

Warm Up I (10 mins)

Organization:

- 1.30x30 area set up as shown (4 x 15x15)
- 2.12 players set up as shown
- 3.6 balls

Instructions:

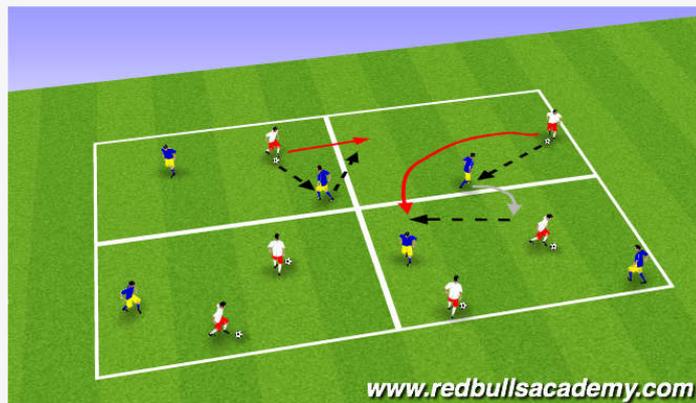
- 1.Players make combinations with the opposite color to their own
- 2.Players try a different combination in each box
- 2.Combinations should include: wall pass, overlap, double pass, and take over
- 3.Encourage players to combine with as many players as possible

Coaching Points:

- 1.Wall pass
- 2.Double pass
- 3.Overlap
- 4.Take over

Progressions:

- P - Add in two roaming defending players
- R - Focus on only one simple combination – wall pass or overlap
- P - Players can only move into a new box with a combination



Warm Up II (10 mins)

Organization:

- 1.20 x20 yard area set up as shown
- 2.4 players (2 Attackers, 2 Defenders) set up as shown
- 3.2 targetgoals at either end as shown
- 4.1 ball (Additional around the outside)

Instructions:

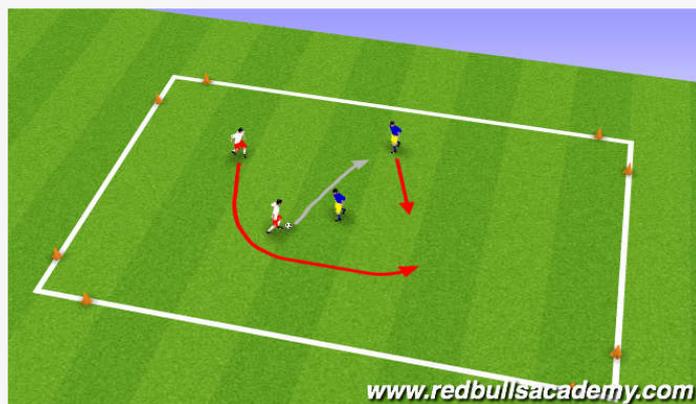
- 1.Attackers attempt to penetrate over defenders end line with a dribble or combination
- 2.If defending team wins the ball they attempt to do the same over the opposite end line

Coaching Points:

- 1.Use of combination to penetrate
- 2.Runs away from the ball to create 1v1 situation
- 3.Play at speed

Progressions:

- P - Limit touches to encourage use of combinations and speed of play
- P - Attackers now aim to combine & score in target gates at opposite end
- R - Defenders are not permitted to tackle, only to press and intercept



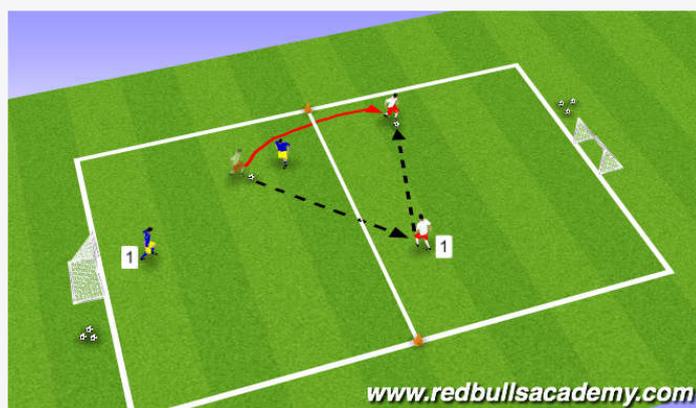
Main Theme I (15 mins)

Organization:

- 1.30 x20 yard area set up as shown
- 2.4 players (1 Attacker, 1 Defender, 2 Plus One's) set up as shown
- 3.1 ball (Additional around the outside)

Instructions:

- 1.Attacker starts with the ball by dribbling into the field from behind their goal
- 2.Plus-ones for each team are only permitted to stay within the attacking half of the field
- 3.Plus-ones are not permitted to tackle or score
- 4.Attacker must attempt to score in the goal
- 5.The attacker has the option of using the plus-one to combine if they choose
- 6.If the ball leaves the area the game restarts with the opposition's attacker from behind the goal
- 7.If defending team wins the ball they attack the opposite goal
- 8.Plus-ones can be tackled if defending player chooses to defend them
- 9.Rotate players after set time intervals



Coaching Points:

1. Engage the defender high up the field to create space behind
2. Combine with plus-one using wall pass or overlap
3. Use plus-one as a decoy at times - fake and dribble

Progressions:

- P – Add goalkeepers
R – Allow plus-ones to move anywhere inside the area

Main Theme II (15 mins)**Organization:**

1. Two 30 x 15 channels; Each with two zones of 15 x 15 set up as shown
- 2.2 Small Sided Goals
3. 12 Players (8 Attackers, 4 Defenders) set up as shown
4. 4 Balls (Additional around the outside)

Instructions:

1. Attacking players start the activity by dribbling the ball into the first zone
2. Each defender is restricted to their own 15 x 15 yard zone
3. Attacking players must combine to beat each of the defending players in their zone and score in the small goal at the end of the area
4. After each attempt the attackers join the opposite line to maintain player circulation
5. Rotate players after set time intervals

Coaching Points:

1. 1st attacker to commit defender to the ball
2. 2nd attacker to offer support for combination either in front, to the side, or behind
3. Angle and distance of 2nd attacker
4. 1st attacker uses 2nd attacker to combine or as a decoy
5. Play at speed

Progressions:

- P – Allow defenders to move freely between zones
R – Take away one of the defending players

**Conditioned Game (20 mins)****Organization:**

1. 30 x 20 yard area set up as shown
2. 8 players (2 Attackers, 2 Defenders, 2 Neutrals) set up as shown
3. 1 ball (Additional around the outside)

Instructions:

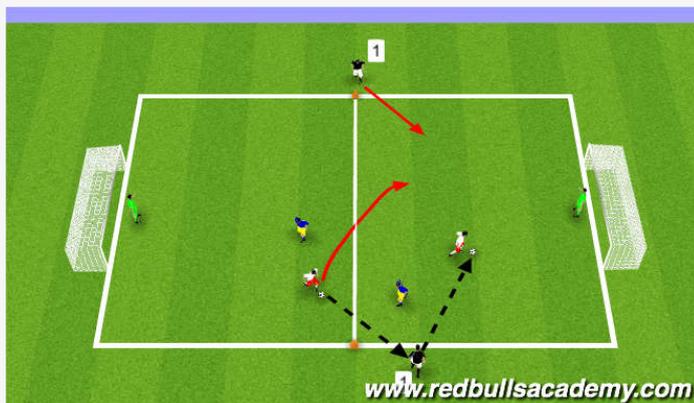
1. Attackers start with the ball from the goalkeeper
2. Neutral players are only permitted to receive the ball on the outside
3. Attackers have the option of using either outside player
4. Neutral players are not permitted to enter the field or score
5. Attacker must attempt to score in the goal
6. The attacker has the option of using the neutral players to combine
7. If the ball leaves the area the game restarts with the oppositions goalkeeper
8. If defending team wins the ball they attack the opposite goal
9. Rotate players after set time intervals

Coaching Points:

1. Engage the defender high up the field to create space behind
2. Combine with neutral players using wall pass
3. Use neutral players as a decoy at times - fake and dribble
4. Movement of supporting attacker: cross over, overlap etc

Progressions:

- P - Allow neutral players to move anywhere inside the area
P - One attacker in each half - can only receive play in that half



Conditioned Game II (20 mins)

Organization:

1. 30x40 area setup as shown
2. 30x5 middle neutral zone
3. 14 players (5 attackers, 5 defenders, 2 neutral players, 2 goalkeepers)
4. 1 ball (additional around the outside)

Instructions:

1. Attackers start with the ball from the goalkeeper & play 3v2 possession in defensive half
2. Attackers must combine with neutral players in middle zone to attack
3. The attacker who combines with neutral players joins the attack to create a 3v3 in attacking half
4. If defenders win the ball they aim to attack in the same way - neutral & opposition player must return
5. After set time rotate the neutral players

Coaching Points:

1. Circulate possession - be patient & create attacking opportunity
2. Combine with neutral players (wall pass, overlap etc) at speed
3. Use neutral players as a decoy at times - fake and dribble
4. Movement of supporting attacker: cross over, overlap etc

Progressions:

- P - Attackers can use neutral players as a decoy: can pass or dribble into attacking half
- P - Neutral players can now join the attack to create 4v3 overloads

