

DESCRIPTION

Players in groups of 4 or 5 inside of a 10x10 yard square. In order to move swiftly between drills set-up your squares as shown with a 5 yard gap between squares. Have players work on different passing sequences to warm up. We suggest playing pass and follow around the outside, wall passes, one player in middle playing one touch, etc.

WARM UP

To progress, play keep-away with one player pressuring the ball - if the chaser gets the ball the switch with the player they stole it from.

Make it easier - increase the size of the grids

Make it harder - ask players to play one or two touch

Using the same squares from above, two squares will now play together. The players in each square become a team and send one player to the opposite square creating a 3v1 / 1v3 situation. The objective here is for each team to connect with their outnumbered player and get it back for a point. Ideally, the out-numbered player would be one of your forwards. Change the outnumbered player regularly.

TECHNICAL

To progress the game you can add mini goals and ask the out-numbered player to try and score. Progress again by allowing a support player to join the out-numbered player when the ball is with them.

Make it easier - allow a point just for getting the ball to the out-numbered player

Make it harder - ask the out-numbered player to score with their first touch

Now we'll combine all four squares to make a field with a half line and mini goals as shown. Create two teams - one team will start as attackers, the other team defenders. The attacking team have one player on each side line and the rest divided between the two halves. The defensive team must assign their players equally between each half of the field, they must also assign two players that must stay on the half line and can only move laterally along the line.

TACTICAL

The attacking team must try to keep possession using their outside players who must stay on their sideline. Their objective is to try and play in to the opposite half for those players to try and score. The sideline players are asked to get up and support the attack. If the defending team get the ball they become attackers and must try to score in the opposite goals. Their middle line players go to the outside. Meanwhile, the team now becoming defenders must have their two wide players get on the half line and block balls through.

Small-sided game, we suggest setting up the teams to try and highlight the days topic; if anyone excelled then put them in a position to show it in this game. We always advise that you should allow time for players to enjoy the scrimmage without any conditions.

GAME

Make it real -

- 1) Assign positions
- 2) Set a formation
- 3) Help players understand their role

COACHING POINTS

**FIRST COACHING POINT - CONCENTRATION**

Ask your players to use the warm-up as a chance to focus and try to make every pass good

**SECOND COACHING POINT - COMMUNICATION**

Players should be talking to each other to guide each pass and to ask tell their teammates their intentions

**FIRST COACHING POINT - DECISION MAKING**

The overload of players should be in formation, using all of the space to keep possession, tire out the opponent and look for good opportunities to play to the outnumbered player

**SECOND COACHING POINT - MOVEMENT**

The out-numbered player should use movement to and away from the ball to try and make space

**FIRST COACHING POINT - FIELD ANALYSIS**

Start the game slowly and ensure players understand the rules and role shifts. This game should flow back and forth.

The idea here is that your players keep possession and recycle the ball until a time when they can play forward confidently and then support the play.

**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 - this can be a positive or negative scenario that you see. Some examples;

- 1) Players kicking the ball forward to nobody
- 2) Players always trying to play forward and not recycling the ball
- 3) Players making a pass and standing still

DIAGRAM

