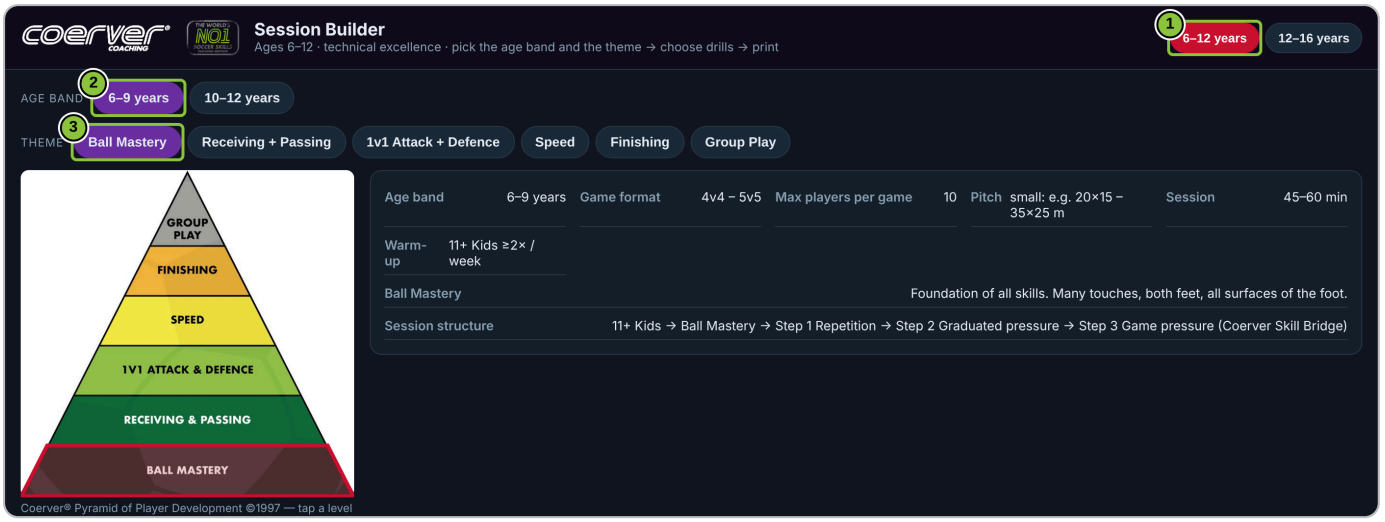
SESSION BUILDER 6–12 AND 12–16

How to use the tool · step by step

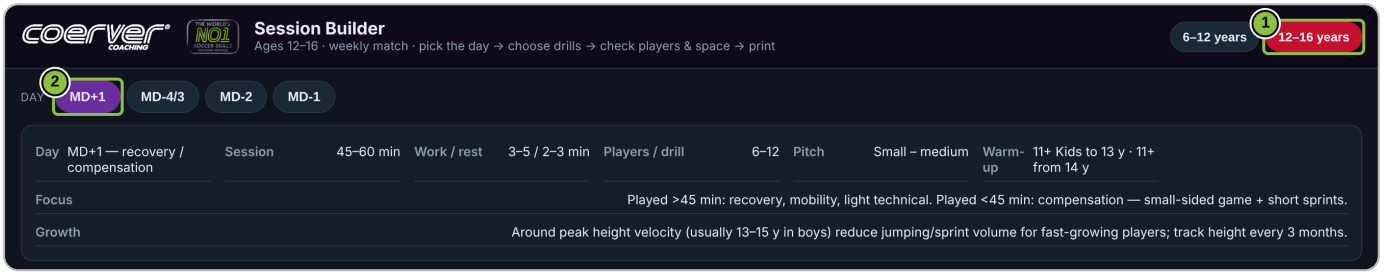
The Session Builder helps you put together a training session from the Coerver drill library in a few minutes, and print it on one A4 page per 6 drills. It works in your web browser. Your sessions and your own drills are saved **in this browser only**.

1 CHOOSE THE AGE GROUP AND THE THEME

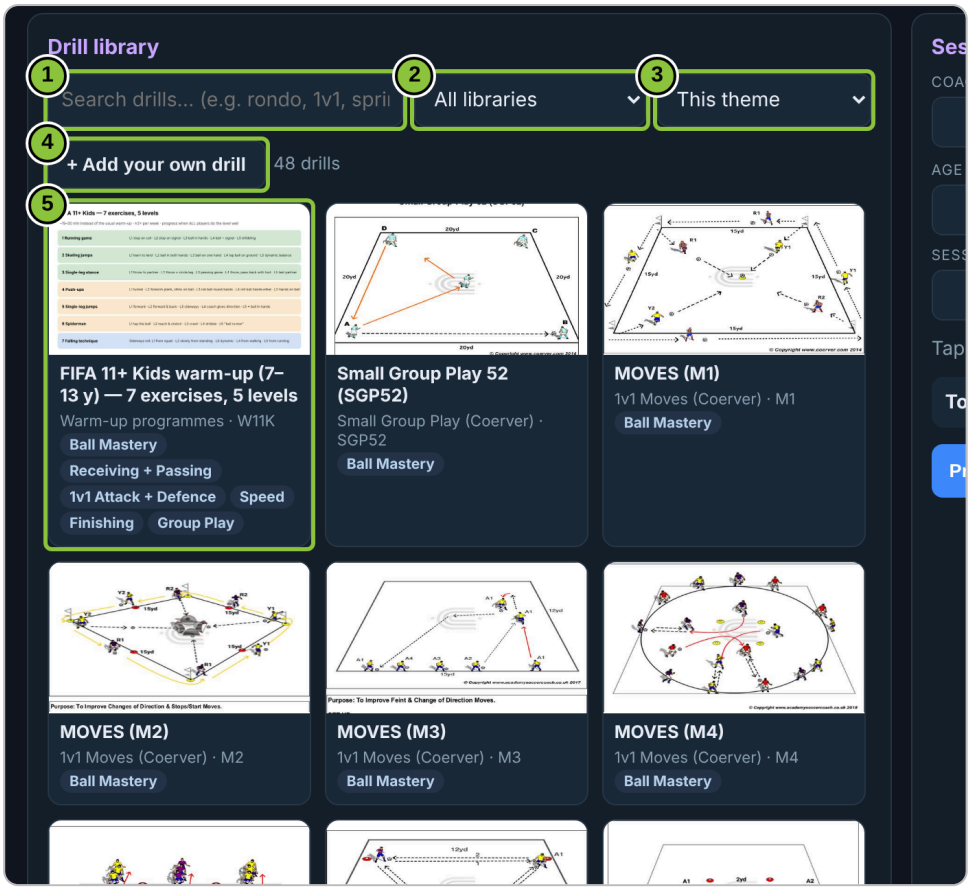


1. **Age group:** at the top right, choose **6–12 years** or **12–16 years**. Each age group keeps its own sessions and its own drills.
2. **Age band (6–12 only):** choose 6–9 or 10–12 years. The table next to the pyramid shows the game format, pitch size and session length for that band.
3. **Theme:** choose the theme of the session (Ball Mastery, Receiving + Passing, 1v1, Speed, Finishing, Group Play). You can also tap a level of the pyramid.

12–16 years works the same way, but instead of a theme you choose the **day of the week** before the match (MD+1, MD-4/3, MD-2, MD-1). The table shows the load, duration and pitch size for that day.



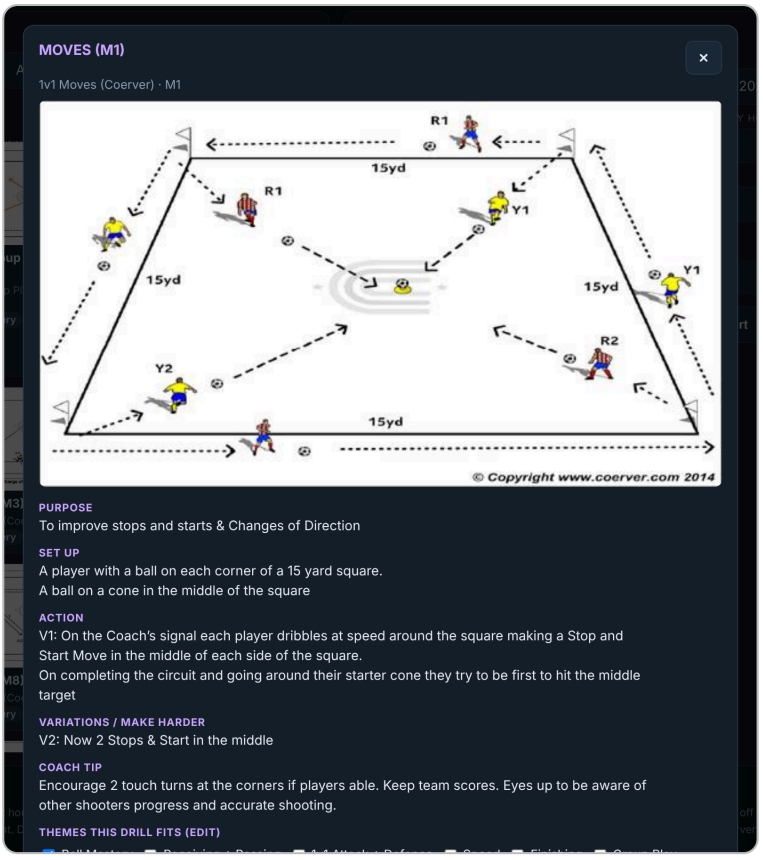
2 FIND A DRILL



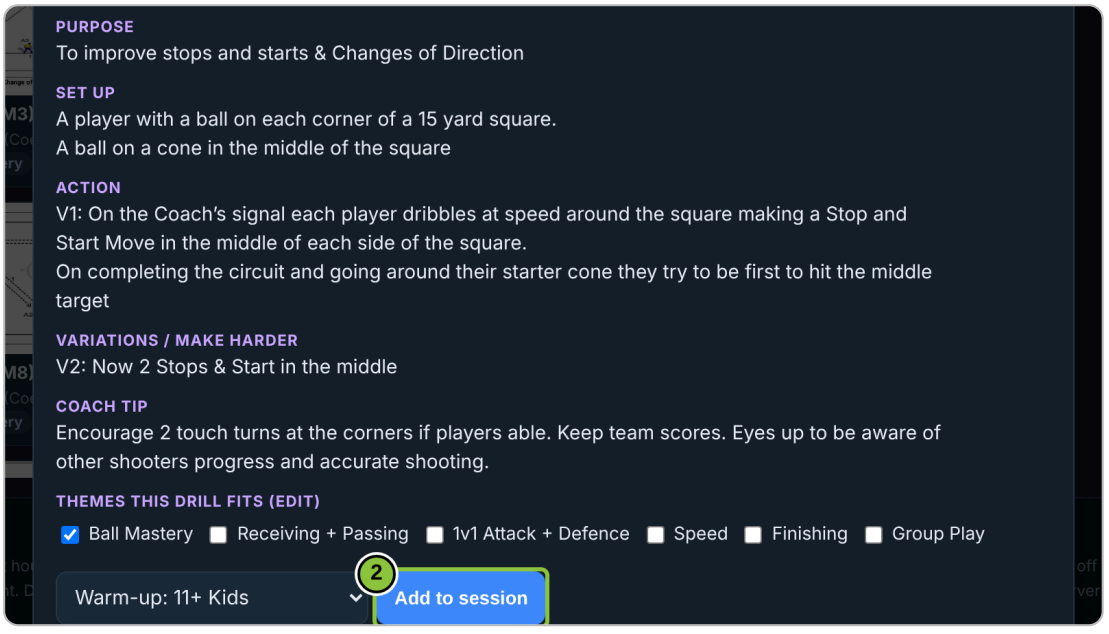
1. **Search:** type a word, e.g. “rondo”, “1v1” or a drill code (M1, SGP52).
2. **Library:** show all libraries or only one (e.g. 1v1 Moves, Small Group Play).
3. **Filter:** “This theme” (or “This day”) shows only the drills that fit your choice in step 1.
4. **+ Add your own drill:** see section 5.
5. **Drill card:** tap a card to open the drill.

> In 6–12, drills bigger than 7v7 (more than 14 players) or on a field bigger than 55 × 40 m are hidden automatically.

3 OPEN A DRILL AND ADD IT TO THE SESSION



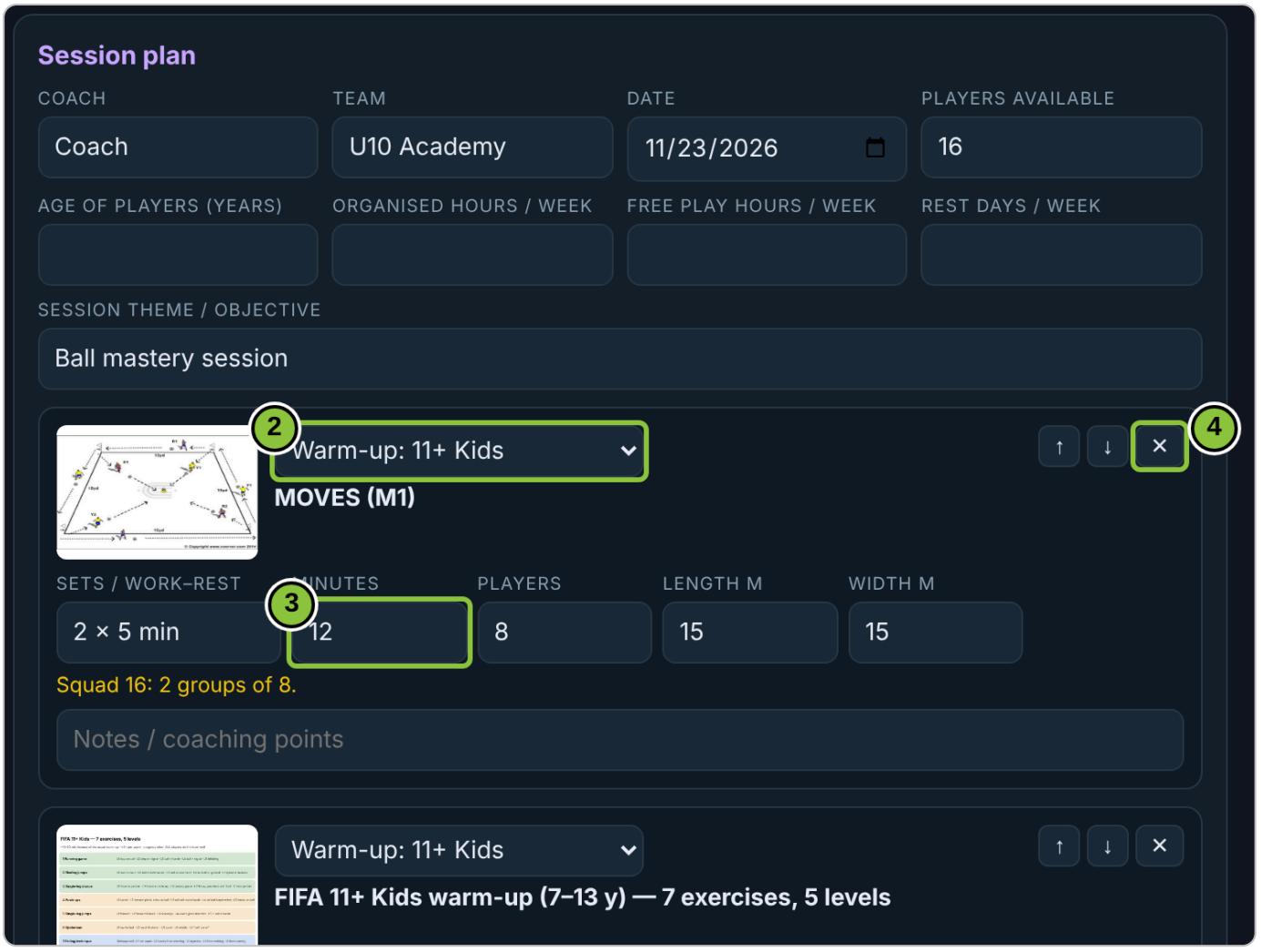
The drill opens with its diagram, purpose, set-up, action, variations and coaching tip. Scroll down to the bottom of the window:



2 Choose the **part of the session** (e.g. Warm-up, Step 1: Repetition, Small-sided game) in the box on the left, then press **Add to session**.

> "Themes this drill fits" can be ticked or unticked, so the drill appears under the themes you want.

4 BUILD THE SESSION PLAN



1. At the top, fill in **Coach, Team, Date, Players available** and the **session theme**. They appear on the printout.
2. For each drill you can change the **part of the session**.
3. Enter **Sets / work–rest, Minutes, Players, Length and Width**. The tool checks the players against your squad (e.g. “Squad 16: 2 groups of 8”).
4. Use ↑ ↓ to change the order and ✕ to remove a drill. Write coaching points in **Notes**.

5 PRINT, SAVE AND BACK UP



1. **Print / PDF:** prints the session on A4 (6 drills per page). To get a PDF, choose “Save as PDF” in the print window.
2. **Save session:** asks for a name and saves the session in this browser.
3. **Load saved:** opens a session you saved before.
4. **Export:** downloads the sessions and own drills of this age group as one file. Keep it as a backup, or use it to move them to another computer. Do it once for 6–12 and once for 12–16.
5. **Import:** loads an exported file.
6. **Clear:** empties the current session, including the coach and team details. Saved sessions are kept.

> Total time is shown above the buttons, together with the target for the age band or day.

EXAMPLE PRINTOUT

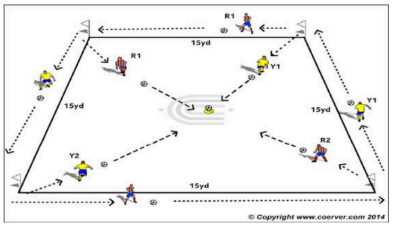
COERVER COACHING

BALL MASTERY SESSION

BALL MASTERY

AGE GROUP
6–9 yrs

DATE	COACH	TEAM	PLAYERS	TOTAL TIME
2026-11-23	Coach	U10 Academy	—	30 min



1. WARM-UP: 11+ KIDS — **12 min**

MOVES (M1)

To improve stops and starts & Changes of Direction

2 × 5 min · 8 players · 15 × 15 m

Set-up: A player with a ball on each corner of a 15 yard square. A ball on a cone in the middle of the square

Action: V1: On the Coach's signal each player dribbles at speed around the square making a Stop and Start Move in the middle of each side of the square. On completing the circuit and going around their starter cone they try to be first to hit the middle target

Key point: Encourage 2 touch turns at the corners if players able.

FIFA 11+ Kids — 7 exercises, 5 levels

~15–20 min instead of the usual warm-up · ≥2× per week · progress when ALL players do the level well

1 Running game	L1 stop on call · L2 stop on signal · L3 ball in hands · L4 ball + signal · L5 dribbling
2 Skating jumps	L1 learn to land · L2 ball in both hands · L3 ball on one hand · L4 tap ball on ground · L5 dynamic balance
3 Single-leg stance	L1 throw to partner · L2 throw + circle leg · L3 passing game · L4 throw, pass back with foot · L5 test partner
4 Push-ups	L1 tunnel · L2 forearm plank, shins on ball · L3 roll ball round hands · L4 roll ball hands>feet · L5 hands on ball
5 Single-leg jumps	L1 forward · L2 forward & back · L3 sideways · L4 coach gives direction · L5 + ball in hands
6 Spiderman	L1 tap the ball · L2 reach & stretch · L3 crawl · L4 dribble · L5 "ball runner"
7 Falling technique	Sideways roll: L1 from squat · L2 slowly from standing · L3 dynamic · L4 from walking · L5 from running

2. WARM-UP: 11+ KIDS — **18 min**

FIFA 11+ KIDS WARM-UP (7–13 Y) — 7 EXERCISES, 5 LEVELS

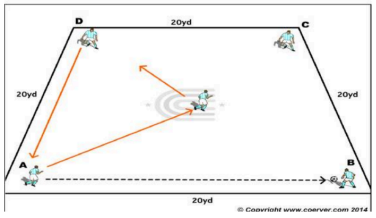
Injury-prevention warm-up for 7–13-year-olds. In the cluster RCT (Rössler et al. 2018, players 7–12 y) teams using it had 48% fewer injuries and 74% fewer severe injuries; more use = fewer injuries.

15–20 min

Set-up: Area about 20 × 15 m, one ball per pair, cones. Players in pairs.

Action: 1 Running game (stop on call/signal, with ball) · 2 Skating jumps · 3 Single-leg stance · 4 Push-ups · 5 Single-leg jumps · 6 Spiderman · 7 Falling technique (sideways roll). Each has 5 levels: start everyone on level 1 and move up only when all players do it well. Replaces the normal warm-up, about 15–20 min, at least 2× per week.

Key point: Watch landing: knee over the toes, soft landing on the



3. STEP 1: REPETITION

SMALL GROUP PLAY 52 (SGP52)

To create movement and 'circulation' of the players, whilst probing the defence and keeping the ball, ready to break out of the pattern into an attack

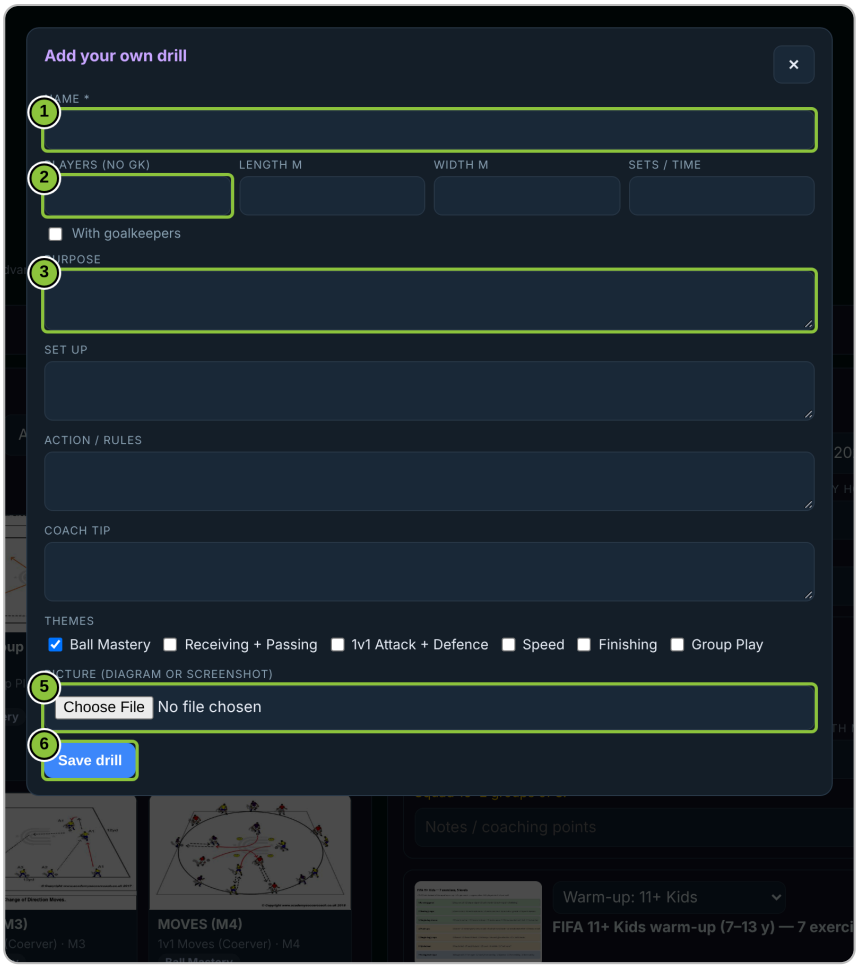
Set-up: 20 x 20 yd square. 4 players, one at each corner.

Action: Player at corner A plays ball to player at corner B and runs into CENTRE of the square. Player at D drops into corner A which is now vacant, at the same time the player who started at A (but is now central) turns and runs to corner D which is vacant. Then player at corner B plays ball to player at corner A and runs to the CENTRE of the square.

Key point: Lean forward on the pass so momentum takes player forward.

COERVER COACHING — 3 drills · 30 min

6 ADD YOUR OWN DRILL



1. **Name** of the drill (required).
2. **Players, Length, Width, Sets / time** and whether there are goalkeepers.
3. **Purpose, Set up, Action / rules, Coach tip**, and tick the themes it fits.
5. **Picture:** add a diagram or a screenshot.
6. **Save drill.** It appears in the library under “My drills”.

> To draw a diagram, use the **Drawing Tool** on the start page and choose **Save to: Session Builder 6–12** or **12–16**. The drill then appears here under “My drills”, with its drawing.

GOOD TO KNOW

- Everything is saved **in this browser on this computer**. Another browser or device will not see it. Use **Export** regularly.
- Clearing the browser history or data can delete your saved sessions. Export first.
- For the best printout, use Chrome or Edge, paper A4, margins “None”, and tick “Background graphics”.

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