

DESCRIPTION

Set-up a 30x30 yard grid divided into 6x6 yard squares. Each player with a ball in their own square. Players are asked to dribble within their square performing various warm-up skills (tik-toks, sole rolls, toe taps, zig zags, etc), when coach shouts go, each player must perform a turn and get in to a new square as quickly as possible; only one player can end up in each square. To progress the game you can ask each player to visit 2/3/4 squares before landing in a new square. To make this competitive you can give each player five lives, the last player to find their new square loses a life.

WARM UP

Make it easier - allow multiple players in a square
Make it harder - add in some defenders to block out squares

Inside of the same 30x30 grid, remove the smaller squares. Players in teams of 3. One player in the middle and the other two on the outside. The middle player will receive the ball from one of the outside teammates and try to get it to the other outside player. The outside players must move around the outside of the square after every pass they make. Rotate through so that each player takes a turn in the middle.

TECHNICAL

Make it easier - ask the middle player to take five dribbles so they have more time to find the outside player
Make it harder - ask the middle player to try and use only two touches to receive, turn and complete the next pass

Set up as shown with a 20x20 yard grid. We advise setting this up twice to ensure players aren't waiting too long for a turn. Inside of the square set up a 1v1 with a designated attacker and defender. Space out 4 or 5 players around the outside of the square. Each player will take a turn as an attacker, they will get five chances to score. They get the ball from an outside player and try to turn and connect with a new outside player - the defenders job is to stop them. The attacker can receive the ball from the outside and play back to the same player if they feel they cannot turn.

TACTICAL

Make it easier - allow outside players to move around the side
Make it harder - ask the central attacking player to use only two touches

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.

GAME

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

COACHING POINTS

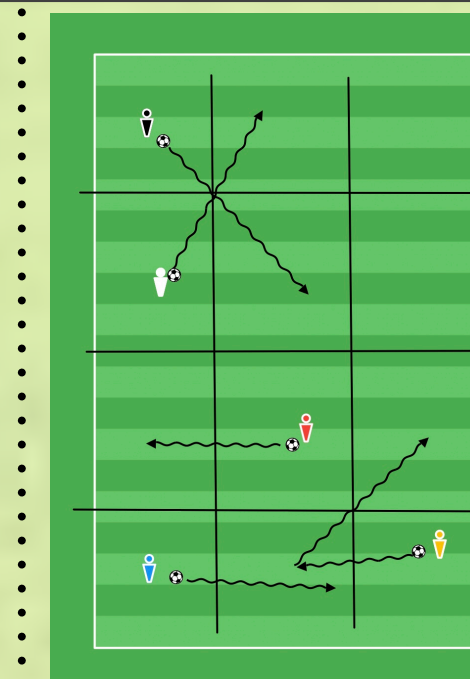
FIRST COACHING POINT - PLANNING

Players should be scanning their surroundings as they dribble to get to an open square quickly.

SECOND COACHING POINT - BIGGER TOUCH

Ask players to try and get to their new destination by taking a bigger touch to push the ball out in front of them. This will only work if they have planned their move and don't go in to a crowd

DIAGRAM

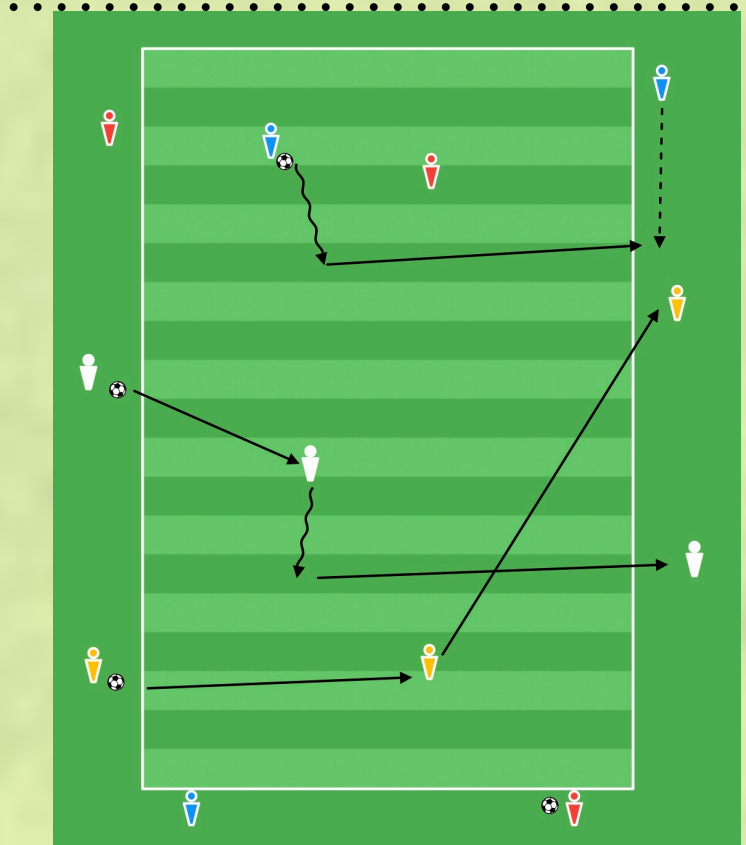


FIRST COACHING POINT - SCANNING

Central player should be constantly checking both shoulders to know where both teammates are at all times

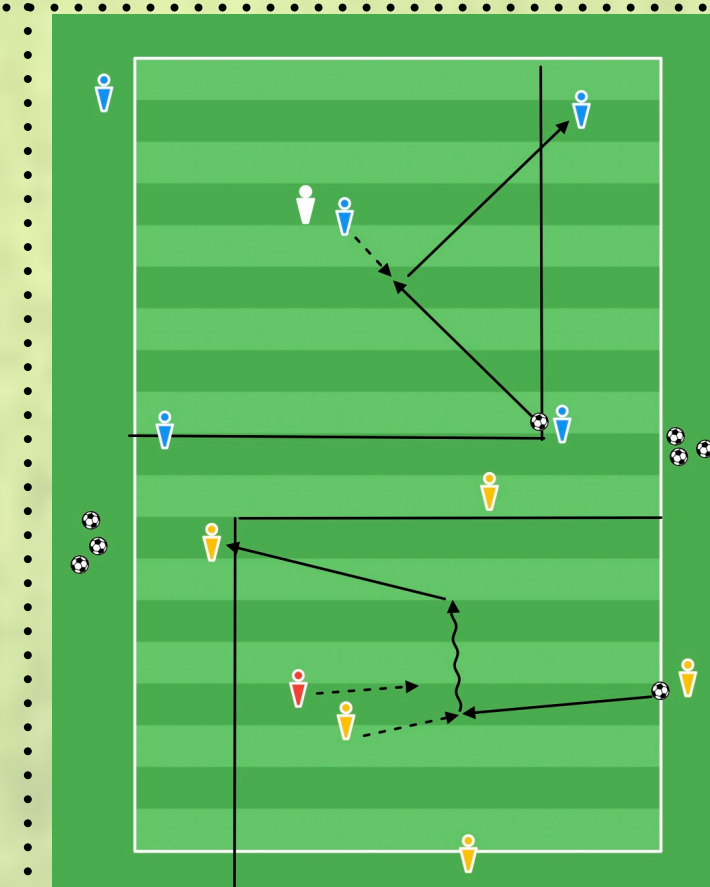
SECOND COACHING POINT - BODY SHAPE

Middle player should be approaching the ball with closed hips as if they are protecting the ball, they should then quickly open their hips towards their next target to move the ball quickly



FIRST COACHING POINT - DECISION MAKING

The attacking player should be checking their shoulder to analyze when to turn and when to play back. They should also be trying to use the space by dragging the defender to one side before trying to turn to the open side.



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) A player receives a ball and turns in to trouble
- 2) A player receives a ball and doesn't perform a quick turn when space is available

