



Basic Lesson Plans for Football

Developed in conjunction with the

Tesco Football Coaching Team –
Five UEFA qualified coaches
(all ex professional players)

Basic Lesson Plans for Football

Key

-  Player movement
-  Cone
-  Ball movement
-  Mini hurdle
-  Attacking player
-  Defending player
-  Variable line position
-  Goal Keeper

Introduction

In order to improve technical ability at football children should be encouraged to work hard at training drills which in turn will improve their overall game and help them progress.

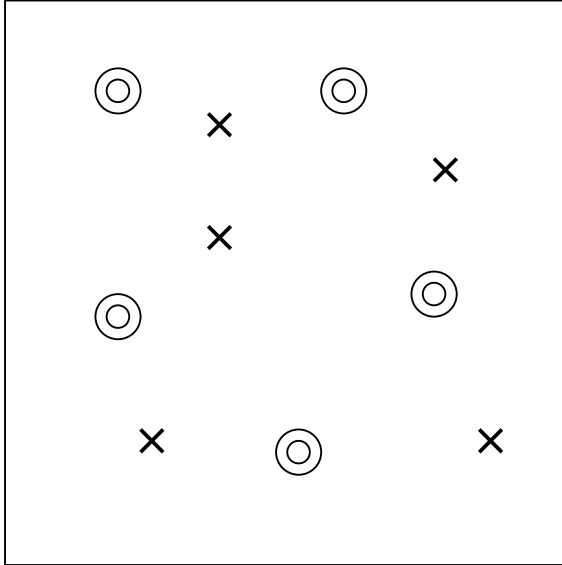
Frank Lampard is one of the Premiership's most exciting attacking midfielders and is a key player for Chelsea and England. He strongly believes that success in a match is *"achieved through hard work during training and by thinking about technique when practicing training drills - always practice using both feet!"*

Here are six classic basic football training drills which can be used during a football training session and can be made harder depending on the skill level and age of the children participating. They include the three exercises featured on the Tesco Sport for Schools & Clubs DVD.

Use these drills to develop key football skills. The joy of these exercises is that all you need to do is set them up and let the kids learn for themselves - Let the game be the teacher!

Typically, you can spend about **10-15 minutes on each exercise** depending on how long you have. Don't forget to spend **5-10 minutes on a warm up and cool down** at the start and end of each lesson!

Possession / Keep Ball (Exercise 2 on DVD)



OBJECTIVES: To improve close control, one touch passing and awareness.

Organisation:

- Set up grid 20x20m
- Split into to 2 teams
- Keep possession for as long as possible.

Harder

- Decrease size of grid
- Limit number of touches per player
- Create competitive environment, for example ten passes equals a goal

Skills

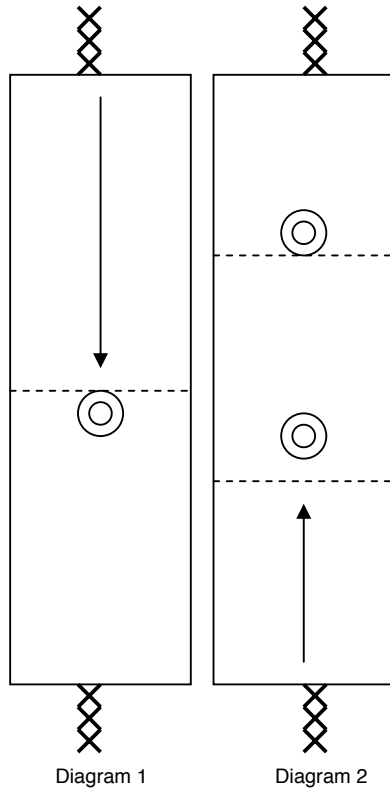
- Players learn to play while under pressure
- Players learn to play with fewer touches and improves accuracy of passing
- Decision making

Coaching Points:

- Make eye contact before passing to team mate
- Think before you pass
- Use side of foot to pass

The next three drills are not on the Tesco Sport for Schools and Clubs DVD but are simple to set up. Remember, let the game be the teacher.

Short Passing & Dribbling:



OBJECTIVES: To develop short passing, dribbling and close control in 1-on-1 situations.

Organisation:

- 1v1 - 30x10 Grids
- Split players in to four groups
- One player attacks the defender and tries to get past him/her
- Defender must stay on the line to begin with

Harder

- Allow defender to move from line
- Add in second defender (see Diagram 2)

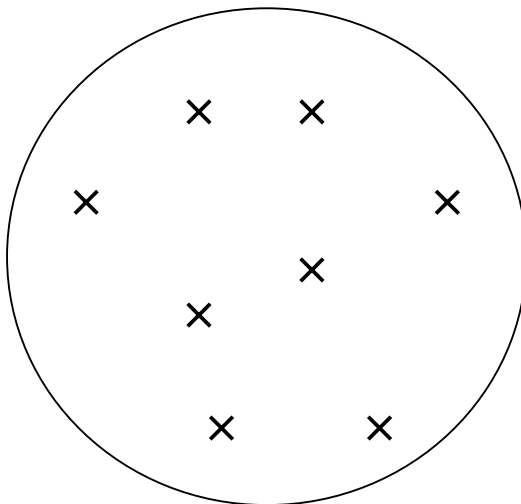
Skills

- Improves dribbling skills in 1v1 situation
- Close control
- Awareness of when to do trick to beat defender.

Coaching Points:

- Be positive
- Do trick at the right time, not too early, not too late
- Accelerate past defender.

King of the Ring:



OBJECTIVE: To focus on close ball control and awareness as well as regaining possession. This game should be fun, have a few rounds!

Organisation

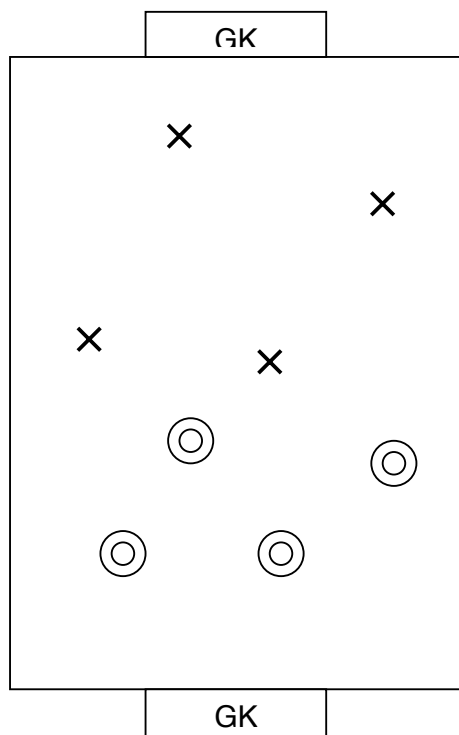
- Form a circle with footballs in the middle with one less ball than number of players
- Kids run around in marked area and on command take control of a football by putting their foot on it.
- The child that does not get a ball then has 20 seconds (flexible) to tackle one of the other children and steal possession.
- After the 20 seconds is up the exercise is restarted and the child without a ball is encouraged to work harder and move faster.

Skills

- Players develop awareness of others
- Develops close ball control

You can end your session with a small-sided game or use the following exercise to offer some variety.

Heading for success:



OBJECTIVE: To improve heading while developing support play and decision-making.

Organisation:

- Two teams inside 30x10 playing area with goals and two Goal Keepers
- **Throw, head, catch sequence**
- Intercept pass with a catch

Harder

- Add floating players on the outside of playing area to play off
- Only intercept with a header
- Decrease playing area
- Make it competitive

Skills

- Learn to control headers
- Decisions and support play
- Communication skills

Coaching Points:

- Encourage high tempo
- Encourage communication and quick decision-making.