

ACTIVITY #1

Set up: Squad is organised into a 6v6 + 4 Perimeter players as shown.

Instructions: PASSING ACTIVITY - EMPHASIS ON SWITCHING POINT OF ATTACK / WIDE PLAY:

Each team circulates 1 ball amongst the 6 internal players and the 4 perimeter players. Teams are encouraged to move the ball from the wide areas, quickly through the central area to the other wide channel.

One and 2-touch play is mandatory at all times.

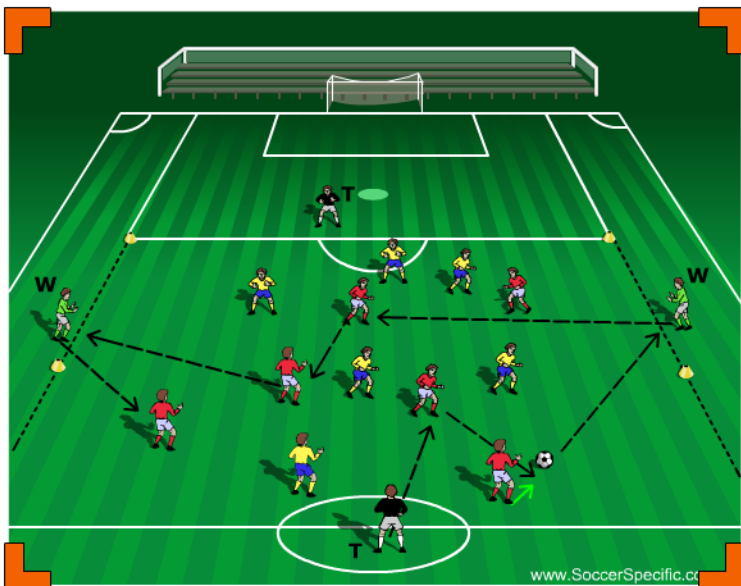
2x4min

Coaching Points: Develop various passing options - short, long, driven etc

Support play; distance, timing, angles

Gradually increase the tempo over course of activity

On Switching Play look to keep the ball on the ground and use 1 + 2-touch play to quickly circulate the ball



ACTIVITY #2

Set up: Squad is organised into a 6v6 + 4 Perimeter players as shown.

Instructions: POSSESSION - EMPHASIS ON SWITCHING POINT OF ATTACK / WIDE PLAY:

Teams compete inside the grid for possession; team in possession may utilise the 4 Perimeter players - this creates a 10v6 in favor of the team in possession.

Points are scored by successfully passing from one Wide perimeter player (W) and working the ball quickly to the other Wide player (W). The other two perimeter players (T) act as support players for the possession team.

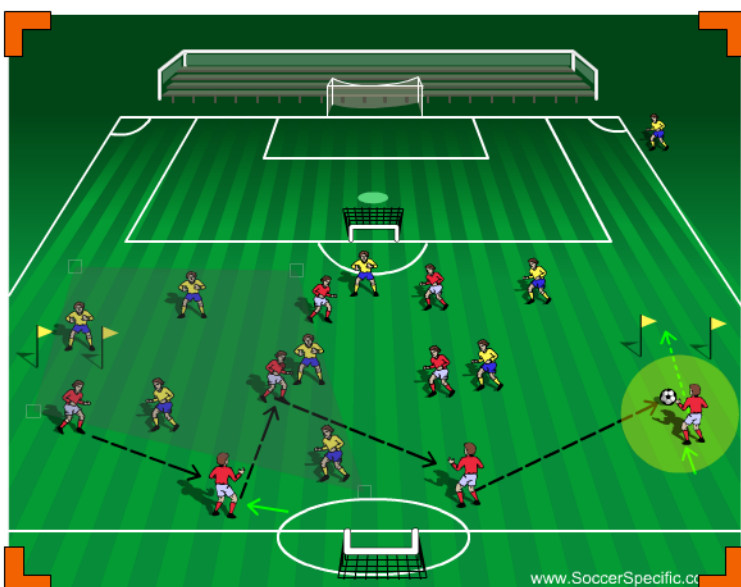
Play is continuous.

2x4min

Coaching Points: Encourage players to play wide to the perimeter players (W) as quickly as possible

On Switching Play look to keep the ball on the ground and use 1 + 2-touch play to quickly circulate the ball

Utilise the advantage (10v6) to maintain possession



ACTIVITY #3

Set up: Squad is organised in an 8v8 as shown. Mini-goals are placed on the 18-yard line and the halfway line; flags are used to create 5-yard wide gates in each wide channel of the pitch.

Instructions: POSSESSION - RECOGNISING THE MOMENTS TO SWITCH PLAY:

Teams compete for possession of the ball.

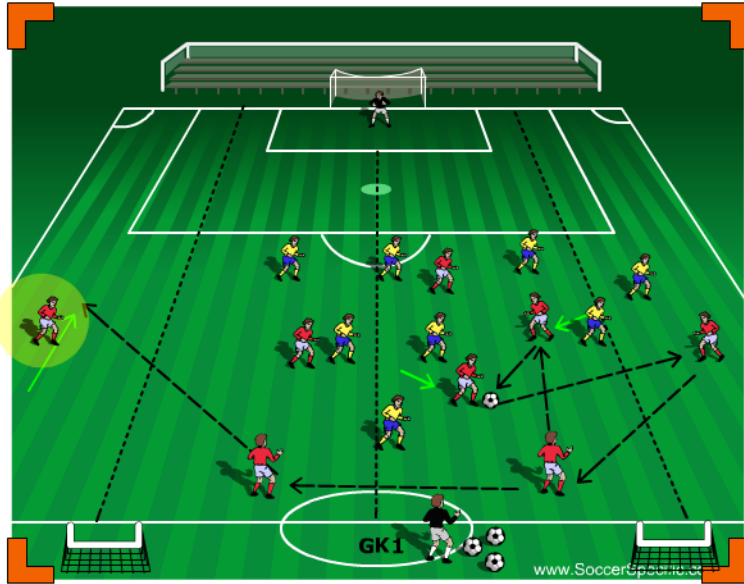
Points are awarded for either scoring in the central mini-goals (1 point) or for passing / dribbling through either of the wide gates (2 points).

Teams are encouraged to look for the correct moment to switch the attack to exploit the weak-side; In the Diagram the Red team has attempted to attack the left-side gate. The shaded area illustrates 5 opponents (Yellow) occupying / denying this space - the Red team quickly looks to switch to the opposite side to take advantage of their free player.

Time - 2x6min

Coaching Points: Draw the opponent to one side before switching play

Also look to penetrate centrally if wide channels closed



ACTIVITY #4

Set up: A 9v9 is organised as shown. Counter goals used. Goalkeeper (GK1) starts the play each time and acts as a support player.

Both teams organised in 1-4-3-1 formations

Instructions: TACTICAL GAME - EMPHASIS ON SWITCHING PLAY TO EXPLOIT WIDE AREAS:

Attacking team (Red) attempt to maintain possession to create scoring chances in their opponents goal. Defensive team (Yellow) must deny space and penetration and on gaining possession attempt to score in the counter-goals.

Attacking team is encouraged to draw the opponent to one side of the pitch before exploiting a quick switch of play. If wide areas are blocked - look to penetrate centrally.

Time - 2x6min *Change roles

Coaching Points: Maintain possession on one side of the pitch with quick passing / movement - this will draw the opponent to the ball side; this will enable the weak-side to open up for a switch of play



ACTIVITY #5

Set up: A 9v9 is organised as shown - other goal + Goalkeeper positioned 20yds in opposite half of pitch.

Both teams organised in 1-4-3-1 formations

Instructions: TACTICAL GAME - EMPHASIS ON RECOGNISING WHEN TO PLAY WIDE / CENTRAL:

Final game - free play.

Emphasis on all previous concepts and coaching points

Time - 1x10min

Coaching Points: All previous coaching points must be emphasised.

Playing Style development - quick ball circulation and movement at all times