Description
Improve #4/5 providing support; Improve #2/3 providing width once in possession; Improve #6/8 supporting play ahead and behind ball

S Pattern Passing (10 mins)
Setup:
Grid setup as shown. 12 yards between lines.
Activity:
Player moves opposite the ball to receive across body.
2 touch.
Once done, dribble back through flags (zig zag + turns + running w/ball)

6v2(+3) rondo (20 mins)
Intervals:
2 min work + 1 min rest x 8 reps = 24 min
Setup:
Short, wide field: 10x25
2 teams of 6.
3 neutral CMs.
Activity:
Team in possession must complete 5 passes and then can score by getting ball to target players.
3 neutral CMs enter each zone (one as the #6 with back 4, #8 in central zone, #10 in far zone)
2 defenders transition to target playeres when their team has possession.
If defenders win ball, they try to transfer to other side (and then move to become targets).
Coaching Points:
~ Maximum use of space (especially width)
~ Face the way you want to play
~ 1 and 2 touch

8v5 SSG (30 mins)
Intervals:
3 min work + 1 min rest x 8 reps = 32 min
Setup:
Central zone setup as shown.
Gates on one side to score in. Big goal on the other.
Attacking team in: 1-4-3-0
Defending team in: 3 forwards + 1 CM in zone + 1 CM marking #10.
Extra players waiting to sub in for defenders. (if at least 4, play 3v1 rondo)
Activity:
Defenders are stuck in their zones. Attackers can go anywhere.
Attackers must find #10 before scoring in either gate.
Defenders score in big goal.
Ball starting positions: free kick, throw in, with GK, with defending team.
Coaching Points:
~ #2/3 getting maximum width.
~ #2/3 trying to get in behind defensive winger
~ #4/5 dropping off for support (defense can’t go outside zone)
~ #6/8 rotation: When ball is on #5, #6 pushes higher and #8 drops in between CBs. Vice versa when ball on #4 (near side CM, pushes higher up field)
~ #10 move opposite the ball (to create space to check into)

8v6->8v8 half field (30 mins)

Intervals:
6 min work + 1 min rest x 3 reps = 21 min
Setup:
2/3 field with a big goal on one end.
Attack setup as shown with all but front 3.
Defense setup as shown. Start with 6 defenders (front 3 plus middle 3) and add in outside backs.
Activity:
Attacking team tries to score in any of the 3 gates. Defending team tries to score in big goal.
Gates are worth 1 point. Big goal is worth 3 points.
Ball starting positions:
Goal kick, GK hands, throw-in, free kick, kick off.
Coaching Points:
~ #4/5 support play behind by dropping off
~ #2/3 full width when they receive ball
~ #2/3 getting beyond defensive winger
~ #6/8: One supports in front of defensive front 3, one drops between CBs

8v8 (20 mins)

Play
1-4-2-1 vs. 1-2-2-3