



TOTAL FOOTBALL EXPERIENCE

2 Week Soccer Coaching Session Planners (Weeks 1 - 2)



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**TOTAL FOOTBALL EXPERIENCE
SOCCER TOURS**



At Total Football Experience, we specialize in fully customized soccer tours to England. Our bespoke football tours are open to all ages and ability levels, from MLS Next and ECNL travel teams to recreational soccer clubs.



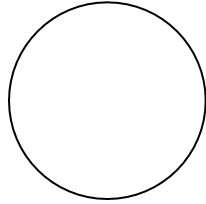
This resource is designed as a flexible coaching framework, not a fixed program.

Sessions are intended to be adapted based on player age, ability, group size, environment, and coaching objectives.

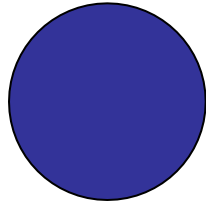
Coaches should use their own judgement when planning and delivering sessions.

This resource is intended for youth soccer coaches working with recreational or competitive teams. It is a coach-facing planning tool, not a player workbook.

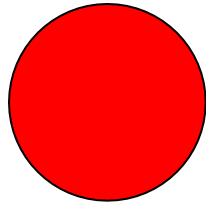
SESSION INTENSITY KEY



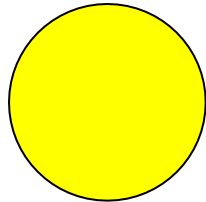
REST DAY / LIGHT GYM WORK



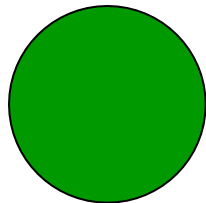
LIGHT SESSION



MODERATE SESSION



INTENSE SESSION



MATCH DAY

PRE-SEASON

MAIN COMPONENTS :

INTENSIVE ENDURANCE

- a) Small-sided games (3 - 6 min duration)
- b) 4 mins continuous runs @ 90-95% maximum heart-rate
(ALL TO INCREASE TO HIGH-INTENSITY “PRESSING”)

EXTENSIVE ENDURANCE

Small sided games (10 - 30 mins duration)
(TO INCREASE CAPACITY TO LAST A FULL GAME)

SPEED & AGILITY SESSIONS

Football specific sessions
Sessions to recreate certain situations in games

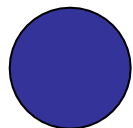
SPEED ENDURANCE SESSIONS

Football specific speed endurance sessions

Pre-Season Training

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Dynamic Warm Up Aerobic intervals (80%) Anaerobic intervals Recovery	Dynamic Warm Up Aerobic intervals (85%) Anaerobic intervals Recovery	Gym Session Lower Body Workout Flexibility Swimming Rest & Recovery	Dynamic Warm Up Aerobic intervals (85%) 3 v 3 sessions 6 x 4 mins games	Dynamic Warm Up Aerobic Paarlauf Session Recovery	Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Bleep Test 3 V 1 4 V 2 Cool Down Recovery	Circuit Possession Cool Down Recovery		Aerobic Endurance Session Cool Down Recovery	Possession Set Plays Cool Down Recovery		



PRE-SEASON WEEK 1 DAY 1

- AEROBIC SESSIONS 1 (2 hours)

Warm Up

5 mins $\frac{1}{4}$ pace jog

Stretch

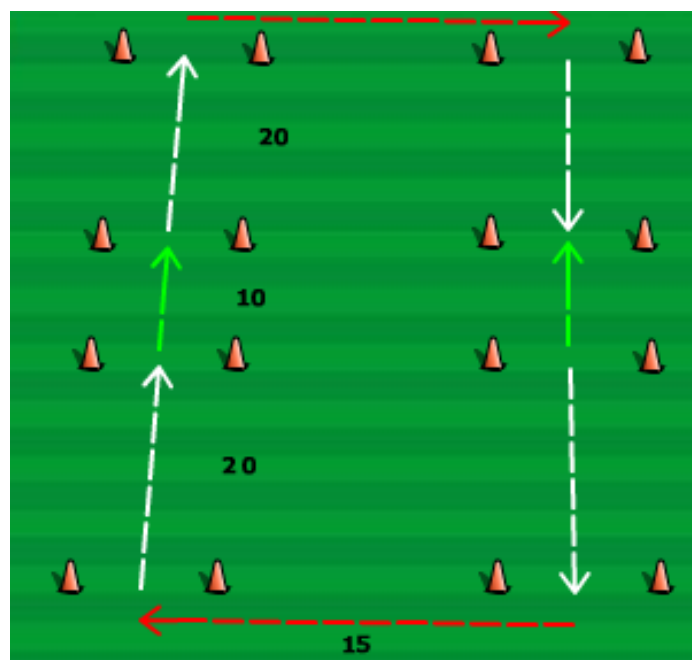
Interval Running x 5 laps

$\frac{3}{4}$ pace - White

Full pace - Green

Walk - Red

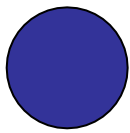
Stretch



2 laps - work hard on lengths, jog widths

2 laps - work hard on 1 length and width, jog diagonal back to start

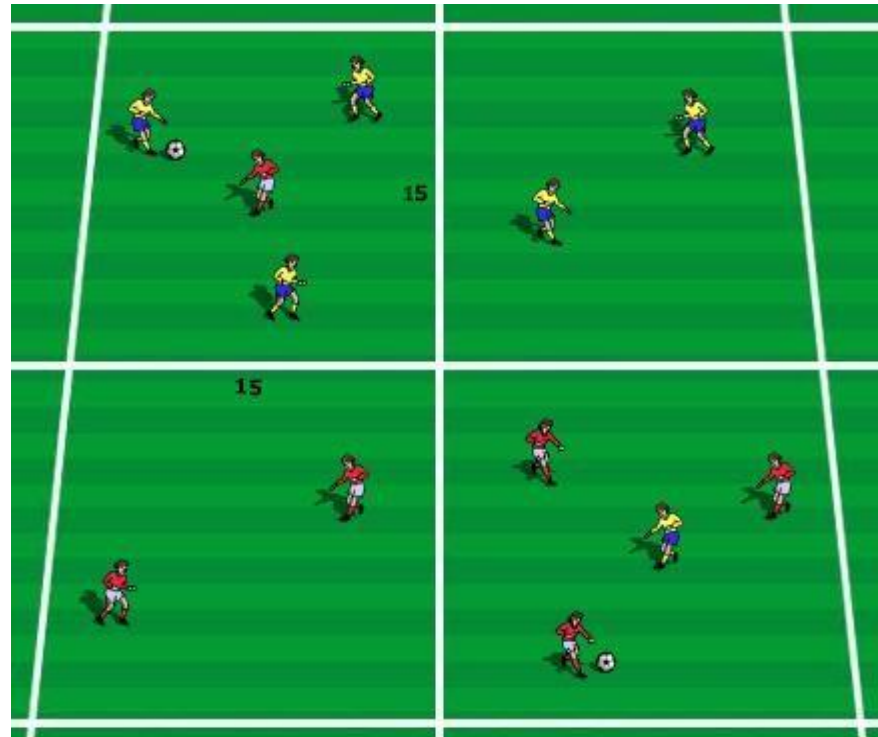
2 laps - work hard on 1 length, width and length (3 sides), jog width



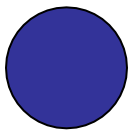
3v1

The 3v1 exercise is a possession game keeping the ball away from the defender in an area approximately 15 yards long by 15 yards wide. The organization of this exercise is 3 attackers and one defender. Two separate exercises can occur simultaneously to incorporate more players.

The defender tries to regain possession either by intercepting a pass or tackling an attacking player. The game can be given a transition element if a similarly sized playing area is created adjacent to the ball, which contains two team mates of the player who is defending. When the defending player wins the ball the ball is immediately played to the two team mates, the defender goes to join them to form three attackers and one of the attacking players in the first playing area goes in to the second playing area to become a defender.



The key element in this exercise is that the player with the ball must always have support on both the left and right. As the ball is rotated around the area the support players must anticipate where the next pass is going to go and move into a supporting angle before the player receives the ball.



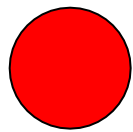
4v2

The next logical progression from 3v1 is 4v2. The organization of the exercise is similar to the 3v1 except with slightly larger playing areas. Two adjacent playing areas each approximately 20 yards by 20 yards are appropriate for this exercise. Four Yellow players play against two Red defenders in one half of the playing area, while two Red players wait in the other half. When the two Red players win the ball they play the ball into the adjacent playing area for the two Red team mates and then go and join them. Two of the Yellow players follow and become defenders.

The main purpose of this exercise is for the four attackers to try and split the two defenders with a penetrating pass. The ball is rotated between the four attackers until a clear space develops between the two defenders and that is when the penetrating pass occurs.



It is important to play the 3v1 before the 4v2 because frequently the player with the ball cannot play a penetrating pass and needs the kind of side support developed in the 3v1 exercise. The exercise can also be used to teach defenders cover and balance and of course both exercises are excellent for teaching transition.

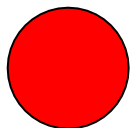


PRE-SEASON WEEK 1 DAY 2

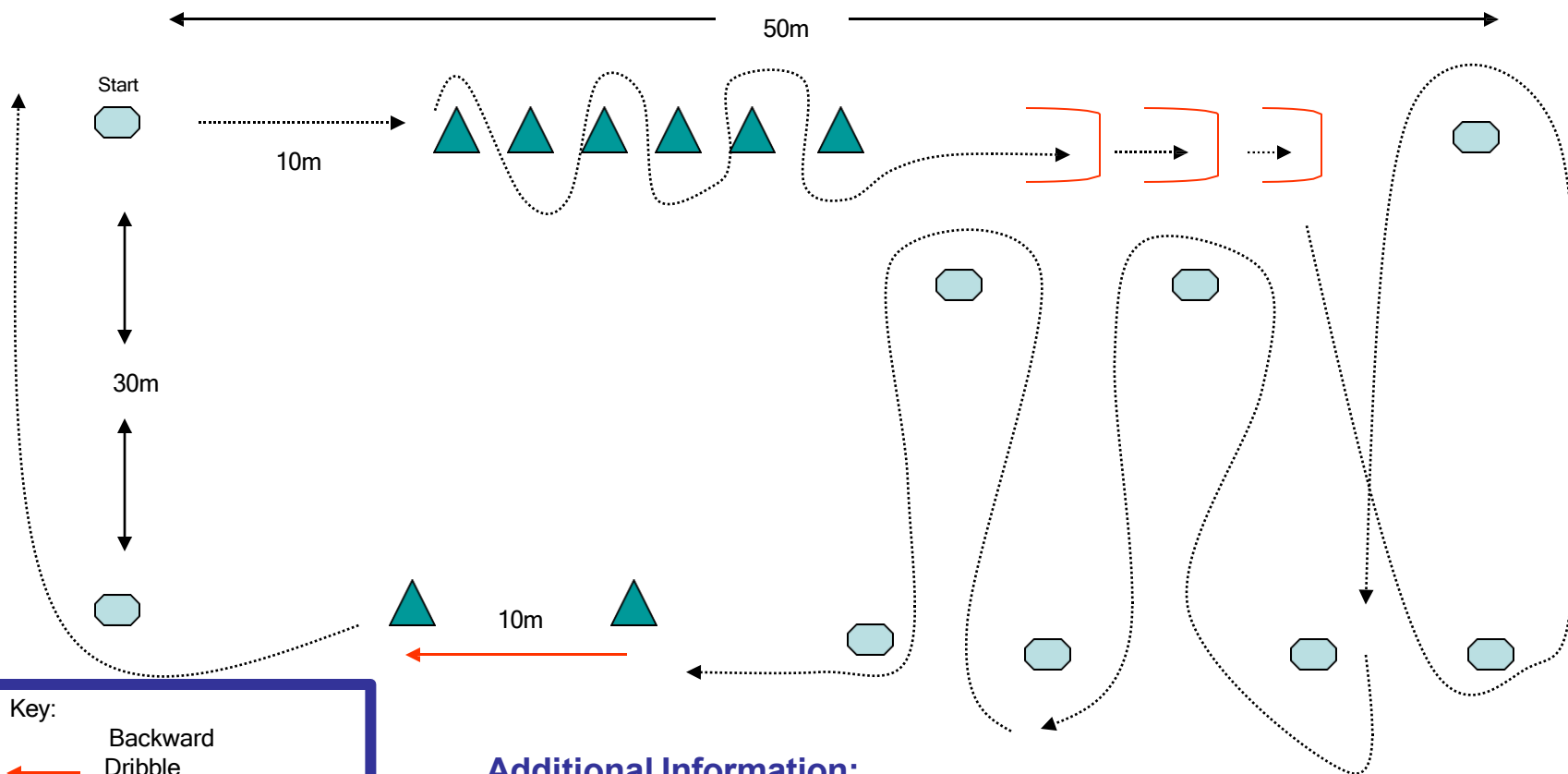
- **AEROBIC SESSIONS 2 (2 hours)**

- **Warm Up**
- **5 mins $\frac{1}{4}$ pace jog**
- **8 laps, work hard on lengths, jog recovery on widths.**
- **Heart rate check**

- **5 mins $\frac{1}{2}$ pace jog**
- **2 laps – work hard on lengths, jog widths**
- **2 laps – work hard on 1 length and width, jog diagonal back to start**
- **2 laps – work hard on 1 length, width and length (3 sides), jog width**
- **Heart rate check**



Practice : A Moderate Intensity Aerobic Session

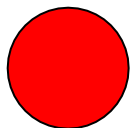


- Key:
- Backward Dribble
 - Hurdle
 - Cones
 - Poles
 - Forward Dribble

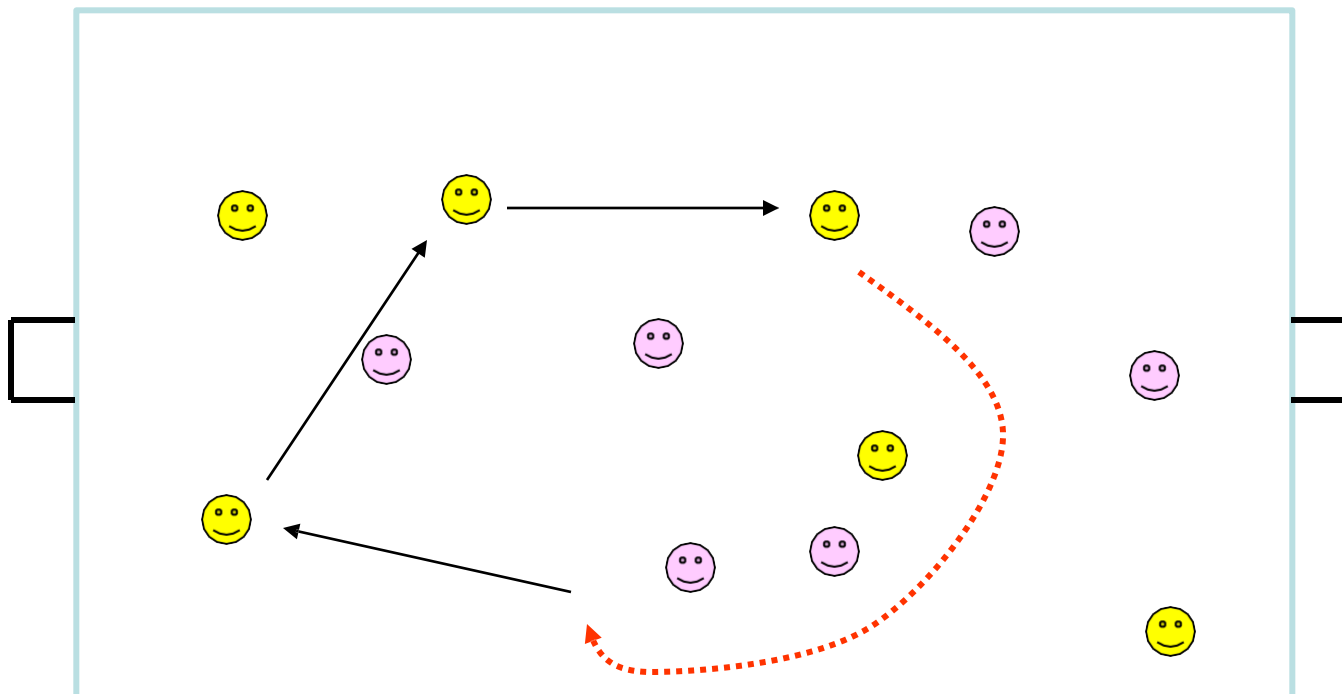
Additional Information:

The course of the dribbling circuit can be based upon the width of a full sized playing pitch, or through the use of the above measurements. This type of session can be conducted with both groups & individuals.

Players should perform the circuit twice a week for 4 minutes @ 90% and 3 minutes @ 70% X 4.



Practice : A Moderate Intensity Aerobic Session -Conditioned Possession Game – Press & Score



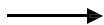
Key:



Attackers



Player Run



Pass



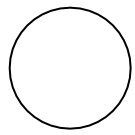
Defenders

Additional Information :

Players play a continuous possession game on a large pitch (40x30m). The aim is for team in possession to score. If they score then, they keep possession until the opposition win possession & score to make game equal. When the game is equal – the team in possession aims to score.

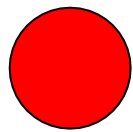
This sequence is followed for the duration of the game.

Duration to equate to >30mins. (e.g. 6x5min games; 5x6min games; 8x4min games; 3x10min games; 4x8min games). This type of game with >3 players per team should have a duration of 10mins to allow players HR to increase & be maintained for at least 4mins.



PRE-SEASON WEEK 1 DAY 3

- REST DAY
- GYM - STRENGTH SESSIONS 1
- LOWER BODY WORKOUT
- FLEXIBILITY
- SWIMMING

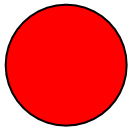


PRE-SEASON

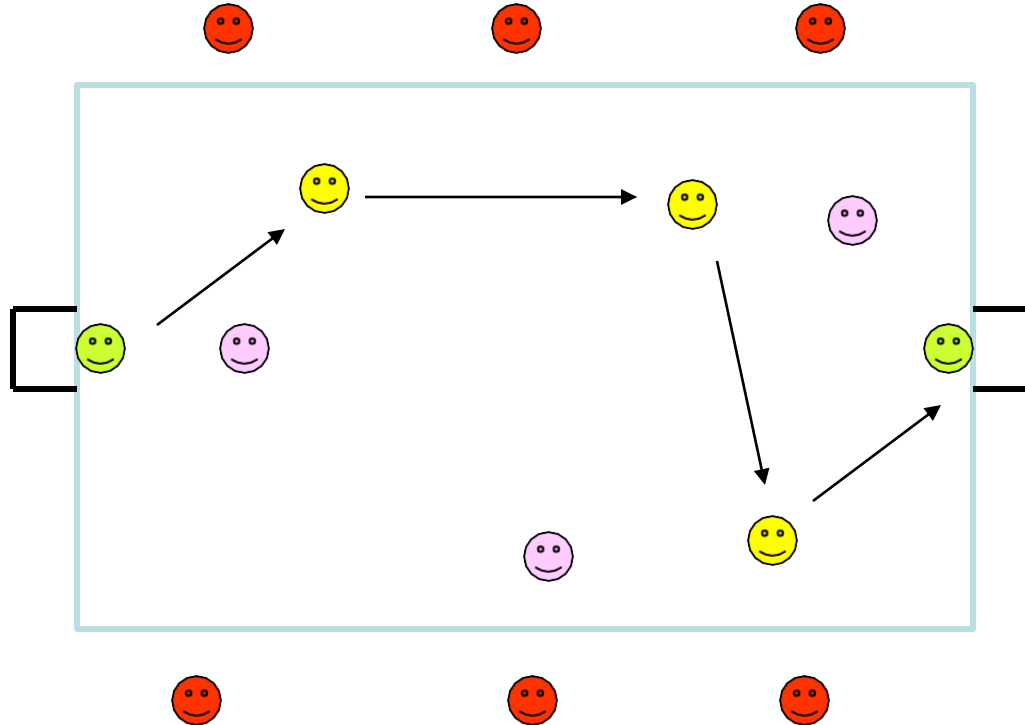
WEEK 1 DAY 4

- AEROBIC SESSIONS 3 (2 hours)

- Warm Up
 - 5 mins $\frac{1}{4}$ pace jog
 - 8 laps, work hard on lengths, jog recovery on widths.
 - Heart rate check
-
- 5 mins $\frac{1}{2}$ pace jog
 - 2 laps - work hard on lengths, jog widths
 - 2 laps - work hard on 1 length and width, jog diagonal back to start
 - 2 laps - work hard on 1 length, width and length (3 sides), jog width
 - Heart rate check



Practice : A Moderate Intensity Aerobic Session - 3v3 sessions 6x4 mins games



Key:



Goalkeepers



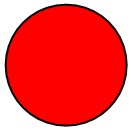
Player Run



Player

Additional Information:

Players play a 3v3 small-sided conditioned game with goalkeepers. Aim is for the players to maintain possession and if possible/ can use the players on the outside to maintain possession. Players on the outside are limited to 1 touch to allow the continuation of the session inside the area. The players on the outside are not allowed to play to other outside players.



AEROBIC ENDURANCE

Position : All

Component : Aerobic Power

Intensity : 85 - 95% of maximum heart rate

Duration : 70 seconds

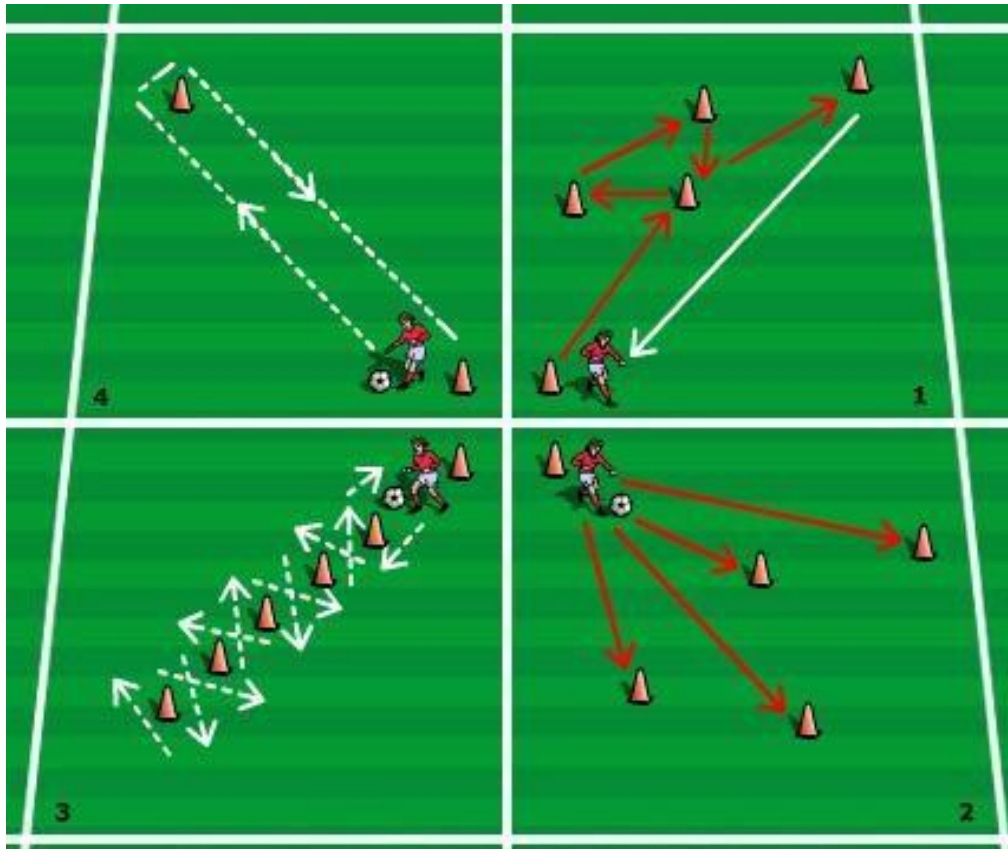
Repetitions : 6

Sets : 1- 3

Work to rest ratio : 1:1

Equipment : 17 Cones, 3 Balls

Players : 8 (4 work 4 rest)



Structure :

A player is positioned with a ball at each corner of the centre square.

Upon command players start at their own corner and move clockwise performing the following activities for 70 seconds :

Activity 1: Explosive movements specific to position (top right) Player sprints to 1st cone (10m), recovers quickly back to 2nd cone (5m), sprints to 3rd cone (3m), back to 2nd cone (3m) and sprints to end cone (5m) and jogs back.

Activity 2: Weight & accuracy of pass followed by support (bottom right). Player passes to any of the 4 cones and sprints to retrieve ball. Ideally player and ball arrive at cone at same time. Player dribbles ball back and passes to next cone. Cone distances, 15m, 5m, 20m & 10m.

Activity 3: Dribbling with ball under control Player dribbles in and out of cones using one foot (inside and out) on way to end cone, and other foot on way back as quickly as possible. Player then dribbles ball to next cone. (10m long, 1m apart)

Activity 4: Running with the ball at speed Player runs with the ball to end cone (20m), turns and runs back in as little amount of touches possible, then keeps the ball up to the next cone.

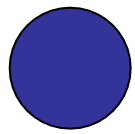
Progression :

Players perform activities in random order.

Coaches hints :

Are players constantly active ?

Do players pay attention to the quality of ball work whilst in an overloaded situation ?

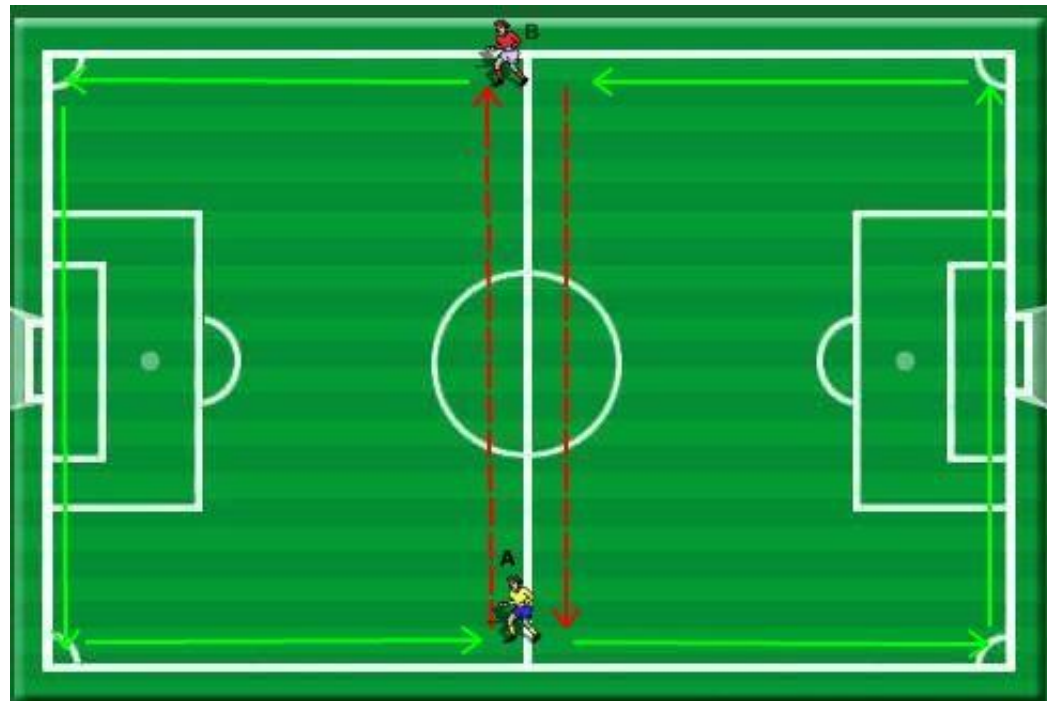


PRE-SEASON WEEK 1 DAY 5

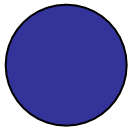
- AEROBIC SESSIONS 4 (1 ½ hours)

- Warm Up
- 5 mins ¼ pace jog
- Stretch
- Heart rate check

Paarlauf - 12 mins



Divide players into groups of 2. Player A (Yellow) runs across the pitch and “handover” (touches) player B (Red). Player B then runs the half of the pitch, while player A jogs across the pitch in time to “handover” with player B.



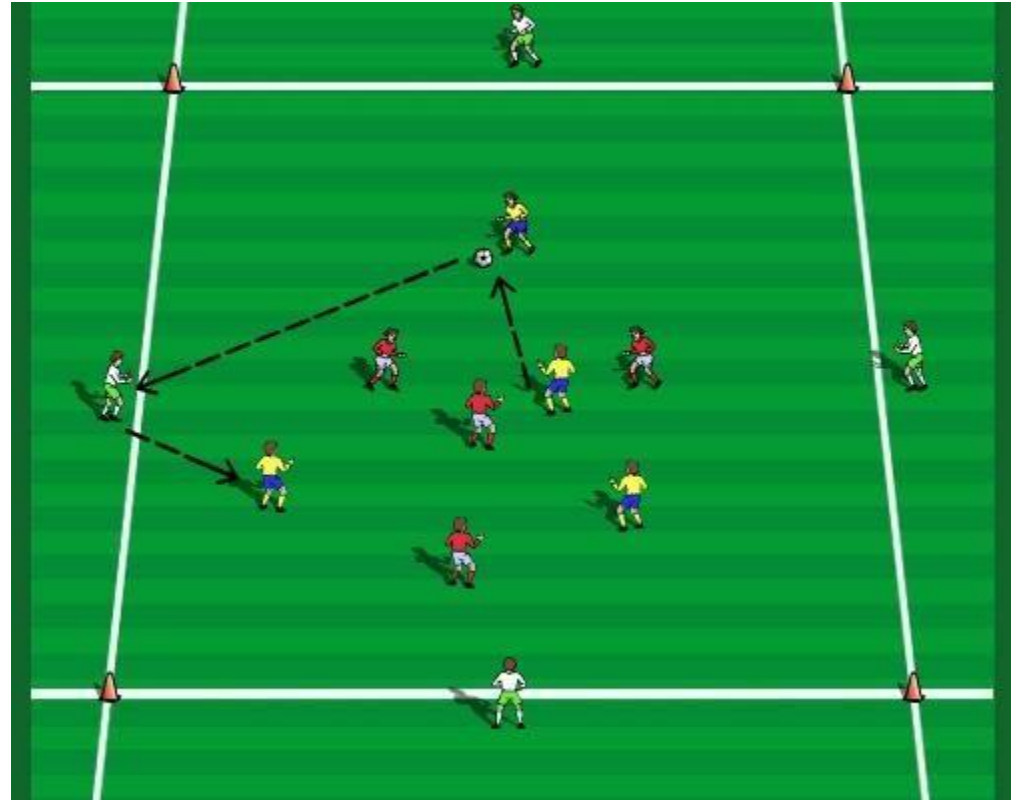
Possession game – three teams of 4 players are organized in a 25x15 yard grid as shown in Diagram (d) below. The white team is positioned around the perimeter of the playing area; the red team acts as defenders and the yellow team are in possession of the ball. The setup is repeated to accommodate the entire team.

Progression :

- Limit touches
- Tempo
- Communication

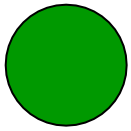
Coaches hints :

- Are players constantly active ?
- Is the area big enough ?
- Are players concentrating on the quality of 1st touch and pass ?
- Are the players utilising the wall players to create an overloaded 8 v 4 situation ?



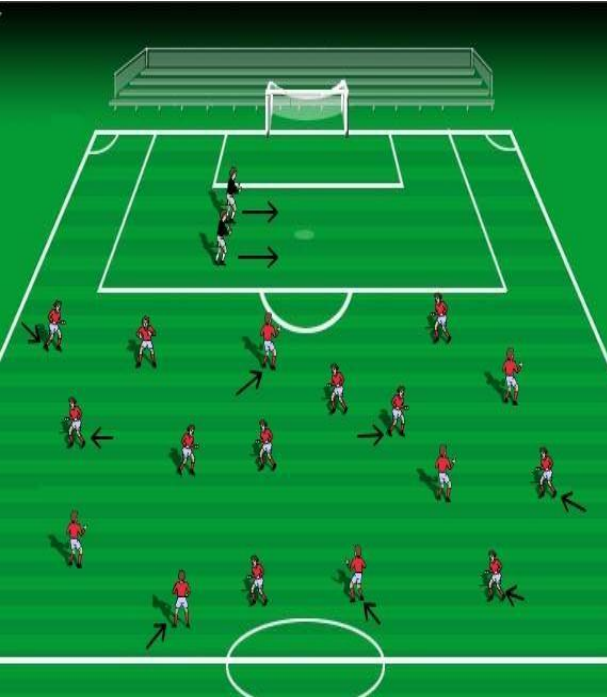
The yellow team attempts to maintain possession of the ball while utilizing the perimeter players as support players – this create an 8v4 situation. If the defenders win the ball they must quickly return it to the attacking team.

Rotate defensive team after 1.5 minutes. Each team – white, red and yellow has 1 round as the defensive team.



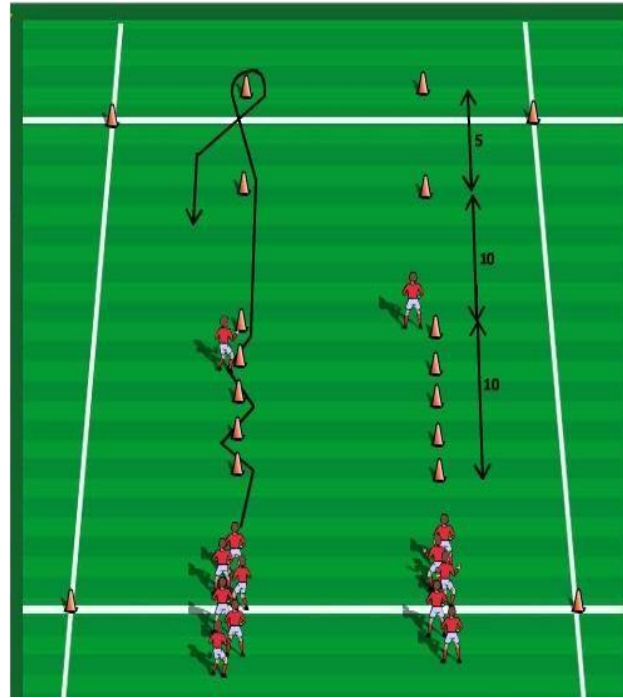
MATCH DAY

Match Day Warm Up



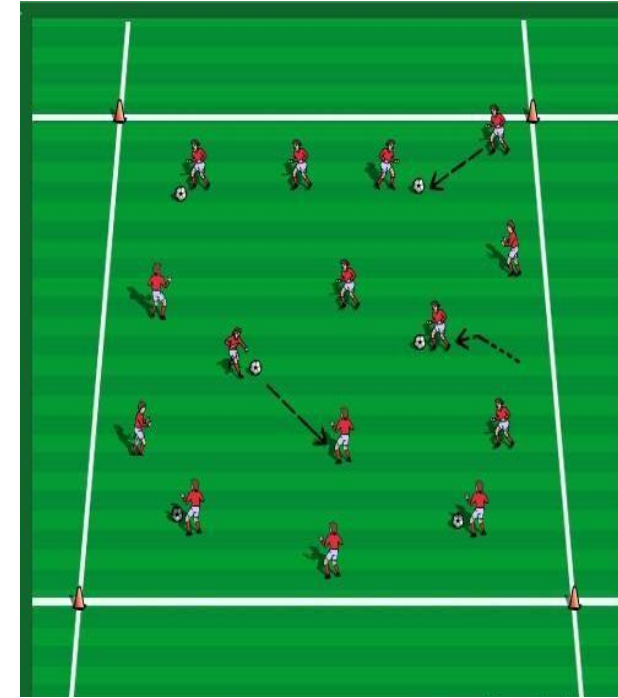
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



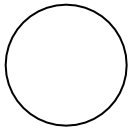
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



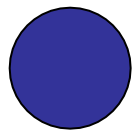
REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING

Pre-Season Training

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Match Analysis Dynamic Warm Up Aerobic Shuttles Recovery	Dynamic Warm Up Speed Session X 3 Recovery	Gym Session Upper Body Workout Flexibility Swimming Rest & Recovery	Warm Up Aerobic intervals Intensive Endurance 6 x 3 mins 4 x 5 mins	Dynamic Warm Up Aerobic Session Recovery	Tactical Meeting Dynamic Football Warm Up MATCH DAY Cool Down Recovery	Rest & Recovery
PM	Bleep Test Aerobic Session for Full Backs Cool Down Recovery	Speed Endurance for Midfielders Cool Down Recovery		6 x 3 mins 4 x 5 mins 6 x 3 mins 4 x 5 mins Games Cool Down Recovery	4 x 4 x 6 Set Plays Cool Down Recovery		



PRE-SEASON WEEK 2 DAY 1

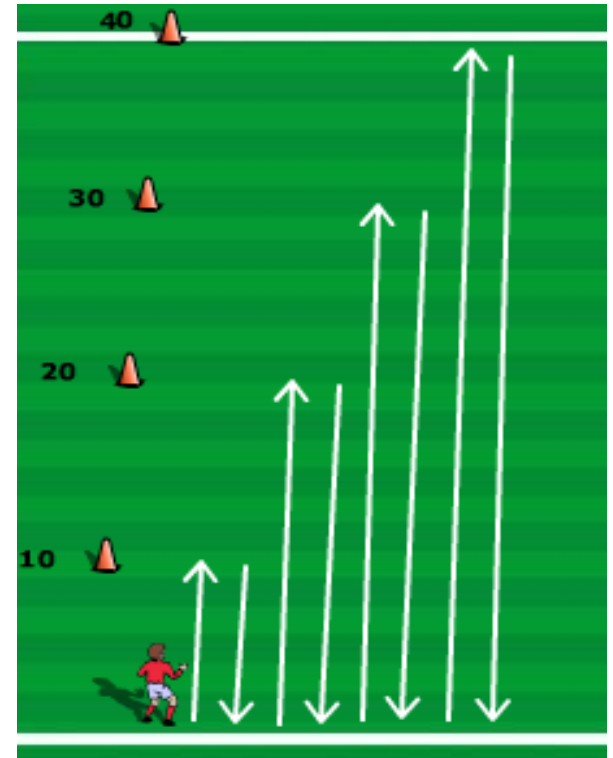
- AEROBIC SESSIONS 5 (2 hours)

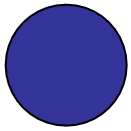
- Shuttle Runs

Place cones at distances of 10, 20, 30, 40 metres
Run to cone 1, turn, run to start, turn, run to cone 2 etc.
At the end cone, walk back.

- Stretch
- 5 mins $\frac{1}{2}$ pace jog

- 2 laps - work hard on lengths, jog widths
- 2 laps - work hard on 1 length and width, jog diagonal back to start
- 2 laps - work hard on 1 length, width and length (3 sides), jog width
- Heart rate check





AEROBIC ENDURANCE

Position : Full back

Component : Aerobic Power

Intensity : 85 - 95% of maximum heart rate

Duration : 70 seconds

Repetitions : 6

Sets : 1-3

Work to rest ratio : 1:1

Structure:

A fullback is positioned on edge of box in a position to defend a cross from wide player on opposite side of the pitch. Wide player travels with the ball from midway inside half to edge of box to cross the ball.

Activity 1: Explosive movements specific to position

Full back sprints to defend cross getting in front of cone inside box (attacker).

Activity 3: High intensity movement to start an attack / counter attack.

Activity 4: Running with the ball at speed

Full back takes first touch out of feet, and builds up maximum speed to half way line creating an attacking / counter attacking move.

Activity 5: Diagonal pass. Full back looks up and makes long diagonal pass into box marked out (attacker) to enhance attacking move.

Activity 6: Moderate intensity recovery run. Full back jogs towards poles in centre of field

Activity 8: High intensity lateral movement. Full back moves through poles at speed and receives a pass from coach.

Activity 9 & 10: Pass, high intensity overlapping run and cross. Full back passes ball back to coach makes overlapping run and crosses ball into penalty box.

Full back performs recovery run across to start position and repeats.

Progression:

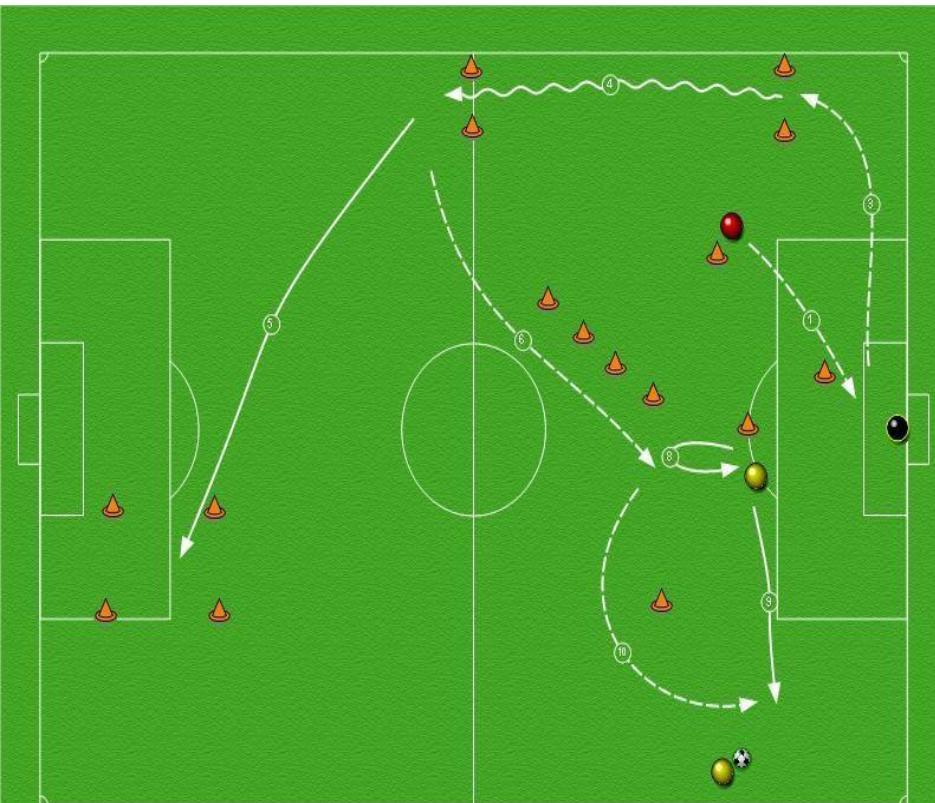
Organise same set up on opposite side for full back to perform same series of activities on opposite side after crossing ball into box.

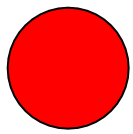
Coaches hints:

Is full back able to maintain explosive activities ?

Does full back recover quickly between explosive activities ?

Do players pay attention to the quality of ball work whilst in an overloaded situation ?





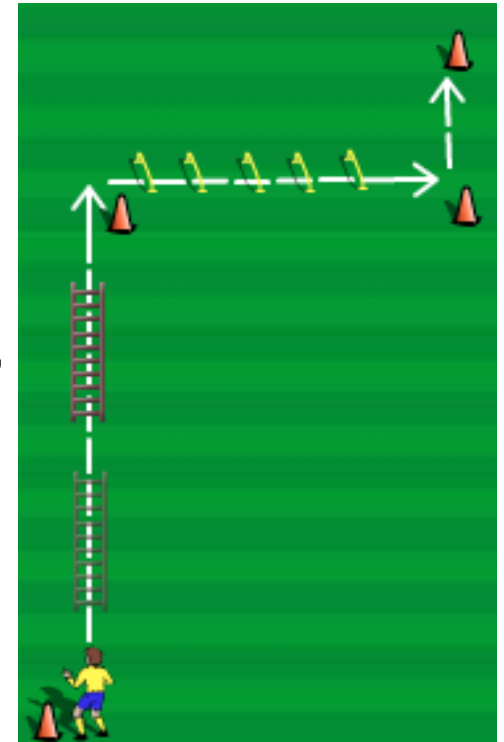
PRE-SEASON WEEK 2 DAY 2

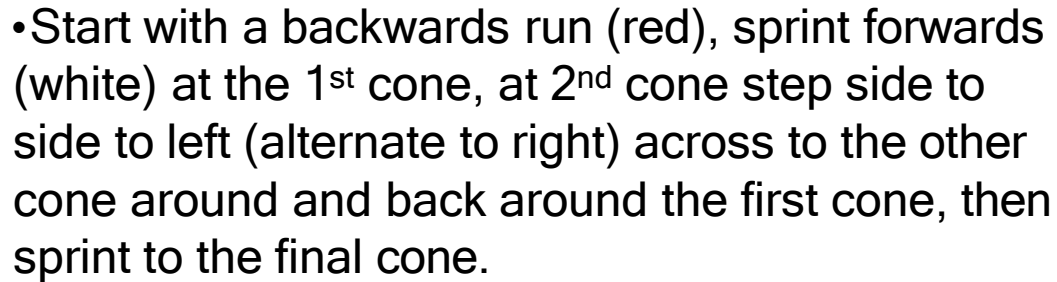
- SPEED SESSIONS 1 (2 hours)

- Warm Up
- 5 mins $\frac{1}{4}$ pace jog
- 8 laps, work hard on lengths, jog recovery on widths.
- Heart rate check

Use a fast foot ladder technique (eg 2 feet in each rung), then two foot step over each hurdle and sprint to cone.

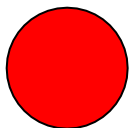
Early part of speed training phase, do 6-8 runs with a fast walk / jog recover, later in speed training phase, do flat out runs, 2 sets of 4 - 6 runs.





The diagram shows a green rectangular field with several orange cones representing obstacles. A red dashed line starts at the bottom center and goes straight up, passing through two cones. A white dashed line starts at the same point, goes up to the first cone, then branches out to the left, zig-zagging around three more cones before rejoining the vertical path. The vertical path continues straight up, passing through a final cone at the top. Arrows on the dashed lines indicate the direction of travel.

Place left and right cones 2 to 3 metres away from start cone and last cone 5 to 10 metres from start cone. Place cones 2 to 5 metres apart, with 10 metres to the last cone. 6 runs (2 x 50%, 2 x 75%, 2 x 100%) with a walk recovery back to start. 2 sets of 6 runs.



SPEED ENDURANCE

Position : Midfielder

Component : Anaerobic Power

Intensity : 95 - 100% of maximum heart rate

Duration : 20 seconds

Repetitions : 8

Sets : 1- 2

Work to rest ratio : 1:2 / 1:3

Structure:

Midfield player is positioned centrally midway in own half with a ball. A coach is positioned in centre circle, an attacker midway in opposite half, and a goalkeeper in opposite goal. A goal is set up on sidelines with a goalkeeper in and another attacker is positioned in six yard box.

Activity 1 & 2: high intensity one two pass. Midfield player makes a one two pass with the coach.

Activity 3: high intensity pass and move. Midfield player passes firmly into attacker and overlaps.

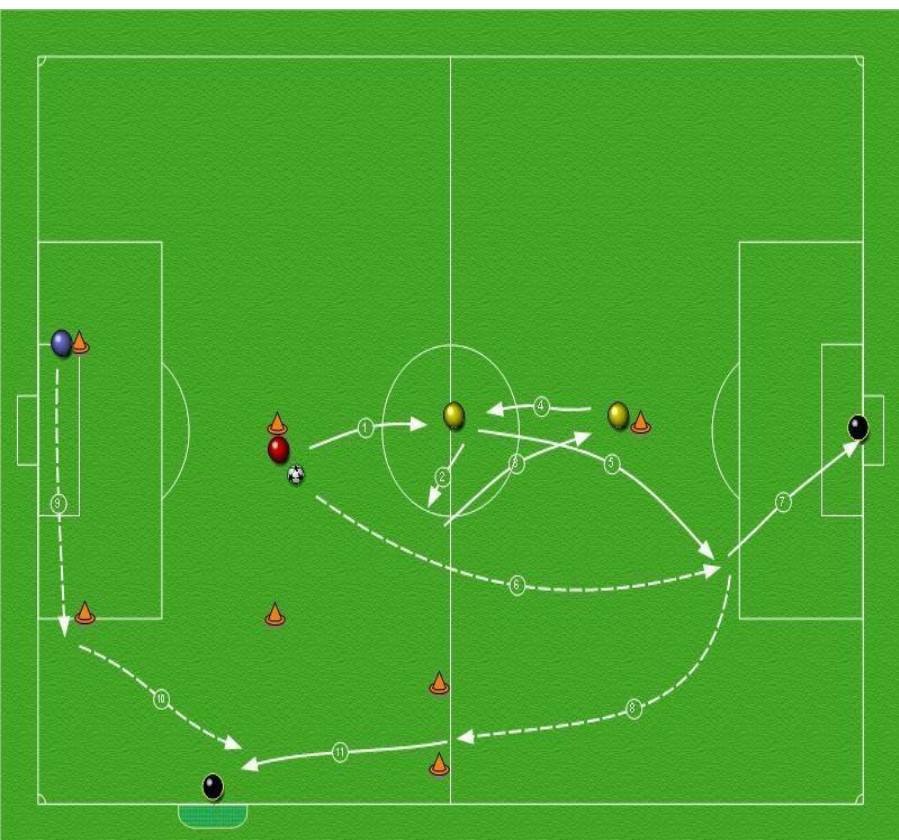
Activity 4, 5, 6: Lay off and forward pass. Attacker lays ball off to coach who passes ball into the path of the on running midfielder.

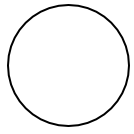
Activity 7 & 8: Shot & high intensity recovery run. Midfield player shoots inside box then recovers back to wide position over half way line as if to prevent counter attack.

Progression : On return to half way line midfielder crosses ball to attacker who sprints from position in six yard box. After laying ball off to coach attacker/attacking midfielder player runs to six yard box and then attacks cross from midfielder player.

Coaches hints : Does the midfielder pay attention to the quality of pass, shot and cross performing at high intensity ?

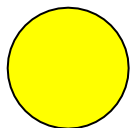
Do the attackers time runs to ensure maximum speed is reached at same time as ball arrives ?





PRE-SEASON WEEK 2 DAY 3

- REST DAY
- GYM - STRENGTH SESSIONS 2
- UPPER BODY WORKOUT
- FLEXIBILITY
- SWIMMING



PRE-SEASON

WEEK 2 DAY 4

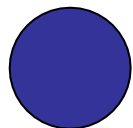
- **INTENSIVE ENDURANCE (2 hours)**
 - Warm Up
 - 5 mins $\frac{1}{4}$ pace jog
 - 4 laps, $\frac{1}{2}$ pace on lengths, slow jog recovery on widths.
 - Heart rate check

Intensive Endurance (Small-sided games 40 x 20 yds) : 3 v 3 / 4 v 4

Reps x Duration

Total

1) 6 x 3 min games / 3 min recovery	18 mins
2) 4 x 5 min games / 2 min recovery	20 mins
3) 6 x 3 min games / 2.5 min recovery	18 mins
4) 4 X 5 min games / 2.5 min recovery	20 mins
5) 6 X 3 min games / 2 min recovery	18 mins
6) 4 X 5 min games / 2 min recovery	20 mins



PRE-SEASON WEEK 2 DAY 5

- AEROBIC SESSIONS 6 (2 hours)

Warm Up

5 mins $\frac{1}{4}$ pace jog

Stretch

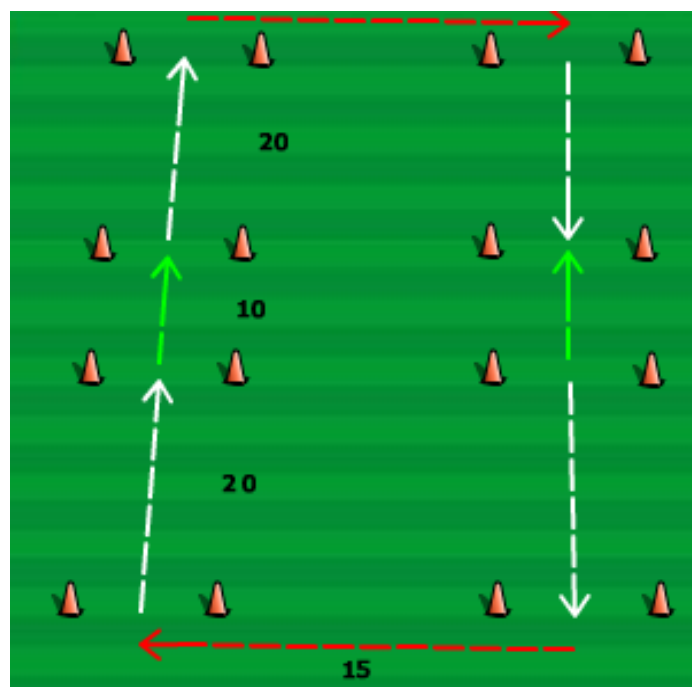
Interval Running x 5 laps

$\frac{3}{4}$ pace - White

Full pace - Green

Walk - Red

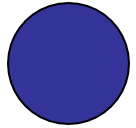
Stretch



2 laps - work hard on lengths, jog widths

2 laps - work hard on 1 length and width, jog diagonal back to start

2 laps - work hard on 1 length, width and length (3 sides), jog width



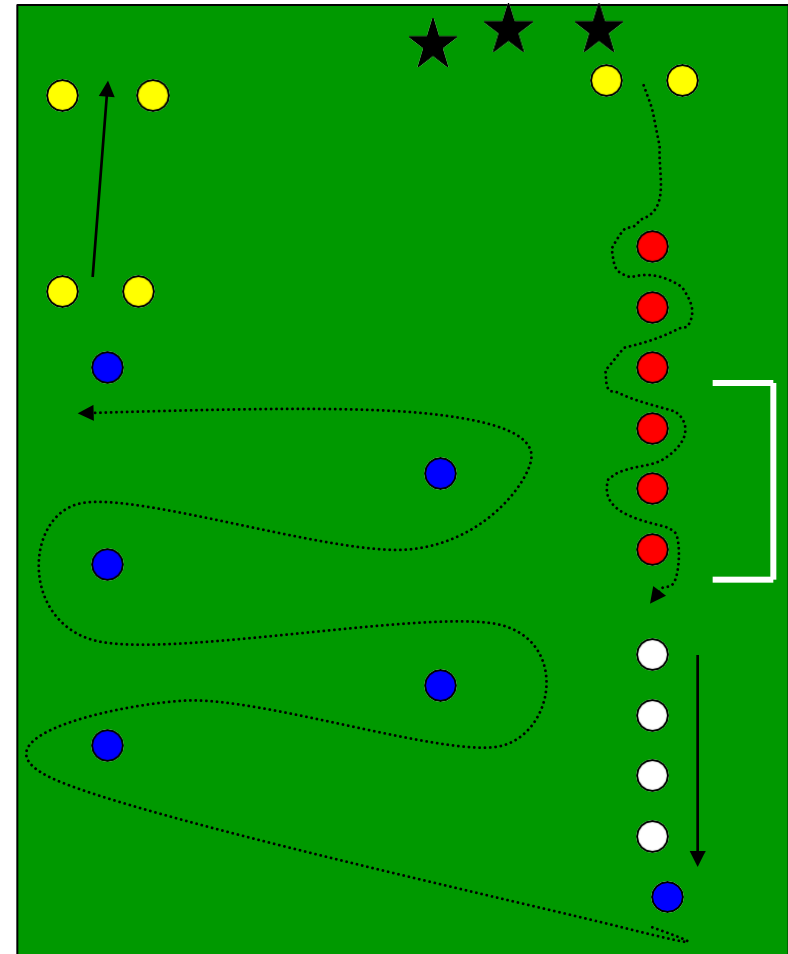
4 Mins Work - 4 Mins Rest X 6 Reps

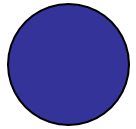
Organisation

- Player 1 starts on the left touchline and runs/dribbles ball through the yellow gates towards the initial red cone.
- Player 1 runs/dribbles in between each red cone
- Player 1 then hurdles 4 white hurdles/ cones.
- Player 1 must then run ball around blue cones.
- Player 1 then runs/dribbles ball backwards through yellow gates.
- Player 1 repeats the circuit.

Recommendations

- Players should work maximally throughout.
- The work to rest ratio should be 1:1, therefore a player working for 4 minutes should be allowed 4 minutes rest.
- During a session players should complete between 6 and 10 repetitions.
- To further develop the fitness capacity of the players involved, rest time could be reduced between repetitions.
- It is vital that players reach and maintain 90-95% of heart rate max, and recover at 70% of heart rate max.





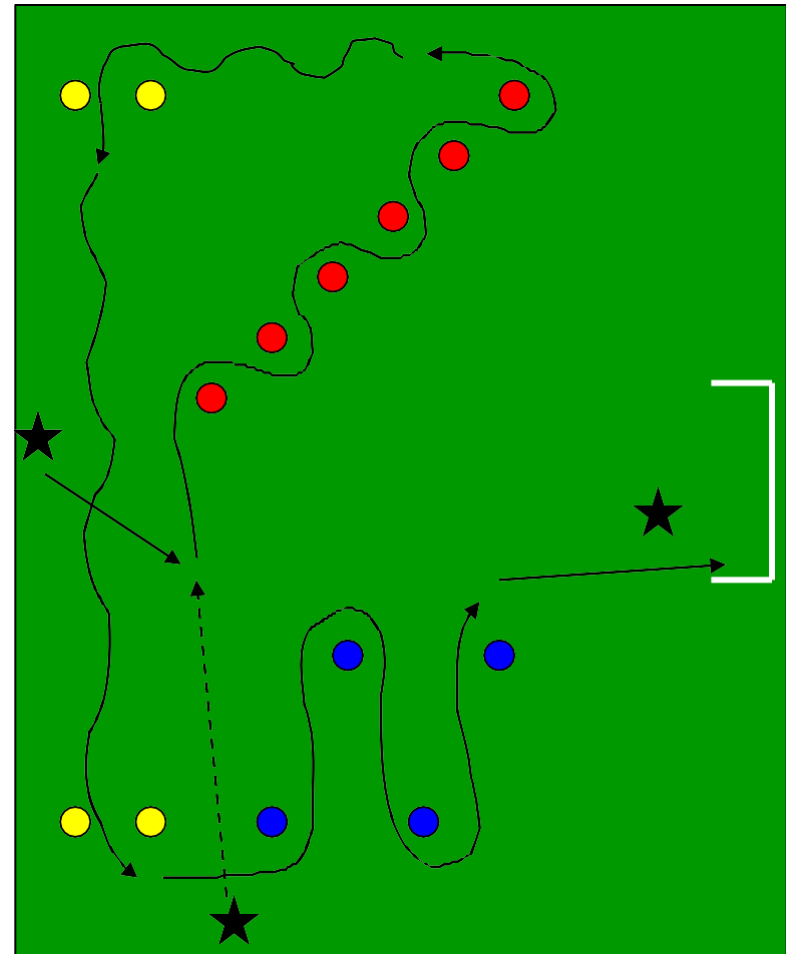
4 Mins Work - 4 Mins Rest X 6 Reps

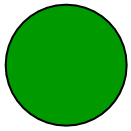
Organisation

- Player 1 starts on the right touchline and sprints towards the initial red cone.
- Player 2 passes the ball to player 1.
- Player 1 must dribble through the red cones.
- Player 1 must then dribble through both yellow gates.
- Player 1 then dribbles around the blue cones.
- Player 1 then takes a shot at goal.

Recommendations

- Players should work maximally throughout.
- The work to rest ratio should be 1:1, therefore a player working for 4 minute should be allowed 4 minutes rest.
- During a session players should complete between 6 and 10 repetitions and repeat the session 2-3 times per week.
- To further develop the fitness capacity of the players involved, rest time could be reduced between repetitions.
- A defender could replace the blue cones and apply appropriate pressure to the player working.





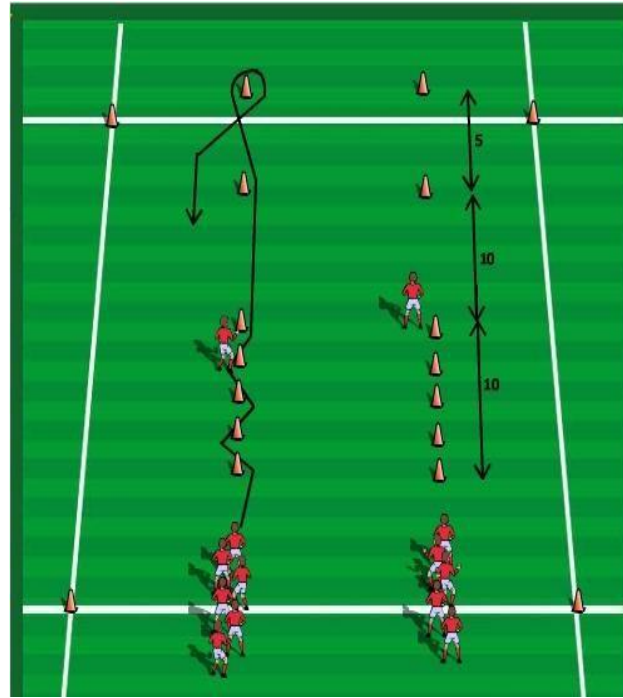
MATCH DAY

Match Day Warm Up



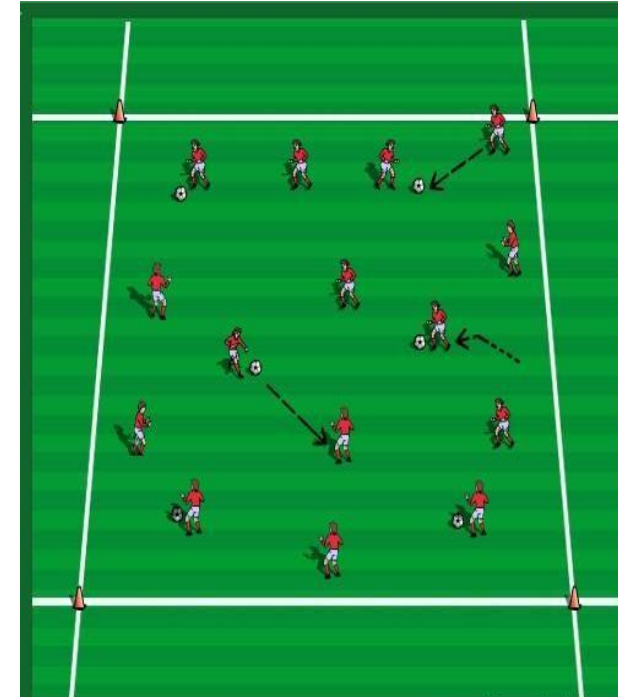
Players jog freely on a half pitch. Players perform various static stretches throughout the time period.

Total Time - 10 minutes.



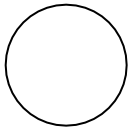
Players are organised into 2 groups. Players perform various fast footwork movements through the cones before accelerating to the next cone 10 yards away. Player then jog around last cone before returning to their starting position.

Total Time - 7 minutes.



Players are positioned inside a 50x40 yard grid with 6 balls. Players pass and move inside the grid. After passing the ball players perform various movements - Eg. Pass then side-shuffle 10 yards, Pass then back-pedal 10 yards etc, etc.

Total Time - 6 minutes.



REST DAY

- SELF ANALYSIS
- REFLECTIVE PRACTICE
- SWOT
- SHORT TERM GOAL SETTING