



# FUTURE PLAYER PROGRAMME



# INTRODUCTION

## FUTURE PLAYER PROGRAMME

### TECHNIQUE – TACTICAL - PLAY

The Future player Programme – A complete football programme based upon a 12 week cycle . Ideal for all abilities and all ages with a structure for sessions to follow : Technique – Tactical – Play.

The programme is designed to improve game intelligence and understanding of how to play as a team in both attacking and defending topics. Its unique format uses the geography of the pitch and will include :

IN POSSESSION – HOW TO PLAY OUT FROM BACK / PLAY INTO MIDFIELD/ END PRODUCT

OUT OF POSSESSION / PRESS HIGH / MIDFIELD BLOCK / PROTECT THE BOX.

### **Sessions will include:**

TECHNIQUE – IMPROVE SKILLS AND TECHNIQUES LINKED TO TOPIC – 15 minutes

TACTICAL – CREATIVE SESSIONS TO IMPROVE PLAYERS KNOWLEDGE – 25 minutes

PLAY – ALL SESSIONS TO INCLUDE FREE PLAY GAMES. 20 minutes



# Mission Statement

Bishops Stortford Community Football Club offers football to children from ages 7 – 18. Boys and girls from of all abilities and backgrounds are welcome.

We try to offer all members training and match programme which is safe & designed to promote children's enjoyment and understanding, ensuring all have equal opportunities to play and develop their game.

Our key objective is to keep children in love with the game increasing participation and producing individuals and teams that reflect the key values.

## Key Values:

**No fear**

**Game intelligence**

**Win the ball / Love the ball / keep  
the ball**

**Respect**



# Playing Philosophy

**No fear**  
**Game intelligence**  
**Win the ball / Love the ball / keep**  
**the ball**  
**Respect**

BSFC youth teams will be encouraged to play football using a controlled, possession-based game with emphasis on playing through the thirds with intelligent support & movement.

Our teams will try to win possession of the ball at earliest opportunity and retain possession to penetrate opposition at correct time if counter attack possibilities are denied.

The style of play will encourage all players to contribute to the attacking phase with considered risk taking and variety.



# Style of Play



# Defending

- Our teams will be encouraged to win ball back at earliest opportunity in an aggressive, organised and controlled manner. All players in all positions will be involved in team and unit defending and understand the importance of getting into good defensive shape at earliest opportunity with recovery runs. If we have good shape and numbers the nearest player should press the ball to try to regain possession at appropriate time. However if we are out of shape the nearest player should try to delay attack, deny forward passes or isolate attack.
- If we cannot regain possession immediately we should force opposition to play backwards or sideways improving opportunities to intercept and defend in higher areas of the pitch.
- Our teams will understand importance of defending in units with balance and compactness. When the opposition has controlled settled possession to be patient waiting for first opportunity to press the ball at appropriate time( e.g careless pass into poor areas or heavy 1<sup>st</sup> touch).
- When defending deeper trying to stay out of box as priority and using edge of box as deepest defensive line if opposition attacks centrally. Only dropping into box if attack proceeds past edge of box high and wide.
- All players to have high standards of work ethic and enthusiasm to regain possession.

**No fear**  
**Game intelligence**  
**Win the ball / Love the ball / keep**  
**the ball**  
**Respect**



# Attacking

**No fear**  
**Game intelligence**  
**Win the ball / Love the ball / keep**  
**the ball**  
**Respect**

- We play out when ever possible from the back with GK expected to initiate a lot of our attacking play becoming a sweeper and using feet when ever possible to distribute early. The GK is also to be used as a pivot and outlet for our defence when pressed by opposition. All defensive players should be comfortable to receive ball off GK and to make good decisions with distribution or driving into midfield if appropriate. Full backs to be encouraged to join in attacks to create overloads and to give team width high up pitch especially when other wide players have rolled into central areas.
- Our teams will be encouraged to play into midfield with all midfield players trying to create space for forward passes or to receive the ball themselves.
- Our midfield unit should retain possession until opportunity to attack and penetrate the opposition appears through incisive forward passing, clever individual play or combinations.
- Our forward players should be available as target and platforms in build up play but should always be looking to make penetrative runs in behind the oppositions defence. One of our forwards (no 10) could drop off into whole and play in between lines.
- Wide players should be looking to either play outside and producing crosses from high areas or rolling inside to join in attack centrally at appropriate time.



# SESSIONS





# Contents



Pass



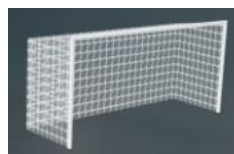
Player Movement



Shot



Player



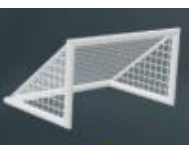
Large Goal



Football



Mannequin  
(can be  
replaced with  
big cone)



Small Goal



# Playing Out From The Back



# Play Out From the Back 1

## Set up:

Blues attack with 7 players v 5 reds  
only Blue goalkeeper and 2 Blue defenders allowed in box (to allow opportunity to play into midfield unopposed)

## In Practice:

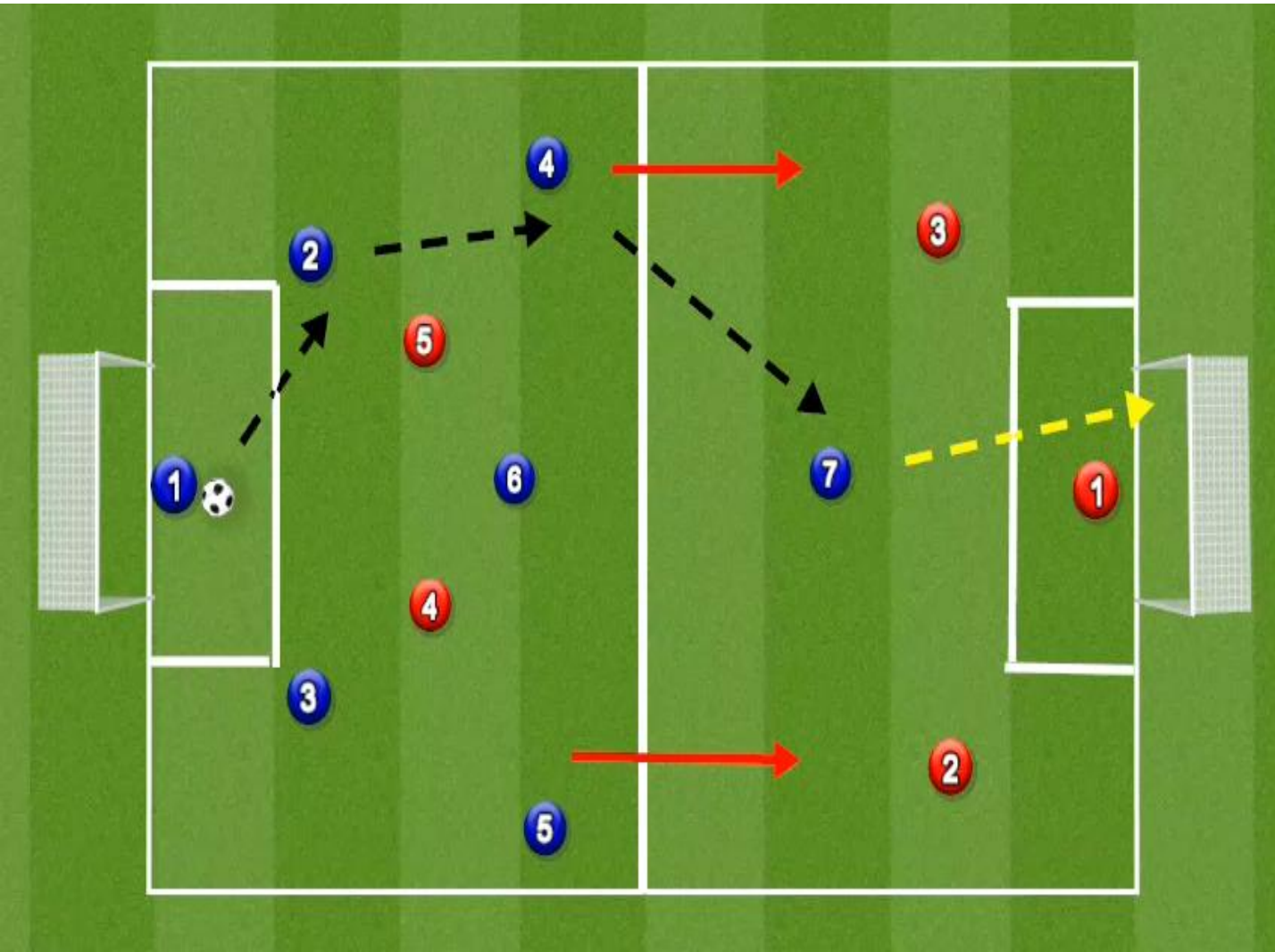
2 red attackers must remain in attacking half and 2 red defenders must remain in defensive half (1 red player can move into other half as yellows move progresses).  
Once attack finishes coach plays ball into goalkeeper to start next attack.

## Coaching Points:

- Type of pass used by defenders , strength and safe side or to back foot
- Midfield dispersal
- Possible midfield rotation if needed.
- Play into striker & support runs.

## Notes:

notes place a time limit to obtain higher intensity,  
concentrate on communication skills, eyes, signals, talk.  
scan pitch  
various challenges could be used: try to see whole pitch /  
try to break lines with first touch .





# Play Out From the Back 2

## Set up:

Both teams play 2-3-1 formation or can adapt any formation. 3 mini goals both ends.

## In Practice:

Defenders start attack off unopposed. First pass is free. Midfield try to create space to receive pass and/or create gaps for pass into forward. Forward must set back before scoring (optional). Both teams take turns in starting next attack

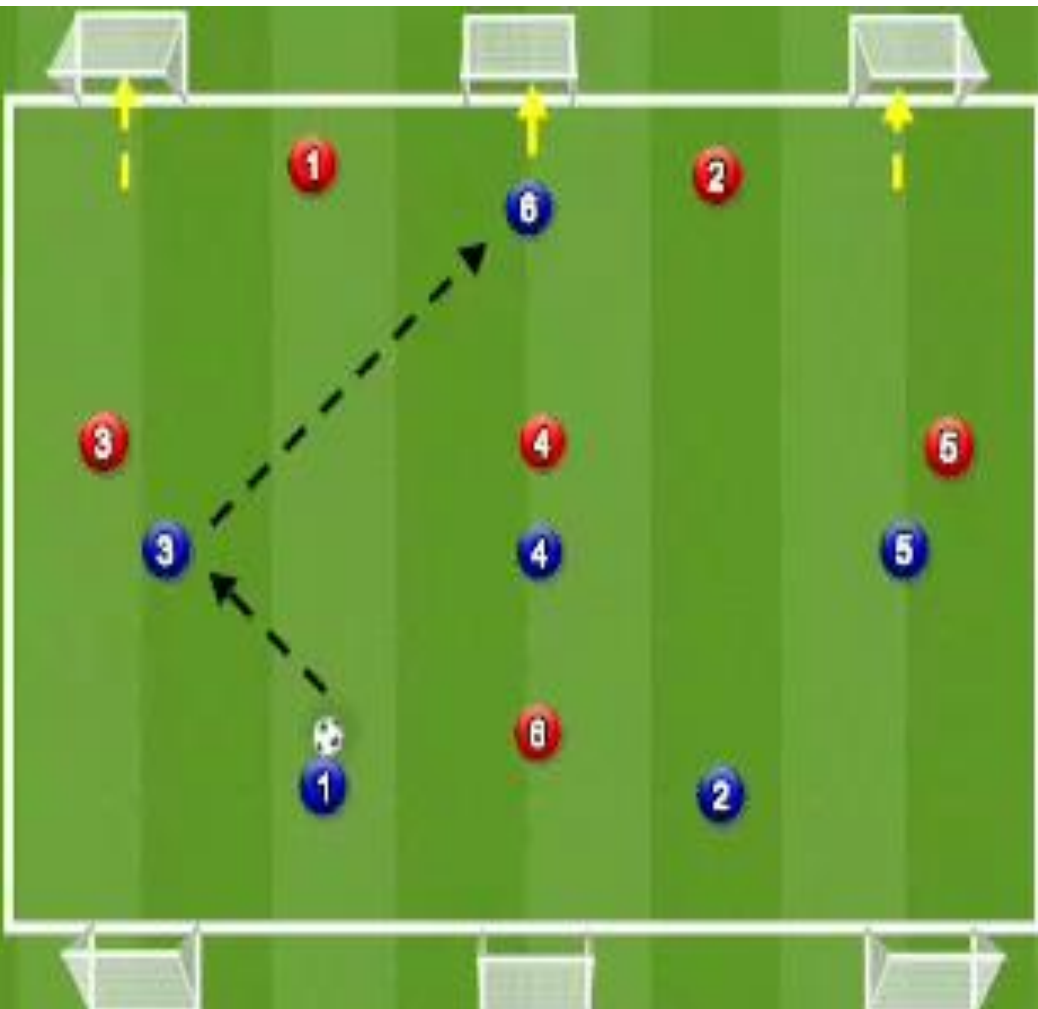
## Coaching Points:

- Strength of pass and who to?
- Midfield dispersal to create space
- Confidence to receive ball in tight areas
- Support runs for forward
- Switch play?
- End product

## Notes:

Various Challenges to be used:

- Try to find space enabling receive ball to feet.
- Can you keep the ball moving/ limit yourself to 3 touches / try to combine with give & goes / where & when to take players on in 1v1 situations?





# Play Out From the Back 3

## Set up:

2 teams set up yellows attacking formation 2 – 2 Or 2-2-1 Or 2-3-1 depending upon age group.

## In Practice:

Blue goalkeeper plays out to defenders who are outside box (red player has to stay in box initially) defenders combine with midfield to work ball into final zone. 2 midfield players can join in final zone but red defending team have to stay in zone.

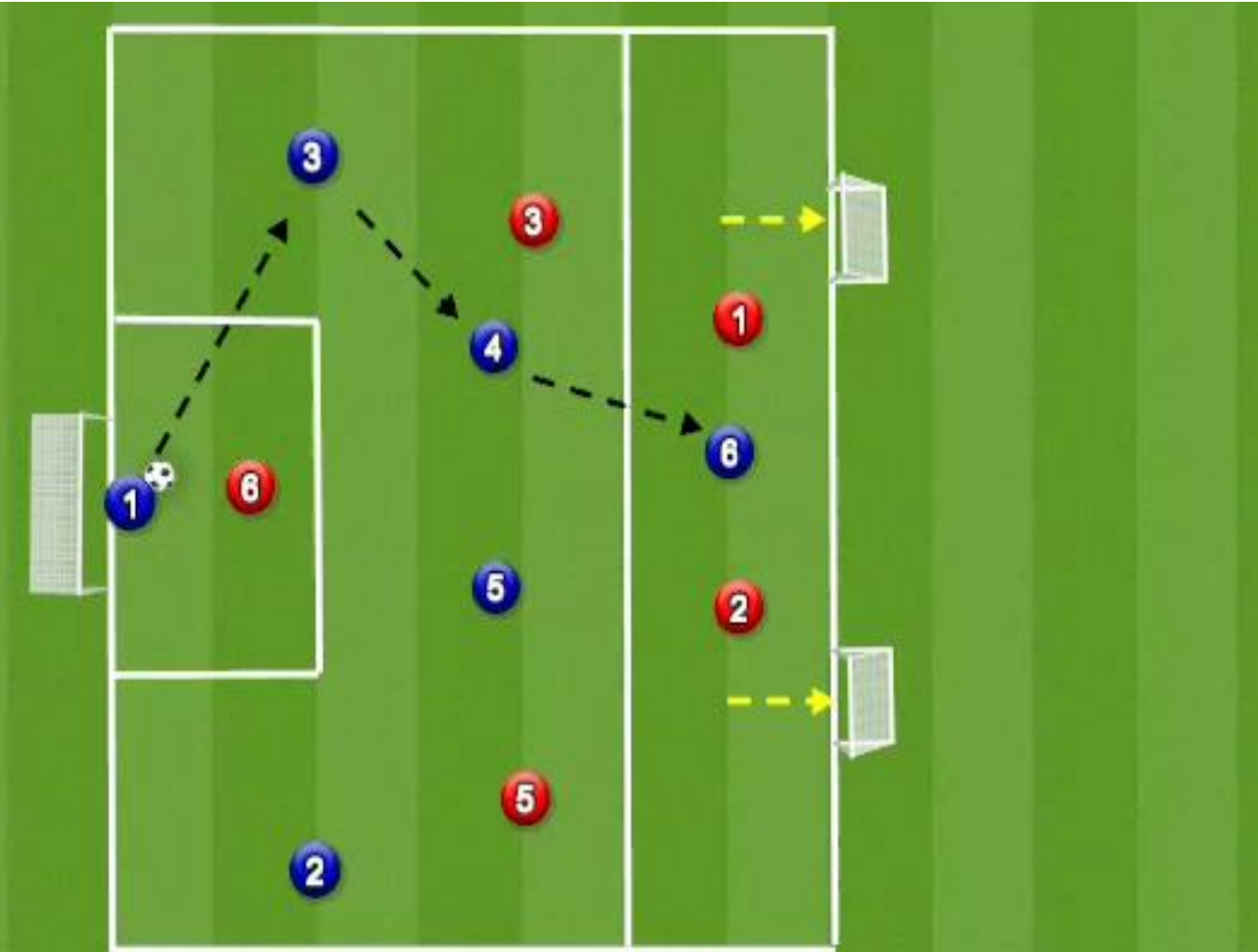
## Coaching Points:

- Defenders drop off wide to receive ball
- Drive with ball or pass into midfield
- Use overload if possible
- Final third 2 players join in to make 3v2 overload

## Notes:

Various Challenges to be used: Try to find space enabling receive ball to feet.

Can you keep the ball moving/ limit yourself to 3 touches / try to combine with give & goes / where & when to take players on in 1v1 situations?





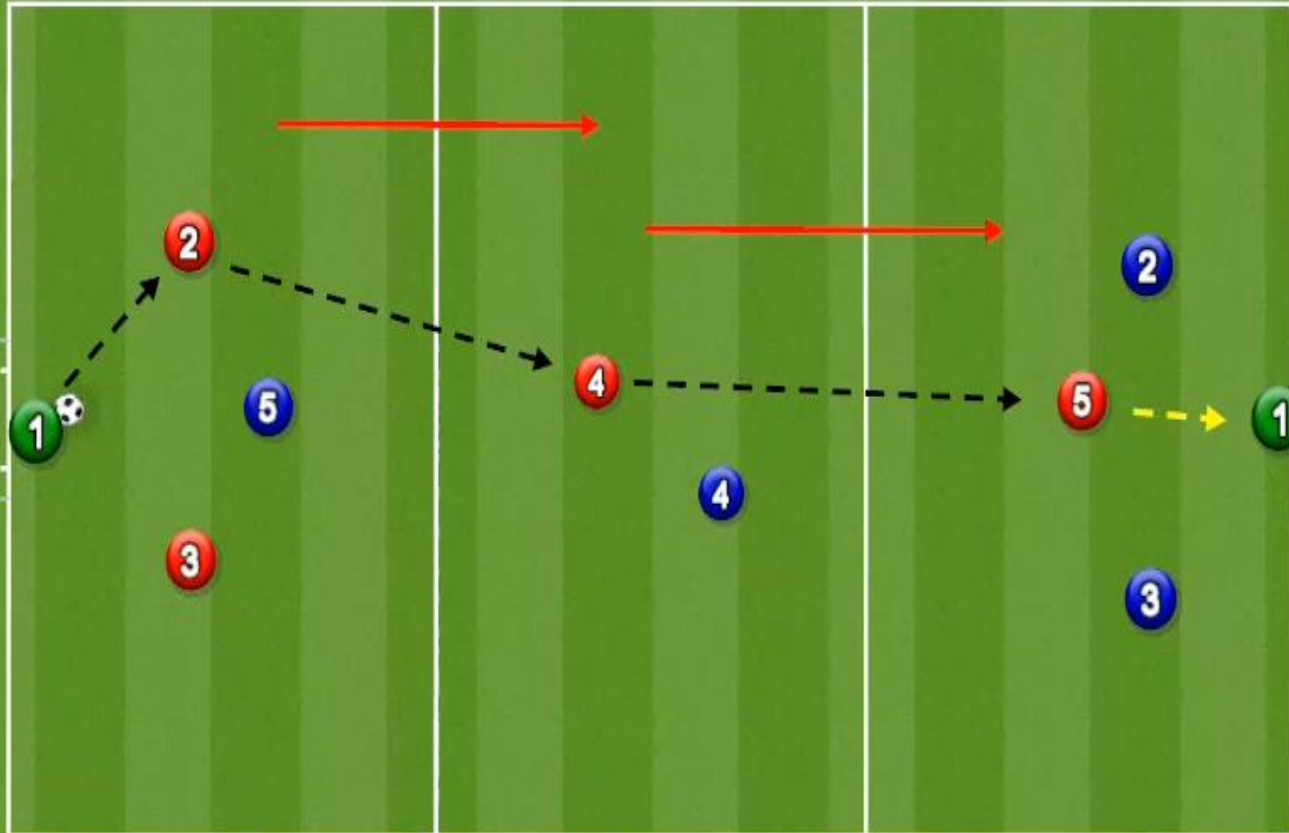
# Play Out From the Back 4

## Set up:

2 teams set up in a 2-1-1 formation or 2-2-1 or 2-3-1 depending upon size or group.

## In Practice:

Red team start from GK play out from defence into midfield then midfield players join in attacking third. Defending players have to stay in zones. Blue team repeat attack in same way once Red attack is finished. Various conditions or rules can be added to achieve desired outcomes.



## Coaching Points:

- Defenders split wide to receive ball on back foot to break first line if possible
- Try to take advantage of overload in midfield
- Try to create various goal scoring opportunities in final third using a mixture of take ons or combining with attacker and other midfield player to create 3 v 2

## Notes:

Notes Place a time limit to obtain higher intensity, concentrate on communication skills, eyes, signals, talk.

SCAN PITCH

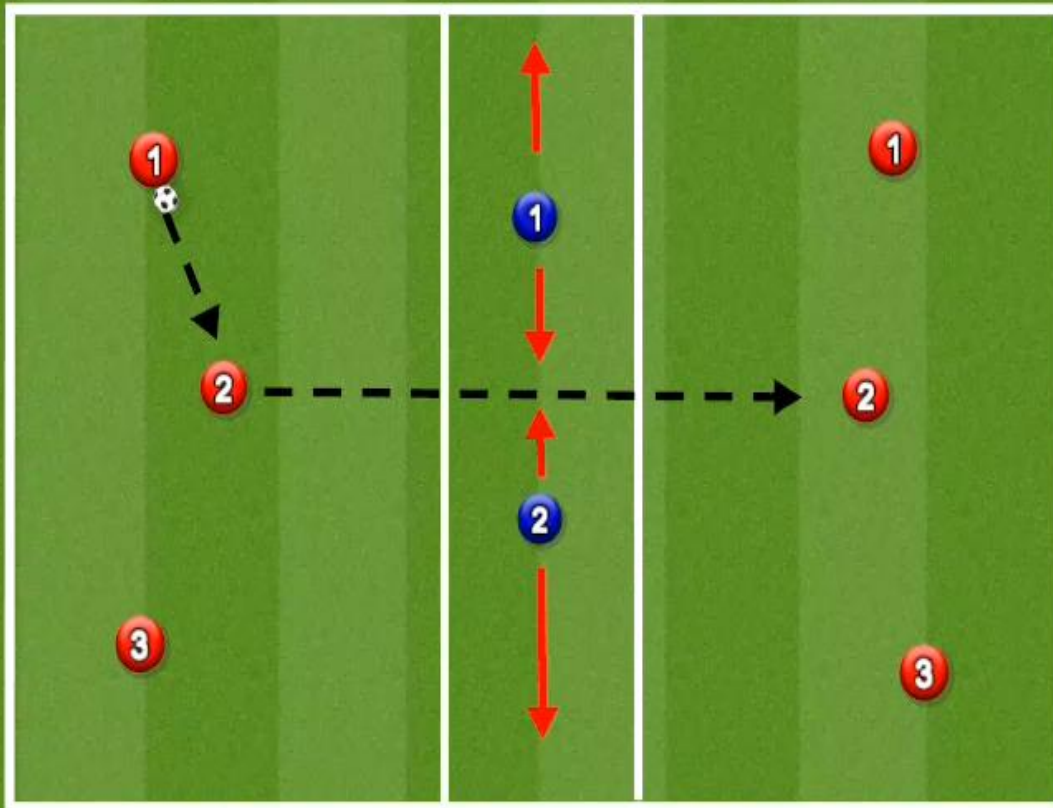
Various Challenges could be used: TRY TO SEE WHOLE PITCH / TRY TO BREAK LINES WITH FIRST TOUCH



# Play Out From Back 5

## Set up:

- 3 players try to play through a zone with 2 defenders



## In Practice:

- Players try to play through gaps

## Coaching Points:

- Keep ball moving
- Visual awareness



# Playing Into Midfield





# Play Into Midfield 1

## Set up:

Blues attack with 7 players v 5 reds  
only Blue goalkeeper and 2 Blue defenders allowed in box (to allow opportunity to play into midfield unopposed)

## In Practice:

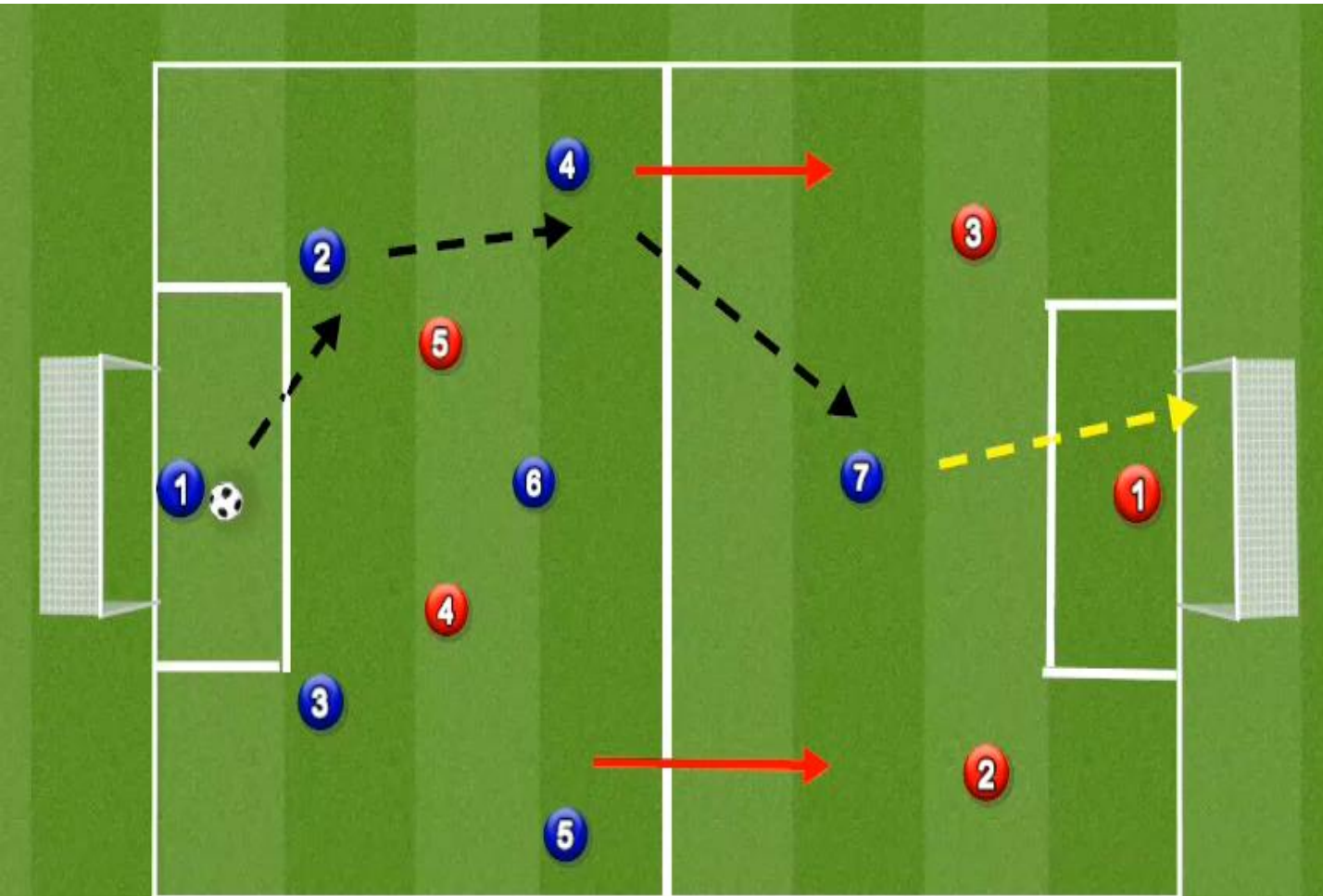
2 red attackers must remain in attacking half and 2 red defenders must remain in defensive half (1 red player can move into other half as yellows move progresses).  
Once attack finishes coach plays ball into goalkeeper to start next attack.

## Coaching Points:

- Type of pass used by defenders , strength and safe side or to back foot
- Midfield dispersal
- Possible midfield rotation if needed.
- Play into striker & support runs.

## Notes:

notes place a time limit to obtain higher intensity,  
concentrate on communication skills, eyes, signals, talk.  
scan pitch  
various challenges could be used: try to see whole pitch /  
try to break lines with first touch .





# Play Into Midfield 2

## Set up:

Both teams play 2-3-1 formation or can adapt any formation. 3 mini goals both ends.

## In Practice:

Defenders start attack off unopposed. First pass is free. Midfield try to create space to receive pass and/or create gaps for pass into forward. Forward must set back before scoring (optional). Both teams take turns in starting next attack

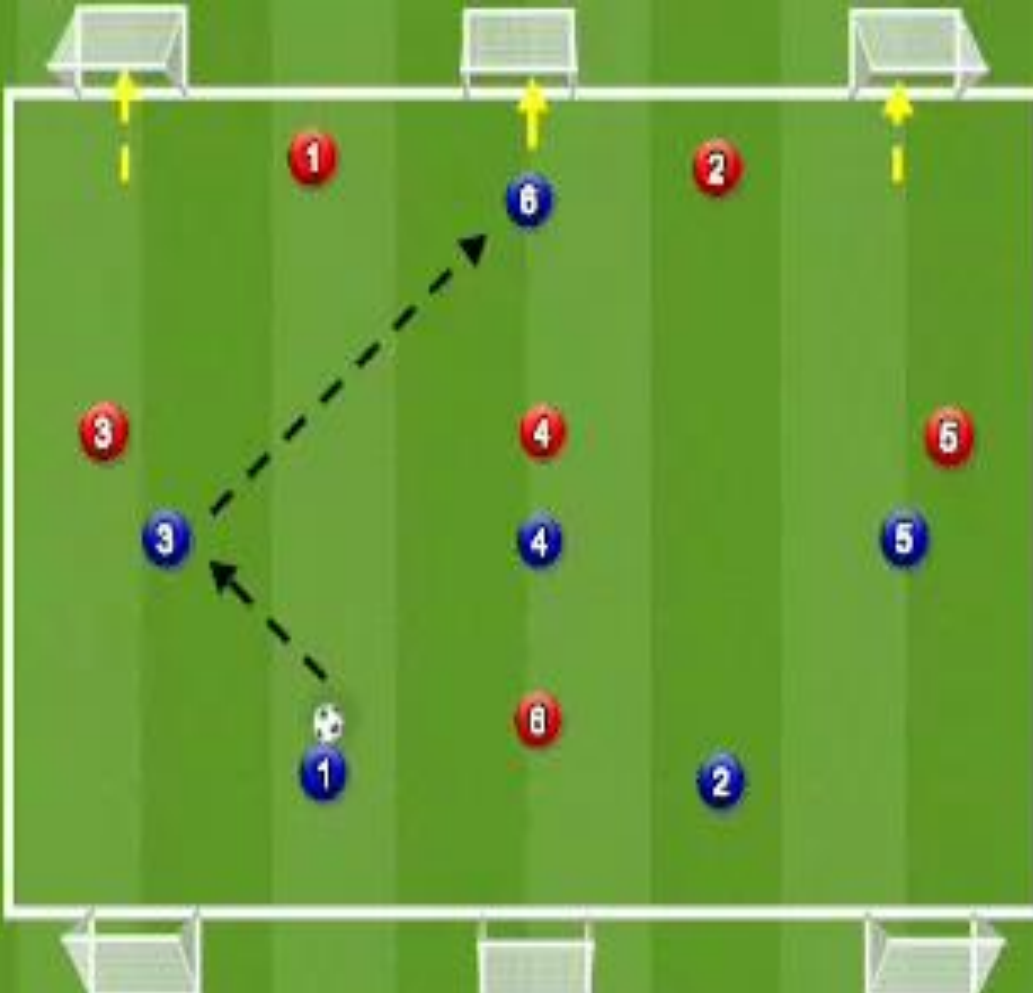
## Coaching Points:

- Strength of pass and who to?
- Midfield dispersal to create space
- Confidence to receive ball in tight areas
- Support runs for forward
- Switch play?
- End product

## Notes:

Various Challenges to be used:

- Try to find space enabling receive ball to feet.
- Can you keep the ball moving/ limit yourself to 3 touches / try to combine with give & goes / where & when to take players on in 1v1 situations?





# Play Into Midfield 3

## Set up:

2 teams set up yellows attacking formation 2 – 2 Or 2-2-1 Or 2-3-1 depending upon age group.

## In Practice:

Blue goalkeeper plays out to defenders who are outside box (red player has to stay in box initially) defenders combine with midfield to work ball into final zone. 2 midfield players can join in final zone but red defending team have to stay in zone.

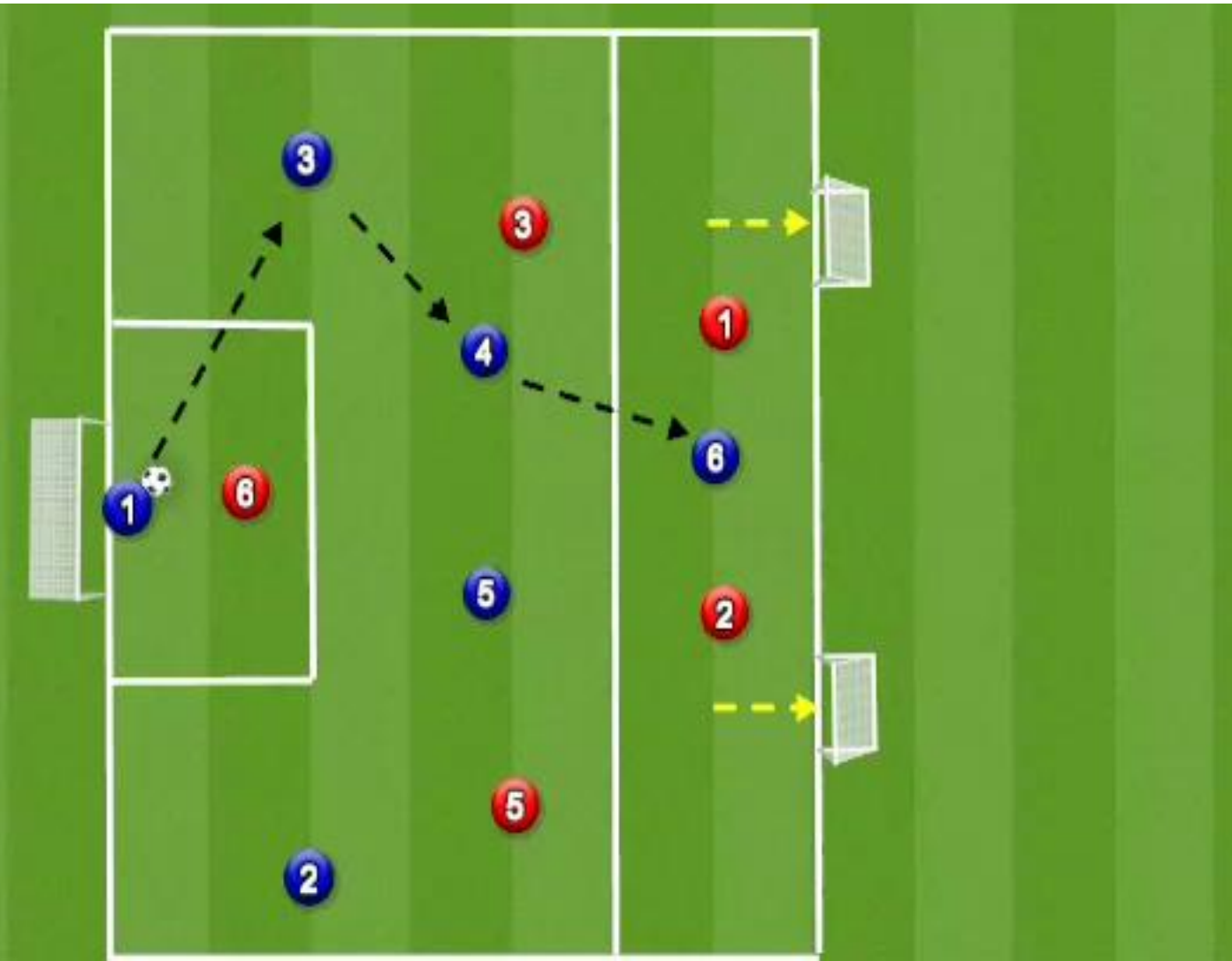
## Coaching Points:

- Defenders drop off wide to receive ball
- Drive with ball or pass into midfield
- Use overload if possible
- Final third 2 players join in to make 3v2 overload

## Notes:

Various Challenges to be used: Try to find space enabling receive ball to feet.

Can you keep the ball moving/ limit yourself to 3 touches / try to combine with give & goes / where & when to take players on in 1v1 situations?





# Play Into Midfield 4

## Set up:

2 teams set up in a 2-1-1 formation or 2-2-1 or 2-3-1 depending upon size or group.

## In Practice:

Red team start from GK play out from defence into midfield then midfield players join in attacking third. Defending players have to stay in zones. Blue team repeat attack in same way once Red attack is finished. Various conditions or rules can be added to achieve desired outcomes.

## Coaching Points:

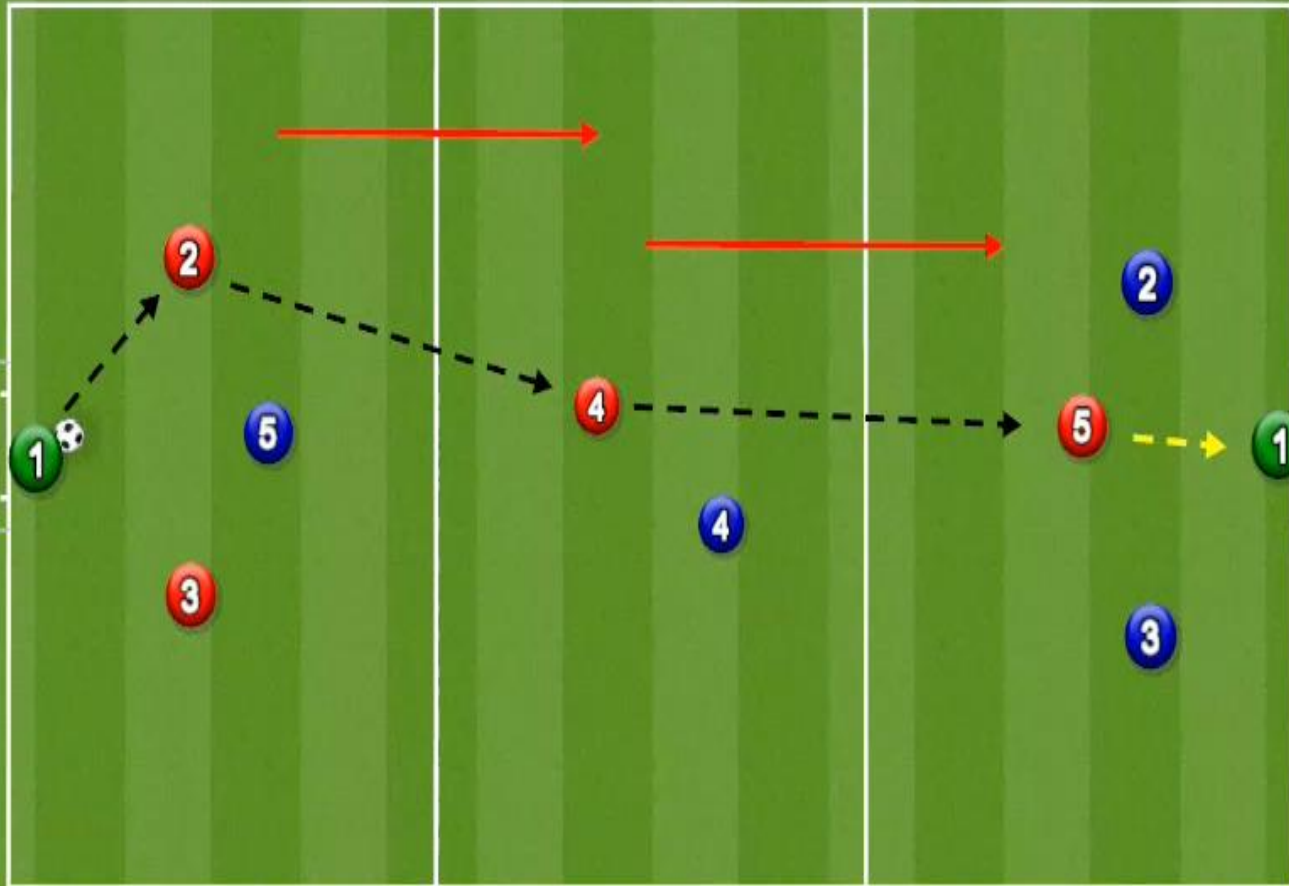
- Defenders split wide to receive ball on back foot to break first line if possible
- Try to take advantage of overload in midfield
- Try to create various goal scoring opportunities in final third using a mixture of take ons or combining with attacker and other midfield player to create 3 v 2

## Notes:

Notes Place a time limit to obtain higher intensity, concentrate on communication skills, eyes, signals, talk.

SCAN PITCH

Various Challenges could be used: TRY TO SEE WHOLE PITCH / TRY TO BREAK LINES WITH FIRST TOUCH





# Play Into Midfield 5

## Set up:

2 teams set up, 5v5 outfield players with goalkeepers on each team (6v6)

## In Practice:

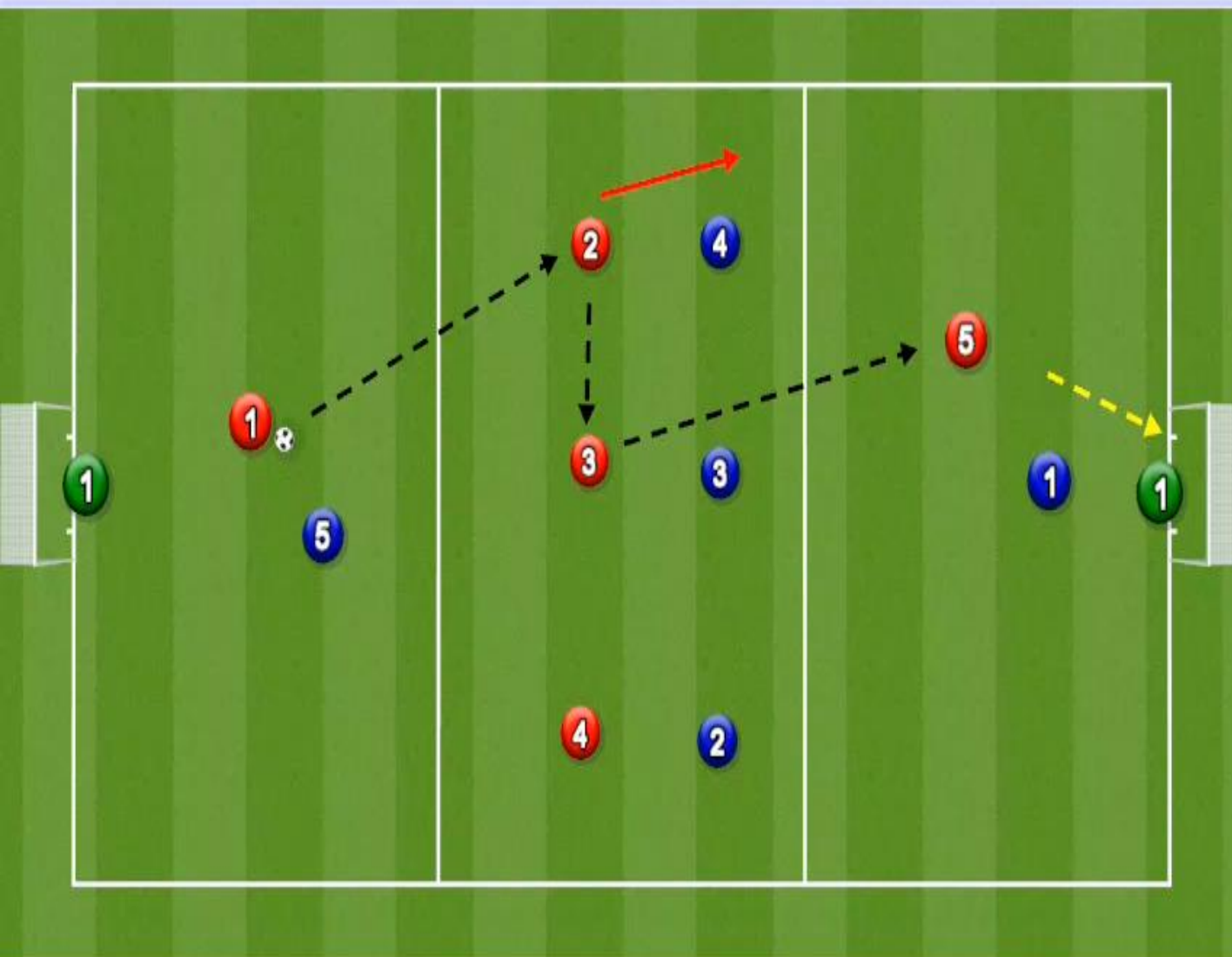
Directional game – work ball through midfield to score. Reds start with the ball and have to work the ball through the midfield area. Can lock players into areas (e.g. defenders and attackers have to stay in their thirds) or change overloads if age/ability requires

## Coaching Points:

- Focus on takes, one-two's and overlaps from end to end, working through the goalkeeper

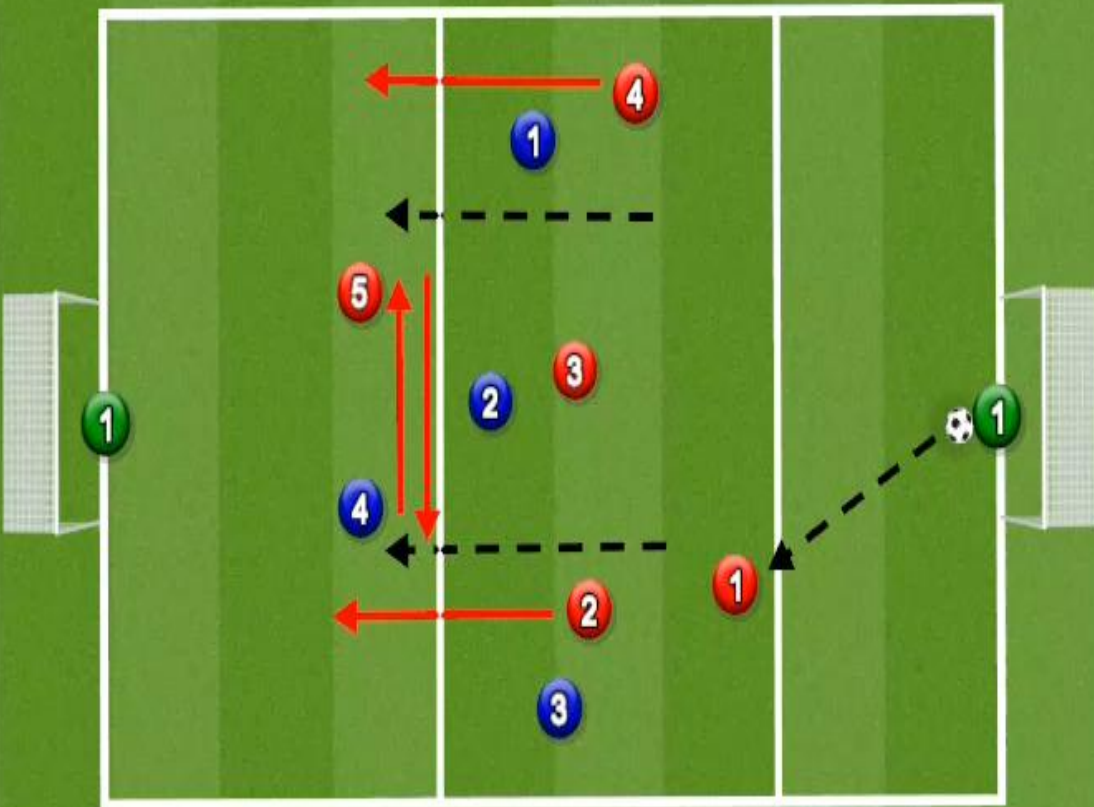
## Notes:

Can lock players into areas (e.g. defenders and attackers have to stay in their thirds) or change overloads if age/ability requires





# Play Into Midfield 6



## Set up:

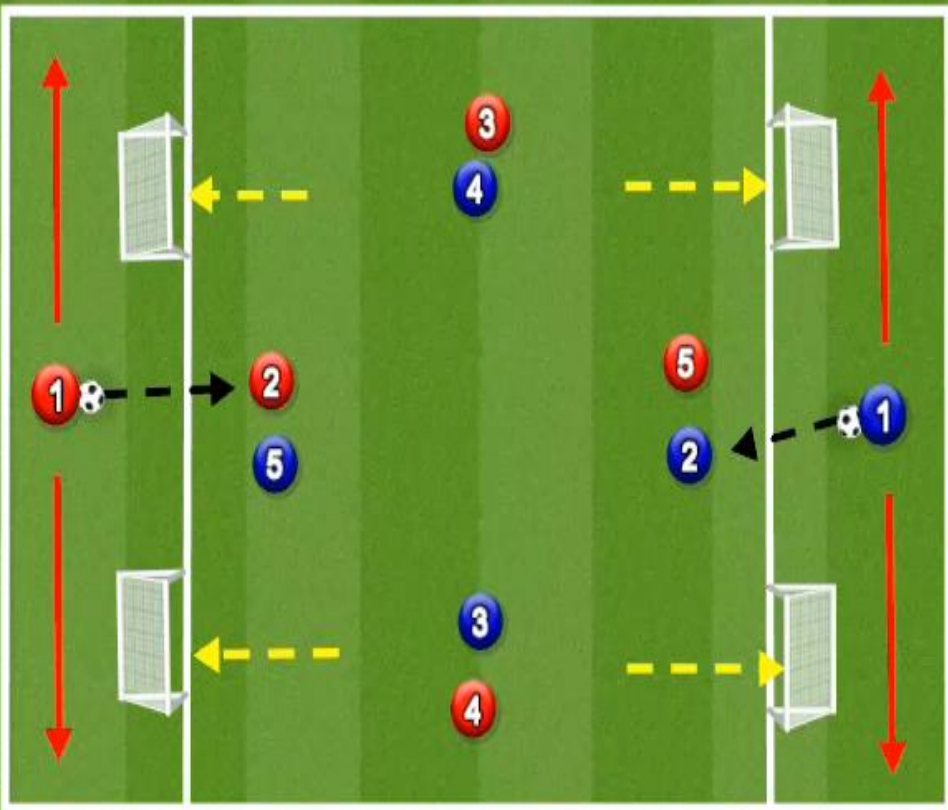
4 v 3 in middle section , gk plays out and attacking team can drop back into zone.

## Coaching Points:

- Create space individually and as a team
- Create a diamond shape



# Play Into Midfield 7



## Set up:

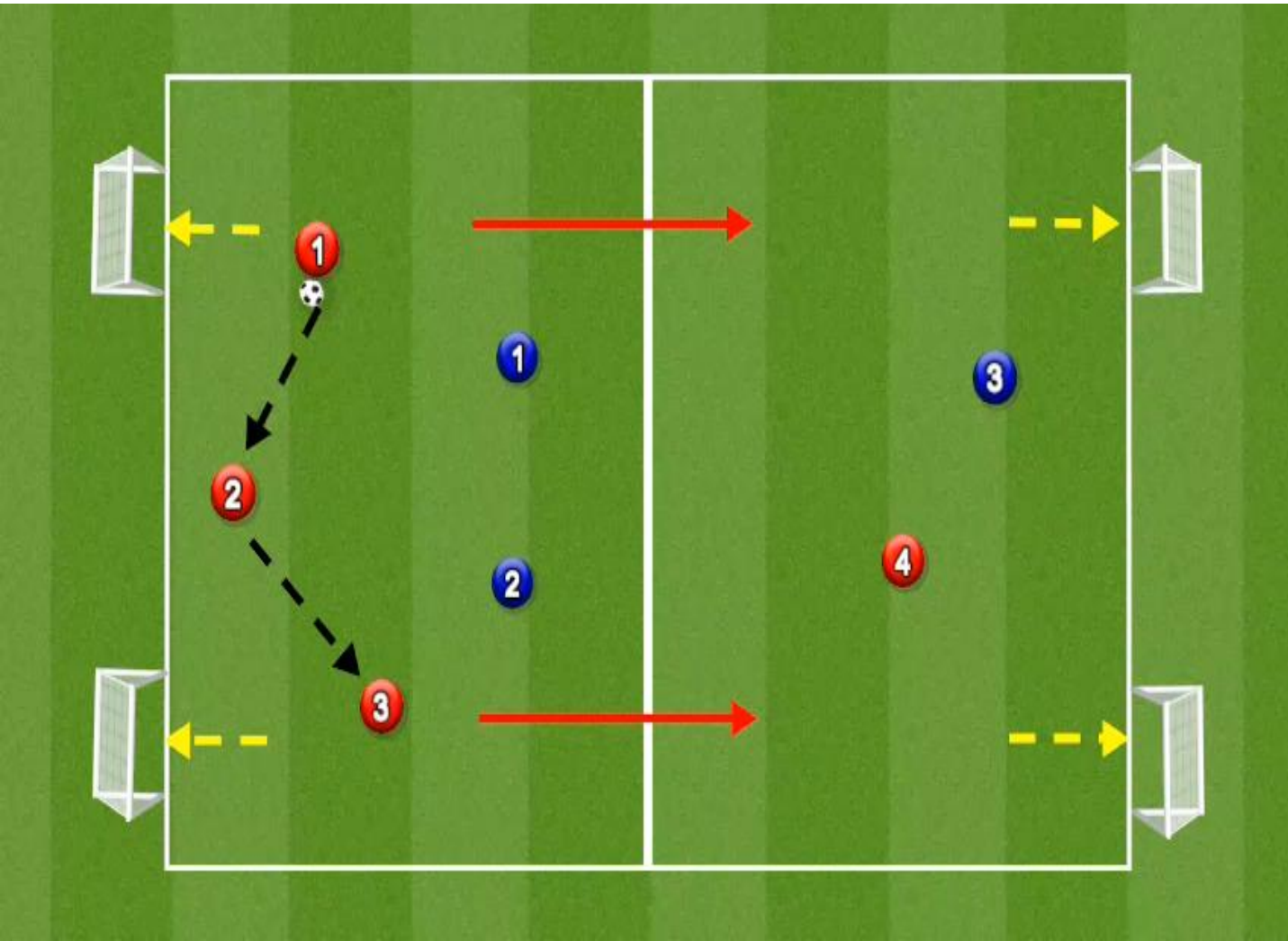
Red target player plays into reds who try to score into target goals or target player

## Coaching Points:

- Create space
- First touch visual awareness
- Clever movement



# Play Into Midfield 8



## Set up:

3 v 2 try to play into attacking zone into a 1 v 1 and 2 reds can join in.

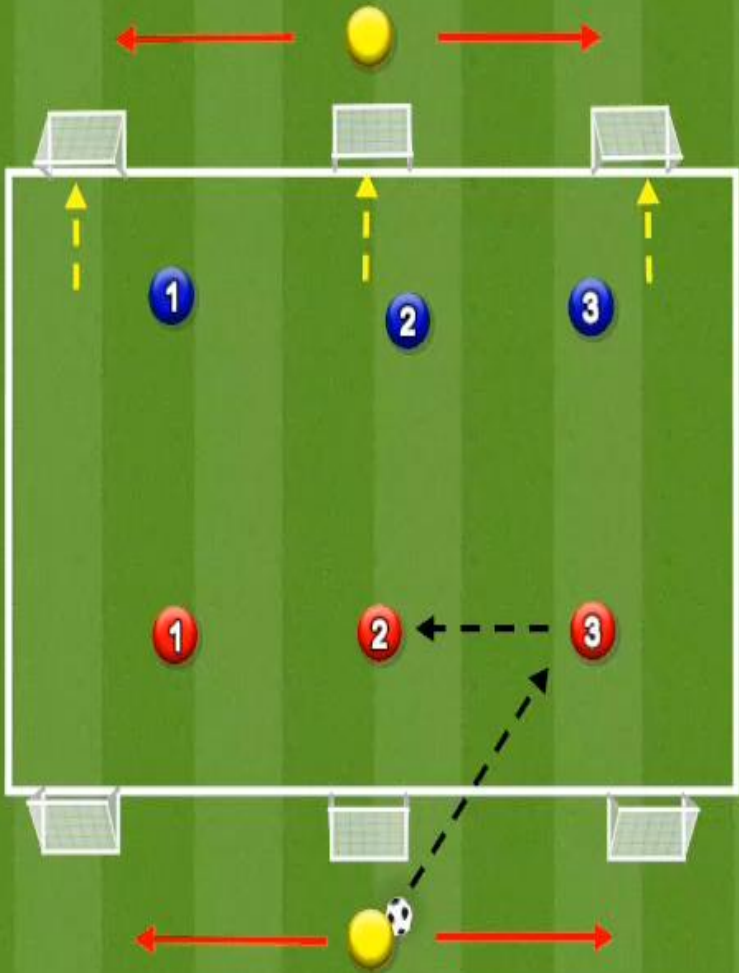
## Coaching Points:

- Make pitch big
- Drive with ball or pass





# Play Into Midfield 9



## Set up:

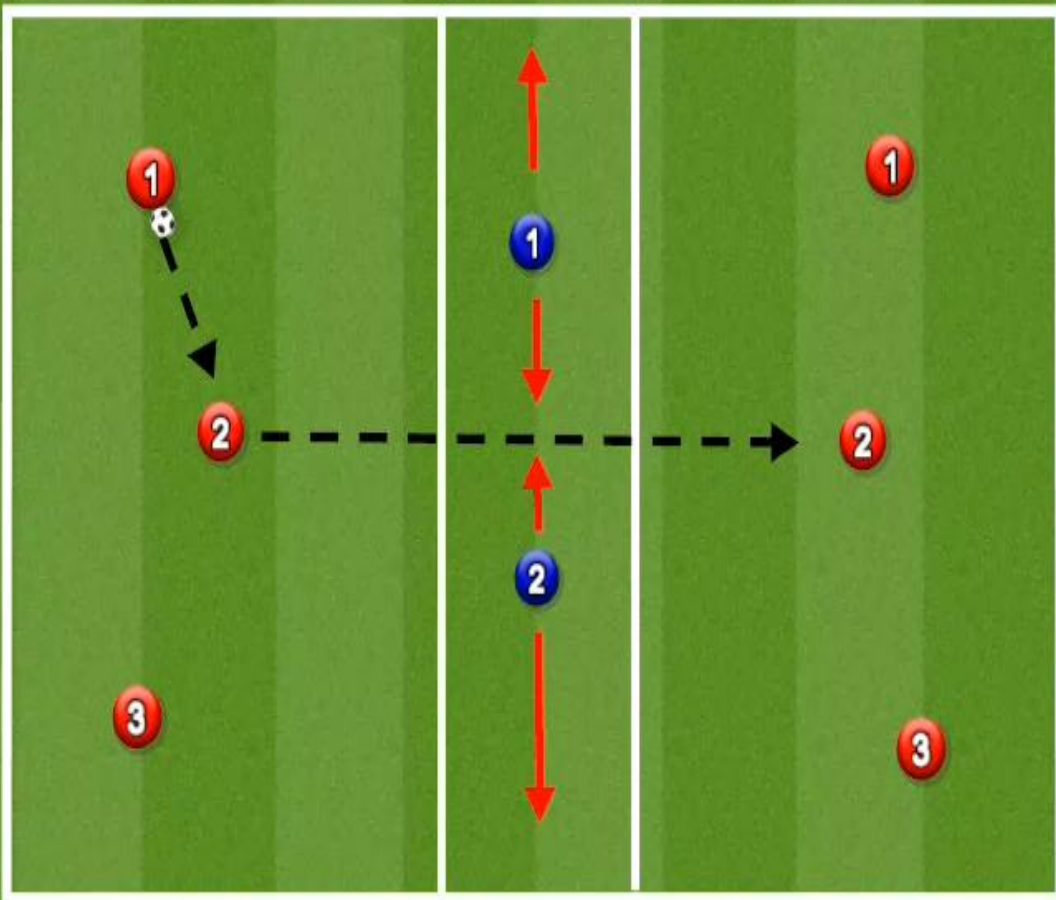
3 v 3 with 3 target goals and 2 target players

## Coaching Points:

- Create space
- First touch
- Visual awareness
- Movement
- Communication



# Play Into Midfield 10



## Set up:

- 3 players try to play through 2 defenders

## Coaching Points:

- Good first touch
- Visual awareness
- Strength of pass



End Product



# End Product 1

## Set up:

2 v 2s or 3 v 3s attack the box. 3 v 3 with another team of 3 waiting to play.

## In Practice:

Blues attack, reds try to score, on completion of attack the next team of 3 attack immediately to encourage quick transition.

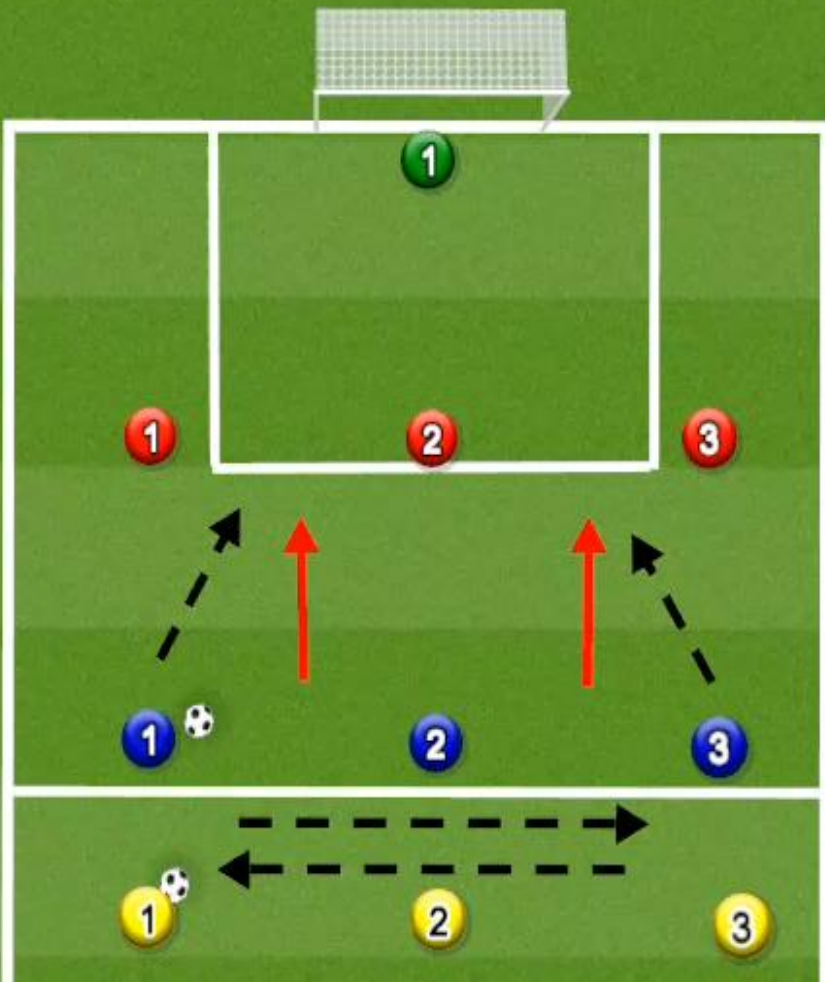
Can have extra attacking player to create overload.

## Coaching Points:

- Focus on takes, one-two's and overlaps from end to end, working through the goalkeeper
- Try to drag defenders in to create space in behind
- Pass and attacking run in behind
- In 1v1 situations, take defenders on
- Various runs to confuse defence with overlaps and short diagonal runs

## Notes:

Try to achieve high intensity with the use of time restrictions, make competitive





# End Product 2

## Set up:

1 Goalkeeper, 2 sets of 3 attackers. Red attackers closest to the mannequins have to score, Green attackers lay off the ball for them.

## In Practice:

Players play around mannequins (or large cones).

Various patterns:

Green players try to play red players in behind, red attackers set ball back then spin in behind from wide and central areas.

Players rotate to try out all 3 options.

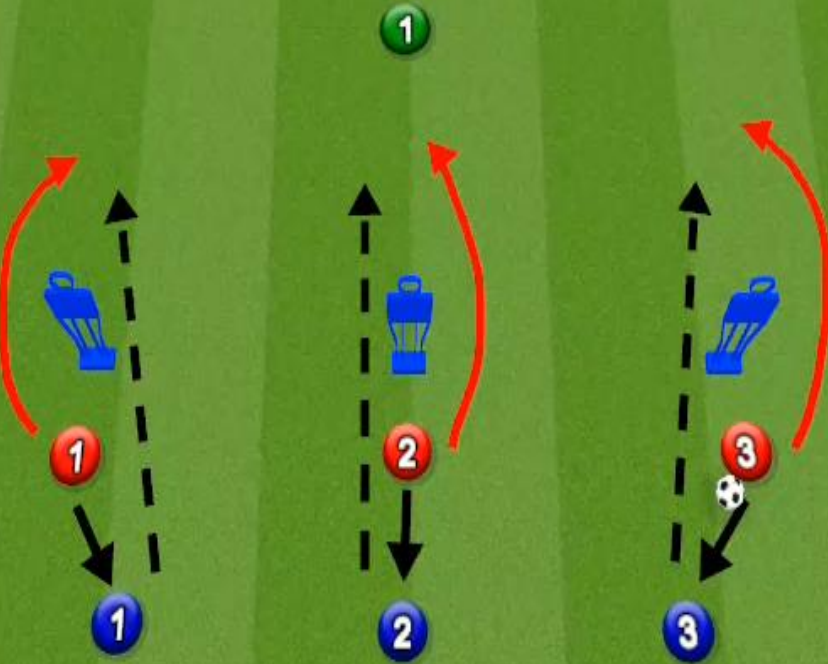
Reds switch with Greens after the attack is finished.  
Can add a defender/defenders if required.

## Coaching Points:

- Set ball then move away and in behind
- Timing and angle of run
- Strength of pass and angle of pass
- Use of inside or outside feet to assist

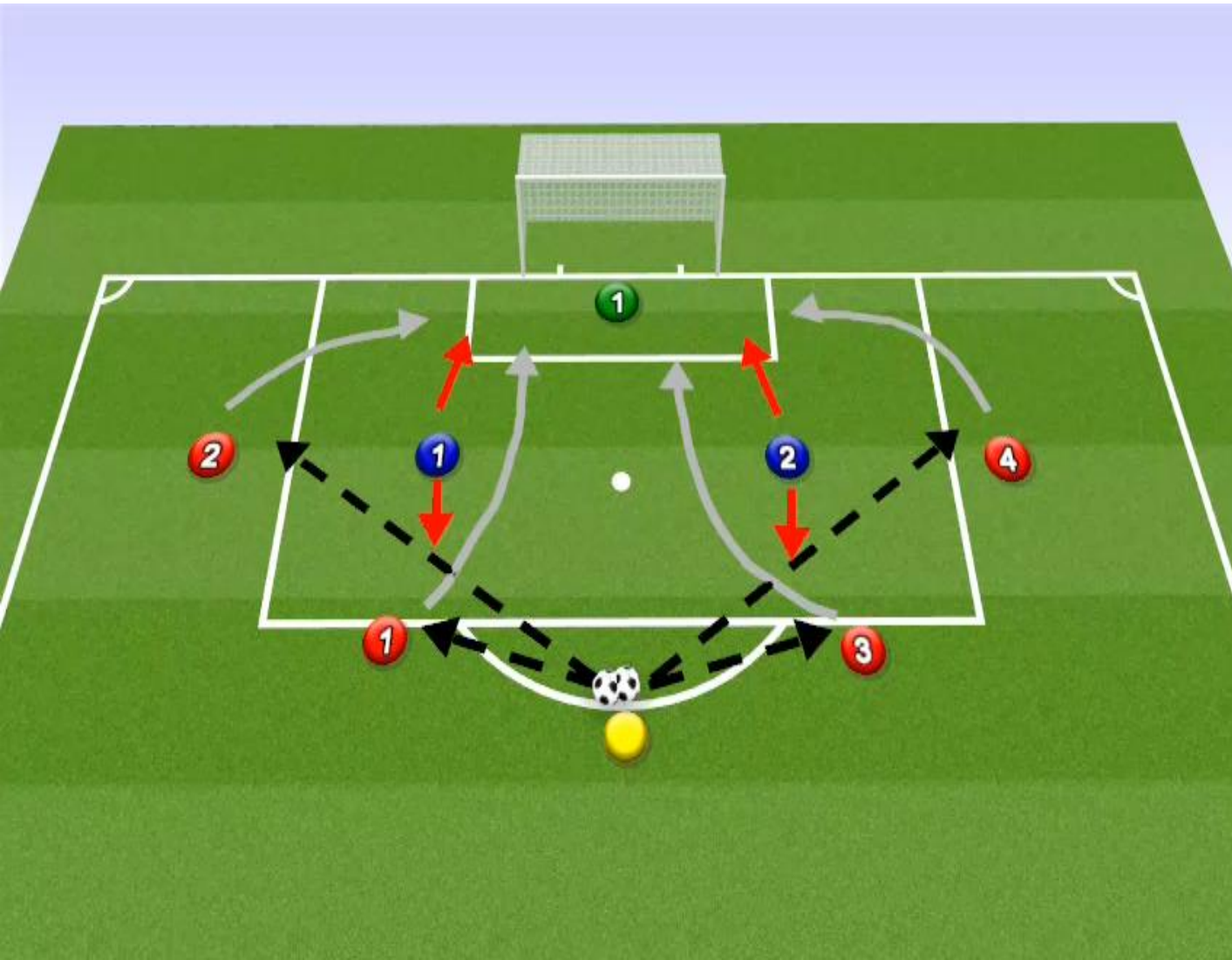
## Notes:

Use different start points to ensure both feet are used, time limits to achieve high intensity.





# End Product 3



## Set up:

Two defender (blue) are positioned inside the box. The red attackers are positioned outside – two at the top and two by the side. There is a goalkeeper in goal. There is a passer/receiver (yellow) at the top.

## In Practice:

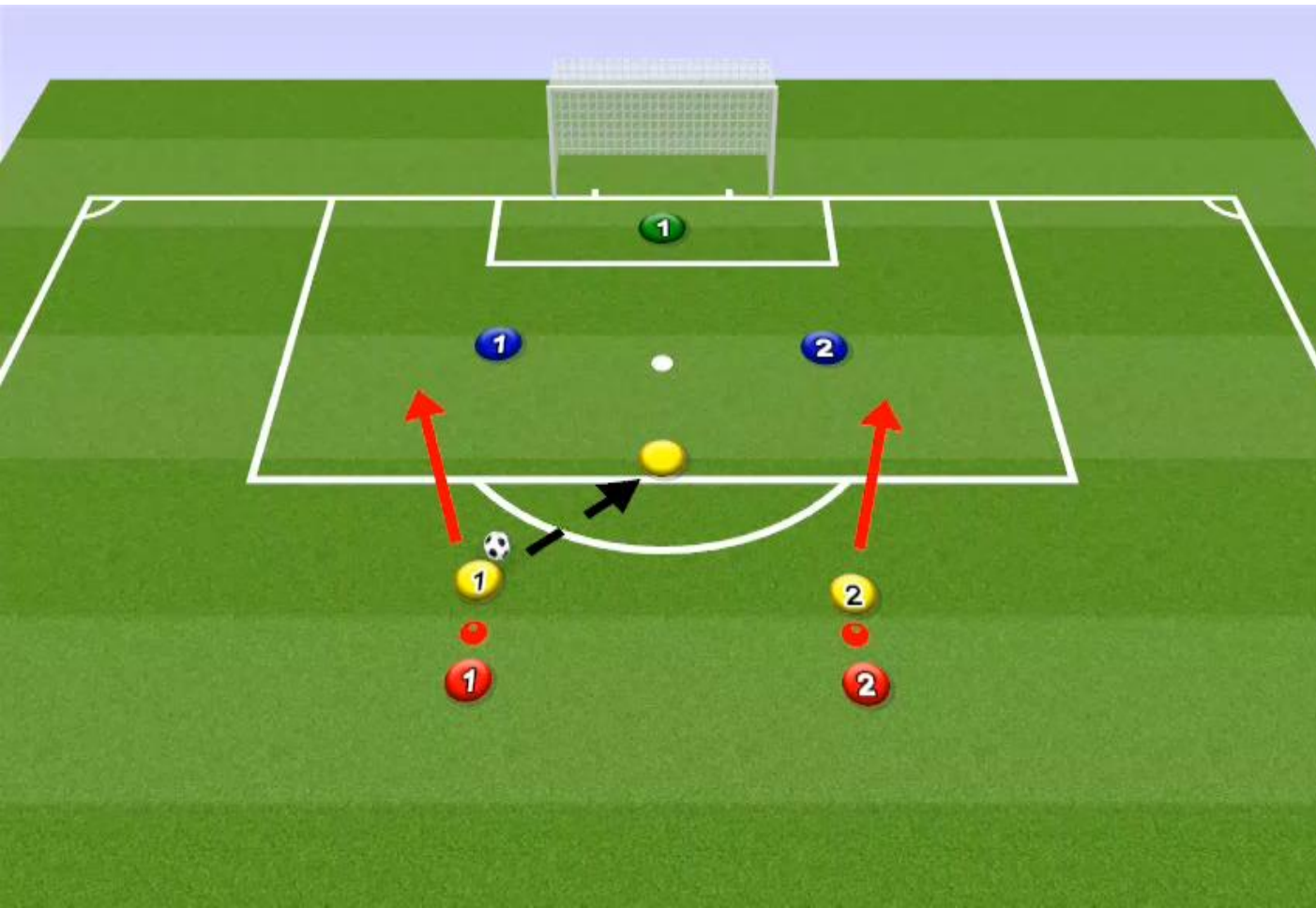
Red attacker 1 takes on blue defender 1 and has to try to finish. As soon as attack is over, red attacker two receives and does the same. When their attacks are over, red attackers 3 and 4 have their turns against blue defender 2. Once everyone has had an individual turn, it becomes 2v2s – red 1 and 3 take on the 2 blue defenders and try to score. Once their attack is done, the wide red attackers take on both blue defenders also.



# End Product 4

## Set up:

Three attackers (2 rotational attackers and 1 cf) and two defenders (blue). One goalkeeper also.



## In Practice:

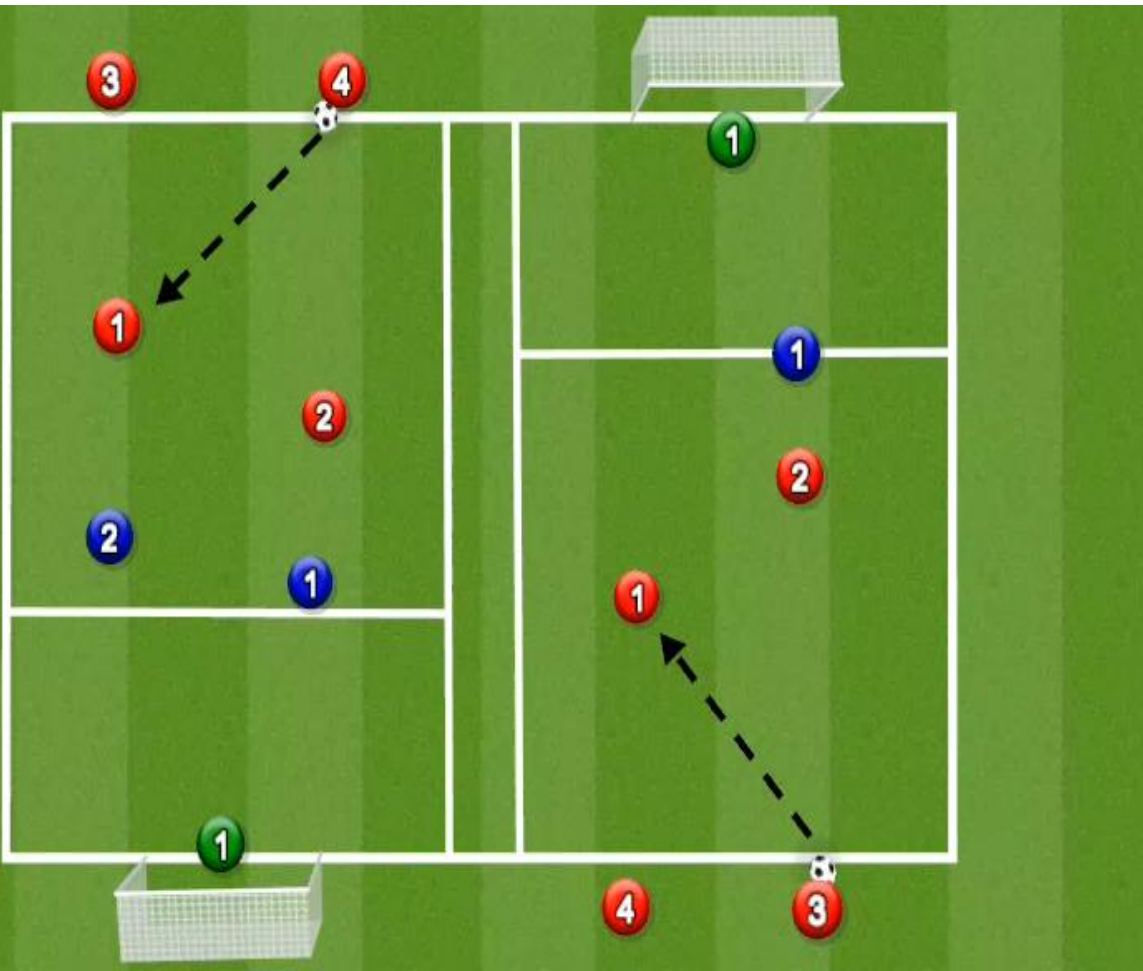
The three attackers take on the two defenders. The yellow center forward stays in all attacks joined in by the other two attackers. As soon as attack finishes, the 2 attackers become the next 2 defenders + the 2 players that had just defended sprint off the pitch to join the attackers line.



# End Product 5

## Set up:

2v2s and 2v1s (GKs adds to overload)



## In Practice:

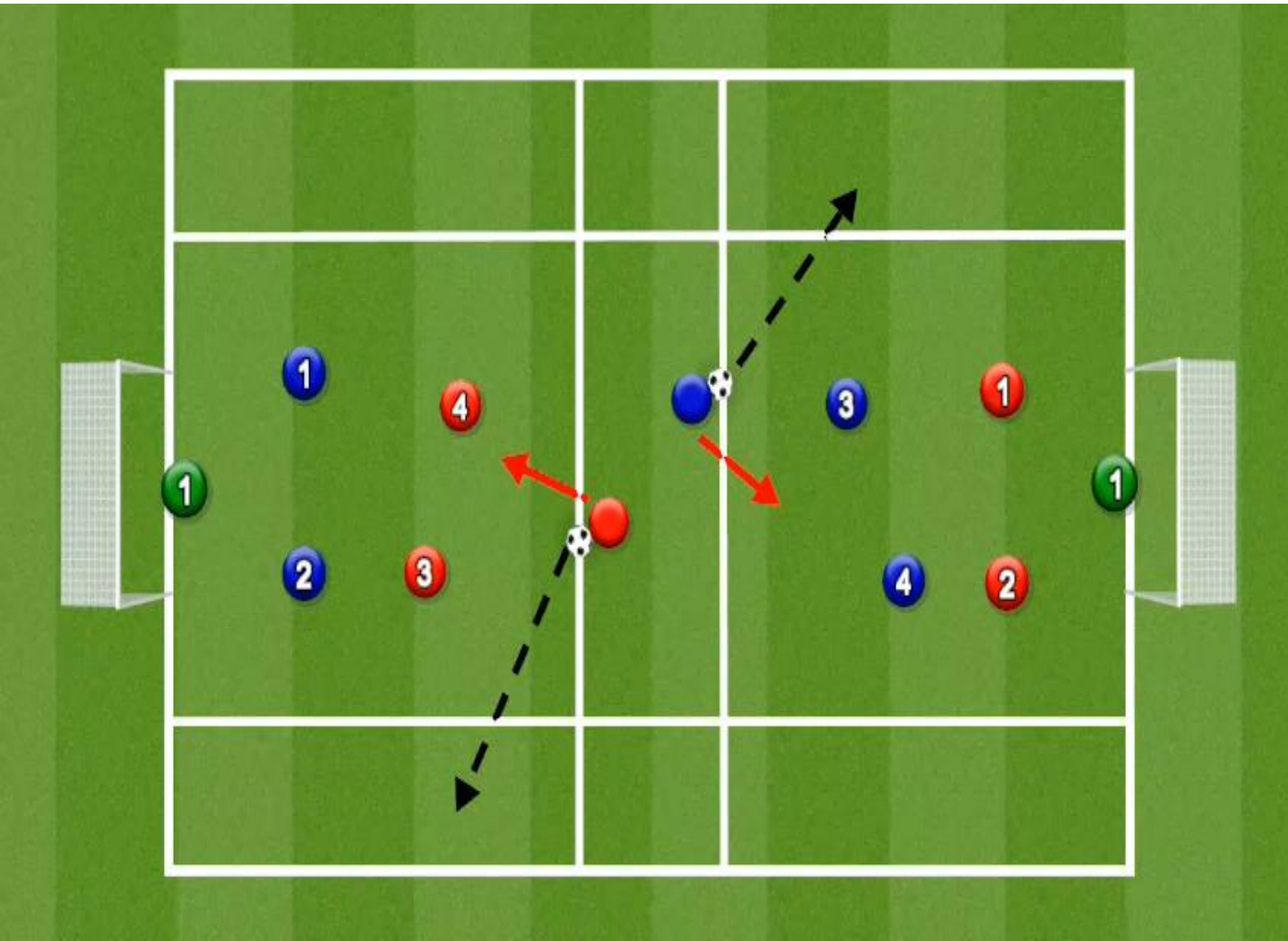
Offside line included.

Allow the one defender on the pitch with 2 defenders to switch pitches with the lone defender.





# End Product 6



## Set up:

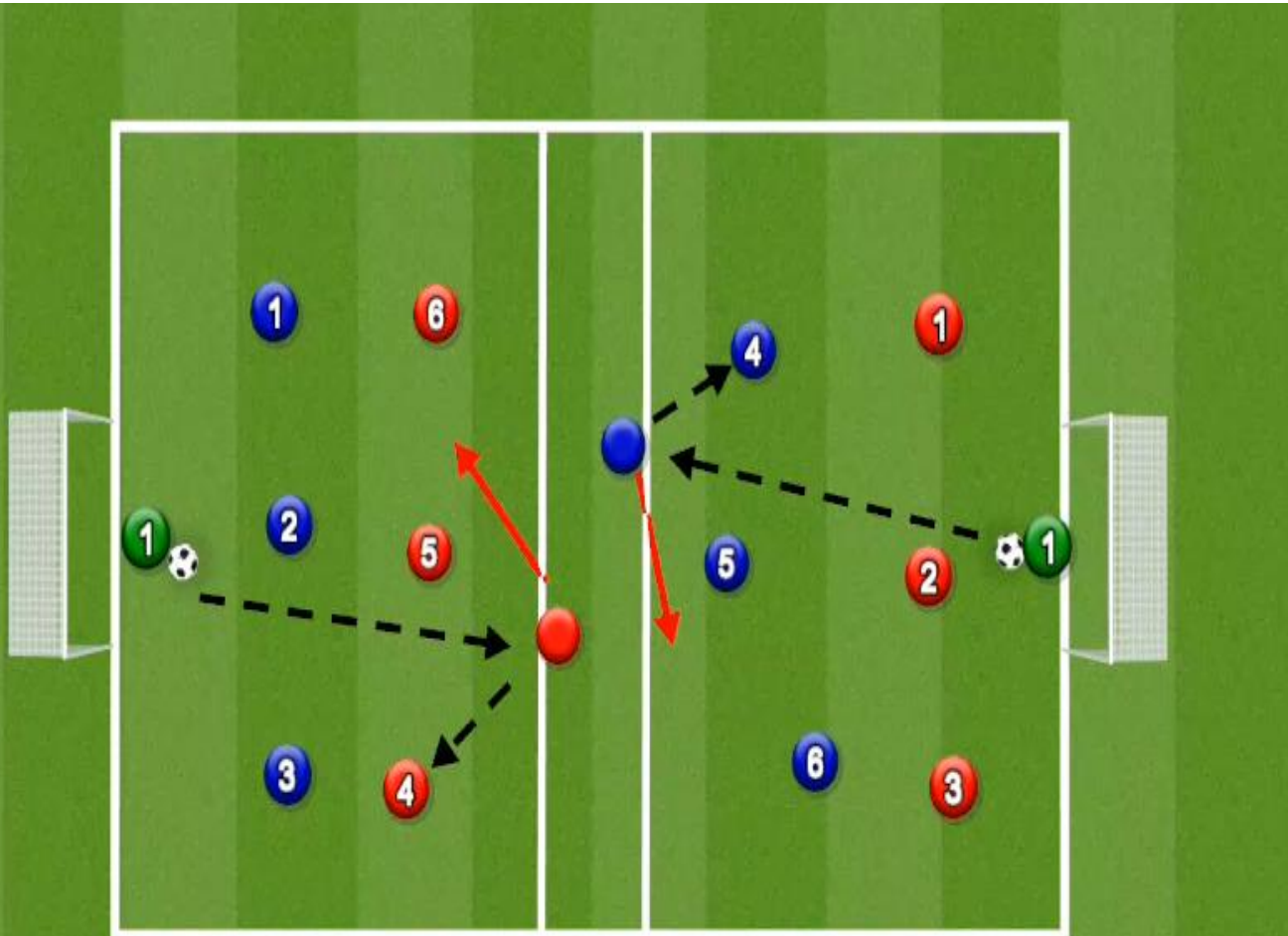
2v2s and can use supporting server player to make 3 v 2

## Coaching Points:

- Attackers try to create confusion
- Turns
- Give and goes
- Early Shots
- Try to face up defender
- Take ons



# End Product 7



## Set up:

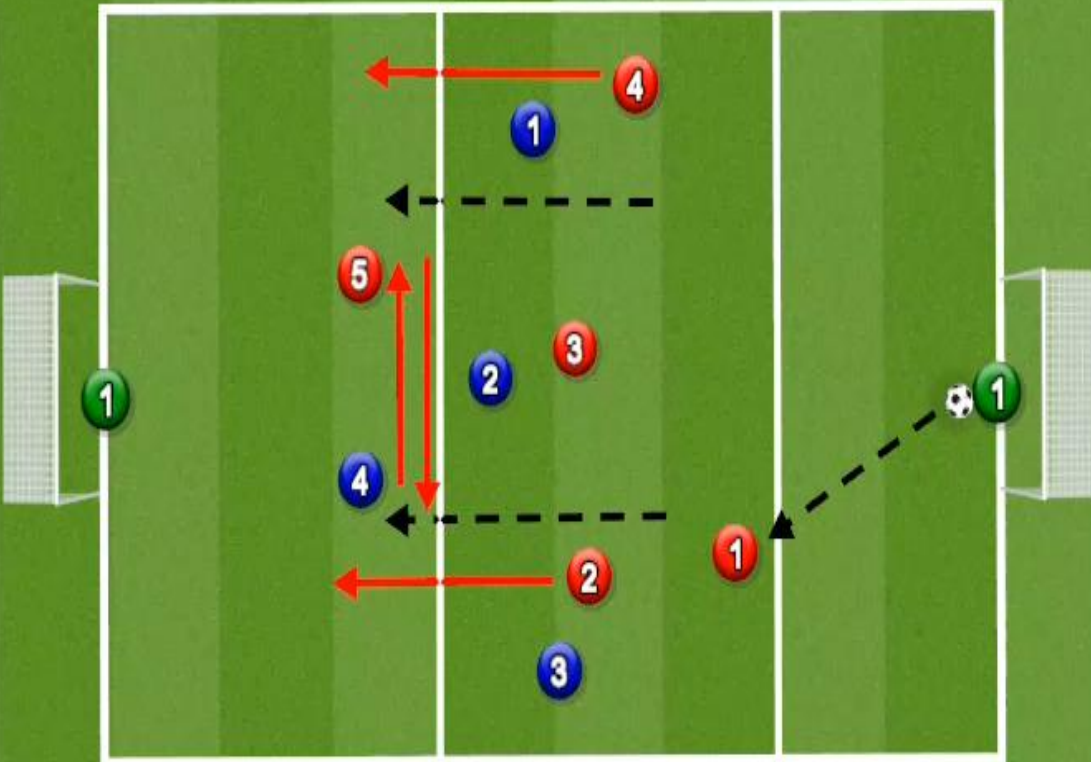
4 v 3s in both goals

## Coaching Points:

- Try to stretch defenders
- Height depth width



# End Product 8



## Set up:

4 v 3 in middle zone

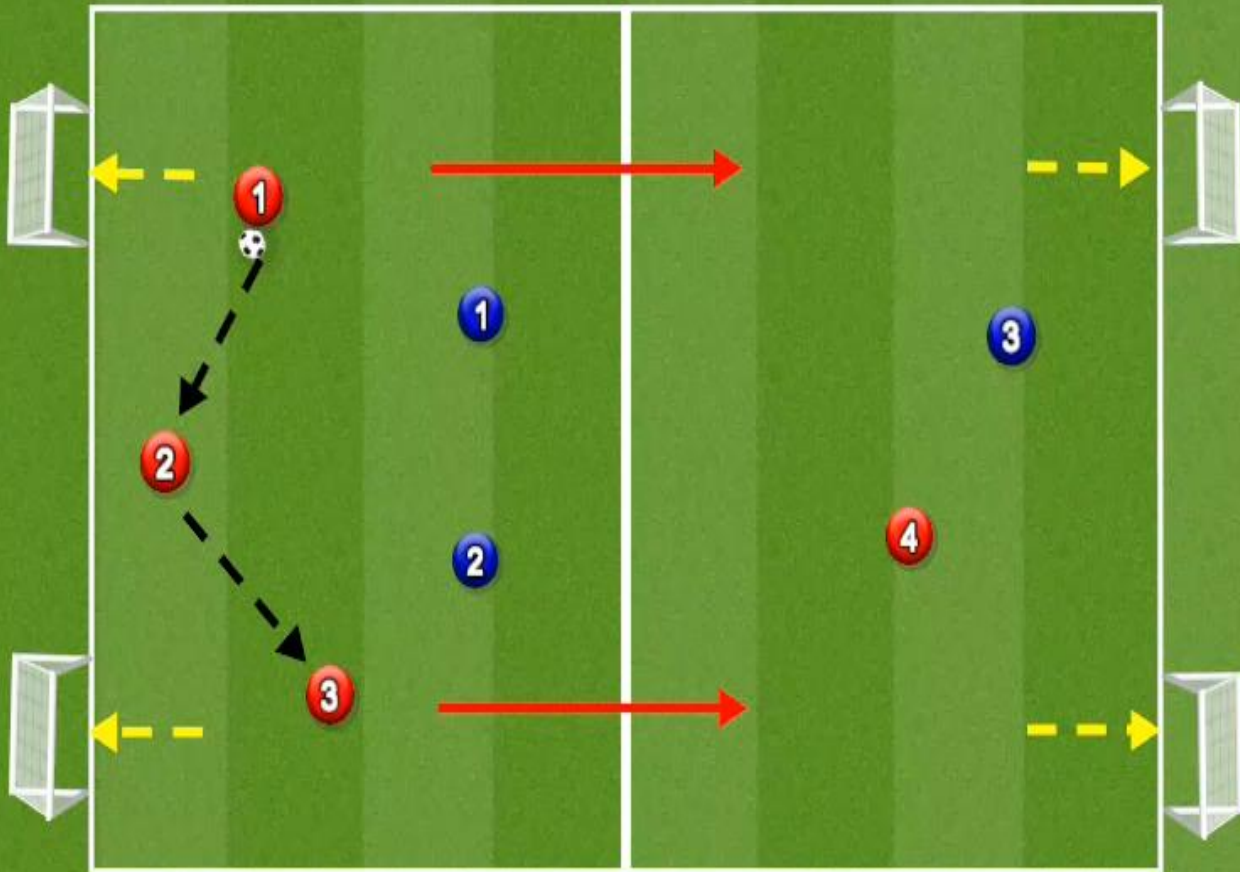
1 v 1 in attacking zone

## Coaching Points:

- Make pitch big by creating space
- Use overload
- Pass or shot



# End Product 9



## Set up:

3 v 2 then 1 v 1

## Coaching Points:

- Make pitch big
- Play of back foot
- Open body
- Good first touch



# End Product 10

## Set up:

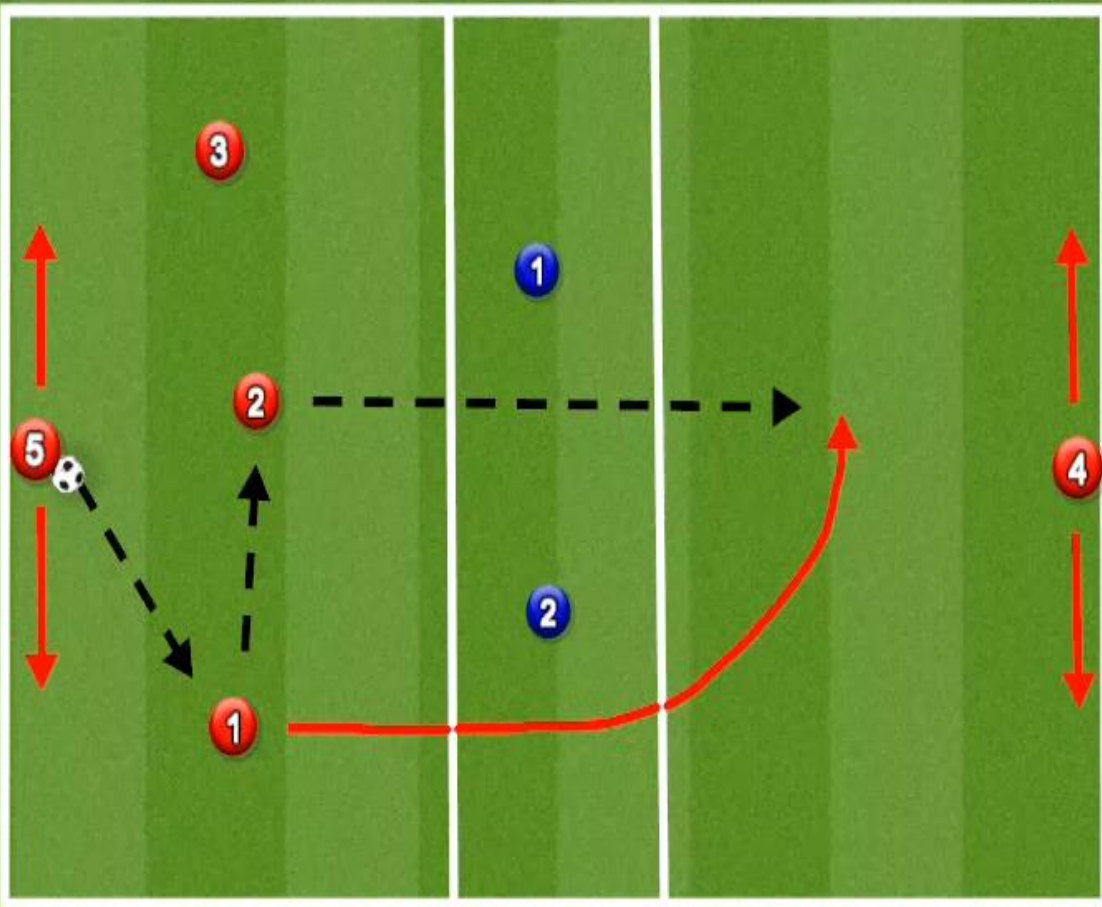
2 receivers at both ends of the pitch. 2 Blue defenders in centre of pitch. 3 red attackers.

## In Practice:

The receiver of one end of the pitch starts with the ball and plays it into any of the three red attackers. The Red attackers have to get the ball through/past the Blue defenders without it being intercepted. Whatever Red attacker made penultimate pass has to make a run in behind the defenders to receive the ball from the pass in the other half of the pitch. If pass has been completed and an attacker has received the ball, all 3 attackers move into the other zone to try to do the same again. The receivers at either sides of the pitch stay as targets.

## Coaching Points:

Try to move defenders about to create gaps  
Clever angled pass to forwards run

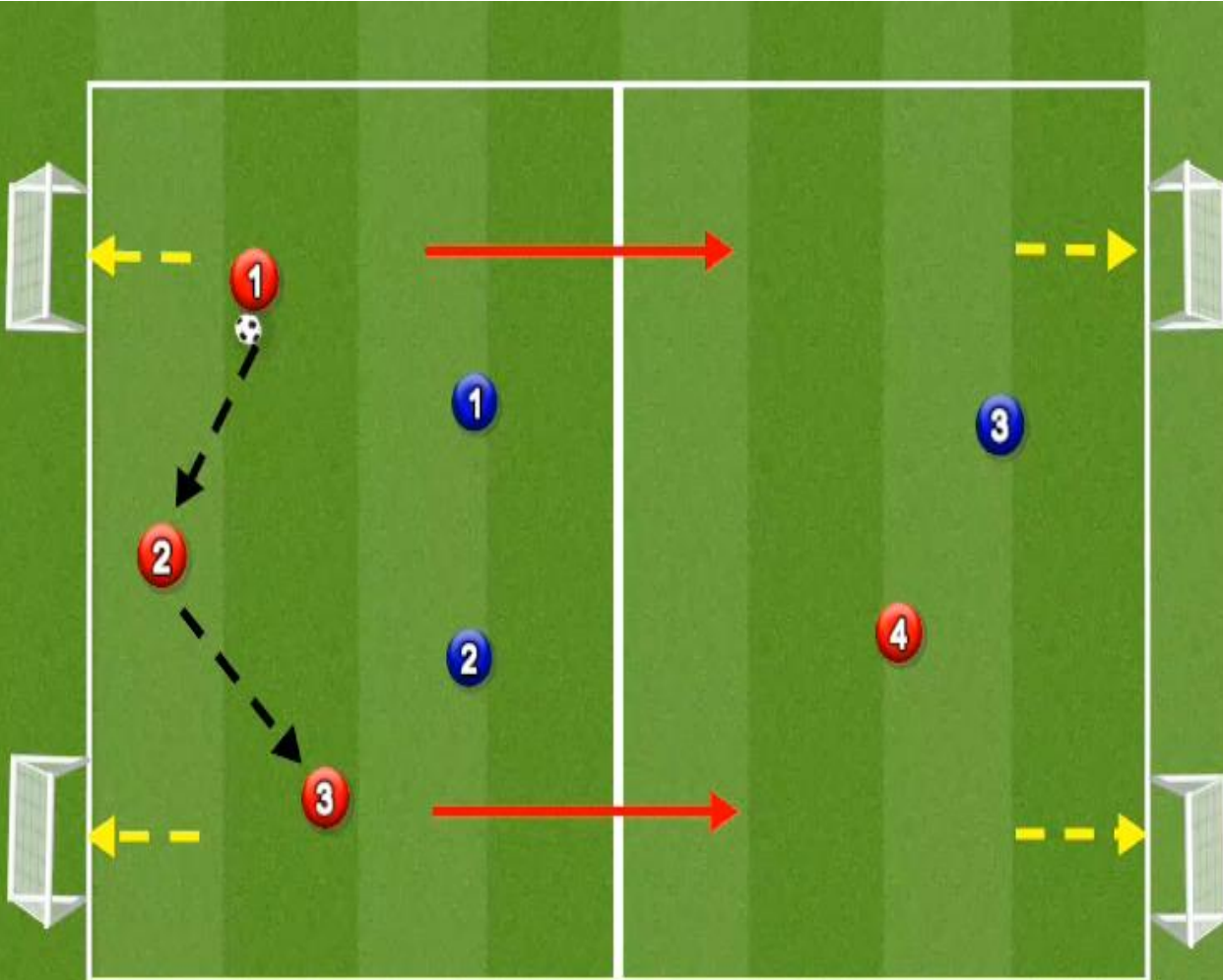




Press High



# Press High 1



## Set up:

3 v 2 leading into 1 v 1

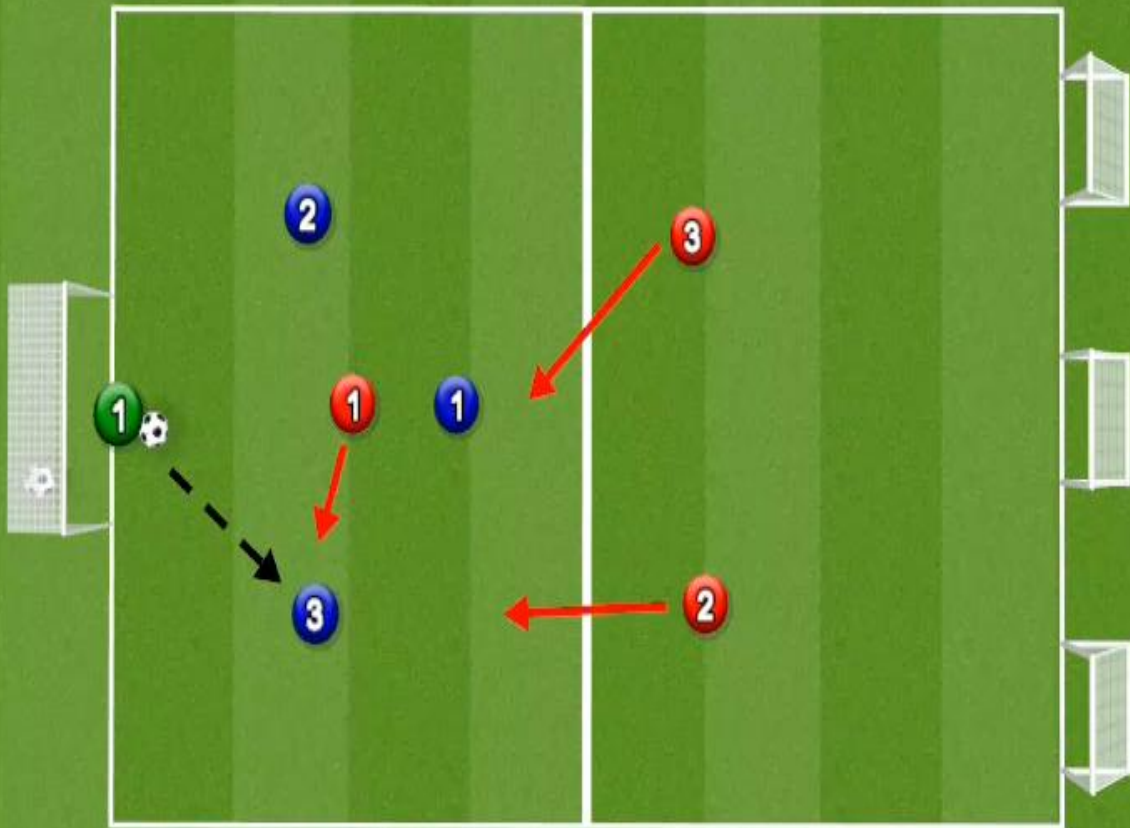
1 or 2 reds and 1 or 2 blues can drop into next zone to make a 2 v 2 or 3 v 3

## Coaching Points:

- Nearest defender presses and other defender stops the switch
- Force wide and isolate
- 2 defenders start narrow to force in 1 direction
- Blue number 3 remains goal side/ ball side to help interceptions.



# Press High 2



## Set up:

Starts with 3 v 1 and other 2 red defenders have to start in defensive zone- they decide when and how to press

## Coaching Points:

- Outnumbered player forces pass in 1 direction
- This triggers other players timing of when to press





# Midfield Block



# Midfield Block 1

## Set up:

2 teams set up, 5v5 outfield players with goalkeepers on each team (6v6)

## In Practice:

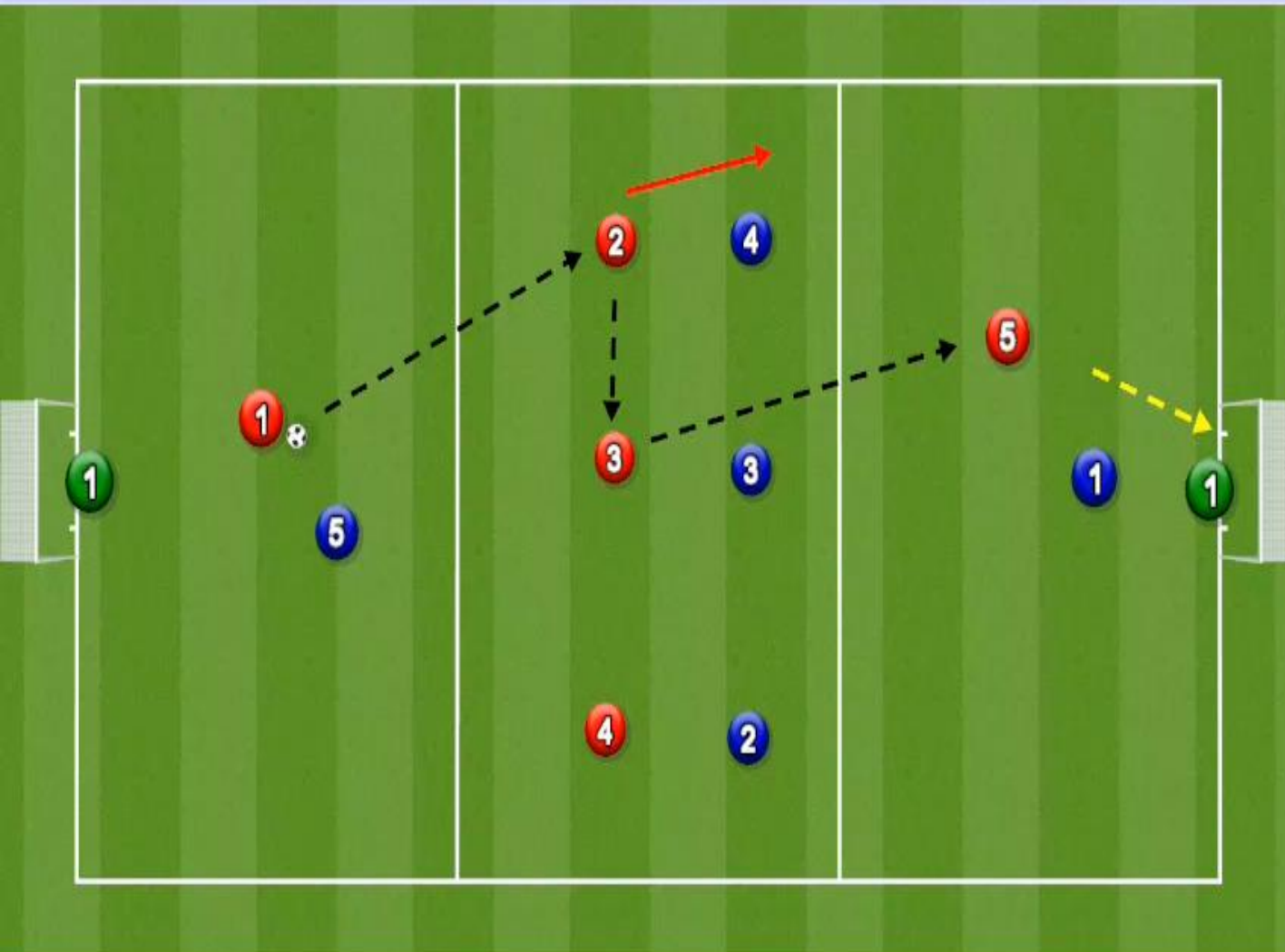
Directional game – work ball through midfield to score. Reds start with the ball and have to work the ball through the midfield area. Can lock players into areas (e.g. defenders and attackers have to stay in their thirds) or change overloads if age/ability requires

## Coaching Points:

- Blue 5 forces wide
- 3 blue midfield players form a wall
- Nearest player presses.

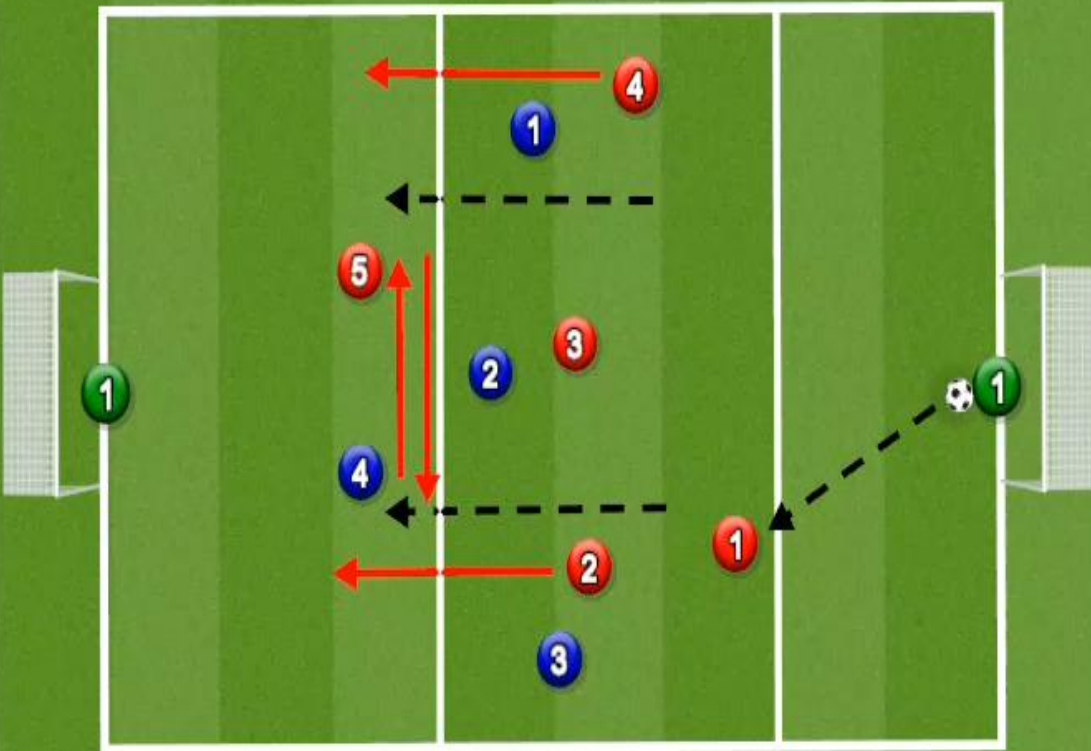
## Notes:

Can lock players into areas (e.g. defenders and attackers have to stay in their thirds) or change overloads if age/ability requires





# Midfield Block 2



## Set up:

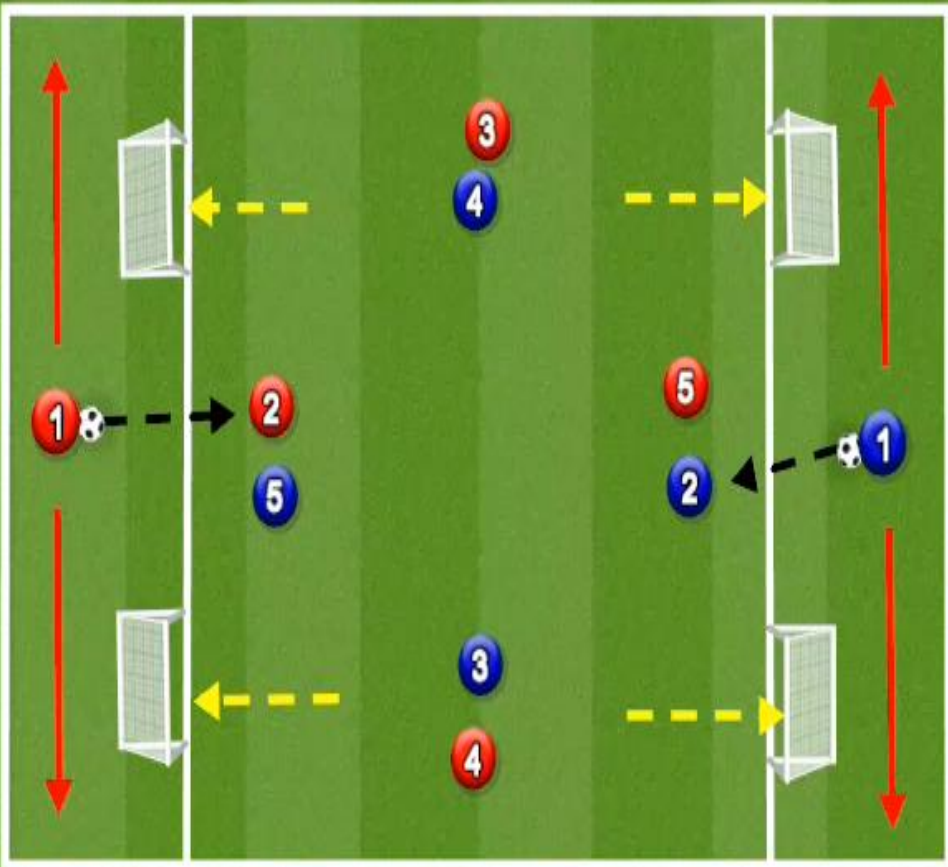
4 v 3 and one player can drop into defending zone to receive the ball. Attacking team try to play into attacking zone and 1 player can move into attacking zone.

## Coaching Points:

- 3 players defenders in midfield must stay compact and only press at appropriate moments.



# Midfield Block 3



## Set up:

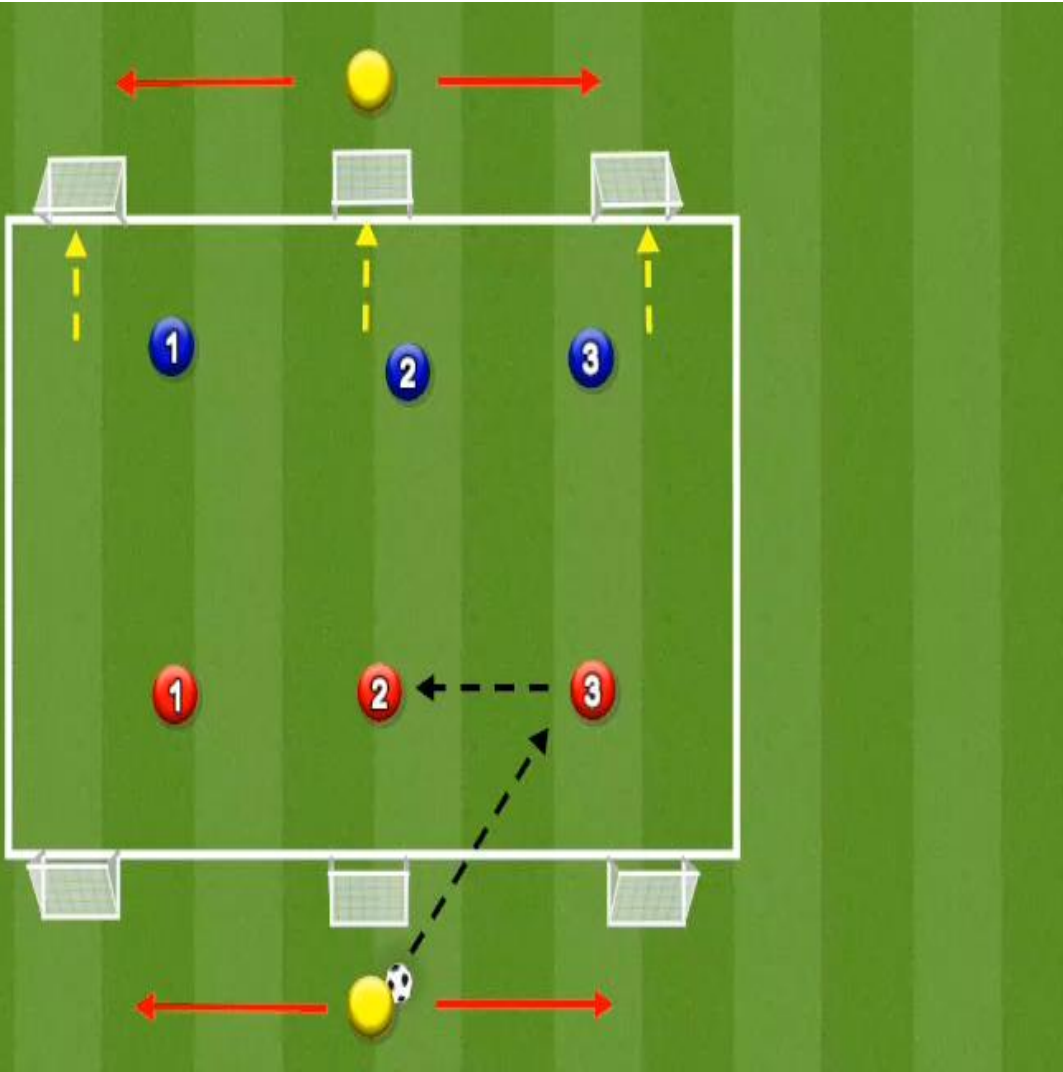
5 v 5 with with 2 target / servers.

## Coaching Points:

- Defending players must form a wall and stay compact with nearest player pressing ball and interceptions when appropriate.



# Midfield Block 4



## Set up:

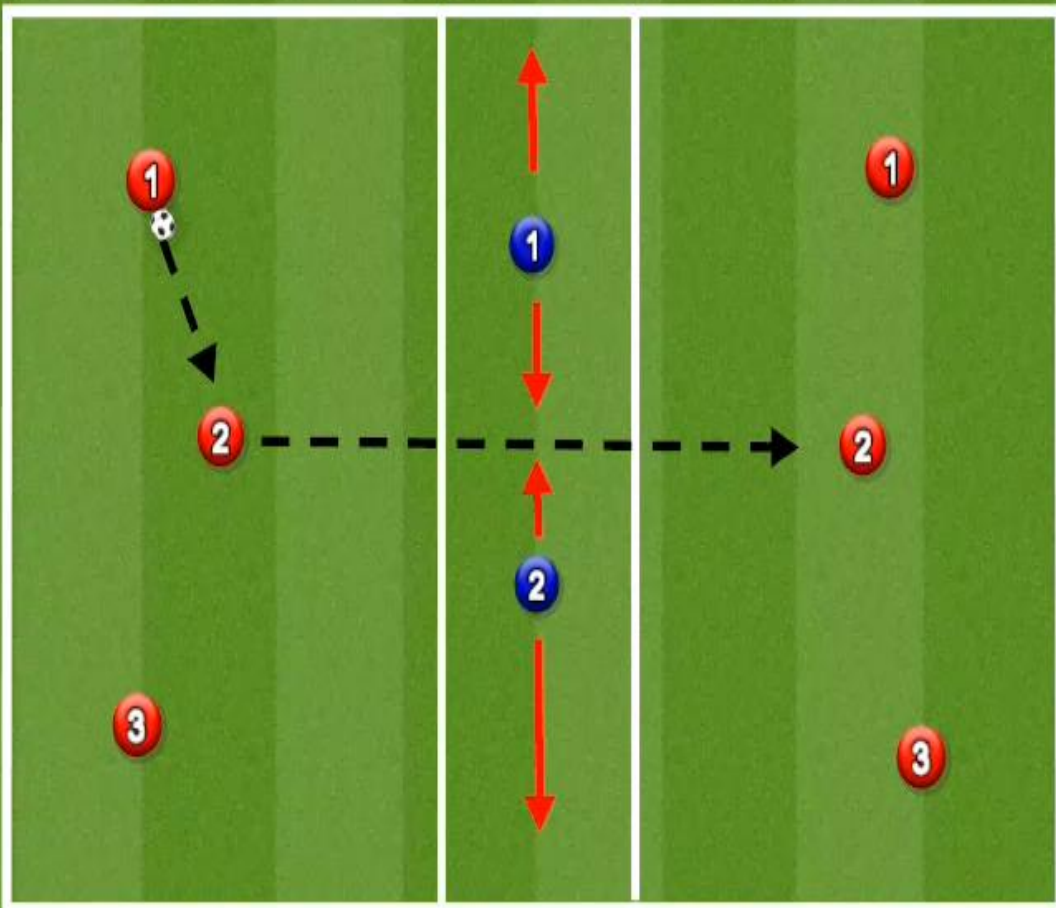
4 v 4 with servers and target player with 3 target goals

## Coaching Points:

- Defending players must stay compact and position to protect the 3 target goals
- Nearest player presses ball



# Midfield Block 5



## Set up:

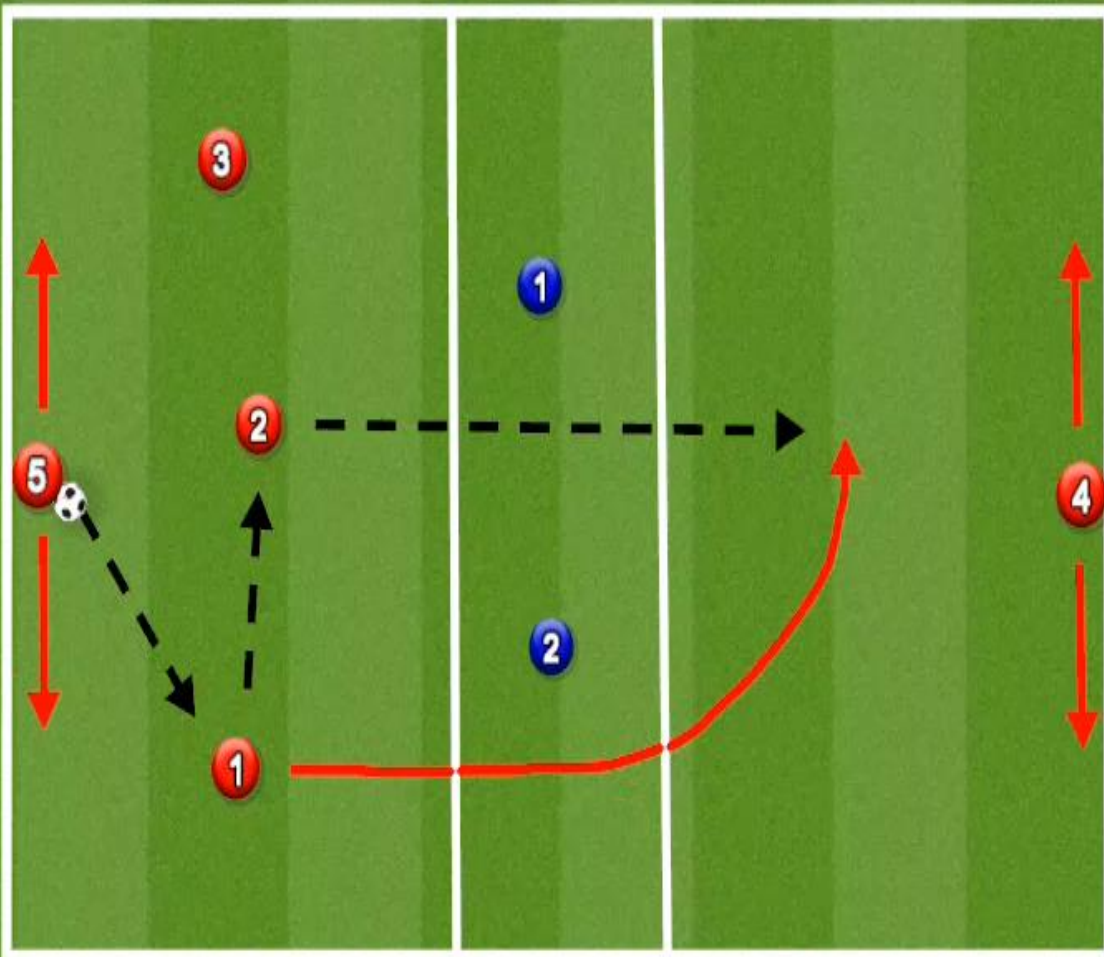
2 defenders in middle zone must try to prevent passes through them from 1 side to other

## Coaching Points:

- Move together
- Sideways shuffle
- Angled support from 2<sup>nd</sup> defender



# Midfield Block 6



## Set up:

2 receivers at both ends of the pitch. 2 Blue defenders in centre of pitch. 3 red attackers.

## In Practice:

The receiver of one end of the pitch starts with the ball and plays it into any of the three red attackers. The Red attackers have to get the ball through/past the Blue defenders without it being intercepted. Whatever Red attacker made penultimate pass has to make a run in behind the defenders to receive the ball from the pass in the other half of the pitch. If pass has been completed and an attacker has received the ball, all 3 attackers move into the other zone to try to do the same again. The receivers at either- sides of the pitch stay as targets.



Protect The Box

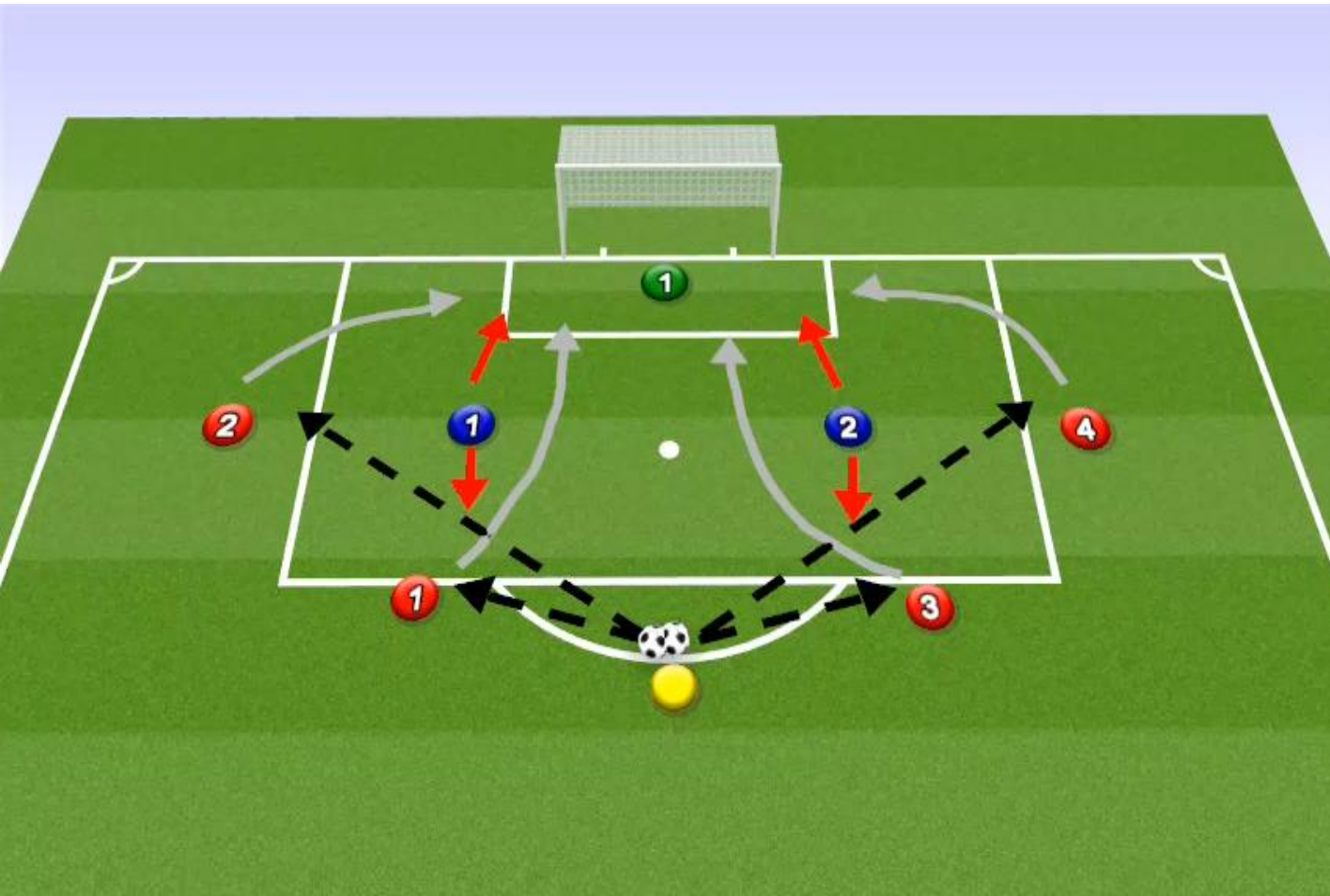




# Protect the Box 1

## Set up:

Two defender (blue) are positioned inside the box. The red attackers are positioned outside – two at the top and two by the side. There is a goalkeeper in goal. There is a passer/receiver (yellow) at the top.



## In Practice:

Red attacker 1 takes on blue defender 1 and has to try to finish. As soon as attack is over, red attacker two receives and does the same. When their attacks are over, red attackers 3 and 4 have their turns against blue defender 2. Once everyone has had an individual turn, it becomes 2v2s – red 1 and 3 take on the 2 blue defenders and try to score. Once their attack is done, the wide red attackers take on both blue defenders also.

## Coaching Points:

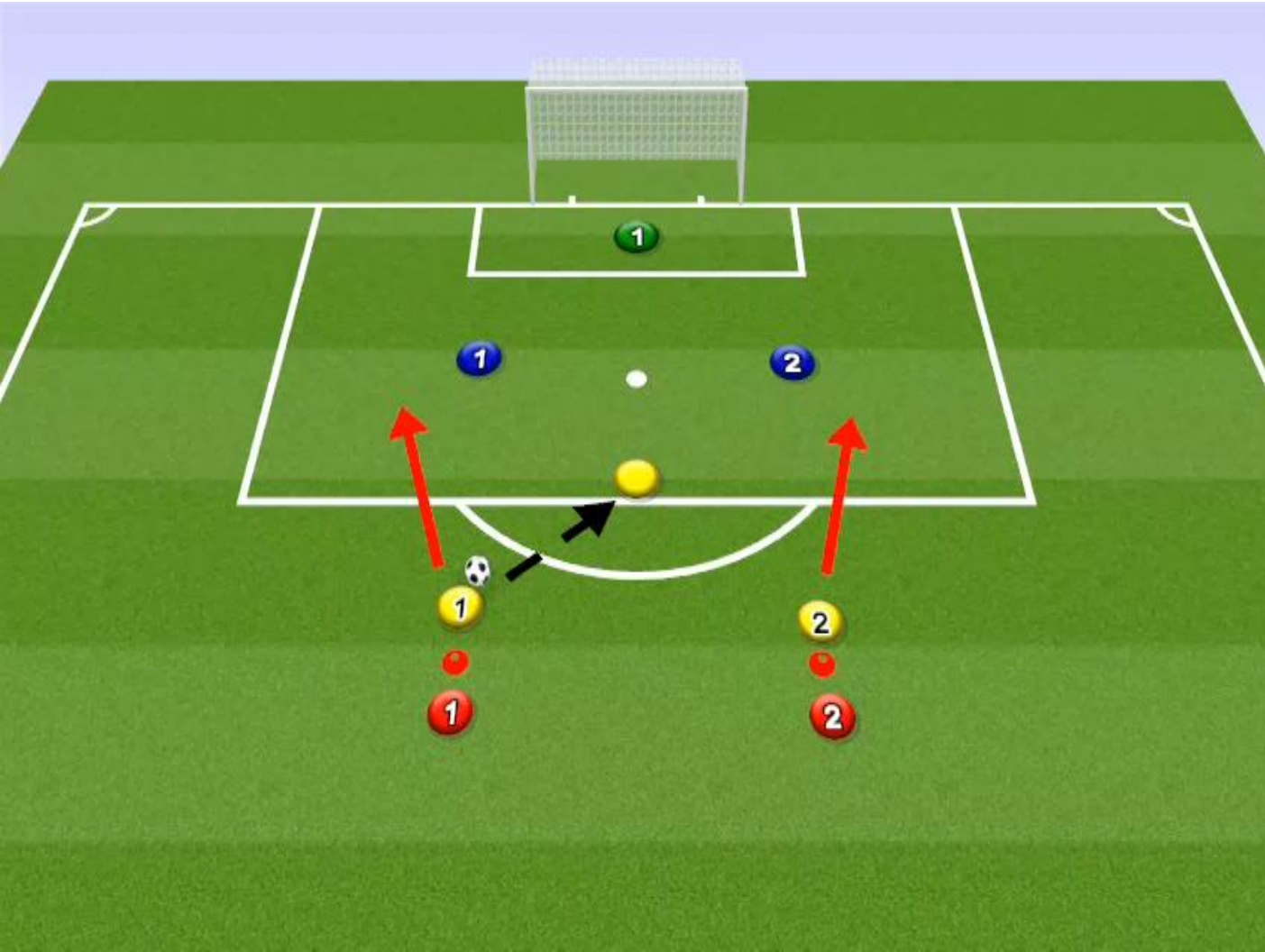
- Be alert to quick transition
- Stay compact
- Force wide block/ intercept/ tackle



# Protect the Box 2

## Set up:

Three attackers (2 rotational attackers and 1 cf) and two defenders (blue). One goalkeeper also.



## In Practice:

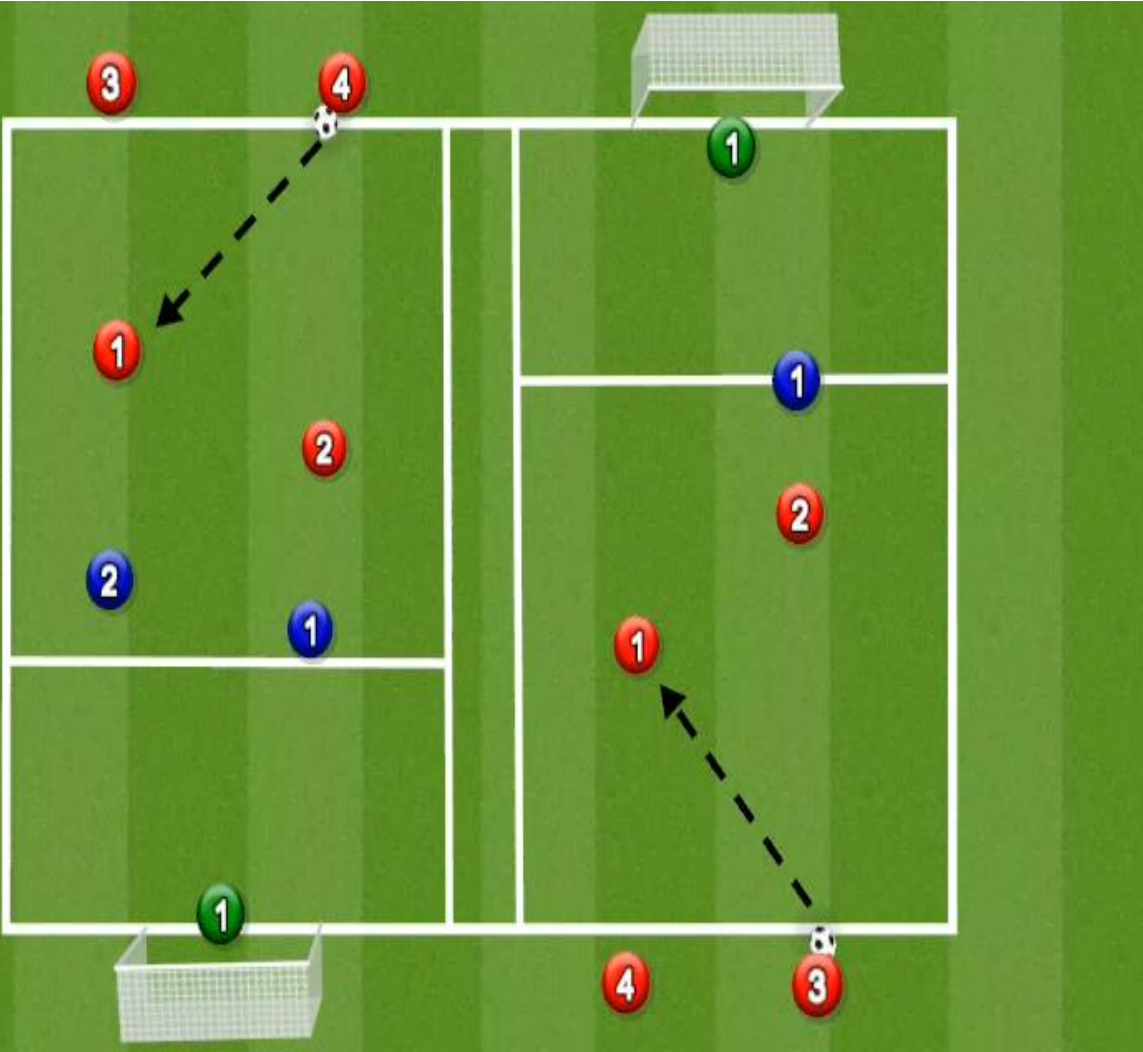
The three attackers take on the two defenders. The yellow center forward stays in all attacks joined in by the other two attackers. As soon as attack finishes, the 2 attackers become the next 2 defenders + the 2 players that had just defended sprint off the pitch to join the attackers line.

## Coaching Points:

- 2 defenders must press and angled support
- Be patient
- Force wide



# Protect the Box 3



## Set up:

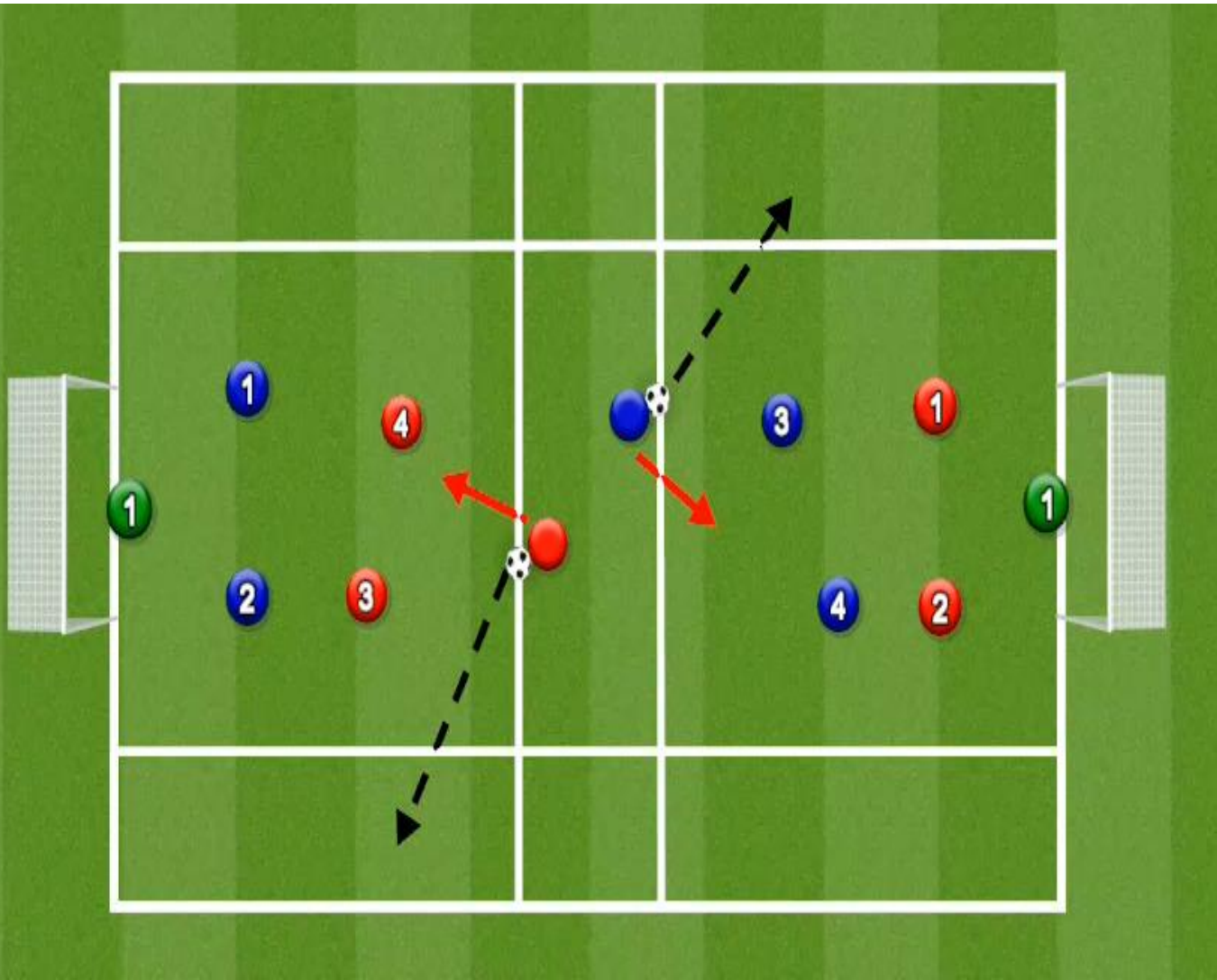
2v2s and 2v1s (GKs adds to overload)

## Coaching Points

- 2 defenders stay compact and narrow
- Force wide
- Outnumbered def forces wide and try to prevent switch



# Protect the Box 4



## Set up:

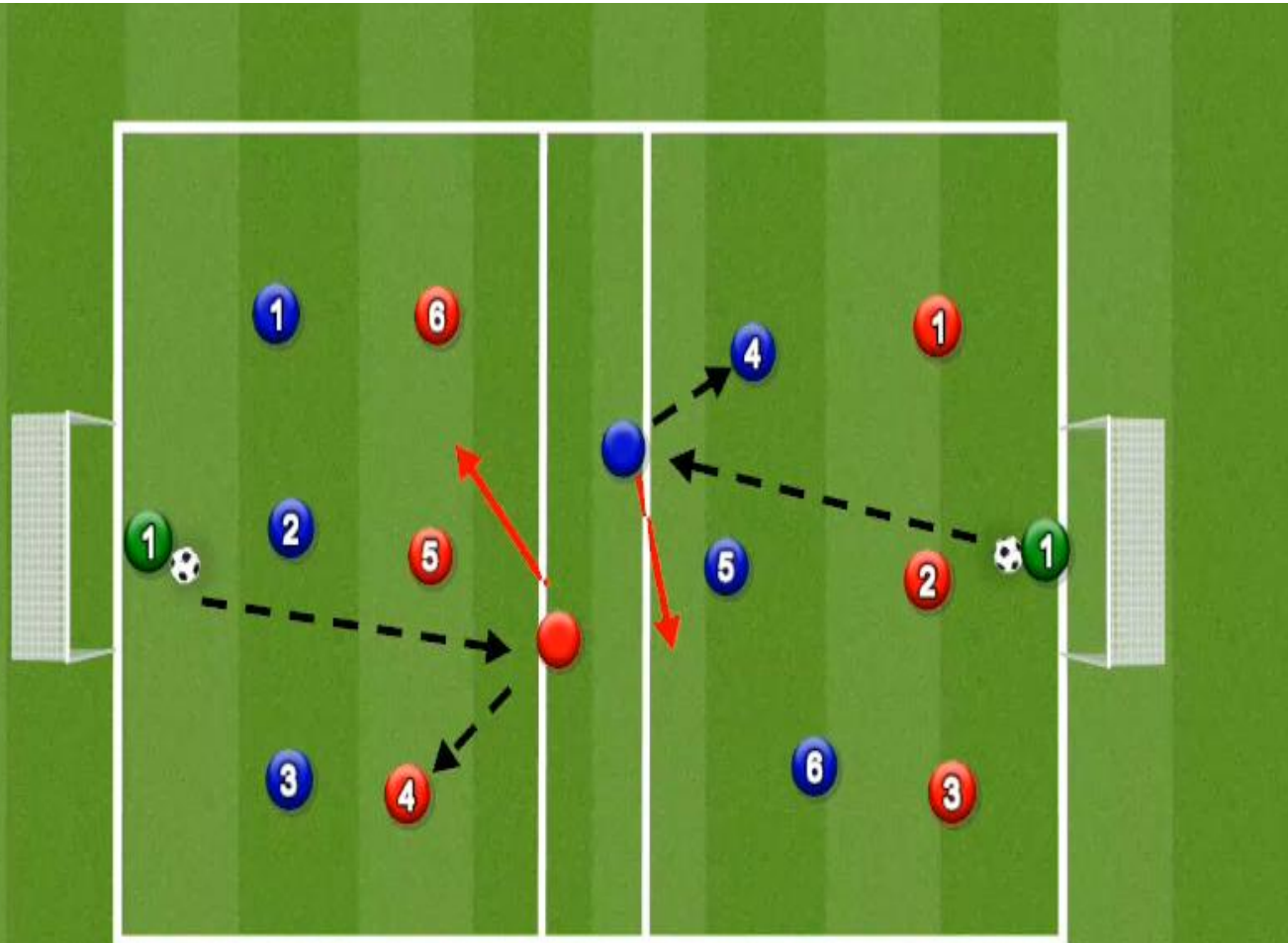
2v2s or 3 v 2s servers can stay behind or join in

## Coaching Points:

- 2 defenders must work together
- Force wide
- Intercept / blocks / tackles
- Nearest player presses 2nd defender angled support to cover



# Protect the Box 5



## Set up:

4 v 3 with server

## Coaching Points:

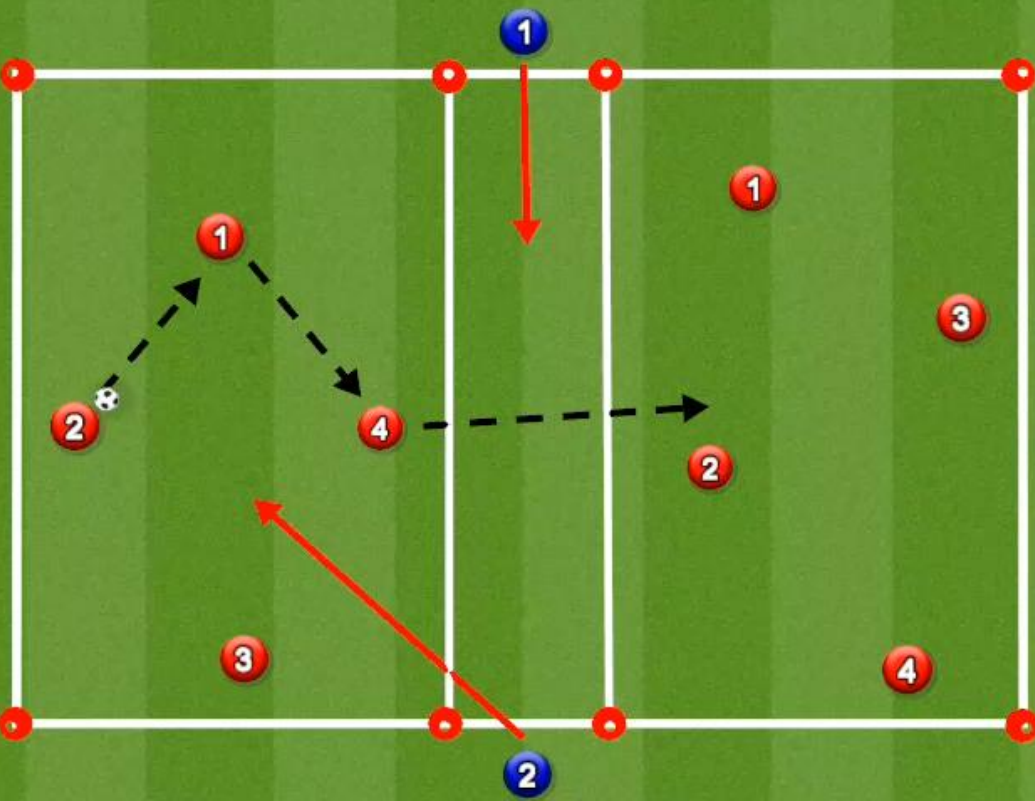
- 3 defenders stay narrow to protect goal
- Force play wide
- Be patient
- Compact
- Press to win ball at appropriate time.



# Technique Drills



# Technique 1: - Playing Out From Back and Into Midfield

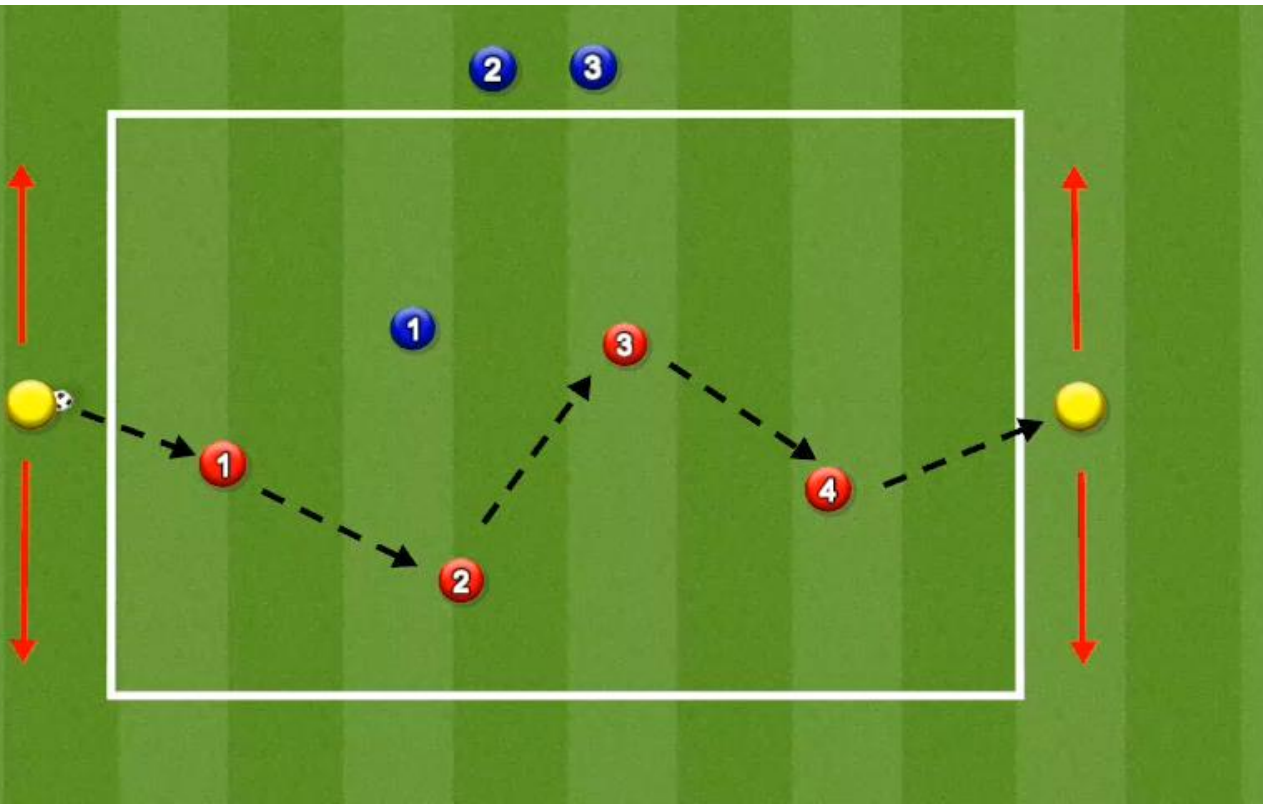


## Set up:

4 v 1 in box with another defender in middle zone screening, team with ball tries to play through to other team after 4 passes. Defenders rotate roles



# Technique 2: - Playing Out From Back and Into Midfield



## Set up:

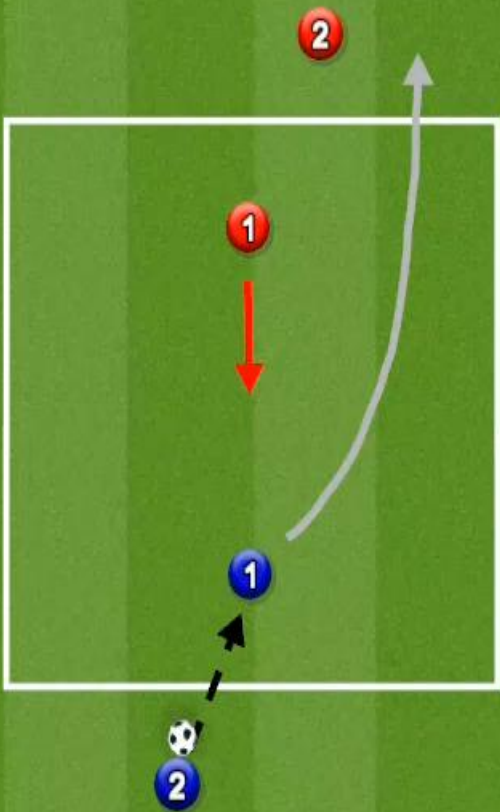
Game starts from yellow player who plays into reds to try to play to other target yellow player against 1 or 2 defenders





# Technique 3:

## -All Topics



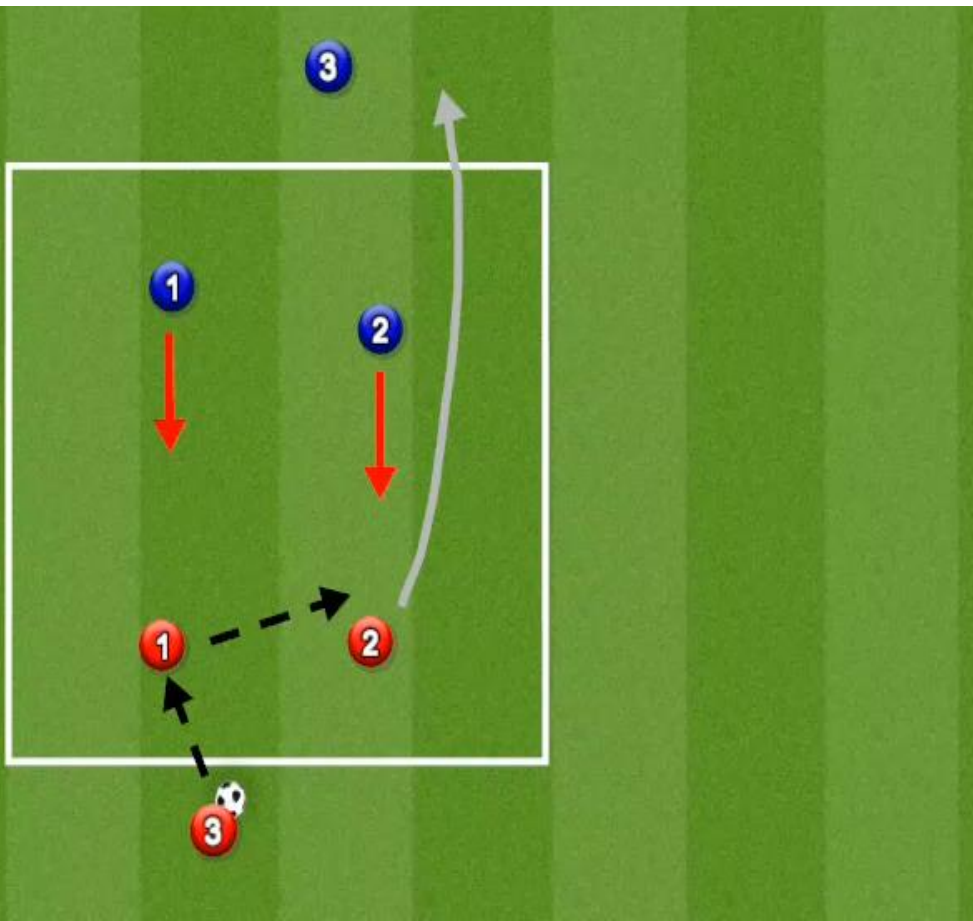
### **Set up:**

Blue player outside square plays into other blue player to try to take red player on and pass to red target player. Game repeats from red player.



# Technique 4:

## -All Topics



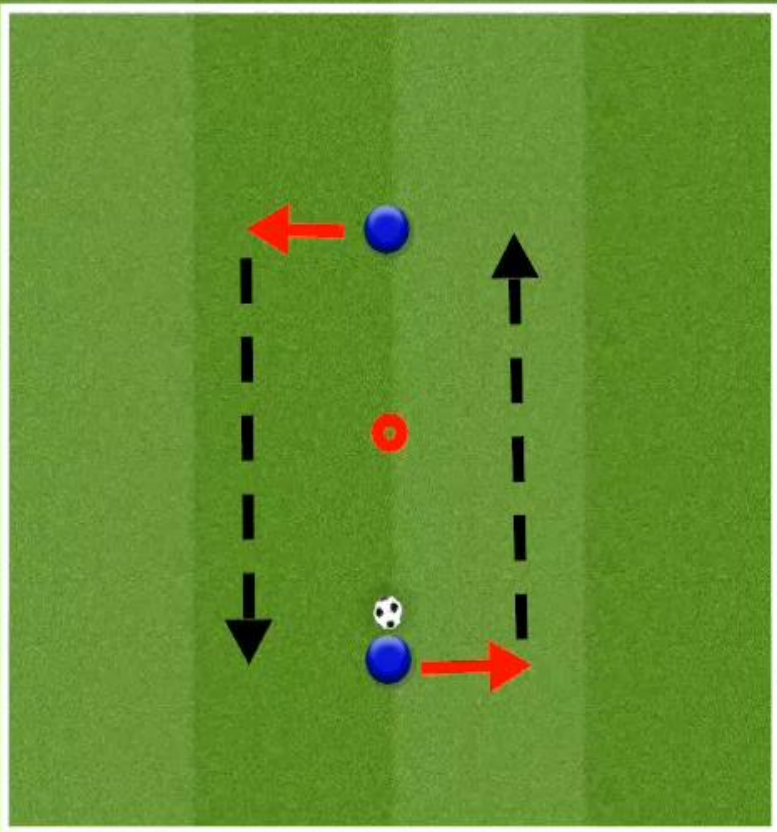
### Set up:

3 v 3 with 2 players as servers and targets with a 2 v 2 in middle – aim to receive the ball , combine and play to other target player



# Technique 5:

## -All 'In Possession' Topics



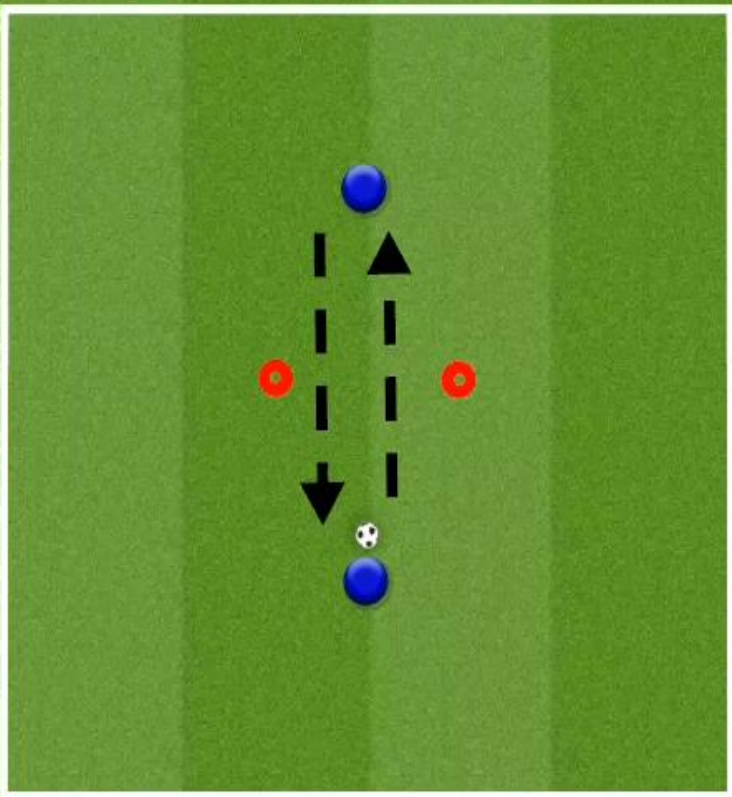
### Set up:

2 players play to each other passes and various first touches must avoid the middle cone.



# Technique 6:

## -All 'In Possession' Topics



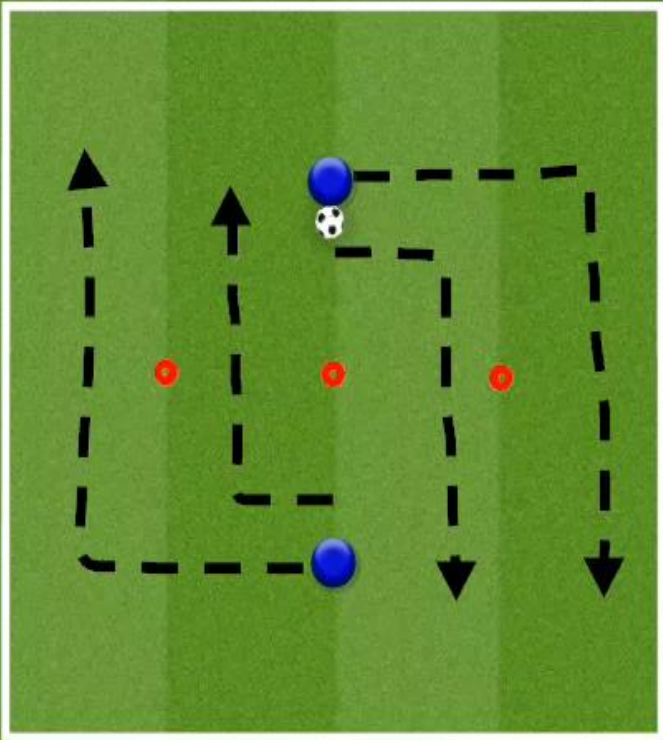
### Set up:

2 players play through a target goal using various types of passes and first touches.



# Technique 7:

**-All 'In Possession' Topics**



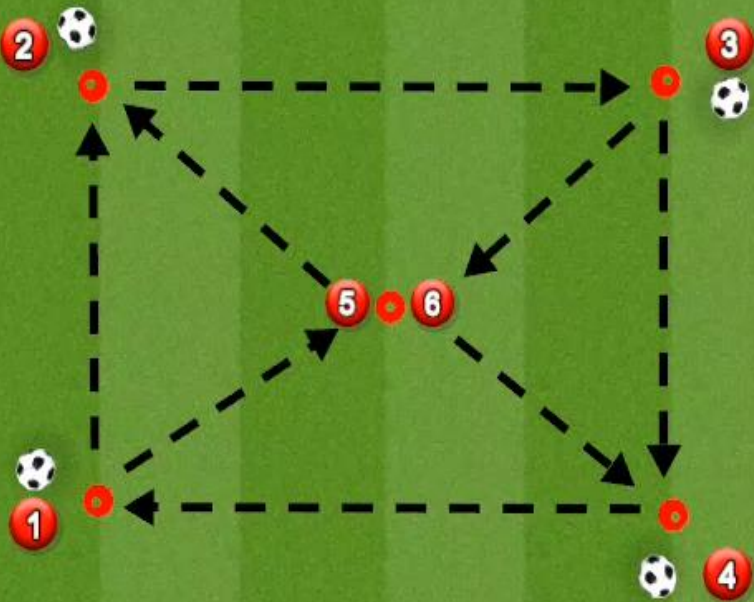
## **Set up:**

2 players play various passes through 3 cones



# Technique 8:

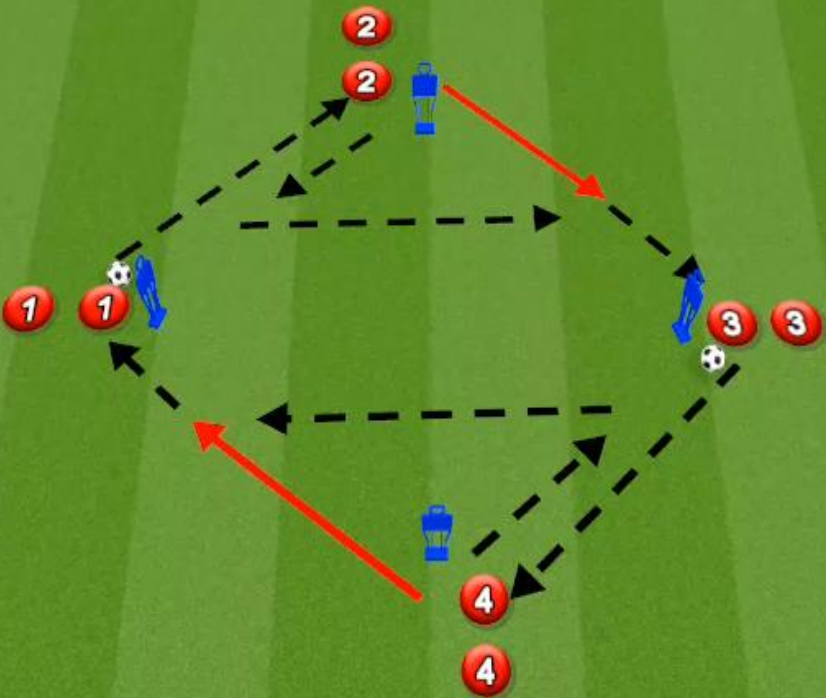
-All 'In Possession' Topics





# Technique 9:

## -All 'In Possession' Topics



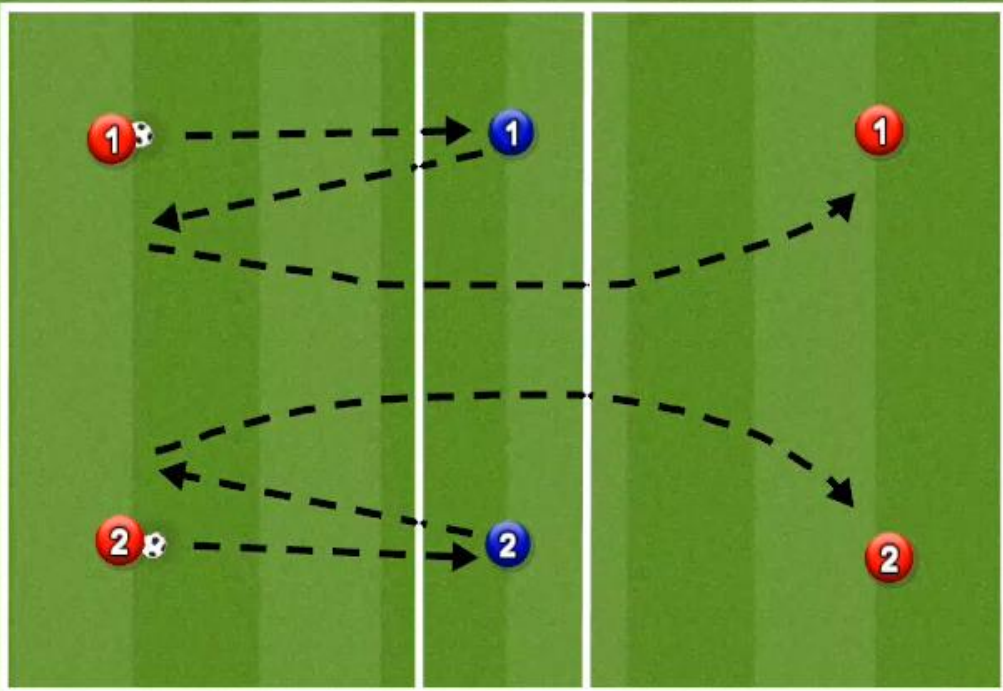
### **Set up:**

Diamond passing circuit pass around cones and follow pass also progress into sets and give & gos.



# Technique 10:

## -Play Out From Back and Into Midfield



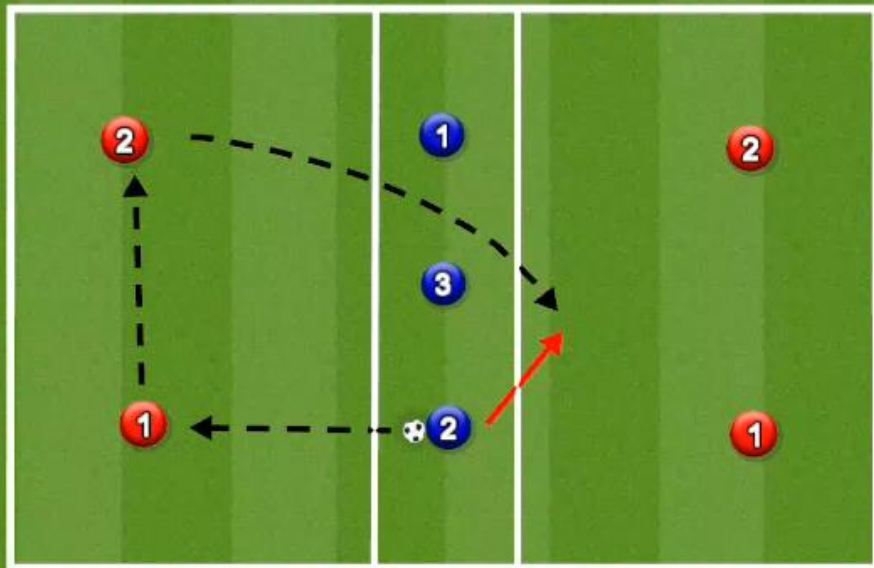
### Set up:

3 players play short and long passes unopposed – progress middle player can become a defender





# Technique 11: -Play Out From Back and Into Midfield



## Set up:

Blue number 2 passes to reds then reds try to pass through middle zone and the other 2 blue players to release blue 2 into next zone – practice then repeats.



# FUTURE PLAYER PROGRAMME



**IN**

**OUT**

**PLAY OUT FROM BACK**

**PRESS HIGH**

**PLAY INTO MIDFIELD**

**MIDFIELD BLOCK**

**END PRODUCT**

**PROTECT THE BOX**



# 12 Week Programme



**Week 1 & 2**

**Play Out From Back**

**Week 3 & 4**

**Play Into Midfield**

**Week 5 & 6**

**End Product**

**Week 7 & 8**

**Press High**

**Week 9 & 10**

**Midfield Block**

**Week 11 & 12**

**Protect The Box**