

Description

The purpose of this training is to encourage patient possession and encouraging backward, support passing.

When finished with both activities, play 1 large game or 2 smaller games with no restrictions.

Rondo to weak side

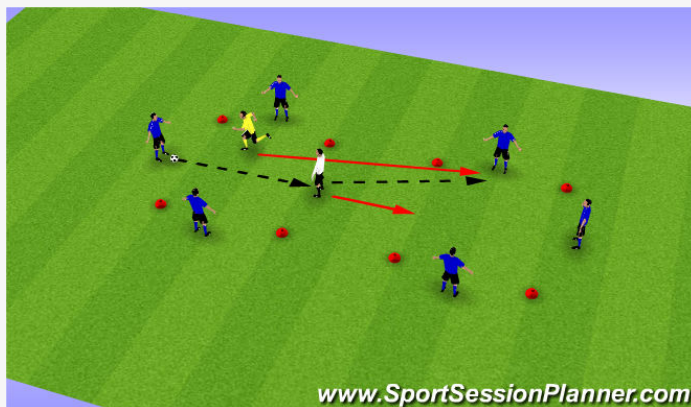
Setup: create small squares all side by side. 6-7 yards on a side works well. Space out players as shown, yellow as defense. The white player is only highlighted for demonstrative purposes.

Object: In one square, the 3 blue and 1 white player look to pass the ball around the defensive yellow player. When a target number of passes is reached, when white receives the ball, they can turn and play to the other side. White follows and works with the other side. Yellow continues to defend in the other portion. When the other side reaches their target, they may also use white to switch back.

Timing: 2 minute reps. When yellow is done, they become the white player and white becomes a more stationary outside player. Rotate until all players have been each position.

Coaching: White should look to play the ball comfortably away from pressure. If yellow is pressuring white, white shouldn't force the turn.

Progression: If this is too easy for blue, enlarge to 10 yard squares and add a second defender.



3v3+3

Setup: In a large area (I love using the 18 yard box), setup 3 teams of players. Best is teams of 3 or 4, but use what your roster necessitates.

Object: Two teams keep away from the other making it effectively 3+3 v 3. The team in possession should look to keep the ball away from the outnumbered team by moving the ball into the least defended areas. Play out of pressure. When the yellow team wins the ball from blue, it is now yellow and white keeping it away from blue.

Timing: 12-15 minute repetitions. 2x or 3x if it goes really well.

Coaching: Keep your head up and look for the lowest defended areas. Don't attempt to turn if you are under pressure (from the first activity), try to receiving the ball "across your bod" with the foot furthest from the passing player. This allows you to see more of the field very naturally. Spread out and use the whole area.

