

Varying runs in the final third

OBJECTIVE: To create more chances in the final third by varying our runs

TEAM TACTICAL PRINCIPLES: Run in behind

WHAT We are failing to create chances in the final third

WHEN: Playing through midfield in to the final third

WHERE: offensive-third

WHO: Central Midfield, Wingers, Strikers

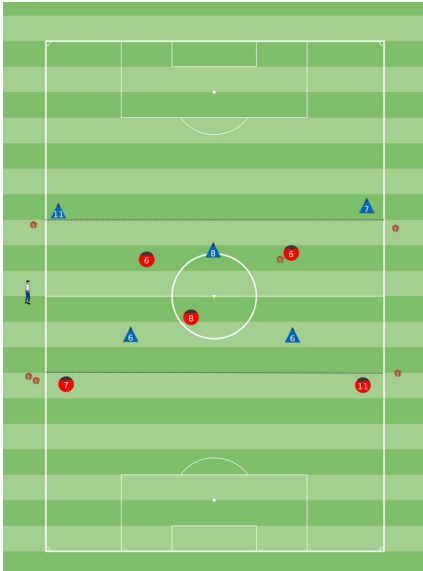
WHY: Good teams have the ability to attack in different ways - they should be able to react to the strengths of the opposition and negate their key players

Stuart Barlow

AGE: U15 / U17 / 18 players

Attacking

DURATION: 75 min

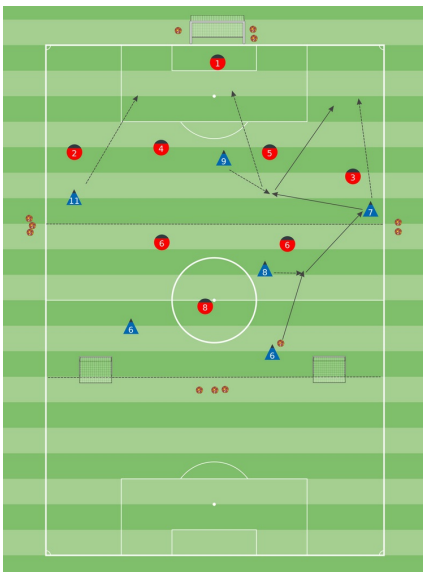


4v4 with target players

EXERCISE RULES: 30 yards long x width of field wide. Players 4v4 trying to hit either of two target players.

FOCUS TEAM OBJECTIVE: To maintain possession and work sideways and backwards until they can safely find a target player by playing forward

NOTES: This is an easy way to start your practice as players filter in. It will give you an opportunity to help any players with their technique while also talking about general shape in midfield to have width & depth. Make sure to rotate target players.

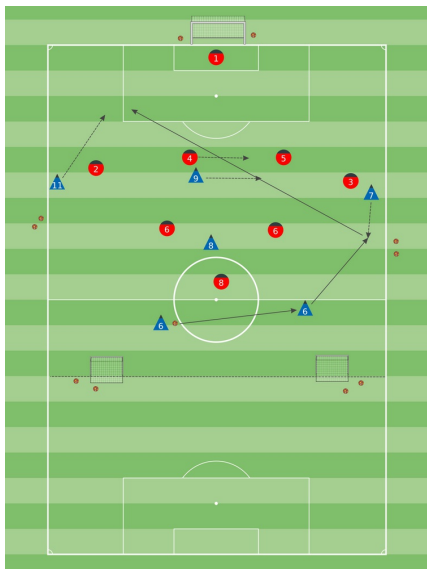


Midfield breakout

EXERCISE RULES: 30 yard area marking the midfield third. 3v3 in the midfield third and 3v4 in the attacking third. Focus team are trying to play in to the final third and score. Opposition are trying to prevent the breakout, regain the ball and score in either of the mini goals.

FOCUS TEAM OBJECTIVE: Engage the wingers inside and outside of the opposition full backs. Emphasize the importance of quick passes forward when the opportunity is there.

NOTES: This activity should be a natural progression from the warm-up. We're adding in a purpose and direction to lead the players towards the goal.



6v8

EXERCISE RULES: Half field plus ten yards - big goal to small, counter goals. Focus team are playing 3-3 vs opposition team playing 1-4-3 (this may vary in accordance with your chosen game formation).

FOCUS TEAM OBJECTIVE: Create chances from crosses and runs in behind the defensive line. Prioritizing quick and decisive passes into and in the final third.

NOTES: We now take away the lines to make this a real game - watch for players staying in their positions and try to create a real challenge for your attackers to break through.

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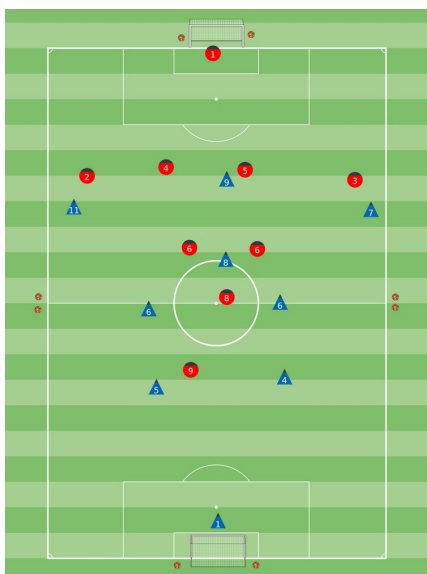
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9v9

EXERCISE RULES: Full field game - try to set your teams up as you want them to play in the game. Have players in their chosen positions but also have them try other positions to experience the field from different view points. We suggest finding moments to freeze the play and show your players instances of play that demonstrate your main coaching topic.

FOCUS TEAM OBJECTIVE:

NOTES:

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?

4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there effective coaching, based on the age and level of the player?

3. What could you do better?