

Young player TST model session

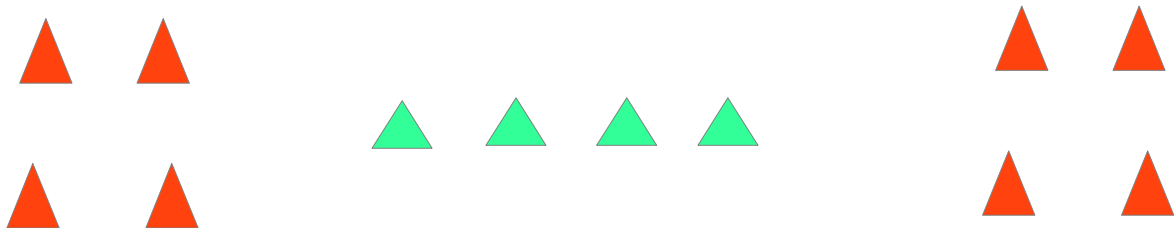
All players active, engaged, having fun, playing a game, and then developing tech (tech is hidden in the game).

[Click here](#) to see what a TST should look like from the outside.

[It is not just the drill but also the coaches engagement.](#)
(The set up is not like the set up below but it is close).

Set up. (Group of 4 – 8)

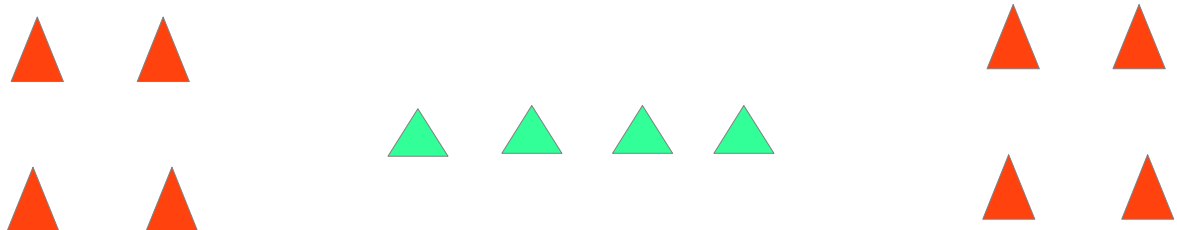
Coaches need to tweak the drill based on the player numbers and make sure there is enough space for passes into the corner boxes.



Just to make it clear.

- No queues are allowed
- Players waiting for their turn is not allowed
- Players standing still or being static is not allowed
- **Sessions are dynamic and high energy**
- Never focus on the tech – focus on the 'game'
- Tech should be a key part of the game
- Players practice tech (in the game) but don't know it
- The player to ball ratio starts at :
- **1p : 1b and finishes 2p:1b.**
- **[It never drops below this.]**

[These are non-negotiable rules. Failure to follow these rules means I need to look for other coaches who can coach at the level.](#)



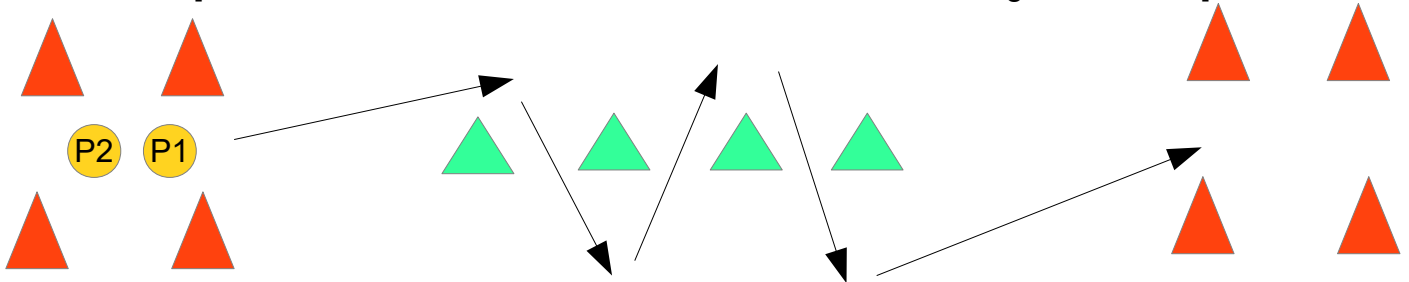
Coach with enthusiasm, passion and energy.
If you can't do this then you are not coaching in the TST way

Young player TST session

Part 1 : Agility (no Ball)

Object help young players learn about their body and how it can be used ;
Prep for when a ball is introduced.

[5 min max – Not more than this – we want kids interacting with the ball]



1. Introduce drill....

2. Vary focus of agility, speed

Do 1 of these (or other) each week and build up.

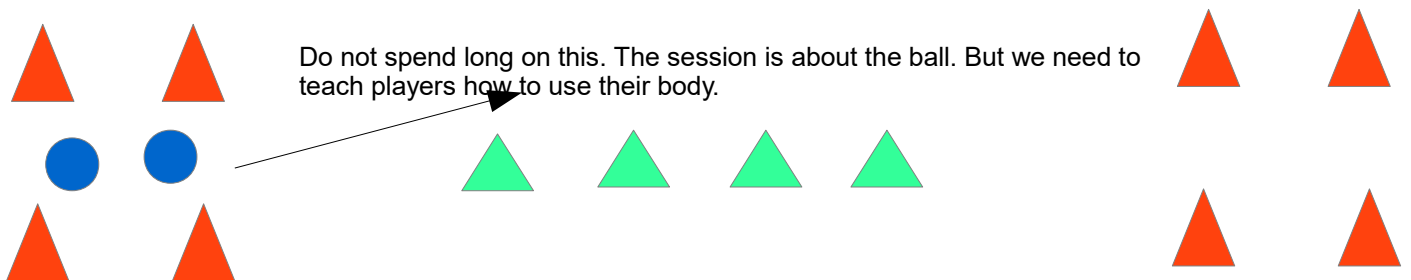
- Run – no conditions
- Backwards
- 1.2.3 shuffle
- Hop
- Sideways

Be creative and inventive in what you get players to do

3. Remember

- Introduce it
- Practice it
- Race it
- Move to part 2.

Do not spend long on this. The session is about the ball. But we need to teach players how to use their body.



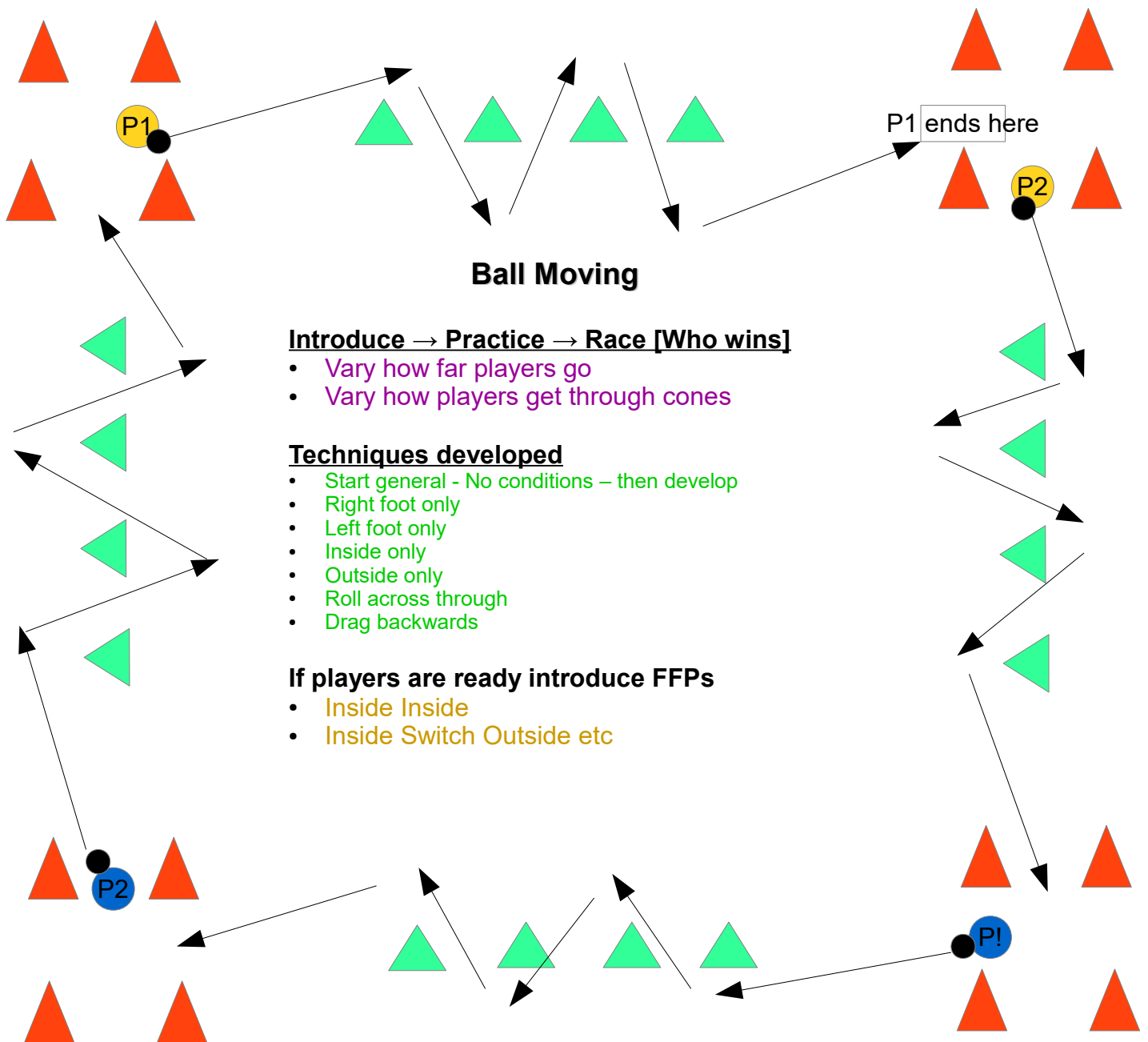
There are loads of ways this can be tweaked and changed to make it more and more fun.
Your job as a coach is to come up with great ways to tweak this. They must add value.

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Part 2 : Ball Moving (only)

With ball moving the races can be individual

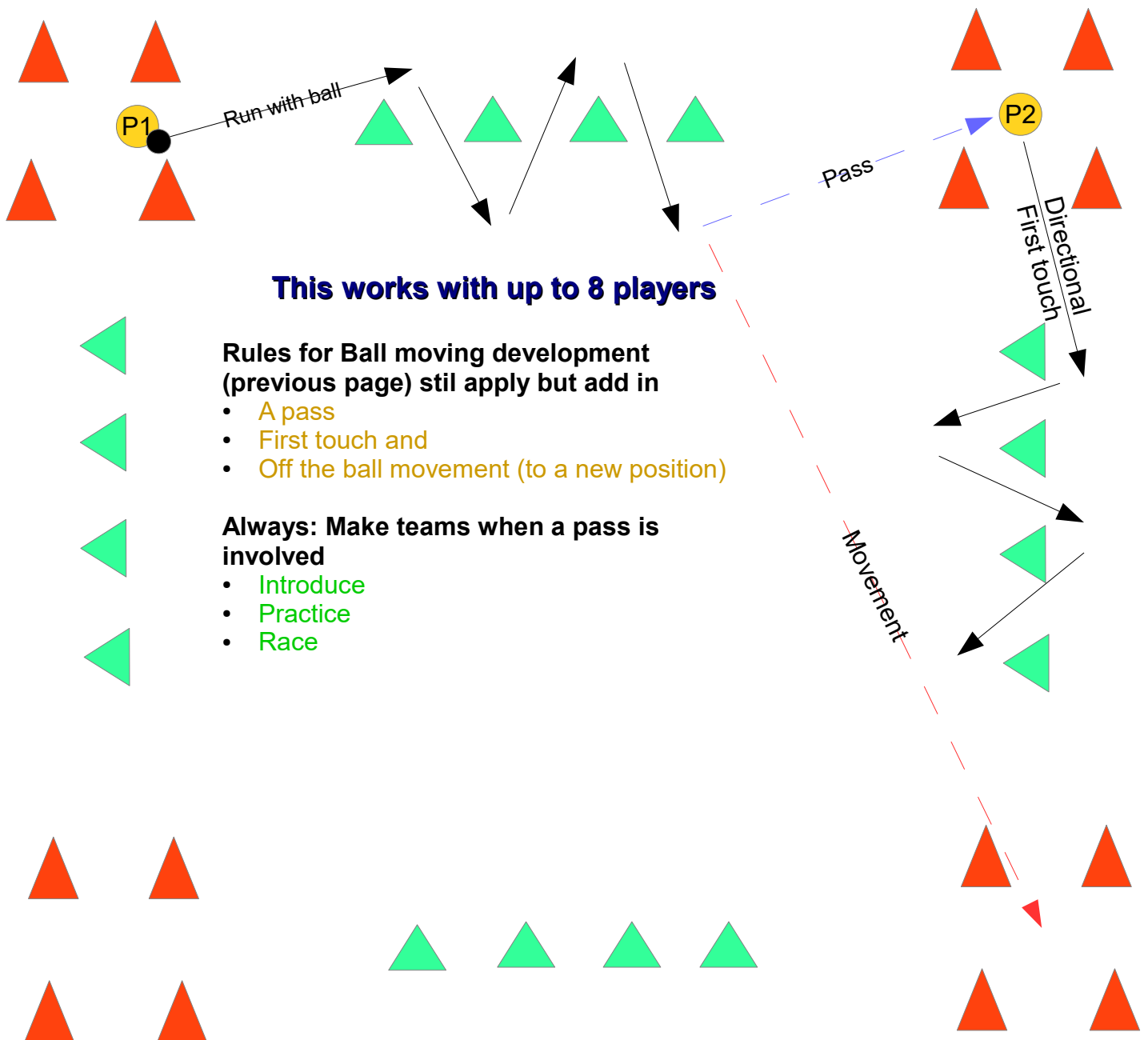


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Part 3 : Ball Moving : Passing : Receiving (directional first touch) (with movement after the pass)

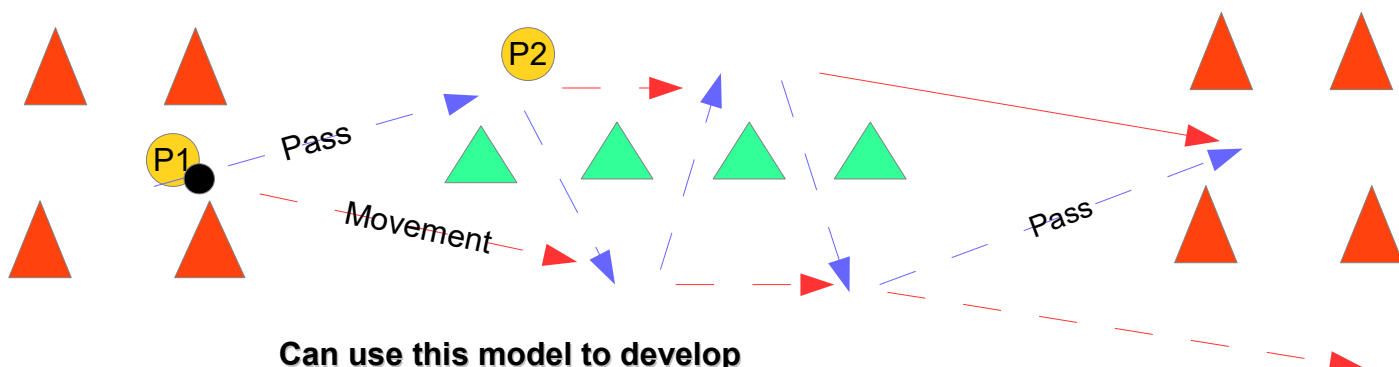
[Youtube link](#)



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Part 4 : More about Passing Receiving (directional first touch) (with movement after the pass)



Can use this model to develop

- More game like passes
- More game like first touches
- More game like movement

Even at this age we need to educate players that the game is about space (not footwork)

Footwork is one of the tools that help players manipulate time and space to find a better passing line.

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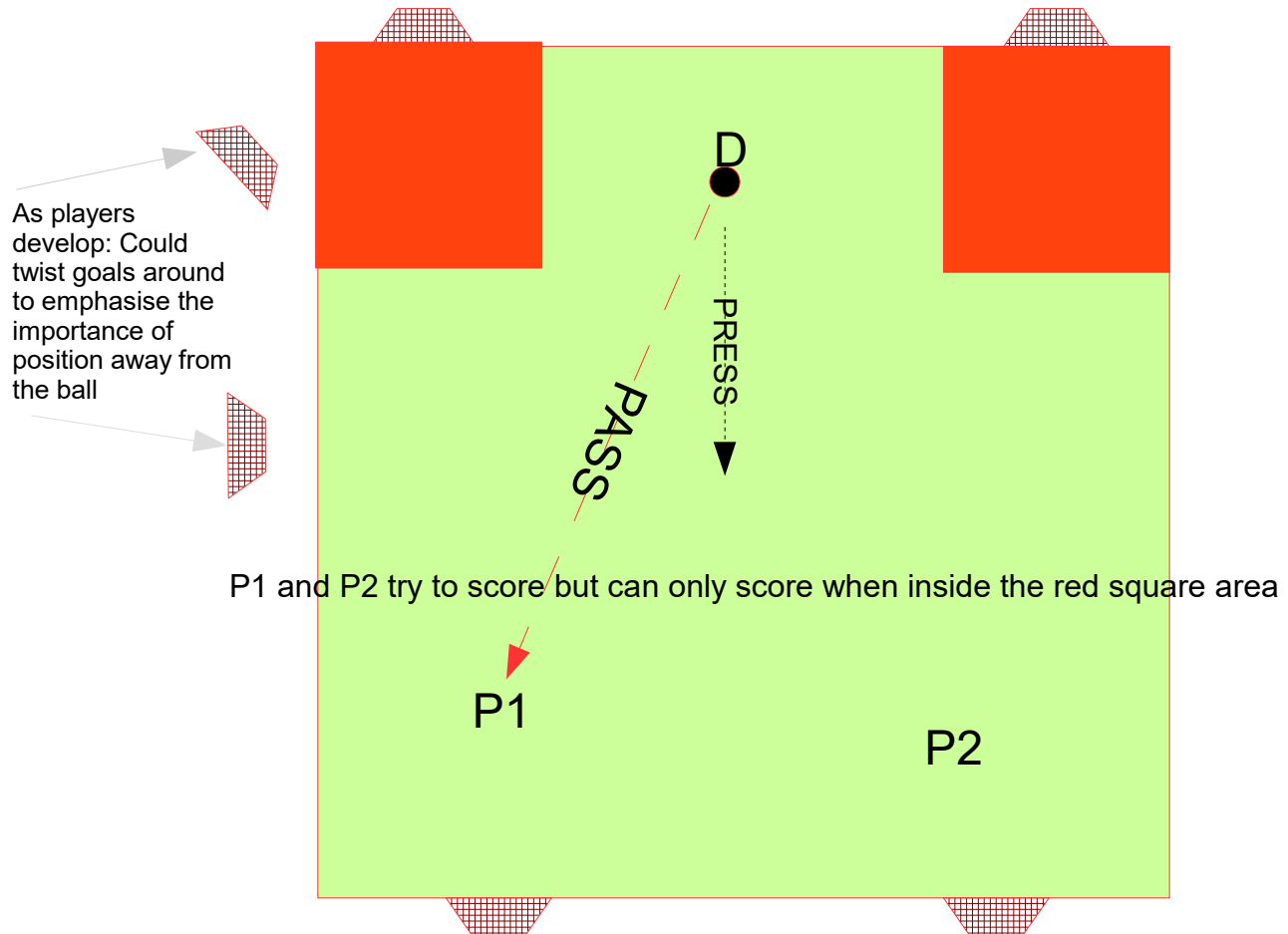
Part 5 :

As you get closer to the 2v2 you need to teach players off the ball to :

- Move to space (not to the ball) and
- Stand where they can see the ball and
- Where they can move the ball towards the goal

And also explain to the player on the ball how footwork helps find the passing angles

This 2v1 game is a good game to play to teach about positioning away from the ball



After this you should be ready to go into 2v2s

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