

THE
COACHING
MANUAL[®]

FULL SEASON

30-WEEK PLAN



AUTUMN SEASON WEEK 1

THEMES

- 5-6 Ball Mastery
- 7-8 Ball Mastery
- 9-10 Ball Mastery
- 11-12 Ball Mastery
- 13+ Build the Attack - Defensive third

SESSIONS

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AUTUMN SEASON WEEK 2

THEMES

- 5-6 Dribbling
- 7-8 VI
- 9-10 Receiving and Releasing
- 11-12 Receiving and Releasing
- 13+ Create the Attack - Middle third

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AUTUMN SEASON WEEK 3

THEMES

- 5-6 Move to Improve
- 7-8 Receive and Release
- 9-10 Attacking Quickly
- 11-12 Attacking Quickly
- 13+ Finish the Attack - Final third

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AUTUMN SEASON WEEK 4

THEMES

- 5-6 Move to Improve and Ball Striking
- 7-8 Ball Mastery and Move to Improve
- 9-10 IvI
- 11-12 Pressing IvI
- 13+ Transition from Attack to Defence

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AUTUMN SEASON WEEK 5

THEMES

- 5-6 Ball Mastery
- 7-8 1v1
- 9-10 Defending 1v1/2v3
- 11-12 Defending
- 13+ Stop them Starting - Defending from the front

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AUTUMN SEASON WEEK 6

THEMES

- 5-6 1v1
- 7-8 Attacking Quickly
- 9-10 Defending 1v1/2v3
- 11-12 Receiving and Releasing
- 13+ Preventing forward play - Middle third

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AUTUMN SEASON WEEK 7

THEMES

- 5-6 Games Night
- 7-8 Finishing
- 9-10 Finishing
- 11-12 Finishing
- 13+ Defending the box - Defensive third

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Try any small-sided game from the season to assess any theme you choose

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AUTUMN SEASON WEEK 8

THEMES

- 5-6 Ball Mastery
- 7-8 Defending
- 9-10 Ball Mastery
- 11-12 Receiving and Releasing
- 13+ Transition from Defence to Attack

SESSIONS

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AUTUMN SEASON WEEK 9

THEMES

- 5-6 Dribbling
- 7-8 Ball Mastery
- 9-10 Receiving and Releasing
- 11-12 Attacking Quickly
- 13+ Build the Attack - Defensive third

SESSIONS

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AUTUMN SEASON WEEK 10

THEMES

- 5-6 Move to Improve and Controlling
- 7-8 Receiving and Releasing
- 9-10 Attacking Quickly
- 11-12 Defending in Balance
- 13+ Create the Attack - Middle Third

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AUTUMN SEASON WEEK 11

THEMES

- 5-6 Move To Improve and Ball Striking
- 7-8 Attacking Quickly
- 9-10 IvI
- 11-12 Defending out of Balance
- 13+ Finish the Attack - Final Third

SESSIONS

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AUTUMN SEASON WEEK 12

THEMES

- 5-6 Ball Mastery
- 7-8 IVI
- 9-10 Finishing
- 11-12 Receiving and Releasing
- 13+ Transition from Attack to Defence

SESSIONS

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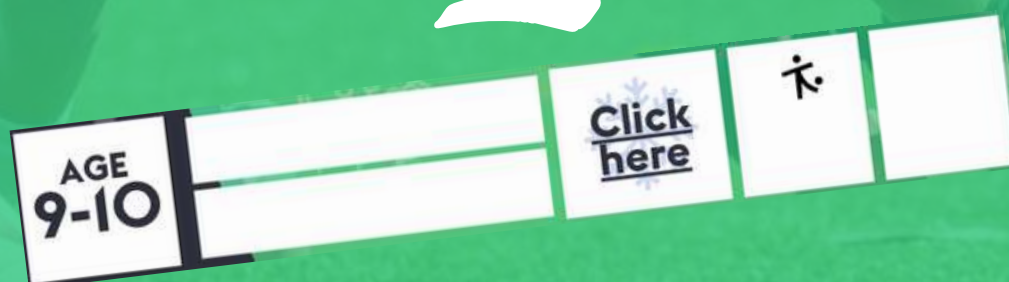
WINTER IS COMING!

PREPARE FOR ADVERSITY

In the northern hemisphere, we will soon enter the winter months when many clubs will move indoors for their training sessions due to the weather or longer, darker nights. This can place a number of restrictions on your team's training sessions, including the necessity of using smaller spaces - that are often shared with other clubs/players.

This can make setting up drills quite difficult, especially when it comes to ensuring your practices are aligned with your strategies or targets for the season. How can you be sure that your players are getting the most out of their time at training?



That's why in the next section of this full season guide, we've included alternative 'indoor' session plans for the next eight weeks - in case you are forced indoors into a smaller space. These one-pagers include sessions split into individual practices, allowing you to chop-and-change to suit your situation.



WINTER SEASON WEEK 13

THEMES

- 5-6 1v1
- 7-8 Ball Mastery
- 9-10 Defending 1v1/2v2
- 11-12 Attacking Quickly
- 13+ Stop them Starting - Pressing

| | SESSIONS | INDOOR SESSIONS | TAKE HOME | COACH ED |
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| AGE 5-6 | Session 1 - click here Session 2 - click here |  | | Click Here |
| AGE 7-8 | Session 1 - click here Session 2 - click here |  |  Click Here | Click Here |
| AGE 9-10 | Session 1 - click here Session 2 - click here | Click here |  Click Here | Click Here |
| AGE 11-12 | Session 1 - click here Session 2 - click here | Click here |  Click Here | Click Here |
| AGE 13+ | Session 1 - click here Session 2 - click here | Click here | | Click Here |



WINTER SEASON WEEK 14

THEMES

- 5-6 Iv1
- 7-8 Finishing
- 9-10 Defending Iv1/2v2
- 11-12 Finishing
- 13+ Preventing forward play - Middle third

SESSIONS

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WINTER SEASON WEEK 15

THEMES

- 5-6 Games Night
- 7-8 Games Night
- 9-10 Games Night
- 11-12 Games Night
- 13+ Defending the box - Defensive third

SESSIONS

INDOOR SESSIONS

TAKE HOME

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Try any small-sided game from the season to assess any theme you choose



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Try any small-sided game from the season to assess any theme you choose




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WINTER SEASON WEEK 16

THEMES

- 5-6 Ball Mastery
- 7-8 Ball Mastery
- 9-10 Ball Mastery
- 11-12 Ball Mastery
- 13+ Transition from Defence to Attack

| | SESSIONS | INDOOR SESSIONS | TAKE HOME | COACH ED |
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| AGE 5-6 | <u>Session 1 - click here</u> <u>Session 2 - click here</u> |  | | <u>Click Here</u> |
| AGE 7-8 | <u>Session 1 - click here</u> <u>Session 2 - click here</u> |  |  <u>Click Here</u> | <u>Click Here</u> |
| AGE 9-10 | <u>Session 1 - click here</u> <u>Session 2 - click here</u> | <u>Click here</u> |  <u>Click Here</u> | <u>Click Here</u> |
| AGE 11-12 | <u>Session 1 - click here</u> <u>Session 2 - click here</u> | <u>Click here</u> |  <u>Click Here</u> | <u>Click Here</u> |
| AGE 13+ | <u>Session 1 - click here</u> <u>Session 2 - click here</u> | <u>Click here</u> | | <u>Click Here</u> |



WINTER SEASON WEEK 17

THEMES

- 5-6 Dribbling
- 7-8 IV
- 9-10 Receiving and Releasing
- 11-12 Receiving and Releasing
- 13+ Build the Attack - Defensive third

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| AGE 11-12 | Session 1 - click here Session 2 - click here | Click here |  Click Here | Click Here |
| AGE 13+ | Session 1 - click here Session 2 - click here | Click here | | Click Here |



WINTER SEASON WEEK 18

THEMES

- 5-6 Move to Improve
- 7-8 Receive and Release
- 9-10 Attacking Quickly
- 11-12 Attacking Quickly
- 13+ Create the Attack - Middle third




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| AGE 7-8 | Session 1 - click here Session 2 - click here |  |  Click Here | Click Here |
| AGE 9-10 | Session 1 - click here Session 2 - click here | Click here |  Click Here | Click Here |
| AGE 11-12 | Session 1 - click here Session 2 - click here | Click here |  Click Here | Click Here |
| AGE 13+ | Session 1 - click here Session 2 - click here | Click here | | Click Here |



WINTER SEASON WEEK 19

THEMES

- 5-6 Move to Improve and Ball Striking
- 7-8 Ball Mastery and Move to Improve
- 9-10 IvI
- 11-12 Pressing IvI
- 13+ Finish the Attack - Final third



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| AGE 7-8 | Session 1 - click here Session 2 - click here |  |  Click Here | Click Here |
| AGE 9-10 | Session 1 - click here Session 2 - click here | Click here |  Click Here | Click Here |
| AGE 11-12 | Session 1 - click here Session 2 - click here | Click here |  Click Here | Click Here |
| AGE 13+ | Session 1 - click here Session 2 - click here | Click here | | Click Here |



WINTER SEASON WEEK 20

THEMES

- 5-6 Ball Mastery
- 7-8 IvI
- 9-10 Defending IvI/2v3
- 11-12 Defending
- 13+ Transition from Attack to Defence

| | SESSIONS | INDOOR SESSIONS | TAKE HOME | COACH ED |
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| AGE 11-12 | <u>Session 1 - click here</u> <u>Session 2 - click here</u> | <u>Click here</u> |  <u>Click Here</u> | <u>Click Here</u> |
| AGE 13+ | <u>Session 1 - click here</u> <u>Session 2 - click here</u> | <u>Click here</u> | | <u>Click Here</u> |



SPRING SEASON WEEK 21

THEMES

- 5-6 1v1
- 7-8 Attacking Quickly
- 9-10 Defending 1v1/2v3
- 11-12 Receiving and Releasing
- 13+ Stop them Starting - Pressing

SESSIONS

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SPRING SEASON WEEK 22

THEMES

- 5-6 Games Night
- 7-8 Finishing
- 9-10 Finishing
- 11-12 Finishing
- 13+ Preventing forward play - Middle third

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SPRING SEASON WEEK 23

THEMES

- 5-6 Ball Mastery
- 7-8 Defending
- 9-10 Ball Mastery
- 11-12 Receiving and Releasing
- 13+ Defending the box - Defensive third

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SPRING SEASON WEEK 24

THEMES

- 5-6 Dribbling
- 7-8 Ball Mastery
- 9-10 Receiving and Releasing
- 11-12 Attacking Quickly
- 13+ Transition from Defence to Attack

SESSIONS

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SPRING SEASON WEEK 25

THEMES

- 5-6 Move to Improve and Controlling
- 7-8 Receiving and Releasing
- 9-10 Attacking Quickly
- 11-12 Defending in Balance
- 13+ Build the Attack - Defensive third

SESSIONS

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SPRING SEASON WEEK 26

THEMES

- 5-6 Move To Improve and Ball Striking
- 7-8 Attacking Quickly
- 9-10 IvI
- 11-12 Defending out of Balance
- 13+ Create the Attack - Middle Third

SESSIONS

TAKE-HOME

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SPRING SEASON WEEK 27

THEMES

- 5-6 Ball Mastery
- 7-8 IV
- 9-10 Finishing
- 11-12 Receiving and Releasing
- 13+ Finish the Attack - Final Third

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SPRING SEASON WEEK 28

THEMES

- 5-6 1v1
- 7-8 Ball Mastery
- 9-10 Defending 1v1/2v2
- 11-12 Attacking Quickly
- 13+ Transition from Attack to Defence

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SPRING SEASON WEEK 29

THEMES

- 5-6 1v1
- 7-8 Finishing
- 9-10 Defending 1v1/2v2
- 11-12 Finishing
- 13+ Stop them Starting - Pressing

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SPRING SEASON WEEK 30

THEMES

- 5-6 Games Night
- 7-8 Games Night
- 9-10 Games Night
- 11-12 Games Night
- 13+ Preventing forward play - Middle third

SESSIONS

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Try any small-sided game from the season to assess any theme you choose

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SUPPORT FOR NEW COACHES

As we enter the summer and new season, we are sure to be welcoming many new coaches to the sport. Perhaps you're new to coaching yourself, or perhaps there are a number of new coaches at your club.

How do I plan a session? How do I deliver a session? How do I communicate with the players? These are just a few of the big questions that every coach will have asked themselves before stepping out onto that training field for the first time.

Featuring an introduction from The Coaching Manual's Technical Director, UEFA A Licence and USSF A Licence coach Paul Bright, The New Coaches Starter Pack is the essential companion for anyone starting out in the world of soccer coaching at any level.

Whether you're a new coach yourself, or work with volunteers who are stepping out onto the training field for the first time, download the New Coaches Starter Pack today, and share the knowledge with your colleagues.

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HOW WE CAN HELP CLUBS

From grassroots clubs to professional academies, our digital platform can help you get better at coaching and save you valuable time.

Key features for clubs

- **Club Admin:** Use your club admin panel to add your teams, coaches and players
- **Content Access:** Club packages will unlock all of our great content for you and your coaches, allowing them access to verified coaching resources from world-leading academies.
- **Coach Upgrades:** Club accounts allow you, the club owner, to give premium access to coaches you choose (you can remove their access at any time too)
- **Season Plans:** As club owner, you can add an age-appropriate season plan to any of your teams in minutes, saving hours of planning time for everyone involved in education at the club.
- **Folders:** Allows you to share club documents, build and communicate club curriculums, and set ball mastery homework tasks for individual teams or for entire age groups in minutes.
- **Account Management:** You will have a dedicated expert to guide you and your club through the year to get the most out of the platform.

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