



TOVO Training Game: John van't Schip

Date: Apr 06, 2017

Duration: 20 Min

Team: TOVO Coaching Course

Intensity: ● (5/10) | Category: Tech / Tact



1

⌚ 20 Min ↗ 3/4 Field

Setup: 10V9+ Target. Red 4-3-3 vs. Yellow 4-3-1. Two counter gates for yellow to penetrate are set on either side of the center circle. The white target for the yellow team to find is confined to a 20X20 box. Coach should be located near the box and behind the red back four so he can dictate the entry of the buildup.

Instructions: The red team, playing within a 4-3-3 system, must circulate and possess the ball in order to draw the opponent over to one side of the field and/or out from their own goal. The yellow team is trying to stay compact and make it difficult for the red team to penetrate and find combination play to goal. If the yellow team wins possession they can score by penetrating either of the two gates at half field with a dribble or a pass. If the red team loses possession they must try and win the ball back immediately within the next five seconds. If the red team does not apply immediate pressure, the yellow team can also score by driving a ball in the air to their target in white.

Coaching Points: Create overloads by drawing the opponent over and switching the point of attack quickly. Encourage patience in the buildup and how to recognize the moment to switch the point of attack. As shown, yellow's right back has pinched centrally and with no pressure on the ball, red's #2 can switch the point of attack to their #11 winger creating a clear path to goal. Variation- yellow team can play a ball on the ground or in the air to their target player in white.