

DESCRIPTION

40x30 small field with a goal at each end. Players divided in to two teams, one team behind each goal. Coach will shout a number and that amount of players will enter the field from each team to compete - for example, if coach shouts 2, the front two players from each team run in to the field to compete in a 2v2. Allow players 20 seconds to play then get them out and call another number. If a ball goes out or a goal is scored, throw a new ball in to a different part of the field.

Make it easier - allow players to reset after a goal
Make it harder - use small goals

WARM UP

COACHING POINTS

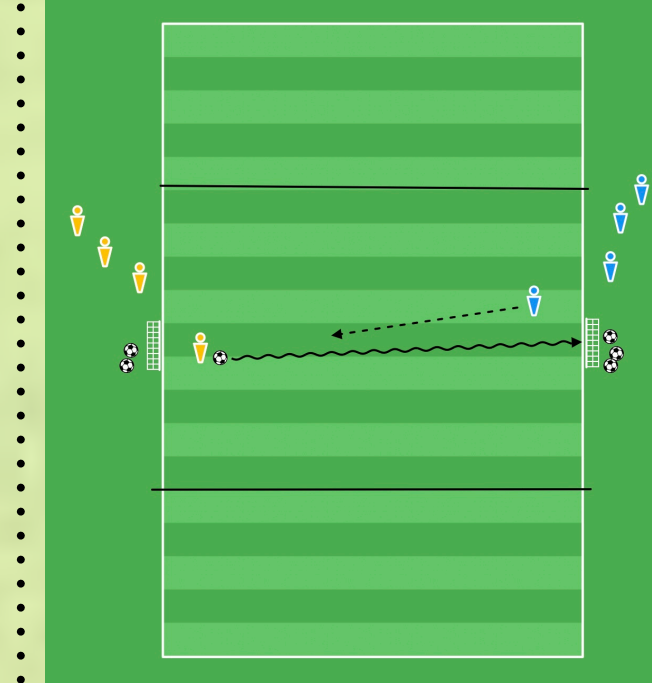
FIRST COACHING POINT - ATTACKING WIDTH

When a team has the ball, ask them to make the field as big as possible very quickly by getting wide

SECOND COACHING POINT - DEFENDING COMPACTNESS

When a team loses the ball ask them to get in a position to block the goal quickly

DIAGRAM



Same set up as above but this time start with a 1v1. When a player scores a goal, that player stays on and the opponent must leave the field. The team who conceded the goal sends two players on to the field with a ball, creating a 2v1. Repeat the process a couple times where the team who scores must face an opponent with an extra player. If you have a large group you can set up two mini fields so more players are active.

Make it easier - allow players to reset after a goal
Make it harder - allow new players to go into the game as soon as a goal is scored

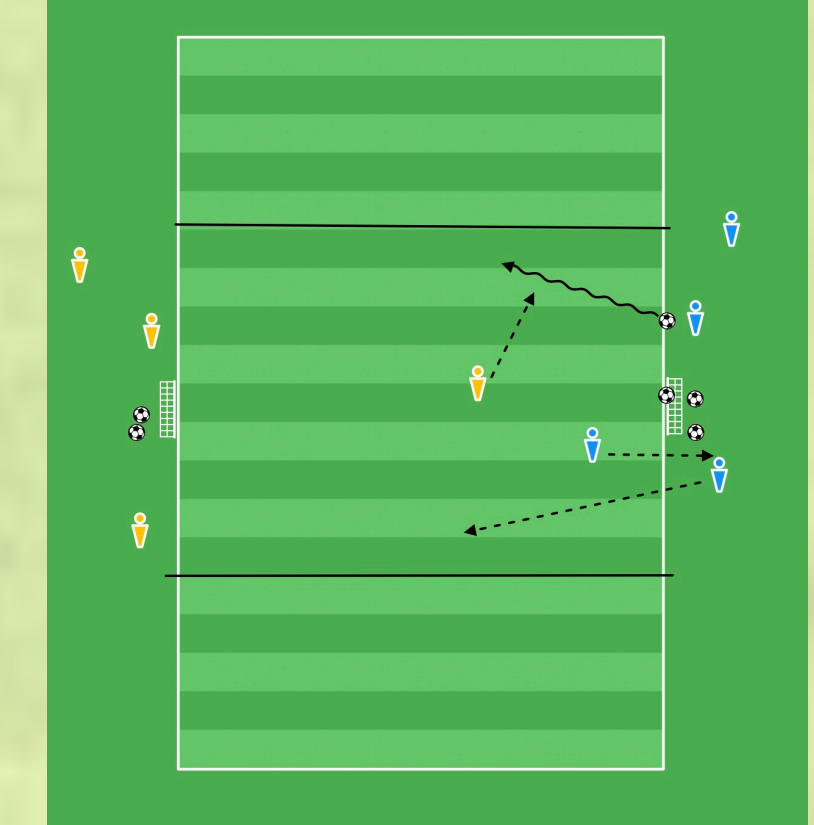
TECHNICAL

FIRST COACHING POINT - DEFENDING, TRYING TO CREATE A 1v1

The out-numbered player(s) should approach the ball to cut off the attackers support and use the sidelines to create a 1v1 with little space

SECOND COACHING POINT - ATTACKING, ARCING RUNS

Encourage entering attackers to loop their runs from behind the player with the ball, towards the sideline in order to receive the ball facing forward, in a wide position



Use the 40x30 grid from above but place a 20x30 and a 10x30 on either side as shown. Set-up a 2v2 a 3v3 and a 1v1 as shown with goals in each area. Players cannot leave their assigned area. Play with one ball and whenever a goal is scored the team that conceded the goal must move one player to that area. For example if team A scores in the 1v1 area, team B must add a player to the 1v1 area from another area. As soon as a goal is scored the coach should serve a new ball in to a new area quickly.

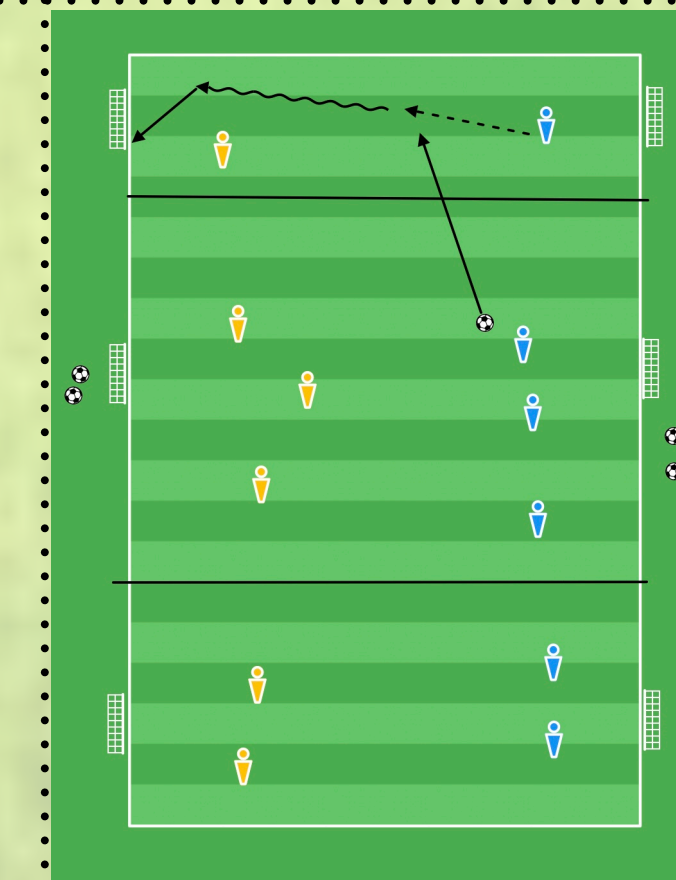
Make sure to rotate players through so they can experience the different areas.

Make it easier - don't move any players, keep the 1v1, 2v2 and 3v3
Make it harder - allow the team that scored to move a player instead of the team that conceded

TACTICAL

FIRST COACHING POINT - FIELD ANALYSIS

At this point players should be constantly analyzing their area to find opportunities if they get the ball. You may see players gravitate towards the border of their area to watch the game but encourage them to be active at all times in order to be ready to move 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 - this can be a positive or negative scenario that you see. Some examples;

- 1) Players giving the ball up and not chasing back to try and get it
- 2) After their team loses the ball, players chasing the attacker from behind, rather than trying to cover space between the goal

Small-sided game, we suggest setting up the teams to try and highlight the days topic; if anyone excelled then put them in a position to show it in this game. 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

GAME

