

DESCRIPTION

20x20 yard grid - spread your players around the outside with a ball each - ask two players to go in the middle. One will be the receiver, the other will be the returner. The receiver must check to receive a ball and lay it off for the returner to give it right back to the player that passed it in. The receiver then goes to receive a new ball. Complete this sequence as many times as they can in 60 seconds. Rotate though all of your players. To progress: take away half of the outside balls and now ask the central pair to return the ball to a new outside player who doesn't have one. You can also add-in a defender to make it a 2v1 in the middle.

Make it easier - allow unlimited touches from each player

Make it harder -add an extra defender or allow a maximum of three touches to receive & return

30x20 yard grid with three 10x10 boxes at one end - Ensure you inform your players of the positions they represent. To begin with have your defenders take position around three sides as shown. You will have two players in the middle that represent your central midfielders and you will have one player in each box, they represent attackers. Add one opposition defender that will only be allowed inside the 30x20 grid to create a 2v1. The objective of the game is to get the ball to one of the players in the box, the ball must come from one of the midfield players. The defender is trying to screen the passes in to the boxes. To progress you can add extra defenders to the middle area to create a realistic midfield situation. You can also add a defender to each box to create a 1v1 in each box

Make it easier - allow any player to pass in to the boxes

Make it harder - add a third defender or take away a target player in the box

We will expand on the game above and add in a second 30x20 yard grid as shown - add in small goals to each end. Divide your players in half and assign one team to one grid, the other team to the other grid. Ask them to send one player to the oppositions grid. One ball - the two teams must stay in their grid and try to connect the ball to the out-numbered player in the opposite grid. If that player can control the ball they get a point. The out-numbered player should be one of your strikers. You can then challenge the out-numbered player to try and score in one of the small goals. Progress again by adding a second player to join the other side until you reach a scenario that matches what you see from your team during a game. Finally, allow one player from each team to go where they like. Now they must make a decision based on what they see.

Make it easier - increase the size of the grids to allow more space

Make it harder - ask the out-numbered player to receive the ball and get it back to their team for the point

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 - APPROACH

Ask players to work in triangle patterns, holding space between them as they approach each ball. We want to avoid them being in a straight line

SECOND COACHING POINT - PLANNING

The returner should be looking for an outlet for the ball before they get it in order to keep the ball moving quickly. If they ponder, this will slow them down and in a real game they will have the ball taken

FIRST COACHING POINT - SPACING

The outside players should be moving along their lines and trying to keep their shape in order to be supporting the midfield players. If they collapse it will become easier for the one defender to predict what's going to happen

SECOND COACHING POINT - COMMUNICATION

It's essential one of your defenders dictates the play and directs the players around them - try to encourage the midfielders to only take the shot if they're certain they'll score. This shot to goal represents a through-ball in a game and if they don't get it right they've given the ball away in midfield

FIRST COACHING POINT - DECISION MAKING

This game should build from the exercise above - we should ask players to only try and go forward if they have a secure pass. When a forward pass is not an option, look to keep possession

SECOND COACHING POINT - SUPPORT PLAY

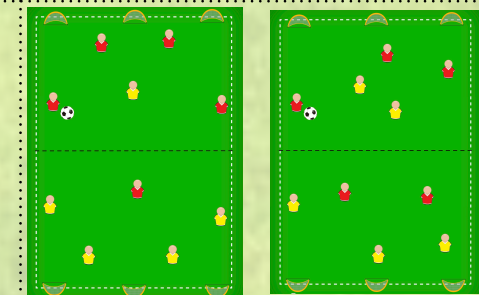
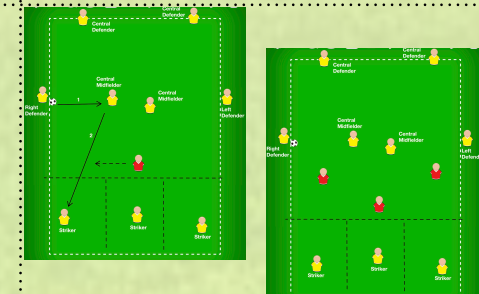
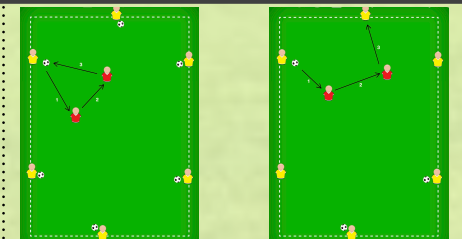
We often see players make a good pass and then stand and admire it, help players recognize the right time to support the play (when it is likely we can create a goal-scoring chance) and when to hold back (when it seems like the opposition might get the ball).

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) players trying to force a forward pass when it might not be a good idea
- 2) Players making a pass and then standing still, rather than supporting the play

DIAGRAM



WARM UP

TECHNICAL

TACTICAL

GAME