

DESCRIPTION

30x30 mini field with a small goal at each end, 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.

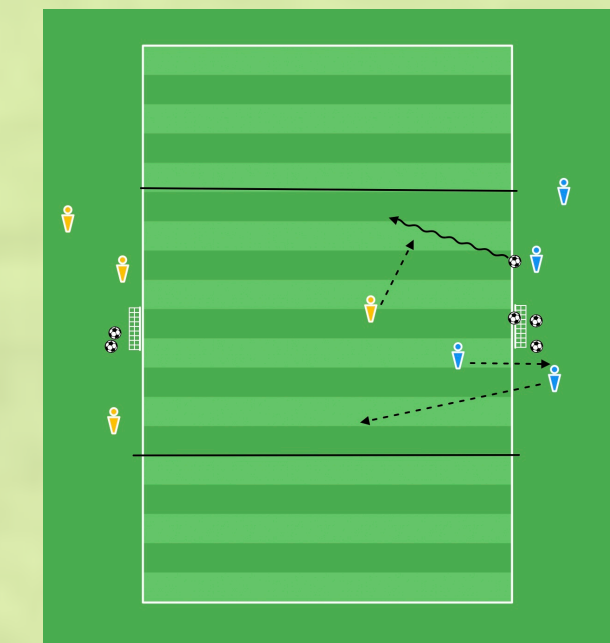
**Make it easier** - allow players to reset after a goal  
**Make it harder** - allow new players to go into the game as soon as a goal is scored

WARM UP

COACHING POINTS

- FIRST COACHING POINT - SPEED OF PLAY**  
The waiting attackers should enter the field quickly, moving the ball with crisp passes until they can create space to go forward
- 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

DIAGRAM

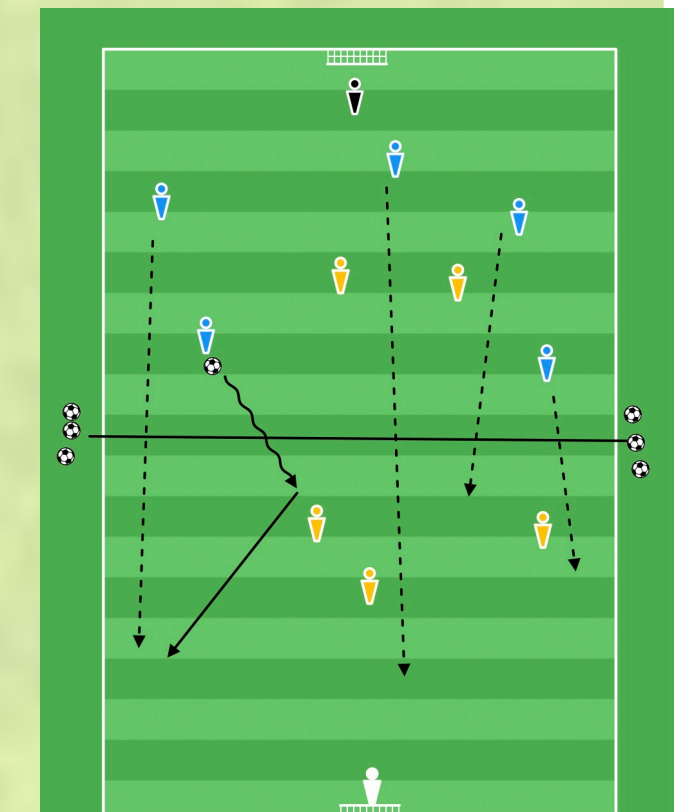
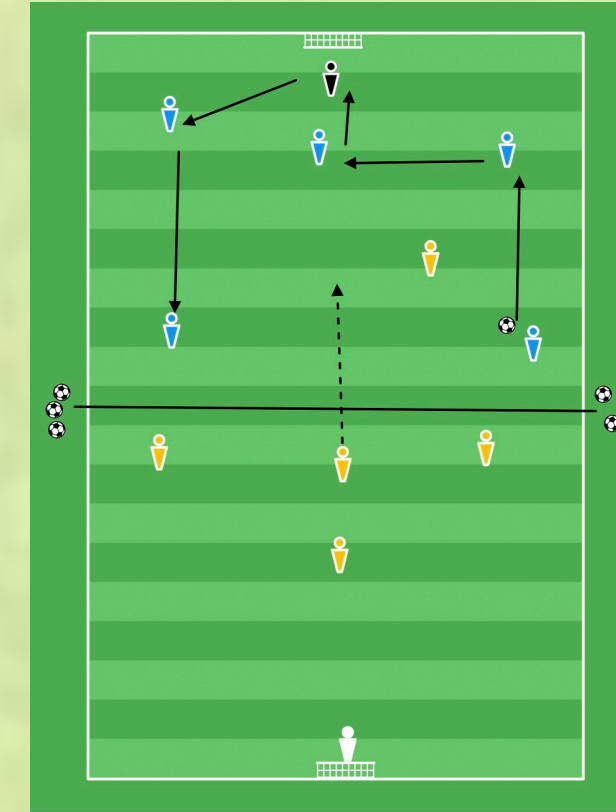


Set up 2 x 30x30 yard fields with a goal at each end- play with GKs if you have regular goals. Divide your players in to two teams, one on each field where they must stay. One team starts with the ball and they must try to score in the opposite goal. For every five passes they connect in their own half the defending team must send one player over to try and get the ball - those defenders are now locked in that half of the field. The attacking team can maintain possession and bring defenders across or they can advance in to the opposite half and try to score - they must decide when to do so. If the defending team gets the ball they can either try to play back to their team and the teams switch roles or they can try to score.

**Make it easier** - ask defenders to be link together using a pinnie to slow them down  
**Make it harder** - ask players to keep the ball below knee height at all times

TECHNICAL

- FIRST COACHING POINT - WIDTH**  
When the attackers choose to try and score, ask them to spread wide and look for opportunities to create a 2v1
- SECOND COACHING POINT - DRAW IN A DEFENDER**  
When a team keeps possession the defenders are likely to be drawn out of position, quickly attacking that open position is a great way to break through



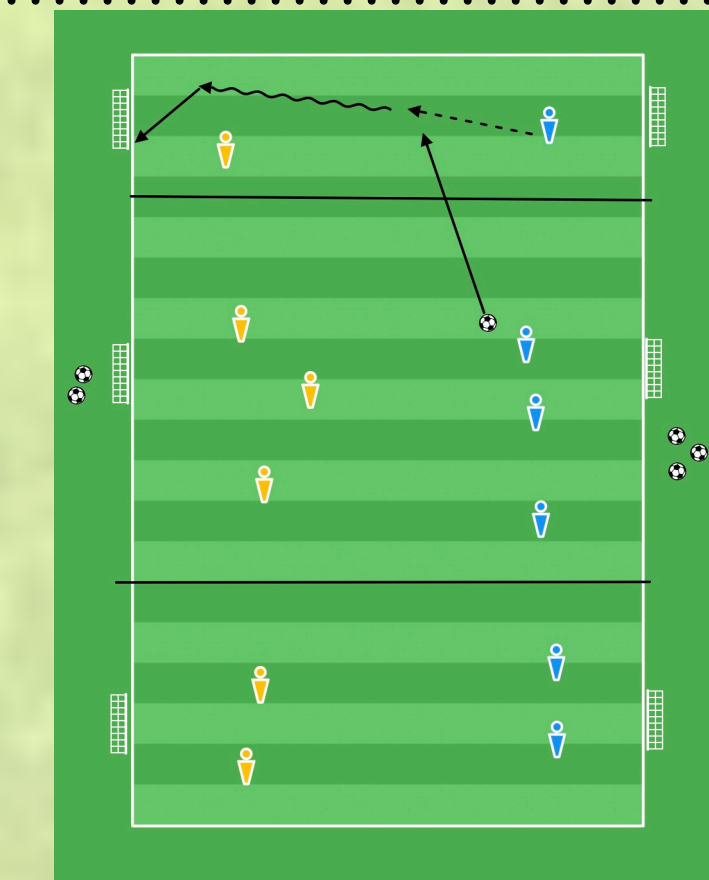
Use the 30x30 grid from above but place a 20x30 and a 10x30 on either side as shown. Set-up a 2v2 a 3v3 and a 1v1 as shown with goals in each area. Players cannot leave their assigned area. Play with one ball and whenever a goal is scored the team that conceded the goal must move one player to that area. 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. Ask them to attack areas where they have numbers up and avoid any areas where they are out-numbered



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

- 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 ignoring over/under lapping runs  
2) Players passing into crowded areas  
3) Players making a pass and standing to watch it

