LEICESTER CITY FOOTBALL CLUB ACADEMY

Foundation sessions

LEICESTER CITY FOOTBALL CLUB ACADEMY

Developing awareness and intelligence

In possession.

LEICESTER CITY FOOTBALL CLUB ACADEMY

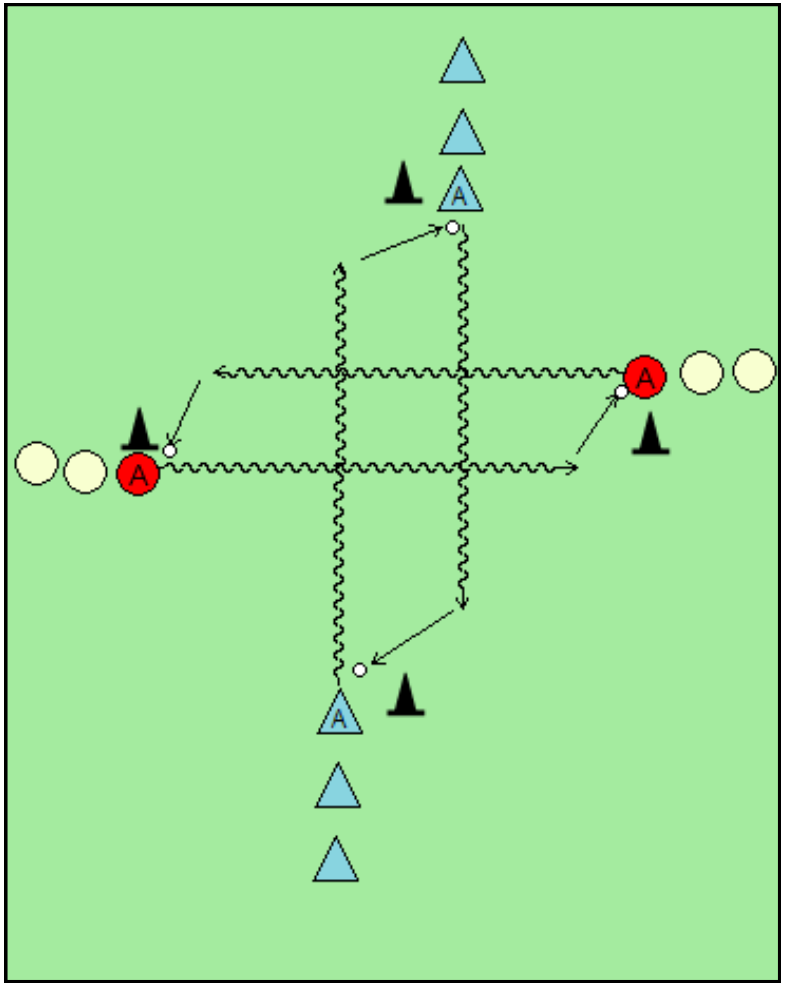
Ball Mastery sessions

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	End to end two ways.									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**12**	**Other**	**4 large**	

Execution

Cones - bibs - supply of balls
One player from all four sides (marked A)
Dribble the ball across and make a small pass to the next player
Ask the players to travel using different ball mastery techniques.
Look for!
High Tempo - correct technique - looking up - ball feeling.
Ball Mastery
Free dribbling.
Right foot cuts
Left foot cuts
Soul roll
toe taps
toe taps with roll over
push pull



Key Points and objectives

Tactical	When you see the space move into it quickly.	**Areas**	15m x 15m				
Technical	Improve close control, constant touches of the ball, touches with both feet.	**Time**	20 min				
Physical	This format can be used to practice movement skills, sprinting, dodging, twisting, hopping.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration,						
Group	Groups of 3 x 4						

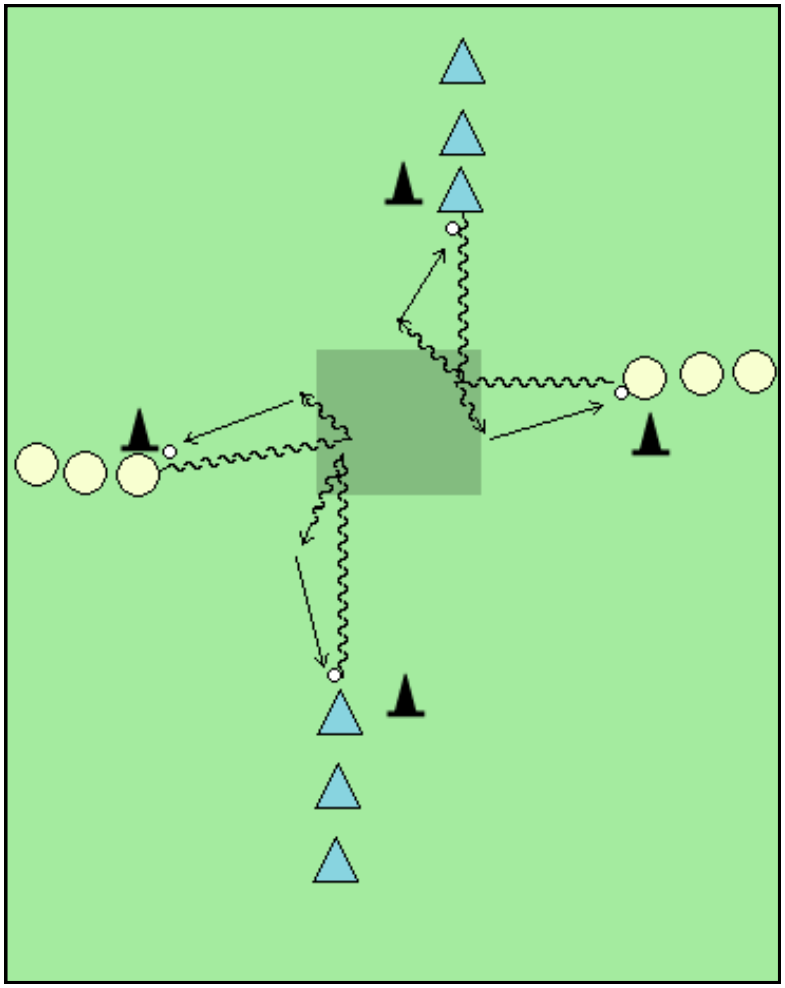
LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	End to end two ways. With the step over turn									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**12**	**Other**	**4 large**	

Execution

One player from all four sides (marked A)
Dribble the ball into the square and perform a turn before passing.
Once they have passed follow there pass.
Ask the players to travel using different ball mastery techniques.
Look for!
High Tempo - correct technique - looking up - ball feeling.

The Step Over Turn.
Fake to kick the ball.
Instead step around the ball
Plant the foot on the other side of the ball.
Pivot and turn on the step over leg.
Collect the ball with the opposite foot and accelerate away.



Key Points and objectives

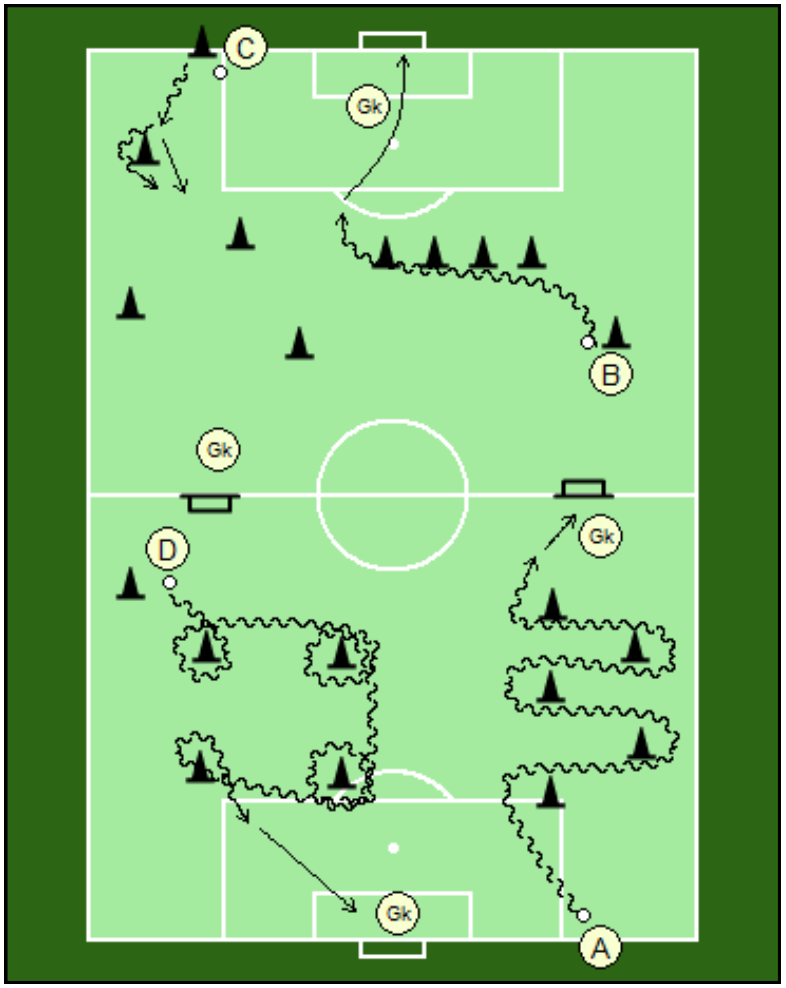
Tactical	When you see the space move into it quickly.	**Areas**	15m x 15m					
Technical	Improve close control, constant touches of the ball, touches with both feet.	**Time**	20 min					
Physical	This format can be used to practice movement skills, sprinting, dodging, twisting, hopping.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration,							
Group	Groups of 3 x 4							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	4 Goals dribbling skills									**Format**	**Ball M**
Set-Up	**Goals**	**4**	**Bibs**		**Cones**	**Y**	**Balls**	**25**	**Other**	**Large cones**	

Execution

A.
Players to dribble around the cones in the slalom style and soon returned to shoot on goal past the goalkeeper.
B
Players to dribble toward line of cones and to move side with the lateral movement moving the ball from left to right foot before shooting on the goal.
C.
Players to dribble and pass the ball one side of the cone and run around the other side. Players then shoot on the goal.
D.
Players to do a twisting motion around all four cones before shooting on goal and then moving onto the next section.
Look for.
This must be played at a high tempo and encourage players to move quickly.
Mistakes are vital players must be making mistakes if they are to improve.



Key Points and objectives

Tactical		**Areas**	60m x 60m					
Technical	Improve close control, constant touches of the ball, touches with both feet.	**Time**	20 min					
Physical	This format can be used to practice movement skills, sprinting, dodging, twisting, hopping.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Concentration,							
Group	Groups of 4 x 4							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Physical movement with the ball.**									**Format**	**Ball M**
Set-Up	**Goals**	**4**	**Bibs**		**Cones**	**Y**	**Balls**	**25**	**Other**	**Length of tape.**	

Execution

three red zones and three yellow zones marked out equally with cones and spread out across the pitch.

Split the group into two equal teams.

The Game

Each player has a ball and dribbles it around the whole area.

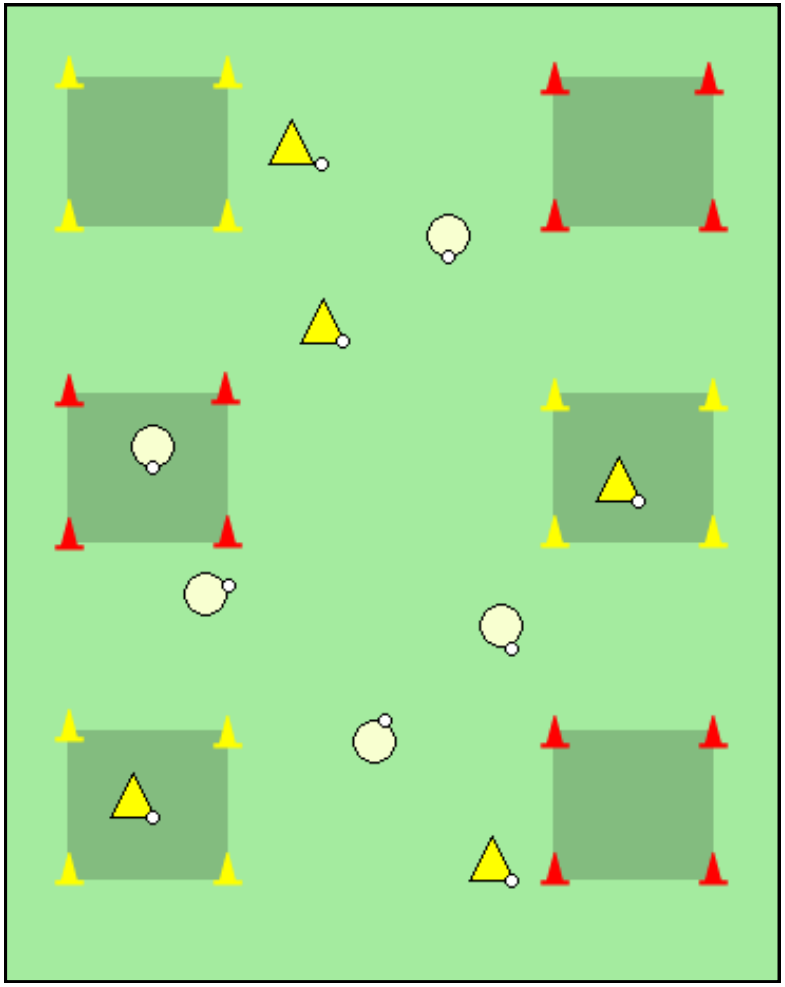
Players must dribble into a zone and perform different foots kills Any player who does not get into the square must continue to dribble the ball until a square becomes free.

Progression 1

When a player goes into a zone of the same colour he must turn a pass the ball into another square and follow his pass.

Progression 2

Reds play against the yellows and try to score in the yellow squares while the yellows attempt to score in the red squares.



Key Points and objectives

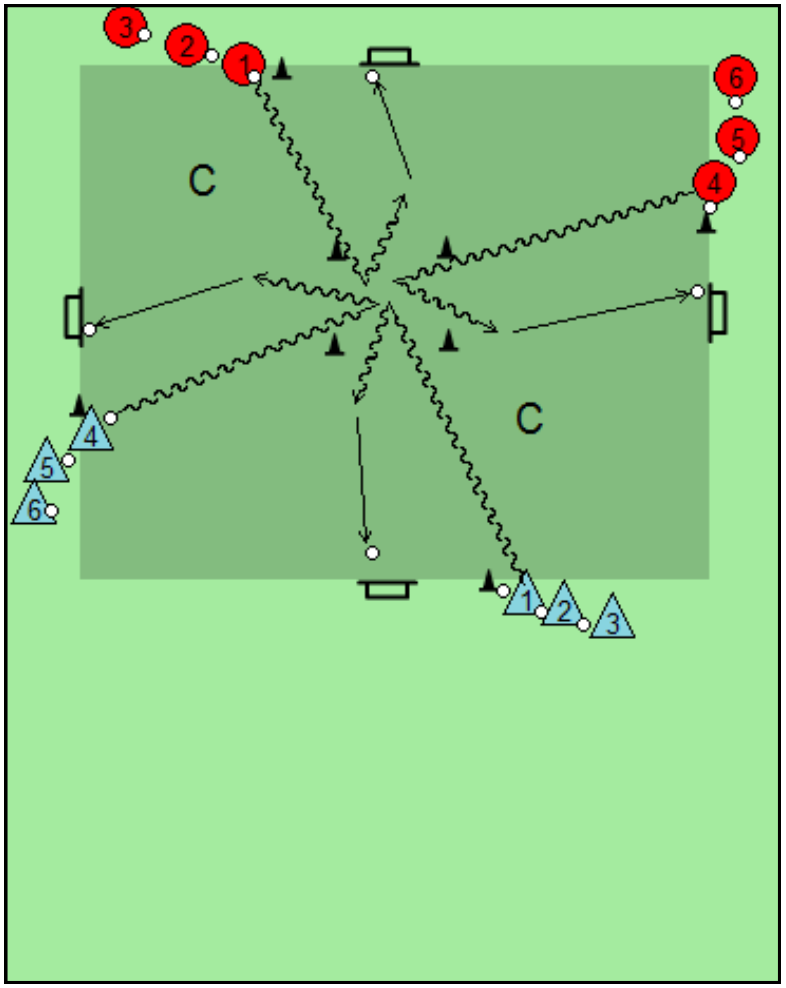
Tactical	Keep spinning your head and look to get into a free square.	**Areas**	30m x 30m (4mx4m)					
Technical	Left and right foot work, keep ups, ball manipulation, fakes and turns practice.	**Time**	20 min					
Physical	Balance when keeping the ball up, agility when moving and turning quickly.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration:- get the most from the drill.							
Group	Whole group.							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	Ball Mastery (4 goal with turns)									**Format**	**Ball M**
Set-Up	**Goals**	**4**	**Bibs**		**Cones**	**Y**	**Balls**	**25**	**Other**	**Large cones**	

Execution

Players dribble out in the square which is 2m x 2m and perform a turn and shot.
Once they have shot they can then go in goal.
Progression
Ask the players to perform a ball mastery skill instead of dribbling into the square.
·Look for!
The correct technique on the turns - head up before shot and turn - good tempo.
Awareness Work
Each coach holds a balloon and calls out a players name who must leave the drill and dribble the ball too the balloon and catch it before it hits the floor.



Key Points and objectives

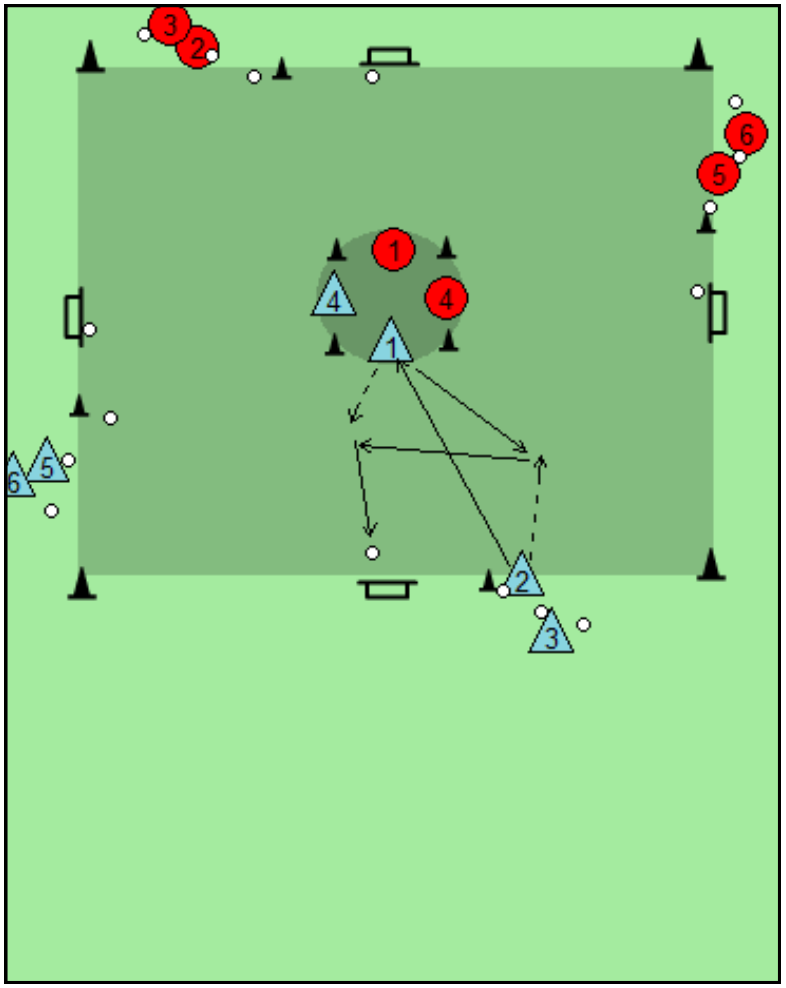
Tactical	Keep looking for the coach to keep the balloon off the floor.	**Areas**	30m x 30m				
Technical	Improve close control, constant touches of the ball, touches with both feet. Work on different turns.	**Time**	20 min				
Physical	This format can be used to practice movement skills, sprinting, dodging, twisting, hopping.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration,						
Group	Groups of 4 x 4						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	Ball Mastery Four goals combination Play									**Format**	**Ball M**
Set-Up	**Goals**	**4**	**Bibs**		**Cones**	**Y**	**Balls**	**25**	**Other**	**Large cones**	

Execution

Player 2 passes the ball to player 1
Player 1 passes back to player 2
Who has made a diagonal run to receive the ball
Player 2 lays the ball back to player 1
Player 1 shoots on goal.
Player 2 takes up player 1 position.
The drill repeats
Look For!
Movement of the cones - first touch - communication - technique of the shot.



Key Points and objectives

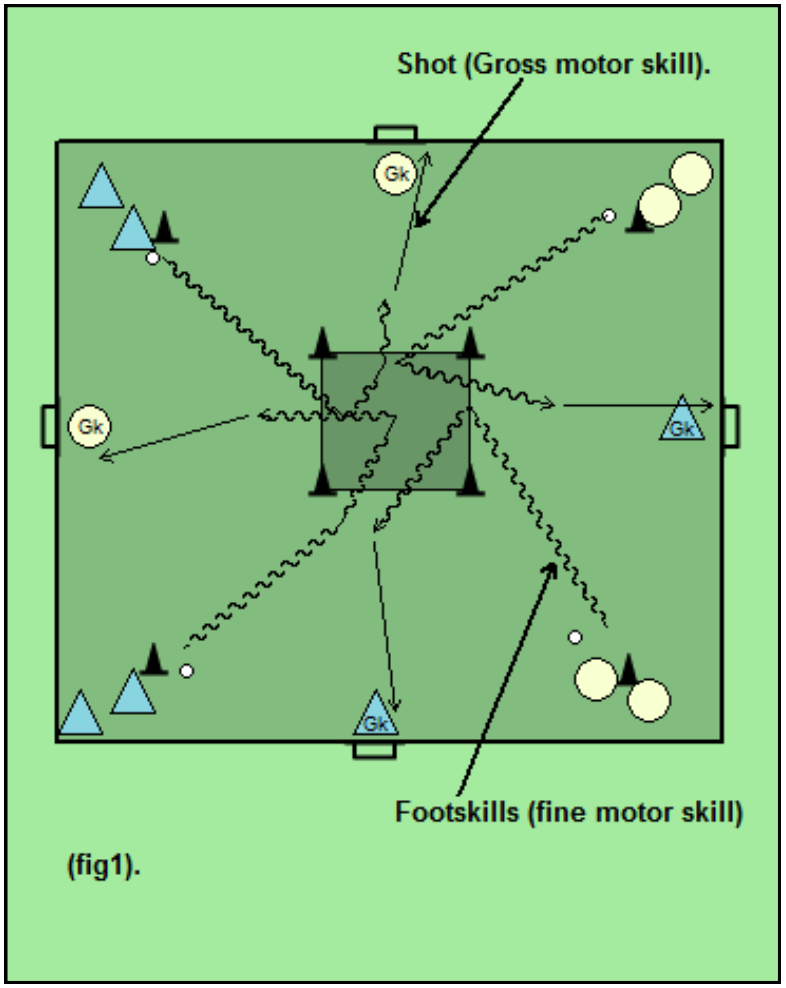
Tactical	Keep looking for the coach to keep the balloon off the floor.	**Areas**	30m x 30m					
Technical	Practice the first touch and taking the ball off line, finishing 1v1 with the goal keeper..	**Time**	20 min					
Physical	Balance when playing the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Composure, try to show composure when 1v1 with the GK.							
Group	Groups of 4 x 4							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	Ball Mastery with Agility.									**Format**	**Ball M**
Set-Up	**Goals**	**4**	**Bibs**		**Cones**	**Y**	**Balls**	**25**	**Other**	**Length of tape.**	

Execution

Set up a square which is linked with tape which is 50cm off the floor.
Players must dribble into the square pushing the ball under the tape and jumping over it. then turn and pass the ball out of the square before jumping over the tape again before shooting.
Once they have shot they can then go in goal.
Progression
Ask the players to perform a ball mastery skill instead of dribbling into the square.
Look for!
The correct technique on the turns - head up before shot and turn - good tempo.



(fig1).

Key Points and objectives

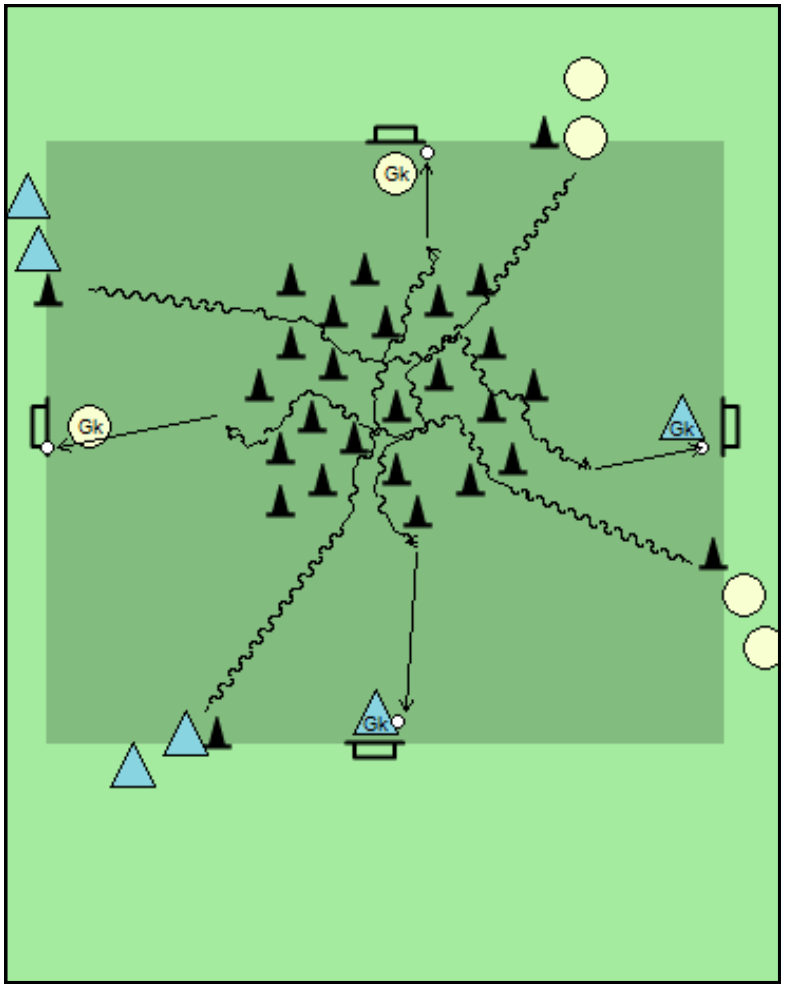
Tactical	Try to shoot across the goal keeper, can you finish 1v1. (go around the GK or finish early).	**Areas**	30m x 30m				
Technical	RWTB into dribbling, changes of tempo,	**Time**	20 min				
Physical	Balance when jumping the tape, landing and continue dribbling.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Composure, try to show composure when 1v1 with the GK.						
Group	Groups of 4 x 4						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	Ball Mastery Many Cones									**Format**	**Ball M**
Set-Up	**Goals**	**4**	**Bibs**		**Cones**	**Y**	**Balls**	**25**	**Other**	**Length of tape.**	

Execution

Place the cones in the centre of the pitch.
Players are put into teams of four and sent to the four sides of the pitch.
Players must dribble the ball through the cones before finishing on goal they then join the opposite side before traveling back the opposite way.
Progression
Ask the players to perform a ball mastery skill instead of dribbling into the square.
Look for!
The correct technique on the turns - head up before shot and turn - good tempo.



Key Points and objectives

Tactical	Try to shoot across the goal keeper, can you finish 1v1. (go around the GK or finish early).	**Areas**	30m x 30m					
Technical	RWTB into dribbling, changes of tempo, players to use different ball manipulation skills.	**Time**	20 min					
Physical	Agility, moving quickly through the cones.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Composure, try to show composure when 1v1 with the GK.							
Group	Groups of 4 x 4							

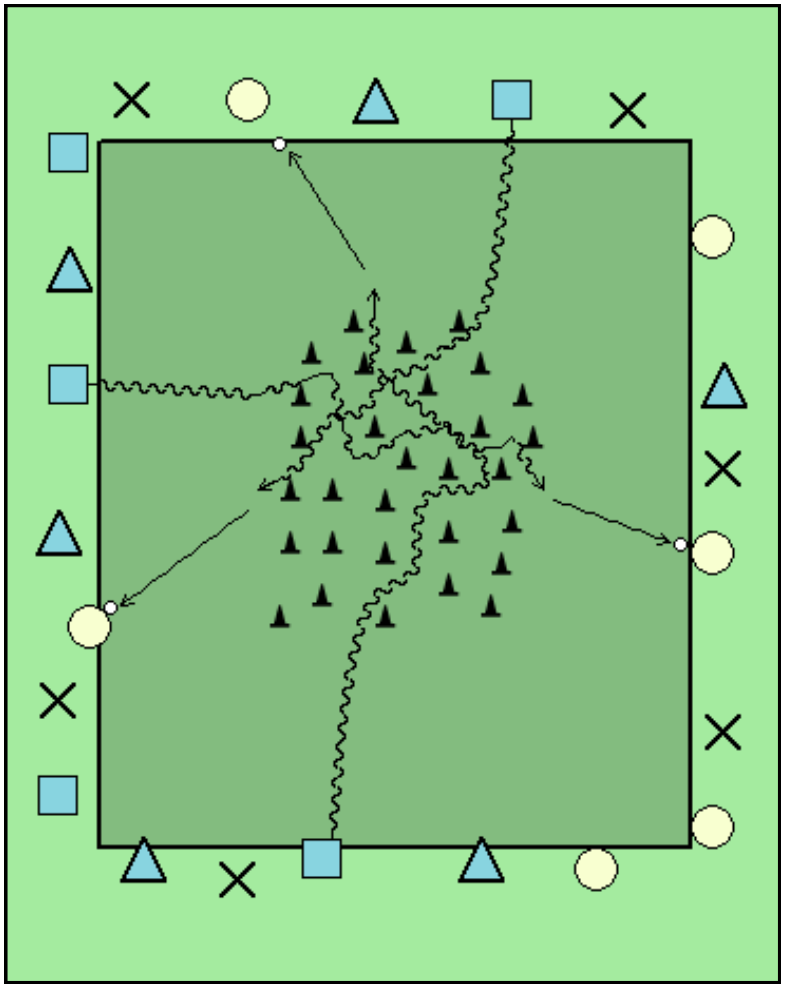
LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	first touch to Dribble.									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**25**	**Other**	**Length of tape.**	

Execution

Phase 1
1 ball to every 3 players.
Players must dribble through two gates before turning out and passing the ball to another player on the outside.
Phase 2
Player A dribbles through two gates and passes the ball to B.
Player A then can make one of two runs (straight at the receiver or too one side.
Depending on the run of A, B must make a decision on his first touch.
Phase 3
Once player D receives the ball if he has a player on either side he can choose to pass or dribble depending on the defending run of player C.

Look For!
Tempo - techniques - relaxed attitude.



Key Points and objectives

Tactical	Try to shoot across the goal keeper, can you finish 1v1. (go around the GK or finish early).	**Areas**	30m x 30m					
Technical	RWTB into dribbling, changes of tempo, players to use different ball manipulation skills.	**Time**	20 min					
Physical	Agility, moving quickly through the cones.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Composure, try to show composure when 1v1 with the GK.							
Group	Groups of 4 x 4							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Slalom Goals**									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**25**	**Other**	**Large Cones**	

Execution

A

Using cones or poles, set up 6 to 8 slalom goals inside the field.

Each player has a ball.

Players dribble through the goals in a slalom pattern.

They approach from one side, dribble across one goal line at easy pace, use various turning techniques and then dribble quickly across the goal line.

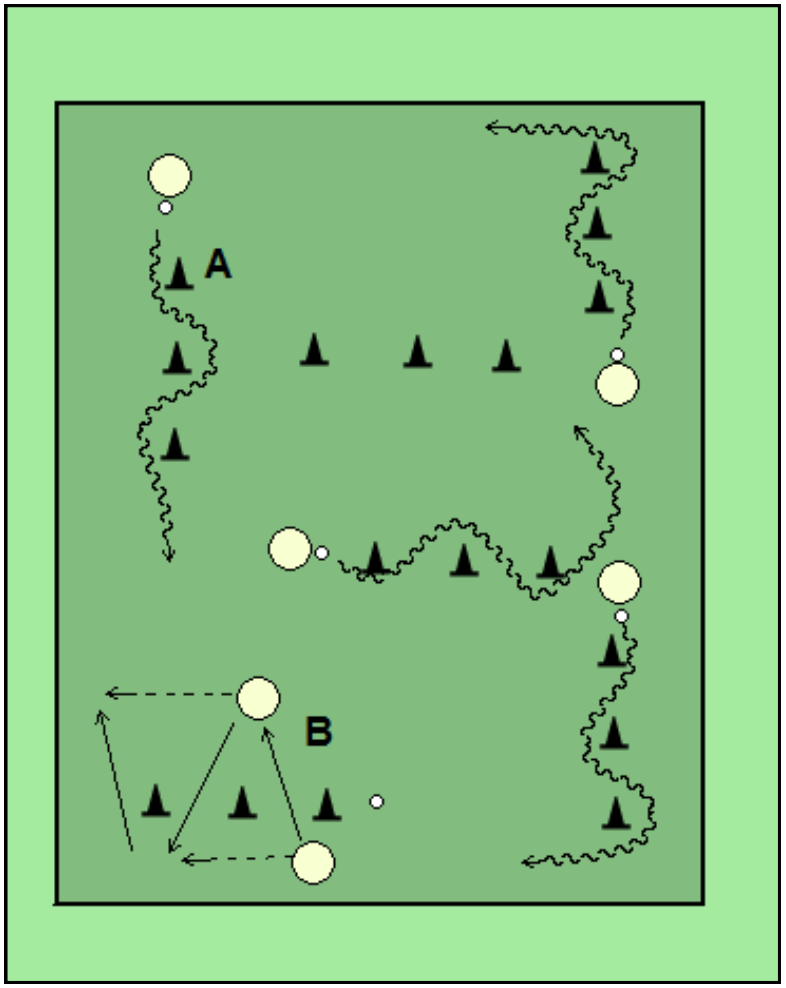
Competition: Which player can be the first to dribble through five goals.

Progression

Ask the players to do different techniques at the cones.

Progression **B**

Players to play in pairs and pass through the cone in different sequences.

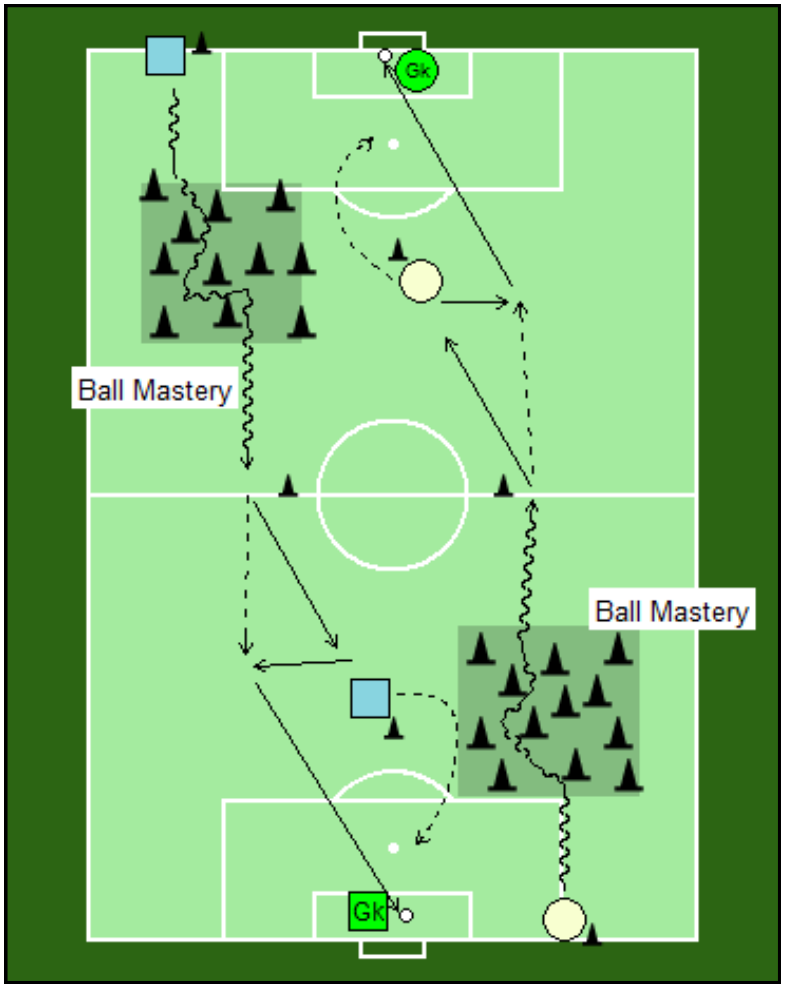


Key Points and objectives

Tactical		**Areas**	30m x 30m				
Technical	Dribbling with the ball tight to your feet, practice different foot skills, quick short passing.	**Time**	20 min				
Physical	Players to run through the cones to improve agility also hopping to improve their balance skills.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Commitment, keep working hard, get the most from the drills.						
Group	Whole group						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Ball mastery with shots from long range.**									**Format**	**Ball M**
Set-Up	**Goals**	**2**	**Bibs**		**Cones**	**Y**	**Balls**	**20**	**Other**	**Large Cones**	
Execution	**players dribble up to the cone and perform a given move and then continue and pass the ball.** **After they have passed they continue their run.** **The receiver lays the ball off** **attacker who has continued his run strikes ths ball hard first time.** **The lay off player turns and can follow up the shot.** **Look for!** **Tempo - correct technique (in the shot) - concentration - look up before striking the ball.**										



Key Points and objectives							
Tactical	Check the distance between the players on the pass.	**Areas**	45 m x 35m				
Technical	Dribbling with the ball tight to your feet, practice different foot skills, quick short passing. Technique of the shot.	**Time**	20 min				
Physical	Players to run through the cones to improve agility also hopping to improve their balance skills.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Commitment, keep working hard, get the most from the drills.						
Group	Whole group						

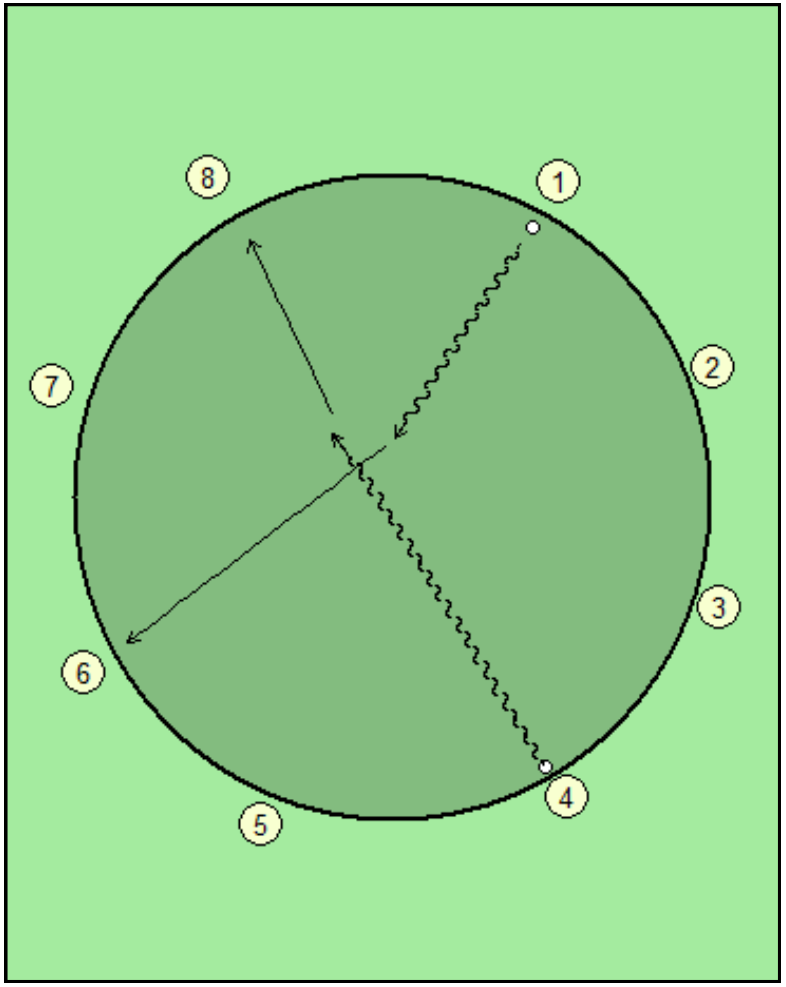
LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Decision Making**									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**3**	**Other**		

Execution

Set -up make a circle approx 20 yards apart with 8 players around the outside.
The Game
Players take a touch into the circle and look to pass out.
Players must call out the name of the player they are passing to before they receive the ball.
This will insure they are looking to see who is free before they pass the ball.

Progression
add more balls to increase intensity.
The passer becomes a defender to insure the receiver takes his first touch into space.
Think about
Head-up look forward and drive into the space.
Good communication between the players.
Think ahead who are you going to take the ball to?



Key Points and objectives

Tactical	Find the spaces on the outside.	**Areas**	20m circle					
Technical	Technique of the first touch, take the ball into space. Technique of the pass, both feet and different areas.	**Time**	20 min					
Physical	Football specific movement skills	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Try to relax after your first touch, can you see the spaces?							
Group	8 players per circle							

LEICESTER CITY FOOTBALL CLUB ACADEMY

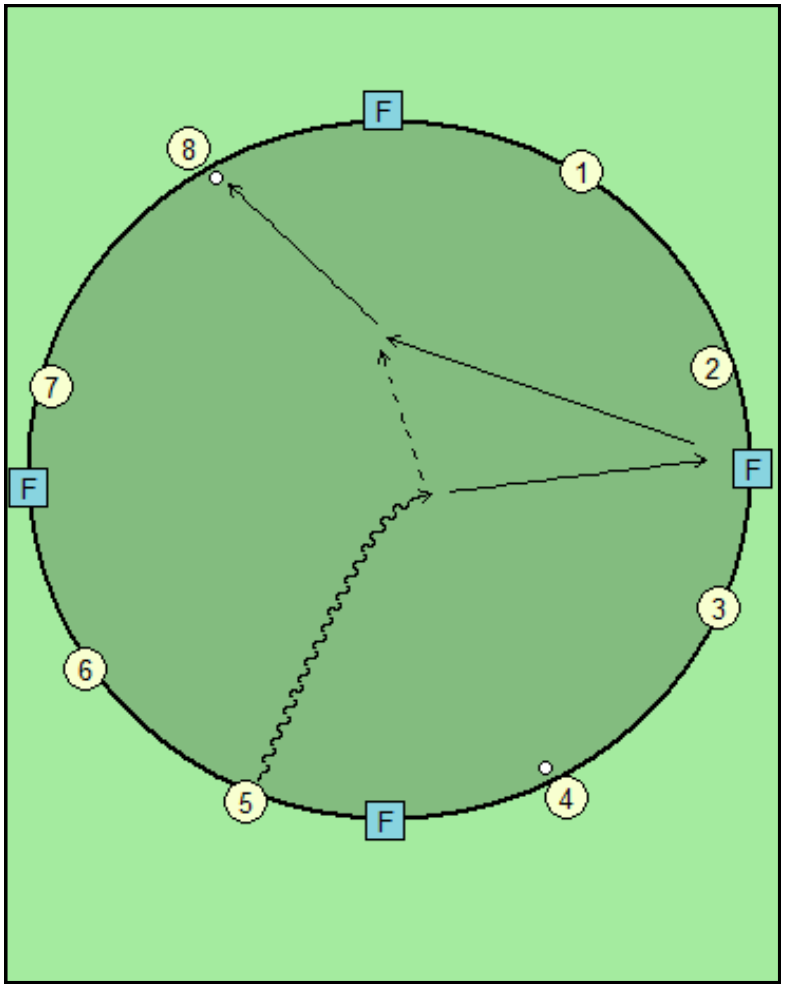
Content	**Decision Making**									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**3**	**Other**		

Execution

Decision Making (Playing 1-2's
Set -up make a circle approx. 20 yards apart with 8 players around the outside.
The Game
Players take a touch into the circle and look to pass to one of the floating players.
The floating player plays a 1-2 with the player who then looks to pass out and another player joins and completes the drill the same.

Progression
add more balls to increase intensity.

Think about
Movement off the ball.
Think ahead.
first touch, needs to allow you time to get your head up.



Key Points and objectives

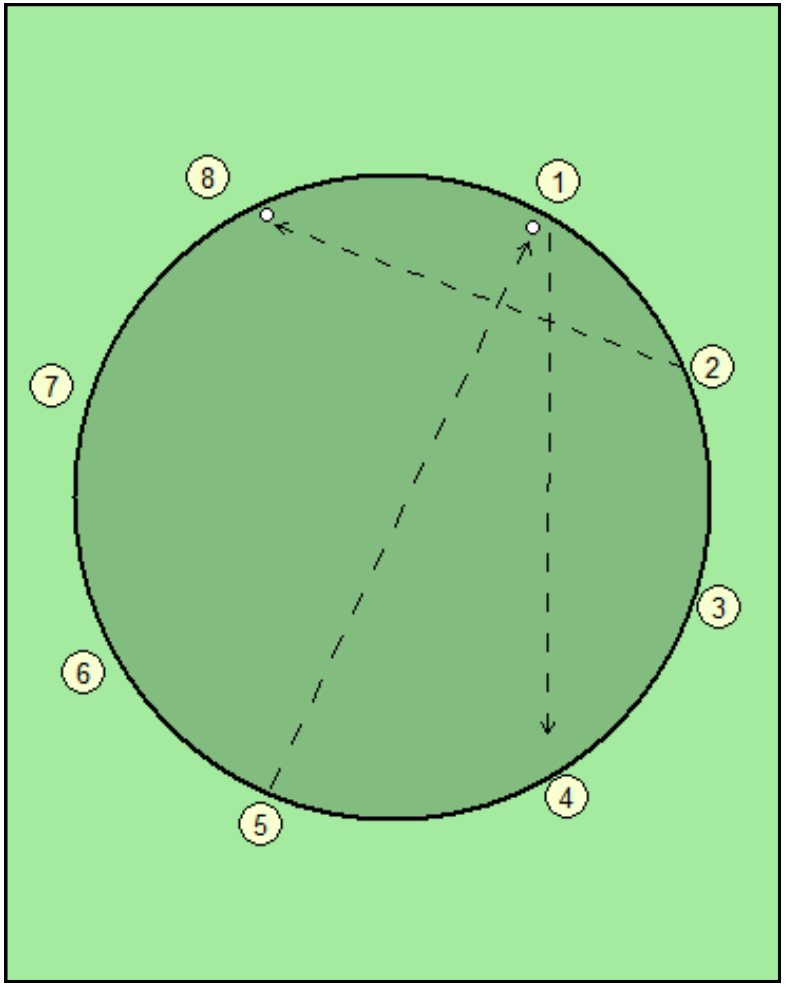
Tactical	Try to maintain your distance from the receiving player when playing your 1-2.	**Areas**	20m circle					
Technical	Technique of the first touch, take the ball into space. Technique of the pass, both feet and different areas.	**Time**	20 min					
Physical	Football specific movement skills	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Try to relax after your first touch, can you see the spaces?							
Group	8 players per circle							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Decision Making**									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**3**	**Other**		

Execution

Running with the ball
Set -up make a circle approx. 20 yards apart with 8 players around the outside.
The Game
Players to run the ball across the circle and pass the ball onto another player who takes the ball.
Players must call out the name of the player they are running to?
Progression
add more balls to increase intensity.
Think about
Head-up look forward and drive into the space.
Good first touch get the ball out of your feet 2-3 touches max. Its not dribbling.
Run in a straight line, the quickest route.
Think ahead who are you going to take the ball to?



Key Points and objectives

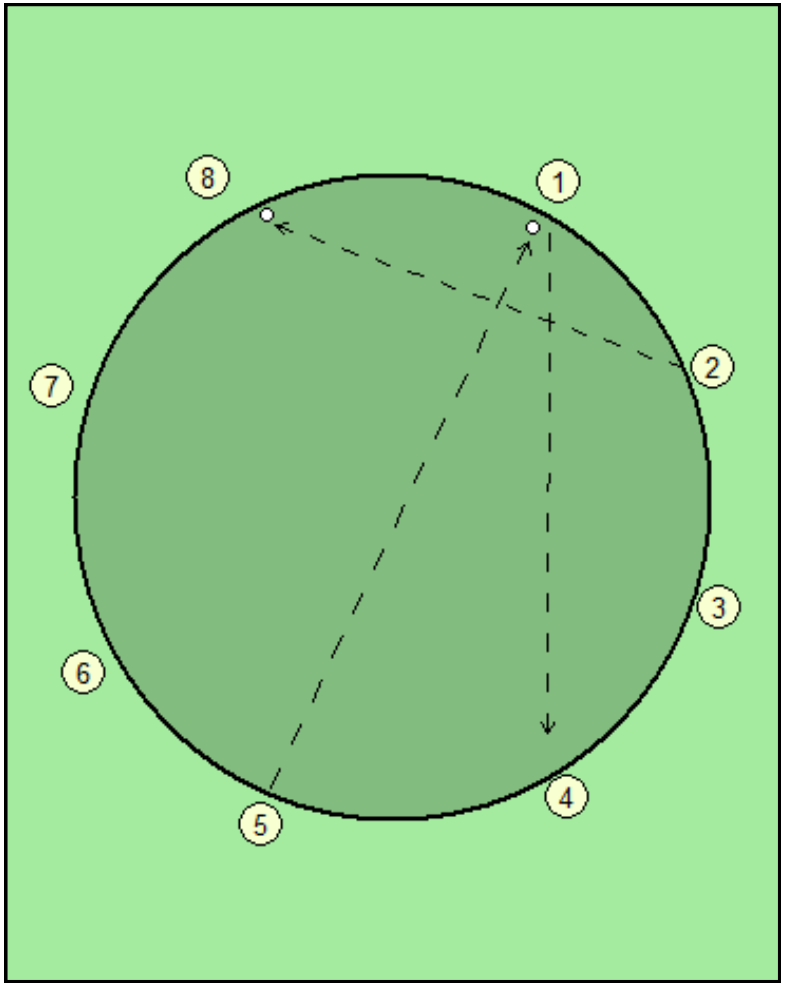
Tactical	Look to drive into the space when it opens up in front of you.	**Areas**	20m circle					
Technical	RWTB, run with the ball on the outside of the foot, take few touches. Technique of the pass over.	**Time**	20 min					
Physical	Football specific movement skills	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Communication:- get eye contact of the player you are moving towards also talk.							
Group	8 players per circle							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Decision Making**									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**3**	**Other**		

Execution

Running with the ball
Set -up make a circle approx. 20 yards apart with 8 players around the outside.
The Game
Players to run the ball across the circle and pass the ball onto another player who takes the ball.
Players must call out the name of the player they are running to?
Progression
add more balls to increase intensity.
Think about
Head-up look forward and drive into the space.
Good first touch get the ball out of your feet 2-3 touches max. Its not dribbling.
Run in a straight line, the quickest route.
Think ahead who are you going to take the ball to?



Key Points and objectives

Tactical	Look to drive into the space when it opens up in front of you.	**Areas**	20m circle					
Technical	RWTB, run with the ball on the outside of the foot, take few touches. Technique of the pass over.	**Time**	20 min					
Physical	Football specific movement skills	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Communication:- get eye contact of the player you are moving towards also talk.							
Group	8 players per circle							

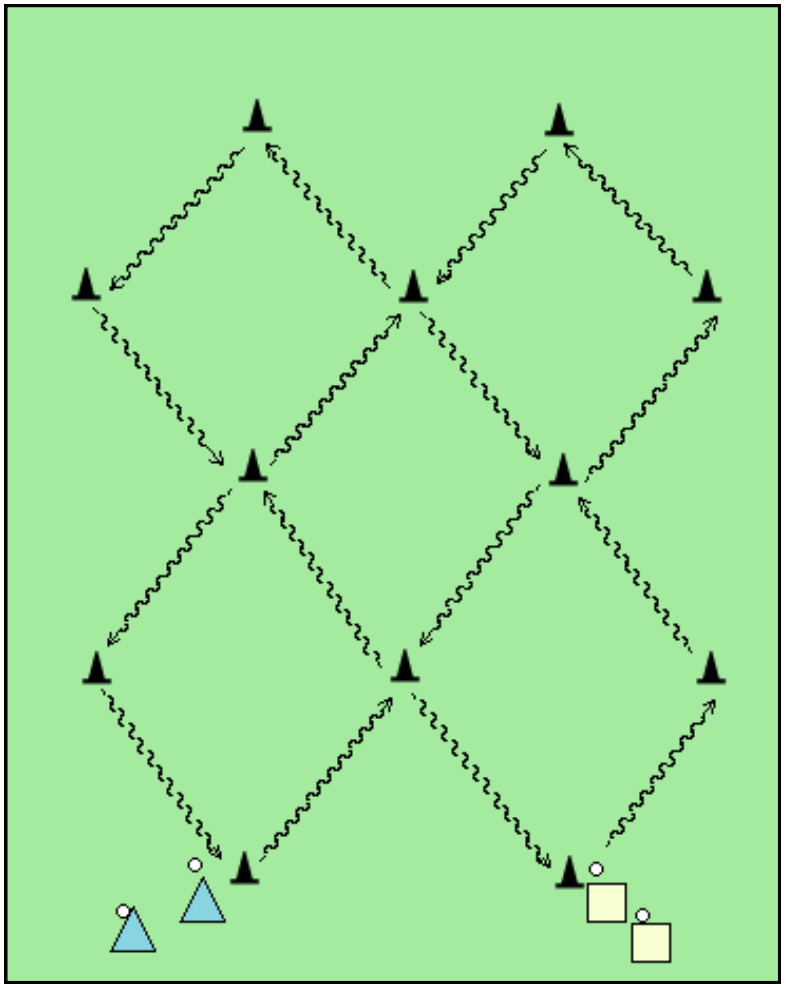
LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Decision Making**									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**12**	**Balls**	**Y**	**Other**	**Large cones**	

Execution

12 cones are laid out 2-3-2-3-2. which are dribbled through in an infinite loop.

Players start at the end cone and have to dribble through the zig zag.
Once the first player has reached the first cone the next player can go.
Possible Techniques
Use just the inside and out side of the foot, drag backs with the sole of the foot, dummy step/step over/ scissors.
Physical Skills
hopping, running, turns on each cone.



Key Points and objectives

Tactical	Try to keep your playing distances from the player in front.	**Areas**	Cones 10m apart				
Technical	Tight control, use of both feet, fakes and moves.	**Time**	20 min				
Physical	Start the drill with physical skills, hopping, sprinting, start and stop, backwards.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration:- keep your focus get the most from the drill.						
Group	Whole group						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Dribbling Maze Game**									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**16**	**Balls**	**Y**	**Other**	**Large cones**	

Execution

Set up 8 cone goals placed about 1m apart.

Game 1

The players have to dribble the ball through the cones as quickly as possible the player who dribbles through all 8 goals first wins.

Game 2

Ask the players to count how many they can travel through in 1 minute, they must keep their own score.

Game 3

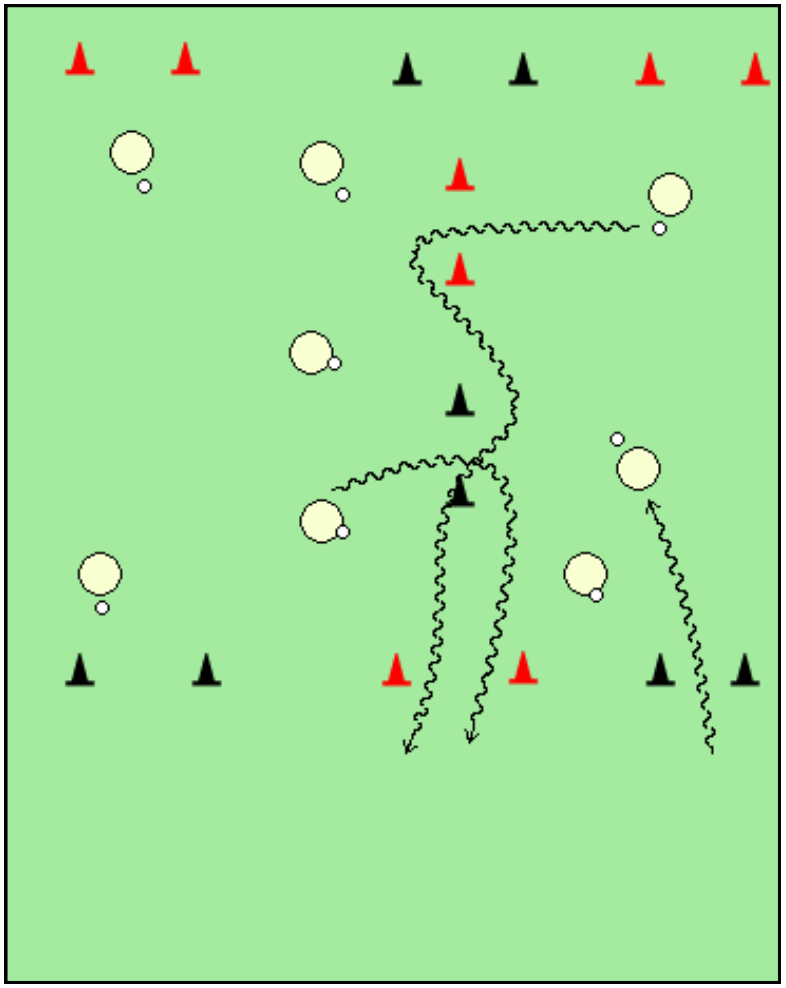
Ask the players to complete the course with the weaker foot.

Game 4

Ask the players to pass through the cones while they run around the other side.

Game 5

Place three defenders who can block the attackers from entering the goals.



Key Points and objectives

Tactical	When playing against the 3 defenders try to take the ball into the space.	**Areas**	Cones 1m apart				
Technical	Tight control, use of both feet, fakes and moves, play with both feet.	**Time**	20 min				
Physical	Start the drill with physical skills, hopping, sprinting, start and stop, backwards.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration:- keep your focus get the most from the drill.						
Group	Whole group						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Passing warm up 1**									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**16**	**Balls**	**Y**	**Other**	**Flat cones**	

Execution

Concepts/Objectives
1. Physical and mental preparation for the session.
2. Confident ball handling
3. Preliminary technique training.

Players form groups of 3 with two on one side and one on the other.

Sequence

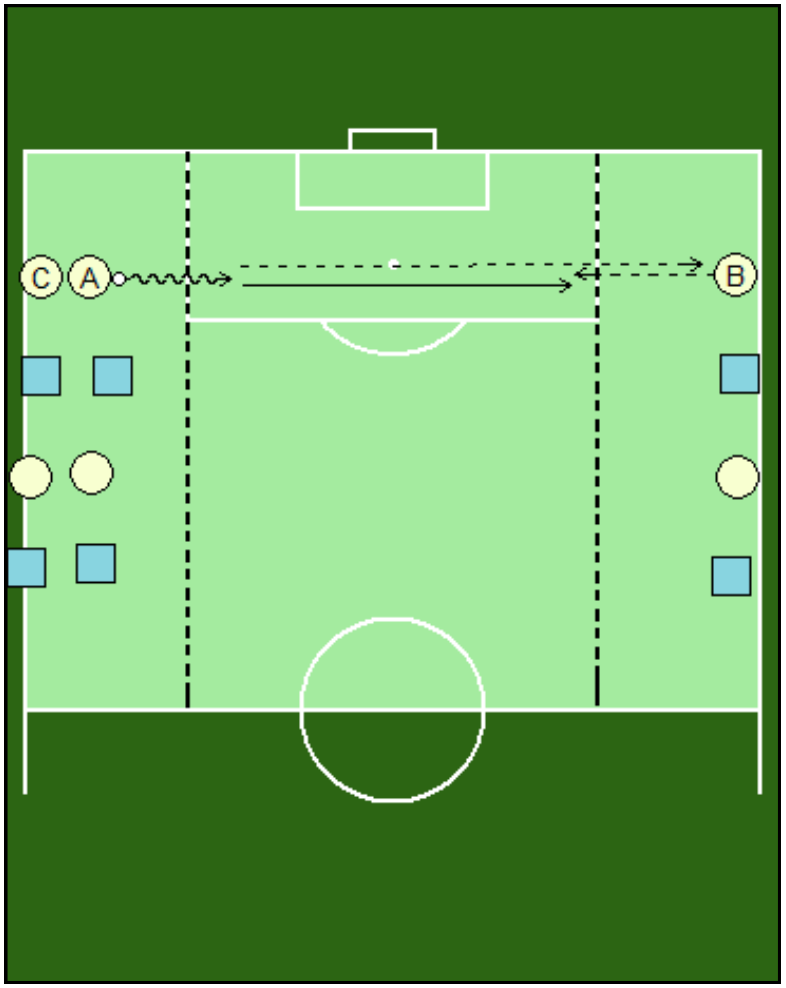
Player A dribbles a short distance, passes across to B and runs after his pass. B passes to C and Runs after the pass, etc.

Same as above but players must take the ball with the outside of the foot and move the ball to the side before passing the ball.

Same as above except players control the ball with the inside of the foot.

Progression 1

Player pass the ball to the group next to his and not ahead.



Key Points and objectives

Tactical	Watch for the touches taken. The players should aim to travel as quickly as possible.	**Areas**	Cones 1m apart				
Technical	Running with the ball, keep the ball on the outside of the foot .	**Time**	20 min				
Physical	Speed over distance, players should look to maintain an even speed over the distance.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Commitment, keep pushing yourself to make yourself quicker.						
Group	Whole group						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Quadruple Combination Dribbling**									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**25**	**Other**	**Large cones**	

Execution

Layout of the course 3-5-5-3, each player has a ball. The Quadruple Comb is the most important drill for team training. It has two starting and two turning points. The second player starts when the first dribbles forward in the next lane. The players stay on their sides and dribble past the players in the other groups.

Variations

Clockwise.

Counter clockwise.

Turning techniques

90 degree

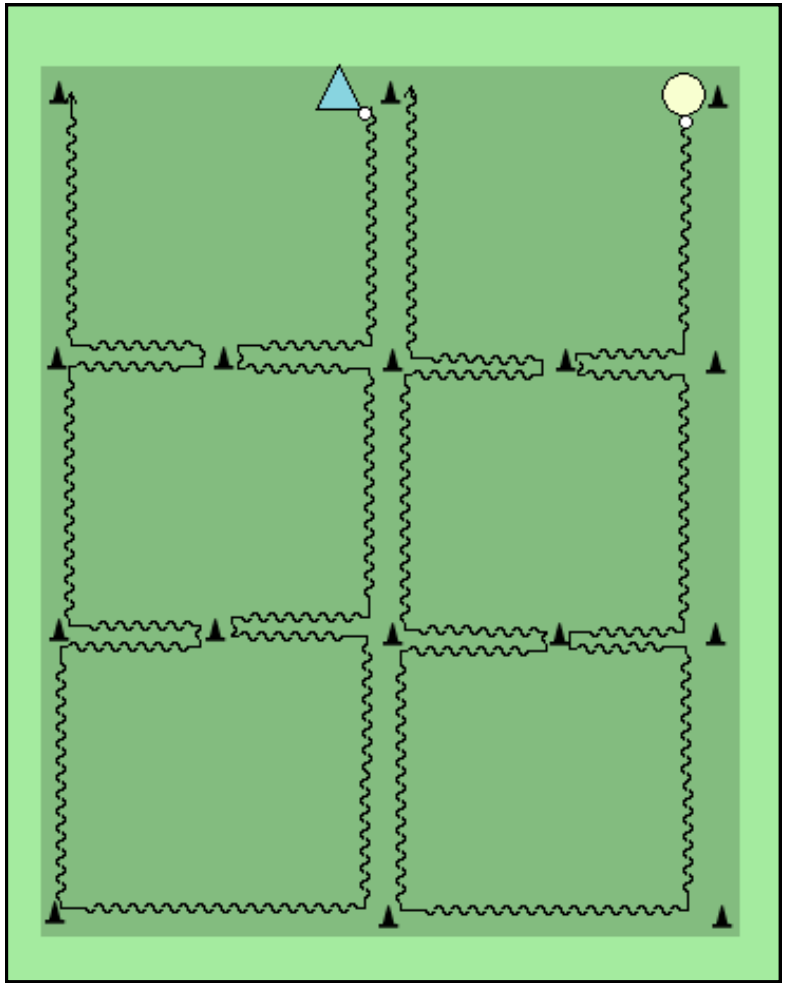
Kick with the inside of the foot .

Kick with the outside of the foot.

270-degree turn inwards/outwards.

dummy step /step-over/scissors.

drag the ball back with the sole of the foot.



Key Points and objectives

Tactical		**Areas**	Cones 10m apart					
Technical	Different foot skills with different parts of the foot. Different moves and turns.	**Time**	20 min					
Physical	Players to begin with different movement skills as the warm up, ABC work.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Commitment, deep practice requires total commitment.							
Group	Whole Group							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Zig Zag passing game.**									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**		**Cones**	**16**	**Balls**	**Y**	**Other**	**Flat cones**	

Execution

Yellow and red cones in a zig zag format 8-12 yards apart on the outside and white cones in the centre, players stand at the start with the ball and a player without the ball stands at each of the other cones.

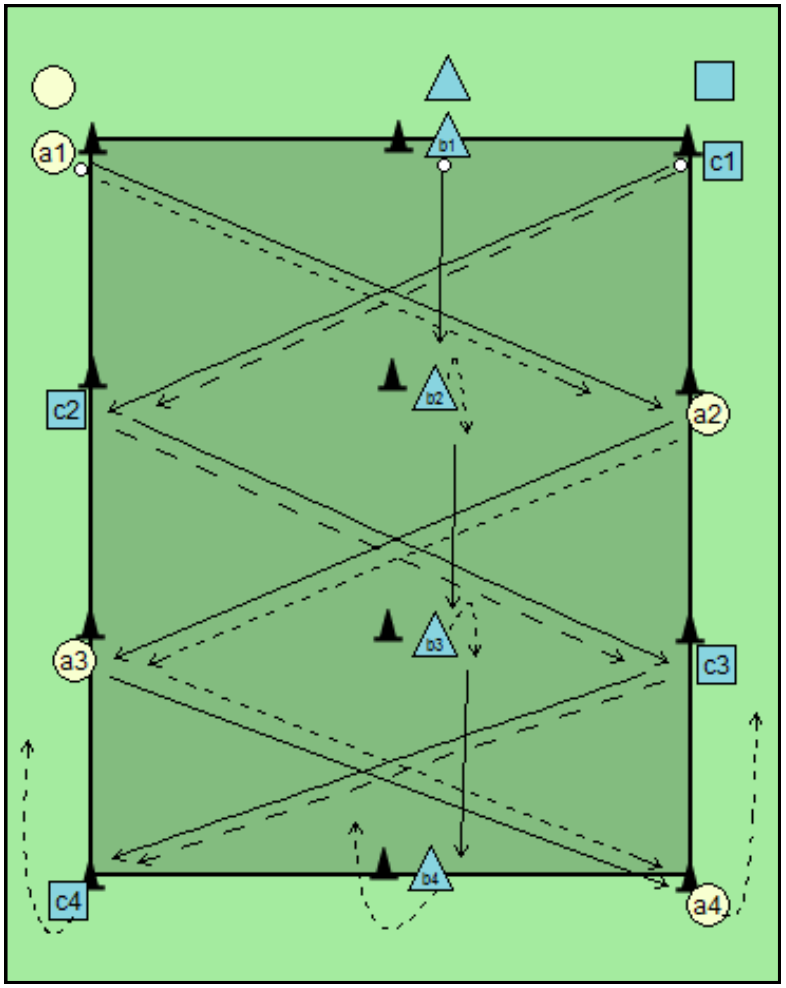
The game

The players in group A pass the ball diagonally to the next player (A2 A3 A4) after quickly controlling it. The passer runs after his pass and takes over the position of the pass-receive. The players in group C do exactly the same thing, but with time-delay and crosswise. The first centre player (B1) play a steep diagonal pass to B2, who controls the ball and after a quick turn (opponent behind situation) passes to the next player. The last player dribbles through the centre to the starting cone.

Think About

The number of ball touches and distance between the cones depend on the ability of the players and training emphasis.

Depending on the situation in the playing field, the passing should be quick and accurate.



Key Points and objectives

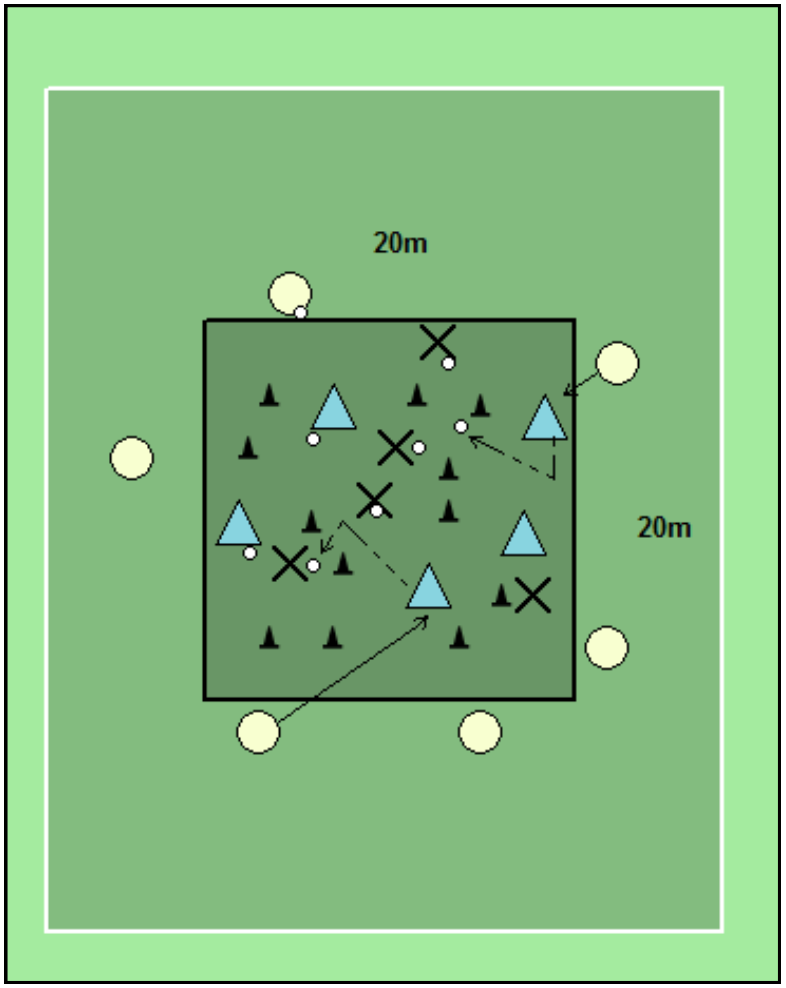
Tactical	Movement off the cones and timing of your pass.	**Areas**	Cones 1m apart					
Technical	Technique of the passing and receiving, try to play with one touch, passes over the ground.	**Time**	20 min					
Physical	Before the start of the drill, players to perform physical skills, hopping, backwards movement, stop start.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Commitment, keep pushing yourself to make yourself quicker.							
Group	Whole group							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Turning into space?**									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**	**5**	**Cones**	**16**	**Balls**	**20**	**Other**	**Flat cones**	

Execution

place the cones in twos inside the grid, which is marked out according to the number of players.
Players on the outside all have a ball each.
Defenders on the inside all have a ball each.
The attackers on the inside must receive a ball from the outside and make a turn, with one touch or less taking the ball through the cones.
Once the players have done that they paly the ball out to the outside players then they find another ball to receive.
The defenders with the ball at their feet can block the goals by dribbling the ball between the cones forcing the attacker to turn away.
Questions
What is the best way to turn through the cones?
How do you know if their is a defender in the goal you are turning into?
What sort of touches do you need to take on the ball?



Key Points and objectives

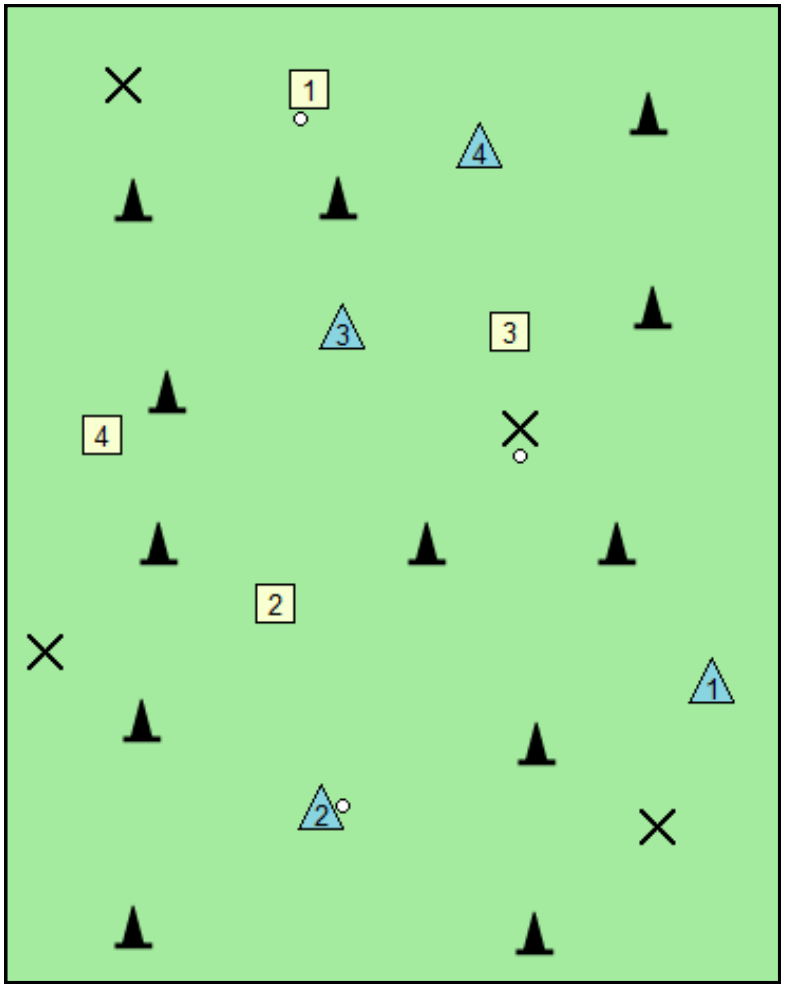
Tactical	Keep looking all around to find the space to turn into. Try to move in a diagonal direction.	**Areas**	Square 20m x 20m				
Technical	receive the ball side on, try to turn with one touch or less? Turn with the use of the back foot.	**Time**	20 min				
Physical	Before the start of the drill, players to perform physical skills, hopping, backwards movement, stop start.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Show composure in the tight areas, relax before you turn and find the space.						
Group	Whole group						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Turning into space?**									**Format**	**Ball M**
Set-Up	**Goals**		**Bibs**	**Y**	**Cones**	**16**	**Balls**	**20**	**Other**	**Flat cones**	

Execution

Creating space with many goals
area 30x40 with goals made from cones spread out.
The Game
The goals are spread out and act as a reference to help the players spread out, switch play, pass and support each other.
all passes have to be made through the goal.
2 or 3 teams working at the same time.
Progression
Play overload game and create 8v4 with the teams in possession having to score through the cones.
Players can also score by dribbling the ball through.
Progress to equal teams.



Key Points and objectives

Tactical	Space creation– move towards the ball, move away from the ball and move past the ball.	**Areas**	35m x 35m					
Technical	Passing and receiving with both feet, short and long range passing.	**Time**	20 min					
Physical	Before the start of the drill, players to perform physical skills, hopping, backwards movement, stop start.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Show composure in the tight areas, relax before you turn and find the space.						
Group	Whole group						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Dribbling & Running with the ball.**									**Format**	**Ball M**
Set-Up	**Goals**	**2**	**Bibs**		**Cones**	**Y**	**Balls**	**20**	**Other**	**Large Cones**	

Execution

Players work in threes with two defenders in the centre grid.

The practice starts with two players from each group work outside the large square, with the 3rd player in the area between the two squares.

The two defenders play inside the inner square.

Each groups A passes to B, who is inside the square.

B dribbles or runs with the ball through the inner square and passes to C.

B then exits the playing area.

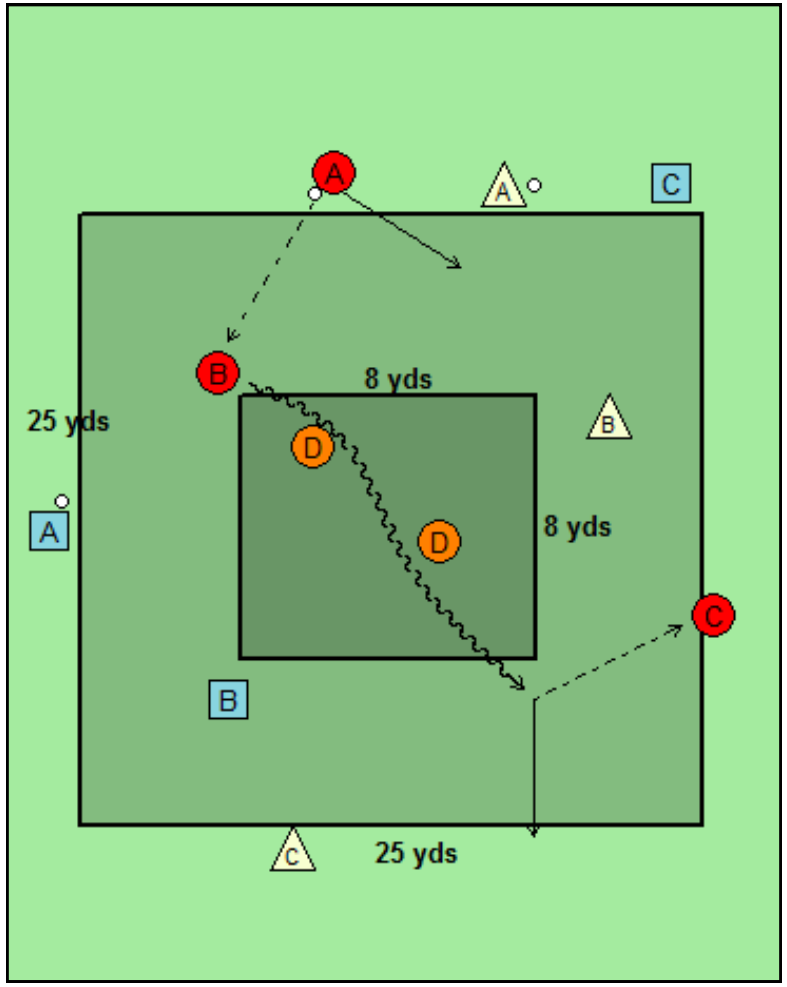
A now moves into the playing area and receives a pass from C

A attempts to repeat the exercise.

All groups work at the same time to out number the two D's.

D try and win the ball then dribble out of the large square.

Adopt a scoring system.



Key Points and objectives

Tactical	Look to play in a triangle , your movements are off each other.	**Areas**	25m x 25m					
Technical	Dribbling with the ball tight to your feet, practice different foot skills, quick short passing. Technique of the pass.	**Time**	20 min					
Physical	Players to run through the square to improve agility also hopping to improve their balance skills.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Commitment, keep working hard, get the most from the drills.							
Group	Whole group							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Games for 1v1

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 in a 5v5.**									**Format**	**Possession**
Set-Up	**Goals**	**2**	**Bibs**	**3**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

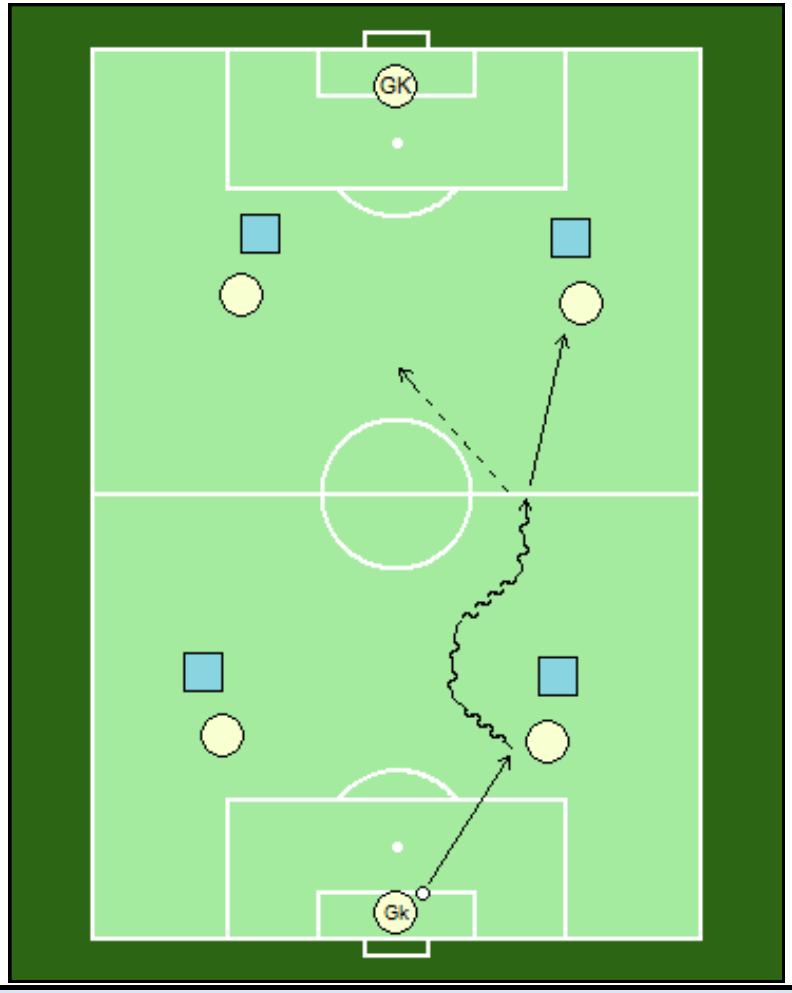
The game starts when the GK plays the ball out to one of the attackers who show to receive the ball.

The attacker must beat the defender in a 1v1 contest he is not allowed to pass the ball until he gets past the half-way line.

If he gets across the line then he can play 3v2 in that half.

The defender can only chase up to the halfway line.

if the defenders win the ball they can then counter attack on the goal.



Key Points and objectives

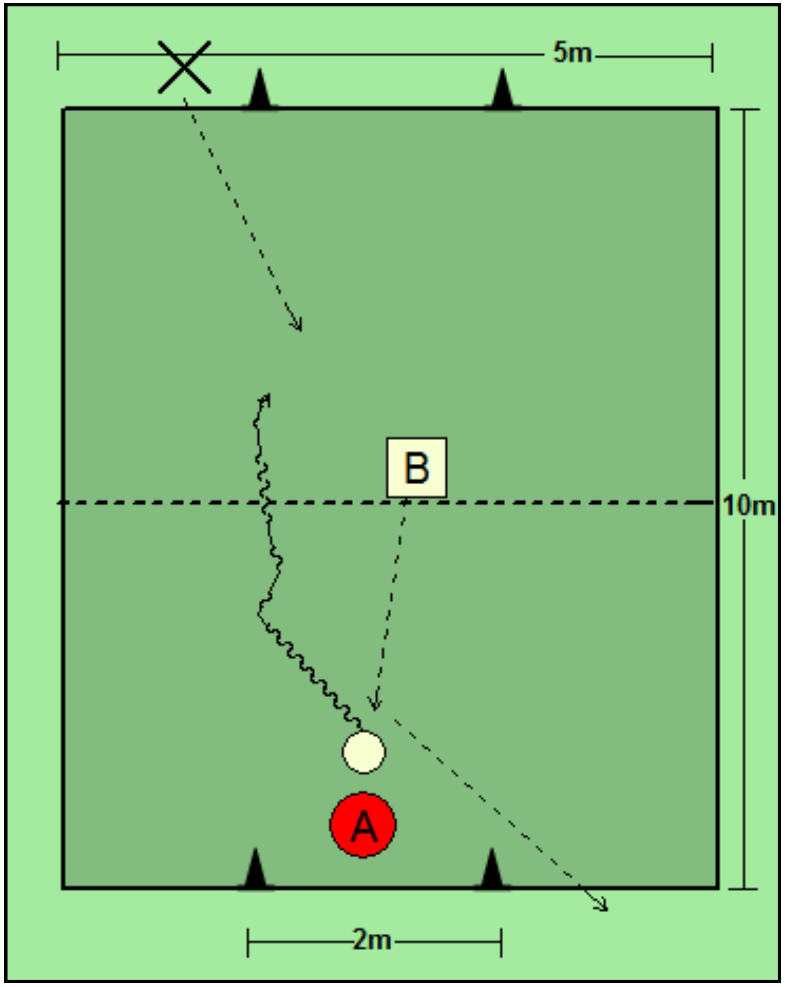
Tactical	Try to make space before you receive the ball, can you persuade the defender to go the wrong way.	**Areas**	35m x 25m				
Technical	Dribbling skills, practice keeping the ball on the outside foot, players to use fakes and turns to beat the defender.	**Time**	15- minutes				
Physical	Acceleration, once you have beaten your opponent look to move away at speed.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Courage, keep looking for the ball.						
Group	Groups of 8 players with 2 GK's						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	1v1 Ball Transition									**Format**	**1v1**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**12**	**Other**	**4 large**	

Execution

halfway line marked.
The Game
Player B starts with the ball and attempts to dribble past player A.
Player B has to try and dribble through the goal to score.
If player A intercepts the ball he then attacks the goal at the opposite end.
Once player A has passed the halfway line Player X can attempt to win the ball.
If Player B does score he then turns and attacks the far goal protected by player X.
Think About
When in possession try not to turn your back on the defender?
Try to encourage the defender away from the goal, this leaves space to attack?
Defenders try not to rush in be relaxed wait for the right moment to make your tackle?



Key Points and objectives

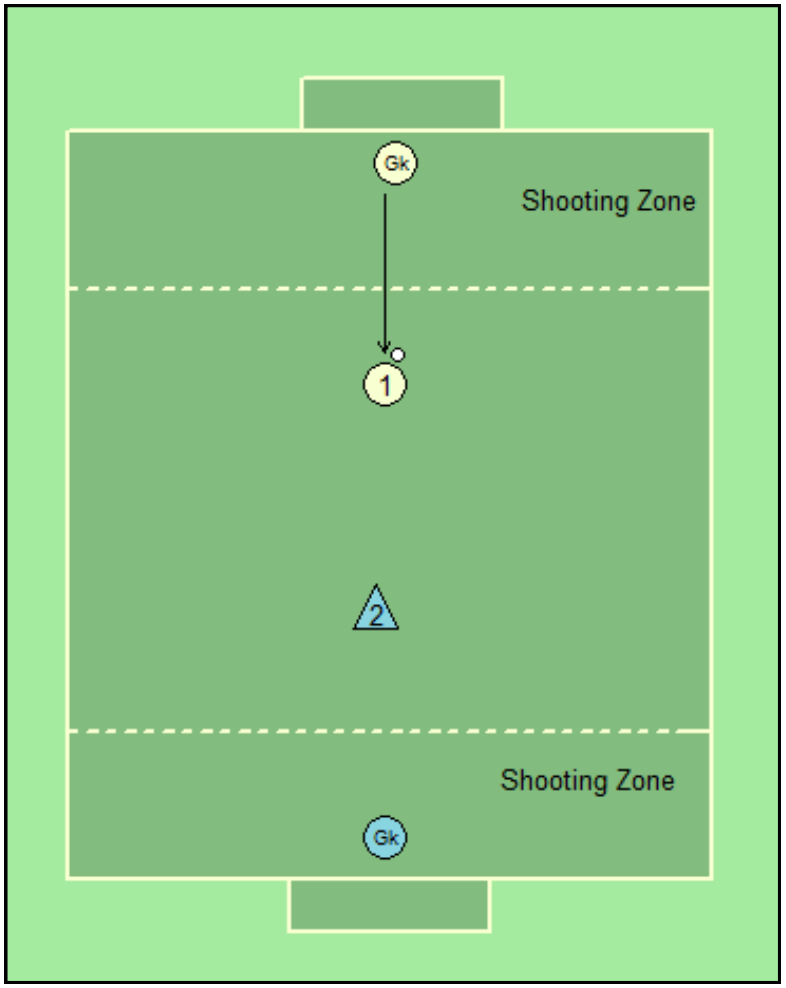
Tactical	Look to react quickly on transition, get across the line quickly .	**Areas**	5m x 10m				
Technical	Improve close control, produce different fakes and dribbles to get around your opponent.	**Time**	10min				
Physical	Speed of feet, good balance.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Confidence, believe in yourself.						
Group	Groups of 3						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	1v1 Duel									**Format**	**1v1**
Set-Up	**Goals**	**2**	**Bibs**	**y**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

The game starts with the goal keeper playing the ball out.
The attacker has to try and score on the goal he is also able to use the keeper who must stay in the shooting zone.
All shots must shoot from inside the shooting zone.
Progression
Shots can only be taken from outside of the shooting zone.
Look for!
be brave face the defender and take him on. fast feet can you put the defender of balance? Relax on the shot areas of the goal to hit.

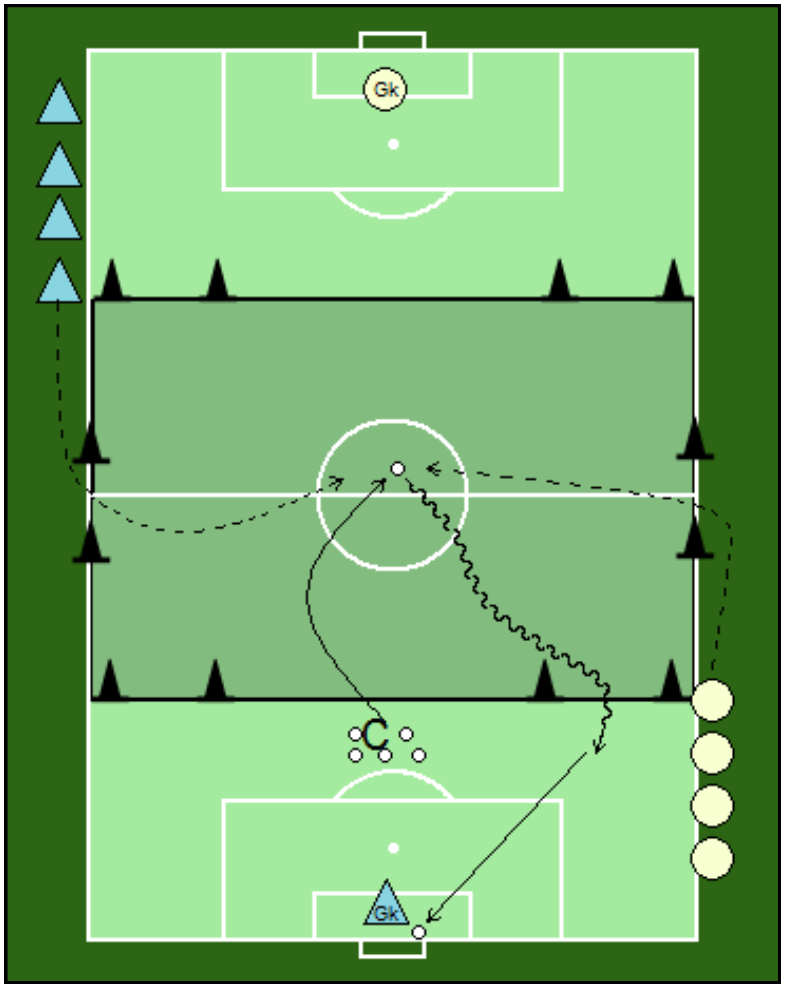


Key Points and objectives

Tactical	Look to draw the defender in, to create space behind.	**Areas**	20m x 30m					
Technical	Improve close control, produce different fakes and dribbles to get around your opponent. Technique of the shot.	**Time**	10min					
Physical	Speed of the mark, agility quick movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Confidence, believe in yourself.							
Group	12 players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	1v1 Four goals									**Format**	**1v1**
Set-Up	**Goals**	**2**	**Bibs**	**y**	**Cones**	**Y**	**Balls**	**12**	**Other**	**12 large cones**	
Execution	The coach plays the ball out and the two players sprint out to the ball. The players must attempt to win the ball and then dribble through one of the four goals. players can score extra points for making a dummy run and turn away from a goal. Look For! Tempo (can you keep it up) - Technical skills (first touch, head up, dribbling skills) - Concentration.										



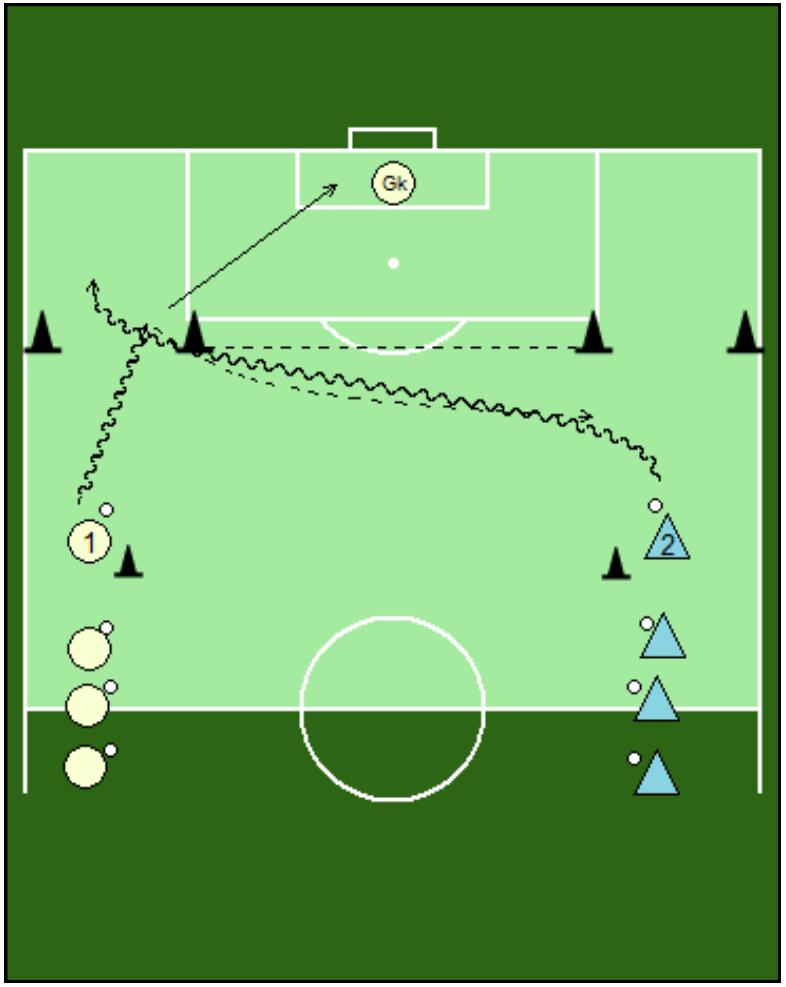
Key Points and objectives							
Tactical	Sharp turn and get onto the ball quickly, can you fool the defender with a fake.	**Areas**	20m x 30m				
Technical	Improve close control, produce different fakes and dribbles to get around your opponent. Technique of the shot.	**Time**	10min				
Physical	Speed of the mark, agility quick movements turning at pace, balance.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Confidence, believe in yourself.						
Group	10 players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	1v1 Power Shooting									**Format**	**1v1**
Set-Up	**Goals**	**1**	**Bibs**	**y**	**Cones**	**Y**	**Balls**	**12**	**Other**	**4 large cones**	

Execution

shooting line which is 15m from the goals. 2 gates on the shooting line
Organisation
Player 1 dribbles the ball towards one of the two gates.
Once player 1 has crossed the shooting line player 2 can attack the goals.
Once player 1 has defended the goals he then joins the back of the queue.
Look for!
Tempo - concentration - look up before striking the ball.
Questions to ask?
What is the best goal to attack and why?
How close do you want to be to the goal to shoot?
How should you respond once you have taken your shot?



Key Points and objectives

Tactical	Travel quickly and release the shot, once you have taken your shot recover and defend the next one.	**Areas**	30m x 30m				
Technical	RWTB, technique of the shot , check players are shooting with the nearest foot to the ball (both feet).	**Time**	20min				
Physical	Speed of the mark, pace when running with the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Composure, once you taken your strike recover your position.						
Group	10 players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

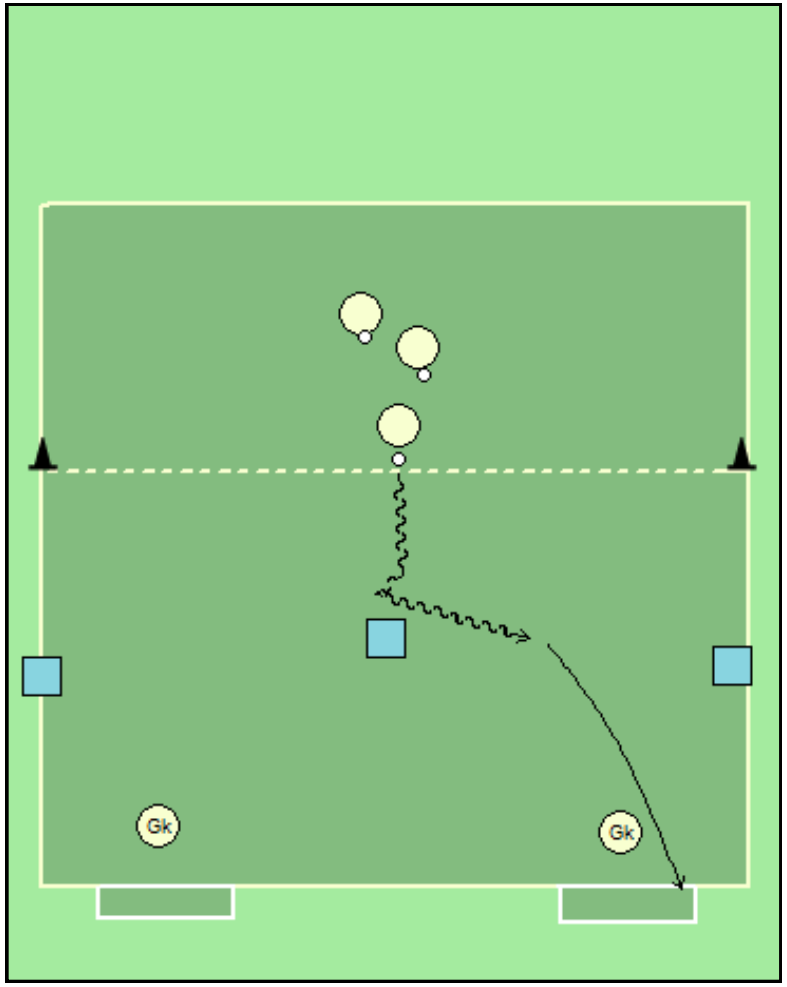
Content	**Parallel goals with counter attack.**									**Format**	**1v1**
Set-Up	**Goals**	**2**	**Bibs**	**2x4**	**Cones**	**30**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

2 Goals are set-up parallel on the baseline. A counter line is marked with a baseline distance of ca. 35 yards. The attacker (Team red) tries in a one against one situation to get around the defender (Team white) to score. If the defender wins the ball he then initiates a counter-attack and tries to cross the counter line.

Variations

The exercise in competition form. The trainer determines which goal should be attacked without informing the defender.



Key Points and objectives

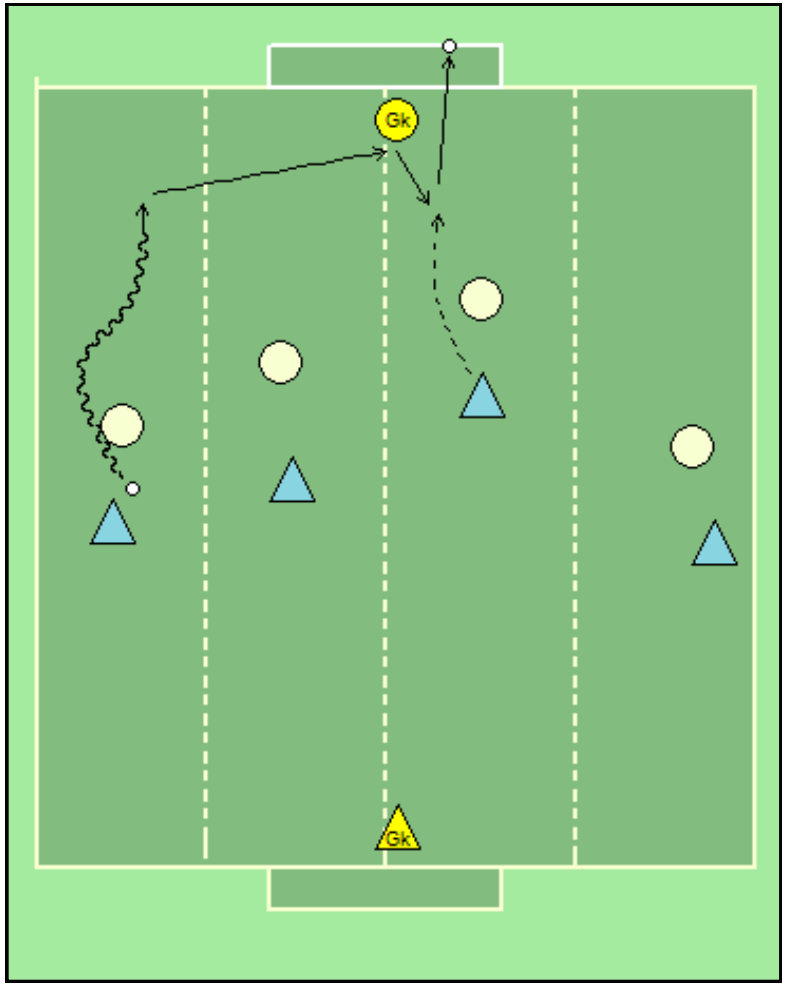
Tactical	Change of rhythm. Determination to score. Quick switch by loss of possession.	**Areas**	35m x 25m					
Technical	When dribbling the ball try to keep the ball on the furthest foot away from the defender. Fakes to gain a yard then accelerate.	**Time**	3x 10 minutes					
Physical	Speed of movement, Agility stop—start skills.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Psychological	Courage—be brave on your 1v1's take the defender on. Self belief.							
Group	8 players (one group).							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 in four rows**									**Format**	**1v1**
Set-Up	**Goals**	**2**	**Bibs**	**2x4**	**Cones**	**30**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

Split the pitch up into four lines,
Players play 1v1 inside the lines.
Players are not allowed to cross the lines.
Players can pass the ball into teammates.
Object is to score on the goal.
Look for!
Tempo - concentration - Attitude towards 1v1.



Key Points and objectives

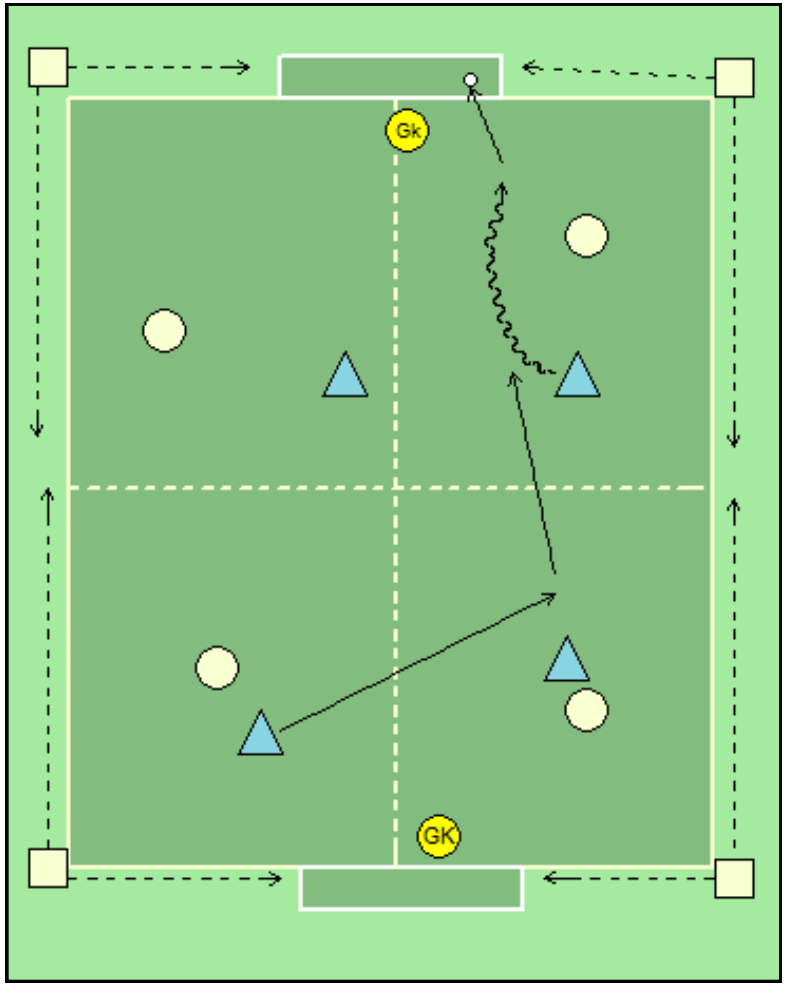
Tactical	Look to create space with short and quick movements, try to put your opponent off balance.	**Areas**	35m x 25m					
Technical	Protect the ball, get your body between the player and the ball. Fakes and moves to get past your opponent.	**Time**	15 minutes					
Physical	Speed of movement, Agility stop—start skills.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Psychological	Courage—be brave on your 1v1's take the defender on. Self belief.							
Group	8 players (one group).							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 in four Squares**									**Format**	**1v1**
Set-Up	**Goals**	**2**	**Bibs**	**2x4**	**Cones**	**30**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

Organisation
Split the pitch up into four squares
Players play 1v1 inside the squares
Players are not allowed to cross the lines.
Players can pass the ball into teammates.
Object is to score on the goal.
Progression
Add Neutral players on the outside who can be used as rebound players for both teams.
Look for!
Tempo - concentration - Attitude towards 1v1.



Key Points and objectives

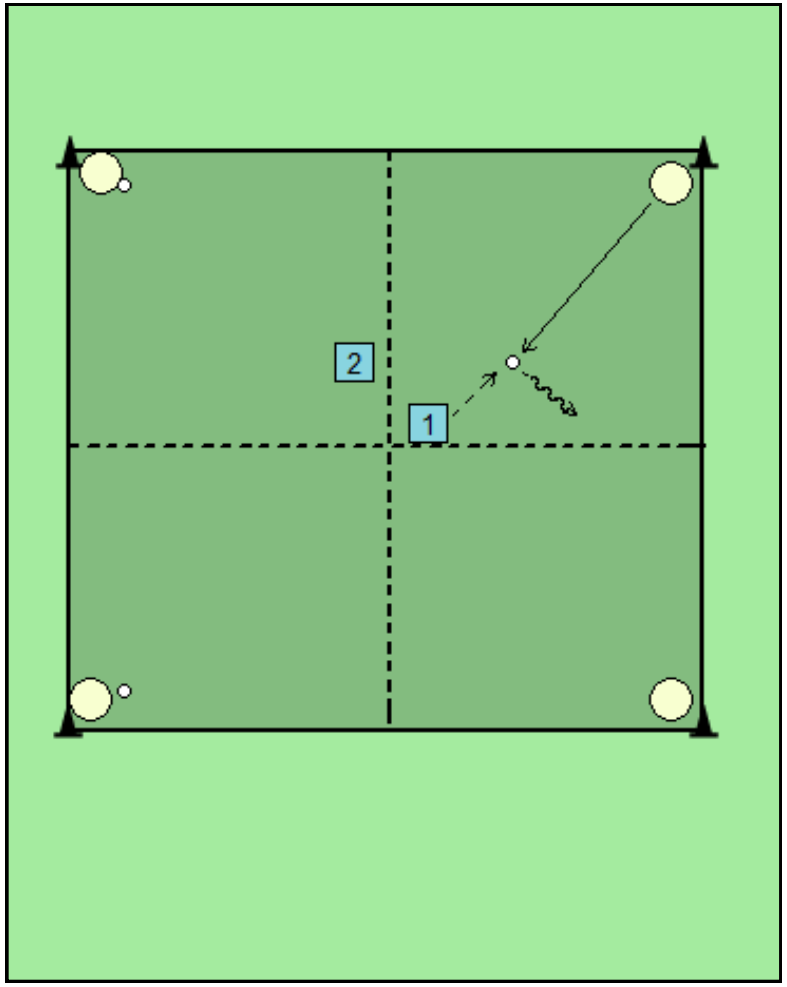
Tactical	Decision making, try to create space by passing the ball to the outside player or take the defender on 1v1.	**Areas**	35m x 25m				
Technical	Protect the ball, get your body between the player and the ball. Fakes and moves to get past your opponent.	**Time**	15 minutes				
Physical	Speed of movement, Agility stop—start skills.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	Courage—be brave on your 1v1's take the defender on. Self belief.						
Group	8 players (one group).						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 in the centre**									**Format**	**1v1**
Set-Up	**Goals**		**Bibs**	**2**	**Cones**	**30**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

1v1 in the centre
The players are in teams of 6 and work in the squares.
A player stands in each corner and three of these players have a ball.
The fourth player does not have a ball and acts as the first receiver.
None of the players can move more than 2m in either direction of the cone.
The two players in the square are numbered 1 and 2 Attacker and defender.
The attacker can move anywhere he likes and use any of the players from one of the three balls, collecting a pass.
On receiving the ball the attacker has to find the corner player who is free while the defender tries to take the ball.
The drill continues for 2 mins then the middle 2 are replaced.
Progression
the players on the outside dribble slowly around making sure each side is covered.



Key Points and objectives

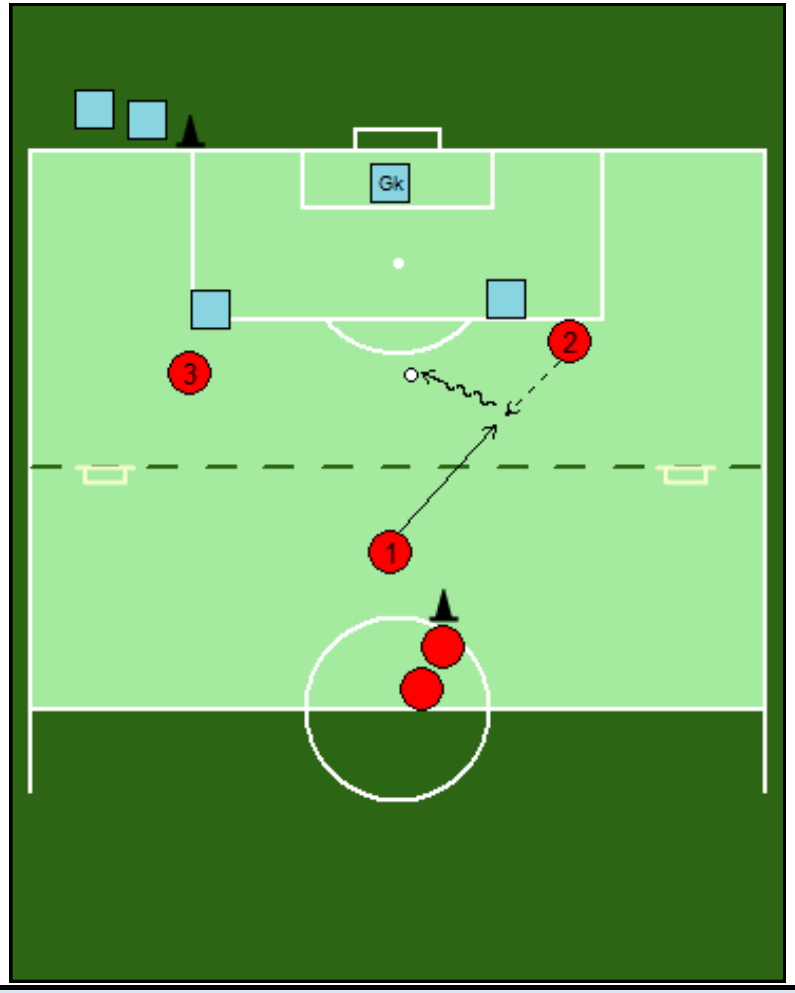
Tactical	Try to produce dummy runs to help create space and receive the ball in the free square.	**Areas**	12m x 12m					
Technical	Protect the ball, get your body between the player and the ball. Fakes and moves to get past your opponent.	**Time**	15 minutes					
Physical	Speed of movement, Agility stop—start skills.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Psychological	Courage—be brave on your 1v1's take the defender on. Self belief.							
Group	6players (one group).							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 into 2v2**									**Format**	**1v1**
Set-Up	**Goals**	**1**	**Bibs**	**5**	**Cones**	**30**	**Balls**	**12**	**Other**	**Flat cones 2 small Goals**	

Execution

The game with player1 passing the ball into the feet of player 2 who then must attack the goal and try to score?
If the defenders win the ball they can try to score on the two small goals.
The attacking players can choose to use the other attacker as support.
Think about?
Attackers
be brave face the defender and take him on. fast feet can you put the defender off balance? Relax on the shot areas of the goal to hit, can you turn? What is the best way to receive the ball?
Defenders
When playing against two attackers you should try to hold the line, What stance should you take?
Progression
player1 can join in and offer support from behind, he is not allowed to run past the attackers?



Key Points and objectives

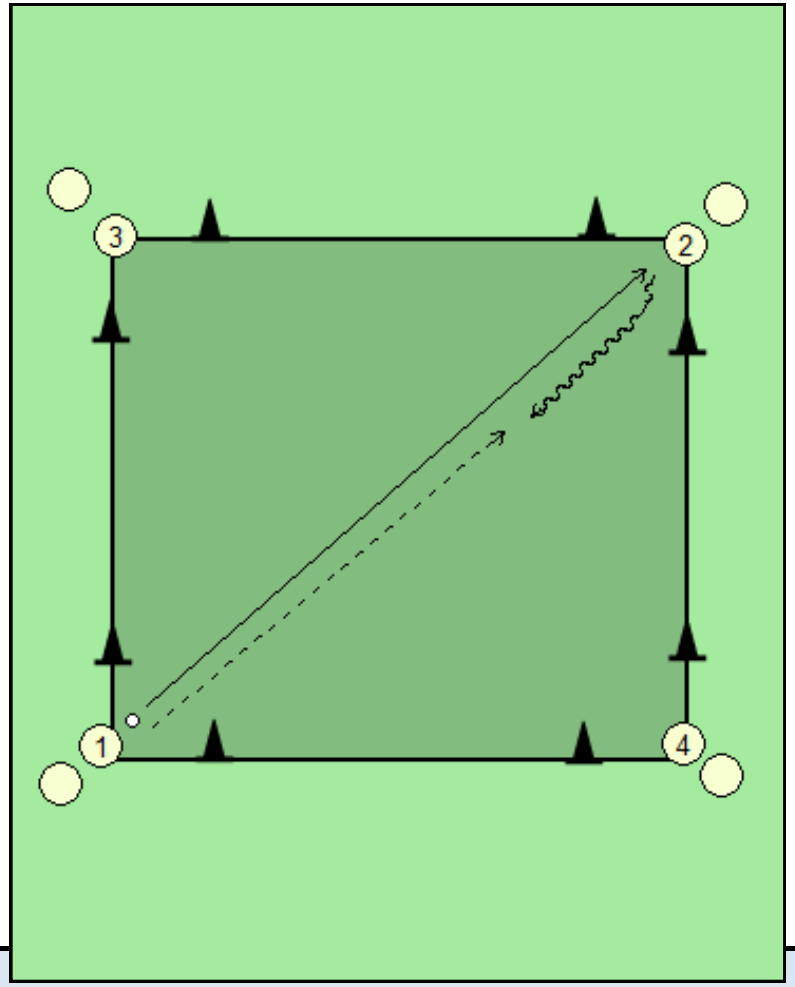
Tactical	Try to produce dummy runs to help create space and receive the ball in the free square.	**Areas**	30m x 40m					
Technical	be brave face the defender and take him on. fast feet can you put the defender off balance? to hit, can you turn?	**Time**	15 minutes					
Physical	Speed of movement, Agility stop—start skills. Strength skills hold your opponent off the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Psychological	Relax on the shot areas of the goal							
Group	6players (one group).							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 defending introduction**									**Format**	**1v1**
Set-Up	**Goals**	**1**	**Bibs**	**5**	**Cones**	**30**	**Balls**	**12**	**Other**	**Large Cones**	

Execution

1. passes ball across to 2. and close. 2. tries to pass or dribble thru 1's gate.
Work on
Progression
If you win the ball then then attack opposite gate.
2v2's



Key Points and objectives

Tactical		**Areas**	30m x 40m
Technical	Getting close quickly, Decelerating - side on, Aware of loose touch, Get low- mirror footwork if turned - arm out don't let turn again.	**Time**	15 minutes
Physical	Be able to travel backwards quickly, speed of footwork.	**Intensity**	**1** **2** **3** **4** **5**
Psychological	Be patient (don’t dive in).		
Group	8 players (one group).		

LEICESTER CITY FOOTBALL CLUB ACADEMY

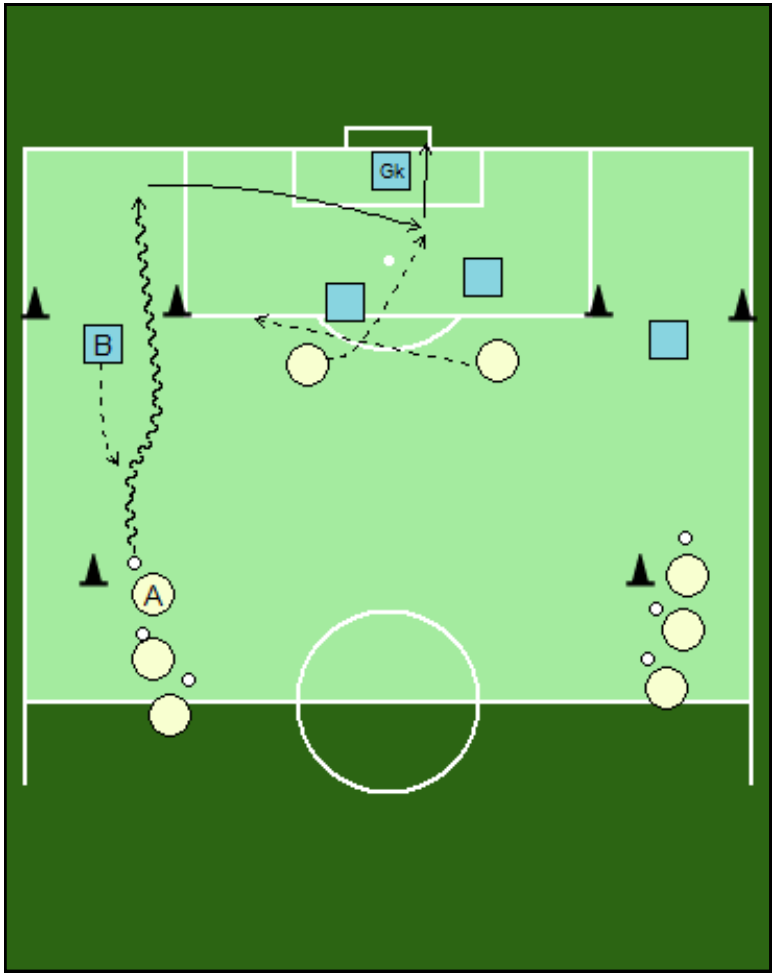
Content	**1 on 1 on the Wings**									**Format**	**1v1**
Set-Up	**Goals**	**1**	**Bibs**	**4**	**Cones**	**30**	**Balls**	**12**	**Other**	**Large Cones**	

Execution

1 Player A tries to play the dribble past the player B who is only allowed to defend in front of the cones. After the dribbling player A crosses into the middle, where 2 players wait to shoot at goal. By turn start from left and right.

Variations

Semi-active defenders (see training tips).



Key Points and objectives

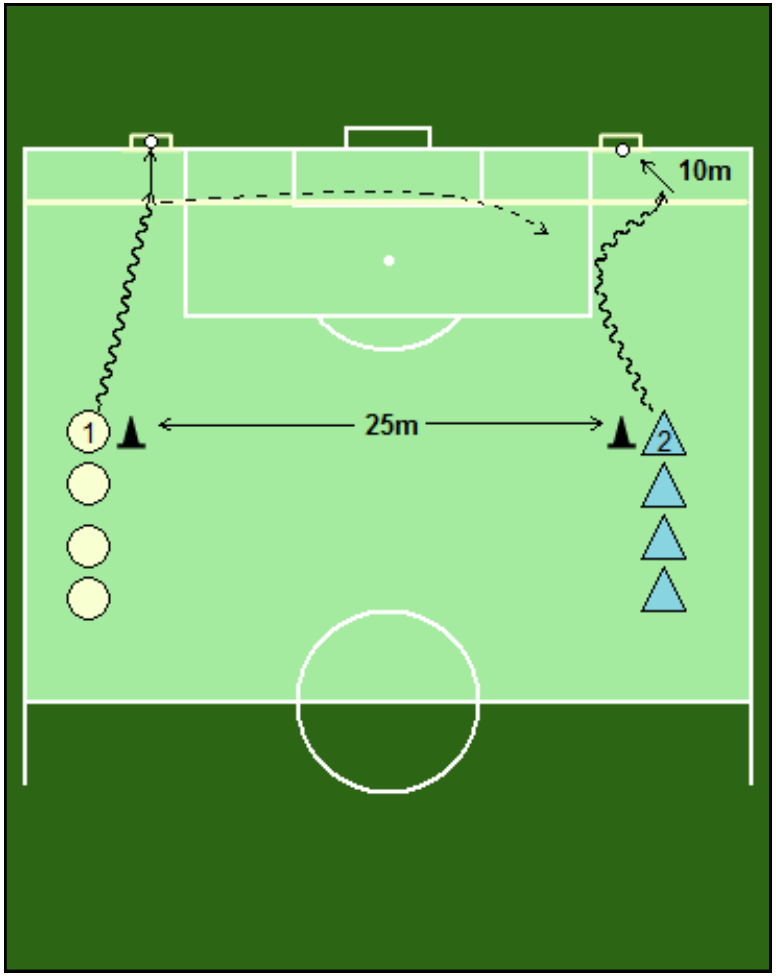
Tactical	Forwards try to time your movements, try to arrive with the ball.	**Areas**	Half a pitch.				
Technical	Dribble with speed and good control. Precise crossing. Timing. Technique of the cross.	**Time**	20 minutes				
Physical	Speed of movement, accelerate away.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	Courage, take the defender on, get into the space behind.						
Group	8 players (one group).						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 recover drill**									**Format**	**1v1**
Set-Up	**Goals**		**Bibs**	**5**	**Cones**	**30**	**Balls**	**12**	**Other**	**2 small goals**	

Execution

Player 1 dribbles the ball towards one of the two goals.
Once player 1 has crossed the shooting line player 2 can attack the goals.
Once player 1 has defended the goals he then joins the back of the queue.
Look for!
Tempo - concentration - look up before striking the ball.
Questions to ask?
What is the best goal to attack and why?
How close do you want to be to the goal to shoot?
How should you respond once you have taken your shot?



Key Points and objectives

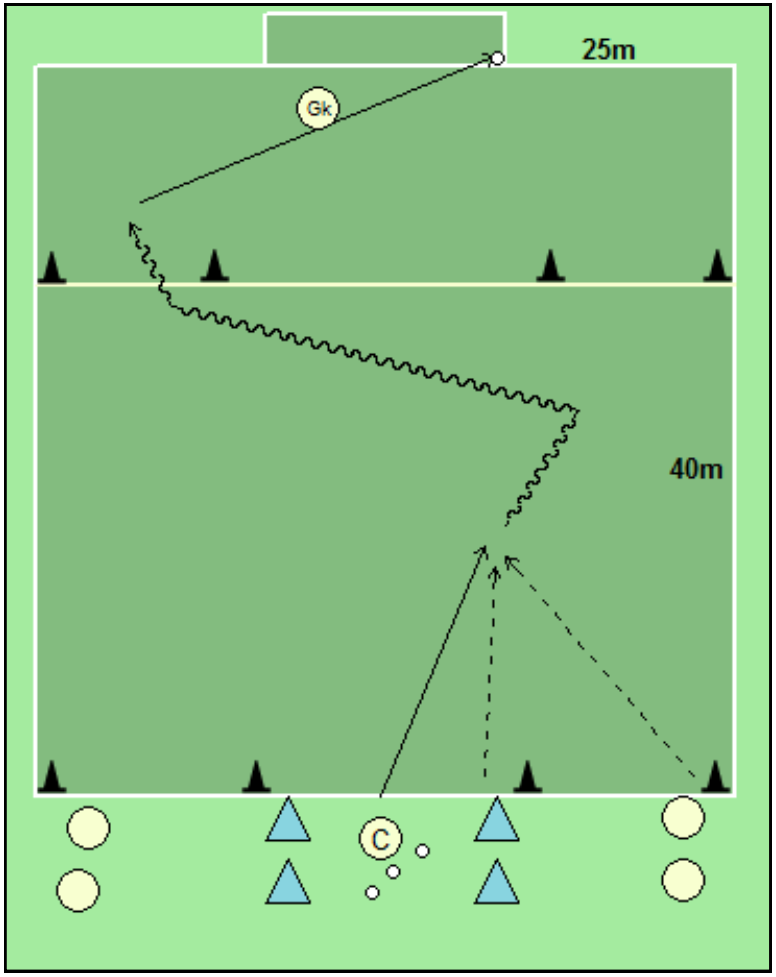
Tactical	Look to react quickly, once you have taken your shot look to recover quickly.	**Areas**	40m x 50m				
Technical	RWTB, travel quickly with the ball, look to finish quickly with different areas of the foot and with both feet.	**Time**	20 minutes				
Physical	Agility, be able to turn quickly and travel towards the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	Composure, look to relax when taking your shot.						
Group	8 players (one group).						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 Running onto the through ball.**									**Format**	**1v1**
Set-Up	**Goals**	**1**	**Bibs**	**4**	**Cones**	**30**	**Balls**	**12**	**Other**	**4 Large cones**	

Execution

Split the groups into 4 and put the attackers on the inside cones and the defenders on the outside.
The coach plays the ball in front of the attacker who must aim to dribble through one of the sets of cones before shooting at goal.
The defender has to track back and attempt to regain the ball and make a clearance.
Look for
Quick acceleration, can you escape, can you get a across the defender.
Questions
What direction would you want your fist touch to go?
How can you shake off the defender?
What is the best way to make a regain in this drill?



Key Points and objectives

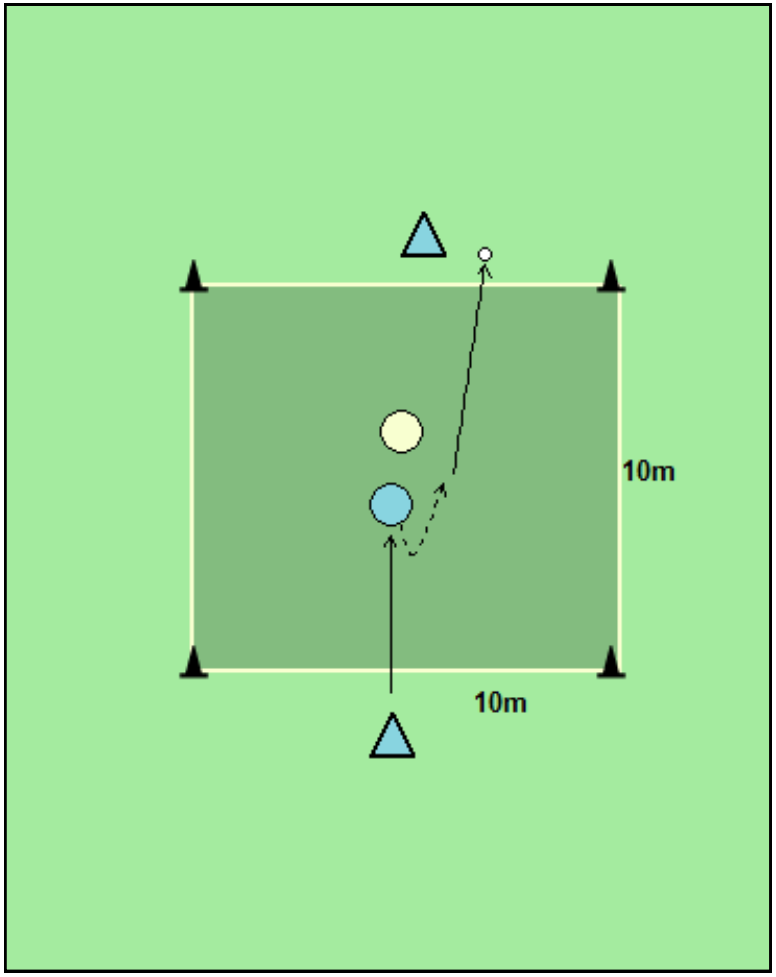
Tactical	Try to get across the defender, keep the ball on the outside foot.	**Areas**	40m x 25m					
Technical	RWTB, travel quickly with the ball, look to finish quickly with different areas of the foot and with both feet.	**Time**	20 minutes					
Physical	Quick acceleration, can you escape, can you get a across the defender.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Psychological	Composure, look to relax when taking your shot.							
Group	8 players (one group).							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Sharp turns 1v1**									**Format**	**1v1**
Set-Up	**Goals**		**Bibs**	**2**	**Cones**	**4**	**Balls**	**6**	**Other**	**4 Large cones**	

Execution

Two players play inside the square one acts as the defender and the other is the attacker.
The two players on the outside play the ball into the square and the attacker has to turn and play the ball to the opposite receiver.
Look for!
The correct technique on the turns - Use your upper body to defend the ball - can you put your opponent of balance..

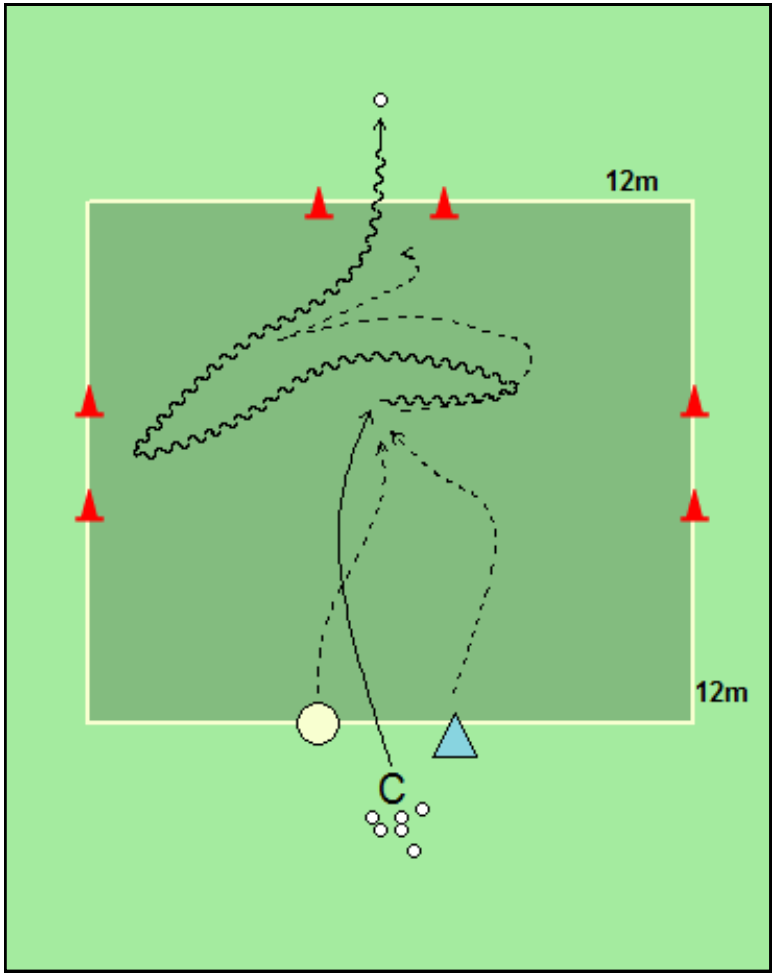


Key Points and objectives

Tactical	Short opposite movements to create a yard of space.	**Areas**	10m x 10m				
Technical	Protect the ball, try to take the ball side on, and on the outside foot the furthest from the defender.	**Time**	15 minutes				
Physical	Balance and strength, be able to hold the defender off the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	Be prepared to play under pressure.						
Group	4 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 Three goals**									**Format**	**1v1**
Set-Up	**Goals**		**Bibs**	**2**	**Cones**	**6**	**Balls**	**6**	**Other**	**6 Large cones**	
Execution	The coach plays the ball out and the two players sprint out to the ball. The players must attempt to win the ball and then dribble through one of the three goals. players can score extra points for making a dummy run and turn away from a goal. Look For! Tempo (can you keep it up) - Technical skills (first touch, head up, dribbling skills) - Concentration.										



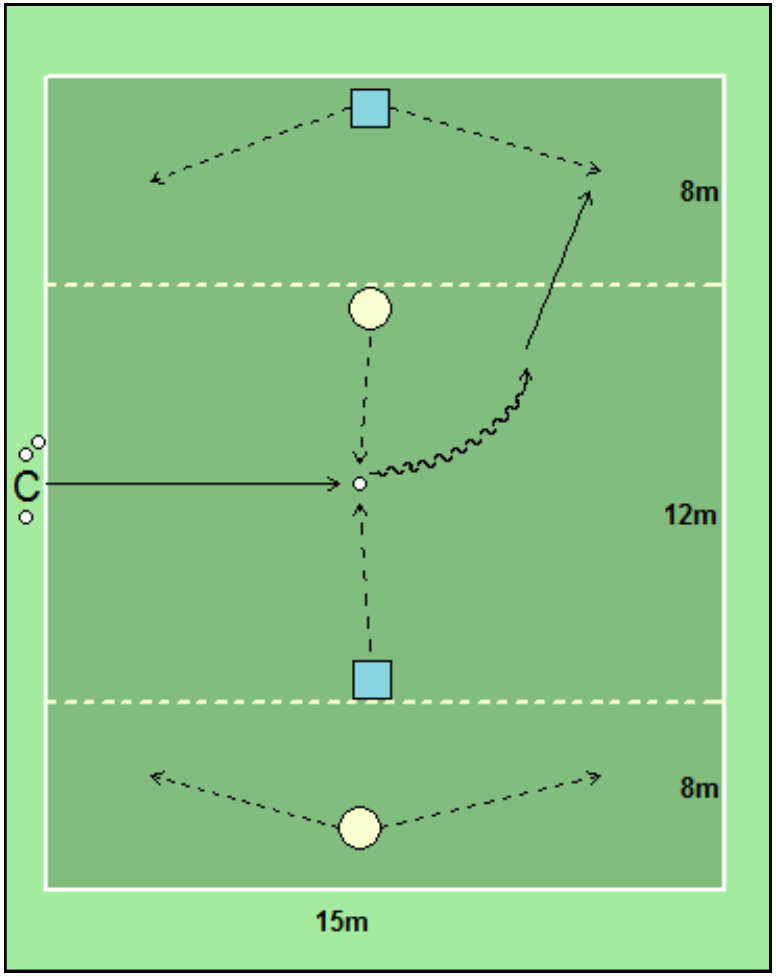
Key Points and objectives							
Tactical	Try to fool your opponent, travel towards a goal before turning away towards another goal.	**Areas**	12m x 12m				
Technical	Put your opponent of balance, look to produce fakes and turns, speed of footwork.	**Time**	15 minutes				
Physical	Balance and strength, be able to hold the defender off the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	Be prepared to play under pressure.						
Group	Up to 8 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 leading to 2v1**									**Format**	**1v1**
Set-Up	**Goals**		**Bibs**	**2**	**Cones**	**Y**	**Balls**	**6**	**Other**	**Flat Cones**	

Execution

The coach plays the ball in from the side.
The two central players play a 1v1.
They have to find the players in the end zones.
The players in the end zones are allowed to move from side to side to find space to receive the ball.
Once the game has ended the attackers move into the end zone and two more players play the 1v1.
Look for!
be brave face the defender and take him on. fast feet can you put the defender of balance? Relax on the pass.
How can you find space to receive the ball?
Travel to the ball quick and be able to stop quickly.
Progression
The players in the end behind the attackers can act as rebound players, so the player with the ball can look to go backwards.



Key Points and objectives

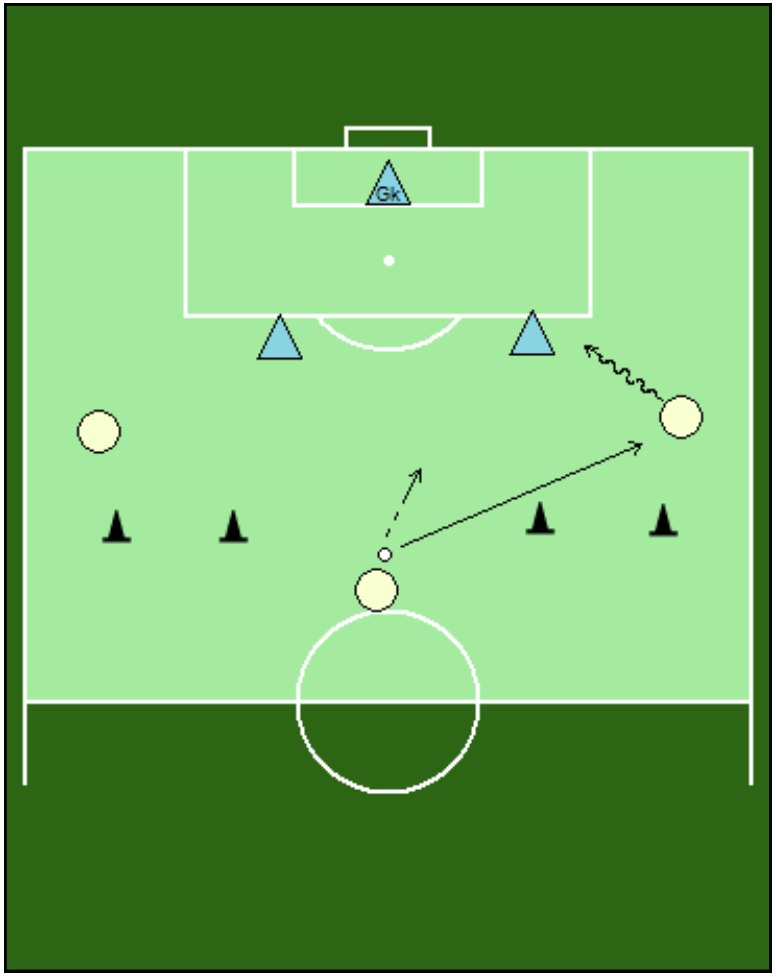
Tactical	Try to fool your opponent, travel towards a goal before turning away towards another goal.	**Areas**	28m x 15m				
Technical	Put your opponent of balance, look to produce fakes and turns, speed of footwork.	**Time**	15 minutes				
Physical	Balance and strength, be able to hold the defender off the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	Be prepared to play under pressure.						
Group	Up to 8 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Game situation 1v1 + 1 on wing**									**Format**	**1v1**
Set-Up	**Goals**	**1**	**Bibs**	**2**	**Cones**	**Y**	**Balls**	**12**	**Other**	**4 large Cones**	

Execution

1 large goal with GK, 2 small counter goals 35m opposite the large goal, 2m wide, 15m apart
10 players, divided into 1 attacker vs. 1 defender on each wing and 2 mids vs. 2 mids in the centre
Defenders position themselves between the counter goals
Objective
After having controlled GK's pass, the central mids plays to one of the attackers on the wing who does 1v1 to goal.
After each repetition, the wingers and the CM switch roles.
If the GK or a defender wins the ball, they counterattack on one of the counter goals.
The CM con support the wingers attack.



Key Points and objectives

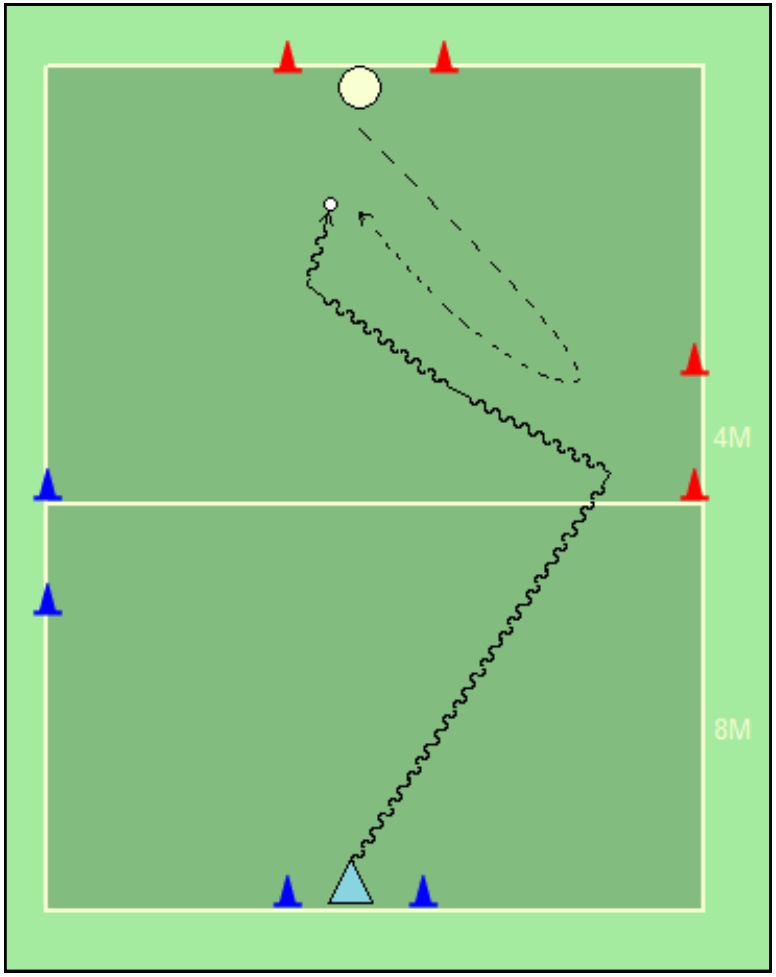
Tactical	Wingers, come in off the line or stay wide. Decision pass or dribble past your opponent.	**Areas**	Half a pitch				
Technical	Tight dribbling skills, fakes and moves to get past your opponent, technique of the cross?	**Time**	20 minutes				
Physical	Balance and strength, be able to hold the defender off the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	Courage to take your opponent on in a 1v1 and composure to relax and cross the ball.						
Group	Up to 8 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1V1 Skills (with 4 Goals).**									**Format**	**1v1**
Set-Up	**Goals**	**4**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**12**	**Other**	**8 large Cones**	

Execution

Played on an area of 12mx16m with four goals set out 4m wide.
The player with the ball starts his attack from inside the end goal.
When the attacker touches the ball the defender is able to come out and defend his two goals.
Players must dribble through the goals to score
After their turn players switch sides.
Look for!
High Tempo - correct technique - looking up - ball feeling.
be relaxed, good attitude towards dribbling.
This can also be used as a tag game and played without the ball to encourage agility and body movement.



Key Points and objectives

Tactical	Travel quickly with the ball can you move quickly into space.	**Areas**	16m x 10m					
Technical	Dribbling skills, can you produce a fake or move to send the defender the wrong way.	**Time**	20 minutes					
Physical	Balance when travelling at speed, agility, change direction quickly.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Psychological	Be positive, back your self to get past the opponent.							
Group	Up to 8 Players							

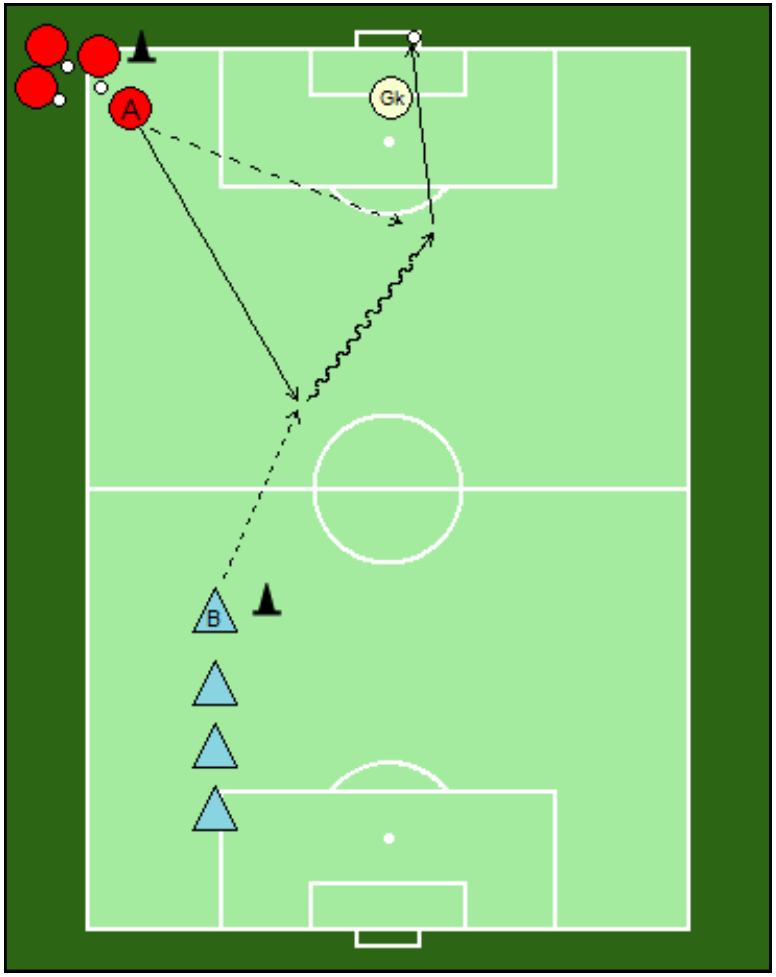
LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 Running on to the ball finishing with a shot.**									**Format**	**1v1**
Set-Up	**Goals**	**4**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**12**	**Other**	**8 large Cones**	

Execution

Player A drives the ball into the centre of the pitch.
Player B runs onto the ball taking his first touch into space.
Player A sprints out to defend the ball.
Player B must try and shoot for goal as soon as he is within shooting distance.
After the drill is completed player B collects the ball and joins the defending queue while player A joins the attacking queue.

Questions
What is the best touch to take when you arrive at the ball?
What parts of the foot can you shoot with and why?
How should the defender travel to the ball?



Key Points and objectives

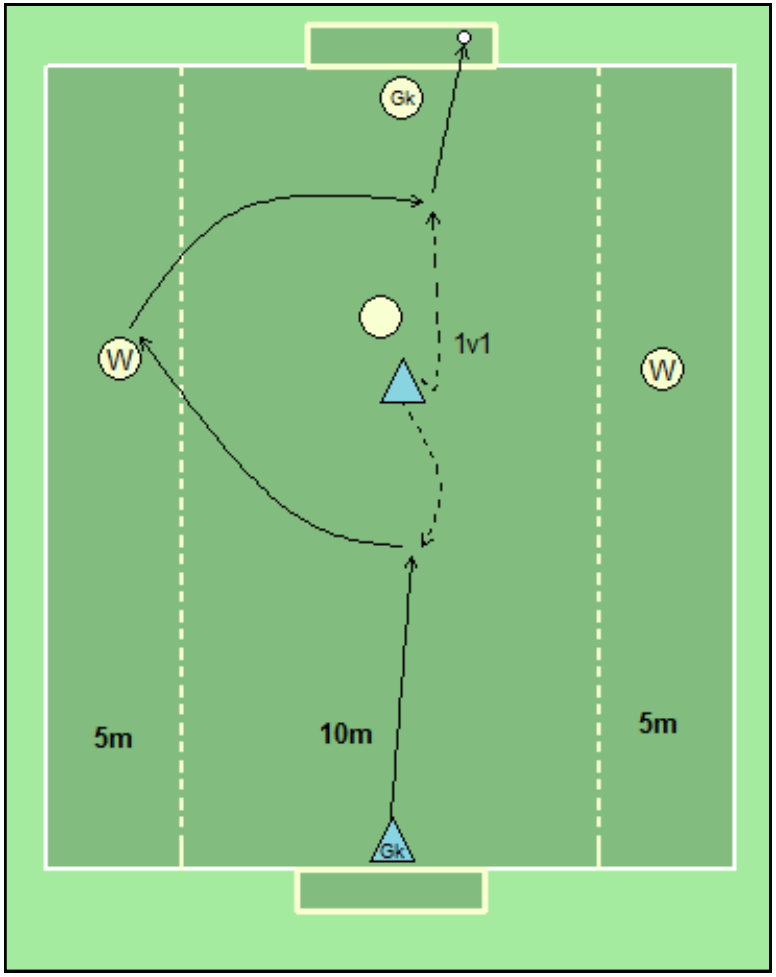
Tactical	Travel towards the ball, take your first touch into space.	**Areas**	30m x 40m					
Technical	The quality of the first touch, technique of the shot, be able to shoot with both feet.	**Time**	20 minutes					
Physical	Balance when travelling at speed, agility, change direction quickly.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	Be positive, back your self to get past the opponent.							
Group	Up to 8 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 With Wingers**									**Format**	**1v1**
Set-Up	**Goals**	**2**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat Cones**	

Execution

One of the keepers always starts with the ball and he must play out to the forward and not the neutral wingers.
Once the attacker has received the ball he can then choose to pass to a winger or dribble past the defender and attempt to score on goal.
The game continues until a goal is scored or the ball goes out of play.
Look for?
Consider your first touch, How can you make space? When you have passed to a winger what sort of movement should you make?



Key Points and objectives

Tactical	Use the wingers to create overloads, look to create space once you have passed the ball.	**Areas**	20m x 30m					
Technical	Look for the quality of the dribbling keep the ball on the outside foot, passing technique.	**Time**	20 minutes					
Physical	Sharp movements, after passing the ball move quickly to receive again.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Psychological	Be positive, back your self to get past the opponent.							
Group	Up to 8 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

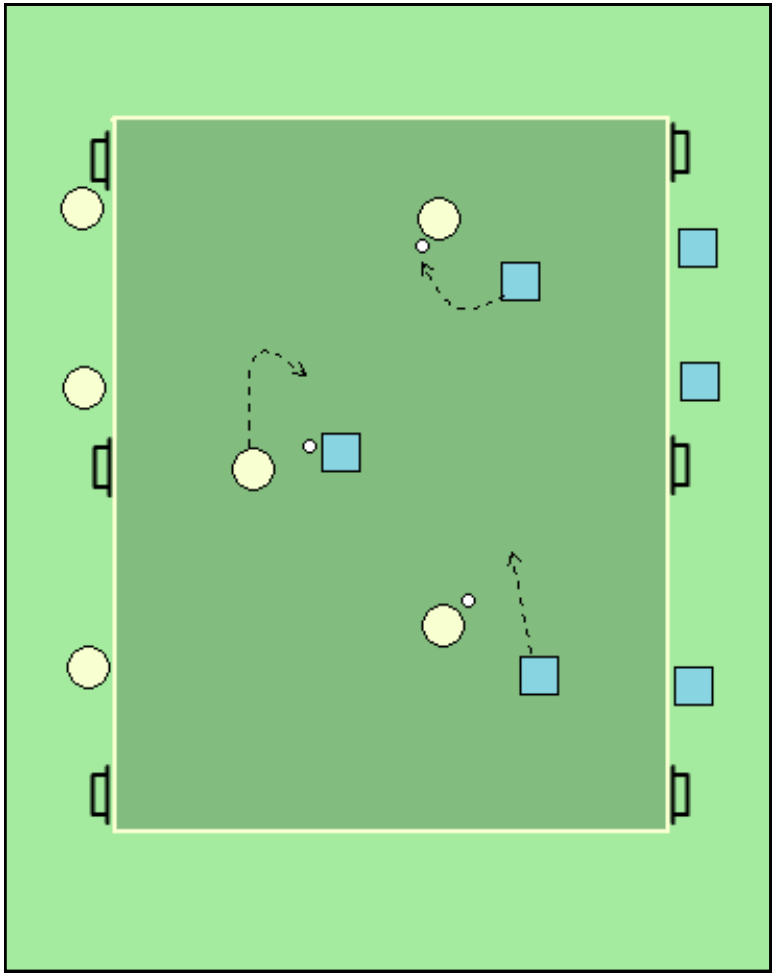
Content	**1 against 1: Game to 3 Goals**									**Format**	**1v1**
Set-Up	**Goals**	**6**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**12**	**Other**		

Execution

Field size 25x40 yards (depending on age and how athletic the players are). 2 Teams of 6 players (Team white and Team blue). In turns, 3 players from each team play one on one to 3 small goals. All 3 pairs play at the same time. Goals can be scored in all of the opponents 3 goals. Change after max. 1 min play.
Which team scores more goals?

Coaching
Offense: Ability to assert oneself. Feints (dummy). Change of rhythm.
Defence: Quick forward attack. Pick up the forwards tempo. Tackling on the ball. Avoid standing frontally to the opponent.

Variations
Play the first ball high or low. See variation possibilities for 1 against 1.



Key Points and objectives

Tactical	Attacking: look to attack the space behind the defender. Defending: don't get beat try to force the attacker back reduce his space	**Areas**	25mx 40m				
Technical	Attacking: feints and quick feet, accelerate away once you have passed the defender.	**Time**	15 minutes				
Physical	Ability to change the pace of the game slow to quick and slow again.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	Be positive, back your self to get past the opponent.						
Group	12 Players						

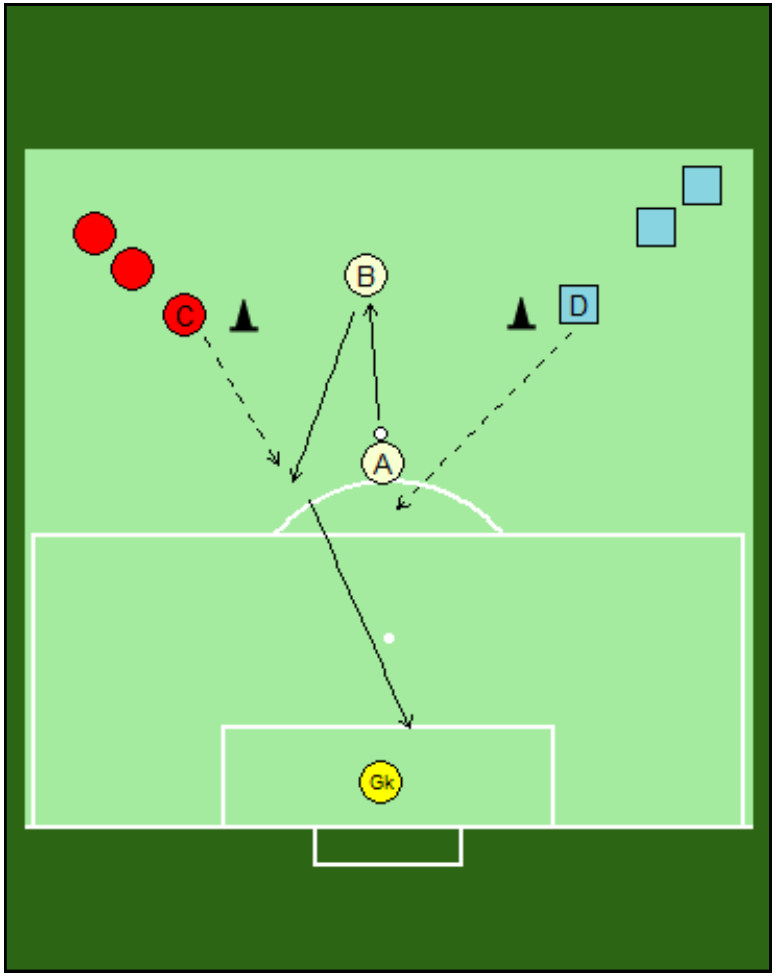
LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1 on 1 after Passing**									**Format**	**1v1**
Set-Up	**Goals**	**1**	**Bibs**		**Cones**	**Y**	**Balls**	**12**	**Other**	**2Large cones**	

Execution

Training contents
Speed of reaction. Direction of run. Shot at goal under pressure.
Duration
2 bis 3 series at 5 to 8 sprints
Description
Player A plays to player B (1), who plays the ball in direction of goal (2). As soon as B plays the ball, C and D are allowed to start running, to win the ball and to shoot at goal (3). Then the next 2 players start. A and B change after a certain time or the trainer can play the balls.
Coaching
The forwards direction of run (try to cross the defenders running path). Full recovery between the sprints.

Variations
Player B has different possibilities to start play. (Low-pass, Chip,)



Key Points and objectives

Tactical	Take your first touch across your body shot for the corners.	**Areas**	Half a pitch				
Technical	Being able to finish with both feet is a must, different types of finish with different surfaces of the foot.	**Time**	15 minutes				
Physical	Ability to change the pace of the game slow to quick and slow again.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	Be positive, back your self to get past the opponent.						
Group	12 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Games for 2v1

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	2v1 twice in a game									**Format**	**SSG**
Set-Up	**Goals**	**2**	**Bibs**	**2x3**	**Cones**	**30**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

The two attackers set off and play 2v1 with the first defender D1 they have to cross the first line without D1 winning the ball.

D1 is not allowed off the line until A1 has moved the ball.

Once the attackers have passed the first line then the next defender D2 is allowed off the line.

If they reach the end line they can attempt to finish on goal.

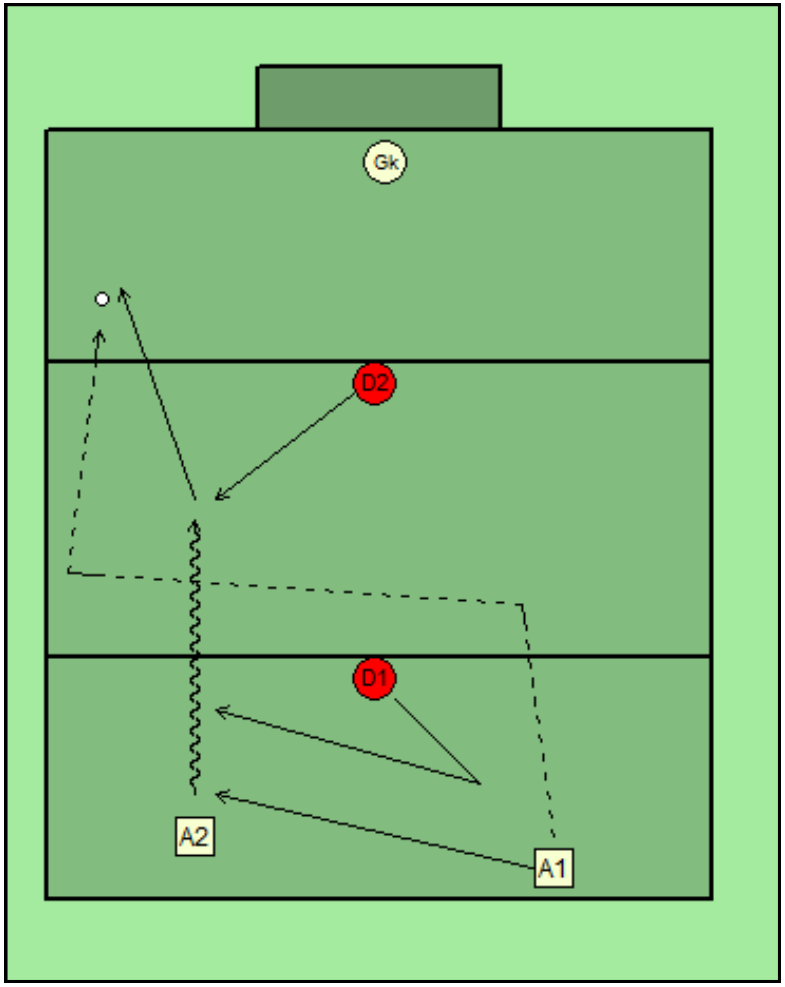
Questions

When should you look to pass?

When should you look to dribble?

What would be a good area to pass to?

How can the pace of the pass effect what happens?



Key Points and objectives

Tactical	Look for the players movements to exploit the 2v1 situation. Overlaps/under laps.	**Areas**	30m x 25m					
Technical	Passing and receiving skills, distances on the movement.	**Time**	20 minutes					
Physical	Quick diagonal movements, agility.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Communication, talk to each other to help each other.							
Group	12 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Improving 1v1 going on goal.**									**Format**	**2v1**
Set-Up	**Goals**	**2**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**20**	**Other**	**Flat Cones**	

Execution

The Game

Player A takes on defender F and G with support of player E

After beating the defenders he can finish on the goal.

Defenders can only defend the line.

Player A has the option of playing alone.

After player A has completed his run Player B starts.

Players who lose the ball become the defenders.

Think About?

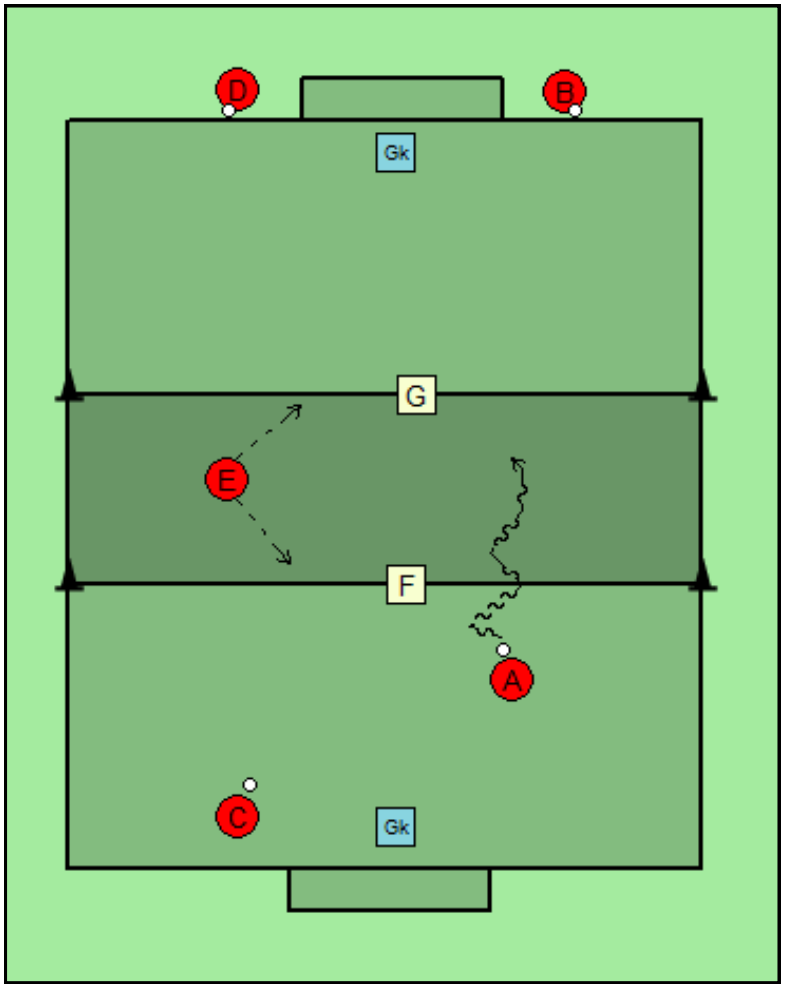
Take on the defenders at speed?

Try to make your play unpredictable for the defenders

Defenders: force the attacker wide away from player E.

Progression

Attackers play in two's if they lose the ball they swap with the defenders?



Key Points and objectives

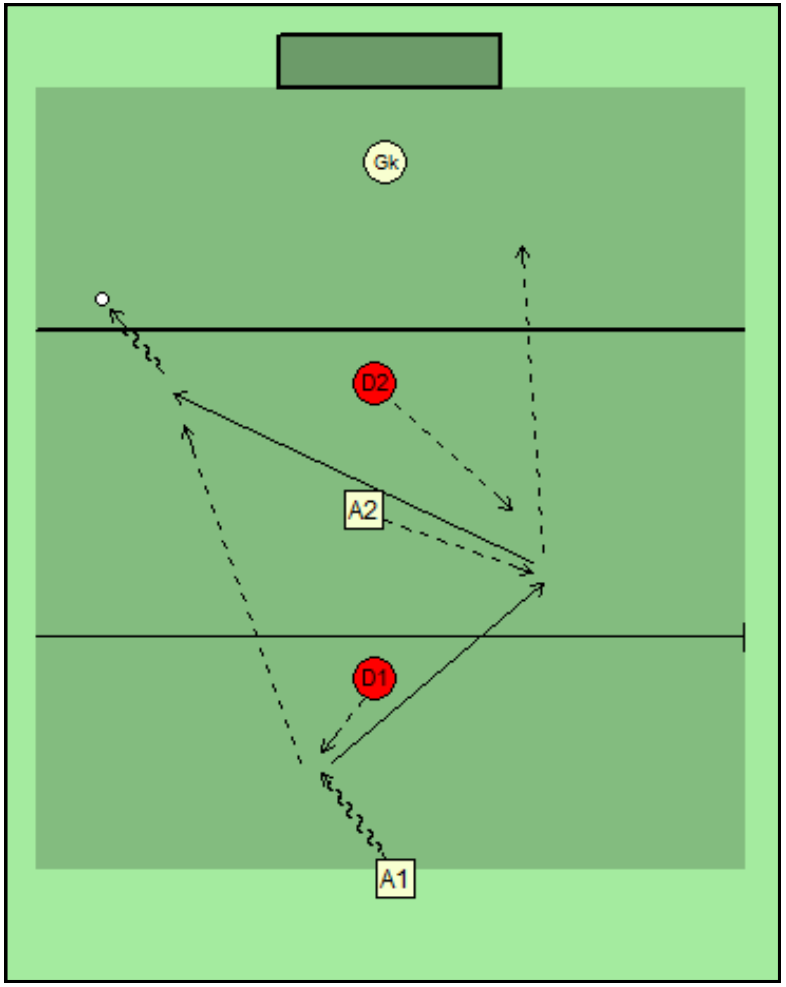
Tactical	Check your angles when receiving the ball, Look to disguise your intentions.	**Areas**	25m x 35m				
Technical	Passing and receiving skills, try to play quick 1-2 play with one touch play with both feet.	**Time**	20 min				
Physical	Sharp acceleration to escape from defenders.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Confidence: - have the confidence to play in tight areas.						
Group	12 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	2v1 twice in a game 2									**Format**	**SSG**
Set-Up	**Goals**	**2**	**Bibs**	**2x3**	**Cones**	**30**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

The two attackers set off and play 2v1 with the first defender D1 they have to cross the first line without D1 winning the ball.
D1 is not allowed off the line until A1 has moved the ball.
Once the attackers have passed the first line then the next defender D2 is allowed off the line.
If they reach the end line they can attempt to finish on goal.
Questions
When should you look to pass?
When should you look to dribble?
What would be a good area to pass to?
How can the pace of the pass effect what happens?
Progression
One of the attackers starts in the middle zone.
Questions
How can you make space to receive the ball?
How will you know if it is safe to turn with the ball?



Key Points and objectives

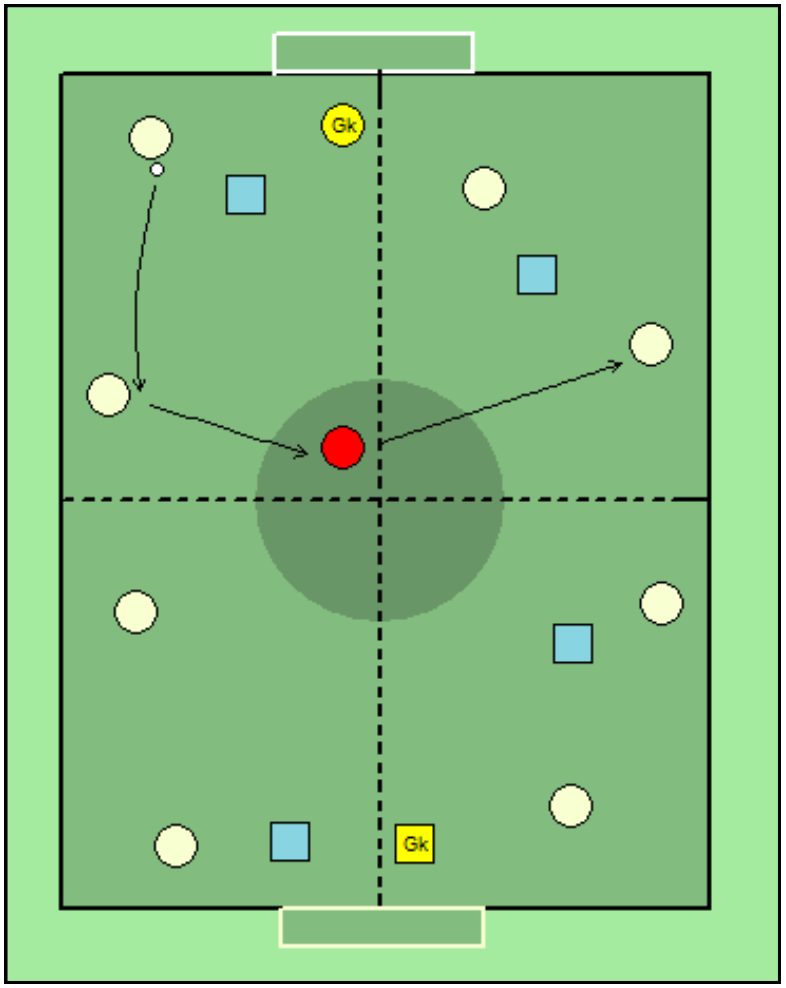
Tactical	Look for the players movements to exploit the 2v1 situation. Moving into space.	**Areas**	30m x 25m				
Technical	Passing and receiving skills, distances on the movement.	**Time**	20 minutes				
Physical	Quick diagonal movements, agility.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Communication, talk to each other to help each other.						
Group	12 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	8v4 with many 2v1's									**Format**	**2v1**
Set-Up	**Goals**	**2**	**Bibs**	**2x3**	**Cones**	**30**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

8v4 in a 40m x 20m rectangle divided into four areas, in each section there is a 2v1. The attackers have one player who stays in the middle. The four defenders change places with four attackers every 4-5 minutes.
The attacking team must visit all 4 square on a possession before they can launch an attack on the goal.
If the defenders win the ball they can attack the goal, once they win the ball they are allowed to leave the boxes to support the attack.
Think About
Good first touch essential to control the ball and opens up the play. Crisp passing along the ground with inside of foot. Support players move off the ball must help player in possession. High tempo: don't dwell on the ball unnecessarily. Use feints and one-twos to open up space. Pass to the closest team-mate wherever possible.



Key Points and objectives

Tactical	Look for the players movements to exploit the 2v1 situation. Moving into space.	**Areas**	30m x 20m				
Technical	Passing and receiving skills safe passing with the inside of the foot. Ability to play quickly and bounce passes.	**Time**	20 minutes				
Physical	Good body posture, change direction quickly off both feet.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Communication, talk to each other to help each other.						
Group	15 Players						

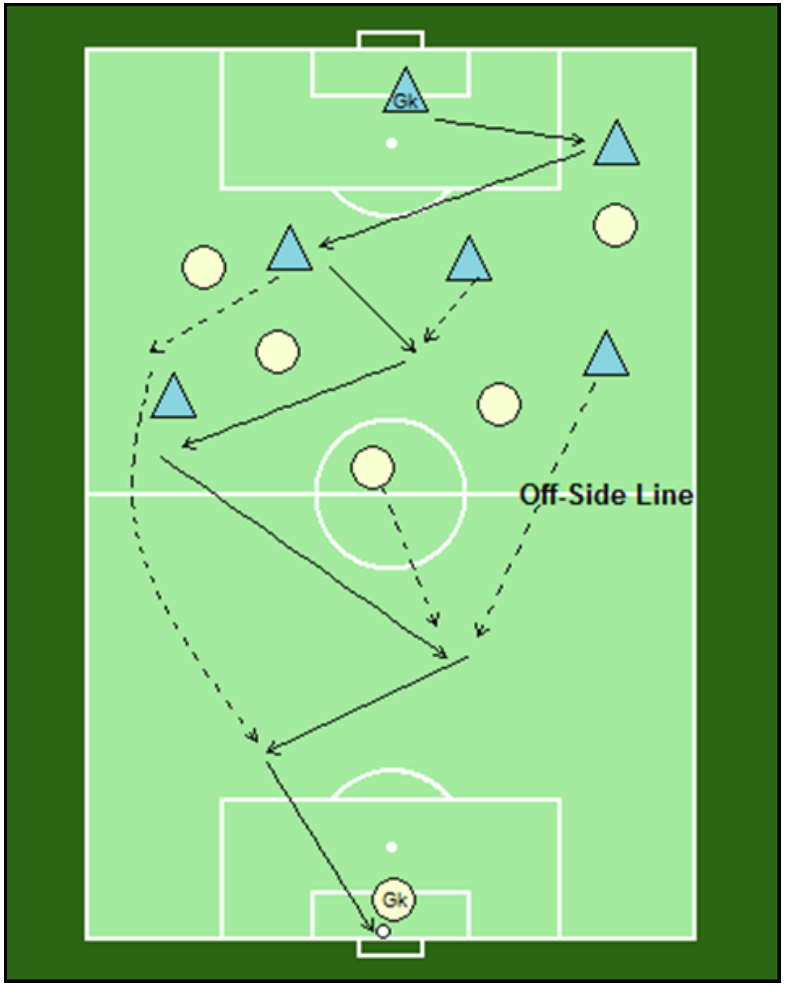
LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**5 seconds to Score**									**Format**	**SSG**
Set-Up	**Goals**	**2**	**Bibs**	**7x2**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat Cones**	

Execution

Teams can take as long as they want in there own half but the moment they cross the halfway line they have only 5 seconds to score.

Once the players time is up the opposition receive the ball.



Key Points and objectives

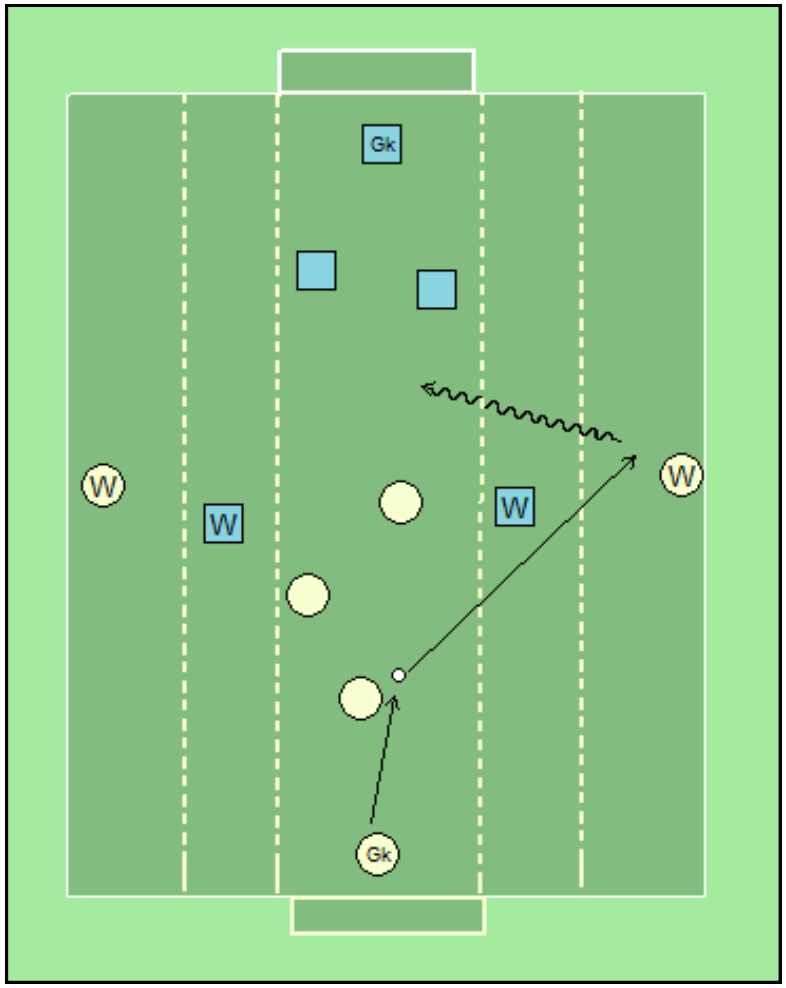
Tactical	Look to break into the space time your movement.	**Areas**	45 x 35 ,with centre line.					
Technical	Try to receive the ball so you can play forward on your first touch.	**Time**	15—20 minutes					
Physical	Relax when in possession, change your state when out of possession.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Game movements.							
Group	16 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	Coming in off the line.									**Format**	**SSG**
Set-Up	**Goals**	**2**	**Bibs**	**2x8**	**Cones**	**40**	**Balls**	**12**	**Other**	**Flat Cones**	

Execution

Divide the group into two teams, divide the pitch into areas (see the diagram).
Both teams must have a left and right winger who can only play in the two outside lanes.
The wingers are un-opposed and must move to the outside lanes when their team is in possession.
The defending winger must move to the inside lane and is able to block the pass through to the attacking winger or when the winger tries to cross the ball.
The other players must play in the centre zone looking to use the wingers once they have gained possession.
Progression.
Allow the defending winger to press the attacking winger on his first touch.
Think about
Look to move quickly to receive the ball once possession changes.
Can you put the defender off balance to create space to cross the ball.
When passing to the wingers can you look to play the ball so he can move forward on his first touch.



Key Points and objectives

Tactical	Try to lose your marker, time your movements.	**Areas**	60m x 40m, Square 20x20					
Technical	Body position when receiving the ball, face into the pitch take your first touch to ether side.	**Time**	25 minutes					
Physical	Football related movement.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Psychological	Competitive win your 1v1's							
Group	10 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Games for Counter attacking

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Attacking and counter attacking**									**Format**	**Counter**
Set-Up	**Goals**	**4**	**Bibs**	**2x3**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

Players in each team work in pairs.

all the balls with the blues.

Game starts when the blues serve the ball forward to the reds, Who send out two players to receive and attack the goal.

Blues send out 1 player to make 1v2.

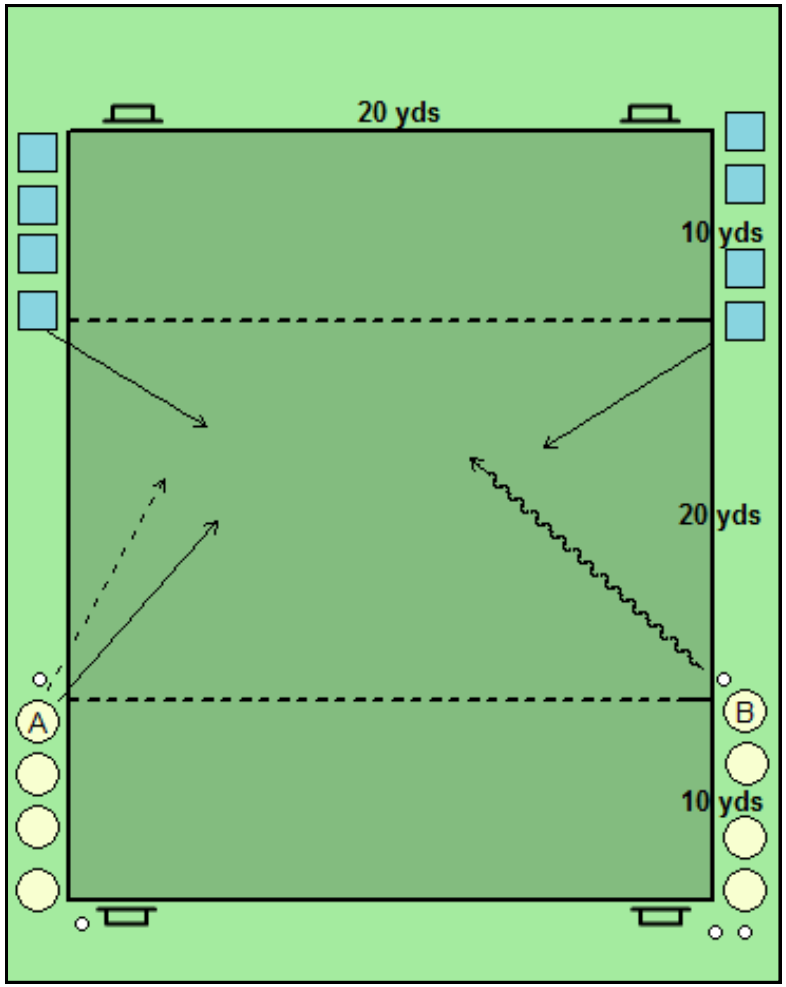
Reds objective is to get the ball in the blues end zone and shoot at goal.

If the blue wins the ball another blue attacker is allowed on the pitch to help score on the two goals, the two reds act as defenders.

Questions

What is the best way to attack the single defender?

What decisions will the player on the ball have to make?



Key Points and objectives

Tactical	Look to react quickly once the ball changes possession. The player entering should aim to support the attack quickly.	**Areas**	40m x 20					
Technical	Technique of the pass, look to slide the ball into space.	**Time**	15—20 minutes					
Physical	Speed over short distances.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Concentration (Players to maintain focus).							
Group	12 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	Fast attack by two players									**Format**	**Counter**
Set-Up	**Goals**	**4**	**Bibs**	**2x3**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

Two attackers, 10m apart, set off from anywhere along the center line heading for the goal defended by a goalkeeper. At least two passes have to be made in the quick attack before the ball can be shot from inside the penalty area towards the goal.

When the opposite goal is used a competition between the two pairs can be organized with the winner being the pair that completes the attack with a goal the quickest.

Look for!

Learning to always take the shortest and most direct route to goal in a counter attack

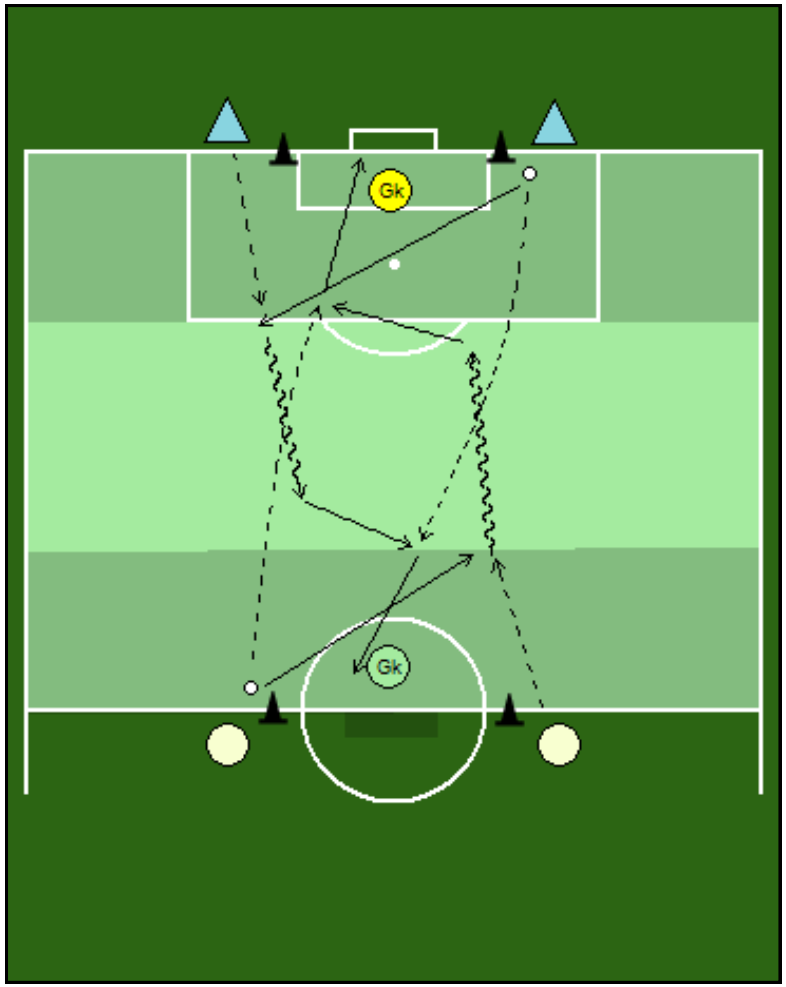
The technique of running with the ball under maximum speed.

The technique and timing of the pass.

Minimizing the time to prepare and execute a shot at goal.

Progression

Change point from where the run begins



Key Points and objectives

Tactical	Time your movements with your partner, look to pass the ball in-front of the receiving player.	**Areas**	Half-Pitch.					
Technical	Technique of the pass, look to slide the ball into space. Passing with different areas of the foot.	**Time**	15—20 minutes					
Physical	Maintain speed over distance. Test your Endurance.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Concentration (Players to maintain focus).							
Group	12 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Fast attack 2v1 + 1 from the centre line.**									**Format**	**Counter**
Set-Up	**Goals**	**2**	**Bibs**		**Cones**	**Y**	**Balls**	**10**	**Other**		

Execution

Two attackers, 10m apart, set off from the centre line. The aim of the game is to advance towards the goal and score in less than 6 seconds.

Both attackers are tackled by one defender who sets off 5m behind them (later this can be reduced to 3m then 1m) and a second who meets them halfway.

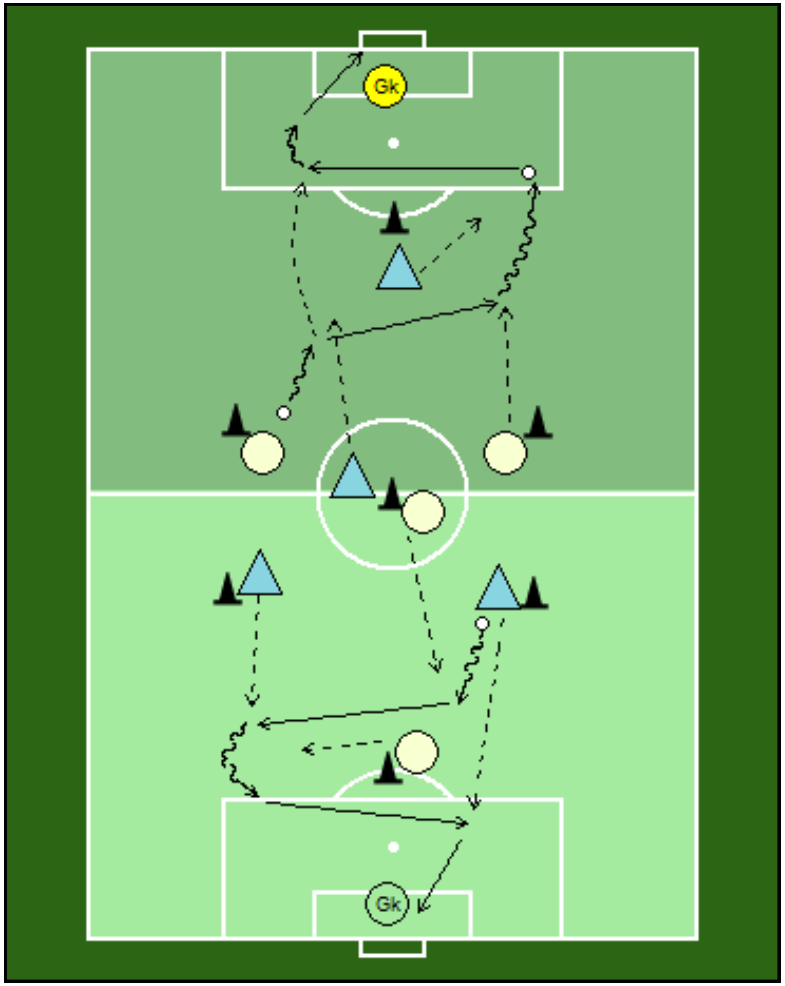
Change the starting position of the first defender in relation to the attackers, putting him on ether side-line as a wingback far away from the ball.

Look for!

The players learn how to solve the problems caused by different positioning of the first defender and find the most effective combination in attack, an example of which can be seen in the illustration.

Progression

Change point from where the run begins



Key Points and objectives

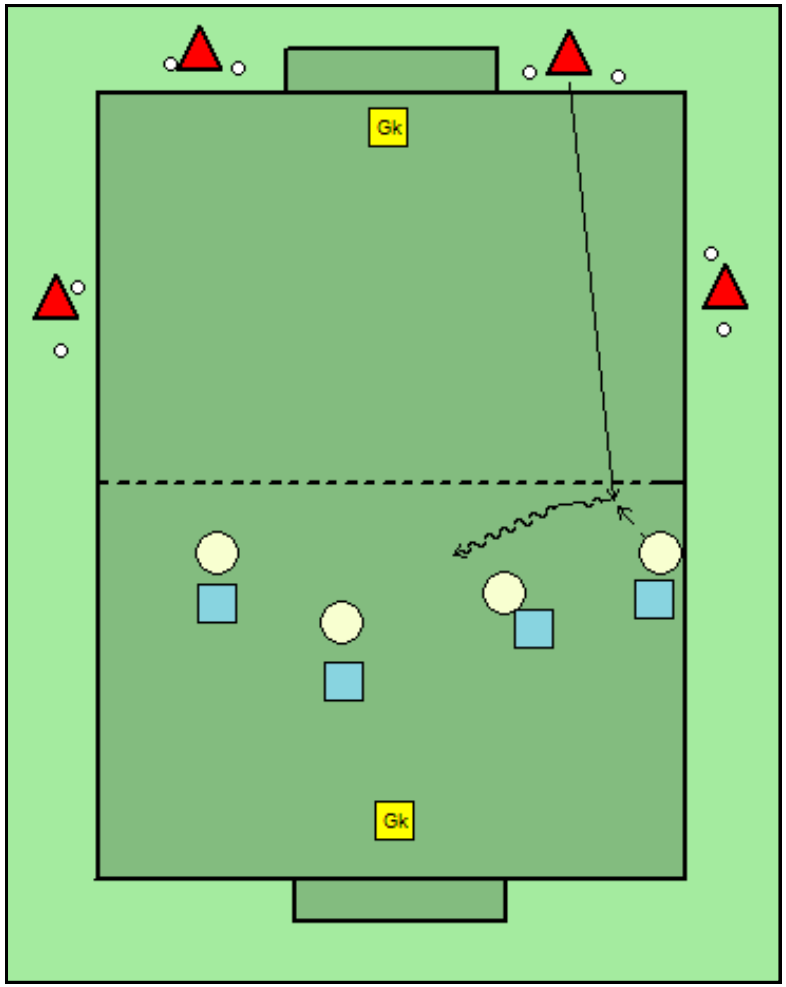
Tactical	Keep the forward momentum. Place the pass in front of your partner.	**Areas**	60m x 45m					
Technical	Passing and receiving skills, play with both feet. Running with the ball.	**Time**	20 min					
Physical	Speed of movement and balance in possession.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Defenders , concentration, stay switched on when the ball is in the oppositions half. Attackers be positive and creative.							
Group	15 players 2 Goal Keepers							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**One versus one attack.**									**Format**	**Counter**
Set-Up	**Goals**	**2**	**Bibs**	**4x3**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

Three groups of four group A play group B into goals with goalkeepers inside and 25 x 35 m field.
The players in group C are passes who stand on the side lines and end line of one half they take turns passing to plays in group A to try to score on goal 1 if B wins the ball they can counterattacks on the goal a and B switch roles after several rounds.
Variations.
Defenders are assigned to the specific attackers and attackers are not allowed to work together to set up shots.
Instead each attack must use either pass and play one v one to shoot.
Low passes in the air.
Has to stand on the side lines and throw the balls into the attackers.
Attackers are not allowed to show for passes in the half when the passes are standing.



Key Points and objectives

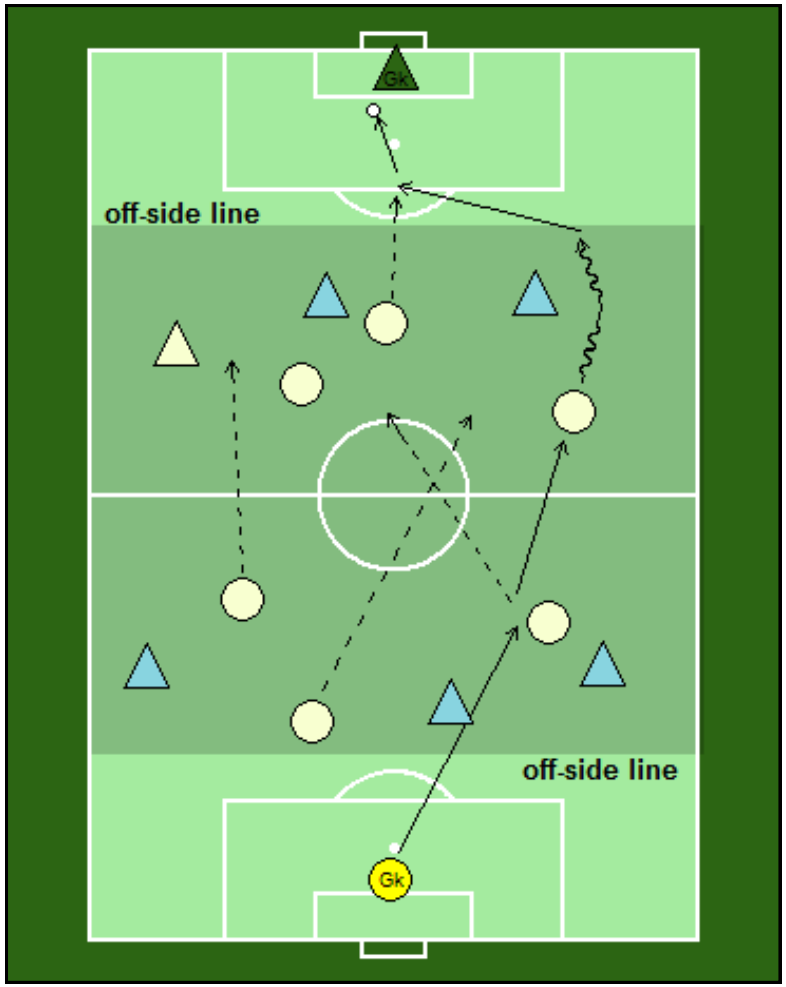
Tactical	Look to play quickly when the opportunity arises.	**Areas**	40m x 30m					
Technical	Technique of the pass, quick and across the floor, be able to play with both feet.	**Time**	15—20 minutes					
Physical	Speed over short distances.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Concentration (Players to maintain focus).							
Group	14 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Counterattack 6v6**									**Format**	**Counter**
Set-Up	**Goals**	**2**	**Bibs**	**4x3**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

keeper plays the ball out from the back and a 3v3 situation is played in the half.
if the defenders can cross the halfway line they can both move into the opposi-
tions half and launch an attack (6v3).
the two attackers are not allowed to move back and defend.
Players are called off-side inside the off-side zones.
Progression
The three defenders can choose to commit themselves forward or stay back.
Also two forwards are allowed to track back.
Look for!
Mount an individual counterattack down the wing or through the middle in case
the teammate remains behind.
Build up a quick combination between the 3 forwards.
Questioning
How should the forwards receive the ball?
What is the best pass for the forwards to control?
What should you do once you have the ball in the opponents half.



Key Points and objectives

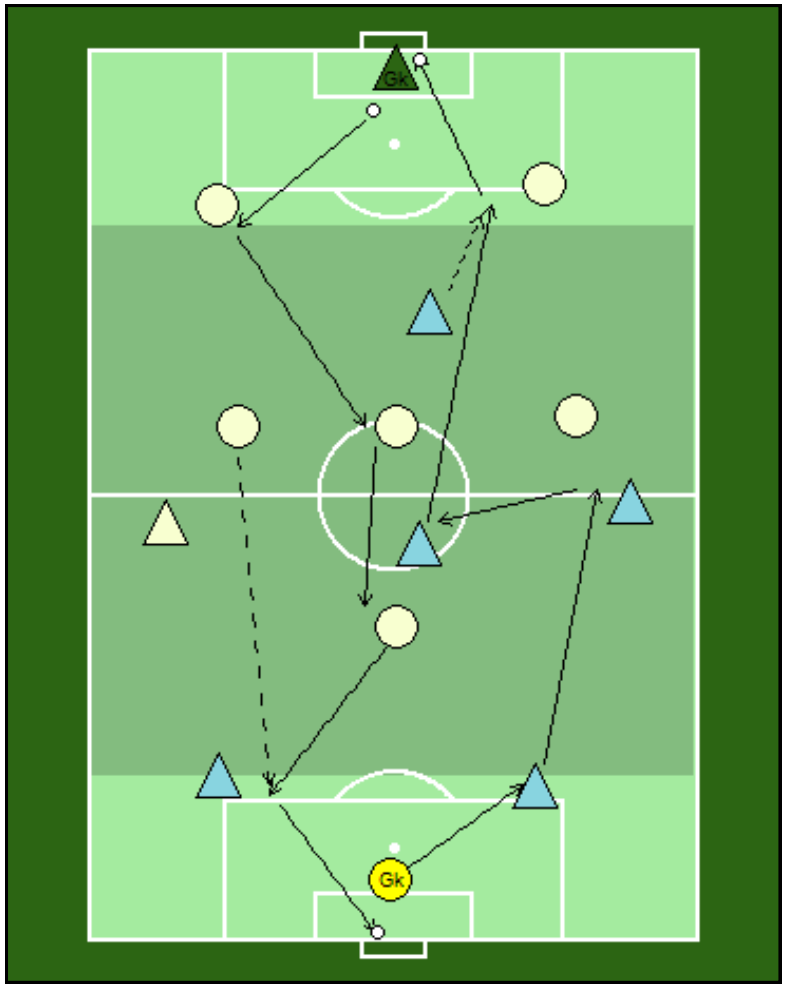
Tactical	Look to play quickly when the opportunity arises.	**Areas**	50m x 35m					
Technical	Technique of the pass, quick and across the floor, be able to play with both feet.	**Time**	15—20 minutes					
Physical	Speed over short distances.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Concentration (Players to maintain focus).							
Group	14 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**6v6 Counter Attacking PART un-opposed**									**Format**	**Counter**
Set-Up	**Goals**	**2**	**Bibs**	**4x3**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

Both teams have a ball each and set up 2-3-1.
They must move the ball from the keeper through the thirds as quickly as possible finishing with a shot at the keeper.
Once the ball has reached the other end begin the drill again.
Think about.
Where to pass the ball so we can keep momentum?
Midfielders try to get on the half turn when you receive the ball. (try to see the forward when you receive the ball?)
Defenders come out with the ball don't commit yourself to far forward.
Keeper try to play quickly.



Key Points and objectives

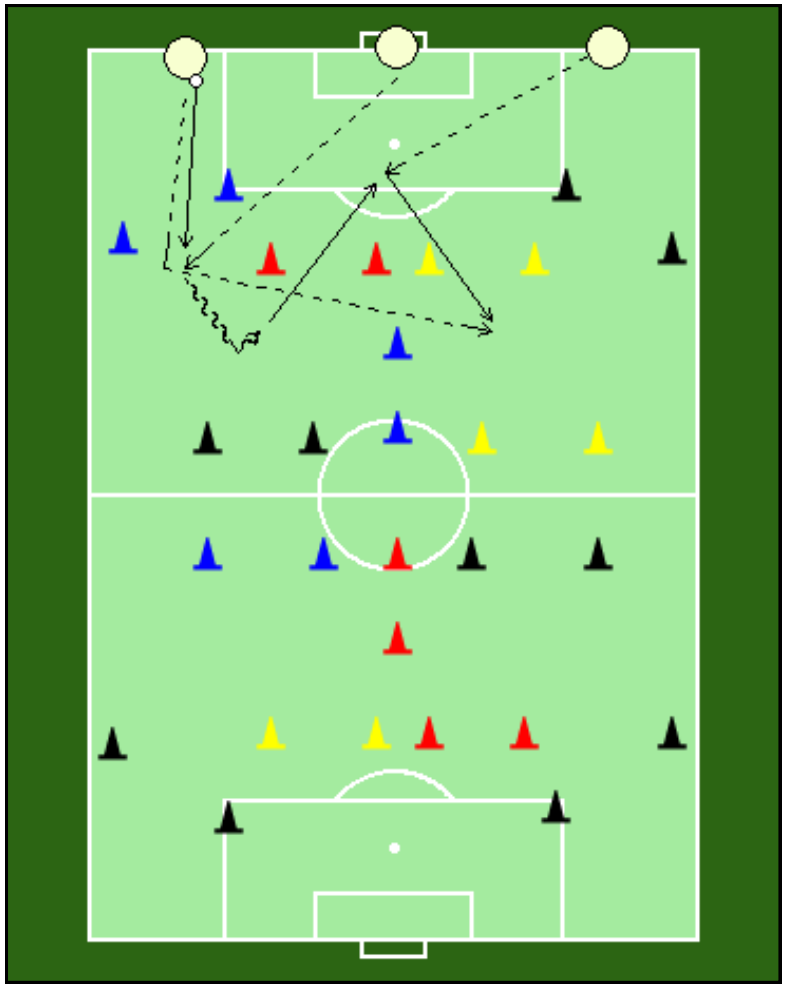
Tactical	Look to play quickly drive the tempo	**Areas**	50m x 35m					
Technical	Passes in front of the receiving player try to play with one touch.	**Time**	15—20 minutes					
Physical	Speed over long distances.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Concentration (Players to maintain focus).							
Group	14 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Attacking 3v0 without the defender and through the pairs.**									**Format**	**Counter**
Set-Up	**Goals**	**2**	**Bibs**	**n/a**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Stop watch**	

Execution

3 groups of 6 runs.
The 3 forwards line up at one end of the pitch.
Any of the 3 players can start with the ball.
Players must travel down the pitch as quickly as they can, all three players must touch the ball.
They can not shoot until they have completed ten passes.
if they make a one two through the same set off cones only count 1 pass.
The runs are timed once they have scored a goal.



Key Points and objectives

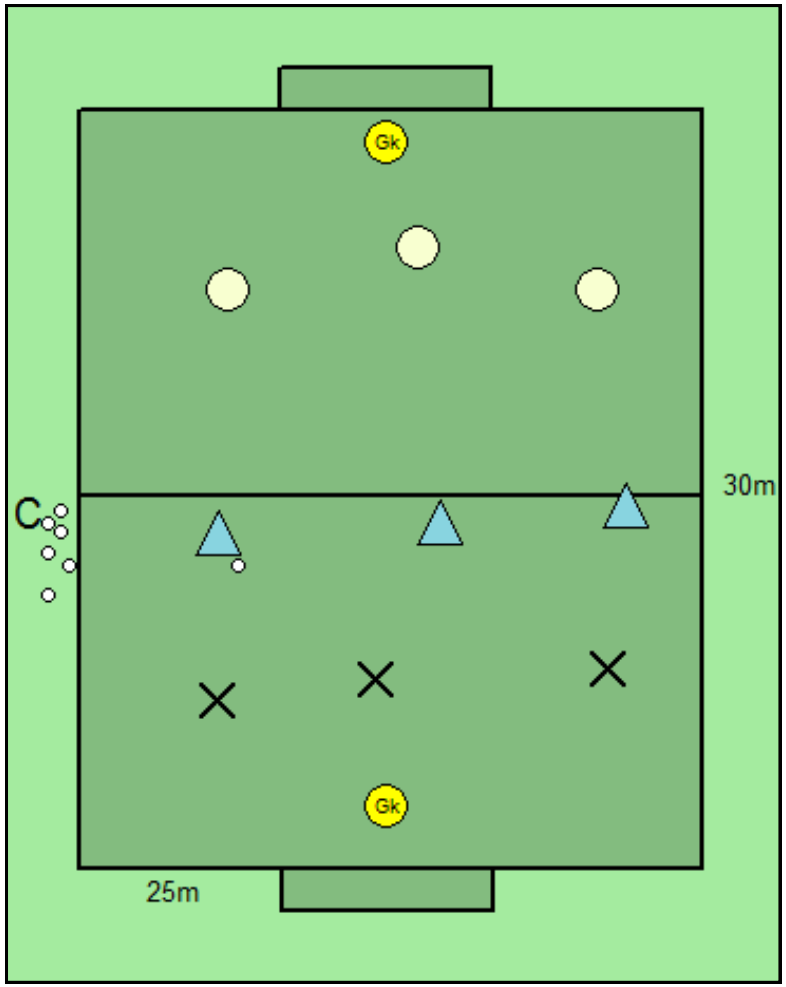
Tactical	Players to work out and take the shortest routes.	**Areas**	Full Pitch					
Technical	Passes in front of the receiving player try to play with one touch.	**Time**	15—20 minutes					
Physical	Speed over long distances.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration (Players to maintain focus).						
Group	3 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Attack switcher**									**Format**	**Counter**
Set-Up	**Goals**	**2**	**Bibs**	**2x3**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

Divide the players into three even teams.
The middle team attack a goal of their choice, If they score then they receive a second ball from the coach and now attack the opposite goal.
however, if the defenders stop the middle team from scoring then they break out to attack and the roles are reversed.



Key Points and objectives

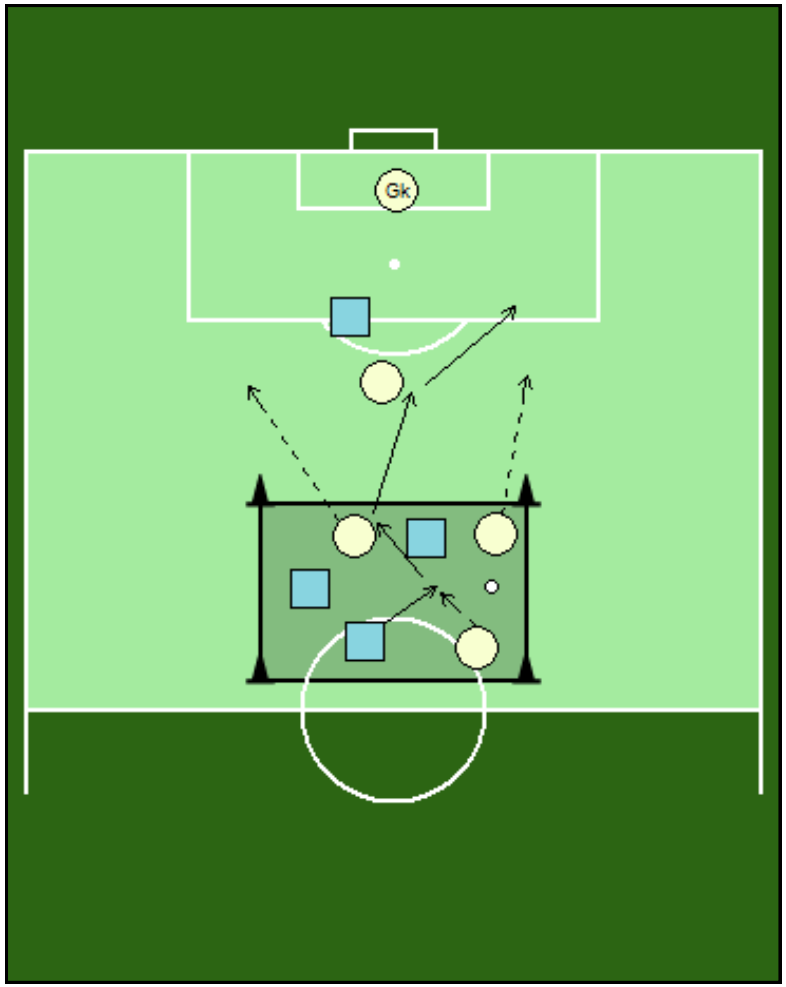
Tactical	Players to work on the tactical concept of transition and recognising the moment to play.	**Areas**	25m x 35m					
Technical	Quick passing and first time play, RWTB, technique of the finish.	**Time**	15—20 minutes					
Physical	Speed when changing direction.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Concentration (Players to maintain focus).							
Group	9 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**3v3 with forward**									**Format**	**Counter**
Set-Up	**Goals**	**1**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

Two teams play 3v3 in a 20m x 15m area.
one attacker and one defender wait outside the area.
Team A tries to keep possession of the ball, If team B wins the ball, they can counter attack on the goal (with Goal keeper) by passing to their teammate at the penalty area line.
After the pass, the other attackers move up.
Progression
Team A's objective is to dribble the ball over the end line of the playing area.



Key Points and objectives

Tactical	Team A:- try to other two options to the player in possession. Team B:- Try to maintain a triangle shape, press the ball	**Areas**	20m x 15m				
Technical	Quick passing and first time play, try to take your first touch into space , play with both feet.	**Time**	15—20 minutes				
Physical	Speed when changing direction.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration (Players to maintain focus).						
Group	8 Players, 1 Goal keeper.						

LEICESTER CITY FOOTBALL CLUB ACADEMY

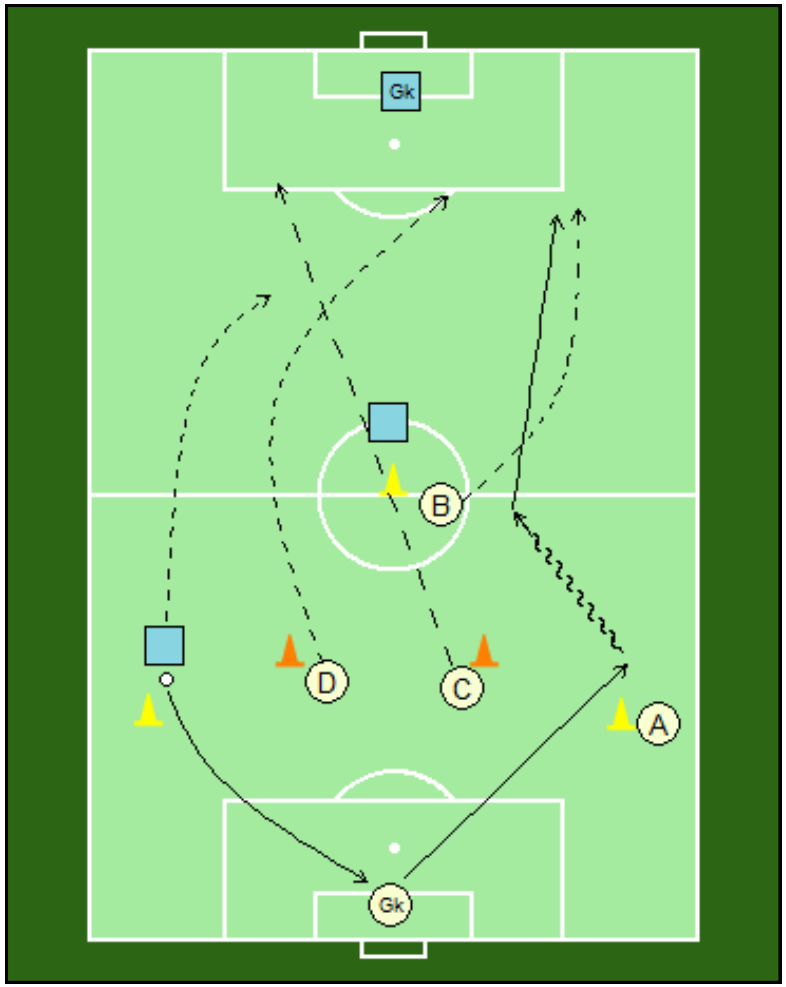
Content	**Counter-Attack from a Set-Piece**									**Format**	**Counter**
Set-Up	**Goals**	**1**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

Red opponents play a long ball to the goalkeeper (1) who then throws the ball immediately to player A (2). A dribbles to the middle (3). Player B runs square and overlaps player A. At the right moment (timing) player A plays the ball deep to player B (4). B decides to shoot directly or pass the ball into the middle. C and D move as quickly as possible to operate in the attack.

Coaching
Direction of run. Practice at quickest tempo.

Variations
Change the starting positions. Adjust the amount of opponents.



Key Points and objectives

Tactical	Look to keep the momentum of they attack with quick attack play. Look to pass and move into space.	**Areas**	Full pitch.				
Technical	Passing the football in front of the attackers. Quality of the first touch, technique of the finish.	**Time**	20 minutes				
Physical	Speed when changing direction. Maintain speed over the length of the pitch.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration (Players to maintain focus).						
Group	8 Players, 1 Goal keeper. (can be developed into whole group work.						

LEICESTER CITY FOOTBALL CLUB ACADEMY

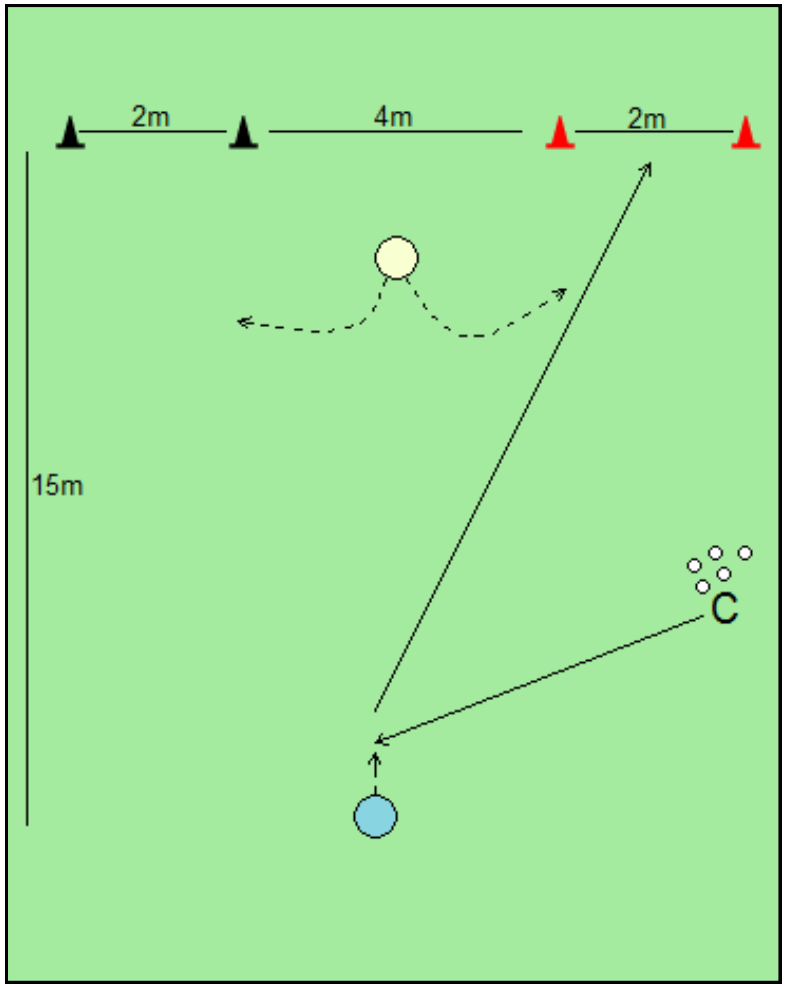
Possession

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**1v1 Anticipation**									**Format**	**Possession**
Set-Up	**Goals**		**Bibs**		**Cones**	**4**	**Balls**	**12**	**Other**		

Execution

Two cone goals, both 2 m wide and 4m apart.
The coach has a collection of balls.
Activity
The coach passes the ball into the forward who must attempt to play a first time pass through one of the two goals.
The Defender is allowed to attempt to intercept the ball.
Each player takes 10 passes each.
Look for.
The forward making double movements to fool the defender.
The defender reading the situation and being quick across the ground.



Key Points and objectives

Tactical	Can you convince the defender to cover the wrong set of cone?	**Areas**	8m x 15m				
Technical	First touch, take the ball off line, technique of the pass.	**Time**	10- minutes				
Physical	Balance, when striking the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration (Players to maintain focus).						
Group	Groups of 6						

LEICESTER CITY FOOTBALL CLUB ACADEMY

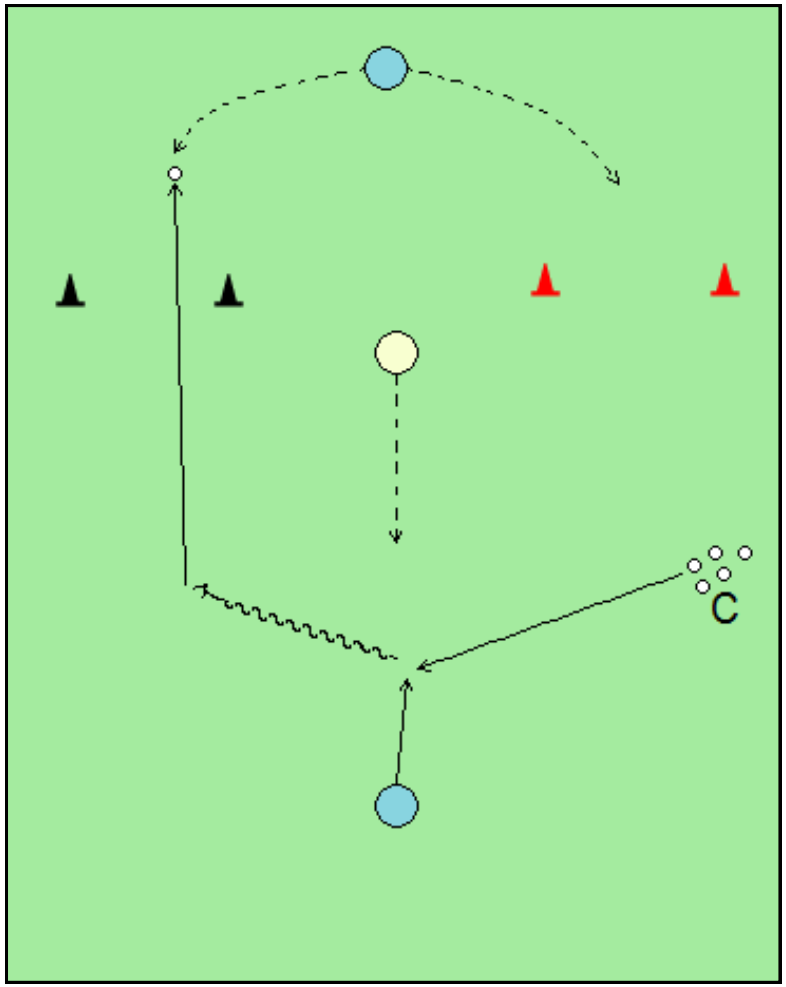
Content	**Piggy in the middle.**									**Format**	**Possession**
Set-Up	**Goals**		**Bibs**		**Cones**	**4**	**Balls**	**12**	**Other**		

Execution

Progression

Add another forward behind the goals who must play behind the defender and show which cone the passers must play through.

if the defender wins the ball then he replaces the attacker.



Key Points and objectives

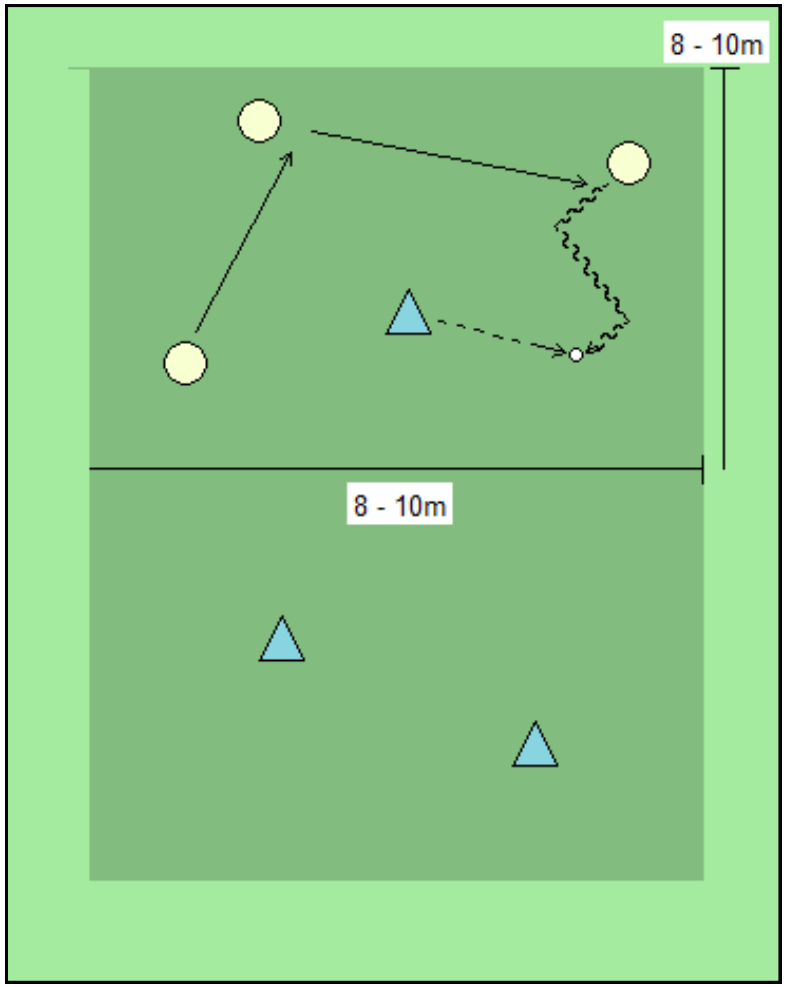
Tactical	Can you convince the defender to cover the wrong set of cone? The receiver time your movements.	**Areas**	8m x 15m				
Technical	First touch, take the ball off line, technique of the pass.	**Time**	10- minutes				
Physical	Balance, when striking the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration (Players to maintain focus).						
Group	Groups of 6						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**3v1 Possession Game.**									**Format**	**Possession**
Set-Up	**Goals**		**Bibs**	**3**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

Set-up pitches of 10m x 10m.
Three attackers keep the ball away from one defender
if the defender succeeds he plays the ball into his team mates who are in the adjacent square he then joins them to create another 3v1.
Any defender running out of energy can be replaced by one of his teammates.
The defenders can count how long the attackers keep possession of the ball.
Look For!
Where should the two team-mates of the defender ideally position themselves in the grid on either side? (the two should position themselves as far as possible to give themselves time against the on coming defender.
What are the characteristics of a good pass?
When should the attacker avoid a pass and instead keep the ball under close control?
How should a pressed attacker act in a 1v1 situation?



Key Points and objectives

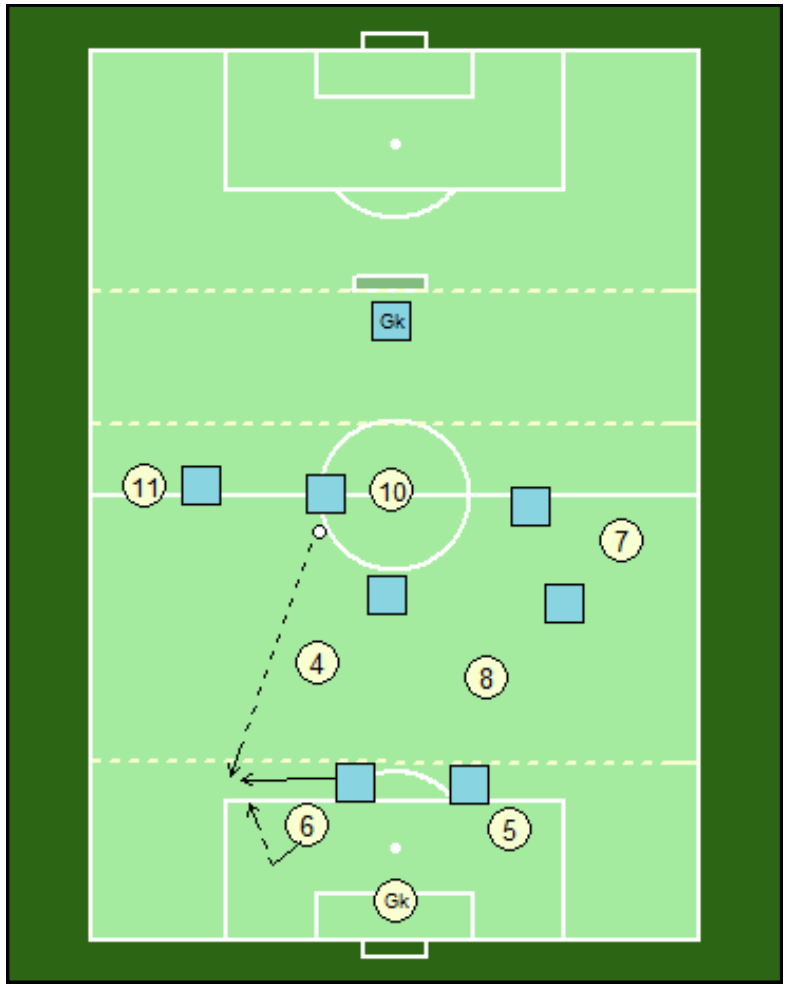
Tactical	Be careful to time your pass, look to pass to the players safe side, try to keep the area as big as possible.	**Areas**	8m x 10m x 2				
Technical	Passing and receiving skills, first time passes, body position.	**Time**	15- minutes				
Physical	Balance, when striking the ball. Agility, quick movement side to side.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Courage, keep looking for the ball.						
Group	Groups of 6						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Two teams play 7v7 in three zones.**									**Format**	**Possession**
Set-Up	**Goals**	**2**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**12**	**Other**		

Execution

Players are assigned as follows 5v5 in the midfield zone 2v2 in the attack zone. Players are not allowed to leave their zones. The object for the 5 attacking mid-fielders is to play into the 2 forwards.
If the defending team wins the ball they must dribble the ball over the end line and finish on the goal.
Progression 1
After passing to the forwards one midfielder is allowed to join.
Progression 2
The forwards are not allowed to pass and must finish on solo runs. Limit the touches of the attackers.
Progression 3
Forwards to set back to the midfield who can shoot at the goal if they score it counts double.
A shot after a bounce pass counts double.



Key Points and objectives

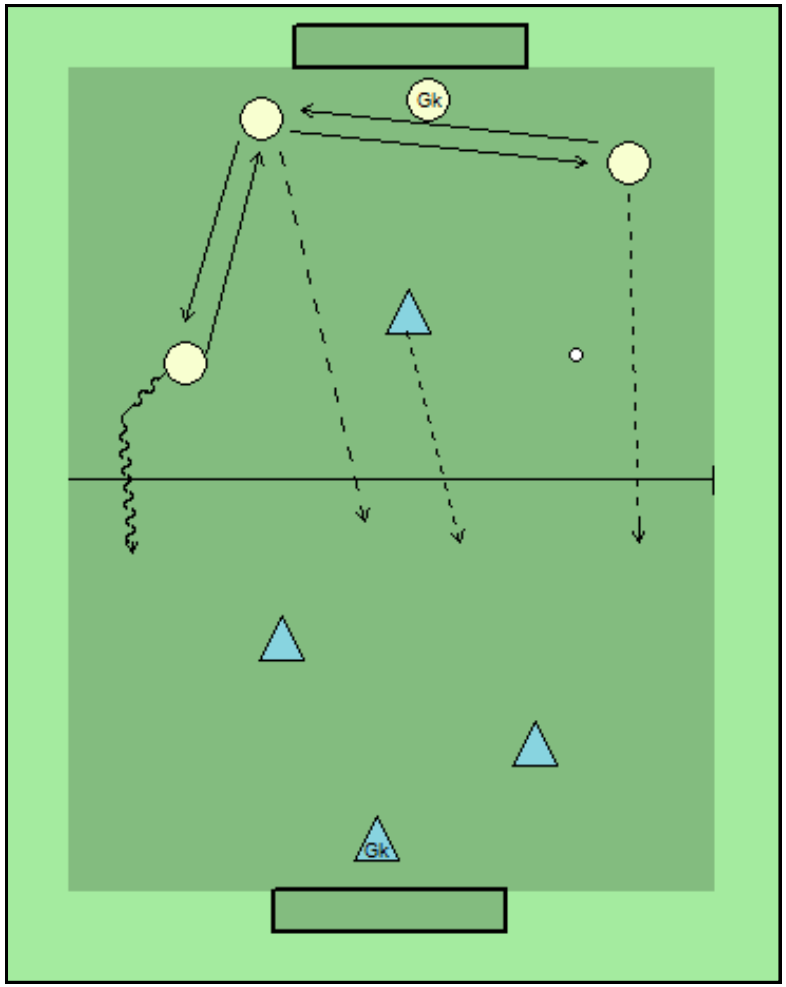
Tactical	Midfielders coordinated actions in and out of possession. Trade players with team mates. Screening play.	**Areas**	50m x 35m					
Technical	Ability to pass the ball with both feet and with your head up. Shielding and dribbling skills.	**Time**	25- minutes					
Physical	Agility, short sharp movements to receive the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Relax, in possession of the ball, play calm when under pressure.							
Group	14 players 2 GK.							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**3v1 Possession Game.**									**Format**	**Possession**
Set-Up	**Goals**	**2**	**Bibs**	**3**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

Three attackers keep the ball away from one defender for a minimum of 5 passes before they are allowed over the halfway line and attack the goal.
if the defender succeeds he plays the ball into his team mates who are in the adjacent square he then joins them to create another 3v1.
Any defender running out of energy can be replaced by one of his teammates.
The defenders can count how long the attackers keep possession of the ball.
If the defenders regain the ball in their half then two attackers must drop off leaving one defender and the game continues.
Look For!
Where should the two team-mates of the defender ideally position themselves in the grid on either side? (the two should position themselves as far as possible to give themselves time against the on coming defender.
What are the characteristics of a good pass?
When should the attacker avoid a pass and instead keep the ball under close control?
How should a pressed attacker act in a 1v1 situation?



Key Points and objectives

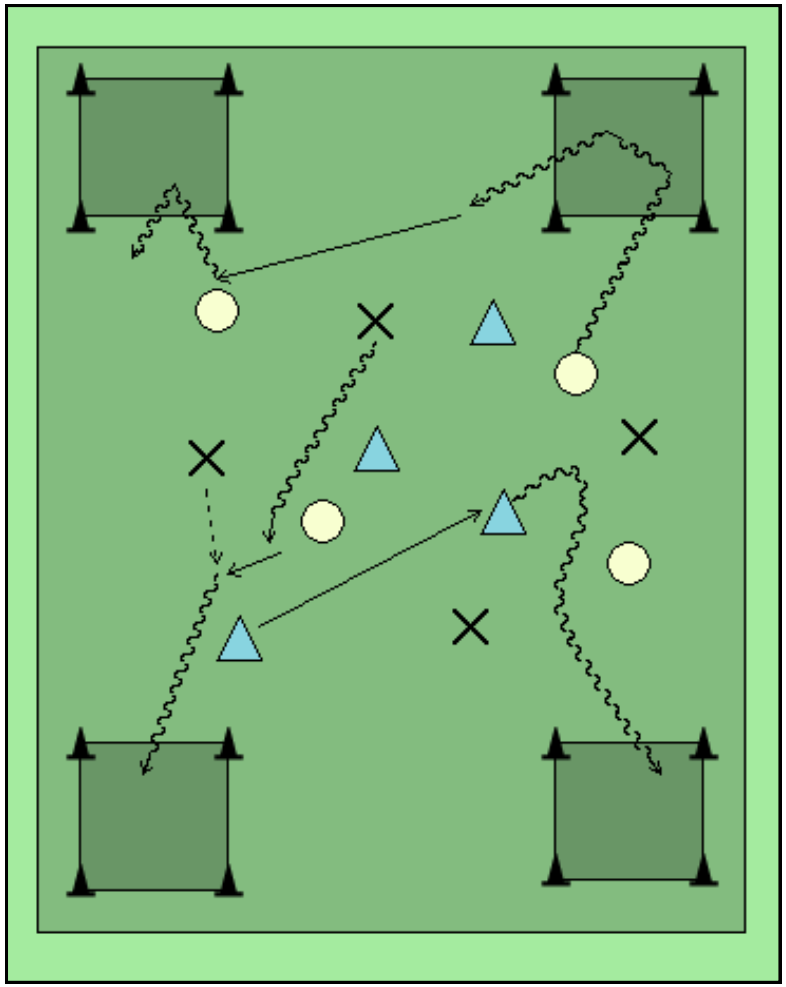
Tactical	Try not to force the ball over the half way line once you have completed the 5 passes.	**Areas**	8m x 10m x2				
Technical	Passing and receiving skills, first time passes, body position, shooting technique.	**Time**	15- minutes				
Physical	Balance, when striking the ball. Agility, quick movement side to side.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Courage, keep looking for the ball.						
Group	Groups of 8						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Awareness Dribbling in tight areas.**									**Format**	**Possession**
Set-Up	**Goals**		**Bibs**	**2x4**	**Cones**	**Y**	**Balls**	**12**	**Other**	**16 large**	

Execution

Four goals marked with cones
Divide the players up into teams of four.
Teams play un-opposed and try to travel to as many goals as they can by passing or dribbling into the areas.
If they hit another player from one of the other teams then the whole team must leave the pitch for 30 seconds
Progression.
Play one team as a floating team and the other two teams against each other creating a 8v4 for the team in possession.
Play into two squares per team.
Teams score by passing into a team mate or bye dribbling the ball in.
Progression.
Ask the players to chip the ball into the square and the receiving player must catch the ball.



Key Points and objectives

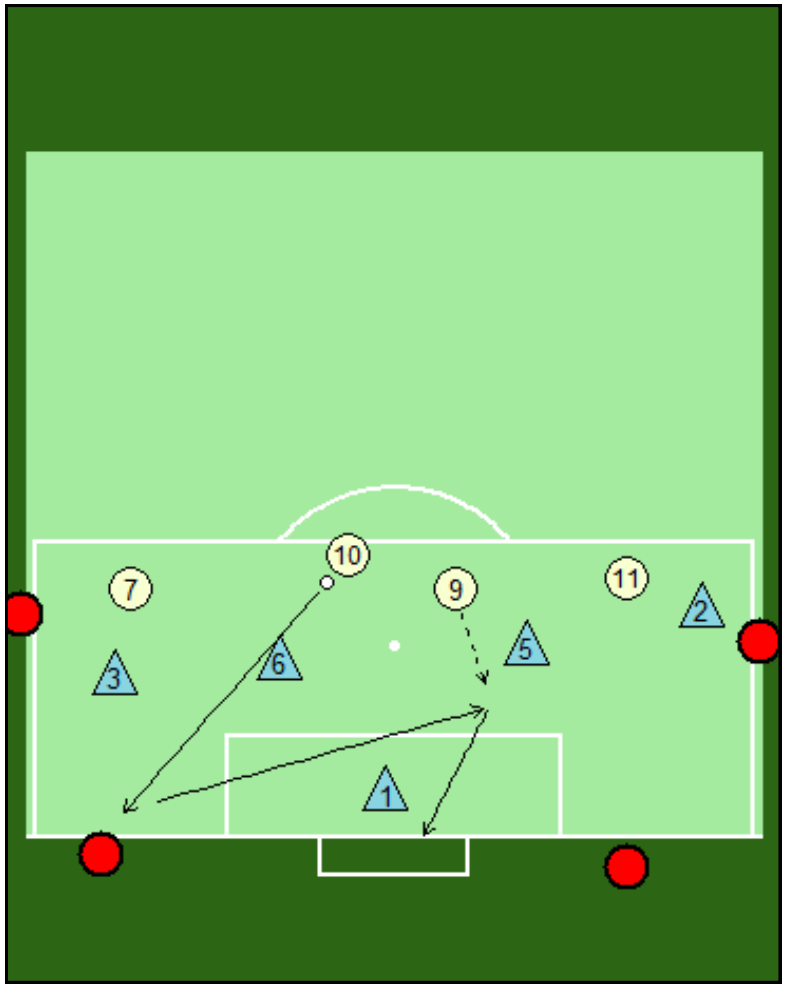
Tactical	Try to create two options for the player in possession each time.	**Areas**	20 x 40 (4 x 4m squares)					
Technical	When dribbling keep the ball at the furthest foot from the defender.	**Time**	15- minutes					
Physical	Balance, when striking the ball. Agility, quick movement side to side.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Relax, in possession of the ball.							
Group	Groups of 4							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Quick passing and finishing in the penalty area.**									**Format**	**Possession**
Set-Up	**Goals**	**1**	**Bibs**	**3x4**	**Cones**	**Y**	**Balls**	**12**	**Other**		

Execution

Play with three teams of 4.
Two teams play 4v4 in the penalty area, on one goal which has a goal keeper.
The 3rd team act as passers and are placed around the penalty area.
The attacking team look to build up play using the passers and look to score on the goal.
The defending team aim to regain the ball and attack the goal, they must first make a pass with one of the outside players before they can attack the goal.
Progression 1
passers are limited to two touches.
Progresion 2
The two passers on the side lines are allowed to shoot first time.
Progression 3
Defenders are allowed to tackle the outside passers.
After a regain the attackers must shoot within 5 passes.
First time shots and headers only count.



Key Points and objectives

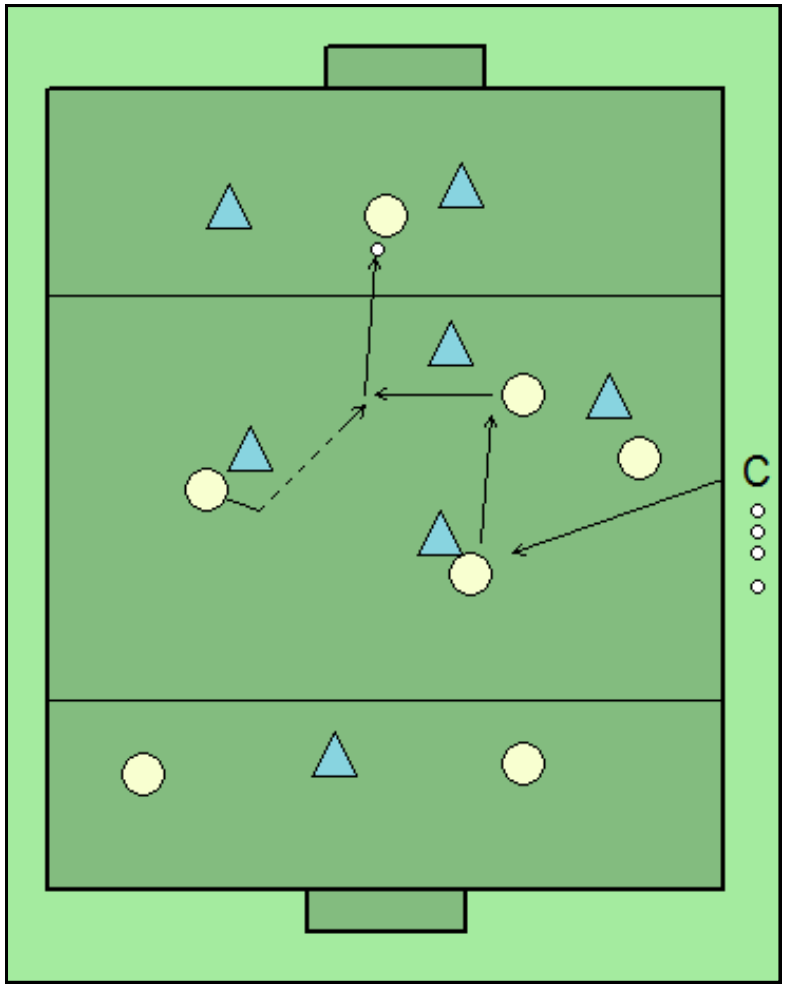
Tactical	Players should quickly recognize opportunities to shoot at the goal.	**Areas**	20 x 40 (4 x 4m squares)					
Technical	Players body position when shooting at goal, passing of the ball so your team mate can shoot first time.	**Time**	15- minutes					
Physical	Balance, when striking the ball. Agility, quick movement side to side.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Relax, in possession of the ball, play calm when under pressure.							
Group	3 groups of 4							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Supporting Front Players in the Final Third.**									**Format**	**Possession**
Set-Up	**Goals**	**2**	**Bibs**	**7**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat Cones**	

Execution

Divide the group into two groups.
Teams are to be arranged 4v4 in the centre zone, 2v1 (in favour of defenders who are pushed up to the offside line.
Practice starts with the coach playing the ball into midfield which is 4v4.
Two attacking MF are allowed to join once the forward receives the ball.
If the D's regain the ball they can then release the MF who attack the other end hoping to play into their forward.
Challenge
try to set up third man movement.
Recovering team regains possession they can then counter attack.
Striker moving the D to create space behind for the runners.



Key Points and objectives

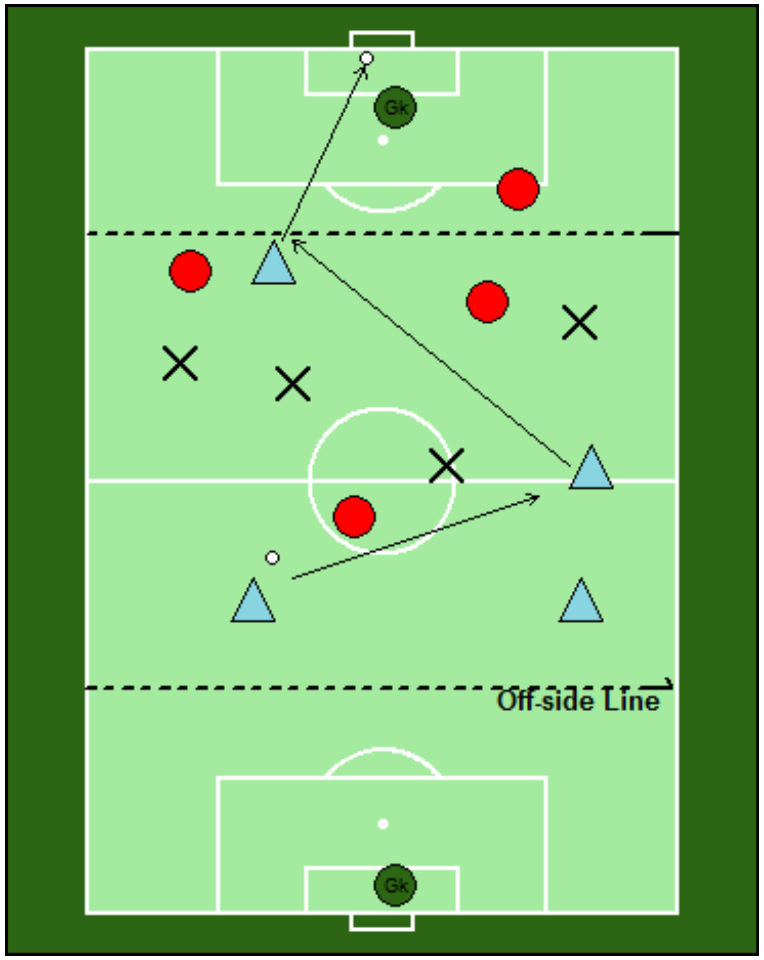
Tactical	Look for the movement of the lone forward, supporting players movements.	**Areas**	30x 50					
Technical	The midfielders range of passing , the strikers ability to hold the ball up on the outside foot, strikers turns and fakes.	**Time**	25- minutes					
Physical	Soccer related physical movements, ABC's	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Relax, in possession of the ball, play calm when under pressure.							
Group	14 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**8v4 3 team game. (Barcelona Game).**									**Format**	**Possession**
Set-Up	**Goals**	**2**	**Bibs**	**3x4**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat Cones**	

Execution

25min
Organisation.
Set up three teams of 4 in different bibs
Two teams attack the goals and play against each other.
The third team acts as neutral team and plays for who ever has possession of the ball.
The normal rules of football apply.
Look for!
Relax when we have the ball. You have a massive overload.
Spot the opportunities to play one touch.
Progression
Teams play 8v4 with defending team needing to win the ball and then being able to attack the team which had possession must then defend.



Key Points and objectives

Tactical	Look to make the pitch as big as possible when in possession. The four defenders need to work together to regain the ball	**Areas**	30x 50				
Technical	Technique when passing and moving the ball (to feet or space). Take the ball into space away from pressure.	**Time**	25- minutes				
Physical	Soccer related physical movements, ABC's	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Relax, in possession of the ball, play calm when under pressure.						
Group	14 Players						

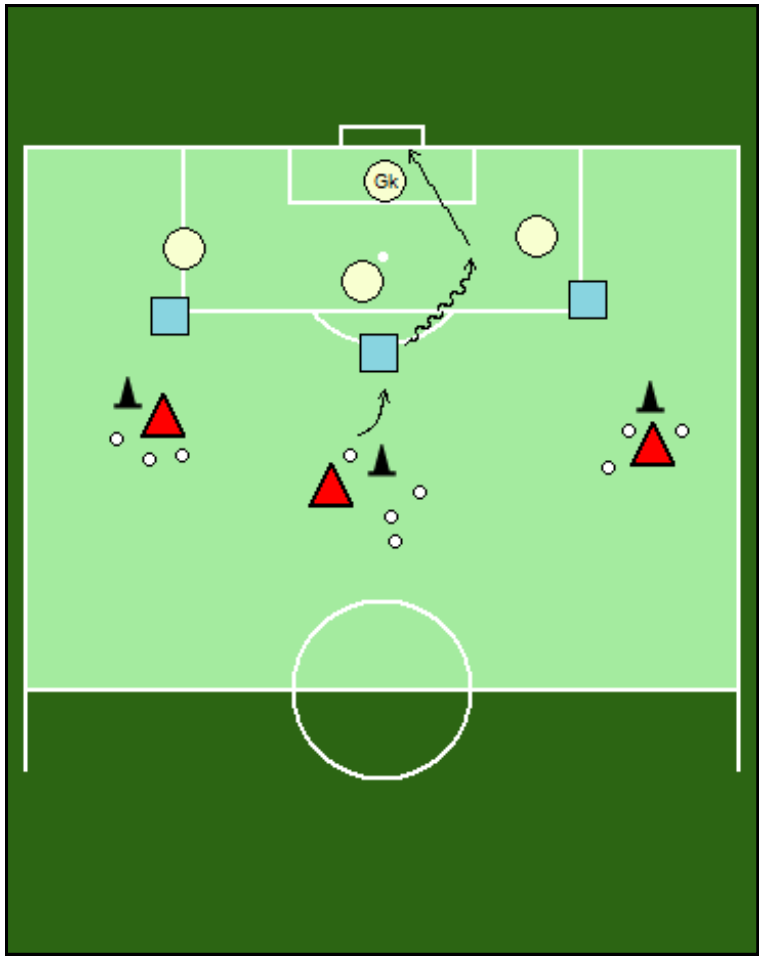
LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**3 x 1 against 1**									**Format**	**Possession**
Set-Up	**Goals**	**2**	**Bibs**	**3x4**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat Cones**	

Execution

Direction of run. Shot at goal under pressure. One against one. Dribbling.
3 attackers play inside the penalty area (red) against 3 defenders (white). 3 supporting players (grey) try to play to a player (red) (1) who then plays one against one against a defender (white). Passing is not allowed and player has to succeed alone (2). By loss of ball possession the defender (white) has to play a backpass to the supporting player.
Coaching
Offense: Change of rhythm. Seek consequently the shot on goal. Self-assertion.
Defence: Backwards tracking. Divert the striker away from goal.

Variations
A back pass from white has to follow with a direct shot on goal. These scored goals count for team white.



Key Points and objectives

Tactical	Look to use opposite movements before the ball arrives before you turn.	**Areas**	Around the penalty area.				
Technical	The technique of the turning and receiving skills. Players body shape when they receive the ball.	**Time**	25- minutes				
Physical	Soccer related physical movements, ABC's	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Relax, in possession of the ball, play calm when under pressure.						
Group	9 Players 1 Goal Keeper.						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Defending as a unit.

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**5v5 with 5 goals**									**Format**	**press**
Set-Up	**Goals**	**2**	**Bibs**	**3**	**Cones**	**Y**	**Balls**	**12**	**Other**	**Flat cones**	

Execution

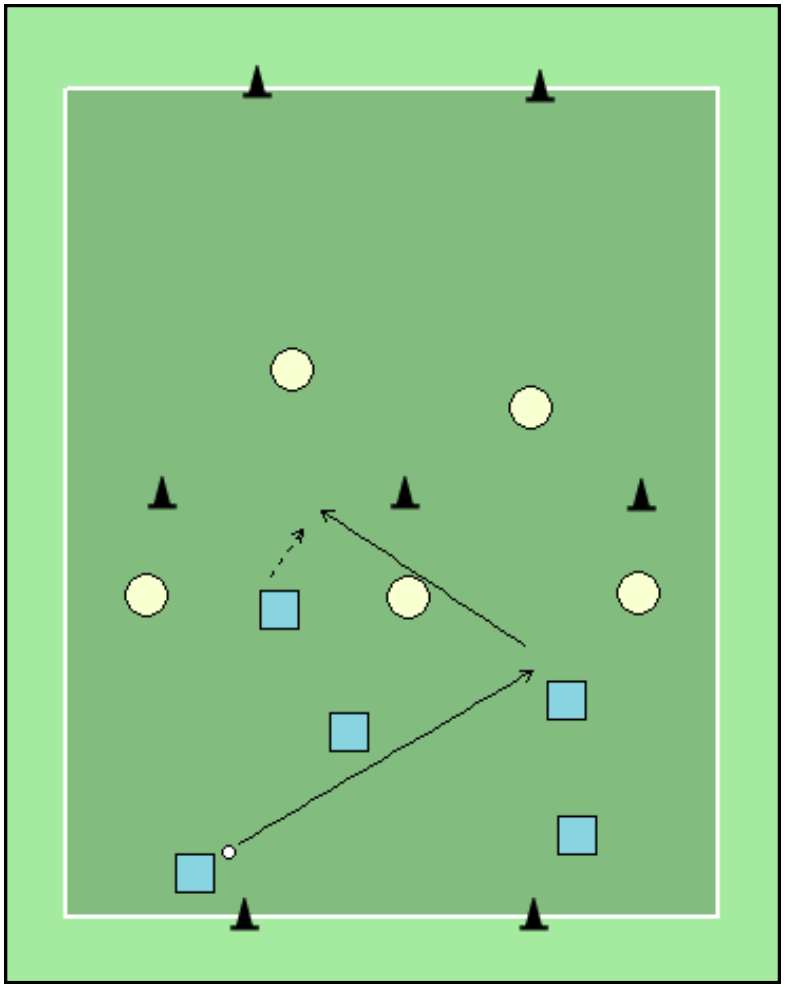
10 players, in two teams of five, play on a small pitch, about 30m x 15m.

Two cones are placed on each end line, while three cones are placed on the half way line.

To score a goal the players must hit one of the cones at the other end of the pitch or one of the three cones in the middle.

Think about

Pressing - keeping the team compact at all times; making yourself available for a team-mate; quick accurate passing along the ground.



Key Points and objectives

Tactical	Look to cover your cones the moment possession is switched, play as a group do not press as individuals.	**Areas**	20m x 25m					
Technical	Dribbling skills, practice keeping the ball on the outside foot, players to use fakes and turns to beat the defender.	**Time**	15- minutes					
Physical	Agility, the ability to make quick stop/start movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Concentration:- when defending keeping your concentration is a must.							
Group	10 players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**4v4 on three goals**									**Format**	**1v1**
Set-Up	**Goals**		**Bibs**	**4**	**Cones**	**Y**	**Balls**	**12**	**Other**	**12 large cones**	

Execution

setup three small goals on each end line of a 20 x 30m pitch.

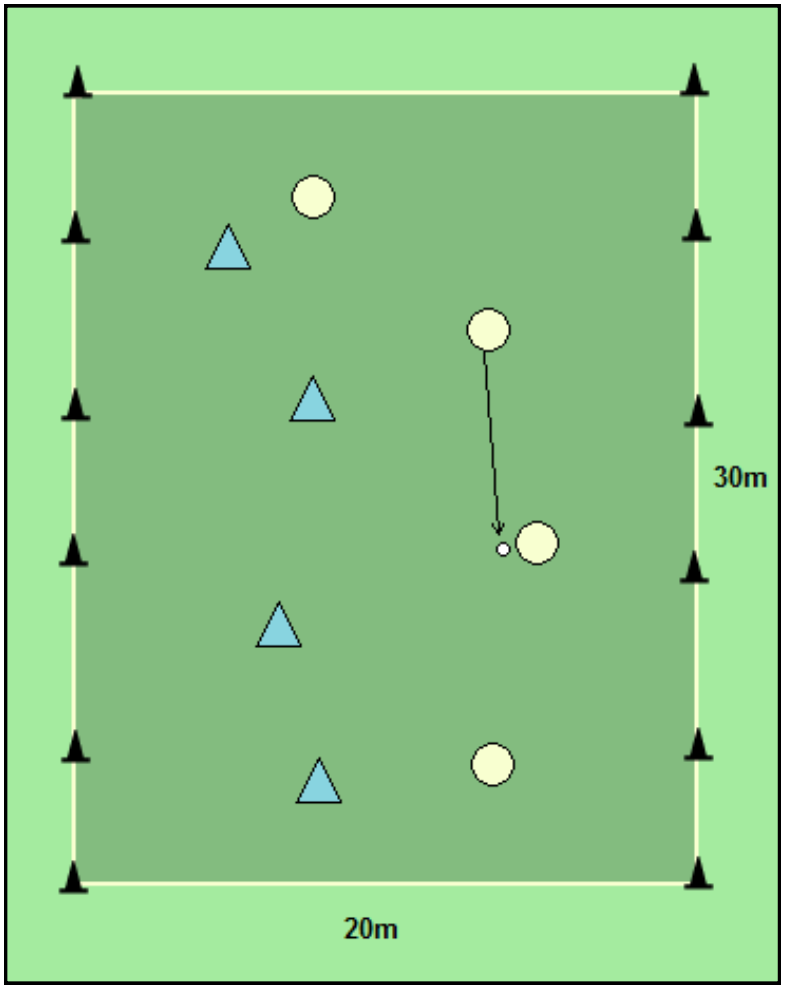
two teams play 4v4. Each team defends the three goals on its own end line and attacks the other three.

progression 1

a neutral player helps which ever team has the ball.

progression 2

After a goal the attackers keep the ball and attack the other three goals.



Key Points and objectives

Tactical	Practicing defending as a group. Orient your defence formation towards the ball and spread out in all directions.	**Areas**	20m x 30m				
Technical	Try to attack the ball in pairs, approach and stance, stand up, dummy tackle commit the attacker.	**Time**	20min				
Physical	Good speed when closing down the attacker stop quickly and hold them up.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration, stay in the game?						
Group	8 players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Six - Goal Game.**									**Format**	**Def**
Set-Up	**Goals**	**2**	**Bibs**	**6**	**Cones**	**20**	**Balls**	**12**	**Other**	**8 Large Cones**	

Execution

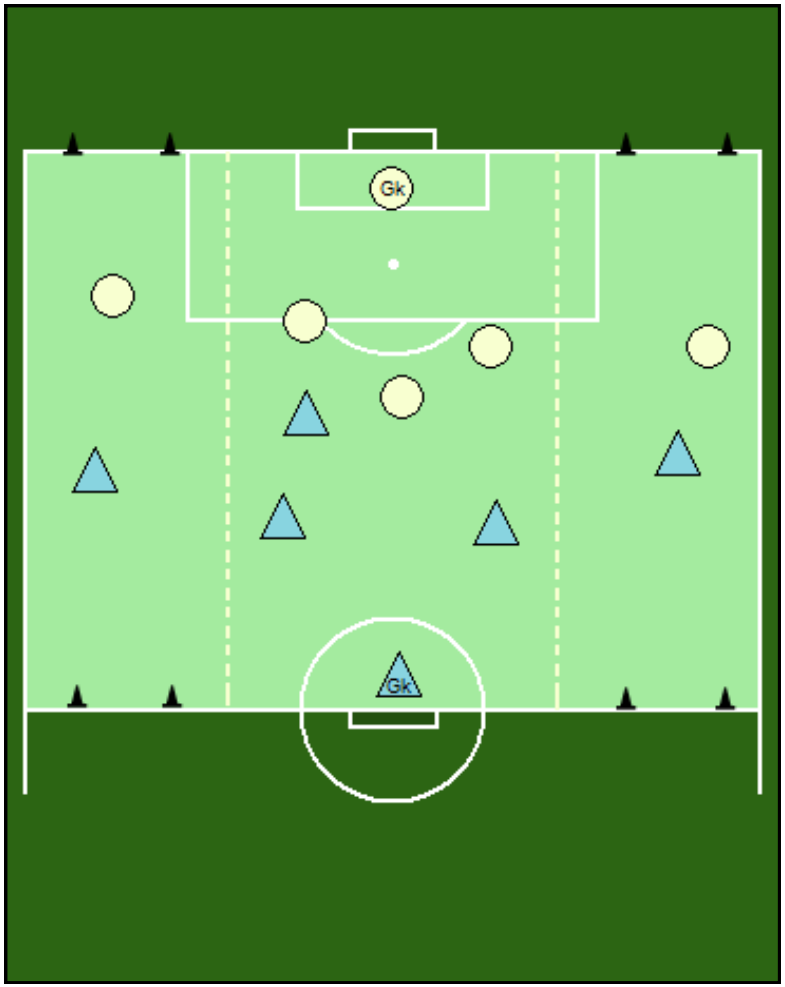
setup a goal with a goal keeper and two small goals (2m wide) on each end line of a field half. Use flat cones to divide the field into three equal zone.

two teams play 6v6, each team defends all three goals on its own end line and can attack the other three.

If any defenders are still in the opposite wing zone when the attackers shoot, the goal counts double.

Progression

Add a neutral player to help the team in possession.



Key Points and objectives

Tactical	Defenders to move with the ball as the situation requires,	**Areas**	20m x 20m					
Technical	Try to attack the ball in pairs, approach and stance, stand up, dummy tackle commit the attacker.	**Time**	25 minutes					
Physical	Short burst of acceleration and stopping skills	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Psychological	To defend effectively you will need constant communication.							
Group	12 Players							

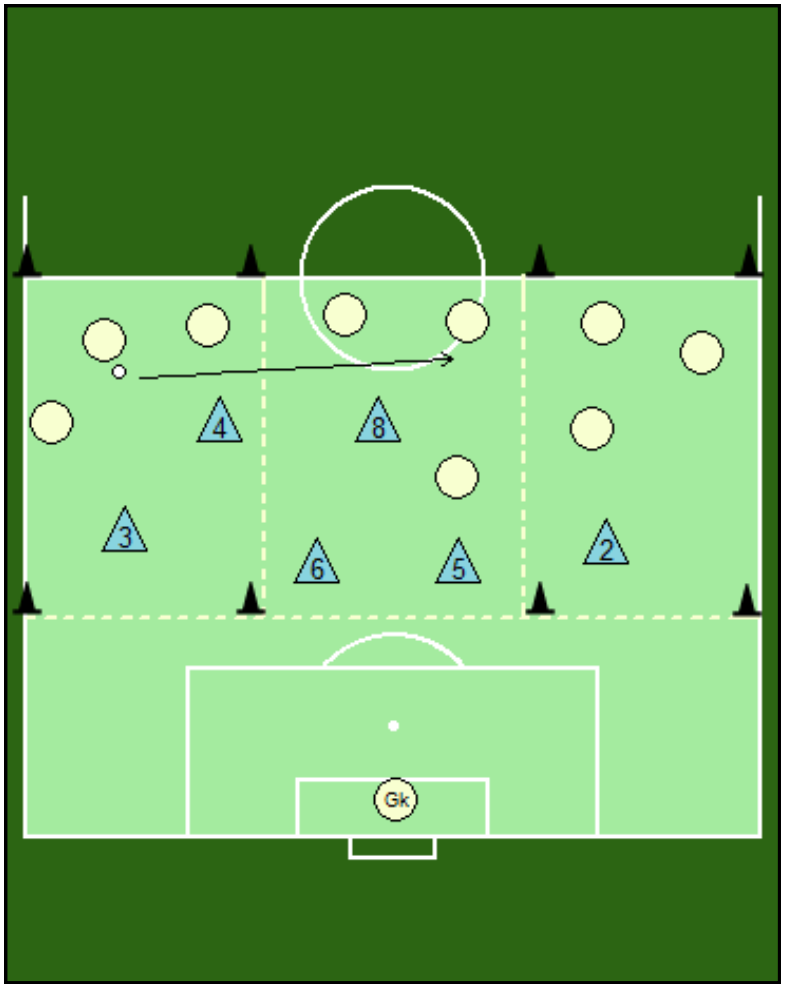
LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**3v2 + 2 Midfielders**									**Format**	**Def**
Set-Up	**Goals**	**1**	**Bibs**	**6**	**Cones**	**20**	**Balls**	**12**	**Other**	**8 Large Cones**	

Execution

Mark out 3 (20 x 20 meter) fields. Each has three attackers. The defence consists of four defenders and two midfielders, distributed across the entire width of the field. Attackers try to dribble try dribble across the end line. If they cant do that, they can pass to their teammates in the next field. Defenders orient themselves towards the ball, so at least two defenders and one midfielder are on the ball. The attackers are allowed to strike at goal after dribbling across the line.

Defenders and midfielders counter attack on the end lines.



Key Points and objectives

Tactical	The defenders should look to maintain their shape, CH's should slide across and support the fullbacks.	**Areas**	1 half of the field.				
Technical	Tackling players running at you, close down the space, get side on, move backwards, time the tackle, stand up.	**Time**	25 minutes				
Physical	Movement sideways and backwards, good agility when recovering from slide tackles.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	To defend effectively you will need constant communication.						
Group	16 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Developing the Individual Player

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Tackling and setting up counter attack.**									**Format**	**Def.**
Set-Up	**Goals**	**2**	**Bibs**	**n/a**	**Cones**	**4**	**Balls**	**12**	**Other**	**Flat Cones**	

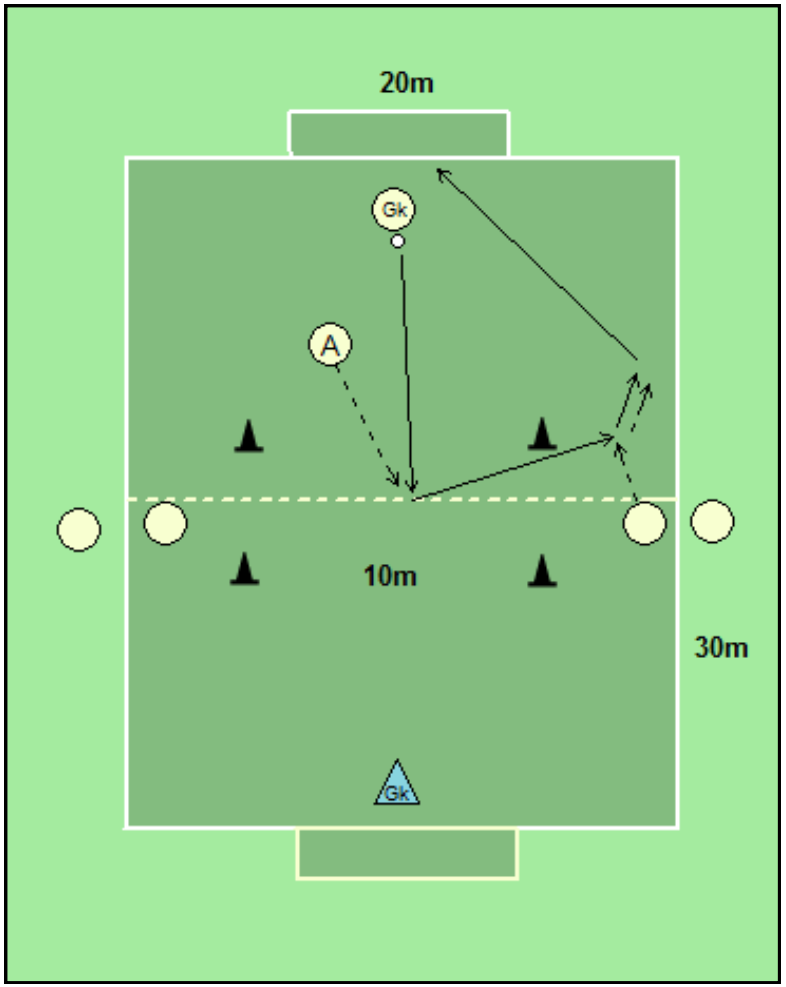
Execution

The GK passes the ball between the cones and players A chases the ball before slide tackling the ball through ether goal to set up the wingers who take a touch before shooting at the goal.

Players rotate around with the winger who was not involved in the last part of the action taking up the tackling role.

Progression

Player A recovers and covers the winger without the ball who is allowed to run forward for a cross from the opposite winger.



Key Points and objectives

Tactical	Players should try and insure their pass after the tackle is in front of the receiving player.	**Areas**	20m x 30m				
Technical	Tackles should be only with the inside / outside of the foot., players should look to slide tackle for the ball .	**Time**	10 minutes				
Physical	Short burst of acceleration and good agility to recover and get back on their feet.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	Push yourself get to the ball , get the most from the drill.						
Group	8 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

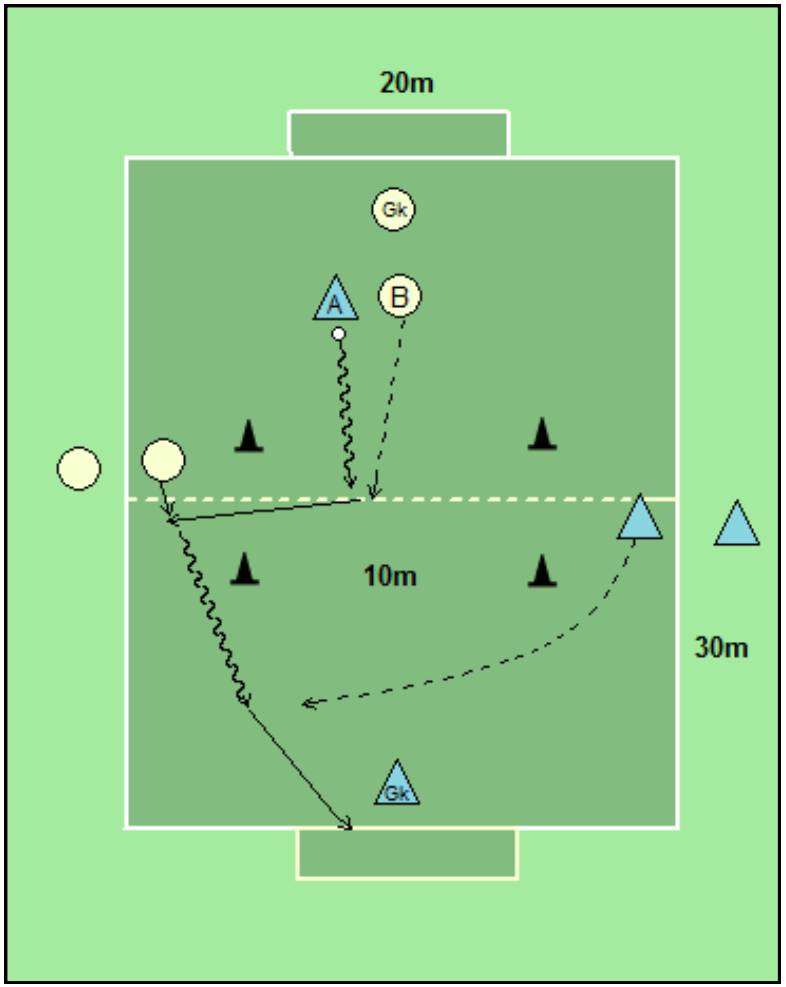
Content	**Tackling and setting up counter attack.2**									**Format**	**Def**
Set-Up	**Goals**	**2**	**Bibs**	**n/a**	**Cones**	**4**	**Balls**	**12**	**Other**	**Flat Cones**	

Execution

Player A starts with the ball and attempts to run with the ball into the area between the gates, he must then attempt to pass the ball across between the cones and into the path of the waiting winger.

Player B must try and regain the ball with a slide tackle and release the winger who can then a attack the goal.

The opposite winger is allowed to make a recovery run and attempt to block the shot.



Key Points and objectives

Tactical	Show the attacker away from the gate which contains the winger.	**Areas**	20m x 30m				
Technical	Get along side, time your tackle, tackle with the inside of the foot furthest away from the ball.	**Time**	10 minutes				
Physical	Short burst of acceleration and good agility to recover and get back on their feet.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Psychological	Push yourself get to the ball , don't get beat.						
Group	8 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Ball Juggling**									**Format**	**BM**
Set-Up	**Goals**	**2**	**Bibs**	**n/a**	**Cones**	**4**	**Balls**	**12**	**Other**	**Flat Cones**	

Execution

Stationary Position

1 Combine different parts of the body to keep the ball up.
2 Number of touches (for example: twice with the right foot and once with the left foot).
3 In a circumscribed area (for instance: 3x3m square).
4 Adjust the juggling height (for instance, Knee, waist, head and above head height).

While Moving

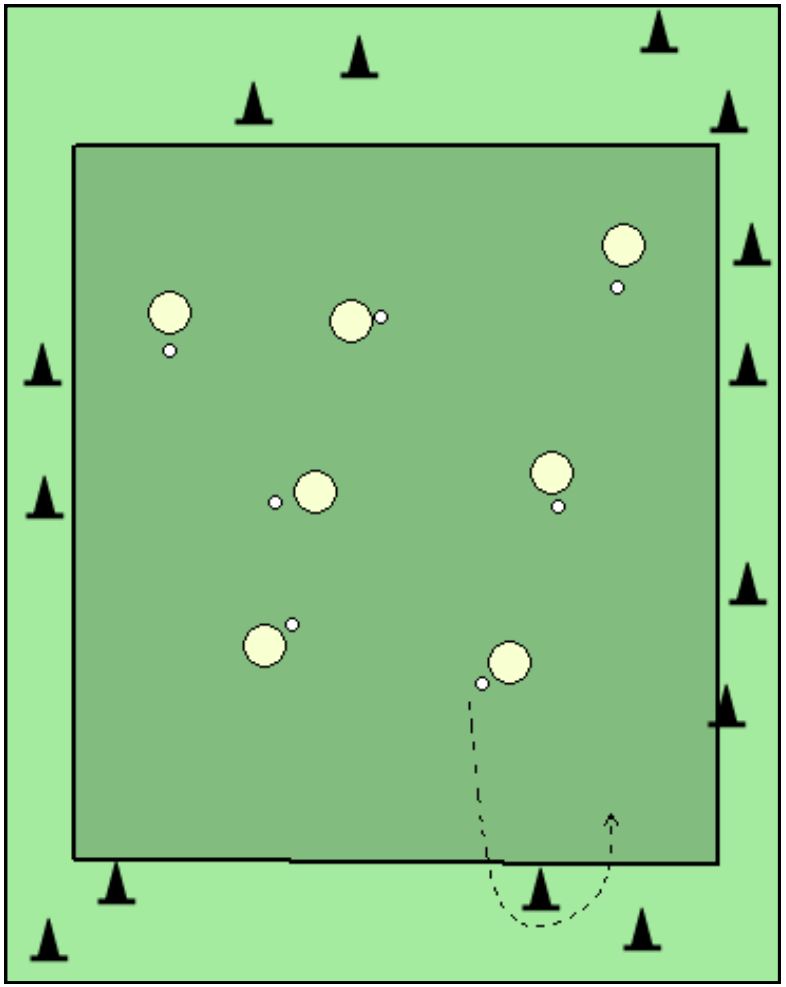
1 Walk or run-forward and backwards, to the right-left.
2 Move along set paths, you can mark it out with anything you have to hand.
3 Juggle the ball while hopping on one leg, transfer from one foot to another.

Combining different movements

1 Juggle + stop + dribble the ball
2 Juggle + stop + screen the ball
3 Juggle + stop + shoot at goal.
4 Juggle + leap over an obstacle.
5 Juggle + head the ball.

With coordination

Juggle the ball while passing a tennis ball from one hand to the other
Juggling while bouncing the tennis ball on the floor.
Juggling while bouncing and catching a ball of the wall.



Key Points and objectives

Tactical		**Areas**	20m x 30m					
Technical	Individual ball mastery, working on touch and feel for the football.	**Time**	20 minutes					
Physical	Balance and playing on one foot.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Psychological	Concentration, work hard to remain focused, deep practice.							
Group	Full group							

LEICESTER CITY FOOTBALL CLUB ACADEMY

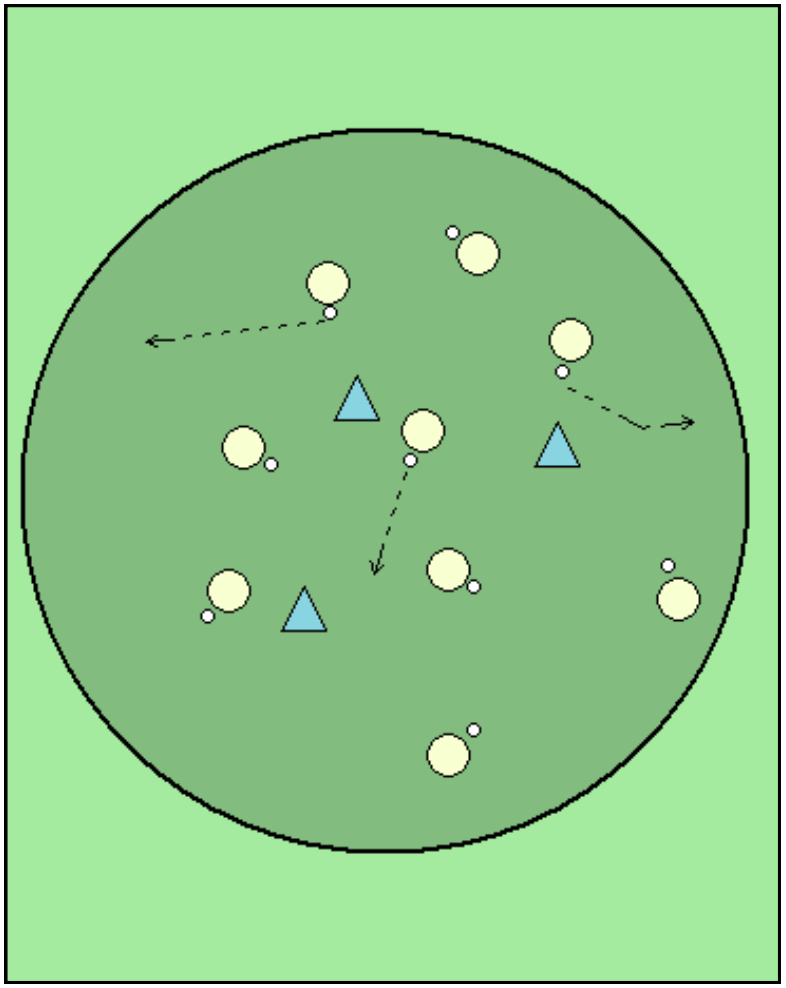
Physical Games

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Bounce Tag**									**Format**	**Physical**
Set-Up	**Goals**		**Bibs**	**3**	**Cones**	**Y**	**Balls**	**10**	**Other**		

Execution

Setup
Mark out the area, each player has a ball except for the taggers.
The Game
Players move around the field, bouncing balls.
The taggers tries to knock the others players ball away. Any player who loses the ball becomes the new tagger. Playing time is 2 minutes. Who spends the shortest amount of time as tagger?
Variation
Choose extra taggers.
Add extra physical skills:- all players can only hop, left and right foot.



Key Points and objectives

Tactical	Look at ways you can protect the ball with your body.	**Areas**	20m circle				
Technical		**Time**	20 min				
Physical	Agility, changes of direction. Hopping skills balance on one foot.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Enjoyment, enjoy the game, get ready for the session.						
Group	8 players per circle						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Speed and Agility 4 Squares**									**Format**	**Physical**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**20**	**Other**		

Execution

Set out four squares with cones which are 10m x 10m.

The Game

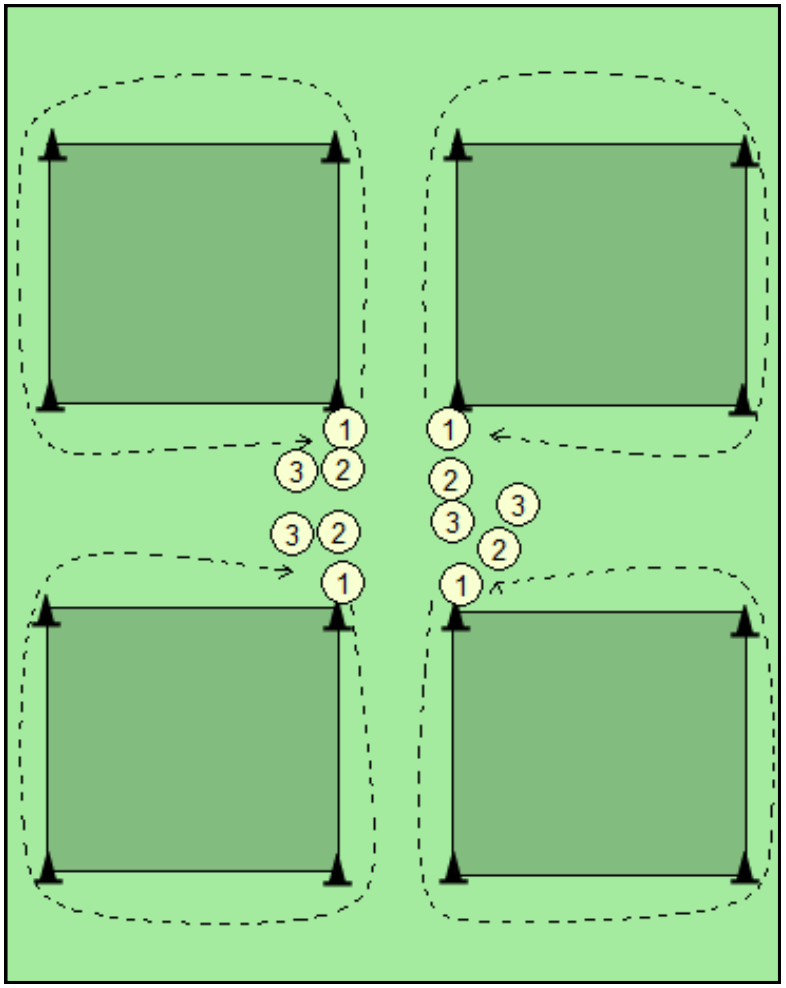
Player 1 sets off and runs around the square once he is back player 2 sets off.

Progression 1

Use different physical skills Hopping, sprinting, different turns, stop start movements, jumps.

Progression 2

Players to dribble a ball and perform different ball skills.



Key Points and objectives

Tactical		**Areas**	20m Squares					
Technical	Dribbling with the ball close to your feet, keep it tight around the cones.	**Time**	20 min					
Physical	Agility, changes of direction. Hopping skills balance on one foot. Speed quick movements around the square.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Enjoyment, enjoy the game, get ready for the session.							
Group	Whole group.							

LEICESTER CITY FOOTBALL CLUB ACADEMY

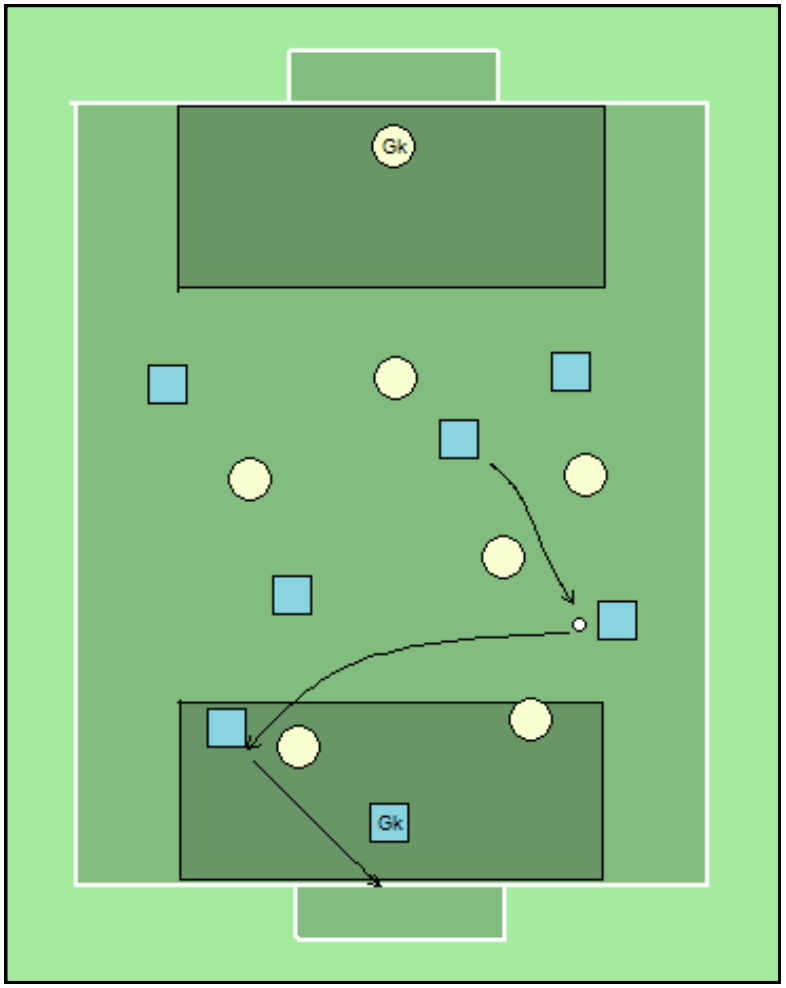
Content	**Handball with goals from headers.**									**Format**	**Physical**
Set-Up	**Goals**	**2**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Flat cones**	

Execution

Football rules in goal areas.
Ditto "The classic". There are 2 marked goal areas (ca. double 5 yards-area), in which football rules are applied. This means, the defence players are allowed to use head and foot to clear the ball out of this area. Outside the goal area its only allowed to play by hand.

Coaching
Tasks for players awareness. Exercise: Concentration!

Variations
See more excercises under Classic.



Key Points and objectives

Tactical	Look to create space with your movements once you have passed the ball support the attack in numbers.	**Areas**	50m x 35m				
Technical	Players to practice heading the ball.	**Time**	20 min				
Physical	Agility, changes of direction. Hopping skills balance on one foot.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Enjoyment, enjoy the game, get ready for the session.						
Group	Full group.						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Rabbit and the Hunter**									**Format**	**Physical**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**20**	**Other**		

Execution

The Game

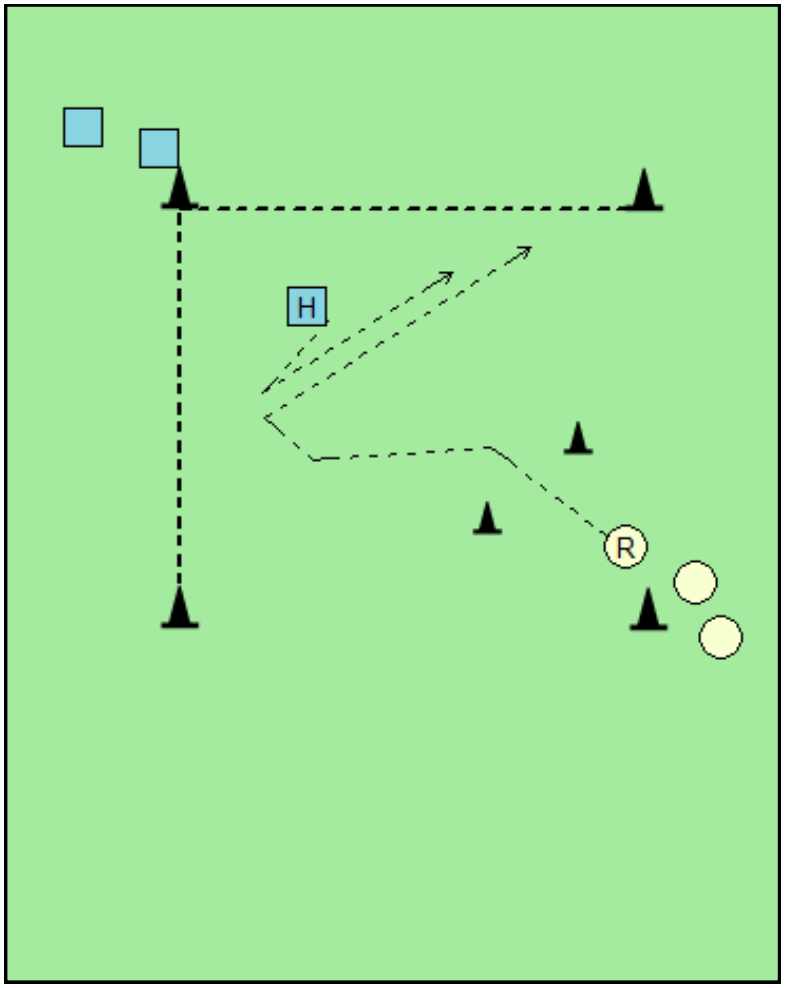
The rabbit stands at one corner of a 10 x10 field.

the hunter stands at the opposite corner (about 2m in).

As soon as the rabbit comes out of its burrow and runs through the small goal the hunter comes to life.

The rabbit tries to get across the lines without being tagged by the hunter.

Afterwards players switch roles and positions.



Key Points and objectives

Tactical		**Areas**	20m Squares					
Technical		**Time**	20 min					
Physical	Agility, changes of direction.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Enjoyment, enjoy the game, get ready for the session.							
Group	2 x 8 players							

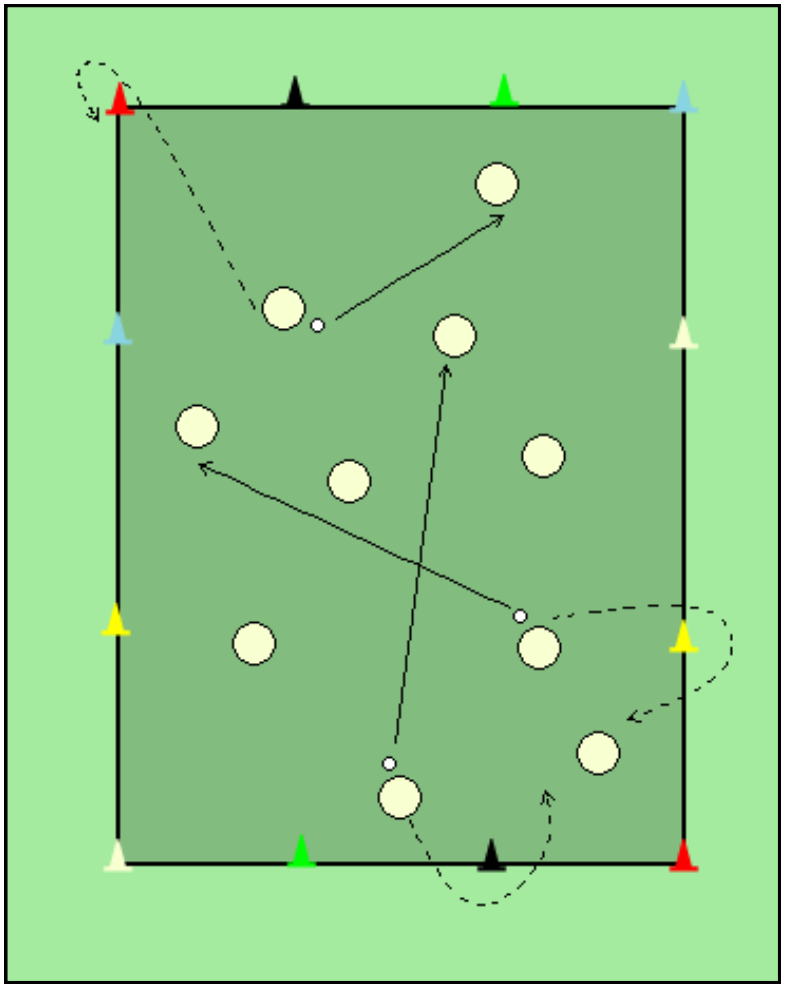
LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Physical with the ball.**									**Format**	**Physical**
Set-Up	**Goals**		**Bibs**		**Cones**	**12**	**Balls**	**3**	**Other**	**Large cones**	

Execution

12 players randomly pass three football.
After each pass they sprint to an outside cone and back into the game.
However a different action is required at each cone.
Red cone, quick feet around. Blue cone jump over and turn 180 degrees. Yellow cone, spin behind. White cone, volley over the top.
Change the required response regularly in order to keep the players focused.

Progression
Play 10 v 2 with the attacking players restricted to two touches.
In all other respects the practice is the same as outlined above.



Key Points and objectives

Tactical	When entering the pitch while playing 10 v 2 try to time your movements to continue possession.	**Areas**	25m x 15m				
Technical	Players to practice different technical skills on the cones.	**Time**	20 min				
Physical	Agility, changes of direction. Hopping skills balance on one foot., sprinting.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Enjoyment, enjoy the game, get ready for the session.						
Group	Full group.						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Transition

LEICESTER CITY FOOTBALL CLUB ACADEMY

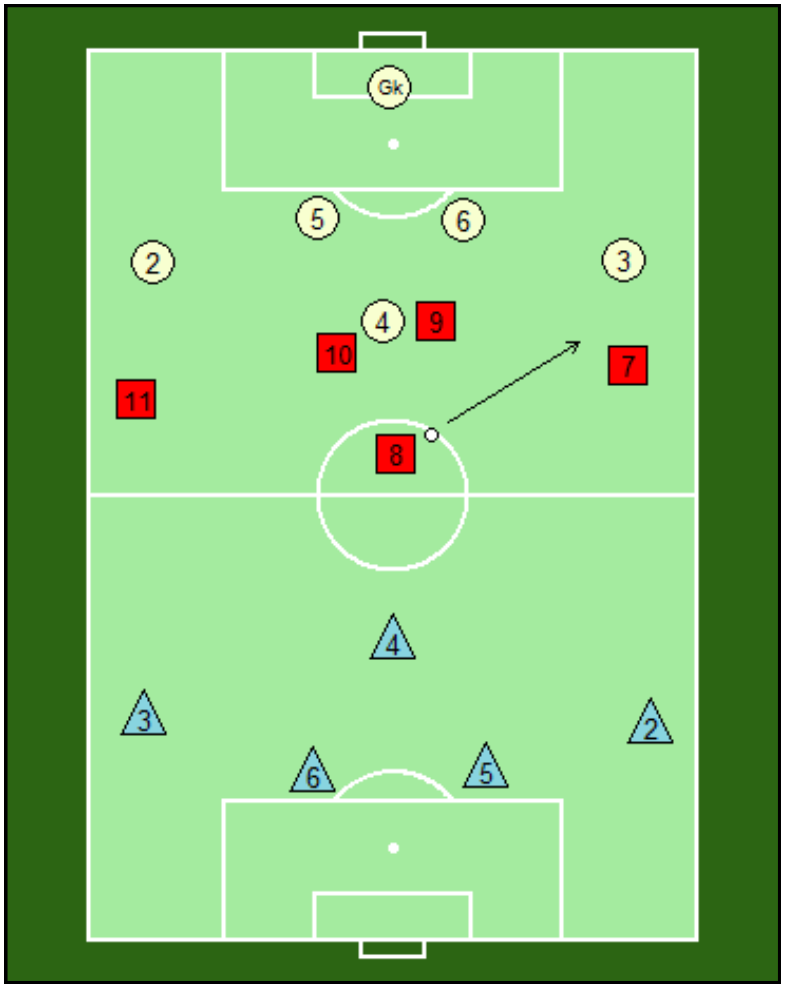
Content	**Permanent Attack**									**Format**	**Tran**
Set-Up	**Goals**	**2**	**Bibs**	**3x5**	**Cones**	**Y**	**Balls**	**10**	**Other**		

Execution

Three teams of 5 players. Half-pitch playing area. Team white attacks successively 3 to 5 mins. Alternately against Team grey and then against Team red. Team white receive the ball after each attack or loss of possession to start a new attack on the opposite side. Change the starting positions.

Coaching
Seek consequently the shot at goal. Immediate concentration for a new attack!

Variations
Set the time for shot at goal (eg.10 secs).

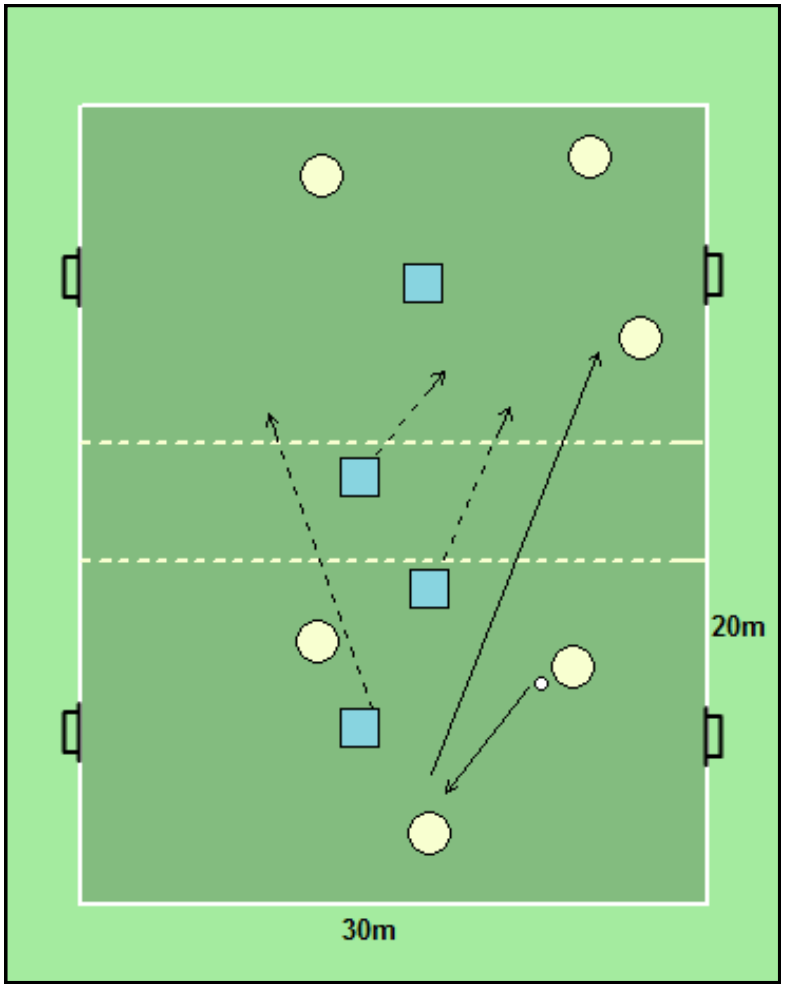


Key Points and objectives

Tactical	Look to build up the attack, try to pull the defenders out of position with clever movement. Players to decide on formation.	**Areas**	60m x 45m					
Technical	Passing and receiving skills, protect the ball, shooting around the box, first time play in tight areas.	**Time**	20 min					
Physical	Game related movements and strength and power.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Defenders , concentration, stay switched on when the ball is in the oppositions half. Attackers be positive and creative.							
Group	15 players 2 Goal Keepers							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**3v2 + 3v2 on two goals each.**									**Format**	**Tran**
Set-Up	**Goals**	**4**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Flat Cones**	
Execution	Team A (attackers) has 6 players (three in each field, and team B has four (two on each field) each round starts with a 3v2 in one of the fields. attackers must pass across the free zone to their teammates in the other field, while defenders can cross the zone.										



Key Points and objectives							
Tactical	Communication across the pitches is vital, look to take advantage of overloads with diagonal balls.	**Areas**	30mx20m x 2				
Technical	Ability to switch the play with one pass driven (with both feet) across the pitch.	**Time**	20 min				
Physical	Game related movements and strength and power.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Defenders , concentration, stay switched on when the ball is in the oppositions half. Attackers be positive and creative.						
Group	10 Players 6 v 4						

LEICESTER CITY FOOTBALL CLUB ACADEMY

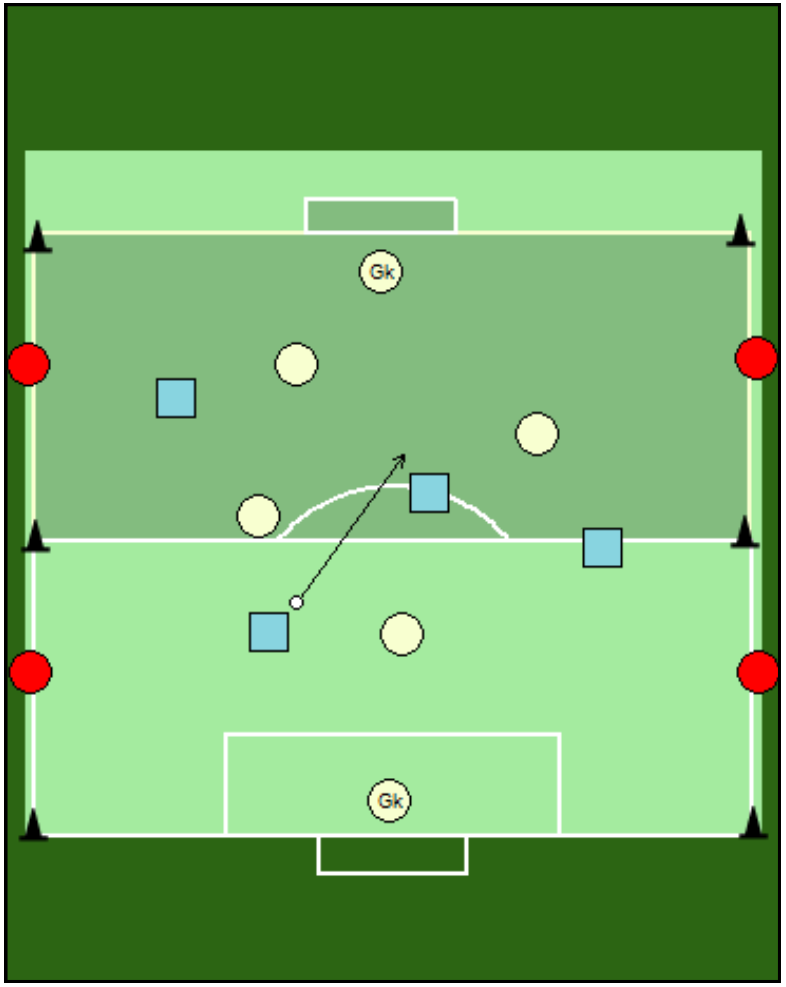
Content	**Hold the Ball and Score**									**Format**	**Tran**
Set-Up	**Goals**	**2**	**Bibs**	**3x4**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Large cones**	

Execution

Field size: Double penalty-area. Team white plays against team blue in marked area. Players of team red are passing stations. Team white is allowed to score on both goals and tries to score as many goals as possible. If team blue wins possession they play with team red and try to hold the ball.
If they visit all four reds the receive a point.

Coaching
Rapid shots at goal. Quick switching. Take numerical advantage.

Variations
Team white can also play with the outer positions (red). Set the amount of ball contacts.



Key Points and objectives

Tactical	Attackers , look to shoot quickly switch focus of play to create space. Defenders, when in possession keep the ball spread out.	**Areas**	Double Penalty area					
Technical	Attackers, shooting and finishing on goal passing to enable first time strikes. Defenders, tackling and passing and receiving.	**Time**	20 min					
Physical	Game related movements, ABC's	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Defenders , concentration, stay switched on when the ball is in the oppositions half. Attackers be positive and creative.							
Group	12 players 2 Goal Keepers							

LEICESTER CITY FOOTBALL CLUB ACADEMY

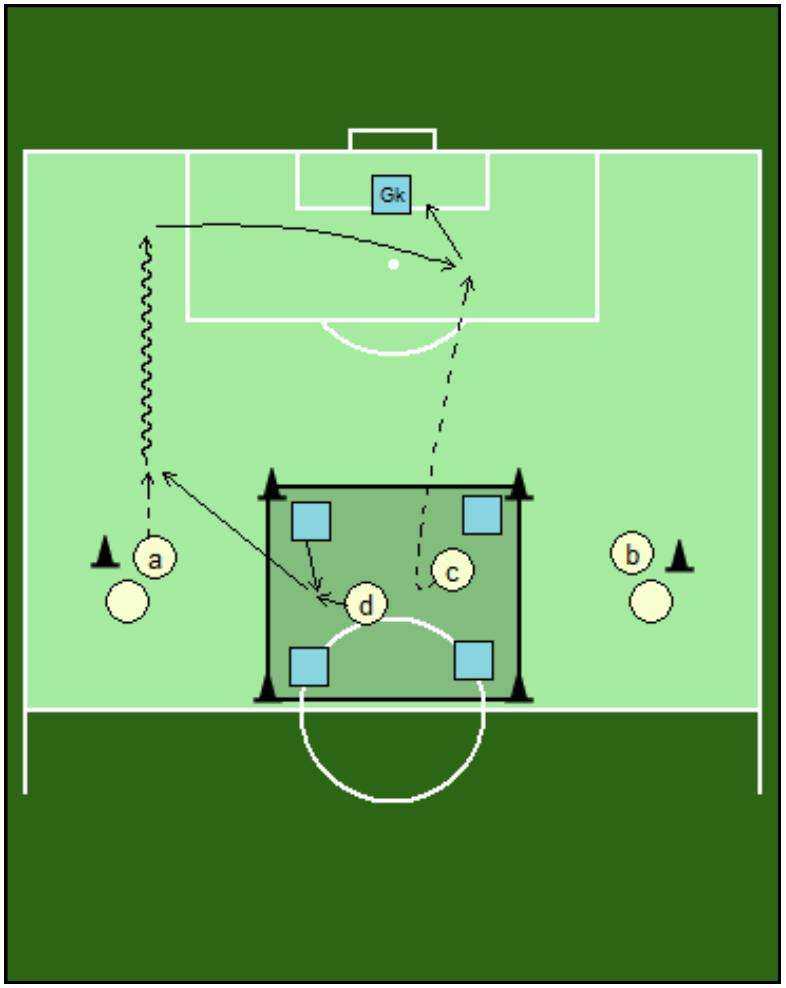
Content	**Crossing from 4:2**									**Format**	**Tran**
Set-Up	**Goals**	**1**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Flat cones**	

Execution

Team red plays against Team white in a playing area 15x15 yards, 4 against 2. As soon as Team white wins the ball, one of the waiting team players (player A or player B) are played to (1). Player A runs towards the goal line (2) and crosses into the middle (3). Meanwhile player C and D move into scoring position to convert the cross from A (4). Start again 4 against 2.

Coaching
After gaining possession switch to offense. Forwards direction of run.

Variations
A player from team red moves with the forwards to defend.



Key Points and objectives

Tactical	Focus on the movement after regaining the ball. Time your movements with the ball crosser.	**Areas**	Double Penalty area				
Technical	Attackers, shooting and finishing on goal passing to enable first time strikes. Defenders, tackling and passing and receiving.	**Time**	20 min				
Physical	Game related movements, ABC's	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration, stay switched on when the ball is with the possession team.						
Group	10 players 1 Goal Keeper						

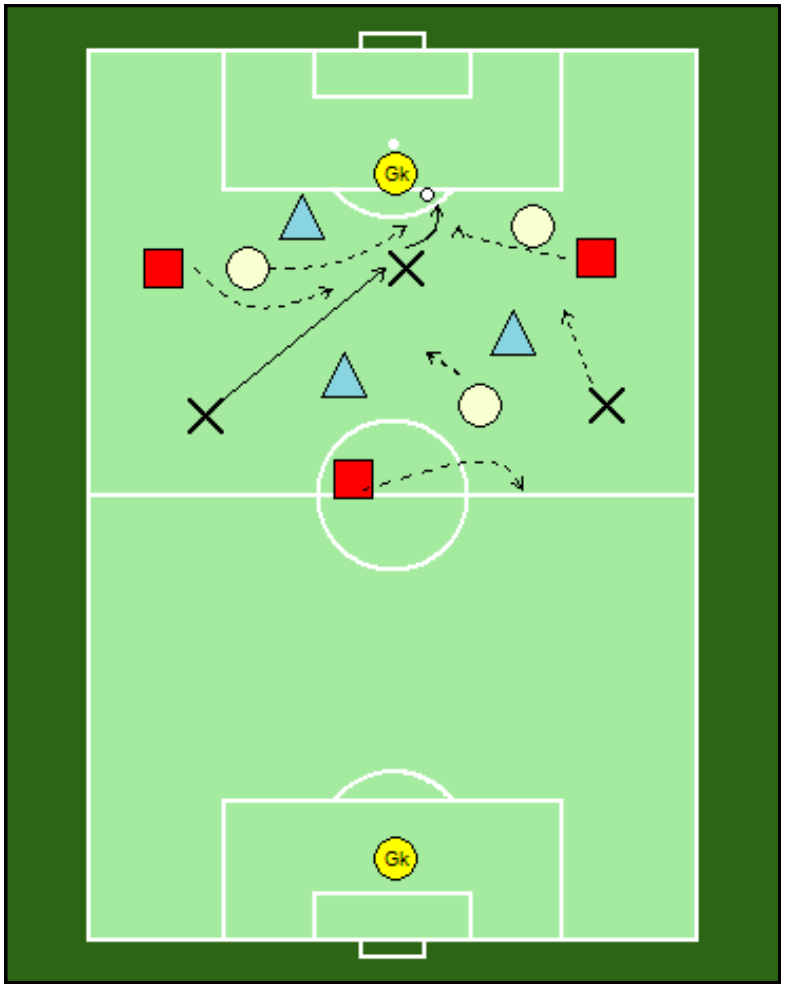
LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**World Cup 4 teams of 3**									**Format**	**Tran**
Set-Up	**Goals**	**1**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Flat cones**	

Execution

1 goal - bibs - supply of balls cones.
Organisation
The goal keeper begins the game by throwing the ball out.
All the teams attempt to score in the single goal.
If you score you go through
Play until their is only one team left.
Play all the rounds until you have a winner.

Look For!
Can the players hold on to the ball and wait for the right opportunity too shoot.
Tempo (can you keep it up) - Technical skills (first touch, head up, dribbling skills) - Concentration.

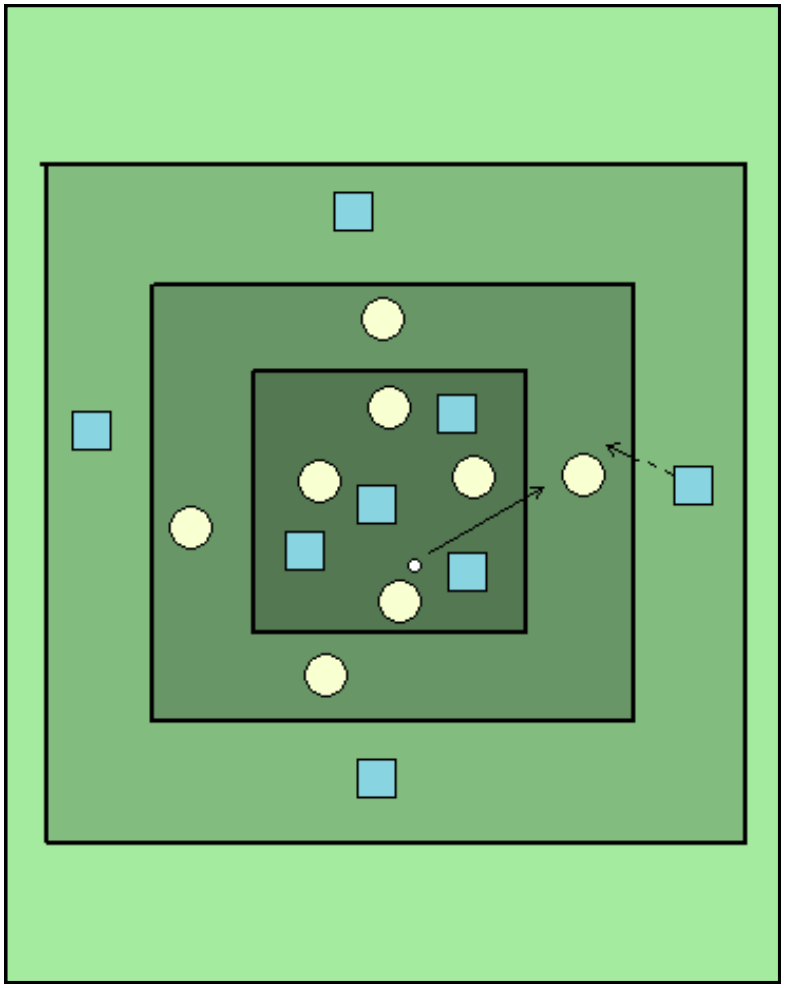


Key Points and objectives

Tactical	Try to get into positions to take advantage of quick breaks, look to create quick overloads.	**Areas**	50 x 35				
Technical	Players to work on passing and receiving, moving the ball quickly between players.	**Time**	20 min				
Physical	Game related movements, ABC's	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration, stay switched on when the ball is with the possession team. Enjoyment						
Group	10 players 1 Goal Keeper						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**3 Square Game.**									**Format**	**Tran**
Set-Up	**Goals**		**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Flat cones**	
Execution	4v4 in main playing area keeping possession. A point is scored by playing a wall pass with one of the outside men in the same colour. The white players on the outside can be pressed from behind and the blue players can be pressed from the front. Players should swap zones.										



Key Points and objectives							
Tactical	Create angles to support the ball– passing options.	**Areas**	40x40				
Technical	Players to work on their short passing skills and one touch play. Passing with both feet.	**Time**	20 min				
Physical	Game related movements, ABC's	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration, stay patient in possession.						
Group	16 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Shooting

LEICESTER CITY FOOTBALL CLUB ACADEMY

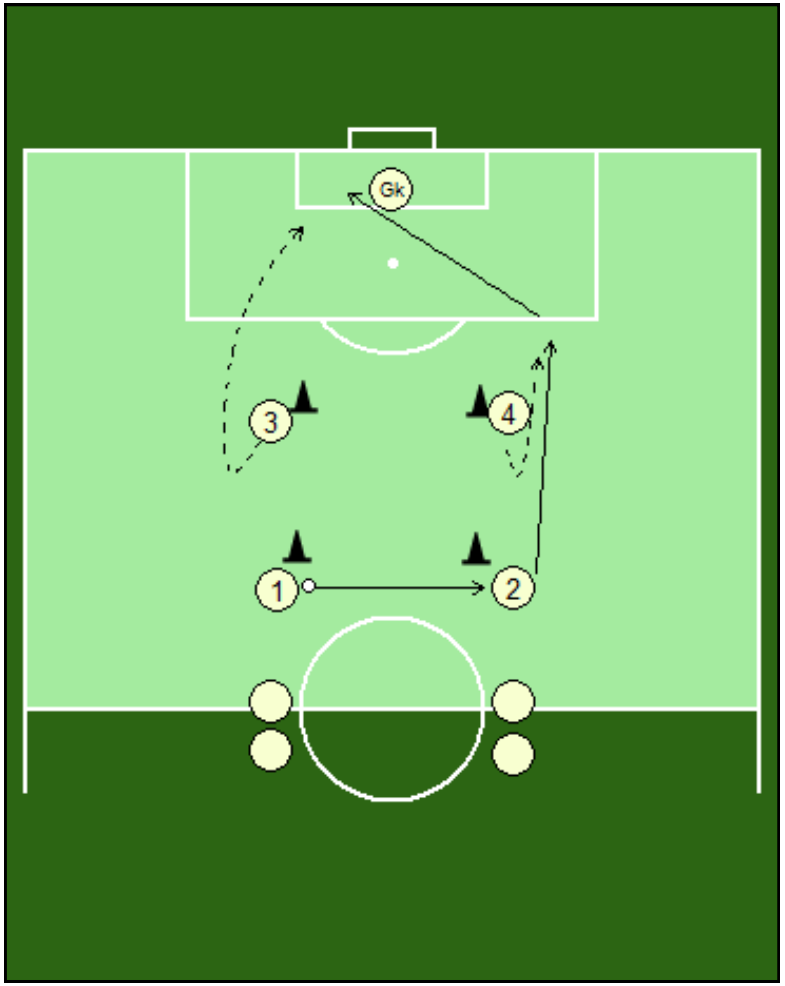
Content	**Strikers movement and shooting.**									**Format**	**shoot**
Set-Up	**Goals**	**1**	**Bibs**	**y**	**Cones**	**Y**	**Balls**	**12**	**Other**	**4 large cones**	

Execution

Player 1. passes the ball into 2. who take the ball on the back foot and slides down the outside of 4. who has made a movement towards the ball before spinning and getting onto the ball and shooting across the gaol.

3. Spins off the cone and attacks the ball at the far post.

players 1. and 2. then move down to replace 3 and 4 and the next pair move in to the positions of 1 and 2.



Key Points and objectives

Tactical	Look at the movements of the forwards, set and spin, diagonal movement, swapping positions.	**Areas**	Half-pitch					
Technical	First touch, quality of the finish, areas to shoot at, first time shooting.	**Time**	20min					
Physical	Ability to turn quickly and spin onto the path of the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Composure, relax before you finish on the goal.							
Group	10 players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Shot on Goal and Dribbling**									**Format**	**shoot**
Set-Up	**Goals**	**1**	**Bibs**	**y**	**Cones**	**Y**	**Balls**	**12**	**Other**	**4 large cones**	

Execution

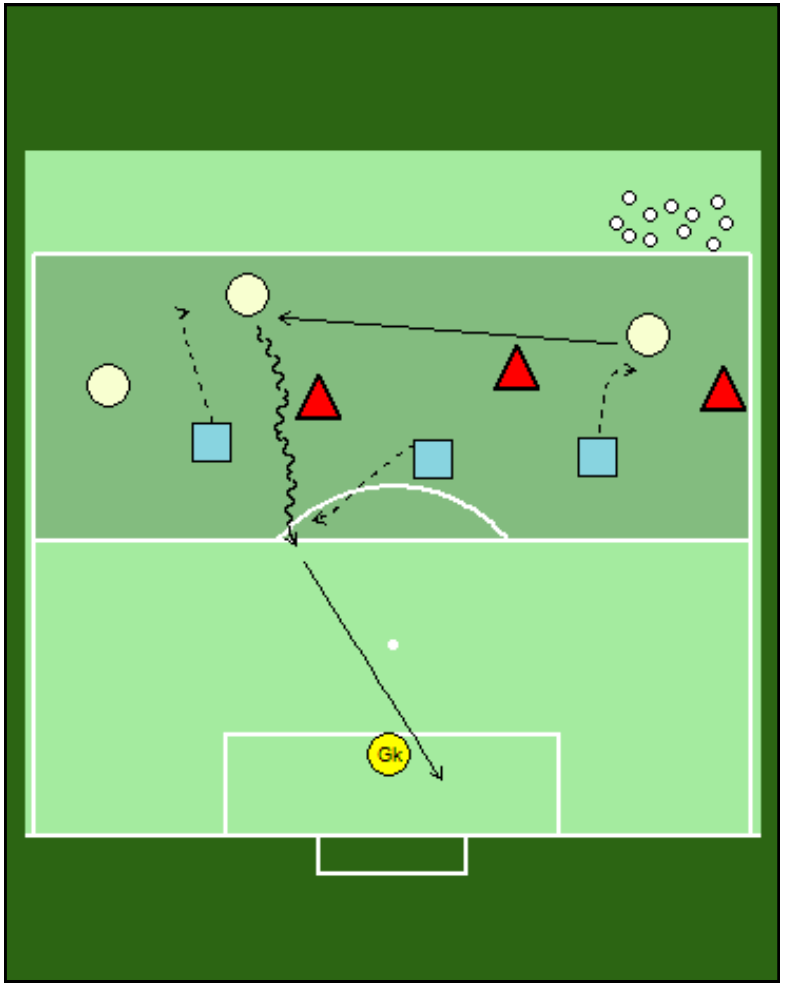
Field size 45x45 yards. Team red and Team grey have 6 players (collectively). Team white 3 players. In the run of play Team red and Team grey try to dribble over the penalty area marking. None of the team white players are allowed into the penalty box (1). Thereby creating a one on one (Player against goalkeeper). After completion, Team red and Team grey again begin an attack. If Team white wins possession they try to dribble over the line (red: 2). Every team has to defend once out numbered. Who is most successful?

Coaching

Consequent completion one on one. Quick switching by loss of ball and regaining possession.

Variations

The six players have to complete 3 passes (or 5) before dribbling into the penalty box. Complication: one of the 6 players as passer positioned outside the playing field (5 against 3).



Key Points and objectives

Tactical	Try to create space with your movement off the ball to allow the dribbling player to dribble over the line.	**Areas**	2 x penalty area.					
Technical	Keep the ball tight to your feet and on the outside foot, use fakes and moves. Relax on the finish.	**Time**	3 x 7min					
Physical	Ability to change direction quickly and accelerate away. Game speed.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Composure, relax before you finish on the goal.							
Group	9 players 1 G.K.							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Shot on goal under pressure**									**Format**	**shoot**
Set-Up	**Goals**	**1**	**Bibs**	**y**	**Cones**	**Y**	**Balls**	**12**	**Other**	**4 large cones**	

Execution

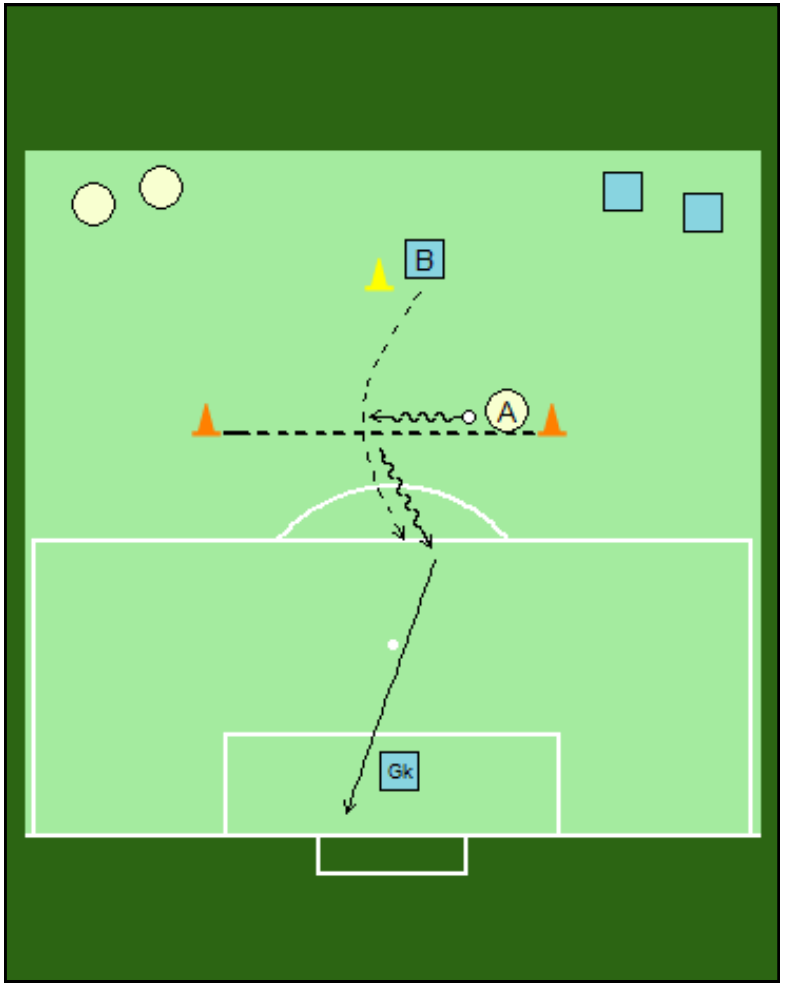
Training contents
Speed of reaction. Direction of run. Shooting under pressure

Duration
2 to 3 series at 5 to 8 sprints

Description
Player A and Player B set-up behind each other. Suddenly player A starts dribbling towards goal (1). B tries to stop the attempt at goal (2). Then the next two players start. aso. Change the basic positioning.

Coaching
Forwards direction of run (try to cross into the path of the defender). Complete recovery between the sprints.

Variations
Change the starting position (both players on the same level). Different start signals (see training tips).



Key Points and objectives

Tactical	Try to run across the defender get your body between the ball and the defender.	**Areas**	2 x penalty area.					
Technical	Keep the ball tight to your feet and on the outside foot, use fakes and moves. Relax on the finish.	**Time**	20 minutes					
Physical	Ability to change direction quickly and accelerate away. Game speed.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Composure, relax before you finish on the goal.							
Group	6 players 1 G.K.							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Pass and Shot at Goal**									**Format**	**shoot**
Set-Up	**Goals**	**1**	**Bibs**	**y**	**Cones**	**Y**	**Balls**	**12**	**Other**	**4 large cones**	

Execution

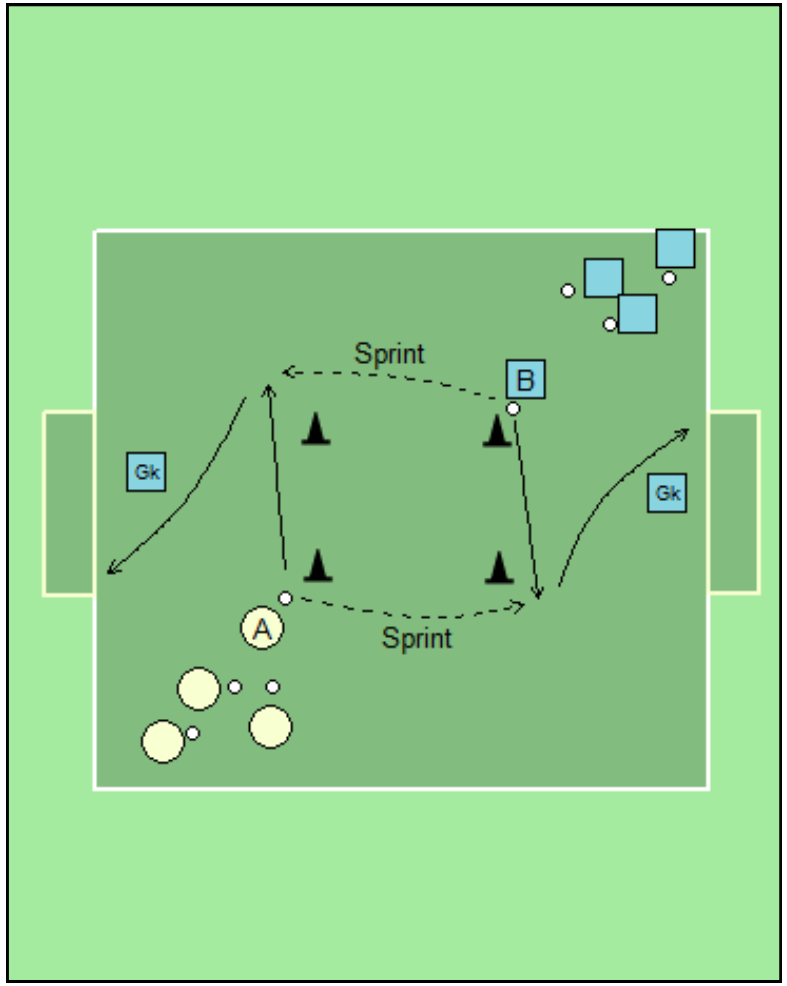
Training contents
Acceleration of speed. Shot at goal.

Duration
2 to 3 series of 5 to 8 Sprints

Description
Square 10x10 yards. Shooting from a distance of 15 yards. At the same time player A and B pass square and sprint in the opposite directions to reach the ball and finish with a shot at goal.

Coaching
Weighted low-pass. Complete recovery between the sprints.

Variations
With or without a goalkeeper. Divide the goal into three sectors to encourage accurate shooting.



Key Points and objectives

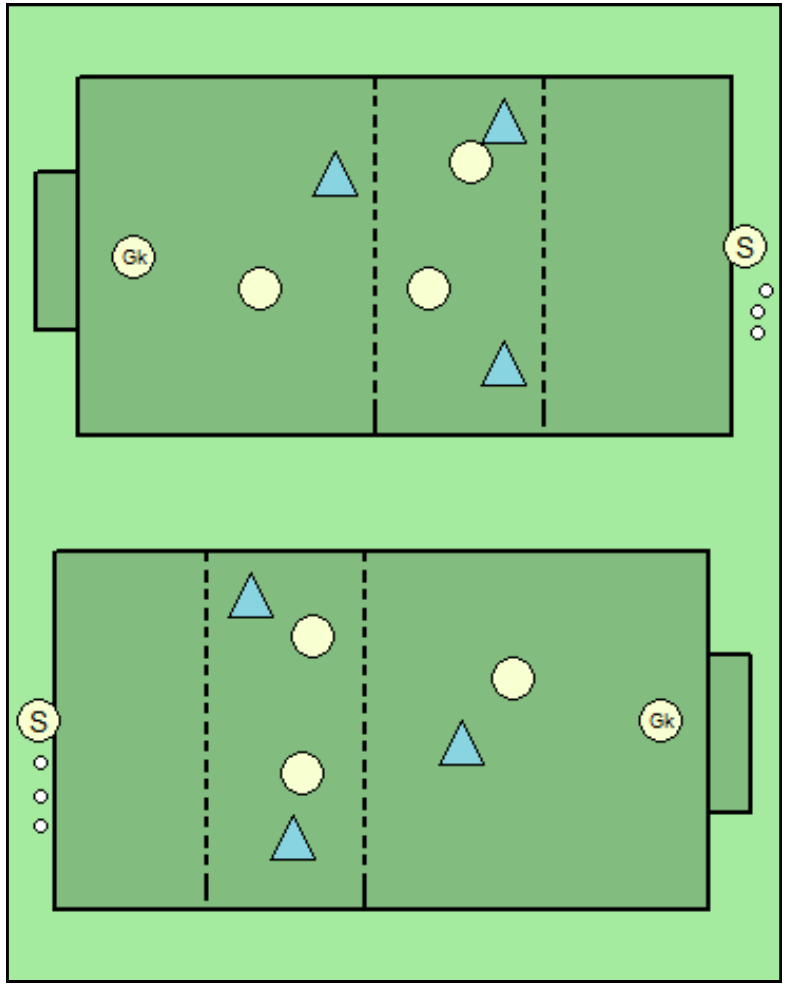
Tactical	Think about the weight of the pass, where would you want the ball played?	**Areas**	10 x 10m square.					
Technical	Move quickly onto the ball and strike across the goal with power.	**Time**	20 minutes					
Physical	Acceleration , speed off the mark, react to the movement of the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Composure, relax before you finish on the goal.							
Group	8 players 2 G.K.							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Shooting 1**									**Format**	**shoot**
Set-Up	**Goals**	**2**	**Bibs**	**y**	**Cones**	**Y**	**Balls**	**12**	**Other**	**flat cones**	

Execution

The off-rules apply in the 20 x 30 end zone.
Practice starts with the ball played into 2A's by the S, who then supports play from behind , making 3v2.
2A's look to combine and play into advanced A in the end zone.
One A is allowed to join and create 2v1 and combine and build up play to shoot at goal.
When the attack is concluded; one A rotates to the next group and initial set-up arrangements are re- established.
Ideas
Losing markers with changes of pace and direction.
Turning quickly and using disguise.
observing GK position and evaluating possibility of early strike at goal.
Execution of excellent technique in front of goal.
Progression 1
Dribble/drive into the end zone to join the attacker.
Progression 2
The advanced attacker sets the ball back for the middle two A's to shoot.



Key Points and objectives

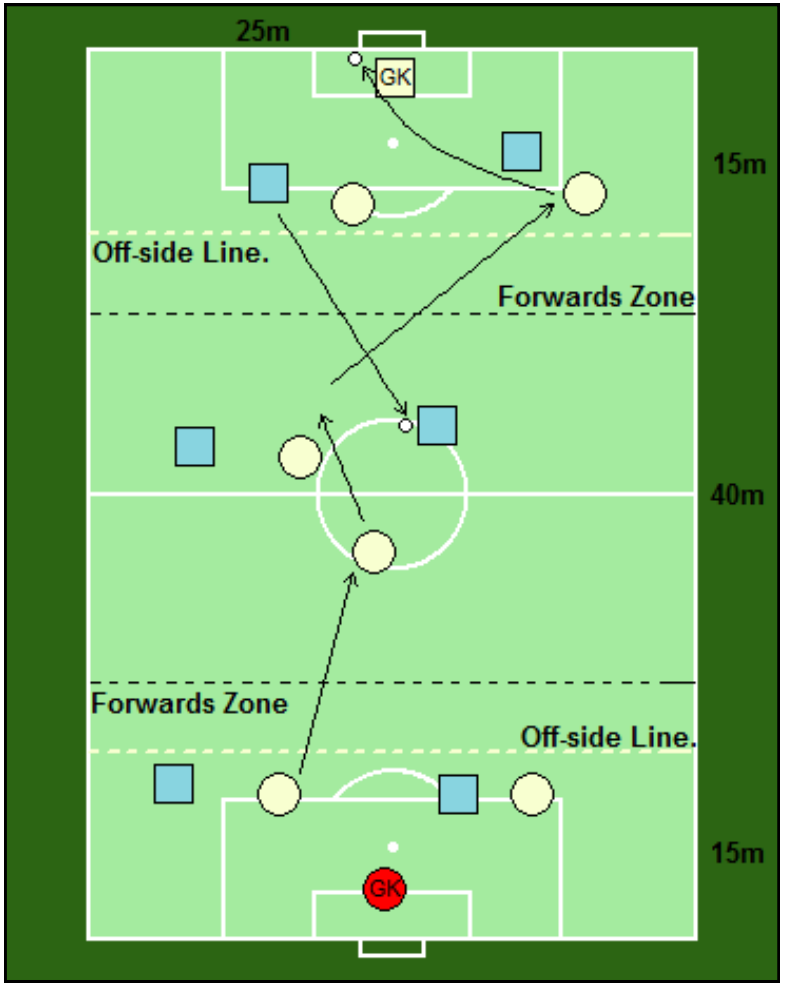
Tactical	Look to lose your markers with changes of direction and disguised movements.	**Areas**	20m x 30m				
Technical	Technique and execution of the passing, players first touch and technique of the shot on goal.	**Time**	20 minutes				
Physical	Acceleration , speed off the mark, react to the movement of the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Composure, relax before you finish on the goal.						
Group	Up to 16 players and 2 G.K.						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**7v7 2 ball shooting game.**								**Format**	**shoot**
Set-Up	**Goals**	**2**	**Bibs**	**y**	**Cones**	**Y**	**Balls**	**12**	**Other**	**flat cones**

Execution

The Practice
Play 2v2 in all three zones.
Play with two footballs as this should create lots of shooting opportunities.
Progression1
Goals can only be scored from shots outside of the final third?
Rebounds count of three touches?
Progression 2
Players are allowed out of the areas but must score goals with headers which are worth 3 goals and goals with the feet are worth 1.
Progression 3
Play with one ball, goals can only be scored in the end zones and move on to outside the zones.



Key Points and objectives

Tactical	Look to lose your markers with changes of direction and disguised movements.	**Areas**	50m x 70m					
Technical	Look to practice the technique of the turn and shoot at goal.	**Time**	20 minutes					
Physical	Acceleration , speed off the mark, react to the movement of the ball.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Composure, relax before you finish on the goal.							
Group	Up to 14 players and 2 G.K.							

LEICESTER CITY FOOTBALL CLUB ACADEMY

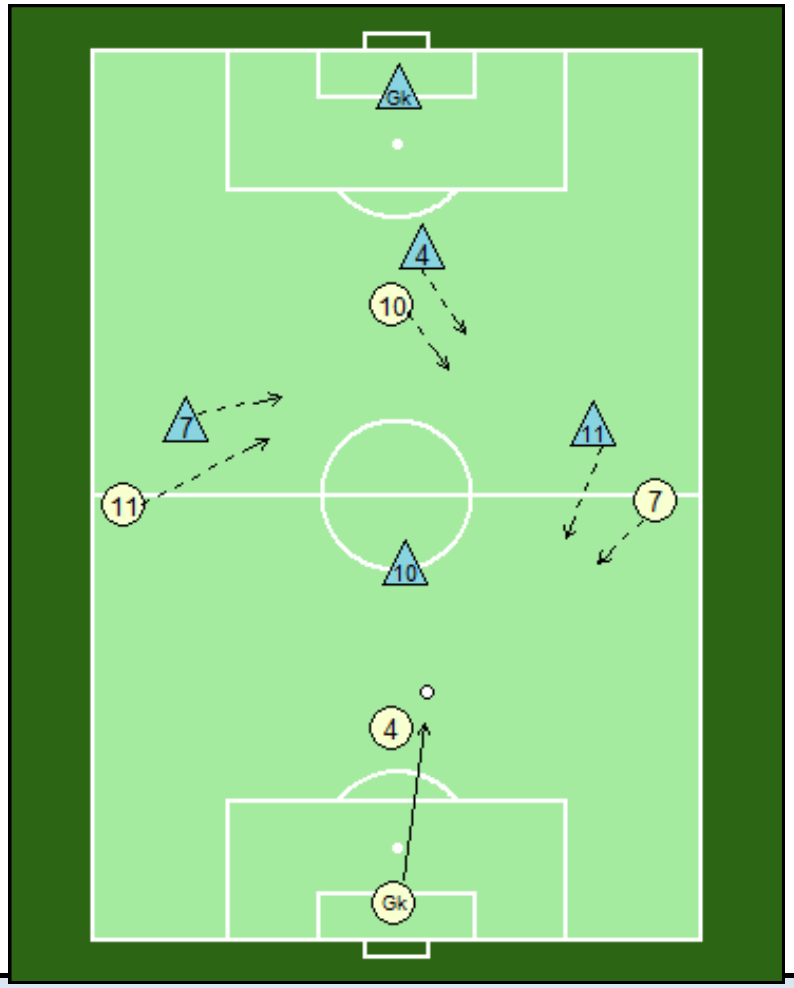
4v4 Games

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Win by one.**									**Format**	**Trans**
Set-Up	**Goals**	**2**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**10**	**Other**		

Execution

The basic rule of the game is that you can only win by one goal. The game begins as a normal 4 v 4 game with the usual rules. When a goal is scored, the team that scored must just try and keep possession and can't score into the goal. If they do, the goal is disallowed and a goal kick ensues. If the other team then equalise and make it 1-1, either team can then score to make it 2-1. The team leading then just has to keep possession. This is an excellent possession game and also allows a team to play out time by keeping possession, which is why I limit the game to just 5 minutes. As well as possession, teams also have to attack with speed when needing to score and the game also focuses on transition.



Key Points and objectives

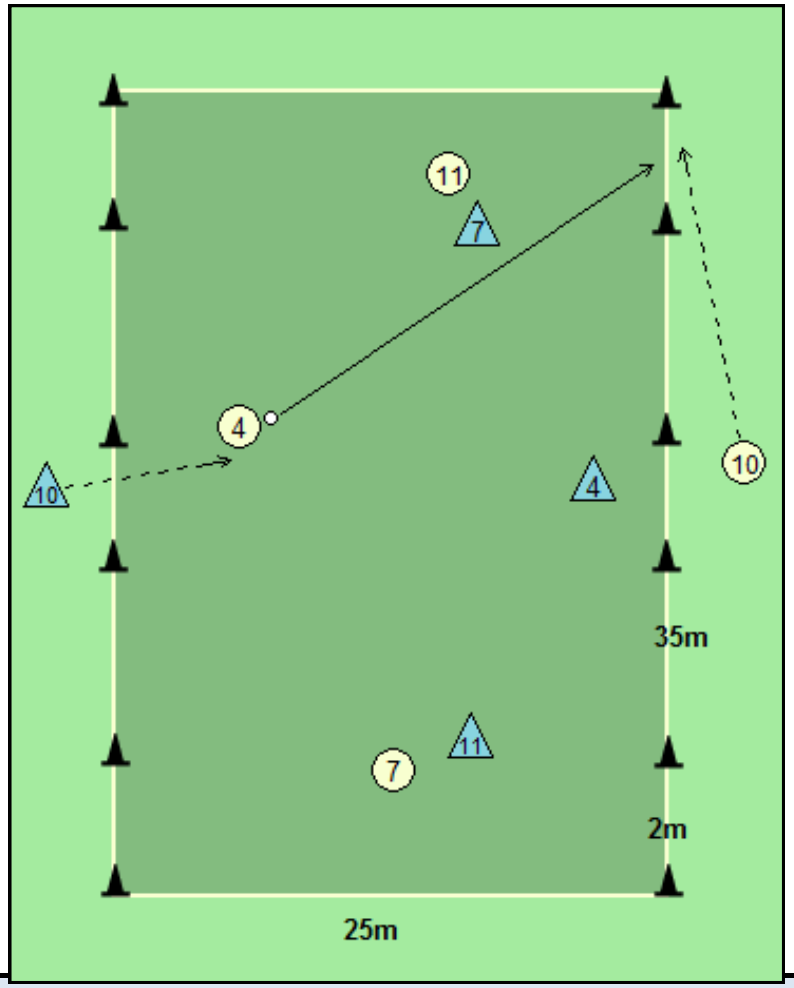
Tactical	How will you play when you have gone a goal up? How will you play when you are a goal down?	**Areas**	30m x 40m				
Technical	When wining look to play possession football, movement and passing techniques.	**Time**	15 min				
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	If you are a goal down, don’t panic you only need 1 goal. Remain focused.						
Group	10 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Playing through balls**									**Format**	**Trans**
Set-Up	**Goals**	**6**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Large cones**	

Execution

Two teams of 4, playing a diamond formation (4 play maker, 7 and 11 wide players and 10 as the creative forward.
3, 2 meter wide goals along the sides.
The team in possession look to play through balls to the number 10 who plays the other side of the cones.
if he receives a pass between the cones they score a goal.
When out of possession the number 10 is allowed back inside the pitch and pick up the number 4.



Key Points and objectives

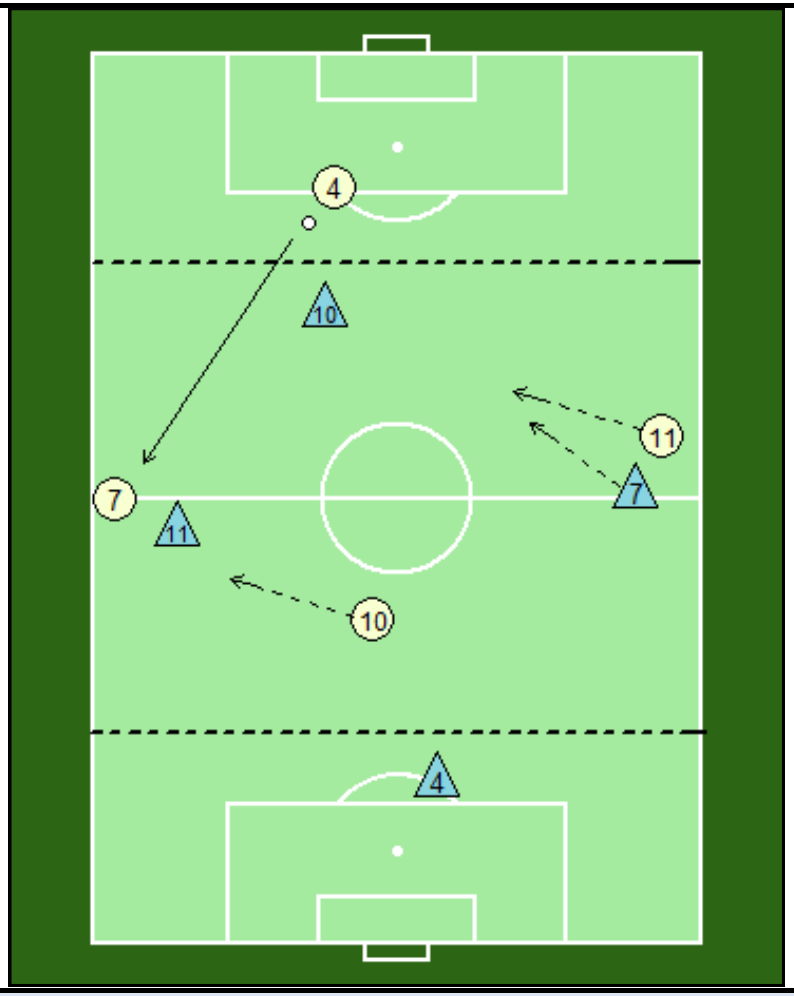
Tactical	Try to give the number 10 time to get into position on transition, keep the ball on the first pass after a regain.	**Areas**	25m x 35m				
Technical	Look for the ability to play off one touch and with both feet, technique of the first touch.	**Time**	15 min				
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Stay relaxed in possession try to see the opportunity to play the through ball.						
Group	8 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Sweeper Game**									**Format**	**Trans**
Set-Up	**Goals**	**6**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Large cones**	

Execution

This game is best played as a 4v4 game with no keepers. Each team has a designated sweeper who can't get tackled in the 8 metre zone in front of his goal. He can play outside of this area but can be tackled. All players can go inside the sweeper zone, but just can't tackle the sweeper. They can however tackle his team
mates. This game allows the sweeper time to build from the back and also gives the option of a pass backwards if there are no options forward or side-ways. You can also have the sweeper start with the ball if it goes out for any throw-ins, so that he gets a lot of practise.



Key Points and objectives

Tactical	Sweeper look to drop off and create an angle to receive the ball.	**Areas**	30m x 40m				
Technical	Protect the ball on your first touch get the ball on the outside foot.	**Time**	15 min				
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	The sweeper needs to show composure when receiving the ball do not rush your pass.						
Group	8 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Short Passing**									**Format**	**Passing**
Set-Up	**Goals**	**2**	**Bibs**	**5**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Flat Cones**	

Execution

Short Passing

The game

Divide the group into two equal teams.

Off side rule applies in the end zones.

Challenge (group)

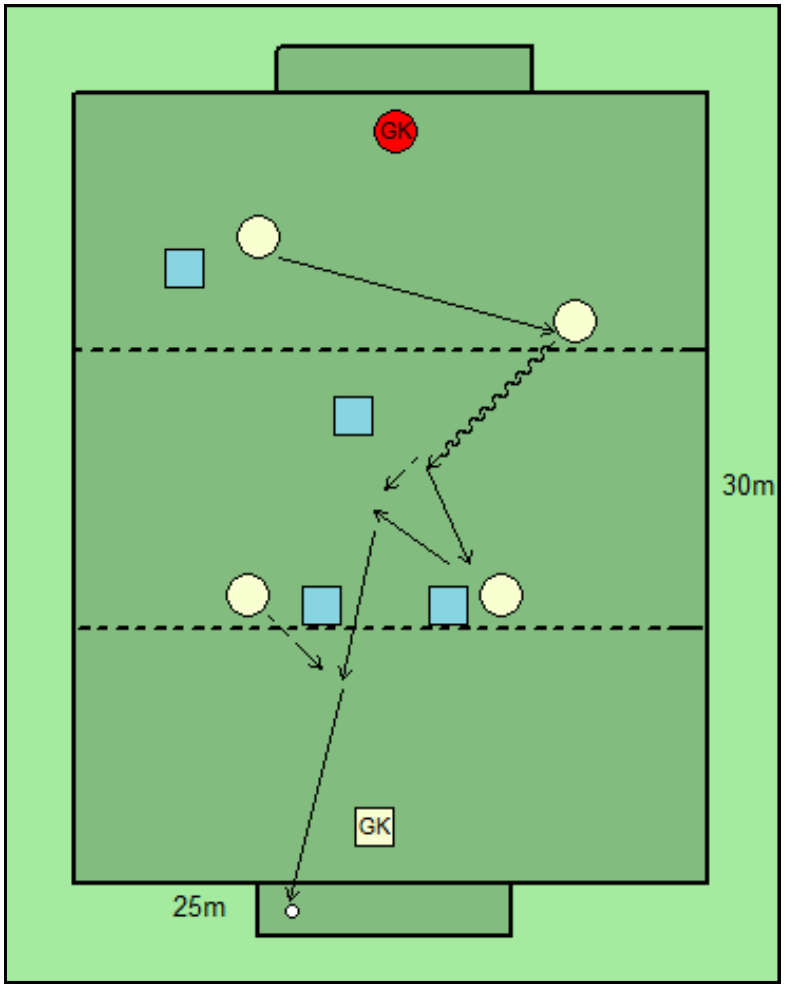
TRY to attack using passes of 6 yards or less?

Individual challenges try to play as much one touch football as you can?

TRY to work out when its best to play to feet or space?

Question

How will the pass you receive help you continue the attack?



Key Points and objectives

Tactical	Quick movement in to the areas of space, look to make opposite movements to gain a yard of space.	**Areas**	30m x 25m.				
Technical	Players to repeat short passing and receiving skills . Decision making to feet or to space?	**Time**	20 min				
Physical	Game related movements , good agility, quick sharp movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Courage, keep looking to get on the ball do not hide keep looking to find areas to receive the ball.						
Group	10 players 2 goal keepers.						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**4v4 on two small goals.**									**Format**	**Passing**
Set-Up	**Goals**	**2**	**Bibs**	**5**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Flat Cones**	

Execution

on a 15 x 20 field, two teams of four play on two small goals 2m wide.

Players score by shooting or passing through the goals.

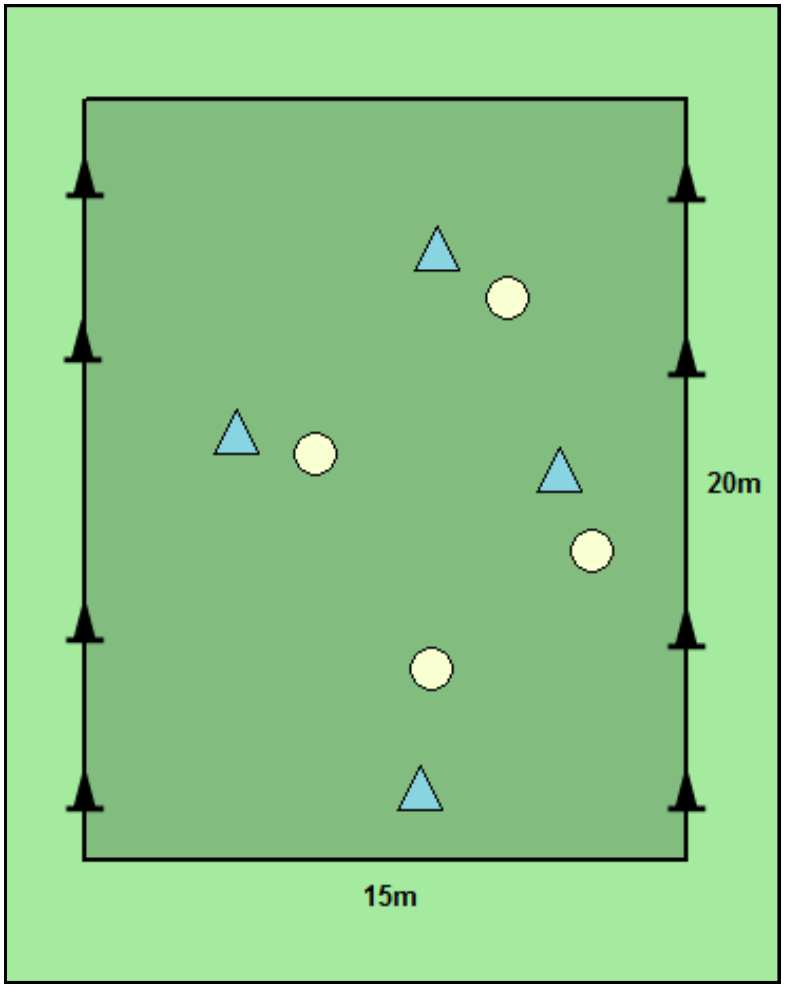
Think About

Players should move quickly to follow the ball.

Encourage shifting the point of attack.

Variation

Limit the number of touches.



Key Points and objectives

Tactical	Players can you switch the play quickly, look to switch the point of attack from one goal to the other.	**Areas**	15m x 20m				
Technical	Players to repeat short passing and receiving skills . Decision making to feet or to space?	**Time**	20 min				
Physical	Game related movements , good agility, quick sharp movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Courage, keep looking to get on the ball do not hide keep looking to find areas to receive the ball.						
Group	8 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**4v4 Dribbling between the goals.**									**Format**	**Passing**
Set-Up	**Goals**	**4**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Large Cones**	

Execution

Players now dribble across the line between the goals.

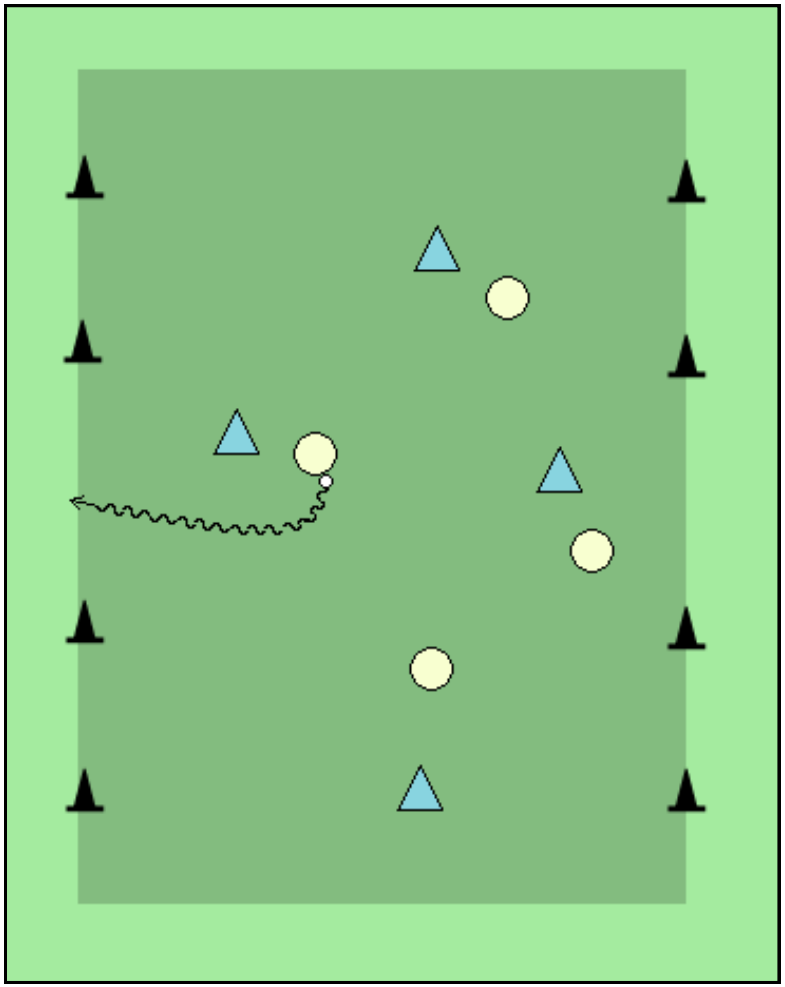
Think About

Keep the middle covered at all times.

Cover defenders who move up (form triangles.)

Variation

Make the goals bigger to emphasize following the ball.



Key Points and objectives

Tactical	Look to create space for the dribbling player, can you move the defenders with your movements?	**Areas**	15m x 20m				
Technical	Players to repeat dribbling skills, with moves and turns.	**Time**	20 min				
Physical	Look to accelerate away when you have beaten your opponent.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Confidence:- show the confidence to take players on, use mistakes to grow.						
Group	8 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**4v4 Pass through the goals**									**Format**	**Passing**
Set-Up	**Goals**	**4**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Large Cones**	

Execution

Players have o pass through the goals to a team mate who has made a run to receive the ball.

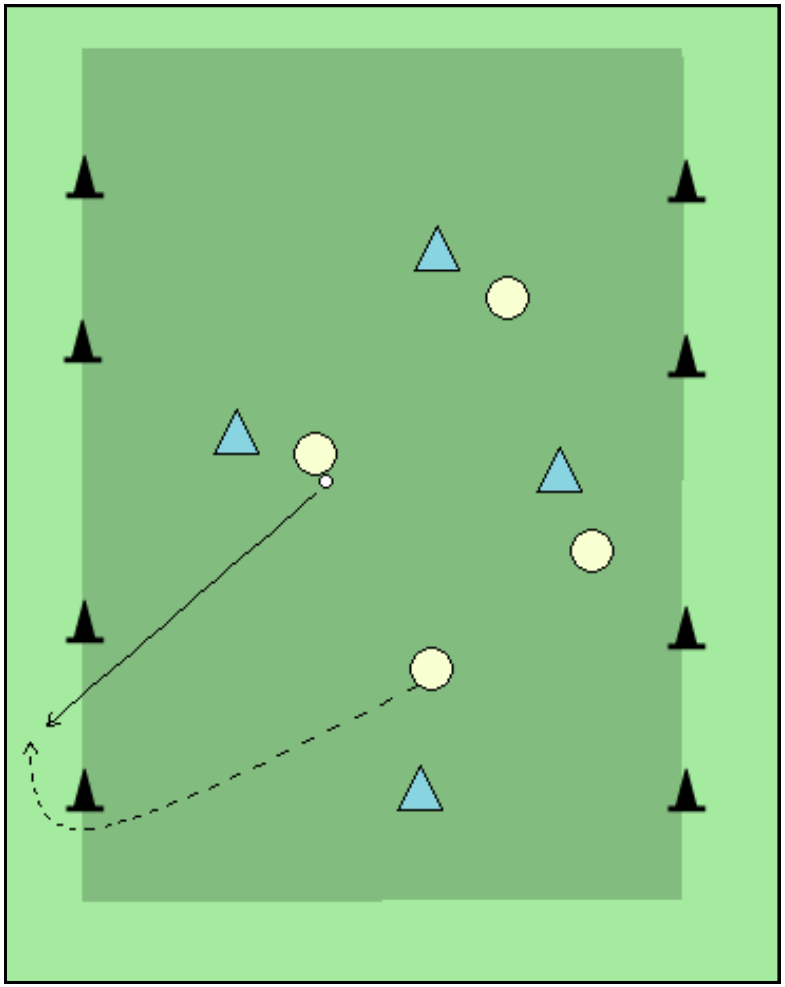
Think About

To close down the space, create triangles and cover the length of the field.

Mutual coaching: I'll get it, I've got it, I'm coming, I'm there,.

Variation

Position receivers behind the goals.



Key Points and objectives

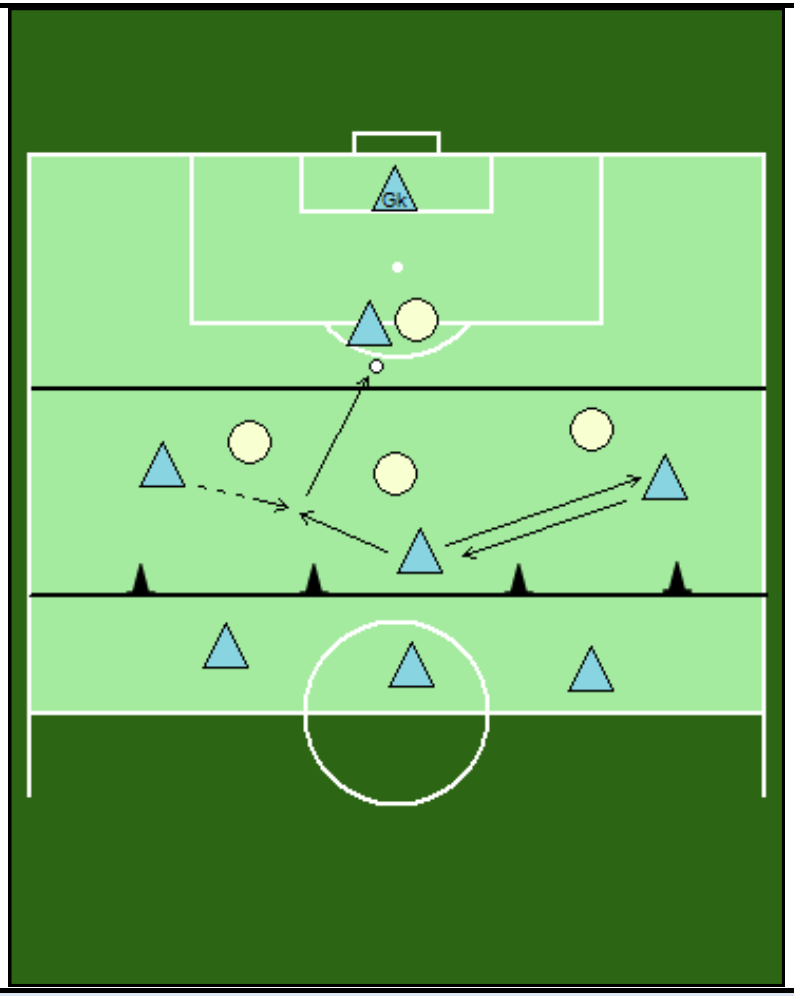
Tactical	Try to time your movements from the pace of the passing , passing player try to play off one touch.	**Areas**	15m x 20m				
Technical	Players to work on their passing and receiving skills look to work on playing with there head up and play first time.	**Time**	20 min				
Physical	Agility, players to have the ability to turn quickly and spin into space.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Composure:- look to show composure when in possession of the ball look to thread balls through.						
Group	8 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

3v3 Games

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Three versus three build up of an attack in the midfield.**								**Format**	**3v3**
Set-Up	**Goals**	**1**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Large cones**
Execution	One big goal, goalkeeper, two 3 m counter goals, 40m opposite the big goal, 10 m inside each touchline. One attacker versus one defender inside the box. Three attackers versus three defenders in the midfield for the substitute attackers behind the counter goals. Objective. Three versus three midfield a goal can be scored only after having passed the ball to attacker in the box. The attacker in the box can play inside the box only. If the defender wins the ball he can attack on small goals. Change the attacking team after each goal remember to change the defenders of the attackers as well.									



Key Points and objectives								
Tactical	Look to create a triangle shape when in possession of the ball. Look for the movement off the striker.	**Areas**	1 Half of the pitch					
Technical	Passing and receiving, the forwards ability to hold up the ball and protect it until the other players are able to support.	**Time**	20 min					
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Competitive:- Players to be able to be very competitive when faced with one v one situations.							
Group	8 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**3 Ways to score**									**Format**	**3v3v3**
Set-Up	**Goals**	**4**	**Bibs**	**2x3**	**Cones**	**30**	**Balls**	**12**	**Other**		

Execution

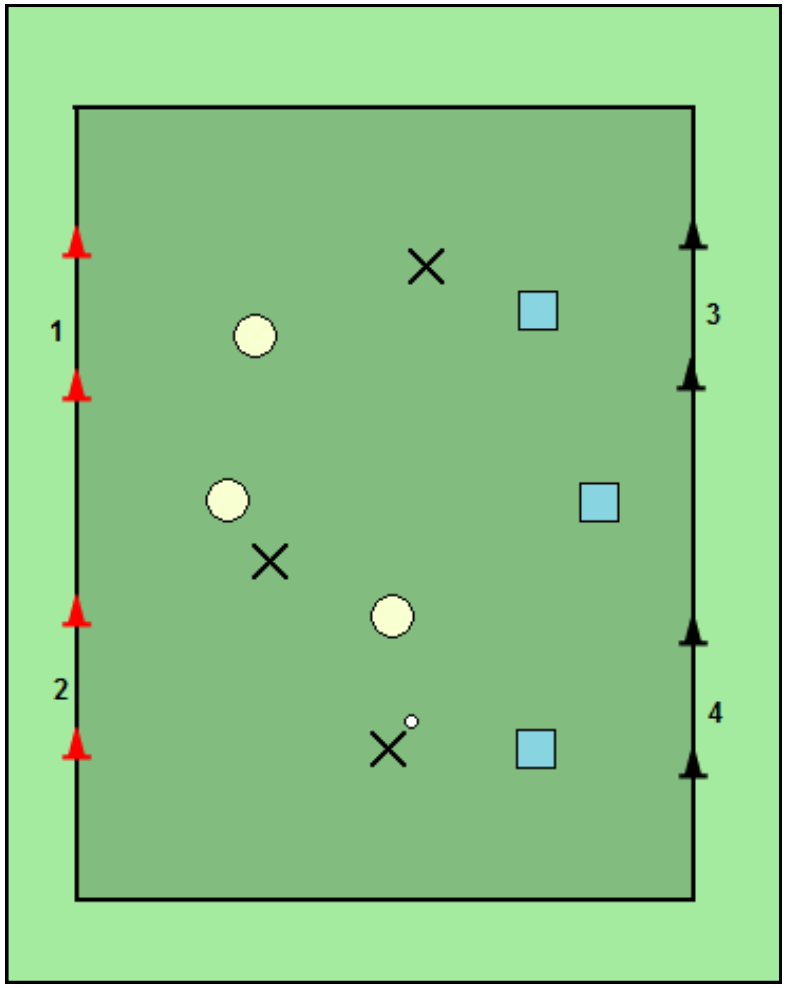
The players are divided into three equal groups each wearing different coloured bibs.

The circle team can score on goals 1 & 2.

The sqaure team can score on goals 3 & 4

The X's score by dribbling and stopping the ball between the goals.

Change the goals the teams can score in regularly.



Key Points and objectives

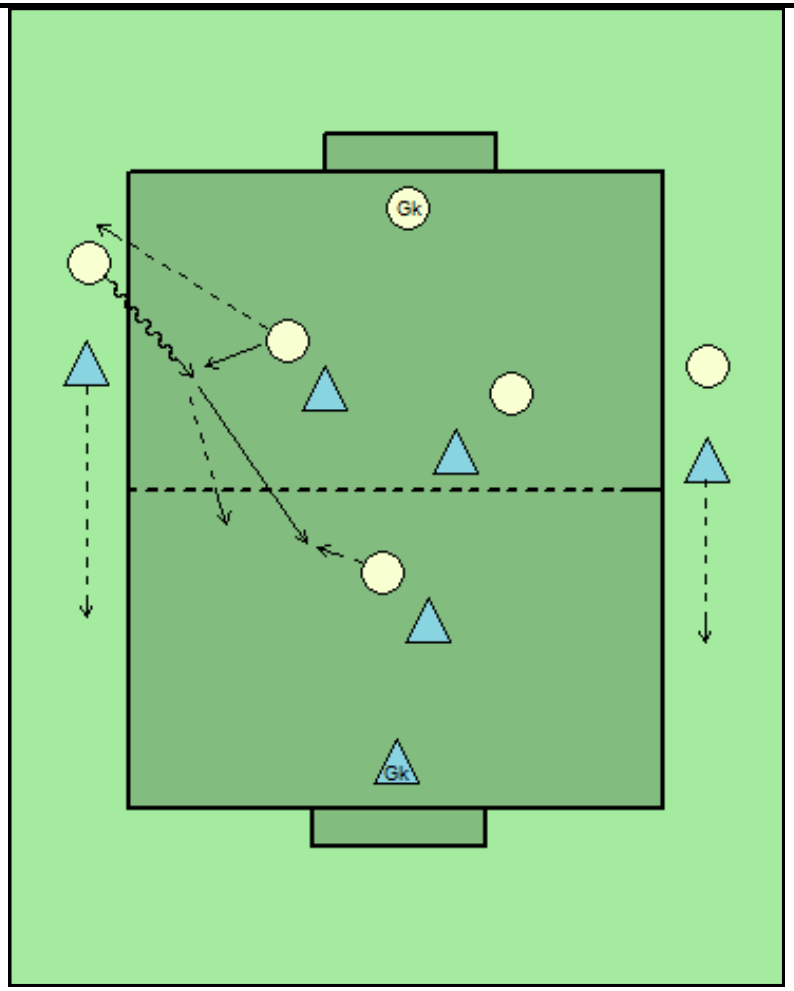
Tactical	Players to be able to react to the changes of possession. Look to play quickly when in possession.	**Areas**	30m x 25m					
Technical	Individual possession skills, shield the ball buy time for others to join.	**Time**	20 minutes					
Physical	Good body posture, change direction quickly off both feet.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Communication, talk to each other to help each other.							
Group	15 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**3v3 Finishing**									**Format**	**3v3**
Set-Up	**Goals**	**2**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Flat cones**	

Execution

Two teams of five players each divided into two versus two on one half one versus one in the other half one winger eat outside of the touchline.
Build up an attack of two versus two in one half progress by passing to the target player in the other half he finishes on goal.
A past one of the winger's results in the winger entering the field and the passer coming off to wait in the wings.
The wing player supports their Responding player.
An attack can be started only after having made at least one change with the winger and has to be finished without using a winger.
After having played the ball into the second half one defender can enter the area to defend with his teammates.
The player who played the target player in the other half may enter into the half making it to this is to.
Possession remains with the team who shoots regardless of whether the goal is scored.
Variations.
No goalkeepers the marking defenders places both defend and goalkeeper.
The wide players play one versus one outside the touchline.
Once a supporting tacklers look over to the midfield help the target player he may only be used once otherwise possession is given back to the defending team.
One of the two midfielders can enter the attack you have to support.



Key Points and objectives

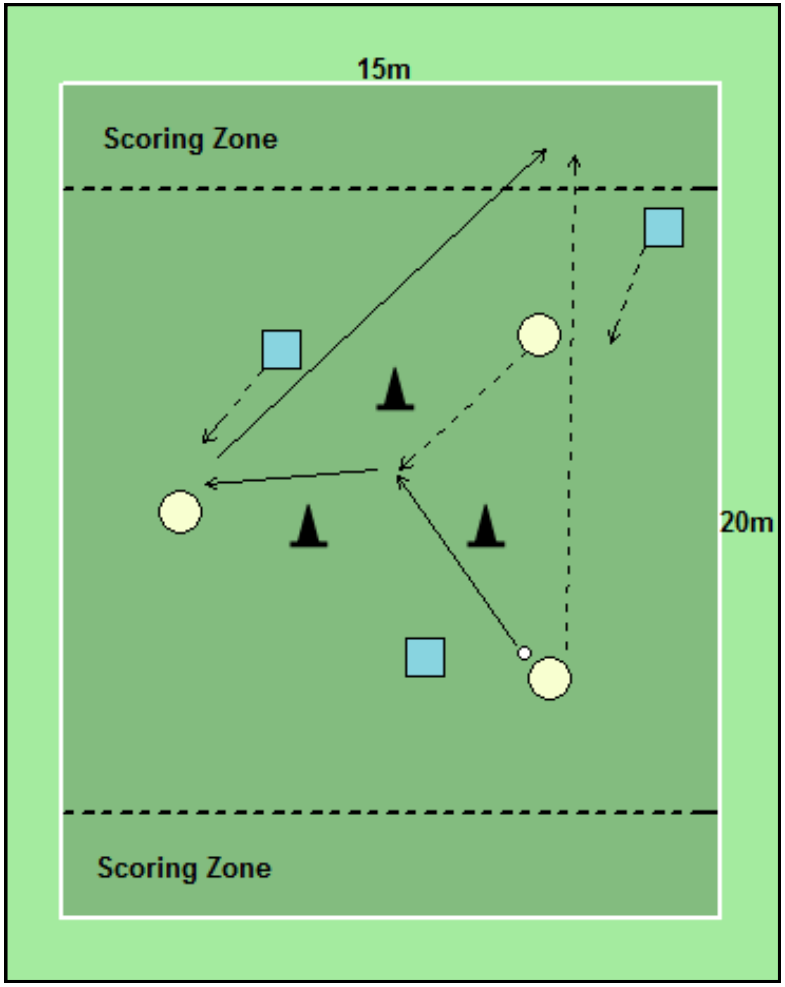
Tactical	Movement of the inside players to receive the ball from the outside.	**Areas**	35m x 25m				
Technical	Passing and receiving, Technique of the cross , finishing first time.	**Time**	20 min				
Physical	Football specific movements, stop start movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Competitive:- Players to be able to be very competitive when faced with one v one situations.						
Group	10 Players 2 Goal Keepers						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**3v3 Finishing**									**Format**	**3v3**
Set-Up	**Goals**		**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Flat /largecones**	

Execution

3v3 Setting the ball back.
Set up
Divide the group into teams of 3, set out the pitches as per the drawing.
The Game
Teams must try and pass through the triangle goal, which is in the centre of the field.
When they pass through the goal the receiving player looks to set the ball back.
Once the ball has been set back they can then attempt to score by any player receiving a pass in the end zone.
Progression
The goal can only come from a first time pass after the set back.
Think about
Try to play first time with the set back?
Look to create quick overloads and look to exploit them.
Try to plan ahead, try to move into space as the ball is played.
Try to create a triangle and the player at the tip is the one who sets the ball back.



Key Points and objectives

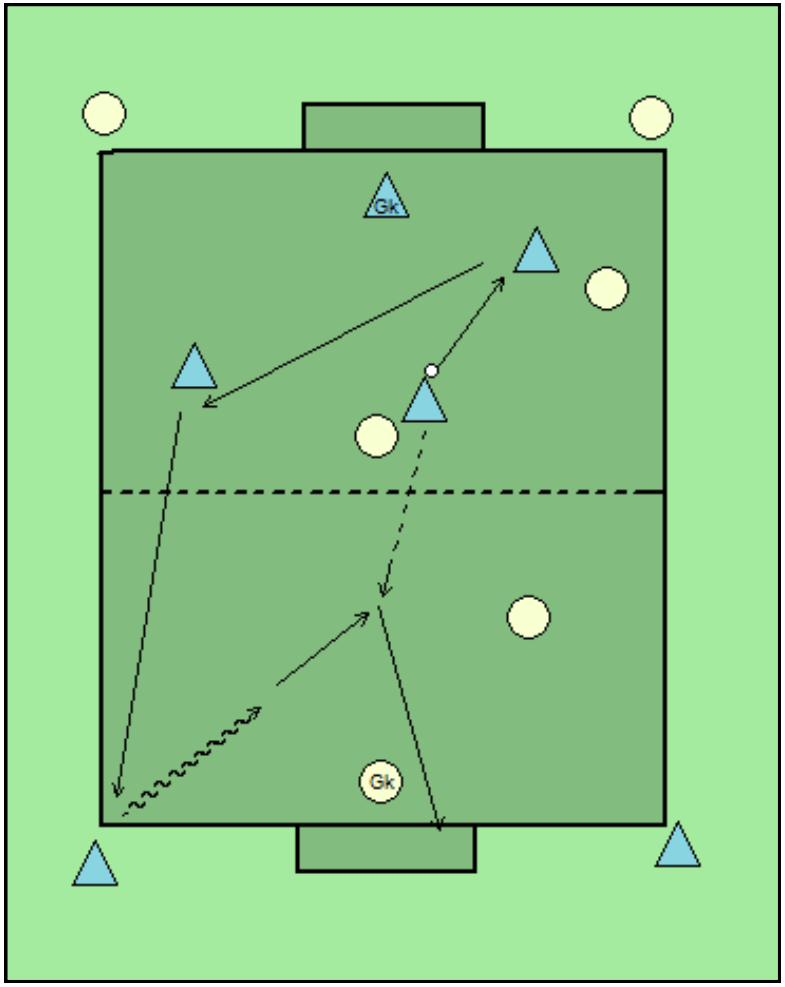
Tactical	Quick first time passing and the movement to create space.	**Areas**	35m x 25m				
Technical	Passing and receiving first time, players body position to receive the ball.	**Time**	20 min				
Physical	Football specific movements, stop start movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration:- Players should look to concentrate when out of possession and try to regain the ball quickly, with a good pressing shape.						
Group	6 Players per group.						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Improve the build up of an attacking midfield.**									**Format**	**3v3**
Set-Up	**Goals**	**2**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**20**	**Other**	**Flat**	

Execution

Two teams of six plays each divided into one goalkeeper 2 substitutes in the corners of the pitch three players in each field.
Objective.
Maintain ball possession three versus three in the field.
Passing to a substitute changing roles with him.
Goal only after having passed the ball across midfield for substitute and executed a change of roles.
Five consecutive passes in one half the field also equals one goal.
Playing time around 10 to 15 min.
Variations.
No goals all scoring just maintaining possession.
It's past was teach you in the of a half equals one goal.
Passing allowed on the ground only.
Such can move along the ground and to size of the half in which they're playing.



Key Points and objectives

Tactical	Look to create space off the outside players, playing with numbers up.	**Areas**	20m x 30m				
Technical	Passing and receiving first time, Finishing on the goal, try to shoot low and in the corners.	**Time**	20 min				
Physical	Football specific movements, stop start movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Concentration:- Players should look to concentrate when out of possession and try to regain the ball quickly, with a good pressing shape.						
Group	10 players two goal keepers.						

LEICESTER CITY FOOTBALL CLUB ACADEMY

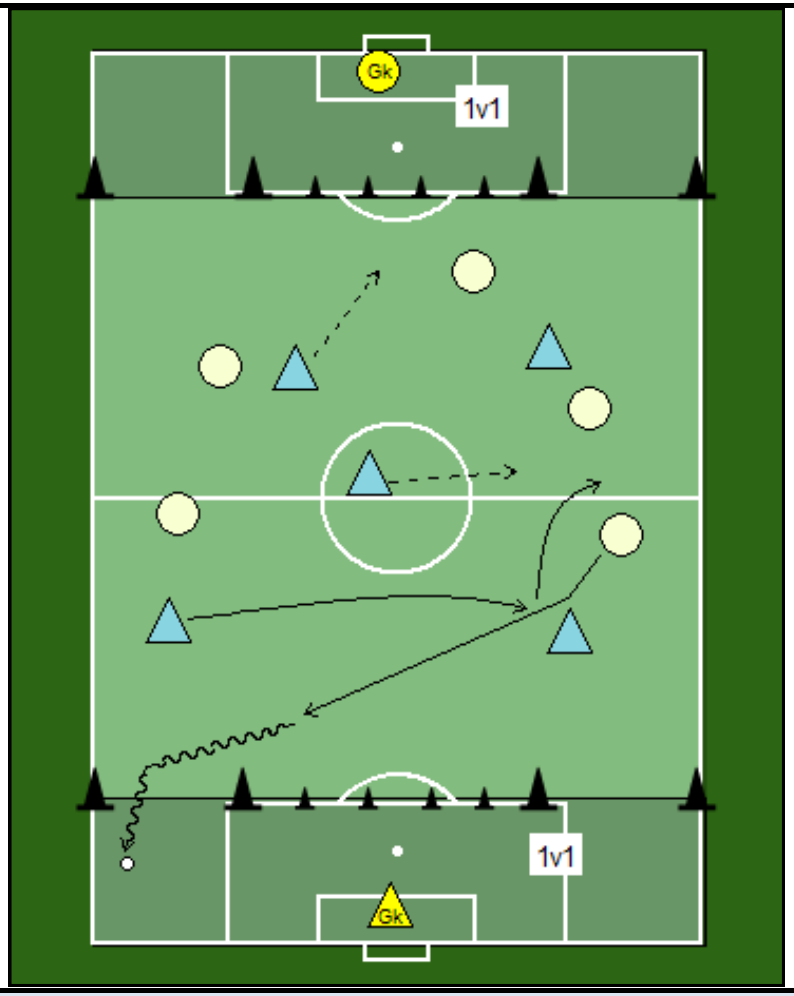
Dribbling

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**6v6 Dribbling Game.**									**Format**	**Dribble**
Set-Up	**Goals**	**6**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Large cones**	

Execution

3x 7min
2goals - supply of balls - cones - bibs.
Organisation
2 teams of 6v6
Teams attempt to score on the goals.
Players must dribble through the coned goals set up in the wide areas.
If players dribble through the cones they must shoot first time.
defender are allowed to receive the ball from the keepers inside the shooting zone and play out un-challenged.
Look For!
Awareness, change of direction, smart first touches, high tempo, Shooting.
Progression
Add extra balls.



Key Points and objectives

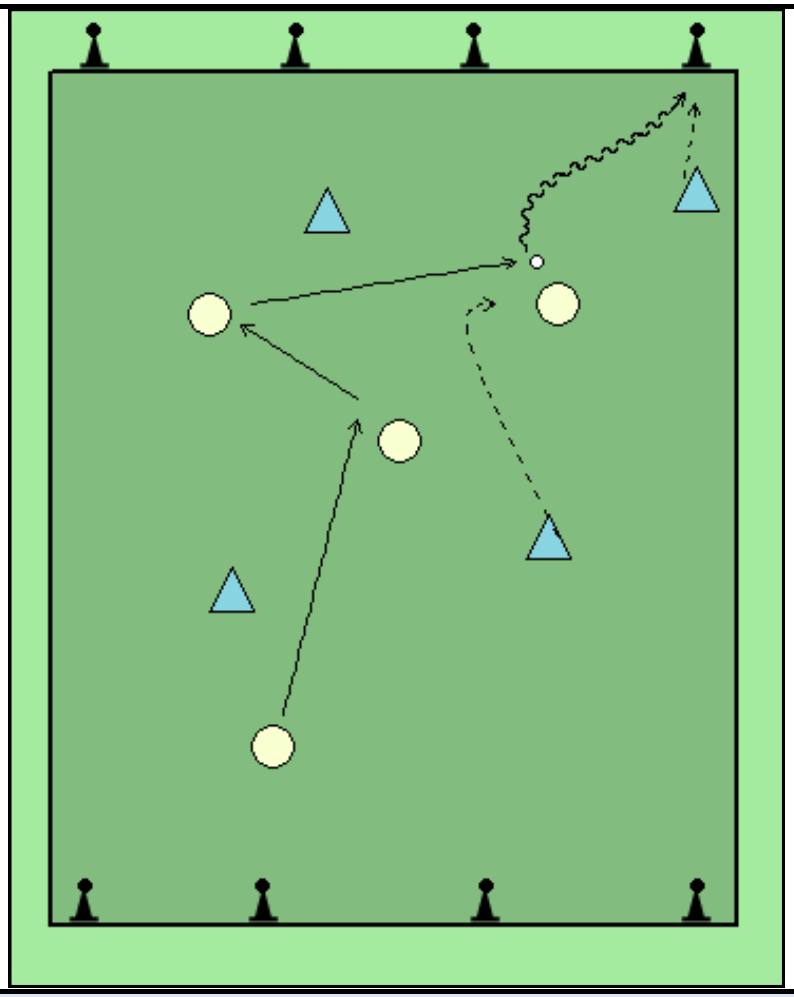
Tactical	Look to create space for the player with the ball.	**Areas**	30m x 40m				
Technical	Protect the ball on your first touch get the ball on the outside foot. Keep the ball tight to your feet use fakes and turns.	**Time**	20 min				
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Courage, have the courage to keep taking players on.						
Group	14 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**4v4 Cone killer**									**Format**	**Dribble**
Set-Up	**Goals**	**6**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Large cones**	

Execution

Bibs - cones - supply of balls- Tennis balls.
Organisation
Divide the players into two teams.
Each team has a ball each.
Set the cones at each end of the pitch and place two different coloured tennis balls on top of the cones.
The two teams can attack the cones and try to knock of the balls on top of the cones.
First team to knock all of the balls off wins.
Look For!
Tempo - techniques - relaxed attitude - FUN.
Questions
How can we make space for the player attacking the cones?
What is the best way to knock the ball off the cones?



Key Points and objectives

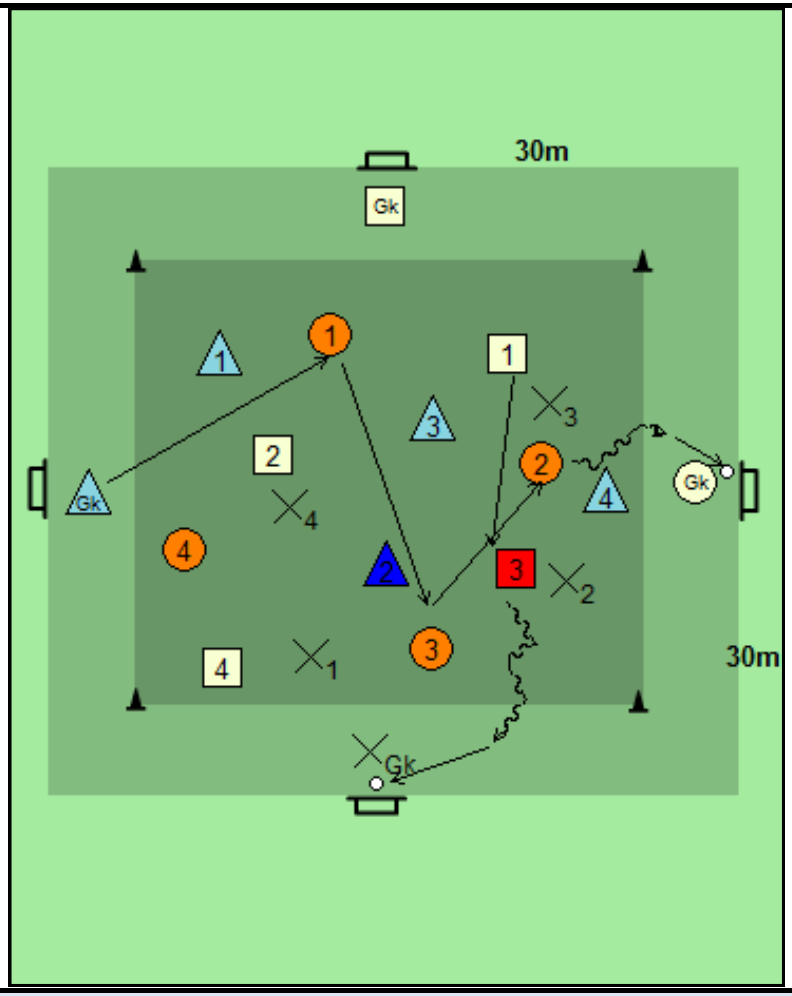
Tactical	Work out the best way to attack the cones as a group.	**Areas**	30m x 40m					
Technical	Protect the ball on your first touch get the ball on the outside foot. Keep the ball tight to your feet use fakes and turns.	**Time**	20 min					
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Courage, have the courage to keep taking players on.							
Group	14 Players							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**4v4 Dribbling Game.**									**Format**	**Dribble**
Set-Up	**Goals**	**4**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**20**	**Other**	**Large cones**	

Execution

4 goals - supply of balls - cones - bibs.
Organisation
4 teams playing on the pitch at the same time
2 teams playing in one direction while the other team plays between the other two goals.
Both games have their own ball which the other team can't touch.
Before the teams can shoot they must dribble over the end lines.
Once players have crossed the line defenders are not allowed to make a tackle.
Look For!
Awareness, change of direction, smart first touches, high tempo, Shooting.
Progression play the same game but with a size 2 football.



Key Points and objectives

Tactical	Play with your head up try to find space in a crowed areas	**Areas**	30m x 30m				
Technical	Protect the ball on your first touch get the ball on the outside foot. Keep the ball tight to your feet use fakes and turns.	**Time**	20 min				
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Courage, have the courage to keep taking players on.						
Group	16 Players, 2 GK's						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Shooting Finishing in the area.**									**Format**	**Dribble**
Set-Up	**Goals**	**4**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**20**	**Other**	**Large cones**	

Execution

The ball starts on the outside and the player looks to play into the square for one of the forwards to finish first time.

If the forward can not finish first time he can play to the other forward or pass out to a player on the outside who look retain possession of the ball.

Progression 1

Add goal keepers

Progression 2

The forwards are allowed to find each other and finish on one touch.

Progression 3

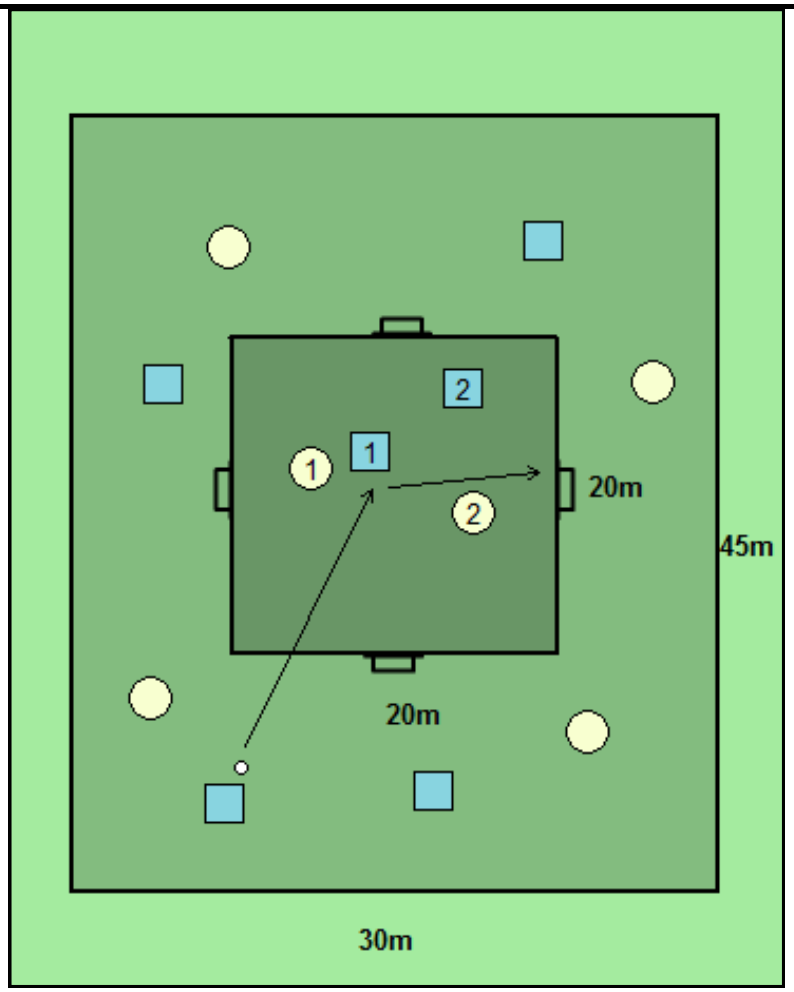
Players on the outside are allowed to rotate with the inside players at any time during the game.

Think about

What body shape will you need to adopt in the forward positions?

Try to link your movement with the other forwards.

Players on the outside try to provide support for the forwards by thinking ahead?



Key Points and objectives

Tactical	Look for the movement from the two forwards to free themselves in front of one of the goals.	**Areas**	30m x 30m					
Technical	Practice the first touch to enable the shot . Technique of the shot ability to shoot early along the floor.	**Time**	20 min					
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Composure, look to remain composed when under pressure from the defenders.							
Group	16 Players, 2 GK's							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Games for 4-3-3

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Counter -attack from central midfield.**								**Format**	**4-3-3**
Set-Up	**Goals**	**2**	**Bibs**	**8**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Flat cones**

Execution

The game.

Players arranged 3v3 in the centre, with 2 floaters providing numerical advantage for team with the ball.

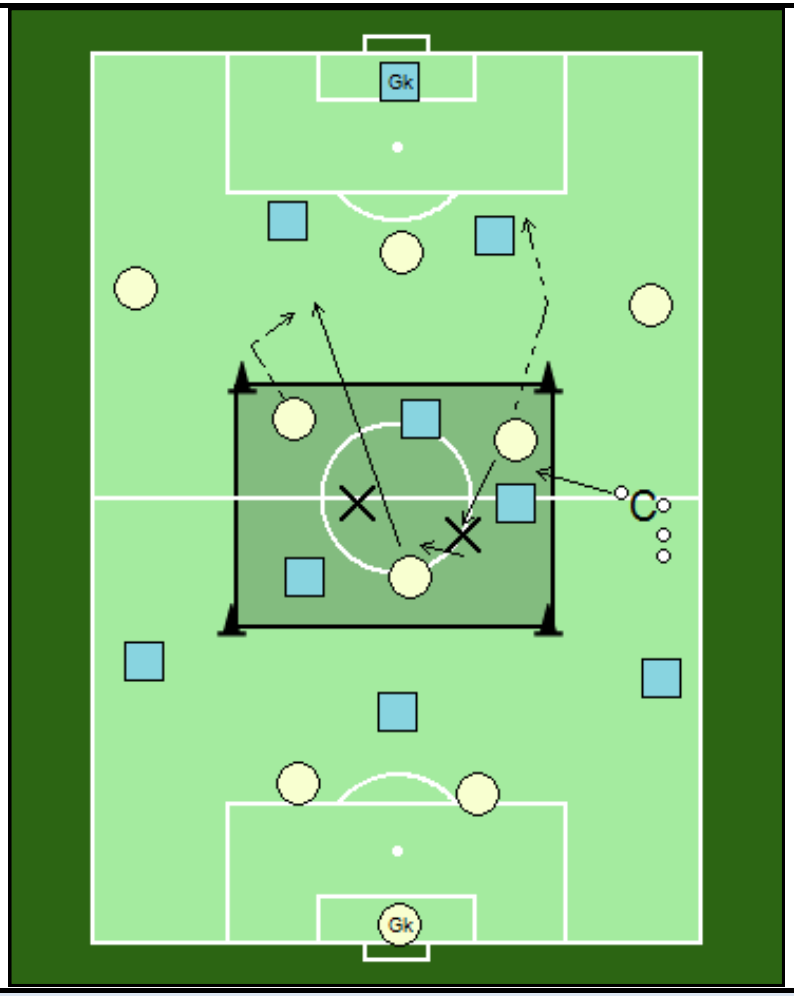
Practice starts with coach serves the ball into the central area.

Objective is for the attacking team to keep possession in area for 5 passes, before looking to play into or behind (a marked) A who starts centrally, approx. 20yds from goal.

with exception of player making pass to A, one player can break from central area to quickly support to create 5v2 to achieve strike on goal.

If D wins possession he can quickly supply his team in central area & they break forward to counter attack their opponents goal.

When play breaks down; practice recommences with same start position and play builds towards opposite goal.



Key Points and objectives

Tactical	Look to create the shape of a triangle, try to rotate your position to create space.	**Areas**	70m x 50m				
Technical	Players to work on their short passing and produce moves and turns to create space. Try to take the ball into space.	**Time**	25 min				
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Relax when in possession, play calm football, play with your head up.						
Group	18 Players , 2 Goal Keepers.						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Diagonal Movement 433 v 442**									**Format**	**4-3-3**
Set-Up	**Goals**	**6**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Large cones**	

Execution

Divide the pitch up into 6 equal sections, down the pitch.

The Game

Normal rules of football apply.

except players are not allowed to pass inside the same channel to encourage diagonal movements, free kicks are awarded if they do.

Challenges

Forwards 7,9 and 11.

Look to switch places with each other by making diagonal movements across the pitch. If one of the other forwards sets back look to make short cutting movements in behind.

Midfield 4,10 and 8

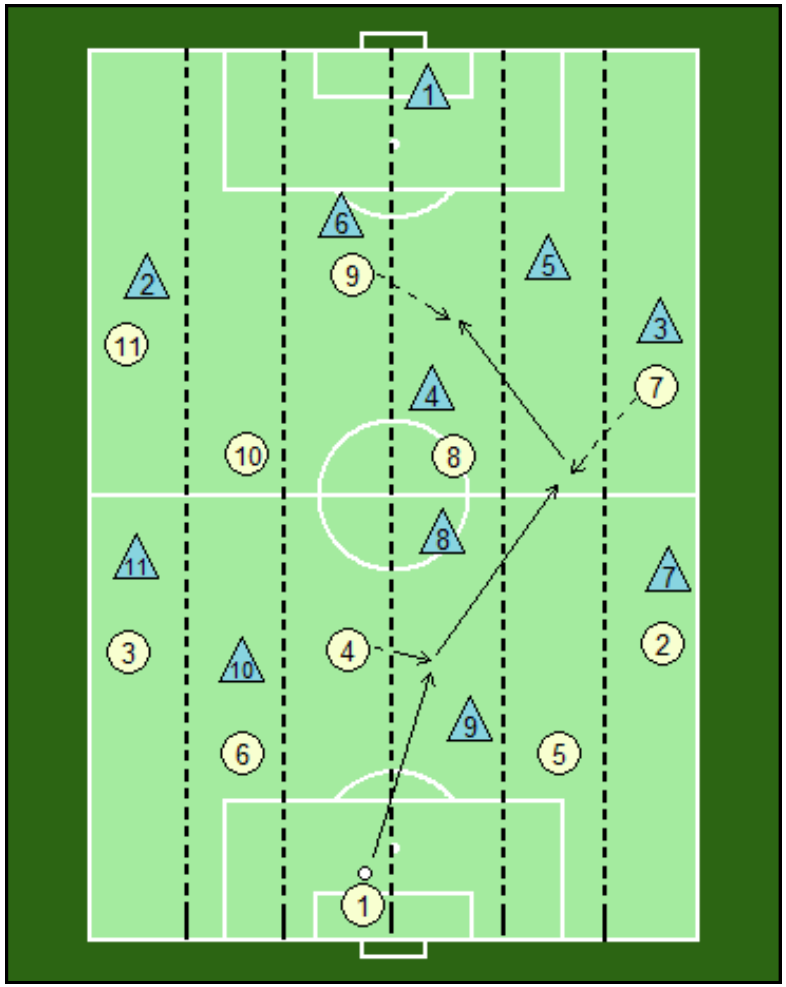
look to create triangles, when in possession try not to be in the same sections. When defending look to close the ball down quickly in the middle channels.

Full backs 3 and 2

Look to work of the triangles around you 8 and 7 for 2, 10 and 11 for 3. Try to create overloads on the wings with well timed runs.Try to be in the channel next to the near CH when out of possession.

Center Halves 5 and 6

Split wide when the keeper has the ball aim to be 2 channels apart. When out of possession try to be in the channels next to each other.



Key Points and objectives

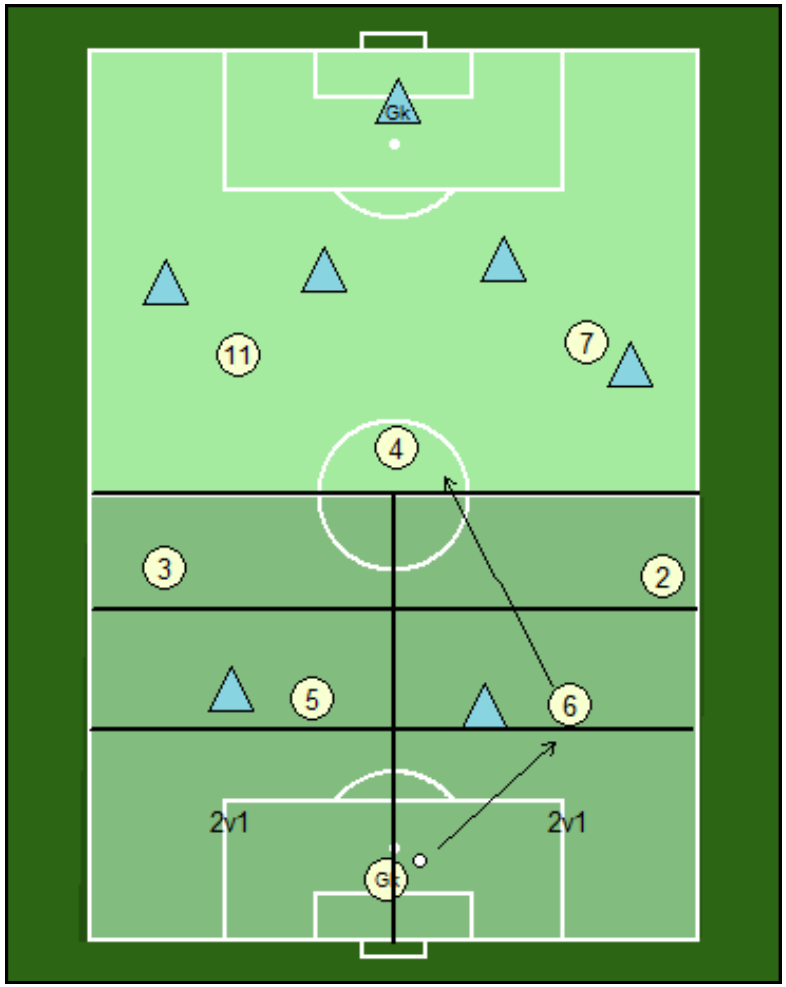
Tactical	Look to receive the ball by making short diagonal movements	**Areas**	Full Pitch				
Technical	Look at the body position when receiving the ball, take your first touch to space an protect the ball.	**Time**	20 min				
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**
Physiological	Composer, try to take your time on the ball look up and play to space.						
Group	22 Players						

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Playing out from the back.in 4-3-3.**									**Format**	**4-3-3**
Set-Up	**Goals**	**6**	**Bibs**	**4**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Large cones**	

Execution

Split one side of the pitch into 6 grids.
The practice starts with the keeper who plays out to the defenders.
Only two forwards are allowed into the half to defend the ball creating 4v2.
Ask the 2 CH's to try and get into the two outside grids and the 2 FB's to push high into the far corners of the other grids.
The defenders must make 3 successful passes before they can play out.
They then build up an attack on their opponents goal.
If the other team win the ball they should try and launch a counter attack on the goal.
Think about?
Keeper, try to play quickly try to make your decision early if you are going to kick allow time for your defenders to return to correct positions.
CH's try to move the ball quickly, how will you play if the forwards press you?
FB's Try not to pass too early, can you look to switch the play?



Key Points and objectives

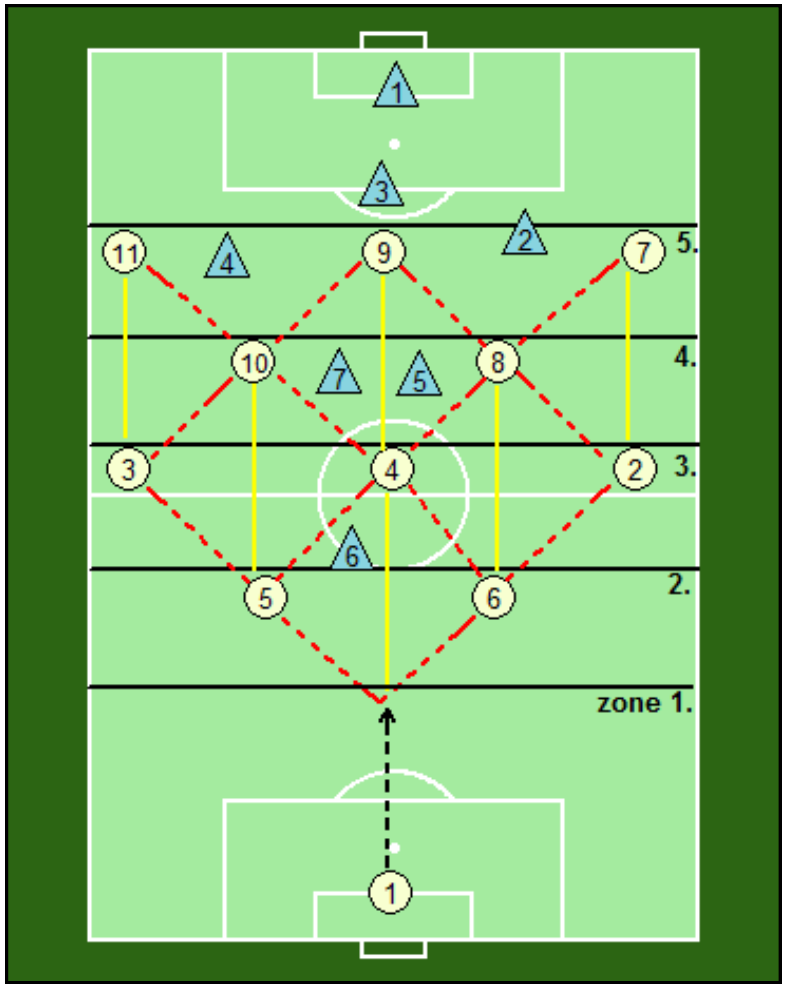
Tactical	Try to play quickly to enable you the chance to play out. CB can slide down the box to help create space.	**Areas**	Full Pitch					
Technical	Body position look to be able to play out on your first touch? Ability to pass the ball over distance. Safe tricks if needed.	**Time**	20 min					
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Composer, try to take your time on the ball look up and play to space.							
Group	14 Players 2 GK							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Playing with the 5 Lines 11v7.**									**Format**	**4-3-3**
Set-Up	**Goals**	**2**	**Bibs**	**11**	**Cones**	**Y**	**Balls**	**10**	**Other**	**Flat cones**	

Execution

Play on a full size pitch set-up 4 lines as per the diagram and arrange the players in 2-3-2-3.
The opposition play with 7 in a 3-2-1.
The game
Game starts with the Gk who looks to play out from the back.
The 11 players look to build up play while playing in the lines and from an attack on the goal.
If the defending team win the ball they can counter attack on the goal.
Progression
Players can move between the lines but must maintain the shape by rotating.
Give individual challenges to the different players.
Think About?
Angles of support, always be in a position to receive the ball.
Press the ball in the team shape.



Key Points and objectives

Tactical	Use the lines as a reference to where you should be at stages of the game.	**Areas**	Full Pitch					
Technical	Diagonal passing short, quick 1-2 play and passing between the lines.	**Time**	20 min					
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Consistency :- Players should look to remain consistent when moving the ball around the group.							
Group	18 Players 2 GK							

LEICESTER CITY FOOTBALL CLUB ACADEMY

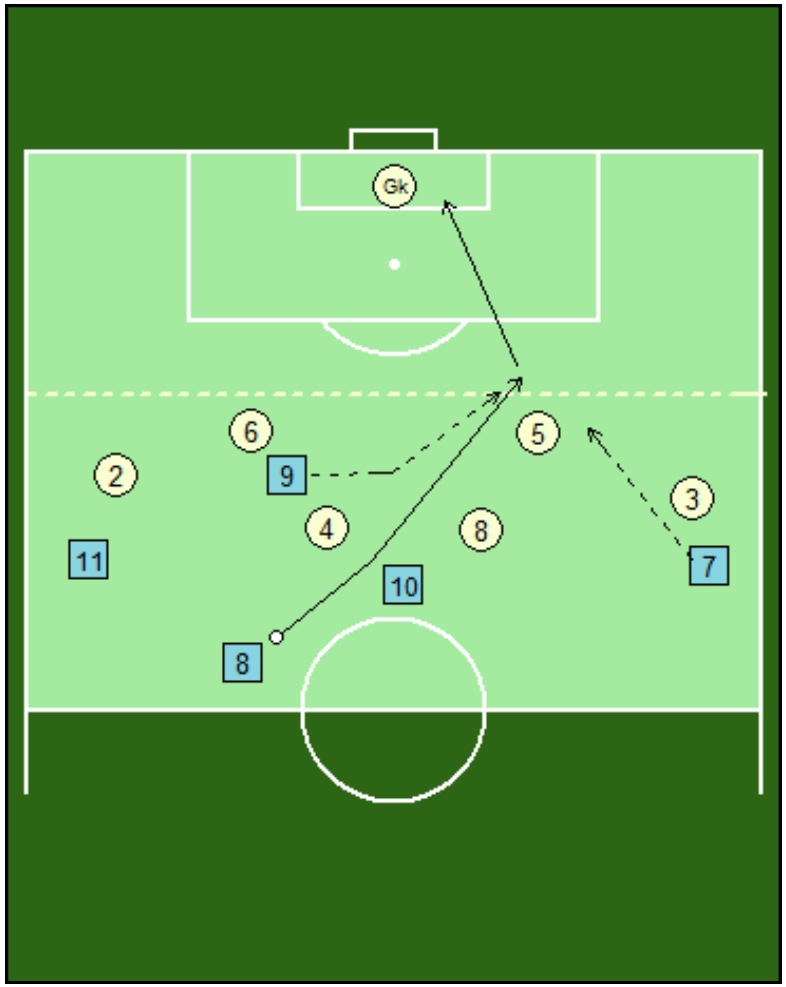
Games for 4-2-3-1

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Getting in behind**									**Format**	**4-2-3-1**
Set-Up	**Goals**	**1**	**Bibs**	**5**	**Cones**	**Y**	**Balls**	**20**	**Other**	**Flat cones**	

Execution

Mark out an attack line 30m from the goal which contains a GK.
Two teams play 5v5 between the attack line and the centre line.
Team A starts by attacking the goal from the centre line, their objective is to dribble across the attack line and finish on the goal. If they succeed, they're keep the ball and attack the goal again. If the defending team manage to dribble over the centre line they then attack the large goal.



Key Points and objectives

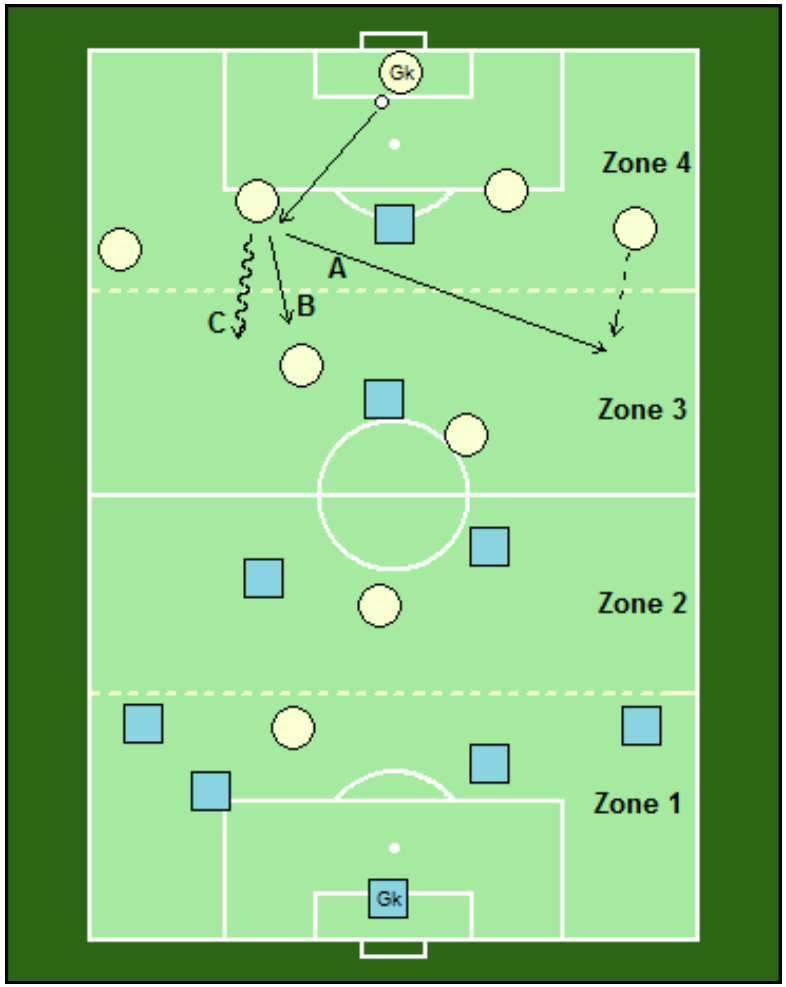
Tactical	Att:- move the ball quickly, patterns of movements to create space. Def:- Move with the ball, be compact, close the ball.	**Areas**	Half Pitch					
Technical	Att:- Protect the ball, first touch into space, quick precise passing. Def:- side on, supporting movements, tackling.	**Time**	20 min					
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Commitment:- when defending be committed to winning the ball							
Group	10 Players, 1 Goal keeper.							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**4 Zone Game.**									**Format**	**4-2-3-1**
Set-Up	**Goals**	**2**	**Bibs**	**Y**	**Cones**	**Y**	**Balls**	**20**	**Other**	**Flat cones**	

Execution

Dived the pitch into 4 zones.
Players to be split up into a formation and playing the 4 zones.
4-2-1-1.
The practice begins with the gk playing out into the first zone.
Players can travel through the zones.
A. Pass the ball into another player in the same zone to run onto the ball.
B. Players pass into the other zone and join.
C. Players dribble into the zone.
If the team loses possession of the ball they must recover their position into their zone.
Progression
Players must play through one zone and receive asset back before they can play forward.
Progression 2
Players are only allowed I touch in zone 3 and 2 touch in zone 4.



Key Points and objectives

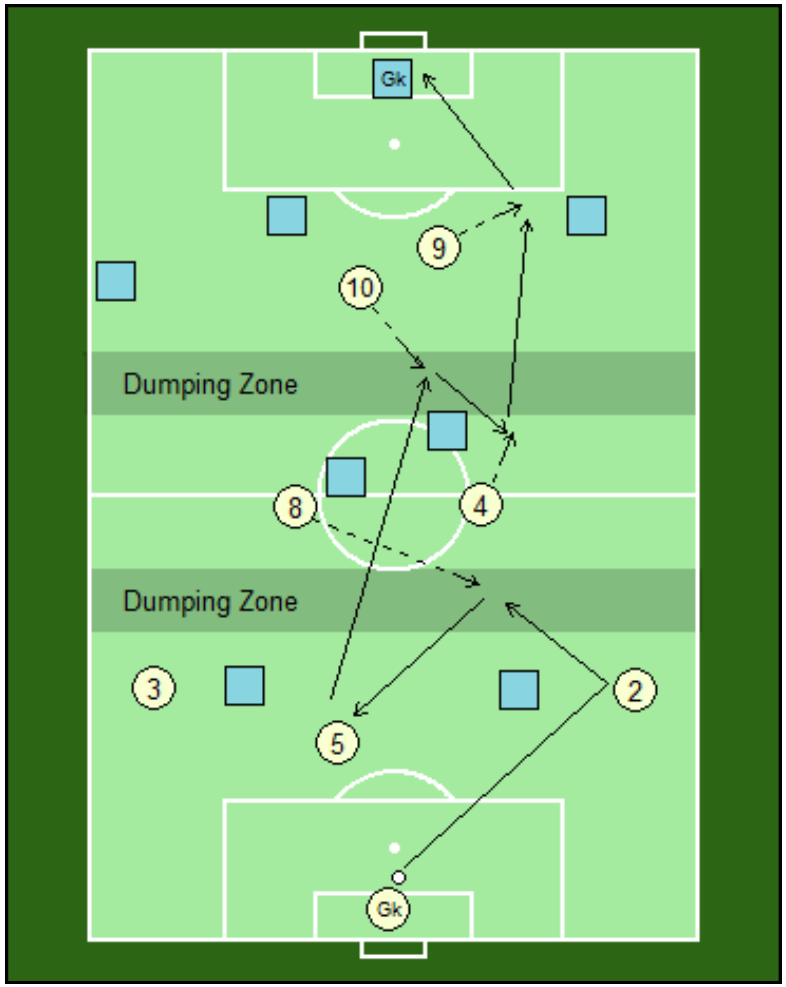
Tactical	Look to take advantage of overloads when you join in to the zones.	**Areas**	Half Pitch					
Technical	Passing and receiving skills, ability to play off one touch when possible. Ability to keep possession as a individual.	**Time**	20 min					
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Composure:- look to be composed when playing out under pressure.							
Group	16 Players, 2 keepers.							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**Dumping the ball.**									**Format**	**4-2-3-1**
Set-Up	**Goals**	**1**	**Bibs**	**5**	**Cones**	**Y**	**Balls**	**20**	**Other**	**Flat cones**	

Execution

Play on a 50 x 35 pitch with two areas marked out as dumping areas.
Set the teams up into 3-2-2.
The Game
Start the game from the GK who must play out into the defenders or into the dumping zone for the 4 or 8 to set back.
The defenders can then look to pass into the midfield or through to the second dumping ground or the 9 or 10 to set back.
Again the football can then be played forward from there.
Progression
After each set back 1 player can move into the next zone to create overloads.
Progression 2
Once the ball has been set back the receiving player can choose to run into the next zone.
Progression 3
The receiving player can choose to play forwards, if it is on to do so.
Think about
Try to set the ball back with an open body position.
Try to make diagonal runs when coming towards the ball.
Try to work in pairs with opposite movement.



Key Points and objectives

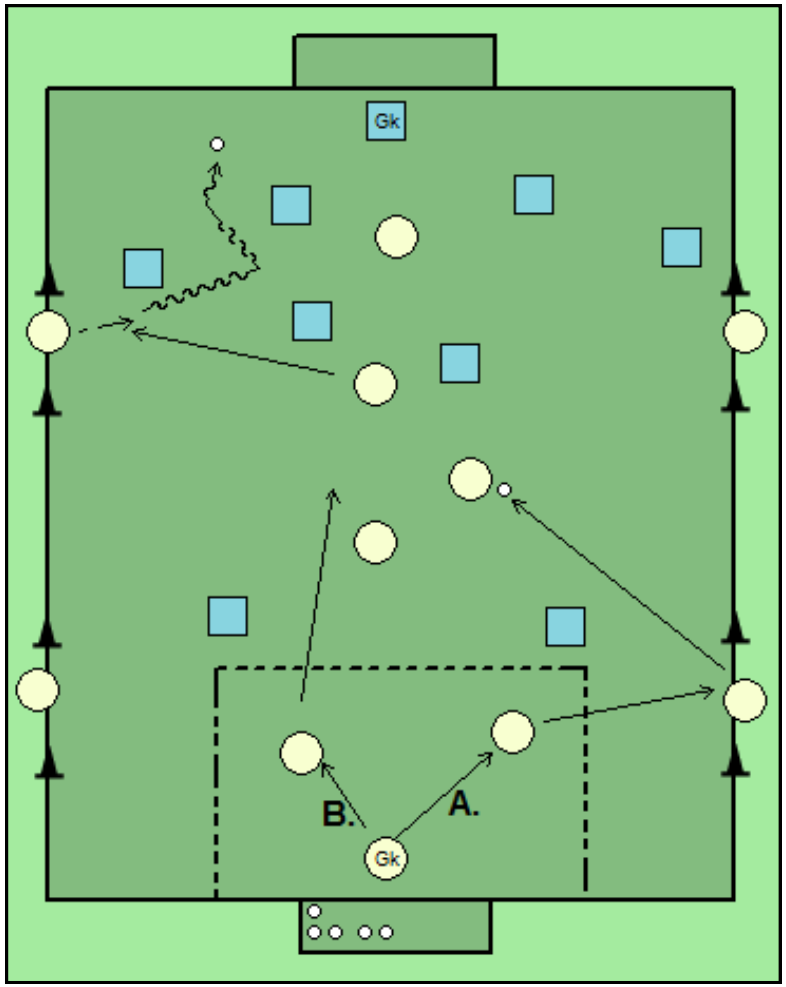
Tactical	Att:- move the ball quickly, patterns of movements to create space. Def:- Move with the ball, be compact, close the ball.	**Areas**	Half Pitch					
Technical	Att:- Protect the ball, first touch into space, quick precise passing. Def:- side on, supporting movements, tackling.	**Time**	20 min					
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Commitment:- when defending be committed to winning the ball							
Group	10 Players, 1 Goal keeper.							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**4-2-3-1 Drills Rotation of positions.**									**Format**	**4-2-3-1**
Set-Up	**Goals**	**2**	**Bibs**	**11**	**Cones**	**Y**	**Balls**	**20**	**Other**	**Flat cones**	

Execution

Divide the group into two teams, one team is to play 4-2-3-1 and set out as per the drawing the defending team to set out 422.
The game starts with the keeper rolling the ball out to the two CB who have the first touch free then play from there.
The wide men playing between the cones can only play two touch and can not move infield.
The object of the attacking teams is to move the ball into attacking areas and score.
If the defenders win the ball they can then counter attack, they have only 5 seconds to take a shot at goal.
Progression 1
Players rotate positions and the wingers can come infield as long as another player takes up their position.
Progression 2
Give the attacking team a set number of passes before they can shoot at goal.



Key Points and objectives

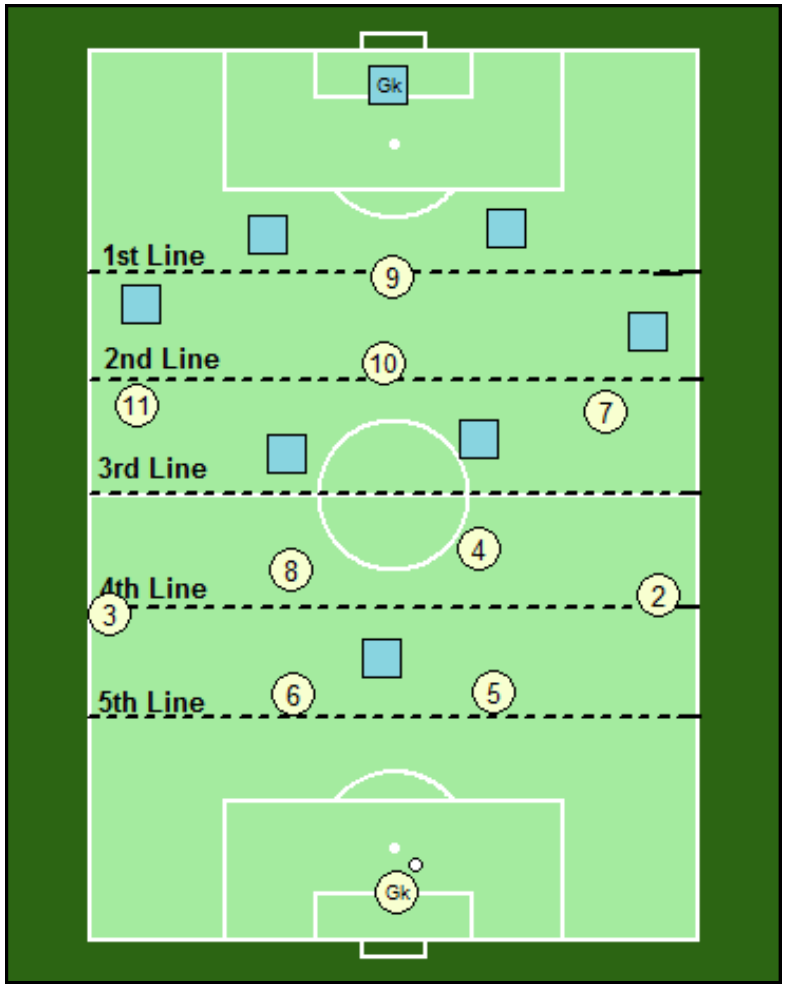
Tactical	Look to play quickly in the middle of the pitch can we switch wide and bring the wide men in off the line?	**Areas**	Half Pitch					
Technical	Players to work on individual skills, CB diagonal passing, driven balls to feet? Wide players dribbling in off the line?	**Time**	20 min					
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Consistency:- Players should look to be consistent with there movements and tempo.							
Group	18 Players, 2 Goal keepers.							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**4-2-3-1 Keeping your Shape.**									**Format**	**4-2-3-1**
Set-Up	**Goals**	**2**	**Bibs**	**11**	**Cones**	**Y**	**Balls**	**20**	**Other**	**Flat cones**	

Execution

Divide the pitch up into 5 areas (see diagram).
The Game
Play normal game and use the lines as reference for the players.
Give the players roles for their positions and ask them to try and find the areas when in possession of the ball.
Players should look to recover to the lines when possession is lost.
Players also to return to the lines when the GK is kicking off the floor.
If the defending team win the ball then they should look to launch a counter attack within 5 seconds.



Key Points and objectives

Tactical	Players should look to reform shape after they lose possession of the ball. Players to come off the lines in possession.	**Areas**	Half Pitch					
Technical	Players to work on their passing and receiving skills, players should look to play one touch when possible.	**Time**	20 min					
Physical	Football specific movements.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Concentration:- Players should look to maintain their concentration when not in possession of the ball.							
Group	18 Players, 2 Goal keepers.							

LEICESTER CITY FOOTBALL CLUB ACADEMY

Recovery

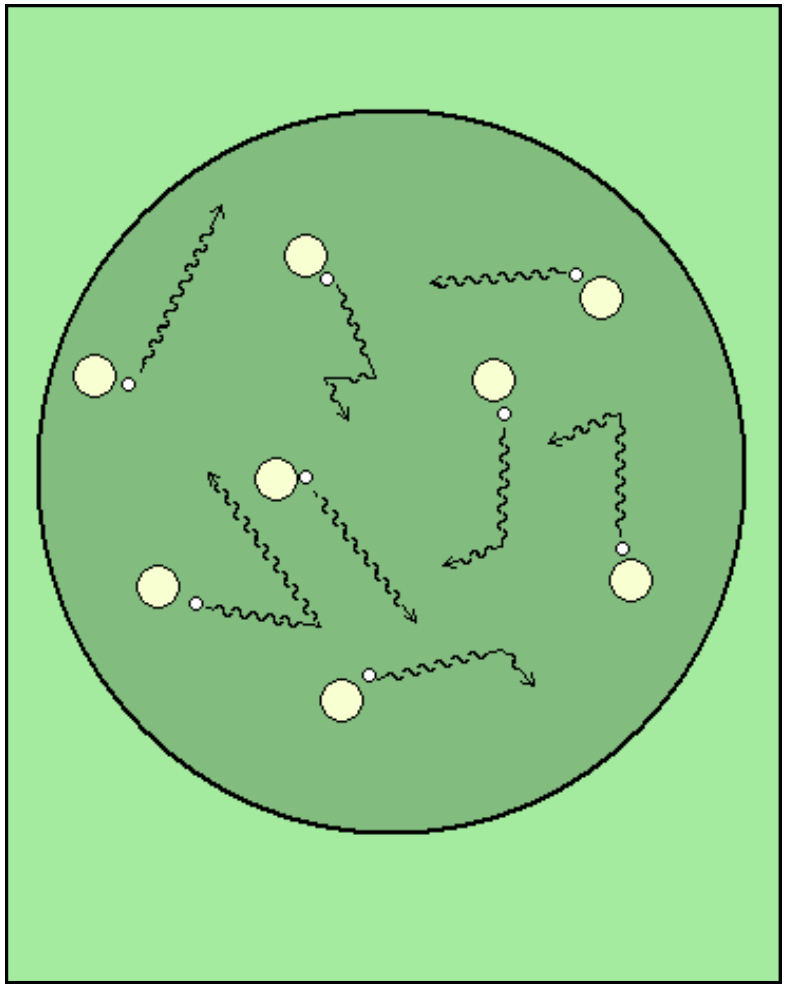
LEICESTER CITY FOOTBALL CLUB ACADEMY

Content	**End of session cool down 1 Circle.**									**Format**	**Rec**
Set-Up	**Goals**		**Bibs**		**Cones**	**Y**	**Balls**	**20**	**Other**		

Execution

Players begin with a ball each and dribble around the circle and spend 2 mins manipulating the ball at a low tempo.
Players then perform keep ups for 2mins working the ball around different areas of the body.
Players to leave the ball and perform stretches IDP.
Players to walk the ball around the circle for 2mins.

Finish with session review.



Key Points and objectives

Tactical		**Areas**	Half Pitch					
Technical	Small technical returns due to the low tempo.	**Time**	20 min					
Physical	Stretches for recovery, low tempo activity to reduce muscle stiffness.	**Intensity**	**1**	**2**	**3**	**4**	**5**	
Physiological	Session review :- Players should look to see if the session has taken them towards their goals.							
Group	Whole Group.							