

Description

Warm-up

Organization:

30x30 yard grid

3 pinnies

2 balls (extras on outside of grid)

Instructions:

3 Players start off as defenders holding a pinnie each in there hand.

Defenders must look to simply touch a ball or force a ball out of play via a bad pass/touch from an attacker, if they do this the attacker who lost possession takes the pinnie and becomes a defender and the previous defender becomes an attacker.

Attackers must help each other to keep possession of both soccer balls.

Coaching Points:

Communication

Awareness of space/pressure etc.

Try to play to back foot and turn to switch ball in other direction when receive it if possible

Quality/weight of passes.

Angles/distances of support

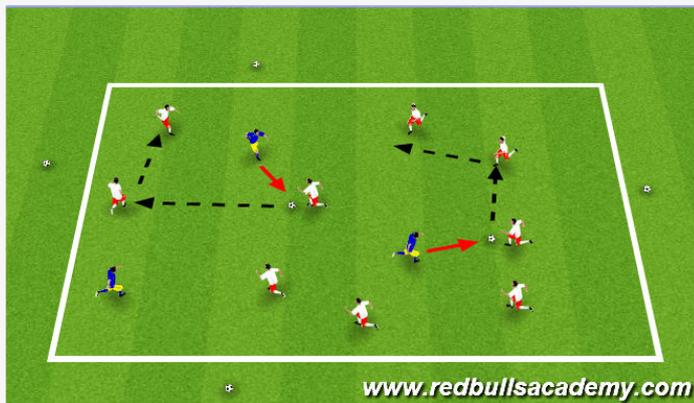
Speed of play

Can you combine or switch play to relieve pressure

Constantly re-evaluate your position (can I be in a better position?)

Progressions:

Simply add/remove balls/defenders until have the correct balance between challenge/success



Technique

Organization:

1st 2 players in the rotation start with a ball each

Pass line markers splitting area

Instructions:

Player with ball dribbles to marker line before making pass as shown in diagrams, then goes to back of line again as shown in diagram.

When next players receive ball they start the next phase of the same rotation.

A - depicts activity that could be used to ask players to pass with outside of foot

B - depicts activity that could be used to ask players to play a reverse pass

Coaching Points:

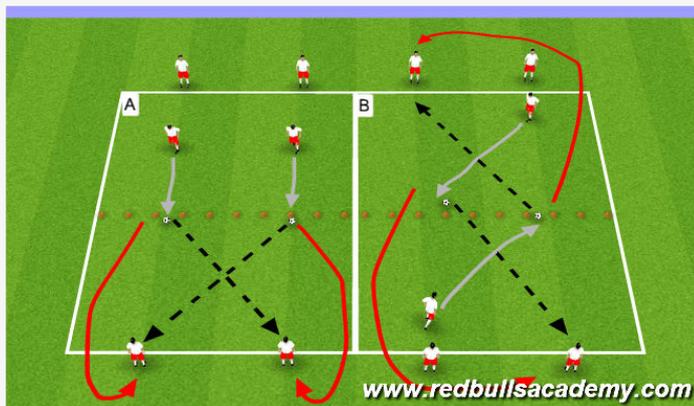
Use of body to disguise which way you are passing

Use of different surfaces to disguise where you are going to pass

Awareness of where want to play pass before make it

Technique of different deceptions

Progressions:



Non-Opposed

Organization:

Players in pairs

1 ball per pair

Central cone acting as defender in each section

Instructions:

Player with ball dribbles at cone before passing ball to partner who has made a supporting run, they receive pass and dribble over end line with partner doing the same of both whom go to the back of the rotation at that end line.

As a pair dribble ball over end line, the pair waiting at that end line repeat / restart the rotation in opposite direction.

Add a goal to the endline or make this into a race

Coaching Points:

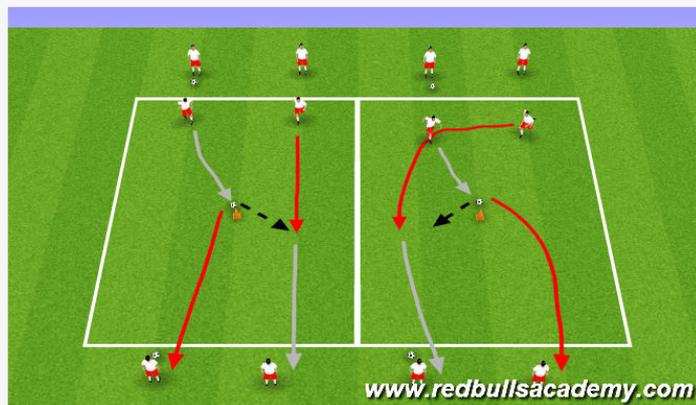
Use of body to disguise which way you are passing

Use of different surfaces to disguise where you are going to pass

Awareness of where want to play pass before make it

Technique of different deceptions

Progressions:



Full Opposed

Organization:

Players in pairs

Activities set up as shown in diagram

2 pugg goals for attackers to score in

1 pugg goal on opposite end line for defenders to counter attack into

Defensive marker line

Instructions:

Activity starts with pass from a player from what will be the defending pair.

When player from attacking pair receives ball, the player who played the pass can apply full pressure on attacker and the defenders partner can step into the defensive zone behind the markers to block the goals when needed.

Attackers try to score in either goal.

1st defender can go anywhere in section, 2nd defender can only stay in zone behind markers (unless defenders have possession of ball).

If defenders win ball they can counter attack 2v2 (2nd defender can now leave zone).

Play is over when a goal is scored or ball goes out.

Defenders become attackers, attackers go to back of defensive line rotation.

Activity repeats

Coaching Points:

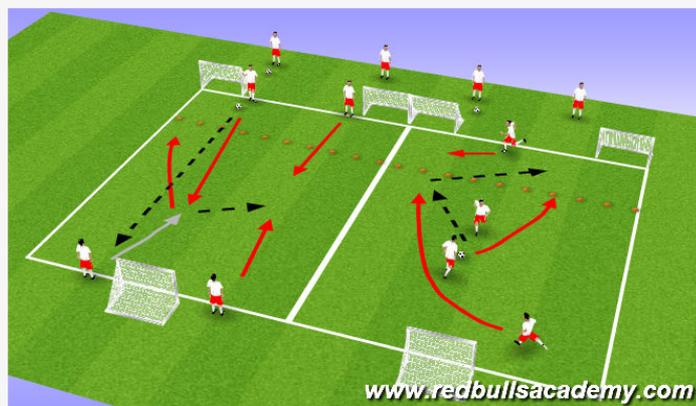
Use of body to disguise which way you are passing

Use of different surfaces to disguise where you are going to pass

Awareness of where want to play pass before make it

Technique of different deceptions

Progressions:



Conditioned Game

Organization:

2 teams of 6v6

4v4 in playing field, 2 target players per team on opposite ends of square/grid.

Instructions:

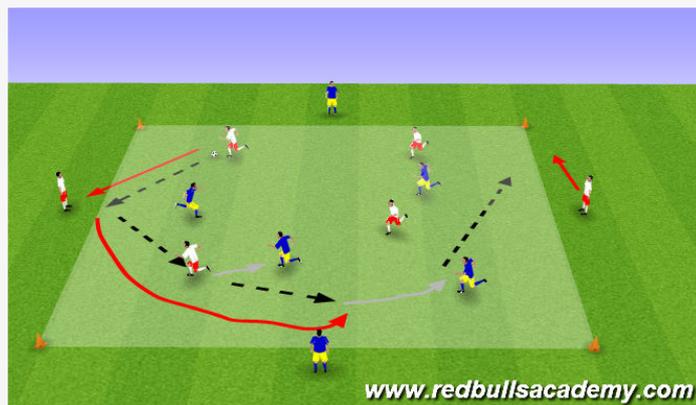
To score a team must play a pass into one of their target players, if this happens they score a point, and the target player brings the ball back into play with the player who passed them the ball taking their place as the target player.

Target players can move anywhere up and down their line but cannot step into the feild or change end lines.

That team must then try and score using the opposite target player (they can pass back to the other target player but it does not count as a point and players do not change roles, the team must try to transition and score using the opposite target player).

If possession is lost, then regained, the team can once again score using any target player.

First team to X amount of points = winner.



Coaching Points:

Use of body to disguise which way you are passing

Use of different surfaces to disguise where you are going to pass

Awareness of where want to play pass before make it

Technique of different deceptions

Can you fake a pass into a team mate in middle of field to open up passing lane to target team mate to score?

Progressions:**Free Play****Organization:**

20 x 30 field

3 v 3

Instructions:

Free Play

If ball goes out, pass or kick in

