

BRYST Football Academy Sample Training Program



Overview

This sample training program can be adapted and modified to suit players aged 7-18. The program includes weekly topics that progress from 1v1 to collective actions within the game. The minimum required number of players is 6 and the maximum is 16. All sessions require a third of an indoor field at indoor facility (dome, gym, etc.).

Aims

The single aim of the program is to improve each player, and to build on previous learning.

Coaching Methodology

Each session plan follows the GAG format.

Each session plan also includes key coaching points that the coaches must effectively deliver by completing the following steps:

1. Stop an error. Stop the game.
2. Demonstrate what you want to happen. In the demonstration the ball and opposition player must move.
3. Ask the player to rehearse what you just did, moving the ball again.
4. Play live from the point before the error, allowing the first pass to be free.

This process caters to visual, kinesthetic and auditory learners.

All the activities and games are random in nature.

High Coaching Standards

Bryst has built a quality and reputable brand based on high standards across the board. Coaches are on the front line and must be able to maintain the high standards they have set.

- Coaches must arrive a minimum of 10 minutes prior to their session to set up
- Players must be moving and playing for the majority of the session. Down time should be minimal.
- Coaches must review the plan prior to arrival and make adjustments based on the number of players expect prior, to enable a well-organized delivery of the session
- Coaches must be smart and presentable in current Bryst training gear.

Planning

The following pages are detailed plans for coaches to use. Coaches must make adjustments to the session plans based on the number of players they expect in their group. Adjustments must always enable the topic of the day to be coached.

Examples of adjustments are:

- Adding extra goals
- Adding extra balls
- Using 1 or more neutral players
- Reducing or expanding space
- Limiting touches.

Contents:

1. Ball Mastery
2. Running with the Ball
3. 1v1 Attacking
4. Shielding the Ball
5. Turning with the Ball
6. Short Passing
7. Receiving the Ball
8. Support Play
9. Shooting and Finishing
10. 1v1 Defending

Week 1 Ball Mastery.

This session does not focus on a specific part of the game like turning or shielding. Having some basic ball mastery will allow a player to access the information delivered later in the program. Starting with ball mastery allows the coach to assess all players during the first session, and make recommendations early on to move players either up or down the Bryst Development Model. This will set the group up to run well for the remaining weeks.

15 minutes Warm Up:

- 7-12 years old keep ups and Coerver moves
- 13+ Fifa11 dynamic warmup

20 minutes Small Sided Game:

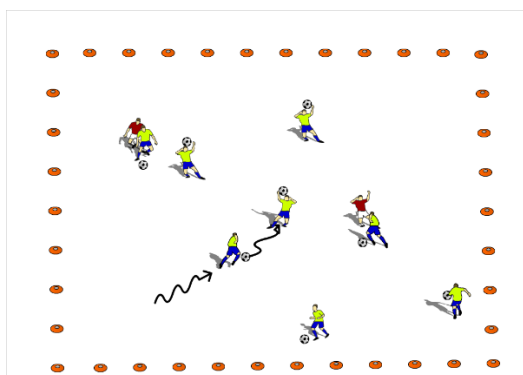


Set Up: Walk through one cycle of the game to demonstrate how it works. This should include how the players have 2 goals to attack, and 2 goals to defend. Allow the players to play, and make adjustments to the set up eg add extra balls

Week 1: Assess the players, hand out name tags, start to build a trusting relationship with the players.

Coaching Points: Make a couple of coaching adjustments to establish width and depth, as these are early principals to establish. Allow free play.

25 minutes Activity:



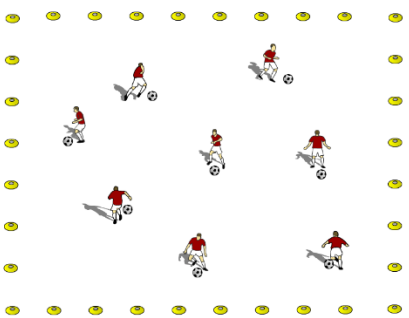
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Stuck in the Mud/Freeze Tag

Red defenders attempt to touch the yellows ball
If the do the yellow stands with legs apart and ball on top of head "stuck in the mud"
Other Yellow players can free stuck players by dribbling through their legs
The defenders aim is to capture all yellow players

Coaching Points

- Head Up
See space and accelerate
Keep the ball close under pressure
Shield the ball:
1. Body inbetween the ball and defenders
 2. Side on
 3. Arm out
 4. Use furthest foot away from the defender
 5. Legs bent for low centre of gravity



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King of the Ring/Gladiators

Every player has a ball
Every man for himself
Players attempt to kick other ball out, whilst shielding their own
Last man in wins

Players should be encouraged to take risks

Introduce a defender to speed the game up

Shielding Coaching Points

- Arms to make body bigger
Body inbetween ball and partner
Bent knees for stability
Use foot furthest from partner to play the ball

Coaching Points:

Players to use different parts of their feet to move the ball – inside, outside, laces, sole, heel, toe.

Players to keep moving their heads up

25 Minutes Game:

End the session with 25 minutes of a small sided game. The game should resemble a real game, with 2 goals and 2 teams.

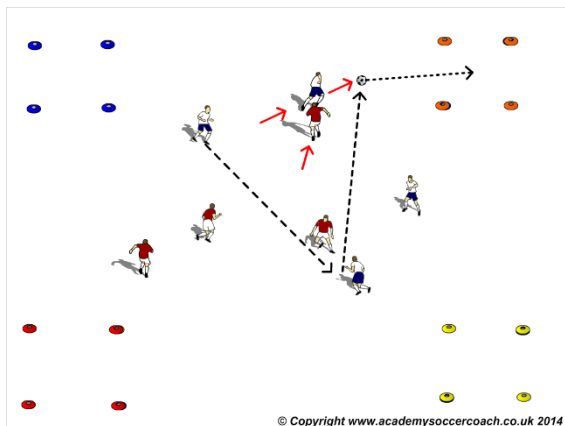
Week 2 Running with the ball.

This session is the first in a mini-series that focus on individual ball techniques.

15 minutes Warm Up:

- 7-12 years old keep ups and Coerver moves
- 13+ Fifa11 dynamic warmup

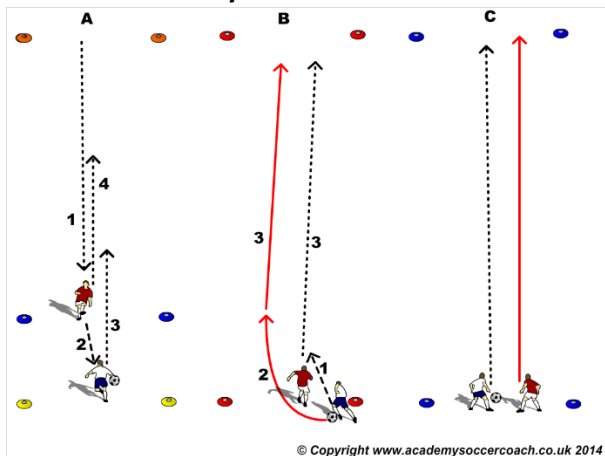
20 minutes Small Sided Game:



Set Up: Walk through one cycle of the game to demonstrate how it works. The players should see that if they dribble into the corner boxes they score a goal. The corners are safe zones.

Coaching Points: Make a couple of coaching adjustments to establish width and depth, as these are early principals to establish. Without them, the opportunities to dribble will be limited. Allow free play.

25 minutes Activity:



Coaching Points:

Players to take big touches into space.

Players must accelerate on the big touch

Players to keep scanning the field for space to run into

Running With the Ball

from: <https://www.youtube.com/watch?v=UFil9PeDiJc>

A)

1. Red player runs with the ball from the orange start line
2. At the blue cones red player passes to the white player
3. White player takes a touch out of his feet and runs with the ball back to the orange cones.
4. The red player races the white player back to the orange line, but must run back wards

B)

1. White passes to red
2. White overlaps red
3. Red and white race for the oppiste end line

C.

Both players race to the line. The player with the ball initiates the race.

Coaching Points:

Good first touch out of feet

Try to run without breaking stride

Can the attack run across the the chasing players path - draw a foul or make the defender slow down

25 Minutes Game:

End the session with 25 minutes of a small sided game. The game should resemble a real game, with 2 goals and 2 teams.

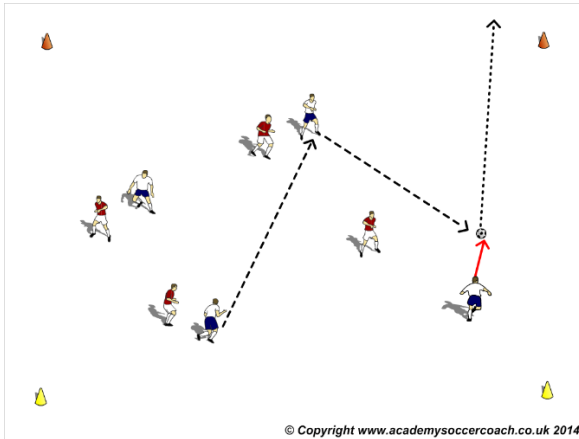
Week 3 1v1 Attacking

This session is the second in a mini-series that focus on individual ball techniques that are directly related to the game.

15 minutes Warm Up:

- 7-12 years old keep ups and Coerver moves
- 13+ Fifa11 dynamic warmup

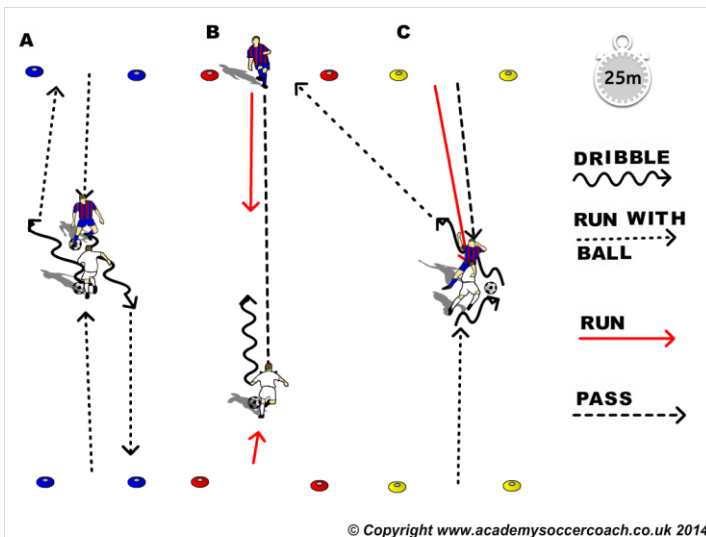
20 minutes Small Sided Game:



Set Up: Walk through one cycle of the game to demonstrate how it works. The players should see that if they dribble though the large goals as goal is scored. The field is deliberately wider than it is long to enhance the topic.

Coaching Points: Make a couple of coaching adjustments to establish width and depth, as these are early principals to establish. Without them, the opportunities to dribble will be limited. Allow free play.

25 minutes Activity:



1v1

- A) Both players dribble towards each other and perform the same move eg roll over, single scissors, double scissors, cruff etc
-The timing of the move is crucial here, and the direction eg if both players go right then they will crash into each other
- B) Defender passes to the white attacker. Attacker receives and they play 1v1. Attacker must beat his opponent and dribble through the red gate.
- C) The attacker now has the option to change which goal he attacks - eg change from yellow to red

Coaching Points

- a. Dribble straight towards your opponent keeping the ball close
- b. Choose the right moment to get them off balance by using a feint, shoulder drop or set over
- c. Accelerate away from the defender quickly

Coaching Points:

Players to point toe down and take small touches when facing an opponent

Change direction or pretend to change direction

Accelerate to escape the defender

25 Minutes Game:

End the session with 25 minutes of a small sided game. The game should resemble a real game, with 2 goals and 2 teams.

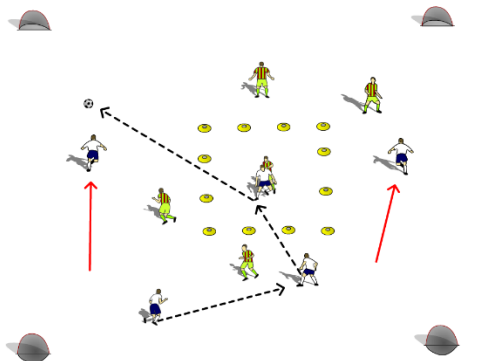
Week 4 Shielding the Ball

This session is the third in a mini-series that focus on individual ball techniques that are directly related to the game.

15 minutes Warm Up:

- 7-12 years old keep ups and Coerver moves
- 13+ Fifa11 dynamic warmup

20 minutes Small Sided Game:



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SSG Shielding

4v4/5v5 plus 2 players in the centre box
Team must use player in the middle box to score in oppositions pug nets.
Minimum 2 touch in the yellow box
Rotate centre players regularly

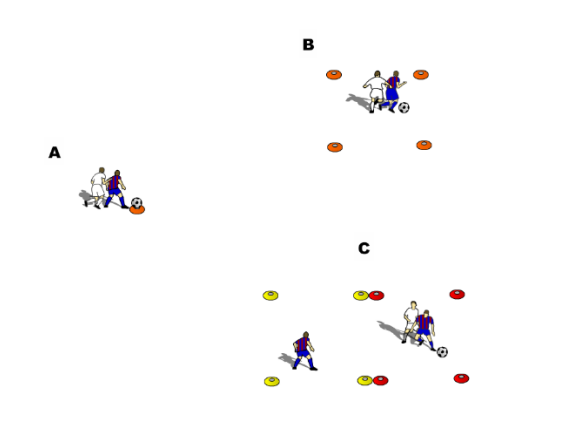
Progressions - Increase minimum touches to challenge shielding
Allow extra defender in the centre box to win the ball back

Coaching Points - Receiving with the front foot. Body between ball and opposition. Use furthest foot. Arms to make body bigger. Bent knees provide stronger stance.

Set Up: Walk through one cycle of the game to demonstrate how it works. The players should see that if they must use their target player in the yellow box before scoring.

Coaching Points: Make a couple of coaching adjustments to establish width and depth, as these are early principals to establish. Without them, the opportunities to dribble will be limited. Allow free play.

25 minutes Activity:



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Shielding 1v1

A. Player shields the ball on the cone.
B. Player shields the ball in the box
C. Player shields the ball and transfers to the adjacent box. Defenders follow the ball

Shielding Coaching Points
Body between ball and opponent
Body side on to ball and opponent
Knees bent to give stability
Use arms to make body bigger
Use furthest foot from opponent to play the ball - this may mean using weaker foot

Coaching Points:

Body between ball and opponent

Body position should be side on to opponent

Knees bent to give stability

Use arms to make body bigger

Use furthest foot from the ball

25 Minutes Game:

End the session with 25 minutes of a small sided game. The game should resemble a real game, with 2 goals and 2 teams.

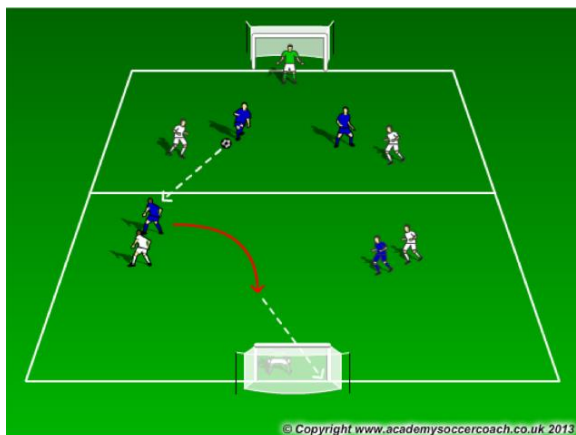
Week 5 Turning

This session is the fourth in a mini-series that focus on individual ball techniques that are directly related to the game.

15 minutes Warm Up:

- 7-12 years old keep ups and Coerver moves
- 13+ Fifa11 dynamic warmup

20 minutes Small Sided Game:



TURNING TO SHOOT SSG

5v5 game with 2 defenders and 2 attackers in each half. Defenders cannot be tackled to encourage forward passes. Attackers must look to turn quickly and create goalscoring opportunities.

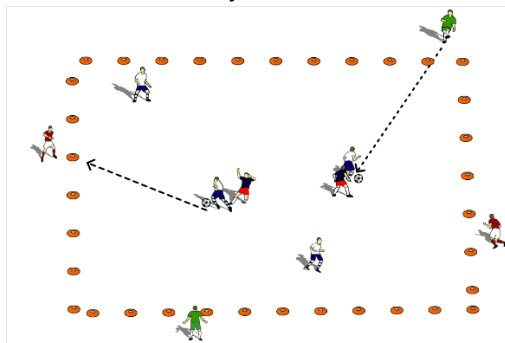
COACHING POINTS:

- Communication (verbal/non verbal)
- Quick turn
- Use of feints to throw defender off balance
- Good finish

Set Up: Walk through one cycle of the game to demonstrate how it works. Players should see that defenders have free passes in their own half.

Coaching Points: Make a couple of coaching adjustments to establish width and depth, as these are early principals to establish. Without them, the opportunities to dribble will be limited. Allow free play.

25 minutes Activity:



Turning and Passing Square

4v2 in the middle

Red and green servers play into white players

Blue defenders attempt to stop the whites from turning

CONDITION defenders - they should try to make white players play back to the player who passed to them

Progressions

Add defenders

Reduce Space

Mini game - Points System: 0 points for playing straight back to the server; 1 point for relieving and playing to a different coloured server; 2 points for turning and playing to the opposite server

Coaching Points

Can I turn? - Awareness of the space behind and around

How many touches do I need to turn? 0,1,2?

Different contact surfaces to turn

Turning touch out of feet to allow acceleration

Communication from servers - "Turn" "Man On"

Coaching Points:

Check should to see space

Decide quickly how to turn (0,1,2 touches)

Touch out of feet allows acceleration

25 Minutes Game:

End the session with 25 minutes of a small sided game. The game should resemble a real game, with 2 goals and 2 teams.

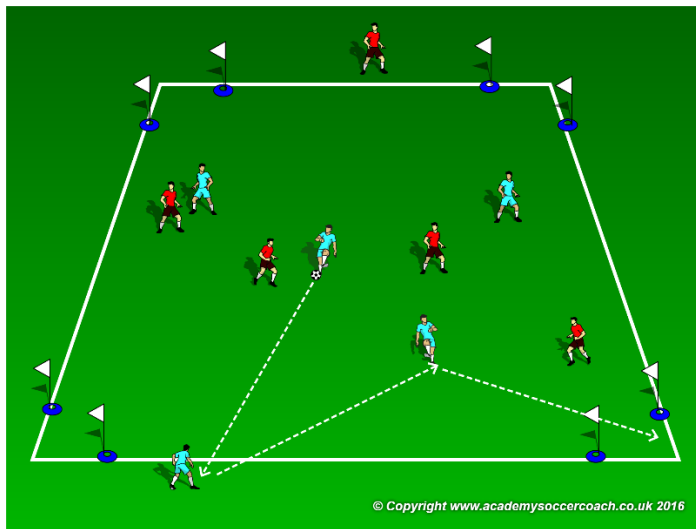
Week 6 Short Passing

This session starts to introduce actions that are not individually based.

15 minutes Warm Up:

- 7-12 years old keep ups and Coerver moves
- 13+ Fifa11 dynamic warmup

20 minutes Small Sided Game:

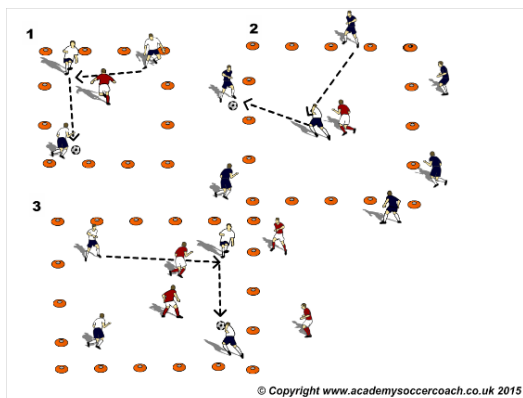


To improve technique and vision for angled passing.
Small sided game with angled side goals and a target player.
Teams seek to score after first finding target and getting a layoff.
The emphasis on looking to play forward on diagonals.
Good functionality for midfielder players.

Set Up: Walk through one cycle of the game to demonstrate how it works. Players should see to score they first must combine with end target players.

Coaching Points: Make a couple of coaching adjustments to establish width and depth, as these are early principals to establish. Without them, the opportunities to dribble will be limited. Allow free play.

25 minutes Activity:



Rondos
(8 players)
1. 3v1 - Spare corner in the grid to encourage pass and move
2. 1v1 plus 6. Use the outside supporting players to keep possession. High tempo, change middle players after 1 minute.
3. 4v2. If reds win possession and can play to their supporting players, 2 whites drop out.

Short Passing Coaching Points:
Accuracy
Correct weight
On the floor
Away from pressure
Top spin on the ball so it 'hugs' the ground

First Touch Coaching Points:
Soft feet
Assess space/pressure early
Play away from pressure

Coaching Points:

Accuracy of Pass

Weight of pass

Pass on the floor

Pass away from pressure

25 Minutes Game:

End the session with 25 minutes of a small sided game. The game should resemble a real game, with 2 goals and 2 teams.

Week 7 receiving the ball

This session links previous sessions – shielding, turning and short passing.

15 minutes Warm Up:

- 7-12 years old keep ups and Coerver moves
- 13+ Fifa11 dynamic warmup

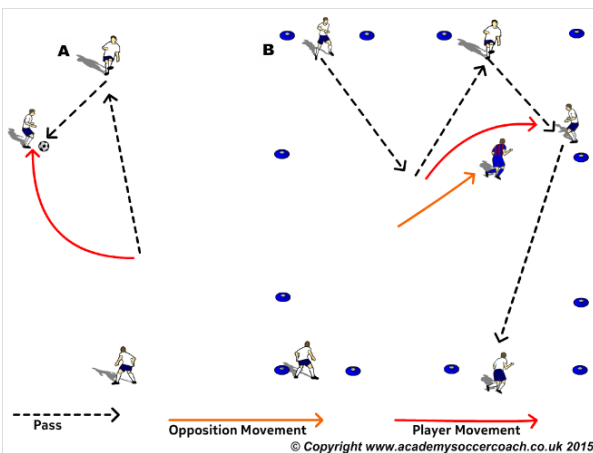
20 minutes Small Sided Game:



Set Up: Walk through one cycle of the game to demonstrate how it works. Players should see to score they first must dribble through one of the yellow gates to score.

Coaching Points: Make a couple of coaching adjustments to establish width and depth, as these are early principals to establish. Without them, the opportunities to dribble will be limited. Allow free play.

25 minutes Activity:



Passing and Receiving on the half turn

A. Middle player receives from the end and plays to the opposite side. Rotate middle player.

Coaching Points:
Create angles off the end player
Open body to see the field
Check shoulder for space
Quality of pass

B. 1v1 in the middle. Aim is to receive on the half turn to play forward. The player receives the first pass but can't play forward due to pressure. Movement and angles creates space on the second pass to play forward.

Coaching Points:

Check shoulder to assess space
Create angle off the end players
Open body to see the majority of the field
Positive 1st touch into space when available

25 Minutes Game:

End the session with 25 minutes of a small sided game. The game should resemble a real game, with 2 goals and 2 teams.

Week 8 Support Play

This session links previous sessions – short passing and receiving

15 minutes Warm Up:

- 7-12 years old keep ups and Coerver moves
- 13+ Fifa11 dynamic warmup

20 minutes Small Sided Game:



3v3 KILLER PASS GAME

Set up the pitch as shown above. Play 3v3 but no more than 4v4. Teams must combine and create opportunities for a killer pass to be played between the cones (across goal) for an oncoming attacker to score.

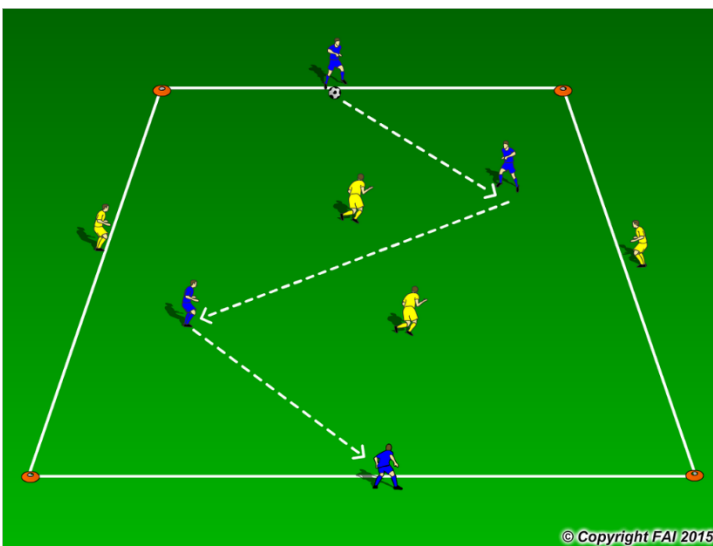
COACHING POINTS:

- Be an option, create space to receive
- Movement into scoring positions
- Weight/timing of pass

Set Up: Walk through one cycle of the game to demonstrate how it works. Players should see that to score they first receive a pass through one of the orange gates before scoring. Both teams can use all 4 goals to score.

Coaching Points: Make a couple of coaching adjustments to establish width and depth, as these are early principals to establish. Without them, the opportunities to dribble will be limited. Allow free play.

25 minutes Activity:



Coaching Points:

Supporting players must take up good angles to support

Supporting players must be a suitable distance away from the ball

Create passing lanes to receive the ball

Supporting players must move to support as the pass travels

Supporting players should be aware of other supporting players' positions

25 Minutes Game:

End the session with 25 minutes of a small sided game. The game should resemble a real game, with 2 goals and 2 teams.

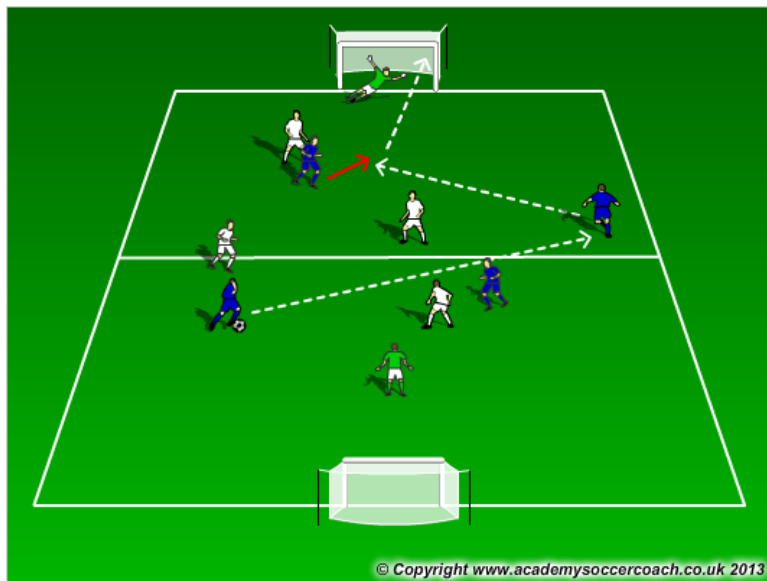
Week 9 Shooting and Finishing

This session complements Passing, Reviewing and Support sessions by adding the end product of scoring a goal.

15 minutes Warm Up:

- 7-12 years old keep ups and Coerver moves
- 13+ Fifa11 dynamic warmup

20 minutes Small Sided Game:

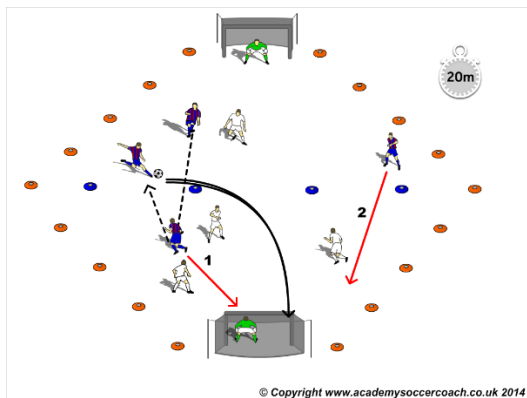


Set Up: Walk through one cycle of the game to demonstrate how it works. Players should see that they can only score with a 1 touch shot.

Make the field short to encourage shooting from all over the playing space.

Coaching Points: Make a couple of coaching adjustments to establish width and depth, as these are early principals to establish. Without them, the opportunities to dribble will be limited. Allow free play.

25 minutes Activity:



Coaching Points:

Shooting technique – finesse v power

Disguise shot

Shoot early to catch GK out

Follow up on rebounds

Shooting Analytical

The of the area should suit the needs of the players, but should be set up to encourage shooting from all positions on the field

3v1 in each half

Team must play to their striker before shooting

Progressions

1. The Striker Can follow up any rebounds

2. The team can use their striker to score, one or two other players may join in to make 3v3 or 2v3

3. Progress to a normal 4v4 game with no restrictions

Coaching Points

Plant foot beside ball, head down, knee over ball, toe pointed down, contact ball with laces or instep if placing the ball

Strikers to be following up on any rebounds etc

Use of fake shot to draw defenders and feed the striker

25 Minutes Game:

End the session with 25 minutes of a small sided game. The game should resemble a real game, with 2 goals and 2 teams.

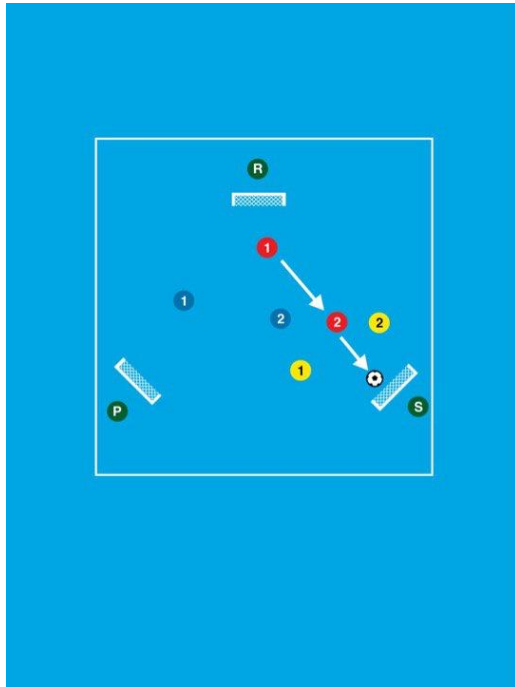
Week 10 1v1 Defending

This session is placed at the end of the program to complement all the attacking work that has been done.

15 minutes Warm Up:

- 7-12 years old keep ups and Coerver moves
- 13+ Fifa11 dynamic warmup

20 minutes Small Sided Game:



Rock Paper Scissors 2v2v2

This game mirrors ROCK PAPER SCISSORS in that each team has an opponent who is particularly dangerous to them.

SET UP & EQUIPMENT

Three teams (2v2v2 or 3v3v3)

Three goals (quite close together)

Match ball

HOW IT WORKS

each team are nominated either ROCK, PAPER OR SCISSORS. So in the diagram the blue team are PAPER, the red team are ROCK and the yellow team are SCISSORS.

The teams compete against each other but can only score in one of their opponent's goals. So PAPER can only score in the ROCK goal, ROCK can only score in the SCISSORS goal, and SCISSORS can only score in the PAPER goal (as in the version of ROCK, PAPER, SCISSORS). In the diagram the ROCK team are shown scoring in the SCISSORS goal.

Own goals count but a goal in the wrong doesn't (e.g. The ROCK team scoring in the PAPER goal wouldn't count.)

Which team scores the most goals?

But also observe;

Do the teams defend differently depending on which team has possession? E.g. Do the PAPER team press more when the SCISSORS team have the ball and sit off more when the ROCK team the ball (or do they try and steal it so they can attack the ROCK goal quickly?).

If a team is winning (e.g. ROCK) does the PAPER team decide to help SCISSORS defend their goal?

OPTIONS, PROGRESSIONS AND VARIATIONS.

after a goal allow players to go back to their goal for a time out. The coach then plays the ball to one team to restart.

Have a floating player that plays for the team in possession or for the team that is losing.

Use GKs - one for each goal, or two to cover the three goals between them.

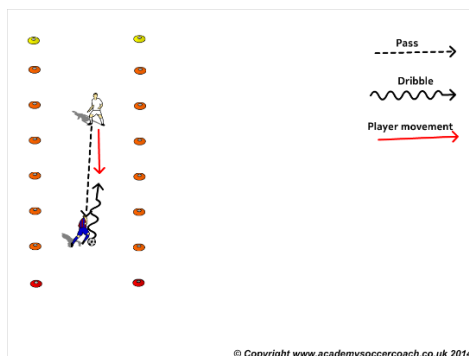
Use equipment behind each goal to represent that team (e.g. A ball is behind the ROCK goal, two poles crossed is behind the SCISSORS goal, and a bib is tied to the PAPER goal).

@SoccerIQ

Set Up: Small sided game based on Rock-Paper-Scissors. Walk through how each team scores with the players.

Coaching Points: Make a couple of coaching adjustments to establish pressure from the closest defender.

25 minutes activity



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Defending 1v1

Set Up

White defender serves to blue attacker
Blue attacker attempts to dribble through the yellow gates
White defender aims to win the ball and play it out

Key Factors

1. Close down quickly - you may take advantage of a poor first touch
2. Curve run to force attacker to weaker side
3. Get there quickly - but slow down on approach. Big steps then small steps
4. Defender must be side on when facing the defender. Bent knees, arms length away from the attacker. The correct distance will force the attackers head down
5. Defender must pivot on their back foot to keep the ball in front of them.
6. Defender should keep his eyes on the ball - ignore the attackers feet, hips etc
7. Defender must now be patient, jockey the attacker and wait for the best opportunity to win the ball.
8. Force the attacker to on side (see 2), making them predictable. Arms out into mid-riff as they try to pass and step across their body
9. Use the sideline as a second defender

Coaching Points:

Approach quickly

Apply pressure

Be patient to force an error

Win the ball after attacker's mistake

25 Minutes Game:

End the session with 25 minutes of a small sided game. The game should resemble a real game, with 2 goals and 2 teams.