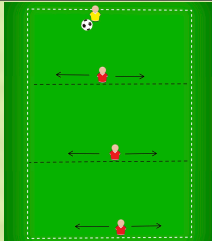
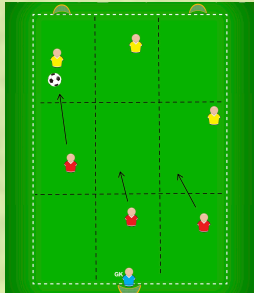


	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>12x24 yard grid (set-up two if needed) - with lines marking eights yards and sixteen yards (see diagram). Assign one player to each of those lines and tell those players they must stay on that line but they can move laterally. The rest of your players line up and will takes turns to try and dribble past all three defenders.</p> <p>Make it easier - made the grid wider Make it harder - allow the defenders to patrol the box</p>	<p><b>FIRST COACHING POINT - DICTATING THE PLAY</b> As a dribbler begins they should head to one side and avoid being too central - this should bring the defender over to that side - leaving the other side open for them to attack</p> <p><b>SECOND COACHING POINT - CHANGE OF SPEED &amp; DIRECTION</b> Encourage creativity and a change of speed as the attacker attempts to go past the defender.</p>	
TECHNICAL	<p>24x24 yard grid divided in to 8x8 boxes - add a goal for the attackers and two small goals for the defenders. 3 attackers vs 3 defenders + GK. Two attackers cannot be in the same box. Defenders can go wherever they like. Work with your players to help them analyze the positions of the defenders. The attacking team should be moving the ball side-to-side and looking for an opportunity to create a 1v1 with the supporting defenders out of position - this will happen if they don't react quickly enough to a switch of sides.</p> <p>Make it easier - add in an extra attacking player Make it harder - add in an extra defender</p>	<p><b>FIRST COACHING POINT - TEAMWORK</b> It's vital all players are on the same page and work together rather than just trying to dribble forward at any opportunity. Ensure they all understand the cues to try and attack</p> <p><b>SECOND COACHING POINT - WORK THE OUTSIDES</b> In such a small space any dribbler cutting inside will likely hit traffic - again, they need to read the field, and try to recognize an opportunity to dribble to space which will be on the outside in this game</p>	
TACTICAL	<p>Half field - start with 5 attackers vs 5 defenders plus a GK - add in small target goals for the defense to try and hit. This will be a half-field scrimmage where the ball will always start from the half-line and go to the attacking team - try to serve it in to different areas to engage all attackers. Ask that the attacking team only move the ball forward with a dribble, passes must be back or sideways.</p> <p>Make it easier - allow the attacking team to pass forward Make it harder - add in extra defenders</p>	<p><b>FIRST COACHING POINT - READING THE CUES</b> The attacking team should be trying to connect passes and draw the defenders to where they want them - as this happens and one side of the field becomes open the ball needs to switch out there quickly to create a 1v1 opportunity</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"> <li>1) Assign positions</li> <li>2) Set a formation</li> <li>3) Help players understand their role</li> </ol>	<p><b>COACHING SUMMARY</b> 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"> <li>1) Players dribbling all the time and becoming predictable</li> <li>2) A player not seeking to dribble to space and ending up in a crowd</li> </ol>	