

DESCRIPTION

60x40 yard grid with a 10 yard gate at each corner as shown. Divide your players into two teams, each team must send one player in to a gate at opposite corners as shown. The two teams will try to keep possession and get the ball to either of their players in the gates, once they do that they must now try and get the ball to the gated player in the opposite corner.

WARM UP

Advance the game by asking the player who passes to the gated player to take their place in the gate. When the previously gated player receives the ball they dribble in to the game and continue play.

Make it easier - add a neutral player to help the team in possession

Make it harder - ask your players to keep the ball on the ground at all times

TECHNICAL

60x40 yard grid divided in half. Divide your players in to two teams, one team in each half. Set-up a keep away in each half with players from the opposite team trying to get the ball back. If the team keeping possession gets a set number of passes (dependent on the ability of your players) then the opposition send an extra chaser over to try and get the ball back. Play for 6 minutes and see who has forced the most opponents to be displaced. You can progress the game by saying if the chasers win the ball they can bring the ball to their team and now will try to keep a second ball away. Again, for every set of completed passes an extra chaser can come over.

Make it easier - make the area bigger

Make it harder - ask your players to try and play two touch

TACTICAL

In the same 60x40 yard grid place three mini goals along each end line. Divide your players into two teams and play. You can give your players different objectives to try and create scenarios for them to deal with. For example, you can ask players to score with their first touch, you can ask players to only ever be 1-0 (they score and then must keep possession), you can ask them to score for a drop pass, etc.

Make it easier - add neutral players to the attacking team

Make it harder - add neutral players to the defending team

GAME

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.

Make it real -

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

COACHING POINTS

FIRST COACHING POINT - OPEN UP

Ask players to try and open out towards the outside off the field when their team wins the ball

SECOND COACHING POINT - SCREENING

The team without the ball should apply pressure to show the player in possession towards the congested area of the field

FIRST COACHING POINT - URGENCY

With both sides working against each other passes must be quick and snappy

SECOND COACHING POINT - TRANSITION

It's essential that players can transition from attack to defense or defense to attack quickly. Talk to them about their movement and spacing when attacking and about patience and composure when defending

FIRST COACHING POINT - DECISION MAKING

This game should build player's ability to analyze the field and look for good opportunities to attack

SECOND COACHING POINT - ROTATION

Talk to your players about recognizing possible imbalance as they attack and defend - ensure each player understands how to cover for the teammates around them

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:

- 1) players failing to support and attack when in a position to do so
- 2) players failing to cover one another when losing the ball

DIAGRAM

