

Contents

INTRODUCTION	14
CHAPTER 1: PHYSIOLOGICAL, SOCIAL AND PSYCHOLOGICAL DEVELOPMENT IN PLAYERS FROM 9 TO 12 YEARS OLD	15
GROWTH MATURATION: PHYSICAL GROWTH	16
INTELLECTUAL GROWTH	17
SOCIAL DEVELOPMENT	18
CHAPTER 2: TRAINING SESSION FORMAT	19
OUTLINE OF TRAINING SESSIONS	20
PRACTICE FORMAT	21
CHAPTER 3: RUNNING WITH THE BALL TRAINING UNIT	22
SESSION 01	23
Practice 1 Running with the Ball - '4 Corners'	23
Practice 2 Ball Control and Coordination Relay	24
Practice 3 Close Control with Shooting Accuracy	24
Practice 4 Coordination & Agility Training with 1v1 Duels	25
Practice 5 3v3 with End Zones Small Sided Game	25
Practice 6 Free Small Sided Game	25
SESSION 02	26
Practice 1 Dribbling and Shielding Warm Up - 'The Hunt'	26
Practice 2 Coordination Relay	27
Practice 3 Close Control, Move & Pass Exercise	27
Practice 4 Dribbling and Turning - '1v1 Pursuit'	28
Practice 5 '4 Goals' 4v4 Small Sided Game	28
Practice 6 Free Small Sided Game	28
SESSION 03	29
Practice 1 Close Control and Turning with Shot	29
Practice 2 1v1 Duels - Dribbling & Changes of Direction	30
Practice 3 Technical Ball Control & Changes of Direction	30
Practice 4 Dribbling Coordination and 1v2 Duel	31
Practice 5 4v4 (+GK) Attacking Combinations and Incisive Dribbling in and Around the Penalty Area	31
Practice 6 Free Small Sided Game	31
SESSION 04	32
Practice 1 Quick Reactions Dribbling Game	32
Practice 2 Dribbling Race with Turning and Shooting	33
Practice 3 Dribbling with Quick Changes of Direction	33
Practice 4 Dribbling Team Game with Numbers	34
Practice 5 4v4 with 6 Dribble Gates in a SSG	34
Practice 6 Free Small Sided Game	34

SESSION 05.....	35
Practice 1 Dribble, Feint and Pass Practice	35
Practice 2 1v1 RWTB Race - 'Quickest Player Shoots'.....	36
Practice 3 Feints, Changes of Direction & Accurate Shot	36
Practice 4 1v1 v Defender + 1v1 v Goalkeeper.....	37
Practice 5 4v4 'Rugby Rules' Small Sided Game.....	37
Practice 6 Free Small Sided Game.....	37
CHAPTER 4: PASSING TRAINING UNIT.....	38
SESSION 01.....	40
Practice 1 'Psycho-Kinetics' Passing in Pairs Warm Up	40
Practice 2 Skip, Pass, Receive, Dribble & Run Sequence.....	41
Practice 3 Accurate Passing in Pairs.....	41
Practice 4 Back to Goal 2v1 Dynamic Practice	42
Practice 5 Possession & Speed of Play in a SSG	42
Practice 6 Free Small Sided Game.....	42
SESSION 02.....	43
Practice 1 Accuracy & Weight of Pass - 'Aim for the Target'.....	43
Practice 2 Accelerating & Changing Direction at Speed	44
Practice 3 Pass, Move & Receive in a Square	44
Practice 4 Dynamic 2v2 Duel Games	45
Practice 5 5v5 Possession & Changing the Direction of Attack in a Small Sided Game	45
Practice 6 Free Small Sided Game.....	45
SESSION 03.....	46
Practice 1 Dribble, Feint and Pass Practice	46
Practice 2 'Technique & Balance' Passing Exercise	47
Practice 3 'Give and Go' Passing Circle.....	47
Practice 4 One-Two Combinations in a 2v1 Duel	48
Practice 5 'Give and Go' 3 Team Possession Game.....	48
Practice 6 Free Small Sided Game.....	48
SESSION 04.....	49
Practice 1 4v2 Possession - Passing, Receiving & Speed of Play	49
Practice 2 Sprinting & Agility with a Goalkeeper.....	50
Practice 3 Ball Control, Passing & Agility with Shooting	50
Practice 4 Passing Combinations with a 3v2 Advantage	51
Practice 5 7v7 Possession Game with Target Players.....	51
Practice 6 Free Small Sided Game.....	51
SESSION 05.....	52
Practice 1 Passing and Shooting Challenge - 'How Many?'.....	52
Practice 2 Coordination and Passing Relay	53
Practice 3 Pass, Receive and Follow in a Square	53
Practice 4 2v1 Combination Play with Overlapping Run	54
Practice 5 5v5 End to End Possession Game.....	54
Practice 6 Free Small Sided Game.....	54

SESSION 06	55
Practice 1 Receiving, Juggling and Passing Warm Up	55
Practice 2 Roll, Run, Volley Pass and Sprint	56
Practice 3 Pass, Receive in the Air, Dribble and Shoot	56
Practice 4 Lofted Passes into the End Zones in a SSG	57
Practice 5 Free Small Sided Game	57
SESSION 07	58
Practice 1 Football Tennis Game	58
Practice 2 Jump, 1-2, Change Direction and Shoot	59
Practice 3 Quick Reactions & Speed of Play in a 2v1 Duel Game	59
Practice 4 4v3 Numerical Advantage in a 3 Zone SSG	60
Practice 5 Free Small Sided Game	60
SESSION 08	61
Practice 1 Juggling in Pairs Over a Net	61
Practice 2 Quick Reactions, Turning and 1st Time Shot	62
Practice 3 Passing and Receiving with Good Communication	62
Practice 4 Support Play with Target Players in a SSG	63
Practice 5 Free Small Sided Game	63
SESSION 09	64
Practice 1 Accurate Aerial Passing and Volley Finishing	64
Practice 2 Pass, Receive and Quickly Dribble	65
Practice 3 3v3 (+2) Crossing & Finishing with Side Zones	65
Practice 4 Passing & Support Play with Overlapping Runs in a 7v7 Small Side Game	66
Practice 5 Free Small Sided Game	66
SESSION 10	67
Practice 1 Low Crosses (Passes) Across the Box and Finishing	67
Practice 2 Pass, Dribble and Press with Quick Reactions	68
Practice 3 Passing and Receiving - 'Moving Target Practice'	68
Practice 4 2v1 Play on the Flank and in the Penalty Area	69
Practice 5 Passing, Crossing & Finishing in a 7v7 SSG	69
Practice 6 Free Small Sided Game	69
CHAPTER 5: SHOOTING TRAINING UNIT	70
SESSION 01	72
Practice 1 Shooting Practice with 1-2 Combination	72
Practice 2 Balance, Mobility and Flexibility for Shooting	73
Practice 3 Shooting Practice - '7 Stations'	73
Practice 4 Sprinting & Turning in a Shooting Team Game	74
Practice 5 7v7 'Shooting Bonus' Zonal Small Sided Game	74
Practice 6 Free Small Sided Game	74
SESSION 02	75
Practice 1 Juggling on the Move and Finishing	75

Practice 2	Coordination and Balance with Finishing	76
Practice 3	Volley Finishing with a Curved Run	76
Practice 4	Crossing and Finishing with Defensive Pressure	77
Practice 5	Quick Shooting in a 3v3 Small Sided Game	77
Practice 6	Free Small Sided Game	77

SESSION 03..... 78

Practice 1	Acrobatic Shooting Game	78
Practice 2	Coordination & Speed Shooting Practice	79
Practice 3	One Touch Shooting Practice	79
Practice 4	2v1 on the Flank and 1v1 in the Box	80
Practice 5	1v1 Marking in a 4v4 Small Sided Game	80
Practice 6	Free Small Sided Game	80

SESSION 04..... 81

Practice 1	Shooting Accuracy with Throw-ins	81
Practice 2	Shooting Game with a Coordination Circuit	82
Practice 3	Pass, Receive and Shoot on the Turn	82
Practice 4	Sprint, Change Direction and Shooting Race	83
Practice 5	Shooting Practice in a 7v7 Possession Game	83
Practice 6	Free Small Sided Game	83

SESSION 05..... 84

Practice 1	Dribble, Shoot, Turn, Receive and Shoot Again	84
Practice 2	Speed & Agility Shooting Competition	85
Practice 3	Shooting Accuracy - 'Aim for a Corner'	85
Practice 4	Running Backwards, Dribbling & Shooting Game	86
Practice 5	Shooting Accuracy in a 6v6 Small Side Game	86
Practice 6	Free Small Sided Game	86

SESSION 06..... 87

Practice 1	Volleying Accuracy - 'Aim for a Corner'	87
Practice 2	Speed Ring Coordination Relay	88
Practice 3	1-2 Combinations, 3rd Man Runs and Finishing	88
Practice 4	1-2 Combination and 1v1 Duel	89
Practice 5	Possession Game with Quick Attack & Finishing	89
Practice 6	Free Small Sided Game	89

SESSION 07..... 90

Practice 1	Throw, Catch and Volley in a 4v4 Game	90
Practice 2	Agility Circuit with 1 Touch Finishing	91
Practice 3	Passing & Receiving in a Shooting Practice	91
Practice 4	3v4 (+2) Attackers vs Defenders Shooting Drill	92
Practice 5	7v7 (+6) with Outside Support in a SSG	92
Practice 6	Free Small Sided Game	92

SESSION 08..... 93

Practice 1	Pass, Throw, Chip and Accurate Volley	93
------------	---	----

Practice 2	Roll, Dribble and Shoot with a Goalkeeper	94
Practice 3	Penalty Kick Practice	94
Practice 4	1v2 Dynamic Duel with 3 Goals	95
Practice 5	7v7 Shooting Area 6 Goals Small Sided Game	95
Practice 6	Free Small Sided Game	95

SESSION 09..... 96

Practice 1	Throw, Catch and Volley in a 4v4 Game	96
Practice 2	Turn and Shoot First Time	97
Practice 3	Feints / Quick Movements and Shot	97
Practice 4	3v2 First Time Shooting Practice	98
Practice 5	2 Team Accurate Passing and Finishing Game	98
Practice 6	Free Small Sided Game	98

CHAPTER 6: HEADING TRAINING UNIT..... 99

SESSION 01..... 100

Practice 1	Heading Accuracy - 'Aim for the Ring'	100
Practice 2	Agility and Heading Competition	101
Practice 3	Diving Headers in Pairs	101
Practice 4	1v1 Heading in the Penalty Area	102
Practice 5	6v6 Headers Game with 6 Outside Players	102
Practice 6	Free Small Sided Game	102

SESSION 02..... 103

Practice 1	4v4 Headed Finishing Game	103
Practice 2	Jump, Run, Change Direction and Headed Pass	104
Practice 3	Heading Accuracy 'Aim for a Corner'	104
Practice 4	2v1 with Headed Knock Down and Finishing	105
Practice 5	Heading with Target Players in a Small Sided Game	105
Practice 6	Free Small Sided Game	105

SESSION 03..... 106

Practice 1	Heading Accuracy 'Against the Crossbar'	106
Practice 2	Coordination, Agility and Balance Exercise	107
Practice 3	Headed Passing and Shooting Practice	107
Practice 4	Throw-ins, Heading, 1v1s and Finishing	108
Practice 5	Heading with Target Players in a SSG (2)	108
Practice 6	Free Small Sided Game	108

CHAPTER 7: RECEIVING TRAINING UNIT..... 109

SESSION 01..... 110

Practice 1	Juggling and Passing with 3 Players	110
Practice 2	Roll, Receive and Shoot	111
Practice 3	Receiving with a Directional First Touch	111
Practice 4	Move, Receive and Score in a 1v1 Duel	112
Practice 5	Receiving in Corner Zones in a 7v7 SSG	112
Practice 6	Free Small Sided Game	112

SESSION 02..... 113

Practice 1	Football Tennis with Coordination Exercises	113
Practice 2	Dribble, Cross Receive and Shoot	114
Practice 3	Move, Receive and Volley	114
Practice 4	Sprint, Receive and Score in a 1v1	115
Practice 5	Switching Play with End Zones in a 7v7 SSG	115
Practice 6	Free Small Sided Game	115

SESSION 03..... 116

Practice 1	Receiving with the Correct Body Shape	116
Practice 2	Coordination, Passing and Receiving Game	117
Practice 3	Opening Up to Receive and Dribble	117
Practice 4	Receive the Ball and Score in a 2v1	118
Practice 5	Creating Space to Receive in a 7v7 Game	118
Practice 6	Free Small Sided Game	118

SESSION 04..... 119

Practice 1	Receiving with Back to Goal - Turn and Shoot	119
Practice 2	Quick Reactions - Receive, Dribble and Shoot	120
Practice 3	Passing and Receiving Around a Pole	120
Practice 4	Receive the Ball and Score in a 2v1 (2)	121
Practice 5	8v8 Game with 2 Sided Goals & Striker Zones	121
Practice 6	Free Small Sided Game	121

SESSION 05..... 122

Practice 1	Receiving, Dribbling & 1v1 with a Goalkeeper	122
Practice 2	Agility & Quickness in a 1v1 Shooting Game	123
Practice 3	Receiving on the Move and Guided Control	123
Practice 4	Receive the Ball and Dribble Under Pressure	124
Practice 5	7v7 Game with 4 Goals - 'Receive from Behind'	124
Practice 6	Free Small Sided Game	124

CHAPTER 8: JUGGLING TRAINING UNIT..... 125

SESSION 01..... 126

Practice 1	Juggling Around Poles with 3 Players	126
Practice 2	Juggling with Obstacles and Shooting	127
Practice 3	Juggling Through Obstacles and Shooting	127
Practice 4	Juggling and Shooting vs Goalkeeper	128
Practice 5	5v5 Juggling Small Sided Game	128
Practice 6	Free Small Sided Game	128

CHAPTER 9: THROW-INS TRAINING UNIT..... 129

SESSION 01..... 130

Practice 1	Throw-ins Accuracy - 'Hit the Target'	130
Practice 2	Speed & Agility Circuit with Throw-ins	131
Practice 3	Throw-in Accuracy - 'Hit the Ball in the Air'	131
Practice 4	Throw-in, Receive and 1v1 Duel	132

Practice 5	Hands and Feet Small Sided Game.....	132
Practice 6	Free Small Sided Game.....	132

CHAPTER 10: MOTOR ACTIVITY FOR 9 TO 12 YEAR OLD PLAYERS 133

MOTOR ACTIVITY FOR 9 TO 12 YEAR OLD PLAYERS..... 134

COORDINATION ABILITIES 135

TECHNICAL FUNDAMENTAL AND ASSOCIATED COORDINATION ABILITY 136

CHAPTER 11: TRAINING SESSIONS WITH SPECIFIC MOTOR COORDINATION EXERCISES 137

COORDINATION REQUIRED FOR TECHNICAL TRAINING 139

DIFFERENTIATION..... 140

Practice 1	Ball Touches with Varied Distances.....	140
Practice 2	Passing & Receiving in Zones with Changing Distances	140
Practice 3	Aerial Passing and Receiving.....	141
Practice 4	Weight of the Pass & Vision - 'Coloured Boxes'.....	141
Practice 5	Accurate Finishing with Visual Awareness	141

REACTIONS 142

Practice 1	Agility, Vision and Quick Reactions Exercise.....	142
Practice 2	Passing & Receiving in Zones with Changing Distances	142
Practice 3	Changing the Direction of Attack in a Small Sided Game.....	143
Practice 4	Exploiting a Numerical Advantage in a 3v2 Situation.....	143
Practice 5	Vision and Awareness Passing Sequence Practice.....	144
Practice 6	6v3 Dynamic Possession Game.....	144

ADAPTATION AND TRANSFORMATION..... 145

Practice 1	Dribbling and Passing Alley	145
Practice 2	Creating 2 Passing Options in a Square.....	145
Practice 3	Dribbling and Passing Gates in a Small Sided Game	146
Practice 4	Psycho-Kinetics with 4 Coloured Goals in a SSG	146
Practice 5	Crossing from the Flank with 1v1 Zones in the Centre.....	147
Practice 6	Ball Control Obstacle Circuit	147

SPACE AND TIME ORIENTATION..... 148

Practice 1	'Creating Shapes Together' Vision & Awareness Practice	148
Practice 2	Passing in Between Players	148
Practice 3	'Knock the Cones Down' Small Side Game.....	149
Practice 4	5v4 Dynamic Possession Game.....	149
Practice 5	Dynamic Possession Game with 4 Goals.....	150
Practice 6	Quick Reactions Heading and Passing Practice.....	150

RHYTHM..... 151

Practice 1	Changing the Rhythm of Play in a 3 Zone SSG	151
Practice 2	Ball Control with Cones at Varying Distances.....	151
Practice 3	Ball Control 'Touch the Ball on the Whistle'.....	152

Introduction

MOTOR COMBINATIONS.....153

Practice 1	Control, Pass, Skip and Receive	153
Practice 2	Dynamic Juggling, Passing and Receiving Practice	153
Practice 3	Ball Control and Accurate Shooting Game.....	154
Practice 4	Technical Passing and Receiving in a Triangle.....	154
Practice 5	Ball Control Practice in Pairs.....	155
Practice 6	Chip Pass, Receive and Shoot in a Team Game.....	155

BALANCE.....156

Practice 1	Changing Direction and Receiving Relay	156
Practice 2	Crossing and Finishing Practice with Volleys and Headers	156

the more simple to the complex. This principle should always be present in the coach's mind when planning the sessions and this is the principle we have adopted in our plans.

It is evident that the coach can always increase the level of difficulty when he thinks it appropriate, for example by reducing the time of execution of a technical gesture or by decreasing the space available to the players.

In addition to the specific technical sessions you can find sessions on the motor-coordination abilities. These additional plans are focused on improving the coordination of the players, considered the foundation for mastering techniques.

We have also prepared a table that shows the correlation between the technical skills and coordination abilities.

The work ends with an analysis of the social-psychological aspect of the age category by Doctor Cloni. It is very important for a coach to know the issues faced by this age group in order to deal with them during the course of the season.

Mirko Mozzanti
Simone Bombardieri
Tommaso Tadini