

NEIL ADAIR

# 30 PENALTY AREA SESSIONS



@NeilTriplets

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# SESSION 1



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Setup as shown. 2v2 built to 4v4. 2v2 to goal, transition on the finish for second 2v2, attack one cross ball and defend the other one, 3 seconds recovery run to clear the box.

## SESSION 2



Working CF in blue. Blue CF finishes first time off delivery from either red on corner of the box and turns straight away and attacks a cross ball from either red on side of the area. Players work for 1 minute. Every effort not on target is a sprint of penalty area width at the end of his set.

## SESSION 3



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Keeper added, play is now 9v4 inside the area with 5 blue bounce players on the edges, reds have the heavy overload and attempt to make five passes for a point, blues attempt to win possession and counter attack on goal, blue players on the edge have one touch. Played 4x4 minute sets and teams are rotated each set. Progressed session by conditioning the overload side into two touch and also going from five passes per point to four and finally to three.

## SESSION 4

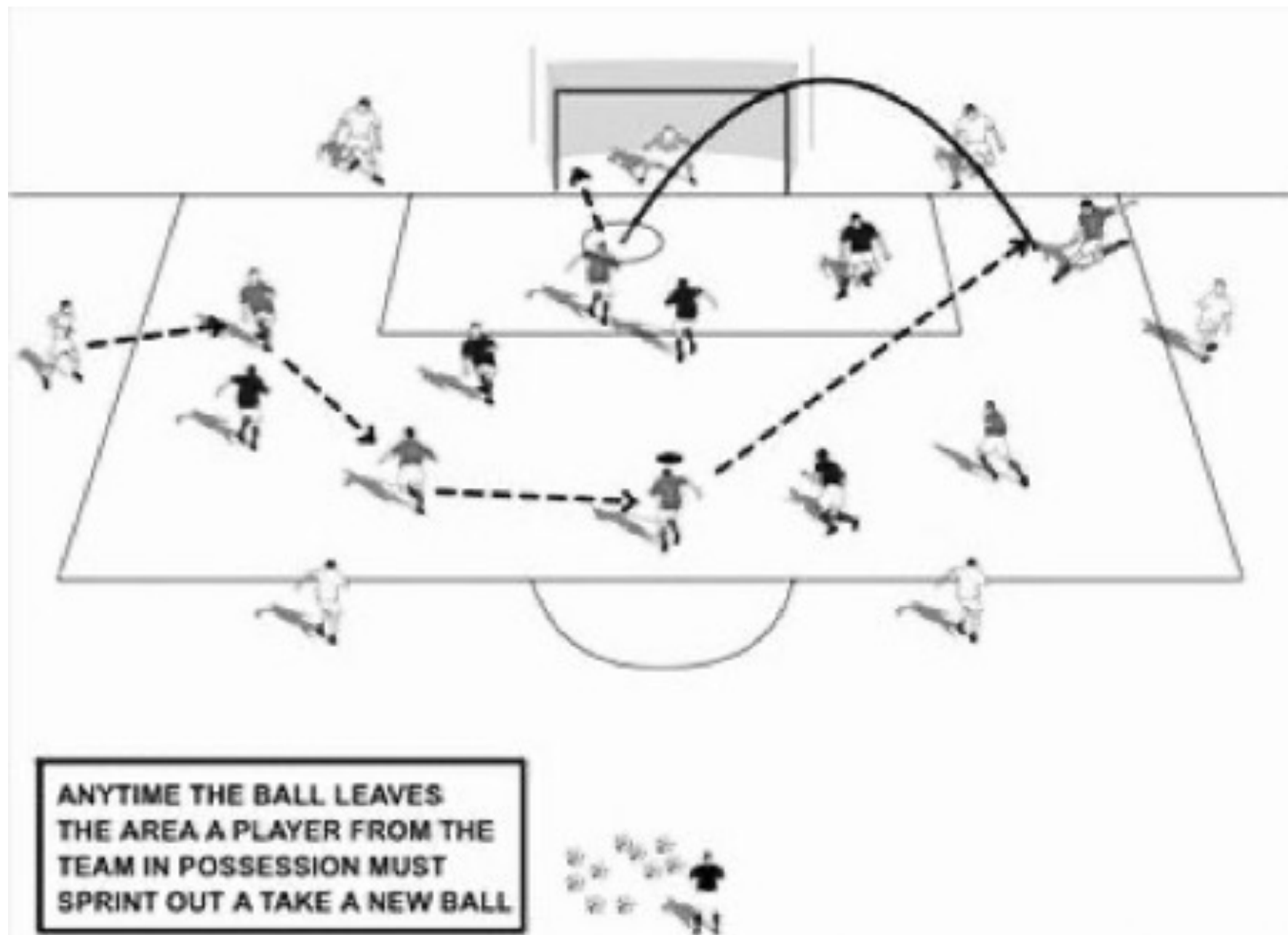




## SESSION 5



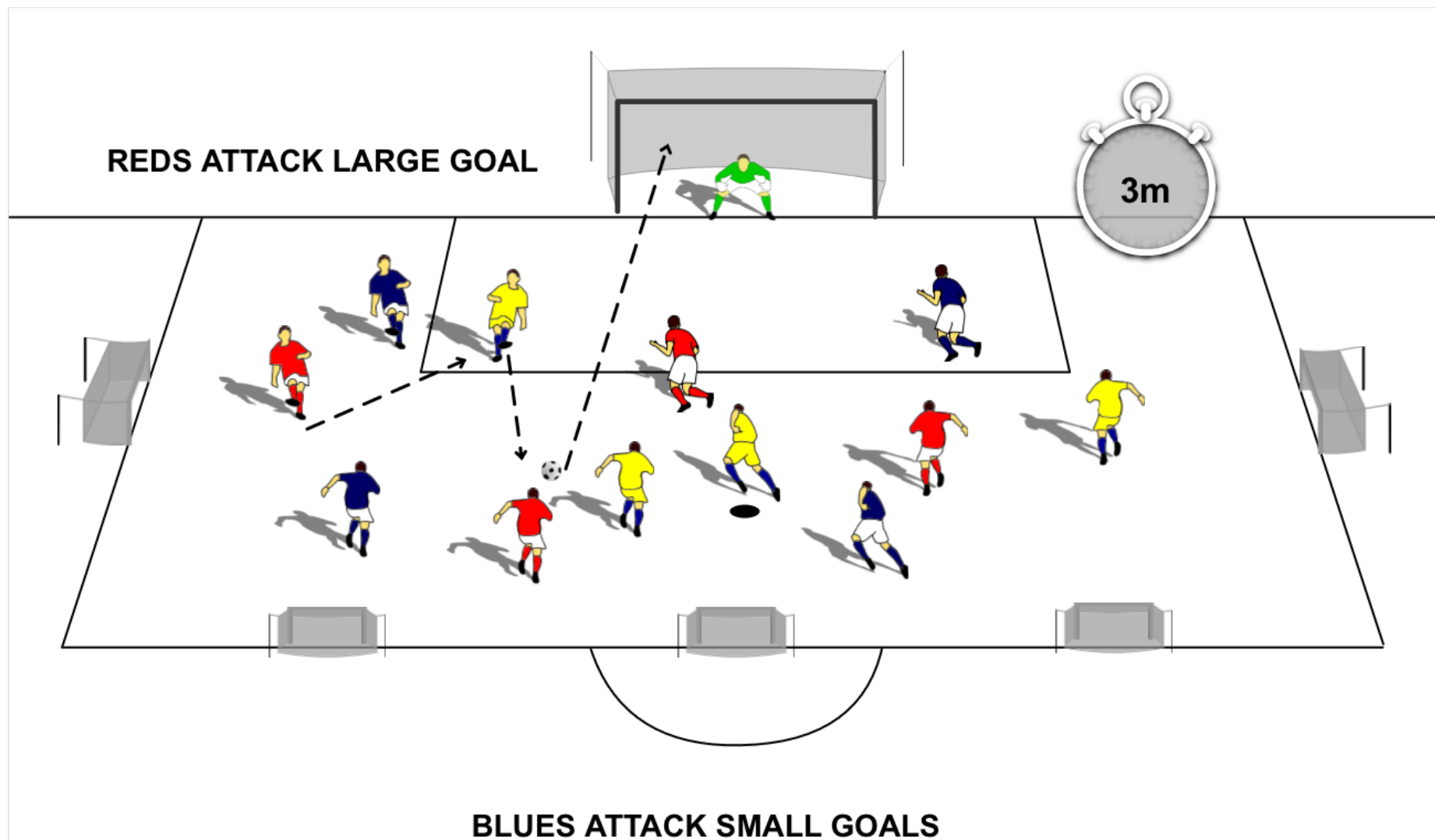
## SESSION 6



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Penalty area as shown. Three teams of 6. Play is 6v6+6, neutrals are in one touch. Teams play sets of 5 minutes and attempt to finish as shown. Neutrals can be used to set and link play. Ball leaves the area and one player sprints out, grabs a ball and restarts the game.

# SESSION 7

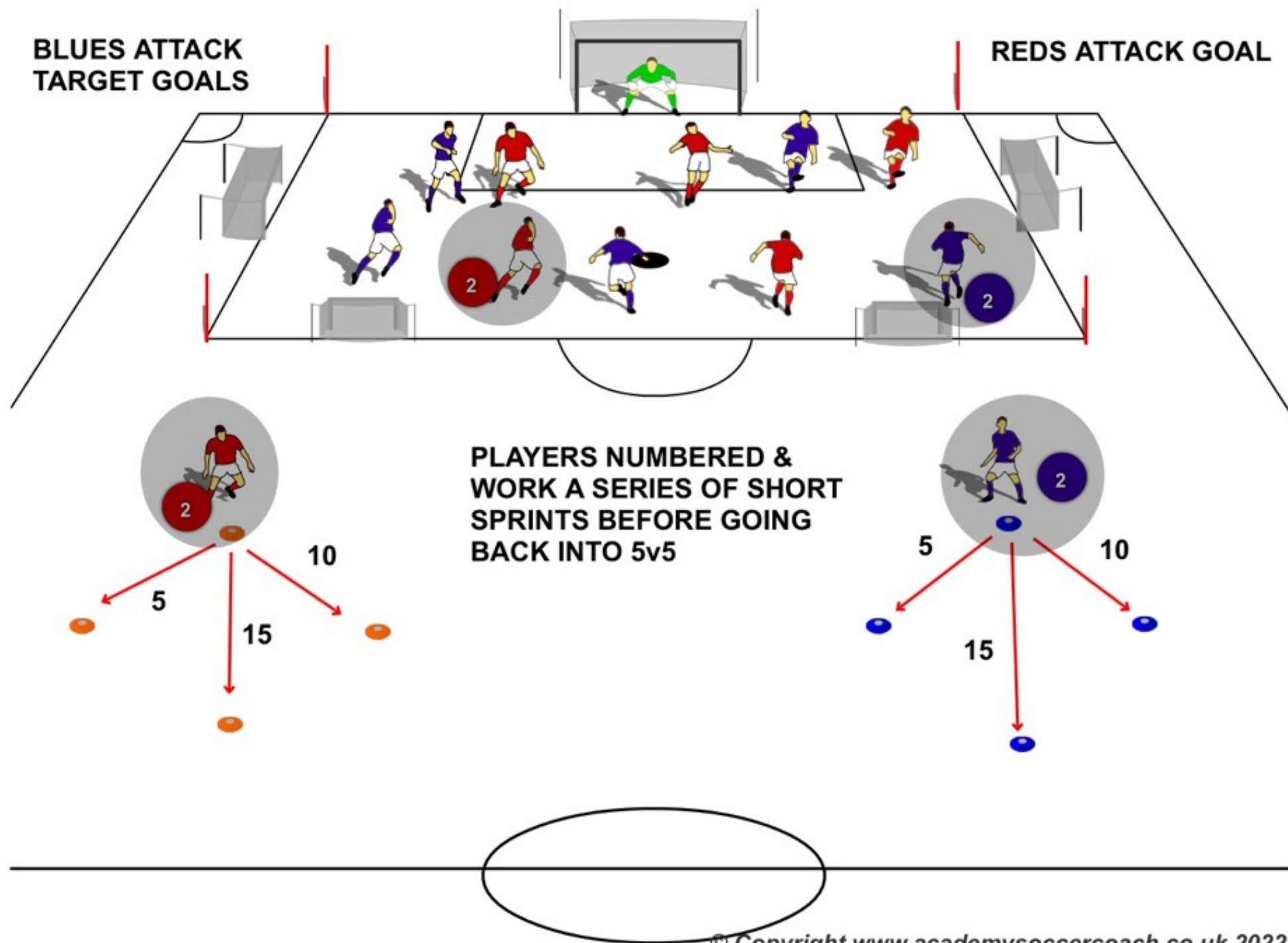


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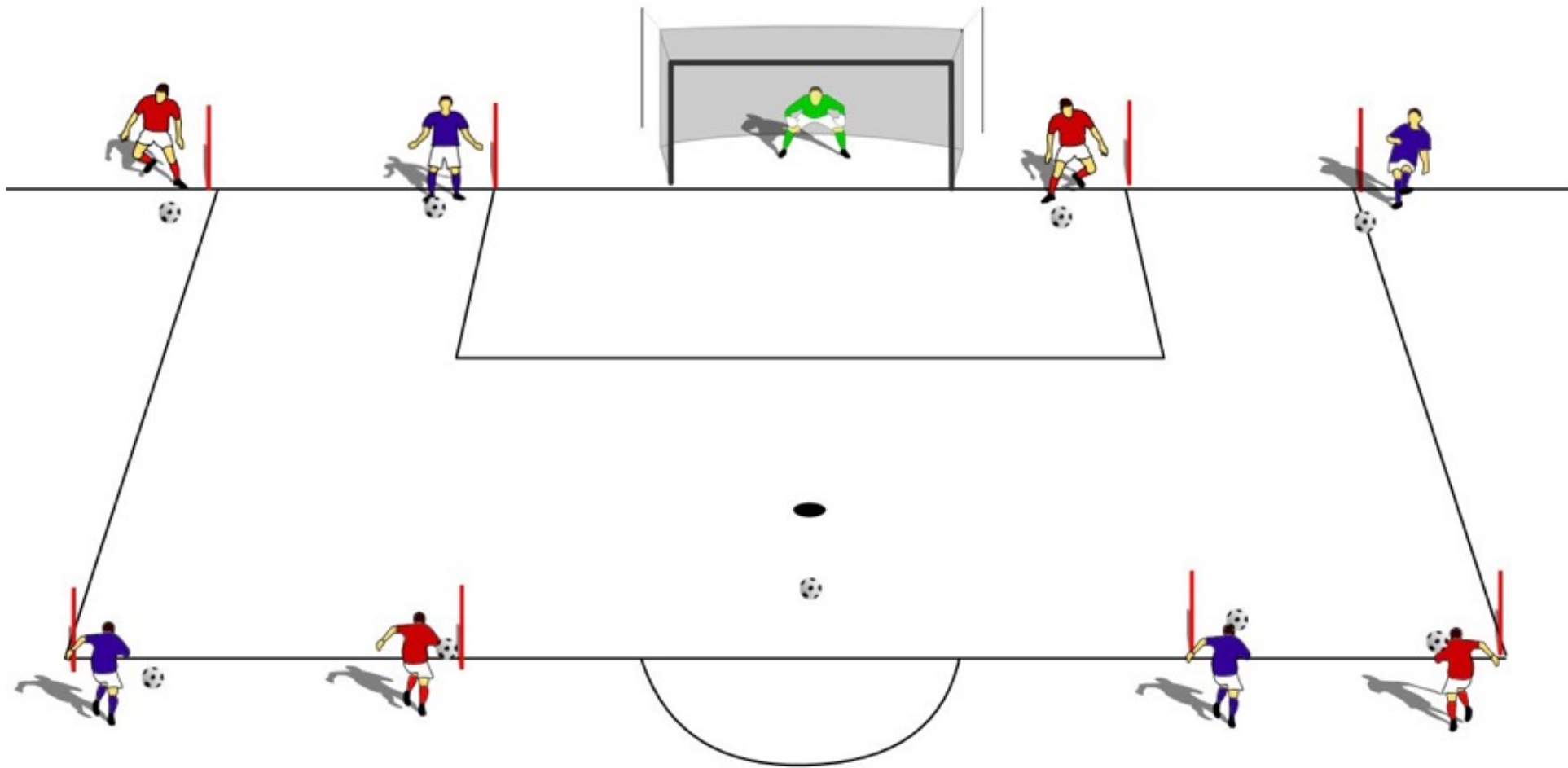
Setup as shown. 4v4+4. Reds attack large goal, blues attack any small goal in a one touch finish and yellows are neutral bounce players, yellows can't score and are limited to two touch. Sets are 3 minutes and teams are rotated.



# SESSION 9



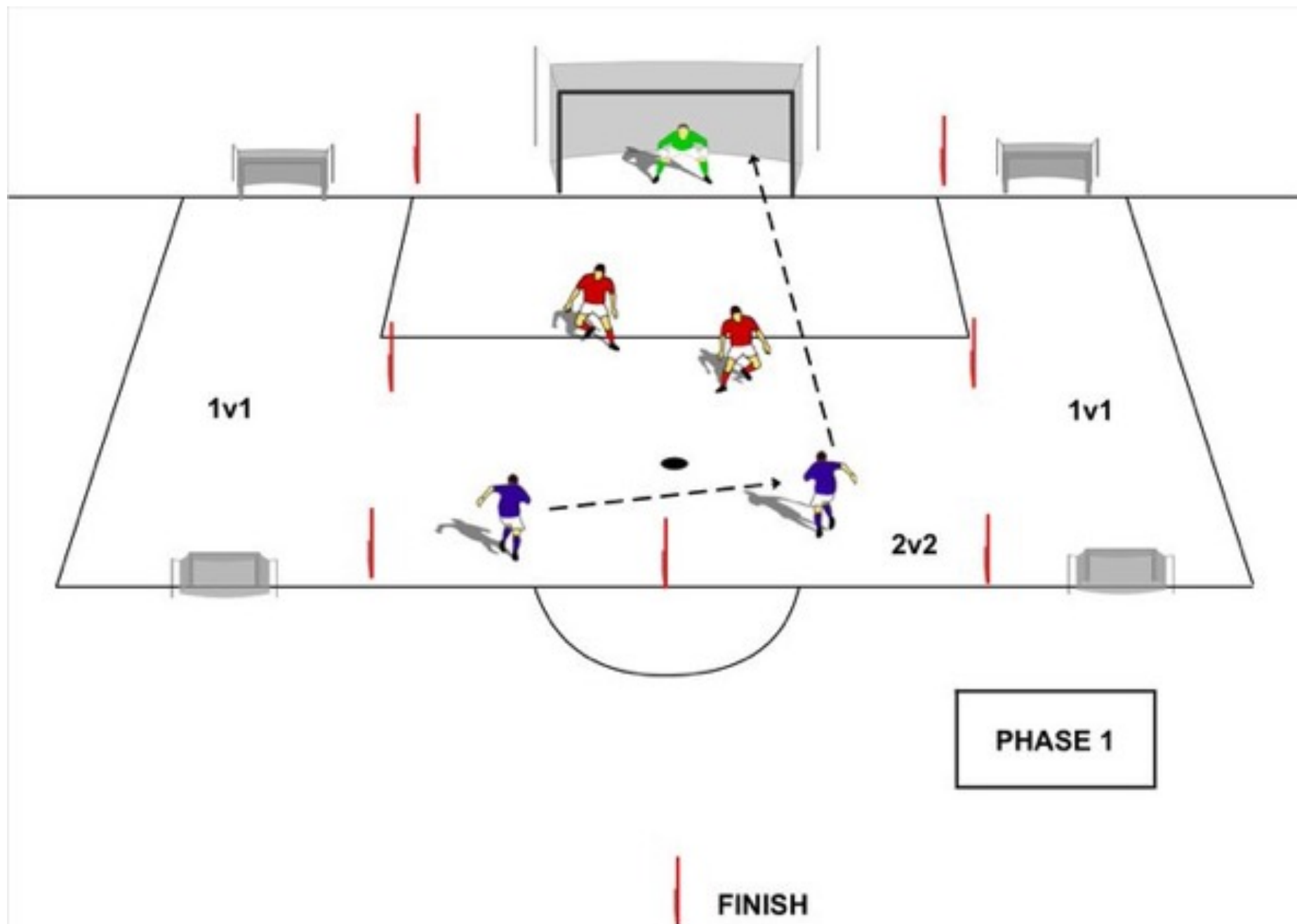
# SESSION 10



**RED & BLUE START ON POLE AS SHOWN. GO 1v1 TO GOAL & THE WINNER BRINGS ONE TEAM MATE INTO PLAY MAKING A 2v1. EVERY TIME A TEAM WINS THE SET AN ADDITIONAL PLAYER CAN ENTER & THE OVERLOAD INCREASES**



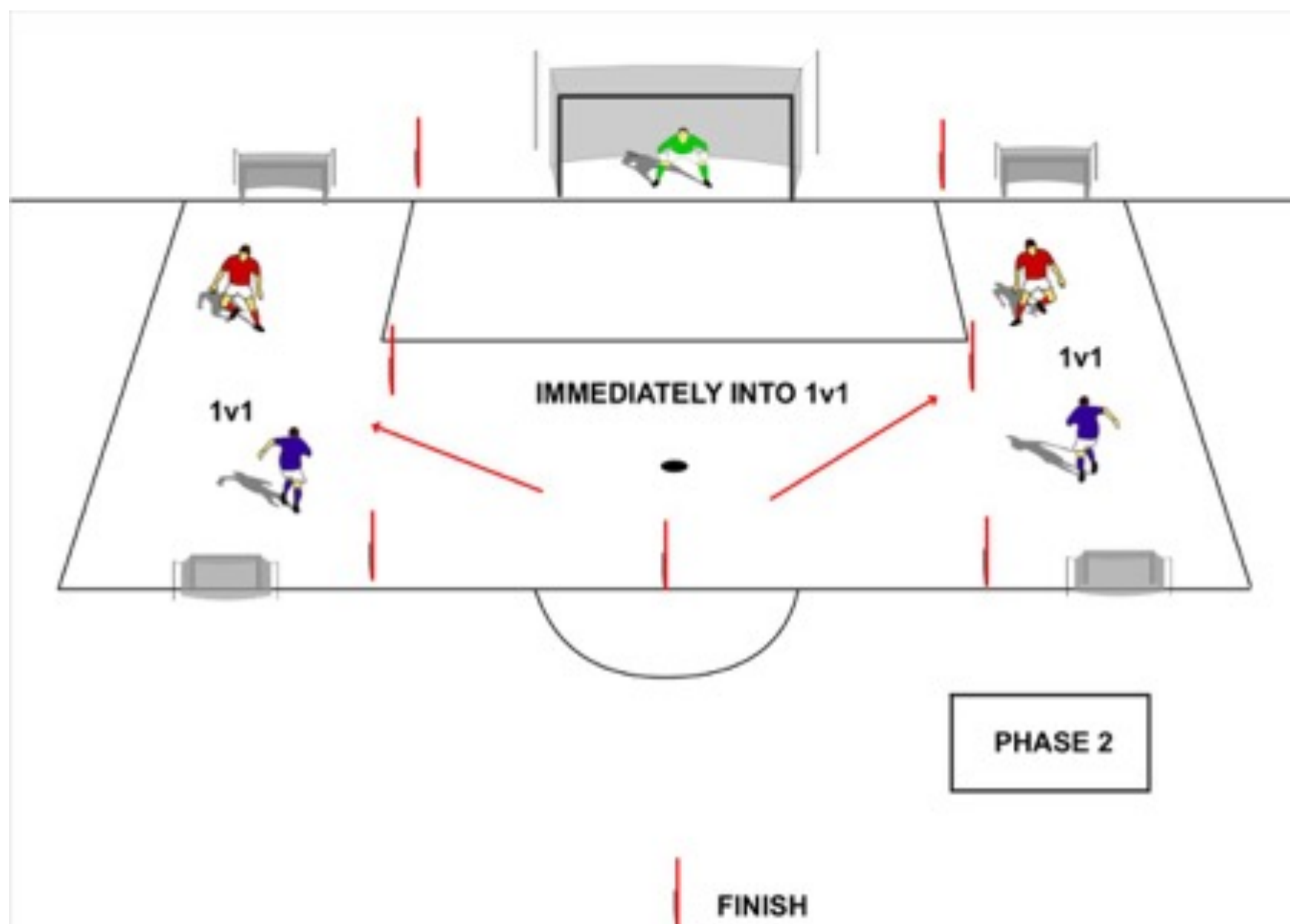
# SESSION 11



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Area as shown, width of six yard box and out to penalty area. Two small goals at both ends of penalty area. Phase 1 is a 2v2 for 10 seconds, reds defend and blues attack.

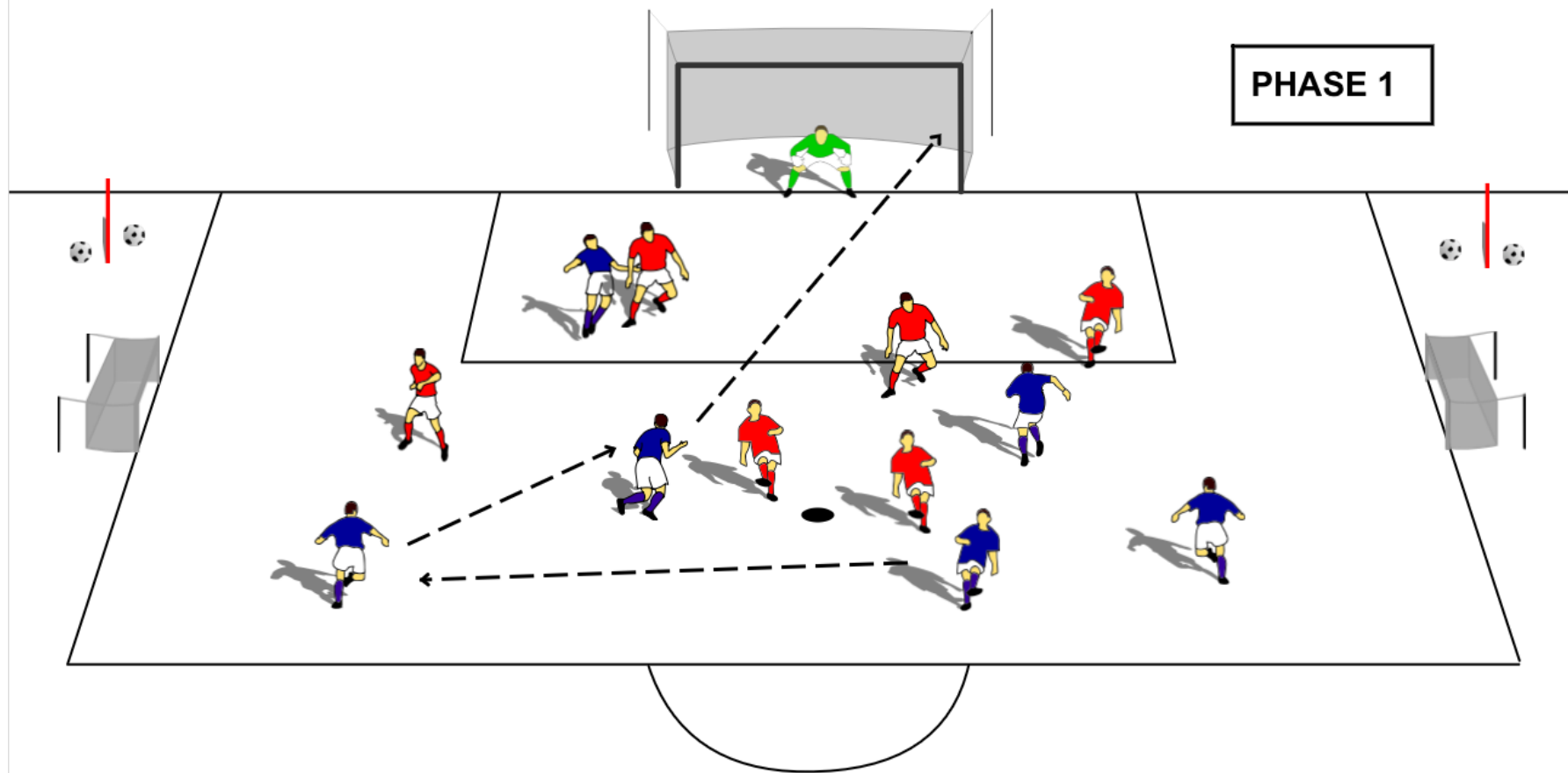
## SESSION 12



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After the 2v2 both sides split into two 1v1's, reds defend and blues attack.

# SESSION 13



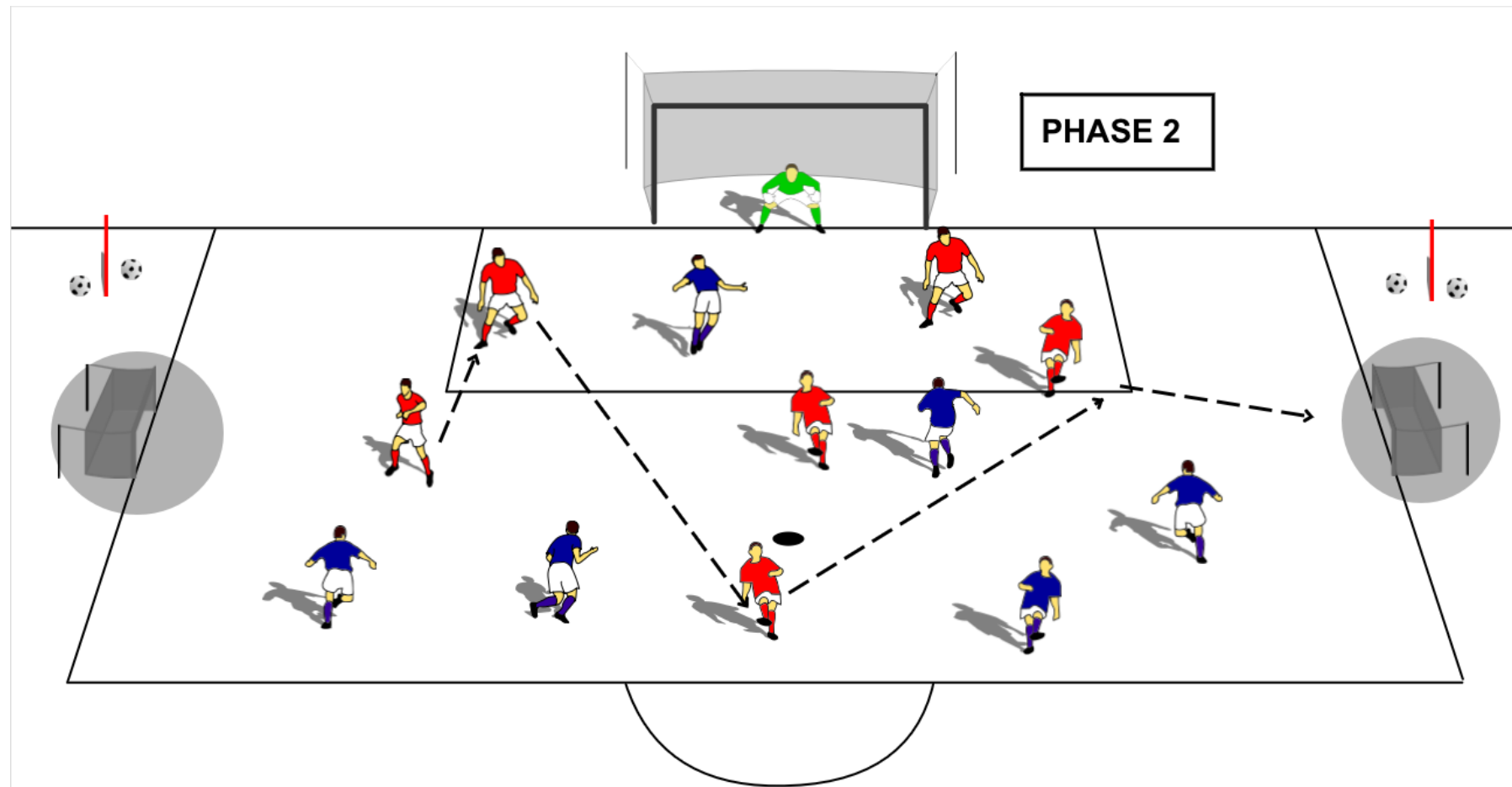
**ONLY THE LARGE GOAL WITH THE KEEPER IN PLAY.  
SMALLER GOALS ON EITHER SIDE NOT IN PLAY.**

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Setup as shown. 6v6 Blues attack large goal and reds defend and attempt to keep possession. Smaller goals not in play. Play 1 minute set.



## SESSION 14

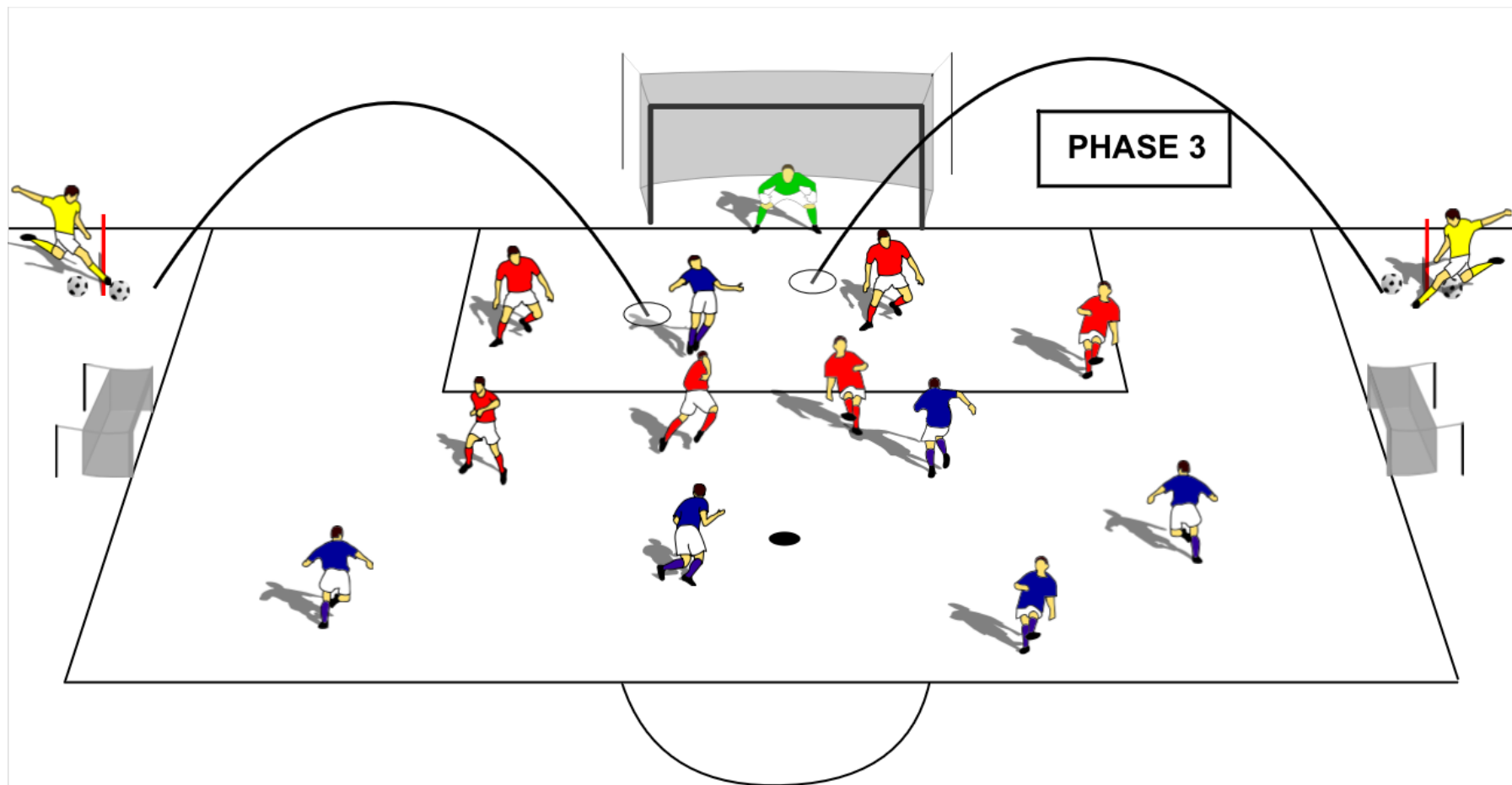


**TEAMS NOW ATTEMPT TO FINISH IN ANY TARGET GOAL WITH A ONE-TOUCH FINISH**

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Setup remains the same only now both small goals are the target. Teams aim to score in any target goal with a one-touch finish. Keeper plays as a bounce neutral.

# SESSION 15

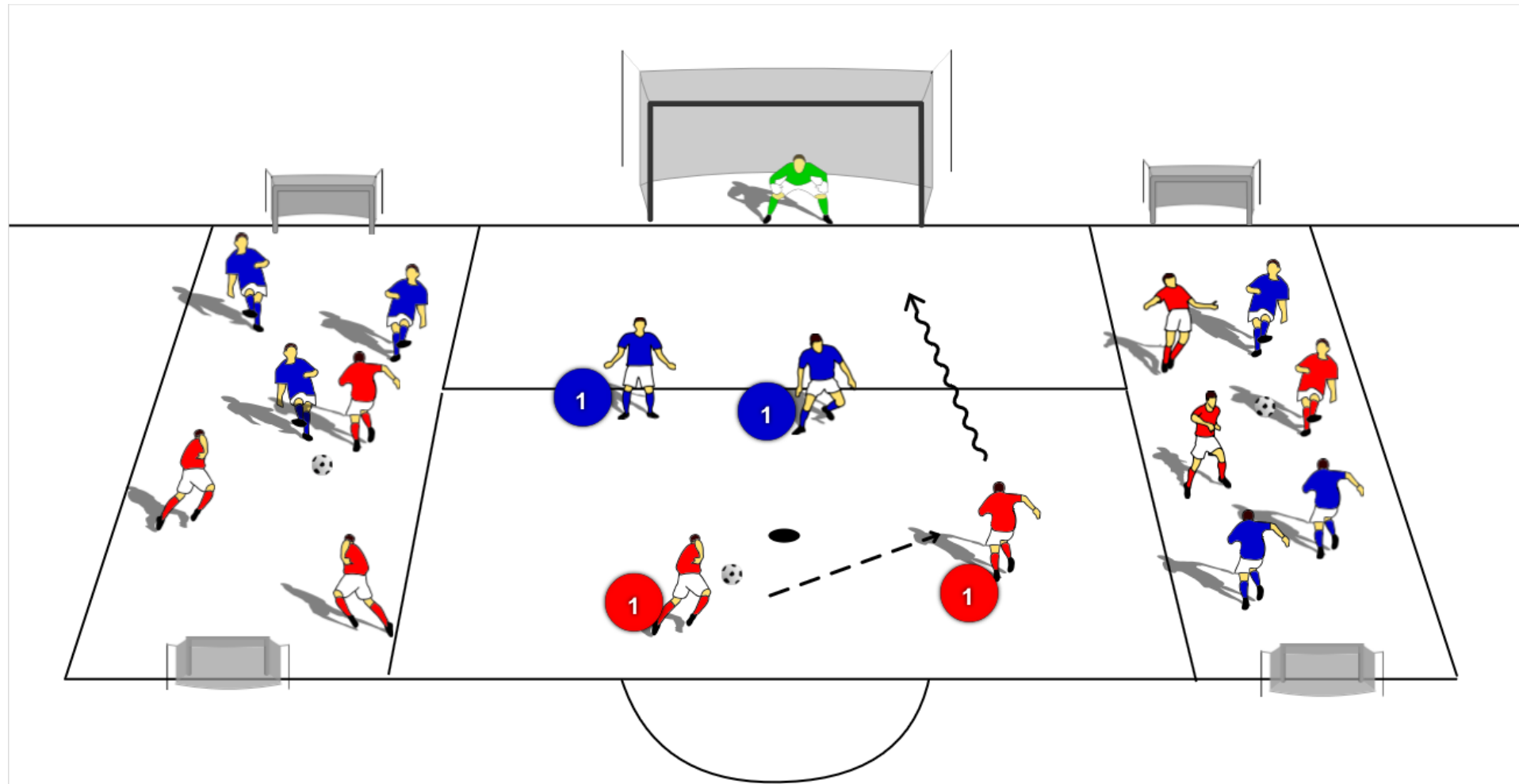


**TWO CROSS BALLS TO FINISH, ONE FROM THE LEFT AND ONE FROM THE RIGHT.  
EITHER TEAM CAN SCORE.**

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Final phase, both teams attack two cross ball deliveries.

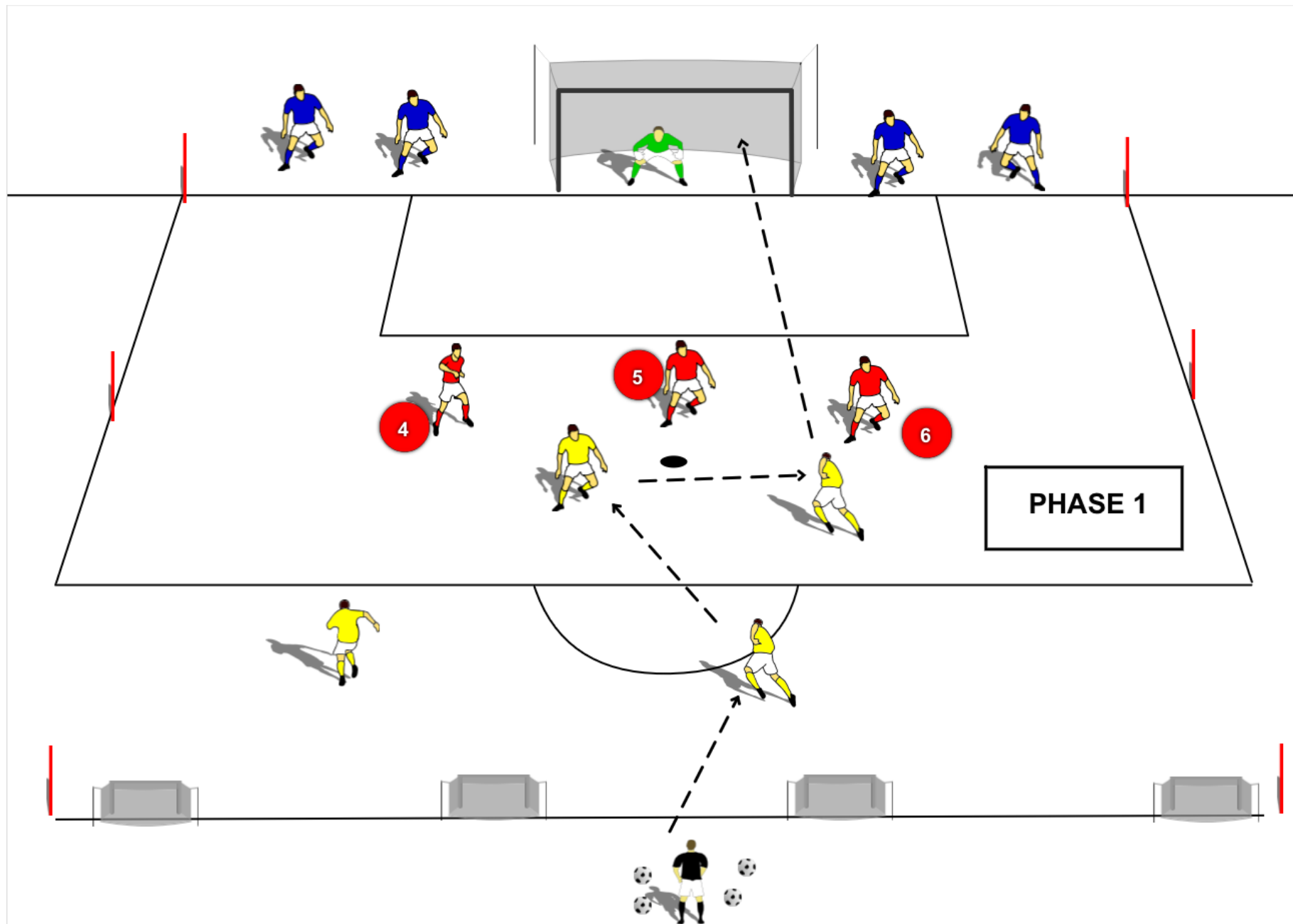
# SESSION 16



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Area as shown. Two 4v4 games in each channel. Players numbered 1-4 in each team in each box. Play develops as 4v4 each box and on the call four numbered players come into the central zone and play 2v2 to goal. For each set a specific team are identified as the attacking team in the central zone. 10 seconds per set in the scoring zone.

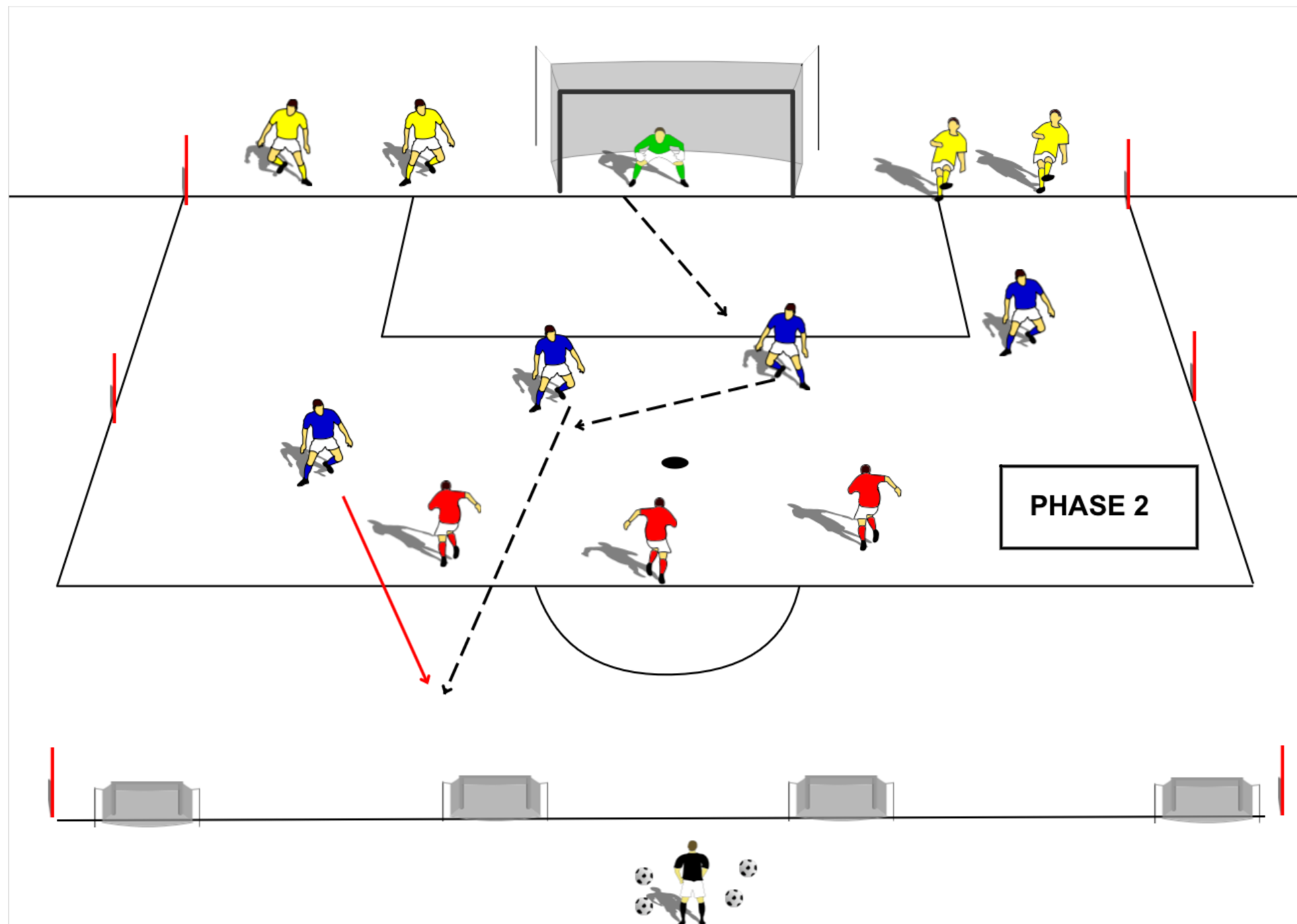
# SESSION 17



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Area as shown. Penalty area plus 15 yards. Three red CB (4,5,& 6) play four yellow attackers and reds defend the large goal with the keeper, yellows have ten seconds to work an effort on goal. Four blue attackers wait for the second phase behind the large goal.

# SESSION 18

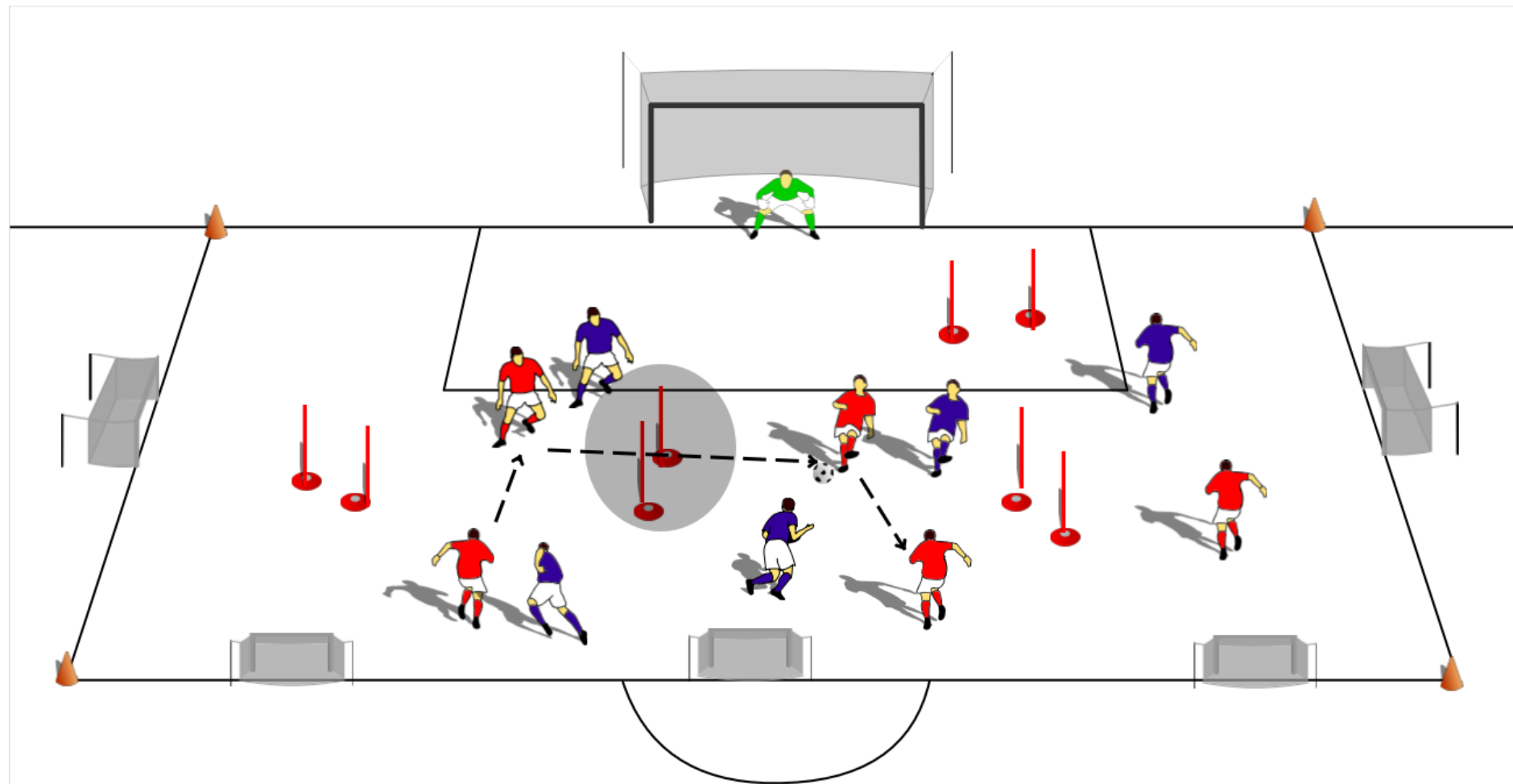


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On the completion of the first phase the four blues immediately attack the four small target goals and the three red CB adjust their shape and position and attempt to defend the four goals, again ten seconds to score. As soon as this attack is over a new wave begins from the opposite end.

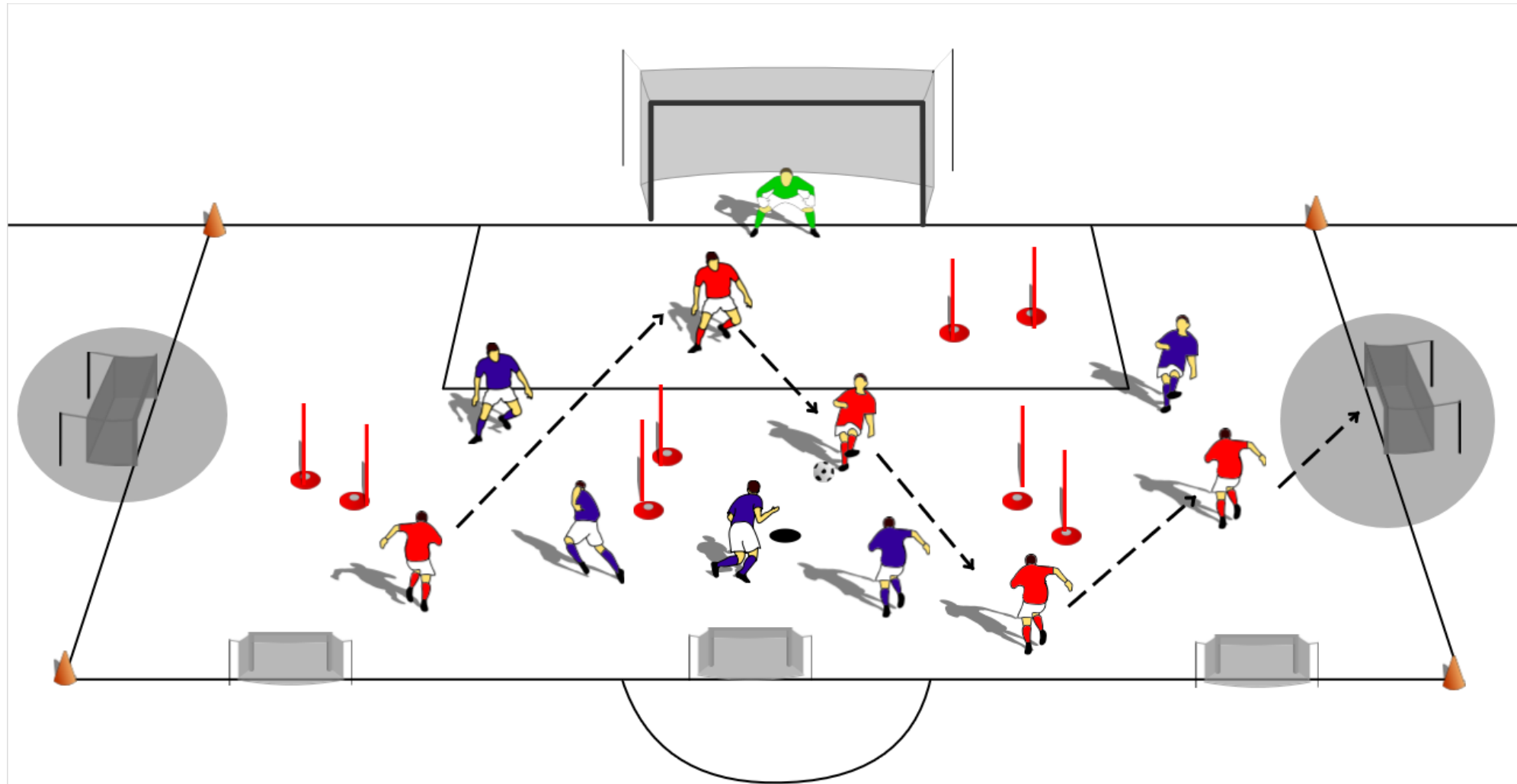


# SESSION 19



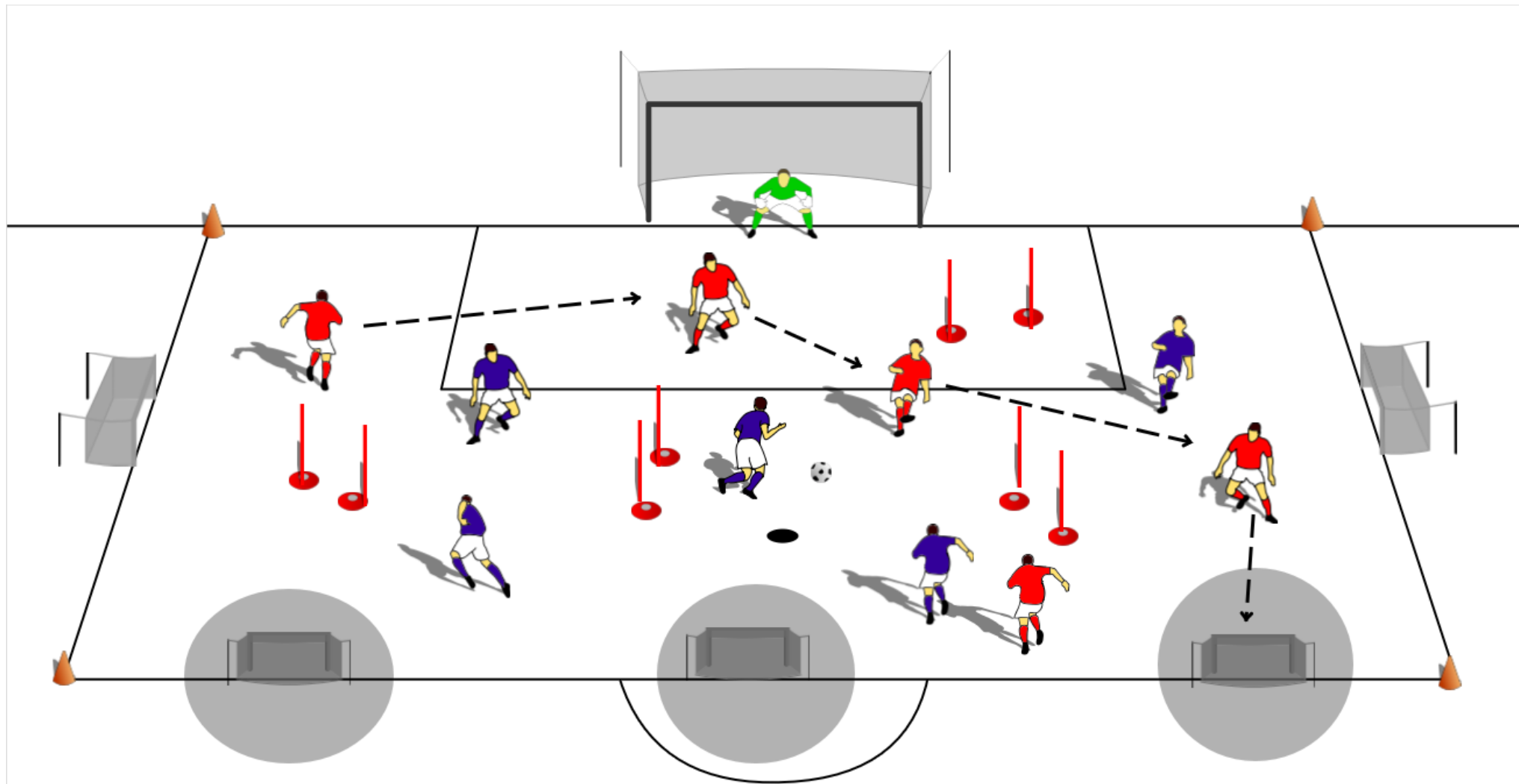
**PHASE 1: REDS PLAY THROUGH ANY GATE FOR A GOAL.  
IN ALL PHASES BLUES WILL ATTACK THE LARGE GOAL.**

# SESSION 21



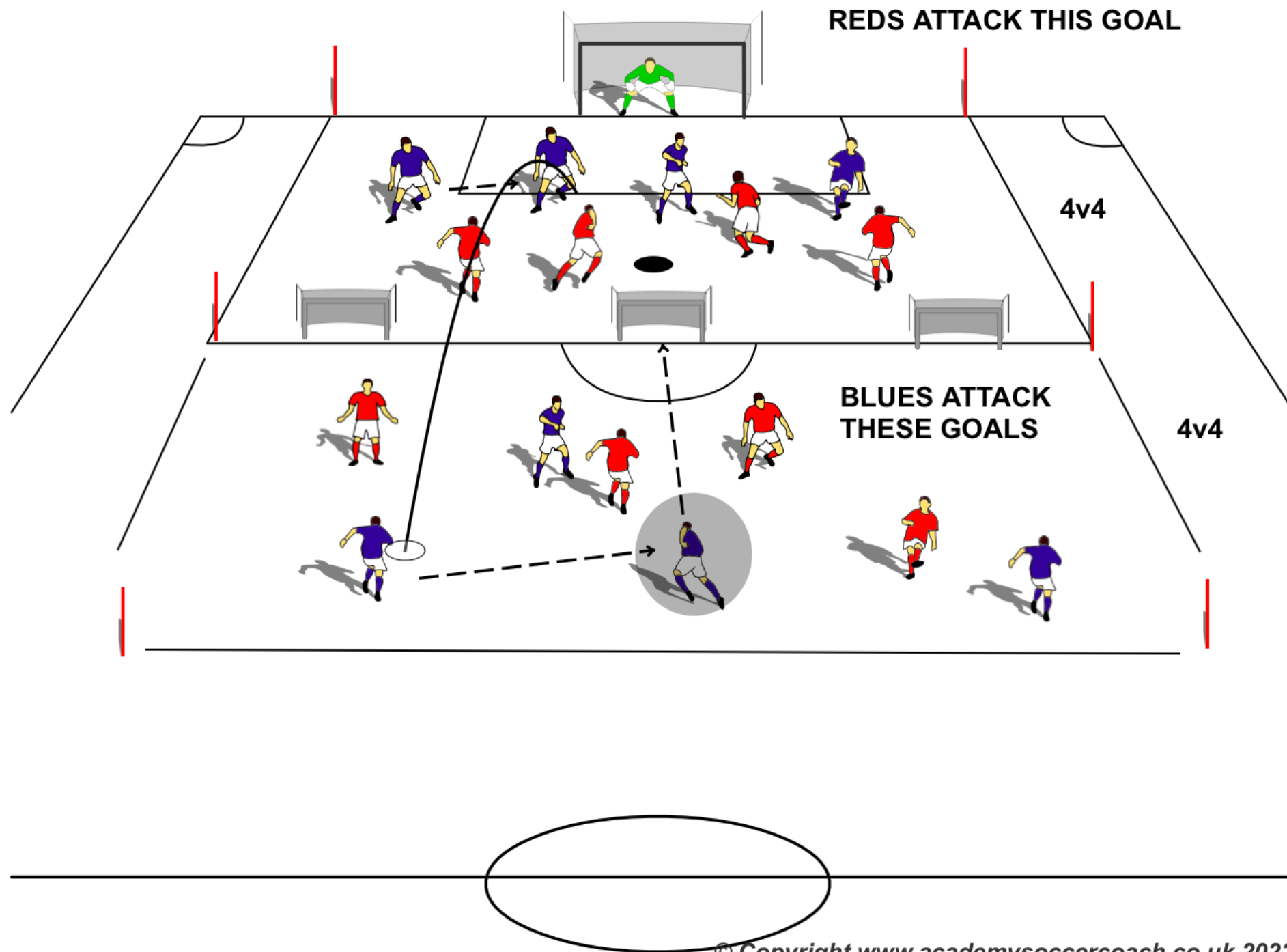
**PHASE 2: REDS ATTACK ANY SMALL GOAL ON THE END OF THE AREA.  
IN ALL PHASES BLUES WILL ATTACK THE LARGE GOAL.**

## SESSION 22



**PHASE 3: REDS ATTACK TARGET GOAL ON THE EDGE OF THE PENALTY AREA.  
IN ALL PHASES BLUES WILL ATTACK THE LARGE GOAL.**

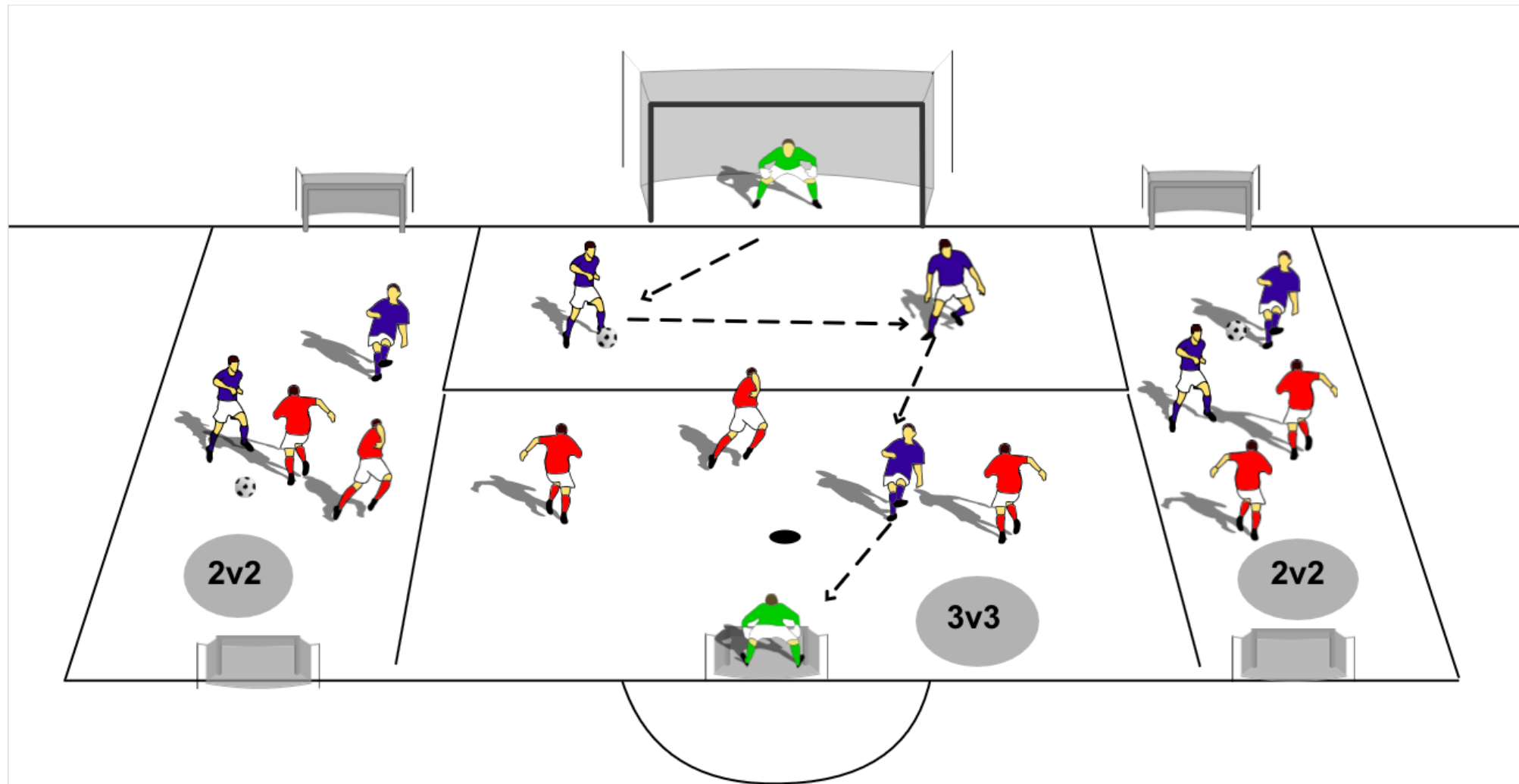
# SESSION 23



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Setup as shown, two penalty areas with one large goal and three small target goals. 4v4 in each half. Reds attack the large goal and blues attack the three target goals as shown. Example shows blues winning possession in their defensive half and switching play to their attacking zone before finishing in the target goals.

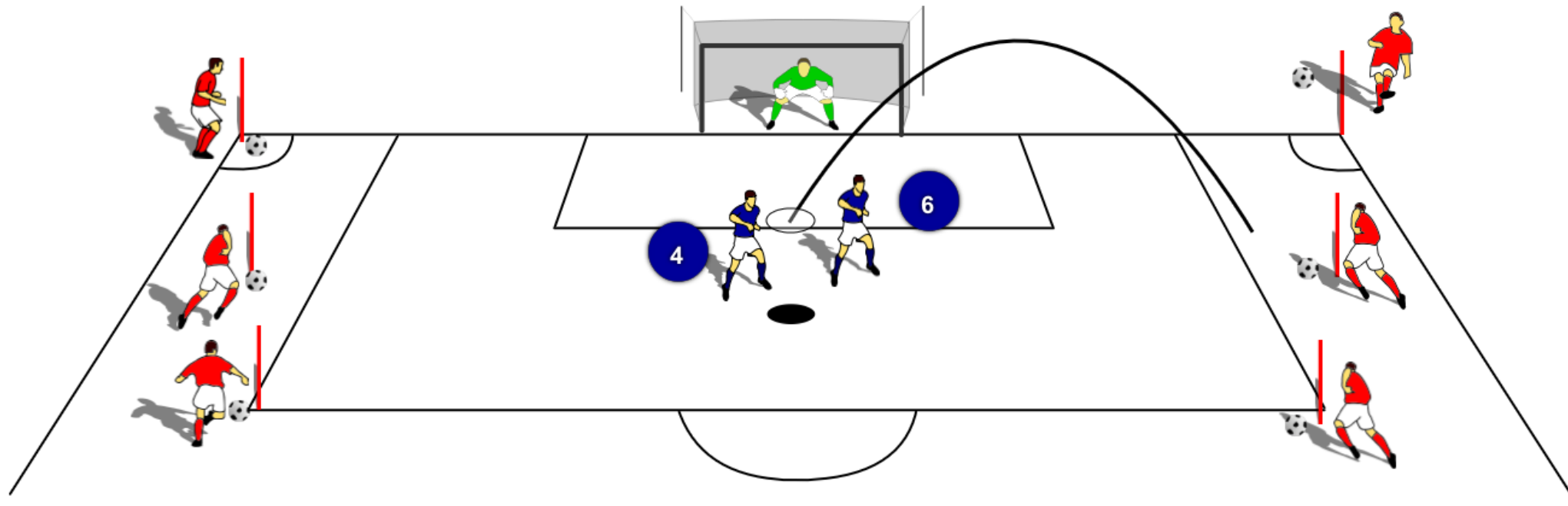
# SESSION 24



**2 MINUTE GAMES & ROTATE PLAYERS**

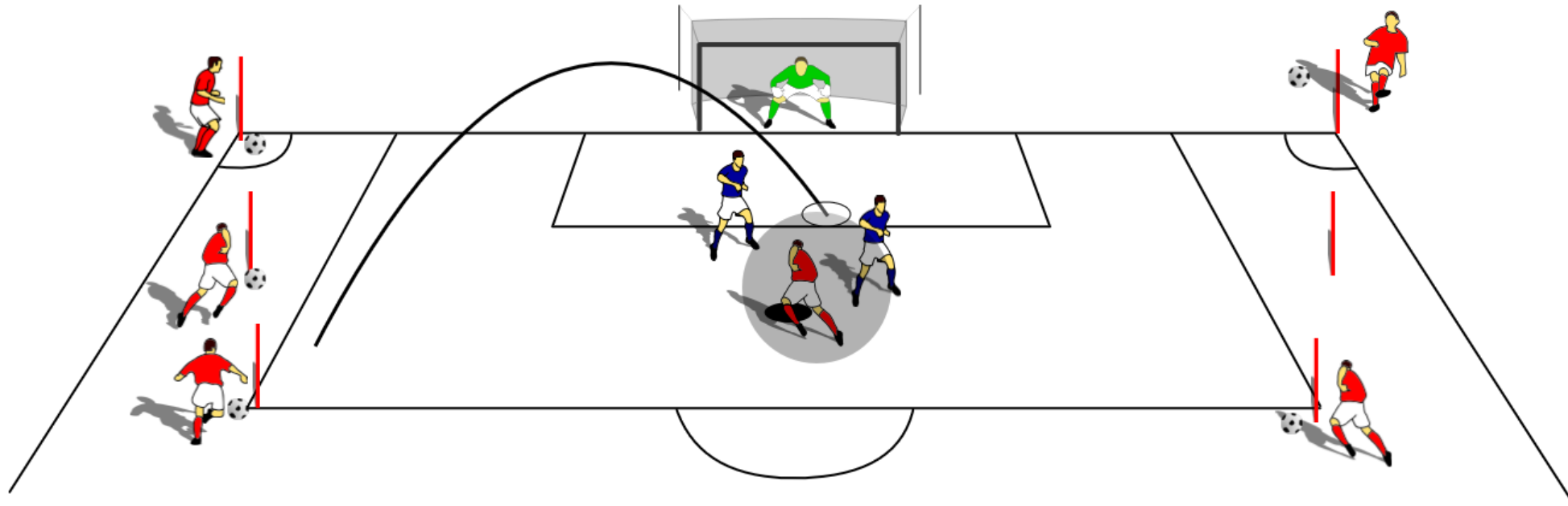


# SESSION 25



**FIRST BALL COMES IN UNNOPPOSED**

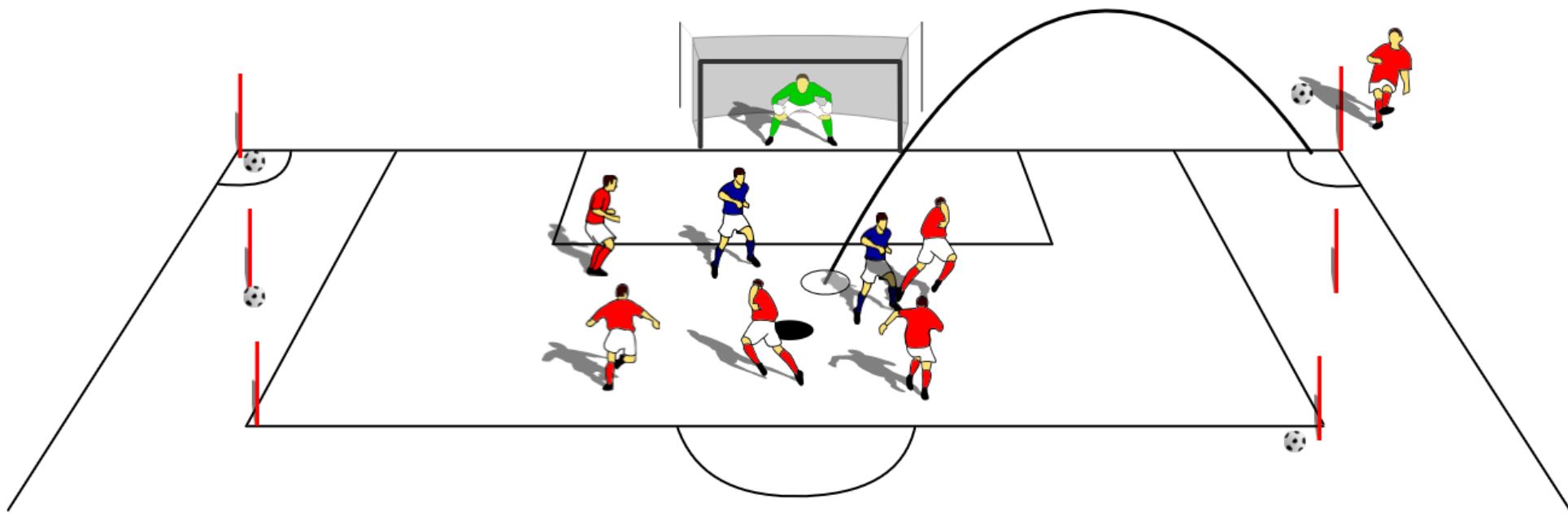
# SESSION 26



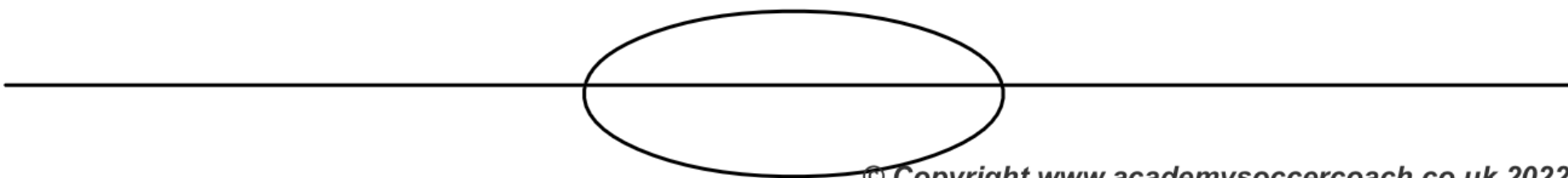
**FIRST SERVER NOW BECOMES AN ATTACKER**



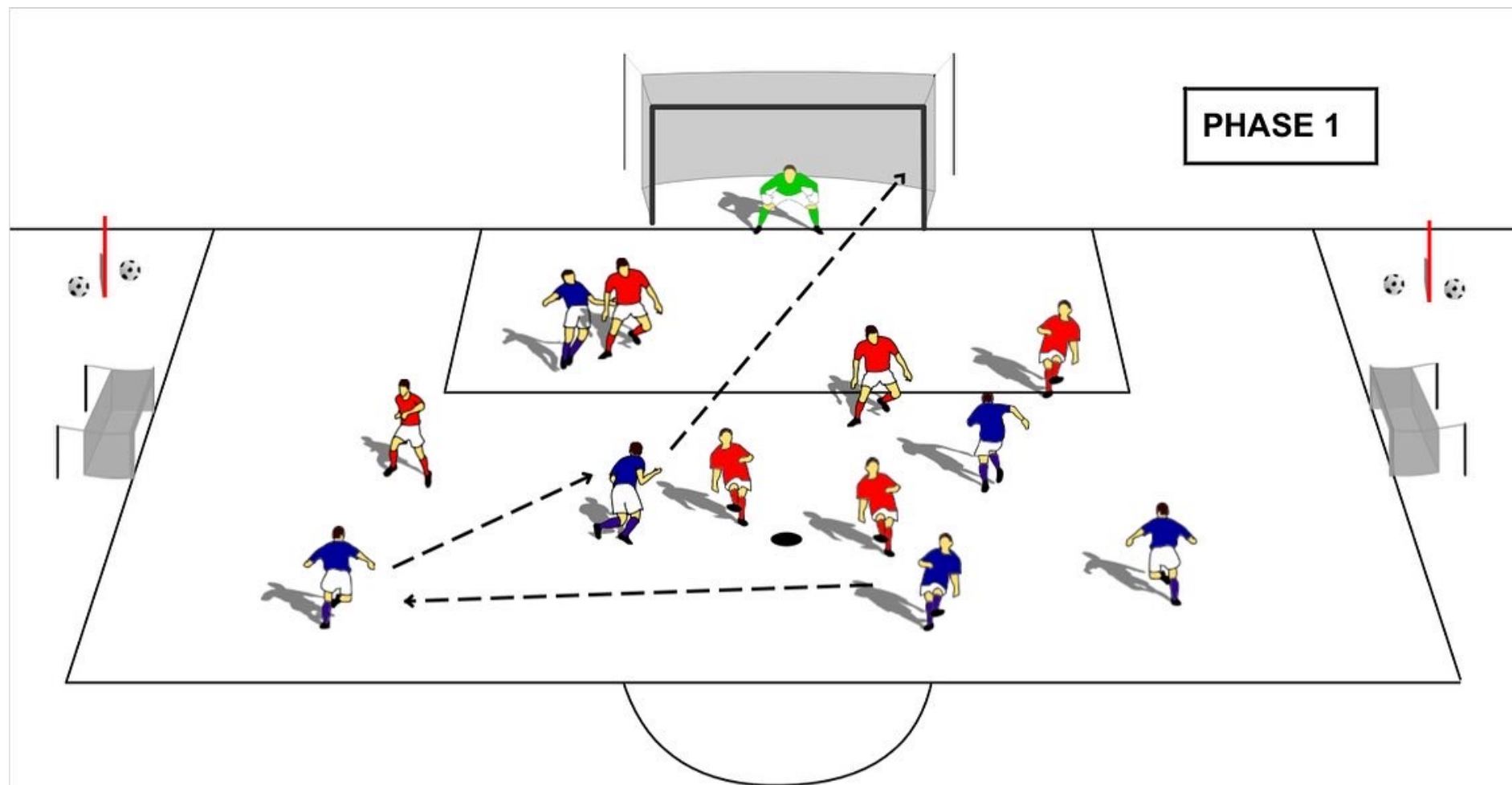
## SESSION 27



**COMPLETE ONE FULL SET OF DELIVERIES UNTIL THE OVERLOAD REACHES 5v2**



# SESSION 28

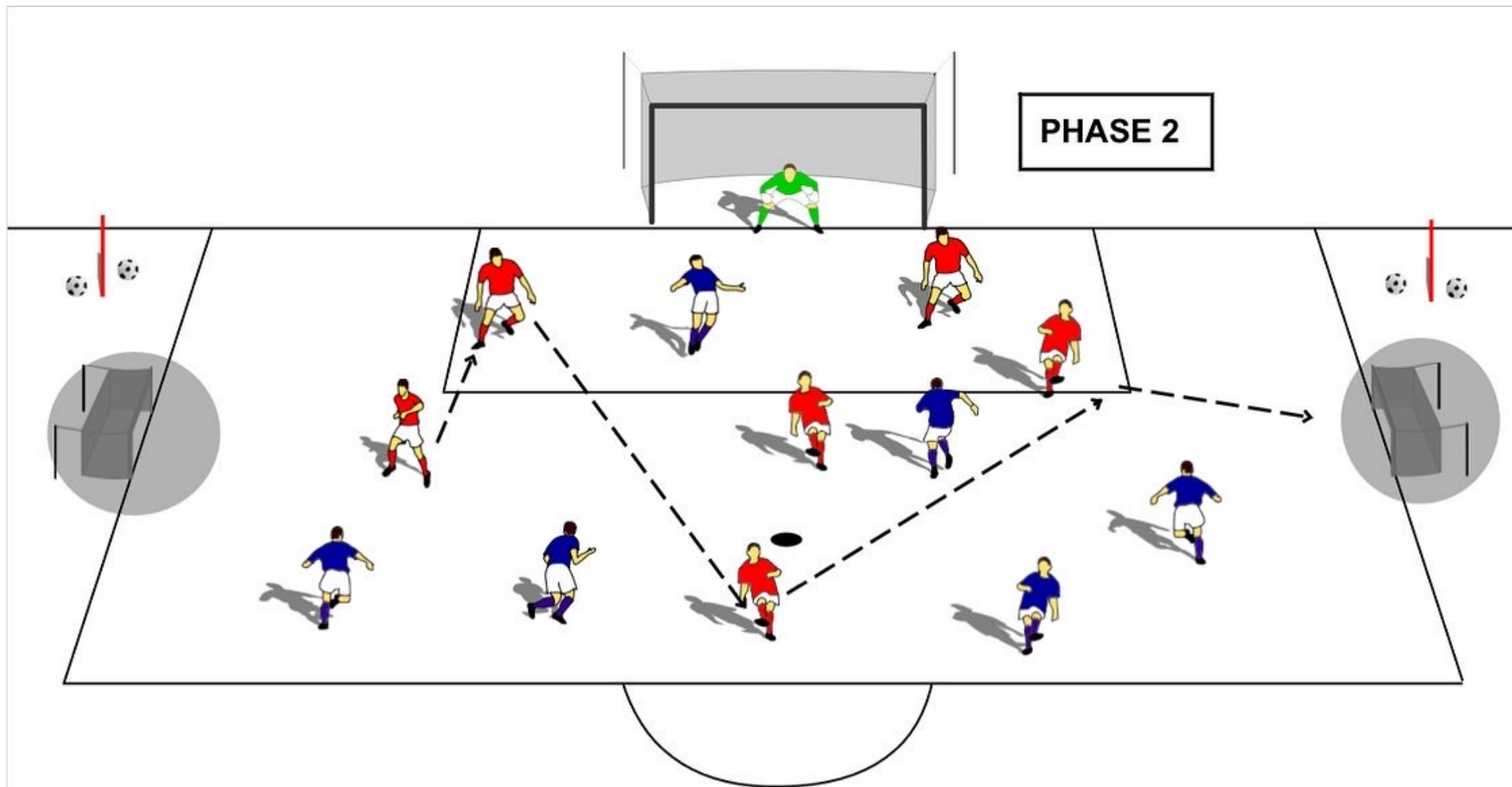


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Setup as shown. 6v6 Blues attack large goal and reds defend and attempt to keep possession. Smaller goals not in play. Play 1 minute set.

## SESSION 29



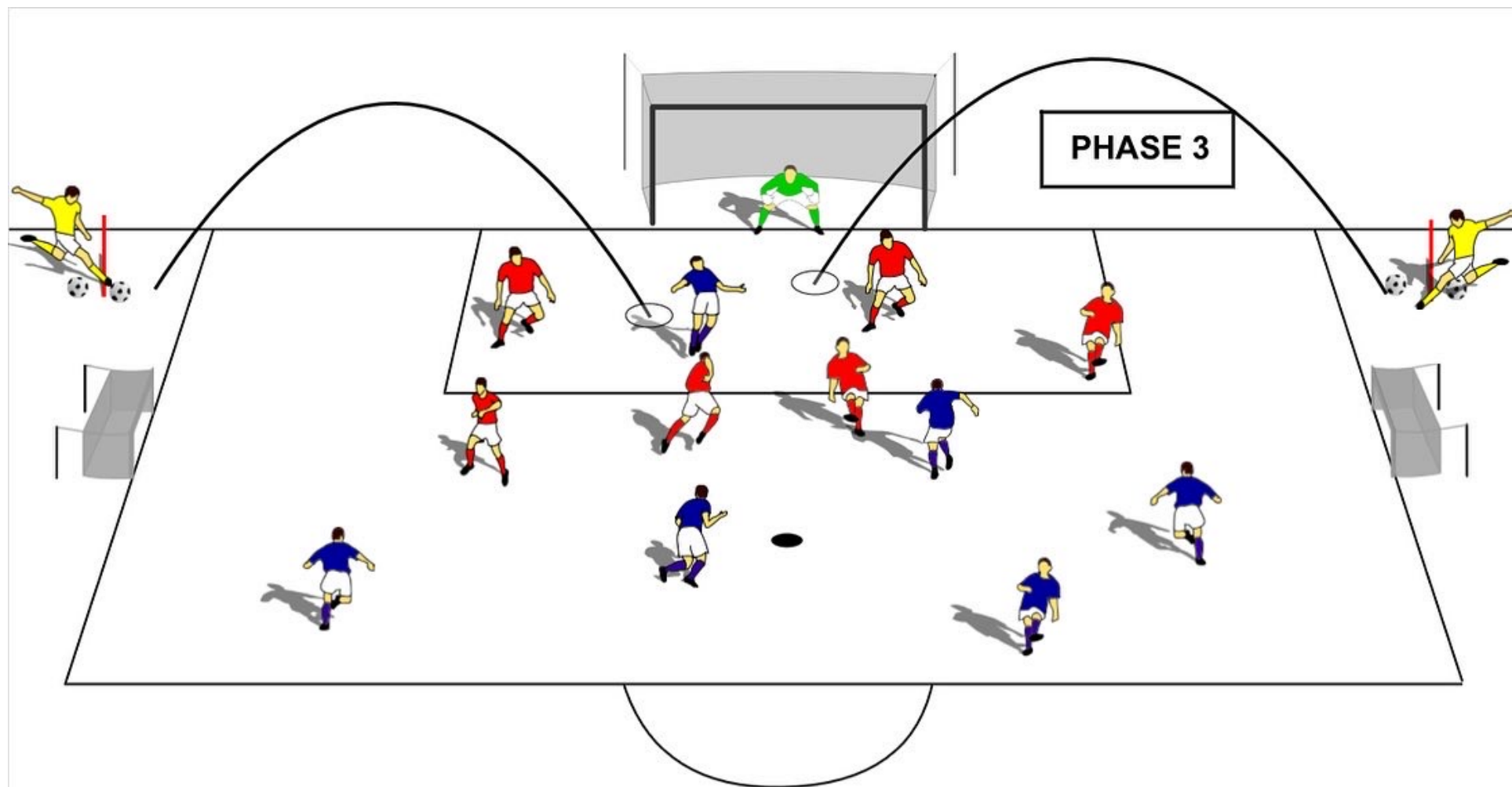
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## SESSION 30



**TWO CROSS BALLS TO FINISH, ONE FROM THE LEFT AND ONE FROM THE RIGHT.  
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Final phase, both teams attack two cross ball deliveries.