

SUBS UP

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Passing combinations
- + Attacking transition.
- + Defending in pairs and groups.
- + Shooting

Competencies:

- + Short passing along the ground (5-15 yards).
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.
- + Attacking support.
- + Shooting technique

WHY USE IT

To encourage players to react quickly to transition moments of the game.

SET UP

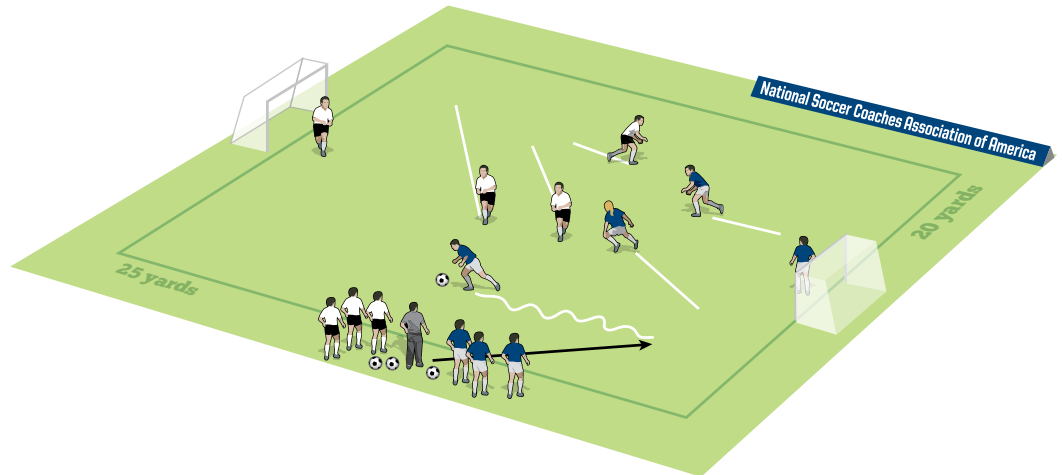
25 x 20 yard area with a goal at each end. Players are split into 2 teams with a goalkeeper for each team. Play 3 vs. 3 with extra players for both teams on the side of the field.

HOW TO PLAY

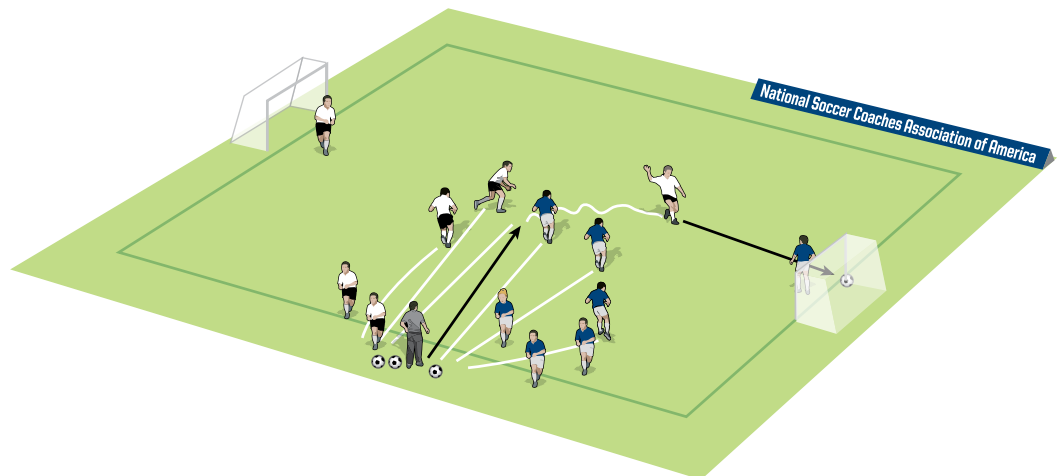
Every time the ball goes out of play the coach serves in another ball. After a number of repetitions the coach calls "subs up" and all players must exchange with teammates. The players and the teams that react the quickest will have the opportunity to score as the opponent is transitioning into defence. Players will be engaged and ready to switch in on the coach's command.

COACHING NOTES

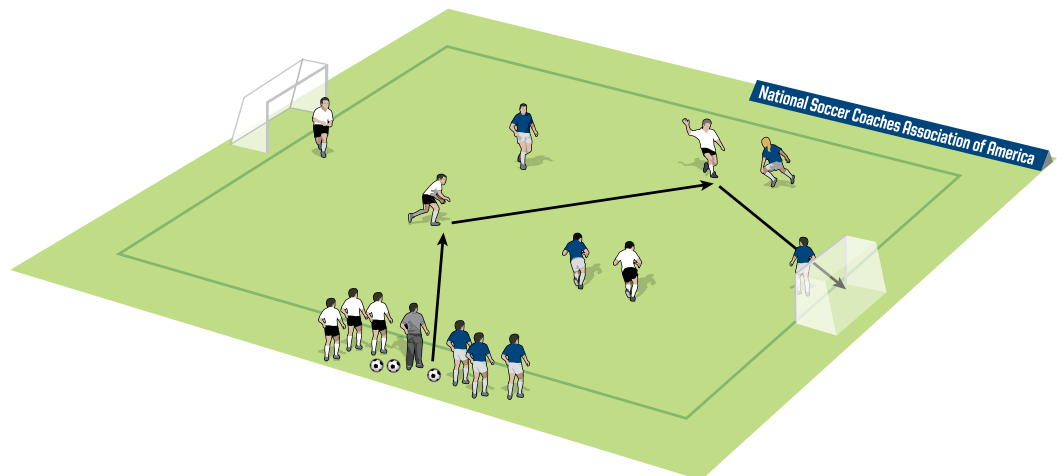
- + Coaching objectives - to have players play with positivity and creativity and demonstrate quick reactions to the ball.
- + Coaching tip - Consciously manage where the ball is played into to challenge certain players or one team or the other and challenge reactions.
- + Adaptations - Create different match ups by changing only one team.



- + 3 v 3 with goalkeepers.
- + Player immediately penetrates on the dribble.
- + The decision to dribble is a good one.



- + The coach calls for all players to sub out.
- + One player in white has responded quickest.
- + The urgency to get in is good and scores.



- + The coach plays in a 50/50 ball.
- + The white player immediately plays a penetrating forward pass.
- + The decision to pass quickly is a good one.

