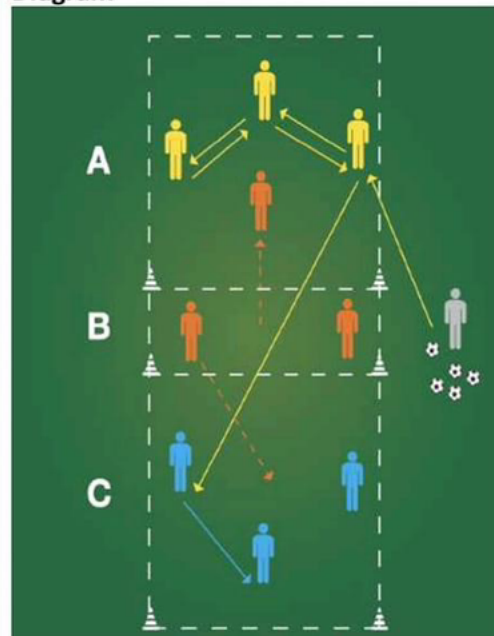


Game Training – 20 Minutes

Organisation/ Explanation

- 3 v 1 game training with 9 players.
- Playing Area: 12m x 12m (Grid A & C), 12m x 5m (Grid B).
- Session set up as illustrated.
- Coach starts the game by serving the ball into grid A as shown in the diagram.
- At that moment one orange player immediately defends the ball creating a 3v1.
- Yellow team look to keep possession of the ball and play a killer pass across into grid C.
- If successful, immediately another orange player defends the ball against the blue team.
- If a team in possession loses the ball, they immediately transfer into grid b to become the defenders and the orange team swap and become a team in possession.
- Emphasis on quick transitioning.
- Step Up: make the playing area smaller or limit amount of touches on the ball.
- Step Down: make the playing area bigger or unlimited touches on the ball.

Diagram

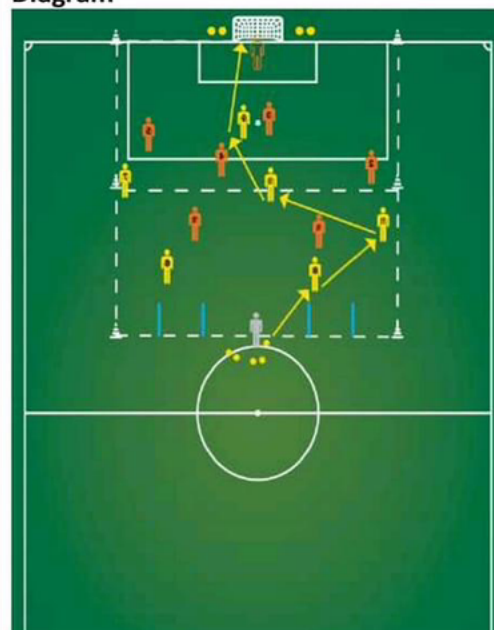


Training Game – 20 Minutes

Organisation/ Explanation

- 6 v 6 + 1 goalkeeper training game.
- Playing Area: 40m x 40m depending on the players ability.
- Session set up as illustrated.
- The goalkeeper acts as a neutral player.
- Practice starts with the coach located serving the ball to the yellow team as shown in the diagram.
- Objective for yellow team is to try and score.
- If the yellow team score. Game restarts with coach serving the ball to a yellow player.
- Objective for the orange team is to win the ball and score in the two small gates.
- If orange win the ball and score, the coach immediately serves the ball to an orange player and the orange team now look to score the other way in the big goals with the yellow team defending the goal.

Diagram



Session 12– Transition from Ball Possession Opponent to Ball Opponent

Passing Practice – 15 Minutes

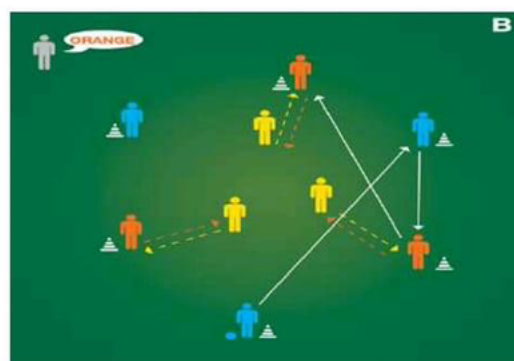
Organisation/ Explanation

- Session set up as illustrated.
- Playing Area: Cones set up 10m – 15m apart.
- Three teams of three as shown in the diagram.
- Passing sequence is random no logical order.
- Once pass is played player to move to the next cone in an anti-clockwise direction as shown.
- Players then follow the passing sequence illustrated.
- Change direction regularly.

Progression

- Perform the same exercise in diagram A but one pair now act as passive defenders as shown in diagram B on the coaches call of a colour.
- Players now stay in their positions and don't run to the opposite side.

Diagram

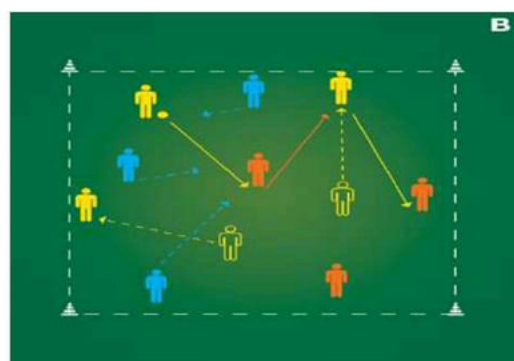
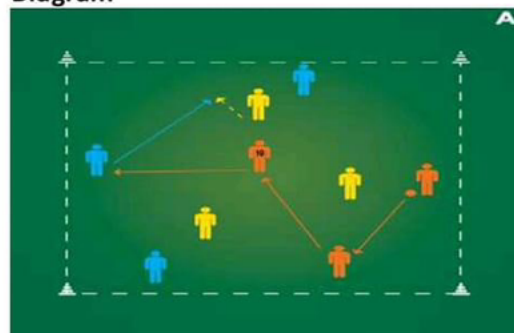


Positioning Game – 20 Minutes

Organisation/ Explanation

- 6 v 3 Positioning Game.
- Session set up as illustrated.
- Playing Area: 30m x 30m depending on the players ability.
- Practice starts with Orange and Blue team keeping possession from the yellow team.
- As shown in diagram B, if blue lose the ball, they immediately become the defending team against the yellow and red team. This will create the transition moment.
- **Step Up:** Reduce the size of the playing area or limit the amount of touches on the ball.
- **Step Down:** Make the playing area bigger.

Diagram

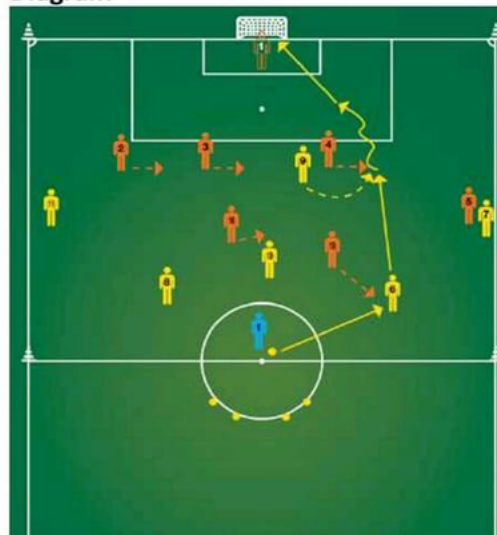


Game Training – 20 Minutes

Organisation/ Explanation

- Transitioning game. Yellow team with the ball then without the ball, orange team without the ball then with the ball.
- Session set up as illustrated.
- Playing Area: Half pitch depending on the players ability.
- Blue goalkeeper has a dual role.
- Practice starts with blue goalkeeper feeding into the yellow team.
- Objective for the yellow team is to keep possession and try to score against the orange goalkeeper.
- Objective for the orange team is to win possession off the yellow team, maintain possession and try and play forward into the hands of the blue goalkeeper.
- The yellow team must try and stop the orange tea, quickly transitioning the ball to the blue goalkeeper.

Diagram

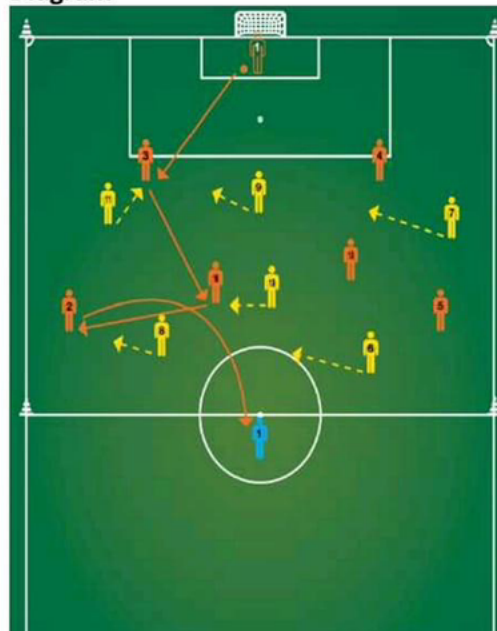


Training Game – 20 Minutes

Organisation/ Explanation

- Same organisation as the game training component of the session.
- Non-stop game with no coaches' stoppages.
- Coach only on the run.
- 3 points for every goal scored by yellow, 1 point for every time orange successfully get the ball into the hands of the blue goalkeeper.
- Usual game rules apply.
- Observe improvement in yellow's team's ability to collectively pressure the opposition immediately when they lose possession.

Diagram



Session 11– Transition from Ball Possession to Ball Possession Opponent.

Passing Practice – 15 Minutes

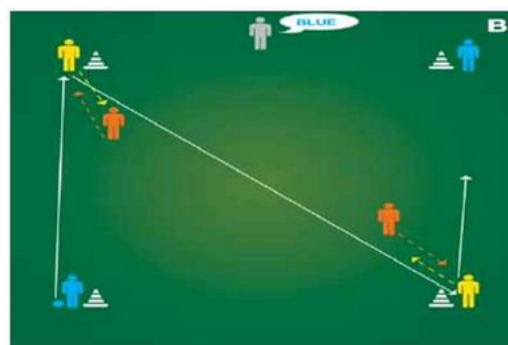
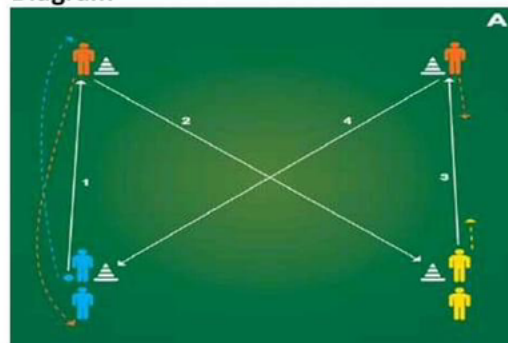
Organisation/ Explanation

- Playing Area: 15m x 15m.
- Players set up as shown in the diagram.
- Passing sequence in logical order (1-4) and players then run to their opposite side. Don't follow their pass.
- Change direction regularly.
- Encourage good ball speed and accuracy.

Progression

- Perform the same exercise in diagram A but one pair now act as passive defenders as shown in diagram B.
- Players now stay in their positions and don't run to the opposite side.
- Change direction regularly.

Diagram



Positioning Game – 20 Minutes

Organisation/ Explanation

- 4 v 2 positioning game with 8 players.
- 8 players divided into two groups as shown in the diagram.
- Playing Area: 10m x 10m / 15m x 15m depending on players ability.
- Session set up as illustrated in diagram A.
- Orange team look to keep possession from defending yellow players in a 4
- If yellow win the ball through or the ball goes out of play, the game immediately transfers across (diagram B) with two orange players immediately defending four yellow players.

Diagram

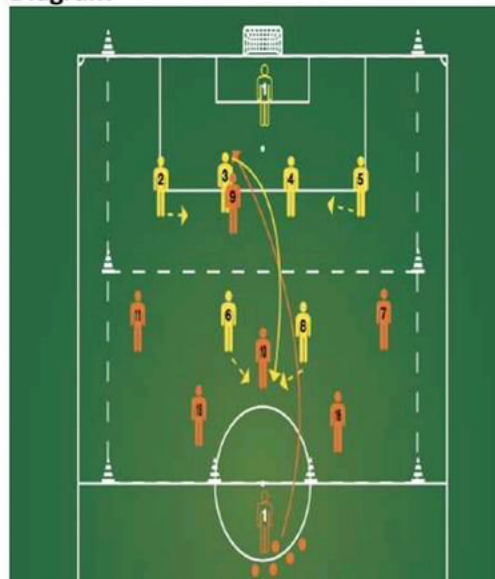


Game Training – 20 Minutes

Organisation/ Explanation

- 6 v 6 + goalkeepers Game Training.
- Playing Area: 50m x 50m divided by a half-way line.
- Players set up as shown in the diagram.
- Orange goalkeeper has a dual role.
- Practice starts with orange #1 playing a long ball into one of the orange attacking players.
- Orange players look to keep possession and score in the big goal.
- Yellow look to defend their goal win the ball off orange and play a forward pass into the hands of the orange #1 goalkeeper.
- Offside rules apply.

Diagram

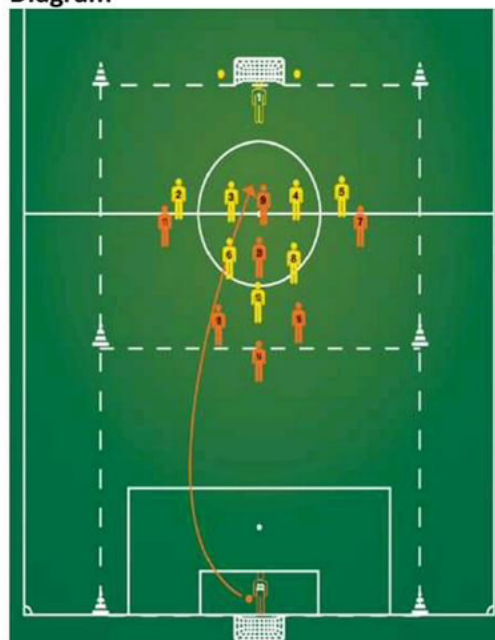


Training Game – 20 Minutes

Organisation/ Explanation

- 8 v 8 training game.
- Playing Area: 70m x 50m depending on players ability.
- Players set up as shown in the diagram.
- Usual game rules apply including offside.
- Orange GK must always start play with a long a ball into the orange attacking players.
- Coach focuses on team defending the long ball.
- Observe improvement in yellows team's ability to defend the long ball.

Diagram



Session 10– Defending / Recapturing

Passing Practice – 15 Minutes

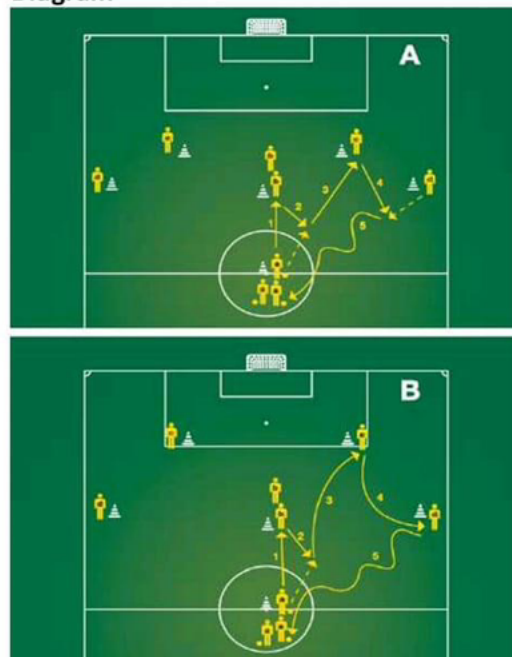
Organisation/ Explanation

- Session set up as illustrated.
- At least three or more players at the starting position (a) and two players at the net position (b).
- Passing sequence in order as shown in the diagram.
- Players follow their pass.
- Alternate the passing practice from left and right side of the grid.
- Encourage accuracy and good ball speed in the pass.
- Gradually increase the running speed between passes.

Variation

- Move the cones back to increase the distance between each player.
- Pass 3 now becomes a lofted pass that player (c) must head, volley or control and pass to player (d).

Diagram

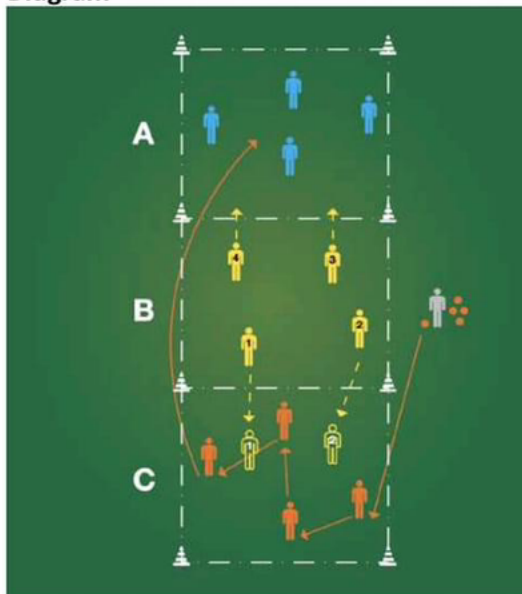


Positioning Game – 20 Minutes

Organisation/ Explanation

- Session set up as illustrated.
- Playing Area: 3 squares of 15m x 15m or 20m x 20m depending on players ability.
- Practice starts with the coach serving the ball to either players in grid A or C.
- As the ball is served by the coach, players #1 and #2 from the yellow team from grid B immediately start defending in grid A or C.
- As shown in the diagram, orange team must keep possession and get the ball over to the blue team. If successful yellow players #3 and #4 the defend against the blue team.
- If orange or blue team lose possession or the ball goes out of play, they change roles with the yellow team and become the defenders.
-

Diagram



Game Training – 20 Minutes

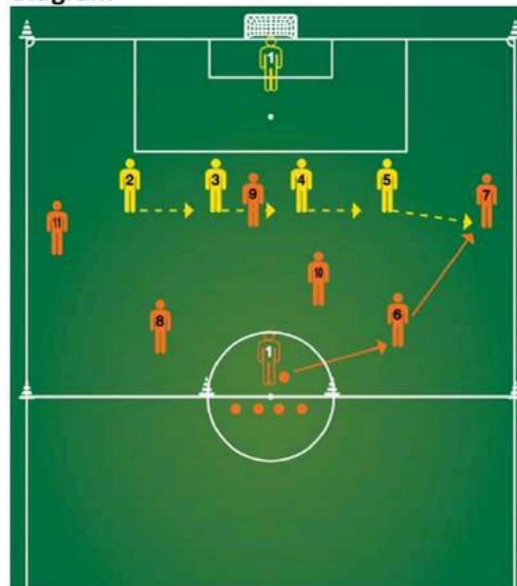
Organisation/ Explanation

- 7 v 5 game training.
- Playing Area: Half Pitch depending on players ability.
- Teams set up as shown in the diagram.
- Orange objective is to score by beating defensive line of yellow and shooting at goal.
- Yellow objective is to maintain defensive shape, win the ball off orange and play a pass into orange #1.
- Offside rules apply.
- Play always restarts with orange #1.

Coaches Remarks to defending team.

- Keep your relative distances.
- Cover each other.
- Press the ball if your close enough to do so.
- Drop as a defensive unit if yellow look to play in behind.
- Move forward collectively if orange play backwards.

Diagram

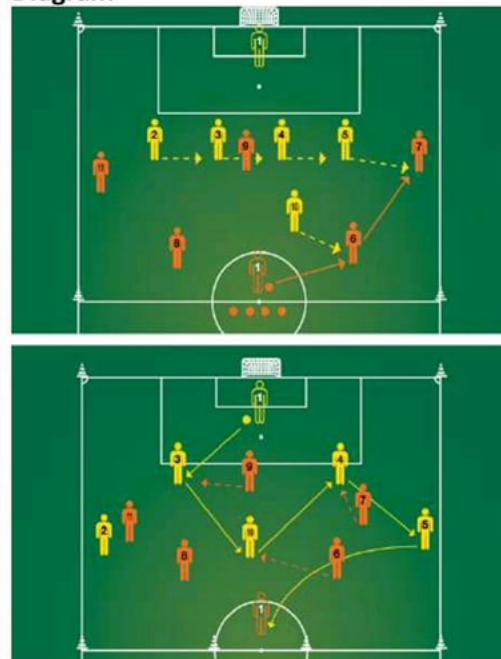


Training Game – 20 Minutes

Organisation/ Explanation

- 6 v 6 training game.
- Playing Area: Half Pitch.
- Teams in formation as show in the diagram.
- Orange #1 has a dual role.
- Objective for orange is to score in the goal against the yellow goalkeeper.
- Objective for yellow is to win the ball and passing into the hands of orange #1.
- Coach focuses on the zonal defending of the yellow team.
- Observe improvement in yellows team's ability to collectively pressure the opposition.

Diagram



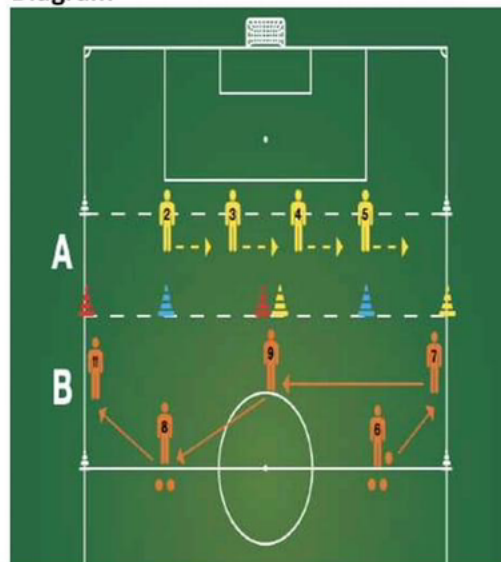
Session 9– Defending / Recapturing

Passing Practice – 15 Minutes

Organisation/ Explanation

- Playing Area: Grid A, 10m -15m, Grid B, 20m x 15m.
- Session set up as illustrated.
- Ensure that cones are set up as shown in the diagram.
- On coaches' instruction, orange players pass the ball in a random order.
- As the ball is being moved by the orange team, the yellow team collectively move as a unit keeping relative distance between themselves.
- When the ball moves to orange #7, all yellow players must be in between the yellow cones.
- When the ball moves to orange #9, all yellow players must be in between the blue cones.
- When the ball moves to the orange #11, all yellow players must be in between the red cones.
- When the ball moves to either orange #6 or #8, yellow players are to move forward towards the half-way line.

Diagram

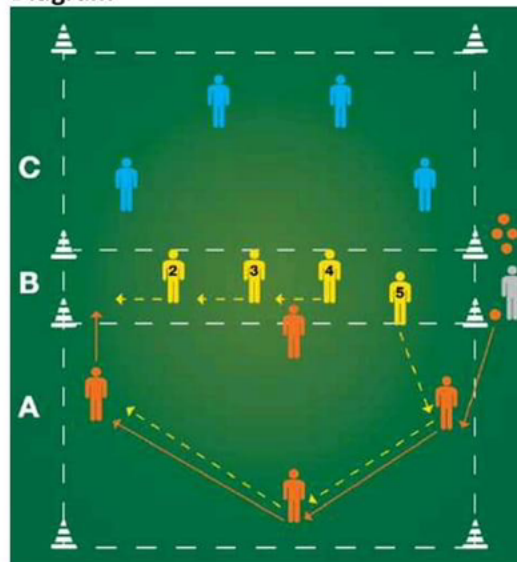


Positioning Game – 20 Minutes

Organisation/ Explanation

- Playing Area: 15m x 10 m (Grid A & C), 15m x 5m (Grid B).
- Session set up as illustrated.
- Coach starts the game by passing the ball to orange in grid A.
- One yellow defender sprints into grid A and attempts to win the ball.
- Orange look to keep possession from the defender and try to play a pass across into grid C to a blue player.
- Remaining yellow defenders in grid B must work collectively to move as a unit to stop the ball going across.
- Rotate every 2-3 minutes so all three teams defend.
- **Step Up:** Make playing area smaller and or limit touches on the ball.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball.

Diagram

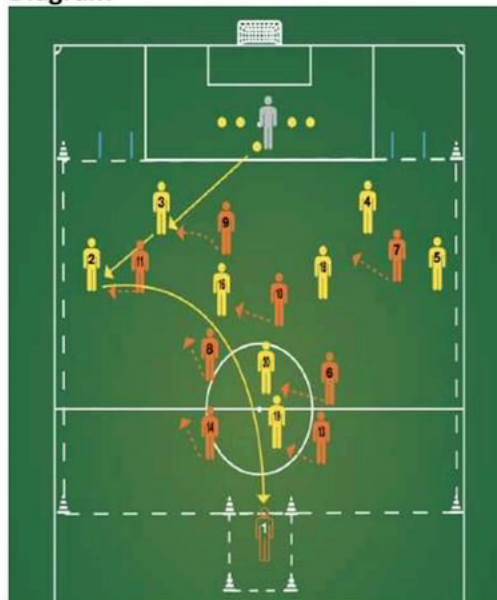


Game Training – 20 Minutes

Organisation/ Explanation

- Playing Area: 50m x 60m.
- Session set up as illustrated.
- Players set up on the field as shown in the diagram.
- Coach starts with the ball and serves into the yellow team.
- Objective for yellow team is to keep possession and play forward into the orange goalkeeper.
- Objective for orange team is to pressure the ball and prevent yellow team from playing into orange goalkeeper.
- If orange win the ball, they try to score in either of the two end goals.
- Usual game rules apply.
- Practice always starts with the coach.
- Encourage defending team to press the ball carrier.
- Encourage the defending team to prevent time and space for opposition to play forward.

Diagram



Training Game – 20 Minutes

Organisation/ Explanation

- 8 v8 + goalkeepers on a $\frac{3}{4}$ pitch depending on players ability.
- Players set up on the field as illustrated.
- Usual game rules apply.
- Maintain players positions so that the orange team maintain their defensive shape.
- Observe improvement in orange team's ability to collectively pressure the opposition.

Diagram



Session 8– Disturbing & Pressuring.

Passing Practice – 15 Minutes

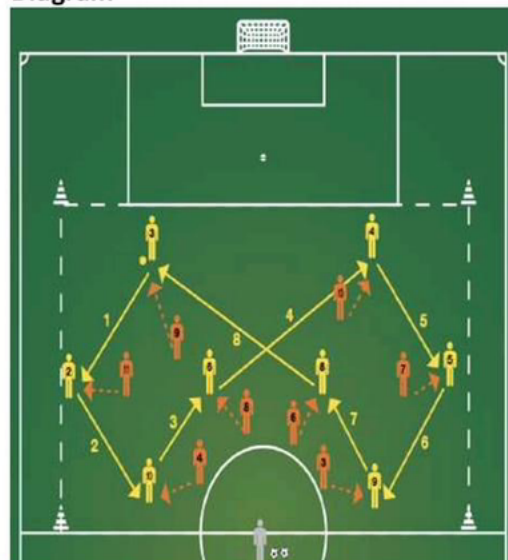
Organisation/ Explanation

- Session set up as illustrated.
- Players positioned as shown in diagram.
- Playing Area: 35m x 50m depending on the players ability.
- Practice starts with yellow player #3.
- Passing sequence is in order as shown in diagram.
- Player stay in their positions after they have passed the ball but must not stay static.
- Orange players pressure the ball as a unit without intercepting (passive) the pass.

Progression

- Passing sequence to the left and to the right.
- Change the role of the yellow and the orange team.
- Increase the passing and ball speed.
- Introduce a second passing sequence.
- Get players to come up with their own passing pattern as a further variation.

Diagram

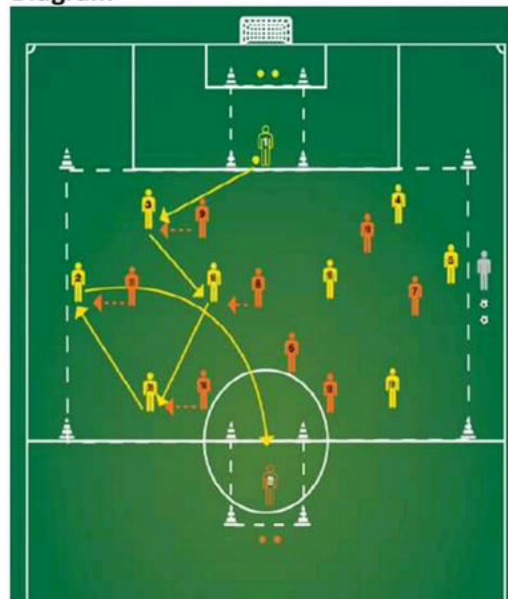


Positioning Game – 20 Minutes

Organisation/ Explanation

- 8 v 8 + goalkeepers positioning game.
- Playing Area: 30m x 50m depending on the players ability.
- Session set up as illustrated.
- Yellow team goalkeeper starts play.
- Objective for yellow team is to keep possession and play forward into the orange goalkeeper.
- Objective for orange team is to pressure the ball and prevent yellow team from playing into orange goalkeeper.
- If orange win the ball the roles change, and yellow team defend.
- **Step Up:** Make playing area smaller and or limit touches on the ball.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball.
- 1 point for every completed pass into the end goalkeeper.

Diagram



Game Training – 20 Minutes

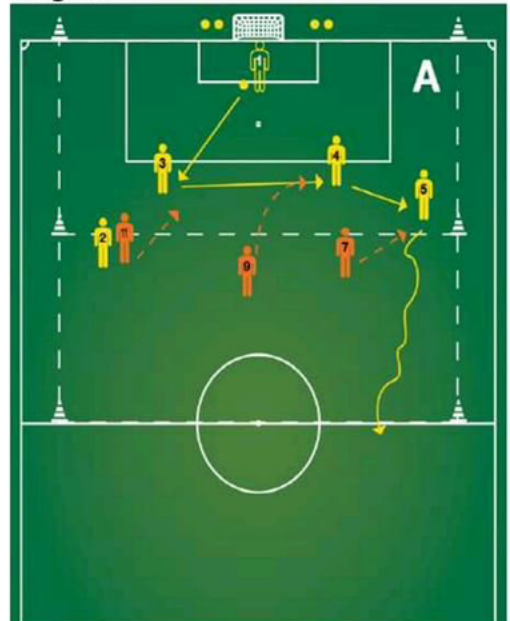
Organisation/ Explanation

- 5v3 Game Training.
- Playing Area: 50m x 50m divided by a halfway line and depending on players ability.
- Players set up as shown in the diagram.
- Practice starts with yellow #1 serving the ball into any of the back four players.
- Yellow objective is to keep possession and try to get one of the yellow players over the end line in possession of the ball.
- If orange win the ball, they try and score in the big goal.
- Practice always restarts with the yellow player #1.
- Offside rules play.
- Encourage defending team to work as unit, keeping defensive shape.
- Encourage nearest defensive player to press the player on the ball.
- **Step Up:** Make playing area smaller and or limit touches on the ball.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball.

Variation

- Add central goal on end line or two smaller goals.

Diagram

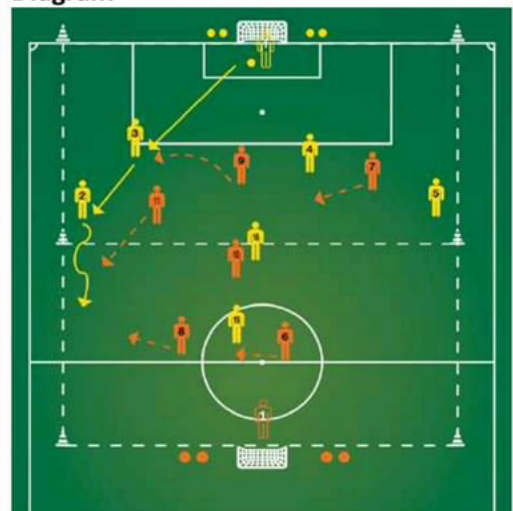


Training Game – 20 Minutes

Organisation/ Explanation

- 6v6 + goalkeepers training game.
- Players set up on the field as illustrated.
- Usual game rules apply.
- Maintain players positions so that the orange team maintain their defensive shape.
- Observe improvement in orange team's ability to collectively pressure the opposition.

Diagram



Session 7– Disturbing & Pressuring.

Passing Practice – 15 Minutes

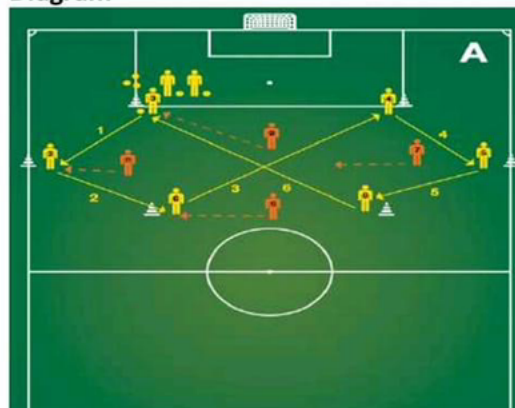
Organisation/ Explanation

- Session set up as illustrated.
- At least 2 players positioned at the starting position #3.
- Passing sequence as demonstrated in the diagram.
- Players follow their pass.
- As the ball is moving the defending orange team need to collectively move as a unit towards the ball.
- Defending team as that move collectively, look to continue to keep their shape as shown in diagram B.
- Rotate players from defenders to attackers and vice versa.

Progression

- Increase passing and running speed.
- Sudden change of passing sequence on coaches call.
- Introduce a second passing sequence.
- Allow players to decide on who they pass to.

Diagram



Positioning Game – 20 Minutes

Organisation/ Explanation

- 7v 4 positioning game.
- Playing Area: 40m x 40m depending on players ability.
- Players set up in session as illustrated.
- Player remain in game positions as much as possible.
- #1 yellow starts the practice.
- Objective for yellow team is to get the ball to the yellow #22 player.
- If successful, play restarts with yellow player #1.
- If orange win the ball, they try and score in the goal.
- **Step Up:** Make playing area smaller and or limit touches on the ball for the yellow team.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball for the yellow team.

Diagram

