

12 WEEK PHASE



Bill Gill
Professional
Football Coaching



WEEK 1 2 3 4 5 6 7 8 9 10 11 12

Session 1

15-20 min warm up, fun game, technical aspect, movement, lots of touches.

15-20 min technical work, unopposed ball work, practice technique before skill aspect.

15-20 min skill work opposed ball work 2v2 3v3s apply technical work in game scenario.

15-20 min game related work functional practices, phase of play specialist content with cool down

Session 2

15-20 min warm up, fun game, technical aspect, movement, lots of touches.

20-30 min main topic specific work, focus on your objective & topic to influence on game day.

20-30 min game related work, functional practices, phase of play, free kicks, set pieces, cool down.

Topics to select

Attacking & defending

Touches & controlling the ball

Shape work & tactical work

Specific game related content

Turning with the ball

Speed and agility, fast feet conditioning

Dribbling with the ball

Goalkeeping & set pieces

Shooting, finishing, crossing the ball

Running with the ball

Possession & pressing

Development stages

Age 5-8 : Technical Work

Technical - Unopposed

Age 9-11 : Skill Work

Skill - Opposed

Age 12-16+ : Tactical

Tactical - Shape, systems, transition

