

2v2 Activity with servers

Objective

The game is played in a 20x30 grid

Players play 2v2 with a server at each end. The server plays as a target player and always plays the ball to his/her teammates when they receive the ball

The aim is to score a point by moving the ball up the field and passing the ball to the opposite server.

When a point has been awarded the opposition take the ball and try to score at the opposite end

Progression

Attacking players must play at speed and a time limit is imposed to get the ball to the other side and score a point

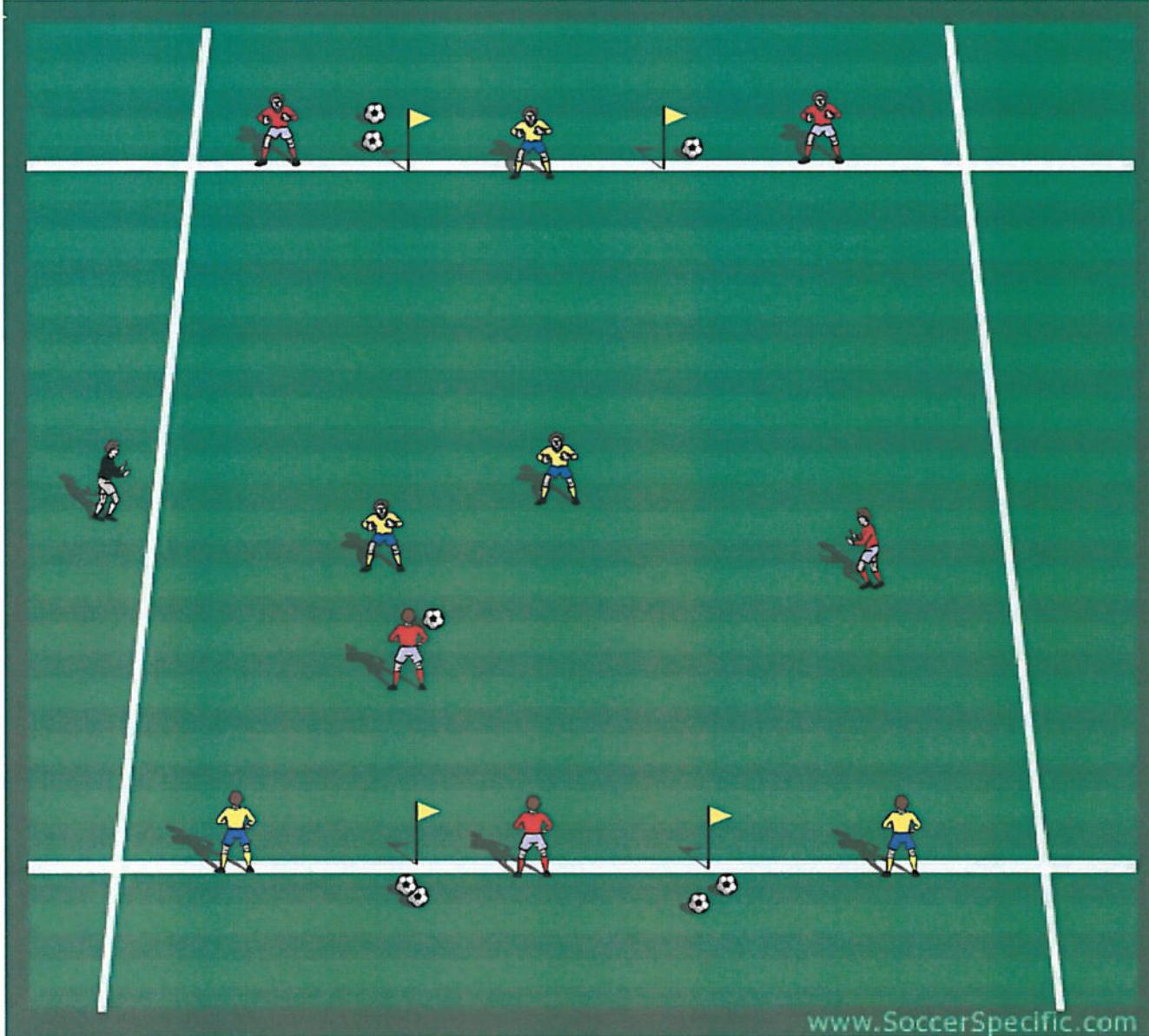
Coaching Points

This can be used as functional training where the coach can highlight both attacking positions and defending positions

Coach highlights attacking positions as a pair, give and goes, overlapping and diagonal runs

Coach highlights defending positions, the placements of the first and second defender

Finally spacial awareness, quality first touch and the importance of good passes should be highlighted



2v2 Activity with servers and Target players Part two

Objective

The game is played in a 20x30 grid

Players play 2v2 with a server at each end, plus two target players are added. A point is scored every time the attacking team passes the ball to the opposition server

The attacking team are encouraged to use the target players to help maintain possession and enhance scoring opportunities.

Progression

If the attacking team decide to pass the ball back to their server, their server is allowed to enter the field of play until they lose possession making 3v2 situations

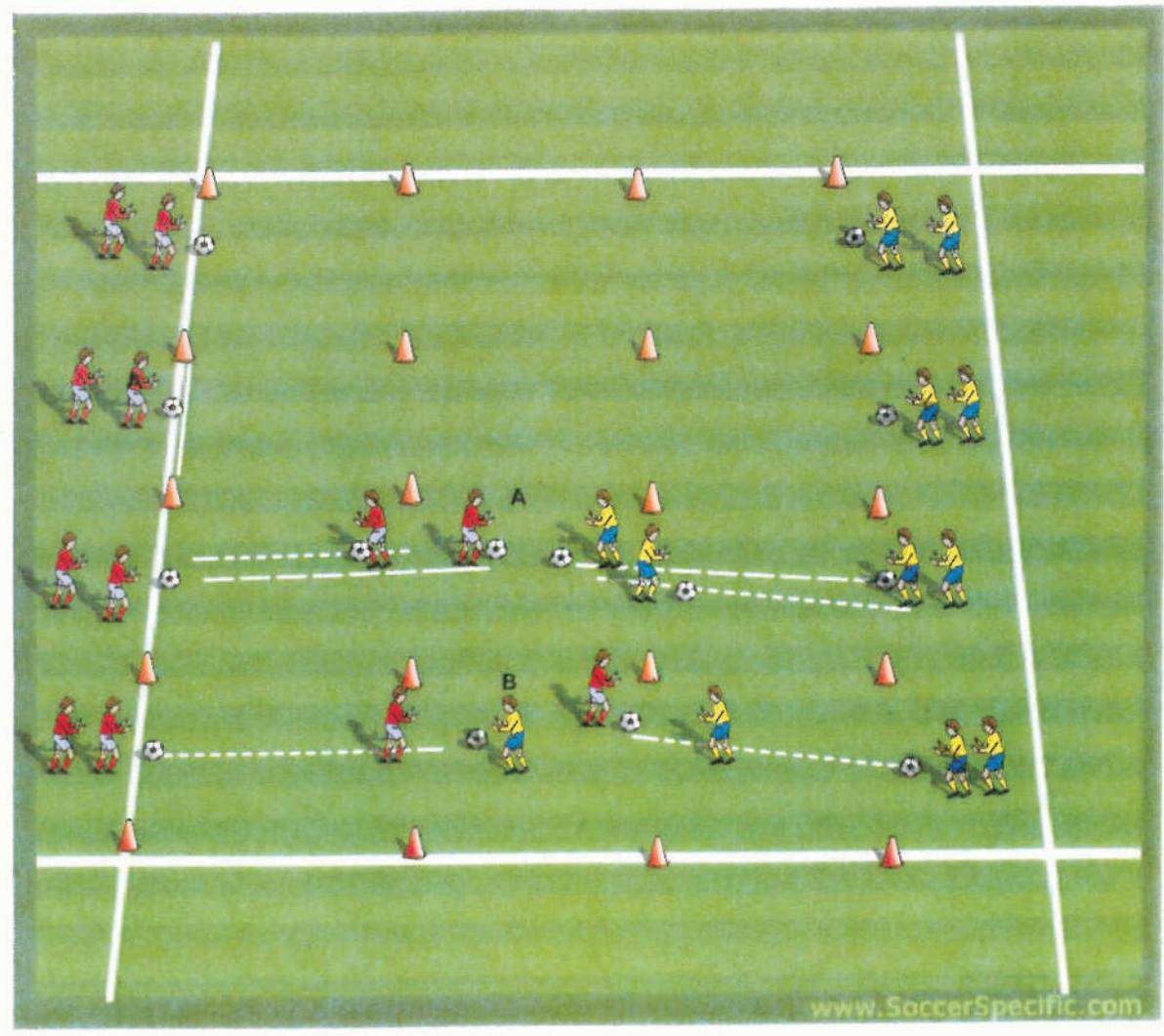
Coaching Points

Highlight both attacking and defending as a pair (see Part one)

Communication

Play quickly good first touch,movement and passing

Communication Race



Purpose: Dribbling, focusing on opposed turning with the ball

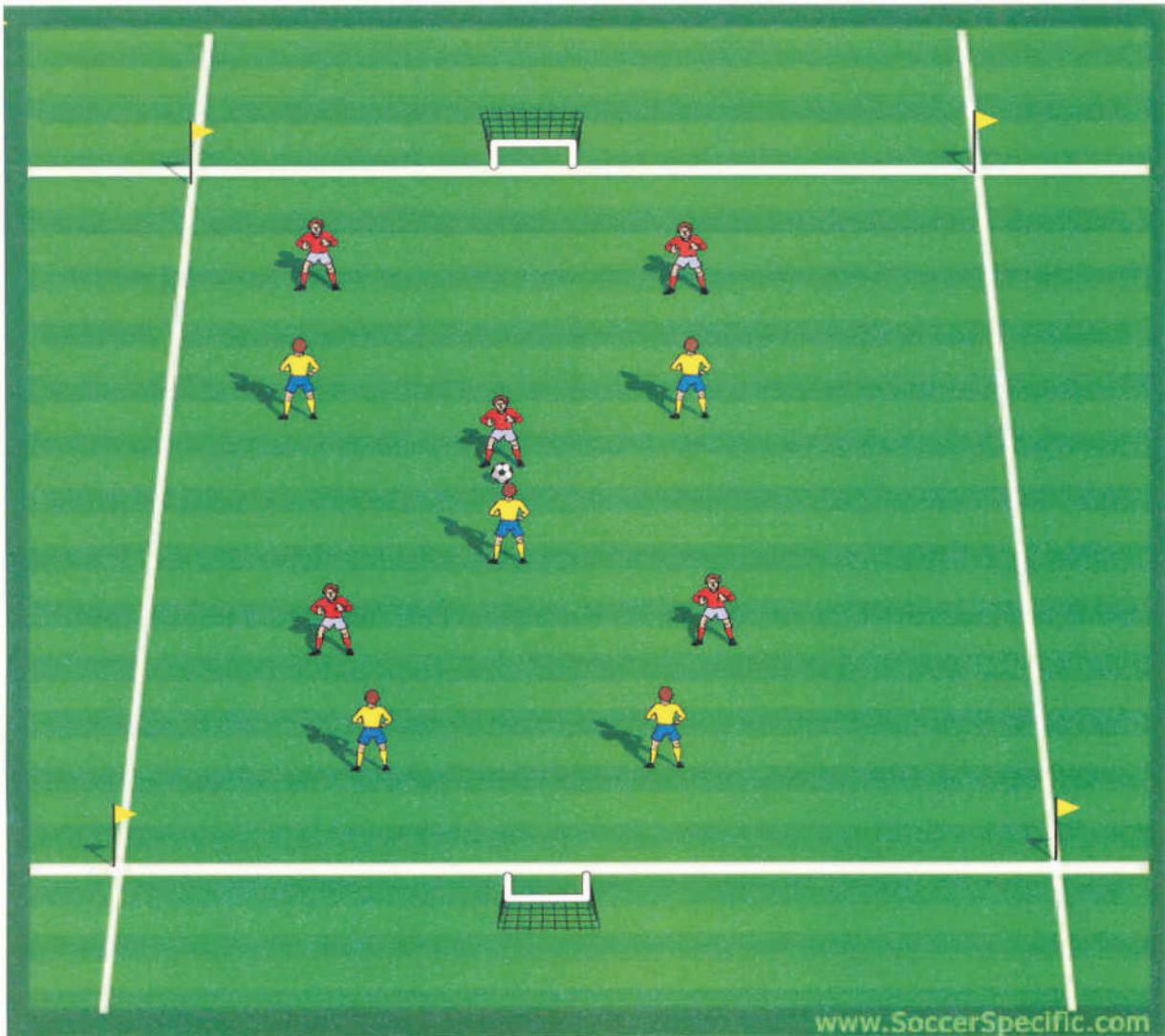
Organization

1. Begin by dribbling to middle and perform high five
2. Next the players dribble to the middle and perform a turn called out by the coach

Coaching Points

1. Slow into turn
2. Keep the ball close
3. Bend the knees
4. Turn to go in the other direction, get the ball out of the feet
5. Accelerate away from the defender

Goals, Goals, Goals



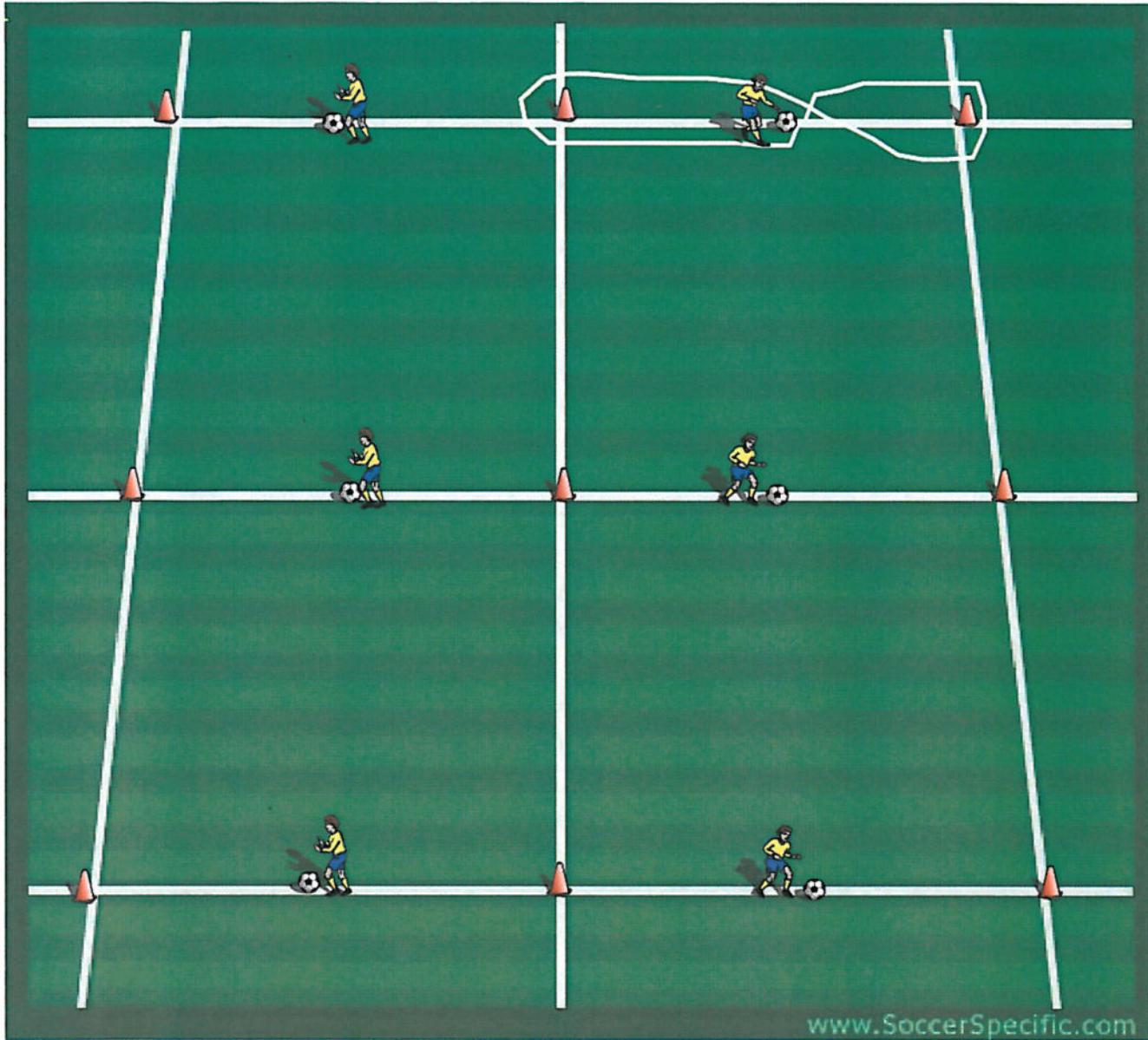
Purpose: Controlled scrimmage game with a focus on shooting

Organization

1. Two teams play a normal scrimmage, with the exception of no goalkeepers and no throw in's
2. Instead you play kick in's
3. If the ball goes behind the goal, it automatically goes to the other team
4. Once a goal has been scored the team who scored keeps possession and attacks the other goal
5. Game is played for seven minutes, winning team is the team who scores the most goals

Coaching Points

1. Look for space (spread out)
2. Look for the open players, keep moving look for space
3. Keep the ball if no passing lanes are open



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Grid work

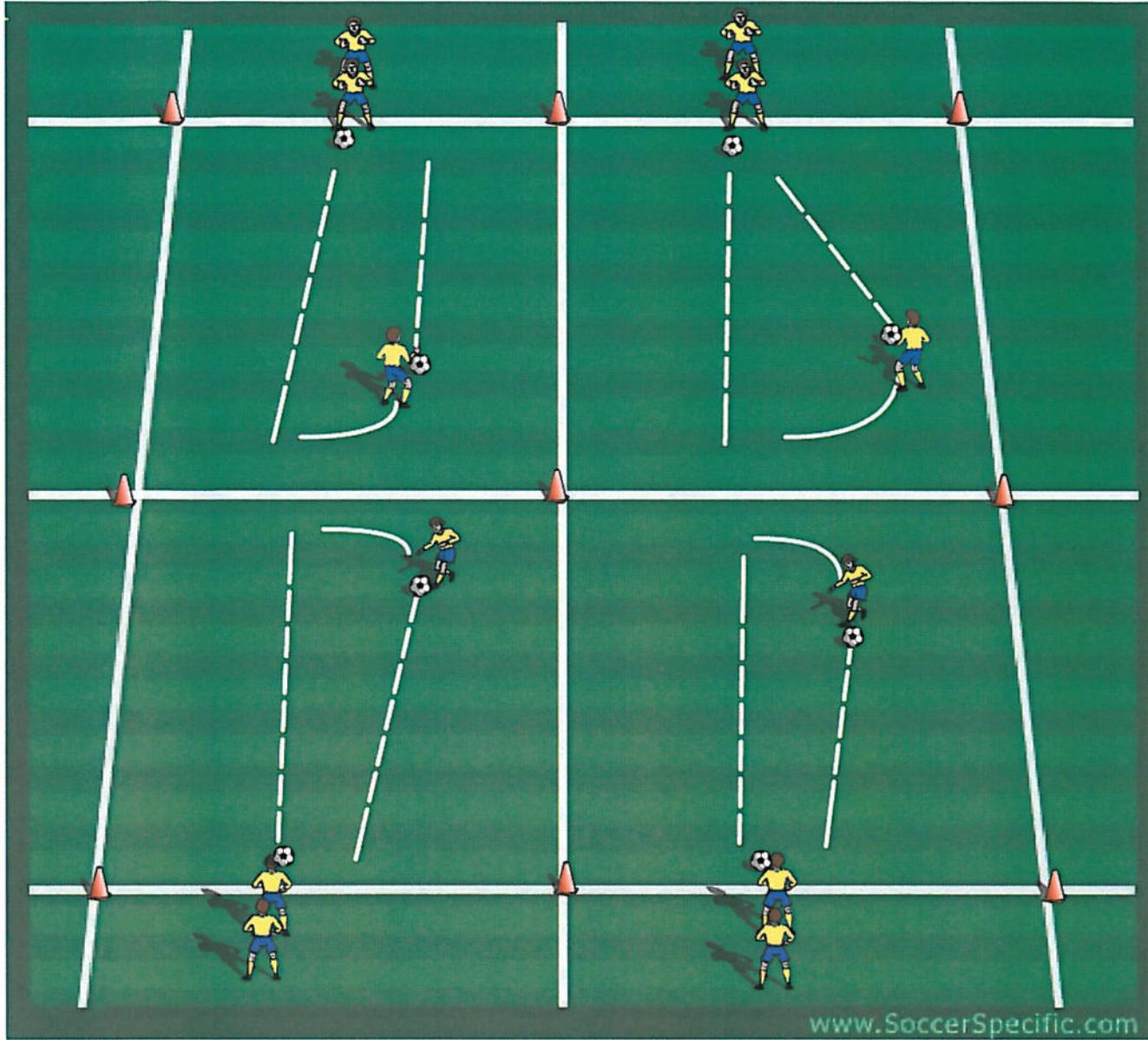
Players dribble in a figure of eight around their two cones that they have been assigned by the coach.

Coaching Points

Keep the ball close

Forces players to use both feet

If coach wants to highlight player using right foot only, dribbling in a figure eight, will force the player to use his outside of foot at one cone and the inside of the foot at the other cone



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Grid Work

Turning.

Players dribble to the middle of the grid, before they reach each other the players must turn and get back to their partners as fast as they can

Coaching Points

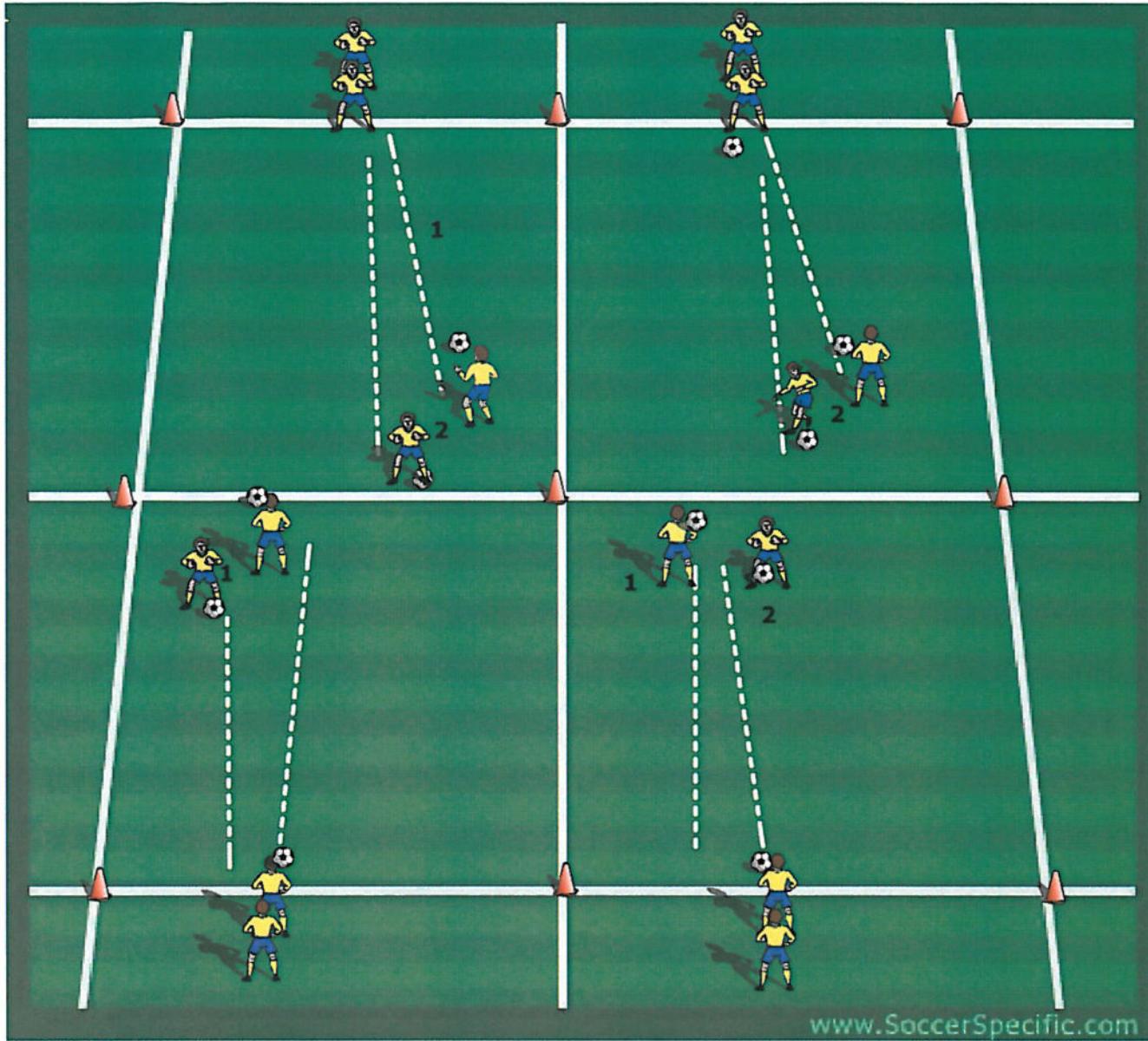
Slow into turn

Turn the hips

Bend the knees

Ball out of feet

Explode into the space



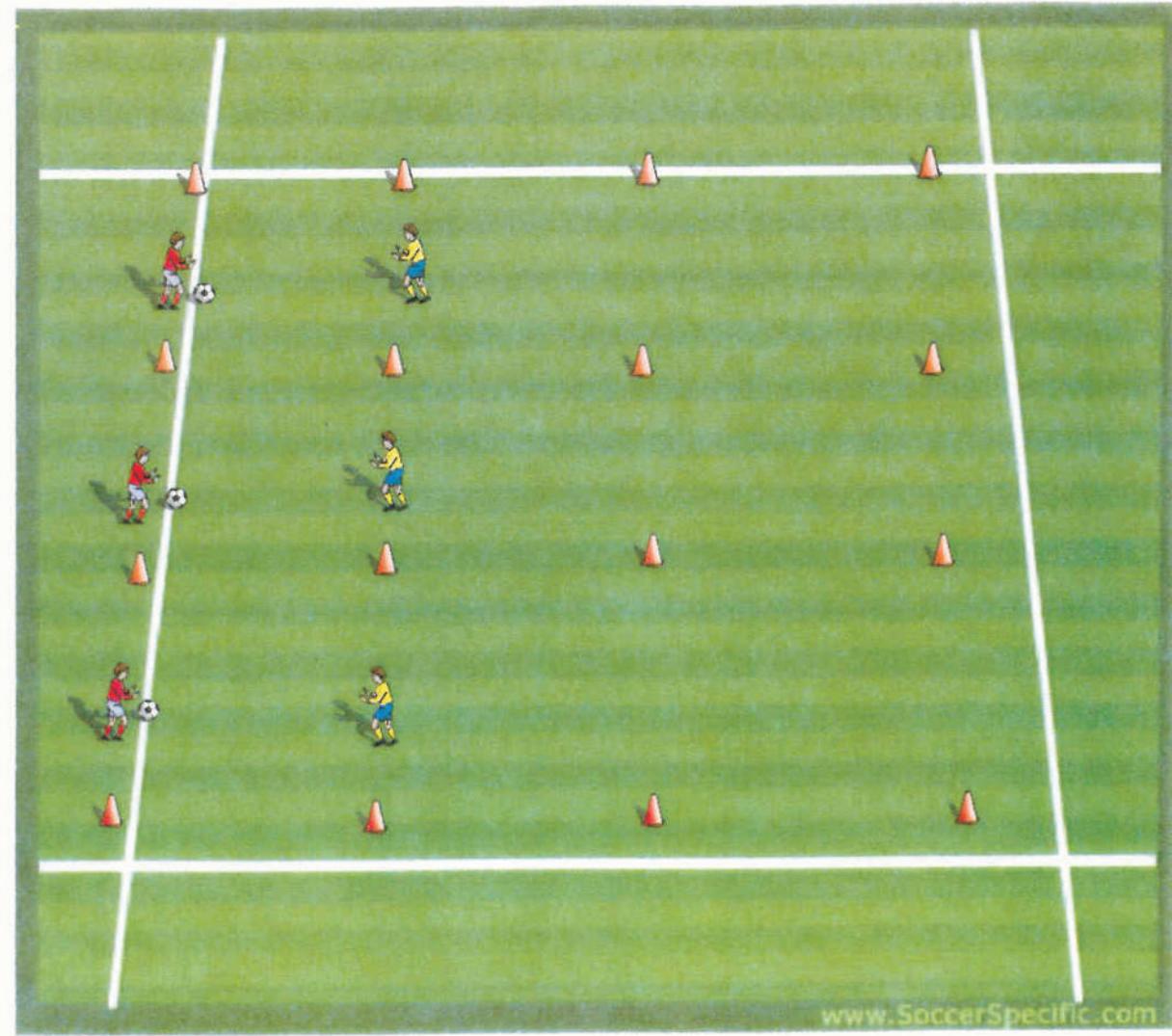
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Grid Work Dribbling Race (4v4)

First player in each team dribbles close to the middle and then stops the ball.
Players then leave their ball and takes the persons ball opposite to them and dribbles through all the way to the other side
This process continues until all players are back to where they started from.
Winning team is the first team back with the balls under control

Coaching Points
Communication
Keep ball close
Keep head up so you know when to stop the ball
Explode into the space when you swap balls

Passing



Purpose: Passing in a controlled environment

Organization

1. Passing the balls in pairs
2. How many passes can they do in 30 seconds

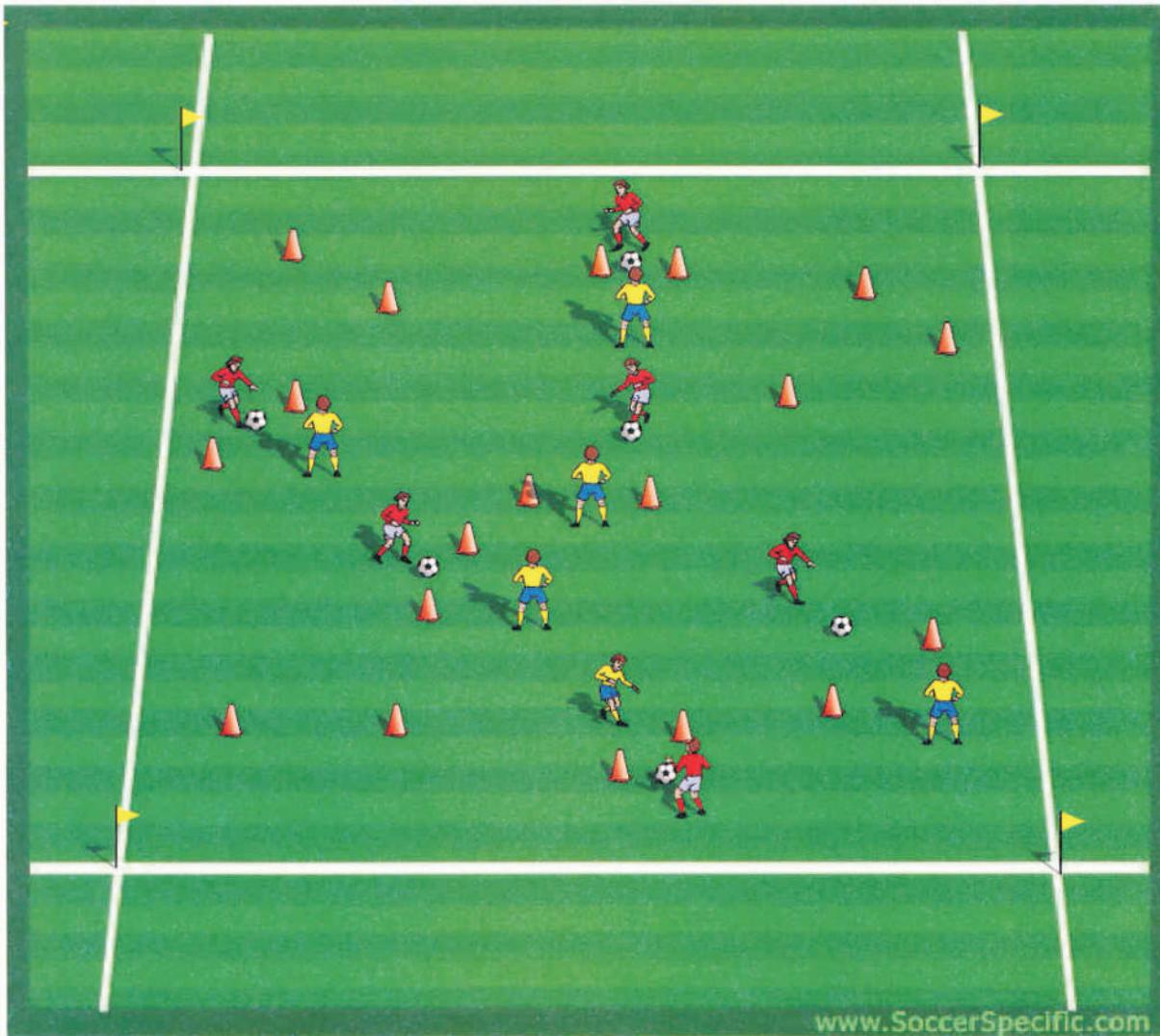
Progression

1. Players in red stay where they are, players in yellow pass and move to the right. When the coach calls "change" players in yellow move to the left
2. Change to volleys, knees, chest throws in's, etc

Coaching Points

1. Communication
2. Happy feet
3. Body in line with the ball
4. Good first touch out of your foot
5. Use inside of the foot
6. Challenge them to beat their score but give them 45 seconds so the players do beat the score

Passing Through the Gates



Purpose: Passing with accuracy and working as a team

Organization

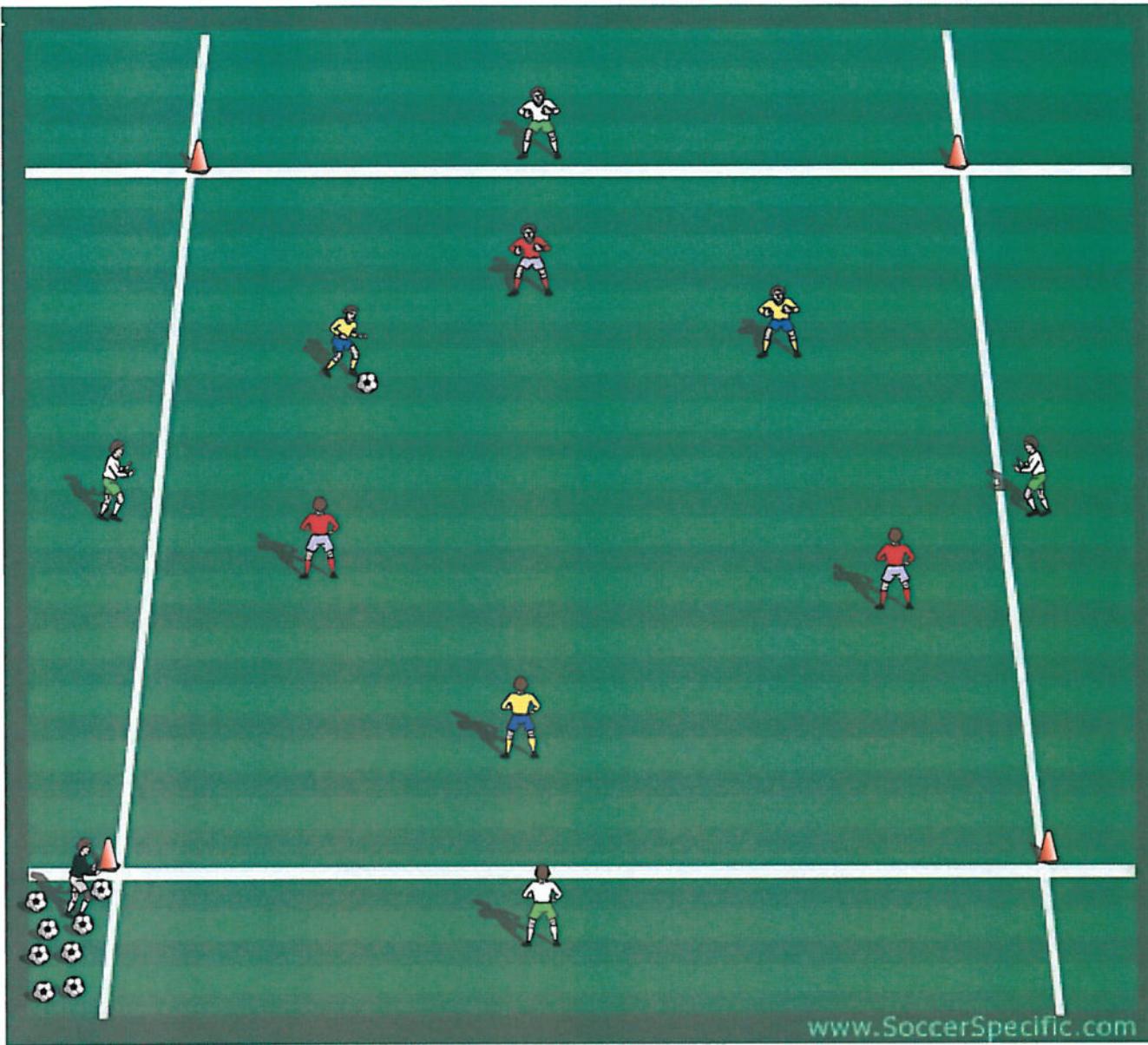
1. Divide the players into pairs, one ball between two. The pair must try and pass through as many gates as possible in one minute

Progression

1. Players need to make two passes at each gate before they can move on

Coaching Points

1. Communications between the pairs is essential
2. Keep your head up to look for the spare gate
3. Try to use inside of the foot for the pass



Small Sided Possession Game- 3v3 with perimeter players (40x20)

Object- To pass and move, keep possession using their teammates and neutral perimeter players.

Progression

Make the game more competitive 5 passes = 1 goal. Play for six minutes and then change perimeter players to game players and losing team to perimeter players.

Play one or two touch only

Coaching Points

Use all parts of the field

Make use of perimeter players

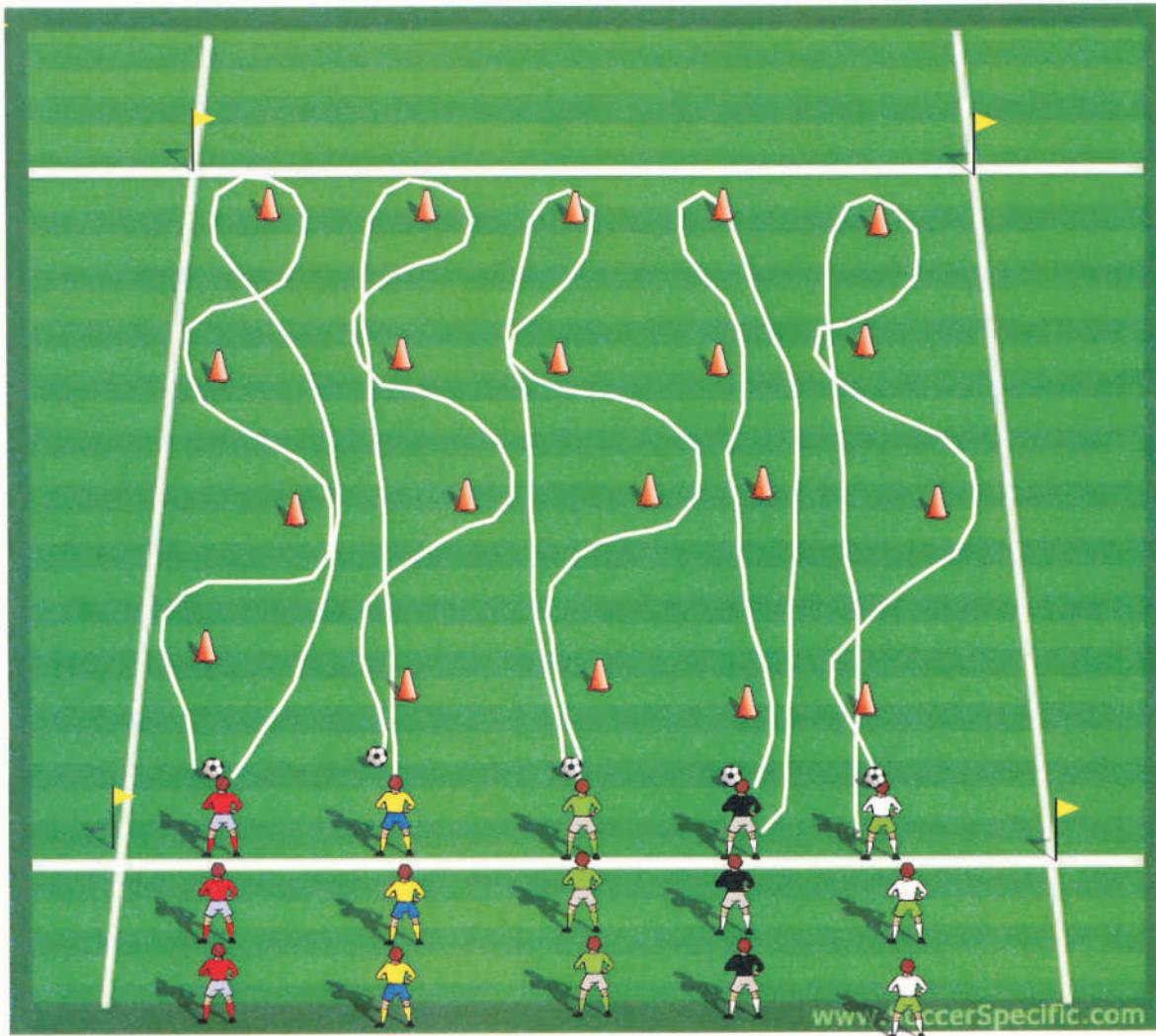
Keep head up

Move to get open so the player is in good positions to support the player or receive the ball

Good first touch

Communication

Team Races



Purpose: Dribbling using speed accuracy

Organization

1. Each team is given a country name for example- USA, England, Brazil, etc
2. Players zip-zap in and out of the cones on the way up and then dribble back as fast as they can
3. Players must dribble the ball all the way back and not pass it back
4. First team back is the winning team
5. Make sure that no team has no more than three players so players do not have to wait long

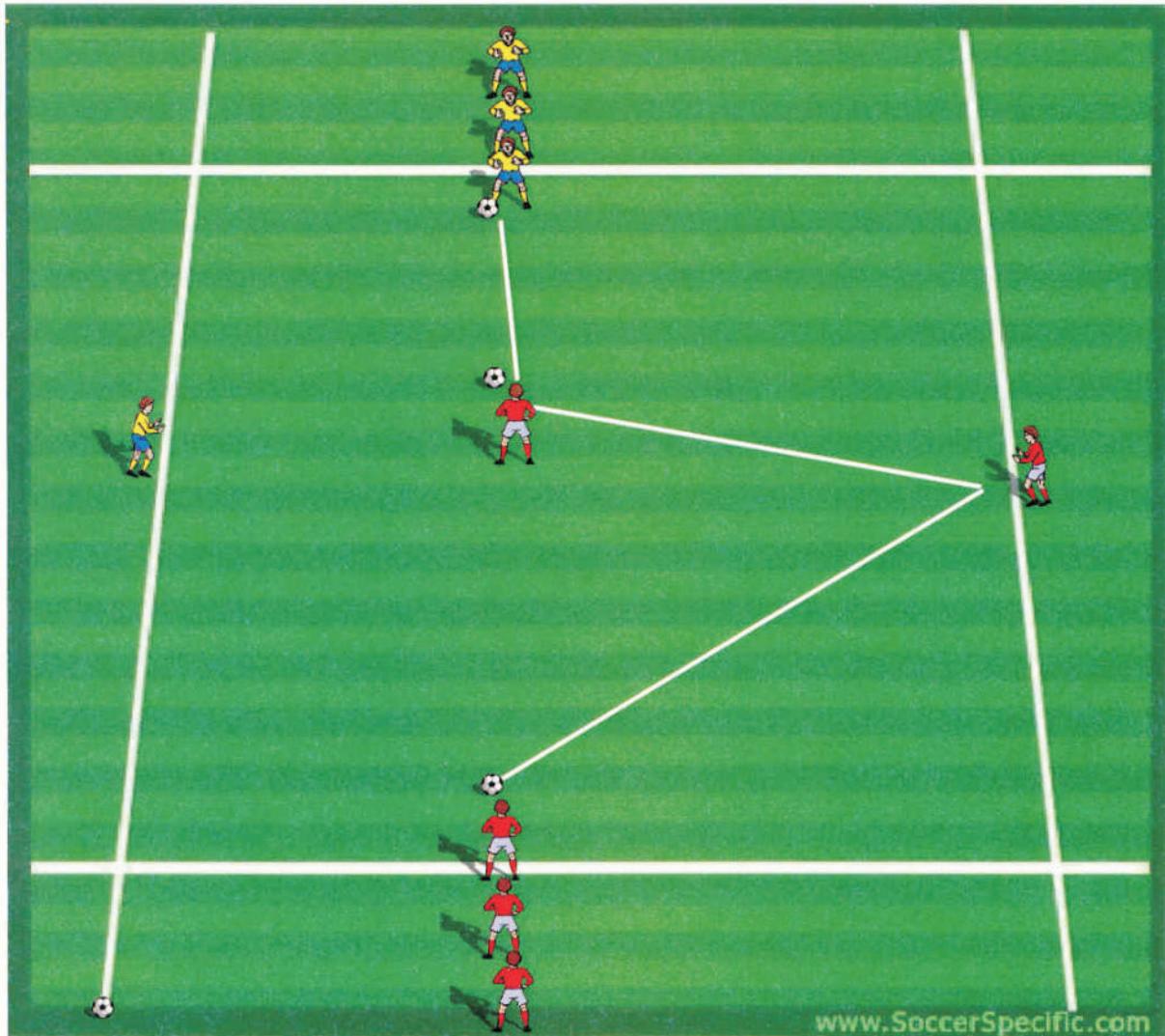
Progression

1. Dribble up to the end cone and perform a turn of the coaches choice ie. Inside, Outside etc
2. Make it fun, players must run with the ball up the shirt or between the knees, etc.

Coaching Points

1. Keep the ball close
2. Head up
3. Use both feet

Wall Passing



Purpose: Focusing on wall passing and learning easy ways to beat the opponent

Organization

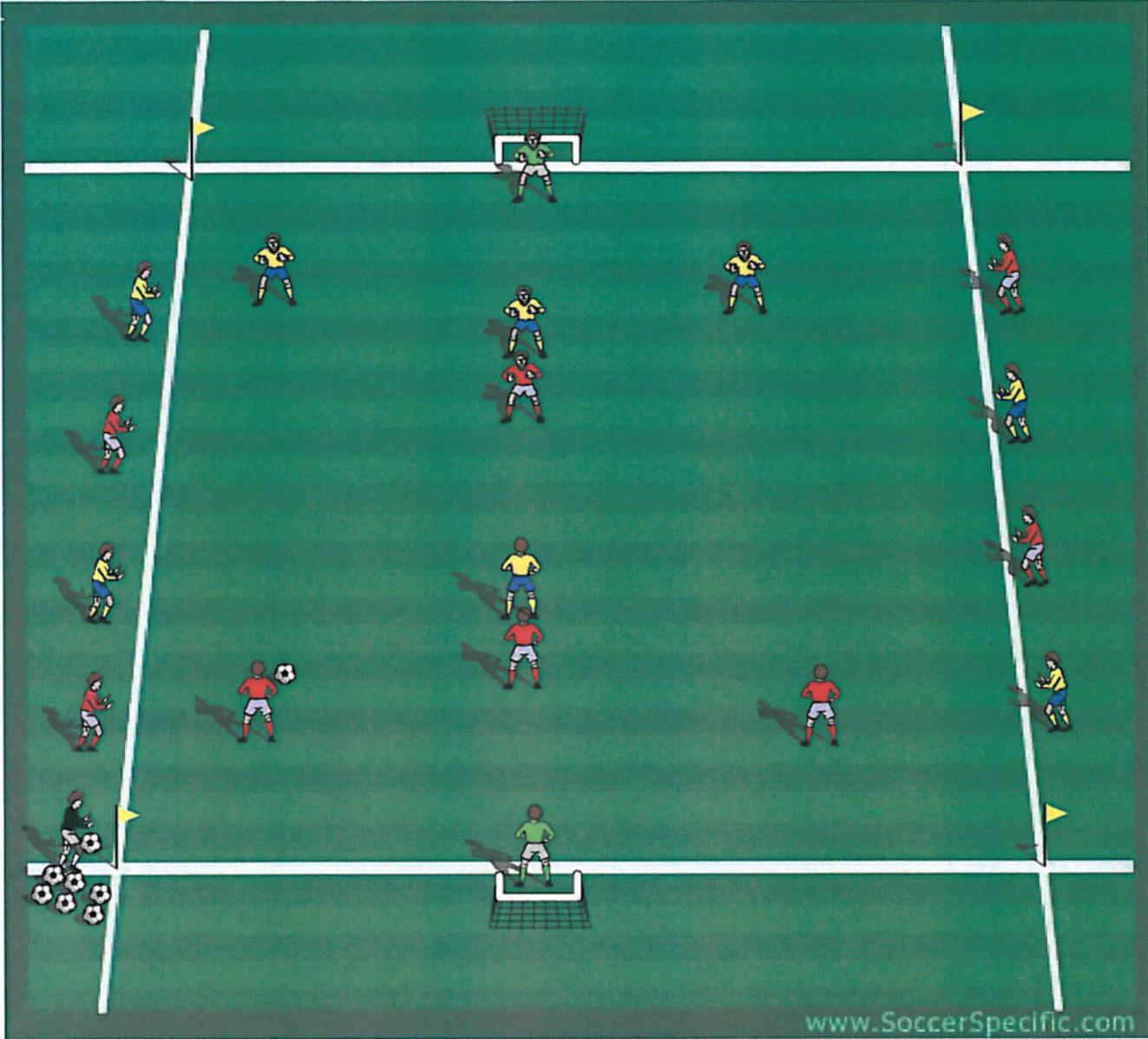
1. Two files of players with a ball each stand approximately 16-20 yards apart
2. Two players stand at the half way mark 8 yards apart
3. The first player from one side play a pass directly to one of the middle players, who relays it straight back to the passer while he/she is running on the other side
4. This player then controls the ball and runs back to the opposite file of players
5. The next player then repeats the process to the other middle player, thus playing a wall pass in the opposite direction

Progression

1. The players can pass simultaneously so two players are wall passing from both sides at the same time

Coaching Points

1. Communication
2. Good solid pass and good weight making it easy for the middle player
3. The player receiving the return pass from the middle player must time his/her run so they can burst onto the ball at speed



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Small Sided game working on poession and finishing.

Objective

Players play 4v4 in an area roughly the size of two penalty areas

Players can use their neutral teammates to help maintain poession. Players are not allowed to tackle the outside players.

Progression

A neutral player can be added to the game to gain more success in the middle field.

Coaching Points

Move early and into positions to support the player on the ball

If the chances arrive shoot early and often

Good communication