

DESCRIPTION

Position players as shown in the diagram - the yellow cones are forty-five yards apart. The reds are set-in about ten yards from the yellow. You may need to set this up 2/3 times if you have a large group. To start with the front player from line 1 will take a touch out of their feet and play a long pass to the first player on line 2, the player from line 1 will follow their pass with a curved run and join the back of line 2 - you can ask traveling players to perform some soccer movements as they go (high-knees, butt-kickers, sideways slides, etc). The first player in line 2 will control the ball and make a long pass to the next waiting player on line 1. To progress this you will put a player on each red cone - now when the ball is played long, the receiving player will try to trap and lay-off the ball for the player on the red cone closest to them. The player on the red cones should be facing the receiver and will lay-off the ball for the next long pass.

Make it easier - move the cones closer together
Make it harder - ask that the ball is trapped in one touch

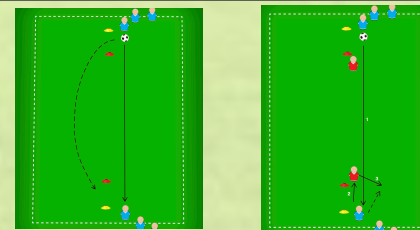
WARM UP

COACHING POINTS

FIRST COACHING POINT - LONG PASSES

As we are now trying to loft the ball, players should kick underneath, slightly leaning back and with a long follow-through towards the target. This will be easier if the ball is moving rather than static

DIAGRAM



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 take the ball away from the attacker. 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 playing serving the ball in will do so and then join in to make it a 2v2 situation.

Make it easier - made the grid wider
Make it harder - allow the defenders to patrol the box

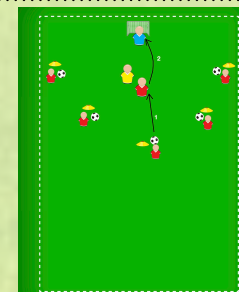
TECHNICAL

FIRST COACHING POINT - MAKING YOURSELF AVAILABLE FOR THE BALL

In such a tight space the challenge here is to be able to position yourself to receive a ball and take a quick shot before being pressured. In the defender is tight then this needs to change to block the ball from the defender

SECOND COACHING POINT - BEING COMFORTABLE UNDER PRESSURE

Any good defender will be very close to the attacker when they are this close to goal - the attacker needs to be comfortable using their body to hold off an opponent.



Half-field with a goal (made of flags or cones) set inside the field by about ten yards and two small goals. 5 attackers vs 5 defenders plus a GK with two servers at the half-line - the attacking team must assign two players who will start in the channel behind the goal (targets), defenders are not allowed in here - this will leave a 3v5 situation on the field. The attackers will receive a ball from the half-line and their job is to get the ball in to either of the "targets" - once they do that both "targets" can enter the field to make it 5v5 - the team has 20 seconds to score. If they don't score the "targets" must go back to the channel. To progress this game you will have the one server go and be a "marker" and guard the "targets" in the end channel. The second server will join the attacking team in the field. If the defenders get the ball their job is to score on one of the small side goals

Make it easier - add in an extra attacking player
Make it harder - add in an extra defender, add in an extra marker

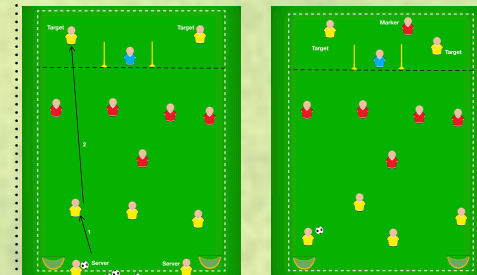
TACTICAL

FIRST COACHING POINT - ACCURACY UNDER PRESSURE

The balls in to the target need to be good otherwise they will be slowed down and the opportunity may pass

SECOND COACHING POINT - SUPPORTING POSITIONS

As the ball goes in to the target the other players must move with the play - they should choose positions to receive the ball and take a quick shot - if they cannot do that then they should take a wider position to ensure the path to goal isn't clogged



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

GAME

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 blasts a ball forward carelessly
- 2) Players try to connect passes in a condensed area when a long ball was available

