

Pass it on...



RTC ID Camp 2015 Sessions

These sessions are aimed at coaches across Nova Scotia who work with youth players particularly at the 'golden age of learning' (Learning to Train - U12) who want to deliver sessions with purpose and assist with player development.

Collecting session plans is something all coaches do and the best sessions are those that have been clearly thought out and designed to suit your players requirements. However, it is not always necessary to 'reinvent the wheel' adapting and tailoring existing sessions is something all good coaches do, and this collection of sessions from the recent RTC U12 ID Camp 2015 can assist coaches across Nova Scotia with their session delivery.

Coaching is so much more than balls, bibs and cones. A good coach is able to connect and understand their players, this takes skill and competency, this booklet can not give you that it has to be developed and practiced.

The aim is to share; sessions, presentations, information, any idea that can have a positive influence on you and the players. If we achieve that its been a success.

I would like to thank all the Soccer Nova Scotia staff for submitting their sessions and allowing it to be shared with the community.

Remember, have fun, experiment and Pass it on...



Guide for Adapting Sessions & Challenging your Players



These sessions are not guaranteed to work! You might have to alter and adapt them to suit you and your players.

Add/remove competition

Alter conditions in 'zones', add defenders, defenders can enter... etc

Add different ways to score, touches in certain areas, types of finish, work the ball to certain area

Add the offside rule

Add more balls into the same practice

Challenge individuals

Change the overload/ underload

Add neutral players or 'magic man'

Questioning is key. Don't give all the answers!

Allow time for the players to understand the practice

Explain using visual aids: whiteboards, iPad, cones, diagrams and videos

Get the space right, make it bigger for more success, smaller to test the players

Add safe zones, channels or areas to allow the players to make better decisions

Check your coaching style, have you delivered the correct information? Enough/too much information in the correct manner?

Add or remove goals
Number and types of goals Demonstrate – coach or player?



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Receiving & Turning

2v1 to Goal - Mesut Mert

The game scenario session creates realistic moments in the game and progresses from a technique practice to skill.

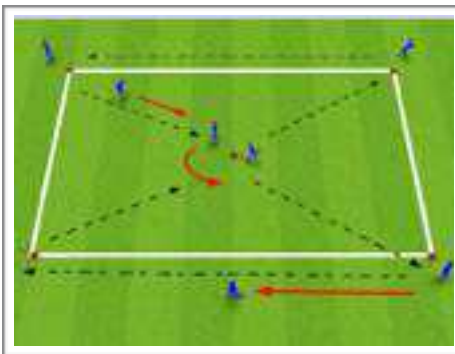
Setup: 10x20 area and position 4 players per group (more lanes can be added if necessary).

Session 1: Player A starts by passing the ball to Player B located in the middle of the lane with a passive defender (Player C) behind them. Player B receiving the ball turns and passes to the furthest player (Player D) located at the end of the lane who dribbles the ball beating both players B & C who simply act as obstacles. Everyone rotates.

Session 2: Same as before but rather than Player D dribbling the ball back it simple becomes a 2v1 to goal with player B & D vs C and finally B & D vs A, finishing with an attempt at goal.

Defenders can play passive to start and progress to realistic pressure.

Focus: Receiving to Turn - Awareness, Disguise, Touch away from Pressure & 2nd Touch Pass.
Turning with the Ball - Distance from Defender, Touch away from Pressure, Ball Control & Change of Pace.



Technical X Drill - Jason Massie

Setup: Players are setup in a 15x10 grid. The session requires a player on every cone with the remaining players starting where the ball starts. Allow as many balls to go based on the level of intensity you require. Players pass the ball and follow their pass. Player in the middle receives the ball and turns 180 degrees.

Progressions: Outside turns, inside turns, No touch turns, Protect shield and turn & combinations i.e. give and go.

Focus: Attitude, Pace, Variety Turns, Using Both Feet



Dynamic Circle - Dara Ramirez

Setup: Players are setup into two equal groups. Half inside the small square and half on the outside of the circle with no ball. Players inside the small square are dribbling and on the coaches command break out and pass the ball to a player outside the circle, who passes it back and they return to the square. Rotate every 2mins.

Progressions: 1) Get side on & open up, 2) Go to the ball and turn 180 degrees & 3) Complete a give and go into space.

Focus: Attitude, Pace, Variety Turns, Using Both Feet & control when dribbling



4v4 with Targets & Direction - Mike Locke

Setup: Players are split into two teams of six in a 30x30 grid. Objective is for teams to keep possession and transfer the ball from one target player located on the outside of the grid to the opposite. Target players are limited to 3 touches or 5 seconds.

Progressions: Players on the outside can swaps with whoever passed them the ball.

Focus: Attitude, Speed of Play, Movement, Awareness, Scanning, Touch into Safe Space





Proactive Passing

Directional SSG - Mike Ayyash

A small-sided game that encourages players to build from the back and play forward.

Setup: 7-aside field divided into thirds. 3v3 in the middle area and 2v1 in favour of the defenders.

Details: Ball starts with the goalkeeper. Team in possession tries to pass to their target on the opposite end to create a scoring opportunity. If the defence win the ball they complete the sequence by transitioning with the same objective.

Progression: One player in each section can go support the ball in the section next to them to create 4v3 in the middle or 2v2.

Focus: Playing safe side passes and leading passes allowing team mates to turn or maintain possession. Can we go forward with a penetrating pass? If not, can we keep possession and wait for the moment to arrive.

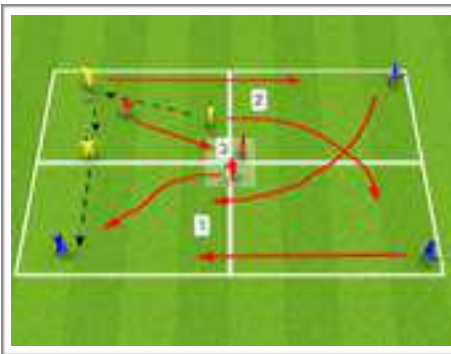


3v1 Two Squares (Skill) - Mesut Mert

Setup: Players are setup in a 16x16 grid, divided into four equal 8x8. The session requires 3v1 in two squares.

Details: Players are to keep possession and once all three have touched the ball they are able to dribble into the opposite square. If the opposition win the ball they need to dribble the ball out of bounds or hit a target.

Focus: Maximize the space, Open body to receive with instep (1st touch into space), Move the ball quickly & Weight of pass.



3v1 Four Square (Skill) - Mesut Mert

Setup: Players are setup in a 20x20 grid, divided into four equal 10x10. The session requires 3v1 in one square, with three target players in the other three squares. Defenders start in the middle.

Details: Players are to keep possession and complete three passes before sending it over to one of the three targets. Once this transition has happened 1) Go and support in that square 2) Team who just had possession fill other three squares & 3) Defender returns to the middle and a new defender joins the play.

Focus: Same as before but awareness is key.



Combination Play in the Final Third (Functional) - Mesut Mert

Setup: 12x12 grid in the middle of the field. Players are divided into 4v2 in the grid and 4v2 setup with a front three and attacking midfield.

Details: Start with players making three passes in the central square and then look to connect with any of the forward four. Attacking team must score in 10 seconds or in 5 passes.

Focus: Combination Play, Attack the goal with speed, movement off the ball & quality of pass.





Finishing

Finishing (SSG) - Mike Ayyash

A SSG that promotes a mentality to shoot through repetition.

Setup: 36x30 with 2v2 plus goalkeepers in the middle and 1v1 outside the area.

Details: Anyone can score from anywhere when they have possession. Switch players every two minutes.

Focus: Developing a shooting mentality, composure when shooting in pressured situations, varying the type of shot using different techniques (laces, instep, outside, first time etc.)

Progression: Allow outside players to drive inside if available with one of the players in the middle having to rotate.



Square Finishing (Technical) - Matt Holton

Setup: Distance can vary based on the age. 5x5 square approx. ten yards away from players start position. Players divided into two equal groups.

Details: Player starts by running into the 5x5 to receive a ball from the opposite side. Player looks to receive the ball and open up and finish on goal.

Focus: Touch on an angle, speed of release (touch & finish), variety of finishing techniques.



Finishing on the Run (Technical) - Mike Locke

Setup: Distance can vary based on the age. Mannequins or cones setup as displayed.

Details: Player A begins by dribbling towards the mannequins and plays a penetrating ball between for player B who finishes at goal. Player B movement is on the shoulder of the mannequin (disappears) and times their movement to reappear outside.

Focus: Dribble at the defender with pace, pass must lead the player onto goal, look up and review the angle, goal and position of the goalkeeper before shooting & eyes on the ball.



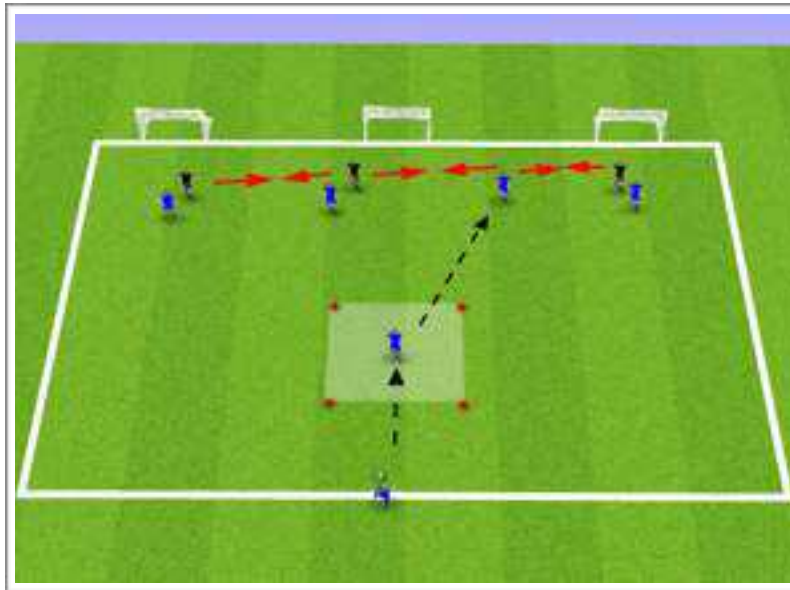
Finishing Stations (Technical) - Mike Ayyash

Setup: Three lines of players approx. 20-25 yards from goal.

Details: Player in line 1 dribbles at the flag, cuts inside or outside to finish on the run. Player 2 plays a give and go with player 1 for a one two touch finish outside the box. Player 3 dribbles at the flag down the line and cuts the ball back for players 1 & 2 to finish inside the box.

Focus: Shooting using both feet, vary the type of shot & in the area aim for one touch.





Vision & Awareness

4v3 to Targets (Skill) - Carl Hayre

This session requires players to scan and identify the open player.

Setup: 20x25 with small 5x5 grid positioned as displayed. Four blue players vs three black players.

Details: Session starts with the ball being played into the player located in the 5x5. As the ball is travelling the player needs to scan and identify the free blue player who is not being marked by the black player. These players can rotate before the ball is played. Once the ball is live its 4 attackers vs three defenders, with the aim for the attackers to score in the pug goal.

Focus: Scan as the ball travels, scan when the ball has arrived, scan just before releasing the ball, attempt to get body shape side on as the ball travels, first touch in the direction that you want to go.

Progression: Remove the pug goals and add a big goal with a keeper.



Possession to Corners (Skill) - Mike Ayyash

Setup: 25x15 area with 3v3 in the middle and two target players each located on the corners.

Details: Team in possession scores points by connecting corner targets. Defending team tries to intercept and connect their targets. Target players are on two touch and cannot be tackled.

Focus: Continually adjust body shape and scan play off the ball, take a final look before receiving the ball, scan and assesses with the ball at their feet.



Colors (Technique) - Carl Hayre

Setup: 20x25 with small 5x5 grid positioned as displayed with three players with three different colored pinnies.

Detail: Session starts with the ball being played into the player located in 5x5. As the ball is travelling the coach will move 360° around the 5x5 holding up either a red, blue or green cone. The player must pass the ball to the colour that the coach is holding up.

Progression: The three players can move in between attempts.

Focus: Scan as the ball travels, scan when the ball has arrived, scan just before releasing the ball



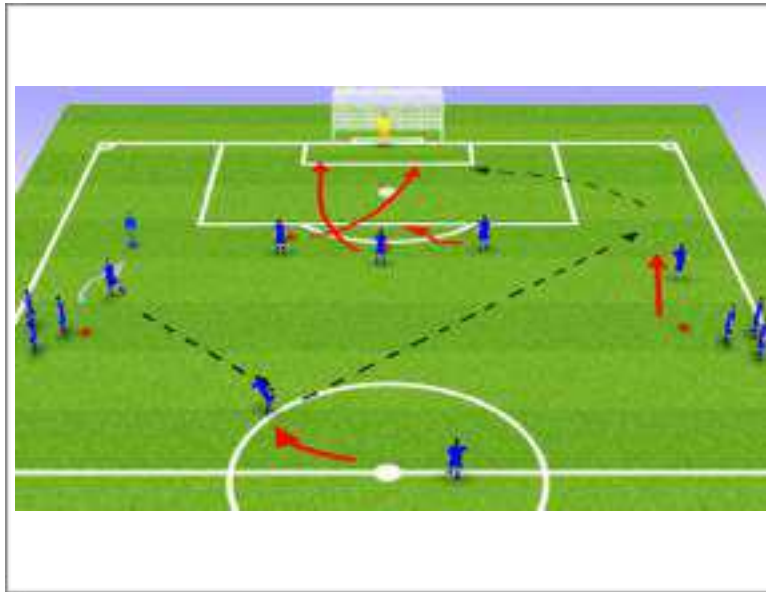
Gates (Technique) - Mesut Mert

Setup: 10x10 area with the players divided into four groups of two.

Details: The player begins by passing the ball and moving towards a different gate then the one they passed too. The player receiving the ball can pass to any gate except for one that has one player located on it.

Focus: Head up, decision making, accuracy of pass & scanning





Tactical & Goalkeepers

Switching Play (Functional) - Jason Massie

The session focuses on players switching the ball and producing a goalscoring opportunity.

Setup: Half of a field, two groups of players in wide positions, two defenders/midfielders and three attackers.

Details: Play starts on the left with the wide layer dribbling at the mannequin, The player performs a safe side turn and plays the ball back to a midfielder or defender who switches the ball to the opposite side leading the player for a cross. Once the opposite winger receives the ball this triggers the forward movement from the attacking three as displayed.

Focus: Quality of the pass (ground and air), first touch into space, movement into space (timing), finishing and speed of play.

Progressions: 1) Add one defender in the box. 2) Add two defenders in the box. 3) Add three defenders in the box 4) Switch sides.



Playing out of the Back (Phase of Play) - Mike Ayyash

Setup: Half of a field, 6v6 + 2 red targets

Details: Red team starts compact in a defensive shape. Starting point: Blue player takes a long shot at the red goalkeeper. Red team tries to lay out from the back and connect to their targets. Blue team tries to intercept and score on the goal.

Focus: Movement to spread out, CB get wide (edge of the box) FB get wide and high, midfield start high to drop low, supporting angles to create space and patience.



Goalkeeper Gates (Technique) - Gary Carter

Setup: Two gates opposite each other with a starting cone behind them.

Details: Start at the back cone and come forward to the gate in the ready position and receive the ball.

Progressions: A) On the ground, towards the chest & above the head. B) Ball in front of one the cones come forward and collapse on the ball C) Ball served to either cone.

Focus: Ready position - Toes, hands open, palms ready to react. Collapse - Arms extended, one hand on top and one on the back of the ball, lead with the hands.



Goalkeeper Rotation (Technique) - Mike Hudson

Setup: Big goal, three cones setup in a triangle, two goalkeepers working at once using the cone and the post as the target.

Details: Service begins at the goalkeeper (forward dive) then progresses to trying to beat the goalkeeper. Keepers rotate after every save and swap after every four saves.

Focus: Ready position - Toes, hands open, palms ready to react, side shuffle in order to see the ball at all times.



Thanks...



Thanks to all the coaches that contributed to this booklet

Mike Ayyash

Gary Carter

Carl Hayre

Matt Holton

Mike Hudson

Mike Locke

Jason Massie

Mesut Mert

Dara Ramirez

