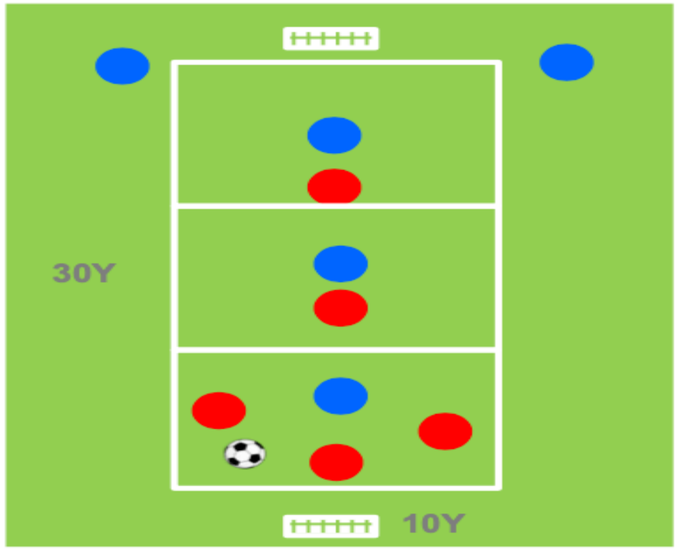

THE ACADEMY
BRITON FERRY LLANSAWEL AFC
THE ACADEMY
INVESTING IN OUR FUTURE
2020/21 FAW ACADEMY PROGRAMME
U10'S - U16'S

Attacking Play



Rules / Objectives:

3v1 in back 1/3, reds must play at least to passes before playing into next zone. One red joins in to support to create 2v1. Ball can be ran or passed into next zone. After attempt on goal blues attack reds (reds drop two players out)

Key Factors:

- Forward passing
- Movement (Get free, overlaps etc)
- Protecting skills
- Link up play

Attacking Play



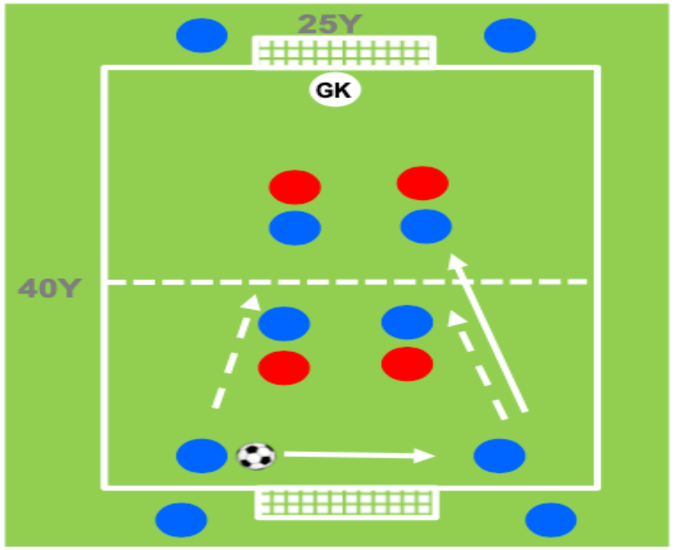
Rules / Objectives:

2 Target players play square, O's look to screen line and deny forward pass. X's look to receive and play into the next zone. One player can join in to overload (3v2). Progress add recovery defender (3v3)

Key Factors:

- Forward thinking mentality
- ½ turns
- One touch / quick play
- Rotation
- Link ups
- Overloads

Attacking Play



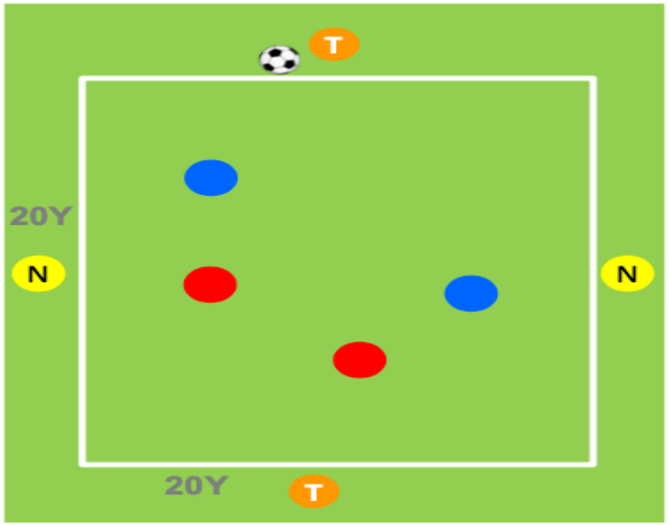
Rules / Objectives:

2 blues play square, then transfer ball into front men and join in to create 4v2, one player must lock out halfway line and can be used to recycle possession.

Key Factors:

- Movement to get free
- Pinning skills
- Shifting runs to unbalance defence (under laps etc)
- End product

Attacking Play



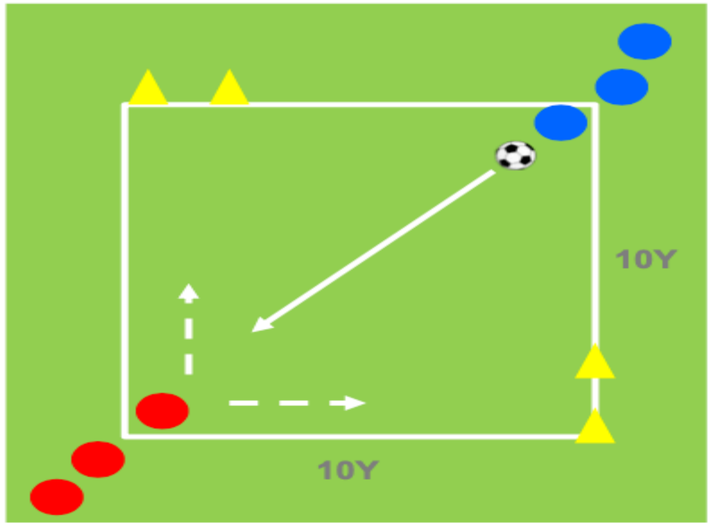
Rules / Objectives:

2v2 in the playing area, 4 T players and 2 N for each team on the outside. Objective is to transfer ball to and from T players. T's must lay square at least once before playing back in.

Key Factors:

- Get Free
- Face up
- Look up
- Link up

Attacking Play



Rules / Objectives:

Attacking 1v1, x plays ball across and defends. Y must dribble / run ball under control through either of the two gates to score. Players join the back of the opposite cue.

Key Factors:

- 1st touch/control
- Commit
- Disguise
- Distance
- Execution (speed)

Attacking Play



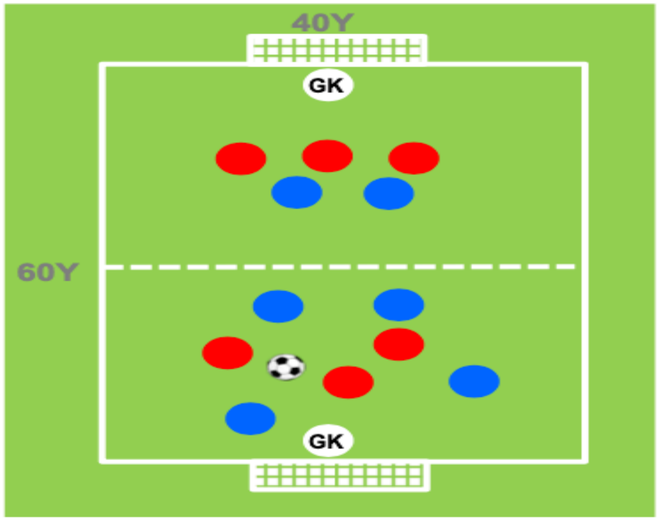
Rules / Objectives:

4v4 in playing area with 2 unopposed wide men. Encourage creative attacking play in central areas and involve wide men to create an overload and to get crosses in. Work on positional play in relation to 4-3-3 system.

Key Factors:

- Forward passing
- Rotation of midfield 3 (Related to 4-3-3)
- creating passing options/angles
- Creativity
- Crossing & Finishing

Attacking Play



Rules / Objectives:

4v3 playing into 2v3, 2 support players break to attack 4v3 in attacking half.

Key Factors:

- Play forwards quickly or carefully
- Support in front and behind (4Bs)
- Secure behind the ball
- End product

Attacking Play



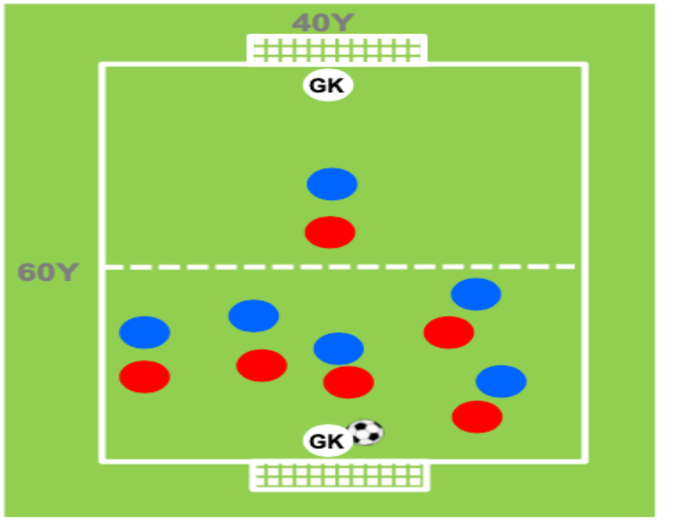
Rules / Objectives:

3 zone, GKs can distribute into any zone. 3v2 attacking overload in end 1/3.

Key Factors:

- Shoot
- Link / give to mate to shoot
- Go wide
- Recycle

Attacking Play



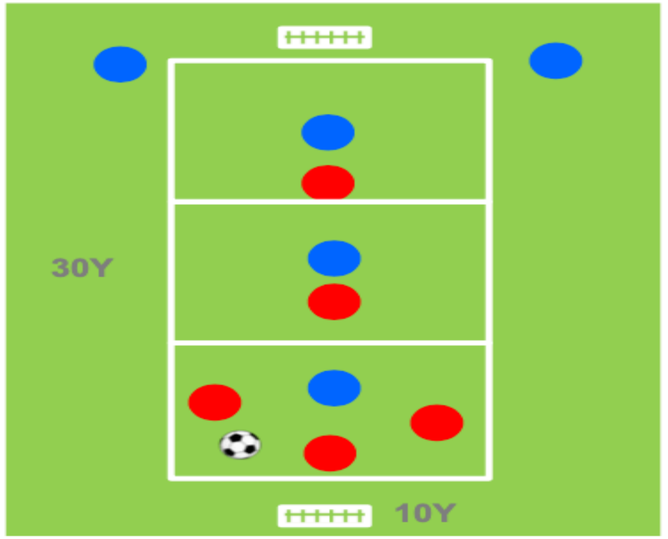
Rules / Objectives:

6v6, have to leave one up and one back at all times..

Key Factors:

- As in previous

Attacking Play



Rules / Objectives:

3v1 in back 1/3, reds must play at least to passes before playing into next zone. One red joins in to support to create 2v1. Ball can be ran or passed into next zone. After attempt on goal blues attack reds (reds drop two players out)

Key Factors:

- Forward passing
- Movement (Get free, overlaps etc)
- Protecting skills
- Link up play

Attacking Play



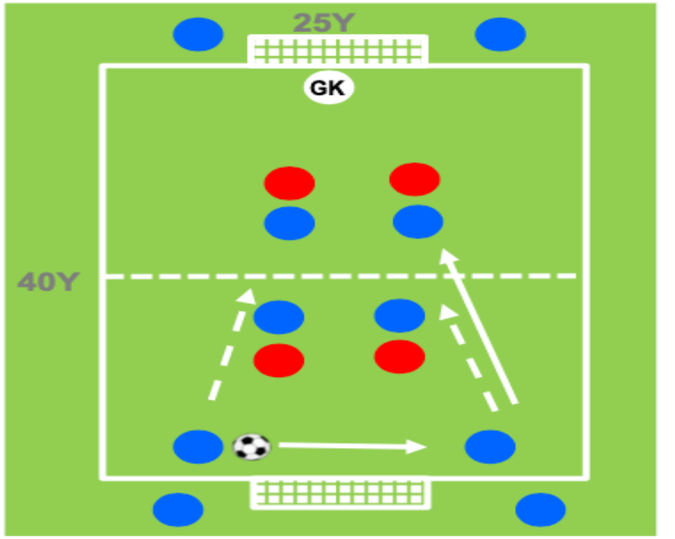
Rules / Objectives:

2 Target players play square, O's look to screen line and deny forward pass. X's look to receive and play into the next zone. One player can join in to overload (3v2). Progress add recovery defender (3v3)

Key Factors:

- Forward thinking mentality
- ½ turns
- One touch / quick play
- Rotation
- Link ups
- Overloads

Attacking Play



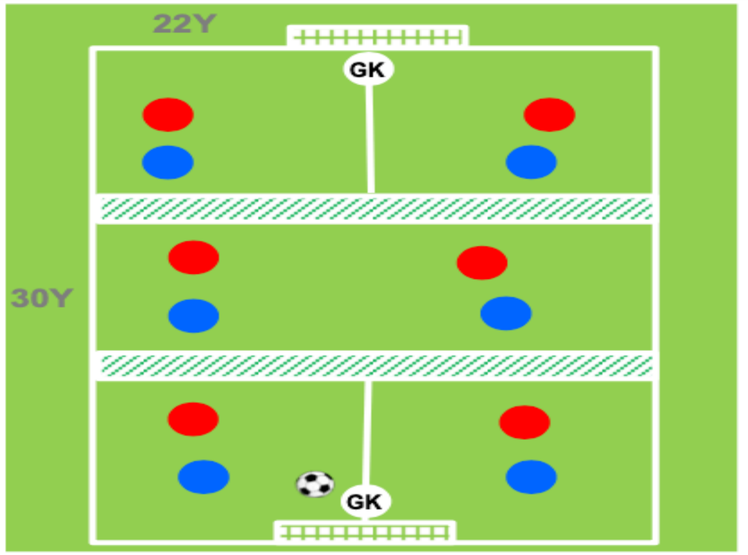
Rules / Objectives:

2 blues play square, then transfer ball into front men and join in to create 4v2, one player must lock out halfway line and can be used to recycle possession.

Key Factors:

- Movement to get free
- Pinning skills
- Shifting runs to unbalance defence (under laps etc)
- End product

Attacking Play



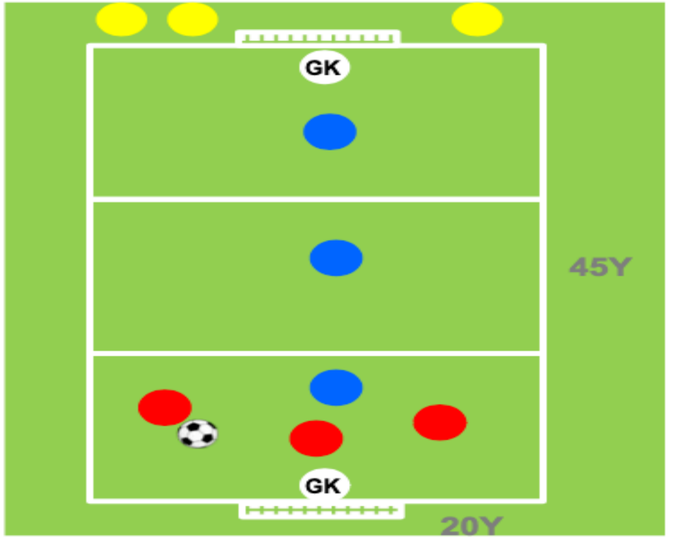
Rules / Objectives:

1v1 in each end zone 2v2 + 1 in middle zone, drop in zones to receive (3 sec rule). One attacking player can play in the drop in zone when ball in attacking 1/3 for duration of attack, this player can shoot or recycle possession.

Key Factors:

- Forward passing
- Movement (Get free, overlaps etc)
- Protecting skills
- Link up play

Attacking Play



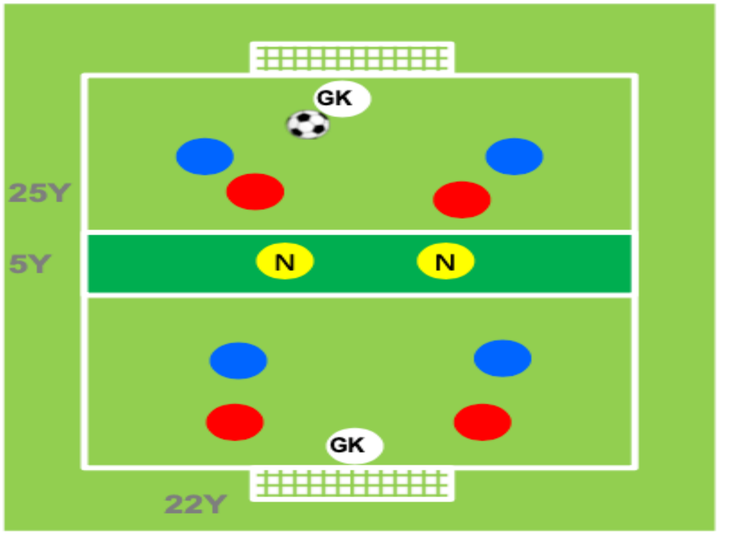
Rules / Objectives:

Waves game, 3v1 in back zone to break out, 2 players break out though the 1/3's and play to finish. After attack you defend, defending team wait behind the goal at the opposite end.

Key Factors:

- Forward thinking mentality
- One touch / quick play
- Link ups (give and go's)
- Overloads

Attacking Play



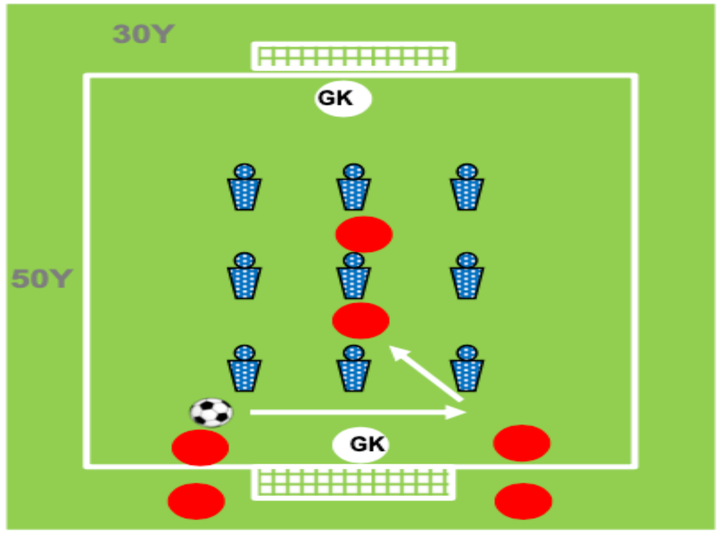
Rules / Objectives:

2v2 in each half of the pitch with two N players in no mans land. Defenders can play through Ns or directly into front men. One N can join in to create 3v2.

Key Factors:

- Movement to get free
- Protecting skills
- Link up / combination play
- Shifting runs to unbalance defence (under laps etc)
- End product

Attacking Play



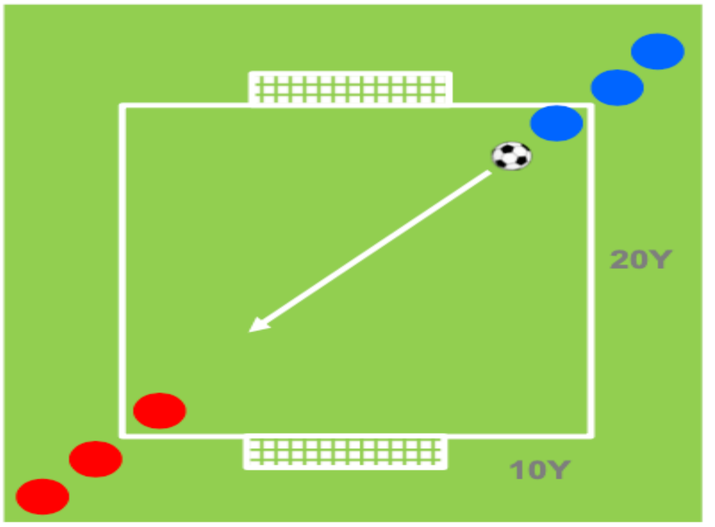
Rules / Objectives:

2 reds play square and then into either of the two central players, the two reds support and work to receive shot at goal.

Key Factors:

- Type and timing of movement (1/3 man runs etc)
- No straight line entries
- Quality of slide

Attacking Play



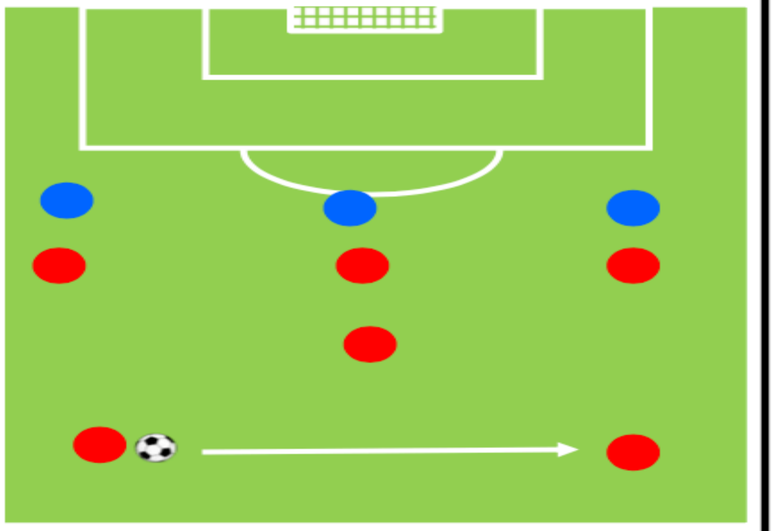
Rules / Objectives:

1v1 attacking, players join the back of the opposite cue.

Key Factors / Pictures:

- **Attitude**
- **Be positive**
- **Commit**
- **Disguise**
- **Distance**
- **End**

Attacking Play



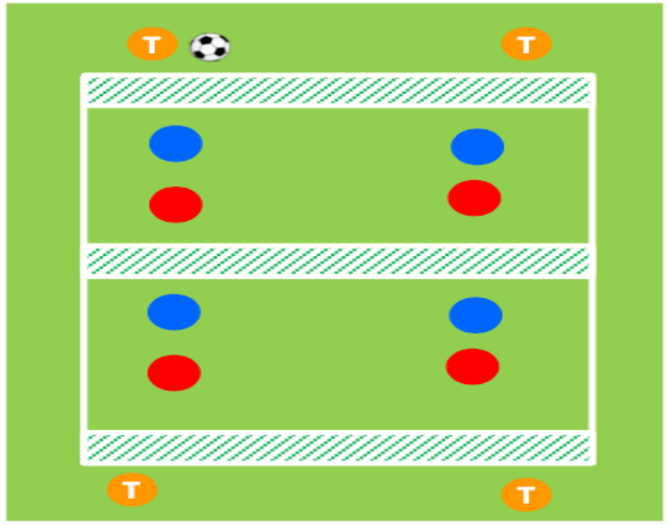
Rules / Objectives:

8 and 4 play square, they look to play into 9 or 10. 7 and 11 can receive unopposed in no mans land Attack 4v3 with a midfielder locking out. Work on positional play in relation to 4-3-3 system.

Key Factors:

- Rotation of midfield 3 (Related to 4-3-3)
- 7 and 11, nearside movement, far side width
- 1/3 man runs / midfield runs beyond
- Crossing & Finishing

Attacking



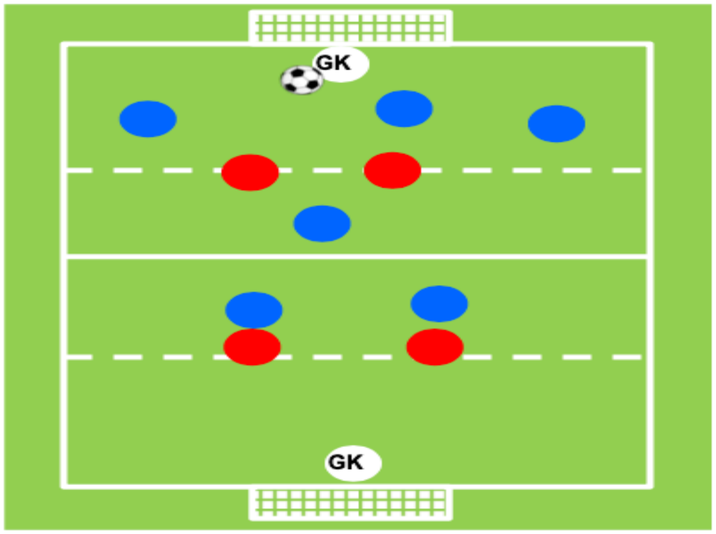
Rules / Objectives:

Ball must be transferred through the squares, drop in zones to receive unopposed for 3 seconds. Must receive in end zone before transferring to Ts. Ts play square then into opposite team.

Key Factors:

- Trigger & Timing movement
- ½ turns
- 3 Bs support runs
- Eyes off ball

Attacking



Rules / Objectives:

Gk rolls into xs who have to complete 4 passes before playing into front men. 4 payers break to support and play to an end. Once concluded play continues the opposite direction.

Key Factors:

- Controlling tempo
- Patience
- Changing tempo
- Support
- Exploiting overload

Attacking

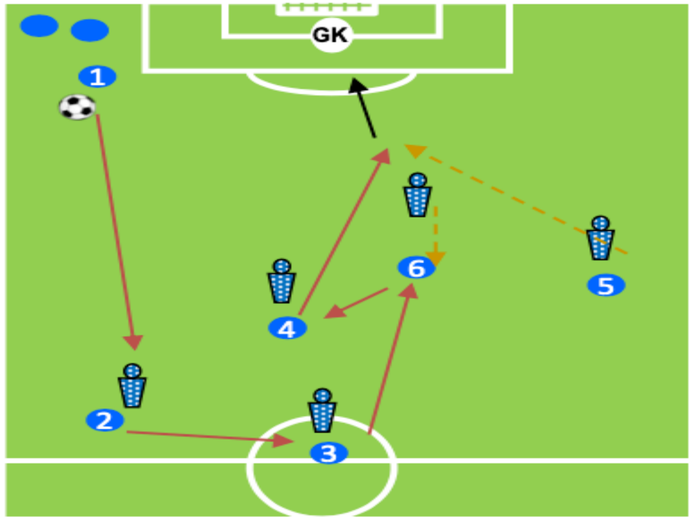
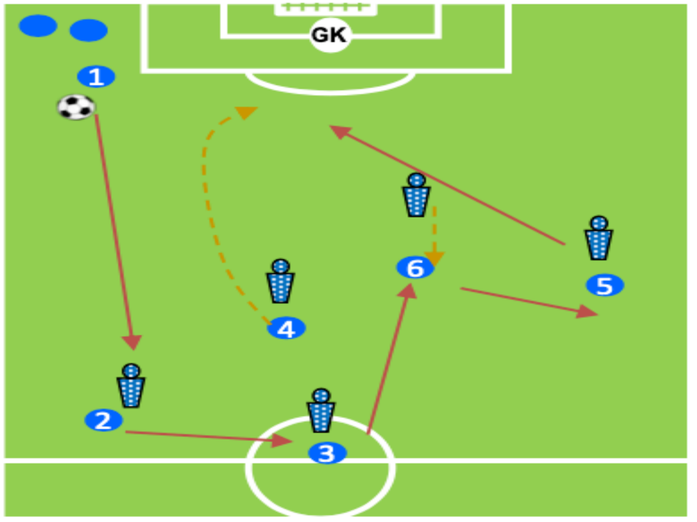


Rules / Objectives:

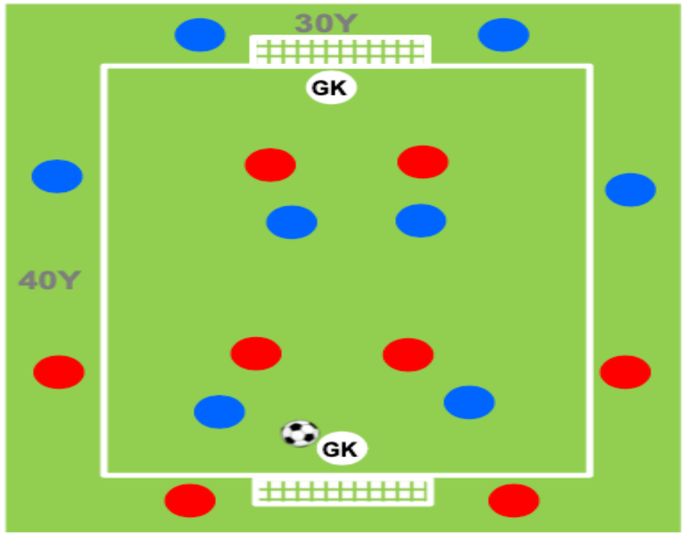
11V11 10 attacks each, coach serves into x who have 15 seconds to score (10v6) once attack is concluded coach serves in again this time they play 10v10.

Key Factors:

- Counter quickly to exploit unbalance
- Patient when balanced

Attacking Pattern	Attacking Pattern	Attacking pattern
		
Rules / Objectives: Passing & movement to give a variety of players goal scoring opportunities. **i) Getting wide players free** X1 plays to x2 who moves away then shows. X2 opens out and plays to x3 who plays a long pass into x6. x6 sets x4 . X5 exploits the space left by x6 and receives a pass from x4. x5 dribbles through gates or strikes at goal. *(All players follow their pass and keep rotating)*	**Rules / Objectives:** Variation (ii): **To get midfield players free** X1 passes to x2 who opens out and passes to x3. x6 comes short and receives a long forward pass from x3. x6 then passes out wide to x5. x4 exploits the space left by x6 and x5 puts him through on goal. **Key Factors:** - Create space for yourself - Weight & accuracy of passes - When to pass to feet and when to play into space - Timing and angles of run	

Attacking



Rules / Objectives:

4v4 with neutral players on the outside who play on one touch.

Key Factors / Pictures:

-Fast break attack
- Playing forwards
- Use of overloads

- lock on stay on
- track runners

Attacking



Rules / Objectives:

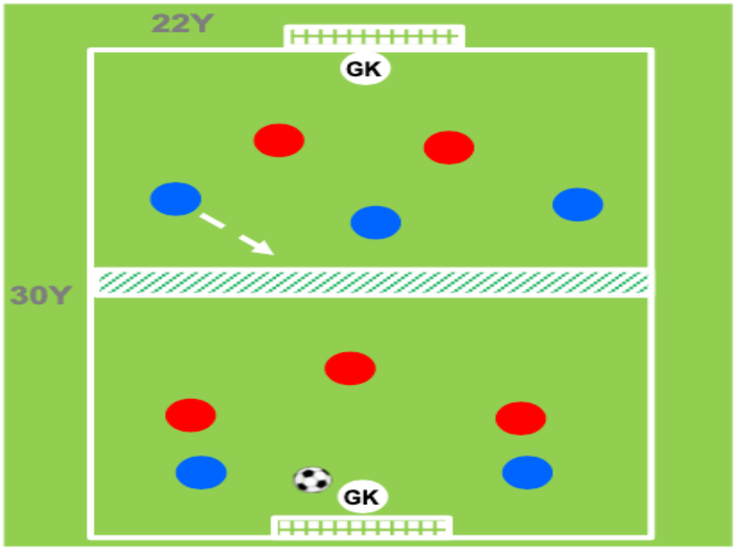
Ball starts with central red who plays square and overlaps, receiving red plays square and overlaps, once these two passes are complete defenders are live. Off side line 20 yards from goal.

Detailed runs: overlap / under lap etc

Key Factors:

- Movement to get free, T & T
-Balance of attack
- Exploit nearest overload (3 sec)
- Find spare man
- Link up / combination play
- Shifting runs to unbalance defence (under laps etc)
- End product

Attacking



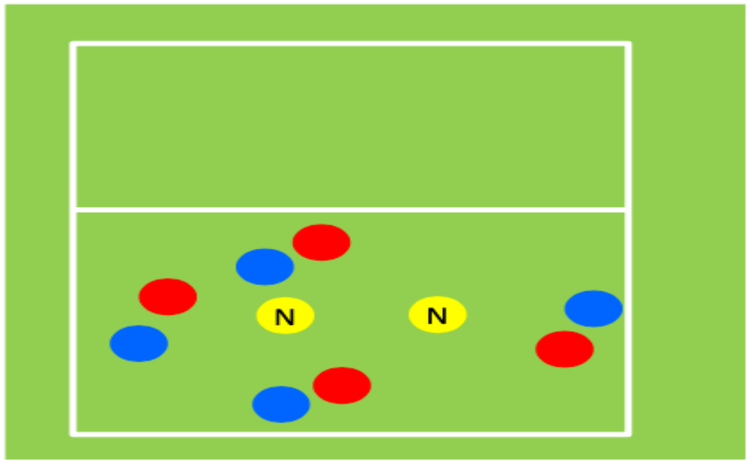
Rules / Objectives:

3v2 in each half of the pitch in the attackers favour divided by no mans land. Defenders can play into no mans land for attackers to receive unopposed (3 sec) or directly into front men.

Key Factors:

- Movement to get free, T & T
-Balance of attack
- Exploit nearest overload (3 sec)
- Find spare man
- Link up / combination play
- Shifting runs to unbalance defence (under laps etc)
- End product

Attacking (counter)



Rules / Objectives:

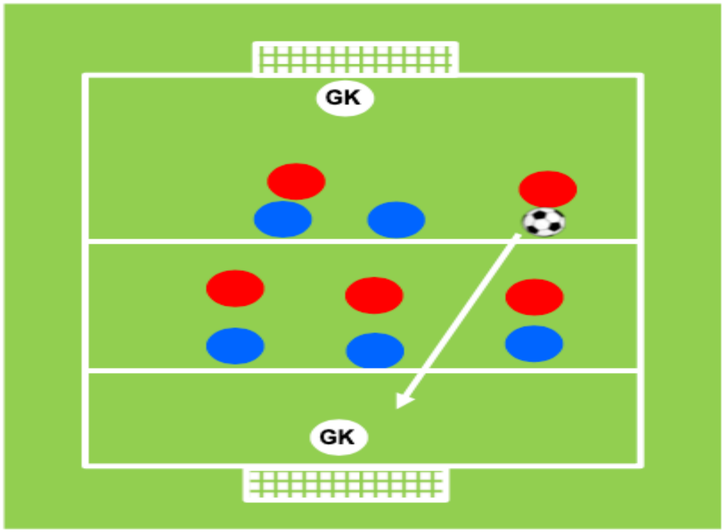
Team in possession complete a minimum of 2 passes before looking to break the line, all players cross the line before continuing in the opposite direction.

Key Factors:

- Forward passing / runs
- timing of movement
- exploit unbalance
- combination play

3 Supporting runs:
Behind Between Beyond

Attacking (counter)



Rules / Objectives:

O plays into GK who plays into attacking o's to attack 3v3 (in balance).

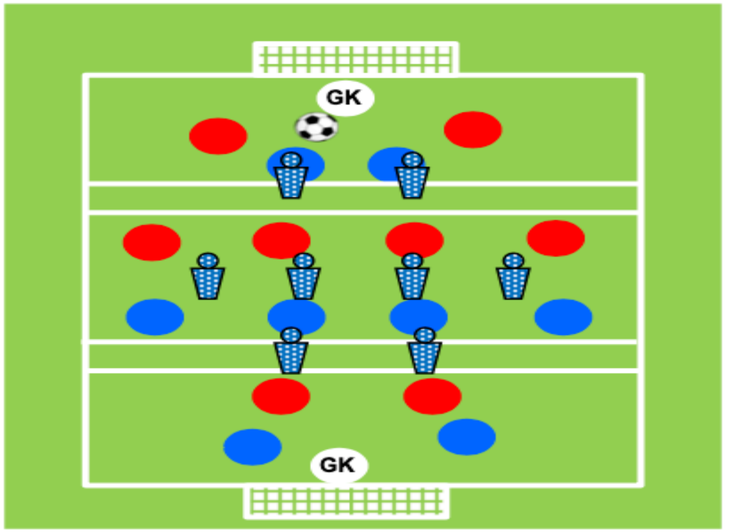
On regain x's attack opposite goal with a supporting player to attack 3v2.

GK can play into his own defenders or attackers.

Key Factors:

- Forward passing / runs
- timing of movement
- exploit unbalance
- combination play

3 Supporting runs:
Behind Between Beyond



Rules / Objectives:

2v2 in each end zone, 4v4 in mid zone. Drop in zone for midfielders (2 touch unopposed) and forwards (defender can press on travel from balls from back half or after 1at touch balls from front half).

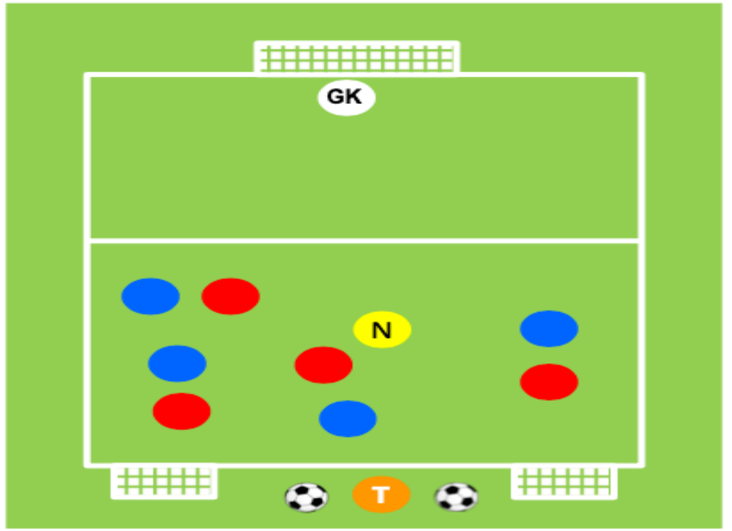
3 touch all over pitch.

Key Factors:

- Forward passing / runs
- timing of movement
- exploit unbalance
- combination play

3 Supporting runs:
Behind Between Beyond

Attacking



Rules / Objectives:

4v4 plus in playing area, C starts with pass into Blues, ball must break line before score (once line broke whole pitch opens up).

Blues attack for 3 minuets, reds can change the direction of the attack, they must play into T who returns pass into area for them to attack and score in either target goal.

Key Factors:

- Limited space Hip and Hide
- Escape the pressure
- Break line – pass, run, dribble, combonations

Attacking



Rules / Objectives:

3v3 in the middle with 3 outer players, central x starts and plays into Os.

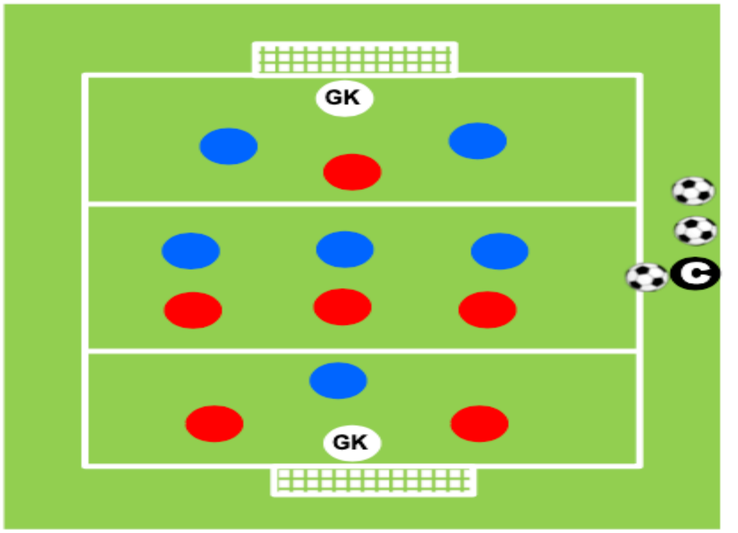
Os attack goal and can use outer players to link (2 touch).

If Ys regain possession they must return ball to central O before attacking.

Key Factors:

- Can you shoot
- If not give it to someone who can / link
- If not go wide

Attacking



Rules / Objectives:

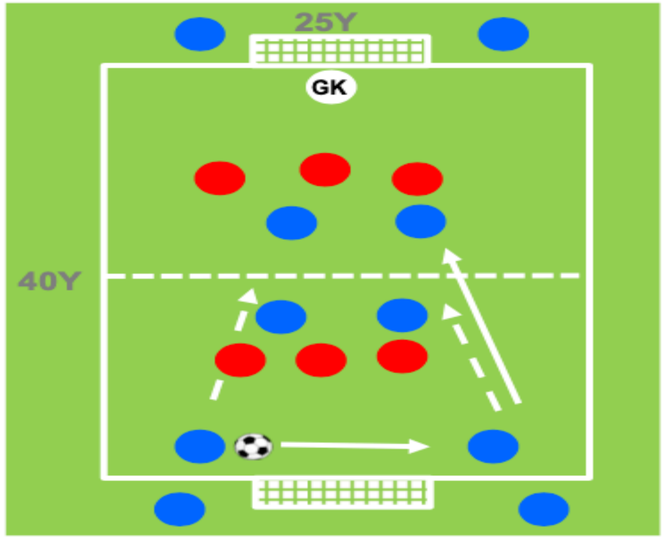
3v3 in the middle section with 2v1 at each end.

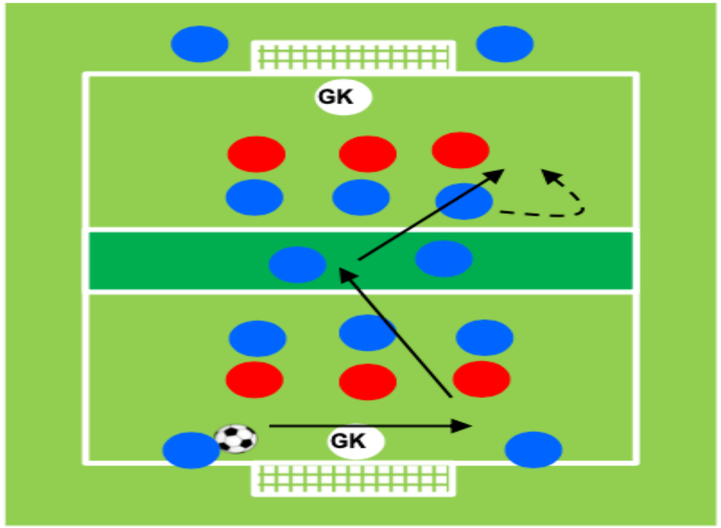
Play starts with coach serving ball into 3v3, players look to play into front man , two players can support to create 3v2 overload.

Progress: allow players to pass to another receiver into the end zone, allow players to run ball in.

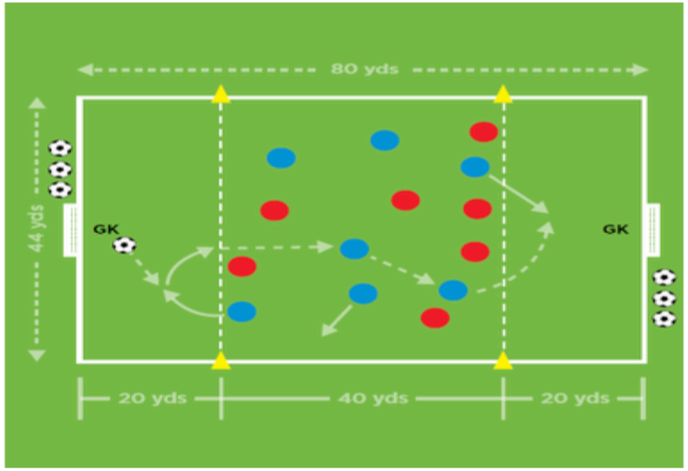
Key Factors:

- Forwards quickly
- Support
- Attacking overloads

Attacking	Attacking	Attacking
		
Rules / Objectives: 2 O's play square, then transfer ball into front men, 2 O's join in to create 5v3, one player must lock out halfway line and can be used to recycle possession. **Key Factors:** - Movement to get free / in behind - Near side movement, far side width - Support runs - Exploit overload - End product	**Rules / Objectives:** Os play square before transferring into front men. Os support to play 4v3 to finish. **Key Factors:** - Receiving skills and lines - support - use of overloads - combos and link ups	

Attacking Play	Attacking Play	Attacking Play
		
Rules / Objectives: 2 blues play square, then transfer the ball into mid zone for blues to receive unopposed 3 touch or 3 seconds. They play into front 3 and support to attack 5v3. **Key Factors:** - Body shape to receive - Creating / Exploiting space (Rotation) - Nearside movement Far side width - 3 in 2 out - Detail of pass		

Attacking Play



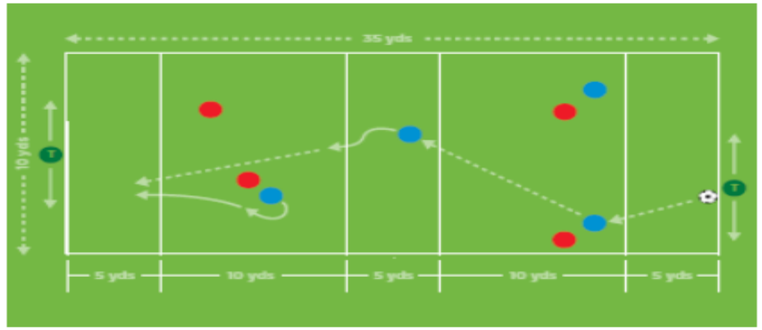
Rules / Objectives:

- Practice starts with: GK rolls ball to an A, who drops deep (unopposed) into end zone to receive & turn.
- Receiving A then carries or passes ball into middle zone.
- A's look to retain possession & make forward pass for runner moving into attacking end zone to strike at goal.
- Off-side applies in end zone.
- D's are not permitted to recover into end zone to challenge A.
- When attack is concluded: practice reverses with A's becoming D's.

Key Factors:

- Support & movement in middle zone.
- Spreading-out/dispersal in middle zone.
- Quick, accurate passing in middle zone.
- Timing of forward runs & turning to receive pass into space in end zones.
- Combination play to create opening for forward run to strike on goal.
- 1v1 skills with GK.

Attacking Play



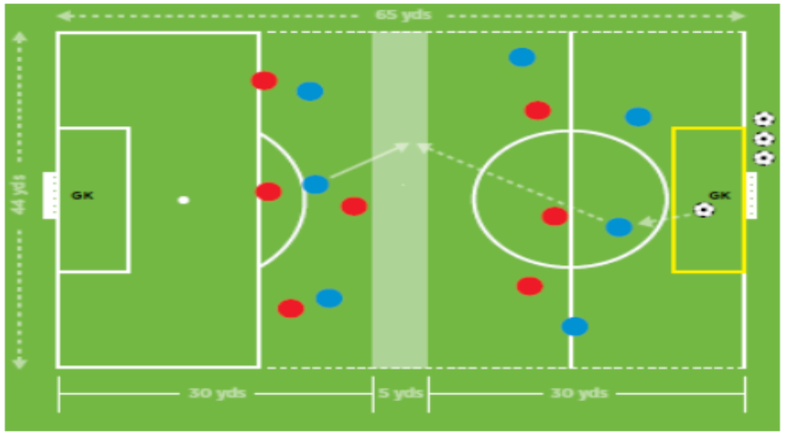
Rules / Objectives:

- Practice starts with: T feeds ball into Attackers who try to play through opponents.
- Supporting player from advanced group can move into free zone, unopposed to receive a get-out pass.
- Receiving player looks to penetrate opponents with a pass into end zone, for team mate running on, to receive.
- Off-side rule applies.
- Sequence is successfully completed with quality pass into T.
- Play resumes in opposite direction, from T player.

Key Factors:

- Early identification of space available.
- Weight & accuracy of pass.
- Intelligent movement & turning.
- Looking forward & behind defence.
- Selecting whether to pass or run with ball to advance play.
- A's pulling D's short, to then get behind.
- Threaten behind to receive to feet & turn.
- Creating & exploiting 1v1 situations using skill & imagination.
- When to use quick play & one touch football.

Attacking Play



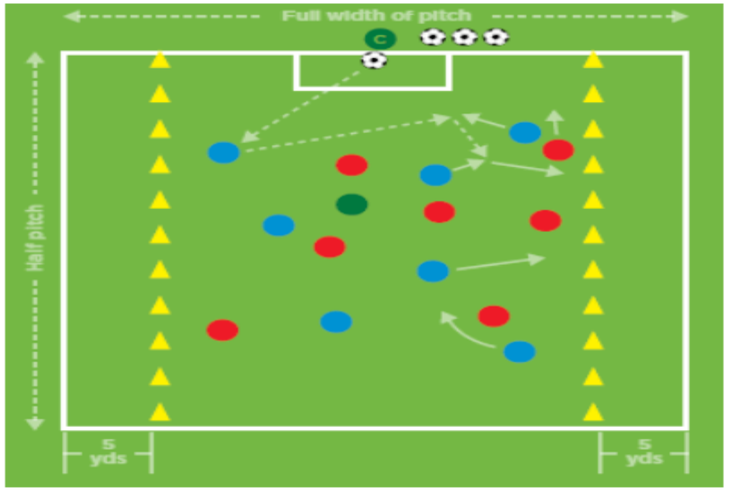
Rules / Objectives:

- Practice starts with: GK rolls ball to D's who play-out from back, with opposing Attackers allowing possession.
- D's (unopposed) look to feed pass into an advanced supporting player, moving unopposed into free zone.
- Receiving player looks to turn and break defensive line with an incisive pass.
- Off-side rule applies.
- Objective is to create goal-scoring opportunities in free play situations.
- Play resumes in opposite direction, from opposing GK.

Key Factors:

- Early identification of space available.
- Weight & accuracy of pass.
- Intelligent movement & turning.
- Looking forward & behind defence.
- Selecting whether to pass or run with ball to advance play.
- A's dragging opponents tight, to then run behind.
- Threaten behind to receive to feet & turn.
- Creating & exploiting 1v1 situations using skill & imagination.
- When to use quick play & one touch football.

Attacking Play Counter attacking



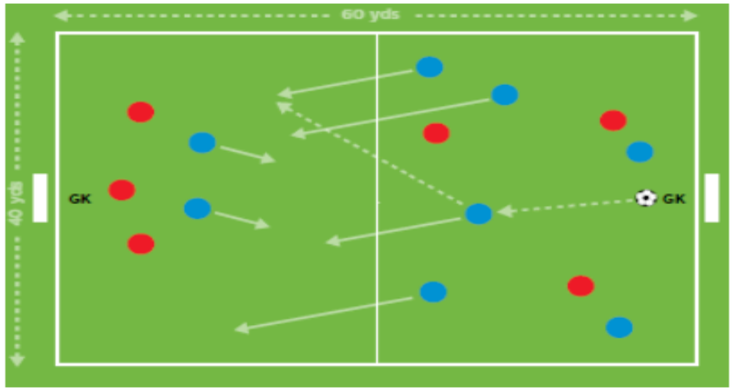
Rules / Objectives:

- Practice starts with: Coach passes into practice area, to either team.
- A's look to keep possession & look for opportunity to get ball into opponent's end zone.
- Passer must make forward run until team mates have achieved 2 consecutive passes elsewhere.
- On loss of possession: D's look to quickly break forward, using F as an initial target player & advance play quickly to other end & score by running ball into opposite end zone.
- After counter-attack attempt: Coach restarts practice by feeding into previous counter-attacking team & roles are reversed.

Key Factors:

- Quick reaction to movement of players to initiate counter-attack.
- Looking to get behind opposition with runs & well-placed passes.
- Intelligent use of possession, movement & individual skills, on & off the ball.
- D's deny space & delay progress, looking for opportunities to intercept, spoil & initiate counterattack from regains of possession.

Attacking Play Counter attacking



Rules / Objectives:

- Practice starts with: GK rolls ball-out to attacking team which has a 6v3 numerical advantage in its own half.
- In attacking half, there are 2A's v 3D's, A's, in possession pass-out from back.
- 4A's advance into opponents half to make 6v3 in attacking half.
- Half way serves as off-side line, with A's only able to cross into attacking half once ball has been played into space.
- Objective of game is to move advancing A's rapidly into D's half, bringing A's into game & get early strikes on goal.
- Play resumes in opposite direction, from GK, using same playing numbers.
- One team has a period of attacking (to & from both ends), before players re-organise to share roles (& understanding).

Key Factors:

- Determine length of time to retain possession before releasing first breaking A (with supporting runners) into D's half.
- How to time runs from MF areas.
- Angle of runs & passes into opponents half, including when & where to release forward pass.
- A's timing their movement to link-in with advancing support players.
- How to change tempo of attacks.

Attacking Play Counter attacking



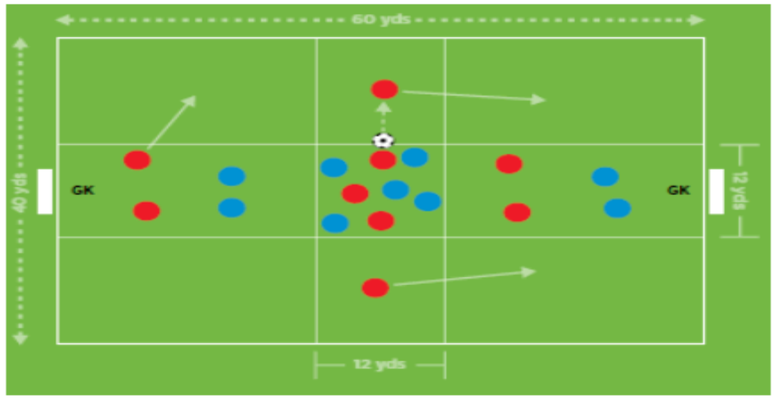
Rules / Objectives:

- Teams are arranged 4v4 in centre zone, 2v2 in opposite half.
- Practice starts with: an attacking player serves into GK from wide position.
- This player then recovers to establish a good marking position in 2v2.
- GK distributes ball to A team, who attack his goal.
- D's work to nullify the attack & on gaining possession, initiate counter-attack through playing quickly into strikers or breaking from defensive areas with 2 players able to support the counterattack unopposed.
- The team has 10 seconds to create a goal scoring opportunity & shoot on goal.

Key Factors:

- Speed of initiating attack after gaining possession.
- Accuracy & speed of the passing over ground.
- Timing & speed of supporting runs from players breaking forward.
- Moving forward quickly with ball under control.
- Assessing play whilst moving quickly with ball.
- Inter-play & movement of forwards (in 2v2 situation).

Attacking Play Counter attacking



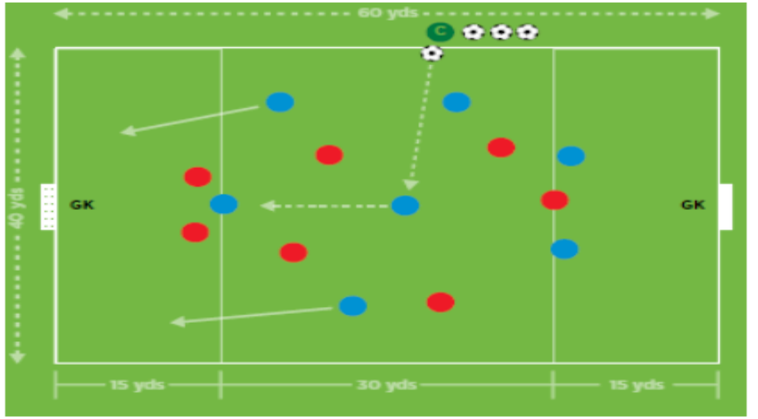
Rules / Objectives:

- Teams arranged 5v3 in centre zone, 2v2 in each central end zone & 1 wide player in each central wide zone.
- Practice starts with: 5 Attacking central players keep possession against 3 Defenders.
- Once 3D's gain possession, they release a wide player & build a quick attack from flank, or play into strikers early.
- Further options include: use team mate released from marking duties as support, pulling-off into wide defensive zone.

Key Factors:

- Releasing pressure with early pass to supporting wide player(s).
- Moving forward quickly with ball under control.
- Assessing play whilst moving quickly with ball.
- Timing of runs of players in advanced positions.
- Inter-play & movement of A's (in 2v2 situation).
- Weight & quickness of forward passes.
- Timing & speed of supporting runs.

Attacking Play Counter attacking



Rules / Objectives:

- Practice starts with: ball served into central zone by coach and receiving team initiates attack by playing into lone striker.
- Two Attacking MF's can be released into end zone to create 3v2 & support front player, working to create goal-scoring opportunity.
- If D's gain possession: they transfer ball into central zone, for their team mates to initiate attack via their lone striker.
- A's supporting MF's are able to recover into central zone to challenge.
- Practice is reset when ball goes dead.

Key Factors:

- Passing & support play in central zone, looking for opportunity to pass forward.
- Timing of runs from MF to support from behind; to side & in advance of lone striker.
- Angles & distances of support behind & moving ahead of the receiver of ball.
- Striker securing possession & holding-up play giving time for MF's to make ground to support.
- Striker looking for opportunity to turn D's, to threaten goal or play through pass to running MF player.

Attacking Play Counter attacking



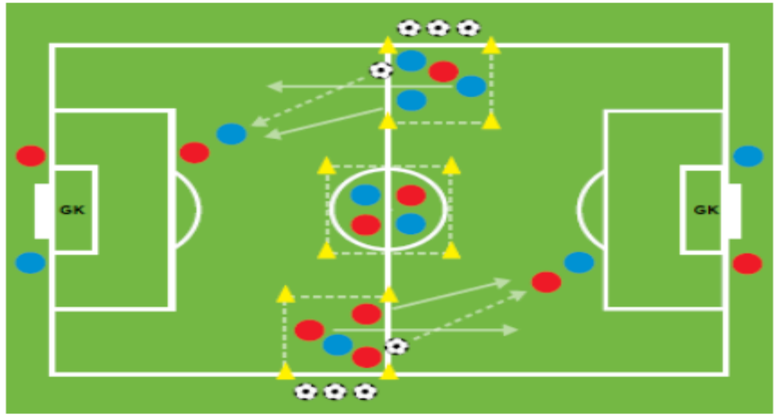
Rules / Objectives:

- Practice starts with: Coach passes into central area, to attacking team.
- A's look to keep possession for 5 consecutive passes before playing into front players.
- Strikers spread ball to flank, for winger to dribble & cross into penalty area.
- If D's gain possession: they can move ball to flank quickly to counter-attack (do not require 5 passes in central area).
- One MF player from central area can attack goal, looking to receive cross with strikers, making third player in opponent's penalty area.
- Coach restarts practice by feeding into other team & roles are reversed.

Key Factors:

- Precision & quality of passing & support play in MF area to achieve 5 consecutive passes.
- Intelligent use of possession, movement & individual skills, on & off the ball.
- Early recognition of supporting strikers to 'show' for ball out of MF area & combine.
- Quick reaction to movement of players to initiate counter-attack.
- Quick change of attacking to defending & defending to attacking attitude from players.
- Looking for timely runs & well-placed passes to quickly penetrate opposition on counter-attack.
- Concentration & assessment of build-up play in advanced positions to receive break-out passes from MF & counter-attack areas of the pitch.

Attacking Play Counter attacking



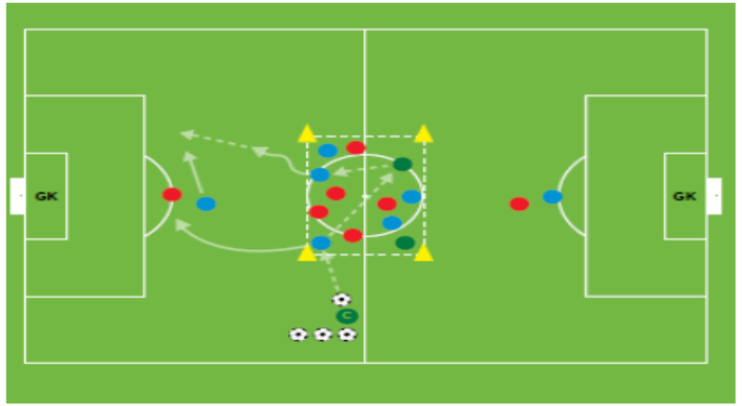
Rules / Objectives:

- Practice starts with: 3v1 in each wide box, with players keeping possession whilst looking for passing opportunity into striker.
- Once ball is played to striker: 2 players break from box to support, creating 3v1.
- 2 players from centre circle move into wide box to balance numbers & renew 3v1.
- If D's win possession, ball is transferred (unopposed) to either wide box to continue practice.
- MF's recover to centre circle.
- A & D alternate with 2 players waiting by goal after each attack.

Key Factors:

- Striker adjusts position to be in range of quality passes from wide box.
- Timing of movement to receive exit pass.
- Recognition of action required on first touch (hold-up or release to support player)
- Execution of link-up play & actions after releasing ball to support player.
- Striker looking for opportunity to turn D to threaten goal or play through pass to running MF player.
- Observation of opportunity to play ball forward from box.
- Nature & quality of pass from wide box.
- Execution of forward passing.

Attacking Play Counter attacking



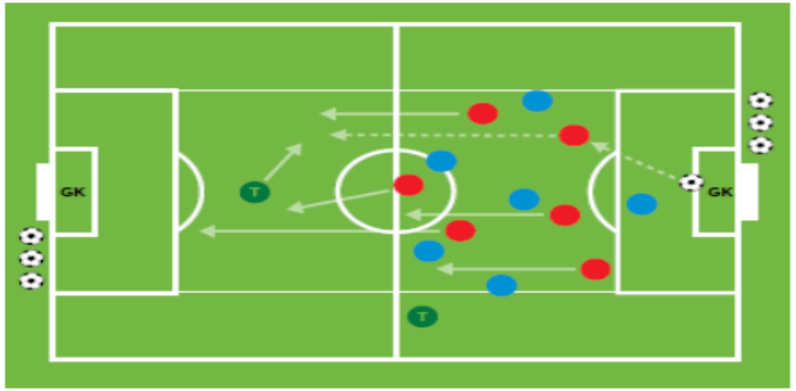
Rules / Objectives:

- Initial objective is for one team to keep possession in area for 5-6 passes, before looking to play into or behind (a marked) A who starts centrally, approx. 20yds from goal.
- With exception of player making pass to A: any player can break from central area to quickly support (creating 2v1) to achieve strike on goal.
- If D wins possession: he can quickly supply his team in central area and they break forward to counter-attack their opponents goal.
- When play breaks down: practice recommences with same start position, with play building towards opposite goal.

Key Factors:

- Precise control to enable MF's to play with head up & assess opportunity to play into A with quality & accuracy.
- Early recognition of pass required to play into or behind A.
- Timing & nature of quick support.
- Finishing & following-up for rebounds.
- Execution of link-up play & actions after releasing ball to support player.
- Intelligent movement of A to create space to receive.
- A retaining individual possession & holding-up play for MF's to make ground.
- A looking to turn D & threaten goal with 1st. touch control.

Attacking Play Counter attacking



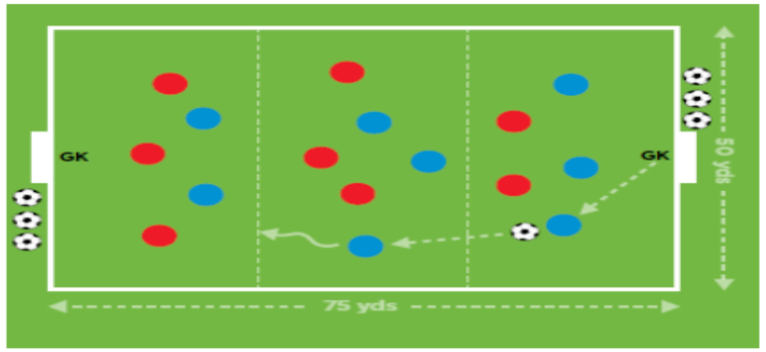
Rules / Objectives:

- Players arranged 6v6 in defensive half, with 1 Target player in opposite half & 1 player starting on side of pitch on halfway.
- Practice starts with: GK rolls ball out to Defender.
- Objective is to keep possession in deep area before looking to play into T in opposite half, or run ball into opposite half before linking-up with T.
- Once T is found: 6D's move into opposite half to combine and score past GK.
- When objective is achieved: player on outside of practice area becomes T at opposite end and play is resumed with same arrangements.

Key Factors:

- T looking to adjust position to remain in range of build-up play.
- Recognition & execution of appropriate techniques to move & receive possession from build-up by T.
- T assessing need to hold-up play with individual skill, or release early to quick supporting player(s).
- Quality & variety of receiving & passing skills in build-up play.
- Timing of release of forward pass to target player & runs to offer support.
- Maintaining momentum of attack through support from side, behind & in front of player in possession in build-up play.

Attacking Play Counter attacking



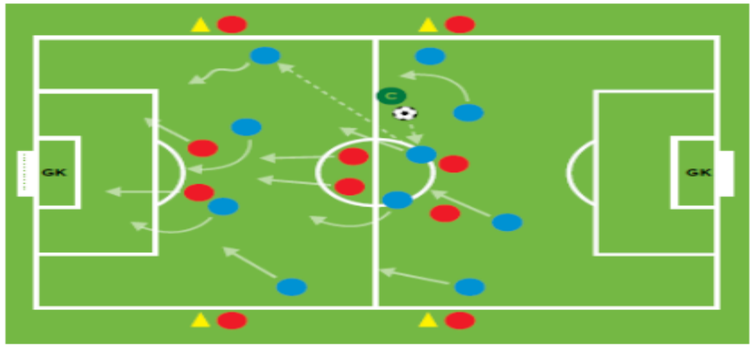
Rules / Objectives:

- Practice is developed by requiring teams to score a goal past GK, but from shots on goal delivered only from mid & defensive thirds.
- Forwards look for rebounds to score.
- On regaining possession in middle zone: teams have 8 seconds to shoot on goal; 12 seconds from regains in defensive third.

Key Factors:

- Early pressure by opponents can be applied in initial start to practice when ball can be delivered from anywhere into GK's hands in order to score.
- When opponents can only score from either middle or attacking thirds of area: defending team should drop to edge of middle third & defend later, before counter attacking.
- On gaining possession: counter-attacking team movement & player dispersal ahead of ball.
- Accurate, quick & incisive forward ball movement to get into shooting range.
- Support for the counter-attack from players moving off the ball.
- Individual concentration from players supporting counter-attack from behind to safeguard any potential opposing counter-attack moves, on breakdown of play.
- Focus on quick direct counter-attacking.
- If counter-attack is denied: re-establish possession & retain team possession.

Attacking Play Counter attacking



Rules / Objectives:

- Practice starts with: ball fed by coach into MF pair (opposed by their opposite numbers) within centre circle.
- MF's feed available wide or central strikers & team has 8 seconds to strike at goal.
- After quick attack: 4D's from outside the area quickly enter pitch.
- Possession is immediately fed (by coach) into attacking team's central MF's & normal build-up game play develops.
- At conclusion of slower build-up with a goal being scored, original counter set-up is re-established.
- Play continues on any loss of possession in slow build-up or quick attacks.
- Whichever team takes possession: objective is to produce a strike at goal either quickly or in a slower attack.

Key Factors:

- On taking possession: move play forward as early & quickly as possible with a pass or run.
- After A's first touch: attack centrally as quickly as possible to produce a strike on goal.
- Examine movement off ball to receive passes to conclude counter-attack.
- Slow-build-up play needs to focus on dispersal of players as a team and as units.
- Movement of supporting players to ensure possession in build-up play.
- Decision-making, accuracy, variety of passes & passing tempo in possession during slow build-up.

Attacking Play Counter attacking



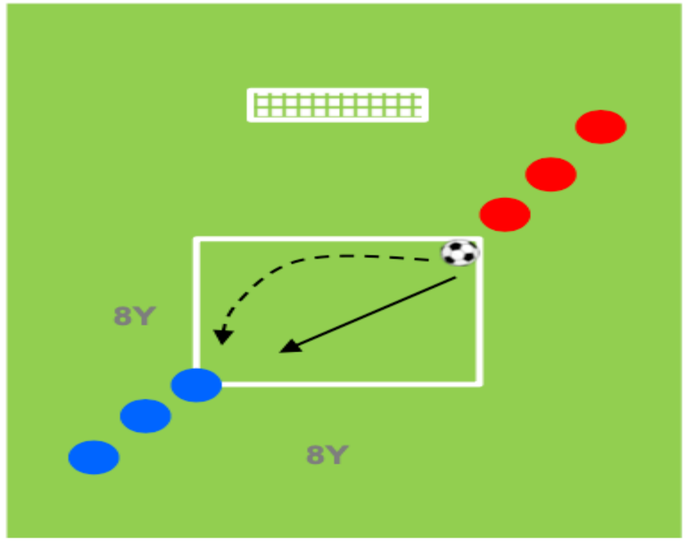
Rules / Objectives:

- Inside defensive area, 2 banks of 4 Defenders line-up against 3 Forwards.
- A team has 3MF's who start in central zone, unopposed.
- Practice starts with: ball fed by coach into 3MF's, who proceed to attack the 8D's (6v8).
- D team has 1 player in centre circle & 1 (opposed) CF in opposite attacking zone.
- When D team gains possession: objective is to quickly play into free player in central zone or the furthest A with support of 3 players from back.
- Off-side rules apply.
- MF's are able to recover to combat counter-attack.
- Counter-attacking team has 12 seconds to achieve shot on goal.

Key Factors:

- On gaining possession: move play forward as early & accurately as possible.
- If D's gain possession: run ball out from back & players ahead of ball make intelligent runs to become outlets for passes if needed.
- When moving forward on counter-attack: defence move forward, retaining compactness to ensure security against breakdown in play.
- Ensure accuracy of passes that may need to be released whilst moving at speed.
- Any counter-attack must finish with a strike at goal.

Defending Play



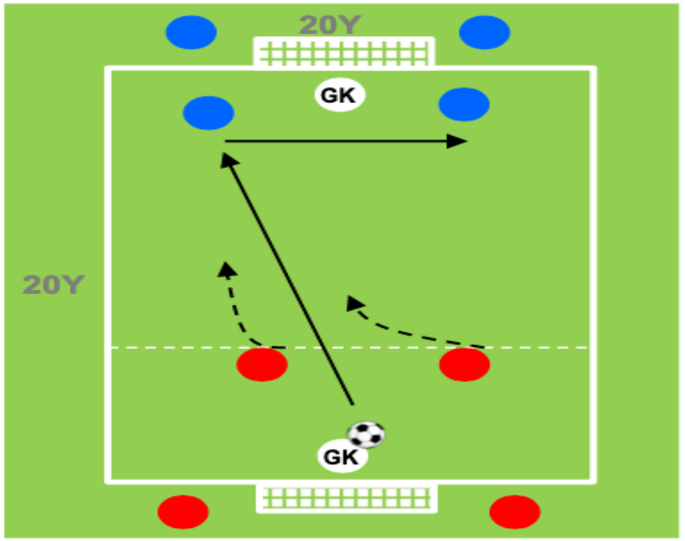
Rules / Objectives:

Defending 1v1, y plays across to x and presses. X has 3 seconds to get shot off at goal from inside the square. Players join the back of the opposite cue.

Key Factors:

-Line of press (into line, down the line)
- Breaks and body shape
- Mirror / match footwork
- Blocking technique (head still, block in front of ball)

Defending Play



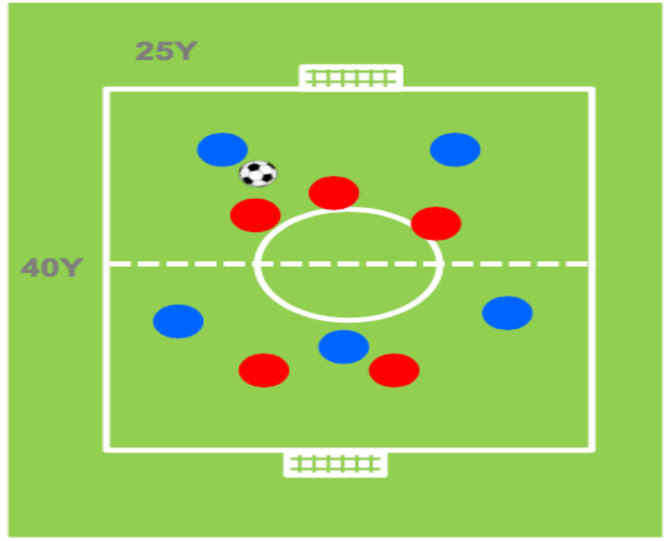
Rules / Objectives:

Defending 2v2, gk starts with ball and serves across to attackers. Attacking players play square before attacking. Goals can only be scored in attacking half.

Key Factors:

- Into line
- Press on square pass
- Balance and Cover
- Defending with patients

Defending Play



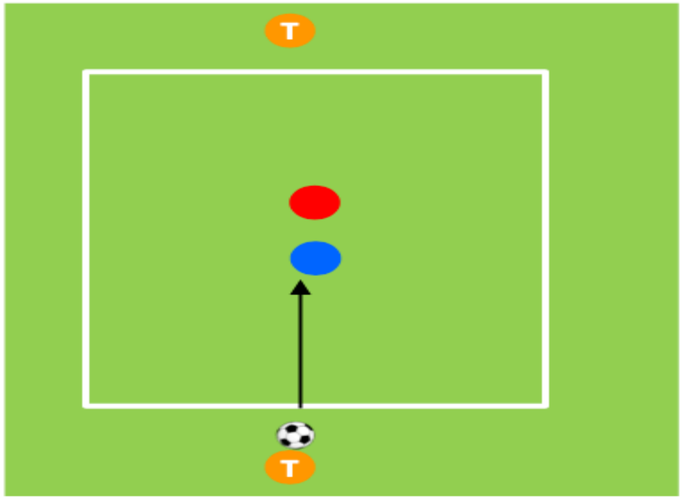
Rules / Objectives:

Coach to Improve Defensive & Offensive Transition play. The playing area is split into 2 halves with 3v2 in each half. The 3 attackers aim to score against the 2 defenders, when they score all 3 players must quickly retreat to the centre circle as shown. Now the 2 players that were originally defending have to get the ball into their 3 attacking plays in the opposite half who must score against the 2 defenders.

Key Factors:

- Quick retreat & re-organisation
- Understanding of roles in transition period

Defending Play



Rules / Objectives:

1v1 defending from behind, T player serves into x who attempts to play to opposite T.

Key Factors:

- Start position (ball side, goal side)
- Press on travel of ball
- Can you step in?
- Distance
- Delay

Defending Play



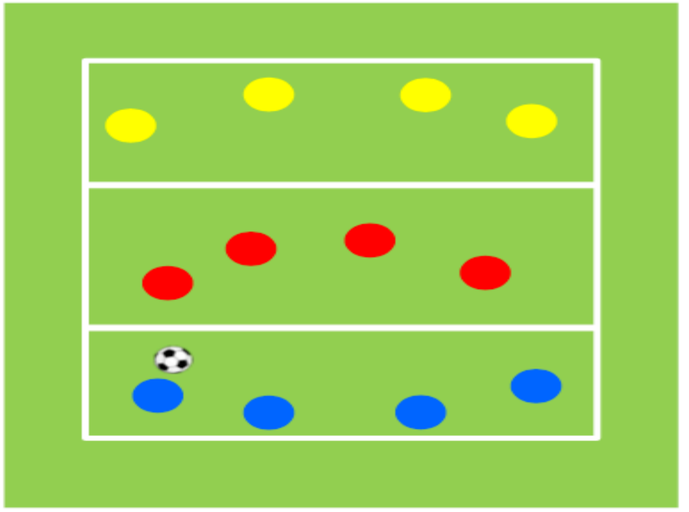
Rules / Objectives:

4v4, one team attacks central goal with the other team 2 target goals. Swap ends every 4 minuets.

Key Factors:

- Force play away from your goal
- Team defending central goal press
- Team defending target goals drop and delay

Defending Play



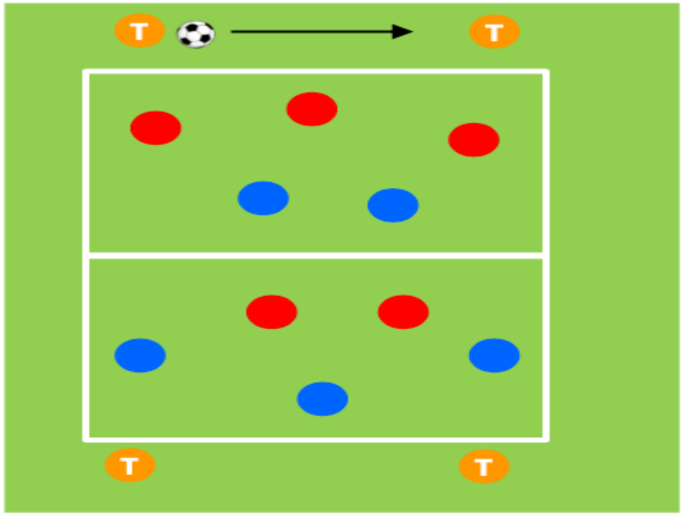
Rules / Objectives:

3 teams of four, team in the middle attempt to prevent ball being transferred through to either end team.

Key Factors:

- Pressing lines and shapes (Nike tick etc.)
- Distances
- Adjust as ball moves (read kicker)
- Drop on kicking foot

Defending Play



Rules / Objectives:

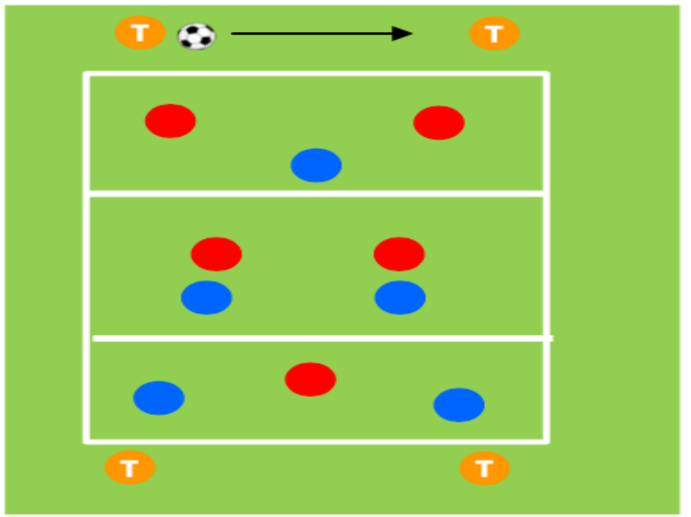
T play square and then in to xs, xs must break half way line before can score.

Os can send one player in to make 3v3.

Key Factors:

- Press or delay
- Pressing triggers
- Back up pressing wave
- Type of regain

Defending Play



Rules / Objectives:

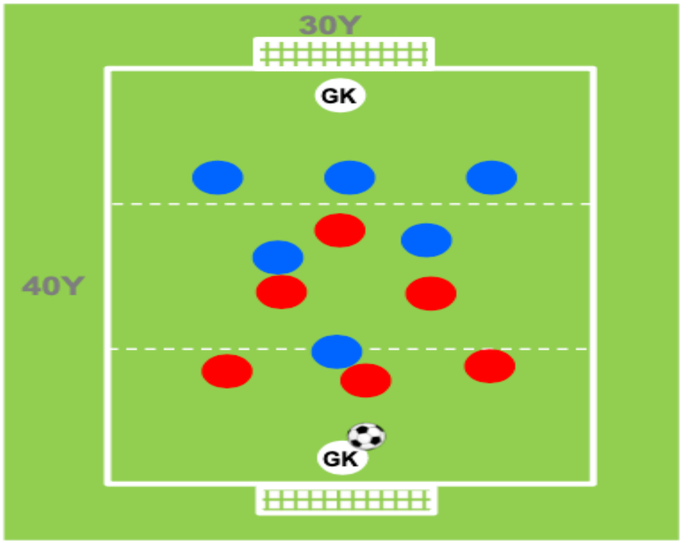
T play square and then in to xs, xs can score from anywhere.

Os can send players forward to match.

Key Factors:

- Press or delay
- Pressing triggers
- Back up pressing wave
- Type of regain

Defending Play



Rules / Objectives:

6v6 in playing area, cones are used for either 2/3 pitch press or 2/3 pitch sag.

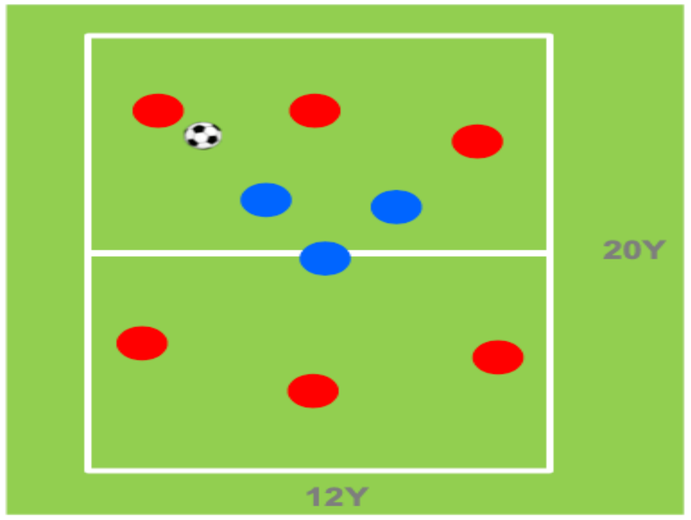
If you score and all player are in attacking 2/3 you score 2 points.

Key Factors:

- Press or delay
- Pressing triggers
- Type of regain

Defending	Defending	Defending
		
Rules / Objectives: 2 rs play square before transferring ball into to O's. Xs defend 2v2, if win ball back they play across to rs and defend, rs score by running ball over half way line. **Key Factors:** - Press - Distance - Defending technique - Ball and man	**Rules / Objectives:** 3v3 in playing area, C starts with pass into os, ball must break line before score (1v1 only in end zone). **Key Factors:** - Ball and man - Edge / press - or delay - Track runs	

Defending Play



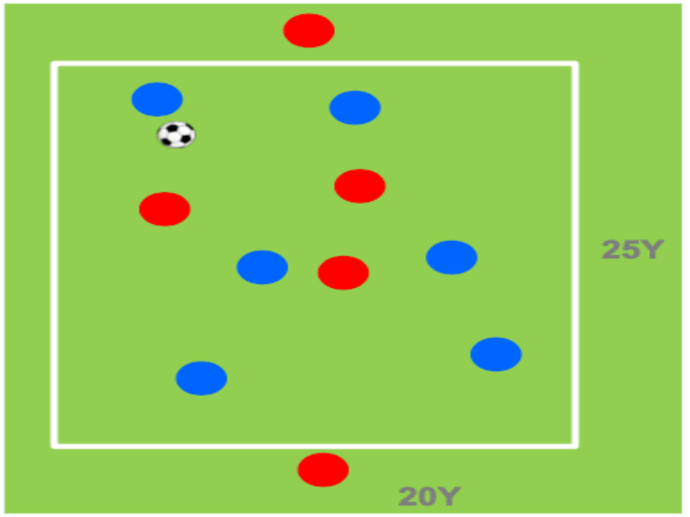
Rules / Objectives:

6v3, defending team set up with 2 pressing and 1 screening. O's must complete at least 2 passes before transferring ball across to O's in opposite half. X's look to prevent.

Key Factors:

- Press or delay
- Compactness and blocking forward routes
- Pressing triggers
- Show inside or outside
- Defending techniques, block, tackle etc
- Communication
- Transition

Defending Play



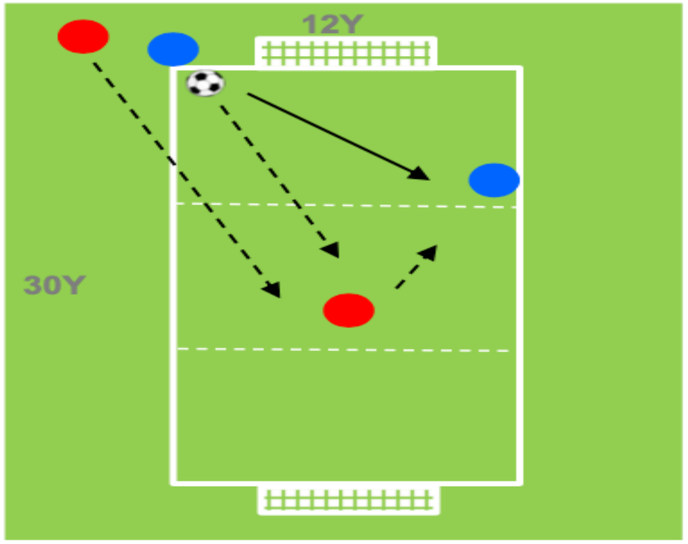
Rules / Objectives:

6v4, defending team leave 2 players on outside end lines. X's look to retain possession, when O's regain they must transfer ball to either player on outside, X's send 2 players out to replace them and O's play 6v4 .

Key Factors:

- Press or delay
- Compactness and blocking forward routes
- Pressing triggers
- Show inside or outside
- Defending techniques, block, tackle etc
- Communication
- Transition

Defending Play



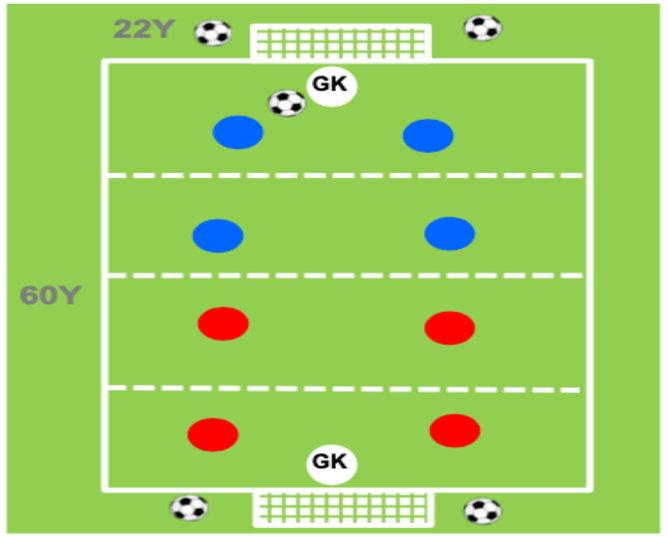
Rules / Objectives:

X serves X and joins in to make 2v1, recovery O may can defend on attackers first touch. Game is ended with a goal or when ball goes out of play.

Key Factors:

- Press or Delay
- Force to an advantage
- Recovery run how and where
- 2v2 principles

Defending Play



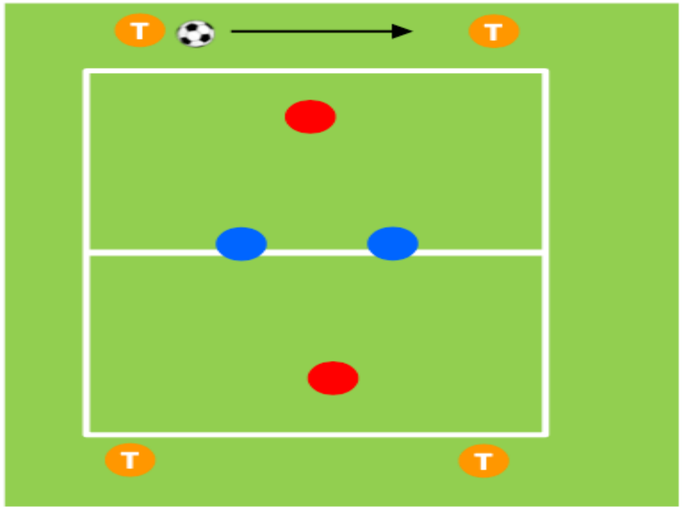
Rules / Objectives:

4v4 in playing area, team out of possession can only defend in one half of the pitch. This will encourage the development of defending deep and pressing high.

Key Factors:

- Press or delay
- Compactness and blocking forward routes
- Pressing triggers
- Defending techniques, block, tackle etc
- Communication
- Transition / Counter attacks

Defending Play



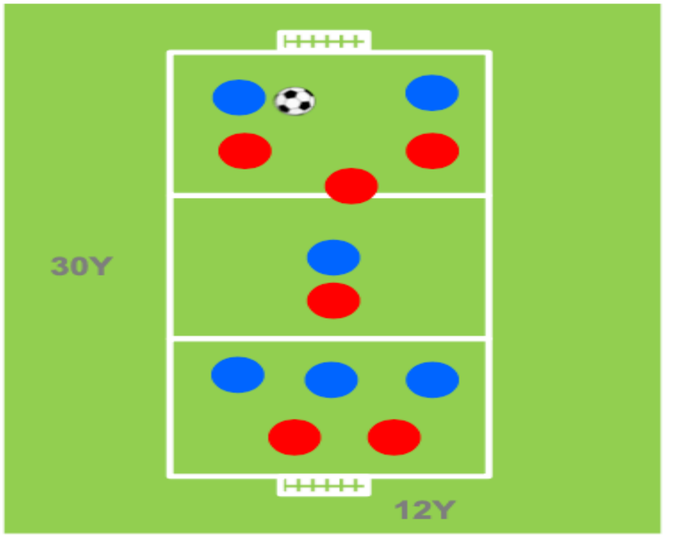
Rules / Objectives:

T must play square at least once before looking to play into either x , O's must prevent ball getting transferred to opposite T's.

Key Factors:

- Compactness and blocking forward routes
- Pressing triggers
- Defending techniques, block, screening, tackle etc
- Communication
- Transition

Defending Play



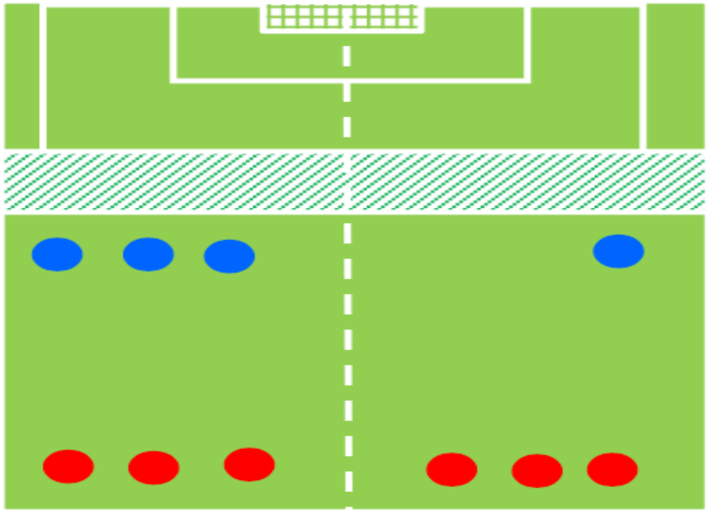
Rules / Objectives:

3 zone game, when ball in defending zone one attacking player must drop off and defend line.

Key Factors:

- Screening skills
- Defending from behind
- Defending unbalanced (against overloads)

Defending Play



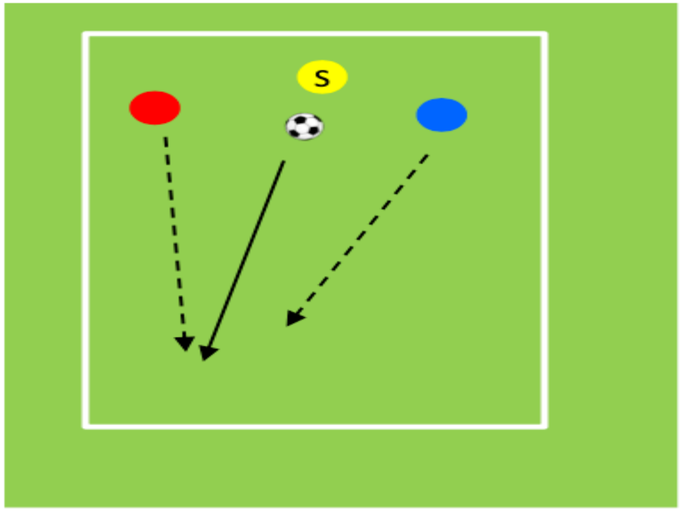
Rules / Objectives:

Defend 3v3 in ¼ of pitch, ball can be transferred across to opposite x's, two centre backs slide across to make 3v3. X's score by running ball over end line.

Key Factors:

- Pressing and defensive shape

Defending Play



Rules / Objectives:

Server rolls ball into area, Attacker attempts to turn and transfer ball back to server.

Key Factors:

- Press on travel of ball
- Distance
- Delay
- Timing of technique

Defending Play



Rules / Objectives:

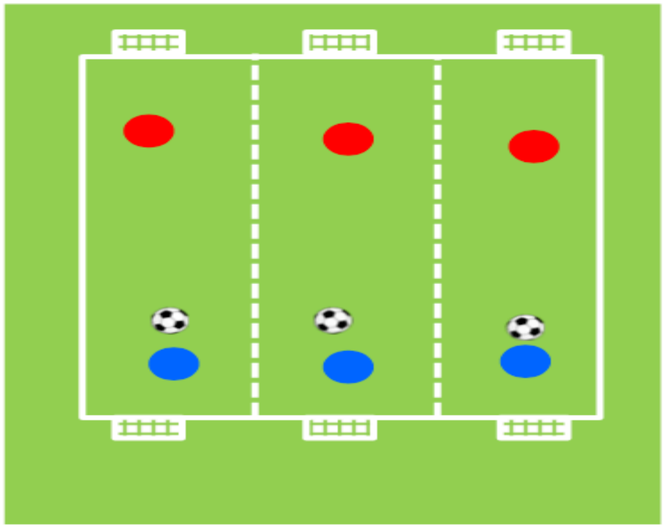
Defending in the penalty area.

All players 1v1 in their zones. Server plays into x's and they attack 3v3.

Key Factors:

- Distances
- Blocks
- Tight in Box (emergency defending)
- Touch tight when facing away

Defending



Rules / Objectives:

1v1 to start, x plays to o and defends.

Progress to 3v3, players can still only play in their own zones.

Key Factors:

- Press
- Breaks
- Body
- Patience
- Technique of regain
- Balance and cover

Defending



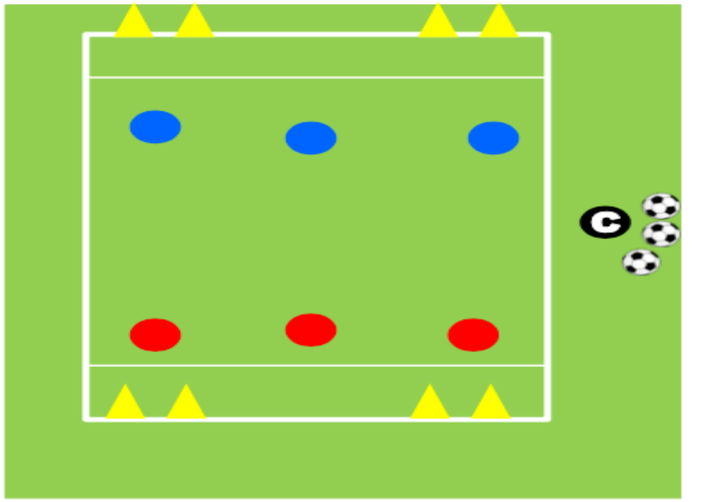
Rules / Objectives:

1. Can chip into T hands from anywhere
2. Must score from mid / end zone

Key Factors:

-Press or delay
- Compactness and blocking forward routes
- Pressing triggers
- Defending techniques, block, tackle etc.
- Communication
- Transition / Counter attacks

Defending



Rules / Objectives:

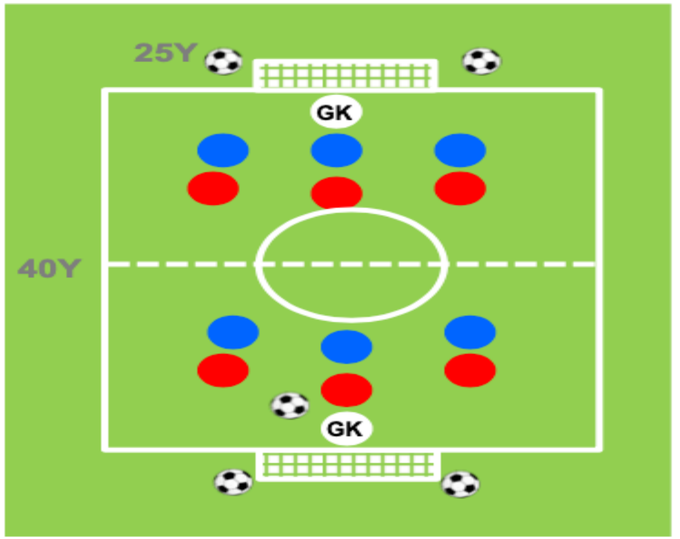
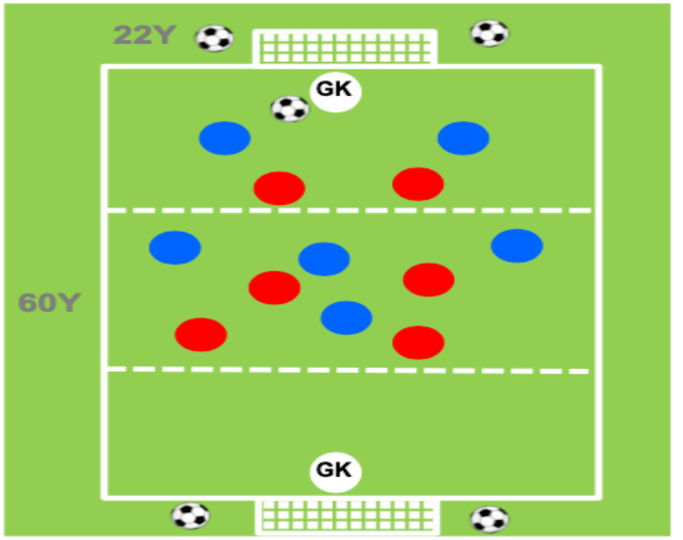
3v3 in playing area, score by:

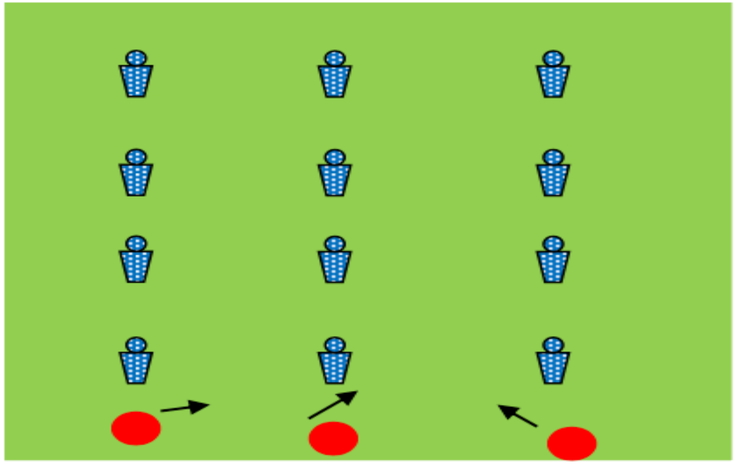
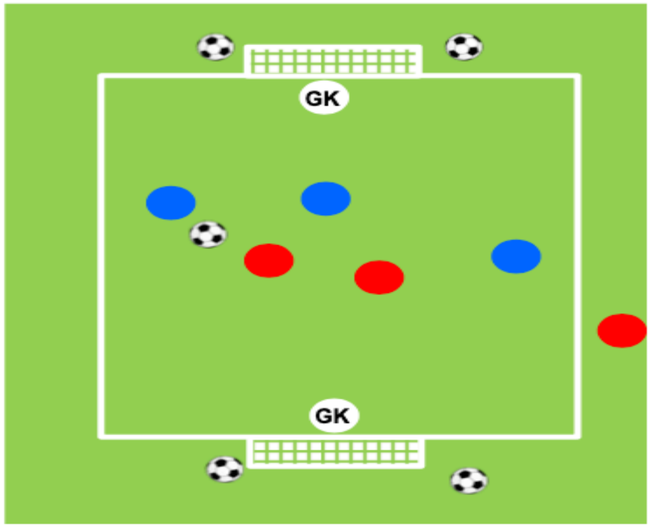
Game 1 running through end zone / receiving pass in end zone.

Key Factors:

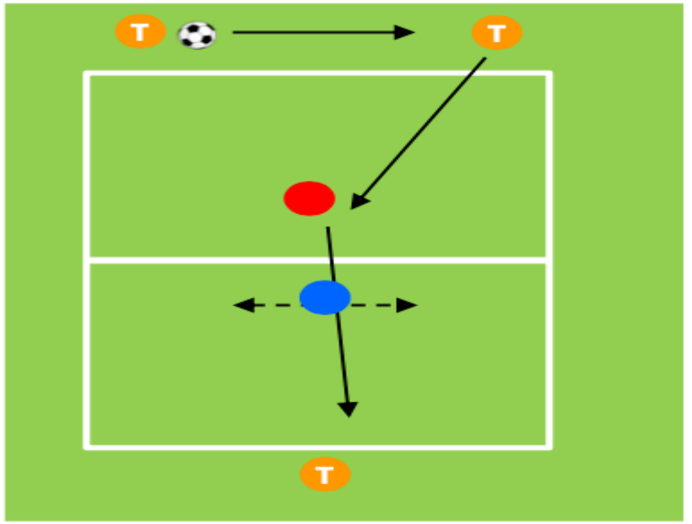
- Press, Balance, cover
- Track runners
- Defending technique

1) Players on sides
2) Players on side – and player at end to play off

Defending Play	Defending Play	Defending Play
		
Rules / Objectives: Coach to Improve Defensive & Offensive Transition play. The playing area is split into 2 halves with 3v3 in each half. The 3 attackers aim to score against the 3 defenders, when they score all 3 players must quickly retreat to the centre circle as shown. Now the 3 players that were originally defending have to get the ball into their 3 attacking plays in the opposite half who must score against the 3 defenders. One front man can drop into circle to receive. **Key Factors:** - Quick retreat & re-organisation - Understanding of roles in transition period - Pressing rules / triggers	**Rules / Objectives:** SSG - 6v6 defend can either defend top and mid 1/3 (press high) or defend mid and back 1/3. **Key Factors:** - Press - Regroup	

Defending Play	Defending Play	Defending Play
		
Rules / Objectives: Players press the mannequins in groups of 3. Middle man leads and presses/shows to one side the other two players take their shape off middle man. **Key Factors:** - Balance - Cover - Support	**Rules / Objectives:** 3v3, team out of possession drops one player off the pitch in order to defend against an overload. **Key Factors:** - Press or delay - Force a 1v1 or 2v2	

Defending Play (Screening)



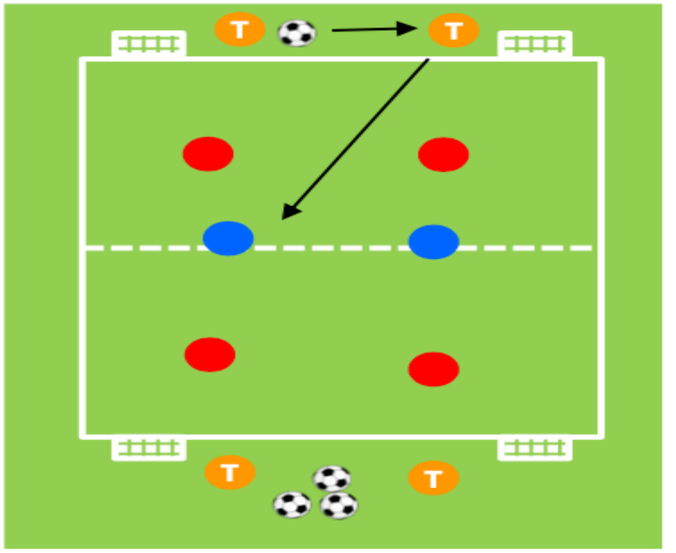
Rules / Objectives:

T players play square and attempt to play into 0 who in turn plays to opposite T player, x must try and deny any forward play. End T can give information to x.

Key Factors:

- Screening positions
- Blocking forward routes
- Defending 1v1
- Communication

Defending Play (Screening)



Rules / Objectives:

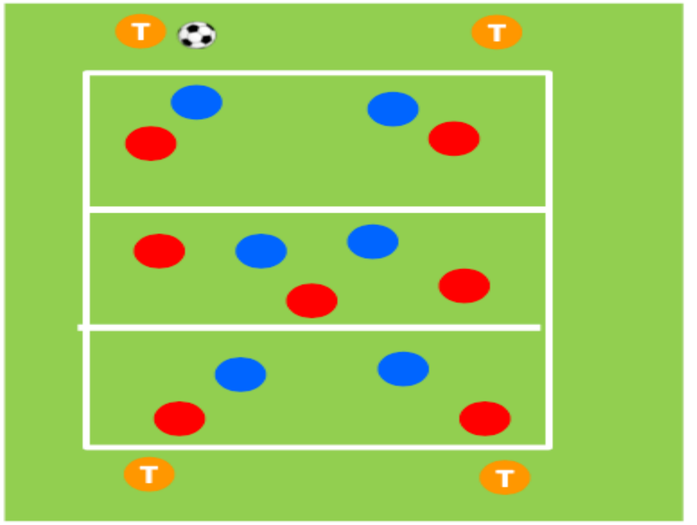
Target players play square and play and into x, x's try to play into end x's who must bounce pass off T before can score. O's look to deny forward play (screening etc) and can recover when ball breaks their line.

If O's win they can score at goal.

Key Factors:

- As in previous
- Transition play
- Recovery runs

Defending Play (Screening)



Rules / Objectives:

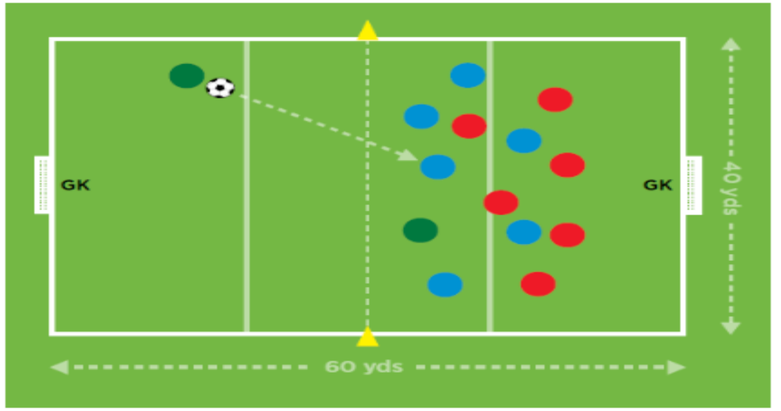
T plays square and attempt to play into O's who transfer the ball through the thirds and into T's.

X's look to regain and transfer into T's for goal.

Key Factors:

- As in previous

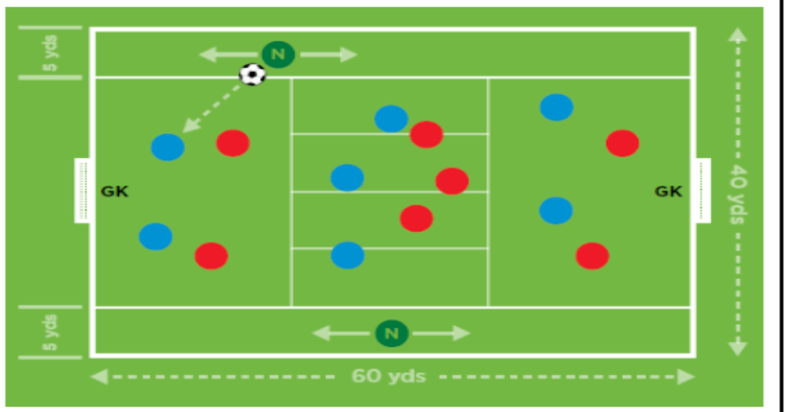
Defending Play



Rules / Objectives:
- Practice starts with: 7v7 (incl. 2GKs) plus 2 floating players, one of whom feeds into attacking team.
- On regain of possession: ball is played to a floating player, who is deemed safe.
- All players move into opposing attacking half, with exception of floater in possession.
- 2nd. floater helps defending team until possession is regained.
- Defensive clearances to floater in opposing half can be transferred back into practice to sustain attack.
- If GK makes a save or ball goes out of play: possession is handed to floater who restarts practice.

Key Factors:
- Defending distances & angles.
- Marking positions.
- Attempt to intercept passes.
- Tackling off the front & back foot.
- Preventing attackers from turning.
- Blocking passes, crosses & shots.

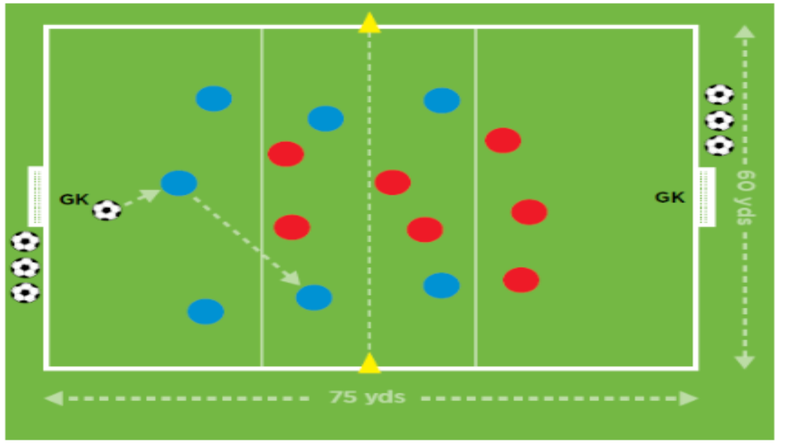
Defending Play



Rules / Objectives:
- 18 players (incl. 2GK's), arranged 8v8, plus two Neutral players who operate in the wide channels, 1 ball.
- D's in mid-third attempt to cover 2-3 of the 4 zones.
- Practice starts with: ball fed from side by N to player in defensive third.
- All attacks must pass through middle third.
- Neutral players can be used for support by both teams & must pass into middle third on receiving.

Key Factors:
- In Midfield:
- Defensive compactness & shape in each of the thirds.
- Defensive distances.
- Defensive pressure, cover & balance.
- Angles & distances of support to the pressurising D.
- Positioning & looking to intercept.
- Keeping sight of ball when in marking & covering situations.
- Tackling off front & back foot.
- Preventing attackers from turning.
- Blocking passes crosses & shots.
- Organising against counter-attack.

Defending Play

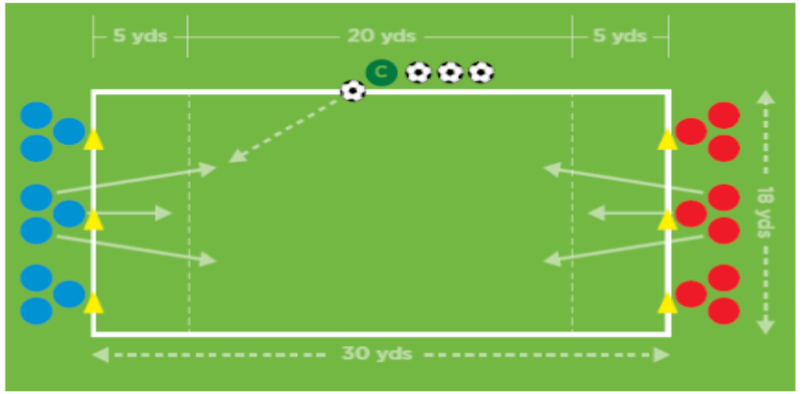


Rules / Objectives:
- Game is organised 4v4 in middle third & both teams have 3 supporting players in their defensive third.

- Practice starts with: GK rolls ball out to supporting player in defensive third, who in-turn, looks to pass into midfield.
- Players look to shoot from long range, or break into attacking third with numbers to play against 3 Defenders.
- D's gaining possession must play into midfield third.
- When ball goes 'dead': practice restarts with opposite team GK rolling ball to D's, who then look to pass into MF.

Key Factors:
- Marking positions.
- Challenging & pressurising opponent in possession.
- Showing opponents into agreed areas or positions in middle third.
- Preventing penetrating through passes.
- Covering the pressing player.
- Achieving (& maintaining) compactness both centrally & wide.

Defending Play



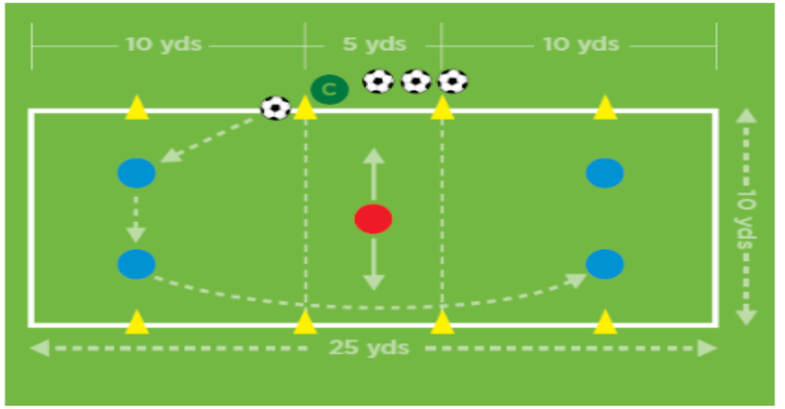
Rules / Objectives:

- 18 players organised into 3's as shown.
- Supply of balls, with Coach.
- Groups of 3 are 5yds apart, facing opposition on either end of area.
- Practice starts with: ball fed-in by coach to one team who proceed to attack opponents 3v3 & move the ball (under control) into opponents' end zone to score.

Key Factors:

- Early decision to attack or defend.
- Take personal responsibility for opponent when deciding to defend.
- Press, cover, support & track opponents.
- Concentration & managing player inter-changes of position, as a unit of three.

Defending Play



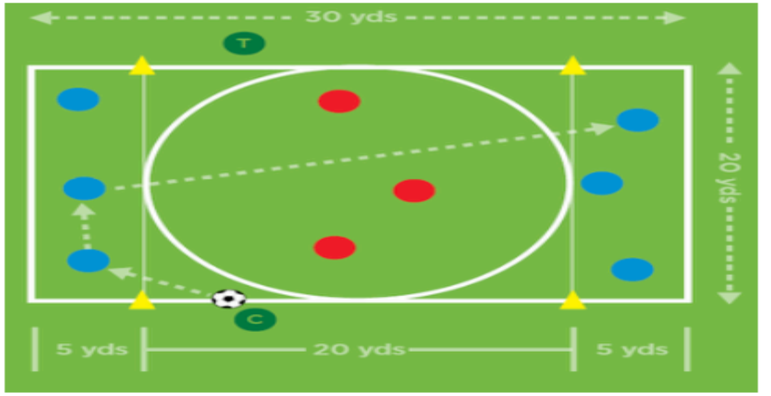
Rules / Objectives:

- Practice starts with: ball fed-in by coach to one pair of A's who receive & pass, looking for an opportunity to transfer ball across to opposite zone below head-height.
- Defender in central channel looks to block/screen ball being passed to end zones
- Players rotate in 1 minute intervals to retain intensity.
- If D manages to intercept: ball is played to coach, who then immediately feeds another ball into practice.
- Attackers must remain in the back half of their zone when passing the ball.

Key Factors:

- Read & anticipate likely passes.
- Low carriage & sliding movement across area, using quick footwork.
- Looking for interceptions &/or deflections of passes.

Defending Play



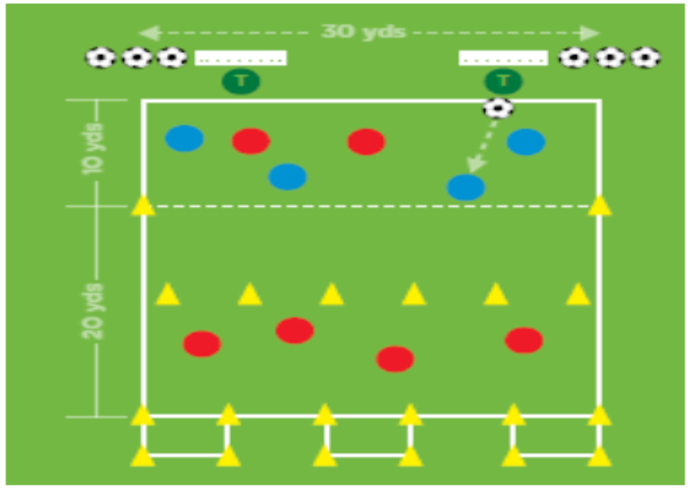
Rules / Objectives:

- 10 players organised into 3 groups of 3, plus 1 Target player on side of practice area.
- 3 players operate in each zone.
- Practice starts with: ball fed-in by coach to 3A's.
- 3A's in end zone retain possession unopposed, looking for opportunities to pass through defended central area to opposite zone.
- On receiving: 3A's opposite, look to transfer ball back.
- If 3D's in central zone intercept: they play ball to T.
- Practice restarts with ball fed into an end zone by coach.
- Rotate A's & D's at regular intervals.

Key Factors:

- Central unit of 3D's read & react to ball movement.
- 3D's organise & have a main pressing player who attempts to get close to ball whilst remaining in central zone.
- Other D's support presser & maintain spacing & balance of unit.
- D unit change roles, depending on movement of ball.
- Low carriage & sliding movement across area, using quick footwork.
- Looking for interceptions &/or deflections of passes.

Defending Play

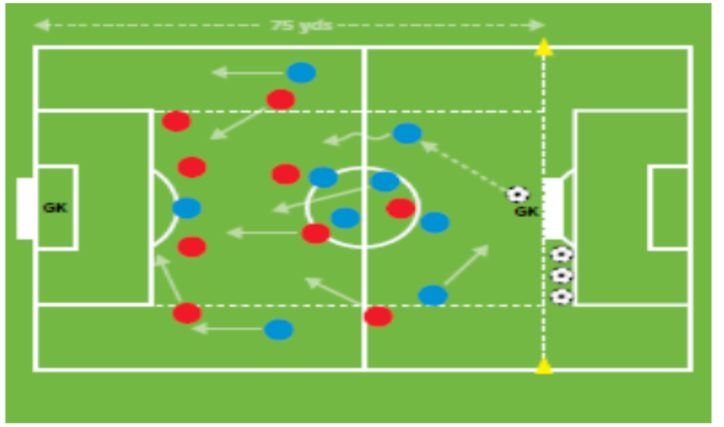


Rules / Objectives:

- Objective: retain possession in 4v2 in the end zone & look for opportunities to clip passes into target boxes, at other end.
- Alternatively: players can run with ball out of end zone to get through one of the coned gates to score.
- D's must be aware of players looking to break through gate, or when to drop-off to intercept or deflect lofted passes into target boxes.
- If D's gain possession: they try to make long passes past
T's at opposite end to score and practice continues.
- If pass is intercepted by T's defending targets: play continues as they feed back into 4v2 game.

Key Factors:

Defending Play



Rules / Objectives:

- Practice starts with: ball rolled-out from GK to attacking full-back.
- A's work ball into opponent's half who look to retreat & establish compact defensive block, leaving lone striker up field.
- If D's win possession: they try to make 5/6 passes to get over half way line, inside coned area, using lone striker & get ball to opposing GK.
- GK restarts practice by rolling-out to opposite flank.

Key Factors:

- D's drop/recover to just outside 18yd area.
- Flank players funneling back towards goal, narrow play to deny penetration centrally.
- D drops deep to cover A team's MF (holding) player.
- Co-ordination of defensive block: when to press, slide & screen.
- Going out to challenge in flank areas to prevent crosses.
- Marking opponents & blocking.
- Role of GK.

Defending Play



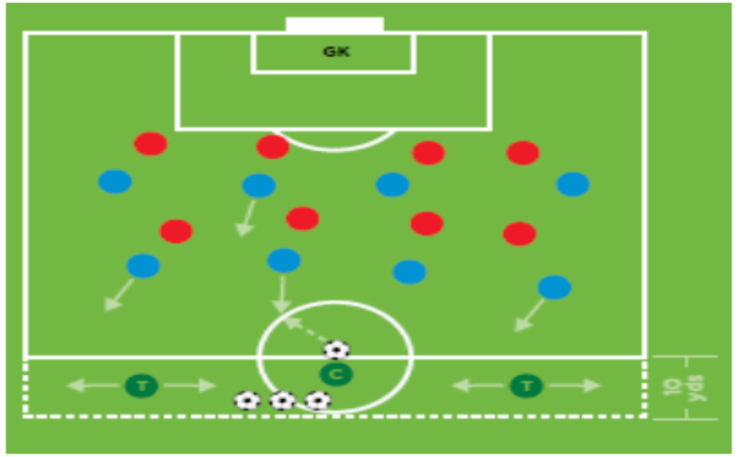
Rules / Objectives:

- Full width of pitch 50yds in length with 2 target areas 5yds square, midway in practice area, 10yds infield, as illustrated organised 10v10, with 2 Target players (GK's suggested), inside target areas & supply of balls on edge of practice area.
- Practice starts with: ball fed into practice area by coach to either team, who look to build play & get ball into T.
- If this is achieved: T feeds back into possession team.
- D's objective: prevent passes into T's gaining possession & achieve same objective as opponents.

Key Factors:

- Closest player to ball pressurises quickly, gauging angle & speed of approach.
- Understanding how & why to force/channel play away from danger areas.
- D's not over-committing going into pressing situation & being beaten by man on ball.
- Pressing as a unit, in small numbers.
- Eliminating secondary passing options.

Defending Play



Rules / Objectives:

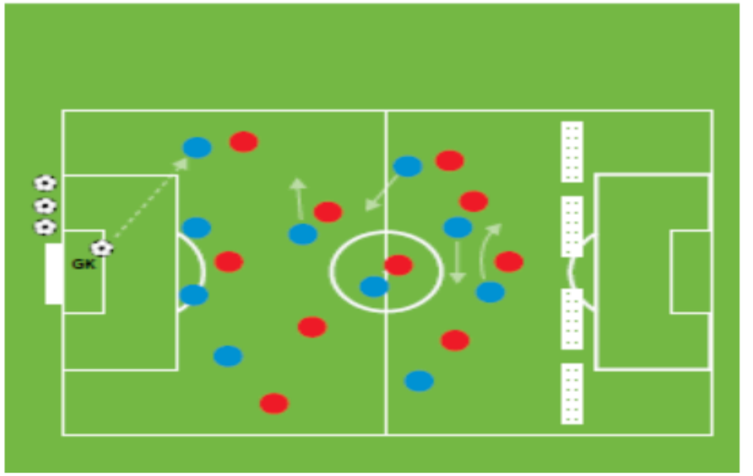
- Practice starts with: ball fed into practice area by coach to Attackers or T who then feeds into A's.
- A's objective: build play & create goal-scoring opportunities.
- If Defenders gain possession: they try to play to feed T's.
- Process continues for 5 minutes non-stop and is then repeated.
- If ball goes dead: coach immediately feeds another ball into practice area.
- Throw-ins are taken by either team as appropriate.

Key Factors:

- Movement & positioning of D's in relation to location & movement of ball.
- Distances between players, units & GK.
- Pressing & forcing opponents to play in a chosen direction.
- Tracking & marking opponents.
- Continuous positioning & changing defending roles & responsibilities, whilst regaining & maintaining defensive compactness.

Defending Play

Two-way practice - Defending & counter-attack play



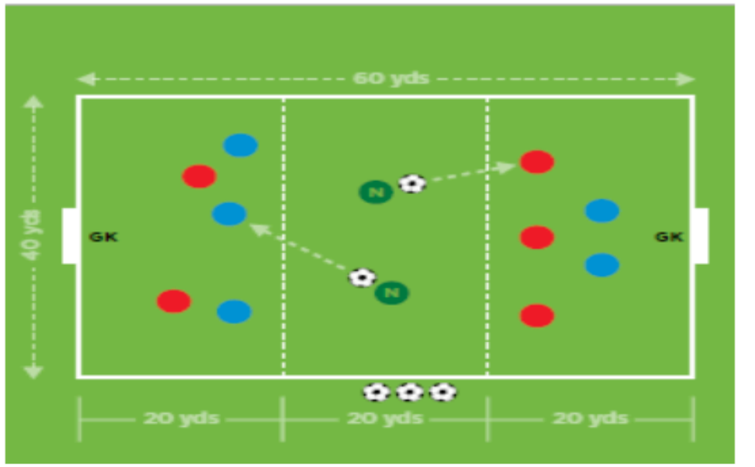
Rules / Objectives:

- Practice starts with: GK rolls ball-out to attacking team.
- A's look to build-up play & score in any of the 4 goals.
- D's are looking to gain possession & quickly counterattack to single goal with GK.
- After conclusion of an attack: practice restarts from GK.
- Roles of teams can be reversed after a defined period of play or number of restarts.

Key Factors:

Defending Play

Defending when out-numbered



Rules / Objectives:

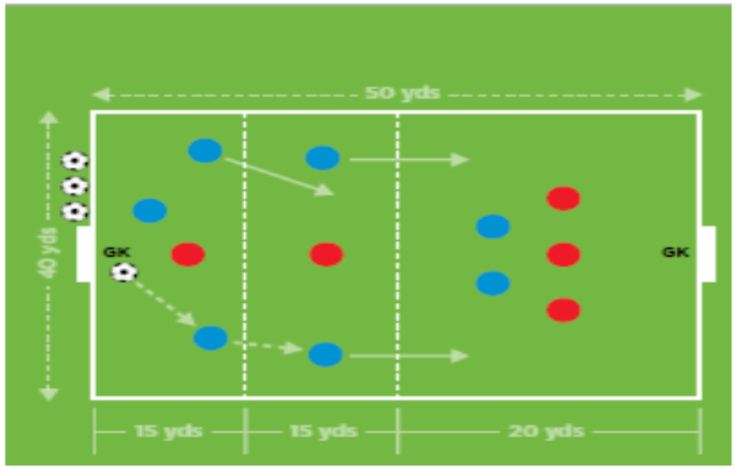
- Practice starts with: Neutral players in mid third, serve ball into attackers & support play from behind, without entering end third.
- Objective of practice: D's play out-numbered to prevent A's from scoring, gain possession & pass in to N's, to score one point.
- Rotate roles of players.

Key Factors:

- Blocking shots.
- Pressing man on ball & employing delaying tactics to avert attack.
- Marking & covering.
- Winning ball & quickly playing forward to MF.

Defending Play

Defending with imbalance of numbers



Rules / Objectives:

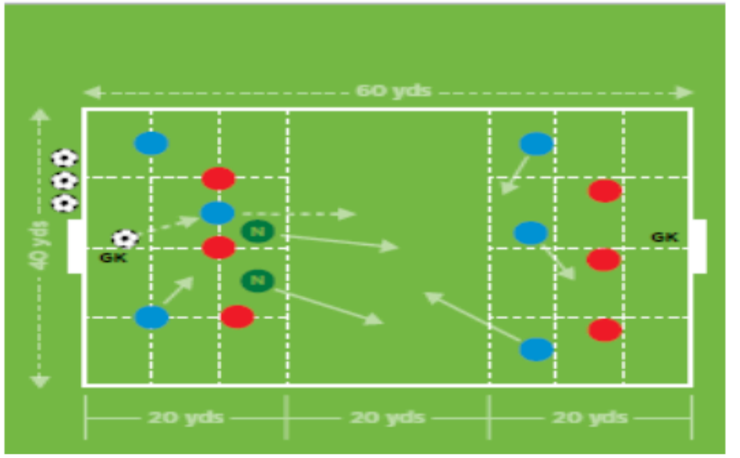
- Practice starts with: GK rolls ball-out to attacking team.
- Play has to build through mid area, with one A able to enter to make 3v1.
- Play moves into D's half with 2A's able to join-in and make 4v3 advantage.
- D's have to prevent A's from scoring whilst outnumbered.
- If D's gain possession: they look to quickly counter-attack opponents.
- Roles of players changes when play is reversed.

Key Factors:

- D's organise strategy with numerical advantage of 3v2.
- Quick re-organisation required to deal with numerical disadvantage of 3v4.
- On gaining possession: quick adjustments necessary to initiate counter-attack.

Defending Play

Dealing with movement in end third



Rules / Objectives:

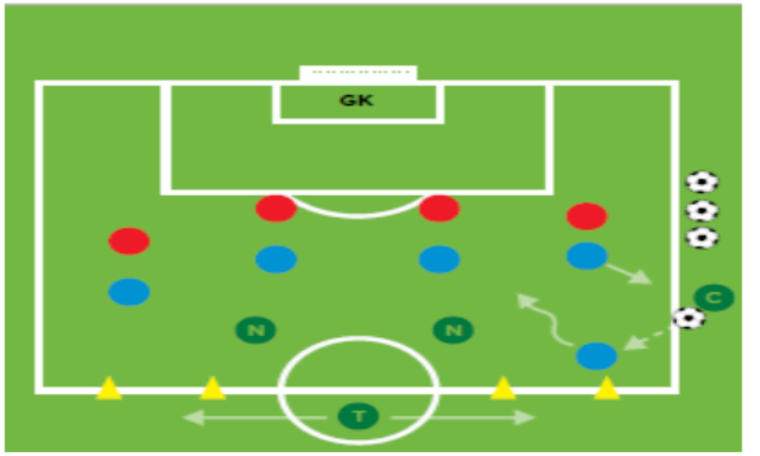
- Practice starts with: GK rolls ball into Attackers in end zone, who are supported by 2 Neutral players.
- A's play out to MF area for N's making forward runs into mid third.
- Once N's arrive in MF zone an A forward can combine with them.
- Defenders are not allowed to recover into MF zone.
- A's forwards receive service from MF, on move.
- Aim of A's: receive, pass & move to a new grid in end zone, whilst looking to score.
- Roles of players changes when play is reversed.

Key Factors:

- D's organise strategy to combat movement & numbers of A's.
- D's organise to combat play in front, behind & to the side, in defensive third.
- On regaining possession D's should attempt to counter attack quickly.

Defending Play

Defending as a unit



Rules / Objectives:

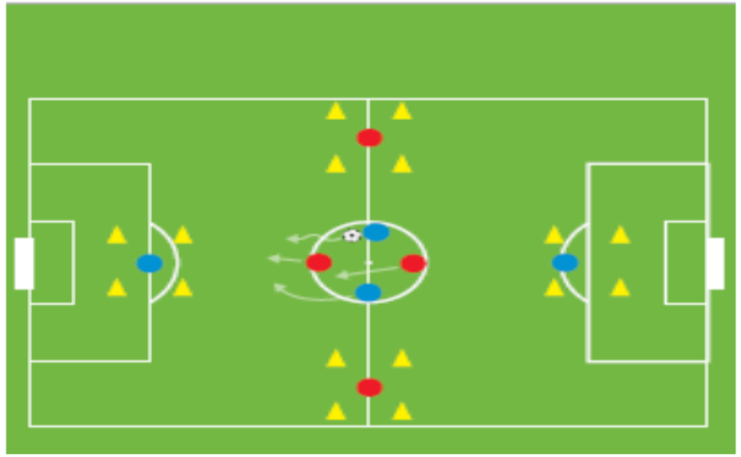
- Half pitch with target gates marked on half way and goal at one end, set-out as illustrated.
- 13 players (including GK), with Neutral players who are available for D's as support on regaining possession.
- Practice starts with: coach feeds ball into attacking team's FB.
- One N supports FB as play advances to make 6v4.
- If Defenders gain possession: they play ball to either of the 2N's or Target player, positioned on half way.
- Objective is then to break out from defence to play through either of the Target gates on half way.

Key Factors:

- D's play zonal defence - 4v6.
- Distances between back 4 players & co-ordinated movement of unit.
- D's maintaining composure on change of possession.
- Controlled competitive attitude from D's to unsettle attack.
- Turning defense into attack through swift & accurate passes to N & T players.

Defending Play

Retreating defence



Rules / Objectives:

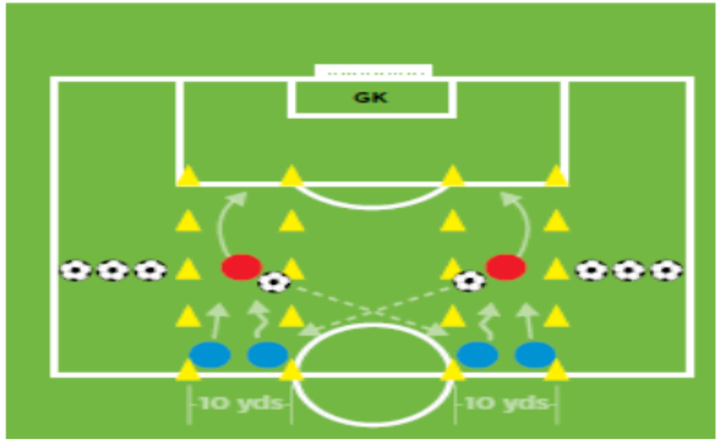
- Practice starts with: 4 players in centre circle pass randomly.
- Either Reds or Blues initiate attack with one player breaking from circle supported by team mate, looking to find target player with pass or running ball into box.
- Opposing player in circle, closest to box being attacked; drops-off to deny an early pass to target player & defend against the counter (1v2).
- Defender delays attack whilst team mate from circle recovers from behind ball (to make 2v2).
- Players in possession can only pass (below head height) through front of box to target player or run ball into box.
- If recovering players gain possession: they pass to either of their target players located in boxes to conclude practice.
- Practice recommences with players from circle & boxes alternating position & changing point of attack from circle.

Key Factors:

- Quick realisation and reaction to movement of players from centre circle.
- Initial D engages attack early without becoming isolated too far from defensive box.
- D denies space, delays progress, deflects ball to defend target box whilst recovering D makes ground.
- Recovering D engages ball if possible on his recovery run.
- Once recovery is complete: defend with two as required.

Defending Play

Individual defending I (drill)



Rules / Objectives:

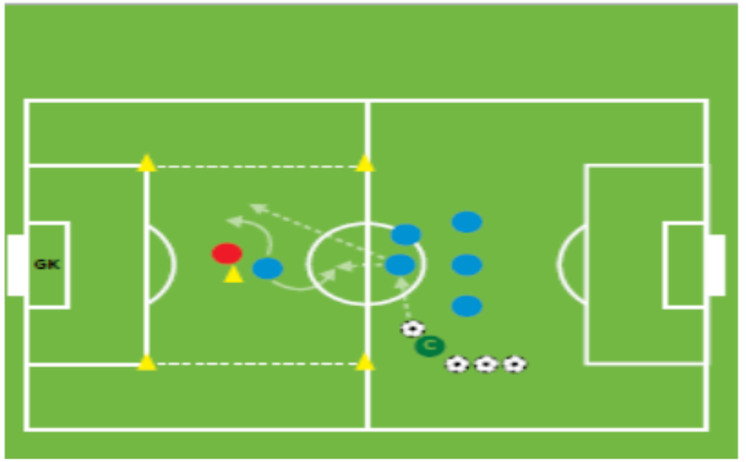
- Players work in 3's, with 2 Attackers & 1 Defender in each channel,
- 2 balls (1 ball for each D).
- Practice starts with: D's passing diagonally to one of the 2A's, who then proceed to attack 2v1 in channel.
- Once released: D's react to flight of ball & adjust accordingly.
- To increase intensity: A's have 6 seconds to beat D & score in goal.
- If D gains possession: ball is played back to start (next D's begin practice).
- Players rotate during practice.

Key Factors:

- D initially splits the 2A's.
- Recover towards goal in a controlled manner, giving ground only at speed of the attack.
- Decision as to when to confront A in possession of ball.
- How to confront player in possession AND deny passes to 2nd. A.

Defending Play

Individual defending II (drill)



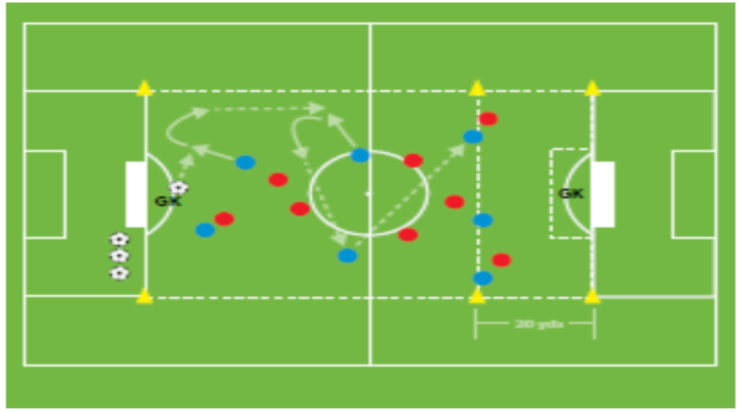
Rules / Objectives:

- Players work in 3's, supply of balls with coach & GK in goal.
- Practice starts with: coach feeds ball into attacking MF player in back half of centre circle.
- MF plays to Striker who looks to either come short & receive, or spin & look for pass alongside or behind Defender.
- If A comes short & into centre circle: D cannot follow so enabling A to turn & run at D.
- If Striker decides to come short and spin away from the D without entry into the centre circle then he is marked as in a game.
- If D gains possession: ball is returned to coach, with an accurate pass.

Key Factors:

- D needs to read intention of A movement.
- D to track CF runs, remaining goal-side.
- D looks to dictate direction of play with good positioning in the 1v1 situation.
- Anticipate shots, reading A body shape & be in position to block shot.
- Absorb speed in 1v1 run of A by being side-on to deal with quick turn & sprint.

Defending Play

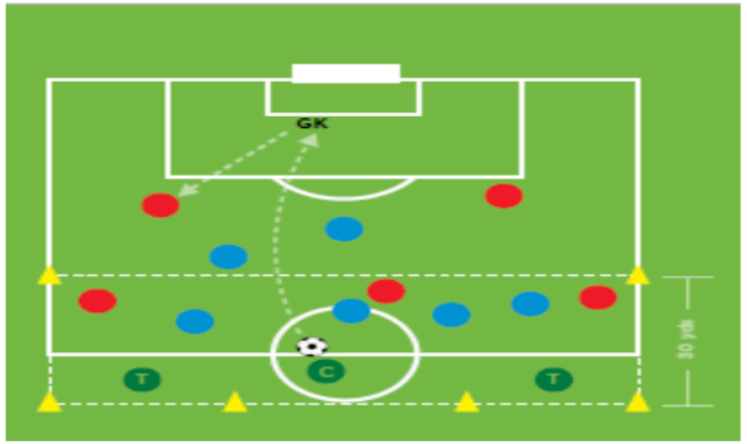


Rules / Objectives:
- Practice starts with: FB dropping to receive the ball from GK on edge of penalty area as shown.
- FB's are unopposed and feed ball to MF.
- MF's play 2 touch & feed into A's who play with any number of touches.
- 3v3 in the attacking area.
- On gaining possession: Defending team attacks their opponents who are allowed to defend with 2FB's & 2MF's v 3 counter-attacking D's, creating 4v3 situation initially, leading to 5v4 with MF players from both teams joining in.
- Off-side rules apply.

Key Factors:
- A's try to win ball early.
- D's delay progress of opponents & remain narrow.
- MF player tracks A's runs, looking to get goal-side of ball & player.
- Forcing play away from goal as a unit.
- GK supports D's from behind with good position & communication.
- D team try to remain as compact as possible to defend goal.
- On regaining possession: D's make early pass from back into MF & forwards, whilst pushing-up from back marking & assessing opponent's recovery.

Defending Play

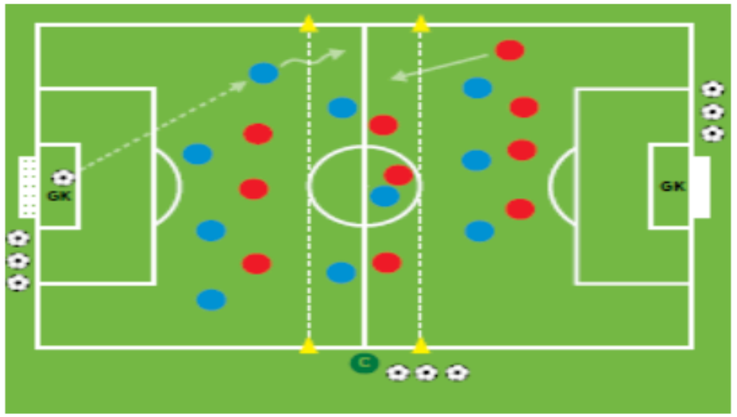
Defending the counter-attack from MF



Rules / Objectives:
- Practice starts with: coach serves ball into GK who rolls ball out to D's.
- D's aim to build play to deliver ball from the middle zone to either of the 2 T's just beyond half way line.
- If successful: T initiates counter-attack by feeding ball immediately into one of the MF players in central zone.
- D's recover quickly to combat the counter (i.e. 5D's v 6A's).
- If possession is lost, A's attempt to score quickly as D's recover from their failed attack.

Key Factors:
- On losing the ball when playing out from GK or if unable to apply effective early pressure D's funnel back towards goal to quickly establish numbers in central areas.
- Players behind ball delay attack.
- Deny passes & runs with ball into goal-scoring areas.
- Deflect attack away from central areas.
- Once regrouped: D's defend assertively, applying pressure on ball & denying passing options.

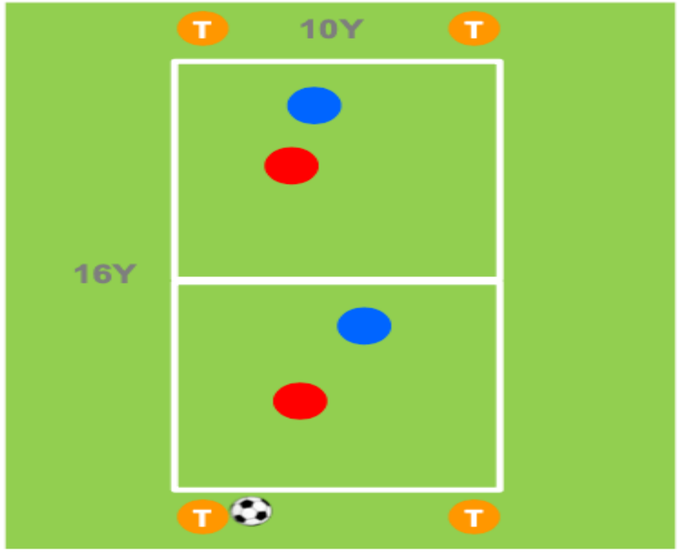
Defending Play



Rules / Objectives:
- Practice starts with: GK throws ball out to FB and attacking team work ball into MF to create overload with FB (making 4v3).
- A's make 5 consecutive passes in middle zone to score a point.
- Defending team can push a D forward into MF area to deny possession.
- Once this happens: A's move ball quickly into attacking third (where there is 3v3) & a designated number of MF's can create attacking overload (e.g. 2 players go forward to support attack).
- A's have 6 seconds to score a goal.
- If D's win ball: pass quickly into MF where there are extra numbers & counter-attack.

Key Factors:

Ball Protection



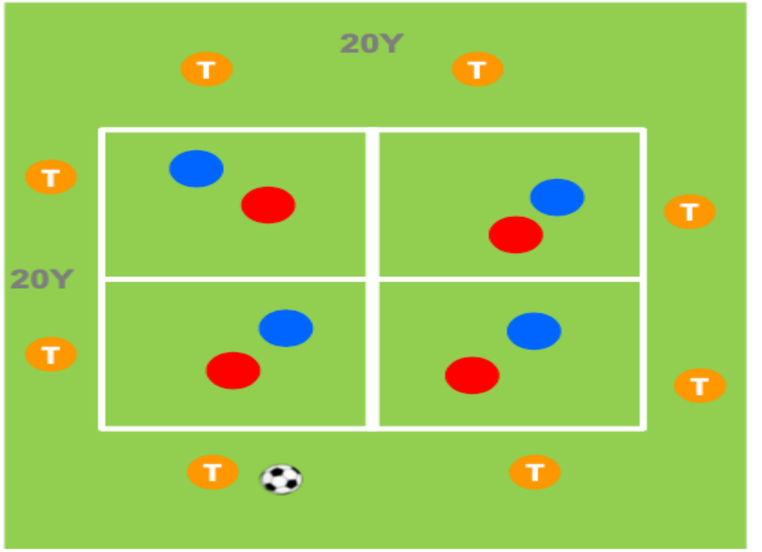
Rules / Objectives:

T1 plays forward to either red, can only play 1v1 in each box. Reds can link up if need before transferring into opposite T players. Blue players can mark or screen.

Key Factors:

- Body position / use of body / pinning
- Space / pressure
- Safe side
- Detail of pass into pressure

Ball Protection



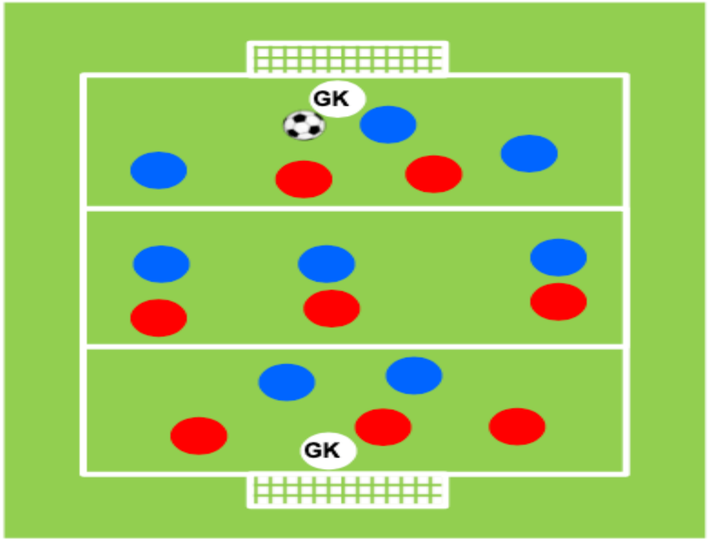
Rules / Objectives:

1v1 in each box (man for man). Blues work north and south, red east and west. Can play backwards but only on one touch. Can link with team mates or work individually.

Key Factors:

- Body position / use of body / pinning
- Space / pressure
- Safe side
- Detail of pass into pressure

Ball Protection



Rules / Objectives:

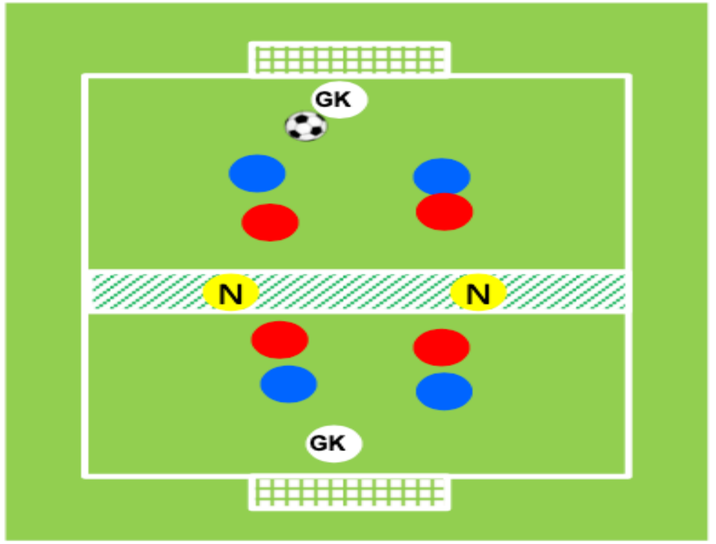
3 3 2 formation.

Break zone must pass into central zone, one defender can join in to support. Can score from middle zone.

Key Factors:

- Body position / use of body / pinning
- Space / pressure
- Safe side
- Detail of pass into pressure

Ball Protection



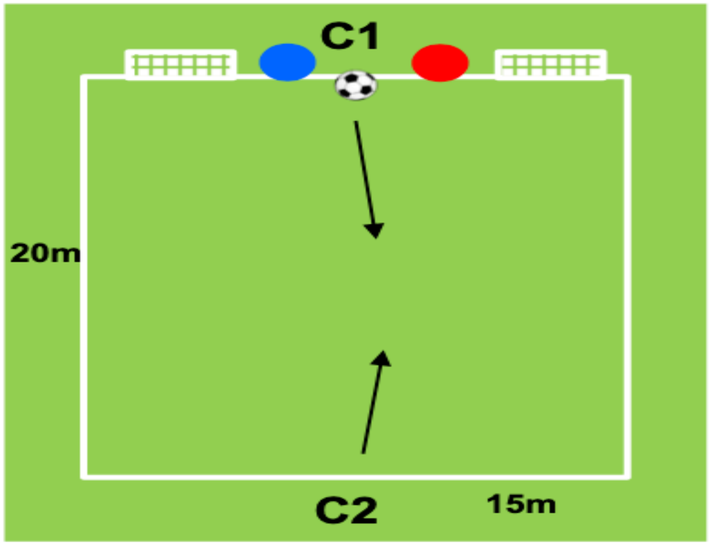
Rules / Objectives:

2v2 in each half of the pitch with a N player in no mans land. Defenders can play through N or directly into front men. N join in to create 3v2.

Key Factors:

- Protecting skills
- Pin and Roll
- Detail of pass
- Space and Pressure

Ball Protection



Rules / Objectives:

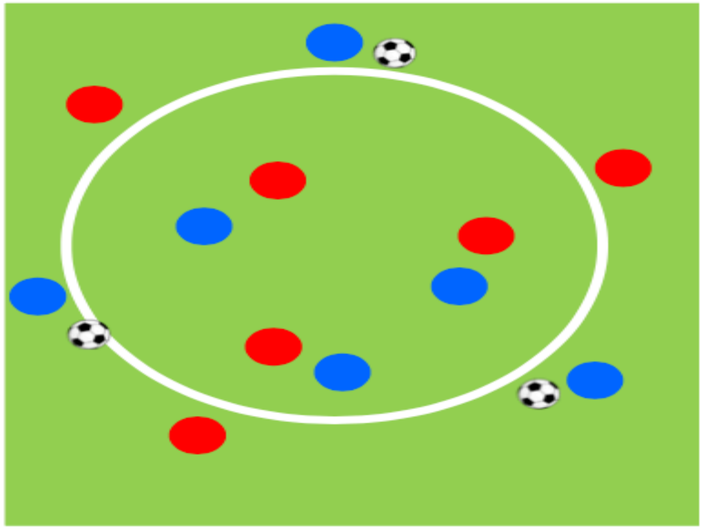
1v1, Coach serves ball into area, players compete for possession and attempt to score in either goal. Duration of game 15 seconds.

Change start position

Key Factors:

- Hips, arms, safe side
- Space and Pressure
- Keep it safe

Ball Protection



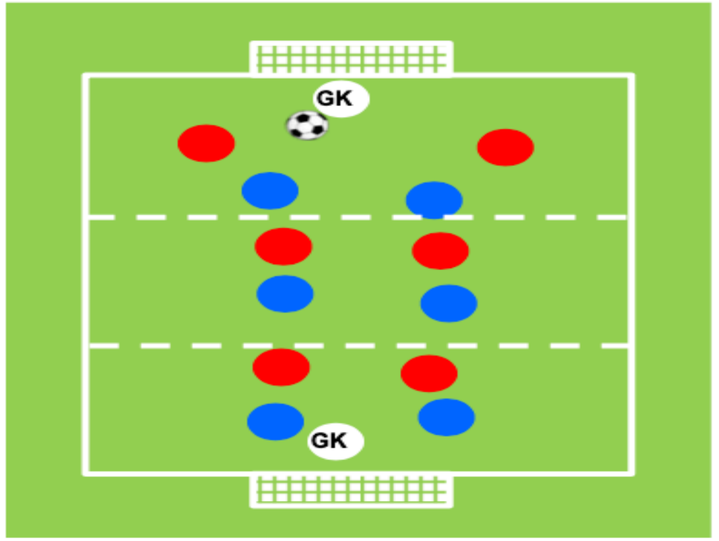
Rules / Objectives:

3 1v1's in the inner circle, player in possession looks to receive ball from outer player before transferring to a new outer player. Game lasts 90 seconds.

Key Factors:

- Hips, arms, safe side
- Space and Pressure
- Keep it safe

Ball Protection



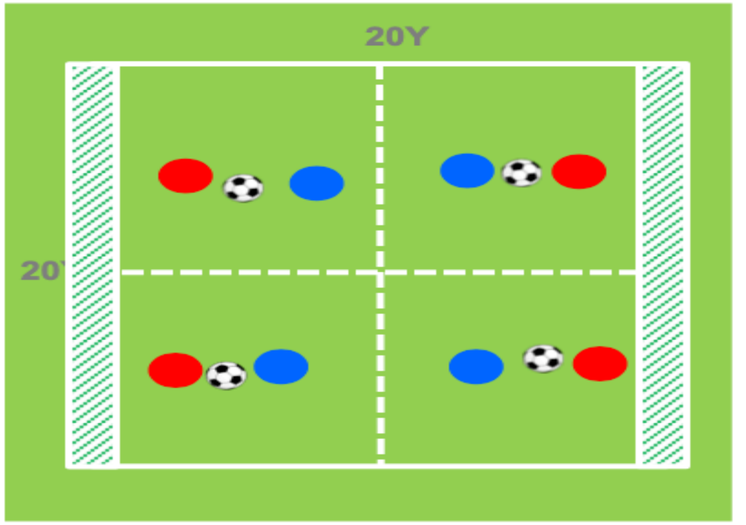
Rules / Objectives:

3 zone game, ball must be passed into next zone.

Key Factors:

- Protecting skills
- Spatial awareness

Ball Protection



Rules / Objectives:

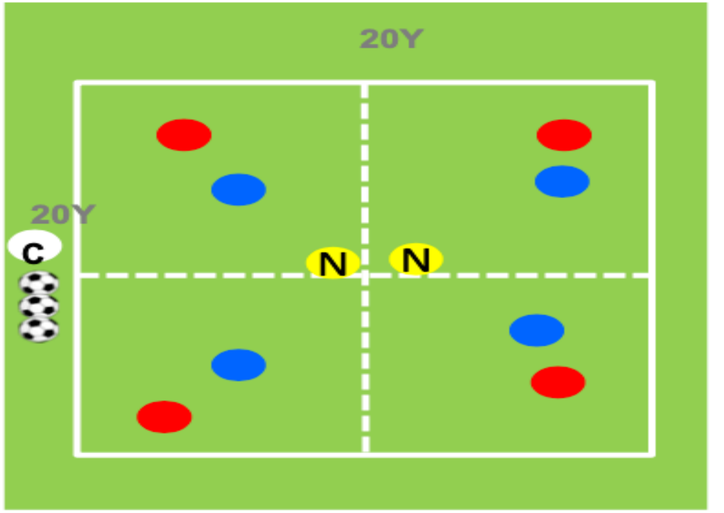
1v1, players start in centre of box 1m away from the ball. To start game one player steps over ball and attempts to protect ball for 5 seconds, players change who starts game every go.

Progression: players now attempt to run ball in to target zone. Can add servers.

Key Factors:

- Hips, arms, safe side
- Space and Pressure
- Keep it safe

Ball Protection



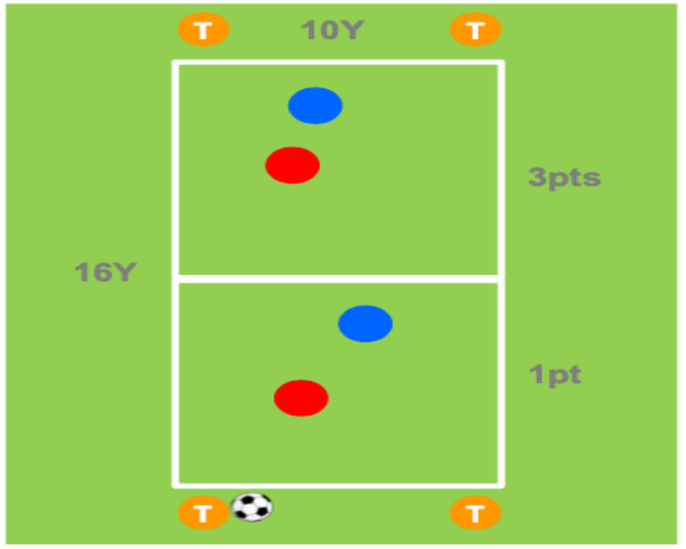
Rules / Objectives:

The playing area is split into 4 grids, with a 1v1 in each of them. 2 neutral players can join the 1v1 to make a 3v1 and at least 5 passes has to be made, after the 8 passes the ball gets transferred to a different grid where the player must protect the ball until the 2 neutrals join him.

Key Factors:

- Protecting/shielding the ball
- Space and Pressure
- Creating angles/options
- Quality passing & possession

Ball Protection



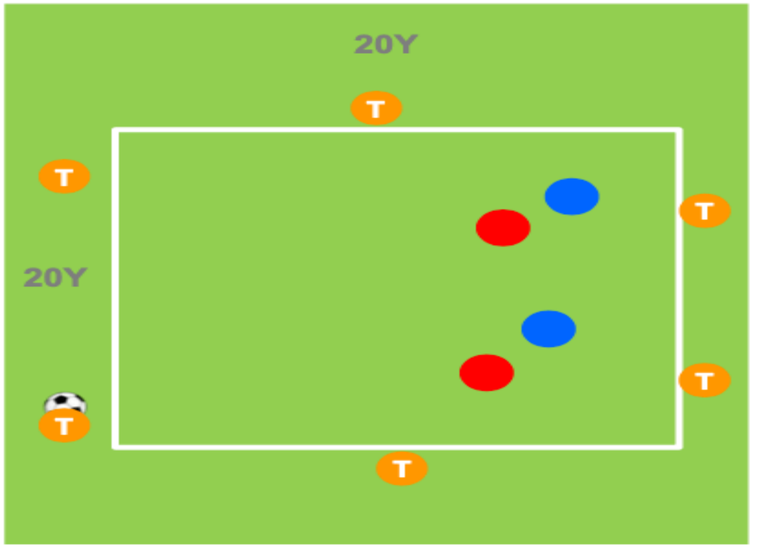
Rules / Objectives:

T1 plays to T2 allowing Red in 3pt box to free feet and receive. Red must protect, turn and play into T's to score 3pts. They can protect and call for help the other red can then join in for 2v1 combination to find T's to score 1 point. Play then recycles but from the opposite end.

Key Factors:

- Body position / use of body / pinning
- Space / pressure
- Safe side
- Detail of pass into pressure

Ball Protection



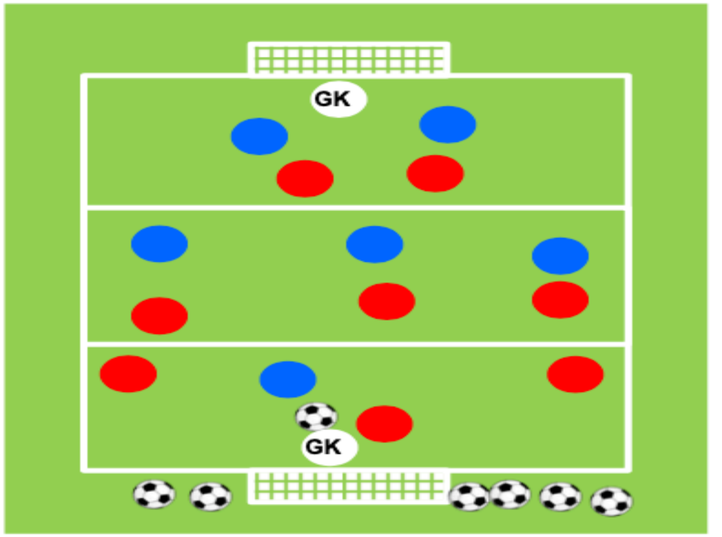
Rules / Objectives:

T1 plays to T2 allowing Reds to free themselves to receive and protect. They must get the ball to opposite T's. Red's can link with team mate, side targets or work individually.

Key Factors:

- Body position / use of body / pinning
- Space / pressure
- Safe side
- Detail of pass into pressure

Ball Protection



Rules / Objectives:

3 3 2 formation.

Conveyor belt football, ball must be played through the thirds. As soon as ball leaves def third into midfeld another ball is released into back third. Reds cannot play forward if the next zone still has a ball in play so therefor must protect and recycle until opportunity does arise to play forward. Defenders can as a progression miss out midfield zone if they have a ball in play by playing direct to forwards if their zone does not have a ball causing a blockage for midfelders who must then protect.

Key Factors:

- Body position / use of body / pinning
- Space / pressure
- Safe side
- Detail of pass into pressure

Ball Protection



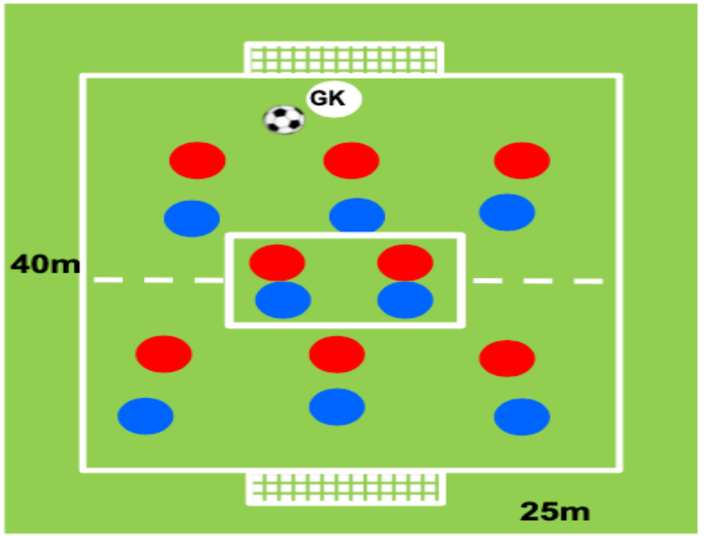
Rules / Objectives:

3v2 in back zone, players must complete 2 passes before playing into front 2, defenders can not step in front of 1st pass. One midfielder can join in to create 3v2 overload. Progress to allow recovery defender.

Key Factors:

- Pining techniques
- Pin and Roll
- Combination play

Ball Protection



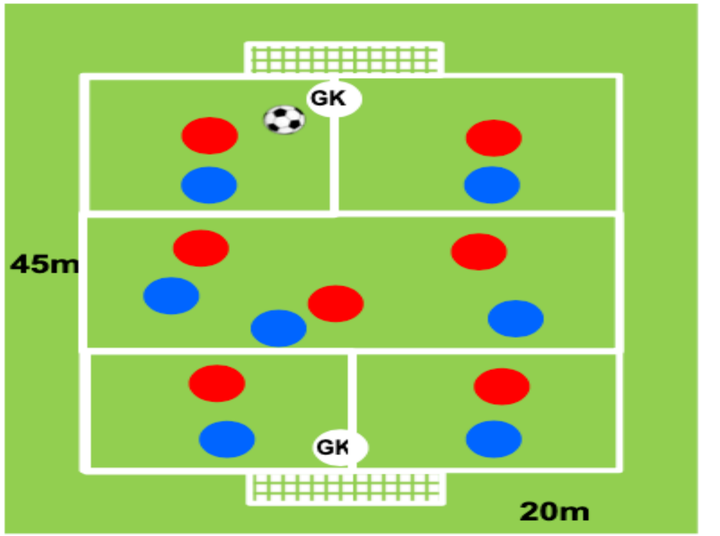
Rules / Objectives:

3v3 in each half with a 2v2 in the central box, ball has to go in and through the middle box at least once to start an attack.

Key Factors:

- Where is the space
- Where is the defender
- Pin and roll or secure

Ball Protection



Rules / Objectives:

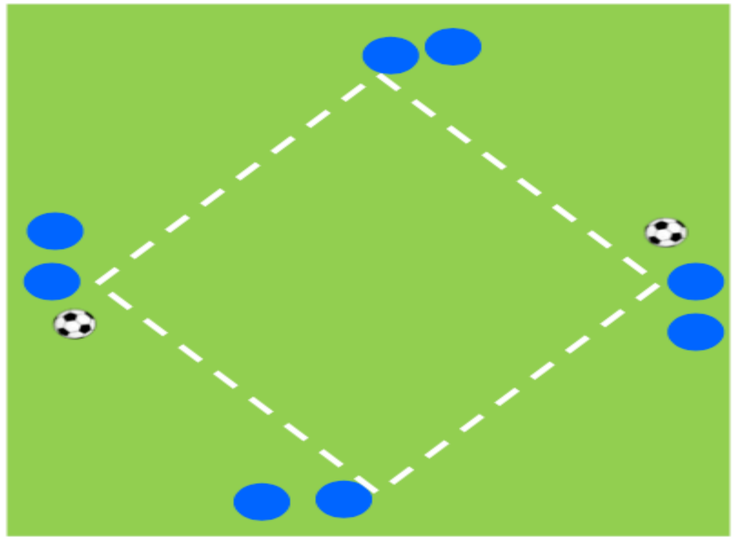
1v1 in each of the 10x10 grids, 3v3 in the 15x20 grid. All players must stay and play in their grids/areas.

Progression- Attacking player rotation.

Key Factors:

- ball protection
- receiving skills
- identify where the space / pressure is
- detail / type of pass

Passing



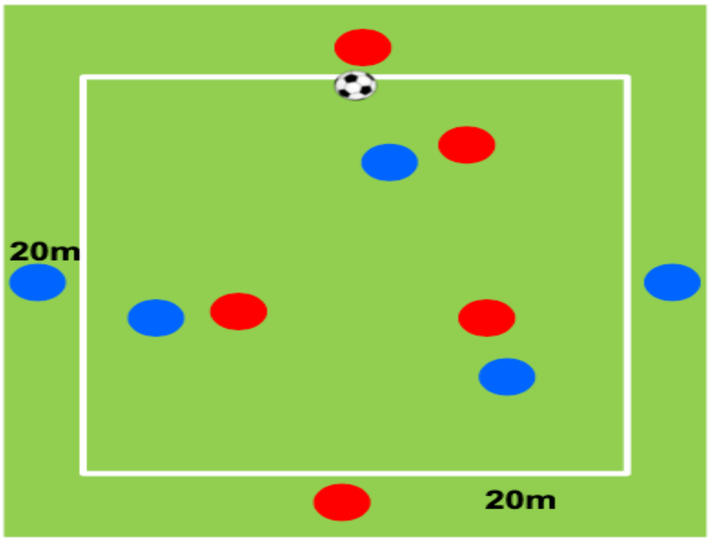
Rules / Objectives:

2 balls go around the diamond. Players on the side make a run/movement to determine the type of pass played by the top & bottom players (i.e come short to go long etc). Progress with overlaps, sets etc.

Key Factors:

- Weight of Pass
- Direction/angle of pass
- First touch
- Getting head up / awareness of runs
- Tempo

Passing



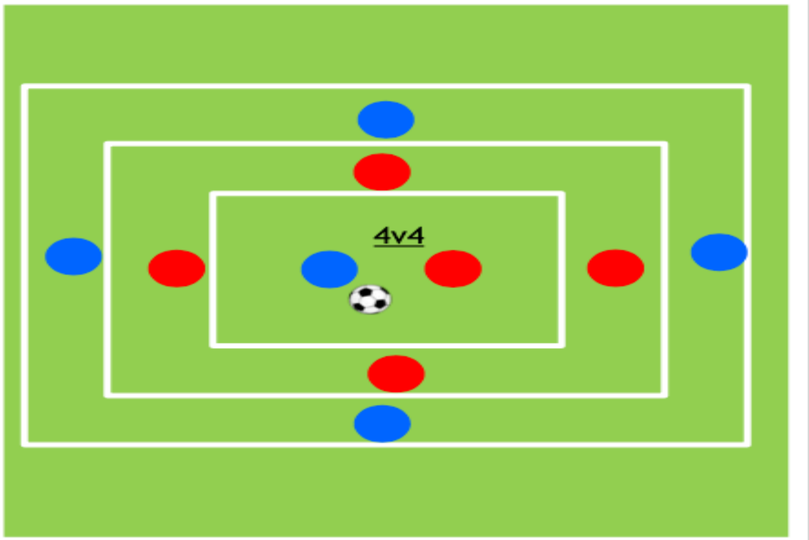
Rules / Objectives:

3v3 in the playing area, 2 players for each team on the outside. The purpose of the game is to score by playing a wall pass with a player on the outside. Once a player has scored he must change direction and aim to play to the outside player at the opposite end. Outside players can not play direct to each other.

Key Factors:

- Forward Passing
- Getting players to receive on the half turn
- Creating angles
- Player rotation

Passing



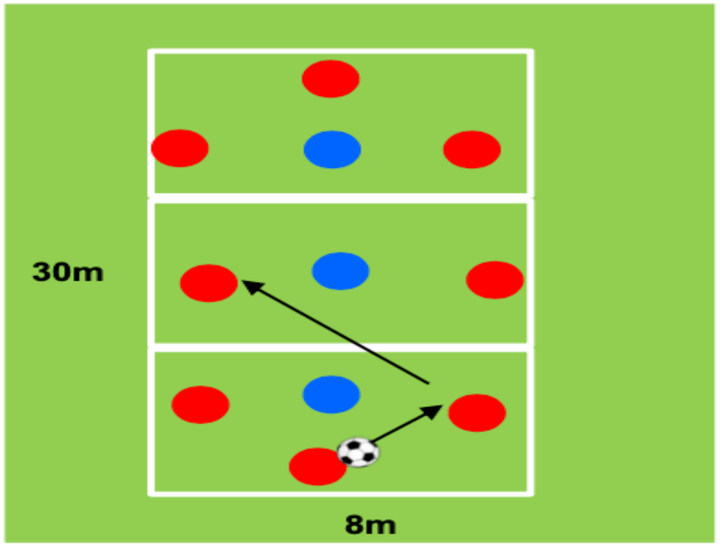
Rules / Objectives:

4v4 in main playing area keeping possession. A point is scored by playing a wall pass with one of the outside men in the same colour. The Yellow players on the outside can be pressed from behind and the blue players can be pressed from the front, then eventually swap zones so that the yellows are being pressed from the front etc.

Key Factors:

- Creating angles / Passing options
- Angle of pass
- Decision making
- Patience in possession

Passing



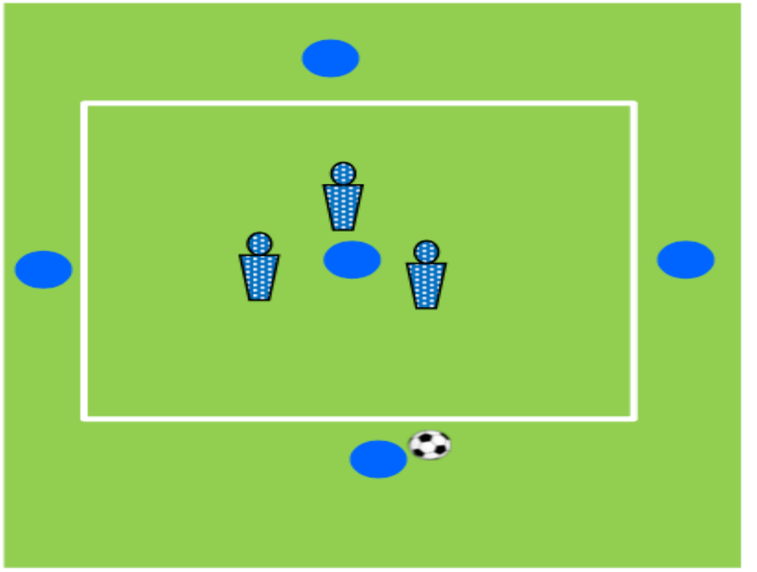
Rules / Objectives:

3v1 in each end zone, 2v1 in middle zone. Players must complete 2 passes before playing into mid zone who transfer ball into opposite zone. 2 mid players then rotate with 2 end zone players

Key Factors:

- Weight and accuracy of pass
- Supporting angles
- Interchange

Passing



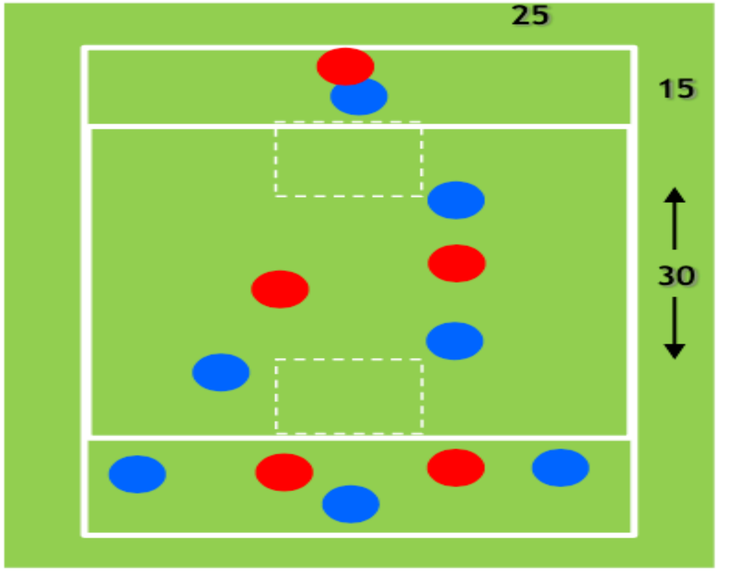
Rules / Objectives:

Players play on max of 2 touch on the outside square. Every 2 passes look to play into central x who receives and plays to new outside man.

Key Factors:

- Detail of passing and receiving

Passing



Rules / Objectives:

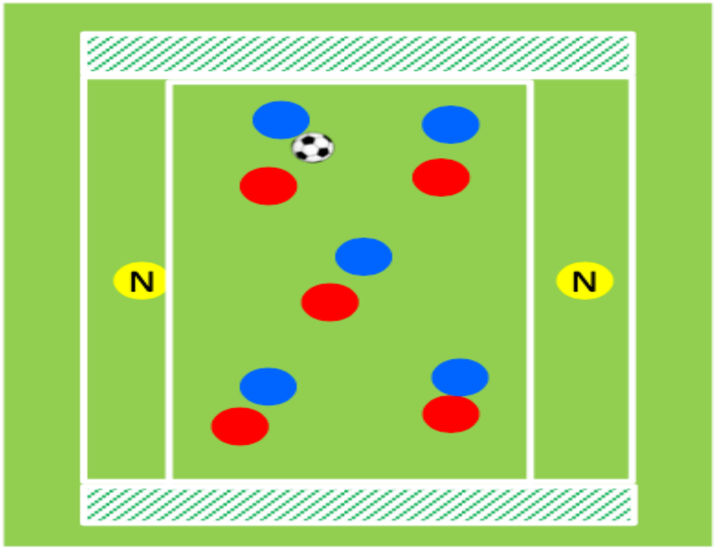
Ball starts in end zone 3v2, objective is to transfer ball through mid 1/3, attacking 1/3 where 2 supporting 0s join in and one x to create 3v2, once in end zone players attempt to score by running or receiving over end line.

One x and two os drop into next zone so that ball /attack can work back the opposite way.

Key Factors:

- Quickly or carefully (fast release passes)
- Size / Shape tri angle
- No 4 and 10 pockets - link ups
- Support play

Passing



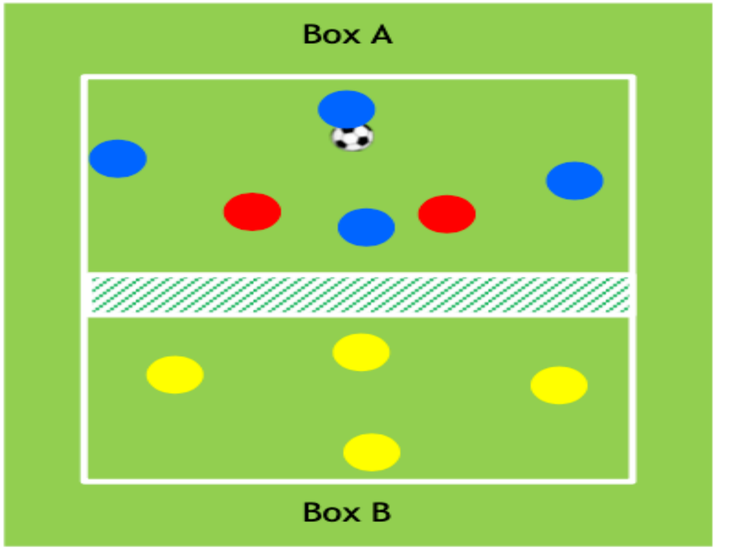
Rules / Objectives:

5v5 in main playing area with 2 unopposed neaural full backs in outside channels. Teams can only score by playing someone in to get the ball **under control** in the end zone. Players can not dribble in themselves, or arrive before the ball (offside rule applies).

Key Factors:

- Forward runs
- Timing of runs
- Creating space for others to exploit
- Forward passes
- Quality passing & control

Passing



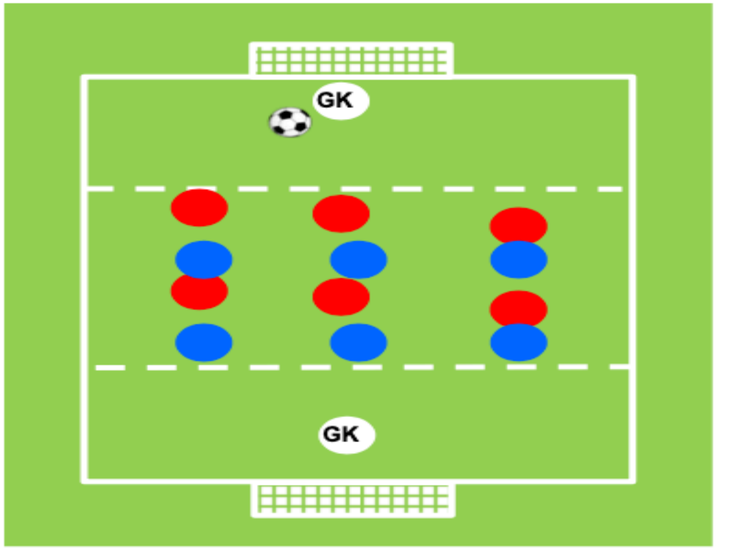
Rules / Objectives:

The pitch is split into 2 playing areas with 4 attacking players in each box. Start with 4v2 in box A, where the players have to make 5 passes before transferring the ball to box B. As the ball is transferred the 2 new defenders who were waiting in the rest zone enter box B. After 5 passes switch again.

Key Factors:

- Creating angles / Passing options
- Quality Passing and control
- Keeping the ball

Passing



Rules / Objectives:

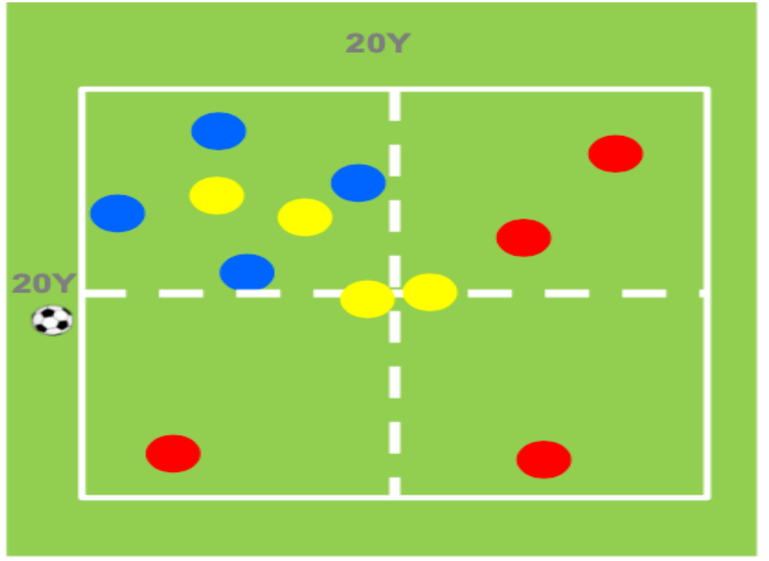
6v6 in the middle zone of the pitch. After a team has made 2 passes they look to play a ball into the final third for an attacking player to get onto. The player has a maximum of 2 touches to score.

Progression: Same rules apply but this time 2 attackers and one defender make the final third but the attackers can only score with a 1 touch finish.

Key Factors:

- Forward Passing
- Timing of runs

Passing



Rules / Objectives:

Albion Game:

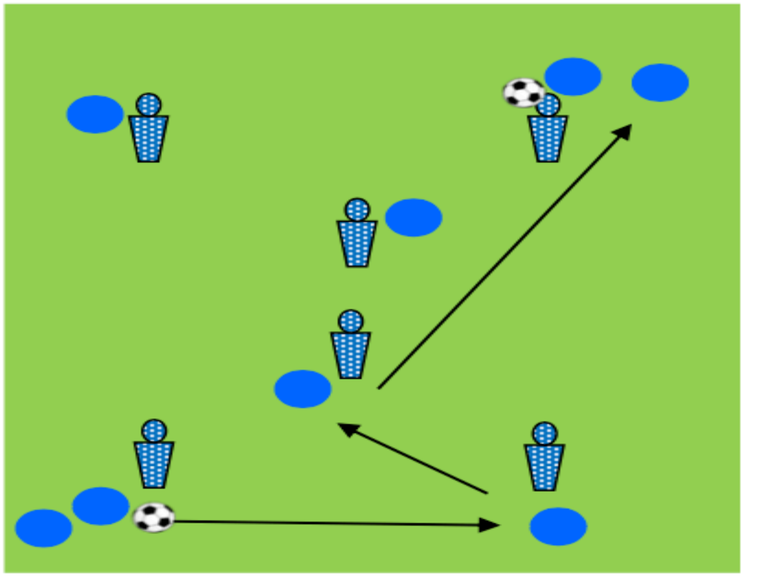
X must complete 3 passes before looking to transfer the ball to O. 3 O support receiving player inside same square and look to repeat the practice. Team that looses possession become the defending team.

1st defender 1st touch, 2nd defender 1st pass.

Key Factors:

-Disperse / flower
-Passing channels
-Decision
-Technique
-Support (quick with balance)

Passing



Rules / Objectives:

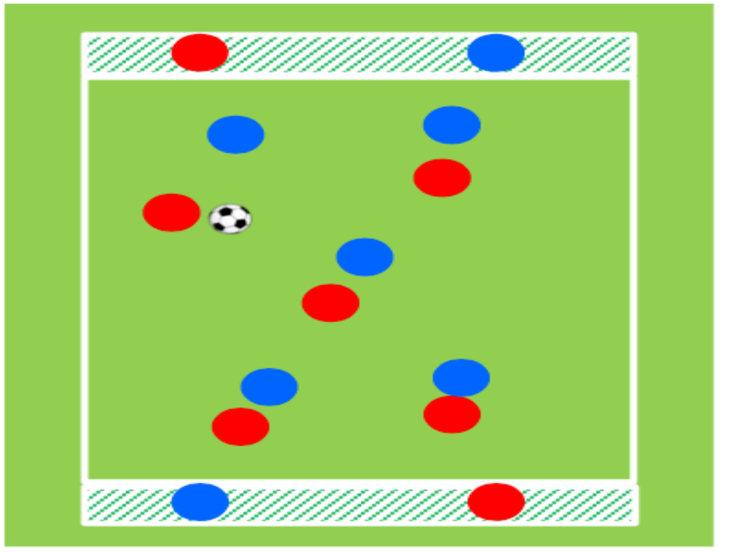
2 Balls working.

X1 plays to x2, x2 to x3, x3 to x4. All players follow pass.

Key Factors:

-Punch pass
-Back foot receiving
-Trigger and timing of movement

Passing



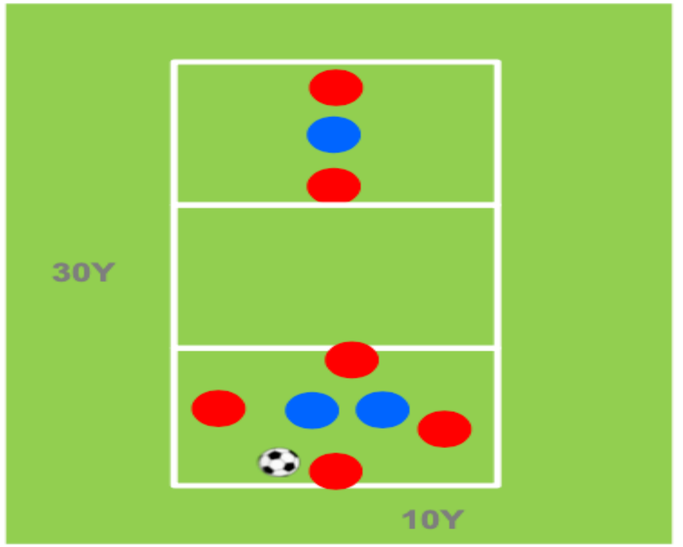
Rules / Objectives:

5v5 in the middle zone of the pitch. Players look to play in to target players on their team to score a point. When point is scored the passer must rotate with the receiver. Team in possession then looks to score off opposite target player.

Key Factors:

- Forward Passing / thinking mentality
- ½ turns
- Lend a pass
- Penetrate
- Air space
- Pass, move, fill space

Passing



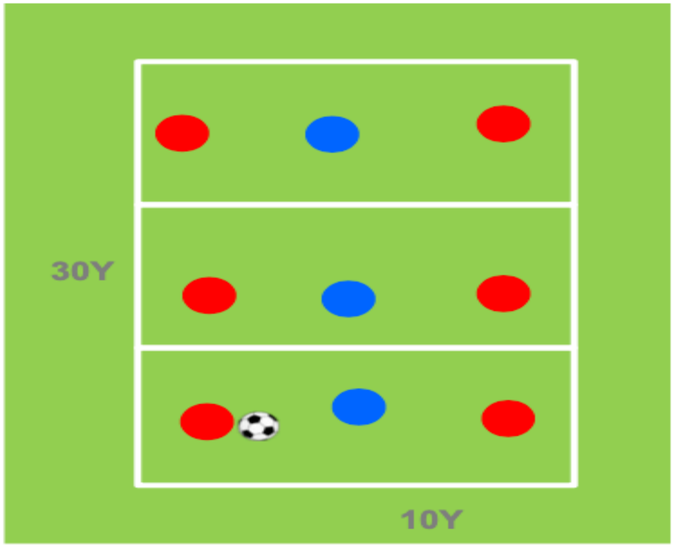
Rules / Objectives:

4v2 in the back half, 4 have to keep possession from the 2. 4 look to complete 3 or more passes before passing into top 1/3. 2 reds break to support, I yellow to recover.

Key Factors:

- Passing channels
- Detail of pass (weight/ accuracy)
- Rotation / Different lines
- Space, ground or air
- One if you can, two if you have too

Passing



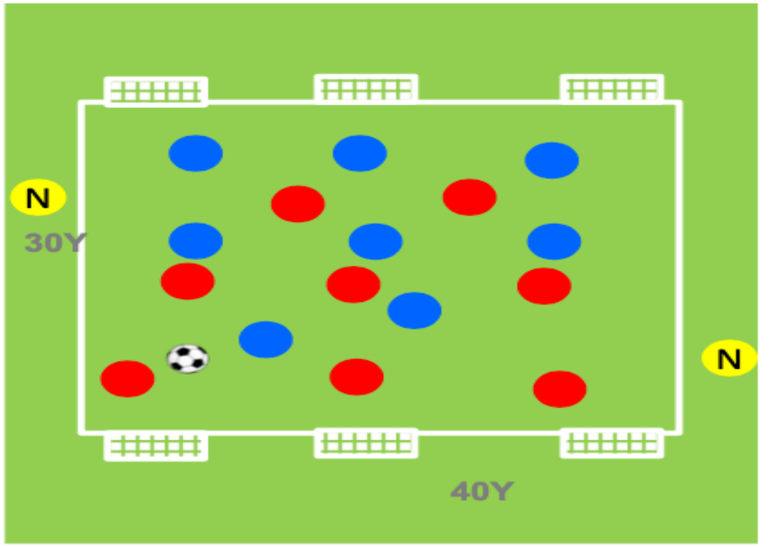
Rules / Objectives:

30x10 area divided in 3 zones. 2v1 in each zone, attacking plays can go into any zone as long as there is no more than 2 players in one zone at any time. Defenders must stay in there zones. The target is to play through all the zones and work from end to end keeping the ball.

Key Factors:

- Rotation of players
- Quality passing & possession
- Concentration

Passing



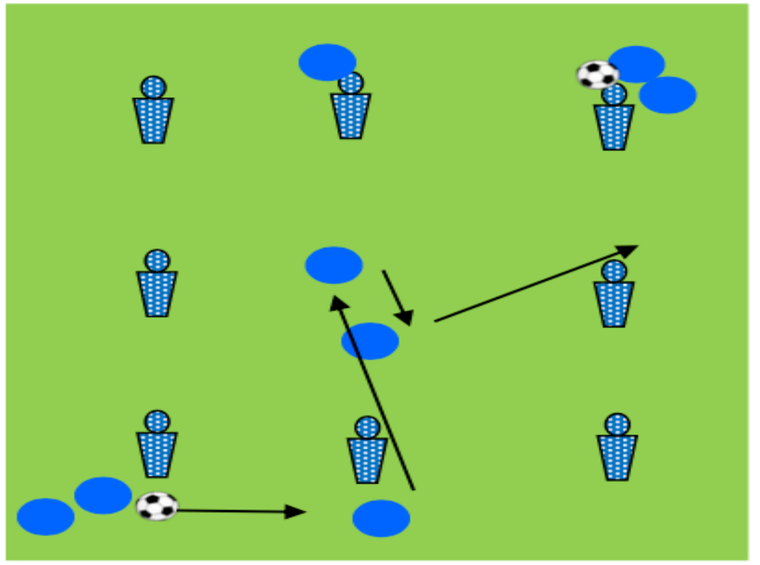
Rules / Objectives:

8v8 in playing area with 1 neutral player (full back) on each side. Any of the 3 goals can be scored in. Encourage players to switch the play by using the neutral players (full backs) to create goal scoring opportunities.

Key Factors:

- Switching the play (When & when not to)
- Use of full backs
- Creating attacking options
- Decision Making

Passing



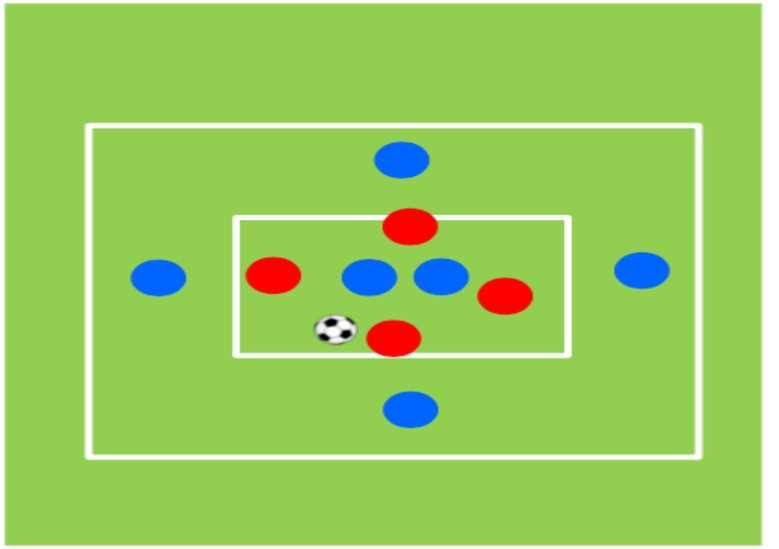
Rules / Objectives:

X1 to x2, x2 to x3 who jacks for x4, x4 sets x3 who slides to overlapping run from x2.

Key Factors / Pictures:

1. Punch pass
2. Jacks (timing of when to come off)
3. Measured slide

Passing



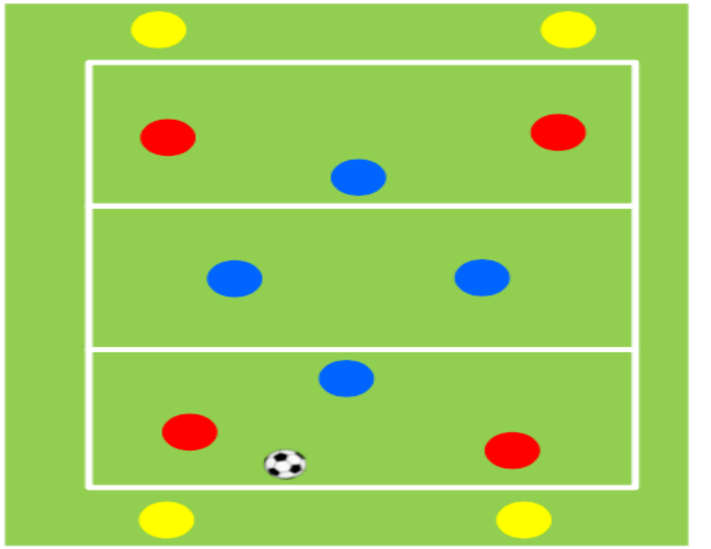
Rules / Objectives:

Grid within a grid.

Key Factors:

- win it free it free yourself
- Know the correct pass
- Know the correct technique
- Space and pressure

Passing

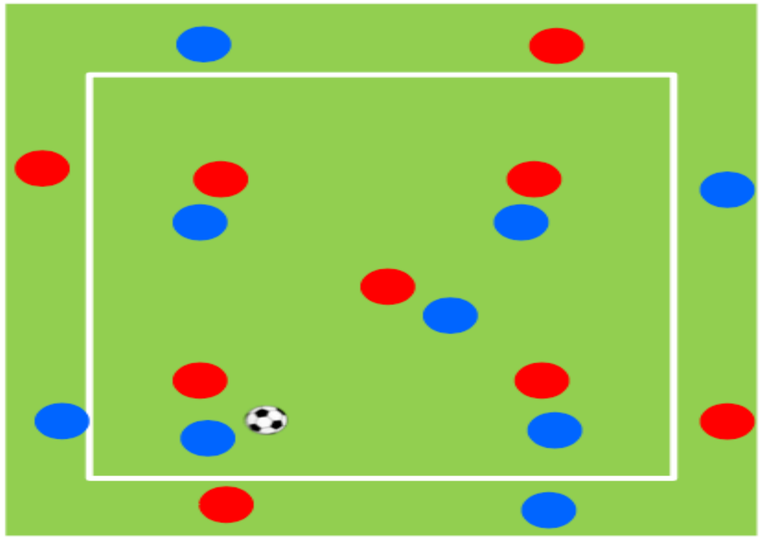
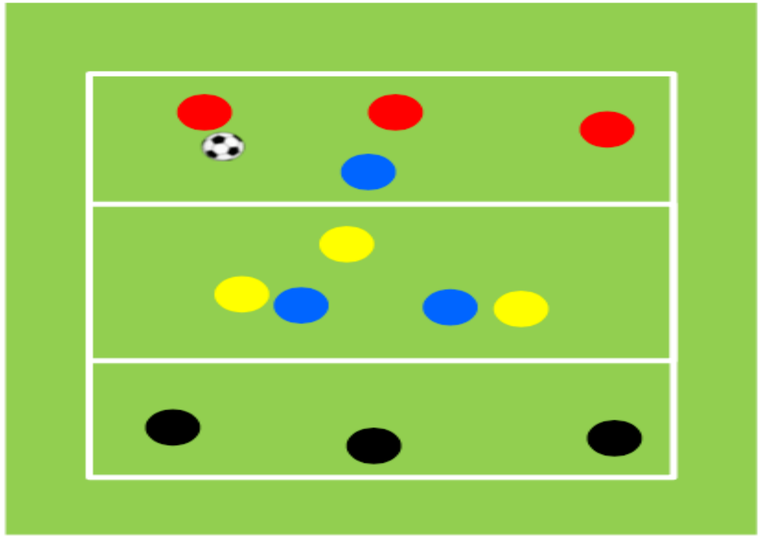


Rules / Objectives:

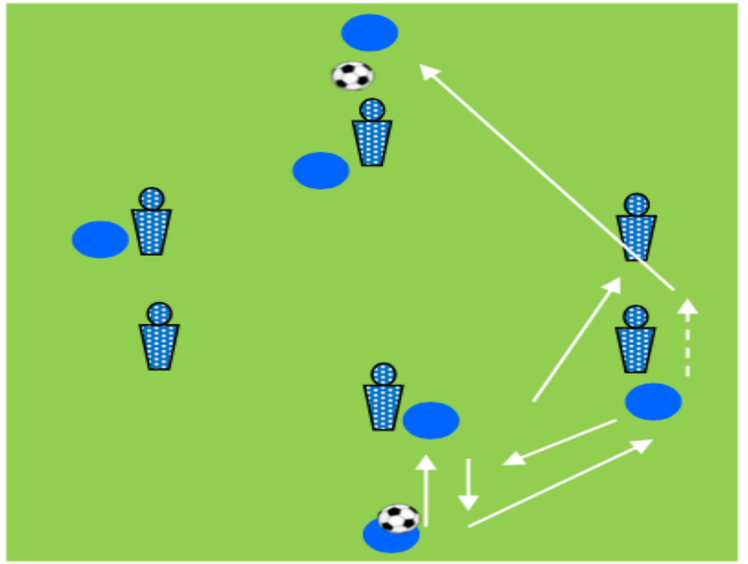
2v1 in each back 1/3, 2 screening / blocking defenders in the mid 1/3. Reds must look to transfer ball into opposite end players who in turn transfer to target players before repeating.

Key Factors / Pictures:

1. Play through
2. Play round
3. Play over

Passing	Passing	Passing
		
Rules / Objectives: 5v5 players look to keep ball, outer players can be used on one/two touch.. **Key Factors:** - Passing channels , be accessible - ½ turns, scan and signals - Playing in the future - Play, move fill space (eyes off ball) - where's the space	**Rules / Objectives:** reds retain possession and can either transfer into blacks or through yellows to blacks. Team to give away possession becomes defending team. **Key Factors:** - Dispersal / rotation - Passing decision / technique (direct, through, lend) - Pass through #4 #10 or opposite midfielder - Support	

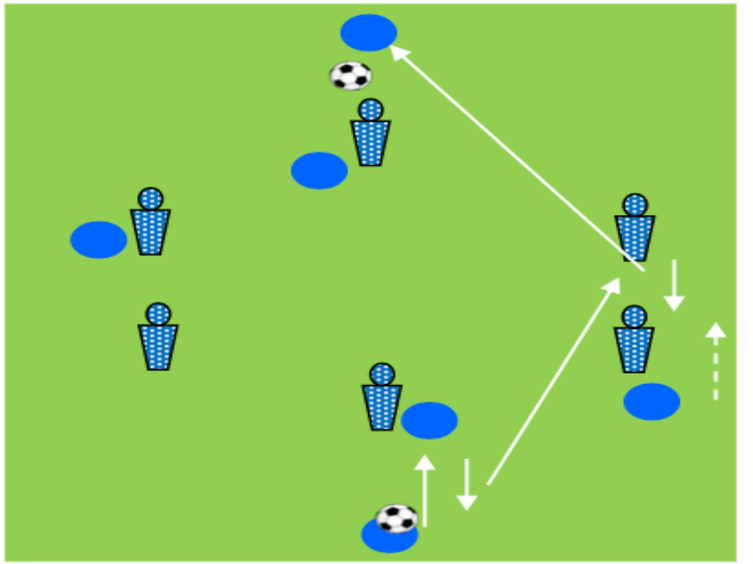
Passing



Rules / Objectives:
Pass and follow to next mannequin.

Key Factors:
-Trigger and timing of movement
- Passing details
- Receiving qualities

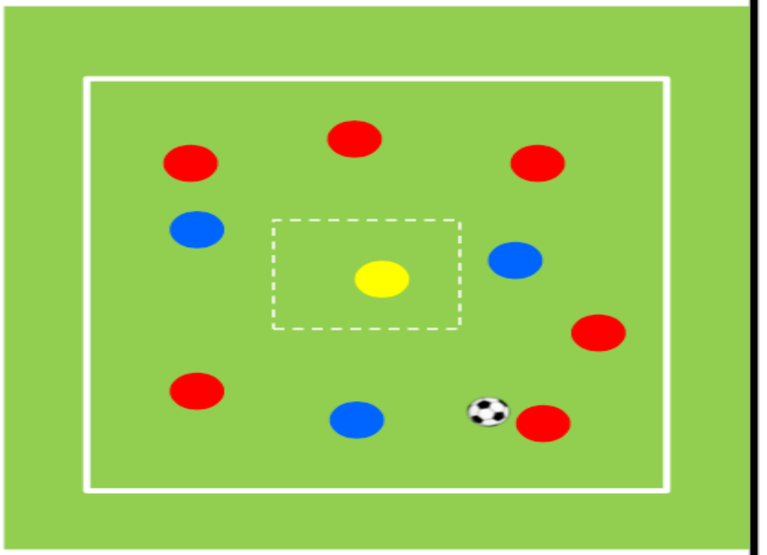
Passing



Rules / Objectives:
Pass and follow to next mannequin.

Key Factors:
- Trigger and timing of movement
- Passing details
- Receiving qualities

Passing



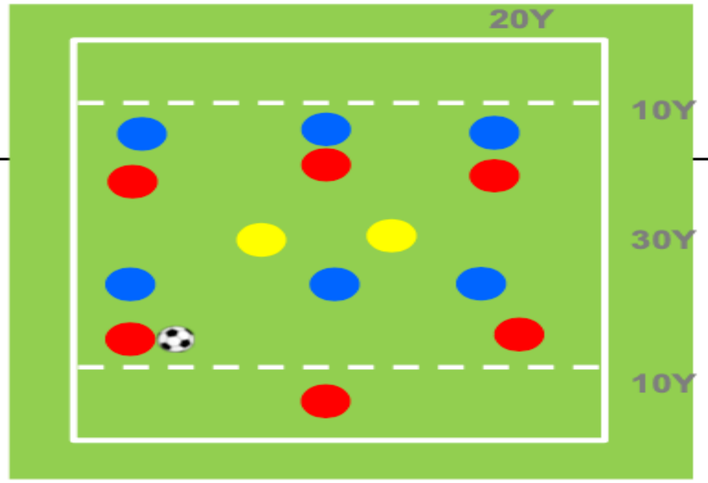
Rules / Objectives:
6V3 in the playing area, to score must successfully transfer through target player.

Introduce play and replace.

Key Factors:
- Passing channels , be accessible
- ½ turns, scan and signals
- Round, through, over
- Playing in the future
- Play, move fill space (eyes off ball)
- where's the space

Passing space

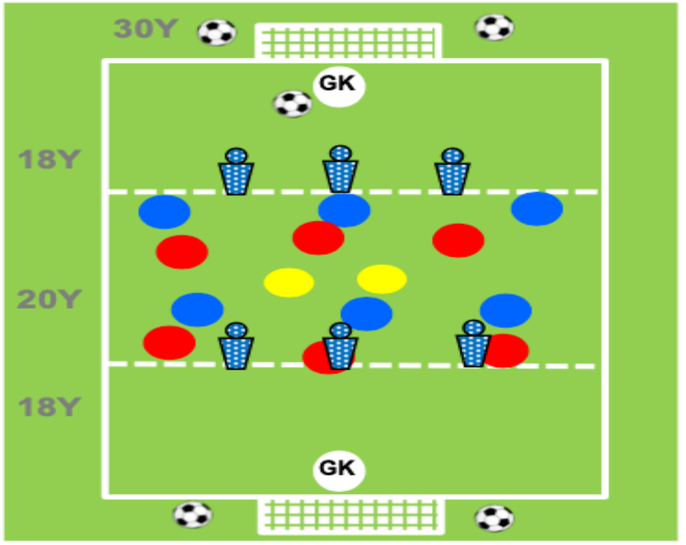




Rules / Objectives:

Directional possession (6v6 plus 2). Teams score by running ball over end zone. When out of possession can only press in centre zone, in possession can drop off into end zones to receive unopposed (2 touches).

Passing space



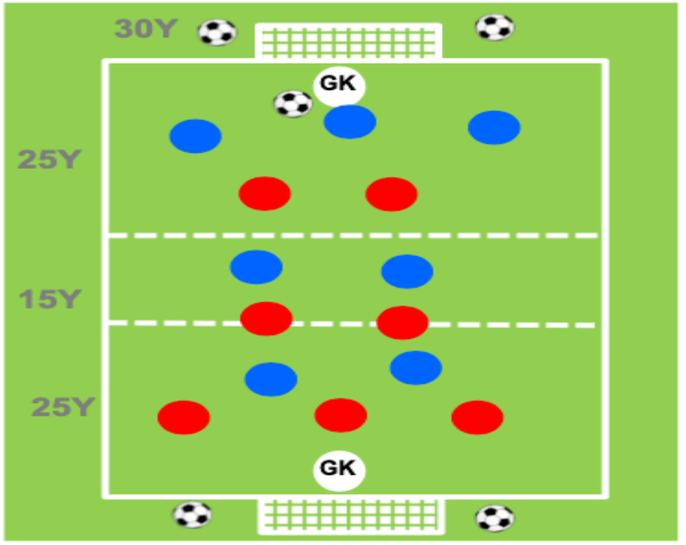
Rules / Objectives:

Play starts with GK, GK plays out from back into defenders (2 defenders can drop in and play on 3 touch max).

Can only score in end zone, 3 attackers can break into end zone with two recovery defenders.

6 seconds in each end zone.

Passing space

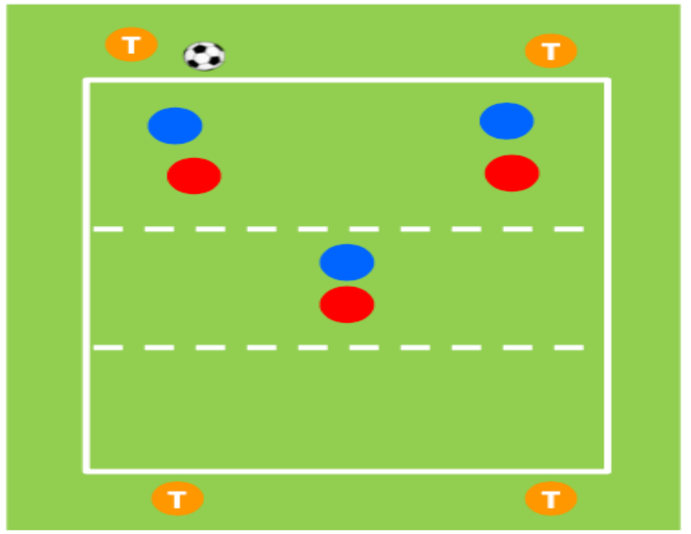
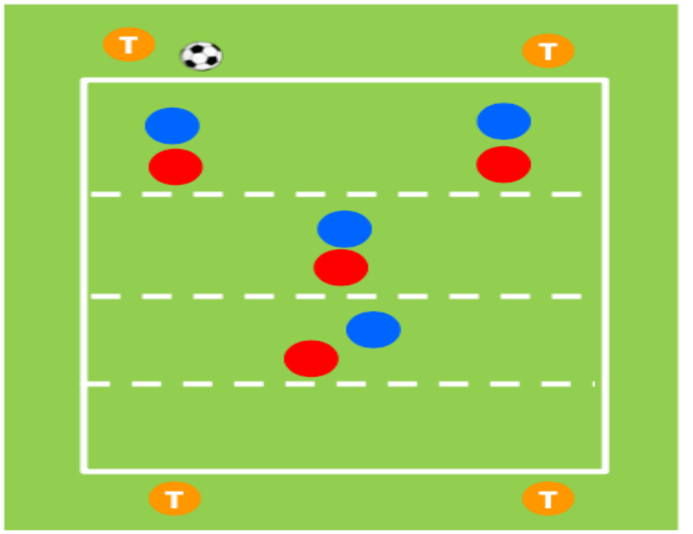


Rules / Objectives:

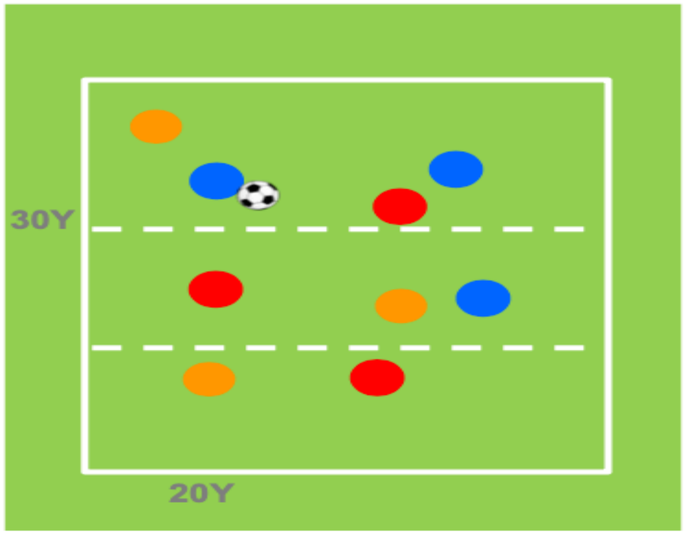
3 zone game, ball can be transferred through any zone. Midfielders can only defend Line. One player can progress through zones with ball.

Key Factors:

- **Passes – space (Stab, slides, scoops, swerve, strikes (diagonals))**
- **Movement (runs) ahead of ball**
- **Combination play (give and goes)**
- **Individualism (RWB etc)**
- **Deep runners (1/3 man runs)**

Passing	Passing	Passing
		
Rules / Objectives: T play square then into X's in possession, Try to play into mid zone 1 att 1 def. Can break to support make 2v2 The final third is offside line break line and play through to T's **Key Factors:** -As Previous -Bounced passes/buying a pass	**Rules / Objectives:** T's play square into 01 or 02who look to play forwards to 03 or play back to T's who can play first time into 03. 03 receives ball x3 can only screen x1 or x2 recovers 01 or 02 support work pass 04 play into T's, if x regains the ball they play to target players. **Key Factors:** -Weight and type of passes. -Quickly or carefully. -Timing and type of run.	

Passing In Tight Areas



Rules / Objectives:

3 teams of 3 or 4 must pass and receive transferring ball from end to end having to play through middle zone. Players in end zone have to receive and play off of one touch as a progression or make one team a set of dribbling defenders.

Key Factors:

- Get Free
- Scan (Know where to play) Run or pass?
- Takes, bounce, overlaps
- Detail & types of pass
- Tempo of the play

Penetrating A Congested Area



Rules / Objectives:

Midfield triangle work in tight area must look to visit target(s) alternating end to end but now a screener is blocking target player

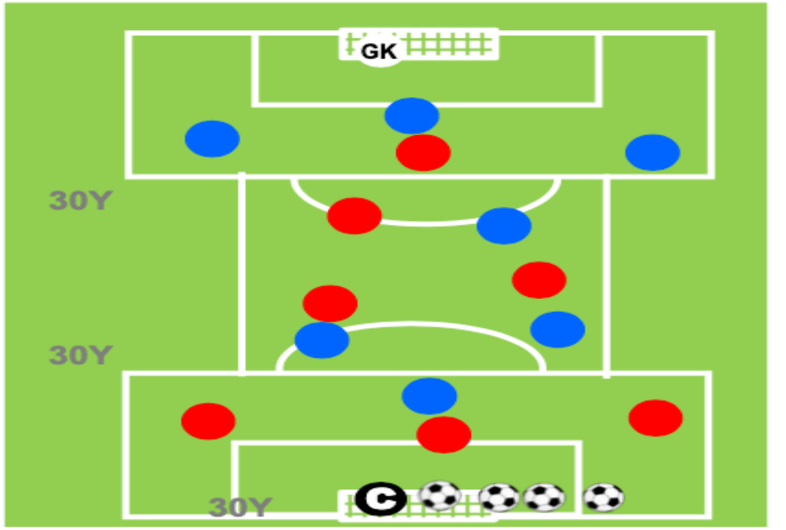
Progressions:

Add single direction to the practise

Key Factors:

- Get Free
- Scan (Know where to play) Run or pass?
- Takes, bounce, overlaps
- Detail & types of pass
- Movement and balancing of triangle
- Tempo of the play

Central Attacking



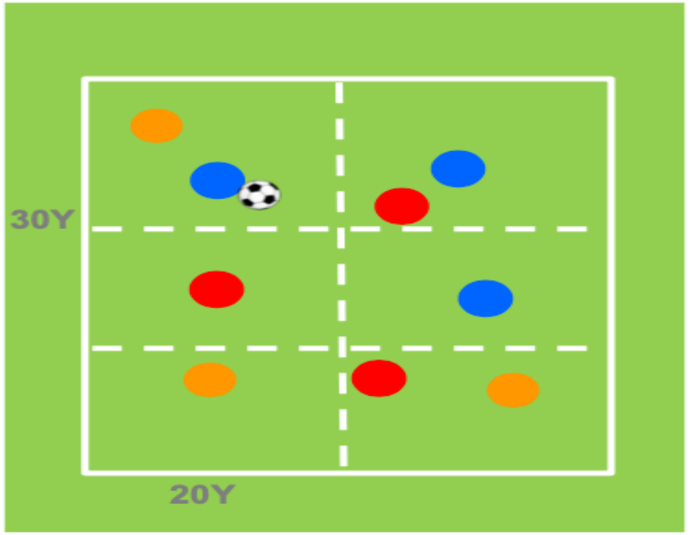
Rules / Objectives:

3v3 allowed in central playing area with 3v1 playing out from the back. Two attacking players can join final third making 3v3 to a finish. Players are encouraged to be able to rotate and play in each zone as long as rules are adhered to of numbers in areas. Progression encourage creative attacking play in central areas and involve front men to create an overload in central areas to get ball in to final third and beat the congested block with creativity. Work on positional play in relation to either a 4-3-3 or 4-4-2 depending on no. players at session or preferred system.

Key Factors:

- Forward passing types
- Rotation of midfield 3 (Related to 4-3-3)
- creating passing options/angles
- Creativity
- Finishing

Possession Play



Rules / Objectives:

3 teams of 3 or 4 must pass and receive from a different colour, cannot pass and receive in the same box.

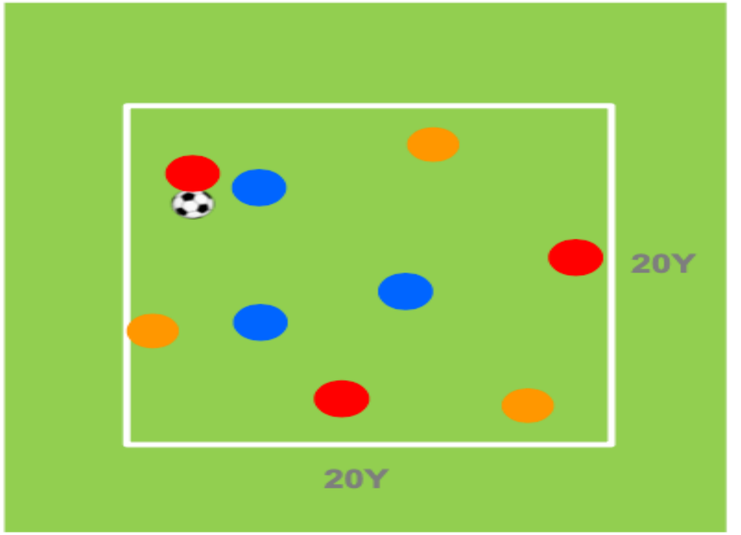
Progressions:

1) Must do a take via your own colour before passing to another colour.
2) Take with your own colour, bounce of another before passing to the remaining colour

Key Factors:

- Get Free
- Scan (Know where to play) Run or pass?
- Takes, bounce, overlaps
- Detail & types of pass
- Tempo of the play

3 Team



Rules / Objectives:

As with previous game but now one team defends object is to retain possession.

Progressions:

Add direction to the practise

Key Factors:

Get Free

- Scan (Know where to play) Run or pass?
- Takes, bounce, overlaps
- Detail & types of pass
- Tempo of the play

Central Attacking



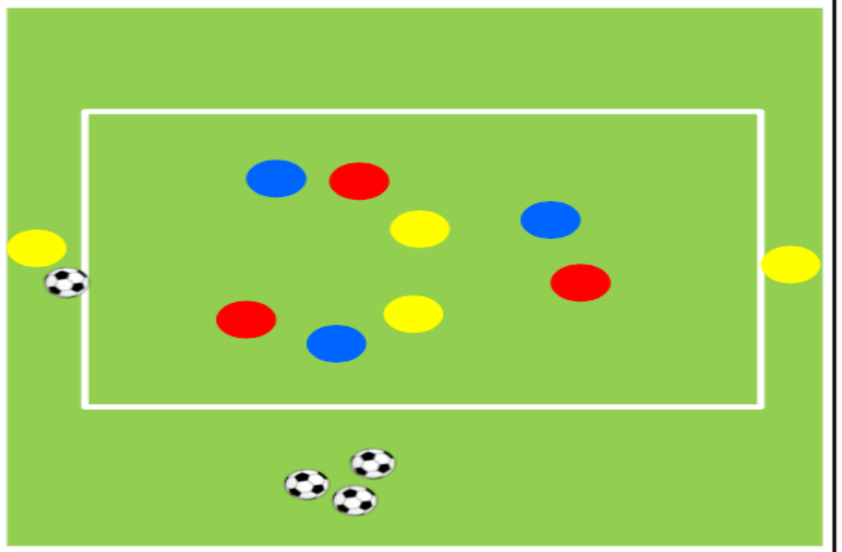
Rules / Objectives:

6v3 allowed in playing area with 2 attacking players to be able to rotate and play as front men. Encourage creative attacking play in central areas and involve front men to create an overload in central areas to get ball in to final third and beat the congested block with creatvity. Work on positional play in relation to either a 4-3-3 or 4-4-2 depending on no. players at session or preffered system.

Key Factors:

- Forward passing
- Rotation of midfield 3 (Related to 4-3-3)
- creating passing options/angles
- Creativity
- Finishing

Switching play



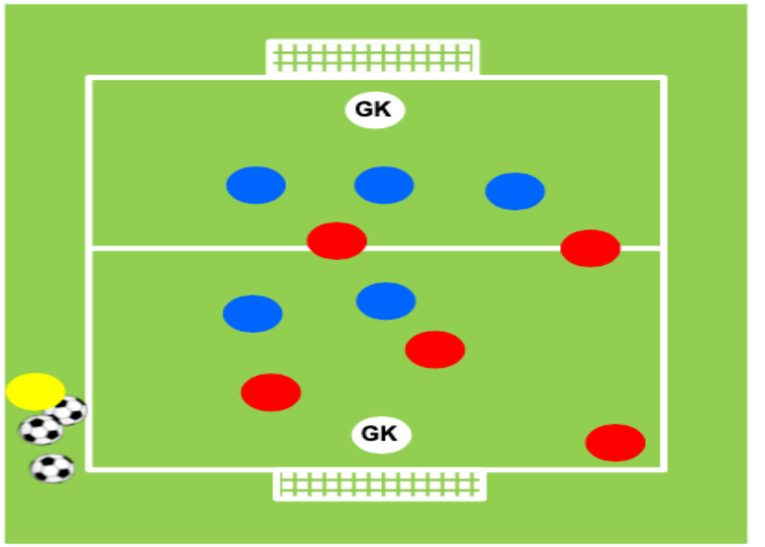
Rules / Objectives:

Possession game.

Key Factors:

- Use of lend passes (shift, gain picture, movement ahead of ball)

Switching play



Rules / Objectives:

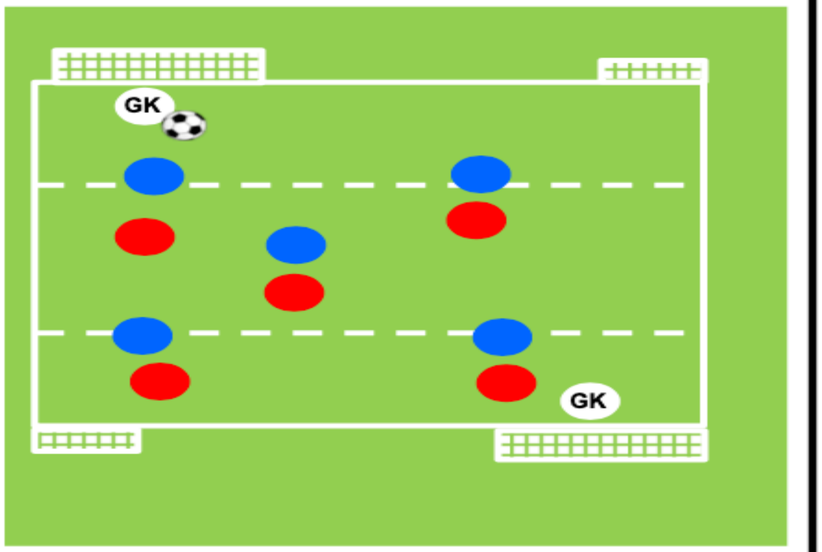
Function – Changing play.

Allow 2nd ball for 'free play' 5v5

Key Factors:

- Movement to get free / receive / Interchange (wide man ¾ start position)
- One pass, Two passes (risk assessment)
- Space or man

Switching play



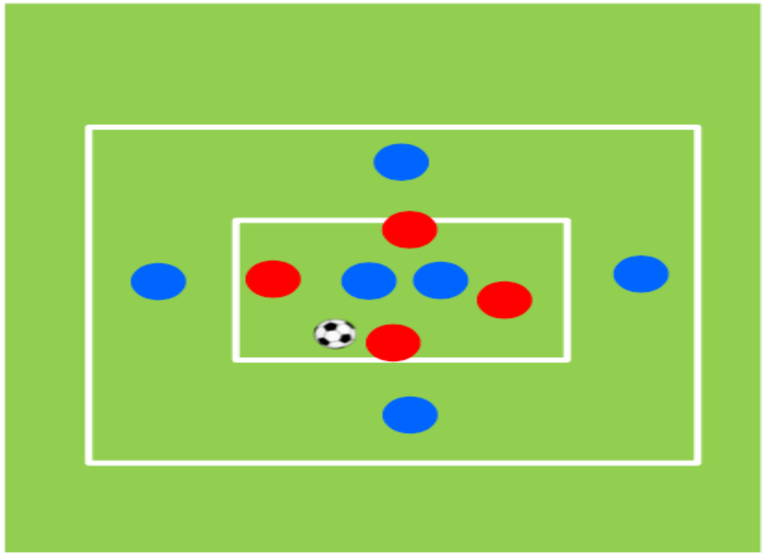
Rules / Objectives:

Game

Key Factors:

- Dispersal
- Awareness
- Short and long switches of play
- Crosses
- Movement and rotation

Transition Play



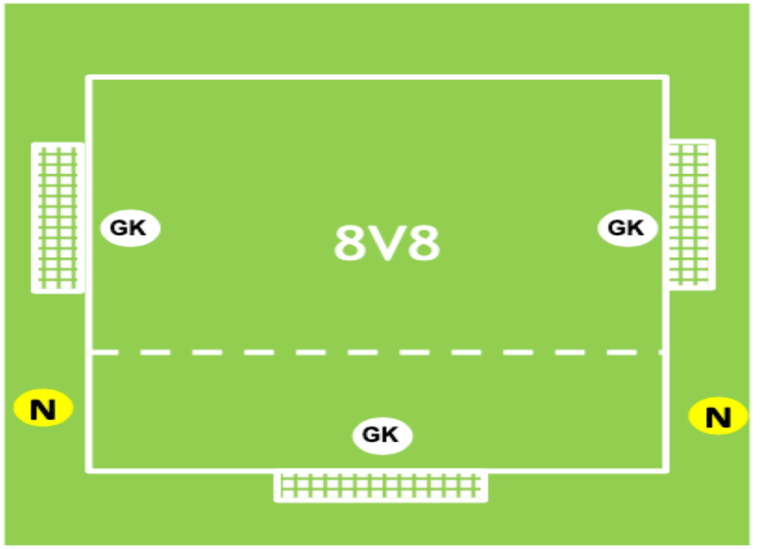
Rules / Objectives:

4v2 inside small square, if 2 win it back they combine with outside to make 6v4. 4 must try and win it back and get ball back into small square to play 4v2.

Key Factors:

- Control the game
- Angles and passing
- Fast Transition
- Pressuring

Transition Play



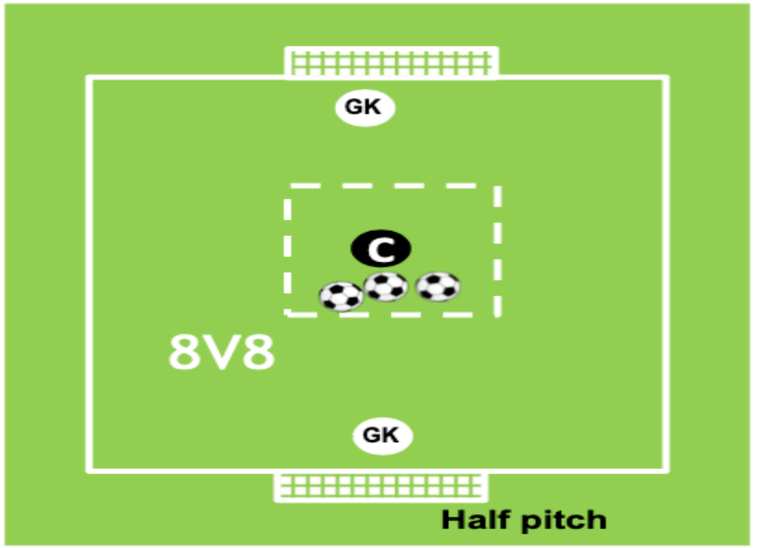
Rules / Objectives:

8v8 in the main playing area, as soon as a team has a shot at goal they can send a player into the attacking zone to finish from a cross, defending team can also send a player in to defend (optional). Progress to 2 players.

Key Factors:

- Quick transition play
- Recovery runs

Transition Play



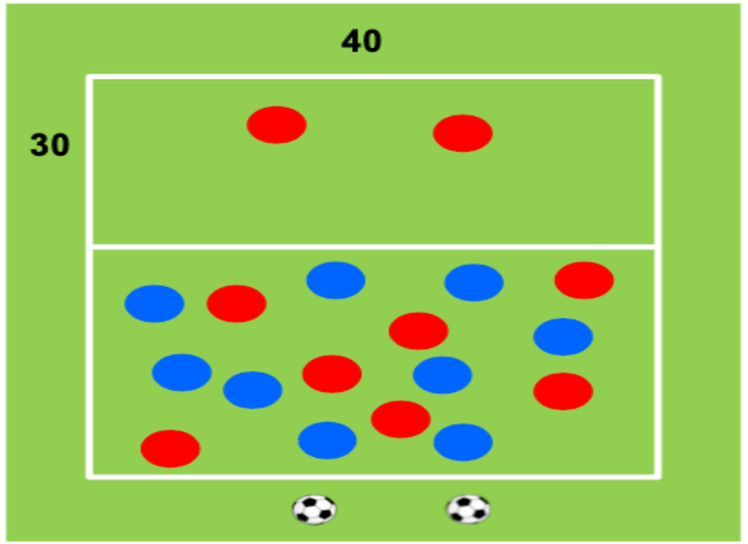
Rules / Objectives:

8v8 on half pitch, coach in centre of pitch in 10x10 square. Players are not allowed through this zone. Any time the ball goes out of play coach restarts.

Key Factors:

- Quick transition play
- Counter Attacks
- Security behind bal
- Recovery runs

Transition



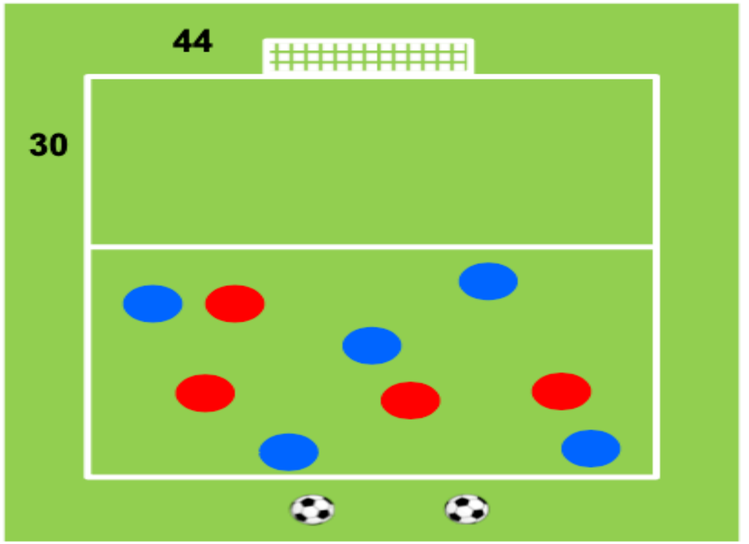
Rules / Objectives:

7v9 in one half, when reds win it they try to transfer ball into 2 reds in opposite half.

Key Factors:

-Defensive shape to win it back
- Patience
- Free the ball quickly
- Free yourself
- End product.

Transition



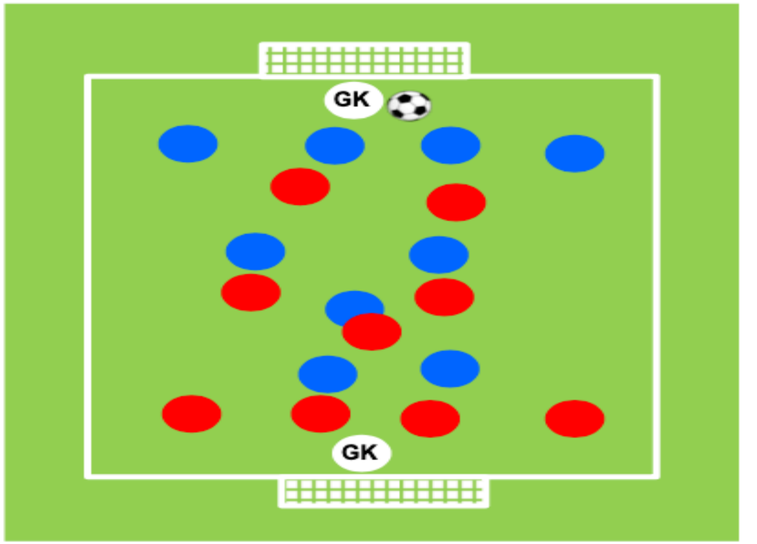
Rules / Objectives:

GK plus 5v4 keep ball for 5 plus GK, when 4 win it back they try and score..

Key Factors:

- Defensive shape to win it back
- Patience
- Free the ball quickly
- Free yourself
- End product.

Transition



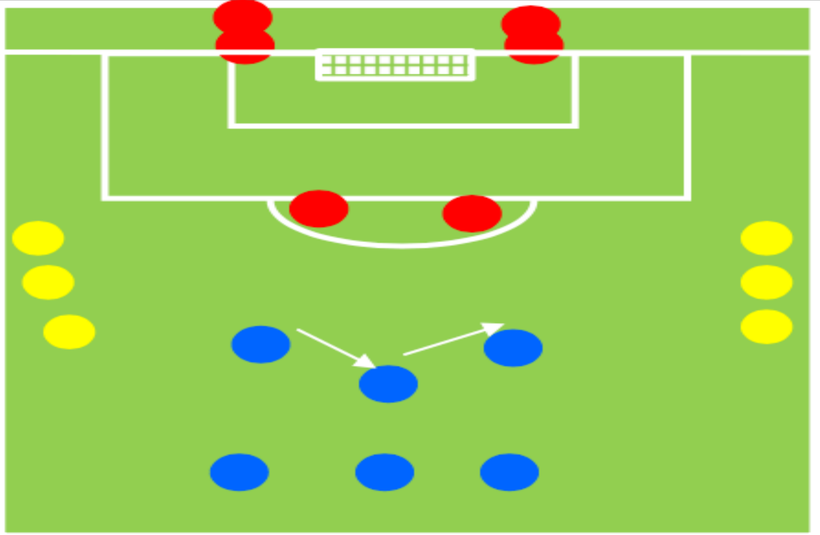
Rules / Objectives:

Box to box 10v10.

Key Factors:

- Defensive shape to win it back
- Patience
- Free the ball quickly
- Free yourself
- End product.

Crossing



Rules / Objectives:

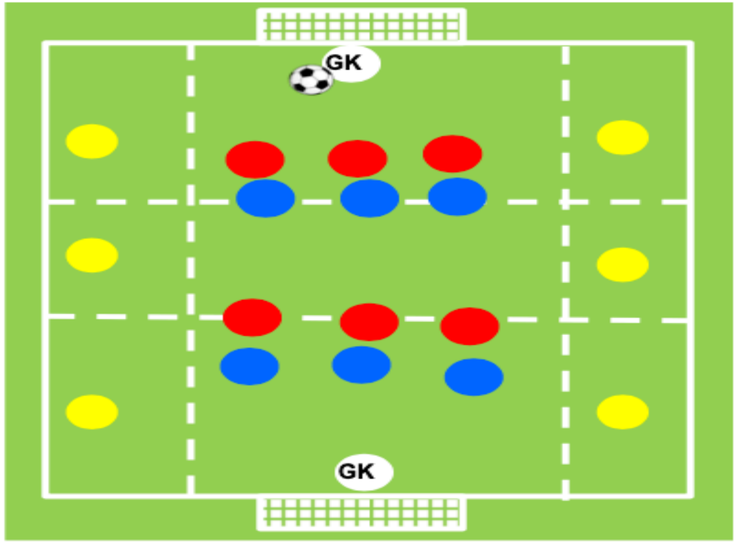
3 Teams of 6 (1 crossing, 1 finishing, 1 defending)

Blues combine before playing out wide to yellows who combine to deliver a cross.

Key Factors:

- Type of cross
- Type and timing of movement
- Type of finish
- Wide players link up

Crossing



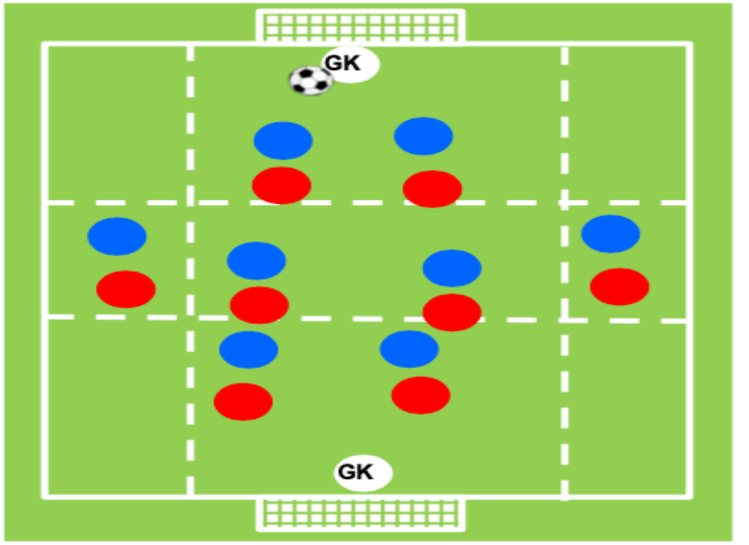
Rules / Objectives:

3 teams of 6, one man overload in each half. Attacker can drop in and defender can go into other half.

Key Factors:

- As in previous

Crossing



Rules / Objectives:

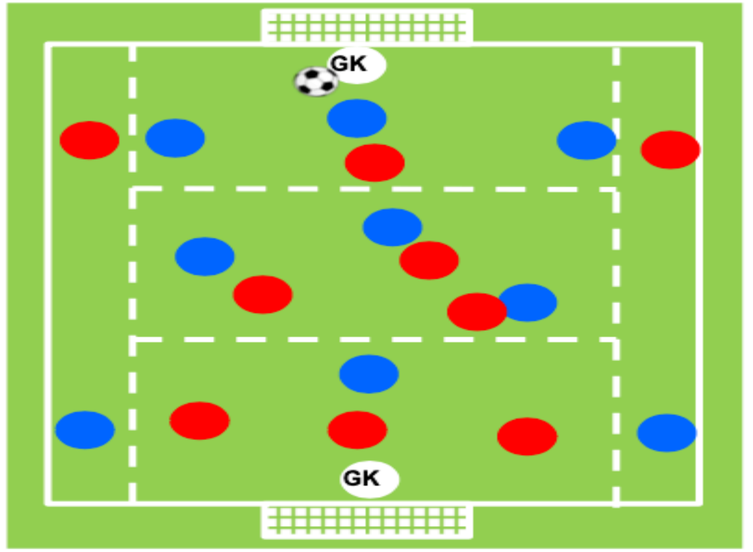
9v9 must play through central area from defending zone then play wide in mid and attacking zone. CM / CF can drop in to overload.

2v1s in wide channel

Key Factors:

- As in previous

Crossing



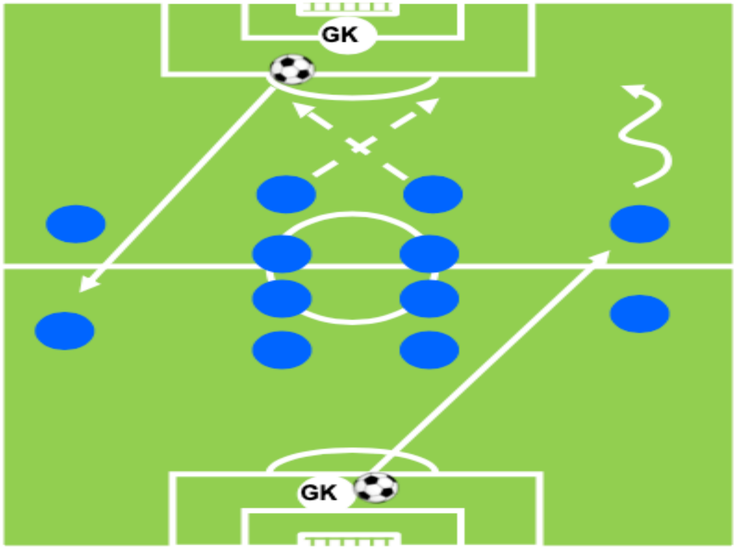
Rules / Objectives:

3 zone game with 2 wide channels, when the ball changes from one zone to another 1 player can join in to overload. Opposite wide player to seal off far post.

Key Factors:

- Forward passing
- Creating overloads
- Getting ball wide areas
- Detail and type of cross

Crossing



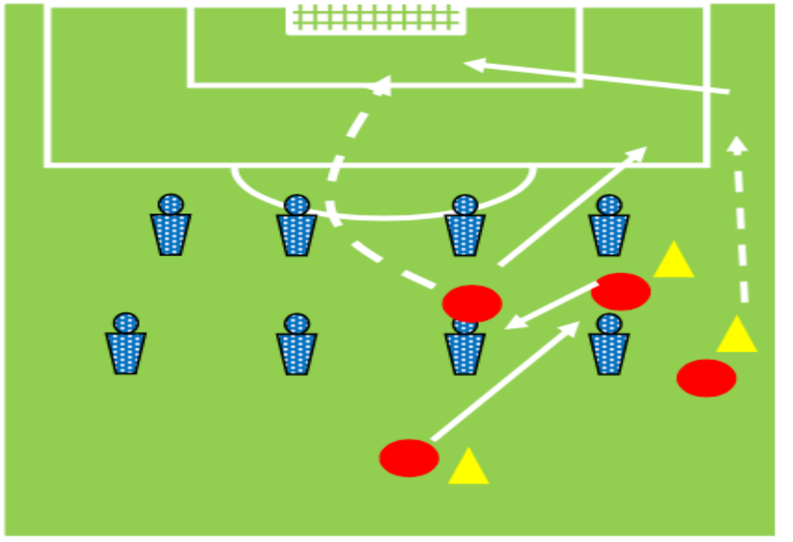
Rules / Objectives:

Crossing & finishing drill. GK plays out to wide man who gets the ball down the line delivers a cross for 2 front men. Working down both sides of the pitch. Progress by giving wide men variations of movement (i.e overlaps, out of feet and cross, get to touch line).

Key Factors:

- First touch of wide men
- Quality & type of delivery
- Movement of front men
- Finishing

Crossing

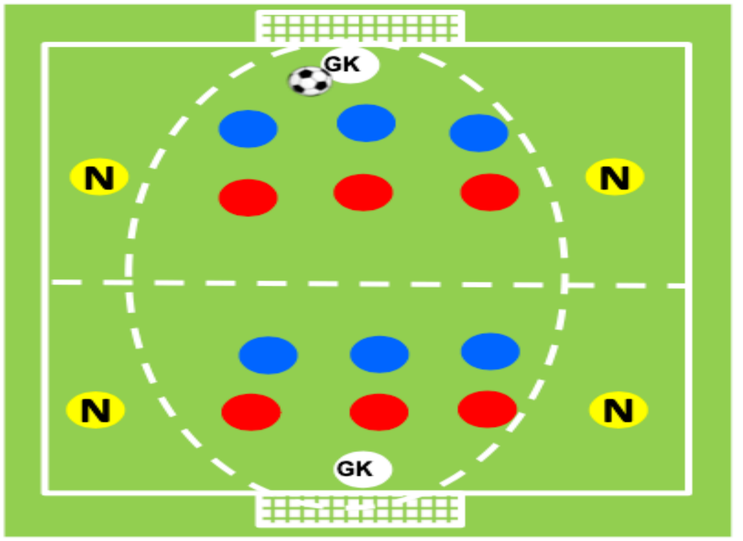


Rules / Objectives:

X1 to x2 who receives on half turn, x3 provides overlapping run to receive slide. X3 crosses to x5.

Work both sides alternately.

Crossing



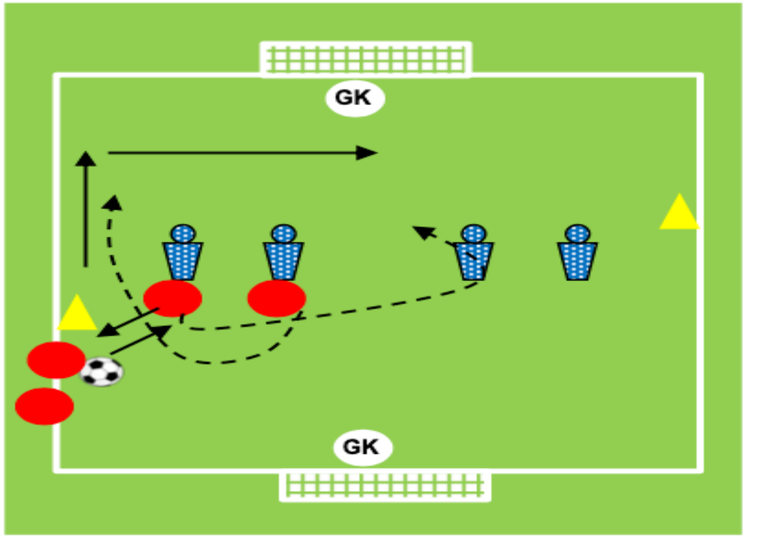
Rules / Objectives:

3v3 in each half, gk must play into the central area, once in their players can transfer ball wide to any N player. N's can combine, though only have a max of 3 touches or 3 seconds. 1 player can join in the attacking half to create 4v3 overload in central areas.

Key Factors:

- Get the ball wide
- Type of cross
- Detailed runs and timing
- Type of finish

Crossing



Rules / Objectives:

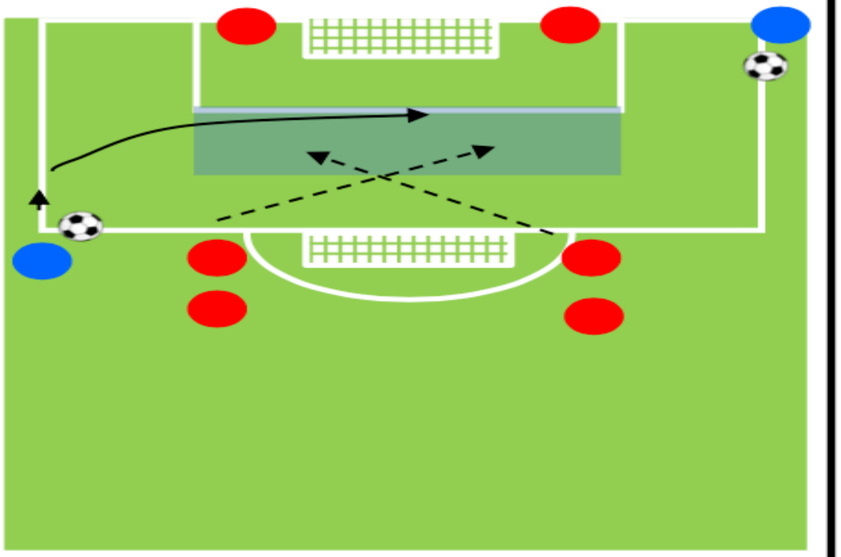
X1 to x2, x2 sets and spins around middle Mannequin and attacks box, x3 under laps and crosses.
Crosser ends up at nearest mannequin
Server middle mannequin
Crosser back of opposite cue
Introduce "jacks"

Work both sides alternately.

Key Factors:

-Type of cross
- Detailed runs and timing
- Type of finish

Crossing



Rules / Objectives:

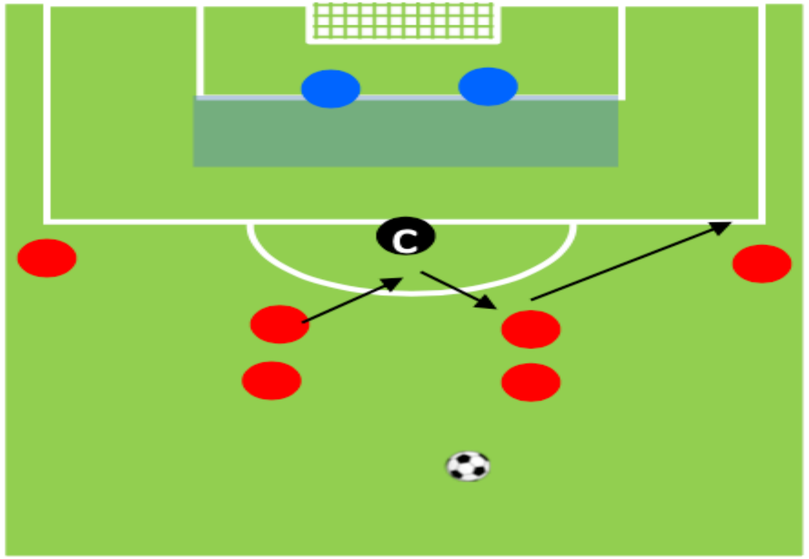
X has a touch out of his feet and delivers, 2 attacking x's cross over and attempt to finish at goal. 2 x's join the back of the opposite cue.

Work both sides alternately.

Key Factors:

-Type of cross
- Detailed runs and timing
- Type of finish

Crossing



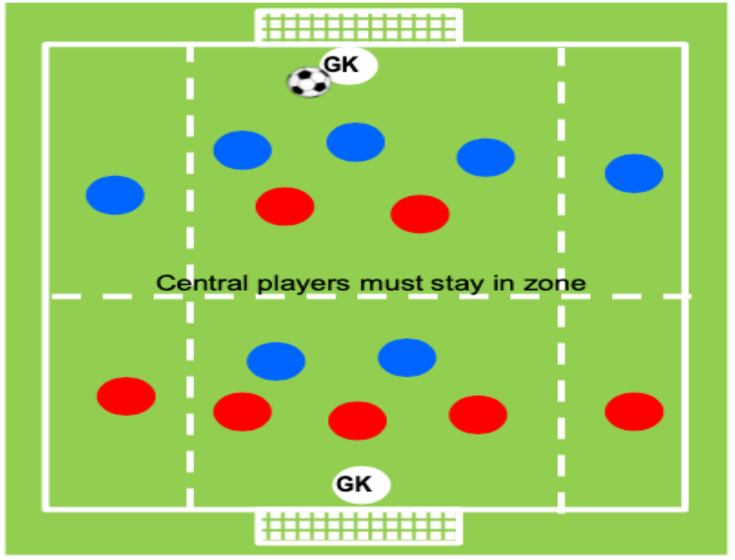
Rules / Objectives:

X's start by bouncing pass off coach before:

Key Factors:

- Play wide for unopposed cross
- Play wide for opposed cross
- Play off D for 2v2
- 18 y shot at goal

Crossing



Rules / Objectives:

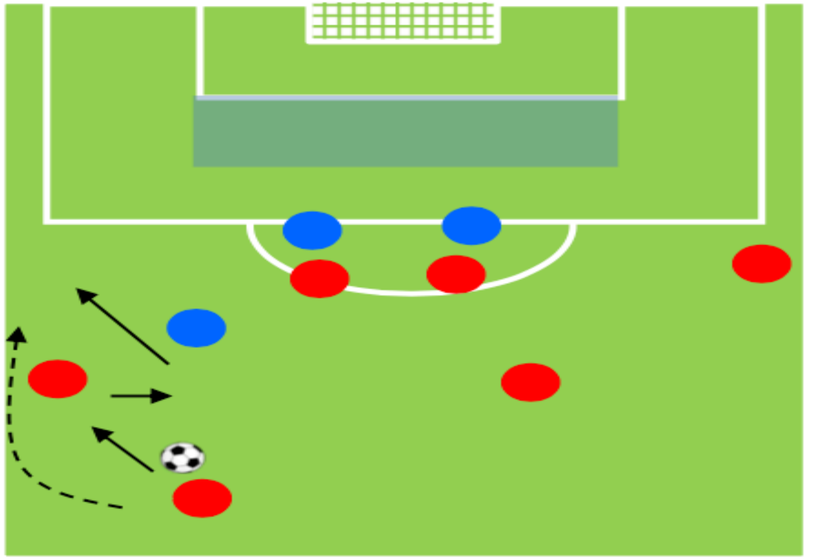
Ball starts with GK who distributes to wide man, wide man plays into front man and follows to create 3v3.

Position wide men in opposite half.

Key Factors:

- Front men hold up play
- Width and Narrow
- Combination
- Wide players movement

Crossing



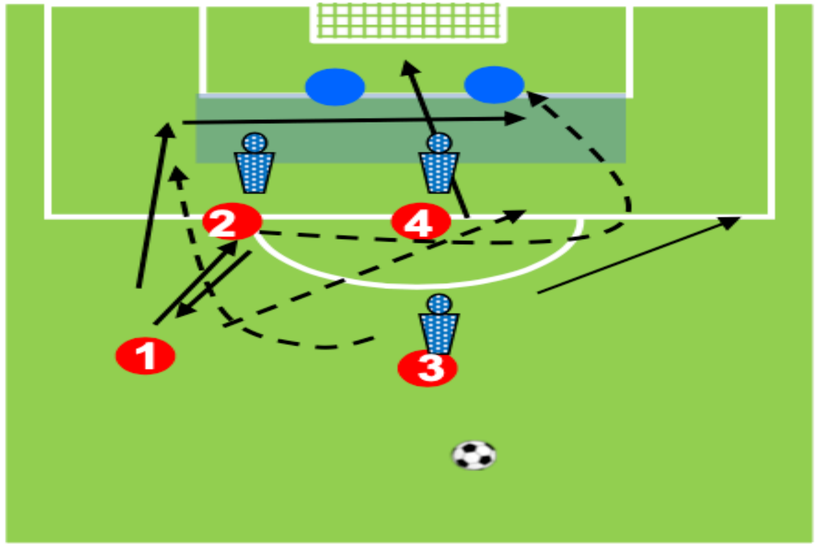
Rules / Objectives:

2v1 in wide channel, x's work crossing opportunities for two attackers.

Key Factors:

- 2v1
- Type and detail of cross
- Detailed runs
- finishing

Crossing



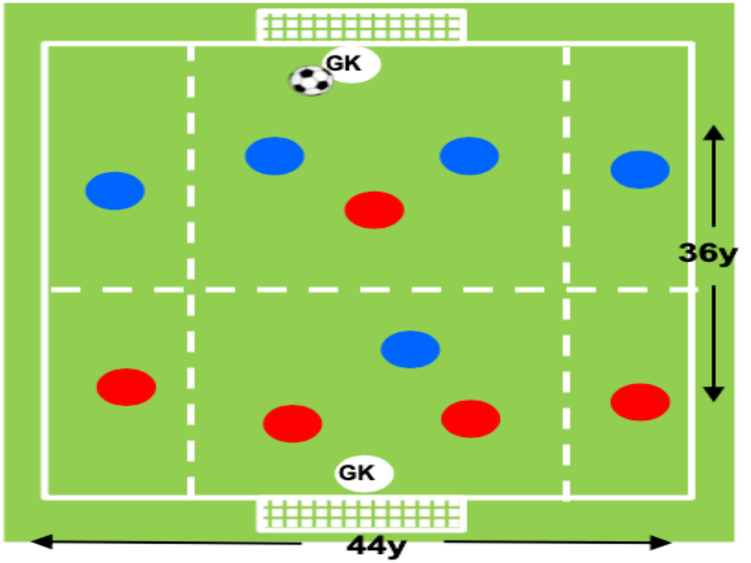
Rules / Objectives:

Crossing and finishing x1 to x2 , x2 sets x1, x3 makes under / overlap run, x1 slides, x2 and x3 attack the cross x1 locks out.

Key Factors:

- T and T of movement / runs
- Detail of cross
- Detail of finish

Crossing



Rules / Objectives:

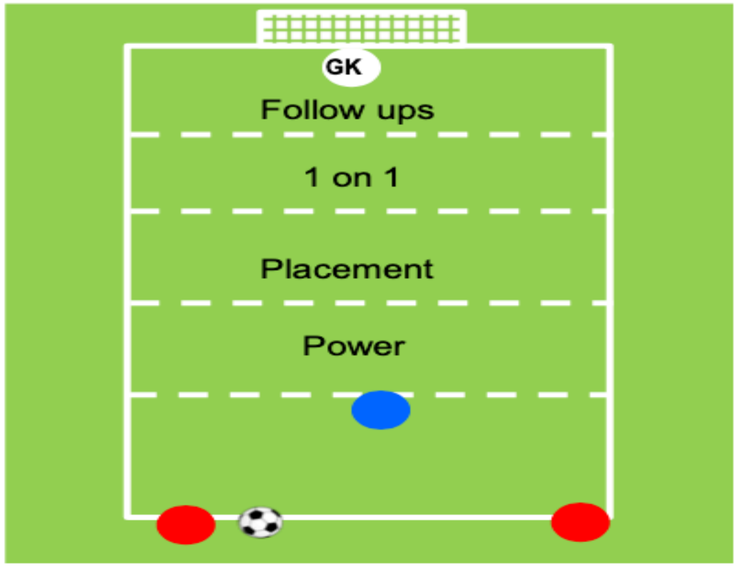
4v4 plus 2. Ball must go wide before scoring, when ball in wide channel one N can support to create 2v1.

Key Factors:

-Type of cross
- Detailed runs and timing
- Type of finish

Crossing

Finishing



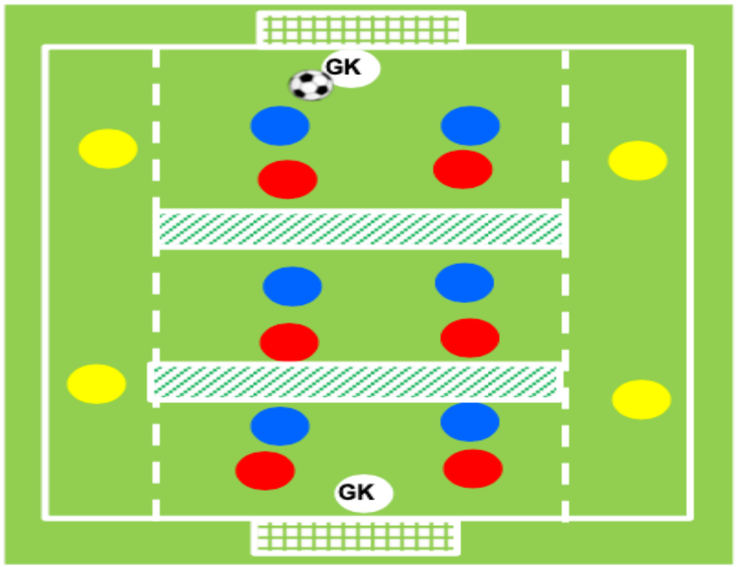
Rules / Objectives:

2v1 to break out of zone, players must shoot from selected zone..

Key Factors:

- Detailed technique on type of finish

Finishing



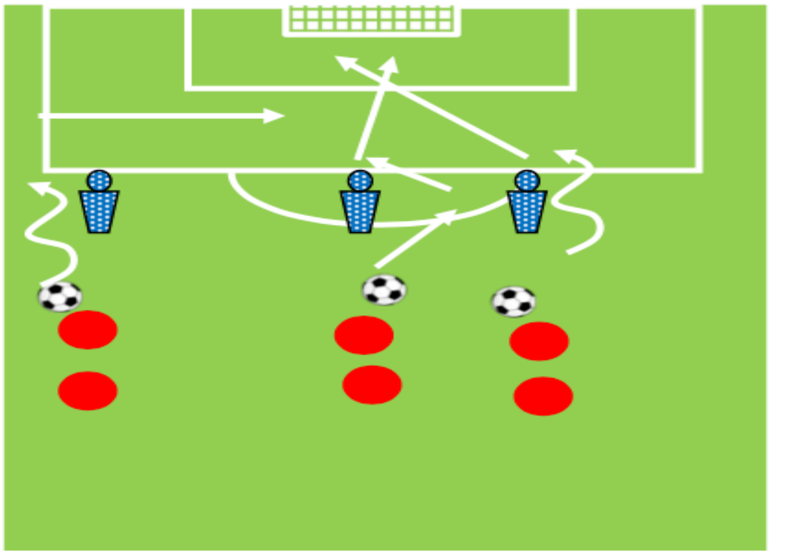
Rules / Objectives:

Unopposed in the mid 1/3 and for wide men, opposed in both end 1/3's. cm look to play into front men receive set then play wide. Wide players deliver on one or two touch. Front players can drop in channel between the zone unopposed though must play in no more than two touches.

Key Factors:

- Power finishing
- Placements
- Follow ups
- Finishing from crosses

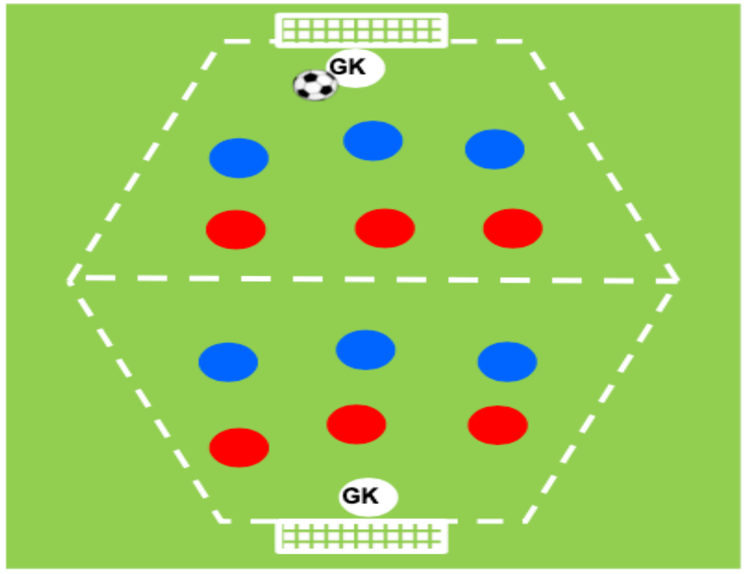
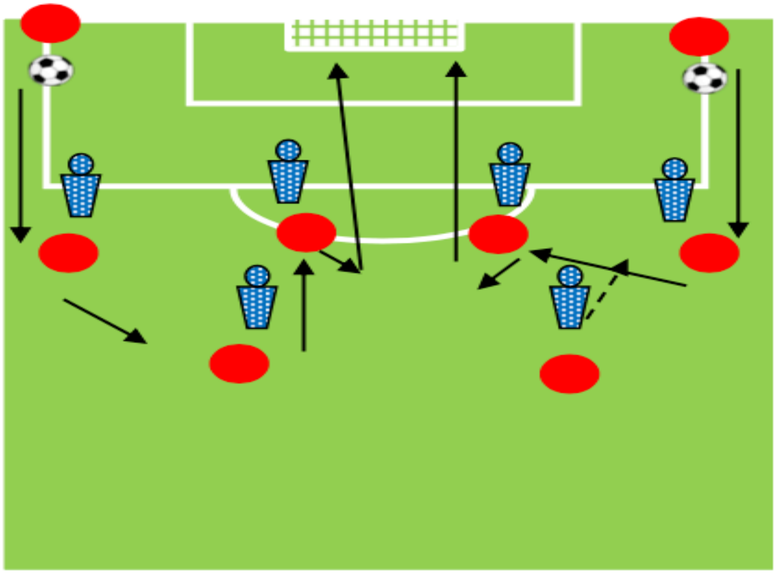
Finishing



Rules / Objectives:

3 types of finishing.

X1 dribbles past mannequin and shoots, checks back to play a give and go for x2 to shoot, x3 drives down the line and crosses for x1 and x2 to score. Players return to their line. Change jobs every 4 mins.

Finishing	Finishing	Finishing
		
	Rules / Objectives: 3v3 in each half of the pitch, GK can deliver into either half of the pitch. Players are restricted to playing in own half. **Key Factors:** - Can you shoot - if not give it to someone who can - If not go wide	**Rules / Objectives:** Passing Combinations to finish, all players follow to next station **Key Factors:** -Trigger and Timing of movement - Passing detail / type - Receiving qualities - Finishing

Long Range Finishing



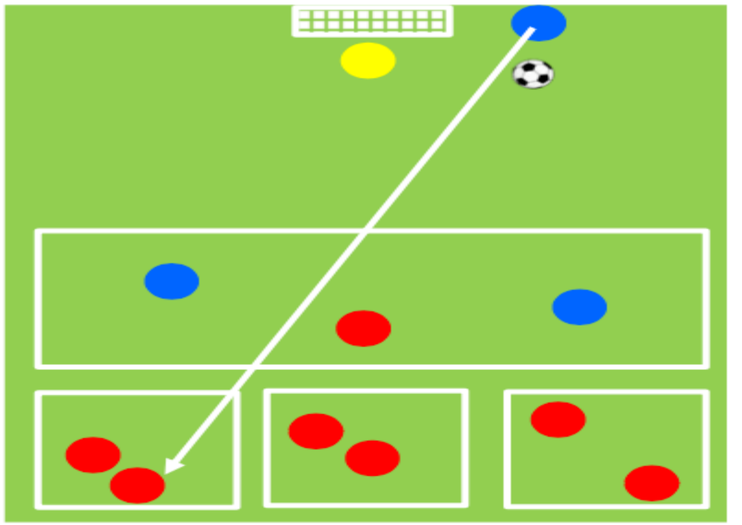
Rules / Objectives:

2 strikers working in area with 4 manequins in the playing area, Each player has 1 left foot, 1 right foot and 1 of choice from central area. Other players serve as ball collectors.

Key Factors:

-1st touch/control
- Foot striking area
- 'Skip Through standing foot
- Types of shot; Adjustments, basics and clevers
- Shots through legs, clever combinations
- Attitude to shoot
- Vulnerable areas
- Rebounds

Long Range Finishing



Rules / Objectives:

Def plays ball into either of three receiving boxes, two options it can either be a set and instant shot from strikers in the box (Defenders can only block) or combination play with back to goal striker making a 3 v 2 in secondary shooting box.

If shot hits target or gaol scored strikers remain in receiving box, if they miss they rotate with the defnders

Key Factors:

-1st touch/control
- Foot striking area
- 'Skip Through standing foot
- Types of shot; Adjustments, basics and clevers
- Shots through legs, clever combinations
- Attitude to shoot
- Vulnerable areas
- Rebounds

3 Ball Finishing



Rules / Objectives:

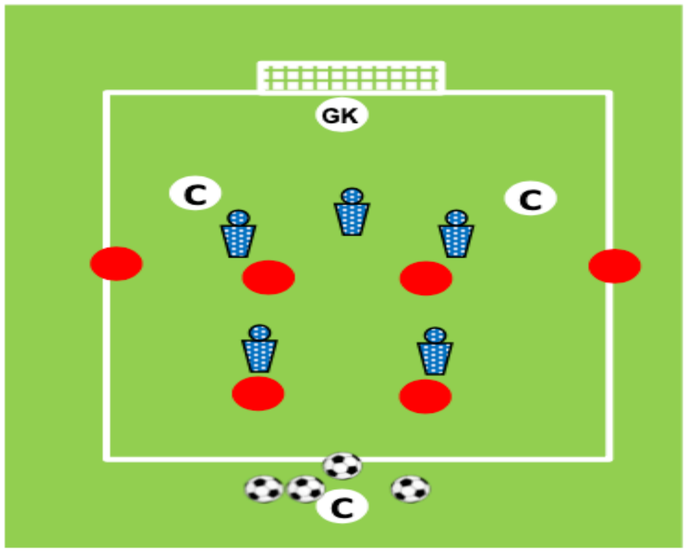
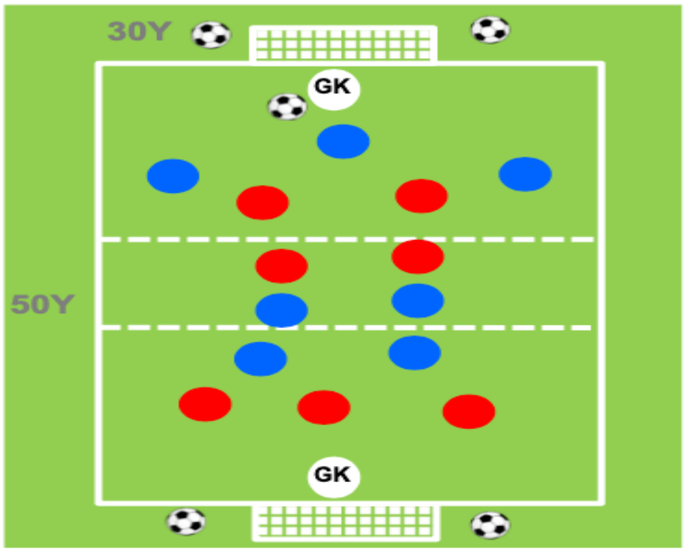
1st shot long range: Pass, set, pass Setter spins for set and shot

2nd shot from wide area from a worked overlap, 2x defenders come from behind goal (3v2)

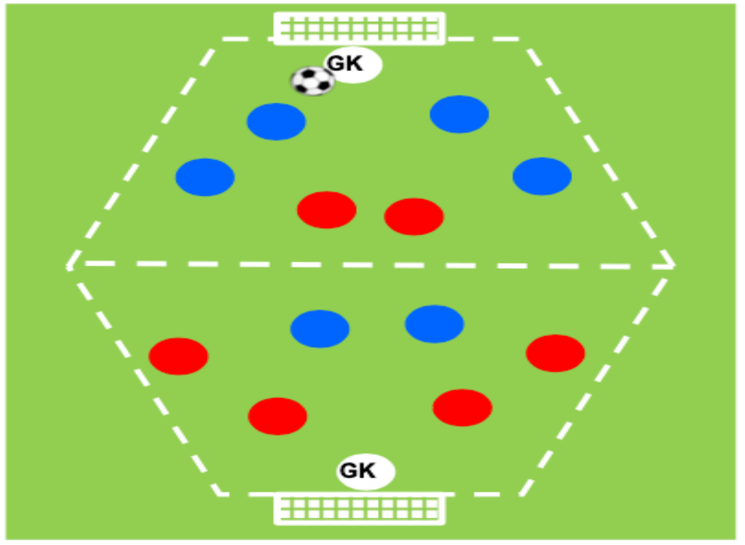
3rd shot (3v2) served in by Coach for in box combination play

Key Factors:

- Foot striking area
- 'Skip Through standing foot
- Types of shot; Adjustments, basics and clevers
- Shots through legs, clever combinations
- Attitude to shoot
- Vulnerable areas
- Rebounds

Finishing	Finishing	Finishing
		
Rules / Objectives: . **Key Factors:**	**Rules / Objectives:** **Key Factors:**	**Rules / Objectives:** **Key Factors:**

Finishing



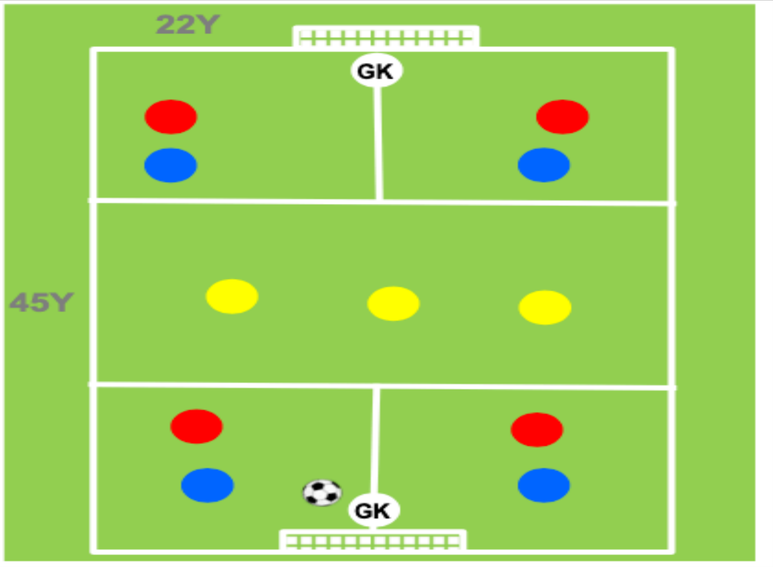
Rules / Objectives:

4v2 in each half of the pitch, GK can deliver into either half of the pitch. Players are restricted to playing in own half.

Key Factors:

- Can you shoot
- if not give it to someone who can
- If not go wide

Finishing



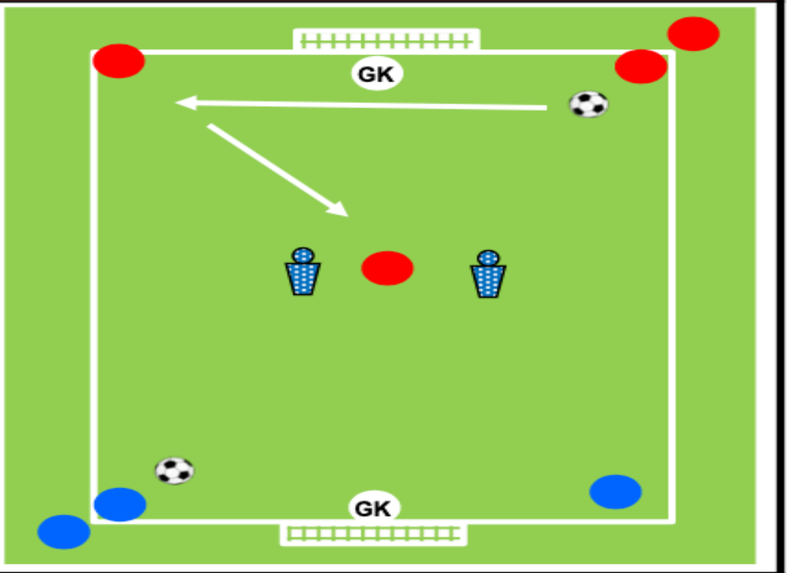
Rules / Objectives:

1v1 in each of the 10x10 grids, 3 neutral players in the 8x30 grid. Defenders must stay in their zones, front players can rotate freely. 3 neutral players receive from server and look to play into attackers, they can also can shoot off a set or change the point of attack. Defenders can shoot on regains.

Key Factors:

- Movement to get free
- Placement
- Follow ups
- Power shooting

Finishing



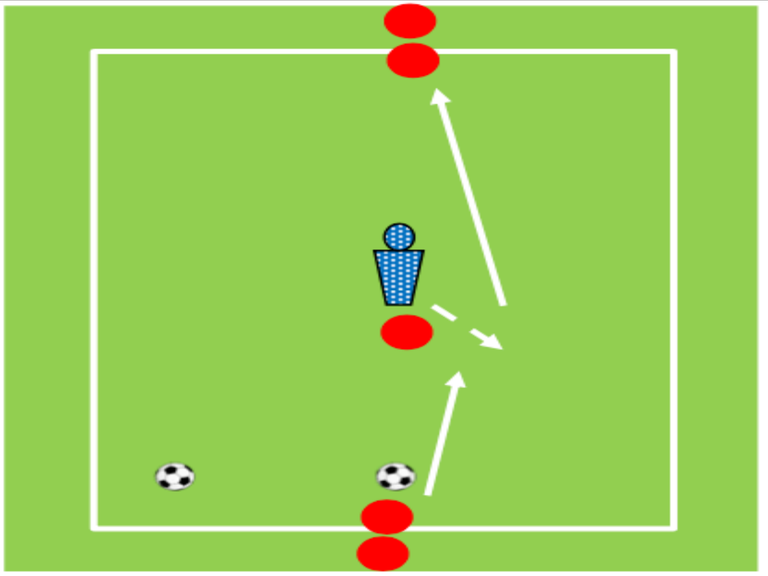
Rules / Objectives:

Finishing from variety of runs.

Key Factors:

- Defoe
- Villa
- 3 point

Receiving



Rules / Objectives:

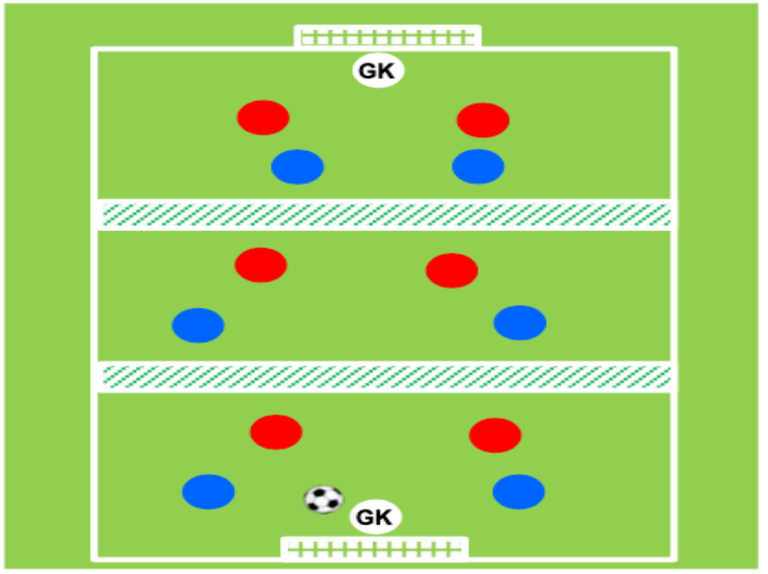
Three sessions in one:

1) Receiving 3 touch rule (open)
2) Receiving closed /safe
3) Hips across to protect to tur

Key Factors / Pictures:

1. Into line
2. Select / prepare surface
3. Relax
4. Execute quickly

Receiving



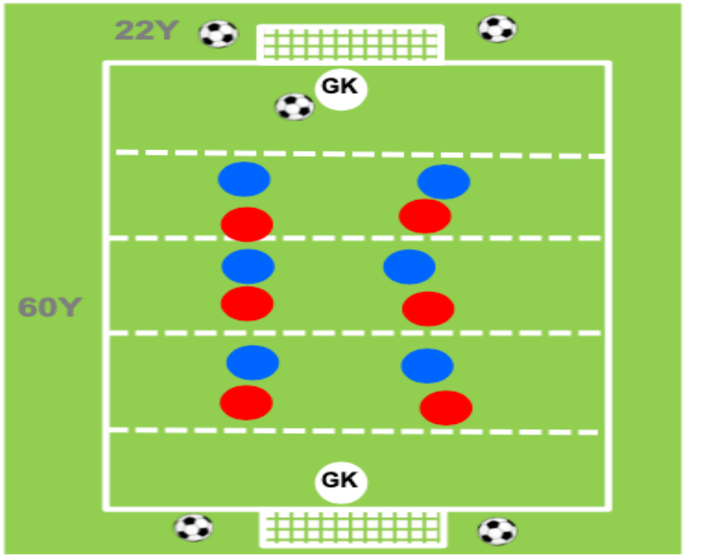
Rules / Objectives:

Player can drop in to receive for 3 seconds unopposed to recieve.

Key Factors / Pictures:

1. Timings / Triggers
2. Body shape / quality
3. Rotation (3 second rule)

Receiving



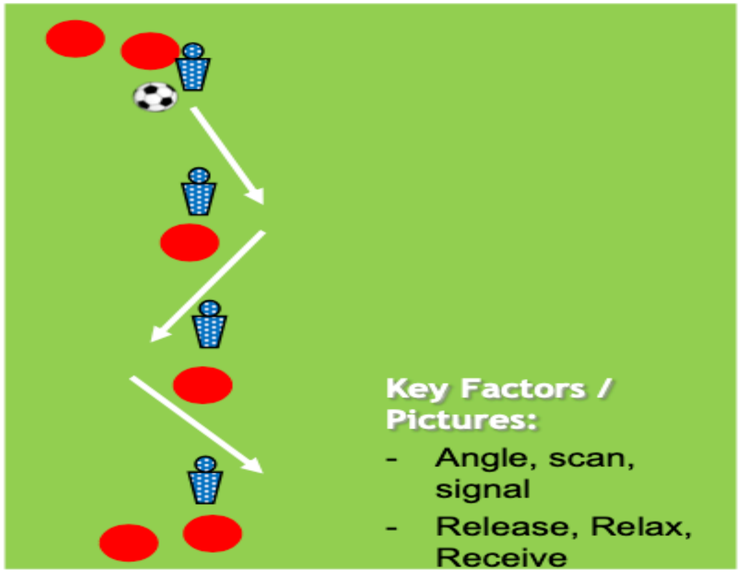
Rules / Objectives:

2v2 in each zone with a playing in zone at each end, one player can drop in to overload.

Key Factors / Pictures:

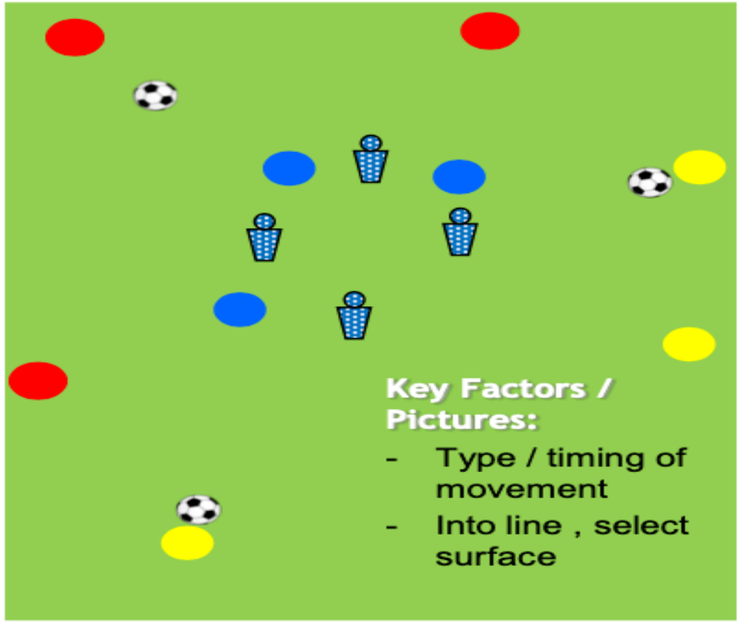
1. Timing of movement
2. ½ turns
3. Execution of space in overload
4. Receiving on the move

Receiving



Key Factors / Pictures:

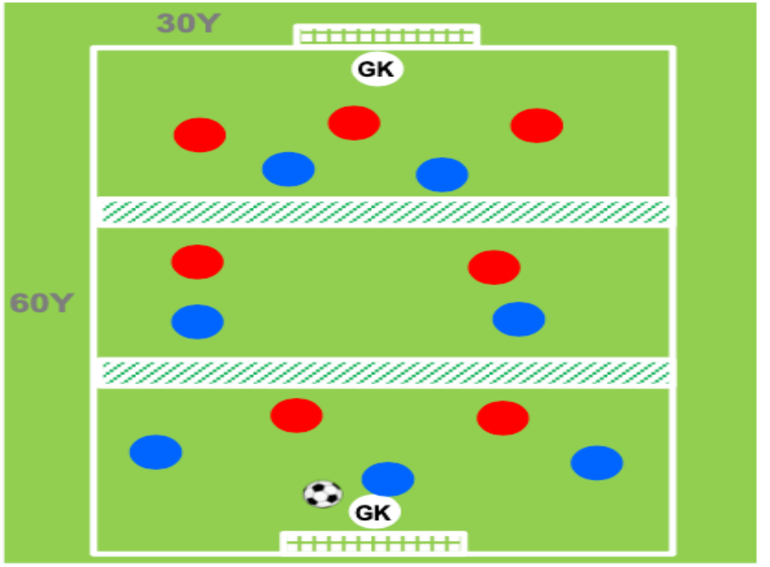
- Angle, scan, signal
- Release, Relax, Receive



Key Factors / Pictures:

- Type / timing of movement
- Into line , select surface

Receiving



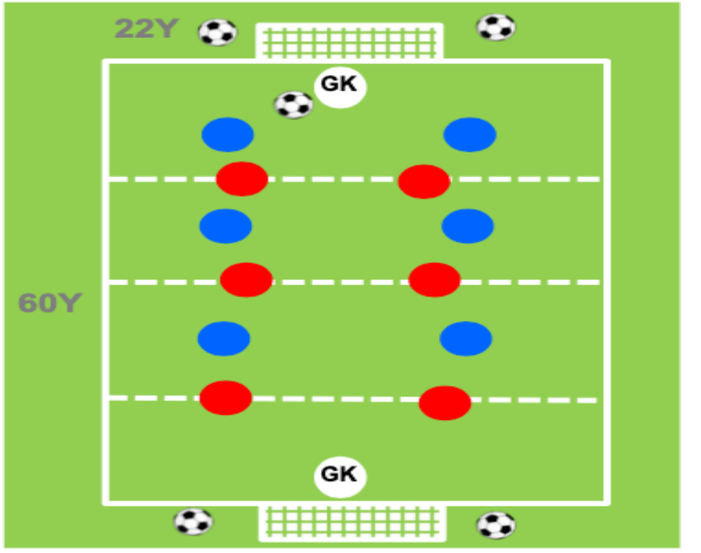
Rules / Objectives:

Player can drop in to receive for 3 seconds unopposed to receive.

Key Factors / Pictures:

1. Timings / Triggers
2. Body shape / quality (ABC)
3. Rotation (3 second rule)
4. #4 #10 pockets
5. Support when front face
6. Final 1/3 3Rs

Receiving



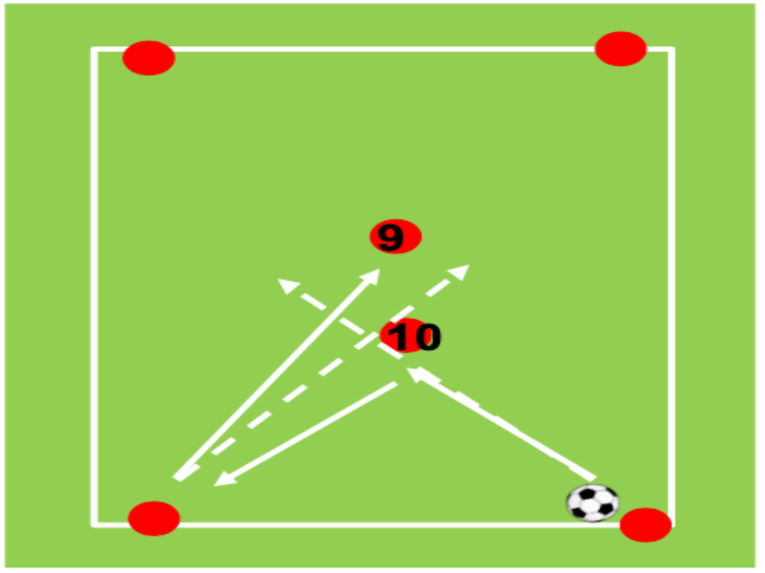
Rules / Objectives:

4 zone game, team out of possession must line screen their zone. Attacking team must pass the ball into next zone, one player can break forward to support (3v2). Last zone defenders can recover when ball breaks line.

Key Factors:

- Forward passing
- Rotation
- Creating passing options/angles
- Creativity
- Finishing

Movement



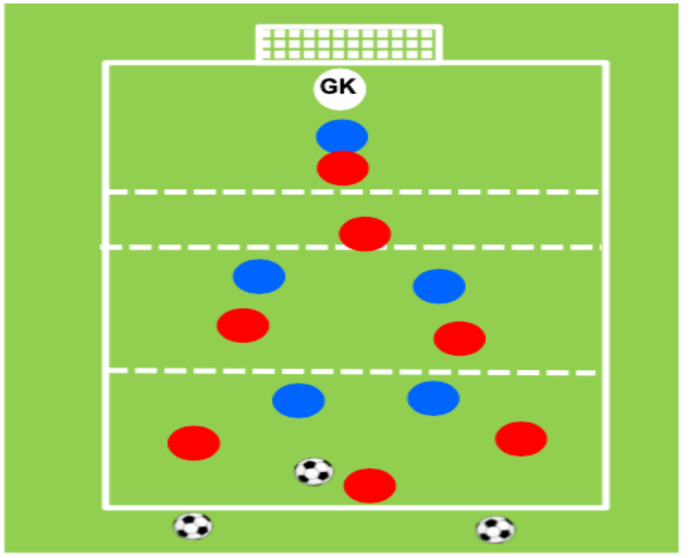
Rules / Objectives:

X1 and x2 play square, x2 plays into 10 who sets x, x1 plays forward into 9 who sets to x1 or x2 who have made cross over runs.

Key Factors:

- Punch Pass
- Measured / set
- Movement to clear space
- Trigger / timing of movement

Movement



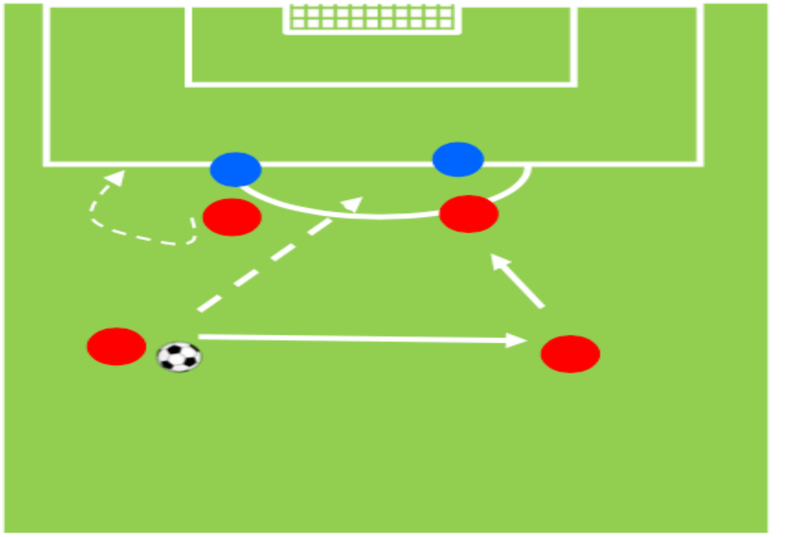
Rules / Objectives:

3V2 in the back zone, 2v2 in middle zone 2v1 end zones (9 and 10) Number 10 or 9 can receive unopposed in free zone..

Key Factors:

- 9 and 10 opposite lines
- 9 movement in behind when we have good possession
- rotation

Movement



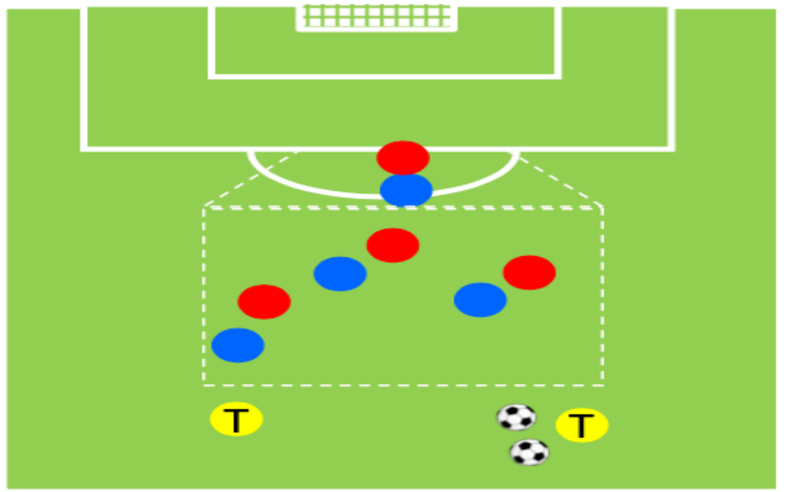
Rules / Objectives:

X1 plays into x9 or x10, x1 and x2 then support, one of the supporting players can go beyond the ball, one must stay on halfway line.

Key Factors / Pictures:

- Movement
- Slide
- Recycle
- Invent

Movement



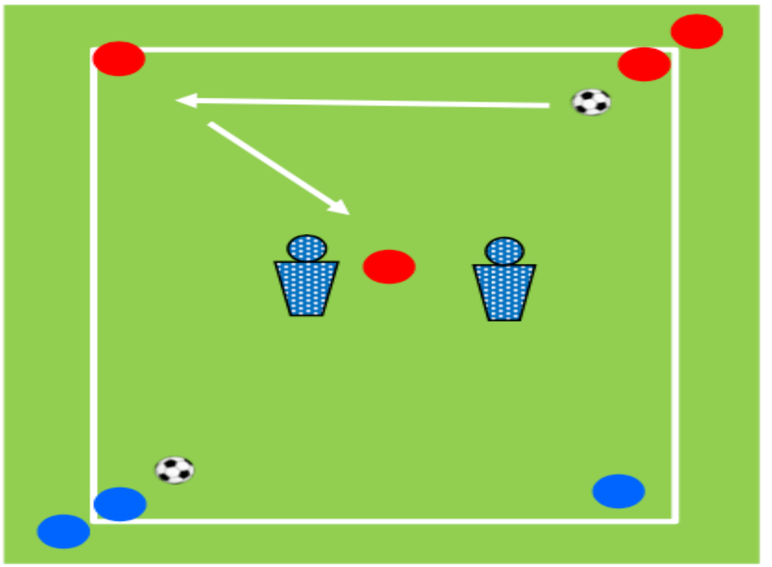
Rules / Objectives:

3v3 in box, server plays into reds, they look to try and play into red in top box, yellow defender can only block on the line. One red can join in and overload 2v1 to score.

Key Factors:

- Rotation / Get Free
- Timing of movement
- Manage ball in the tight
- Forward thinking

Movement



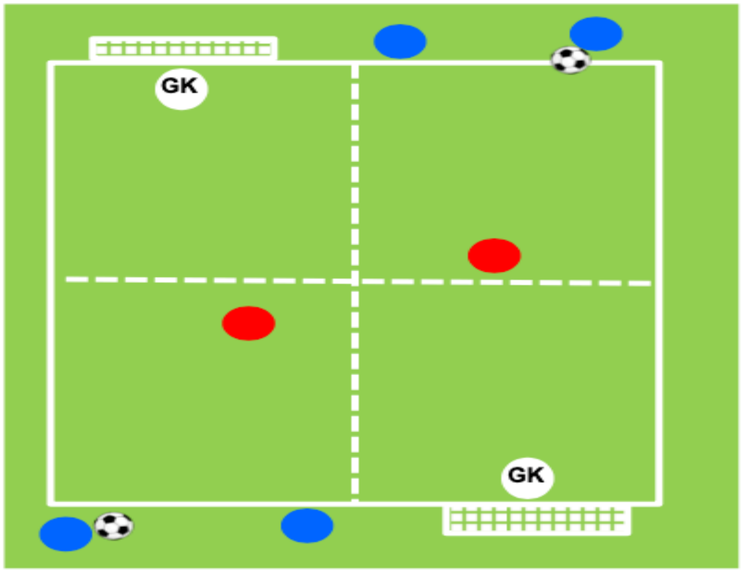
Rules / Objectives:

O1 plays square to o2, o2 to o3 , o3 to o4 etc, all players follow pass to next station.

Key Factors:

- Trigger and timing of movement
- Defoe
- Double run
- Villa
- 3 point

Movement



Rules / Objectives:

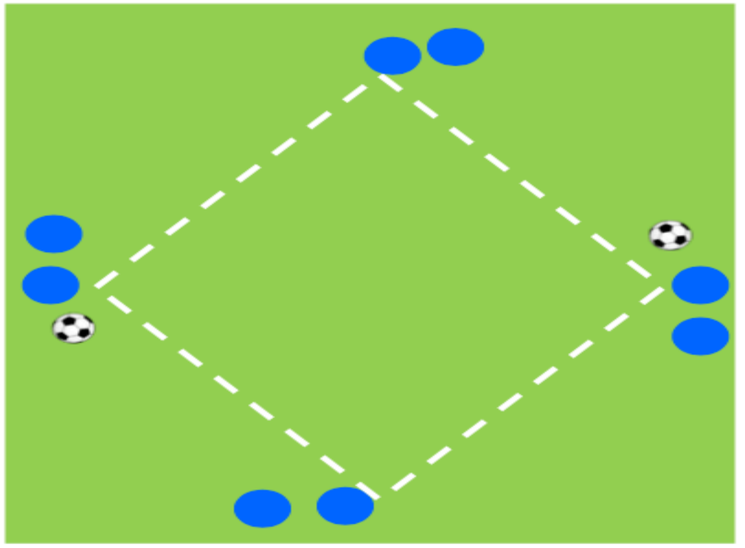
2v1s defender can only defend the first box, players join back of opposite cue.

change start positions

Key Factors:

- Trigger and timings
- Overlaps
- Underlaps
- -Arshavin run

Movement



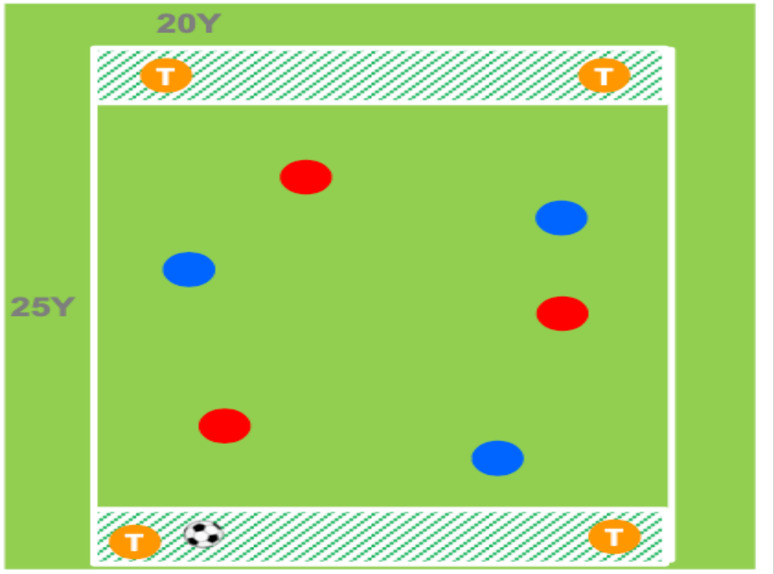
Rules / Objectives:

2 balls go around the diamond. Players on the side make a run/movement to determine the type of pass played by the top & bottom players (i.e come short to go long etc). Progress with overlaps, sets etc.

Key Factors:

-Trigger and timing of movement
- Go to show
- Show to go

Movement



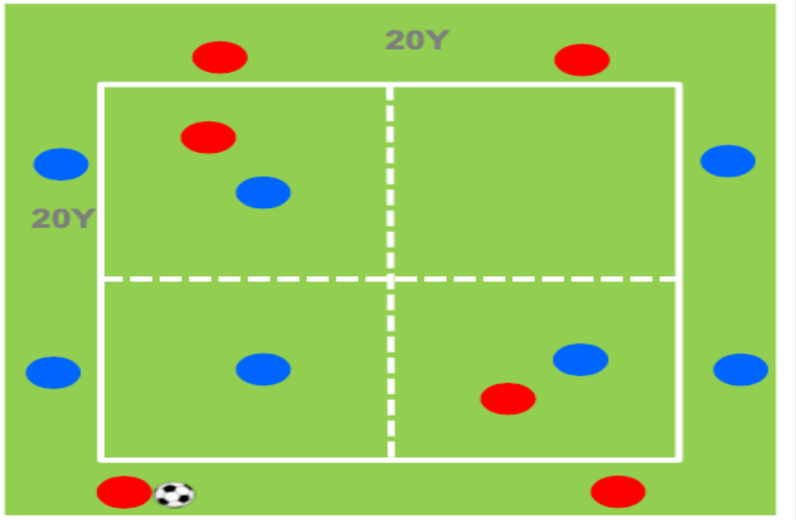
Rules / Objectives:

3V3 in the middle play unopposed, T players must play square before playing in. X and o's combine and play into opposite T players.

Key Factors:

-Size and shape of triangle
- Receiving lines and body shape
- Rotation (trigger and timing)
- Combination play

Movement



Rules / Objectives:

North East South West game. X and o's attempt to transfer ball to and from end players on their team. Ball can be bounced back to end men if can not play forward. End players play square before playing in to allow time for receivers to get free.

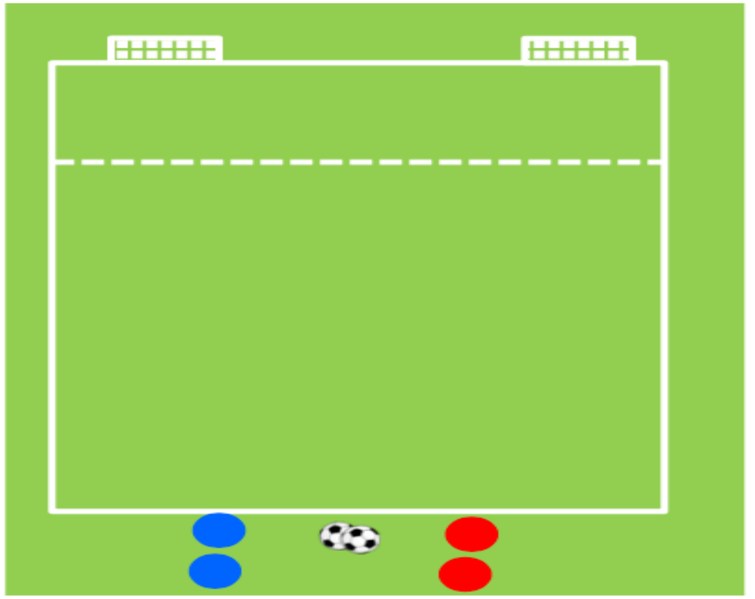
Key Factors:

- Work on different lines (1 short 1 high)
- Get free
- Rotation

(Trigger and timing of)

- Link up
- Play forward

Running with the ball



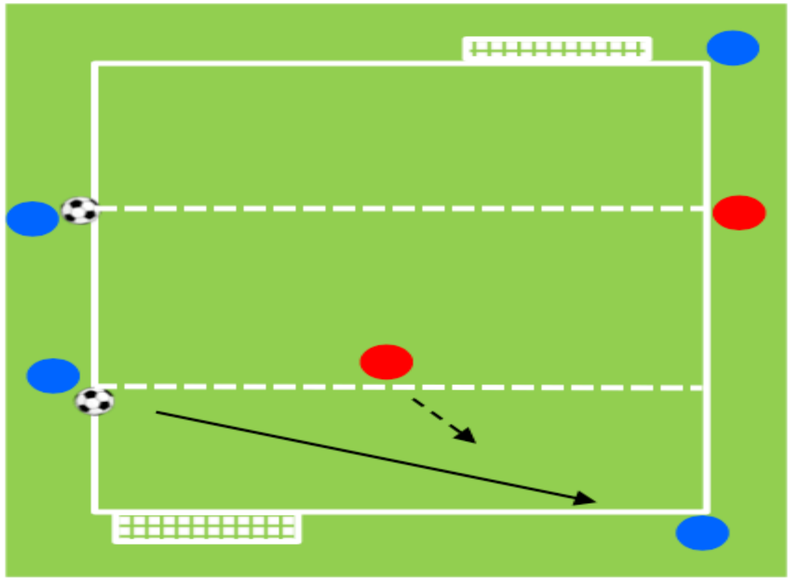
Rules / Objectives:

Coach serves ball into area, player who gets to ball first attempts to run with ball into end zone before shooting at goal. Dual lasts 5-10 seconds.

Key Factors:

- Positive first touch
- Technique
- Keep it safe

Running with the ball



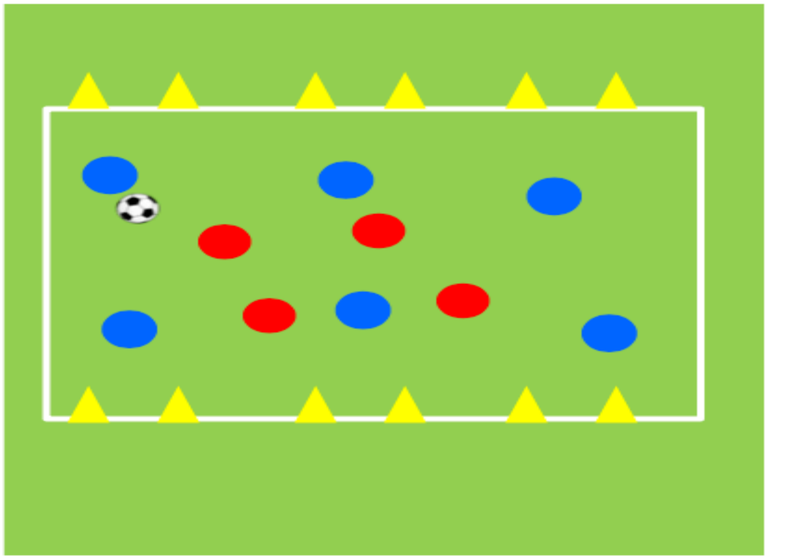
Rules / Objectives:

X serves ball across to x and supports on side of pitch, o can press on travel of pass. X now attempts to beat o and score in the bottom goal, o can only defend 1st two boxes. X can use support player.

Key Factors:

- Open up pitch
- Commit
- Disguise
- RWB Technique

Running with the ball



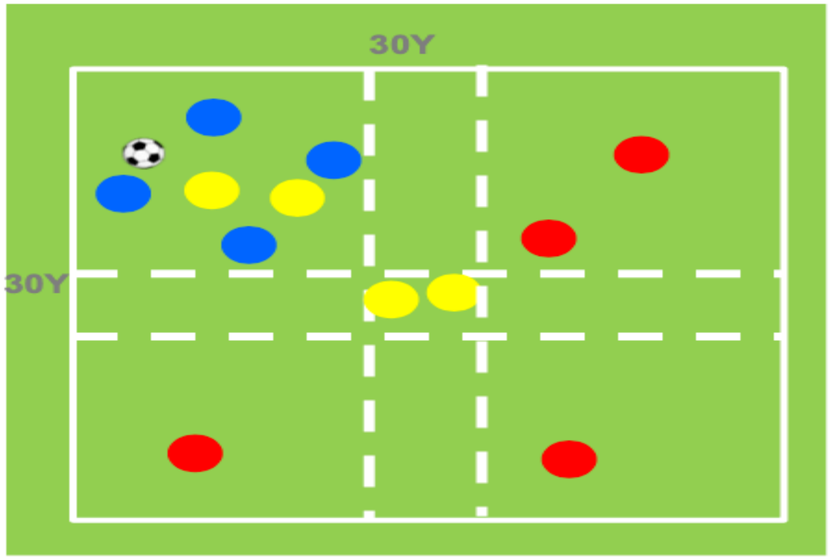
Rules / Objectives:

Teams score by running ball through gates, 6 can only exchange ball by way of a take over..

Key Factors / Pictures:

- Attitude to RWB
- Technique of Take over
- Keep it safe

Running with the ball



Rules / Objectives:

Albion Game:

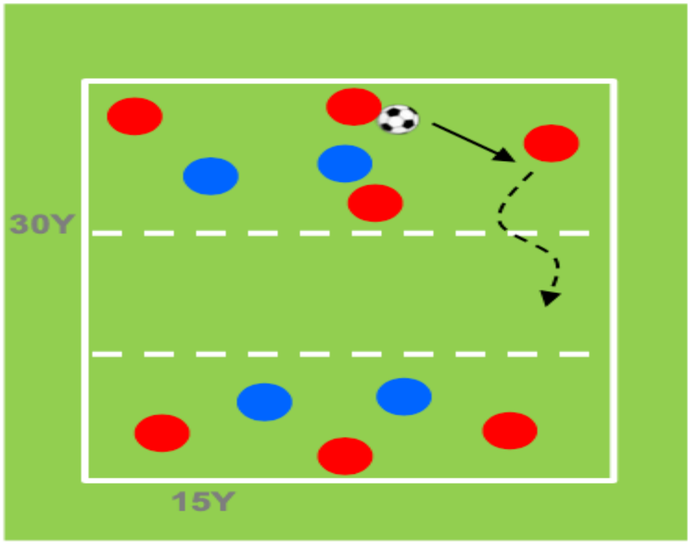
X must complete 3 passes before looking to transfer the ball to O. Ball must be ran through centre channel.3 O support receiving player inside same square and look to repeat the practice. Team that looses possession become the defending team.

1st defender 1st touch, 2nd defender 1st pass.

Key Factors:

-1st touch
- RWB Technique
- Front foot play

Running with the ball



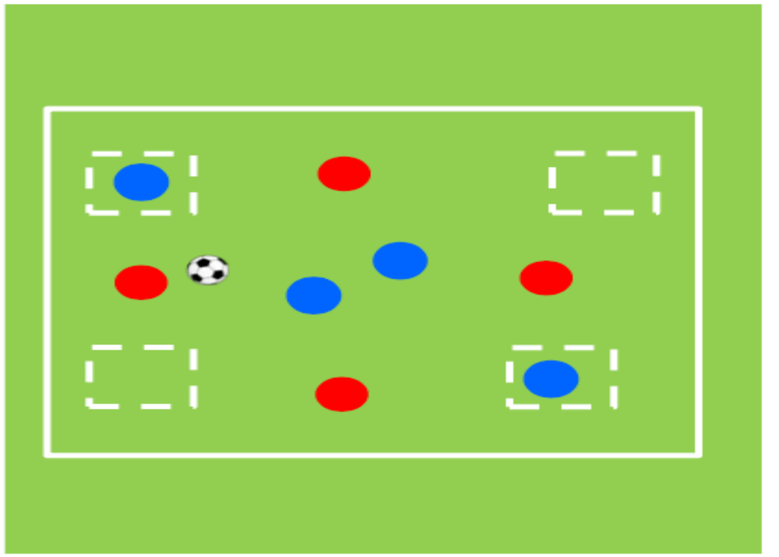
Rules / Objectives:

4v2 in end grid, players look to complete 3 passes before running ball out of grid across to opposite end. Player who breaks out stays in end grid to create 4v2.

Key Factors:

-1st touch
- RWB Technique
- Front foot play

Running with the ball



Rules / Objectives:

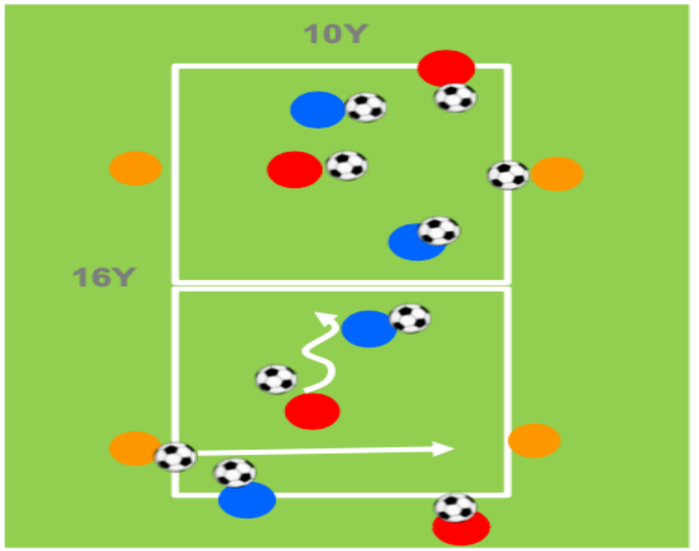
4v4, team out of possession sacrifice two players to protect 4 boxes. Once in a box player must defend for min of 10 seconds.

One point is scored for running ball through empty box, two awarded for combining in a box against defender.

Key Factors / Pictures:

- Attitude to RWB
- Change of direction / pace
- Front foot play
- Short bursts
- Keep it safe

Dribbling



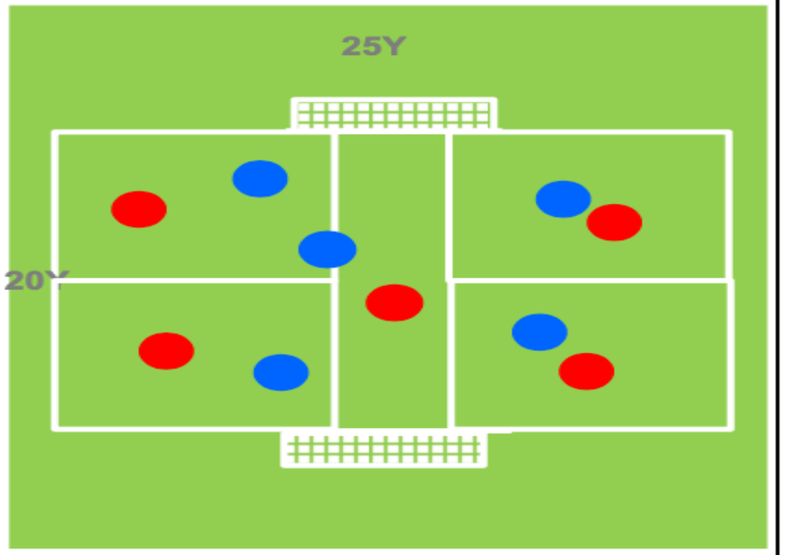
Rules / Objectives:

Players start at opposite ends of the corridor (Blues & Reds). They dribble through corridor avoiding other players get to opposite end, turn and dribble back. Orange players are trying to pass balls between the dribblers

Key Factors:

-Space recognition/exploitation
-Ball management
-Safe side
-Speed variation
- Disguise

Dribbling Decisions



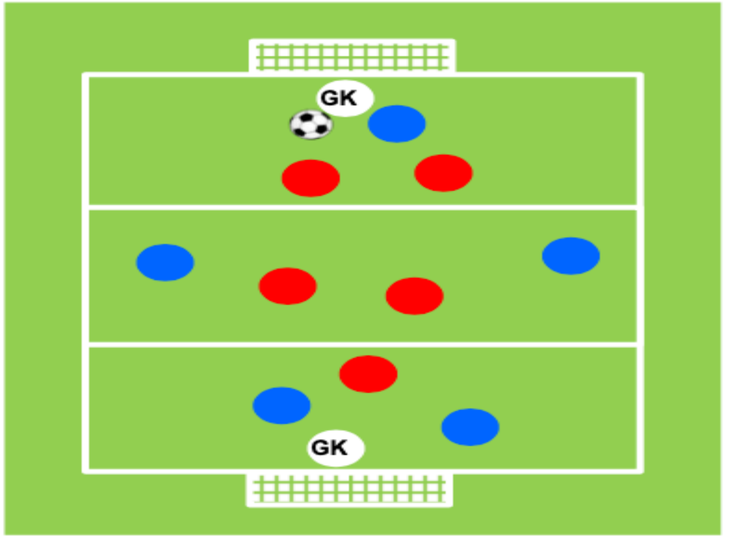
Rules / Objectives:

Each Red Defender locked into their zone. Blues work east to west and can go anywhere, red 's focus is on possession upon regain trying to score in goals north to south. Blues can pass, dribble, have 2v1 combinations in the attempt to get the ball out of the square then get it passed back in to try and get out of the side of another box. Can link with team mates or work individually.

Key Factors:

-Space recognition/exploitation
-Ball management
-Safe side
-Speed variation
- Disguise
- Decisions Pass/Dribble/Combinations/

Dribbling Game



Rules / Objectives:

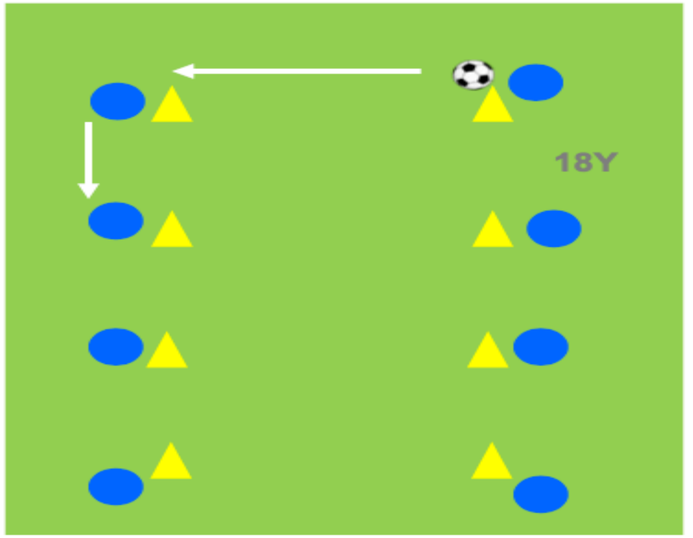
2 2 1 formation.

Ball must be travelled into next zone to create overload in mid third and match 2v2 in final zone to encourage creative play, decisions and 1v1 opportunities. Players can move zones via rotations as long as formation remains constant with rules of the game

Key Factors:

-Space recognition/exploitation
-Ball management
-Safe side
-Speed variation
- Disguise
- Decisions Pass/Dribble/Combinations/End product

Turning



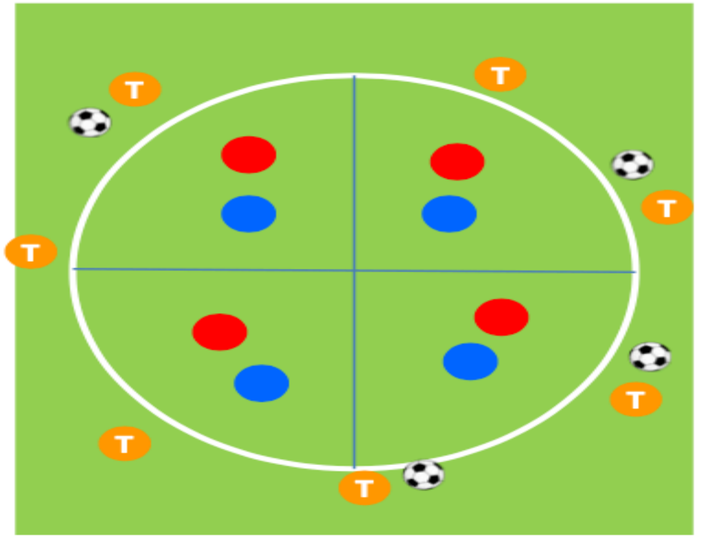
Rules / Objectives:

Blues pass and follow ball around the circuit. Variety of turns, open / closed, back foot / front foot using inside / outside surface.

Key Factors:

- Check Shoulders
- Body shape
- Contact / direction of touch

Turning



Rules / Objectives:

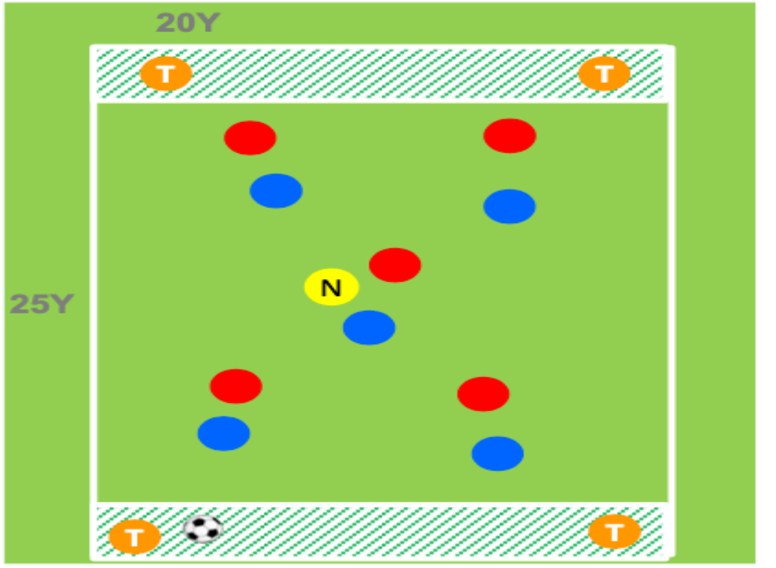
4 balls, 6-8 target players, 3-4 pairs working. Red receives in one quadrant blues looks to prevent red moving into another quadrant and playing to T.

When T receives he must play to another T before ball comes back in.

Key Factors:

- Space pressure, open / closed
- 1st touch to hide
- Use of body

Turning



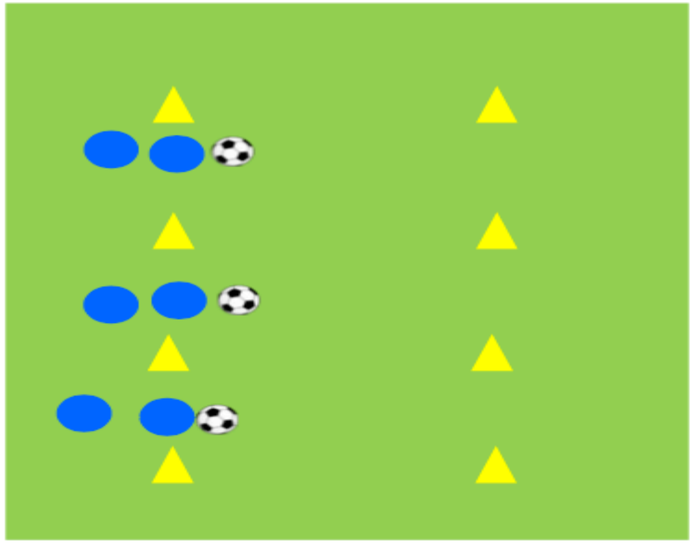
Rules / Objectives:

4v4 with floater and 4 Target players – directional possession.

Key Factors:

- Space pressure, open / closed
- Secure / release
- 1st touch to hide
- Use of body and disguise

Turning



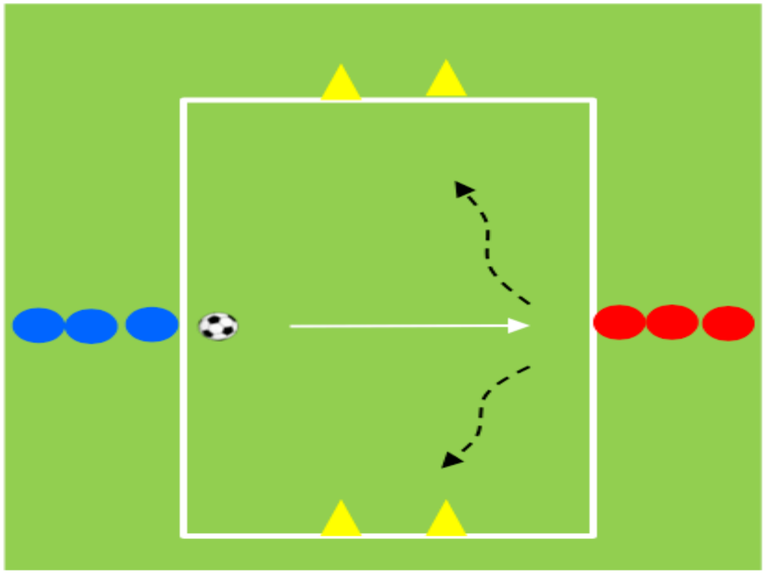
Rules / Objectives:

Players have a touch out of feet, turn and play soft pass to receiver to repeat.

Key Factors:

- In slow, out fast
- Technique of turn

Turning



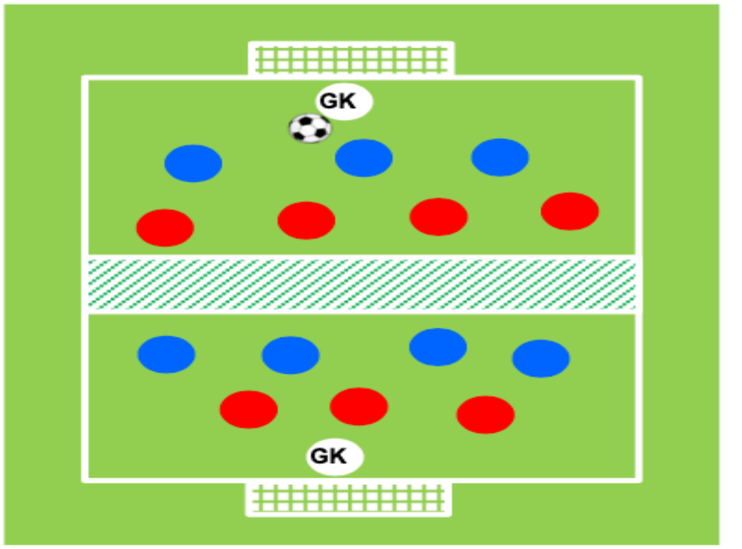
Rules / Objectives:

O plays across to x and presses to defend. X can score by running with ball through either gate.

Key Factors:

- when to turn
- type of turn
- Disguise
- get out fast

Turning



Rules / Objectives:

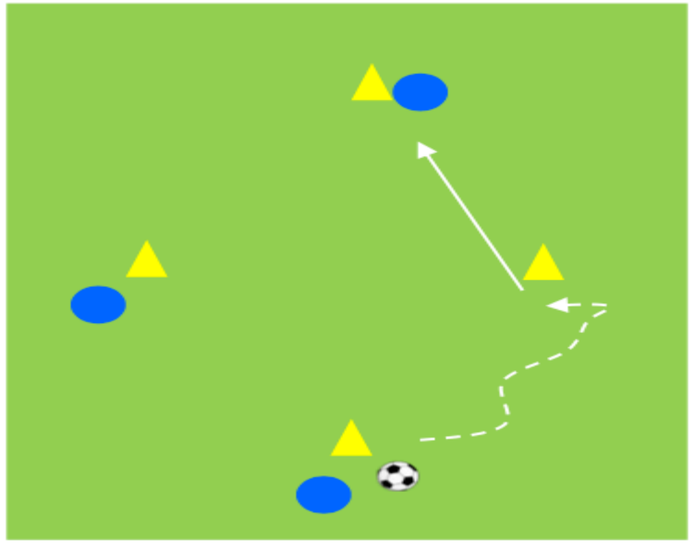
4v3 in each attacking zone with drop out zones to receive ball.

progress to allow defender to follow into drop out zone

Key Factors / Pictures:

- Timing of movement to receive
- Body shape
- Type of turn
- 3 second rule

Turning



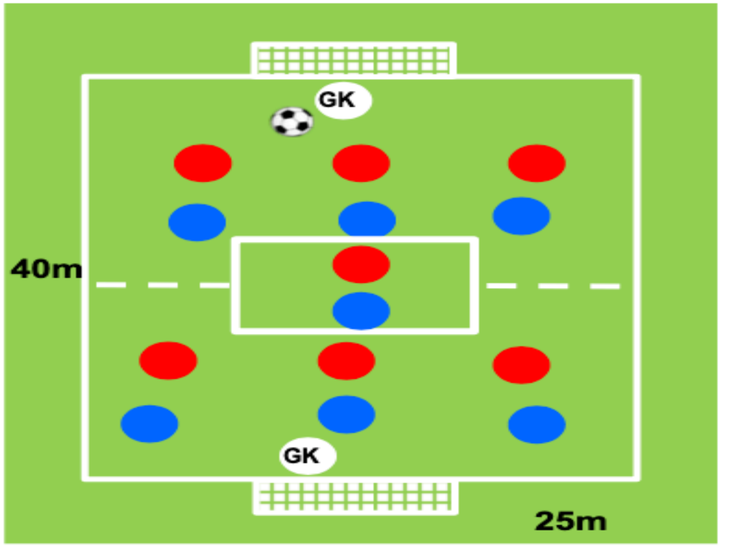
Rules / Objectives:

X1 dribbles at spare cone, turns and plays pass to new player. Receiving player repeats

Key Factors:

- In slow out quick
- Disguise
- safe or open

Turning



Rules / Objectives:

Ball must be transferred into central box. Midfield players can run opposing player over half way line to have 3 sec unopposed to receive. One can join in attack to create 4v3 overload.

Key Factors:

- Midfield turns
- Forward turns
- Open / Closed turns

Turning



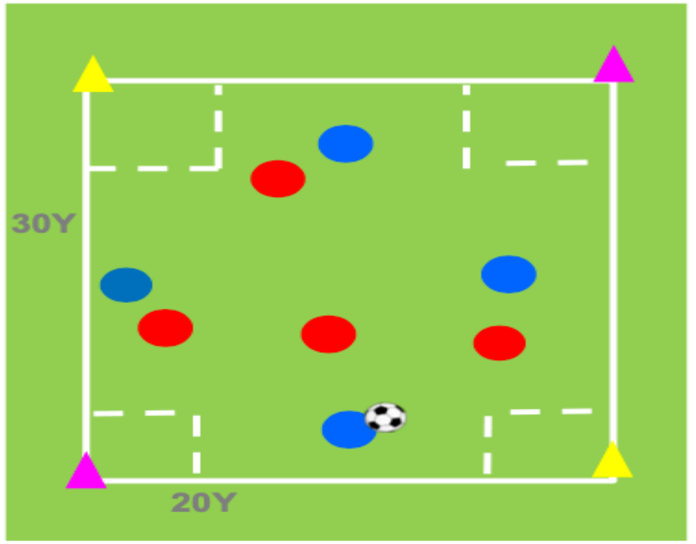
Rules / Objectives:

Phase, coach plays into two servers who transfer square before playing into midfield three. Game is live from here, reds attack to score, yellows defend and try to hit targets (must have three passes before do so)

Key Factors:

- Midfield turns
- Forward turns
- Open / Closed turns

How To Exploit Space



Rules / Objectives:

Two teams of 4 must pass and receive in purple corner boxes retaining possession or run ball into and out from yellow corner boxes to score. Players cannot be tackled in corner boxes

Key Factors:

- Get Free positional rotations
- Scan (Know where to play) Run or pass?
- Takes, bounce, overlaps
- Detail & types of pass
- Tempo of the play

Utilising Play Rounds



Rules / Objectives:

4v4/6v6 Players must play within two zones areas being tight encourage players to utilise play rounds via back third or use Midfield players to create switches of play in mid third.

Key Factors:

- Get Free/Rotations
- Forward Passing
- Dish Shape/Midfield pockets
- Scan (Know where to play) Run or pass?
- Creativity
- Detail & types of pass
- Tempo of the play

Special Player



Rules / Objectives:

6v6 each team has a nominated special player that their goals or assists are worth 5. Teams are allowed discussions to decide how best to manage the player. E.g double up, always show outside/ inside etc

Key Factors:

- Tactical strategies reading players strengths and weaknesses
- Decision making
- Leadership