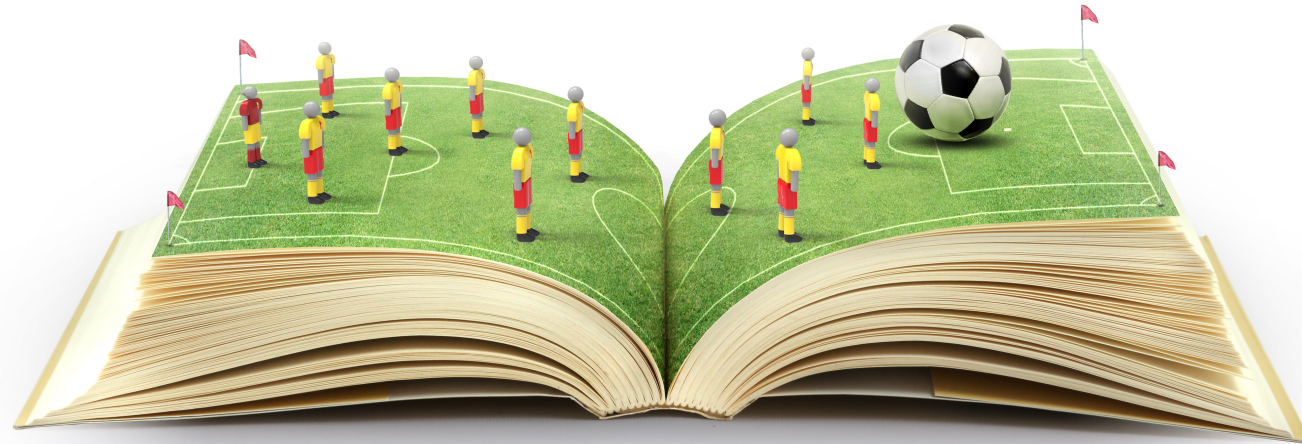


11v11

TACTICAL DEVELOPMENT GAMES

For the Professional Development Phase



Michael Beale

www.michaelbealecoaching.com

Index

- 1** Introduction
- 2** 11v11 Coaching : Things to consider
- 3** Tactical insights : Out of possession
- 4** Tactical insights : In possession
- 5** Game descriptions
- 6** Coaching tips

7 The Games

- | | |
|---------------------------------|---------------------------------|
| 1. Central rotations | 26. Dribble or pass |
| 2. 3 rd Man build up | 27. Find your forwards |
| 3. Zombie build up | 28. CBs restart |
| 4. The "Spine" of the team | 29. Breakthrough |
| 5. Lines of four | 30. No keeper game |
| 6. Preparing to press | 31. Maximum width |
| 7. 100 Pass game | 32. Launch the counter |
| 8. Lock to the line | 33. Red zone |
| 9. Regain & go | 34. Central breakout |
| 10. Locked in | 35. Three zone overload |
| 11. Through or around | 36. Build up construction |
| 12. Find the number ten | 37. Play forward, play wide |
| 13. Numbers 10s game | 38. Front vs back $\frac{1}{2}$ |
| 14. Wingers game | 39. Pressing victim |
| 15. Pirlo game | 40. Momentum game |
| 16. Midfield overload | 41. Aerial assault |
| 17. Half field 5vs | 42. Three ball attack |
| 18. Low block | 43. Space reduction |
| 19. Play & run forward | 44. Play, press, counter |
| 20. Light-switch transition | 45. Set play game |
| 21. Speed across the grass | 46. Through the third's |
| 22. Overload defending | 47. Wide relationships |
| 23. Full team press | 48. Front five / back five |
| 24. Positional play | 49. One player less |
| 25. Width & depth | 50. Score scenarios |

Intro

This book is for coaches working with players in the professional development phase and is a collection of my favourite tactical games for developing team and player understanding.

My aim for this project, is to give coaches a wide range of solutions in the process of team building and collective tactical organisation. The games are designed to recreate real match scenarios across five key areas.

- **Defending**
- **Counter attacking**
- **Attacking**
- **Counter defending**
- **Set plays & restarts**

Each game is flexible and gives you the freedom to select the formation used for your team and the opponents. This enables you to make the games specific to your club's coaching philosophy and style of play.

Thank you for purchasing this book. I welcome your comments and feedback via my website www.michaelbealecoaching.com

Michael Beale – April 2020





11v11 Coaching – things to consider

1

In open play, the game is usually played in an area no longer than forty-five yards in length. This is due to the offside rule and the opponent's style of pressing (high, medium or low). However, you will always be able to use the full width of the pitch. Practicing in this "open play" area is very important.

2

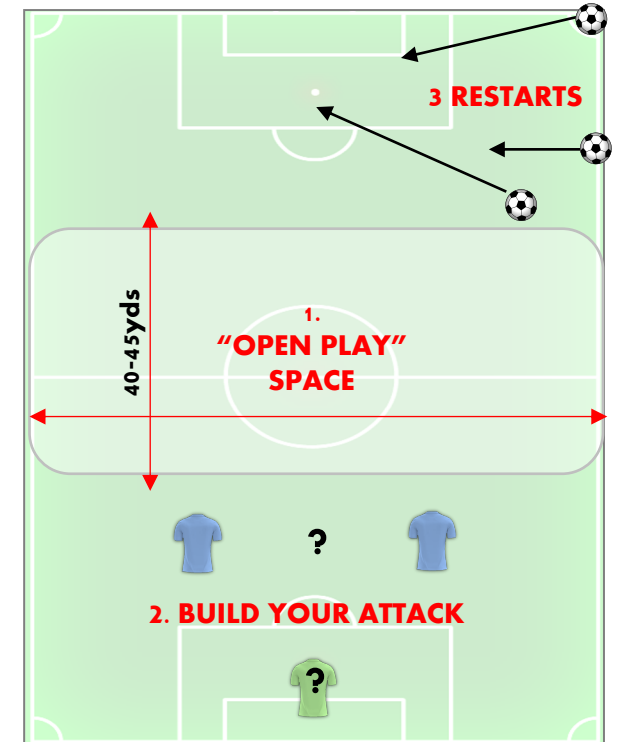
On average, a goalkeeper will have eight goal kicks per game. So when working on your teams attacking build up, its important that you begin the process from a "live" scenario of the goalkeeper in possession or with your central defenders in possession of the ball. These live open play situations occur much more regularly in the game than a set goal kick.

3

The new goal kick rule allows for players to enter the penalty area to receive a pass from the GK. This enables all teams the opportunity to build play from the back of the pitch more easily. Once the first pass is made, it is important that players come to "connect" with the player in possession, but also that you have players "moving to receive" higher up the pitch and forcing the opponents to cover the largest area possible. This "stretching of the opponents defence" will give the player in possession a variety of passing options - also maintaining the overload situation that a goalkeeper provides in the build up process.

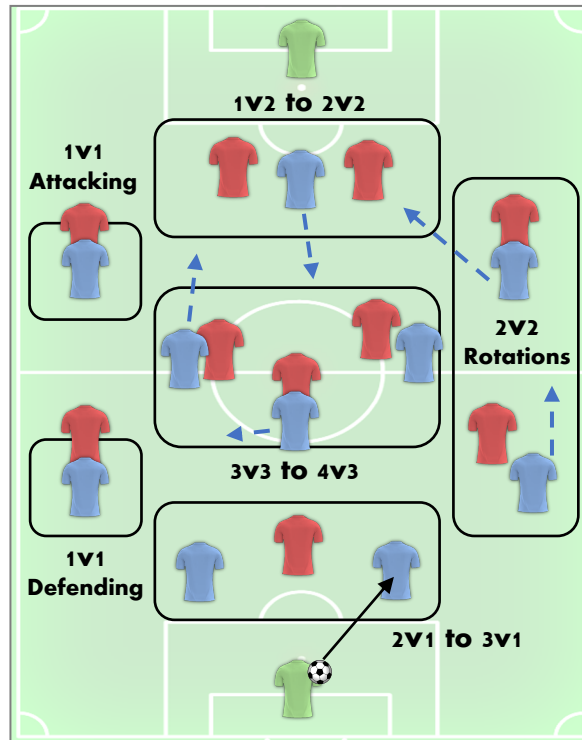
Restarts from throw-ins, free kicks and corners are an important part of the game. Pay close attention to your team's effectiveness from throw-ins and free kicks to ensure you have rhythm and momentum in your play. Areas to observe - Does your team maintain possession? Does your team have forward or backward momentum from these restarts?

Dominating the outcome of restarts in the final 3rd (both attacking and defending) is crucial to your team's ability to be successful. These situations often decide the outcome of the game..... So executing in both boxes is vitally important to your team's future success.



4

In open play, the game is a collection of **small positional games** in the area surrounding the ball. Coaching decision making, awareness and execution of these small games will enable your players to problem solve successfully and to create overloads as you progress through the pitch.



5

If you do not have enough players to coach eleven vs eleven on a regular basis, you can recreate the smaller games and match scenarios by playing unit vs unit (attack vs defence). You can also use a "human tactic" board and walkthrough the game scenarios with your players. This is great for two-way communication and individual player clarity.



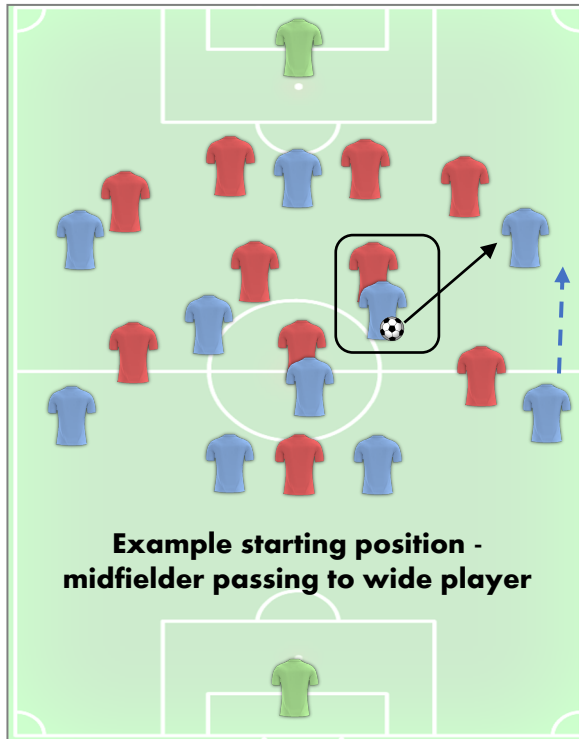
6

Simplify your tactical information within the set up of your practices. One example is to use different colour bibs for the opposing players who are most dangerous to your team. The example below shows a team taking up a narrow and compact formation and blocking the opponents from passing to their players in the centre of the pitch.



7

By using a specific starting position, you can allow for repetition of a specific theme that you want to coach / develop. From this starting position, you can then play freely until the ball leaves the pitch. Now return to the starting point and repeat – but also use this “walking to reset” as a chance to discuss key coaching points with your players.



8

When training, link your playing philosophy to everything that you do.

Physical – replicate the demands of the individual positional roles, the team’s style of play and the level of football.

Technical – develop players technically in-line with your club’s style of play. Work specifically (position & unit) to improve efficiency in the different positional roles.

Tactical – develop your team’s style of play and develop solutions to combat the style’s adopted by your opponents. Provide clarity against different formations, different types of defensive / attacking tactics and the moment of the game (score, weather, time).

Psychological – Create an environment that regularly pushes your players to the requirements of the toughest game. implement a mentality of “training as if it is match day” by having moments of the session where players are performing under fatigue, playing games within games “best vs best”, making decisions under “live” pressure and adding the importance of results / competition.

9

Key communication must be used to promote

- The key team qualities that you desire
- Creating a strong team identity (style)
- Individual high standards of application and professionalism
- Players to search for constant improvement “Impress yourself”
- Optimism for the future and the challenges to come

When communicating, pay close attention to your personal energy and body language. Avoid using “coaching jargon” with your players.

10

Coach and give guidance on how you want the players to react to the “what if” situations that occur in the game. Examples of this are – playing with or against ten players, winning, losing, drawing late in a game, or adverse weather conditions. Training this way will enable your team to function quickly and efficiently when these situations occur in the real game.



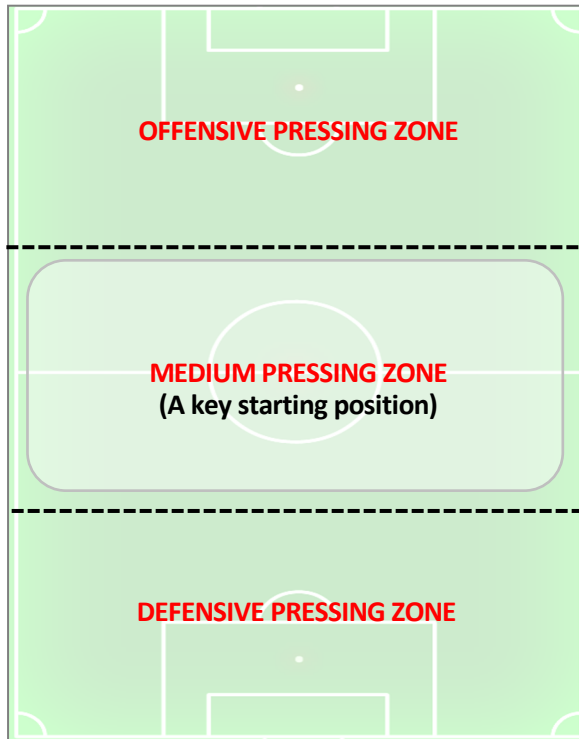
TACTICAL INSIGHTS OUT OF POSSESSION

TIPS FOR DEFENDING AS A TEAM

1

SPLIT THE PITCH INTO THREE ZONES

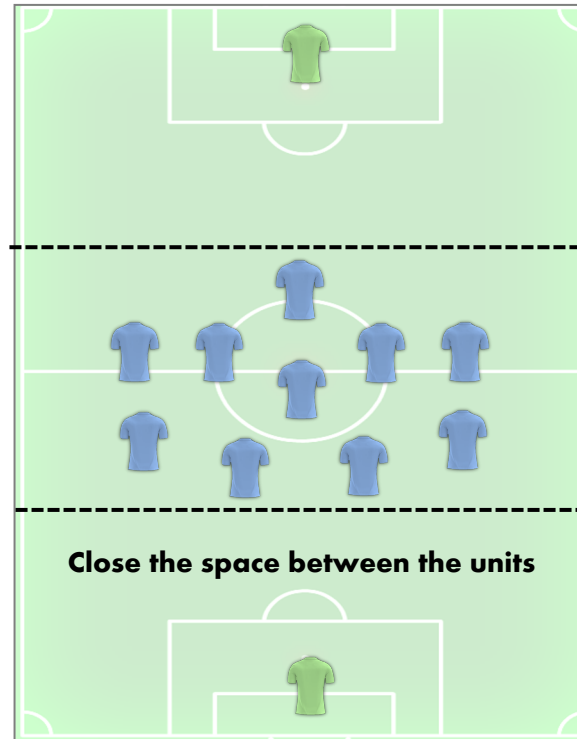
An easy way to teach collective defending is to split the pitch into three zones. A full pitch has roughly six penalty areas from top to bottom. So you can use the size of two penalty areas (in length) for each zone.



2

NARROW AND COMPACT TEAM SHAPE

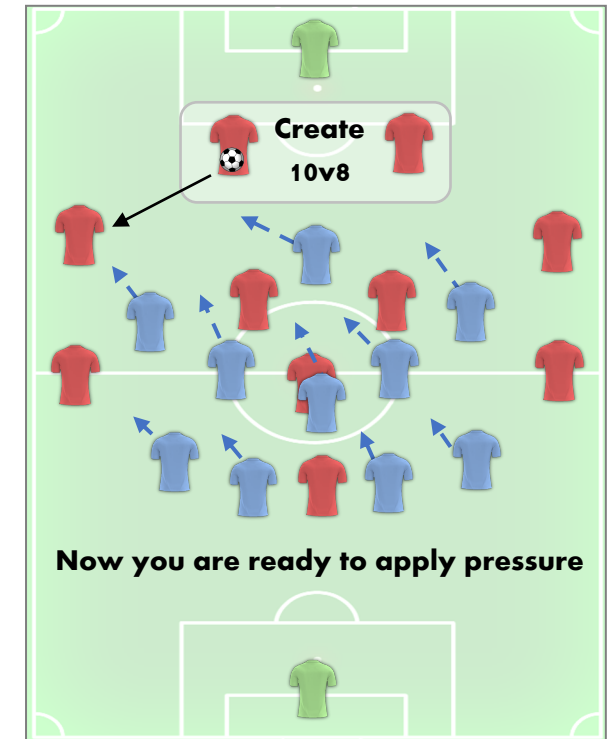
In "open play" most of the game will be played inside the middle zone. Therefore, coming back to this zone and taking up a narrow & compact starting position gives your team a solid base to begin defending.



3

MOVE AROUND THE PITCH AS A UNIT

This compact organisation will isolate the opponents CBs. The full team unit is now facing forwards and can begin to apply your defensive tactics (press, hold, drop) by moving as a unit around the pitch.



4

BLOCK THE CENTRE OF THE PITCH AND FORCE WIDE

Blocking the middle of the pitch and forcing teams to the side will keep the opponents outside your team's central organisation. By "locking to the line" you can reduce the opponents attacking options and make play predictable.



5

MOVE ACROSS THE PITCH AND OVERLOAD THE AREA

"Locking to the line" enables your team to quickly move across the pitch and overload the area surrounding the ball. By avoiding a switch of play, you also effectively remove some opponents from the attack (players on opposite side).



6

BLOCK PASSING LINES INTO ATTACKING PLAYERS

When coaching team defending, a tip is to use different colour bibs for the most dangerous opponents. Instruct your team to block passing lines into these players and reduce the opponents attacking threat.



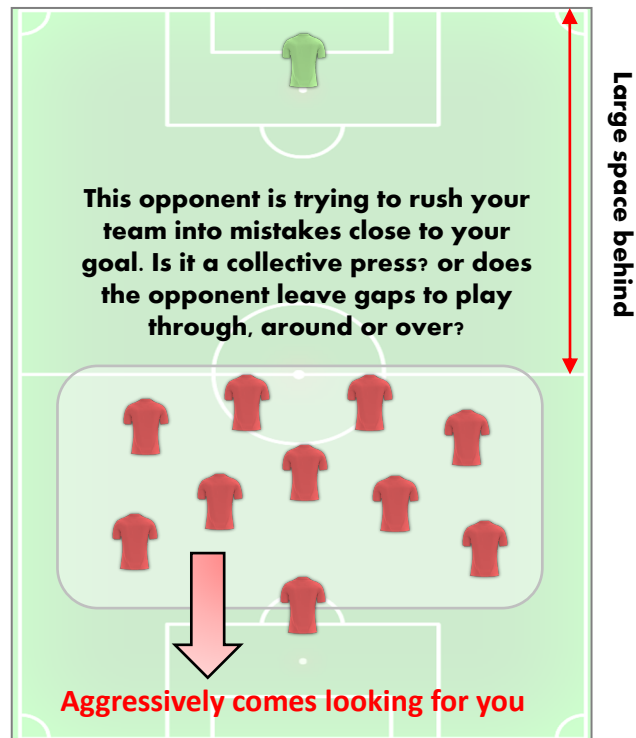


TACTICAL INSIGHTS IN POSSESSION

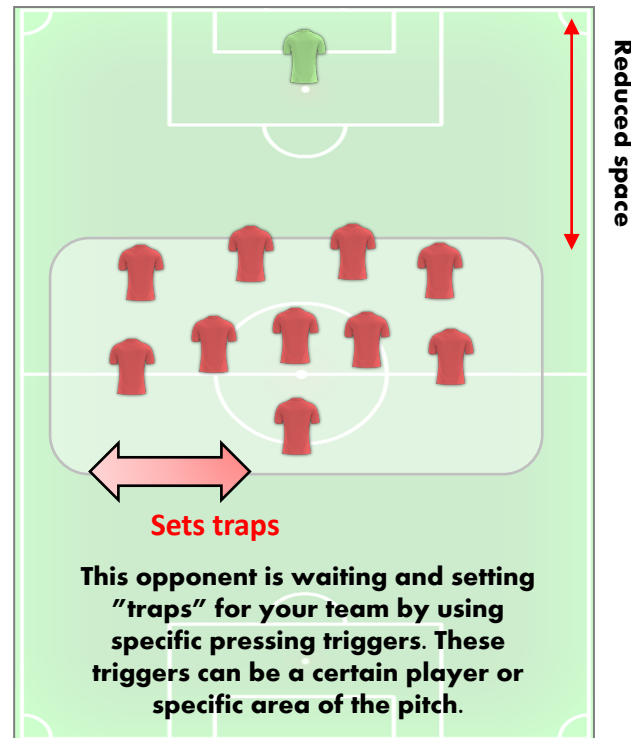
1 WHAT TYPE OF OPPONENT ARE YOU FACING?

You must quickly assess your opponent's defensive tactics.

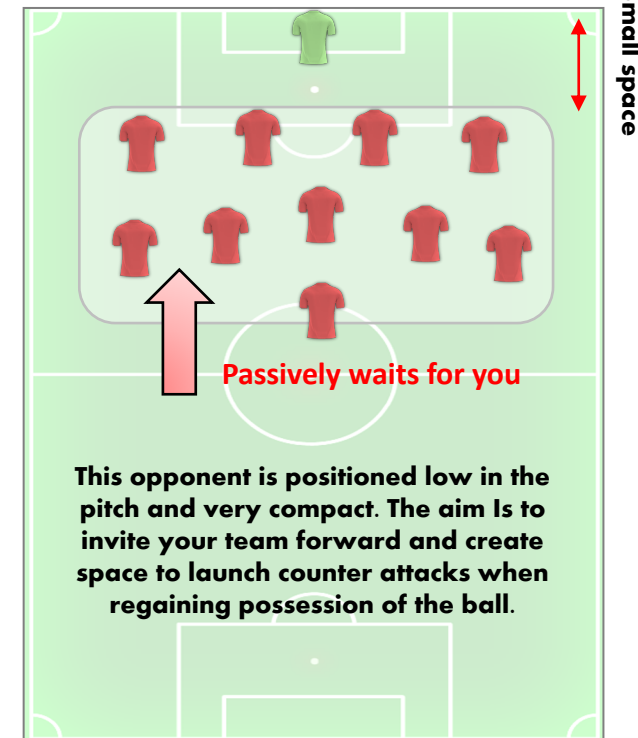
HIGH PRESS OPPONENT



MEDIUM PRESS OPPONENT



LOW PRESS OPPONENT

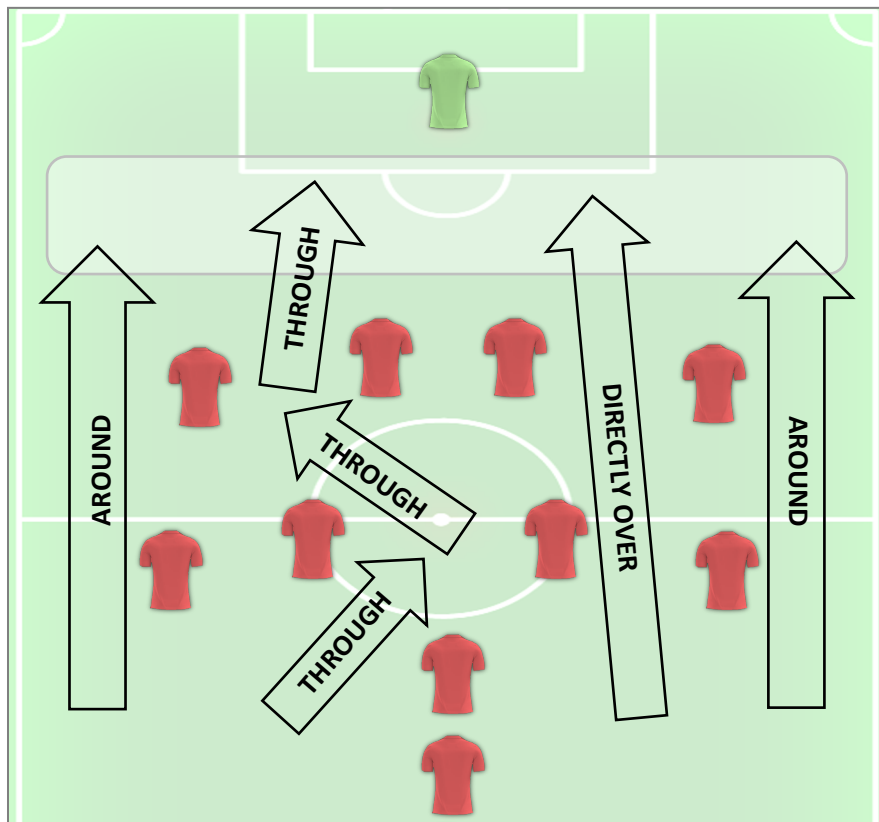


2 DOES THIS CHANGE DURING THE GAME?

During the game, your opponent may change their defensive tactics. The changes are often a result of goals being scored, the making of a substitution, when a player is given a red card, during moments of fatigue or when the game is nearing completion (final whistle).

3

WHERE IS THE SPACE TO ATTACK?



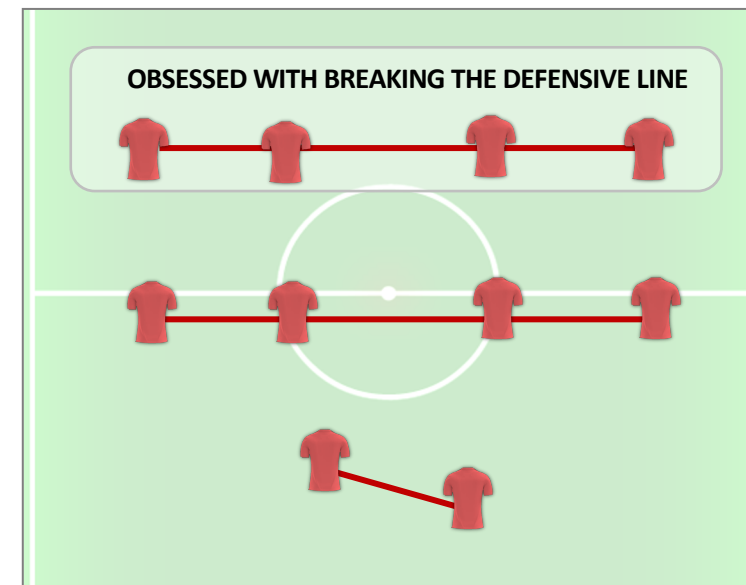
During the game, your players need to assess the opponents defensive organisation and the space they are leaving for your team to attack. The three ways to beat the opponent's block are :

1. Through the middle
2. Around the sides
3. Directly over

To Improve game Intelligence and awareness. Training should replicate these scenarios and expose your players to different defensive organisations – both in pressure applied (high, med, low) and the formations used.

The formation lines

You can analyse your teams attacking performance, by the amount of disruption caused to the opponents last line of defence. As a team, you must become obsessed with breaking this line both with and without the ball.



4

WHO ARE YOUR "MATCH WINNERS"?

In football, not all 1v1 situations are a 50/50 split where the attacker and defender have equal chance of dominating the opponent. This could be a difference in ability, speed or physicality between the two players – or simply the defender being isolated in a larger area.

Your team should identify your most effective 1v1 players and have a clear strategy on how to get them the ball. Adding a "runner" or player to "connect" in this process can also be very beneficial and provide greater solutions to outplaying with the use of combination play and movement.

5 "OCCUPYING WIDTH AND SEARCHING FOR DEPTH"

The offside rule enables your opponents to shorten the length of the pitch by using a high, medium or low pressing tactic. The defensive tactic applied will change the amount of space that your team can use (to pass/run/dribble into) behind the opponents defence.

However, your team will always have the option to use the maximum width of the pitch. Therefore, occupying spaces in the wide areas is essential to attacking effectively.

Likewise, your team always has the option of trying to attack through the middle of the pitch. This is a more difficult task and will require your players to disrupt the opponents organisation through individual outplaying, combination play, the positioning of players between the lines or via rotational movement between different playing positions..

Occupying key areas when attacking

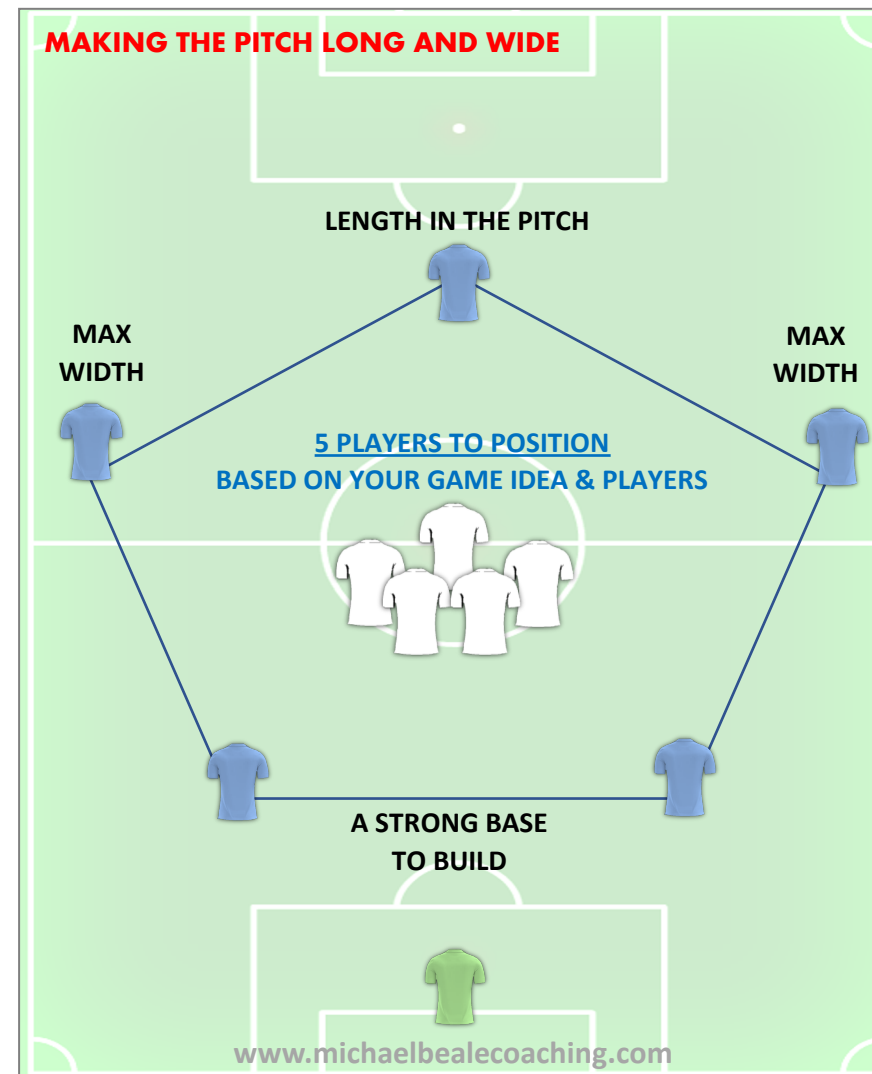
So - How can you position your players to give you the best opportunity to do this?

The simple answer is to make the pitch as big as possible and force your opponents to cover the largest area (making the pitch long and wide). The diagram opposite shows an example of how you can occupy those key areas with:

- A strong base to build from
- A focal point(s) to add length/depth to your team
- Width on each side of the pitch.

The diagram shows five players making this **OUTLINE** of the teams attacking shape. This means that you have five players remaining to organise how you decide best.

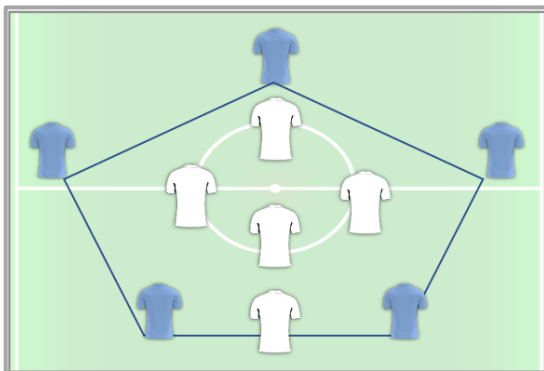
The options are completely yours based on the players available to you and your ideas on football. This is just an example idea of how you can occupy key areas to give you the best opportunity to be successful when attacking.



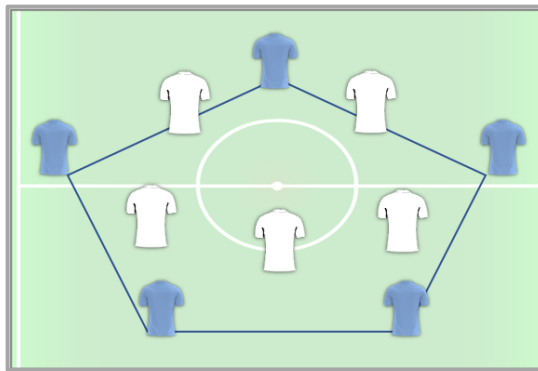
6 FORMATION EXAMPLES

The diagrams below give examples of how to place the five white shirts in order to create the different playing formations that we use in football today. The diagrams are a **GUIDE** to attacking positioning and do not imply that the positions are **SET**.

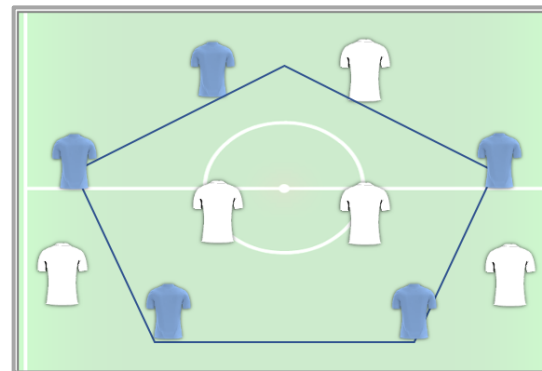
GK343



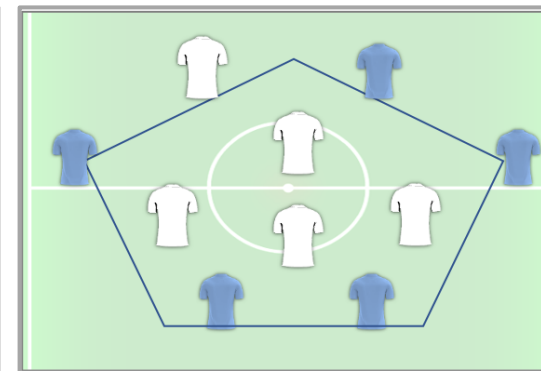
GK4321



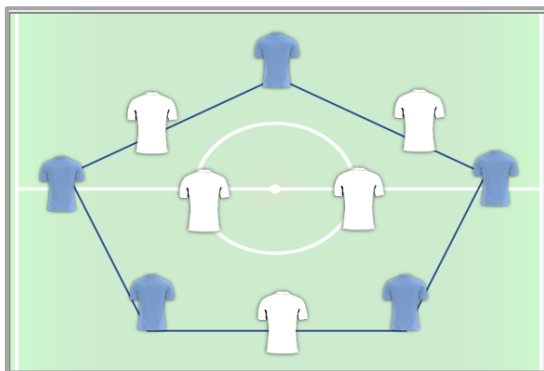
GK442 or GK424



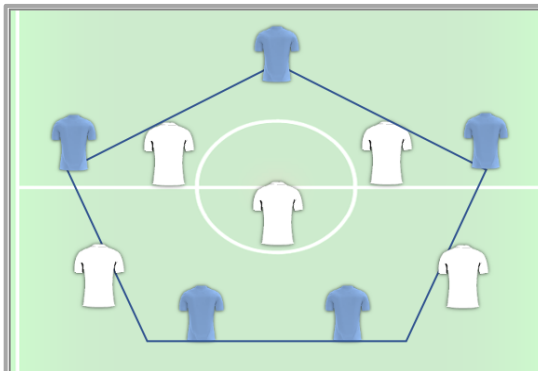
GK4312



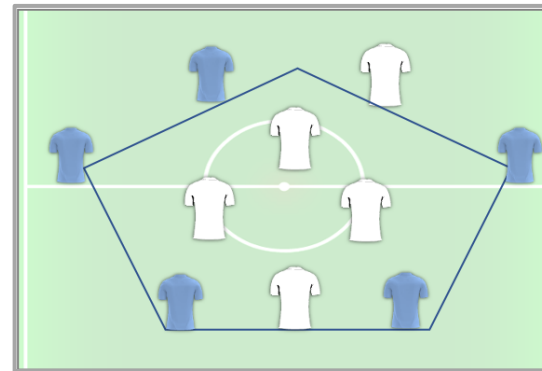
GK3421



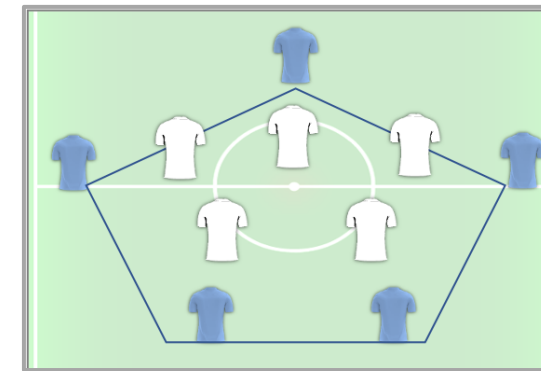
GK433 or GK4141



GK352



GK4231



"Allow your players to bring the formation to life"

Within the tactical organisation, give your attacking players "ownership" to bring their ideas and individual qualities to the team. This trust / ownership will enable strong relationships to build inside the pitch. In turn, this understanding between the players will provide creativity and unpredictable movement (rotations) between playing positions and units. This will create a unique playing style based on the qualities of your group.



Game descriptions

The setup instructions

Set up instructions are given for each game. However, these measurements should be used as a guideline rather than a set playing area. You can adjust the sizes to best fit the players you are working with.

The rules

Each game has a set of rules listed in the description. However, I encourage you to change or create new rules that enhance the games and are the best fit for your players.

Players required and playing time

Each game has suggested playing times and the minimum number of players required to run the games successfully.

Offside rule

The offside rule is used for realism on selected games in this book. These games are marked with a whistle icon next to the setup instructions.



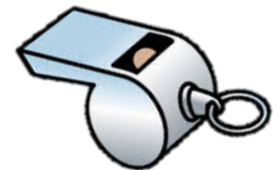
Number of Players



Number of Goalkeepers



Suggested Playing Time

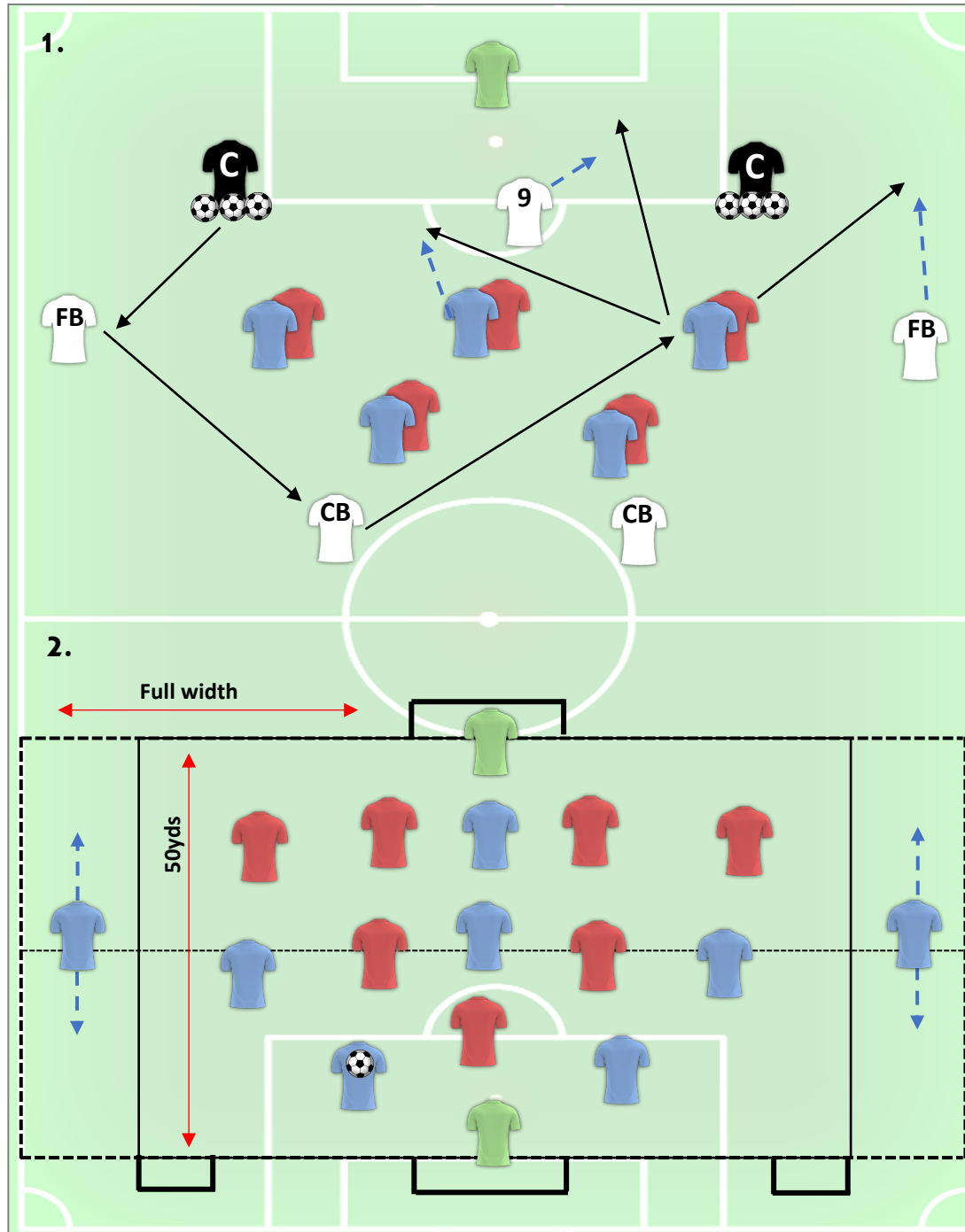


Offside Rules Apply

Tips to running the games

- ⚽ **Carefully “Select the teams” to build in-game relationships and positional competition (full back vs wide player example).**
- ⚽ **“Set the scene” by explaining the purpose of the game in relation to your team’s style of play.**
- ⚽ **Never reduce touches. This forces a decision rather than improving the players decision making.**
- ⚽ **Encourage “games within games” by pitching players against each other 1v1.**
- ⚽ **Play for a defined time period and always keep the score.**
- ⚽ **Where possible, reward the team that scores by allowing them to keep the ball (restart the game).**
- ⚽ **Allow for maximum ball rolling time.**
- ⚽ **Adapt the pitch size to suit the level/age of players and desired physical outcomes.**
- ⚽ **Adapt the games for your team’s formation (the diagrams show a specific formation for illustration purposes only).**
- ⚽ **Adapt the games for the number of players you have available for the session.**
- ⚽ **For realism, use the offside rule.**

www.michaelbealecoaching.com



CENTRAL ROTATIONS

This practice develops various attacking themes :

Central combination play, Positional rotations, Finishing from open play and crosses, Crossing techniques, Forward passing and running

The initial set up can be modified to suit any formation, However the example shown in the diagram is using GK4231.

Set up

1. In the exact area shown, Five players (white) work continuously as four defenders and a centre forward. The other two groups of five (blue & red) take turns to combine with the white players in order to score a goal. The players are free to rotate positions. The coaches work as servers in this practice and play out to the white defenders to start the attacks. The practice is unopposed.

2. Progress this practice into a game. The blue team attacks the main goal and sets up with a goalkeeper, two midfielders, three attacking midfielders and a centre forward. The team has two full backs in the wide channels. The red team attack the main goal and two wide goals and sets up with four defenders, two midfielders and one forward/attacking midfielder.

Rules

The blue team always start with the ball. When one blue full back is in possession, the opposite one can enter the pitch and attack the cross. A red defender has the option to enter the outside zone to defend 1v1.

Goals scored in the main goal = 1 point.

Goals scored in the mini goals = ½ point

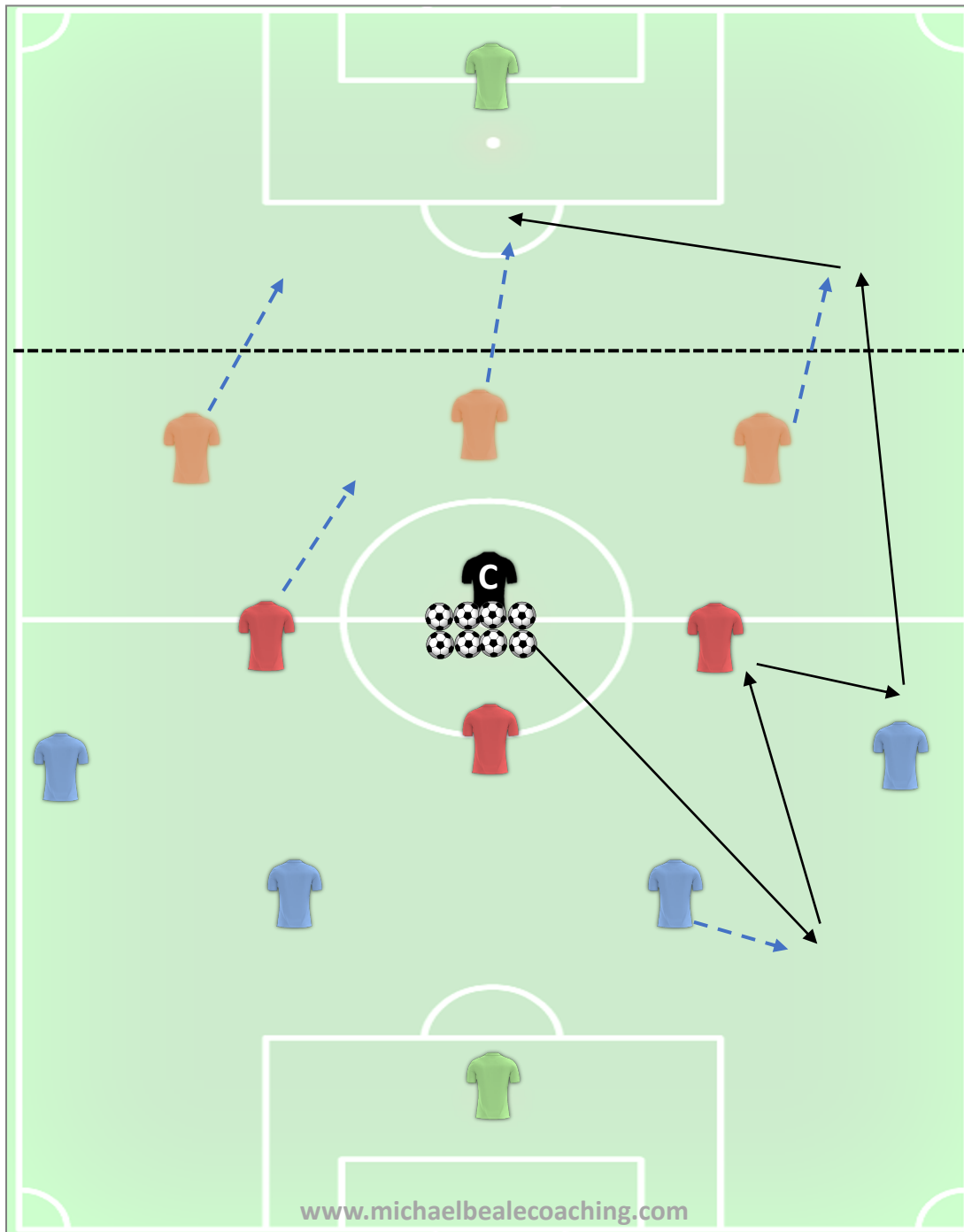
1.



(1) 2 x 4 mins
(2) 2 x 8 mins



Offside rules
apply for
game 2



3RD MAN BUILD UP

This practice develops team understanding of :

Positioning in relation to the ball

Moving as a team unit

Reactions

Constructing attacks

Relationships within the team

3rd man runs

Set up

The coach begins with the balls inside the centre circle of the pitch. The team is set up in your normal formation. The defence, midfield and forwards wear different colour bibs.

To start, the coaches passes a ball anywhere on the pitch. The team run to receive the ball and then build up to score. Immediately after one ball leaves the pitch, the coach passes the next ball into the game and the players must run to collect and again build up to score. The coach counts the passes loudly and the aim is to complete 100 passes as quickly as possible.

With each ball, the coach must ensure that the team build ups from different areas of the pitch. This can be from the GK, from the centre defenders, from a direct pass into the forwards etc. The team must quickly move as a unit to take up positions in relation to the ball.

Rules

1. You cannot pass to your own unit (colour) before entering the final 3rd zone. This rule encourages 3rd man combinations.
2. Allow units to pass to each other, but only with first time passes (1 touch).

2.



Players



Goalkeepers



Three sets
100, 80, 60
90 second rest



No opposition

"ZOMBIE" BUILD UP

3.

This practice develops both attacking and defending themes :

Attacking

Building to score

Switching play

Wide rotations

Finishing (open play & crosses)

Building from the back of the pitch (via GK and defenders)

Counter attacking

Defending

Balance behind the attack

Reaction to transition

Counter defending

Recovering the team shape

Delaying the opponents attack

Regaining the ball.

Set up

Using the area as shown. Two teams set up in your normal formation. The coach serves into the blue team who are "free / unopposed" to build up and score. Once the first shot is taken, the coach passes a 2nd ball to the red team who now try to build up and score (opposed).

A normal game continues until the ball leaves the pitch.

Rules

Ball 1 - The blue team are unopposed,

Ball 2 – opposed game

The coach should change the starting position for ball 1 in the game (3 balls from the right, left and central areas)



Players



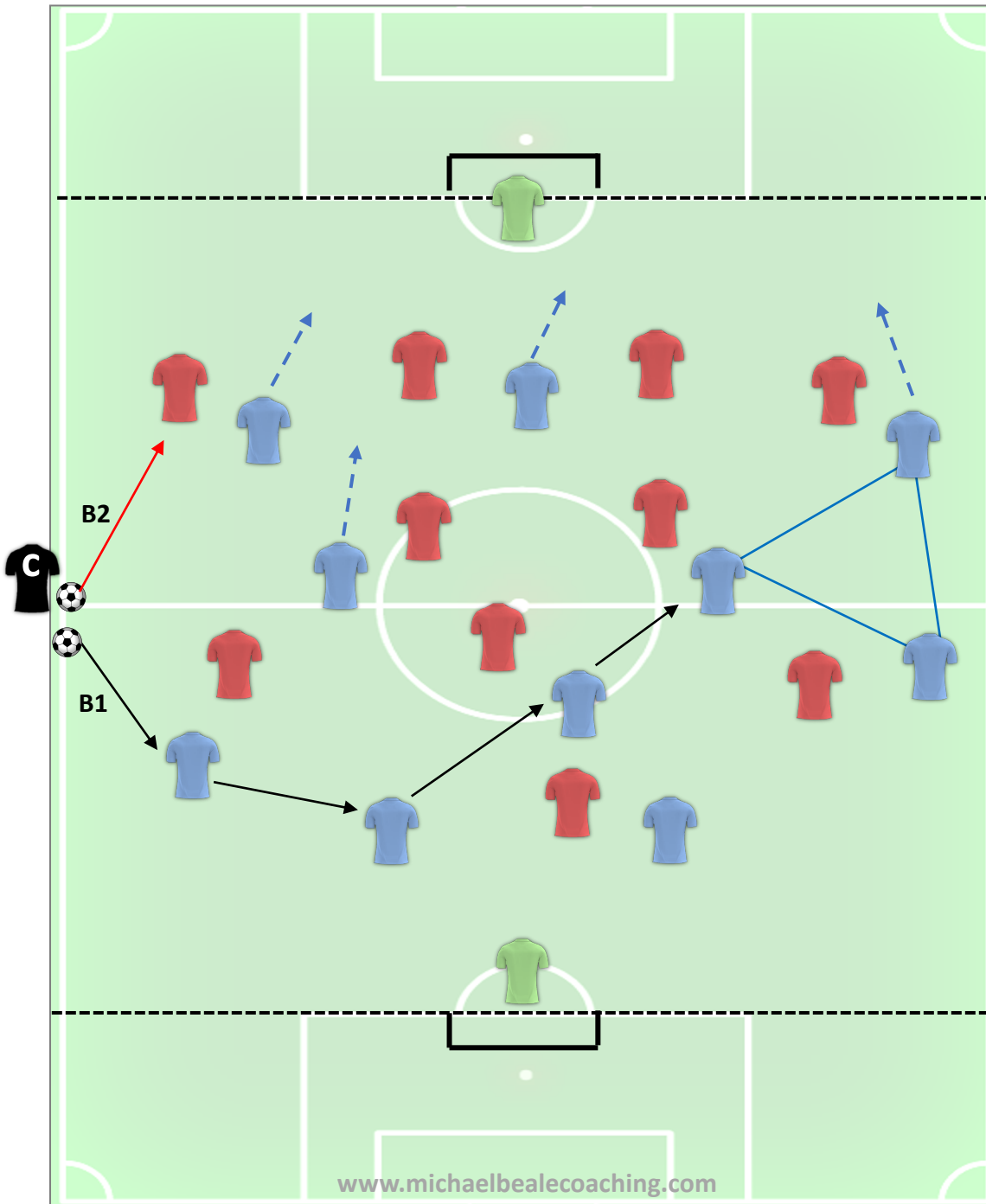
Goalkeepers

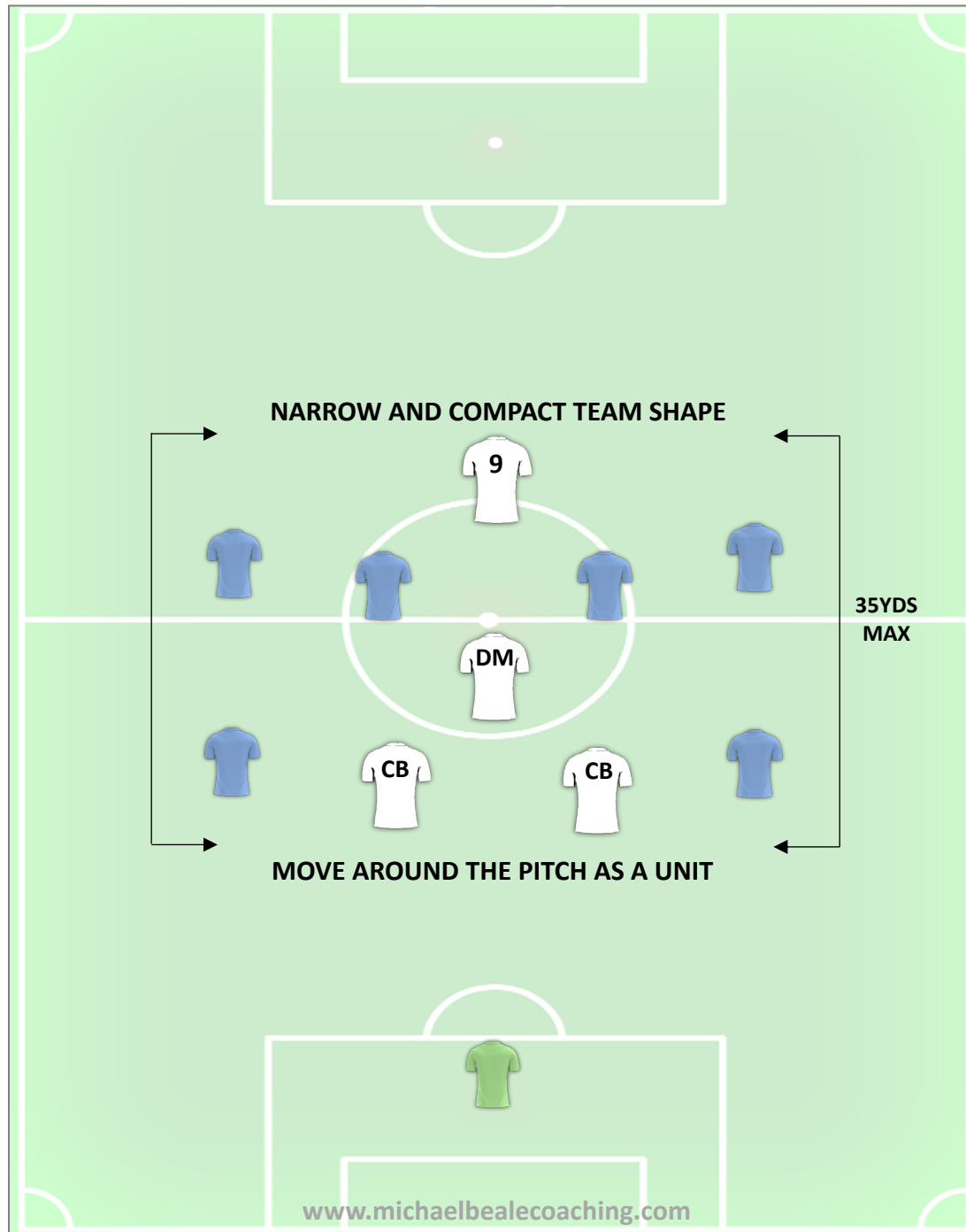


3 balls right
3 balls left
3 balls central



Offside rules
apply





THE "SPINE" OF THE TEAM

This practice develops team defending themes :

Making the pitch small
Moving in relation to the ball
Moving at the speed of the ball
Narrow and compact starting positions
Reducing space between the units
Developing a strong "spine" in the team

Set up

Play a normal 11v11 game on a full size pitch.

For the team that you are coaching, put the central defenders, holding midfielder(s) and centre forward in a different colour bib. This is known as the "spine" of the team.

During the game, pay close attention to the distances between the team units and the positioning of the team's "spine" of players.

This will ensure that your team has a narrow and compact defensive organisation.

Rules

Normal football rules apply.

However, when the ball leaves the pitch. The opponents should restart the game via a goal kick or throw in (depending on where the ball exits the pitch).

4.



Players



Goalkeepers



2 x 15 mins
Change team
with bibs for
2nd period



Offside rules
apply

5.

This practice develops unit defending in lines of four players and is specific to the GK4141 & GK4411 formations.

Set up

Play a normal 11v11 game on a full-size pitch.

For the team that you are coaching, you can decide whether to use a GK4141 or a GK4411 formation.

The player that you choose for this role should wear a different colour bib to the rest of the team.

Now playing the normal game, you should look to coach the lines of four players (defensive line and midfield line) when the team is defending.

Encourage the players to return to the line of four and to remain close in distances to press, support and cover each other in relation to the ball.

The defensive midfielder (DM) or the number 10 will support the lines of four in different ways. This gives you a chance to coach this player in-line with your tactical ideas for the team.

Rules

Normal football rules apply.

However, when the ball leaves the pitch. The opponents should restart the game via a goal kick or throw in (depending on where the ball exits the pitch).



Players



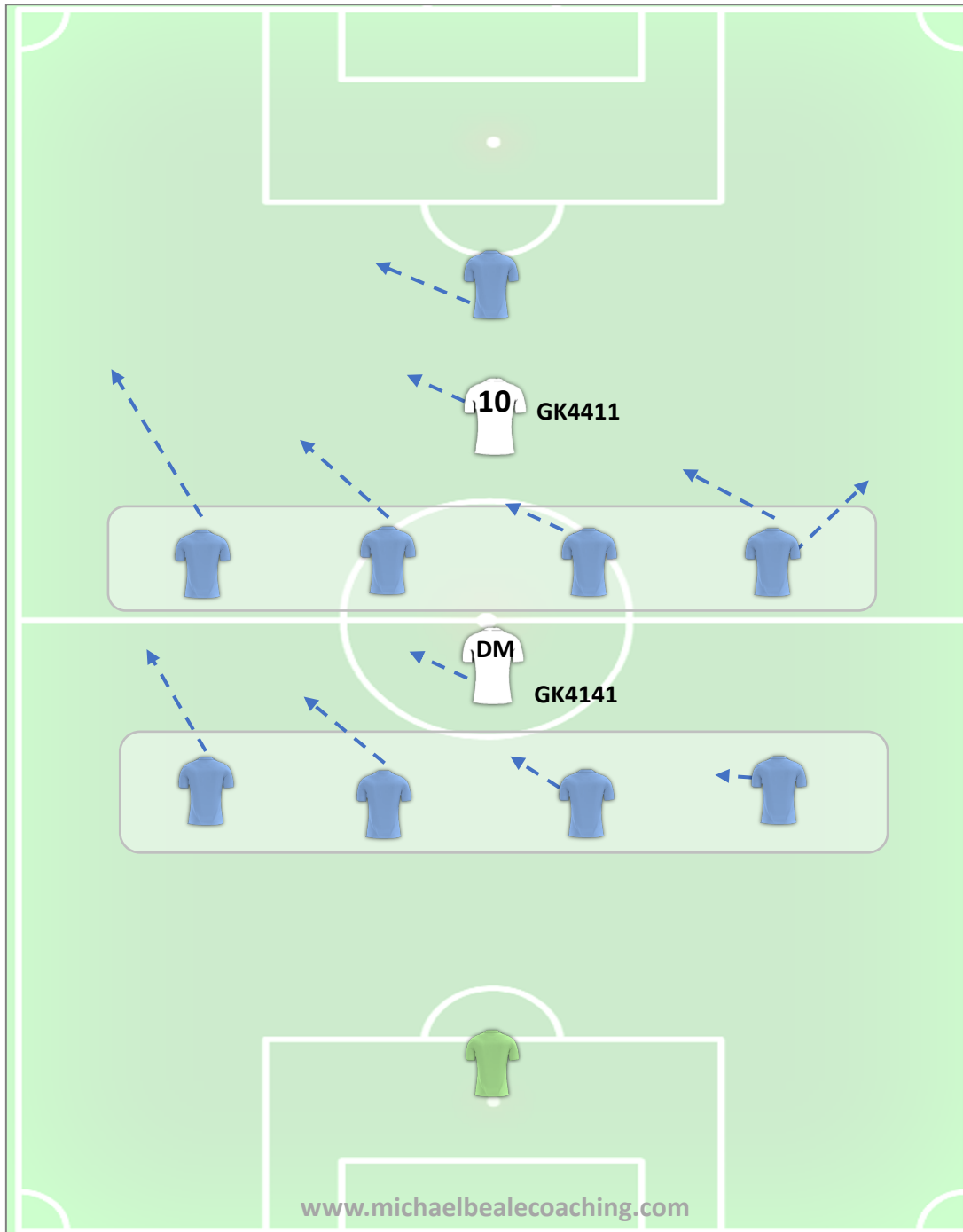
Goalkeepers

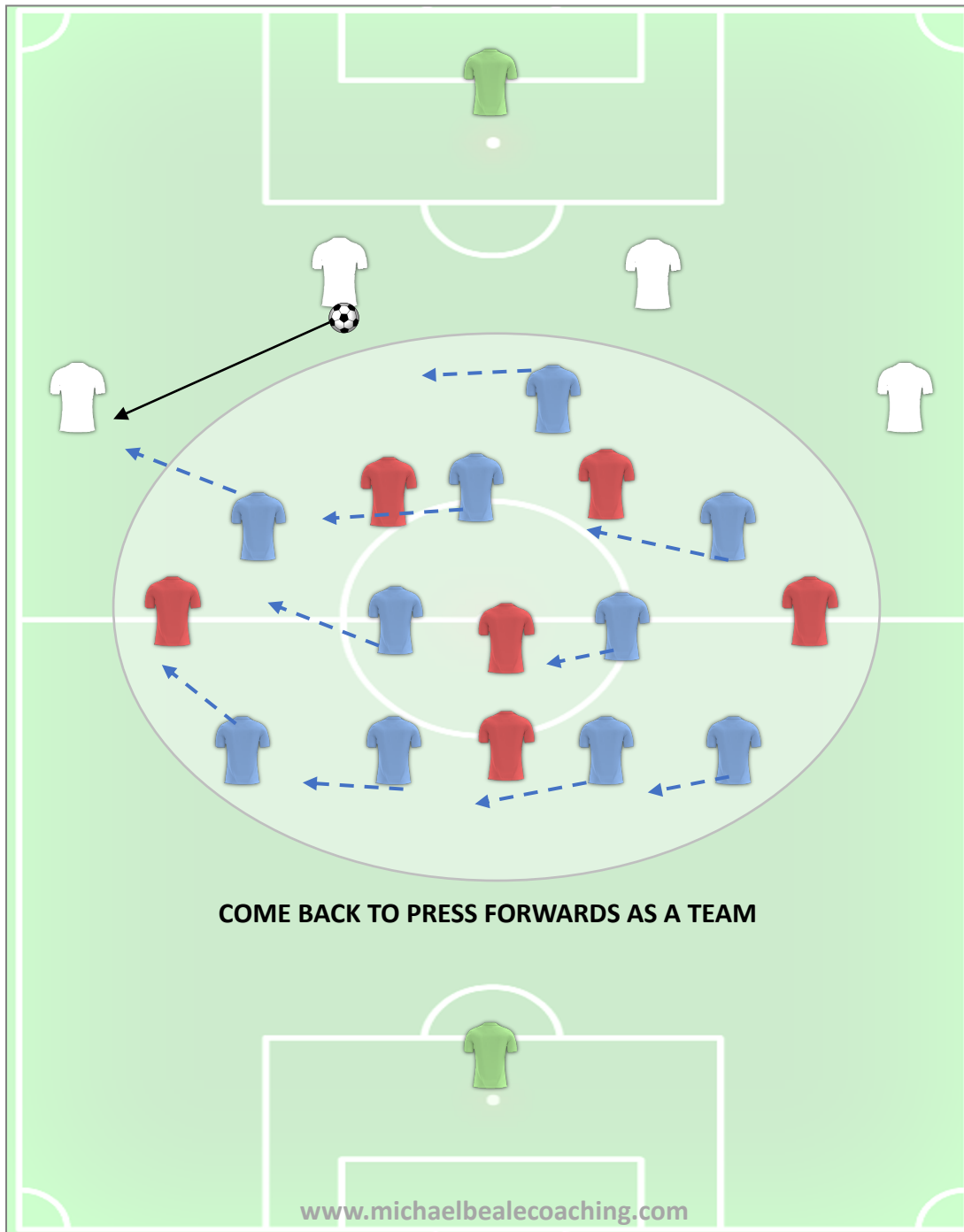


1 x 20 mins



Offside rules apply





PREPARING TO PRESS

This practice develops team defending themes :

Narrow and compact starting position

Isolating the opponent's defenders

Blocking passing lines into the opponent's attackers

Keeping play in front of the team

Forcing play to one side

Pressing as a team

Set up

Play a normal 11v11 game on a full-size pitch.

The opponent's team should wear different colour bibs for the defenders (white) and the rest of the team (red).

When defending, instruct your team to block passing lines into the red shirted players. If a pass does make it to the red shirts, then your players should press aggressively on all sides of the opponent.

This set up will see you team taking up a narrow and compact defensive shape and keeping the ball in-front and outside of your team's organisation. This replicates a medium block starting position.

Rules

Normal football rules apply.

However, when the ball leaves the pitch. The opponents should restart the game via a goal kick or throw in (depending on where the ball exits the pitch).

6.



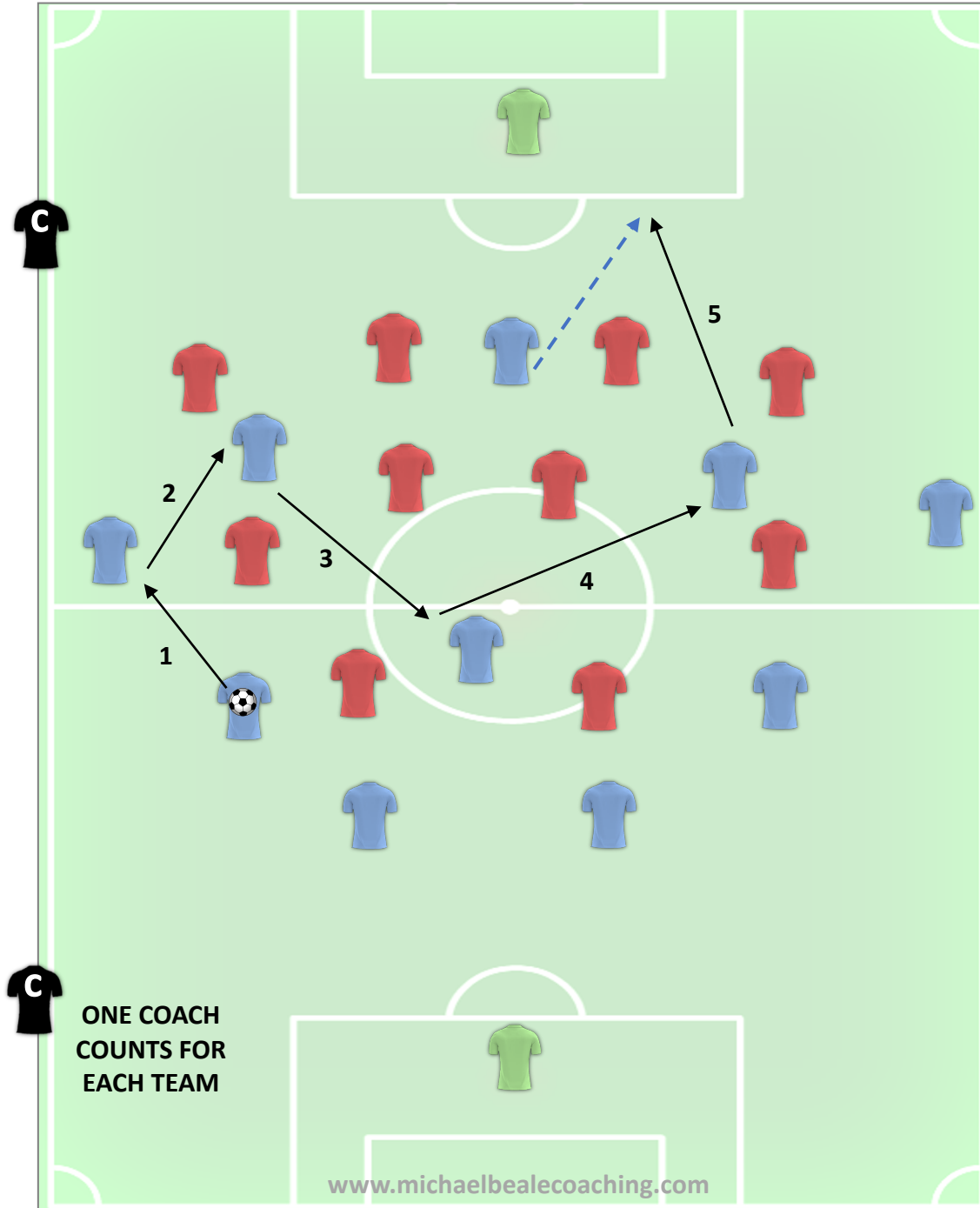
Goalkeepers



1 x 20 mins



Offside rules apply



100 PASS GAME

This practice develops attacking and defending themes :

Attacking

Making the pitch wide and long
Controlled possession of the ball
Intensity of passing and movements to receive
Positive possession to create and score

Defending

Pressing as a team unit
Reaction to losing the ball
Counter defending

Set up

A normal 11v11 game on a full-size pitch.

Each team is given a coach that counts the number of passes for their team (can be a goalkeeper or outfield player if needed).

1. The team to reach 100 passes is declared the winner.
2. To progress in difficulty – only passes in opponents half of the pitch are counted. This encourages teams to be progressive in possession and not passively keeping the ball.

Rules

Each successful pass counts towards your overall total

A shot on target = 5

A goal = 10

The first team to 100 is declared the winners

7.

20
Players

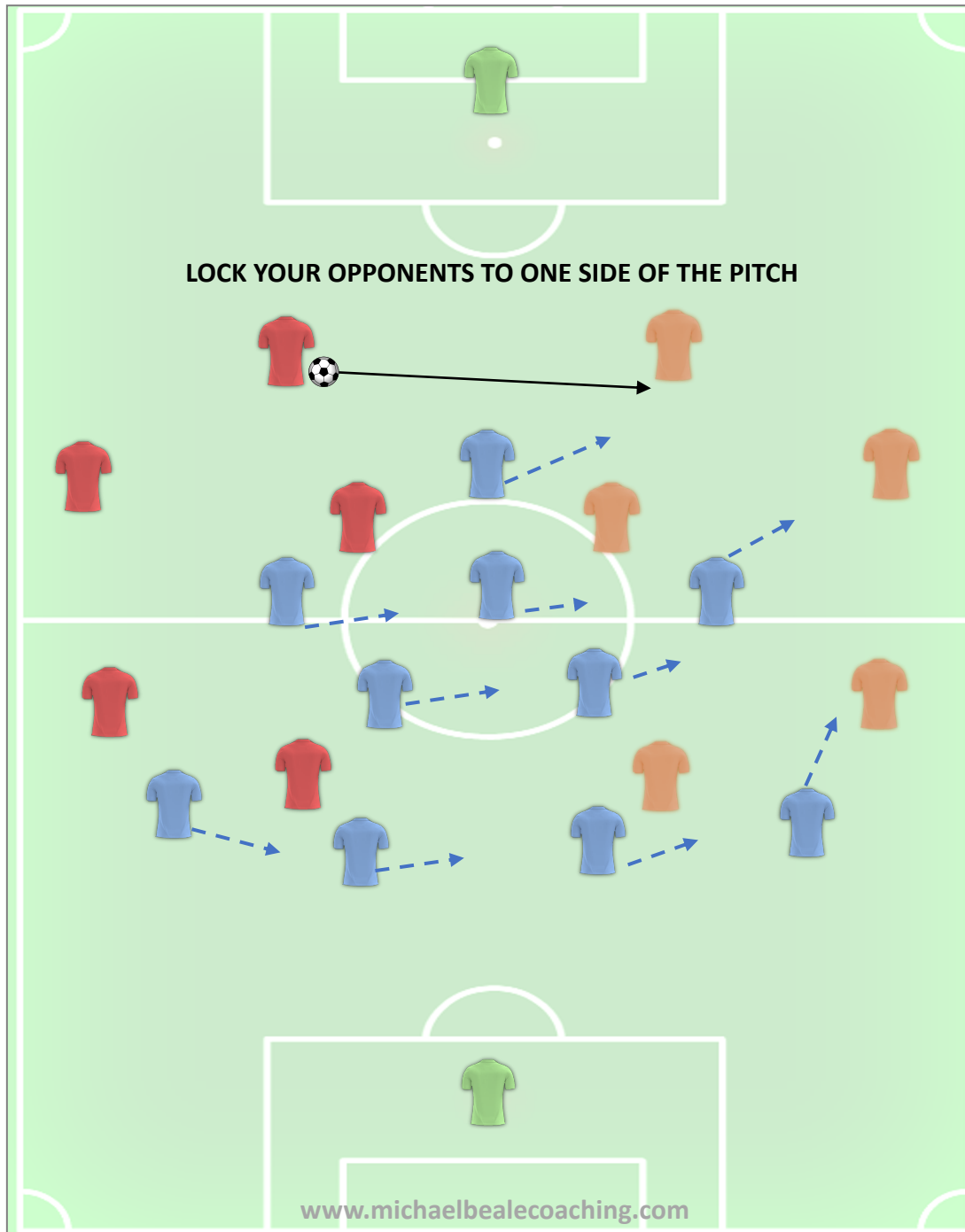
2
Goalkeepers



Play until
one team
completes
100 passes



Offside rules
apply



LOCK TO THE LINE

This practice develops team defending :

Forcing play to one side
Pressing to overload the area
Making the opponents predictable
Regaining the ball
Counter attacking

Set up

Normal 11v11 game on a full-size pitch

As shown in the diagram, organise your opponents into a GK442 formation and with two sets of five bibs (two colours).

To start, your opponents begin the game and the aim is to force the play to one side of the pitch and lock the opponents to the sideline. The bibs are used as a guide for your team to cut off the other side of the pitch and not allowing the opponents to pass to the other colour (side of their team).

Rules

Normal football rules apply.

However, when the ball leaves the pitch. The opponents should restart the game via a goal kick or throw in (depending on where the ball exits the pitch).

8.



Players



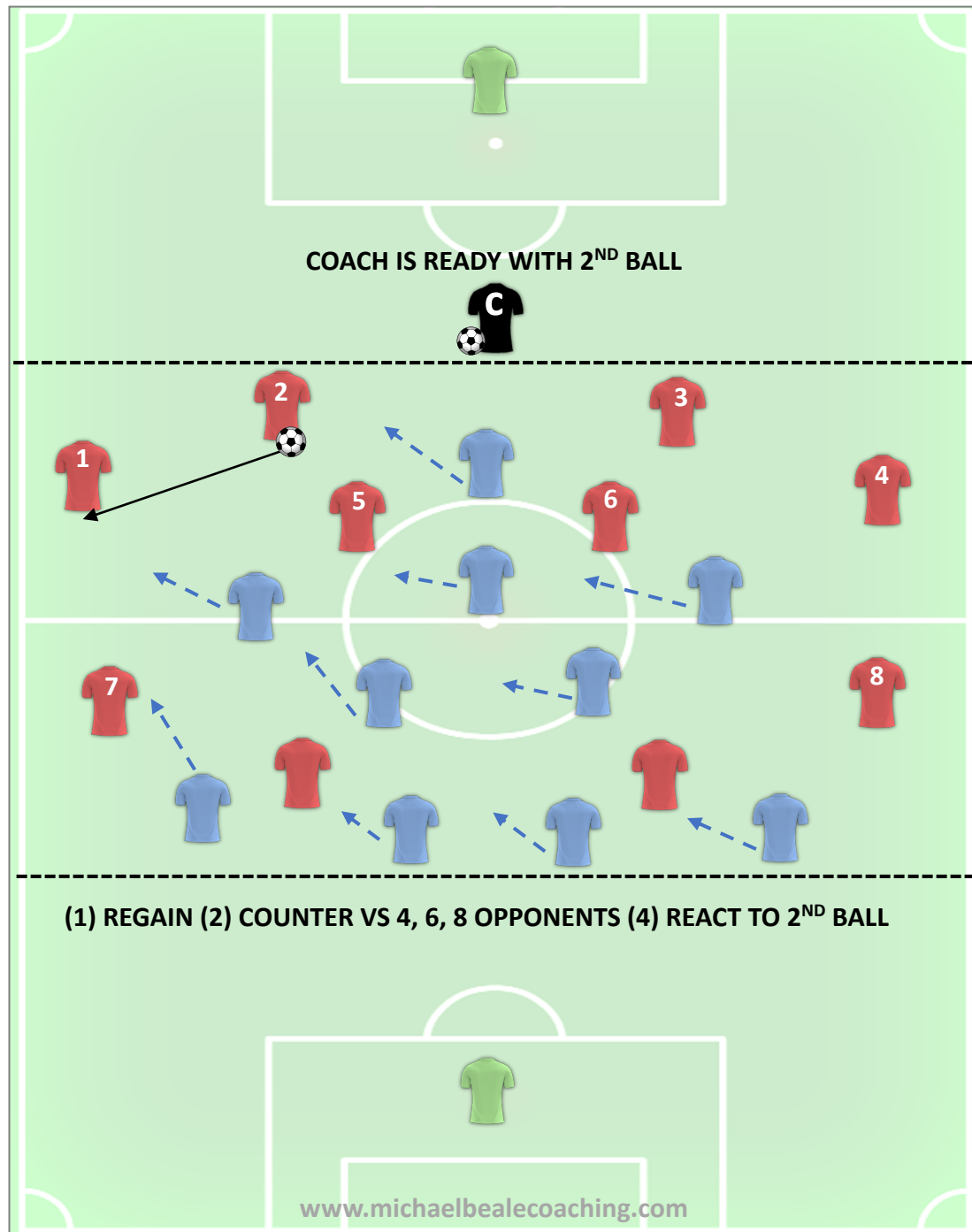
Goalkeepers



1 x 20 mins



Offside rules apply



REGAIN & GO

This practice develops team defending and transition themes :

Defending as a team

Pressing to regain

Counter attacking

Shape and balance behind the attack

Counter defending.

Set up

Starting from the middle zone of the pitch. The coach passes a ball into the red team to begin the game.

The aim for the blue team is to regain the ball and then launch a counter attack. The red team can only defend this counter attack with their four defenders (players 1,2,3,4) – you can progress to six players or eight for difficulty

When the counter attack comes to an end (via a goal, ball leaving play or reds regaining possession), the coach quickly passes a second ball to the red team, who now counter attack towards the blue teams goal. The blue's must react quickly to recover the teams defensive shape quickly.

The game continues until the ball leaves the pitch.

Rules

Normal football rules apply.

The game is played for three moments.

1. Reds build to attack
2. Blue team counter attack vs four defenders
3. Red team counter attack and blue team counter defend.

After the three moments, the players return to the starting position to restart the process.

9.



Players



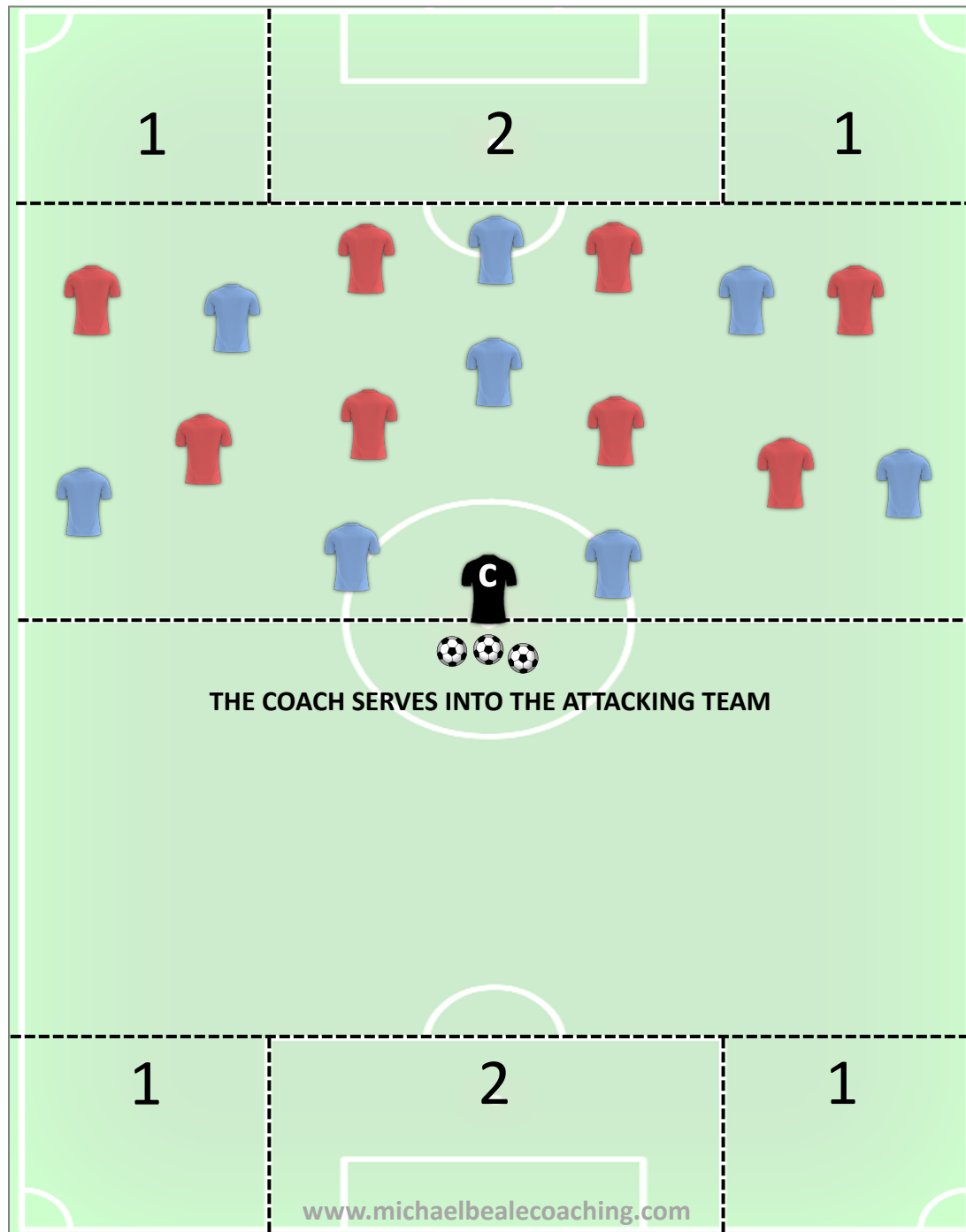
Goalkeepers



Complete 12 sets of 2 balls



Offside rules apply



LOCKED IN

This practice develops team attacking themes :

Possession inside your opponent's half

Speed of ball circulation

Occupying width

Forward runs and passes to break the defensive line

Counter pressing

Set up

Use the same area as shown,

The coach begins the game by passing into the blue team. The blue team now attack with the aim of breaking into the end zones to score. If successful, the blue team receive a new ball from the coach and continue to attack.

If the red team regain the ball, they have two ways in which to breakout of the area

1. Complete five passes
2. Break over the half-way line in possession of the ball

Rules

The blue team score 1 point for breaking wide and 2 points for breaking through the middle

If the blue team lose possession of the ball, they must quickly counter press to stop the red team from completing one of the two "breakout" options.

If the reds breakout – the teams stop the game and walk into the blue team's half of the pitch. Now the red team are the attackers in the game.

10.



Players



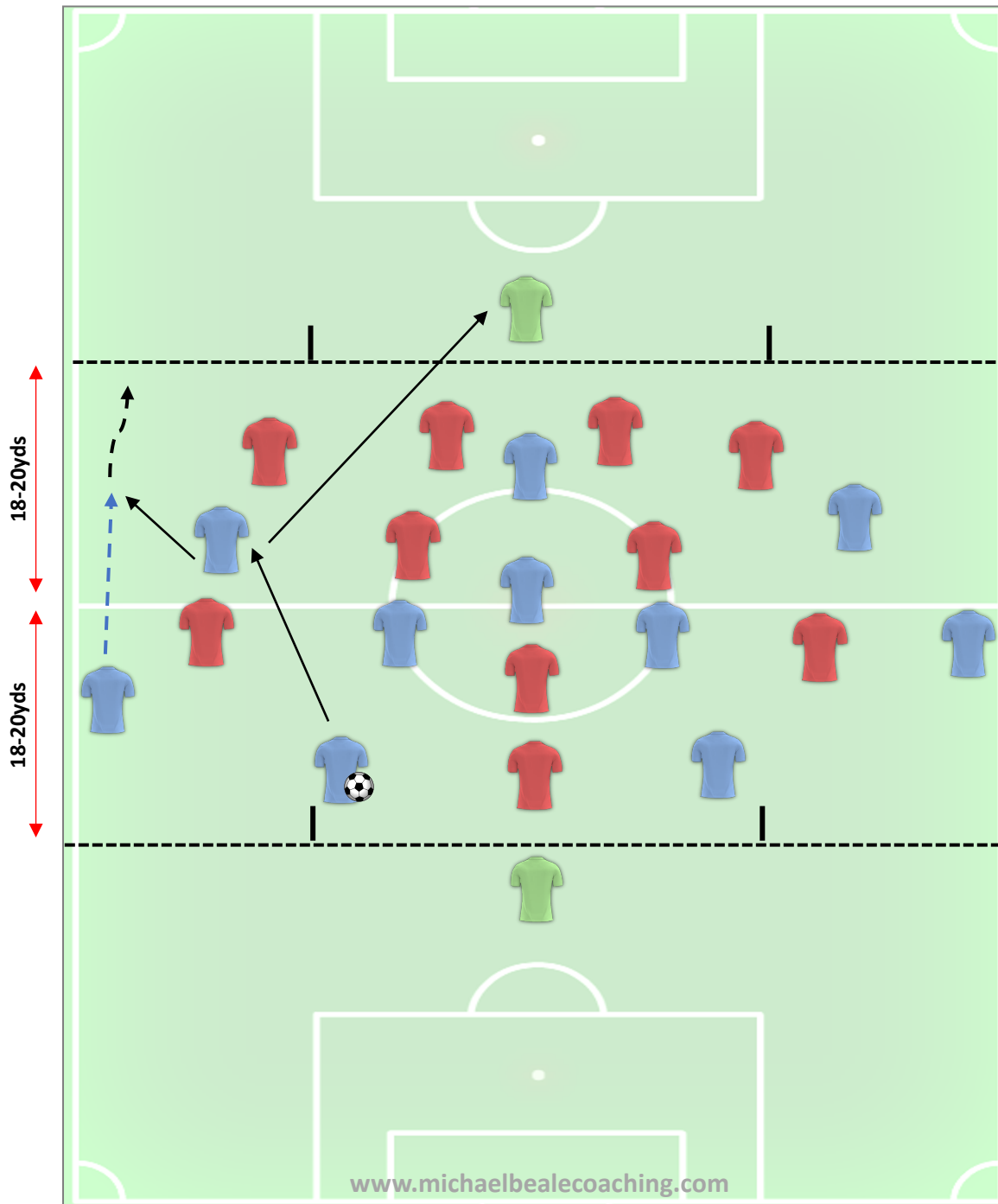
Goalkeepers



2 x 8 mins



Offside rules apply



THROUGH OR AROUND

This practice develops attacking themes :

Occupying the maximum width
Passing and running forward
Speed and intensity of the teams' possession.
Attacking "through" or "around" the opponents block

Set up

11v11 game played in the middle zone (18-20yds either side of the half-way line).

The pitch is marked as shown in the diagram, with poles used to split the end line into three (central and wide channels).

The goalkeepers play for the team in possession of the ball. They are used to help build possession and as a "target" for a forward pass.

The teams play the possession game and try to score by going through or around the opponents defensive organisation.

Rules

The teams score in two ways

1. **Dribble through the side channel in possession of the ball**
2. **Pass into the goalkeeper (direction that your attacking)**



Players



Goalkeepers



2 x 8 mins



**Offside rules
apply**

FIND THE NUMBER TEN

12.

This practice develops possession themes using the GK4231 formation.

Building play from the defence
Opening space to play forward
Running off the ball
Finding your attacking midfielders

Set up

The pitch size can be big or small depending on the space you wish to practice this game. I like to use two set ups

1. One penalty area in width and length
1. Two penalty areas in width and length

Each team has six players inside the pitch. These six players take the positions of four defenders and two midfielders.

To score, you must pass into your number ten who can move along the end line in order to receive the ball.

Rules

You can add progressions to the way the team scores

1. To score, you must pass to the number ten and then run outside the area to receive the return pass.
2. The number ten can drop into the pitch to overload the game and receive a pass, now a midfielder or full back must run behind the line to receive a pass and score



Players



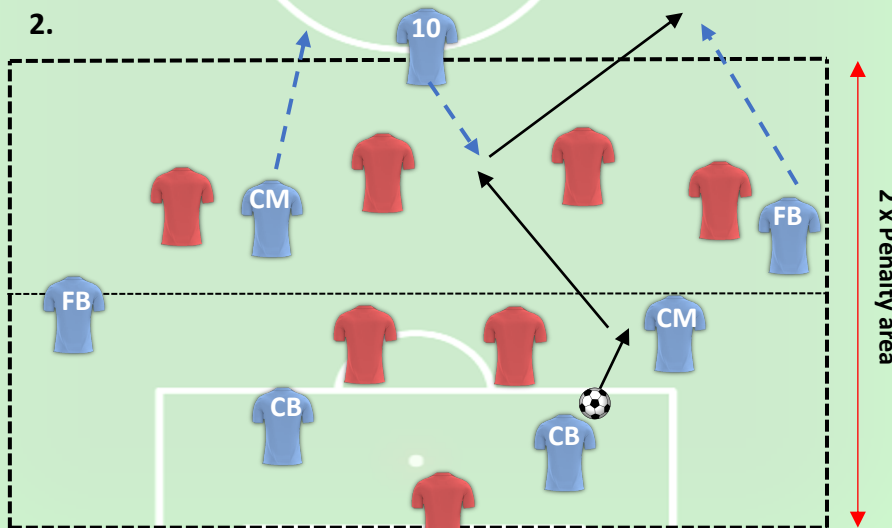
Goalkeepers



2 x 6 mins



No offside rules



NUMBER 10'S GAME

13.

This practice develops the use of the GK4231 formation.

Set up

Use the full width of the pitch and play from penalty area to penalty area in length.

Each team has eight players - a goalkeeper, four defenders, two midfielders and a forward.

The three neutral players (white) play as number tens and can rotate / exchange positions from right. Left and centre. It is important to encourage these players to look for spaces and to not all arrive in the same area of the pitch.

The number tens play for the team in possession of the ball. The aim for the three players is to create overload situations in the game via their positioning to receive the ball between or outside the lines.

Rules

Normal football rules apply

The neutral players create an 11v8 overload for the team in possession and are free to score goals.

You can encourage specific ways of scoring by adding "double" goals for one of the following :

1. Overlap or underlap runs.
2. One touch combination play



Players



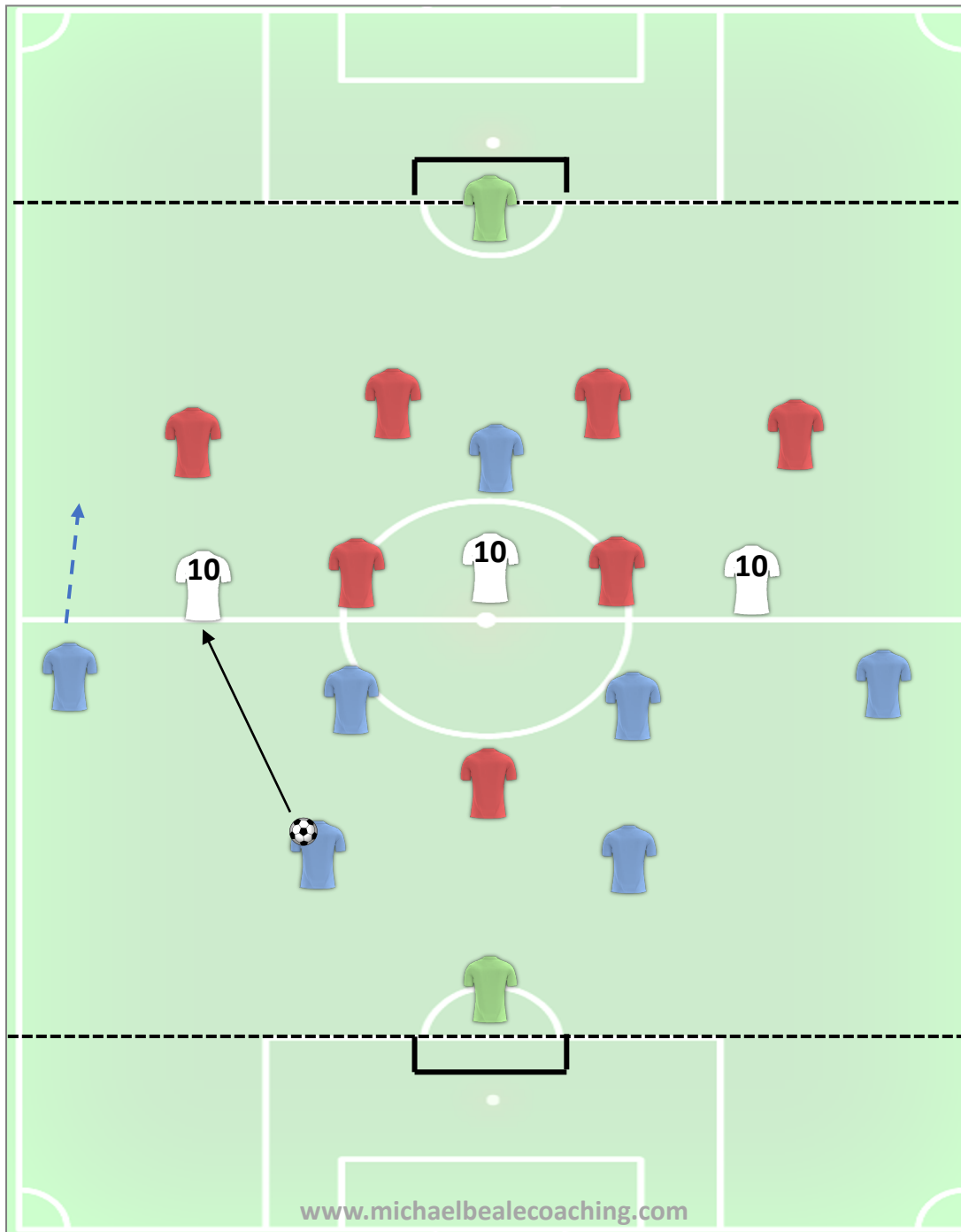
Goalkeepers



1 x 20 mins



Offside rules apply



WINGERS GAME

14.

This practice develops attacking in wide areas ;

Using maximum width

Creating overloads in wide areas

Switching of play

Forward running off the ball (underlap or overlap)

Creating opportunities to cross or shoot

Set up

Use the full width of the pitch and play from penalty area to penalty area in length.

Each team has nine players - a goalkeeper, four defenders, three midfielders and a forward.

The two neutral players (white) play as wide players and work on the sides of the pitch to create 2v1 overloads for the team in possession of the ball.

Rules

Normal football rules apply

The neutral players create an 11v9 overload for the team in possession and are free to score goals.

You can encourage specific ways of scoring by adding "double" goals for one of the following :

1. Goals by the wide players
2. Goals assisted by the wide players
3. Overlap or underlap runs
4. Crosses



Players



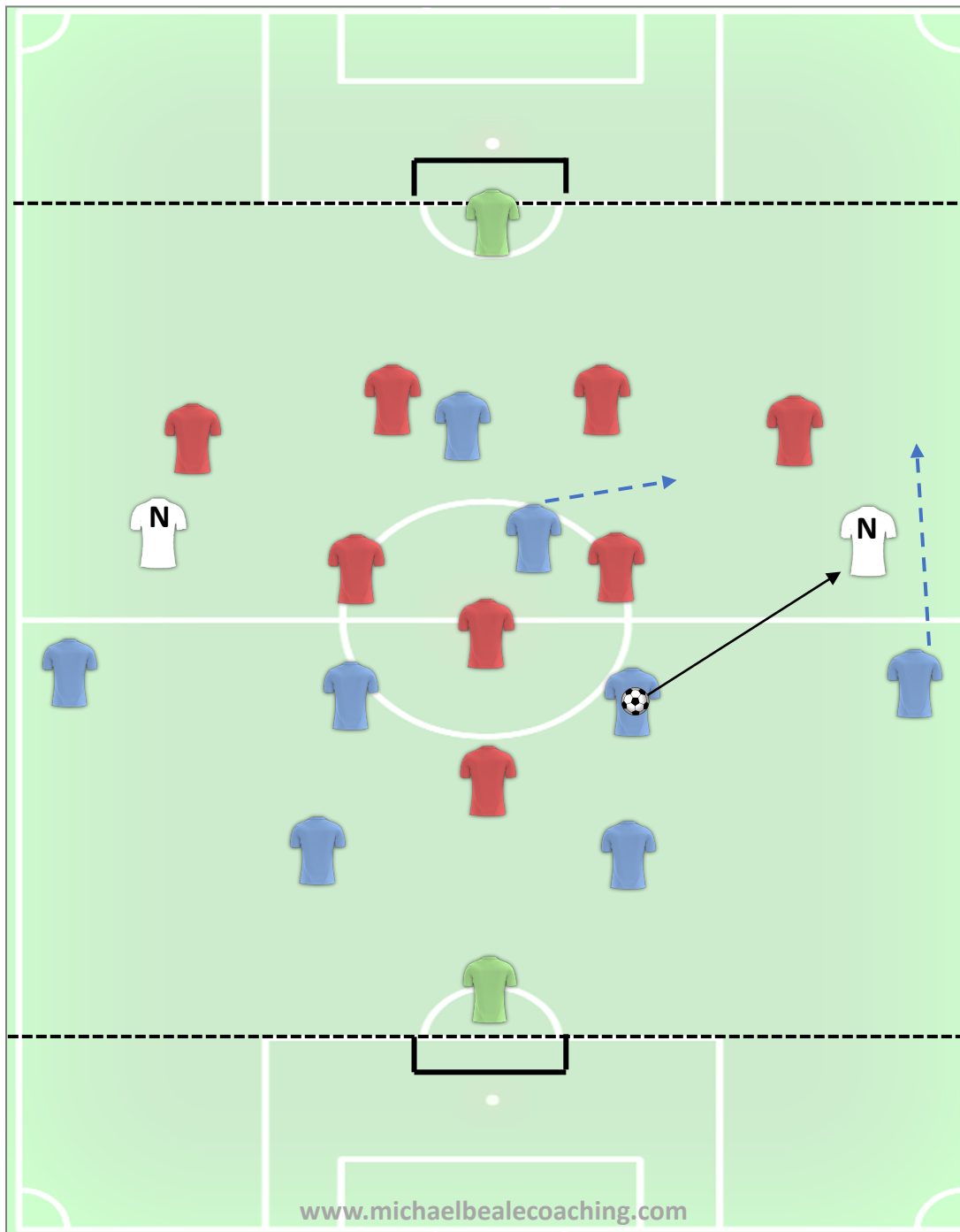
Goalkeepers



1 x 20 mins



Offside rules apply



PIRLO GAME

15.

This practice develops playing through midfield.

Set up

Use the full width of the pitch and play from penalty area to penalty area in length.

Each team has ten players - a goalkeeper, four defenders, four midfielders and a forward.

The one neutral player (white shirt) plays in the middle of the pitch as "Pirlo".

This player joins the team in possession of the ball and creates an overload in the midfield.

Rules

Normal football rules apply

The neutral player is free to score for the team in possession of the ball

You can encourage specific ways of scoring by adding "double" goals for one of the following :

1. Assist by the neutral play
2. Using the neutral player a certain number of times in the build up to scoring (two or three times etc.)



Players



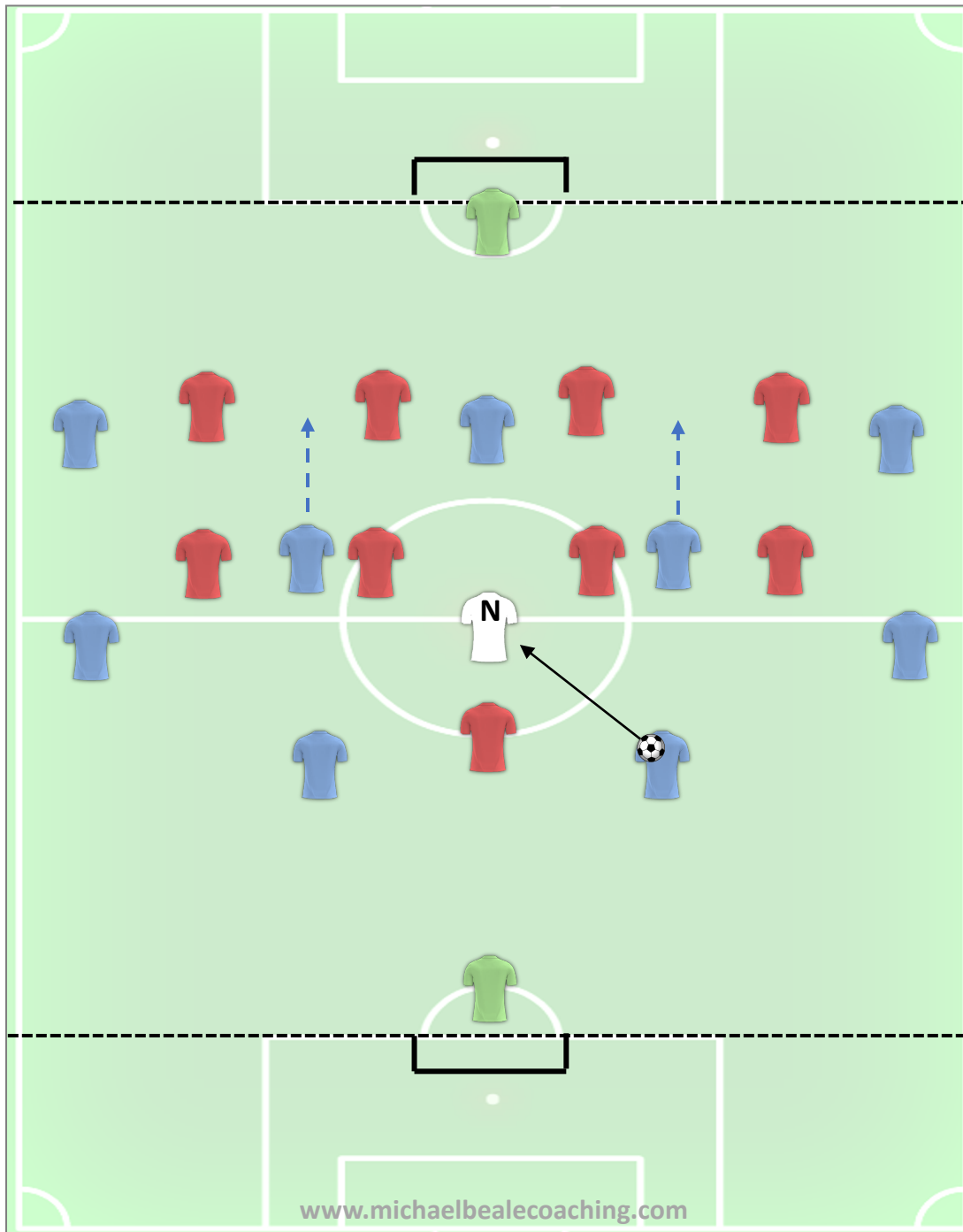
Goalkeepers



1 x 20 mins



Offside rules apply



MIDFIELD OVERLOAD

16.

This practice develops playing through or around the opponents defensive organisation.

Set up

Use the full width of the pitch and play from penalty area to penalty area in length.

Each team has nine players - a goalkeeper, four defenders, three midfielders and a forward.

The two neutral players (white shirt) plays in the middle of the pitch as two additional midfielders for the team in possession of the ball.

The neutral players create an overload in the middle of the pitch which you can use to attack centrally (through).

If the opponents defend narrow to block this route to goal, it will then create an opportunity to attack on the sides (around).

Rules

Normal football rules apply

The neutral players are free to score for the team in possession of the ball

You can encourage specific ways of scoring by adding "double" goals for one of the following :

1. Assist by a neutral play
2. Goal scored by a neutral player



Players



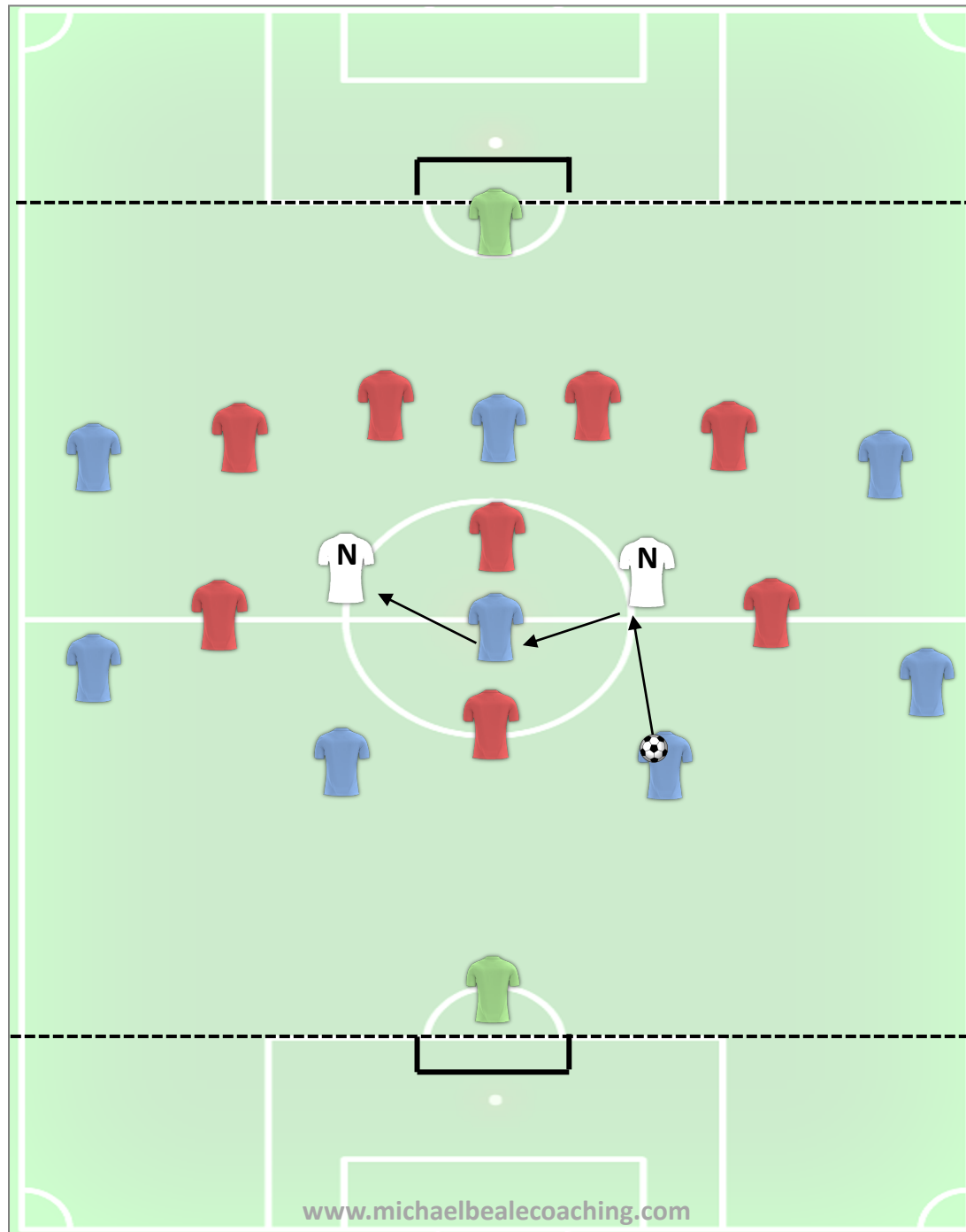
Goalkeepers



1 x 20 mins



Offside rules apply



HALF FIELD 5v5

17.

This practice develops attacking and defending in big spaces.

Set up

Using a full size pitch.

Each team has a goalkeeper, four defenders and one midfielder in the defensive half of the pitch.

Each team has two midfielders and three forwards in the attacking half of the pitch.

To start, the coach passes into the blue forwards who attack to score in the red team's goal. If the ball is regained by the red team, they are "free" to build up unopposed to pass to their forwards inside the blue's half.

If the ball leaves the pitch or a goal is scored, the new ball is played by the coach into the opposite half of the pitch.

All players are locked in – so cannot join the other half of the pitch.

Rules

Progress by making the defenders play out against live possession (opposed) when regaining the ball

Progress by relaxing the rules on being locked into the half. Now one or both full backs can go to join their team's attack. This will create an overload when attacking, but the teams will need to pay close attention to the balance and shape behind the attack (inside their own half).



Players



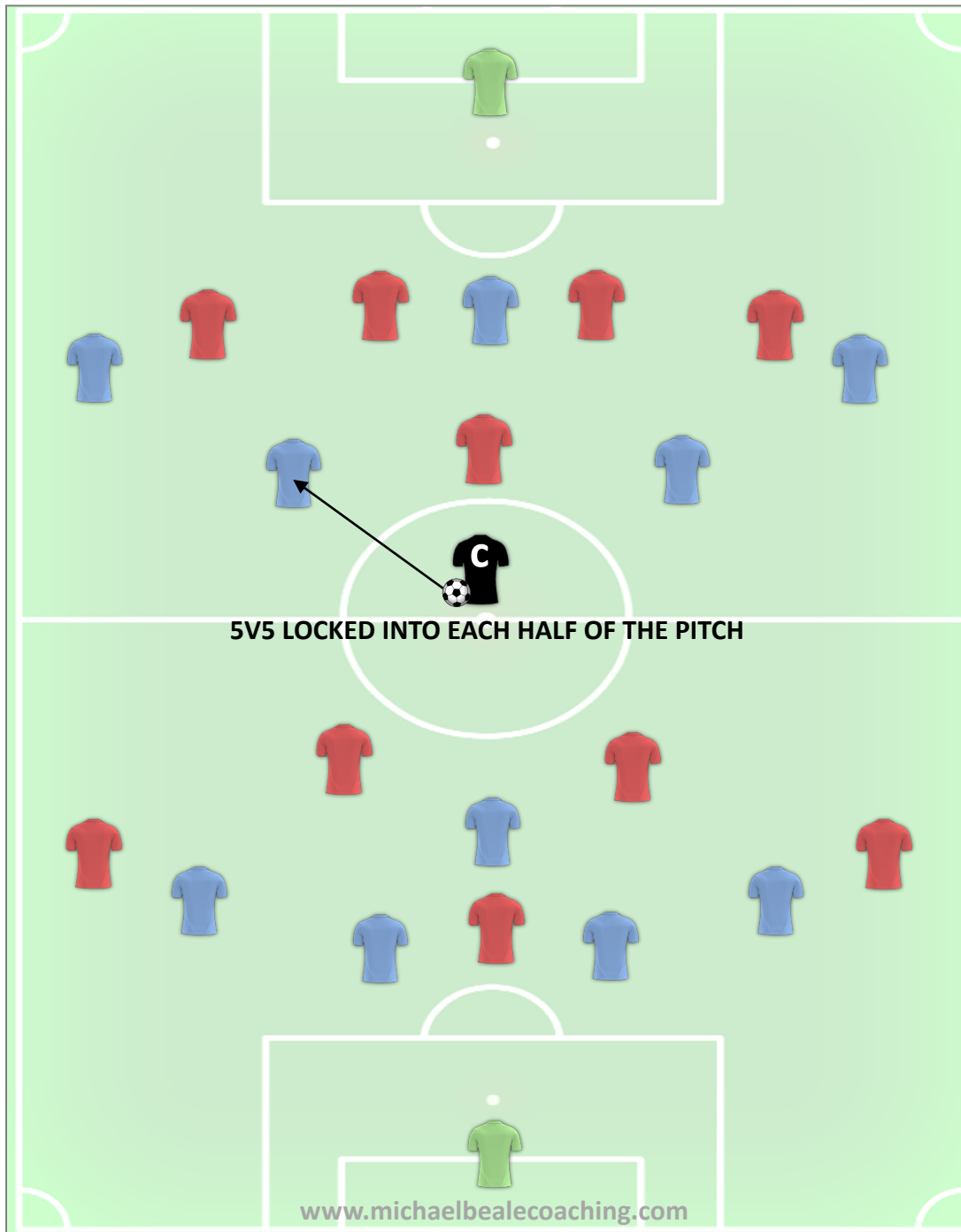
Goalkeepers

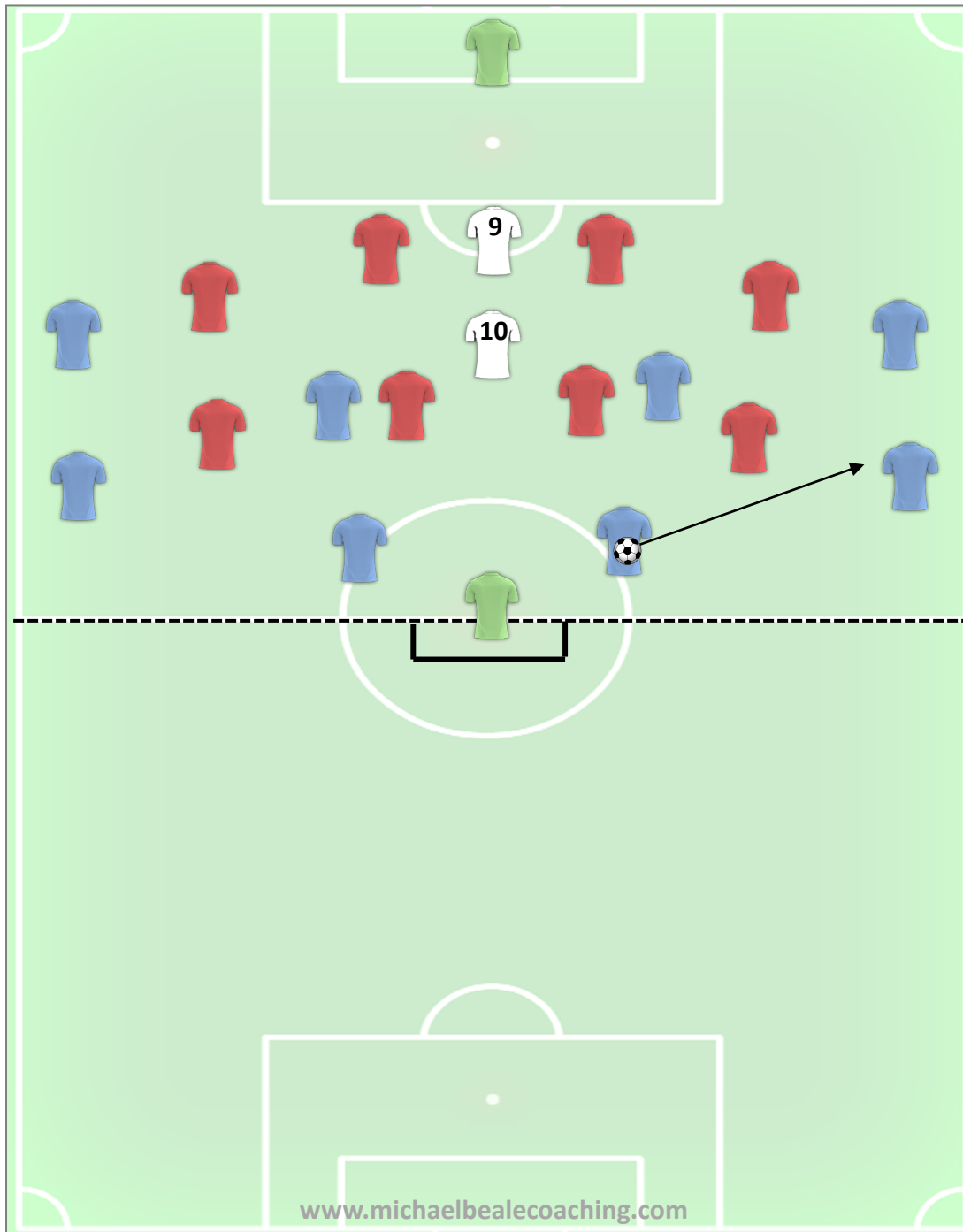


Run 2 sets of six attacks in each half



Offside rules apply





LOW BLOCK

This practice recreates a game scenario of attacking vs a low block opponent.

Set up

Using half a full size pitch

Each team has nine players, a goalkeeper, four defenders and four midfielders

Two additional players (white shirt) play for the team attacking the main penalty area ↑

These two players work as two forwards or a number ten and number nine.

The team attacking the main penalty area (blues) always begin the game and have a two player overload to attack and score vs the low block opponent (reds)

Rules

If a goal is scored or the ball leaves the pitch, the blue teams goalkeeper restarts the game.

If the red team score a goal, then the roles in the game are changes and the teams walk to switch ends. The two white shirt players are now playing for the red team and the blue team are now the low blocking team.

The offside rule is used. But only for the team attacking the main penalty area. The team with less players is not restricted by offside when they regain possession of the ball

18.



Players



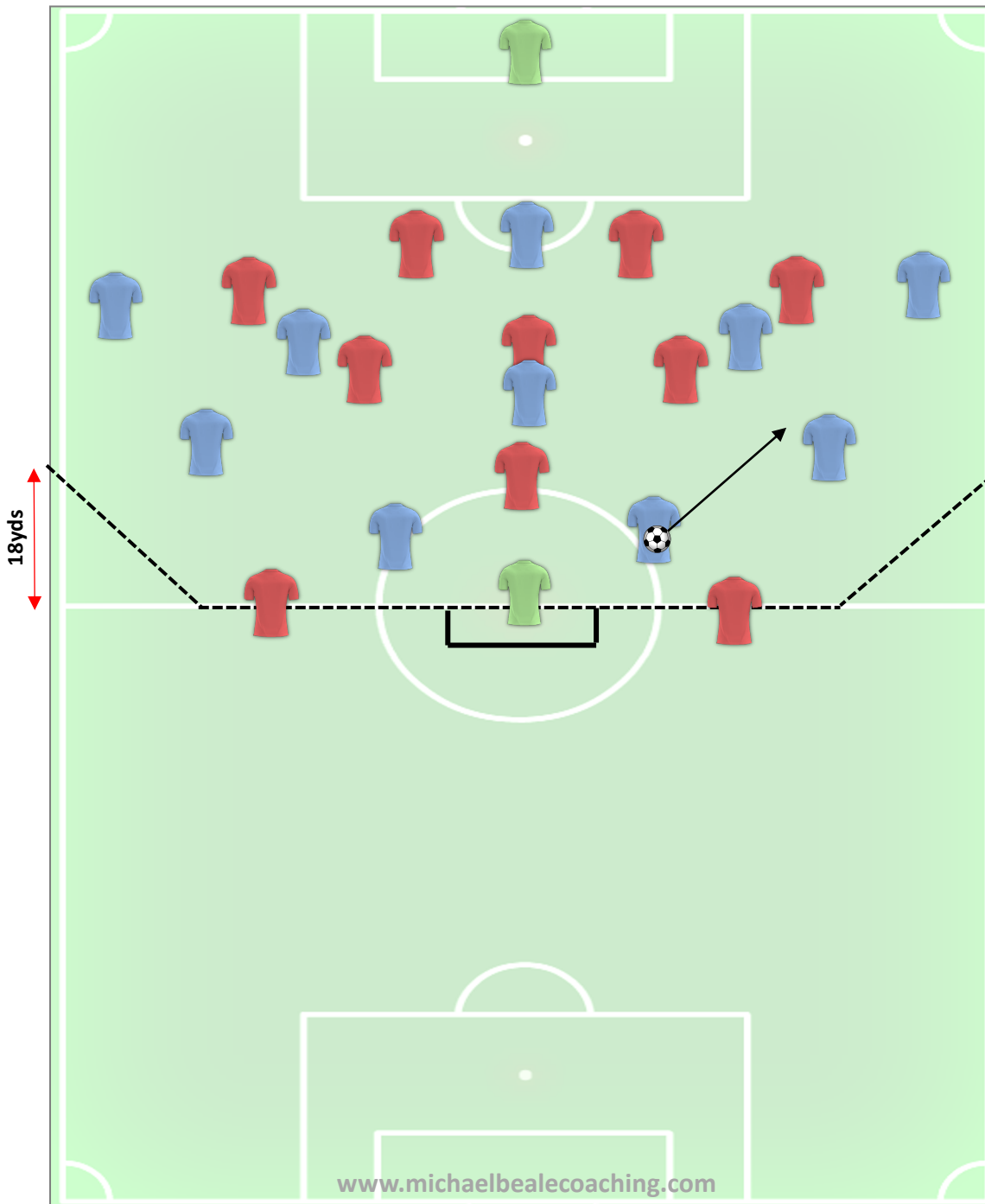
Goalkeepers



2 x 10 mins



The offside rules apply for the team attacking the penalty box.



PLAY AND RUN FORWARD

19.

This practice develops attacking themes vs a low block opponent :

Building to score vs a low block

Using the maximum width

Forward thinking, passing and running

Creating and scoring goals

Transition to counter pressing

Reaction to track runs

Set up

Using half a full-size pitch. Use markers to angle the pitch as shown in the diagram. This angle should be 18yds from the half-way line and to the width of the box.

The blue team has eleven players inside the pitch and always restarts the game (after a goal is scored or when the ball leaves the pitch).

The red team has nine players inside the pitch, a goalkeeper, four defenders, three midfielders and one forward. They also have an additional two players outside the pitch that are "targets" for the team on regaining possession of the ball.

Rules

The two red "target" players are limited to two touches and must stay out the pitch and either side of the goal.

The red team can change the two target players at any time in the game. This can be used to keep energy levels high in the low block formation they have inside the pitch.



Players



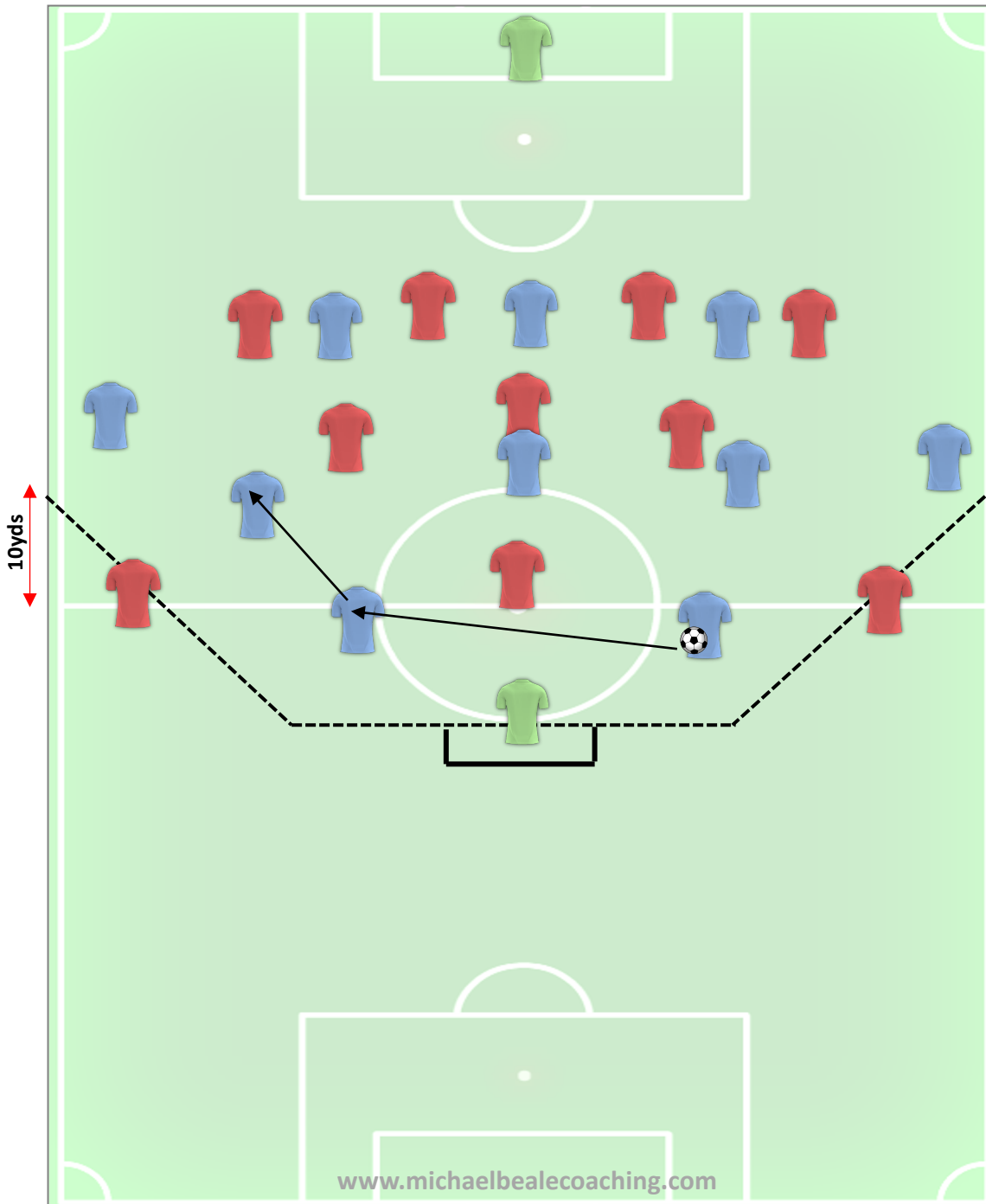
Goalkeepers



2 x 10 mins



The offside rules apply for the team attacking the penalty box.



LIGHT-SWITCH TRANSITION

20.

This practice develops attacking themes vs a low block opponent :

Building to score vs a low block

Using the maximum width

Forward thinking, passing and running

Creating and scoring goals

Transition to counter pressing

Reaction to track runs

Set up

The pitch is set up as shown in the diagram. The blue team's goal is placed at the back of the centre circle. Use markers to angle the pitch as shown in the diagram. This angle should be 10yds from the half-way line and to the width of the box.

The blue team has eleven players inside the pitch and always restarts the game (after a goal is scored or when the ball leaves the pitch).

The red team has nine players inside the pitch, a goalkeeper, four defenders, three midfielders and one forward. They also have an additional two players outside the pitch that are "targets" for the team on regaining possession of the ball. These target players are positioned on the angled line.

When receiving a pass, the target player is free to dribble inside the pitch to pass or score.

Rules

The red team can change the two target players at any time in the game. This can be used to keep energy levels high in the low block formation they have inside the pitch.



Players



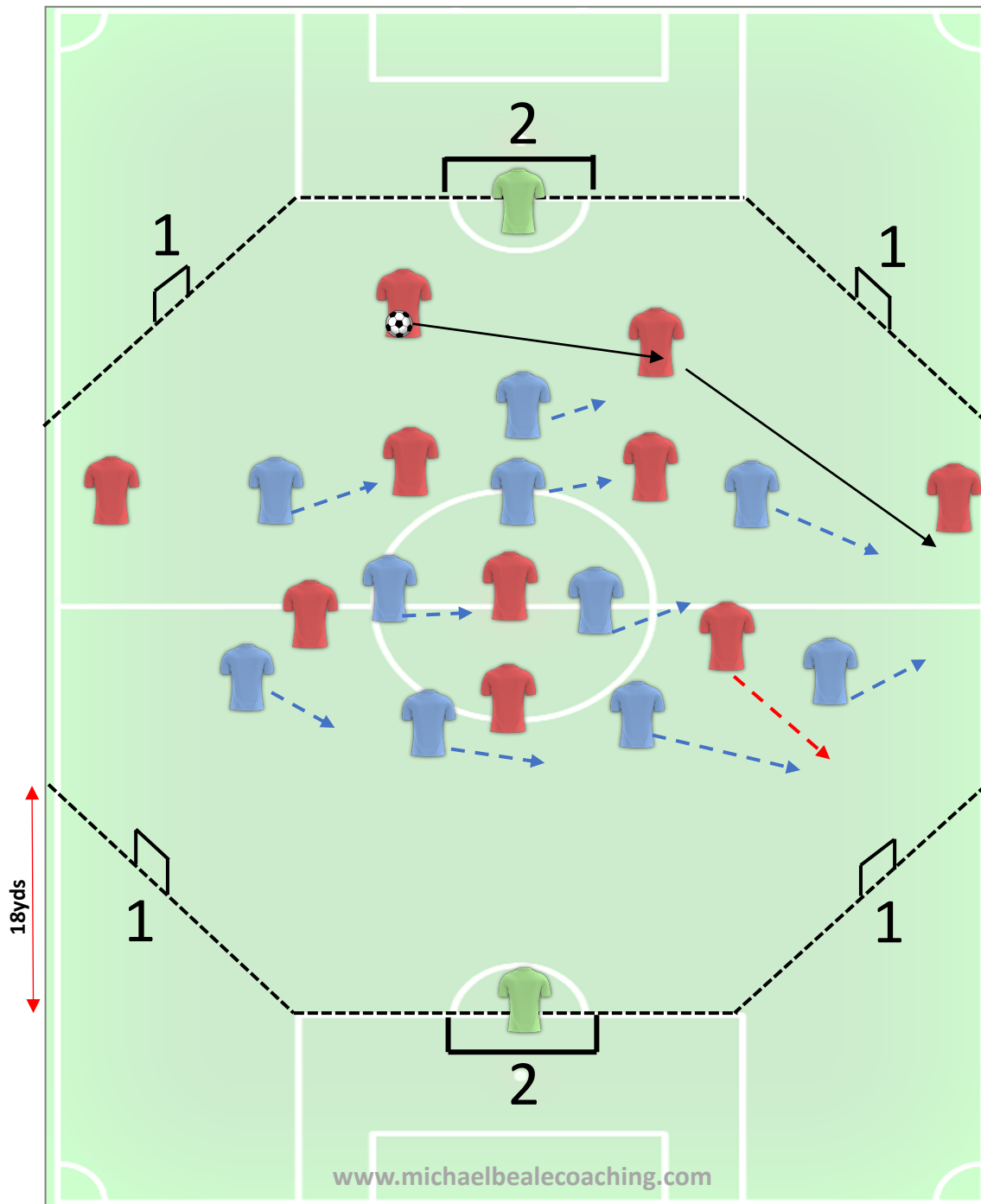
Goalkeepers



2 x 10 mins



The offside rules apply for the team attacking the penalty box.



SPEED ACROSS THE GRASS

This practice develops team defending and counter attacking themes :

Defending as a team unit
 Blocking the middle of the pitch
 Forcing play to the sides
 Speed across the grass to press and cover
 Regaining possession
 Counter attacking to score
 Building to score via possession

Set up

The pitch is set up as shown in the diagram. Big goals are placed on the edge of each penalty area and target goals placed in the middle of the angled lines. The angled line, begins from the width of the penalty area and then 18yds forward.

Play an 11v11 game with each team attacking and defending three goals (one big goal and two wide goals)

When defending, you must slide across the pitch to defend the goals, to cover team mates and to track runners. As a team, you can decide to pressure and force outside towards the line or press from outside to inside and forcing opponents into the middle.

In possession, you have the option to attack through, around or over the opponents defensive organisation.

Rules

2 points are awarded for goals scored in the big goal
 1 point is scored for goals scored in the wide goals

21.



Players



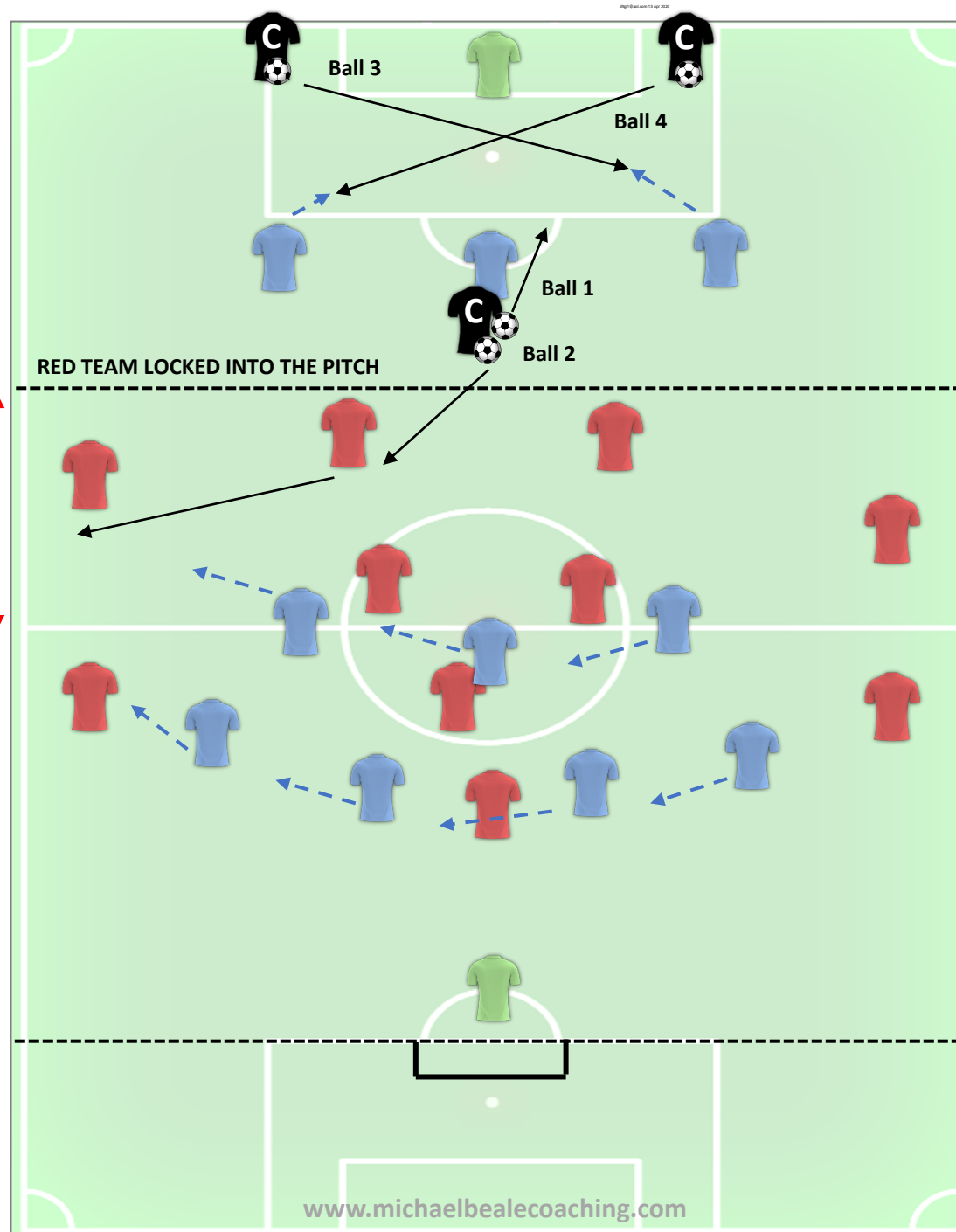
Goalkeepers



1 x 20 mins



Offside rules apply



OVERLOAD DEFENDING

This practice develops defending when overloaded by the opponent's attackers.

Set up

The area is set up as shown.

To start, the coaches serve balls for the blue team's attackers to shoot at goal. During this, the red team begin an attack on the blue team's goal (with a 10v7+GK overload)

After shooting, the blue forwards must make a recovery run to help the team defend and lower the overload numbers.

The sequence of balls is as follows

Ball 1 – The forward runs onto the ball and shoots

Ball 2 – The red team begins to attack

Ball 3 – Diagonal pass for a first time shot

Ball 4 – Diagonal pass (aerial) for a two touch shot

Now play until the ball leaves the pitch.

When defending outnumbered, encourage the blue team to be bold in their defensive positioning. By not dropping deep and holding a strong defensive line, they keep the distance shorter between the defenders and the recovery runs for the forwards. This will enable the team to recover the team shape more quickly and improve the chances of regaining the ball

Rules

The red team are "locked into" the playing area. So on regaining the ball, the blue team can break past this line and go unopposed to score against the red team goalkeeper

22.



Players



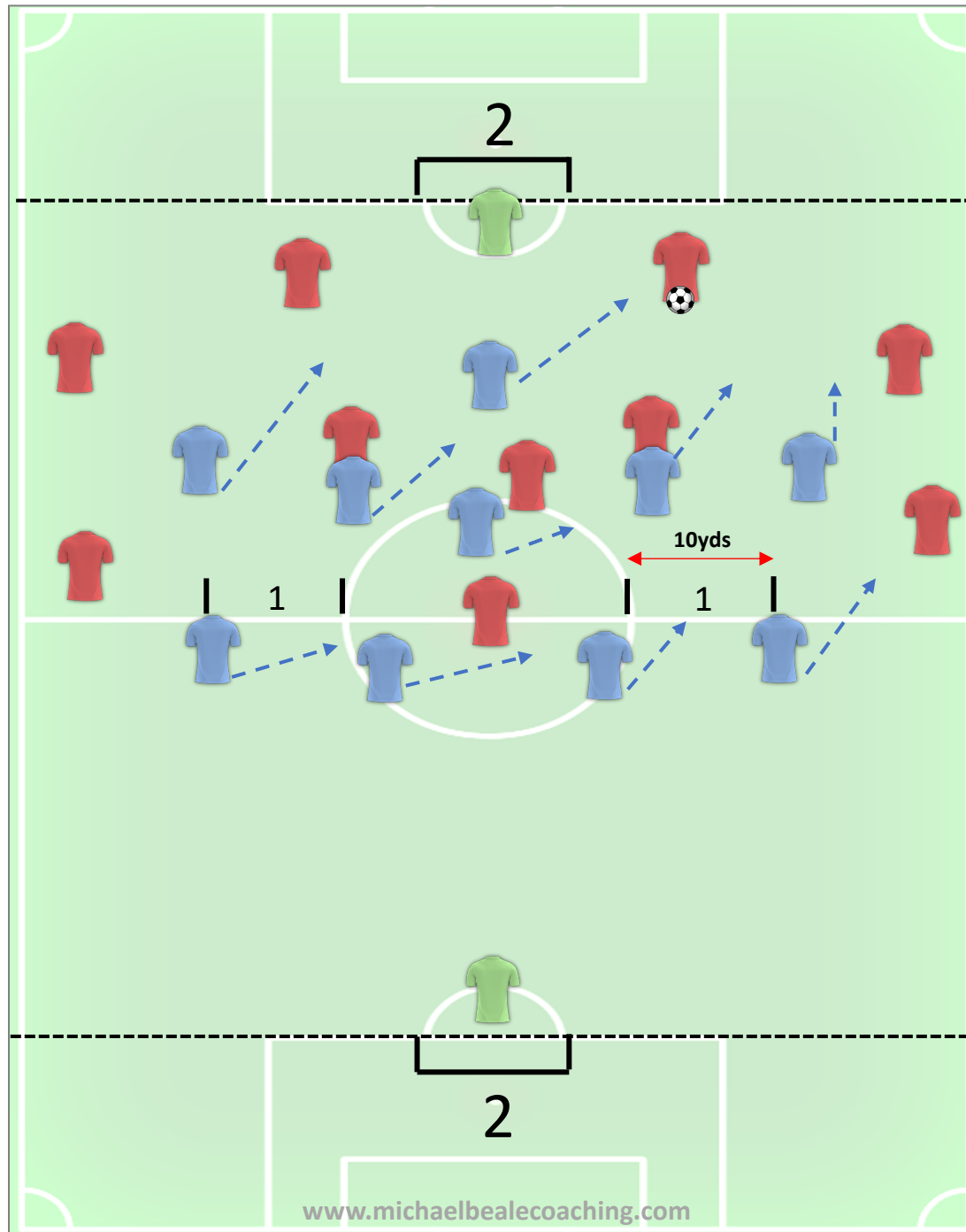
Goalkeepers



4 sets
per team



The offside
rules apply.



FULL TEAM PRESS

23.

This book develops high pressing as a team.

Set up

The pitch is set up as shown in the diagram. Two gates are positioned on the half-way line using poles. The gates are 10yds apart.

Play an 11 v 11 game using any formations

Each team defends their goal and the two gates on the half-way line,

When attacking, the aim is to score by passing or dribbling through the central gates – or to score in the big goal.

When defending, the aim is to defend with a high line to block the gates and to use a high press inside the opponent's half of the pitch to regain the ball.

By lowering the starting position of the team, The same practice can be used to develop a medium pressing tactic (midfielders starting position to block the gates) or a low pressing tactic (forwards starting position to block the gates)

Rules

If you pass or dribble through the gates = 1 point

If you score past in the big goal = 2 points



Players



Goalkeepers



1 x 20 min



Offside rules apply

POSITIONAL PLAY

24.

This practice develops both attacking and defending themes

Attacking

Making the pitch wide and long
Playing through, around or over the opponent's block
Breaking the defensive line.

Defending

Defending the full width of the pitch
Defending the full length of the pitch
Using pressing triggers
Using various types of defensive pressing (high, med, low)

Set up

The pitch is set up as shown in the diagram. Two gates are positioned on the half-way line using poles. The gates are 10yds apart.

Play an 11 v 11 game using any formations

Each team defends their three target goals and the two gates on the half-way line,

When attacking, the aim for each team is to score by passing or dribbling through the central gates – or to score in the target goals. When defending, the aim is to defend the full width and length of the pitch using various pressing triggers and intensity (high, medium or low)

Rules

Scoring in the central target goal = 2 points

Scoring wide target goals = 1 Points

Scoring with a pass/dribble through the gates = 1 point



Players



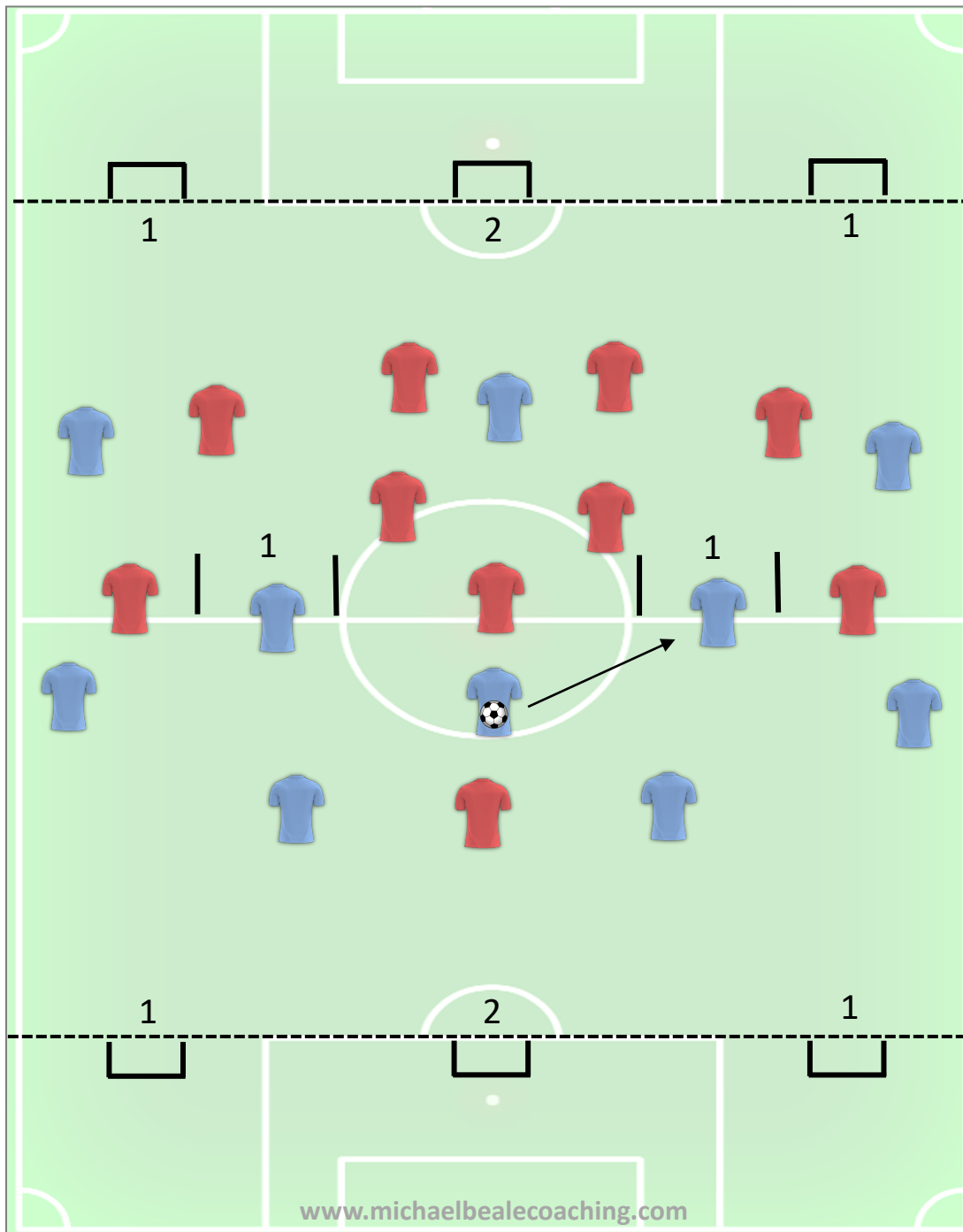
Goalkeepers

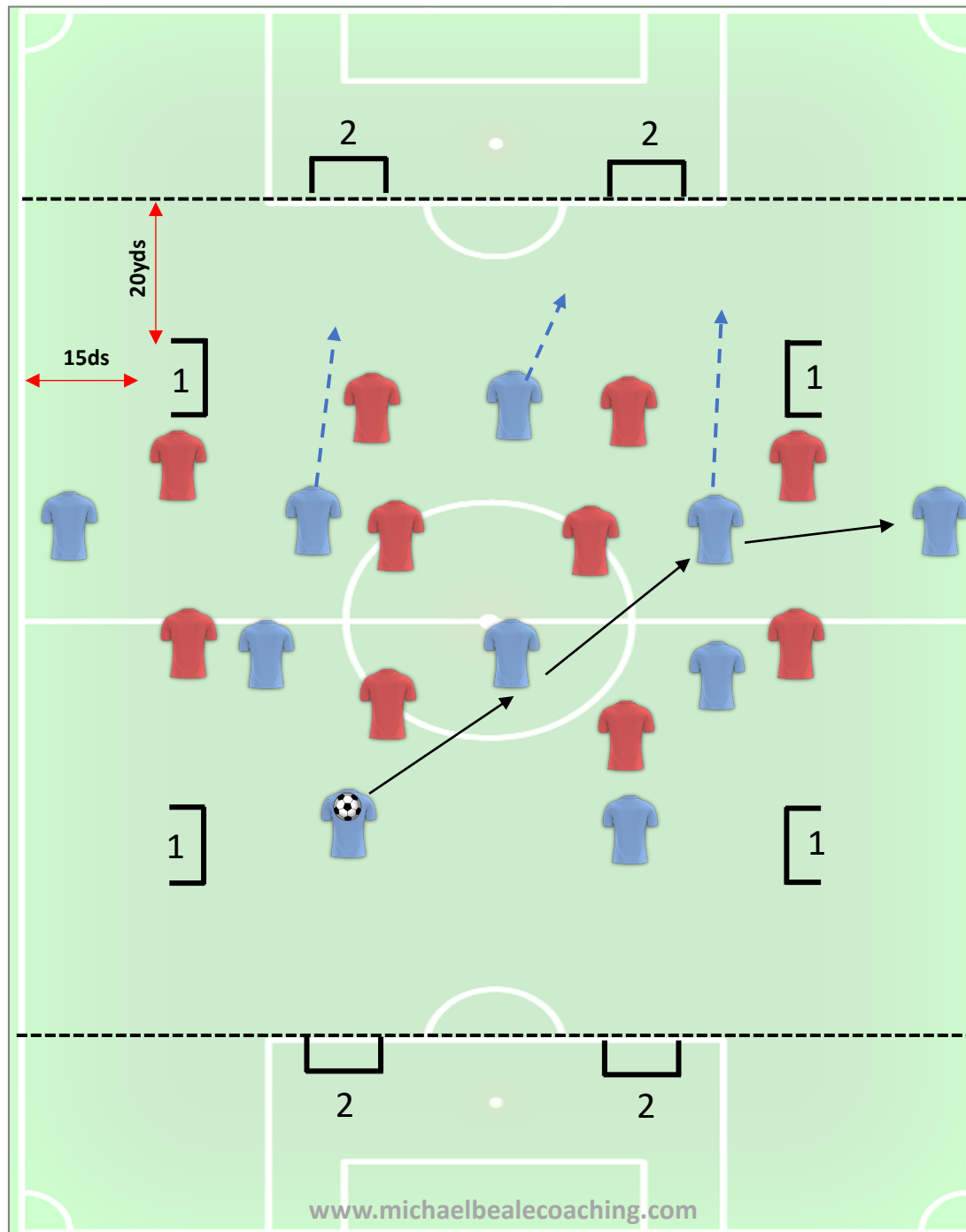


2 x 10 mins



Offside rules apply





WIDTH & DEPTH

This practice develops positional play when attacking..

Set up

The pitch is set up as shown in the diagram. In each half, two target goals are placed on the end line and two target goals are placed in wide areas

Play an 11 v 11 game using any formations

Each team defends four goals and attacks four goals.

When attacking, the aim is for the team to make the pitch as big as possible by occupying a wide and long formation.

This organisation of your players "positional play" enables you to score in all the goals and forces the opponent to defend the largest area possible.

Rules

The end line goals = 2 points

The wide goals = 1 point

If a team scores in a wide goal, they collect the new ball from the half-way line and are now already locked inside the opponent's half of the pitch.

For this rule to work, the coach should referee the game from the centre of the pitch and always have a spare ball(s) ready to serve into the game.

25.



Players



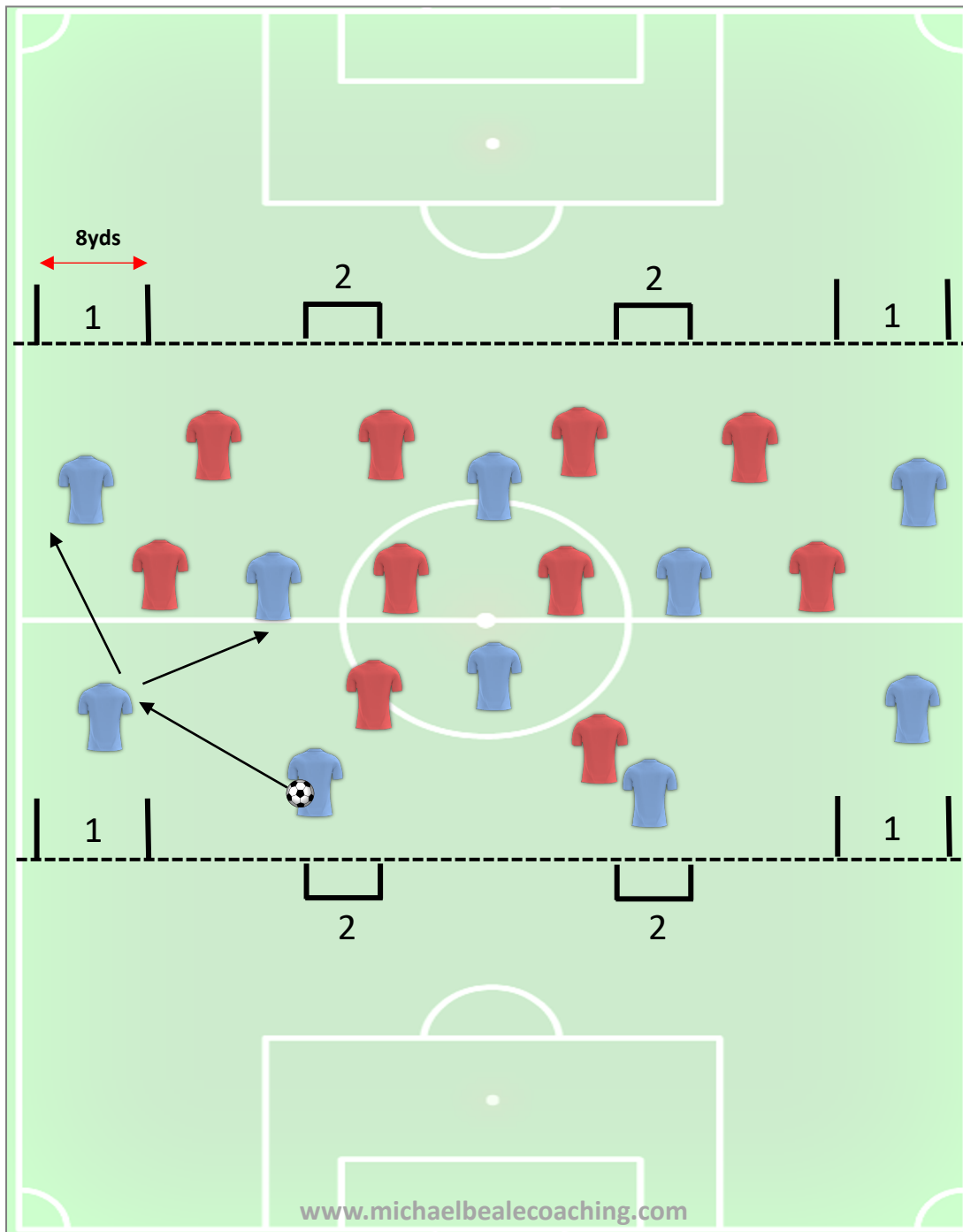
Goalkeepers



2 x 10 mins



Offside rules apply



DRIBBLE OR PASS

This practice develops understanding of going “through or around” your opponent’s defensive block.

Set up

The pitch is set up as shown in the diagram. In each half, two target goals are placed on the end line and two gates are placed in wide areas.

Play an 11 v 11 game using any formations

Each team defends their end line and four goals (two target goals and two gates)

When attacking, the aim is for the team to make the pitch as big as possible by occupying a wide and long formation.

Now the team must try to attack through the middle or around the sides of the opponent’s defensive organisation.

Rules

The target goals = 2 points

The wide gates = 1 point

You can only score in the target goals once inside the opponent’s half of the pitch

You can only score in the wide gates by dribbling the ball through the poles.

26.



Players



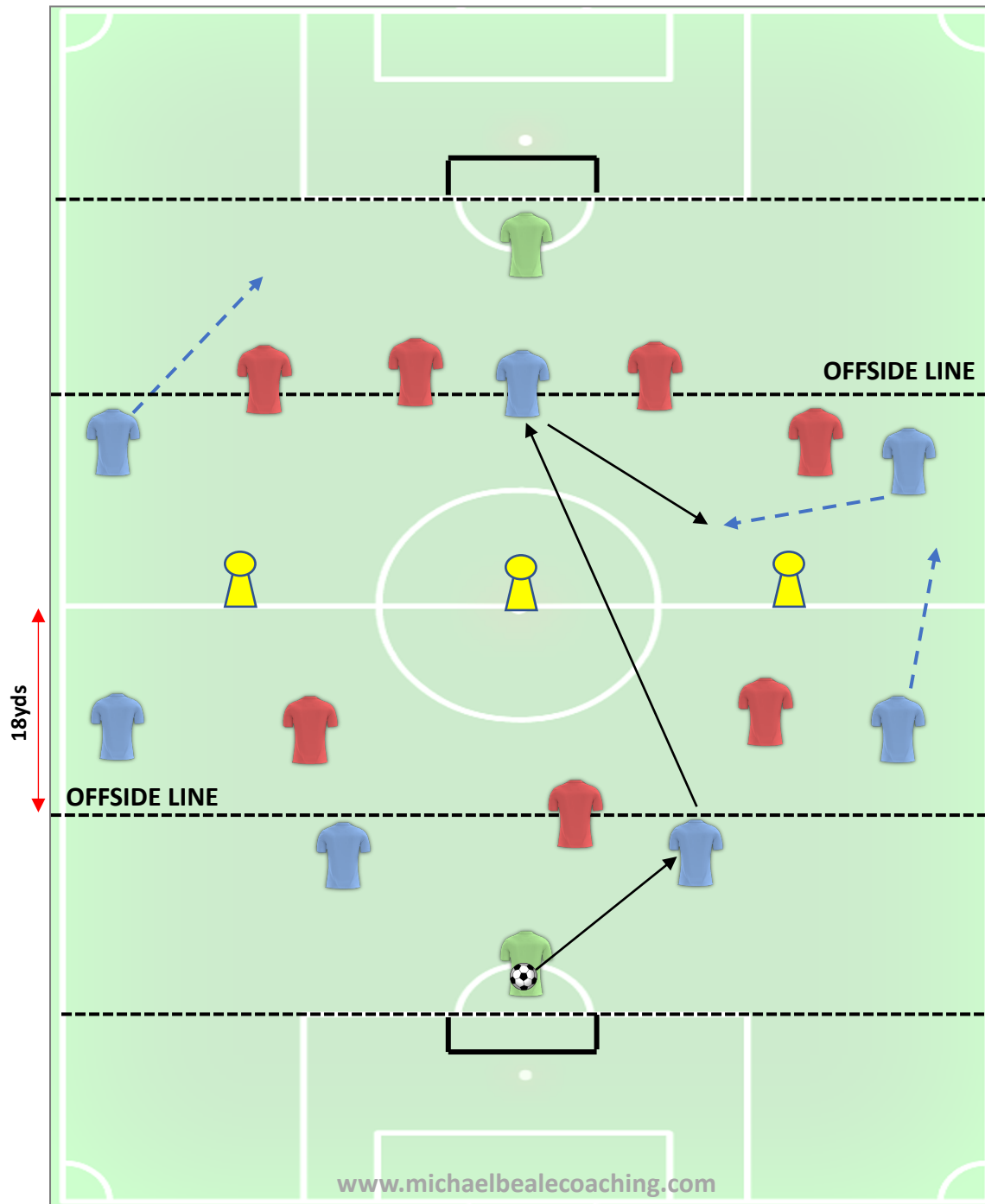
Goalkeepers



2 x 10 mins



Offside rules apply



FIND YOUR FORWARDS

This practice develops playing out from the back and the ability to play through the pitch (between the lines).

Set up

The pitch is set up as shown in the diagram. The area is split up into four zones of 18yds in length.

On the half-way line place three mannequins to add "traffic" to play through.

Each team has a goalkeeper, four defenders and three forwards.

The teams alternate playing out of defence with the goalkeeper and four defenders vs the opponents three forwards. The aim is to pass into a forward inside the opponent's half. After passing, one or both full backs are free to go and join the attack.

When this happens, it's important to have balance and organisation behind the attack (in your own half). So encourage the central defenders to play two games

1. Serve the attackers
2. Organise and mark (lock down) behind the attack

Rules

The offside line rule is used behind the lines marked on the pitch. This enables the forwards to start in a high position and then use movement to receive to feet or to space.

Progress the practice into a normal game by adding the midfielders to each team and removing the mannequins.

27.



Players



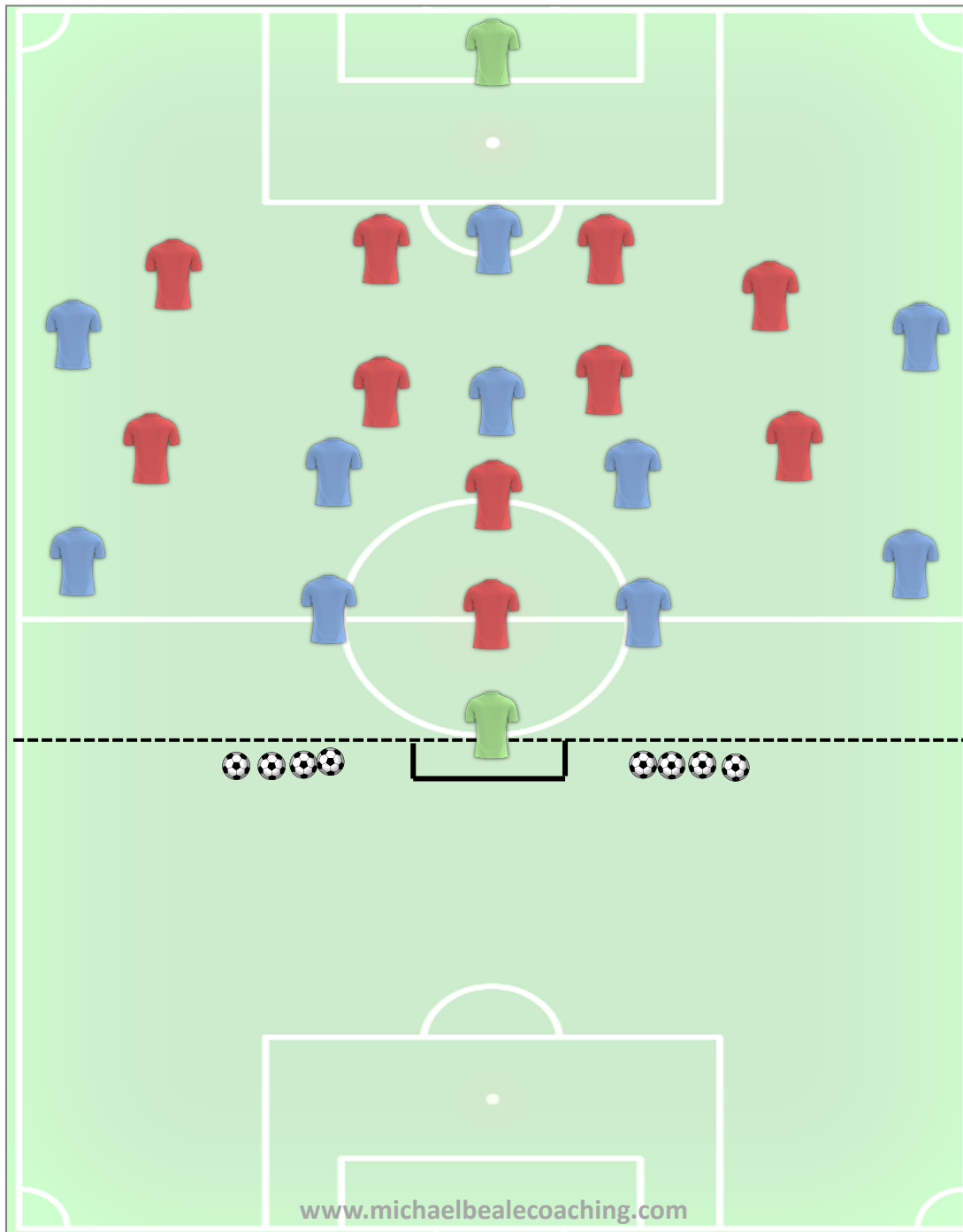
Goalkeepers



1 x 15 mins



Offside rules apply



CB's RESTART

This practice develops attacking and defending themes:

Attacking

Attacking with intensity against a low block
 Locking down and counter pressing
 Creating waves of attack

Defending

Defending under constant pressure
 Remaining compact as a team
 Counter attacking

Set up

The pitch is set up as shown in the diagram. The blue team goal is placed at the back of the centre circle. Eight balls are placed next to the goal (four on each side).

Play a 11v11 game using any formation.

To start, a central defender for the blue team must run to collect a ball from the side of the goal and begin the game. This process is repeated each time the ball leaves the pitch, or a goal is scored. Whilst this is happening, the red team should push forward and adjust their defensive line.

Rules

The blue team attack for eight balls.

The red team are in a low block organisation and looking to regain the ball and quickly counter attack to score.

Once the eight balls have been played. The teams change ends and the roles are reversed in the game.

28.



Players



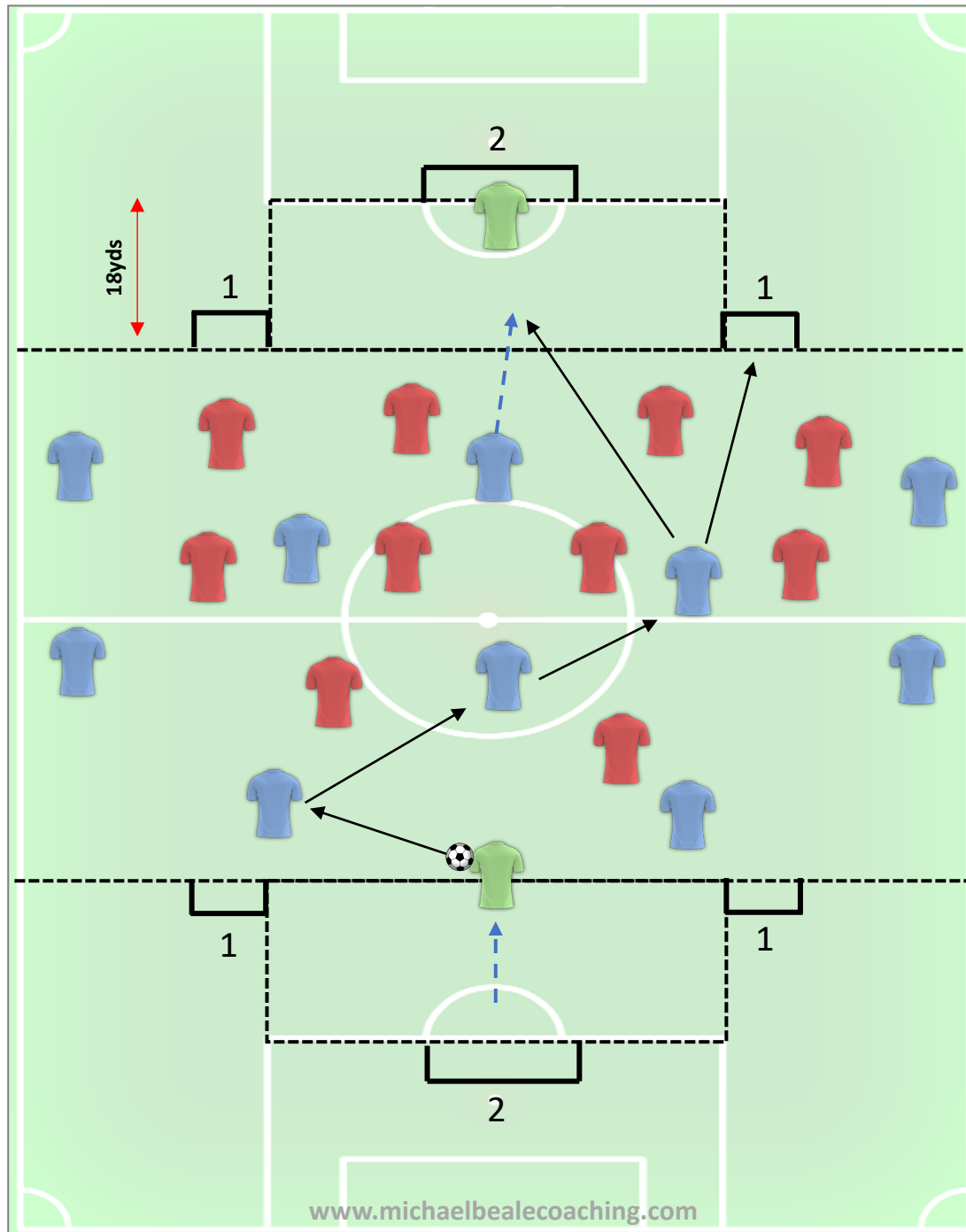
Goalkeepers



The team has eight balls to attack



The offside rules apply for the team attacking the penalty box.



BREAKTHROUGH

This practice develops attacking themes :

Progressive possession

Decision making on where to attack (through, around, over)

Occupying the maximum width

Speed and intensity of ball circulation

Set up

The pitch is set up as shown in the diagram.

In each half, two target goals are placed on the end line and a big goal is placed on the edge of the penalty area.

Play an 11 v 11 game using any formations

The aim is to build up via possession to score in the wide mini goals or to breakthrough on the central goal for a 1v1 against the goalkeeper.

When attacking, encourage the teams to occupy the maximum space available and then look to play through, around or over the opponents defensive organisation.

Rules

The target goals = 1 point

Breaking through to score vs the goalkeeper = 2 points

29.



Players



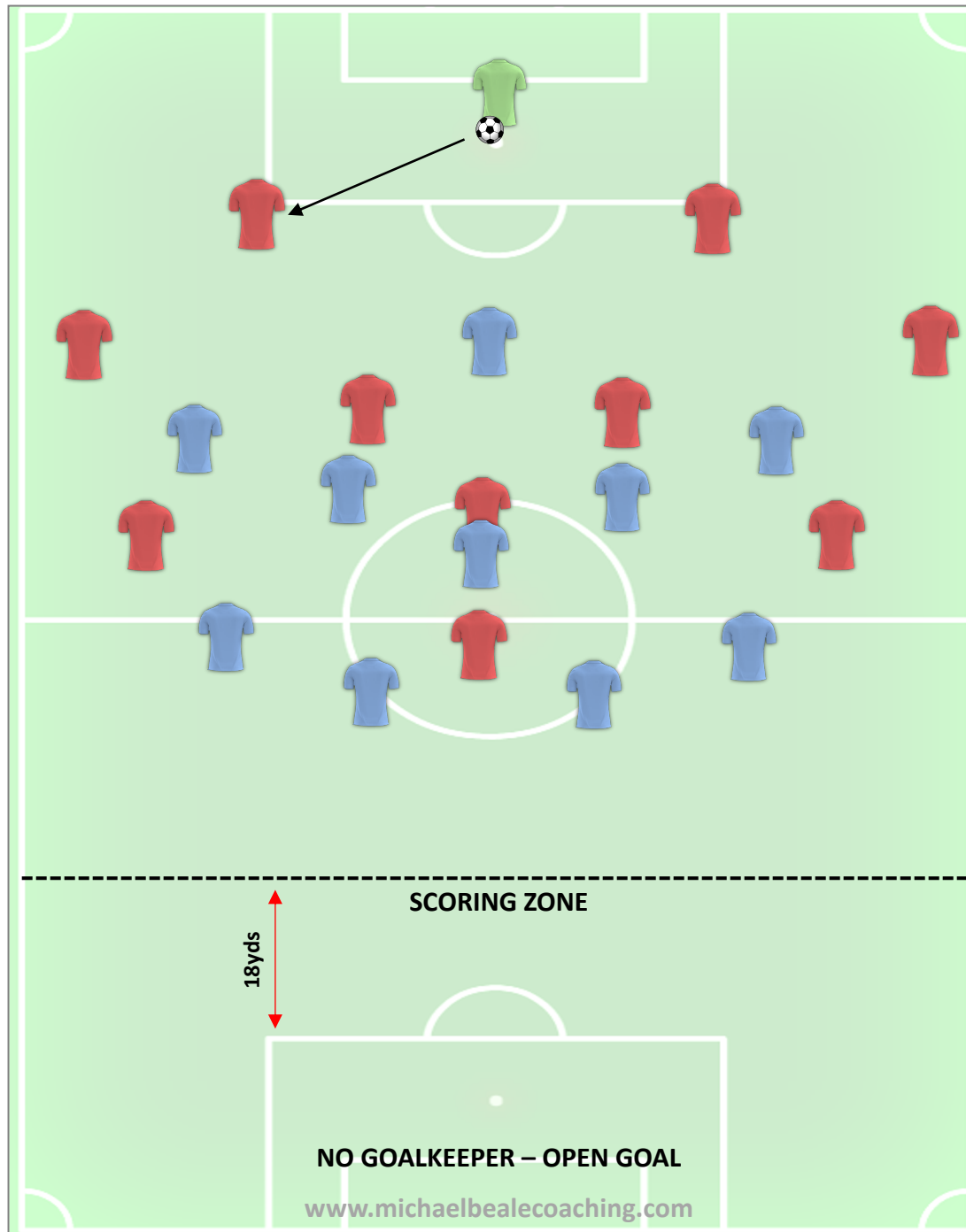
Goalkeepers



2 x 10 mins



Offside rules apply



NO KEEPER GAME

30.

This practice develops defending as a team unit.

Set up

The pitch is set up as shown in the diagram.

The scoring zone for the red team is placed 18yds from the edge of the blue team penalty area.

The red team has eleven players

The blue team has ten outfield players and no goalkeeper.

Both teams can use any formation.

The red team begin the game, then a normal 11v11 game commences including throw-ins and corner kicks.

The blue team must defend as a team unit and stop the red team from scoring in their "open goal".

In possession, the blue team must attack as normal and try to score and win the game.

Rules

The red team can only score when inside the scoring zone.

If the blue team scores a goal = 2 points



Players



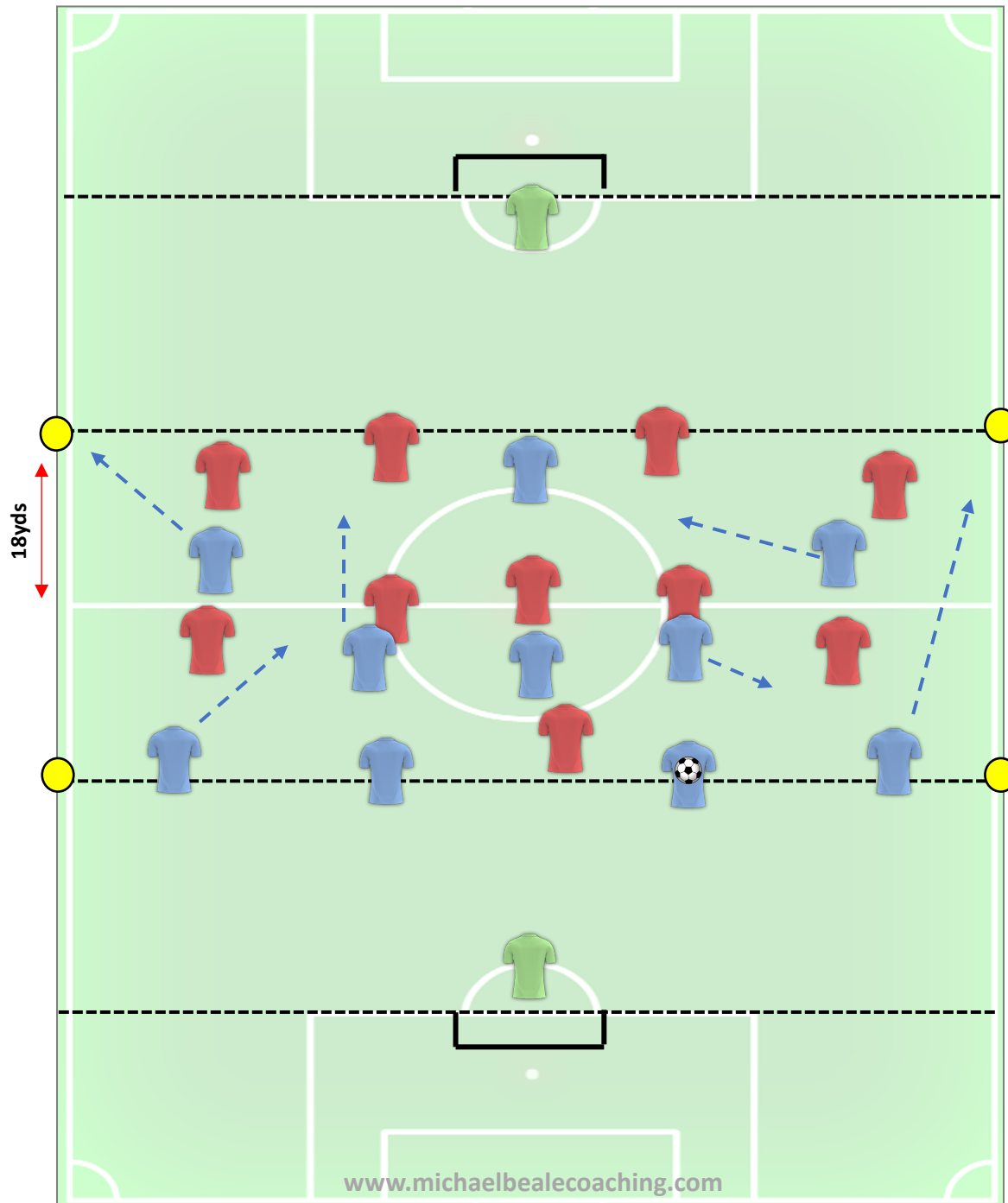
Goalkeepers



2 x 15 mins



Offside rules apply



MAXIMUM WIDTH

This practice develops the use of maximum width when attacking.

Set up

The pitch is set up as shown in the diagram.

The game begins and restarts at the bottom of the middle zone.

Cones are placed on the side-line as a guide for each team's wide players.

Play an 11 v 11 game using any formations

When attacking, the team must send two players high and wide. This can be a wide attacker or a full back.

Encourage rotation in the wide areas between the full back, wide player and closest midfielder (as shown in the diagram).

When possession is lost / regained. Encourage the teams to use a fast transition between defensive (narrow and compact) and attacking (wide and long) positioning of the players.

Rules

The game starts from the bottom of the middle zone.

Play a normal game continues until the ball leaves the pitch.

Return to the middle zone to restart the game.

31.



Players



Goalkeepers

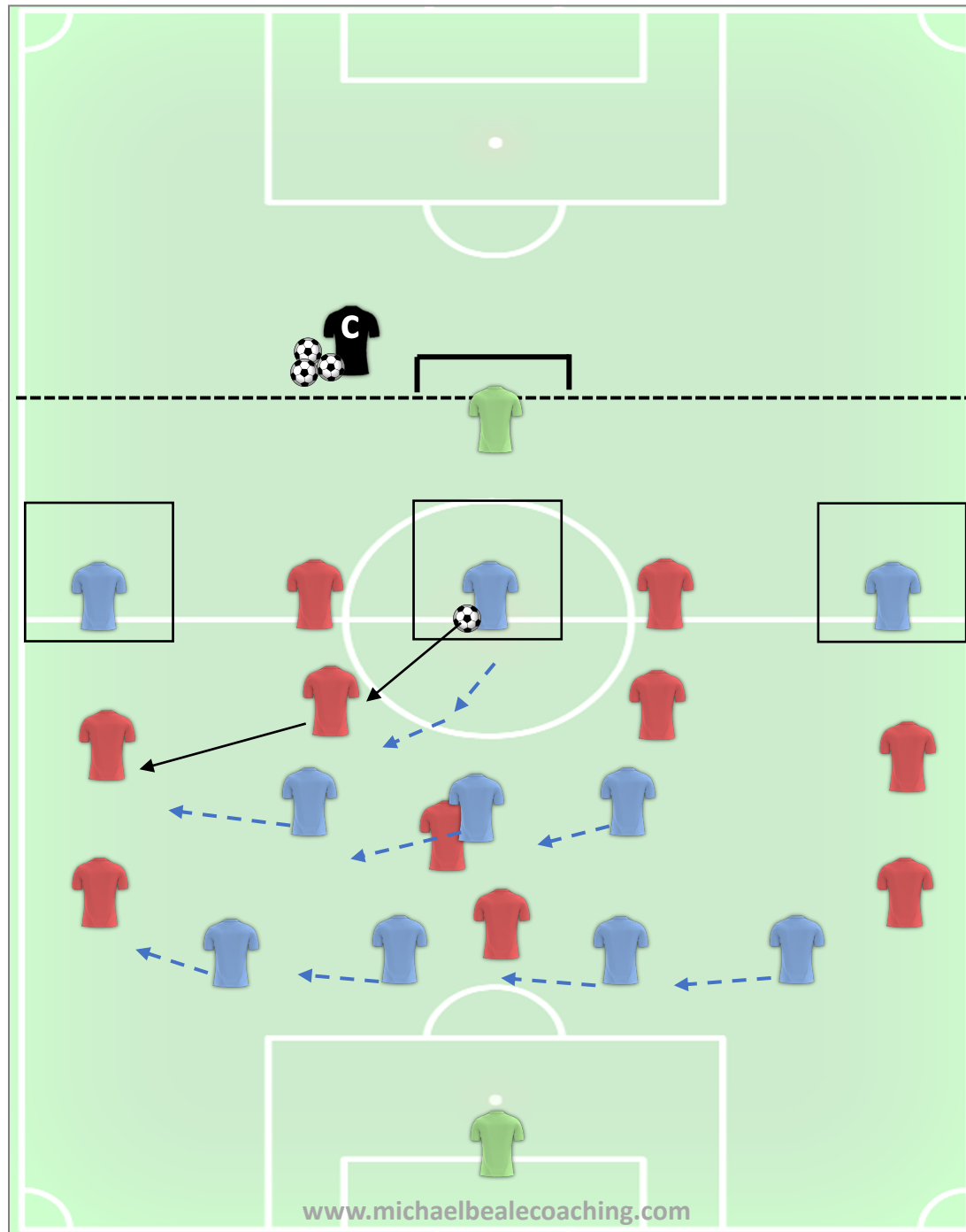


1 x 20 mins



Offside rules apply

18yds



LAUNCH THE COUNTER

This practice develops team defending themes :

Forcing play to one side
Overloading the area
Regaining the ball
Counter attacking at speed

Set up

The pitch is set up as shown in the diagram.

To start, the coach passes to one of the blue team's forwards. The forward must then pass into the red team's attackers and go to press the ball and help the team to defend.

The other two forwards must remain high and on the half-way line against the red team's defenders.

The aim for the blue team, is to regain the ball by defending with the goalkeeper and eight outfield players.

When possession is won, can the team quickly launch a counter attack by passing into the two players that are waiting on the half-way line and then running to support.

Rules

The coach alternates passes to each of the forwards.

When one forward is defending, the other two forwards must stay on the half-way line and cannot enter the game until the blue team regain possession of the ball

Play continues until the ball leaves the pitch.

32.



Players



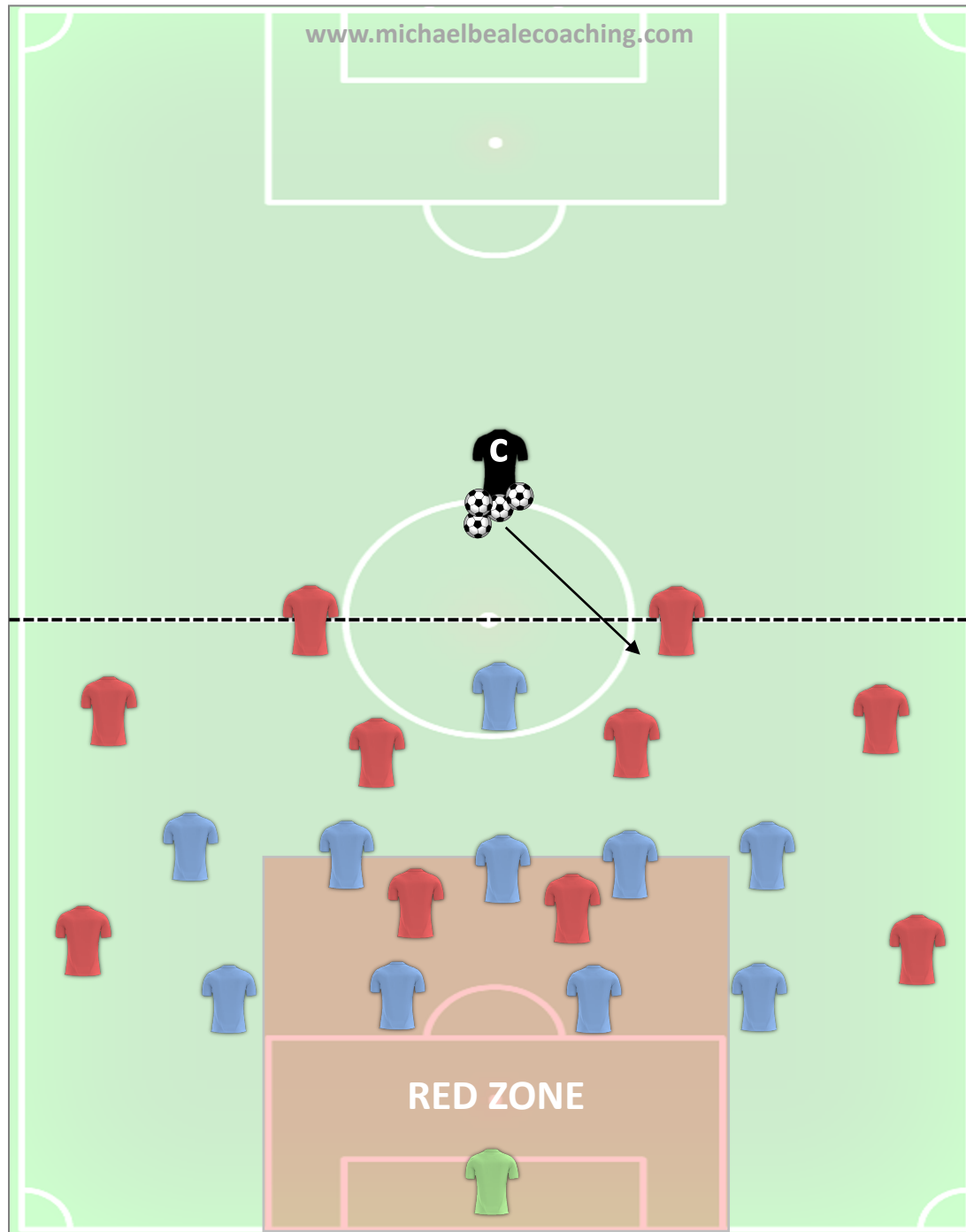
Goalkeepers



Each team to defend for six balls.



Offside rules apply



RED ZONE

This practice develops defending in a low block, counter attacking and counter defending

Set up

The pitch is set up as shown in the diagram.

Plan an 11v11 game

The “red zone” is the size of two penalty areas and represents the area in which most goals are conceded in football.

At all times, encourage players to protect this zone, to not allow passes into this space and to pressure on all sides of an opponent that is in possession of the ball inside the zone

To start, the coach passes into the red team who attack to score in the blue team’s goal. Whenever the ball leaves the pitch or a goal is scored, the red team receive a new ball from the coach to attack again.

The aim for the blue team is to regain the ball and break over the half-way line with the ball (pass or dribble).

Rules

The roles are reversed for the second half.

When attacking, shots on target = ½ point, Goals = 1 point

When defending, breaking past the line = 1 point

33.



Players



Goalkeepers



2 x 10 mins



The offside rules apply for the team attacking the penalty box.

CENTRAL BREAKOUT

34.

This practice develops defensive organisation.

Set up

The pitch is set up as shown in the diagram to replicate a $\frac{1}{4}$ (quarter) of a full-size pitch.

This size is used as a "human tactic board" in order to develop defensive understanding in a tight and compact area.

Plan an 11v11 game.

To start, the coach passes into the red team who attack to score in the blue team's goal. Whenever the ball leaves the pitch or a goal is scored, the red team receive a new ball from the coach to attack again.

The aim for the blue team is to regain the ball and breakout into the end zone on the half-way line. The blue team can do this with a pass or with a dribble.

Rules

If the blue team are successful in regaining the ball and breaking over the half-way line. Then the teams switch ends, and the roles are reversed in the game.



Players



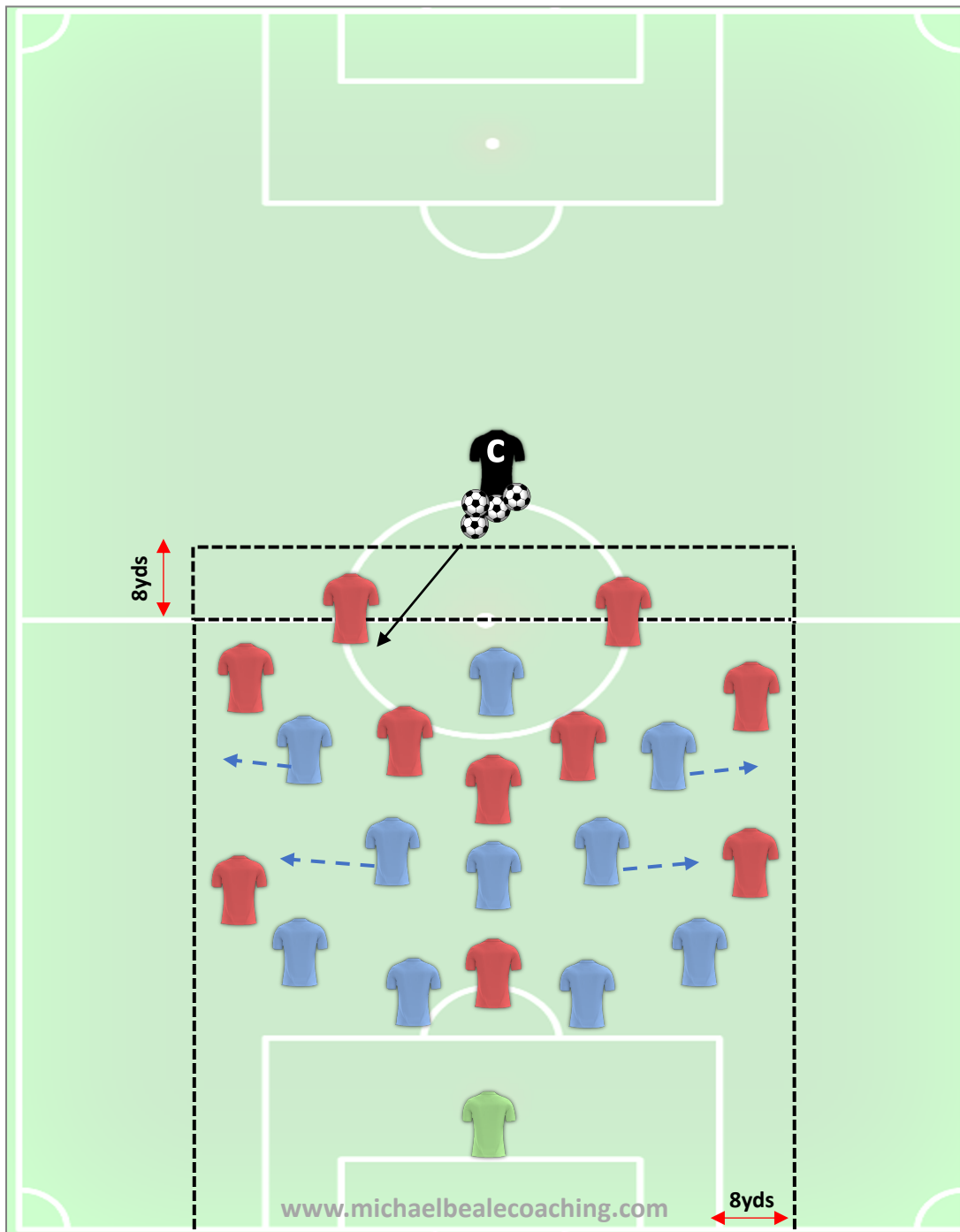
Goalkeepers

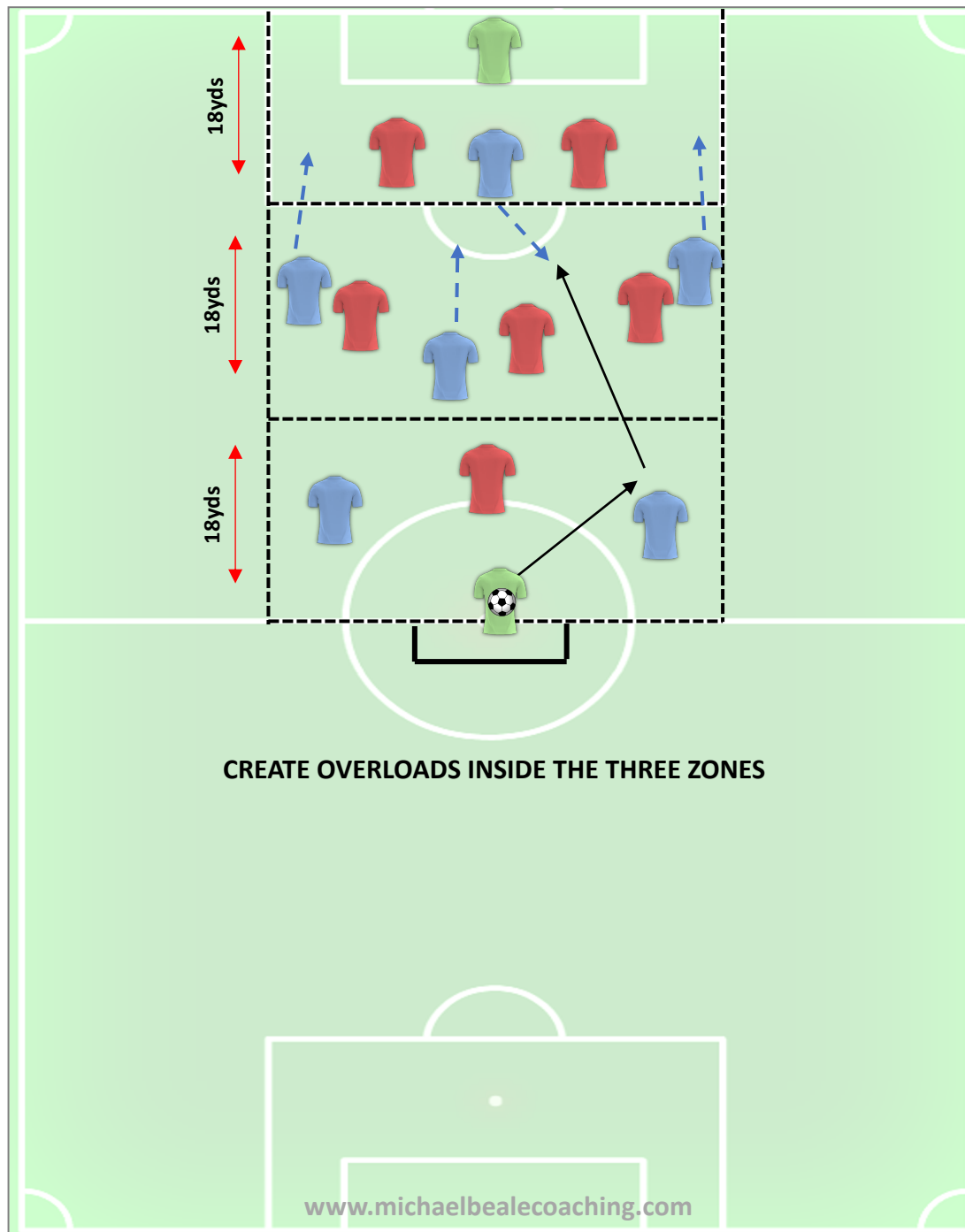


2 x 10 mins



The offside rules apply for the team attacking the penalty box.





THREE ZONE OVERLOAD

This practice develops attacking play via the team's central spine.

Set up

The pitch is set up as shown in the diagram. Three zones are created by using the width of the penalty and 18yds in length

Each team has seven players, a goalkeeper, two defenders, three midfielders and one forward. This replicates the "spine" of the team.

The aim of this game is to practice building up from the goalkeeper by creating overloads in the three zones to score.

To start, the blue team goalkeeper plays out 3v1 with the two defenders.

One of the defenders must bring the ball into the middle zone and create a 4v3 overload to play through. The forward can drop to overload further to make a 5v3

Once breaking into the end zone, you can create a 2v2 or 3v2 scenario to try score.

if the red team wins the ball, they also try to build up and score in the same way

Rules

When defending, all players are "locked in" to their zone.

35.



Players



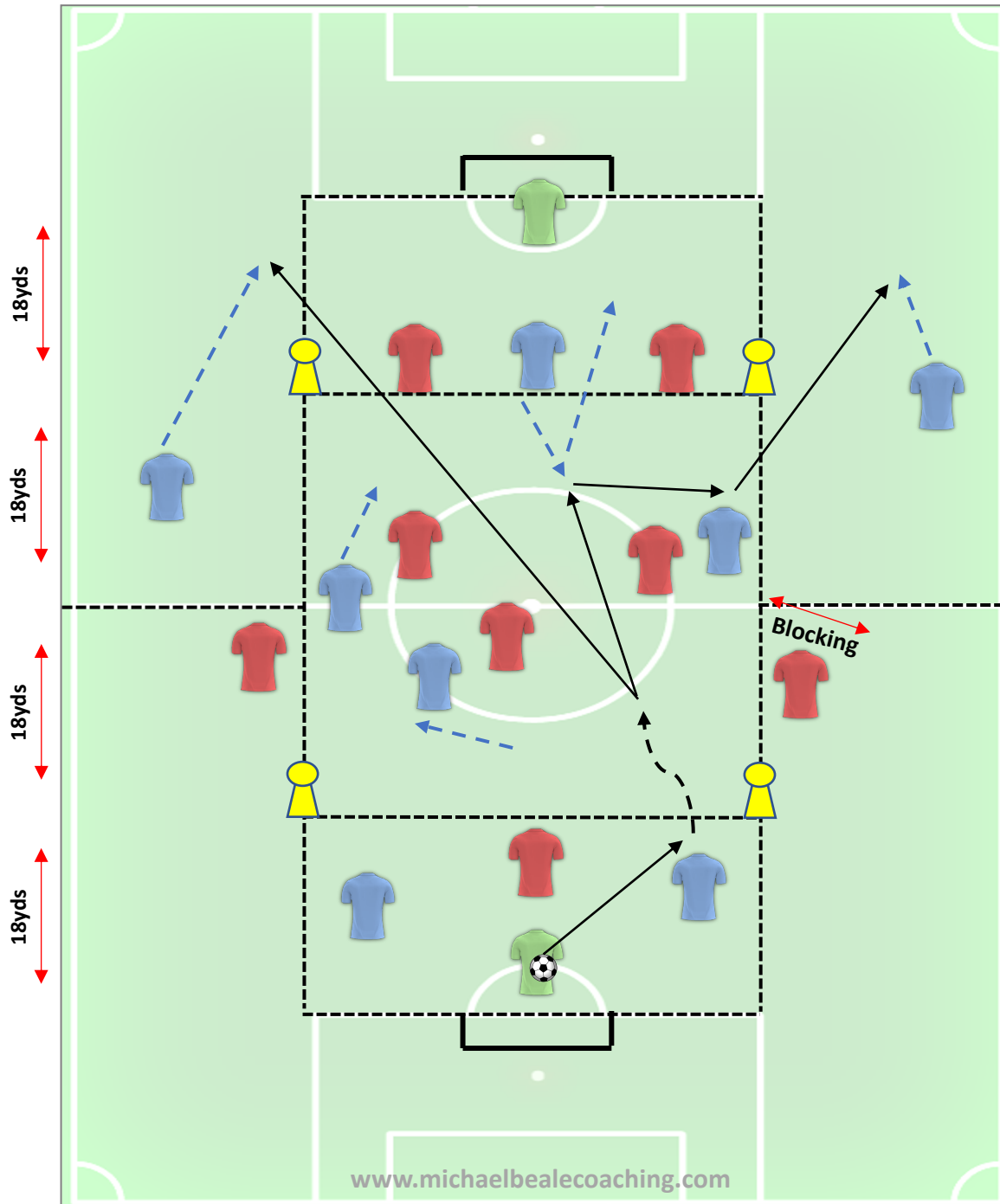
Goalkeepers



1 x 10 mins



Offside rules
apply in the
end zones



BUILD UP CONSTRUCTION

This practice develops attacking overloads through the pitch.

Set up

The pitch is set up as shown in the diagram. Four zones are created which are 18yds x 36yds x 18yds in length. Four mannequins are placed on the outside line of the end zones.

Each team has nine players, a goalkeeper, two defenders, three midfielders, two wide players and one forward.

To start, the blue team goalkeeper plays out 3v1 with the two defenders.

One of the defenders must bring the ball into the middle zone and create a 4v3 overload to play through. The forward can drop to overload further to make a 5v3. The ultimate outcome is to bring one of the wide players into the game and create a 3v2 crossing situation inside the opponent's end zone.

When one wide player is crossing, the opposite wide player, the forward and one midfielder can make forward runs into the box

if the red team wins the ball, they also try to build up and score in the same way

Rules

When defending, all players are "locked in" to their zone.

The wide players can drop back (reds shown in diagram) to block the initial passing line from the defenders to wide players

36.



Players



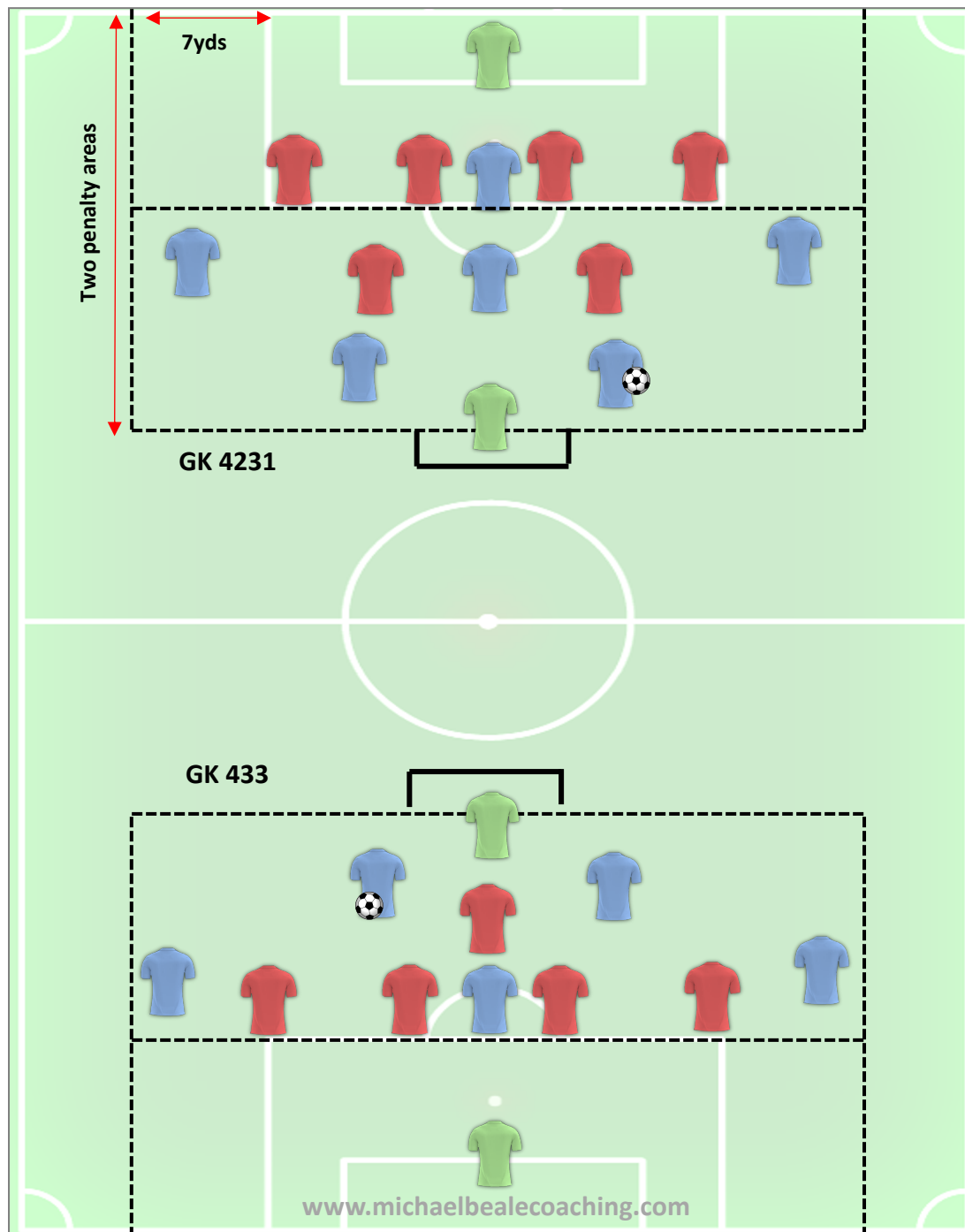
Goalkeepers



1 x 15 mins



Offside rules apply in the end zones



FRONT VS BACK 1/2

This practice develops the teams attacking and defensive units.

Set up

The pitch is set up as shown in the diagram and can be played in two ways.

Pitch 1 – GK4231 specific

The red team is the defensive half of the team and has a goalkeeper, four defenders and two midfielders

The blue team is the attacking half of the team and has a goalkeeper, two midfielders, three attacking midfielders and one forward.

Pitch 2 – GK433 / GK4141 specific

The red team are the defensive half of the team and has a goalkeeper, four defenders and one midfielder.

The blue team is the attacking half of the team and has two midfielders, two wide players and one forward

Rules

Pitch 1 – play a 7v7 game

Pitch 2 – play a 6v6 game

The team that scores retains the ball

If the ball leaves the pitch, the game is restarted by the goalkeeper of the team in possession.

38.

12
10

Players

2

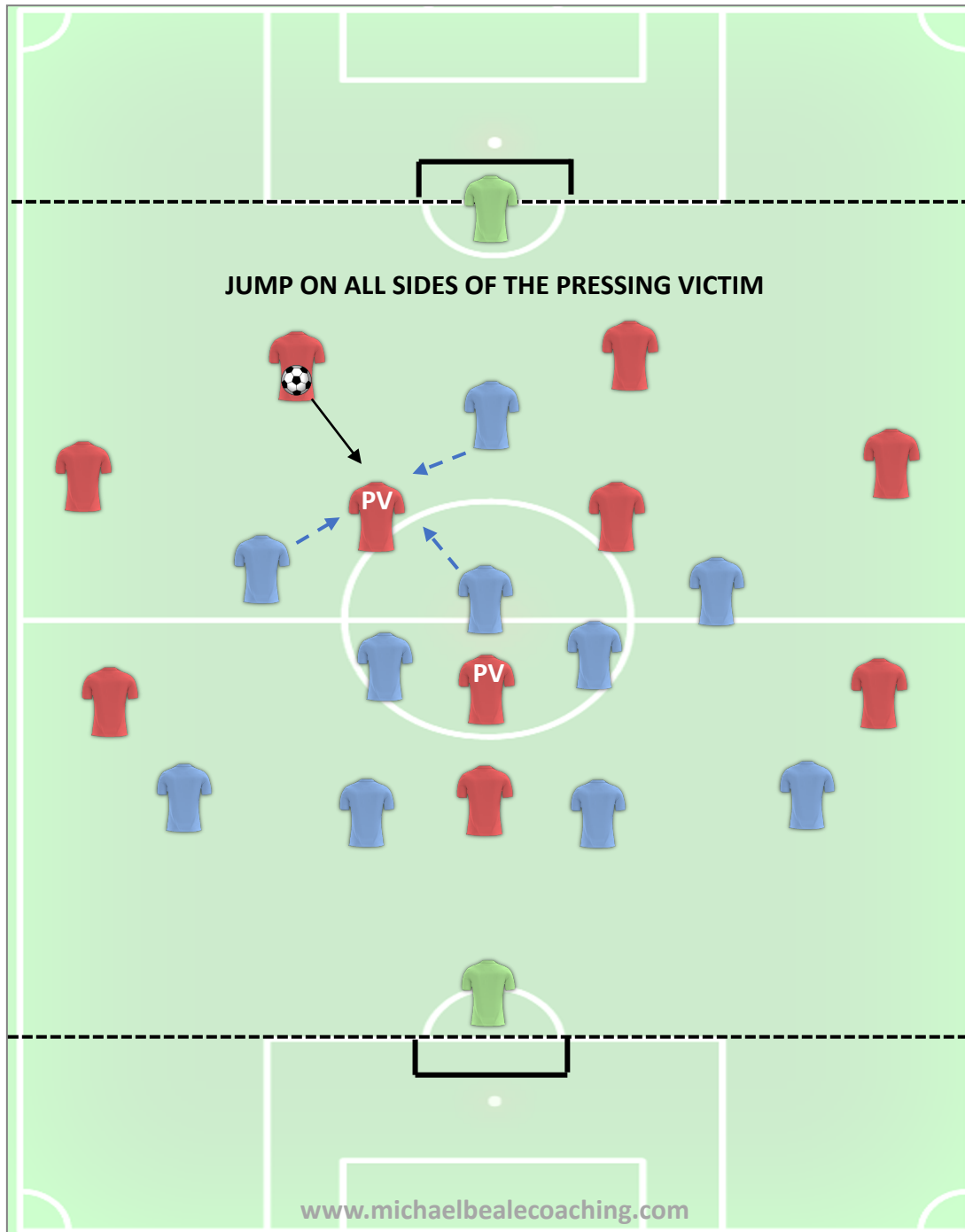
Goalkeepers



2 s 6 mins



The offside rules apply.



PRESSING VICTIM

This practice develops the use of pressing triggers when defending.

Set up

The pitch is set up as shown in the diagram.

The blue team must select two players in the red team that are going to be the "pressing victims"

The blue team must do this without telling the red team who they have chosen.

Play a normal 11v11 game using any formations

When the pressing victims receive the ball. This is a trigger for the blue team to press aggressively as a full team unit.

The blue team can select pressing victims based on the positioning on the pitch, on the level of the player and the level of goal threat to the blue team's goal.

Rules

When the ball leaves the pitch, the red teams goalkeeper always restarts the game.

At half time, the red team must try to guess which two players where the pressing victims chosen by the blue team.

For the second half, the roles are reversed with the red team now selecting two pressing victims in the blue team.

39.



Players



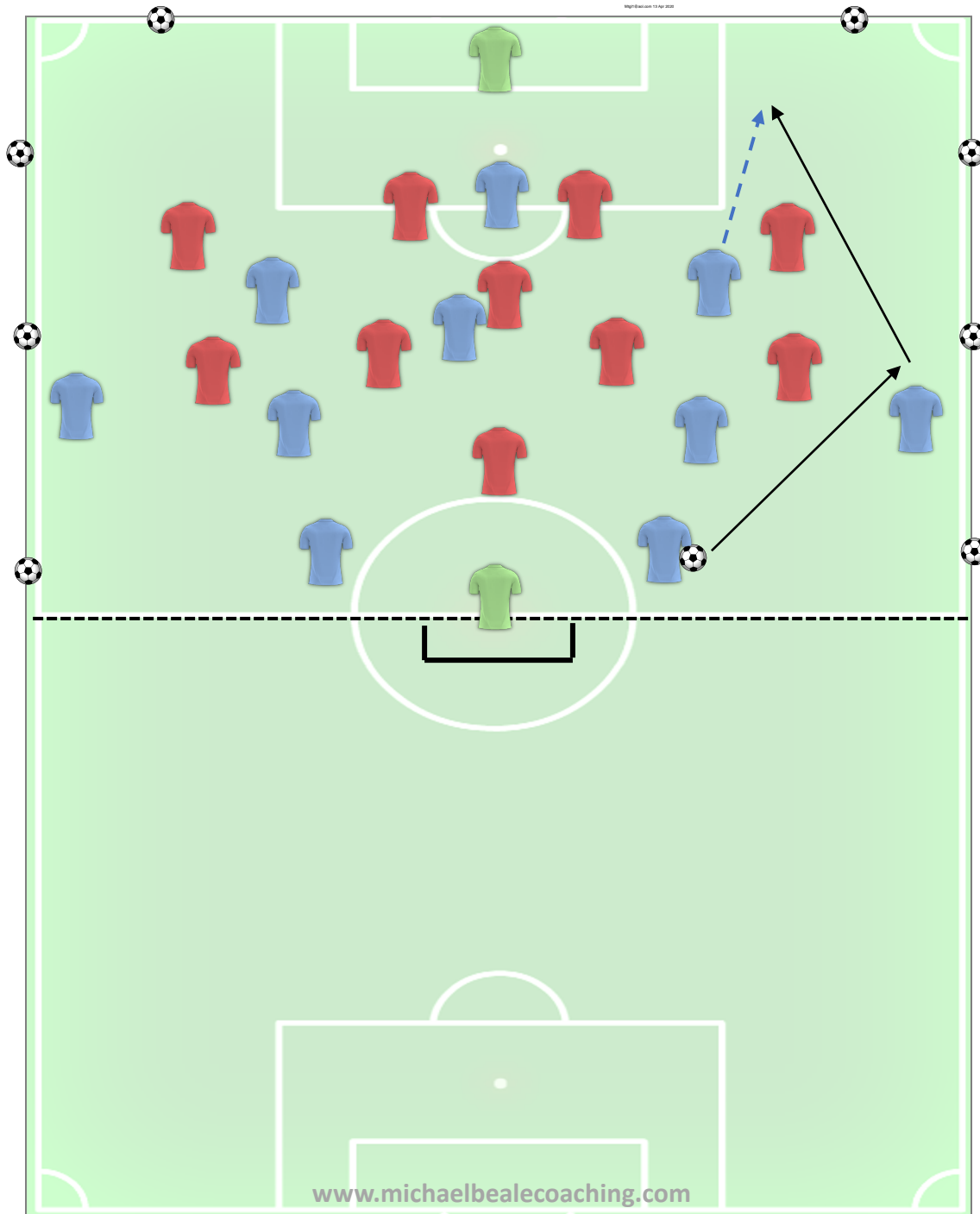
Goalkeepers



2 x 10 mins



Offside rules apply



MOMENTUM GAME

40.

This practice develops attacking intensity and the building of pressure / momentum.

Set up

The pitch is set up as shown in the diagram.

The 11v11 game is played inside one half of the pitch and balls are spread around the outside of the area.

The blue team begin the game and must continuously attack the red team goal for ten minutes.

All restarts belong to the blue team. If the ball leaves the pitch via the side line, then the blue team always take the throw-in regardless of whether they touched the ball last.

If the ball leaves the pitch via the end line. Then a corner kick is taken (if it was the blue team's ball) or the blue team goalkeeper restarts the game if the blue team touched the ball last.

The blue team must increase the pressure on the red team's low block tactic by playing with maximum intensity for the full ten minutes.

Rules

For the second half, the roles are reversed in the game.

The coaches must ensure that the "multi ball" system is always in place by constantly re-positioning the balls on the outside of the pitch.



Players



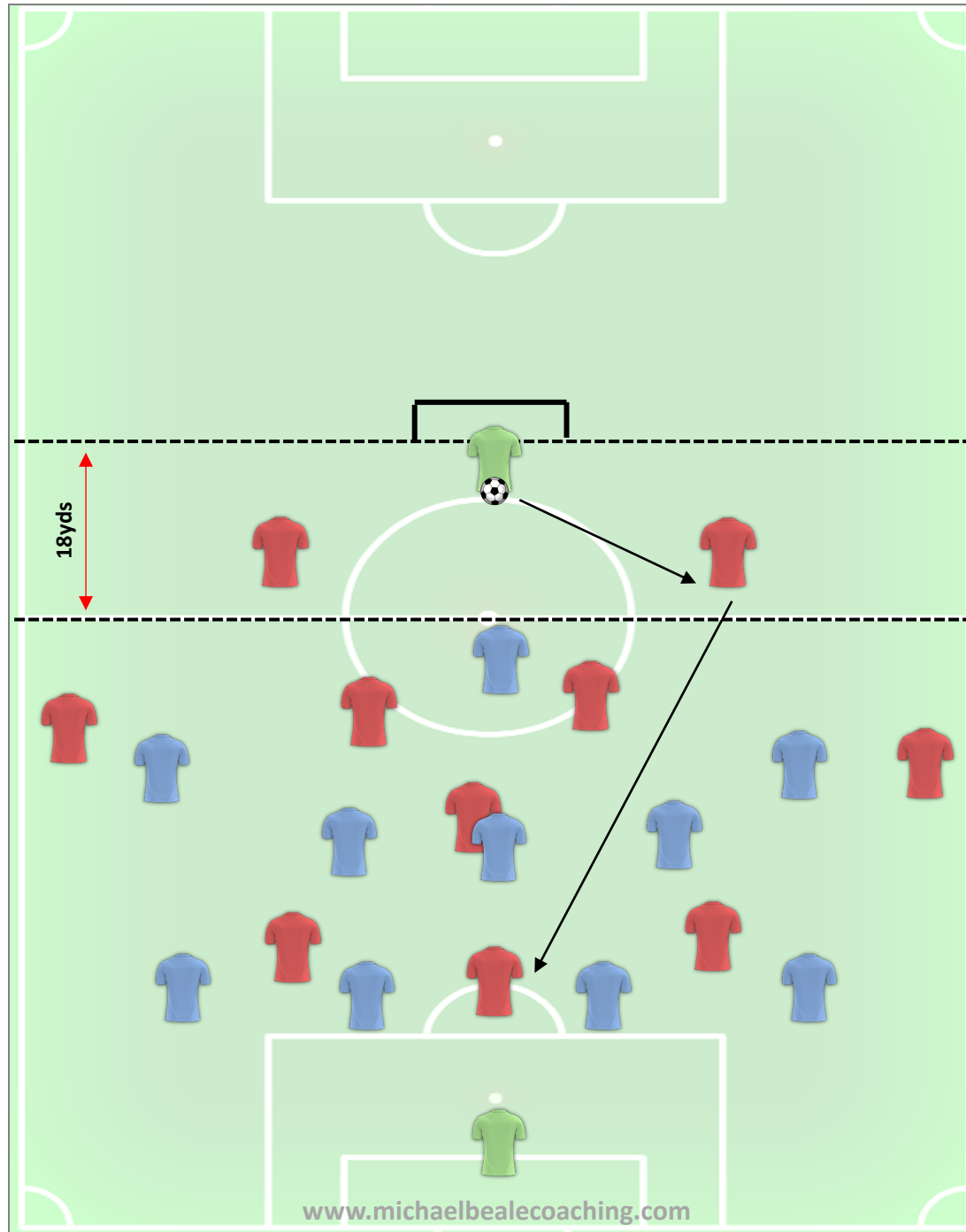
Goalkeepers



2 x 10 mins



The offside rules apply for the team attacking the penalty box.



AERIAL ASSAULT

41.

This practice develops team defending against direct play.

Set up

The pitch is set up as shown in the diagram.

Play an 11v11 game using any formations.

The red team begins the game, and the two red defenders are free inside their own 18yd zone to receive a pass from the goalkeeper and make a long direct pass towards the blue team's goal.

A normal game now commences.

If the ball leaves the pitch or a goal is scored, the game is restarted by the red team's goalkeeper.

The blue team must try to defend the long ball, dominate the second balls in the game and then try to build up and score in the red team's goal.

Rules

For the second half, the roles are reversed in the game.

The first pass from the red defender must be a direct ball that goes into the back of the blue teams defence.



Players



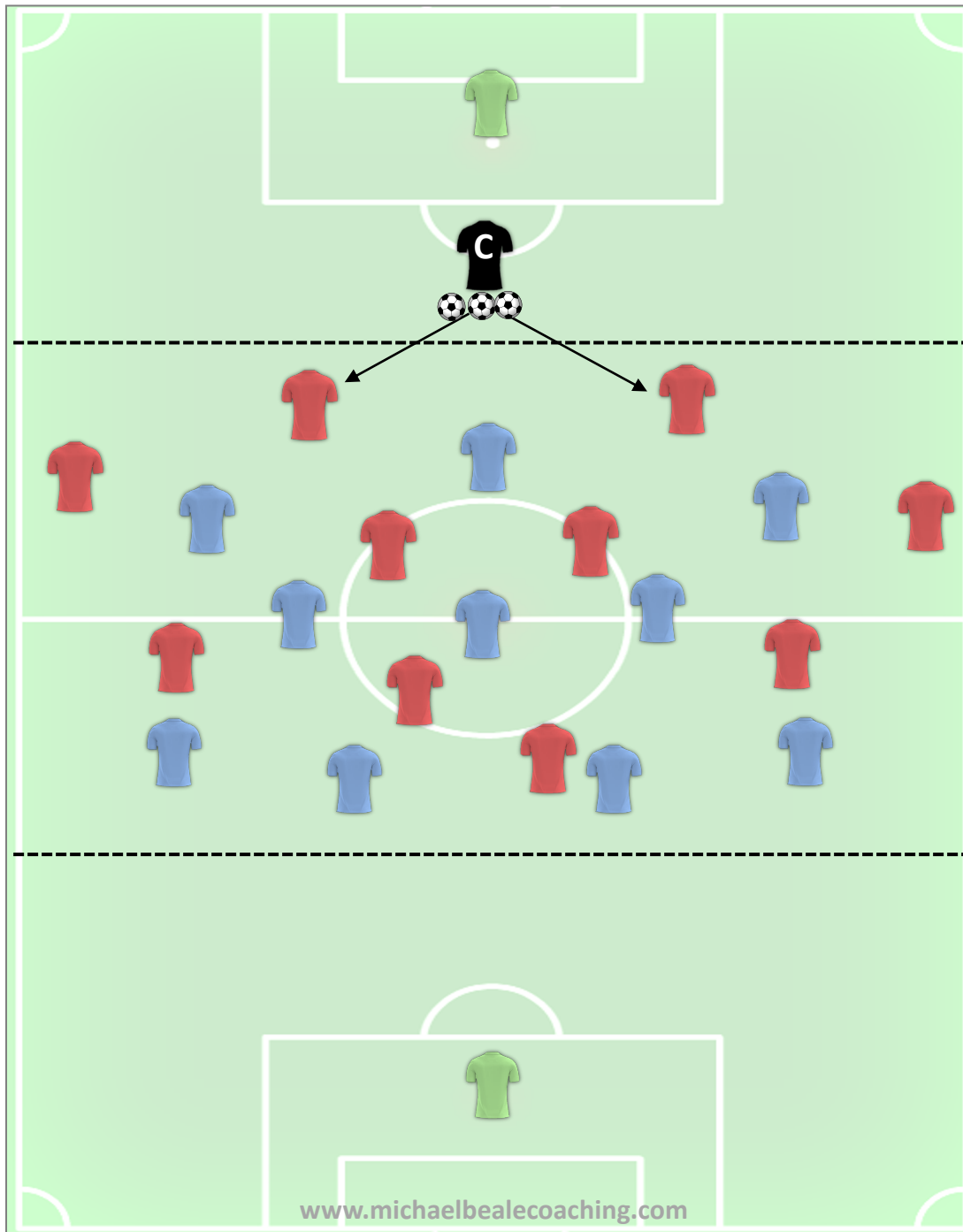
Goalkeepers



2 x 10 mins



The offside rules apply for the team attacking the penalty box.



THREE BALL ATTACK

42.

This practice develops controlled attacking play.

Set up

The pitch is set up as shown in the diagram.

Play an 11v11 game using any formations.

The game starts from the back of the middle zone with both teams organised inside this area.

To start, the coach passes a ball to the red team and then a normal game commences until the ball leaves the pitch. When this happens, the teams return to the middle zone and the coach plays a new ball to the red team to begin attacking.

After three balls are played, the coach then walks to the opposite end of the pitch and begins to serve balls for the blue team.

Before serving the ball into the pitch, encourage the attacking team to position players in the teams attacking shape.

Rules

Each team has three consecutive attacks before the roles are reversed and the coach serves to the other team



Players



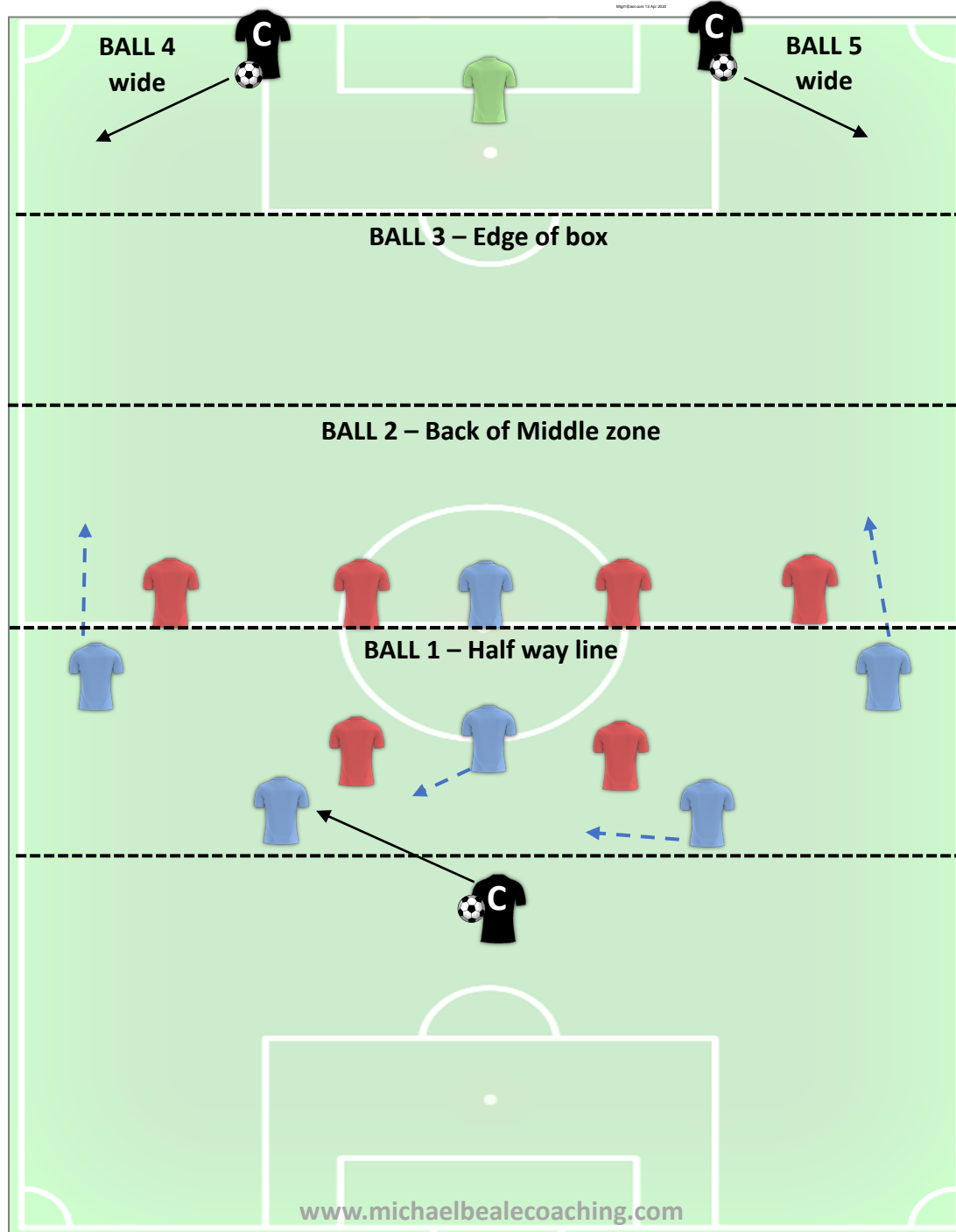
Goalkeepers



Sets of three balls. Alternate for each team



Offside rules apply



SPACE REDUCTION

This practice develops attacking and defending in big spaces.

Set up

The pitch is set up as shown in the diagram.

The red team has seven players, a goalkeeper, four defenders and two midfielders. The blue team has six players, two midfielders, three attacking midfielders and one forward.

The three coaches are used as servers in this game and always pass into the blue team.

ball 1 - The red team's defenders begin on the half-way line.

Ball 2 - The red defenders now start 18yds further back at the middle zone line

Ball 3 - The red defenders are now placed on the edge of the penalty area.

Ball 4 - The red defenders are placed inside the box

Ball 5 - The red defenders are placed inside the box

Rules

Once the ball is in play, the game continues until the ball leaves the pitch or a goal is scored

The red team can score by regaining the ball and playing into the coach or by completing four passes.

43.



Players



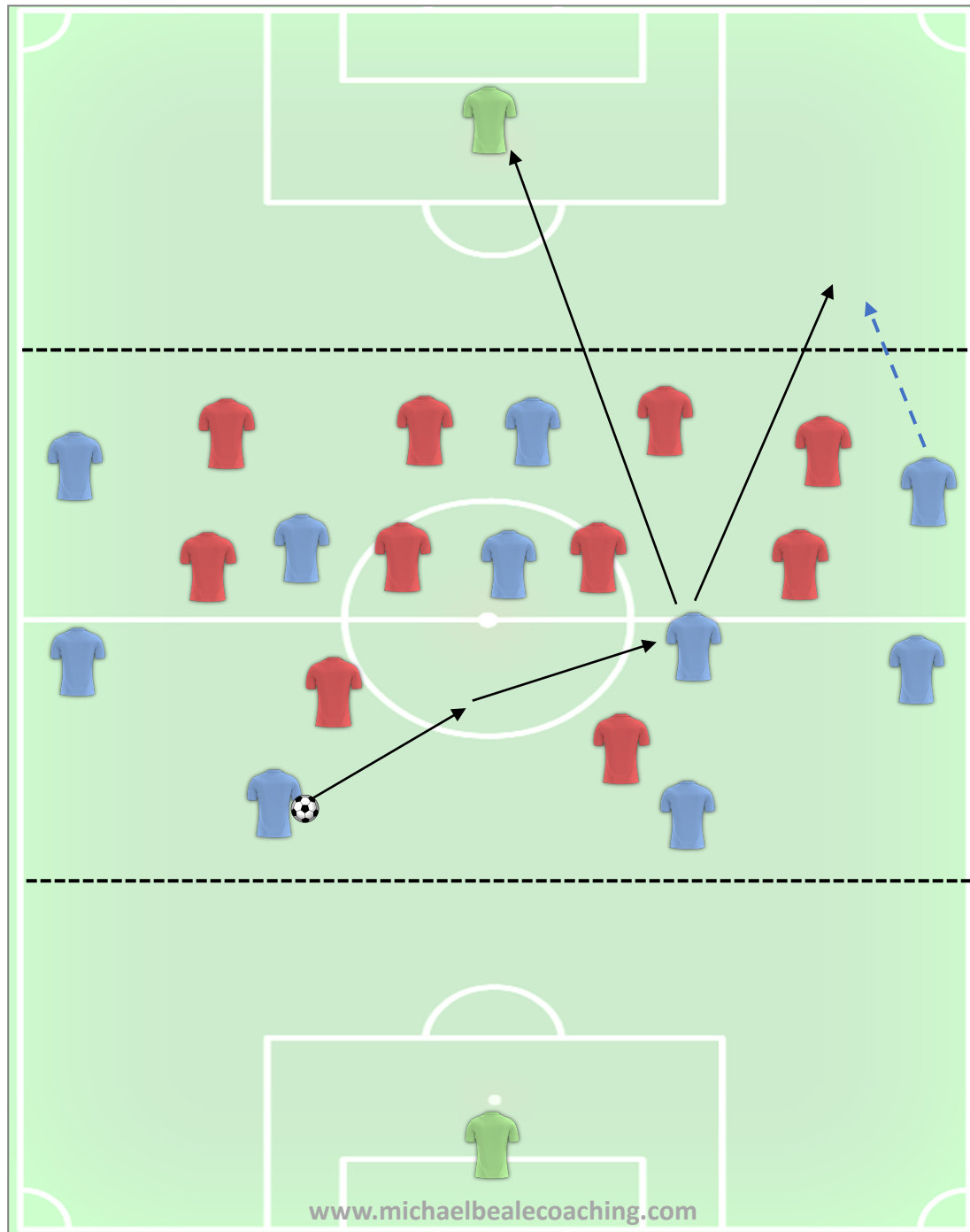
Goalkeepers



5 sets of five balls



Offside rules apply



PLAY, PRESS, COUNTER

44.

This practice recreates key moments in the game :

1. Open play possession
2. Defending as a team
3. Counter attacking
4. Building / constructing attacks
5. Counter defending

Set up

The pitch is set up as shown in the diagram with both teams starting in the middle zone. The 11v11 game is played for a sequence of three different moments

Moment one - The two teams play possession with two aims

1. Break past the opponents end line
2. Complete six passes and play a long pass into the opponent's goalkeeper.

This is demonstrated in the diagram by the blue team.

Moment two – The blue team are now winning 1-0 in the game. The red team goalkeeper is now in possession of the ball and the red players drop back to receive the ball and build up from the back. The blue team prepare to press and regain the ball.

Moment three – If the blue team regain the ball, they have one chance to launch a counterattack on the red team's goal.

Rules

The team breaking out of the middle zone or passing into the opponents GK must remain inside the middle zone while the opposite team are free to drop outside this zone to receive a pass to build up. After the three moments are completed, the teams return to the starting position and repeat the sequence.



Players



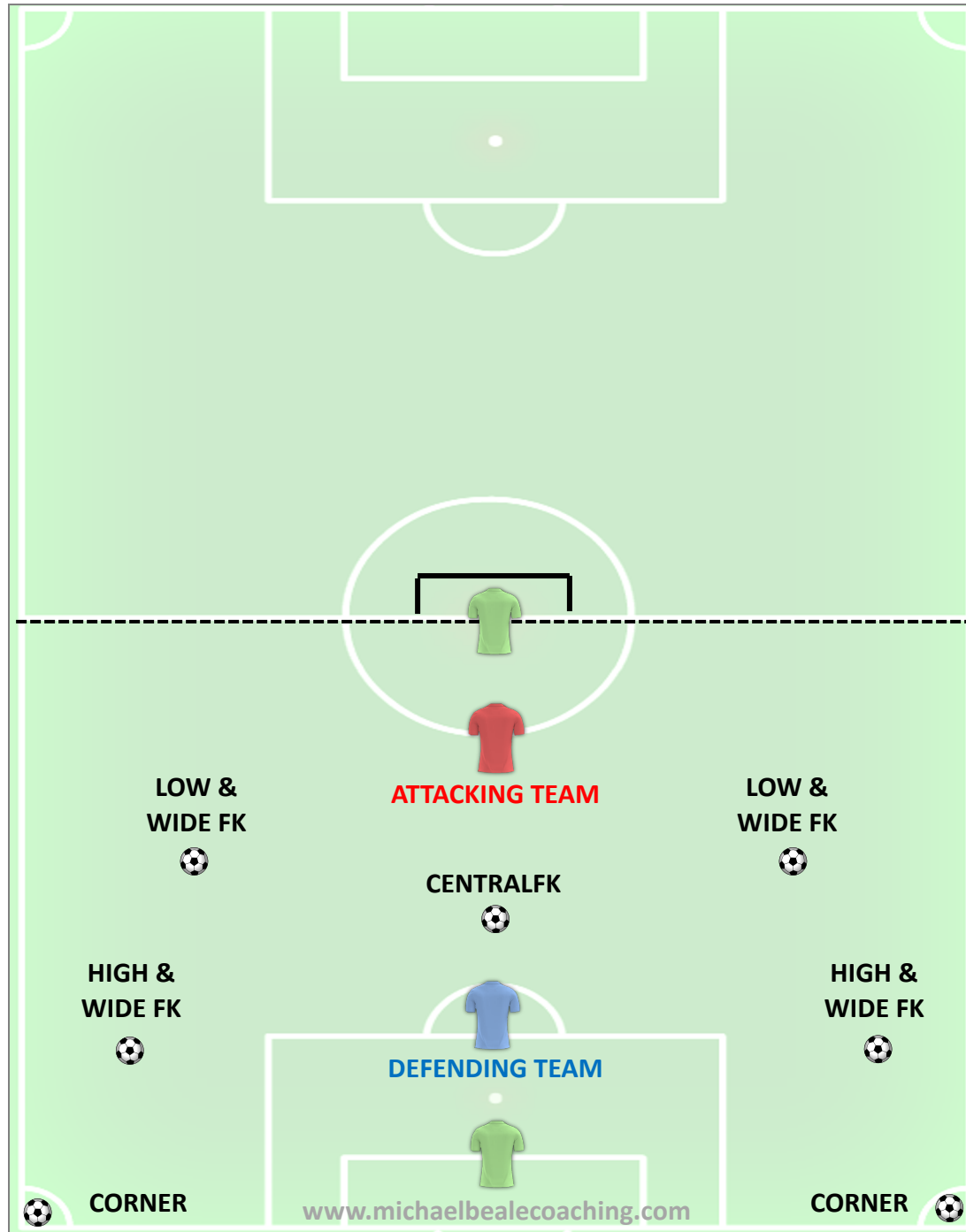
Goalkeepers



1 x 20 mins



Offside rules apply



SET PLAY GAME

This practice develops the ability to dominate attacking and defensive set plays.

Set up

The pitch is set up as shown in the diagram.

The red team attack for the first half of the game and have seven different set play opportunities

1. Corner (right)
2. High and wide free kick (right)
3. Low and wide free kick (right)
4. Central free kick
5. Low and wide free kick (left)
6. High and wide free kick (left)
7. Corner (left)

The blue team must set up to defend against these set plays.

Rules

Once the ball is in play, the game continues as a normal game until the ball leaves the pitch or a goal is scored.

The game is then restarted from the position of the next set play situation.

For the second half, the roles in the game are reversed.

45.



Players



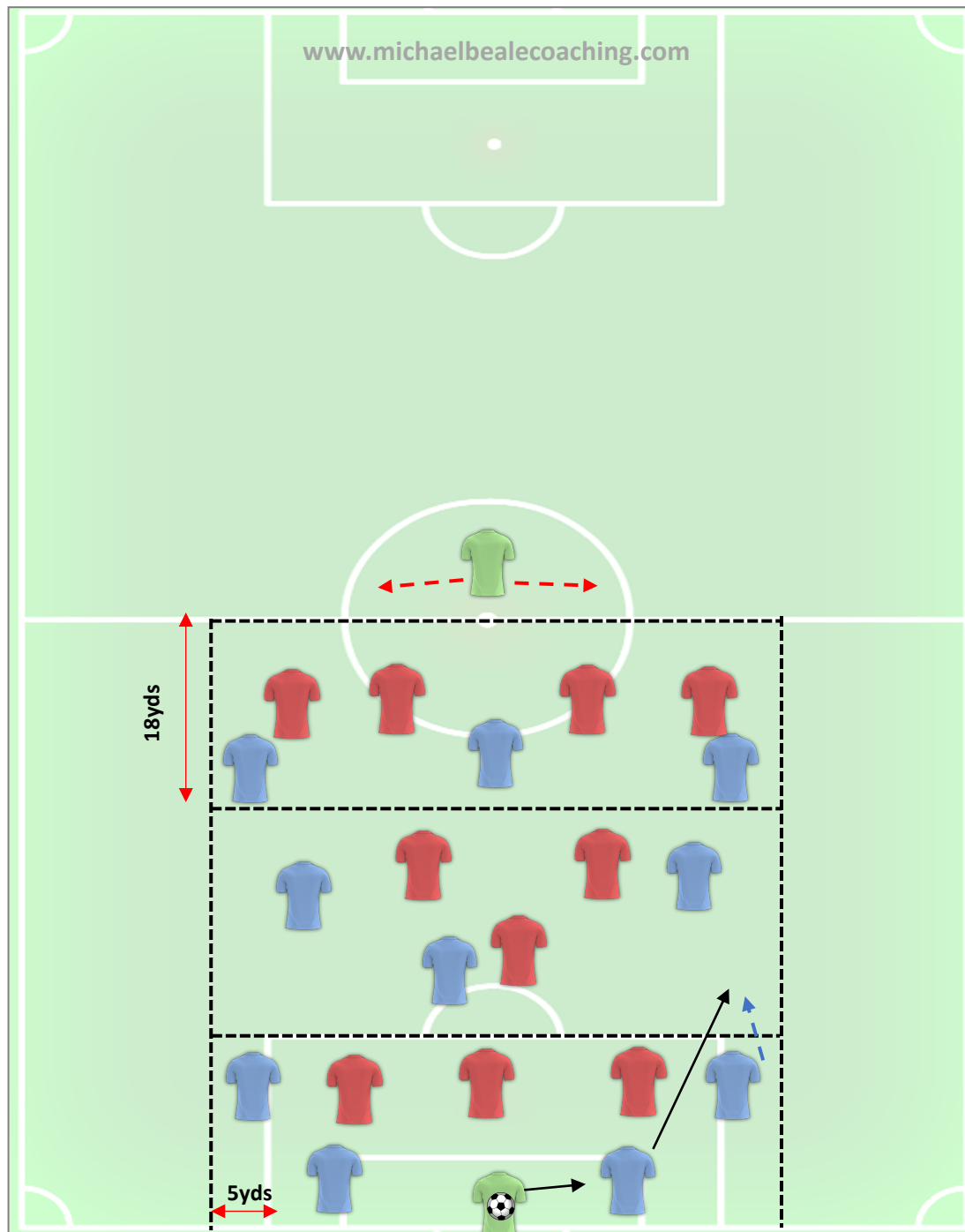
Goalkeepers



2 x 10 mins



The offside rules apply for the team attacking the penalty box.



THROUGH THE THIRD'S

This practice develops attacking build up – through the three zones of the pitch.

Set up

As shown in the diagram, the pitch is split into three zones.

Each team has eleven players, a goalkeeper four defenders, three midfielders and three forwards.

The goalkeeper is placed on the end-line of the pitch, the defenders are placed in the defensive zone, the midfielders in the middle zone and the forwards in the attacking zone.

The aim is to build up through the different zones by creating an overload situation in each zone.

To score, the teams must break past the opponent's end-line (via a dribble or pass to a team-mate breaking the line).

The goalkeepers can move along the end-line to block or intercept the ball and stop the opponents from crossing the line

Rules

When attacking, one player can move into the next zone

When defending, you are stuck in your zone.

46.



Players



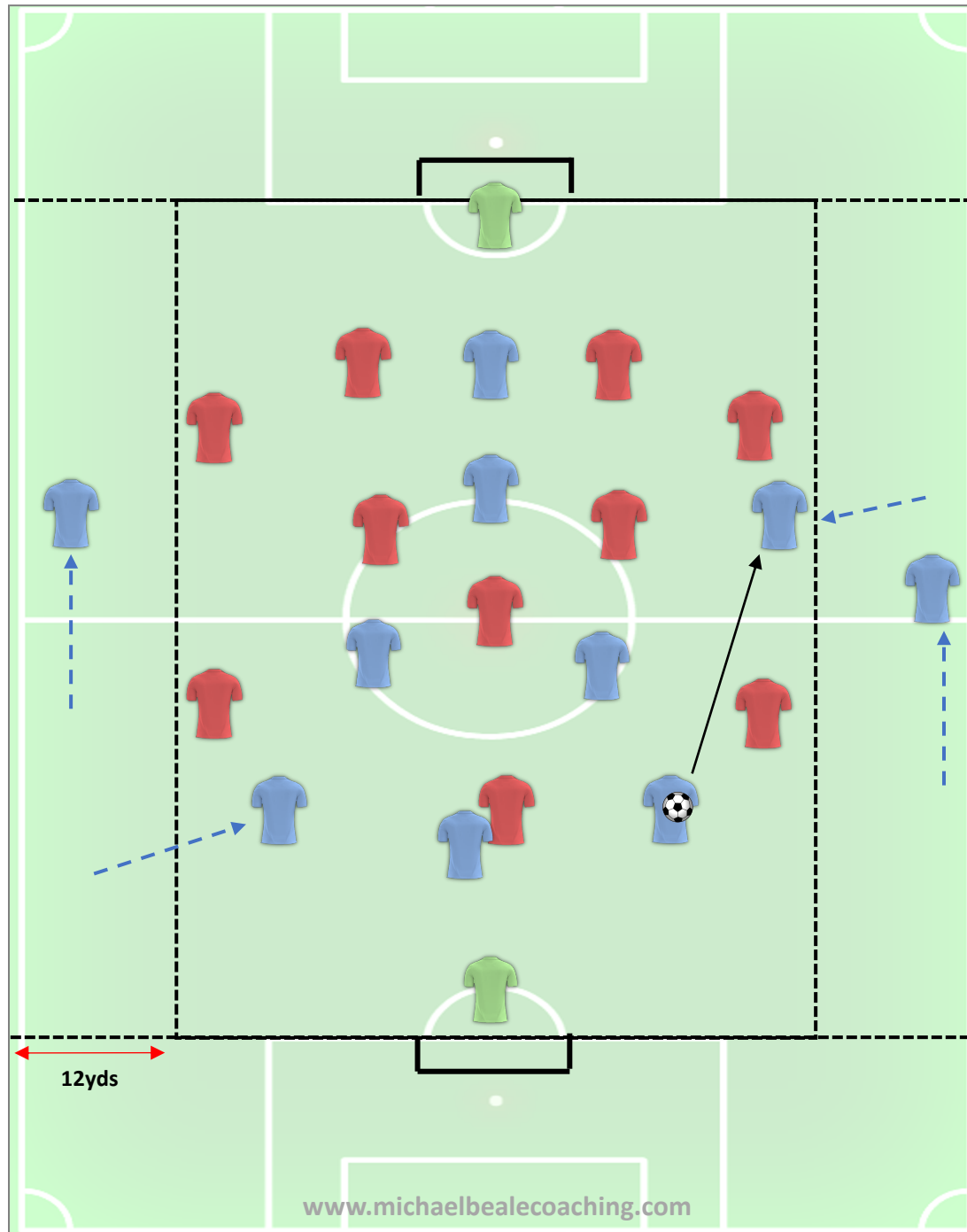
Goalkeepers



2 x 8 mins



Offside rules apply in the end zones



WIDE RELATIONSHIPS

This practice develops the relationship between a full back and wide player when the team is attacking.

Set up

The pitch is set up as shown in the diagram.

Plan an 11v11 game using any formations

When in possession of the ball, you must have at least one player in each wide channel to give the team maximum width in the attack.

This rule will encourage the building of relationships in wide areas between the full backs and wide players

- The full back moving high and the wide player inside
- The full back moving up and inside and the wide player staying outside
- The full back and wide player both staying wide

Rules

If the team in possession does not have a player in each wide channel, then a free kick is awarded to the defending team.

47.



Players



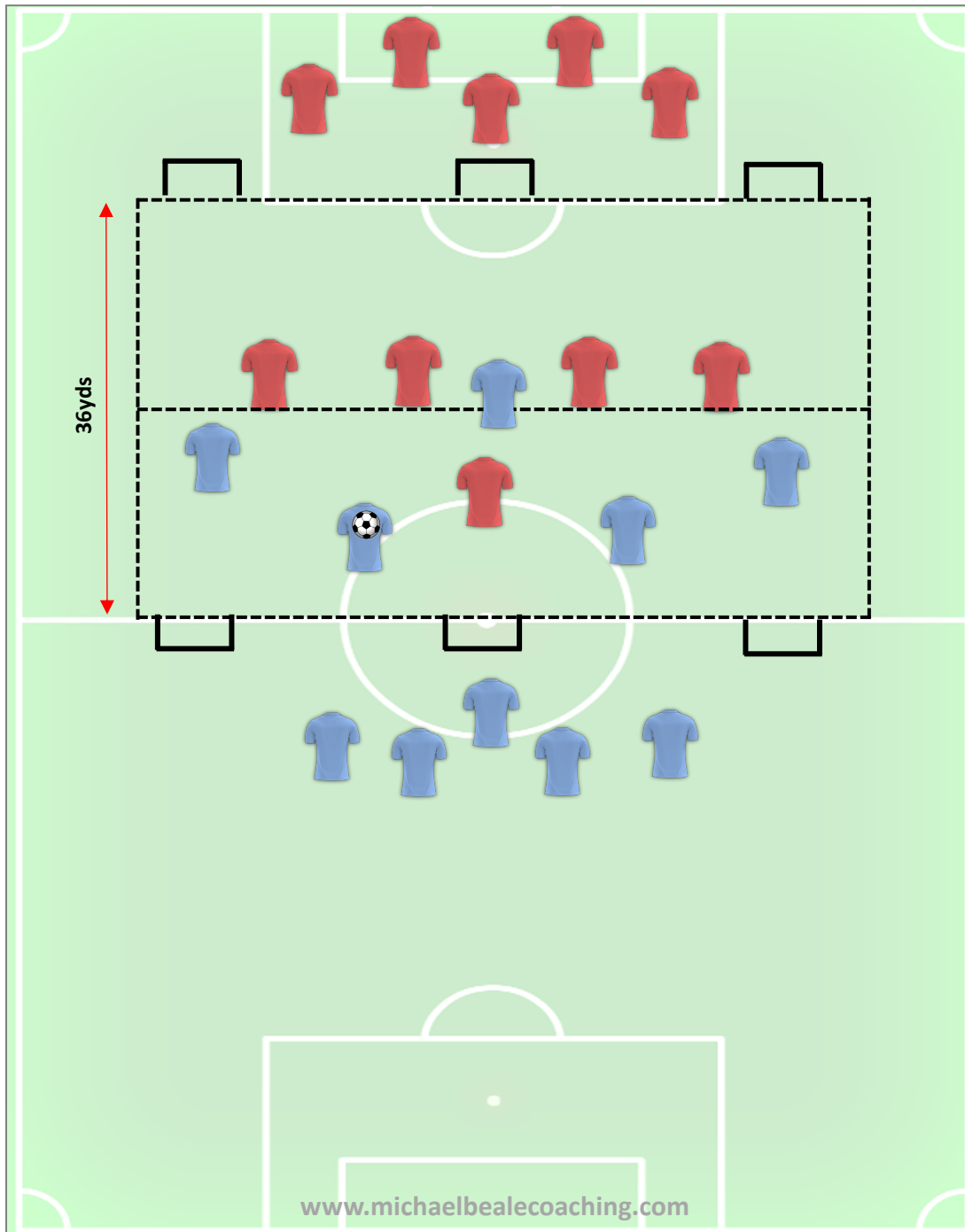
Goalkeepers



1 x 20 mins



Offside rules apply



FRONT FIVE / BACK FIVE

This practice develops the attacking and defensive units when using a GK433 or GK4141 formation.

Set up

The pitch is set up as shown in the diagram.

A 36yd pitch is split by a half-way line.

Three target goals are placed on each end line.

Each team has ten outfield players and must split their team into the back half and the front half of the formation.

Bottom half – four defenders and one midfielder

Top half – two midfielders, two wide players and one forward.

The teams take turns to enter the pitch and play 5v5 against the opponents (bottom vs top half and vice versa).

Rules

The offside rules are used in this game

Each game lasts until one goal is scored.

The first team to a combined ten goals is declared the winner.

48.



Players



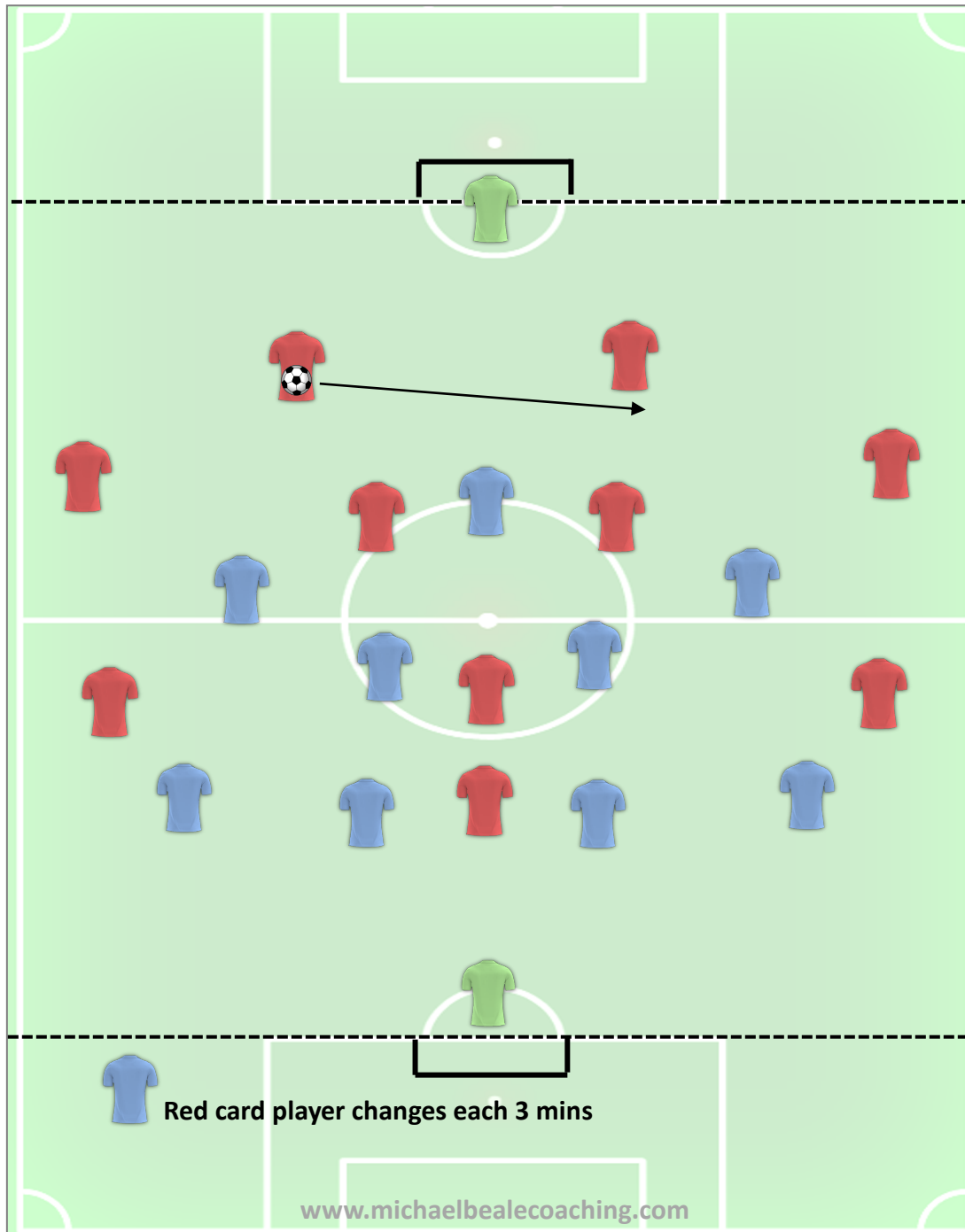
Goalkeepers



The first team to 10 goals



Offside rules apply



ONE PLAYER LESS

This practice develops understanding of how to play with ten players and against ten players.

Set up

The pitch is set up as shown in the diagram.

The red team plays the first half with the one player advantage 11v10

The blue team must nominate a player to leave the pitch and stand by the side of the team's goal.

This replicates the player who has been sent off.

The "sent off" player can be changed after each three minutes.

A normal game commences.

Rules

Each three minutes, the team can change the player that is outside the game.

For the second half, the roles in the game are reversed and now the red team is the one playing with one player less.

49.



Players



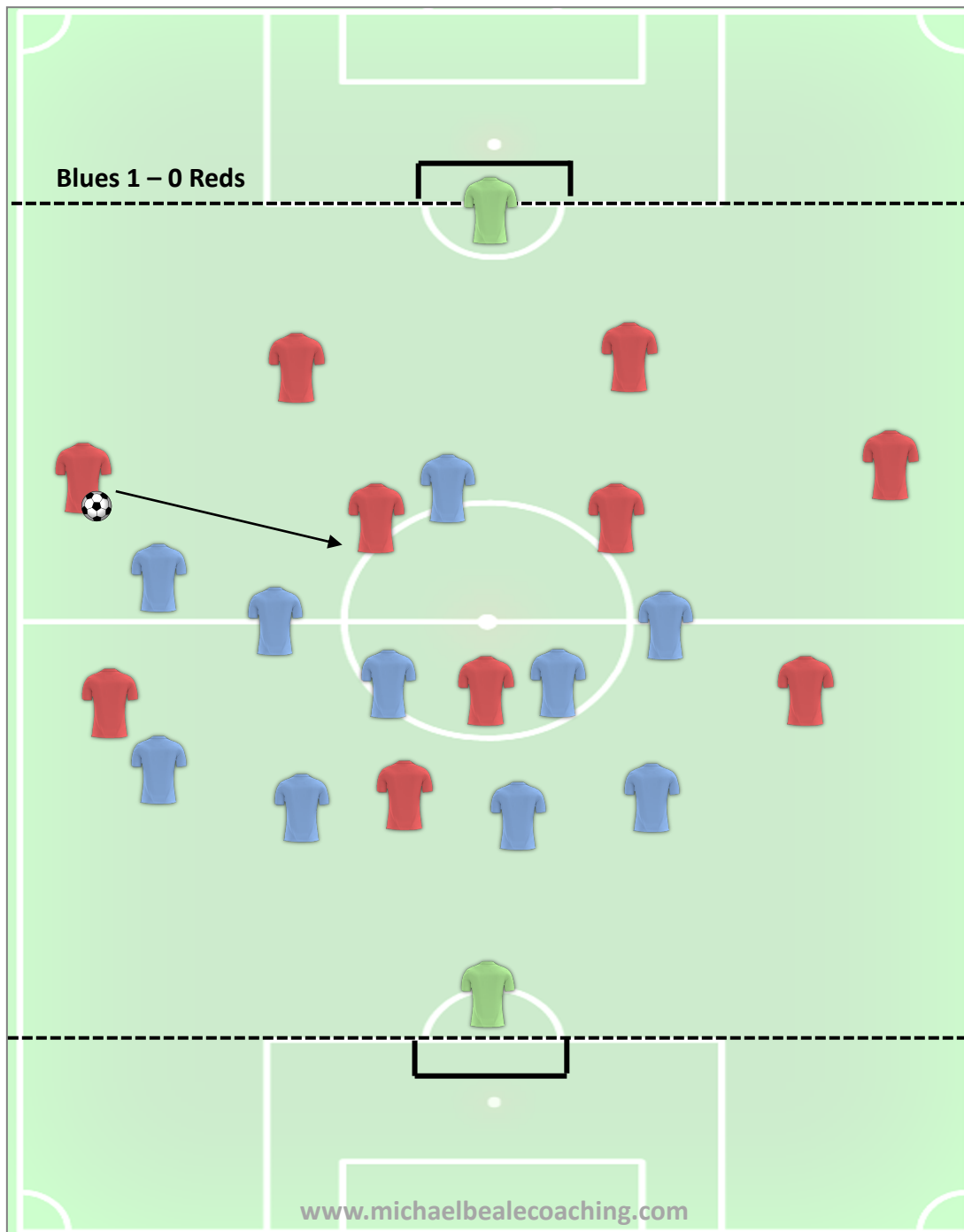
Goalkeepers



2 x 12 mins or
2 x 15 mins



Offside rules
apply



SCORE SCENARIOS

50.

This practice develops team clarity on how to manage the score and final moments of the game.

Set up

The pitch is set up as shown in the diagram (you can modify and play full size if you prefer).

The teams play an 11v11 game.

The coach gives the teams a scenario that the game is a European 2nd leg with the red team at home and the blue team away from home.

“Its the 80th minute and the red team is winning by 1-0”

The red team needs to win the game. The blue team only need a draw to proceed in the competition.

Play out the last 10 minutes of the game

Rules

To give the game an additional edge, you can award double points for goals that are scored in a specific way. This could be one of the following

A certain player scores

A certain scenario (example of a header from a cross)

From a set play



Players



Goalkeepers



1 x 10 mins



Offside rules apply

“Teams don’t learn, Individuals within the team learn”

Johan Cruyff

www.michaelbealecoaching.com

11V11

TACTICAL DEVELOPMENT GAMES

For the Professional Development Phase

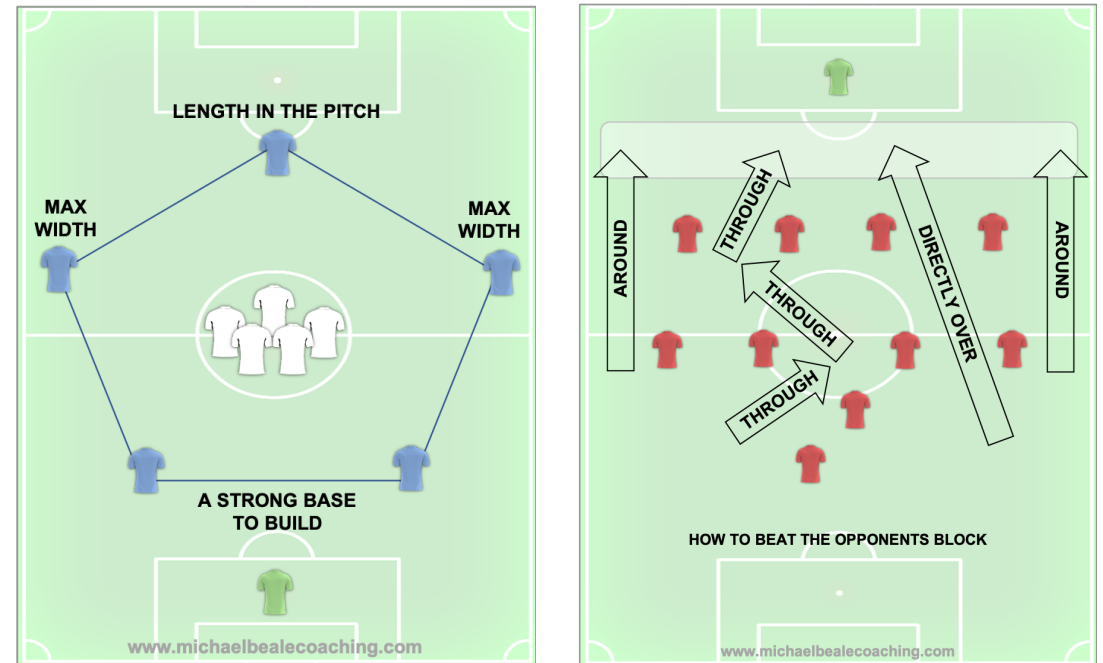
Author

Michael Beale is a professional football coach from London, England.

He holds the UEFA Pro Licence award and is currently the first team coach at Rangers Football Club. Prior to this, he held full time coaching positions with Chelsea FC, Liverpool FC and Sao Paulo FC, working across the foundation, youth and professional development phases.

As a coach educator, he has presented at coaching seminars in England, Scotland, Wales, Northern Ireland, Ireland, Norway, Iceland, Brazil, Malta, Canada, USA, Jordan, Israel, Australia and Qatar.

You can visit www.michaelbealecoaching.com for more information on Michael and his ideas on player & coach development.



The games are designed to recreate game scenarios across five key areas

Defending

Counter attacking

Attacking

Counter defending

Set plays & restarts