

20260330- Barkers Under 13 B Stu

Coach: Stuart Milne

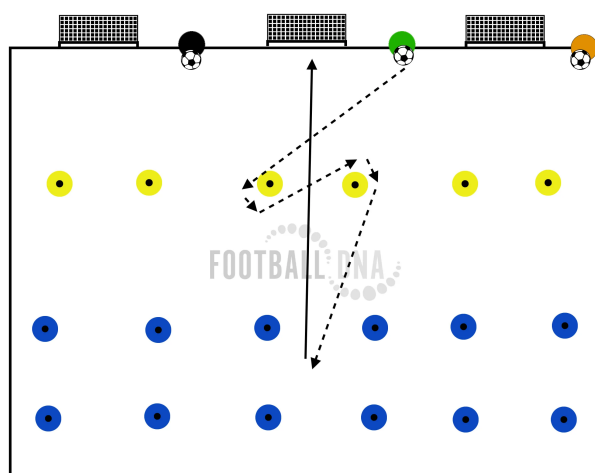
Team: Barkers under 13 B Stu

Date & Time: 29/03/2026 19:00

Duration: 90 Minutes

Session Objective: Hold and Delay

Technical Challenge Relay Races



Equipment : Footballs, Cones, Goals, 6 Players

Overview:

Split the group up into equal teams of 3-5 players stationed next to their target mini goal. Ahead of them set out two cones 10 yards away followed by a box another 10 yards away. The first player performs a figure of eight movement around the cones with the ball and moves into the marked box. From there they have to pass the ball into the goal and return back to the group for next player to go. Once all players have gone and scored into the goal they are finished, with the first team to do so being the winner. If a player misses the goal, they must perform the pass again until they score.

Coaching Points:

Dribbling: In this fun relay game, players will need to keep the ball close to them so they can manipulate the ball around the cones. If the ball is too far away from them, they will be unable to keep close to the cones resulting in a loss of time. Players might need to use both feet and the inside plus outside parts of the foot to move with the ball. They should quickly get into the box by using bigger touches initially to cover the ground.

Passing: When they move into the box, the player should line themselves up with the goal and plant one foot next to the ball, pointing at the goal and then use the side of the foot to strike the middle of the ball. The body weight should be over the ball, to keep it down and so it travels along the ground at a good pace. To progress you can also get players to drive the ball with their laces to practice that technique.

Speed: The practice is a race, so players need to be moving as quickly as possible. However they must also consider they have to keep control of the ball throughout. Once they have passed the ball into the goal, players should sprint back, driving their arms so the next player is able to go.

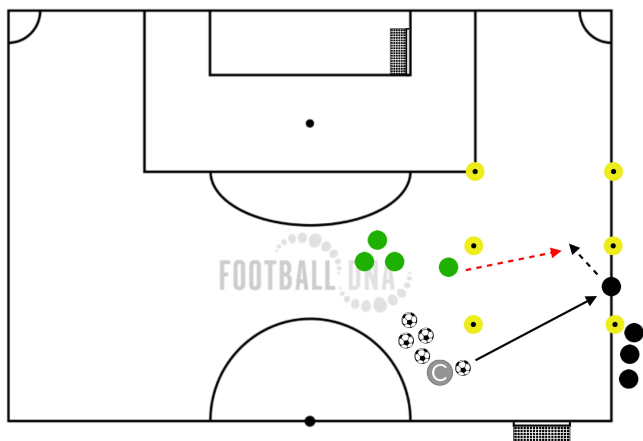
Progressions:

- Add different techniques to strike the ball into the goal such as laces, volleys.
- Players to move without the ball and the next player to serve them a pass to control and finish.

Regressions:

- Players to dribble straight to the box and pass into the mini goal.

Full Back Specific Defending 1 V 1



Equipment : Footballs, Cones, Goals, 2 - 8 Players

Overview:

This is a position specific practice that takes place on half of a pitch with it sectioned off to utilise a wide area. Cones are used to mark out a wide channel with 1 mini goal positioned behind the players at half-way and another situated to the side of the 6 yard box facing out towards the side-line. Players are divided into 2 groups with 1 group lined up to the side of the pitch (the attackers) and the other starting inside the pitch (the defenders). The coach begins with a supply of footballs at the top of the coned off channel. The practice starts with the coach passing a ball into the first attacker which triggers the first defender to come out provide pressure. The attacker's objective is to beat the defender and deliver a cross into the box, aiming to score in the mini goal. If the defender wins the ball, they try to either score in the mini goal at half-way or pass it back to the coach. Players move to the back of their line after each repetition and can swap over after a set time or number of attacks. The coach should also move the practice across to the other side of the pitch to work on the opposite full-back.

Coaching Points:

Applying Quick Pressure: Defenders must get out to the attacker quickly and aggressively to deny them space immediately. Their first few steps when accelerating should be maximal and as they get closer, the defender should decelerate effectively to avoid being beaten too easily. In terms of concise coaching points, think of it in terms of 'Shut-down' (close the space quickly), 'Slow-down' (decelerate when 3-5 yards away) and 'Sit-down' (get low with bent knees and a side on body shape).

Reading Triggers: As the defender's main objective is to win the ball, they must assess the attacker's movements by reading and anticipating the most appropriate moment to dispossess them. The defender's approach and body shape should look to force the attacker down the line where space is more limited. Triggers include a heavy touch, eyes down to look at the ball and the ball being stuck between their feet. The defender must decide quickly how they can win the ball, such as stepping in to intercept on a heavy touch or a direct tackle if able to, when the attacker's eyes go down to the ball or it stops close to their feet.

Jockeying: This represents a key attribute for all full-backs. When the attacker is dribbling towards the defender, they must be patient and wait for the most ideal time to win the ball. Whilst doing so, they remain side on with a low body carriage, eyes on the ball and arm out to 'feel' the attacker.

When jockeying, they are shuffling their feet and moving side-ways but backwards at the same time, waiting for a tackling trigger in which to step in and directly attempt to win possession.

Fast Transition: Upon winning the ball, the defender needs to transition quickly by looking to separate themselves from their opponent as fast as possible. A speedy dribble with eyes up will help them to decide whether to try and score in the mini goal or pass back to the coach. The pass needs to be executed with high ball speed and be accurate to reach its intended target.

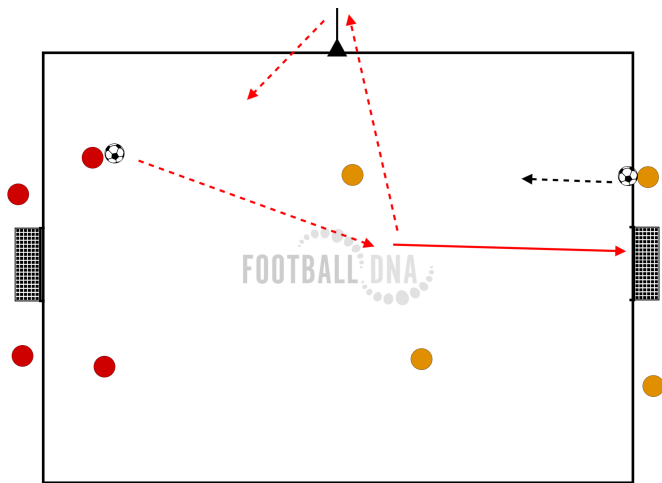
Progressions:

- Add more players to make the situation a 2 v 2.
- Add a big goal with goalkeeper, central attackers and defenders to work from the cross if the attacker beats the defender.

Regressions:

- Give the attacker a time limit to deliver the cross, increasing the opportunities for the defender to step in and win the ball.
- Decrease the width of the channel giving the attacker less space to operate in.

Dealing With 2 V 1 Delay & Deflect



Equipment : Footballs, Bibs, Cones, 2 Goals, 8 Players & 2 GK

Overview:

Setup an area with a goal at either end. Organise two teams that are set up beside each goal. The game begins with one team attacking the opposite goal, as soon as they score one player must run around one of the cones/poles on the half way line before they can return to the pitch. This will lead onto the defenders defending 1 v 2. If a defending team wins possession of the ball and scores, they stay on and continue to defend.

Coaching Points:

Weight & Quality of Pass: Players will need to identify when to play into space and when to play into their team mates feet. Players should look to play into space whenever they have an opposition to exploit space or take advantage of the overload by playing forwards.

Creating Overloads: Attackers can create overloads throughout this game both with and without the ball. Players can create overloads with the ball by travelling with the ball and creating a 2v1. Similarly, overloads can be created by the player without the ball moving to create 2 v 1's.

Defending Outnumbered: Defenders will need to delay the attackers by positioning themselves between the ball and the other supporting attack. Delaying attacks and forcing play away from goal will provide the defending team time for the other defender to recover to get back onto the pitch.

Final Execution: Players will need to finish quickly when they're attacking quickly. If either team slows down the attack or takes too many touches it will allow the defending team to recover back behind the ball.

Progressions:

- Add a score zone.

Regression:

- Make the recovery run for the defender shorter, which will mean teams will have to defend outnumbered for a smaller amount of time.