

Description

Rondo (10 mins)

Setup:

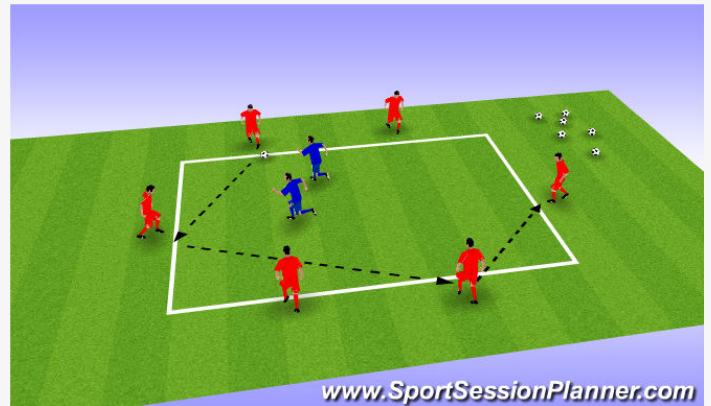
In a square or rectangular area (rectangles are more difficult), place two red players on the long edges and one red player on the short edge. (10x5 yards is a great size). Two defending blue players will contest.

Activity:

The goal of the red players is to get the ball from one short edge to another. The two target players can move side but must stay on their edge. For added complexity, the two players on the same long edge cannot pass to one another.

Coaching:

Red players should attempt to disguise their passes. Fake passes, no look passes and patience are the keys. Try not to over coach, let them solve problems on their own.



3 Area 4v4+4 (15 mins)

Setup:

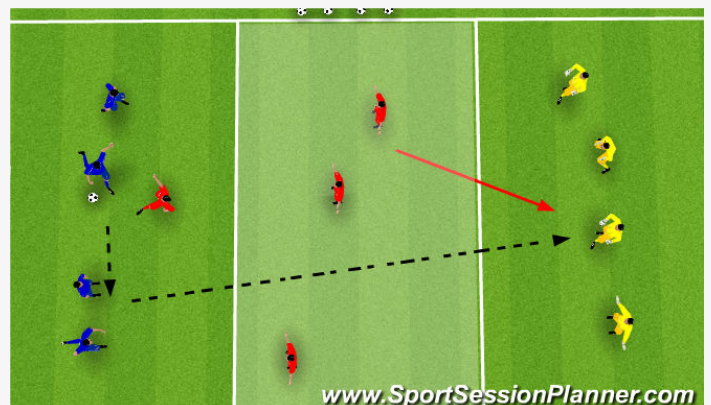
3 rectangular areas, often the center will be skinnier than the others. I like 10x20 or 10x15. Have 3 teams each playing.

Activity:

To begin, blue and yellow will attempt to keep the ball from red. At any time, only one red may enter the opposing areas at a time. So, a red attempts to take the ball from blue, blue passes the ball to create a gap in the red team. Then, the pass the ball through (often I require that the pass be on the ground, unless chip passes are a desired technique) to the yellow team. Then, a different red may enter that area and attempt to take the ball from yellow. If red steals the ball from yellow, they would attempt to play the ball back to the blue side and then red and yellow would switch places, yellow now defending. For younger teams, if red succeeds at knocking the ball out of bounds, consider that a success and switch the teams.

Coaching:

Through passes must happen quickly, so red doesn't have time to collapse their gap. Passes should try to go from one end of a rectangle to the other so red has to shift their positioning as much as possible. For added complexity, require a minimum number of passes in an area before they can pass to the other side. To work on areal balls or chipping, make the center area wider.



Multiple Goal SSG (20 mins)

Setup:

Creat 2 areas, for this picture, I setup each area to be 20 yards by 30 yards. So overall its 40 by 30. Two even teams will each attempt to score at 2 widely separated goals. Using corner goals is a source of contention for some, but I'm of the opinion that if you're trying to deal with switching the point of attack, make them as wide as possible.

Activity (by complexity):

Simple: Play exactly as it appears. 4v4 with the two goals. Focus your coaching on how they can position themselves to make that switch easiest. I love using this activity to work on receiving the ball across your body. If the ball comes in from your left, use your right for your first touch, and vice versa.

Intermediate: Play where one attacker must stay in each area. Thus, forcing the switching option. It also creates a small numbers down situation if the defense presses hard.

Advanced: My favorite change is this - any pass that crosses into the other area must NOT be followed by a pass back into that area.

Basically, you can't just bounce the pass back. The ball must be passed at least once within the area before it can be passed back out.



Big field (35 mins)

