














# THE NATIONAL **PLAYER PATHWAY**

**AGES 12+ years**

**A RESOURCE FOR COACHES - 11v11s**

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## Introduction

### This booklet is designed to help all our volunteers working with an 11-a-side team.

Supporting the development of young players to play the 11-a-side game is important to the success of our national game. The National Player Pathway provides a challenging, progressive system that will stimulate all young aspiring footballers. You as a coach can educate and inspire young players to achieve their potential and fulfil their ambitions, whether that's to have fun, learn new skills or to reach the top end of the game.

The 11-a-side game is the final step from the 4, 5 and 7-a-side game formats and will further extend their learning and skills to play the traditional parent game. At this age and stage it is important to understand that many young players play the game to have fun, play with their friends and to improve their skills. A player's natural desire to compete on the park should be fostered but winning games shouldn't become the only focus and you should continue to provide a positive learning environment with a focus on long term player development.

You as a coach should encourage the improvement in technique, decision making, game understanding, individual physical development and commitment to set goals but more importantly you will have the opportunity to teach important aspects of life through football, such as fair play, confidence, teamwork, resilience, dedication and commitment. Through football you have a tremendous opportunity to instil and reinforce positive values and be a positive guide in a young person's journey through life.

Keep up the fantastic work you are doing and be the kind of coaches who are remembered in a "difference making" way by young people long after their playing days are over.

This booklet along with the developing talent section of our website and our coach education courses are designed to help you deliver an enjoyable, challenging and developmental experience to your players.

## Scotland's National Player Pathway

**The Scottish FA has, in partnership with the Scottish Youth FA and key football stakeholders, implemented a National Player Pathway that takes a common sense and player centered approach to developing the football potential of our young people.**

The national player pathway is progressive, coherent and challenging and will allow young players to reach their potential wherever they live in the country.

Following the philosophy that **'the game grows with the player'** the national player pathway sets out principles and guidelines on best practice for teaching players how to enjoy and develop as players and citizens through our national game.



### 12 + Years – Developing the player

**The driving philosophy of this stage is:**

- Learning the game
- Playing the game

#### Objectives

- The focus of training is still on development: players natural desire to win on the park should be fostered by the coaches but training should not be focussed on preparing a team to win but on developing the individual player
- As a player's skill and game competence develops, technical and tactical development becomes more emphasised. Focus on core skills and tactical application in competitive environments
- Progressively develop strength, power, speed and endurance through individual programmes at this stage
- Encourage players to practice in their own time and set homework challenges

Please note that there are some minor differences within the Female Player Pathway and these are outlined on Page 7. ►

For further information or clarification on match rules please contact SWF direct. [Click here.](#)

## 13-16 YEARS

### DEVELOPING THE PLAYER (11v11)

- Traditional Season
- Trophy Football
- Normal laws of game apply
- size 4 ball at U13, size 5 ball thereafter
- 2 x 35 minutes at U13 & U14
- 2 x 40 minutes at U15 & U16
- 2 x 45 minutes at U17 and above
- Rolling subs

2

### 9-12 YEARS LEARNING TO PLAY (7v7)

1

### 6-8 YEARS DESIRE TO PLAY (4v4 & 5v5)

6

- COACHING
- VOLUNTEERING
- OFFICIATING
- SPECTATING

## THE NATIONAL PLAYER PATHWAY

5

### ADULT FOOTBALL

- Professional
- Amateur
- Recreational

4

### 16-21 YEARS PREPARING TO COMPETE (11v11)



## 13-16 YEARS

### DEVELOPING THE PLAYER (11v11)

- Summer Season
- Trophy Football
- Normal laws of game apply
- Size 4 ball at U15, size 5 ball at U17
- 2 x 35 minutes at U15
- 2 x 40 minutes at U17
- Rolling subs

2

### 10-12 YEARS LEARNING TO PLAY (7v7)

1

### 5-9 YEARS DESIRE TO PLAY (4v4 & 5v5)

6

- COACHING
- VOLUNTEERING
- OFFICIATING
- SPECTATING

## THE FEMALE PLAYER PATHWAY

5

### ADULT FOOTBALL

- Elite
- Amateur
- Social

4

### 16-18 YEARS PREPARING TO COMPETE (11v11)





## Role of the Coach

The role of the coach within youth football is crucial as this is the stage where players will learn to play the traditional 11 v 11 game and develop standards and values around playing the game.

It is your role to help players to learn the game, to maximise on their skills and to work as part of a team. It is important not to pressurise young people to win early in their development but to teach values of hard work, resilience and willingness to learn and make their experience an enjoyable one.

A knowledge of young people and how to teach is often more important than a knowledge of the game. It is also important that we understand why young people enjoy playing football and importantly how to keep them playing football for as long as possible.

**Your role as coach is to .....**

- Provide enjoyable and challenging activity suitable to the age of the players
- Provide well organised and planned practices and games
- Provide stimulating activities that promote skills and movement development
- Communicate appropriately with young people
- Praise and encourage young players to have the freedom to express themselves
- Use teachable moments to educate young people
- Be a good role model
- Teach basic ethics of fair play and sportsmanship
- Be patient with your players during this transition as it may take time for some of them to adapt to the 11 v 11 game

**.....so that the players will.....**

- Be motivated to play the game so it becomes a lifelong habit
- Develop skills, technique and fitness
- Be comfortable with the ball
- Be more confident to try new challenges
- Understand and demonstrate good sportsmanship
- Be hardworking and committed
- Be resilient when handling adversity
- Be motivated to practice more



Use the checklist below to help guide you to create the best possible football experience for your young players:

- ☒ Make it fun
- ☒ Make it safe
- ☒ Use the ball
- ☒ Always coach positively
- ☒ Involve all your players
- ☒ Be patient
- ☒ Be a good role model

## Coach Education Pathway

The Scottish FA continues to invest in the development of our coaches and volunteers and values the role these people play in the development of our game. The game is as good as the coaches who provide the opportunities. To ensure quality provision we have worked hard to implement a Coach Development Pathway which addresses the needs of the coach in relation to the age and stage of their players.

The following pathway for coaches working in the youth game is available:



For more information on the Scottish FA coach education pathway visit [www.scottishfa.co.uk/coacheducation](http://www.scottishfa.co.uk/coacheducation) or contact your local football development officer.

## Positive Coaching Scotland

#MakeFootballFun

The Positive Coaching Scotland (PCS) programme is about creating a positive environment in youth football - one which focuses on encouraging effort and learning, improving performance and fostering competition. We strive to develop young players to win through effort and teach young people valuable life skills through sport - Better players & better people.

Through the Positive Coaching Scotland programme we are driving change.

Positive Coaching Scotland gives all involved in the game the tools to develop happy, successful, confident, and respectful young people. It's our role to make football fun and help them develop a love for the game that will keep them involved through to adulthood.

We need your help to give young people the best experience possible playing football. Unfortunately across all levels of the youth game, coaches focused on winning at all costs, irresponsible parents piling pressure on their children, violence on the touchline and disrespect for officials have become far too common. Therefore it's no surprise a high proportion of players are lost to football at a young age and we aren't producing enough high performing players. Coaches, parents, volunteers, officials and players alike, let's work together to change our culture.

### The PCS Approach

PCS is unique as it delivers keys consistent messages to all the key people involved in a football environment. Our aim is to unite them all under one culture and ethos where all these people are aligned through the same values and work together for the development of young people. PCS can support you to develop a positive club culture through our workshops and resources. For more information on the programme please visit [www.scottishfa.co.uk/positivecoaching](http://www.scottishfa.co.uk/positivecoaching)



We use three key principles:

### Honour Our Game

Teach everyone involved how to respect their team-mates, opponents, the rules, officials, and themselves.

- Encourage all young players to obey and uphold the rules and play the game fairly
- Encourage all players to show respect to opposition - Play hard and play fair
- Encourage all players to value a referee's role and always show respect
- Give teammates praise & encouragement
  - Work together to achieve team goals
- Lead by example by your manner and behaviour on and off the pitch



### Redefine Winning

Move the focus from the scoreboard to succeeding and winning through effort.

- Sustained effort to achieve set goals – encourage players to work hard to achieve in whatever they do
- Don't focus just on results, focus players to learn and improve to master skills and improve performance
- Mistakes happen – more important is we encourage players respond quickly and positively to recover.

### Fill the emotional tank

Build a young player's confidence, self- motivation and resilience.

- Encourage players to give praise and encouragement to their teammates
- Give positive encouragement of effort irrespective of outcome or result
- Encourage young players to be confident and don't be scared to try things
- All players get nervous- praise, listen and support players to build confidence
- Model the good behaviour you want to see in your players through positive verbal and non-verbal communication on the pitch

Taking on board these goals and principles, the role of the coach at this stage is vital and you can have a big influence on young people. PCS will provide you, the coach, with a unique range of tools for use in training and competition that will enable you to coach children in such a way that they will learn more, try harder and stay longer in sport. What's more, they'll enjoy the journey.

### Be a positive coach

- Develop a football culture in your club where young players are developed positively and supported to be the best they can be.
- Teach everyone involved in your club including players, parents, volunteers and spectators how to show respect and sportsmanship to Honour Our Game
- Have a long term aim by moving the focus away from results and league tables to succeeding and winning through effort.
- Work in partnership with parents, coaches & players, to enhance the skill and learning of all members to create a club committed to excellence and championing the PCS culture.
- Keep young people in football longer

### PCS Coaching Tools

We promote a number of tools that can support you to get the best out of your players and create the best possible environment.

### Teach RESPECT and manage behaviour

As a coach, it is important that you set high standards of attitude and behaviour for your young players and how they play the game. At this stage it is very important you discuss respect with your players. Talk and discuss respect with your players you will be able to encourage all your players to play the game with honesty and great sportsmanship.

#### Who players can show respect to:

- ✓ Yourself
- ✓ Teammates
- ✓ Opponents
- ✓ Coaches
- ✓ Referees
- ✓ Parents
- ✓ Club
- ✓ School

#### How players can show respect:

- ✓ Shake hands
- ✓ Praise & appreciate others
- ✓ Support & help others
- ✓ Win with grace, lose with dignity
- ✓ Thanks opponents, referee, coach & parents
- ✓ Lead by example

A great way to teach respect is using **'Teachable Moments'**. There are many situations that arise during practice sessions, matches or even in professional football which can be used to teach young people valuable about respect. These teachable moments can be both negative and positive – for example a high profile player behaving in a controversial way or a young player assisting an injured opponent. Use these situations and examples to engage the young people in discussions about which situations show respect. You can let them know how you feel the situation should have been dealt with after they have voiced their thoughts.

### Managing behaviour

As a coach you may face situations where players, parents or other coaches do not honour our game. These situations should be addressed immediately and not allowed to escalate. Some coaches may find it uncomfortable to intervene and challenge inappropriate behaviour. However, without intervention this behaviour will only get worse. No matter how small or how big the problem, make sure you address the issue. Using the tools to Honour Our Game should help to minimise levels of bad behaviour. However, situations that cannot be ignored may still arise. If they do, then:

- Reinforce the behaviour you want
- Ignore behaviour you don't want
- When you can't ignore it, use the three Cs
  - Intervene calmly
  - Be consistent
  - Be aware of consequences

Remaining calm and in control is key to resolving any behavioural issues.



**It's their  
game. Let  
them play it!**

### Fair Play Cards

We promote the use fair play cards as a non-threatening way of reminding parents/spectators that they are role models and how they can best support their child. The message on the fair play cards is very clear and helps you as a coach get some key messages out to parents.

#### Using your fair play cards:

- Before kick-off coaches should bring all players together and set the behavioural standard they expect from the players
- Coaches then give each player a fair play card
- Players then run to their parent/guardian, hand the card to them and ask them to read it (if they do not have anyone watching the player should hand the card to team officials/coaches)
- After the match the coach should call the players together to reinforce any behavioural issues that may have arisen during the match (these can be positive or negative issues)
- The players should then run to their parent/guardian and collect the fair play card back from them
- Coaches then collect the cards to use again the next week

The cards can also be used directly to parents/spectators who are shouting from the touchline. By giving them a card to read will hopefully quiet them down and hopefully make them think about their behaviour. Its helps you as a coach set a standard of behaviour for you team which includes the parents & spectators.





## Redefine winning

Children are naturally competitive – a quality we should not discourage. However, as coaches we have a duty to manage and educate our kids on the processes of winning instead of judging success on the scoreboard. Winning on the scoreboard is one of our targets but solely focusing on this will only prevent development and in return result in failures and regrets.

The most successful youth coaches are not necessarily the ones who win the most games. Coaches who are successful win on the basis of players' development and creating a robust team work ethic and togetherness.

Our aim is to change the perception of a winner, with the aim being to change the coaching culture of Scottish Youth Football.

The win at all costs mentality which has an only focus of winning games often omits to teach the best footballing techniques and the result of this, being coaches train the children as opposed to coaching them, in effect, inhibiting their development.

*“As a kid they teach you not to play to win, but to grow in ability as a player. At Barca, we trained every day with the ball, I hardly ever ran without a ball at my feet. It was a form of training aimed very clearly at developing your skills.” (Lionel Messi)*

Our aim is to promote an atmosphere of teamwork, respect, and a commitment to set goals to continually improve. Easier said than done but by striving to achieve this ethos you can be a successful coach who develops individuals and wins the odd game too.

## WIN AT ALL COSTS COACHING

Win at all costs mentality, where coaches compare players and teams. The emphasis to win, leads them to criticise players, creates an environment whereby mistakes are unacceptable and focus on the short term glory.

- ✗ Results
- ✗ Compare with others
- ✗ Mistake NOT ok

➡ MORE ANXIOUS

➡ LESS CONFIDENCE



## MASTERY COACHING

At PCS we promote mastery coaching which promotes Effort, Learning and Mistakes as being essential to a positive environment. Effort should be encouraged and recognised at all times: Learning should be broad and wide and Mistakes are more than ok, analyse them and learn from them.

- ✓ Effort
- ✓ Learning and development
- ✓ Mistake ok

➡ MORE CONFIDENT

➡ LESS ANXIOUS

### Benefits of creating a positive environment through Mastery Coaching:

- ✓ More satisfaction, higher enjoyment, more positive emotions
- ✓ Learn faster and process information more deeply
- ✓ More creativity and problem-solving ability
- ✓ Stick with football longer and through adversity
- ✓ Win more



## Rewarding Effort

The key is to champion **EFFORT & LEARNING** over results. An easy way to do this is to reward and praise your players when they have worked hard and gave maximum effort

All coaches are able to recognise when a player has performed well. It is important to recognise the effort made regardless of whether they were successful or not. For example if a player dribbles past two defenders and then shoots the ball high and wide. At first the player will be disappointed but by rewarding effort made to go past two defenders and get a shot should be rewarded with praise. By doing so, participants will feel valued and their confidence levels will be maintained, leading to an increased desire to try harder next time.

It is easy to praise great goals, assists, goal saving tackles but also look for the less obvious efforts that your players are making. This will help create a culture where hard work is being rewarded and becomes the norm for your team.

Straight after game a great way to change focus from results to learning and development is to ask the right questions?

- **Did you enjoy the game?**
- **Did you work hard?**
- **What went well?**
- **What you learn?**
- **What could you improve next time?**

This will help build confidence and focus the young players on working hard to achieve and develop.

## Player friendly feedback

### Magic ratio 5:1

There will be times when you have to give constructive criticism to a player as this is an integral part of the coaching process. It is recommended that when giving criticism you should give five positive comments to every negative comment. Research has shown that a magic ratio of 5:1 is ideal. Although five comments may sound a lot, they can take the form of positive body language such as smiling, clapping or giving a thumbs up or high five.

### Ask Rather than Tell

A great tool for coaches is 'ask rather than tell'. Get in the habit of asking questions of your players rather than telling your players what to do. Asking questions and listening to your players will help them think for themselves and you as a coach can monitor their learning and understanding. The player will become less reliant on your feedback and will be able to solve problems for themselves. This way they are taking more active involvement in their learning rather than being dictated to.

Ask, "How can you get past that player? Or, "If you are in the same situation next time, what can you do differently?", "Why am I asking you to move off the ball" This again allows the player to think for themselves, analyse what went wrong/right and identify what they need to do to improve. Asking the right questions takes as much skill as giving the right answers.

### Positive feedback

Coaches will often spot things which are being done incorrectly and then try to correct or improve them. However, it is equally important – and valuable – for coaches to spot things that are being done well and to reinforce these points with the individual as this will encourage them to continue.

These can be verbal as well as physical actions. You can look for good positional play, good skill/technique, communicating well with teammates, helping teammates recover from mistakes, respecting referee.

Try to identify 3/5 points per player that all focus on positive things they have done in training or games. Share these points with each player and also look to share with the wider group at the end of a session will encourage others to show the behaviour you are praising.

#### During the competition

1. Well done!
2. Terrific!
3. Good Work
4. That's a real improvement!
5. You're really working hard today!
6. Keep up the good work!
7. Tremendous
8. Great!
9. Outstanding!
10. Fantastic!

#### After the competition

11. That was really good!
12. I'm proud of your effort today!
13. You did really well today!
14. You must have been practicing!
15. That was great, you're improving!
16. You worked well today!
17. Good effort out there today!
18. Great effort!
19. You're getting better every day!
20. I'm so proud of you!



## Codes of Conduct & Good Practice

One of the critical components of our game is the passion that people show for the team and club that they support. Whilst this passion is usually harnessed and used to support our game it sometimes can boil over to create negative situations. We must all work together in the attempt to eliminate this negative passion. Codes of Conduct are an integral component of footballing activities and the following codes compliment the good work of the many football bodies in Scotland.

All members of your club or association must adopt specific codes. The Scottish FA and SYFA encourages members to be vigilant in enforcing such codes whether via support for those who constantly abide by the codes and/or penalties for those who fail to act in accordance with the codes.

Fair Play must be fundamental to the aims and objectives of the club where it is crucial to ensure that all players, officials and volunteers abide by the rules, respect everyone and maintain high standards of sportsmanship at all times.

**Always Honour the Game!**





## COACHES' CODE OF CONDUCT

- Allow all players, no matter their level of ability, the opportunity to play
- Respect the rights, dignity and worth of every player and treat everyone equally within the context of football
- Always pursue fair play
- Prohibit use of camcorders and cameras unless parental consent has been provided
- Place safety and well-being of the player above the development of performance
- Be aware of the Scottish FA, SYFA and the Club's Child & Vulnerable Adult Protection Policy and Procedures
- Ensure that coaching sessions are enjoyable, well-structured and focus on developing skills, decision making and a general understanding of the game
- Develop an appropriate working relationship with players based on mutual trust and respect
- Encourage players to accept responsibility for their own behaviour and performance
- Ensure that sessions and games are appropriate for the age, maturity, experience and ability of the individual
- Must consistently display high standards of appearance and behaviour
- Know where to find appropriate first-aid training. Contact the Scottish Youth FA
- Hold a current membership list and have a register available at all activities

## PLAYERS' CODE OF CONDUCT

- Play by the rules – the rules of your club and the rules of the game
- Never argue with a Match supervisor or other official – without these people you can't play football
- Control your temper - verbal abuse of officials and abusing other players doesn't help you enjoy or win any games
- Be a team player – it's a team game, treat it that way
- Treat all players as you would like to be treated – fairly
- Co-operate with your coach the referee and team-mates
- Play for your own enjoyment and to improve your skills through hard work
- Don't use ugly remarks based on race, religion, gender or ability – you'll let down your coach, team-mates and family if you do – and many such comments are actually now illegal





## Positive Parents: Build a coach/parent relationship

Young players bring parents with them so you as a coach must engage with parents to help build a positive team culture. A good working relationship between coaches and parents can be a great tool in developing young players.

**Parent meeting** - a meeting with the parents at the start of the season can be a great way of developing a positive environment and setting down the standards that you will be applying for the coming season.

At this meeting you should discuss;

- **Coaching Philosophy** – discuss your philosophy as a coach which may include respect, effort, learning and set your rules on game time, missing training, travel etc.
- **Aims and goals** – set down aims and goals for the season including player and team development
- **Logistics** – training and game information, team contact list and what equipment the players will need
- **Parent code of conduct/Parent pledge** – clear rules regards match days and the behaviour expected to best support their child
- **Parent Volunteers** – Parents can be a fantastic support for your team and your club and you should encourage them to take on duties which may include kit washing, refreshments or other club roles. It is good to discuss support needed with parents as many parents will have specific skills that will be able to support your club. Involving parents will also help develop a family friendly environment and a positive experience for all.
- **Touchline coordinators** – Appoint touchline coordinators on match days to help honour the game. A touchline coordinators role is to promote the honour our game message of respect and to communicate with all parents to support the coach and the players in a positive way. Touchline coordinators will uphold the messages of respect for the rules, officials, opponents, teammates and self and will work with parents to let the players play, coaches coach, referees make decisions.
- **PCS Parent leaflet** – Coaches and PCS touchline champions can use the PCS parent leaflets to reinforce the standards of behaviour you set and the use of the leaflets is a way of reminding spectators that they are role models and play a key role in the development of their child

## Match Day Protocol

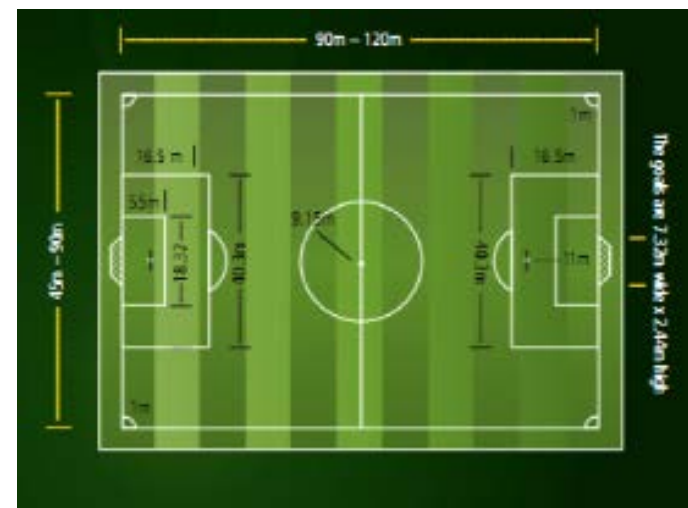
On match days the home team should follow the guidelines below to ensure that we create the best possible environment for our young players to play in.

- Early arrival at venue
- Set up pitch – safety check, erect goals, set out spectator area on one side of pitch 1 metre back from touchline. (Please refer to [www.scottishfa.co.uk](http://www.scottishfa.co.uk) for Play it Safe leaflet)
- Meet and greet own players
- Meet and greet away team. Club official to show opposition to team dressing room
- Meet and greet referee and introduce to home and away team. Carry out a safety check and remind players of the standard of behaviour required
- Pre match preparations – warm up, game information, goal setting
- Champions league handshakes- home team, away team, coaches and referees
- PCS Touchline Champion to support the positive ethos of the game by distributing Positive Coaching parent leaflets and supervising positive touchline behaviour
- End of game handshakes to congratulate referee, opposition and all others involved
- Post-match – cool down, review effort goals, effort and fair play. Use teachable moments to reinforce high standards of behaviour
- Information to team regards training, next game
- A first aider must be in attendance at all club events and all injuries should be recorded with a note of action taken in relation to each one. Never play injured players



## 11-a-side Football Match Guidelines

11-a-side (age groups thirteen to twenty-one years)



All matches to be played in accordance with the Playing Rules of the Scottish Youth FA and the Laws of the Game.

Normal laws of game apply (Laws of Game document)

- Size 4 ball at 13 level, size 5 ball thereafter
- 2 x 35 minute games at 13 and 14
- 2 X 40 min games at 15 and 16
- 2 X 45 min games at 17 and above



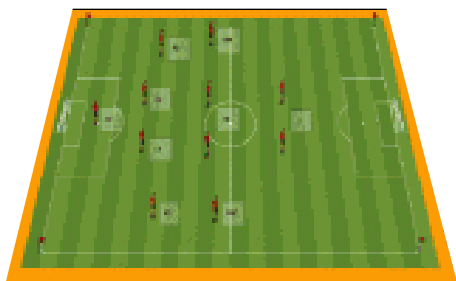
[www.scottishfa.co.uk/referee](http://www.scottishfa.co.uk/referee)

## What is different about 11v11?

- Trophies
- League tables
- Referee
- Size of pitch
- Number of players
- Offside
- Game Duration
- Formations
- Size of goals

### Sample 11v11 Formations

4-4-2



4-3-3



## A playing style

When **YOU** have the ball

### 5 KEY MESSAGES

1. Be Brave and Play
2. Attack spaces
3. Enjoy sharing the ball
4. Always “want” to attack
5. Keep the ball moving

When **THEY** have the ball

### 3 KEY MESSAGES

1. Work in Groups – communicate
2. Organise lines and be strong and aggressive
3. Work hard to get the ball back

## THE WAY WE WOULD LIKE TO PLAY

- Be **Patient**.... Encourage players to make their own decisions and not to be afraid of mistakes
- Be **Brave** with and without the ball
- Be **Positive**. Allow players express themselves
- **Love** playing with the ball in every situation
- Encourage players to **Enjoy** themselves. Make sure the game is **Fun**



## POSITION SPECIFIC PRACTICAL CONTENT

### 11's – Defenders

#### DRILL - Set Up:

Passing rotation with 2 balls working. Balls start in opposite corners. Players follow pass in rotation.

#### Instructions:

Starting players roll the ball out from their feet to start rotation. This triggers movement from the next player. Players pass round the rotation and follow pass.

**Part 1** – Pass from full back to striker.

Pass from full back to wide player.

Pass from full back to centre mid.

**Part 2 Progression** – Add players to allow centre back involvement – Play into centre half and then forward to striker.

#### Coaching Points:

- Movement to receive pass
- Open up body
- Good first touch
- Quality of pass



#### GAME-RELATED PRACTICE - Set Up:

Pitch set up with 3 zones. Two balls working at the same time. Back 4 set up with 2 strikers. Floating midfielders are involved with both teams.

#### Instructions:

Goalkeeper in each goal start with a ball and throw to same side full back (left). Full backs open up body and play pass into striker. Floating midfielders can go and support to end with a finish from strikers or midfield. Play can start using any of the back 4 but must be the same on both sides.

**Progression** – Goalkeeper can through ball to any player in the back 4. Ball can also be played into midfield with defender supporting. Always finish with a shot at goals.

#### Coaching Points:

- Movement to receive the ball from goalkeeper
- Awareness and body position
- Good first touch
- Quality of pass
- Decision making
- Supporting play



#### CONDITIONED GAME - Set Up:

Pitch set up with 3 zones. One ball in play. Back 4 set up with 2 strikers. Floating midfielders play with team in possession.

#### Instructions:

Goalkeeper starts with ball and plays to one of the back four. Opposing strikers can apply pressure.

Ball must be played up to striker with one floating midfielder supporting.

Two opposing full backs go off the side of the pitch when defending to allow overload for a finish.

When play stops defenders come back on pitch and start attack through goalkeeper.

Players must defend goal side

**Progression** – play through midfield with defender supporting to play pass into striker. Finally remove the zones to allow free play.

#### Coaching Points:

- Movement to receive the ball from goalkeeper
- Awareness and body position
- Good first touch
- Quality of pass
- Decision making
- Supporting play



### 11's – Midfield

#### DRILL - Set Up:

Set up as defenders, midfielders and forwards

Two groups of players working at same time.

#### Instructions:

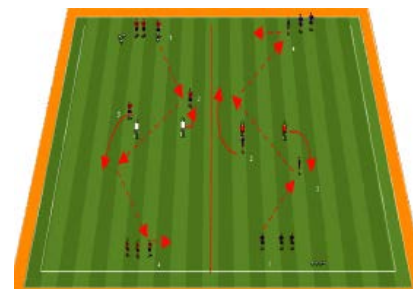
Defender 1 plays pass to midfield 2 who has "come short" to receive. Pass is then played to midfield player 3 who has made blindside run, player 3 receives and passes out to forward player 4. Players follow their pass other than player 4 who dribbles across to opposite group. Two balls going at same time.

**Progression 1** – Sequence now player 1 to 3 to 2 to 4.

**Progression 2** – Two defenders at 1 inter-pass prior to playing angled pass into midfield.

#### Coaching Points:

- Weight, angle and timing of passes
- Timing and angle of runs to receive
- Decisions





### GAME-RELATED PRACTICE - Set Up:

3v1 in the end zones with 4v4 in middle area.

#### Instructions:

Defenders look to build by playing ball into midfield players – the other midfield defend.

Attacking midfield, look to create, with the objective being to complete a successful pass into the target player.

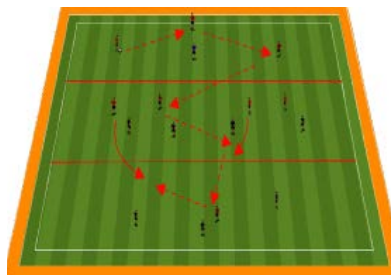
Play commences this time from opposite defenders building and looking to play through midfield into forwards.

**Progression 1** - when pass is played into the forward a further pass must be completed to a supporting midfield player who has supported into the final 3rd.

**Progression 2** - passes can be played from defenders into forwards (after set up by midfield then direct for midfield to support).

#### Coaching Points:

- Angle and timing of support
- Decisions - when to retain possession and when to penetrate



### CONDITIONED GAME - Set Up:

Three-Zone Conditioned Game 2 - 4 - 1 system with GK's

#### Instructions:

Play commences with GK and 2 defenders building from the back.

Play must initially go through the midfield who looks to play off the forward in the final 3rd and support. Only 2 midfield players can support and create a 3 v 2 in the end zone.

Midfield players are numbered 1 to 4 and respond to coach commands e.g. player 1 and 3 shape towards the ball whilst 2 and 4 seek to get in behind opposing midfield.

**Progression 1** - midfield players can drive into final 3rd.

**Progression 2** - play can be from back to front with midfield support.

Eventually lift the conditions and play normal game.

#### Coaching Points:

- Timing and angle of support
- Decision making - when to retain possession and when to penetrate



## 11's - STRIKERS

### DRILL - Set Up:

Balls start at each corner and players move up a station anti clockwise. Different movements can be done as follows:

- 1 Ball is passed to 2nd striker and laid back to 1st striker who passes to top player. They then pass to opposite starting group. Players progress up a station.
- 2 As above although 1-2 is played with 1st striker before playing up to 2nd striker. 2nd striker spins and receives 1-2 around defender (mannequin/pole or cone).
- 3 As above. First striker then makes across face run.
- 4 Across face run as per no 3 but use 1st striker as a decoy run and 2nd striker spins with ball.
- 5- 1st striker spins inside to receive ball from 2nd striker.

#### Coaching Points:

- Movement of strikers
- Awareness of offside, timing of runs
- Weight of pass, safe side pass



### GAME-RELATED PRACTICE - Set Up:

#### Instructions:

Ball starts in central midfield and is played out to wide midfield and back into central. On central midfielders 1st touch, forward nearest striker comes short.

Previous striker movement can then be applied:

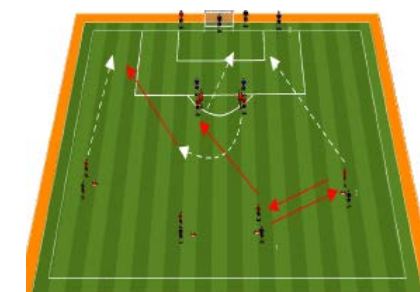
- A - 1-2 with 2nd striker spinning off defender.
- B - Across face run etc

Rotation: rotation is the players moving from position 1 to 2 to 3 on the same side. The strikers remain for a period of 5 minutes and then can change.

**Progression** - Remove mannequins/poles to introduce 1 defender then 2 defenders

#### Coaching Points:

- Awareness
- First touch,
- Awareness of offside
- Body shape to receive ball, timing of runs
- Angle and weight of passes
- Decision making, anticipation



### CONDITIONED GAME - Set Up:

Pitch 60 x 40 yds. 14-16 Players, 2v2 in midfield zone, each end zone has GK and 3 defenders against 2 attackers.

#### Instructions:

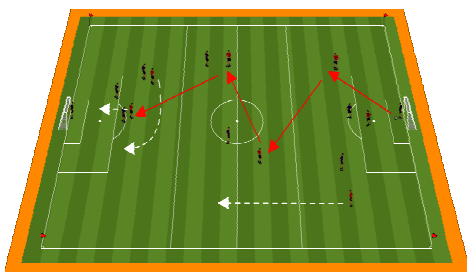
GK passes to either defender (opposition strikers are passive until first touch). Ball is played into each zone with 1 player allowed to support into each zone to create an overload. Midfield can't track back into defensive zone initially. As the ball is moving across the pitch the strikers are moving in relation to the ball. Previous movements encouraged.

#### Progressions:

- (a) Defender can pass straight to striker.
- (b) Attackers can come deeper into midfield zone to create space for balls in behind.
- (c) 3v3 in midfield.
- (d) Remove conditions and play game.

#### Coaching Points:

- 1st touch
- Awareness of offside
- Body shape to receive ball, timing of runs
- Angle and weight of passes
- Decision making, anticipation



## SHAPING THE TEAM

### Warm- up

When **THEY** have the ball

Shadow Play - 4-4-2 and 4-3-3

**A** - Players are set out in team shape 4-4-2 or 4-3-3 and on coaches call e.g. LB or RW, the team must move to that ball / bib / mannequin position and get into defensive shape for the area of pitch (all players involved with additional players doubled up)

4-4-2



4-3-3



**B** - Additional players make 11v5. The 5 blues pass ball around the pitch between them, 11 reds move in relation to the ball. On coaches call to "press" the reds move to try and win the ball while the blues can try to score.

4-4-2



4-3-3



**C** - Alternative 11v5. The 5 blues have a ball each to dribble and are numbered 1-5. Blue layers move freely and when the coach calls a number, the blues attack from there and the rest leave their ball. Reds must react and defend.

## Drill

### When YOU have the ball

#### 4-4-2 and 4-3-3

**A** - Players set up in relation to positions in 4-4-2 or 4-3-3. They are split into pairs or small groups such as GK + CB's / RB + RM etc. The players work at passing the ball and making relevant movements to receive from each other. (all players involved with additional players doubled up)

4-4-2



4-3-3



**C** - Alternative 11v5. The 5 blues have a ball each to dribble and are numbered 1-5. Blue layers move freely and when the coach calls a number, the blues attack from there and the rest leave their ball. Reds must react and defend.

4-4-2



4-3-3



**B** - Additional players make 11v5. The 5 blues pass ball around the pitch between them, 11 reds move in relation to the ball. On coaches call to "press" the reds move to try and win the ball while the blues can try to score.

4-4-2



4-3-3



## Game Related Practice – 5v2

### 4-4-2 & 4-3-3

#### Set-up:

- Half Pitch
- 2 Zones with 3 Goals in each zone.
- 5 Attacker v2 Defenders in each zone
- Defenders start with ball each and try to intercept pass.
- Attackers must pass through gate to reach zone or to score goal.

#### Progressions:

1. Remove Defenders ball and try to win possession back - once the defenders win ball back they have maximum 5 passes to score in goal.
2. Attackers can send one player into midfield zone to support play
3. CM can play in both zones
4. Attackers must use CM before they can enter midfield zone
5. Free play



## Conditioned Games 8v8

Always having 2 centres backs as a start point

#### Focus on Defence

4-4-2 & 4-3-3



#### Focus on Attack

4-4-2



2-3-2 v 2-3-2

4-3-3



2-2-3 v 2-2-3

#### Focus on Midfield

4-4-2



2-4-1 v 2-4-1

4-3-3



2-3-2 v 2-3-2



## Coaches & Refereeing

- Players, coaches, and referees are all part of the game
- Understanding each other's roles is important to the future of the game and building better relationships
- Every participant in football must recognise they have a contribution to make
- Referees can contribute to your knowledge and understanding of the Laws of the Game
- The conduct of coaches impacts on the behaviour of the players/spectators/parents and the temperature of the match
- You are a role model for the players
- The focus should be on coaching your players
- Law 5 enables the referee to apply the Laws of the Game
- You must accept the decisions of the referee during the course of the game
- Laws of the Game Awareness Courses are available at your local referee association
- Let's all "focus on football".

For information on becoming a referee click on the link below  
[www.scottishfa.co.uk/refereecareers](http://www.scottishfa.co.uk/refereecareers)



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