



PDP 2

COACHING PRACTICE BOOKLET



**COACH
EDUCATION
PROGRAMME**
the pathway to develop Irish football



**Every child is a star.
It is our job as coaches
to make them shine.**

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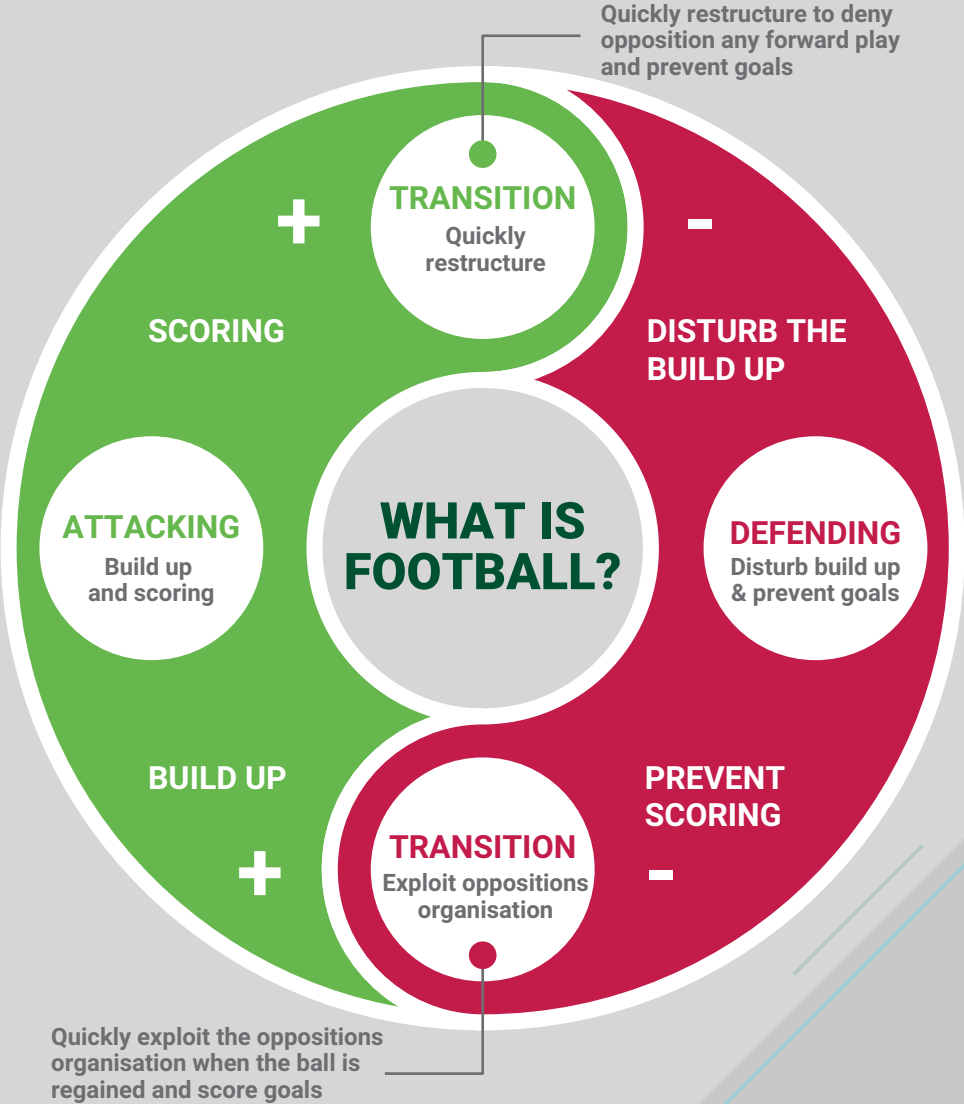
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PLAYING FORMAT SUMMARY

Age Group	Squad Size	Team Size	Match Format	Match Duration	Referees
U6	10	4 v 4 (no GK)	Twin	4 x 10 mins	No
U7	10	4 v 4 (no GK)	Twin	4 x 10 mins	No
U8	12	5 v 5	Twin	4 x 12 mins	No
U9	12	5 v 5	Twin	4 x 12 mins	No
U10	16	7 v 7	Twin	2 x 25 mins	Yes
U11	10	7 v 7	Twin	2 x 25 mins	Yes
U12	10	9 v 9	Normal	2 x 30 mins	Yes
U13	10	11 v 11	Normal	2 x 30 mins	Yes
U14	10	11 v 11	Normal	2 x 35 mins	Yes
U15	10	11 v 11	Normal	2 x 35 mins	Yes
U16	10	11 v 11	Normal	2 x 40 mins	Yes

Playing Time	League Tables	Pitch Size (m) Min/Max	Goal Size	Ball Size & Weight
75%	No	35m x 20m max* 30m x 20m min	1m x 3m	5 (290gms)
75%	No	35m x 20m max* 30m x 20m min	1m x 3m	5 (290gms)
75%	No	45m x 25m max* 30m x 20m min	2m x 5m	5 (290gms)
75%	No	45m x 25m max* 40m x 25m min	2m x 5m	5 (320gms)
50%	No	65m x 40m max* 60m x 35m min	2m x 5m	5 (320gms)
50%	No*	65m x 40m max* 60m x 35m min	2m x 5m	5 (320gms)
25% to 50%	Yes	Box to Box	2m x 5m	5 (370gms)
25% to 50%	Yes	Full	Full	5 (370gms)
25% to 50%	Yes	Full	Full	5 (370gms)
25% to 50%	Yes	Full	Full	5 (450gms)
25% to 50%	Yes	Full	Full	5 (450gms)

FOOTBALL ACTION THEORY



FOOTBALL ACTION

COMMUNICATION

DECISION

EXECUTION



COACHING SKILLS FOR THE GRASSROOTS COACH

- Enthusiastic
- Motivate
- Communication skills
- Adaptable
- Coach in a positive way
- Patient
- Pleasant
- Aware
- Organised
- Role model
- Inspire
- Dress like a Coach
- Knowledge of the activity?
- A desire for the game
- Provide feedback
- Punctual
- Praise
- Encourage
- Freedom of expression



COACHING PRACTICE CONSIDERATIONS

- Age
- Abilities/Developmental level
- Appropriate training equipment
- Session plan - pre-prepared (theme)
- Game related practices (football actions)
- Make the training FUN
- Always play a GAME

COACHING PROCESS

IDEAL PRINCIPLE

I	Introduce	Introduce the THEME of the session at the start (Make sure players are fully aware of the coaching practice goals)
D	Demonstrate	Demonstrate the Actions and Organisation (Demonstration gives clarity) Let the players see it
E	Explain	Explain all factors in a logical sequence. (Explanation & demonstration is best used together) Let the players hear it
A	Action	Let them play from the coaching point Let the players do it
L	Look	Look at the play and observe key moments to help achieve outcomes Let them understand

Always Involve the Players

IDEAL is a Learning Principle that involves players throughout the coaching process.

IDEAL involves a process of guided discovery and demonstration before tasks are carried out by the players themselves.

*"I hear and I forget, I see and I remember,
I do and I understand"*



DRIBBLING



FOOTBALL ACTION – DRIBBLING

COMMUNICATION

Verbal and non-verbal communication with teammate.

Non verbal communication with opposition player.

DECISION

Where to dribble (what direction and which side of opponent)? How to dribble?

When to release the ball?

EXECUTION

Soft Touches, head up, protect ball from opponent keeping your body between opponent and ball, execute your Decision - move (change direction, skill, acceleration)

Change Direction – Inside Foot:

Close control, standing foot behind ball, disguise kicking action, wrap foot around ball, accelerate away.

Change Direction – Outside Foot:

Close control, get level with ball, push ball away with outside of foot and accelerate into space.

The ‘Drag back’ move:

Close control, standing foot beside the ball, sole of the foot on top of ball, drag ball behind standing foot, turn and accelerate away.

Running with ball into space:

Play the ball out with laces in direction you want to go, keep the ball out of your feet, accelerate with head up, take few touches, end product.



Objective

A practice designed to improve players ball control and ability to pass and keep possession in a 1v1 with a transition to 2v1.



Organisation

- Two groups of 3 players
- Blue team to send one player into opposition half.
- The coach then plays the ball to the yellow team, who try to score on goal.
- If the blue defender wins the ball, it is now 2v1 with the extra player.
- This will see variations of players in a 1v1 situation and a 2v1 situation .

TIP

Rotate defenders regularly. Make it fun.

Coaching Instructions

- Protect ball with close control and body between ball and defender.
- When dispossessed create width and depth & provide angles of support
- Good quality pass to the players back foot
- Weight and accuracy of pass
- Open body shape
- Provide an angle to receive it back when you pass.

NOTES



Objective

A practice designed to improve players ball control and ability to pass and keep possession by providing angles and good quality passing.

Organisation

- One group of 4 players (blue) , one group of 3 players (yellow).
- Yellow team starts with the ball and passes into the first blue player.
- The blue player must complete a combination (1,2 etc) with the other member.
- The yellow player must now defend , preventing the blue team from scoring.

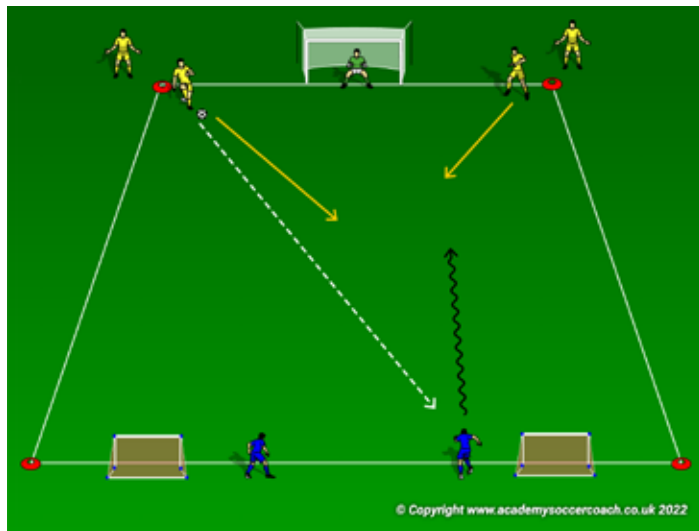
TIP

Rotate the defending team regularly.
Make it fun.

Coaching Instructions

- Protect ball with close control and body between ball and defender.
- When in possession, create width and depth & provide angles of support
- Good quality pass to players back foot
- Weight and accuracy of pass
- Open body shape
- Provide an angle to receive it back when you pass.
- When out of possession , can the players win the ball back as quickly as possible

NOTES



Objective

A defending practice designed to improve defending principles in a 2v2 scenario.

Organisation

- Area: 30x20m
- One large goal with goalkeeper
- Two smaller goals with no goalkeeper at the other end
- 2 teams of 4 players.
- 2v2 on the pitch, with 2 players from each team waiting behind the goal.
- Yellow team must pass the ball out to the blue team to start
- The blue team must dribble towards the large goal with the goalkeeper, supported by the second player on their team.
- The yellow team must prevent the blue team from scoring.
- If the yellow team wins the ball back, they must try and score in one of the smaller goals at the opposite end of the pitch.

Coaching Instructions

- Communication between players.
- Nearest player must press the ball and second player provides cover, balance.
- Angle and distance of pressure and cover. Be mindful of correct body shape - low down, side on.
- Changing roles as ball is passed, in/ out.
- Decision making – when to try and win the ball. How quickly can the player close down the attacker?
- Quick reactions and transitioning

NOTES



Objective

A practice designed to improve players ball control and ability to pass and keep possession by providing angles and good quality passing.



Organisation

- Two groups of 6 players
- The pitch is split into two halves with one side marked off by cones.
- The area with the cones should be set up with a 2v1, the other half with a 2v2.
- The coach passes to the blue to team and the session starts with a 2v1.
- If the yellow team wins the ball, they must play into one of the players in the other half, creating a 3v2.

Coaching Instructions

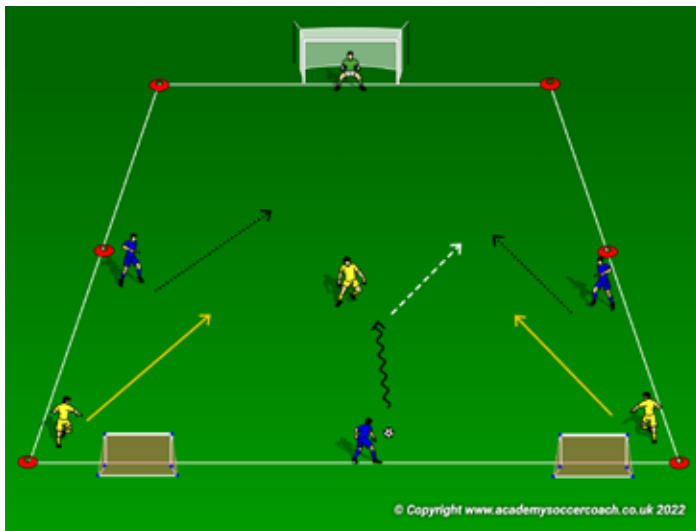
- Protect ball with close control and body between ball and defender.
- When in possession, create width and depth & provide angles of support
- Good quality pass to back foot
- Weight and accuracy of pass
- Open body shape
- Provide an angle to receive it back when you pass
- When dispossessed, players must win the ball back quickly

NOTES



Objective

A practice designed to improve players passing, communication, decision making and execution.



Organisation

- Area: 30x20m
- One large goal with goalkeeper
- Two smaller goals with no goalkeeper at the other end
- 2 teams of 3 players.
- 3v1 on the pitch, with two other players joining play, finishing with a 3v3
- Blue team starts with the ball in a 3v1 scenario.
- 2 extra yellow players are to join the game, once the first movement has been made.
- The blue team must dribble towards the large goal with the goalkeeper.
- The yellow team must prevent the blue team from scoring.
- If the yellow team wins the ball back, they must try and score in one of the two smaller goals at the opposite end of the pitch.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.
- Make sure to swap the teams around so both teams have a go at scoring in the large goal.
- Adjust area size if required.

NOTES



Objective

An attacking practice designed to improve players passing, communication, decision making and execution.



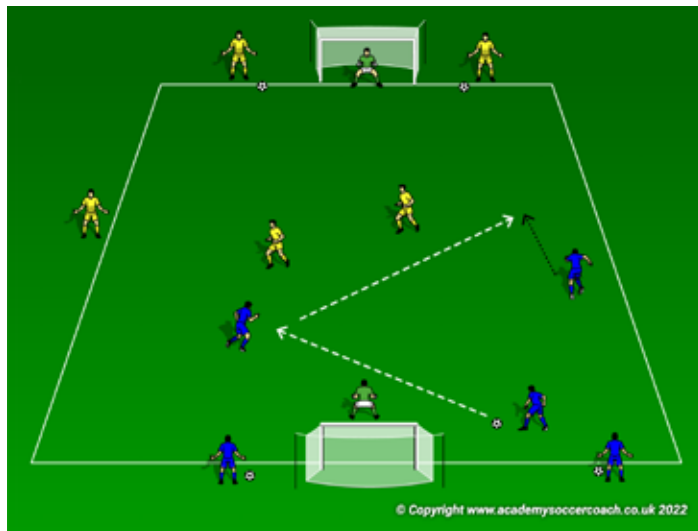
Organisation

- Area: 30x30m
- 2 teams of 6 players.
- 3 vs 2 in the area with remaining players outside the pitch.
- Blue team starts with the ball, whose aim is to score in the goal. If the blue team scores or the yellow team wins the ball back, the following two players from the yellow team, join in on the game, creating a 4v3 against the blue team.
- The yellows now try to score in the opposite direction to their teammate in the other goal.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.
- Make sure to change both teams regularly.
- Adjust area size if required.

NOTES



Objective

An attacking practice designed to focus on passing, communication, decision making and execution in wide areas.

Organisation

- Area: 30x20m + 5m target zone.
- 2 teams of 5 players.
- 3 vs 3 in the area with 2 players each in the target zone.
- Yellow score by passing to their teammate in the target zone. The player who passes the ball to target player now replaces this player and the target player joins into the 3v3.
- The yellows now try to score in the opposite direction to their teammate in the other target zone. If blue players win possession in the area, they then try to score by passing to their teammate in the zone.

TIP

Include a floating player (player that can play on both teams). Adjust area size if required.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.

NOTES



Objective

A dribbling practice designed to enhance players dribbling, passing and tackling abilities under pressure.



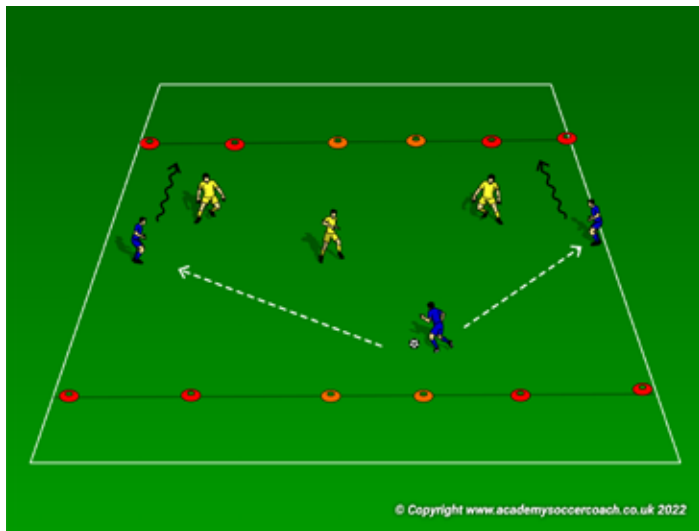
Organisation

- Area: 30x30m
- 2 teams of 5 players.
- 3 vs 3 in the middle of the pitch, with 2 target players from each team at either end.
- Yellow team starts with the ball.
- Yellow team must complete a number of passes before dribbling to one end of the pitch.
- When the required number of passes has been completed, the yellow target player then dribbles in to the game and must work the ball up to the opposite end.
- When the blue team wins the ball back, they must complete the same.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.
- Make sure to change both teams regularly.
- Adjust area size if required.

NOTES



Objective

A dribbling practice designed to improve players touch and control in a game related scenario.

Organisation

- 2 teams (3 players on each)
- The blue team starts with the ball and must work towards scoring in one of the three goals at one end.
- If the yellow team win the ball back, they must then transition to attack and try and score down the other end of the pitch.

TIP

Adjust area size if required.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.

NOTES



Objective

A functional practice designed to improve players awareness, passing, movement and finishing with transition to defend.



Organisation

- Area: 40 x 30 metres
- 3 Blues v 2 Yellows + 2 Goalkeepers. Both Blue and Yellow players at either side as seen above.
- 3 Blues start game against 2 Yellows and try to create a goal scoring opportunity as seen above in diagram 1
- If Yellow team wins the ball they transition to attack with 2 teammates joining them in an overload as seen above in diagram 2
- Rotate players to give equal opportunity to attack and defend

Coaching Instructions

- Look for players to spread out in possession and make the pitch as big as possible
- Encourage players to play with their head up and check shoulder so they can find the free player and be aware of pressure from opposition
- Angles and distance of support, can the player on the ball pass to you?
- End product
- Quick transition to both attack and defend
- Communication and awareness is key

Coaching Notes

1: Let the game flow freely, not too much stops, let the players solve the problems. **2:** The movement and communication of the players off the ball is key, take up positions away from defenders. **3:** The work rate from defending team must be quality. Look for high intensity. **4:** Give time limit for Yellow team to score on winning possession



Objective

A coaching practice designed to improve players 1v1 attacking and Transition to Defend.

Organisation

- Area: 20x15 yards, as shown below, if it possible to split the area in two so more players are active.
- 1 yellow or blue player attacks the defender and when they score or miss the target, they transition to attack the two small goals.

Coaching Instructions

- Positive first touch towards the goal and attack the defender quickly.
- Keep the ball under control and head is up to assess the defender and GK.
- Change of pace and acceleration into space.
- End product, a shot on target.
- Transition to defend must be completed quickly.

NOTES

FOOTBALL ACTION – PASSING & RECEIVING

COMMUNICATION

Verbal and non-verbal communication with your teammate to coordinate the movement and pass as best as possible. Non-verbal communication with the opposition.

DECISION

Who does the player pass the ball to? How does the player pass the ball?
Where does the player pass the ball? When does the player pass the ball?

EXECUTION

Short push pass:

Eye on the ball, standing foot planted beside ball, lock kicking foot, body weight over ball, strike through middle of ball.

Long Pass – Low/Lofted Passes:

Eye on the ball, plant non kicking foot in direction of target- toe to side of ball for low driven pass, toe behind ball for lofted pass. Use the instep (toe down, heel up) to strike through middle of ball, lean back striking through bottom of ball for lofted pass. Follow through.

Receiving the pass:

Get into line and flight of the ball, offer the surface, withdraw the surface to cushion the ball into the direction you want to go. Stay on balls of the feet.



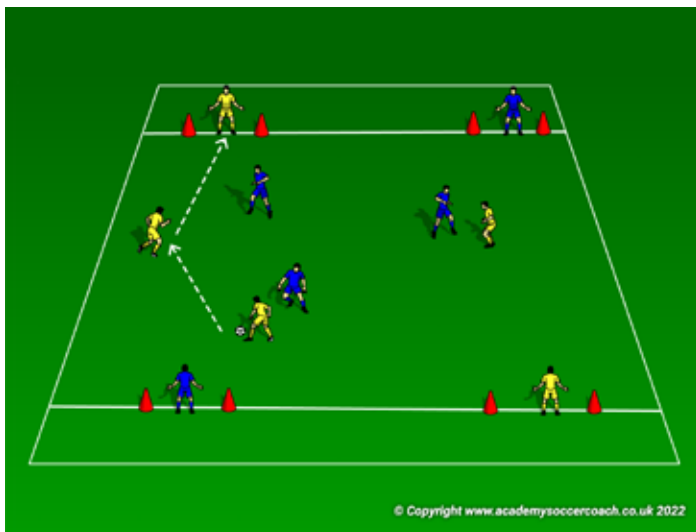
PASSING & RECEIVING





Objective

A passing practice designed to focus on passing and moving in a game related situation.



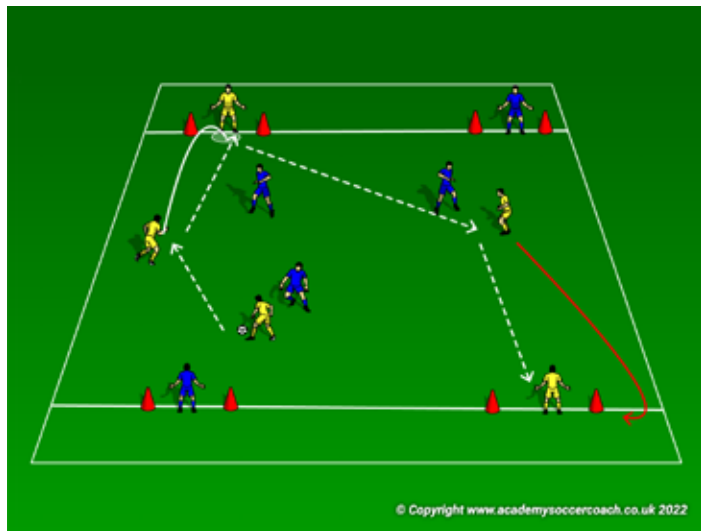
Organisation

- Area: 30x30m
- 2 teams of 5 players.
- 3 vs 3 in the middle of the pitch, with 2 target players from each team at either end.
- Yellow team starts with the ball.
- Yellow team must complete a number of passes before dribbling to one end of the pitch.
- The Yellow team must then pass to the target player through the cones to get one point.
- When the yellow team completed this, the target player then dribbles in to the game and they must work the ball up to the opposite end.
- When the blue team wins the ball back, they must complete the same.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.
- Make sure to change both teams regularly.
- Adjust area size if required.

NOTES



Objective

A passing practice designed to improve players touch and control in a game related scenario.

Organisation

- 2 teams – 3 players on each team in the middle, 2 players from each team on either end.
- The yellow team starts with the ball and must try to work the ball to one of the players on the outside.
- The team that makes the pass to the outside players, keeps possession and must work the ball to the player on their team at the opposite end of the pitch.
- Once the team with the ball makes the pass, they must swap with one of the outside players.

TIP

Adjust area size if required.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.

NOTES



Objective

A passing practice designed to encourage good quality passing amongst players while also working on high tempo pressing of the ball when defending.



Organisation

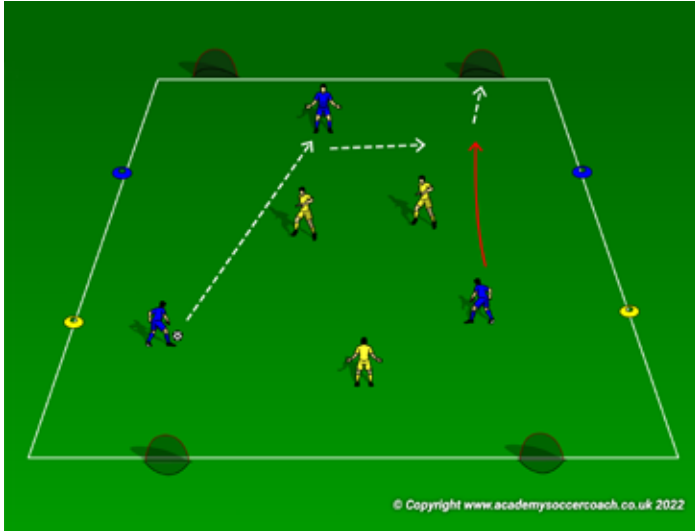
- Blue team are 3v2 in the middle area of the pitch.
- The blue team aim to play out of the middle zone into either of the end zones.
- When they pass the ball into either of the end zones, two blue players follow and create support.
- The two yellow players also follow to create another 3v2.
- Should they yellow team win the ball, they can attack any of the goals to score.

Coaching Instructions

What are the triggers to pass into the end zone?

- A set number of passes (possible disadvantage regards realism)
- Specific player on the ball.
- One touch pass.
- Dribble over the line.

NOTES



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Objective

A passing practice designed to improve players communication and touch in a 2v2 set up.

Organisation

- 2 teams – 3 players on each team in the middle.
- Player with the ball, must pass to the player at the top of the pitch.
- The third player, must run into space and receive a pass.
- Once they receive a pass, they can shoot on goal.
- The same rules apply for the other team, should they win the ball back.

TIP

Adjust area size if required.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.

NOTES



Objective

A possession practice designed to improve players passing, communication, decision making and execution.



Organisation

- 2 team of 6 players.
- Each team are to be split into two smaller teams of 3 players.
- Each group of 3 players is to set up in one of the four areas marked onto the pitch.
- The blues (6 players) and the Yellow team (6 players) , must work together to keep the ball away from the opposition team.
- When a team of 3 makes 5 passes, they must try and transfer the ball to the other team of 3 players of the same colour.
- The opposition team must try and work together to try and prevent the transfer across the pitch.
- If the opposition team wins the ball, they must try and complete the same.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Execution** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.

NOTES



Objective

A practice designed to assist with improving passing and receiving amongst players.

Organisation

- Four groups of 3 players
- One player must start beside the mannequin and the other two players must be behind the goal with a football.
- The player must receive the ball on the back foot and dribble past the mannequin.
- When they are within shooting distance, they must take a shot and try and score on goal.

TIP

Make sure players change the side they are receiving the ball on so they can work on both feet.

Coaching Instructions

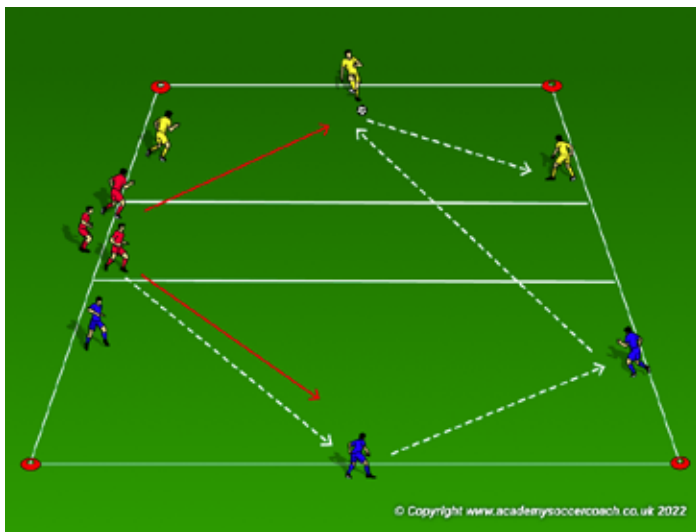
- Coaches should encourage players to receive the ball on their back foot.
- Players should take a positive touch forward and get their head up so they have a clear shot on goal.

NOTES



Objective

A passing practice designed to improve players communication, decision making and execution.



Organisation

- Area: 30x20m
- One large area, split into three smaller sections
- 3 teams of 3 players.
- 3v1 on one side of the pitch, when a certain number of passes are made, the ball must be transferred to the far side of the pitch.
- Blue team starts with the ball in a 3v1 scenario.
- Make sure to rotate regularly, so all teams have an even amount of turns.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Execution** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.
- Make sure to swap the teams around so both teams have a go at scoring in the large goal.
- Adjust area size if required.

NOTES



SHOOTING





Objective

A shooting practice designed to help players reaction and movement.



Organisation

- Two groups of 3 players
- Each player is given 1 number.
- The Coach must call a number and when the players number is called, they must react and dribble towards goal.
- When they are within shooting distance, they must take a shot and try and score on the keeper.
- The player must retrieve their ball, and make their way back to the start.
- In the area, each attacker has one ball

TIP

Add a defender in front of goal to make it more challenging.
Make it fun.

Coaching Instructions

- Each team must stay within their designated box.
- All players must continuously dribble around their box until their number is called.
- When their number is called, the player must dribble towards the goal at speed (as in a match scenario)
- When the player takes their shot, they must retrieve their ball and join their team back in the square.

NOTES



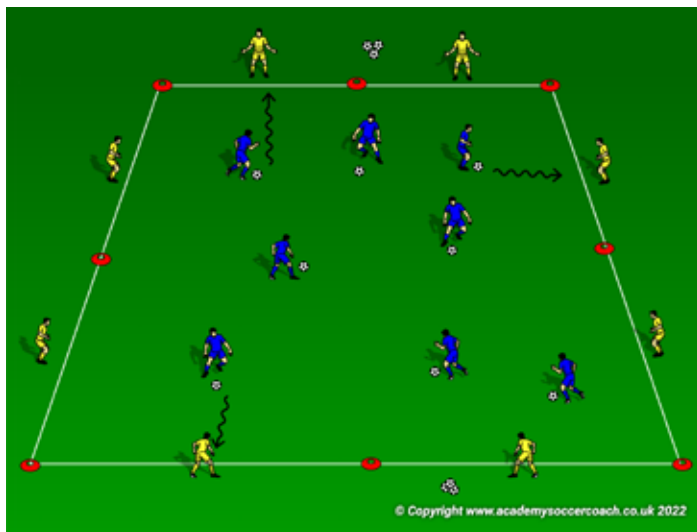
DEFENDING





Objective

Defending in 1v1 situations.



Organisation

- Pitch size: 24x24m
- Blue players inside the area have a ball.
- Yellow players outside must defend the line between the cones.
- Blue players must dribble around the area in an attempt to dribble over the lines without the defending team winning the ball from them.
- Gradually build-up to full 1v1 situation.
 1. Defenders tag attackers,
 2. Defenders must touch the ball,
 3. Full 1v1.

Coaching Instructions

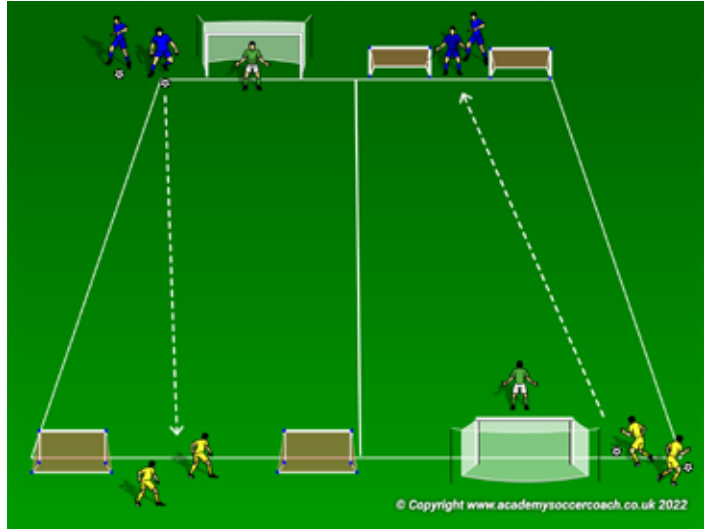
- As attackers approaches – assess their touches 1. Poor touch – win the ball, 2. Good touch, delay.
- Body shape / stance – low and side on, jockey and delay waiting for opportunity to win the ball.
- Force attacker one way and use back foot to perform block tackle.

NOTES



Objective

A coaching practice designed to improve player's 1v1 defending with transition to attack.



Organisation

- Area – 26x15 yards, as shown below, the area is split into two with 2 larger goals and more players active. Make sure to rotate GKs.
- Blue or yellow defender passes the ball to the attacker and defends.
- Attackers will try to score past the GK in the bigger goal, if the defender wins possession, they must try and score in one of the two small goals.

Coaching Instructions

- As the attackers approach, get up to the attacker quickly, but slow down on arrival, stay controlled.
- Assess the attackers first touch and decide to try and win the ball or wait and delay.
- Low body shape positioned side on and ready to accelerate.
- Delay the attacker and wait for opportunity to win possession.
- Show attacker away from goal and use back foot to block tackle.
- Transition to attack quickly.
- Communication with GK is vital.

NOTES



Objective

A coaching practice designed to improve defending in a 1v1 situation.

Organisation

- Area: 20x20m
- 1 Blue v 1 Yellow + Goalkeeper with Coach as server.
- Both players start on the inside red cone, with the blue attacker creating space to receive the pass from the coach.
- The blue player must protect the ball by using their body and shielding the ball away from the yellow player.
- If the yellow player wins the ball, they transition to attack the 2 small goals.

Football Actions

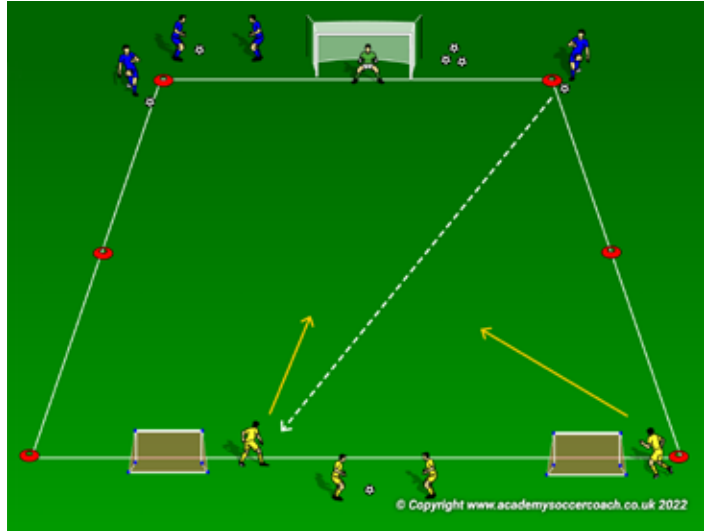
- Assess the attackers first touch and decide to try and win the ball or wait and delay.
- Low body shape positioned side on and ready to accelerate.
 - Delay the attacker and wait for opportunity to win possession.
 - Show attacker away from goal and use back foot to block tackle.
 - Transition to attack quickly.
 - Communication with GK is vital.

NOTES



Objective

A coaching practice designed to improve player's 2v2 defending with transition to attack.



Organisation

- Area: 20x15m (dependant on age and ability)
- 2 yellow players and 2 blue players and a GK.
- Blue players (defenders), start by passing the ball to the Yellow players (attackers) and then the blues defend the big goal with the GK.
- Yellow attackers try to score in the big goal. If the blues win possession or the GK saves, the yellows must transition to attack the small 2 goals.

Coaching Instructions

- Quick football actions: passing, receiving, dribbling, combination play, pressure, cover, balance.
- Communication between players.
- Nearest player must press the ball and second player provides cover, balance.
- Angle and distance of pressure and cover.
- Changing roles as ball is passed, in/out.
- Decision making – when to try and win the ball.
- Quick reactions and transitioning.

NOTES



Objective

A defending practice, designed to improve players defending principles



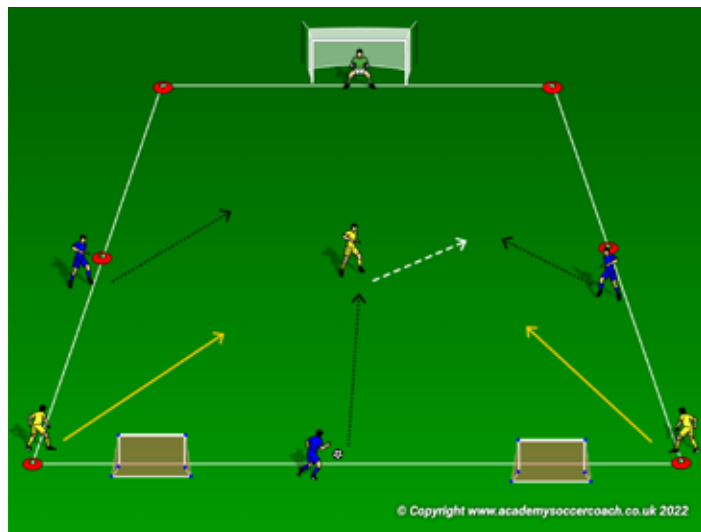
Organisation

- Area: Pitch is 40x20 meters, 3v1 area is 12x12 meters.
- 3 Yellows x 1 Blue in the small area and the yellows need to complete a set number of passes before they can transition to a 1v2 underload against the blue defender and a GK.
- If the blue player wins the ball, in the 3v1, they can pass the ball to a blue teammate outside the grid to score in the red cones at the halfway line and one yellow player can try stop this.
- If the blue player wins possession or the GK saves in the 1v2, they also must transition to attack the red cones on the halfway line.

Coaching Instructions

- Communication with Goalkeeper and teammates
- Starting position - low and side on
- Decision making - when to try and win the ball
- Angle and distance of pressure
- Quick reactions when transitioning to attack

NOTES



Objective

A coaching practice designed to highlight defending in a 3v1 scenario.

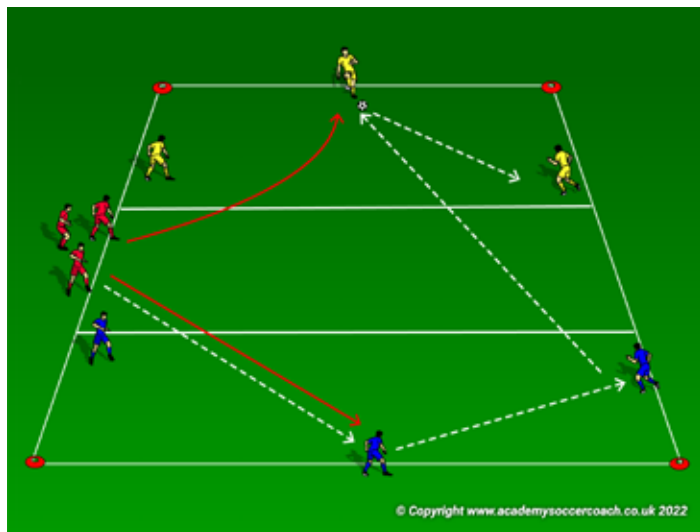
Organisation

- Area: 30x20m
- One large goal with goalkeeper. Two smaller goals with no goalkeeper at the other end
- 2 teams of 3 players.
- 3v1 on the pitch, with two other players joining play, finishing with a 3v3
- Blue team starts with the ball in a 3v1 scenario.
- 2 extra yellow players are to join the game, once the first movement has been made.
- The blue team must dribble towards the large goal with the goalkeeper.
- The yellow team must prevent the blue team from scoring.
- If the yellow team wins the ball back, they must try and score in one of the smaller goals at the opposite end of the pitch.

Coaching Instructions

- Assess the attackers first touch and decide to try and win the ball or wait and delay.
- Low body shape positioned side on and ready to accelerate.
- Show attacker away from goal
- Communication with GK is vital.
- Transition to attack must be completed quickly to the two smaller goals at the opposite end of the pitch.

NOTES



Objective

A coaching practice emphasising the traits of a defender in a 3v1 situation

Organisation

- Area: 30x20m
- One large area, split into three smaller areas.
- 3 teams of 3 players.
- 3v1 on one side of the pitch, when a certain number of passes are made, the ball must be transferred to the far side of the pitch.
- Blue team starts with the ball in a 3v1 scenario.
- Make sure to rotate teams regularly so all teams have an even go.

Coaching Instructions

- Angle and timing of the approach
- Body position on arrival - low down, side on, knees bent
- Delay the attacker - can the defender show them inside or outside? Pushing the attacker on to their less dominant foot
- Decision making - when does the defender wait? When does the defender attack?'
- If the defender wins the ball - can they quickly transition and play the ball to the opposite team?

NOTES



GAME PRACTICE





Objective

A practice designed to focus on passing and moving in a game related situation



Organisation

- Area: 30x30m
- 2 teams of 7 players.
- 6v6 with a target player at either end of the pitch.

TIP

Make sure to change both teams regularly.
Adjust area size if required.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.

NOTES



Objective

An attacking practice designed to improve players passing, communication, decision making and execution.

Organisation

- Area: 45m x 20m
- Teams: 2 teams (6 yellow players, 7 blue players, 1 spare player)
- Yellow team starts with the ball and works up to try and score in the opposite goal.
- If the blue team wins the ball back, they must try and score in the goal in a quick transition to attack.

TIP

Adjust area size if required.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.

NOTES



Objective

An attacking practice designed to improve players passing, communication, decision making and execution.



Organisation

- Area: 65m x 40m
- Teams: 2 teams (7 yellow players, 7 blue players,)
- Blue team starts with the ball and works up to try and score in the opposite goal.
- If the yellow team wins the ball back, they must try and score in the goal in a quick transition to attack.

TIP

Adjust area size if required.

Coaching Instructions

- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.

NOTES



Objective

An attacking practice designed to improve players passing, communication, decision making and execution.

Organisation

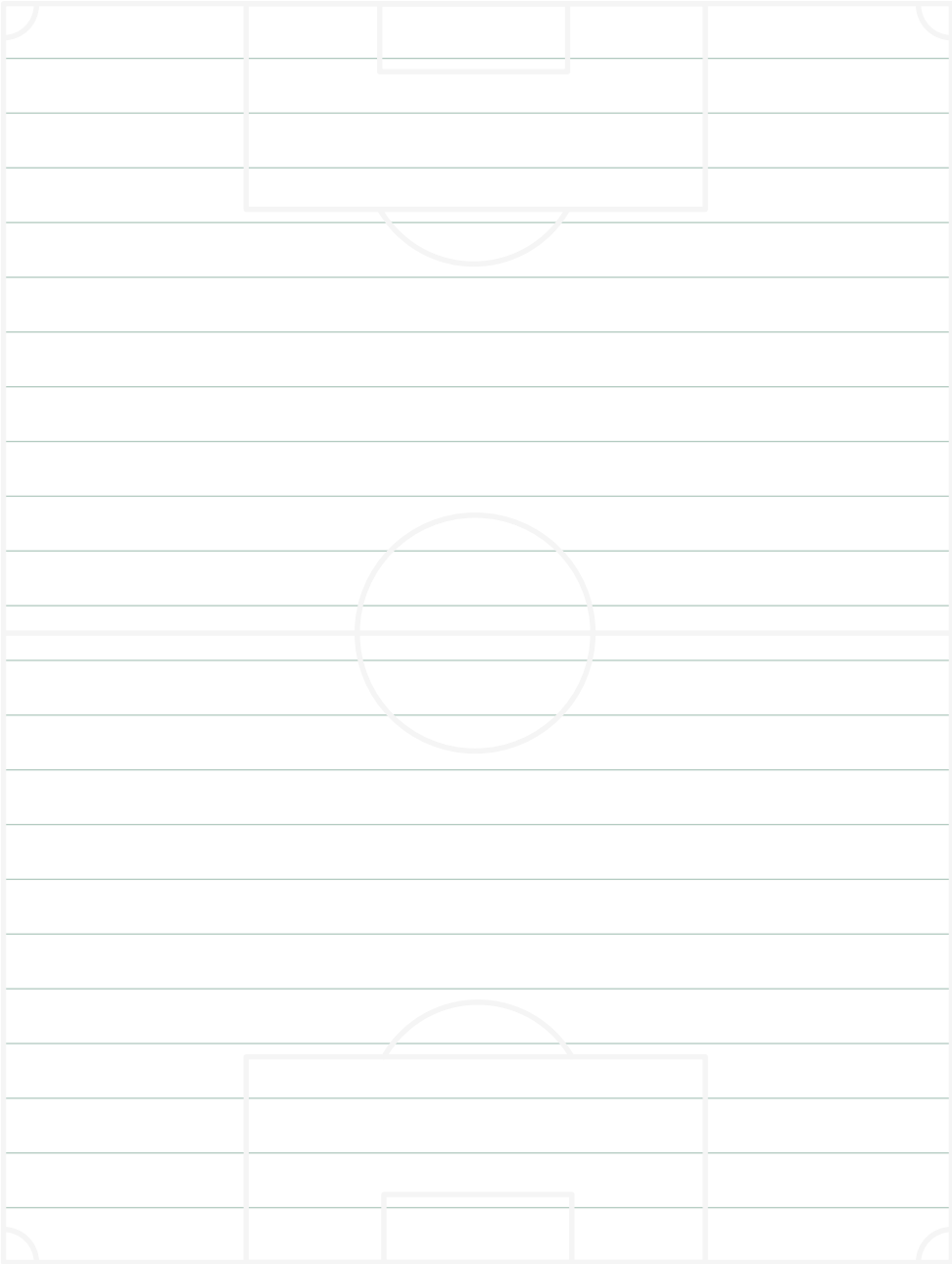
- Area: 75m x 50m
- Teams: 2 teams
- Blue team : 1-4-1-4-1 starting formation
- Yellow team: 1-4-4-1-1 starting formation.
- Blue team starts with the ball and works up to try and score in the opposite goal.
- If the yellow team wins the ball back, they must try and score in the goal in a quick transition to attack.

Coaching Instructions

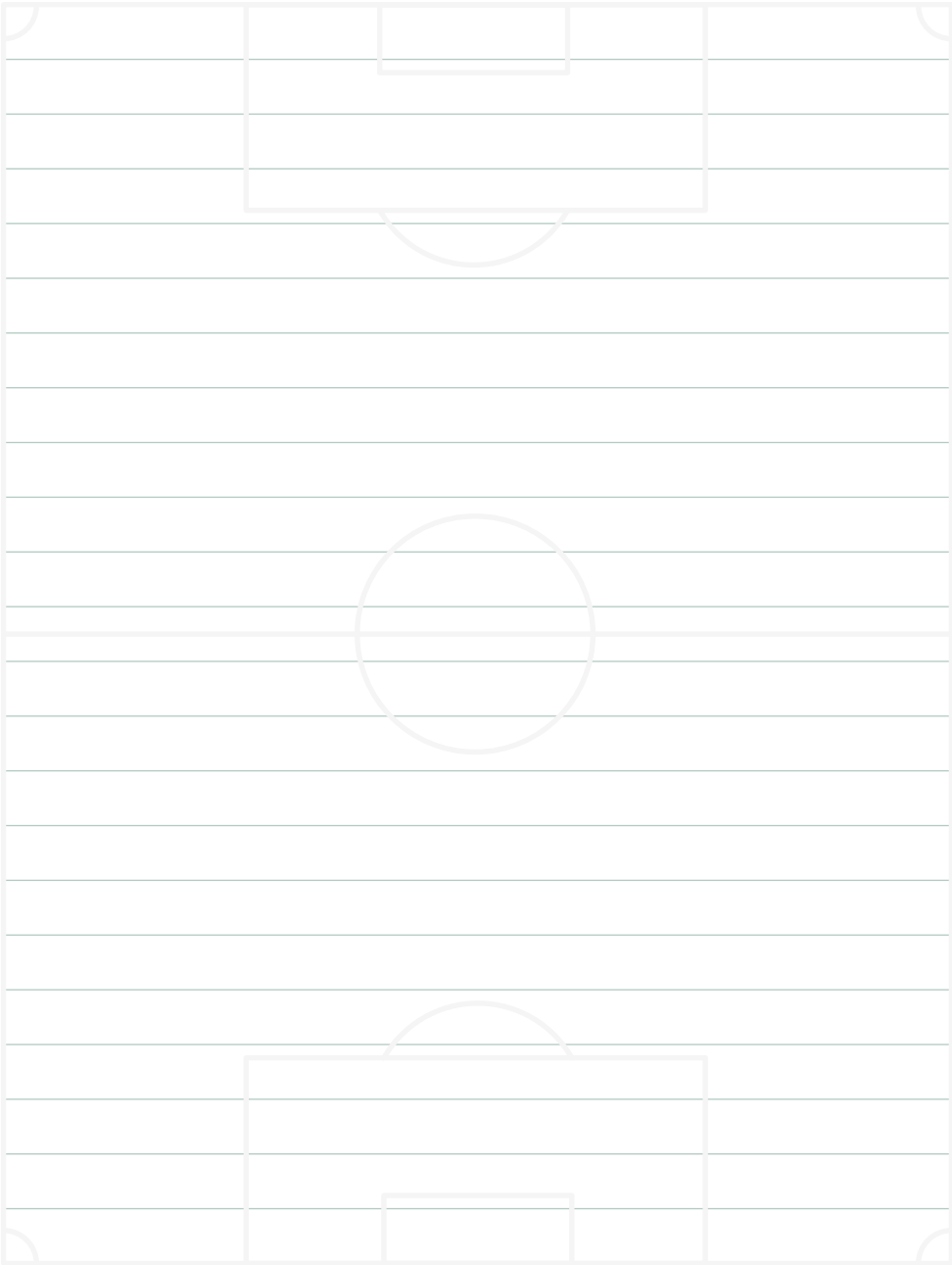
- **Communication** – When to pass, body shape to receive, 1st touch, angle of support.
- **Decision Making** – When to dribble, when to pass, who to pass to, etc.
- **Quality of the passing action** – Standing foot placed beside foot and pointed at target, striking through the middle of the ball, correct weight on the pass, timing of the pass, accuracy of the pass.

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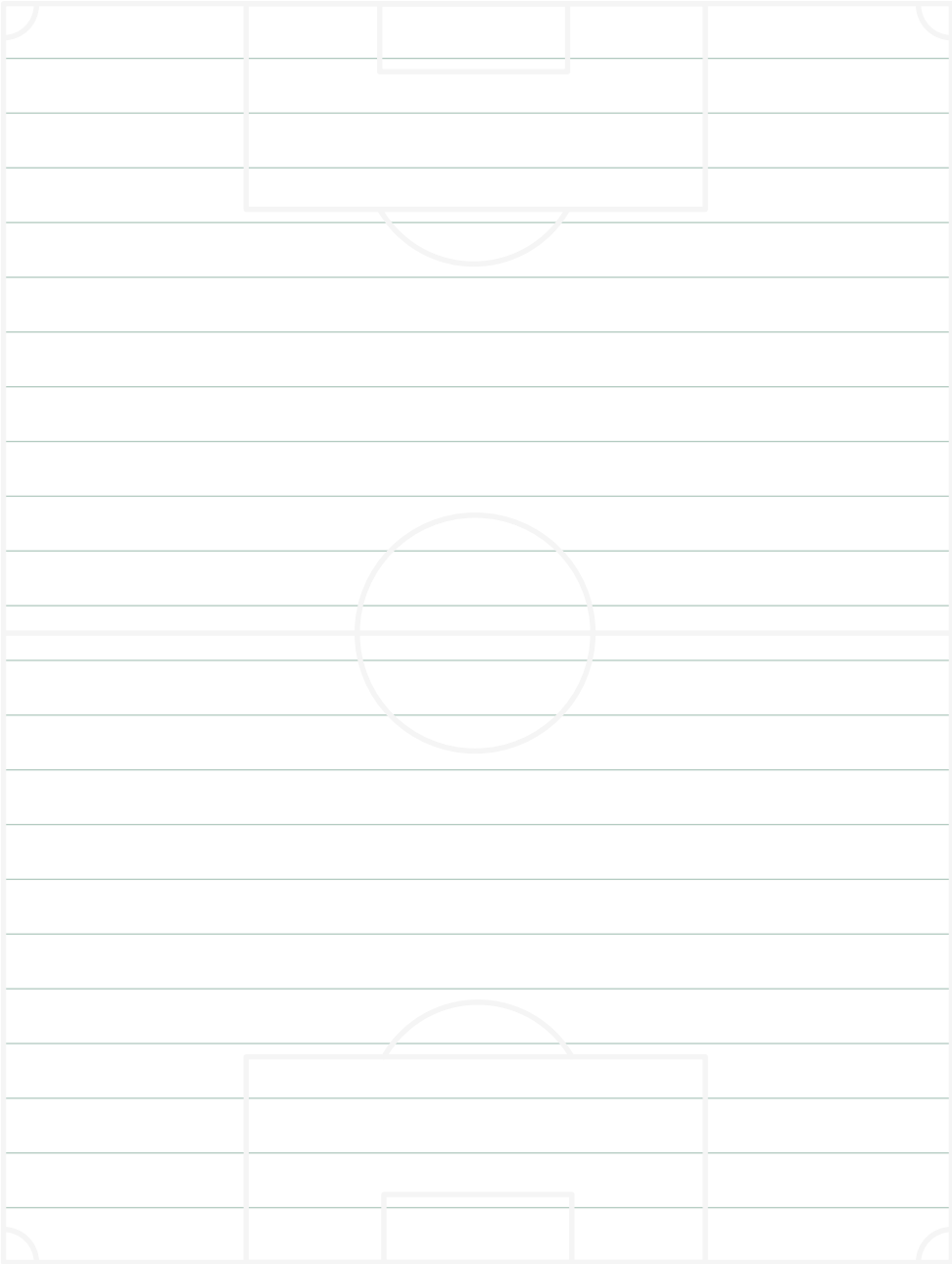
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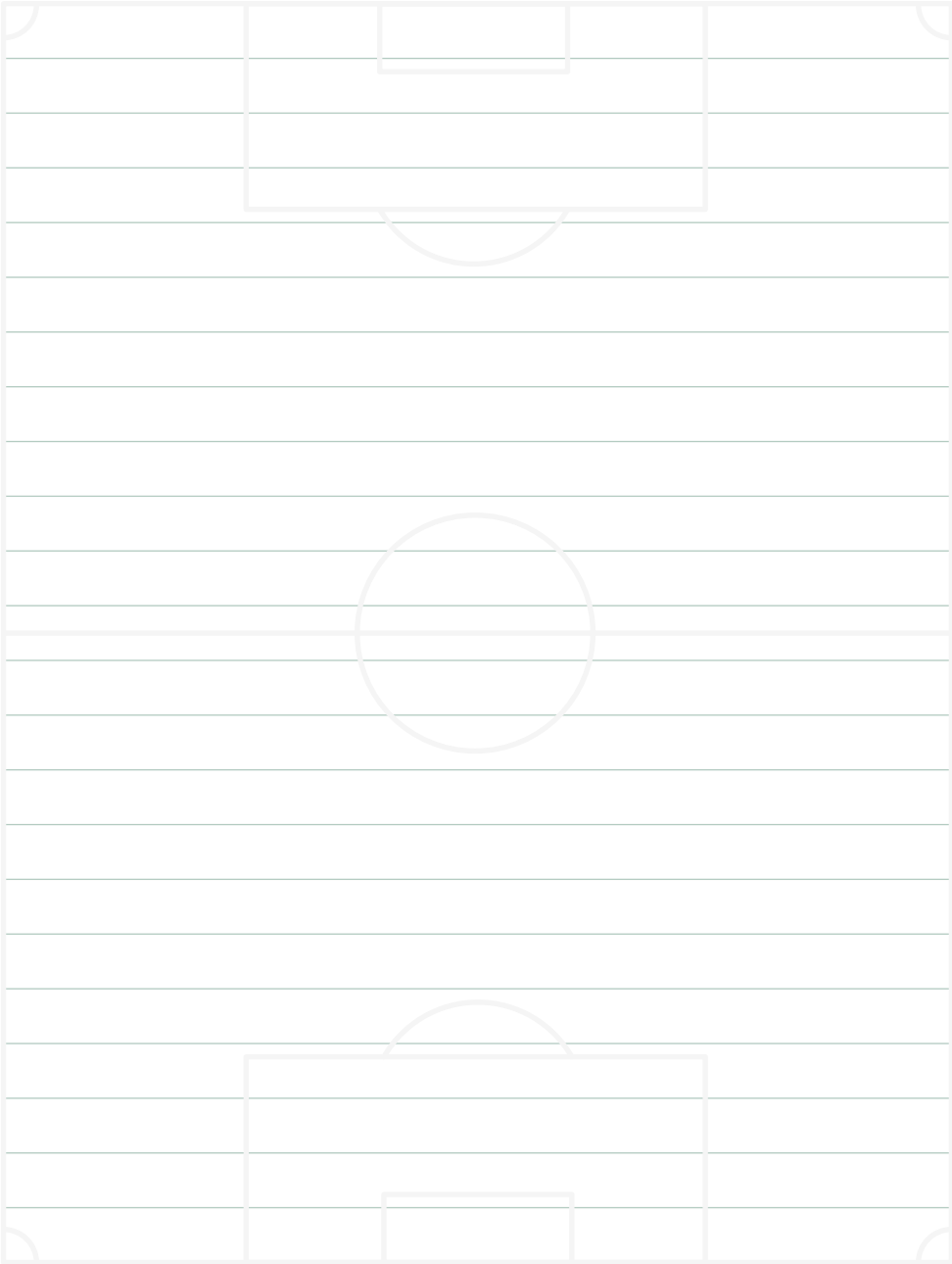
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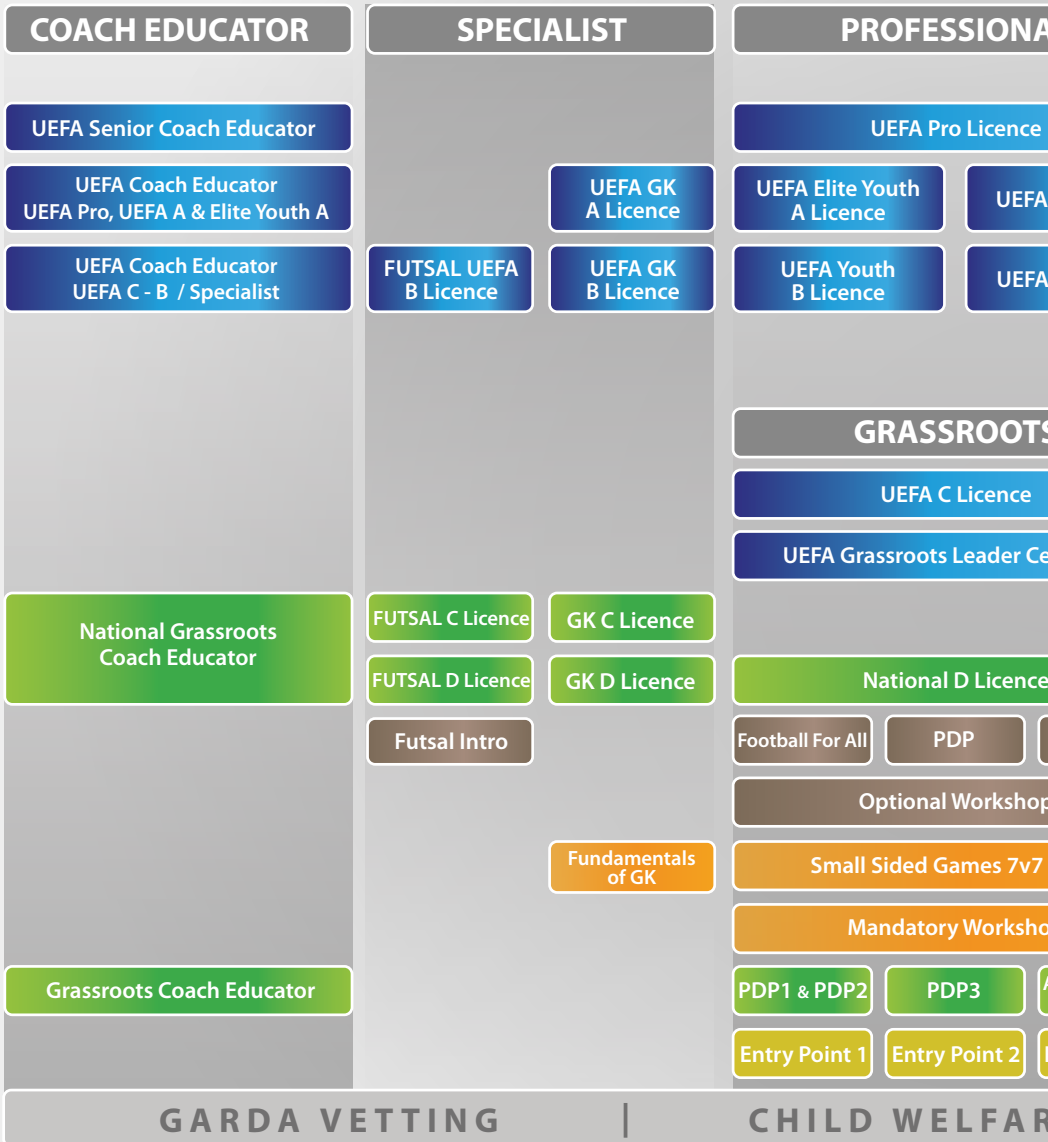
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COACH EDUCATION PATHWAY



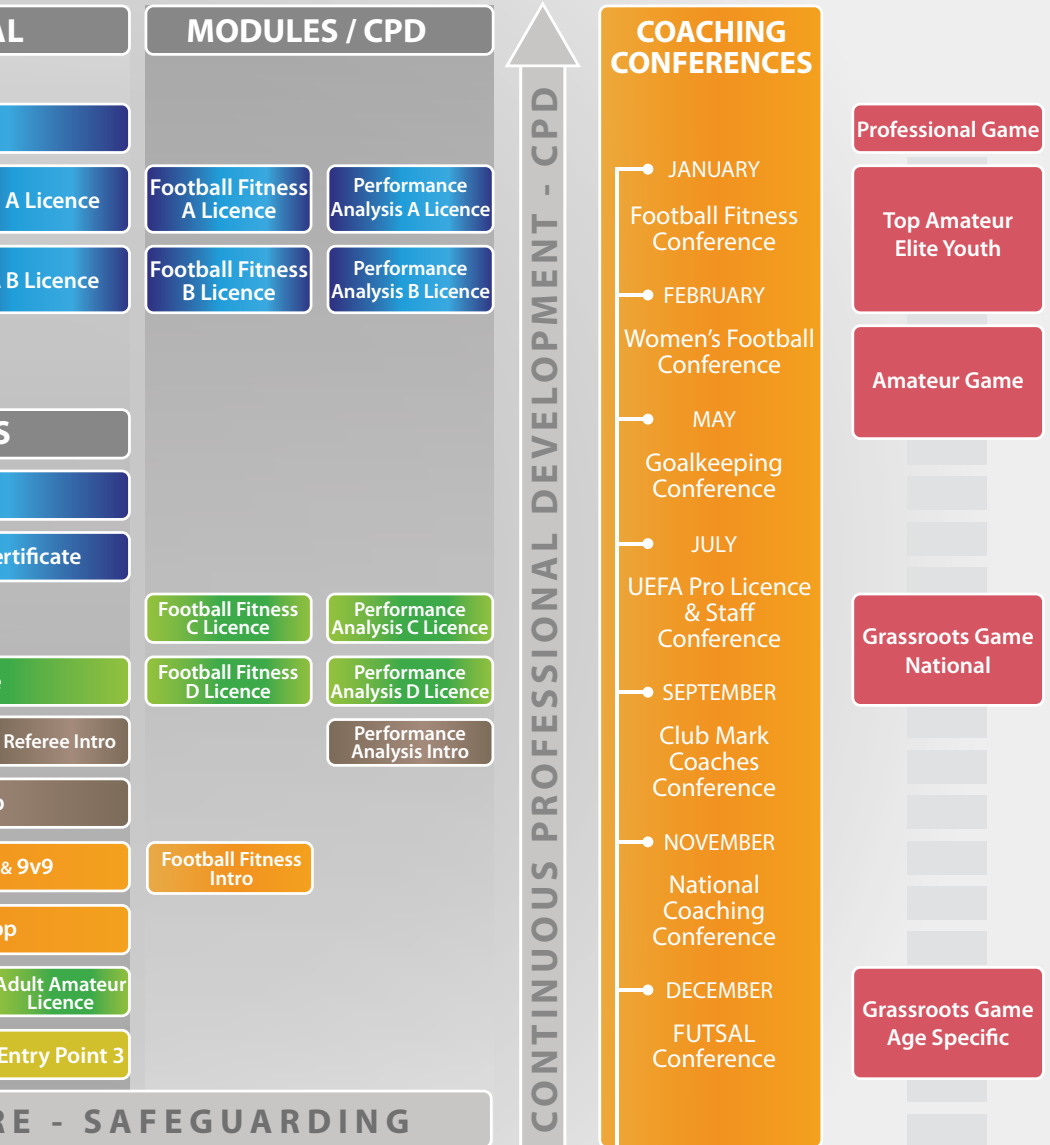
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