



	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>36x24 Yard grid - Divided in to six, small 12x12 squares. Players are divided in to teams of three (or four if necessary) and they will work within a small square to move the ball quickly. Encourage one-touch passes, with players receiving to their feet. Players should pass then quickly move to an open area. Introduce some combination plays (see videos below) within their square - use cones as needed to show them where to stand and run. Next, you will challenge players to expand out of their square and use one of these combinations to get out of their square and in to a connecting square. This pass should be longer, along the ground is possible and played to the space in-front of a moving player.</p> <p>Give-and-go: https://youtu.be/Qmk_XkPKrdM Overlap: https://youtu.be/B9f68aSceaE Third-man run: https://youtu.be/3BOJAT68pww</p>	<p>FIRST COACHING POINT - COMMUNICATION</p> <ul style="list-style-type: none"> Receiving players should use verbal and non-verbal communication to instruct the player with the ball where they want the pass. <p>SECOND COACHING POINT - QUALITY OF PASS</p> <ul style="list-style-type: none"> A quality pass has four components - weight, accuracy, timing and disguise. Focus here on weight and timing. A moving receiver should be able to gather the ball without changing their speed or their path. This is a technique that passers will need to practice. A good reference point is to have the passer aim for about an arm's-length in-front of the receiver. 	
TECHNICAL	<p>36x24 yard grid - with two small goals, back-to-back in the middles of the field. Divide your squad in to two teams and assign two neutral players who will always be attackers. The objective is for the team with the ball to score. When a team has the ball they will have a +2 player advantage. The defending team will seek to block the nearest goal so we must demonstrate that a ball to the outside and then the other goal may be more effective. When a team wins the ball back they must complete two passes before scoring.</p> <p>Make it easier - Assign more neutral players Make it harder - Assign only one neutral</p>	<p>FIRST COACHING POINT - EXPANDING IN POSSESSION</p> <ul style="list-style-type: none"> It is likely you will see the team without the ball crowd the goal area as they have less players. As a team takes possession they should seek to get the ball away from the crowd and expand. Show them how they should cover the whole field, both sides of the goal. Now we can talk about accuracy and disguise of pass - a good, quick pass can open up the opposite goal, this combined with some disguise will give the receiver the best opportunity to score. 	
TACTICAL	<p>36x24 yard field, mark a half-line, and have a small goal at each end - Divide in to two equal teams. Each team will designate two players who will only be allow in the game when their team has possession - they will wait enter/leave the game at midfield. If their team gives the ball up they must get out of the field. This way will allow the team in possession to always have a +2 player advantage. You can progress this by only allowing these two players to enter the game when their team crosses the half-line. Final progression is to allow them to have 20 seconds to score once they cross half-line. We want to encourage players trying to keep possession but also try to attack quickly when they can, especially if they have a numbers-up situation.</p> <p>Make it easier - allow extra designated players to give a bigger advantage Make it harder - allow players a maximum of ten seconds to score</p>	<p>FIRST COACHING POINT - SPACIAL AWARENESS</p> <ul style="list-style-type: none"> Try to help players understand that they need to maximize their space by being stood away from their teammate. They should try to find an area where they can receive a pass but also move up the field if the ball should come. <p>SECOND COACHING POINT - RECOGNITION</p> <ul style="list-style-type: none"> Waiting players should bet analyzing the field - if they get the ball is the team well situated to advance or would it be better to maintain possession. This decision is based on multiple factors but start simple by asking them to look at the position of the defenders and the position of their supporting teammates. 	
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"> Assign positions Set a formation Help players understand their role 	<p>COACHING SUMMARY</p> <ul style="list-style-type: none"> 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 player fails to use a teammate when they are in a good position. Some examples: <ol style="list-style-type: none"> An attacker chooses to dribble and loses the ball rather than passing to an open teammate A supporting attacking player runs towards the ball rather than to space A solo attacker tries to go forward and does not have support to continue the attack 	