

DESCRIPTION

COACHING POINTS

DIAGRAM

WARM UP

Split players in to teams of four - station two outside players 24 yards part, each outside player should have a couple balls - the other two will be in the middle. One middle player will be an attacker, the other will be a defender - the attacker's job is to receive a ball from one outside player and get it to the other - the defender must prevent them from doing this. The attacker can go to either side (wherever there is a ball).

Make it easier - play with only one ball so the attacker only has one choice of where to receive from  
 Make it harder - add a second attacker

**FIRST COACHING POINT - PLAYING TIGHT**

In this situation it's important that we remind our players this exercise is to simulate them defending in their own box. They should be close to the attacker and try not to allow them to turn.



TECHNICAL

Set-up a series of cones about 20-25 yards from the goal in a semi-circle (see diagram). Put in a GK and have the rest of your players take a ball and go stand on a cone. Send in one attacker and one defender (both without a ball) who will play 1v1 in front of goal - the attacker will call a ball from any outside player and will try to score, the defender will try to prevent goals and get the ball out of the semi-circle. Play for 90 seconds and count how many goals were scored. Rotate through all of your attackers and defenders. To progress this you will add in a second defender - this time the player serving the ball in will do so and then join in to make it a 2v2 situation.

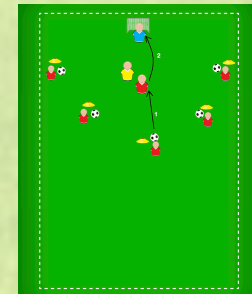
Make it easier - instruct the attacker to try and dribble past the defender  
 Make it harder - ask the defender to retreat to the six-yard line before each new ball

**FIRST COACHING POINT - DECISION MAKING**

This should be a fast moving game - work with your defenders to help make better decisions - they will not be able to win the ball, or even get close to the striker, every time - if they realize this they should try to drop-off a yard and block the goal

**SECOND COACHING POINT - BEING PHYSICAL**

It's imperative we teach our players the correct way to be physical, especially inside the penalty area. They should get used to going shoulder-to-shoulder with their opponent and easing them off the ball - arms must stay down and they cannot push



TACTICAL

Inside the penalty box - Assign four defenders and a GK who must stay within the box, they will play against 3 attackers, but the attacking team will also have three bumpers spaced along the top of the penalty box. Ensure you have plenty of spare balls and as soon as one goes out serve another in. Once your defenders get the hang of it you can start to add-in more attackers.

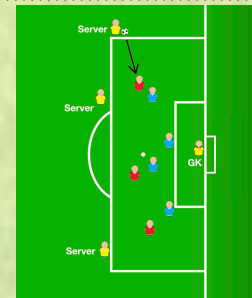
Make it easier - add in an extra defender  
 Make it harder -add an extra attacker inside the box

**FIRST COACHING POINT - ZONAL OR MAN-TO-MAN?**

Decide whether you want your players to be interchangeable against the attackers or will you ask them to pick somebody and stay with them

**SECOND COACHING POINT - COMPACTNESS**

The defensive team should be tight and block all paths to goal - they should seek to force the attackers to the outside and away from the support players.



GAME

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 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 diving in to make a tackle and getting beat
- 2) Players being slow to pressure the ball

