

# 50 pdf exercises from lucamistercalcio.com (Vol.2)



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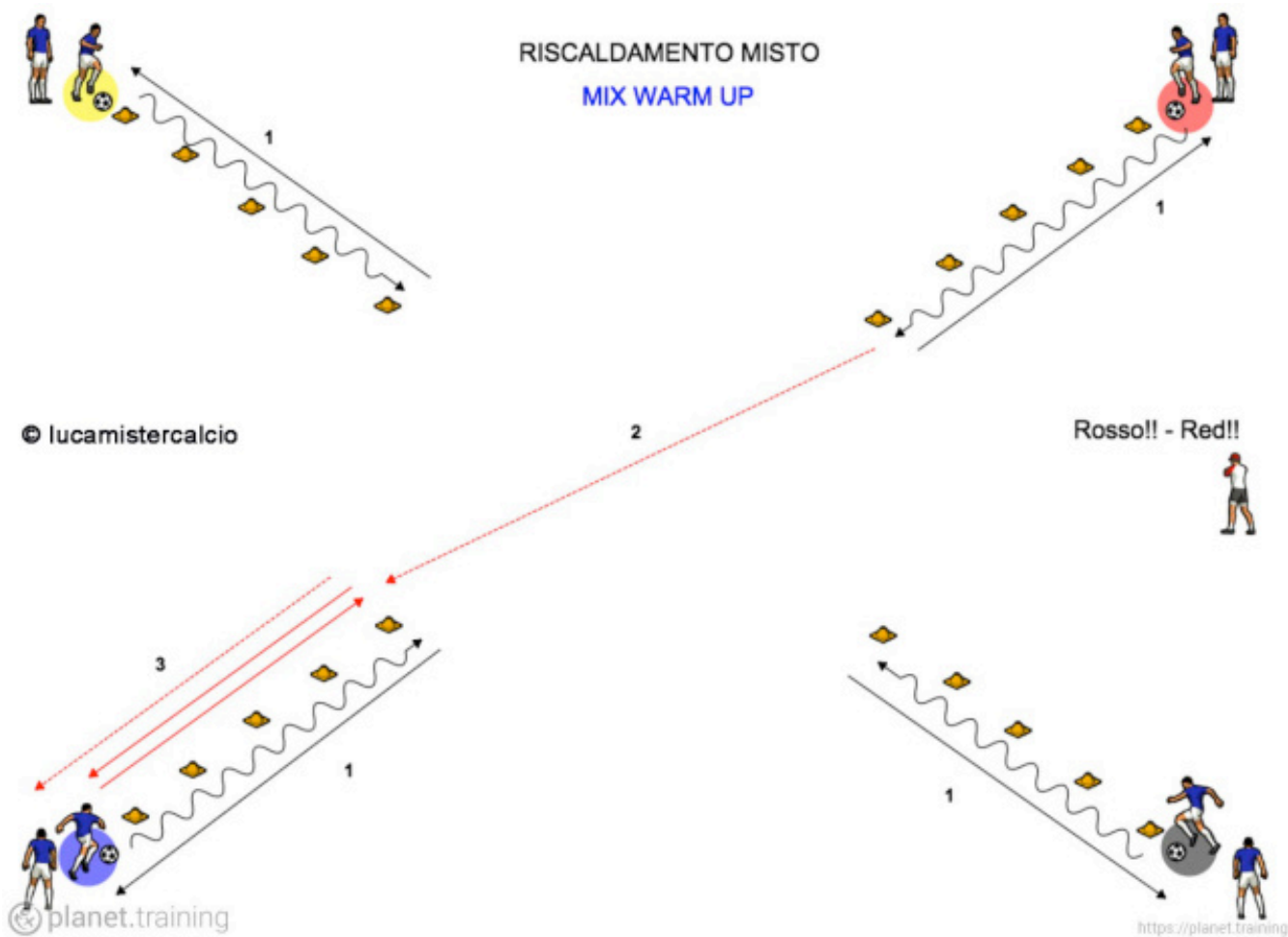
# Technical exercises



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## Riscaldamento mix – Mix warm up

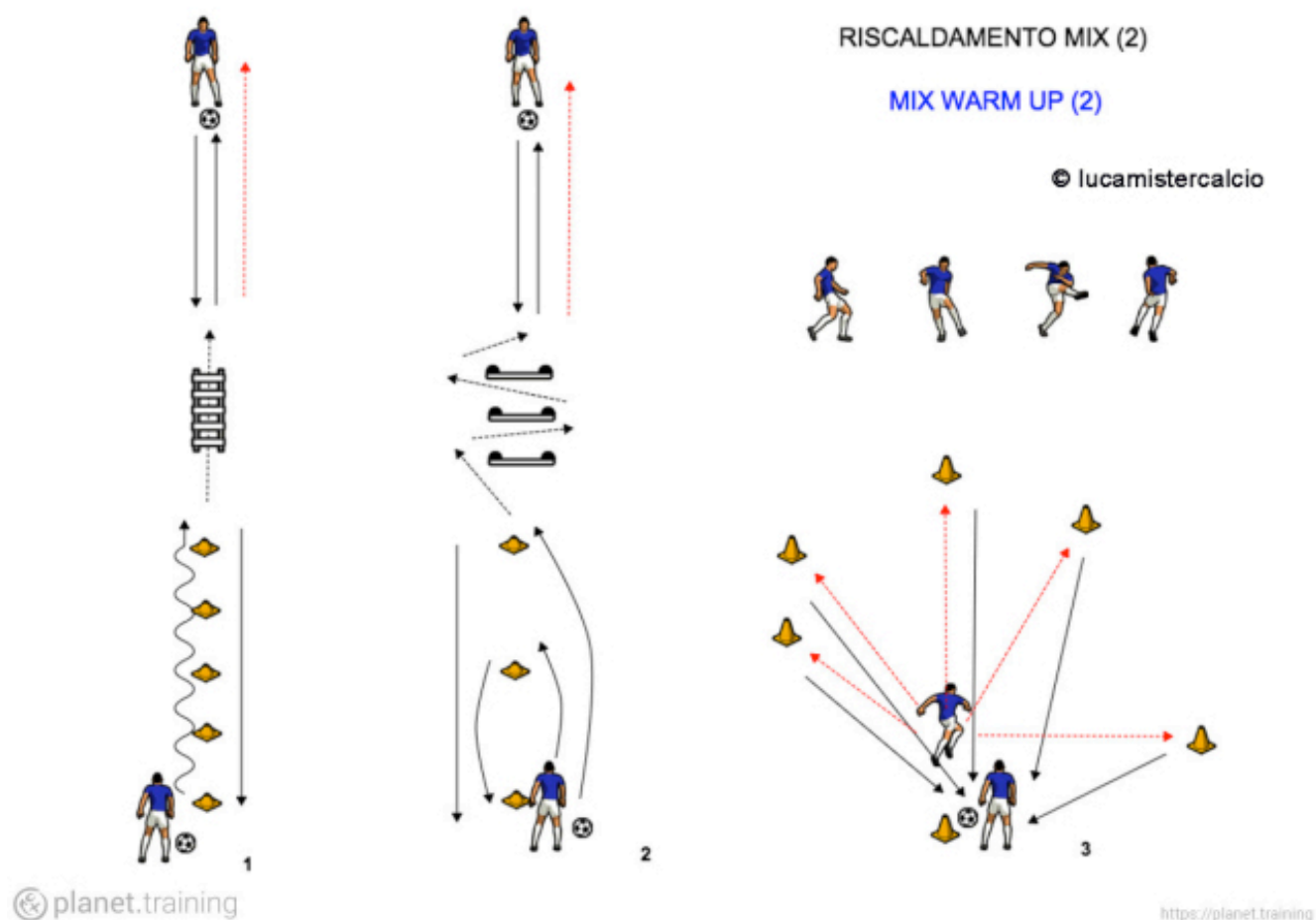


I giocatori partono in slalom, tenendo una pettorina di colore diverso in mano (cerchi colorati) e dopo l'ultimo cono passano palla indietro al compagno della fila (1). Il mister chiama il colore (2) che per primo si deve muovere per ricercare scambio 1-2 con un altro giocatore di un'altra fila (3). Tutti gli altri si muovono di conseguenza. Si passa poi la pettorina al giocatore successivo. Tipologie di conduzione palla e trasmissione a scelta.

*Players dribble through the cones bringing in the hand a vest with different colours (circles here) and then pass the ball back to the mate in the same queue after the last cone (1). The coach calls the colour (2) who shall move first to find a wall pass with a player in another queue (3). All the others shall move as consequence. The vest must be given to the following player. Dribbles and pass type variations shall be choosen*



## Riscaldamento mix (2) – Mix Warm up (2)

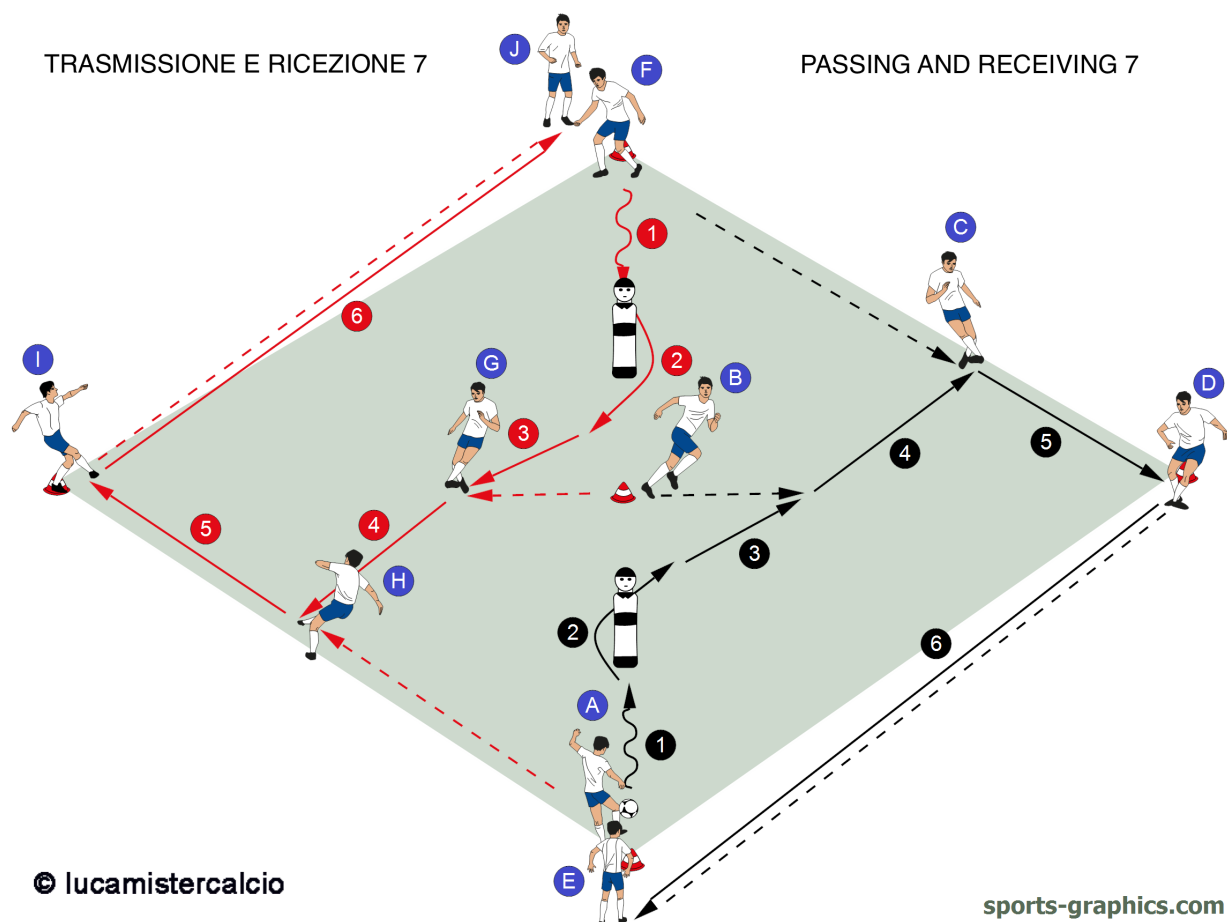


1- Slalom fra i cinesini e passaggio indietro al compagno. Skip su speed ladder in varie forme e passaggio a muro con il secondo compagno in varie tipologie. Scambio fila. *1 – Dribbles among the cones and pass back. Skip on speed ladder in different shapes and wall pass with the 2nd mate on different types. Change of queue.*

2 – Andata e ritorno sui cinesini con numero di tocchi palla prestabiliti, piede e superficie sempre differenti e passaggio indietro al compagno. Skip laterali su over e passaggio a muro con il secondo compagno in varie tipologie. Scambio fila. *2 – Go and back on cones with fixed number of touches and fixed foot parts and pass back. Lateral skip on obstacles and wall pass with the 2nd mate on different types. Change of queue.*

3 – Corse con cambi di direzione a chiamata su angoli di 30°, 45°, 60°, 75°, 90° e passaggio a muro con il secondo compagno in varie tipologie. Scambio fila. *3 – Runs with called changes of directions with different angles; 30°, 45°, 60°, 75°, 90° and wall pass with the 2nd mate on different types. Change of queue.*

## Trasmissione e ricezione 7 - Passing and receiving 7

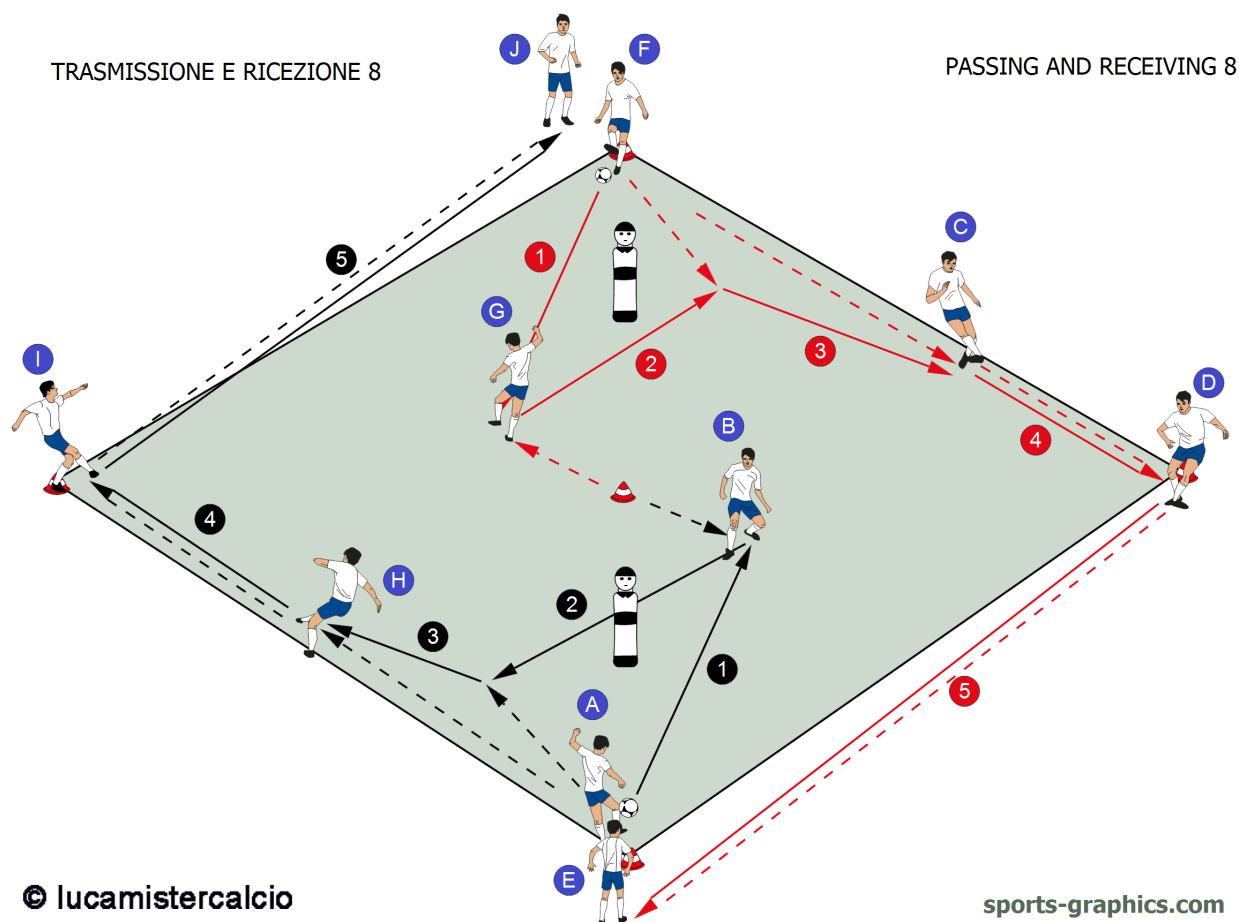


I giocatori A e F partono da vertici opposti del rombo in conduzione (1) e superano le due sagome (a sinistra in figura - 2). A gioca palla in diagonale sul movimento di B ed F sul movimento di G (3). C e H ricevono sulla corsa a sostegno (4) da B e G e trasmettono in avanti sui vertici a D ed I (5). La sequenza termina con la palla trasmessa sui coni di partenza a E e J (6) per riprendere l'esercitazione.

The players A and F start to dribble from opposite corners of the rhombus (1) and overcome the two air bodies in front of them (one the left in the picture - 2). A passes in diagonal to B and F to G (3). C and H run to support B and G and they receive (4) to pass forward to D and I (5). The sequence ends with the ball passed forward to the first cones to E and J (6) to start the exercise.

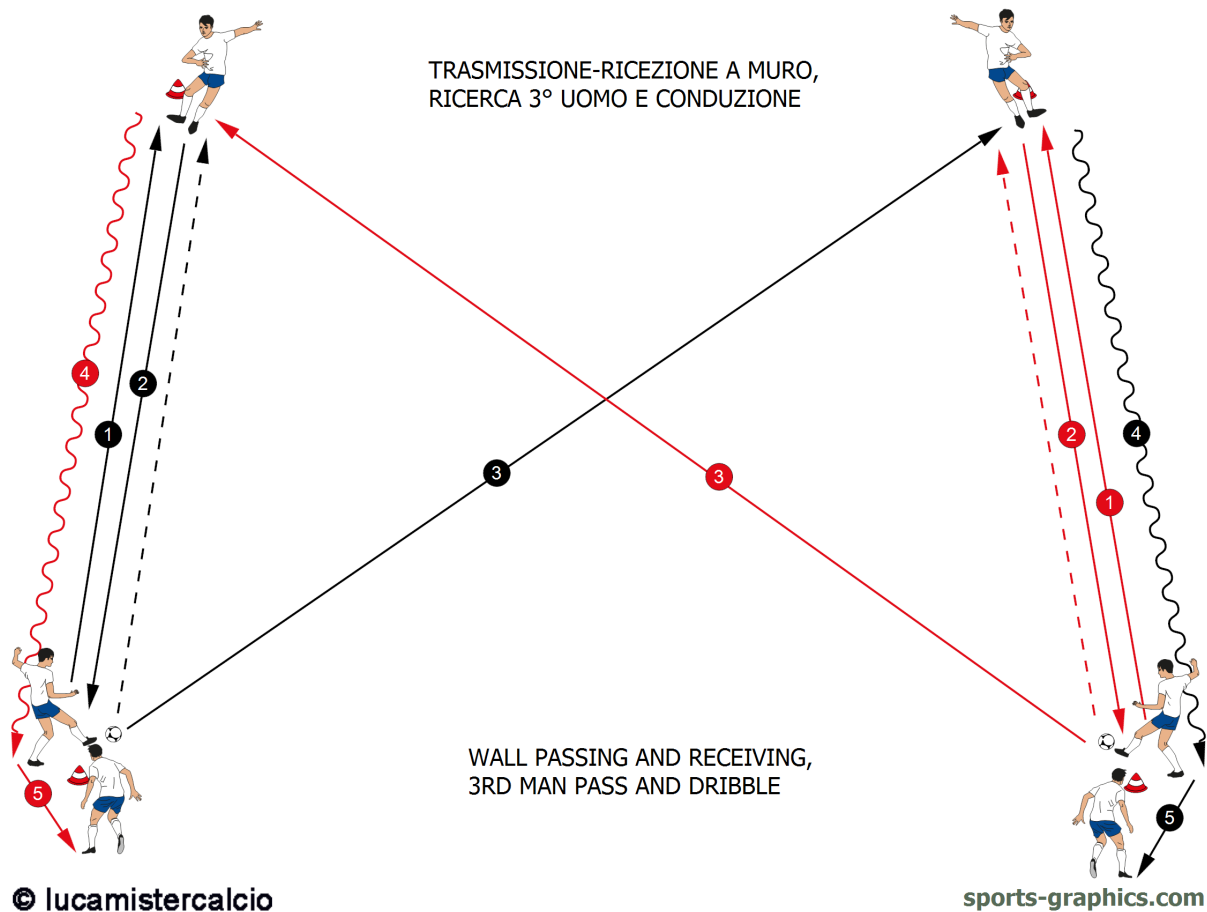


## Trasmissione e ricezione 8 – Passing and receiving 8



I giocatori B e G, decidono, coordinandosi, da quale vertice ricevere, si smarkano alle spalle delle sagome e giocano a muro con F e A (1-2). F e A dopo aver controllato il passaggio di ritorno trasmettono ai compagni in sovrapposizione C e H (3) che giocano avanti a D e I (4), seguendo poi il passaggio. D e I trasmettono infine sui vertici di partenza ad E e J e seguono a loro volta i passaggi. I giocatori inizialmente ai vertici si posizionano al centro dietro le sagome e i giocatori al centro si posizionano ai vertici davanti a loro.

The players B and G decide, organizing themselves, from which player on vertexes they want to receive the ball; then they dismark themselves behind the air-bodies and play wall passes with F and A (1-2). F and A control and pass again to the overlapping players C and H (3) which then play forward to D and I (4), following their passings. D and I pass to the starting points to E and J and follow their passings. They players which were placed on the vertexes become center players and the center support players place themselves near the vertexes in front of them.



**PLAYERS AGE:** Youth academy (U13 – U16)

**NUMBER OF PLAYERS:** 6

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving, Oriented Control, Dribbling

**SECONDARY OBJECTIVE**

Rhythmicity and contemporaneity

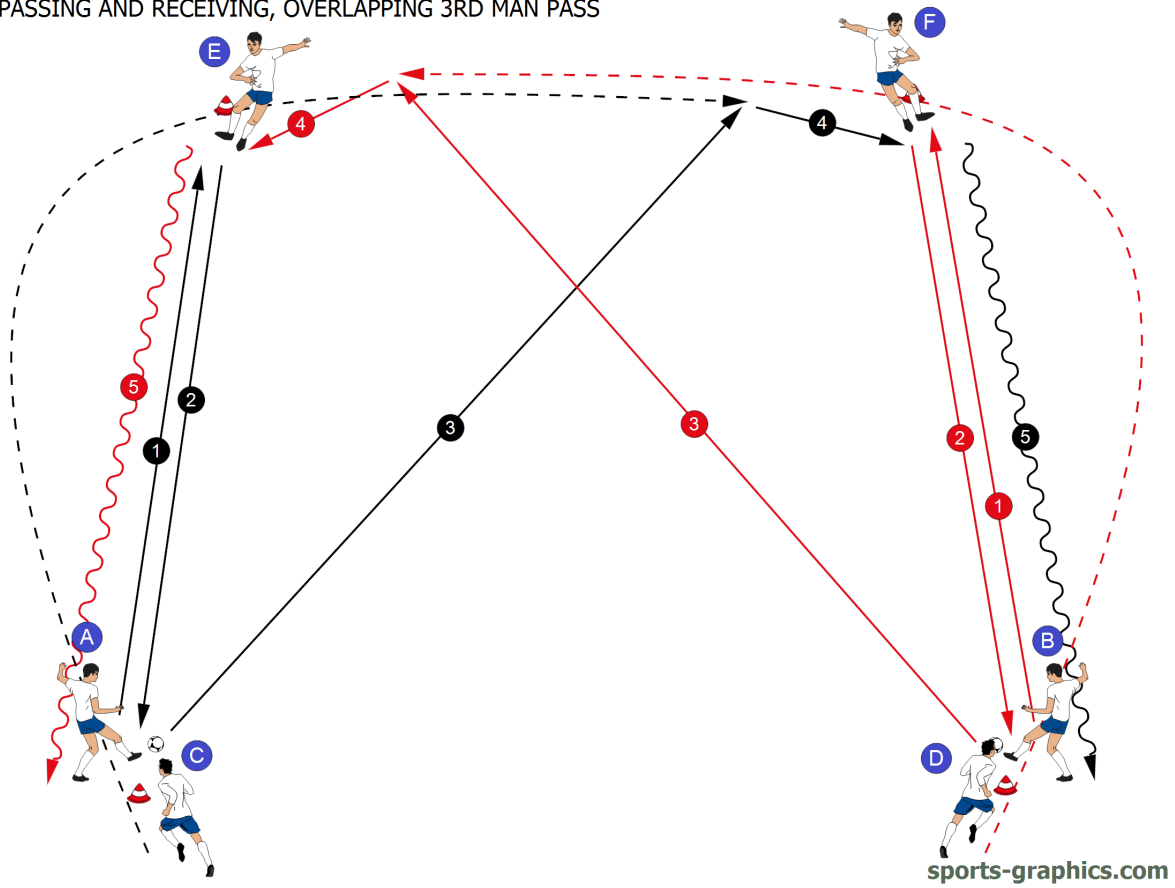
**EQUIPMENT:**

cones and balls

**SEQUENCE**

The two players in possession on the lower cones of the square play wall passings (1-2) with the teammates on the upper cones. After an oriented control on the return pass, both pass the ball in diagonally (3) to the "third man" on the upper cones who must dribble the ball (4) and pass to the other teammate (5) to start the sequence again. The players who started the exercise run up to the cones in front of them.

TRASMISSIONE-RICEZIONE A MURO, RICERCA 3° UOMO IN SOVRAPPOSIZIONE  
WALL PASSING AND RECEIVING, OVERLAPPING 3RD MAN PASS



**PLAYERS AGE:** Youth academy (U16); U18, First teams warm up

**NUMBER OF PLAYERS:** 6

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving, Oriented Control

**PLAYER TACTICS:**

Overlapping

**TEAM TACTICS:**

Time of play

**SECONDARY OBJECTIVE**

Rhythmicity and contemporaneity

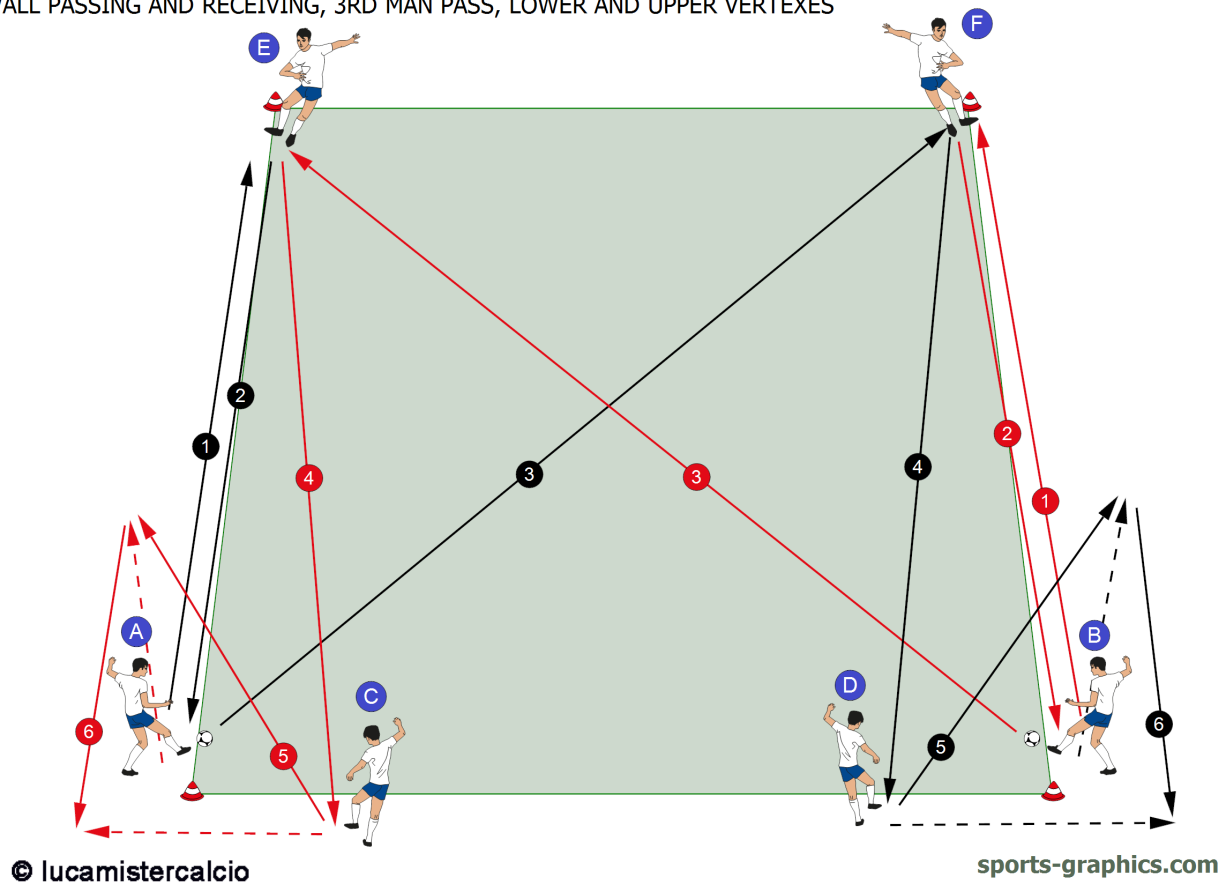
**EQUIPMENT:**

cones and balls

**SEQUENCE:** The two players in possession of the ball A and B are placed on the lower cones of the square, and they play wall passes with E and F (1-2) which are placed on the upper cones. After an oriented control of the return pass, A and B pass the ball diagonally (3) to C and D which are overlapping behind E and F on the upper cones. C and D control the ball and pass to E and F (4) which dribble back to the starting cones (5) to continue the sequence. The players which started the exercise are those which are going to overlap in the next turn.



TRASMISSIONE-RICEZIONE A MURO, RICERCA 3° UOMO, VERTICE BASSO E ALTO  
WALL PASSING AND RECEIVING, 3RD MAN PASS, LOWER AND UPPER VERTEXES



**PLAYERS AGE:** Youth academy (U13 – U16)

**NUMBER OF PLAYERS:** 6

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving, Oriented Control

**PLAYER TACTICS:**

Mobility principles of play

**SECONDARY OBJECTIVE**

Rhythmicity and contemporaneity

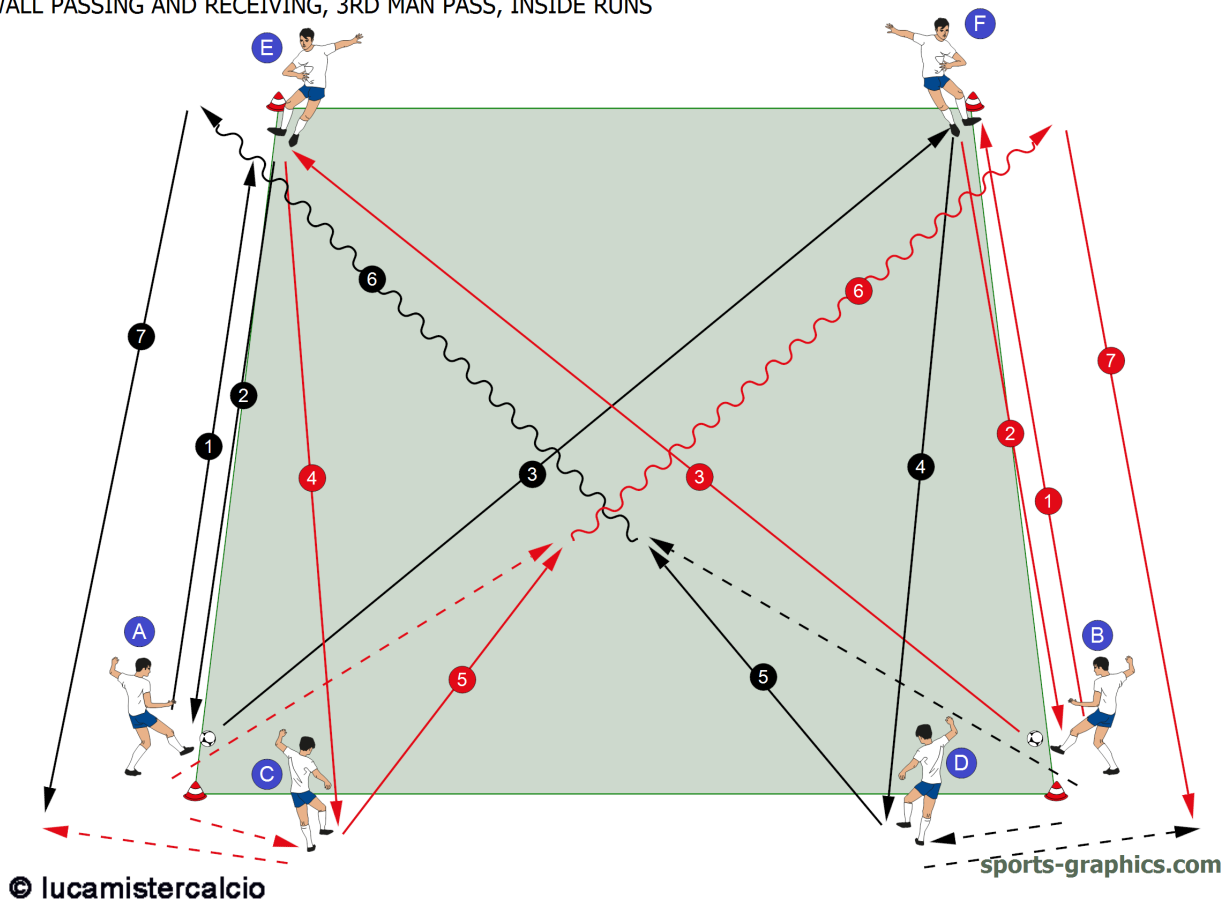
**EQUIPMENT:**

cones and balls

### SEQUENCE

The players in possession A and B placed on the lower cones of the square play wall passings (1-2) with the teammates E and F, placed on the upper cones. Then A and B play diagonal passings (3) to the "third man" on the opposite upper cones (A to F and B to E) after an oriented control of the return pass. E and F must pass back to C and D (4), which are placed opened as a lower vertexes and which then play with A and B, which must run as upper vertexes (5); C and D receive the return pass (6) and start the sequence again. The players on the upper cones at the beginning must run to the lower ones, and the players who have played as upper vertexes substitute them on the upper cones.

TRASMISSIONE-RICEZIONE A MURO, RICERCA 3° UOMO, INSERIMENTI  
WALL PASSING AND RECEIVING, 3RD MAN PASS, INSIDE RUNS



**PLAYERS AGE:** Youth academy (U13 – U16); Adult team and U19 warm up

**NUMBER OF PLAYERS:** 6

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving, Oriented Control, Dribbling

**PLAYER TACTICS:**

Mobility principles of play

**SECONDARY OBJECTIVE**

Rhythmicity and contemporaneity

**EQUIPMENT:**

cones and balls

## SEQUENCE

The two players A and B are in possession of the ball on the lower cones of the square and they play wall passings (1-2) with the teammates E and F placed on the upper cones. After an oriented control of the back pass, they pass the ball diagonal (3) towards the "third men" on the opposite upper cones (A to F and B to E). E and F transmit respectively to C and D (4), which open by acting as a low vertices and then play the ball forward to A and B, while they are running toward the center of the square (5). A and B dribble the ball to the upper vertex (6) and after a change of direction, they pass to the players on the lower cones C and D, which start the sequence again. The players on the upper cones at the beginning must run to the lower ones, and the players which dribble the ball must replace them on the upper cones.



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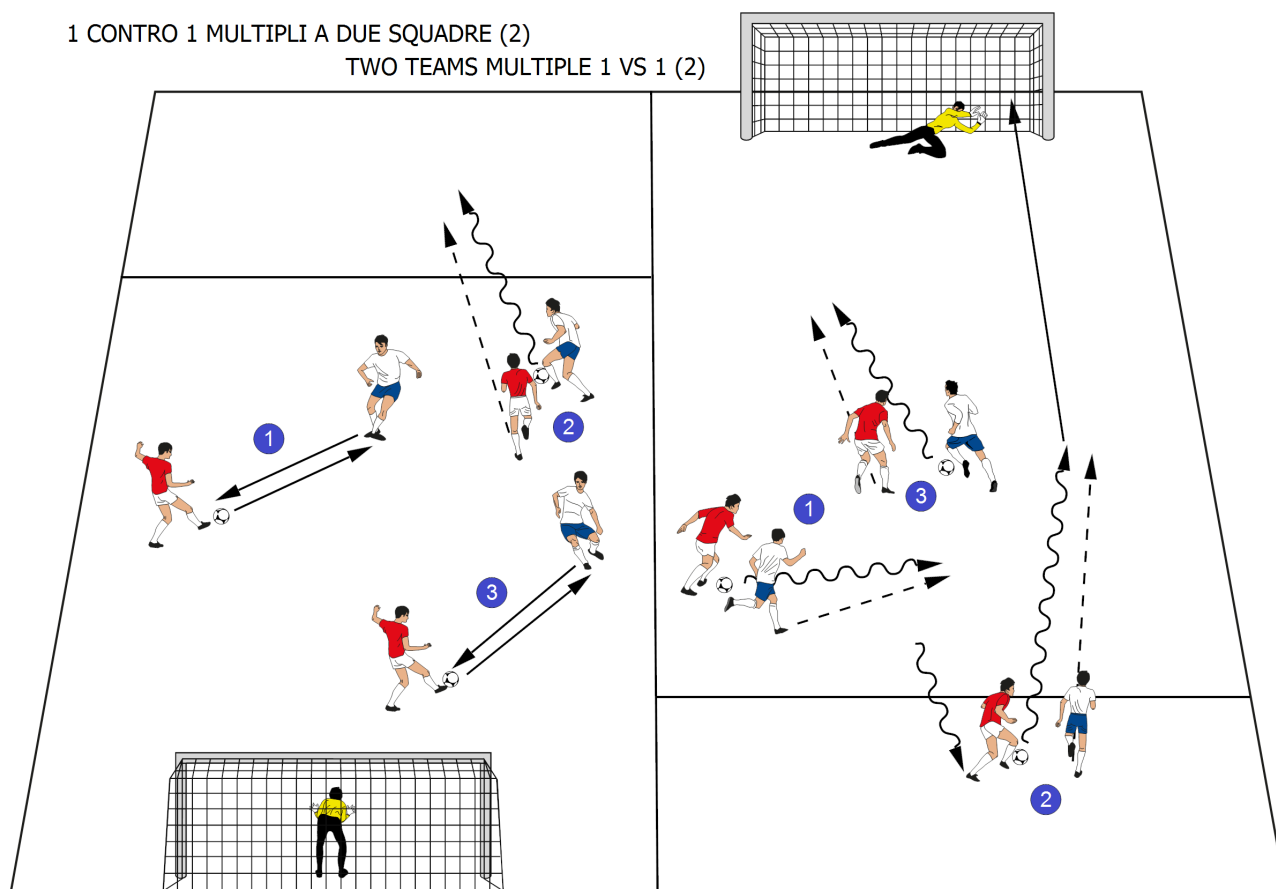


# Individual and team tactical exercises



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## 1 contro 1 multipli a due squadre (2) – Two teams multiple 1 vs 1 (2)



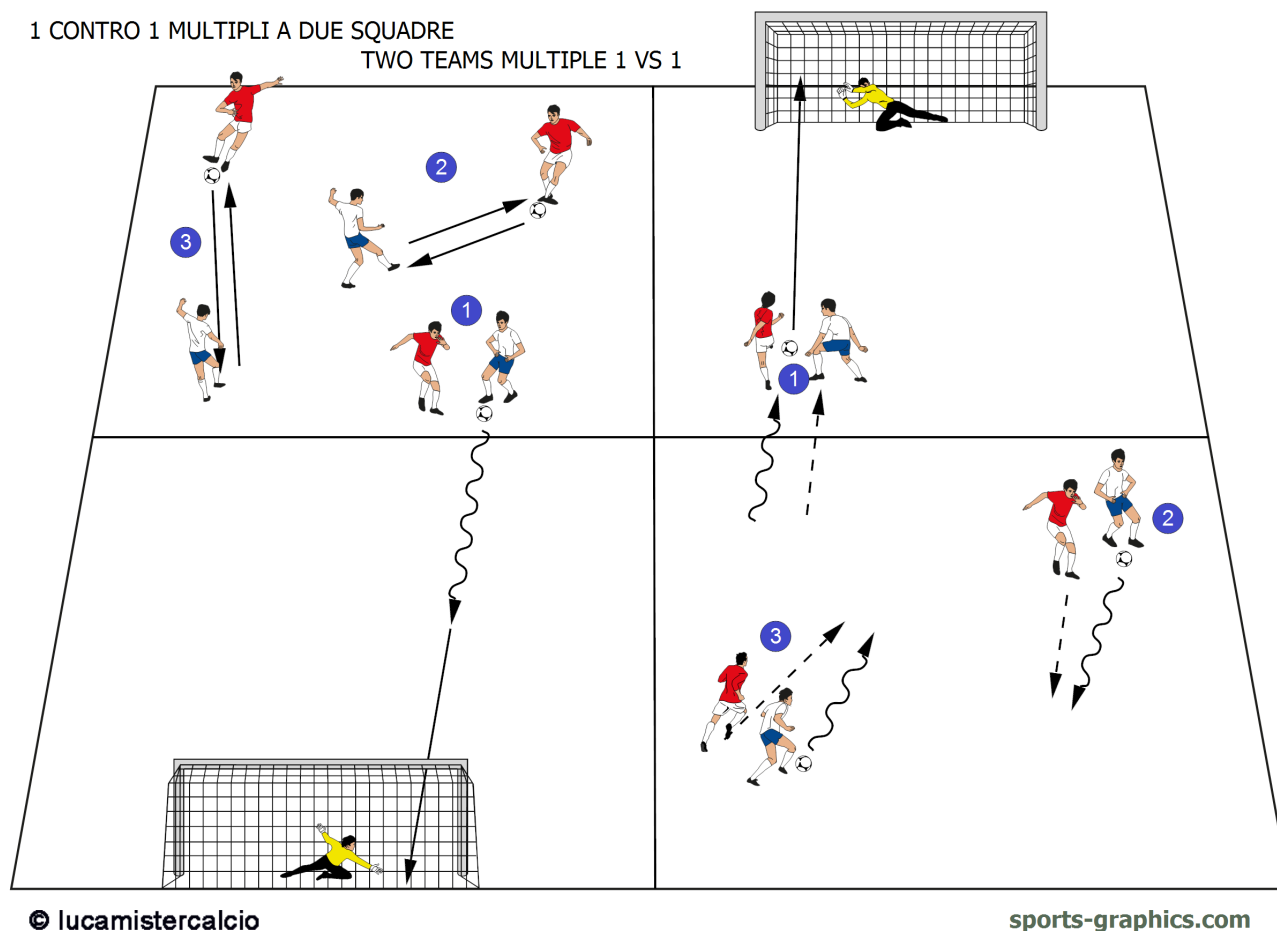
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I giocatori di due squadre (bianchi e rossi) sono accoppiati, e le coppie numerate, in due metà campo, come in figura. Nella parte sinistra si trasmettono inizialmente palla e nella parte destra giocano 1 contro 1, alternandosi in conduzione, con l'avversario inizialmente passivo. Quando l'allenatore chiama il numero corrispondente alle coppie (2 in questo caso), il giocatore in possesso deve condurre nella porzione di campo opposta alla porta a cui deve concludere, proteggendo palla e cercando poi di girarsi e puntare la porta per concludere; il giocatore non in possesso diventa difendente e deve cercare prima di chiudere gli spazi e di non far girare l'avversario in possesso e poi il recupero della palla per concludere a propria volta se ne entra in possesso.

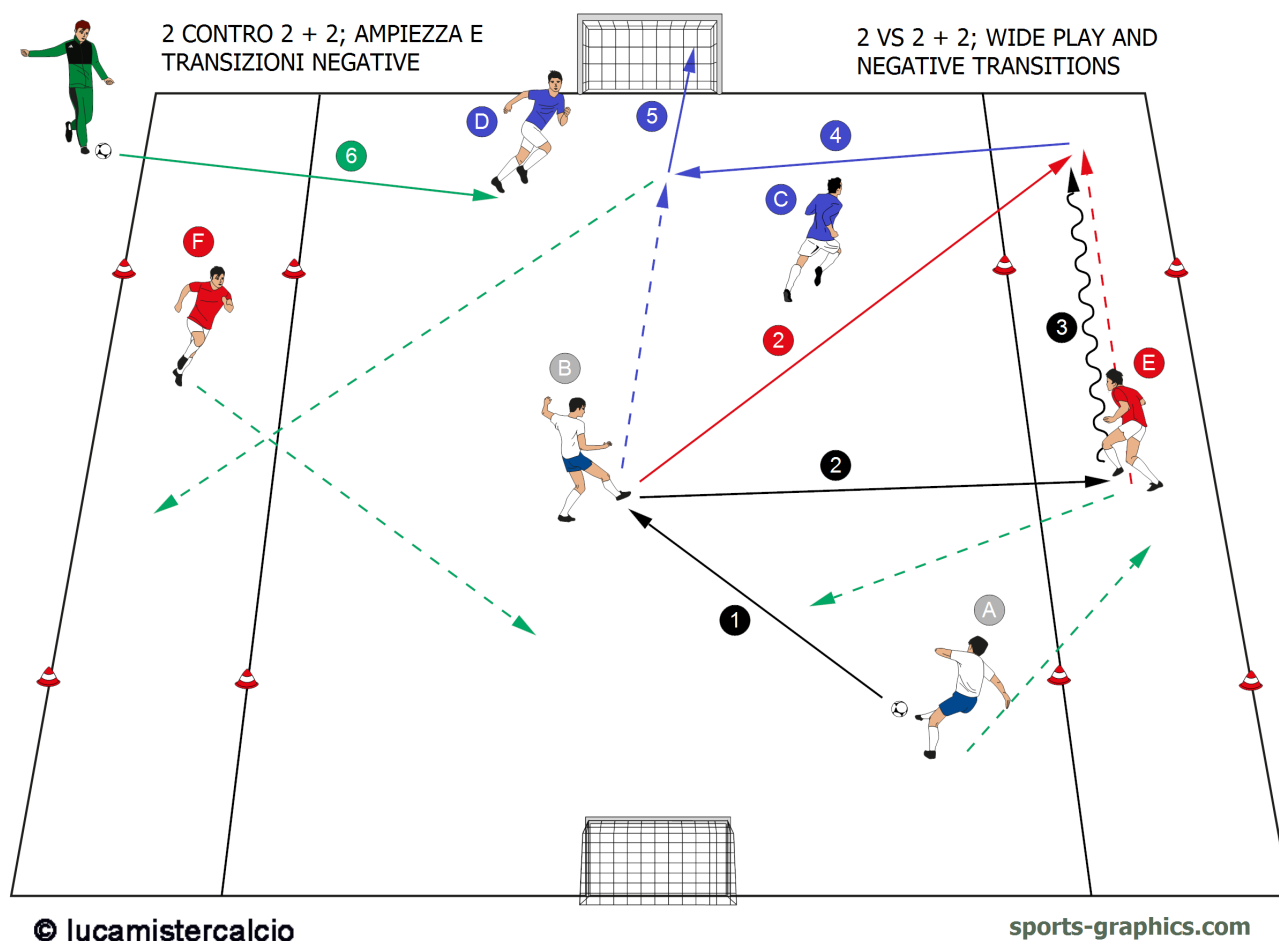
The players of two teams (reds and whites) are coupled and numbered, in two halves pitch, as in the picture. The couple of players pass themselves the ball in the the left side and they play 1 vs 1, dribbling alternately, with a passive opponent. When the coach calls the number of the couples (2 in this case), the players in possession must dribble in the opposite end zone from the goal, try to turn and dribble again inside the field to shoot on goal; the players without the possession become defenders and must try to close the spaces first and then to recover to finish if they win the ball.

## 1 contro 1 multipli a due squadre Two teams multiple 1 vs 1



I giocatori di due squadre sono accoppiati e numerati in due metà campo, come in figura. Nella parte sinistra si trasmettono inizialmente palla e sulla parte destra giocano 1 contro 1, alternandosi in conduzione, con l'avversario inizialmente passivo. Quando l'allenatore chiama il numero a loro corrispondente il giocatore in possesso deve condurre nella porzione di campo davanti a sé e concludere in porta; il giocatore non in possesso diventa difendente e deve cercare il recupero della palla e concludere a propria volta se ne entra in possesso. Il risultato finale è dato dal numero di reti segnate dalla squadra nelle due metà campo.

The players of two teams are paired and numbered inside the two halves of the field, as in the picture. On the left side they play passings and on the right they play alternate 1 vs 1 with passive opponent. When the coach calls their corresponding number, the player in possession must dribble inside the part of the field in front of him and shoot on goal; the player without the ball become defender and must try to recover the ball and shoot on goal too if he wins the possession. The final score is the number of goals of each team from both the halves of the field.



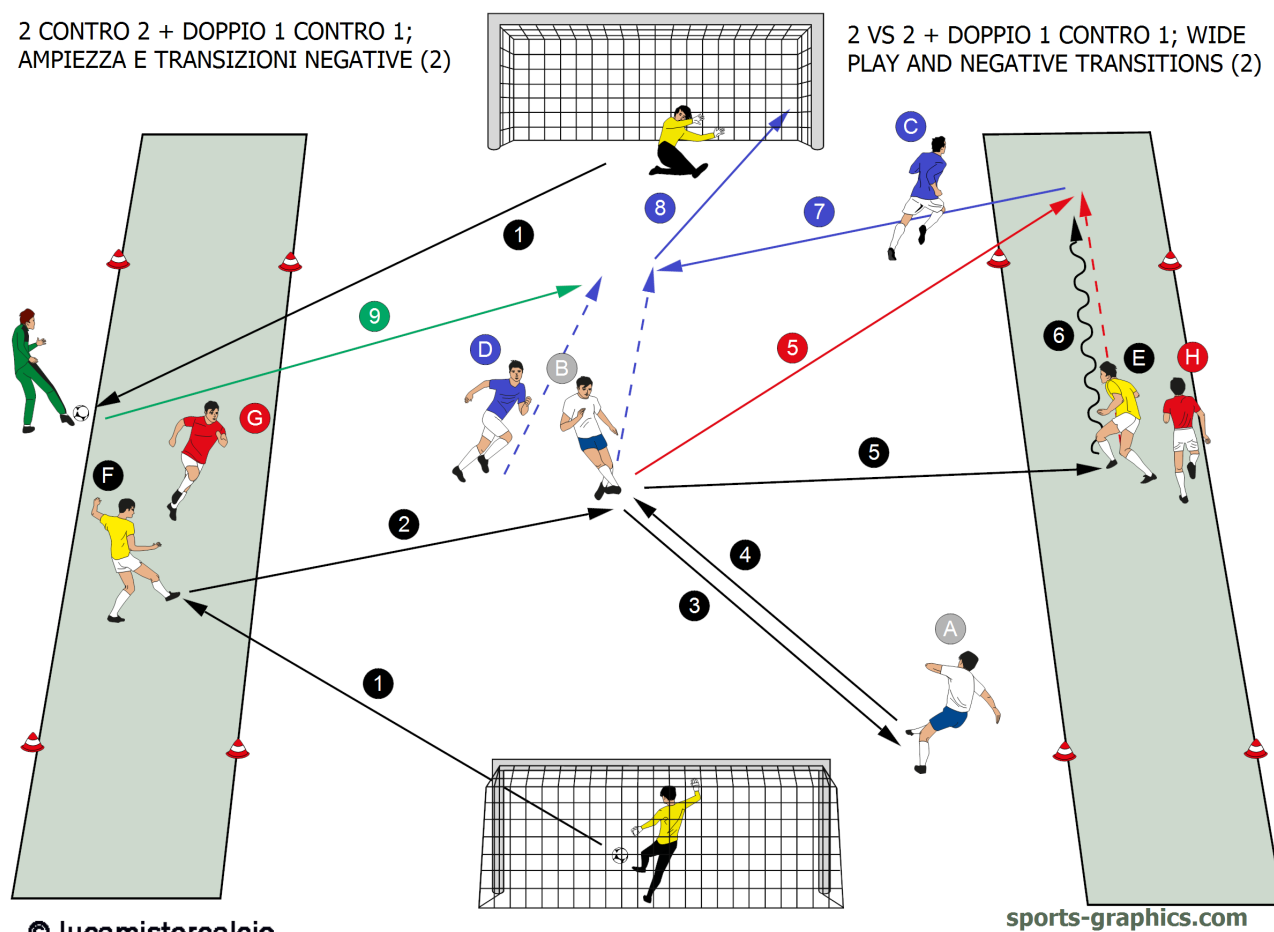
In un campo di dimensioni ridotte secondo caratteristiche dei giocatori si gioca un duello 2 contro 2 (A e B contro C e D) per segnare nelle porticine poste al centro. Dopo una fase di possesso palla (1-2), uno dei due giocatori laterali (E ed F) devono essere serviti in ampiezza (2/3 oppure 2 sulla corsa) per passare poi attraverso le porticine formate dai coni e giocare palla nel mezzo (4) per concludere (5). Al termine di ogni azione di attacco, i giocatori laterali diventano la squadra difendente (transizione negativa) del turno successivo (6). I giocatori della coppia attaccante diventano jolly laterali e la coppia precedentemente in difesa conquista il possesso palla.

A 2 vs 2 duel (A and B against C and D) to score in the center mini-goals, is played in a pitch of small dimensions, which depend on the characteristics of the players. After a phase of possession play (1-2), one of the two outside players (E and F) must be served in width (2/3 or 2 while running) and the player now in possession must then dribble through the small cone's gates and play the ball back in the middle (4) to finish (5). After each attacking move, the outside players become the defending team (negative transition) of the next turn (6). The couple of players of the attacking team become the free outside players and the defenders become forwards.



2 CONTRO 2 + DOPPIO 1 CONTRO 1;  
AMPIEZZA E TRANSIZIONI NEGATIVE (2)

2 VS 2 + DOPPIO 1 CONTRO 1; WIDE  
PLAY AND NEGATIVE TRANSITIONS (2)



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**PLAYERS AGE:** Youth Academy (U16); U18 or First Adult Team

**PLAYERS:** 10 (2 goalkeepers included)

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving

**PLAYER TACTICS:**

Escape one's mark/Man on man marking; Shoot on goal/Goal defense

**TEAM TACTICS:**

Wide play/Placement on the pitch

**SECONDARY OBJECTIVES**

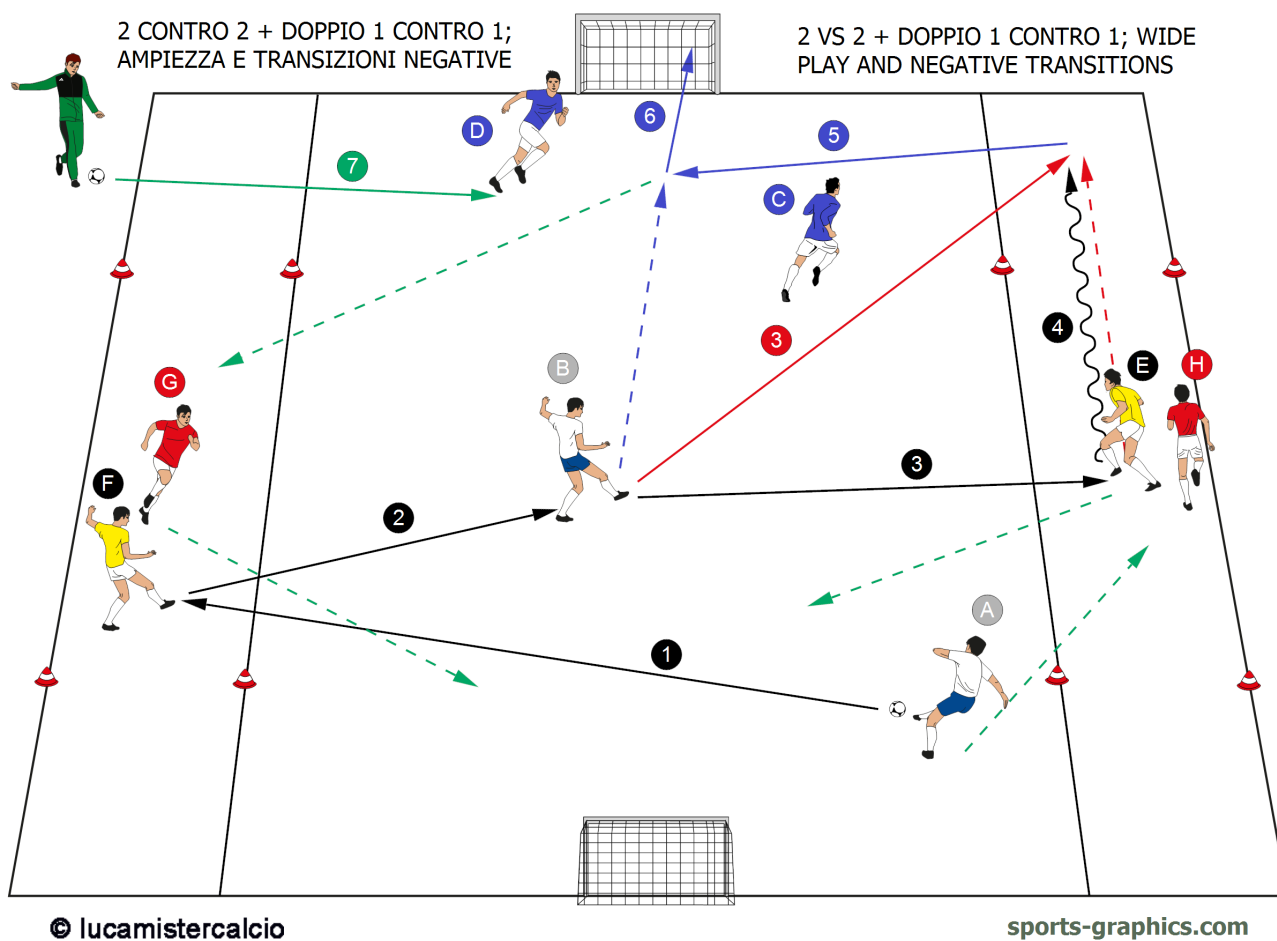
Runs without the ball/Caution

**EQUIPMENT:**

cones, balls, multi-color vests, regular goals

**SEQUENCE:**

In a small sided pitch, with dimensions which depend on the characteristics of the players, a 2 vs 2 duel is played (A and B against C and D) to score in the goals placed at the center and protected by two goalkeepers. The two goalkeepers are in possession at the beginning and the coach decides which of them starts the move (1); the other one passes the ball to the coach. The choosed goalkeeper passes the ball to one of the outside free players (1) and the receiver must decide which two players team inside the center part of the pitch must be in possession (2-4). After a phase of possession, the free wide player with the same color in the opposite side must receive (5) and dribble through the cone's gate (6) or receive while running without the ball played forward and pass the ball back in the middle (7) to finish (8). The outside free players must always win a 1 vs 1 duel inside the flanks. In the end the coach passes the ball to the defending team, which can counterattack and play 2 vs 2 against the player in possession before (negative transition) and finish in the opposite goal, after at least one wall pass with an outside defense free player. The players must change freely and continuously the roles in the exercise at the end of each move.



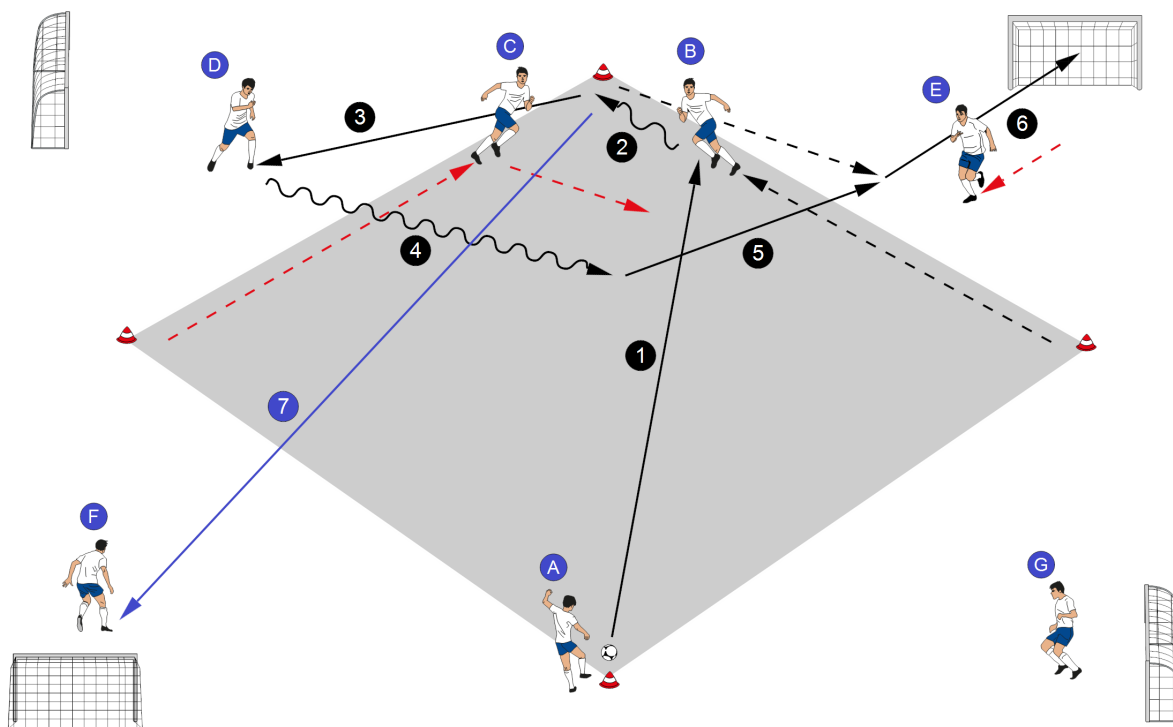
In un campo di dimensioni ridotte secondo caratteristiche dei giocatori si gioca un duello 2 contro 2 (A e B contro C e D) per segnare nelle porticine poste al centro. Dopo una fase di possesso palla, due giocatori laterali (E ed F oppure G ed H, che duellano 1 contro 1) devono essere serviti in ampiezza in entrambi i lati (1-3); chi riceve il secondo passaggio in ampiezza deve passare attraverso le porticine formate dai coni in conduzione (4) oppure in corsa per arrivare sul passaggio giocato in avanti e trasmettere nuovamente palla nel mezzo (5) per concludere (6). Al termine di ogni azione di attacco, la coppia di giocatori laterali che erano prima in possesso palla diventano la squadra difendente (transizione negativa) del turno successivo (7). I giocatori della coppia attaccante diventano laterali e la coppia precedentemente in difesa conquista il possesso palla. Se i giocatori laterali difendenti conquistano palla, devono trasmetterla alla coppia difendente del 2 contro 2, che può contrattaccare direttamente.

In a pitch with reduced dimensions depending on the skills of the players a 2 vs 2 is played by A and B against C and D to score in the mini-goals placed at the center. Two outside players (E and F or G and H, which play 1 vs 1 between them) must be served wide inside both sides (1-3); the second wide player must dribble after receiving (4) or run to receive through the cone's gate (4) passing the ball back into the center (5) to finish (6). In the end of each attacking move, the outside players which were in possession of the ball become the defending team (negative transition) of the following turn (7). The attacking players become the new outside ones and the two prior defenders recover the possession. If the defending outside players recover the ball during the 1 vs 1 duel, they must pass it to the defenders of the 2 vs 2 duel, which can counterattack directly.

## 2 contro 2 a porte alterne – 2 vs 2 with alternate goals

2 CONTRO 2 A PORTE ALTERNE

2 VS 2 WITH ALTERNATE GOALS



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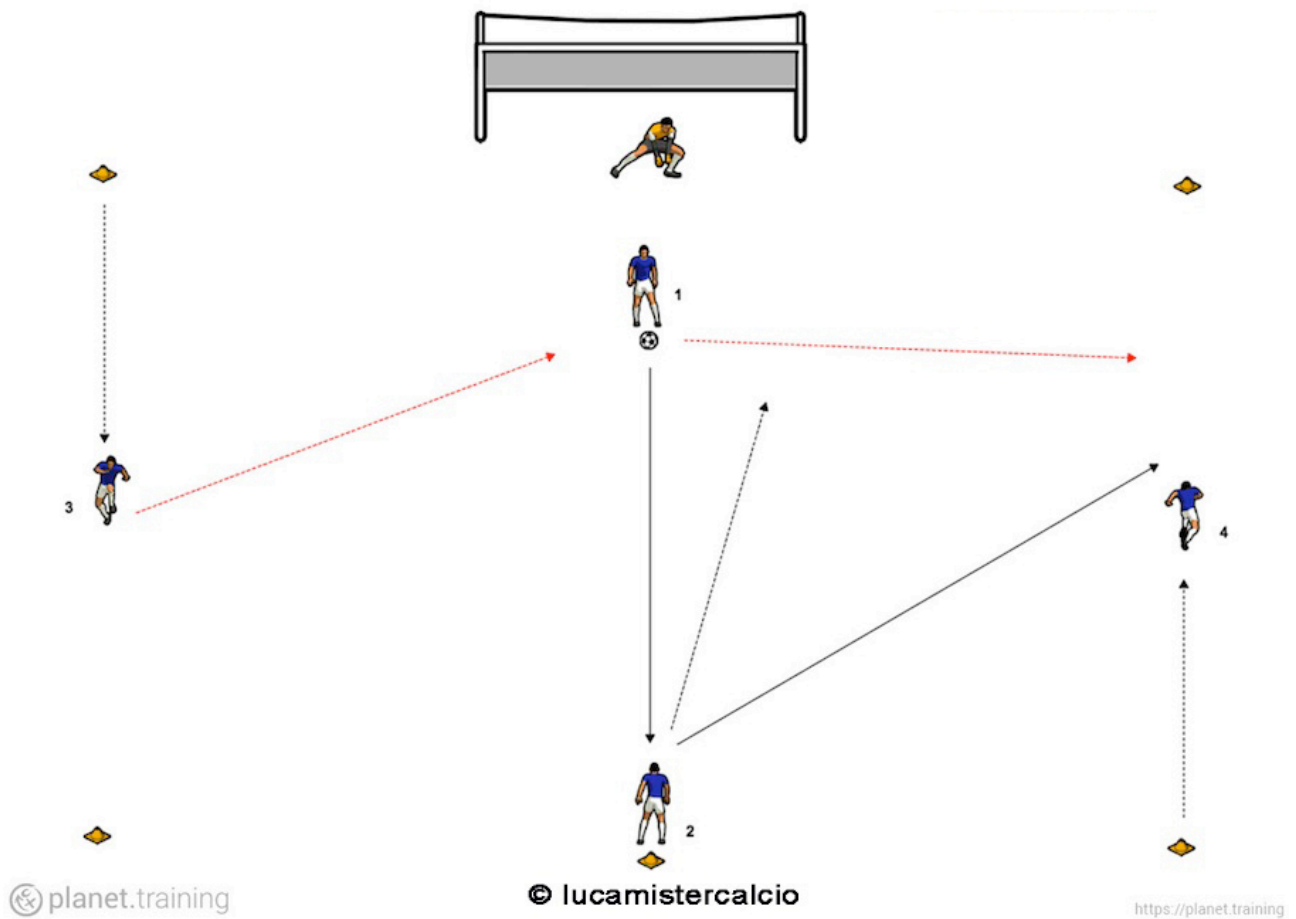
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L'area di gioco è un rombo con quattro porticine esterne orientate in modo alterno. Il giocatore A decide a chi trasmettere palla tra B e C, mentre avanzano verso il vertice superiore del rombo (1); chi riceve (B in figura), conduce fino al cinesino (2) e decide il compagno con cui giocare 2 contro 2 tra i quattro appostati davanti alle porticine (3 - D in figura); C ed E sono i difendenti. D e B devono concludere nella porticina nei cui pressi sostava in precedenza E (4 - 5 - 6). Il giocatore sul vertice dopo aver ricevuto palla può decidere di cambiare lato di gioco (7); in questo caso B ed F avrebbero sfidato C e G per concludere nella porticina di G. Se i difendenti conquistano il possesso, devono segnare nella porta dello stesso lato di gioco.

The area of the exercise is a rhombus with four alternately oriented minigoals. The player A decides who is the receiver between B and C, which are running towards the upper corner of the rhombus (1); The receiver (B in the picture), dribbles till the cone (2) and the he decides his teammate to play 2 vs 2 four players placed in front of the four minigoals (3 - D in the picture); C and E are the defenders. D and B must score in the goal where E was stading before (4 - 5 - 6). When a player on the upper cone receives the ball he may decide to switch side (7); in this case B and F would play against C and G to finish in minigoals where G was standing before. If the defendièrs win the possesso, they must score in the minigoal of the same game side.

## 2 contro 2 a sorpresa *Surprise 2 vs 2*

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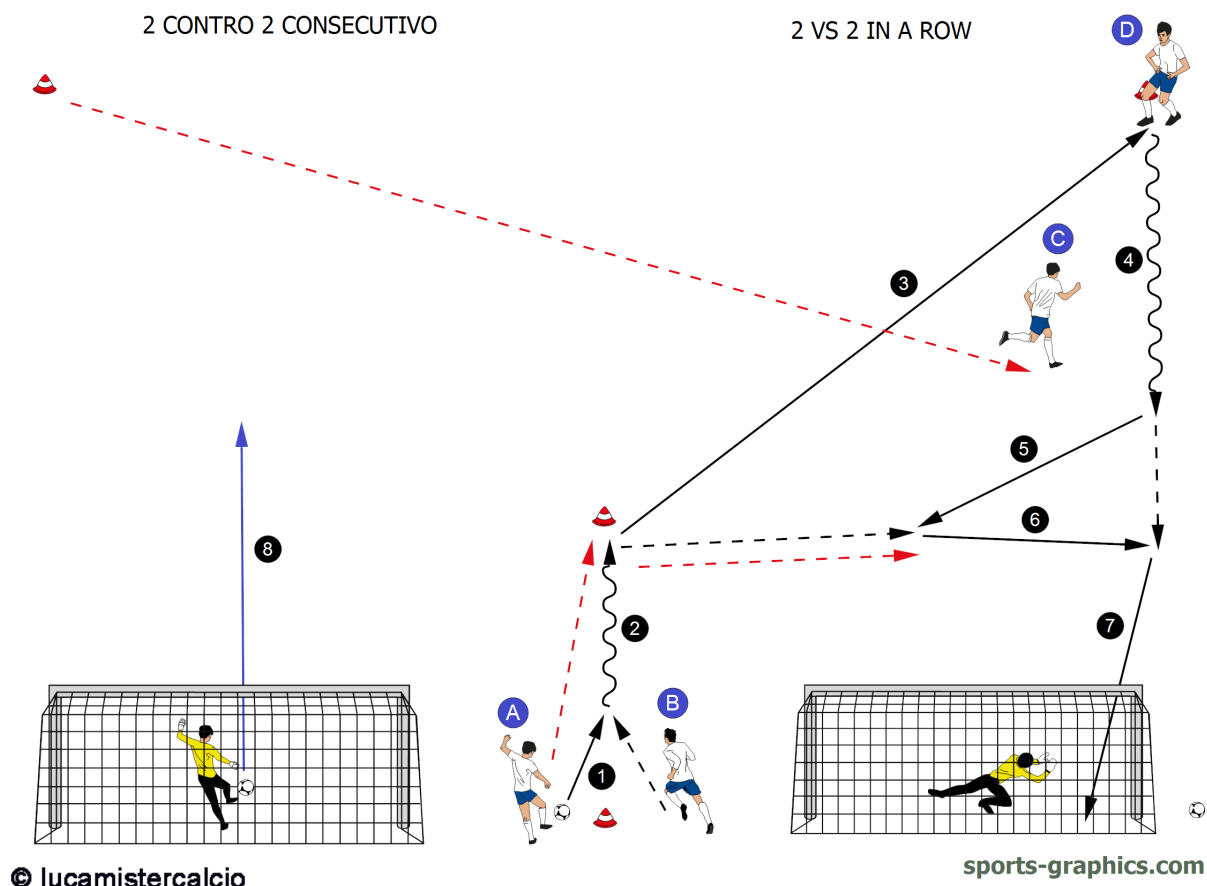


1 trasmette palla a 2. 3 e 4 si muovono, in contemporanea, incontro e in profondità. 2 sceglie a chi passare palla (4 in questo caso). Si gioca quindi 2 contro 2 in cui 1 e 3 sono i difendenti.

*1 pass to 2. 3 and 4 run in opposite directions at the same time. 2 chooses his mate passing the ball (4 here). Then they play 2 vs 2 with 1 and 3 as defenders*



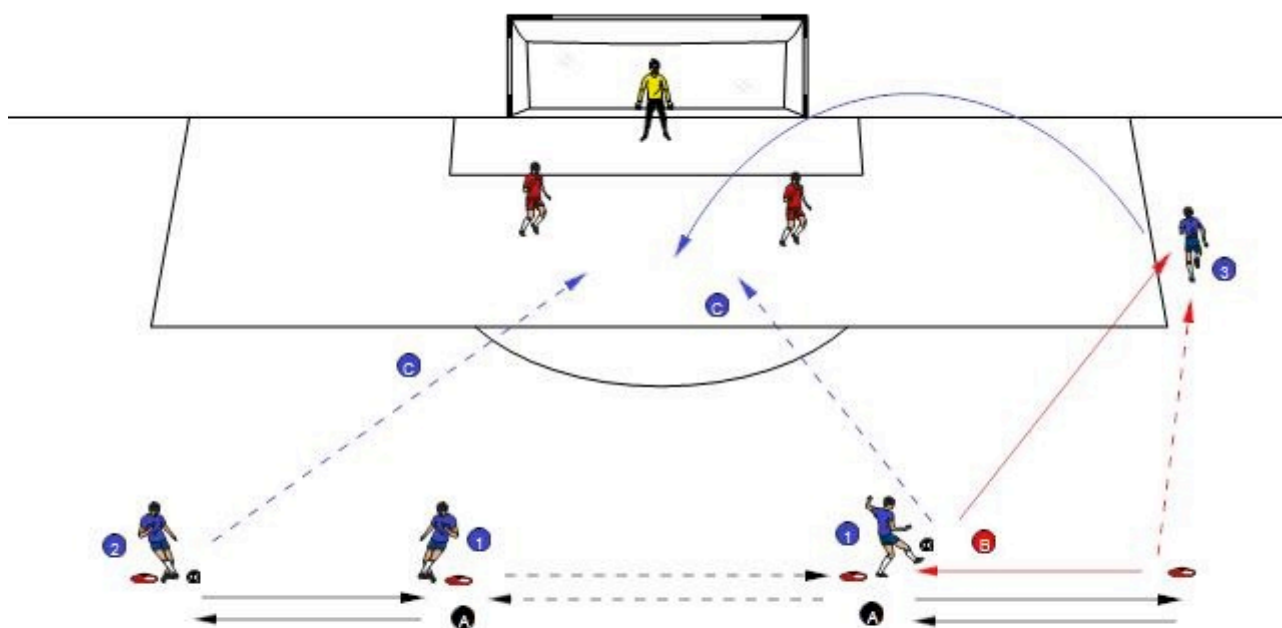
## 2 contro 2 consecutivo – 2 vs 2 in a row



A trasmette palla sul breve per B (1) che conduce fino al cinesino successivo (2) contrastato attivamente da A in duello 1 contro 1; chi mantiene il possesso (B in figura) decide a quale giocatore ai vertici trasmettere palla (3 – D in figura); 3 riceve e conduce palla (4). Si gioca quindi 2 contro 2 B e D contro A e C. Una volta terminato il duello su un lato (5-7), il portiere dalla parte opposta mette in gioco un secondo pallone (8) per iniziare un nuovo duello 2 contro 2 con le stesse squadre del precedente. Se i difendenti conquistano palla, devono segnare nella porta del lato in cui si sta giocando.

A makes a short pass to B (1) who dribbles until the next cone (2) and the player A is an active opponent in the 1 vs 1 duel; the player who keeps the possession (B in the picture) decides which players on the two vertex has to be served (3 - D in the picture); he then receives and dribbles (4) forward. A 2 vs 2 duel is now played by B and D against A and C. Once the first duel is finished (5-7), the goalkeeper on the opposite side kicks a second ball (8) to start a new duel 2 vs 2 with the same teams of the previous one. If the defending players win ball they must score in the goal of the side where the play is being carried out.

## 2 contro 2 da cross – 2 vs 2 after cross pass



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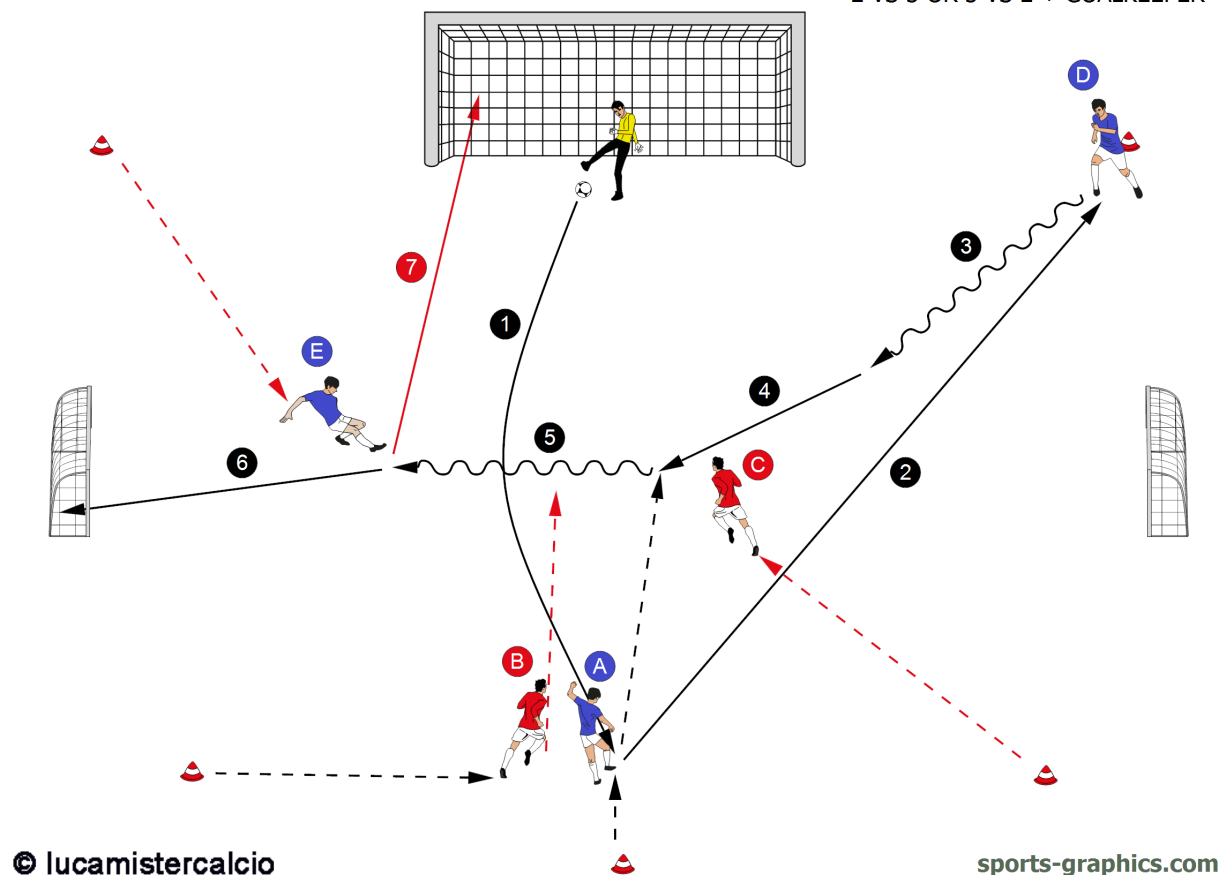
1 scambia palla fra i cinesini con 2 e 3 (A-frecce nere). I giocatori esterni possono decidere, dal terzo/quarto scambio in poi quando attaccare la profondità fuori area per andare al cross (B-frecce rosse). Il giocatore centrale e il laterale opposto attaccano l'area di rigore creando un 2 contro 2 con i difensori (C-frecce blu).

*1 play wall passes with 2 and 3 among the cones (A-black arrow). Outside players can decide when to run deep to receive and make cross pass after three or four sequences (B-red arrow). Center player and the opposite outside player run into the goal area creating a 2 vs 2 with defenders (C-blue arrows).*

## 2 contro 3 o 3 contro 2 + portiere – 2 vs 3 or 3 vs 2 + goalkeeper

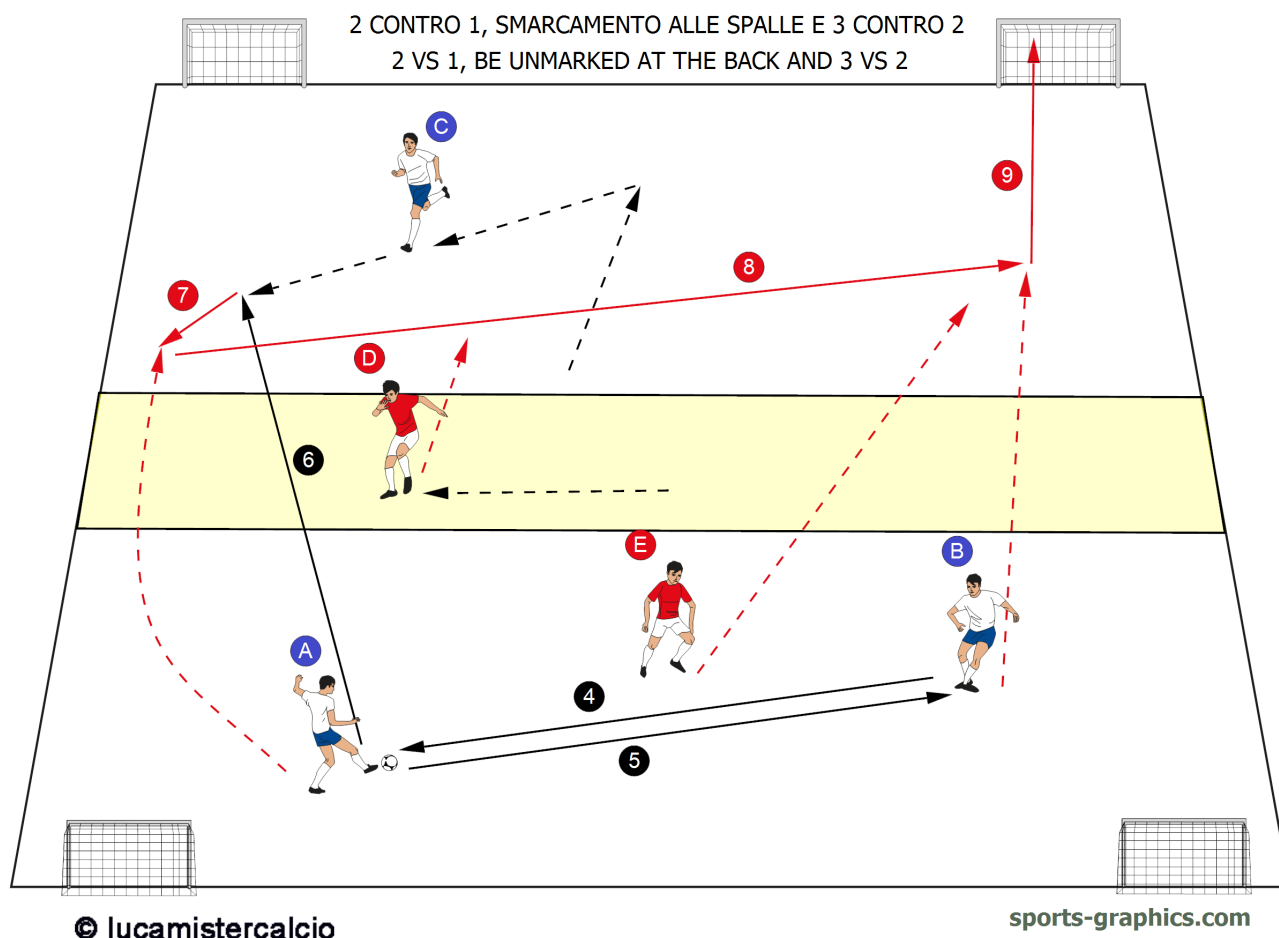
2 CONTRO 3 O 3 CONTRO 2 + PORTIERE

2 VS 3 OR 3 VS 2 + GOALKEEPER



Il portiere trasmette palla al giocatore A e contemporaneamente chiama la pressione laterale, passiva per i primi 3", di uno dei giocatori rossi (B in figura). A deve quindi trasmettere al compagno sul vertice della parte libera di campo (D in figura - 2); si gioca quindi un duello 2 contro 3 (3-6) fra A e D contro B, C ed il giocatore che non ha ricevuto la seconda trasmissione palla (E). I due attaccanti devono cercare di segnare nella porticina opposta al secondo ricevente D. Se i difendenti conquistano palla, giocano 3 contro 2 e possono concludere nelle porta regolare centrale (7).

The goalkeeper passes the ball to the player A and indicates the player who must put pressure at the same time; it has to be a passive pressure for the first 3" coming from one of the red players (B in the picture). A must then pass forward to the teammate on the side vertex of the free side of the pitch (D in the picture - 2); a duel 2 vs 3 (3-6) is now played among A and D against B, C, and the player who didn't receive the second pass (E). The two attackers must try to score in the opposite side monigoal from where the player D received. If the defenders recover the ball, a duel 3 vs 2 is played to score in the regular goal in the center (7).

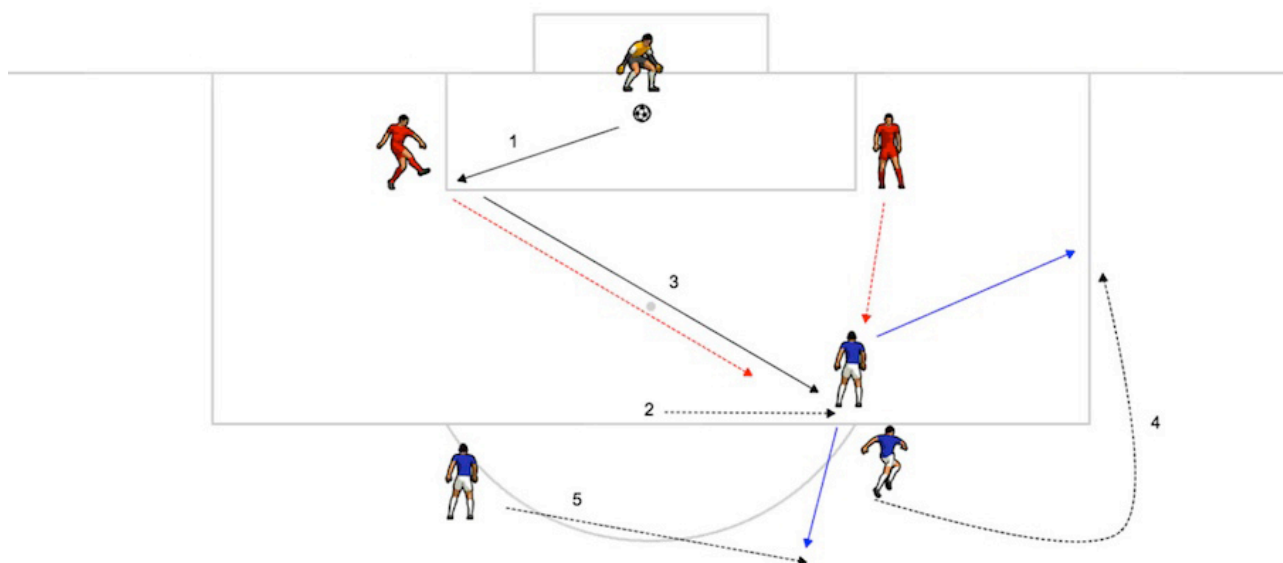


All'interno di uno spazio quadrato, diviso in tre zone, due giocatori (A e B) devono cercare di mantenere il possesso palla in una delle due zone esterne contro un difendente (E); dopo un certo numero di passaggi (4-5), i giocatori in possesso devono trasmettere ad un terzo compagno che agisce nell'altra zona esterna e che deve cercare di farsi trovare smarcato in zona luce in modo da poter ricevere palla dai due compagni. Nella fascia centrale gioca il secondo difendente (C), che deve cercare di chiudere le linee di passaggio a D e intercettare il pallone. Se C riesce a ricevere il passaggio dai compagni (6), deve proteggere palla contro la pressione di D e giocare palla ad uno tra A e B (7); il goal nelle porticine (9) è valido solo se segnato dal "terzo uomo" che riceve (8), inserendosi in avanti. Se uno dei due difendenti conquista palla, D ed E giocano 2 contro 2 con A e B per segnare nelle porticine nella loro zona.

Two players (A and B) must keep the possession inside one of the outside spaces of a square against a first defender (E); they can pass to their third teammate (D), who is placed in the other outside area, only after a fix number of passings (4-5); D must try to be unmarked and available to receive the ball. A second defender is placed inside the centre space (C) and he has to close the passing lines and intercept the passings toward D. If C can receive the pass from the teammates (6), he must keep the possession against the pressure of D and he must pass the ball to A or B (7); the scores in the mini-goals (9) are valid only if they're scored by the "third man" who receives (8), while running forward. If one of the two defenders recovers the possession, D and E can play 2 vs 2 against A and B to score in the mini-goals inside their area.

## 3 contro 2 + portiere *3 vs 2 + goalkeeper*

<http://lucamistercalcio.com/>

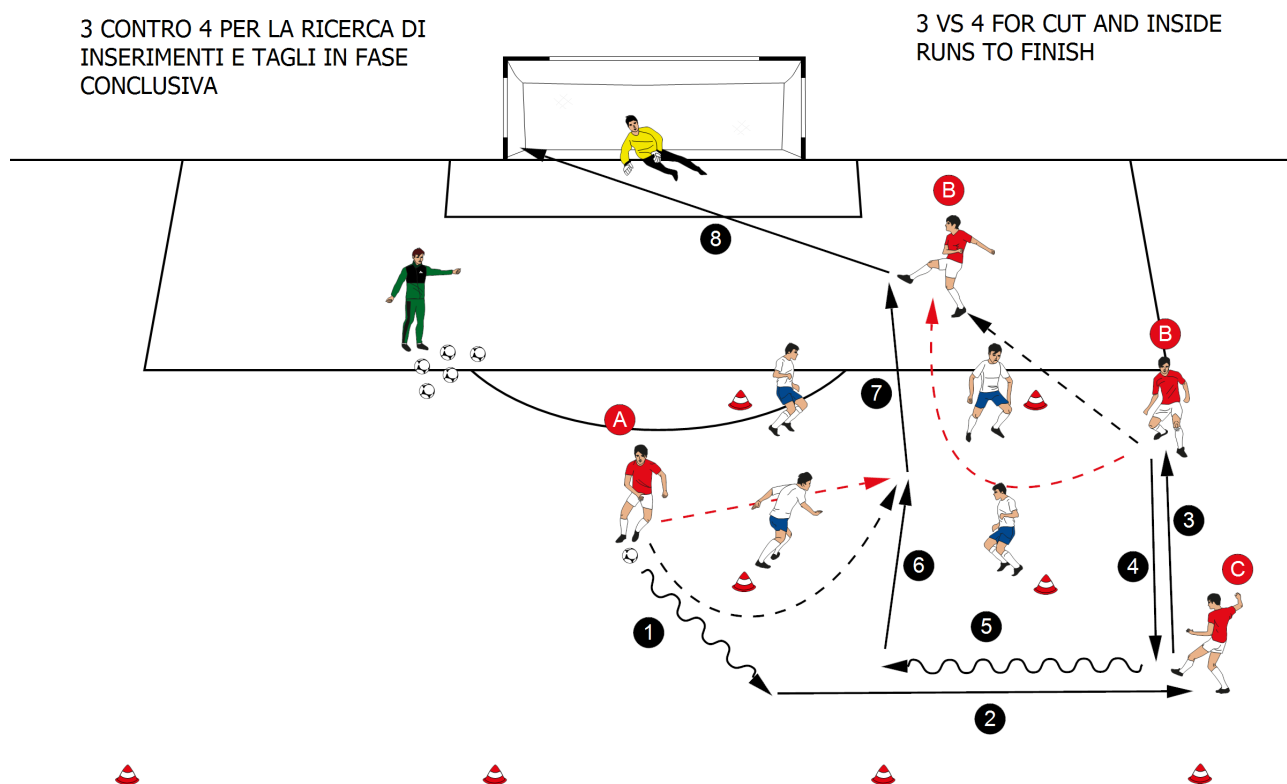


Il portiere passa palla ad uno dei difensori rossi (1), opposto rispetto al movimento iniziale del centrale blu (2). Il difensore passa palla al centrale (3). Di conseguenza gli altri 2 attaccanti si devono muovere in sovrapposizione (4) e a sostegno (5).

*The goalkeepr pass the ball to one of two defenders (1) on the other side of the starting move of blue center player (2). The defender pass the pass to the center player (3). The other attackers shall overlap (4) and support back the first attacker*



## 3 contro 4 per la ricerca di inserimenti e tagli in fase conclusiva 3 vs 4 for cut and inside runs to finish



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Nei pressi dell'area di rigore, su una metà ideale, tre giocatori (A, B e C), mantengono il possesso palla in inferiorità numerica (1-5) restando esterni al quadrato all'interno del quale ci sono 4 difensori. I tre giocatori in possesso palla possono concludere in porta (8) solo passando attraverso il quadrato (taglio o inserimento - 6) e trasmissione in profondità (7). Se i giocatori difendenti conquistano palla devono condurla al di là della linea di meta.

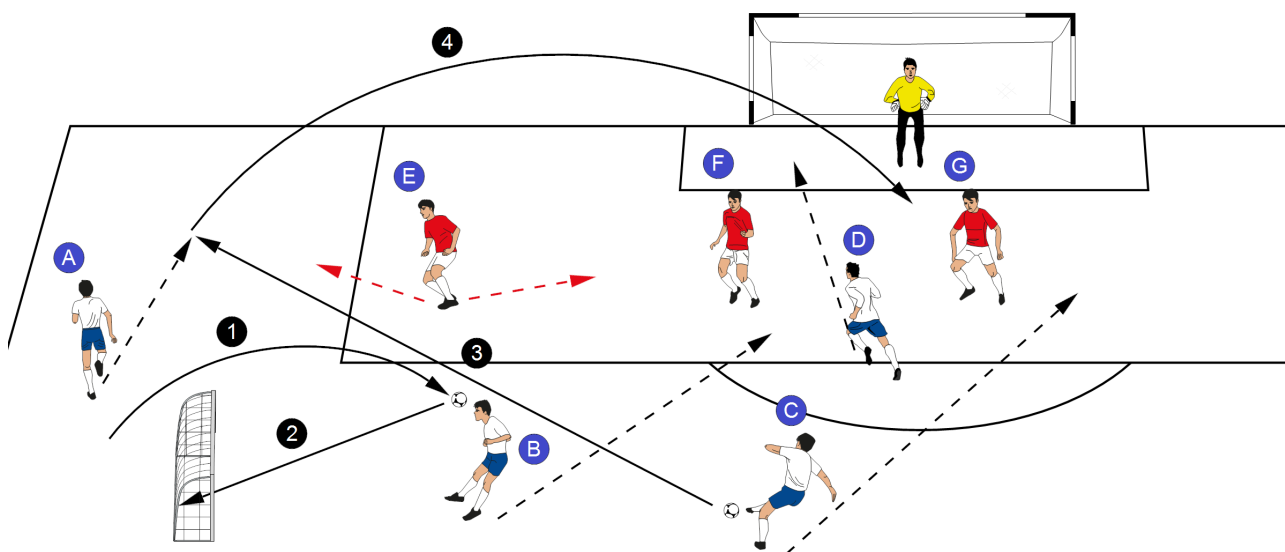
Three players A, B and C are keeping the possession outnumbered against four defenders outside the square where they are placed inside (1 -5). The three attackers can shoot on goal (8) only running or passing through the square (cut or inside runs - 6) and a last deep pass (7). If defenders win the ball, they must bring it over the end zone line.

3+1 contro 3: allenare coperture preventive e transizioni positive – 3+1 vs 3: space prior defence and attack transition



L'allenatore, al centro, gioca palla alternativamente a 3 giocatori post in partenza su 3 file . Chi riceve palla deve condurre fino al cinesino di fronte; gli altri 2 si devono muovere di conseguenza a copertura dello spazio lasciato libero, scalando lateralmente o chiudendo centralmente (1 – 2 – 3). Ad ogni passaggio di ritorno all'allenatore, tutti i giocatori ritornano nelle posizioni di partenza. Quando tutti hanno giocato palla o ad un segnale prestabilito, sull'ultimo passaggio dell'allenatore si gioca 3 contro 3 più portiere (4) contro i difensori in area, che hanno precedentemente svolto la stessa esercitazione.

*The coach, placed in the center, passes the ball alternatively to the players on the three queues. The receiver must dribble till the next in front cone; the others must run to cover and defend the free space left by the receiver outside and inside (1 – 2 – 3). All the player must run back to starting position every return pass to the coach. When all the player have played the ball or when an established sign is given, the coach pass the ball for last time to play 3 vs 3 with goalkeeper (4) against the defenders which carried out the same exercise before.*



COLPO DI TESTA E ATTACCO ALLA PORTA DA CROSS

HEADERS AND ATTACKING MOVES FROM CROSS PASS

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**PLAYERS AGE:** Youth Academy (U16-U19)

**PLAYERS:** 8

**MAIN OBJECTIVES**

**TECHNICAL:**

Header

**PLAYER TACTICS:**

Finishing, Shoot on goal, Marking

**TEAM TACTICS:**

Creativity, Team Finishing, Goal Defense

**SECONDARY OBJECTIVES:**

Timings of play, Attack the 2nd time of the ball

**EQUIPMENT:**

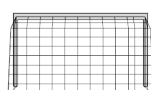
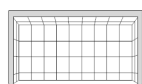
cones, balls, bibs, mini-goal and regular goal

**SEQUENCE:**

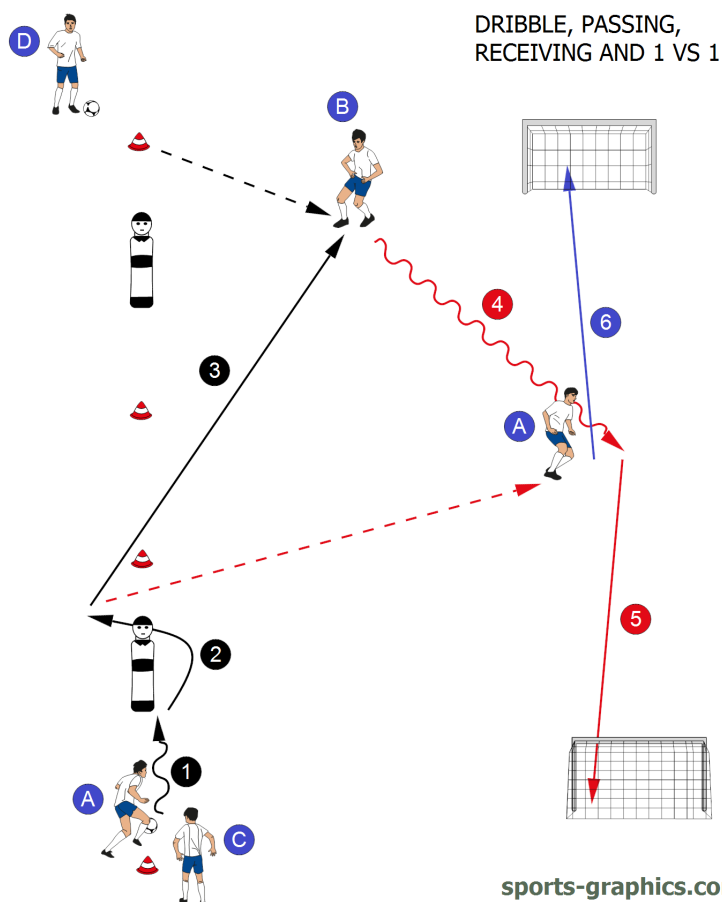
7 players carry out an exercise, at first without opponents and then with active defenders and goalkeeper to coach the header inside a space corresponding to the width of the penalty area with a flank included and 20-25 m length. A is placed on the left of the penalty area and he throws the ball to B (1), who must header freely to score in the mini-goal in front of him (2). C, who is placed in the centre and just outside the penalty area, passes the ball toward A in the deep space of the flank (3), and A must send the ball with a cross pass toward the penalty area to finish. B, C and D must attack the goal, running toward different positions inside the penalty area, and trying to win the second times of the ball if the defenders clean the area. The outside back (E) can decide whether to attack the outside forward or to save the space in the box and mark an opponent. All the players must play all the roles of the exercise.

## Conduzione, trasmissione, ricezione e 1 contro 1 Dribble, passing, receiving and 1 vs 1

CONDUZIONE, TRASMISSIONE,  
RICEZIONE E 1 CONTRO 1



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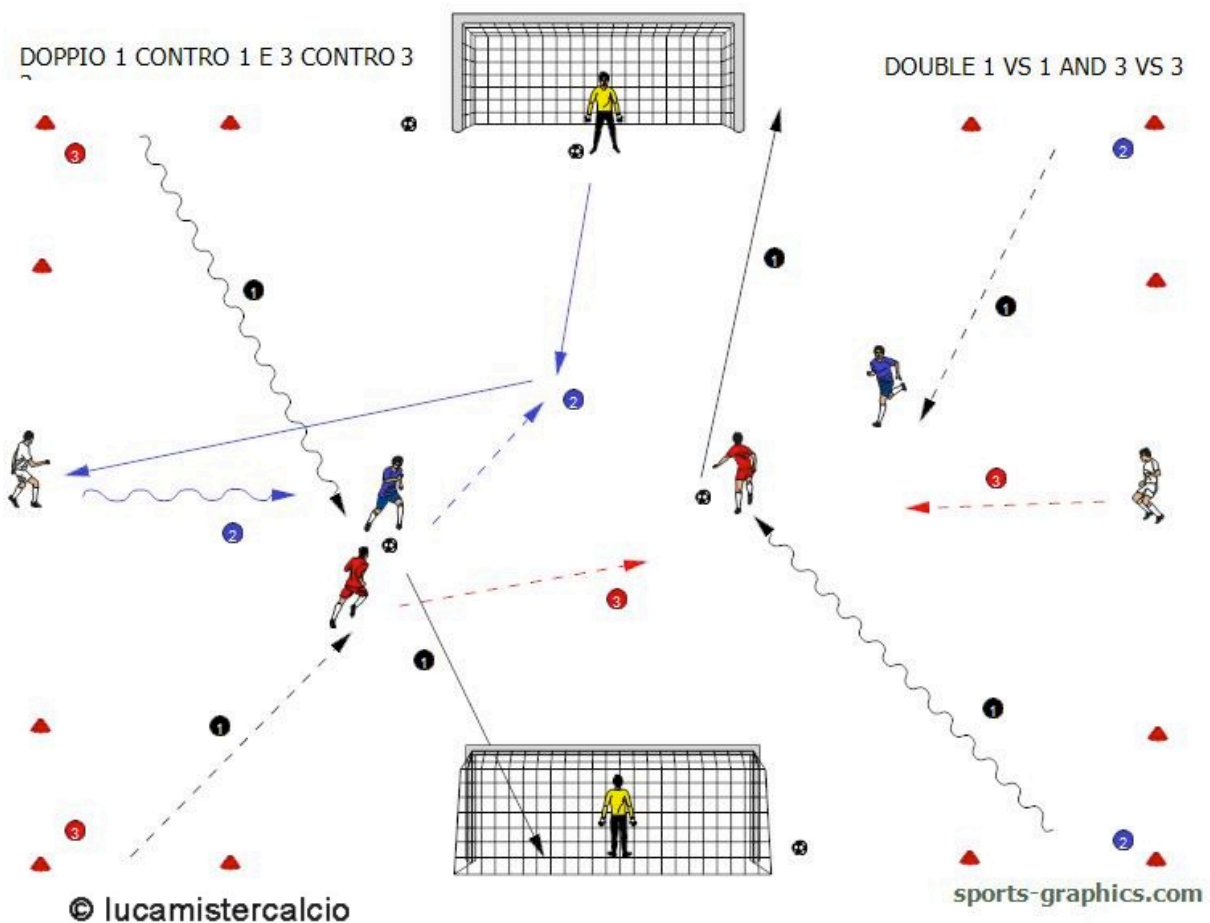


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Il giocatore A conduce palla (1) e supera con una finta la sagoma (2). A trasmette palla a B, che si muove esternamente a ricevere (3), dal lato opposto rispetto a quello da cui ha superato la sagoma, facendo passare il pallone tra i coni centrali. B riceve, conduce e gioca 1 contro 1 con A (4) per segnare nella porticina di fronte (5); se A conquista palla, può segnare nella porticina opposta. L'esercitazione riprende dal vertice opposto con D in possesso palla e C

The player A dribble (1) and overtake the air-body with a feint (2). A passes to B, who is running away from the cone and receives (3), from the other side from where he overtook the air-body; the ball must pass through the center cones. The player B receives, dribbles and play 1 vs 1 with A (4) to score in the mini-goal (5); If A wins the ball back, he can score in the opposite goal. The exercise starts again from the opposite cone with D in possession and C

## Doppio 1 contro 1 e 3 contro 3 – Double 1 vs 1 and 3 contro 3



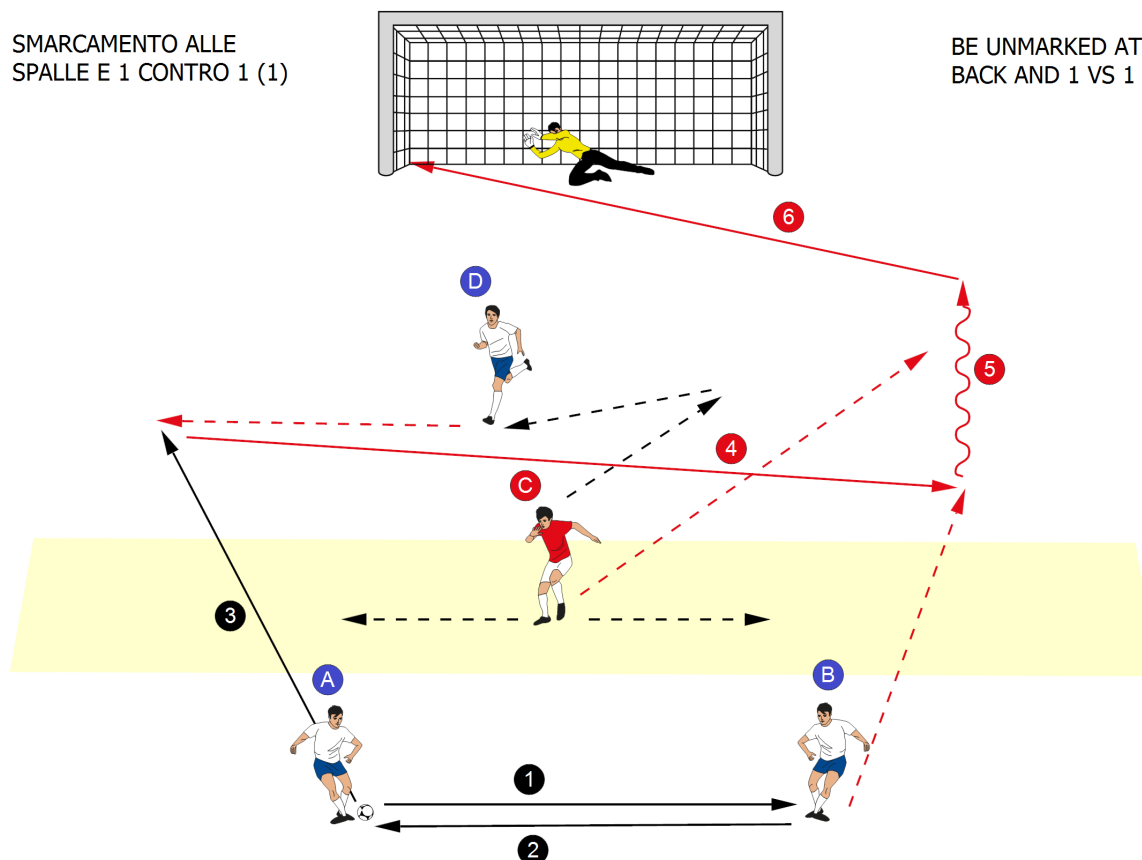
Quattro giocatori sono posti agli angoli del quadrato, due jolly lungo i lati dove non sono collocati porte e portieri. I due giocatori di colore diverso in possesso palla partono in conduzione da angoli opposti per concludere in porta, contrastati da altri due senza palla che difendono (1). La coppia in cui l'attaccante è riuscito a segnare (i blu in questo caso) mantiene il possesso palla ricevendo un secondo passaggio dal loro portiere e potendo decidere a quale dei due jolly passare palla (2); si gioca quindi 3 contro 3 con la squadra difendente composta dalla coppia precedente insieme al jolly che non ha ricevuto palla. La squadra in possesso deve segnare nelle porticine opposto al proprio jolly (2). Se la squadra difendente ruba palla può segnare nelle porticine opposte (3). Nel caso in cui entrambi gli attaccanti facciano goal sul primo tiro, il mister decide la squadra che mantiene il possesso.

*Four players are placed on square's corner, two free players are along the sides where goal and goalkeeper are not placed. Two players of different colour dribble from opposite corners to shoot on goal against the other two defenders without the ball (1). The team which forwarder scores keeps the possession, receiving a second pass from their goalkeeper and they can decide their third teammate between two free players, passing him the ball (2). A 3 vs 3 is now played with defending team of first loser couple and the second free player without the ball. The possession team must score on two cone's goal opposite from their free player teammate (2). If defending team wins the ball can score on the other side goals (3). If both of two first attacker scored, coach will decides which is the possession team.*



SMARCAMENTO ALLE  
SPALLE E 1 CONTRO 1 (1)

BE UNMARKED AT THE  
BACK AND 1 VS 1 (1)

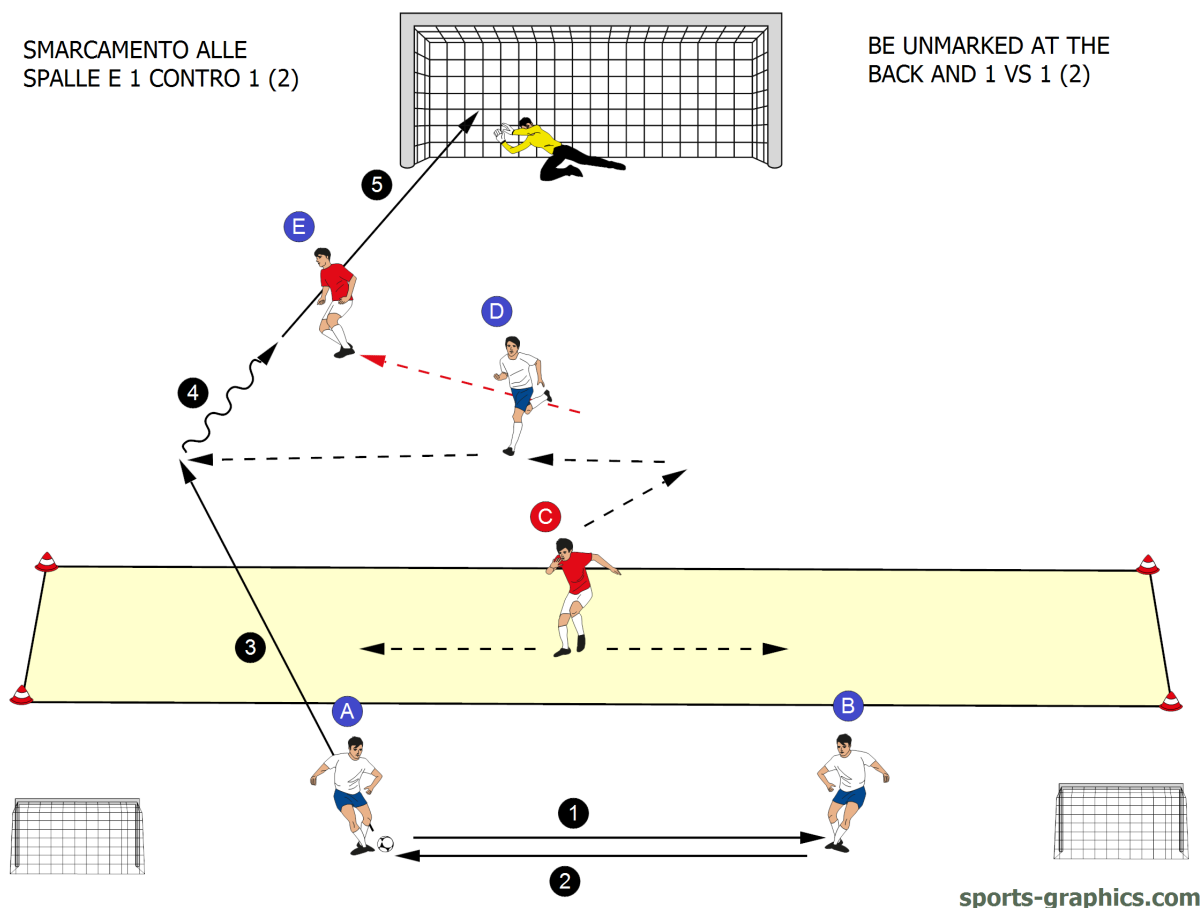


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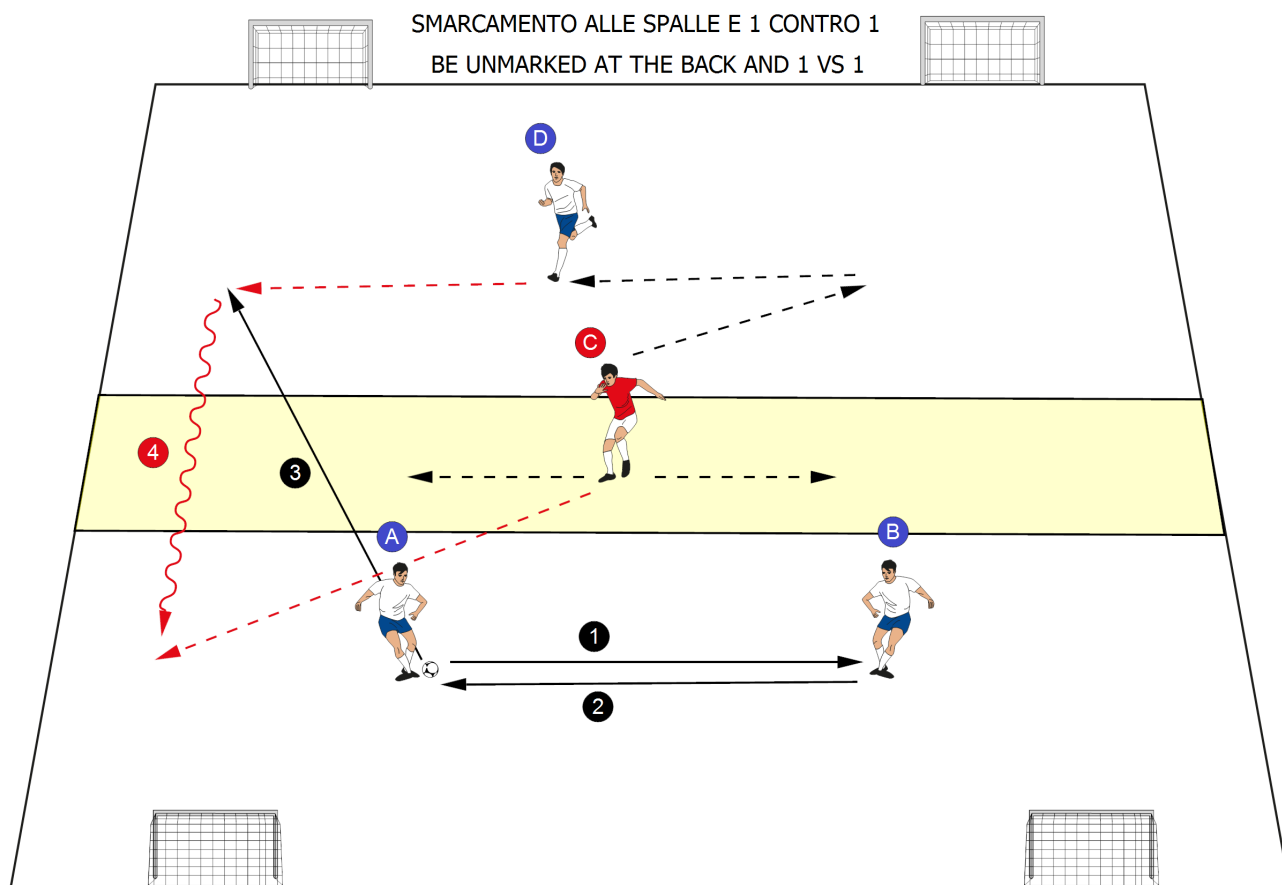
All'interno di uno spazio quadrato di dimensioni variabili, diviso in tre zone, due giocatori (A e B) si trasmettono liberamente palla (1-2) in una delle due zone esterne; un terzo giocatore (D) agisce nell'altra zona esterna e deve cercare di farsi trovare smarcato in zona luce in modo da poter ricevere palla dai due compagni. Nella fascia centrale gioca il difendente (C), che deve cercare di chiudere le linee di passaggio a D e intercettare il pallone. Se D riesce a entrare in possesso palla (3), deve trasmettere al compagno che si inserisce (B - 4) e da cui non ha ricevuto palla in precedenza; quest'ultimo gioca 1 contro 1 contro C (5) per concludere nella porta di dimensioni regolari con il portiere (6). Se C recupera palla, può cercare la conclusione a propria volta giocando contro D.

Two players (A and B) pass the ball themselves inside one of the outside spaces of a square with changing dimensions; a third player (D) is placed in the other outside area and he must try to be unmarked and available to receive the ball from the other teammates. A defender is placed inside the centre space (C) and he has to close the passing lines and intercept the passings toward D. If D can receive the ball (3), he must try to serve the other incoming teammate who didn't play the ball before (B - 4); B now plays 1 vs 1 against C (5) to finish in the regular goal with the goalkeeper. If C can recover the ball, he can try to score as well playing against D.



All'interno di uno spazio quadrato, diviso in tre zone, due giocatori (A e B) si trasmettono liberamente palla (1-2) nella zona esterna in basso; un terzo giocatore (D) agisce nell'altra zona esterna, più ampia e deve cercare di farsi trovare smarcato in zona luce in modo da poter ricevere palla dai due compagni; in questa variante D è però marcato alle spalle da un secondo difendente E, attivo già nella fase di smarcamento precedente. Nella fascia centrale gioca il difendente (C), che deve cercare di chiudere le linee di passaggio a D e intercettare il pallone. Se D riesce a ricevere il passaggio dai compagni (3), sfida 1 contro 1 E (4), che deve contrastare la conclusione in porta (5) difesa dal portiere. Se i difendenti recuperano palla, giocano 2 contro 2 con A e B per segnare nelle porticine.

Two players (A and B) pass themselves the ball inside the lower outside space of a square; a third player (D) is placed in the other bigger outside area and he must try to be unmarked and available to receive the ball from the other teammates; in this variation is already marked by a second defender E, who is already active in the prior situation. The defender C is placed inside the centre space and he has to close the passing lines and intercept the passings toward D. If D can receive the ball (3), he plays 1 vs 1 against D (4) to try to score in the regular goal with the goalkeeper (5). If the defenders can recover the ball, they play 2 vs 2 to score in the mini-goals

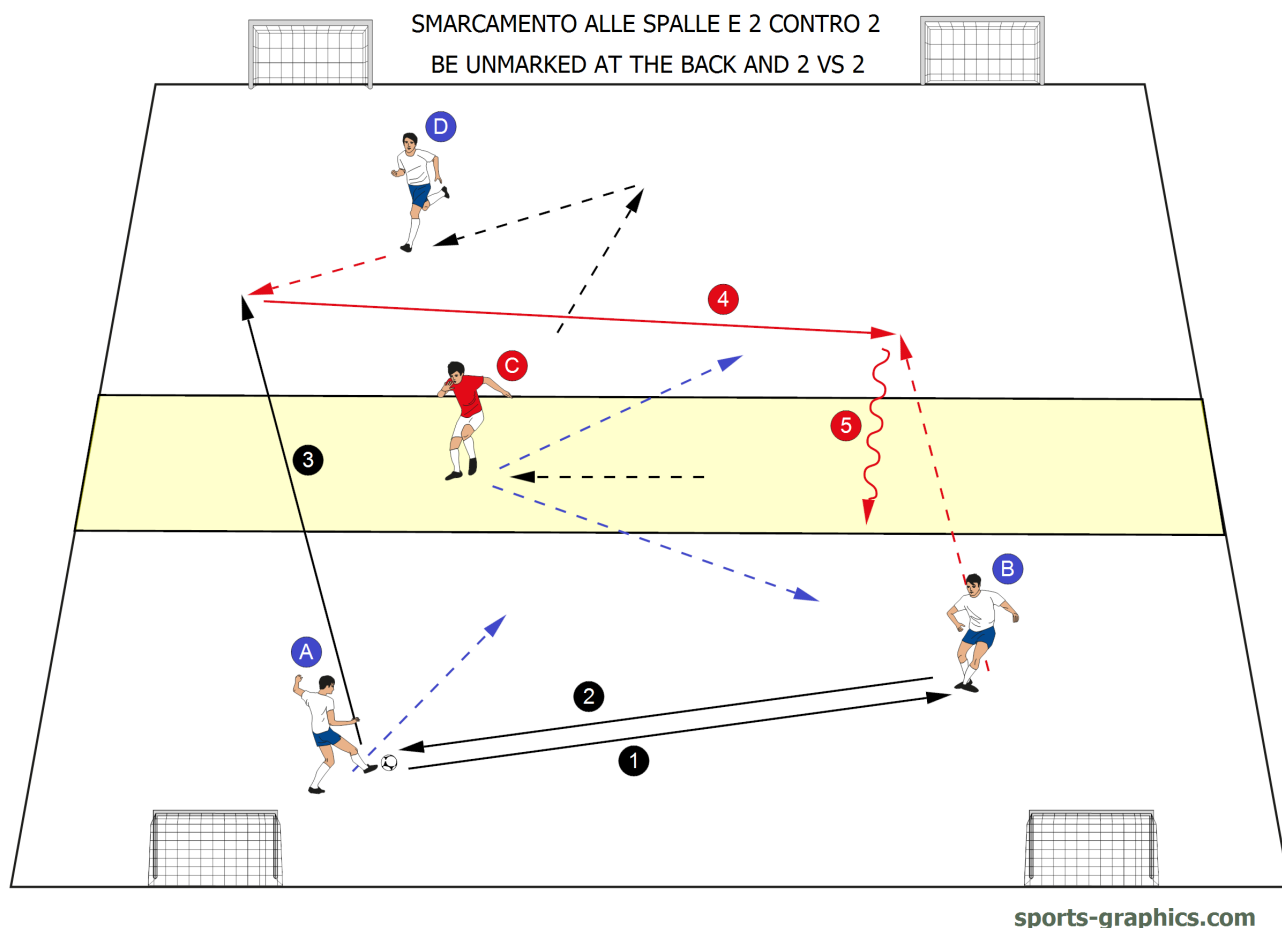


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All'interno di uno spazio quadrato, diviso in tre zone, due giocatori (A e B) si trasmettono liberamente palla (1-2) in una delle due zone esterne; un terzo giocatore (D) agisce nell'altra zona esterna e deve cercare di farsi trovare smarcato in zona luce in modo da poter ricevere palla dai due compagni. Nella fascia centrale gioca il difendente (C), che deve cercare di chiudere le linee di passaggio a D e intercettare il pallone. Se D riesce a ricevere il passaggio dai compagni (3), sfida 1 contro 1 C (4), che deve recuperare la posizione nell'area esterna da dove arriva il passaggio, per segnare in una delle due porticine. Se C recupera palla, può segnare a sua volta nelle altre due porticine giocando contro D.

Two players (A and B) pass themselves the ball inside one of the outside spaces of a square; a third player (D) is placed in the other outside area and he must try to be unmarked and available to receive the ball from the other teammates. A defender is placed inside the centre space (C) and he has to close the passing lines and intercept the passsings toward D. If D can receive the ball (3), he plays 1 vs 1 against C (4) to try to score in the two lower mini-goals inside the outside area from where the pass has arrived. If C can recover the ball, he can try to score in the two other mini-goals playing against D.

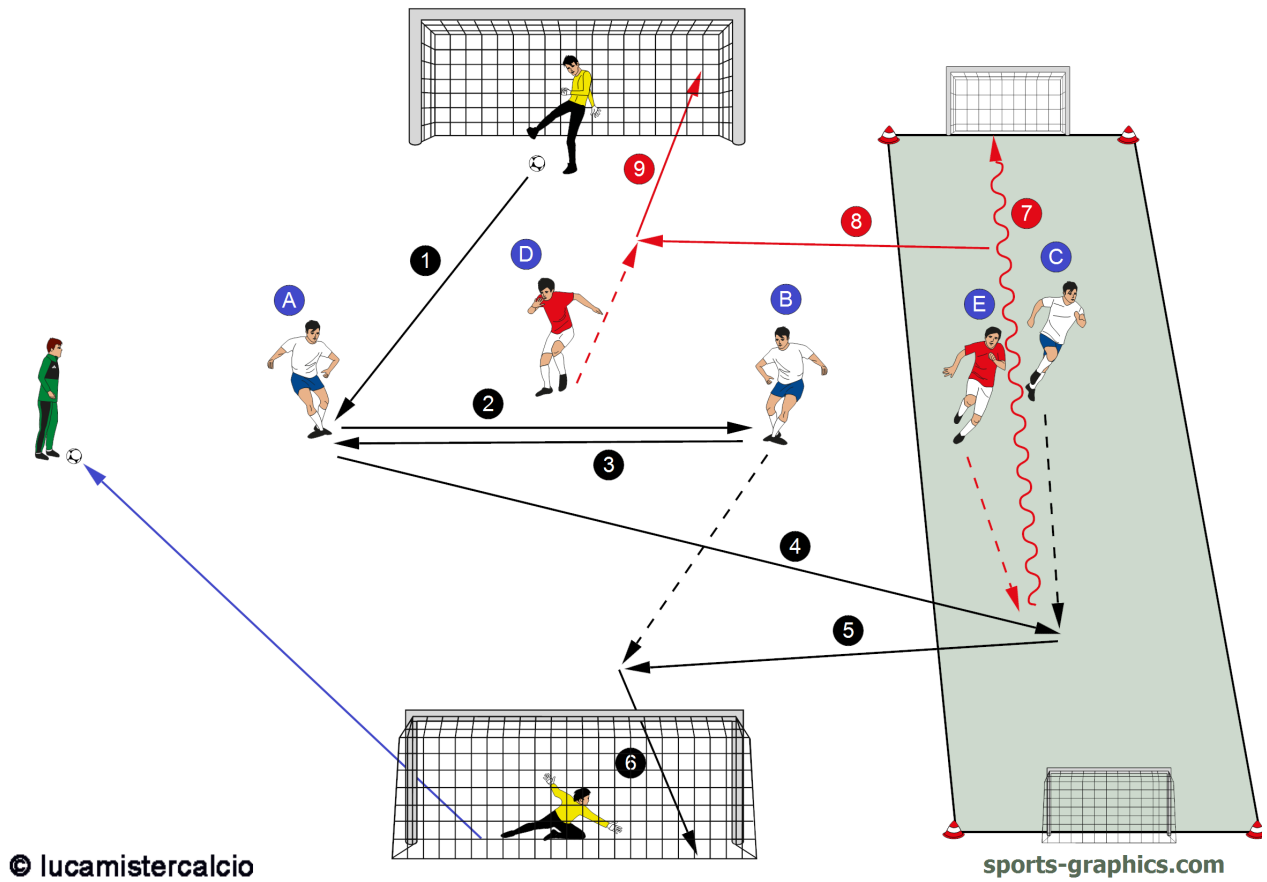


All'interno di uno spazio quadrato, diviso in tre zone, due giocatori (A e B) si trasmettono liberamente palla (1-2) in una delle due zone esterne; un terzo giocatore (D) agisce nell'altra zona esterna e deve cercare di farsi trovare smarcato in zona luce in modo da poter ricevere palla dai due compagni. Nella fascia centrale gioca il difendente (C), che deve cercare di chiudere le linee di passaggio a D e intercettare il pallone. Se D riesce a ricevere il passaggio da un compagno (da A in figura - 3), trasmette palla all'altro (B - 4) e inizia così un duello 2 contro 2 (5) per segnare nelle porticine. La coppia in possesso palla deve iniziare l'azione dalla parte di campo in cui era posizionato inizialmente il giocatore che ricercava lo smarcamento.

Two players (A and B) pass themselves the ball inside one of the outside spaces of a square; a third player (D) is placed in the other outside area and he must try to be unmarked and available to receive the ball from the other teammates. A defender is placed inside the centre space (C) and he has to close the passing lines and intercept the passings toward D. If D can receive the ball from a teammate ( from A in the picture - 3), he must pass it to the other one (B - 4) and a 2 vs 2 duel starts (5) to score in the minigoals. The couples of players in possession must start the attacking move from the area where the players who was trying to be unmarked was placed at the beginning.

SMARCAMENTO IN DUELLO 1 CONTRO 1 LATERALE (2)

BE UNMARKED PLAYING AN OUTSIDE 1 VS 1 DUEL (2)



**PLAYERS AGE:** Youth Academy (U16-U18) – First Adult Team

**PLAYERS:** 7

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving

**PLAYER TACTICS:**

Escape one's mark / Man on man marking, Feints, Interception/Anticipation, Shoot on goal

**TEAM TACTICS:**

Wide play, Cover and Balance, Delay

**SECONDARY OBJECTIVES:**

Dribble, Positive transitions

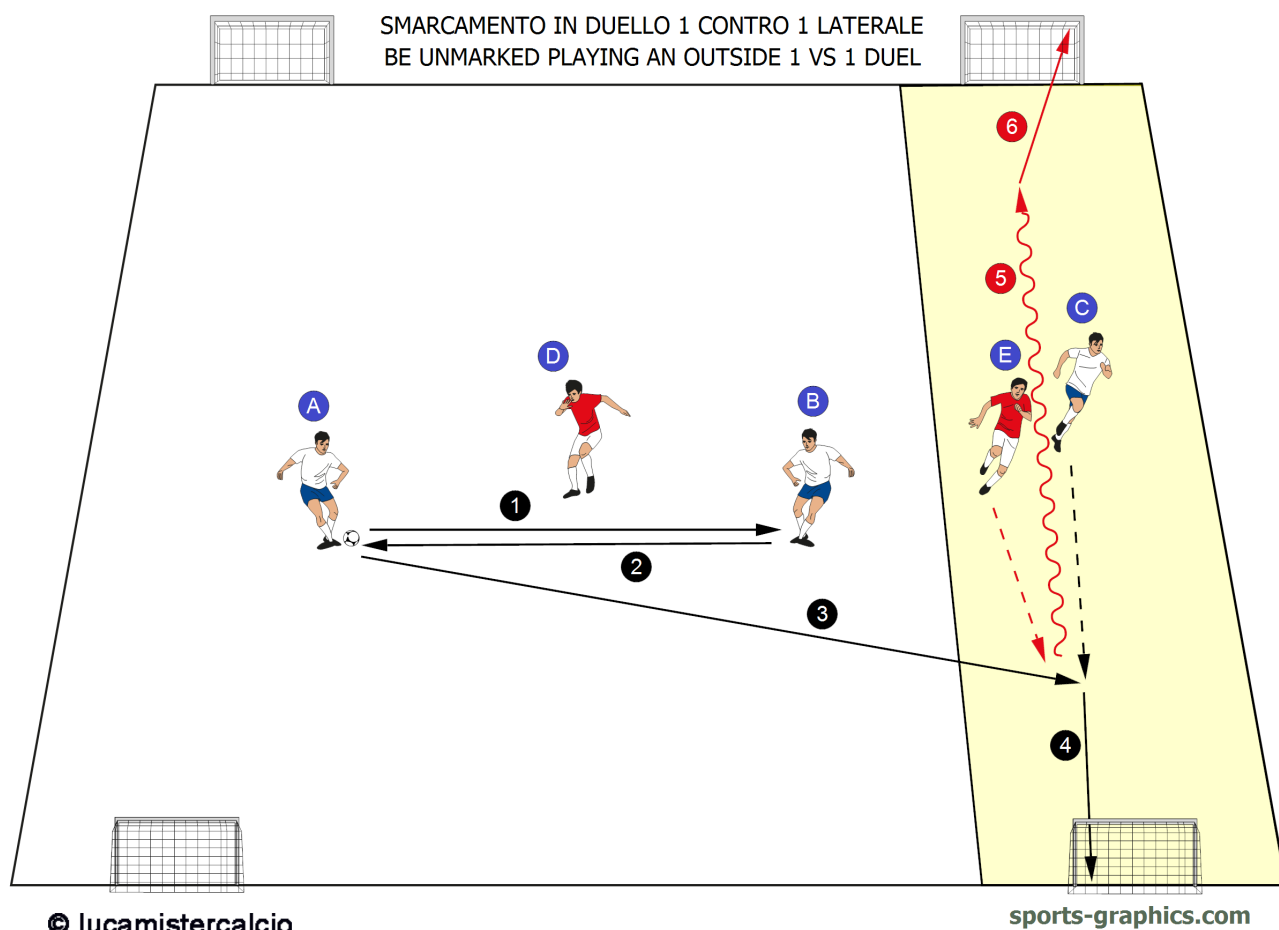
**EQUIPMENT:**

cones, balls, bibs and regular goals

**SEQUENCE:**

The coach decides who is the goalkeeper who must start the exercise and he passes to two one of the player of the attacking team (A and B – 1); the other goalkeeper is the defending one. A and B play 2 vs 1 (2-3) against an active defender (D) inside the bigger area of a square space, divided in two areas (with one outer flank). Two other players, the forward C and the defender and D, are placed in the outside flank; the forward must try the loose his marker, following the possession phase of the teammates A and B, receive the ball (4) and send a cross pass back (5) to A and B to finish (6). The defender must try to put pressure, closing the passing lines and intercept the ball; if he recovers the possession, he can try to finish in the opposite mini-goal (7) or passing toward his teammate D (8) who must finish in the opposite regular goal (9). If the outnumbered player D wins the ball, he must try to score in the regular goal from where the exercise started.





**PLAYERS AGE:** Youth Academy (U13-U16)

**PLAYERS:** 5

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving

**PLAYER TACTICS:**

Escape one's mark / Man on man marking, Feints, Interception/Anticipation

**TEAM TACTICS TACTICAL:**

Wide play, Cover and Balance, Delay

**SECONDARY OBJECTIVES:**

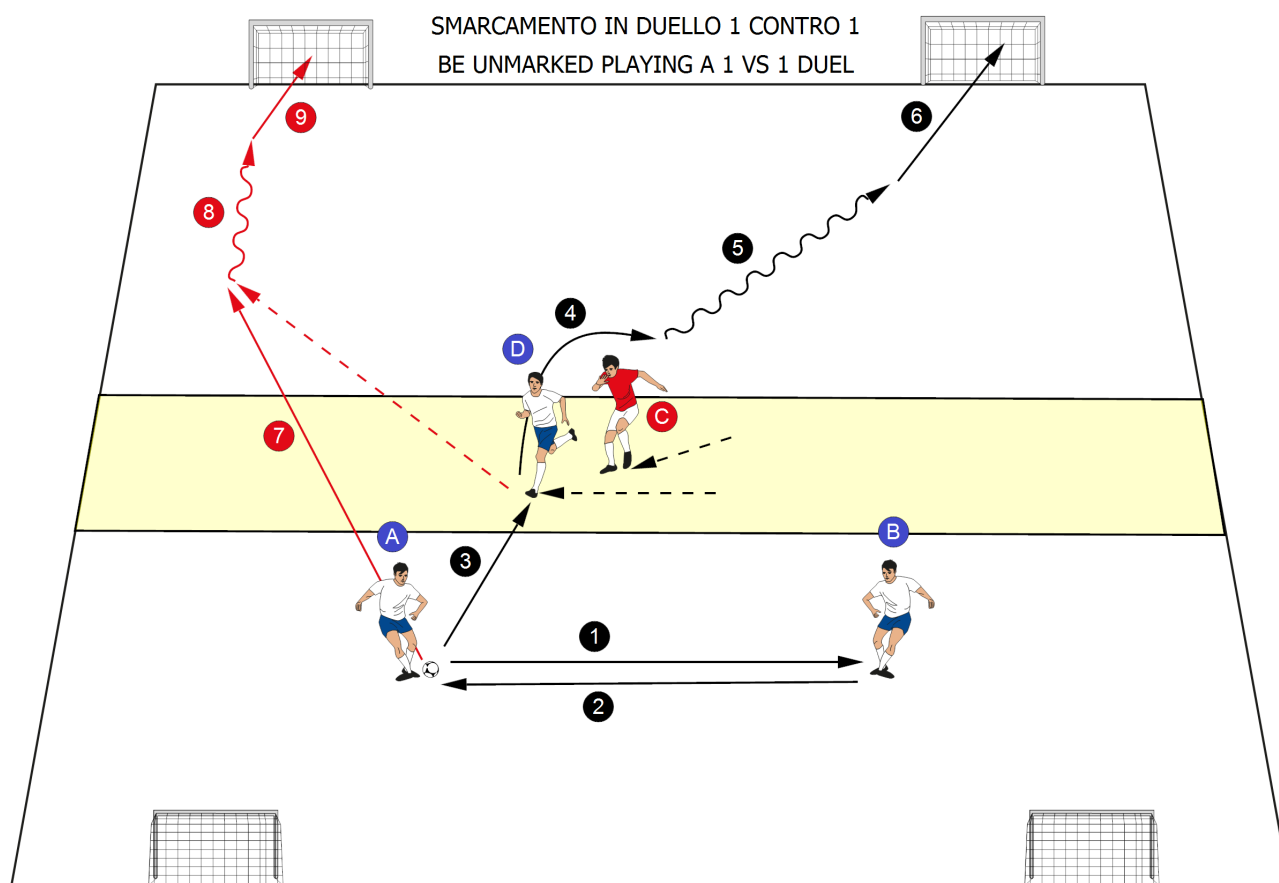
Dribble, Positive transitions

**EQUIPMENT:**

cones, balls, bibs and mini-goals

**SEQUENCE:**

Two players (A and B) start to pass the ball (1-2) between each other, against an active defender action (D) inside the bigger area of a square space, divided into two zones (with one outer flank). Two other players, the forward C and the defender and D are placed in the outside flank; the forward must try to lose his marker, following the possession phase of the teammates A and B, receive the ball (3) and finish in one of the two mini-goals of that side (4). The defender must try to put pressure, closing the passing lines and intercept the ball; if he recovers the possession (5), he must try to finish in the opposite mini-goal (6). If the outnumbered player D wins the ball, he must pass it to his teammate E, who plays 1 vs 1 as well.



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**PLAYERS AGE:** Youth Academy (U13-U16)

**PLAYERS:** 4

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving

**TACTICAL:**

Escape one's mark / Man on man marking

**SECONDARY OBJECTIVES**

Dribble and feints

**EQUIPMENT:**

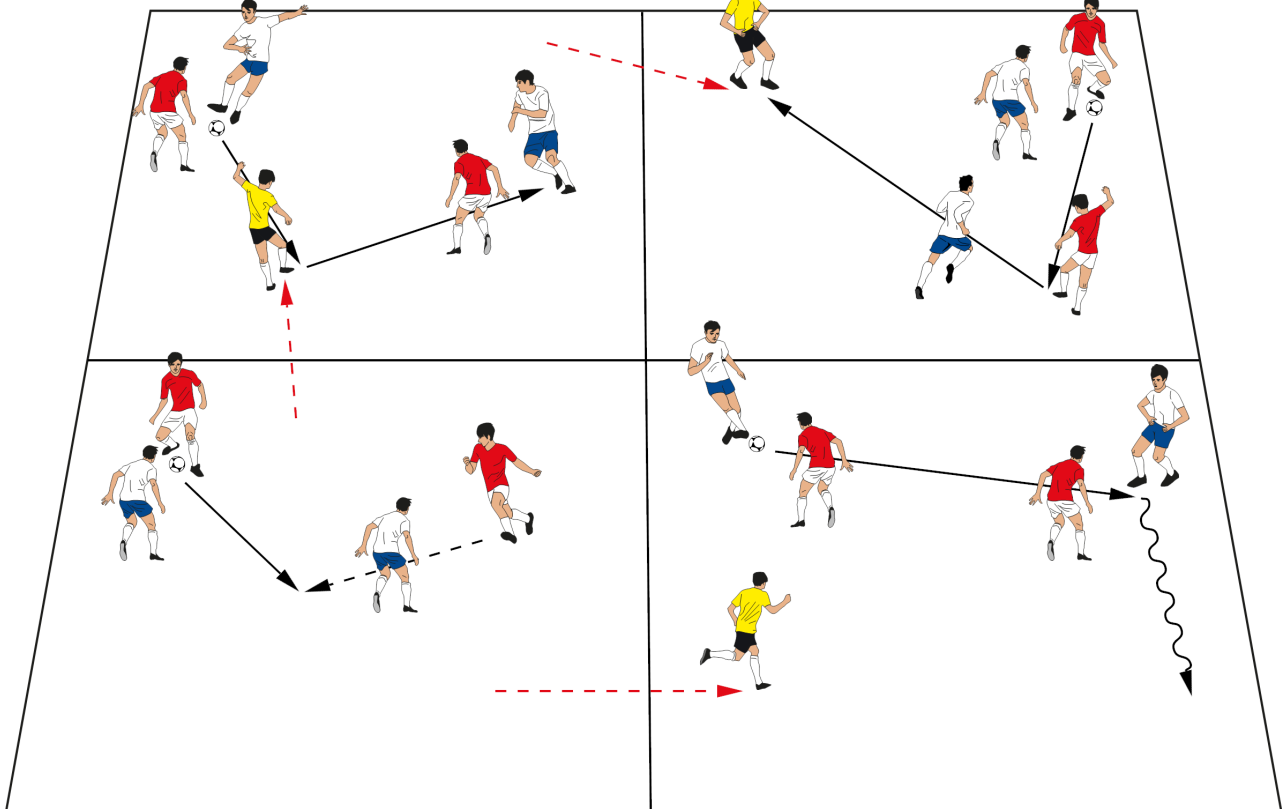
cones, balls, bibs and mini-goals

**SEQUENCE:**

Two players (A and B) play the ball freely between each other (1-2) in one of the two outside areas of a square space, divided into three zones; a third player (D) is placed inside the centre area where he is man on marked by a defender (C), who must try to put pressure, closing the passing lines and intercept the ball. D can receive the pass from the teammates A and B, escaping the defender's mark, receiving a direct pass(3), and then turning around (4) and trying to finish in the mini-goals (5-6); or escaping the defender's mark while running deep inside the upper part of the square (7-8-9). If the defender C recovers the possession, he plays 1 vs 2 against A and B at the bottom of the square to finish in the mini-goals.

Superiorità numerica 2 contro 2 (+ 1)

2 vs 2 (+1) numerical advantage



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**PLAYERS AGE:** Youth Academy (U14-U18)

**PLAYERS:** 19

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving, Dribble

**PLAYER TACTICS:**

Escape one's mark / Man on man marking, Shoot on goal Pressure, Interception

**TEAM TACTICS:**

Numerical advantage, Cover and Balance, Goal Defense

**SECONDARY OBJECTIVES:**

Creativity, Delay

**EQUIPMENT:**

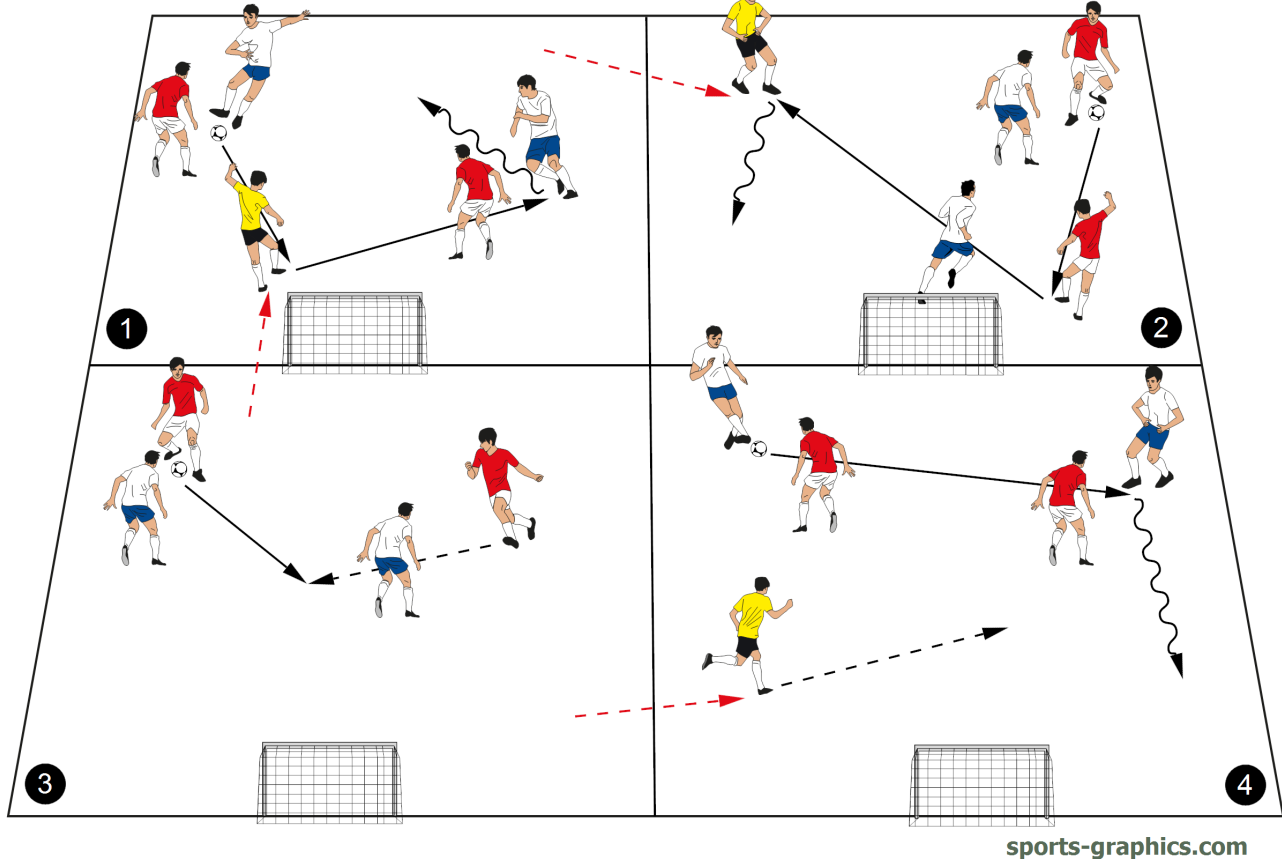
cones, balls, bibs; mini-goals

**SEQUENCE:**

Two teams (reds and whites) are divided into four 2 vs 2 duels inside a space, divided into four zones; the dimensions depends on age and level of the players,. Three yellow-blacks free players "run" among the areas, creating situations of numerical advantage for the team in possession; only one duel remains with equal number of players. The duration of the numerical advantage in each zone depends on the time set by the coach (ex. 10 sec); then the free player must change area. The goals scored during the periods of numerical advantage worth double if the passings are alternated among the team's players and the free players; the goals scored while the duels are 2 vs 2 worth one point. If the defending players recover the ball, they can score through combinations with the free ones (the goal worths double) or directly (the goal worths one point). The final result is the sum of all the goals in the four areas.

Superiorità numerica 2 contro 2 (+ 1) - 3

2 vs 2 (+1) numerical advantage - 3



sports-graphics.com

**PLAYERS AGE:** Youth Academy (U14-U18)

**PLAYERS:** 19

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving, Dribble

**PLAYER TACTICS:**

Escape one's mark / Man on man marking, Shoot on goal Pressure, Interception

**TEAM TACTICS:**

Numerical advantage, Cover and Balance, Goal Defense

**SECONDARY OBJECTIVES:**

Creativity, Delay

**EQUIPMENT:**

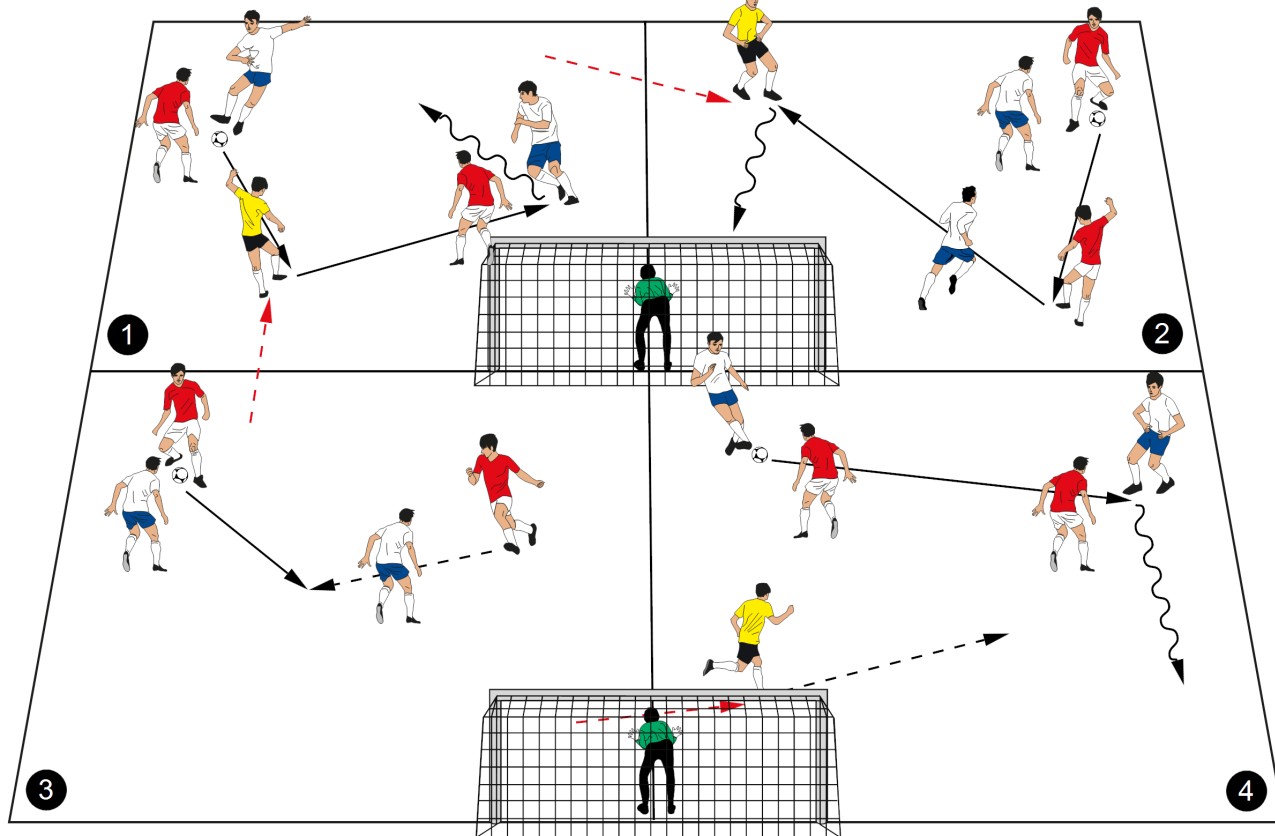
cones, balls, bibs; mini-goals

**SEQUENCE:**

Two teams (reds and whites) are divided into four 2 vs 2 duels inside a space, **divided into four numbered zones**; the dimensions depends on age and level of the players,. Three yellow-blacks free players "run" among the areas, creating situations of numerical advantage for the team in possession; only one duel remains with equal number of players. The duration of the numerical advantage in each zone depends on the time set by the coach (ex. 10 sec); then the free player must change area and they **must leave free (2 vs 2 duel) the square with the called number**. The goals scored during the periods of numerical advantage worth double if the passings are alternated among the team's players and the free players; the goals scored while the duels are 2 vs 2 worth one point. If the defending players recover the ball, they can score through combinations with the free ones (the goal worths double) or directly (the goal worths one point). The final result is the sum of all the goals in the four areas.

Superiorità numerica 2 contro 2 (+ 1 e portieri) - 4

2 vs 2 (+ 1 and gks) numerical advantage - 4



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**PLAYERS AGE:** Youth Academy (U14-U18)

**PLAYERS:** 21 (2 goalkeepers included)

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving, Dribble

**PLAYER TACTICS:**

Escape one's mark / Man on man marking, Shoot on goal Pressure, Interception

**GK TACTICS:**

Save, Placement

**TEAM TACTICS:**

Numerical advantage, Cover and Balance, Goal Defense

**SECONDARY OBJECTIVES:**

Creativity, Delay

**EQUIPMENT:**

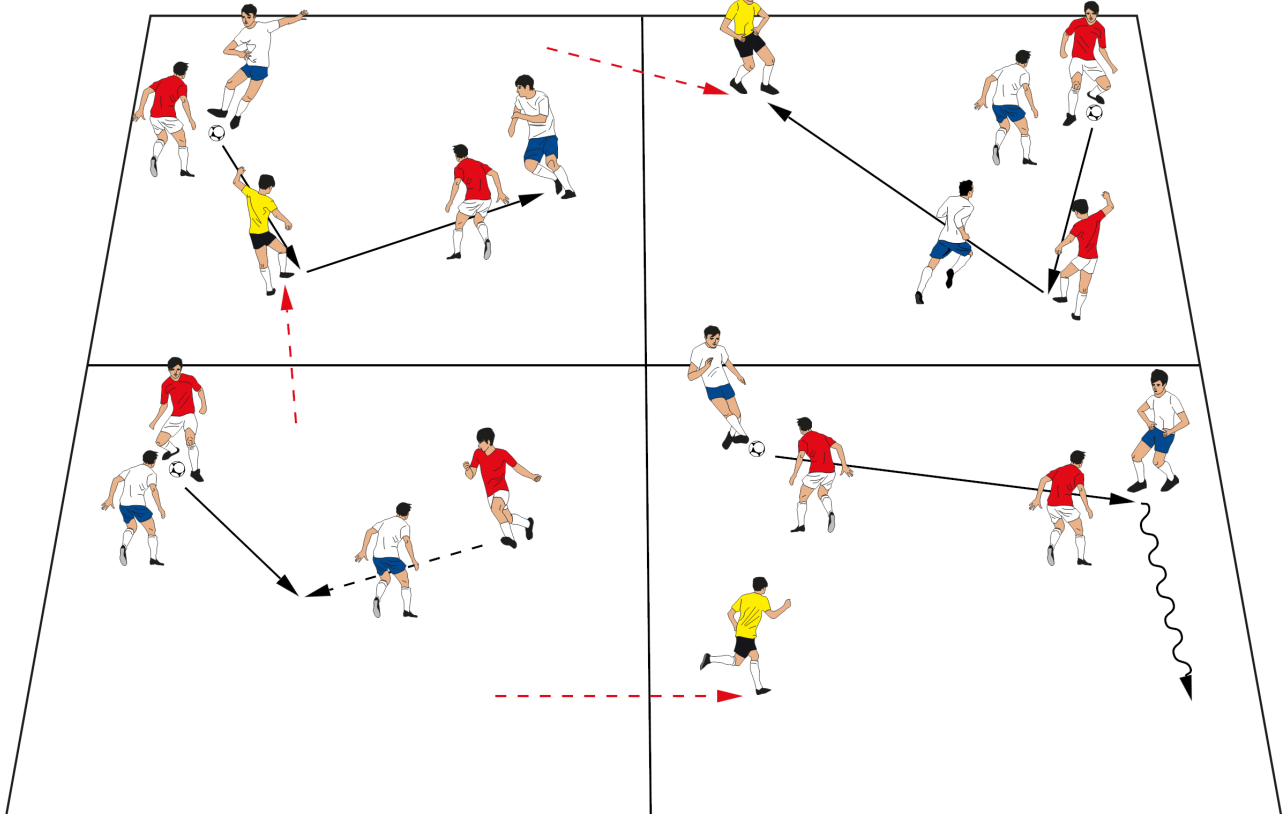
cones, balls, bibs; regular goals

**SEQUENCE:**

Two teams (reds and whites) are divided into four 2 vs 2 duels inside a space, **divided into four numbered zones**; the dimensions depends on age and level of the players,. Three yellow-blacks free players "run" among the areas, creating situations of numerical advantage for the team in possession; only one duel remains with equal number of players. The duration of the numerical advantage in each zone depends on the time set by the coach (ex. 10 sec); then the free player must change area and they **must leave free (2 vs 2 duel) the square with the called number**. The goals scored, **shooting toward the regular goals with goalkeepers** during the periods of numerical advantage worth double if the passings are alternated among the team's players and the free players; the goals scored while the duels are 2 vs 2 worth one point. The goalkeepers must pay attention and try to understand which of the two duels they must look at is closer to finishing stage. If the defending players recover the ball, they can score through combinations with the free ones (the goal worths double) or directly (the goal worths one point). The final result is the sum of all the goals in the four areas. The goalkeepers start the game again if the ball is out of play.

Superiorità numerica 2 contro 2 (+ 1)

2 vs 2 (+1) numerical advantage



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**PLAYERS AGE:** Youth Academy (U14-U18)

**PLAYERS:** 19

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving, Dribble

**PLAYER TACTICS:**

Escape one's mark / Man on man marking, Pressure, Interception

**TEAM TACTICS:**

Numerical advantage, Cover and Balance

**SECONDARY OBJECTIVES:**

Creativity, Delay

**EQUIPMENT:**

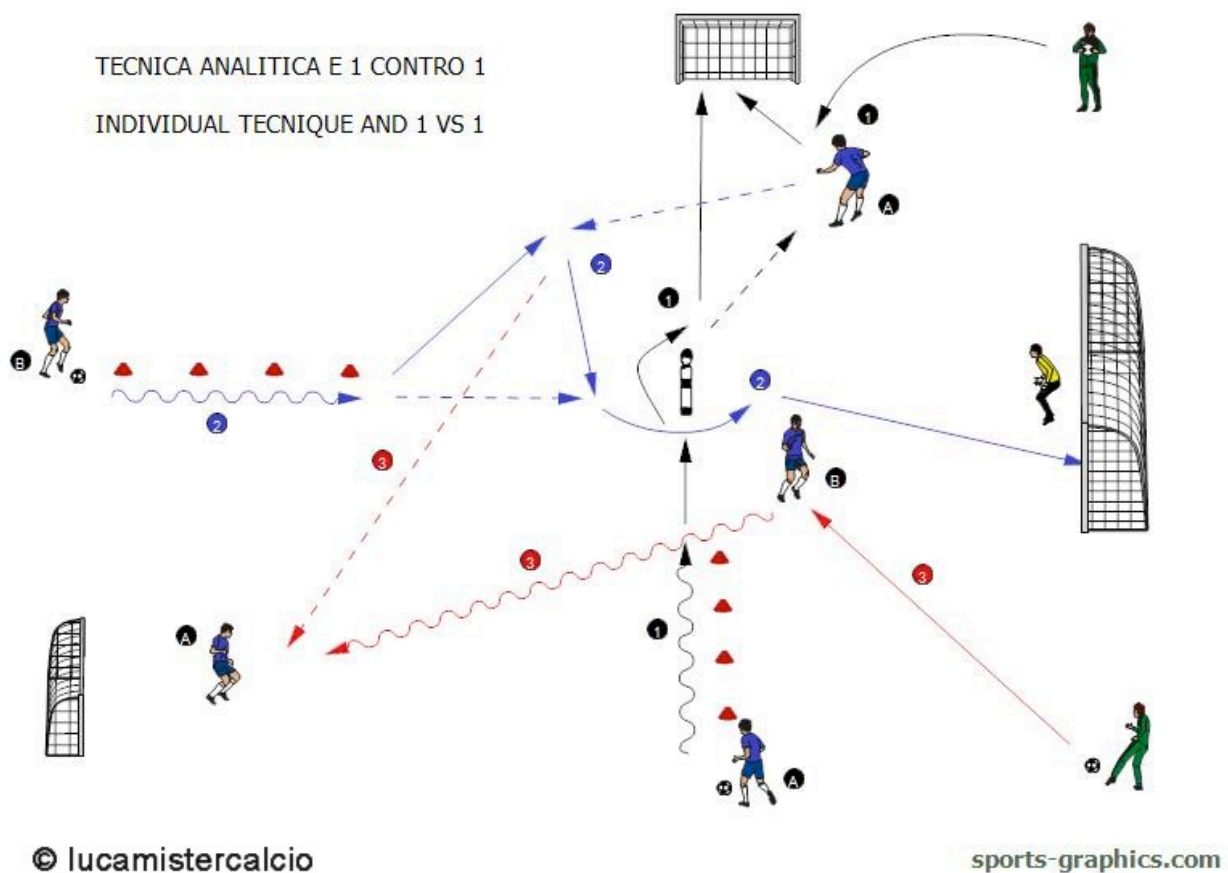
cones, balls, bibs

**SEQUENCE:**

Multiple 2 vs 2 duels (reds vs whites) are played inside a space, divided in four zones with dimensions decided on age and on level of the players. Three yellow-blacks free players run among the different areas to create numerical advantage situations for the team in possession; only inside one zone the duel remains in equal number of players, time to time. The duration of the numerical advantage can depend on time (ex. 5 sec.) or on a minimum number of touches of the ball (es. 6/8); then the free players must change zones. The passings must always be alternated between the team in possession and the free players. For the players without the ball inside the 2 vs 2 duels, the main objective should be the recovery of the ball; the outnumbered defenders must intercepts the passings and closing the passing lines.



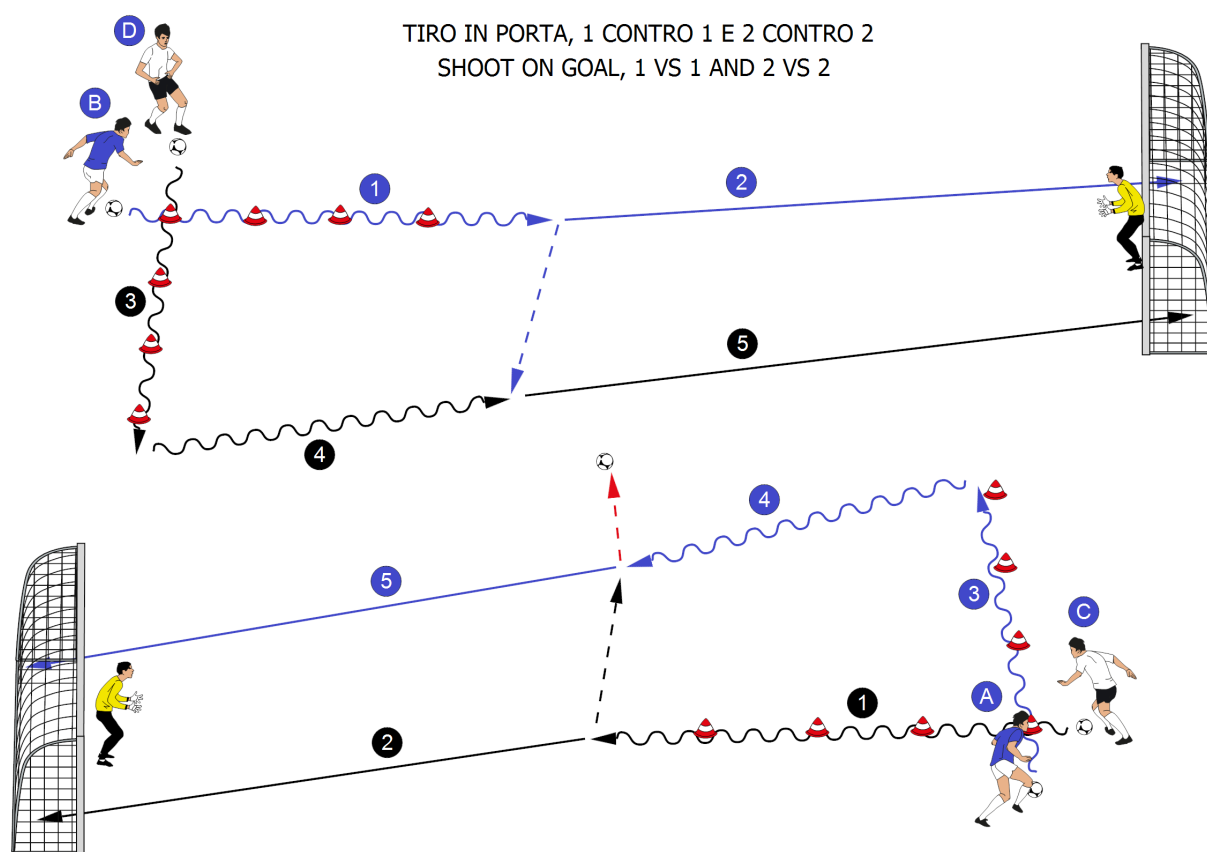
## Tecnica analitica e 1 contro 1 – Individual technique and 1 vs 1



Il giocatore A parte in conduzione e slalom fra i coni; supera in dribbling la sagoma e calcia nella porticina; riceve poi palla dal mister e conclude nella stessa di testa (1). Intanto il giocatore B parte in conduzione e slalom fra i cinesini, gioca 1 – 2 con A, supera in dribbling la sagoma e conclude nelle porta centrale (2). Infine B riceve palla dal 2° allenatore e gioca 1 contro 1 con A che difende la seconda porticina (3).

*The player A dribbles among the cones, then he overtakes the center shape and shoot on the little goal in front of him; he receives a second pass from the coach for a heading shoot. (1). Meanwhile the player B dribbles among the cones, plays a wall pass with teammate A, he overtakes the center shape and shoot toward the center goal (2). Player B receives another pass from the coach assistant and play a 1 vs 1 game against A who is defending the second little goal (3).*

## Tiro in porta, 1 contro 1 e 2 contro 2 – Shoot on goal, 1 vs 1 and 2 vs 2

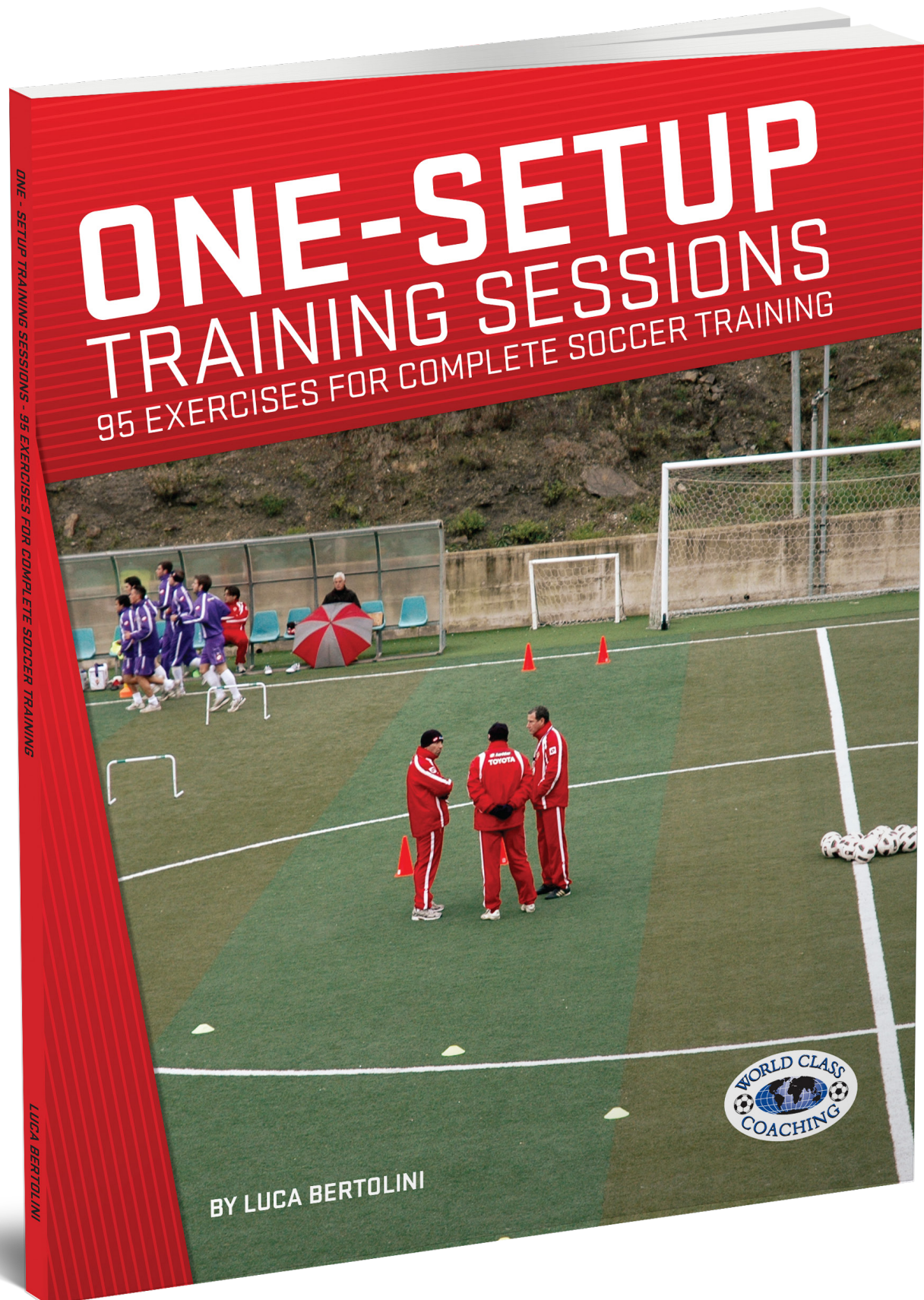


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I giocatori C e B partono contemporaneamente conducendo palla in slalom fra i cinesini (1) e calciano in porta (2). Subito dopo partono sempre in slalom i giocatori A e D (3) e dopo aver cambiato direzione giocano 1 contro 1 con gli avversari che hanno concluso precedentemente (4) per calciare a loro volta in porta (5). Infine l'allenatore indica la squadra che entra in possesso della palla al centro (freccia rossa) per giocare 2 contro 2 (A e B contro C e D) e cercare la conclusione più veloce in una delle due porte.

The players C and B start to dribble among the cones at the same time (1) and then they shoot on goal (2). Just after them A and D dribble among the cones too (3) and after a change of direction they play 1 vs 1 against the opponents which shoot on goal before (4) to finish as well (5). Eventually the coach indicates the team with the possession of the ball placed in the centre (red arrow) to play 2 vs 2 (A and B vs C and D) and try to finish as soon as possible in one of the two goals.



**Check it out here!!**

<http://www.coachingadvancedplayers.com/one-setup-training-sessions/>

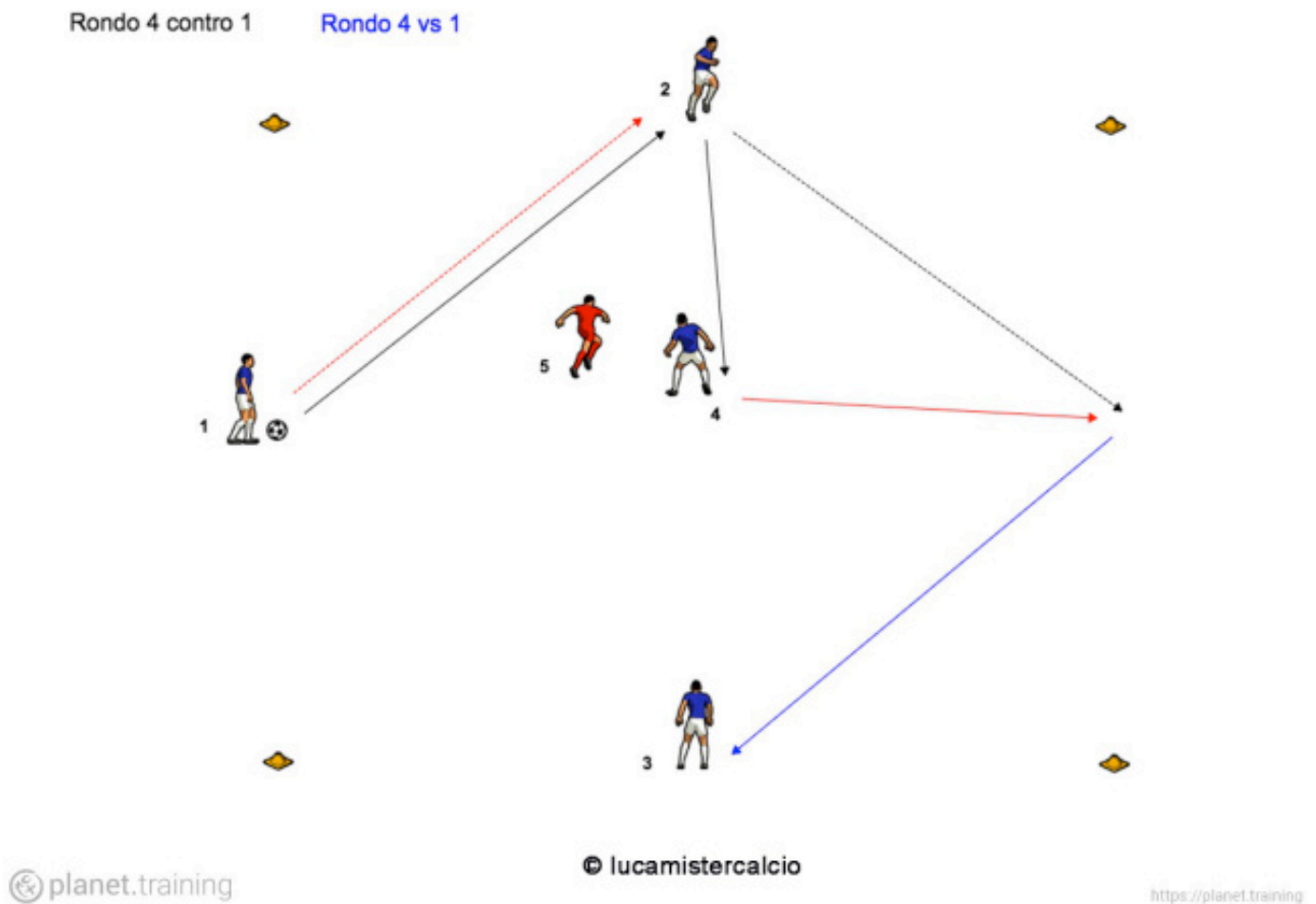


# Small Sided Games



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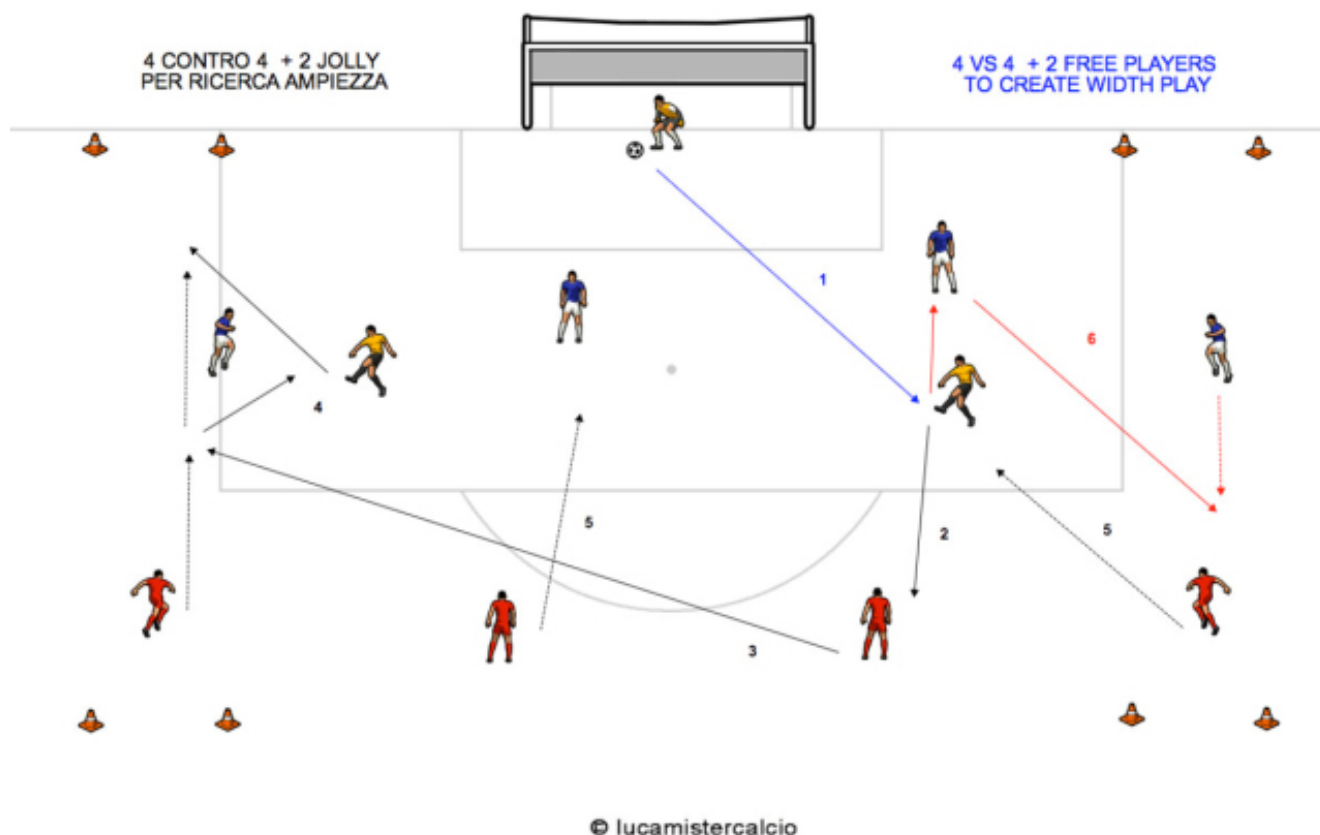
## Rondo 4 contro 1 – 4 vs 1 rondo game



3 giocatori blu sui lati di un quadrato, con un quarto libero. Al centro si gioca 1 contro 1. La palla può essere trasmessa tra laterali (da 1 a 2), ma l'obiettivo principale è chiudere il triangolo tra un esterno e il centrale occupando il lato libero del quadrato (triangolo tra 2 e 4 – freccia rossa). In questo caso il giocatore che ha effettuato il precedente passaggio deve andare ad occupare il lato lasciato libero da chi ha chiuso il triangolo (1 – freccia rossa). Ripartire sempre dal 3° esterno non in gioco (3 – freccia blu).

*3 blue players are placed along a square's sides; the 4th side is free. A 1 vs 1 is played in the center. The ball can be passed among outside players (from 1 to 2), but the goal is to play a wall pass between an outside and the center player with the return pass received along the free side of the square (pass between 2 and 4 – red arrow). In this case the outside player who last pass before the triangle shall run to the new free side (1 – red arrow). The 3rd outside player shall restart the game (3 – blue arrow).*

## 4 contro 4 + 2 gioco in ampiezza – 4 vs 4 + 2 width play



Il portiere gioca palla ad uno dei due jolly (1), che decide a quale squadra passare palla. In questo caso gioca alla squadra rossa che attacca tre porte; una centrale e due laterali (2). I giocatori rossi devono quindi cercare velocemente i compagni esterni (3). Il goal è valido solo dopo una giocata 1-2 con il 2° jolly (4) e può segnato nelle porte laterali o in quella centrale, che vale doppio, dopo cross con inserimento in area (5). Se il 1° jolly gioca alla squadra che attacca le due sole porte laterali, l'obiettivo è segnare il prima possibile con i giocatori esterni (6). Le azioni partono sempre dal portiere.

*The goalkeeper passes the ball to one of the two free players (1), who decides which team pass the ball to. Here he passes to the red team to attack three goals; one in the center and two outside (2). Red players must send the ball to outside players quickly (3). The goal is only valid after a wall pass with the 2nd free player (4) and it can be scored in the outside goals or in the center one, where it worths double, after a cross in the box (5). The 1st free player can pass to the other team which is attacking the only two outside goal as well and the goal shall be scored as soon as possible by outside players (6). The goalkeeper always starts new moves.*



4 contro 4 + 2 laterali e portiere  
*4 vs 4 + 2 outside players and goalkeeper*

<http://lucamistercalcio.com/>

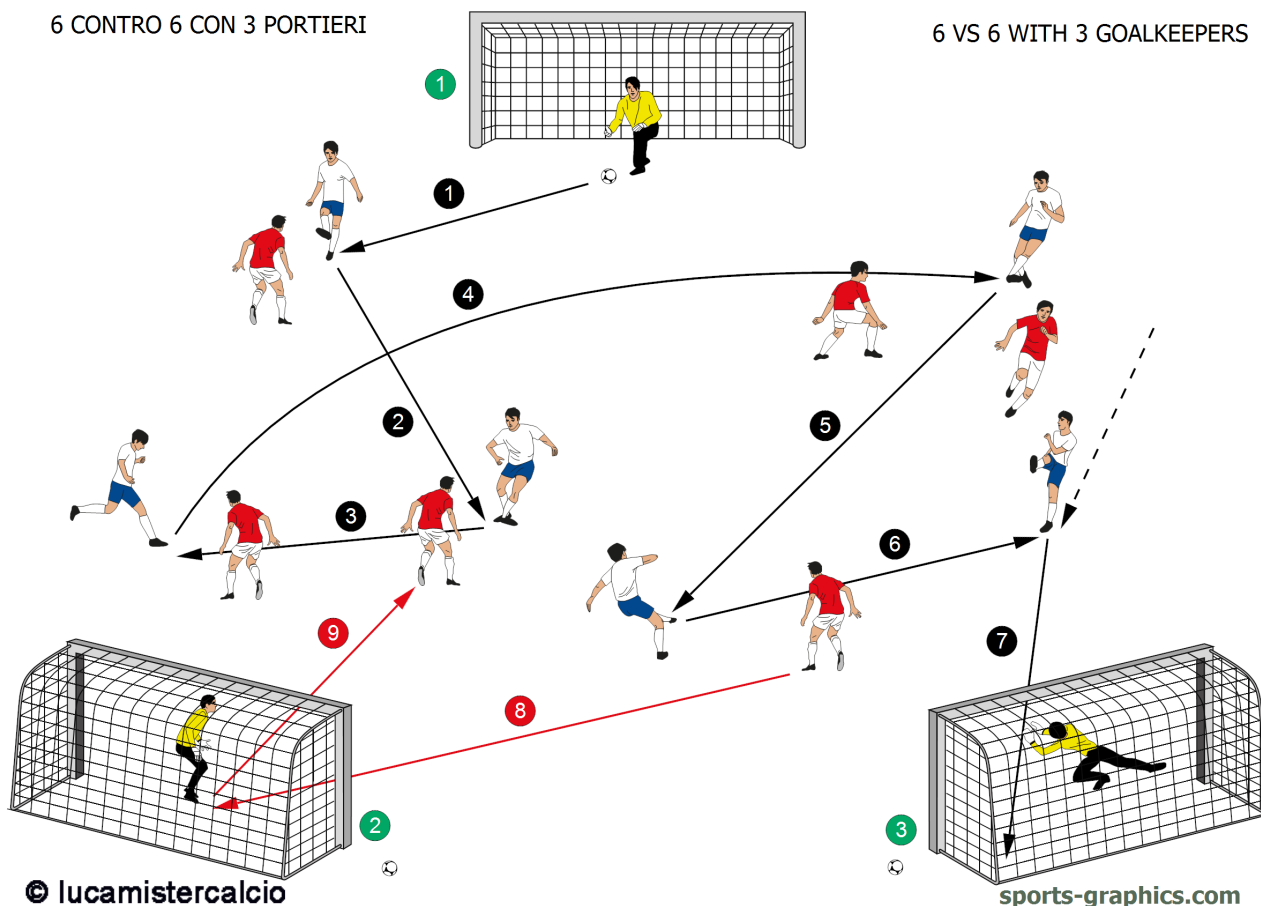


Possesso palla 4 contro 4 + 2 attaccanti laterali. Se tutti i giocatori di una squadra hanno toccato palla (o al fischio del mister), allora si può giocare palla ad un laterale (a destra in figura) per andare al cross e alla conclusione in porta (azione 1 con frecce nere). Il laterale che non ha ricevuto palla va a fare il cross dalla parte opposta con attacco e difesa invertiti (azione 2 con frecce rosse).

*4 vs 4 possession game + 2 outside attackers. When all the players of a team have touched the ball (or when the coach whistles), the outside players can be served fro cross and shoot on goal (move 1 with black arrows). On the other side the attackers without the ball shall cross a second time with reverse roles of attack and defence (move 2 with red arrows).*

6 CONTRO 6 CON 3 PORTIERI

6 VS 6 WITH 3 GOALKEEPERS



**PLAYERS AGE:** Youth Academy (U16); U18 or First Adult Team

**PLAYERS:** 15 (3 goalkeepers included)

**MAIN OBJECTIVES**

**TECHNICAL:**

Passing, Receiving

**PLAYER TACTICS:**

Escape one's mark/Man on man marking; Shoot on goal/Goal defense

**TEAM TACTICS:**

Placement on the pitch, Mobility

**SECONDARY OBJECTIVES:**

Positive and Negative Transitions

**EQUIPMENT:**

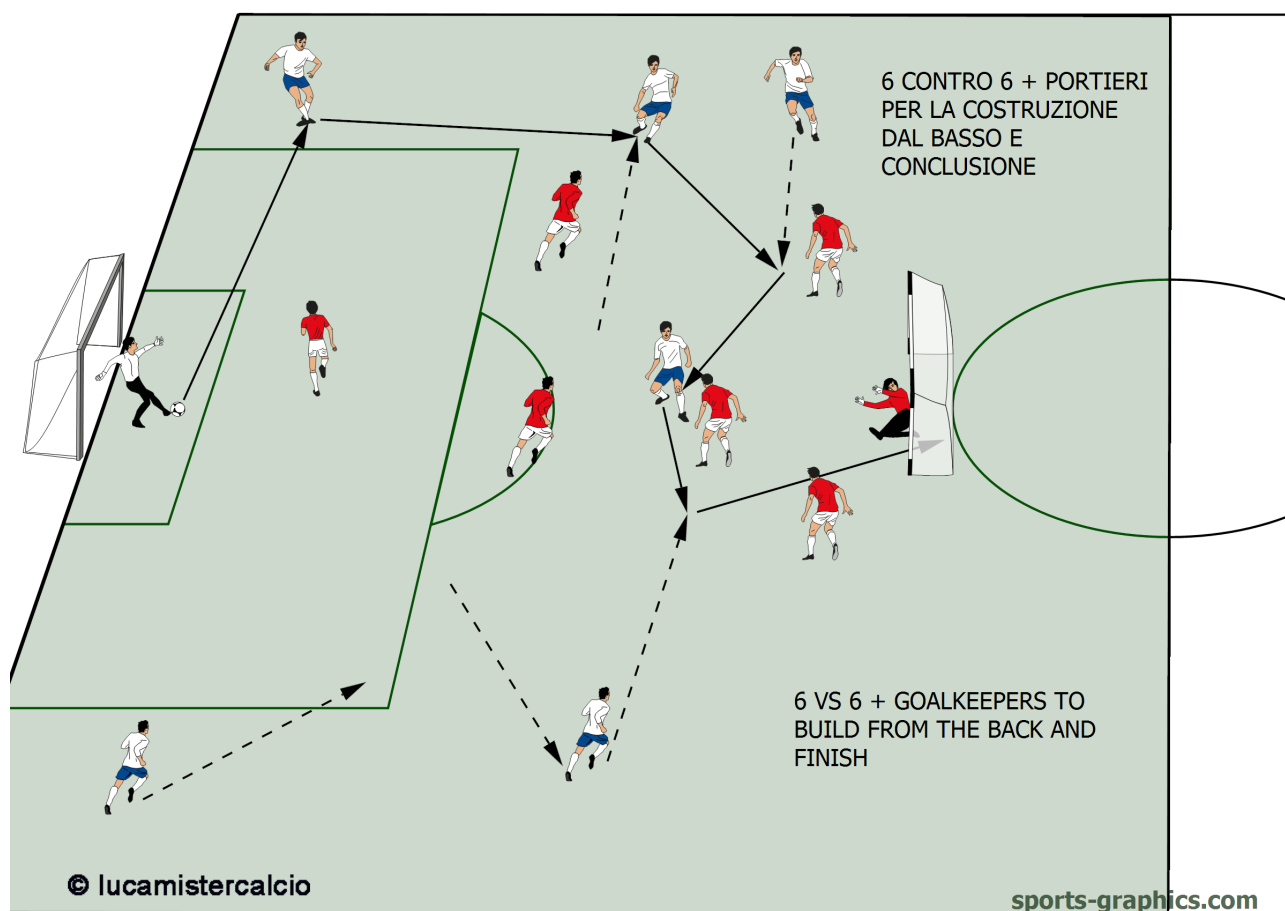
cones, balls, bibs, regular goals

**SEQUENCE:**

The coach says who must start the game among the three goalkeepers in possession of the ball (1 in the picture) and the other two then send the balls outside of the pitch. The called goalkeeper chooses the team in possession (whites in the picture), which must finish the move shooting on goal toward one of the two other goals; the scores are valid if all the players have touched the ball (1-7). If the defenders recover the possession, they can counterattack and score in one of the two other different goals from the one that they were defending.

**Variation:** If the defending team, which recovers the ball, counterattacks toward the third available goal, after a build up of play together with the second goalkeeper, who is placed in a different goal from that they were defending earlier (8-9), the score worths double.

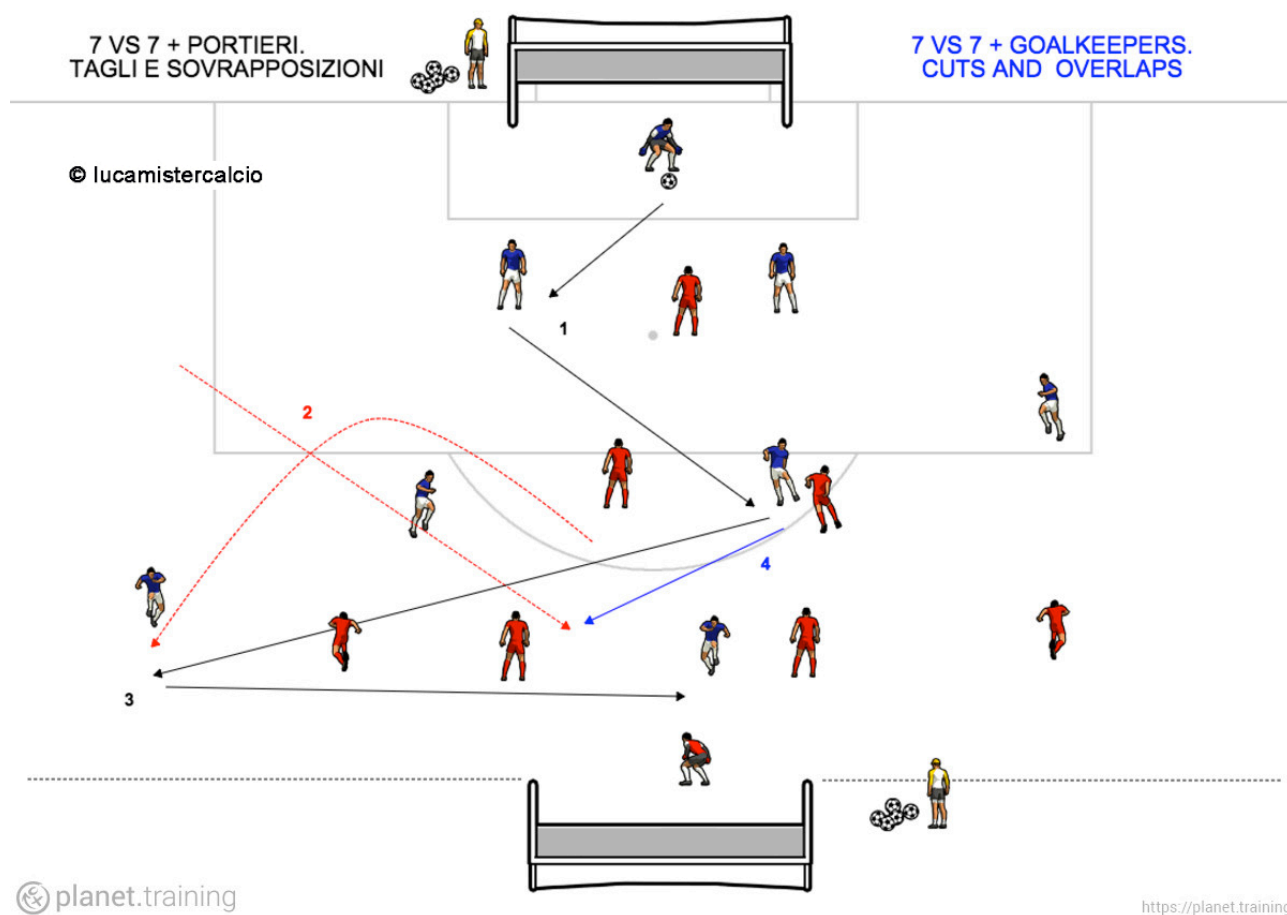
6 contro 6 + portieri per la costruzione dal basso e conclusione  
6 vs 6 with goalkeepers to build from the back and finish



Questa partita 6 contro 6 con i portieri si ispira ad uno degli assetti del Siviglia di Sampaoli in caso di costruzione dal basso e sviluppo della manovra. Le regole principali sono la ricezione in ampiezza dei centrali di difesa e del centrocampista centrale, costruendo dal basso, e i tagli interni degli esterni alti. I goals sono validi solo se segnati dai laterali opposti dopo sponda dell'attaccante centrale, l'unico che gioca in profondità. Se la squadra difendente conquista palla deve giocare con gli stessi obiettivi senza l'obbligo del passaggio al portiere.

This 6 vs 6 with goalkeepers match is inspired by one of the formations of coach Sampaoli's Sevilla when they have to build from the back and develop their attacking moves. The main rules are the wide receiving of passings of the center backs and center midfielder while building from the back, and the inside cut runs of the outside right or left. The goals are valid only if scored by the player coming from the other side after a support pass from the center forward, the only one who can play in deep. If the defenders win the ball they must play with the same rules without being obligated to start again from the goalkeeper.

## Partita a tema: tagli e sovrapposizioni – Ssg: cuts and overlaps

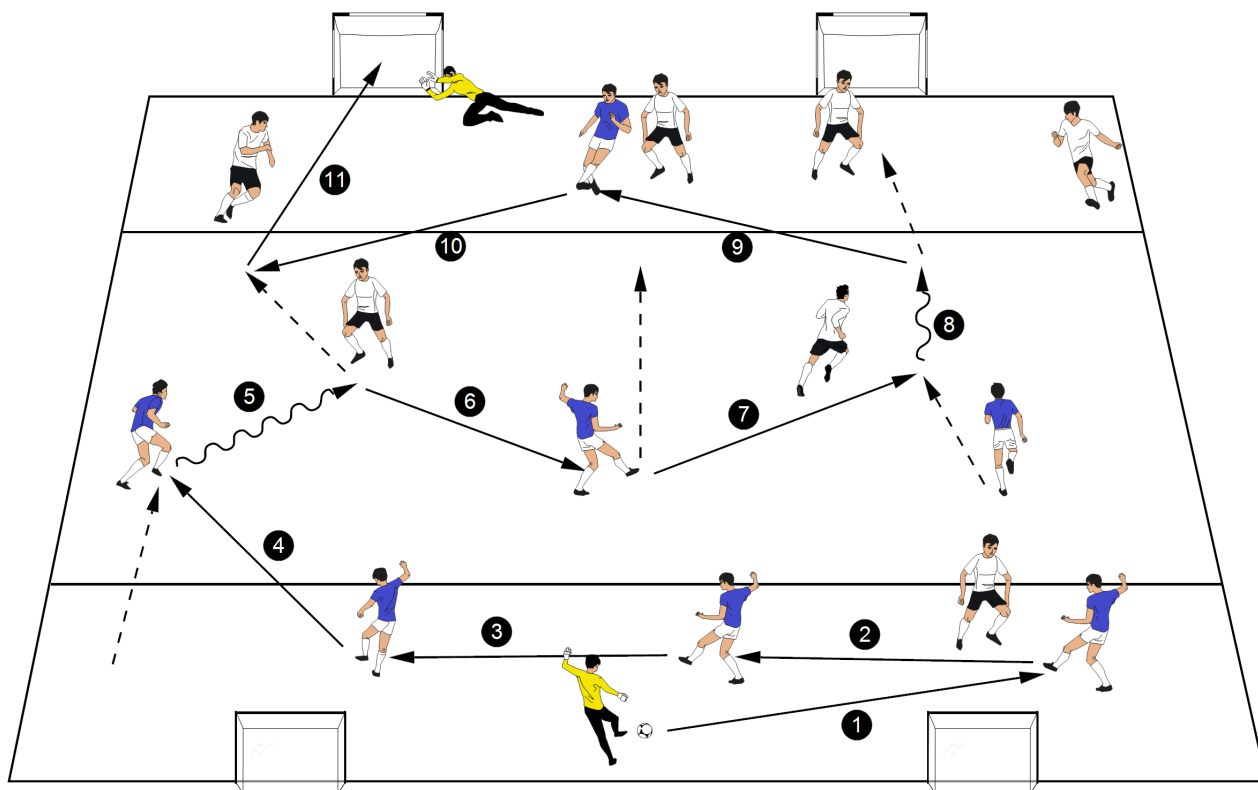


Partita a tema 7 contro 7 + portieri su una 3/4 campo con movimenti di attacco codificati (2). Goal valido solo se segnato dopo taglio di un laterale (4) o sovrapposizione di un centrale con ricerca del 3° uomo (3). Il gioco riparte sempre dai portieri (1) senza rimesse laterali o calci d'angolo.

Ssg 7 vs 7 + goalkeepers on a 3/4 pitch with conditioned attacking moves (2). Goal is valid if it's scored after inside cut of outside player (4) or after overlap of a center player with 3rd man final pass (3). Moves always start from goalkeepers (1) without throw-ins or corner kicks.

Partita in spazi ridotti: 8 contro 8 (con i portieri) per la costruzione dal basso  
Small sided game: 8 vs 8 (with goalkeepers) to build from the back

PARTITA IN SPAZI RIDOTTI: 8 CONTRO 8 (CON I PORTIERI) PER LA COSTRUZIONE DAL BASSO  
SMALL SIDED GAME: 8 VS 8 (WITH GOALKEEPERS) TO BUILD FROM THE BACK



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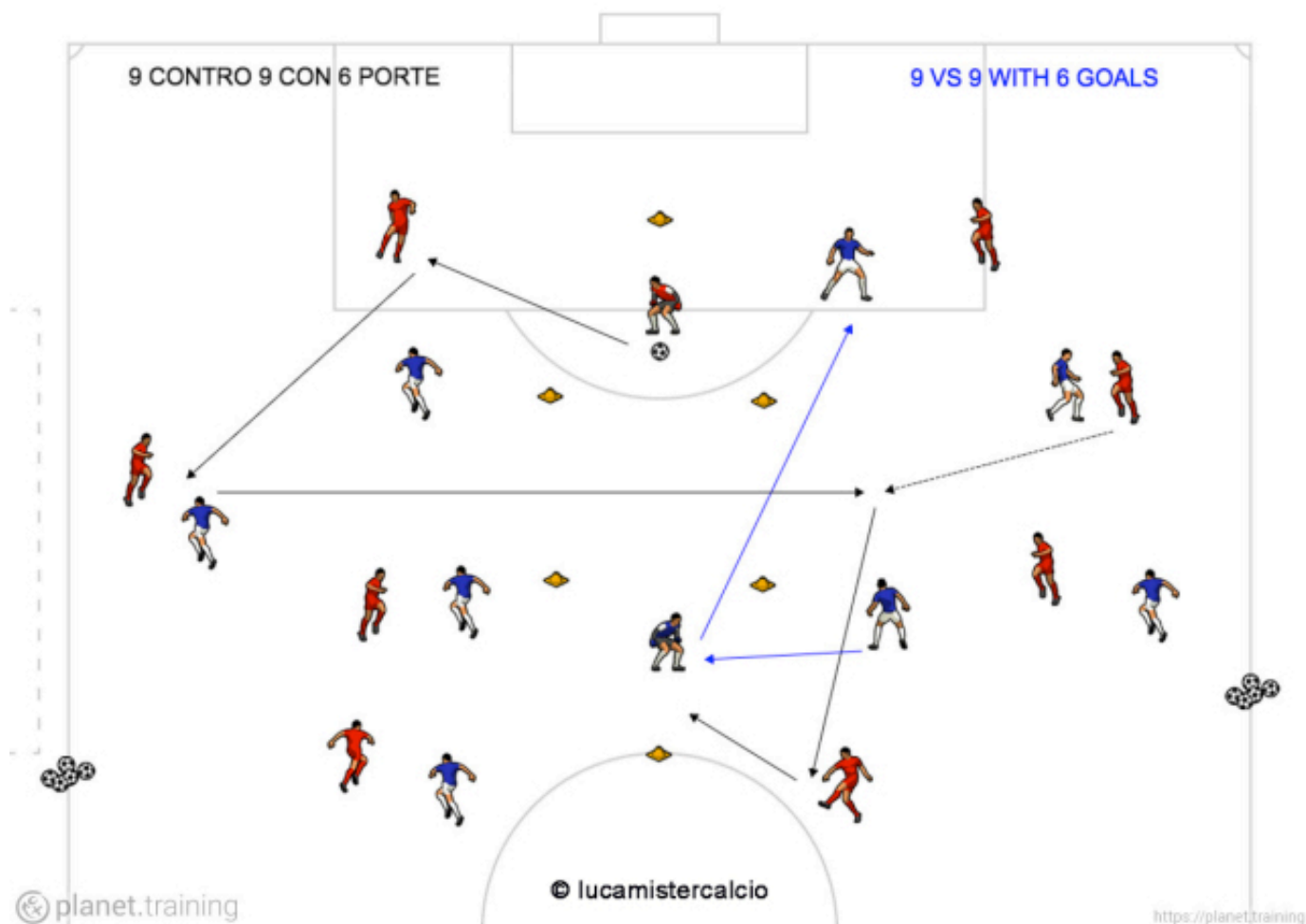
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In questa partita 8 contro 8 (portieri inclusi), le due squadre si affrontano su un campo di dimensioni ridotte diviso in tre zone. Nella zona difensiva si gioca 4 contro 1 in fase di costruzione o 4 contro 2 in fase di non possesso palla. Nella zona centrale, in cui in partenza c'è parità numerica 2 contro 2, la squadra in possesso aggiunge uno dei giocatori che vi entra dalla zona difensiva (4 - 5) una volta che almeno tre difensori hanno toccato palla (1-3). In fase di conclusione (9-11), la squadra in possesso ha solamente una punta che deve cercare di giocare come vertice e trasmettere palla sugli inserimenti o sulle posizioni a sostegno dei compagni che devono cercare la conclusione (solo un giocatore può entrare nella zona di attacco per giocare 2 contro 4; gli altri possono giocare a sostegno nella zona centrale). I portieri difendono due porte di dimensioni ridotte.

In this small sided game 8 vs 8 (goalkeepers included), two teams play against each other on a pitch divided into three areas. In the defensive third the teams play with 4 players vs 1 to build from the back when in possession, or 4 vs 2 when they are not in possession. In the middle third area the starting duel 2 vs 2 develops in 3 vs 2 duel as advantage for the team in possession, as one of their teammates can run inside from the back (4-5) once three of the defenders have touched the ball (1-3). The possession team has only one forward who must play as vertex in the final third (9-11), and pass the ball to a running inside or to a support teammate who can try to finish (only one player can run inside to play 2 against 4; the others can play as support in the middle third area). The goalkeepers defend two small goals.



## 9 contro 9 con 6 porte – 9 vs 9 with 6 goals



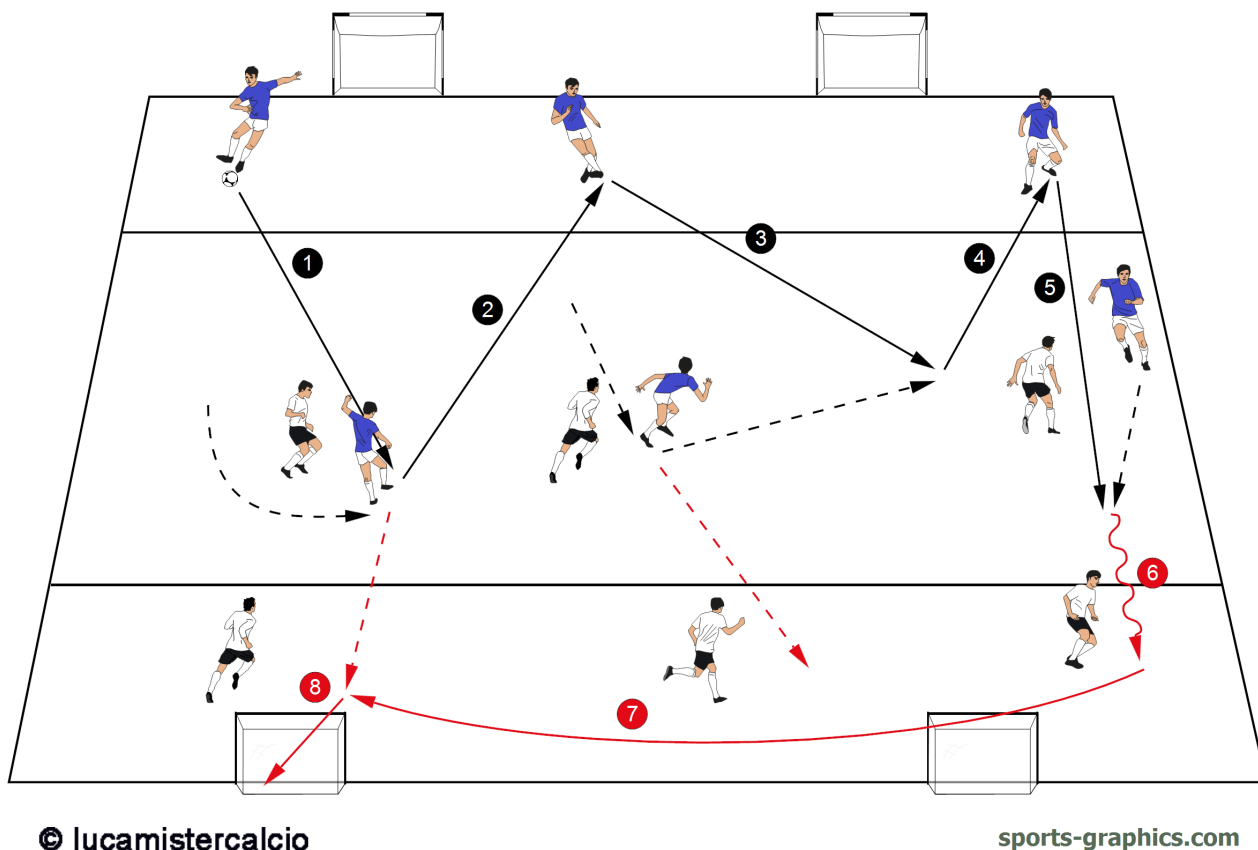
In una metà campo si affrontano 2 squadre 8 contro 8 e portieri. La squadra che attacca può segnare in qualunque dei 3 lati della porta avversaria. Il goal è valido solo su azione seguente ad un giro palla in ampiezza. La squadra che difende, se recupera palla, deve ripartire dal portiere, che può cercare direttamente un compagno che può cercare il tiro in porta con massimo 2 tocchi (freccie blu). Se l'azione viene ritardata o non conclusa, ritorna la regola del giro palla in ampiezza.

*Two teams play 8 vs 8 with goalkeepers in a half field . The attacking team can score in any of the three sides of the opponent's goal . It is valid only after width moves . When defending team wins the ball, the new moves must start from the goalkeeper, who can pass to a teammate quickly to try a shoot on goal with maximum 2 touches (blue arrows); if he's not able to shoot, the main rules of width moves returns.*

## Partita in spazi ridotti: smarcamento e 3 contro 3 Small sided game: escape the opponent's mark and 3 vs 3

PARTITA IN SPAZI RIDOTTI: SMARCAMENTO E 3 CONTRO 3

SMALL SIDED GAME: ESCAPE THE OPPONENT'S MARK AND 3 VS 3

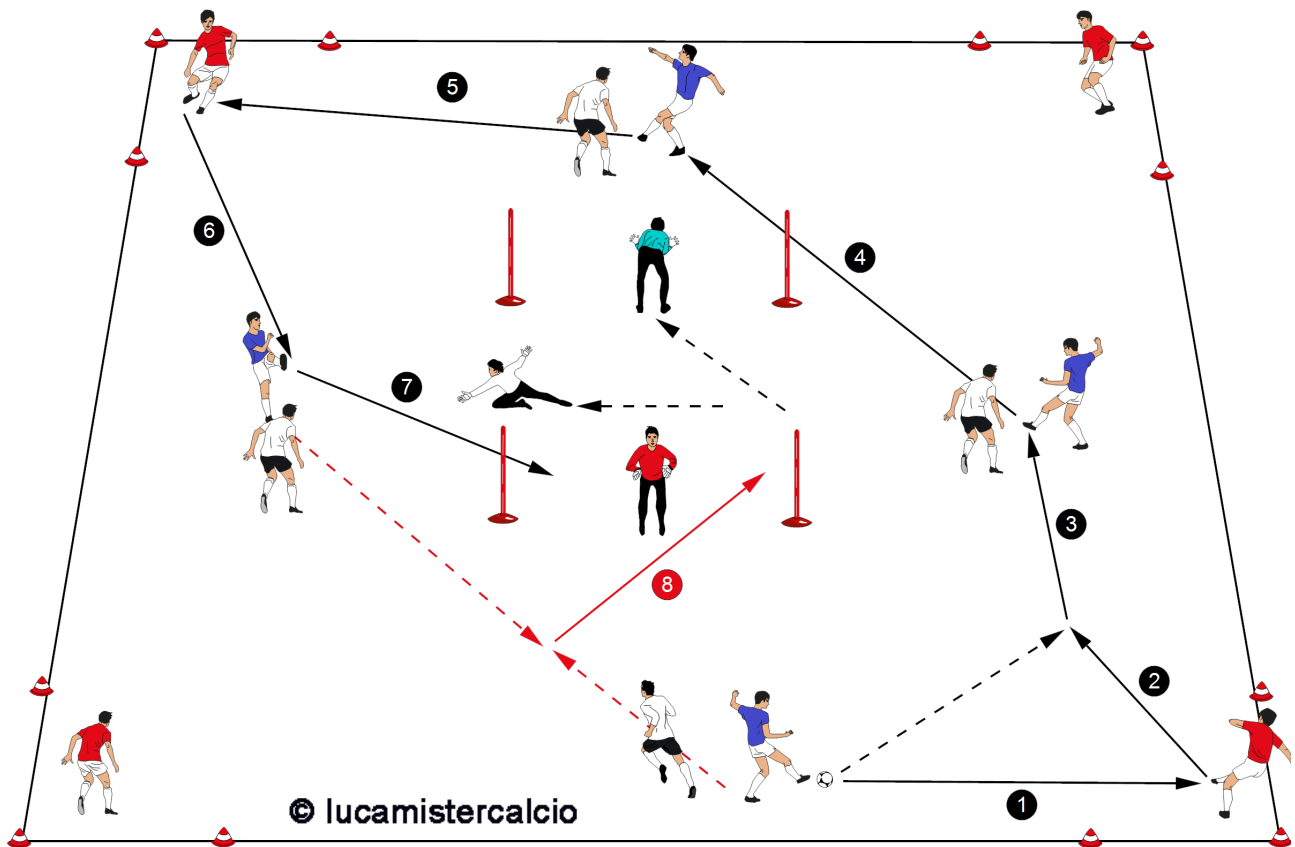


In un campo di dimensioni ridotte, diviso in tre zone, due squadre (blu e bianchi) da sei giocatori ciascuna, si affrontano con gli obiettivi di smarcamento nella zona centrale e di segnare nelle porticine nella zona di conclusione. Tutti i componenti della squadra in possesso (blu in figura) devono giocare palla alternando trasmissioni dalla zona di difesa (in cui i giocatori sono liberi da pressione) alla zona centrale in cui devono ricevere dopo uno smarcamento sul difendente per almeno due volte (1 e 3); il terzo giocatore in zona centrale può ricevere, cercare di entrare in conduzione nella zona di attacco (6) e giocare 3 contro 3 insieme agli altri due compagni contro i 3 difendenti della squadra bianca per segnare nelle porticine. Se i difendenti conquistano palla devono sviluppare l'azione nello stesso modo.

Two teams (blues and whites) of six each play a small sided game in a pitch divided in three areas, trying to escape the defenders mark in the center area and to score in the little goals in the end zone. All the players of the team in possession (blues in the picture) must play the ball alternating the passings between the defending third (where players are free from pressure) and the middle third area where the players must receive dismarked from defenders at least twice (1 and 3); the third player in the middle third area can receive and run inside the final third (6) to play 3 vs 3 together with the other two teammates against three defenders of the white team to score in the little goals. If the defending team recover the ball, the players must develop the move in the same way.

Partita in spazi ridotti: 4 contro 4 + 4 con 4 porte e 3 portieri  
Small sided game: 4 vs 4 + 4 with 4 goals and 3 goalkeepers

PARTITA IN SPAZI RIDOTTI: 4 CONTRO 4 + 4 CON 4 PORTE E 3 PORTIERI



SMALL SIDED GAME: 4 VS 4 + 4 WITH 4 GOALS AND 3 GOALKEEPERS

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Partita in spazi ridotti in cui due squadre (blu e bianchi) si affrontano, con l'aiuto di quattro jolly (rossi) ai vertici del campo quadrato per segnare o difendere quattro porte. Le porte sono difese da tre portieri, di cui due mobili, che devono coprire tre porte, e uno fisso che ha la maglia corrispondente a quelle dei momentanei jolly. Il goal della squadra in possesso è valido solo se due dei quattro jolly posizionati agli angoli opposti hanno giocato palla (1-7). Il goal vale doppio se segnato nella porta con il portiere fisso. Il punteggio finale è dato dalla somma dei goal fatti dalla squadra sottraendo i goal subiti dal portiere dello stesso colore nei periodi in cui ha difeso solamente una porta.

In this small sided game two teams play a match (blues and whites), with four free players (reds), placed on the corners of the square, which are support to the possession team; the players can score in and must defend four goal. The goals are defended by three goalkeepers, two of them are free to move and must defend three goals and the third with the same shirt of the free players must defend only one goal. The scores of the team with possession is valid only if two of the four free players have played the ball (1-7). The goal worths double if the possession team scores in the goal with the fixed goalkeeper. The final points are the sum of the goals scored by the team less the goals conceded by the goalkeeper with the shirt of the same color when he only defended a single goal.



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