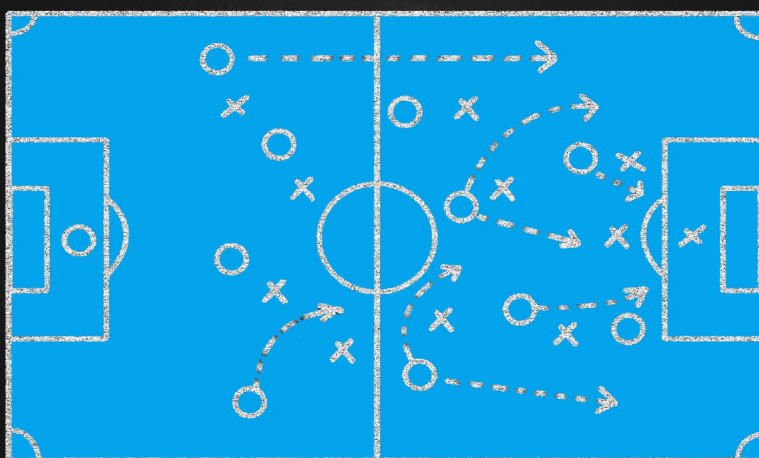




20 ATTACKING TRAINING SESSIONS

FOR ELITE LEVEL TEAMS



GARY CURNEEN



Dear Coach,

Thank you for purchasing a copy of the **Modern Soccer Coach: 20 Attacking Training Session Plans**. The vast majority of the work that I do for Modern Soccer Coach is free. Throughout the lockdown in 2020 I ran a series of webinars and interviews that were available to coaches throughout the world at no cost. Although I am passionate about the work, it does take time and energy to continue to create content, research interviews, write articles and design custom sessions.

I understand this PDF has the potential to circulate around coaching communities as friends and colleagues share it with one another. Therefore, I would like to make one request: If you enjoy the work and content of Modern Soccer Coach, please encourage your colleagues to [purchase this document for themselves](#) and help support what we are doing.

Thank you again for your help and support.

Gary Curneen



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Session design is a topic that has fascinated me for years. There are few things better than sitting down and planning a session with nothing but a blank piece of paper and an objective in mind. In my years of experience at the professional level and studying some of the best in the world, I've seen so many different approaches to how sessions are structured and there are so many variables that can change from teams, environments, and cultures. This book is designed to share some ideas and hopefully spark some thoughts that you can take to your own environment and adapt accordingly.

The sessions in this book are broken into three parts, which allows it to progress both in terms of numbers and field space. I wanted to challenge myself in putting it together that the tactical objective is consistent in all three parts of the session.

Part One:

This is where we introduce the idea of the exercise to the players, typically in a small-sided, possession game where players are exposed to technical work, decisions, overloads and transitions. Times are typically short to help generate high intensity levels and enable the coach to gradually introduce the concepts and principles for the session ahead.

Part Two:

In this aspect of the session, the focus moves more towards positioning and trying to paint the specific pictures in different areas of the pitch. As spaces increase, the competitive nature of the game is still there in the exercises, along with allowing the coach to impact the session with detail in the delivery.

Part Three:

Again, we now progress into bigger spaces and introduce more 8v8, 9v9, and 10v10 work. The rules or constraints of the game are modified and designed to strike a balance between bringing out the topic and allowing the game to flow like it would on a match day. Times also increase to allow the players more freedom in terms of decision and the role of the coach changes accordingly.

Although every session has three parts, there is always room for the coach to modify it and add more to suit your players. In previous Modern Soccer Coach books, I have promoted unit and positional work, along with unopposed work, and always encourage coaches to find a variety of ways to help connect with their players and teach the game. Other aspects of the session, particularly the warm-up and cool down, are still important of course. Again, the priority for this book is to focus on the tactical objectives and look to bring those as the session progresses. If you have any questions about any of the exercises, please feel free to email me at gary@modernsoccercoach.com. I hope you enjoy the book!



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Session One: Verticality in Possession

PART ONE: 3v1 Plus Two Transfer Game

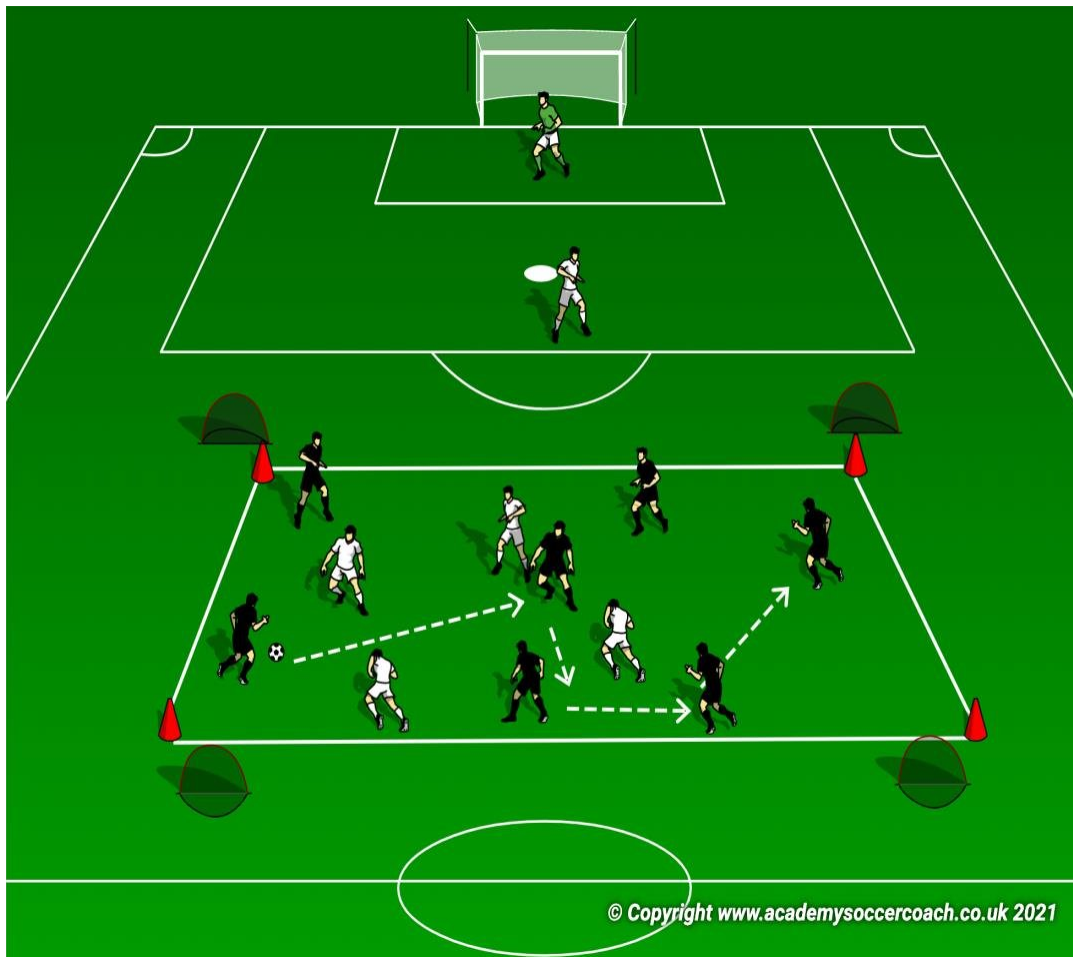
This exercise takes place inside a 20x30 yard area, divided into three zones. Eleven players are split into three teams of three players, and two neutrals. Two teams are working in-possession (red and blue below) while one team works as the defensive group (yellow below). Each team starts at each side of the end-zone, one defender occupies each zone, and two neutral players stay in the middle (in white below). Every player must stay in their zone. The objective is for teams to play a 3v1 in their zone and use possession to find one of the neutral players (in white) to then transfer the ball to the other team. Each successful transfer earns the team one point. Teams must have a minimum of three passes before they transfer possession. Play 5x2 minute games, always rotating the defending team after each one. If the defenders win possession, they earn one point by completing a pass to a teammate in another zone.



Progressions:

- Increase the number of passes required before a team can transfer the ball.
- Allow the neutral players the flexibility of moving around the grid and potentially creating a 4v1 in possession if the team are struggling to transfer the ball.
- Award the defensive team two points if they win possession and dribble outside the grid, which now allows the possession team to counter-press aggressively if they do lose possession.

PART TWO: 7v5 Breakout and Score

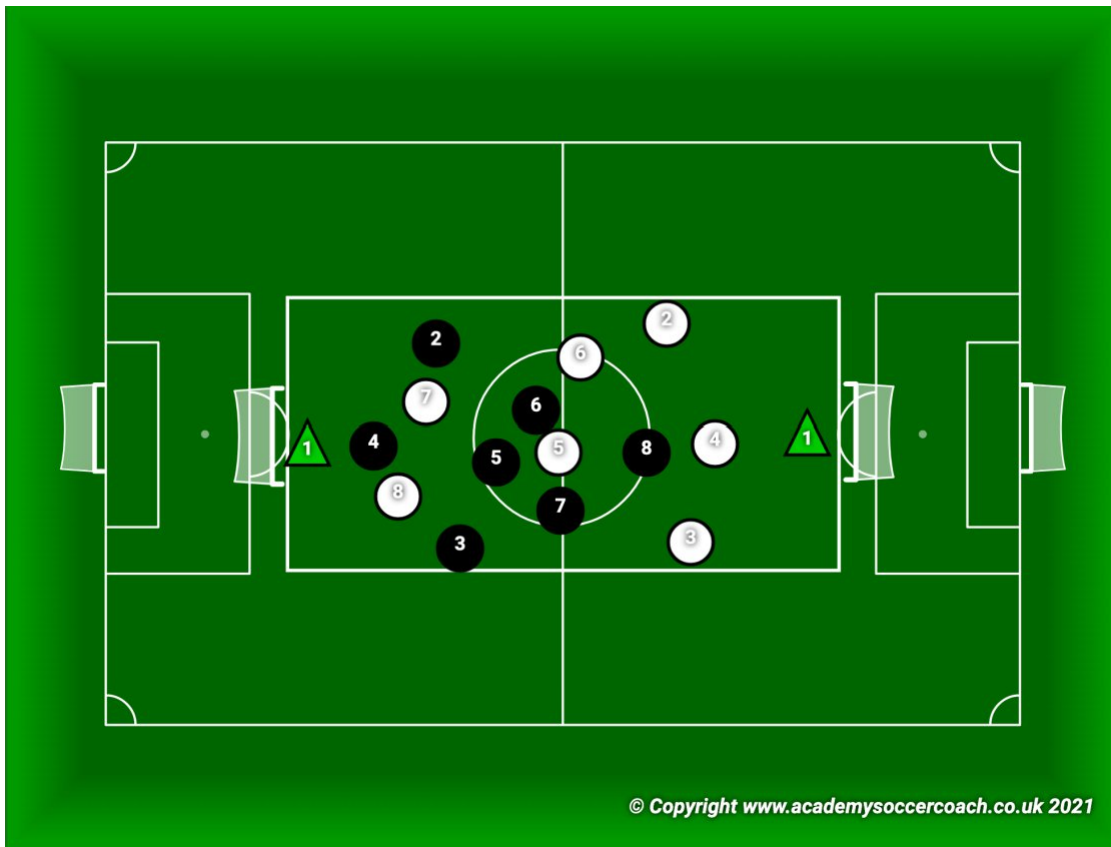


The exercise takes place in one half of the field with a 25x20 yard area, with twelve players and a goalkeeper. The attacking team (in black above) start with seven players inside the grid. The defending team (in white) have four central players), plus. a defender and goalkeeper outside the area. The objective of the attacking team is to use the numerical advantage to build-up and complete five passes. Once they complete five passes, they can dribble forward, exit the grid, and go to goal. Three attacking players can go in support and create a 3v1 to goal. If the defending team win possession, they can score in the mini-goals in transition. Play 4x3 minutes and rotate players after each round.

Progressions:

- Add a second defender outside the grid so it's a greater challenge going to goal. The offside rule applies.
- Allow a recovering defender to join after the possession team breaks out of the grid.
- Create a 'shot clock' for the attackers once they break out to challenge them in the attack.

PART THREE: 9v9 Forward Thinking Game



Players are organized into two teams of 8 players, including a goalkeeper, on a 40x70 yard pitch. The rules are simple: every second pass must go forward at all times. There cannot be two backwards or square passes in a row. The objective here is not only to have an attacking mentality in the session, but also to encourage players to make attacking runs at all times, as well as being aware of body shape when receiving the ball. A narrow field, like the one above, can make this very challenging to find space to play forward. Play 3x5 minute games with a two-minute recovery in between each one.

Progressions:

- Restrict the number of touches for the team in possession.
- Award them an extra point for a goal scored with 3 passes or less... this will challenge them to play at a tempo and look to penetrate in their possession.

Session Two: Attacking Transition to Goal

PART ONE: 4v4+2 Transitional Rondo

Ten players are divided into two teams of four with two neutrals. The game takes place in a 15x15 yard box with mini-goals in the corner. One team is designated as the possession team (black team in the example below) and the other is the pressing team (in white below). The objective of the attacking team is to combine with the two neutrals and create a 6v4 situation to keep possession. When they complete six consecutive passes, they are awarded one point. If the defensive team (white) win possession, they are looking to score in any of the mini-goals in the corner for two points. Play for three minutes and then take a one-minute break. Repeat three times.

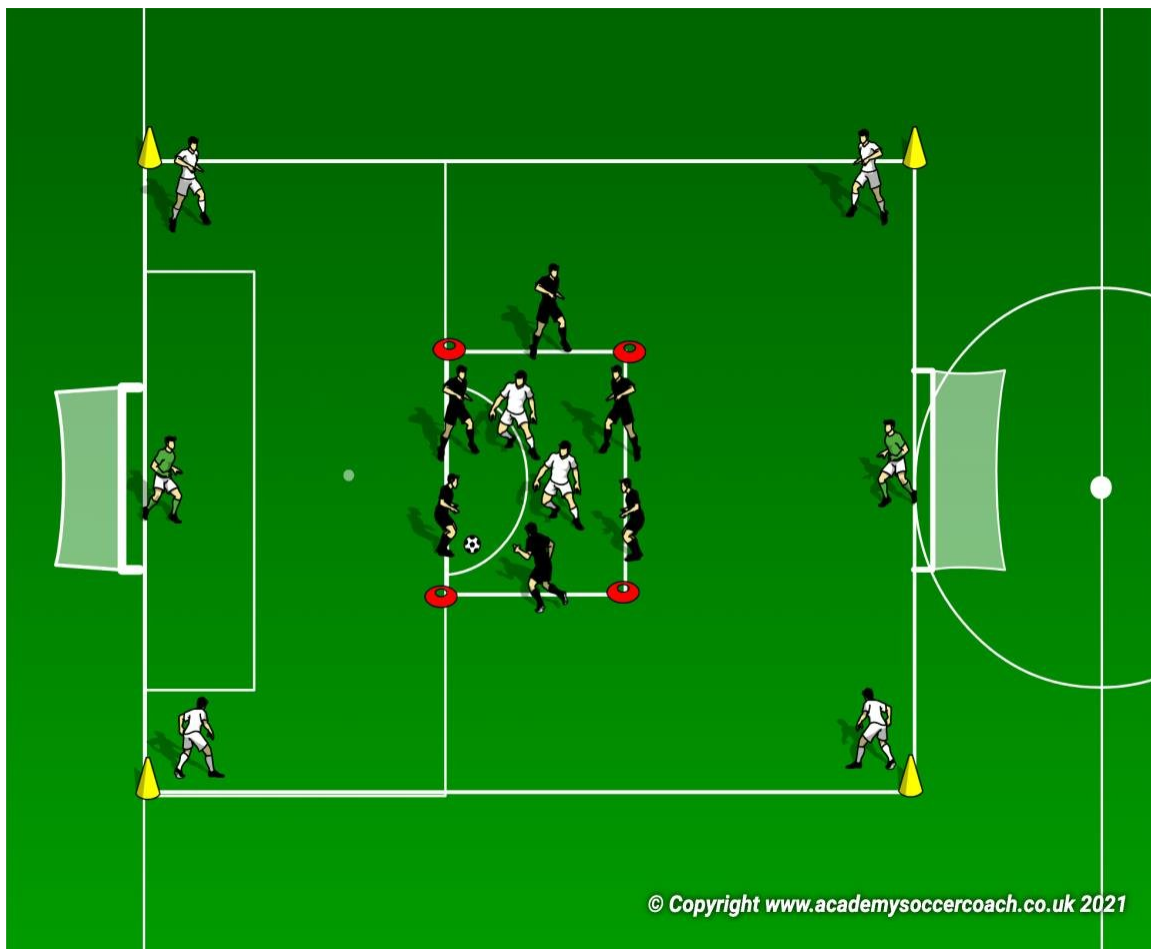


Progressions:

- Reduce the pass award to five passes for every point. This will put more pressure on the defending team.
- Award the defensive team one point if they dribble outside the grid in control of the ball on the transition. This now gives the defensive team an additional decision to make in transition and allows the possession team the opportunity to counter-press.

PART TWO: 6v6 Breakout Rondo

Fourteen players are organized into two teams of six players each and two goalkeepers. The exercise takes place in a 30x50 area with a 15x15 yard square in the middle. One team starts off as the possession team (black team below), with all their players in the central grid. The opponents will start as the defensive team and have two players in the square and one player in each corner. The possession team begin with the ball in the square and look to make as many consecutive passes as possible. For every ten consecutive passes, they are awarded one point. If the defensive team win possession, they look to play out to one of the players in the corner and then attack the closest goal immediately. All players can go in support during the transition, both offensively and defensively. Play 3x3 minute games with one-minute recovery and rotate players after each set.



Progressions:

- Create a time limit of ten seconds to challenge the players to score in the transition.
- To challenge the possession team inside the 6v2 grid, introduce a one or two-touch constraint.

PART THREE: Attacking Transition Waves Game

Seventeen players are organized into three teams of five players each, plus two goalkeepers. The field is split into two 25x30 yard zones, with a 10-yard mid-zone in between. Coaches can adapt the sizes depending on the levels of physical and technical challenges they are looking to bring out of the session. To start the exercise, one team attacks another with the third team waiting in the other zone. If the attacking team scores, they then move to the other end and attack the third team. However, if the defensive team wins possession, they must look to break out of the zone and attack the third team on the other end. The middle zone is a free zone for teams to quickly transition together. Play for 3x5 minutes sets with one-minute recovery between each one.



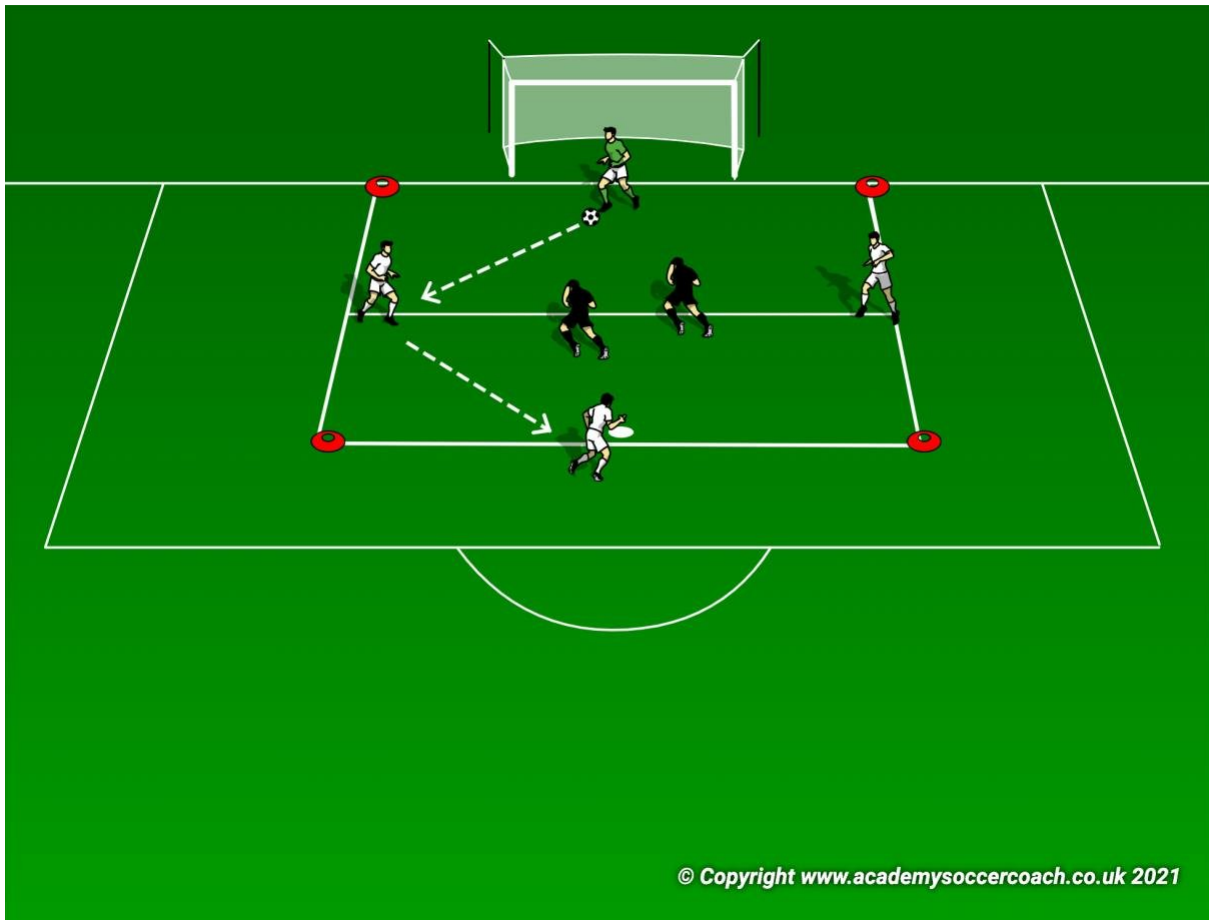
Progressions:

- Introduce a 'shot clock' of 15-seconds to the attack once they enter in the end-zone.
- Allow only forward passes so the exercise is about penetration, rather than possession, unless it is a cross.

Session Three: Build-Up Centrally

PART ONE: 4v2 with GK Rondo

This exercise takes place inside a 15x15 yard square around the goal, with one goalkeeper and three outfield players in possession (in white below) against two defenders (in black below). The possession team look to circulate the ball with ten passes equaling 1 point. If defenders win possession, they can score in the goal for two points. Play 5x2 minute games and change the defenders after each one.

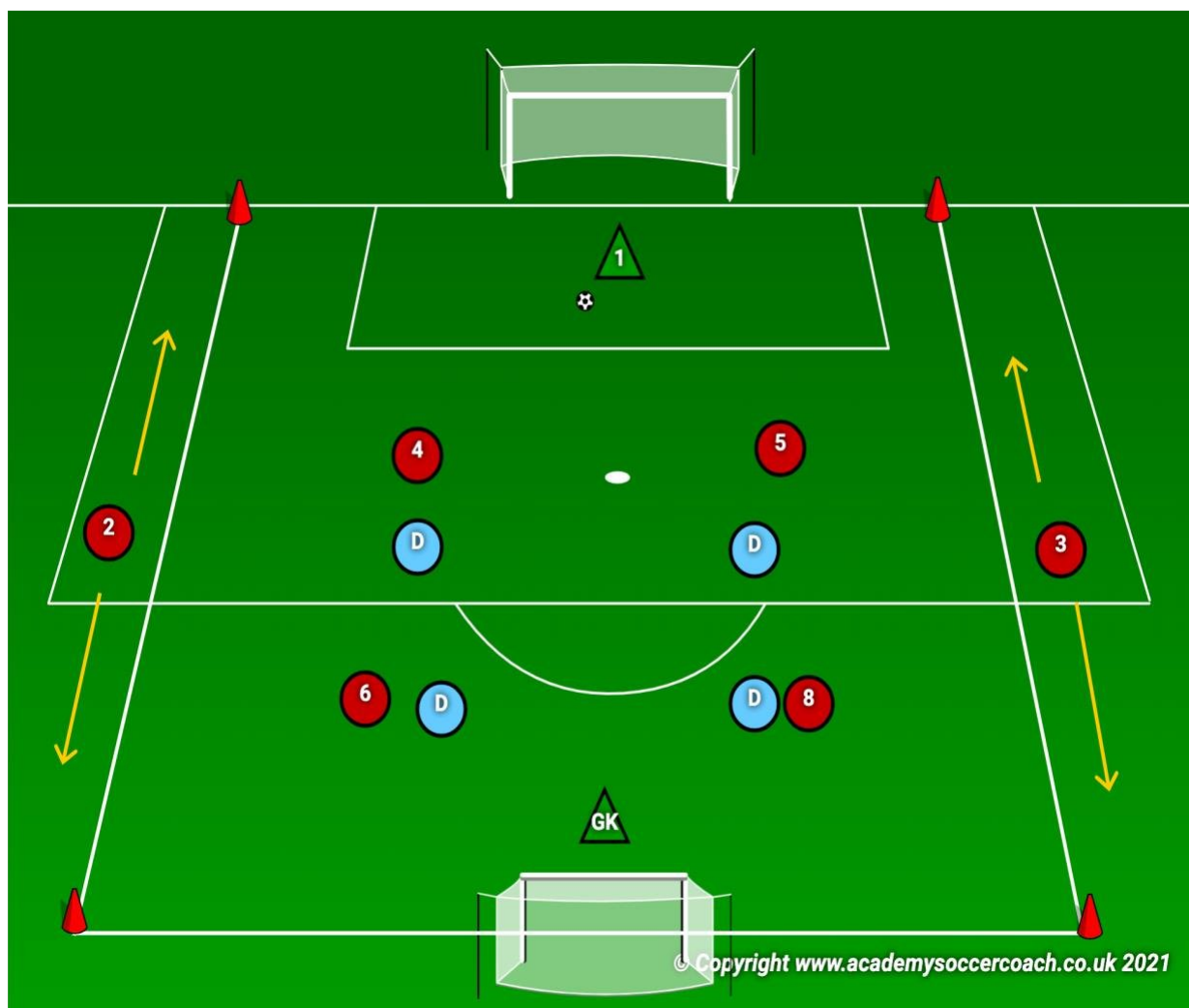


Progressions:

- Limit outside players to two and one touch so they have to solve problems quicker in possession.
- Award the defending team a second ball to finish on goal after they regain possession for the first time. The possession team can defend both balls. This adds a little chaos to the game and engages defenders a little more in the exercise.

PART TWO: 7v5 Central Build-Up

The exercise takes place in a 20x25 yard area using twelve players. The possession team (in red below) have four central players organized into two center backs and two central midfielders, along with two wide players, who play on the outside and can move up and down. They will play against four central blue defenders and a goalkeeper. The objective of the red team is to use the 6v4 numerical advantage to build-up and then score in their opponent's goal. If the blues win possession, they can score in transition. Play 3x3 minutes and rotate players after each round.

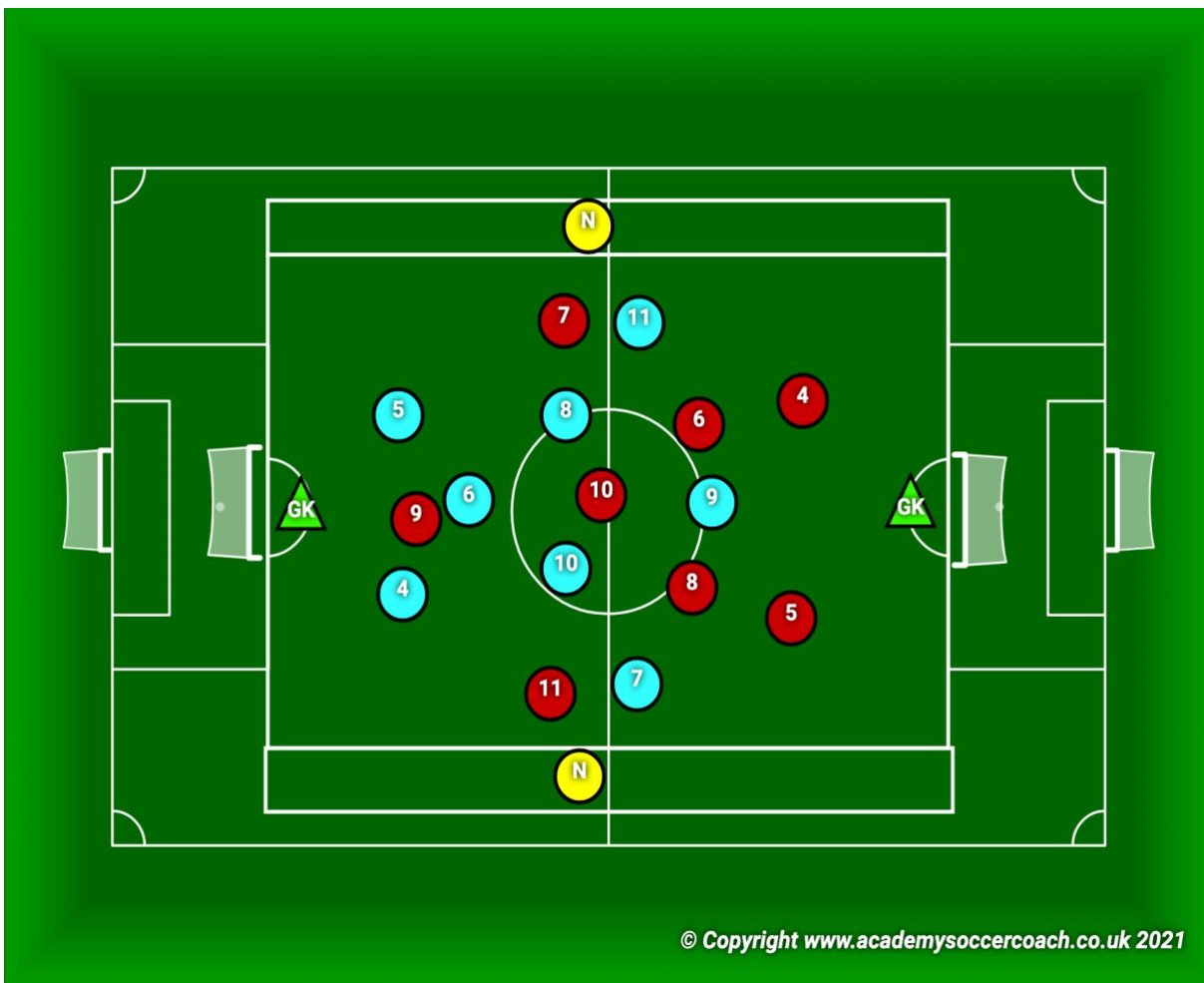


Progressions:

- Restrict the outside players to one or two touches in order to challenge decision-making.
- If the blue team win the ball in the red team's penalty area, they are awarded a point also. This will add urgency to the defending and incentivize them to press.

PART THREE: 9v9 + Two Full Backs Build-Up Game

Two teams are organized into a 9v9 game on a 30x50 yard pitch. Two neutral players (in yellow) will play on the outsides and can move vertically inside their channel in relation to the ball. The objective of the game is to build-up, using either of the wide players to create a goal scoring opportunity. If one of the wide neutrals are involved in the goal it counts as two points. If the wide neutrals are not directly involved, the goal counts as one point. The neutrals on the outside are restricted to two touches. Play 3x6 minute games with a two-minute recovery.



Progressions:

- Add an incentive where the teams get three points if both full-backs are used to score a goal.
- Add a restriction where you cannot pass back to the neutral, this encourages players to receive and open up in central areas.

Session Four: Switching Point of Attack

PART ONE: 4v4+ 4

The exercise takes place inside a 25x25 yard square with 5-yard 'zones' in each corner. Twelve players are split into three teams of four players with one team starting in each corner as the 'neutral' team (white team below). The team in possession utilize the outside players to create an 8v4 overload in possession. The only condition is that they cannot play the same neutral player twice in a row. This constraint challenges them to 'open up' the pitch in possession. For every five consecutive passes, the team in possession scores one point. If the defensive team win the ball, the roles immediately change and they become the possession team. Play 6 x 2 minute games with a one minute recovery.



Progressions:

- Increase the number of passes for a point to be scored.
- Challenge the neutral players to play on 'one touch'.

PART TWO: 7v7 Switch Through Midfield Game

Two teams of seven players, including a goalkeeper, play in a 45x20 yard area with a 5-yard wide channel. There are two neutrals on either side in yellow. The teams play in the central channel with the objective of working the ball across from one neutral to the other. They are awarded one point for each successful transfer. In addition, once the ball is transferred across the pitch, that is also the trigger for the attack to take place towards either goal and the neutral can break forward to help in the attack. If a goal is scored after the transfer, a team is awarded 3 points. Play 3x6 minutes with a one minute recovery.

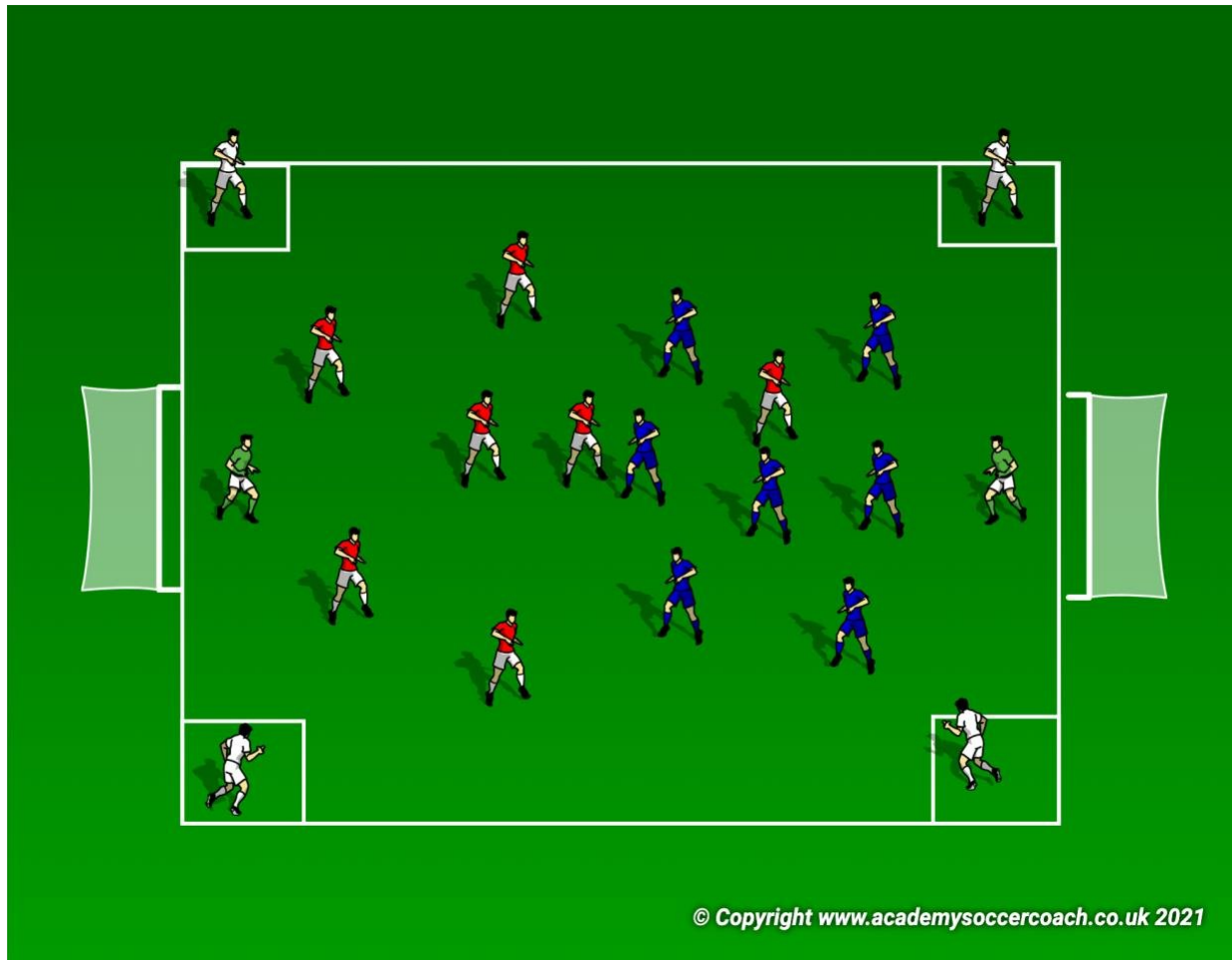


Progressions:

- Allow the goalkeepers to become a part of the possession team so that you now create a 'plus four overload', along with the wide players. Once the ball is transferred across from one neutral to the other, the goalkeepers then change their role from being a support player to being a traditional goalkeeper.
- Remove the switch restriction for a goal to be scored and instead offer an extra point for it in the game.

PART THREE: 8v8 +2 Corners Game

Players are organized into two teams of eight, including a goalkeeper, on a 40x50 yard pitch. There are four zones, one in each corner with a neutral player in each zone. The two neutrals play for the team attacking the goal closest to them. The objective of the game is to work the ball into one of the neutrals in the corner, who can serve a cross or pass to create an opportunity on goal. Play 2x9 minute games with one-minute recovery.



Progressions:

- Limit the neutral players to two touches.
- Award teams two points for a goal that directly involves a neutral player and one point for a goal that does not involve any neutral.

Session Five: Circulation and Support Play in Midfield

PART ONE: 3v3+2 Directional Game

This exercise takes place in a 10x25 yard area with eight players, organized into two teams of three players (in the middle) and two target player (one on each end-line). The objective of the teams in possession is to transfer the ball from one neutral to the other for one point. If possession is lost, they become defenders and the roles simply reverse. Outside players are limited to two touches. Play 5x2 minute games and switch the roles for every game.



Progressions:

- Limit players to one-touch on the outside.
- Allow the end-line players to pass the ball to one another if they can for a point.

PART TWO: 6v6 + 2 Advanced Build and Penetrate Game

The exercise takes place in a 25x45 yard space in one half of the field, with a 5 yard end zone at the bottom. Fifteen players are organized into an attacking team of eight players (in blue below) and a defending team of six players (in red below), plus a goalkeeper. Two of the attacking players work only in the bottom end zone and act as center backs in possession above the halfway line. The defensive team are organized into three midfielders and three defenders, while the attacking team are organized into three midfielders and three forwards. The game starts with the center backs who can pass to each other and into one of the attacking players. They are always an option to play to and are limited to two touches. The attacking team are trying to score. If the defensive team win possession, they can score in either of the two mini-goals, for three points. Play 5x3 minute games.

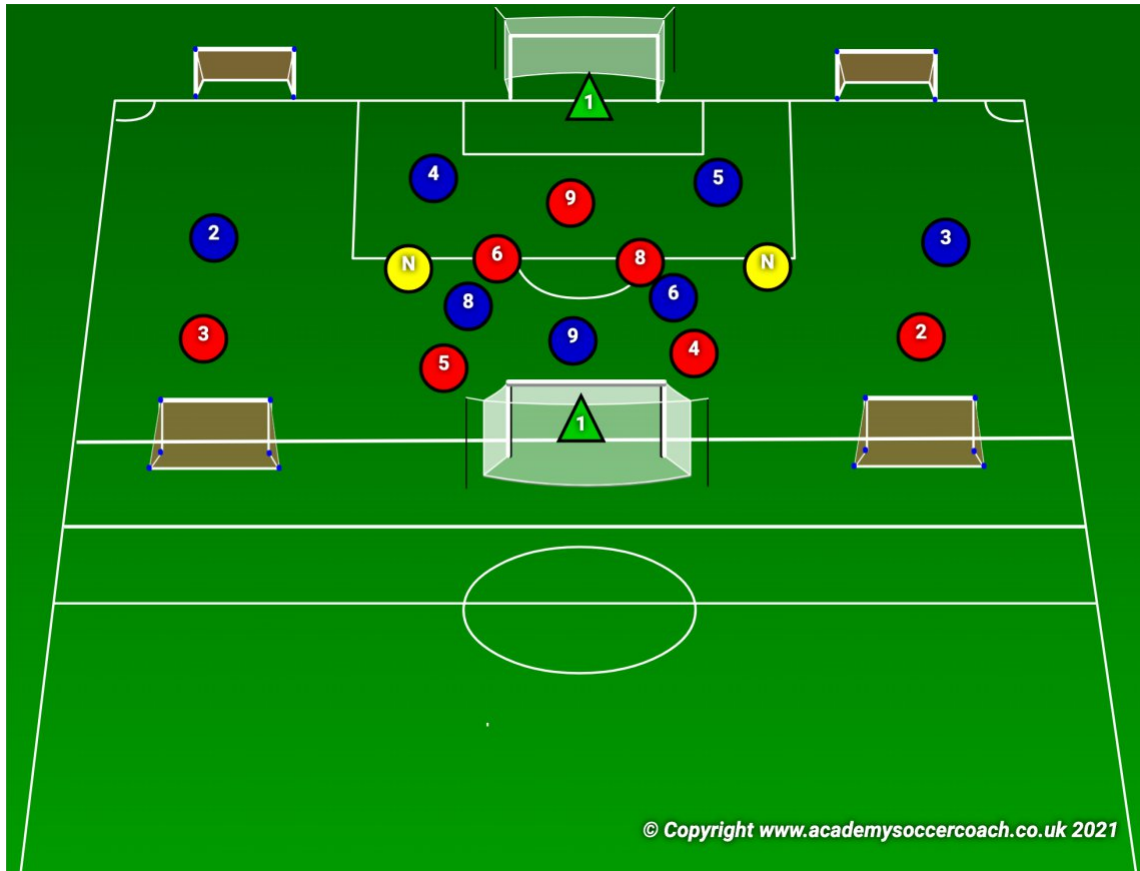


Progressions:

- Limit the two neutrals to two consecutive passes to one another at a time.
- Add another defender to play in the bottom end-zone and create a 2v1.

PART THREE: 8v8 +2 Six Goal Game

Eighteen players are organized into two teams of eight (including a goalkeeper) and two neutrals, on a 30x40 yard pitch. Each team are organized into a defensive back four, two midfielders and one forward, and each defend one big goal and two wide mini-goals. The two neutrals play for the team in possession to create an overload, ideally in a central area. If teams score in the central goal it is worth 2 points, while goals scored in the wide mini-goals are worth one point. Play 2x6 minute games with one minute recovery



Progressions:

- Allow the neutral players to score but limit them to two touches.
- Award teams that score possession again so that they can continue their momentum and build upon it. Fast restarts also challenge the teams in transition and increases the likelihood of 1v1 and potential overloads across the pitch.

Session Six: Targeting the Inside Channels to Attack

PART ONE: 4v4+4 All Out Attacking Game

Sixteen players are organized into teams, along with two goalkeepers. The exercise takes place in a 20x30 yard pitch. Four players start the game on the inside, while the other four players are positioned around the attacking half of the pitch, with one on each side and one on the endline at each side of the goal. Because the game is about exploiting central spaces and inside channels, there is a touch restriction throughout. The inside players are restricted to two-touches, while the outside players are restricted to one-touch. The team in possession have a four-player overload and if an outside player is involved in the goal, two points are awarded. If a goal is scored without the outside players, it is worth one point. Play 5x2 minutes with 60 seconds recovery and rotate the players after every game.

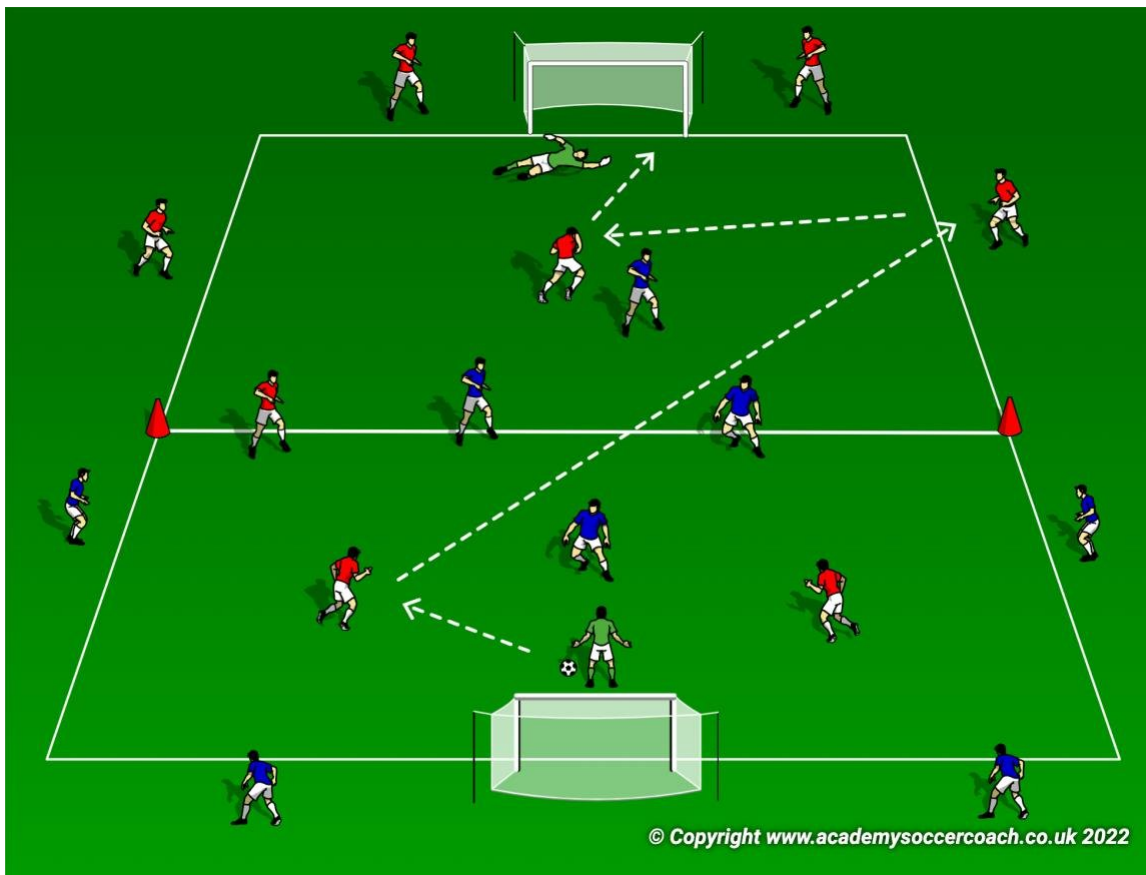


Progressions:

- Introduce a three-pass maximum so that teams must create a goal-scoring opportunity immediately, rather than opting for possession.
- If a goal is scored from a one-touch finish it is worth three points.

PART TWO: 5v5 – Eight Ball Challenge

Ten players are organized into two teams in a traditional attack versus defense format. The defensive team (in red below) are organized into a back four (along with a goalkeeper), while the attacking group of five players (in blue) are organized into a front three and two attacking midfielders. There are three mini goals at the top of the area, alongside the coach with 8 balls. The objective is simple: the attacking team is trying to take advantage of the overload and score in the goal with a 15-second 'shot clock' for each attack so that it does not turn into a possession exercise. If the defenders win possession, they can score in one of the mini-goals for two points. There will be eight balls total and then teams take a two-minute break. There will be four games in total.

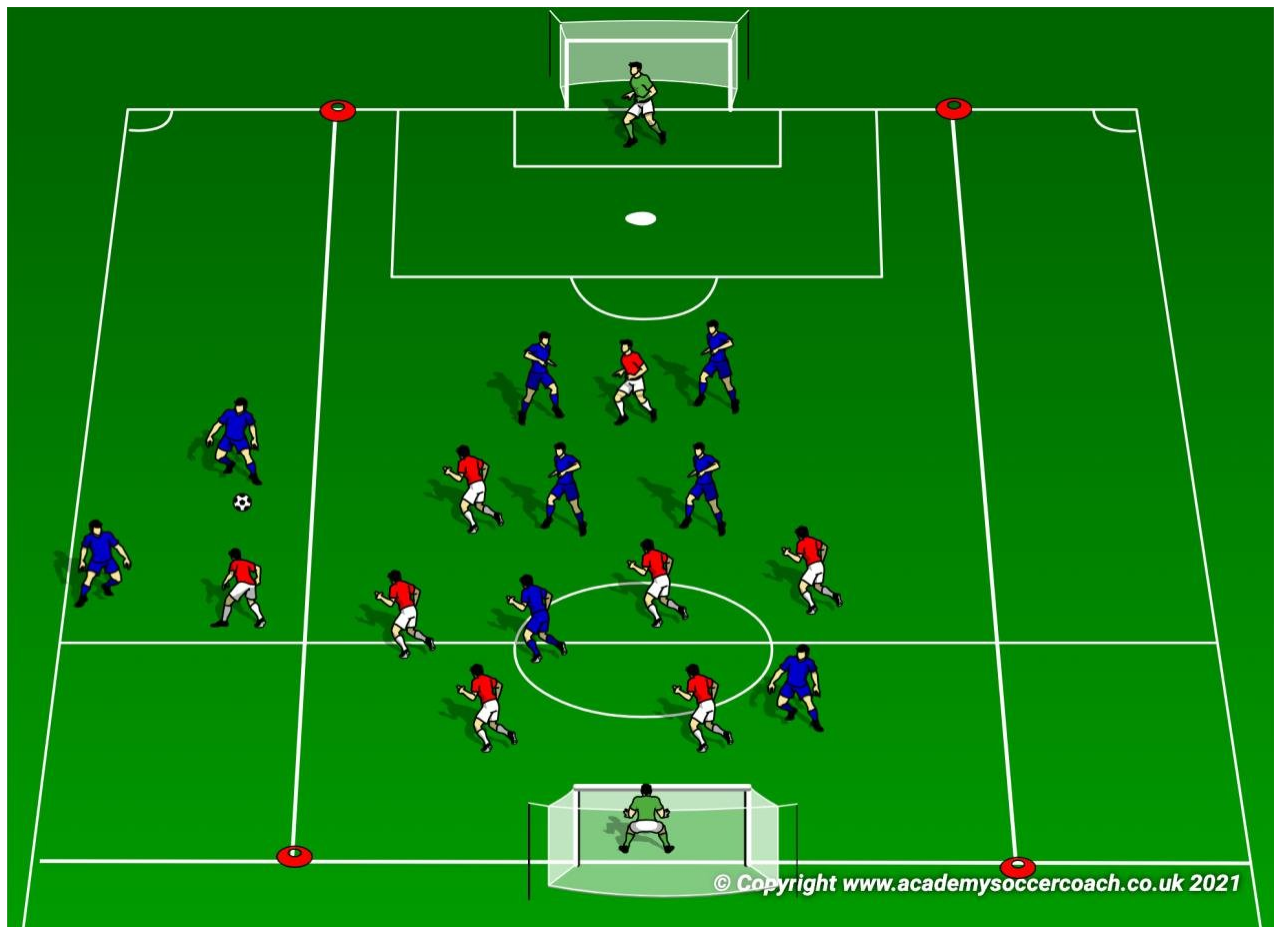


Progressions:

- Increase the number of balls to 10 total.
- Reduce the 'shot clock' to 10-seconds for each attack.
- Instead of the coach passing the balls in, distribute them around the playing area and the attacking team can choose which ball to use. This will add a sense of chaos and uncertainty to the attack.

PART THREE: 9v9 Wide Overloads

Eighteen players are organized into two teams on a 70x90 yard field with a 10-yard channel on each side. Teams play 9v9 with one simple condition: When the ball goes into the wide channel, the team in possession can put two players out there, while the defensive team can only put one defender out there. The only restriction is that they have 10 seconds to solve the overload and progress the ball out of the channel. If a defender wins the ball out there, they must pass or dribble out of pressure to solve the transition. Play 3x6 minutes with a two minute recovery.



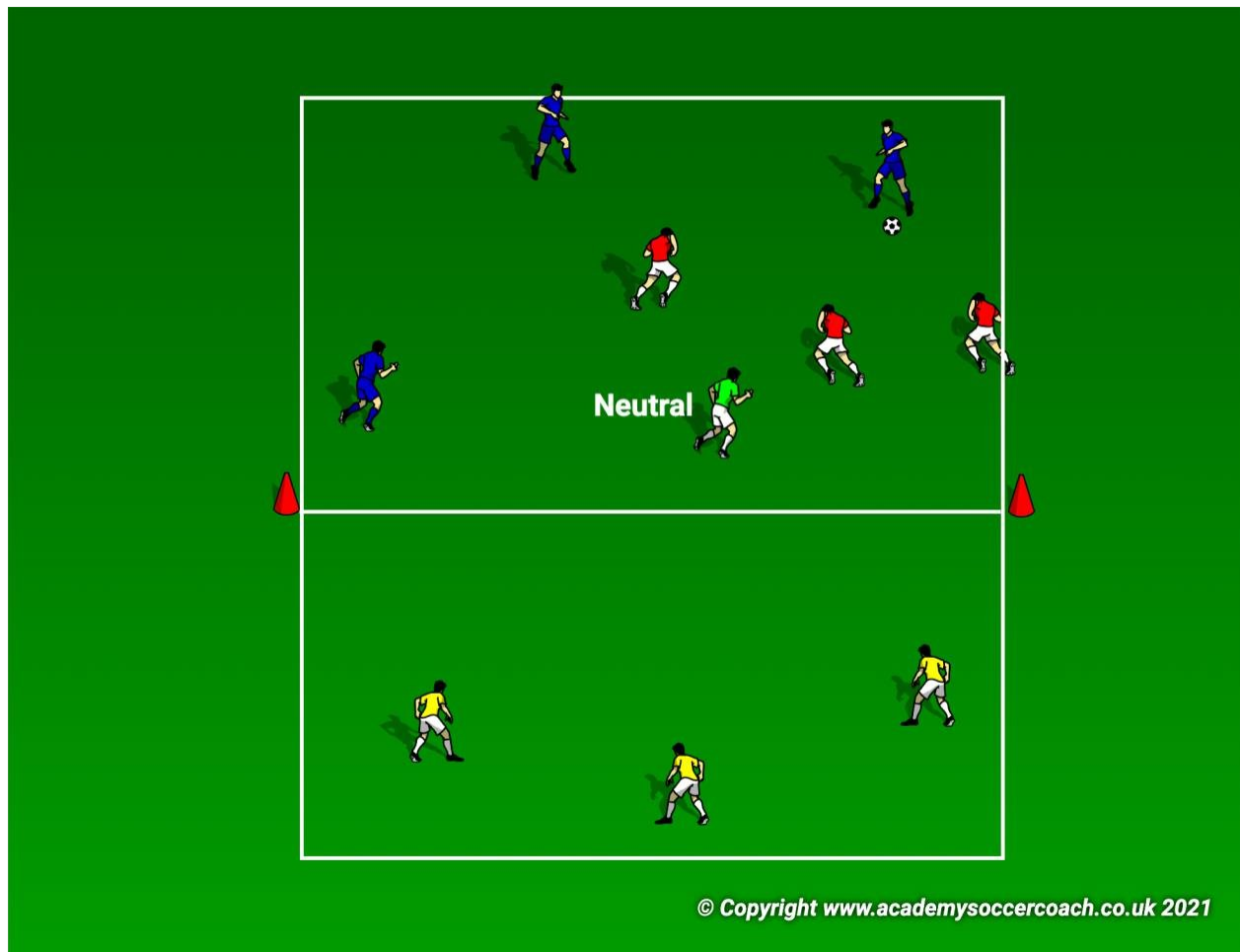
Progressions:

- Make the field smaller to increase the intensity.
- If all defensive players are not behind the halfway line when the opposing team scores, the points are doubled. This will improve compactness and hence more cover.

Session Seven: Moving the Opponent with Possession in Advanced Areas

PART ONE: 3v3+1 Transfer Rondo

A 30-yard square is split into 2 zones. Ten players are split into three teams of three players each, along with one neutral (in green below). The game starts with a 3v3 in one half, with the neutral joining to create a 4v3. The team in possession are looking to get to four consecutive passes before transferring the ball across to the other side. The team who transfers the ball gets one point for each successful transfer. As soon as the ball is transferred across, the defensive team must sprint across and work on the other side. As soon as possession is regained by the defensive team, the roles change immediately and they can use the overload to build and transfer the ball. Play 4x3 minutes with a one-minute recovery between each one.

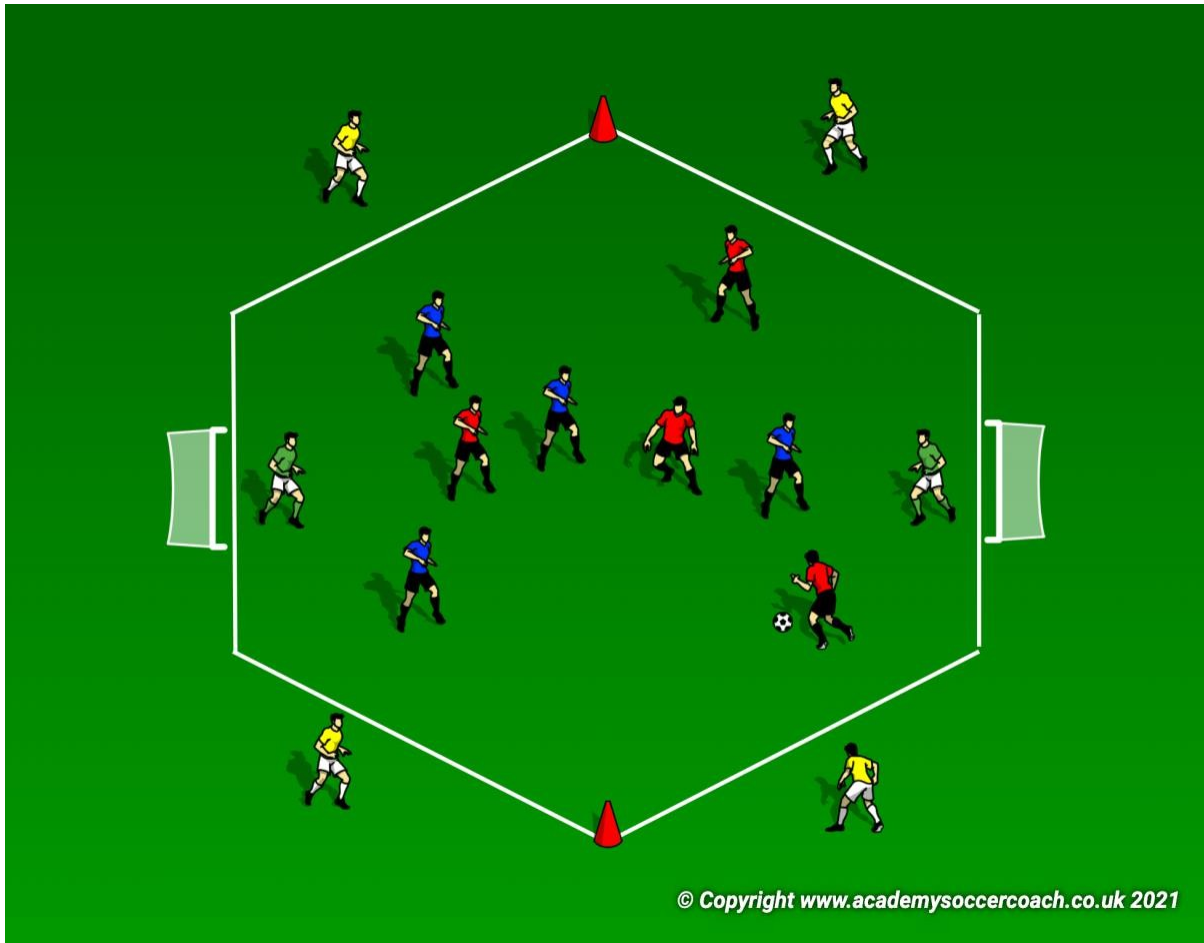


Progressions:

- Increase/decrease the playing area depending on the ability and success rate of the players participating.
- Add a touch limit for each player to increase difficulty and intensity of the drill.

PART TWO: 5v5+4 Game

Twelve players are organized into three teams of four players each in diamond-shaped playing area with approximately 20-yard sides. There are two goalkeepers also involved in the exercises. Two teams play 5v5 inside the diamond with the third team working as neutrals on the outside. Players on the outside can play for either team in possession but are limited to two touches in order to keep the game moving quickly. Play for 3x4 minute games and rotate the teams after each one.



Progressions:

- If a goal is scored directly from a pass from a neutral player, it is worth two points.
- If a goal is scored from a one-time finish, it is worth three points.
- The neutral players are limited to one touch.

PART THREE: 5v5+2 Variety in Attack

Sixteen players are organized into two teams. Each team plays 6v6 in the central zone with both teams having two teammates as attacking target players, but in different areas. The yellow team below has two wide players in attacking channels and the red team has their two target players in a vertical spaces at the side of each goal that they are attacking. No defensive players are allowed into the wide channels. The objective of the game is to have two teams playing against each other in two different ways. One team is looking to play direct and vertical with their possession while the other is looking to play wide. The target and wide players are limited to two touches while everyone else are unrestricted. A goal involving a target player is worth 2 points, while a goal that does not involved the target players is worth one point. Play 4x5 minute games with one minute recovery and change the target players each time.



Progressions:

- Switch the attacking roles of each team after every game.
- The goalkeepers cannot play directly to the target players.
- Wide and target players are limited to one touch.

Session Eight: Utilizing the Center Forward in Build-Up and Attack

PART ONE: 5v3 Rondo:

The game is played in a 15x15 yard area, with four triangles in each corner, 3 yards inside. Outside players are limited to move in those areas only. The red team are in possession and play a 5v3 rondo against the three blue players. The team in possession (red) are working on circulating the ball and finding the central player, who must then transfer the ball to another outside player. The central player will be acting as a center forward for this exercise. The players on the outside are limited to two touches. The team in possession are awarded one point for playing into the central player and playing out to the other side. If the defensive team win the ball, they must score in one of the mini-goals. Play for 3x3 minutes with one-minute recovery, rotating the defenders each game.



Progression:

- Limit the outside players to one touch.
- Make the area smaller to challenge the player's ability to play in smaller spaces.
- Create a competitive game: Once the defensive team win the ball, give them a four pass target to score a point. Allow the outside players to sprint in and try to prevent this, working on their defensive transitioning.

PART TWO: 6v6 Playing Off Number 9

Twelve players are organized into two teams of six players, with two neutrals, in a 20x20 yard area with two mini-goals at each side. One neutral 'target' player will play in the end zone for each team and can move laterally in that zone. That player acts as a #9 or central striker. Each team defends two mini-goals and attacks the other two. The objective of the game is to use possession to bounce the ball off the forward before scoring. Each neutral forward is limited to two touches. This encourages pass through the lines and then support from a teammate to get into the end zone and support to finish the move. Play 3x5 minute games. Repeat three times.

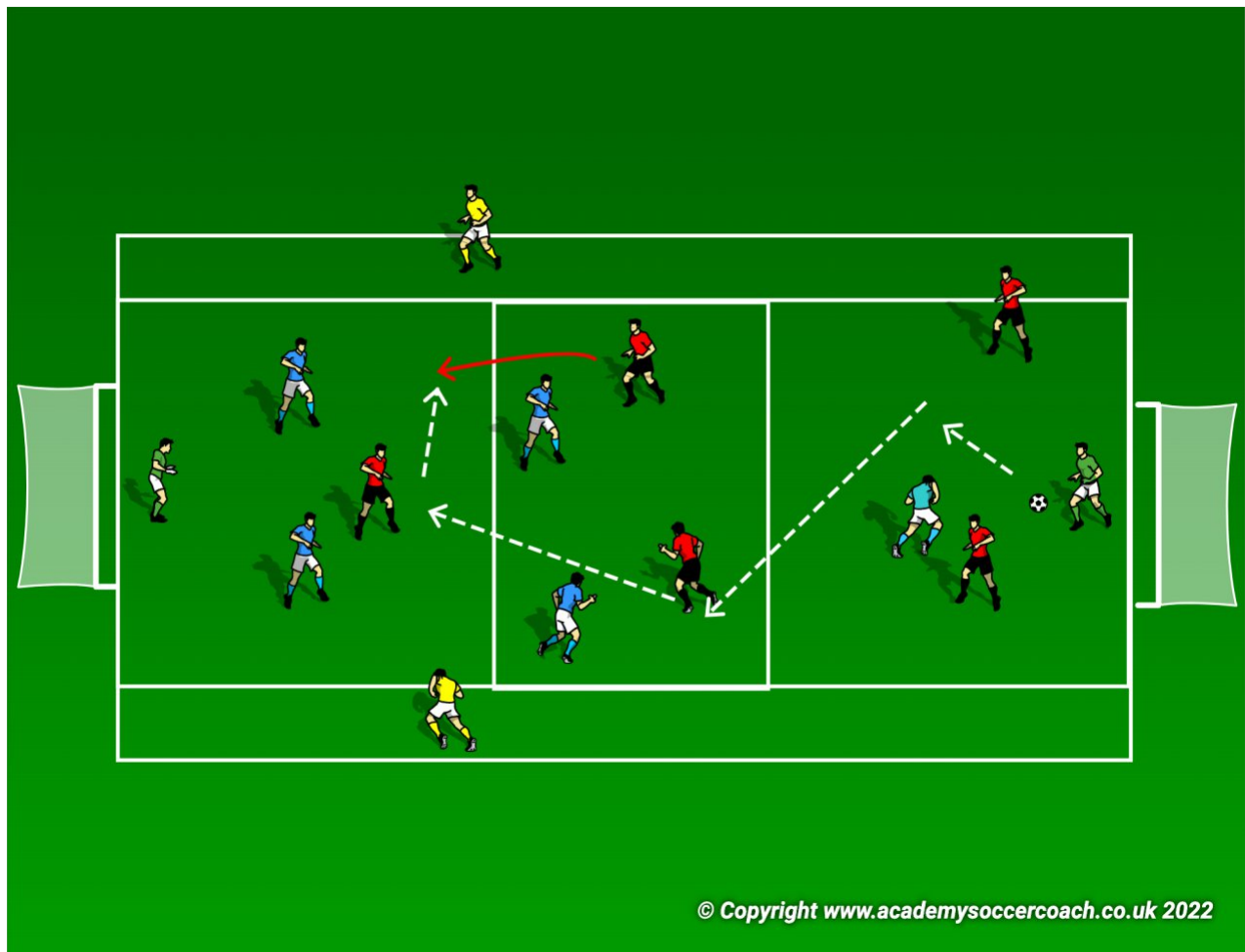


Progressions:

- Add a pass limit to the number of passes required before they can play into the target players.
- Limit the target players to one touch.
- Add a defender on the end-line to work against the target player and pressures behind them.

PART THREE: 6v6 +2 Build and Overload Game

Two teams of six players are organized into a 40x25 yard area split into three zones. Teams will have two defenders and a goalkeeper in the first zone, two midfielders in the second zone, and one center forward in the third zone. There will be two neutrals (in yellow) on the outside who can offer support to the team in possession in any zone. The objective of the game is to play through the three zones before scoring. All players are limited to move only in their own zones, with one exception: once a pass is played into the final zone, a midfielder can go in support to create a 2v2 centrally. Play 2x9 minute games with a two minute break in between.



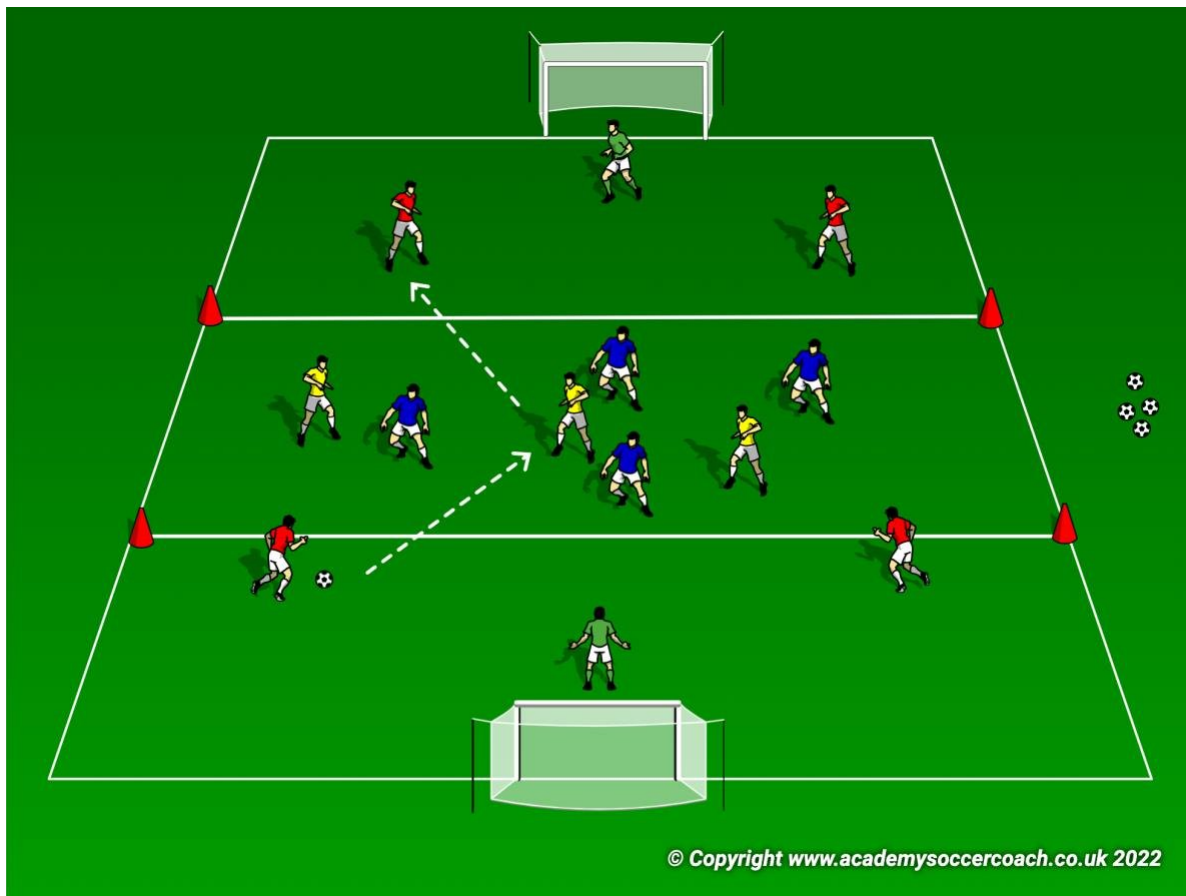
Progressions:

- Teams do not have to pass through the thirds and can instead skip the middle so that defenders can play an entry pass into one of the center forwards.
- In the final third, the yellow neutrals can come inside and create a central overload of 3v2, or 4v2 if both come inside.

Session Nine: Progressing Possession During Build-Up

PART ONE: 4v4+3 Build with Verticality

Thirteen players are organized into two teams of four, one team of three, and two goalkeepers. The exercise takes place in a 20x30 yard pitch, which is split into three zones. The three teams have three different functions: The possession team (in red below) are looking to transfer possession from one end to the other, with two players on each side. The transfer team (in yellow below) are working with the possession team to transfer possession. The defensive team (in blue below) are looking to press and win the ball back immediately. If the defensive team win the ball, they can break out and score in either goal for three points. If the defensive team do break out, the possession team can transition to defend and prevent the goal. For every successful transfer, the teams are awarded one point. The possession players in the outside are limited to two touches. Play 6x2 minutes with 60 seconds recovery and rotate the players after every game.

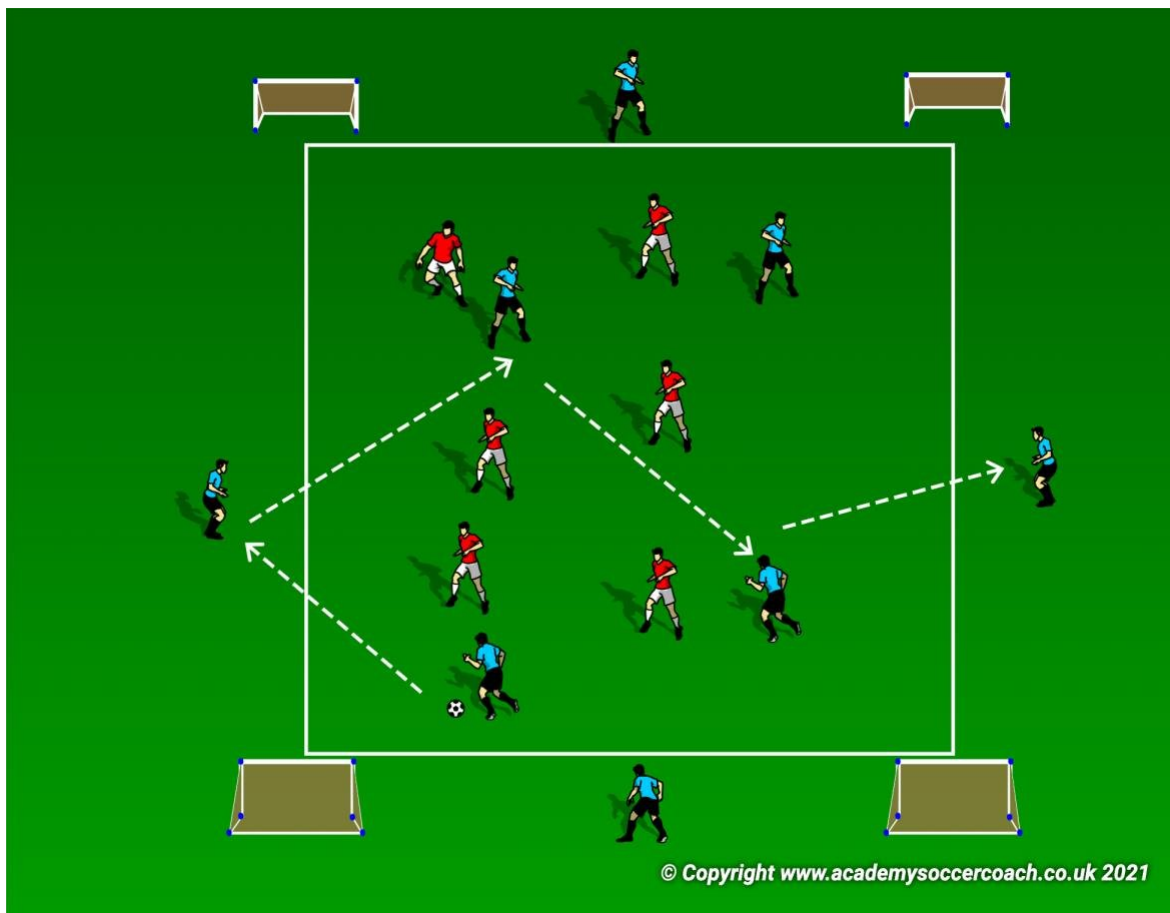


Progressions:

- Allow the goalkeepers to join in with the possession.
- Introduce a maximum number of passes (four to begin with) for the possession team on one side of the field, before they look to play into the 'transfer' team.

PART TWO: 8v6 Possess Under Pressure

Fourteen players are organized into a possession team of eight players, and a defensive team with six players inside a 25x25 yard area with mini-goals in the corners. The possession team (in blue below) are organized with four on the outside and four on the inside. Therefore, the possession team have a 4v6 underload situation in the middle. The objective of the possession team is to circulate the ball and are awarded a point for every 6 consecutive passes. The only restriction is that every third pass must go into the middle, so that the outside players cannot simply pass to one another and score points. The outside players are limited to two-touches. If the defensive team wins possession, they can score in any of the mini-goals and are awarded 2 points for doing so. Play 6x3 minute games with a two minute break in between. Switch roles after every game.



Progressions:

- Introduce a rule that outside players cannot pass to one another.
- If the outside players choose to take two touches, allow a red defender to leave the grid and pressure them after their first touch.

PART THREE: 9v9 Four Goal Game

Eighteen players are organized into a 9v9 game on a 30x50 yard pitch (adapt size to level of your players). There are two full-sized goals on each side with one goalkeeper. The objective of the game is for the team in possession to circulate the ball and look to exploit the goal that the goalkeeper cannot get to. This will take awareness and movement in order to understand what key spaces are available and how they can be exploited. Play 3x6 minute games with a two-minute recovery.



Progressions:

- Add a second goalkeeper on each side, so now teams have less time to make the decision and the ball must be transferred quicker when an opening occurs.

Session Ten: Playing with Two Central Strikers

PART ONE: 6v6 Possession Game:

This exercise takes place in a 20x20 yard area with a 5x5 yard square in the middle, and four mini-goals in the corners. Twelve players are organized into 6v6 game where the possession team (in blue below) has two center forwards in a small square on the inside of the playing area. No opposition (red) players are allowed inside the 5x5 square. To score a point, the possession team must transfer the ball through the central area and that transfer must involve a combination play from the two forwards. This works on angles, timing, and combination play for the forwards. If the opponents (red team) win possession, they can score in any of the outside mini-goals, which the blue team can prevent. Play 6x2 minute games and change the roles of the players after each one.

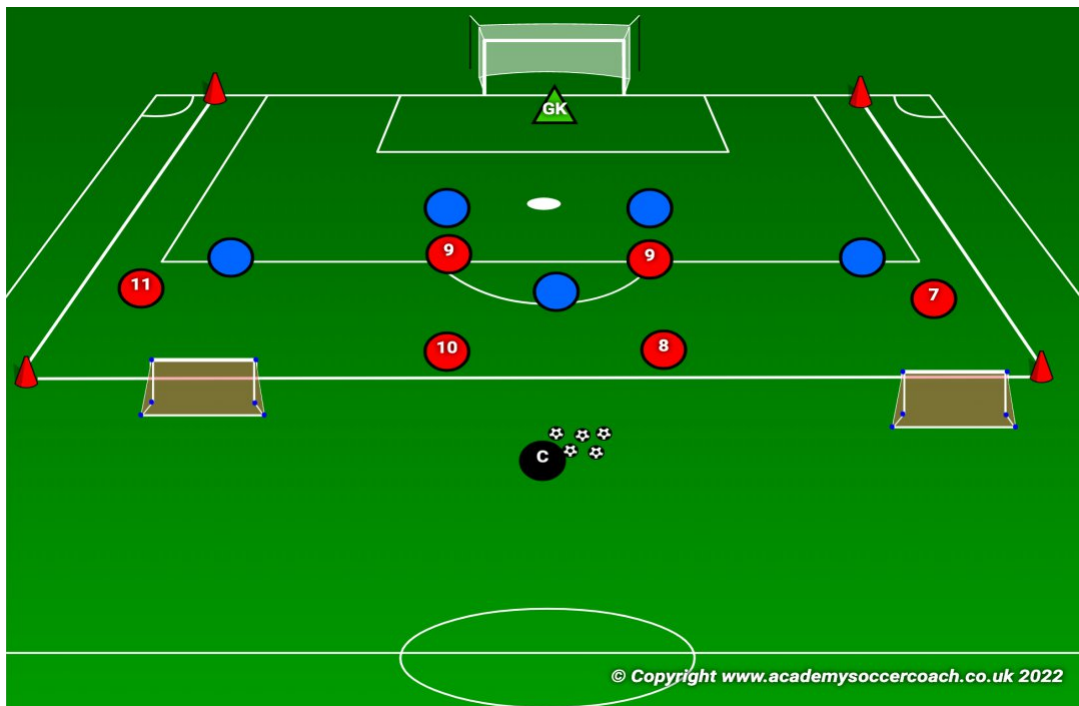


Progressions:

- Limit the outside players to two-touches and the inside players to one-touch.
- Have a five-pass maximum rule for the outside players before they play into the center square.

PART TWO: 6v5 to Goal

This exercise is set-up in the final third, with six attacking players playing against five defenders and one goalkeeper. The attacking team are organized into two central midfielders, two wide attackers, and two center forwards. The defensive team are organized into a back four with a holding midfielder. The objective of the exercise is for the attacking team to create as many goalscoring opportunities inside two-minutes using a variety of ways. For example they can use combination play as a front two or width from the wide players, or even central overloads with the midfielders. There are no restrictions for the players in terms of movements or touches. If the defensive team win possession, they can score in any of the mini-goals. Play 6x2 minute games with 60 seconds.

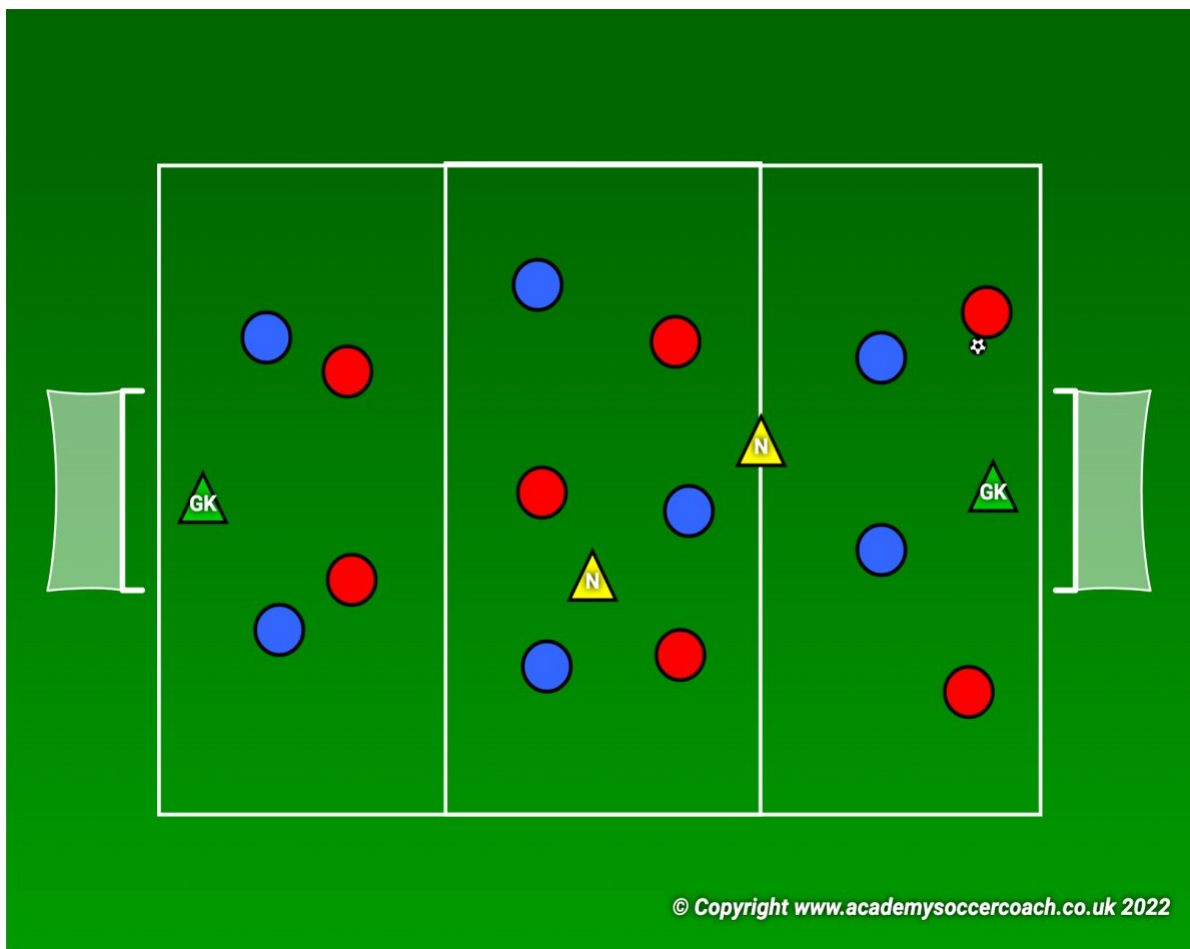


Progressions:

- Add a more competitive element to the game by adding a scoring system to incentivize certain behaviors:
 - For the attacking team:
 - One point for a shot on target
 - Two points for a goal
 - For the defending team:
 - One point for two completed passes if they regain possession
 - Two points for dribbling out of the area if they regain possession
 - Three points if they pass into the mini-goals successfully
- Add a 'shot clock' for the attacking team of 12 seconds per attack, to add tempo and intensity to the exercise.

PART THREE: 8v8+2 Attacking Overloads Game

Eighteen players are organized into two teams of eight player and two neutrals. The game takes place in a 24x45 yard area, which is split into three zones. Each team will have two defenders and a goalkeeper in the first zone, three midfielders in the second zone, and two forwards in the third zone. The two neutrals (in yellow) who can 'float' into any zone. The objective of the game is to play through the three zones before scoring. All players are limited to move only in their own zones, with one exception: once a pass is played into the final zone, a midfielder can go in support to create a 3v2 centrally. Play 2x9 minute games with a two-minute break in between.



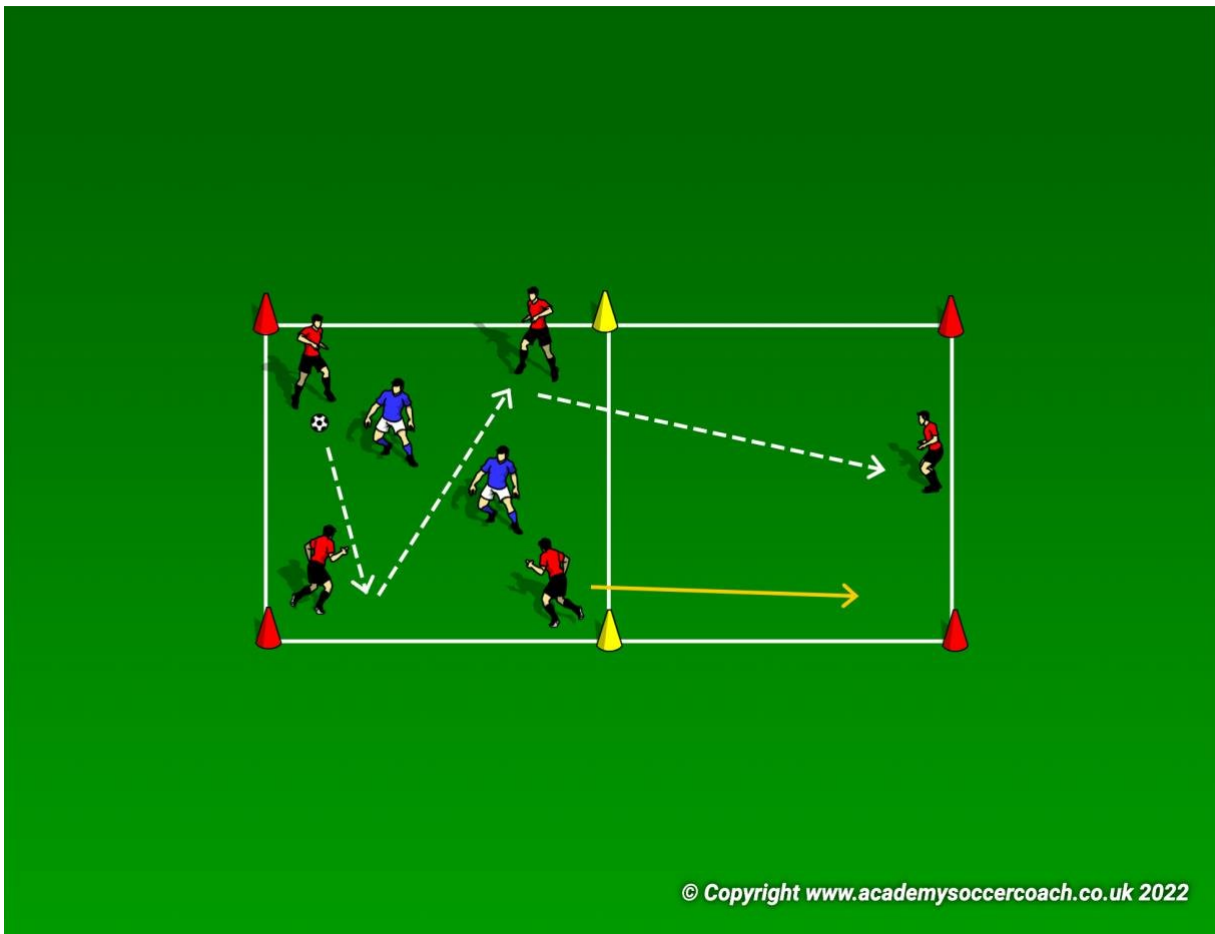
Progressions:

- All the players of the team in possession can move in any zone. Defensively, players must remain in the same zone. This is to encourage movement and rotations in possession.
- Teams do not have to pass through the thirds and can instead skip the middle so that defenders can play an entry pass into one of the target forwards.

Session Eleven: Attacking Runs from Midfield

PART ONE: 5v2 Transfer and Support

Seven players are organized into one team of five players and one team of two players, inside a 10x20 yard area that is split in half. The possession team (in red below) have five players, with four in one square that starts with the ball, and one in the other square by themselves. Play starts with a 4v2 in one square where the team in possession are looking to complete five consecutive passes inside the square, before transferring the ball across to the player on the other side. As soon as they do that, they must sprint across and support the ball, leaving one player behind, and repeating the process on the other side. The blue pair are constantly pressing the ball in both squares. Each successful transfer results in a score of one point. Upon winning possession, the blues are looking to dribble out of the square immediately for two points. Play 5x2 minute games, with a 60 second recovery, and rotate the defensive pairing after each one.

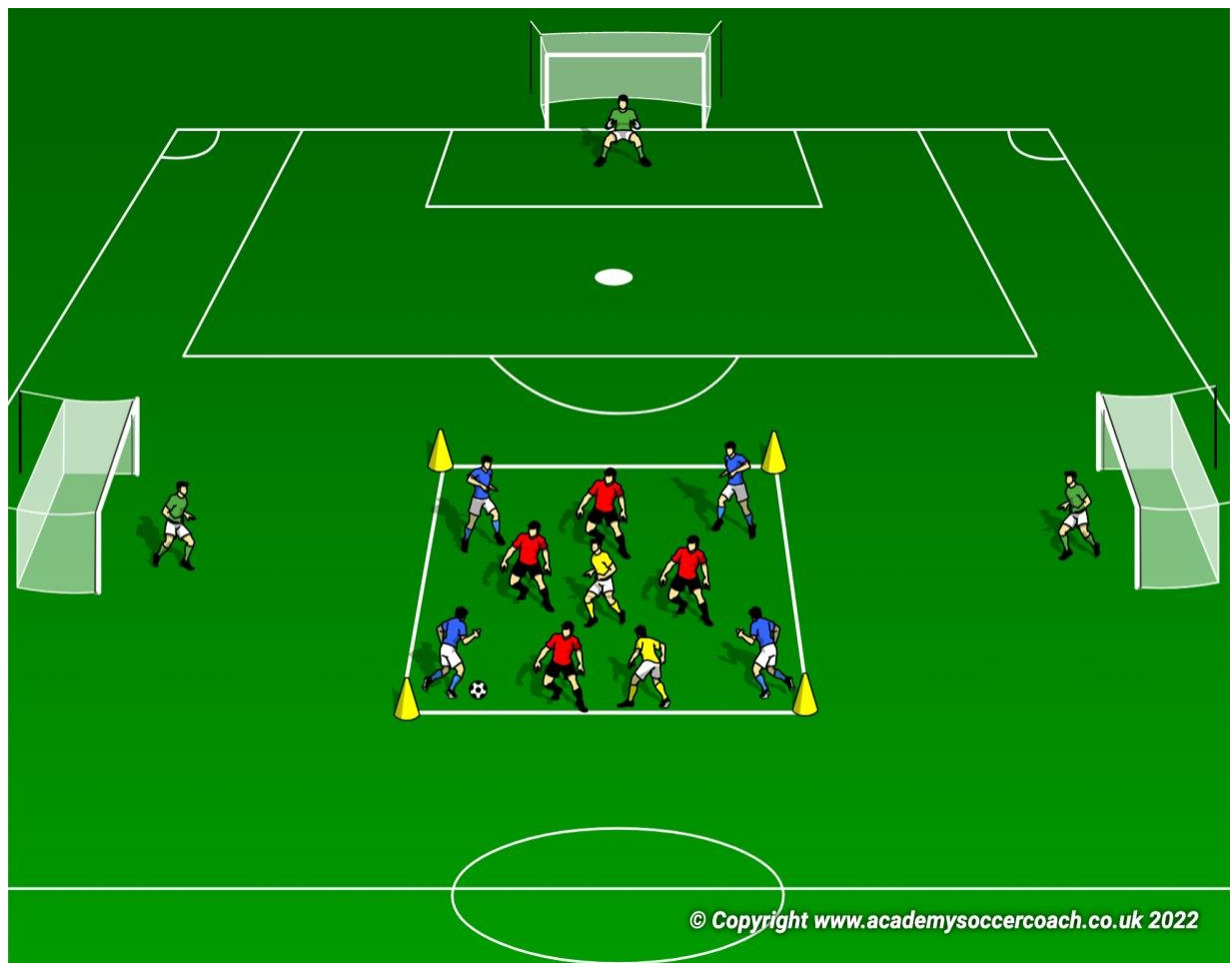


Progressions:

- Limit players in possession to two touches. This now means that the support must arrive quicker after a successful transfer.
- Decrease the number of passes before a transfer to three. This now increases the physical challenge in terms of proving support to the ball after a transfer.

PART TWO: 4v4+2 Breakout

Ten players are organized into two teams of four and two neutral players. In addition, there are three goalkeepers involved, one in each goal. The exercise is organized with a 20x20 yard square that contains a 4v4+2 game. Outside the playing area are three goals, approximately 15 yards away from the square. The objective of the game is for the team in possession to use the neutral players as a 6v4 overload and complete three consecutive passes before either dribbling out or finding a teammate in space outside the area, making an attacking run towards goal. Once the team exits the square with possession, they are looking to score in the closest goal. If the defensive team win possession, the roles then change and they look to use the neutrals with the overload, complete three passes, and break-out to score. Play 5v4 minute games with 90-second recovery.

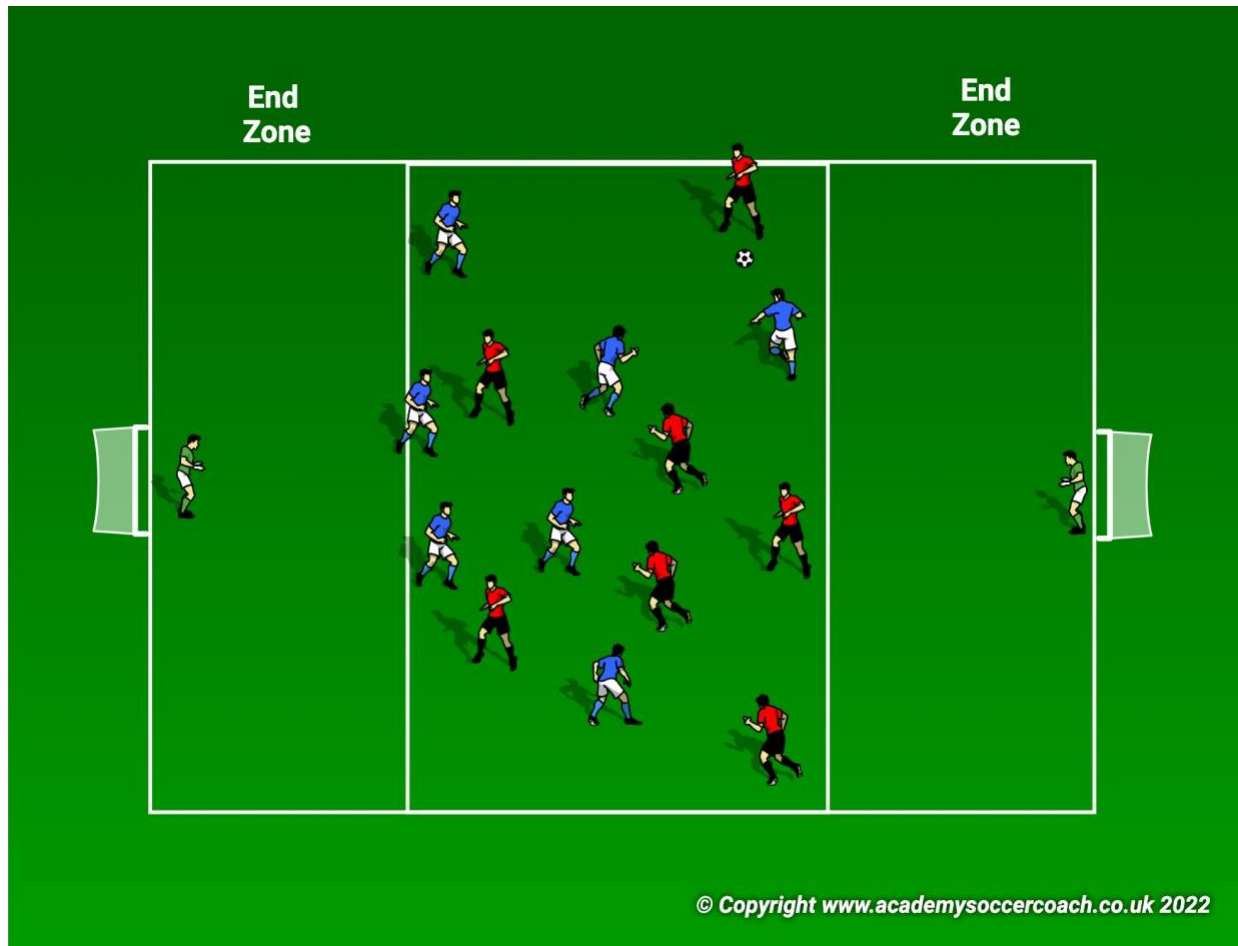


Progressions:

- Increase the number of passes before a team can breakout to score.
- Allow a defender to recover outside the square to prevent the 1v1 to goal.
- Introduce a shot-clock of 6-seconds once a team breaks out of the square with possession.

PART THREE: 8v8 Central Breakout Game

Two teams of eight players are organized into a 60x35 yard area split into three zones. Teams will have a goalkeeper in each 'End Zone' with all players starting in the middle zone. Teams are given one goal to defend and one goal to attack, and positioned accordingly. The objective is to combine in the middle zone and look for a forward run into the End Zone, who then faces a 1v1 with the goalkeeper in an attempt to score. Similar to the offside rule, the player cannot enter the end zone before the ball is played. There are no pass limits before the ball can be played so defensively teams must pressure from the first pass. Play 2x9 minute games with a two minute break in between.



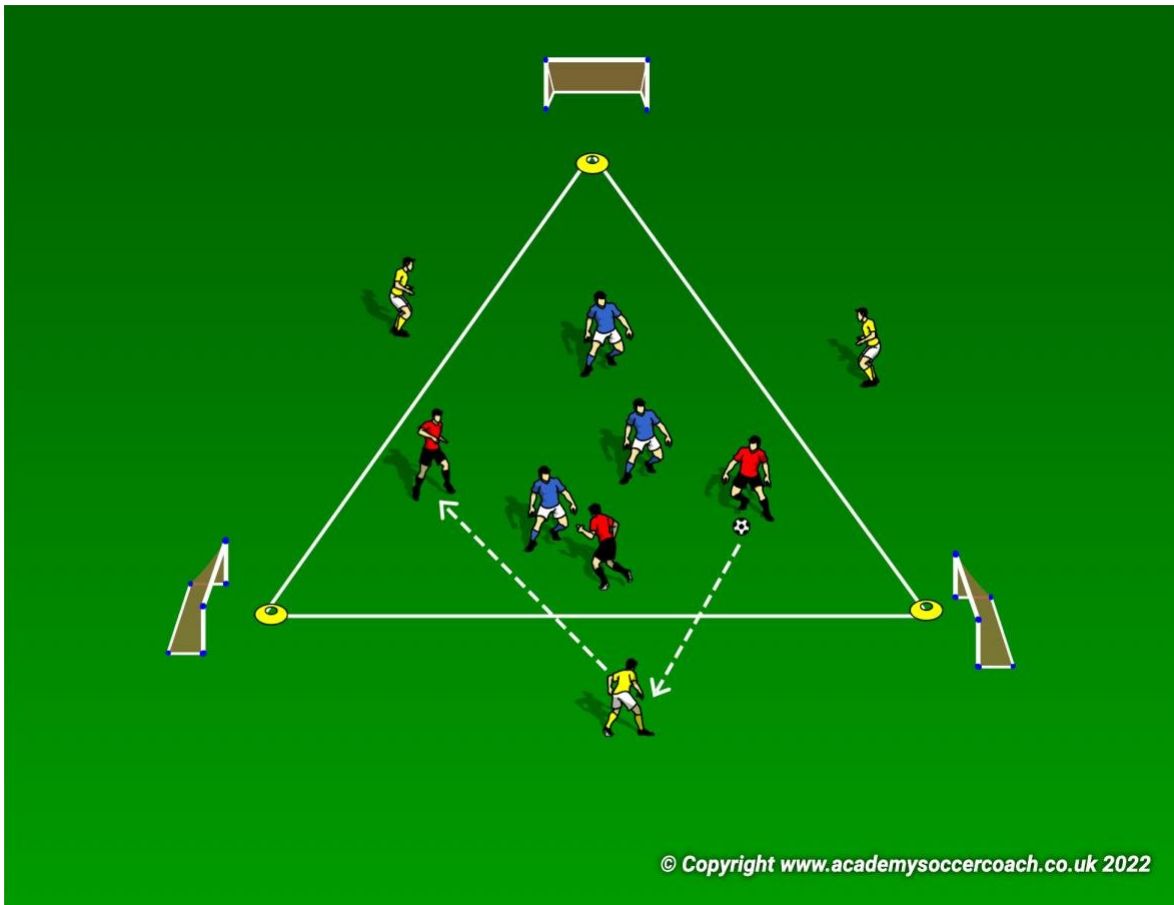
Progressions:

- Allow a recovering defender to enter the end zones, but an unlimited number of supporting players so you can potentially create an overload to finish on goal.
- Allow players to dribble out on the middle into the end zones and provide another solution to the challenge of compressed spacing.
- Add a 'shot-clock' scenario when teams break into the end zone to make the finishes more challenging.
- Create a more fluid game by restarting from goalkeepers and allow the team in possession to drop a player back and carry the ball into the middle zone.

Session Twelve: Advancing Possession with Central Midfield Combinations

PART ONE: 3v3+3 Rondo

This exercise is designed to specifically work on the relationship between your three midfielders (if you are using that system) and developing passing angles. Nine players are organized into three teams of three players in a 15x15x15 yard triangle, with one team on the outside. The two teams in the middle play a possession game and the team with the ball can use the outside team to create a 6v3 overload in possession. After five consecutive passes, the team in possession can score in any of the mini-goals. If the defensive team win possession, the roles simply change and they utilize the overload. Play 6x2 minute games with 60 seconds recovery and rotate the teams after each game.

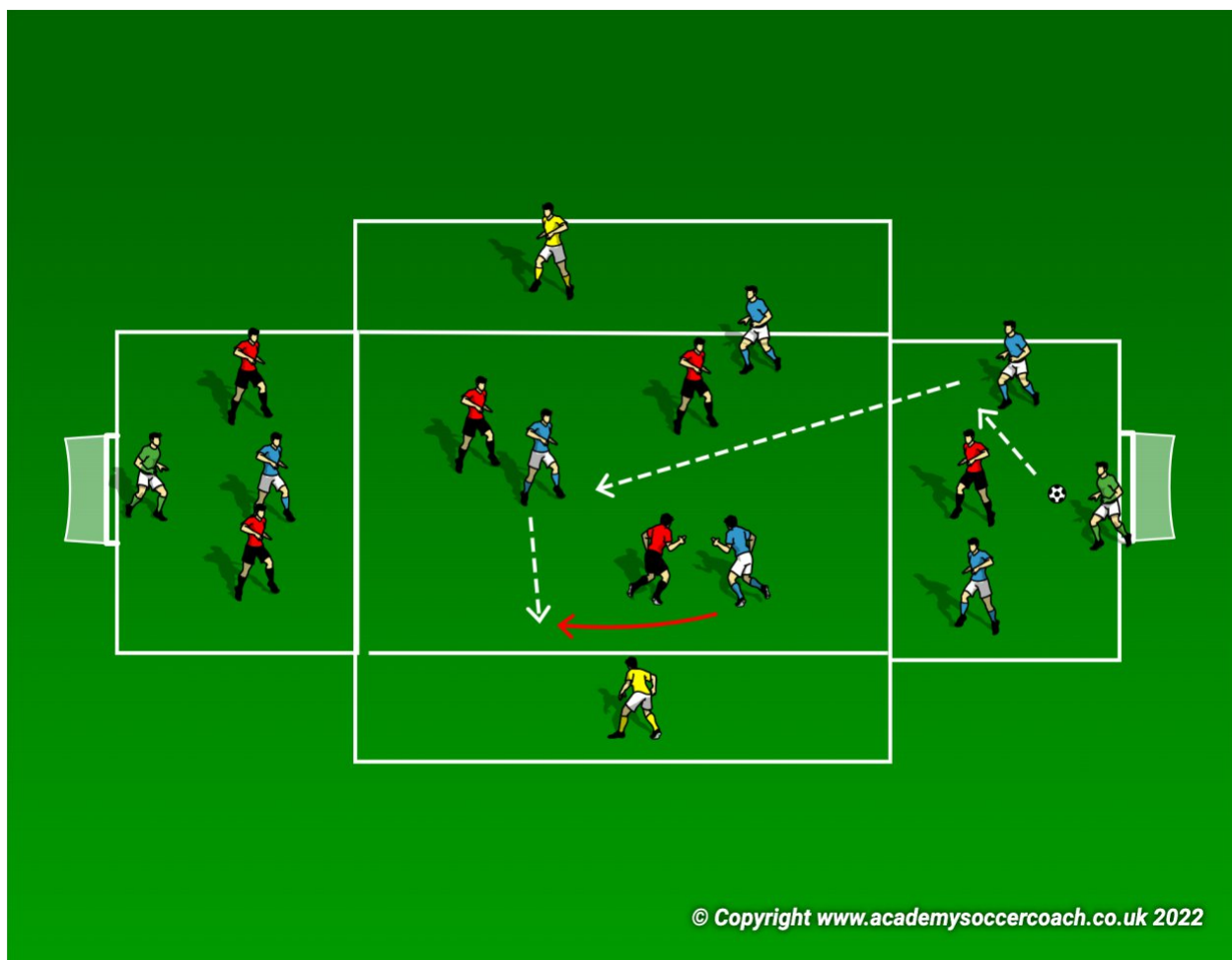


Progressions:

- Introduce a rule where the team in possession cannot pass the ball back to the same neutral that they received it from. This now challenges the team in possession to find a new option after a pass from a neutral.
- Prevent neutral players from passing to one another so now they must pass to a player on the inside, which again challenges players in terms of angles and positioning.

PART TWO: 7v7+2 Midfield Game

Eighteen players are organized into two teams of eight players (including goalkeepers) plus two neutrals. The exercise takes place inside a 60x25 yard area split into three zones. In the defensive zone each team will have two defenders and a goalkeeper, in the middle zone they will have three midfielders, and in the attacking zone they will have one forward. The two neutral players will work in a wide zone outside the central zone. All players are restricted to their zone when the opponents have possession of the ball. The objective is to use the numerical overload in the middle to advance the ball into the attacking third. Once the ball arrives in the attacking third, a midfielder can join to create a 2v2 scenario towards goal. The yellow neutrals are the only players with touch restrictions of two-touches and cannot play into the final third before a successful pass is made by the midfielders in the central zone. Play 4x4 minute games with a 90 second recovery between each one. Play 4x3 minute games with 90 seconds recovery in between each one.

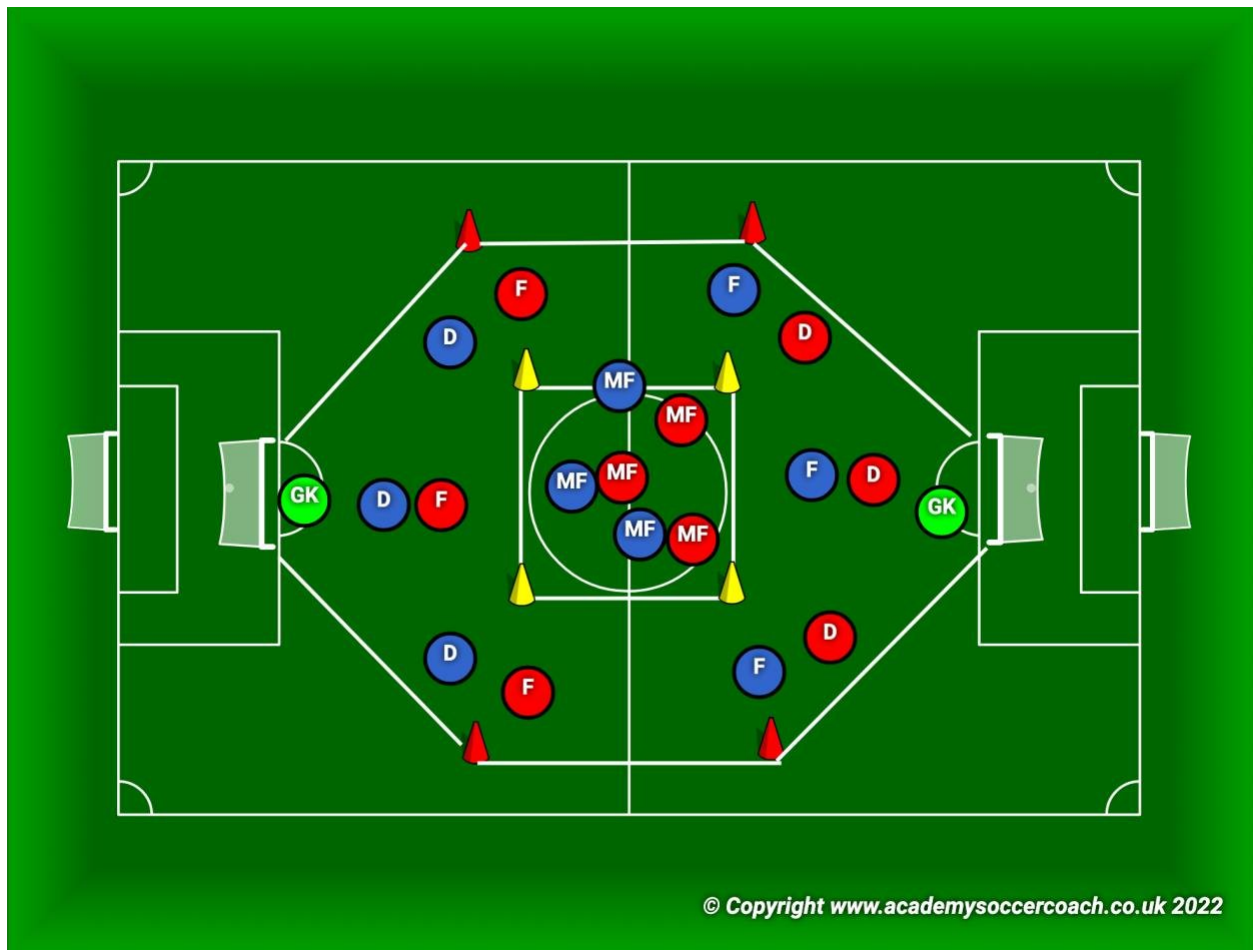


Progressions:

- Allow the neutral players to rotate with one of the midfielders if that team has possession of the ball.
- Allow the team in possession to move freely anywhere into other zones. The defending team is restricted.

PART THREE: 10v10 Central Combinations

This exercise takes place in a 40x60 hexagon shaped playing area with a 15x15 yard square in the middle. Two teams of ten players each, including a goalkeeper, are organized into a 3-3-3 formation, but are free to move anywhere in the area at any time. The conditions of the game are simple: Teams play 10x10 with traditional rules, but if they score a goal from a successful combination inside the central square, the goal counts for three points. This is to incentivize players to combine through the midfield, but does not restrict them from adapting and finding other solutions. Play 3x5 minutes sets with 90 seconds recovery time between each one.



Progressions:

- Allow players to dribble through the middle in addition to central combinations for two points if it results in a goal.
- Remove the square for the last set and see if it allows the players a little more freedom within the exercise, while at the same time encouraging them to apply the principles addressed earlier in the session.

Session Thirteen: Attacking in Final Third

PART ONE: 2v2 Six Goal Transition Game

This exercise is designed as a high-tempo transitional exercise to start the session. Players are organized into two teams and play inside an area 36x44 yards with one full-sized goal and two mini-goals on either end. The game starts with a 2v2 towards the goals with a goal scored in the mini-goal worth one point and a goal scored in the full-sized goal worth three points. After the ball leaves the field from a goal or shot, two new players from each team enter and the other two go off. The goalkeepers remain on the field for the full game. Play 5x3 minute games with 90 second recovery time in between.

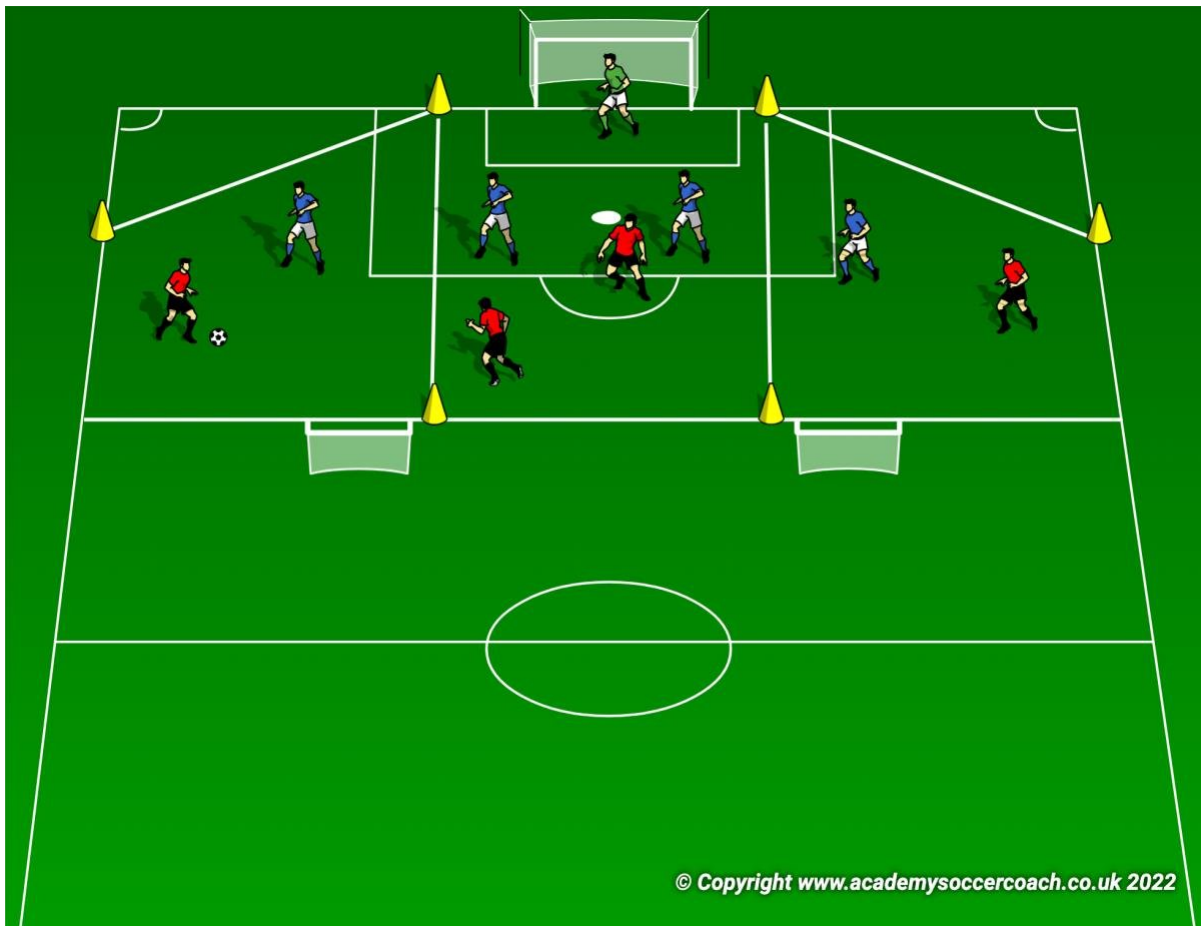


Progressions:

- Create a 'shot clock' of 8 seconds for a team to score once they are in clear possession of the ball. This will increase the tempo of the game even further.
- Award an extra point if the a goal is scored from winning the ball in the opposition half. This incentivizes the players to press high and makes the game much more demanding physically.

PART TWO: 4v4 Zones and Overloads

This exercise takes place in the final third with the area split into three zones. The two wide zones have each corners adapted to encourage attackers to move and penetrate centrally. Four attacking players in red play against four defenders and a goalkeeper. Players start with a 1v1 in the wide zones and a 2v2 in the central zone. The objective is for the red team to score in the full-sized goal and if the defending team (blue) win possession, they can score in either mini-goal. The rules are simple: the attacking players (in red) are free to move anywhere in the exercise, while the defensive players are restricted to their starting zones. This will challenge the attacking team to create an overload if necessary in order to produce a goal-scoring opportunity. Play 3x4 minutes with 60 seconds recovery.

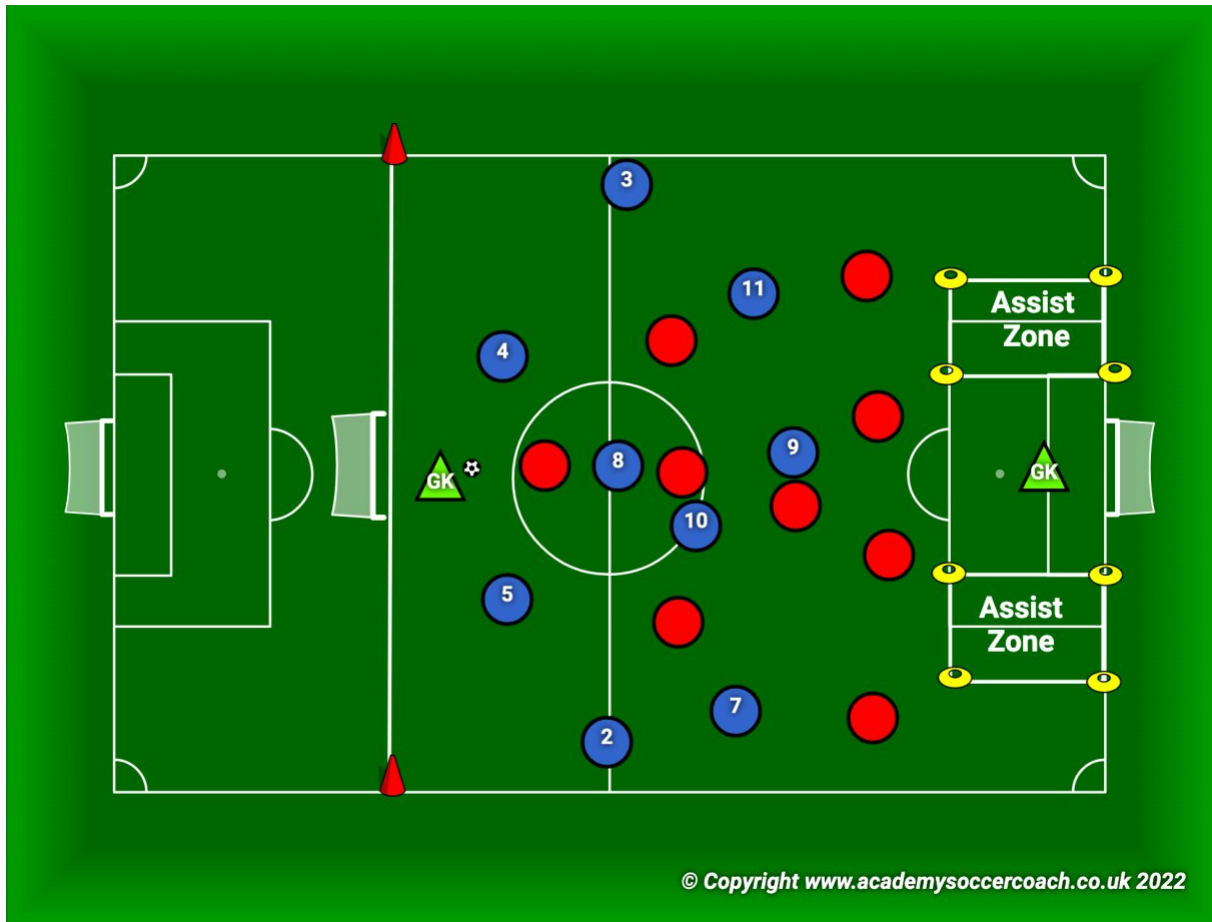


Progressions:

- Add a red player as a 'floater' and now allow the defenders to move anywhere in the playing area.
- Create a 'shot clock' for the attacking team so that they prioritize penetration over possession, with the addition of the overload.

PART THREE: 10v10 Box Crosses Game

This 10v10 game takes place on three-quarters of a full-sized pitch, with 10-yard zone on either side of the penalty area, which will be called 'Assist Zones'. In this game, the coach is working on one specific team (blue) to create specific scenarios in the attacking phase. Both teams have ten players, including a goalkeeper, with the blue team organized in a 4-2-3 and the red team organized in a 4-1-3-1. The game is played without any restrictions, but if a blue goal is scored from an 'Assist Zone' then the goal is worth two points. This is to challenge the front players to be more direct with their attacking and get into specific positions in and around the penalty area. Play 3x6 minute games with a two-minute break in between each one.



Progressions:

- Once the conditions of the game start to build and direct certain behaviors with the forwards, add a constraint to the attacking team where they must have at least two players inside the penalty area from a box cross, so that the players are thinking in terms of support and next action, rather than simply reaching the 'Assist Zone' with possession.

Session Fourteen: Using Possession to Penetrate in Midfield

PART ONE: 3v1, 2v1, 3v1 Rondo

This exercise was inspired by Michael Beale and involves eleven players, beginning with eight players in possession versus three defenders. The playing area is 10x21 yards and is split into three zones. The wide zones contain a 3v1 situation and the central zone is a 2v1 situation. All players must stay in their own zone. The objective is for the team in possession to constantly move possession from one outside zone to another, using the 2v1 in the middle to transfer possession. There is a minimum of one pass in the outside zones but no minimum pass number in the central zone. If the defenders regain possession, they are looking to dribble out of the area immediately. Play 6v2 minutes with 60 seconds recovery in between and rotate the defenders..



Progression:

- Add a maximum number of passes to the outside zones so that they are constantly looking at penetrative passes, as opposed to simply keeping possession.
- If the ball is lost, the defender who won possession takes the place of the attacker who lost possession.

PART TWO: 10v9 Central Breakdown

This exercise is set-up into a 10v9 (plus a GK) situation with four zones that are approximately 10 yards in length. The first zone is a 2v1, the second zone is a 4v4, third zone is also a 4v4, and the fourth zone is the 'End Zone' that only includes the goalkeeper. The two teams are structured with specific positions with the attacking team in red and the defending team in blue. While the defensive team are limited to their zones, the red team can use their numerical advantage anywhere on the pitch as they have the freedom to move between zones. The focus here is to progress the ball and find a player in the End Zone with a goalscoring opportunity. The key outcomes are attacking positions in-between defensive lines, in order to break into the playing in behind a low defensive block, along with an awareness of counter-pressing opportunities when initial possession is lost. Play begins in the first area where there is a 2v1 situation, where the two center backs look to progress the ball into the next zone, and finally into the penalty area. The only condition with the red team is that they cannot enter the penalty area before the ball is played. If the defending team win the ball, they can break out of their zones and try to score in either of the mini-goals. Play 3x4 minutes with 90 seconds in between.



Progressions:

- Allow a recovering defender to track back and pressure the forward if they break into the End Zone for an opportunity to score.
- Add another forward to enter the End Zone and create the option of a 2v1 to beat the recovering defender. Consider adding a 'shot clock' scenario to this situation.

PART THREE: 8v8 Attacking vs. Defending

This exercise involves sixteen outfield players, plus a goalkeeper, and takes place on one half of the field with the corners adapted at the half-way line in order to place the onus of the initial attack in the central areas. The attacking team (in red) have eight players and are organized into a midfield three, three forwards, and two advanced full-backs. The defending team also have eight players and are organized into two 'banks' of four. The objective is for the red team to use possession to score in the full-sized goal. With the set-up, they have an initial overload in the build, and then an underload in the final third. They have to solve this to score and there are no restrictions with touches or movement. If the blue team win possession, they can counter in any of the mini-goals for two points. Play 3x5 minute games with 90 second recovery.



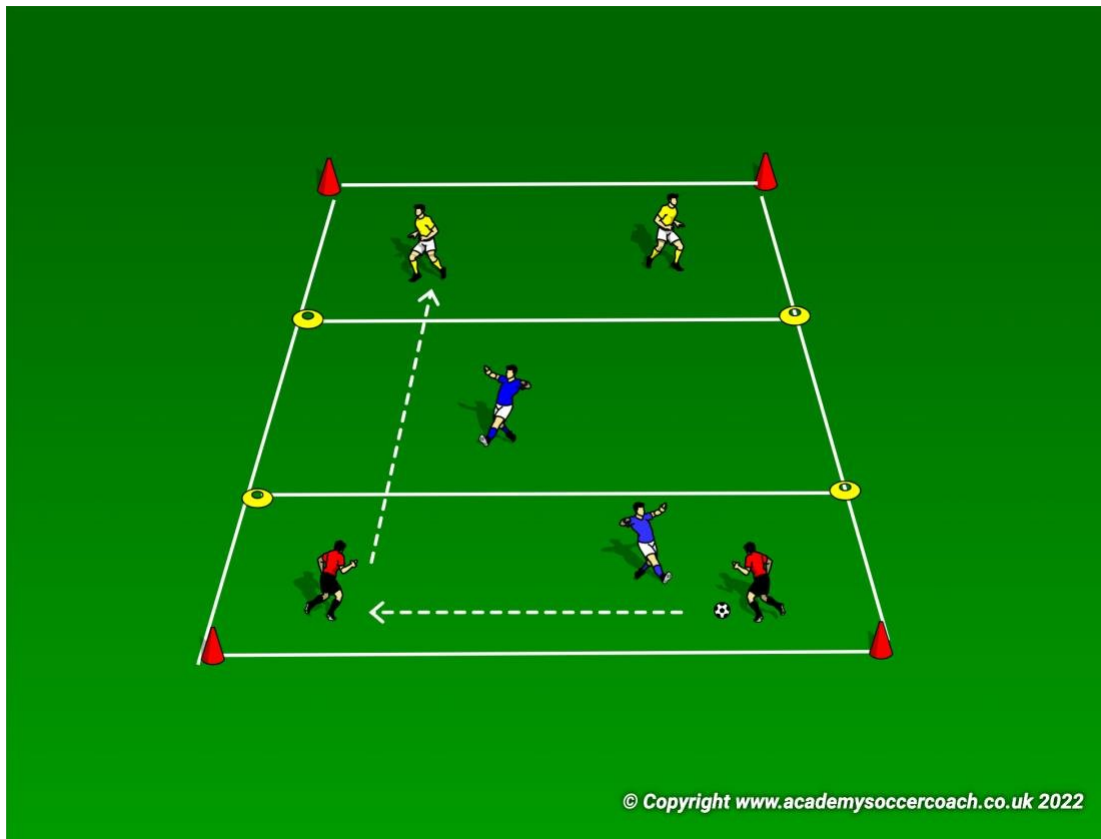
Progressions:

- Allow a recovering defender to track back and pressure the forward if they break into the End Zone for an opportunity to score.

Session Fifteen: Overloading to Isolate in Wide Areas

PART ONE: 2v2+2 Attract and Break Pressure Rondo

Six players are organized into three teams of two players each. The exercise takes place in a 7x18 yard area, which is split into three zones. One team is designated the defensive team, who start in the central zone (blue team below) with the other two teams taking up a position in each outside zones. The objective of the game is for the teams on the outside zones to transfer the ball successfully to one another with a pass. One defensive player is allowed in the zone to press and the other can screen and intercept the pass. If a pass is successfully transferred, then the defenders change roles immediately. The teams in possession must use the 2v1 to solve pressure and play through the middle. If the defensive team win possession they must transfer it to the other side and upon doing so, then take the place of the team who lost possession, who now become the defensive team. So there is a transitional element in the game also. Play 5x2 minute games with 60 seconds recovery.



Progressions:

- In addition to passing the ball to the other side, the defensive team can transition to a possession team by dribbling the ball successfully outside of an area in which they win it. This is to challenge players in the transition phase.
- Add a maximum of four passes in one zone so that teams do not overlook progressive passes.

PART TWO: 3v3 (+2) Directional Game

Players are organized into two teams of five players each and play inside a 20x20 yard area with a 5 yard corridor on the outside of the playing zone. Teams are set-up with three players on the inside and two players on the outside. Outside players must be specifically placed so that they are facing across from their teammate. The objective of the game is for teams to use possession to transfer the ball across the square. Teams are awarded one point for each successful transfer. The outside players are limited to two touches and cannot pass to one another, while the inside players have unlimited touches.

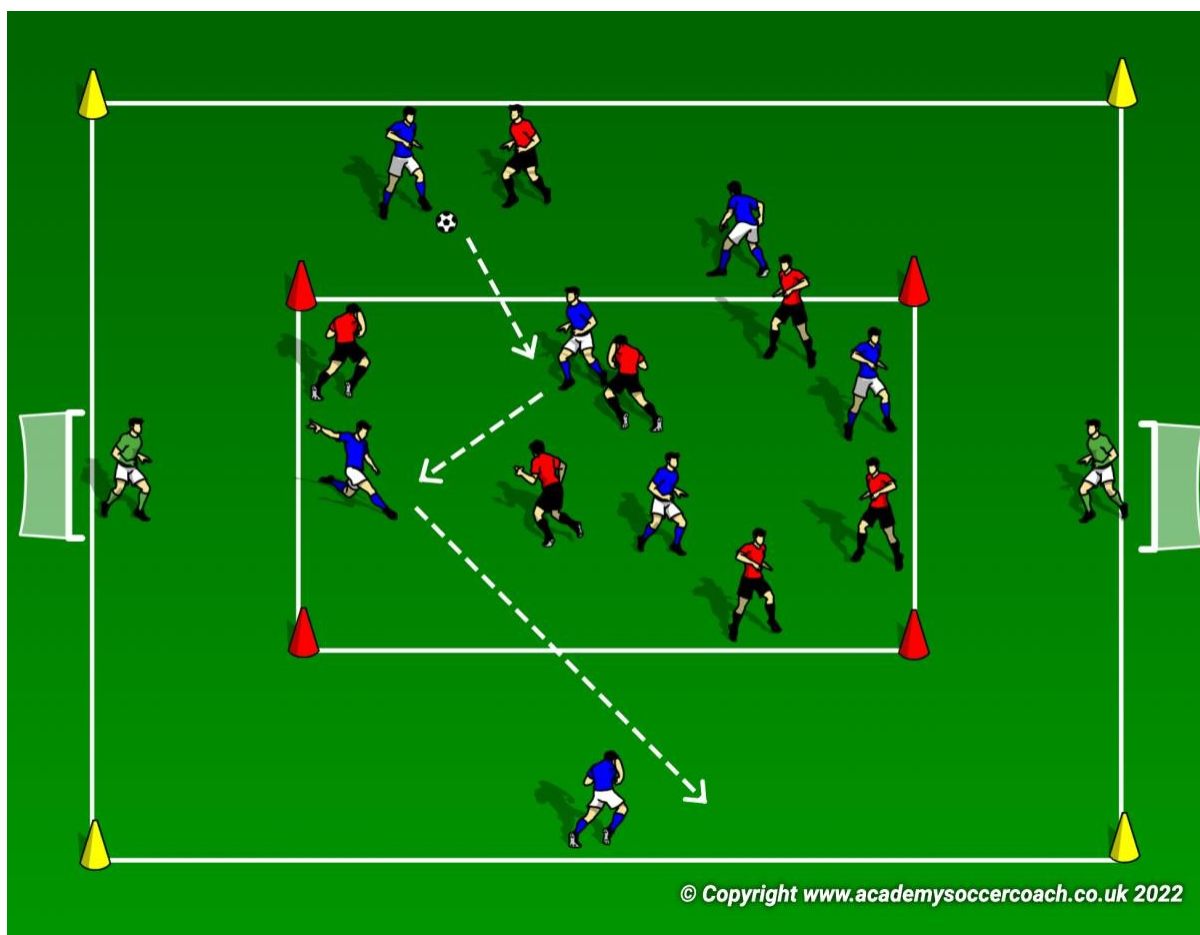


Progressions:

- If the outside players take a touch to control the ball, an outside defender is allowed to tackle them inside their zone. This is to add the decision-making component of one-touch versus two-touches.

PART THREE: 8v8 Switch Play Game

Two teams of eight players are organized into a 35x60 yard pitch with a 15x30 rectangle area in the middle. There are no restrictions in terms of touches and movement. The game is played with one simple condition: if the ball enters the 'inside rectangle' on one side, it cannot be played out of the rectangle on the same side. If this happens, possession turns over to the other team. This challenges players to find different angles of support and 'open' up the pitch in possession. If a team builds on the outside and scores, without going inside the rectangle, the goal still stands. Play 3v5 minute games with two minutes recovery time.



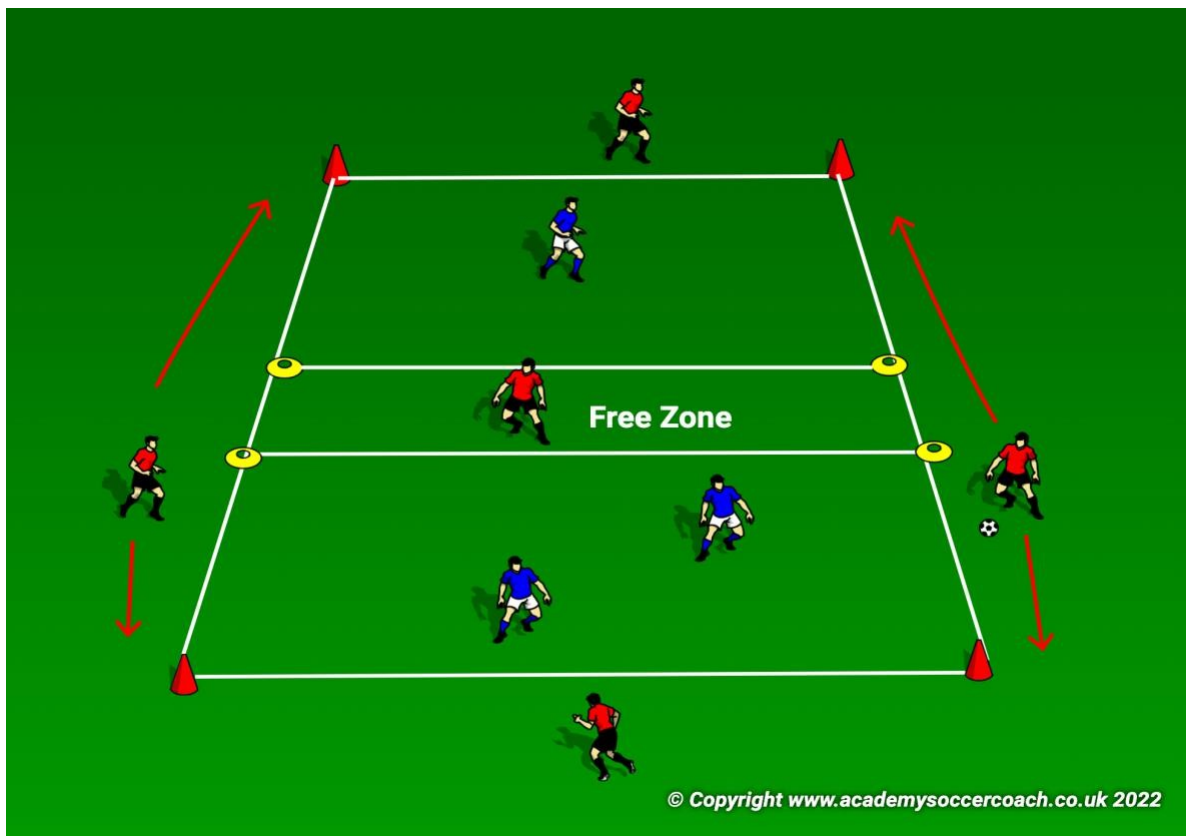
Progressions:

- Incentivize switching the play through the rectangle by awarding two points for a goal that comes through there and one point for a goal that does not enter the rectangle in the build.
- Create a 'two-touch' restriction for inside the rectangle. So now, players must solve the initial condition a lot quicker than before, which challenges vision and awareness.

Session Sixteen: Exploiting Central Spaces in Attack

PART ONE: 5v3 Progress Possession

Eight players are organized into two teams with a possession team of five players and a defensive team of three players. The exercise takes place in a 15x25 yard area, which includes a 5-yard 'Free Zone'. Players on the possession team (red below) are positioned with one player at each end line, one player on each side-line, and one player in the 'Free Zone'. Two defensive players (blue) occupy the area where the ball is, creating a 4v2 situation. The objective is for the red team to complete four passes, before transferring possession to the higher player on the other end-line. The blue defensive player on the other side can intercept the pass, but cannot step into the 'Free Zone'. After a successful transfer, one blue defender joins their teammate, the red players on the sideline move across and the player in the 'Free Zone' adjusts their position to create another 4v2. The red team are restricted to two touches each and are awarded one point for each successful transfer. If the blue team win possession, they are awarded two points if they successfully dribble outside the area. Play 4x3 minute games with 60 seconds recovery time and rotate the defenders after each game.

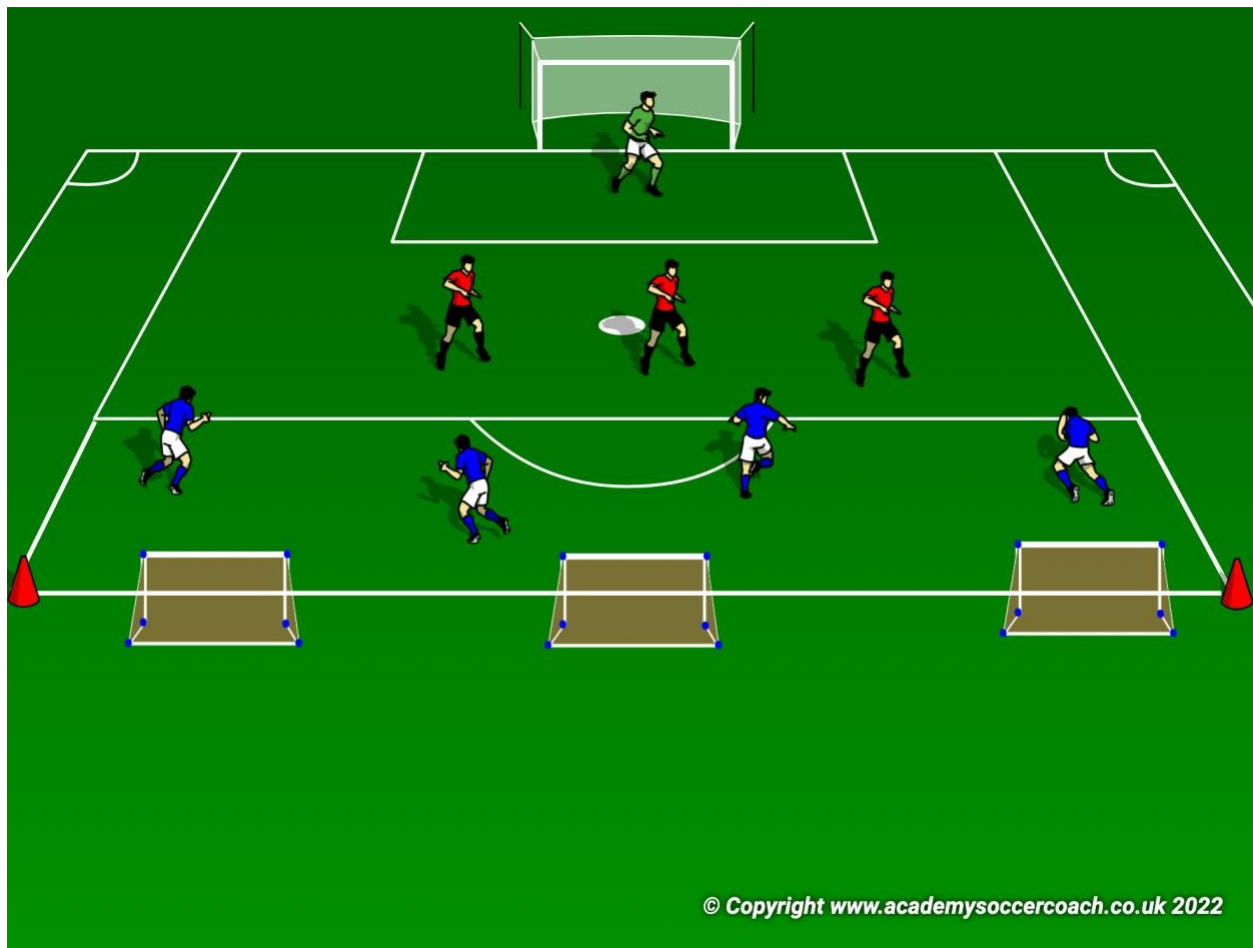


Progressions:

- Increase the number of passes before a transfer to six.
- Add a condition that each transfer must be a first-time pass in order to challenge speed of play.
- If the red team are achieving a high level of success with the exercise, allow the third blue defender to step into the Free Zone and challenge the player in there.

PART TWO: 4v3 Attack v Defense

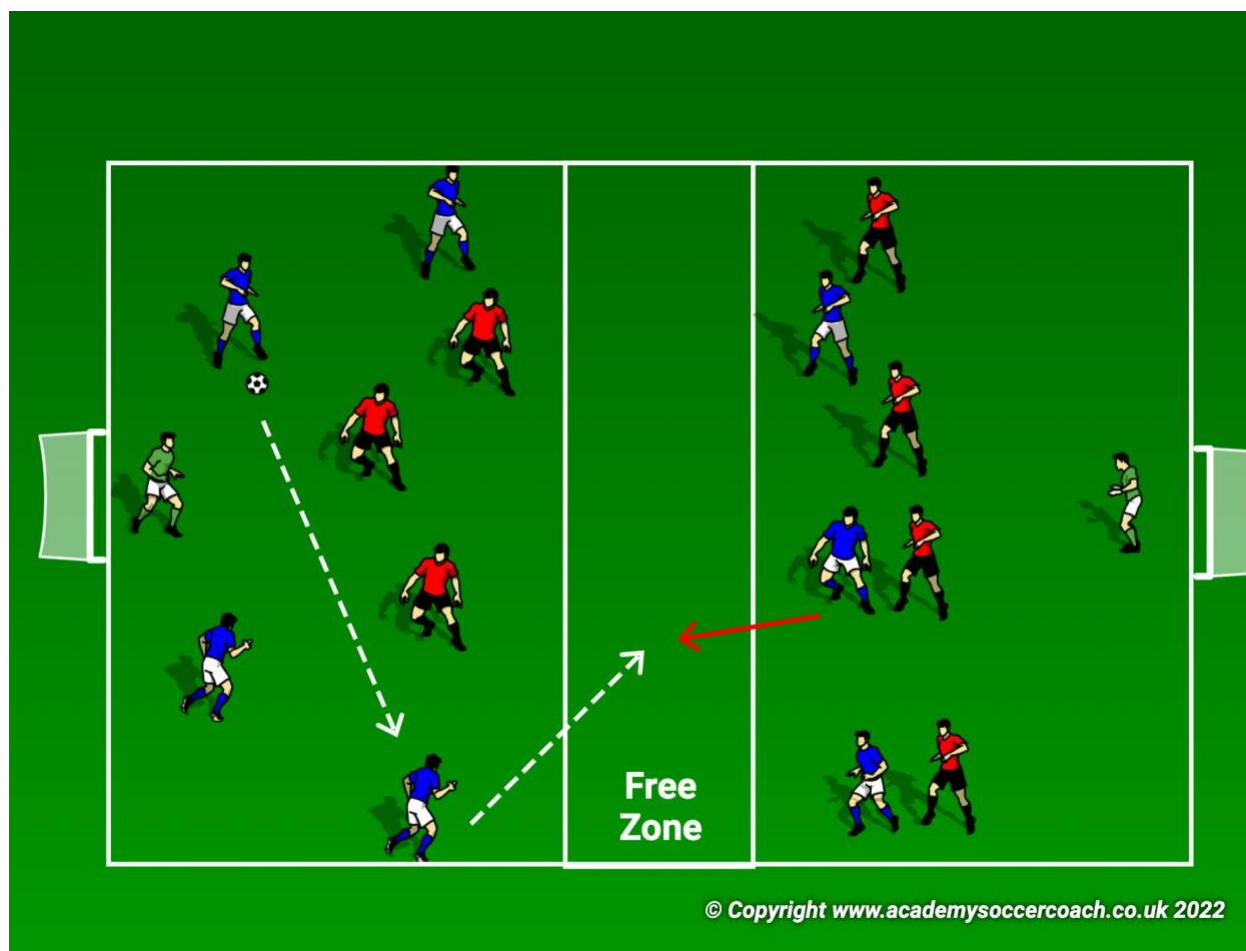
This exercise is set-up in the final third in a 30x45 yard area with three mini-goals at the top. Four attacking players in blue play against three defenders and one goalkeeper. The objective of the exercise is for the attacking team to create as many goal-scoring opportunities as possible using their overload. There are no restrictions for the players in terms of movements or touches. If the defensive team win possession, they can score in any of the mini-goals. Play 5x3 minute games with 60 seconds recovery.



- Add a shot clock of ten seconds for the attacking team to score.
- Award the defending team 3 points for 4 consecutive passes if they regain possession, which now gives the defending team a decision making component in transition and offers the attacking team a potential counter-pressing opportunity.

PART THREE: 8v8 Free Zones

This exercise takes place in a 40x60 yard pitch with a 10-yard 'Free Zone' in the middle. Two teams of eight players each, including a goalkeeper, are organized into back four on the defensive side and a front three on the attacking side. Players must stay in their zones. The conditions of the game are simple: Teams play 5v3 to build initially and then use possession to find an attacking player. One attacker can drop into the Free Zone to receive - but no defenders are allowed to enter that zone. Once the attacker receives the ball in the Free Zone, they then look to turn and attack the back four in a 3v4 situation either with a dribble, penetrative pass, or a shot on goal. This challenges the attackers to find solutions when outnumbered, and also when to drop into the space to receive in high-valued areas. In order for a goal to be scored, it must be as a result of a forward dropping into the Free Zone and turning to attack. Play 4x3 minutes with 90-seconds in between.



Progressions:

- Allow one defender to step with the attacker into the Free Zone, but also give the team in possession the option of adding another player from the defensive end so it now becomes an Overload Zone.
- Allow the supporting player to continue and create a 4v4 in the attacking zone.

Session Seventeen: Using Width and Passing Angles in Possession

PART ONE: 2v2+4 Diamond Possession

Twelve players are split into two teams of six players each. The exercise takes place in a 20x20 yard diamond with four players organized in alternating positions on the outside and two players on the inside. Players on the inside play a 2v2 with the option of using the outside players as an overload to keep possession. Players on the outside are limited to two touches, while players on the inside have no restrictions. The team in possession is awarded one point for every five consecutive passes. If the defending team win possession, the roles simply switch. Play 6 x 2 minute games with 30 seconds recovery time and rotate the two middle players after each game.

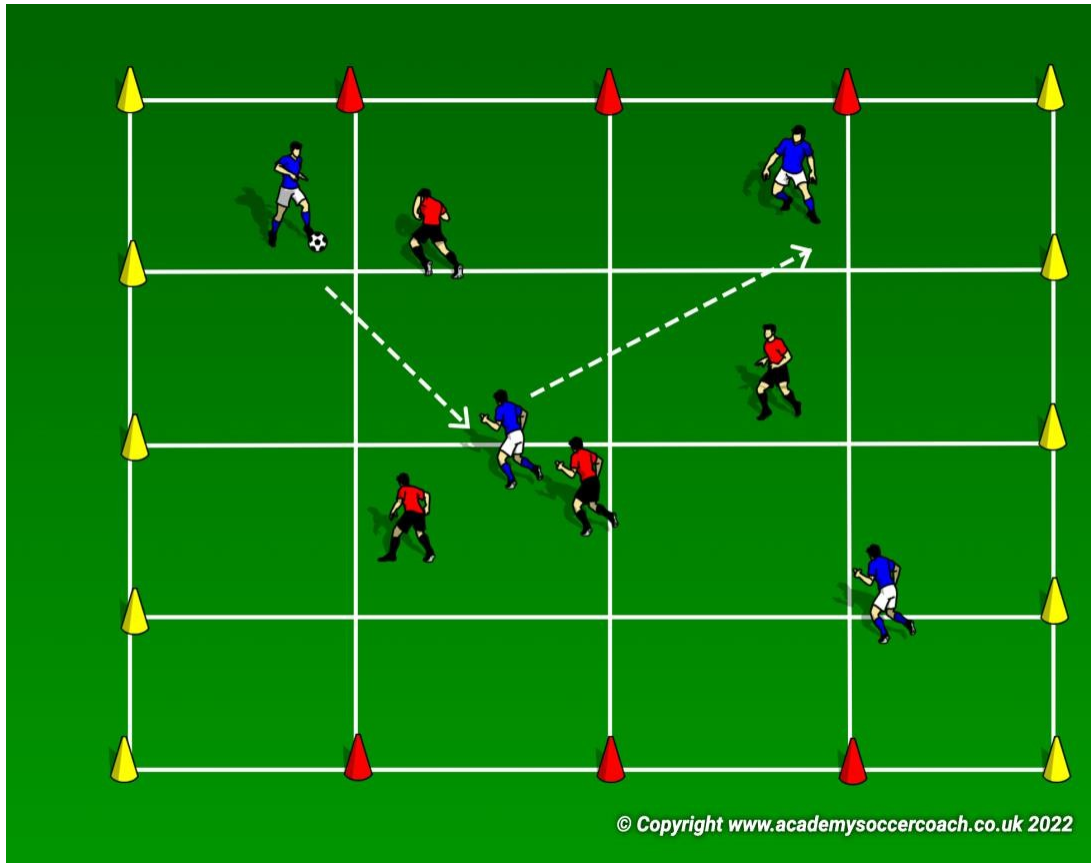


Progressions:

- Limit the inside players to two touches and the outside players to one touch, in order to increase the technical challenges of the game.
- Add a neutral player in the middle so there is a central overload of 3v2 in possession. In addition, now restrict the outside players from passing to one another so they must find an inside option when they have the ball.

PART TWO: 4v4 Creating Angles

This exercise takes place in a 20x20 yard area which is split into 5x5 yard zones. Teams play 4v4 game inside the area with no restrictions on touches or movement. The only condition of the game to start is that players must pass to a teammate in a different zone. For every five consecutive passes, a team is awarded one point. If teams lose possession, the game continues and the roles simply change. Play 4x3 minute games with 60 seconds recovery time.

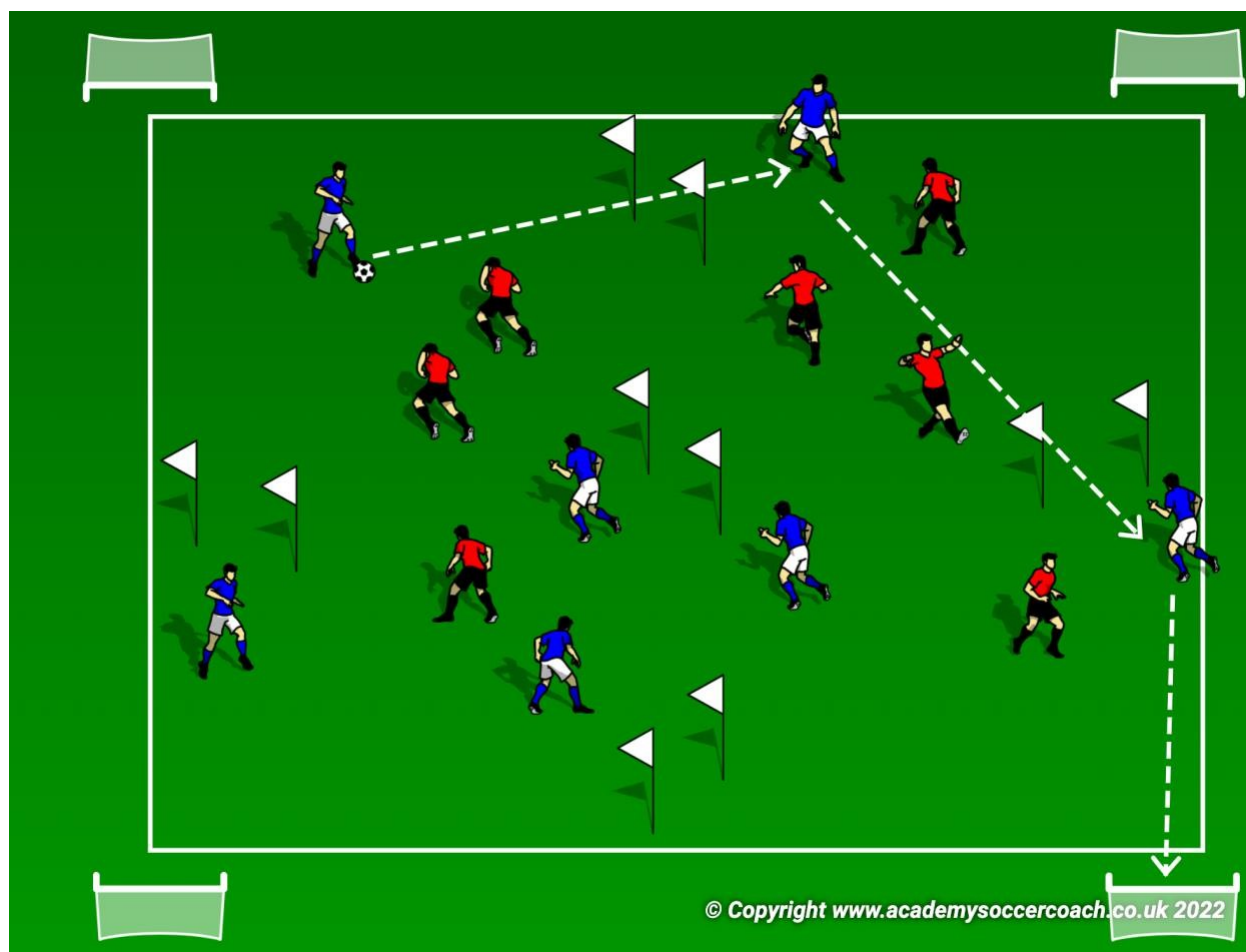


Progressions:

- Teams cannot pass the ball in the same vertical channel. This now works on support angles, in addition to spacing.
- Finally, teams cannot pass the ball in the same vertical or horizontal channel. This now challenges teams to utilize diagonal passes and individual skill to retain possession if options are not available.

PART THREE: 7v7 Passing Angles

This exercise takes place in a 25x40 yard area, that can be adapted to suit physical or technical demands. Inside the area are five passing 'gates' which are approximately 5-yards apart, with four on the outsides and one in the middle. There are four mini-goals positioned outside the playing areas in the corners. The objective of the game is for teams to circulate possession through the passing gates. Once they successfully pass through two passing gates, they can then score in any of the mini-goals. If possession is lost, the roles immediately change and the game continues. Play 6x4 minute games with 90 seconds recovery time between each one.



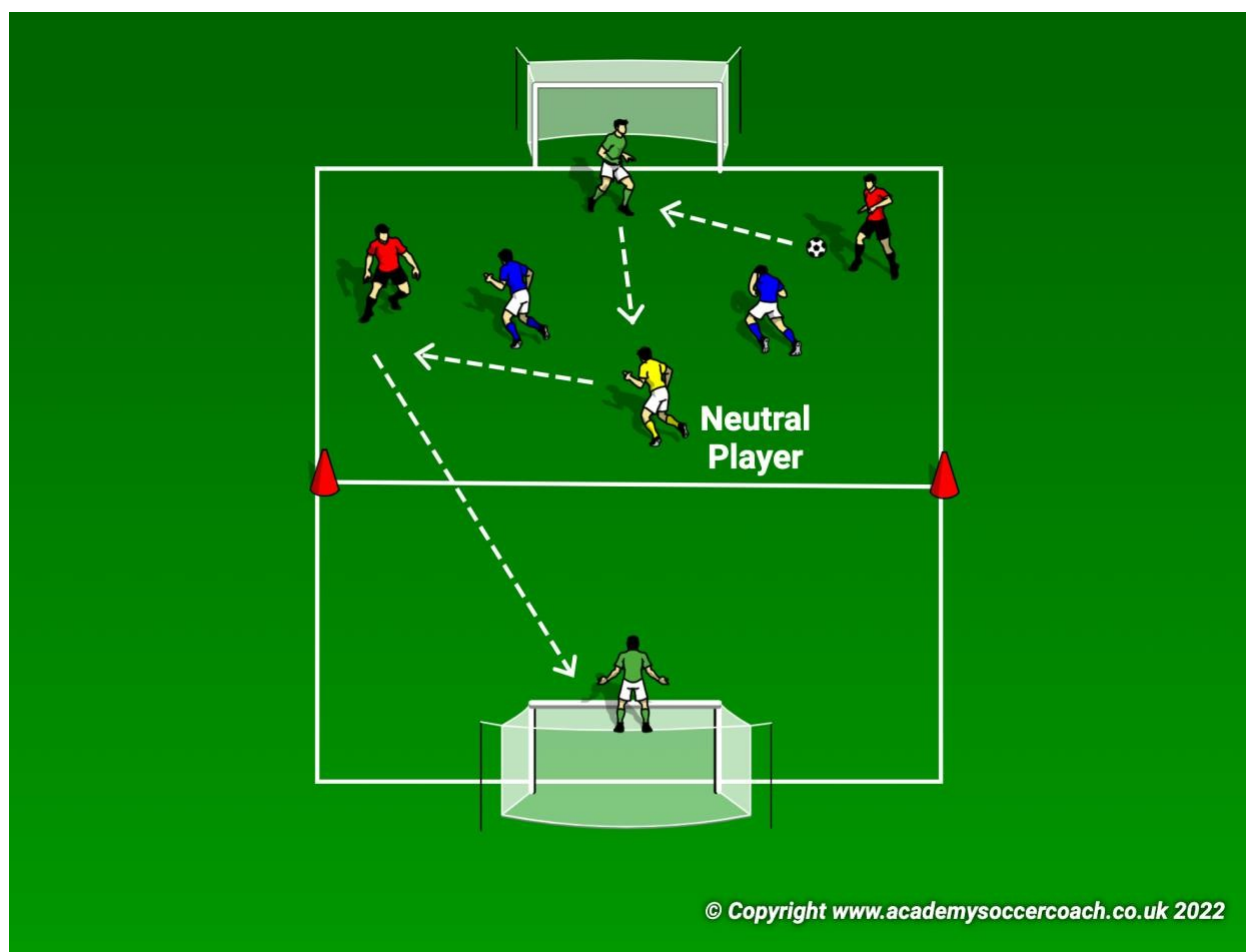
Progressions:

- Award a team two points for every eight consecutive passes, whether through the gates or not. This adds an extra decision making element to the game and challenges the defensive team to press each pass rather than simply defend the gates.
- Allow players the option of dribbling through the gate in addition to passing, which adds another solution to circulating possession.

Session Eighteen: Building with your Goalkeeper

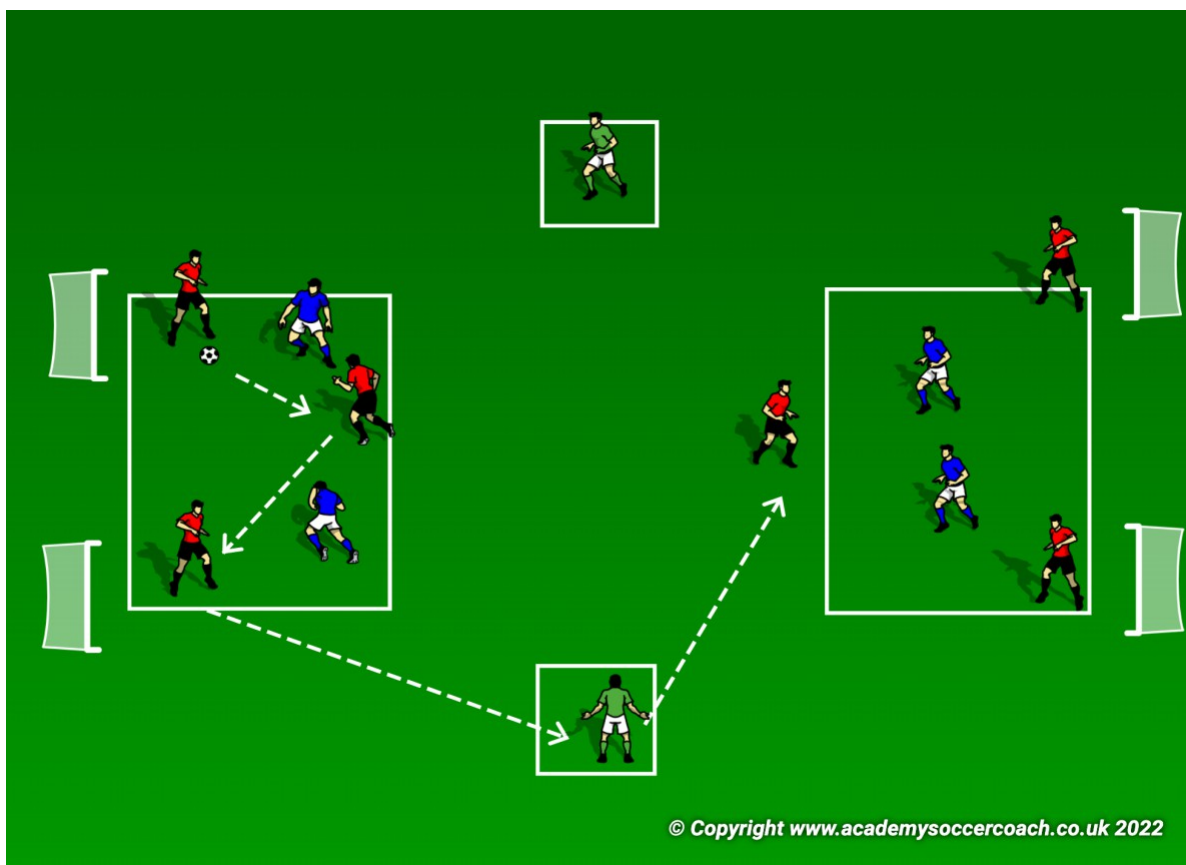
PART ONE: 4v2 Transfer Rondo with GKs

Seven players are organized into two teams, one in possession (red) and the other defending (blue), along with two goalkeepers and a neutral player. The exercise takes place in a 15x30 yard area which is split in half. Play starts on one half of the field with the goalkeeper, the red team and the neutral creating a 4v2 scenario against the blue team. The objective is for the red team to use the overload to complete 5 consecutive passes, before transferring the ball to the goalkeeper at the other side of the field for one point. If the blue team win the ball, they can immediately score in the closest goal for two points. Play 6x2 minute games with 60 seconds recovery and switch roles between blue and red team after every game.



PART TWO: 6v4 Using GK to Break Pressure

Twelve players are organized into two teams: a possession team of six players (in red below) and a defending team of four players (in blue below), plus two goalkeepers. Teams are organized into two 10x15 yard areas, approximately 30 yards apart. The goalkeepers are positioned in a 5x5 yard square at the midway point in an advanced wide area. The playing size can be modified to challenge the range of passing of team and goalkeepers in possession. The game starts off in one area with a 3v2 situation and the objective is for the team in possession to successfully connect a minimum of three passes before transferring the ball to either goalkeeper in their area. Once the ball is transferred to a goalkeeper, they then look for a player in the other box and continue the exercise on the other side. The team in possession are awarded two points for every successful transfer, while the defensive team are looking to win the ball and score in either mini-goal for one point. Play 4x3 minute games with 60 seconds recovery between each one.



Progressions:

- If the possession team are struggling for success in the transfer aspect of the game, add an extra player in the zones to create a 4v2 in the build before a transfer.
- If the possession team are experiencing success in the game, add a defensive player in the middle, who can sprint out and pressure either goalkeeper once they receive the ball.
- Add a condition where each pass to and from the goalkeeper must be an aerial pass so that you are practicing different techniques under pressure.

PART THREE: 8v7 Break Pressure and Attack

This game takes place inside a 60x40 yard area with a halfway line. Fifteen players are split into two teams with eight players in the attacking team (red below) organized into a back four, holding midfielder, and a goalkeeper in one half of the field, and two attackers on the other half. The defending team (blue below) will have seven total players, with four attackers on one half and two defenders, along with a goalkeeper, on the other half. The objective of the game is to start the ball with the goalkeeper in the red team, who then looks to build out against the high press of the blue team. There must be a minimum of two passes before the ball is played into the other half where the forwards have a 2v2 towards goal. Players are restricted to move in their half of the pitch only. If the blue team wins possession, they can score in transition for two points, while every red goal is worth one point. Teams play 3 games of 5 minutes with 90 second recovery and rotating the roles of the players after every set.



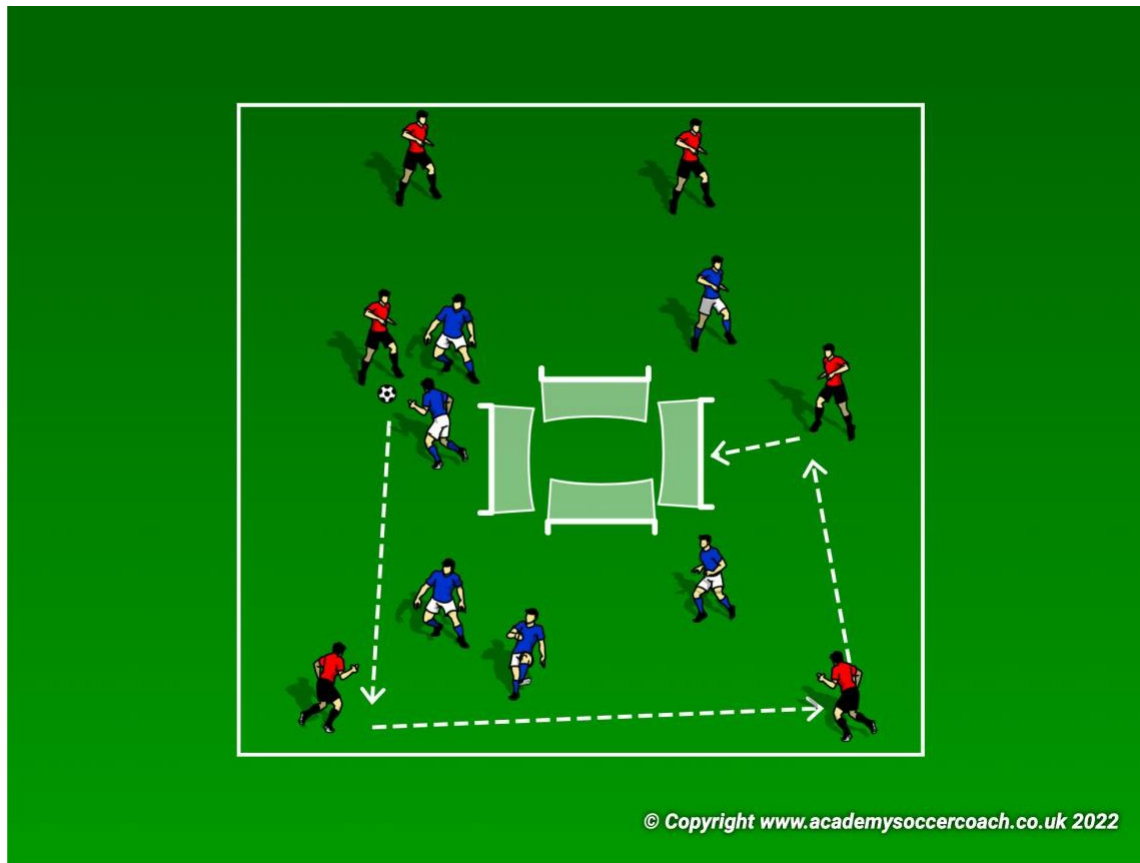
Progressions:

- Increase the number of passes which the red team must complete to four.
- Allow one red player to move across the halfway line and join the attack to create a 3v2 to goal.

Session Nineteen: Solving Pressure in Central Midfield

PART ONE: 6v6 Four Goal Game

This exercise takes place in a 25x25 yard area with four mini-goals in the middle, arranged back to back. Twelve players are organized into two teams and can move inside the area with no restrictions in terms of movements or touches. The objective of the game is to circulate possession and score in any of the mini-goals for two points. In order to prevent the defensive team sitting back and protecting goals, teams are awarded one point for every five consecutive passes. If possession turns over, the roles simply change. Play 5x2 minute games with 60 seconds recovery time between each game.

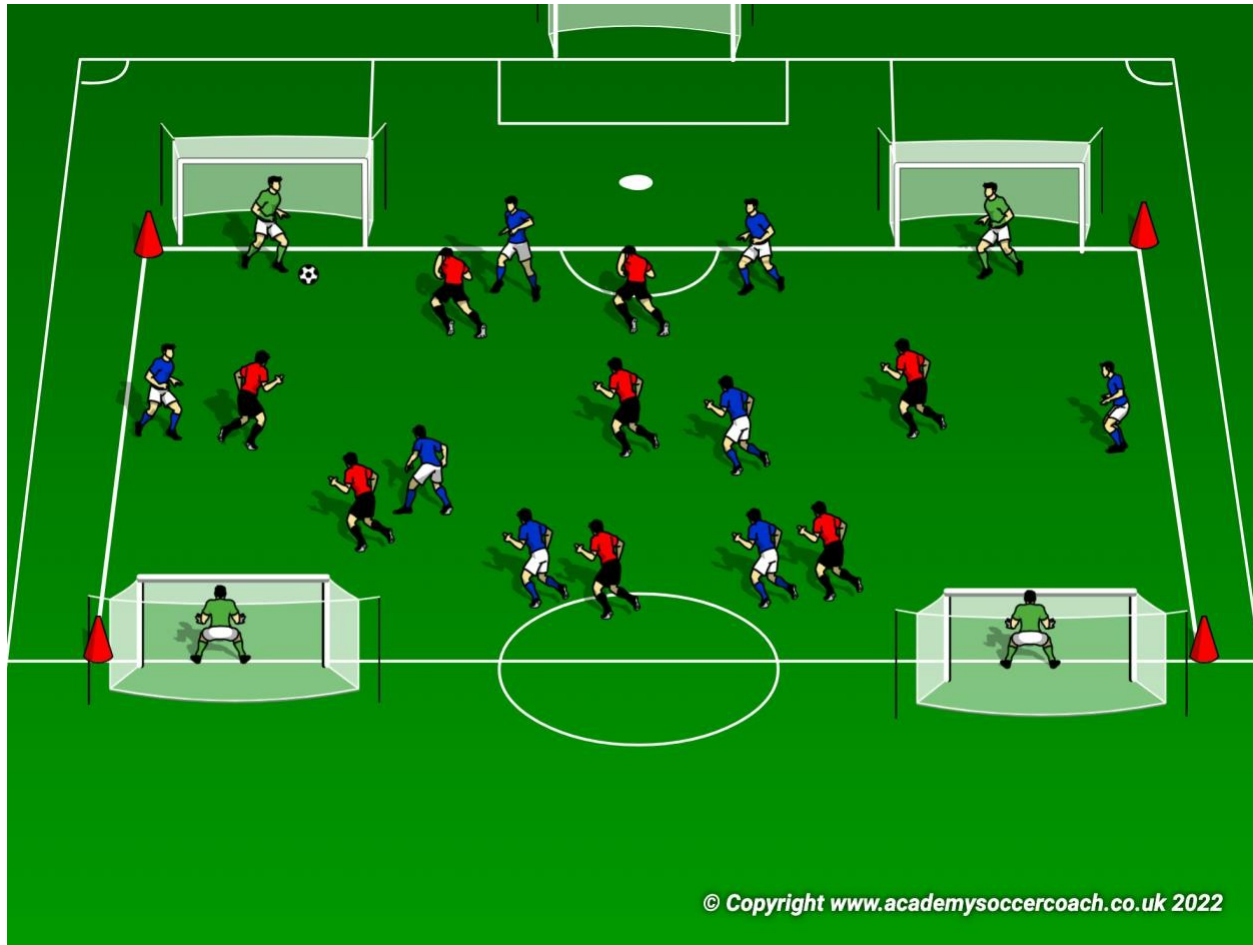


Progressions:

- Add an extra condition that each goal must be scored by a one-time finish into the mini-goal.
- Decrease the passing points to four consecutive passes in order to increase the defensive pressure.
- After a team scores in one-mini goal, they cannot score in the same one until another goal is scored.

PART TWO: 8v8 Four Goal Game

This exercise takes place in a 35x60 yard area with four full-size goals in each corner. Players are organized into two teams of eight players, with two goalkeepers on each team. Each team defends two goals and looks to score in two goals. The objective of the game is for the teams to score in either of their opponent's goals with no restrictions on touches or movement. This will involve solving pressure on either side of a compact pitch. Play 4x4 minute games with 90 seconds recovery in between each one.

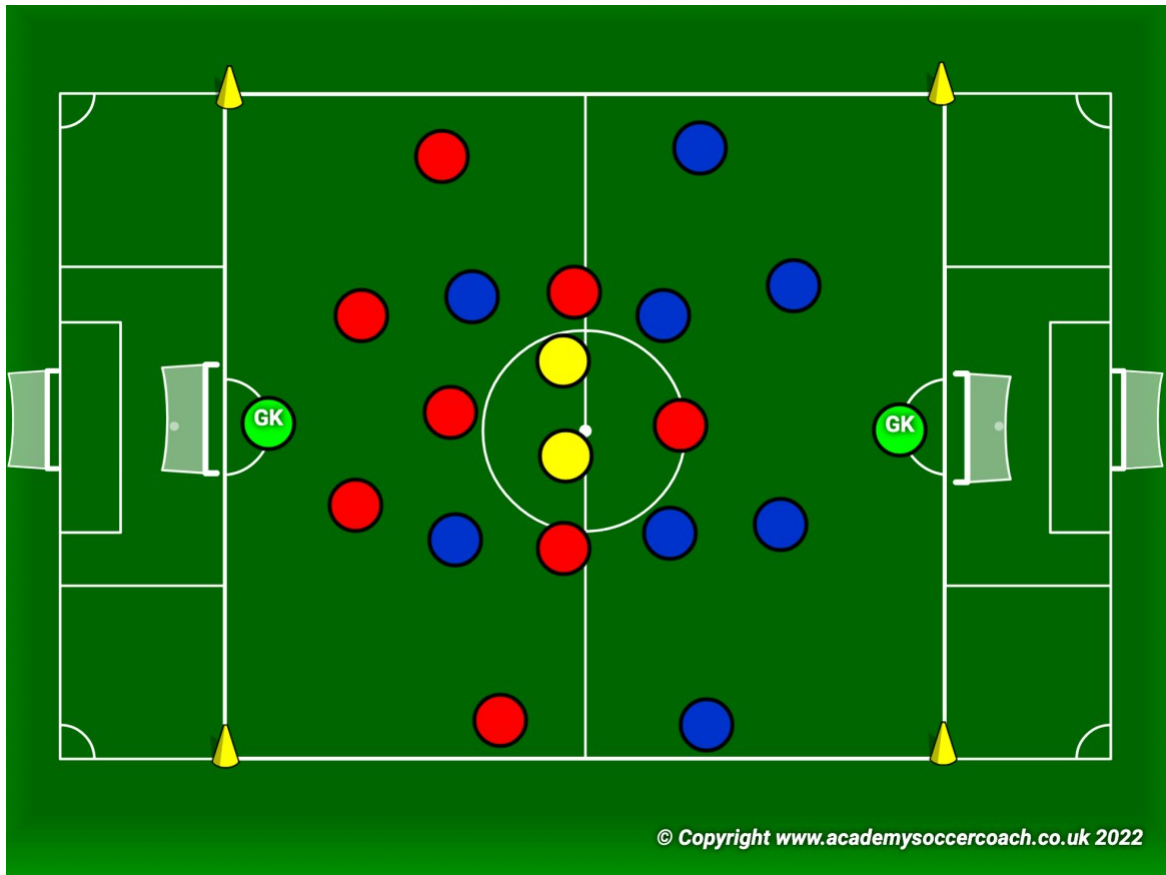


Progressions:

- Award two points for every goal scored and one point for every successful shot on target. This now incentivizes the defensive team to be more aggressive with their pressing and increase the challenges in possession.

PART THREE: 9v9+2 Beat the Block

This exercise takes place in a 75x100 yard area with two full-sized goals on top of each eighteen-yard box. Players are organized into two teams of nine players each plus two neutral players in yellow. Both neutral players play for the team who are in possession of the ball. The objective of this game is for team with possession, to use the neutral players to score a goal. The neutral players are limited to two touches and if they are involved in the build-up of the goal, the goal counts for two points. Play 3x5 minute games with two minutes recovery between each set.



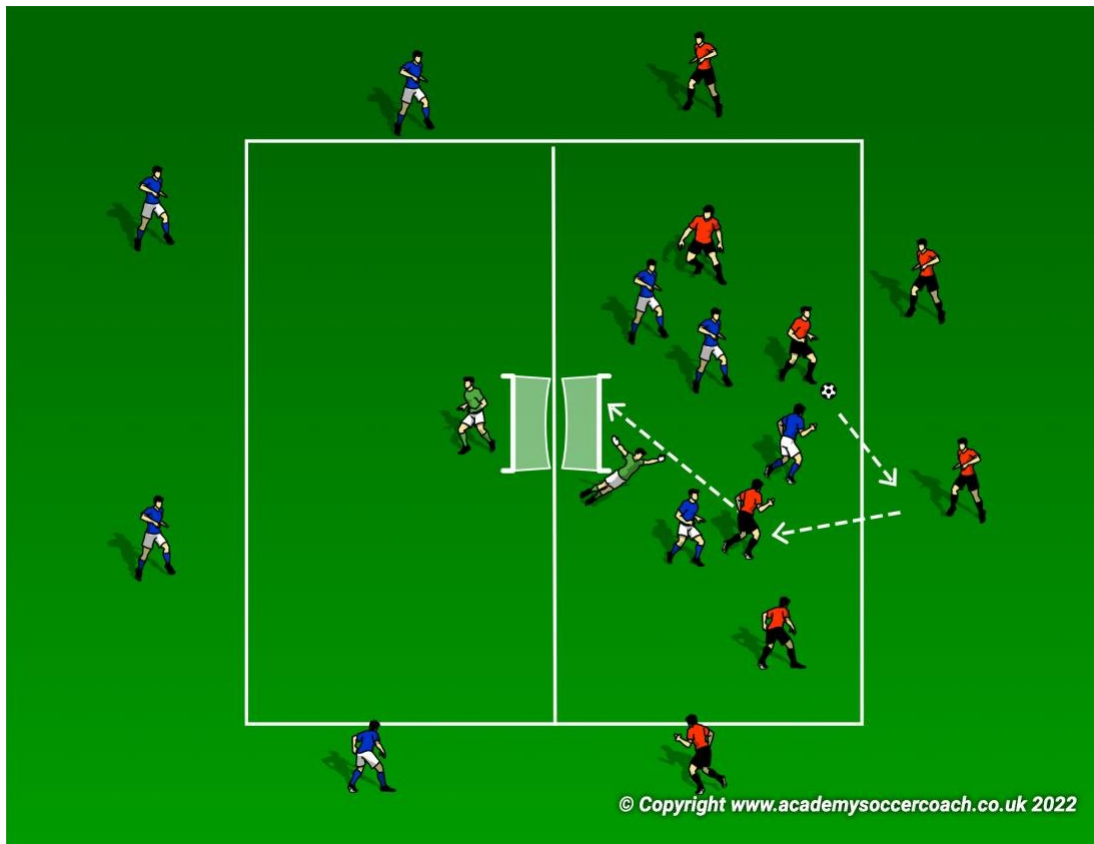
Progressions:

- Allow the neutral players to dribble and score goals in the game. This may change the defensive behaviors of the opposition and open space in other areas of the field with the overload.

Session Twenty: Finishing in the Box

PART ONE: 4v4+4 Back to Goal Game

Eighteen players are organized into two teams of eight players and one goalkeeper. The exercise takes place in a 25x40 yard area with two goals positioned back-to-back in the middle. Each team has four players in the middle and four players around the outside in their attacking half of the pitch. Therefore, when you are in possession of the ball in the middle, you have a potential 8v4 situation in the attacking half. The players on the outside are limited to two touches and the players on the inside have unlimited touches. Play 6x3 minute games with 60 seconds recovery time, rotating the inside and outside players after each game.



Progressions:

- If a goal is scored from a cross, it is worth two points. This is to incentivize the outside players to look for more penetrative passes as opposed to simply keeping possession.
- Award two points for every goal that is scored from one touch, in order to speed up the decision-making process in front of goal.
- Allow the outside players the opportunity to shoot on goal, but limit them to one touch if they choose to do so in order to replicate the space and time demands of the game.

PART TWO: 5v5+5 Quickfire Attack

Fifteen players are organized into three teams of five players, plus one goalkeeper playing at all times. The exercise takes place inside a 25x50 yard area in the final third of the pitch. One team defends (red team below) with a goalkeeper, against the attacking team (yellow) and a supporting team (blue). The yellow team have two minutes to score as many goals as possible. They can use the supporting team as an option in possession, but they cannot move inside the area and are restricted to two touches on the outside. After the two-minute game, the attacking team becomes the defending team, the defending team becomes the supporting team, and the supporting team becomes the attacking team. Play six total games and have the teams keep their score throughout. The role of the coach is to keep a supply of balls ready so the game moves quickly.

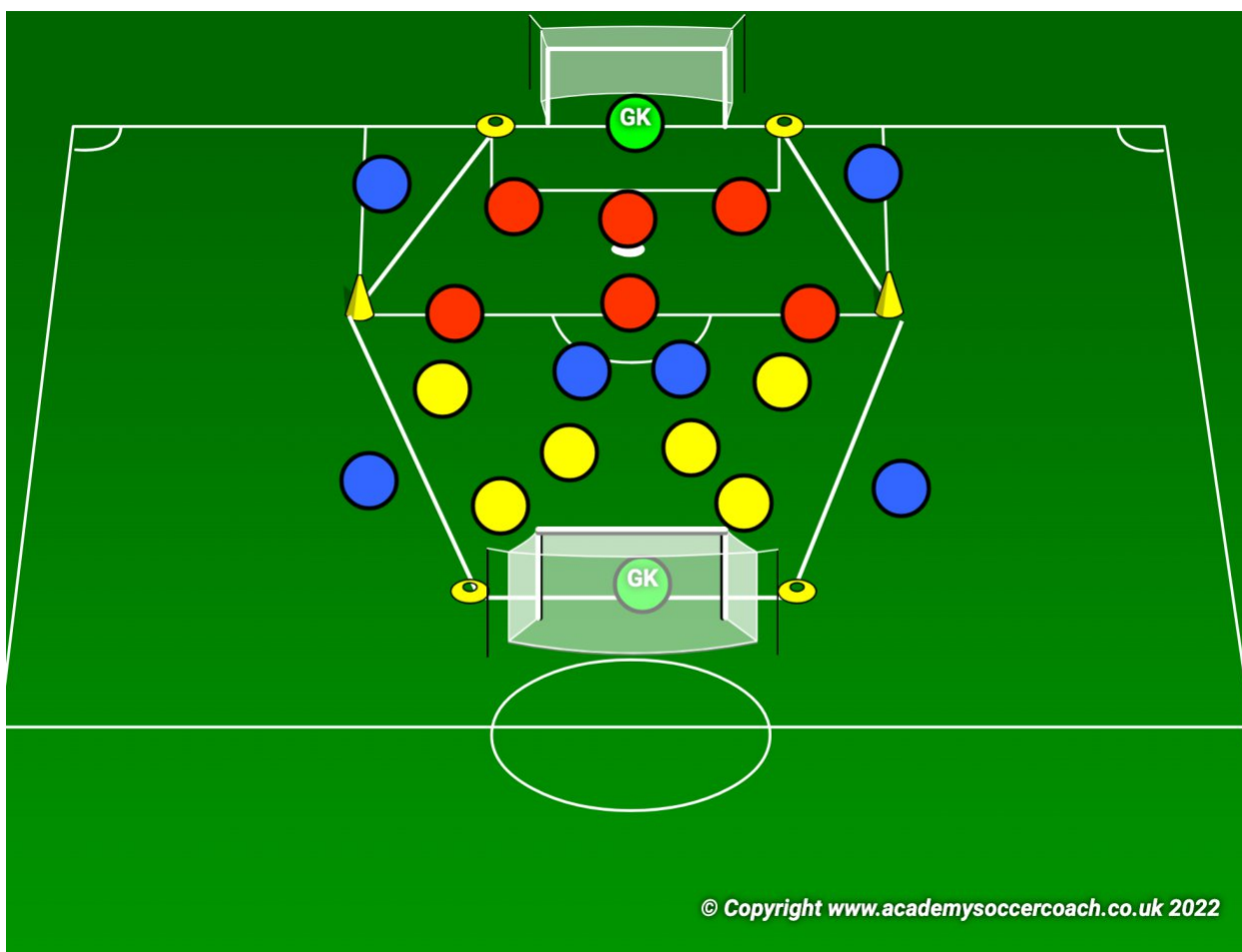


Progressions:

- Award an extra point for a one-time finish to incentivize the ability to create shots in the box without taking an extra touch.
- Once an attacking player receives the ball from an outside player, they cannot play back to them immediately. This challenges the receiver to create a new option rather than simply 'bouncing' the ball back and forth.

PART THREE: 6v6+6 Finishing Game

Eighteen players are organized into three teams, along with two goalkeepers. The game takes place inside a 'polygon' shape with goals. Two teams play against each other with the third team acting as neutral, with four players positioned outside the shape and two on the inside, who play for the team in possession. The outside neutrals are limited to one touch while the inside neutrals have two touches. The shape of the pitch allows players to generate opportunities from combinations with the wide players, or by taking advantage of the central overload. Teams play for 6x4 minute games and then rotate after 90 seconds rest.



Progression:

- Create an attacking scoring system: one point for a shot on target and two points for a goal. With these conditions, teams will be less likely to opt for possession with the overload and more likely to use it to attack.
- Award an extra point if a goal is scored from a one-time finish from a pass by a neutral. This will challenge the players to increase speed of play.