbling based practices through an unopposed / semi opposed environment

Theme

Dribbling

Organisation

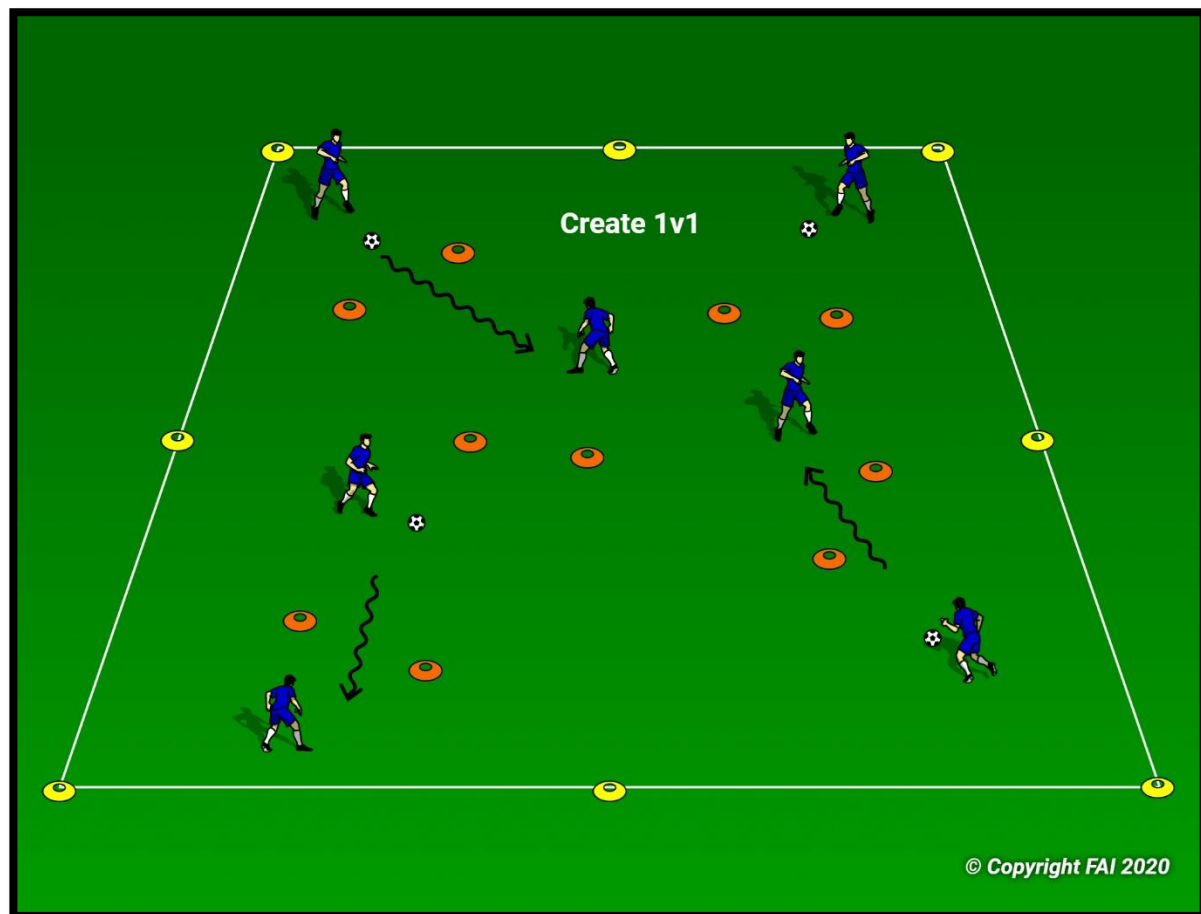
Area: 20 x 30 metres

Method

- Players begin to dribble the ball around the grid at the coach's command
- Using leading questions gradually introduce players to the actions of how to Dribble
- Keep your head up, identify space and dribble into this space
- Soft touches of the ball keeping the ball under control and close to your body
- Use different surfaces of both left and right foot – inside, outside and sole of your foot
- Dribble against opposing player (1v1) semi opposed

Notes

- Players must always stay within the grid
- Aim to change speed and direction to exploit space
- Focus of quality of actions
- Progress to opposed relative to age and ability



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Coaching Practice Plan

Objective

To develop a player's ability to dribble within an unopposed environment while adhering to social distancing

Theme

Dribbling

Organisation

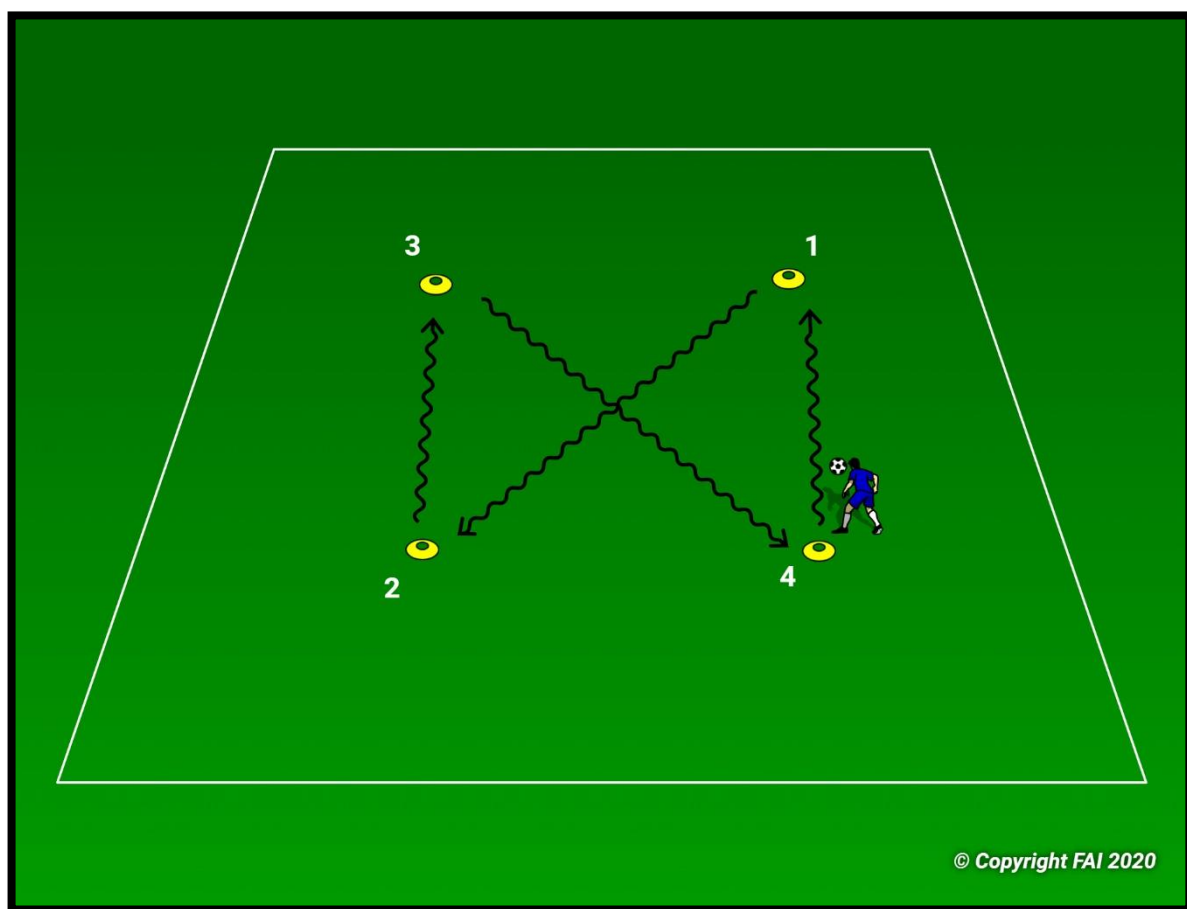
Area: 10 x 10 meters

Method

- Players begin by dribbling the ball from any corner of the grid on the coach's command
- Using leading questions gradually introduce players to the actions of how to Dribble
- Keep your head up, identify space and dribble into this space
- Soft touches of the ball keeping the ball under control and close to your body
- Use different surfaces of both left and right foot – inside, outside and sole of your foot

Notes

- Players must always stay within the grid
- Aim to change speed and direction to exploit space
- Focus of quality of actions
- Introduce different ways to change direction at each cone e.g. drag back, step over, Zidane turn.



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Coaching Practice Plan

Objective

To improve attacker's ability to dribble within tight spaces within an unopposed environment

Theme

Dribbling with changes of speed and direction

Organisation

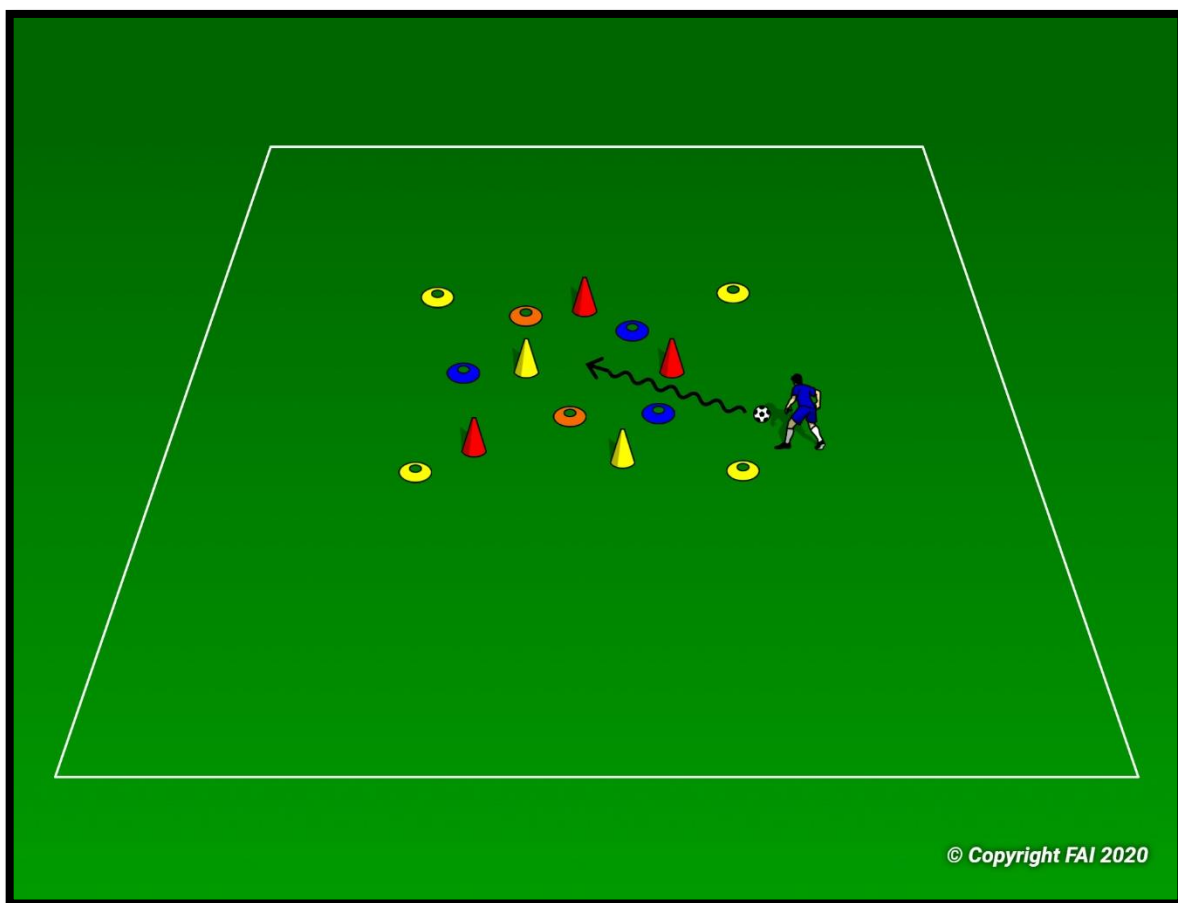
Area: 10 x 10m using cones as obstacles

Method

- Enter the square and dribble to the opposite side avoiding any obstacles in your way
- Keep your head up
- Always keep the ball close and under control
- Use a range of surfaces to manipulate the ball in the direction you wish to go

Notes

- Focus of quality of actions
- Gradually increase your speed as you become more comfortable
- Introduce different ways to change direction at each cone e.g. drag back, step over, Zidane turn
- Allow players be creative with their own ideas



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Coaching Practice Plan

Objective

To improve attacker's ability to dribble using a variety of surfaces within an unopposed environment

Theme

Dribbling with a variety of surfaces

Organisation

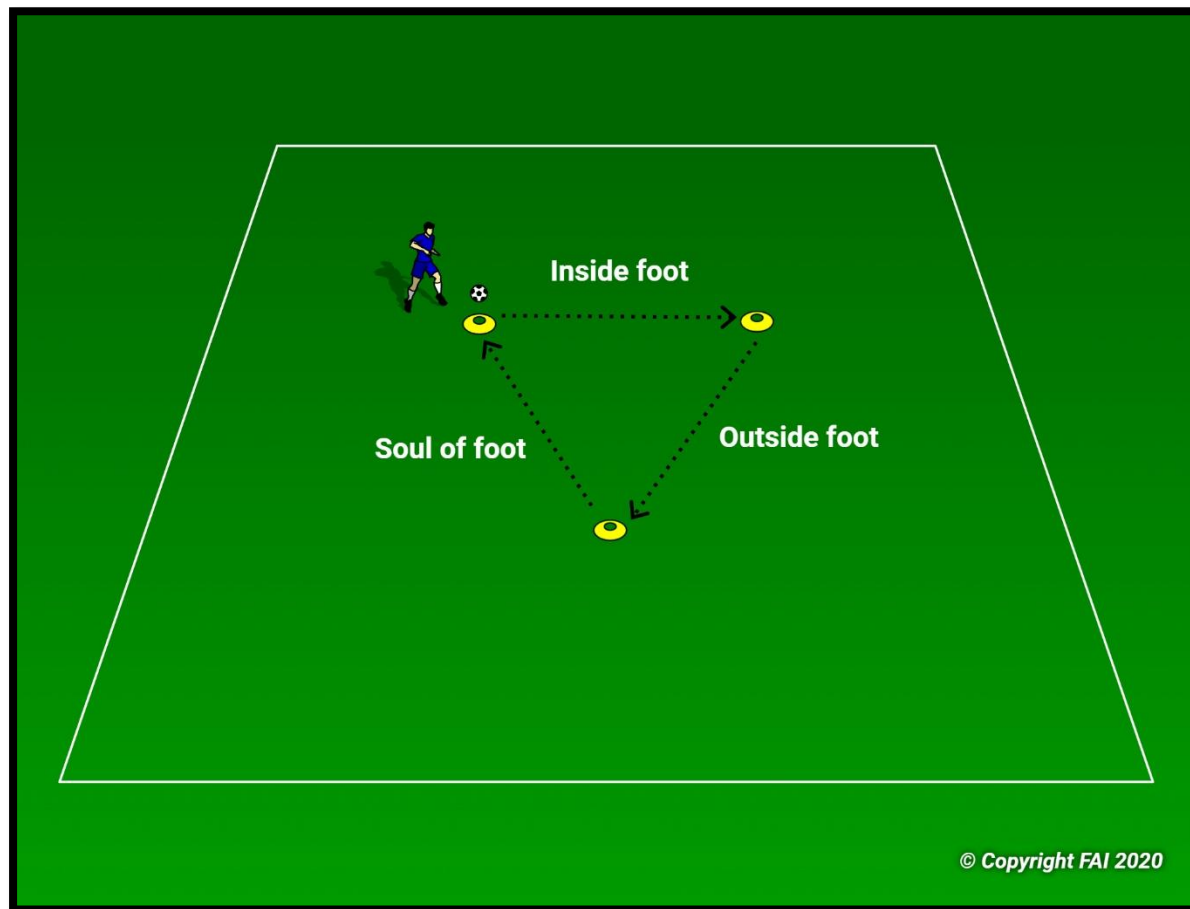
Area: 10 x 10 meters

Method

- Enter the square and dribble to the opposite side avoiding any obstacles in your way
- Keep your head up
- Always keep the ball close and under control
- Use a range of surfaces to manipulate the ball in the direction you wish to go

Notes

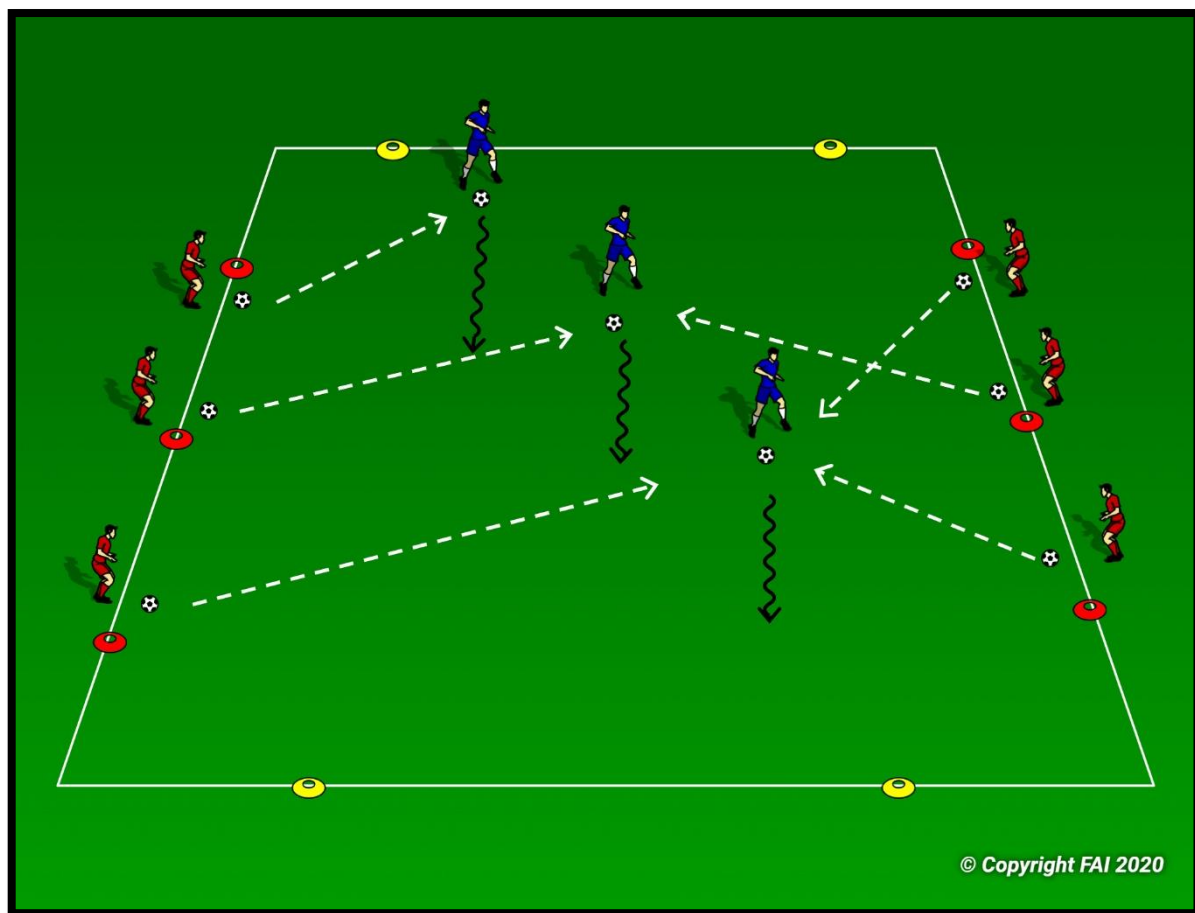
- Focus of quality of actions
- Gradually increase your speed as you become more comfortable
- Introduce different ways to change direction at each cone e.g. drag back, step over, Zidane turn
- Allow players be creative with their own ideas



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Coaching Practice Plan



Objective

To improve attacker's awareness while dribbling within a semi opposed environment

Theme

Dribbling under pressure

Organisation

Area: 15 x 30 meters

Method

- Team 1 line up either side of the grid spaced 2 meters from one another
- Team 2 lines up at one end of the grid spaced 2 meters from one another
- On the coaches command Team 2 enters the grid and must dribble to the opposite end. Stagger each players entry to ensure 2 meter space between each player within the grid
- Team 1 must attempt to pass their ball off either of the blue players balls as they dribble through the grid.
- Team 2 players must avoid their ball being hit by using different dribbling techniques to get to the opposite end

Notes

- Focus of quality of actions
- Ensure red teams pass is along the ground
- If the blue players ball is hit, they must now join the red team

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Shooting



Coaching Practice Plan

Objective

A Warm up to improve players speed, agility, balance and coordination.

Theme

Warm up

Organisation

Area: 30 x 20 metres

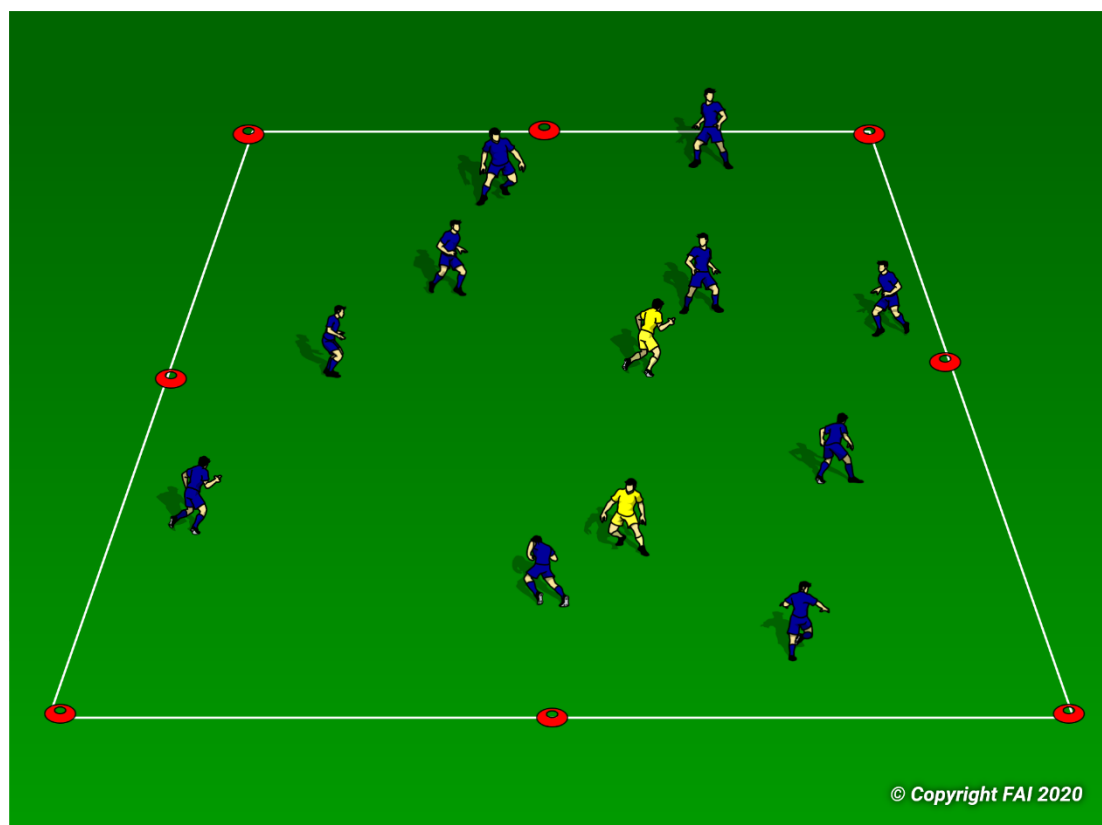
Coach can play various games

Method

- Yellow players are on and must tag Blue players, if you get tagged you are then on
- Yellow players must tag blue players, Blue player must then freeze make a star shape and a untagged Blue player must go through their legs to free them
- Yellow player has a ball and must head their ball off a Blue player who then is on

Notes

- Vary tag games, make them fun and with lots of varying movements. This will always lead into some work with the ball
- No bibs to be used – colours above are for your understanding



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Coaching Practice Plan

Objective

To improve attackers finishing in the final third by applying pressure from opposition.

Theme

Shooting

Organisation

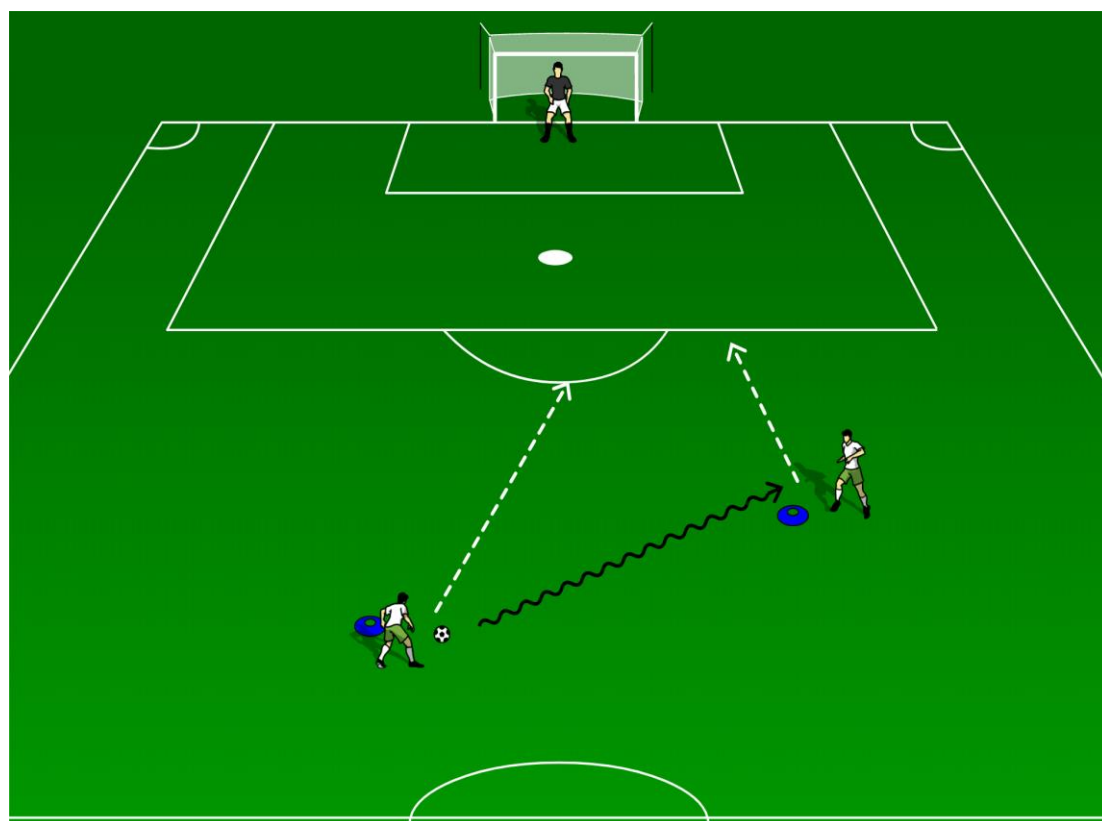
Attacking players cone is approx 25 yards from goal, recovering defenders cone is approx 30 yards from goal and they are 10 yards apart.

Method

- Defending player will pass to the attacker.
- Attacker will receive back foot and run with ball as quick as possible to goal.
- Defender will recover to try and stop attacker scoring.
- Attacker must score as quick as possible.

Notes

All organisation should be age dependant and can be altered to meet the needs of the group.



I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning



Coaching Practice Plan

Objective

To improve attackers finishing under pressure with transition.

Theme

Shooting

Organisation

Area: 30 x 20 metres

2 teams

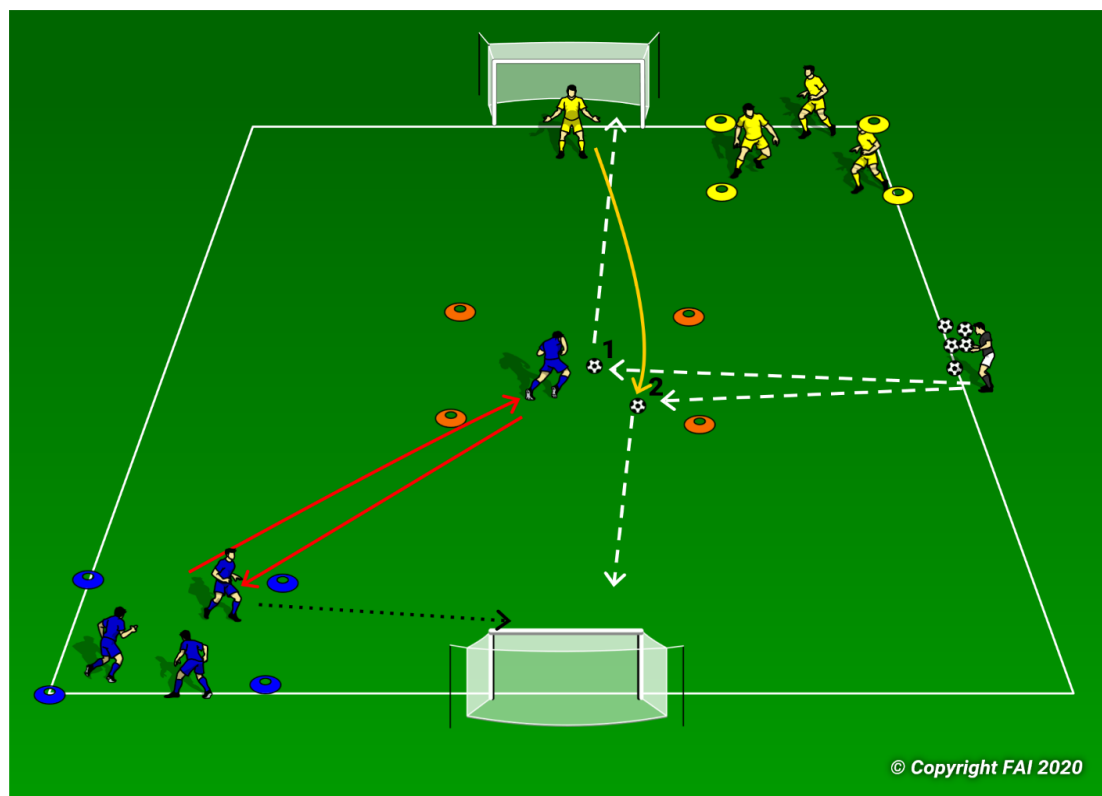
Coach serves the footballs into central square

Method

Blue player runs into square and shoots. As soon as the shot is taken the player sprints back to his team. A teammate immediately goes in goal to save a shot from yellow player (the goalkeeper from previous phase). After the shot has been taken by the yellow player (who sprints back to this yellow team so a teammate can go in goal) the blue goalkeeper runs into square to shoot into yellow goal. The game continues for 5 minutes.

Notes

- Players to try maintain a 2m distance in their square.
- All organisation should be age dependant and can be altered to meet the needs of the group.
- No bibs to be used, colours are for your own understanding



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Coaching Practice Plan

Objective

To improve attackers finishing under pressure with transition.

Theme

Shooting

Organisation

Area: 30 x 20 metres

2 teams

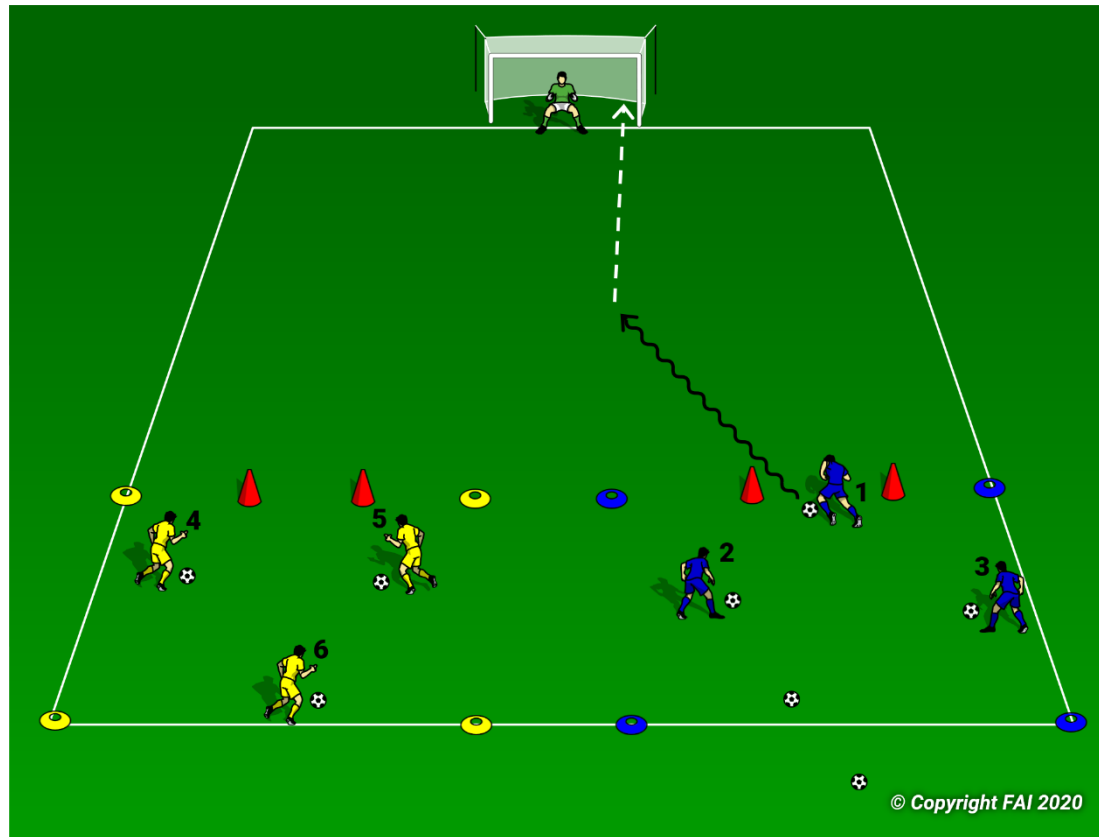
Coach calls a number to dribble and shoot.

Method

- Players stay in there are working on their ball mastery skills.
- Each player has a number and waits for the call from the coach.
- When the coach calls a number this player dribbles through the gate and scores. Each player's number is called 2 – 3 times in no particular order. Players count how many goals they score.
- Progress to two teams (yellow and blue) against each other.

Notes

- Players to try maintain a 2m distance in their square.
- Make it fun.
- All organisation should be age dependant and can be altered to meet the needs of the group.



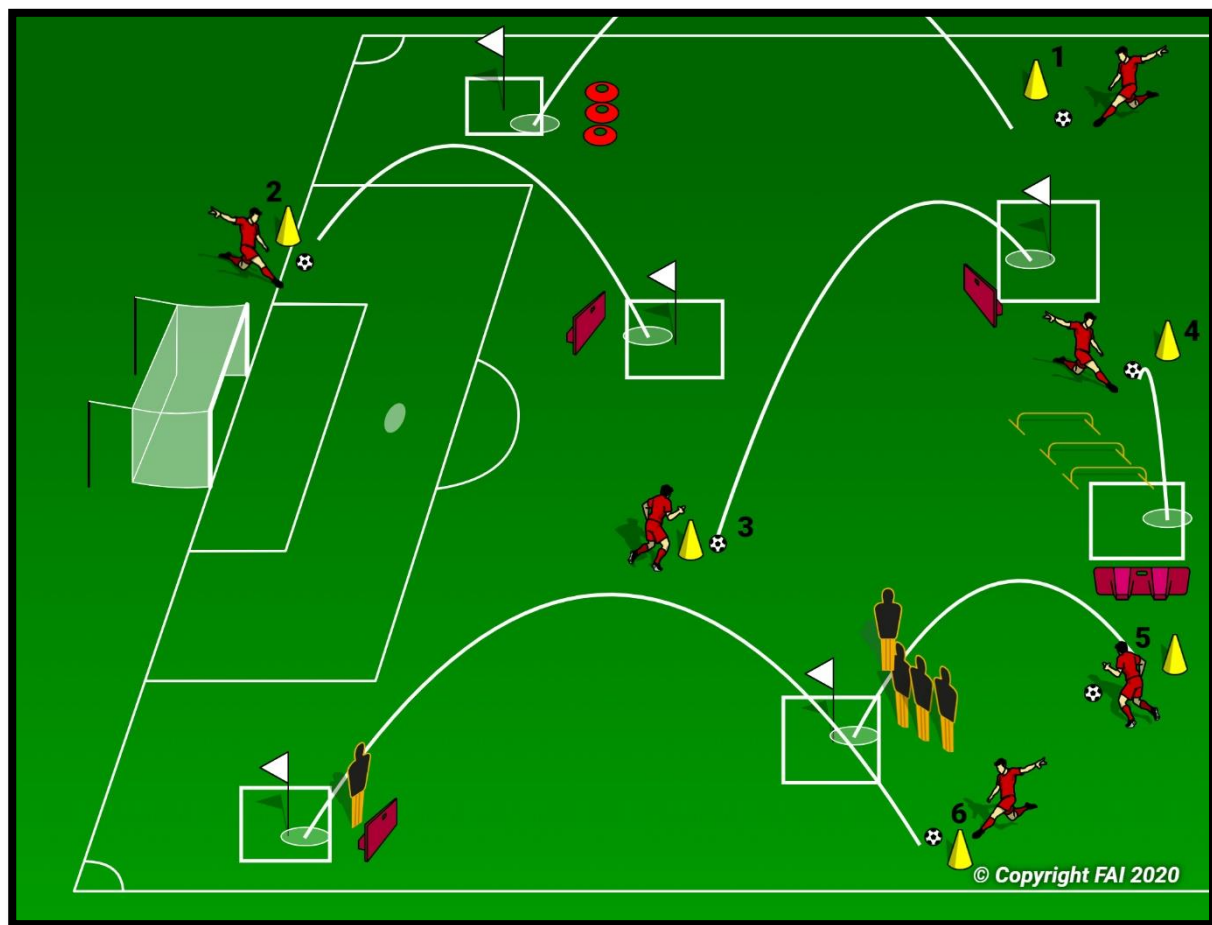
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Stations



Coaching Practice Plan



Objective

To improve attacker's long passing / short passing technique / accuracy within the context of footgolf

Theme

Passing

Organisation

Area: 50 x 50 meters (adjust to space available)

Method

- Begin at the 1st tee marked by a yellow cone and the number 1
- Stagger players first shot and the tee that they begin at to allow for 2meter distancing throughout the duration of the game
- Complete 2 – 3 rounds each
- Focus on accuracy, timing and weight of pass relative to the challenge presented by each hole
- Longer passes - remember to plant your standing foot and lean back making a connection with your laces on the ball
- Short passes – plant your standing foot, keep your eye on the ball and

Notes

- Focus of quality of actions
- Ensure players respect 2meter rule
- Encourage players throughout helping to create a fun learning environment for all involved

I	→	Introduce the theme of the day
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Coaching Practice Plan

Objective

To improve a player's ability to control the ball from a height

Theme

Control

Organisation

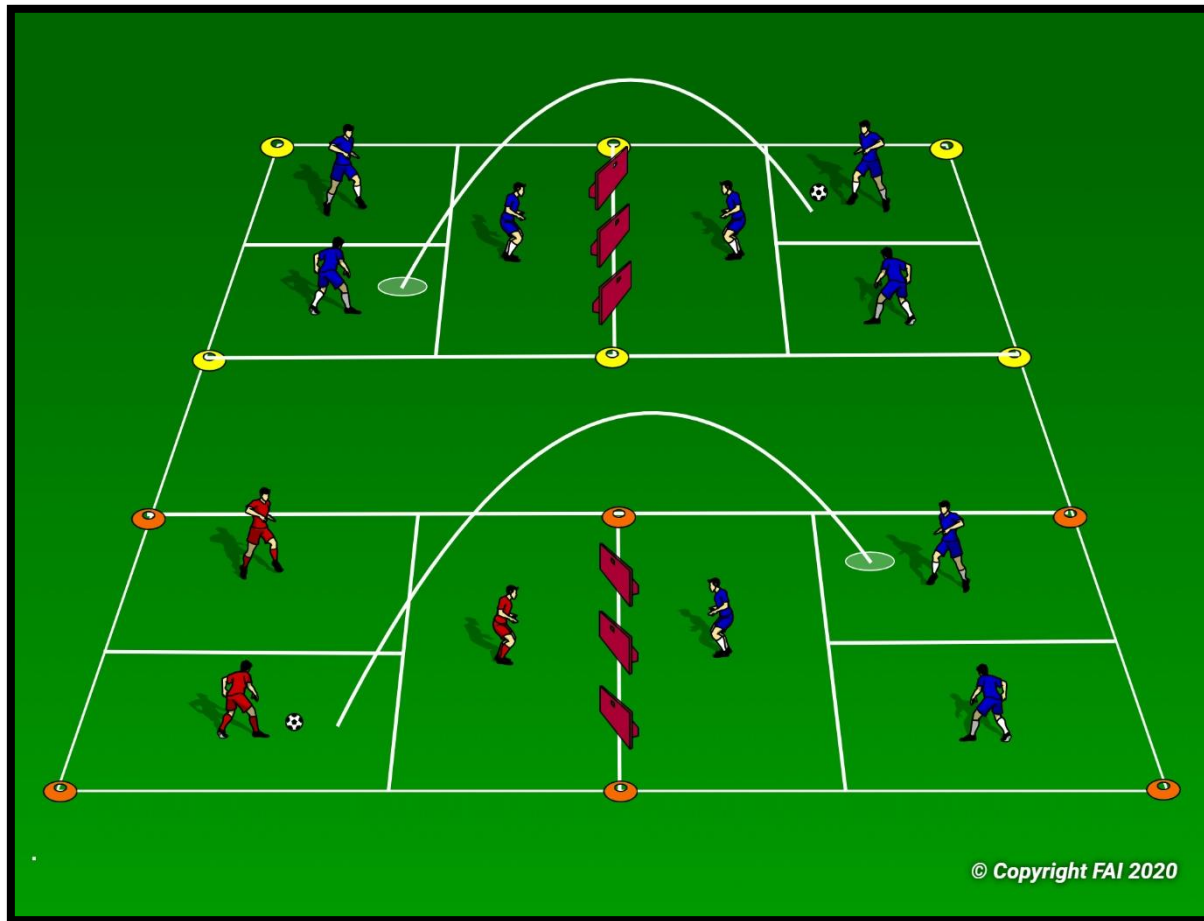
Area: 15 x 30 meters

Method

- Each area is divided into three sections, one per player on each team
- The game begins by red / blue team serving the ball from their hand to the opposition team
- The aim of the game is to score 10 points first
- You score a point when the opposing team fails to return your shot or when the opposing team kicks the ball out of play
- Focus on getting in line with the flight of the ball
- Use your feet (inside), head, knee or shoulder to return the ball to the opposite side
- Ensure to keep the ball within the grid so that you don't lose a point

Notes

- Focus of quality of actions
- Players must stay within their grid
- Tailor rules to suit players age and ability (one touch, one bounce, two bounces)
- No bibs to be used colours are for your own understanding



I

→ **Introduce** the theme of the day

D

→ **Demonstrate** the actions being practiced

E

→ **Explain** the technique of each action within a logical sequence

A

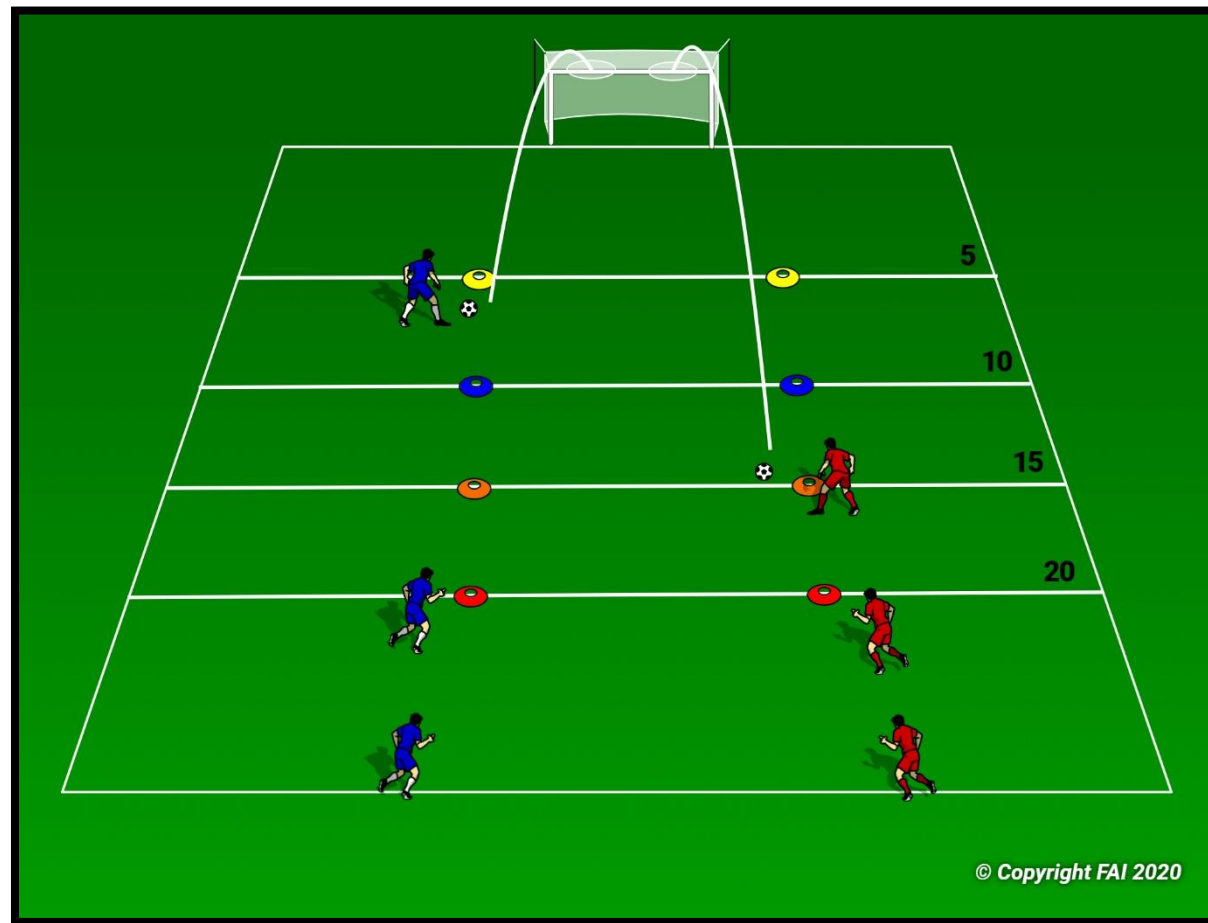
→ **Action**, allow the players to experience the action being practiced

L

→ **Look** and observe the players performing each action, use leading questions to provide feedback and to check for learning



Coaching Practice Plan



Objective

To improve players ability to pass the ball within the air

Theme

Passing

Organisation

Area: 5 x 20 meters

Two teams

Method

- Both teams have 2 minutes to work back from 5 meters to 20 meters. You can only move back once you have hit the crossbar by kicking the ball from the line at each distance
- Plant your standing foot, identify your target and keep your eye on the ball
- Strike through the ball while leaning back to allow the ball move up into the air
- Concentrate of accuracy and weight of your pass

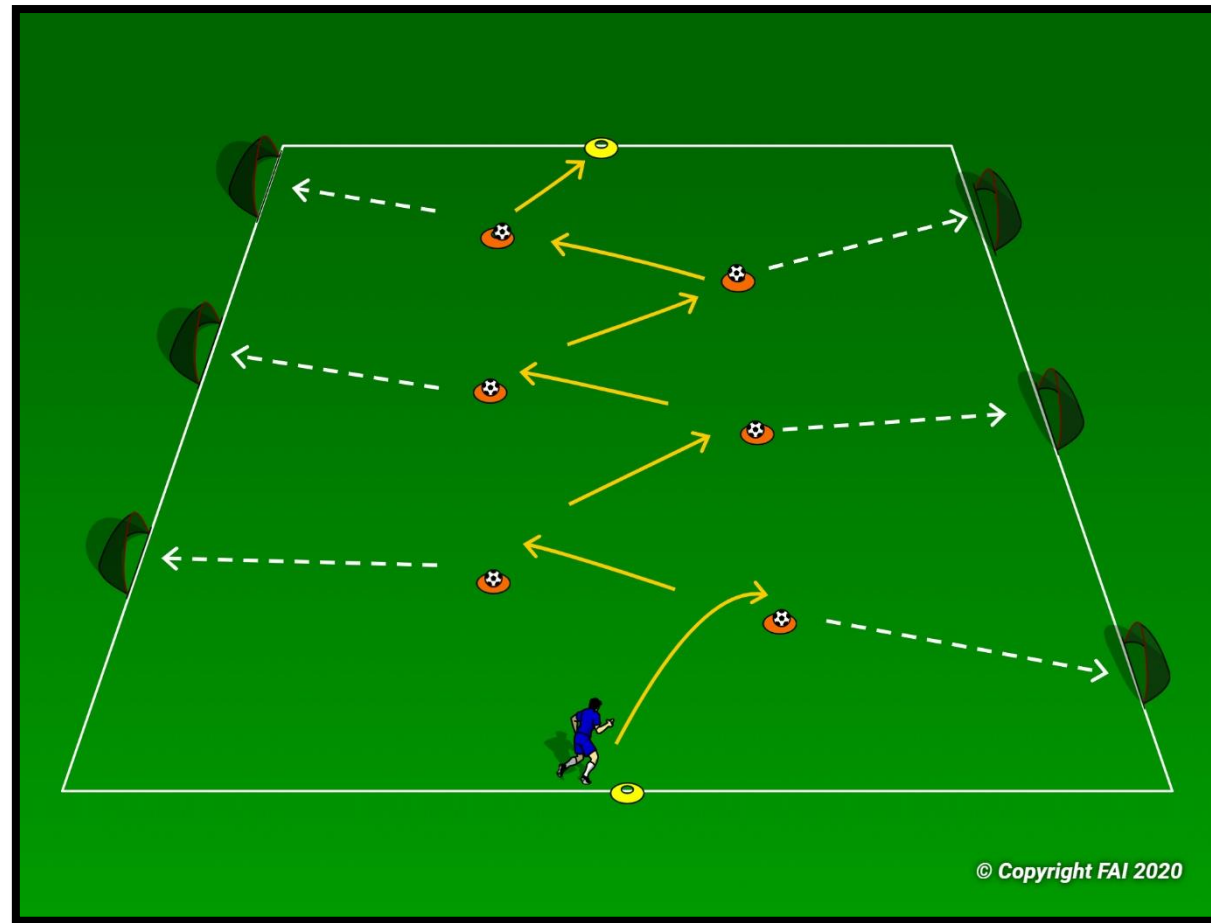
Notes

- Focus of quality of actions
- Ensure both teams respect the 2meter distancing rule
- Progress to allow players shoot from the line of their choice first and progress through each distance randomly
- Allow players be creative with rules as the game pprogresses

I	→	Introduce the theme of the day
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Coaching Practice Plan



Objective

To improve passing under pressure (for time) within a fun environment

Theme

Passing

Organisation

Area: 30 x 30 meters

Method

- Player begin at the yellow cone
- You must sprint as fast as you can to each ball at the orange cones and pass it into the goals provided
- The quickest time and most accurate passing will be the winner
- Allow players waiting to take part practice to the side while cheering on their teammate
- Concentrate on timing, accuracy and weight of pass
- Plant your standing foot and follow through with the inside of your foot keeping your head over the ball

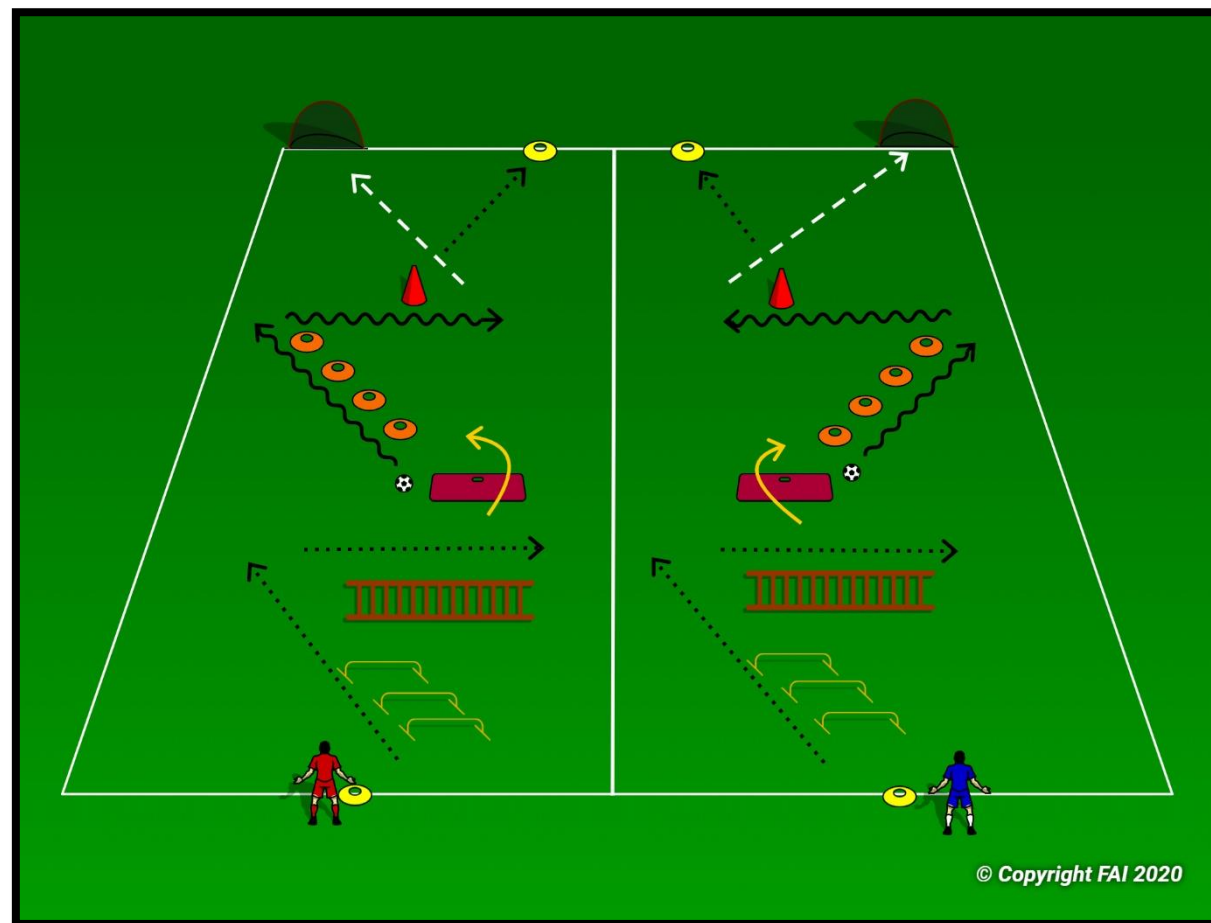
Notes

- Focus of quality of actions
- Time each player
- Add 5 seconds if they miss the target
- Use both right and left foot
- Allow players to be creative with rules as the game progresses

I	→	Introduce the theme of the day
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Coaching Practice Plan



Objective

To improve attacker's dribbling ability

Theme

Dribbling

Organisation

Area: 15 x 30 meters

Method

- It's a race against your opponent
- Begin by bunny hopping over the hurdles
- Quick feet through the ladders (adapt to age and ability)
- Jump over rebound board
- Dribble through cones using right and left foot
- Turn around red cone and pass the ball into the goal
- Sprint finish to opposite yellow cone

Notes

- Focus of quality of actions (with and without the ball)
- Ensure teams begin at the cone and successfully complete each challenge
- Allow player freedom to add different rules as the game progresses
- 2 meter distancing in play
- Be creative with set up with what ever equipment is available



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E	→	Explain the technique of each action within a logical sequence
A	→	Action , allow the players to experience the action being practiced
L	→	Look and observe the players performing each action, use leading questions to provide feedback and to check for learning