

## DESCRIPTION

Set-up a 30x30 yard grid. Half of your players with a ball, half without. All players must be moving - players with the ball must approach players without a ball and perform a specified turn. Players without a ball are warming up their soccer movements (sidesteps, shuffles, backwards shuffle, etc) and applying pressure to the dribblers. Play for 60 seconds allow a 20 second break then switch roles. Repeat the exercise a couple times introducing a new turn each time. For the final progression, players work in pairs, player one with a ball player two without. Player one must dribble and perform three turns away from any other player in the grid, player two is continuing to move without a ball. When player one has completed three turns they must give the ball to player two who does the same thing. A team gets one point for completing the sequence, play for three minutes and see which team can score the most.

Make it easier - don't allow players to try and steal  
Make it harder - add defenders to your final progression

Set up players in groups of four in a 10x20 yard lane. One player at each end and 1v1 in the middle - one attacker and one defender. The attacker in the middle will receive the ball from one end, make a turn and then play to the other side, the defender is trying to stop them - give the middle players 60 seconds to do this under, trying to perfect their technique. You can then challenge them to do this as many times as they can in 30seconds. Switch out the middle players so everyone gets a turn in the middle. To progress, you can have the end line players throw the ball to the middle player.

Make it easier - take away the defender  
Make it harder - have the outside players do throw-ins to serve the ball in

Set up as shown with a 20x30 yard grid with a goal a further 15 yards away. We advise setting this up twice to ensure players aren't waiting too long for a turn. Inside of the square set up a 1v1 with a designated attacker and defender. Space out 4 or 5 players around the square along the three lines not directly in front of the corresponding goal. Each player will take a turn as an attacker, they will get five chances to score. They get the ball from an outside player and try to turn and score on the goal - the defenders job is to stop them. The attacker can receive the ball from the outside and play back if they feel they cannot turn.

Make it easier - only allow your GKs to save with heir feet  
Make it harder - ask players to be a minimum distance from the goal when they shoot (eg 12 yards)

Small-sided game, we suggest 5v5 but try to keep all players engaged. We suggest no goalkeepers and the use of small goals to encourage accuracy. In order to create plenty of coaching moments we suggest setting your formations to have equal attackers and defenders on each team, for example: 2-1-2. We always advise that you should allow time for players to enjoy the scrimmage without any conditions.

Make it real -  
1) Assign positions  
2) Set a formation  
3) Help players understand their role

## COACHING POINTS

**FIRST COACHING POINT - SPACIAL AWARENESS**  
Players seeking to make every turn away from the crown in to space.

**SECOND COACHING - WHICH FOOT TO USE**  
Ask players try using the closest and further foot from the defender to make turns. As they turn they should be trying to get their body in the way of the defender

**FIRST COACHING POINT - CHECKING TO THE BALL**  
Central attacker should check to the ball to draw the defender to one side

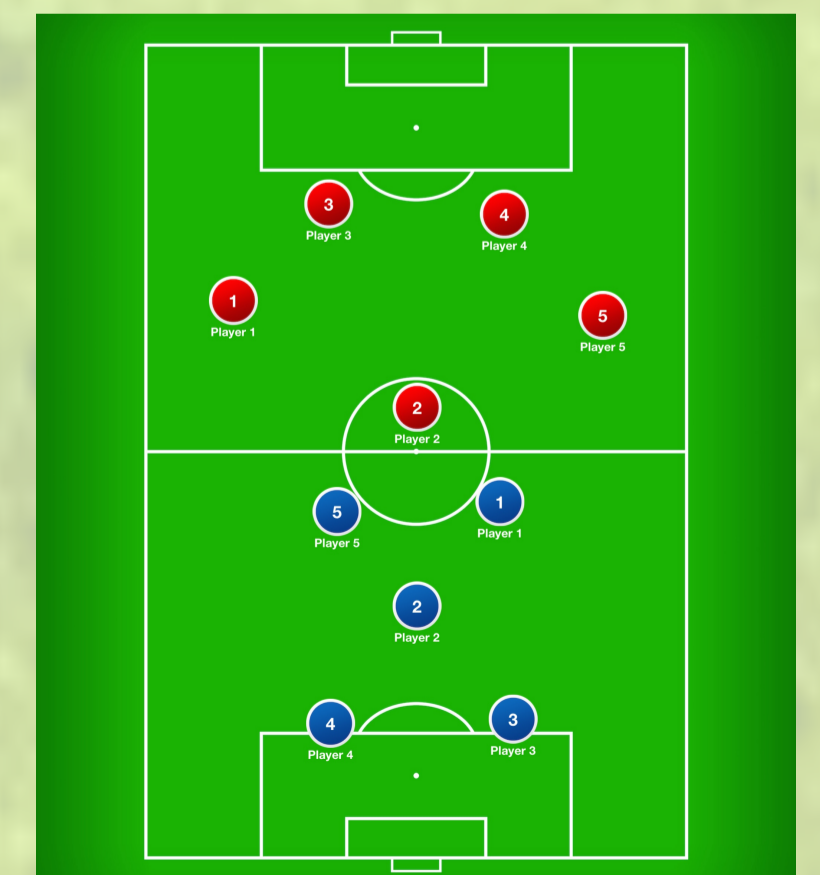
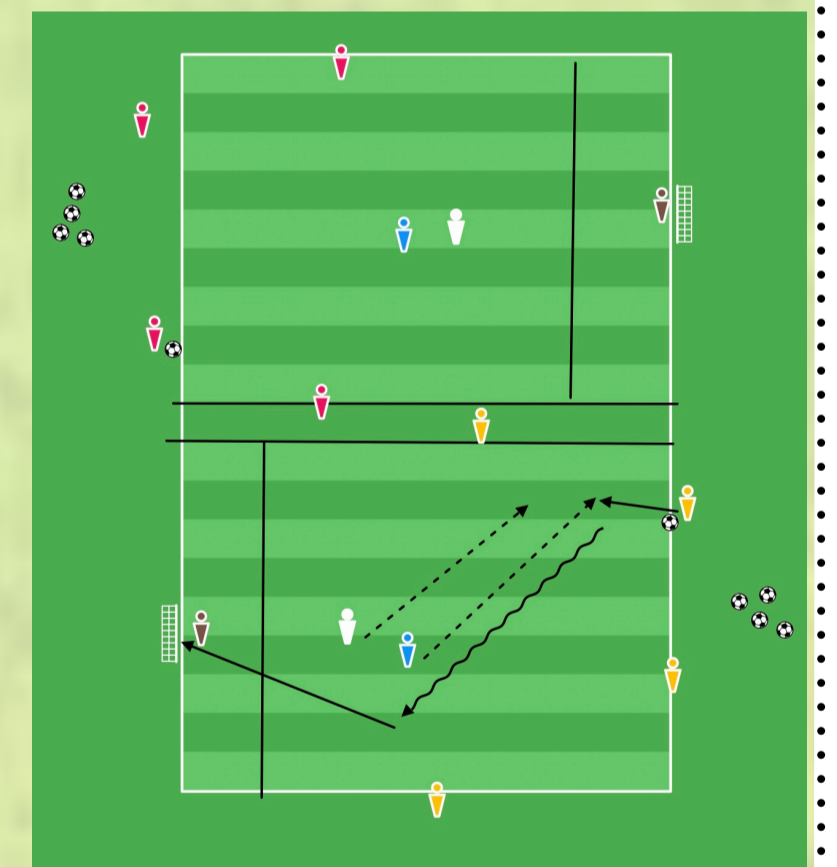
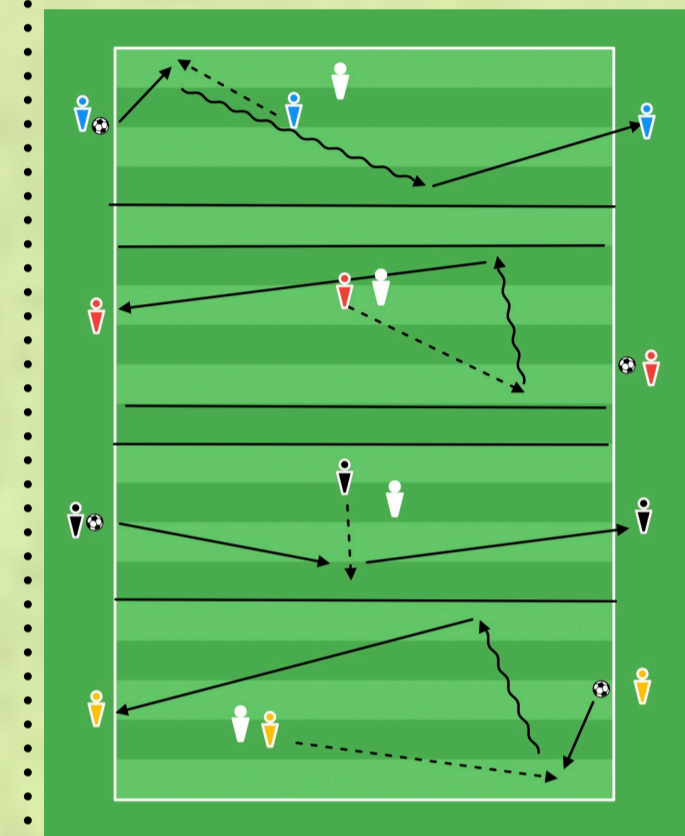
**SECOND COACHING POINT - BE UNPREDICTABLE**  
Attacker should vary trying to turn with playing the ball back to the server to try and fool the defender

**FIRST COACHING POINT - DECISION MAKING**  
The attacking player should be checking their shoulder to analyze when to turn and when to play back or sideways. They should also be trying to use the space by dragging the defender to one side before trying to turn to the open side and attacking the goal quickly.

**COACHING SUMMARY**  
Try to find instances in the game to freeze the play when your coaching points are relevant. Keep your freeze short and concise - try to find opportunities when a defending player is beaten and nobody is there to cover. Some examples:

- 1) A player receives a ball and turns in to trouble
- 2) A player receives a ball and doesn't perform a quick turn when space is available

## DIAGRAM



WARM UP

TECHNICAL

TACTICAL

GAME