MORE GAMES ® MORE GOALS ® MORE FUN!



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Contents

Introduction 2

How to run the games 3

Skills matrix 5

Ultimate 4v4 games

- **01** Halffield possession
- **02**The end zone game
- 03 Fourgoalgame
- **04** The random game

Four goal games

- 05 Passers v shooters
- **06** Anchorgame
- **07** The Sweeper
- 08Ontarget

Neutral four goal games

- **09** Back and front
- 10 Right and left
- 11 In the middle

Back four games

- 12 Blockers
- 13 Coverme
- 14 Defend first, attack second

Breakout games

- 15 Breakthrough to shoot
- 16 Breakthrough 1v1
- 17 Pass and run

Four by four variation

18 Four by four variation

Wave games

- **19**3v3v3waves
- 203v3v3central advantage
- **21** 3v3v3 central and wide advantage

Crossing games

- 22 Build up to score
- 233v2toscore
- 24 Wingers game

End to end games

- 25 Switch attack
- 26 Feed the forwards
- 27 Pull off zone

Choice game

282v2choicegame

Centre backs games

- 29 Dribble out of defence
- **30** Defend the dribble
- 31 Three zone game

Forward pass or wide pass

- 32 Target man
- 33 Wideman
- **34** Targets vwingers

Shooters

- 35 Possession game
- 36 Pass and shoot
- 37 Shooters game

Central or wide attack games

- **38** Central attack
- 39 Wideattack
- **40** Central v wide attack

Switch games

- 414v2switch goals
- **42** Three team switch

Counter attack games

- 433v2fastbreak
- 44 Breakoutto score
- **45** Find the striker

The cube

46 Cube tournament

The dribbler

- **47** 1v1 duel
- 48 Beattwo and score
- 49 Man marking

Wing mania

- **50** Wide advantage
- 51 Wingers game
- **52** Overlap game

1v1 crazy

- 53 Team game
- **54** Time trial
- 55 Multi ball

Overload games

- 56 Overload continuous
- **57** Overload two way

Around the world

- 581v1crossways
- 59 1v1 around the world
- 602v2aroundtheworld

Reaction games

- **61** Shooting breakout
- **62** Crossing breakout
- 63 1v1 breakout

Five team world cup

64Thetournament



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Introduction

Dear Soccer Coach,

Thank you for ordering your copy of *64 More Small-Sided Soccer Games*. I'm sure you will find it an essential companion in your coaching career.

What sets my new manual apart from other coaching manuals (including my bestselling 64 Small-Sided Soccer Games), is that I have grouped complementary games together on multi game pitches.

The 24 multi game pitches featured inside include a number of games in each set up. This allows you to maximise your training time. You won't have to pause to set up another game, players can just move onto the next pitch and start another game straight away. They will be constantly playing the game they love and having to think about what each game requires from them. My How to Run the Games section on page 3 will help you understand further how these multi game pitches can be put into practice to maximum effect.

The multi game pitches have been clearly set out for you to follow, but you need not stop there. I have set out games so that over time you can mix and match different games to suit your team's requirements. Want to practise shooting, man-marking, tackling and counter attacking in one training session? Not a problem. Turn to page 5 to see my Skills Matrix which shows you what skills each game will teach your players.

64 More Small-Sided Soccer Games has everything you need to make your training sessions fun and exciting for your players, while teaching them the essential skills required for the beautiful game.

Enjoy the book and best of luck in your coaching,

Michael Beale

How to run the games

Running these games couldn't be easier. You'll find the set up of the multi game pitches including pitch measurements, equipment required, and number of players clearly outlined at the beginning of each chapter.

But these are for your guidance, so you can choose to include more players depending on the size of your squad, choose poles instead of cones, use standard goals instead of mini goals—it's up to you as coach what works best for you and your team.

Here are a few tips for when you don't have the right set up but still want to play the games:

Incorrect equipment

When deciding on which game to play it is not always essential to have all the equipment suggested.

With a little creativity you can replace the equipment listed with other kit and still play the game without affecting your players' learning and enjoyment. For instance, to mark out a goal, you can use poles or cones. If poles are listed in the equipment for a game and none are available you can use cones in place of the poles.

Restarting games

Restarting the game when the ball leaves play is something that you as coach can control—this enables you to manage the speed of the game or to reward a team who has scored. Some examples of how to restart the game are listed below:

- You can be in charge of the balls by standing on the half way line serving a new ball into the pitch immediately. You can also use these serves to create challenges for the ball, create counter attacks or switches of play, depending on where you choose to serve the ball
- Prior to starting the game, place balls around the outside of the pitch. When the ball leaves the pitch the players must take the nearest ball and restart the game from where the ball left the field. When using this rule you can stipulate whether the game should be restarted with a throw in, a grounded pass or a dribble onto the pitch

Prior to starting the game you can place the balls by the side of each goal for the goalkeepers to restart the game whenever the ball leaves the pitch. However, you can also decide which goalkeeper is going to restart the game. This allows you to reward a team who has scored a goal by instructing their goalkeeper to restart the game and not the goalkeeper who has just conceded a goal

Time management

Each game has a recommended playing time but you can mix up the teams and replay the game if you have sufficient extra time in the session. Or, when short of time you can reduce the playing time.

Raise the intensity

You can raise the intensity of a game by including double goal periods. For example, if a game is played for two halves then in the last minute of each half the goals are worth double points. This rule will see the game increase in speed and excitement as the teams try hard to take advantage of this double scoring period. This rule replicates the energy and passion of a Premier League match.

Lower the intensity

You can lower the intensity of a game by including a rule where the team in possession must complete a certain number of passes prior to scoring a goal. This could be three or five passes. This rule slows the game down and makes it a more technical Spanish League style game where teams try to build up carefully with lots of short passes

Session flow

The session should flow well due to the initial set up allowing you to move from one game to the next smoothly. A tip is to use a drinks break and ball collection prior to introducing a new game on the multi pitch.

This drinks break allows the players to forget the previous game and then prepare themselves for the rules and scoring methods of the new game.

This also gives you the chance to add

or remove the odd cone that may be required for the new set up.

Too many players

If you have more players than are listed in the game set up (a full list of the suggested number of players can be found overleaf), there are still lots of options available to you to run the game successfully.

One player too many

- Give one team a one player advantage for the first half of the game and reverse the advantage for the second half. This can be linked to a role play of a player being sent off
- Make one player a neutral player who plays for the team in possession of the ball

Two players too many

Increase the area by 2yds in length and width and place one player onto each team. Therefore a 4v4 game would now become a 5v5 game in a slightly increased pitch set up.

Three players too many

Combine the two options above. Give each team an additional player and then include a neutral player into the game. The pitch size should be increased in width and length by 4yds.

Four+ players too many

Add a third team to the game and utilise a skill zone outside the main pitch where one team can work on skills while the other two teams play the game. This ensures players are focused and working hard, but you must set the players some targets.

Using skill zones Set up a 10yd square

- Ball juggling which player can complete the most juggles in the resting period?
- Football tennis split the resting team into two teams and play a football tennis game
- Play a keep-away game where the team works on their possession play

How to run the games

Not enough players

If you have too few players then you can modify the game to suit your needs:

- If the game is played with three teams then modify it so the game is played with two teams
- If the game is played with two teams and you only have enough for a 3v3 when the game is listed as a 4v4 game then you continue to play the game but within a smaller pitch size. For every player that is missing on the team you should reduce the pitch size by 5yds in length and width. So a 4v4 game in a 40yds x 30yds area would become a 3v3 game in a 35yds x 25yds area

No goalkeepers

Goalkeepers are not always needed in the games. Here are some simple ideas on running a game when you don't have any goalkeepers:

- Give each player on the team a number. Each player now plays an allotted time as the goalkeeper in the game
- Play the game with a "rush" goalkeeper rule where any player can be the keeper at any given time
- Play the game without goalkeepers but with shooting zones. The shooting zones should be marked 10yds from the goal and no player can shoot unless they are inside this shooting zone

Pick'n'mix

Though the games are grouped according to multi pitch set up you can use them how you like. For example, if you want to work on a skill, you can pick games from different chapters. So, if you want to focus on possession, use Halffield possession, Passers v shooters and Possession game. If your session is on switching play, mix up 4v2 switch goals, Overlap and Wide man. But if your squad needs to improve its defending skills pick Defend first, attack second, Three team switch and 3v3v3 waves. For a complete list of all the games categorised by skill please look at the Skills matrix overleaf.

GAME NUMBER	NAME	MINIMUM PLAYERS AND GOALKEEPERS REQUIRED
1	Half field possession	8
2	The end zone game	8
3	Fourgoalgame	8
4	The random game	8 plus 2GK
5	Passers v shooters	10
6	Anchorgame	10
7	The sweeper	10
8	Ontarget	10
9	Back and front	10
10	Right and left	10
11	In the middle	10
12	Blockers	12
13	Coverme	12
14	Defendfirst, attack second	12 plus 2GKs
15	Breakthrough to shoot	8 plus 2GKs
16	Breakthrough 1v1	10 plus 2GKs
17	Pass and run	10 plus 2GKs
18	Four by four variation	10 plus 1GKs
19	3v3v3waves	12 plus 2GKs
20	3v3v3central advantage	12 plus 2GKs
21	3v3v3 central and wide advantage	12 plus 2GKs
22	Build up to score	8 plus 2GKs
23	3v2 to score	10 plus 2GKs
24	Wingers game	10 plus 2GKs
25	Switch attack	12 plus 2GKs
26	Feed the forwards	12 plus 2GKs
27	Pulloffzone	12 plus 2GKs
28	2v2 choice game	12 plus 1GK
29	Dribble out of defence	12
30	Defend the dribble	12
31	Three zone game	12 plus 2GKs
32	Target man	12 plus 2GKs

GAME NUMBER	NAME	MINIMUM Players and Goalkeepers Required
33	Wide man	12 plus 2GKs
34	Targets v wingers	12 plus 2GKs
35	Possession game	8
36	Pass and shoot	8 plus 2GK
37	Shooters game	8 plus 2GK
38	Central attack	8 plus 2GKs
39	Wide attack	10 plus 2GKs
40	Central v wide attack	10 plus 2GKs
41	4v2 switch goals	12 plus 2GKs
42	Three team switch	12 plus 2GKs
43	3v2 fast break	12 plus 1GK
44	Breakout to score	12 plus 2GKs
45	Find the striker	12 plus 2GKs
46	Cube tournament	12 plus 2GKs
47	1v1 duel	8 plus 2GKs
48	Beat two and score	8 plus 2GKs
49	Man marking	8 plus 2GKs
50	Wide advantage	14 plus 2GKs
51	Wingers game	14 plus 2GKs
52	Overlap game	14 plus 2GKs
53	Team game	8
54	Timetrial	8
55	Multiball	8
56	Overload continuous	8 plus 1GK
57	Overload two way	8 plus 1GK
58	1v1 crossways	8
59	1v1 around the world	12
60	2v2 around the world	12
61	Shooting breakout	10 plus 3GKs
62	Crossing breakout	10 plus 3GKs
63	1v1 breakout	10 plus 3GKs
64	The tournament	15 plus 1GK

Skills matrix	POSSESSION	TEAM DEFENDING	TEAM ATTACKING	COMPOSURE	ATTACKING - WIDE AREAS	ATTACKING - CENTRALLY	DRIBBLING	ATTACKING 1V1 AND 2V1	1V1 ATTACK/ DEFEND	OVERLOADS	WINNING MENTALITY	COUNTER ATTACKING	REACTING	CROSSING	TURNING	SHOOTING	ONE-TWOS	FORWARD RUNS	HOLD UP PLAY	TRACKING RUNS	MOVEMENT OFF THE BALL	ROTATING POSITIONS	SWITCHING PLAY	TEAMWORK	COMMUNICATION	GAME AWARENESS	QUICK COMBINATIONS	PLAYING OUT OF DEFENCE	FORWARD PASSING	MAKING THE PITCH BIG	SKILLS DEVELOPMENT	TRANSITIONS
	POS	E	E	SOM	ATTA	ATTA	E E	ATTA	Ξ	NE.	ž	흜	REA	89	Ě	뭂	뽕	뚭	릴	TRAC	₩ A	ROTA	SWII	TEA	Ö	GAM		PLAY	뚪	MAK	SKIL	TRAN
ULTIMATE 4V4 GAMES 01 Half field possession	•			•																								•				
02 The end zone game	•						•																						•			
03 Four goal game 04 The random game					•																			•	•	•				•		
FOUR GOAL GAMES																									Ĭ	Ĭ						
05 Passers v shooters 06 Anchor game		•		•												•								•			•			•		
07 The sweeper		•																		•												
08 On target NEUTRAL FOUR GOAL GAMES																			•	•									•			
09 Back and front	•			•														•				•							•			
10 Right and left 11 In the middle	•							•									•	•				•					•			•		
BACK FOUR GAMES																						Ĭ								Ĭ		
12 Blockers 13 Cover me		•																						•								
14 Defend first, attack second		•										•																				
BREAKOUT GAMES 15 Breakthrough to shoot							•									•															•	
16 Breakthrough 1v1							•		•																						•	
17 Pass and run FOUR BY FOUR VARIATION																•			•		•								•			
18 Four by four variation	•															•							•			•			•			
WAVE GAMES 19 3v3v3 waves		•	•																													•
20 3v3v3 central advantage		•	•							•																						
21 3v3v3 central and wide advantage CROSSING GAMES		•	•		•	•																										•
22 Build up to score														•		•		•					•									
23 3v2 to score					•									•		•		•			•		•									
24 Wingers game END TO END GAMES					•									•		•		•					•									
25 Switch attack		•	•												•	•											•					
26 Feed the forwards 27 Pull off zone		•	•				•												•		•						•		•			
CHOICE GAME																																
28 2v2 choice game CENTRE BACKS GAMES		•	•																					•		•						
29 Dribble out of defence	•		•																		•	•										
30 Defend the dribble 31 Three zone game	•		•				•		•												•	•						•				
FORWARD PASS OR WIDE PASS																																
32 Target man 33 Wide man		•	•											•		•		•	•	•	•		•						•			
34 Targets v wingers			•		•	•								•				•	•				•									
SHOOTERS GAME 35 Possession game	•																										•		•			
36 Pass and shoot	•												•			•											•		•			
37 Shooters game CENTRAL OR WIDE ATTACK GAME													•			•																
38 Central attack			•			•	•							•				•									•		•			
39 Wide attack 40 Central v wide attack			•		•	•											•	•									•					
SWITCH GAMES								Ĭ																								
41 4v2 switch goals 42 Three team switch		•	•							•						•							•							•		
COUNTER ATTACK GAMES																																
43 3v2 fast break 44 Breakout to score		•	•									•				•													•			•
45 Find the striker		•	•									•				•			•								•		•			•
THE CUBE 46 Cube tournament											•		•											•	•	•						
THE DRIBBLER			-																													
47 1v1 duel 48 Beat two and score		•	•													•																
49 Man marking		•	•				•	•	ě		•					•				•	•				•						ě	
WING MANIA 50 Wide advantage			•		•									•		•							•							•		
51 Wingers game			•		•									•		•		•					•							•		
52 Overlap game 1V1 CRAZY			•		•									•		•		•			•									•		
53 Team game		•	•				•		•		•					•															•	
54 Time trial 55 Multi ball		•	•				•	•	•	•	•					•											•				•	
OVERLOAD GAMES																																
56 Overload continuous 57 Overload two way		•	•													•												•				
AROUND THE WORLD																																
58 1v1 crossways 59 1v1 around the world		•	•						•				•																		•	
60 2v2 around the world		•	•										•														•				ŏ	
REACTION GAMES 61 Shooting breakout				•									•			•		•								•						•
62 Crossing breakout													•	•												•						•
63 1v1 breakout							•		•				•			•										•					•	•
FIVE TEAM WORLD CUP												_																				

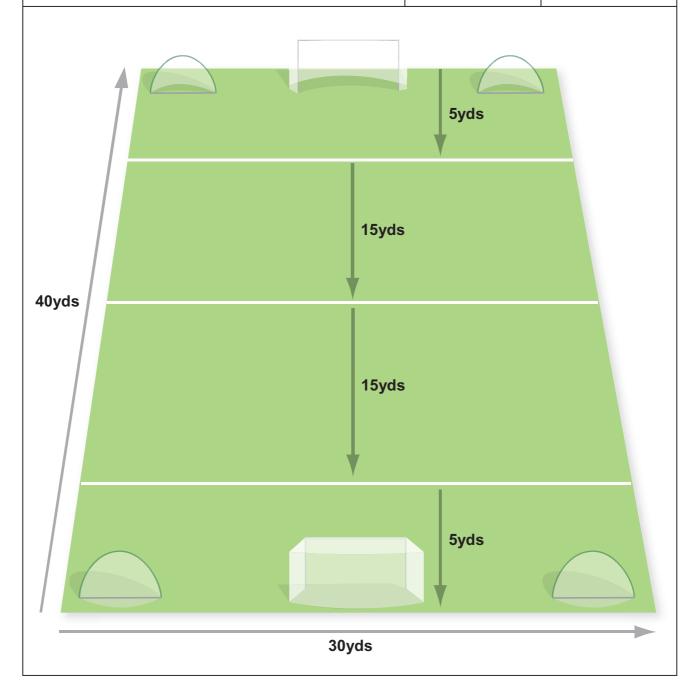
Ultimate 4v4 games

One initial pitch set up allows you to play four different small-sided games in this Ultimate 4v4 game. More games, more goals, more fun – less hassle. This quartet of games develops your team's build up play from defence through midfield and into attack.

Individual skills – passing, receiving, dribbling, movement off the ball, shooting, defending.

Team skills—team possession, playing out of defence, movement off the ball, combination play, switching play.

GAMES	SET UP
01 Halffield possession	PITCH 40yds x 30yds Two 5yd end zones
02 The end zone game	EQUIPMENT 2 goals 4 mini goals
03 Fourgoal game	footballsconesPLAYERS
04 The random game	



ULTIMATE 4v4 GAMES

Half field possession

MOVEMENT — PASS — PASS

Overview

When your defenders are up against two, three, or even four strikers they need to remain cool under pressure to pass the ball out of defence. This half field game develops team possession, composure, movement off the ball and passing skills.

Set up

Pitch 30yds x 30yds with a half way line

What you get your players to do

Start the practice by passing a ball into one of the teams. The team in possession passes the ball around inside their own half. Call the name of one of the opposing players (red) who immediately runs into the opposition's half and attempts to win possession by regaining the ball or forcing the opposition to make a bad pass outside of the area.

The team in possession (white) tries to keep the ball for four passes. If successful, you call out the name of a second red player who runs to help his team mate secure the ball. Play continues until all four red players are inside the opposition's half or until the ball has been won by the opposing (red) team.

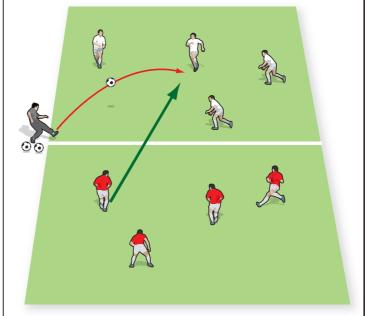
If the team in possession gives the ball away or makes a mistake and passes outside the pitch, the game immediately switches to the other team's (red) half with the player giving away possession now having to run and regain possession. The game works continuously.

Rules

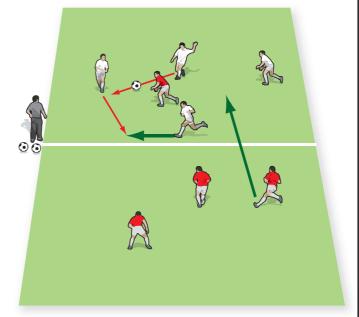
- The game is played continuously forten minutes
- A team scores a point for each time it completes four passes.
 (Four passes = one point, eight passes = two points and 12 passes = three points)

Development/progression

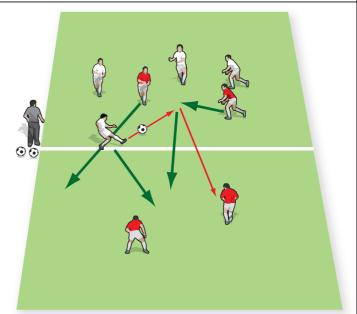
You can make this game more difficult by reducing the number of touches each player is allowed to take on the ball (for example two touch maximum) or by reducing the size of the pitch and therefore placing more pressure on the team keeping possession.



Pass the ball into one of the teams. On calling a defender's (red) name he then races into the other half to win the ball.



If the team in possession (white) makes four successful passes another red player runs team mate win the ball.



The red team wins possession and passes back to their own half. The white player who gave the ball away then runs to regain possession.

ULTIMATE 4v4 GAMES

The end zone game

MOVEMENT DRIBBLE - - - - PASS

Overview

Fast and furious, this end zone game forces your players to dribble the ball and attack the opposition using close control, and changes of speed and direction. It's a fast-paced, all-action game requiring skill and determination.

Set up

 Pitch 40yds x 30yds including two 5yd end zones

What you get your players to do

Each team is given an end zone to defend and an end zone to attack. The team in possession must try to dribble the ball into the opposition's end zone.

Rules

- The game is played continuously forten minutes
- A goal is scored when a player dribbles past a defender and into the opposition's end zone
- After a goal is scored, the opposing team starts with ball from inside its end zone. If the ball goes off the side of the pitch the game is restarted with a grounded pass from where the ball left the pitch

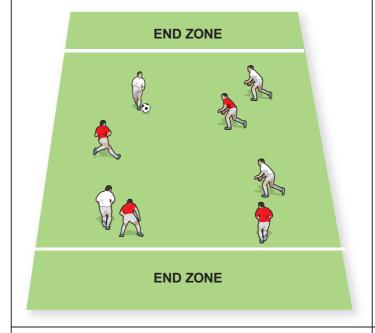
Development/progression

Introduce a man marking rule where each player man marks a player on the opposing team. This player can only tackle the player they are man marking. This progression forces the players into 1v1 duels.

Passing game

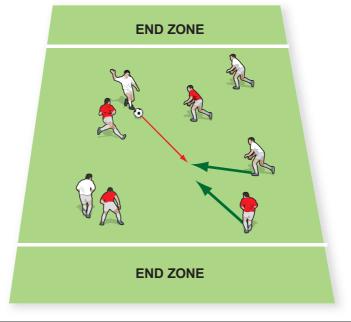
Players now score goals by making a pass to a player running into the end zone. This rule encourages creative play through passing and forward runs off the ball.

The player in possession must make a pass into the end zone as the player runs to receive the ball. The running player must not arrive in the end zone before the ball.

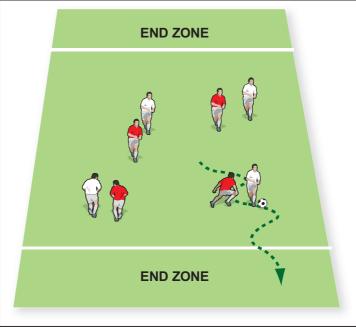


defends its end zone and attacks the opponent's end zone.

Each team



The team in possession attempts to pass the ball quickly in order to gain a 1v1 or 2v1 situation.



To score a goal a player must dribble the ball into the opponent's end zone.

ULTIMATE 4v4 GAMES

Four goal game

MOVEMENT DRIBBLE - - - - PASS

Overview

Encourage your team to constantly switch the focus of the attack from right to left and vice versa in this four goal game. Quick passes to switch play are used to create the space to dribble in 1v1 and 2v1 situations.

Set up

- Pitch 40yds x 30yds
- Four mini goals

What you get your players to do

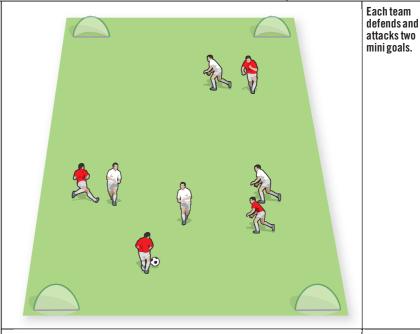
Each team is given two mini goals to defend and two mini goals to attack. Both teams must try to use quick passing interchanges in order to create space to score.

Rules

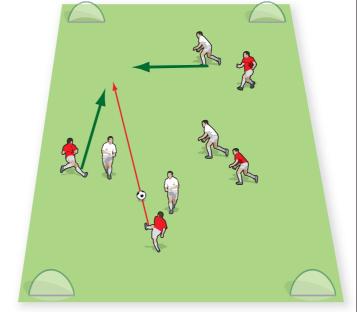
- The game is played continuously forten minutes
- A goal is scored when a pass/shot is made into one of the opponent's goals
- After a goal is scored the opposing team starts with the ball on its goal line

Development/progression

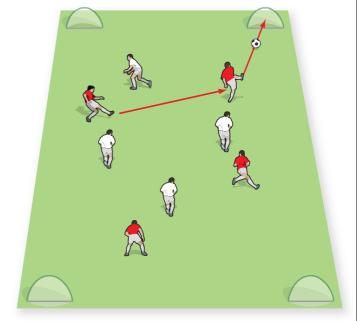
One touch finish – to increase the difficulty of this game you can impose a rule where players are only allowed to score using a first time pass/shot into their opponent's mini goal.



The team in possession looks to pass and move in order to create a chance to score.



Both teams score a goal by passing the ball into one of the opposition mini goals. Make the game more difficult by introducing one touch passing.



ULTIMATE 4v4 GAME

The random game

MOVEMENT DRIBBLE - - - - - PASS

Overview

Improve team work as the players quickly organise themselves to the new game and implement the tactics required to score a goal in this random game. It includes half field possession, end zone, four goal game and a normal two goal game inside one pitch. The teams play each game for a set period of time and then play the games randomly on your call.

Set up

 Pitch 40yds x 30yds including two 5yd end zones

What you get your players to do

Each team is given one half of the pitch to defend. Each half of the field includes a reduced possession area which is used for the half field game, an end zone which is used for the end zone game, two mini goals that are used for the four goal game and one standard goal which is used for the two goal game.

To start, you pass the ball onto the pitch and allow the players to play a normal two goal game where teams attempt to score past the opponent's goalkeeper and into the goal.

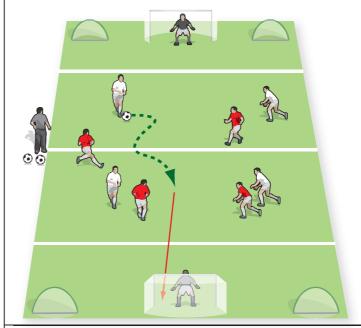
At any point in the game you can call out the name of a new game (for instance, four goal game). Now the teams must quickly change and play the new game.

Rules

- The game is played continuously for 30 minutes. To help the players understand the rules of each game you should play each game for four minutes:
 - 0-4 minutes half field possession 4-8 minutes – end zone game 8-12 minutes – four goal game 12-16 minutes – normal game
- Then for a further 14 minutes you call out the games randomly. Goals scored in each game are carried forward and the team with the most goals at the end of the 30 minutes is declared the winner

Development/progression

To add to the competition of this game you can split the sessions into rounds with each team playing to its maximum to win each four minute round (game), rather than taking its score into the next game. The four individual games and the random game make for five rounds altogether.

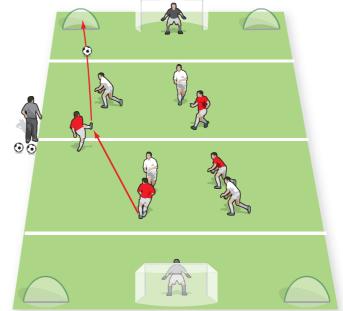


teams play a normal game where they attack the opponent's goal in order to score past the keeper.

The two



If you call out a new game the players must react and play to the rules of the new game, for example, the four goal game.



The team in possession now attempts to score a goal by passing the ball into one of the opponent's two mini goals.

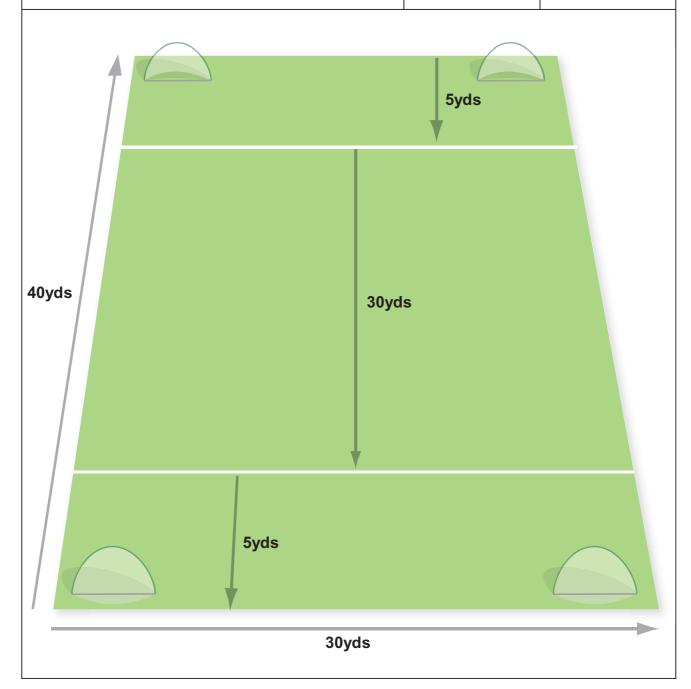
Four goal games

Get your players to play four different games all within a single set up in these four goal games. When playing, the teams attack and defend two goals. In possession both teams must try to switch play quickly in order to create chances to score. In defence, teams must avoid switches of play to isolate the game in one side of the pitch.

Individual skills – passing, dribbling, shooting, movement off the ball, communication.

Team skills—combination play, team work in attack and defence, communication.

GAMES		SET UP
05 Passer shoote	_	PITCH 40yds x30yds Two 5yd end zones
06 Anchor	r	■ 4 mini goals footballs
07 The Sweep	er	cones PLAYERS 10
08 On targ	get	



FOUR GOAL GAMES

Passers v shooters

Each team in this game has a different objective to complete in order to be successful. One team works as the passers and tries to keep possession of the ball. The other team needs to pressure the opposition and win the ball in order to shoot for goal.

Set up

- Pitch 40yds x 30yds
- Two mini goals at each end of the pitch

What you get your players to do

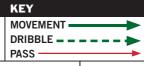
One team starts with the ball and tries to keep possession of the ball. The players in the second team have to work together in order to pressure their opponents and try to regain the ball. On regaining the ball, this team can shoot into the mini goals.

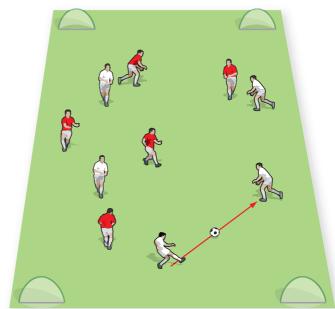
Rules

- The game is played for ten minutes
- Each team has five minutes as the passers and five minutes as the shooters
- The shooters score by shooting into the mini goals
- The passers score a goal by completing five passes
- If the ball leaves play, the passers always restart the practice with a pass onto the field from where the ball left the pitch

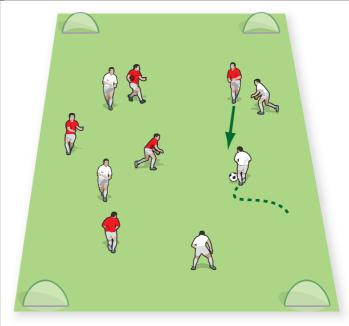
Development/progression

Introduce a random game where on your call, the two teams must quickly switch roles in the game.

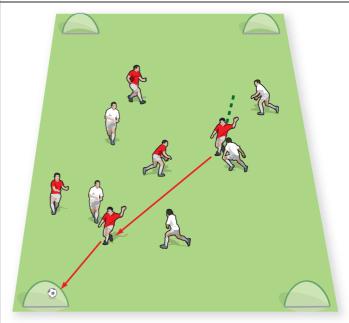




The white team tries to keep possession.



The white team attempts to pass or dribble forward.



If the red team wins the ball, they must shoot into the mini goals.

player is able

to receive

passes and play the ball to

a téam mate.

FOUR GOAL GAMES

Anchorgame

Overview

The anchor game improves your players' understanding that it isn't always possible or desirable to go forward when in possession. Sometimes your opponent has defended well and there isn't space to go forward and attack. In this situation the team must turn and make a pass backwards to a free player. This enables the team to attack from a completely different area of the pitch.

Set up

- Pitch 40yds x 30yds
- Two mini goals at each end of the pitch

What you get your players to do

Each team has one player start as the anchor player. This player waits off the pitch between the two mini goals.

Once in possession the team attempts to score a goal by passing the ball into one of the opponent's mini goals.

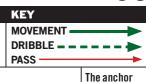
If the team finds forward play blocked the players turn and pass back to their anchor player who can then dribble onto the pitch and attack in a different direction.

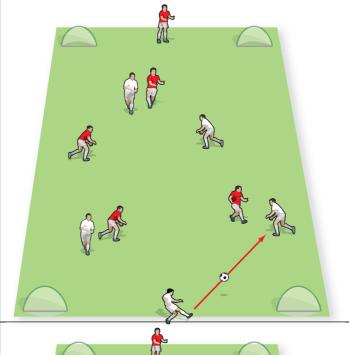
Rules

- The game is played for ten minutes
- The team scores by passing into the opponent's mini goals
- If a player passes out to the anchor player, then the player must go out and rotate positions with the anchor player

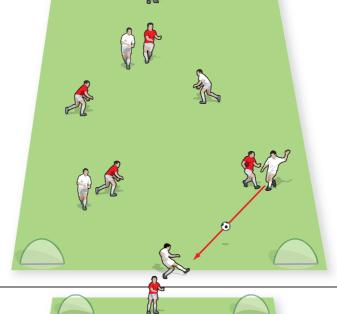
Development/progression

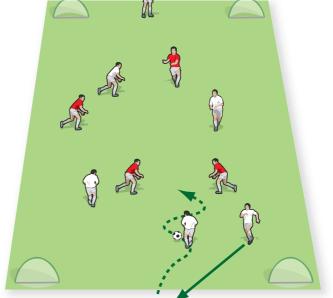
Remove the anchor by making this player play on the pitch. Now when the team attacks, does a player drop into a deeper position on the field in order to receive a backward pass?





If a player passes back to the anchor player, then the roles are reversed with the anchor player dribbling onto the pitch.





When dribbling onto the pitch the anchor player must move quickly to exploit the space created. The player who has passed to the anchor takes his place.

The sweeper

must stay inside the end

zone.

FOUR GOAL GAMES

The sweeper

MOVEMENT DRIBBLE - - - - PASS

Overview

The Sweeper is designed to improve the use of a deep defender who plays behind the other outfield players in order to provide defensive cover through good positioning and communication.

Set up

- Pitch 40yds x 30yds including two 5yd end zones
- Two mini goals at each end of the pitch

What you get your players to do

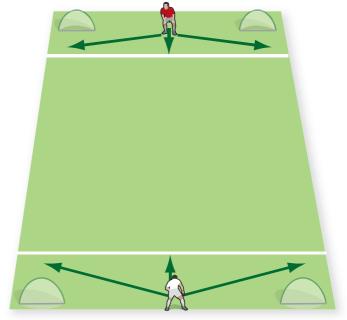
Each team nominates a sweeping player to play in its end zone. The sweeping player must communicate to the team when it is in possession. The sweeper must be constantly on the move so they can block shots targetted at their goals. When in possession the team can pass back to the sweeping player to keep possession. The player passing back can also exchange positions with the sweeper and so allow the sweeper to dribble onto the pitch.

Rules

- The game is played for ten minutes
- Only the sweepers are allowed in the end zones
- Goals are scored by passing into the opponent's mini goals

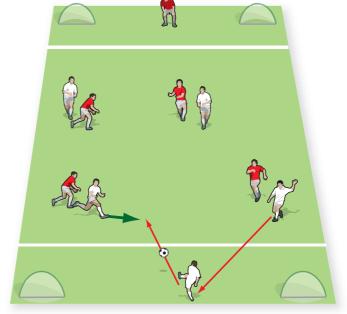
Development/progression

Remove the end zone and allow the sweeping player to join the rest of the team. Now when a team is defending, does a player drop back to take up this covering position? Does anyone look to block the goal? Does anyone communicate when defending?

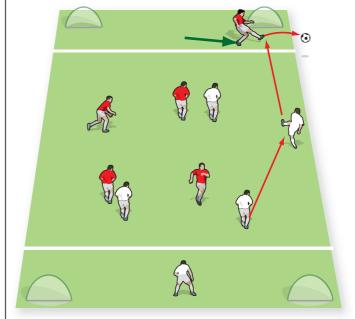


The team can use the sweeper in order to keep

possession.



The sweeper must try to protect the goals and move across the end zone to intercept any shots.



FOUR GOAL GAMES

On target

MOVEMENT DRIBBLE - - - - -

Overview

Encourage your team to play forward passes into the target man and then make supporting runs in order to receive a return pass to shoot.

Set up

- Pitch 40yds x 30yds
- Two mini goals at each end of the pitch

What you get your players to do

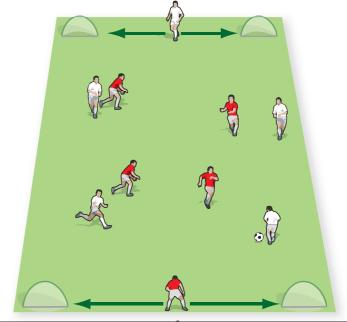
Each team nominates a target player to stand in between the goals they are attacking. The aim of this game is to pass forward to the target player and then run to receive a return pass in order to score in the opponent's goals.

Rules

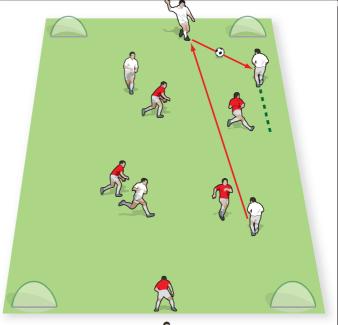
- The game is played for ten minutes
- The team must pass into the target player before they can score a goal
- The target player is only allowed two touches on the ball
- The target player cannot be tackled as they are outside of the playing area

Development/progression

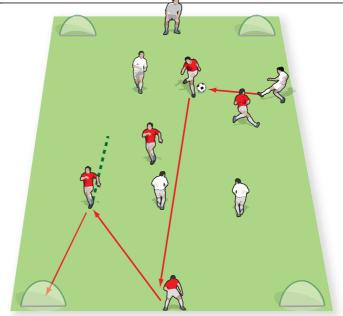
To increase the difficulty you can limit the target player to one touch. Now, the target player must pass immediately into the pitch which forces his team mates to make quicker forward runs to support him.



Each team nominates a player as the target man. The target man must work off the pitch and inbetween the goals.



To score a goal, a pass must first be made to the target man who has two touches to set up a team mate to shoot.



If the red team can intercept a pass or regain possession, can they pass into their target man to score?

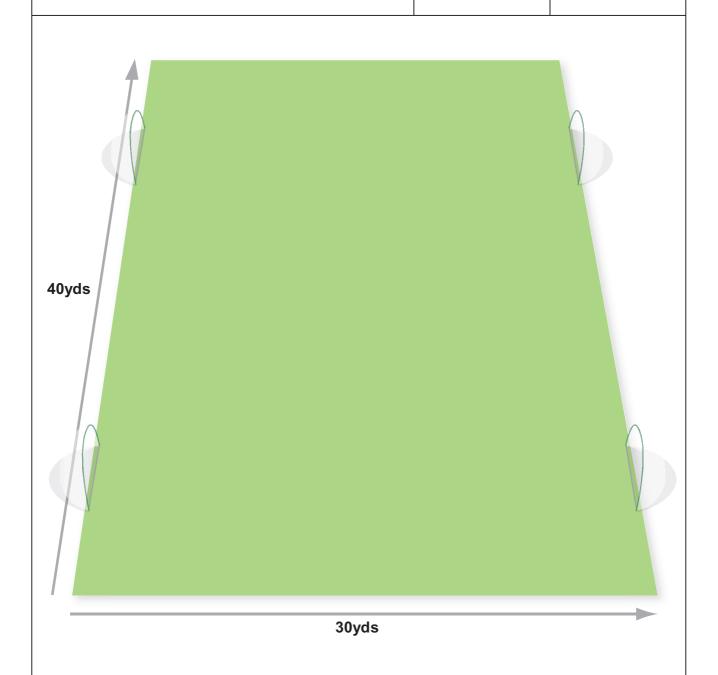
Neutral four goal games

The neutral four goal games aim to improve your team's use of the full pitch when in possession of the ball. This is achieved by placing neutral players in various positions on the pitch and giving the team in possession extra players to create overload situations.

Individual skills – passing, shooting, dribbling, movement off the ball, communication.

Team skills – movements, combination play, team work.

GAMES	SET UP
09 Back and front	PITCH 40yds x 30yds EQUIPMENT
10 Right and left	4 mini goalsfootballscones
11 In the middle	PLAYERS



NEUTRAL FOUR GOAL GAMES

Back and front

MOVEMENT DRIBBLE - - - - -

Overview

This game is used to encourage forward and backward passes in order to retain possession of the ball and create chances to score in the opponent's goals.

Set up

- Pitch 40yds x 30yds
- Two mini goals at each end of the pitch

What you get your players to do

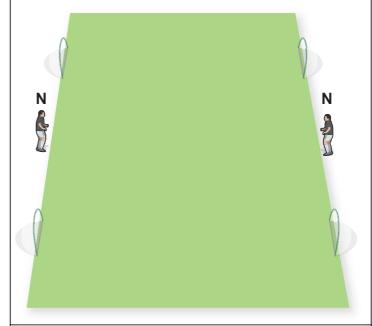
The neutral players are positioned at the back and front of the pitch. The team in possession can use these neutral players in order to retain possession of the ball and create chances to score a goal. The neutral players ensure that the team always has a backwards or forwards pass available to them and so increase the length of the pitch at all times.

Rules

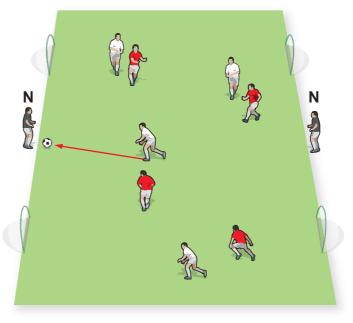
- The game is played for ten minutes
- The teams do not have to use the neutral players before scoring, the neutral players simply give the team more options when in possession of the ball
- Neutral players cannot be tackled and must stay on the outside of the pitch
- Neutral players are limited to two touches

Development/progression

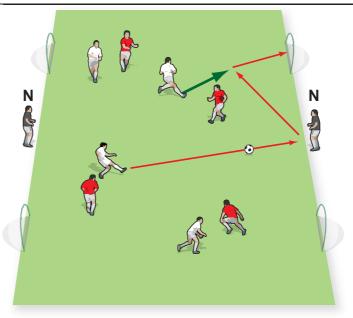
Reduce the neutral players to one touch in order to speed up the passing in the game.



The two
neutral
players are
positioned at
the back and
front of the
pitch.



The teams can use the "back" player to help them keep possession.



The teams
can use
the "front"
player to pass
into and then
make forward
runs to score
a goal.

NEUTRAL FOUR GOAL GAMES

Right and left

MOVEMENT — PASS

Overview

This game is used to encourage switching of play from the right to the left side of the pitch. This tactic is used in order to stretch the opponent's defence and create space to dribble or pass forward to score goals.

Set up

- Pitch 40 yds x 30 yds
- Two mini goals at each end of the pitch

What you get your players to do

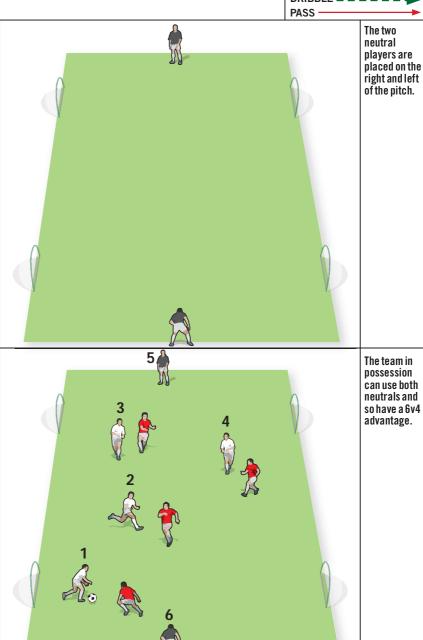
One neutral player must go outside the pitch on the right, and a second neutral player must go outside the pitch on the left. The neutral players are allowed to move up and down the full width of the pitch. The neutral players play for the team in possession of the ball. The two teams must attack the opponent's mini goals and defend their own mini goals.

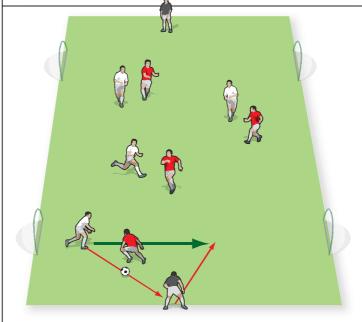
Rules

- The game is played for ten minutes
- Neutral players are limited to two touches
- Neutral players are not allowed to score goals
- Neutral players cannot be tackled as they are outside the playing pitch

Development/progression

To increase the speed of play you can reduce the neutral players to one touch. Now when passing to a neutral player the team must quickly make runs into space to receive a return pass.





The teams can use the players to make one-twos.

NEUTRAL FOUR GOAL GAMES

In the middle

MOVEMENT DRIBBLE - - - - PASS

Overview

Get your team to make quick, short passes in order disrupt the opponent's defence and create more chances to score goals.

Set up

- Pitch 40yds x 30yds
- Two mini goals at each end of the pitch

What you get your players to do

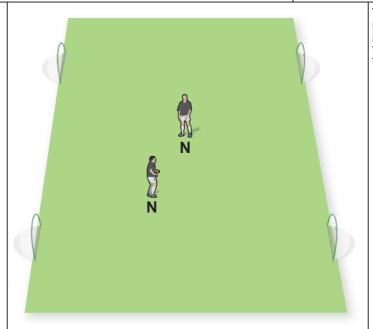
The two neutral players play on the pitch. The two teams attack and defend two mini goals. The neutral players play for the team in possession of the ball and give the team a 6v4 overload situation.

Rules

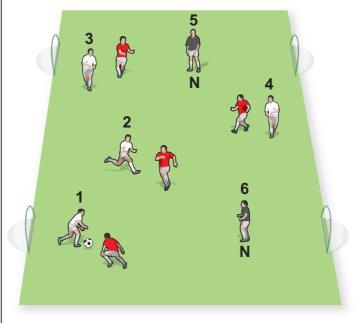
- The game is played for ten minutes
- Neutrals are limited to two touches
- Neutrals can be tackled
- Neutrals are allowed to score goals

Development/progression

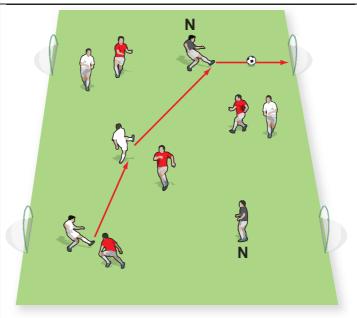
Neutrals are not allowed to score goals so the players on the team must work extra hard to score as they have two fewer potential goal scorers to rely on.



The two neutral players play in the centre of the pitch.



The team in possession now has a 6v4 advantage.



Can the team use this advantage to create a goal scoring opportunity?

Backfourgames

Improve your back four's defending skills through this series of demanding small-sided games. The games improve the shape, movement and pressing of the defence and, when in possession, the ability to counter attack

Individual skills – defending, communication, pressing, covering, supporting.

Team skills—communication, defending, team work, covering, supporting.

GAMES	SET UP
12 Blockers	PITCH 60yds x 30yds Two10yd end zones
13 Cover me	EQUIPMENT ☐ 2 goals ⊙ footballs
14 Defend first, attack second	cones PLAYERS 12 plus 2GKs



BACK FOUR GAMES

Blockers

MOVEMENT — DRIBBLE — — — — PASS

Overview

Blockers improves the back four's ability to remain compact, move together as a unit and stop forward passes by getting into good blocking positions.

Set up

• Pitch 60yds x30yds including two 10yd end zones

What you get your players to do

Divide the squad into three teams of four players.

One team is designated as blockers and is positioned on the centre line. The other two teams work as the passers and move to opposite end lines.

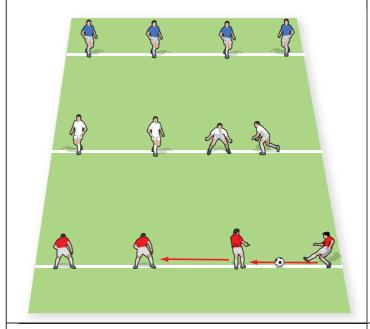
To start, one of the passing teams passes along its line and attempts to pass through to the opposite team. The blocking team must move along the line in order to close the gaps and block the forward passes.

Rules

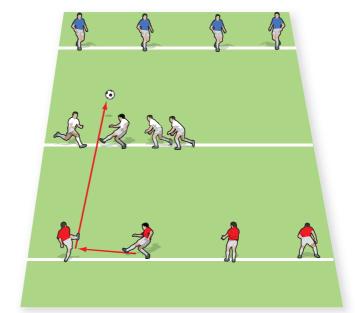
- The game is played for three sets of three minutes to allow all teams to play as blockers
- The blockers must remain on the centre line
- The passers must keep their passes under waist height when passing to the opposite side
- If the blockers intercept the ball it is passed back to one of the passing teams and the game restarts
- A point is scored for a block and a point is scored for a successful pass. The points are tallied up at the end

Development/progression

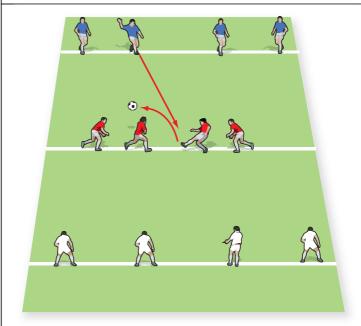
To improve the intensity of the practice you can limit the players to two touches.



The back four (white) start on the centre line and move along the line to stop forward passes.



The outside team in possession (red) quickly passes the ball and looks to see a space in the defence to pass across to the opposite team and score a point.



Once the three sets have been played the teams switch so one of the passing teams moves to the centre line to take on the role of blockers.

BACK FOUR GAMES

Cover me

MOVEMENT — DRIBBLE — — — — PASS

Overview

Defenders have to come off their line to go and pressure an attacker in possession of the ball. However, when this happens the other defenders must quickly take up good covering positions so they can block the space vacated by the pressing defender. Cover me works on these skills.

Set up

 Pitch 60yds x 30yds including two 10yd end zones

What you get your players to do

One team is nominated as the defending team (white) and is positioned on the centre line. The other two teams (red and blue) work as passers and place themselves on opposite end lines.

To start, one of the passing team (red) passes along its line and attempts to pass across to the opposite team of passers. The nearest defender (white) can go to pressure the passers while the remaining defenders must cover him by moving along the line in order to close the gaps and block the forward passes.

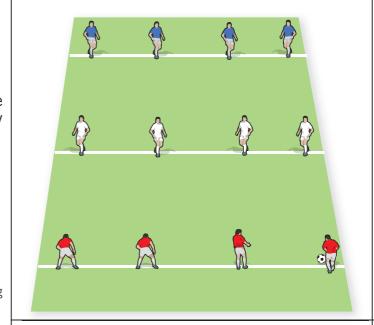
Rules

- The game is played for three sets of three minutes to allow all teams to play in defence
- Only one defender can go to pressure – the others must remain on the centre line
- The passers must keep their passes under waist height when passing to the opposite side
- If the blockers intercept the ball it is passed back to one of the passing teams and the game restarts
- A point is scored for a block and a point is scored for a successful pass. The points are tallied up at the end

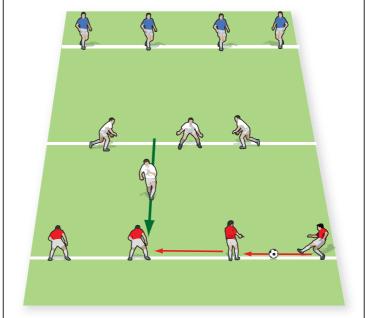
Development/progression

To improve the intensity of the game you can impose a two touch rule on the passers.

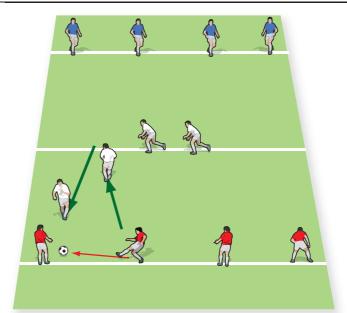
To reward good play you can impose a rotation when the defenders block a pass. Then they exchange positions with the team who gave away the ball.



The back four (white defenders) begin play positioned on the centre line. The two passsing teams (red and blue) are positioned on the end lines.



Once the ball is passed by the team in possession (red), the nearest defender (white) can move forward to pressure the passing team.



As the ball moves to a new passer, the next defender races out to press and the other defenders move into covering positions.

BACK FOUR GAMES

Defend first, attack second

MOVEMENT DRIBBLE - - - - PASS

Overview

Defend first, attack second emphasises the importance of defenders putting pressure on the attackers to regain the ball. Once in possession the defenders need to make good forward passes and run to counter attack the opponent's goal.

Set up

 Pitch 60yds x 30yds including two 10yd end zones

What you get your players to do

Get your players into three teams of four. One team goes in each half and one team (white) is positioned on the centre line. This team starts as the attackers and makes a one-two with the red team to start the game.

The central team (white) now attacks the red team and attempts to score in the red team's goal. The red team must employ good tackling skill to regain possession.

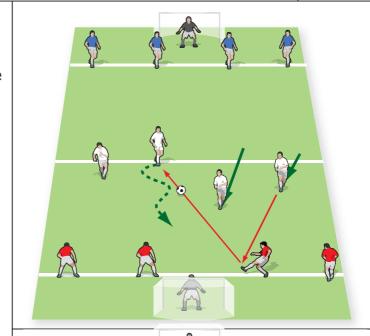
Next a red team player fires a pass forward to the blue team and a team materuns to receive a return pass to attack the blue team's goal.

Rules

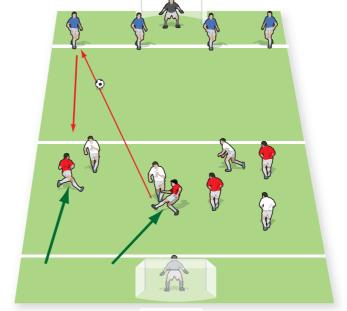
- The game is played for ten minutes
- If the ball leaves play, or is saved by the keeper, then the defending team has defended successfully and the game restarts with a forward pass and run to counter attack
- Punish poor defence by making the team defend again and again until it wins the ball. When a team concedes a goal you pass a new ball in to the opposition. This rule ensures the defending team is successful before it has a chance to counter attack
- If the attackers score, they get another chance on goal

Development/progression

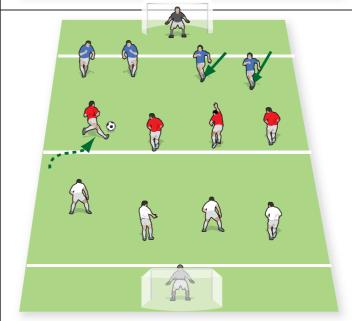
When attacking, players are allowed into the goalkeeper's end zone. This rule forces the defenders to press the attackers and stop shots on goal.



teams line up as shown. The team on the central line (white) starts the game by playing a one-two with a defending team (red).It then attacks and attempts to score against the defending team.



The red defenders must stop the white team scoring. If successful. the red team quickly makes a forward pass to the blue team, who passes the ball back to a red player who has made a run forward.



The red team now attacks the blue team to score. Can the blue team stop them?

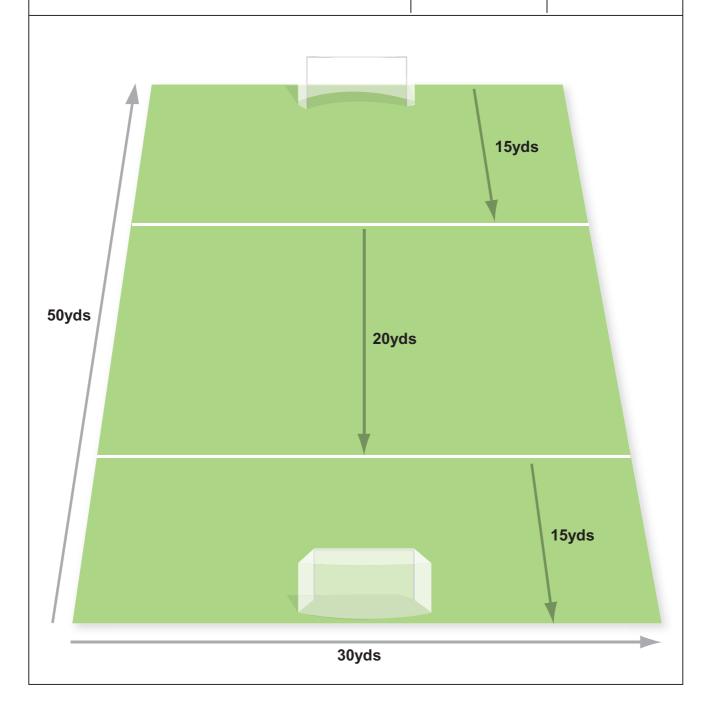
Breakoutgames

Breakout games encourage attacking play through dribbling, passing and forward runs off the ball. The games use simple rules and organisation to allow for maximum playing time in the session.

Individual skills—dribbling, passing, shooting, forward runs, hold up play, movement off the ball, communication.

Team skills—attacking, movement off the ball, combination play, communication.

GAMES	SET UP
15 Break- through to shoot 16 Break- through 1v1	PITCH 50yds x 30yds Two15yd end zones EQUIPMENT 2 goals footballs cones
17 Pass and run	PLAYERS § 10 plus 2GKs



BREAKOUT GAMES

Breakthrough to shoot

MOVEMENT DRIBBLE PASS

Overview

This game encourages the team in possession to dribble the ball and beat defenders in order to break out of the central zone and into the end zones to shoot at goal.

Set up

 Pitch 50yds x 30yds including two 15yd end zones

What you get your players to do

The game is played in the central zone. Each team attacks one end zone and defends one end zone.

The aim is to get the ball out of the central zone and into the opponent's end zone by dribbling past defenders. Passing is not allowed.

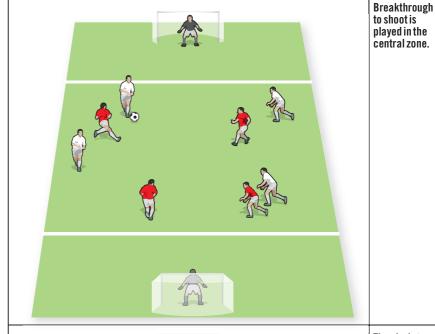
Once inside the end zone the player with the ball is allowed to have a free shot at goal

Rules

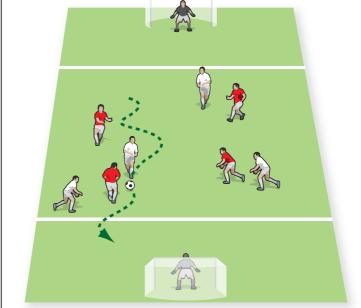
- The game is played for ten minutes
- The game is played in the central zone
- Attackers must dribble into the end zones and shoot at goal
- Defenders are not allowed to run back into the end zone to tackle
- If the ball leaves the side of the pitch then the game is restarted with a pass in from where the ball went out

Development/progression

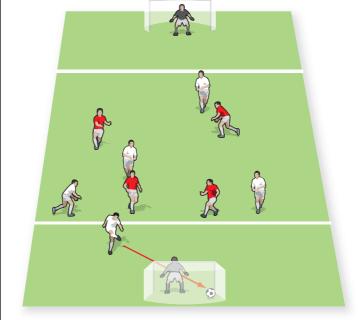
Once inside the end zone you can increase the difficulty for the attacker by reducing the number of touches the player is allowed to take. This forces the attacker to shoot at goal quickly, creating a sense of pressure.



The aim is to dribble out of the central zone into the opponent's end zone.



Once in the end zone the attacker has a free shot at goal. Reduce the number or touches to up the difficulty factor.



BREAKOUT GAMES

Breakthrough 1v1

KEY MOVEMENT -DRIBBLE - - - -PASS -

Overview

This game encourages the team in possession to dribble the ball and beat defenders in order to break out of the central zone and into the end zones for a 1v1 to score a goal.

Set up

Pitch 50yds x 30yds including two 15yd end zones

What you get your players to do

The game is played in the central zone. Each team defends and attacks one end zone.

The aim is to get the ball out of the central zone and into the opponent's end zone by dribbling past defenders.

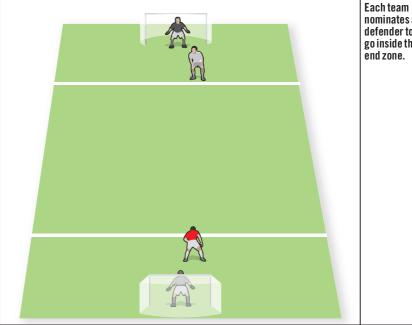
Once inside the end zone the player in possession must now try to beat the second defender in a 1v1 situation in order to shoot.

Rules

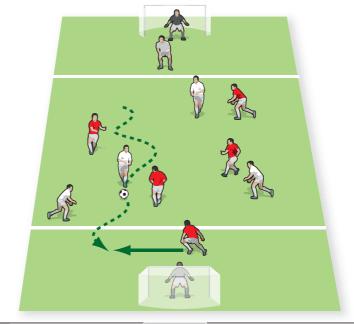
- The game is played for 15 minutes, change defenders every three minutes
- The game is played in the central
- Attackers must dribble into the end zones and go 1v1 with the second defender
- If the ball leaves the side of the pitch then the game is restarted with a pass in from where the ball went off

Development/progression

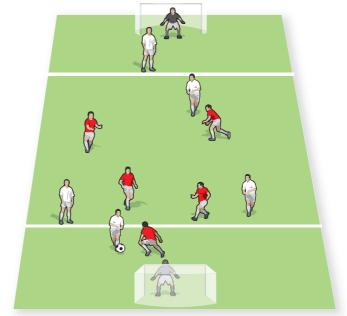
Allow a second attacker to make a forward run into the end zone so that the attacking team has a 2v1 situation against the defender.



nominates a defender to go inside the end zone.



The aim is to dribble the ball into the opponent's end zone.



The attacker and defender now play 1v1 inside the end zone.

BREAKOUT GAMES

Pass and run

MOVEMENT DRIBBLE PASS

Overview

Pass and run develops your midfielders to play forward passes into the centre forward and then make runs to support. The game develops the movement of the centre forward and their ability to hold the ball and bring team mates into the game.

Set up

 Pitch 50yds x 30yds including two 15yd end zones

What you get your players to do

The game is played in the central zone. Each team nominates a centre forward to go inside the opponent's end zone.

To score a goal the team in possession makes a pass into their centre forward and then a second player runs into the end zone to receive a set back from the centre forward in order to shoot at goal.

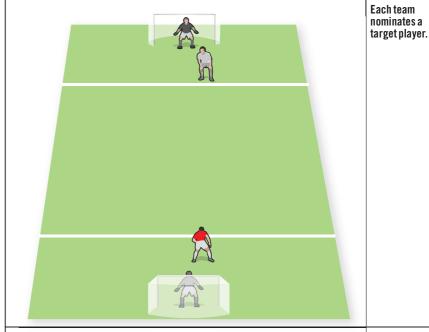
The centre forward now changes roles with the midfielder who made the forward run to shoot.

Rules

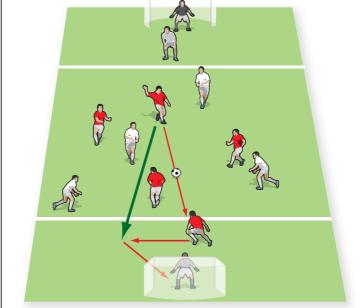
- The game is played for 15 minutes, change forward every three minutes
- The game is played in the central zone
- No player is allowed into the end zone until a pass has been made to the forward
- Only one attacker can run into the end zone to receive a lay off from the forward
- Defenders are not allowed to go into the end zone
- The forward is only allowed to use two touches

Development/progression

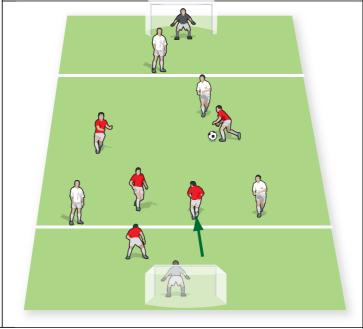
Place a defender inside the end zone to man mark the forward in order to intercept the forward pass or to defend 1v2 against the forward and attacking through runner.







The target player and shooting player now rotate positions.



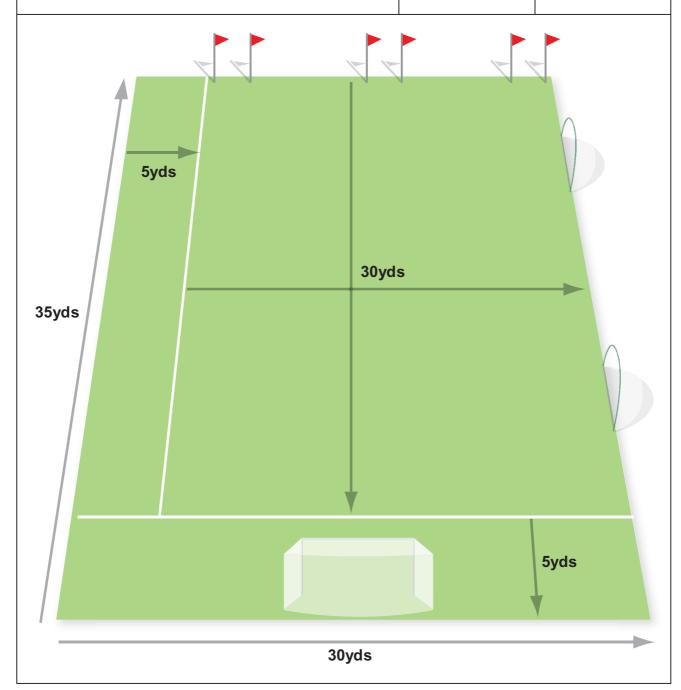
Four by four variation

The four by four variation game forces your players to deploy a range of tactics and skills in order to score goals. Each team has a different way of scoring in each game forcing the players to think quickly and the teams to react quickly to the changes of game.

Individual skills – passing, dribbling, shooting, defending, movement off the ball, communication.

Team skills – movements, defending, attacking, team work, communication, combination play.

GAME	SET UP
18 Four by four variation	PITCH 35yds x 30yds One 5yd side zone One 5yd keeper area EQUIPMENT 1 goal 2 mini goals 3 pole gates footballs PLAYERS 10 plus 1GK



FOUR BY FOUR VARIATION

Four by four variation

MOVEMENT DRIBBLE - - - - - PASS

Overview

The switch game encompasses a range of soccer skills and techniques in order to score goals. The team plays four games of six minutes. Each game sees the team attacking a new boundary line and scoring target (shown as poles).

When attacking the goal, players have to shoot to score. When attacking the two mini goals the team looks to switch play to score. When attacking the end zone the team tries to dribble and beat the defenders to get inside the end zone and score.

Finally, when attacking the poles the team passes forward with accuracy through the gate to score.

Set up

- Pitch 30yds x 30yds
- One 5yd end zone on the left of the pitch
- One 5yd goalkeepers' area at the bottom of the pitch
- Two mini goals positioned to the right of the pitch
- Three poles/coned gates at the top of the pitch

What you get your players to do

Game 1 White team attacks the end zone and red team attacks the mini-goal

Game 2 White team attacks the poles, red team attacks goal

Game 3 White team attacks mini-goals, red team attempts to dribble into the end zone

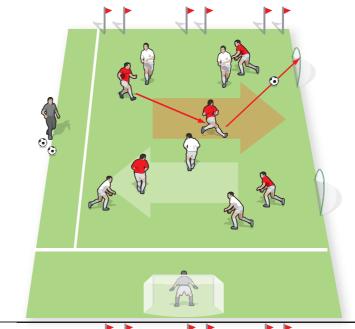
Game 4 White team attacks the big goal and the red team attacks the three poles.

You blow a whistle to mark the end of a six minute game. Now the teams move clockwise and defend the boundary line to their left.

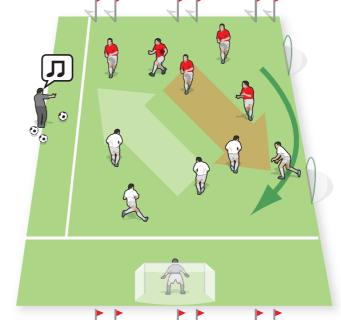
Rules

 The game is split into four six minute games with one minute rest between each game

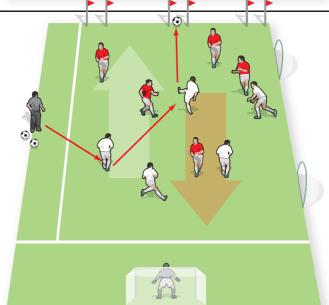
CONTINUED



The red team attempts to score in the mini goals. The white team scores by dribbling the ball into the end zone.



On your whistle the teams now rotate clockwise.



The red team now scores by shooting at the goal. The white team scores by passing through one of the gates.

FOUR BY FOUR VARIATION

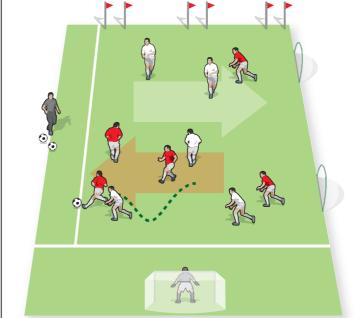
Four by four variation

MOVEMENT DRIBBLE - - - - PASS

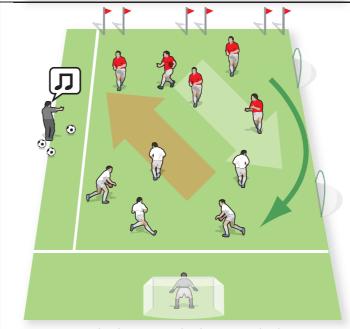
- The teams must take the goals scored in the first game into the second/third and fourth games
- The team which scores the most goals at the end of the four games is declared the winner
- No player can enter the goalkeeper's area. If the ball leaves play then the game is restarted with a pass into the pitch

Development/progression

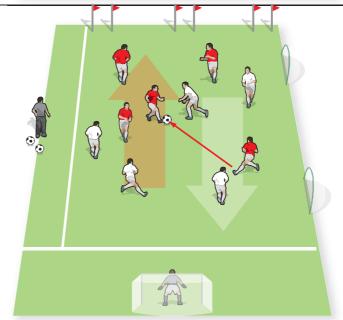
Play for a further ten minutes. You can blow the whistle at anytime. The teams then immediately rotate and defend the boundary to their left and continue the new game.



After switching pitches again, the red team now scores by dribbling into the end zone. The white team tries to pass into the mini goals.



On your whistle the teams rotate clockwise a final time.



The red team is now attacking the three gates and the white team is shooting at the goal.

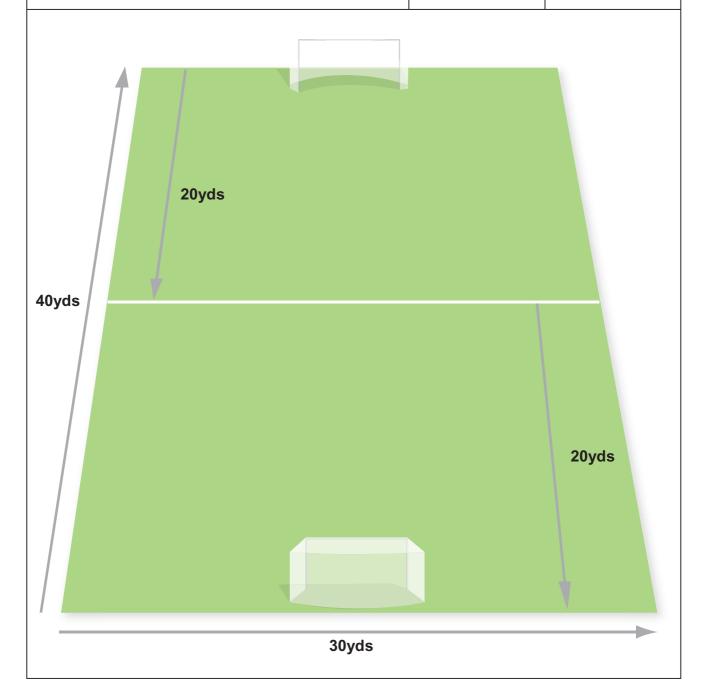
Wave games

Wave games are designed to improve both defending and attacking play. Good defending is rewarded as the defending team is allowed to break out and become attackers. Attacking play is also encouraged because attackers can continue attacking if they score a goal.

Individual skills—defending, passing, dribbling, shooting, crossing, communication, movement to receive the ball.

Team skills – attacking with an overload, defending with an overload, team work.

GAMES	SET UP
19 3v3v3 waves	PITCH 40ydsx30yds EQUIPMENT
20 3v3v3 central advantage 21 3v3v3 central and wide advantage	2 goalsfootballsconesPLAYERS12 plus 2GKs



WAVE GAMES

3v3v3 waves

MOVEMENT DRIBBLE - - - - - PASS

Overview

3v3v3 waves is designed to improve defending and attacking play. A team has to be successful in both attacking and defending in order to win. Quick transitions to counter attack are also brought into play as teams launch into the attack after stopping the opposition from scoring a goal.

Set up

Pitch 40yds x 30yds

What you get your players to do

The group is split into four teams of three players. One team (white) rests behind one of the goals. Two teams (red and yellow) occupy each half of the field and the final team (blue) starts on the half way line. To begin, you pass the ball into the team on the half way line who attacks 3v3 inside one half of the field.

Once this attack is complete the attacking team (blue) leaves the pitch and the defending team (red) breaks out to attack the opposite end of the pitch. Finally, the resting team (white) comes onto the field and waits to defend.

The game continues in this wave like motion where teams rest, then defend and then attack.

Rules

- The game is played for ten minutes
- If the defenders win the ball or the ball leaves the pitch then the attack is over
- The new team now breaks forward and into the opposite half to attack 3v3

Development/progression

If a team scores a goal then allow it to attack again at the opposite end. This rewards good attacking but also forces the defenders to defend as a team so that they have the opportunity to attack.



You pass the ball to the blue team who attacks the red team.



After attacking, the blue team rests, the white team comes onto the pitch and the red team runs to attack the yellow team.



The yellow team now attacks the white team.

WAVE GAMES

3v3v3 central advantage

MOVEMENT DRIBBLE PASS

Overview

This game progresses from the previous game and gives the attacking team two additional players to help it score more goals. Using these additional neutral attackers improves the composure of the attackers once inside the opponent's area. The attackers can now relax and use quick passing combinations to utilise their additional players and find a player in space to shoot at goal.

Set up

Pitch 40yds x30yds

What you get your players to do

This practice is a progression of the previous game.

One of the teams must now become neutral attackers and play for the team in possession of the ball. The three neutrals are split up so that one player goes into each half of the pitch as a forward and one plays on the central line as a midfielder.

When the teams are attacking they have a 5v3 overload situation with one additional player on the field to pass to, and another one behind play to pass back to as a midfielder.

Rules

- The game is played for ten minutes
- If the defenders win the ball or the ball leaves the pitch then the attack is over
- The attacking teams must use the extra neutral players in order to score a goal

Development/progression

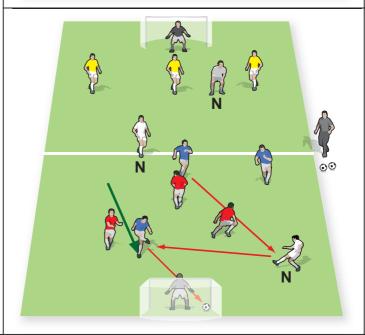
If a team scores a goal then allow it to continue attacking at the opposite end. This rewards good attacking but also forces the defenders to defend as a team so that they have the opportunity to attack.



The white team becomes neutral attackers with a player going into each half and one playing on the centre line.



When the teams attack it now has a 5v3 situation.



Can the team use its spare players to score a goal?

WAVE GAMES

3v3v3 central and wide advantage

Overview

The central and wide advantage game improves your team's ability to use the entire pitch when in attacking situations.

Having an additional attacker in the centre of the pitch will force your team to work on quick combination play in central areas in order to score a goal. Having additional players in wide areas will force your team to play more wide passes where crosses can be made into the opponent's box. Playing this game will show your team the benefits of both types of attack.



Pitch 40 yds x 30 yds

What you get your players to do

This game progresses from the previous one. The three neutral attackers are spread out so that one goes into one half as a forward and the other two are positioned on the touchline of the other half as right and left wingers.

So, when attacking, the team has extra players to help it score a goal.

At one end the additional attacker is in the centre of the pitch, which encourages the team to attack in this area with quick passing combinations. At the opposite end of the pitch the two additional attackers are on the wings and the team must attack in wide areas utilising one-twos or crosses.

Rules

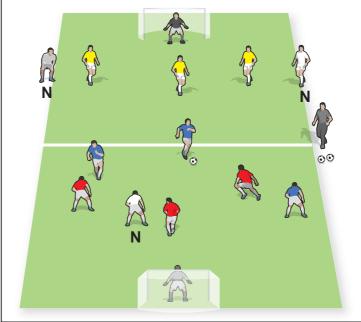
- The game is played for ten minutes
- If the defenders win the ball or the ball leaves the pitch then the attack is over. The defending team now breaks forward and into the opposite half to attack

Development/progression

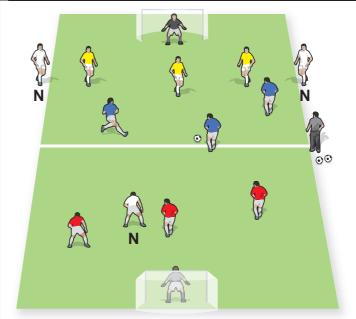
Reward the teams for using the neutral players. If a neutral player scores or assists in the delivery of a goal then the goal counts as double.



In one half a single neutral attacker is placed in the middle of the pitch. At the other end there are two neutral players positioned on the wings.



When attacking down the pitch the blue team has a central advantage creating a 4v3 overload.



When attacking up the pitch the blue team now has a wide advantage with players on the wings who can be used to provide crosses.

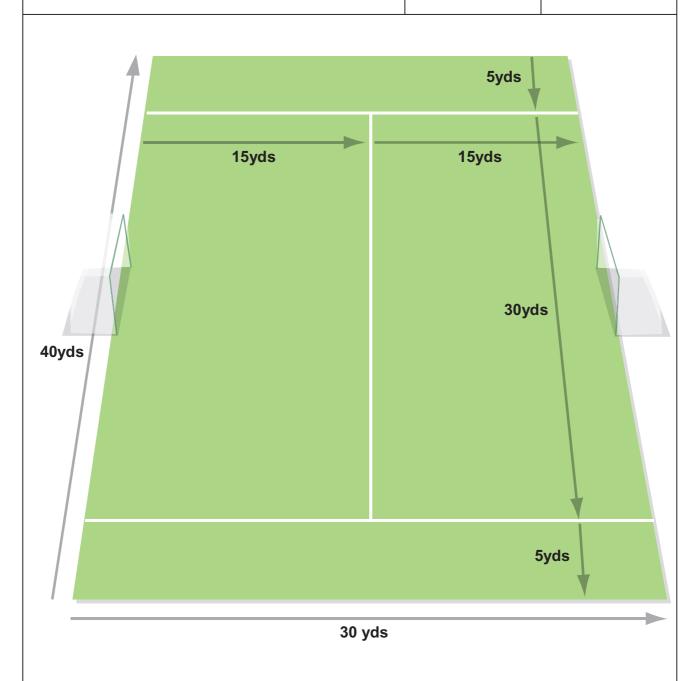
Crossinggames

The key to scoring more goals is adding width to your attack. These crossing games will improve your team's ability at moving the ball into wide areas and then getting players into the box to score from crosses.

Individual skills – passing, movement off the ball, heading, shooting, volleying, communication, crossing skills.

Team skills – attacking build up play, combination play, movements off the ball, communication.

GAMES	SET UP
22 Build up to score	PITCH 40yds x 30yds Two 5yd side zones
23 3v2 to score	EQUIPMENT 2 goals footballs
24 Wingers game	ocones PLAYERS 10 plus 2GKs



CROSSING GAMES

Build up to score

MOVEMENT DRIBBLE - - - - PASS

Overview

Build up to score improves your players' awareness of switching play to the wingers and then making forward runs to score from a cross into the opponent's penalty box.

Set up

 Pitch 40yds x 30yds including two 5yd side channels

What you get your players to do

Two players take the position of wingers and go into the channel, which is opposite the one you are in. The remaining players pair up, and stand either side of the goal.

To start, the first two attackers run to receive your pass. The players combine and then pass the ball out to the wide player. The wide player then dribbles down the line and crosses into the box.

The attackers continue their runs into the box to meet the cross and shoot. The attackers should ensure that one player runs to the near post and one to the far post in order to cover the whole box.

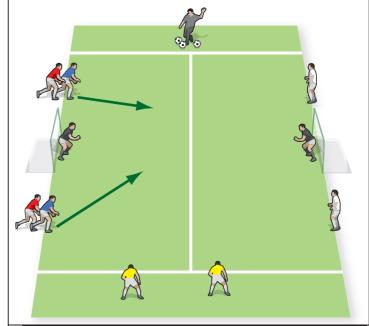
Play now reverses with two attackers entering the field from the opposite side and receiving a pass from you.

Rules

- The game is played for ten minutes
- All players are limited to two touches to increase the speed and realism of the game
- If the ball goes off or a goal is scored you pass to the next set of attackers on the opposite side

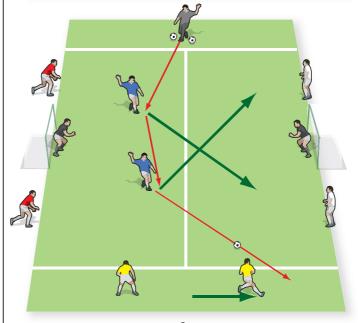
Development/progression

By adding a defender in each box the attackers will be forced to improve their movement to lose the defender and the winger will have to ensure they cross with accuracy to one of the attackers.

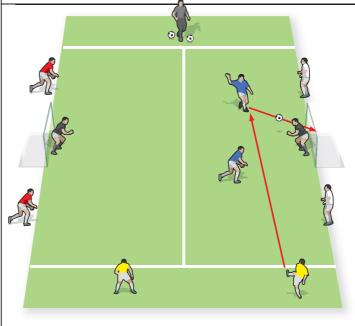


players run to receive your pass.

The two blue



The players combine and pass the ball wide to the winger.



The attackers now run into the box to meet the cross and shoot.

One centre

forward is placed inside

each half.

CROSSING GAMES

3v2 to score

MOVEMENT DRIBBLE PASS

Overview

This game improves your attackers' movement inside the opponent's box. When attempting to score from a cross, attackers must ensure that their runs are made to lose or disrupt defenders. As the cross is played into the box the attackers should be spread out covering both near and far posts as well as the centre of the goal as this will maximise their chances of scoring.

Set up

• Pitch 40yds x 30yds including two 5yd side channels

What you get your players to do

Two wingers go into the outside channel. Two neutral forwards are used, one in each half of the pitch. The remaining six players pair up into three teams. A team goes into each half as defenders (red, white). The third team (blue) starts on the central line as attackers.

The attackers receive a pass from you and combine to pass wide. The attackers then run to support the neutral forward to meet the cross and shoot.

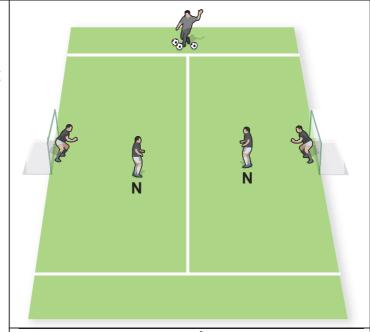
Once this attack is complete the attackers become defenders. The defenders now break out to attack the opposite goal by receiving your pass. The game works continuously in this wave-like motion.

Rules

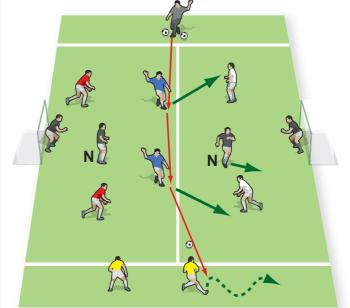
- The game is played for five minutes
- The team with the fewest goals become the new wide players
- The team with the most goals become the neutral forwards
- The wide players become a new team in the game
- The attacking team must pass wide and cannot score until a cross has been made

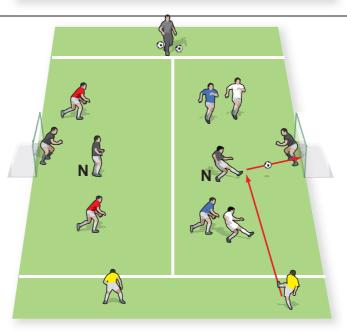
Development/progression

The two neutral forwards become additional wingers on the other side of the pitch. The attacking team passes to a winger to dribble and cross, and the opposite winger can now run into the box to support the attack. This adds movement and the unpredictablity of which side the cross will come from.



The blue team builds up and passes wide to the winger, who dribbles forward and crosses.





The two blue attackers and the forward must try to lose the defenders and score from the cross.

CROSSING GAMES

Wingers game

MOVEMENT DRIBBLE - - - - PASS

Overview

The wingers game shows the advantage of having width in your team's play. The game is played for two halves with each team being given the wingers for one half and benefiting from being able to pass wide and get crosses into the opponent's box.

Set up

 Pitch 40yds x 30yds including two 5yd side channels

What you get your players to do

Two wingers go into the wide channels inside the opponent's half.

Each team attacks and defends a goal. The team which has the wide advantage (blue) should pass wide to the wingers and then makes a run into the box to score from the cross.

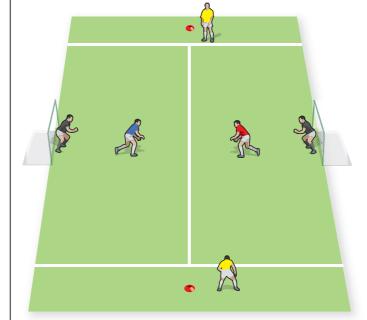
The opposing team (red) does not have access to the wingers and has to build up play through the centre of the pitch.

Rules

- The game is played for two halves of five minutes
- Wingers are limited to two touches and cannot leave the wide channel
- Defenders are not allowed to enter the wide channel
- The wingers change teams at half time

Development/progression

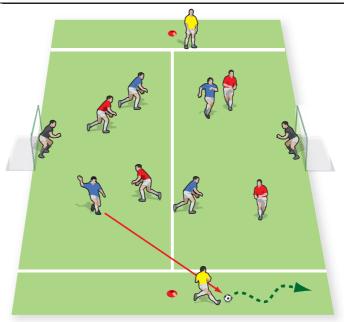
The winger who has not received the pass is allowed to run into the box and support the attacking team to score from the other winger's cross.



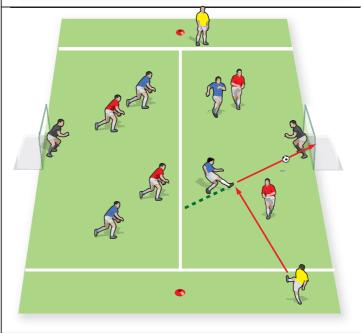
advantage of the wingers in the first half.

team has the

The blue



In possession they can use the wingers by passing wide...



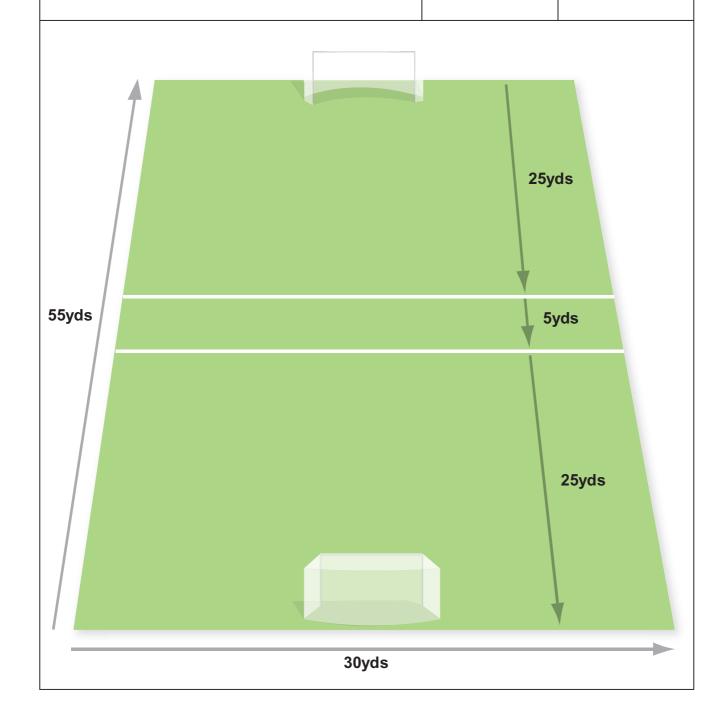
...then getting into the box to score from the cross.

Endtoendgames

These end to end attacking games are designed to improve the movement and combination play of your centre forwards so they can create more chances and so score more goals.

Individual skills—movement to receive, dribbling, passing, shooting, communication, hold up play. **Team skills**—movement, combination play, communication.

GAMES	SET UP
25 Switch attack	PITCH 55yds x 30yds One 5yd channel
26 Feed the forwards	■ 2 goals ■ footballs
27 Pull off zone	o cones PLAYERS 12 plus 2GKs



END TO END GAMES

Switch attack

MOVEMENT — DRIBBLE — — — — PASS

Overview

The switch attack game is a battle between two sets of attackers to score the most goals.

Here the attackers must work hard on their movement off the ball so they can receive a pass, lay the ball off quickly or dribble to the target and score.

Set up

 Pitch 55yds x 30yds including one 5yd central channel

What you get your players to do

Divide the squad into four teams, playing 3v3, attack versus defence, in each half of the pitch.

You start the game from the centre zone by passing to the attackers in one half of the pitch, who combine and try to score a goal.

If an attacking team scores a goal it is rewarded with another ball and can continue to attack and increase its goal tally.

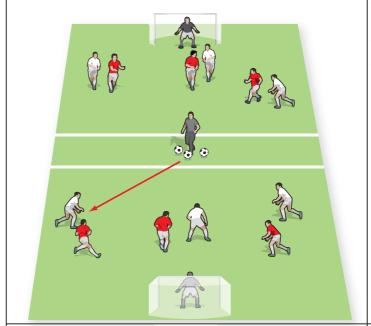
If the attackers fail to score they lose the ball and you turn to feed the ball to the attackers at the other end.

Rules

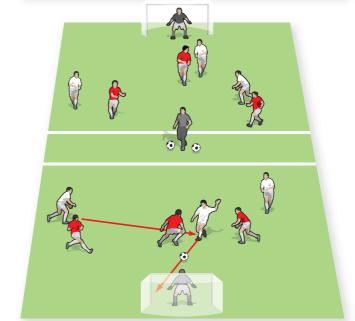
- The game is played for five minutes with the attackers at one end trying to score more goals than the attackers at the opposite end
- For the next game, the defenders and attackers rotate

Development/progression

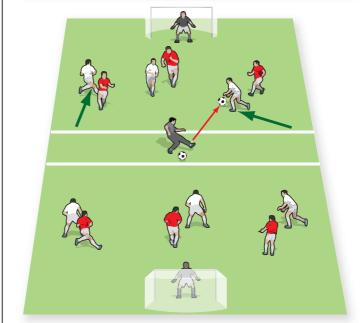
Reward good defensive play. If the defenders win the ball from the attackers they can then pass back to you and receive an extra goal.



To start the game, you serve a ball to the attackers in one half of the pitch.



The attackers play 3v3 to score a goal. After a successful attack they are rewarded with another ball and can continue attacking.



If an attack is unsuccessful and the team does not score then, you turn to play a ball to the attackers at the opposite end of the pitch.

END TO END GAMES

Feed the forwards

MOVEMENT DRIBBLE - - - - PASS

Overview

Improve your defence and attack's sense of responsibility to ensure they are successfully taking on their roles in the game.

The defenders must stop the opponent's attackers from scoring, regain the ball and then make a forward pass into the attackers.

The attackers should then combine quickly to score a goal.

Set up

• Pitch 55yds x 30yds including one 5yd central channel

What you get your players to do

Divide the squad into four teams, playing 3v3, attack versus defence, in each half of the pitch.

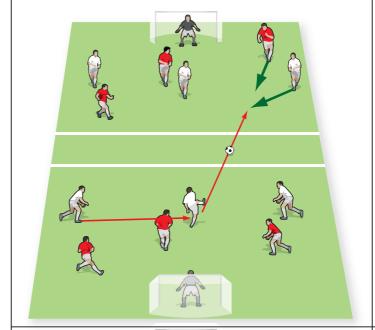
To start, one of the goalkeepers rolls the ball out to the defenders who are immediately placed under pressure by the opponent's attackers. The job for the three defenders is to make a pass into the opponent's half to their attackers. The attackers combine to score a goal.

Rules

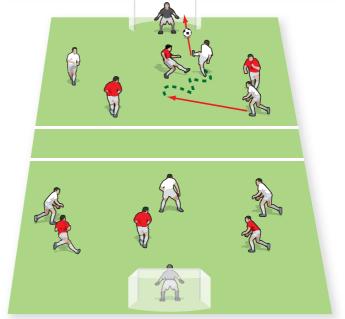
- The game is played for ten minutes
- All players must stay in their own half of the field
- Goalkeepers must have a supply of balls in their goals in order to start the practice

Development/progression

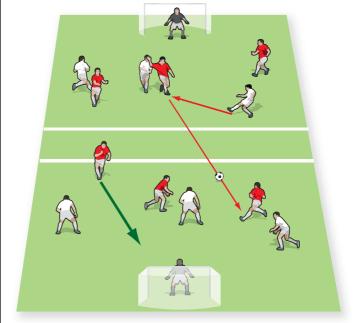
Add movement between the two halves of the pitch by allowing a defender to join the attackers after they have made a forward pass. This gives the attacking team a 4v3 advantage against the defenders, however if possession is lost the opponent could quickly pass forward to their attackers which would result in a 3v2 situation.



The ball is rolled to the (white) defenders, who must try to pass to their forwards.



The forwards attempt to score in a 3v3 situation.



If the red defenders win possession, they quickly pass to their forwards to set up a fast counter attack.

END TO END GAMES

Pull off zone

MOVEMENT DRIBBLE - - - - PASS

Overview

The pull off zone game improves the movement of your forwards disrupting the opponent's defence. By including a 'free zone', one of the forwards is allowed to pull off their marker and come towards the defenders to receive a pass. At the same time, the other forwards should stretch play, moving backwards towards the goal or outwards to the wings. This movement will give the opposing defenders big problems to solve.

Set up

 Pitch 55yds x 30yds including one 5yd central channel

What you get your players to do

Divide the squad into four teams, playing 3v3, attack versus defence, in each half of the pitch.

To start, a goalkeeper rolls the ball out to a defender, who looks for an attacker 'pulling off' his defender and moving to the central zone to receive the ball. The other two attackers should move deep or wide to stretch the play.

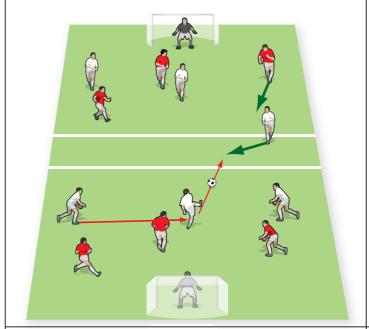
The attacker is allowed to receive the ball unopposed in the centre 'free zone'. He can turn and dribble forward to make a 3v3 inside the opponent's half.

Rules

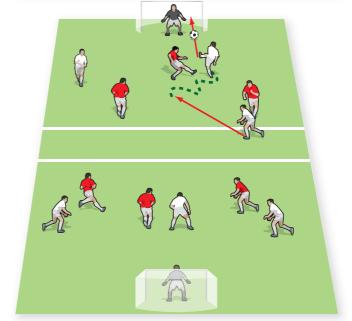
- The game is played for ten minutes
- Only one attacker can be in the free zone
- No defenders are allowed in the free zone

Development/progression

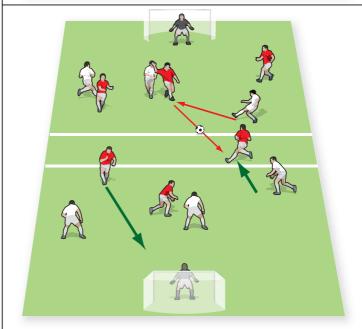
Remove the free zone and play a normal game. Does one of the forwards still come short to receive the ball? Do the other strikers stay high to pull the other defenders back?



The attackers can come into the central zone to receive the ball unopposed.



Having received the ball unopposed in the central 'free zone'. the attacker can now pass to an unmarked team mate or dribble forward to make a 3v3 in the opponent's half.



While the attack is in the opposite half, one of the red attackers can go into the central zone, ready to receive the ball if his team wins possession.

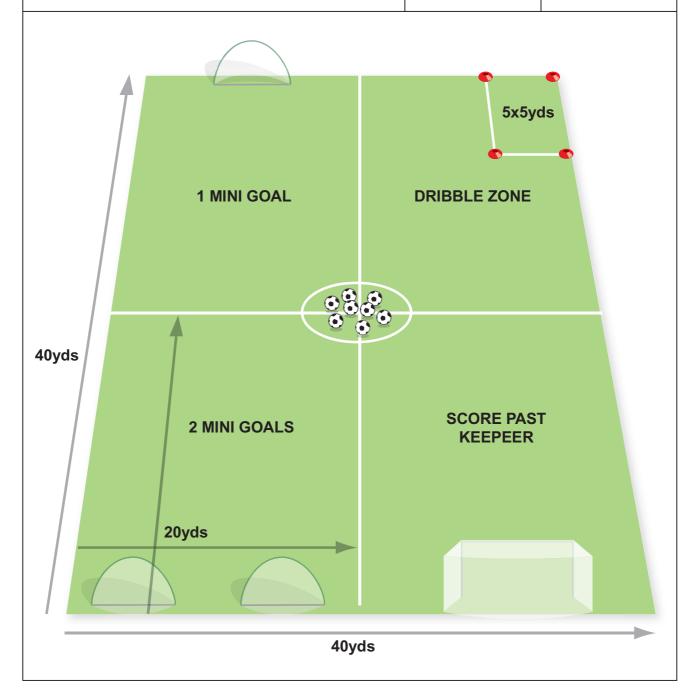
Choice game

A free-flowing, all-action game which gives the attacking team a choice on which pitch to attack and which opponent to play against. Attacking play is rewarded as the team gets a chance to attack again after scoring a goal. The game includes four mini pitches which all require a different set of skills and techniques to be able to score.

Individual skills – passing, movement off the ball, shooting, dribbling, communication, defending.

Team skills – team work, communication, movement off the ball, combination play.

GAME	SET UP
28 2v2 choice game	PITCH 40yds x 40yds Four 20yd squares One 5yd square zone
	EQUIPMENT
	a 1 goal
	cones
	PLAYERS
	🚳 12 plus 1GK



CHOICE GAME

2v2 choice game

MOVEMENT — PASS

Overview

Encourage your players to work in pairs in order to attack and defend successfully in this free-flowing 2v2 choice game. This game rewards good attacking and defensive play by giving the team a chance to score again.

Set up

- Pitch 40yds x 40yds
- Four 20yds squares:

Pitch 1 has one mini goal to score in

Pitch 2 has a 5yd square. Players dribble into the square to score

Pitch 3 has a goal and keeper

Pitch 4 has two mini goals

What you get your players to do

Divide the players into six teams of two. Four teams go into each of the pitches as defenders. Two teams go into the centre, collect a ball and work as attackers. This allows for two pitches to be in a 2v2 game and two teams to be resting and waiting to defend.

Rules

- Start with eight balls in the centre
- If a player scores a goal then he returns to the centre of the pitch and collects a new ball
- Players must attack in a new area each time they attack
- If you don't score a goal then you stay on that pitch and defend whilst the previous defenders break out to attack
- The game is played until all balls have left the field
- The timings for this session are varied due to the game continuing until all the balls have left the field



Four teams of two (white, yellow, blue and red) go into each pitch, while two teams (black and green) start at the centre, each with a ball.



in the centre attack a quadrant of their choice. The green team tries to beat the red team by passing into one of the mini goals and the black team tries to evade the blue defence. If a team is unsuccessful it remains in the same quadrant and its opponent runs to attack a team in another quadrant.

Both teams



If the attack is successful the team returns to the middle to collect another ball and attack a new area.

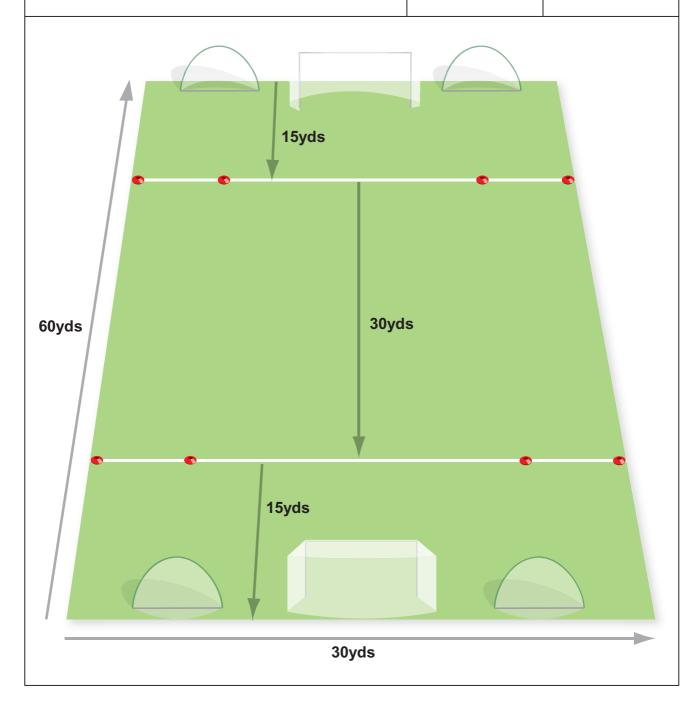
Centre backs games

The centre backs games develop the role and skills of a centre back. As well as developing good defending the games also focus on the technical skills required of a "footballing" centre back. Players in this mould include Rio Ferdinand (Manchester United) and David Luiz (Chelsea).

Individual skills – defending, passing, receiving, dribbling, shooting, communication.

Team skills – communication, movement off the ball, combination play.

GAMES	SET UP
29 Dribble out of defence	PITCH 60yds x30yds Two5yd end zones
30 Defend the dribble	EQUIPMENT 2 goals 4 mini goals
31 Three zone game	footballsconesPLAYERS12 plus 2GKs



CENTRE BACKS GAMES

Dribble out of defence

MOVEMENT DRIBBLE - - - - PASS

Overview

Encourage your centre backs to actively take a part in their team's attack by moving forward with the ball and creating an overload situation in the middle of the pitch.

Set up

- Pitch 60yds x 30yds
- Two 5yd gates marked in cones

What you get your players to do

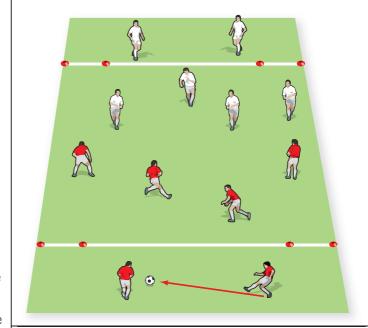
Use two teams. Each team attacks two gates and defends two gates marked in cones. Each team nominates two centre backs that play outside the end lines of the pitch. To start, one of the team's centre backs (red) is in possession of the ball and attempts to pass into the pitch. The aim is for one of the centre backs to come on to the pitch and create an overload situation. A team scores by dribbling through one of its opponent's gates.

Rules

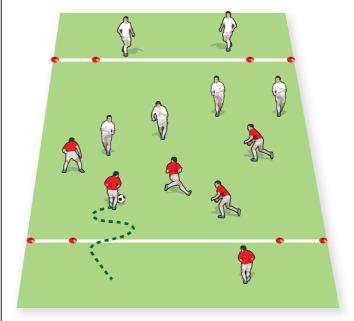
- The game is played for 12 minutes
- After four minutes, rotate the players used as the centre backs
- Only one centre back can enter the pitch at a time
- Centre backs cannot be tackled when outside the pitch and cannot block players dribbling through a gate
- If the ball leaves play then the game restarts with the centre backs of the team in possession of the ball
- The team which scores most points wins

Development/progression

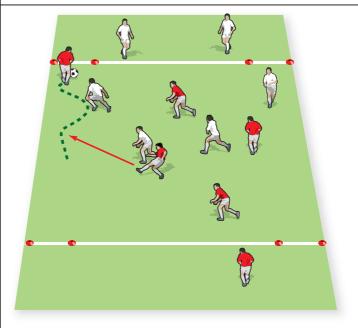
To improve the movement of the centre backs allow them to block an opponent from dribbling through the gates to score.



Each team nominates two centre backs to play outside the end lines of the pitch.



The centre back in possession (red) is allowed to dribble onto the pitch to create a 5v4 overload.



The aim for the team in possession is to dribble through the opponent's gates to score a goal.

CENTRE BACKS GAMES

Defend the dribble

MOVEMENT DRIBBLE - - - - PASS

Overview

Develops your centre backs in both attacking and defending play. 'Defend the dribble' improves your players' technical development but also enhances their tactical awareness by improving their positioning on the field.

Set up

- Pitch 60yds x 30yds
- Two 15yd x 15yd areas at each end with one mini goal in each

What you get your players to do

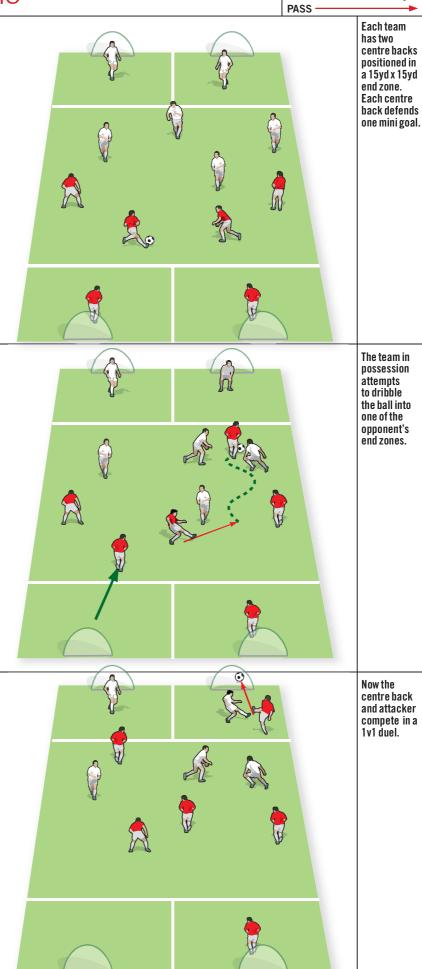
Divide your players into two teams of six each with two centre backs who are positioned inside their own end zone. In possession, one centre back is allowed into the central zone to create an overload. When defending, the centre back must stay inside their end zone and be ready to defend their mini goal. The aim for each team is to get one player to dribble into the opponent's end zone and go 1v1 against a centre back to score a goal.

Rules

- The game is played for 12 minutes.
- Every four minutes, rotate the centre backs so that each player has a turn at this role
- The centre backs are not allowed to help each other and can only defend in their own end zone
- Only one centre back is allowed to join the central zone
- The centre backs are limited to two touch

Development/progression

To develop a centre back partnership, allow the defender that is not in the 1v1 situation to run across and into their team mate's end zone to help them defend 2v1.



CENTRE BACKS GAME

Three zone game

MOVEMENT DRIBBLE - - - - - PASS

Overview

This game encourages the team to build up from the back. The Goalkeepers play out to the centre backs who should combine so that one of them is able to step into the central zone and create the attacking overload situation.

Set up

 Pitch 60 x 30yd area including two 15yd end zones

What you get your players to do

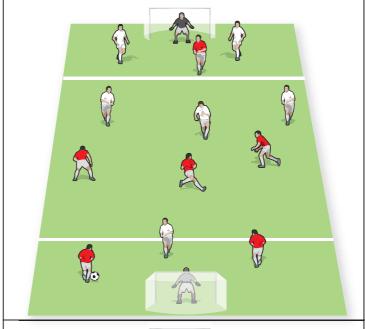
Two teams of six players line up with two centre backs in their defensive zone, three midfielders in the central zone and one forward in the opposition's defensive zone. Teams have to pass through each zone in order to beat the goalkeeper and score.

Rules

- The game is played for ten minutes
- If the ball leaves play then the goalkeeper of the team in possession must restart the game
- The ball must go through all three zones and cannot be played from the defensive zone straight to the attacking zone.
- One player is allowed out of the defensive zone to create an overload in the central zone
- One player is allowed from the central zone into the attacking zone
- Both teams must always have a forward in the attacking zone

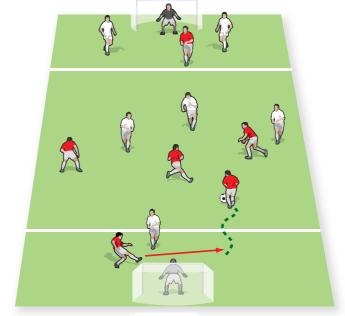
Development/progression

Remove the zones and play a normal game.

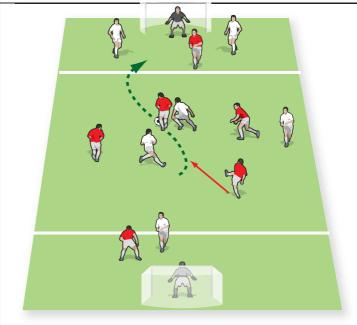


two centre backs, three midfielders and one attacker.

Each team has



The centre backs are allowed to break into the next zone with the ball.



The aim is to free an attacker to dribble and make a 2v2 against the opponent's centre backs.

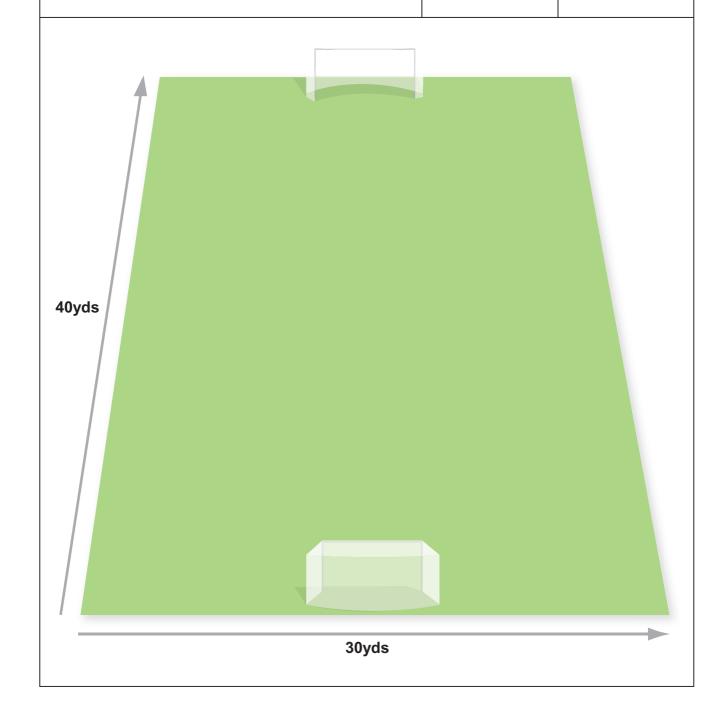
Forward pass or wide pass

Where do we pass the ball? And why? Get the answer in this three attacking game series.

Individual skills – passing, supporting runs, movement off the ball, finishing skills, receiving skills.

Team skills—communication, team work, combination play, movement off the ball.

GAMES	SET UP
32 Target man	PITCH 40yds x30yds EQUIPMENT
33 Wide man	2 goalsfootballscones
34 Targets v wingers	PLAYERS 12 plus 2GKs



FORWARD PASS OR WIDE PASS

Target man

Overview

The target man game is designed to improve your squad's ability at playing forward passes into the team's strikers. Once a forward pass is made, players make forward runs to support the strikers and receive a return pass.

Set up

Pitch 40yds x 30yds

What you get your players to do

Select three teams of four players. One team goes outside the pitch and the players work as neutral target men. The other two teams attack one goal and defend the other.

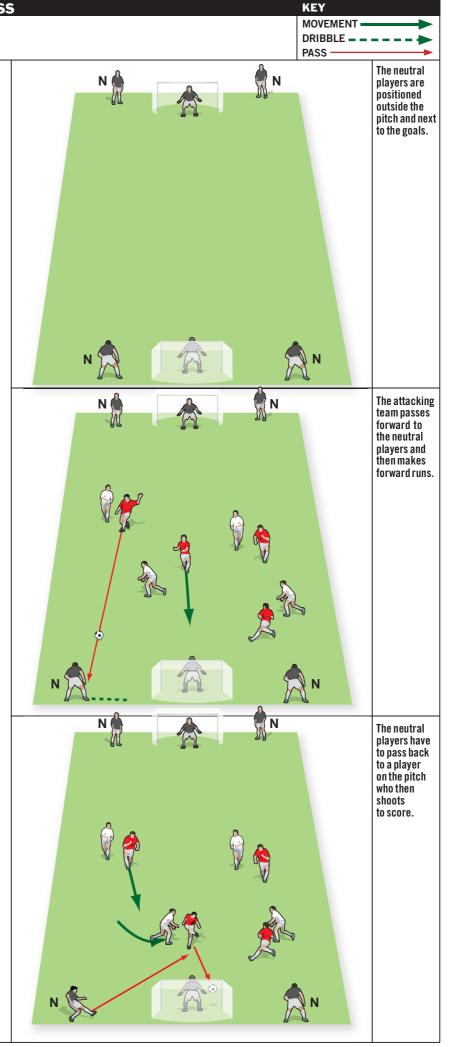
The aim of this game is for the team in possession of the ball to play a forward pass into one of the neutral targets and then make supporting runs in order to receive a return pass to score.

Rules

- The game is played for three sets of five minutes
- Each game sees a new team becoming the target men
- Goals can only be scored once a pass has been made into the neutral targets
- The neutral targets are only allowed to use two touches
- If the ball leaves play then the game is restarted by a pass in from where it left play
- When a goal is scored the keeper passes the ball out to his team

Development/progression

To increase difficulty for the neutral targets reduce the number of touches to one. The supporting forward runs must now be made at top speed.



FORWARD PASS OR WIDE PASS

Wide man

MOVEMENT DRIBBLE - - - - -

Overview

The wide man game encourages your players to switch the ball from one side of the pitch to the other to create crossing situations and more chances to attack 2v1 against an opposing defender.

Set up

Pitch 40yds x 30yds

What you get your players to do

Select three teams of four players. One team (grey) goes outside the pitch and its players work as neutral wide men.

The other two teams (red and white) attack one goal and defend the other.

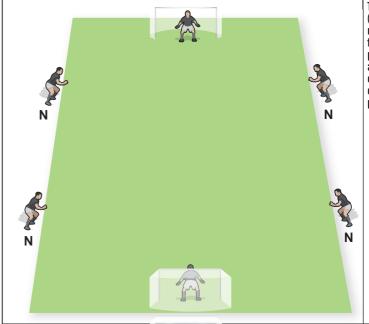
The teams can use the neutral wide players in order to cross the ball into the opponent's goal or to play one-two's around an opposing defender, or to just keep possession of the ball.

Rules

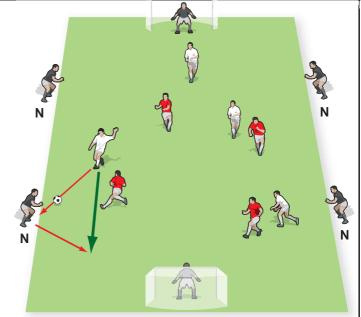
- The game is played for three sets of five minutes
- Each set sees a new team becoming the neutral wide men
- Goals can only be scored once a pass has been made into the wingers
- The wide men are only allowed to use two touches
- If the ball leaves play then the game is restarted by a pass in from where it left play

Development/progression

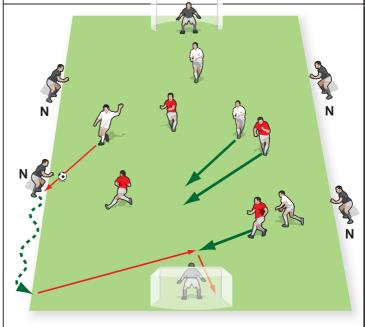
The wide men can now only play grounded passes onto the pitch. This increases the difficulty as this rules out aerial crosses and forces the players to move off the ball to receive a pass.



Team one (grey) is made up of four neutral players who are positioned on the wings outside the pitch.



The attacking team (white) can use the neutral players to play one-twos.



The attacking team can also use the neutral players to provide crosses into the box.

FORWARD PASS OR WIDE PASS

Targets v wingers

KEY MOVEMENT = DRIBBLE - - - -PASS

Overview

The targets v wingers game brings the previous two games together. Here, one team makes forward passes and tries to run forward to receive set backs, while the second team attempts to switch the play from one wing to the other in order to create crossing and 2v1 situations.

Set up

Pitch 40yds x 30yds

What you get your players to do

Divide your squad into two teams of six. Both teams have four players on the pitch and two players on the outside of the pitch. One team has two wide

players and tries to play the ball wide to create crossing or one-two passing situations.

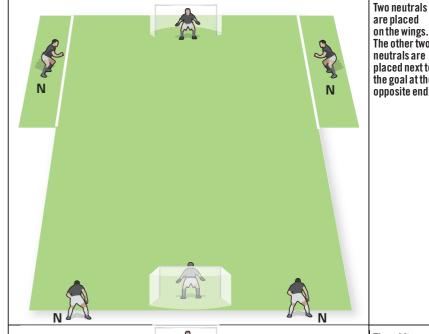
The other team has two target forwards and attempts to make forward passes in order to make supporting runs and receive set backs to shoot.

Rules

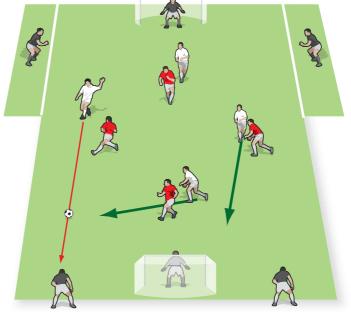
- The game is played for two six minute halves
- For the second half, the teams change roles. This means the team playing wide now has two target forwards and the team playing forward now has two wingers
- Goals can only be scored once a pass has been made into the target forwards or wingers who are limited to two touches
- If the ball leaves play then the game is restarted by a pass in from where it left play

Development/progression

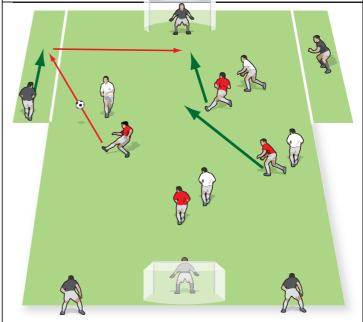
The wingers and target forwards now join the game. When in possession does the team stretch the opponent's defence by playing forward and wide passes?



are placed on the wings. The other two neutrals are placed next to the goal at the opposite end.



The white team attacks down the pitch using the neutrals to pass forward and make forward runs.



The team going up the pitch (red) uses the two neutrals for one-twos or crosses into the box.

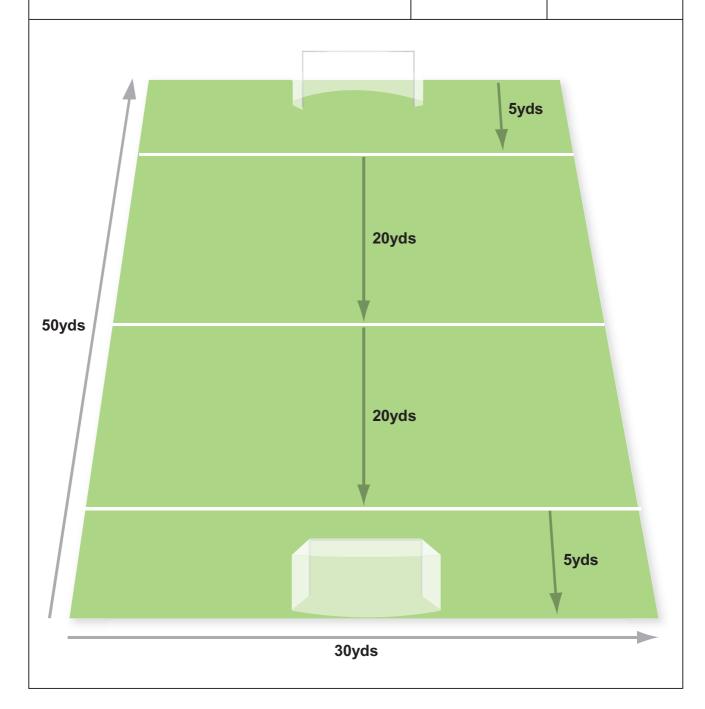
Shooters

Shooters is a collection of games that improve your team's ability to create and take shooting opportunities. They are designed to improve the build up process, a positive attitude towards taking responsibility for shots at goal, and the reaction of the forwards to run in to win rebounds.

Individual skills—shooting, passing, movement off the ball, receiving skills, communication.

Team skills – combination play, communication, team work.

GAMES	SET UP
35 Possession game	PITCH 50yds x 30yds Two 5yd end zones
36 Pass and shoot	EQUIPMENT ② goals③ footballs
37 Shooters game	cones PLAYERS 8 plus 2 GKs



SHOOTERS

Possession game

MOVEMENT DRIBBLE - - - - PASS

Overview

Players need to keep possession in order to create chances to score. This game develops possession play to create space to play forward passes.

Set up

 Pitch 50yds x 30yds including two 5yd end zones

What you get your players to do

Split up your players into two teams of three passers and one team of two defenders.

The red passing team goes into one half of the pitch and the blue passing team goes into the opposite half.

The defenders must start on the central line

To start, you pass to the red team and one defender (white) immediately runs onto the pitch and tries to defend. The red team completes three passes and then looks to transfer the ball to the blue team.

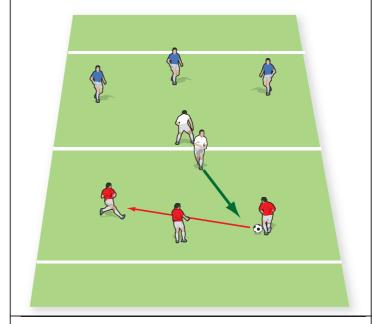
Rules

- The game is played for ten minutes
- New defenders are selected after two minutes
- Each player in the game must keep their own score in terms of successful passes. This rule is imposed to improve individual players who want to be in possession and keep the ball
- If the ball leaves play, then the coach serves a new ball into the pitch

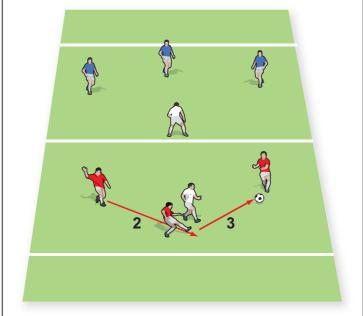
Development/progression

To increase difficulty for the passing players you can include the following rules:

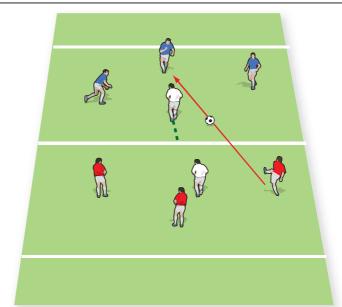
- 1 limit players to two touches in possession
- 2—allow the resting defender to move along the half way line and block the forward pass.



Divide your players into two teams of three passers (red and blue) and one team of two defenders.



The passers must complete three passes before attempting to transfer the ball out to the blue team.



Once completed, the team transfers the ball to the opposite side (blue) and the next defender runs to pressure the man on the ball.

SHOOTERS

Pass and shoot

MOVEMENT DRIBBLE PASS

Overview

It's crucial to make your players feel comfortable to shoot at goal more often. This game enables players to do just this by encouraging them to use quick passing and combination play to create the time and space to shoot at goal.

Set up

 Pitch 50yds x 30yds including two 5yd end zones

What you get your players to do

Split your players into two teams of four. Each team has three players inside its own half and one forward inside the opponent's half.

To start, the red team's goalkeeper passes into the pitch. The three red players combine to get past the white forward and into space to shoot at goal.

The white defenders then try to block shots at goal, while the red forward must follow up on the shot and try to capitalise on any rebounds.

Rules

- The game is played for 12 minutes with the teams rotating their forward after each three minute period
- All players must stay in their half of the field. Only forwards are allowed into the goalkeeper's area/end zone to score from rebounds
- If the ball leaves play, then you nominate one of the goalkeepers to restart the game

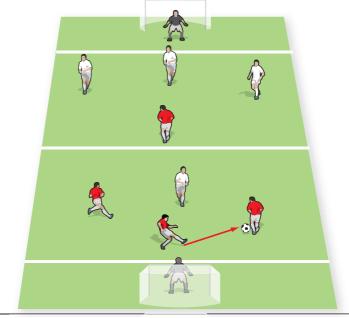
Development/progression

To increase difficulty for the passers you can include the following rule:

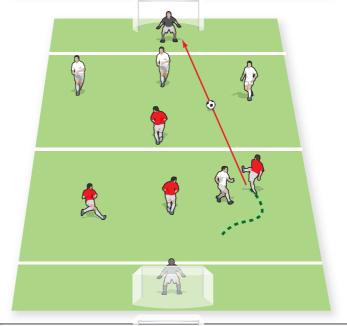
limit players to two touches in possession

To increase combination play you can:

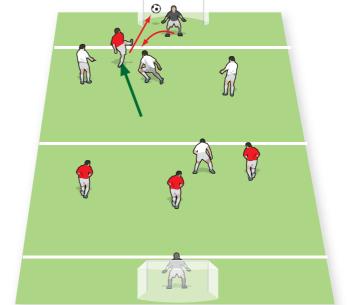
 allow one player to dribble into the opponent's half and combine with the forward in a 2v3 situation.



3v1 in each half of the pitch. Once the goalkeeper has passed the ball to a team mate, the red players combine to get past the white forward.



The aim is to create some space to shoot at goal.



Can the attacker run to score from a rebound?

The game is played in the central zone.

SHOOTERS

Shooters game

MOVEMENT — PASS

Overview

This game combines the skills learnt in the previous two games to create a free-flowing possession and shooting game. The two teams must try to pass the ball in order to create opportunities to shoot at goal.

Set up

 Pitch 50yds x 30yds including two 5yd end zones

What you get your players to do

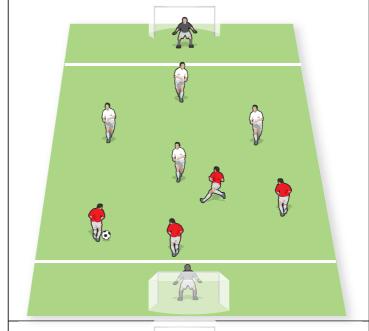
Split your players into two teams. Each team attacks and defends the goal. Play takes place in the larger central zone. The aim is for the players to combine with quick passes to shoot at goal. When a shot is made, one attacker is allowed to run into the end zone to score from any rebound situations

Rules

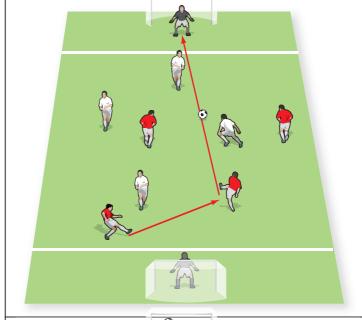
- The game is played for ten minutes
- The game is played in the central
- The end zones are also used as the goalkeepers' areas
- When a shot is made only one player can run into the end zone for the rebound
- If the ball leaves the pitch then play is restarted with a normal throw in from where the ball left play
- If the ball leaves play inside the goalkeeper's area then he restarts the game

Development/progression

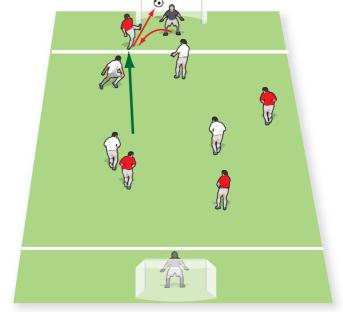
To encourage forwards to follow in on shots you can award double goals for those forwards who run into the end zone and score from a rebound.



The teams must shoot from this central zone.







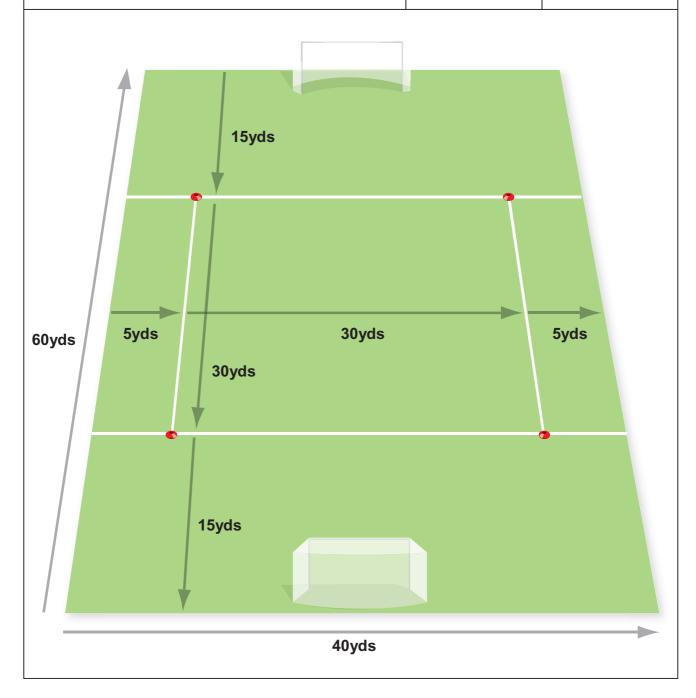
Centralorwideattackgames

These games improve your team's ability to play quick passing combinations in the centre of the pitch and use quick switches of play. The ultimate aim is to develop your players skill so that they are capable of using the whole pitch in order to attack and score goals.

Individual skills – passing, dribbling, shooting, awareness of space, movement off the ball, communication.

Team skills—creating space, communication, team work, combination play.

GAMES	SET UP
38 Central attack	PITCH 60yds x40yds Two 15yd end zones
39 Wide attack	Two 5yd wide channels EQUIPMENT
40 Central v wide attack	2 goalsfootballsconesPLAYERS10 plus 2GKs



CENTRAL OR WIDE ATTACK GAMES

Central attack

MOVEMENT DRIBBLE - - - - PASS

Overview

Get your players to use the whole pitch by encouraging them to switch play. The result you are trying to achieve is wider play and more space in which to attack.

Set up

- Pitch 60yds x 40yds including two 15yd end zones
- Two 5yd channels to reduce the central zone to 30yds x 20yds

What you get your players to do

You need two teams of five players.

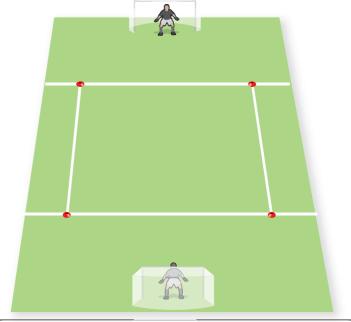
The game is played in the central zone of the pitch. Each team attempts to pass or dribble the ball into the opponent's end zone in order to go 1v1 with the opposition's goalkeeper.

Rules

- The game is played for ten minutes
- Teams can only score by passing or dribbling through the centre of the pitch and into the opponent's end zone
- Defenders are not allowed to run back to defend
- If the ball leaves play then the game is restarted with a pass in from where it left the pitch
- On scoring a goal, the game is restarted by the goalkeeper who passes to his team

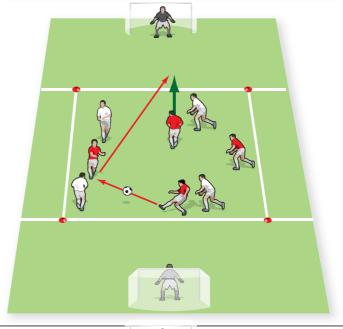
Development/progression

Allow a defender to run back into the end zone to defend 1v1.



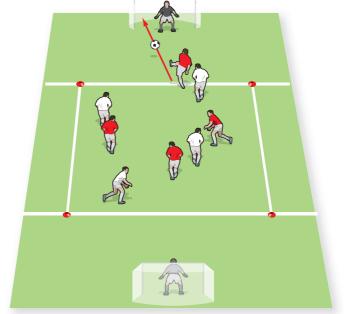
set up with two 10yd end zones and a central zone that is reduced to 30yds x20yds with the addition of two 5yd channels.

The pitch is



The red team attempts to pass or dribble the ball through the centre of the pitch.

Once the team has dribbled or passed into the opposition's end zone it can shoot at goal.



CENTRAL OR WIDE ATTACK GAMES

Wide attack

MOVEMENT DRIBBLE - - - - PASS

Overview

Encourages players to get involved in creative attacking in wide areas as they have to dribble through the wide gates before crossing into the opponent's penalty area.

Set up

- Pitch 60yds x 40yds including two 15yd end zones
- Cones placed 5yds in on end lines to create two wide gates

What you get your players to do

Split your players into two teams of six. The game is played in the central zone of the pitch.

The aim is for both teams to dribble through the opponent's wide gates and then provide crosses into the box for a team mate to run and score.

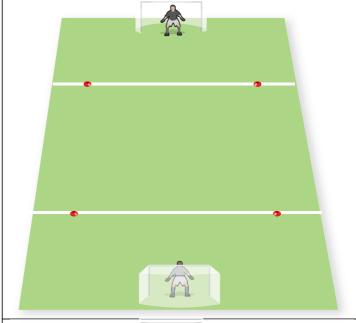
Rules

- The game is played for ten minutes
- Teams can only score by going through the wide gates and crossing
- One attacker is allowed to run and score from the cross
- Defenders are not allowed to run back to defend
- If the ball leaves play then the game is restarted with a pass in from where it left the pitch
- If a goal is scored or a shot missed, the game is restarted by the goalkeeper who passes to a team mate

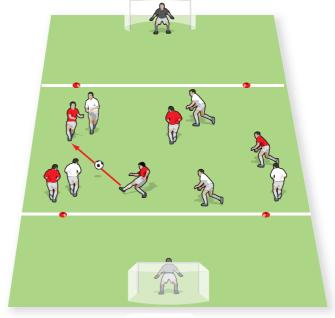
Development/progression

Allow a defender to run back to defend the cross 1v1.

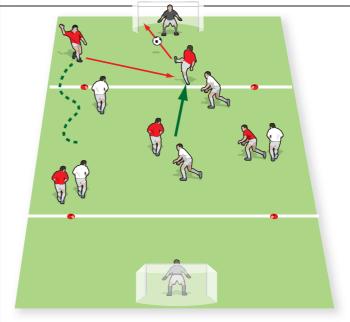
Allow the player breaking into the wide gate to dribble inside and combine with the second attacker in a 2v1 against the defender.



Set up the pitch with wide coned gates. Players must dribble through the wide gates before making a cross.



The game is played in the central zone. Both teams try to dribble through the opposition's wide gates.



Once in the opposition's end zone a player from the attacking team (red) is allowed to cross for a team mate to run and score a goal.

CENTRAL OR WIDE ATTACK GAMES

Central v wide attack

MOVEMENT DRIBBLE - - - - PASS

Overview

Central v wide attack forces players to use a combination of tactics to create a fast-paced, action-packed game.

One team attempts to score by bursting through the centre of the opponent's defence. The second team looks to use the wings and players' dribbling skills to create opportunities to get crosses into the box. But which team will come out on top and show its tactics are best?

Set up

- Pitch 60yds x 40yds including two 15yd end zones
- Cones placed 5yds in on end lines to create two wide gates

What you get your players to do

Divide players into two teams of six. Play takes place in the central zone.

One team can only score by dribbling through the centre of the pitch before shooting at goal.

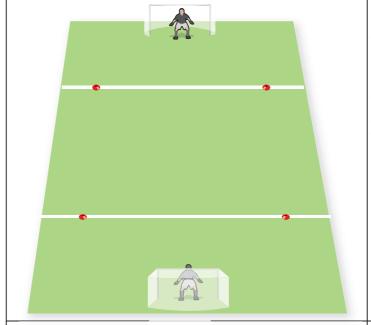
The opposition can only score by dribbling through the wide gates and then crossing for a second attacker to run into the opponent's end zone to score from the cross.

Rules

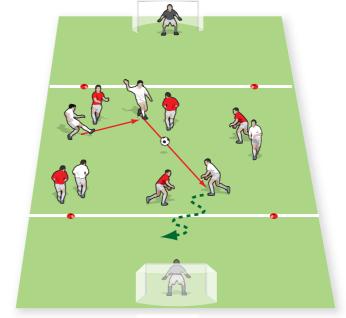
- The red team must break into wide areas before scoring
- The white team must break through the centre area to score a goal
- The game is split into two ten minute halves. In the second half rotate scoring methods
- If the ball leaves play then the game is restarted with a pass in from where the ball left the pitch
- If a goal is scored, the game is restarted by the goalkeeper who passes into a team mate

Development/progression

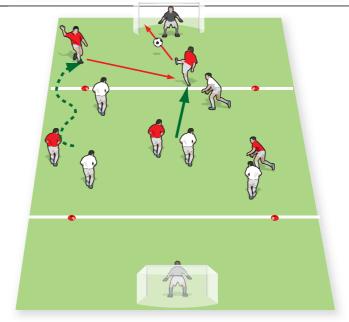
Remove the two gates and end zones and play a normal game.



One team can only score by dribbling through the centre. The other team can only score by dribbling through the wide gates and then crossing to a second attacker.



The white team tries to break through the centre of the pitch.



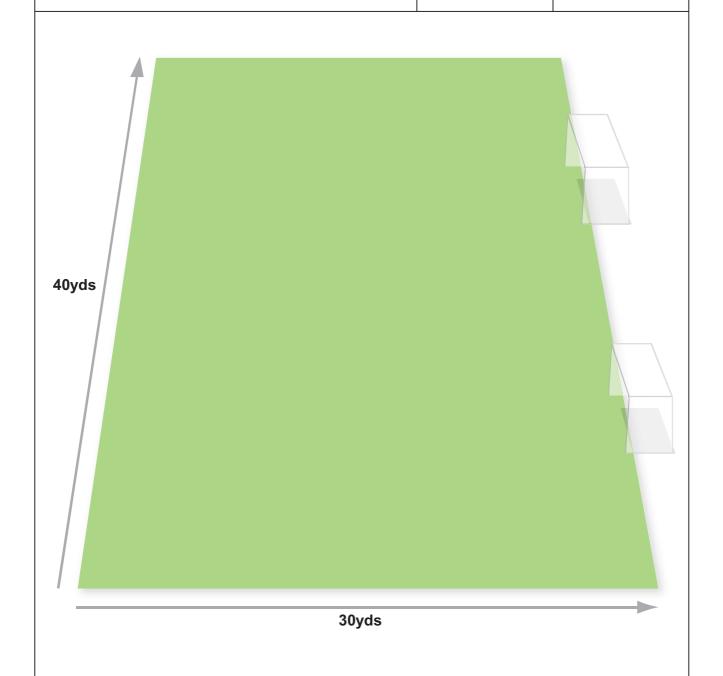
The red team attempts to break through the wide areas to cross and score.

Switch games

Beef up your players' ability to switch play so they can create 1v1 and 2v1 attacking situations. When playing a real game the end result often comes down to your team's skill in creating and taking advantage of 1v1 and 2v1 situations to score goals. Individual skills—awareness of space, passing, overlapping, dribbling, shooting, movement off the ball.

Team skills—combination play, creating space as a team, team work, communication.

GAMES	SET UP
41 4v2 switch goals	PITCH 40ydsx30yds EQUIPMENT
42 Three team switch	2 goalsfootballscones
	PLAYERS
	🚳 12 plus 2GKs



SWITCH GAMES

4v2 switch goals

MOVEMENT — DRIBBLE — — — — PASS

Overview

This game is overloaded in the attacking team's favour. This gives the attacking team the confidence to give their extra players the time and space to score goals. It also helps you identify those players who don't get their heads up and look for team mates who are in better positions than themselves.

Set up

- Pitch 40yds x 30yds
- Two goals on one side line of the pitch

What you get your players to do

First position two goalkeepers in front of the goals. Split your squad into three teams of four, two teams of attackers and one of defenders.

The defenders take turns to defend in pairs.

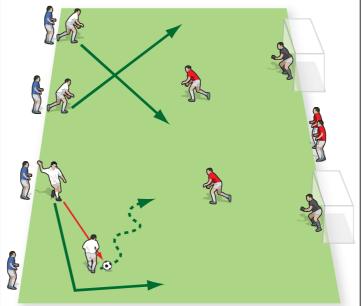
The first attacking team starts the game by dribbling onto the pitch and attacking 4v2 to score in one of the two goals.

Rules

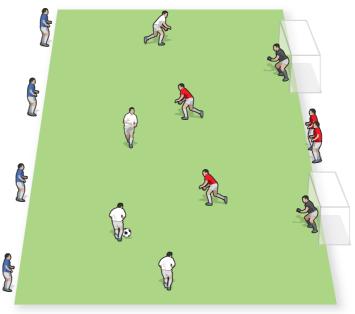
- The game is played for 12 minutes
- Each team has a four minute period to act as the defenders
- Each attacking team keeps count of the goals they score. When defending they must do their best to stop the other teams from scoring
- Once the three periods are completed the team who has scored the most goals wins
- If the ball leaves play, the defenders win the ball, or a goal is scored then the next attacking team restarts the game

Development/progression

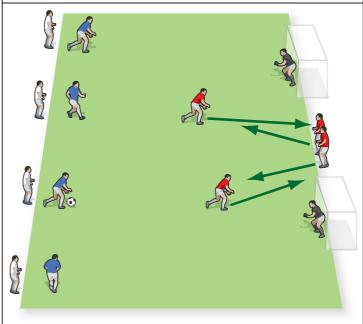
The defending team now has three defenders and one resting defender. This increases the difficulty of the practice as it now becomes a 4v3.



The starting player (white) passes and overlaps.



Immediately a 4v2 commences to score in either goal.



For the next wave of attack, the two red defenders swap places with the two resting red defenders. A new attacking team enters.

SWITCH GAMES

Three team switch

MOVEMENT DRIBBLE - - - - PASS

Overview

This three team game develops overlapping runs and quick onetwos to create more chances that result in goals.

Set up

- Pitch 40yds x 30yds
- Two goals on one side line of the pitch

What you get your players to do

Split your players into two goalkeepers and three teams of four players. The three teams rotate between resting, attacking and defending roles.

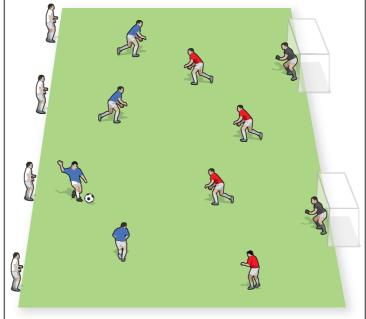
The attacking team attempts to score in the two goals by switching play and tries to use one-two's and overlaps in order to disrupt the opponent's defence.

Rules

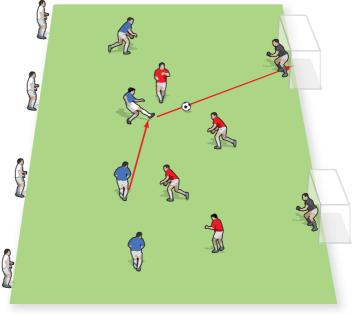
- The game is played for ten minutes
- If the attackers score then they leave the pitch to rest with a one goal lead
- If the defenders win possession then they come out of defence by making a pass to the resting team.
 If this happens the attacking team now defends, the resting team enters the pitch and the defending team rests
- The team scoring most goals wins
- If the ball leaves play then the attack is complete. The teams rotate positions and the game is restarted with the new attacking team

Development/progression

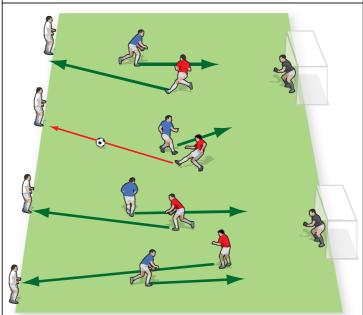
If the attacking team scores then they are rewarded with a second ball and can attack again until the defenders stop them scoring. This enables a team to build a big lead.



Three teams take on different roles: one team rests, one team attacks and the other team defends.



The attacking team attempts to score a goal in one of the two goals by using quick combination play.



If the defenders win the ball they pass out to the resting team to rotate the roles. They now rest and the failed attackers defend against the new team.

Counterattackgames

Counter attacking is the term used to describe the moment when a defending team wins the ball from an opponent and immediately springs into a fast-paced attack of its own. Counter attacking makes for exciting football and is the trademark of teams like FC Barcelona, Arsenal and Manchester United. Individual skills—forward runs, passing, dribbling, shooting, movement off the ball, communication.

Team skills—counter attacking, defending,

45 Find the striker

GAMES

43 3v2 fast

break

score

44 Breakout to

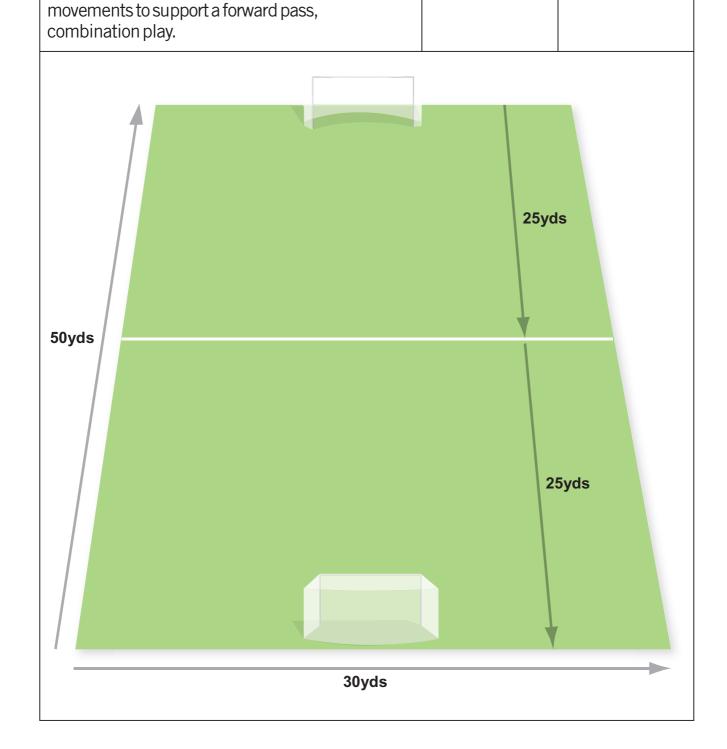
SET UP PITCH 50 x 30yds EQUIPMENT

2 goals

footballscones

PLAYERS

Find the 8 12 plus 2GKs



You pass out

to the two defenders.

COUNTER ATTACK GAMES

3v2 fast break

MOVEMENT DRIBBLE - - - - - PASS

Overview

This game improves quick attacking and combination play. The attackers must break forward in order to utilise the extra player and create a chance to score.

Set up

 Pitch 50dys x 30yds split into two 25yd x 30yd areas

What you get your players to do

One team plays as the attackers and players work in groups of three. The opposing team plays as the defenders and players work in pairs.

Start the practice by passing into the defenders who must play a pass back into the three attackers who run forward quickly to attack.

Immediately a 3v2 situation commences.

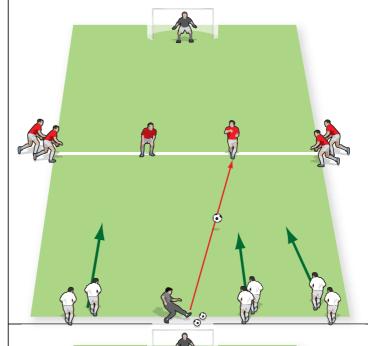
The attack ends when a goal is scored, the ball leaves the field, or if the defenders regain possession of the ball.

Rules

- The game is played for two halves of five minutes
- Each team takes a turn at attacking and defending for one half each with the aim of scoring more goals
- Each attack starts with a pass from you into the defenders who set back to the attacking players in order to create the 3v2 situation

Development/progression

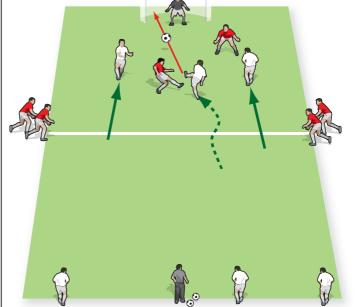
To increase difficulty for the attackers you can add an extra defender as this will remove the 3v2 overload and create an even numbers game.



The three attackers (white) race forward to receive the ball from the defenders (red).







The red team

attacks and attempts to

score a goal.

COUNTER ATTACK GAMES

Breakout to score

MOVEMENT DRIBBLE - - - - - PASS

Overview

The breakout game helps your team's ability to regain possession and launch speedy counter attacks.

Set up

 Pitch 50yds x 30yds split into two 25yd x 30yd areas

What you get your players to do

Divide your players into two teams of six plus two goalkeepers.

To start, the game is played inside one half of the field with one team attacking to score a goal.

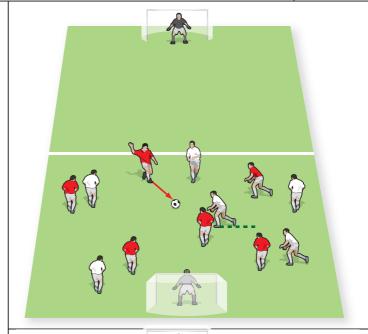
The defending team must try to stop the attackers scoring and regain possession of the ball. When doing this the defending team should try to pass forward and release a player into the opponent's half so they can run through and score a counter attacking goal.

Rules

- The game is played for two eight minute halves
- Each team has a turn as the attackers and then counter attacking defenders
- If the ball leaves play then the game is restarted from the centre line by the attacking team
- If a counter attack is made then only one counter attacking defender can enter the attacking team's half of the field, no attackers are allowed to run back

Development/progression

Allow an attacker to race back and try to defend 1v1 against the counter attacking defender.

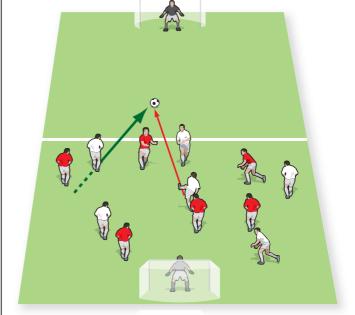


If the white team wins possession

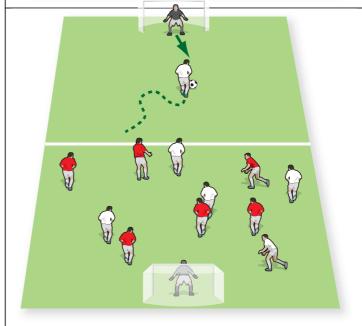
it must try to

break out of the area by

passing or dribbling.



The player breaking out must now try to score in a 1v1 against the red team's keeper.



COUNTER ATTACK GAMES

Find the striker

MOVEMENT DRIBBLE - - - - PASS

Overview

The defending team is under pressure in this fast and furious game. Players face several tests – can they stop the opposition scoring? Can they win possession? And finally, can they make a forward pass into the striker and quickly counter attack put the ball into the back of the net?

Set up

 Pitch 50yds x 30yds split into two 25yd x 30yd areas

What you get your players to do

You need two teams of players where each team has half of the pitch to defend and half of the pitch to attack.

Each team must designate one centre back to always stay in the defensive half of the field and one striker who always stays in the attacking half of the field.

The remaining players are able to go into both halves as the game moves from one counter attack to the other.

To start, one team attacks inside the opposition's half. The defending team tries to gain possession and makes a forward pass to a striker inside the opposition's half.

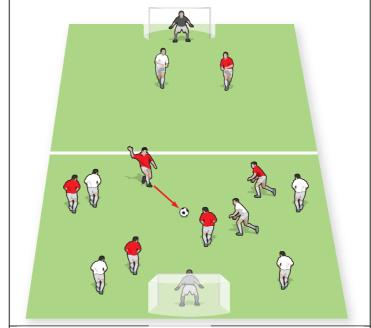
The striker must keep the ball and allow their team mates to quickly run forward to counter attack.

Rules

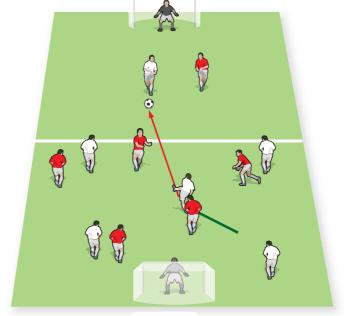
- The game is played for ten minutes
- Each team nominates one striker who always stays in the attacking half and one centre back who always stays in the defending half
- If the ball leaves play then the attacking team restarts the game from the centre line of the pitch

Development/progression

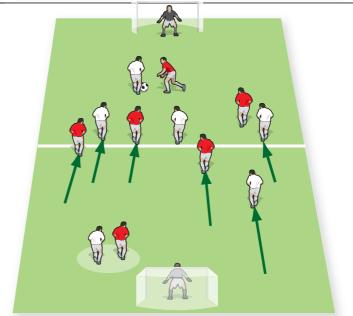
Remove the centre line and play a normal two team game. Goals scored after a pass into the striker should be awarded double goals.



The red team designates a centre back to stay in the defensive half while the white team designates a striker who stays in the attacking half.



If the white player wins the ball they quickly pass to their attacker.



Now the game switches to the opposite half with the white team attacking. However, one white and one red must remain in the white team's half.

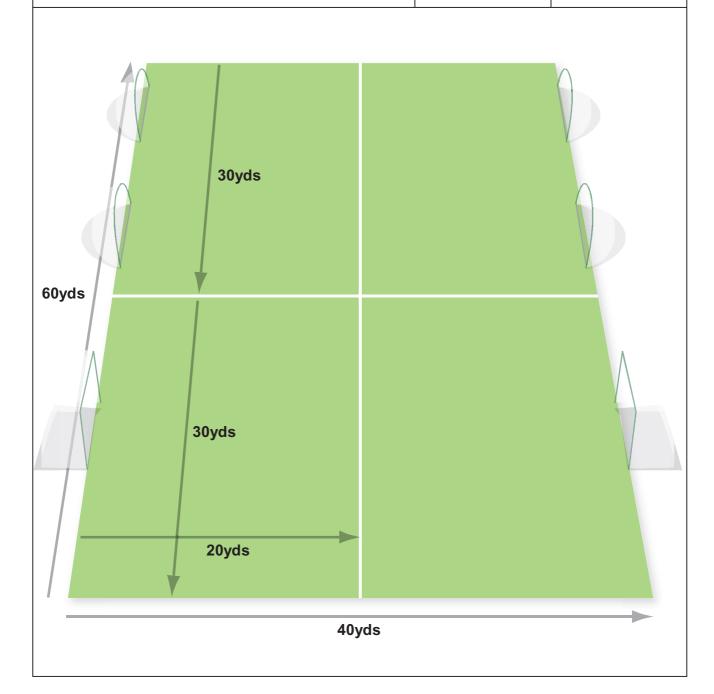
Thecube

Improve your players' desire to win in this three team competitive game. The cube will inspire players to strive to be the champions of the cube by beating two opponents at the four goal and two goal games.

Individual skills – passing, dribbling, shooting, movement off the ball, communication, game awareness.

Team skills—communication, game awareness, attacking, defending.

GAME	SET UP
46 The cube tournament	PITCH 40yds x 60yds, split into four 20yds x 30yds areas
	EQUIPMENT
	2 goals
	4 mini goals
	footballs
	cones
	PLAYERS
	🐠 12 plus 2GKs



THE CUBE

Cube tournament

MOVEMENT — DRIBBLE — — — PASS

Overview

Three teams compete in a round robin tournament to be crowned champions of the cube.

Set up

 Pitch 40yds x 60yds split into four 20yds x 30yds areas

What you get your players to do

Split the squad into three teams of players. Two small-sided games are played, one on each pitch.

Begin with two teams, who play a two goal game on one pitch, while on the other pitch one team passes and moves inside one half of the four goal area.

On your whistle, the team next to the spare half of the pitch (blue) immediately runs into the empty half and plays against the team (white) which is passing the ball in the four goal game.

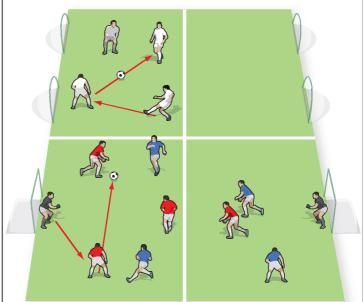
Now the team without an opponent (red) moves into the opposite half of the field and begins passing the ball around until you blow the next whistle.

Rules

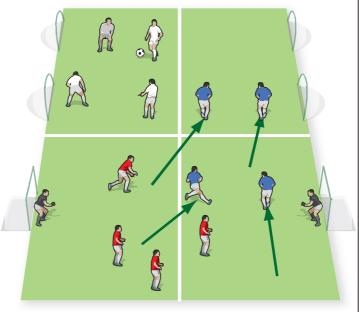
- The total playing time is 18 minutes
- Every three minutes you blow your whistle and the teams quickly rotate
- The game works so that all teams play each other at the four goal and two goal game
- The teams must continue to keep a tally of the number of goals scored as they move around the pitch
- When you blow the whistle, the team passing the ball is allowed to attack immediately with the ball.
 This forces the opposition to race onto the new pitch

Development/progression

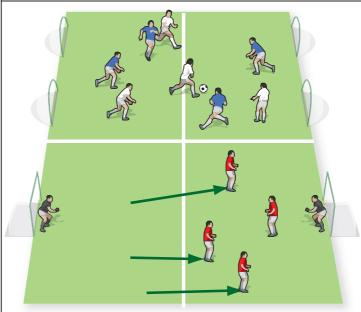
Replay the round robin competition but this time increase the difficulty in scoring by imposing a first time shooting rule where all goals have to come from a first time shot.



The red and blue teams play a normal 4v4 two goal game.



On your whistle, the blue team races into the vacant half and plays a four goal game with the white team.



The red team moves across to the free half and rests until your next whistle. The white team then moves down the pitch and plays a 4v4 two goal game against the red team.

The dribbler

Fans around the world love players like Messi and Ronaldo who can dribble and go past their opponent. Players like this who demonstrate skill and quick changes of direction are so exciting to watch and have soccer fans on the edge of their seats as they go past one, two and three defenders to score. Inspire your players with these games and develop some excellent dribbling skills.

Individual skills—dribbling, shooting, speed, balance.

Team skills – movement off the ball.

GAMES	SET UP
47 1v1 duel	PITCH 50yds x 30yds One 10yd square
48 Beat two and score	EQUIPMENT ☐ 2 goals ☑ footballs
49 Man marking	cones PLAYERS 8 8 plus 2GKs



Two players go into the central

square.

THE DRIBBLER

1v1 duel

MOVEMENT — DRIBBLE — — — — PASS

Overview

The 1v1 duel pitches two players in a tight situation where there can only be one winner. Who has got the determination and skill to claim the ball and dribble past their opponent to score a goal?

Set up

• Pitch 50yds x 30yds with a 10yd square marked in the centre

What you get your players to do

Two teams line up outside the square.

The players enter the square and wait for you to pass to one of them. Once you make the pass the 1v1 duel commences.

The aim is for one of the players to dribble out of the opponent's end line and into a 1v1 situation against the goalkeeper to score.

The next two players enter the square.

Rules

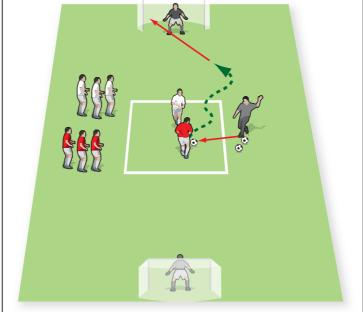
- The game is played for ten minutes
- The teams must keep count of the number of goals they score
- The players must go out of their opponent's end line. If the ball goes out of the side line then the 1v1 duel must restart with a new pass from you

Development/progression

To increase the difficulty for the player shooting, insist that once the player has dribbled out of the square they are then only allowed two touches prior to shooting at goal.



You pass onto the pitch and the two players in the centre square compete to dribble out of the zone and shoot at goal.



The next two players enter the square.



THE DRIBBLER

Beat two and score

MOVEMENT DRIBBLE - - - - PASS

Overview

Beat two and score is a dream practice for players who love to show off their skill and dribbling ability. Players must compete to dribble outside the opponent's end line and into a second 1v1 situation where a quick change of direction can give them the opportunity to shoot.

Set up

 Pitch 50yds x 30yds with a 10yd square marked in the centre

What you get your players to do

Two teams line up outside the square. Each team adds a second defender who defends outside of the square.

Two players enter the square and wait for you to pass in to one of them. Once you make the pass the 1v1 duel begins. One of the players has to dribble out of the opponent's end line and into a 1v1 situation with the second defender who they must beat in order to score.

Rules

- The game is played for ten minutes
- The teams must keep count of the number of goals they score
- The players must go out of their opponent's end line. If the ball goes out of the side line then the 1v1 duel must restart with a new pass from you
- Rotate the second defender every two minutes

Development/progression

If the player going outside the area is tackled by the second defender, then the second defender can pass back to their team mate in the square who can turn and dribble to attack the opposite goal and second defender.



Two players enter the square and two players go outside the square.



You pass the ball into the square.



Players attempt to dribble out of the square and beat the second defender to score

THE DRIBBLER

Man marking

MOVEMENT — PASS

Overview

The man marking game places the players in a high pressure situation. Players must stick tight to their opponent when defending in order to stop them scoring. But, in attack they must be constantly on the move to lose their marker and score a goal.

Set up

• Pitch 50yds x 30yds with a 10yd square marked in the centre

What you get your players to do

Split your players into two teams. Each team attacks and defends one goal.

The players on each team must pair up with a player on the opposing team. These two players must man mark each other and enter into a 1v1 duel.

Players are only allowed to tackle the player they are man marking.

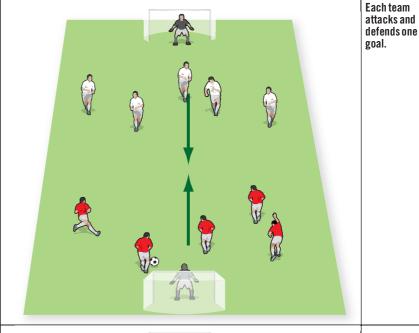
Good defending skills as well as excellent dribbling skills are required in this game.

Rules

- The game is played for 15 minutes split into three minute periods with the players changing their man marker each three minute period
- After every period there is a one minute rest
- If the ball leaves play then the goalkeeper of the team in possession restarts the game

Development/progression

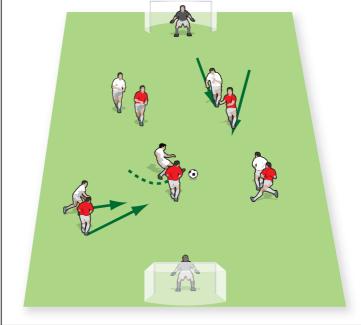
Remove the man marking rule and play a normal two team game.



The players must man mark a player on the opposite team.



Players are only allowed to tackle the player they are man marking — this creates many 1v1 duels.



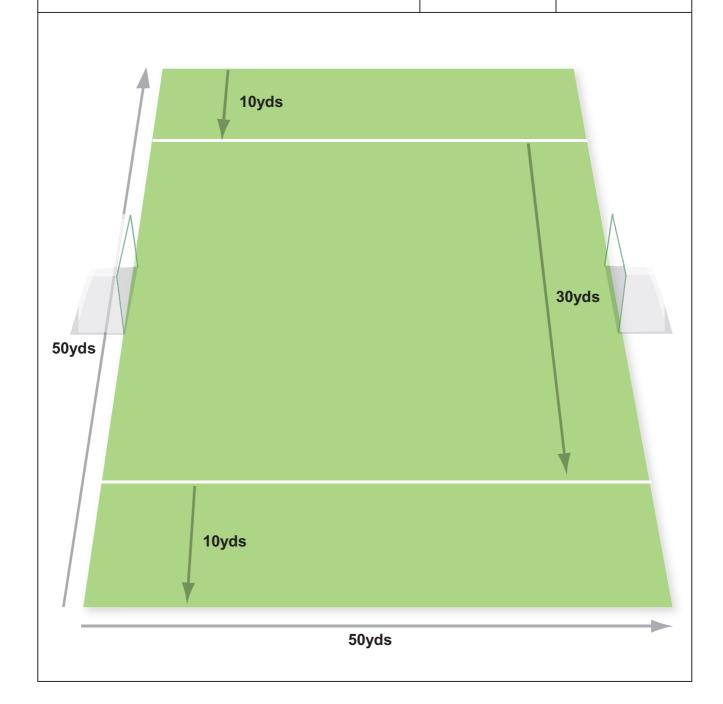
Wingmania

Wing mania develops a range of tactics to improve attacking in wide areas of the pitch. The games encourage switching of play, dribbling outside and inside, overlapping and crossing situations.

Individual skills—dribbling, crossing, passing, shooting, movement off the ball, receiving skills.

Team skills – movement to receive, attacking in wide areas, combination play, communication, team work.

GAMES	SET UP
50 Wide advantage	PITCH 50yds x 50yds Two10yd side channels
51 Wingers game	EQUIPMENT 2 goals
52 Overlap game	o footballso conesPLAYERS№ 14 plus 2GKs



WING MANIA

Wide advantage

KEY MOVEMENT = DRIBBLE - - - -PASS

Overview

The wide advantage game is designed to improve build up play in wide areas. It also enhances players' awareness of using the full width of the pitch when attacking enabling them to reap the benefits of additional crossing situations.

Set up

Pitch 50yds x 50yds including two 10yd side channels

What you get your players to do

You'll need two teams of eight players. Each team has two wide players who start the game inside the wide channels and by the side of the goal.

The white team attacks first and the two white wide players enter the channel and join the game.

The white team has the advantage until a goal is scored.

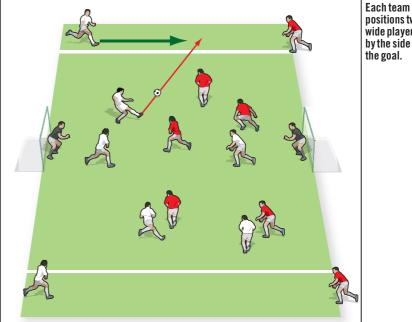
For the next ball, the red wide players enter the channel and the red team has the advantage.

Rules

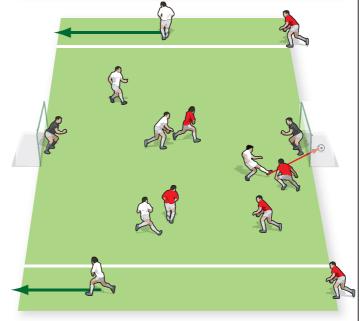
- The game is played for 20 minutes
- The wide advantage changes after each goal with the wide players of each team coming into, and then out of the game
- The wide players are limited and must play inside the wide channel
- Defenders are not allowed into the wide channel
- The team without the wide advantage attempts to score by building up in central areas

Development/progression

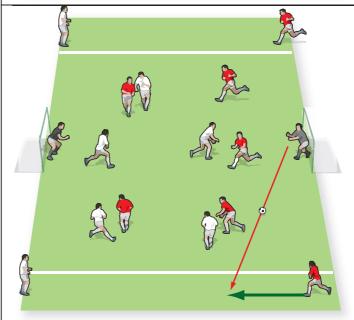
To increase difficulty – allow defenders to go into the wide channel in order to tackle the wide players and stop them crossing the ball.



positions two wide players by the side of the goal.



The white team can use the wide players first. After the winger has made a cross and a goal has been scored the white wide players leave the pitch.



After the restart, the red team has the wide player advantage until they score a goal.

Both teams

have two wide players.

WING MANIA

Wingers game

MOVEMENT DRIBBLE - - - - PASS

Overview

The wingers game improves players' awareness and ability to get the ball into wide areas and reinforces the benefits crossing situations give to a team. Players including Steven Gerrard and Frank Lampard have become world stars by passing wide and then getting into the box to score from a cross.

Set up

 Pitch 50yds x 50yds including two 10yd side channels

What you get your players to do

Divide your players into two teams of eight. Each team has two wide players who are placed inside the wide channels as wingers.

Players pass the ball out to the wingers in order to gain crossing situations.

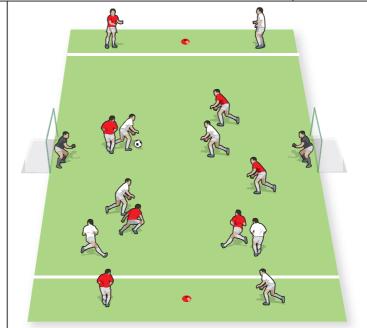
The aim is to then make runs into the box and score from a winger's cross.

Rules

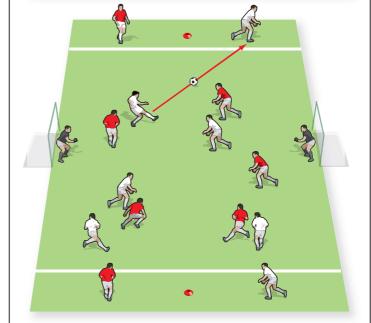
- The game is played for ten minutes
- The wingers must stay inside the channels and in the attacking half of the field
- Defenders are not allowed in the channels
- The teams must pass to a winger before they can score a goal
- If the ball leaves the pitch then the game is restarted by the goalkeeper of the team in possession

Development/progression

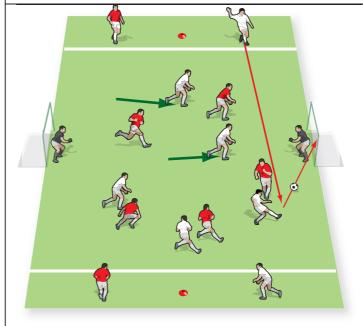
Allow a defender to go out and into the channel to defend 1v1 against the winger. The winger is allowed one touch before the defender can go to tackle.



The aim is to get your players to pass the ball wide...



...and run into the box to score from the cross.



WING MANIA

Overlap game

MOVEMENT DRIBBLE - - - - PASS

Overview

The overlapping game develops the relationship between your wingers and full backs when the team is in attack.

Set up

 Pitch 50yds x 50yds including two 10yd side channel

What you get your players to do

Split your players into two teams of eight. Each team nominates two wide players to go inside the wide channels as wingers.

The teams must try to pass the ball out to the wide channels in order to get the wingers in possession of the ball.

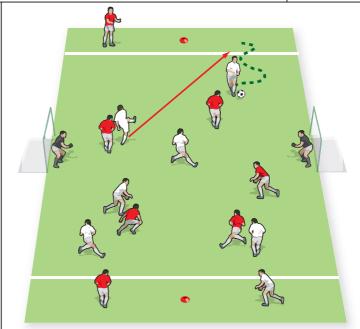
The wingers must now dribble onto the pitch to join the game and leave the wide channel free. A second player makes an overlapping run into this area to receive a pass from the winger and then makes the cross.

Rules

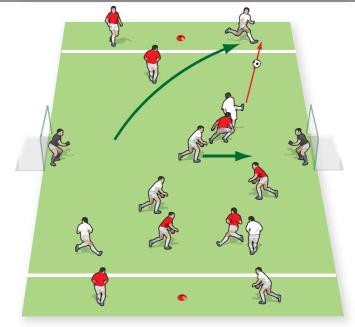
- The game is played for ten minutes
- Wingers must stay inside the channels until they receive a pass
- Wingers must dribble into the pitch when they receive the ball
- A new player must now overlap the wide player and go into the channel
- Defenders are allowed into the wide channel
- If the ball leaves the pitch then the game is restarted by the goalkeeper of the team in possession

Development/progression

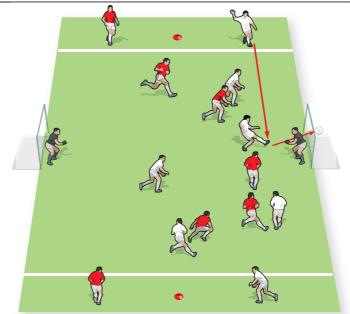
Remove the wide channels and play a normal two goal game.



The teams attempt to pass the ball to the winger who dribbles onto the pitch.



This allows another player to overlap on the outside and receive a pass from the winger.



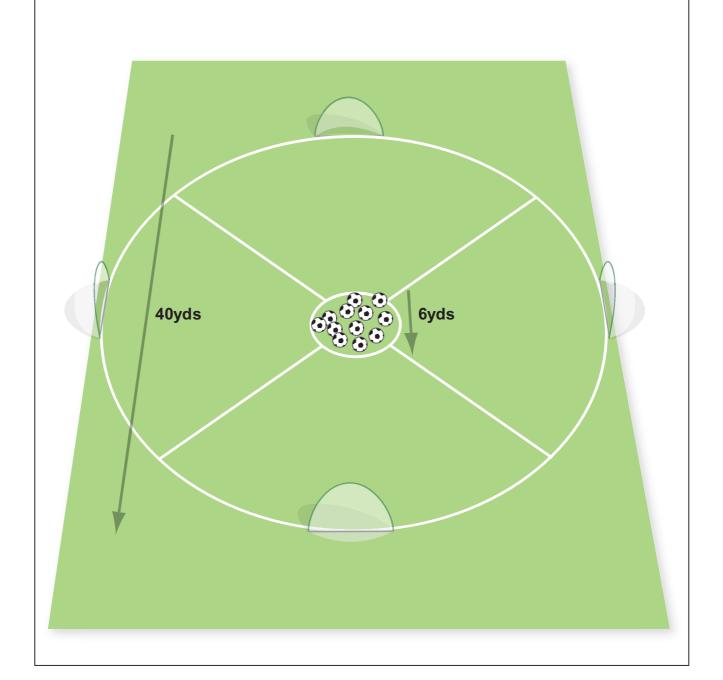
The overlapping player crosses.

1v1 crazy

In any squad regardless of age and ability, there are many types of player. They may be attacking or defensive, fast or slow, tall or short and strong or slight. This combination of players makes for a good learning experience when playing 1v1. This unique aspect of soccer is seen in every team from FC Barcelona to an U7s grass roots club.

Individual skills—attacking, defending, dribbling, shooting, using of body to challenge, fitness. **Team skills**—communication.

GAMES	SET UP
53 Team game	One circle 40yds in diameter
54 Time trial	One circle 6yds in diameter EQUIPMENT
55 Multi ball game	4 mini goalsfootballscones PLAYERS 8



1V1 CRAZY

Team game

MOVEMENT DRIBBLE - - - - PASS

Overview

The team game involves 16 individual 1v1 attacking duels aimed at improving defending and attacking against different types of opponent.

Set up

- A circle 40yds in diameter divided into quarters
- A smaller circle 6yds in diameter is placed in the centre of the pitch

What you get your players to do

Split your players into two teams of four. One team starts as the attackers and the other team starts as the defenders. The defenders go into one of the four quadrants to defend the mini goals.

The attackers work for four attacks each and play against each of the opponents. This gives the attacking team 16 goal scoring opportunities.

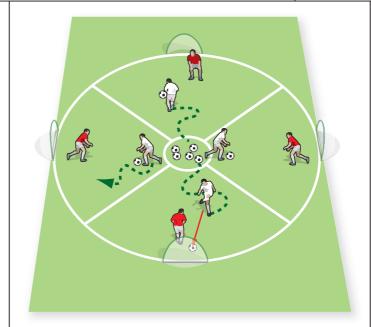
The game starts on your whistle, the attackers try to score in a 1v1 situation. The attack is complete once a goal is scored or the ball leaves the pitch. Next the attackers return to the centre of the pitch, collect a second ball and move clockwise to the next pitch.

Rules

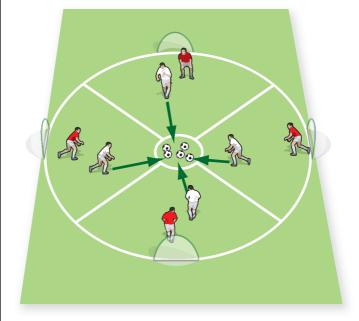
- The game is split into two sets of 16 attacks
- The defenders and attackers change after the first set of 8-12 balls with the defenders trying to score more than the attackers did in their 16 attacks
- The attackers must count how many goals they each score for the team
- The game should take ten minutes to complete
- Each attack starts on your whistle
- The attackers move to the next position after each attack and wait for your next whistle before attacking the next goal

Development/progression

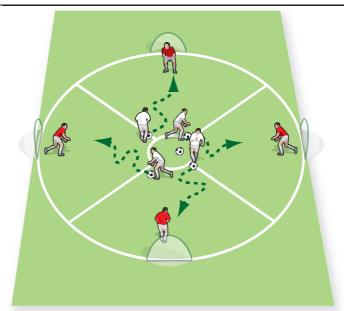
Add an element of competition between the attackers by focusing on the attacker who scores the most goals.



The four attackers dribble and try to score a goal.



After they score a goal or the ball goes off, the attackers return to the centre to collect a second ball.



Next the players rotate and work to the goal on their right (clockwise motion).

1V1 CRAZY

Time trial

KEY MOVEMENT = DRIBBLE - - - -PASS

Overview

The time trial game places the attackers under high pressure in order to get them to attack at top speed and score goals in the allotted time. How many goals can the attacking team score before the time runs out?

Set up

- A circle 40yds in diameter divided into quarters
- A smaller circle 6yds in diameter is placed in the centre of the pitch

What you get your players to do

Split your players up into two teams of four. One team plays as the attackers and one team plays as the defenders.

The defenders go into one quarter each and defend a mini goal. The attackers go into the centre circle and take turns to attack one of the mini

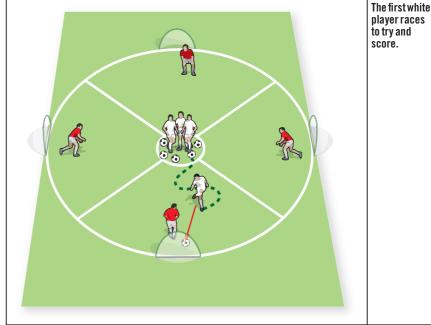
One attacker goes to attack and attempts to score. After a goal or the ball goes out of play a new attacker goes to attack. This sequence continues with the attackers trying to score as many goals as possible until the time runs out.

Rules

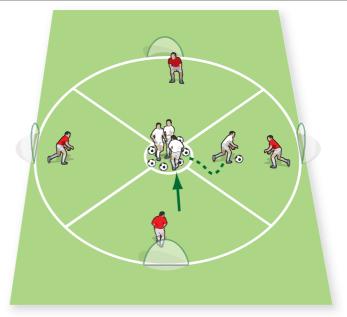
- The game is played for two halves of five minutes
- The defenders must stay inside their own pitch and cannot help a team mate
- Before the next attacker leaves the previous attacker must run back into the centre circle
- The next attacker must attack a new defender

Development/progression

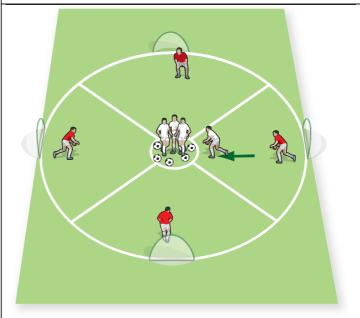
Allow the attackers to attack in pairs to create 2v1 attacking situations.



player races to try and score.



After this attack a new white player attacks a different goal.



The white player must run back into the centre circle before the next player can attáck.

1V1 CRAZY

Multi ball game

MOVEMENT — PASS

Overview

This exciting, all-action attacking and defending game features a variety of mini duels of 1v1, 2v1, 2v2 and so on. Each team must attack or defend in order to stop the opposition winning.

Set up

- A circle 40yds in diameter
- A smaller circle 6yds in diameter is placed in the centre of the pitch

What you get your players to do

Start with two teams of four players. One team defends the mini goals, the other team goes to the centre circle and each player takes a ball to attack with.

On your whistle, the attackers dribble and attempt to score in the mini goals. The defenders must stop them.

The attackers can score in any goal, they can attack alone in 1v1 situations, or they can attack in pairs, threes or as a whole team with one ball. The rules for defenders are the same and they can defend alone or run to help a team mate.

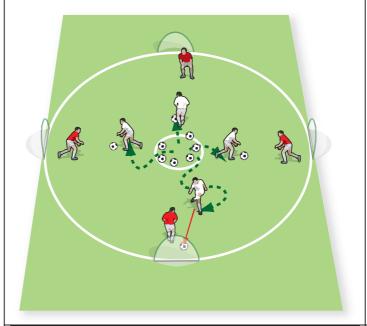
When the ball leaves play or a goal is scored the attacker runs back to the centre circle and collects a new ball to continue attacking. The game is played until all the balls have been used.

Rules

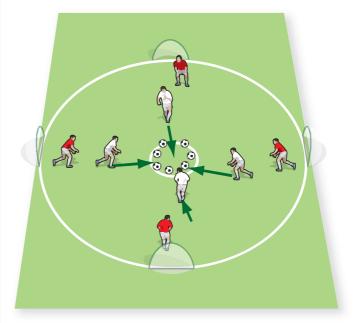
- The game is played until all balls have left the pitch. The balls are then collected and the teams change roles
- The two periods of the game should last no longer than five minutes
- No balls are allowed to be collected from the goals or from outside the area. The balls can only be collected from the centre circle
- The teams are free to attack and defend alone, or in small groups

Development/progression

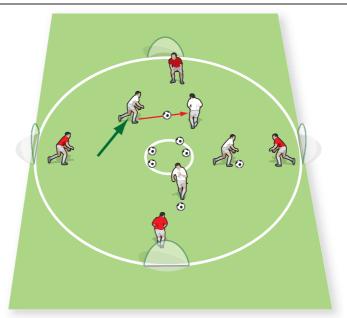
Change the game to a team game where the team must attack as a whole team using one ball. This will introduce the idea of team work and encourage players to work together.



The white team attacks and the red team defends.



White players continually run back to collect more balls and attack again.



White players can play alone or combine with team mates to score. The red players can defend alone or together.

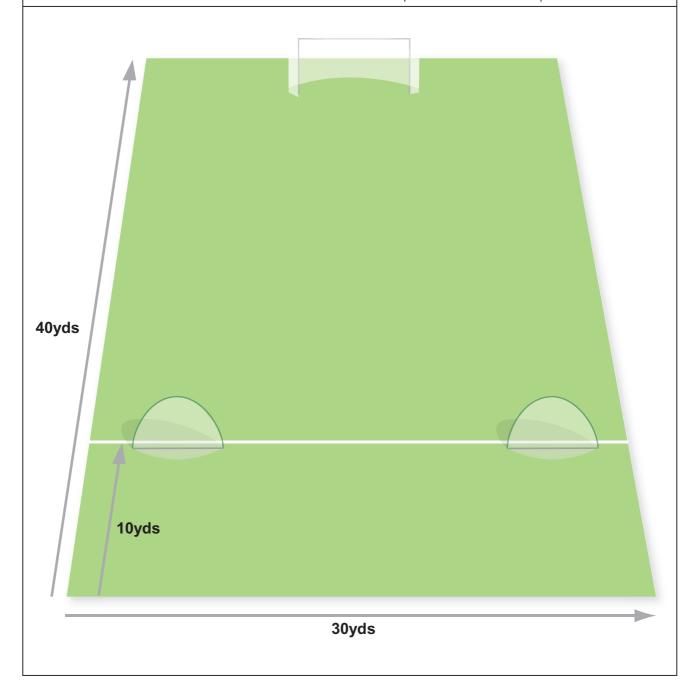
Overload games

Young players aren't always aware of their team mates and are reluctant to pass. Using overload situations in training gives the attacking team an additional player in the attack and so reinforces the message to use a team mate to score. Overloads encourage passing and combination play.

Individual skills—dribbling, passing, shooting, movement off the ball, communication.

Team skills—team work, movement to create space, movement to disrupt defenders, combination play.

SET UP
PITCH 40yds x 30yds EQUIPMENT
1 goal 2 mini goals footballs
cones PLAYERS
№ 8 plus 1GK
•



OVERLOAD GAMES

Overload continuous

MOVEMENT — PASS

Overview

Overload continuous improves players' awareness of the importance of using a team mate to score more goals.

In this game the teams take turns at attacking with the extra player. Teams need to utilise the additional player in order to get those goals.

Set up

Pitch 40yds x 30yds

What you get your players to do

The goalkeeper goes into the goal. The teams line up so that one red player goes first, then two white players, then two red players, then two white players and finally one red player.

To start, the red player has three touches to score a goal then two white players enter the pitch to make 2v1 then two reds to make 3v2 then two whites to make 4v3 and finally the last red player to make 4v4 game.

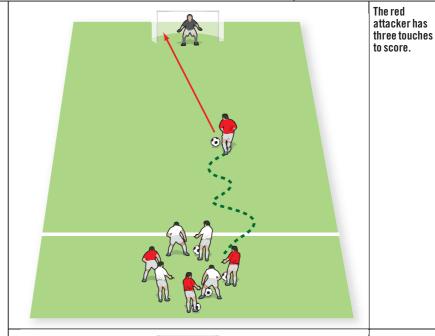
Once all the balls have been played the teams return to the starting point and rotate so that the red team starts the game.

Rules

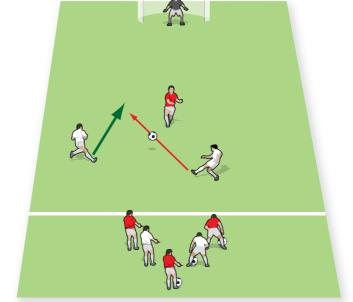
- The game is played for eight sets of five balls with each player having a turn to start the game. Each set is played for five balls
- Only the attacking team can score a goal
- If the ball leaves play, the defenders win the ball or if a goal is scored then the new attackers enter the game

Development/progression

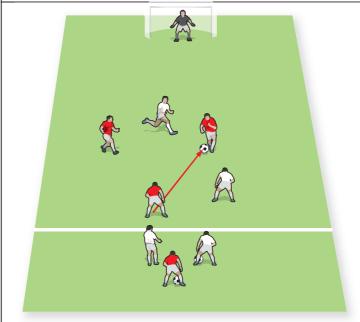
Limit the attackers to two touches on the ball as this will force the players to combine and move off the ball more often.



As soon as the starting player has shot he must react to defend against two attackers.



Keep adding players creating alternating attacking overloads until you are playing 4v4.



OVERLOAD GAMES

Overload two way

MOVEMENT — PASS

Overview

The overload two way game progresses from overload continuous and places the attackers under greater pressure to make good decisions on the ball and use their team mates. This is due to the defenders having the opportunity to regain the ball and then score themselves in the mini goal.

Set up

- Pitch 40yds x 30yds
- One goal at one end and two mini goals at the other

What you get your players to do

The goalkeeper goes into the goal. The teams line up so that one white player goes first, then two red players, then two white players, then two red players and finally one white player.

To start, the white player has three touches to score a goal, then the white player defends as two red players dribble into the pitch and play 2v1, then two white players enter to make a 3v2, two red players to make a 4v3 and finally one white player to make a 4v4 game.

If the defenders win possession of the ball they are able to score in either of the mini goals.

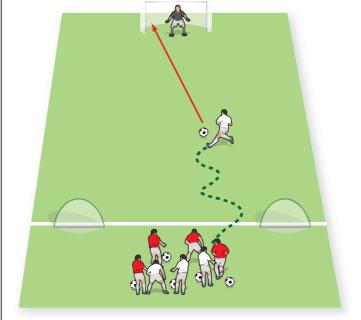
Once all the balls have been played the teams return to the starting point and rotate so that the red team starts the game.

Rules

- The game is played for eight sets of five balls with each player having a turn to start the game.
- The attacking team scores in the standard goal while the defenders try to score in the mini goals
- If a goal is scored or the ball leaves play then the new attackers enter the pitch

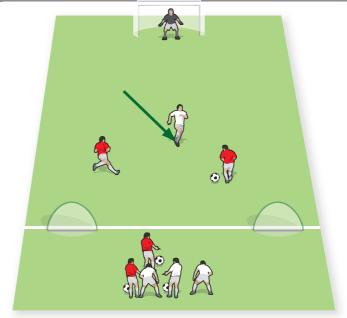
Development/progression

Improve the reward for the defenders by giving double goals for any goal that is scored in the mini goals. This will also place more pressure on the attackers.

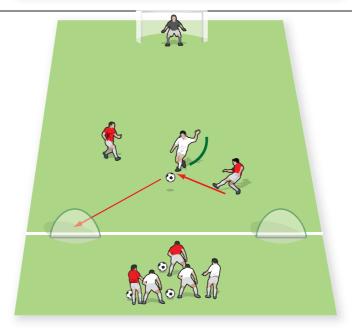


player has three touches to score.

The white



Two red players enter the pitch to make a 2v1.



If the white player wins the ball he can score by passing into either of the two mini goals.

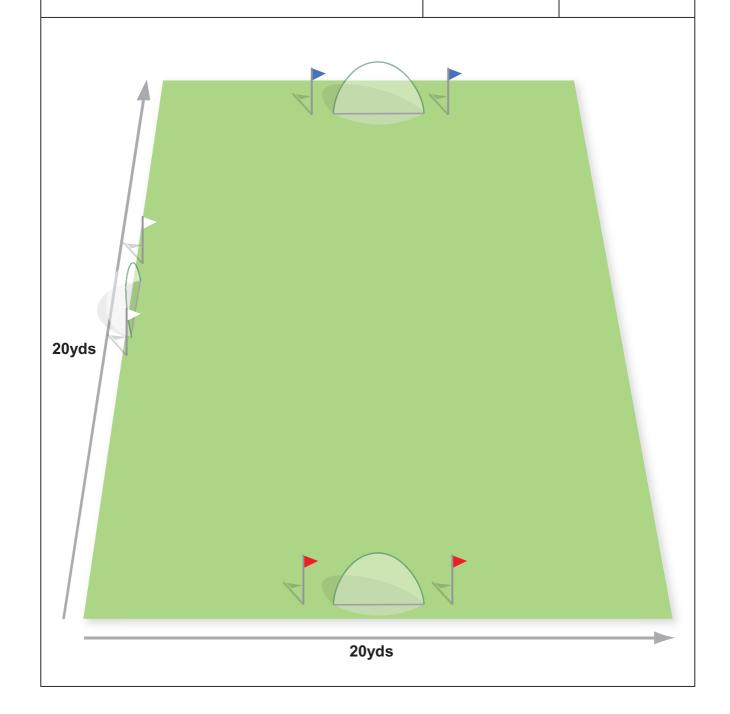
Around the world

Around the world improves both individual and team skills by progressing from simple 1v1 attacking and defending play through to more complex 2v2 attacking and defending situations.

Individual skills—dribbling, movement off the ball, attacking skills, defending skills, speed, reactions, communication, shooting, passing.

Team skills—team work, combination play, defending, attacking, communication.

GAMES	SET UP
58 1v1 crossways	PITCH 20yds x 20yds EQUIPMENT
59 1v1 around the world	3 mini goalsflagsfootballs
60 2v2 around the world	cones PLAYERS 12



AROUND THE WORLD

1v1 crossways

MOVEMENT DRIBBLE - - - - PASS

The teams

attack the goal they are

facing and

defend the goal marked

with their

flags.

Overview

1v1 crossways is a two team game that works on 1v1 attacking and defending. It is also ideal for developing the players' reactions in order to play the new ball.

Set up

- Pitch 20yds x 20yds
- Two mini goals marked with coloured flags

What you get your players to do

The white team attacks the goal it is facing and defends the goal marked with its team's coloured flags.

The red team attacks the goal it is facing and defends the goal with the red flags.

The two teams take turns to continually attack and defend in 1v1 situations in order to outscore th opposition.

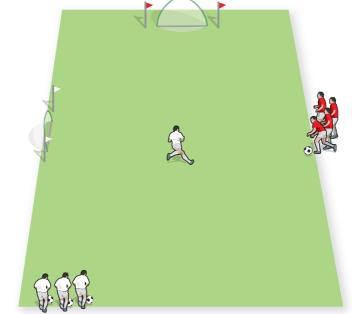
Once a player has attacked, the same player must then react to defend. After defending, the player then leaves the pitch and rejoins the team line.

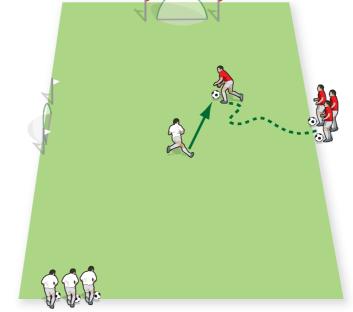
Rules

- The game is played for five minutes.
- The team with the most goals is declared the winner
- Only the attacking team can score a goal
- If the defenders win the ball or the ball leaves play then that attack is complete and then next attacker enters the game

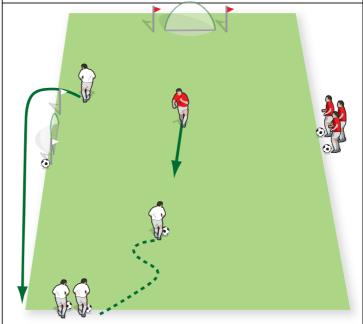
Development/progression

If the defender wins the ball allow them to score in the opponent's goal.





The red player attacks first.



The red player has to react and defend against the next white player.

AROUND THE WORLD

1v1 around the world

MOVEMENT DRIBBLE - - - - PASS

The red

players attack the

goal they

are facing and defend

the goal marked with

their team's

coloured

flags.

Overview

1v1 around the world is a three team, high intensity, game that develops 1v1 attacking and defending.

This game improves the winning mentality of players as they compete to help their team score the most goals and win.

Set up

- Pitch 20yds x 20yds
- Three mini goals marked with coloured flags

What you get your players to do

Divide your players into three teams of four players.

The teams rotate from attacking to defending to resting. The game works with the teams attacking the goal they are facing and then defending the goal which is marked by their team's coloured flags.

To start, the red team attacks the white team, then a white player enters to attack the red player and then a blue player attacks the white player.

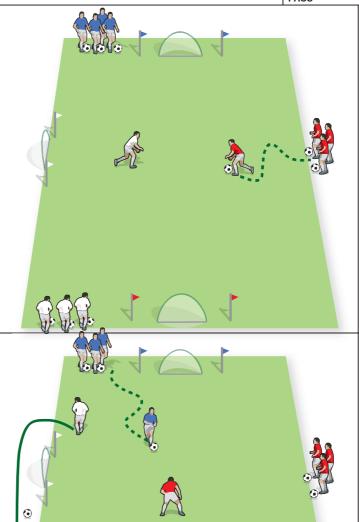
This rotation of 1v1 attacks continues until the time elapses.

Rules

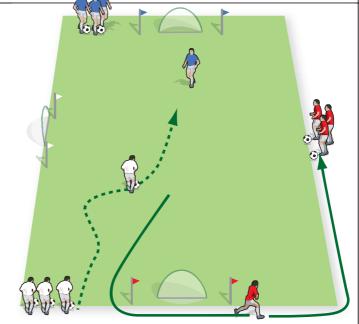
- The game is played for five minutes
- The team with the most goals is declared the winner
- Only the attacking team can score a goal
- If the defenders win the ball or the ball leaves play then that attack is complete and then next attacker enters the game

Development/progression

Place one player from each team on the pitch. You play a pass into the pitch and the three players compete to score in the opponent's goal. As soon as a goal is scored these three players leave the pitch and are replaced with three new players from each team.



Now the red player must react and stop the blue player from scoring in the goal with flags in their team colours (red).



The blue player reacts and defends 1v1 against the white player.

AROUND THE WORLD

2v2 around the world

MOVEMENT DRIBBLE - - - - PASS

The two red players attack first

against the

white team.

Overview

This three team all-action game develops 2v2 attacking and defending. It also improves communication and team work as players work together in pairs in order to react to attacking and defending in the game.

Set up

- Pitch 20yds x 20yds
- Three mini goals marked with coloured flags

What you get your players to do

Divide your players into three teams of four players.

The teams rotate from attacking to defending to resting. The game works with the teams attacking the goal they are facing and then defending the goal which is marked by their team's coloured flags.

To start, the red team attacks the white team, then two white players enter to attack the red players and then two blue players attack the white players.

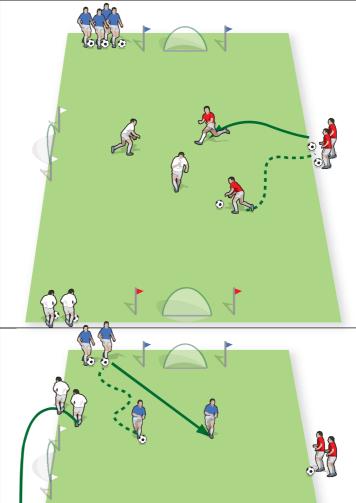
This rotation of 2v2 attacks continues until the time elapses.

Rules

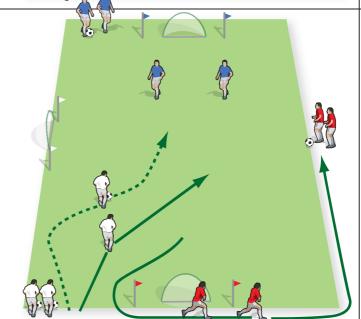
- The game is played for five minutes
- The team with the most goals is declared the winner
- Only the attacking team can score a goal
- If the defenders win the ball or the ball leaves play then that attack is complete and then next attacker enters the game

Development/progression

Place two players from each team on the pitch. You play a pass onto the pitch and the three teams compete to score in the opponent's goal. Continue this game for five minutes with a different pair of players entering the pitch on each ball. The team with the most goals wins.



Now the red players react and defend against the two blue players who enter to attack.



Finally the two blue players must defend against the two white players who now move to attack.

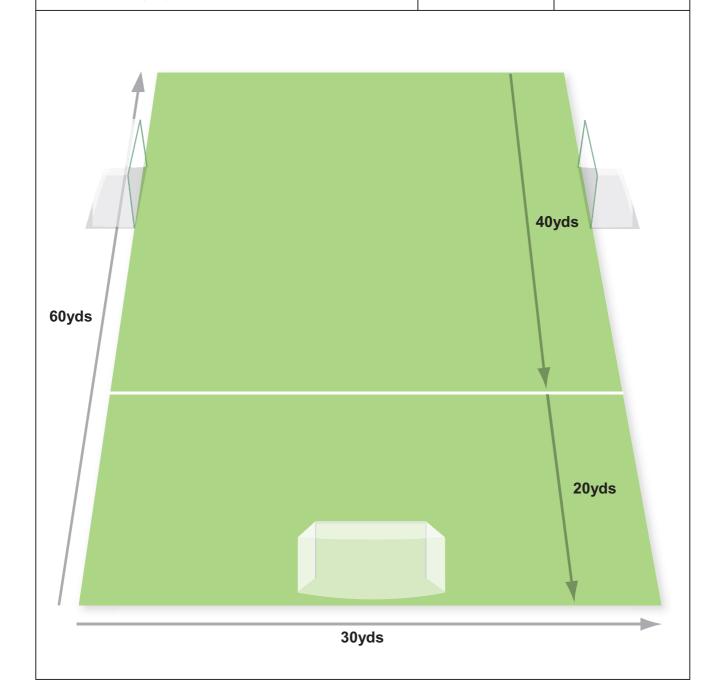
Reaction games

Boost your players' speed of reactions to the type of one off events that occur in soccer. When playing a game there are moments when play can change in a split second and present a player with a chance to score a goal. How quickly a player reacts and how composed they are makes the difference between a good player and a great one.

Individual skills—passing, shooting, dribbling, movement off the ball, reactions, communication.

Team skills—communication, teamwork, combination play.

GAMES	SET UP
61 Shooting breakout	PITCH 60yds x 30yds EQUIPMENT
62 Crossing breakout	3 goalsfootballscones
63 1v1 breakout	PLAYERS



REACTION GAMES

Shooting breakout

MOVEMENT DRIBBLE - - - - - PASS

Overview

Two teams compete to win in this neat small-sided game by outscoring each other.

However, this game has a twist with the breakout factor giving one team the chance to score an additional goal as well as presenting the opposition with a quick overload situation.

Set up

- Pitch 60yds x 30yds
- Three goals, one is placed 20yds outside the main pitch

What you get your players to do

The group is split into two teams of six including a goalkeeper. One team is numbered in odds and the other team is numbered in evens

The two teams play a normal game inside the main pitch. This game is controlled by you, serving a ball into the pitch when a goal is scored or when the ball leaves the pitch.

On your number call, that player must run out of the main pitch and receive a pass from you in order to shoot at goal. The shooter is limited to two touches.

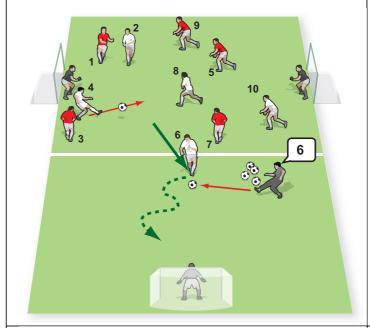
The player must then turn and race back into the main pitch as this game continues with the player's team one player down until the player gets back into the pitch.

Rules

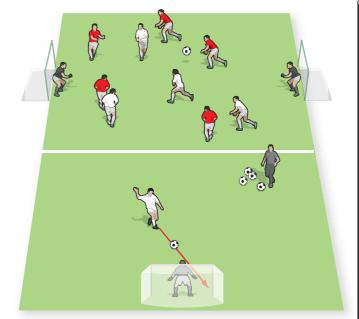
- The game is played for ten minutes
- Each player is called out of the pitch on one occasion to run and shoot
- The main game continues when the shooting situation occurs. You are in control of playing a new ball into the main pitch if the ball leaves play. You also serve the ball for the breakout player to shoot
- Goals in the main game count as one goal, goals in the breakout also count as one goal
- Players cannot return to the main pitch until they have scored
- The team with the most goals is declared the winner

Development/progression

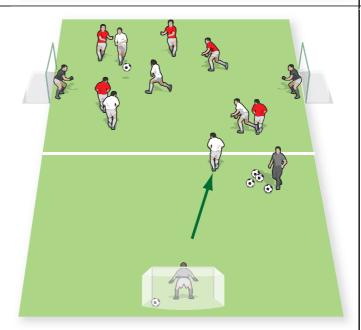
Here the attacker must attempt to go around the goalkeeper before scoring. Although this increases the chance of scoring it also increases the time that the player's team are a man down in the main game.



The red team is numbered in odd numbers, the white team is given even numbers.



On your number call, the player with that number rushes out of the pitch and collects a ball to shoot.



The player then rushes back onto the main pitch as their team is one player down until they return.

REACTION GAMES

Crossing breakout

MOVEMENT DRIBBLE - - - - PASS

Overview

The crossing breakout factor introduces an interesting twist in this small-sided game as it gives one team a chance to score an additional goal but only if they do so from a cross.

Set up

- Pitch 60yds x 30yds
- Three goals, one is placed 20yds outside the main pitch

What you get your players to do

Create two teams of six players including a goalkeeper. One team is numbered in odds and the other team is numbered in evens

The two teams play a normal game inside the main pitch. This game is controlled by you, serving the ball into the pitch when a goal is scored or when the ball leaves the pitch.

On your call of a number, that player must run out of the main pitch and receive a cross from the wide player in order to head or volley a shot at goal

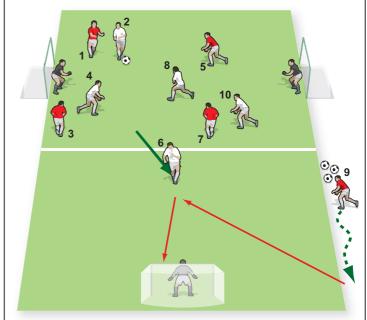
The player must then become the new crosser while the original crossing player returns to the main pitch.

Rules

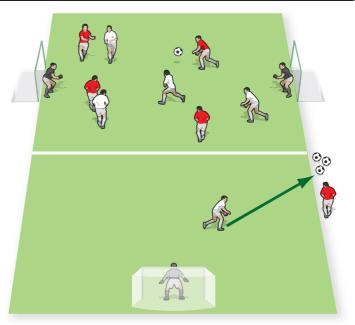
- The game is played for ten minutes
- Each player is called out of the pitch on one occasion to run and score from a cross. The main game continues when the shooting situation occurs
- You are in control of playing a new ball into the main pitch if the ball leaves play
- The crossing player cannot return to the main pitch until their team mate has scored
- Goals in the main game counts as one goal, goals in the breakout also count as one goal. The team with the most goals wins

Development/progression

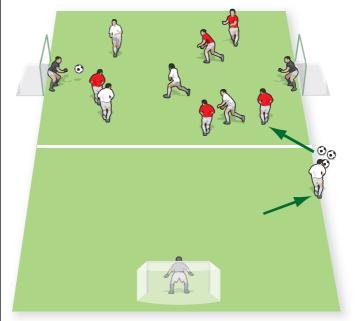
Move the crossing player to the opposite side of the pitch so that the players experience scoring from crosses fed to them from the right and left.



The player called runs to score from the cross.



This player now becomes the new crossing player.



The original crosser rejoins the game.

REACTION GAMES

1v1 breakout

MOVEMENT — PASS

Overview

1v1 breakout encourages players to go head to head in a battle to become the champions. It introduces a twist with the breakout factor giving one team an isolated 1v1 duel where the winner gets the chance to score an additional goal for the team.

Set up

- Pitch 60yds x 30yds
- Three goals, one is placed 20yds outside the main pitch

What you get your players to do

Split players into two teams of six. One team are numbered in odds and one team are numbered in evens

The two teams play a normal game inside the main pitch. This game is controlled by you who serves the ball into the pitch when a goal is scored or when the ball leaves the pitch.

When you call a number, that player runs out of the main pitch and receives a ball from you to attack 1v1.

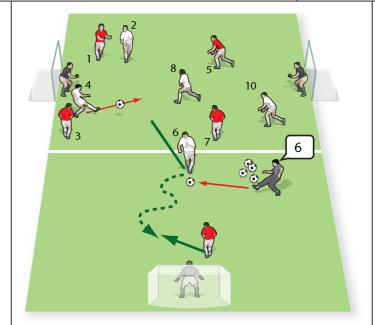
The player must then become the next defender.

Rules

- The game is played for ten minutes
- Each player is called out of the pitch on one occasion to run and attack 1v1. The main game continues
- You are in control of playing a new ball into the main pitch if the ball leaves play
- Goals in the main game counts as one goal, goals in the breakout also count as one goal. The team with the most goals is declared the winner

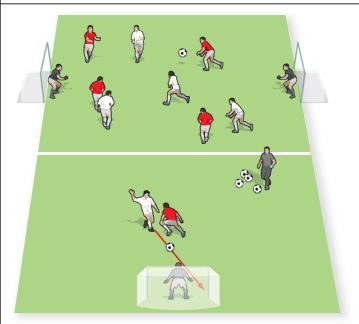
Development/progression

Place all the players on the pitch, you then call out two numbers (one even and one odd). Those two players immediately race out to challenge for the ball and score a goal.

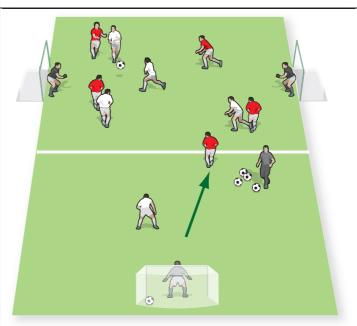


called (white) must run out of the pitch to receive a ball and attack 1v1.

The player



The player then attempts to beat the defender and score a goal.



The attacker becomes the next defender and the defender rejoins the main game.

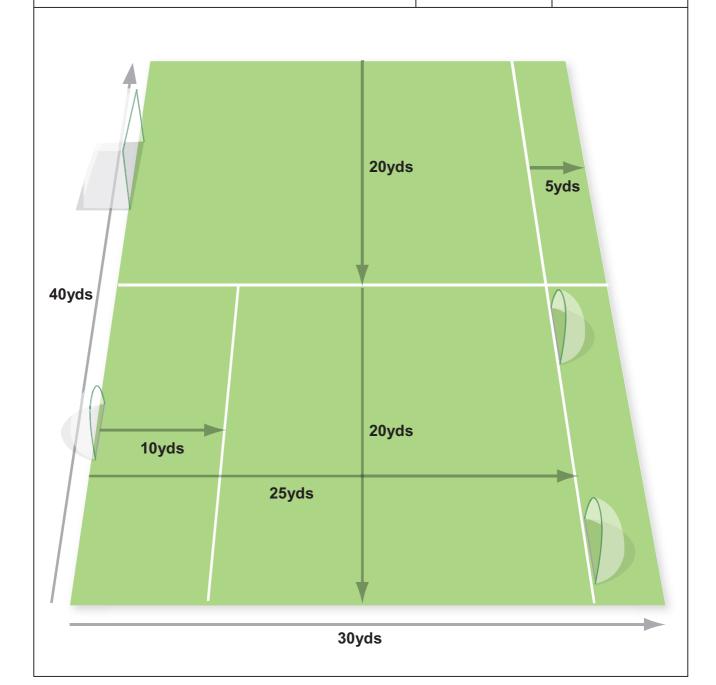
Five team World Cup

Maximise training time and build a winning mentality in your team. Split players into five mini teams made up of two, three, four or even five players. Name each team a country as in a real tournament. Teams play four matches (one against each opponent) and a rest period.

Individual skills—shooting, passing, dribbling, running with the ball, defending, communication, movement off the ball.

Team skills – team work, communication, movement off the ball, combination play.

GAMES	SET UP
64 The tournament	PITCH 40yds x 30yds One 5yd end zone One 10yd end zone EQUIPMENT 1 goal 3 mini goals footballs cones PLAYERS 15 plus 1GK
1	



FIVE TEAM WORLD CUP

The tournament

MOVEMENT — DRIBBLE — — — — PASS — — —

Overview

Use this when working with large groups. The pitch includes two mini games and a resting skills area. Play with five teams so all players in the squad play. The game works with each team playing four games and having one rest/skills period.

The teams are awarded three points for a win, one point for a draw and nothing for a defeat. The team with the most points on completion of the tournament wins. You should make sure each team is named after a country (England, Spain, Italy, Brazil etc).

Set up

- Pitch one: 30yds x 20yds with a goal at one end including a 5yd end zone
- Pitchtwo: 25yds x 20yds with two mini goals at one end and one mini goal at the opposite end in a 10yd end zone

What you get your players to do

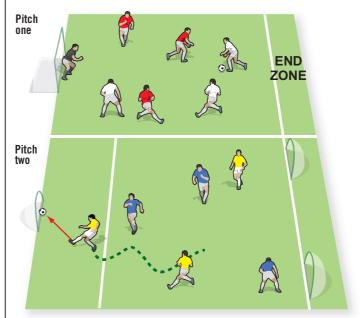
The teams work in a clockwise motion in order to attack each target and have a turn in the rest/skills zone.

On pitch 1- to start, the white team scores by shooting into the goal and past the goalkeeper while the red team scores by dribbling the ball into the white team's end zone.

On pitch 2 – the yellow team attempts to score by dribbling into the blue team's end zone and then shoots into the mini goal. The yellow team has to be in the end zone to score. The blue team is trying to score in the two mini goals.

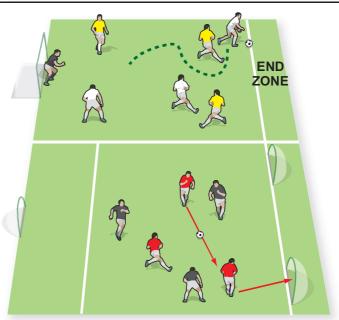
The players in the team in the rest zone have a ball each and practise their ball juggling skills.

CONTINUED

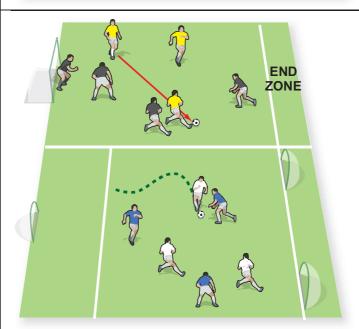


On pitch one the white team must beat the keeper to score in the goal, the red team scores by dribbling into the white team's end

On pitch two
the yellow
team runs
into the end
zone before
passing into
the single
mini goal,
the blue
team passes
into the two
mini goals to
score.



After playing for four minutes, the teams now rotate. The blue team leaves the pitch for the rest zone and the black team enters.



At the end of the next four minute game, the teams rotate. The red team leaves the pitch for the rest zone and the blue team joins the white team.

FIVE TEAM WORLD CUP

The tournament

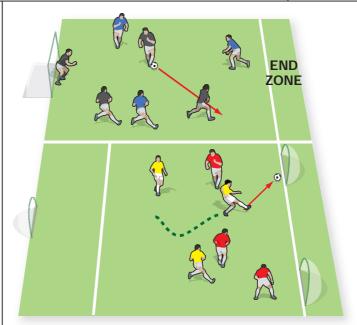
MOVEMENT DRIBBLE - - - - PASS

Rules

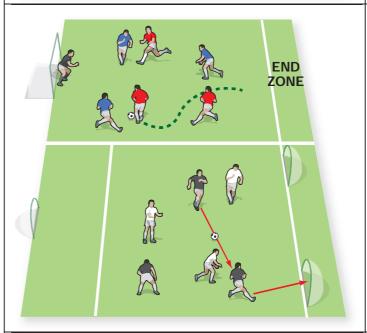
- Each game is played for four minutes
- Teams move clockwise to the next goal line or rest zone
 (So, for example, white attacks the standard goal, the end zone, the two mini goals, takes a turn in the rest zone and rejoins the tournament attacking the single mini-goal)
- If the ball goes out of play restart the game with a pass from where it left play
- The keeper remains in goal

Development/progression

Introduce a double goal rule about a minute before the end of the game. Any goal scored is worth two goals. This will add to the intensity and excitement of the tournament.



After another rotation. The white team leaves the pitch for the rest zone and the red team rejoins the playing area.

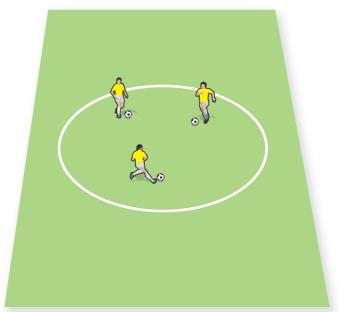


After the final rotation, the yellow team leaves the pitch for the rest zone and the white team takes its turn playing the black team.

Fixture list

Teams play matches against each other and take one turn each in the rest zone.

	PITCH 1 • Standard goal with goalkeeper • End zone	PITCH 2 • End zone with single mini goal • Two mini goals
	WHITES attack standard goal	YELLOWS attack single mini goal
ROUND 1	V	V
	REDS attack end zone	BLUES attack two mini goals
	YELLOWS attack standard goal	BLACKS attack single mini goal
ROUND 2	V	V
	WHITES attack end zone	REDS attack two mini goals
	BLACKS attack standard goal	BLUES attack single mini goal
ROUND 3	V	V
	YELLOWS attack end zone	WHITES attack two mini goals
	BLUES attack standard goal	REDS attack single mini goal
ROUND 4	V	V
	BLACKS attack end zone	YELLOWS attack two mini goals
	REDS attack standard goal	WHITES attack single mini goal
ROUND 5	V	V
	BLUES attack end zone	BLACKS attack two mini goals



When resting, the players each have a ball and work on ball juggling exercises inside the rest zone.

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