RECOGNISING ADVANTAGES
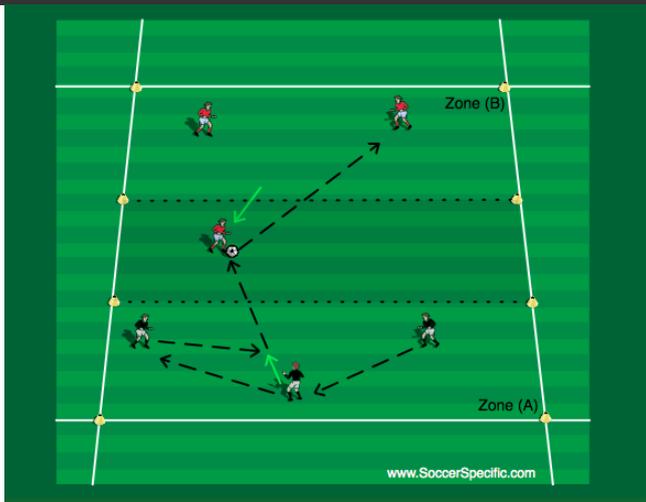
Date: **Sep 26, 2016** | Team: **Al Nasr U21**   Duration: **1:15**

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

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1   🕐 8min   ↗ 30x20

Setup: 6 Players split into two groups of 3; Playing area divided into 3 zones - (A), (B) and Central.
Instructions: BALL CIRCULATION - RECOGNISING MOMENT TO PLAY:
Three players pass / move in their end-zone; after 5-6 passes they must look to pass to a player checking into the central zone. The player checking into the central zone must receive the ball half-turned + on the front-foot in order to turn quickly and continue passing to his teammates in the opposite end-zone.
Play is continuous.
Coaching Points: Gradually increase rhythm / tempo of passing + movement as warmup phase progresses.
Recognise the moment to move to the central zone - arrive + move in the zone while constantly looking over shoulder to scan playing area.
Recognise the moment to pass to the central player: passing players must also keep eyes 'up' to scan the playing area.

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2   🕐 10min   ↗ 30x20
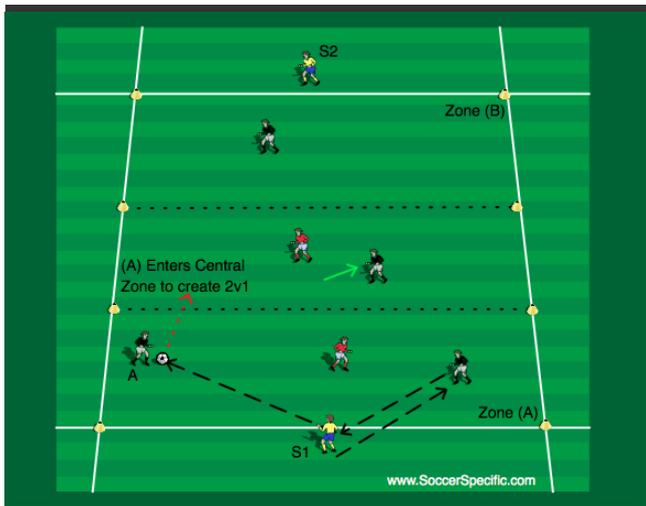
Setup: Four Players (Black) designated possession team; 2 Defenders (Red) and two Support players (S)
*Support players can be Goalkeepers.
Playing area divided into 3 zones - (A), (B) and Central.
Instructions: RECOGNISING ADVANTAGES + MOMENT TO PLAY:
Play begins with a pass from (S1) to either teammate; the Defender (Red) must attempt to win the ball. This creates a 3v1 in Zone (A); the objective is to find the correct moment to pass / dribble forward into the Central Zone to create a 2v1 - then to pass to the lone player in Zone (B).
The two Defenders shift grids and the activity is repeated in the opposite direction.
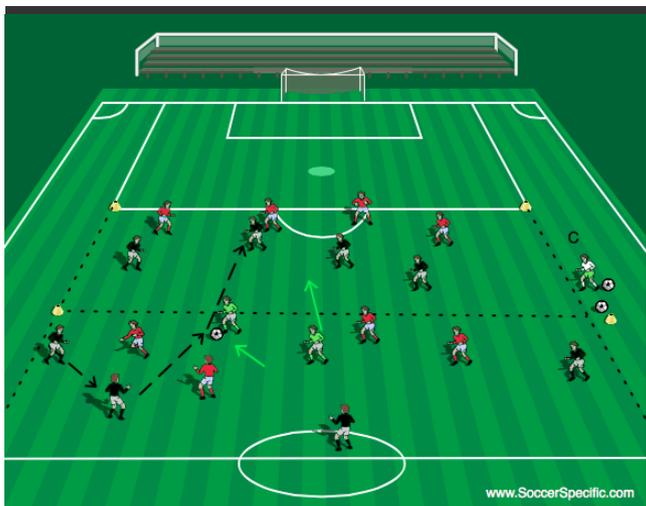Rotate Defenders every 1.5min.
Play is continuous.
Coaching Points: Recognise the moment to pass / dribble to the central zone.
Understand that 'advantages' (3v1 / 2v1) must be exploited through quick ball + player movement.
Moment, Direction, Speed of movement and passing to avoid the Defenders.

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3   🕐 2x4min   ↗ Shown

Setup: 18 Players split into 8v8+2 'Free' Players (*Free players are Central Mid Players #6's)
Playing area divided in two as shown
Other players organised in positions.
Instructions: UTILISING ADVANTAGES TO MAINTAIN POSSESSION:
The team in possession can utilise the 2 'Free' players; this creates an 6v4 in each half of the playing area. After 10 consecutive passes teams must look to pass across to their teammates in the opposite side to attempt to score; 'Free' players now move to the other side to create the 6v4.
*Next ball starts with Coach (C) each time.
Play is continuous.
Coaching Points: Utilise the 2-man advantage to maintain possession - be patient while quickly circulating the ball.
On transition to the opposite side - Free Players must also quickly transition to create the advantage.
Quick ball circulation and movement

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Setup: 18 Players split into 8v8+2 'Free' Players (*Free players are Central Mid Players #6's)
A 2m wide central zone is created as shown.
Other players organised in positions.
Instructions: UTILISING ADVANTAGES TO MAINTAIN POSSESSION:
The team in possession can utilise the 1 'Free' player; the other Free player must remain in the central zone; this creates an 6v4 (7v4) in each half of the playing area. After 10 consecutive passes , in their defensive half, team must look to pass across to their teammates in the opposite side to attempt to score; Free players now move to the other side to create the 6v4.
*Next ball starts with Coach (C) or Goalkeeper each time.
Progression (1) Allow 1 Fullback to advance to create bigger advantage in attacking half
Coaching Points: Utilise the 1 or 2-man advantage to maintain possession - be patient while quickly circulating the ball.
On transition to the opposite side - Free Players must also quickly transition to create the advantage.
Quick ball circulation and movement

4   ⏱ 2x10min   ⤢ Shown