COACH 52

Free sample

Week 1 of the 52-week plan and the session it sends you to on Day 1 (B2-01), exactly as they print.

Pages 2–4: UK, Ireland, Australia & NZ edition (football, session, pitch).

Pages 5–7: US & Canada edition (soccer, practice, field).

The full plan has 52 weeks, 200 sessions and 300 numbered drills.
coach52.manosalaobra.online

WEEK

01

PRE-SEASON · week 1 of 52

WELCOME BACK: THE TEAM COMES TOGETHER

See each other again and get back on the ball, with zero pressure to perform

LOAD Low

THIS WEEK'S GOALS

TECHNIQUE

Get comfortable with the ball again: free dribbling and a clean first touch

TACTICS

Nothing new: small pitch and a good look at the players you have this year

FITNESS

Low volume, lots of movement and short runs: start slow

MINDSET

Build the group: names, laughs, and kids who want to come back next time

THIS WEEK'S SESSIONS

DAY	SESSION	WHAT YOU DO	1×	2×
Day 1	B2-01	The ball is my friend: dribbling with the head up and no pressure	1×	2×
Day 2	B2-16	Quick feet: basic coordination, footwork and balance		2×

Coaching once or twice a week? Day 1 is the welcome: a ball for every player and names learned. The footwork session can wait a week.

WHAT TO WATCH

- Who played over the break and who hasn't touched a ball in months: you'll see it in the first touch
- Energy in the first ten minutes: who stops early and who keeps asking for more
- Who arrives alone and who gets left out when pairs are picked

ADJUST BY AGE

- **U6s–U10s.** everything with a ball, short games and no long lines
- **U11s–U14s.** add the weaker foot to the dribbling and ask for the head up
- **U15s–U18s.** after the technical work, twenty minutes of free play in a small area

COACH'S NOTE

On day one you judge nobody and nobody runs laps. The only goal is that everyone comes back next time. Have the balls pumped up, the bibs clean and the pitch set up before they arrive: getting the details right on day one says more than any speech.

NOTES

THE BALL IS MY FRIEND

Keeping the ball close and dribbling with your head up

TIME	PLAYERS	PITCH	INTENSITY
60 min	8 – 16	40 × 30 m (44 × 33 yd)	Medium

EQUIPMENT 16 balls, size 3 or 4 (per your league) · 20 cones · 4 small goals · 10 bibs

GOALS FOR THIS SESSION

TECHNICAL Dribble with the inside and the laces without losing control of the ball.

THINKING Look up between touches to spot the open space.

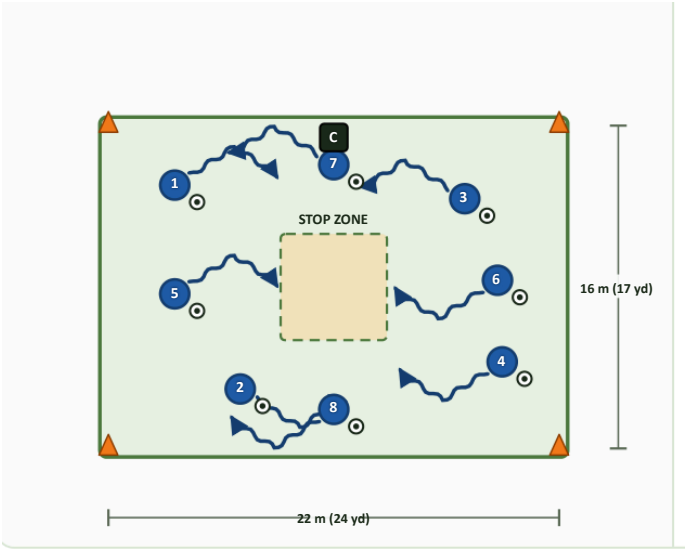
COORDINATION Adjust the length of each step so the ball stays close while dribbling.

PERSONAL Listen for the coach's signal and wait your turn without complaining.

PART 1 · WARM-UP

Traffic lights

15 min



Set up a 22 × 16 m (24 × 18 yd) square with a cone on each corner and a zone marked in the middle. One ball per player. Stand on one side and call the commands loud and clear.

HOW IT WORKS

1. Everyone dribbles around the square without bumping into anyone.
2. On “RED”, stop the ball with the sole of your foot and look up.
3. On “GREEN”, dribble off again into an open gap.
4. Anyone going through the STOP ZONE takes three short touches and dribbles out.

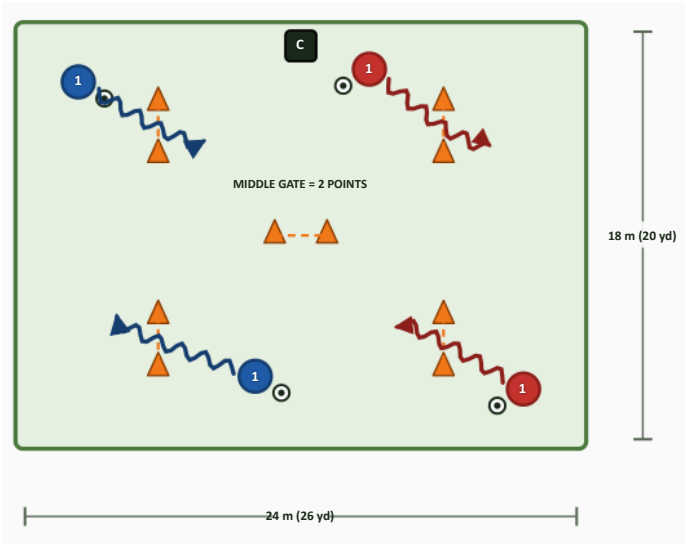
COACHING POINTS

- Short touches with the inside of the foot.
- Ball always close, one step away.
- Look at the coach between touches.

PART 2 · TECHNIQUE

The castle gates

20 min



Set up a 24 × 18 m (26 × 20 yd) square with cone gates spread around and one gate in the middle. One ball per player, everyone dribbles at the same time. Play 2-minute rounds with a short rest in between.

HOW IT WORKS

1. Dribble anywhere and try to go through as many cone gates as you can.
2. Every gate you go through with the ball under control is one point.
3. The middle gate is worth two points, but you can't go through it twice in a row.
4. Switch feet each round: right foot first, then left foot.

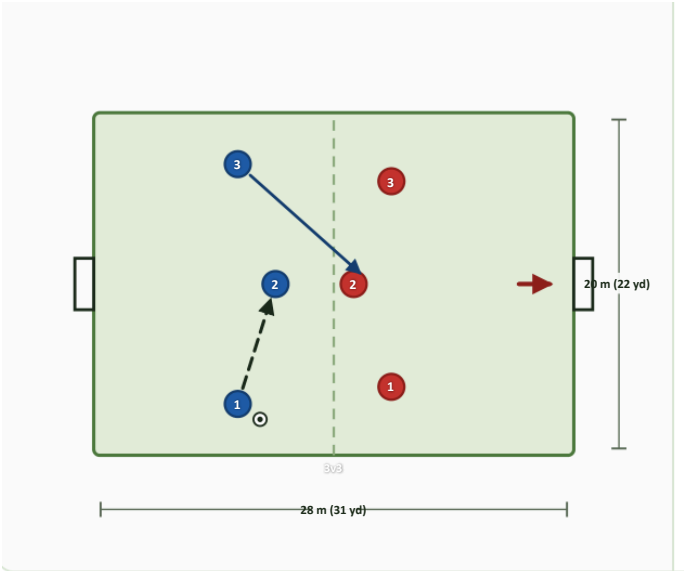
COACHING POINTS

- Push the ball, don't kick it hard.
- Go through the gate with the ball glued to your foot.
- Look up to pick your next gate.

PART 3 · GAME

3v3 to small goals

15 min



Set up a 28 × 20 m (31 × 22 yd) pitch with a small goal on each end line. Play 3v3; everyone else practices touches with their own ball just outside, so nobody stands around. 2-minute turns.

HOW IT WORKS

1. The attacking team has to dribble the ball over the halfway line.
2. A goal only counts if the ball goes into the small goal.
3. If you lose the ball out of bounds, the other team restarts.
4. Roll a new ball in right away so the game never stops.

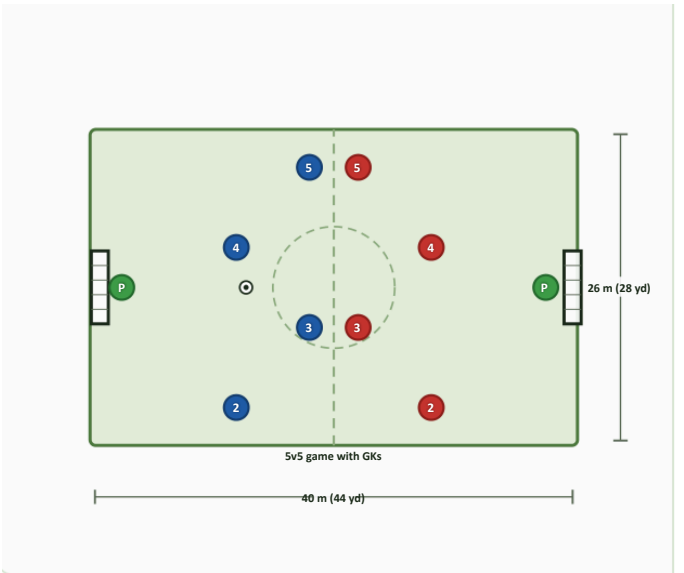
COACHING POINTS

- Dribble towards open space, not towards a defender.
- Head up before you touch the ball.
- Shield the ball when a defender arrives.

PART 4 · FINAL GAME

5v5 small-sided game

10 min



Play on a shortened 7v7 pitch with full-size goals and a goalkeeper on each team. Two colours of bibs and a sub every 2 minutes so everyone plays the same amount.

HOW IT WORKS

1. Play 5v5 with goalkeepers; use kick-ins instead of throw-ins.
2. Dribbling 3 m (3 yd) in a row before passing earns an extra point.
3. When the ball goes over the end line, restart from the ground with no one pressuring.
4. Encourage a shot as soon as there's an open goal in front of the ball.

COACHING POINTS

- Dribble with your head up.
- Ball under control before you decide.
- Everyone joins in, nobody stands still.

MAKE IT EASIER, MAKE IT HARDER

Make it easier
Make the square in phase 1 bigger and skip the called commands for the first minute.

Make it harder
Add two players without a ball who try to touch the dribblers' balls.

Adapt it
With 8–10 players: keep phases 1 and 2 as they are, play 3v3 or 4v4 in phase 3 with no one waiting, and finish 4v4 with goalkeepers.

NOTES FOR THE COACH

- One ball per player in the first two activities: nobody should be standing in a line.
- At this age, showing beats explaining: demonstrate the move and let them play.
- Coach with one key word per repetition, never three instructions at once.
- Before you send them home, name one thing each player did well.

team A · team B · neutral / adult · goalkeeper · coach

WEEK 01

PRESEASON · week 1 of 52

WELCOME BACK: THE TEAM COMES TOGETHER

See each other again and get back on the ball, with zero pressure to perform

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THIS WEEK'S GOALS

TECHNIQUE

Get comfortable with the ball again: free dribbling and a clean first touch

TACTICS

Nothing new: small field and a good look at the players you have this year

FITNESS

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MINDSET

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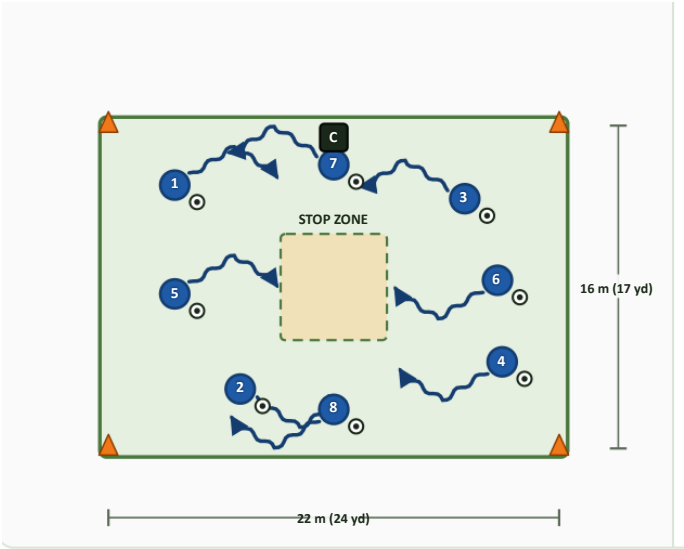
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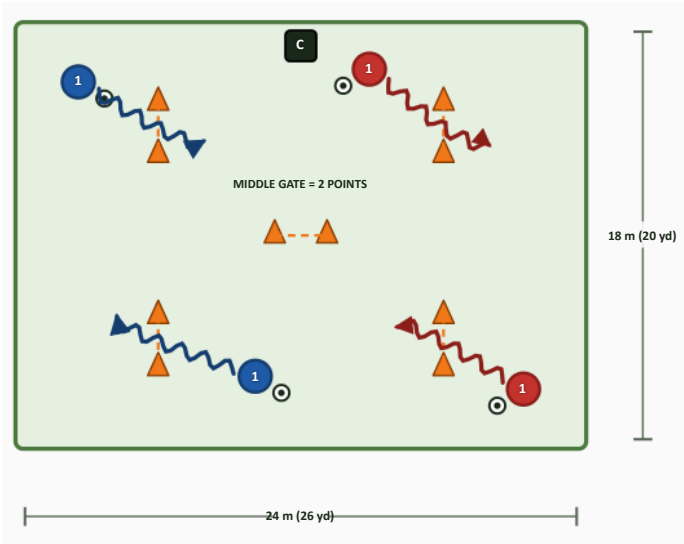
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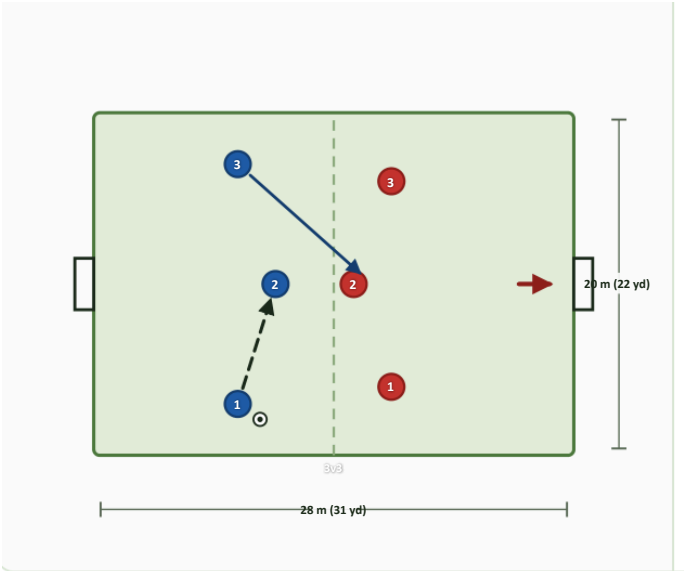
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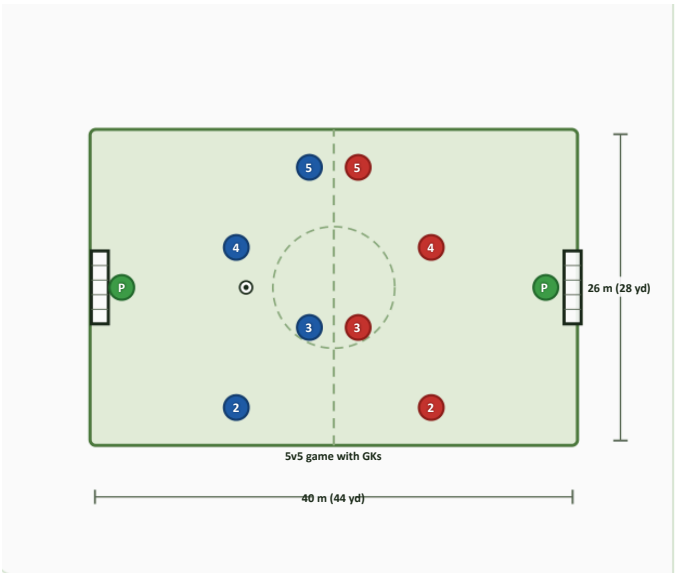
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