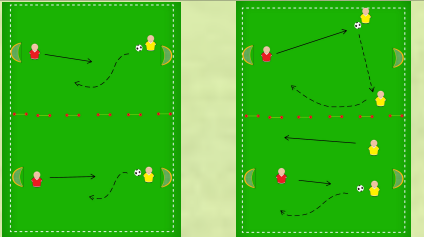
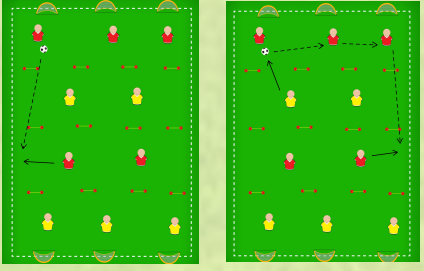
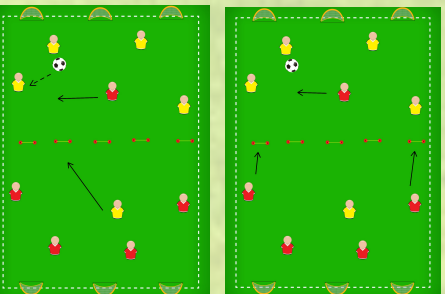


	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>Set-up two 24x36 yard mini-fields with a goal at each end - as players filter in they will they will join in 1v1s- ask players to dribble in to the goals (rather than shooting) Try to ensure players get a break after each turn as we want them to perform this activity with intensity. We will progress to 2v1s once we have enough players - you can leave these unregulated or we can ask the team of two to advance the ball forward only using a dribble - all passes must go backwards. This should create a realistic scenario similar to that in your final third when you lose the ball.</p> <p>Make it easier - give the defender a ball to slow them down or allow the attackers to shoot in the goals Make it harder - make it a 2v2 or make the goals smaller</p>	<p>FIRST COACHING POINT - PATIENCE</p> <ul style="list-style-type: none"> A player who loses the ball close to the goal where they are scoring should press high but be patient when trying to get the ball back - their first job is to delay and try to keep the ball in the final third <p>SECOND COACHING POINT - APPROACH</p> <ul style="list-style-type: none"> When an attacker loses the ball and is faced with two defenders we will usually ask them to approach the ball to cut off the pass to the defender's teammate - forcing the players with the ball to attack them 1v1 	
TECHNICAL	<p>Similar set-up as above but now we will play in four channels of 12x36 yards with three goals at each end - each channel will have players assigned, these players are all on the same team to start with. Players must stay in their channel - the outer channels should have more players and symbolize a team's defensive unit - the inner channels will have less numbers and will symbolize the team's central midfielders. The objective is for the teams to score in their assigned goal but they must do so without leaving their channel. The idea to start here is that players get a feel for their position, become comfortable on the ball and try to advanced the ball only when safe to do-so.</p> <p>Once your players get the hang of this you can allow one player to enter the oppositions channel when they have the ball to increase the pressure.</p> <p>Make it easier - decrease numbers in the middle channels Make it harder - allow players a maximum of three touches,</p>	<p>FIRST COACHING POINT - PLANNING</p> <ul style="list-style-type: none"> As a blocking player chooses a position how do the waiting defenders react - our objective as a team should be to keep our middle strong so it is likely you'd want your waiting players to pinch towards the middle <p>SECOND COACHING POINT - COMPOSURE</p> <ul style="list-style-type: none"> Players cannot tackle the ball here so we ask them to be patient and composed to block the through passes - they must try to be wary o the position of the forward-lying attackers to ensure they block passing lanes 	
TACTICAL	<p>Same set-up as above but you will now only have two channels where players are assigned to- divide your team in two and send them to one half - they must stay there other than one player who is designated to go in the opposition half. This will create a numbers-up situation when a team is close to their own goal and the out-numbered chaser needs to be smart in order to stop them progressing. Essentially we should see a 4v1 in each half of the field. You may end up with two designated players assigned to chase - remember, the objective here is to create a realistic environment so there should be more defenders close to their goal than there are attackers. Each team has a goal to score in to but it should be hard given the out-numbered attackers. You can progress this game by designating one player from each team who can go in either half of the field - this player should help support attacks when possible but also be able to get back in to help defend when needed</p> <p>Make it easier - assign an extra designated player to help chase the ball Make it harder - allow players a maximum of three touches, ask players to score with their first touch</p>	<p>FIRST COACHING POINT - READING CUES</p> <ul style="list-style-type: none"> Out-numbered players movement should dictate the actions of the waiting defenders - if the chaser forces the player with the ball wide the waiting defenders know the ball will be coming soon and prepare top step in - it is also important that the last defenders drop in this situation to cover any long ball that may come. If the chaser shows the ball back to the middle so that they can keep possession then the waiting defenders hold their shape and be disciplined 	
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</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"> 1) An attacker loses the ball close to the goal where they're scoring and does not try to help get it back 2) An attacker who runs right to the ball, rather than trying to make play predictable 3) Midfielders and defenders who don't prepare based on the actions of the pressing attacker 	