

U9 Training

Training once a week

60 mins approx.

Session Layout

- 10 mins – warm up for all
- 4 x 10 mins – stations (Depending on no's)
- 10 mins – matches
- 60 mins total

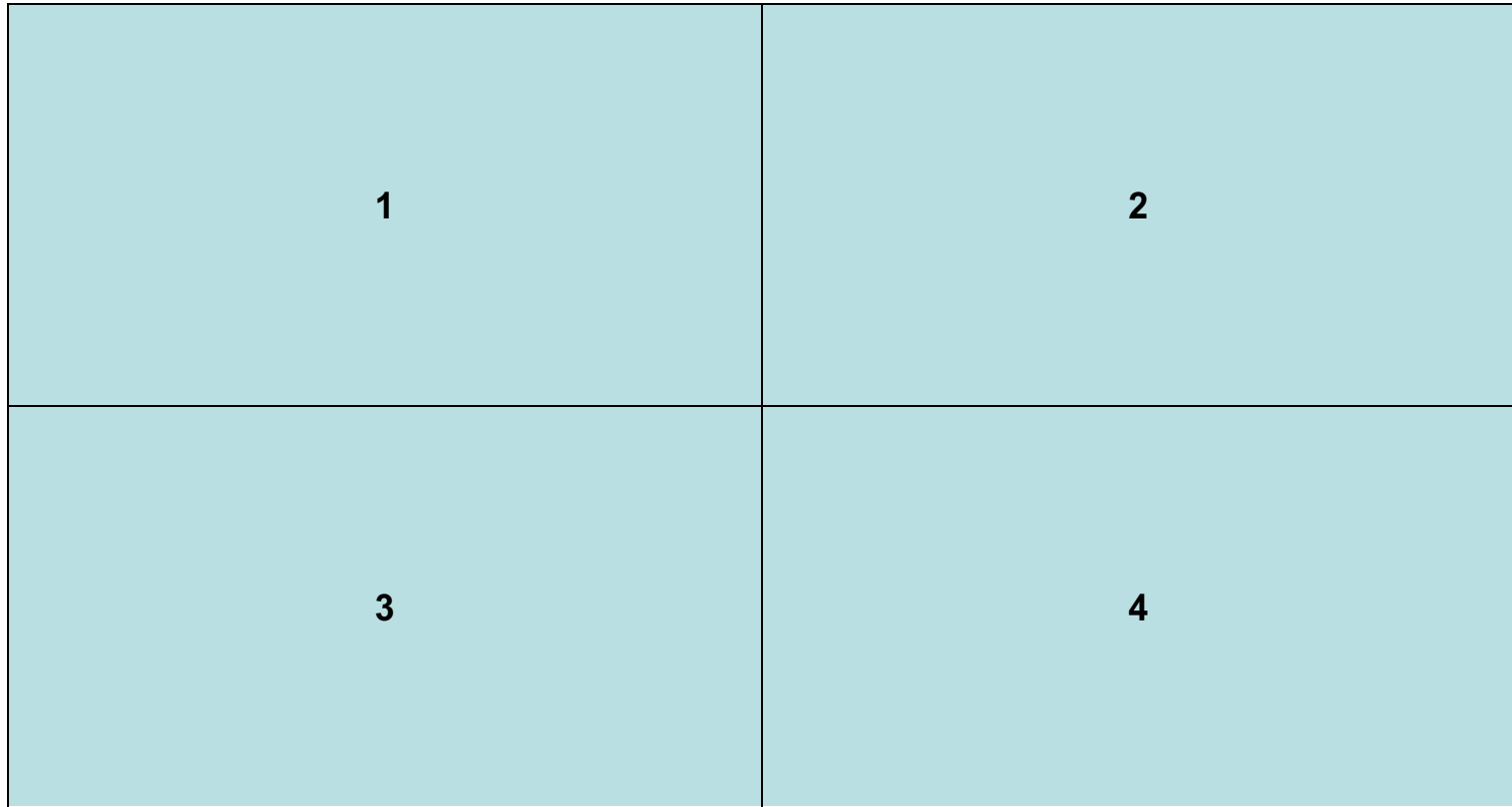
Organisation

- 40 kids/8 coaches
- 4 groups with 2 mentors per group

- Common warm up for all
- 4 stations to rotate

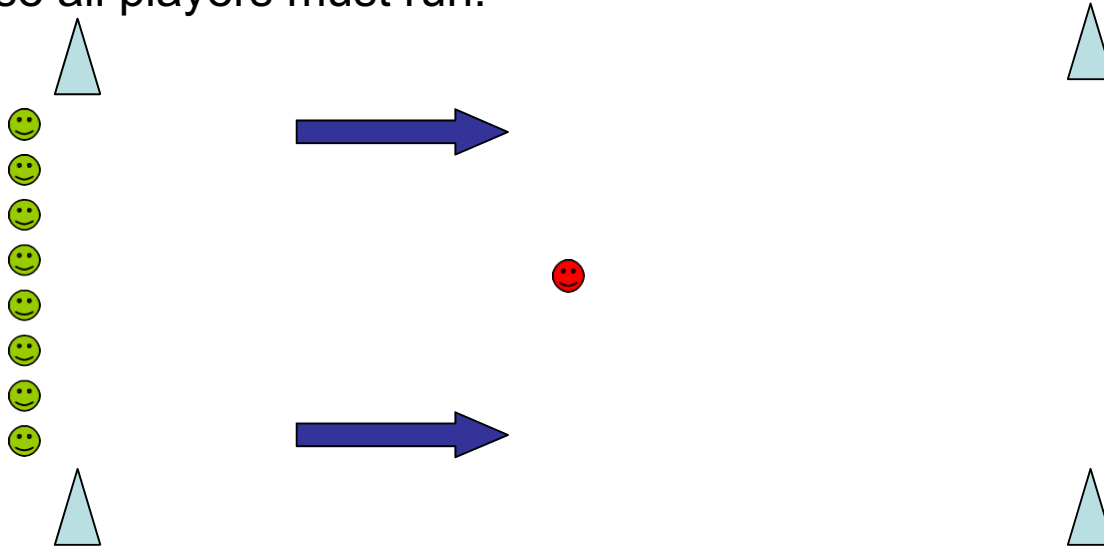
Sample based on 40 kids but may need to be adapted depending on numbers

PITCH LAYOUT

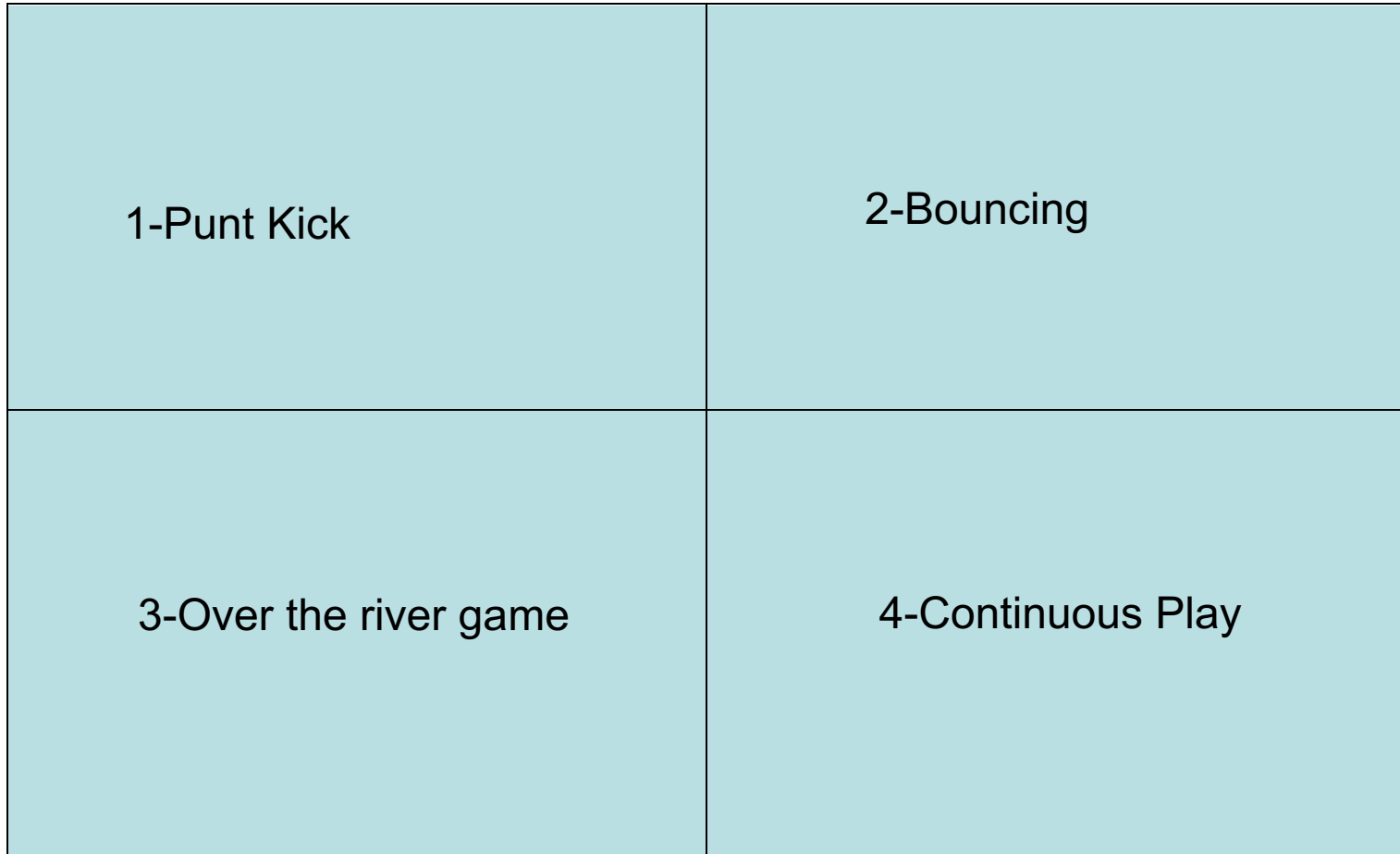


Warm Up – Irish Bulldog

- Organise players as in diagram.
- The player who is on calls a name.
- This person must attempt to make it over to den without being touched or running outside the area. If the runner is successful all other players can run simultaneously.
- If a person is caught they are also on. When 4 players are caught they must link hands and work together as a unit in the manner of a net to catch runners. However if the chain is broken all runners are allowed pass through.
- Occasionally player 1 or the coach may call “IRISH BULLDOG”. In this case all players must run.

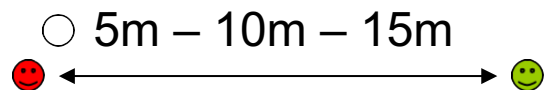


Pitch Layout



1-Punt Kick

Basic practice – one ball between two punt kicking to each other.

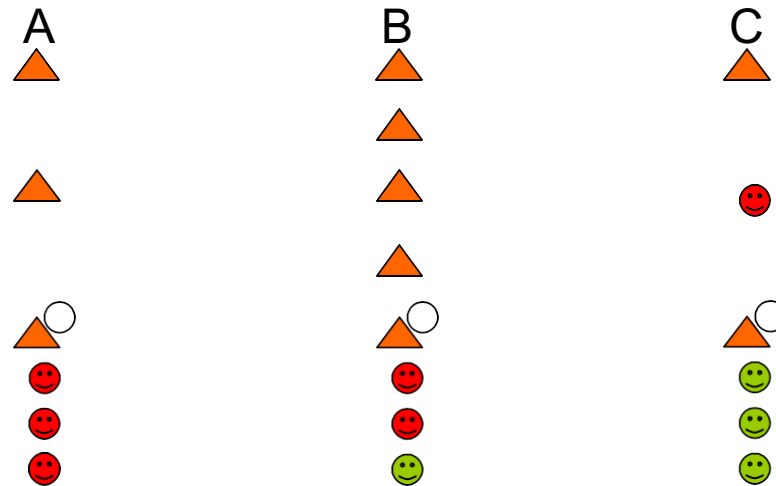


Begin at 5m apart and increase after 2mins to 10 and so on. Allow for equal time on each foot.

Coaching Tips

- Punt kick – straight on kick.
- Aim – face target.
- Ball dropped to foot – beware child throwing up to kick.
- Eyes on ball at all times.
- Knee bent, toe pointed out like ballerina.
- Contact on laces part of boot. Follow through.
- Try not to “break the glass” – imagine a pane of glass right down the centre of your body. Your kicking foot should not break it/cross the middle of your body.
- If child is kicking with right foot try and make sure the last hand that is touching the ball on the drop is the right hand. “Right hand right foot, left hand left foot”.

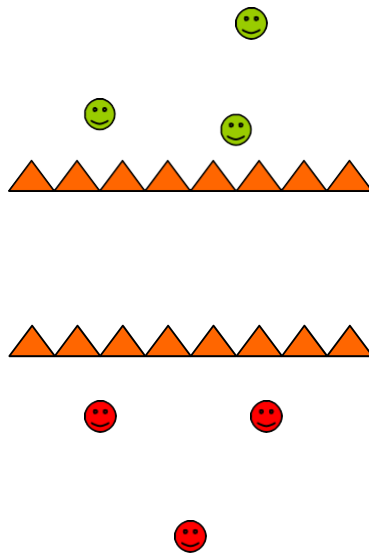
2-Bounce



1. Relay race carrying ball only.
2. Introduce the bounce, walking to start off.
3. Carry ball, bounce once on way out and once on way back – TAKE 4 steps after each bounce. PRACTICE USING BOTH SIDES.
4. Focus on the bounce alone.
5. Advance the drill by putting one hand behind the back and bouncing with one hand only.
6. Advance further by introducing more cones to bounce around – see diagram in middle above.
7. Further again by introducing a defender – the player in possession must bounce their way around the defender.

3-

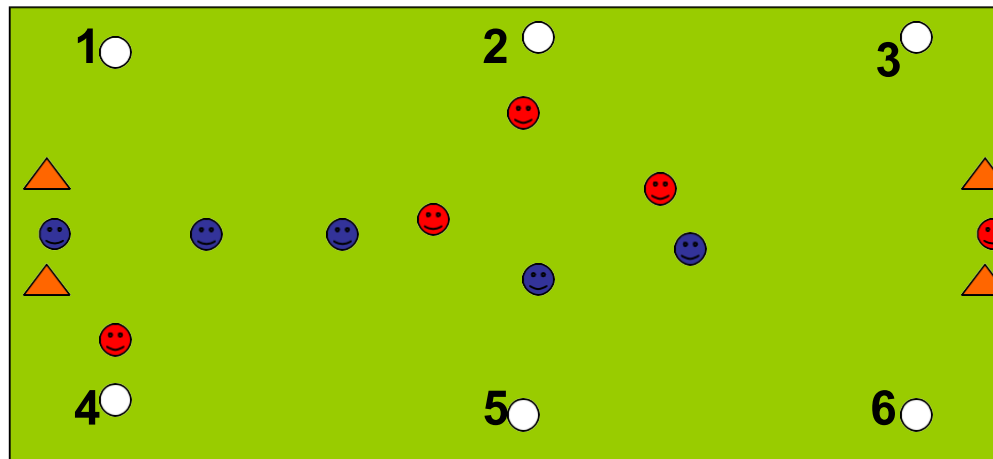
Over the river game



- Over the river game – punt kick over the river
- Points for kicking(1), ball hitting ground(2), chest catch(3) and overhead catch(5).
- Use this station as the one to practice catching particularly overhead and chest catching.
- Highlight to kids there are more points for the catches!

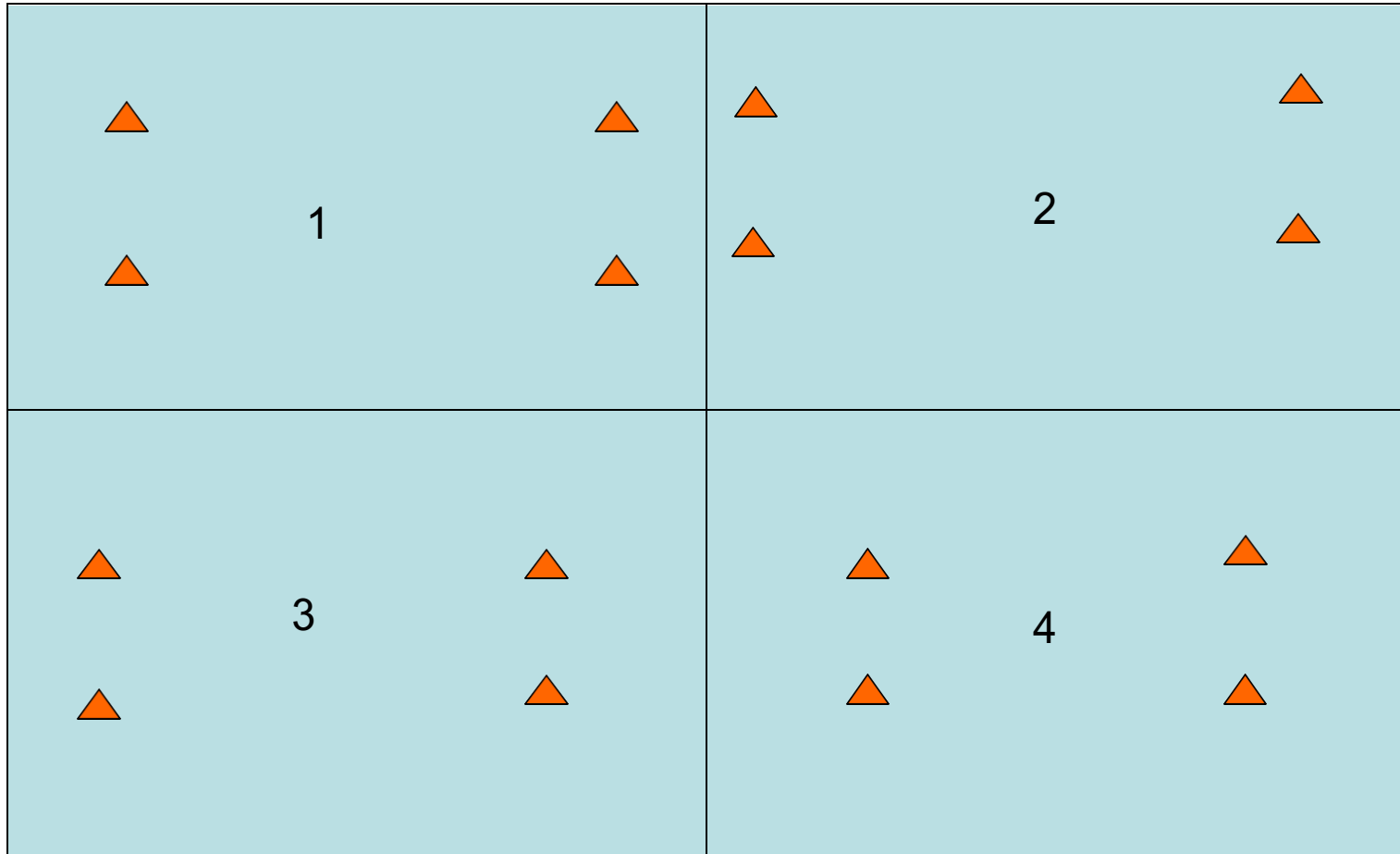
4-

Continuous Play



- Set out pitch as above with 2 teams and six footballs.
- There are six designated positions for footballs.
- Play begins with the referee calling a position (1-6) and the nearest player to the ball gets the game going.
- When the ball goes out of play again the referee calls another number.
- This game allows for 6 consecutive plays.
- It encourages quick reactions and decision making for the player who gets the ball.
- When all balls are used up the players must reset the balls.

Games - Pitch Layout



Matches

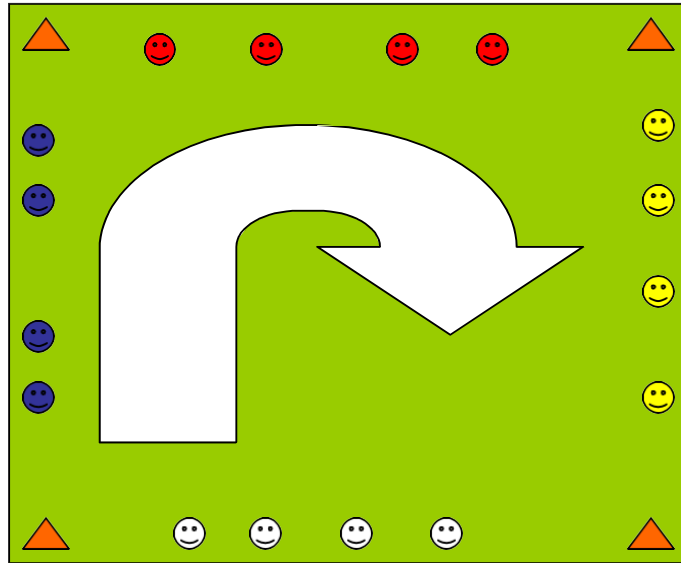
- 40 kids; 8 teams
- 4 pitches
- 1 referee/1 mentor per pitch
- 10 min matches

- GAME 1-normal rules; one solo/one hop
- GAME 2-other foot only as game 1
- GAME 3-full on match unlimited solo

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Session 2

Warm Up – 4 sides

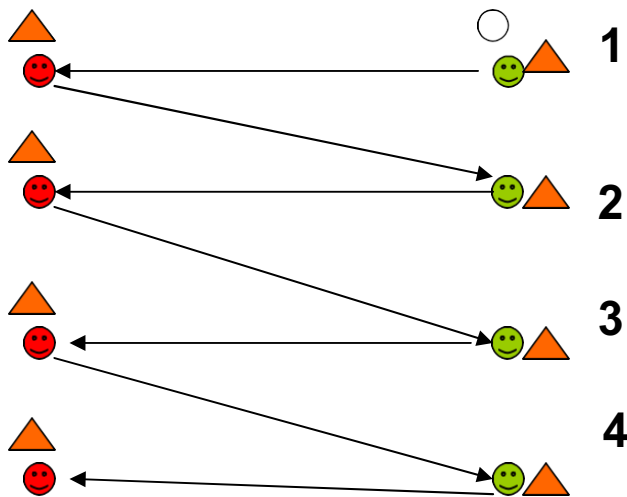


- Four sides – 4 different teams line up around a square like diagram above.
- On call & whistle only may a team run towards opponent opposite
- EG “Dublin (blue) & whistle” = blues run as far as yellows and back to their space
- Catch kids out with colour call and no whistle
- Get groups to chase each other over and back (red – white – red)
- Vary activity – run forwards, backwards, sideways, heals up, knees up, carry a football etc.

Pitch Layout

1-Punt Kick	2-Handpass
3-Handpassing game	4-Ladder & ball work

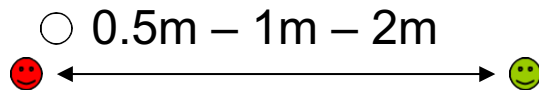
1-Punt Kick



- Punt kick drill
 - Green 1 kicks to red 1 to green 2 to red 2.....
 - When ball gets to red 4 he/she solos ball back to starting position (red 1)
 - All reds move down a position and continue
 - Green 4 will end as last player this time, rotate as before
- ✓ Remember – head down, toe down, laces part of boot, drop the ball don't throw it up
 - ✓ Practice off both feet
 - ✓ Challenge players – how many kicks in a row can they keep off the ground

2-Handpass

Basic practice – one ball between two handpassing to each other.

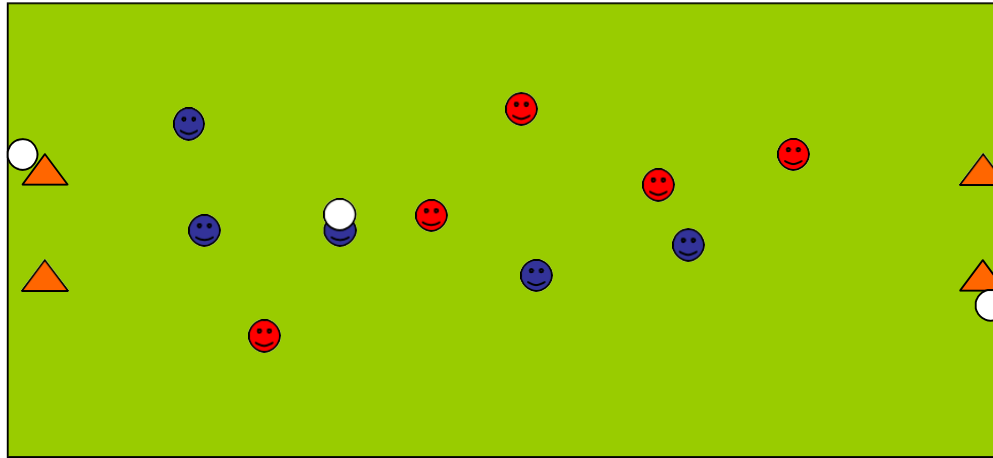


Begin at 0.5m apart and increase after 2mins to 1m and so on. Allow for equal time on each hand.

Coaching Tips

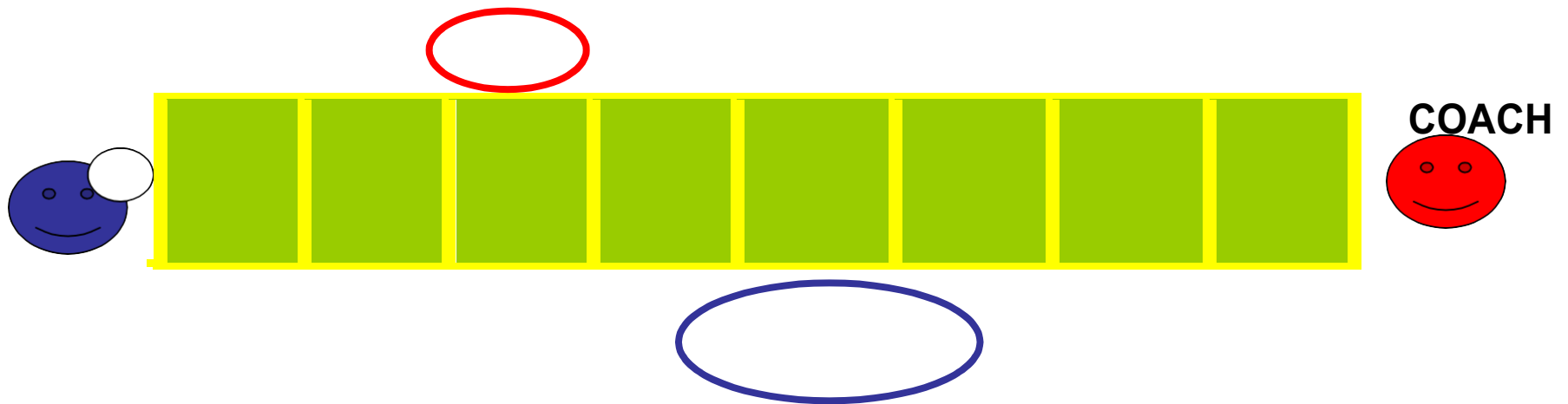
- Handpass is used to transfer ball to a teammate and to score points.
- The analogy of a tee-shot in golf is very useful here
- Aim – face target
- Ball is held in the stationary supporting hand (golf tee) – this hand does not move!
- Striking hand (golf club) is left open with fingers rigid or pointing as far away as possible
- Striking hand strikes the ball in a pendulum-like motion “Tick-Tock”
- Just under the middle part of the ball is struck with the fingers and make sure to follow through
- Beware of children who may throw the ball up to strike it – remember a golf ball does not jump up to be struck
- Also check for point of contact if the pass is not completing

3-Handpassing Game



- Set out pitch as above with 2 teams.
- 5 v 5 handpassing game.
- Play begins with throw in from coach
- Ball must be handpassed to transfer – no kicking allowed
- One bounce only per possession – make sure to make maximum use of this
= 4 steps bounce 4 steps deliver
- Aim of the game handpass the ball into the other teams goal
- No goalkeepers – no crowding of goal either
- Encourage movement of ball and support play
- “Once you pass move again to get ball off your buddy”

Ladders/Ball work



- March and bounce ball in the ladder; begin with bounce in every space
- Variations: every second space, bounce ball to sides of ladder, bounce ball into hoops at side of ladder
- Increase to a jog through the ladder as above
- Develop by having the child walk thru the ladder and handpassing the ball to mentor at end (or vary instruction – throw/bounce)

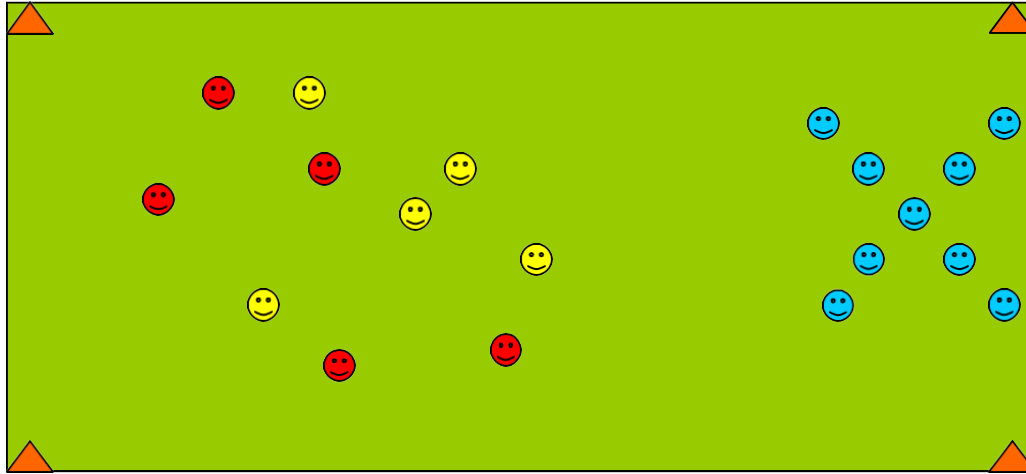
Key

- watch the ball all the way into hands
- head up, knees up all the way through the ladder
- arms working also; left arm/right knee or vice versa

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Session 3

Warm Up – Get into shape

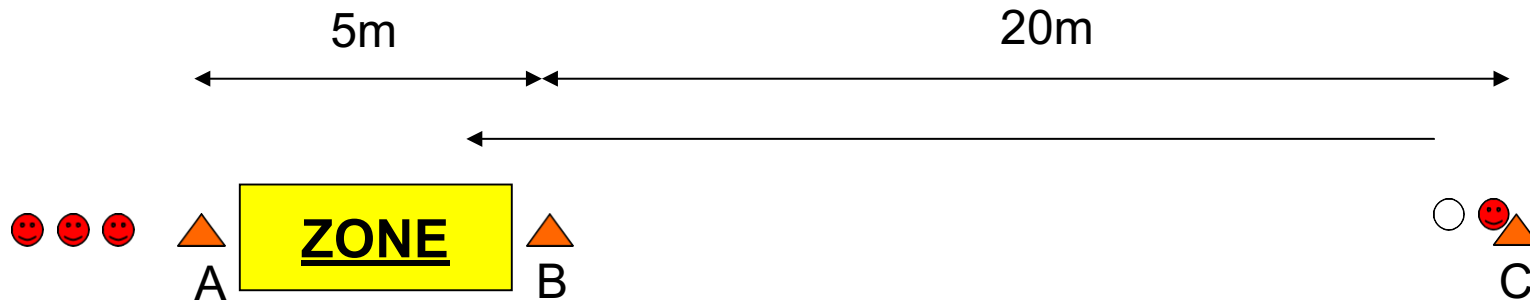


- Warm up game
- Child must stay in coned area
- Coach gives instructions: run around, run backwards, skip, hop on one foot, fly like an aeroplane, bound like a kangaroo etc...
- When coach calls a letter or a number the children must as a team assume the shape of the letter/number.
- EG above X
- Other examples... 1,4,7,0, 10, C, D, E, F, H etc....

Pitch Layout

1-Punt Kick	2-Block
3-Double or quits	4- Signal Man

1-Punt Kick

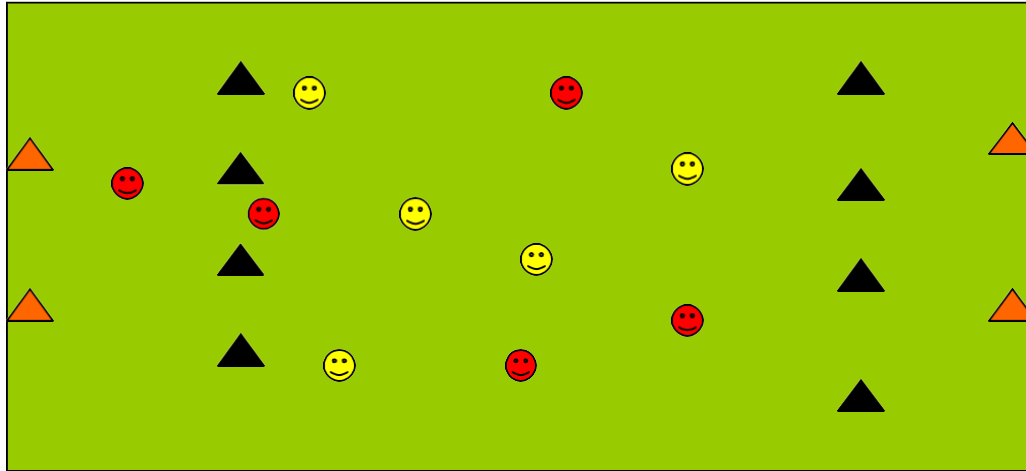


- Players in groups of 4s.
- Set up cones as above.
- Player begins at cone A with ball and bounces every four steps as far as cone C.
- Turn around at cone C and punt kicks back to the “zone” between cone A & B.
- Encourage children to step into the kick.
- Progress to kicking on the run with competency of above.
- Practice bouncing on both hands and kicking off both feet also.

2-Block

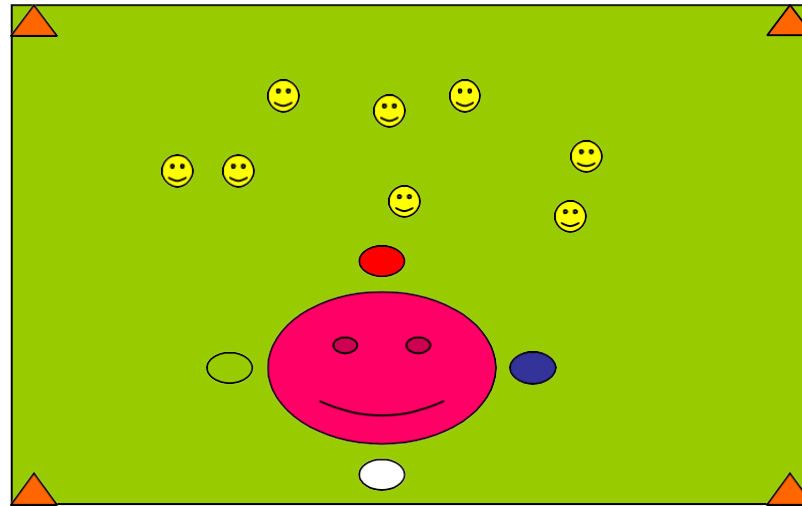
- Divide into pairs.
- Without a ball standing player simulates the kicking action. Other player is on his/her knees and attempts to block the foot of the kicking player. Remember eyes open, hands block foot not 2 feet away from foot.
- Reverse roles. *Ensure approach from both sides.*
- Advance to where both players are standing.
- Progress to whole group on their knees blocking the coach (who has a ball) but is stationary.
- Advance to players standing and blocking token kick of coach.
- Progress to allow players taking a number of steps before attempting a block on the coach.

3-Double or Quits



- Normal game with a twist to practice free taking.
- Scatter cones within shooting distance of goals.
- If a player scores a point during the match – he/she has the opportunity to take a free – “double or quits” – from the designated cones (black above).
- If the player scores from the cone – the cone is removed.
- If free is successful the original score is doubled.
- If free is missed the original score is lost.
- Encourage the child to make the decision themselves.

4-Signal Man

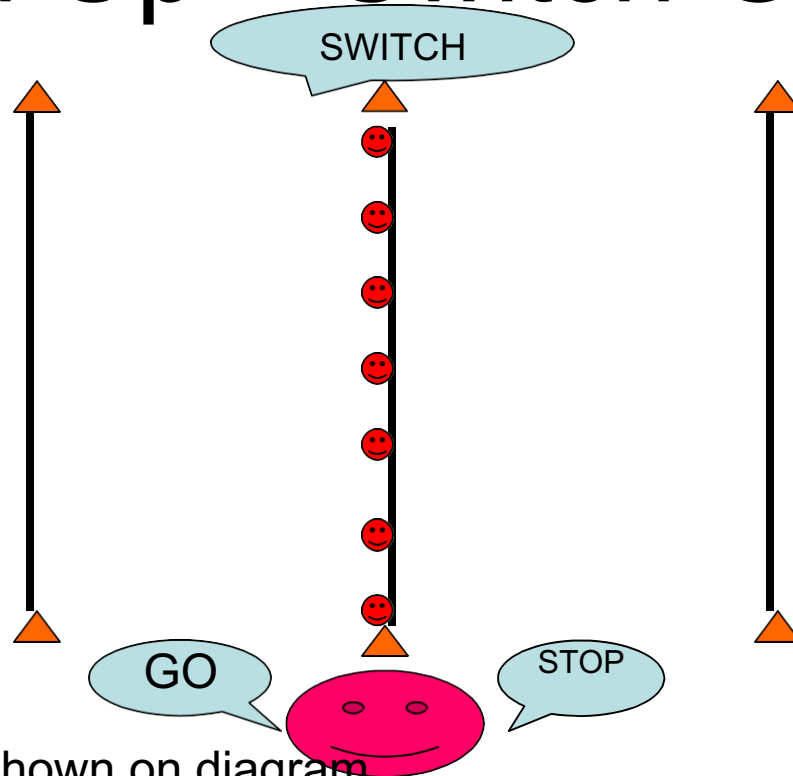


- Agility drill
- Players spread out around playing area and face coach
- Coach sends signals to children using different coloured cones which stand for different actions to be performed as quickly as possible.
- Red = backwards
- White = forwards
- Green = shuffle to right
- Blue = shuffle to left
- Last player to respond can be eliminated – not in cold weather though!
- Players must be alert and on the front foot.

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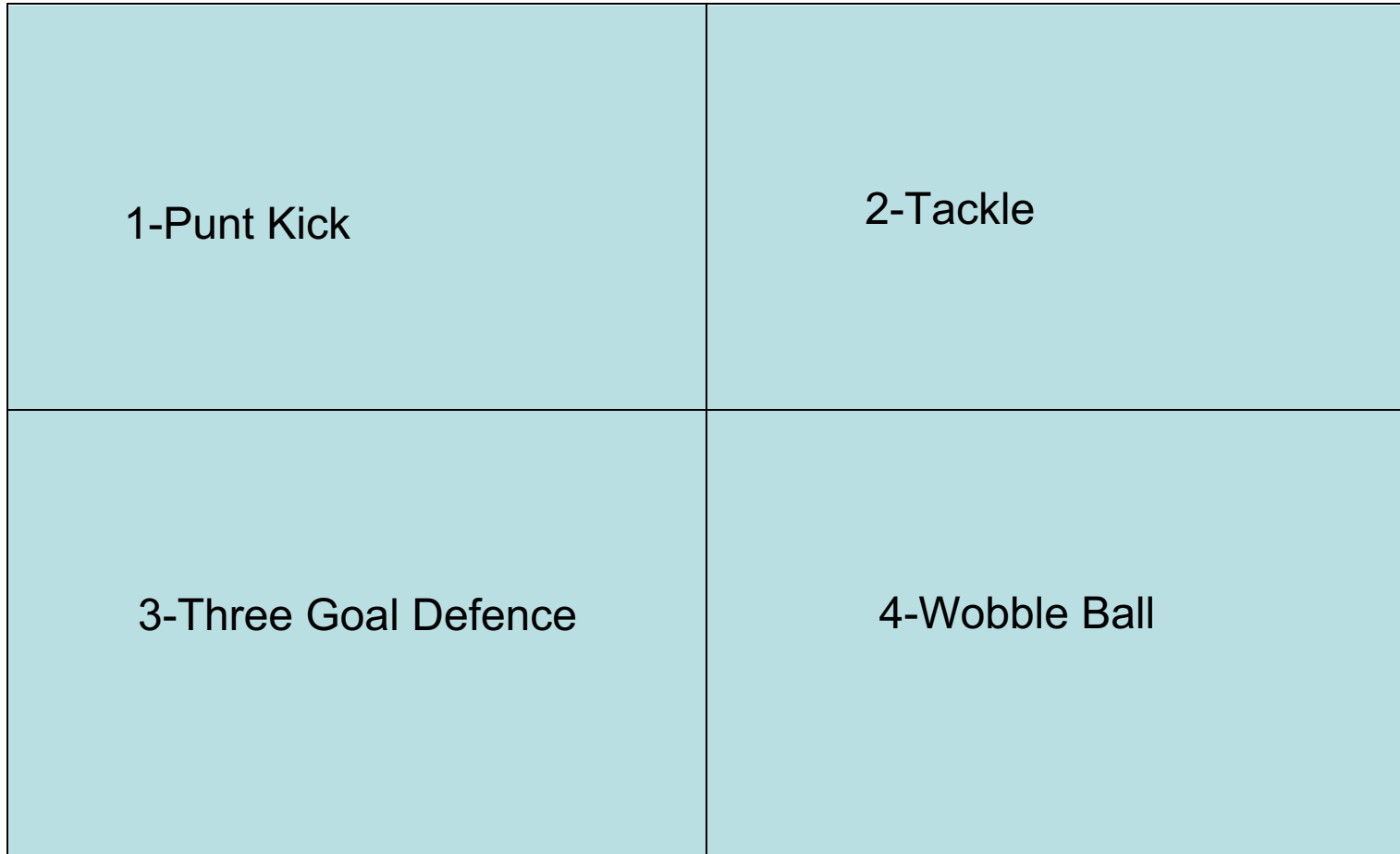
Session 4

Warm Up – Switch Go Stop

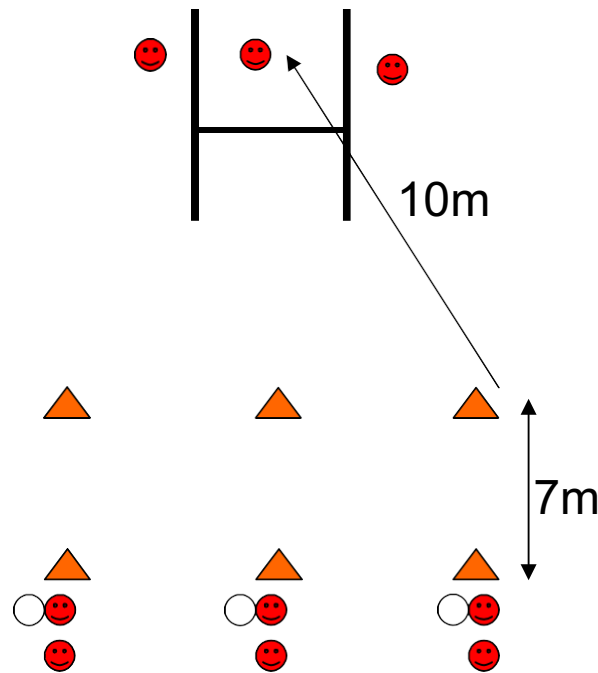


- Set up grid as shown on diagram.
- Players line up on centre line and face coach.
- Coach calls out instructions:
- GO = players run to their right, touch line with foot and retreat to centre line.
- STOP = players run to their left, touch line with foot and retreat to centre line.
- SWITCH = players on centre line face opposite direction.
- Change rules so that go = run left & stop = run right.

Pitch Layout



1-Punt Kick



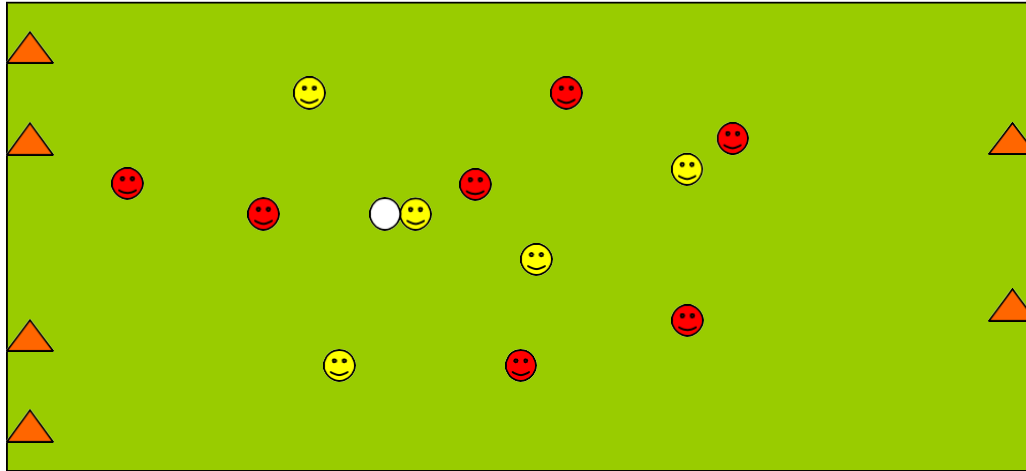
- Shooting practice with punt kick
- 7m run with bounce every 4 steps and shot from 10m practiced off both feet
- Anyone without a ball in behind goals, when you get a ball join the line
- Remember to step into/run into kick – do not stop to kick
- Ball dropped to foot not thrown up, head down, watch for what part of foot the ball is kicked with – middle of foot (“laces”).

2-Tackle



- As in group A – in pairs – one with ball one without.
- Player with ball begins to walk and bounce ball every 4 steps towards furthest cone away.
- Player without ball walks along and attempts to slap ball away with his/her closest hand.
- Player in possession must walk in a straight line.
- The tackling hand must be held open and not as a closed fist.
- The nearest hand is used to dispossess as referees will usually give a free when they see one arm coming across the body of the player in possession. The player in possession can also drag the defender to the ground and still get a free.
- Progress to a jog and further to a run. Swap roles after each run.

3-Three Goal Defence

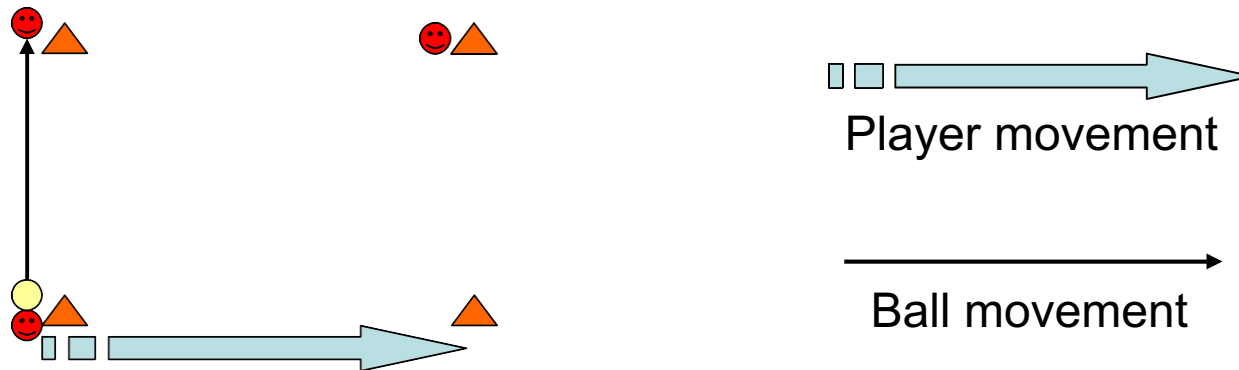


- Mark out pitch as above.
- Pick uneven teams (eg 7 v 5.)
- The team with 5 has one goal to defend (yellow).
- The team with 7 must defend two goals with their numerical advantage (red).

Tips

- Encourages better decision making and in the event of a team being short a play

4-Fill the corner



- Players work in groups of 3
- Square playing area marked with cones
- Aim to pass to partner and run to spare cone

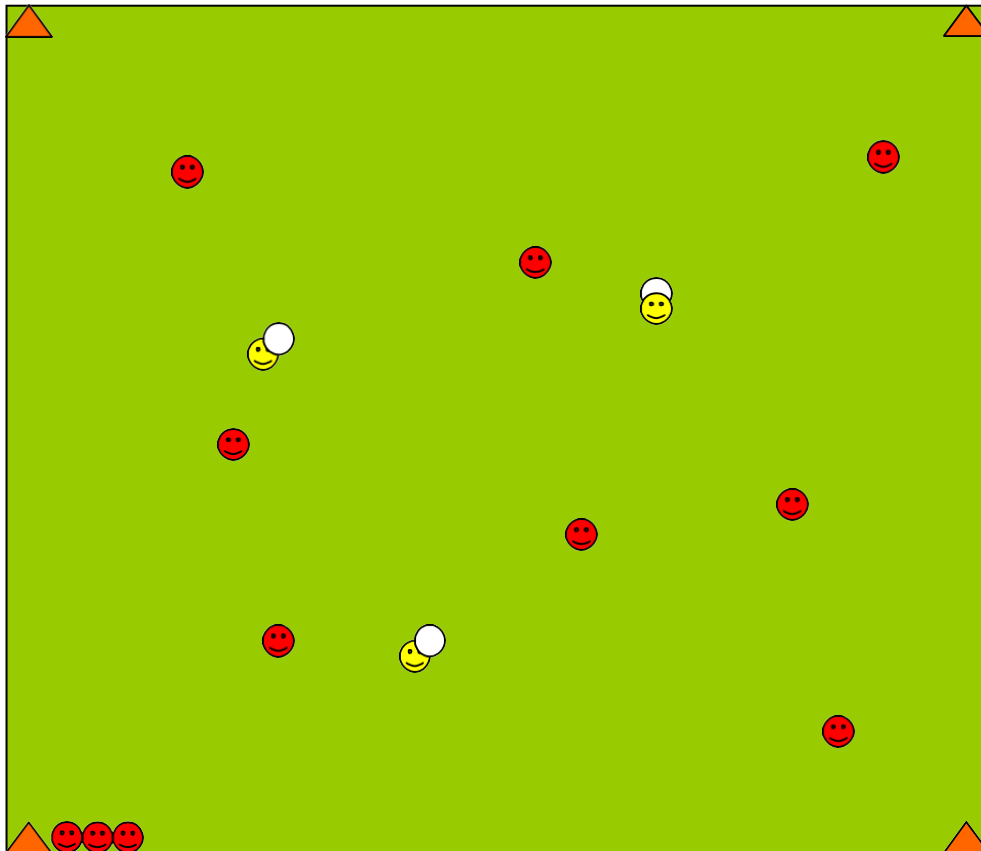
Tips

- Time the run
- Passer – decide who to pass to and know where the empty corner is!

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Session 5

Warm Up – Tag Ball



Set out square as here 15m*15m.

Nominate 3 taggers each with a football.

Taggers in 30secs must touch as many players as possible with football.

Assign an area for those tagged.

Football can not be thrown at a player to tag – must be touched off them.

Change taggers.

Pitch Layout

1-Hook Kick	2-Kicking
3-Scoring on run - unopposed	4-Side to side shuffle

1-Hook Kick

The ball is kicked at right angles to where the player is facing.

Eyes on ball.

Shoulders to the target.

Inside of foot is the part of the foot that is used.

Strike just under the centre of the ball.

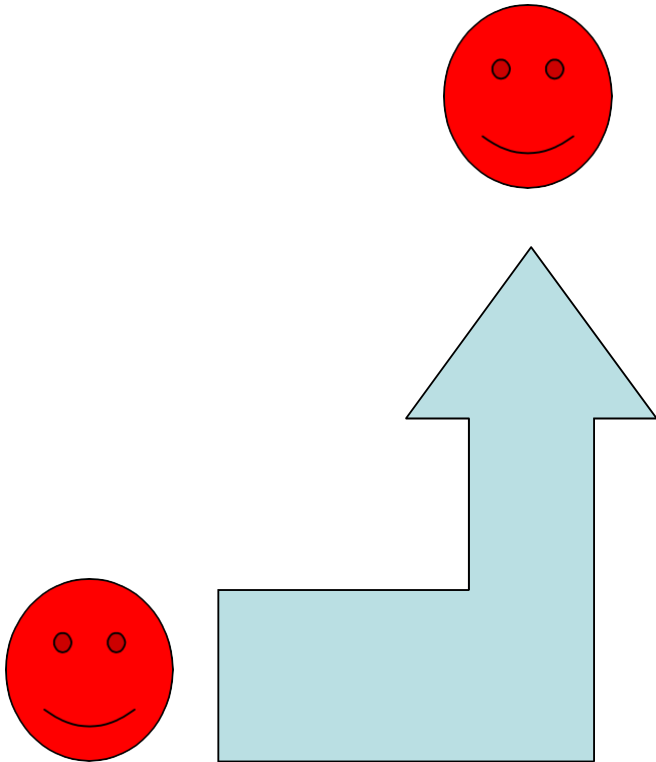
Leg follows through across the body in the direction of your target.

Toe pointing upwards.

Follow through the ball.

Begin 5m apart practicing off both feet to get the correct technique.

Increase to 10m & aim for ten successful passes.

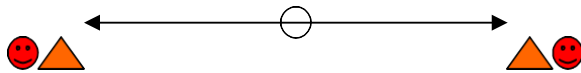


2-Kicking



Drill 1

1. Player kicks ball to coach – punt or hook kick.
2. Coach catches and holds ball in one hand so that the player must jump up and scoop
3. The ball off the coaches hand with an overhead catch.
4. Continue to bounce around the cone and back to start.
5. Next person goes.



Drill 2 – Kick to kick

In pairs 5m apart.

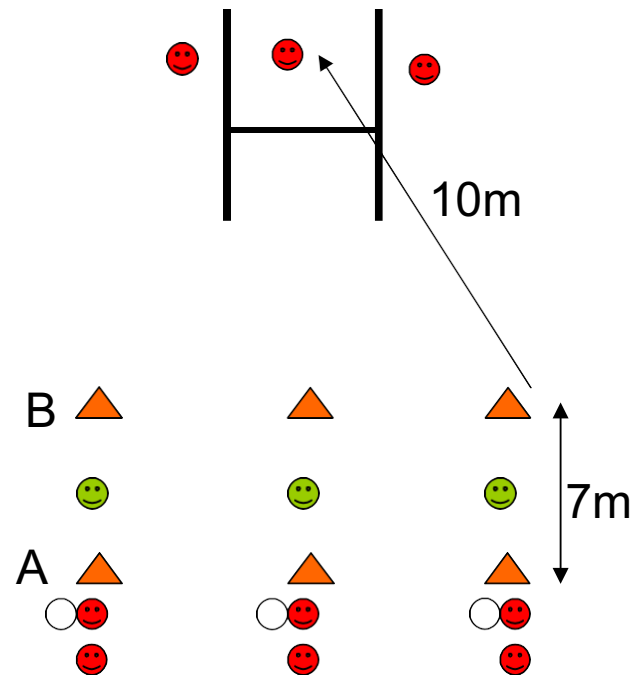
Children punt kick to each other.

Competition – first pair to 10 kicks is winner.

Competition 2 – first pair to 10 kicks without ball hitting ground is winner.

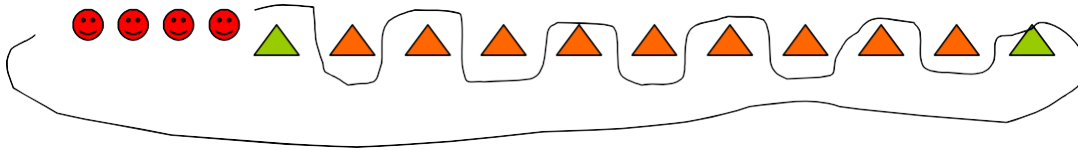
Competition 3 – first pair to 10 kicks with other foot is the winner.

3-Scoring on run - unopposed



- Scoring on run unopposed.
- Player at Cone A handpasses ball to player in between cones A & B.
- Take return pass and run four steps.
- While on the run, player must steady themselves to kick on the run.
- Slow down just before shooting.
- Person who has just kicked becomes handpasser, handpasser goes behind goals, person behind goals is next kicker.
- Remember to step into/run into kick – do not stop to kick
- Ball dropped to foot not thrown up, head down, watch for what part of foot the ball is kicked with – middle of foot (“laces”).

4-Side to side shuffle



DRILL 1

One ball per player soloing through the cones.

On left hand side use left foot to solo/bounce.

On right hand side use right foot to solo/bounce.

Make sure to take four steps before playing the ball each time.

DRILL 2

With ball in two hands players must shuffle side to side through the cones.

Ball in two hands with head up.

Shuffle sideways all the way to the end.

Make sure feet/legs do not cross over each other.

Trailing leg follows always.

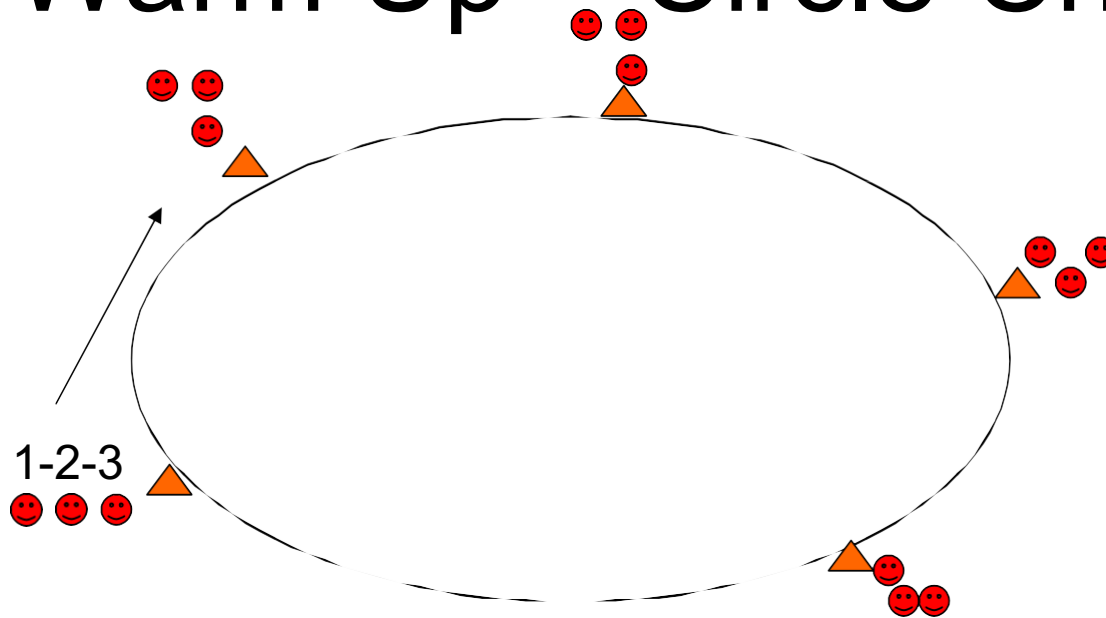
Practice going both ways.

This is a very important defensive position shuffling side to side with your marker.

U8 Training

Session 6

Warm Up – Circle Chase



- Mark out a circle with cones.
- Three players per cone and number each player.
- On coaches instructions the number called out run a lap of the circle.
- Players pursue each other and aim of the game is to tag person in front.

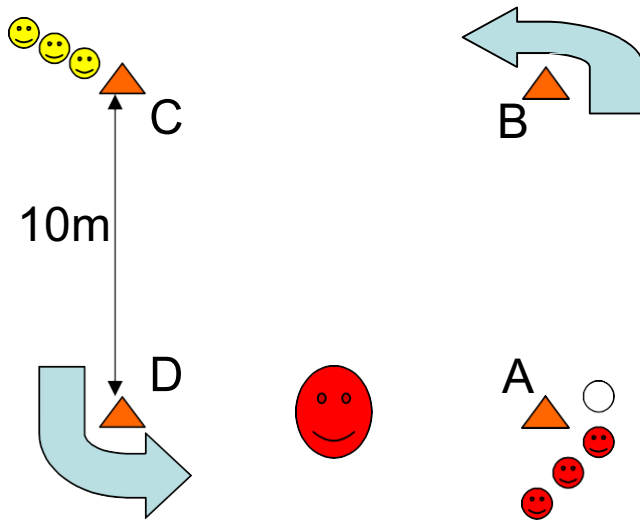
Variations

- Change direction.
- Carry ball.
- Solo/bounce ball.

Pitch Layout

1-Hook Kick	2-Handpass – long distance/diving
3-Punch point on run	4-Side step

1-Hook Kick Square

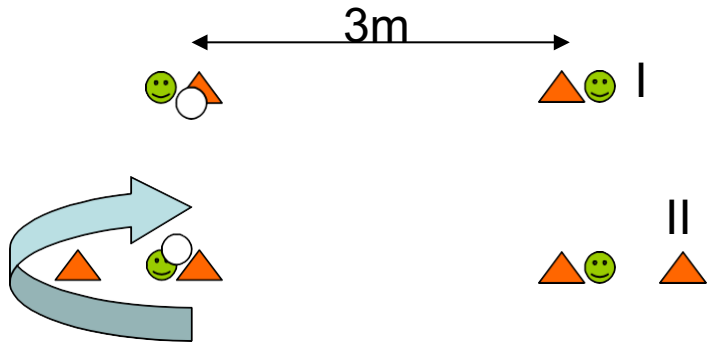


Vary

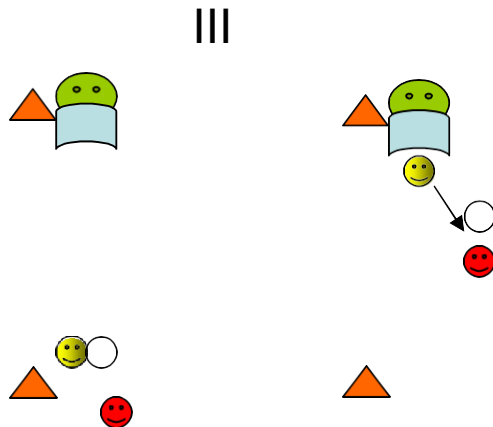
- a second football with competence
- a competition where every clean catch gets a score.
- a mentor in between cones – players must kick ball over mentor to next cone.

- Simple hook kick drill.
- First red players runs out to cone B and hook kicks ball around cone B to first yellow player at cone C.
- Yellow player 1 runs to cone D and hook kicks around cone to player at cone A.
- Drill continues.
- Remember – shoulder to the target. Kicking leg comes across the body.
- Change direction of drill to work left foot.

2-Handpass – long distance/diving



Drill I – simple 3m handpass over and back with partner. Platform arm stationary with striking hand following through the ball in a pendulum “tick tock” motion. Firm fingers outstretched striking the middle of the ball. Make sure to follow hand through the ball.

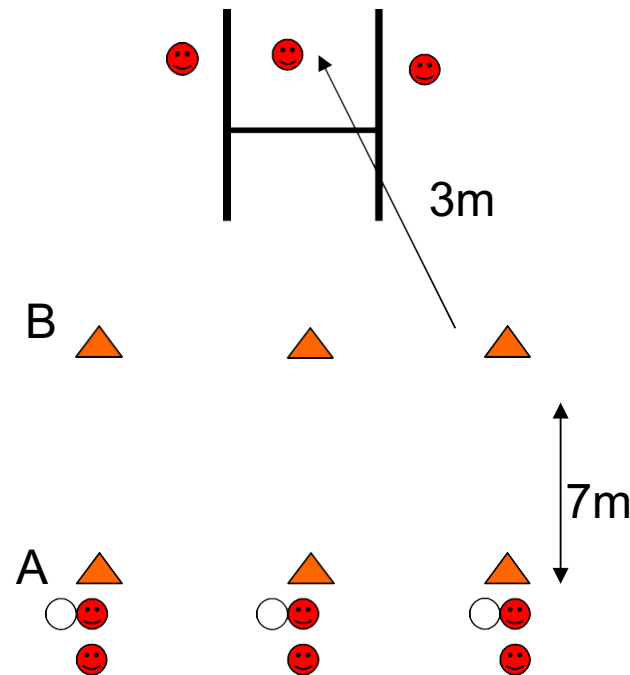


Drill II – man and ball start at inner cone. Player goes around outer cone and on the run handpasses ball to partner. Ensure player is handpassing on the run and taking a step into the ball when striking the ball. For example if holding the ball in the right hand the player should step in with the right foot just before handpass.

Drill III – yellow player with ball moves towards coach (with tackle bag). Coach makes token smother tackle. Yellow player must get out of the tackle and handpass ball back to the supporting red player.

Alternative player dives out of the tackle to make handpass as they fall.

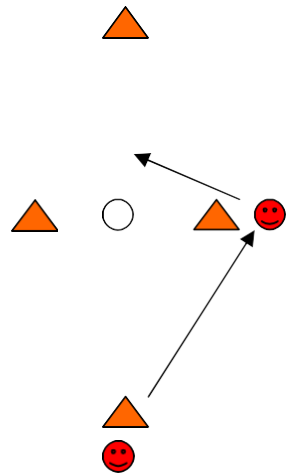
3-Punch point on the run



- Scoring with handpass/punch pass on the run.
 - Similar to previous shooting drill.
1. Player solos to cone B 3m from goal and punches over the bar.
 2. Player rolls ball for own pick up, gather and punch over.
 3. Player at cone B throws ball up for player to overhead catch and punch over.
 4. Player at cone B (defender) throws ball to player at cone A (attacker), attacker must attempt to go by defender and score with hand/punch pass.

Remember strike ball firmly with inside of wrist (punch pass) or out stretched fingers (hand pass).

4-Side step



Push weight onto right foot.
Drop the right shoulder.
Transfer ball from right side to left side.
Spring off to left then.

Exact same on other side just put weight onto left side.

Step to one side of an opponent then spring to the other side.
Throw weight onto stepping foot on the approach.
Spring smartly to the opposite side by pushing hard off the planted foot.
Pull back the ball quickly at the same time.

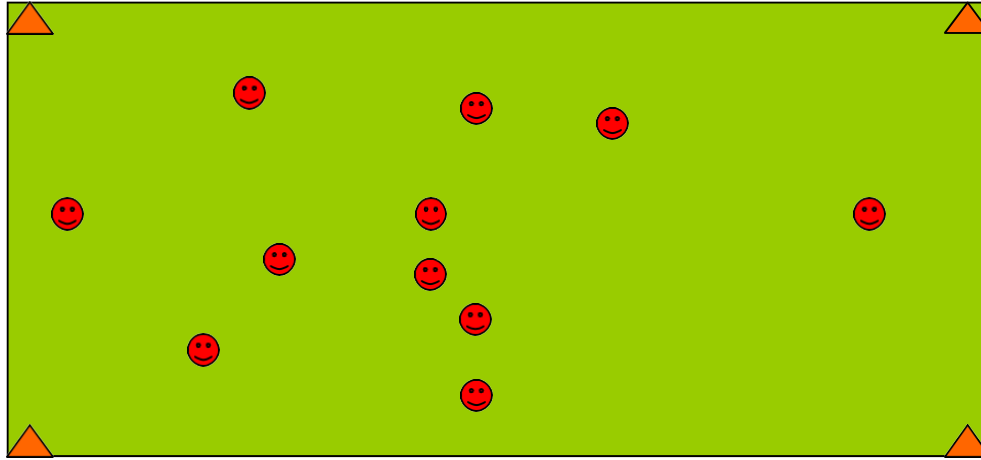
Practice on both sides.

Introduce token opposition – standing player instead of a cone/pole.

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Session 7

Back to Back

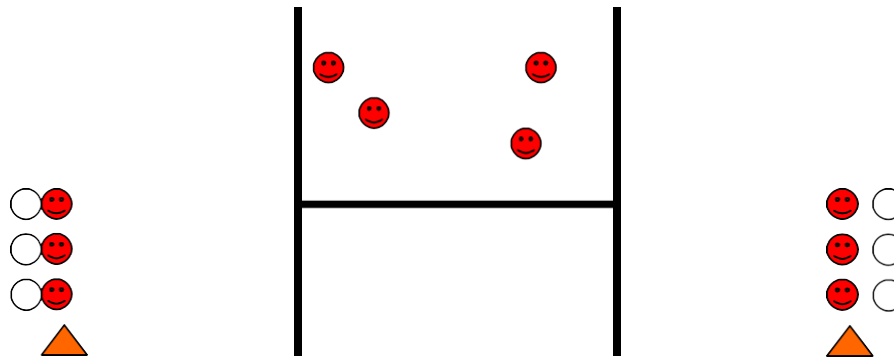


1. Simple pulse raiser warm up – give children activity to do in area and on the whistle they must go back to back.
2. Activities: touch ground with left/right/both hands, catch an imaginary football, hop on one foot, fly like aeroplanes, solo a football, handpass a ball around, run backwards, hit the deck, walk, change pace, change direction, shoulder an opponent, practice blocking, pick up ball, bounce etc....
3. Remember practice all skills on BOTH SIDES of the body.
4. Do not disqualify last children out as this leaves them out of the warm up.

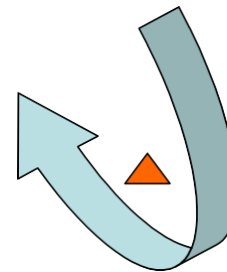
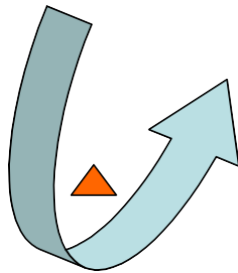
Pitch Layout

1-Hook Kick	2-Football Rounders
3-Scoring on run opposed	4-Jumping

1-Hook Kick



10m to goal



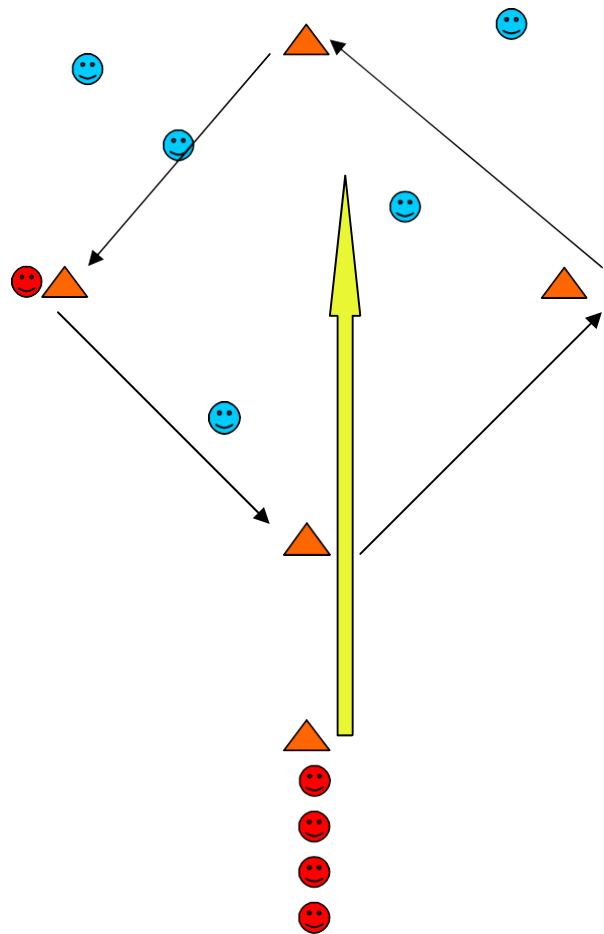
Hook kick technique – check previous drills

Players start on end line solo out to cone directly in front of them.

Turn corner and hook kick over the bar.

Change side for every second kick – left foot/right foot.

2-Football Rounders



Football rounders.

Four bases.

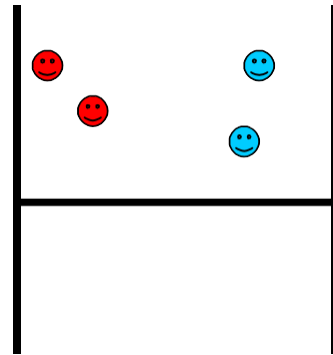
Kicking team kick ball out and run around the bases.

Fielding team get kicking team out by clean catching or by getting ball to a cone before a kicker reaches that cone.

Once all get a turn kicking change positions.

2nd innings played with other foot.

3-Scoring on run opposed



Set out as above.

All players have bib/cloth loosely tucked into back of shorts.

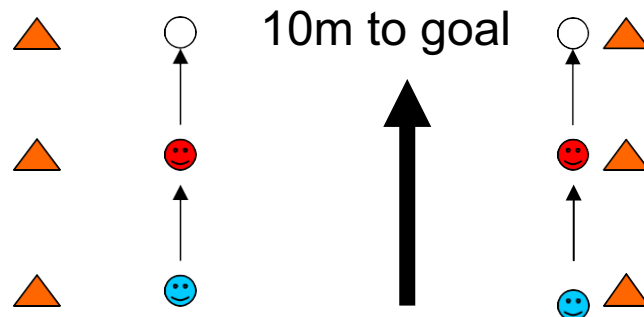
Red player with 2-3m head-start.

On whistle he must pick up ball and shoot for score before blue player steals his bib/cloth.

Rotate goes each time.

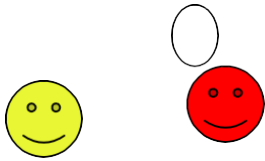
Change position of shooting.

Practice punt or hook kick shooting under pressure.

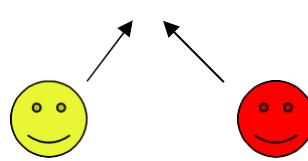


4-Jumping

A



B



A – working in pairs numbered 1 & 2. No.1 holds ball up high. No.2 jumps and catches ball off partners hands.

Tips

Taking off bend your leg.

Drive off jumping leg.

Swing arms upwards.

Catch ball in front of face at top of your jump.

B – “High Fives”

Working in pairs standing 1 foot away from each other.

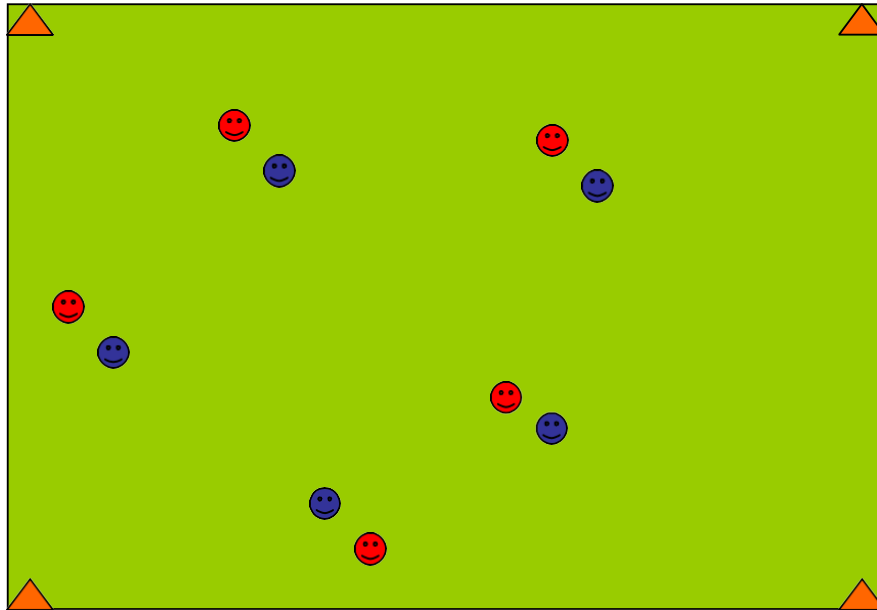
On signal of the coach pair jump up and attempt to “high five” each other at the top of the jump (while in the air).

Variation: take a short run up on signal.

U8 Training

Session 8

Warm Up – Shadow Running



Working in pairs (red & blue above) in 30 second stints.
Red shadows blues run for 30secs.
30secs break after each run.

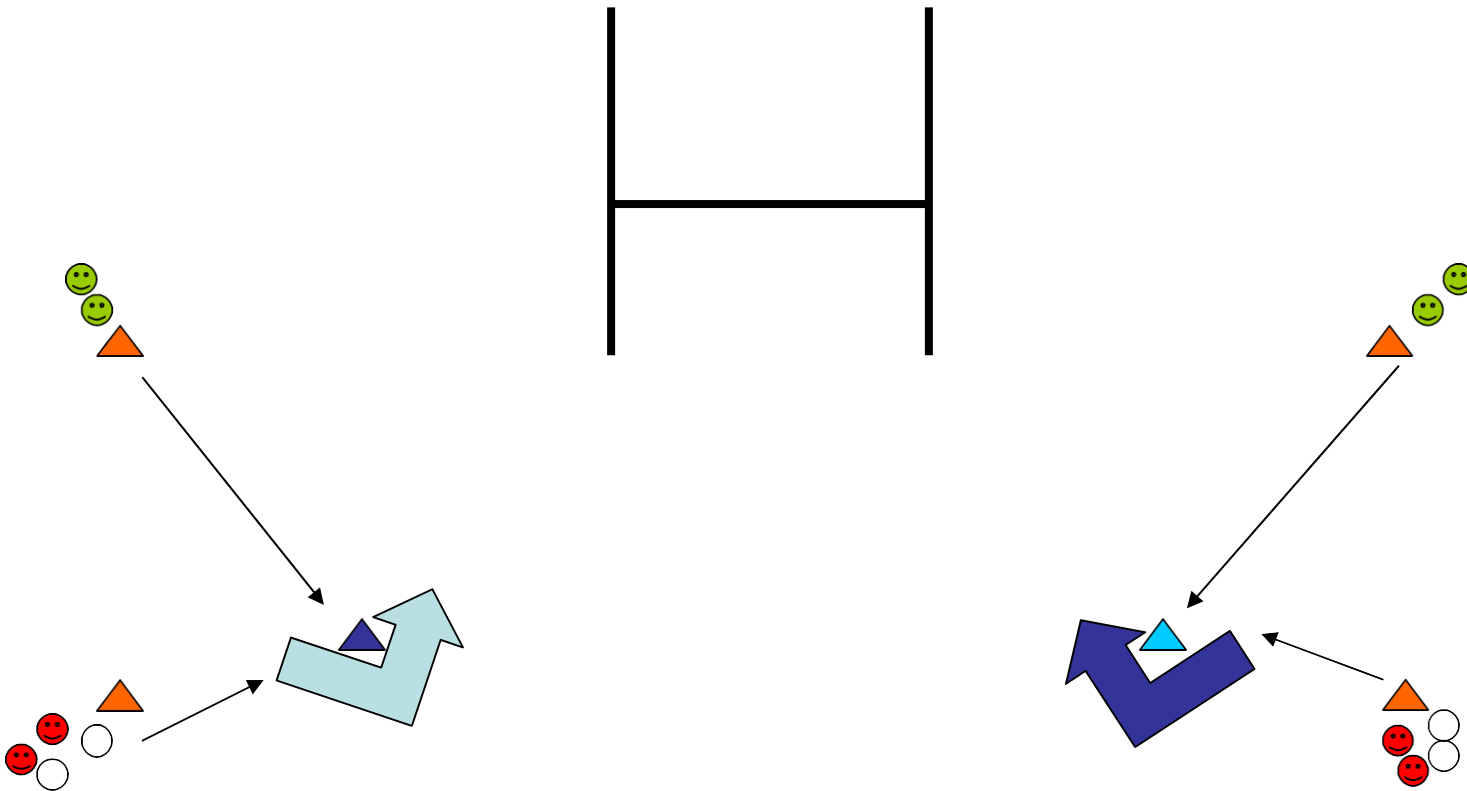
Encourage lead runner to change direction plenty of times, stop, start etc..

Vary by allowing players carry a football in 2 hands at same time.

Pitch Layout

1-Hook Kick	2-Picking Up
3- Piggy In The Middle	4-Tail snatch

1-Hook Kick



Pressure hook kick.

Aim – attacker to hook kick ball for score from blue cone. Defender to pressurise.

On first whistle defender runs as quick as possible to blue cone to pressurise.

On second whistle attacker runs to blue cone to hook kick score.

2-Picking Up



Drill 1 – player picks up at blue cone, runs around red cone and replaces at blue cone again.

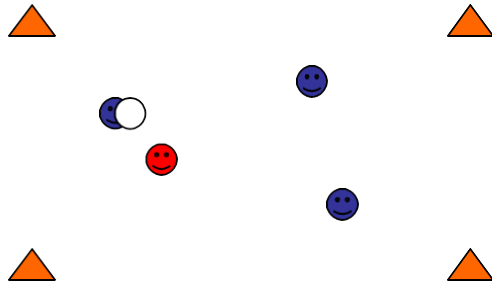


Drill 2 – ball starts at orange cone. Player rolls ball out to self to run after, gather and pick up before the ball stops. Run around red cone and handpass back to next player to go.

Drill 3 – ball starts orange cone. Solo run out around red cone and roll/controlled kick back to next player to gather as ball moves towards them. Drill continues.



3-Piggy in the middle



3 v 1 in square 5m*5m.

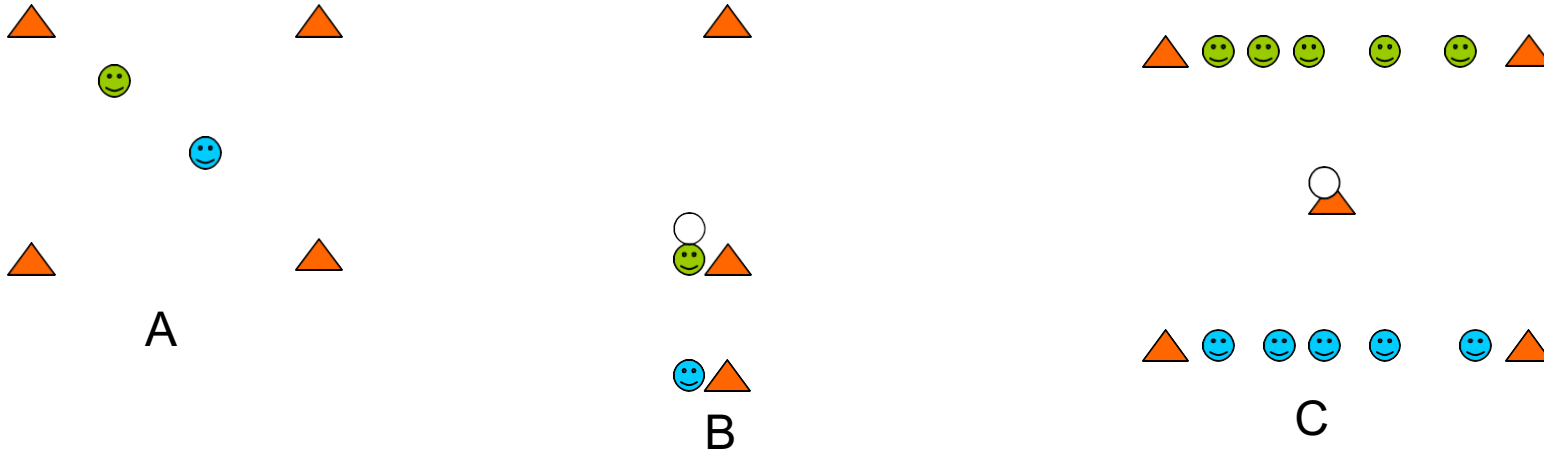
30 secs on/30 secs off.

Begin by allowing players throw ball to each other.
Progress to handpass.

Rotate "piggy" after each minute.

Encourage players to support each other and move around the square – pass and move.

4-Tail Snatch



All children have a tail (e.g. bib/cloth tucked loosely into shorts)

A – 1 v 1 in small area. One point every time you steal opponents tail.

B – green has head-start over blue. On coaches whistle green must try to reach cone while carrying the ball before blue steals his tail.

C – Line out as above. Number each player on each team 1-5. Ball on cone in centre. Coach calls out number e.g. 3. Both number 3s must run to centre of square. Aim of game is get ball back to your home base without having your tag stolen.

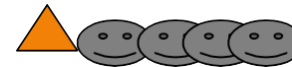
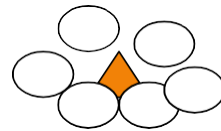
If you get ball back and you have your tag – point for your team.

If you get ball back and your tag is stolen – point to other team.

U8 Training

Session 9

Warm Up-Rob the nest



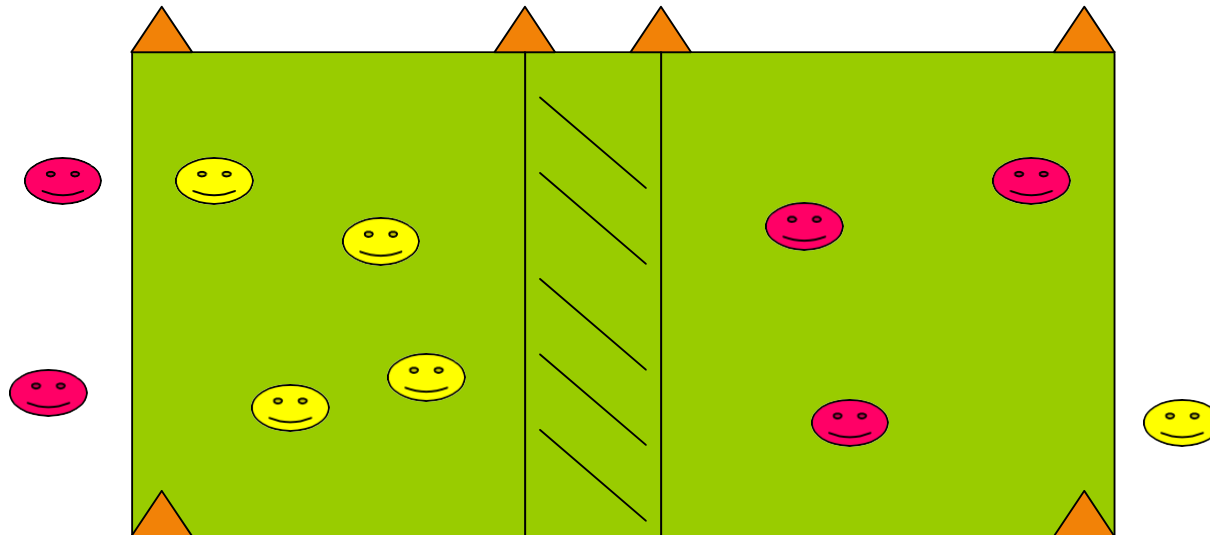
Game starts with four corners. Each person at a corner is numbered 1-4. 6 Balls in middle of square around centre cone.

Aim of game is to get 3 balls at your corner at the same time but you are only allowed transfer one ball each time. Once all balls are taken from the centre circle then any nest/corner can be stolen from until one person has 3 at their nest at same time. Other players at corner can not hold ball from another player coming to rob the nest.

Pitch Layout

1- No Mans Land -Prisoner	2- Running into Ball
3- Kick Pass Tag Chase	4- 1V1 Tussle

1-No mans land - prisoner

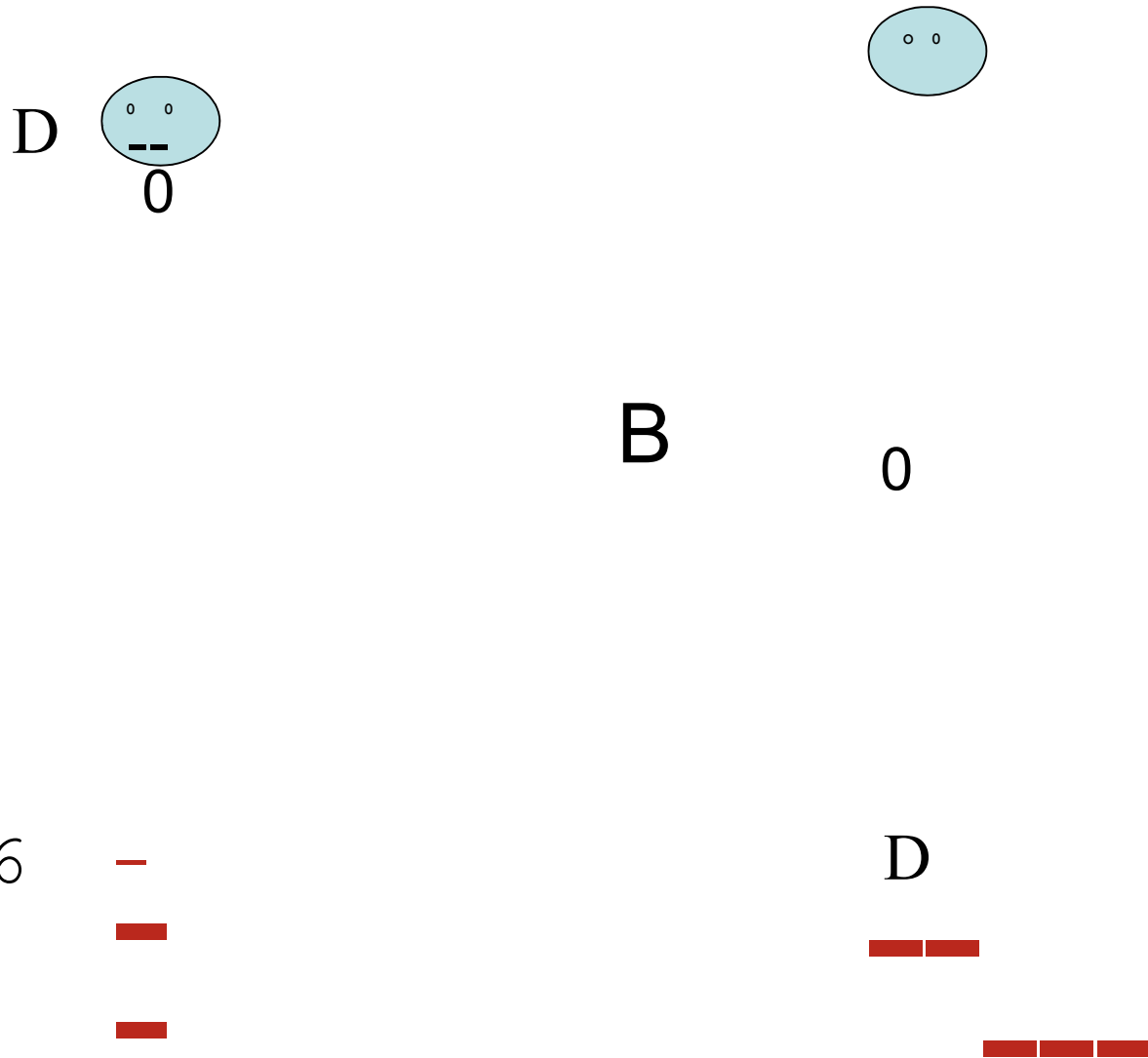


As normal no mans land only if a person drops ball or kicks out of area he/she must go to far end of grid.

Your own teammates can get you back in the game if they kick the ball over to you and you make clean catch. If you fail to catch the kicker joins you!

Winning team gets all of opposition out first.

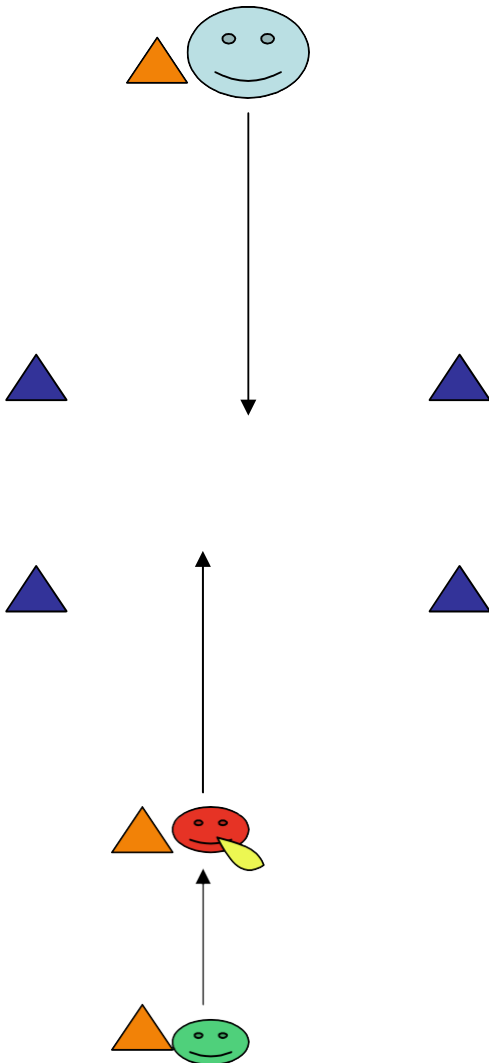
2 – Running into ball



2 – Running into ball

- A – Coach 10m away from players. Coach rolls/throws/bounces/kicks ball towards oncoming player.
- B – As above but player must gather the ball in the blue square.
- Player – eyes on ball at all times, eyes open at all times, slow down slightly before gathering, two arms extended to catch with hands, wrap ball straight up into chest with elbows tucked into sides, run on forward when ball is in possession.

3 – Kick Pass Tag Chase



Set out as below.

On first whistle coach to role/throw/kick ball into blue box.

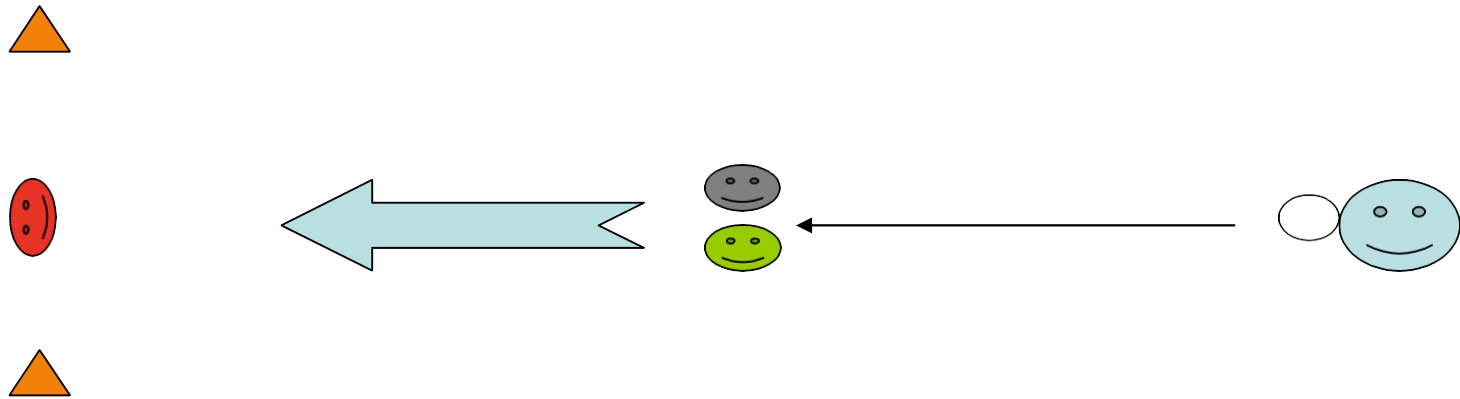
On second whistle red player (with tag tucked into shorts) must gather the oncoming ball in the blue square.

Also on second whistle green player (3m behind) must chase red player and attempt to steal tag.

Red player wins if he gathers ball in square and runs to coach with ball.

Green player wins if tag is stolen.

4- 1 v 1 Tussle



1 v 1

One goal with a child playing as goalie

Coach throws/kicks ball in between two children – whoever gains possession is on the attack and the other player is the defender.

If the defender dispossesses he/she can then attack

