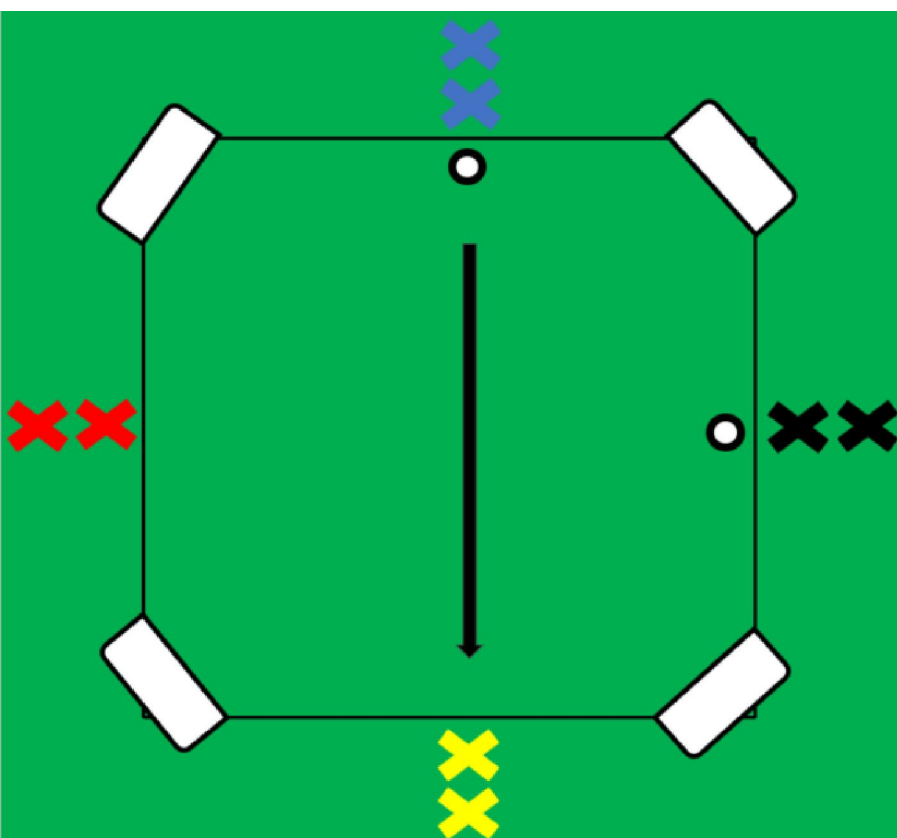




# **FOOTBALL'S PRINCIPLES OF PLAY**

**PETER PRICKETT**





### 1v1s

Blue pass across to yellow. Yellow score in either of the corner goals next to the blue. If blue win the ball score in either of the mini goals next to yellow.

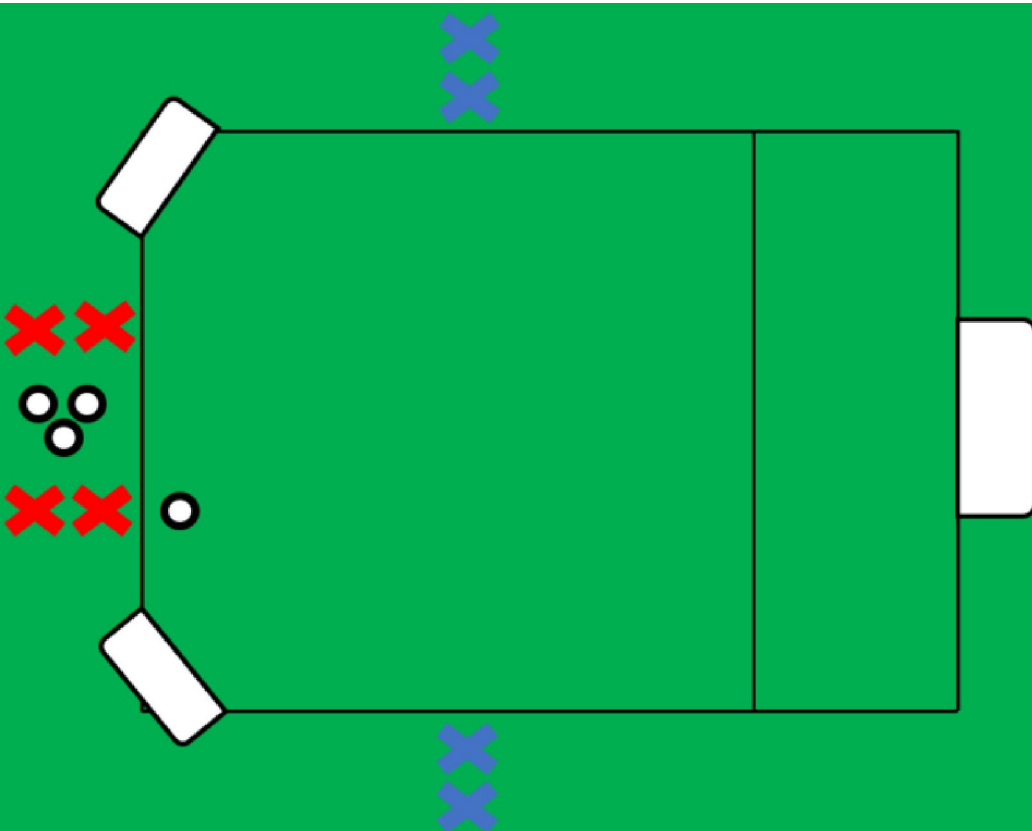
Black pass to red. Red score in either of the two corner goals next to black. If black win the ball score in either of the corner goals next to red.

After each round those who just played join the opposite end, switching between in possession and out of possession.

Progress to two vs two.

Think about....

Change of direction  
Change of speed  
Deception



### 2v2 TO GO FORWARD

Red aim to combine and get into the end zone. Once in the end zone they can finish (ideally in one touch).

Blues come in from the sides to apply pressure to the reds and regain possession. If blues gain possession score in either corner goal.

Progress to adding a goalkeeper.

Can the goalkeeper serve to the attackers?

Think about...

Playing forward

Travelling forward

Combinations

Movement

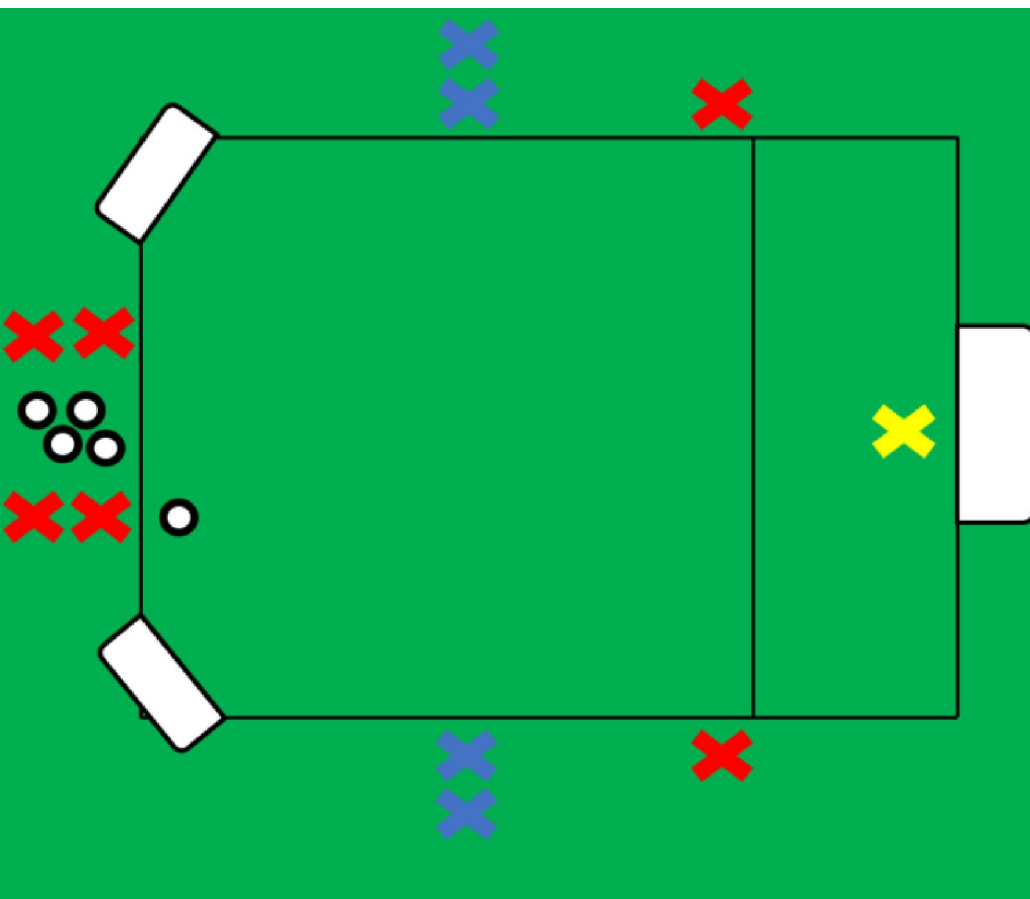
Space

Deception

Use of first touch

Body shape

What does the pass tell your team mate?



## 2v2 PLUS WINGS

Red aim to combine and get into the end zone. Once in the end zone they can finish.

Two additional reds are positioned wide and close to the end zone. The reds who start with the ball can play into either of these wing reds.

The wing reds can pass into the end zone for runners or take a touch and cross to the reds who have made runs into the end zone.

Blues come in from the sides to apply pressure to the reds and regain possession. If blues gain possession score in either corner goal. Goalkeeper is allowed to leave the end zone.

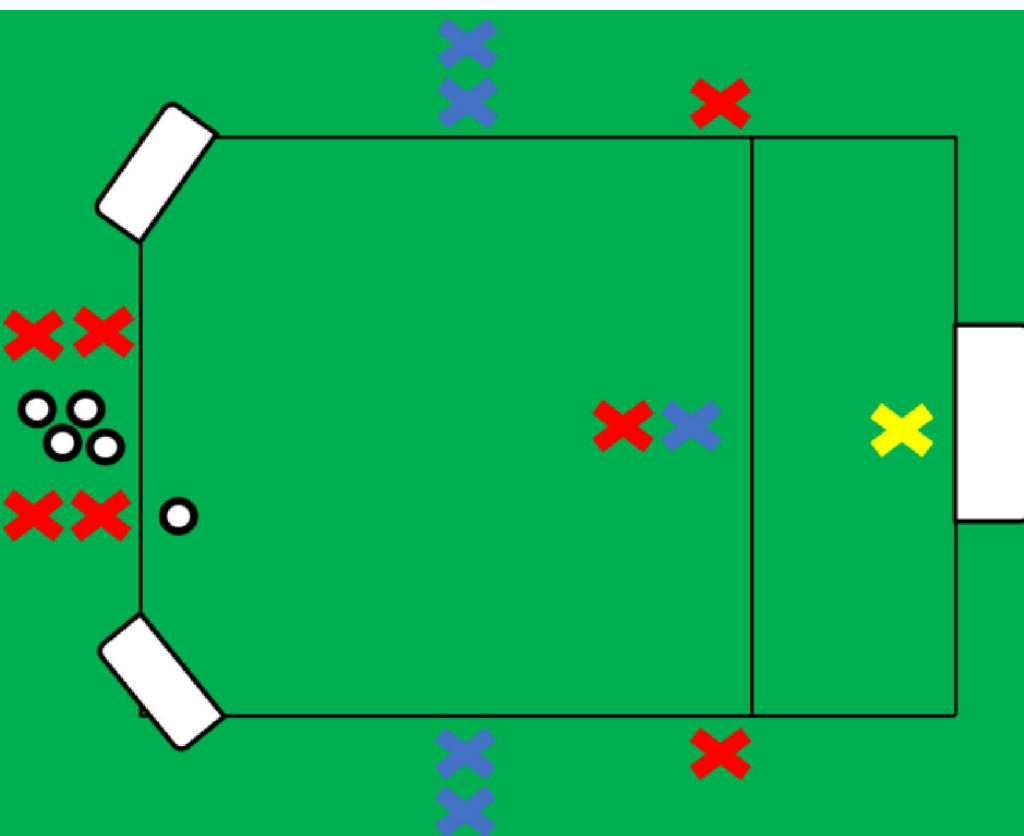
The two reds who started the attack become the wings and the wings move to the start position.

Progress/alternative – Move the wings to the end line to feed the ball into. End players will set the ball to oncoming forwards.

Think about...

Playing forward  
Travelling forward  
Combinations  
Movement  
Space  
Deception  
Use of first touch  
Body shape  
What does the pass tell your team mate?





## 2v2 PLUS STRIKER AND DEFENDER

Red aim to combine and get into the end zone. Once in the end zone they can finish.

Two additional reds are positioned wide and close to the end zone. The reds who start with the ball can play into either of these wing reds.

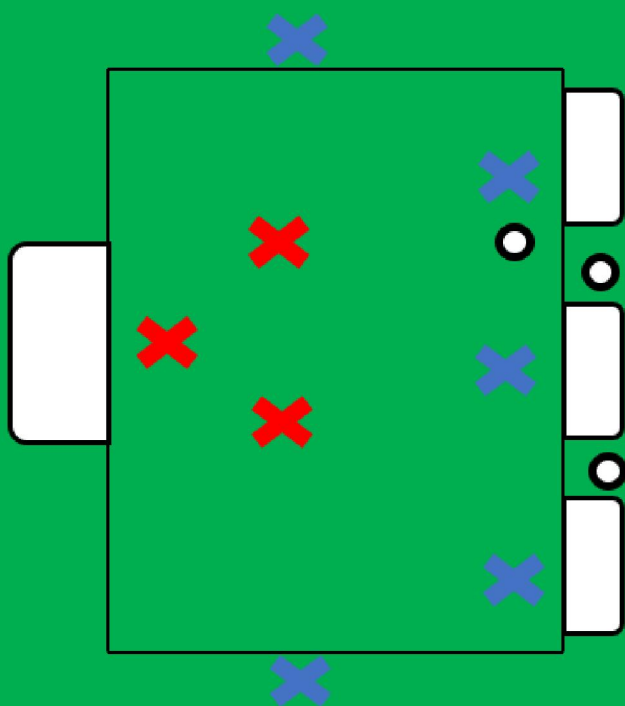
One red acts as the striker with a blue marking them. What options does the red striker have? How does their presence change the game for the players starting the game off?

Blues come in from the sides to apply pressure to the reds and regain possession. If blues gain possession score in either corner goal. Goalkeeper is allowed to leave the end zone.

The two reds who started the attack become the wings and the wings move to the start position.

Think about...

- Playing forward
- Travelling forward
- Combinations
- Movement
- Space
- Deception
- Use of first touch
- Body shape
- What does the pass tell your team mate?
- Strength to hold off a defender coming from behind



### 5v3 Attacking in the final third

Blue team start each phase of play using the footballs placed by the three mini goals.

If reds win the ball can they counter attack the mini goals?

Can blues keep the game alive to increase their scoring chances?

How can the blues create opportunities?

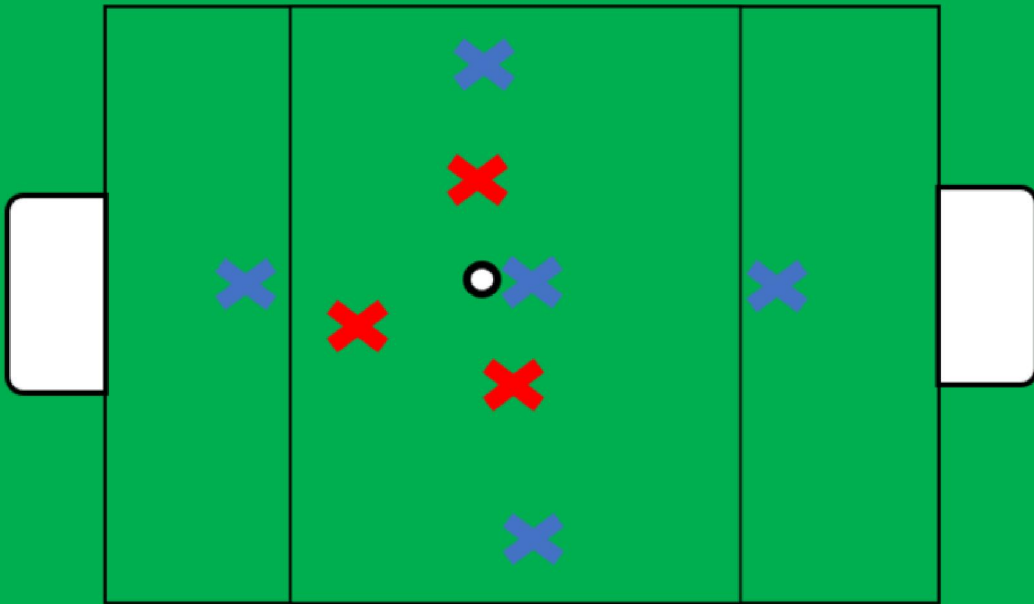
Can the two outside players assist with chance creation?

If an internal blue passes to an outside blue can they exchange positions? Why would they do this?

In what ways can the blues combine to create?

### Progression

- Switch a blue to the red team to create a 4v4 with no outside players.



### 5v3 + COUNTERS

Blue team aim to retain possession.

Red team aim to regain possession and score in either goal. They must penetrate the end zones before scoring.

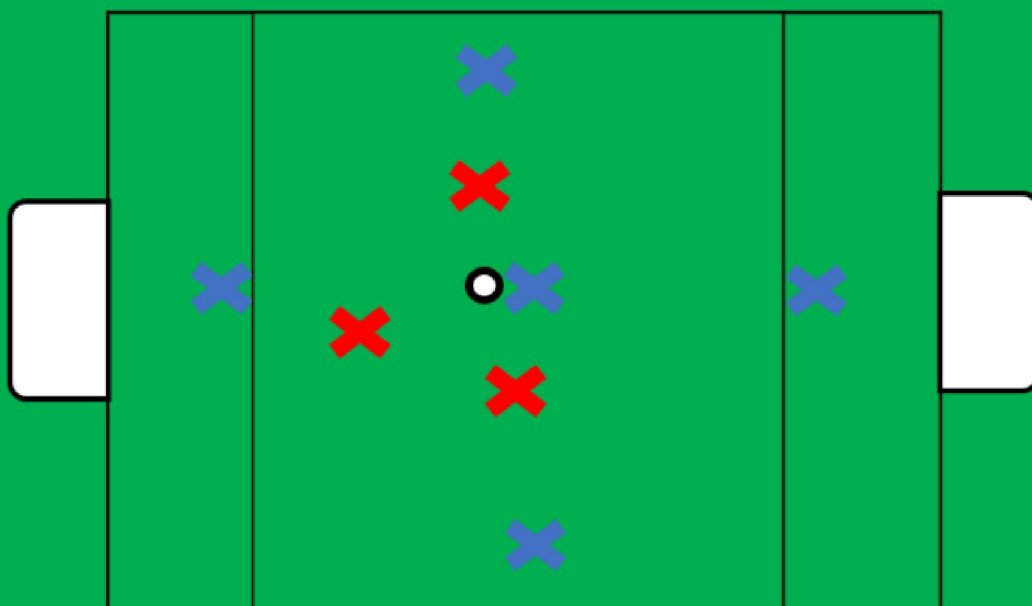
Blues are free to move anywhere except only one player is allowed in the end zone.

Progress to a scoring system for the blues (after "x" number of passes a point is scored).

How might the reds break into the end zone?

How can the blues prevent the reds from breaking out?

Can the reds attack space and outwit/deceive the blues?



### 5v3 + FINISHING

Blue team aim to retain possession.

Red team aim to regain possession and score in either goal. They must shoot from inside the central area.

Blues are free to move anywhere except only one player is allowed in the end zone.

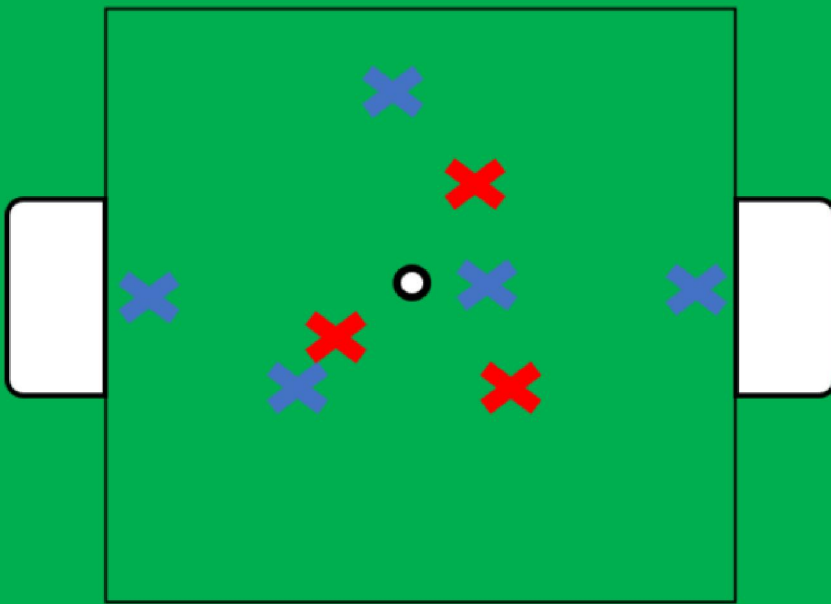
Progress to a scoring system for the blues (after "x" number of passes a point is scored).

How can the possession team best use the space?

How might the out of possession team work together to regain possession?

What types of finish might the red players use?





### 5v3 + GOALS

Blue team aim to retain possession.

Red team aim to regain possession and score in either goal.

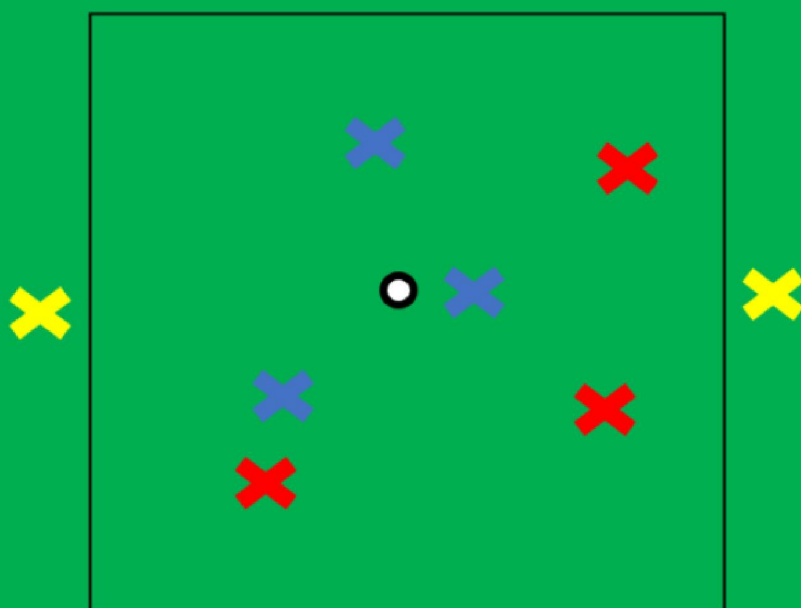
Blues are free to move anywhere (though they choose to have two players protect the goals).

Progress to a scoring system for the blues (after "x" number of passes a point is scored).

How can the possession team best use the space?

How might the out of possession team work together to regain possession?

When possession has been regained, what is the objective? How can this be achieved?



### 3v3 + 2 BOUNCE PASSERS

Blue vs red.

Yellow end players used to help retain possession.

Introduce a scoring system – when the blue or red team play from one yellow player into the other yellow player score one point.

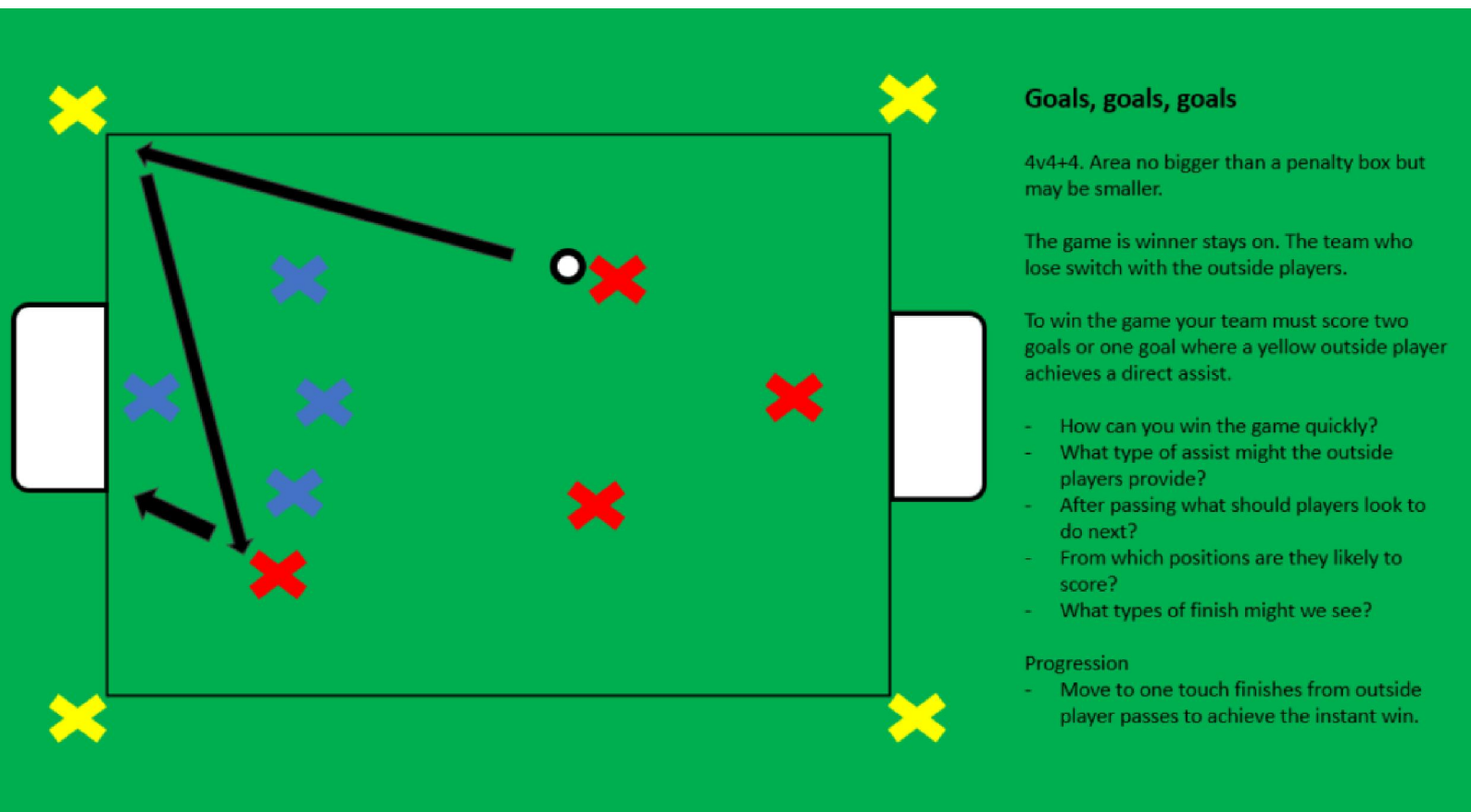
Yellow may not play directly to yellow.

How can a player's body shape help them succeed at the task?

Where might you stand to help your team mate?

How can your pass help your team mate?

What is the objective of your first touch?



## Goals, goals, goals

4v4+4. Area no bigger than a penalty box but may be smaller.

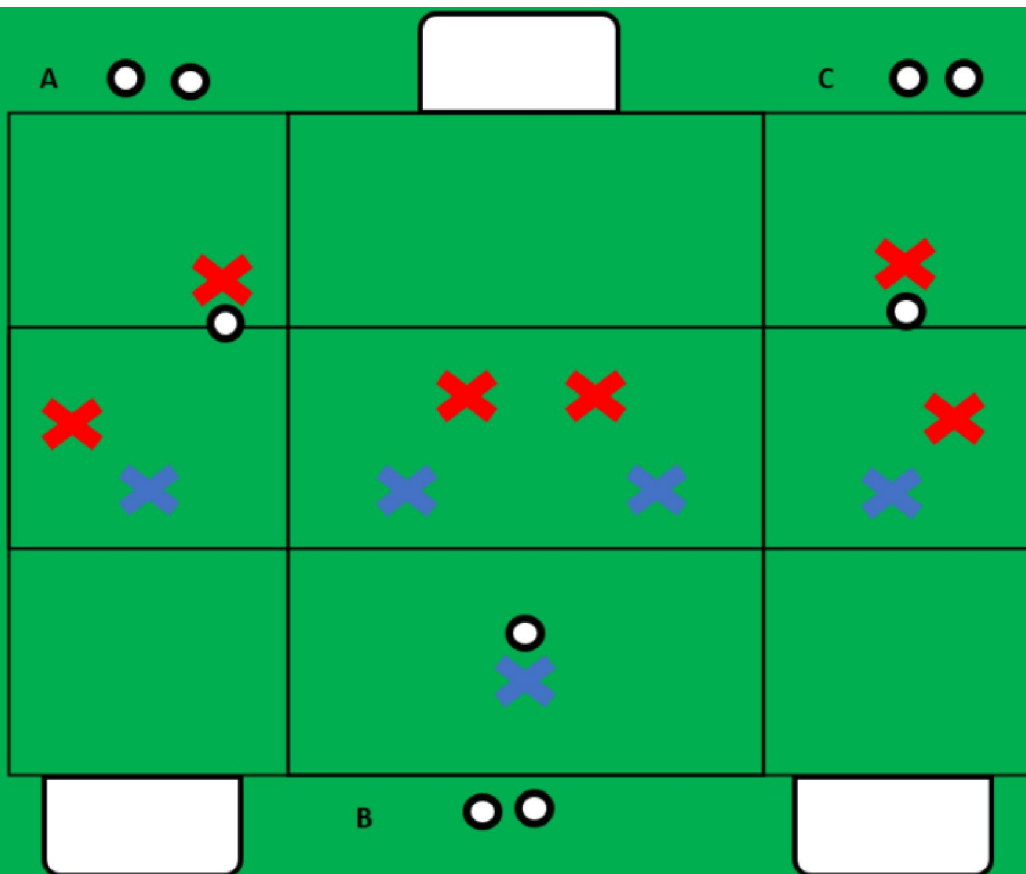
The game is winner stays on. The team who lose switch with the outside players.

To win the game your team must score two goals or one goal where a yellow outside player achieves a direct assist.

- How can you win the game quickly?
- What type of assist might the outside players provide?
- After passing what should players look to do next?
- From which positions are they likely to score?
- What types of finish might we see?

### Progression

- Move to one touch finishes from outside player passes to achieve the instant win.



## OVERLOADS AND COMBINATIONS

Pitch divided into three areas (A, B and C)

2v1 in area A and C.

3v2 in area B.

The team with the overload attack the goal. They can only shoot once they are in the last third.

If the underloaded team gain possession they aim to dribble or pass the ball over the end line where the spare footballs are placed.

How can the players with the overload combine to score?

- Overlap
- Underlap
- Rotation off the ball
- Movement after passing
- Third man run

### PROGRESSION 1 (a and b)

a) One ball on the pitch with players locked into their zones, maintaining and utilising the overloads. How can they exploit their advantage?

b) The team with the overload in area B may send a player in to area A and C when the ball enters those areas.

c) The team with the overload in areas A and C may send a player from one of those areas into area B when the ball enters that area. Which area and why?

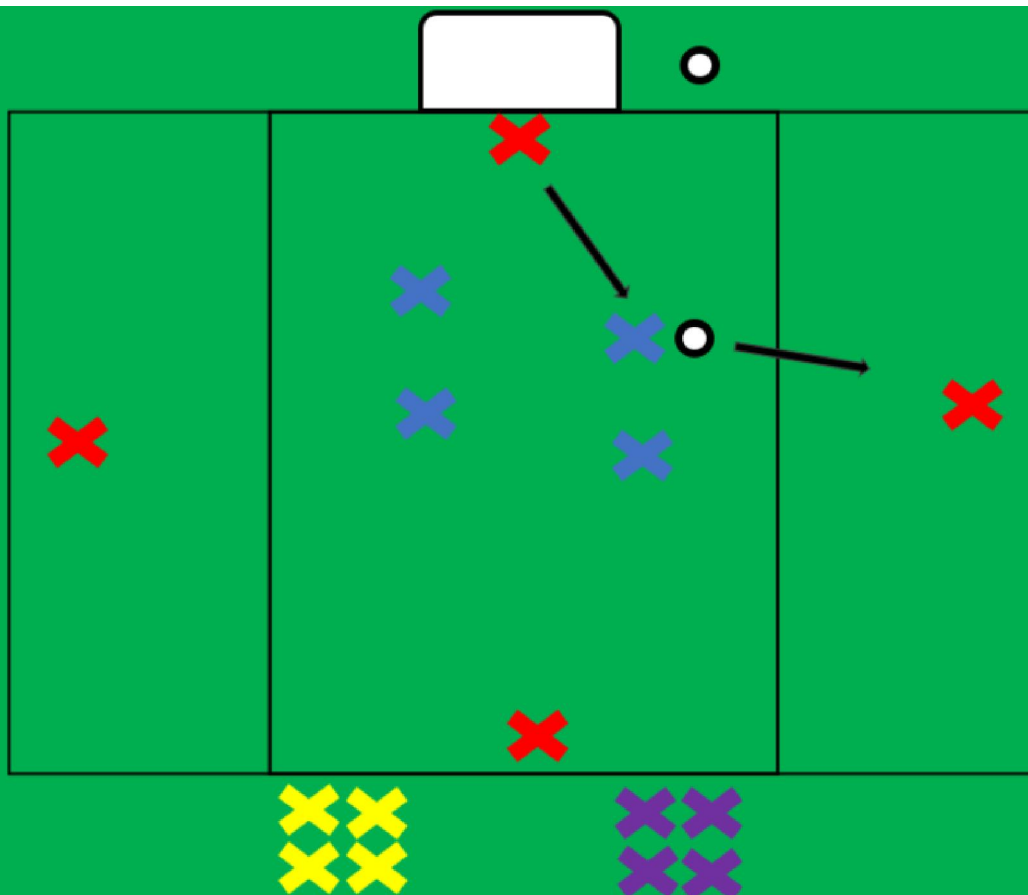
### PROGRESSION 2

- Add three goalkeepers.

### PROGRESSION 3

Reverse the overloads and underloads (2v3, the 2 attack the goal. 1v2, the 1 attacks the goal).





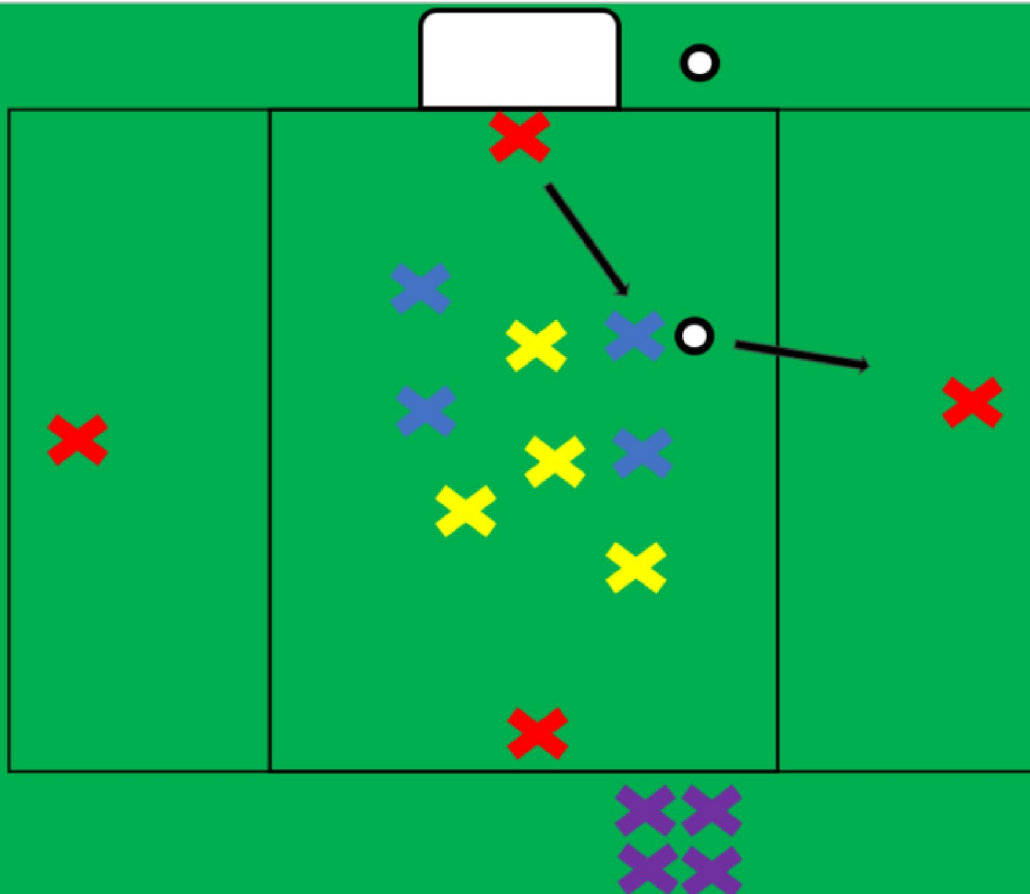
### SWITCHING AND SPACING

Four distinct groups of players, red, blue, yellow and purple.

Blue aim to keep possession with the help of the red team.

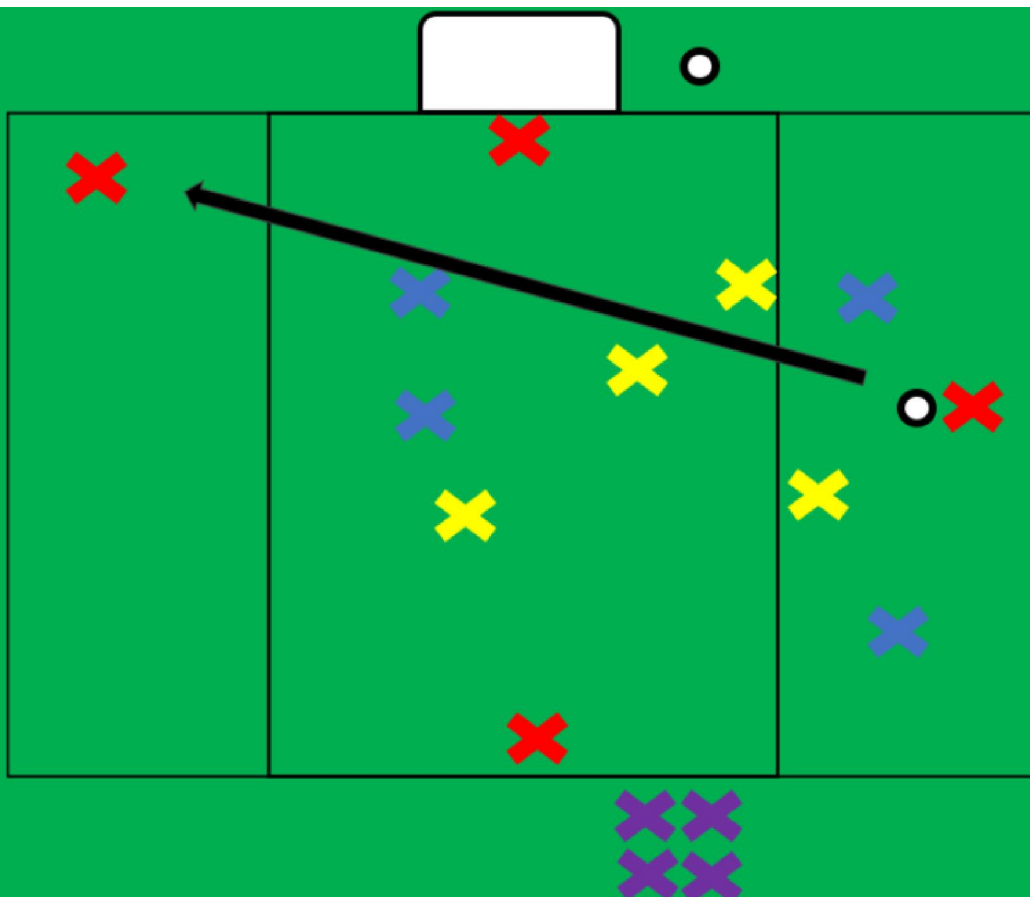
Red team are locked into their zones.

Play starts when GK passes to a blue.



### SWITCHING AND SPACING

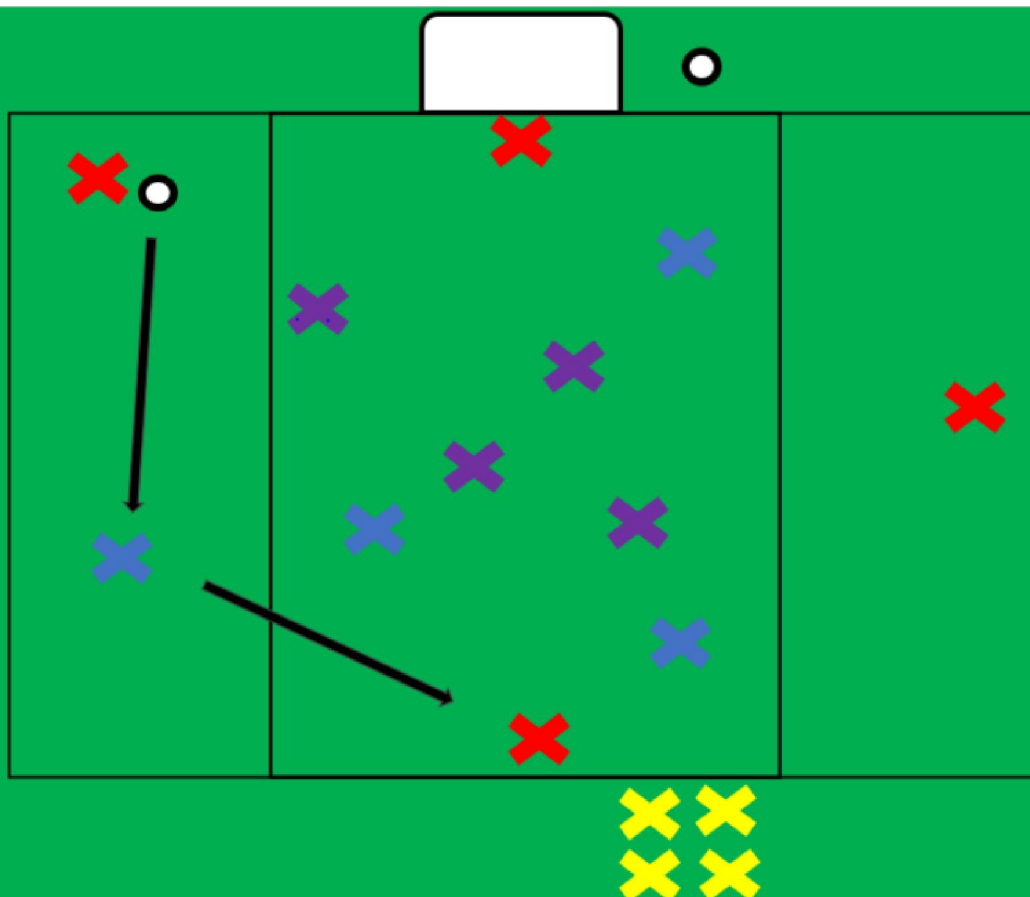
Yellow team come into the area to attempt to win possession.



### SWITCHING AND SPACING

Yellow team come into the area to attempt to win possession.

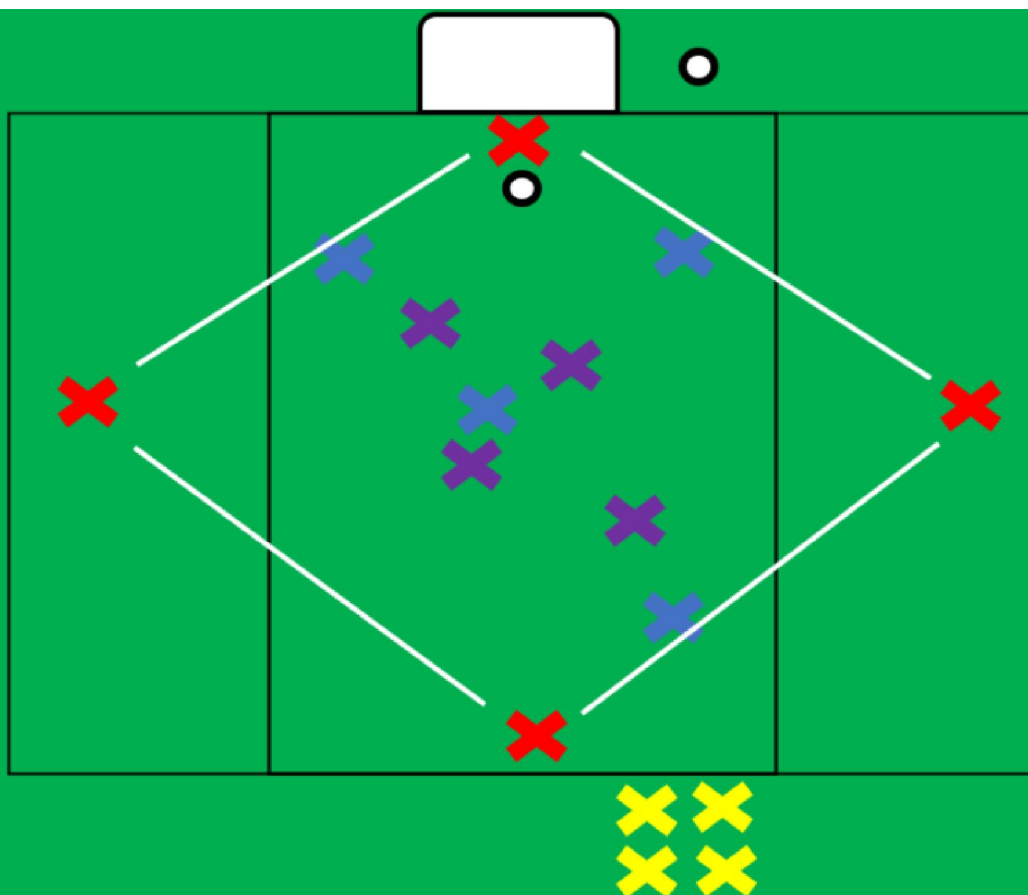
Blues and reds aiming to switch the play across the area.



### SWITCHING AND SPACING

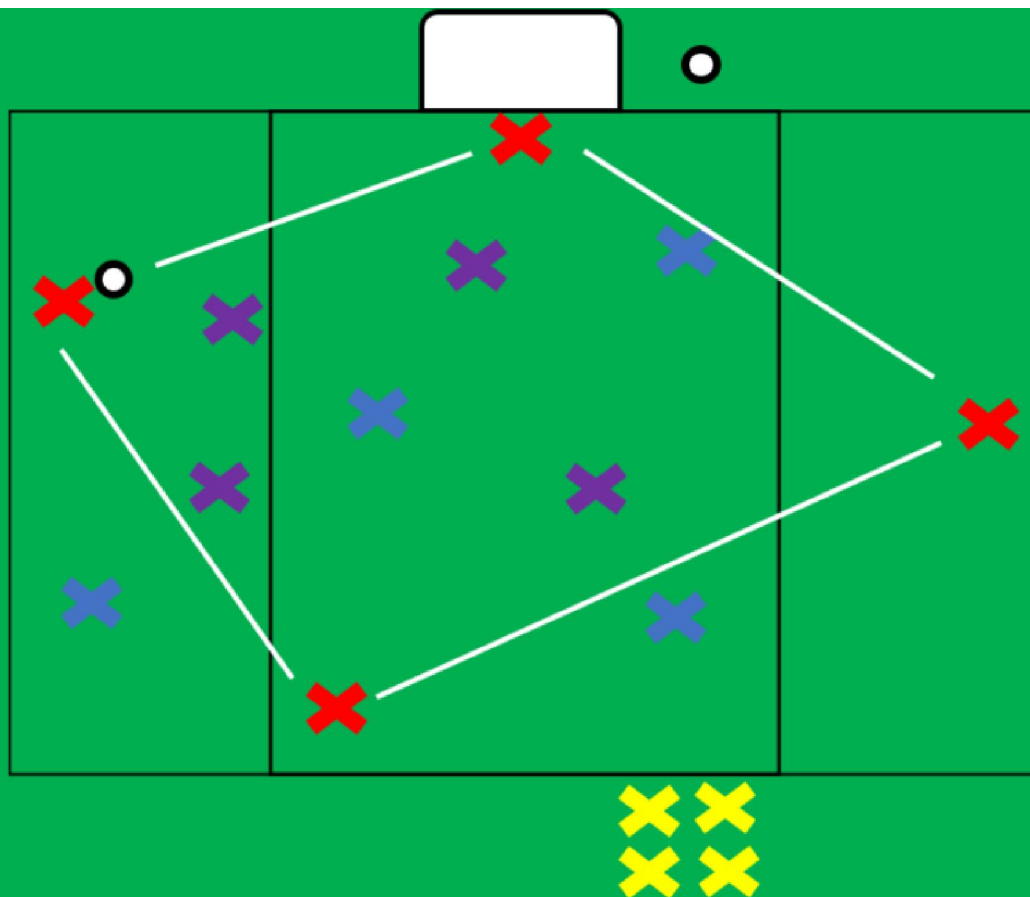
If the ball is NOT directly switched (goes across via the central zone) the pressing team do not come out of the game.





### SWITCHING AND SPACING

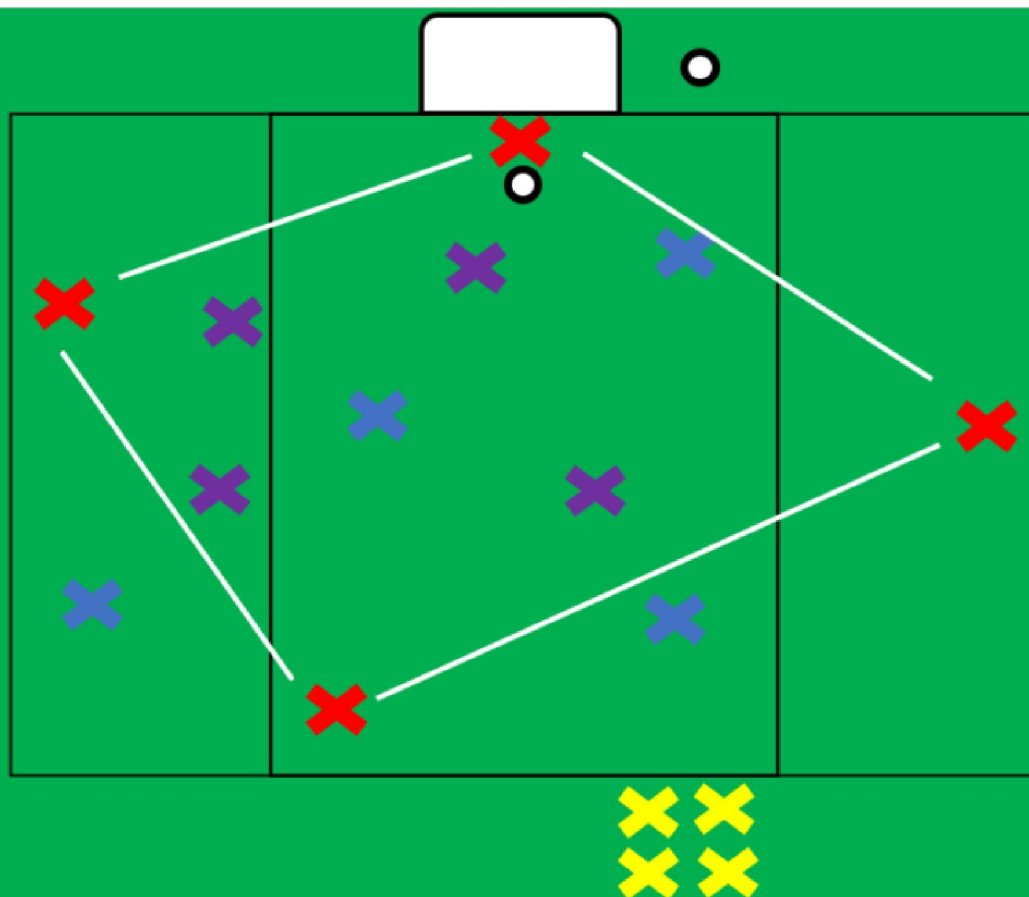
Red team seek to maintain a large diamond shape with the blue players moving to support.



### SWITCHING AND SPACING

Red team seek to maintain a large diamond shape with the blue players moving to support.

Purples (or yellows) seek to close down quickly enough to prevent an easy switch and encourage passes into the centre where should they regain the ball their chances of scoring are increased.

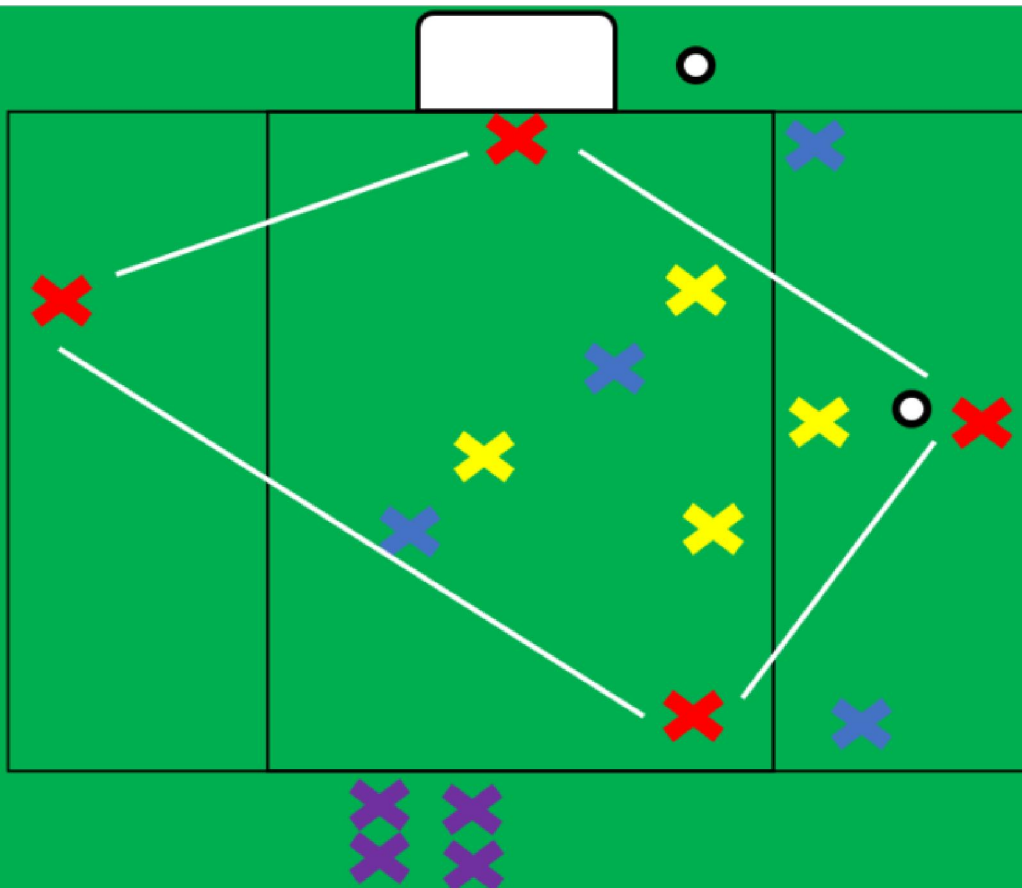


### SWITCHING AND SPACING

Whenever the ball goes out of play restart from GK.

Points system

- Red and blue score a point for a successful switch
- Purple and yellow score a point for a goal or forcing the blues and reds to put the ball out of play. (If scoring is a higher priority increase the value of a goal)



### SWITCHING AND SPACING

Reds focus on creating a shape and being available for passes.

Blues focus on support, angles and distances.

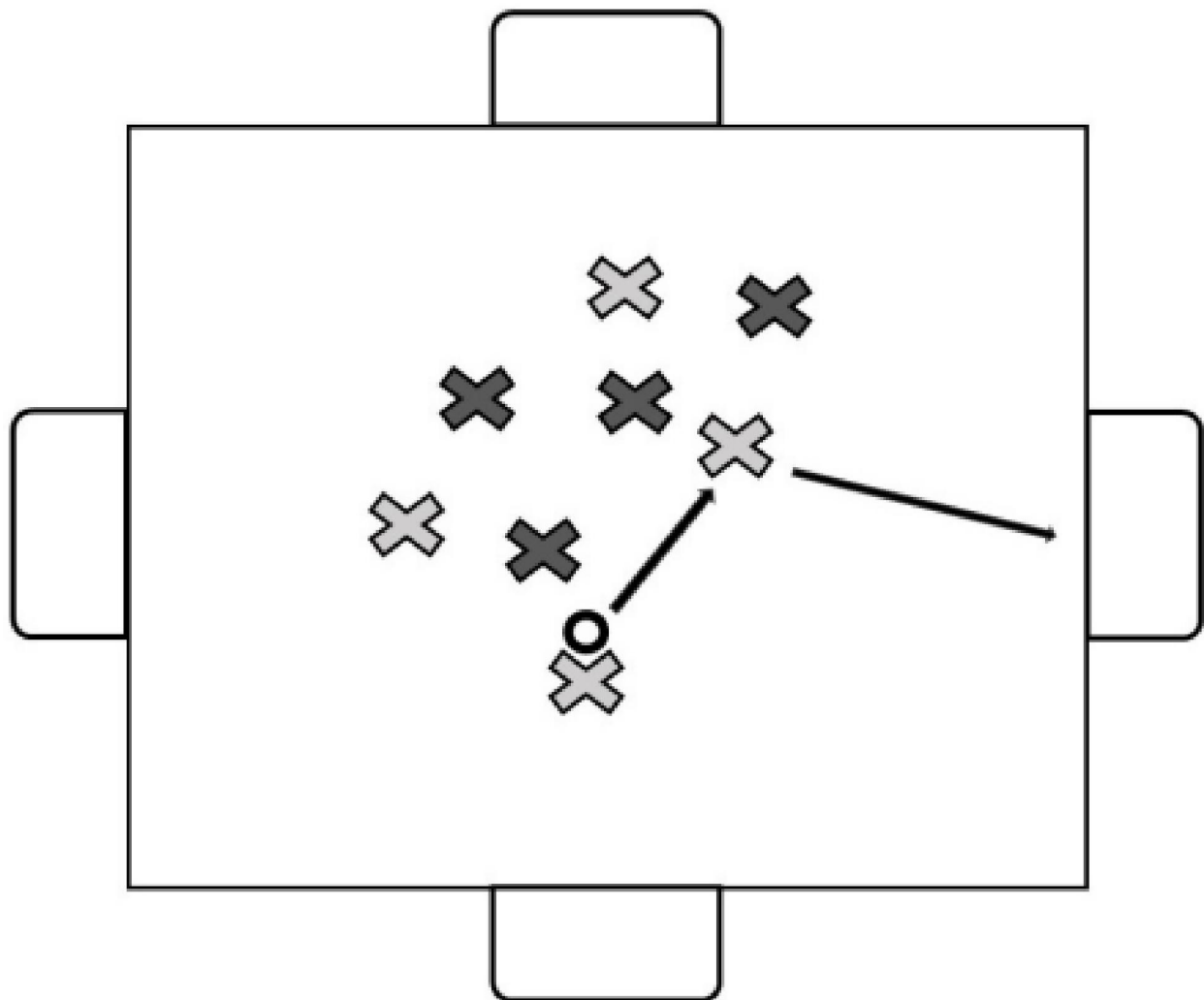
Both focus on body shape and first touch.

Yellow and purple focus on intensity, when to press, who to press and working together.

(For example the ball may be so far away they cannot effect the pass itself but they might be able to block the receiver)



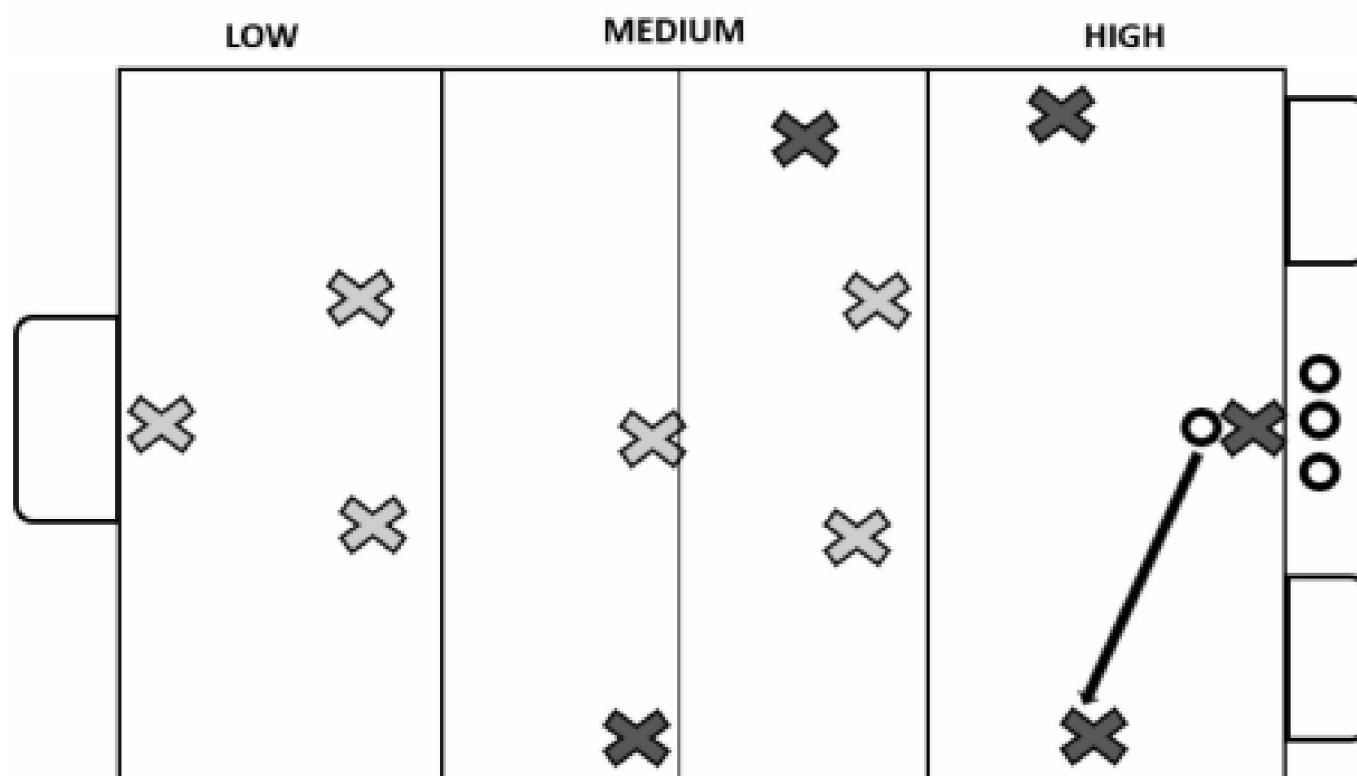
## Deception/Surprise II



A multi-directional game.

Two teams of four playing in a game with four goals. Players can score in any of the goals. The first team to score in all four goals is the winner. Once a team has scored in a goal, they cannot score in it again. The team that concedes gets to start with the ball, playing from the goal that was just scored in. As the game is multidirectional, there are plenty of opportunities to fake and deceive the opposition; as the scoring options diminish, it becomes increasingly harder to score.

## Depth



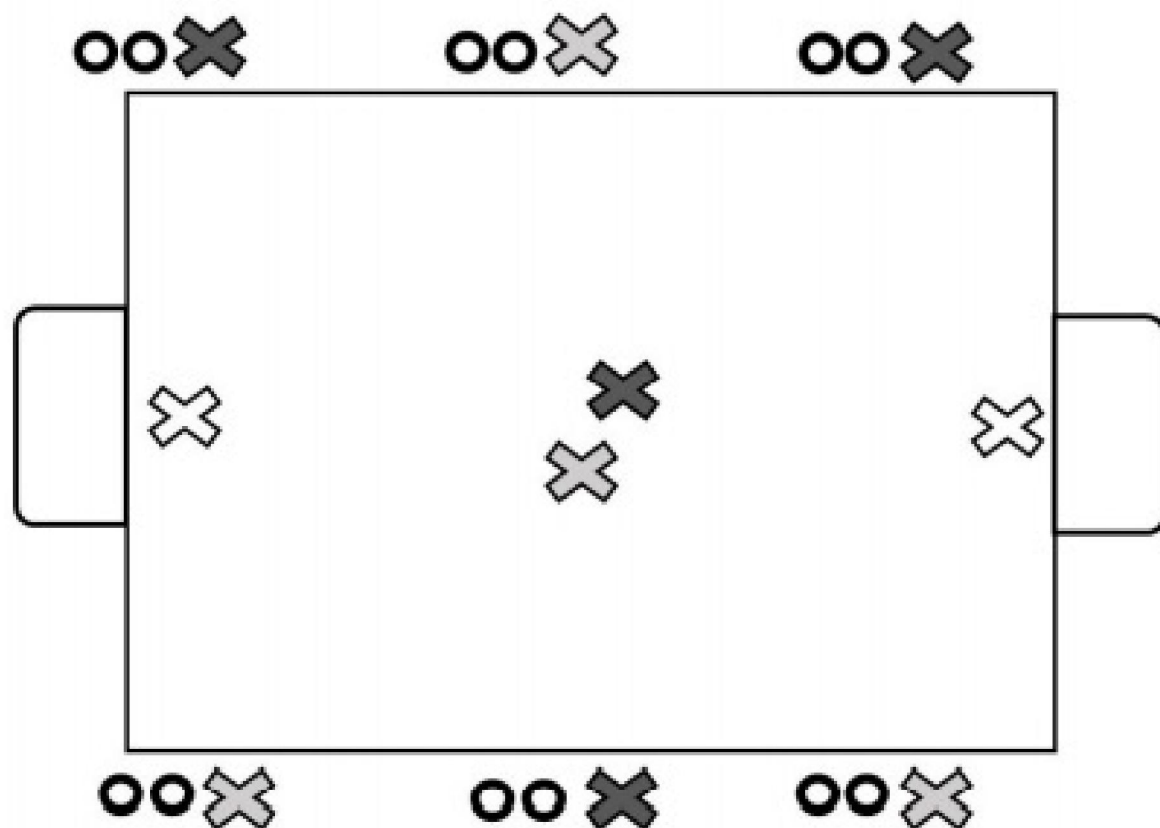
Applying the pressure zones on the pitch.

The pitch is divided into thirds with a halfway. The thirds signify different zones of pressure and depth. The halfway line is designed to help with offside.

The dark team attack with the grey team defending. For five minutes, the grey team will defend with a low point of engagement, not applying any pressure until the opposition cross the halfway with the majority of the defenders in the low zone. They will then spend five minutes with a medium point of engagement (above).

Finally, there will be five minutes with a high point of engagement with the majority of players in the high zone and no players in the low zone. Each zone will create a different picture – testing players' discipline, patience, and positioning.

## Economy

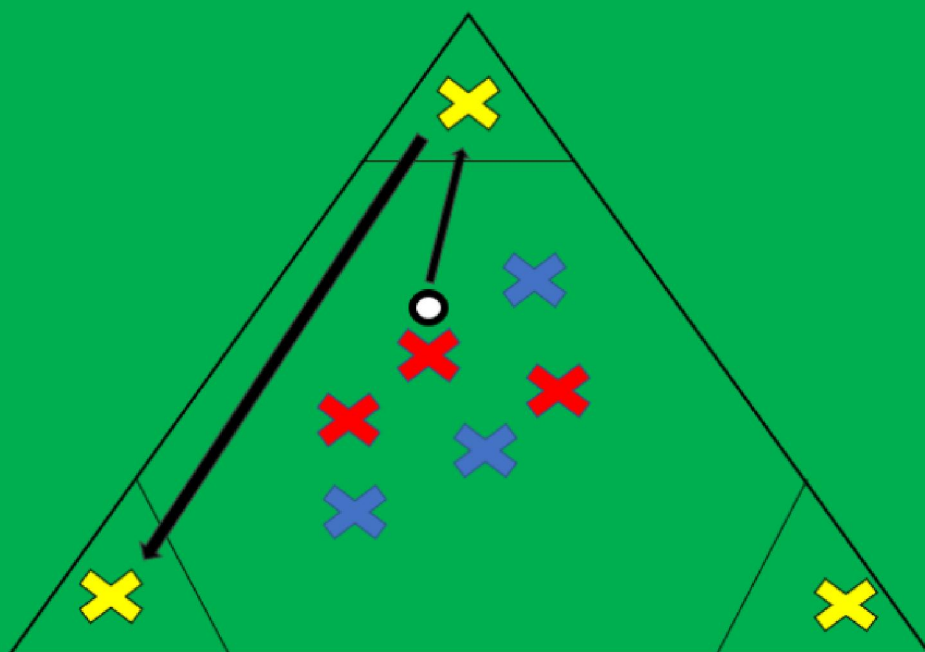


Fast-paced finishing.

The two players in the middle (one grey and one dark) play against each other. The coach decides which player starts (in this example, grey).

The grey player can receive a pass from any of his teammates. If he/she scores, they may receive another ball from any of their teammates. If the dark player gains possession, they may attempt to score. Both players can score in either goal. If the ball goes out of play (or the GK makes a save), the player who did not knock the ball out of play receives a pass from their teammate.

This game requires the attackers in the centre to move intelligently to deceive their opponent. Good communication with their teammates is also required; otherwise, multiple passes may be played to the receiver simultaneously. Should the attacker create space, an economy of touches will enable them to shoot quickly, provided the first touch is orientated in such a way that allows a shot. Additional points can be awarded for a one-touch finish to encourage the action.



3v3+3

#### Possession

Red vs Blue in the centre.

Red and blue aim to play to any yellow to score a point.

Yellow return the ball to the team who passed to them.

Interior players aim to combine, support and create angles.

Can they display suitable body shape for the situation?

How might they use their first touch to reach their goal?

Progressions –

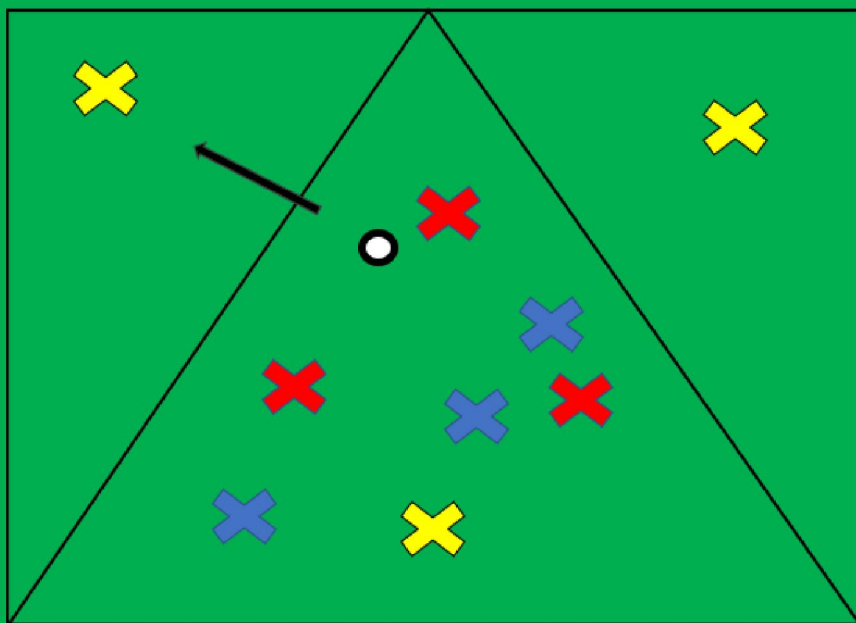
Winner is first team to play into all three target players.

Winner is first team to play into the target players three times in a row (without blue getting a touch)(

Alternatives –

Yellow must pass to one of the other two yellows to complete the play and score the point (red and blue need to open up the passing lines)

The player who passes into a yellow rotates with them releasing the target player and creating a joker/magic man. This could lead to two reds and one blue in the corners. The player who passes in must rotate with the outside players, testing their awareness and scanning.



3v3+3

#### Possession + Movement

Area divided into three triangles.

Yellow target players locked into the area.

Red vs blue, with aim being to play to a yellow in a different zone. When the ball has moved into that area all reds and blues must move to that area.

The team in possession has a 4v3 in that zone, plus two target players.

Can the players create angles to support?

Can they offer sufficient movement?

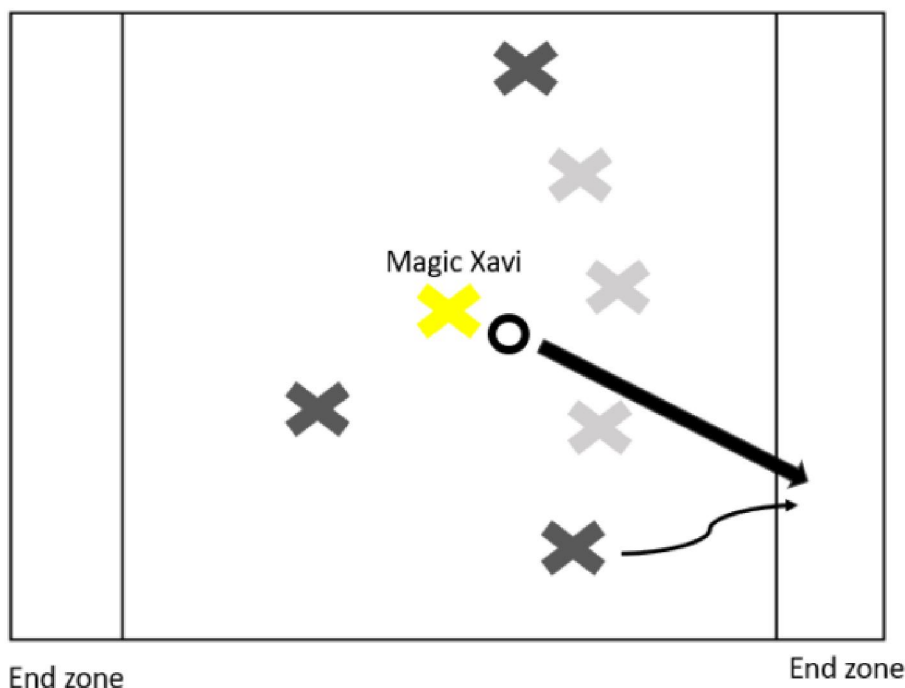
How and why will team mates communicate with each other?

Progression –

Only allow the yellow players to make the switch out of the area. What challenges does this pose?

Only a red or blue can switch out of the area. What challenge does this pose?





## Xavi Themed 3v3 (+)

Xavi's Strongest Attributes

- Master of the midfield
- Fast passer
- Chance creator
- Knows when to kill and when to keep
- Helps support team mates

### Game 1 – Magic Xavi

Magic Xavi plays for whichever team is in possession.

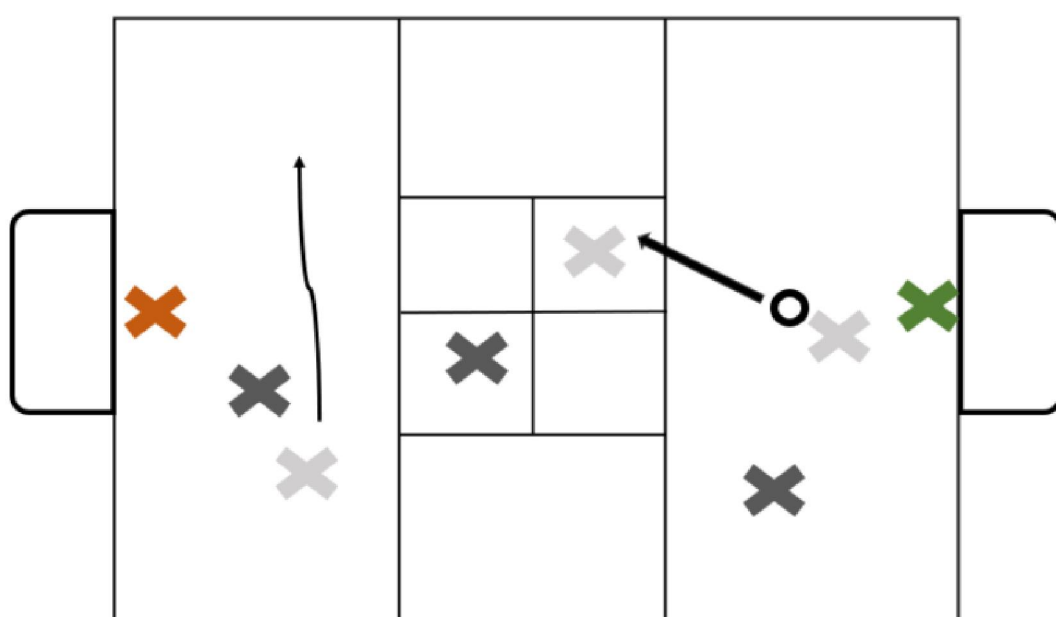
Teams score by receiving the ball in the end zone.

If Magic Xavi plays the killer pass it is worth three points for that team.

How can they get Magic Xavi on the ball?

In which positions should Magic Xavi seek possession?

How will Magic Xavi know when and where to play the passes?



## Game 2 – Xavi In The Middle

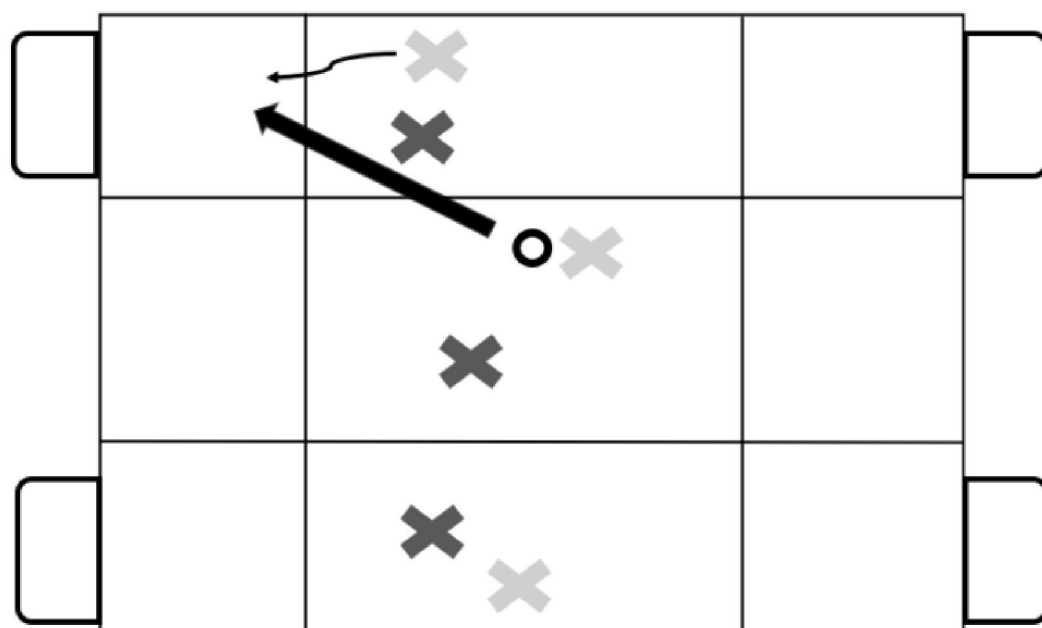
3v3 plus goalkeepers.

Pitch divided into thirds. The central third has a middle square divided into quadrants. Each team has a Xavi who is locked into the quadrants. The Xavis can move into any of the quadrants to find space. The remaining two outfield players can move anywhere on the pitch.

Teams score one point whenever their Xavi is in possession and completes a pass.

If their Xavi creates a goal the goal is worth double points.

The Xavis need to focus on movement, body orientation, touch orientation and their decision whether to keep or kill.



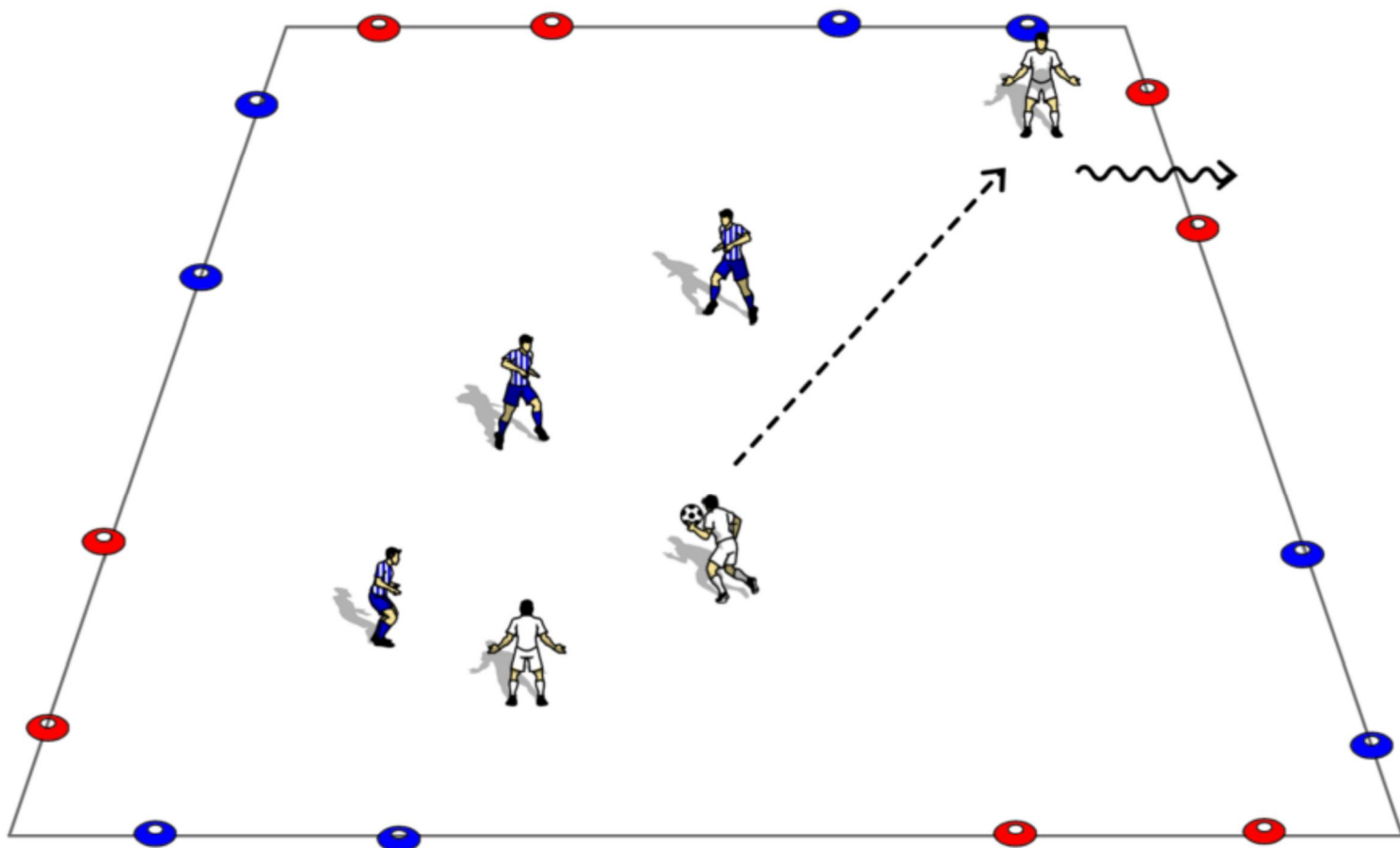
### Game 3 – Xavi In Support

The pitch is divided into thirds with the final thirds operating as end zones.

Each team has a Xavi who is not allowed to make forward runs into the end zones but can move anywhere across the centre third to support team mates.

If one of the Xavis makes the pass that leads to a goal the goal is worth double.





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Escape

Blue vs white.

White team score by dribbling put of the area through any red gate.

Blue team score by dribbling out of the area through any blue gate.

The game is played through 360 degrees and will require awareness, changes of direction and communication as a high priority.

Defensively players will need to solve a multi directional problem (possibly by marking a man, not space).

Players will be challenged 1v1.

Progression - pass through the gate for a team mate to receive.



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## Escape 2

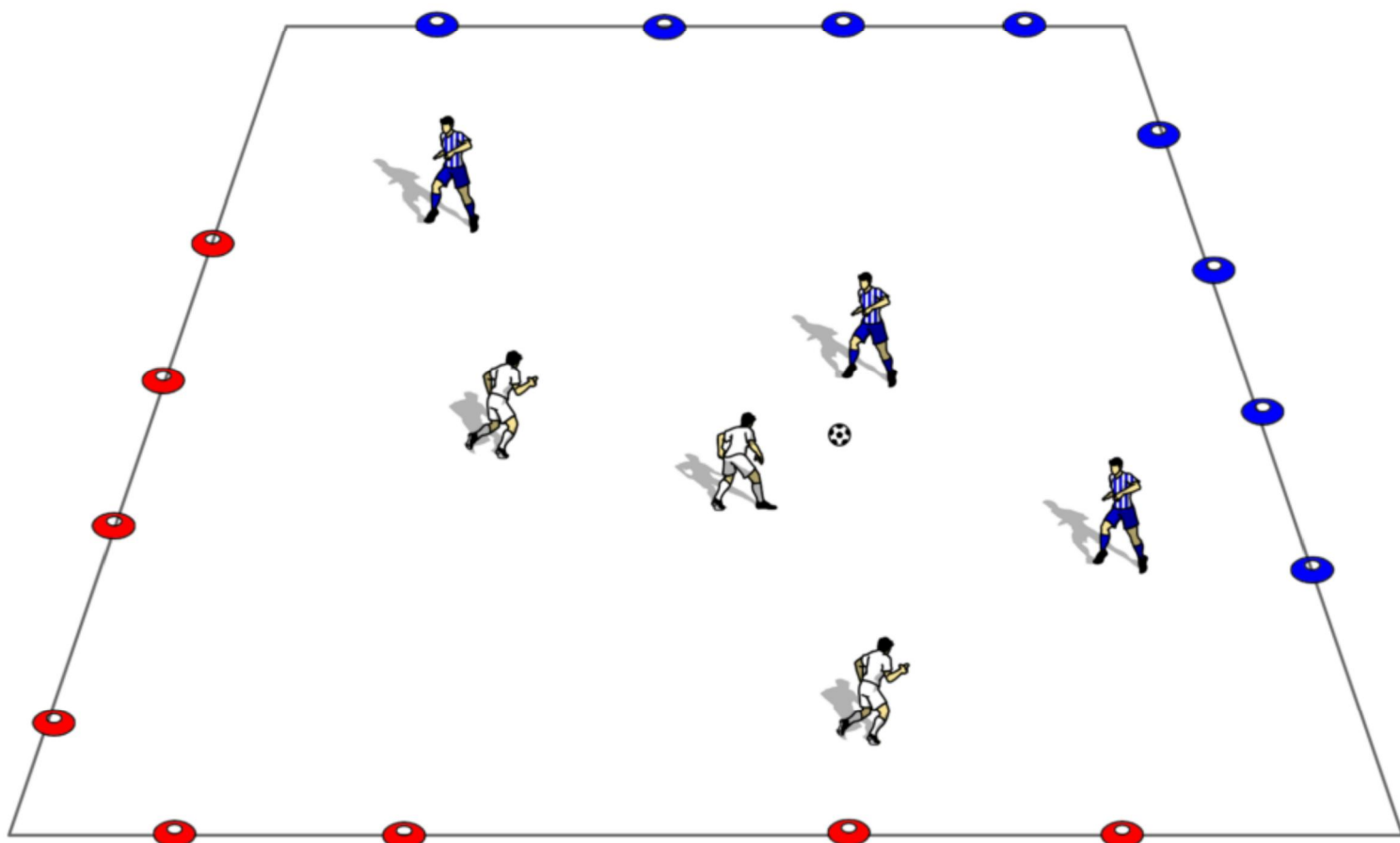
Blue team score by dribbling through any red gate.

White team score by dribbling through any blue gate.

Game is played East to West and North to South.

Players will have to adapt positions, show awareness and communicate.

Angles will differ regularly and players will need to react.



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### Escape 3

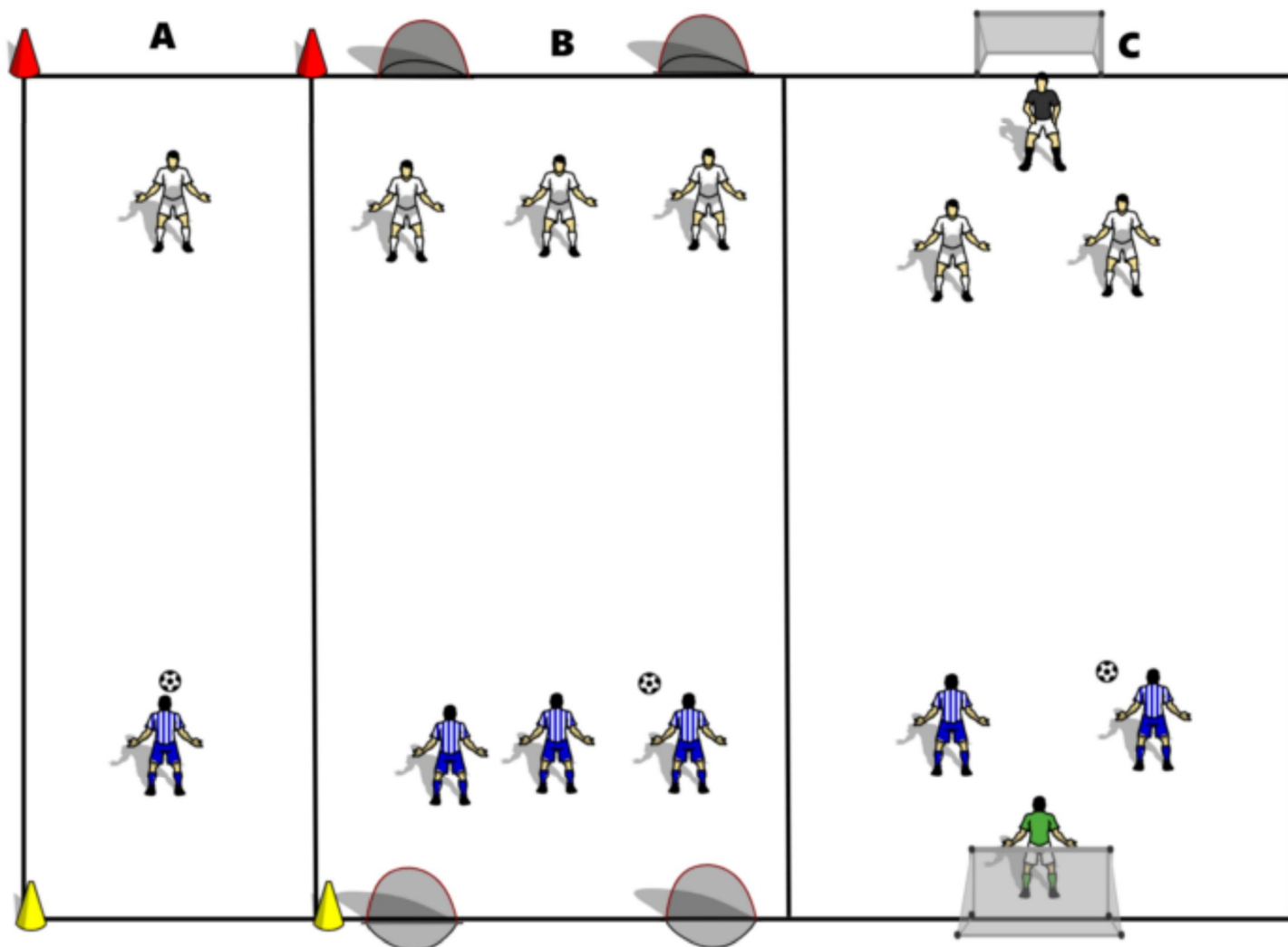
Blue team score by dribbling through any red gate.

White team score by dribbling through any blue gate.

Game is diagonal.

Players may need to overlap, underlap, switch or use third man runs.

Pressing/counter pressing may be an effective defensive solution.



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## Multi Match V1

Game A is a 1v1. The players score a point if they can cross the opposition end line with the ball under control. (For the blue player through the red cones, for the white player, through the yellow cones)

Game B is a 3v3 with both teams attacking and defending two goals.

Game C is 3v3 (or 2v2 plus GKs). Scoring is in to the goals.

Add the combined scores of the three games together at the end. Rotate players and pitches for the next round.

## Progressions -

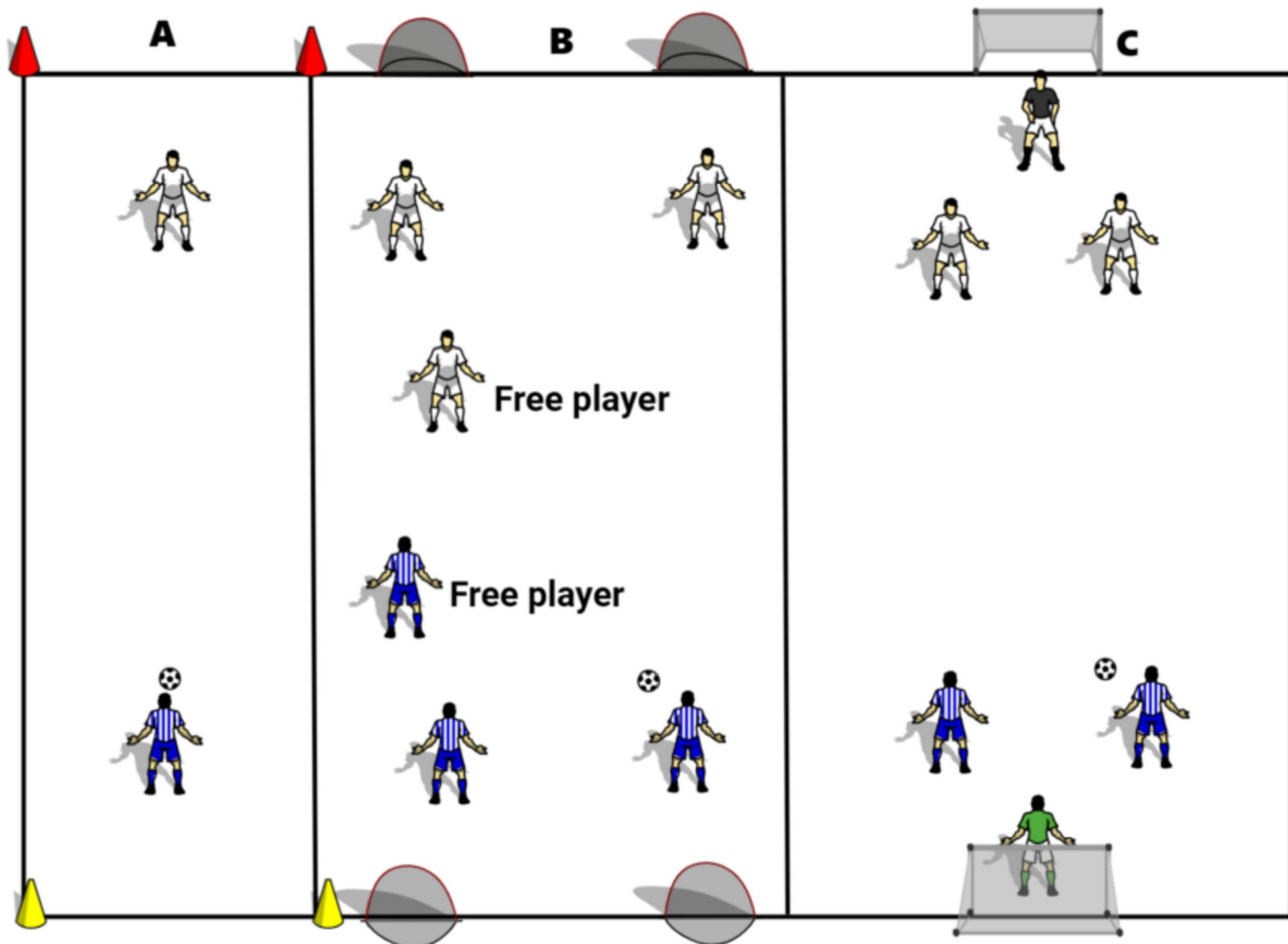
Add in additional scoring options/constraints

Game A - 1 point for a nutmeg

Game B - Additional points for 1 touch finishes

Game C - A point for each save made by the goalkeeper.

ETC



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## Multi Match V2

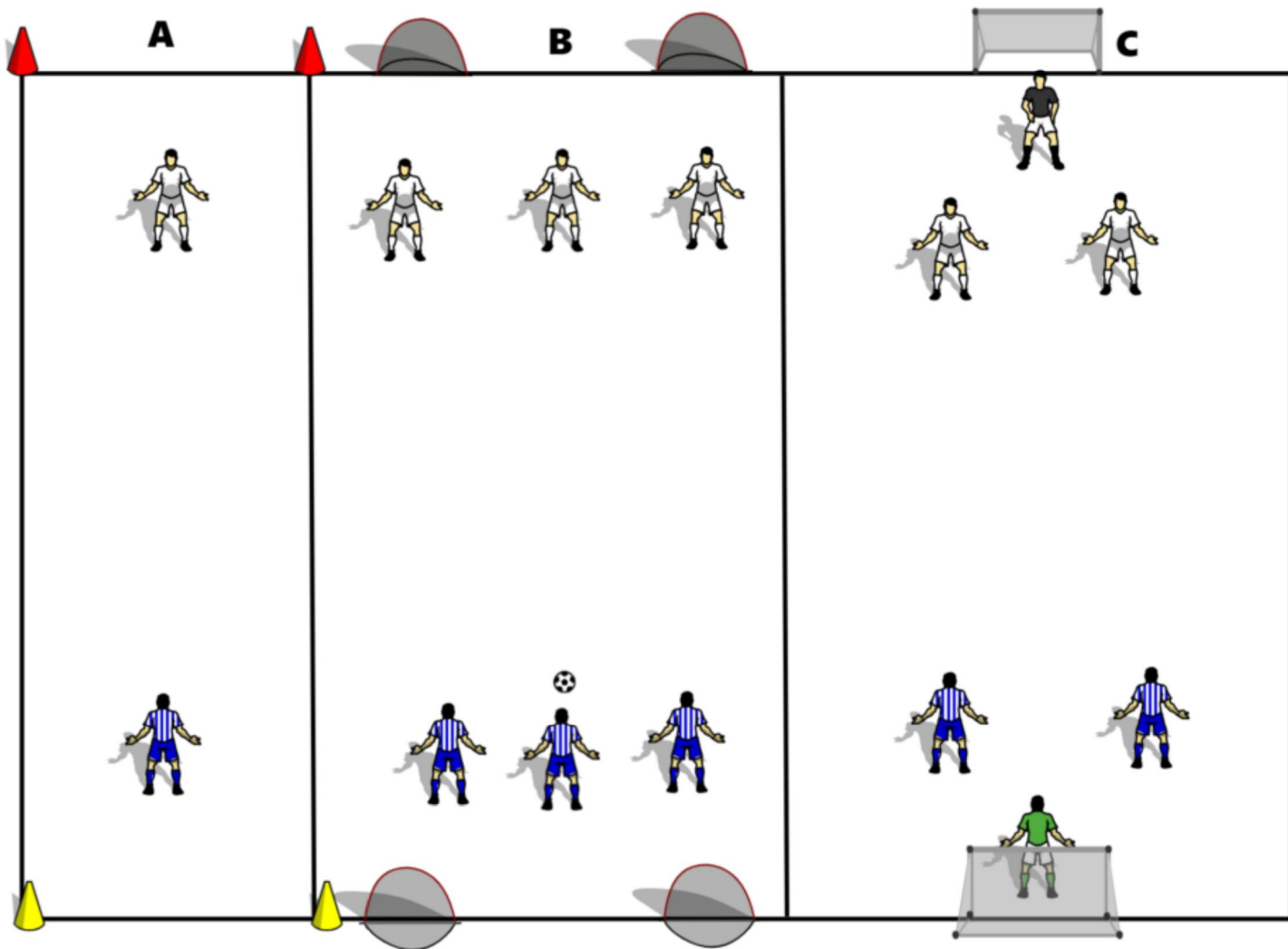
Game A is a 1v1. The players score a point if they can cross the opposition end line with the ball under control. (For the blue player through the red cones, for the white player, through the yellow cones)

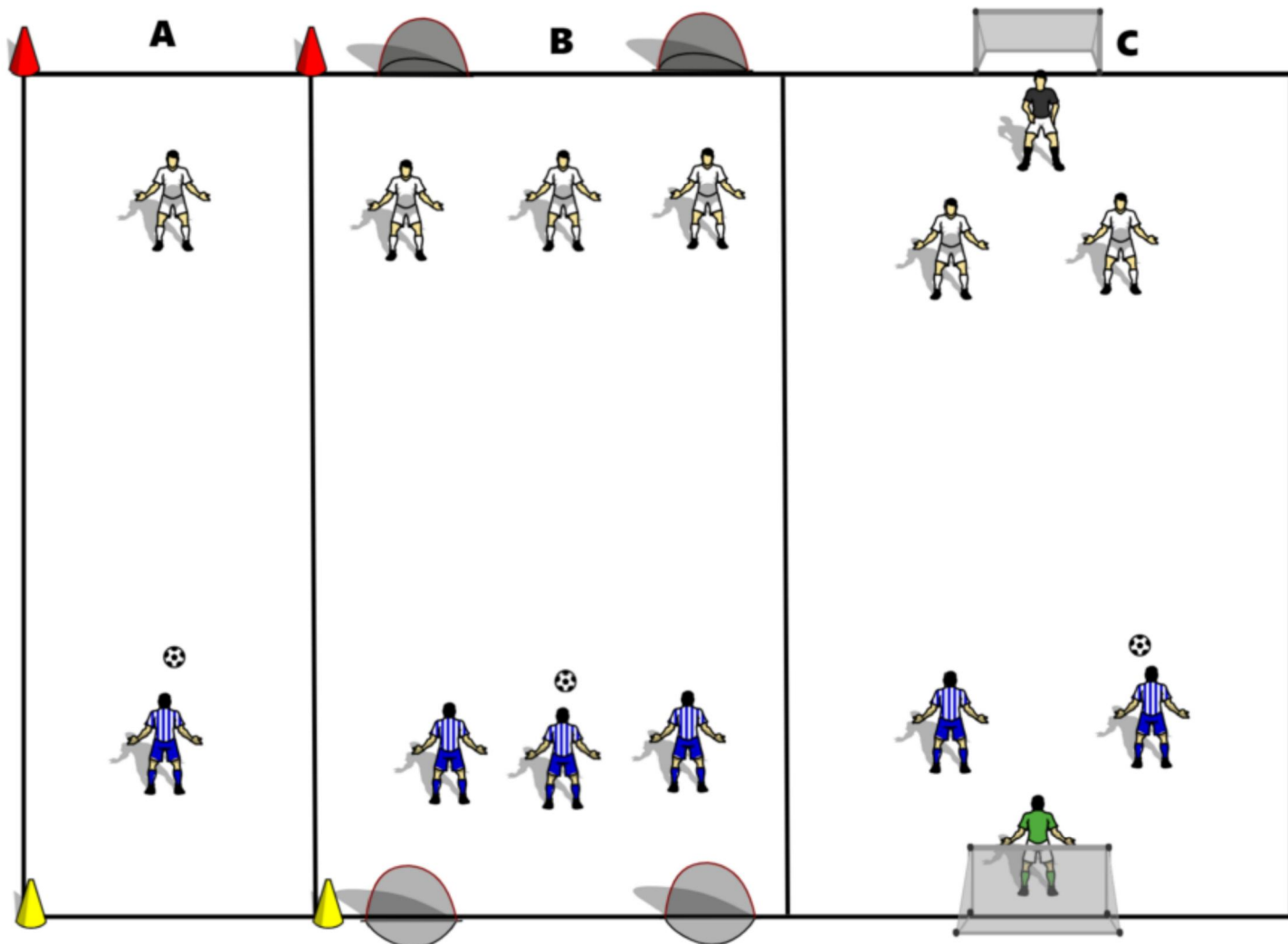
Game B is a 2v2 with both teams attacking and defending two goals.

Game C is 3v3 (or 2v2 plus GKs). Scoring is in to the goals.

Each player has one player who is free to move from pitch to pitch. A combination of decision making and communication will help the player decide who to help and why.

Add the combined scores of the three games together at the end. Rotate players and pitches for the next round.





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Multi Match V4

Chaotic

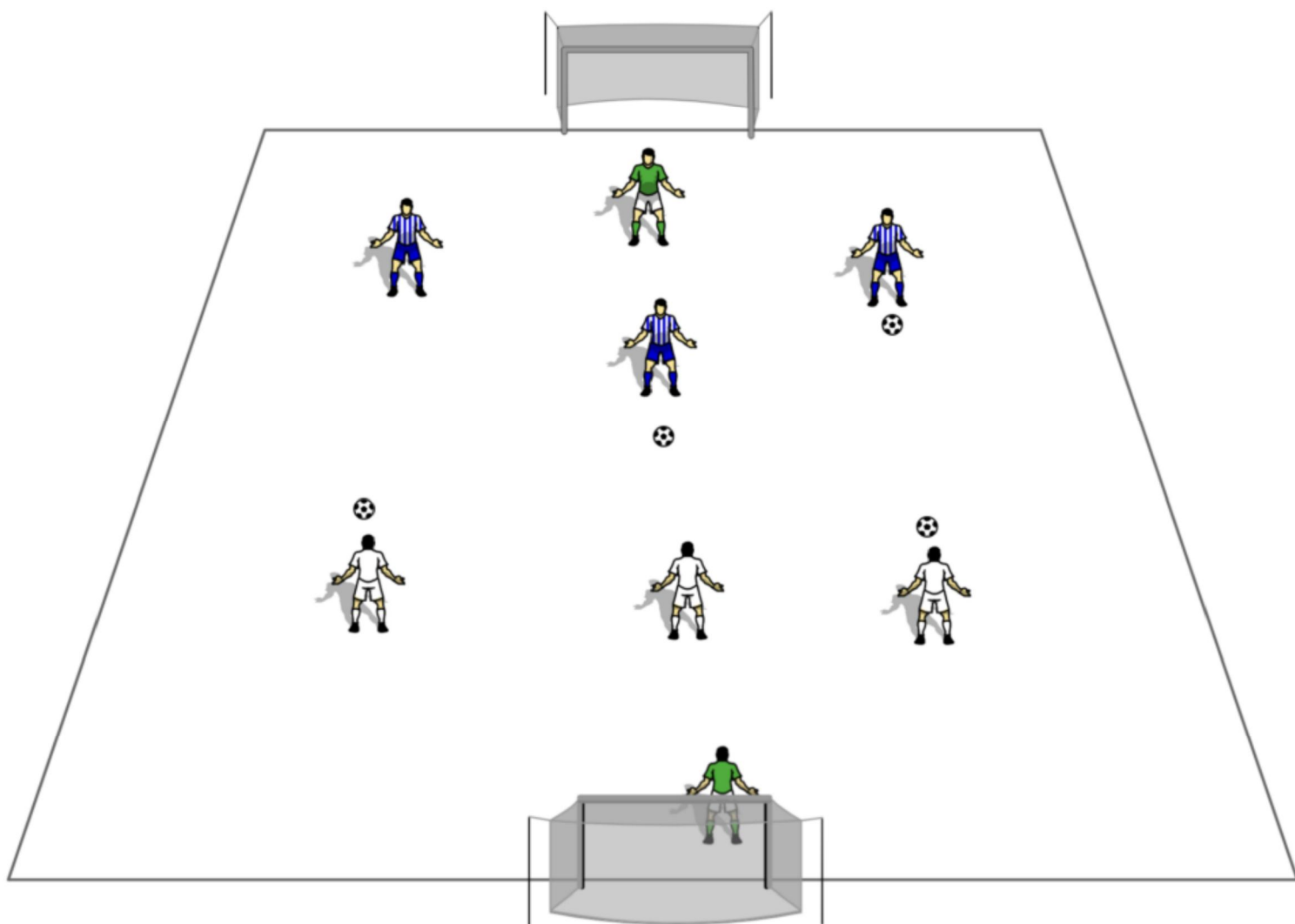
Three footballs in play (when the ball goes out players will need to check how many are in play before restating)

The players start in their zones but may enter any zone at any time.

Player will need to decide where they should be in any given moment.

It is possible for all three balls to be in the same zone at once.

Pictures will constantly be changing. Communication will be vital, as will be the recognition of space.



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3v3

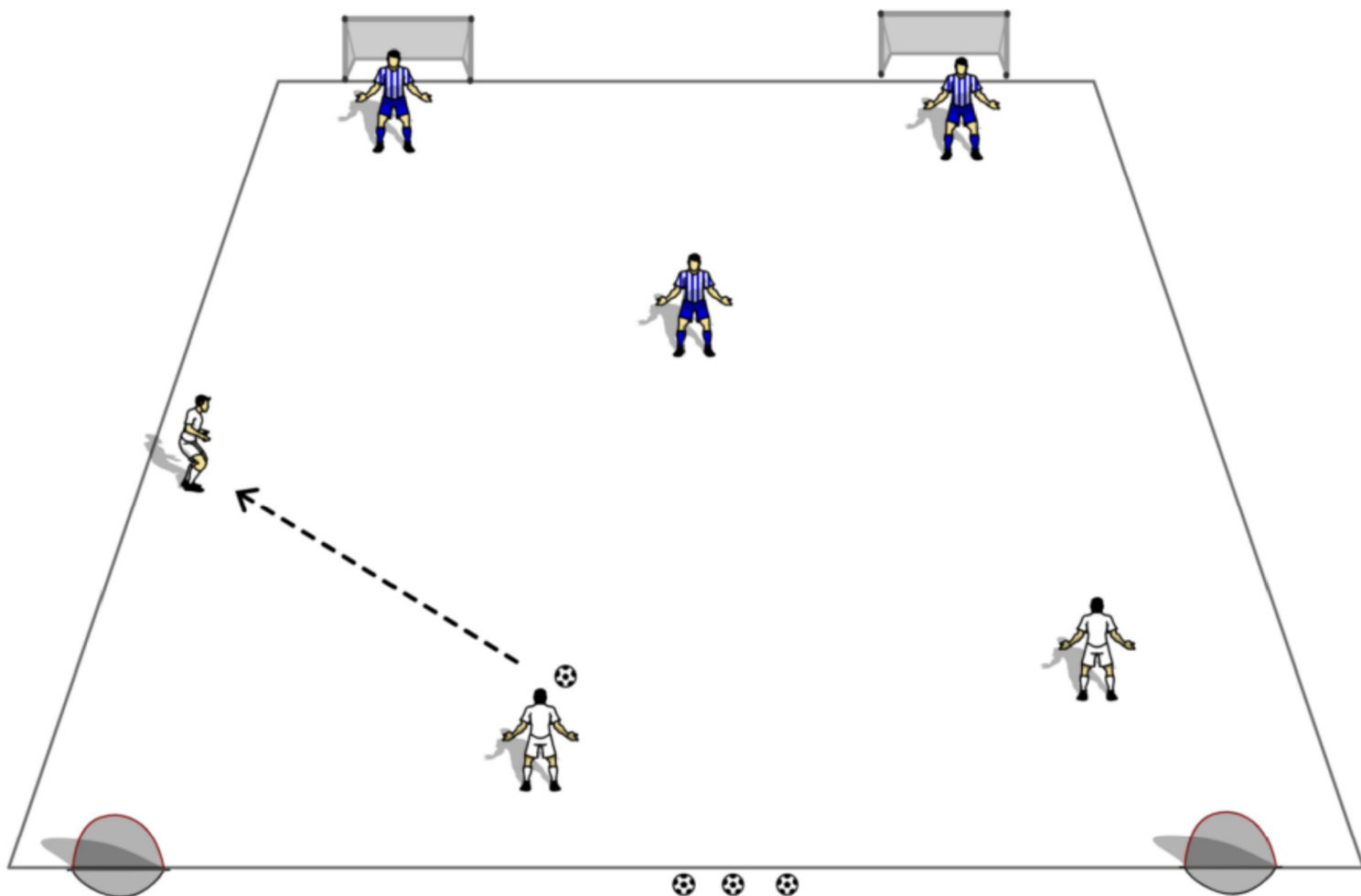
Multi ball.

3v3 plus GK. The game begins with four footballs on the pitch. Two per team. Each ball is live until the ball goes off the pitch (in the goal). When there are no balls left on the pitch restart.

Keep score. After a certain number of rounds whoever has scored is the winner.

Alternative - A team may win a round if they have possession of all footballs.





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3v3

White team start the play every time. Blue and white stripes defend two goals with two goalkeepers and one defender. The goalkeepers are free to move.

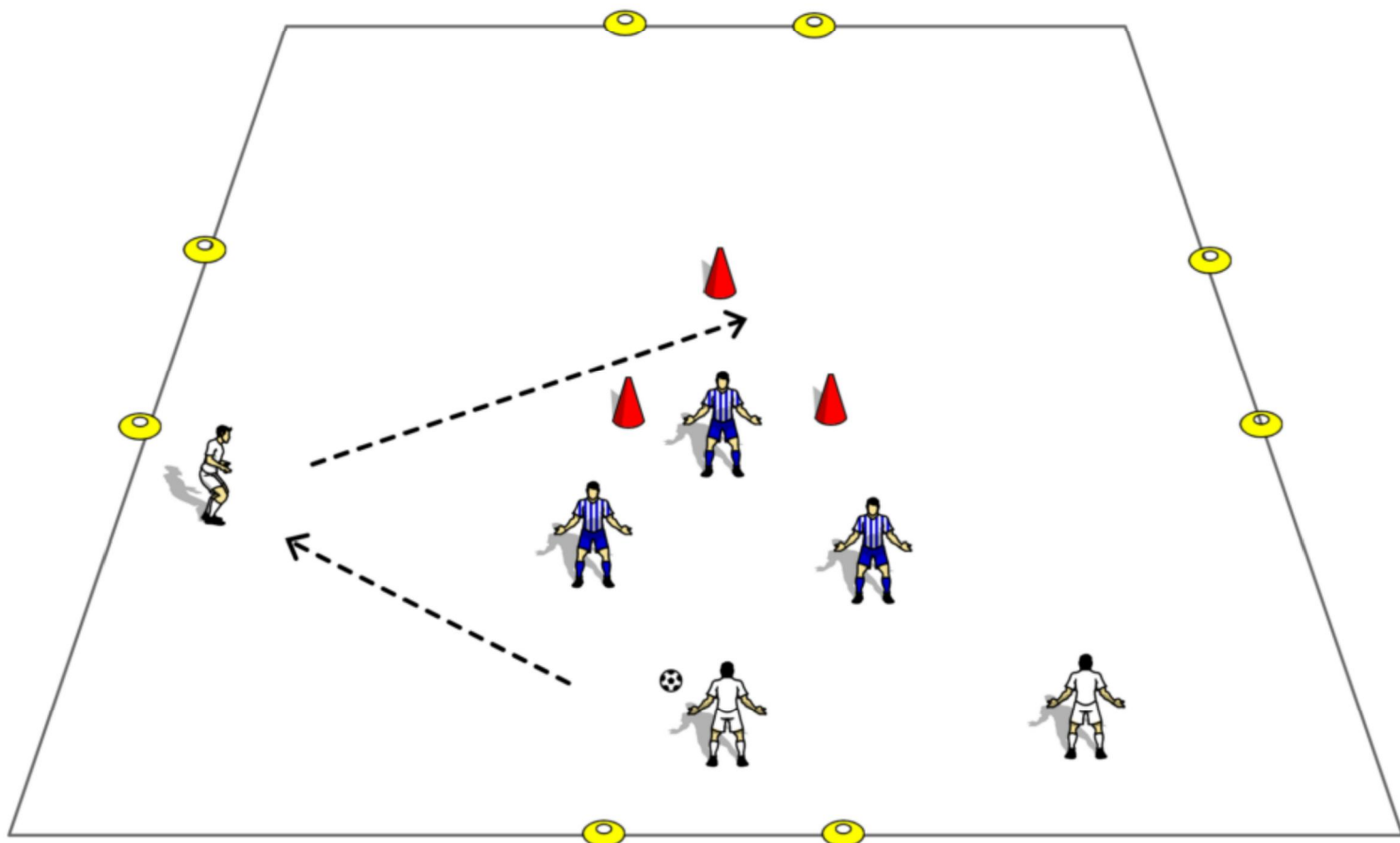
Can the white team outwit the single defender to create chances?

If the blues win the ball counter and score in the mini goals.

Can the outfield player play 3v1?

Change ends.

- Remove mini goals for counter attacking and use gates to test dribbling skills further.



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Middle vs outside.

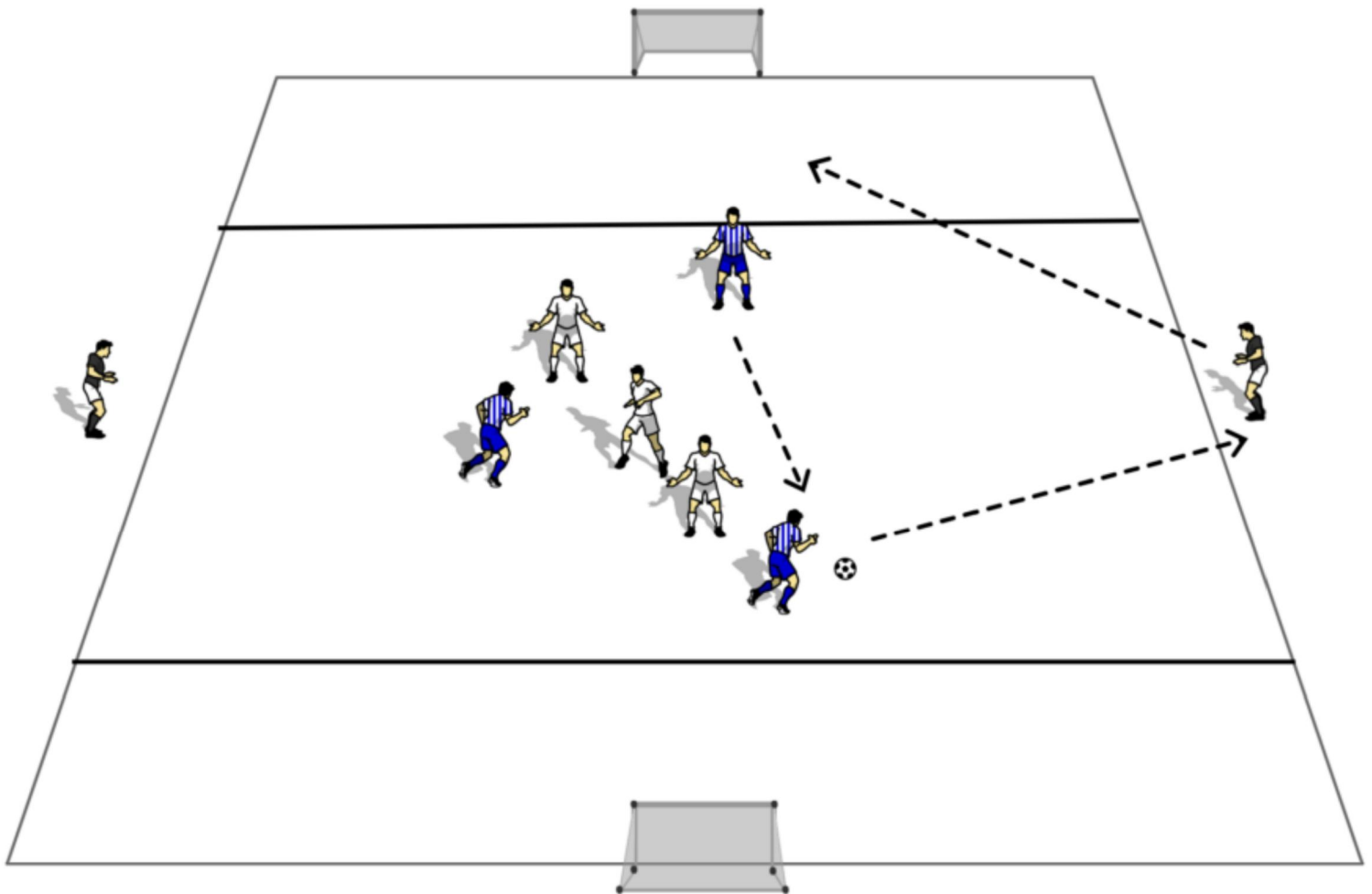
Blue team defend the triangle goal. Whites defend the four outer gates.

A goal can be scored in the triangle goal from any side.

A point can be scored in the outer goals by dribbling through.

White team need to manipulate space and think creatively.

Blue team need to organise and move quickly. Communication will be key.



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### 3v3 Break out.

The teams aim to play into either of the target players on the end. Once the target player has received the ball the team who played in can break out into either end zone to score.

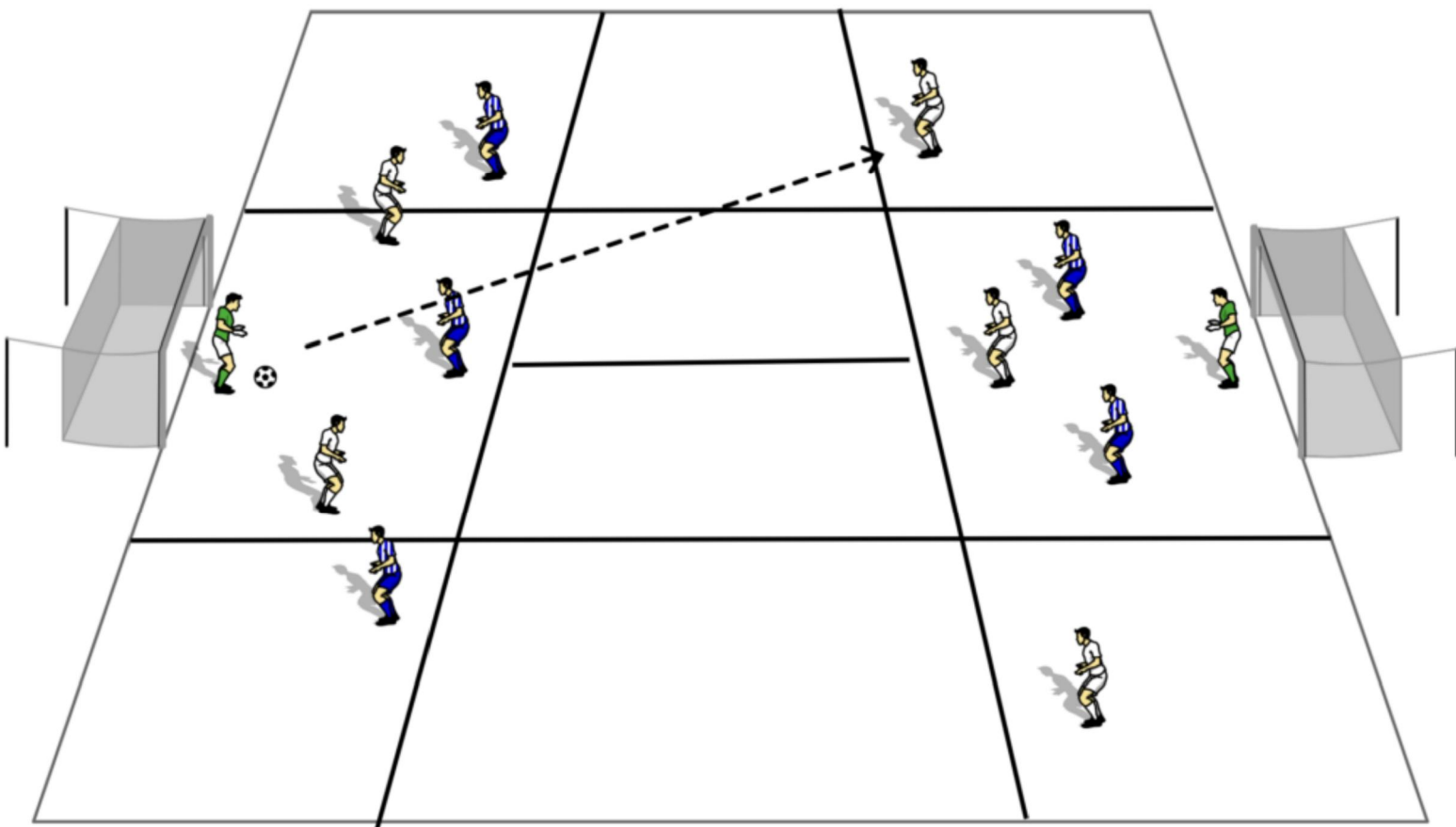
This can be from a pass or with a dribble. The defending team can not enter the end zone until the ball has entered.

Switching play, forward passes, forward runs.

### Progressions -

Allow the defending teams to enter the end zone, the attackers will need to outnumber their opponents and manipulate space. For example all three defenders may cover one end, but that would then leave the opposite goal open.

Make the game directional by giving each team a specific end.

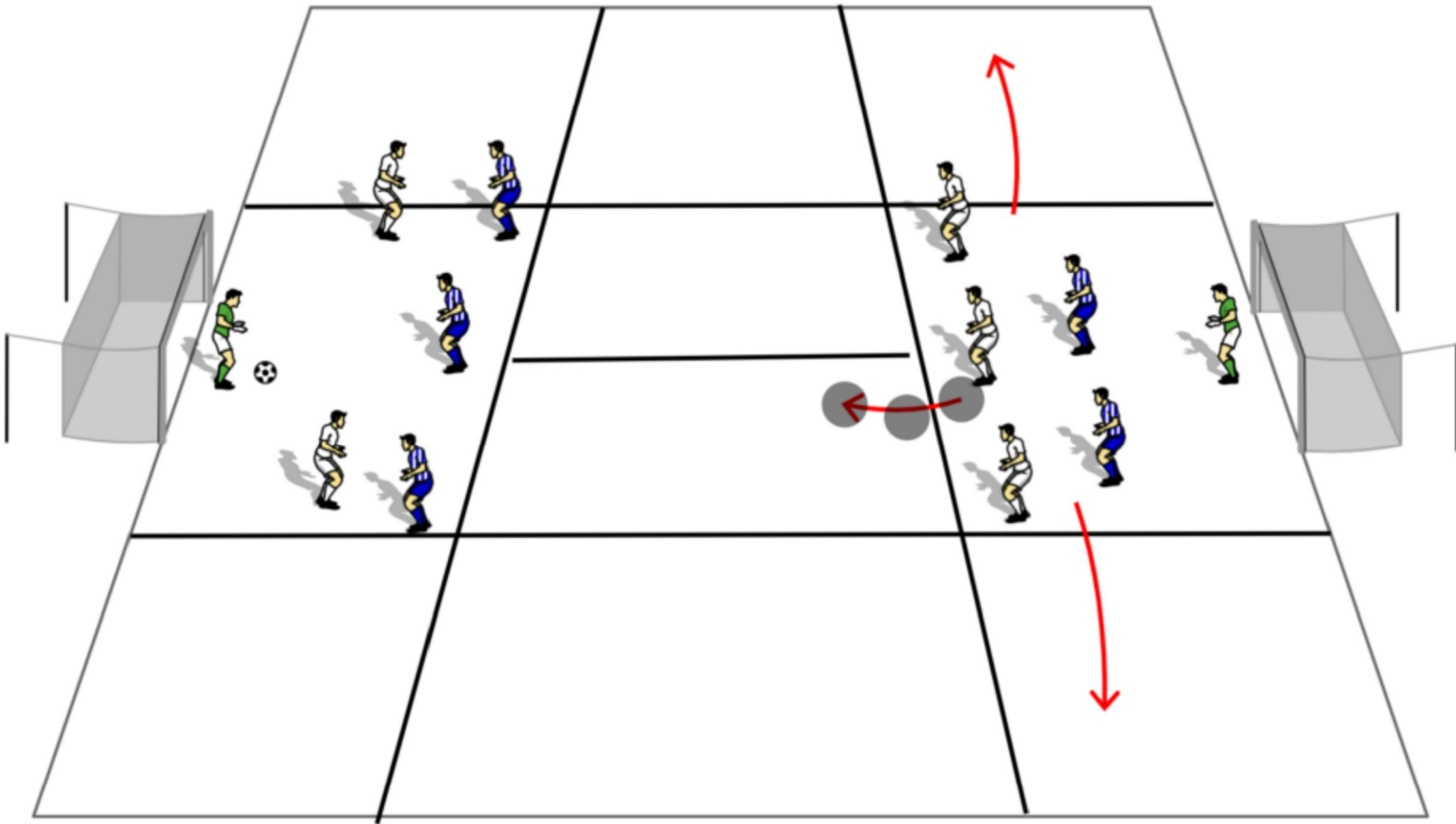


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Creating and scoring 1

Area divided into 10 zones. The midfield 3rd is left empty for now, unoccupied.

The White team GK tries to play into and of the three forwards who look to combine and score 3v2 (+GK)



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## Creating and scoring 2

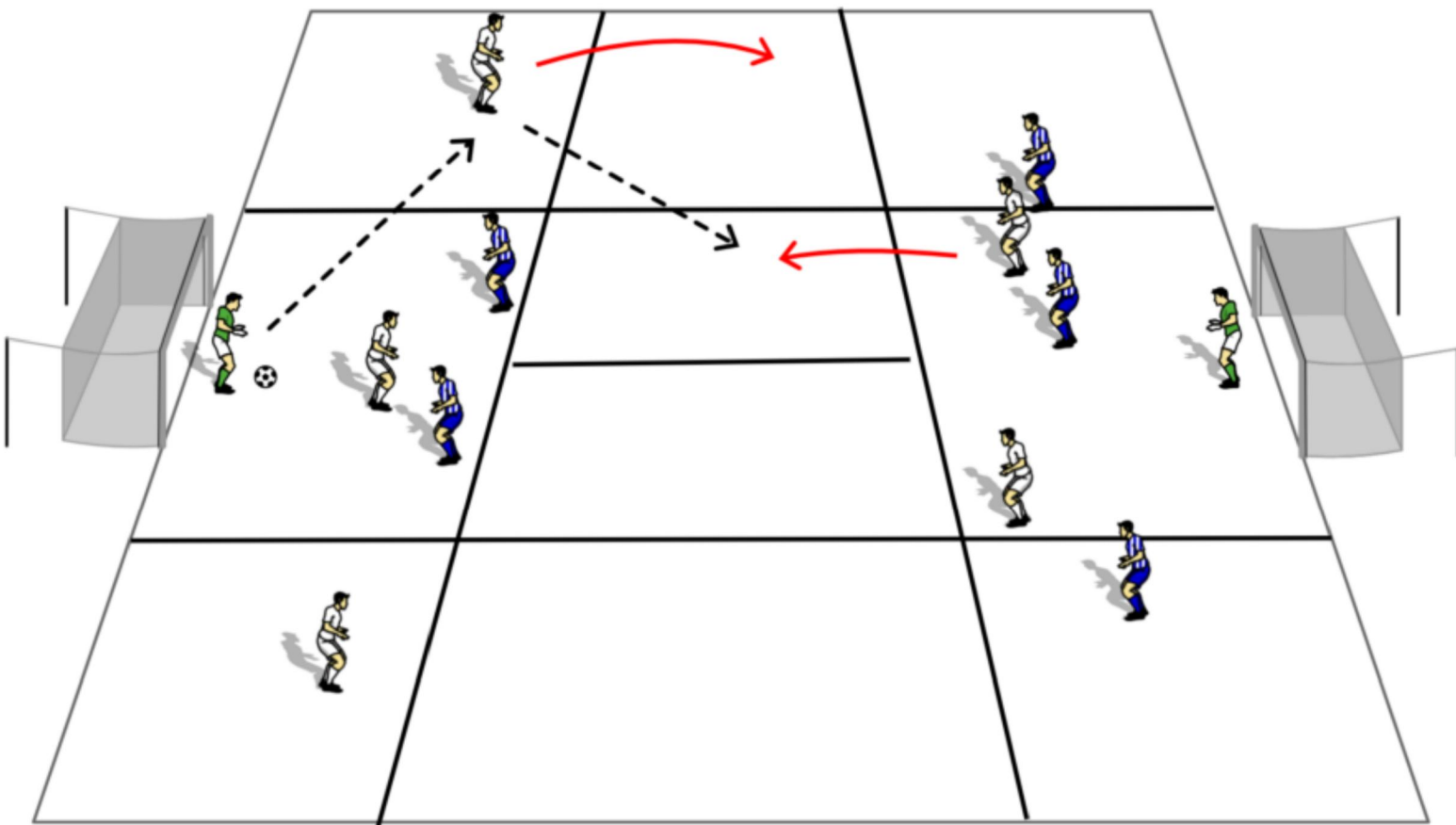
Area divided into 10 zones. The midfield 3rd is left empty for now, unoccupied.

Play begins with all players in the two areas immediately closest to the goals in a 3v2 (+GK). The goalkeeper may play directly into the forwards, however, the forwards are able to move from their starting zone into the middle zone or pull out into the wide areas.

The defenders can not follow into these areas.

We are concerned with chance creation and the areas in which goals are made. The forward dropping off is pulling into the half space or zone 14. The forward pulling wide will be looking to create with crosses, cut backs, or by cutting in and dribbling.

Attached extra points to scoring through the use of these methods than to scoring from a ball played in directly.



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### Creating and scoring 3

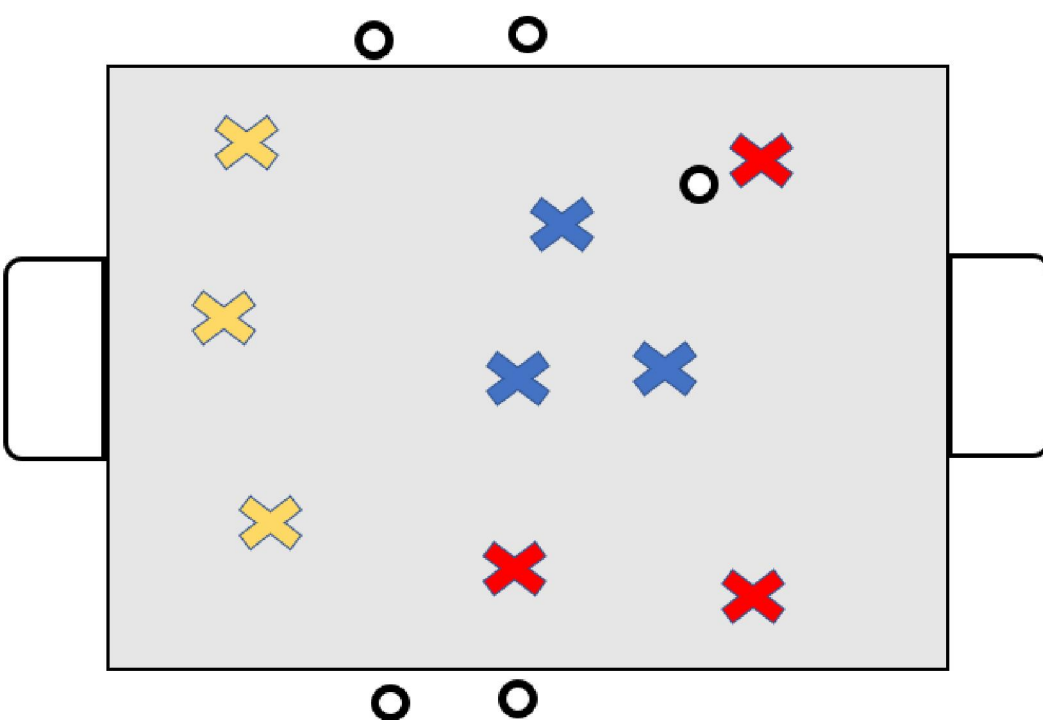
Area divided into 10 zones. The midfield 3rd is left empty for now, unoccupied.

The forwards are now outnumbered 2v4. Forwards drop into the central area to find space. The defenders may not follow. If a defender plays the pass into the central zone they join to create an overlap (or underlap if the forward has pulled out into a wide area).

Assign extra points for the area the assist comes from. If the assist comes from half space/zone 14 give 2 extra points. If the assist comes from the middle area give 1 extra point. If the assist comes from one of the attacking wide areas give two extra points.

To encourage runs from deep give extra points if a defender scores.

They must beware of leaving their defending team mate overloaded, thus adding a counter attacking element to the game.



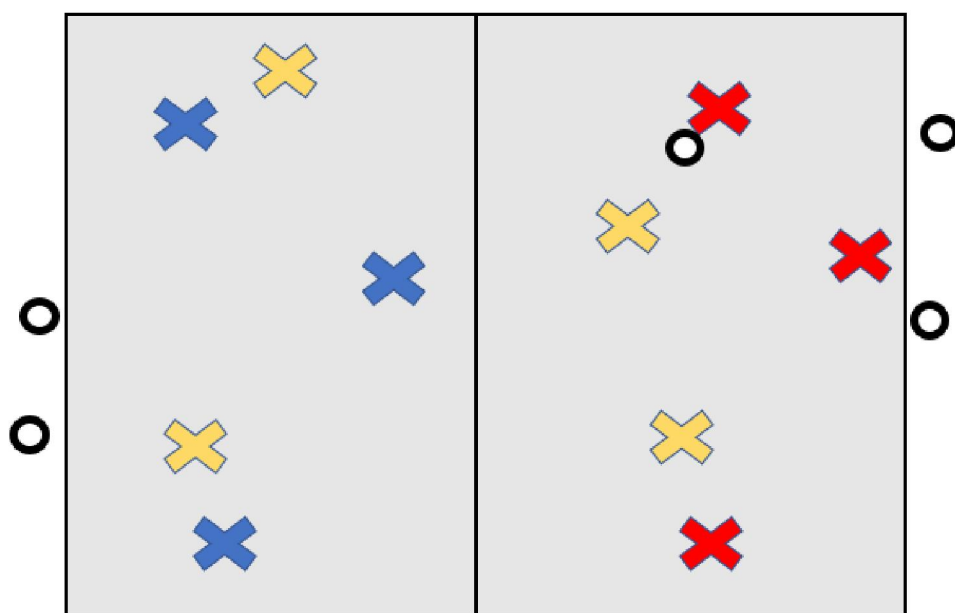
3v3 + 3

Red and yellow combine to retain possession against the three blues.

Rather than switching with the team who turn over the ball the blues score in either of the goals.

How does this change the way the team in possession position themselves?

Encourages players to regain possession after turnover.



3v2 + 3v2

Red vs yellow in one half, blue vs yellow in the other half.

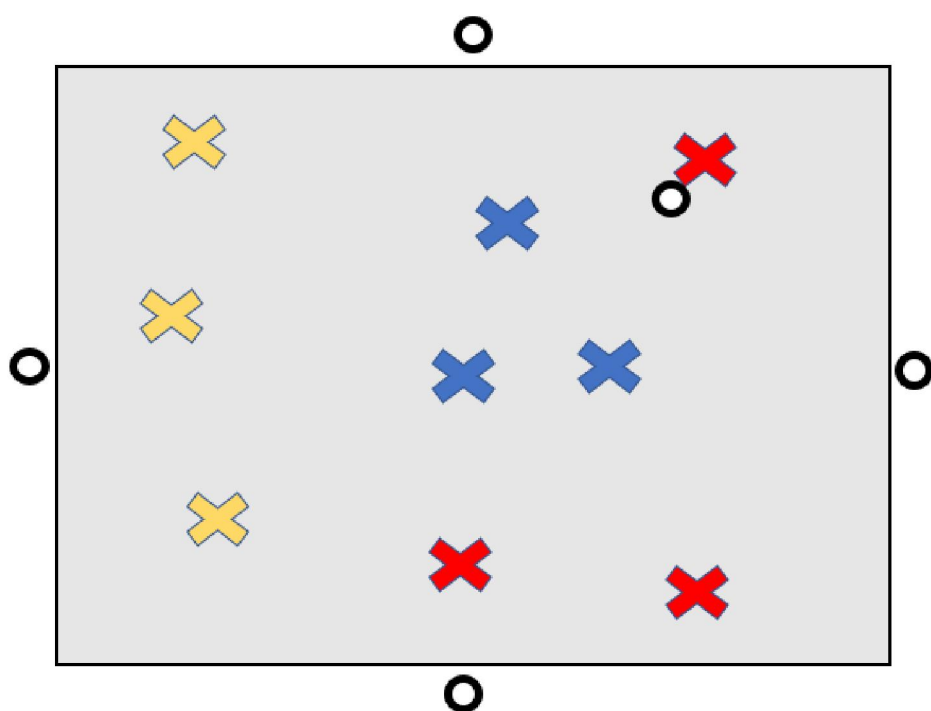
Red start with the ball, their objective is to find the blue in the other half without the yellows intercepting. Blues then look to play to reds and play continues from half to half.

If the yellows regain the ball how long can they retain it 2v3?

Points

- Position of players to create spaces and angles
- Movement
- Pressing and counter pressing
- Weight of pass
- Orientation of body and first touch





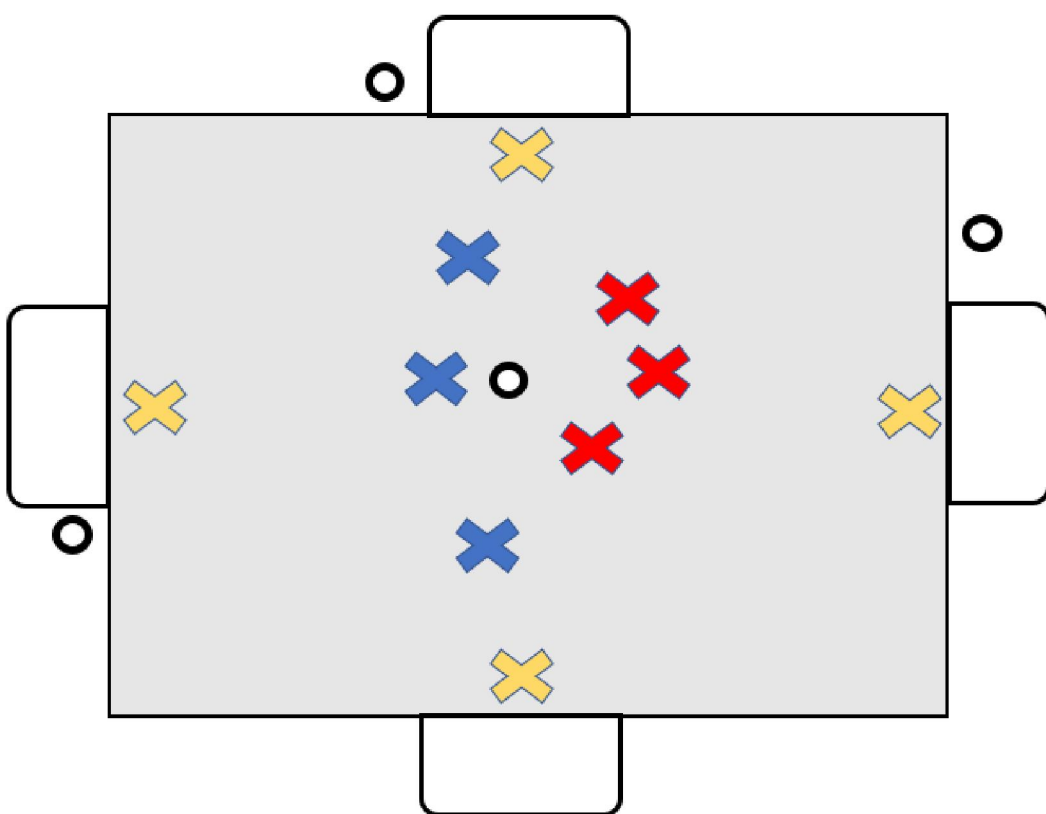
3v3 + 3

Red and yellow combine to retain possession against the three blues.

If the blues gain possession they switch with the colour who turned the ball over.

Points

- Positioning/spacing of team in possession.
- Encourage movement from the players passing the ball rather than just holding their position.
- Can the middle of the area be occupied to create angles and penetration?
- Can blues (or any defenders) press together and with intensity?
- How many should press? How many should cover?



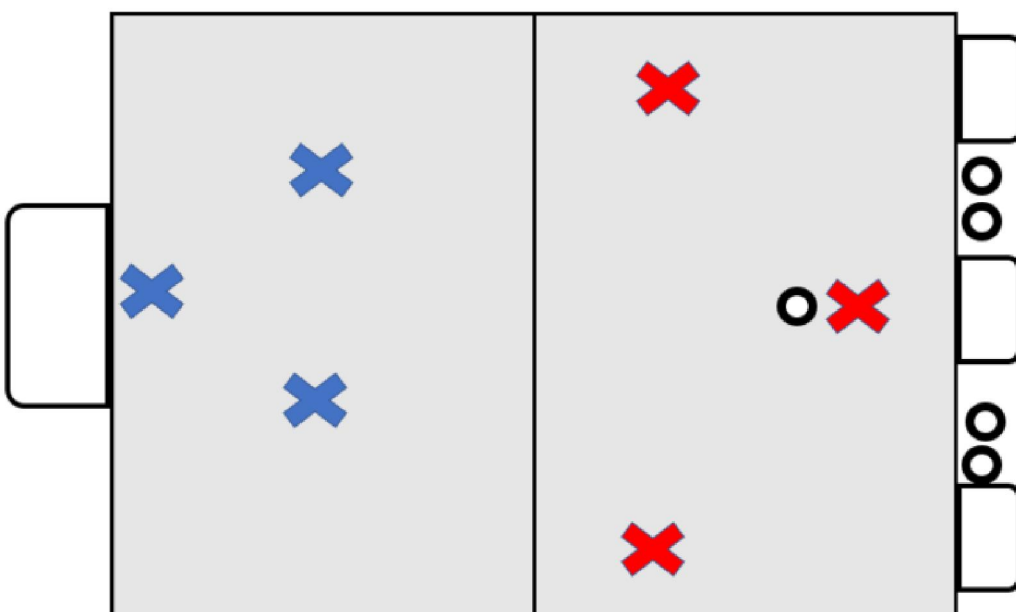
3v3 + 4 GKs

Blue vs Red with yellows as support players (7v3 in possession). Blues in possession.

Play for a set time limit. If the reds regain possession they can score in any of the four goals. Yellows are goalkeepers so can use their hands.

Points

- Movement from the blues.  
Stability from the yellows.
- Pressure and from the reds.  
Which players should they apply pressure to?
- What are the triggers to apply pressure?
- How many players should press?  
What is the risk vs reward?



3v2 plus GK

Play starts with the reds each time (five attacks, four balls by the mini goals).

How can the reds combine to score in this situation?

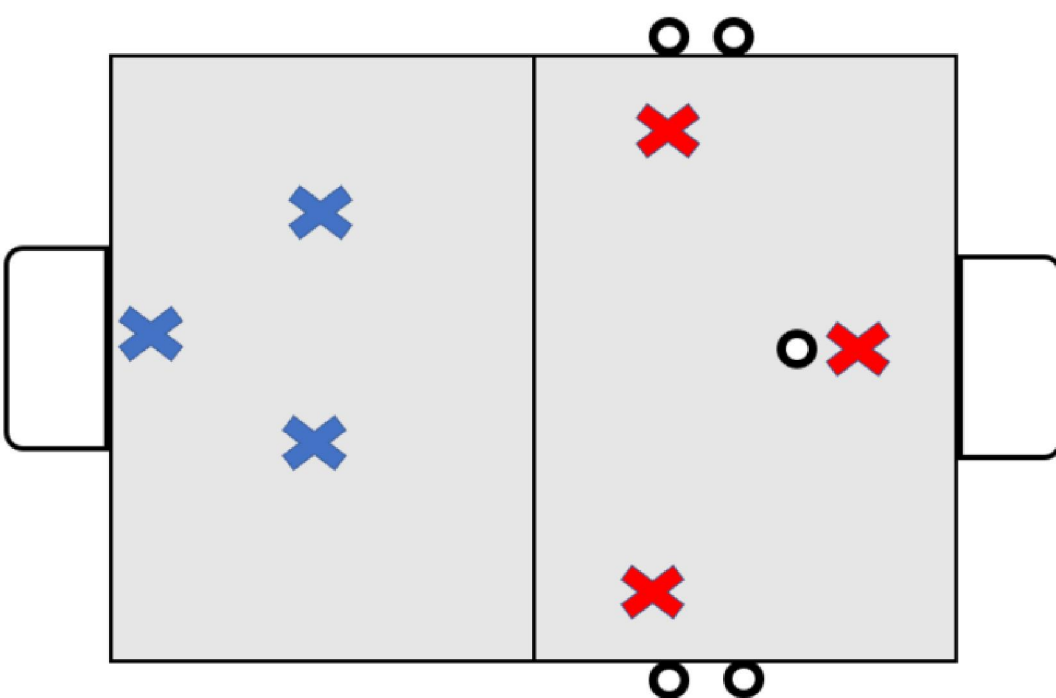
If the blues win the ball score in any of the three mini goals.

Points

- Quick combinations
- Deception
- Shooting opportunities
- Movements (crossover, cut in, run in behind, overlap, underlap)

Progressions/adaptations

- Use the half way line, players can only score inside opposition half
- Players get one point for scoring in opposition half, two for scoring from own half

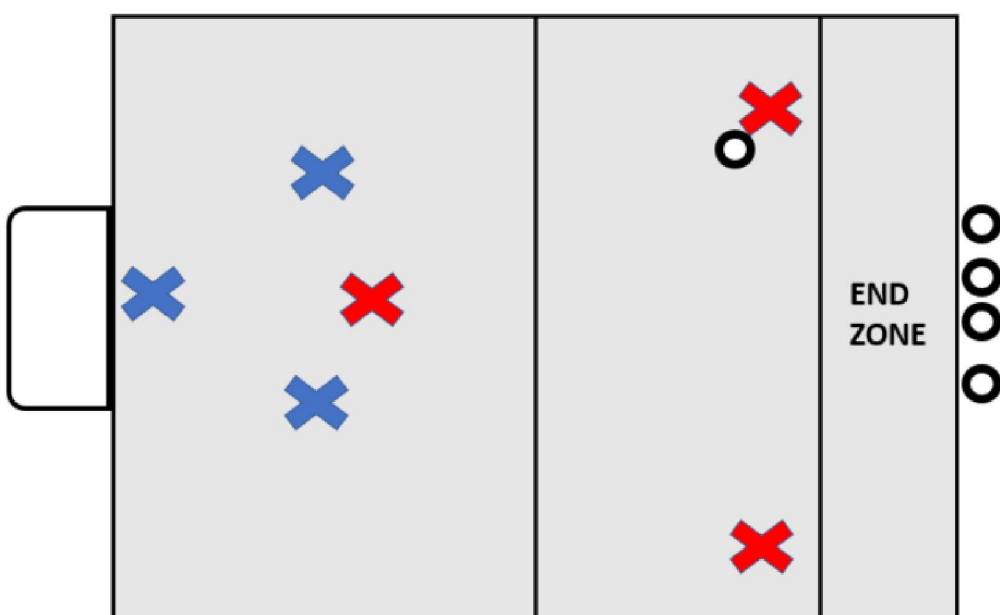


3v2 plus GK

As with the previous practice but with two tweaks.

How does moving the start position of the footballs change the practice?

How does using one large goal instead of the mini goals change the practice?



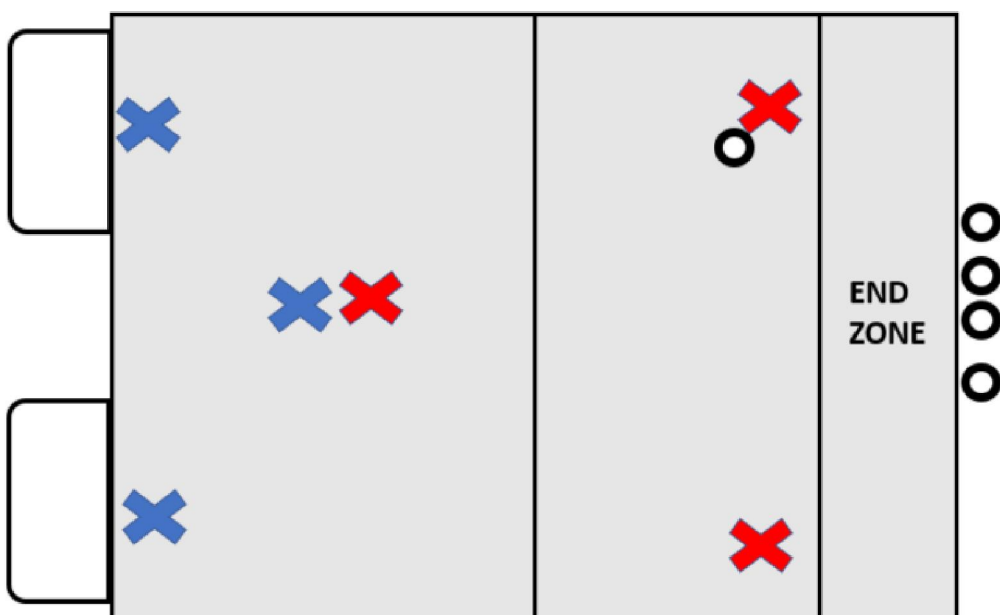
3v2 plus GK

Further tweaks.

How does starting with a red in the blue half change the practice?

How does defending an end zone/attacking an end zone change the practice?

What further constraints or rules might be used?



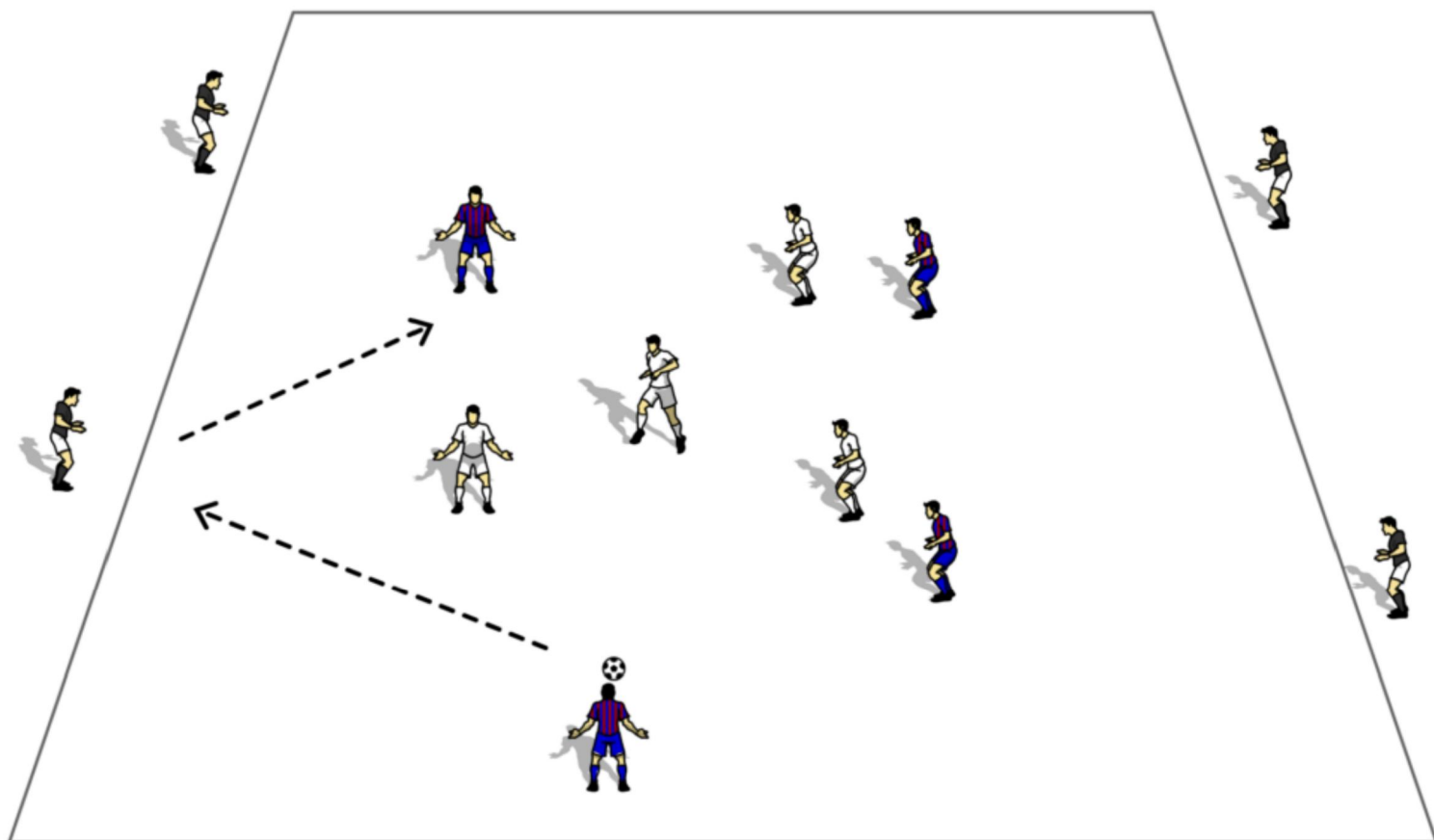
3v2 plus GK

Further tweaks.

How does having two large goals and two goalkeepers change the practice?

What constraints could be placed on the reds to challenge them?

What would happen if the blue started in the red half rather than marking the red?



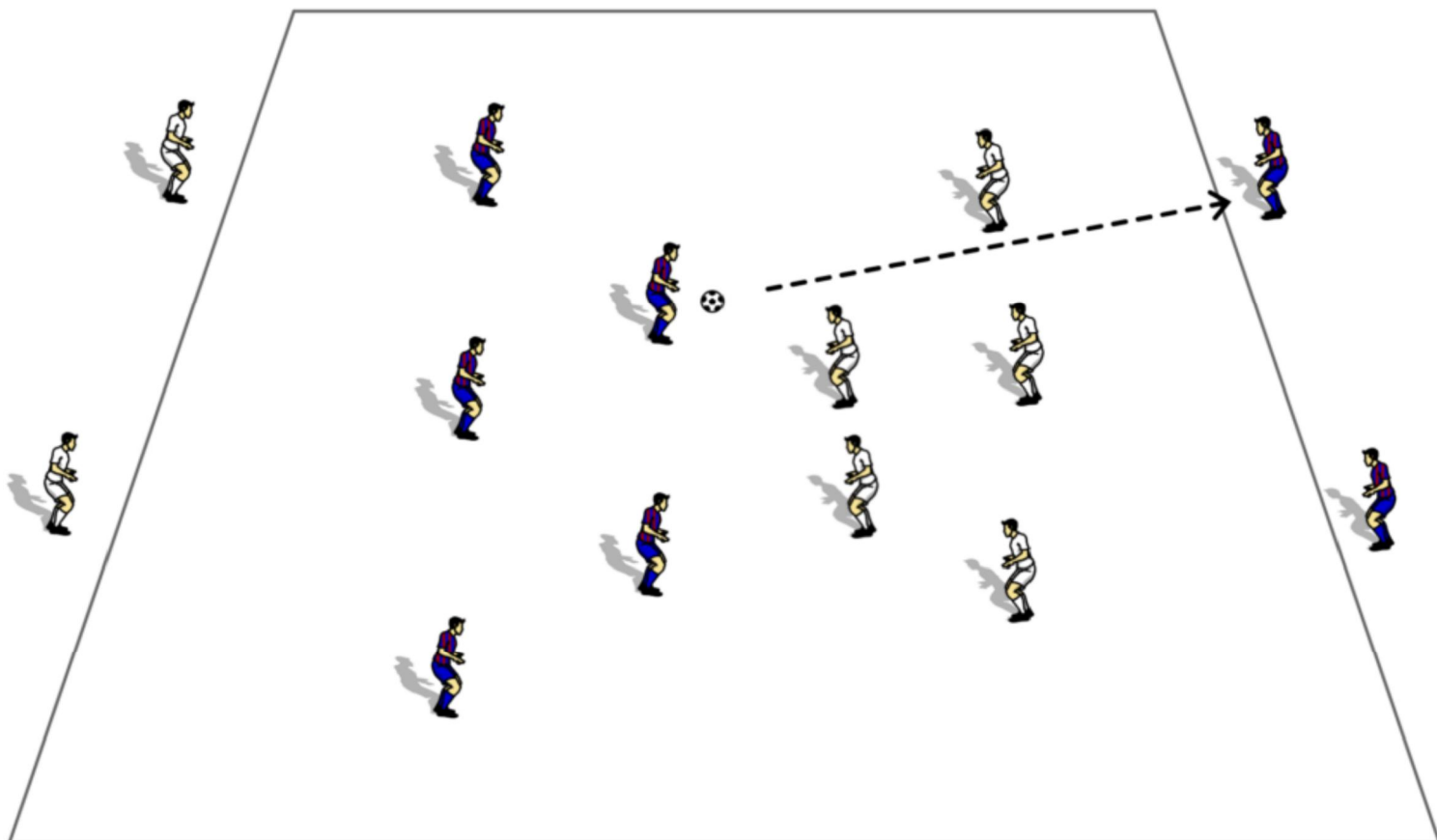
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Passing and combining

Four vs four plus four.

White vs stripes. Can a team combine to play into the neutral players at each end to score a point.

Focus on movement to create angles and find space.



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Directional passing and combining

Five vs five with designated outside players.

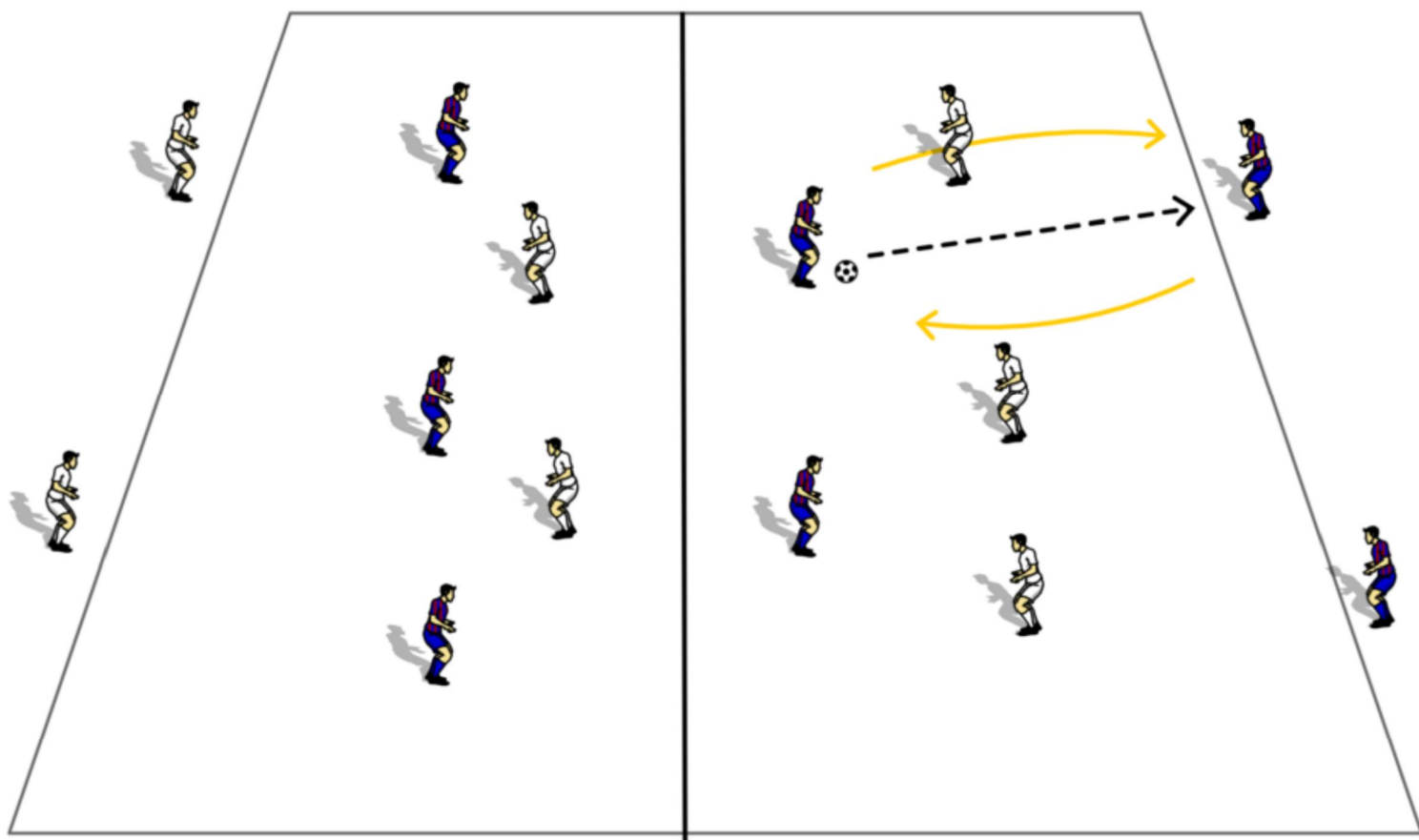
Can the team combine to play into their team mates?

In possession focus - Combination play and defence splitting passes. Use and exploit space.

Out of possession focus - Create defensive lines to make it hard for opponents to play through.

Transition - Seek opportunities to play forward





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Passing with partial rotation

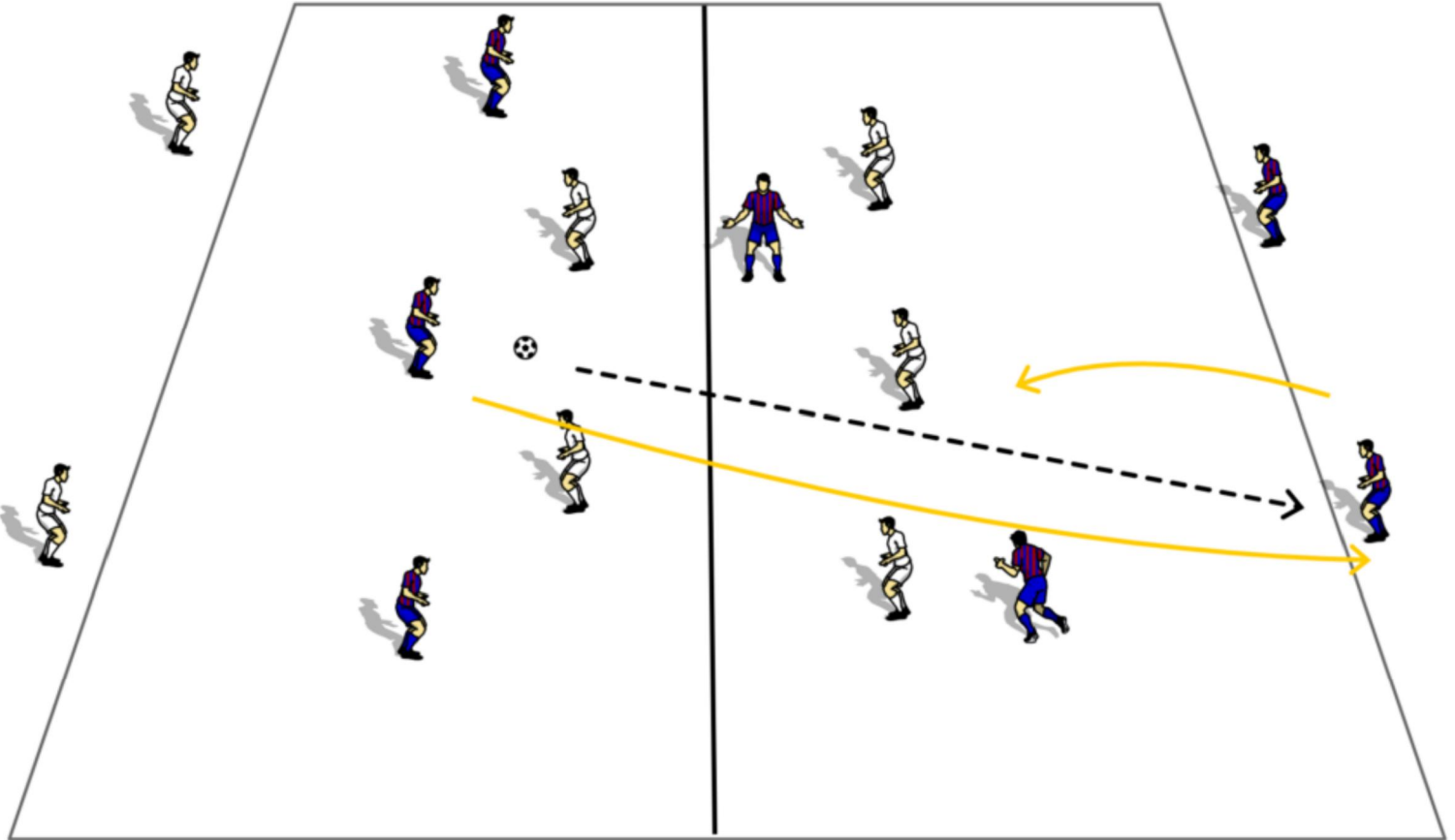
Five vs five with designated target players.

Teams have three players designated in their defensive half and two designated in their attacking half.

If a player passes to their target player from their offensive half they rotate positions with the receiving player.

A player from the defensive half may pass into the target player but will not rotate.

Players passing from the defensive half into the offensive half may follow and join the half, If this player then passes into a target they do not rotate.



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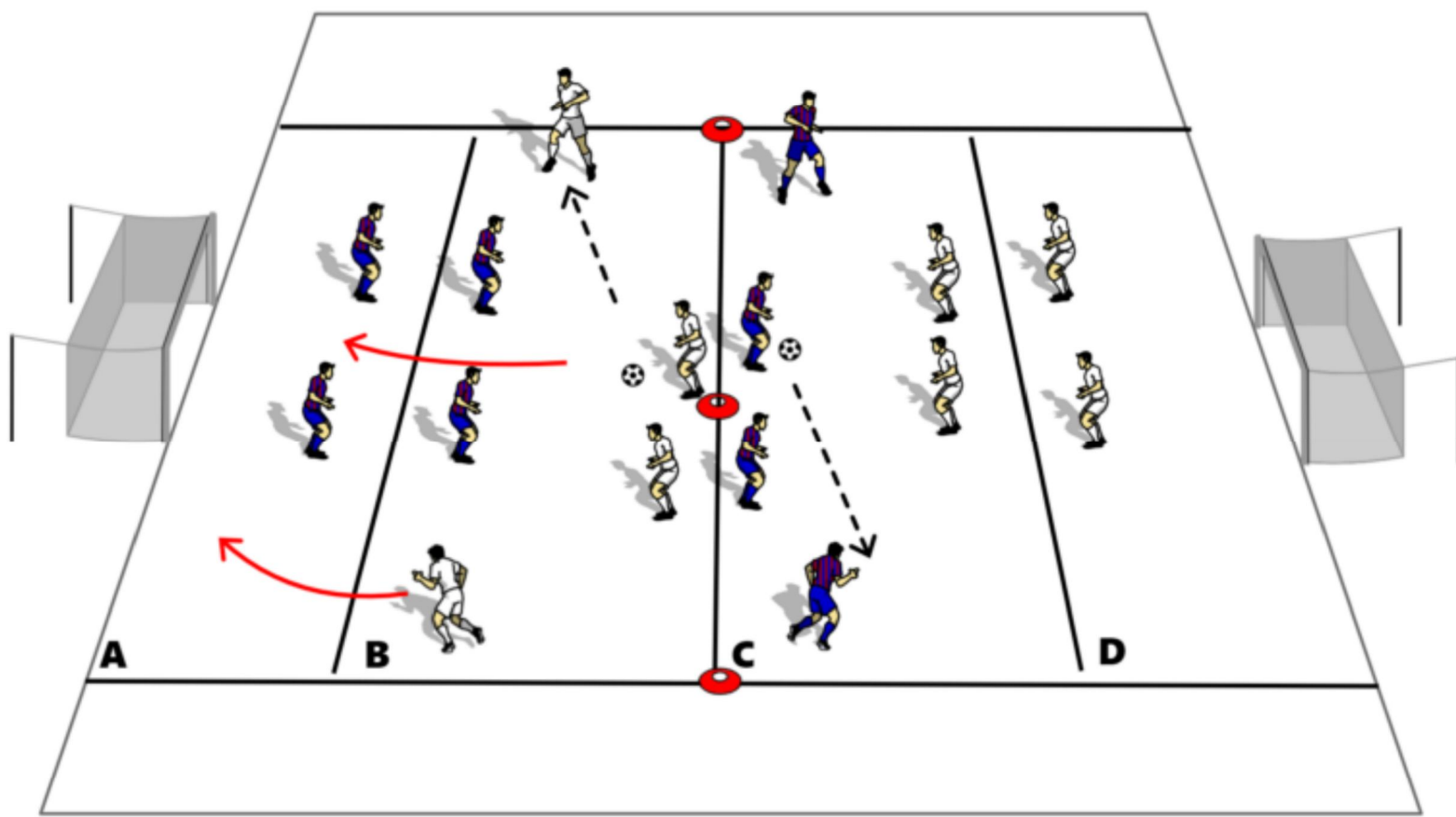
## Passing and rotating

Five vs five with two target players.

Players given an initial position of three players in defensive half and two in attacking half. However as the game progresses players may move anywhere on the pitch with the only rule being they must have a minimum of one player in each half at any time.

The player who passes into the target player rotates with them no matter where they have passed from.

(Encourage forward runs from deep positions)



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Defending lines and breaking lines.

Two four vs fours in each half.

The stripes are split into area A and B (mirrored by the whites and area C and D).

The two stripes in area B represent midfielders front screening the defence.

The two stripes in area A represent central defenders, sliding across to cover and apply pressure when the line is broken.

The whites can only score when they break the line and proceed into area A. If the stripes win the ball they score a point by dribbling the ball to the half way line (red cones) and stopping the ball on the line.

Attackers -

How can they break the line?

What combinations and movements might help them?

What positioning/shapes might they use?

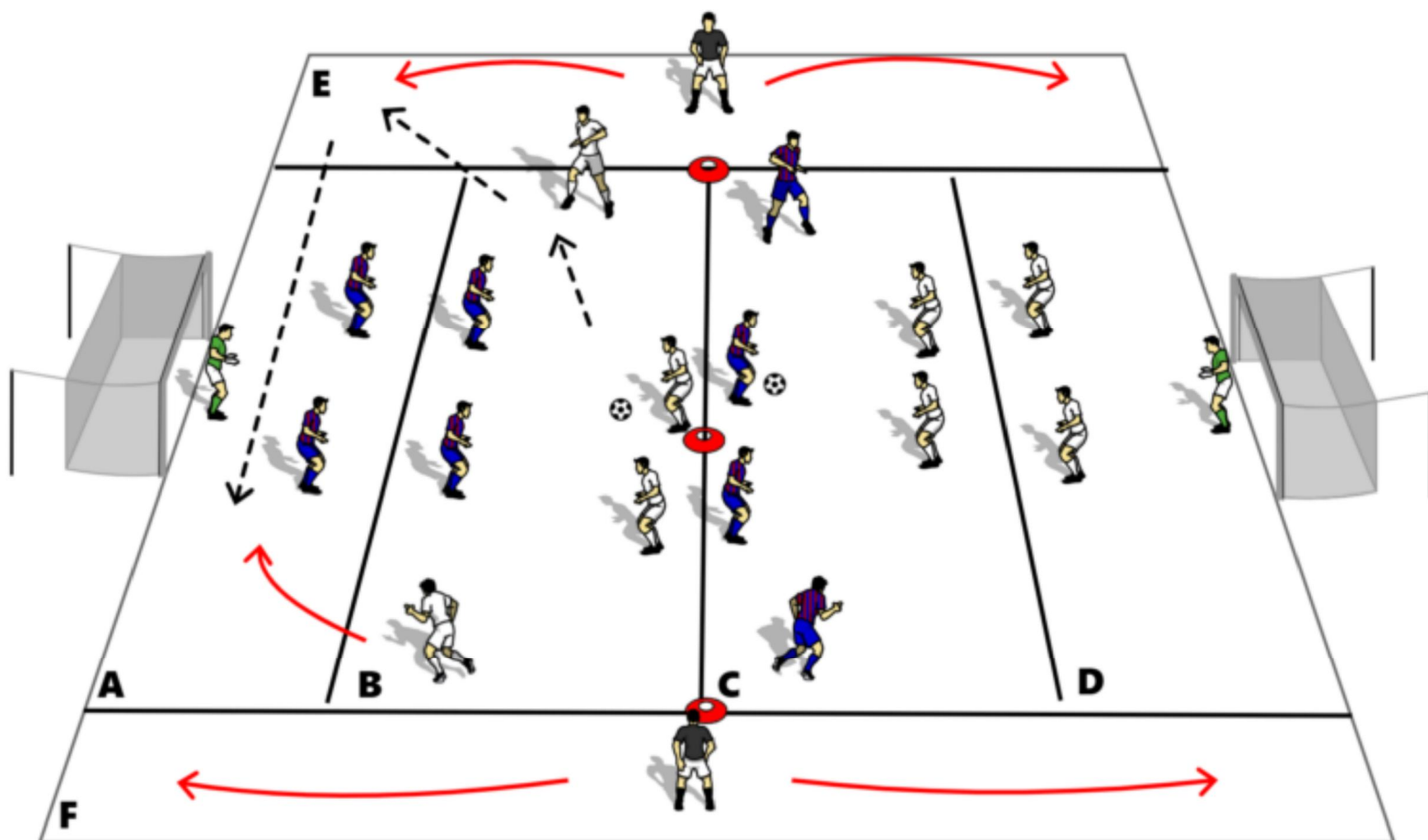
Is there a danger if they commit all their players forward?

Defenders -

What is the role of the players in zone B?

Who applies pressure? How?

What distances should they maintain? What will help them do this?



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Involve The Wide Players (and the goalkeepers)

Defenders locked into zone A and zone B.

Forwards can score from any zone.

The players in zones E and F support both halves of the pitch in the wide areas.

The decision regards who to assist is theirs, meaning the set up can switch between 4v2, 5v2 and 6v2 at any time.

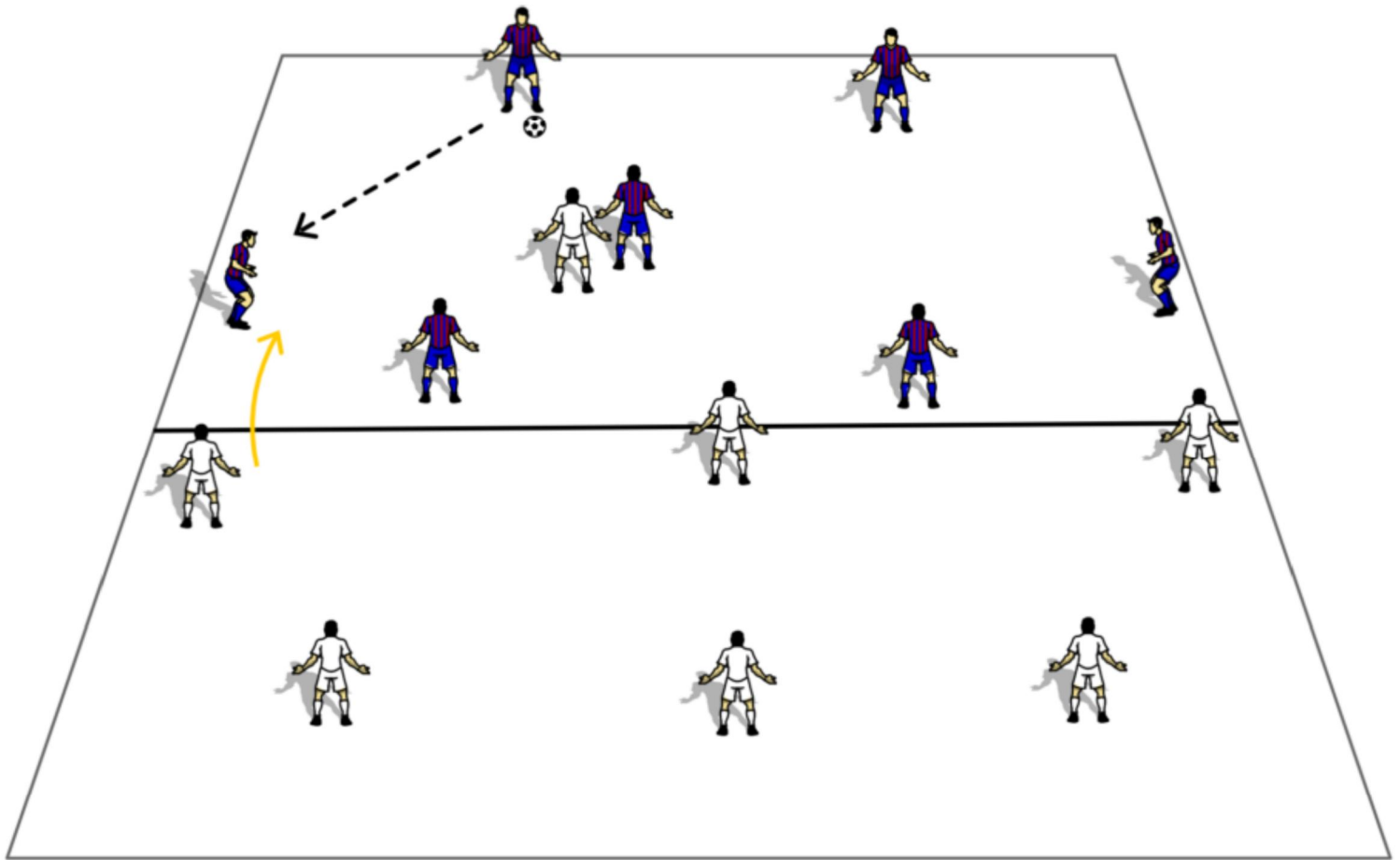
Progressions -

Allow the midfielders in zone B to drop once the line is broken (or the ball is played wide).

Add different scores for different goals depending on what you want to emphasise.

For example - 3 points for a strike from zone B (or zone C) to emphasise long shots and midfielders blocking.  
3 points for a goal from a cross to emphasise crossing.

If possible position a left footer and right footer wide to get variation between in swinging and out swinging crosses.



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Playing under pressure/getting out of pressure/switching play - Part 1

Seven players on each side.

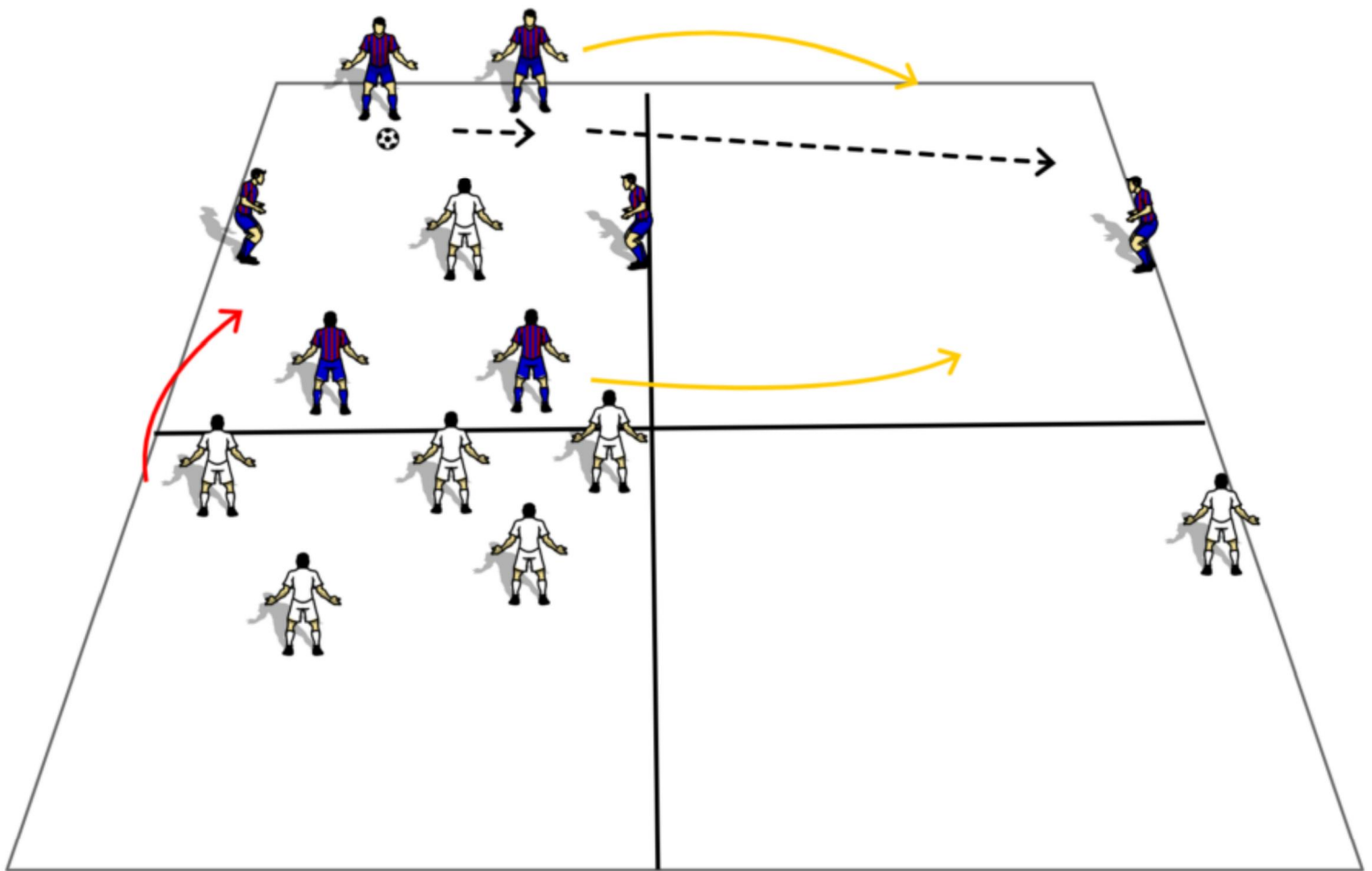
Players in their own half, apart from one that applies pressure.

After x number of passes a second player joins to apply pressure.

How long can they retain the ball? How much pressure is too much pressure?

How can the players on the ball relieve the pressure? How can they help their team mate(s)?

Who should press? What principles should be observed?



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Playing under pressure/getting out of pressure/switching play - Part 2

As with part 1 after x number of passes apply increased pressure.

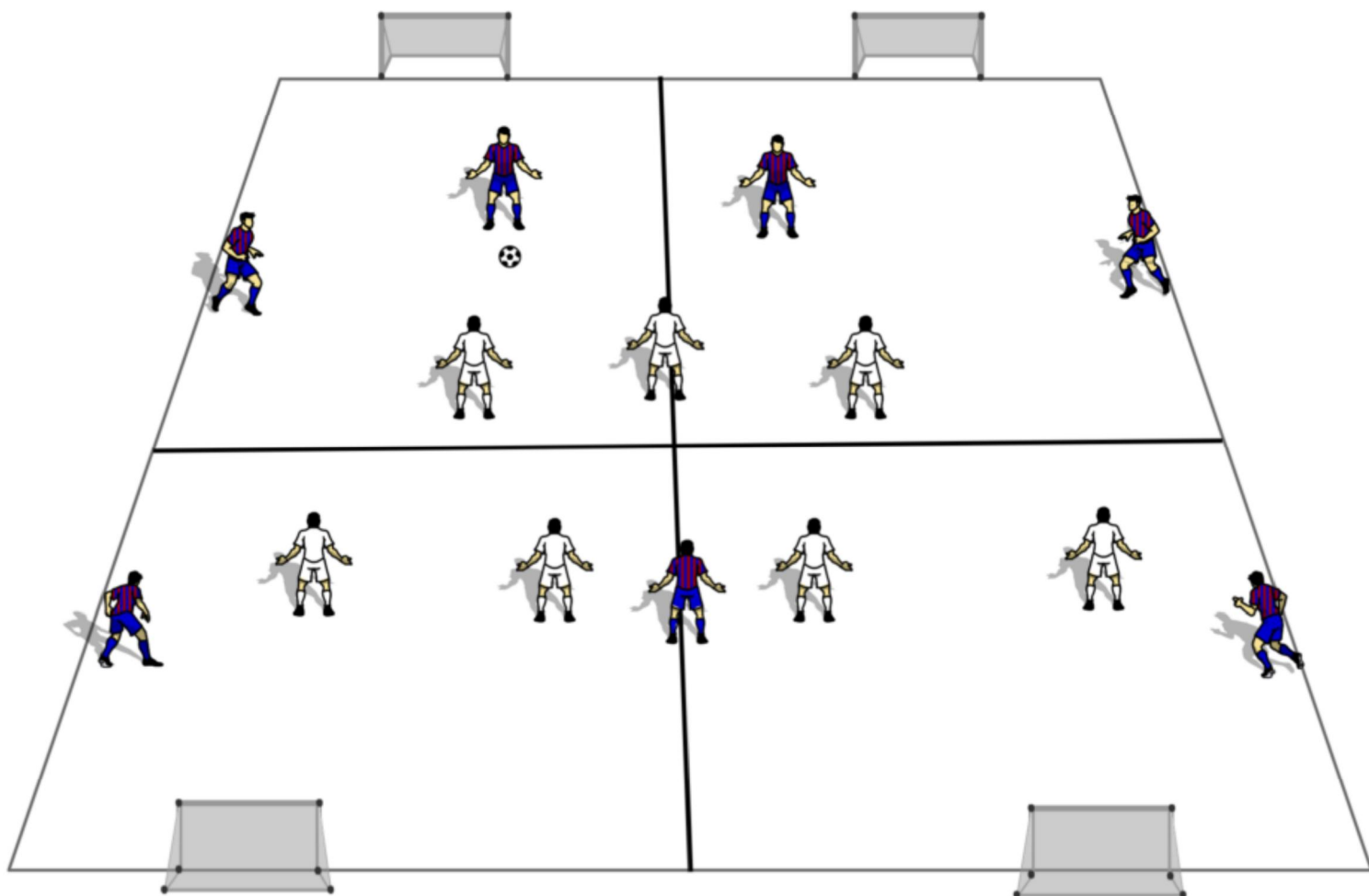
However, after x number of passes the ball can be switched across to the opposite box. Five players move to support, leaving one in the original box and now available for a switch.

The player directly opposed can pressurise the player who has had the ball switched to them (this is the "add one" player).

How wide do we want the target of the switch?

Who and how do we support?

Does a switch have to be in one pass?



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Playing under pressure/getting out of pressure/switching play - Part 3

Four goal, 7v7 game.

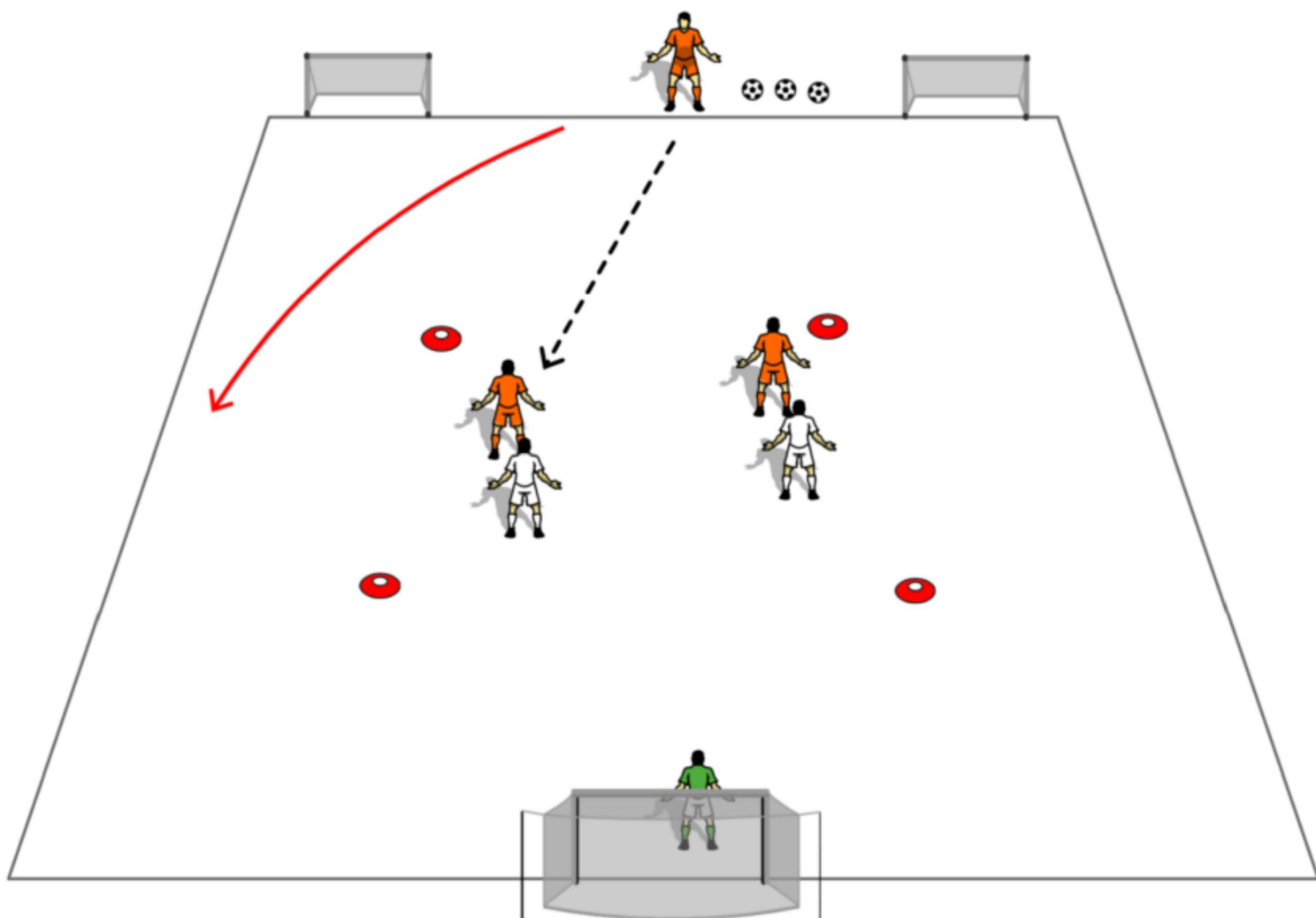
No players are fixed in any zone but teams are encouraged to have wide players in their shape, look to switch the play and create overloads.

Can we switch the play if there is no width?

How many players do want to have supplying the width?

Which areas are likely to be congested? How can we turn this into an advantage?





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## Jari 1

2v2 in the square. The outside player starts the game off by passing in (If the game struggles to get started outside player dribbles in).

After passing the player moves to find space anywhere on the pitch. After the initial pass no player is restricted regards where they can move to.

Oranges aim to score in the large goal. Whites look to regain and score in either mini goal.

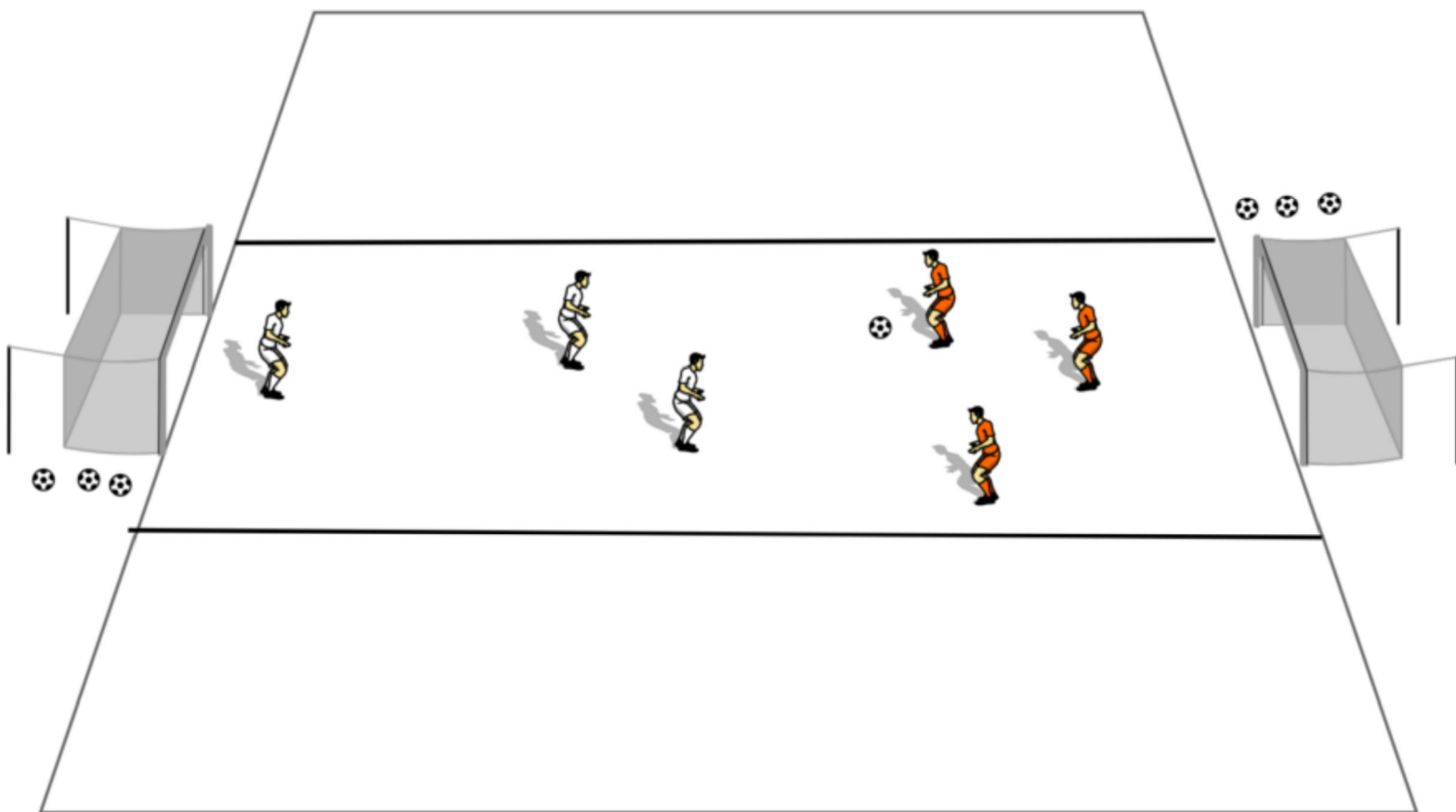
Can the two oranges try to create space for themselves or each other to receive?

Can they try to turn?

Can they try to combine?

Can they try to finish?





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Jari 2

A very small area (I have played this game in a 5v5 penalty box!).

You are close to goal, SHOOT! Or create a shooting chance for a team mate.

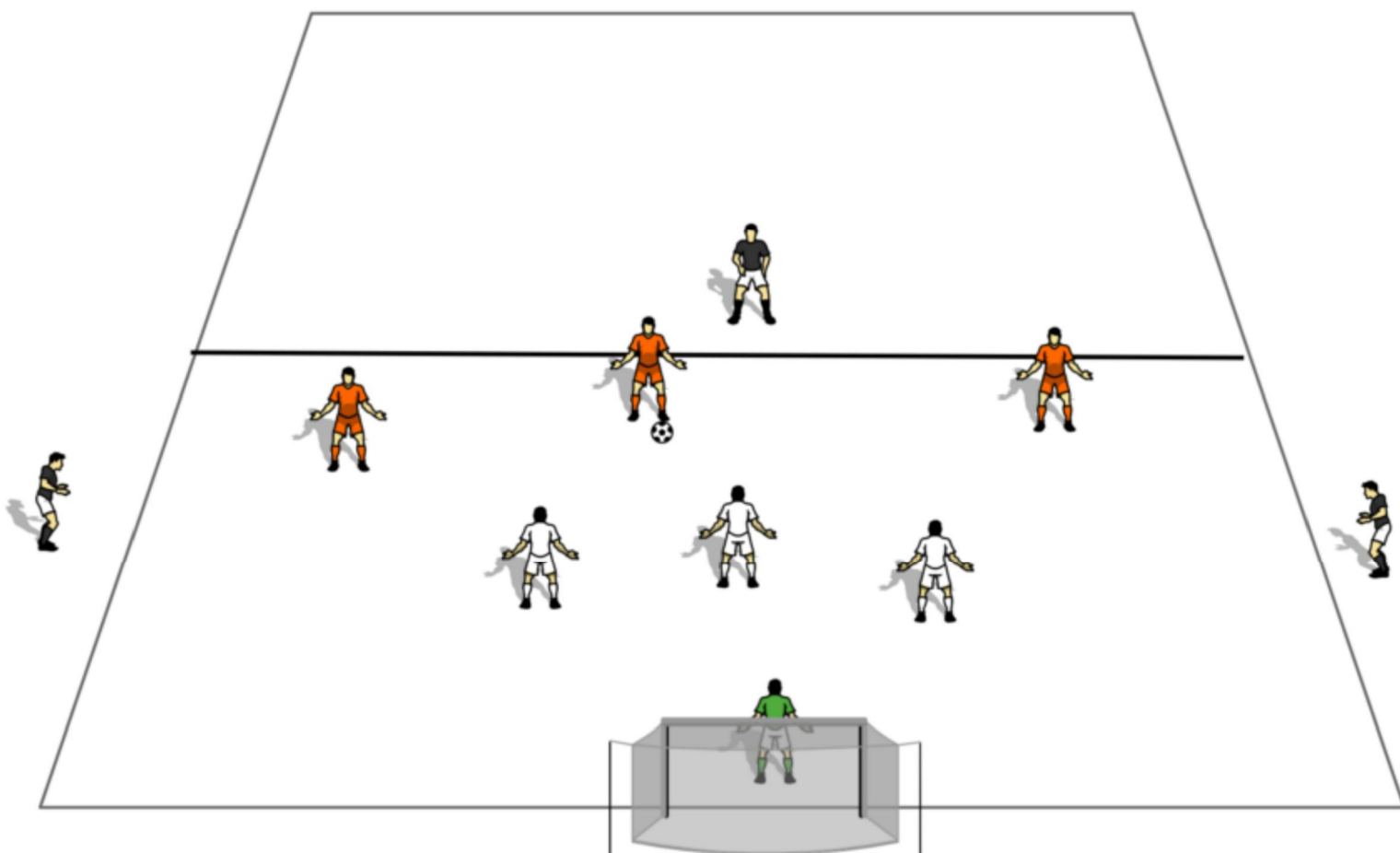
Make sure you have a large amount of footballs close at hand.

How can players manipulate space to shoot?

What type of finishes can they use?

Can players get tight and make themselves big enough to block shots without over committing?

Progress to 2v2 plus GKs.



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Jari 3

3v3+3 and a GK.

Orange vs white. Area no bigger than an 11v11 penalty box (smaller would be preferable).

Orange are in possession and attempting to score in the large goal. Should the white team gain possession they play to one of the outer players before they can shoot at the same goal. Oranges will need to transition into defensive position.

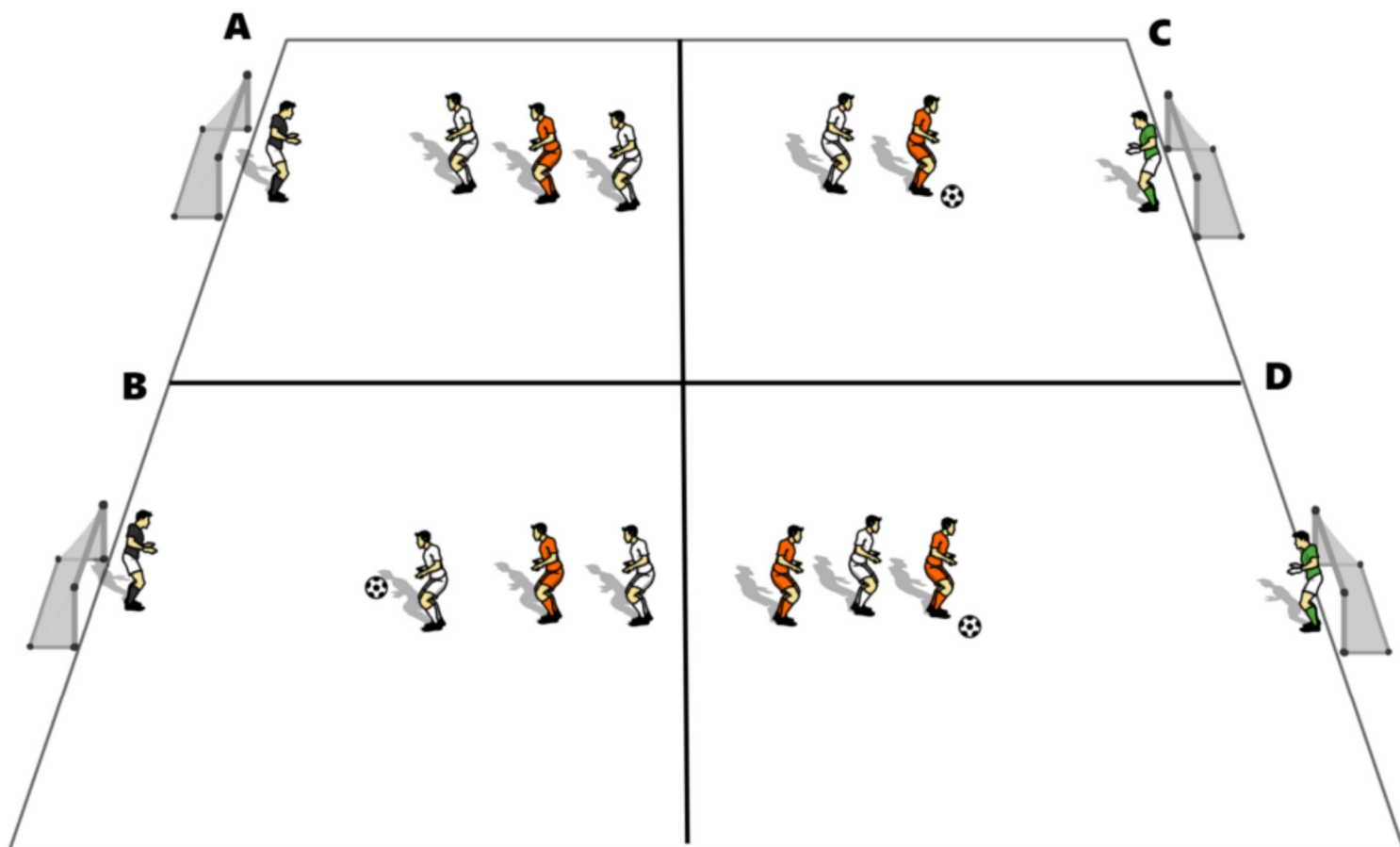
Play for 3 minutes then swap in an outer team.

Progress to allowing the attacking team to use the outer players at any time.

How do players utilise and exploit space?

Can players try to orientate their touch to execute a strike at goal?

Are players able to combine?



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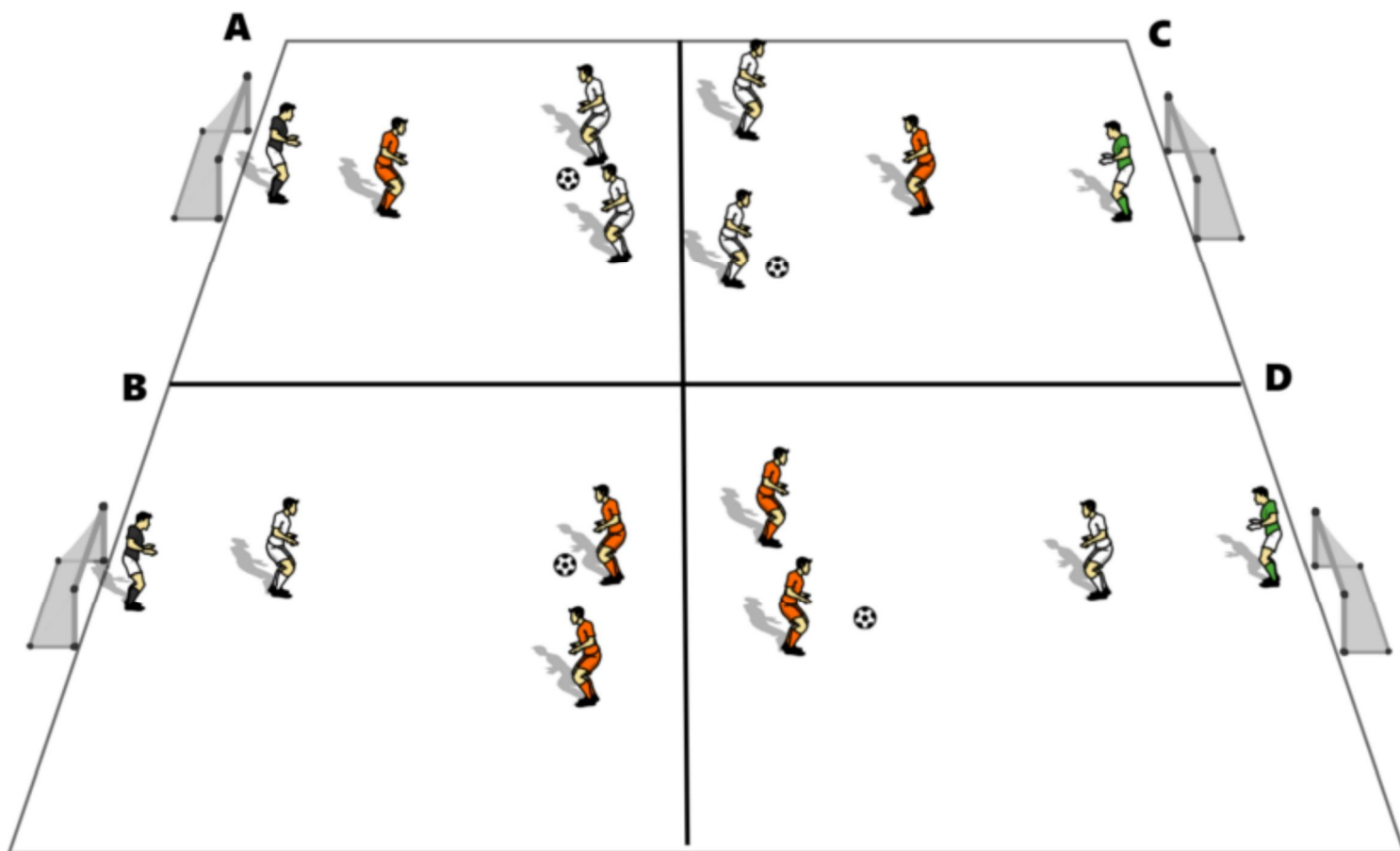
Shoot Out.

Progressing into 3v3

Round 1 (arrival activity) -

Each player gets a penalty. If they score they move to the next area (A to B to C to T to A). If they miss the GK moves on to the next area and the penalty taker becomes the new goalkeeper.

The winner is the first player to score in all four goals.



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2v2

Progressing into 3v3

Round 3 (2v2) -

Working in pairs. One player goes in goal the other works as a defender. The attackers start on half way.

If the attackers scores move onto the next area (A to B to C to D to A). If the GK and defender prevents a goal they swap with the attacker.

The winner is the first player to score in all four goals.

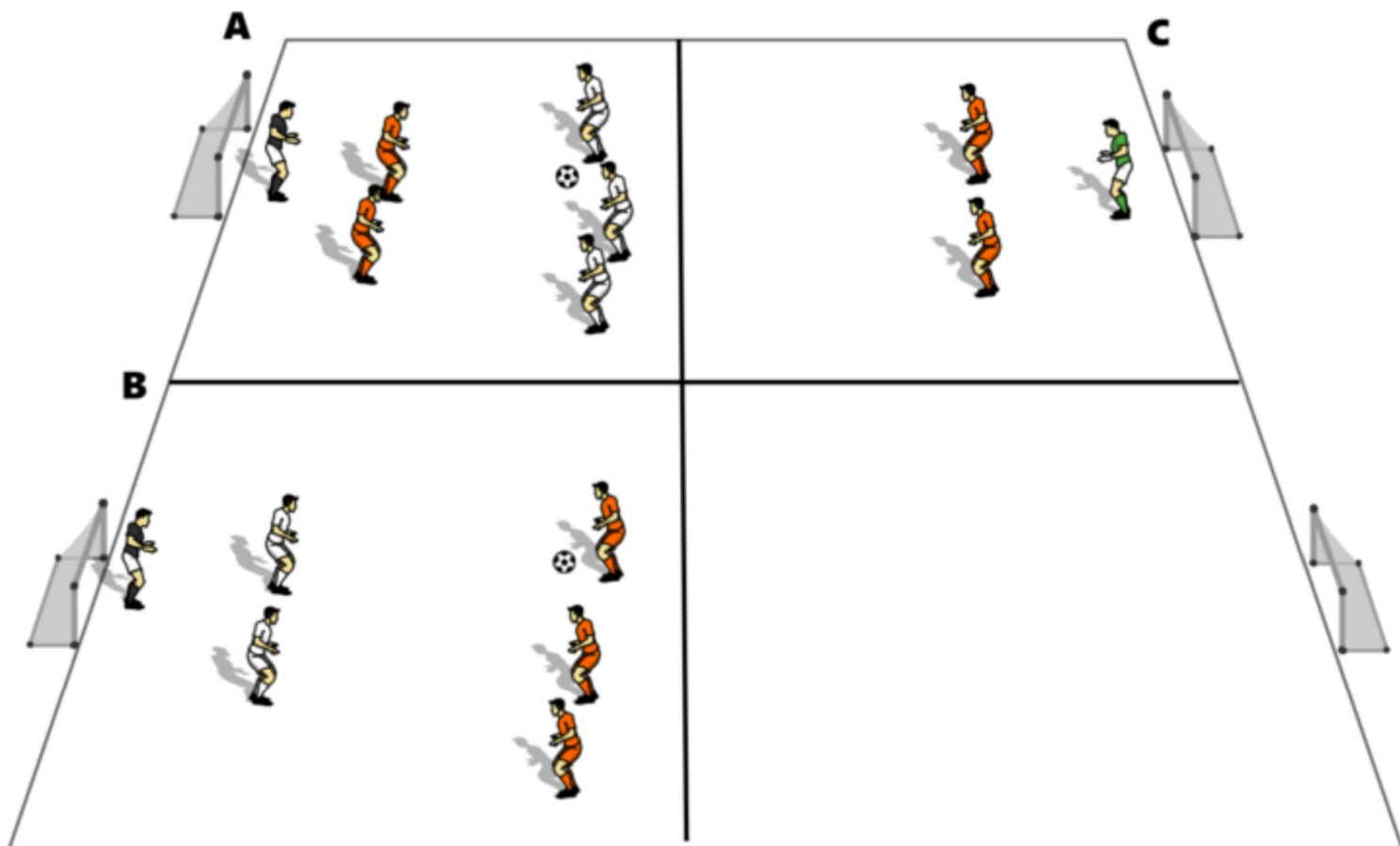
Work on principles of defending (delay deny, deflect etc).

Work on combination play

Dribbling 1v1

Chance creation

Finishing



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3v3

Round 4 (3v3) -

Three attackers vs three defenders. One area has a team waiting to defending.

When a team scores they move onto the next area (A to B to C to A). If the defenders prevent a goal they can attack the next zone as quickly as possible, effectively launching a counter attack from varied angles.

The winner is the first player to score in all four goals.

Alternatively play with a time limit (for example most goals in 5 minutes)

Work on principles of defending (delay deny, deflect etc).

Work on combination play

Dribbling 1v1

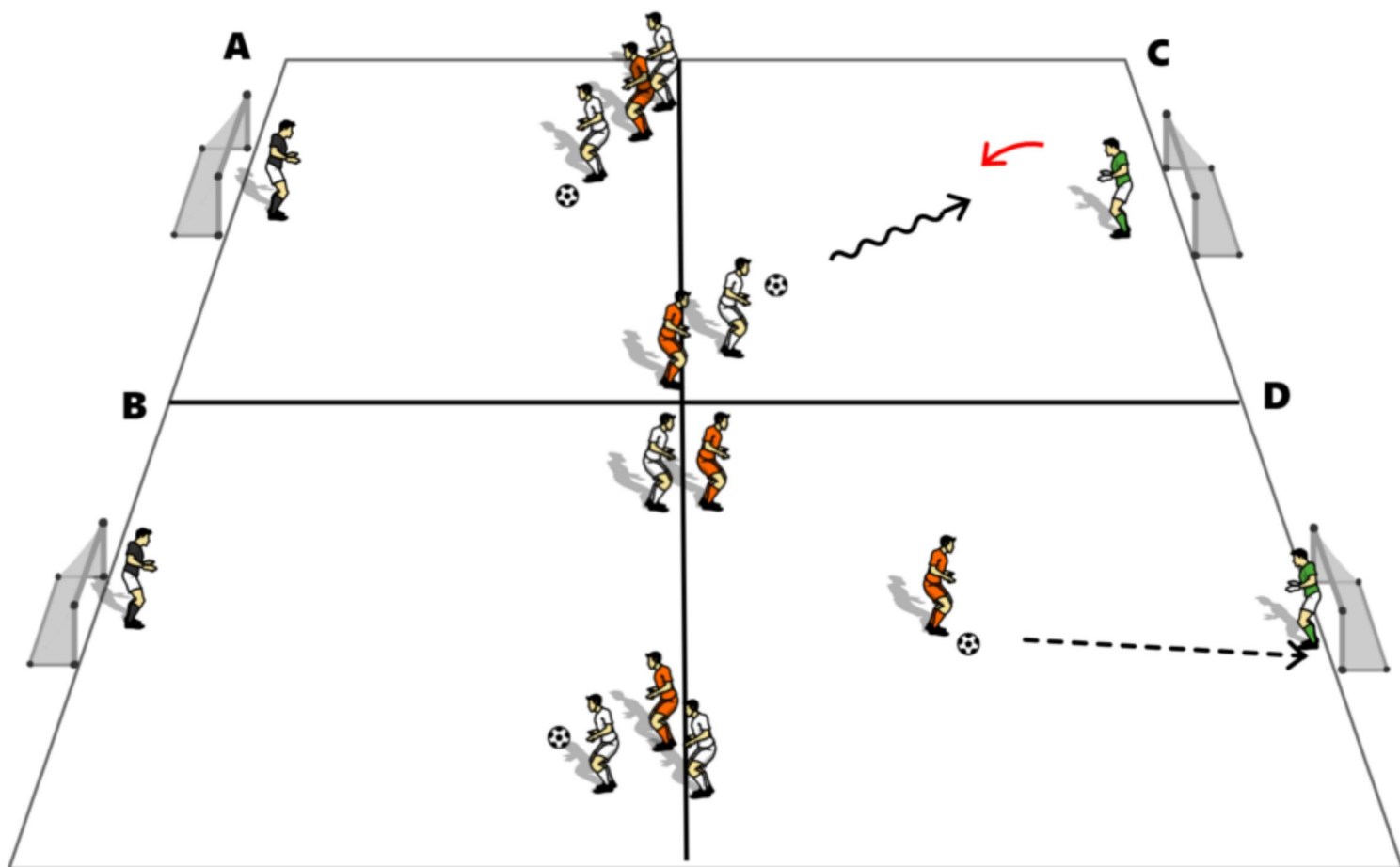
Chance creation

Finishing

Counter attacking

Transition

Awareness



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Ice Hockey Pens

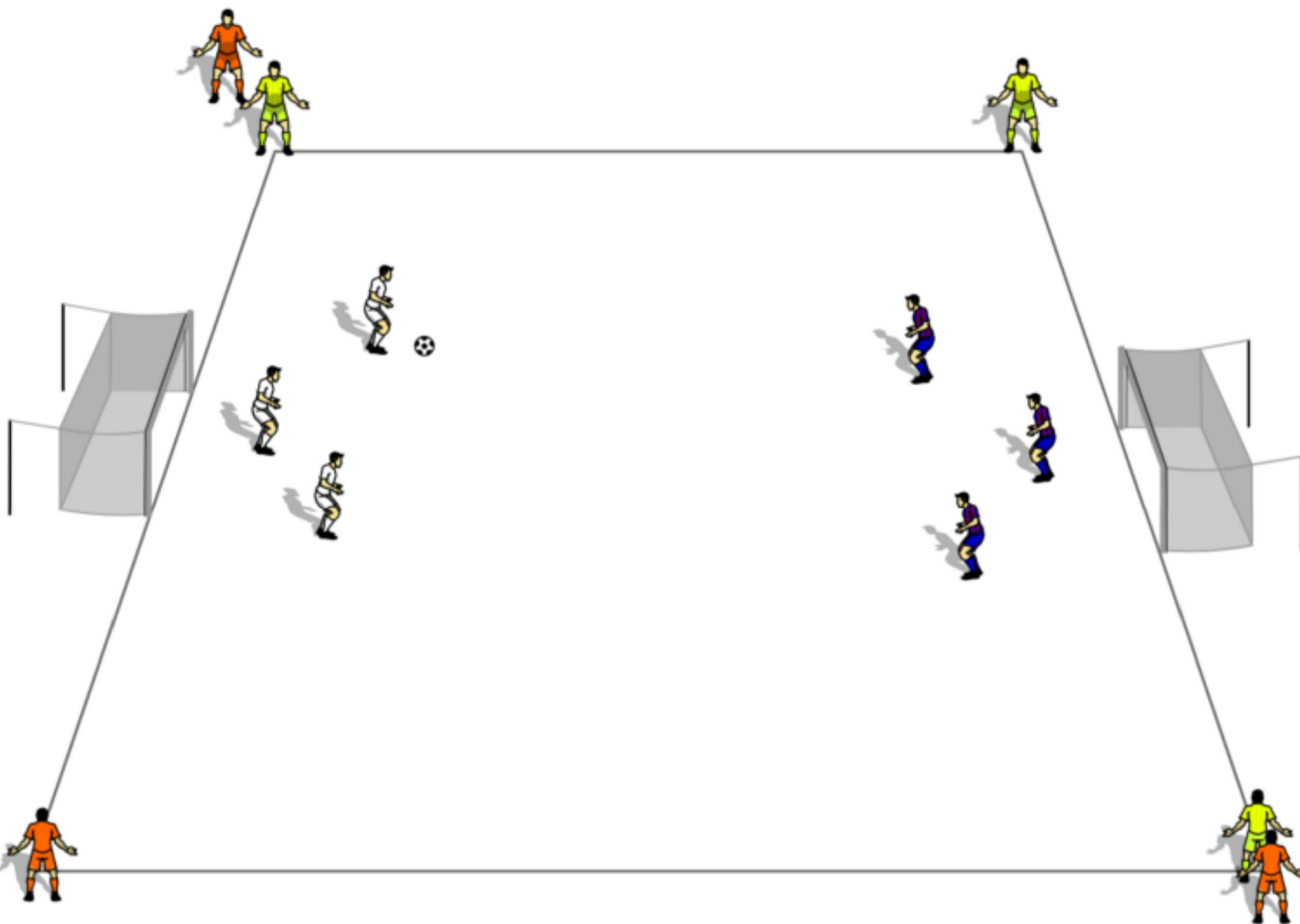
Progressing into 3v3

Round 2 (1v1) -

The player dribbles from half way with a 1v1 against the goalkeeper. They can shoot at any stage. The GK is allowed off the line. If the GK gets a "significant touch" on the ball they have successfully defended.

If the attacker scores move onto the next area (A to B to C to D to A). If the GK prevents a goal they swap with the attacker.

The winner is the first player to score in all four goals.



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Counter, Cover, Press and Score 1

White vs blue.

The team who score stay on and switch ends (getting the ball out of the goal to attack).

The yellow team come onto the pitch to defend the goal that is now vacant.

The team who conceded leave the pitch and wait behind the orange team who are ready to go on next.

Alternative set ups -

Use two mini goals and no goalkeepers

If goals are not being scored the teams swap if the ball leaves the pitch

If teams are shooting from distance too often use a half way line that they need to cross before shooting.

Points -

Recovery runs

Angles of runs

Delay

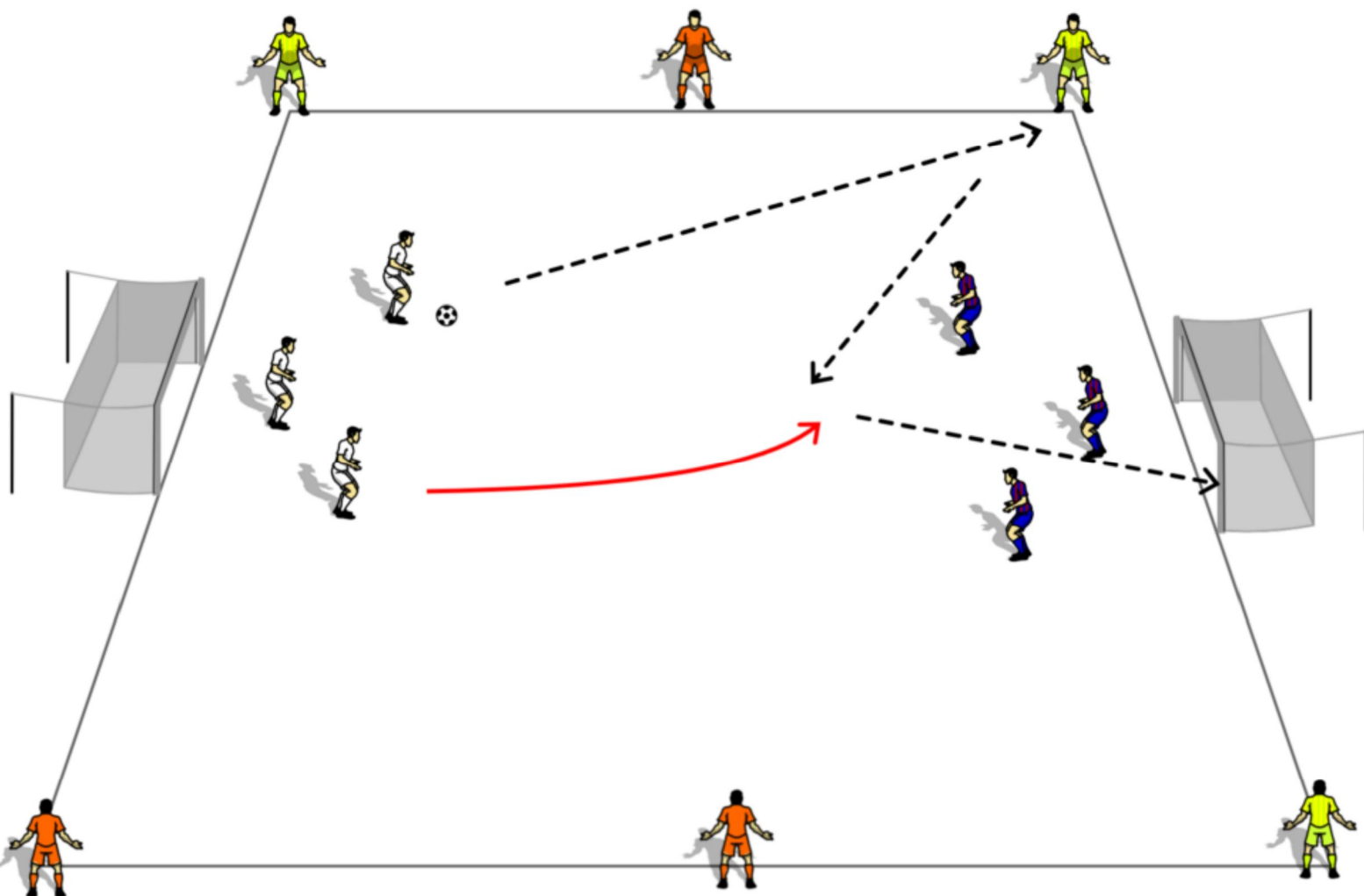
Pressing

Rapid attacks (Ruthless)

Communication

Shape

Transition



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Counter, Cover, Press and Score 2

White vs blue.

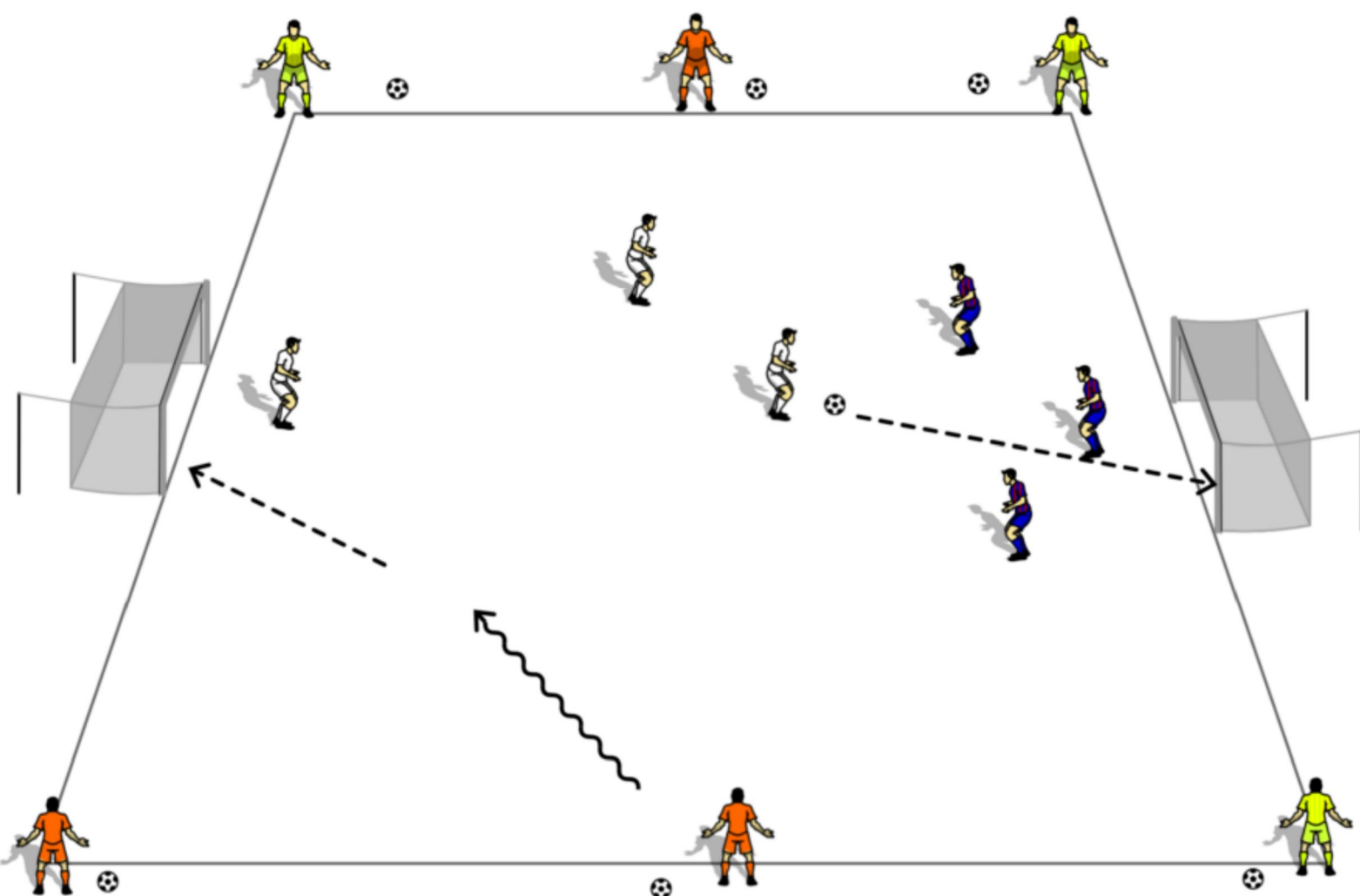
The team who win stay on and switch ends (getting the ball out of the goal to attack).

Win by scoring two goals or after an assist from an outside player (instant win)

The yellow team come onto the pitch to defend the goal that is now vacant if the game is decided by two goals being scored. However if the game is decided by an instant win the team that assisted comes on.

The team who lose leave the pitch and wait.





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Counter, Cover, Press and Score 3

White vs blue.

The team who win stay on.

Win by scoring two goals or after an assist from an outside player (instant win)

The team who win do not change ends and regain the ball, instead the new team dribble on with a ball and attack the team who won.

The team who lose leave the pitch and wait.

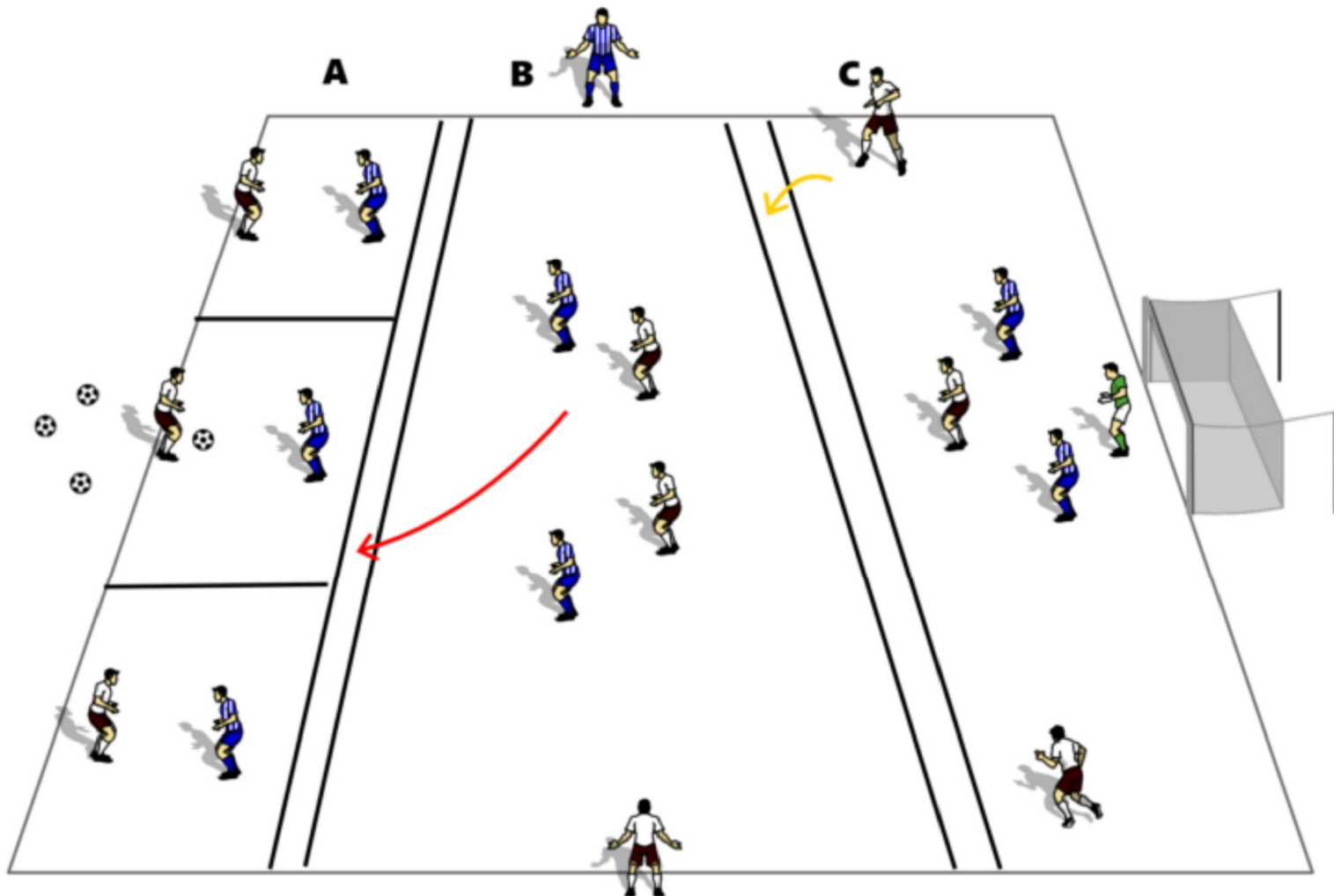
Points -

Communication (who is taking the ball on?)

Ruthless transition

Alert

Aware



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MM7

Play starts with the white team.

In zone A there are three 1v1 games set up. The player in possession can pass to any team mate in zone A or zone B. A team mate from zone B can drop into the channel to receive and create an overload. The whites can progress the ball into zone C at anytime, however, if they play into their side player, that player is released onto the pitch to create an overload. Any of the whites from zone C can drop into the channel to receive.

The blue team score by getting the ball over the end line. If the ball is in zone C either of the central blues can drop into the channel to create an overload. Once in zone B the blue side player can be released. The player passing into zone A can join to create a 2v1/4v3.

Players can break into the next zone with a dribble as well as a pass.

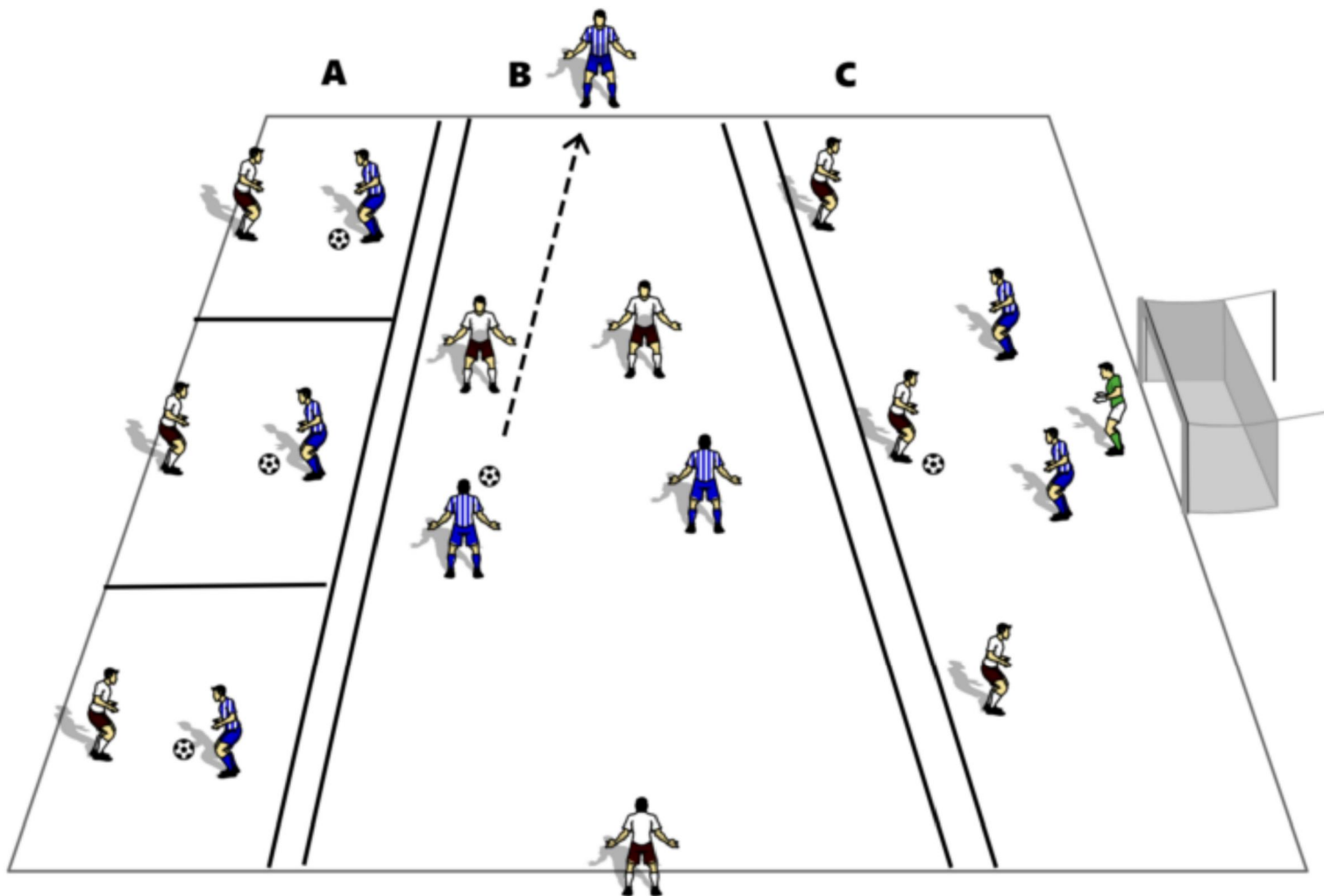
Progression -

Only allow the team to join next zone if the side player has been released/rotated with. The pass could come directly from zone A or the channel (though the channel could be too easy..)

Only allow the play to progress if the team mate has received in the channel.

Place only white team players wide in zone B and drop one blue into the zone C. The movement using channels will create different shapes.

Manipulate the player numbers further in each area to create overloads and underloads.



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MM6

Zone A is 3x1v1. Players score by dribbling past the end line (blue) or into the channel (white)

Zone B is 2v2 plus target players. Teams score by playing in to their target player.

Zone C is 3v2 plus a goalkeeper. White team score by scoring a goal. Blues score if they can get into the middle channel.

Progressions

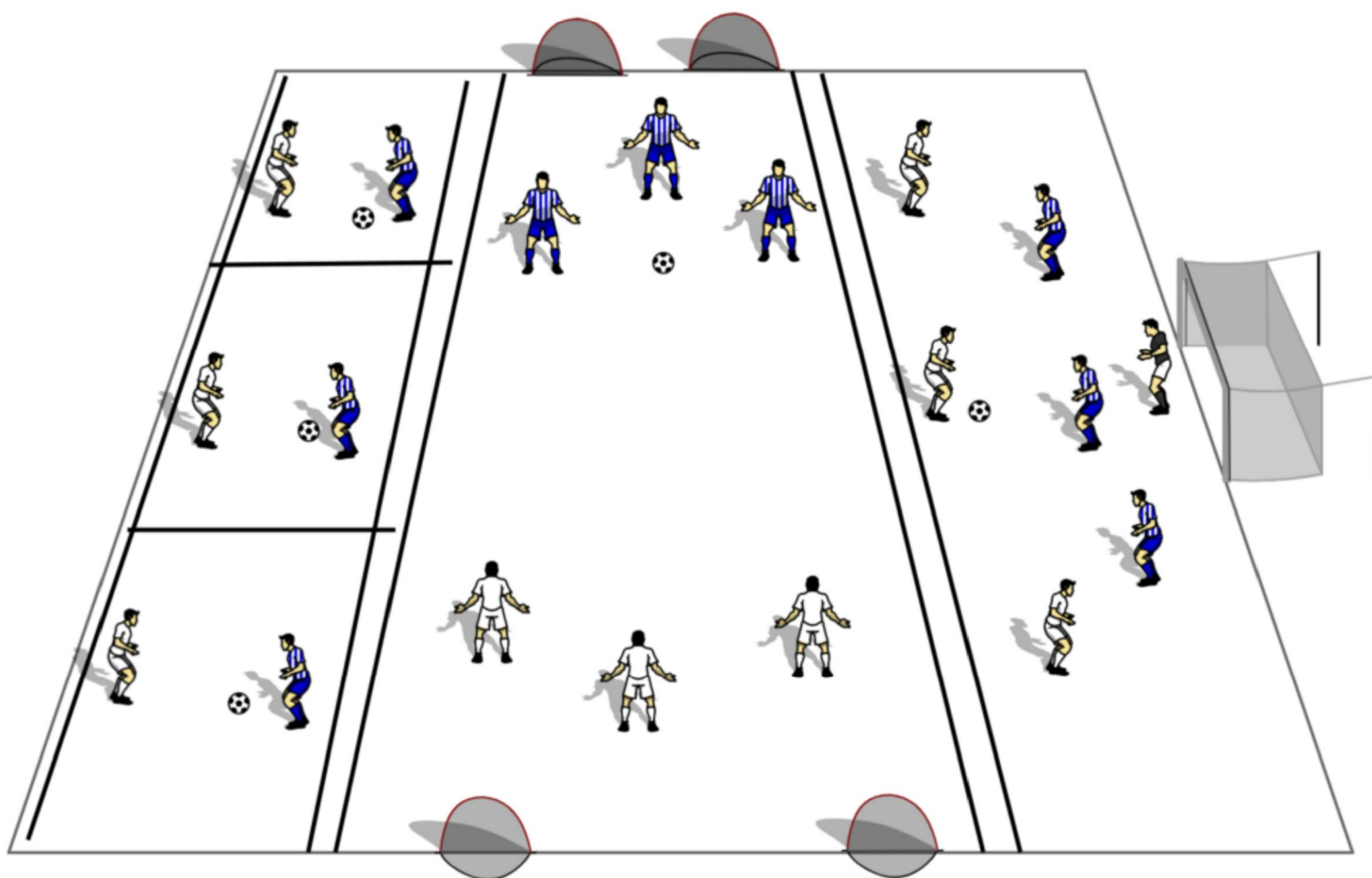
The white target player can join zone C to create a 4v2 + GK attack after receiving.

The blue target player can join any of the 1v1s in zone A to create 2v1.

How long the players stay there is something that needs to be communicated.

Alternatively the player joining zone A or C rotates immediately.

The player passing in rotates rather than the target player.





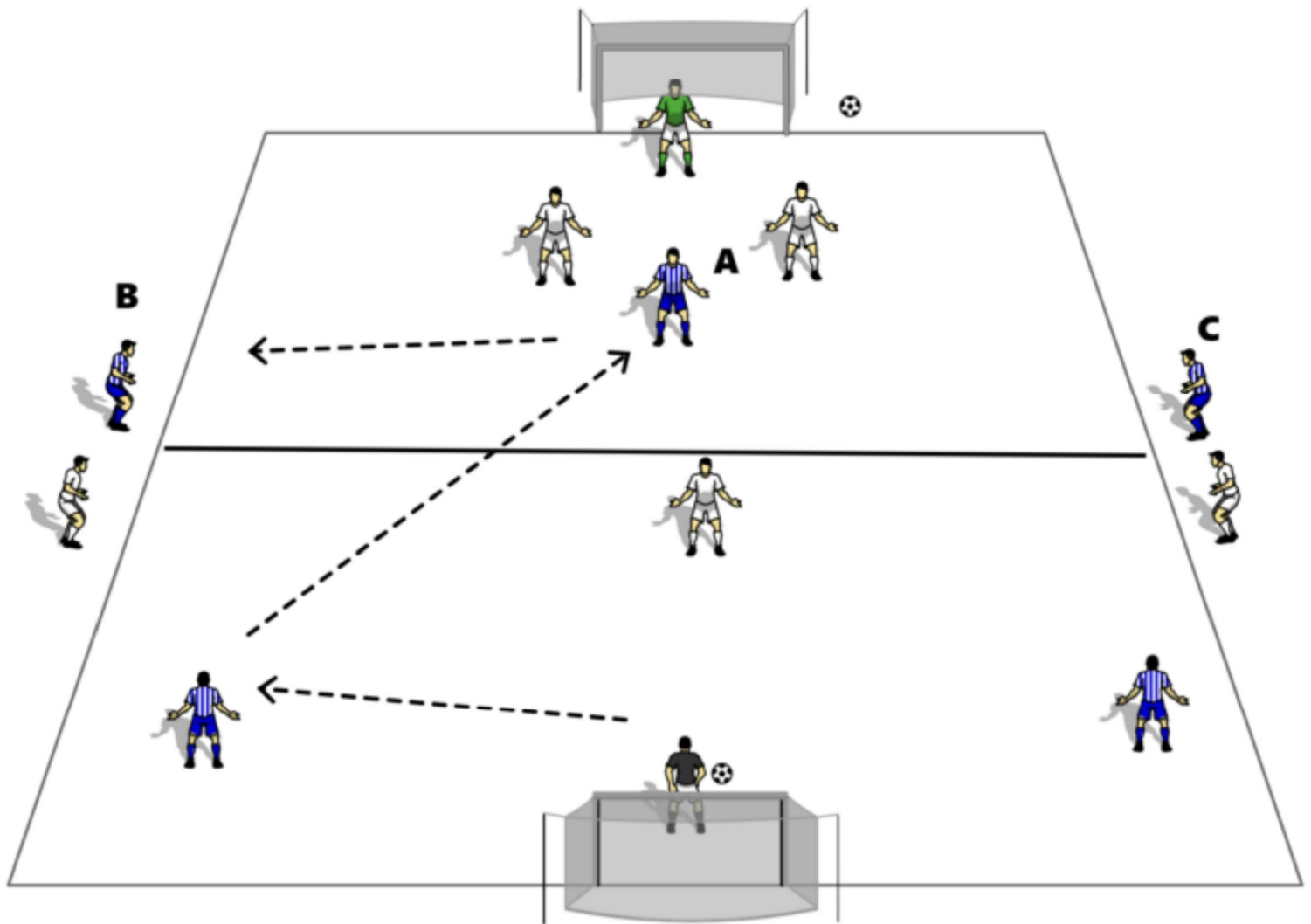


Players locked into zones. The ball can be passed into any zone. Players from B and C can move into another zone after passing. The players in zone A remain locked in, however, if a player comes into the zone they may stay there, releasing the previous occupant. Out of possession players are fixed in their zone.

What movements can be used to exploit the overload?

Players are locked in, however if they pass or dribble into the next zone a team mate who was occupying that zone rotates with them (zone B player into C, zone C player into B).





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Interpretation of Schmidt 2v1 into 3v2 V1

Play starts with GK.

Players are locked into their half with a numerical advantage for the team in possession. The ball is played into the forward (A) who passes to either of the side players (B or C). The forward may decide to turn and attack the defenders.

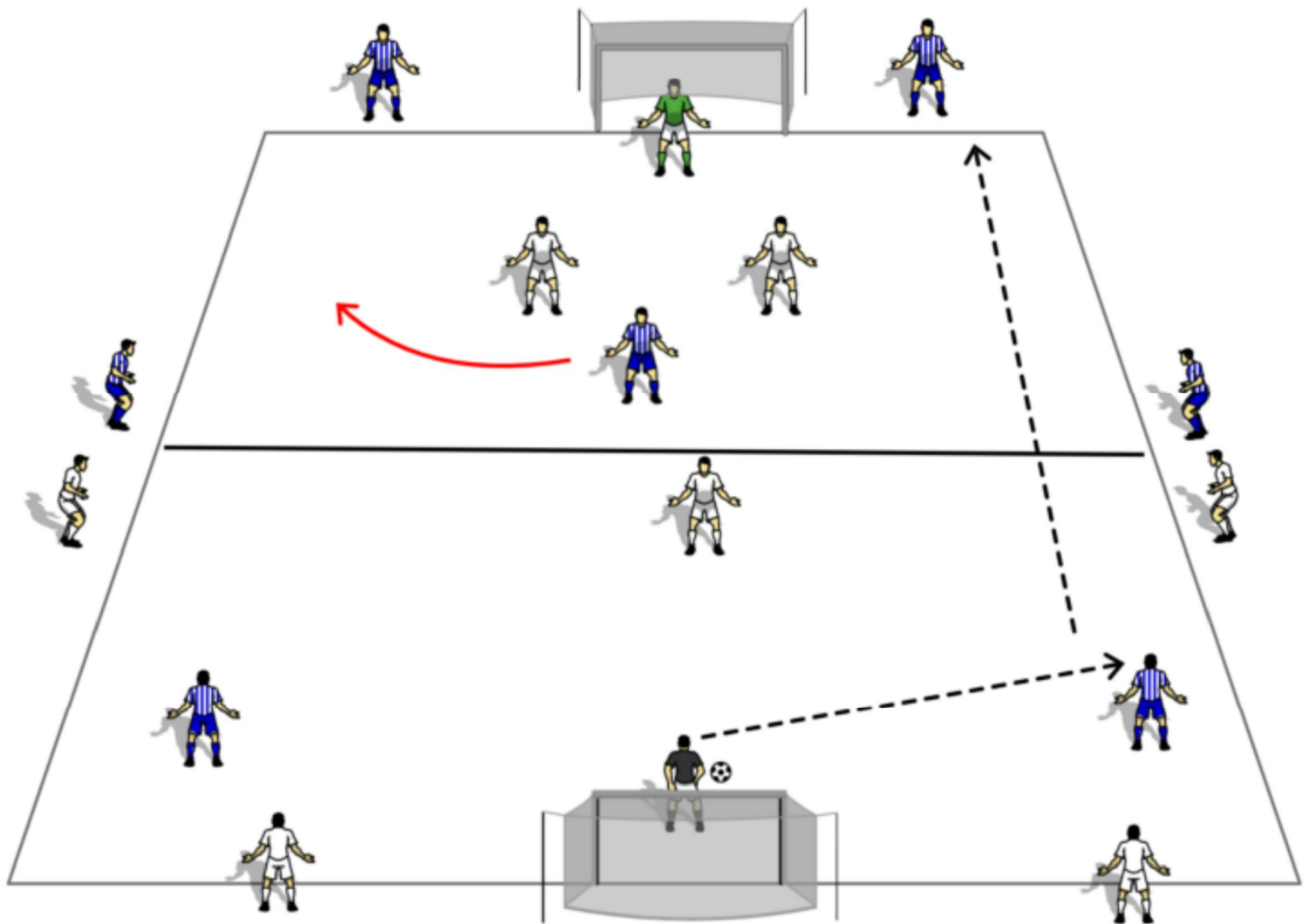
Attacks begin alternately from each end.

If the defending team win possession they start an attack of their own.

Progressions

- Rather than only playing into player A can a pass go into players B or C to start the attack?
- Can the GK start the attack without playing to a defender first?
- Play with inverted wide players or natural side wide players for different types of attack.
- If a player passes in they can join the attack. This could be used to either create a 4v2 overload or a rotation with player B or C dropping into the defensive half.

If player A is struggling against the two defenders change the half way line into a safe channel,



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Schmidt V2

Direct

In addition to the set up in V1 each team has target players on the end lines.

Can the ball be played directly into either of the target players?

The target players set the ball for supporting players (wide players or strikers).

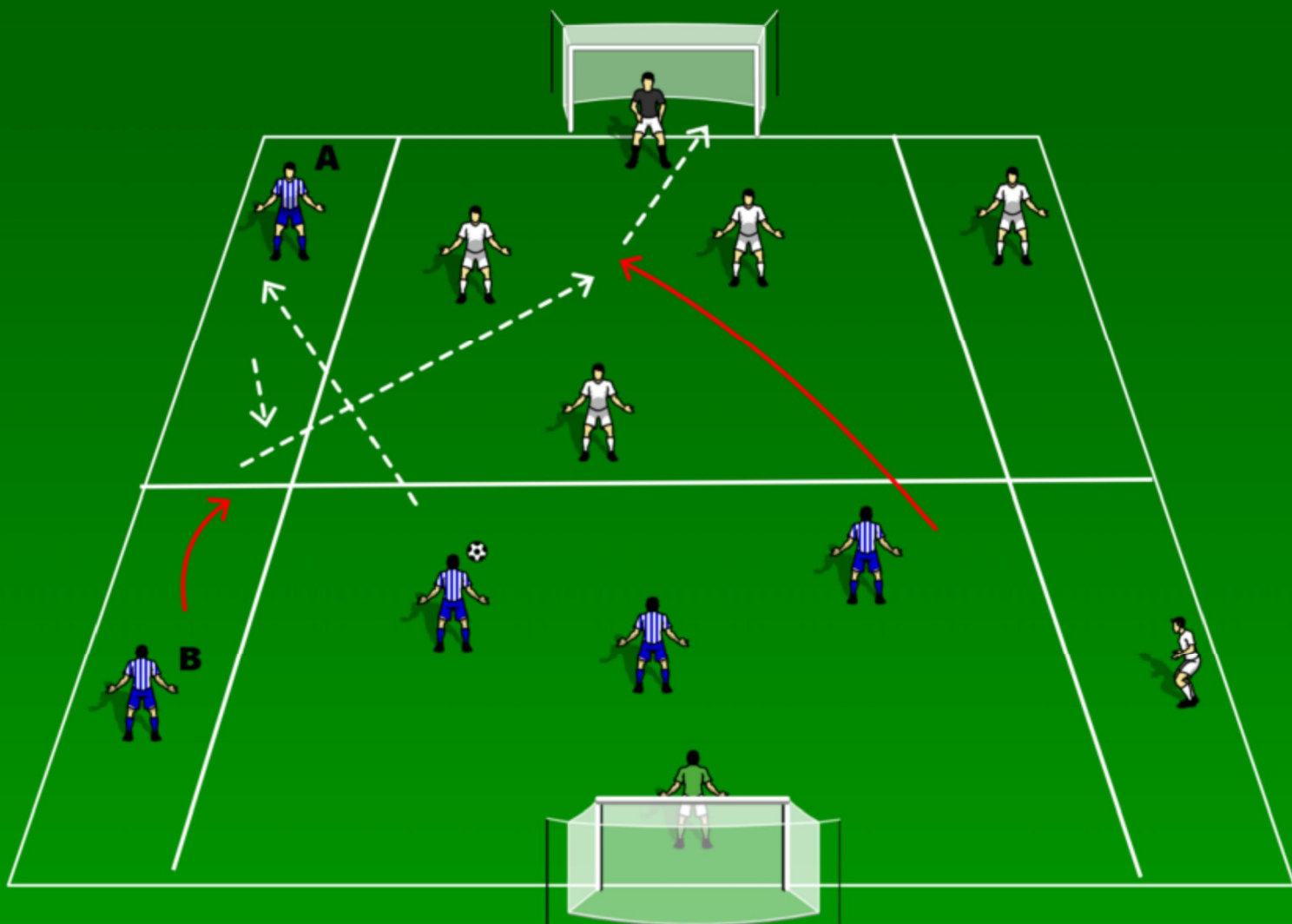
If a pass can not be played into the target players use the forward or wide players as before.

Condition the game

- HAVE to play into the forwards in order to score - Patience in possession - Lower tempo
- DON'T HAVE to play into the forwards - Higher tempo - Less involved target players
- EXTRA POINTS for playing to the target players - Greater freedom but emphasis on target players.

Move the target players into the corners, encourage them to set back to the wide players for different actions and angles of attack.





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## Using The Wings

1 - Contextual interference attack. GK starts with the ball and distributes to team mates (Green to Blue). Blue play into A who sets to B. Players make forward runs to finish the cross.

Run the exercise with Blue attacking then White attacking or with both teams attacking at the same time.

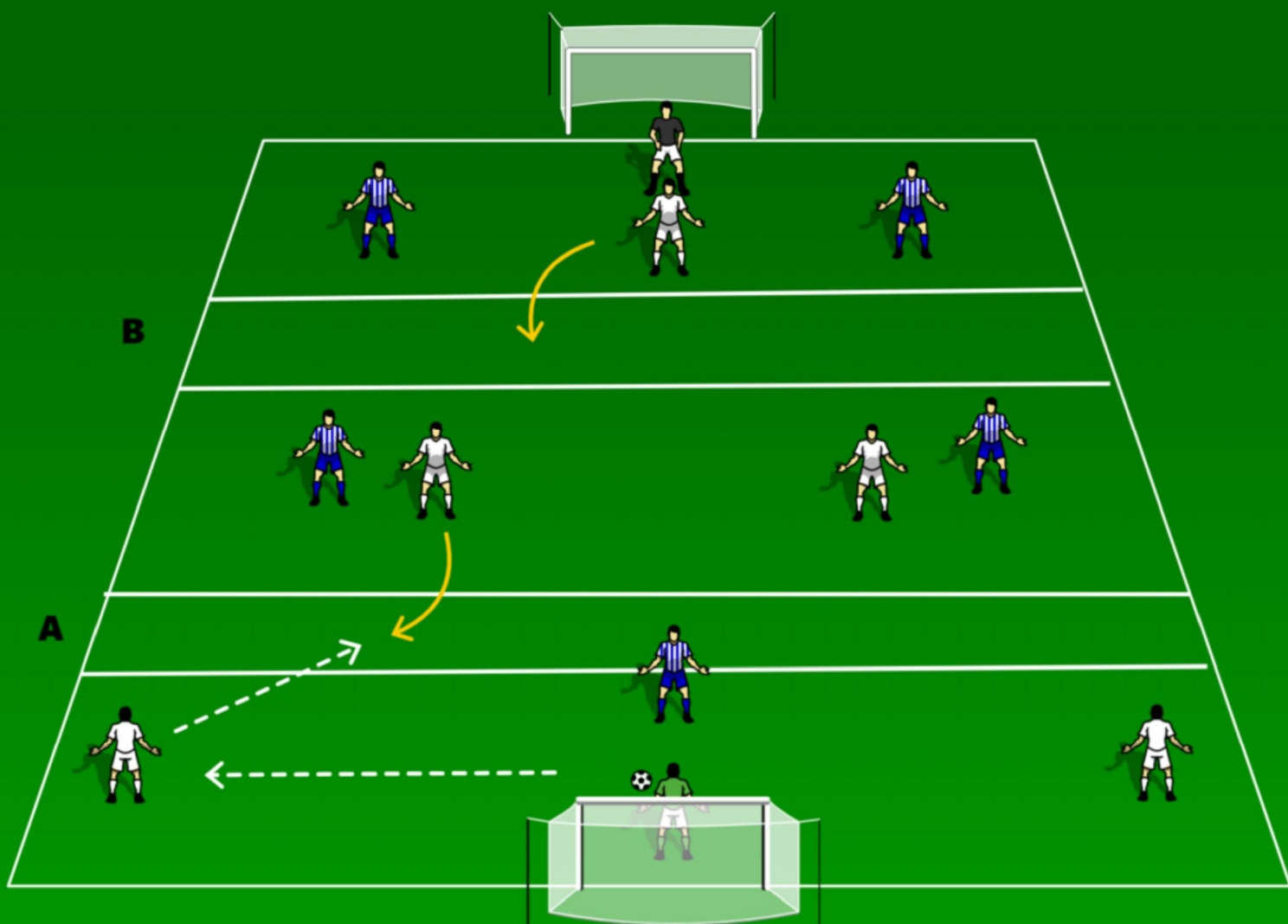
Teams can change the GK they attack after each attack. In this situation GK do not start the attack.

2 - Rather than setting the ball back A stops the ball and B overlaps to cross.

3 - Play a match white vs blue. Play extra points if a goal is scored via the outside players. It may be necessary to use one touch assist rules, a time limit or allow defenders to pressure the wide players in order to prevent the game slowing down.

4 - Wide players may cut in but a central player needs to rotate out.

5 - Play a match white vs blue but both teams can attack either goal following a pass over the half way line. Another trigger to allow a team to change attacking direction could be a pass to the side player in the opposite half (in the above set up, play A).



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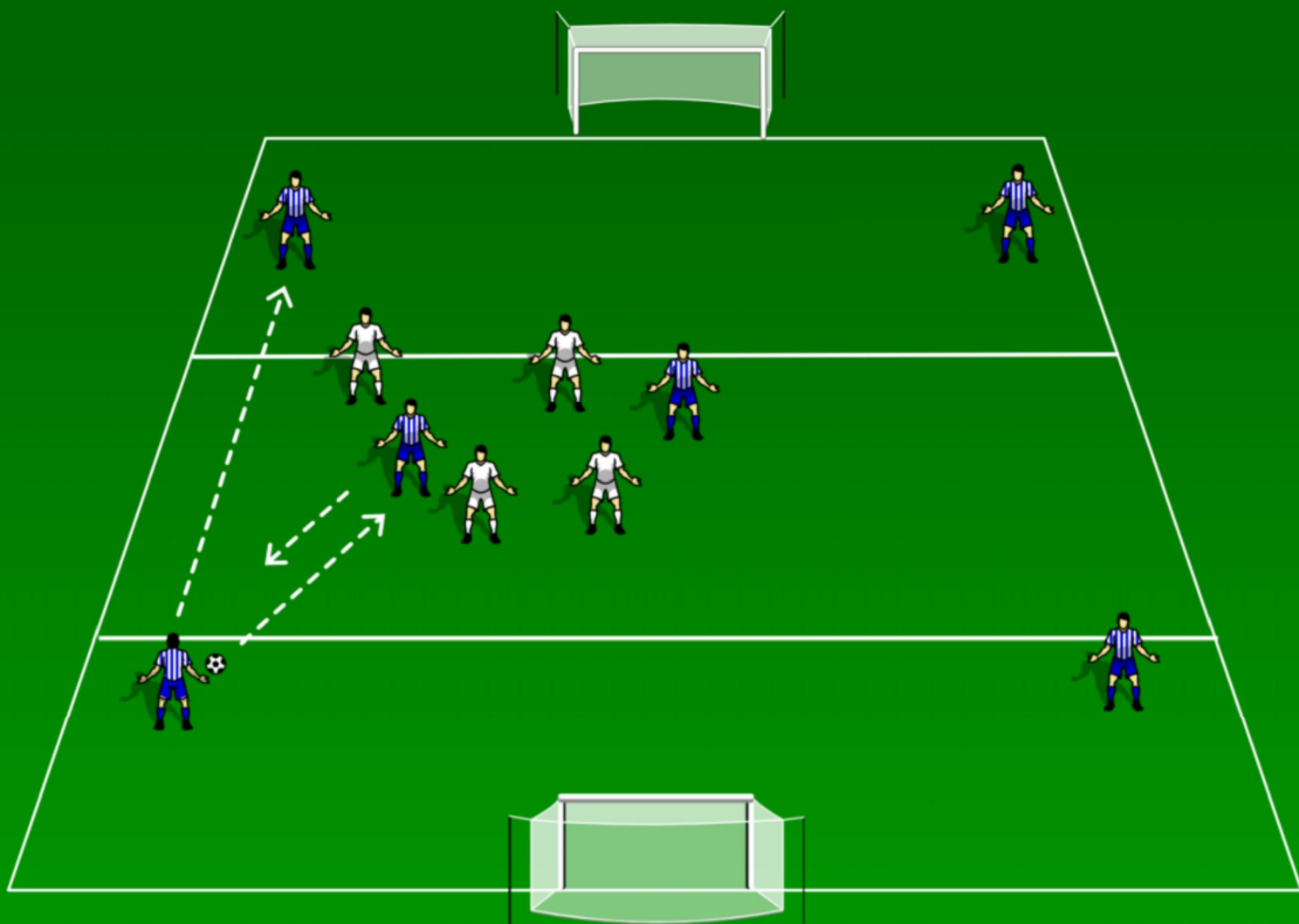
### Lines Between Lines

Zones A and B are left empty. When the team is in possession they may drop into or push up into these spaces.

Players can move forward into the next third after passing to a player in zone A or B.

Progression - Change the overloads to adapt the outcomes. With the forward overloaded 3-1 (including the GK) they will need to drop to find space. If the distribution is 3v2 (including GK) the need may be for the midfielder to drop to enable playing out.

When players have moved into zones or thirds there will be counter attacking opportunities.



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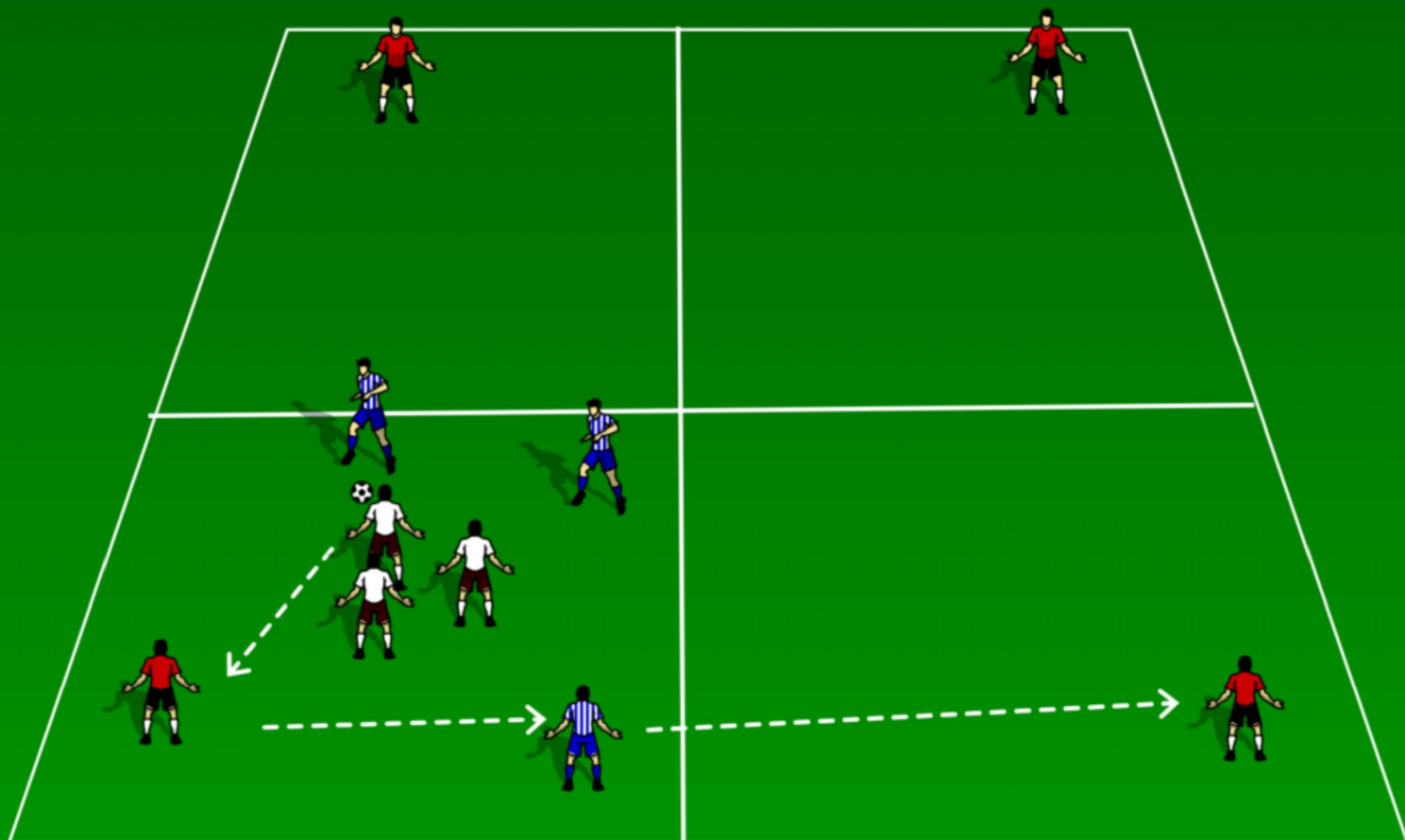
### Shape, Possession and Break Out

Blue team aim to retain possession using the two central players and the four outer players.

6v4 in possession for the Blue team.

If the White team win the ball play 4v2 in the centre. If the Blues regain possession they play to an outer Blue to restart the 6v4.

Progression - If the White team win the ball they break into one of the end zones to attack 4v2.



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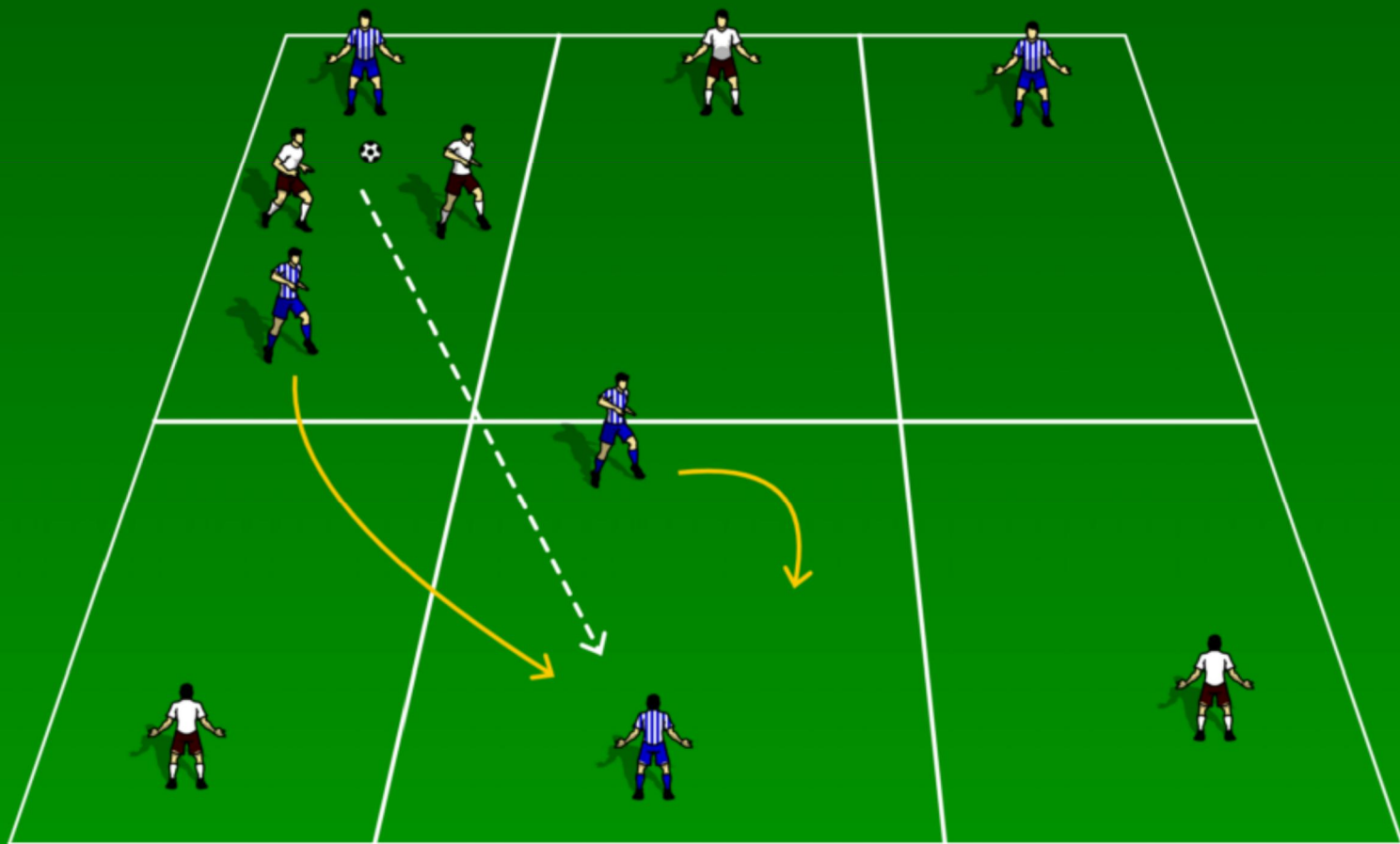
Positional Support

3v3 + 4

Blue vs White + Red.

Red players offer support to the team in possession. The reds are locked into their square, but can move freely in their square.

Blues are in the possession. Their objective is to play from one zone into another by passing into a red. Should the white team gain possession their aim is to use the reds. Each successful pass into a red scores one point.



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## Positional Support 2

Area divided into six zones.

Each team has a player locked into each zone and two players who are free to move.

When the ball has been played into a zone all players move to support.

The players who are locked in may be able to block passing lines.

## Progressions/Alternatives

- Play with two footballs, creating more decisions (may work better with increased numbers of free players)
- When players move to support it could be that the player who had been locked on moves, meaning they switch roles with one of the other players.



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2v2 into 3v2

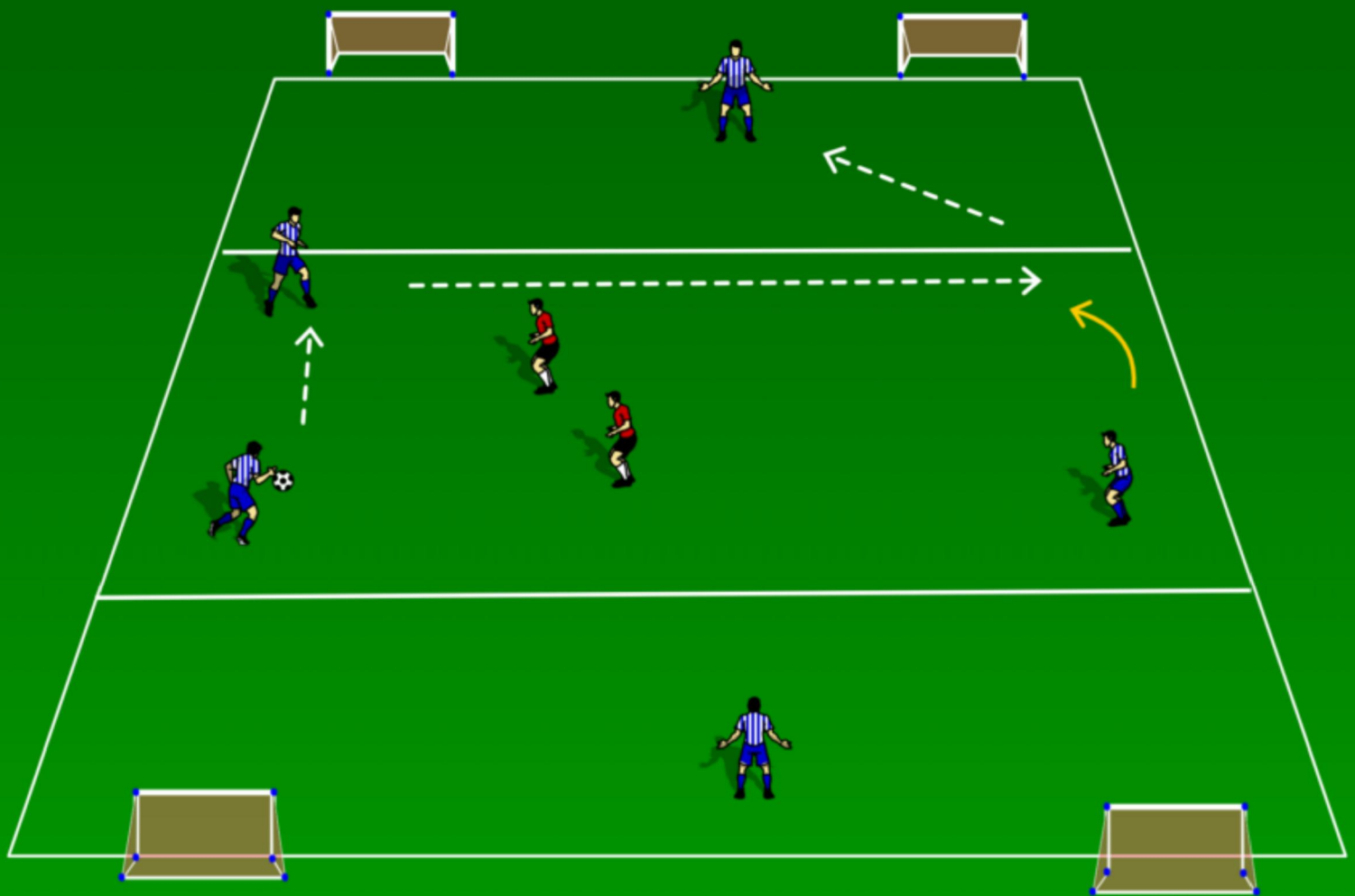
OR 2v2 into FINISH

1 - 2v2 in the centre zone. Red aim to play into their team mate and then join to support. Blues follow to create a 3v2. Reds aim to make x number of passes to score 1 point. Every time they complete the number of passes a point is cored (7x = 7 points) Blues aim to regain possession and score in the mini goals.

Progression - Break the line in any way to create a point scoring opportunity.

2 - Play into team mate in the end zone to create a shooting opportunity. Defenders recover into the end zone.





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## Pass and Press

Blue team are three vs two in the middle. They aim to play out of the middle zone into either of the end zones.

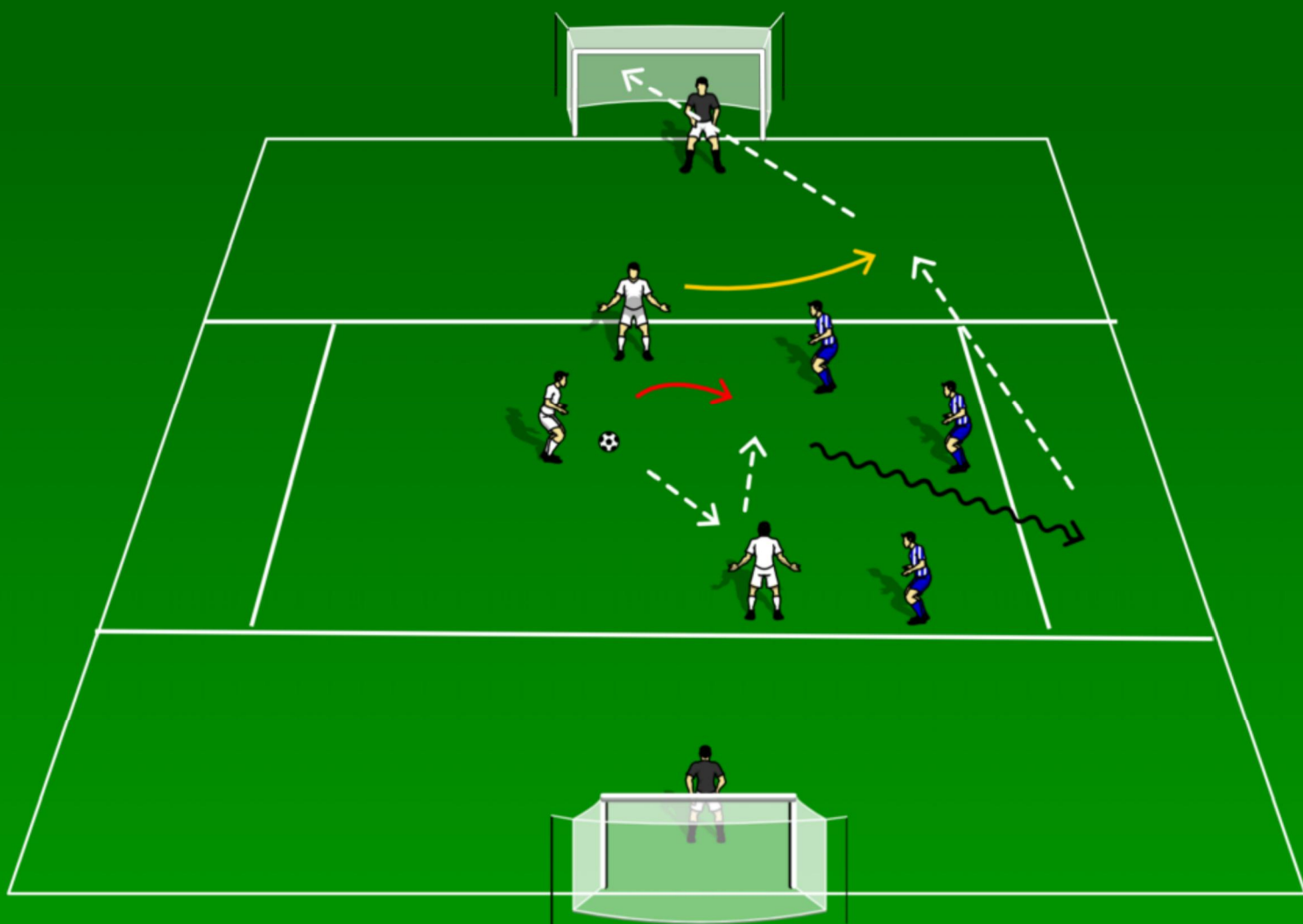
When they pass the ball into either end zone two blue players follow and create support. The two reds also follow to create another 3v2.

Should the reds win the ball they can attack any of the goals to score.

What are the triggers to pass into the end zone?

- A set number of passes (possible disadvantage regards realism)
- Specific player on the ball.
- One touch pass.
- Dribble over the line.

All of which might also be used a scoring mechanism for the blue team.



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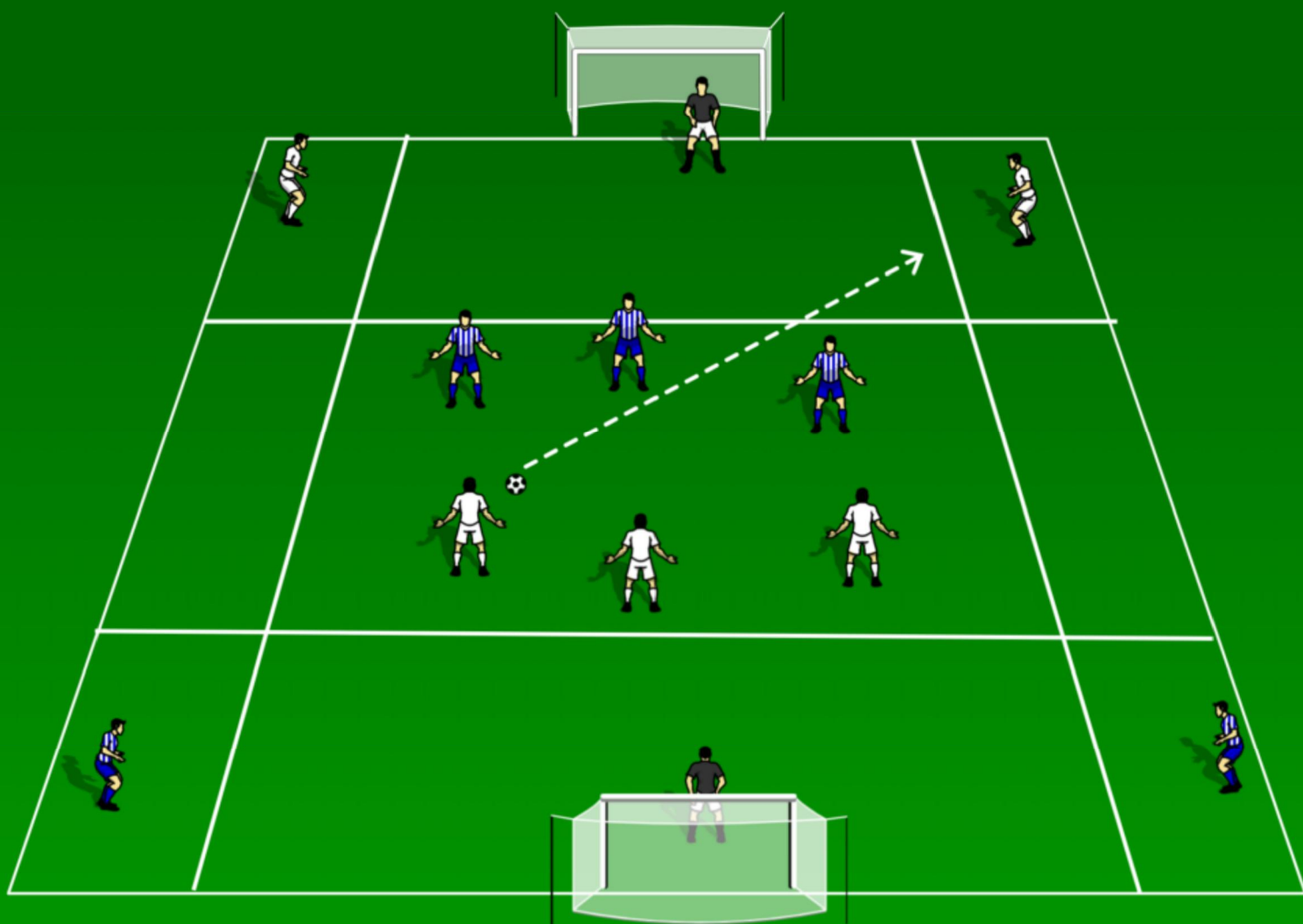
## Break Out 1

Blue vs white from east to west in the central area. White team attack the west end zone. Should the white team play into the end zone with either a dribble or pass they may attack either of the goals.

Progression 1 - Play north to south. Blue attack the south goal, white attack the north goal. Shoot once the end zone has been entered.

Progression 2 - Play north to south. Once the blues have entered the south end zone they may choose to attack either goal.





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### Break Out 2

White team attack the north goal. Blue team attack the south goal. Break into the end zone with a dribble or pass. Or play into of the waiting wide players.

Blue players make recovery runs.

The wide players can move into the central wide zones to help their team mates in possession.



### 3v3 Into Attack

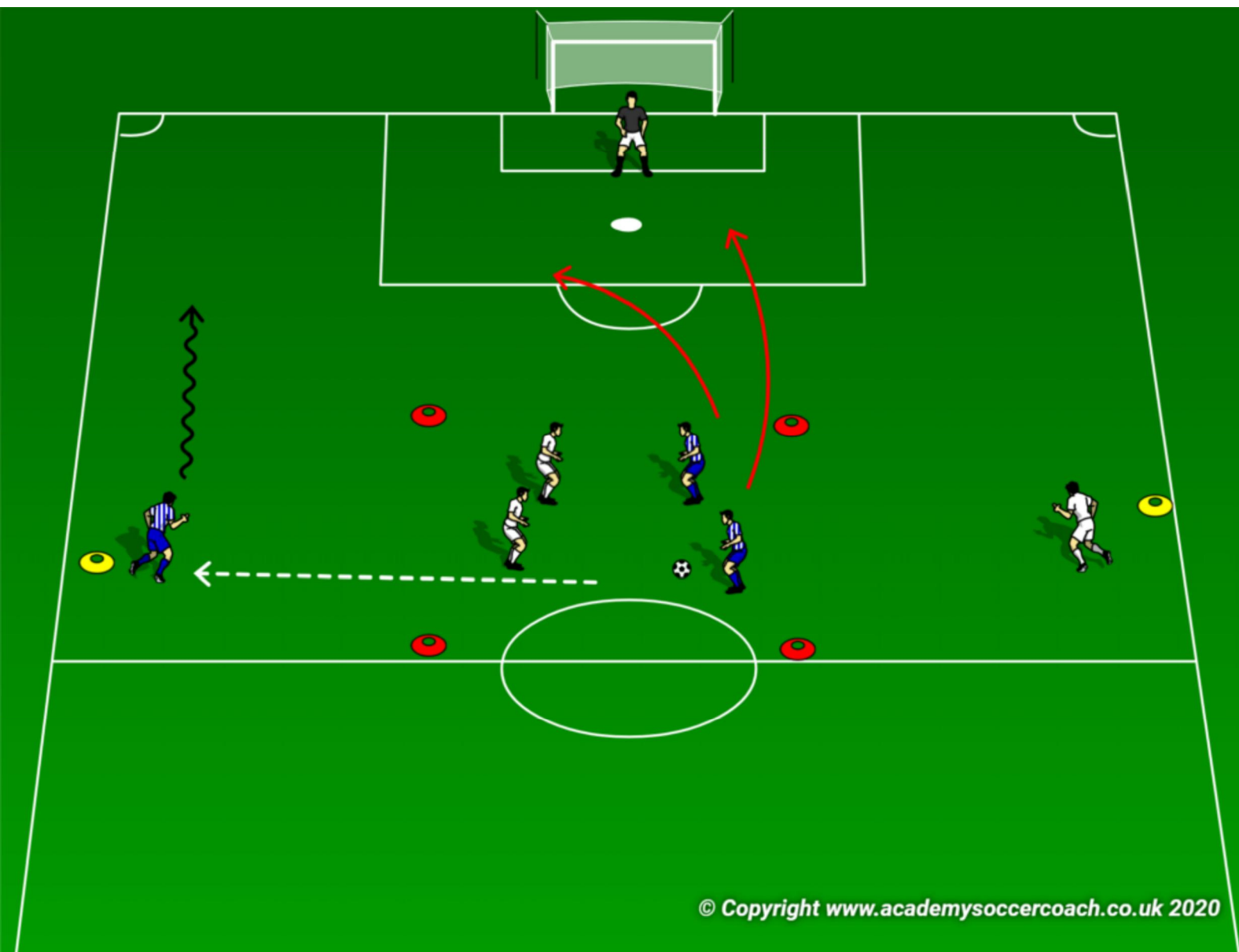
3v3 inside the square. Blue can play out through either line A or B with a dribble or pass. White can play out of either line B or C with a dribble or pass.

After playing out the 3 players join to attack the large goal. If blue play in to their team mate on the edge of the box the white player acts as a defender. Should white play through to their team mate on the edge of the box the blue acts as a defender. Likewise should the ball played out wide. Team out of possession make recovery runs.

If the ball goes out of play after a break out attack restart in the square. If the goalkeeper catches the ball restart in the square. If the ball runs loose the team who did not have possession or shoot must exit the penalty area before attacking.

### Options

- Forward receives and turns or goes 1v1 with the defender.
- Forward receives and feeds supporting players.
- Wide player crosses early.
- Wide player cuts in.
- Players overlap the wide player.
- And more



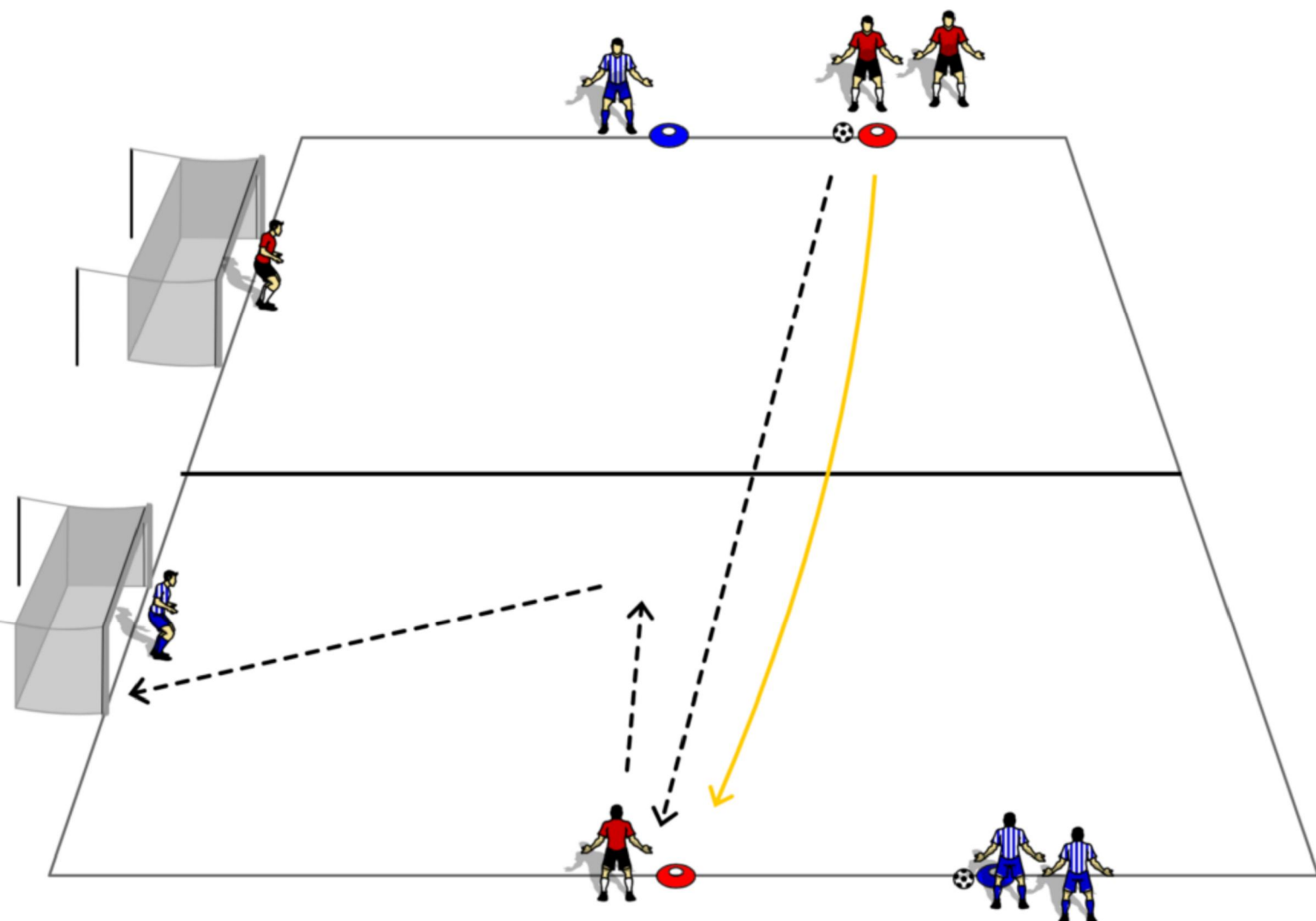
## 2v2 Into Attack

In the central box is a 2v2 line ball/target man game. The blue team are in possession, their objective is to break out of the box by passing or dribbling. Once they have broken the end line they pass to the waiting player. After the pass the two players attack the box and the wide player looks to deliver.

One point scored for breaking out. A second point for scoring a goal.

Progression 1- The white team are able to make recovery runs. If the white team win the ball they pass to their waiting player.

Progression 2 - Encourage the receiving player to drive in. The player who passed to them can overlap.

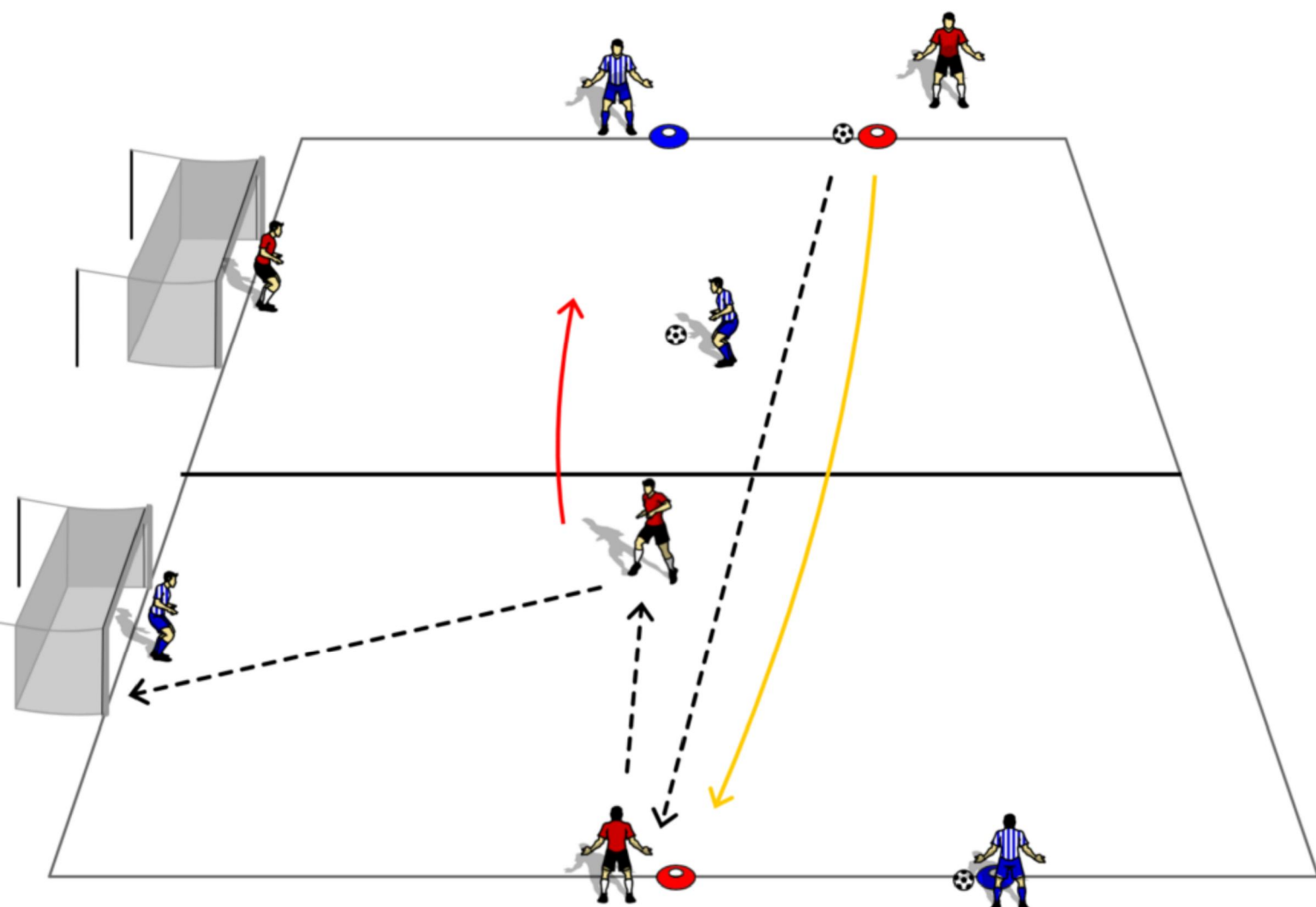


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### Set and finish 1

Red play a medium distance pass into their team mate. The ball is laid off to the player who has followed their pass to finish.

Vary the lay off (flick the ball up for a volley, header etc).  
Blue attack at the same time.



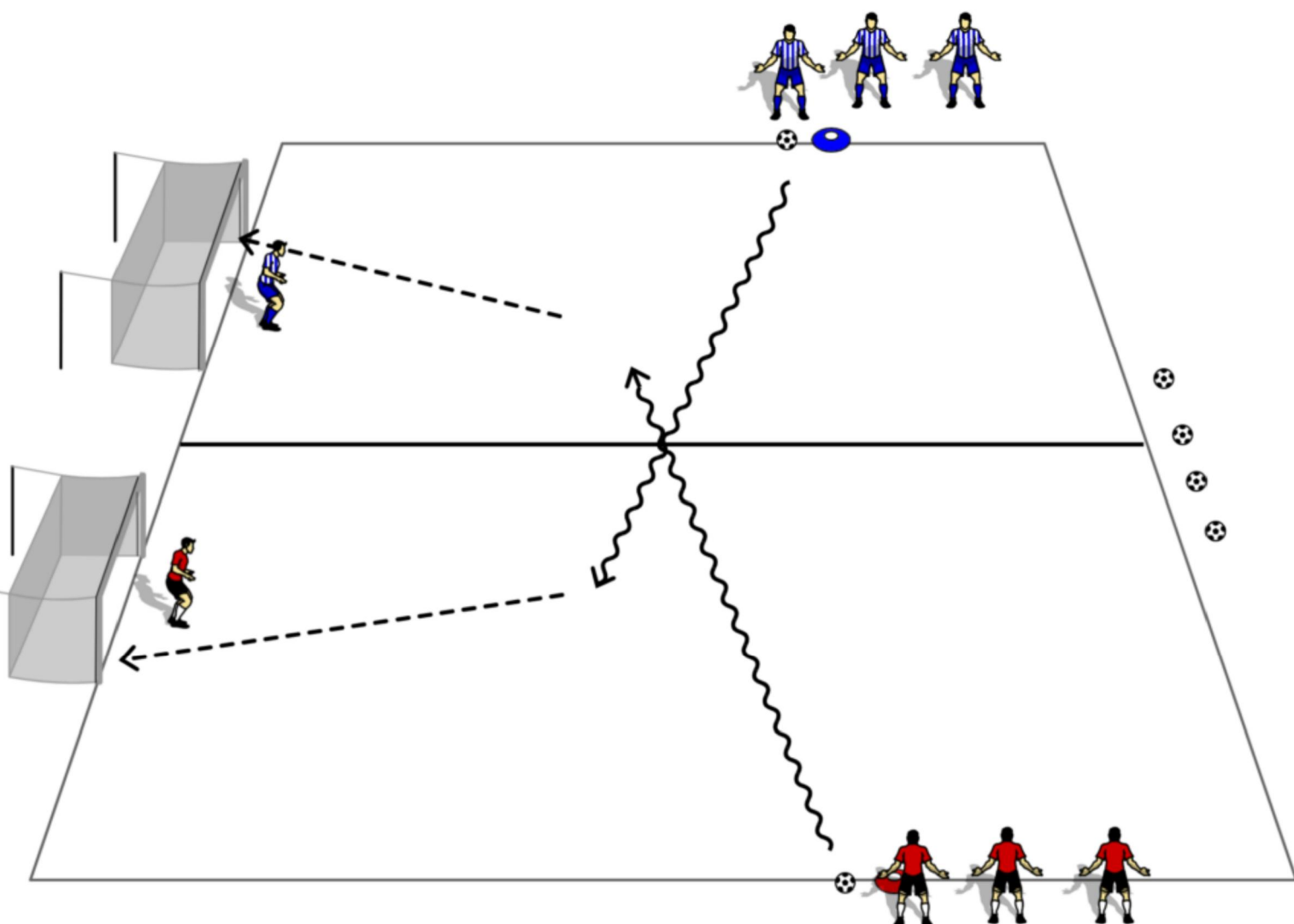
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## Set and finish 2

After the player has shot they recover to defend in a 2v1. The side player stays in their half.

Progression 1 - Move the receiving player from the cone and allow them to move anywhere in the half.

Progression 2 - Use the offside rule.



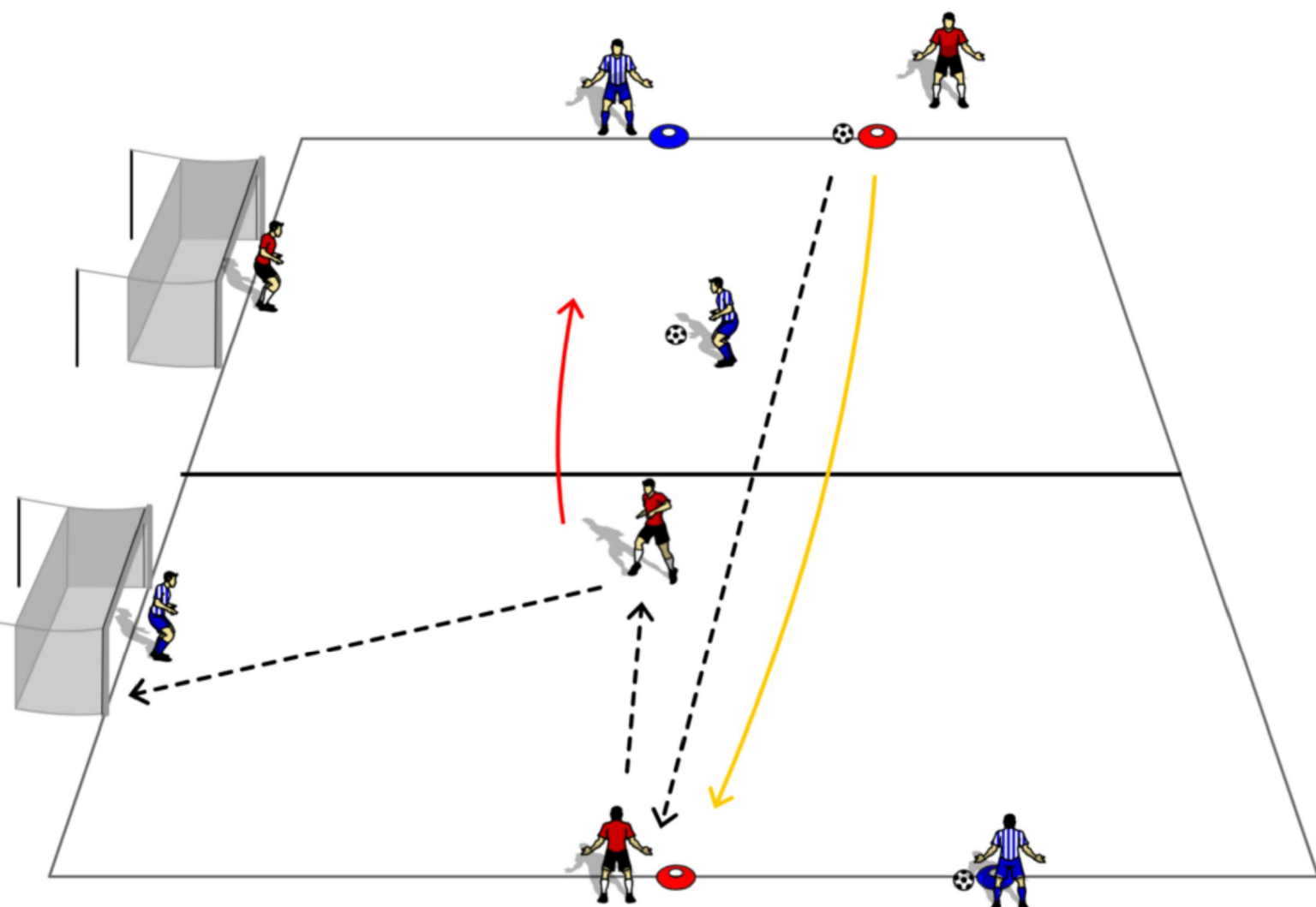
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### Speed Attack 3

The play cuts in and shoots at speed.

Blue and Red attack at the same time and first to score gets the point.

Progress to playing with a time limit and whichever team scores the most goals gets the point.



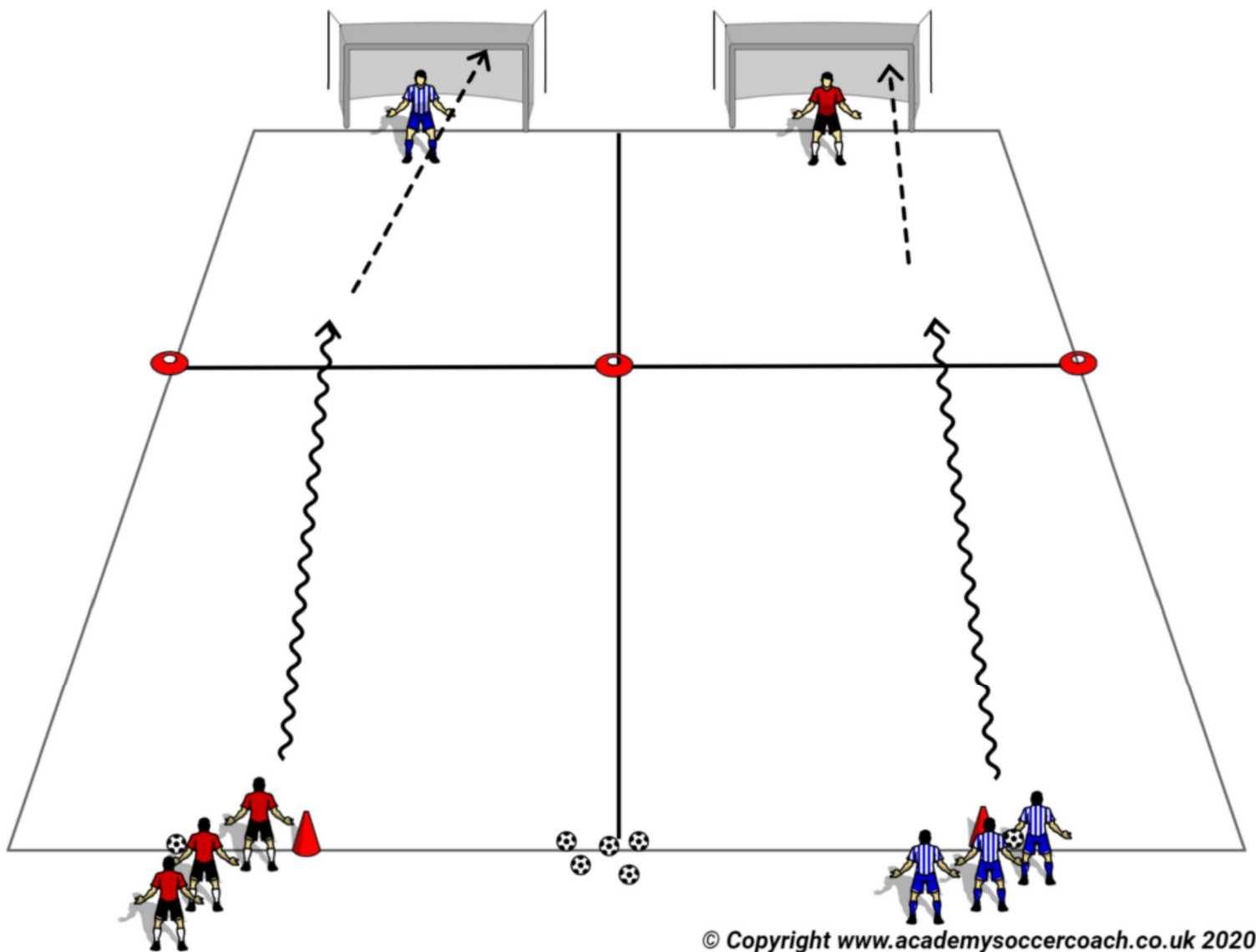
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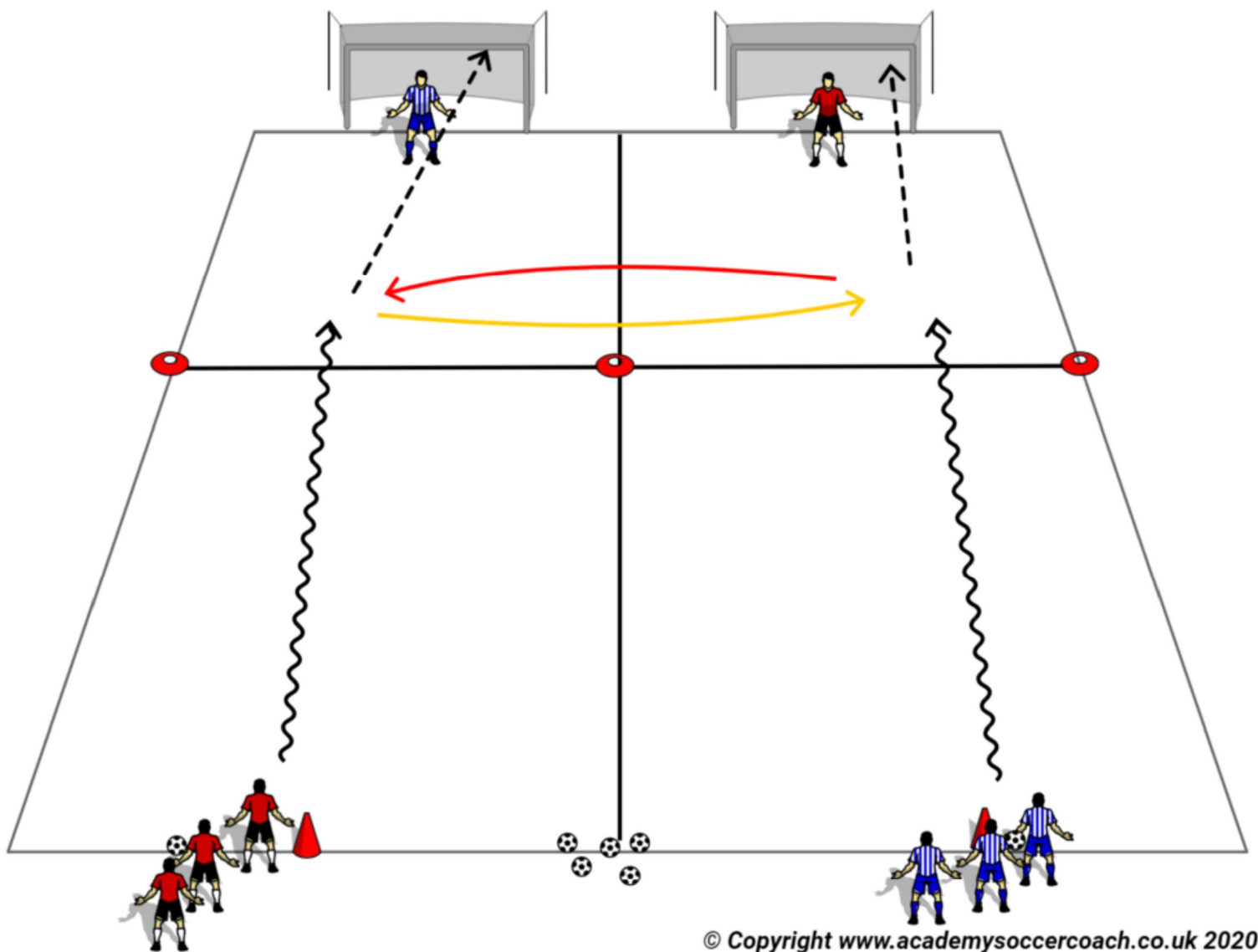
### Speed Finish 1

Red team face a goalkeeper from the Blue team.  
Blue team face a goalkeeper from the Red team.

On cue the red attacker and the blue attacker dribble/run with the ball to attack the goal. First player to score gets 1 point for their team.

Progression - Set a time limit (3 mins) players attack one at a time, the team who score the most goals in that time win.



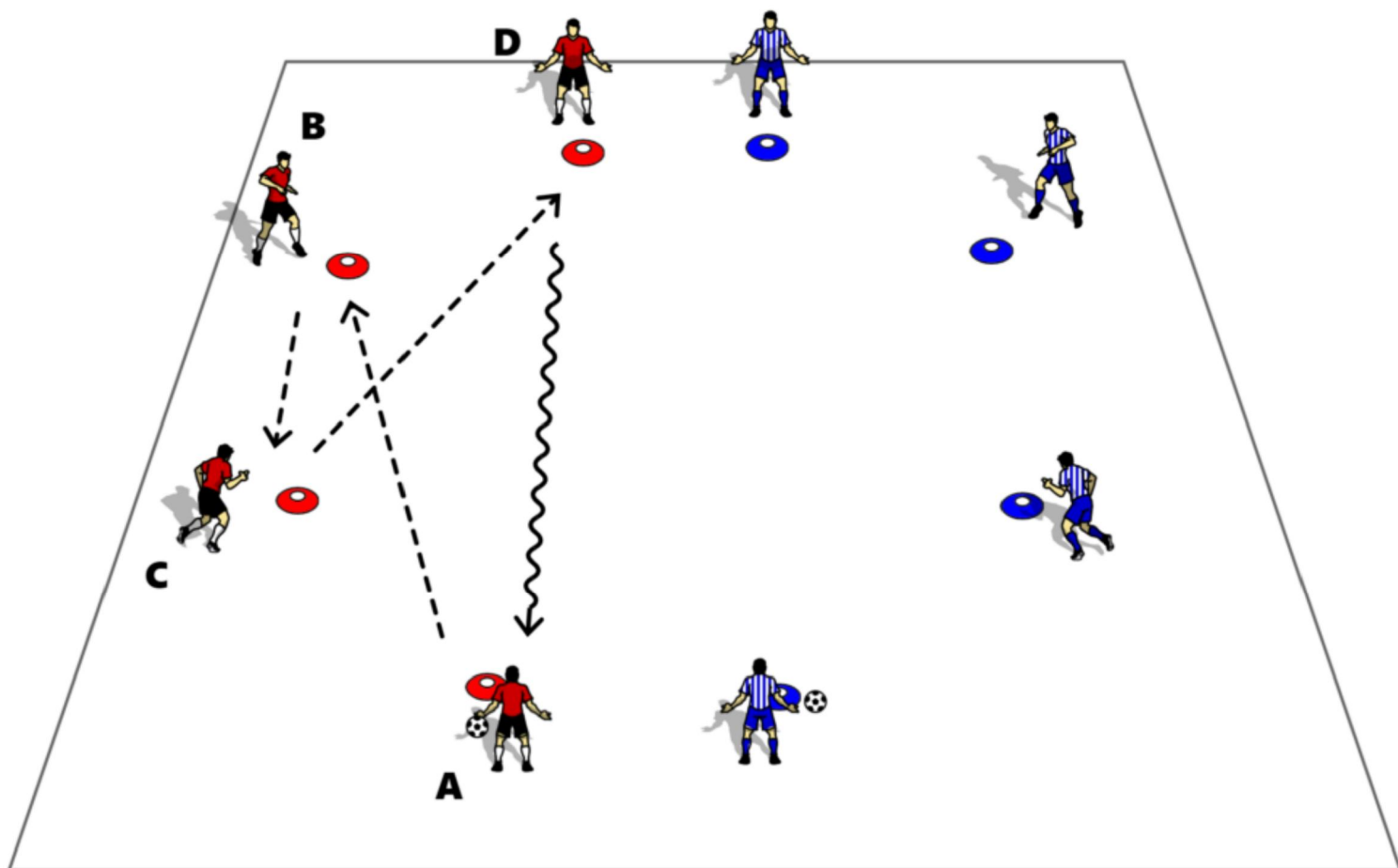


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### Speed Finish 2

After the first player has shot they move across and defend their side (along with their GK).

Players are encouraged to attack and finish quickly.

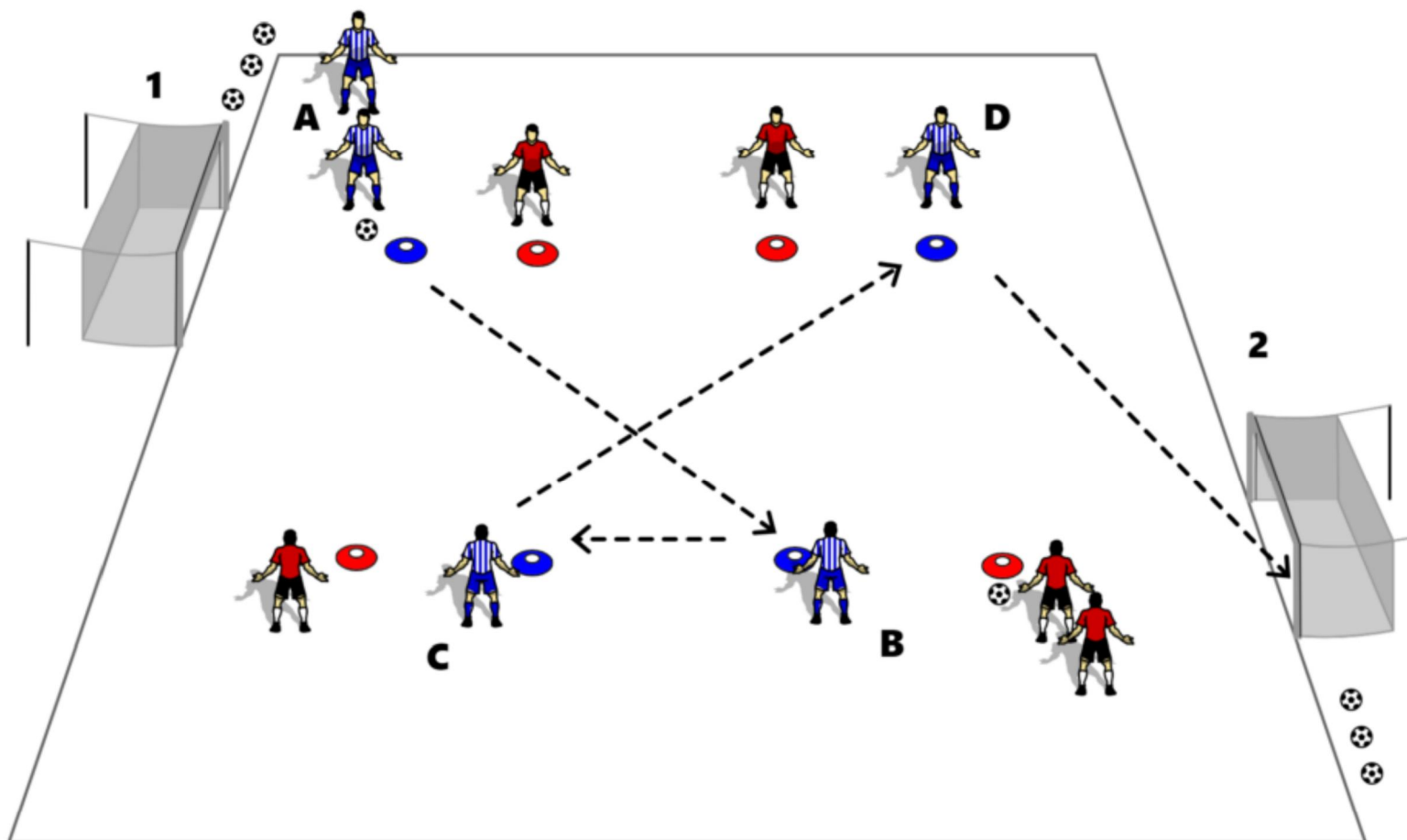


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### Up, Back, Attack 1

Player A passes to B, B sets to C who passes to D. D dribbles to the start position. A, B and C follow their pass to take up a new position.

Red and Blue go at the same time.



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### Up Back Attack 2

Player A passes to B, B to C, C to D. D takes a touch and finishes in goal 2. A, B and C follow their pass. D moves to the start position after shooting.

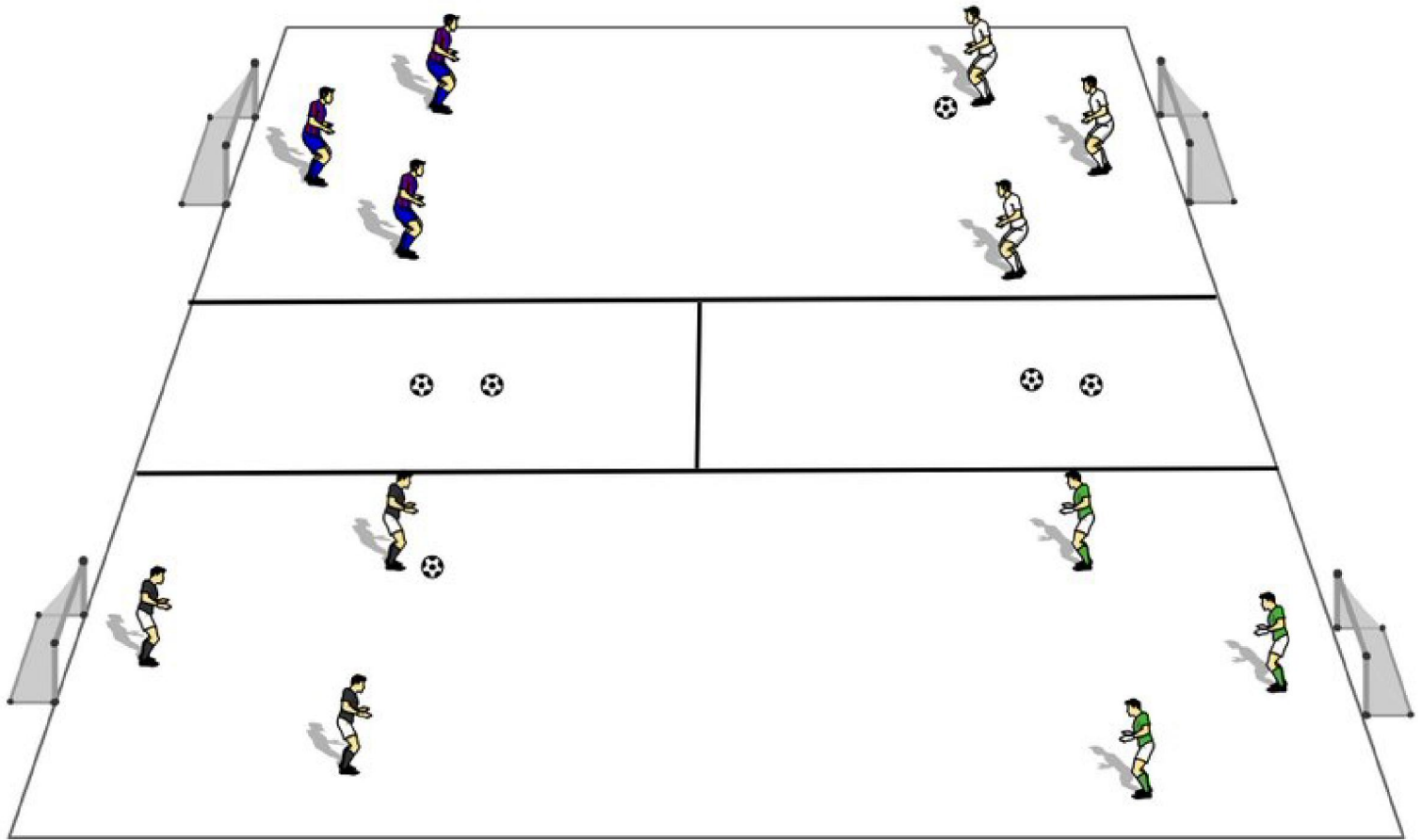
Red follow the same pattern scoring in goal 1.

Begin with Blue and Red taking turns with their attacks. Progress to both going at the same to increase contextual interference.

Progression 1 - C plays a through ball for D to finish in one touch (if possible)

Progression 2 - After D receives attack goal 1 dribbling past the waiting blue player and finishes.

Further progression - Add goalkeepers.



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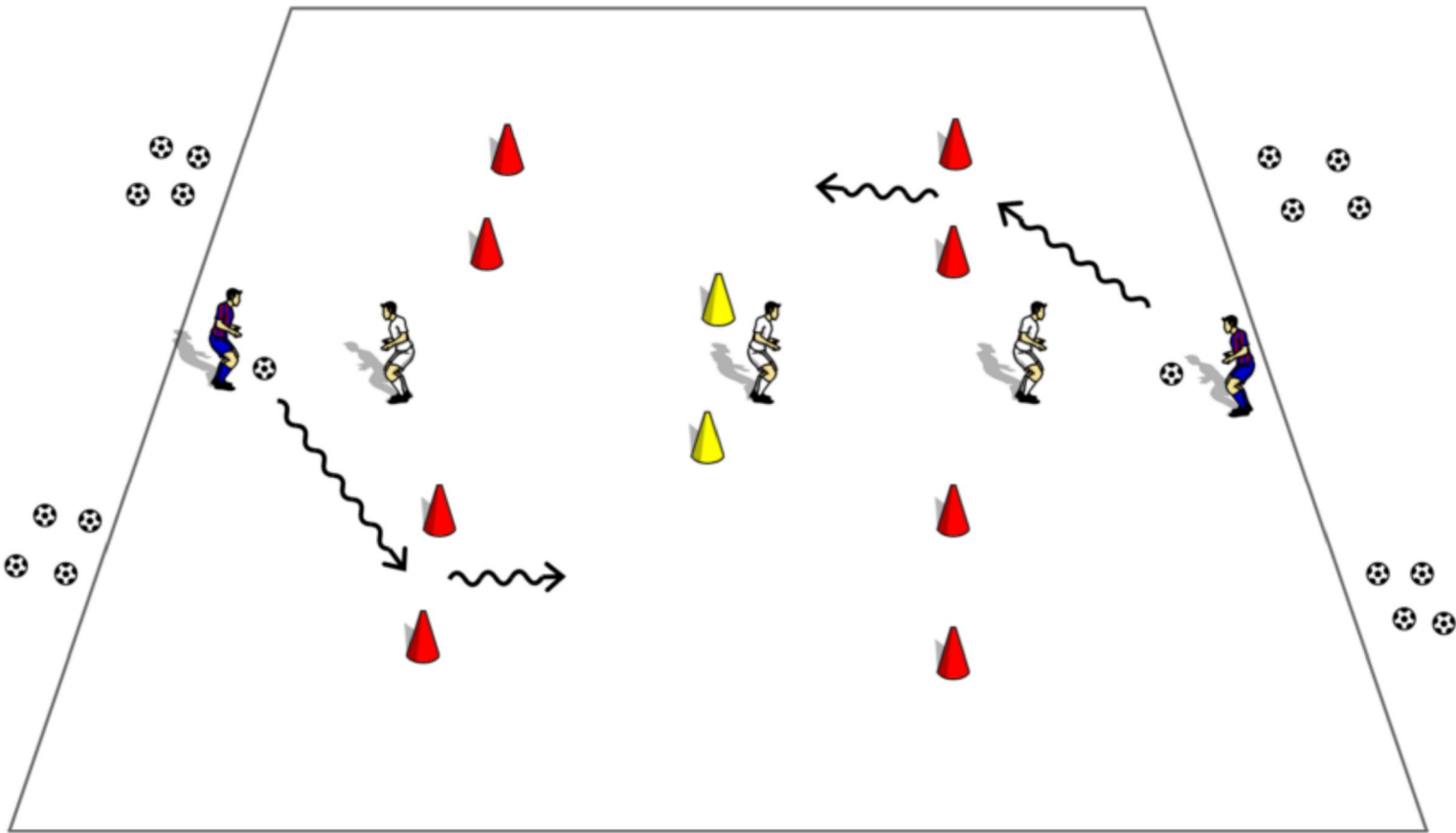
## Numbers 1

Two 3v3 games. Each player is numbered 1,2 or 3. When their number is called they run to one of the footballs and perform a challenge before rejoining their game. Should the players be slow to respond or slow to complete the challenge an overload will be created.

### Example challenges

- x number of keep ups
- x number of toe taps
- x number of step overs

The players may have their own challenges.



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## Powerball 1

Stripe dribbler vs white defenders.

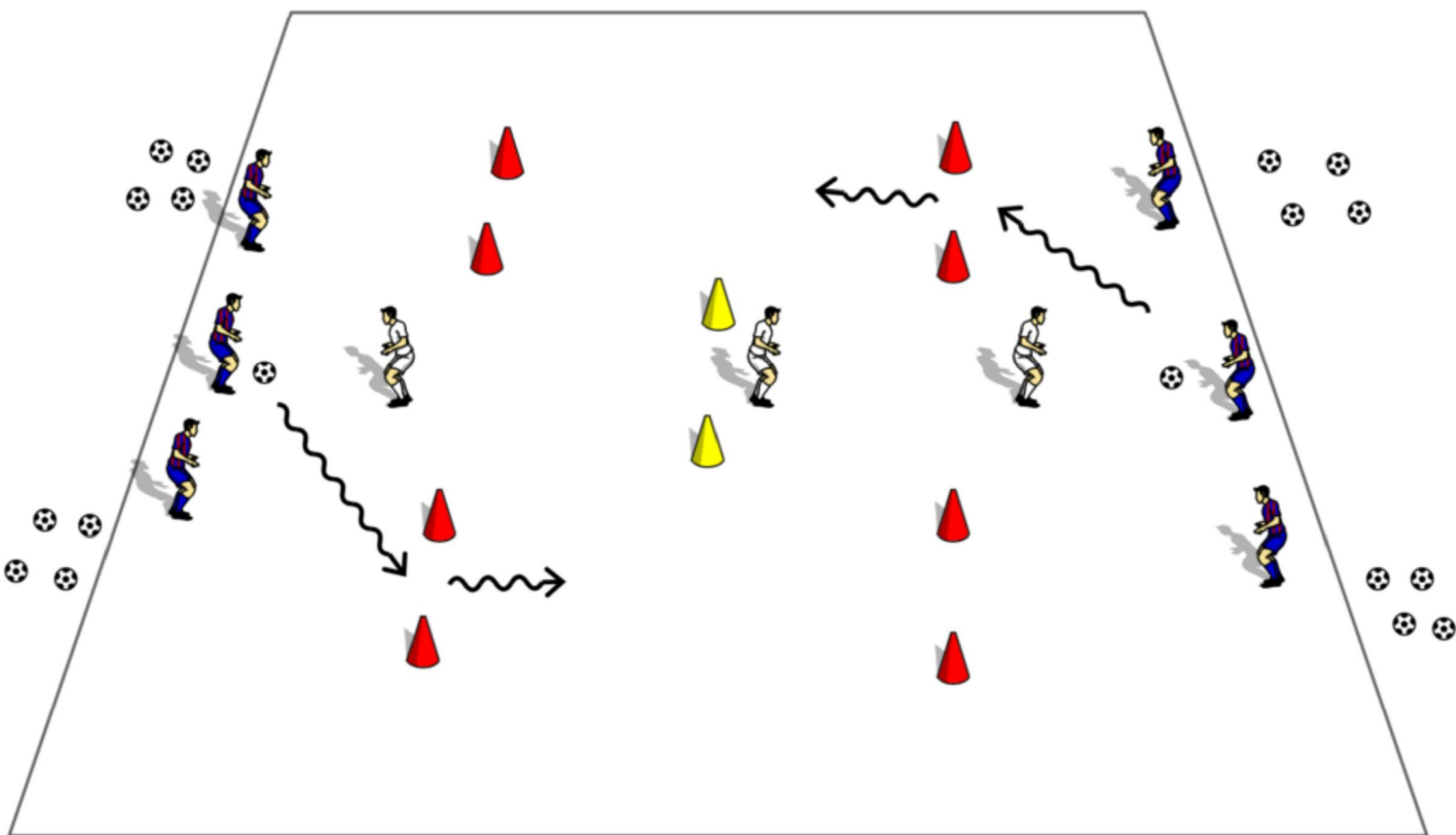
If a stripe dribbles through a red gate they score 1 point. If a stripe dribble through the yellow gate they score 3 points.

The stripe restart at the opposite end after every play is over (ball out of play, scored at a gate).

If defenders win the ball they can dribble it out to the pile to score a point.

Gates can be dribbled through from both sides.

Progression - If a player scores they reuse the ball, if they score again with same ball + 2 points (scoring = 1, 3, 5, 7 etc)



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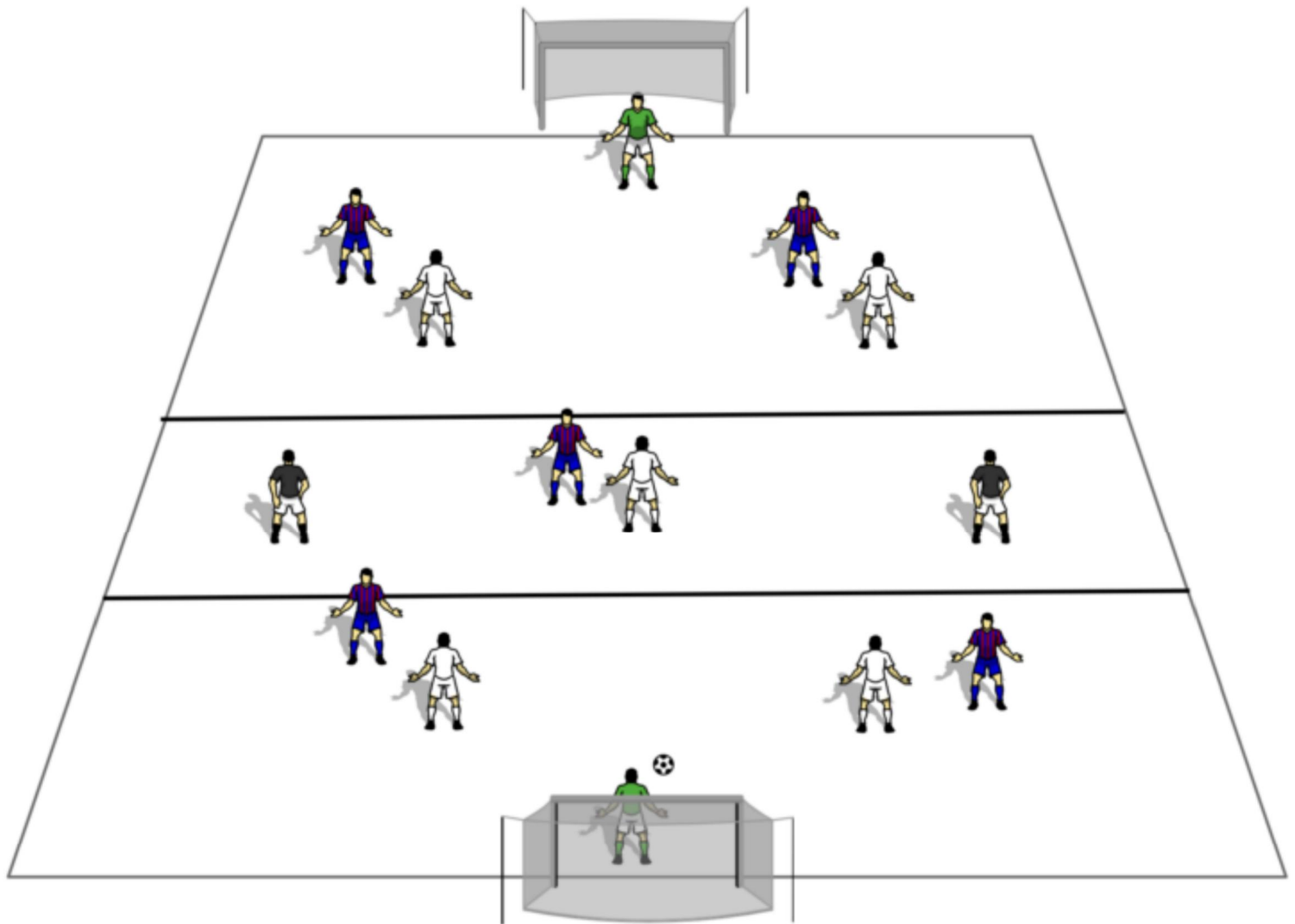
Powerball 2

Stripe teams vs white defenders

3v3v3

Teams attack in waves, scoring by dribbling or passing through the gate to a team mate.

Red gates = 1 point, yellow = 3 points



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## Zones 1

Play through the zones. The ball can not skip a zone unless the pass is played on the floor.

Two neutral players in the central area.

Three vs one in possession in the central zone.

Three vs two in defenders favour in the end zones (goalkeeper aids playing out)

## Points

Midfield work to create angles.

Defenders pull wide to stretch the forwards

If the ball goes into the forwards they have options to play back to the neutral players.

## TEMPO

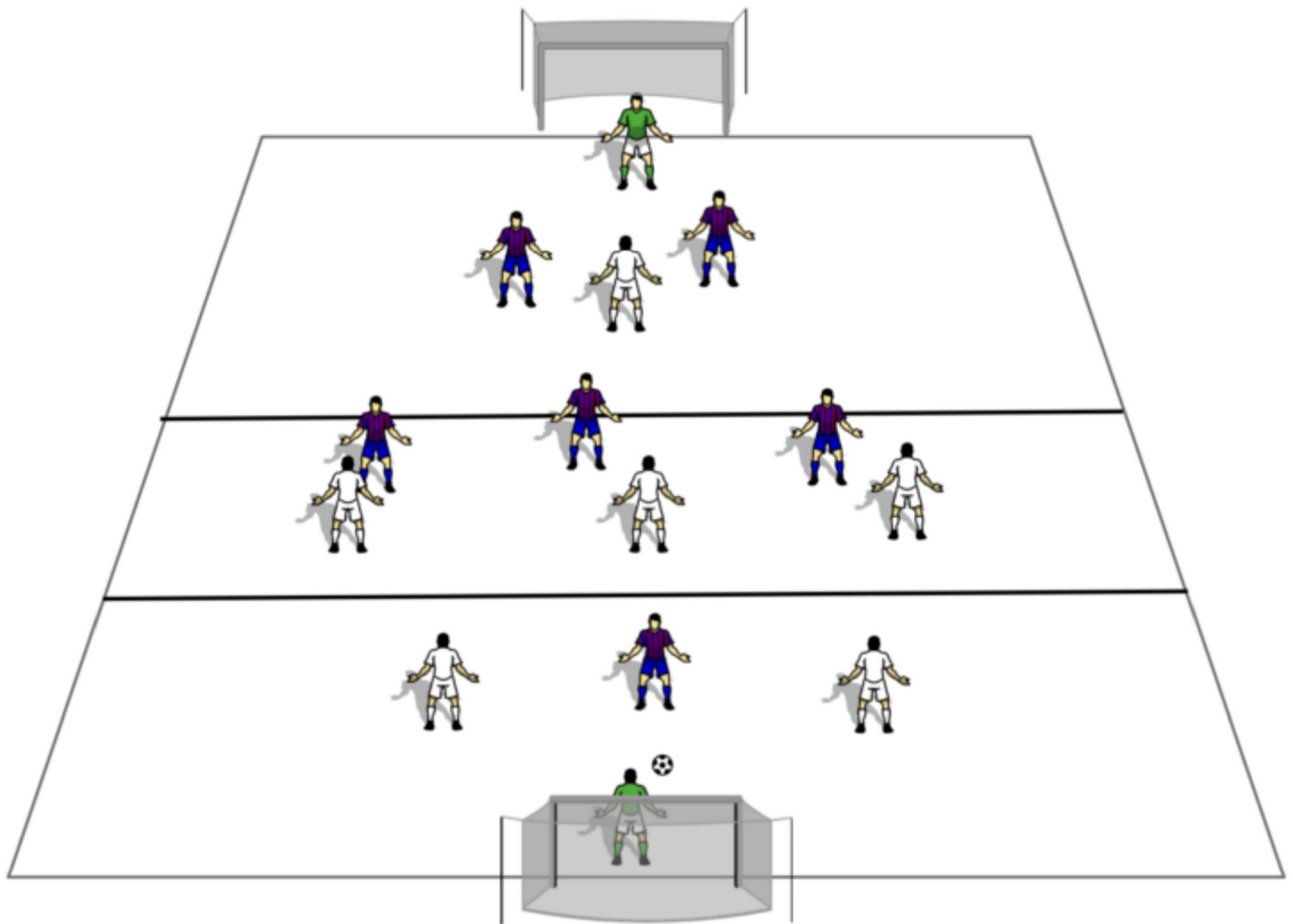
Traditional tempo says to play slow in the defensive third and move through the gears the closer to goal we get.

## HOWEVER

In the modern game with high pressing we may need to play fast in our own third and slow down if the opposition are settled into a defensive block.

## Progressions

- Allow movement from the neutral players between the zones,
- Keep the neutral players locked in but allow attackers to move between zones to support as they see fit BUT there must be one player in each zone at all times, but that player can be any player.



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## Zones 2

The game always restarts with one of the goalkeepers.

If the team out of possession win the ball back in the opposition final 3rd and score the goal is worth 3 points.

If they win the ball in the middle 3rd and score 2 points.

If they win the ball in their defensive 3rd and score 1 point.

How might they set up in order to win the ball?

Make the ground quickly.

Put the brakes on.

Use your body shape to direct the ball into the trap.

Pressure in a coordinated group.

If pressing high, do not be afraid to give away a free kick.

The team in possession are able to "skip" zones with passes. How can we encourage them to play short?

## Progression

Each team can choose a strategy and a zone to win the ball in based on the risks and rewards of pressure high/low and how much space they may have to attack into after winning the ball. Should they win the ball and score from their chosen zone the goal is worth 3 points.