



PRO ACADEMY SESSION PLANS

COMPLETE TRAINING SESSIONS FOR ELITE PLAYERS

by JONNY CARTER



U.S. SOCCER
DEVELOPMENT
ACADEMY

Pro Academy Session Plans

Complete training sessions for Elite Players

By

Jonny Carter

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Authors – Jonny Carter
Editor - Tom Mura
Cover Art By - Barrie Smith



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Pro Academy Training Sessions

A guide to building training sessions for elite players



**U.S. SOCCER
DEVELOPMENT
ACADEMY MEMBER**

CFJ Team	Location
Date	Theme
Dedication • Respect • Humility • Desire • Accountability • Discipline • Integrity • Teamwork Teammate	

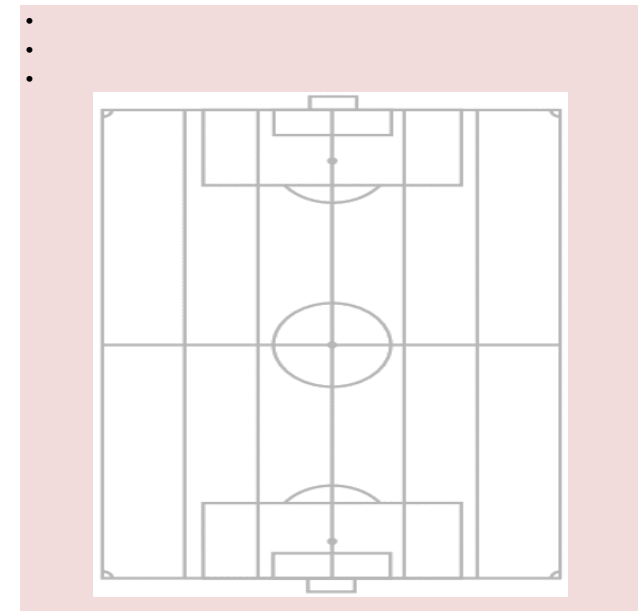
Intro & Technical Training | High Repetition & Low Pressure | Highest Amount of Coach Intervention

Set Up	Coaching Points	Field Plan
<ul style="list-style-type: none"> • • • • • 	<p>Technical</p> <ul style="list-style-type: none"> • • • <p>Tactical</p> <ul style="list-style-type: none"> • • • <p>Time </p>	

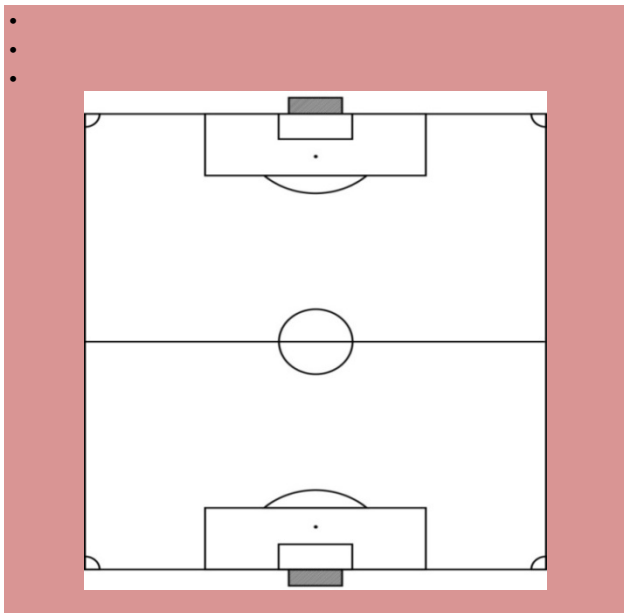
Game Related | Connection to Soccer - Opposed, Match-Like, Increased Decision-Making & Tactical

Set Up	Coaching Points	Field Plan
<ul style="list-style-type: none"> • • • <p>Progression ></p> <ul style="list-style-type: none"> • • 	<p>Technical</p> <ul style="list-style-type: none"> • • • <p>Tactical</p> <ul style="list-style-type: none"> • • • <p>Time </p>	

Game Specific | Opposition, Team-Mates, Decision-Making, Directional, Territorial, Goals/Targets & Transition



Conditioned Match Play | Change playing field to encourage specific soccer behavior based on theme



CFJ West Sample Session Plan | #1
Short Range Passing

Technical Training | Highest Levels of Coach Intervention

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up

Field Plan

Confusion Pressure Passing Grid

- 30yrds wide x 40yrds long
- 3 Teams | 4 Players per Team | 1 ball per Team
- Maintain possession of the ball only amongst your colored team-mates and within the assigned grid
- Look for opportunities to play quick combinations or to view space between other team's players to pass through

>Progression

- 2touch 1touch condition

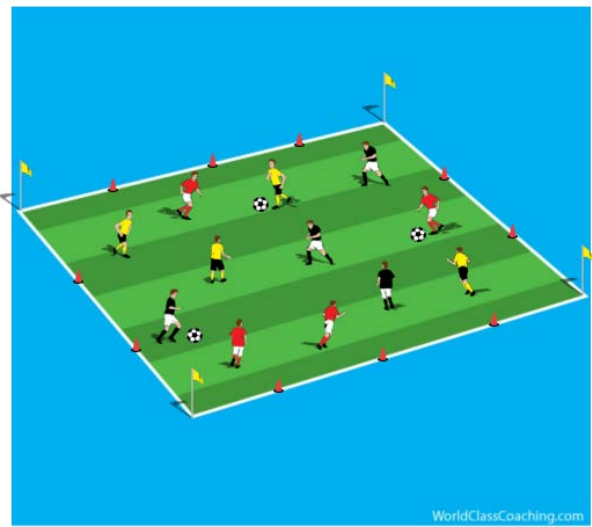
Coaching Points

Technical

- Presentation of the ball
- Straight approach
- Standing foot | Perfect '10'
- Striking zone on the foot | on the ball
- Weight of pass
- Follow through straight

Tactical

- Risk or retain possession
- Play to feet | Play to space
- Play away from defender | Away from pressure
- Play short | Play long
- Disguise of intentions
- Visual & Verbal Communication | Information



Game Related | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

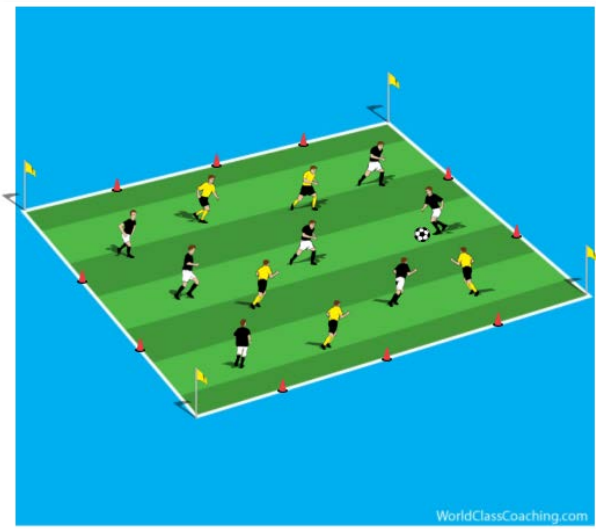
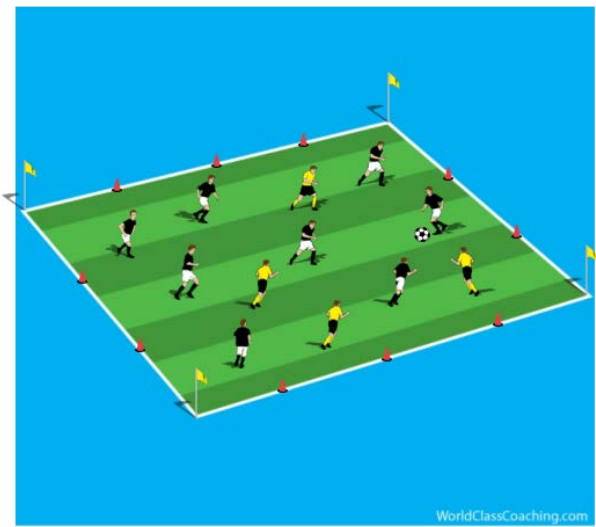
8 vs. 4 Numbers-Up Keep-Away

- 30yrds wide x 40yrds long
- 8 Attacking Players vs. 4 Defensive Players
- 8 vs. 4 numbers-up keep away
- The Attackers keep possession from the Defenders
- If the Defenders can win possession they try and keep the ball as long as possible
- Restart dead balls with a free pass

>Progression

- Attackers | 10 passes = 1pt
- Defenders | 5 passes = 2pts
- 2touch 1touch condition
- 7 vs. 5

Field Plan



Coaching Points

Technical

- Presentation of the ball
- Straight approach
- Standing foot | Perfect '10'
- Striking zone on the foot | on the ball
- Weight of pass
- Follow through straight

Tactical

- Risk or retain possession
- Play to feet | Play to space
- Play away from defender | Away from pressure
- Play short | Play long
- Disguise of intentions
- Visual & Verbal Communication | Information

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play • Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up

Field Plan

4 + 2 vs. 4 Directional to Target Players

- 30yrds wide x 40yrds long
- 4 Attacking Players vs. 4 Defensive Players
- 2 Target Players conditioned at either end line
- 2 Neutral Players conditioned on either wide touchline
- 2 Neutral Players play with the team in possession
- Play is directional to the target players with a successful connection scoring a point
- The ball is returned to the conceding team who attempt to attack the opposite target
- The 2 Neutral Players create a 4+2 vs. 4 for the team in possession
- Restart dead balls with a free pass
- Territorial movement, number of touches and the usage of neutral floaters can all be conditioned.

>Progression

- 2touch 1touch condition

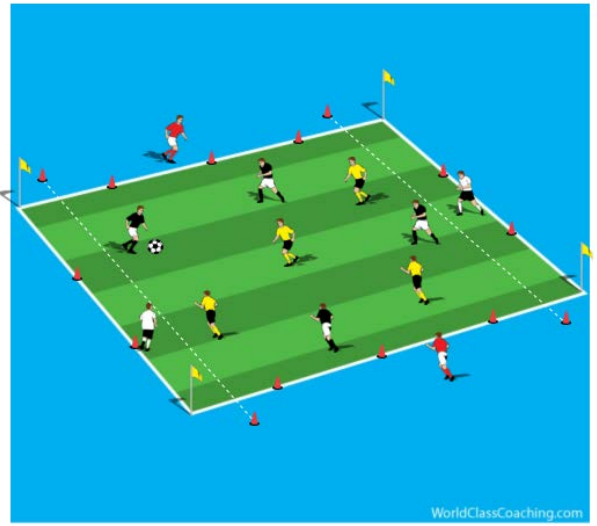
Coaching Points

Technical

- Presentation of the ball
- Straight approach
- Standing foot | Perfect '10'
- Striking zone on the foot | on the ball
- Weight of pass
- Follow through straight

Tactical

- Risk or retain possession
- Play to feet | Play to space
- Play away from defender | Away from pressure
- Play short | Play long
- Disguise of intentions
- Visual & Verbal Communication | Information



Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up

Field Plan

6vs. 6 + GK's | + 3 Neutral Players | Directional to Goal

- 44yds wide x 40yds long | Short & Wide
- 4yds wide channels down the full length | 1 each side
- 6 + GK vs. 6 + GK | 3-2-1 Formation
- 2 Neutral Players conditioned on either wide touchline
- 2 Neutral Players unopposed
- 1 Neutral Player conditioned to 10yds midfield zone
- Neutral Players play with the team in possession
- Neutral Players conditioned 1touch where possible
- Neutral Players cannot score
- All other Players unconditioned
- Play directional to opposition goal + GK
- Restart dead balls from wide Neutral Player
- Restart each goal from own GK | Retain possession from a score
- Goal =3pts | 10 consecutive passes = 1pt

>Progression

- 2touch 1touch condition for all players
- 2 Neutral Players opposed | Tackle after 1st touch
- Goal scorer stays 'off' until next goal scored | 5 vs. 6
- Offside conditions apply

Coaching Points

Technical

- Presentation of the ball
- Straight approach
- Standing foot | Perfect '10'
- Striking zone on the foot | on the ball
- Weight of pass
- Follow through straight

Tactical

- Risk or retain possession
- Play to feet | Play to space
- Play away from defender | Away from pressure
- Play short | Play long
- Disguise of intentions
- Visual & Verbal Communication | Information



Technical Training

Set Up

Confusion Pressure Passing Grid

- 30yrds wide x 40yrds long
- 3 Teams | 4 Players per Team | 1 ball
- Maintain possession of the ball only amongst your colored team-mates
- Look for opportunities to play quick combinations or to view space between other team's players to pass through

>Progression

- 2touch 1touch condition

Coaching Points

Technical

- Presentation of the ball
- Straight approach
- Standing foot | Perfect '10'
- Striking zone on the foot | on the ball
- Weight of pass
- Follow through straight

Field Plan



Game Related

Set Up

8 vs. 4 Numbers-Up Keep-Away

- 30yrds wide x 40yrds long
- 8 Attackers vs. 4 Defenders
- 8 vs. 4 numbers-up keep away possession
- If the Defenders can win possession they try and keep the ball as long as possible
- Restart dead balls with a free pass

>Progression

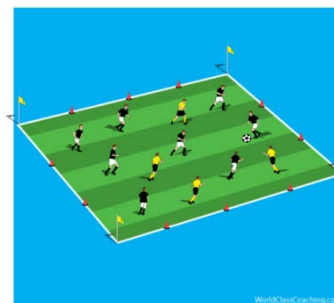
- Attk. | 10 passes = 1pt·Def. | 5 = 2pts
- 2touch 1touch condition·7 vs. 5

Coaching Points

Tactical

- Risk or retain possession
- Play to feet | Play to space
- Play away from defender | Away from pressure
- Play short | Play long
- Disguise of intentions
- Visual & Verbal Communication | Information

Field Plan



Game Specific

4 + 2 vs. 4 Directional to Target Players

- 30yrds wide x 40yrds long | 4 vs. 4
- 2 Target Players | 2 Neutral Players



Conditioned Match Play

6 vs. 6 + GK's | + 3 Neutral Players | Directional

- 44yrds x 40yrds | 4yrds wide channels
- 6 + GK vs. 6 + GK | 3-2-1 Formation
- 3 Neutral Players



CFJ West | **Session Plan Samples in Full**

CFJ West Sample Session Plan | #2
Long Range Passing

Technical Training | Highest Levels of Coach Intervention

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up

Field Plan

5 Player Passing Rotation

- 30yrds wide x 40yrds long | 2 x 15yrds wide grids
- 30yrds wide x 40yrds long | 2 x 20yrds long grids
- 5 Players per grid | 1 ball per grid
- Groups of 5 players working in their own channel; one ball per group
- The 'feeder' plays in to one of the 2 players; the two players combine > then play a longer ball from their half into the far 'target' player
- One of the 2 players follows the long pass and moves into the other half of the grid to support
- Repeat the sequence
- Ensure that players are rotated regularly into each position

>Progression

- 2touch 1touch condition
- Elevated pass
- Driven pass
- Chip
- Left foot | Right foot

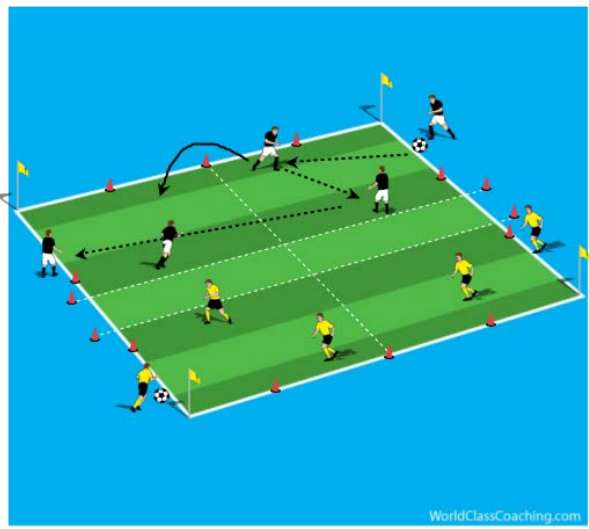
Coaching Points

Technical

- Presentation of the ball
- Straight approach
- Standing foot | Perfect '10'
- Striking zone on the foot | Striking zone on the ball
- Weight of pass
- Follow through straight

Tactical

- Risk or retain possession
- Play to feet | Play to space
- Breaking Lines | Beyond most defenders
- Play short | Play long | Play square
- Play back
- Disguise of intentions
- Visual & Verbal Communication | Information



Game Related | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

2 + 2 vs. 1

- 30yds wide x 40yds long | 2 x 15yds wide grids
- 30yds wide x 40yds long | 2 x 20yds long grids
- 4 vs. 1 per grid | 1 ball per grid
- Create a 2 vs. 1 | +2 'feeder' player & 'target' player at the end of each grid
- Opposing team defender can win the ball and play back to a server to score
- Attacking players work opportunities to play a long pass from their half into the far 'target' player at the opposite end
- Restart dead balls with the 'feeder' player

>Progression

- 2touch 1touch condition
- Elevated pass
- Driven pass
- Chip
- Left foot | Right foot

Coaching Points

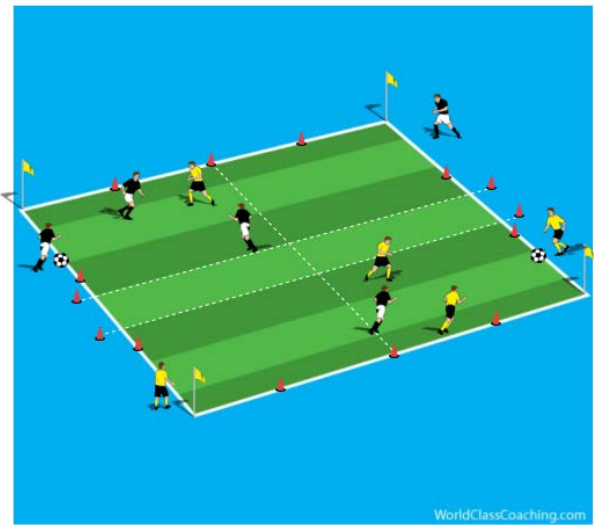
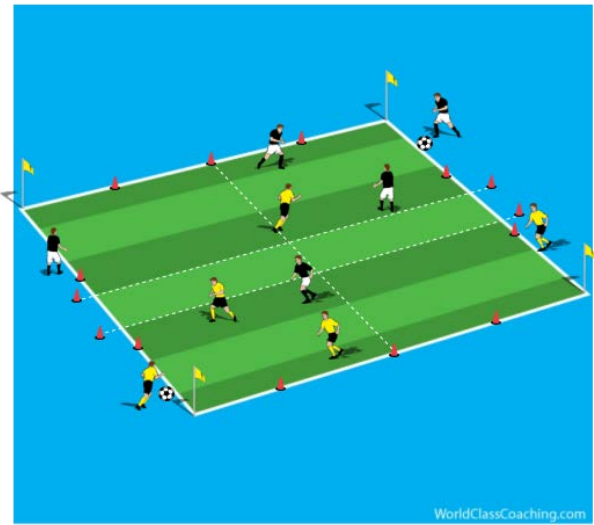
Technical

- Presentation of the ball
- Straight approach
- Standing foot | Perfect '10'
- Striking zone on the foot | Striking zone on the ball
- Weight of pass
- Follow through straight

Tactical

- Risk or retain possession
- Play to feet | Play to space
- Breaking Lines | Beyond most defenders
- Play short | Play long | Play square
- Play back
- Disguise of intentions
- Visual & Verbal Communication | Information

Field Plan



Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play • Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up

Field Plan

4 vs. 4 + End Zone Target Player

- 30yrds wide x 40yrds long
- 4 Players vs. 4 Players
- +1 Target Players conditioned in attacking End Zone
- The objective is to play a long pass from your own half into the End Zone 'target' player to score
- The target player recycles possession to the opposition team to restart
- Restart dead balls with a free pass

>Progression

- 2touch 1touch condition
- Elevated pass
- Driven pass
- Chip
- Left foot | Right foot

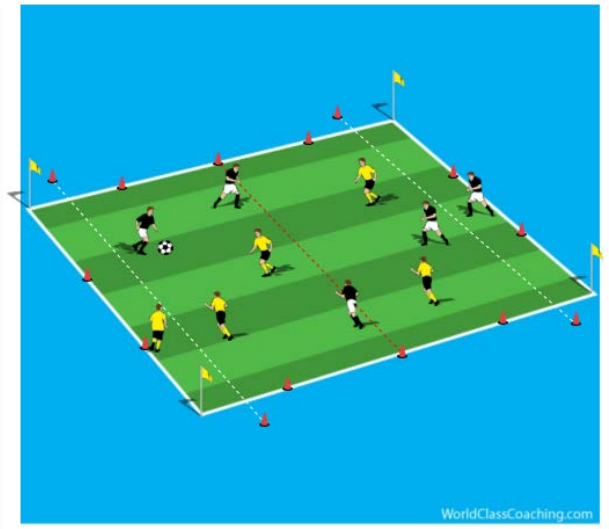
Coaching Points

Technical

- Presentation of the ball
- Straight approach
- Standing foot | Perfect '10'
- Striking zone on the foot | Striking zone on the ball
- Weight of pass
- Follow through straight

Tactical

- Risk or retain possession
- Play to feet | Play to space
- Breaking Lines | Beyond most defenders
- Play short | Play long | Play square
- Play back
- Disguise of intentions
- Visual & Verbal Communication | Information



Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up

Field Plan

6 vs. 6 + GK's | + 4 **Corner Neutral Players** | **Directional to Goal**

- 44yds wide x 50yds long | Halfway line
- 4 x 6yds corner zone marked | 1 each corner
- 6 + GK vs. 6 + GK | 2-3-1 Formation
- 1 Neutral Player conditioned to each corner zone
- Neutral Players unopposed
- Neutral Players play with the team in possession
- Neutral Players conditioned 1 touch where possible
- Neutral Players cannot score
- All other Players unconditioned
- Play directional to opposition goal + GK
- Restart dead balls from corner Neutral Player
- Restart each goal from own GK | Retain possession from a score
- Goal = 5pts | Pass from own half to Neutral Player = 1pt

>Progression

- Neutral Players opposed | Tackle after 1st touch
- Goal scorer stays 'off' until next goal scored | 5 vs. 6
- Must | Must not play through a Neutral Player before going to goal
- Goal created with a pass from own half to Neutral Player = 10pts

Coaching Points

Technical

- Presentation of the ball
- Straight approach
- Standing foot | Perfect '10'
- Striking zone on the foot | Striking zone on the ball
- Weight of pass
- Follow through straight

Tactical

- Risk or retain possession
- Play to feet | Play to space
- Breaking Lines | Beyond most defenders
- Play short | Play long | Play square
- Play back
- Disguise of intentions
- Visual & Verbal Communication | Information



Technical Training

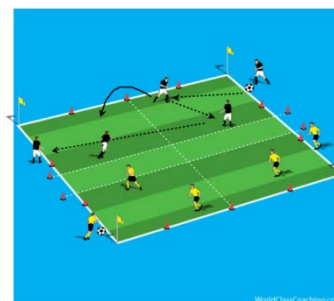
Set Up

5 Player Passing Rotation
 ·30yds x 40yds | 2 x 15yds wide grids |
 2 x 20yds long grids
 ·5 Players per grid | 1 ball per grid
 ·The 'feeder' plays in > players combine >
 play into the far 'target' player
 ·One of the 2 players follows the long pass
 to support
 >**Progression**
 ·Elevated pass ·Driven pass ·Chip

Coaching Points

Technical
 ·Presentation of the ball
 ·Straight approach
 ·Standing foot | Perfect '10'
 ·Striking zone on the foot |
 Striking zone on the ball
 ·Weight of pass
 ·Follow through straight

Field Plan



Game Related

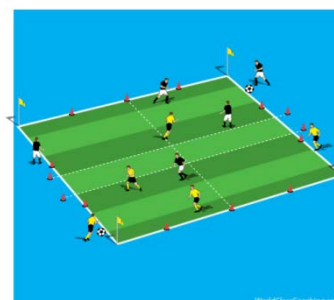
Set Up

2 + 2 vs. 1
 ·30yds x 40yds | 2 x wide & long grids
 ·4 vs. 1 per grid | 1 ball per grid
 ·Create a 2 vs. 1 | + 2 'feeder' player &
 'target' player at the end of each grid
 ·Opposing team defender can win the ball
 and play back to a server to score
 ·Attackers play long from their half into
 the far 'target' player
 >**Progression**
 ·Elevated pass ·Driven pass ·Chip

Coaching Points

Tactical
 ·Risk or retain possession
 ·Play to feet | Play to space
 ·Breaking Lines | Beyond
 most defenders
 ·Play short | Play long | Play
 square | Play back
 ·Disguise of intentions
 ·Visual & Verbal
 Communication | Information

Field Plan



Game Specific

4 vs. 4 + End Zone Target Player

·30yds x 40yds | 4 vs. 4
 ·+1 Target Player in End Zone
 ·Play a long pass from your own half to 'target' player



Conditioned Match Play

6 vs. 6 + GK's | + 4 Corner Neutral Players

·44yds x 50yds | Halfway line | 4 x corner zones
 ·6 + GK vs. 6 + GK | 2-3-1 Formation
 ·1 Neutral Player conditioned to each corner zone



CFJ West | **Session Plan Samples in Full**

CFJ West Sample Session Plan | #3
Dribbling

Technical Training | Highest Levels of Coach Intervention

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up

Field Plan

5 Player Dribbling Rotation

- 30yds wide x 40yds long | 2 x grids
- 5 Players per grid | 1 ball per grid
- Player 'A' plays into Player 'B'
- Player 'A' follows pass
- Player 'B' turns and dribbles forward
- Player 'B' dribbles past Player 'C' who is a passive Defender
- Player 'B' plays into Player 'D'
- Player 'B' follows pass & takes the place of Player 'D'
- Player 'D' starts the rotation back in the opposite direction | Player 'D' plays into Player 'C'

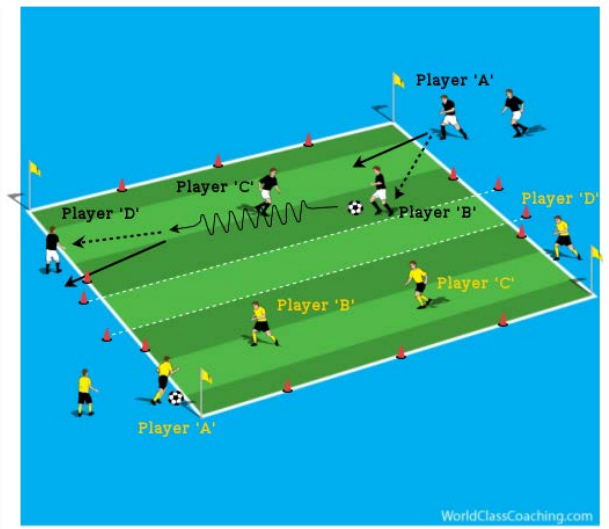
Coaching Points

Technical

- Close control
- Engage the defender
- Change of Pace | Explosive action | Acceleration
- Change of Direction
- Fake | Feint | Dummy | Disguise

Tactical

- Create > Recognize > Execute 1 vs. 1 situations
- Space behind the defender
- Positive attitude | Commitment
- Speed ahead of technique



Game Related | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

Field Plan

1 vs. 1 Dribble Rotation

- 30yds wide x 40yds long | 2 x grids
- 4 Attacking Players vs. 1 Defensive Player per grid | 1 ball per grid
- Player 'A' plays into Player 'B'
- Player 'A' follows pass
- Player 'B' turns and dribbles forward
- Player 'B' dribbles at Defender #1
- Player 'B' attempts to dribble past Defender #1
- Player 'B' plays into Player 'C'
- Player 'B' follows pass & takes the place of Player 'C'
- Player 'C' starts the rotation back in the opposite direction | Player 'C' plays into Player 'A'
- If the Defender wins possession of the ball they dribble over the nearest end line to score
- Restart dead balls with a new feed
- Play to 10 rotations then swap each grid's Defender

>Progression

- Can add a Neutral Player as a passing option | as a disguise option

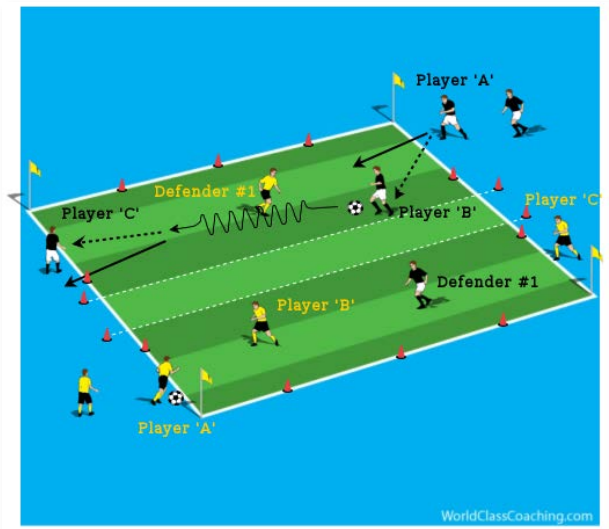
Coaching Points

Technical

- Close control
- Engage the defender
- Change of Pace | Explosive action | Acceleration
- Change of Direction
- Fake | Feint | Dummy | Disguise

Tactical

- Create > Recognize > Execute 1 vs. 1 situations
- Space behind the defender
- Positive attitude | Commitment
- Speed ahead of technique



Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play • Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up

Field Plan

4 vs. 4 | 2 vs. 2 Half Conditions Directional to Goal + GK

- 30yds wide x 40yds long | Halfway line
- 4 Players vs. 4 Players
- + GK's
- 2 Attacking Players & 2 Defensive Players conditioned to each half
- Restart dead balls with GK
- Play many short mini-matches to retain intensity

>Progression

- 1 recovery Defender permitted in to opposite half



Coaching Points

Technical

- Close control
- Engage the defender
- Change of Pace | Explosive action | Acceleration
- Change of Direction
- Fake | Feint | Dummy | Disguise

Tactical

- Create > Recognize > Execute 1 vs. 1 situations
- Space behind the defender
- Positive attitude | Commitment
- Speed ahead of technique

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up

8 vs. 8 + GK's | Directional to Goal | 1 vs. 1 Zones

- 44yds wide x 45yds long
- 2 x Wide Attacking Zones | 2 x Wide Defensive Zones
15yds wide x 22.5yds long
- 3 x Central Zones | Attack | Midfield | Defense | 15yds wide x 15yds long
- 8 + GK vs. 8 + GK | Conditioned 1 vs. 1 in each zone | 2 vs. 2 in Midfield Zone | #2 vs. #11 | #3 vs. #7 | #4 vs. #9 | #6 & #8 vs. #6 & #8
- Play directional to opposition goal + GK
- Restart dead balls with dribble-in
- Restart each goal from own GK | Retain possession from a score

>Progression

- Recovery Defender | 1 defensive player can enter the adjacent zone

Field Plan



Coaching Points

Technical

- Close control
- Engage the defender
- Change of Pace | Explosive action | Acceleration
- Change of Direction
- Fake | Feint | Dummy | Disguise

Tactical

- Create > Recognize > Execute 1 vs. 1 situations
- Space behind the defender
- Positive attitude | Commitment
- Speed ahead of technique

Technical Training

Set Up

5 Player Dribbling Rotation

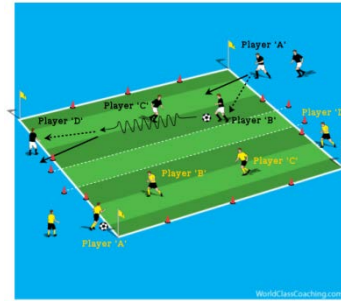
- 30yds wide x 40yds long | 2 x grids
- 5 Players per grid | 1 ball per grid
- Player ‘A’ > Player ‘B’
- Player ‘A’ follows
- Player ‘B’ turns and dribbles
- Player ‘B’ dribbles past Player ‘C’
- Player ‘B’ > Player ‘D’
- Player ‘B’ follows
- Player ‘D’ > Player ‘C’

Coaching Points

Technical

- Close control
- Engage the defender
- Change of Pace | Explosive action | Acceleration
- Change of Direction
- Fake | Feint | Dummy | Disguise

Field Plan



Game Related

Set Up

1 vs. 1 Dribble Rotation

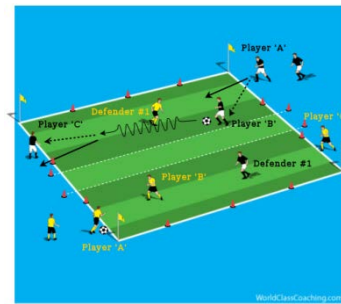
- 30yds wide x 40yds long | 2 x grids
- 4 Attacker vs. 1 Defender
- ‘A’ > ‘B’
- ‘A’ follows
- ‘B’ turns and dribbles past Defender #1
- ‘B’ > ‘C’
- ‘B’ follows & takes place ‘C’
- ‘C’ starts the rotation back > ‘A’
- Defender wins the ball dribble to end line

Coaching Points

Tactical

- Create > Recognize > Execute 1 vs. 1 situations
- Space behind the defender
- Positive attitude | Commitment
- Speed ahead of technique

Field Plan



Game Specific

4 vs. 4 | 2 vs. 2 Half Conditions

- 30yds x 40yds | 4 vs. 4 | +GK’s
- 2 Attackers & 2 Defenders in each half
- >Prog. | 1 recovery Defender in opposite half



Conditioned Match Play

8 vs. 8 + GK’s | Directional to Goal | 1 vs. 1 Zones

- 44yds x 45yds | Wide Atk. & Def. Zones
- 3 x Central Zones | Attack | Midfield | Defense
- 8 + GK vs. 8 + GK | Conditioned 1 vs. 1 in each zone



CFJ West | **Session Plan Samples in Full**

CFJ West Sample Session Plan | #4
Possession Principles

Technical Training | Highest Levels of Coach Intervention

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up

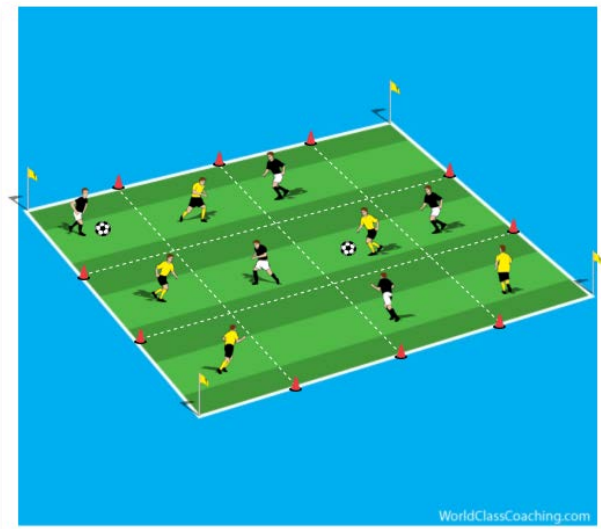
Field Plan

Confusion Passing | Possession Grids

- 30yrds wide x 40yrds long
- 12 x grids | 10yrds x 10yrds
- 2 x teams | 5 Players per team | 1 ball per team
- Each team's objective is to maintain possession of their ball within the main grid
- Conditioned to play a pass to a team-mate in a mini 10yrds x 10yrds grid adjacent to yours

>Progression

- Encourage use of combinations> 'Give & Go' & one-touch play
- Encourage imaginative passing techniques using different shoe contacts and both feet



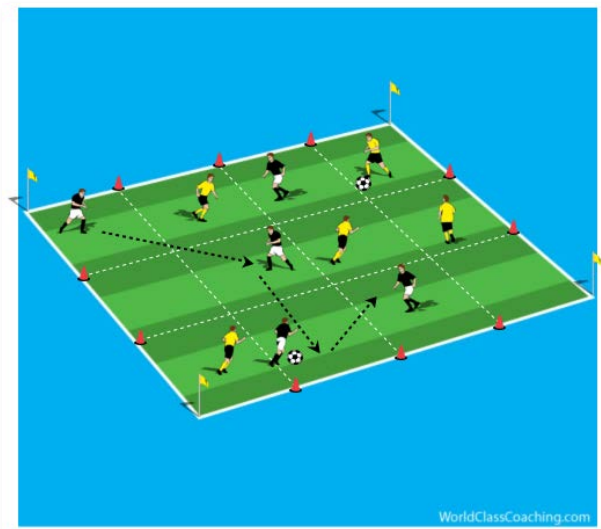
Coaching Points

Technical

- Angle of support | Clear passing lanes
- Distance of support | Break lines where possible
- Body Shape | Open to the field | View 2 team-mates
- Demand the ball | Verbal& Visual
- Communication | Verbal& Visual information

Tactical

- Pass to feet | Pass to space
- Depth | Width | Height of support
- Speed of Play | Rapid ball recycle
- 1st Time where possible
- Creative movement without the ball
- Disguise intentions | Intelligence vs. Technique



Game Related | High Level of Coach Intervention

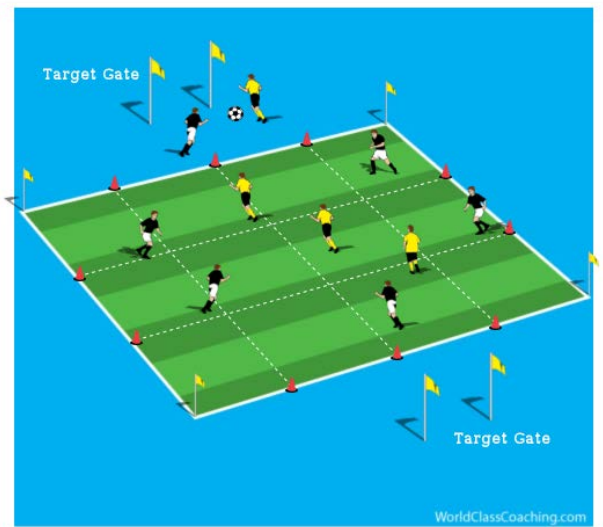
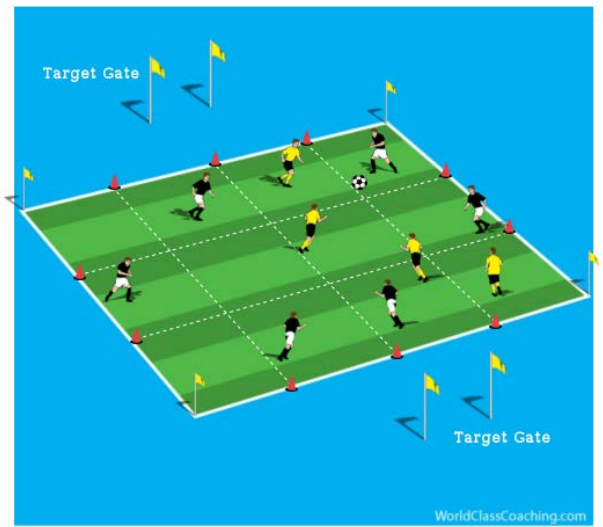
Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

6vs. 4 Possession Keep-Away

- 30yds wide x 40yds long
- 12 x grids | 10yds x 10yds
- Target Gates positioned strategically 10yds around the outside of the playing grid
- Number each player 1 thru 10
- 6 Attacking Players vs. 4 Defensive Players
- 6 Attacking Players keep-away ball possession from the 4 Defensive Players
- 6 Attacking Players > Count each successful pass
 - Split pass = 2pts
 - Combination play = 2pts
 - 10 consecutive passes = 2pts bonus
- If the 4 Defensive Players win possession of the ball and successfully dribble through a Target Gate the game ends and rotate Defensive Players
- Opposition Players can oppose 1 vs. 1 if a Player is dribbling through a Target Gate
- 1st Game | #1, 2, 3 & 4 Defending
- 2nd Game | #3, 4, 5 & 6 Defending
- 3rd Game | #5, 6, 7 & 8 Defending
- 4th Game | #7, 8, 9 & 10 Defending

Field Plan



Coaching Points

Technical

- Angle of support | Clear passing lanes
- Distance of support | Break lines where possible
- Body Shape | Open to the field | View 2 team-mates
- Demand the ball | Verbal & Visual
- Communication | Verbal & Visual information

Tactical

- Pass to feet | Pass to space
- Depth | Width | Height of support
- Speed of Play | Rapid ball recycle
- 1st Time where possible
- Creative movement without the ball
- Disguise intentions | Intelligence vs. Technique

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play • Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up

Field Plan

4 vs. 4 | + 2 Neutral Players Directional to End Zone Collection

- 30yds wide x 40yds long
- 5yds End Zone | 1 each end
- 4 Players vs. 4 Players
- 2 Neutral Players conditioned on the long outside of the grid | 1 each side
- 2 Neutral Players play with the team in possession | Creating 6 vs. 4 numbers up for the team in possession
- Objective for the team in possession is to play directionally into the End Zone for a team-mate to run onto to collect
- Ensure that collection of the ball in the End Zone is accurate
- Restart dead balls from correct Defensive End Zone
- Restart each score from Attacking team's Defensive End Zone

>Progression

- 2 Neutral Players can | cannot play final penetrating pass for a score
- 1touch 2touch condition

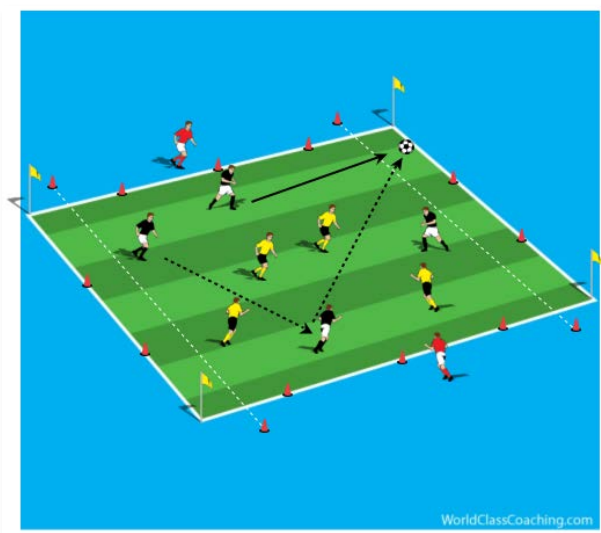
Coaching Points

Technical

- Angle of support | Clear passing lanes
- Distance of support | Break lines where possible
- Body Shape | Open to the field | View 2 team-mates
- Demand the ball | Verbal & Visual
- Communication | Verbal & Visual information

Tactical

- Pass to feet | Pass to space
- Depth | Width | Height of support
- Speed of Play | Rapid ball recycle
- 1st Time where possible
- Creative movement without the ball
- Disguise intentions | Intelligence vs. Technique



Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up

Field Plan

8 vs. 8 + GK's | Directional to Goal | 10 Passes to Score

- Full width x 50yds long | Halfway line
- 5yds End Zone full width | 1 each end
- Play 25yds either side of Halfway | Midfield Third
- Zones | 5yds | 20yds | 20yds | 5yds
- 5 + 2 + 1 + GK vs. 5 + 2 + 1 + GK
- #6, #7, #8, #10 & #11 + GK vs. #6, #7, #8, #10 & #11 + GK
- Black-#2 & #3 | Yellow #9 conditioned to Black defensive 5yds End Zone
- Yellow-#2 & #3 | Black #9 conditioned to Yellow defensive 5yds End Zone
- End Zone conditioned Players all opposed
- Play to retain possession | 10 consecutive passes = 5pts
- Play directional to opposition goal + GK | 10 consecutive passes entitled to score | Goal = 10pts
- Restart dead balls from GK
- Restart each goal from own GK | Retain possession from a score

>Progression

- 2touch 1touch condition

Coaching Points

Technical

- Angle of support | Clear passing lanes
- Distance of support | Break lines where possible
- Body Shape | Open to the field | View 2 team-mates
- Demand the ball | Verbal & Visual
- Communication | Verbal & Visual information

Tactical

- Pass to feet | Pass to space
- Depth | Width | Height of support
- Speed of Play | Rapid ball recycle
- 1st Time where possible
- Creative movement without the ball
- Disguise intentions | Intelligence vs. Technique



Technical Training

Set Up

Confusion Passing | Possession Grids

- 30yds x 40yds | 12 x grids | 10yds
- 2 x teams | 5 Players per team | 1 ball
- Each team's objective is to maintain possession within the main grid
- Conditioned to play a pass to a team-mate in a mini adjacent 10yds x 10yds grid

>Progression

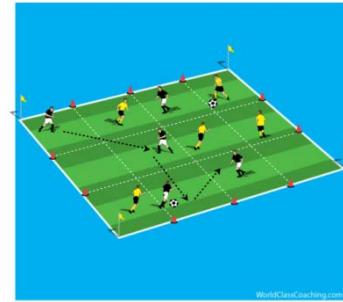
- Combinations > 'Give & Go'

Coaching Points

Technical

- Angle of support | Clear passing lanes
- Distance of support | Break lines where possible
- Body Shape | Open to the field | View 2 team-mates
- Demand the ball | Verbal & Visual
- Communication | Verbal & Visual information

Field Plan



Game Related

Set Up

6 vs. 4 Possession Keep-Away

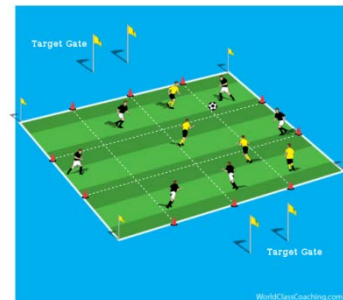
- 12 x grids | 10yds x 10yds
- Target Gates positioned 10yds outside
- 6 Attackers keep-away from 4 Defenders
- If the 4 Defensive Players win possession of the ball and successfully dribble through a Target Gate the game ends and rotate Defensive Players
- Opposition Players can oppose 1 vs. 1 if a Player is dribbling through a Target Gate

Coaching Points

Tactical

- Pass to feet | Pass to space
- Depth | Width | Height of support
- Speed of Play | Rapid ball recycle
- 1st Time where possible
- Creative movement without the ball
- Disguise intentions | Intelligence vs. Technique

Field Plan



Game Specific

4 vs. 4 | + 2 Neutral Players to End Zone Collection

- 30yds x 40yds | 4 vs. 4 | 5yds End Zone
- Play directionally to the End Zone to collect
- Ensure collection in the End Zone is accurate



Conditioned Match Play

8 vs. 8 + GK's | Directional | 10 Passes to Score

- Full width x 50yds | Halfway line | 5yds End Zone
- #6, 7, 8, 10 & 11 + GK vs. #6, 7, 8, 10 & 11 + GK
- End Zone conditioned Players all opposed



CFJ West | **Session Plan Samples in Full**

CFJ West Sample Session Plan | #5
Receiving Priorities & First Touch

Technical Training | Highest Levels of Coach Intervention

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up

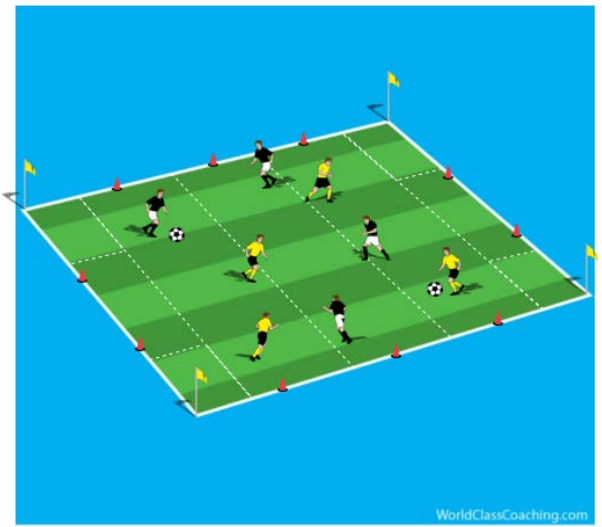
Field Plan

Receiving Grids with End Corner Zones

- 30yds wide x 40yds long
- 5yds End Zone | 1 each end
- 5yds Corner Zones | 1 each corner
- 2 x teams | 4 Players per team | 1 ball per team
- Each team's objective is to play the ball into either of the End Corner Zones for a team-mate to receive possession
- After each successful reception, the ball must return through the middle central zone before attacking the opposite end
- Continue to attack end to opposite end

>Progression

- Play the ball into both (one then the other) End Corner Zones for a team-mate to receive possession



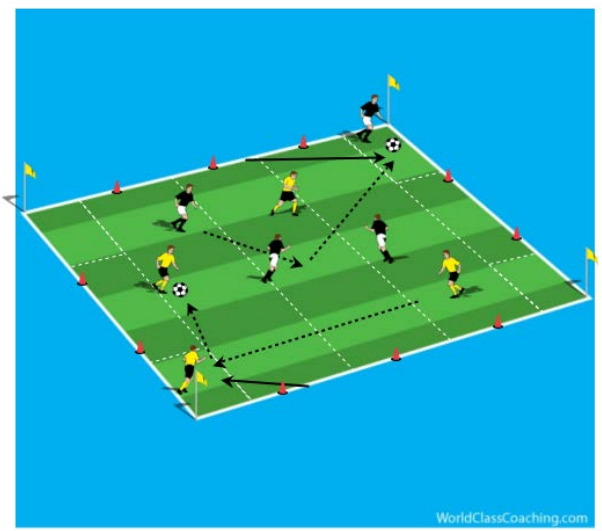
Coaching Points

Technical

- Check shoulders | Have a picture of the field
- Observe opposition | Recognize opportunity
- Demand the ball | Verbal & Visual
- Body Shape on reception | ½ Turn vs. Closed
- Body Shape on reception | Protect vs. Penetrate
- Controlling surface options
- Light on your toes | Able to adjust
- First Touch > Release | Prepare | Dribble | Protect

Tactical

- Decision Making | Know your plan before receiving
- Disguise intentions
- Receive beyond the defender
- Receive in front & facing defender
- Receive in front with back to defender



Game Related | High Level of Coach Intervention

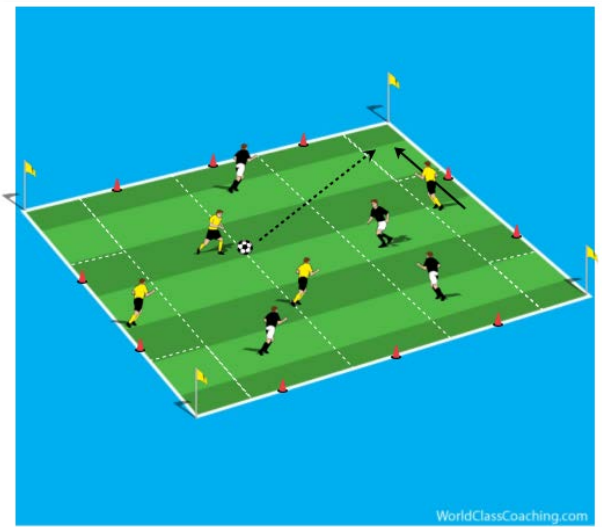
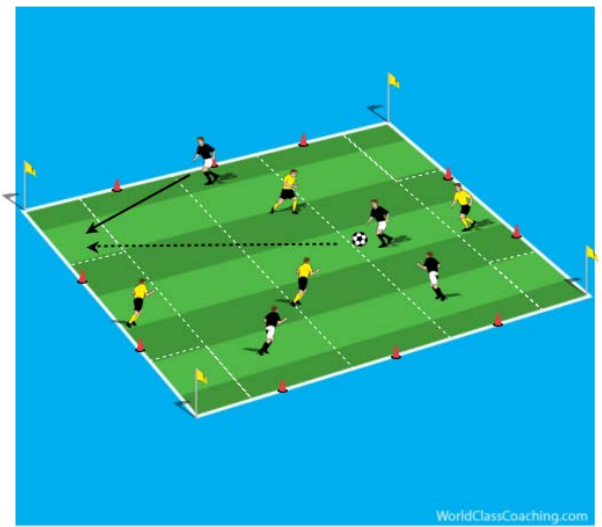
Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

Field Plan

4 vs. 2 + 2 End Corner Zones

- 30yds wide x 40yds long
- 5yds End Zone | 1 each end
- 5yds Corner Zones | 1 each corner
- 2 x teams | 4 Players per team | 1 ball
- 4 Black Attacking Players 'free' to play in any zone
- 2 Yellow Defensive Players 'free' to play in any zone +
- 2 Yellow Defensive Players conditioned 1 to each End Zone
- 4 Black Attacking Player's objective is to play the ball into either of the End Corner Zones for a team-mate to receive possession = 1pt
- Play continuous | Once scored must play through the middle central zone before attempting to score again
- If 2 Yellow Defensive Players win possession of the ball they counter attack and score by playing to either of the +2 Yellow Defensive Players conditioned to each End Zone | End Zone Player must move into either Corner Zone to receive possession of the ball = 3pts
- Play 10 balls then rotate roles
- Restart dead balls into Attacking Players in middle central zone



Coaching Points

Technical

- Check shoulders | Have a picture of the field
- Observe opposition | Recognize opportunity
- Demand the ball | Verbal & Visual
- Body Shape on reception | ½ Turn vs. Closed
- Body Shape on reception | Protect vs. Penetrate
- Controlling surface options
- Light on your toes | Able to adjust
- First Touch > Release | Prepare | Dribble | Protect

Tactical

- Decision Making | Know your plan before receiving
- Disguise intentions
- Receive beyond the defender
- Receive in front & facing defender
- Receive in front with back to defender

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play • Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up

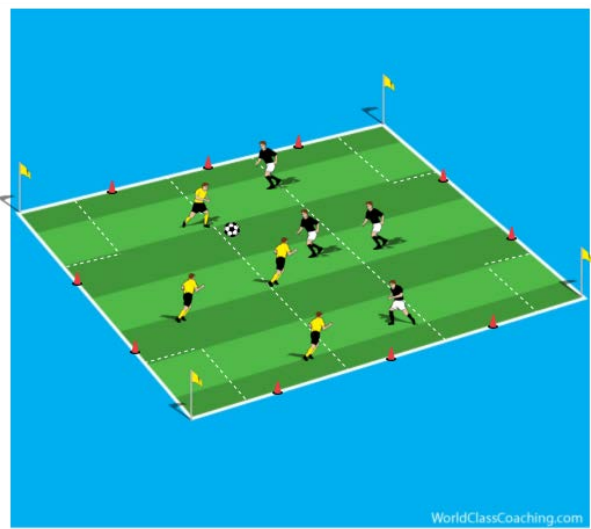
Field Plan

4 vs. 4 End Corner Zones | Directional

- 30yrds wide x 40yrds long
- 5yrds End Zone | 1 each end
- 5yrds Corner Zones | 1 each corner
- 2 x teams | 4 Players per team | 1 ball
- Play directionally | Play the ball into either of the End Corner Zones for a team-mate to receive possession
- Restart dead balls from correct Defensive End Zone
- Restart each score from Attacking team's Defensive End Zone

>Progression

- Scoring player stays 'off' the field until the next goal | temporarily creating 4 vs. 3 numbers up situation
- 1 touch 2touch condition



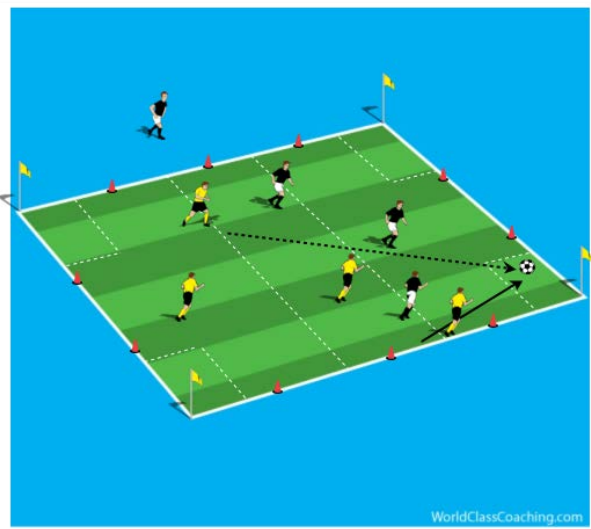
Coaching Points

Technical

- Check shoulders | Have a picture of the field
- Observe opposition | Recognize opportunity
- Demand the ball | Verbal & Visual
- Body Shape on reception | ½ Turn vs. Closed
- Body Shape on reception | Protect vs. Penetrate
- Controlling surface options
- Light on your toes | Able to adjust
- First Touch > Release | Prepare | Dribble | Protect

Tactical

- Decision Making | Know your plan before receiving
- Disguise intentions
- Receive beyond the defender
- Receive in front & facing defender
- Receive in front with back to defender



Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up

Field Plan

6 vs. 6 + GK's | Directional to Goal | Zonal Conditions

- 44yds wide x 50yds long
- 2 x Wide Attacking Zones | 2 x Wide Defensive Zones
- 5yds wide x 25yds long
- 3 x Central Zones | Attack | Midfield | Defense | 34yds wide x 15 | 20 | 15yds long
- 6 + GK vs. 6 + GK | 2-3-1 Formation | Conditioned 2 Defenders vs. 1 Attacker in each Defensive Zone | Conditioned 3 vs. 3 in Midfield Zone
- 4 Neutral Players conditioned in wide channels
- 4 Neutral Players unopposed
- Neutral Players play with the team in possession
- Neutral Players conditioned 1touch where possible
- Neutral Players cannot score
- Play directional to opposition goal + GK
- Restart dead balls with Neutral Player
- Restart each goal from own GK | Retain possession from a score

>Progression

- Recovery Defender | 1 defensive player can enter the adjacent zone
- Neutral Players opposed on 1st touch
- Off-side conditions apply

Coaching Points

Technical

- Check shoulders | Have a picture of the field
- Observe opposition | Recognize opportunity
- Demand the ball | Verbal & Visual
- Body Shape on reception | ½ Turn vs. Closed
- Body Shape on reception | Protect vs. Penetrate
- Controlling surface options
- Light on your toes | Able to adjust
- First Touch > Release | Prepare | Dribble | Protect

Tactical

- Decision Making | Know your plan before receiving
- Disguise intentions
- Receive beyond the defender
- Receive in front & facing defender
- Receive in front with back to defender



Technical Training

Set Up

Receiving Grids | End Corner Zones

- 30yds x 40yds | 5yds End Zone
- 5yds Corner Zones | 1 each corner
- 2 x teams | 4 Players per team
- Play the ball into either of the End Corner Zones for a team-mate to receive
- After each successful reception continue to attack end to opposite end

>Progression

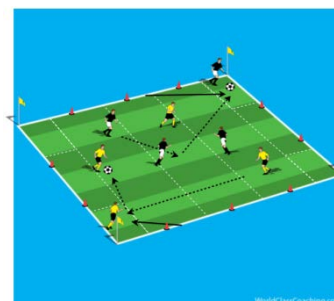
- Play the ball into both End Corner Zones

Coaching Points

Technical

- Check shoulders | Have a picture of the field
- Observe opposition
- Demand the ball
- ½ Turn vs. Closed
- Protect vs. Penetrate
- Controlling surface options
- Light on your toes
- Release | Prepare | Dribble | Protect

Field Plan



Game Related

Set Up

4 vs. 2 + 2 End Corner Zones

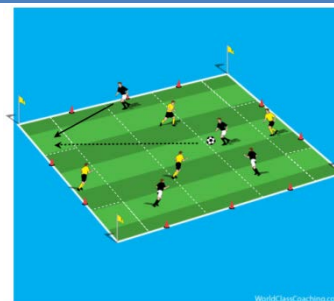
- 4 Black Attacking Players 'free' to play in any zone
- 2 Yellow Defensive Players 'free' to play in any zone + 2 Yellow Defensive Players conditioned 1 to each End Zone
- 4 Black Attackers play into End Corner Zones receive possession = 1pt
- Play continuous
- If 2YD win ball they counter atk = 3pts

Coaching Points

Tactical

- Decision Making | Know your plan before receiving
- Disguise intentions
- Receive beyond the defender
- Receive in front & facing defender
- Receive in front with back to defender

Field Plan



Game Specific

4 vs. 4 End Corner Zones | Directional

- 30yds x 40yds | 4 vs. 4 | End Zone & Corner Zones
- Play into End Corner Zones for a team-mate
- >Prog. Scoring player stays 'off' until the next goal



Conditioned Match Play

6 vs. 6 + GK's | Directional | Zonal Conditions

- 6 + GK vs. 6 + GK | 2-3-1 | 2 vs. 1 in Def. Zone | 3 vs. 3 in Mid. Zone
- 4 Neutral Players conditioned in wide channels



CFJ West | **Session Plan Samples in Full**

CFJ West Sample Session Plan | #6
Creating Space

Technical Training | Highest Levels of Coach Intervention

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up

5 & 5 Receiving Grid

- 30yds wide x 40yds long
- 2 x teams | 5 Players per team | 4 balls
- 5 Yellow Players conditioned around the outside of the grid | 4 balls on the outside
- 5 Black Players conditioned inside the grid
- Any Black Player receives from any outside Yellow Player > Turns > Plays to any Yellow Player > Repeat with another Yellow Player
- Rotate teams after 90 seconds

>Progression

- 1 pass between Black Player to Black Player on the inside before playing to outside Yellow Player

Coaching Points

Technical

Attacking Principles | 2nd & 3rd Atks. without the ball

- Width | Stretch wide
- Depth | Drop behind the ball
- Height | Stretch ahead of the ball
- Angle of support | Clear passing lanes
- Distance of support | Break opposition lines

Tactical

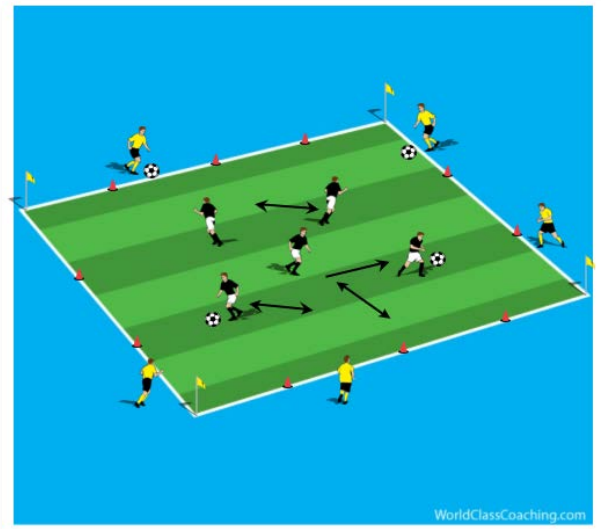
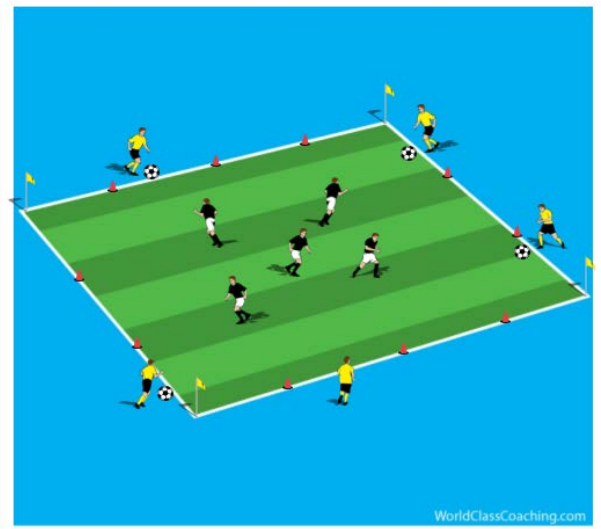
Attacking Principles | 2nd & 3rd Atks. without the ball

- Mobility | Constantly changing the options
- Movement off the ball | Movement to lose markers
- Rotation | Interchange of positions
- Movement against the flow of play
- Stay still | Allow play to move past you
- Occupy 2nd Defender | Destroy 'Cover' support

Attacking Principles | 1st Attacker with the ball

- Creative 1st Touch
- Disguise | Tricks & Feints
- Turns
- Dribble | 1 vs. 1 moves
- Running with the Ball
- Fake or Disguise passes

Field Plan



Game Related | High Level of Coach Intervention

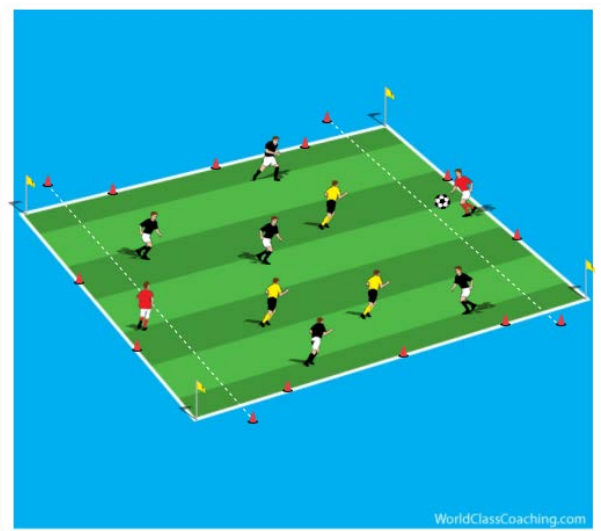
Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

Field Plan

5 vs. 3 + 2 End Line Neutral Players

- 30yrds wide x 40yrds long
- 5 Black Attacking Players vs. 3 Yellow Defensive Players conditioned on the inside of the grid | 1 ball
- 2 Neutral Players conditioned on the End Line | 1 each end
- 2 Neutral Players play with the team in possession
- 5 Black Attacking Players try to play to End Line Neutral Player to score = 1pts
- Play continuous | Once scored continue to attack the opposite end, play to End Line Neutral Player
- If 3 Yellow Defensive Players win possession of the ball they counter attack and play to End Line Neutral Player = 5pts
- Restart dead ball from any Neutral Player into Attacking Players
- Play to 20pts then swap roles



Coaching Points

Technical

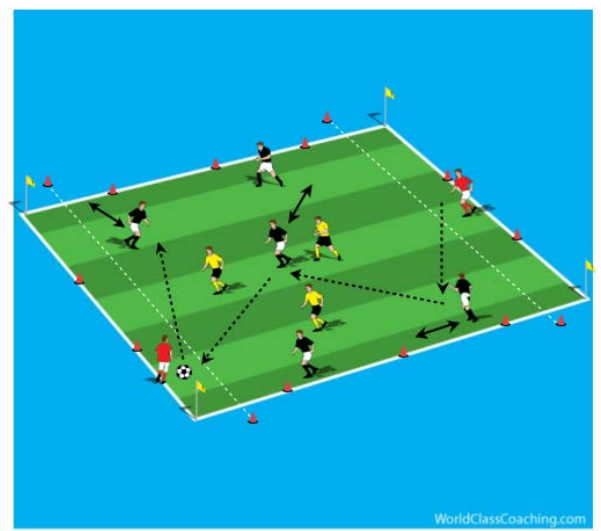
- Attacking Principles | 2nd & 3rd Atks. without the ball
- Width | Stretch wide
- Depth | Drop behind the ball
- Height | Stretch ahead of the ball
- Angle of support | Clear passing lanes
- Distance of support | Break opposition lines

Tactical

- Attacking Principles | 2nd & 3rd Atks. without the ball
- Mobility | Constantly changing the options
- Movement off the ball | Movement to lose markers
- Rotation | Interchange of positions
- Movement against the flow of play
- Stay still | Allow play to move past you
- Occupy 2nd Defender | Destroy 'Cover' support

Attacking Principles | 1st Attacker with the ball

- Creative 1st Touch
- Disguise | Tricks & Feints
- Turns
- Dribble | 1 vs. 1 moves
- Running with the Ball
- Fake or Disguise passes



Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play • Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up

4 vs. 4 Directional To End Line Neutral Players

- 30yds wide x 40yds long
- 4 Players vs. 4 Players conditioned on the inside of the grid | 1 ball
- 2 Neutral Players conditioned on the End Line | 1 each end
- 2 Neutral Players play with the team in possession
- Play Directional | Play to End Line Neutral Player to score
- Restart dead ball from own End Line Neutral Player
- Restart score from own End Line Neutral Player

>Progression

- Scoring player stays 'off' the field until the next goal | temporarily creating 4 vs. 3 numbers up situation
- 1 touch 2touch condition

Coaching Points

Technical

Attacking Principles | 2nd & 3rd Atks. without the ball

- Width | Stretch wide
- Depth | Drop behind the ball
- Height | Stretch ahead of the ball
- Angle of support | Clear passing lanes
- Distance of support | Break opposition lines

Tactical

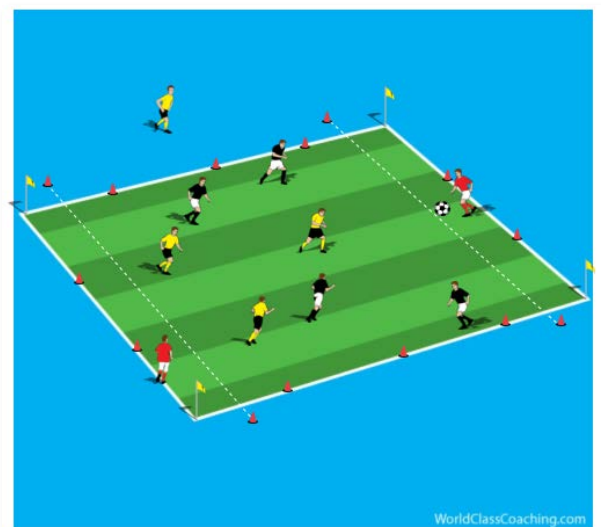
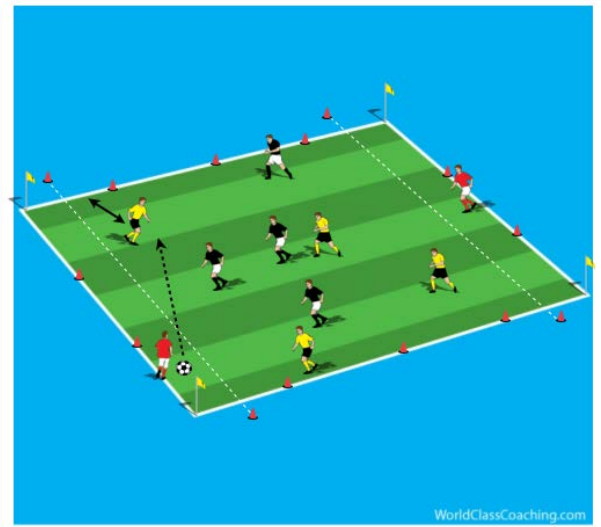
Attacking Principles | 2nd & 3rd Atks. without the ball

- Mobility | Constantly changing the options
- Movement off the ball | Movement to lose markers
- Rotation | Interchange of positions
- Movement against the flow of play
- Stay still | Allow play to move past you
- Occupy 2nd Defender | Destroy 'Cover' support

Attacking Principles | 1st Attacker with the ball

- Creative 1st Touch
- Disguise | Tricks & Feints
- Turns
- Dribble | 1 vs. 1 moves
- Running with the Ball
- Fake or Disguise passes

Field Plan



Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up

Field Plan

8 vs. 8 + GK's | Directional to Goal with 6 Zone Conditions

- 44yds wide x 45yds long
- Field split in half from goal to goal | 22yds wide
- Field split in 3 equal zones | 15yds long
- 8 + GK vs. 8 + GK | 2-5-1 Formation
- When in possession must have an outfield player in each of the 6 zones
- Play directional to opposition goal + GK
- Restart dead balls with GK
- Restart each goal from own GK | Retain possession from a score

>Progression

- 1touch 2touch condition
- Off-side conditions apply



Coaching Points

Technical

- Attacking Principles | 2nd & 3rd Atks. without the ball
- Width | Stretch wide
 - Depth | Drop behind the ball
 - Height | Stretch ahead of the ball
 - Angle of support | Clear passing lanes
 - Distance of support | Break opposition lines

Tactical

- Attacking Principles | 2nd & 3rd Atks. without the ball
- Mobility | Constantly changing the options
 - Movement off the ball | Movement to lose markers
 - Rotation | Interchange of positions
 - Movement against the flow of play
 - Stay still | Allow play to move past you
 - Occupy 2nd Defender | Destroy 'Cover' support

Attacking Principles | 1st Attacker with the ball

- Creative 1st Touch
- Disguise | Tricks & Feints
- Turns
- Dribble | 1 vs. 1 moves
- Running with the Ball
- Fake or Disguise passes



Technical Training

Set Up

5 & 5 Receiving Grid

- 30yds x 40yds | 2 x teams | 5 Players
- 5 Yellow Players conditioned around the outside of the grid | 4 balls on the outside
- 5 Black Players conditioned inside
- Any Black Player receives from any outside Yellow Player > Turns > Plays to any Yellow Player > Repeat

>Progression

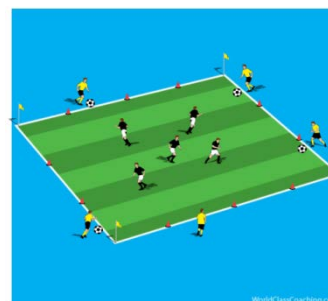
- 1 pass on the inside before playing out

Coaching Points

Technical

- Attacking Principles | 2nd & 3rd Atks. without the ball
- Width | Stretch wide
- Depth | Drop behind the ball
- Height | Stretch ahead of ball
- Angle of support | Clear passing lanes
- Distance of support | Break opposition lines

Field Plan



Game Related

Set Up

5 vs. 3 + 2 End Line Neutral Players

- 5 Attackers vs. 3 Defenders inside
- 2 Neutral Players on the End Line
- 5 Black Attacking Players try to play to End Line Neutral Player to score = 1pts
- Play continuous | Once scored continue to attack the opposite end
- If 3 Yellow Defensive Players win possession of the ball they counter attack

Coaching Points

Tactical

- Attacking Principles | 2nd & 3rd Atks. without the ball
- Mobility ·Movement off the ball
- Rotation ·Against the flow
- Stay still ·Destroy ‘Cover’ support
- Attacking Principles | 1st Attacker with the ball
- Creative 1st Touch ·Disguise
- Turns ·1 vs. 1 moves

Field Plan



Game Specific

4 vs. 4 Directional To End Line Neutral Players

- 30yds x 40yds long | 4 vs. 4 | 2 Neutrals End Line
- Play to End Line Neutral Player to score
- >Prog. Scoring player stays ‘off’ until the next goal



Conditioned Match Play

8 vs. 8 + GK's | Directional | 6 Zone Conditions

- 44yds x 45yds | Field split half & 3 equal zones
- 8 + GK vs. 8 + GK | 2-5-1 Formation
- Must have an outfield player in each of the 6 zones



CFJ West | **Session Plan Samples in Full**

Thank you