

Warm Up

Organization:

1. 12 players (6 white, 6 Blue)
2. Players work in pairs, set up as shown
3. 1 ball per pair

Instructions:

1. Players work in groups of two
2. Passing the ball to each other
3. When one of the players stops the ball with the sole of their foot the other player must close that side down, e.g. when stopped with the right foot the pressing angle is from the right (thus forcing attacker to use their left)
4. Pressing player then returns to their starting position the group start to pass again

Coaching Points:

1. Speed of approach
2. Angle of approach

Progressions:

P – Introduce techniques of tackling, once the ball is stopped the player pressing now tackles the stationary ball



Main Activity 1

Organization:

1. Two 20 x 15 yard areas setup as shown
2. 6 players per Grid (3 Attackers, 3 Defenders) set up as shown
3. 1 ball (Additional around the outside)

Instructions:

1. Defending player starts with the ball
2. Defending player passes into the attacking player
3. The attacking player moves out to receive the ball and attempt to beat the defender and dribble through one of the two scoring gates situated on the defenders end line
4. Defending player becomes active on the attackers first touch and attempts to win the ball
5. Players rotate roles after each attempt
6. Award points for successful attempts and keep score

Coaching Points:

1. Deny penetration
2. Speed of approach
3. Angle of approach to cut off penetration from attacking player
4. Waiting for Cues for correct moments to tackle
5. Faint to tackle to force a mistake
6. Tackling techniques

Progressions:

P - If the defender wins the ball they now can score by dribbling through attackers scoring gates
R - Defending players become active on their pass



Main Activity 2

Organization:

Same set up as before

Instructions:

1. Attackers start with ball
2. One Defender and One Attacker start in center of the field
3. The attacking player moves out to receive the ball and attempt to beat the defender and dribble through one of the two scoring gates situated on the defenders end line
4. Defending player becomes active on the attackers first pass and attempts to win the ball

Coaching Points:

1. Deny Attacker to turn
2. Speed of approach
3. Angle of approach to cut off penetration from attacking player
4. Waiting for Cues for correct moments to tackle
5. Faint to tackle to force a mistake
6. Tackling techniques

Progressions:



Conditioned game

Organization:

1. 40 x 25 yard area set up as shown
2. 6 players (2 Teams of 3) set up as shown
3. 1 ball (Additional around the outside)

Instructions:

1. The game always starts with a pass from the goalkeeper (Rotate GKs)
2. The player that receives the ball plays 1v1 against their opponent to goal
3. The other two players remain inactive until the game restarts
4. If the ball leaves the area the game is restarted with the oppositions goalkeeper
5. The goalkeeper should look to pass to the best placed forward

Coaching Points:

1. Deny penetration
2. Speed of approach
3. Angle of approach, forces player on to weak side
4. Correct moments to tackle
5. Tackling techniques
6. Transition to attack

Progressions:

- P – Play 2v2 and allow players to combine
R – Allow 2nd defender to be active to provide cover

