

DESCRIPTION

Set up four, 12x12 yard boxes as shown in the diagram. Evenly divide your players between the boxes where they must stay. Each player will be given a number so that each box has a number 1, a number 2, and so on. To begin with players must simply pass the ball around within their boxes - ask them to simulate the shape of defense or midfield - assign them positions if needed. Show them how to move and receive to the outside of their box. Coach will then call a number, that number will become a defender within their square, they will collect a second ball that is waiting to the side and try to hit the main ball. The other players will try to keep the ball away from them. Ask players to complete 3/4/5 passes around the defender for a point. To progress, you can ask the player who's number is called to enter the square opposite and hit their ball. Your final progression will be to ask the defender to go and retrieve the opposite ball (thus, becomes a live defender).

Make it easier - make the squares bigger

Make it harder - start to minimize touches, allow players a maximum 4/3/2 touches on the ball

24x24 yard grid, small goal at either end, two neutral players operating along the sides. Divide the rest of your players in to teams of two. These teams will rotate in and out of a 2v2. You will have waiting teams at each end of the field. If a team scores they will turn around and defend the goal they just scored on. If a team is scored on they leave the field. Both teams can use the outside neutral players to maintain possession, these neutrals cannot be tackled

Make it easier - add a neutral player to the center of the game

Make it harder - start to minimize touches, allow players a maximum 4/3/2 touches on the ball

24x24 yard grid with a 12x24 yard flank on each side. Three small goals at each end. 5v5 (or 6v6) - each team must assign one player to each flank where they will stay. That should leave a 3v3 or 4v4 in the center. One central player from the team with possession can join their flanker only when the ball goes in to the flank - everyone else must stay out. This will create a 2v1 on the side for the attacking team.

Make it easier - allow the flankers to begin the game unopposed (meaning, the opposition flanker can't take the ball)

Make it harder - also allow a defensive player to join the flank to make it a 2v2

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 - COMPOSURE

When facing an active defender it's important for players to remain calm. They must maintain their shape and do the same things as when no defender was present. They will need to be a little quicker but having the defender dribble a ball should give them an extra second to think. Each player should be holding their position to the outside of the square but also moving along the perimeter to be open.

FIRST COACHING POINT - DECISION MAKING

When entering the game, players should try to make a quick decision about the best way to score. If the defense are out of position they should attack quickly. If the defense are set, they may look to use a neutral player to shift the opposition. Players should be asked to do the same when they're in the game to try and win the ball back.

FIRST COACHING POINT - HOLDING POSITION

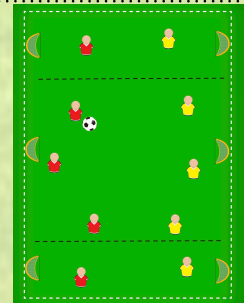
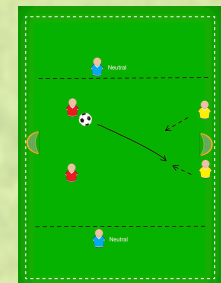
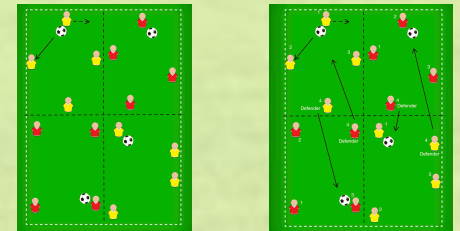
As the game flows there should be lots of transition. The team trying to win the ball back should maintain a triangle/diamond shape - hopefully they only send one player to try and win the ball back while the rest hold position. As soon as they get it back they should be trying to pass backwards or sideways to engage the flank player to create a 2v1 overload.

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 always trying to go forwards when their path is blocked
- 2) A player trying to boot the ball when their teammates are well spaced

DIAGRAM



WARM UP

TECHNICAL

TACTICAL

GAME