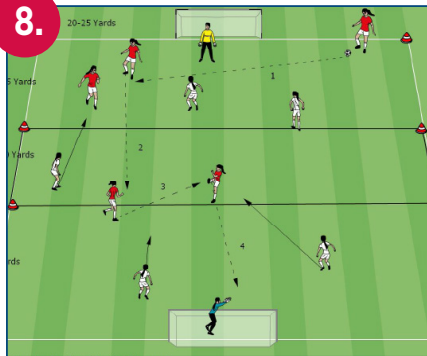


8.



Obviously the 5 v. 5 game can evolve into an 8 v. 8 game (with zones or without) played from goal to goal (with a 44-yard width) with the emphasis on well-taken shots from outside the box. These long distance strikes might be rewarded with a double count if they score, etc.

Organization:

- Setup is the same as above, but with two teams of five.

5 v. 5 with special shooting rules:

- The two teams play without zones (a game of 5 v. 5 on two goals with goalkeepers).
- To score, players must follow this sequence: An attacker must pass to a teammate in front of the opposite goal; this teammate passes back to another attacker for the shot (a three-man combination).
- Once the back pass has been made to set up a shot, the defense backs off to allow the attacker a clear shot.

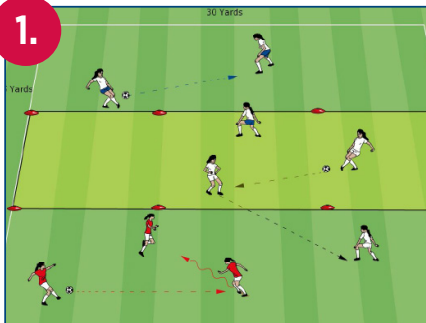
Variation:

- Attackers can score on any type of combination, but shots made following the sequence described above count double.
- Lift all restrictions and play; and score from a distance if possible.

ATTACKING: COMBINATION PLAY

By Aidan Boxall and Millwall Lionesses Manager, Women's Premier League

1.



Organization:

- Players in groups of three in an area 25 by 30 yards.
- One ball for each group.
- Each group in a different colored shirt.
- Players pass and move, dribble or do take-overs in their area.

Coaching Points:

- Focus on movement on and off the ball.
- There must be communication between players.
- Demand quick passing.
- Emphasize possession – when and where to pass.
- Players can work on key words to communicate – i.e. "switch"; "1-2" etc.
- Vary the distance and type of pass.

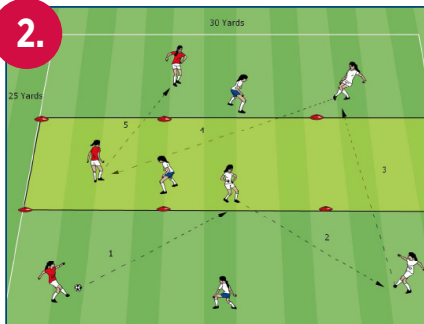
Organization:

- Same area as above.
- Players in groups of three with one player from each team in the zone.
- Play a possession game – Red and white against blue.
- Players must stay in their zone and play through the zone to a teammate.
- Rotate the defending team.

Coaching Points:

- Look at the movement and support in each zone.
- Focus on passing and support angles
- Look at the type of passes – long, short, on the ground, in the air, etc.
- Decide when to play one-touch; two-touch etc.
- Move to support while the ball is in the air.

2.



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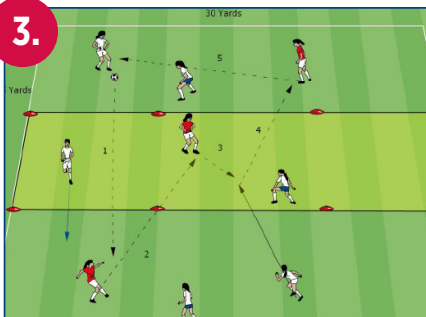
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3.



Organization:

- The set up is the same as above.
- Red and white play against the blues.
- Red and white can now switch zones, but must have one red and one white in each zone.
- The ball has to be worked through all three zones and then played directly from end to end with the support coming from the middle zone.
- Rotate the defending team.

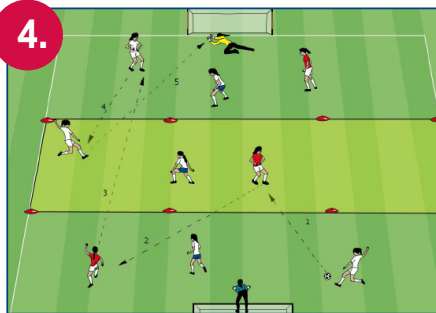
Coaching Points:

- Focus on ball movement and movement into support positions.
- Players must be aware of what is happening around them.
- Quick movement on and off the ball when players switch.

Organization:

- Same set up as above with two goals and two goalkeepers added.
- Red and white attack both goals with blue defending.
- The attacking team looks to combine for shot on goal.
- Quick movement on and off the ball.
- Players must be aware of what is happening around them.
- Quality of the finish.

4.



Organization:

- Two teams red against white in an area of 54 yards by 44 yards – or about three penalty areas.
- Play 6 v. 6 or 7 v. 7 with no restrictions.

Coaching Points:

- All previous coaching points apply – this is the final exam.

5.

