



44 Small-Sided Games

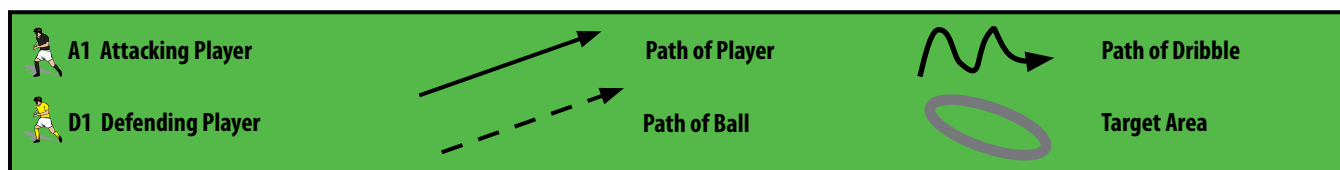


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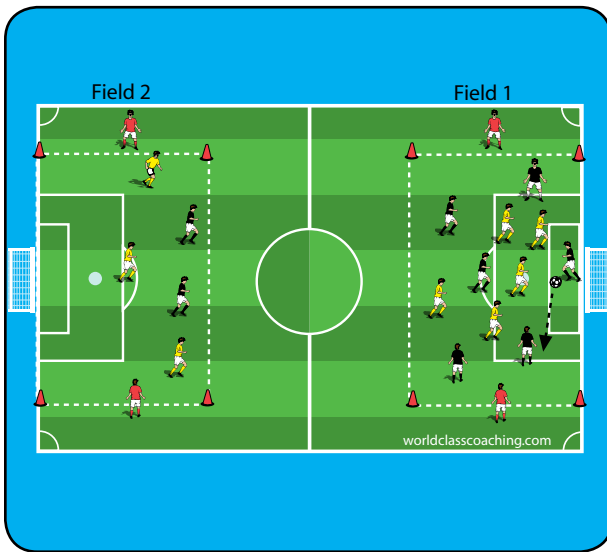
WORLD CLASS COACHING recently conducted a contest where coaches contributed their favorite small-sided games. We recieved many interesting and useful small-sided games. Rather than finish the contest and discard the sessions, we decided to offer them to other coaches for free.

The sessions were presented in many formats. We reconstructed the diagrams using our Session Designer and included the set-up, descriptions, coaching points and progressions that were provided by the coach. We've included the coach's name if it was on entry.

Thanks to all of the coaches who contributed games.

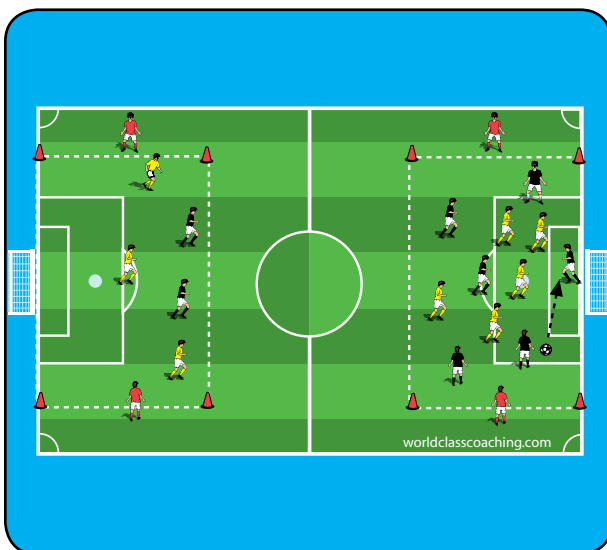


Transitioning from goal to goal



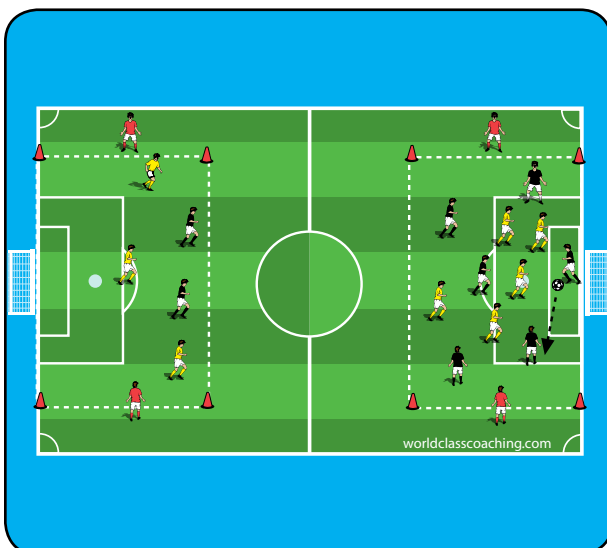
Set-Up

- Full pitch (divided into 2 small sided fields, 30 x 40 m, field 1 and 2)
- 20 balls
- 20 players
- 8 cones
- 20 bibs (4 red, 8 black, 8 yellow)



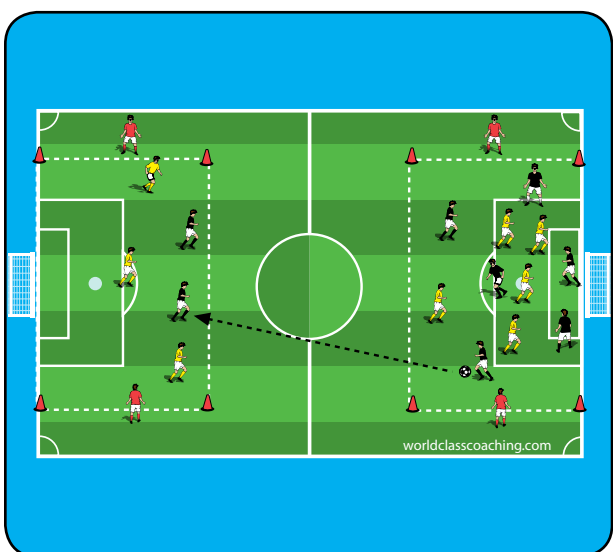
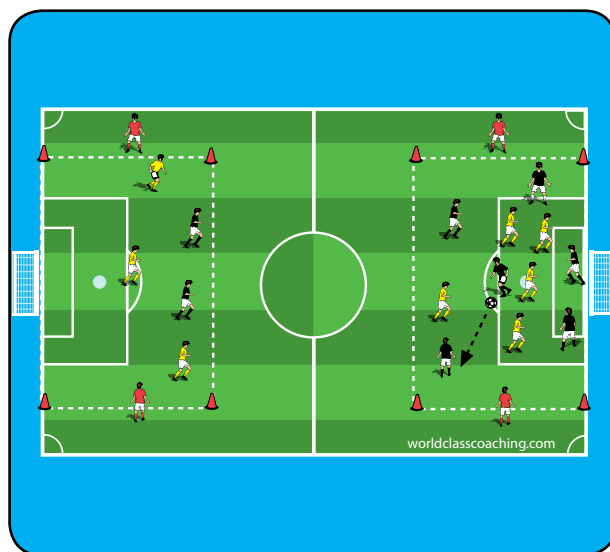
Procedure

Play possession of the ball 6 v 5 + 2 (6 black, 5 yellow + 2 red) as on Field 1. Black team, upon completing 5+ passes play long ball towards Field 2 where 3 v 2 + 2 (3 yellow, 2 black + 2 red) are located. 3 black and 3 yellow players have to follow the long pass to field 2 (fast transitioning from one side to the other). The black players play passing the team in possession.

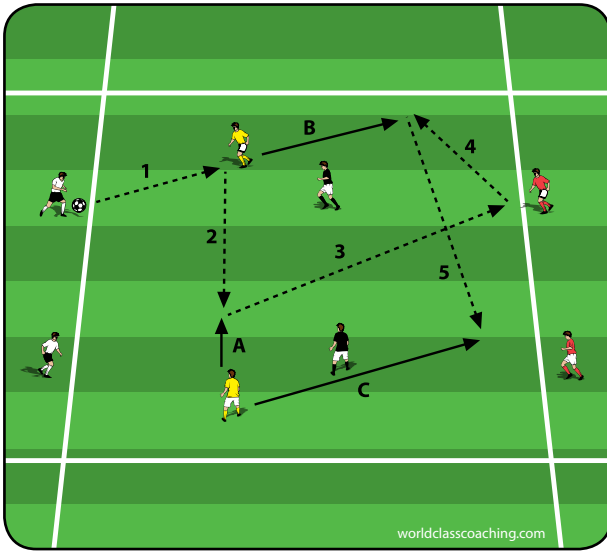


Variations

- 1 touch play
- 2 touch play
- Introduce big goals and goalkeepers so players can score
- Red team plays only with one team, etc.



2 v 2 + 2 Support Play



Set-Up

- 20 x 20 m box
- 4 teams of 2 players each
- 2 teams play inside of box for 3 minutes, then switch with outside players

Instructions

The game is about scoring goals by getting a pass to the players at the opposite end of the box. If scoring a successful pass, players must immediately be in a position for a return pass and score at the opposite end once more. This means that the team scoring successful passes retains possession from the team receiving the ball outside of the box. If defenders win the ball, they must immediately play the same game by playing to the appropriate players outside of the box and continue to retain possession. The game is to teach passing forward, movement to support and retain possession of the ball, as well as transition. Also teach defenders to cover and stop successful forward passes to players outside of the box.

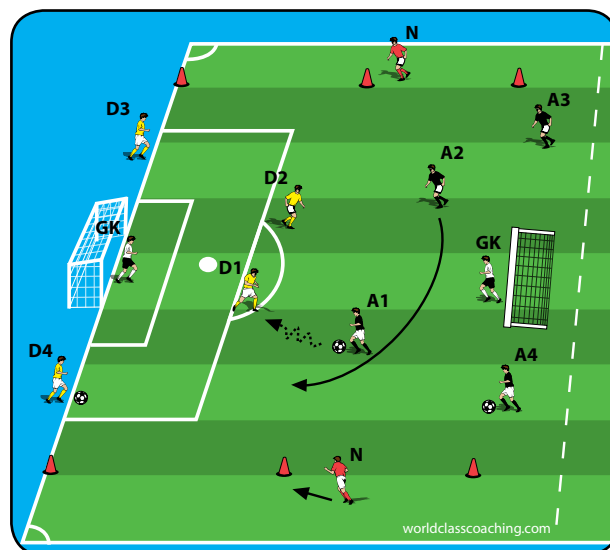
Coaching Points

- Body shape when receiving.
- Support player with the ball to create easy passes forward (a).
- 3rd man running scenarios to retain possession (b).

2 v 2 Continuous with Transitional Outlet Players

Set-Up

- Half-Pitch
- 12 players
- U11+



Instructions

A1 and A2 attack D1 and D2's goal. If they score or the ball leaves the area, they immediately defend against D3 and D4 attacking A goal. If D1 and D2 win the ball, they look to either attack the A goal directly or utilize the N players to relieve pressure and organize an attack. Note that the N players can move up and down the field but cannot enter it. They are limited to 1 touch.

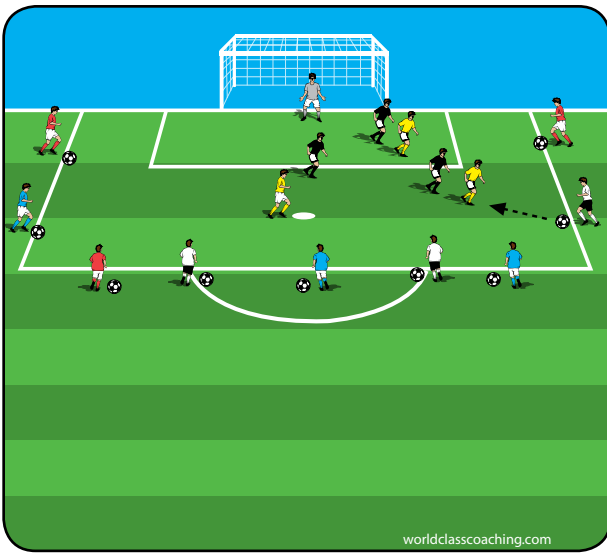
Objective

- To develop attacking and defending in a small sided game.

Coaching Points

- 1st defender - Immediate pressure on the ball, deny and block shots, prevent dribbling, prevent forward pass.
- 2nd defender - Provide cover and communication to 1st defender, set tactical offside line, work to prevent break-away pass to 2nd attacker, box marking tight on any cross attempt.

3 v 3 Inside the Penalty Area



Set-Up

- Select Pitch Area
- U5 - 18 +

Instructions

Consists of teams of 3 and 1 keeper. Either team inside the penalty area receives the ball played by a member of another waiting team. Both teams are trying to score or defend. When ball goes outside of 18 yard box or keeper controls, another ball is served in. Continuous play until all the balls have been served once. Teams record their goals scored. After which, 2 different teams play each other.

Objective

- Teams try to control the ball until they can get a shot off through various offensive tactics. Opposition tries to win the ball or channel shot to keeper.

Coaching Points

- Play in triangles on both sides of the ball.
- Players need to show for the ball right away to receive initial pass in.
- Use overlaps on offense or wall passes to create shooting opportunities.
- Look to open space for teammate by moving to a different spot; could create a pass or shot.
- High pressure on ball defensively, and move into support positions constantly.

Progression

- Team that wins gets to stay on to take on all comers until they lose. Tie score goes to the team on the longest.

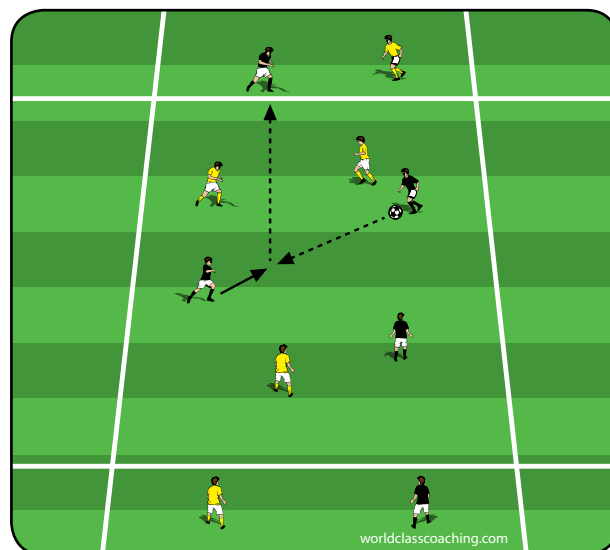
3 v 3 Plus Target Players

Two teams play 3 v 3 in a grid with end zones. Each team has a target player in the end zones. Teams play keep-away for eight three minute games.

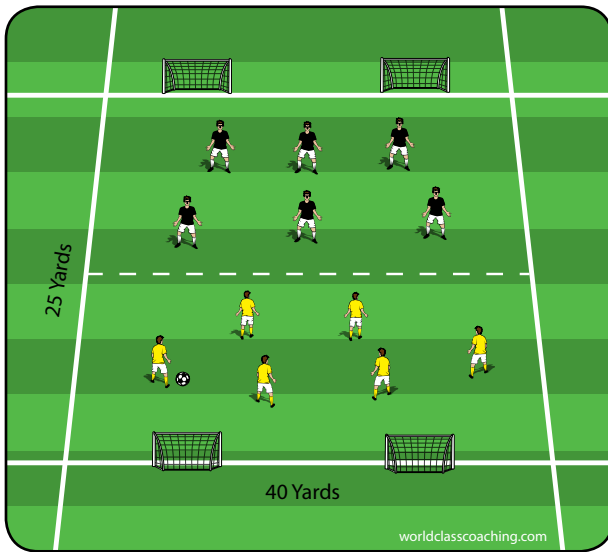
Coaching Point

- Keep the ball
- Change direction
- Unbalance the defense
- Only use target players when needed

Target player receives the ball then enters the grid and commits the defenders; players rotate.



4 Goal Game



Exercise

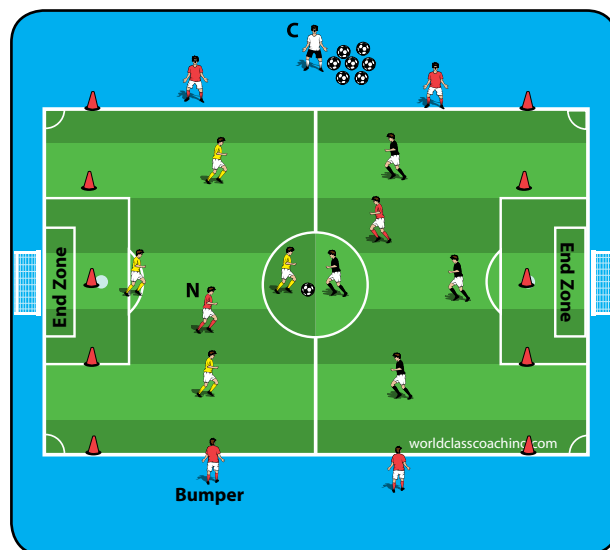
My favorite small sided game is the 4 goal game using a wide by shallow field (i.e. 40 yards wide x 20 yards deep). This is the best game for teaching switching the point of attack. It's not particularly imaginative but it "looks like the game" and forces the players to make creative decisions.

Be patient and you will eventually hear commands from players to "switch the ball" or "switch the play."

4 v 4 plus 2 to End Zones (15 - 20 minutes)

Introduction

A dynamic, possession oriented activity that can be expanded or restricted to accommodate a wide range of ages and abilities. Gives players a lot to process mentally. Really cultivates "Total Football", opportunism, and encourages creativity on and off the ball. Can be adjusted to emphasize the focus of your session.



Set-Up

- A 25 x 30 yard grid plus two roughly 5-7 yard end zones on each end, making the full sized area 25 x 40
- 10-14 players
- 2 teams of 4 in pennies
- 2 neutral players in red
- Up to 4 additional players used as neutral bumpers in red around touch lines
- 1 ball, plus a supply of balls for the coach who is outside the playing area

Note: This is a "next to last" activity I often use just prior to "scrimmage time" where the players get to play the full unrestricted game with game rules and full sized field.

Note: This activity can work from U8 – U18 years of age, with varied field size and with restrictions on neutral players and bumpers.

- 8 year olds, allow up to 4 touches for neutrals, bumpers 2 touch.
- 18 year olds, limit neutrals to 2 touch, bumpers to 1 touch back to player who gave it to them.
- Apply offsides as appropriate for age and variations (locking players in end zones or not).

Gameplay

One team starts with ball and can leverage bumpers and neutral players to keep possession. Single points are scored through X consecutive passes without the other team getting a touch (5 passes for U9s, 10 passes for high school, etc.). Three points for completing a pass to teammate in end zone. Play throw-ins, including long throw-ins, for High School aged players.

- Variation 1 (first 5 mins): Upon 3 point goal, non-scoring team gets ball and starts play attacking in the opposite direction.
- Variation 2 (5 - 10 mins): After 3 point goal, scoring team keeps possession and attacks the other direction. Pass or dribble out of end zone.
- Variation 3 (10 – 15/20 mins)

Scoring players, upon receiving pass, must exit end zone and be replaced by player who passed to him.

U9s, dribble the ball out

High School, execute a 1-2 with teammate, bumper or neutral to get out

Can require advanced players to arrive at end of pass in end zone, vs. entering end zone without ball.

Coaches keep track of points to maintain competitive intensity!!!

Swap bumpers and neutrals as appropriate.

Coaching Points

- KEEP POSSESSION FIRST, but If you can play forward to score . . . you should!
- Player in possession needs 2 - 3 options at all times . . . “how can you move to help the ball???”
- Neutrals – “stay central!”, “Support the ball”
- Don’t get caught in possession, counterattacks are deadly here and lead to quick scores.
- “Look to combine!” One-two’s are everywhere. Can you find them?
- “No Sleep till Brooklyn” . . . Everyone can be an option. You just cannot go to sleep in this game. Have to stay connected to what’s going on!!!
- In the end zone . . . check to the ball to get open, find space, don’t sit at the end zone line, create your own space with creative movement.

4 v 4 + 4 Corner Targets

Set-Up

- 4 corner goals approximately 6'x 6' within a playing area approximately 36'x 42' (penalty area lines convenient to mark space; adjust area according to number/age of players, desired spacing)
- 2 teams of 6 are attacking diagonally opposing goals with a target teammate located in each (4 v 4 within the playing area).
- Teams score when target player in goal area successfully combines (wall pass) with any teammate coming out of the goal. The teammate playing the ball into the goal replaces the player in the goal ONLY if they successfully possess the combination pass coming out of the goal, otherwise that player must return to the goal.
- Teams cannot play to the same goal twice while still in possession of the ball (teams attempt to alternate the attacking target while maintaining possession).
- Excellent pace and competitiveness for high school teams, with a 3rd team participating, replacing the winning team after 3 goals are scored.



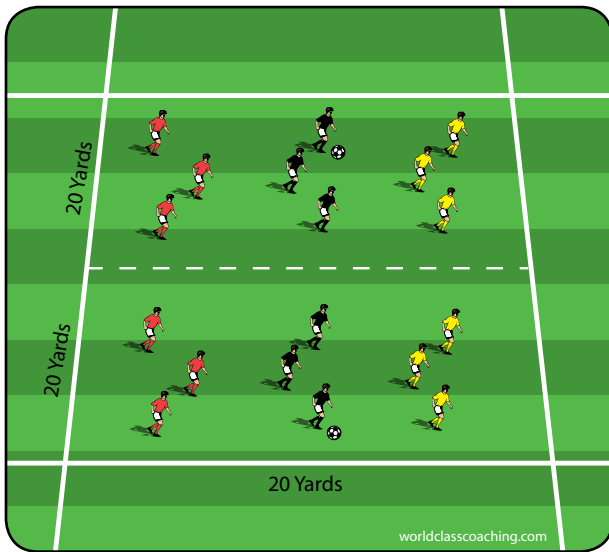
Objective

Great game for economical training designed to improve awareness, speed of play, fitness, movement, positioning and communication – particularly organization and decisions away from the ball (1st attacker/1st defender).

Coaching Points

- Awareness – all players must constantly be aware of the ball, players, and space in an effort to anticipate their role and responsibilities.
- Positioning – emphasis should be placed on the roles of 2nd and 3rd attackers and defenders (check attacking shape for width and depth, angles of support, timing of runs).
- Movement - because of the opposing diagonal directional play the importance of effort and movement away from the ball is easily highlighted (challenge players to quickly adjust their play with an open body position in attack and defend goal and ball side).

6 v 3 Battles - Possession Based Small Sided Game



Set-Up

- 2 - 20 x 20 yard grids
- Each grid has 3 Blacks, 3 Yellows, and 3 Reds
- Each game consists of three, one minute rounds

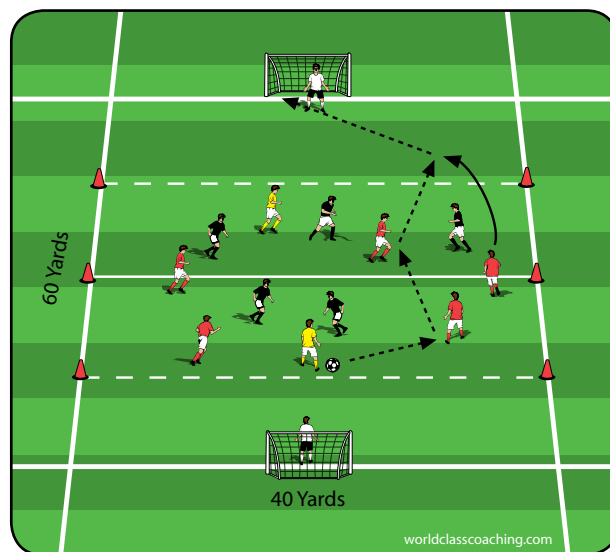
Instructions

- To begin round 1, pick a team that will start in the middle defending.
- The other two teams will work together creating a 6 v 3 game.
- The objective of the game is for the team of 6 to complete a certain number of passes before the end of the 60 second round.
- At the end of the 60 seconds, the losing team (either the team of 6 that completed X amount of passes or the team of 3 that prevented it) must sprint a figure eight around both fields.
- Switch teams after each round until all 3 teams have defended for a minute.
- Colors keep track of every round that they "won" with 3 points possible. The 3 Yellows from grid one combine their total with the 3 Yellows from grid two. Blacks and Reds also combine totals to determine the overall winner.
- Prepare some sort of fitness pyramid where winning teams are rewarded with a smaller pyramid or reps.

Attack in Behind the Defense

Set-Up

- 60 x 40 Yards
- 15 minutes
- 14 players
- U11 - 18 +



Description

The attacking team works with the two neutral players to break the defensive line and try to score. The players are encouraged to look for give-and-goes, through passes, and overlapping runs.

Practice taken from WCC Online Magazine, Feb 2012 issue, contributed by Michael Beale, U10 Chelsea Academy Coach.

Objective

To develop attacking from deep and getting in behind the defense.

Coaching Points

- Player movement - create space before receiving
- Body shape - see all players and playing options
- Good weight of pass
- Good timing of runs

Small Sided Attacking

At Capital University, we pride ourselves on quickly transitioning into the attack from the defensive side of the ball. We spend a great deal of time focusing our players' movements from the midfield third to the final third and just in that area. This season we tallied more than 20 goals as a result of that focus. Below is an exercise that we use to help train our players mentally and physically to be able to carry out that level of proficiency.

Set-Up

We play a 4-3-3 formation, so we will often work with two of our midfielders and three of our attackers to break down defenses. This recognizes that the other midfielder will normally stay home in order to maintain a strong defensive presence in the center of the pitch.

In this exercise we will have our five attacking players aligned in a three striker and two attacking mid formation to mimic the real game for us. They will be going against a back four (plus a GK) because that is what we most often face.



Field Size

18 deep x 25 wide and located centrally at the top of the 18 yard box. The top of the 18 yard box will be a restraining line for the attacking players, which means they cannot cross it until the ball has crossed the line. This will stop our players from just kicking the ball behind the four defenders and it will also allow them to work with the restriction of an offside line without actually having the defenders run an offside trap. You can have players work on the honor system or have an offside judge watching the line, depending on your focus for the session.

Instructions

- The attacking five players will get a ball from a "ball master" (injured player, coach, etc.) and then they will look to break through the defenders into the 18 yard area and finish with a goal or they can create a shot from outside the 18 (but within their true scoring range.)
- The defending four players will look to compact space and make it difficult for the five to break through. Their main focus is defending as a unit and limiting penetrating balls. If they win the ball, they will look for the ball master.
- Attacking team scores on goal = 1 point & defending team scores on pass to ball master = 1 point.

Attacking Options

- Ideally looking for "numbers up" situations to combine around defenders or for gaps to play ball through vertically cutting out the maximum number of defenders with one ball.
- Look to create space, for yourself or for another player, with your movement and one of the three foundation runs. This space should allow for a ball to be played that you can shoot in one touch or that another player can finish one touch.
- Work to maintain possession, but do so with the purpose of finding a finishing opportunity and if need be continue to recycle the three foundation runs till opportunity arises.
- Utilize combination play to create opportunities to break down a defense.

Coaching Points

- Attacking players must move off of one another in three basic runs (slash, check and drift). Movement must be made with thoughtful purpose which is to find the space vacated and available.
- Play with head up to increase speed of play and to see options available (who can shoot first time.)
- Limit touches as the majority of goals are scored with limited passing and dribbling.
- Have a firm grasp that we play vertical balls to diagonal runs and diagonal balls to vertical runs.
- Recognize visual cues for movement and attacking opportunities:
 - a. When defender turns head to see the ball, that is the cue to make run in behind vertically.
 - b. When you have the ball and see players who are “zoned in” on the ball, look for space vertically where you can put the ball and players can run onto it and finish.
 - c. When you see two or more defenders “flat” or even with one another that is the cue to look for a vertical or penetrating ball.

Run Foundation Exercises

The foundation for all runs in the exercise, is to utilize the three runs of checking for the ball, drifting to create space and slashing into the space. So, we give them a general blue print and then work within the small sided exercise to help them recognize when each run is on and how they will affect the other runs going on around them.

Progression

- Central striker check to ball to initiate runs for other strikers and offer support for the ball.
- Wide striker drifts outside flattening out defenders.
- Other wide striker will slash into the area vacated by the central striker check .
- Attacking central mid will make diagonal run into space vacated by wide striker and then bend run back in to goal.
- This will isolate far back and create vertical gap to exploit and will also allow other attacking players to fan out giving options.
- The figure shows the three different types of balls available to break the defense down off of the foundation runs.

Attacking the Offside Line

Objective

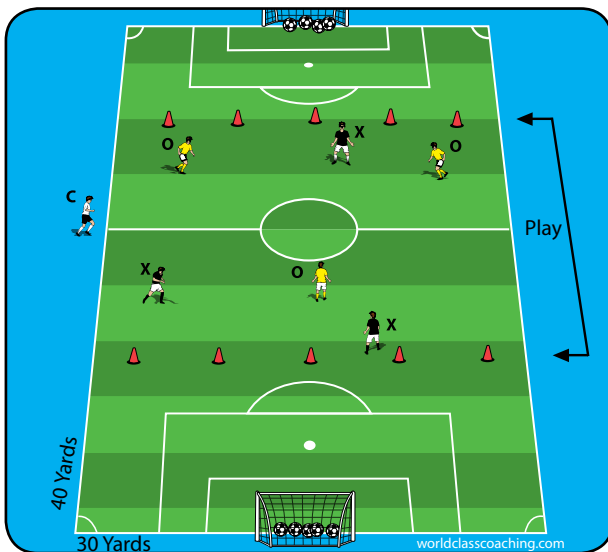
To develop penetrating runs and passes while maintaining awareness of offside.

Set-Up

- Teams: 3 v 3
- Field: 30 x 40 yards
- Play: All play occurs inside the offside lines.

Drill

Teams play regular game with the exception of offside lines. Once play successfully occurs past offside line, no more offside. Encourage forwards to win the ball back in the offensive side of the field.



Directions

Coach encourages players to look for penetrating runs and passes behind the offside line.

If offside is called, opposing team plays indirect free kick at offside point.

(If appropriate, use out of bounds to teach players throw-in rules.)

Variations

- No touch restrictions
- One/two touch pass restrictions
- The penetrating pass must be a one touch
- The penetrating pass must come from a give and go play
- The penetrating pass must be played/one touched from a back pass (from the "forward")
- Attacker must beat defender and/or dribble through line
- Add goalie

Objective

To develop penetrating runs and passes while maintaining awareness of offside.

Set-Up

- Teams: 6 v 6
- Field: 60 x 40 yards
- Play: All play occurs inside the offside lines *closest to goal*.

Drill

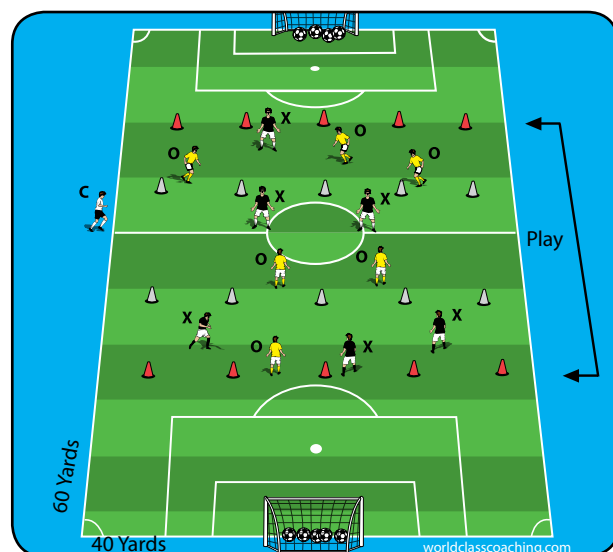
Teams play regular game with the exception of offside lines. Once play successfully occurs past offside line, no more offside. Encourage forwards to win the ball back in the offensive side of the field.

Directions

Coach changes offside line color at any time during play (for both teams or different lines for each team) at which point those colors become the new field of play.

If offside is called, opposing team plays indirect free kick at offside point.

(If appropriate, use out of bounds to teach players throw-in rules.)



Variations

- No touch restrictions
- One/two touch pass restrictions
- The penetrating pass must be a one touch
- The penetrating pass must come from a give and go or overlap play
- The penetrating pass must be played directly from a back pass (from the "forward")
- The penetrating pass must be played to the opposite side runner
- Attacker must beat defender and/or dribble through line
- Add goalie

Coaching the 4-2-3-1 Videos



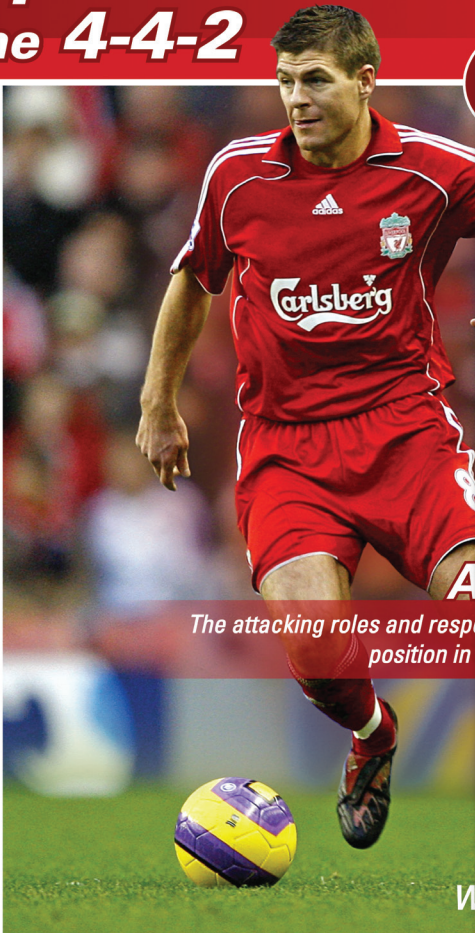
If you've been looking for a way to coach your team how to play the 4-2-3-1, you've just found it. Coaching the 4-2-3-1 is a special 12-part video series which provides a comprehensive tactical and training guide to this exciting formation. Utilized by Real Madrid, Chelsea and the most successful sides in the Euro 2012 tournament, the 4-2-3-1's flexibility and attacking power is fast becoming the formation of choice for leading coaches all over the world.

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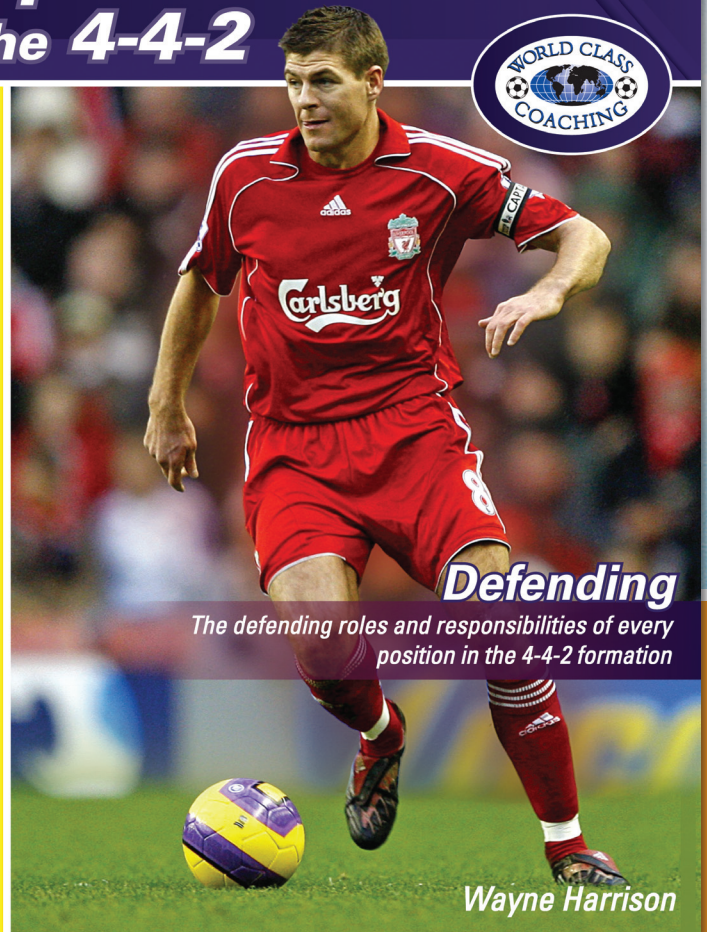
Players Roles and Responsibilities in the 4-4-2



The attacking roles and responsibilities of every position in the 4-4-2 formation

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Players Roles and Responsibilities in the 4-4-2



Defending

The defending roles and responsibilities of every position in the 4-4-2 formation

Wayne Harrison

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Objective

To develop penetrating runs and passes while maintaining awareness of offside.

Set-Up

- Teams: 8 v 8 to 11 v 11
- Field: Tops of 18's, pk to pk
- Play: All play occurs inside the offside line *closest to goal*.

Drill

Teams play regular game with the exception of offside lines. Once play successfully occurs past offside line, no more offside. Encourage forwards to win the ball back in the offensive side of the field.



Directions

Coach changes offside line color at any time during play (for both teams or different lines for each team) at which point those colors become the new field of play.

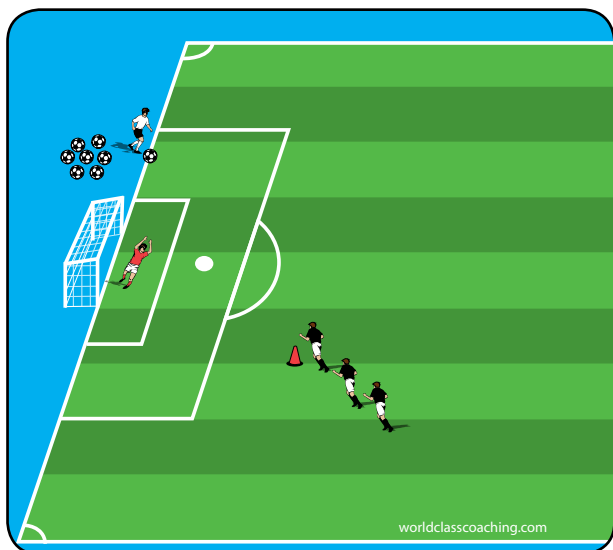
If offside is called, opposing team plays indirect free kick at offside point.

(If appropriate, use out of bounds to teach players throw-in rules.)

Variations

- No touch restrictions
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- The penetrating pass must be a one touch
- The penetrating pass must come from a give and go or overlap play
- The penetrating pass must be played directly from a back pass (from the "forward")
- The penetrating pass must be played to the opposite side runner
- Attacker must beat defender and/or dribble through line
- Remove goalie for more scoring

Chaos

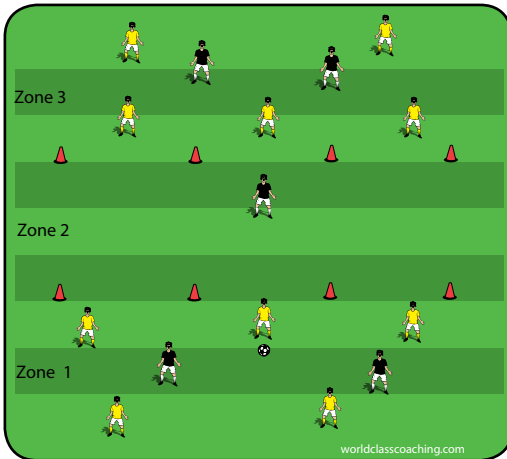


Instructions

This is a fast paced knockout game that my players beg to play! Coach plays a ball out to the first player who must take a first time shot. If he scores, he goes to the back of the line. If he doesn't score, he goes in goal. If the person in front of you scores, you go in goal. The only way to get out is by getting scored on as the goalkeeper. Players that get out retrieve balls for the coach. I use this as a reward for good and focused effort at practice.

Complex 5 v 2 Transition

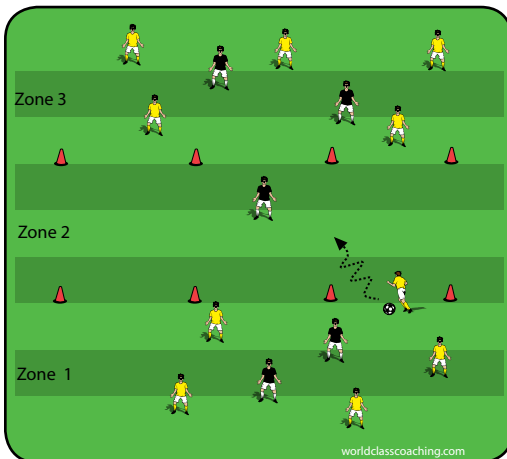
This drill will work on individual and group decision making about where to play the ball, holding possession, and completing a series of passes. This drill also emphasizes switching the point of attack and functional technique in 1v1 situation.



Organization

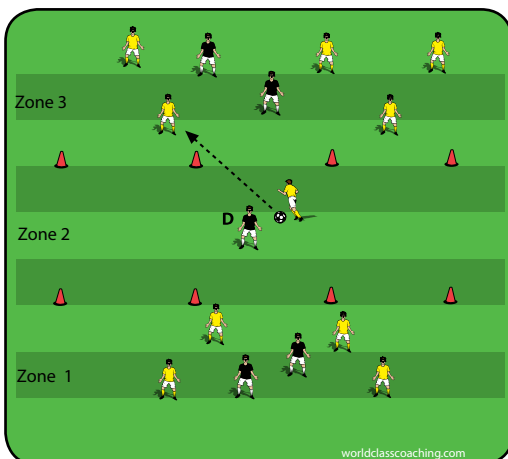
Divide the field in three zones as showed in the diagram.

- Seven players in Zone 1 (Five yellows and two blacks).
- One black player in Zone 2.
- Seven players in Zone 3 (Five yellows and two blacks).



Instructions

The ball starts with the yellow players in Zone 1. The yellow players keep the ball away from black players by passing to each other. After the fifth pass, whoever receives the next pass moves with the ball to Zone 2.



Once a player moves to Zone 2, he/she plays a 1v1 with the black defender and tries to make a pass to Zone 3. After making a pass to Zone 3, the player moves back to his original team and yellow players from Zone 3 continue the game and try to do the same thing back towards Zone 1.

Rules

- Every time the yellow players transfer the ball from either Zone 1 to Zone 3 or Zone 3 to Zone 1, they earn one point.
- If the black players steal the ball twice, they will earn one point. When they have made three points, they switch roles with whichever Zone made the last mistake.
- After two unsuccessful attempts in transferring the ball from Zone 1 to Zone 3, the ball goes automatically to Zone 3 (or vice-versa).

Coaching Points

- Creating and using space
- Verbal and visual communication
- Speed of play and thought
- Supporting play
- Quality of passing

Variations

- After transferring the ball from Zone 2 to Zone 3, the player joins the Zone 3 group and tries to bring the ball back to Zone 1.
- After the fifth pass, instead of one player moving to Zone 2, two players move to Zone 2 and play a 2 v 1.



Exercise

Set up a 30 x 40 grid with 10- yard zones on each end (as shown.)

Play 4 v 4/5 v 5 +1. Blacks going toward the center line, yellows going toward the 18 yard box. Score a point by passing the ball to a teammate running into the zone. The player receiving the ball must control the ball in the zone. One defender from the opposite team is allowed to defend. Once a point is scored, the other team begins by going in the opposite direction. Offside rule applies.

Progression 1

Pass to a teammate running into the zone but now the ball and the player cannot travel through the same gate (between the same two cones.) This forces the runner to first move sideways to create space and then to time and make his/her diagonal run.

Progression 2

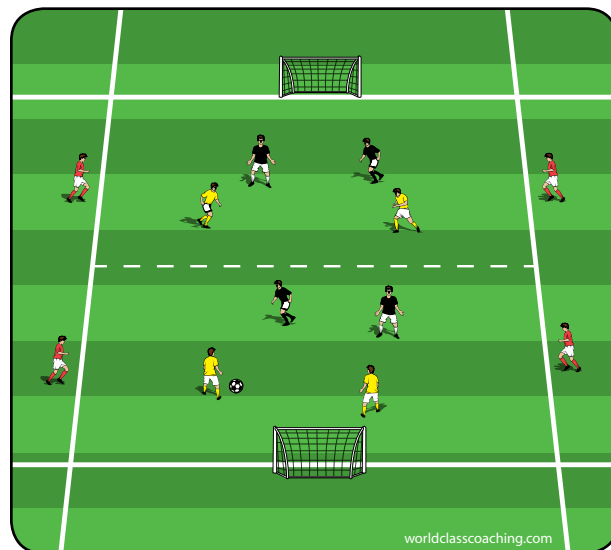
- Add GKs on each end.

Coaching Points

- Do not force play.
- Keep possession until the run is on.
- Combination play to get behind the defense.
- Time of the run/pass.
- Sideways movement off the ball to create space.

Three Team Game

- Have 3 teams – 2 teams play, 1 team acts as neutral.
- Play 4 v 4 in the field (with small goals) or 5 v 5 with a GK.
- Each team has 2 players in the defensive half and 2 players on the offensive half. Players cannot cross the half-way line.
- Neutral players have 1-touch restriction.
- Start with unlimited touches for the field players but add in touch restrictions to help in speed of play.
- If a goal is scored, losing team switches with the neutrals – provides an incentive to stay on the field the longest. If no score after 4-5 minutes, coach chooses which team switches with neutrals.



Progression

Allow 1 defensive player to cross the half-way line to help in the attack, making it a 3 v 2 in the attacking half. As soon as possession is lost by the attacking team, defender has to track back to the defensive half.

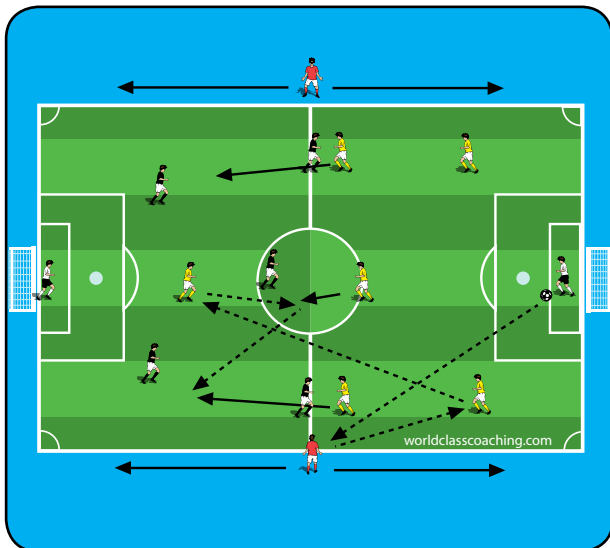
Support Behind and Beyond Striker

Objectives & Aims

- Develop players' abilities to support behind and beyond centrally touch into each attacking area striker.
- Develop one touch play and passing combinations.
- Develop a variety of finishing techniques.

Organization and Set-Up

- 14 players
- 25 minutes
- Split pitch into 3 areas
- 3 v 3 in central area, strikers playing against 1 or 2 defenders in outside areas.
- Defenders cannot track runs into final third.
- Ball starts from goalkeeper and players attempt to work it through thirds and play into striker for teammates to support
- Defenders cannot defend until first touch in each area.



Coaching Points

- Angles to receive and support
- One touch play and third man support
- Do not waste a touch, think what the next player will have to do
- Timing and decisions when supporting central striker
- Decision making
- Finishing

Progression

- Initially play 1 v 1 in end zones
- Allow defensive team to track runs.
- Remove zones and develop within free play environment.

Four Goal Game

Set-Up

- 30 x 25 yards
- 4 goals in the center of each outside line
- 3 teams of 4 players each in different colors

Exercise

Two teams face off keeping possession in the center, with the third team on the outside (neutral players with 1 touch only and the ball can't go from an outside player to another outside player.) Unlimited touches for inside players is allowed. The first team with 5 consecutive passes can score by dribbling through any of the 4 goals. After one team scores, switch with the neutral players.

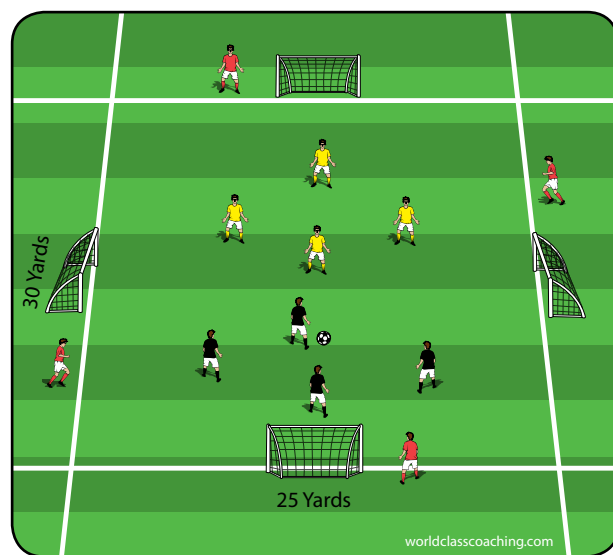
Progression

Add restrictions such as

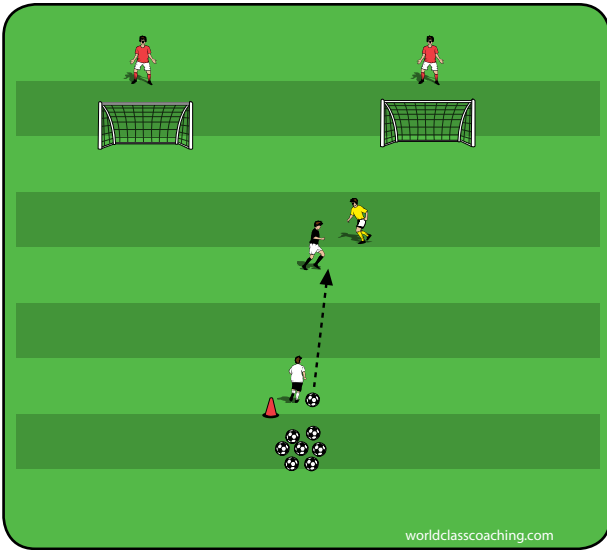
- Two touches only on the inside.
- Players on the outside have to pick up the ball with their hands and toss it back in to work on trapping in the air while moving.

Coaching Points

- Use the inside to coach players to receive the ball sideways to see the whole field.
- Focus on good vision.
- Take the first touch away from pressure to Set-Up the second touch.



1 v 1 to Two Goals



Set-Up

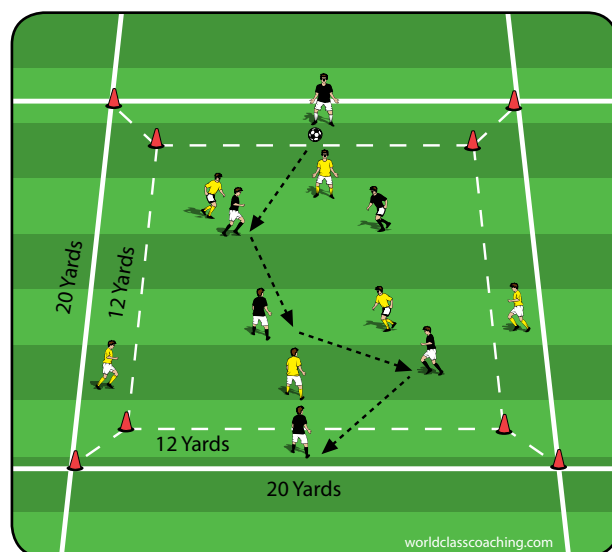
- Make 2 goals, about 2 yards wide each.
- Place goals about 8 yards apart.
- Attacking player (black) plays 1 v 1 against defender (yellow) for 60-90 seconds.
- Server (white) continuously feeds attacking player as ball goes out of play.
- Chasers (red) chase balls and return them to server.
- After 60-90 seconds, attacker and defender change rolls.
- Attacker must dribble the ball to beat the defender before playing the ball to goal on the ground.

Coaching Points

- Keep score to make the game competitive.
- Attacker needs to check into space to quickly receive ball.
- Encourage attacker to change direction and use both goals.
- At younger ages, server can be a coach (ensures good service).

End Zone Game

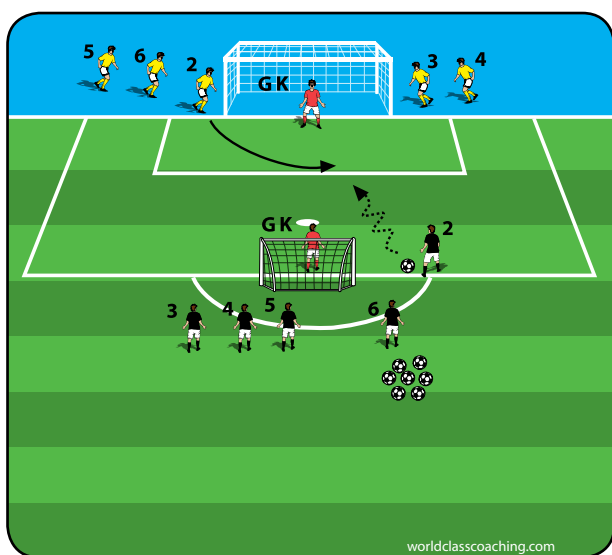
Object of the game is to score points by moving the ball from one end zone to another without losing possession. Only one person is allowed to be in the marked end zones. Play 4v4 in the central box and X's play North/South while O's play East/West across the box. After one team reaches 5 points, have the losing team do some strengthening activity and switch the players in the zones. It helps to develop rapid decisions, checking to, through balls, defensive pressure and possession.



1 v 1 Building to 4 v 4

Set-Up

- 36 x 44 yards
- 2 full-sized goals
- 4-6 training vests - same color
- 10 balls
- At least 5 players per team including a goalkeeper for each team.



Organization

Play starts with one team dribbling from end line toward goal against one opposing defender. Players are dynamically added to the game when the following happens:

Attacking team adds 1 player when:

- Goal is scored (their GK puts next ball into play)
- Defending team knocks ball out of play

Defending team adds 1 player when:

- Shot is saved by their goalkeeper
- Opponent shoots wide of goal or over the bar
- Defender touches the ball; do not have to gain full control

The game can never have a difference of more than +1 player so whenever the difference is +2, the opposing team adds a player to keep the difference at +1. Game continues to build until each team has a maximum 4 outfield players + goalkeeper. After a goal is scored, game resets to 1 v 1 + goalkeepers.

There are no corner kicks or throw-ins, ball always starts from the goalkeeper of the team in possession of the ball.

Coaching Points

- Quick transitions: attack to defend and defend to attack.
- Players always “switched on”, know when to add another player.
- Exploit numbers up opportunities.
- Be aggressive - go to goal when the opportunity is there.
- Communicate effectively, particularly when playing -1.

Functional Training

Objective

Short passes, long passes, 1 v 1 duels and build up and score goals

Set-Up

- 2/3 of a Pitch
- 21 players
- 15 minutes
- U11 - 18+

Exercise

4 v 4 plus 2 YELLOW neutral players in the middle marked square is played 2-touch. The 4 RED midfielders are attacking the 3 goals and can score in any of them. The 4 BLACK defenders look to play long balls to the forwards positioned at the edge of the penalty area who play 1 v 1 against their immediate defender and shoot on goal. If the defender wins the ball, they play the ball back into the middle area to the midfielders. The ball cannot leave the area UNTIL played to a neutral and returned.



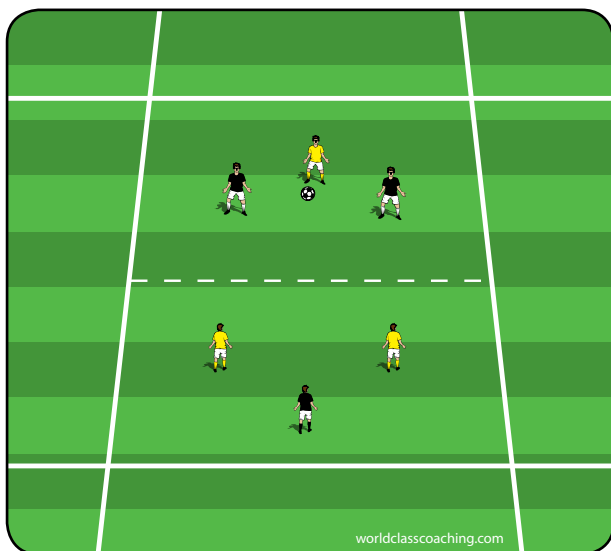
Variations

- Middle square - Use the entire area, create space with good movement and angle of support.
- Forwards - Attack the defender, beat him to his left and right, shoot on target.
- Defenders - Try delay and force the forward on his weak side.

Progression

- 2 v 2, and 3 v 3 at edge of the box.
- One of the neutral players becomes a defender outside the middle area and tries to defend any of the 3 goals.

On the 3 Man



Set-Up

- 2-4 players against 2-4 players in a space that fits the technique of the players (16-20 m x 16-20 m)
- 1 or two players can be neutral

Exercise

On each side of the field, there stands a player. Two of these players belong to one team and the others to the second team ("walls"). Those players have to touch the ball, a maximum of 2 times, and there can be no tackling . . . or pressure.

The two teams tried to keep the ball on their "hand" using the neutral players, and they can also use all the Wall players. When the team on the field, played their own wall, the wall player can only hit the ball one time, and he should try to play another team player in the field. When the wall succeeded to hit his own team player, he goes now to the field and plays the game. His other team player who has given him the ball goes out and is now a wall.

Pass and Switch with Teammate in Zone

Objective

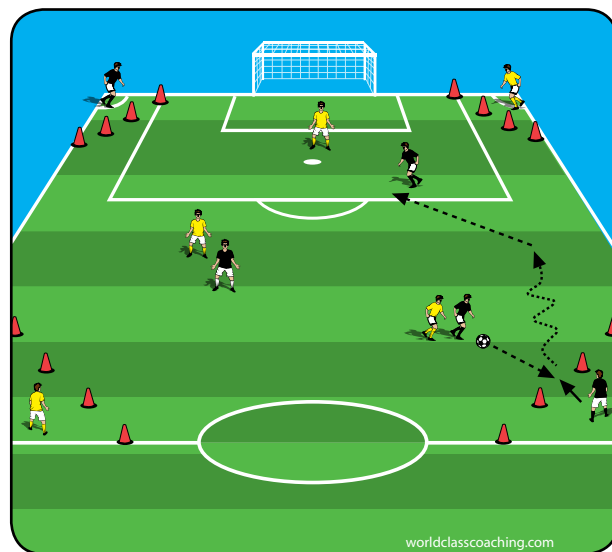
Possession / Switch Field of Play

Set-Up

- 60 x 40 yards
- 12 players
- U11 - U14

Exercise

6 v 6. Playing possession with teammates in center of the field. One teammate in each end zone. Players must pass to a teammate in the end zone on either of their ends. A successful pass may be in the air or on the ground under control. Teammate leaves endzone once the pass is made to him/her and passer enters the endzone. If players on one team can successfully bring the ball to one end and go to the other end, a point is awarded. If the team loses possession, the other team connects with their own teammate in the opposite zones.



Variations

- Possession
- Passing and Receiving
- Vision
- Combination Plays
- Support

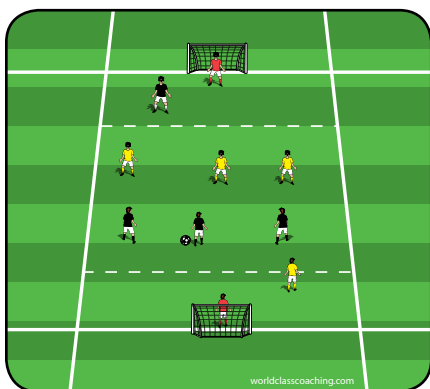
Play into the Target Player

This is a great game to practice with all ages. It is all about using target men to set up attacks. Neither team can score without utilizing the target man, so this is a great game to teach players to combine in the final third.

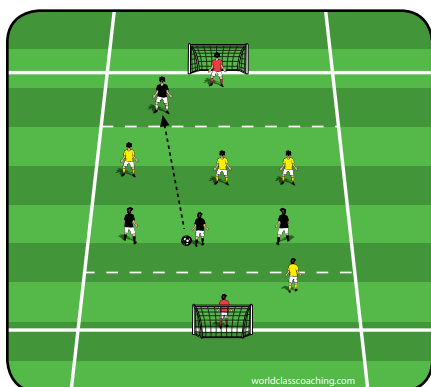
It also rehearses the art of playing through opponents, and only positive and well-organized supporting runs will be rewarded with goal scoring opportunities.

Set-Up

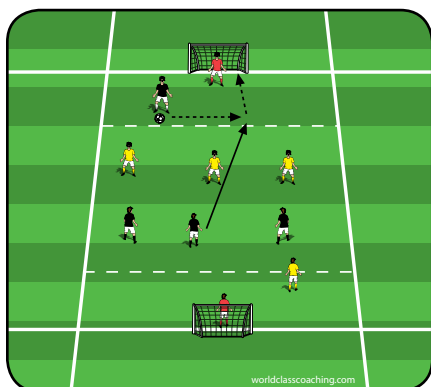
- Create a playing area measuring 35x25 yards.
- Within that, create two end zones, each 15-20 yards in from the goal lines.
- There are two goals - one at each end - with keepers.
- This game is best played with two teams of four players.



One player from each team must stay in the end zone.



The team in possession must make a pass to the player.



The attacking team must then run into the end zone to receive a return pass.

Getting Started:

This game has no offside, and if the ball leaves play, you have a few different restart options:

- Coach passes a new ball onto the pitch
 - Players take a throw-in
 - Players make a pass-in
 - Players dribble-in.
-
- Each team selects one player to be the “target player.” This player stands in the attacking end zone.
 - The aim of the game is to make a pass to the target player, and then for a supporting player to receive a lay-off pass to shoot at the goal.
 - When the target player receives the ball, only one defender can come back to attempt to break up play.
 - After a shot is made, the shooting player swaps position with the target player.
 - If a tackle is made before the ball goes through to the target player, the other team can attack in the opposite direction.
 - Restart after a goal or if the ball goes out of play.
 - The game is played for a set time period of 15 minutes.

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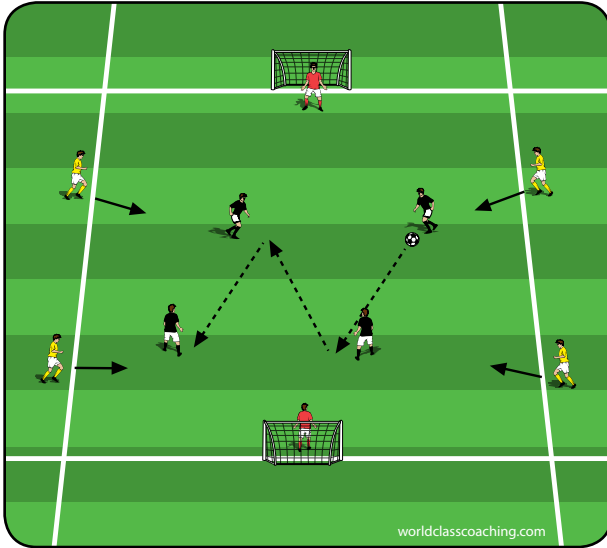


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Possession v Pressure



Set-Up

- Two teams of four players
- Two keepers
- No offsides

Rules

If the ball leaves play, the coach has a few re-start options

- The coach passes a new ball onto the pitch
- The players take a roll in
- The players make a pass in
- The players dribble in

One team starts on the pitch and passes the ball. On the coach's whistle, the team on the outside must race onto the pitch and try to win the ball and then score a goal. The passing team must try to keep possession.

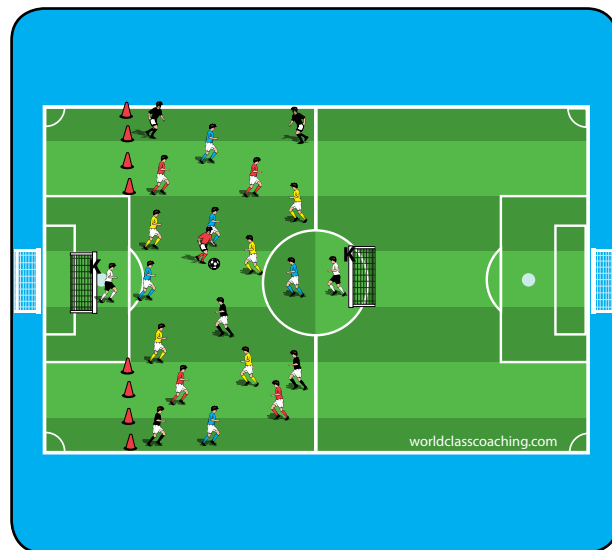
The passing team can use the keepers to keep possession of the ball.

The pressuring team has 30 seconds to win the ball and score a goal, if they fail, then the passing teams gets awarded the goal. Rotate the teams for the next game.

Possession with a Twist

Set-Up

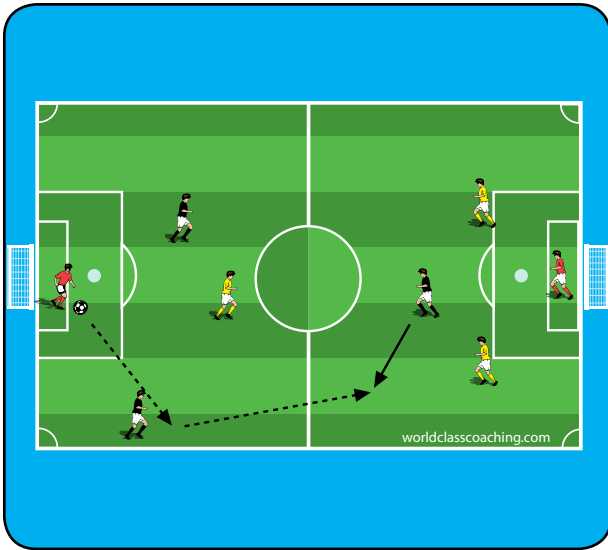
- Field space: 18 yards to midfield x sideline to sideline
- 4 teams, each with a different color (Red, Yellow, Blue, Black)
- Goalkeepers outside the box at 18 yards or midfield
- Pick two colors to start with the ball; the other two defend.
- Coach randomly calls out color changes
- Goalkeepers play with feet option for player who can't find other options



Coaching Points

- Communication is key
- Must change fast
- Think quickly
- Avoid playing against own teammate
- Pay attention to detail
- Focus
- Look to immediately leave pressure area

Playing into a Lone Striker



Set-Up

3 v 3 and GKs split into 2 and 1 in each half

Challenges

- Defending players stay in defending area to start 1 v 2 then onto 2 v 2, 3 v 2, then 3 v 3.
- First touch, spatial awareness, end product.

Coaching Points

- Play into striker who plays 1 v 2.
- If defenders win, they play into center
- 2 defenders can join to create 2 v 2, then 3 v 2
- Counter attacking, decision making
- Play 3 v 3 in area to finish off

First Time Shooting

One of the most difficult techniques to acquire is that of the ability to shoot first time and none more so than for the younger players.

In their eagerness to score, very often they will either 'snatch' their shot and / or, forget the correct techniques.

Statistics show that a greater percentage of LOW shots result in goals than that of shots aimed HIGH.

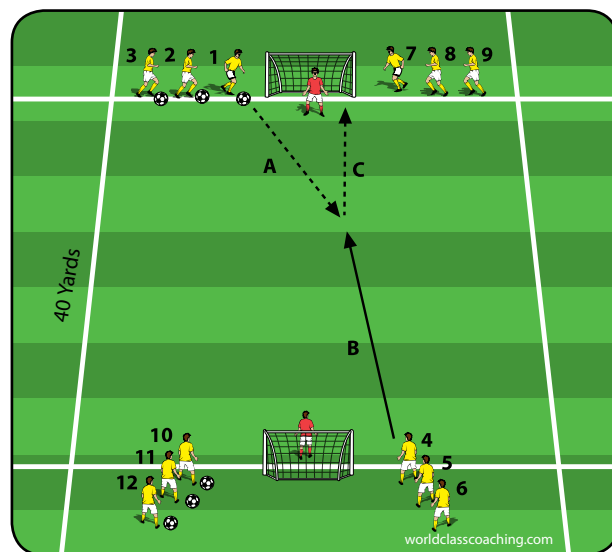
Unfortunately, when players 'SNATCH' their shots usually they will A) kick through the middle / bottom half of the ball and B) lean back at the point of impact. In both instances, this will cause the ball to rise.

CORRECT TECHNIQUE

- Approach the ball from the SIDE and not directly HEAD ON.
- Approaching the ball, look up to see the position of the goal keeper.
- Just as you are about to shoot, look down at the ball and on the point of impact.
- Keep the head still and over the ball, lock the ankle, toes pointing down and heel raised.
- Kick with the laced part of the cleat through the middle / top half of the ball and follow through so that the kicking foot is pointing in the direction of the flight of the ball.
- Always follow up your shot.

The length of the pitch can be increased or decreased relevant to age.

Players line up as per diagram.



The Drill

FIRST SHOT

- Player 1 passes the ball forward to centre of area. (A)
- Player 4 approaches the ball from the side NOT straight on (B) to shoot FIRST TIME. (C)
- Players 1 and 4 now move to the back of their respective lines.

SECOND SHOT

- Player 10 passes the ball forward to centre of the area.
- Player 7 approaches the ball from the side, NOT straight on to shoot first time.
- Players 10 and 7 now move to the back of the line.

Continuation

Proceed the same rotation until Players 4, 5, 6 and 7, 8, 9 have EACH taken SIX shots.

Now switch the format so that Players 1, 2, 3 and 10, 11, 12 are now the strikers and Players 4, 5, 6 and 7, 8, 9 are the passers.

Communication

- It is ESSENTIAL that there is COMMUNICATION between the passers and strikers at all times.

•

Objectives

To develop the correct techniques for first time shooting but equally important, this drill eliminates the long lines of players waiting to take a shot.

The constant rotation means that a) 12 players PLUS two goal keepers are participating and that the time between passing / shooting and resting is relatively a short one.

Progression

In the previous drills, basically they were to coach and instruct the players as to the correct technique to use but WITHOUT being any under pressure.

In a real game situation and more often than not, the striker will be challenged by an opposing player in an attempt to either BLOCK the shot or, to reduce the ANGLE for the striker to shoot at.

The Drill

The layout and movement are identical as to the previous one EXCEPT that now the PASSER follows his pass in an attempt to either BLOCK the shot OR, NARROW the angle in which the striker has to shoot at.

At first, instruct the passer NOT to SPRINT forward but to jog in order to provide a PASSIVE resistance to the striker. As the confidence of the striker increases then increase the pace of the passer.

Competition

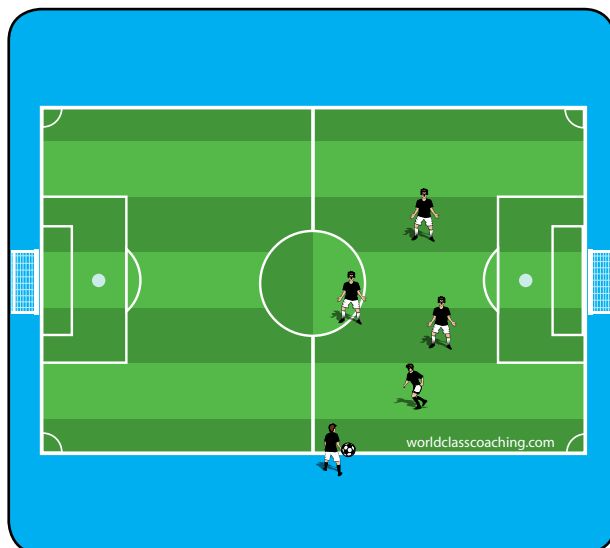
Once ALL the players are competent then introduce a competition between the passers and the strikers using the same format as previously but now, the coach keeps a tally of how many successful shots as well as, blocked tackles and or, where the passer forces the striker to shoot wide.

Whilst it is a competition, it can be a great FUN exercise that the kids will enjoy as well as, providing the coach with opportunities to correct any errors.

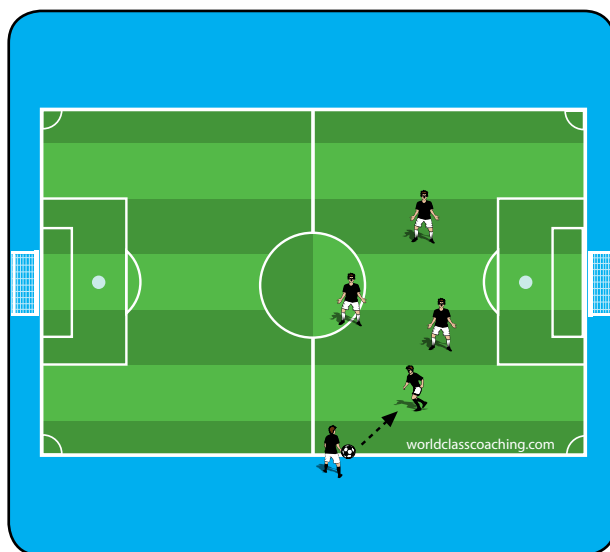
3 v 3 Plus Target Players

My drill was inspired by a Messi move from a Champions League game (not sure when – Barcelona v Munich,) but it's brilliant.

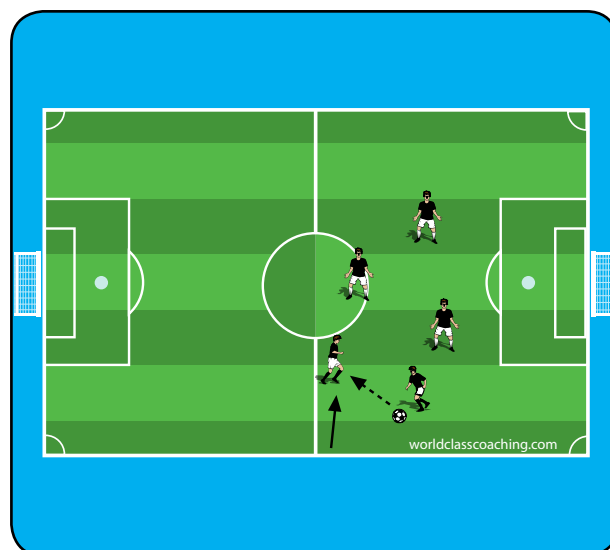
Instead of starting in open play, we start our drill with a throw-in around half way (a fairly common occurrence in a game);

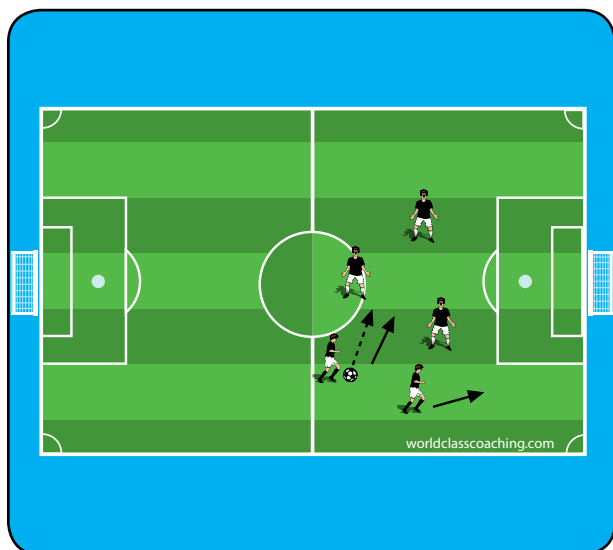


Two strikers up-front, two mid-fielders at the throw-in and another around the centre circle (possibly your center-back). Now throw-in to feet;

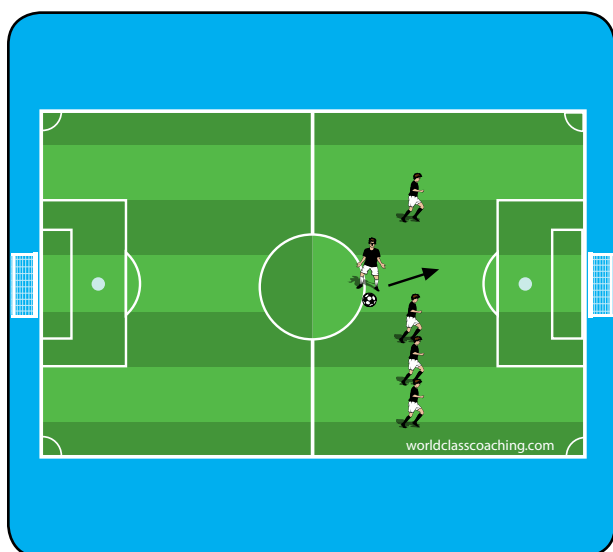


Then the thrower moves in for the return wall-pass;

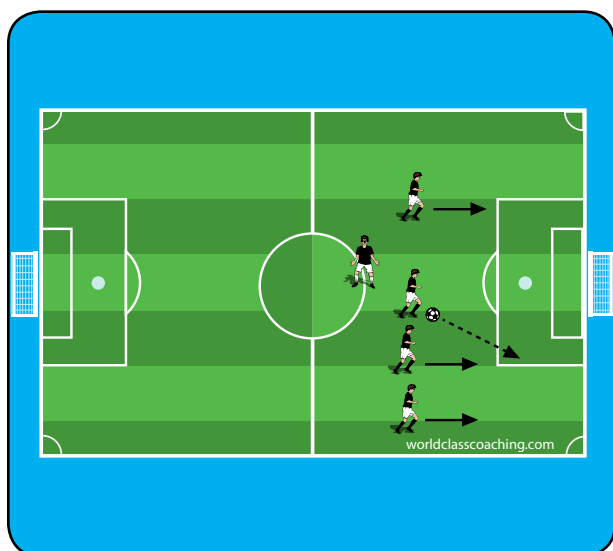




Now another wall-pass off the center player while the others turn to move forward;



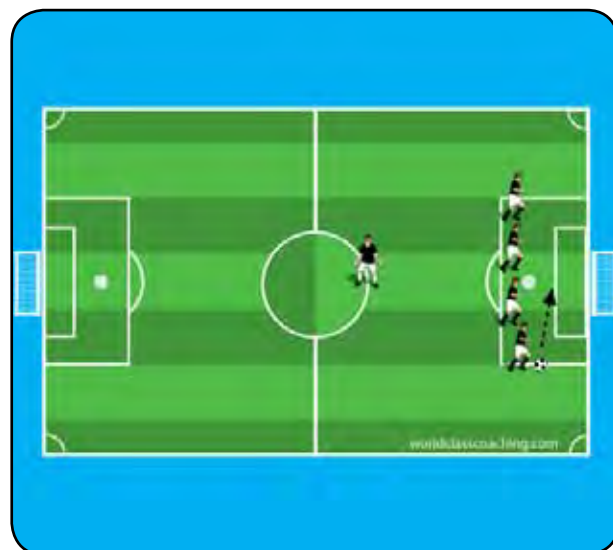
A through ball to the center (let the center-back know they can decide who, mix it up);



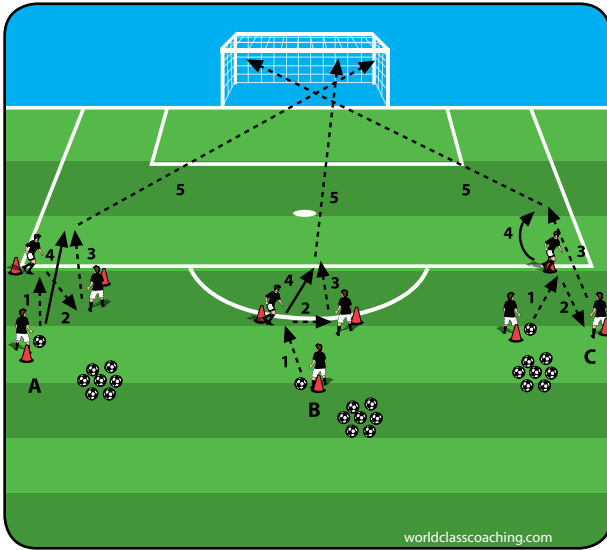
Now there are more options, Messi opts for another wall-pass to the left. That's one option, another is to get the ball wide (leave it to the imagination of your No.10);

Then finish off with a cross (high or low) and a shot by whomever gets there first;

Those 4 go get the ball and run around for another go. I like to have another 4 or 5 ready (leave your center-back there if numbers allow) and roll with another attack wave, repeat, repeat, repeat. Lots of fun, good luck.



Shooting Drill



Objective

The players are trying to improve passing, shooting from different angles, and movement to create goal-scoring opportunities.

A

- The first player passes to one of the players on the cones.
- This player passes across to the third player.
- The third player lays the ball into the middle.
- The first player runs onto the ball.
- And shoots.

B

- The first player passes to one of the players on the cones.
- This player passes across to the third player.
- The third player lays the ball into the middle.
- The first player runs onto the ball
- And shoots.

C

- The first player passes to the striker.
- The striker plays it back to the midfielder.
- The midfielder plays the ball through for the striker.
- The striker runs onto the ball.
- And shoots.

Variations

- Make the passes between players 1-touch.
- Add a goalkeeper for more difficulty.
- Make three teams and have them keep score of how many goals they score at each station.

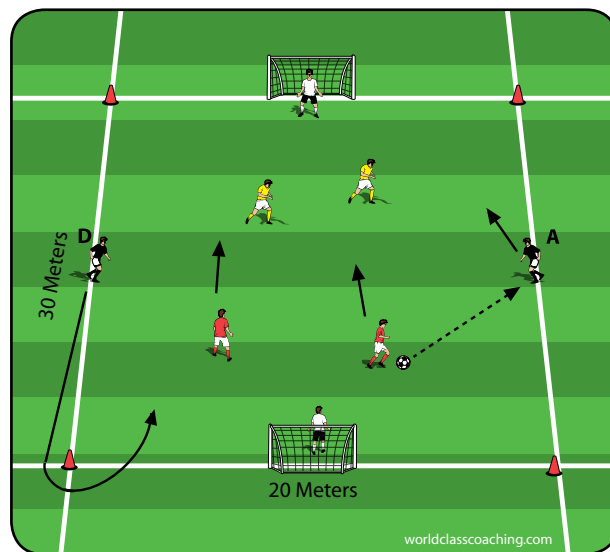
Small-Sided Game for 8 Players

Set-Up

- 2 v 2 + 2 goalkeepers + 2 neutral players
- 30 x 20 m with 2 channels 5 m wide

Instructions

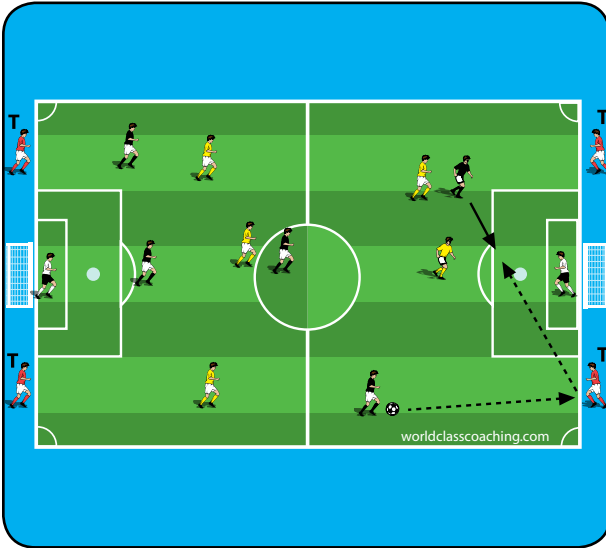
Team in possession (in this case reds) play vs. yellow team. They can use one of the two neutral players to build up attack. Once they use one of the neutral players (in this case blacks), the neutral player (A) becomes an attacker while the other neutral player (D) has to run quick to the cone and then becomes a defender with the yellow team.



Coaching Points

- Use right neutral player at the right time.
- Finish the attack before the other neutral player manages to arrive to help the defenders.

Linking play with the Forwards and Midfield / Improving Combination Play



Description

The game will be 6 v 6 (including GK's) played in $\frac{1}{2}$ of the field, playing the width of the penalty area (60 x 44). In addition to the five field players and goalkeeper, each team will have two target players who start at the opposing team's end line and can move from the goalpost out to the touchline, but cannot enter the field. These two players are simulating forwards. The small sided game conditions are as follows:

- First to 3 "normal" goals win. Every time a team scores a normal goal, one of the targets leaves the end line and enters the game, thus creating a numerical advantage (first goal = 6v5, second goal = 7v5).
- Field players can play the targets feet whenever they want. Targets can take two touches maximum and should be encouraged to play the ball back in quickly.
- If a field player finds a target player on the end line and the target player passes back in one-touch and the attacking team scores, the game is OVER no matter what the score. In other words, a goal scored off a one-touch pass from a target wins the game automatically.

Coaching Points

- Target players must be active, moving side to side to create an angle to receive and ask for the ball.
- Field players should always have their heads up, looking to find a target player with a long pass so they can travel under it, or a short pass for a quick combination.
- Field players should not overuse the targets at the expense of scoring a "normal" goal. Since scoring will mean an additional player, the conditions of the game will become easier since you are playing numbers up. Players must use good judgment in deciding when to try to score an automatic game winner, and when to score a normal goal.

Transition to Attack

Objective

To Improve the teams' ability to effectively attack after regaining possession.

Organization

In a 30 x 40 yard grid two teams try to score by either passing the ball into any of the two goals on the end-line or dribbling over the end line. The target man only enters the field of play when his/her team regains the ball in order to offer him/herself as an option.

Coach

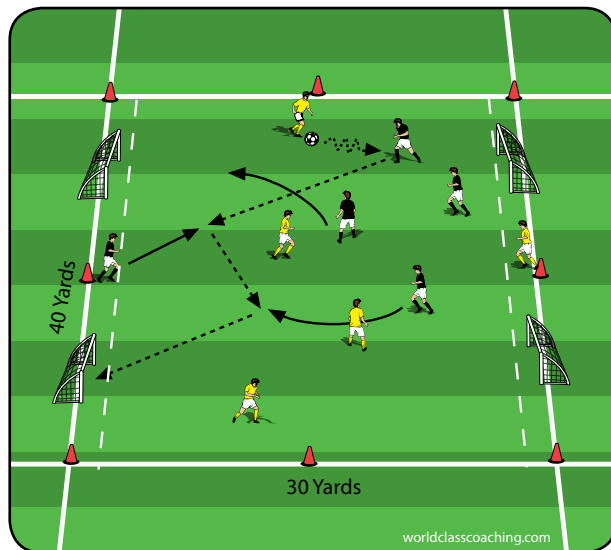
The last player that connects with the target switches.

Scoring

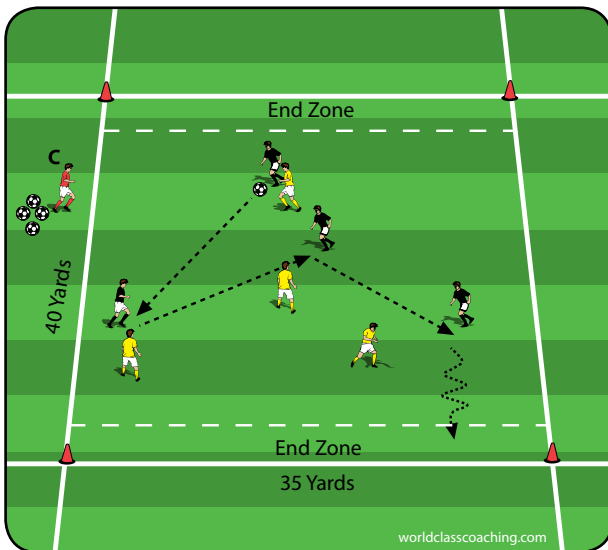
- Pass to goal: 2 points
- Dribble in the end zone: 1 point

Coaching Points

- Quick penetration once possession is gained
- If the ball cannot be played forward
- look to possess
- move the ball away from the area where possession was won
- Speed of play and thought
- Movement and timing of 2nd and 3rd man runs
- Communication and visual cues identification



Passing for Penetration



Objective

To improve decision making in possession and the ability of the players to beat defenders with a pass.

Organization

- 4 v 4 or 5 v 5 to End Zones
- Set up a 35 x 40 yard grid with end zones behind the 40 yard lines.
- 2 teams of 4-5 players each play to score by dribbling or passing and receiving the soccer ball in the opponent's end zone.

Coach

Help the players to time their runs into the end zone to receive the pass.

Scoring

Passing and receiving in the end zone: 5 points - A player must time his/her run to receive the ball inside the end zone and score. If the player is standing in the end zone when he receives the ball, the player is OFFSIDES. Dribbling into the end zone: 1 point

Coaching Points

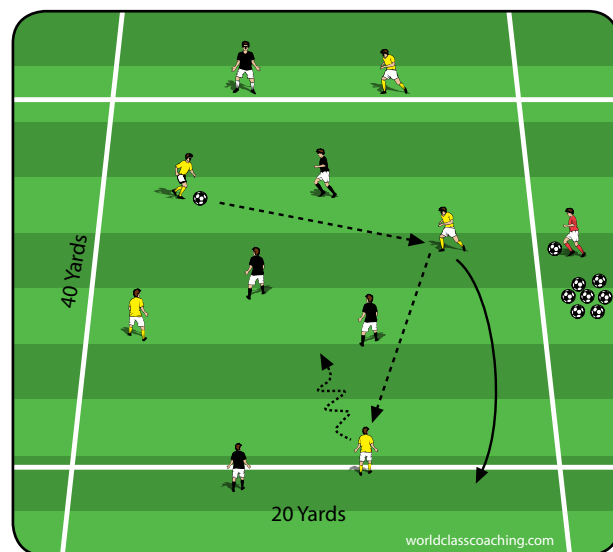
- Starting position of players
- Shape, width, and depth
- Body position open to field
- Possession vs. penetration
- Dribbling vs passing

Possession with a Twist

Set-Up

- 20 x 40 yard grid
- 3 v 3 + 2 Possession Game

Team plays simple possession game trying to find the target plays as early as possible. When a player passes a ball into the target that target immediately looks to attack the far side and tries to find the far target player. The person who played him the pass then must replace him on the outside . . .

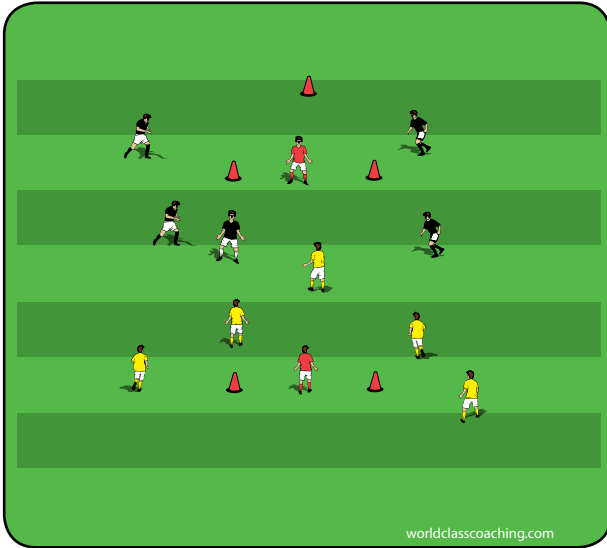


Stipulations to the game

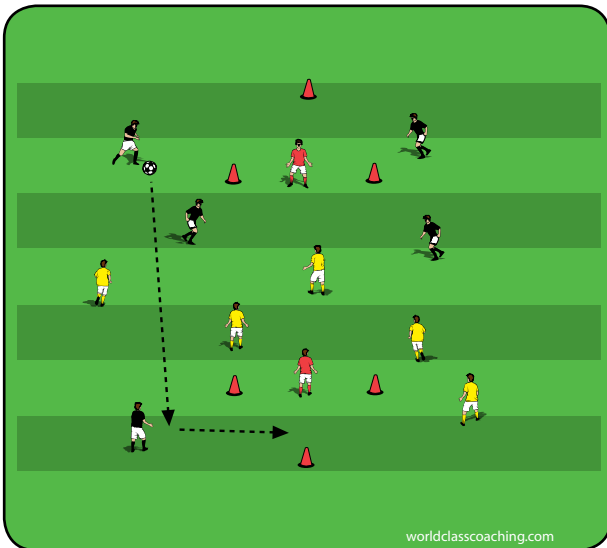
- Ball cannot be played in the air
- Players have limited touches
- So many consecutive opposite side releases equals a point
- Players may release back from where they came without penalty
- Put goals 18 yards off the sides and after consecutive releases a team may then attack a goal and try to score.

Spreading the Field and More

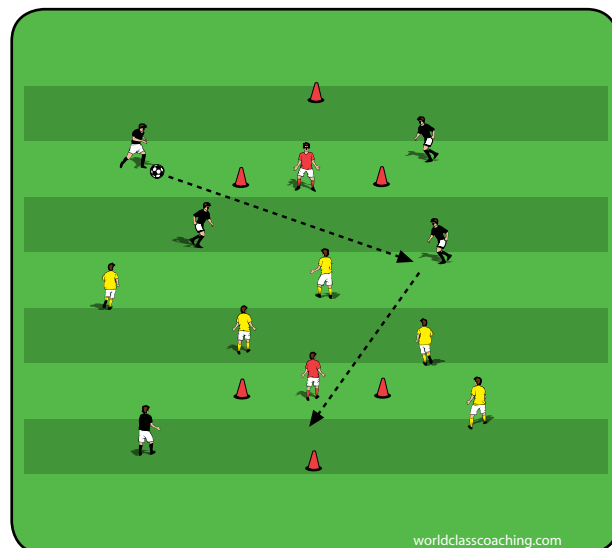
This is a small sided game with triangles as goals instead of regular goals. On a 50 x 40 field the triangles would be 8 yard equilateral triangles with a keeper in each goal. The goals are 6 yards inside of the end lines. There are 5 other players on each team (size of the field and number of players can vary.)



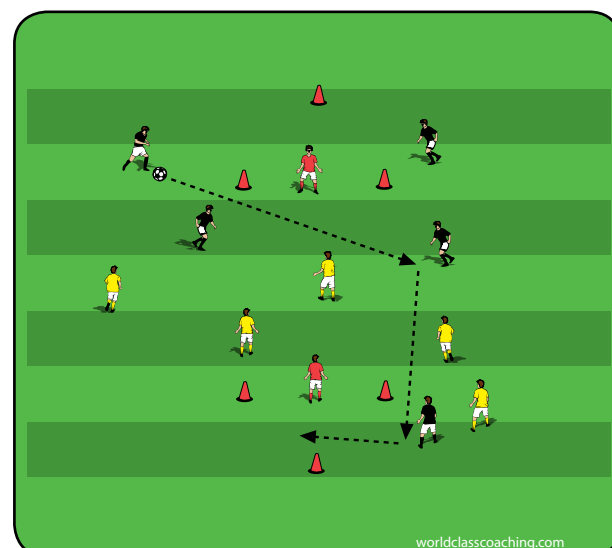
Using this diagram as an example, the black team is attacking the lower goal and the yellow team is attacking the top goal.

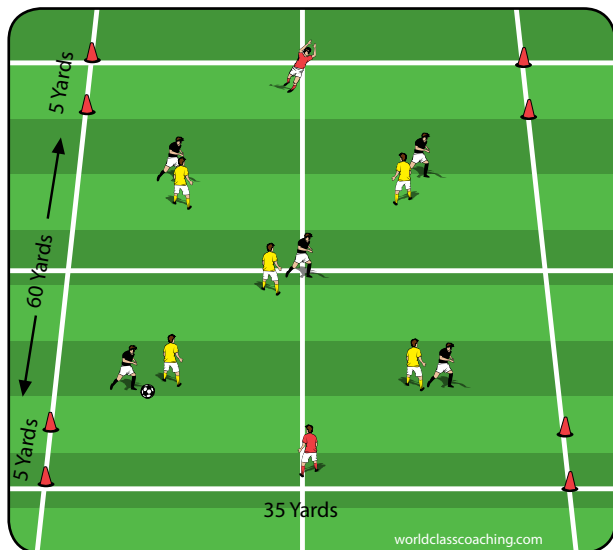


Instead of just scoring in a regular goal, in this game, a goal can be scored through any of the three "goals" of the triangle.



- The only players who are allowed to go through the triangles are the keepers.
- There is no offsides in this game.
- This is a great way to encourage spreading the field. being creative in thought, maintaining balance on the field as well as working the keeper.





Set-Up

70 x 35 yard field 5 yard end zones. Play 5 v 5 for 20 minutes.

• Instructions

• Play to keep possession, score by getting ball to keepers hands. Scoring team maintains possession and goes in opposite direction and scores again by getting ball into other keeper's hands. Game is continuous flow of transition

•

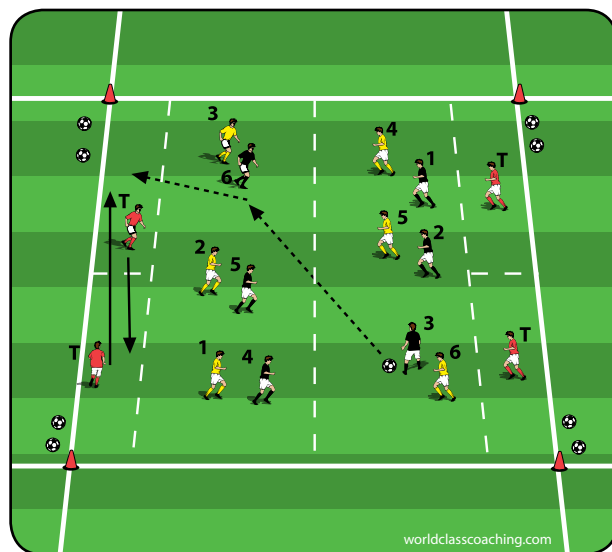
• Coaching Points

- 1 and 2 touch passing
- Movement off the ball
- Quick transitions
- Stretch the field

Attacking when Opponents are "In Balance"

Practice Organization

- Area 60 x 40 yards, divided into 6 zones, with end zones 10 x 40 yards, divided into 2 equal size areas and 2 central zones, each 20 x 40 yards wide, as illustrated.
- 16 players, 1 ball
- U12-U16
- 3 v 3 in each central zone, 2 target players for each team in each of the end zones.
- Practice starts with the blacks in possession.
- Objective of the game to pass through each of two zones to play into the target players.
- Once achieved, target player transfers the ball to second target player in the adjoining end zone.
- Second target player passes into opponent's central third player to change direction of play.
- Target players may change positions, but must remain in balance, as do central players, in terms of numbers.



Detail

- Challenge 1: Try to play forward early, or if unable, pass to a player who is in a position to do so.
- Teams need to retain their positional balance and structure.
- Exchanges of position in central zones, whilst maintaining balance is encouraged.
- Choice, speed and accuracy of passes in congested central zones.
- Quality of passes into the target players, who will be on the move in end zones.

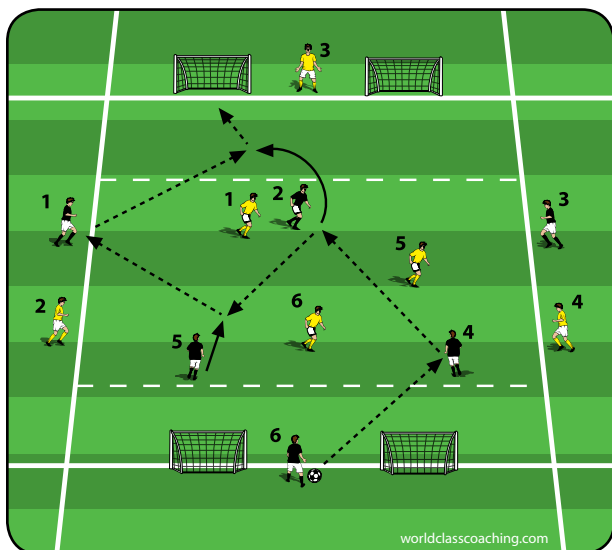
Progression

- Defenders may press in end zones.
- Players may pass into end zones and replace receiving player who exits end zone for mid zone.

Coaching Points

- Players to look for spaces to exploit
- Create space for teammate to exploit
- Place changing to unbalance opposition.
- Deal with opponents entering into grid.

4 Goal game within a 3 v 3 with End Zones, Wall Players and Transition Play



Practice Organization

- Set up an area with 2 x 12 yard ends zones, with a 20 x 24 yards wide (44 yards long x 24 yards wide). You could set this up using the penalty box and play up to 18 yards wide to develop more intricate combination play.
- Give both teams 6 players, 3 play on the inside of the main zone, 3 on the outside as a triangle – one close to your own goal to restart possession if the ball goes out (building from the back) and 2 in position as wingers (to offer forward passes and combinations to enter the end zone).
- All players have a number between 1 and 6. Throughout the match, the coach will call a number, that player from both teams will quickly change over, to momentarily make an overload situation or open up space somewhere on the field to exploit.
- To score, you must cross the end line with either a dribble or after receiving a pass. Progress to 1st time finishing.

Coaching Points

Game Intelligence

- Positioning to receive
- Decision making in possession
- Making space for teammates
- Forming triangles with teammates and wall players
- Angles and distances for 1 and 2 touch play
- Defensive triangles in pressing and covering
- Marking and tracking runners

Technical Abilities

- Passing accuracy
- Touch orientation
- Playing in tight spaces
- Using both feet and all surfaces to pass and receive

Progression

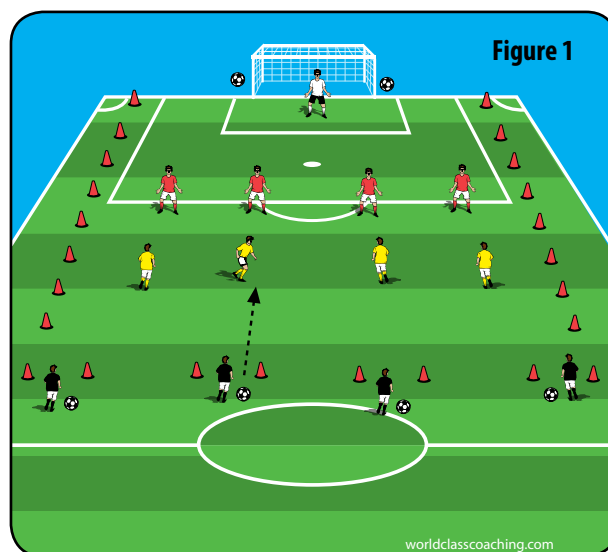
- Finish 1st time after crossing the end line
- Players on outside change positions after receiving a pass from central player and dribble the ball into play
- After scoring, re-start play at your goal line (i.e. BLACK number 6)
- All players must touch the ball before scoring, either all in central triangle, or all 6 players
- Take away the 2 small goals and make 1 large goal with a GK at either end, 25 yards from the end line.

Tactics and Fitness: Match game 4 v 4 + 4

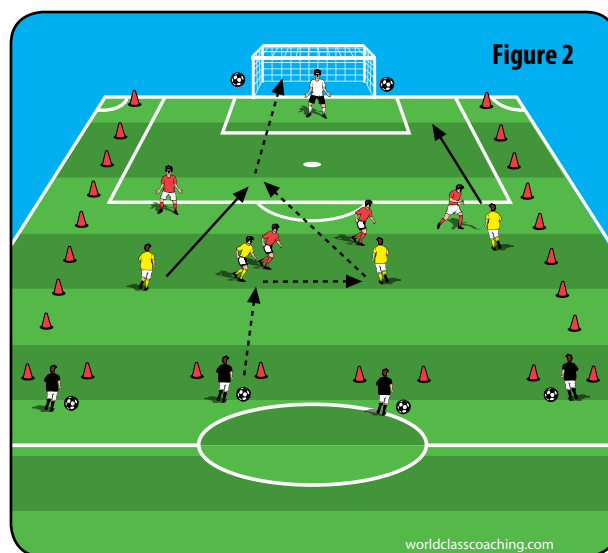
Exercise

The exercise described below serves both to enhance the aggressive operation and partnerships in offensive third of the field, and the defense function and direct marketing of the game, after stealing the defensive third. It's a very functional exercise for the piece of tactics, but also special football strength.

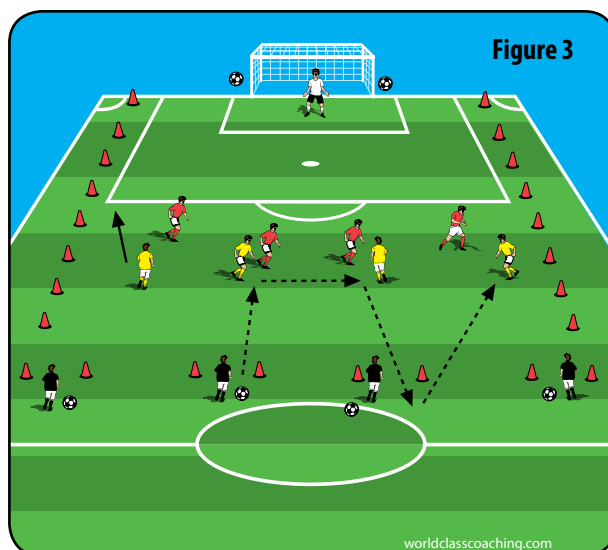
The exercise room is 50 meters from the pitch and width of 35 m from the hearth (about as much as 2 areas), as shown in Figure 1.

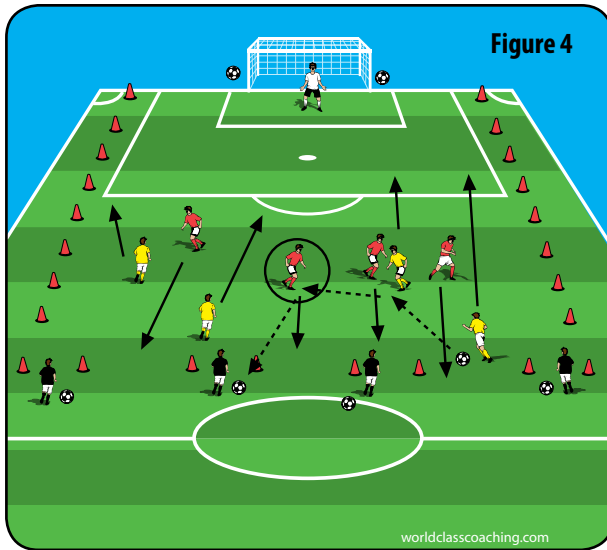


Use 3 groups of 4 players (A, B, C) and a goalkeeper. The timing of the exercise is 3' to 4', where 2 teams are facing (eg. A v V) by switching roles during the game, while the third (eg. C) group acts as support. Each 4 minute, alternate roles in groups. So for example, in the second we have V v G to support group A and the third we have G v A and support group B. Depending on the season and the goal of training, we can have 1 or 2 sets, i.e. a total of 14 to 33 (1' per breaks repetition and 5' per set). The attacking team tries to combination game moves to achieve a goal (Figure 2).



If you find aisles must retain possession of the ball and with the support of the third group (all back), but the ball must pass through "doors", so continues the attack (Figure 3).





If any players do not pass through "doors", they lose possession of the ball and change roles, assuming the defensive. Also, if the defending team steals the ball and passes through the doors (start counterattack), then the roles of the groups change directly (Figure 4).

As shown in Figure 4, the red team stole the ball, passed through a pass gate support team, so now it is attacking and the yellow team quickly gets defensive position to continue racing game until the completion of 4 minutes. A 4 minute game is likely to be made several role changes. At the end of the time, the black team takes place inside the field changing its role with the yellow team, with a 1 minute intermission. In the third 4 minute game, the red team will have a supporting role to complete the set. If you want to repeat the process (the second set), then we can make an energetic break 5 minutes.

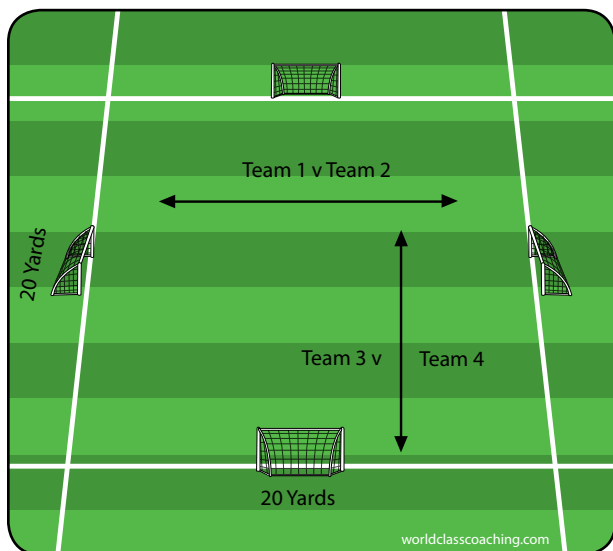
Coaching

- The game always starts with all of our support team.
- Give directions in relation to movements seeking tactics for the attacking team; in terms of partnerships, the creation of space, support, 1-2 etc.
- In defending insist on pressure to the player with the ball, reducing distances to cover his teammate and fast selection of "passing" counterattack when stealing the ball.
- Pay attention to correct positioning of the goalkeeper; have him/her "read" the game and choose the directions to be given to defense.
- Players in the neutral group, be alert to the correct slot and change side game.

Variations

- There is no role change in a 4 minute game, i.e. each group has a defensive or offensive role.
- Decrease or increase the number of players and the game space from 3 v 3 + 3 to 6 v 6 + 6, with appropriate organization.
- Different placement of players in relation to the formation of our team.

The Perpendicular Game



Set up a field approximately 20 yds. x 20 yds. The size can be adjusted according to the age of the players. Put a small goal in the middle of each side of the field. So there are 4 small goals on the same field.

Divided the players into 4 teams of 3. Each team will need a different color vest.

Essentially, two games are played on this field. Each game is perpendicular to the other. For example, teams 3 & 4 play against each other going north and south, while teams 1 & 2 square off against each other, but play east and west. Play for a specific time and then rotate teams. We usually keep the games short; maybe 5 minutes.

This is a great small sided game as the players must not only pay attention to their own game, but must avoid the other game that is being played in the same area. It makes for a very fast paced game with lots of passing, controlling the ball and finishing.

Even high school players seem to enjoy this as a way to practice their skills in a rather unusual setting.

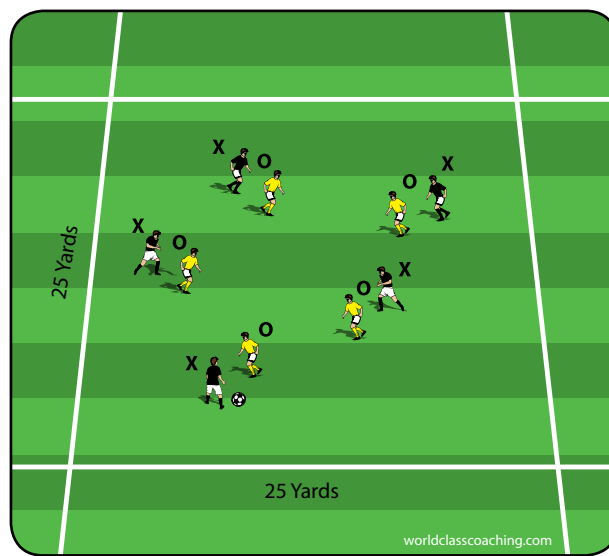
The Throw-in Game

This is a game that is designed to work on throw-ins but is a fun and active possession game as well. It can also be used to encourage double-teaming on defense.

Set-Up

There are two teams. The size of the playing area is determined by several factors: numbers of players available and whether the coach wants to work on playing in tight spaces or playing in open space.

In this example, the playing field is 25 x 25 yards and the game is 5v5. The first team to score 10 points wins; losing team gets crunches or some such penalty.



Exercise

Play can start any way. I like to have two players battle for a header.

Team X has the ball. They are attempting to score by carrying the ball or connecting a pass to a teammate over the North and/or South lines. If X works the ball across the North line, they pick up the ball and throw it in to a teammate and attempt to work it to the South line. They can not throw it in and score across the line they just scored on.

If Team O wins the possession, they can attack either the East or West line. If they score, over one line, the same restrictions apply.

Any ball lost out of bounds becomes a throw-in for the team winning possession. If a ball is thrown in from one of the neutral lines, they have the option of going to either scoring line. If the ball is thrown in from one of the scoring lines, the team in possession can score immediately from the line they are throwing in from. Defending team must be focused and communicate.

How it applies to the game

- Because the team winning possession on the field has the option of going to either line, it encourages using width to attack and making the simple pass.
- Because a point can be scored if a team wins possession of the ball near one of its scoring lines, it encourages double-teaming on defense.
- Because teams that score maintain possession, this encourages movement off the ball for a throw in and a variety of throw ins (long, short, flick ons, returns, etc.) in order to continue scoring.

Variations

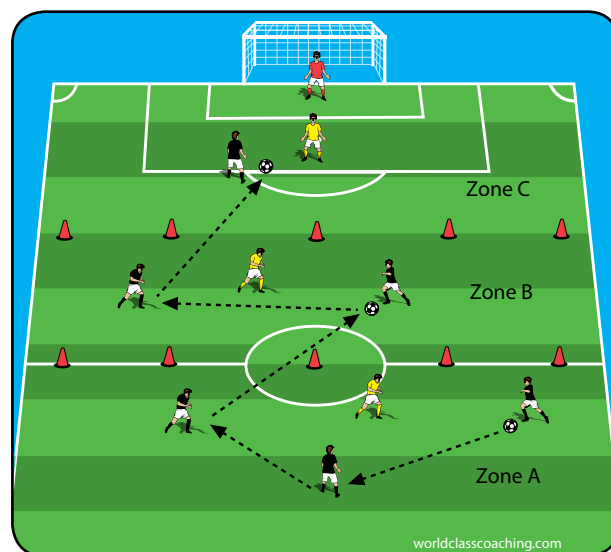
- Instead of throw-ins, the coach can substitute quick restarts.
- The coach can limit touches to encourage quick play, i.e., limit to two or three touches per player.
- The coach can make the field smaller to encourage working out of tight spaces or can make the field larger to encourage long runs and longer passes in open space.

Transitional Game by the Brazilian Way

This drill focuses on transition from defense to offense. This drill also emphasizes passing, receiving, angles of support, and functional technique in 3 v 1, 2 v 1, and 1 v 1.

Organization

- Divide the field into three zones as showed in the diagram.
- Four players in Zone A (Three blacks and one yellow).
- Three players in Zone B (Two blacks and one yellow).
- Three players in Zone C (One black , one yellow, and GK).



Instructions

The ball starts with the black players in Zone A. The black players play a 3 v 1 against the yellow player. After making four passes, the ball has to be transferred to Zone B as soon as possible. When the black players in Zone B get the ball, they play a 2 v 1 against the yellow player. After making three passes, the ball has to be transferred to Zone C as soon as possible. When the black player in Zone C gets the ball, he/she plays a 1 v 1 against the yellow player and tries to score.

Suggestive Rules

- After three attempts of transferring the ball or finishing in goal, the Coach makes some positioning changes in the black team.
- After stealing the ball three times, the yellow players switch positions with black players.
- Every five minutes of game, the black players switch roles with the yellow players (offense – defense). Make it a competition.

Coaching Points

- Getting a good angle to properly support the play.
- Creating and using space.
- Verbal and visual communication.
- Quick transition.
- Quick passes combination.

Variations

- Play 3 v 1 in all Zones.
- Play 2 v 1 in all Zones.
- Play 1 v 1 in all Zones.

Functional Training for the 2 Center Mids



Set-Up

20 x 20 yard grid

Procedure

Inside grid, 2 yellow players versus 2 red players. The team center mids (noted in black) will play with both teams. Both yellow and red players must find a black player for a pass. The black player must find the players partner for a return point. Equals one point.

Progression 1

Same as previous only the black player must first pass to his partner (the other black player) The second black player must find the players partner for a return point. Equals one point

Progression 2

Add 2 outside mids (yellow and red) on each side of the grid. Same as progression 1, black player must find the other black player, the second black player must now find an outside mid of the same color. Equals one point. Note the outside players cannot take the ball away from each other. The outside player gets a free pass to an open middle player of his choice but same color.

Final Progression

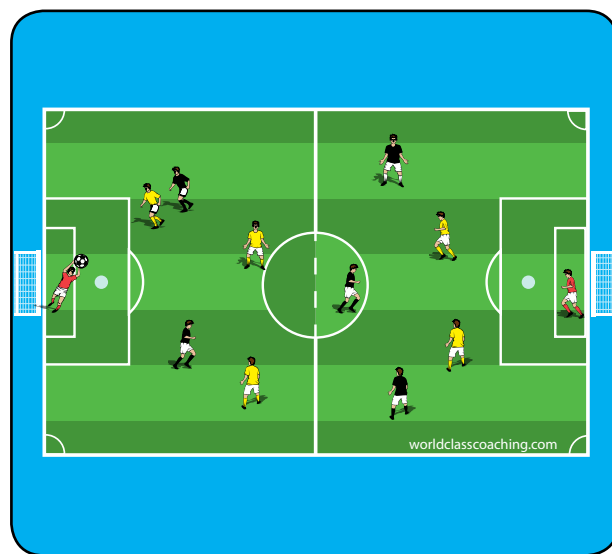
Add a forward on each end of the grid. Yellow on one side and red on the other. Add goals on either side 15 yards from the forward with a keeper in each. Play begins in center with black playing with both yellow and red. Black is now free to use outside mid and middle players as they wish. Now they are also free to play the ball to a forward of the same team only. One player of opposite color inside the grid is allowed to follow the forward in to defend the goal. When play stops, coach will play a ball inside grid to other team.

Finish with a 5 v 5 plus 2 game. Goal to counter goal, with 2 keepers. Stress points with 2 central mids made earlier.

5 v 5**5 v 5**

Teams are divided into two equal teams: diagram indicates a 6 v 6 game. However, the numbers can easily be adapted to the numbers you have available, i.e. if you have 14 players then play 4 v 2 + a Keeper in each half.

A line of cones divides the field in two halves. In each half, team's have 3 v 2 + a keeper with numerical advantage going to the attacking team. Players **MUST** stay in their own half of the field. If the theme is defending, then switch to 3 v 2 in each half with numerical advantage going to the defending team.





Objective

Aerobic capacity development and development organizations are under pressure.

Set-Up

- Time: 2x10, 3x10, 12, 15-12, (according to the purpose, and the tool change).
- Area: The area shown in the figure.
- Number of players 9 v 9

Organization and Description of the Game

Soccer pitch is divided into two equal halves. 9 v 8 play on one half of the field. The other player waits on the second half of the field for his/her 8 other teammates. The 8 v 9 play until the ball is lost to the other half of the field. Then all but one of the yellow players move to the other half and play until the ball switches back.

Coaching Points

- In accordance with the level of the team, the team's top trap can be increased by the number of players resting in the second half of the field.
- Number of players in the field waiting for the other half can be 2 or more.
- Prevent the tempo of the game from falling by constantly encouraging players to coach.



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