

	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>40x40 yard grid divided in to one central channel (40x20 yards) with a 40x10 yard channel at each end. Set-up four defenders in the middle channel, set-up three attackers in either of the end channels. The attackers start with the ball and can stay in their ten yard channel to warm-up, one defender may leave the central channel to pressure them. The challenge for the 3 attackers is to make it through the middle channel to the opposite channel with the ball under control. They can return to their starting channel if they'd like to reduce the pressure and compose themselves.</p> <p>Make it easier - limit the touches allowed by an attacker 1/2/3 Make it harder - add a fourth attacker</p>	<p>FIRST COACHING POINT - SHAPE Set-up your defensive line how you'd like them to play - either flat or diamond. Teach them the advantages/disadvantages to both</p> <p>SECOND COACHING POINT - COMMUNICATION Work with your team on how to communicate and who/where pressure needs to be applied</p>	
TECHNICAL	<p>40x40 yard grid - place four defenders in the center. The rest of your players are attackers, place two in the middle and spread the rest along the sides of the grid with one target player at each end (the outside players must stay outside of the grid - the outside players start with the ball and their task is to play the ball in to the target players but it must come from one of the central players - they get a point each time they do but they cannot play to the same target player twice in a row. The defenders job is to maintain shape and composure to cut-out passing lanes while also dealing with the floating attackers</p> <p>Make it easier - take away one central attacker Make it harder - take one defender away</p>	<p>FIRST COACHING POINT - COMPOSURE The purpose of the exercise is patience - work with your players to show them how to approach the ball to cut off forward options</p> <p>SECOND COACHING POINT - DELAY Ask defenders to avoid diving in to get the ball - it is important they stay between the ball and the forward target</p>	
TACTICAL	<p>40x40 yard grid with one ten yard channel and two small goals at one end, one big goal at the other (see diagram). Place one holding midfielder player in the channel - that player can leave to join the play but nobody else is allowed in to that channel. In the main area you will set-up a team of 4 defenders, one midfielder and a GK vs three attackers. The attackers also have the holding midfielder on their side to create a 5v4. The objective for the attackers is to score in the big goal. The defenders are trying to maintain their shape and look for an opportunity to steal the ball.</p> <p>Make it easier - don't allow the holding midfielder to join in the play Make it harder - add an extra attacker</p>	<p>FIRST COACHING POINT - PATIENCE The defenders have a numerical advantage - ask them to wait for a mistake to try and take the ball back</p> <p>SECOND COACHING POINT - DICTATING PLAY To tie this lesson together, ask your GK or center back to lead the communication and force the attackers to go where the defense is strong - force them in to congested areas.</p>	
GAME	<p>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.</p> <p>Make it real -</p> <ol style="list-style-type: none"> 1) Assign positions 2) Set a formation 3) Help players understand their role 	<p>COACHING SUMMARY</p> <p>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:</p> <ol style="list-style-type: none"> 1) Defenders not concentrating and being out of shape 2) Players impulsively trying to win the ball and being beaten 	