

# Session Plan One

## U6/ 8 Football

By Monaghan Coaching & Games Development Staff

Theme of Session:

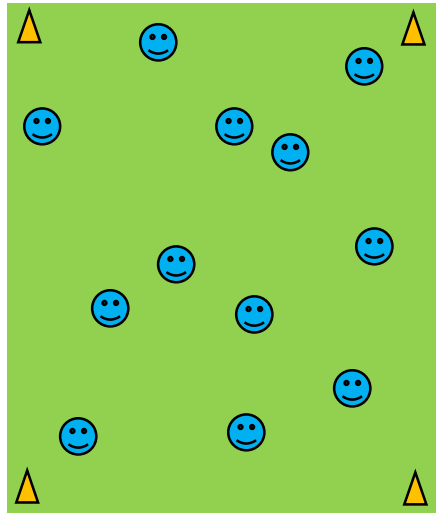
Ball Familiarisation

Teaching Points/ Key Words

- change direction
- head up
- Use Animals as examples of movements to use.

1

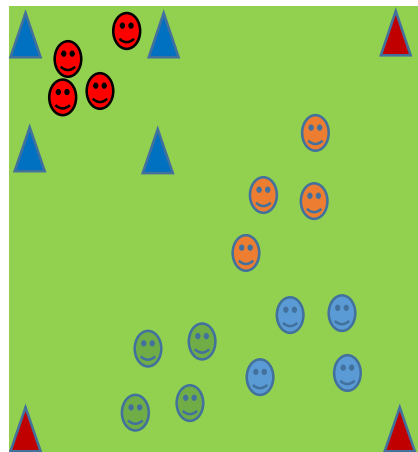
### WARM UP: General Mobilisation



- Children move around the square in different directions.
- Ask the children to perform different movements such as Side to Side, Heel Flicks, High Knees, Knee Up & Out, Knee Out & In, Backwards (walking), hopping,

2

### Pulse Raiser: Spiders & Flies



- Divide group into teams of 4/ 5 players.
- One of the teams is the Spiders (Reds).
- The rest of the teams are the flies (Orange, Blue & Green)
- Spiders have 45 seconds to catch as many flies as possible.
- Spiders take caught flies to their 'Web' which can be seen with blue cones.

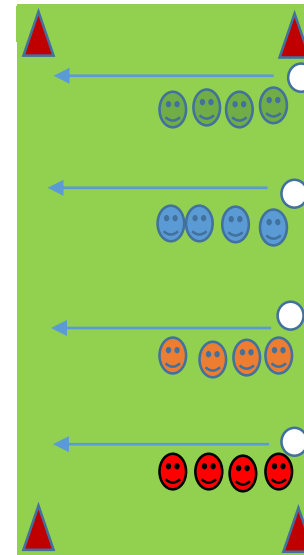
- head up
- stay inside square
- work as a team
- make it competitive (Which team can catch most flies)

Teaching Points/ Key Words

- Wide Fingers
- Eyes on ball
- Hug Ball
- Big Hands Catch

3

### Speed/ Skill Development: Human Tunnel Ball



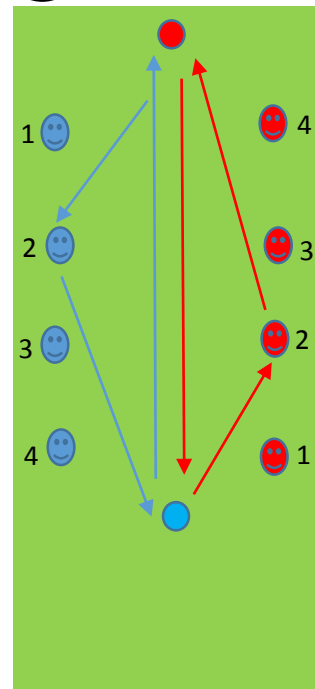
- Keep teams in same teams as previous game.
- Each team forms a line as shown.
- First child at the front of each team has a ball.
- First child passes the ball down the line by handing the ball to next player in line (throwing not allowed).
- Once a player hands ball over, they sprint to back of line.
- Team that gets all members over line 1<sup>st</sup> wins.

#### Variations

- Pass Ball Overhead
- Pass Ball Under Legs

4

### Fun Game 1: Switch Ball



- focus
- Carry ball in both hands
- Only award point if ball is set in hula hoop

- In same teams, set up following game twice. (Blue vs Red, Orange vs Green)
- Give players on each team a number in exact sequence as shown (1-4)
- Coach calls number (3) and the no. 3 from each team follows arrows as shown, they pick up ball and set it down on opposite side.
- Player that gets back to start position 1<sup>st</sup> wins team a point.
- Team with most points at end wins.

#### Variations

- players bounce ball at least twice
- players throw to two of their team mates
- players weave in and out through team

Teaching Points/  
Key Words

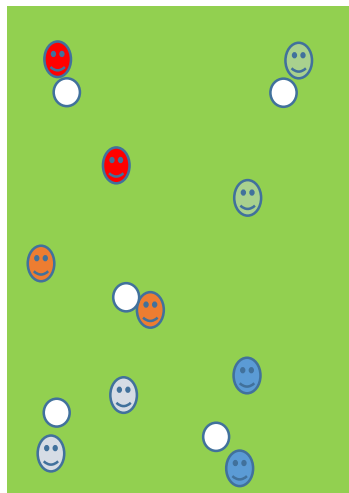
Head: Eyes  
on the ball

- Big Hands  
Catch

Feet: One  
foot  
forward,  
One behind

5

### **Skill Card: Ball Familiarisation Underarm Throw & Body Catch**



- Ball Familiarisation**
1. Underarm throw & Body Catch  
Stationary – Walk – Jog
  2. 10 Up Catch – player throws ball up & catches 10 times in a row.
  - 3.. Throw Ball up, clap hands and Body Catch
  4. Figure 8 around the legs.
  5. Circle ball around body.
  6. Hand Bouncing
  7. Hand Bouncing on the move.

Teaching Points/  
Key Words

- Eyes on  
the ball

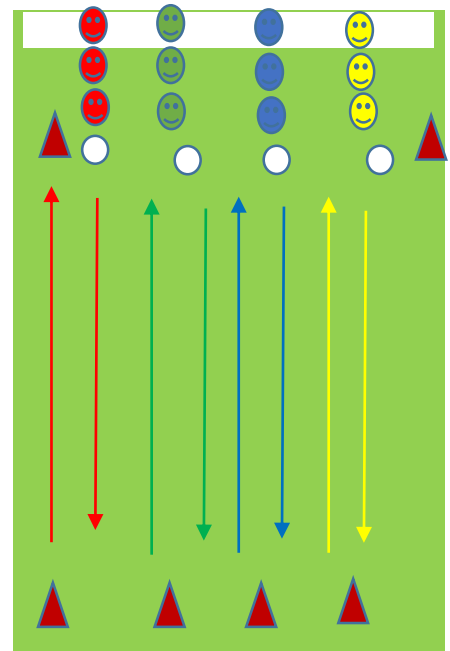
- Bounce  
ball in front  
of yourself

- Look at  
target

- bring ball  
into body  
after  
catching  
(digger/  
hug)

6

### **Game 2: Fun Relay Races**



- Divide into groups of maximum of 3.
- Teams in a line, first person in line with a ball
- First person runs out and bounces ball out and around cone 10 M out
- Player comes back and underarm throws to next player who catches and repeats
- Each player goes 5 times
- Use Ball Familiarisation exercises from previous drill.

- Variations**
- Players throw ball up and catch
  - Players roll ball out to cone
  - Players roll ball out with strong hand and back with opposite hand

# Session Plan Two

## U6/U8 Football

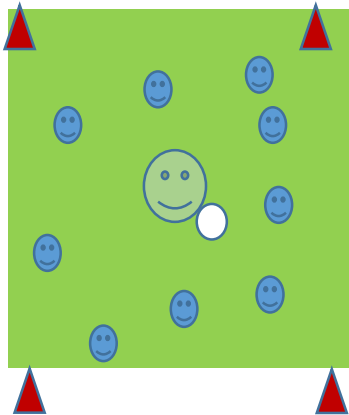
By Monaghan Coaching & Games Development Staff

### Theme of Session: Kicking One

Teaching Points/ Key Words

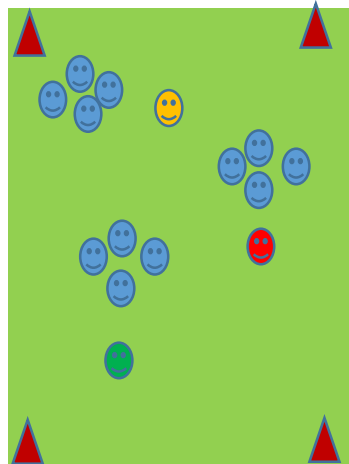
- Head up
- Eyes on coach

#### 1 General Mobilisation: Coach Tag



- Coach in centre has ball; Calls various commands such as high knees; flick heels; side-to-side; skipping; jump for height; jump for distance
- Coach puts ball over head, players must exit square as quickly as possible
- Coach puts ball behind back and players come back into square

#### 2 Pulse Raiser: Circle Tag



- Divide children into groups of 6; numbered 1-6
- 1-5 join hands in a circle; 6 stays out
- 1 tucks bib into side of shorts
- No. 6 then attempts to get tail off one.
- Circle are allowed to move around while holding hands to prevent chaser getting the tail. Chaser not allowed to go inside of circle.

- On balls of the feet
- Work as a team
- Quick feet
- 

Teaching Points/ Key Words

-Call Name

Head: Over the Ball

Hands: Use for balance

Feet: Using inside of foot when dribbling

#### 3 Speed/Skill Development: Kick Relay

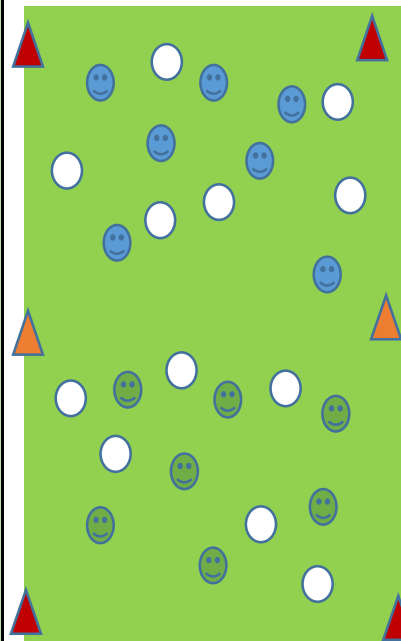
- Two Teams
- Players dribble ball up to cone and kick ball to next player
- First team to have each player gone 5 times is the winner

**Progression**

- Pass using non-dominant foot
- Punt Kick Relay

### Main Body of Session Whole/ Part/ Whole Method

#### 1 Game 1: Empty the Square



- Two Teams
- High Number of balls in each half of a court
- Aim is for players to empty their half of the court of footballs

**Variations**

- Use of non-dominant foot only
- Player who receives ball must play a one-two with a team mate before returning the ball

**Progressions**

- Increase size of squares
- Introduce punt kick into space

-Focus on looking for space

-Follow through with foot when kicking

Teaching Points/  
Key Words

Head: Eyes  
on ball

Hands: Ball  
rolls off the  
shelf

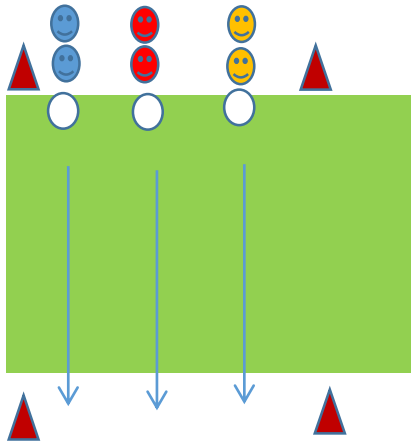
Feet: Kick  
through  
ball with  
laces

2

### Skill Development: Kick Fada

- Get players into their pairs on a start line, with one ball between them.
- Player 1 in each pair kicks the ball out as far as he/she can
- Player 2 then kicks as far as possible from the position the ball landed.

How many kicks does it take to get to a certain target?



3

### Skill Development – Catch & Kick if You Can

- 1. Look at  
target

- 2. Head:  
Focus on  
Ball

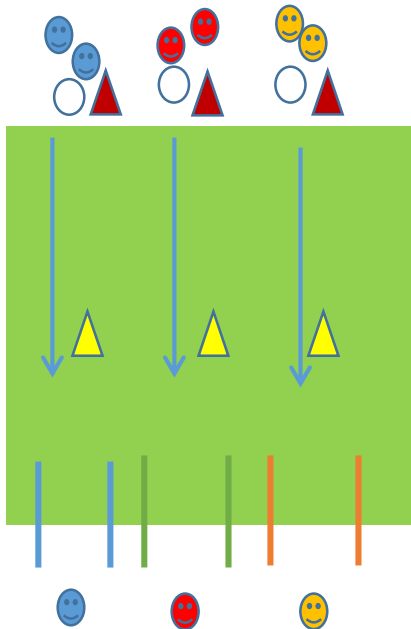
Hands:  
Both hands  
on Ball,  
drop to  
foot

Feet: Kick  
with laces,  
toe down

- Divide players into groups of 3
- One player stands behind goals as shown.
- Player at start of line carry's ball until yellow cone.
- At yellow cone player attempts to kick the ball through the poles.
- Player behind goals gets ball and joins group behind red cone.
- Player that kicked the ball, replaces player behind the poles

#### **Progressions**

- Second player applies 'token pressure to kicker



Teaching Points/  
Key Words

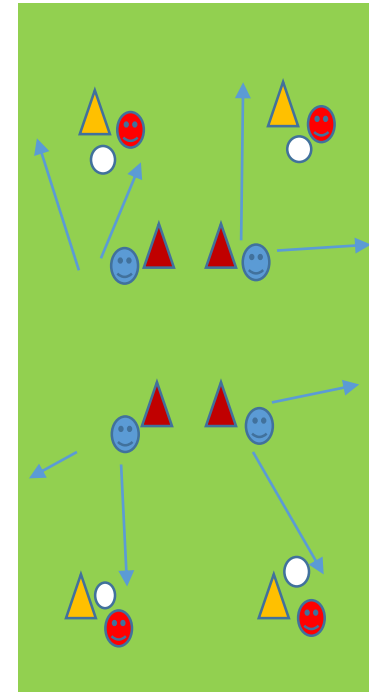
-Look for  
space

-Kick ball  
into the  
space

4

### Game 2: Kick Rounders

- In Pairs (Red & Blue)
  - Red Player handpasses/throws ball to Blue Player
  - Blue Player kicks ball as far as possible in any direction. Blue Player completes as many shuttle runs as possible between the red and orange cone as possible until Red player touches ball on orange cone
  - Blue Player kicks three times and then changes with opposite Red Player
- Progression**
- Use non-dominant foot
  - Introduce second player on fielding team and introduce team play



# Session Plan Three

## U6/ U8 Football

By Monaghan Coaching & Games Development Staff

Theme of Session:

Hand Pass

Teaching Points/ Key Words

- Don't follow anyone

- Introduce idea of finding own space

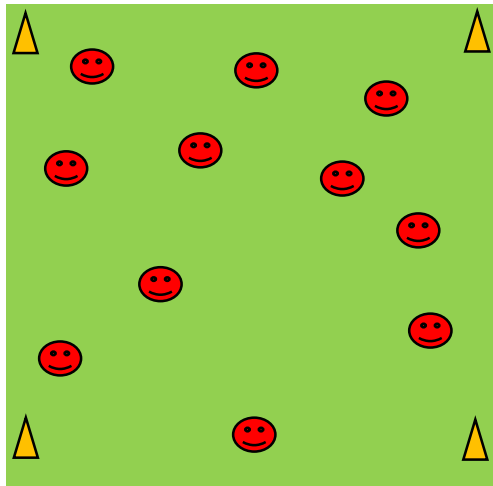
- Timing of run

- Max stay of 3 seconds in Den after coaches call

1

### WARM UP

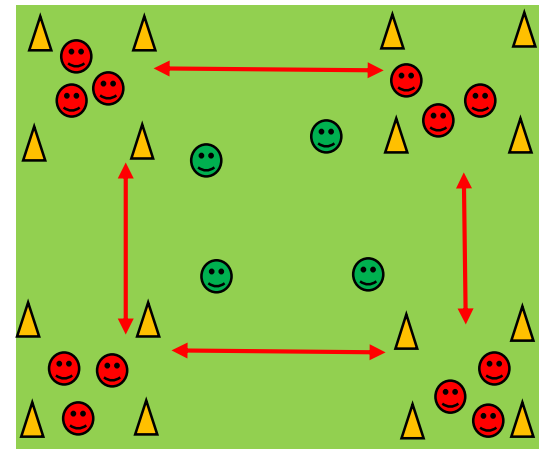
#### General Mobilisation:



- Children move around the grid in different directions.
- Ask the children to come up with different ways of moving. Use animals as examples.
- Try to get them to move in double legged, single leg, hopping, skipping movements.

2

#### Fun Chasing Game: Cats & Mice



- Cats (green) have to try & catch the mice (red).
- The 4 squares are the mice dens, a cat cannot enter the dens.
- On the coaches call all the mice have to move to a different den.
- If a mouse catches them they become a mouse.

Teaching Points/ Key Words

#### Head

- Eyes on ball

#### Hands

- Lean Forward

- Strike through middle of ball using palm of hand

#### Feet

- Opposite foot forward to striking hand

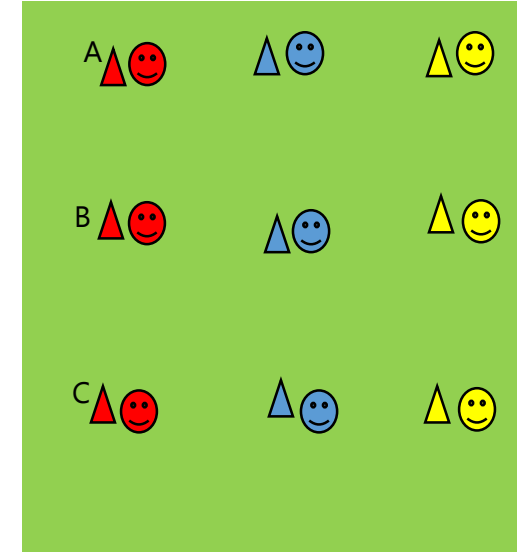
- Head Up looking for teammate

- Talk to each other

- Signal where you want the ball to go

3

### Skill Introduction: Hand Pass

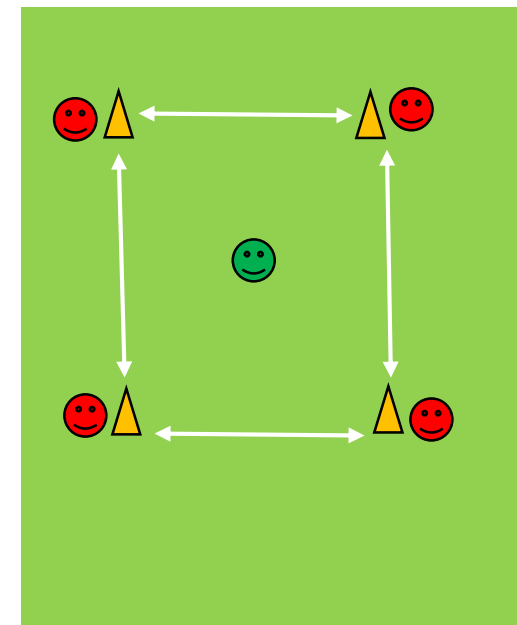


- Players divide into groups of 3, with 1 person stationed at either cone A, B or C.
- A & C both have a ball.
- B runs towards A. A hand passes to B. B returns the pass to A.
- B then turns and runs towards C and repeats the process.
- Switch roles
- Progression
- How many passes inside 1 minute.

### Main Body of Session Whole Part Whole Method

1

#### Whole Part One: Piggy in The Middle

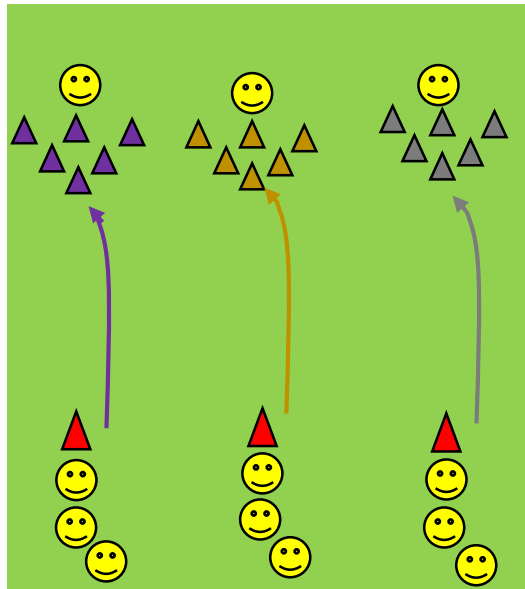


- In groups of 5 (Use grid from Cats & Mice).
- 4 Players at outside cones, with One player in the middle.
- Players on outside have a ball and pass between each other.
- Player in the middle is trying to intercept the ball.
- Player keeps account of how many interceptions they get.
- Every player gets a go in the middle.

Teaching Points/  
Key Words

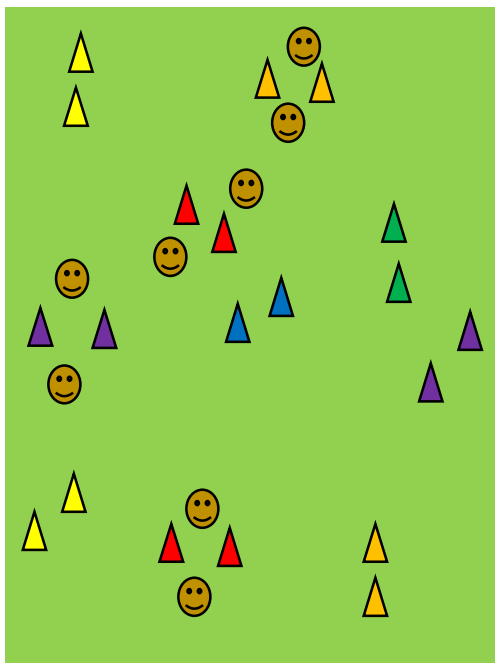
- Follow through (in direction of bowling pins)
- Lean forward
- Head over ball

2 **Part Game One: Bowling (Beginners)**



- Players get into groups of 4 and line up as shown with 3 behind cone and one behind 'bowling pins'.
- Players at cones take it in turn to roll the ball underarms at the bowling pins, trying to knock as many down as possible.
- Player behind bowling pins, rolls the ball back to the group for next person to go.
- Switch roles.

3 **Part Game Two: Through the Goals**



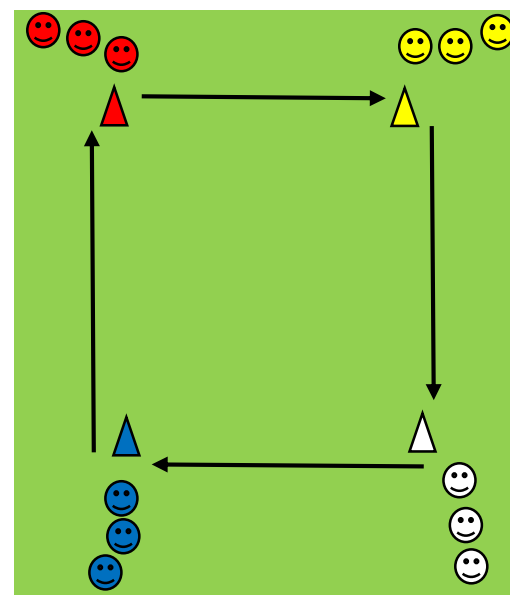
- In partners players have to hand pass the ball through a set of goals to their partner.
  - After they have completed the pass, they move to a different set of goals.
- Progression**
- How many completed pass in one minute.
  - Make it a double pass for each goals (Player passes to partner, partner pass the ball back.
  - Non dominant hand

- Head Up, looking for free goals

Teaching Points/  
Key Words

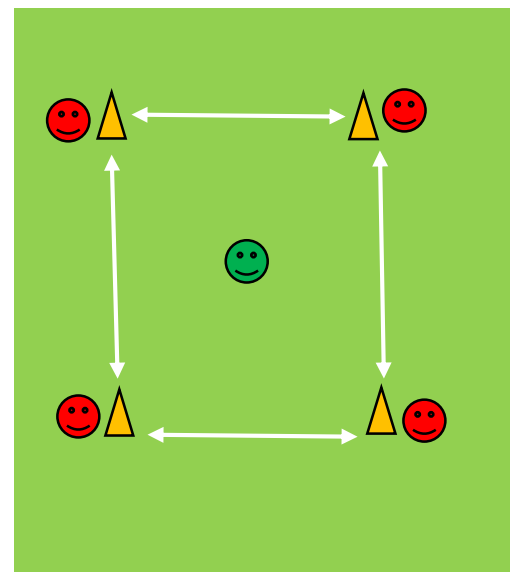
- Players not running stand back from cone, to give other players a chance of running around cones.

4 **Part Game Three: Around the Square (Relay)**



- Divide group into 4 teams as shown.
- One ball per group.
- One player from each team starts the race.
- They run with the ball in the direction shown around the grid.
- When they make it back to own group, player hand passes they ball to next player in line to go.

5 **Whole Game Two: Piggy in the Middle**



- Same as Whole Game One.
- Variations**
- Players on outside cones can move along the line, instead of just staying at their cone.
  - If a players pass gets intercepted, they become 'Piggy in the Middle'

- Better execution than first time.
- Players moving, not staying at cone.

# Session Plan Four

## U6/ U8 Football

By Monaghan Coaching & Games Development Staff

Theme of Session:

Kicking 2/ Shooting

Teaching Points/ Key Words

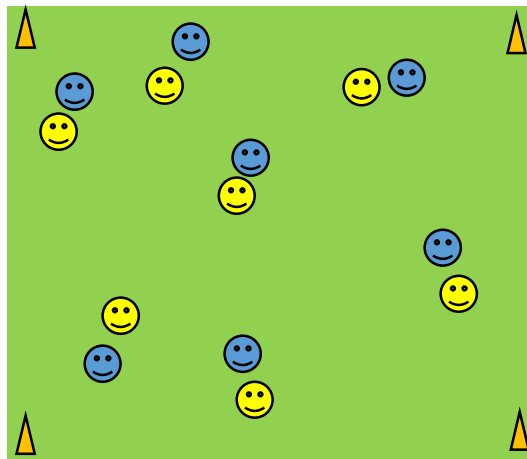
- Let kids decide different movements themselves

- stay inside playing area

1

### WARM UP

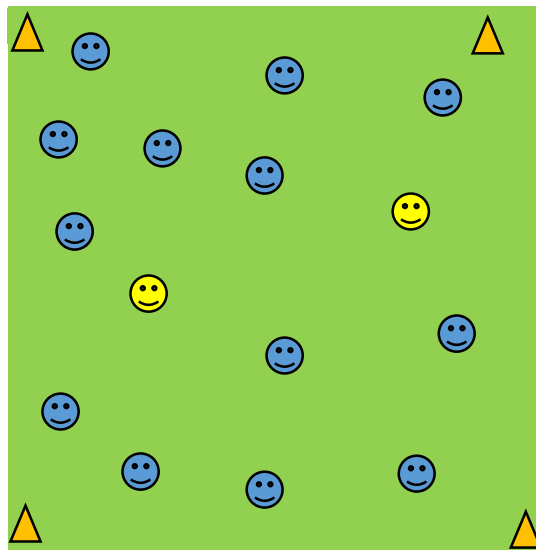
#### General Mobilisation: Shadow Run



- In partners, (yellow & blue).
- Yellow is in control.
- Blue has to follow yellow everywhere he goes.
- Encourage yellow to move in different 'fun' ways. Blue has to copy them.
- Swap roles.

2

#### Chasing Game: Toilet Tag



- Two players are the taggers, remaining players can be caught.
- If a player is tagged, they have to go into the squat position with one of their arm straight out to the side
- They can be released with a free player pushing their hand down (Flushing the toilet).
- Change taggers.

Teaching Points/ Key Words

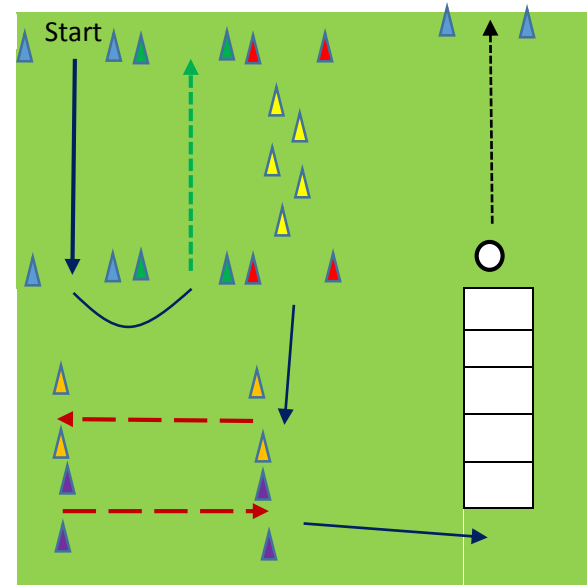
- Knees Up
- Plant Outside Foot
- Use arms
- Quick Feet

- Split group in even numbers with each group going through the different stations set up.

- Eyes On Ball
- Close Control

3

### Speed Development & Skill Introduction: Kicking

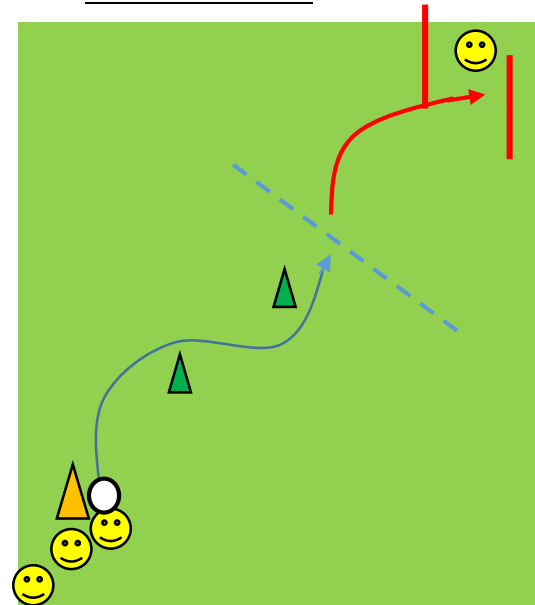


- Players move through the following grid. Colours show you movement should be used
- Forward
- Backward
- Side to Side
- ▲ Slalom through
- Players go through ladders (hop-scotch) and attempt to kick ball through cones to finish exercise.

### Main Body of Session Stations Method

1

#### Dribble & Shoot

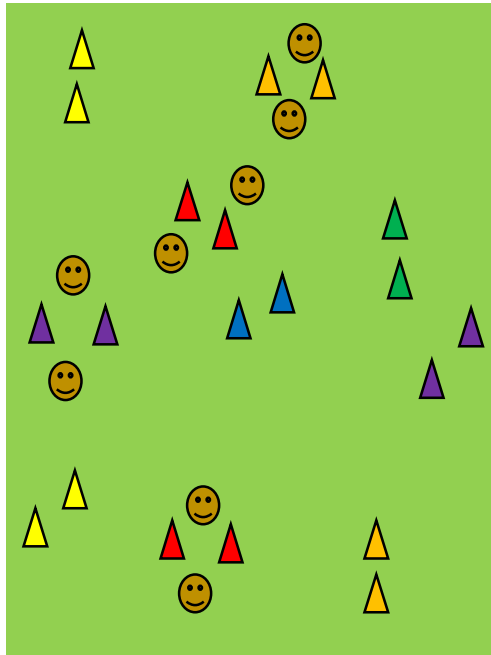


- Player at orange cone dribbles the ball around green domes.
- When they reach blue line, they stop/ trap the ball
- Player then strike for a goal between 2 red poles.
- Player behind goals picks up ball & joins the back of cue at orange cone.
- Player that kicked ball goes behind poles.

Teaching Points/  
Key Words

- Pass & Move
- Call Name

## 2 Through the Gates

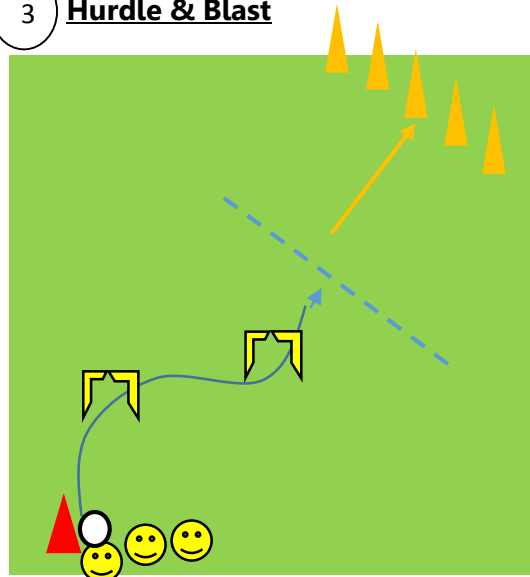


- In partners players have to kick pass the ball through a set of goals to their partner.
- After they have completed the pass, they move to a different set of goals.

### **Progression**

- How many completed pass in one minute.
- Make it a double pass for each goals (Player passes to partner, partner pass the ball back).

## 3 Hurdle & Blast



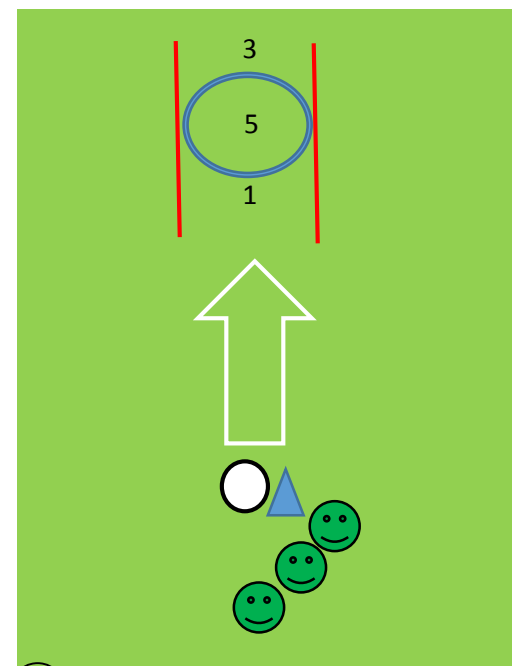
- Player at red cone dribbles a small ball under the hurdles as shown.
- When they reach blue line they pick up the ball.
- They attempt to knock down one of the tall cones placed in front of them.
- They collect their ball and rejoin group at the start.

- Close Ball Control
- Eyes On Ball
- Aim For Back Of Cones.

Teaching Points/  
Key Words

- Toe Down
- Head Down Eyes On Ball
- Face Target

## 4 Wall/ Goal Targets

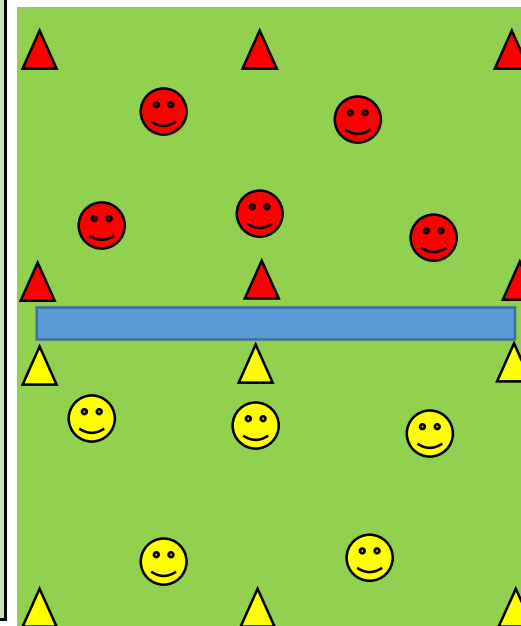


- Use wall to mark out targets or hoops attached to poles.
- Players take it in turns to punt kick the ball at the target hoop behind the cone.

### **Progression**

- Use weak foot
- Move kicking distance closer/ further away from wall depending on level of group.

## 5 No Man's Land



- Two teams.
- Players attempt to kick the ball over the river (blue area) into other team's area.
- Team gets awarded one point for every time they kick the ball into the other team's zone.

- Head Up
- Look For Space
- Pick Target
- Make sure all players get a chance to kick the ball.



# Session Plan Five

## U6/ 8 Football

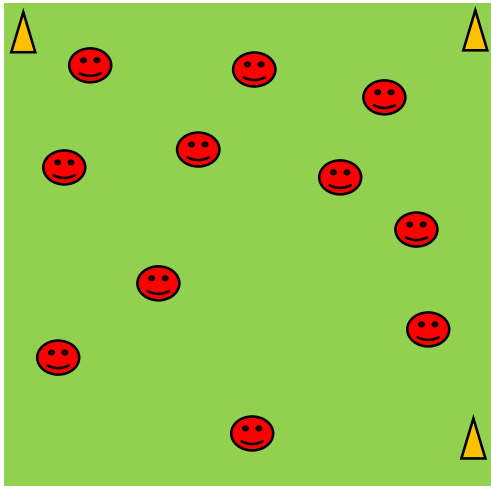
By Monaghan Coaching & Games Development Staff

### Theme of Session: Handling

Teaching Points/ Key Words

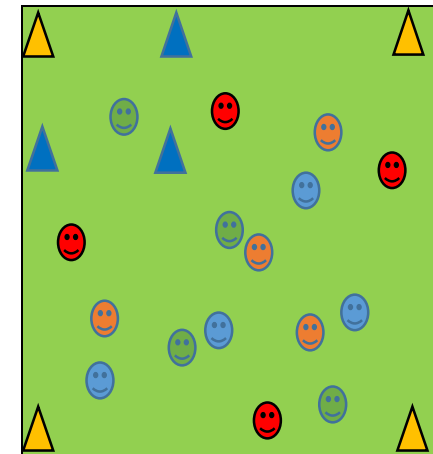
- Don't follow anyone
- Introduce idea of finding own space

#### 1 WARM UP: General Mobilisation



- Children move around the grid in different directions.
- Ask the children to come up with different ways of moving. Use animals as examples.
- Try to get them to move in double legged, single leg, hopping, skipping movements.

#### 2 Chasing Game: Tail Tag



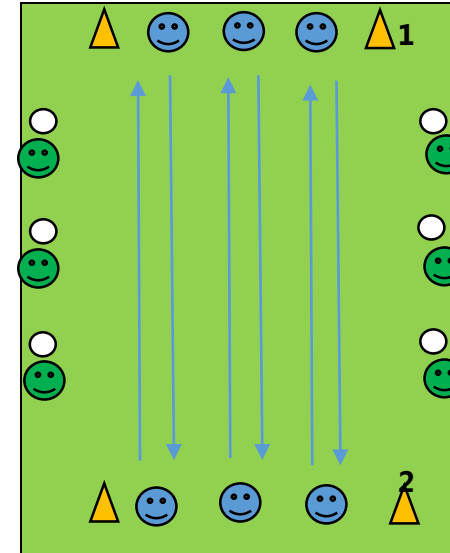
- Every child has two bibs each.
- Games lasts for 1 minute.
- See how many bibs you can get off other players in that one minute.
- You must go to the den (blue square) when you get a bib, put it on & return to field of play.
- If you lose both your bibs you can continue getting other children's bibs.

- Heads Up
- Find Space
- Stay Inside Space

Teaching Points/ Key Words

- Throw the ball underarm
- time run

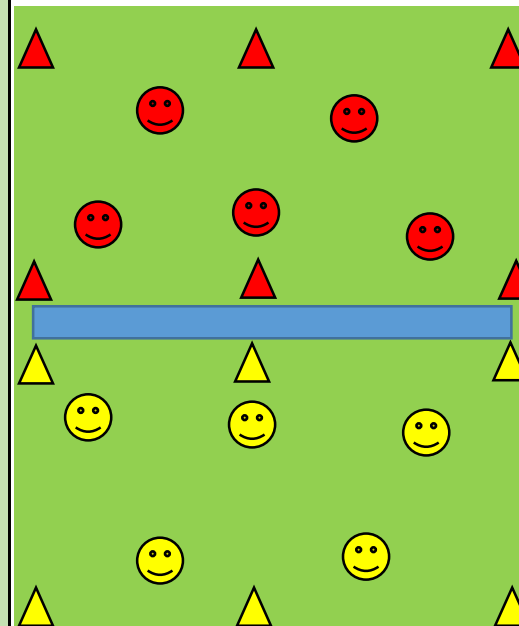
#### 3 Fun Game: Roller Ball



- 6 Throwers (Green) stand in position shown.
  - Everyone else lines up in 3's between orange cones (Blue).
  - On coach's whistle, blues have to run from 1 to 2.
  - Greens throw the ball at the blues as they run by.
  - If blue is hit, player loses a life.
  - If hit 3 times you are out.
- Note:  
Only use soft balls & throws below the waist only allowed.

### Main Body of Session Whole/ Part/ Whole Method

#### 1 Whole One: Over The River



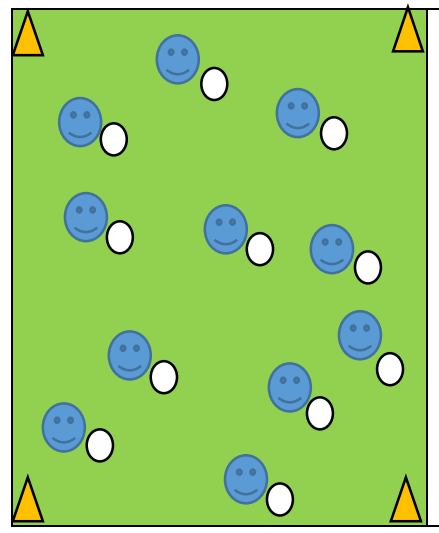
- Divide group into two even teams.
- Red start with the ball. One player from Red attempts to throw the ball 'over the river'.
- If player from opposite team (yellow) catches the ball, yellow team gets one point.
- But if ball is dropped/ hits the ground, red team gets a point.

- bucket
- hug
- digger
- call name
- everyone gets a go throwing the ball

Teaching Points/  
Key Words

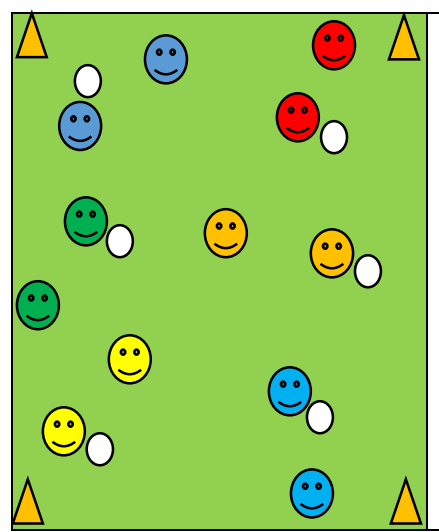
- catch in bucket
- hug ball

2 **Part One: Individual Body Catch**



- Each player gets a ball.
  - Player throws up the ball in the air and body catches the ball while static.
  - Competition to see how many catches player can get in a row.
- Progression**
- Player have to attempt different actions before attempting body catch
  - clap hands once
  - clap hands twice
  - touch knees & head
  - touch toes

3 **Part Two: Partner Body Catch**



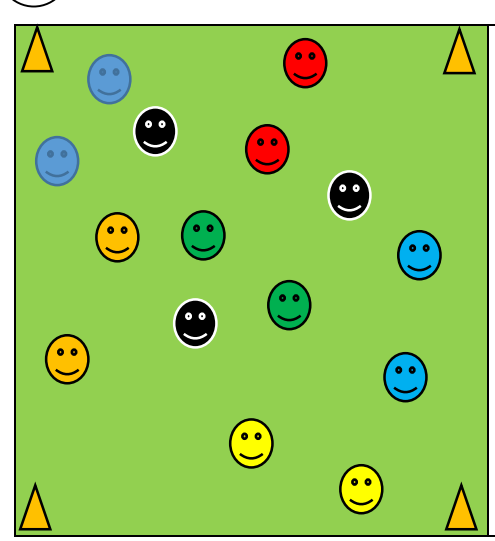
- Each player has a partner with one ball between them.
- They throw the ball to each other, using the body catch to catch the ball.
- After player throws the ball they have to move to different area of the grid.
- Each pair has 3 lives, if they drop the ball, they lose one life.
- Once partners lose all 3 lives, they are out.

- bucket
- digger
- hug
- call name

Teaching Points/  
Key Words

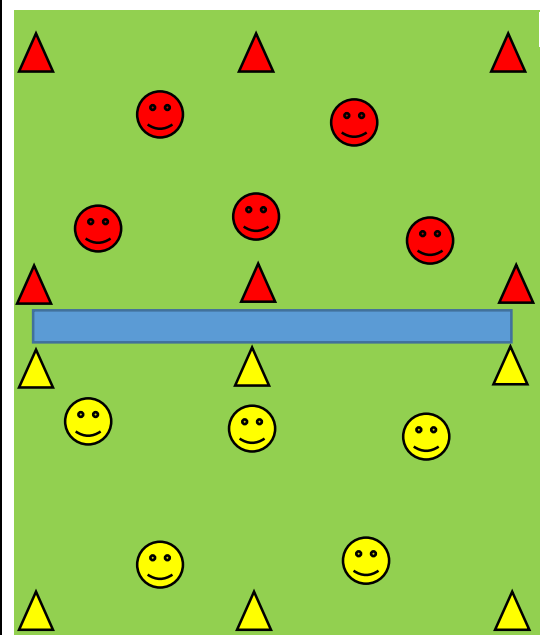
- head up
- keep on the move

4 **Part Three: Spoil the Catchers**



- Pairs throw & catch the ball just as the exercise before.
- 3 players are spoilers (black)
- They can intercept the ball while it is in the air.
- If the ball hits the ground, both players are out.

5 **Whole Two: Over The River**



- Same game as Whole One.
- Progression**
- Use 2 balls at the same time.
  - Everyone must have bucket ready.
  - Introduce a 'spoiler' into each zone.

- bucket
- hug
- digger
- call name
- everyone gets a go throwing the ball

# Session Plan One

## U10/ 12 Football

By Monaghan Coaching & Games Development Staff

### Theme of Session: Near Hand Tackle

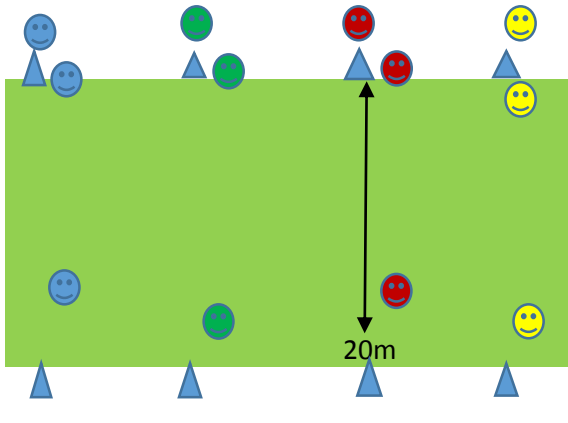
Teaching Points/ Key Words

- Elbows Back
- Balls of Feet
- Looking straight ahead at fixed target

- focus on using arms/ legs/ head in correct manner.

### WARM UP

#### 1 General Mobilisation: Focus on Running Technique



1. Jog (Out/ In) x2
2. Side to Side (Out/ In) x2
3. Skip (Out)/ Skip for Height (In) x2
4. 50% Sprint (Out)/ Jog (In) x2
5. 80% Sprint (Out)/ Jog (In) x2

#### 2 Dynamic Stretches

- Hip Out - 5 times each leg
- Hip In - 5 times each leg
- Touch Toes - 5 times each leg
- Double Leg Bridge - 8 times
- Forward Lunge - 5 times each leg
- Squat - 8 times
- Hamstrings - 5 times

Teaching Points/ Key Words

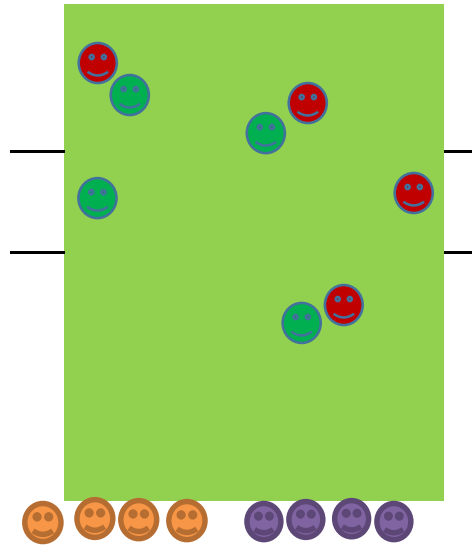
- Activate core
- Find Own Space
- Work as a team
- Shooting from the right areas

#### 3 Strength Exercises: Partner Work

- 1 Help Ups 1. on the ground. 2. helps him stand up using left or right hand only.
- 2 Knee Tag Partners always face each other & objective is to try and slap partner's knees.
- 3 Let's Push Partners push against each other (shoulder area) & try to move partner backwards.
- 4 Mess The Hair Partners grab each other's arms & try to ruffle the hair of partner.

### Main Body of Session Whole Part Whole Method

#### 1 Whole Game One: Winner Stays On



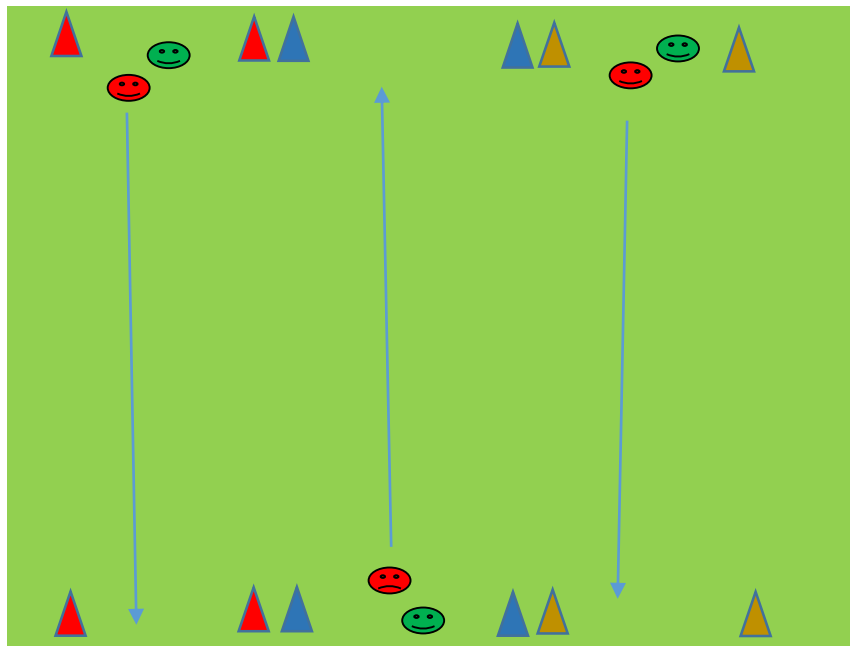
- 4 vs 4 (can change depending on numbers).
- Goals Only
- First Goal Wins
- Winners Stay On/ Losers Off
- The team coming on get possession of the ball.
- Near Hand Tackle Condition; If team execute **2 successful NHT's** in that game, that team automatically win game

Teaching Points/  
Key Words

- Shoulder to shoulder
- Eyes on Ball
- Use near hand
- step across
- push ball to your advantage

2

**Part Game 1: Near Hand Tackle – Tackle Alley**



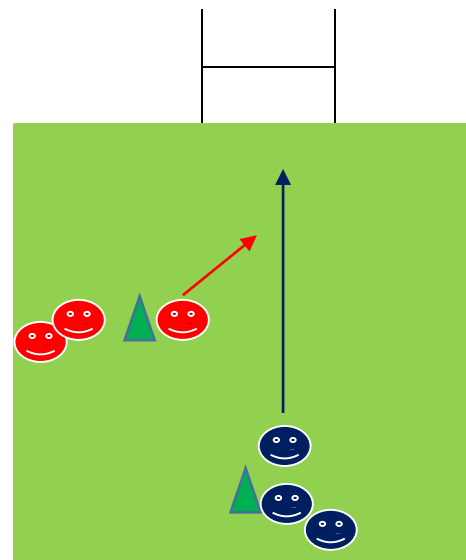
- Red has ball and solos the ball in a straight line until end of alley
  - Green tracks run and tries to execute the NHT before A reaches end of alley.
  - At the start its important red allows himself to be tackled & doesn't protect the ball.
  - Swap Roles
- Progression**
- Walk. Red walks through channels.
  - Jog. Red jogs through channels.
  - Run. Red runs (half pace) through channels
  - Sprint. Red sprints through channels
  - Red can protect the ball. Change direction is aloud.

Teaching Points/  
Key Words

- Timing
- Shoulder to shoulder
- Eyes on Ball
- Use near hand
- step across
- push ball to your advantage
- push attackers away from goals
- Work as a team
- Shooting from the right areas

3

**Part Game 3: Last Man**



- Blue has the ball, their objective is to try and score a goal.
- Red is trying to prevent Blue getting a shot by performing the Near Hand Tackle.
- Attackers get a point from scoring.
- Defenders score by winning a turnover from performing the Near Hand Tackle successfully.
- Swap Roles

4

**Whole Game Two: Winner Stays On**

- Same game as Whole Game One.
- Try and make it more competitive by keeping account of how many wins each team has.
- Award the successful execution of a Near Hand Tackle by awarding extra score / win.

**Progression**

- Team cannot score by the same method twice in a row. (ie if goal scored with left foot next goal has to be scored with right foot/ palmed to the net/ on the ground etc).
- Same player cannot score twice in a row.

# Session Plan Two

## U10/ 12 Football

By Monaghan Coaching & Games Development Staff

**Theme of Session:** **Fist Pass**

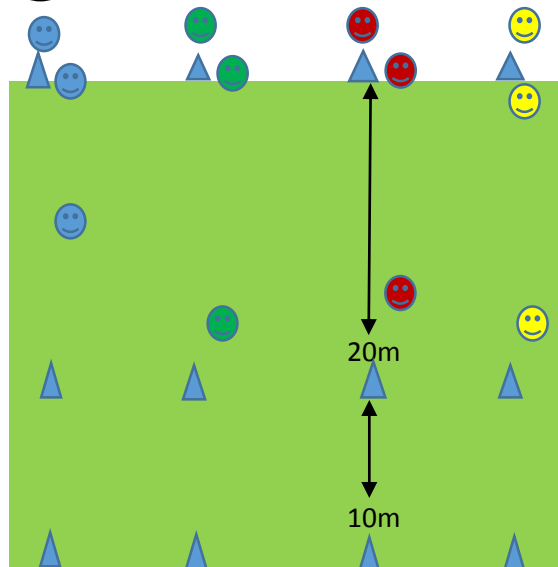
Teaching Points/ Key Words

- Head/  
Hands/ Feet  
  
- Call Name

- focus on  
using arms/  
legs/ head  
in correct  
manner.

### 1 WARM UP

#### General Mobilisation: Skill Acquisition



-3 Per Group with 1 Ball  
- Player solos ball out past cone and completes the task outlined by the coach.

1. Fist Pass
2. Bounce Ball Into Partner
3. Throw for High Catch
4. Roll for Crouch Lift
5. Solo to 2<sup>nd</sup> cone and punt kick to partner.

### 2 Dynamic Stretches

- Hip Out - 5 times each leg
- Hip In - 5 times each leg
- Touch Toes - 5 times each leg
- Double Leg Bridge - 8 times
- Forward Lunge - 5 times each leg
- Squat - 8 times
- Hamstrings - 5 times

Teaching Points/ Key Words

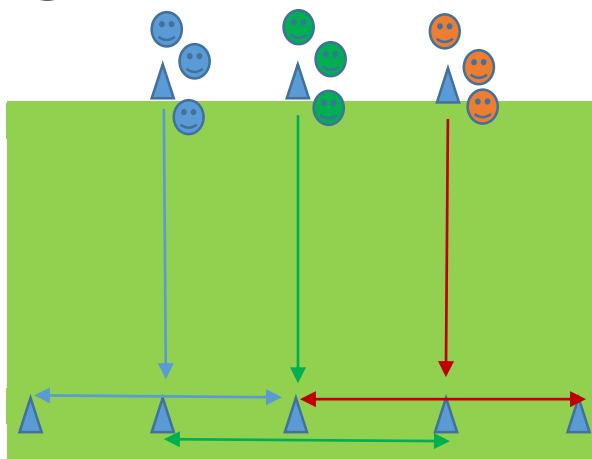
- Plant outside foot in direction you want to go.

- Lean into corner (motorbike)  
  
- Small steps & drive off

- Looking for space  
  
- On the move

3

### Speed Development & Agility: Plant & Push



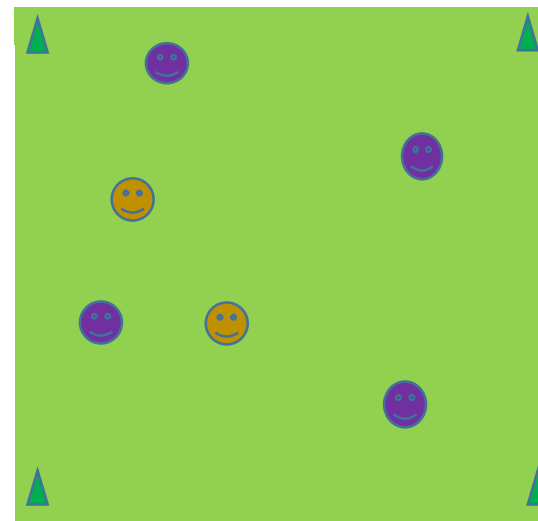
- Groups of 3.  
- Sprint to 1<sup>st</sup> cone  
- Just before players reach cone the Coach calls left or right and player sprint to cone on chosen side.

### Main Body of Session

#### Whole Part Whole Method

1

#### Whole One: Keep Ball



- 4 (attackers) vs 2 (defenders).  
- Attackers have to try and keep possession.  
- 5 Fist Passes = 1 point (attackers).  
- 1 Turnover = 1 point (defenders).  
- One Minute on, 30 seconds recovery.  
- Keep swapping roles of attackers & defenders.

Teaching Points/  
Key Words

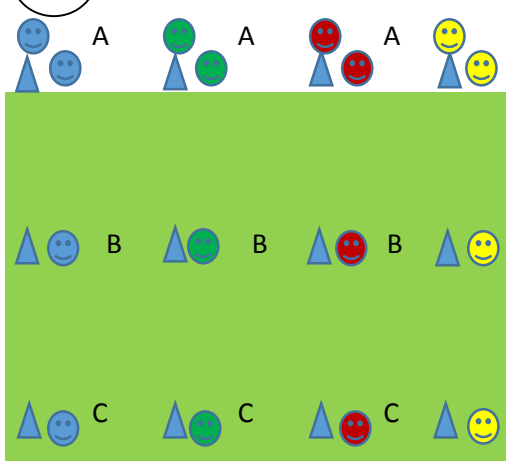
- Soft Hands
- Soft Pass
- Time run off the shoulder
- Middle Man hand passes

**Question Players**

- When do we use fist pass.

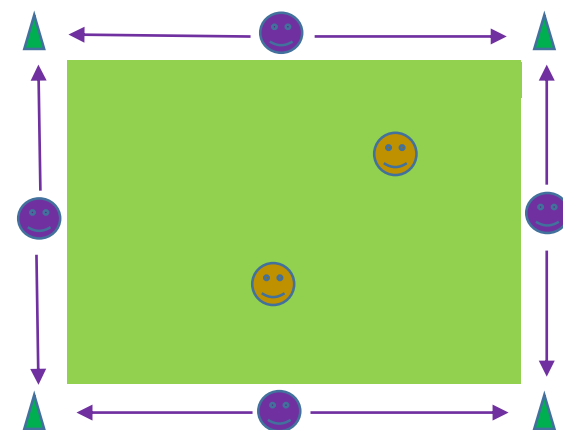
- Movement from attackers
- Hospital Pass

2 **Part One: Pressure Pass**



- Minimum of 4 per group.
- A fist pass to B.
- B hand pass back to A.
- A fist pass to C.
- C fist pass to B.
- B hand pass back to C.
- C fist pass to A.
- Start again.
- Switch man in the middle every minute.

3 **Part Two: Piggy in the Middle**



- Attackers (Purple) can only move along the line shown.
- Defenders (gold) stay inside the square.
- Attackers try & keep possession (fist pass only).
- If pass is intercepted, the attacker swaps with defender and become 'piggy in the middle'.

Teaching Points/  
Key Words

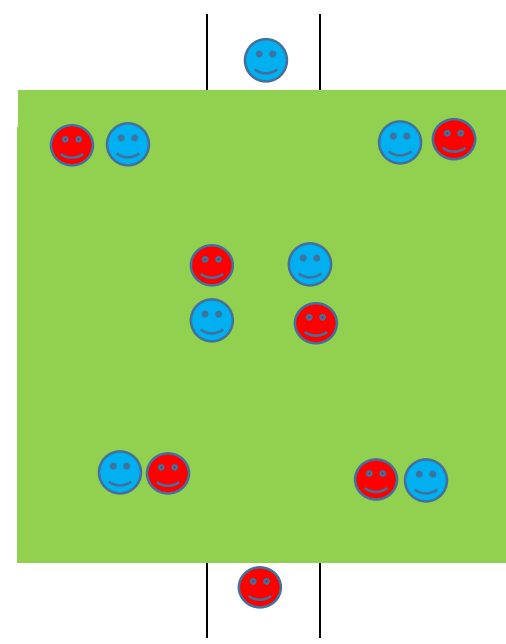
- Work-Rate (always looking the ball – attackers)
- Defenders closing down attackers
- Working as a team

- Time run off the shoulder
- Soft Hands
- Soft Pass
- Looking for space

4 **Whole Two: Keep Ball.**

- Same Game as Whole Game One. Keep Ball.
- Variations
- Add extra attacker/ defender depending on experience/ ability of group in question.
  - Introduce a new form of scoring mechanism. For example introduction a small set of goals, where attacking team can score after they complete a set number of passes.

5 **Whole Three: Goals Galore**



- 2 equal teams (no more than 9 a side).
- Fist Pass Only
- Goals Only.

- Variations**
- After 2 consecutive fist passes, next pass has to be hand pass.
  - Limit the amount of touches a player can have.
  - Have to pass before player is tackled or it's a free to other team.



# Session Plan Three

## U10/ 12 Football

By Monaghan Coaching & Games Development Staff

Theme of Session:

Reach Catch

Teaching Points/ Key Words

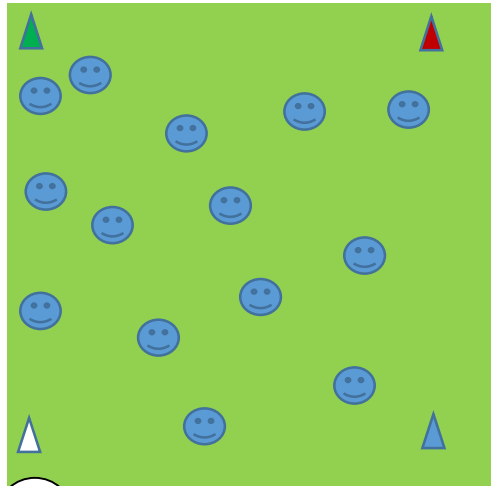
- Change Direction
- Head Up
- Change Gear

- Name the muscles?
- focus on using arms/ legs/ head in correct manner.

### WARM UP

1

#### General Mobilisation: Running Technique and Quick Reactions



- Players move in different directions around the square.
- Players perform different movements (High Knees, Heel Flicks, Side to Side).
- Reactions: Coach calls colour and players have to sprint to coloured corner. (All corners different colour).
- Increase intensity as pulse raising activity,

2

#### Dynamic Stretches

- Hip Out - 5 times each leg
- Hip In - 5 times each leg
- Touch Toes - 5 times each leg
- Double Leg Bridge - 10 times
- Forward Lunge - 6 times each leg
- Squat - 10 times
- Hamstrings - 6 times

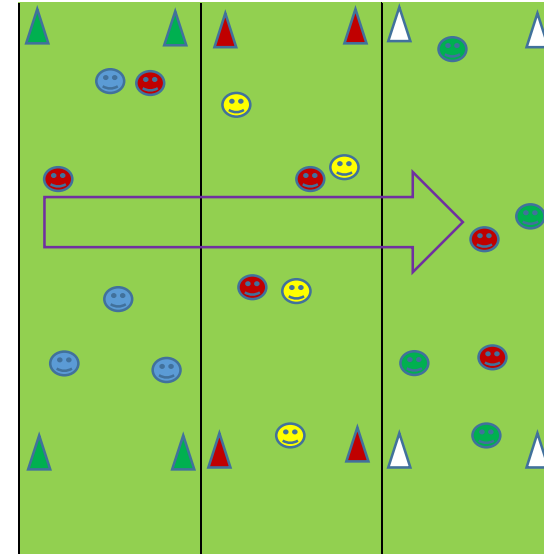
Teaching Points/ Key Words

- Space
- Quick Hands
- Always on the move

- Quick Hands
- Call name
- Get Body Behind The Ball

3

#### Skill/ Game Revision: Variations Keep Ball: The Road To Croker

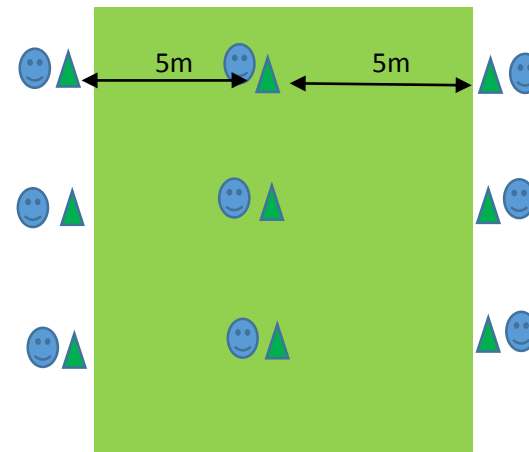


- 4 (attackers) vs 2 (defenders).
- Attackers have to try and get 5 successful clean catches in a row.
- Player can either hand pass or throw the ball to each other.
- First team to get 5 catches move up field, replacing team already there, who then move down a field.

### Main Body of Session Traditional Method Skill Acquisition/ Game

1

#### Skill One: Pressure Catch



- Groups of Three
- Player at end both have a ball.
- Player in middle runs between outside players who throw the ball to middle player to catch using reach catch.
- Player in middle stays there for maximum of 40 seconds.

#### Variations

- Different types of catches (high/ low/ side)
- Competition: How many catches can you get in 40 second

Teaching Points/  
Key Words

- Advantage to attacker; pass ball in front.

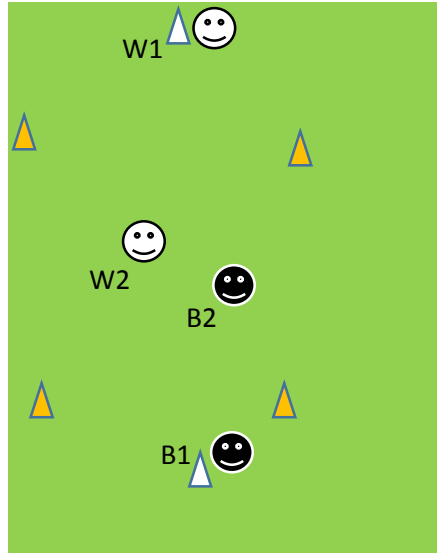
- Eyes on Ball

- Wide Fingers

- Soft hands

2

**Skill Two: Opposed Catch**



- 4 per group (divided into 2 teams), 1 ball.
- 2 inside square; (1 per team) and 2 at outside cones; (white).
- W1 starts with ball.
- W1 attempts to throw/ hand pass the ball to W2. B2 is allowed to compete for the ball.
- If W2 catches ball, tries to return pass to W1.
- If B2 wins possession, he attempts to pass to B1.
- Team wins when they get 5 successful catches in a row.
- Swap Roles

Teaching Points/  
Key Words

- Release ball early

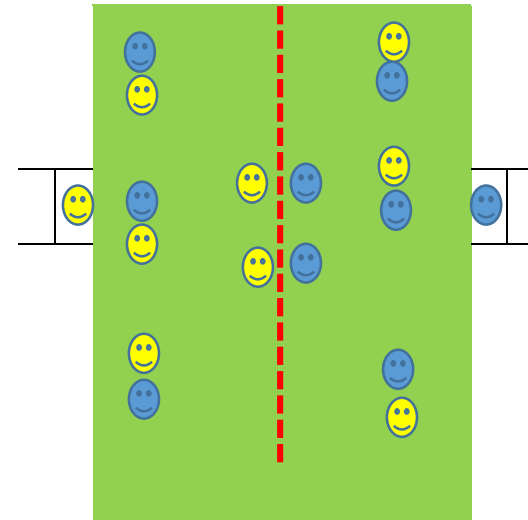
- Look For Teammate

- Big Hands (catching)

- Eyes On Ball

4

**Whole Two: Skill Point Game**



- Forwards & Defenders have to remain in own half. Midfielder can enter both halves.
- Goals & Points worth 1 point.
- Award extra score for successful execution of reach catch.
- Max 9 v 9 u10
- Max 11 v 11 u12
- Variations**
- Use weak foot



# Session Plan Four

## U10/ 12 Football

By Monaghan Coaching & Games Development Staff

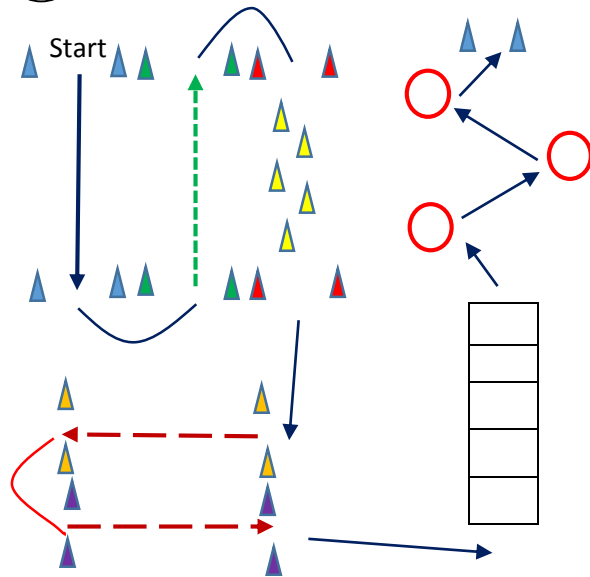
Theme of Session:

**Punt Kick**

Teaching Points/ Key Words

- Knees Up
- Plant Outside Foot
- Use arms
- Quick Feet

### 1 WARM UP General Mobilisation: Emphasis on Coordination



- Players move through the following grid. Colours show you movement should be used

- Forward
- Backward
- Side to Side
- ▲ Slalom through

- Players go through ladders (hop-scotch) and hoops planting outside foot in each hoop.

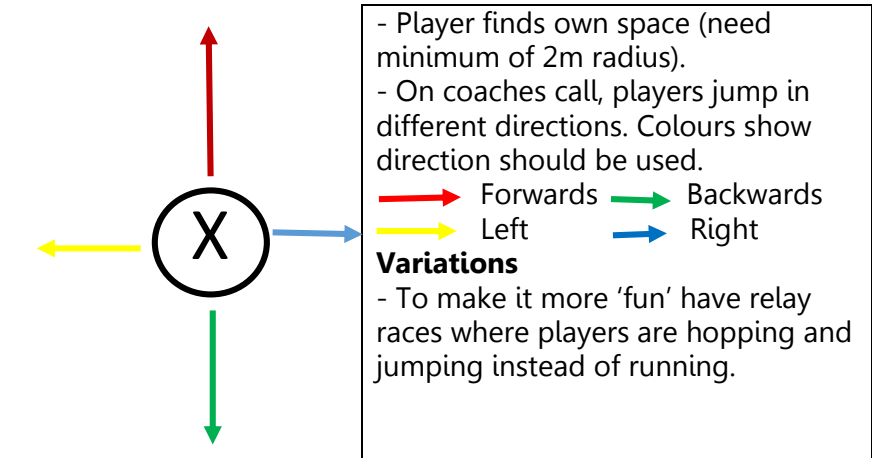
### 2 Dynamic Stretches

- |                           |                  |                  |                  |
|---------------------------|------------------|------------------|------------------|
| 1. Hip Out                | 5 times each leg | 5. Forward Lunge | 6 times each leg |
| 2. Hip In                 | 5 times each leg | 6. Squat         | 10 times         |
| 3. Touch Toes             | 5 times each leg | 7. Hamstrings    | 6 times          |
| 4. Double Leg Glut Bridge | 10 times         |                  |                  |

Teaching Points/ Key Words

- Land on Ball of Feet
- Knees should not go in front of toes
- Use arms to drive in given direction

### 3 Basic Plyometric Exercises (Jumping)



- Player finds own space (need minimum of 2m radius).
- On coaches call, players jump in different directions. Colours show direction should be used.

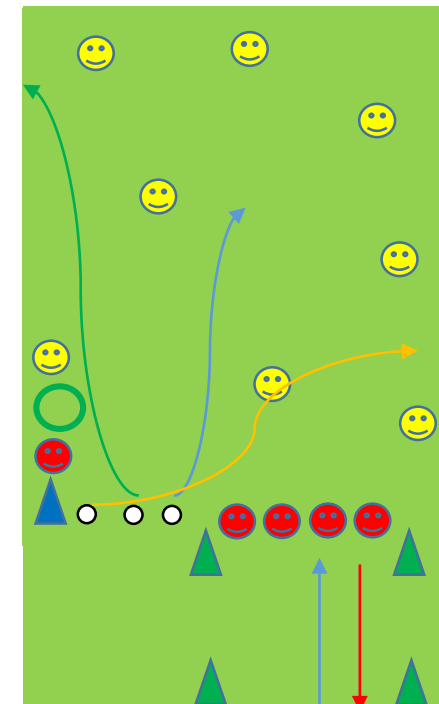
- Forwards
- Backwards
- Left
- Right

#### Variations

- To make it more 'fun' have relay races where players are hopping and jumping instead of running.

### Main Body of Session Fun Games Method

#### 1 Fun Game One: Kicking Rounder's



- Split group into 2 teams. (Fielders & Kickers).
- Each member of the kicking team gets a chance to kick 3 balls in a row into the in-field
- The fielders have to return the 3 balls to the Green hula hoop as quick as possible.
- To score 'runs' the kicking team all team members have to try and run as many shuttle runs as possible before all the balls are returned to the hula hoop.
- Teams swap roles.

-Kicker looks for space.

- How do the fielders return the ball? (kick/ hand pass/ run with it)

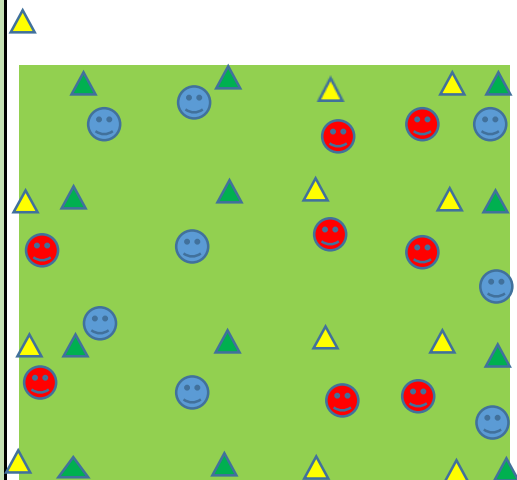
- Decision Making

Teaching Points/  
Key Words

- Look Up
- Call Name
- Head/ Hands/ Feet
- Weight of Pass

2

### Fun Game Two: Prisoner Ball

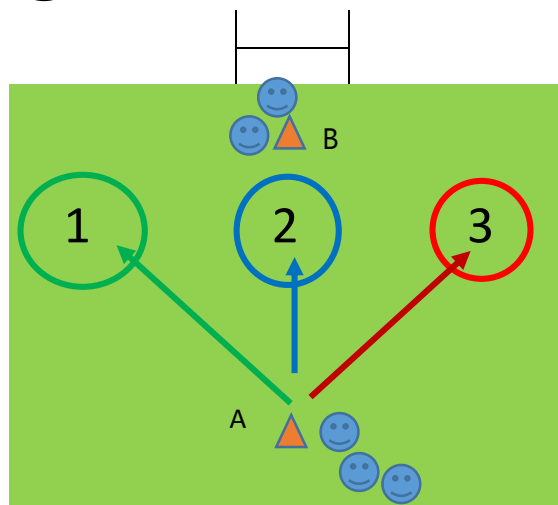


**Note:** When kicking the ball, it has to be at least waist high.

- Team try to find 'free area' in other team's zone.
- If ball is caught or kicked outside zone area, player who kicked ball goes to prison behind opposite zone.
- You can be released from prison if own team member successfully kick passes to player in prison who also clean catches the ball.
- Team loose when all members are in prison

3

### Skill Game One: Three Rings



- A have a ball.
- They punt pass to B.
- B decides what area of the pitch to receive the pass (1, 2 or 3).
- After they receive the ball they turn and shoot for a point.
- Switch groups.

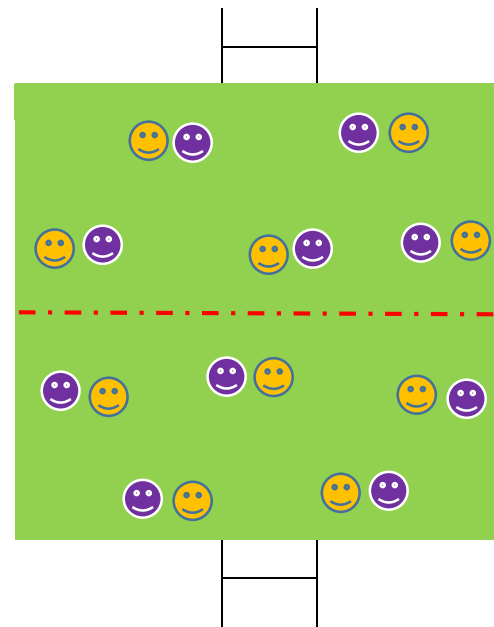
- Pass ball to outside shoulder not at the player
- Decision making; What side to make run?
- Use same technique every time you shoot

Teaching Points/  
Key Words

- Lateral/ Diagonal runs
- Early Pass Forward

4

### Whole Game One: Forward Kicking Forward Thinking



- Divide pitch into 2 halves.
- Normal rules except you have to kick pass over the half way line.
- Encourage players to pass ball over a given distance and kick pass is not just over 10m.
- Only kicked goals & points allowed.
- Variations**
- Weak foot only.
- Extra forward/ defender in each half.

# Session Plan Five

## U10/ 12 Football

By Monaghan Coaching & Games Development Staff

### Theme of Session: The Block & The Roll

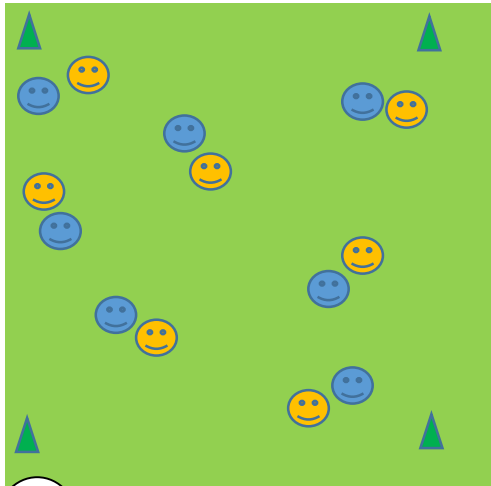
Teaching Points/ Key Words

- Change Direction
- Head Up

Once players have come accustomed to stretches, ask each player to take leadership of one stretch.

### WARM UP

#### 1 General Mobilisation: Chasing Games & Ice Breakers



- Each player gets a partner.  
**Shadow Run**  
 - Players take it in turns to chase after partner.  
 - Winner is person to get the most touches on partner in 30sec.  
**Ice Breaker**  
 - Players have to find out partners Favourite GAA player/ team/ skill and share answer with group.

#### 2 Dynamic Stretches

- Hip Out - 5 times each leg
- Hip In - 5 times each leg
- Touch Toes - 5 times each leg
- Double Leg Bridge - 10 times
- Forward Lunge - 6 times each leg
- Squat - 10 times
- Hamstrings - 6 times

Teaching Points/ Key Words

**Variations**

- Different movements*
- Hopping
- Skipping
- Double Leg Jumps

*Forwards*

- Change of direction
- Space

*Defenders*

- Touch Tight
- Deny Space

3

### Chasing Game: Ball Tag

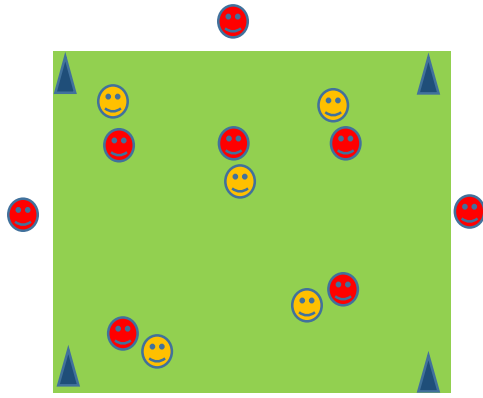
- Two players (catchers)
- If they catch a player (by tagging them with ball), caught player performs certain strength exercises

1. Supermans
2. Press Up (Knee Assisted if inexperienced)

- Sit Up
- Single Leg Raises

### Main Body of Session Whole Part Whole Method

#### 1 Whole One: Deny Possession



- Forwards in middle (red) are marked by a defender (orange)
- Outside Reds all start with 1 ball each.

**Forwards**

- Have to pass & receive ball from outside forwards.
- Not aloud same ball twice in a row.

**Defenders**

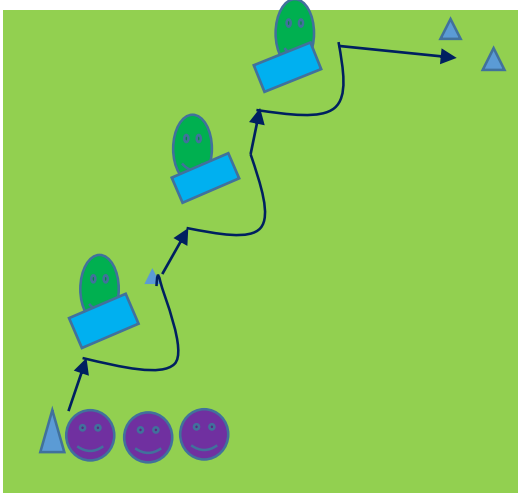
- Prevent forward passing & receiving ball.

Teaching Points/ Key Words

From this example -  
 - Plant right foot towards opponent's left shoulder.  
 - BAD. Use opponent's shoulder as hinge, roll off by swinging left leg around and pivoting on right foot.

- Reach Forward  
 - Arms Outstretched  
 - Hands Close Together  
 - Eyes on Ball  
 - Block On Point of Contact with boot

2 **Part One: Tackle Bag Roll**

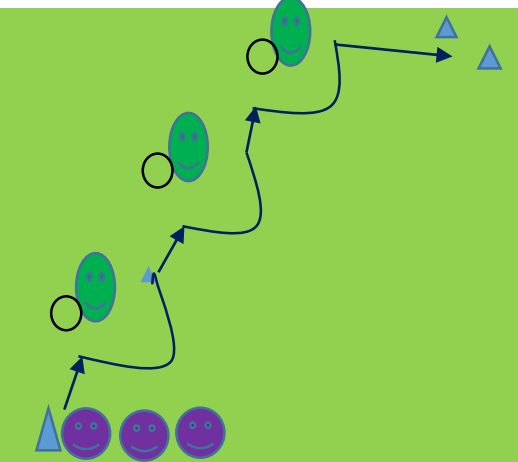


- Three players hold tackle bags
- Other players initially walk through practising the Roll
- Move tackle bags to opposite side so players can alternate between using right & left shoulder.

**Progression**

- Jog Through
- Sprint Through

3 **Part Two: Zig Zag Block**



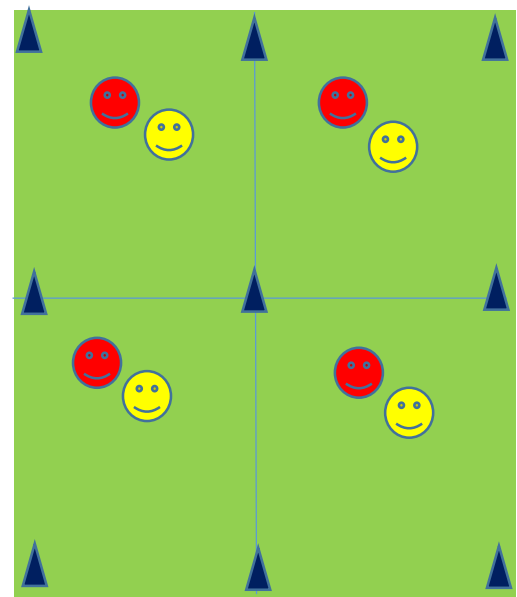
- Three players have 3 balls.
- Other players (purple) run along line as shown to block balls.
- When the blocker comes to player with ball, they lightly kick ball forward. Making it easy for player to block ball.

Teaching Points/ Key Words

Variations

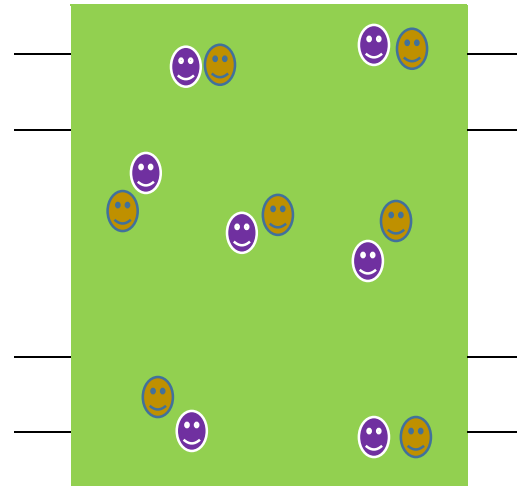
- Once directions only with pass.
- Pass in either direction (clockwise/anti-clockwise).
- Switch Play
- Look Up
- Space

4 **Part Three: Grid Block**



- Divide grid into 4 sections.
- One member of each team in each section.
- Team tries to keep possession by kick passing to each other.
- If other team block pass, possession is turned over.
- Team gets 1 point for every successful block.

5 **Whole Two: Grid Block**



- Each team has two sets of goals to score in.
- You score by carrying the ball across the goal line.
- Award extra point for successful execution of The Block & The Roll.

# Session Plan One

## U14/ 16 Football

By Monaghan Coaching & Games Development Staff

### Theme of Session: Keeping Possession

**Teaching Points/ Key Words**

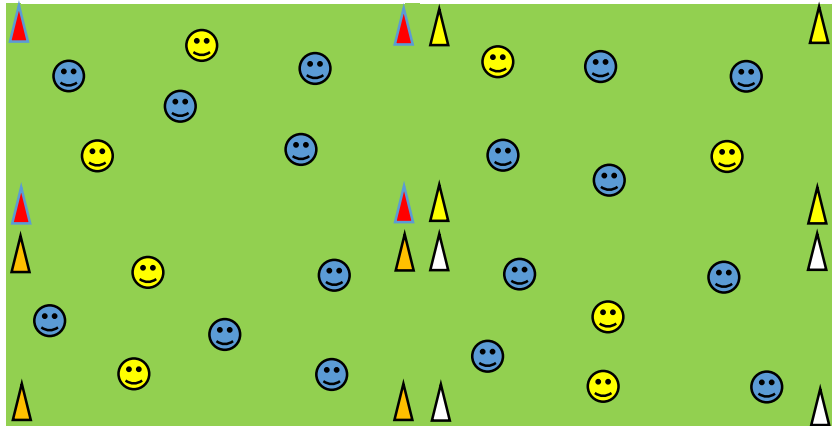
- Looking for space
- Always on the move
- Decision making
- Skill Execution
- Movement
- Support Play

**Question Players**

- What can they do to ensure they keep possession
- What can teammates do to ensure team keeps possession?

### WARM UP

#### 1 Games Based Warm Up Skill Development & Keep Possession



- Dived players into 4 even groups (depending on numbers).
- Basic Skill Development (In each grid)**  
Player's move about grid and perform the following skills:  
1. Fist Pass 2. Pick Up 3. Solo 4. High Catch 5. Roll 6. Block
- Game**  
Keep Possession  
1. 5 v 1      2. 4 v 2      3. 3 v 3
- Variations**
- Not allowed to pass ball back to person received ball from.
  - Once you give a pass you must run to outside cone before you can be active in the games again.

**Teaching Points/ Key Words**

- Communication

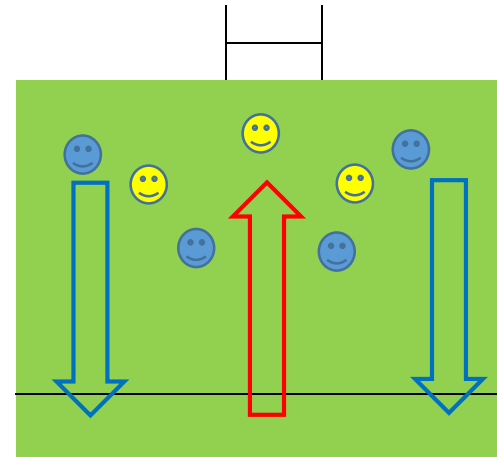
**Question Players**

1. How do we keep possession
2. Why is it important that we keep possession

- Head/ Hands / Feet
- Movement after pass
- Good First Touch
- Timing Runs
- Concentrate
- Challenge players: no balls to hit the ground

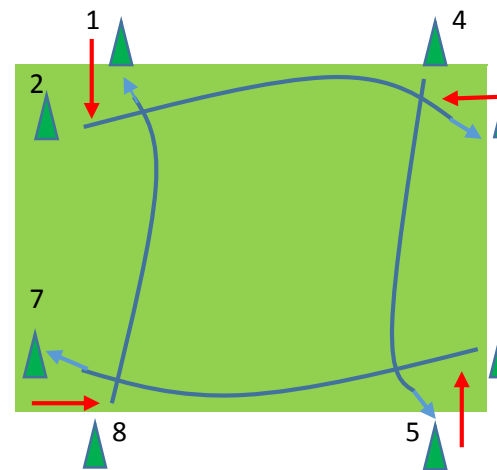
### Main Body of Session Whole Part Whole Method

#### 1 Whole Game One: Half Way Line Attack



- 4A v 3D
  - Team in possession (blues) must work the ball out to the Half Way Line before they can attack. Yellows are the defenders.
- Progression**
- Progress to 4 v 4
  - Fist Pass Only

#### 2 Part Game One: Skill Development Combination Drill



- Kick Pass
  - Hand pass
- 1 to 2 Hand Pass
  - 2 to 3 Kick Pass
  - 3 to 4 Hand Pass
  - 4 to 5 Kick Pass
  - 5 to 6 Hand Pass
  - 6 to 7 Kick Pass
  - 7 to 8 Hand Pass
  - 8 to 1 Kick Pass
  - Player follows their pass.
  - Start again.
  - Number of balls in drill will depend on level/ numbers

Teaching Points/  
Key Words

- Forwards run: Lateral/  
Diagonal

- Width

- Movement

- Decision Making

- First Touch

- Width

-Depth

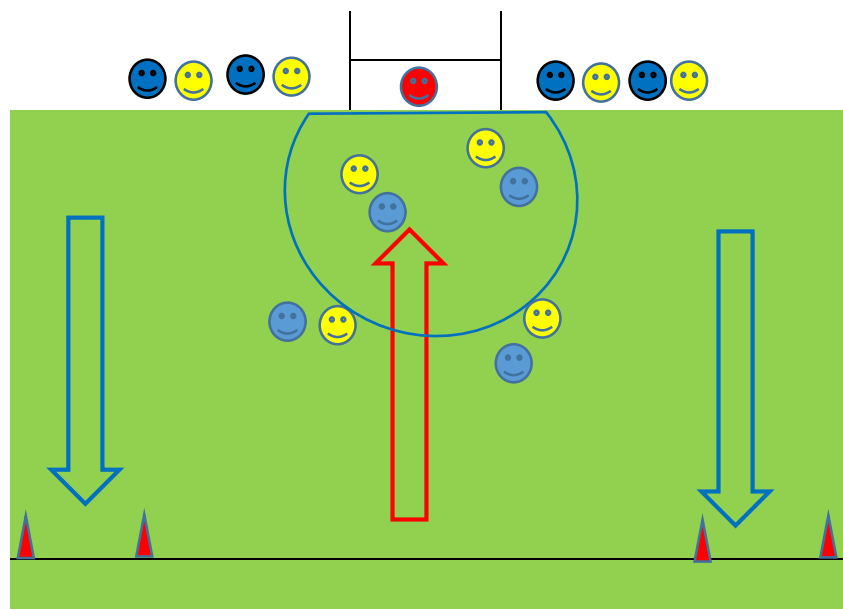
- Movement

**Question  
Players**

1. Why should we work ball out wide?

3

### **Whole Game** **Two: Half Way Line Attack**



- 4 v 4
- 4 v 3
- 4 v 2
- Team in possession must work the ball out through Goals on Half Way Line before they can attack.

#### **Progression**

- Leave two Attackers in front of goals.

Teaching Points/  
Key Words

- Support Play

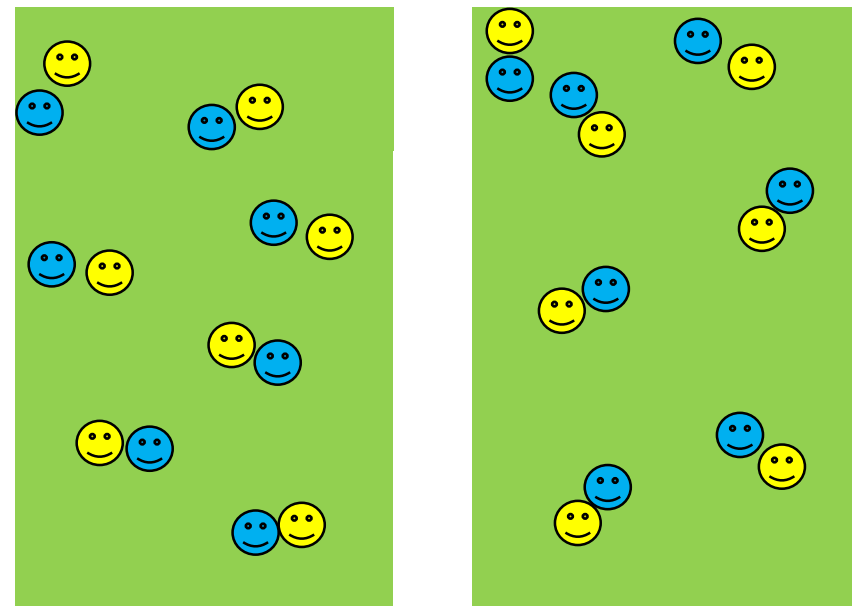
- Movement

Decision Making

- Good first touch

4

### **Whole Game Three: Space Tennis 30 Possession's**



- 2 Teams
- Divide Pitch into two halves with half of each team members split between each half of the field.
- Players are not allowed to leave their half of the field.
- Game starts by kicking the ball into one section.
- Whoever wins possession must try and keep the ball for 30 seconds or 5 passes before it is kicked over into the other half.
- Teams are trying to kick pass the ball to a teammate on the other side.

#### **Progression**

- Score for every successful pass. (Hand Pass = 1 point, Kick Pass = 3 points).
- Team with most points at the end wins/ Winning after 5/ 7/ 10 minutes.
- Deduct points for every incomplete fist/ kick pass.
- Uneven teams

# Session Plan Two

## U14/ 16 Football

By Monaghan Coaching & Games Development Staff

### Theme of Session: High Catch

Teaching Points/ Key Words

Jumping

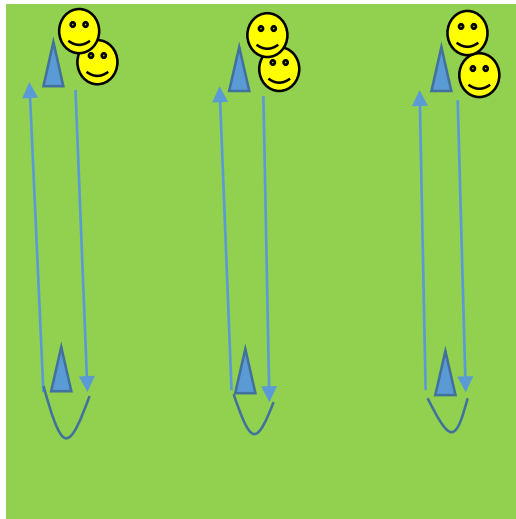
- small steps
- plant & drive
- jump the arc
- land running
- Change jump off foot

High Catch

- timing
- drive knee
- extend arms above head
- eyes on ball
- spread fingers
- pull ball into chest

### WARM UP

#### 1 General Mobilisation: Focus on Jumping (High Catch)



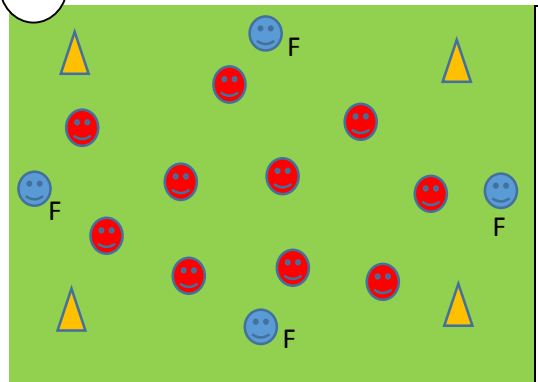
**General Movements**

- High Knees/ Heel Flicks/ Side to Side

**Jumping**

1. Single leg hop
2. Skipping (focus on arms)
3. Straight bounding
4. Lateral bounding

#### 2 Skill Development: High Catching Game



- Players move around square in different directions.
- Four feeders on the outside (blue).
- Feeders throw the ball up in the air for inside players to high catch the ball.
- Ball returned to feeder once caught

### Main Body of Session

#### Whole Part Whole Method

Teaching Points/ Key Words

- Communication
- Link skill to our game

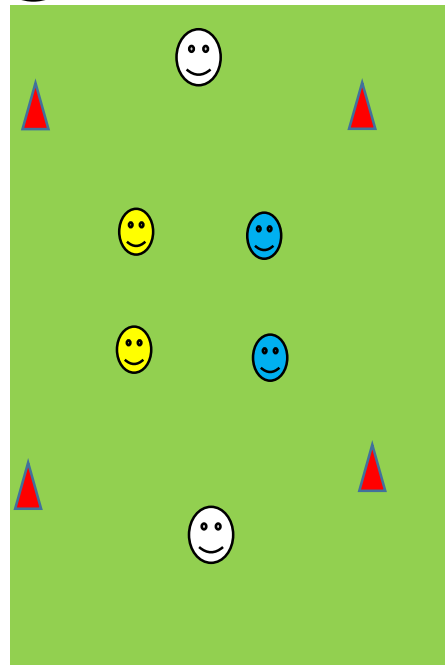
Question Players

1. Why do we need to perform this skill

High Catch

- Timing
- Plant Foot (Feet)
- Drive Knee
- Extend Arms (Hands)
- Eyes on ball (Head)
- Spread Fingers (Hands)
- Land Running

#### 1 Whole Part One: Midfield Build Up

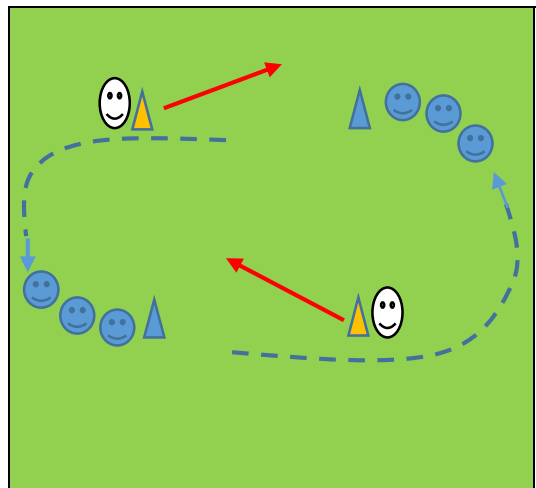


- 2 sets of midfielders contest high balls played into middle zone by 2 feeders (white).
- All players must attempt to catch the ball
- Clean catch 2 points.
- Work ball back to feeder

**Progression**

- Midfielders work together; 1. Performs High Catch, other anticipates breaking ball
- 2 Points Catch, 1 Point Break ball

#### 2 Part Game One: Coach Feeds & Catch



—→ Throw

- - -▶ Run

- Coach (white) feeds ball to attacker for him to perform the High Catch.
- Attacker passes back to Feeder & joins the second group.
- Set up 2/ 3 of these

Teaching Points/  
Key Words

**Question Players**

1. How do I make room to catch the ball?

- Use Hips to disrupt partner

Jumping

- Timing

- Plant Foot (Feet)

- Drive Knee

- Extend Arms (Hands)

- Eyes on ball (Head)

- Spread Fingers (Hands)

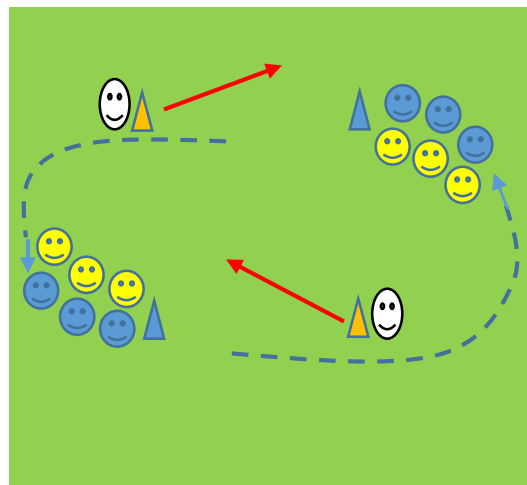
- Land Running

- Push Off after catch the ball

- Support Play

3

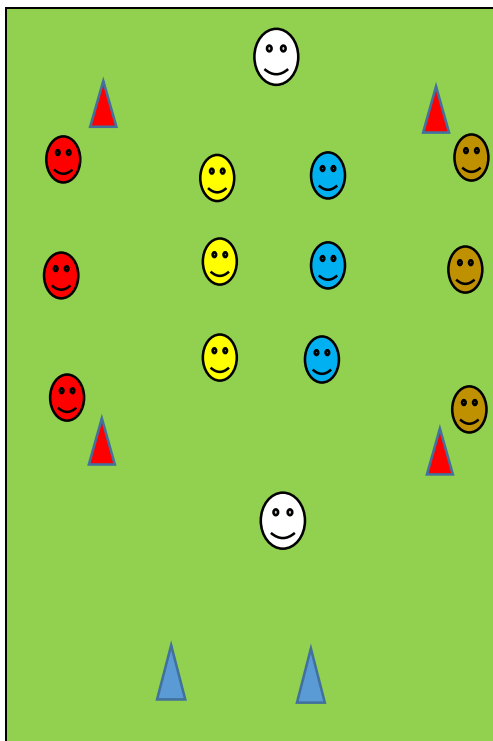
**Part Game Two: Two Up & Catch**



- Throw
- - - Run
- Same drill as above only 2 players contest for the ball.
- Players must attempt to high catch the ball.

4

**Part Game Three: High Catch & Pass**



- 4 teams of 3/ 4/ 5
- Coach (White) kicks ball between groups in square.
- Players must attempt to high catch the ball.
- 2 points for high catch
- Team who wins possession must work ball back to feeder

**Progression**

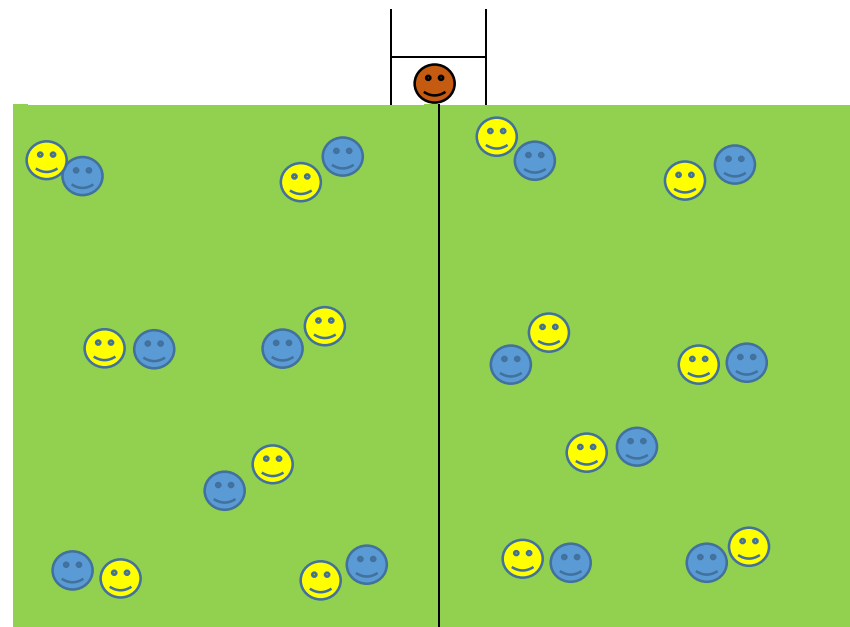
- Feeder moves around outside of square.
- After two passes team attempt to score a goal (blue cones).

Teaching Points/  
Key Words

5

**Whole Game Three: Space Tennis 30 Possession's**

- Call Name
- Read Ball
- Time Runs
- Demand Ball



- Divide Pitch into two halves with half of each team members split between each half of the field.
- Goalkeeper kicks out the ball to one side of the field.
- Both teams try to High Catch the ball (not allowed to break ball).
- If your team catches the ball they get 2 points. 1 point for body catch
- Must get 3 passes before kicking ball into other half of the field 50/50. Ball must be caught.
- 2 points if your team catches the ball.
- 3 passes before team can shoot.
- Coach keeps score, highest score after 3/ 5/ 7 minutes.
- Goalkeeper rotates sides to which he kicks out the ball.

**Progression (Skill Development Games)**

- Award points for successful fist pass (chest), kick pass (chest, bounce) and first touch
- If ball is dropped or bad pass, team lose point.



# Session Plan Three

## U14/ 16 Football

By Monaghan Coaching & Games Development Staff

### Theme of Session: Tackling

- Teaching Points/ Key Words
- Attacker*
- Head Up
  - Find Space
  - Quick Feed
  - Change Direction
- Defender*
- Shadow
  - Touch Tight
  - Near Hand
  - Quick Hands

### WARM UP

1 **Chasing Game: Tail Tag**

**Tail Tag:** In partners, one attacker, one defender. The attacker has a bib at back of their shorts and defender has to try and get the bib off the attacker. (30 seconds on/ off)

**Progression**

1. Once a player loses their bib he gets one off a coach.
2. Put bib to Right/ left side of shorts so defender has to use near hand to get bib. Players can only use left/ right hand only.

3 **Pass the Guard: Frontal / Shadowing**

- Attackers (green) try to get through each zone without getting tagged by defender (red).
- Tacklers must try & tag each player 'on chest' with open hand
- Reds to stay in designated zone.
- Rotate roles every 2/ 3 minutes.
- Introduce ball where attackers carry through grid.

- Teaching Points/ Key Words
- Question Players*
1. How many different types of tackles is there?
- Touch tight
  - Boxer Stance
  - Quick Hands
  - Near hand
  - Boxer Stance
  - Balls of feet
  - Quick Feet
  - Quick Hands

### Main Body of Session Whole Part Whole Method

1 **Whole Part One: One to One**

- Divide into 4 groups.
- Defender
- Attacker
- Feeder 1
- Feeder 2
- Feeder 1 feeds the ball to attacker (allowed to win ball uncontested).
- Takes on defender one on one & can score points only
- Feeder 2 gets ball & feeds ball to attacker who takes on defender and tries to work the ball back to Feeder 1.
- Rotate roles every minute.

2 **Part Game One: Tackle Alley – Frontal Tackle**

- In Partners
- One Attacker/ One Defender
- Both players are facing each other
- The Defender (Green) places their hands behind their back and will move backwards using his footwork to stop the attacker (Red) from getting by him.

**Progression**

1. Use hands & feet
2. Introduce ball attacking player goes slow at the start.

Teaching Points/  
Key Words

- Timing
- Step Across
- Shoulder to Shoulder
- Near Hand
- Stop Ball to your advantage

**Question Players**

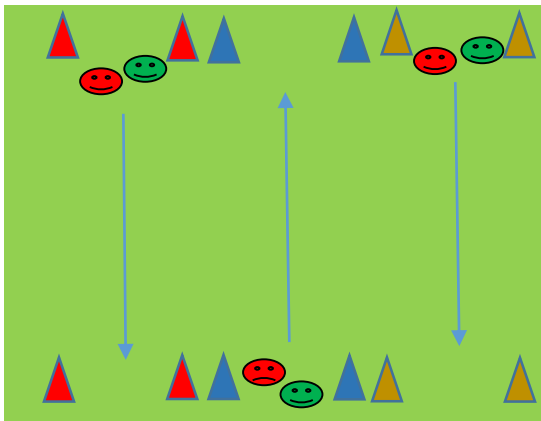
What skills would you need to perform the NHT?

**Question Players**

Do you play from front/side/behind? Why?

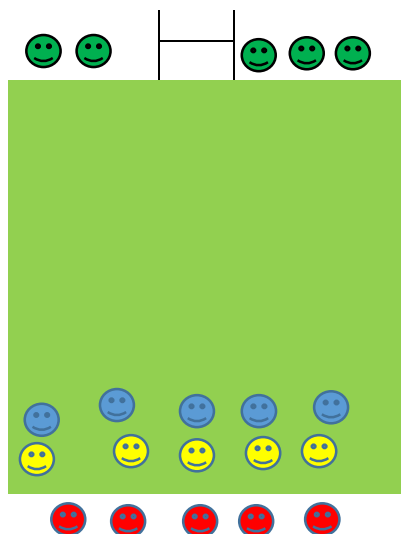
- Touch Tight
- Quick Hands
- Boxer Stance
- NHT

3 **Part Game Two: Tackle Alley – Near Hand Tackle**



- Red has ball and slowly solos the ball in a straight line until end of alley
- Green tracks run and tries to execute the NHT before A reaches end of alley.
- Swap Roles
- Walk – Jog – Run – Sprint – Game Pace

4 **Whole Game two: One to One Part Two**



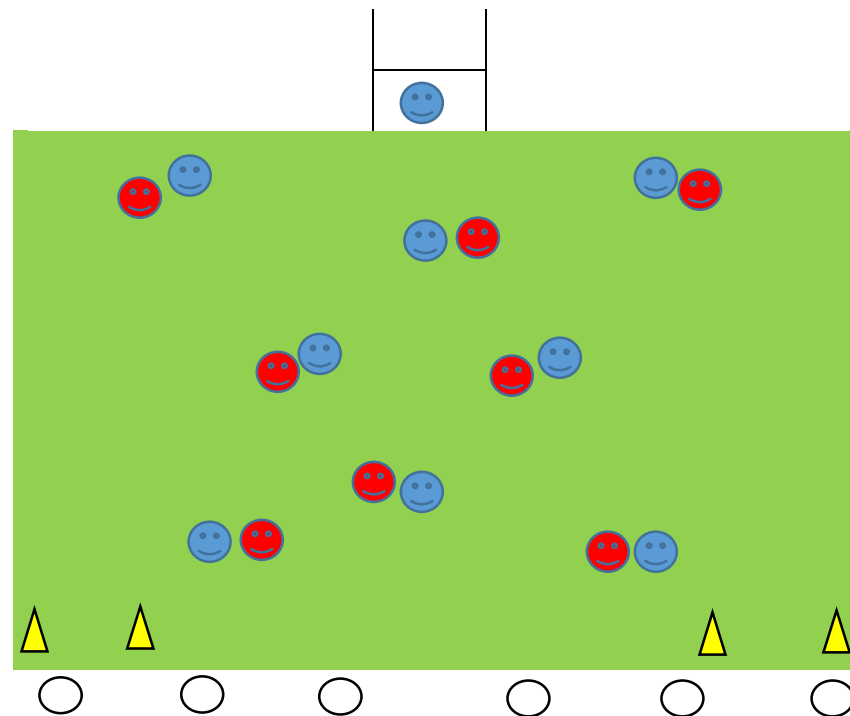
- Divide into 4 groups.
- Defender
- Attacker
- Feeder 1
- Feeder 2
- Feeder 1 feeds the ball to attacker (**Defender allowed to contest**).
- Attacker takes on defender one on one
- Has to pass to another feeder, who returns pass before attacker can score (**goals only**)
- Feeder 2 gets ball & feeds back to attacker who has to work it back to original Feeder 1.

Teaching Points/  
Key Words

**Question Players**

1. Do they know any good defenders?
2. What makes them good tacklers?

5 **Whole Game Three: Six of the Best**



- Attackers (Blue) get 6 balls and have to try and work a score.
- Their aim is to get as many scores as possible.
- Defenders (Red) implement skills they have worked on throughout session to prevent a score.
- If defenders win turnover they get a score.

**Progression**

- Uneven teams, give advantage to attacking team
- Defender wins turnover & work it out through cones (yellow) on the half way line.
- Different method used for scoring each time (ie. If first score kicked point with right foot, next score has to be either fisted point, kicked point with left foot or goal with either foot.
- Different player to score each time.

# Session Plan Four

## U14/ 16 Football

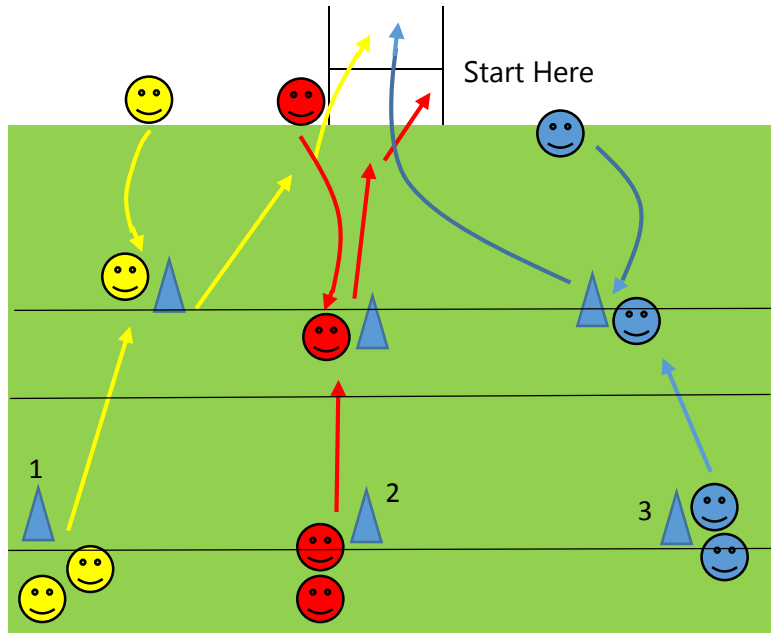
By Monaghan Coaching & Games Development Staff

### Theme of Session: Attacking Play

#### WARM UP

1 **Gaelic 15 (see Page X)**

2 **Combination Drill**



- 1. Solo, Fist Pass and Fist Over the Bar.
- 2. Solo, Fist Pass, and shoot for Goal.
- 3. Solo, Kick Pass and shoot for Point.
- Player who passes ball puts pressure on shooter.
- Dynamic Stretches throughout

Teaching Points/ Key Words

- Good 1<sup>st</sup> touch

- Ball to hand

Fist Pass

- Strike through arm backwards & forwards

Shooting

- Pick spot (behind goals)

- Follow through

- Head down

- Sweat Spot

Teaching Points/ Key Words

**Question Players**

1. How do you get free from defender?

- Movement (find space)

- Zig/ Zag movement

Taking on Man

- B.A.D.

- Protect the ball

**Question Players**

1. How do you take on a defender?

- Side Step

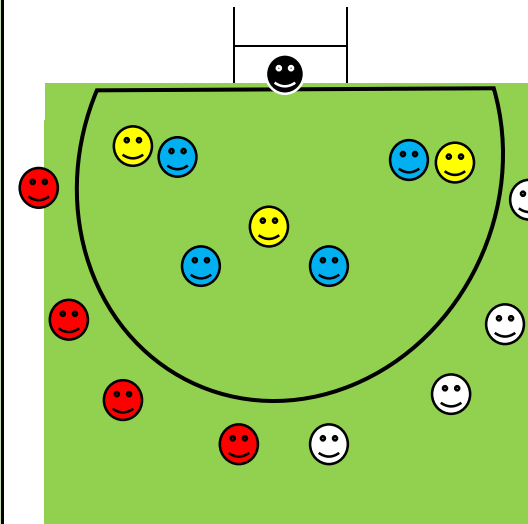
- Roll

- B.A.D.

- Dummy

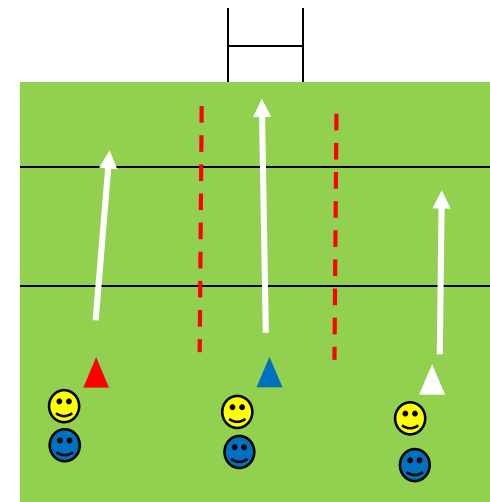
### Main Body of Session Whole Part Whole Method

1 **Whole Part One: Shooting 4 v 3**



- Divide players into teams of four.
- Mark perimeter around goals as shown (size depends on age/ ability)
- Goals & Fisted Points only.
- 8 Balls (1 ball each for outside players).
- One ball at a time (on coach's whistle), player passes ball to attacking team to try and work a score.

2 **Part Game One: Tackle Alley 1v1/ 2v2**



- Players divide into 3 groups as shown.
- One partner is the forward (Blue) and the other is the defender (Yellow).
- The forward has a ball and must take on the defender and try and score (Red; Fisted Point, Blue; Goal, White; Kicked Point)

Point (Kick)

Goals

Points (Kick)

#### Progression

- Make it a 2 v 2

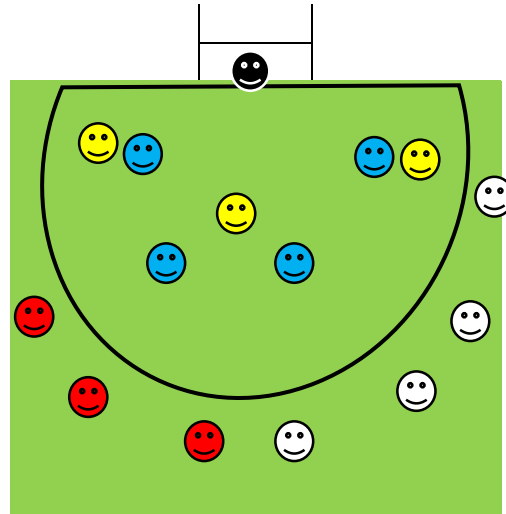
Teaching Points/  
Key Words

- Pass &  
Move

- Find a  
man with  
pass

- Protect  
ball (BAD) if  
taking a  
man on

3 **Whole Game Two: Shooting 4 v 3**



- Same layout as Game One.
- 3 passes before team can shoot
- Goals and fisted points only

**Progression**

- All players must touch the ball & take on marker before team can shoot.
- All type of scores count.

Teaching Points/  
Key Words

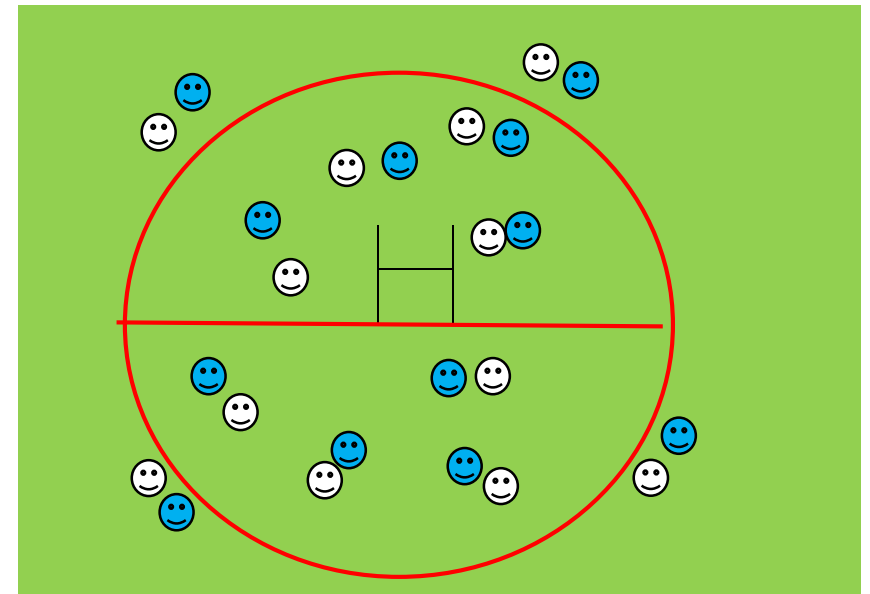
**Question  
Players**

- How can  
we keep  
possession?

- How can  
we win the  
ball back?

- How can  
we work a  
score?

4 **Whole Game Three: Circle Goal**



- Two Teams with goals placed in centre of field
- Coach throws ball up
- Players must stay inside designated area.
- Ball can be passed from zone to zone by foot or hand.
- The game is continuous, it doesn't stop after a score
- Players on other side attempt to win possession after a score.

**Progression**

- Extra point for scoring Outside Circle
- Nominate players to stay outside area.
- Must pass to them before a team can score.
- First team to 5 scores.
- Have to use a different method of scoring each time.
- Different player has to score each time.

# Session Plan Five

## U14/ 16 Football

By Monaghan Coaching & Games Development Staff

**Theme of Session:** Skill Development (Star Format)

### WARM UP

Teaching Points/ Key Words

- Follow Ball
- Head Up
- Time Run

- Ball to hand

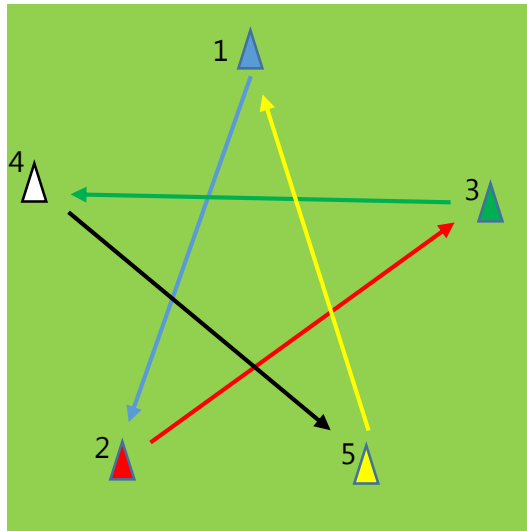
- Target area

- Support Pass

- Concentrate

- Good first touch

#### 1 Star Format: Dynamic Movements

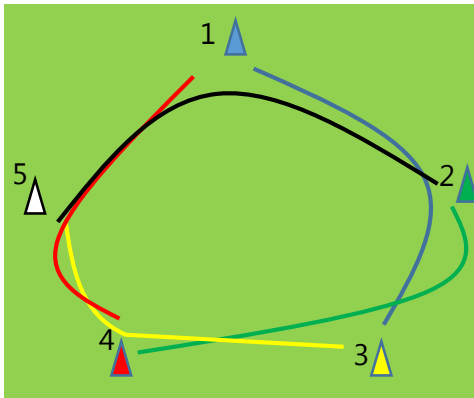


- Players jog through grid performing different movements & dynamic stretches.

#### Progression

- Introduce ball
- Solo & Fist Pass
- Solo and Pick Up
- Solo & High Catch
- Solo & (First Touch) Bounce ball.
- Size of area depends on your numbers

#### 3 Star Format: Two (Truck & Trailer)- Handling



1 Passes to 2, 2 returns it to 1 who continues with 1. 1 passes to 3 (1 joins back of 3 group), who then passes to 2 who then passes to 4 (2 joins 4 group) to passes to 3. 3 passes to 5 (who joins 5 group) who then passes back to 4. 4 passes to 1 (who then joins 1 group). This is continually repeated.

- 3/ 4 balls.

Teaching Points/ Key Words

#### Punt Kick

- Laces
- Head Down
- Follow through
- Judge weight of pass
- Kick & Follow

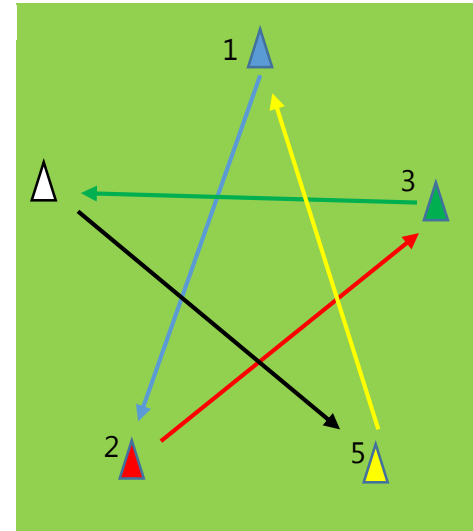
#### Defenders

- Near Hand Tackle
- Push to wings
- Frontal Tackle

#### Attackers

- B.A.D.
- Roll/ Side Step
- Work the keeper

#### 4 Star Format: Three (Starkick- Kick Pass



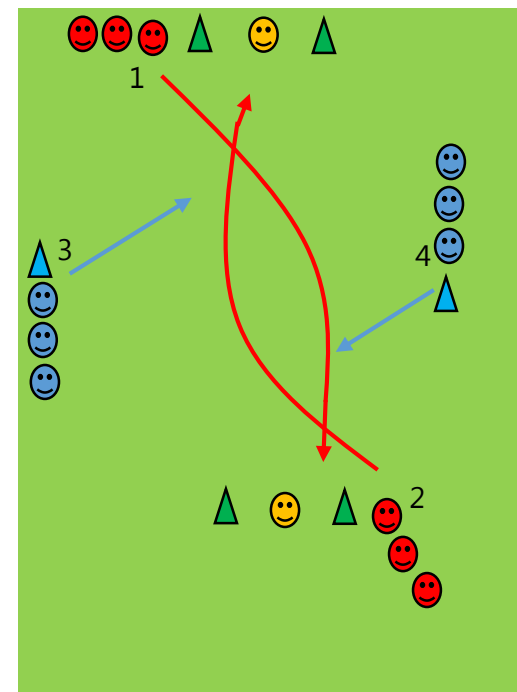
- Players kick pass in the following order.
- Player follows their pass.

#### Progression

- Once player receives a kick pass, they fist pass ball to next player in line, who times their run off the shoulder.
- Cones 30m apart.

### Main Body of Session Whole Part Whole Method

#### 1 Star Method: 1 v 1 / 2 v 2 Attack and Defend One



- Attacker (red)
- Defenders (blue)
- Attacker at 1, attacks goals on opposite side. Defender at 3 attempts to stop attacker.
- Once the ball goes dead, attacker & defender and 2 & 4 repeat exercise going other way.
- Rotate attackers & defenders.
- Goals Only

#### Progression

- 2 attackers v 2 defenders

Teaching Points/  
Key Words

- Move ball through hands

- Intensity

- Good first touch

- Front & NHT

Finish

- Low & Work the Keeper

Shooting

- Pick a spot behind the goal

- Head down

- Laces of boot

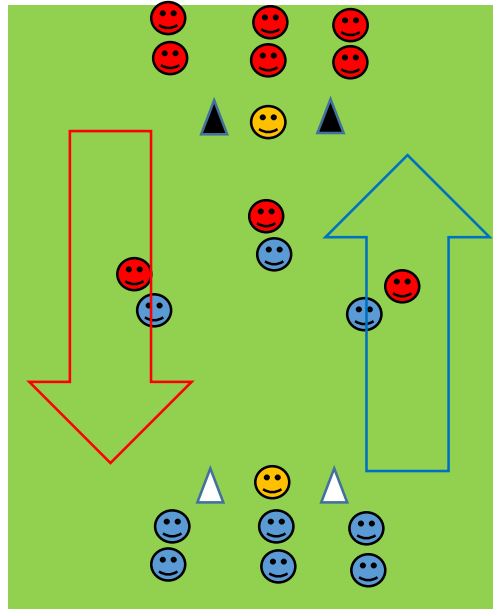
- Follow through

Target

How many scores in 2 minutes?

2

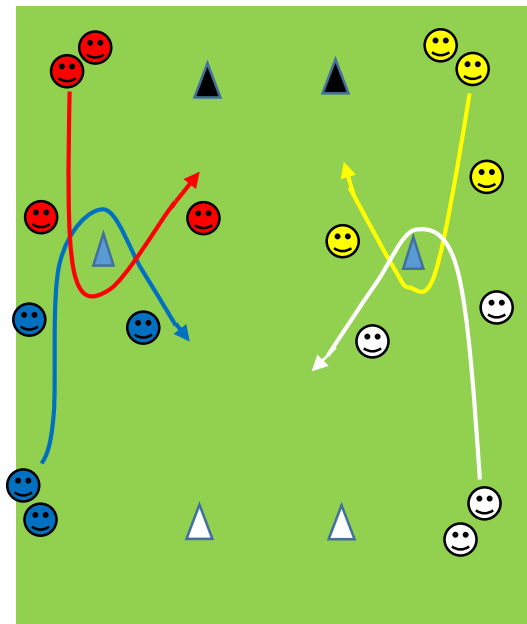
### Star Format: Attack & Defend Two (3 v 3)



- Red team have the ball and attack white goals.
- Blue team are the defenders.
- Once ball goes dead, the red team that where attackers become the defenders and the next set of blue attack the black goals.
- Goals only

3

### Star Format: Combination Drill (Shooting)



- Divide into 4 groups,
  - From each corner player takes it in turn to solo ball out to blue cone.
  - They turn and take a shot for a point
  - Other players at cone retrieve the ball and repeats drill.
  - How many scores can each group get
- Progression**
- Add in defenders (token pressure)

Teaching Points/  
Key Words

- Move ball through hands

- Intensity

- Good first touch

- Front & NHT

Finish

- Low & Work the Keeper

Shooting

- Pick a spot behind the goal

- Head down

- Laces of boot

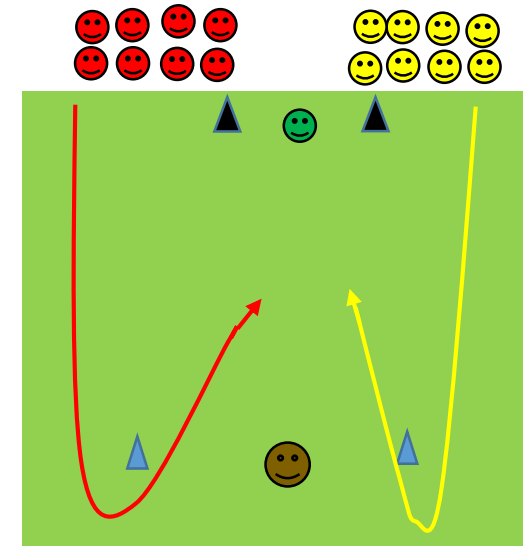
- Follow through

Target

How many scores in 2 minutes?

4

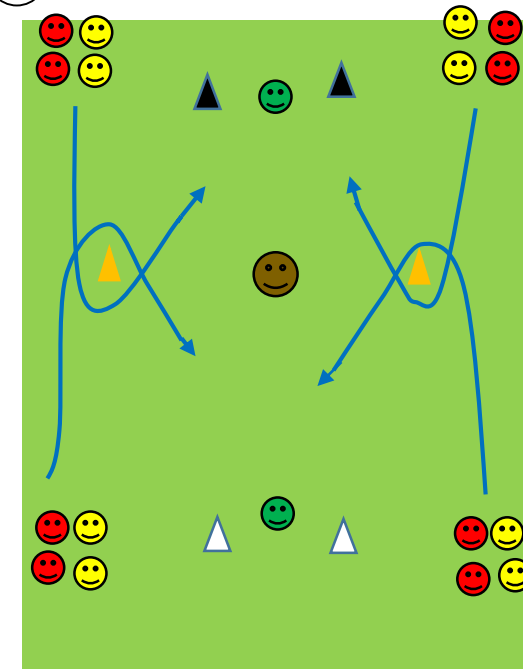
### Star Format: Game One; 4 v 4 Half Way Line Attack



- 4 v 4 in each half of the field.
- Players sprint out to middle cone.
- Once they go around cone and enter playing area, coach (gold) throws ball in.
- Whoever wins ball attacks & tries to score a goal.

5

### Star Format: Progression



- Coach (gold) throws ball up
- 1. Whoever wins ball, attacks any goal.
- 2. Team must get 3 passes before scoring.

# Session Plan One

## U18/ Senior Football

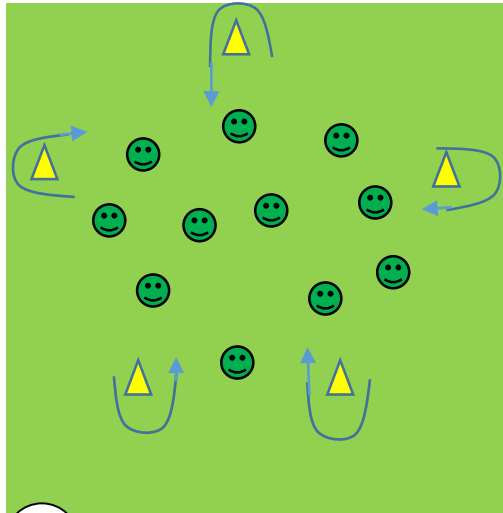
By Monaghan Coaching & Games Development Staff

### Theme of Session: Defensive Play

Teaching Points/ Key Words

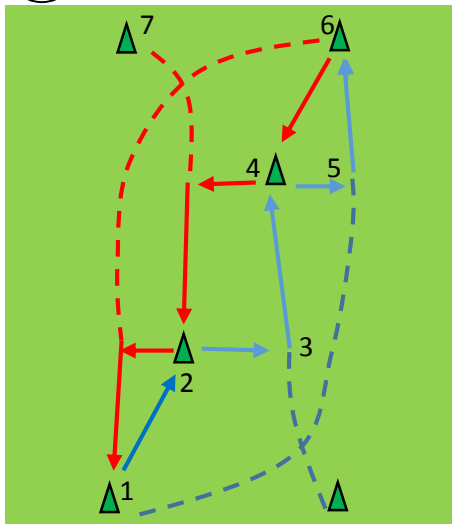
- plant & cut
- change direction
- call for ball
- head up

#### 1 WARM UP General Mobilisation: Dynamic Movements & Ball Touches



- Move around inside circle performing different movements; jogging, high knees, heel flicks, knee up & out, knee out & in.
- Incorporate ball; Fist Pass, High catch, pick up, break ball.
- Every time you pass the ball, run around outside cones & back into receive another pass.

#### 2 Skill Development: Handling & Support Play



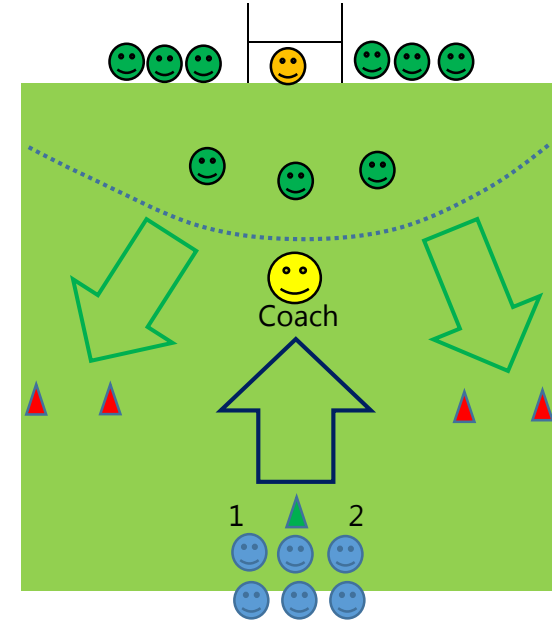
- Ball starts at 1.
- 1. makes a fist pass to 2. (1. continues his run along loop (as shown by - - ->))
- 2. hand pass to 3 who times his run to receive ball at the shoulder of 2.
- 3. Subsequently fist passes to 4.
- 4. hand passes back to 1. (5).
- 1. fist passes to 6, where drills starts again as shown by - - ->

- call for ball
- time your run
- Support pass
- off the shoulder
- pass to chest
- speed

Teaching Points/ Key Words

- Forwards
- drive forward
  - shot selection
  - take them on
- Defenders
- get him stopped
  - frontal tackle
  - be strong
  - drive out of defence

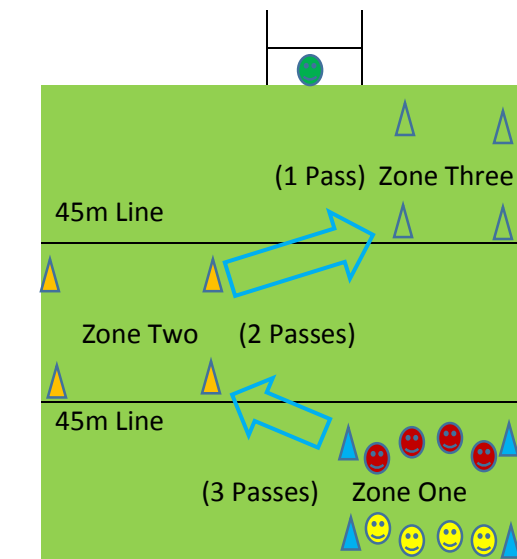
#### 3 3 v 3 Man Weave



- Players start with a 3 man weave moving towards goal.
- Middle man shoots.
- Coach immediately passes the ball to either 1 or 2.
- The two players try and score a goal against 3 defenders.
- If defenders win the ball, they have to work it out through cones on the wings.

### Main Body of Session Whole Part Whole Method

#### 1 Whole Part One: Attack the Zone



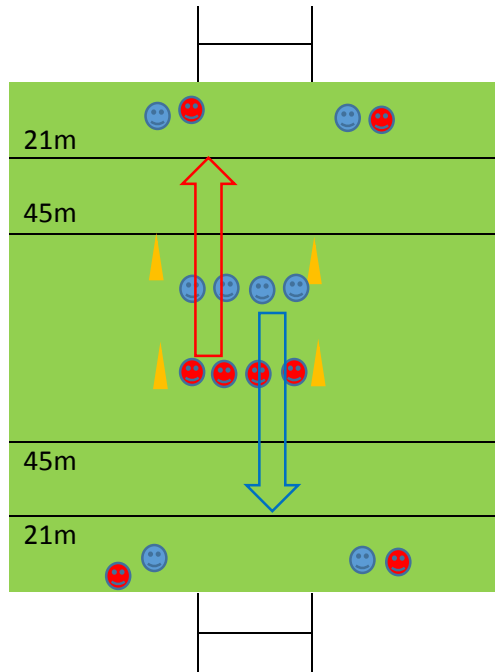
- Coach throws the ball up in Zone One.
- Whichever team wins possession, must get 3 passes inside square.
- When 3 passes is achieved attack Zone Two.
- Get 2 passes
- Attack Zone 3 where 1 pass needed.
- Finish with a score.
- Full Rules
- If ball turned over team continue the game from same area.

- support man on ball
- don't give ball away
- be patient on the ball
- shot selection
- tackle man on ball

Teaching Points/  
Key Words

- touch tight
- don't give your man space on the ball
- get him stopped

2 **Part Game One:**



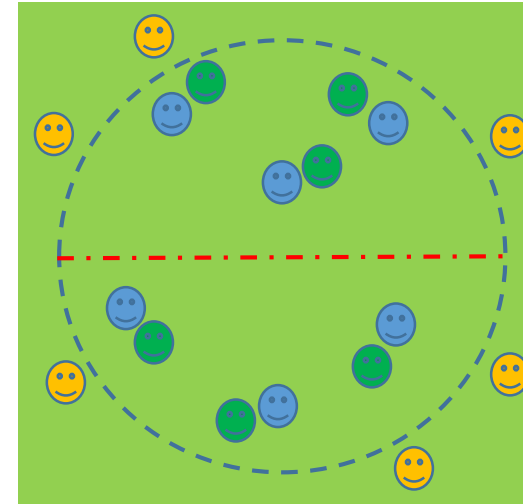
- Start with 4 v 4 inside a square (20x20) in middle of field.
- Coach plays ball to a team/ throws ball up.
- Team must work the ball over 21m line.
- If the other team win ball back the attack the far 21m line.

**Variation**  
- Work ball to 45m line & give pass to inside men (2 v 2) who have to work a score.

Teaching Points/  
Key Words

- touch tight
- deny passing option
- tackle ball
- be strong

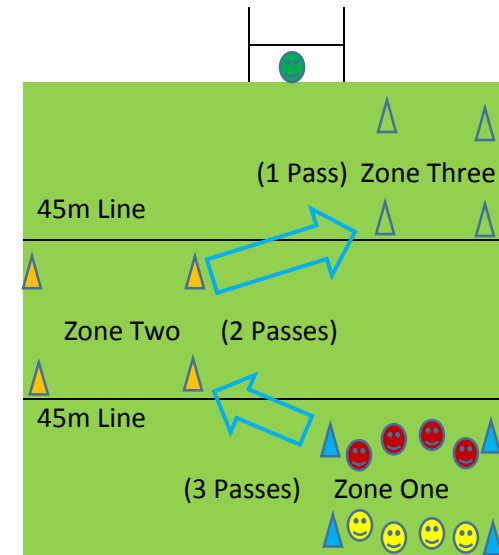
3 **Part Game Two: Attack & Deny**



- Divide into 3 teams.
- Blues (defenders) pick up a green (forward) each.
- On whistle receive a pass from outside man & give it back to man on the outside of the circle.
- Defender focus on denying the pass & tackling the ball.

- support man on ball
- don't give ball away
- be patient on the ball
- shot selection
- tackle man on ball

4 **Whole Game Two: Attack the Zone**



- Coach throws the ball up in Zone One.
- Whichever team wins possession, must get 3 passes inside square.
- When 3 passes is achieved attack Zone Two.
- Get 2 passes
- Attack Zone 3 where 1 pass needed.
- Finish with a score.
- Full Rules
- If ball turned over team continue the game from same area.



# Session Plan Two

## U18/ Senior Football

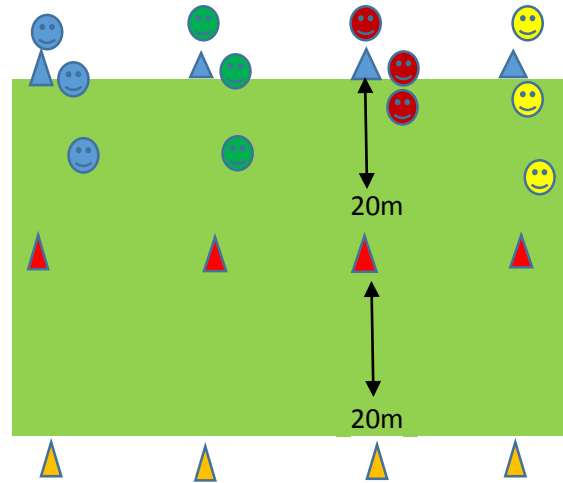
By Monaghan Coaching & Games Development Staff

**Theme of Session:** Forward Play

Teaching Points/ Key Words

- head up
- knees up
- balls of feet
- pass to chest
- call name
- head/hands/feet

1 **WARM UP**  
**General Mobilisation: Dynamic Movements & Ball Touches**



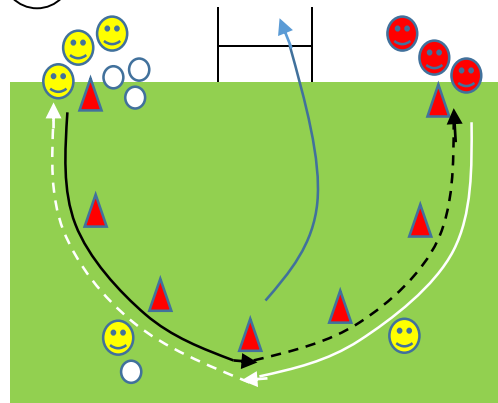
**General Mobilisation**

- Do each movement 3 times out to red cones: Jogging, Heel Flicks, High knees, Side to Side, Knee Up & Out, Knee Out & In.

**Skill Development**

- Players solo out to orange cone, kick pass into group.
- Double hand pass on the way back.

2 **Shooting Drill One**



- 2 groups set up as shown.
- Yellow group have the balls. They solo the ball out along the black arc.
- At the same time Red runs along the white arc.
- When the 2 players meet, Yellow fist passes to Red who turns inside and shoots for a score.

**Progression**

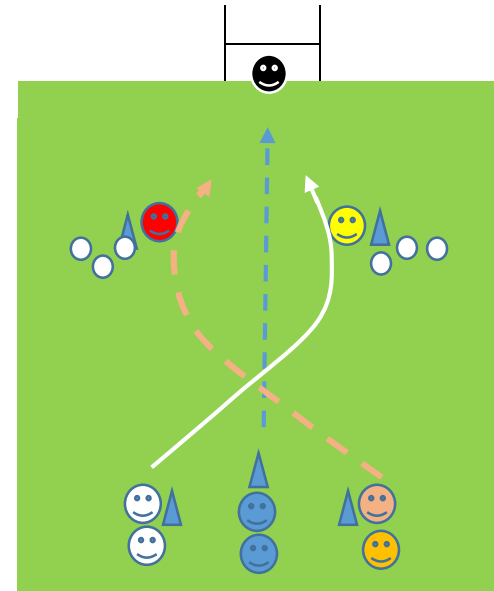
- Yellow become defender

- call for ball
- good pass
- head/hands/feet
- follow through

Teaching Points/ Key Words

- good pass to chest
- call for ball
- set your angle
- follow through

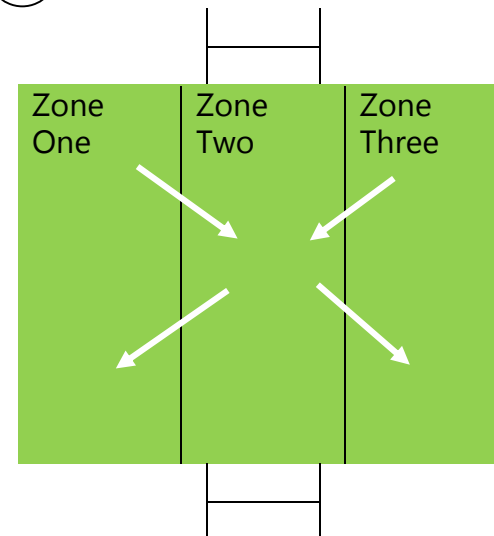
3 **Shooting Drill Two**



- Red & Yellow stay at cone.
- First 3 players (white, blue & orange) start at 45m line. Blue has the ball
- Perform 3 man weave.
- Blue receives last pass & takes shot on goal.
- White takes pass off yellow and shoot for a point
- Orange takes pass of red and shoots for a point.

**Main Body of Session**  
**Whole Part Whole Method**

1 **Whole Game One: On the Move**



- Full Game (whatever numbers you have).
- Full Rules.
- Players can't play in one Zone for any more than 5 seconds
- Players have to keep on the move.

**Variations**

- Ball cannot be played in the same zone twice in a row.

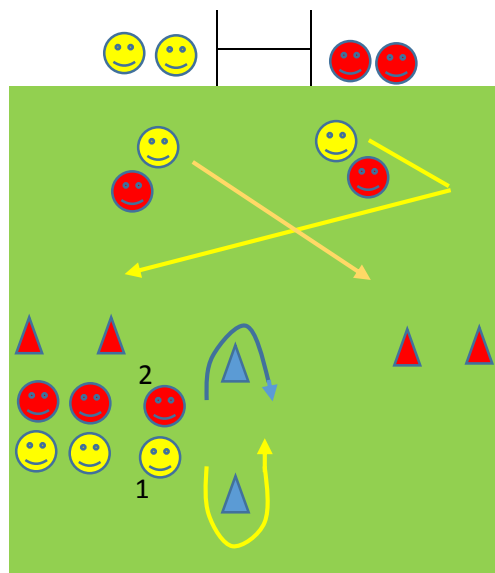
- plant & cut
- head up
- find space
- get away from marker
- first time ball
- first touch

Teaching Points/  
Key Words

- lose your man
- find space
- first touch
- win ball
- demand ball
- keep on the move

2

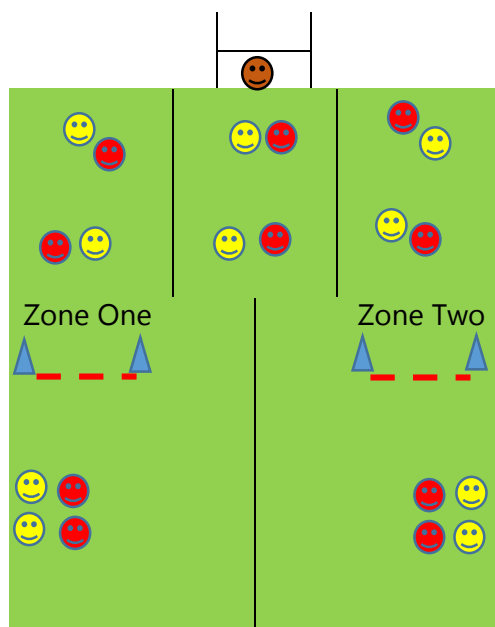
### Part Game One: 3 v 3 Attack



- 1 starts with the ball
- On whistle he solos around cone as shown, looks up to play ball into inside forwards.
- Encourage inside forwards to switch & work hard to lose defenders.
- Forwards can only score point.
- If defenders win possession they have to work it out through red cones.

3

### Part Game One: 6 v 6 Attack

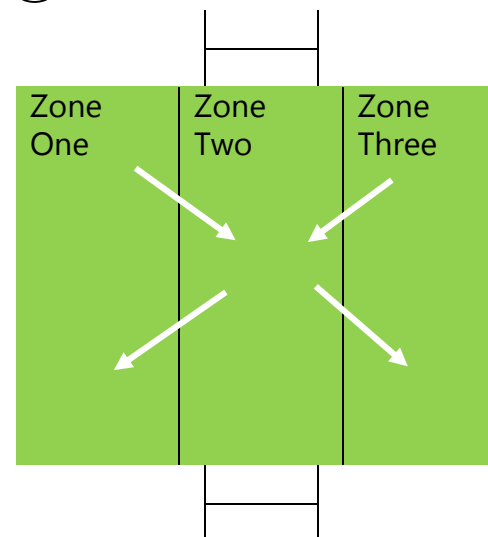


- On whistle 2 players from Zone One fist pass the ball at pace, shoulder to shoulder out to red line.
  - Once they reach line, they deliver ball into 6 forwards.
  - Forwards try to work a score.
  - If defenders win ball they work it out through cones.
- Variations**
- Deliver ball from different areas.
  - Players follow pass when they give a pass

- create the space
- make hard runs
- lose man
- keep on the move
- take the right option
- play to man in better position

4

### Whole Game Two: On the Move



- Full Game (whatever numbers you have).
- Full Rules.
- Players can't play in one Zone for any more than 5 seconds
- Players have to keep on the move.

**Variations**

- Ball cannot be played in the same zone twice in a row.

Teaching Points/  
Key Words

- plant & cut
- head up
- find space
- get away from marker
- first time ball
- first touch

# Session Plan Three

## U18/ Senior Football

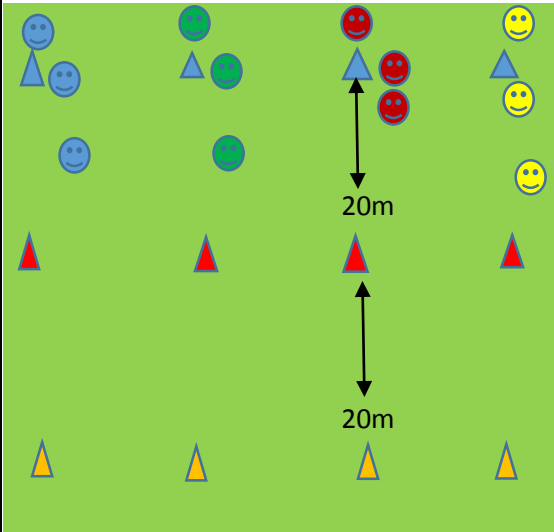
By Monaghan Coaching & Games Development Staff

### Theme of Session: Breaking Ball

Teaching Points/ Key Words

- good first touch
- pass to chest
- call for the ball

#### 1 WARM UP General Mobilisation & Skill Development



- In groups of 3 with 1 ball at each cone.
- Players solo around red cone and perform following skills; Fist Pass, High Catch, Crouch Lift, Throw Ball (reaction)
- Solo around orange cone and kick pass back to group.
- Dynamic stretches throughout.

#### 2 Reaction Work with Football

Throw Over Head

Roll Under Legs

Throw at back

All Four's Two Bounces

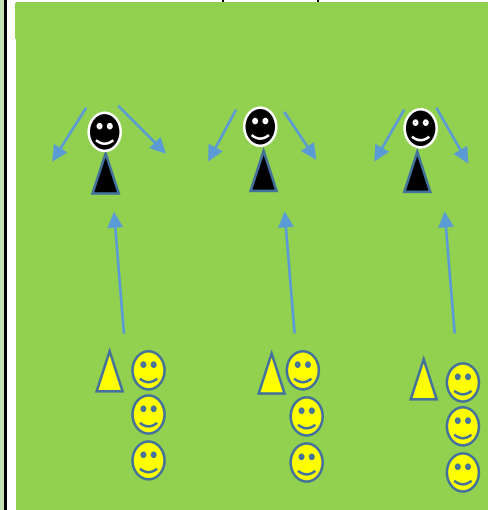
In partners players take it in turns to throw the ball at partner in the different scenarios shown.  
- Each player should complete each exercise at least 3 times.

- quick reactions
- drive arms
- alert
- concentration

Teaching Points/ Key Words

- move feet
- move into the breaking ball (attack)
- set your angle
- shot selection

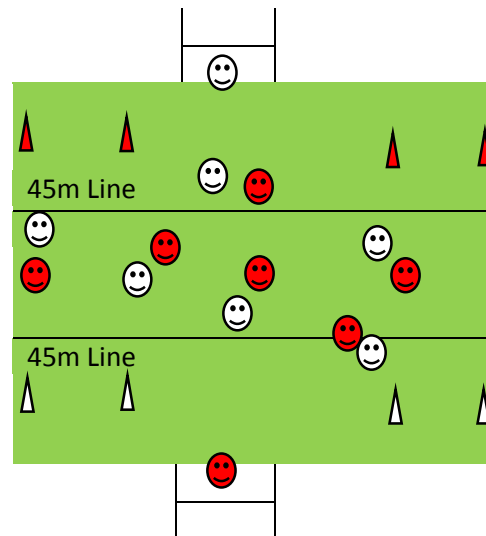
#### 3 Break & Shoot



- Three groups
- Yellow throws ball high to player at black cone.
- Player at black cone breaks ball down to either side of him.
- Yellow continues run after they throw ball to black and pick up the breaking ball.
- Yellow continues forward and shoots for a point.

### Main Body of Session Whole Part Whole Method

#### 1 Breaking Ball Game



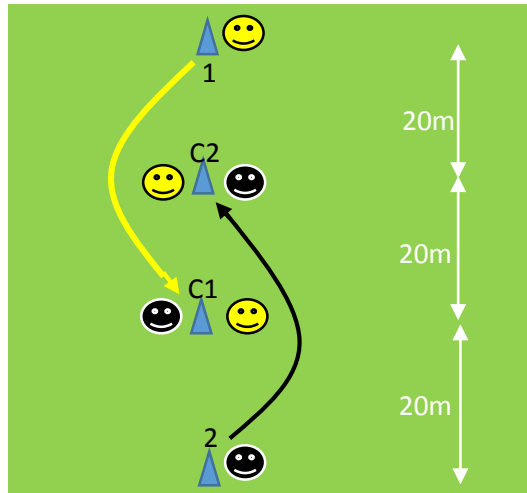
- Ball starts with kick out from either goal keepers.
- Ball must be broken
- Whichever team wins breaking ball can score by carrying the ball through cones in direction team are shooting (Red score into red cones, whites into white cones).

- move into the break
- one man up
- attack the break
- move your feet

Teaching Points/  
Key Words

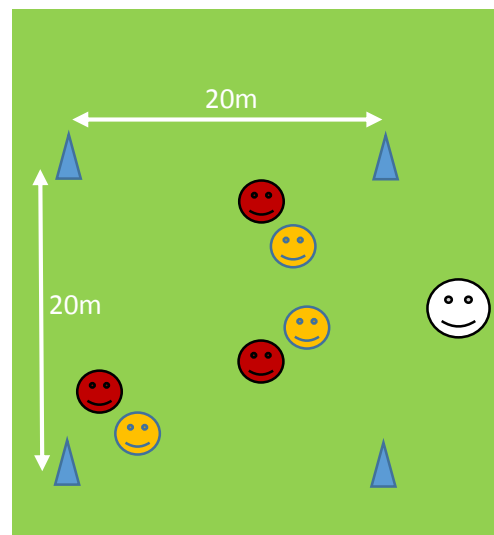
- look where you are going to break the ball too
- get underneath
- attack the break
- be aggressive

2 **Part Game One: Breaking Ball One**



- 1 & 2 have a ball each.
- 1 kicks the ball up between players at C1, who break ball to incoming players at C2.
- When break is won, stop.
- Repeat from 2 who kicks up between players at C2.

3 **Part Game One: Breaking Ball Two**



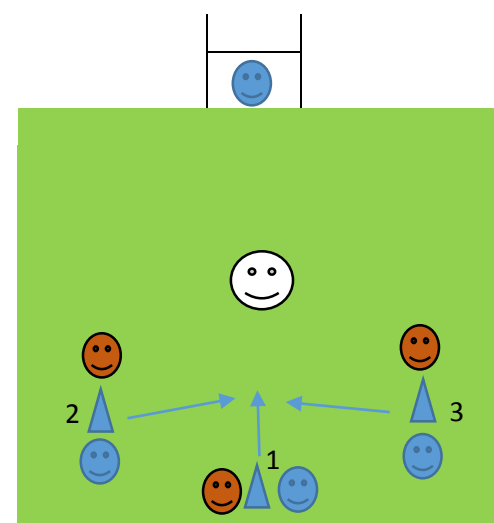
- 3 v 3 in square
- Game starts with White throwing the ball up high inside the square.
- Ball must be broken
- Team who wins possession must get two passes inside the square.
- Possession is returned to White who repeats.

- where are you breaking it to
- attack break
- get underneath

Teaching Points/  
Key Words

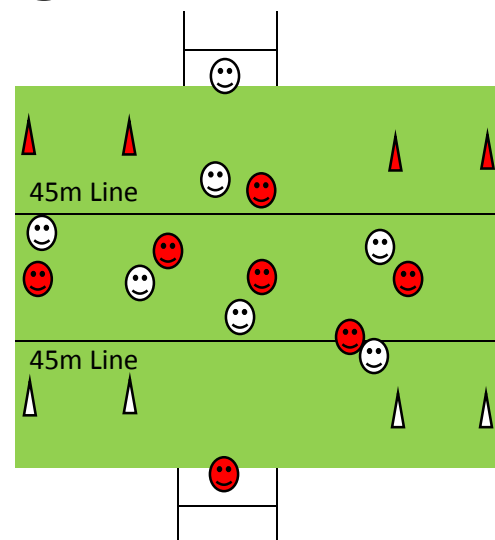
- look where you are going to break the ball too
- get underneath
- attack the break
- be aggressive

4 **Part Game One: Breaking Ball One**



- White starts with the ball.
- Throws ball up to players at 1.
- Players must break ball.
- Players at 2 & 3 compete for the breaking ball.
- Team that wins possession has to get 3 passes before they can attack.
- Goals only.

5 **Breaking Ball Game Two**



- Ball starts with kick out from either goal keepers.
- Ball must be broken
- Whichever team wins breaking ball can score by carrying the ball through cones in direction team are shooting (Red score into red cones, whites into white cones).

- move into the break
- one man up
- attack the break
- move your feet

# Session Plan Four

## U18/ Senior Football

By Monaghan Coaching & Games Development Staff

**Theme of Session:** Skill Development

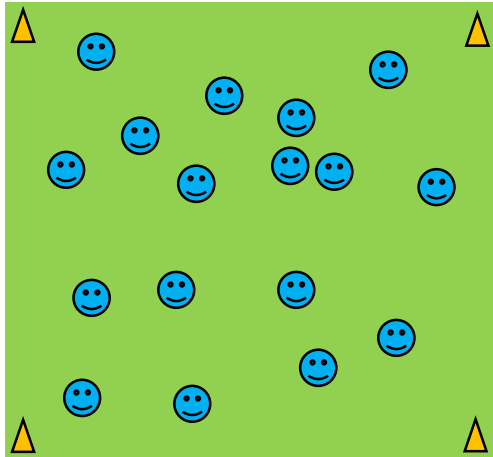
Teaching Points/ Key Words

- head up
- change direction
- plant & cut

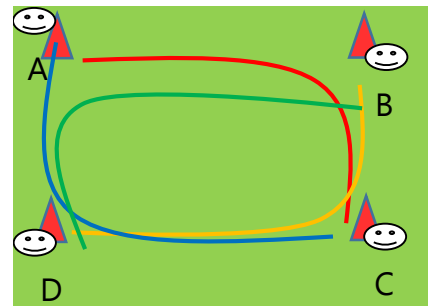
- call for ball
- time your run
- support off the shoulder at pace

1 **General Mobilisation: Incorporating the Ball**



- Players move around square passing the ball around.
- Players always perform different movements; Side to Side, Heel Flicks, High Knees, Knee Up & Out, Knee Out & In, Jump backwards..

2 **Skill Development: Handling and Support Play**



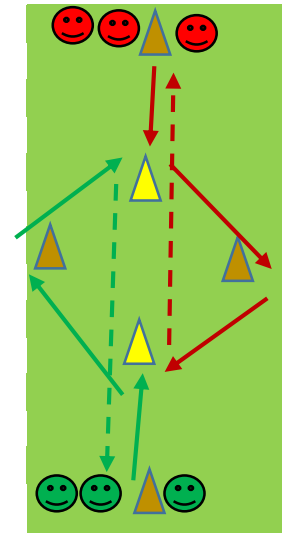
**Truck & Trailor**  
 A Passes to B, B returns it to A who continues with A. A passes to C (A joins back of C group), who then passes to B who then passes to D (B joins D group) to passes to C. C passes to A (who joins A group) who then passes back to D. This is continually repeated.

**WARM UP**

Teaching Points/ Key Words

- plant & cut
- set your angle
- follow through

3 **Skill Development: Kicking and Handling**



Two groups go at once.

Red solo the ball in the direction of the red arrows (→)

Green solo the ball in the direction of the green arrows (→)

Upon reaching the 2<sup>nd</sup> yellow cone they turn and kick the ball back in the direction of their group.

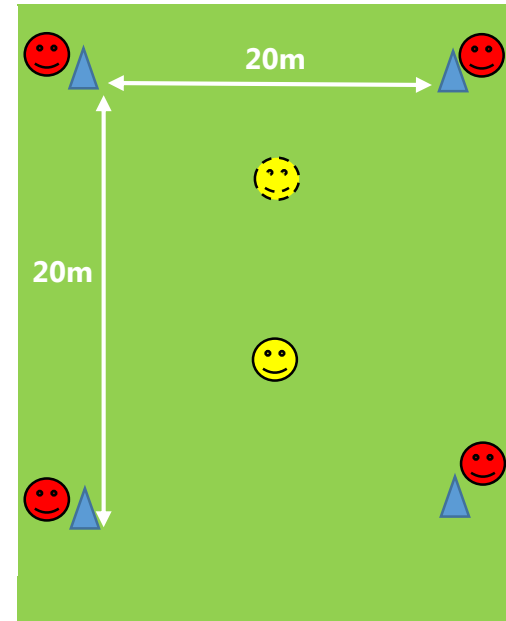
**Progression**

Support partner and perform double hand pass with next player (support play).

- first touch
- move the ball fast
- simple option

**Main Body of Session**  
**Whole Part Whole Method**

1 **Skill Development: Kicking Passing**



- Four attackers (red) standing at outside cones.
- Have 1/ 2 defenders (yellow) in the middle.
- Players on outside cones kick pass the ball to each other without defenders getting it.
- Attackers try to stay at cone.
- Defenders can go anywhere.

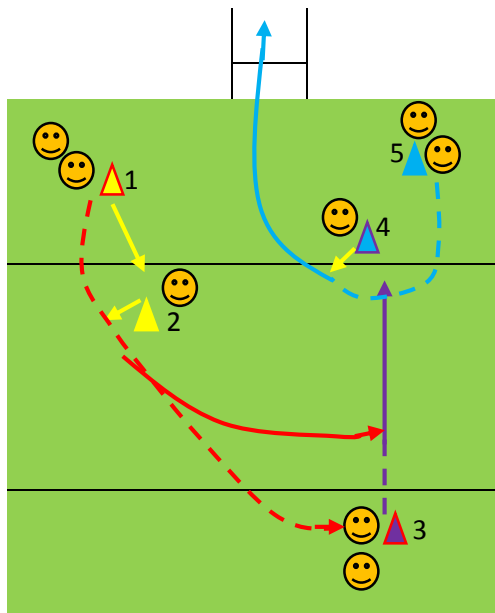
Variations

- Two seconds max on ball.

Teaching Points/  
Key Words

- move the ball fast
- follow through
- play in front of oncoming players
- loop around
- follow through

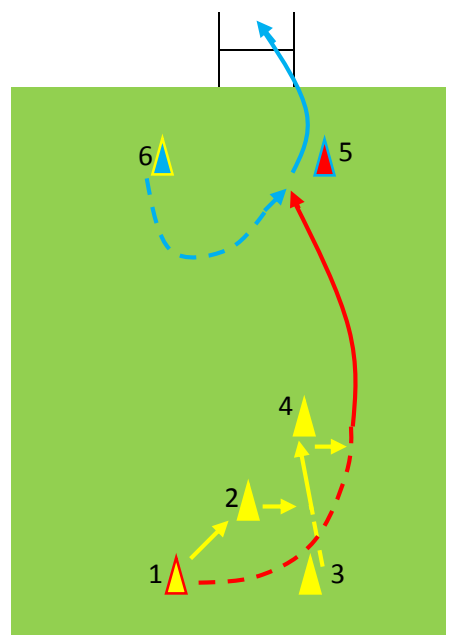
2 Skill Development: Combination Drill One



- Fist Pass
- Kick Pass
- Solo
- Shoot
- - Movement
- 1 - 2
- 2 - 3
- 3 - 4
- 4 - 5
- 5 - Shoot
- 5 joins back of group one.
- All other groups follow their pass.

- be vocal
- through the hands at pace
- play the ball to advantage of player
- loop around
- follow through

3 Skill Development: Combination Drill Two

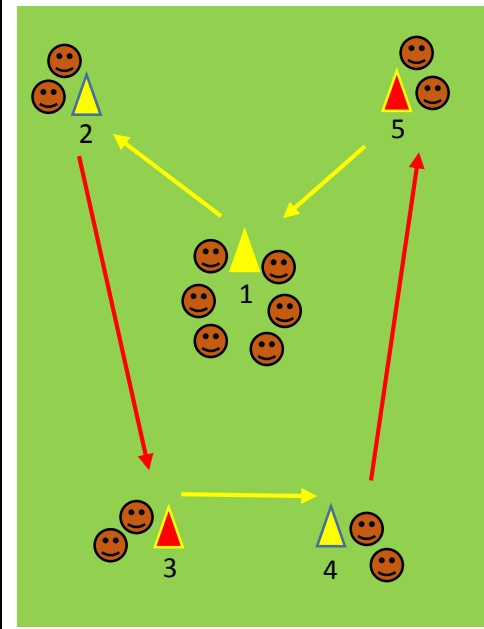


- Have two feeders at cones 2 & 4.
- 1 fist passes to 2. (1 continues to loop run as shown by (- - -)).
- 2 hand passes to 3 (who times run to receive ball on shoulder of 2).
- 3 fist passes to 4.
- 4 hand passes back to 1.
- 1 delivers a kick pass to 5.
- 5 hand passes to 6 (who loops their run to receive ball at shoulder of 5).
- 6 shoots for a point.
- Players follow their pass.

Teaching Points/  
Key Words

- head up
- look around
- move fast
- take right option

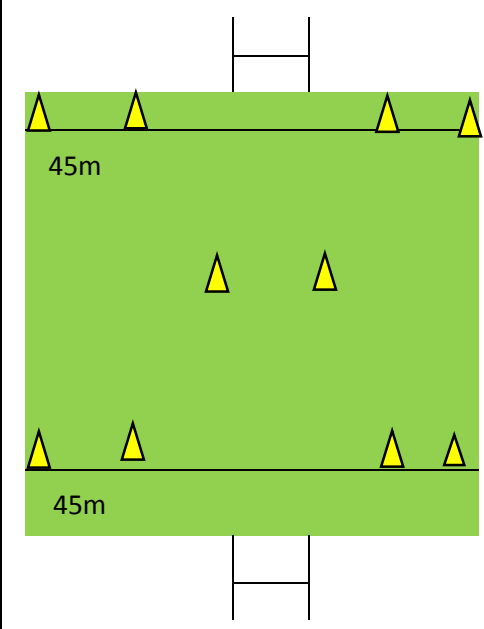
4 Skill Development: Decision Making



- Ball starts with 1
- 1 fist pass to 2
- 2 kick pass to 3
- 3 fist pass to 4
- 4 kick pass to 5
- 5 hand pass to 1
- Variations**
- 1 starts with ball but can pass to any group.
- Person who receives ball needs to decide where to pass next.
- Example; If 1 passes to 4, 4 then passes to 5 who then passes to 1
- Get plenty of footballs one.

- get into space
- play the ball to the advantage of player
- take right option
- support man on ball

5 Game: Through the Gates



- Two Teams
- One touch allowed
- To score team have to kick pass to a player running through the wide cones.
- Team can also score by fisting the ball over the middle poles.
- Cannot score in the same goals twice in a row.
- Progression
- No touches allowed. Have to use first time ball.

# Session Plan Five

## U18/ Senior Football

By Monaghan Coaching & Games Development Staff

### Theme of Session: Fitness with the Ball

Teaching Points/ Key Words

- Head up
- change direction
- plant & cut

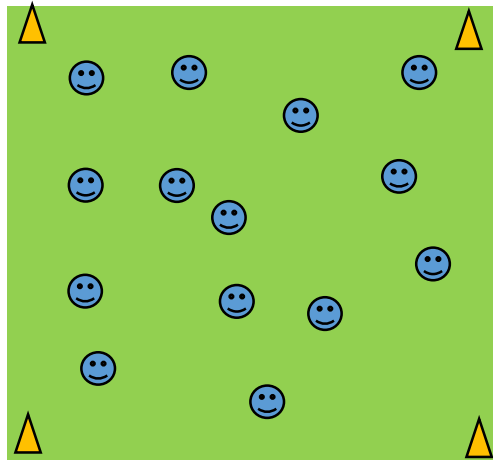
Technique

- head
- hands
- feet

1

### WARM UP

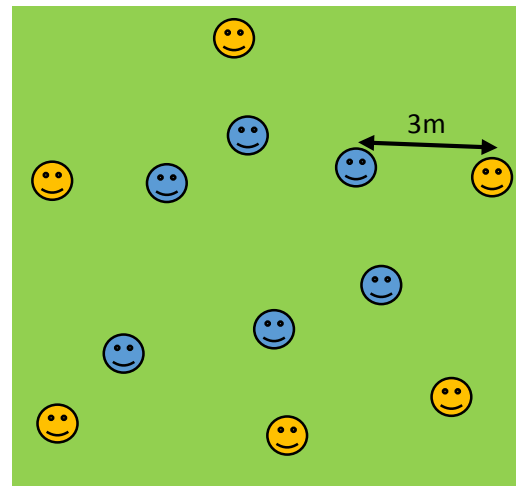
#### General Mobilisation



- Players move in different directions: Forwards, backwards, Side to Side, Hopping, Skipping, Heels Up, Knees Up, Jumping
- Dynamic Stretches (see page X).

2

#### Skill Development



- In pairs, 3m apart, jogging on the spot.
- Working on basic Fundamental skills: Hand/Fist Pass, Lift up (Crouch & Roll), Catching (High & Body), Kicking (Punt & Hook).

Teaching Points/ Key Words

- head up
- drive arms back
- balls of feet

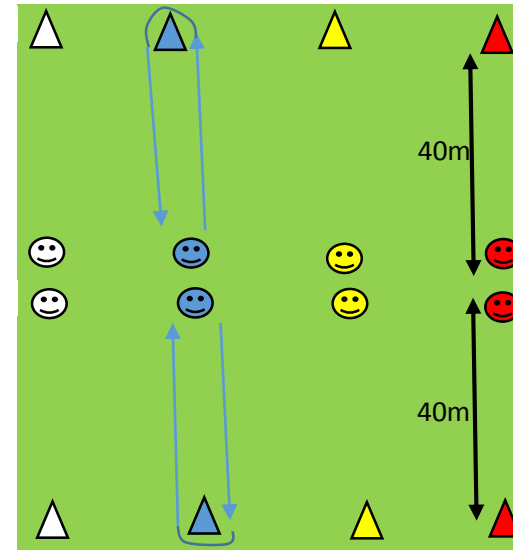
- Keep on the move

- Deep Breathes

- Lift Knees (while doing 80m run).

3

### Speed Endurance

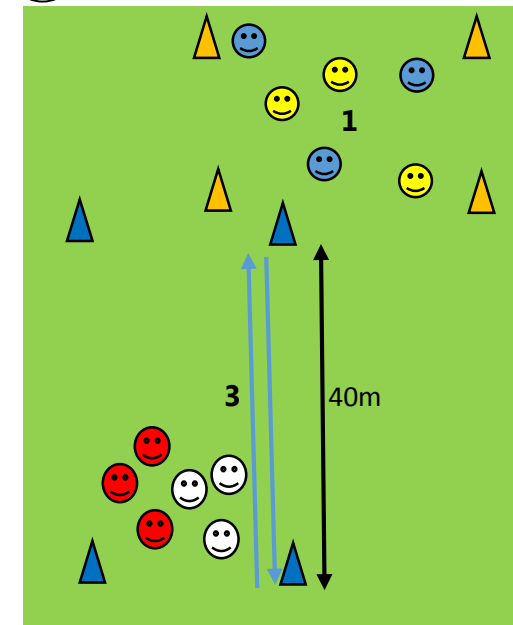


- In pairs (standing on middle line).
- On coaches whistle player sprints 80/90% to cone in front of them & back to the middle.
- Sprint is 80m in total.
- Progress to 120m.

### Main Body of Session

1

#### Keeping Possession & Speed Endurance



1. 3 v3 Keep Possession for 30 seconds.
  2. 30 seconds rest.
  3. 80m run.
  4. 1 minute rest
- Complete 5 sets

#### Progression

- 45/60 seconds Keep Possession
- 120m run
- 1 minute rest

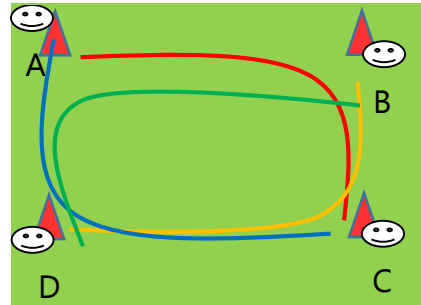
Teaching Points/  
Key Words

- time your run

- call for ball

- off shoulder at pace

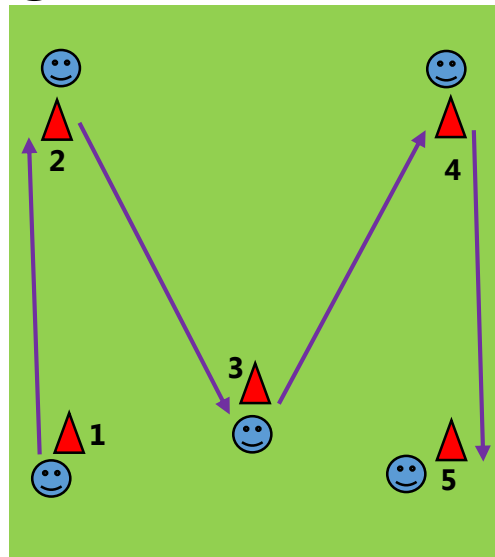
## 2 Recovery Drill: Truck & Trailer



### Truck & Trailer

A Passes to B, B returns it to A who continues with A. A passes to C (A joins back of C group), who then passes to B who then passes to D (B joins D group) to passes to C. C passes to A (who joins A group) who then passes back to D. This is continually repeated.

## 3 The M Run



### Variations

- complete run without ball
- complete run soloing ball
- 1 kick pass to 2
- 2 sets ball down
- 1 picks up ball and continues around 3.
- Hand passes to 4.
- 4 hand passes back to 1
- 1 kick passes to 5 and complete run.
- 5 does the same in reverse.

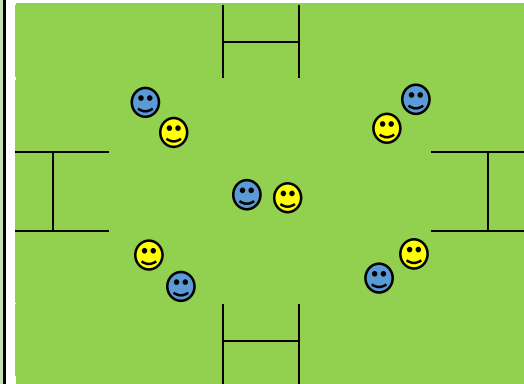
- drive off  
- balls of feet

Teaching Points/  
Key Words

- shot selection

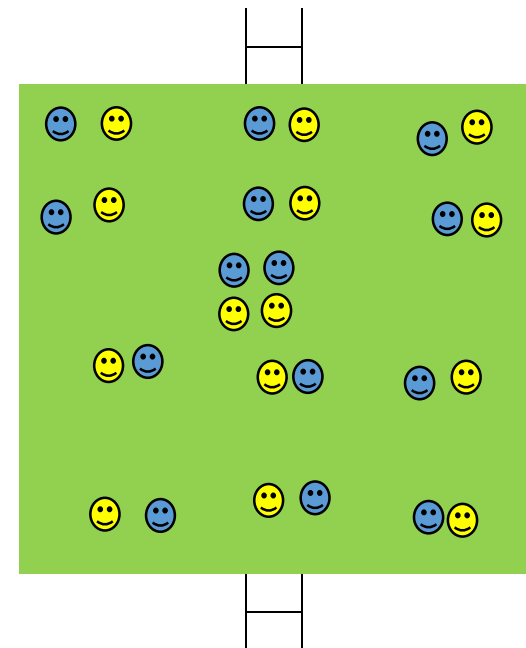
- support man on ball

## 4 Total Football



- 5 v 5
- One minute on.
- You have to score a goal in any of the goals.
- If team scores, they get the ball back, & attack other goals.
- If miss, other team get the ball.

## 5 Conditioned Game



- support man on ball  
- make the second run

- Condition the game with a number of different variations to help stimulate extra fitness work.
- Once Touch
- Two Touch
- No Touch





# Session Plan Template


Age: \_\_\_\_\_

Theme of Session:

Teaching  
Points/ Key  
Words

Teaching  
Points/ Key  
Words

Teaching  
Points/  
Key Words



Teaching  
Points/  
Key Words





# Session Plan Template


Age: \_\_\_\_\_

Theme of Session:

Teaching  
Points/ Key  
Words

Teaching  
Points/ Key  
Words

Teaching  
Points/  
Key Words



Teaching  
Points/  
Key Words

