

	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>Set up four, 12x12 yard boxes as shown in the diagram. Evenly divide your players between the boxes where they must stay. Each player will be given a number from so that each box has a number 1, a number 2, and so on. To begin with players must simply pass the ball around within their boxes - ask them to simulate the shape of defense or midfield - assign them positions if needed. Show them how to move and receive to the outside of their box. Coach will then call a number, that number will become a defender within their square, they will collect a second ball that is waiting on the side and try to hit the main ball. The other players will try to keep the ball away from them. Ask players to complete 3/4/5 passes around the defender for a point. To progress, you can ask the player who's number is called to enter the square opposite and hit their ball. Your final progression will be to ask the defender to go and retrieve the opposite ball (thus, becomes a live defender).</p> <p>Make it easier - allow the defender to defend without a ball Make it harder - make the squares bigger</p>	<p>FIRST COACHING POINT - APPROACH & DELAY In a numbers-down situation it's important the defender does whatever they can to dictate the play of the attackers. They should try to make a 3v1 in to a 2v1 by closing off half of the field using their position. Once they have done this it should make it easier to approach the ball - their job is to screen and delay passes rather than rushing to win the ball back.</p>	
TECHNICAL	<p>24x24 yard grid, small goal at either end, two neutral players operating along the sides. Divide the rest of your players in to teams of two. These teams will rotate in and out of a 2v2. You will have waiting teams at each end of the field. If a team scores they will turn around and defend the goal they just scored on. If a team is scored on they leave the field. Both teams can use the outside neutral players to maintain possession, nobody is allowed to steal the ball from the neutrals or to go in their area.</p> <p>Make it easier - allow the defenders to tackle the neutrals Make it harder - add a neutral attacker to the game to make it more difficult for the defenders</p>	<p>FIRST COACHING POINT - COMPOSURE When losing the ball and becoming out-numbered takes place, it's important for defenders to react quickly and try to close off any easy opportunities for the attackers. Usually they'll try to regain their defensive shape, block the goal and force the attackers to go backwards to buy them time. In this scenario we'll usually ask our defenders to drop back and screen before rushing in to try and win the ball</p>	
TACTICAL	<p>24x24 yard grid with a 12x24 yard flank on each side. Three small goals at each end. 5v5 (or 6v6) - each team must assign one player to each flank where they will stay. That should leave a 3v3 or 4v4 in the center. One central player from the team with possession can join their flanker only when the ball goes in to the flank - everyone else must stay out. This will create a 2v1 on the sides for the attacking team.</p> <p>Make it easier - allow an extra defender in to the flank Make it harder - allow any number of attacking players to join the flanks</p>	<p>FIRST COACHING POINT - DECISION MAKING As the game flows there should be lots of transition. When a team gives up the ball it may be possible for them to get it right back but it may not. The closest pressuring defender has to make a quick decision based on the positions of the other team and their ability to create an opportunity.</p> <p>FIRST COACHING POINT - DECISION MAKING - COMMUNICATION A team in transition needs to be on the same page in order to minimize danger. If they are disjointed the opposition can easily take advantage</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 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) Players going too hard to try and win the ball and getting beat 2) Players not reacting to take a defensive position when their team loses the ball 	