



	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>36x24 yard grid - divided in to six 12x12 yard squares- use each square independently to set-up the following. There is a 1 attacker v2 defender inside the square and up to three players supporting the lone attacker around the outside. The objective is to get the ball in to the out-numbered attacker and back to the outside without the defenders intercepting. The outside players can pass to each other. The defenders can intercept any passes but must stay inside the square. Please note that the diagram shows only two of the squares in use. If you have a large group you may need more squares as we suggest NOT using back-to-back squares as this will create chaos with balls and players so close together.</p> <p>Make sure to relate this to the real game - the situation inside the square is similar to a central midfielder or center forward trying to get the ball when out-numbered. The supporting players would be the defenders who should be able to receive a drop pass.</p> <p>To progress you can add in a goal and allow the out-numbered attacker to score - perhaps instruct them it has to be with their first touch as we'd like that move to be quick.</p>	<p><b>FIRST COACHING POINT - DECISION MAKING</b></p> <ul style="list-style-type: none"> <li>Players must realize that a ball in to the out-numbered attacker needs to be to feet in such a tight space. They should also be able to recognize when to keep the ball outside and when to try and go to the middles based on the position of the two defenders</li> </ul> <p><b>SECOND COACHING POINT - QUALITY OF PASS</b></p> <ul style="list-style-type: none"> <li>Ask players to add some disguise on their passes, especially when going to goal - a body feint can move a defender and open up a path to goal</li> </ul>	
TECHNICAL	<p>36x24 Yard grid - divided in half with two small goals at each end - 5v5 (or similar) - each team is confined to a one half and must send one player to the opposite half. The objective is to score in either of the two small goals. remember, players must stay in their assigned half so it is likely that the out-numbered player will need to be the scorer.</p> <p><b>Make it easier</b> - allow an extra player to join the attack when the ball goes in to the opposition half</p> <p><b>Make it harder</b> - allow players only a maximum of three touches on the ball, add a second player to join the other half</p> <p>Make sure to realize it the real game - the lone player is replicating the role of the forward - will often be out-numbered and needs quality service. The defenders can take time to compose themselves as they have extra numbers.</p>	<p><b>FIRST COACHING POINT - DECISION MAKING</b></p> <ul style="list-style-type: none"> <li>Players must realize that a ball in to the opposite half may not always be a good idea - they should hold off on that pass until the out-numbered player is in space and can receive without too much pressure</li> </ul> <p><b>SECOND COACHING POINT - QUALITY OF PASS</b></p> <ul style="list-style-type: none"> <li>A quality pass in to the out-numbered player should be to feet when they are under pressure and to space when there is an opportunity to go to goal. The attack to goal needs to be quick as there are so many defenders so this relies on a good first pass in</li> </ul>	
TACTICAL	<p>Half of full sized field - one regular goal and two small goals at the half line - attack vs defense - set them up in a formation that matches how you play. To be realistic the defensive team should have an extra player plus the goalkeeper - simulate how things usually look in your games. The Defenders objective is to get the ball to one of the two small goals - this should encourage deliberate passes. Encourage your goalkeeper to roll the ball to a defender. You can progress this and add in a target player for the defensive team to try and find. Allow that player to move laterally along the half line but they cannot enter the play.</p> <p><b>Make it easier</b> - add a build-out line to encourage the GK to play to a defender, give the defensive team +1 or 2 players</p> <p><b>Make it harder</b> - allow players a maximum of three touches, add an extra attacker</p>	<p><b>FIRST COACHING POINT - READING THE CUES</b></p> <ul style="list-style-type: none"> <li>As the goalkeeper rolls the ball to left or right, where should the other players go - full backs should open-out but maintain an open line to the ball. Midfielders should check-in and be aware of their next pass.</li> </ul> <p><b>SECOND COACHING POINT - RECOGNITION</b></p> <ul style="list-style-type: none"> <li>Help the midfielders to understand what to do when the ball is with a defender - they must analyze the risk of trying to push forward vs staying back as security. As a guide we suggest having an extra body back compared to the opposition (eg if the attacking team leaves four layers close to goal, the defensive team should have five back, plus the GK).</li> </ul>	
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><b>Make it real -</b></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></p> <ul style="list-style-type: none"> <li>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:</li> </ul> <ol style="list-style-type: none"> <li>1) A defensive player boots the ball forward with little regard for their teammates in good positions</li> <li>2) A midfield player does not become open when their defender receives the ball</li> <li>3) The GK boots the ball forward to no one</li> </ol>	