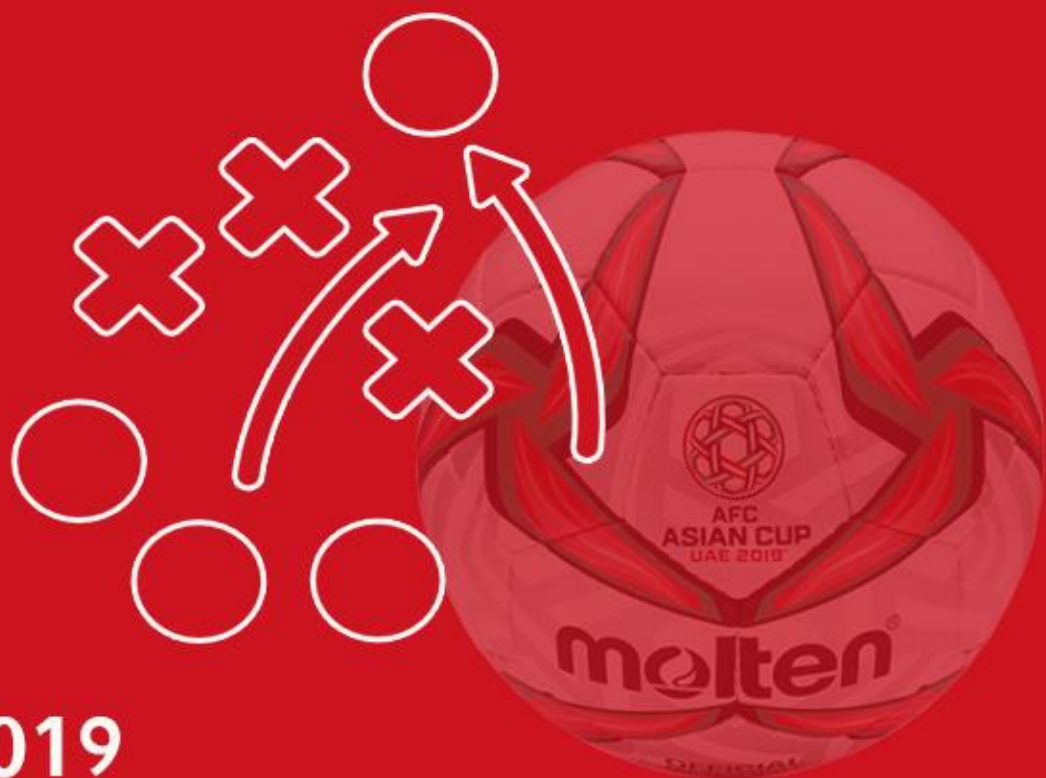




**Towards Success**

**Bahrain Football Association**  
**A Diploms Certificate**  
**COACHING MANUAL**



**BFA 2019**



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Football is the undisputed first sport in the world and undoubtedly constitutes the main platform for establishing the foundations of the nation and strengthening its unity and pride. In this context, the Bahrain Football Association seeks to build the new raw talents and capabilities of coaches, players and administrators to achieve excellence in the first popular sport in football.



**Ebrahim Saad Albuainain**  
**General Secretary**



## **Definition**

This book has been prepared by the Bahrain Football Association and is part of the Coaching Education Convention for Training Courses approved by the Asian Football Confederation.

The aim of this book is to provide a technical guide for the coaches who participate in the course and while working with their teams.

This book is devoted to the practical part of the course and contains all the topics specified for practical quotas in the Convention and includes about 41 topics in the tactical and technical aspects.

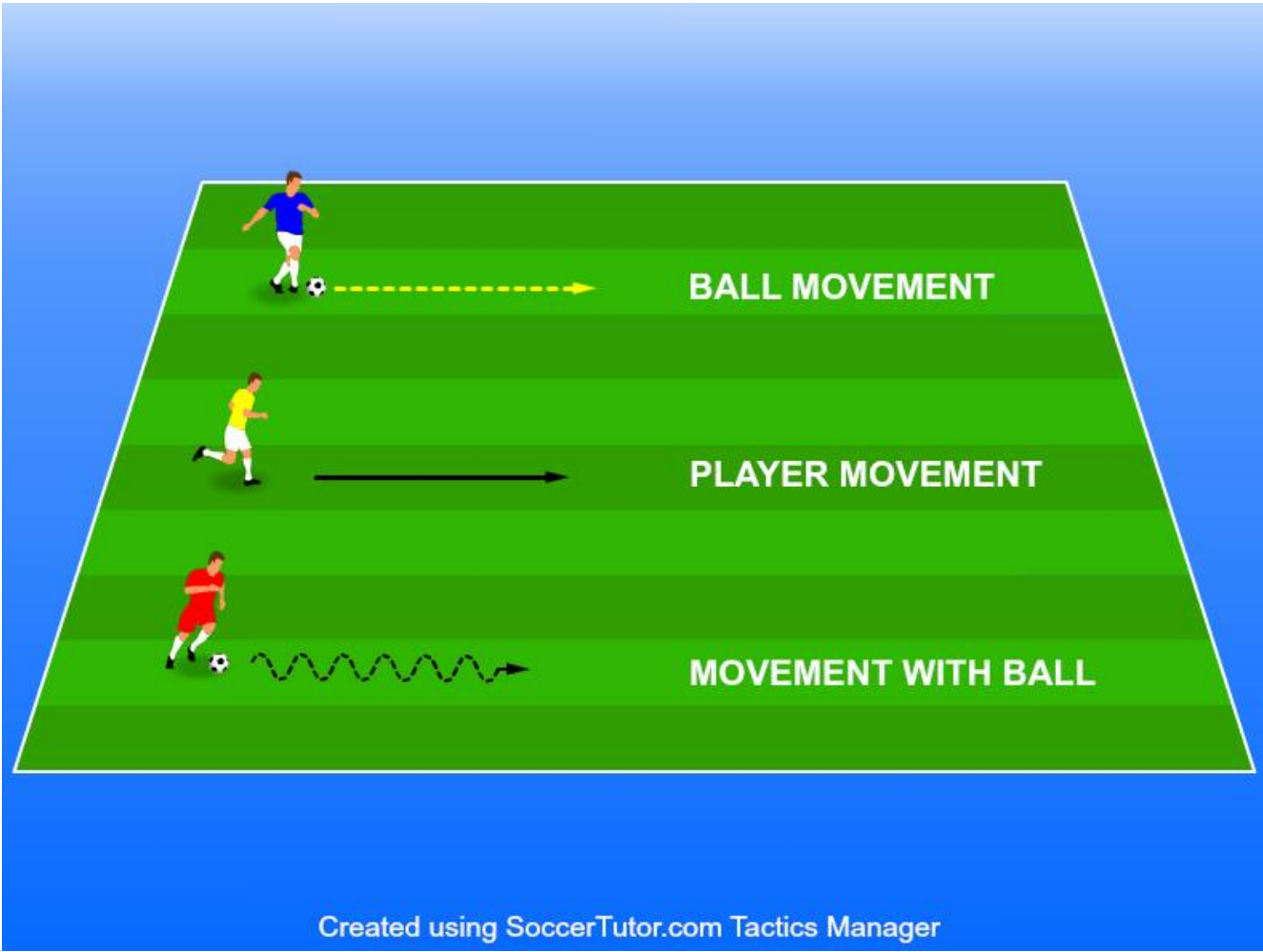
The content of this books is designed to cover all specific topics and to assist coaches attending the course to develop their tactical, technical, mental and physical cognitive abilities.

The course consists of four parts and a fifth part for students' assessment.



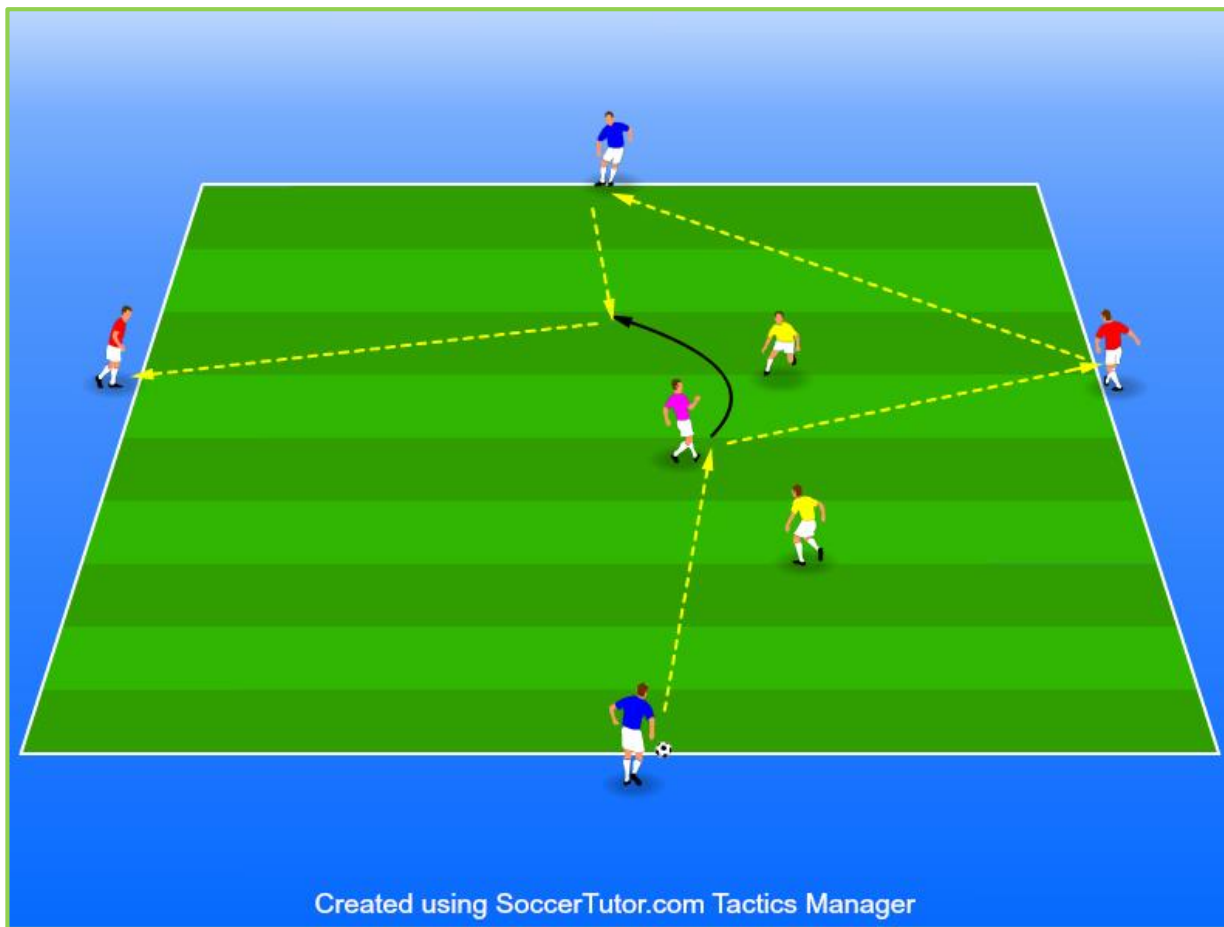


DIAGRAM KEY



## MODULE: 1

## Practice : 1

**Possession of Ball****Possession of Ball play 5 x 2****Organization**

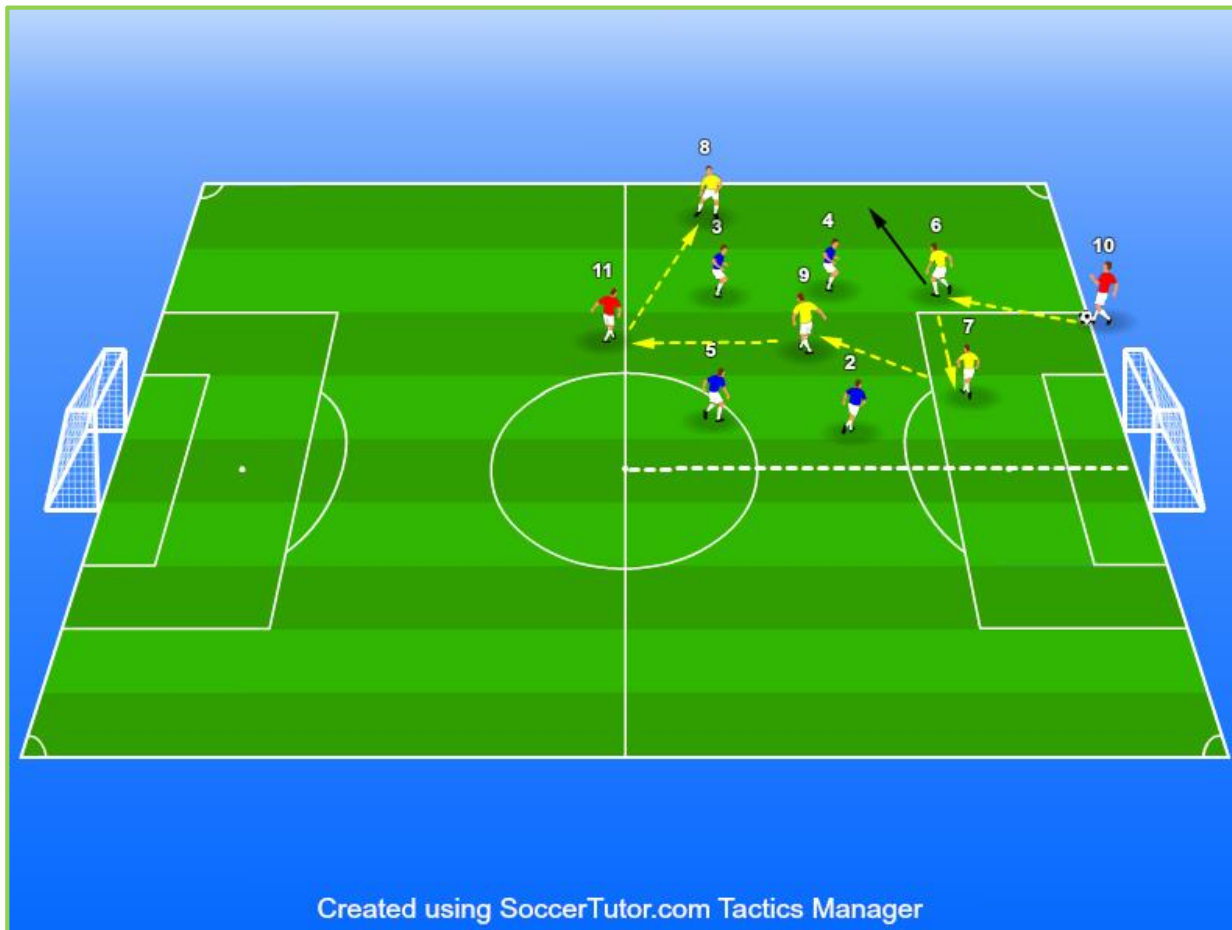
- Playing area : 20 x 20 yards .
- Players No : 7 players .
- We have 3 groups with 2 players plus a neutral player .
- Phase of play : play 4 x 2 + 1 neutral play with team in possession .
- Players play with one and two touch .
- Neutral player play with one touch .
- Defending team try to intercept the ball 2 times they should change with last group lose the ball .

**Key factors :**

- vision
- Keep possession .
- Support player has ball .
- Spreading .
- Change position .
- Communication .
- Design making
- Quality of pass .

## MODULE: 1

## Practice : 2

**Possession of Ball 4 + 2 x 4****Organization**

- Playing area : 50 x 30 yards .
- Players No : 10 players .
- Phase of play : play 4 + 2 neutral players x 4 .
- Starting play from one of neutral player that he passes the ball to one team .
- Players play with one and two touch .
- Neutral play with one touch .
- Defending team try to intercept the ball and play same .

**Progression**

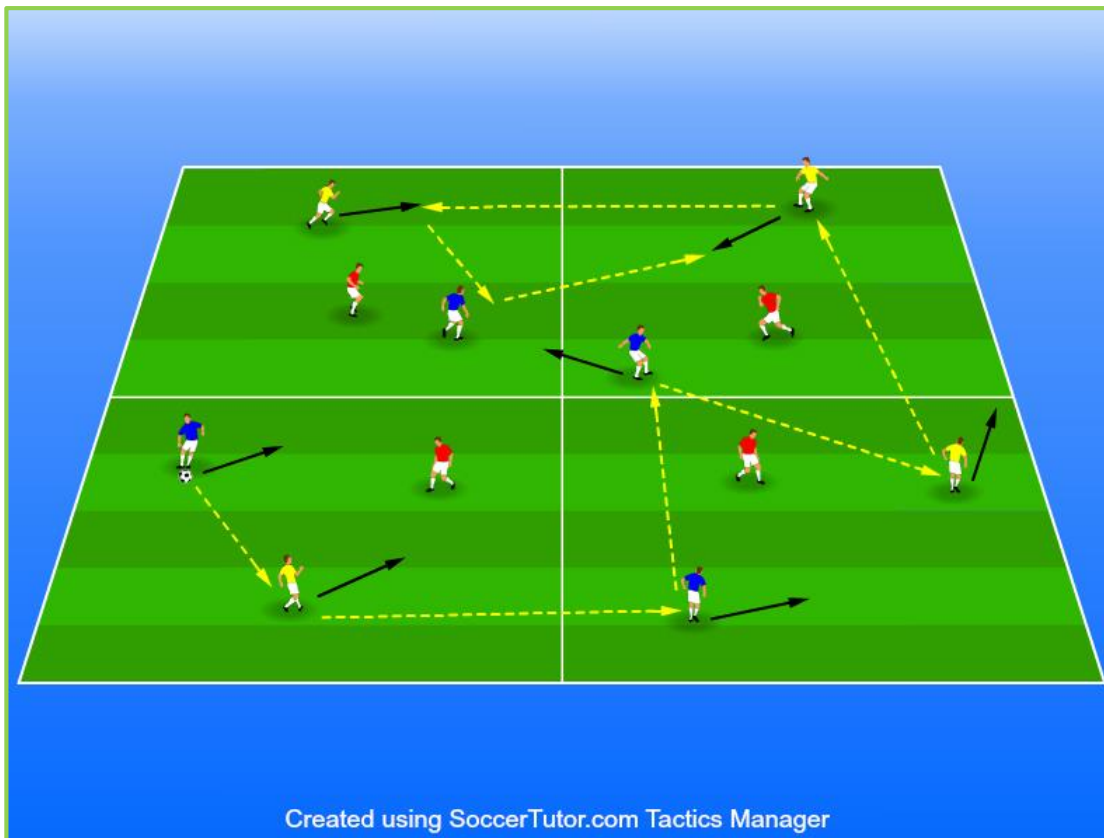
- Teams made 10 passes has ( 1 point ) .
- Put 2 small gates on the half line of the area to score in it .
- Make the size of the area smaller ( 40 x 25 ) .
- Make the size of the area smaller ( 30 x 20 ) .

**Key factors :**

- vision
- Keep possession .
- Support player has ball .
- Spreading .
- Change position .
- Communication .
- Design making
- Quality of pass .
- Finishing .

## MODULE: 1

## Practice : 3

**Possession of Ball****Possession and Closing Passing channels****Organization**

- Playing area : 20 x 20 yards .
- Players No : 12 players with 3 colours in each girds we play 2 x 1 .
- phase of play : 8 x 4 .
- play with one and two touches .
- not allowed to leave a girds .
- each 4 players form a group .

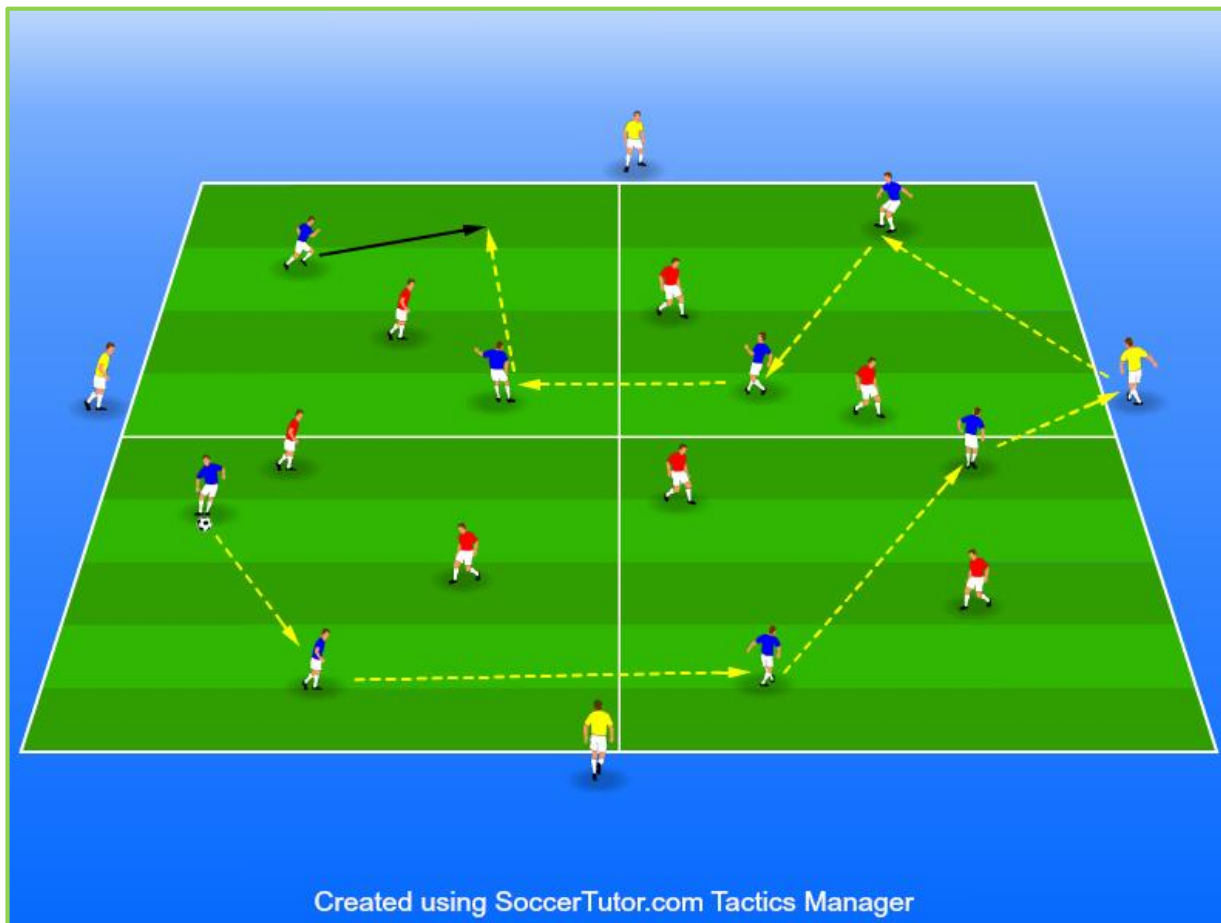
**progression**

- defending team when they intercept the ball 2 times , they should change with last group lose the ball .
- Teams make 10 passes has ( 2 point ) .
- play 2 x 2 in girds .
- play normal with one touch .

**Key factors :**

- vision
- Keep possession .
- Support player has ball by good movement .
- Use space .
- Design making
- Quality of pass .
  - Communication .
  - A type of passes .

## MODULE: 1

**Possession of Ball****Practice : 4****Four Zone Possession Game****Organization**

- Playing area : 30 x 30 yards .
- Players No 20 players .
- Phase of play : ( play 8 players + 4 neutral players x 8 players ) .
- In each girds we have ( 2 x 2 ) situation .
- The four neutral players play from outside square with one touch and they support player has ball .
- Not allowed to play from neutral to neutral player .
- Unlimited touches for regular players .
- Neutral players play with ( 1 touch ) .

**Progression**

- After 8 passes team get ( 1 point ) .
- Regular players play with 2 touches .

**Key factors :**

- vision
- Keep possession .
- Support player has ball by good movement .
- Use space .
- Design making
- Speed and quality of pass .      A type of passes .      Communication .

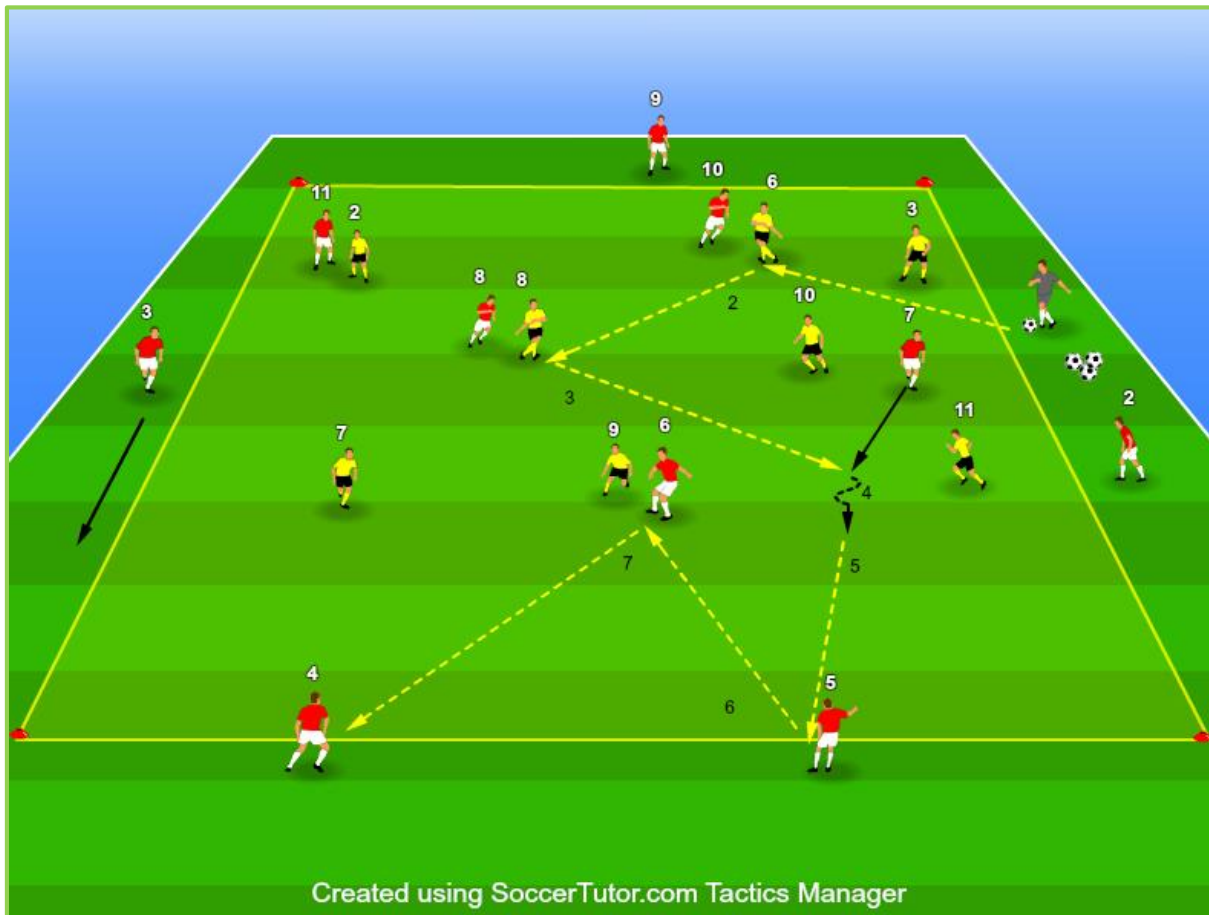


## Possession of Ball

### Practice : 5

### Press, Win the Ball and Support Play in an 8 v 4 (+6)

#### Possession Game



**Objective:** The players work on keeping possession after the transition from defence to attack.

#### Organization :

- Playing area : 35 x 35 yards .
- Players No : 18 players .
- The yellow team have all of their 8 players inside the area, using a 2-3-3 formation (from 4-3-3).
- The red team has 10 players in a 4-4-2 formation (diamond midfield used in diagram example).
- The practice starts with the yellow team in possession and they play 8 v 4 inside the area and aim to complete 10 consecutive passes (1 point) .
- The 4 red midfielders try to win the ball or force their opponents into making a wrong decision. If the reds win the ball, they then try to keep possession against the yellow team, using the outside players to support (8 consecutive passes = 1 point).
- Rules
- The red outside players are not allowed inside the area.
- The red outside players are limited to 1 touch .

#### Progression

- If the yellow team consecutive a 10 passes one of red player from flank enter the area to support .
- Play inside with 2 touches .

**Key factor**

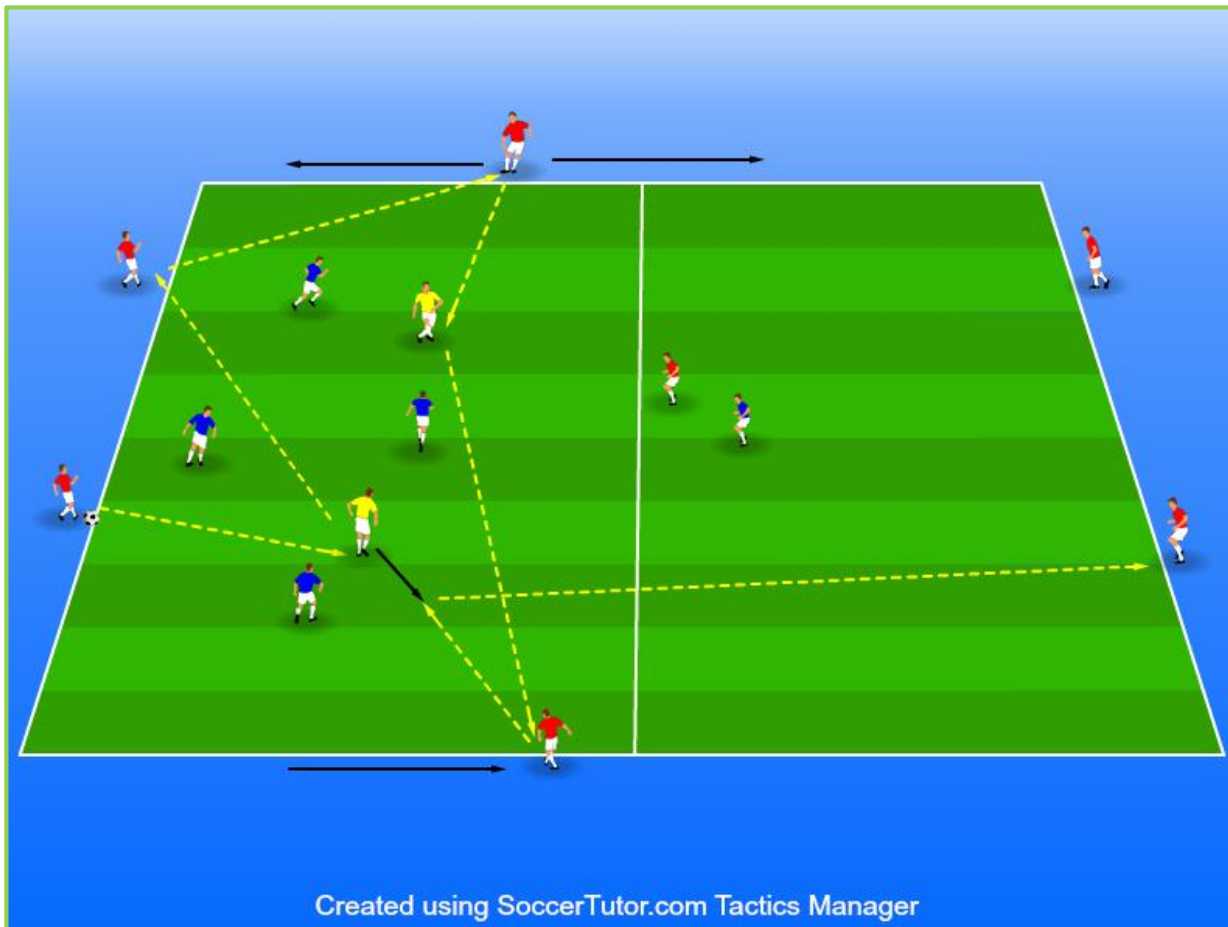
- The red midfielders (numerical disadvantage) need to press as a unit to limit space/time and win the ball.  
After the reds recover the ball, they need to exhibit the following attributes: Speed, power, quality of pass, good decision making, one-touch passing, correct angles and distances for support play and good
- communication to avoid pressure from their opponents.

## MODULE: 1

## Possession of Ball

### Practice : 6

## Breaking through Pressure Possession Game



## Organization

- Playing area : 40 x 40 yards .
- Players No : 14 players .
- Starting play : ( 5 players + 2 neutral players x 4 players ) in first zone .
- One player from defending team stay in second zone .
- Attacking team must play ( 6 passes ) before changing zone .
- Defending team when they gaining ball play ( 5 x 3 ) .

## Progression

- Play with 2 touches and outside players with one touch .

**Key factor :**

- vision
- Keep possession .
- Support player has ball by good movement .
- Use space .
- Design making
- Type and quality of pass .
- Communication .

MODULE: 1

Practice : 7

## Possession of ball

Possession of Ball in Mid Third play 5 x 5



### Organization

- Playing area : in mid third 40 x 40 yards .
- players No : 10 players + plus a feeder .
- phase of play : 5 plus F x 5 .
- Attacking team formation : 2 – 2 - 1 .
- Defending team formation : 2 – 3 .
- Feeder starting play by passes the ball to attacking team .
- Feeder can support from back and not allowed to enter zone .
- Attacking team can score after 7 - 8 passes in one of a mini goals .
- Defending team when they gaining the ball can score in one of mini goals .

### Key factors

- Keep possession .
- Support player has ball by good movement .
- Rotation of midfield players .
- Design making
- Type and quality of pass .
- Communication .

## MODULE: 1

## Practice : 8

## Possession of ball

## Possession of Ball in Mid Third play 6 x 5

**Organization**

- Playing area : mid third with 3 mini goals in the end of zone .
- players No : 13 players + plus a feeder .
- phase of play : 6 players plus F x 5 players .
- Attacking team formation : 4 – 2 .
- Defending team formation : 2 – 3 .
- Feeder starting play by passes the ball to attacking team .
- Feeder can support from back and not allowed to enter zone .
- Attacking team can score after 6 - 7 passes in one of 3 mini goals .
- Defending team when they gaining the ball can score in one of 2 mini goals .

**Key factors**

- Keep possession .
- Communication .
- Type and quality of pass .
- Support player has ball by good movement .
- Use a width .
- Switching play .
- Design making .
- Combination play .

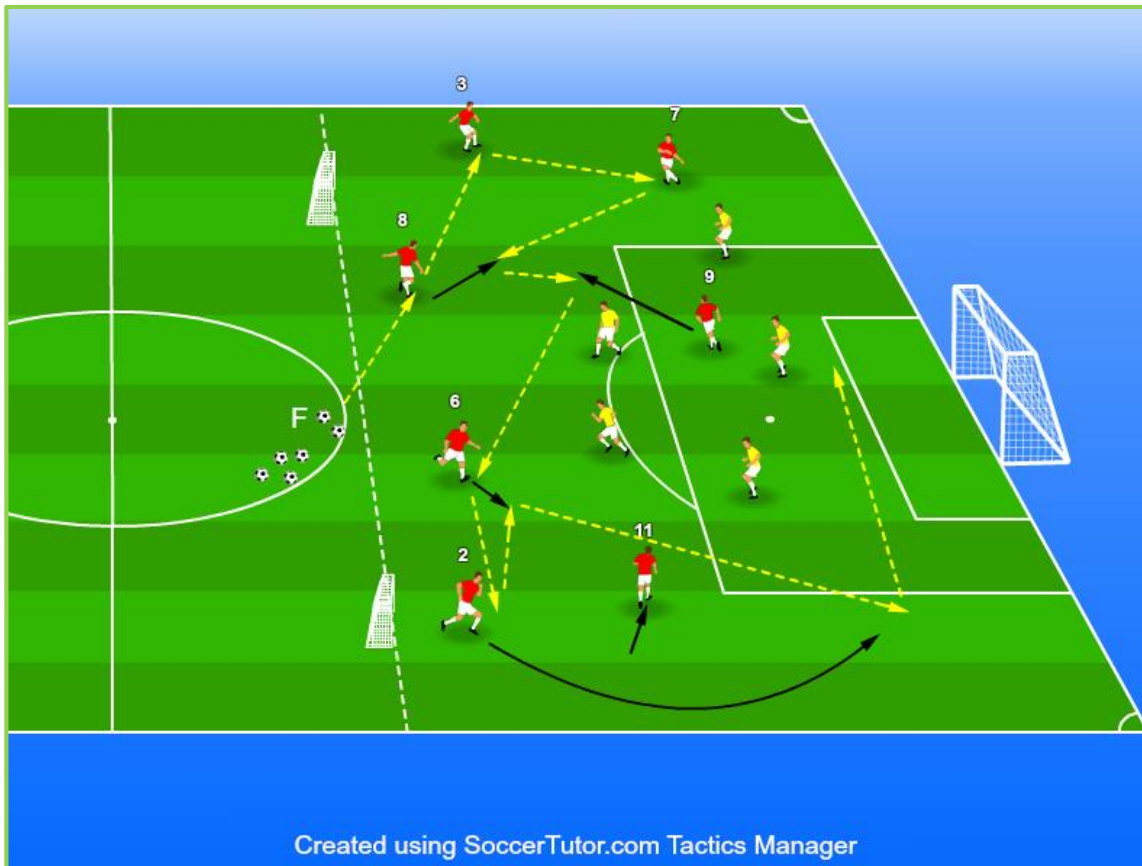


## MODULE: 1

## Practice : 9

**Possession of Ball in Attacking Third**

play 7 x 6

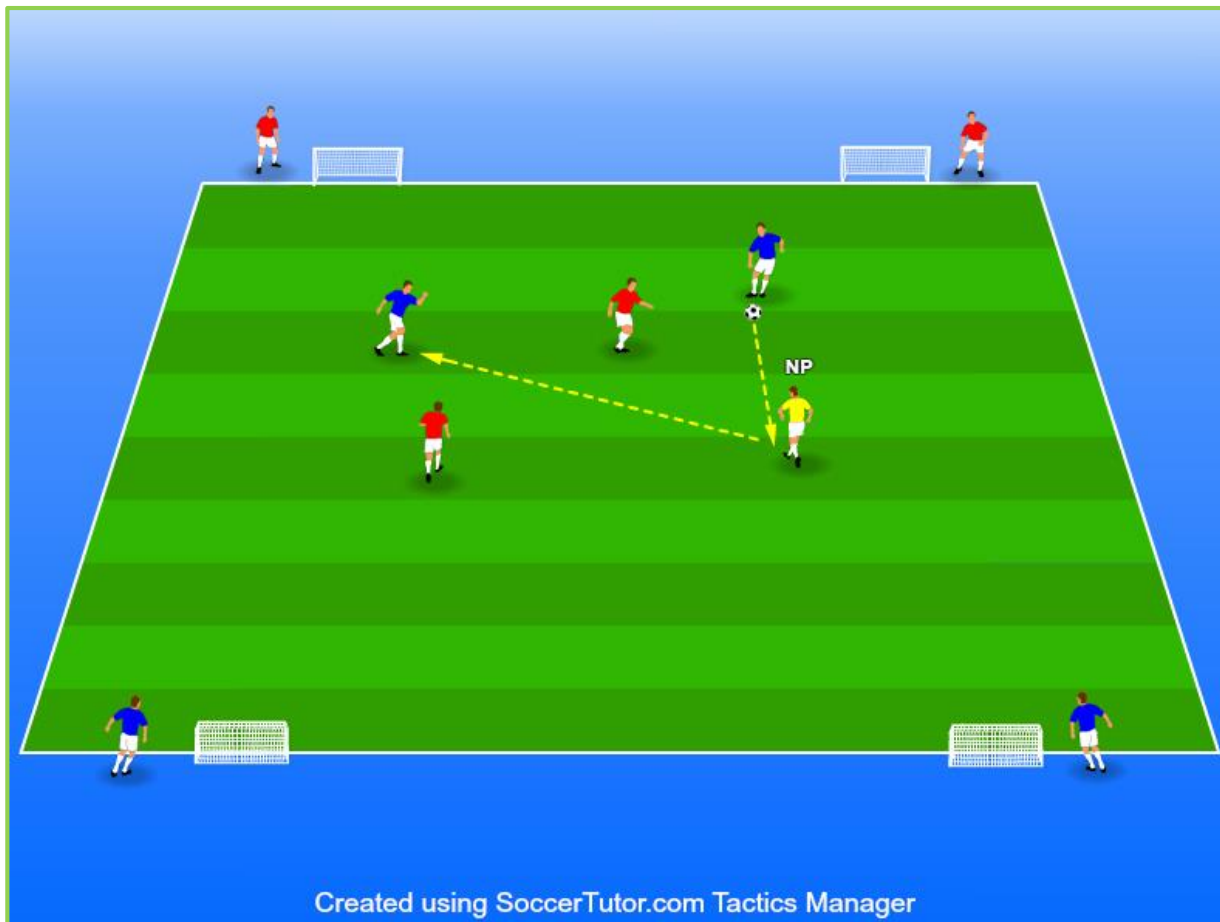
**Organization :**

- Playing area : attacking third with 2 mini goals in the beginning of zone .
- players No : 13 players + plus a feeder .
- phase of play : 7 plus F x 5 plus GK .
- Attacking team formation : ( 4 – 3 ) .
- Defending team formation : ( 3 – 2 ) .
- Feeder starting play by passes the ball to attacking team .
- Feeder can support from back and not allowed to enter zone .
- Attacking team can score after 6 - 7 passes by crossing the end line of zone .
- Defending team when they gaining the ball can score in one of 2 mini goals .

**Key factors**

- Keep possession .
- Communication .
- Type and quality of pass .
- Support player has ball by good movement .
- Use a width .
- Switching play .
- Penetration .
- Design making .
- Combination play .
- Long range shoot .
- patience .
- Finishing .

MODULE: 1

**Practice : 1****Small sided games 5 x 2****Organization**

- Playing area : 30 x 30 pitch with 4 mini goals on end lines .
- players No : 9 players .
- phase of play 4 plus 1 neutral player x 2 .
- Attacking team can score in one of 2 mini goals .
- Defending team when they intercept the ball try to score in one of 2 mini goals .
- Players outside support their teammate .
- Players outside use 1 touch .
- The neutral player not allowed to score .

**Key factors**

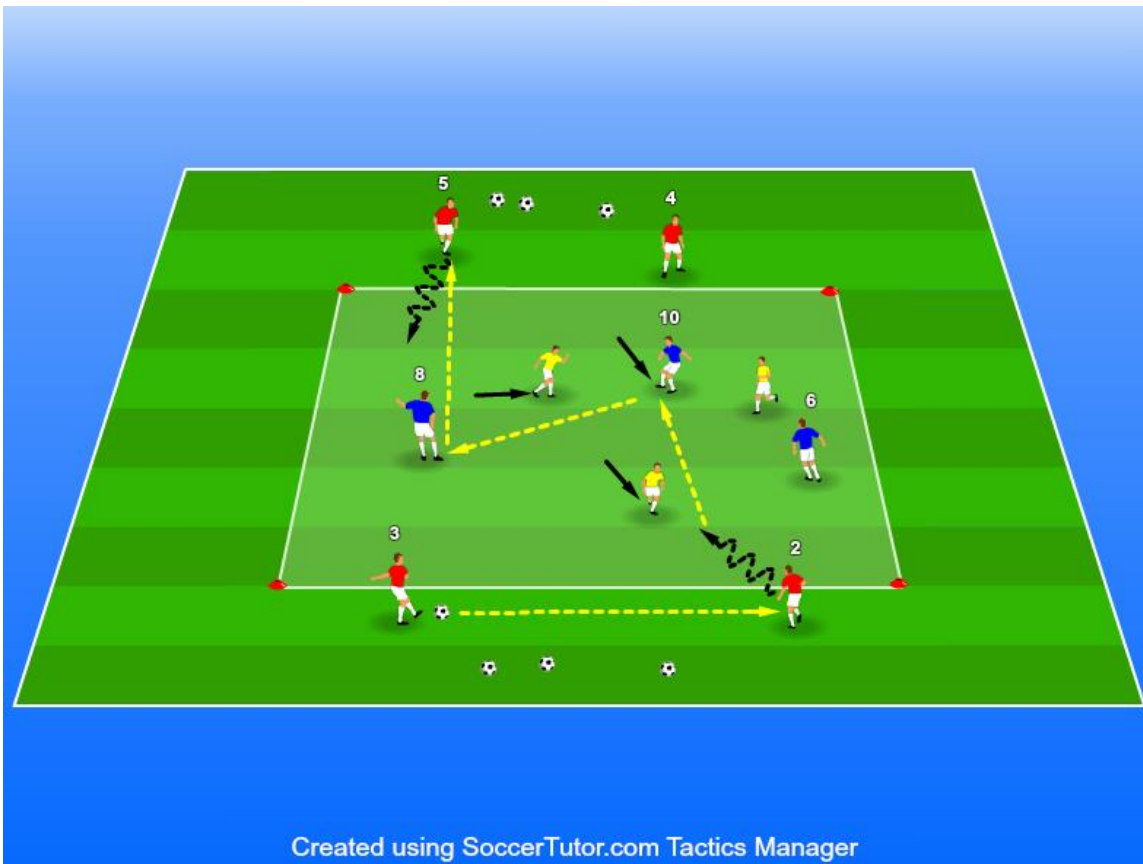
- Keep possession .
- Communication .
- Type and quality of pass .
- Support player has ball by good movement .
- Use a width .
- Design making .
- Combination play .
- Finishing .

## MODULE: 1

## Practice: 2

## Small sided games

## Defenders Joining the Midfield in a 3v3 (+4) Possession Game



## Organization

- Playing area : 15 x 15 yards .
- Players No : 10 players .
- Phase of play : 3 plus 4 Np x 3 .
- 2 Np can join with team in possession inside square and 2 support from outside .
- Defender team when they win the ball do same .

## Progression

- Play with one touch .

## Key factor

- Communication .
- Pass from leg to leg .
- Support player has ball .
- Use a type of passes .
- Use spaces .
- Keep possession .

MODULE: 1

Practice : 3

## Small Sided Games

### Teamwork in a Dynamic Positional 4 v 4



#### Organization

- Playing area : 2 penalty box .
- Players No : 9 players .
- Phase of play 4 + 1 NP x 4 players .

#### Objective

To develop positional play, teamwork and communication in a competitive 4v4 game.

#### Description

- The basis of the game is normal with both teams able to score.
- The neutral player plays with the team in possession but is not allowed to score.
- We start the practice with a 4v1 (+1 neutral player ).
- The defensive player (white) will struggle against 5 opponents but he has teammates who will help him. seconds one of his
- Every 10 second a teammates joins the game until all 4 have entered creating a 5v4 situation.
- If the whites win the ball, they launch a counter attack and try to score.

**Progression**

- Can start from the beginning with ( 5 x 2 situation ) .
- It must score after 6 passes .
- Attacking team should play with 2 after 1 touches .
- Add 2 regular goals and use 2 GK to score .

**Key factors**

- Quality of pass .
- Communication .
- Change position .
- Decision making .
- finishing



MODULE: 1

Practice: 4

## Small sided games

### Connecting the Defence, Midfield and Attack in a Positional 9 v 9 Zonal Game



#### Organization

- Playing area : 75 x 45 yards . Players No : 18 players .Phase of play 9 x 9 .
- This is a positional game where the team in possession should always play towards the goal and try to score.
- Both teams have a goalkeeper, 2 centre backs (4 and 5), 2 attacking midfielders (8 and 10), 1

defensive midfielder (6), 2 wingers (7 and 11) and 1 striker (9) using a 2-3-3 formation.

- We mark out a central zone with cones as shown where there is a 3v3 situation.
- aim is for one of the centre backs to dribble the ball into the central zone giving them a 4v3 advantage to combine and attack through the centre.
- The first in the attacking zone for the team in possession there is a 3v2 advantage .
- The aim is pass the ball to a winger or the striker and using their 3v2 advantage they try to score in the goal past the goalkeeper .

#### Objective

This is a positional game that focuses on the inter-zonal connection between defence, midfield and attack and the finishing of the three attackers.

**Key factors :**      Quality of pass .                      Create and use space .                      Team support .                      Finishing .

## Small sided games

### Attacking variation

## Practice 5

**Organization**

- Playing area : 65 x 60 pitch with 2 mini goals on end line .
- players No : 19 players .
- phase of play : 9 x 9 .
- Both teams formation : ( 4 - 2 - 3 ) .
- GK starting play by passes the ball to teammate .
- Attacking team can score after 6 - 7 passes in one of 2 mini goals .
- Defending team when they gaining the ball can score in a big goal .

**Key factors**

- Keep possession .
- Communication .
- Type and quality of pass .
- Support player has ball by good movement .
- Use a width .
- Switching play .
- Design making .
- Combination play .
- Long range shoot .
- Finishing .



## MODULE: 1

## Small Sided Games

## Practice : 7



### Organisation

- Playing area 65 x 50 yards with 2 big goals .
- Players No 20 players
- Phase of play ( 9 x 9 plus 2 Gks )
- Both teams use a 3 – 3 - 3 formation with 2 players in each third.
- The practice began when Player No 2 return the ball back to his GK that he plays the ball with one touch to player No 6 in blue zone that he also return back to left fullback that he play direct to the winger No 7 .
- Once the ball is played into the attacking zone, 3 midfielders player can enter to create a 6 v 3 situation .
- If the defending team win possession, they attack with the same conditions.
- if the ball reach attacking area , Can one defender enter the blue third to cover it .

### Key factors

- Pass and support .
- Players movement to lose marking .
- Communication .
- Play forward .
- Finishing .



## MODULE: 1

## Small Sided Games

Practice : 8

### Positional Play in a Dynamic 3 Team 5 v 5 (+4)



#### Organization

- Playing area 45 x 50 yards . Players No 14 players .
- We have 3 teams of 4 players who all play in specific positions .
- The 2 teams inside have 1 defensive midfielder, 2 attacking midfielders and 1 striker
- The team on the outside consists 2 wingers and 2 full backs act as neutral players and play with the team in possession.
- We play a normal 5 v 5 +4 game but the ball must be passed to a neutral player before a goal

can be scored .

- The first team to concede 2 goals moves to the outside and become neutral .

players.

- One neutral player cannot pass directly to another neutral player.
- If a team scores directly from a cross by a neutral player, the goal counts double.
- Any player who wins the ball can score directly without passing to a neutral player

#### Progression

- Limit the outside neutral players to 1 touch to speed up play .
- Change the player positions often so they all learn different roles .
- use 2 touches for inside players .

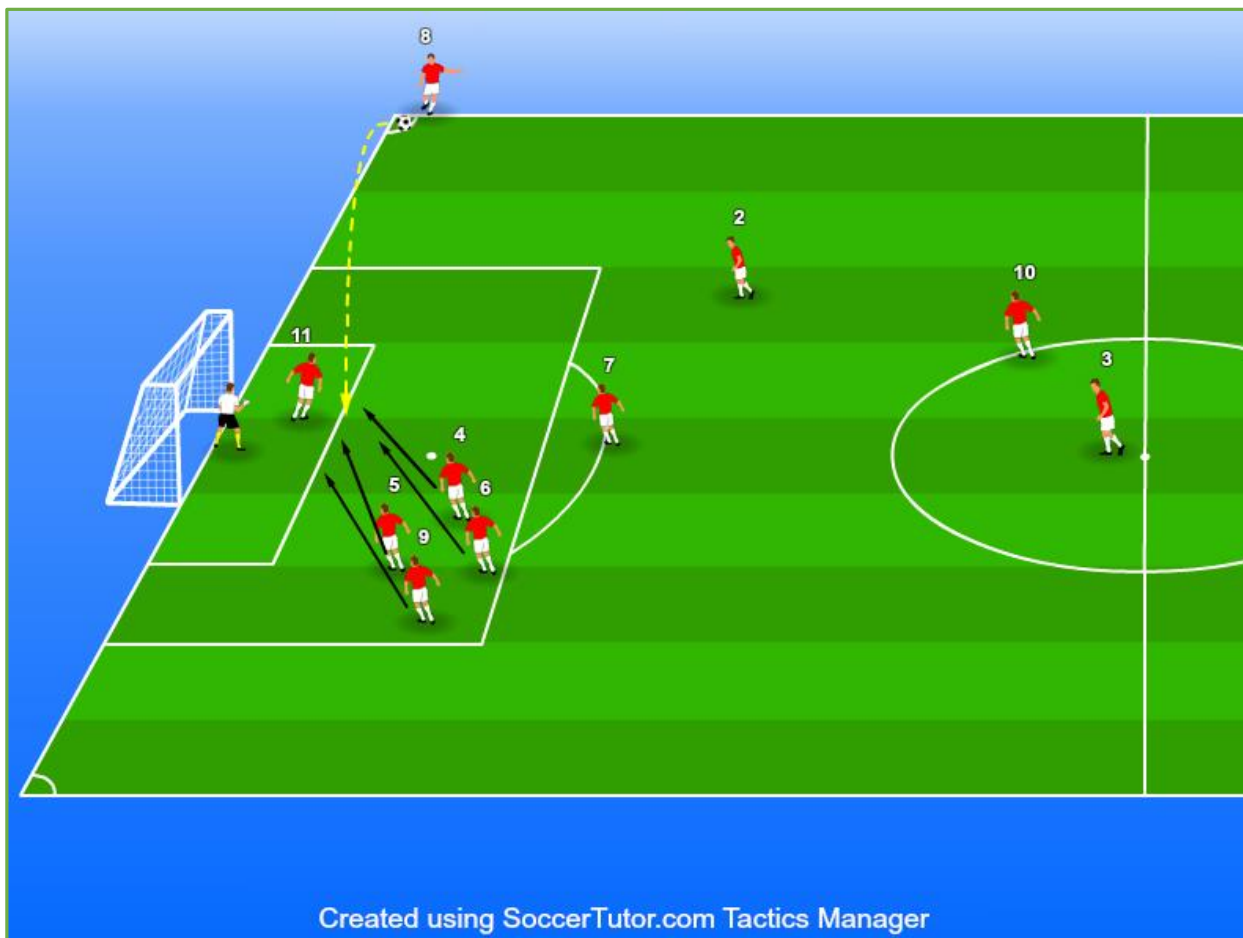


**Key factors**

- Quality of passing and receiving .
- Switching play .
- Long range shoot .
- Finishing .

## MODULE: 1

## Practice : 1

**Corner – Attack****Organization**

- Playing area : half pitch .
- Players No : 11 players .
- Phase of play : 10 x GK .
- Starting play from player a corner taker player NO 8 that he plays the ball from the right corner .
- We have 5 players inside the box who start running and change position to lose marking before No 8 plays the ball .
- As soon as player No 8 plays the ball the players inside penalty area must run to finish
- Player No 7 cover an edge of a box .
- Player No 11 goes to near post .

**Progression :**

- Add 6 defenders to play first passively ( not allowed to intercept the ball ) .
- As attackers achieve success creating scoring chances, you can progress the practice to a fully competitive one.
- Put 3 mini goals on a half way line , defenders team can score in it when they win the ball

**Key factors :**

- Quality of cross .
- Players movement to lose marking
- Timing
- Communication
- Finishing

## MODULE: 1

## Practice : 2

**Corner – Attack****Organization**

- Playing area : half pitch
- Players No : 11 players
- Phase of play : 10 x GK
- Starting play from a corner taker player NO 8 that he plays the ball from the right corner .
- we have 5 players inside the box they start to run as soon as player No 8 play the ball to finish .
- Players No 11 and 6 start run in opposite direction to pull the defenders and create space to teammate players No 5 & 4 and 9 to exploit it .
- Players no 11 and 6 also spend and involve with play .
- Player No 7 cover an edge of a box .

**Progression :**

- Add 6 defenders to play first play passively ( not intercept the ball ) .
- As attackers achieve success creating scoring chances, you can progress the practice to a fully competitive one.
- Put 3 mini goals on a half way line , defenders team can score in it when they win the ball

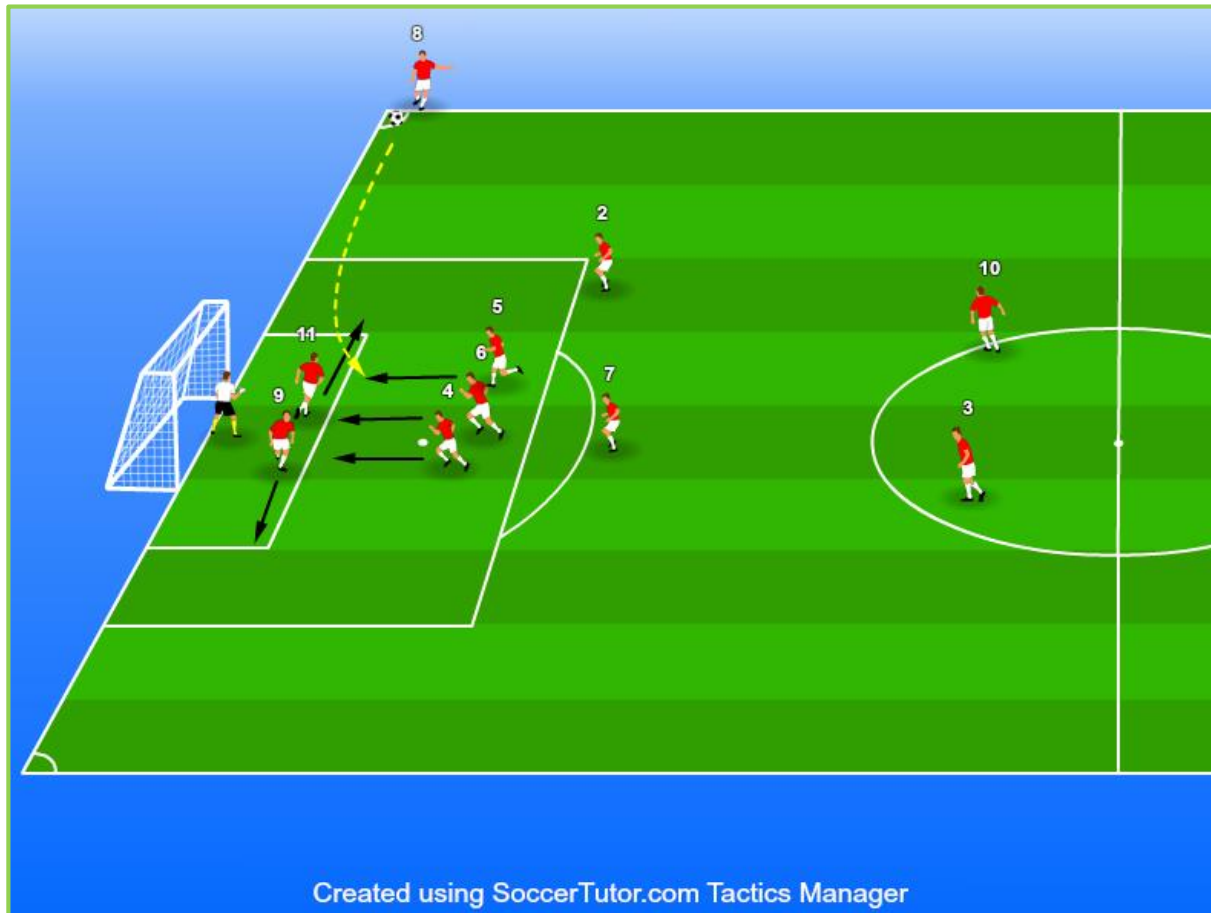
**Key factors**

- Quality of cross .
- Players movement to lose marking
- Timing
- Communication
- Finishing

## MODULE: 1

## Practice : 3

## Corner – Attack

**Organization**

- Playing area : half pitch
- Players No : 11 players
- Phase of play : 10 x GK
- Starting play from a corner taker player NO 8 that he play the ball from a right corner .
- We have 5 players inside the box who start to run as soon as player No 8 plays the ball .
- Players No 11 and 9 start running to the near and far post pull the defenders and create space to teammate in the middle of goal
- players No 5 & 4 and 6 exploit the space .
- Players no 11 and 9 also spend and involve in play .
- Player No 7 covers the .

**Progression :**

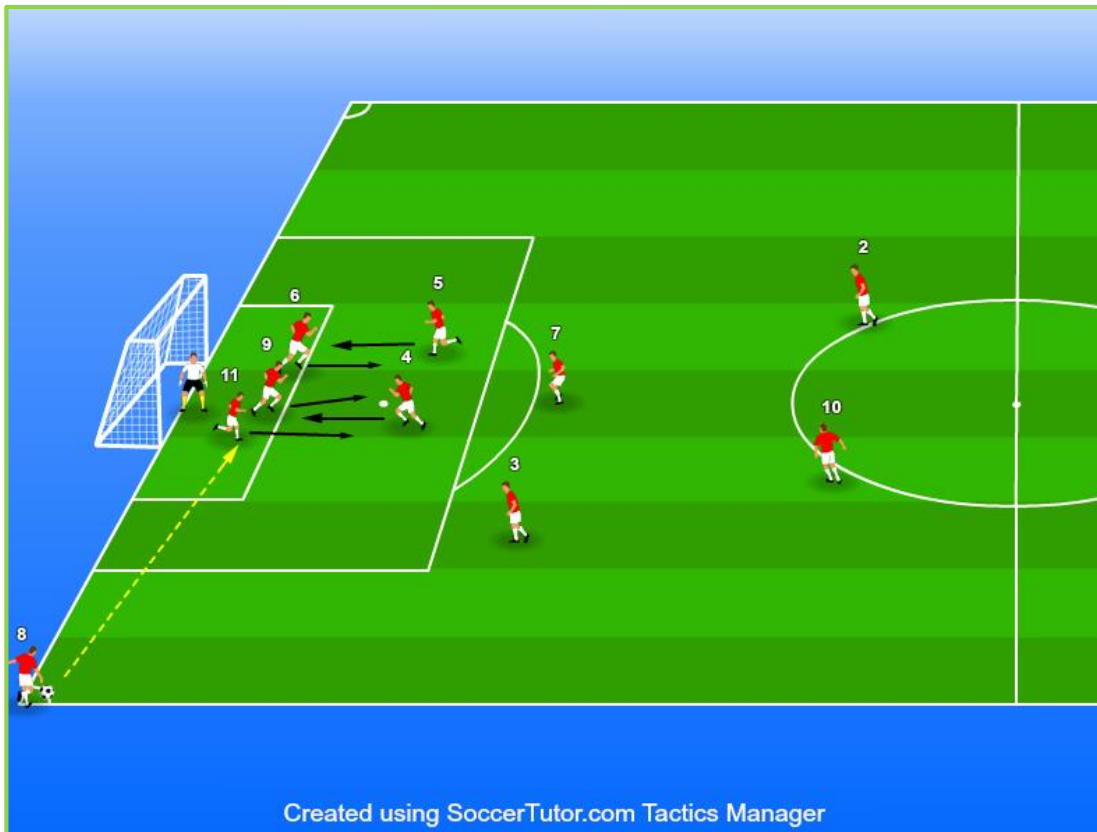
- Add 6 defenders to play , first play passively ( not intercept the ball ) .
- As attackers achieve success creating scoring chances, you can progress the practice to a fully competitive one.
- Put 3 mini goals on a half way line , defenders team can score in it when they win the ball

**Key factors**

- Quality of cross .
- Players movement to lose marking
- Timing
- Communication
- Finishing

## MODULE: 1

## Practice : 4

**Corner – Attack****Organization**

- Playing area : half pitch
- Players No : 11 players
- Phase of play : 10 x GK
- Starting play : from a corner taker player NO 11 that he plays the ball from left corner .
- we have 5 players inside the box .
- players No 5 & 9 and 8 , They start running from their position on the goal line as soon as player No 11 plays the ball to engage defenders after being involved in play .
- Players No 4 and 5 start run to exploit space created from teammate .
- Player No 7 cover an edge of a box .

**Progression :**

- Add 6 defenders to play first passively ( not allowed to intercept the ball ) .
- As attackers achieve success creating scoring chances, you can progress the practice to a fully competitive one.
- Put 3 mini goals on a half way line , defenders team can score in it when they win the ball

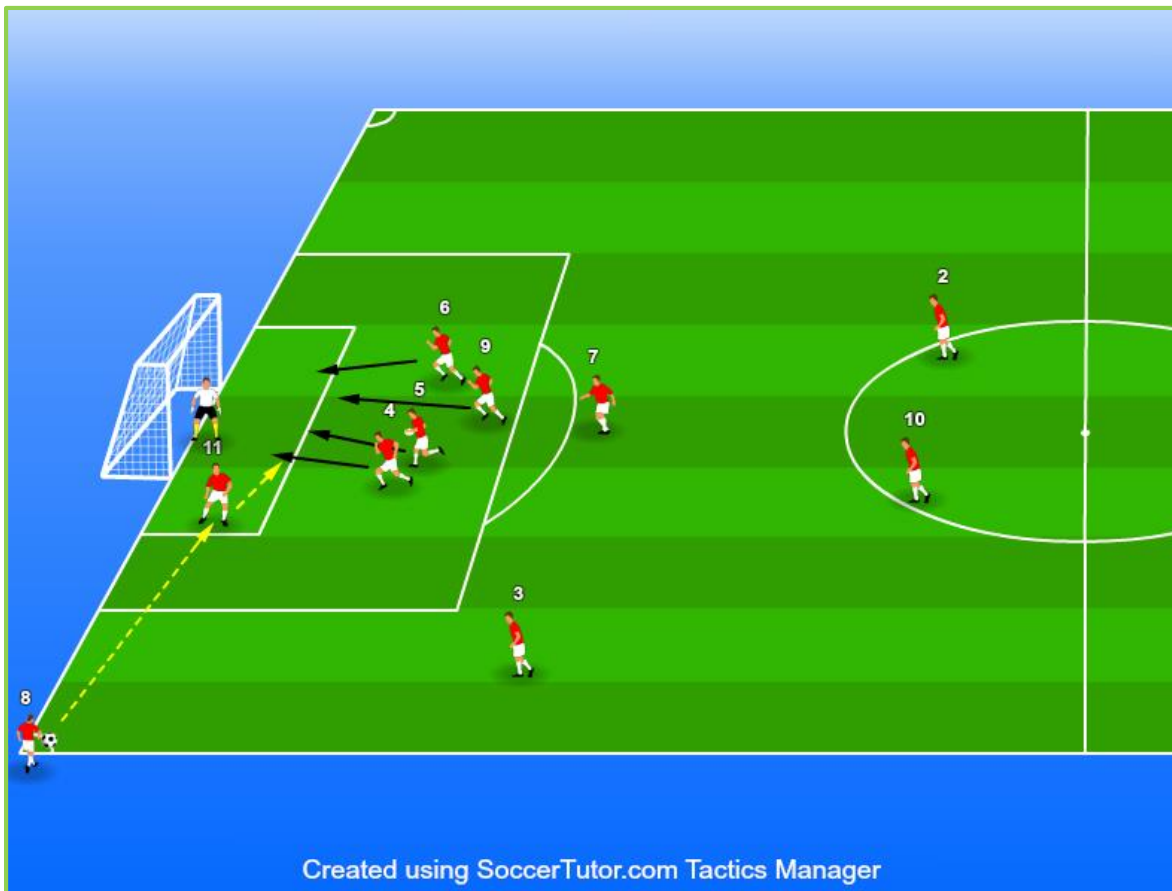
**Key factors**

- Quality of cross .
- Players movement to lose marking
- Timing
- Communication
- Finishing

MODULE: 1

Practice : 5

## Corner – Attack



### Organization

- Playing area : half pitch
- Players No : 11 players
- Phase of play : 10 x GK
- Starting play from a corner taker player NO 11 that he play the ball from left corner , he plays the ball to his teammate player No 8 that he prepare the ball back by head to their teammates .
- we have also 4 players inside the box ( players No 4 & 5 & 9 and 6 ) they start running from their position as soon as player No 8 play the ball to finish .
- Player No 7 cover an edge of a box .

### Progression :

- Add 6 defenders to play first play passive ( not intercept the ball ) .
- as attackers achieve success creating scoring chances, you can progress the practice to a fully competitive one.
- Put 3 mini goals on a half way line , defenders team can score in it when they win the ball

### Key factors

- Quality of cross .
- Players movement to lose marking
- Timing
- Communication
- Finishing

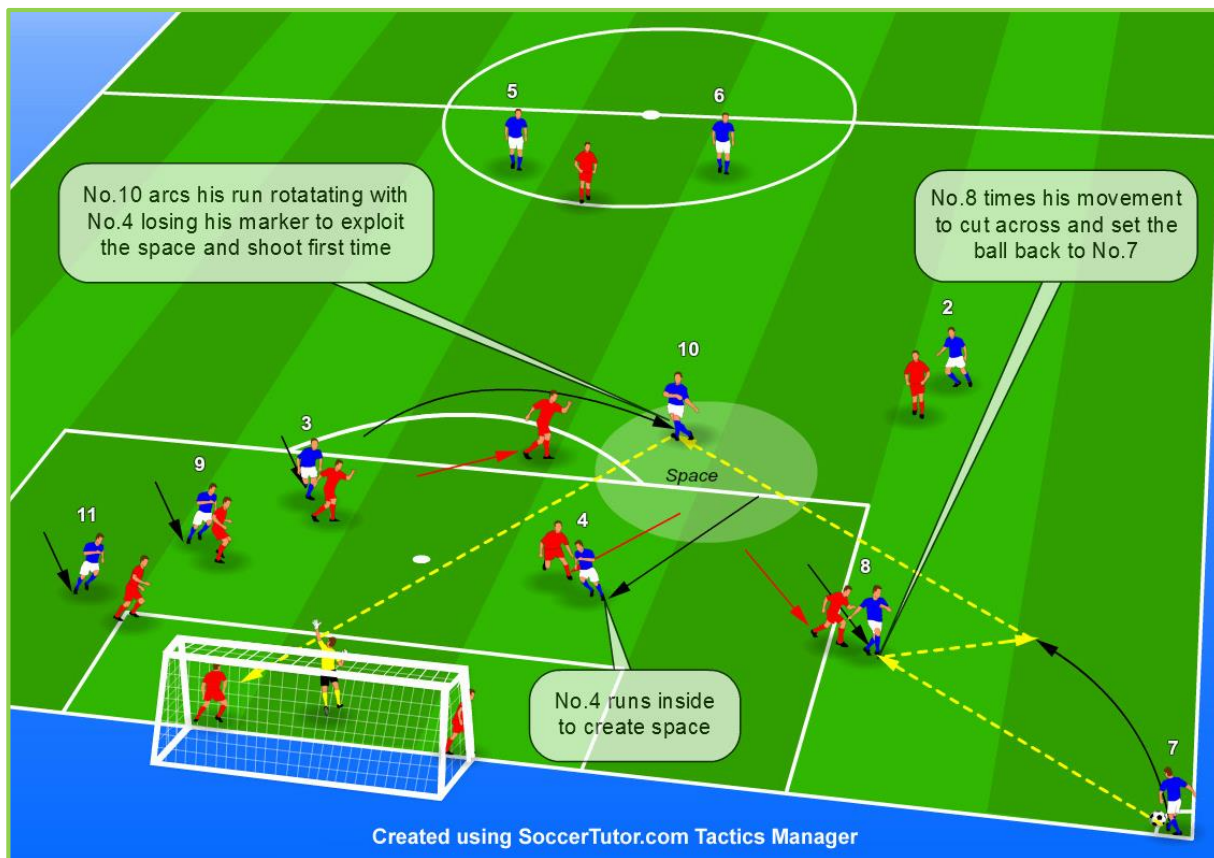


## MODULE: 1

## Practice : 6

## Corner – Attack

## Short Corner Routine: “One-Two Set &amp; Shoot

**Organization**

- Playing area : half pitch .
- Players No : 21 players .
- Phase of play : 10 x 11 players .
- A player No.8 looks to come short, making a run from near the edge of the box.
- the corner taker (7) plays a well-weighted pass into No.8's path?
- player No.8 then set back a pass to the corner taker in the space As he does this
- player No 4 positioned nearside on the edge of the box make a decoy run to drag his marker away and open a channel for a the shooter
- As the corner taker (7) receives the return pass from the setter (8) the shooter (10) to break free and arc his run, making sure to signal where he wants the pass.
- It is important that he arcs his run as this will ensure he has a good body position to shoot on goal with power.
- **Progression :**
- Add 6 defenders to play first play passive ( not intercept the ball ) .
- as attackers achieve success creating scoring chances, you can progress the practice to a fully competitive one.
- Put 3 mini goals on a half way line , defenders team can score in it when they win the ball

**Key factors**

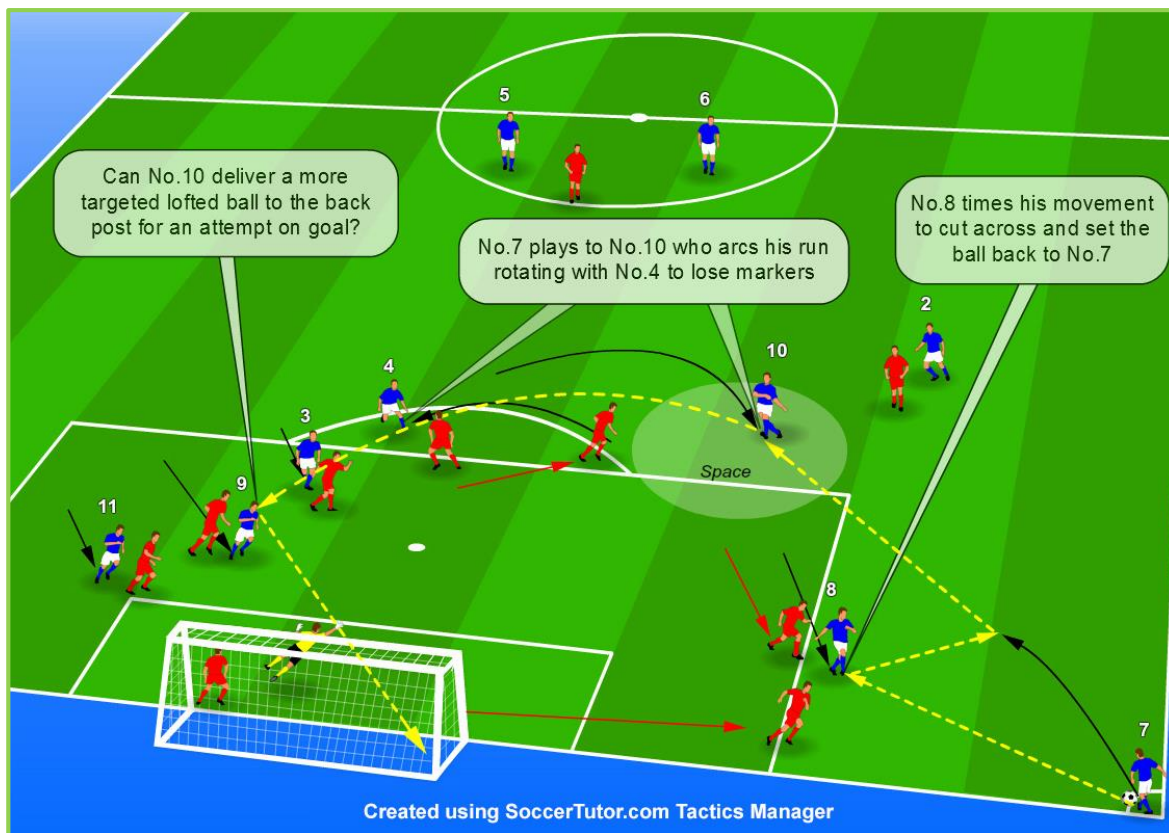
- Quality of cross .
- Players movement to lose marking    -Timing    - Communication    - Finishing

## MODULE: 1

## Practice : 7

## Corner – Attack

## Short Corner Routine: “One-Two Set &amp; Cross



## Organization

- Playing area : half pitch .
- Players No : 21 players .
- Phase of play : 10 x 11 players .
- A corner taker No 7 starting play by play a short pass to player making a run from near the edge of the box No 8 that he prepare it again to same player .
- player No.10 might also consider driving the ball along the ground in or around the penalty spot a space opens up there .
- A teammate time his run into this area and shoot first time .
- **Progression :**
- Add 6 defenders to play first play passive ( not intercept the ball ) .
- As attackers achieve success creating scoring chances, you can progress the practice to a fully competitive one.
- Put 3 mini goals on a half way line , defenders team can score in it when they win the ball

**Key factors**

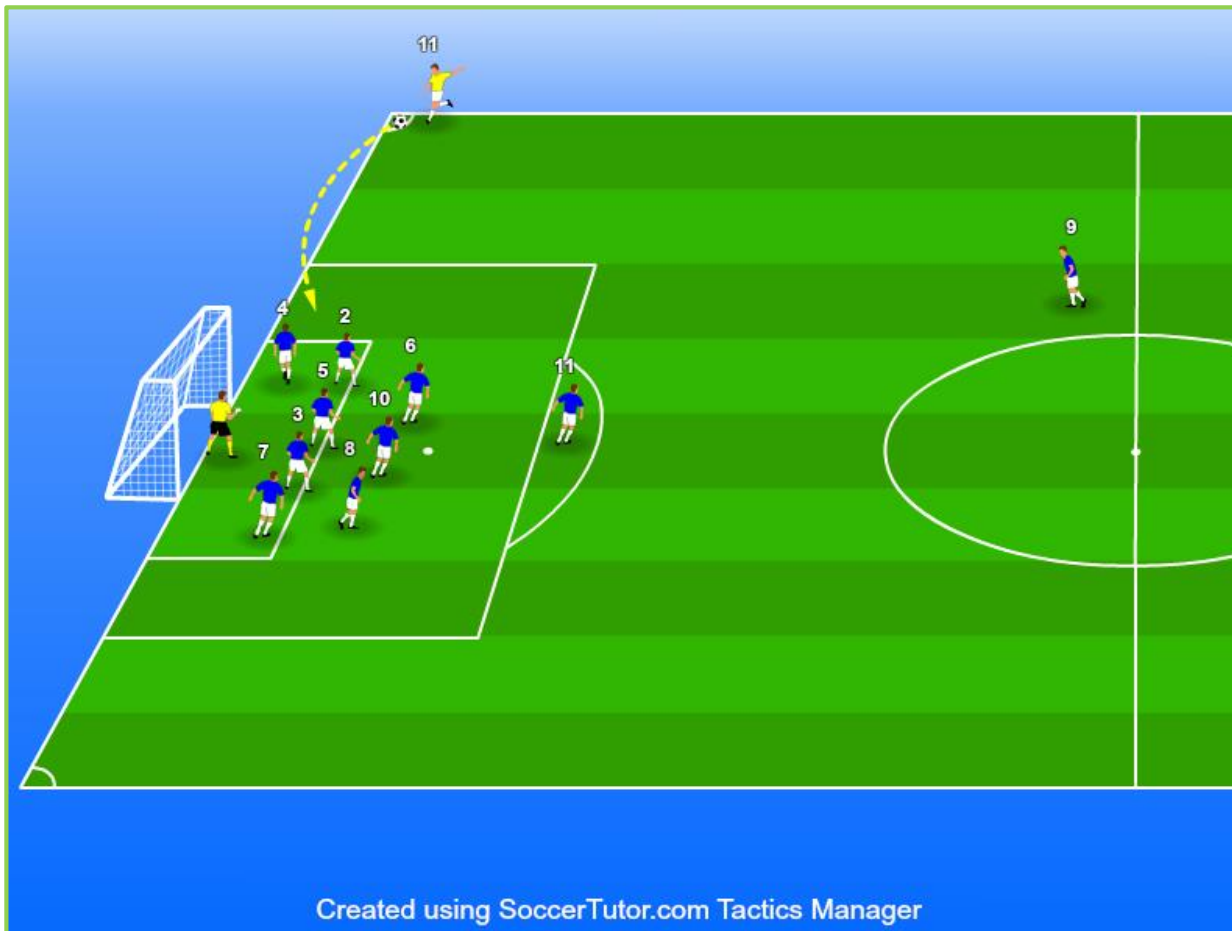
- Quality of cross .
- Players movement to lose marking
- Timing
- Communication

MODULE: 1

Practice : 3

## Corner – defence

### Zone marking



#### Organization :

- Playing area : half pitch .
- Players No : 12 plyers .
- Phase of play : play 11 x 1 .
- The players were distributed as follows , 8 defenders plus the GK inside the box and 1 player No 11 outside to mark the edge of penalty box , also we have the striker No 9 in the half circle .
- We have just the corner taker player that he starts play .
- The defenders players play zone marking with 3 lines inside the box .

#### Progression

- Add 5 attackers play inside the box and after full team .
- Attacker team start play passive after active .
- Added 3 mini goals on the half line that defender team can score in it when they win the ball .

#### Key factors

- Marking .
- GK Contact .
- Communication .
- Watch the opponent and the ball .
- Initiative to attack the ball .
- Cover spaces .

## MODULE: 1

## Practice : 1

**Corner – defence****man to man****Organization :**

- Playing area : half pitch .
- Players No : 21 players .
- Phase of play : play 10 x 11 .
- The players were distributed as follows ( 7 defenders plus the GK inside the box and 2 players No ( 10 , 11 ) outside the box to mark an edge of a box also we have the striker No 9 in the half circle .
- We have also 6 attackers inside the box and 1 player outside and a corner taker player and 2 players in the circle .
- The defenders players play ( man to man ) .
- The attackers players play passive .

**Progression**

- Attacker team play active .
- Added 3 mini goals on the half line that defender team can score in it when they win the ball .

**Key factors**

- Marking .
- GK Contact .
- Communication .
- Watch the opponent and the ball .
- Initiative to attack the ball .
- Clean area .

## MODULE: 1

**Corner – defence**

Practice : 2

**Zone defence and man to man – max****Organization :**

- Playing area : half pitch .
- Players No : 21 players .
- Phase of play : play 10 x 11 .
- The players were distributed as follows ( 8 defenders plus the GK inside the box and 1 player No ( 11 ) outside to mark an edge of penalty box and we have the er No 9 in the half circle .
- We have also 5 attackers inside the box and 1 player outside and a corner taker player and 2 players in the circle .
- The defenders players play ( zone marking and man to man ) .
- The attackers players play passive .

**Progression**

- Attacker team play active .
- Added 3 mini goals on the half line that defender team can score in it when they win the ball .

**Key factors**

- Marking .
- GK Contact .
- Communication .
- Watch the opponent and the ball .
- Initiative to attack the ball .
- Cover spaces .



## MODULE: 1

## Corner – defence

Practice : 4

## Long Corner

**Organization :**

- Playing area : half pitch .
- Players No : 21 players .
- Phase of play : play 10 x 11 .
- The players were distributed as follows , 8 defenders plus the GK inside the box and 1 player No 10 outside to mark the edge of penalty box , also we have a player No 11 in the half circle .
- Defender team in penalty box they form 3 lines ( first line consist from players Nos 3 & 2 their position on the first and far of post , the second line consist from players Nos 7 , 4 , 5 , 8 they cover a six yards box and the third line consist from players 9 and 6 they cover area near the penalty point .
- The corner taker player No 7 starting play .
- All defenders players have a same mission , that they responsible on their position and defend on ball .

**Progression**

- Attacker team start play passive after active .
- Added 3 mini goals on the half line that defender team can score in it when they win the ball .

**Key factors**

- GK Contact .
- Position marking
- Communication .
- Watch the opponent and the ball .
- Initiative to attack the ball .
- Cover spaces



## MODULE: 1

**Corner – defence**

Practice : 5

short corner  
Zone defence and zone marking

**Organization :**

- Playing area : half pitch .
- Players No : 21 players .
- Phase of play : play 11 x 10 .
- The first group with 2 players Nos 7 and 9 stay on the side of penalty box to form 2x 2 situation .
- The second group with players 3 & 2 they guard the six yard area .
- The third group with players Nos 4 , 5 , 8 and 6 their responsibility to marking opponents players .
- We have also player No 10 that he guards the edge of penalty area and player no 11 in the circle .
- The corner taker player No 7 starting play by pass the ball to player No 2 .
- All defenders has same responsibilities that they defend on the ball .

**Progression**

- Attacker team start play passive after active .
- Added 3 mini goals on the half line that defender team can score in it when they win the ball .

**Key factors**

- GK Contact .
- Position marking
- Communication .
- Watch the opponent and the ball .
- Initiative to attack the ball .
- Cover spaces



## MODULE: 1

## Set play – attack

## Practice : 2

## Movement to attack the ball



## Organization

- Playing area : half pitch
- Players No 11 players .
- Phase of play : 10 x 11 players .
- It can be used when your team get a free kick either side of the 18 yard box .
- We have 2 free kick players behind the ball one with a left leg to play the ball swinging in and one with the right leg to play the ball swinging out and we have 5 players Nos 7 , 10 , 5 , 9 and 11 should positioned on the edge of penalty box .
- Before the shooter play players should starting move to change position and lose marking .
- all other players remain alert for any "secondary chances" in case the keeper or a player blocks the shoot and the ball drops for them to finish .
- The other players Nos 4 , 2 , 3 stay back in the circle .

## Key factors

- Timing .
- Good over .
- Deal with the ball .
- Change position .
- Coordinate movement .
- The initiative .
- Finishing .

## MODULE: 1

## Set play – attack

## Practice : 3

**Organization**

- Playing area : half pitch
- Players No 11 players .
- Phase of play : 10 x 11 players .
- It can be used when your team get a free kick either side of the 18 yard box .
- We have 2 free kick players behind the ball one with a left leg to play the ball swinging in and one with the right leg to play the ball swinging out and we have 6 players Nos 11 , 7 , 10 , 5 , 9 , 10 and player No 4 should positioned on the edge of penalty box .
- Before the shooter play players should starting move to change position and lose marking .
- The shooter has 3 options to play left for player running out to cross the ball or shoot direct on goal or play the ball to teammate .
- all other players remain alert for any "secondary chances" in case the keeper or a player blocks the shoot and the ball drops for them to finish .
- The other players Nos 4 , 2 , 3 stay back in the circle .

**Key factors**

- Timing .
- Good over .
- Deal with the ball .
- Change position .
- Coordinate movement .
- The initiative .
- Finishing .



## MODULE: 1

## Practice 1

**Team Organization including set play In defence****Organization**

- Playing area : 65 x 55 yard .
- Players No : 18 players .
- Play a normal game and do some different faults around the area .
- We have to organize the defending team to deal with the attacking team ( prepare a wall and cover area ) .

**Key factors**

- GK Contact .
- Wall organized .
- Position marking .
- Communication .
- Watch the opponent and the ball .
- Initiative to attack the ball .
- Cover spaces .

## MODULE: 1

## Practice 1

**Team Organization including set play – in defence****Organization**

- Playing area : 65 x 55 yard .
- Players No : 20 players .
- Play a normal game and do some deferent fault around area .
- We have to organized the defending team to deal with attacking team
- We distributed a defending team on 2 lines .
- One defender stay front a kicker .
- Players in lines move together .

**Key factors**

- GK Contact .
- Wall organized .
- Players position .
- Man to man marking .
- Position marking
- Communication .
- Watch the opponent and the ball .
- Initiative to attack the ball .
- Cover the zone .



## MODULE: 1

## Practice 2

**Team Organization including set play – in defence****Organization**

- Playing area : 70 x 55 yard .
- Players No : 20 players .
- Play a normal game and do some deferent fault around area .
- We have to organized the defending team to deal with attacking team
- We distributed a defending team on 2 lines .
- We formal 2 X 2 situation
- Players in lines move together .

**Key factors**

- GK Contact .
- Wall organized .
- Players position .
- Man to man marking .
- Position marking
- Communication .
- Watch the opponent and the ball .
- Initiative to attack the ball .
- Cover the zone .

## MODULE: 1

## Practice 1

## Group individual and Specialist work

**Organization**

- Playing area half pitch .
- Players No 4 players plus GK .
- The first action is from the attacking midfielder player No 8 that he passes the ball to striker player No 9 than he turn with ball on mannequins and shoot in goal .
- Second action from player No 11 a left wing that he is running with ball and play a wall pass to skip a mannequins on right and play a lay off pass to player No 9 to finish .
- Third action that the right wing player No 7 runs with ball , at the same time a player No 8 runs to support him by do overlap on him , than player No 7 passes to him behind the mannequins .
- Player No 7 crosses the ball to players No 9 and 8 to finish .

**Key factors**

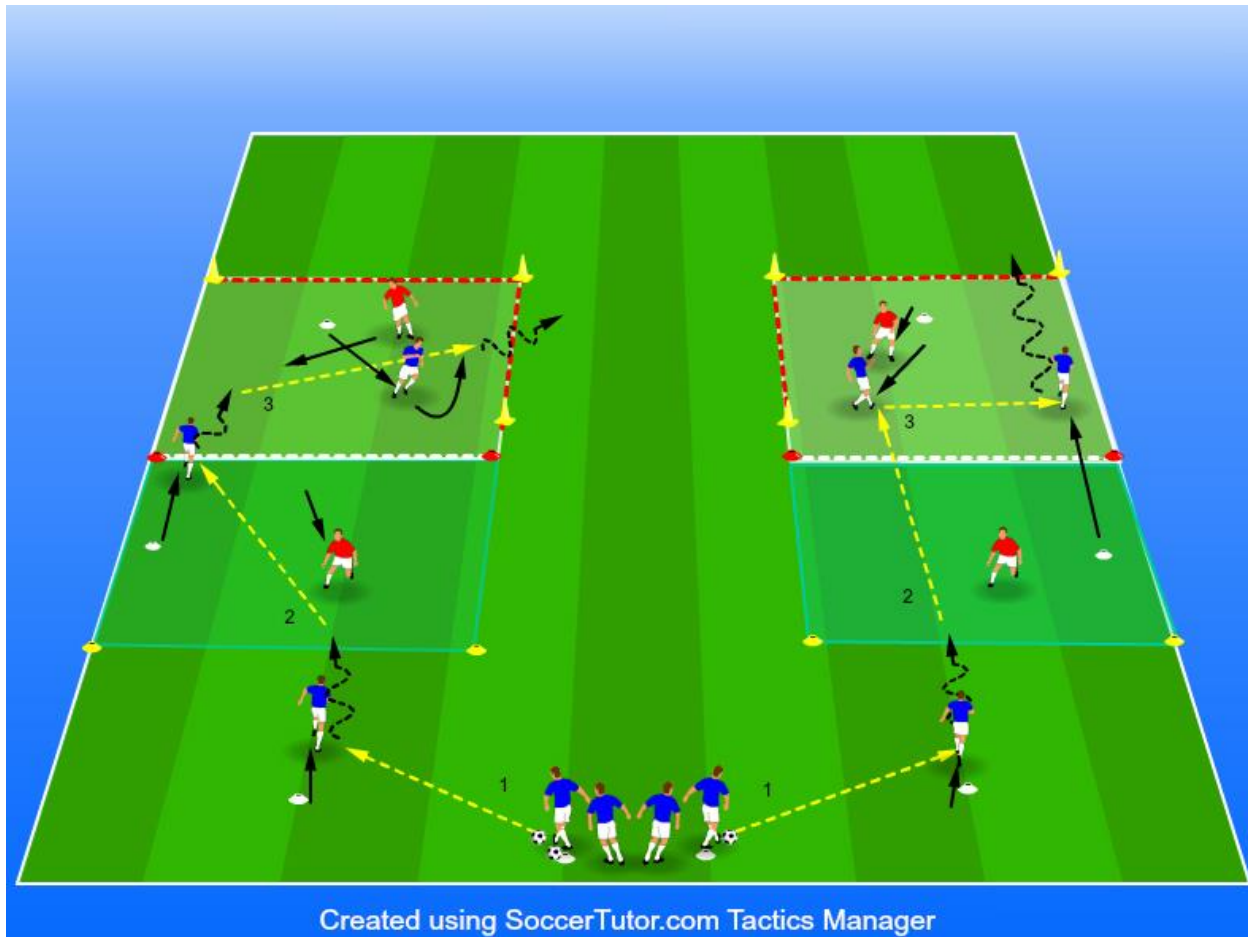
- Quality of passes .
- Timing .
- concentration .
- Good finishing .

MODULE: 1

Practice : 2

## Group individual and Specialist work

### Creating a Numerical Advantage on the Flank in a 3 v 2 Exercise



#### Organization :

- Playing area : 40 x 30 yards .
- Players No : 14 players .
- The practice starts at the same time on both sides .
- The first passes are into the path of the forward moving blue players .
- These players enter the square zones with the ball and together with their teammates, try to take advantage of the numerical superiority (3 v 2) and dribble the ball through the red line.
- The blue players try to pass the ball to their free teammate and then achieve their aim. The player who manages to dribble the ball through the red line moves to the start, while the other players move one position forward.

#### Key points :

1. Increase the speed of play so the ball is always moving quickly.
2. Monitor the speed, weight and accuracy of all passes as this is key to performing this practice well.
3. There needs to be good synchronisation between the timing of passes and the players' movements.

## MODULE: 1

## Practice 3

**Group individual and Specialist work**

**Creating a Numerical Advantage on the Flank (3 v 2) in  
an 8 v 8 Dynamic Small Sided Game**

Diagram a



- **Playing area** : 40 x 40 yards with 2 mini goals on the end of the pitch and 2 square in a both side of attacking pitch .
- **Players No** : 16 players plus a feeder .
- Attacking team formation 4 – 1 – 3 .
- Defending team formation 3 – 3 – 1 .
- The practice starting by a feeder player that he passes to the left central back than he passes to the left fullback that he play to the left wing to create a numerical advantage 2 x 1 in the square .
- The left wing has play to the forward player that he cut outside and receive to finish
- Defending player when they intercept the ball , they go to attack and they have at most 5 passes to finish .



Diagram B



### Progression

- The left wing also can pass the ball to the midfielder player No 10 that he crosses it to the forward player No 9 and the right wing No 7 to finish as you show in diagram A 2
- Remove the squares and play 8 plus a feeder X 7 plus GK .

Key factors :

- Quality of passes .
- Timing .
- Moving with out ball .
- concentration .
- Good finishing .



## MODULE: 1

## Practice 4

## Group individual and Specialist work

### Creating a Numerical Advantage on the Flank (3 v 2) in an 11 v 11 Dynamic Small Sided Game

**Organization :**

- Playing area : 3 quarter full size pitch with 2 big goals and 2 square in a both side of attacking pitch .
- Players No : 22 players .
- Phase of lay 11 X 11 .
- The attacking team the blues starting play from a GK to the right central back No 5 to the fullback No 2 that he enter the right square and create 3 x 2 with a right wing and attacking midfielder to overcome the 2 defenders .
- The right wing cross the ball to the forward players to finish .
- Defending player when they intercept the ball , they go to attack and they have at most 5 passes to finish .

**progression**

- Remove the squares and play normal 11 X 11 .

**Key factors :**

- Quality of passes .
- Timing .
- Moving with out ball .
- concentration .
- Quality of crossing .
- Good finishing .



## Group individual and Overloading - Forward Moving to Receive Towards the Flank in a Functional Practice



diagram : B



### Organization

- Playing area 2 third full size pitch with 4 mannequins and 8 squares with 10 X 10 size as a players locations .
- Players No : 8 players plus Gk .
- The right central back Player No 4 starting play he passes to player No 5 that he return it to him , player No 4 play it to the fullback player No 2 than he move forward to receive the pass .
- Player No 4 play a vertical pass to the attacking midfield player No 8 that he play it to the right wing player No 7 in the space as a diagram A 1 or he play it to the full back No 2 as a diagram B player then he turn and share with forward players to deal with cross and finish , or play a throw pass direct to the striker as a diagram C .

diagram : c

**Progression :**

- Remove the mannequins and use 6 players , play 8 X 6 plus GK .

**Key factors :**

- Quality of passes .
- Timing .
- Moving without ball .
- Use the space .
- concentration .
- Quality of crossing .
- Good finishing .

MODULE: 1

Practice : 6

## Group individual and

### Overloading on the Flank with a Forward Moving to Receive in an 11 v 11 Zonal Game



#### Organization :

- Playing area : 2 third full size pitch with 8 squares as a player locations .
- Players No : 22 players .
- We distribute players on the zones the first zone (6 (+GK) v 5) is now the full width of the pitch and an extra white zone is added as shown.
- As soon as the blues are able to pass the ball forward, the No.10 or the centre forward try to create an overload and take advantage of it in order to score a goal as shown in the previous practice. If the reds win the ball, they counter attack and must score within 8-10 seconds.

#### Restrictions

1. The red defenders have to stay within their zones until the ball has been played towards the side lines and beyond the red line.
2. Only one of the red defensive midfielders can enter the first zone.
3. Once the forward pass is successful for the yellows or if the reds gain possession, there are no restrictions in regards to the zones.
4. Restrict the amount of passes required e.g. 3-4 before the forward pass can be made.

#### Key factors :

- Quality of passes .
- Timing .
- Moving without ball .
- Use the space .
- concentration .
- Quality of crossing .
- Good finishing .

## MODULE: 2

## Back four defending deep

## Practice 1



### Organization

- Playing area : defensive third .
- Players No : 8 players plus a GK and a feeder .
- Phase of play : 4 x 4 .
- Attacking team score on a big goal and defending team score by deliver the ball to the feeder after 5 passes play it .

### Key factors

- Communication .
- Contact with goalkeeper .
- Move as a unit .
- Cover teammate .
- Face a player with ball .
- Attack the ball .



## MODULE: 2

## Back four defending deep

## Practice 2



### Organization

- Playing area : defensive third .
- Players No : 13 players plus a GK and a feeder .
- Phase of play : 6 player x 7 players plus GK .
- Attacking team score on a big goal and defending team score by give the ball to the feeder after 7 passes play it .

### Key factors

- Communication .
- Contact with goalkeeper .
- Players position .
- Move as a unit .
- Cover teammate .
- Close space .
- Patient
- Face a player with ball .
- Attack the ball .



## MODULE: 2

## Back four defending deep

## Practice 3



### Organization

- Playing area : 65 X 60 .
- Players No : 21 players plus a feeder .
- Phase of play : 10 players plus a feeder x 11 players .
- Attacking team score on a big goal and defending team score by give a goal in one of 2 mini goals .

### Key factors

- Communication .
- Contact with goalkeeper .
- Players position .
- Move as a unit .
- Patient .
- Cover teammate .
- Close space .
- Face a player with ball .
- Attack the ball .

## MODULE: 2

## Midfield defending

## Practice 1

## in low zone



### Organization

- Playing area : defending third .
  - Players No : 10 players plus a GK and a feeder .
  - Phase of play : 5 plus F x 5 plus GK .
  - Attacking team try to score on a big goal and defending team score by deliver the ball to the feeder .
- Key factors
- Communication .
  - Contact with goalkeeper .
  - Players position .
  - Move as a unit .
  - Patient .
  - Cover teammate .
  - Close space .
  - Face a player with ball .
  - Attack the ball .
  - GK commend

## MODULE: 2

## Midfield defending In midfield third

## Practice 2



### Organization

- Playing area : mid third zone .
- Players No : 14 players plus a GK and feeder .
- Phase of play : 7 plus feeder x 7 plus GK .
- Attacking team score in a big goal .
- defending team score on a big goal and defending team score in a 2 big gates .

#### Key factors

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .

### Organization

- Playing area : mid third zone .
- Players No : 14 players plus a GK and feeder .
- Phase of play : 7 plus feeder x 7 plus GK .
- Attacking team score in a big goal .
- defending team score on a big goal and defending team score in a 2 big gates .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Patient .
- Cover teammate .
- Close space .
- Face a player with ball .
- Attack the ball .
- Cover teammate .
- Close space .
- Face a player with ball .
- Attack the ball .

## MODULE: 2

## Midfield defending In attacking third

## Practice 3



### Organization

- Playing area attacking zone with 2 big gates on the beginning of the zone .
- Players No : 15 players plus a GK . .
- Phase of play : 7 players x 8 plus GK .
- Attacking team formation 4 – 4 .
- Defending team formation 1 – 4 – 2 .
- Attacking team score in a big gates .
- defending team score on one of a big gates .

### Key factors

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Cover teammate .
- Close the space .
- Face a player with ball .
- Attack the ball .



## MODULE: 2

## Practice 4

## Midfield defending 11 X 11



- **Organization**
- Playing area from box to box penalty area .
- Players No : 22 players .
- Phase of play : 11 X 11 .
- Attacking team formation 3 – 5 - 2 .
- Defending team formation 4 – 4 – 2 .
- Attacking team score in a big goal .
- defending when they win the ball they try to score in a big goal .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Cover teammate .
- Close the space .
- Face a player with ball .      -Attack the ball      - Win the ball .

## MODULE: 2

## Practice 1

**Back four defending dealing with direct play****Organization**

- Playing area : 55 X 40 .
- Players No : 11 players plus a GK
- Phase of play : 6 players x 5 players plus GK .
- Attacking team score on a big goal .
- defending team when they win the ball try to score in one of 2 mini goals .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Players position .
- Move as a unit .
- Be the first to win the ball .
- Cover teammate .
- Close space .
- Attack the ball .

## MODULE: 2

## Practice 2

**Back four defending dealing with direct play****Organization**

- Playing area : 55 X 50 .
- Players No : 15 players plus coach player .
- Phase of play : 6 players plus a coach player x 8 players plus GK .
- Attacking team score on a big goal .
- defending team when they win the ball try to score in one of 2 mini goals .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Players position .
- Move as a unit .
- Be the first to win the ball .
- Cover teammate .
- Close space .
- Attack the ball .

## MODULE: 2

## Practice 3

**Back four defending dealing with direct play****Organization**

- Playing area : half full size pitch .
- Players No : 22 players .
- Phase of play : 11 X 11 players .
- Attacking team formation 4 - 3 - 3 .
- Defending team formation 4 - 4 - 2 .
- Attacking team score on a big goal .
- defending team when they win the ball try to score in a big goal .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Players position .
- Move as a unit .
- Be the first to win the ball .
- Cover teammate .
- Close space .
- Attack the ball .
- Win the ball and go to attack .

## MODULE: 2

## Practice 1

**GK and defenders on Being more effective****On dealing with crosses****Organization**

- Playing area : 55 X 40 yards .
- Players No : 8 players .
- Phase of play : 4 players X 3 players plus GK .
- Attacking team score on a big goal .
- defending team when they win the ball should deliver it to the feeder .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Players position .
- Move as a unit .
- Be the first to win the ball .
- Cover teammate .
- Close space .
- Attack the ball .
- Win the ball and go to attack .



## MODULE: 2

## GK and defenders on being more

## Practice 2

## Effective on dealing with crosses

**Organization**

- Playing area : half full size pitch .
- Players No : 11 players plus a GK . .
- Phase of play : 6 players x 4 players plus GK an 3 mannequins .
- Attacking team score in a big gates by crosses .
- defending team deal with crosses and clear the balls .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Cover teammate .
- Close space .
- Face a player with ball .
- Attack the ball .

## MODULE: 2

## Practice 3

**GK and defenders on Being more effective****On dealing with crosses****Organization**

- Playing area : 55 X 50 yards .
- Players No : 15 players .
- Phase of play : 7 players plus a feeder X 7 players plus GK .
- Attacking team formation 3 - 4 .
- Defending team formation 4 – 3 .
- Attacking team score on a big goal .
- defending team when they win the ball try to score in one of 2 mini goals .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Players position .
- Move as a unit .
- Be the first to win the ball .
- Cover teammate .
- Close space .
- Attack the ball .
- Win the ball and go to attack .

## MODULE: 3

Practice 3 **GK and defenders on Being more on dealing with crosses****Organization**

- Playing area : 3 quarter pitch .
- Players No : 22 players .
- Phase of play : 11 X 11 players .
- Attacking team formation 4 – 4 – 2 .
- Defending team formation 4 – 3 – 3 .
- Starting play from attacking team
- defending team when they win the ball try to score in a big goal .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Players position .
- Move as a unit .
- Be the first to win the ball .
- Cover teammate .
- Close space .
- Attack the ball .
- Win the ball and go to attack .

## MODULE: 2

## Practice 2

**Playing defensive with back four**

and defensive midfielders in low zone

**Organization**

- Playing area : 40 x 50 yards .
- Players No : 11 players plus a GK and a feeder .
- Phase of play : 5 players plus a feeder x 6 players plus a GK .
- Attacking team formation 3 – 2 .
- Defending team formation 4 – 2 .
- Attacking team score in a big goal .
- defending team when they win the ball deliver a ball to a feeder player .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Cover teammate .
- Close space .
- Face a player with ball .
- Attack the ball .

## MODULE: 2

## Playing defensive with back four

## Practice 3

### and defensive midfielders in mid third



#### Organization

- Playing area : mid field third .
- Players No : 11 players .
- Phase of play : 5 players plus a feeder x 6 players .
- Attacking team score in one of 3 mini goals .
- defending team when they win the ball try to score in one of 2 mini goals .

#### Key factors

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Cover teammate .
- Close space .
- Face a player with ball .
- Attack the ball .



## MODULE: 2

## Practice 2

## Playing defensive with back four and defensive midfielders in attacking half

**Organization**

- Playing area : attacking half with 3 mini goals on a beginning of pitch .
- Players No : 12 players .
- Phase of play : 5 players plus a GK x 6 players .
- Attacking team formation 2 – 3 .
- Defending team formation 4 -2 .
- Attacking team score in one of 3 mini goals .
- defending team when they win the ball try to score in a big goal .

**Key factors**

- Communication .
- Maintaining of position .
- Move as a unit .
- Marking
- Cover teammate .
- Close space .
- Face a player with ball .
- Attack the ball .

## MODULE: 2

## Practice 1

**Defence working with mid –field players in low zone****Organization**

- Playing area : 45 x 50 yards .
- Players No : 15 players .
- Phase of play : 6 players plus a feeder x 8 players plus GK .
- Attacking team formation 3 – 3 .
- Defending team formation 4 – 4 .
- Attacking team score in a big goal .
- defending team when they win the ball try to score in one of 2 mini goals .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Cover teammate .
- Close space .
- Face a player with ball .
- Attack the ball .



## MODULE: 2

## Practice 2

**Defence working with mid –field in midfield zone****Organization**

- Playing area : mid third with 2 big gates and 2 mini goals .
- Players No : 14 players plus a feeder .
- Phase of play : 6 players plus a feeder X 8 players .
- Attacking team formation 3 -3 .
- Defending team formation 4 – 4 .
- Attacking team score in a big gates.
- defending team when they win the ball try to score in one of 2 mini goals .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Cover teammate .
- Close space .
- Face a player with ball .
- Attack the ball .

## MODULE: 2

## Practice 2

## Defence working with mid –field

In attacking half

**Organization**

- Playing area : half full size pitch with 3 mini goals .
- Players No : 19 players plus a feeder .
- Phase of play : 8 players plus GK X 10 players .
- Attacking team formation 4 – 3 – 1 .
- Defending team formation 4 – 3 – 3 .
- Attacking team score in one of 3 mini goals .
- defending team when they win the ball try to score in a big goal .

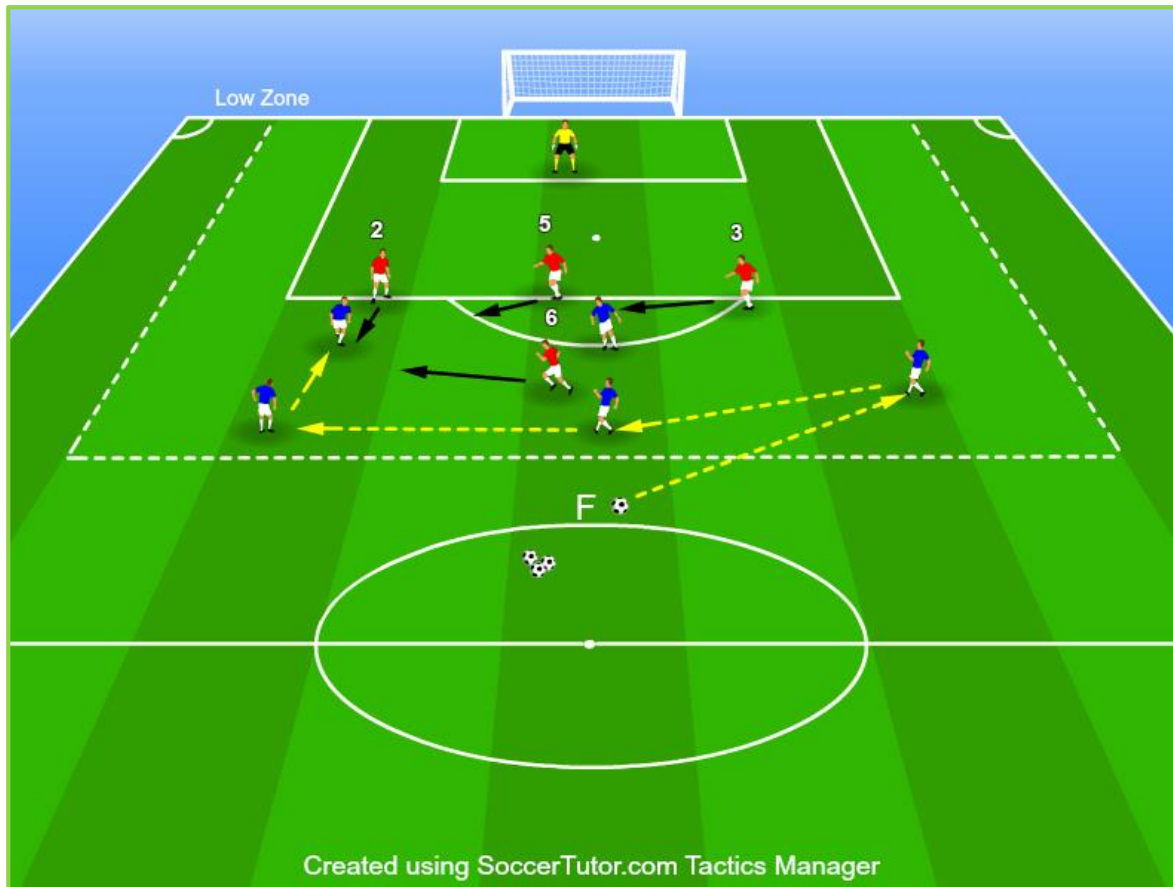
**Key factors**

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Cover teammate .
- Close space .
- Face a player with ball .
- Attack the ball .

## Back three defending

## Practice 3

## In defending zone



### Organization

- Playing 30 x 45 yards .
- Players No : 9 players plus a GK and feeder .
- Phase of play : play 5 plus a feeder x 4 players plus a GK .
- The feeder starting play .
- Attacking team formation 3 – 2 .
- Defending team formation 3 – 1 .
- Attacking team score in a big gates .
- defending team score by deliver the ball to the feeder .

#### Key factors

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Player No 5 cover teammate .
- Body block .
- Close space .
- Face a player with ball .
- Attack the ball .



## MODULE: 2

## Practice 1

**Back three defending**

In midfield zone

**Organization**

- Playing : attacking third
- Players No : 12 players plus a GK and feeder .
- Phase of play : play 6 plus a feeder x 6 players plus a GK .
- The feeder starting play .
- Attacking team formation 2 – 4 .
- Defending team formation 3 – 3 .
- Attacking team score in a big goal .
- defending team when they win the ball score in a big gate .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Player No 5 cover teammate .
- Body block .
- Close space .
- Face a player with ball .
- Attack the ball .

## MODULE: 2

## Practice 2

**Back three defending**

In attacking half

**Organization**

- Playing : attacking half .
- Players No : 16 players plus 2 GK .
- Phase of play : play 8 plus the GK x 8 players plus the GK .
- Attacking team formation 4 – 2 – 2 .
- Defending team formation 3 – 5 .
- The feeder starting play .
- Attacking team score in a big goal .
- defending team when they win the ball score in a big goal .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Player No 5 cover teammate .
- Body block .
- Close space .
- Face a player with ball .
- Attack the ball .

## MODULE: 2

## Defending – marking – covering

## Practice 1

## And tracking



## Organization

- Playing : 45 x 50 yards .
- Players No : 11 players plus a GK and a feeder .
- Phase of play : play 5 x 5 players plus the GK .
- Attacking team formation 3 - 2 .
- Defending team formation 4 – 2 .
- Attacking team score in a big goal .
- defending team when they win the ball score by cross the line .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Central defenders cover teammate .
- Body block .
- Close space .
- Face a player with ball .
- Attack the ball .
- Win the ball .

## MODULE: 2

## Practice 2

**Defending – marking – covering****And tracking****Organization**

- Playing : 45 x 50 yards .
- Players No : 11 players plus a GK .
- Phase of play : play 5 x 5 players plus the GK .
- Attacking team formation 3 - 3 .
- Defending team formation 4 – 2 .
- Attacking team score in a big goal .
- defending team when they win the ball score in one of 2 small goals .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Central defenders cover teammate .
- Body block .
- Close space .
- Face a player with ball .
- Attack the ball .
- Win the ball .

## MODULE: 2

## Defending – marking – covering

## Practice 3

## And tracking

**Organization**

- Playing : 65 X 60 yards .
- Players No : 21 players plus a feeder
- Phase of play : play 10 plus a feeder x 11 players .
- Both teams formation 4 – 4 – 2 .
- Attacking team score in a big goal .
- defending team when they win the ball score in one of 2 mini goals .

**Key factors**

- Communication .
- Contact with goalkeeper .
- Maintaining of position .
- Move as a unit .
- Marking
- Central defenders cover teammate .
- Body block .
- Close space .
- Face a player with ball .
- Attack the ball .
- Win the ball .



## MODULE: 3

## Play out from Defensive Third

Practice: 1

Passing Out from the Back Within

Position Specific Zones (6 v 6)



### Organization

- Playing area : 65 x 60 yards .
- Players No : 13 players .
- Phase of play : 6 x 5 .
- We mark out five 2 x 2 yard squares .
- We have 4 red defenders and the defensive midfielder (6) who plays against 5 white attackers (4-1 formation) who press to win the ball.
- The red team aim to build up play and then score in the large goal past the goalkeeper. Before being allowed to shoot, the red defensive midfielder must touch the ball at least once.
- The defenders must receive the ball within their specific square after they can then move out and play.
- The attacking team (white) are not allowed to enter the squares, but can attempt to win the ball as soon as the defender or defensive midfielder leaves the square.

### Objective

To practice passing out from the back within fixed positional roles.

### Key factor :

- The players must use an open body shape, receive with the back foot and have their heads up to see the next pass .
- quality of pass .      - switching play      - finishing

MODULE: 3

Practice : 2

## Playing Out From the Defending Third



### Organization

- Playing area : 3 quarter with 2 mini goals on the end of line .
- Players No : 17 players plus GK
- Phase of play 9 plus Gk x 9 players .
- Attacking team phase 4 – 3 – 2 .
- Defending team 4 - 3 - 1 .
- Start playing from GK that he passes the ball to one of center back players or full back and support from back .
- Attacking team try to score on one of 2 mini goals .
- Defending team when they win the ball score on a big goal .

### Key factors

- Spreading out .
- Run of the Player .
- Path of the ball .
- Players No 05 04 & 03 drop off to create space for the switch of play .
- Player No 06 holding position .
- Players Nos 09 & 10 create intelligent movement .
- Quality of pass .
- Change position .
- Support player has ball .
- Finishing .

## MODULE: 3

## Practice : 2

**Playing Out From the Defending Third****Organization**

- Playing area : 70 x 60 with 2 mini goals on the end of the line .
- Players No : 16 players plus GK
- Phase of play 9 layers plus a Gk x 8 players .
- Attacking team formation 4 – 3 – 1 .
- Defending team formation 3 – 3 – 1 .
- Start playing from GK that he passes the ball to one of center back players and support from back .
- Attacking team try to score on one of 2 mini goals .
- Defending team when they win the ball score on a big goal .

**Key factors**

- Spreading out .
- Run of the Player
- Path of the ball
- Players No 05 04 & 03 drop off to create space for the switch of play
- Player No 08 supports in midfield
- Player No 06 holding position
- Players Nos 09 & 010 create intelligent movement
- Quality of pass .
- Change position .
- Support player has ball .
- Finishing .

## MODULE: 3

## Practice: 1

**Playing Out From the Defending Third****Organization**

- Playing area : 2 third area with 2 mini goals on the end of line .
- Players No : 16 players plus GK .
- Phase of play : 9 plus GK x 8 players .
- Attacking team formation 4 – 3 – 2 .
- Defending team formation 4 – 3 – 1 .
- Attacking team start play from GK and try to build up to reach opponent area and score in one of mini goals .
- Defending when they win the ball they can score on a big goal .

**Key factors**

- Spreading out .
- Path of the ball .
- When the GK has the ball, the whole team creates space ready to receive high and wide .
- Creates space to receive
- Use width and length .
- Play forward .
- switching play.
- supports in midfield .
- Finishing .





## MODULE: 3

## Practice 1

## Central defenders passing to Strikers

**Organization**

- Playing area : 40 X 40 yards with 2 mannequins .
- Players No : 4 players plus GK and feeder .
- Attacking team start play by a feeder .
- Players No 4 and 5 play a types of balls to the strikers players No 9 and 10 .
- The strikers finish in the goal .

**Key factors**

Vision .

- Path of the ball .
- Creates space to receive the balls .
- Play forward .
- Finishing .





## MODULE: 3

## Practice 2

## Central defenders passing to Strikers

**Organization**

- Playing area : 55 X 40 yards with 3 mannequins .
- Players No : 7 players plus GK and a feeder .
- Phase of play : 5 players plus a feeder X 2 players plus GK .
- We use 3 mannequins with a defender team .
- Attacking team start play by a feeder .
- Players No 4 and 5 play a types of balls to the strikers players No 9 and 10 .
- The strikers finish in the goal .

**Key factors**

Vision .

- Path of the ball .
- Creates space to receive the balls .
- Play forward .
- Finishing .

## MODULE: 3

## Practice 3

## Central defenders passing to Strikers

**Organization**

- Playing area : 55 X 40 yards with 3 mannequins and 2 mini goals on the end of pitch .
- Players No : 10 players plus a GK and a feeder .
- Phase of play : 7 players X 4 players plus GK
- Attacking team start play by a feeder .
- Players No 4 and 5 play a types of balls to the strikers players No 9 and 10 .
- The strikers finish in the goal .
- Defending team when they intercept the try score in one of 2 mini goals .

**Key factors**

Vision .

- Path of the ball .
- Creates space to receive the balls .
- Change position .
- Play forward .
- Finishing .

## MODULE: 3

## Practice 4

## Central defenders passing to Strikers

**Organization**

- Playing area : 55 X 50 yards with 2 mini goals on the end of pitch .
- Players No : 14 players plus GK and a feeder .
- Phase of play : 8 players X 6 players plus GK .
- Attacking team formation 4 – 2 – 2 .
- Defending team formation 3 – 3 .
- Attacking team start play by a feeder .
- Players No 4 and 5 play a types of balls to the strikers players No 9 and 10 .
- The strikers finish in the goal .
- Defending team when they intercept the try score in one of 2 mini goals .

**Key factors**

Vision .

- Path of the ball .
- Creates space to receive the balls .
- Change position .
- Play forward .
- Finishing .

## MODULE: 3

Practice : 1     **Three Central Defenders Playing Out From The Back****Organization**

- Playing area : the defending third area .
- Players No : 6 players .
- Gk starting play to the fullback player No 2 .
- The players passes the ball between the mannequins and deliver it to a feeder player in the new position that he move it .
- feeders players should change position from time to time .

**Key factors**

- Vision .
- Path of the ball .
- Quality of pass .
- Creates space to receive the balls .
- Change position .
- Finishing .

## MODULE: 3

Practice : 2     **Three Central Defenders Playing Out From The Back****Organization**

- Playing area : half of full size pitch with 6 mannequins and 3 small gates .
- Players No : 8 players plus a GK .
- Team formation is 3 – 5 .
- GK starting play by passes the ball to the fullback player No 2 .
- The team try to play the ball between the mannequins and the finish after 6 – 7 passes in one of 3 mini goals .

**Key factors**

- Vision .
- Path of the ball .
- Quality of pass .
- Creates space to receive the balls .
- Change position .
- Finishing .



## MODULE: 3

Practice : 3 **Three Central Defenders Playing Out From The Back****Organization**

- Playing area : half of full size pitch with 2 big gates .
- Players No : 17 players .
- Attacking team formation is 3 – 5 - 2 .
- Defending team formation is 3 – 3 .
- GK starting play by passes the ball to the right central back player No 4 .
- The team try to keep the ball and score after 6 – 7 passes in one of 2 gates .
- Defending team when they win the ball try to score in a big goal .

**Key factors**

- Vision .
- Communication .
- Quality of pass .
- Play forward .
- Creates space to receive the balls .
- Change position .
- Finishing .

## MODULE: 3

Practice : 4 **Three Central Defenders Playing Out From The Back****Organization**

- Playing area : 65 X 55 yards .
- Players No : 21 players .
- Attacking team formation is 3 – 5 - 2 .
- Defending team formation is 4 – 4 - 2 .
- GK starting play by passes the ball to the right central back player No 4 .
- The team try to keep the ball and score after 6 – 7 passes in one of 3 gates .
- Defending team when they win the ball try to score in a big goal .

**Key factors**

- Vision .
- Communication .
- Quality of pass .
- Play forward .
- Creates space to receive the balls .
- Change position .
- Finishing .

## MODULE : 3

Practice 1 **Full Back play - attack Rotating movements with inverted full backs**

In a passing rotation practice

**Organization**

- Playing area 50 x 55 yards with 6 mannequins .
- Players No 10 players .
- There are 2 groups of 5 players who all start positioned on the blue cones , The groups work simultaneously .
- The centre backs 14 , 30 start the practice by playing a 1 , 2 combination with inverted full back 18 , 2
- Rotation as soon the return pass is made the attacking midfielder 21 , 17 start to drop back . This action is the trigger for the players to start the rotation as the full backs 14 , 30 passes to defensive midfielders 8 , 25 who plays a first time inside to the attacking midfielder 21 , 7 who drop back .
- The attacking midfielders 21 , 17 receives and passes forward to the wingers 19 , 7 who plays the first time pass back to defensive midfielders 8 , 25 he then directs the ball back to the centre back 14 , 30 in the starting position .

**Key factors**

- The attacking midfielders triggers the rotation .
- Well – timed synchronised movements .
- High speed passing – 1 or 2 touches .

## MODULE: 3

## Practice 2

**Full Back play - attack**

Rotating movements with inverted full backs in 2

Simultaneous dynamic games

**Organization**

- Playing area 40 x 55 yards with 2 big goals on the beginning of pitch and 2 mini goals on the end of pitch .
- Players No 20 plus 2 GKs and 2 feeders .
- We divided the pitch for 2 zone .
- Phase of play 5 x 4 plus GK in each zone .
- Feeder starting play to center back that he plays to midfield player than to that he play in space to full back .
- Feeders not allowed to join in play .
- Full back has 2 options , can play a square pass or shoot direct on ball .
- Defending team when they win the ball has at most 5 passes to score in a mini goal .
- The 2 groups start at the same time .

**Key factors**

- Awareness .
- Players movement in space .
- Quality of pass .
- Play 2 touches .
- Play at a high tempo .
- Timing
- Finishing .

## MODULE: 3

## Practice 2

**Full backs – attack**

Opposing centre back is too far away the track runs in behind

full back makes underlapping run to receive

**Organization**

- Playing area 40 x 50 yards with 2 small goals on the beginning of pitch .
- Players No 10 plus a GK and a feeders .
- Phase of play 5 x 4 plus GK .
- Attacking team formation 3 – 1 – 1 .
- Defending team formation 2 – 2 .
- Feeder starting play to canter back that he plays to one of full backs players .
- Feeders not allowed to join in play .
- Full back has 2 options , can play a square pass or shoot direct on ball .
- Attacking team try to score in a big goal .
- Defending team when they win the ball has at most 5 passes to score in one of 2 mini goals .

**Key factors**

- Awareness .
- Players movement in space .
- Quality of pass .
- Play 2 touches .
- Play at a high tempo .
- Timing
- Finishing .



## MODULE: 3

## Practice 3

**Full backs – attack**

Opposition centre back is too far away to track runs in behind :

Full back makes underlapping run to receive

**Organization :**

- Playing area 65 x 60 yards .
- playing No 21 players plus feeder .
- if the opposition centre back red No 5 was too far away to control the movement of full back No 2 or he decided to stay in central position to defend a potential cross , then player No 2 would make an underlapping run .
- starting play from a feeder .
- both teams formation 4 – 4 – 2 .
- Defending team formation 3 – 5 .
- Attacking team try to score in a big goal .
- Defender team try to score in one of 2 big goals .

**key factor**

- play fast .
- pass timed .
- use the space .
- follow the square pass .
- finishing .

## MODULE: 3

## practice 1

## Playing Through the Midfield

**Organization**

- Playing area : 40 x 30 yards with 4 mini goals .
- Players No : 12 players plus a coach player .
- Phase of play 4 + 2 X 4 + 2
- Both team play with diamond shape .
- Team has ball should pass the ball to one of 2 strikers .
- The striker should score in the goal by one touch .
- Team has score should start play again .
- Players should change position .

**Key factors**

Communication .

- Keep possession .
- support player has ball .
- Use a vertical and a diagonal pass .
- Change position .
- Finishing .

## MODULE: 3

## practice 1

## Playing Through the Midfield

**Organization**

- Playing area : 65 x 60 yards with 6 mannequins .
- Players No : 10 players plus a GK and 2 feeders .
- Attacking team play x 6 mannequins plus a GK .
- Attacking team try to pass the ball throw midfielders players .
- players in midfield third try to do a play by.

**Key factors**

- Communication .
- Spreading out .
- support player has ball .
- Ball circulating .
- Consolidation .
- Use a vertical and a diagonal pass .
- Change position .
- Finishing .

## MODULE: 3

## practice 2 :

**Playing Through the Midfield**

## Organization

- Playing area : 2 third pitch with 2 mini goals on the end of line .
- Players No : 17 players plus target player .
- The blue team formation 4 – 3 – 1 .
- The red team 3-3-2 .
- The target player (T) can be used for both teams to recycle the ball and keep the game flowing .
- The attacking team can score by passing to the target player or score in the gates .
- The start point that player No 5 play pass but over hits the pass which goes through to the keeper .
- The game starts with the GK having the ball .
- The blue team should move the ball throw the lines to score a goal .

**Key factors**

Communication .

- Spreading out .
- Ball circulating .
- Change position .
- Support teammate .
- Use a vertical pass .
- Change position .
- Finishing .

## MODULE: 3

## Playing Through the Midfield

### Passing Through the Midfield

Practice : 3

### Line 3 Zone Possession Game



#### Organization

- Playing area : 50 x 40 yards with 3 zones the first and third size ( 20 x 40 ) and the second is ( 10 x 40 ) with 4 mannequins .
- Players No : 14 players plus a coach player .
- Phase of play : 6 + 2 NP x 6 .
- Both teams have 3 lines and consist of 3 defenders and 2 NPs as a midfielders and 3 attackers .
- The coach is began play that he passes to one team to start play .
- Play normal but should pass the ball through a midfield zone .

#### Progression

- Add 2 mini goals for the 2 side of the end of pitch .
- Play normal game ( attack and defence ) with 2 touches .

#### Key factor

- Players movement .
- Quality of passing and receiving .
- Team support .
- Good turning .
- Change position . Finishing .



## MODULE: 3

## Positional Play

Practice : 1

Positional 6 v 6 (+ 4 ) Possession Game:

Building Up Play from Back to Front



### Organization :

- Playing area : 60 x 40 yards .
  - Players No : 16 players .
  - Phase of play : play 6 + 4 NP x 6 .
  - The neutral players are the 2 centre backs (4 and 5), the defensive midfielder (6) and the striker (9).
  - Attacker team try to deliver the ball to the striker No 9 .
  - when the defending team intercept the ball should play ( 6 x 6 ) and when they score 6 passes they get ( 1 point )
  - The team that has the ball must keep possession with the help of the neutral players.
  - They should occupy their respective positions, both in attack and defence.
- Progression :
- A regular goal and a GK can be added for the attacking team to finish .

### Objective

This positional game gives us continuous depth (playing forwards) in both the defensive and attacking phases.

### Key factor

- quality of pass .
- support player has ball .
- switching play .
- finishing .

## MODULE 3

## Practice 1

## Positional play 7 + 3 x 7



## Organization

- Playing area : 40 X 40 yards .
- Players No 17 players .
- Both teams in possession play with 4 – 3 – 3 formation .
- Feeder starting play .
- Team in possession try to keep the ball and maintaining position .
- Team in defence aspect try to intercept the ball and restart play .

## Progression

- Extended the area in length .
- Add 2 mini goals on the ended of the 2 lines .
- Play with 2 touches .

## Key factor

- Awareness .
- Quality of pass .
- Play and support .
- Keep possession .
- Communication .
- Team support .

MODULE: 3

Practice1 - A

## Wing play



### Organization

- Playing area : half of full size pitch with 8 mannequins .
- Players No : 6 players plus Gk plus feeder .
- ( in diagram 1 )
- The feeder starting play with passes the ball to the midfielder player No 8 that he passes to player No 6 than he play it to the right wing No 7 that he play with him a wall pass to skip the 2 mannequins on flanks and cross to forward players to finish .
- ( In diagram 2 )
- The feeder starting play with passes the ball to the midfielder player No 6 that he passes to player No 8 than he play it to the left wing No 11 and support him by do overlap on him.
- Player No 11 passes the ball to him in space to player No 8 that he cross to forward players to finish

### Progression

- Play fast with 2 touches .

### Practice : 1 - B



### Key factor

- Awareness .
- Quality of pass .
- Play and support .
- Timing .
- Keep possession .
- Communication .
- Team support .

## MODULE: 3

## Wing play

## Practice 2



### Organization

- Playing area : 55 X 50 yards with 6 mannequins .
- Players No : 9 players plus Gk .
- Starting play from the central midfielder No 5 that he passes the ball to midfielder player no 6 that he passes to player No 8 .
- Player No 8 plays a long pass behind mannequins to the right wing No 7 , that he cross it to the forward players .

### Progression

- Play fast with 2 touches .

### Key factor

- Awareness .
- Pass accuracy .
- Quality of pass .
- Play and support .
- Keep possession .
- Communication .
- Team support .



## MODULE: 3

## Wing play

## Practice : 3



## Organization

- Playing area : half of full size pitch .
- Players No : 11 players plus Gk and feeder .
- Starting play from a feeder that he passes to the midfielder player No 8 that he play it to player No 6 .
- Player No 6 plays a vertical pass to the striker player No 10 , that he return the ball back to midfielder player no 8 that he plays a long ball to the right winger No 7 .
- Player No 8 plays a long pass behind mannequins to the right wing No 7 , that he crosses it to the forward players .
- GK and defenders play passive .

## Progression

- GK and defenders play active .

## Key factor

- Awareness .
- Pass accuracy .
- Quality of pass .
- Play and support .
- Keep possession .
- Communication .
- Quality of crosses .
- Finishing .

## MODULE: 3

## Practice : 4

**Wing play****Organization**

- Playing area : 75 x 60 yards with 2 mini goals on the end of pitch .
- Players No : 18 players plus Gk .
- Attacking team formation it is 4 – 4 – 2 .
- Defending team formation it is 4 – 3 – 1 .
- Starting play from a feeder that he passes to the attacking team that they should attack from flanks and score in a big goal .
- Attacking team score in a big goal .
- Defending team when they intercept the ball try to score in one of a 2 mini goals .

**Key factor**

- Awareness .
- Pass accuracy .
- Ball circulating .
- Quality of pass .
- Play and support .
- Keep possession .
- Communication .
- Quality of crosses .
- Finishing .

## MODULE: 3

## Wing Play

### Practice: 4    Creating Space for the Wingers in a Dynamic 2 Zone SSG



#### Organization

- Playing area : 50 x 45 yards with 2 mini on a beginning of line pitch .
- Players No : 14 players plus a feeder .
- A feeder starting play .
- Attacking team formation ( 4 – 1 – 3 ) .
- Defending team formation ( 3 – 3 ) .
- Attacking try to score by using the flanks and create space on wing and exploit it .
- Defending team when they win the ball they have to deliver the ball to a feeder after 5 passes and they get ( 1 point ) .

#### Progression

- Play in first zone with 2 touches .

#### Key factor

- Quality of pass .
- Ball possession .
- Exploit space .
- Change a ball direction .
- Communication .
- Change position .
- Finishing .

## MODULE: 3

## Wing Play

## Practice: 5

**Organization**

- Playing area : 3 quarter pitch .
- Players No : 18 players plus a feeder .
- both teams formation ( 4 – 4 – 2 ) .
- team that score from cross get 2 points .

**Progression**

- Play with 2 touches .

**Key factor**

- Quality of pass .
- Ball possession .
- Exploit space .
- Change a ball direction .
- Communication .
- Change position .
- Finishing .

MODULE: 3

Practice: 1 - A

## Strikers play



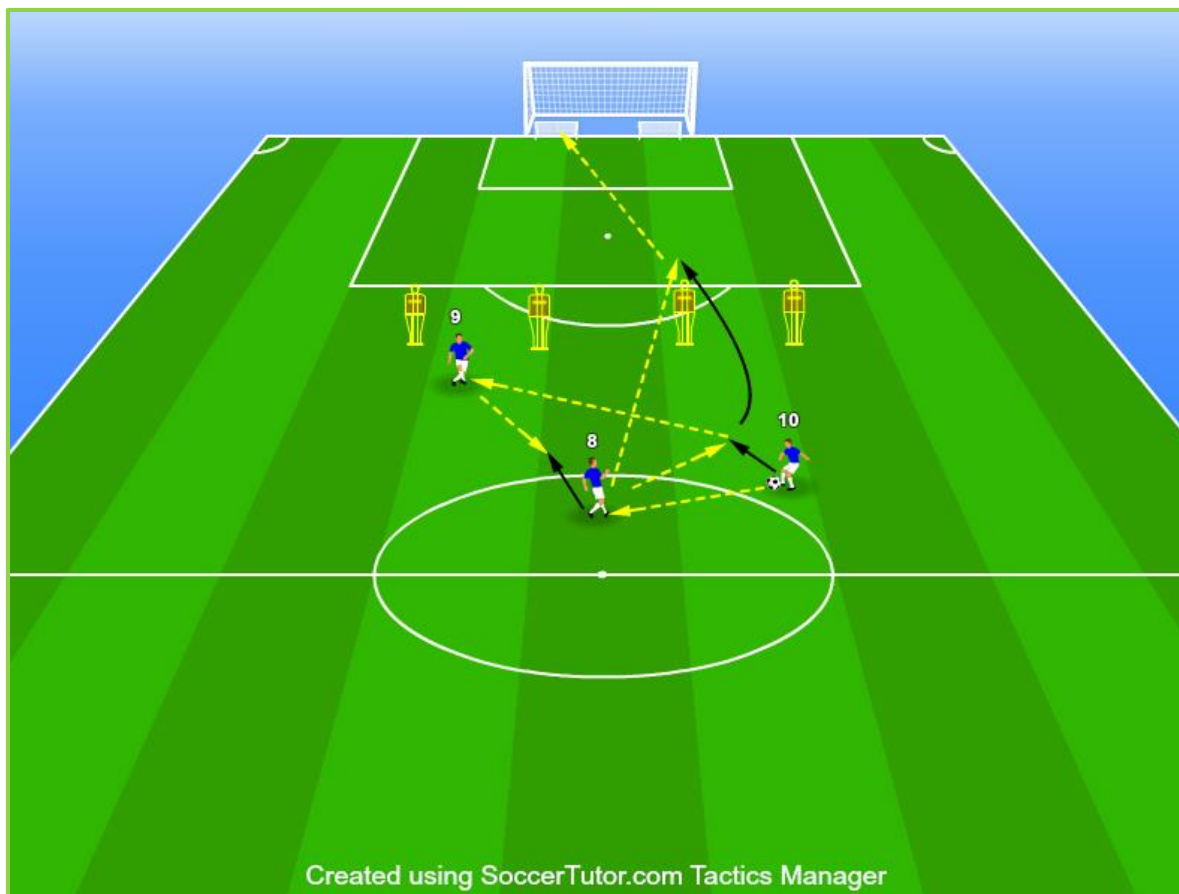
### Organization

- playing area : half pitch with 4 mannequins
- Players No : 3 players plus a Gk .
- Player No 8 starting play that he passes to second strikers No 10 than he play a throw pass to striker player No 9 .
- Striker player No 9 has to move between a mannequins and receive the ball and finish .
- In a second practice player No 10 starting play that he passes to player No 8 than he return the ball to him .
- Player No 10 passes to striker player No 9 than he lay – off to player 8 , at this moment player No 10 move and run between mannequins to receive a penetration pass from player No 8 and finish





## Practice : 1 - B

**Key factor**

- Awareness .
- Players movement .
- Pass accuracy .
- Communication .
- Timing
- Finishing .

MODULE: 3

Practice: 2

## Strikers play



### Organization

- playing area : 55 x 40 with 3 mannequins
- Players No : 4 players plus a Gk and a feeder .
- A feeder starting play that he passes to player No 8 then he passes to defensive midfielder player No 6 that he return it to him .
- Player No 8 plays it to striker player No 10 that he passes the ball to player No 9 and he play with him a wall pass to finish , or he play the ball to No 9 in space and support him .

### Key factor

- Awareness .
- Players movement .
- Pass accuracy .
- Communication .
- Timing
- Finishing .



MODULE: 3

Practice: 3

### Strikers play



#### Organization

- playing area : 40 x 40 with 1 mannequins
- Players No : 6 players plus a Gk and a feeder .
- Phase of play 4 x 2 .
- A feeder starting play that he passes to player No 6 than he passes to attacking midfielder player No 10 .
- Player No 10 passes to player No 8 then he passes to striker player No 9 that he send and finished or he can play it in space to player no 10 to finish .
- Other players should follow the ball .

#### Key factor

- Awareness .
- Players movement .
- Pass accuracy .
- Communication .
- Timing
- Finishing .

MODULE: 3

practice : 3

## Strikers play



### Organization

- playing area : 45 x 40 with small zone in middle it is used by defensive midfielder No 6 .
- Players No : 7 players plus 2 GKS .
- Phase of play 5 plus GK x 3 plus GK .
- The GK starting play that he passes to his teammate a central defender player No 4 then he plays to player No 5 .
- Player No 5 returns the ball back to the GK then he plays a vertical pass to player No 6 , situation it is 4 x 2 .
- Player No 6 should feed the 2 strikers with balls to overcome the defender and finish in goal , situation here it is 3 x 1 plus a GK .
- Repeat it same to the second striker No 10 to finish .

### Key factor

- Awareness .
- Pass accuracy .
- collaboration play in attack zone .
- Communication .
- Timing
- Finishing .

## MODULE: 3

## Practice: 4

**Strikers play****Organization**

- playing area : 40 x 40 with small mini goals and 2 corridor on the side with 5 yards width .
- Players No : 11 players plus a Gk and a feeder .
- Phase of play 6 x 4 plus GK .
- Attacking team play with 4 – 2 formation .
- Defending team play 4 – 4 .
- The feeder starting play with a attacking team he feed them with the balls .
- The defending team when they win the ball try to score in one of mini goals .

**Key factor**

- Awareness .
- Pass accuracy .
- collaboration play in attack zone .
- Communication .
- Timing
- Finishing .



MODULE: 3

Practice: 5

## Strikers play



### Organization

- playing area : 70 x 50 with 2 big goals and 2 corridor on the side .
- Players No : 15 players plus 2 GK and a coach player .
- Phase of play 8 plus x 7 plus GK .
- Attacking team play with 2 - 4 – 2 formation .
- Defending team play 4 – 2 - 1 .
- The coach starting play to an attacking team that he feeds them with the balls .
- When the defending team win the ball they try to score on goal .

### Key factor

- Awareness .
- Vision .
- Pass accuracy .
- Communication .
- Play forward .
- collaboration play in attack zone .
- Timing
- Finishing .

## MODULE: 3

## Practice : 1

**Attacking play against compact defence****Organization**

- playing area : 55 x 50 .
- Players No : 15 players plus a GK and 2 feeders .
- Phase of play 8 players x 7 players plus GK .
- Attacking team play with 4 - 4 formation .
- Defending team play 4 – 3 .
- The feeders starting play to an attacking team that he feeds them with the balls .
- When the defending team win the ball they try to score by deliver the ball after 5 passes to one of feeders .

**Key factor**

- Awareness .
- Vision .
- Use width .
- Switching play .
- Pace of Pass with an accuracy .
- Communication .
- Change position .
- Play forward .
- collaboration play in attack zone .
- Finishing .

## MODULE: 3

## Practice : 1

## Attacking play against compact defence

**Organization**

- playing area : attacking third with 2 flanks on sides .
- Players No : 15 players plus a GK and a feeder player .
- Phase of play 8 players plus a feeder x 7 players plus GK .
- Attacking team formation 4 – 4 .
- Defending team formation 4 – 3 .
- The feeder starting play to an attacking team that he feeds them with the balls .
- The defending team when they win the ball they try to score in one of 2 mini goal , they have at most 5 passes to score .
- Just 1 defender allowed to enter the flank .

**Key factor**

- Awareness .
- Vision .
- Use width .
- Pace of Pass with an accuracy .
- Communication .
- Create numerical advantage .
- Change position .
- Play forward .
- collaboration play in attack zone .
- Quality of cross .
- Finishing .

## MODULE: 3

## Practice : 3

**Attacking play against compact defence****Organization**

- playing area : 70 x 60 with 2 mini goals .
- Players No : 21 players plus a feeder player .
- Phase of play : 10 players plus a feeder x 11 players .
- Attacking team play 4 – 4 – 2 formation .
- defending team play with 4 – 5 - 1 formation .
- The feeder starting play to an attacking team that he feed them with the balls .
- When the defending team win the ball they try to score in one of 2 mini goal , they have at most 5 passes to score .
- Just 1 defender allowed to enter the flank .

**Key factor**

- Awareness .
- Vision .
- Use width .
- Switching play .
- Pace of Pass with an accuracy .
- Communication .
- Create numerical advantage .
- Change position .
- Play forward .
- collaboration play in attack zone .
- Quality of cross .
- Finishing .



## MODULE: 3

## Midfield dynamite

## Practice



- Phase of play : 5 X 5 plus GK .
- The coach starting play to one team .
- Team has ball can score after switching the ball to other half pitch .
- Players have the ball must pass the ball around the area quickly to create space .
- The side without the ball must press to try to win the ball back .
- If the keeper gathers the ball or when goal is scored , immediately serve another ball into the game .

### Key factor

- Vision .
- Pass accuracy .
- Communication .
- Change position .
- Play forward .
- collaboration play in attack zone .
- Finishing .

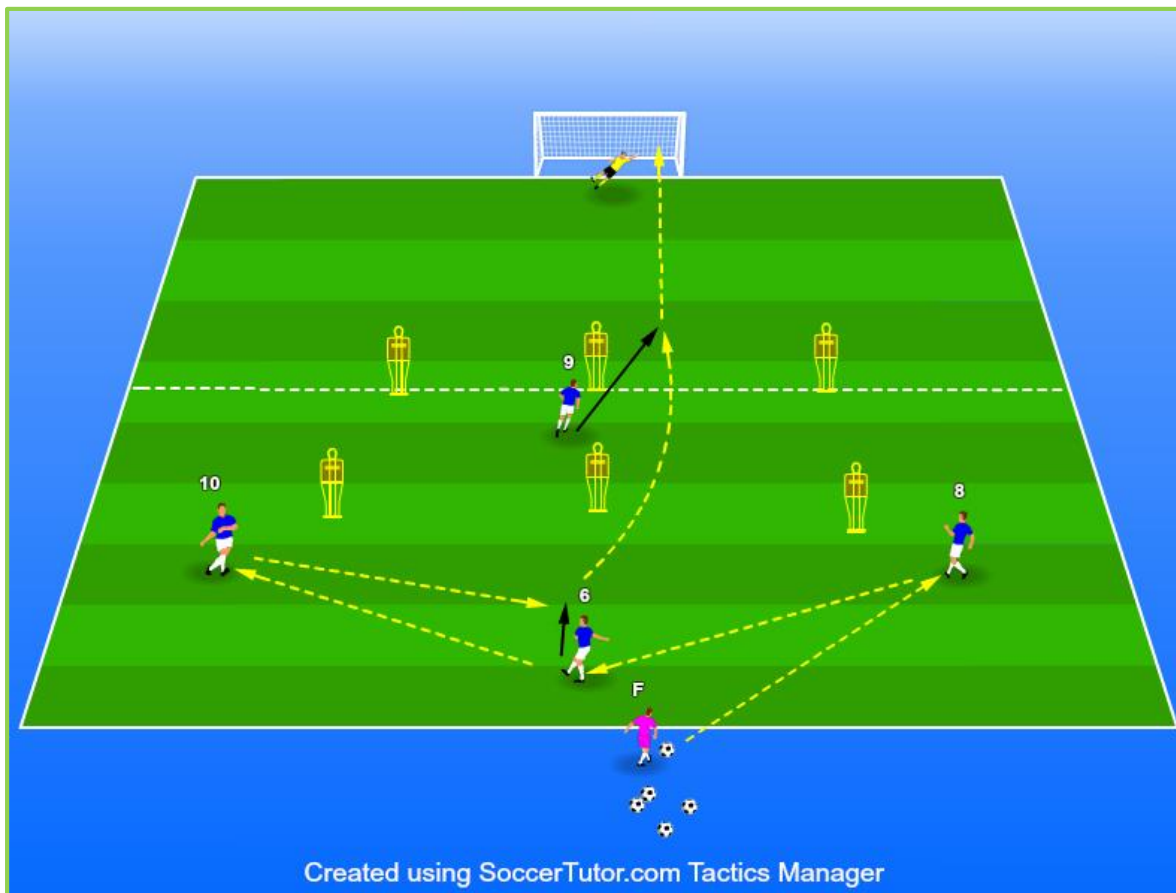


## MODULE: 3

## Midfield players support

Practice: 1

Play and passing positively



### Organization

- playing area : 40 x 40 with a big goal and 5 mannequins .
- Players No : 4 players plus a feeder .
- Phase of play : 4 players x 5 mannequins plus GK .
- Attacking team play with 3 – 1 formation .
- The feeder starting play to an attacking team that he feeds them with the balls .
- The defending team when they win the ball try to score on goal .
- Midfielders players move the ball and pass it to striker player and follow the ball .

#### Key factor

- Awareness .
- Vision .
- Pass accuracy .
- Communication .
- Timing
- Change position .
- Play forward .
- collaboration play in attack zone .
- Finishing .

## MODULE: 3

## Midfield players support

Practice: 2

Play and passing positively



### Organization

- playing area : 40 x 40 with 2 big goal and 5 mannequins .
- Players No : 4 players plus a Gk and a feeder .
- Phase of play 4 players x 5 mannequins plus GK .
- Attacking team play with 3 – 1 formation .
- The feeder starting play to an attacking team that he feeds them with the balls .
- When the defending team win the ball they try to score on goal .
- Midfielders players move the ball and pass it to striker player and follow the ball .

### Key factor

- Awareness .
- Vision .
- Pass accuracy .
- Communication .
- Timing
- Change position .
- Play forward .
- collaboration play in attack zone .
- Finishing .

## MODULE: 3

## Midfield players support

Practice: 3

Play and passing positively



### Organization

- playing area : 45 x 50 with 2 mini goal in the beginning of the zone .
- Players No : 14 players plus a Gk and a feeder .
- Phase of play 8 x 6 plus GK .
- Attacking team play with 3 – 2 - 3 formation .
- Defending team play 4 – 2 .
- The feeder starting play to an attacking team that he feed them with the balls .
- When the defending team win the ball they try to score on one of 2 mini goals .
- Midfielders players move the ball and pass it to striker player and follow the ball .

#### Key factor

- Awareness .
- Vision .
- Pass accuracy .
- Communication .
- Timing
- Change position .
- Play forward .
- collaboration play in attack zone .
- Finishing .

MODULE: 3

Practice: 1

## Building up attack

Building up Play from Back



### Organization :

- playing area : 2 third of full pitch .
- Players No : 11 players .
- GK starting play .
- We should play 6 – 7 passes before we move the ball to second half of the pitch and finish by crossing one of a big gates on the end line .

### Progression

- Add 6 defenders in 2 lines with shape ( 3 -3 ) each 3 play in one half .
- The defenders starts passive then active .
- When the defenders team win the ball they can score in a big goal .

### Key factor

- Awareness .
- Spreading out .
- Players movement .
- Communication .
- Create and use space .
- Support player in possession .

MODULE: 3

Practice: 2

## Building up Attack

Building Up from the Back with  
Interplay in Specific Zones on the Pitch



### Organization

- Playing area : 55 x 50 yards with 2 mini goals on the
- Players No : 9 players plus GK .
- Phase of play 5 plus Gk X 4 players .
- attacking team consists of 6 players ( goalkeeper, 2 centre backs, 2 full backs and 1 defensive ) midfielder and they can score in mini goals .
- The defending team consists of 4 players (1 striker, 1 attacking midfielder and 2 wingers) and they can score in a big goal .

**Objective** :We work on the interplay and connection between the defence and the defensive midfielder, and the connection between the full back and winger - circulating the ball through these two zones.

### Key factor

- Quality of pass .
- Use Gk .
- Communication .
- Players movement .
- Finishing .



## MODULE: 3

## Building up attack

Practice : 3

Building Up Play in a 6 Zone 9 v 9 Small Sided Game



### Organization

- Playing area : half pitch with 2 regular goal .
- Players No : 18 players .
- We divide the pitch into 6 zones
- Phase of play 8 x 8 plus 2 GKs .
- Each team has 8 outfield players and 1 goalkeeper .
- One team starts with the ball and before they are allowed to try and score, the ball must be played through all 3 zones in the defensive half before being able to progress into the opposition's half
- where again the team in possession have to play the ball through all 3 zones before attempting to score in the goal.

**Objective :** To develop possession play with intelligent tactical movement and explosive physical movements (acceleration).

**Progression**

- play in flank 2 x 2 .
- the ball just enter 3 zones .
- play normal game .

**Key factor**

- vision .
- Play and support .
- Play speed .
- Decision making .
- Use skills - finishing

## MODULE: 3

## Building up Attack

Practice : 4      Build – Up Play To Receive In Space And Play Forward Passes



### Organization

- Playing area : 3 quarter pitch .
- Players No : 21 players plus a feeder .
- Phase of play 10 x 11 players .
- both teams formation 4 – 4 - 2 .
- Play from back by GK and defence line and defensive midfielder No 6 .
- If the opposition press high up the pitch and their forwards (9 and 10) mark our centre backs (4 and 5) , the defensive midfielder (6) drops back , creating a flat back three.
- making sure that they do not take their markers too close to the player with the ball, diminishing his space and time.
- When the defensive midfielder (6) receives the ball, he passes to the closest midfielder (8) who then has two options:
- If there is no marker, he passes the ball straight to the full back. In some cases this might be after dribbling in his direction in order to draw his marker away and free him up).
- If he is closely marked, he passes to the centre back (5) and he can play it out wide.

**Key factor**

- Awareness .
- Use width and length .
- Ball circulating
- Keep possession
- Use space .
- Support .
- Change position    Finishing .

## MODULE: 3

## Building up Attack

Practice : 5

### Building Up Play from the Back



#### Organization

- Playing area : 3 quarter pitch with 3 mini goals on the end of the pitch .
- Players No : 21 players .
- Phase of play 11 x 10 players .
- Both teams formation ( 4 – 3 – 3 ) .
- Play from back by GK and defence line and defensive midfielder No 6 .
- If the opposition press high up the pitch and their forwards (9 and 10) mark our centre backs (4 and 5) , the defensive midfielder (6) drops back , creating a flat back three.
- making sure that they do not take their markers too close to the player with the ball, diminishing his space and time.
- When the defensive midfielder (6) receives the ball, he passes to the closest midfielder (8) who then has two options:
- If there is no marker, he passes the ball straight to the full back. In some cases this might be after dribbling in his direction in order to draw his marker away and free him up).
- If he is closely marked, he passes to the centre back (5) and he can play it out wide.

#### Key factor

- Awareness .
- Use width and length .
- Ball circulating
- Support .
- Change position
- Keep possession      - Use space .
- Finishing .



## MODULE: 3

## Building up Attack

### Practice : 5 **Building Up Play Under Pressure, Creating Space on the Flank and Crossing** in a Dynamic Zonal Practice



#### Objective

The winger creates space and the appropriate player exploits it (players must read the tactical situation).

#### Organization :

- Playing area : 2/3 of a full pitch
- Players No : 18 players plus a coach player .
- Phase of play : 10 players X 7 plus the GK and 3 mannequins .
- The 4 blue players play against the 3 red forwards inside the yellow low zone
- . The blue full backs can move out of their areas and drop back in order to provide support to their teammates, while the centre forward must adjust his positioning according to No.10.
- The aim of the blue players inside the low zone is to find a way either to pass the ball from within the high part area to the full backs or dribble the ball into the red zone.
- As soon as this takes place, the winger on the strong side drops back to create space while his marker follows him.

The red defenders try to prevent the blues from scoring. If the reds win possession inside the low zone, they try to dribble the ball through the end line.

#### Restrictions

1. The red full backs must follow their opponents' movements, but the red centre backs are not allowed to enter the light blue areas.
2. The blue players must receive the ball within their area before dribbling outside of them.

**Variation**

The blue players have to complete at least 3-4 passes before they pass to the full back or dribble the ball through the red line.

**Key factor**

- Awareness .
- Use width and length .
- Ball circulating
- Support .
- Change position
- Keep possession

Use space .

## MODULE: 3

## Building up Attack

### Practice : 5    **Building Up Play Under Pressure, Creating Space on the Flank and Crossing in an 11 v 11 Dynamic Zonal Game**



#### Organization :

playing area : 2 third of full size pitch with 4 mannequins .

players No : 19 players .

phase of play : 11 X

- In this progression, we add a full sized goal as shown and the goalkeeper starts the practice. The two teams play 4 v 3 inside the yellow zone.
- The blue full backs can provide support to help maintain possession. One of the red midfielders can enter this area to assist his teammates.
- The aim of the blue players inside the low zone is to find a way to either pass the ball from within the high part to the full backs or dribble the ball into the red zone. As soon as this takes place, the winger on the strong side drops back to create space and his marker follows him.
- The appropriate player (No.10 in the diagram) according to the tactical situation (player on the strong side) should take advantage of the free space and cross the ball for his teammates who time their runs into the box.
- The red defenders try to prevent the yellows from scoring and if they win possession either inside or outside of the yellow zone they try to score within 8-10 seconds. The variation and the restrictions remain the same as the previous practice

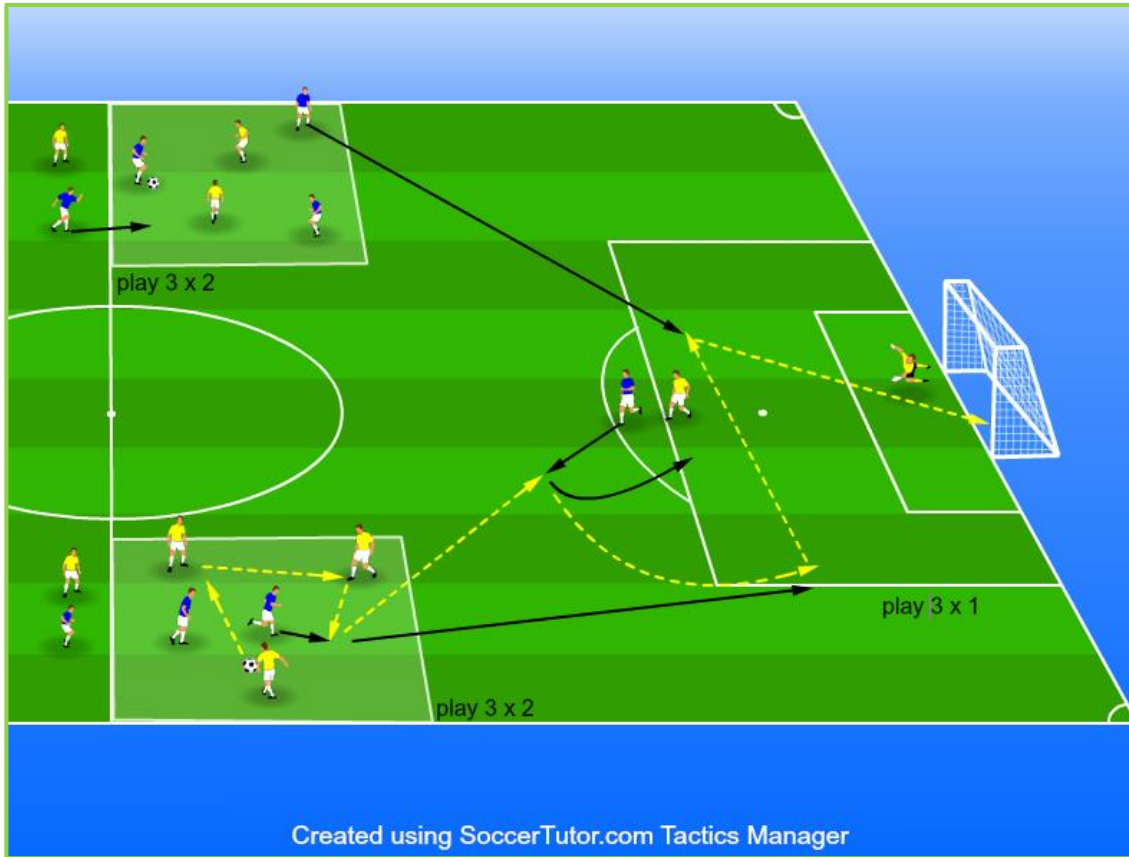
#### Key factor

- Awareness .
- Use width and length .
- Ball circulating
- Support .
- Change position
- Keep possession
- Use space .
- Finishing

## MODULE: 3

## Counter Attack 3 x 1

## Practice: 1



## Organization

- Playing area : half pitch .
- Players NO : 16 players Plus Gk .
- Phase of play : 3 x 1 .
- Starting play 3 x 2 in square in each groups .
- Defender players in the both groups when intercept the ball should start implement counter attack with a forward player .
- One player from each group join in counter attack .
- Situation it is be 3 x 1 .
- Player outside should join in square , situation be 3 X 2 .
- One of reserve player should join in group .

**Key factors**

- Ball intercept .
- Vision .
- Play forward .
- Quality of pass .
- Play fast .
- Change position .
- Finishing .

## MODULE: 3

## Counter Attack

Practice: 2

In mid third



## Organization

- Playing area : 3 quarter pitch with 2 regular goals .
- Players NO : 12 players Plus 2 Gks .
- Phase of play : 5 x 7 players .
- GK Starting play to his teammate in zone 1 .
- When the ball enters a zone 2 defending players must start their defence to cut the ball and start counter attack by deliver the ball forward to their player in zone one .
- The situation in counter attack is be 3 x 1 .
- Attacking team try to score in a big goal .

## Key factors

- Ball intercept .
- Vision .
- Play forward .
- Quality of pass .
- Play fast .
- Change position .
- Finishing .



## MODULE: 3

## Counter Attack

Practice : 3

### Winning the Ball High Up and Quick Counter Attacks in a 3 Zone 9 v 9 (+GK) Dynamic Transition Game

**Organization :**

**Playing area :** 2 third of full pitch with 3 mini goals on the end of pitch .

- we play 9 v 10 and divide the playing area into 3 zones
- The red centre backs are positioned within the dark blue zone and start by receiving from the goalkeeper.
- The red players try to find a way to pass the ball towards the 3 forwards inside the light blue zone. If the forwards manage to retain possession within this area for more than 4 seconds they score a goal. A goal is also scored after scoring in any of the 3 mini goals.
- The blue players first defend against the red team's aims, then aim to win the ball and finish their counter attack 8-10 seconds by scoring in the goal past the goalkeeper.

**Restriction**

The red team are not allowed to use long (aerial) passes.

**Key factors**

- Ball intercept .
- Vision .
- Play forward .
- Quality of pass .
- Play fast .
- Change position .
- Finishing .

MODULE: 3

Practice : 4

## Counter Attack

### Winning the Ball High Up and Quick Counter Attacks in a 3 Zone 11 v 11 Transition Game



#### Description

In this progression of the previous practice, we now play 11 v 11 and add an extra full sized goal with a goalkeeper.

The red players again aim to pass the ball to the 3 forwards inside the light blue zone and if they retain possession within this area for more than 4 seconds they score a goal.

Both teams can also score by shooting in the goals past the respective goalkeepers (the reds must again do so within 8-10 seconds of winning the ball).

#### Restriction

The red team are not allowed to use long (aerial) passes.

#### Key factors

- Ball intercept .
- Vision .
- Play forward .
- Quality of pass .
- Play fast .
- Change position .
- Finishing .

## MODULE: 3

## Practice : 2

## Switching Play



## Organization

- Playing area : 3 quarter pitch with 7 mannequins .
- Player No : 13 players plus a GK and a feeder .
- Phase of play : 10 plus feeder x 3 players and mannequins .
- The feeder began the play by passing the ball to central defender No 5 or 6 or the defensive midfielder No 6 .
- The feeder not allowed to join the play .
- Attacking team try to attack from left wing , if cannot they must switch the ball to the right side by short and quick passes .
- The right winger No 7 do space and the fullback No 2 exploit the space .

**Key factor**

- Play and support .
- patience .
- Use and exploit space .
- Use quick passes .
- Decision making .
- Use skills - finishing

## MODULE: 3

## Practice : 3

## Switching Play



## Organization

- Playing area : 3 quarter pitch with 5 mannequins .
- Player No : 13 players plus a GK and a feeder .
- Phase of play : 10 plus feeder x 3 players plus the GK .
- The feeder began the play by passing the ball to central defender No 5 or 6 or the defensive midfielder No 6 .
- The feeder not allowed to join the play .
- Attacking team try to attack from left wing , if cannot they must switch the ball to the right side by short and quick passes .
- The right winger No 7 do space and the fullback No 2 exploit the space or to return the ball back to defensive midfielder to play it behind defender line .

**Key factor**

- Play and support .
- patience .
- Use and exploit space .
- Use quick passes .
- Decision making .
- Use skills
- finishing



## Switching play

Practice: 4

### Expansive Football" 10 v 10 Eight Goal Game



#### Objective

To work on the qualities of Expansive Football by maximising the width and depth of area.

#### Organization :

- Playing area : In the area between the two penalty boxes with 8 mini goals .
- Players No : 20 players .
- we play a 10 v10 game Each team attacks 4 goals and defends the other 4 .
- Both teams have the same aim, which is to build up play, create space

and break down the other team's defence to score.

- A goal scored in the wide goals is worth 1 point and goals scored in the goals at the edge of the penalty areas are worth 2 points.

#### Key factors :

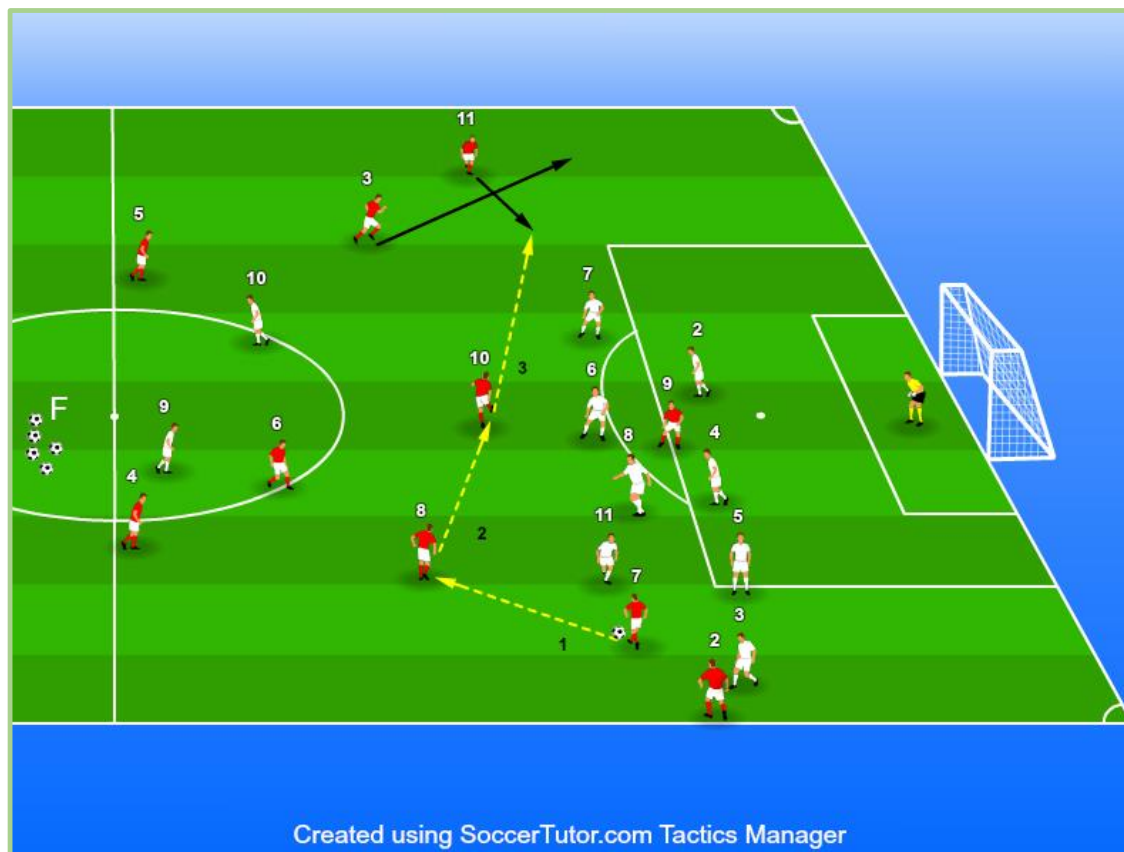
- Switching play .
- Reading play .
- Decision making .
- change position .
- Finishing .





## MODULE: 3

## Switching Play

Practice : 4      **Switching Play When the Opposition Condenses****the Space on the Flank****Organization**

- Playing area : half pitch .
- Player No : 21 players plus a feeder .
- Phase of play : 10 plus feeder x 11 .
- The feeder began the play by passing the ball to one of central defender No 5 or 6 or the defensive midfielder No 6 .
- The feeder is not allowed to join the play .
- Attacking team try to attack from right wing , if cannot they must switch the ball to the left side by short and quick passes .
- The left winger No 11 do space and the fullback exploit the space .
- The defender team when they win the ball try score by crosses the half line .

**Progression**

- Extended the area to the end of circle and put a big goal and added a Gk and play normal .

**Key factor**

- Play and support .
- patience .
- Use and exploit space .
- Use quick passes .
- Decision making .
- Use skills - finishing

## MODULE: 3

## Practice : 1

## Combination play



## Organization

- Playing area : half full size pitch .
- Player No : 4 players plus a GK and a feeder .
- We executed the practice by 4 player Nos 3 , 11 , 10 and 9 .
- The feeder began the play by passing the ball to the left midfielder No 11 .
- The feeder is not allowed to join the play .
- Player No 11 returns the ball back from the left wing to the left back No 3 than he play it to striker player that he also return it to player No 10 .
- Player No 10 use a vertical pass to player No 11 that do a cut running to receive the ball and play lay off to player No 9 to finish .

**Key factor**

- Play and support .
- Pass accuracy
- Use and exploit space .
- Use quick passes .
- Decision making .
- finishing

## MODULE: 3

## Practice : 2

**Combination play****Organization**

- Playing area : half full size pitch .
- Player No : 4 players plus a GK and a feeder .
- We executed the practice by 4 players Nos 2 , 8 , 7 and 9 .
- The feeder began the play by passing the ball to the fullback No 2 .
- The feeder not allowed to join the play .
- Player No 2 plays it to the winger No 7 that he returns it back to him in the new position , player No 2 play it in depth to striker No 9 than he returns it to player support him a midfielder No 8 .
- Player No 8 use a vertical pass in space to the fullback No 2 that he plays a square pass to player No 9 and 8 to finish .

**Key factor**

- Play and support .
- Pass accuracy
- Use and exploit space .
- Use quick passes .
- Decision making .
- finishing

## MODULE: 3

## Combination play

Practice : 3      Combination play out wide in a technical passing practice



### Objective

- Combination play out wide to break through the opponents defence

### Organization

- Playing area : 40 x 45 yards .
- Players no : 7 players .
- We have also 2 substitute players .
- Phase of play 7 players x 8 mannequins from 4 – 5 - 1 formation .
- The central defender No 5 starts passes the ball to player No 4 that he passes to defensive midfielder NO 6 than he return it back to No 5 .
- Player No 5 play on side to the left winger No 11 that he plays a wall pass with attacking midfielder No 10 and play a square pass to midfielders player Nos 10 , 8 and 7 to finish .

### Key factor

- Quality of passing and receiving .
- Players movement .
- Change position .
- Timing of play .
- Support .
- Finishing .

## MODULE: 3

## Combination play in attacking third

## Practice : 4

## Attacking Combination Play on the Flank

**Organization**

- Playing area half pitch with 6 mannequins .
- Players No : 6 players plus Gk and a feeder .
- We have 1 defensive midfielder No 6 , 2 attacking midfielders No 8 , 10 and 2 wingers 7 , 11 and 1 striker No 9 .
- The feeder coach began the play to defensive midfielder No 6 that he passes to the attacking midfielder No 10 than he return it back to him .
- Player No 6 then plays on wing to the winger No 11 that he also play to the midfielder player that he runs outside to receive the ball .
- Player No 10 has 2 option , he can plays behind the mannequin to the striker No 9 or to the winger player No 11 that he running inside to receive the ball and finish .

**Progression**

- We can do collaboration play ( wall pass , overlap and underlap ) between the wingers and an attacking midfield players .

**Key factor**

- Quality of passing and receiving .
- Players movement .
- Change position .
- Timing of play .
- Support .
- Finishing .



## MODULE: 3

## Practice : 5

**Combination play****Organization**

- Playing area : 3 quarter pitch .
- players No : 13 players plus the GK and a feeder .
- phase of play : 10 plus F x 3 plus GK + 5 mannequins .
- Attacking team formation : 4 - 3 - 3 .
- Defending team formation : 2 - 1 .
- Feeder starting play by passes the ball to player No 6 that he returns it back to central defender No 4 that he plays it to No 8 that he plays to player cut inside No 11 .
- Player No 11 return the ball to No 8 again that he plays it in space on the side to player No 3 than he plays a wall pass with No 11 that he play a square ball to forward players to finish .
- Repeat from right side .

**Key factors**

- Keep possession .
- Communication .
- Type and quality of pass .
- Support player has ball by good movement .
- Use a width .
- Support .
- Switching play .
- Penetration .
- Design making .
- Long range shoot .
- Finishing .

## MODULE: 3

## Practice : 6

**Combination play****Organization**

- Playing area : 65 x 60 with 3 mannequins .
- players No : 17 players plus the GK and a coach players .
- phase of play : 8 plus a feeder x 7 plus GK + 3 mannequins .
- Attacking team formation : 3 - 4 - 1 .
- The feeder player starting play to player No 3 the left fullback by passes the ball to him that he return it to the central defender player No 5 that he passes to the right fullback player No 2 than he play it to the right winger player No 7 that he play a wall pass with player No 8 to overcome with the left fullback opponent and cross behind a mannequins to the forward player to finish .
- Defending team when they intercept the ball they try to score directly in a one of two mini goals .
- Repeat from right side .

**Key factors**

- Keep possession .
- Communication .
- Type and quality of pass .
- Support player has ball by good movement .
- Use a width .
- Support .
- Switching play .
- Penetration .
- Design making .
- Long range shoot .
- Finishing .

## MODULE: 3

## Practice :7

**Combination play****Organization**

- Playing area : 70 x 60 with 6 mannequins .
- players No : 16 players plus the GK and a feeder .
- phase of play : 10 plus F x 6 plus a GK + 4 mannequins .
- Attacking team formation : 4 - 3 - 3 .
- Feeder starting play by passes the ball to player No 4 that he to player No 6 than he return play it to player No 5 that he play it to the fullback player No 3 .
- Player No 11 play a wall pass with player No 10 that he play a square ball to forward players to finish .
- Repeat from right side .

**Key factors**

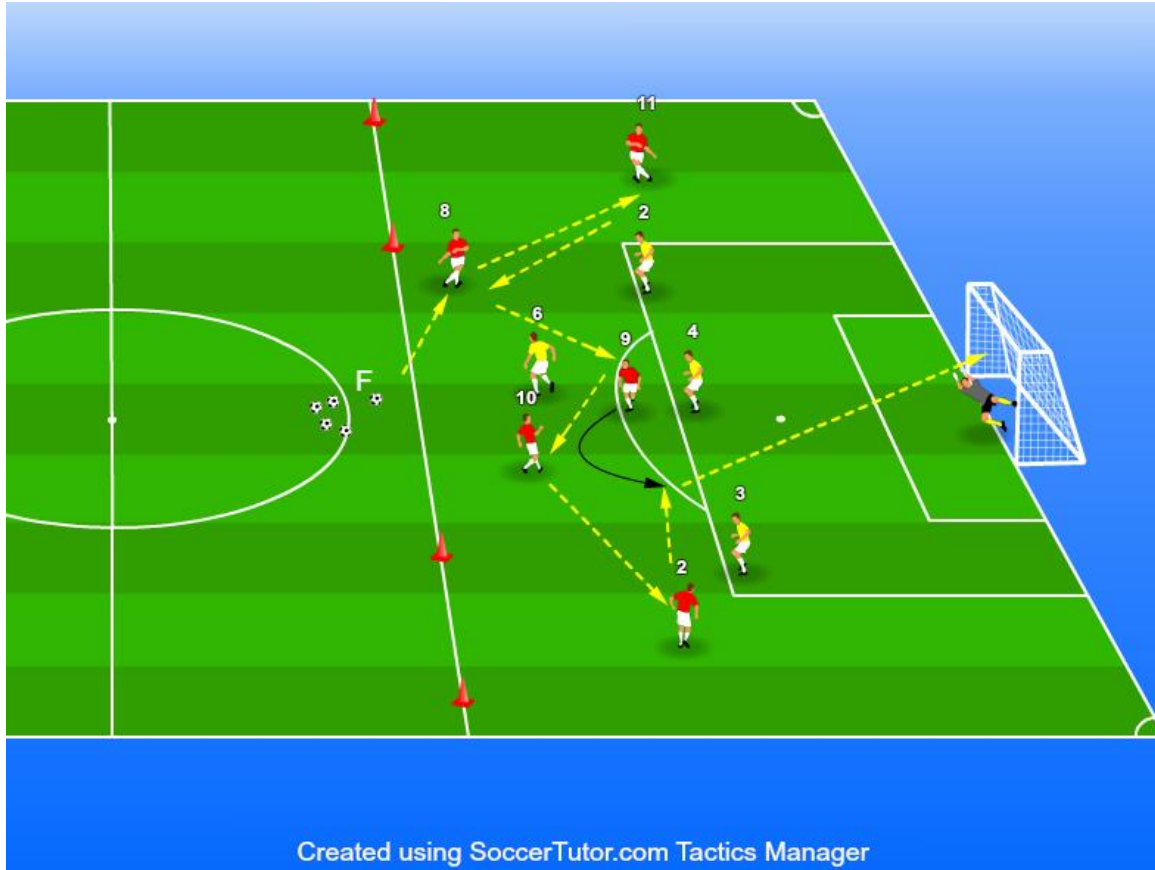
- Keep possession .
- Communication .
- Type and quality of pass .
- Support player has ball by good movement .
- Use a width .
- Support .
- Switching play .
- Penetration .
- Design making .
- Long range shoot .
- Finishing .

## MODULE: 3

## Combination play in Attacking Third

Practice : 8

play 5 x 5



### Organization

- Playing area : attacking third with 2 big gates in the beginning of zone .
- players No : 9 players plus a feeder .
- phase of play : 5 plus F x 4 plus GK .
- Attacking team formation : ( 2 – 3 ) .
- Defending team formation : ( 3 – 1 ) .
- Feeder starting play by passes the ball to attacking team .
- Feeder can support from back and not allowed to enter zone .
- Attacking team can score after 6 - 7 passes by crossing the end line of zone .
- Defending team when they gaining the ball can score in one of big gates on the side .

### Key factors

- Keep possession .
  - Communication .
  - Type and quality of pass .
  - Support player has ball by good movement .
  - Use a width .
  - Switching play .
  - Penetration .
  - Design making .
  - Long range shoot .
- Finishing



MODULE: 3

Practice : 9

## Combination play

Game 11 X 11



### Organization

- Playing area : 3 quarter pitch .
- players No : 22 players .
- phase of play : 11 X 11 .
- Attacking team formation : 4 - 3 - 3 .
- Defending team formation 4 - 4 - 2 .
- Play normal game .
- Attacking team try to score after combination play .
- Defending team win they intercept the ball try to score by counter attack .

#### Key factors

- Keep possession .
- Communication .
- Type and quality of pass .
- Support player has ball by good movement .
- Use a width .
- Support .
- Switching play .
- Penetration .
- Design making .
- Long range shoot .
- Finishing .



## MODULE: 4

## practice : 1

## Pressing game in a low zone

**Organization**

- Playing area 40 X 40 yards .
- Players No 9 players plus a feeder .
- Phase of play 4 plus a feeder x 5 players .
- Attacking team formation 1 – 3 .
- Defending team formation 3 – 2 .
- Starting play from a feeder that he pass the ball to the attacking team and support from back .
- Feeder not allowed to join with team inside area .
- Defenders players should attack the ball to win it and score .

**Key factor**

- Restrict the ball .
- Move as a unit .
- Close space .
- Go to the ball .
- Press a ball carrier and prevent a vision .
- Cover teammates .

MODULE: 4

practice : 2

## Pressing game in mid third zone



### Organization

- Playing area mid third pitch .
- Players No 12 players plus a feeder .
- Phase of play 6 plus a feeder x 6 players .
- Attacking and defending team formation 4 – 2 .
- Starting play from a feeder that he passes the ball to the attacking team and support from back
- Feeder not allowed to join with team inside area .
- Defenders players should attack the ball to win it and score .

### Key factor

- Restrict the ball .
- Move as a unit .
- Close space .
- Go to the ball .
- Players No 2 and 3 ready to join with the attacker players to press according to the ball situation
- Press a ball carrier and prevent a vision .
- Cover teammates .

## MODULE: 4

## practice : 2

## High Pressing on a side



## Organization

- Playing area 55 X 30 yards .
- Players No 13 players.
- Phase of play 5 plus a GK x 7 players .
- Attacking team formation 2 – 3 .
- Defending team formation 2 - 3 – 2 .
- Starting play from a Gk that he passes the ball to the central defender player No 4 that he has to option firstly he can pass to the fullback player No 2 and secondly he can pass to the right wing No 7 .
- Defending team start their defence at the moment that the centerback passes the ball by press as a unit .
- Attacking team get ( 1 point ) if they reach 5 passes .
- Defenders players should attack the ball to win it and score in a big goal .

### Key factor

- Restrict the ball .
- Move as a unit .
- Close space .
- Go to the ball .
- Press a ball carrier and prevent a vision .
- Cover teammates .

## MODULE: 4

## Pressing game In a high zone

practice : 3



## Organization

- Playing area attacking third .
- Players No 11 players plus a Gk .
- Phase of play 6 plus a GK x 5 players .
- Attacking team formation 4 – 2 .
- Defending team formation 3 – 2 .
- GK Starting play .
- Attacking team can score by entered one of a big gates .
- Defenders players should attack the ball to win it and score .

### Key factor

- Restrict the ball .
- Move as a unit .
- Close space .
- Go to the ball .
- Players No 9 , 7 and 11 work together as a line .
- Press a ball carrier and prevent a vision .
- Cover teammates .
- Win the ball

## MODULE 4

Practice : 4

**pressing play****High Press and Transition to Defence in a Position Specific2 Zone Game**

**Objective:** We work on pressing high and preventing long or short passes through the press.

**Organization**

- Playing area 55 x 40 yards .
- Players No 16 players .
- The red team now have 8 outfield players all inside the area in a 2-3-3 formation (from 4-3-3) .
- The white team have 7 outfield players inside the area in a 4-2-1 formation and 4 outside support players in the positions shown.
- The practice starts with the white team's goalkeeper - as soon as he passes the ball, the red team start a high press (all players move into the high zone) with the objective to block passes from the inside players to the outside players and win the ball.
- If the red team win the ball, their second objective is to try to score. If the red team lose the ball in this phase , they must remain in the high zone and make a quick transition from attack to defence.
- They revert back to the first objective - high press, block passes from the inside players to the outside players and win the ball.
- After the attack is finished or the ball goes out of play, the practice starts again with the white team's goalkeeper .

**Progression :** if a white team reached 6 passes , the 3 players outside join with team and situation be 11 X 8 .

**Key factors**

Communication .

- Near player press the ball .
- Move as a unit .
- Attack the ball .
- Reduce space .                      - Cover space .



## MODULE: 4

## Pressing game

Practice : 5

High Pressing as a Team 11 X 11



### Organization

- Playing area 65 x 60 yards .
- Players No 20 players plus a Gk .
- Phase of play 10 plus a GK x 10 players .
- Both teams play with 4 – 3 – 3 .
- GK Starting play .
- Attacking team can score by cross the a half line .
- Defenders players should attack the ball to win it and score .

#### Key factor

- Restrict the ball .
- Move as a unit .
- Close space .
- Go to the ball .
- Players No 9 , 7 and 11 work together as a line .
- Press a ball carrier and prevent a vision .
- Cover teammates .
- GK ready to cover .
- Win the ball

## MODULE 4

## Transition play

### Practice : 1

## Defending in a 4 v 4 Situation and Quick Transition to 4 v 2

## Counter Attack



**Objective:** To develop fast transitions from defence to attack.

## Organization

- Playing area 30 x 25 yards with a full size goal We have one team (blue)
- Players No ; 8 players plus 2 GKs .
- The practice starts with the yellow and white team who try to score past the blue team's goalkeeper (4 v 4 situation) .
- The objective for the blue team is to first defend and win the ball. If they are successful, they then make a Very quick transition from defence to attack against 2 players (4 v 2 situation).
- The coach calls out either 'Yellow' or White' as soon as the blues win the ball - this determines which 2 players defend the attack. The other 2 players (whites in diagram example) stand still and do not take part in the rest of the phase.
- If the ball goes out of play when the blues are defending or their yellow and white opponents score, the

Same transition happens with the coach passing in a new ball, calling out 'Yellow' or 'White' to determine which 2

players defend the attack.

## Rules

- All players have unlimited touches.



- The transition to attack (4 v 2) must be finished within 8-10 seconds.
- extended the area 10 yards in length .

**Key factor**

- Play the ball into spaces so that we attack quickly.
- Take advantage of the space and speed of movement against the defenders
- Play forward
- Communication .
- Finishing .

## MODULE 4

## Transition play

Practice : 2

Transition Play in a 4 (+3) v 4 Possession Game



**Objective:** To develop the ability to keep possession of the ball during the transition from defence to attack.

### Organization

- Playing area 20 x 12 yard .
- Players No 11 players .
- we have 2 teams of 4 players and 3 neutral players (blue).
- One team (yellow) starts inside the area with 1 neutral player.
- The other 2 neutral players move along the 2 end lines. The other team (reds) have

their players on the outsides as shown in the diagram.

- The reds and the neutral players aim to keep possession. The objective for the defenders (yellows in the diagram) is to win the ball and pass to one of the 3 neutral players
- At this point they quickly run to the outside , switching positions with the red team
  - The practice continues with the roles reversed and is continuous.
  - The outside players limited 1 touch and the neutrals are limited to 2 touches
  - If the outside players and neutral players complete 8 consecutive passes they score 1 point.

### Key factors

- Communication .
- Ball move quickly .
- Quality of pass .
- A type of passes .
- Decision making
- Players movement .
- Keep possession .

## MODULE: 4

## Transition play

### Practice : 3 Continuous Transition to Defence / Attack in a Dynamic 7 v 7 Game



#### Organization

- Playing area : 50 x 40 yards we have 3 mini goals at one end and a goal line
- Players No : 14 players
- Phase of play 7 x 7 .
- Attacking team formation ( 2 – 3 – 2 ) .
- Defending team formation ( 4 – 3 ) .
- There are 2 coaches/players on the outside with lots of footballs.
- One red player dribbles the ball from the goal line and the first objective for the red team

is to try and score in one of the 3 mini goals (1 point for either side goal & 2 points for the middle one).

- Once their attack is finished, the coach then immediately passes a new ball to the white team.
- The reds second objective is to then make a quick transition to defence, win the ball and attack for a second time (transition to attack).
- The whites aim to score by dribbling through the end goal line (or passing & receiving within it) to score 2 points.
- When the white team's attack is finished, another red player gets a new ball from the goal line and the practice continues in the same way.
- We can also apply The red team continuously defend in the first phase. A coach passes to a white player and the red team apply a high press trying to win the ball and then counter attack at pace.
- When the red counter attack is finished, the other coach passes a new ball to another white player and the reds must switch the point of their defence and apply a new high press, win the ball and launch a counter attack .



**Key factor****In defending phase**

- players movement as a unit .
- Communication .
- Restrict ball .
- Close space .
- Regain the ball .
- Maintaining shape
- Back cover .

**In attacking phase**

- Play fast .
- Communication .
- Open the pitch .
- Support .
- Use the space .
- Finishing .

MODULE: 4

Practice : 4

## Transition Play in a Directional 2 Zone

### Possession Game with Set Formations



#### Organization

- Playing area : In a 40 x 20 yards area, we divide the pitch into 2 equal grids
- We have 2 teams of 6 players (reds & yellows) and 2 neutral players (blues) who remain positioned on the middle line and play with the team in possession.
  - Out of their 6 players , each team has 2 support players positioned on the end lines .
  - Both team play with ( 3 -1 ) formation .
  - We now play a directional game in set formations.
  - Each team has the support of their outside players in their half.
- **Rules :**
  - If a team completes 8 consecutive passes = 1 point.
  - If a team manages to pass to a support player and a neutral player within the same sequence = 2 points.
  - When a team is in transition from defence to attack, all of the players on that team should move across to the other grid within 5 seconds.

**Progression**

- Play with 2 touches for player inside the circle and 1 touch for supporter player .

**Key factors**

- Communication
- Decision making
- Quick pass
- Keep possession

## MODULE 4

## Transition play

Practice : 5

Transition and Support Play in a Dynamic 3 Zone Game



Objective: To develop the ability to keep possession of the ball during the transition from defence to attack.

### Organization

- Playing area : 54 x 30 yards out 3 equal zones 30 x 18 yards each .
- Players No : 21 players
- In the low zone we have 5 reds against 5 white players.
- We also have 3 blue neutral outside players which creates a 5 v 5 (+3) situation.
- In the middle zone we start with 2 players from each team. In the high zone we also have 2 players from each team and a blue neutral player at the end.
- The practice starts with one team in possession in the low zone (whites in example). The aim is to complete 5-6 consecutive passes with the help of the 3 neutral players and then pass the ball into the middle zone.
- The aim for the defending team (reds) is to press collectively, win the ball and pass quickly into the middle zone.
- When a team passes the ball into the middle zone, the following players move from the low zone to create a 4 v 4 (+2) situation: 2 red players, 2 white players and the 2 blue neutral players at the sides.
- As 2 red players, 2 white players and 2 neutral players have moved from the low zone into the middle zone we now have a 4 v 4 (+2) situation in the middle zone the aim is to complete 5-6 consecutive passes .

## MODULE 4

Practice : 5

**Transition play**

- When a team passes the ball into the high zone, 1 red player and 1 white player move into the high zone from the middle zone.
- There is 1 neutral player on the end line which creates a 3 v 3 (+1) situation. The aim for the red team is to complete 5-6 passes and transfer the ball back to the middle zone.

If they are successful, they then aim to pass the ball into the low zone with the respective players' movements. The whites aim to win the ball and then do the same. The practice is continuous.

- Play with 1 and 2 touches.

**Key factor**

- vision.
- Communication
- ball move quickly.
- support teammate.
- fast run forward
- keep contact.
- keep possession



## MODULE 4

## Transition play

Practice : 6

### Building Up From the Back and Quick Transition to Defence in a 9 v 5 Zonal Practice



#### Organization

- Playing area half pitch we mark out 4 zones .
- Players No : 14 players .
- The yellow team have 9 players including a goalkeeper in a 4-4 formation (or 4-2-2) .
- The red team have 5 players with 1 central midfielder (6), 1 attacking midfielder (10), 2 wingers (7 & 11) and a striker (9).
- In the low zone we have a 2 v 1 situation .
- In the other large zone we have a 4 v 4 situation and we also have 2 yellow full backs (2 & 3) in the side zones.
- The practice starts from the goalkeeper and the objective for the yellow team is to build up and keep possession under pressure in their own half .
- When possession is lost, the second objective for the yellow team is to make a quick transition from attack to defence with collective pressing, aiming to stop the reds from scoring, .

#### Rules

- The yellow team has 2 touches .
- If the yellow team complete 8 consecutive passes, they score 1 point. If the red team win the ball and score a goal, they get 2 points .
- If the yellows recover the ball within 6 seconds of losing it, they get 1 point.

#### Key factors

- Communication .
- Decision making .
- Keep possession .
- Support player has ball .
- Switching play .

## MODULE: 4

## Transition play

Practice : 7

## The Transition from Attack to Defence



## Organization

Playing pitch : full pitch .

Playing area : 22 players .

- The winger (11) in possession high up the pitch.
- The winger loses the ball to the opposition's right back (2).
- The winger (11) is the first player to apply pressure to the new ball carrier within the "Intervention Space" with the support of the attacking midfielder (8) –
- Should do double marking to win the ball back as quickly as possible.
- The left back (3) who had moved forwards is then able to step up and mark the white No. 7 (a potential receiver of the next pass) tightly - fencing him in.
- The defensive midfielder (6) and the full back (2) on the other side of the pitch provide balance for the team in case the whites are able to break through the pressure and launch an attack.

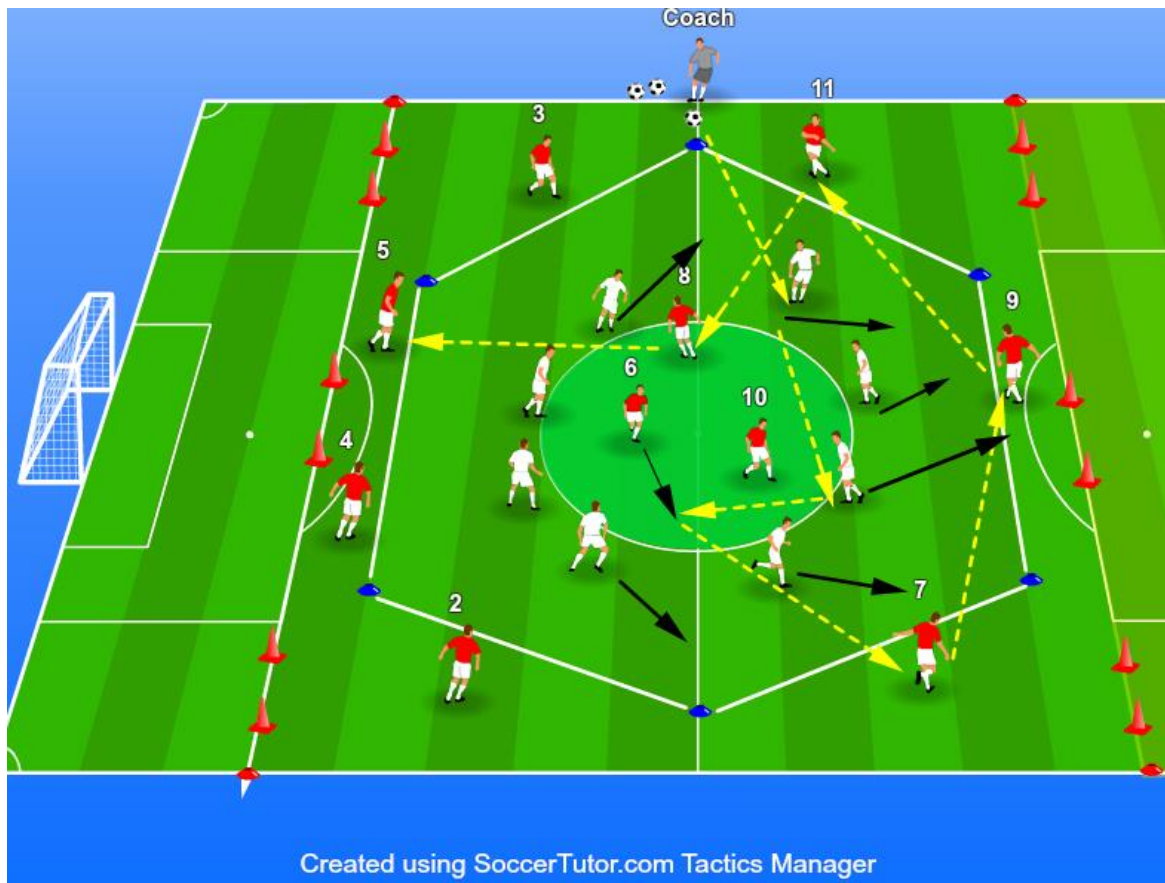
## Key factor

- players movement as a unit .
- Communication .
- Restrict ball .
- Close space .
- Regain the ball .
- Back cover .

## MODULE: 4

## Practice

## Dynamic 8 v 3 / 10 v 8 Possession Game with Transition Play

**Organization**

- Playing area from box to box with 3 mini goal on the edge of the end line of pitch .
- Players No : 18 players .
- Phase of play 8 x 3 and 10 x 8 players .
- Positioned around the centre circle we have 8 white players who aim to maintain possession

but must not enter inside.

- The 3 red players inside (2 attacking midfielders and 1 defensive

midfielder) work together to try and win the ball.

- This creates an 8v3 situation.
- If the reds win the ball they pass to one of their teammates positioned along the outside of

the hexagon.

- The game now moves into a larger area (the whole hexagon) with the reds in

possession and the whites working together to try and win the ball back.

The 3 reds in the

The 3 reds in the middle can play within the area and the other 7 must stay on the outsides. This creates a 10v8 situation.

- If the whites win the ball back from the reds, they then move back around the centre circle



trying to maintain possession in an 8v3 situation.

- Can the coach give a signal for 1 or 2 players from red team to support the 3 players in a circle .

#### **Key factors**

- This practice works on the strength of the mobility of the whites.
- players reaction .
- quickly and try to maintain possession .
- quick transition .
- finishing .

## MODULE 4

## play 4 – 4 – 2 formation in defence

Practice : 1

In low zone

**Organization**

- Playing area : 65 x 60 yards .
- Players No : 18 players plus a GK .
- Phase of play : 8 players plus a feeder x 11 players .
- Attacking team play 4 – 3 – 1 .
- Defending team formation 4 – 4 – 2 .
- Attacking team try to score in a big goal .
- Defending team try to win the ball and score in one of 2 mini goals .

**Key factors**

- Communication .
- Move as a unit .
- Distance between team lines .
- GK contact .
- Player No 5 or 4 to lead the line and team .
- Close space and channels .
- Tracking the ball .
- Body block .
- Patient .
- Players behind the ball .
- GK commend .
- Win the ball .



## MODULE 4

## play 4 – 4 – 2 formation in defence

Practice : 2

Team Defence in middle zone



### Organization

- Playing area : from the arch of penalty box to the arch of penalty box area with 2 big goals .
- Players No : 20 players plus a feeder .
- Phase of play : 8 players plus a GK X 11 players .
- Attacking team formation 4 – 3 – 1 .
- Defending team formation 4 – 4 – 2 .
- Defending team try to win the ball and they have at most 5 passes to score .

### Key factors

- Communication .
- Move as a unit .
- Distance between teams line .
- GK contact .
- GK cover defenders line .
- Player No 5 or 4 to lead the line and team .
- Close space and channels .
- Tracking the ball .
- Players behind the ball .
- Win the ball .

## MODULE 4

Practice : 3

**play 4 – 4 – 2 formation in defence****In an attacking zone****Organization**

- Playing area : 75 x 60 yards .
- Players No : 20 players .
- Phase of play : 8 plus a GK x 11 players .
- Attacking team formation 4 – 3 – 1 .
- defending team formation 4 – 4 – 2 .
- GK starting play .

**Key factors**

- Communication .
- Move as a unit .
- Distance between teams line .
- GK contact .
- GK cover defenders line .
- Player No 5 or 4 to lead the line and team .
- Close space and channels .
- Tracking the ball .
- Players behind the ball .
- GK commend .
- Be ready for ball behind lines .
- Win the ball .

## MODULE 4

Practice : 1

**play 4 – 4 – 2 formation in attack****When build up****Organization**

- Playing area : 2 third with 2 mini goals on the end of line zone .
- Players No : 11 players plus 8 mannequins .
- Phase of play : 11 x 8 mannequins .
- The team formation is 4 – 4 – 2 .
- The team has 6 -7 passes to finish the ball in one of 2 mini goals .

**Progression**

- Use 6 players and remove the mannequins and play 11 x 6 .

**Key factors**

- Communication .
- GK roles .
- Spreading out .
- GK support
- The roles of players No 5 and 4 .
- Ball rotation .
- Switching play .
- Support player has ball .
- Create and move in space .
- Keep the ball .
- Finishing .

## MODULE 4

Practice : 1

**play 4 – 4 – 2 formation in attack****in mid third****Organization**

- Playing area : from arch of box penalty area to arch of box penalty area with 2 mini goals .
- Players No 19 players plus a GK and a feeder .
- Phase of play : 10 plus feeder x 8 players plus GK .
- Attacking team formation is 4 – 4 – 2 .
- Defending team formation 4 – 3 - 1 .
- Attacking team try to score in a big goal .
- Defending team try to win the ball and score in one of mini goals .

**progression**

- Add 2 players to defending team and play normal 11 x 11 .

**Key factors**

- Communication .
- Spreading out .
- Players movement .
- Player No 5 or 4 support .
- Ball rotation .
- Switching play .
- Change position .
- Support player has ball .
- Create and move in space .
- Keep the ball .
- Finishing .

## MODULE 4

Practice : 3

**play 4 – 4 – 2 formation - attack**

In an attacking half

**Organization**

- Playing area : half pitch .
- Players No 20 players .
- Phase of play : 11 x 9 players .
- Attacking team formation are 4 – 4 – 2 .
- Defending team formation 4 – 3 – 1 .

**progression**

- Add 2 players to defending team and play normal 11 x 11 .

**Key factors**

- Communication .
- Spreading out .
- Players movement .
- Player No 5 or 4 support .
- Ball rotation .
- Switching play .
- Change position .
- Support player has ball .
- Create and move in space .
- Keep the ball .
- Finishing .



## MODULE 4

Practice : 1

**play 4 – 3 – 3 formation - defence****In low zone****Organization**

- Playing area : 65 X 60 with 2 mini goals on the end of pitch .
- Players No : 19 players plus a feeder .
- Phase of play : 8 players plus a feeder x 11 players .
- Attacking team formation are 4 – 2 – 2 .
- Defending team formation 4 – 3 – 3 .
- Attacking team try to score in a big goal .
- Defending team when they win the ball they have at most 5 passes to score in one of 2 mini goals .

**Key factors**

- Communication .
- Move as a unit .
- Distance between team lines .
- GK contact .
- Player No 5 or 4 to lead the line and team .
- Good gap between players to close space and channels .
- Tracking the ball .
- Play without fault .
- Body block .
- Players behind the ball .
- GK commend .
- Win the ball .

## MODULE 4

Practice : 1

**play 4 – 3 – 3 formation in defence****In mid zone****Organization**

- Playing area : from the arch of penalty area box to the arch of penalty area box zone with 3 mini goals in each end .
- Players No : 22 players .
- Phase of play : 11 x 11 players .
- Both teams play 4 – 3 – 3 formation .

**Key factors**

- Communication .
- Move as a unit .
- Distance between team lines .
- GK contact .
- Player No 5 or 4 to lead the line and team .
- Close space and channels .
- Tracking the ball .
- Play without fault .
- Players behind the ball .
- GK commend .
- Win the ball .

## MODULE 4

Practice : 1

**play 4 – 3 – 3 formation in defence****In attacking half****Organization**

- Playing area : 65 X 60 with a big goal on the half line .
- Players No : 20 players .
- Phase of play : 8 players plus GK x 11 players .
- Defending team formation 4 – 3 – 3 .
- Attacking team formation 4 – 3 – 1 .

**Key factors**

- Communication .
- Move as a unit .
- Distance between team lines .
- GK contact .
- Player No 5 or 4 to lead the line and team .
- Close space and channels .
- Tracking the ball .
- Play without fault .
- Players behind the ball .
- GK commend .
- Win the ball

## MODULE 4

Practice : 1

**play 4 – 3 – 3 formation in attack****When Build up stage****Organization**

- Playing area : 70 X 60 with 2 mini goals on the end of zone .
- Players No : 11 players
- Phase of play : 11 players X 8 mannequins .
- The team formation is 4 - 3 - 3 .
- The team should finish in one of 2 mini goals after 6 – 7 passes .

**Key factors**

- Communication .
- Spreading out .
- Players movement .
- Player No 5 and 4 support play .
- Ball rotation .
- Switching play .
- Change position .
- Support player has ball .
- Create and move in space .
- Keep the ball .
- Finishing

## MODULE 4

Practice : 1

**play 4 – 3 – 3 formation in attack****In mid third****Organization**

- Playing area : from the arch of penalty box to the arch of penalty box area .
- Players No : 20 players .
- Phase of play : 11 x 8 players plus GK .
- Defending team when they win the ball try to score in a big goal .
- Defending team has at most 5 passes to score .
- Attacking team formation 4 – 3 – 3 .
- Defending team formation 4 – 3 – 1 .

**Progression**

- Add 2 players to defending team and play 11 x 11 .

**Key factors**

- Communication .
- Spreading out .
- Players movement .
- Player No 5 and 4 support play .
- Ball rotation .
- Pace of pass .
- Switching play .
- Change position .
- Support player has ball .
- Create and move in space .
- Keep the ball .
- Finishing



## MODULE 4

Practice : 1

**play 4 – 3 – 3 formation in attack****In attacking half****Organization**

- Playing area : 65 X 60 yards with 2 big goals.
- Players No :12 players .
- Phase of play : 11 x 8 players plus KG .
- Attacking team try to score in a big goal .
- Defending team when they win the ball attempt to score in a big goal .
- Defending team has at most 5 passes to score .
- Attacking team formation 4 – 3 – 3 .
- Defending team formation 4 - 4 .

**Progression**

Add 2 players and play 11 x 11 .

**Key factors**

- Communication .
- Spreading out .
- Player No 5 and 4 support play .
- Ball rotation .
- Switching play .
- Change position .
- Use vertical pass .
- Support player has ball .
- Create and move in space .
- Keep the ball .
- Finishing

## MODULE 4

Practice : 1

**play 4 – 3 – 3 formation in attack****11 X 11****Organization**

- Playing area : 65 X 60 pitch .
- Players No : 22 players .
- Phase of play : 11 x 11 players .
- Attacking team try to score in a big goal .
- Defending team when they win the ball attempt to score in a big goal .
- Defending team has at most 5 passes to score .
- Attacking team formation 4 – 3 – 3 .
- Defending team formation 4 – 1 – 4 – 1 .

**Key factors**

- Communication .
- Spreading out .
- Player No 5 and 4 support play .
- Ball rotation .
- Switching play .
- Change position .
- Use vertical pass .
- Support player has ball .
- Create and move in space .
- Keep the ball .
- Finishing

## MODULE 4

Practice : 2

**play 3 – 5 – 2 formation in defence****In low zone****Organization**

- Playing area : 65 X 60 pitch with 2 mini goals on the end of pitch .
- Players No : 19 players plus a feeder .
- Phase of play : 8 plus a feeder X 11 players .
- Attacking team formation 4 – 3 – 1 .
- Defending team formation 3 – 5 – 2 .
- The feeder player starting play with feed attacking team with balls .
- Attacking team try to score in a big goal
- Defending team when they win the ball and they have at most 5 passes to score in one of 2 mini goals .

**Key factors**

- Communication .
- Move as a unit .
- Distance between team lines .
- GK contact .
- Player No 5 lead the line and team .
- Good gap between players to close space and channels .
- Tracking the ball .
- Play without fault .
- Body block .
- Players behind the ball .
- GK commend .
- Win the ball .

## MODULE 4

Practice : 2

**play 3 – 5 – 2 formation in defence****In mid zone****Organization**

- Playing area from the arch box of the penalty area with 2 mini goal for attacking team and 3 mini goals for defending team .
- Players No : 20 players .
- Phase of play : 8 players plus a feeder x 11 players .
- Attacking team formation it is 4 – 3 – 1 .
- Defending team formation it is 3 – 5 – 2 .
- Defending team when they win the ball and they have at most 5 passes to score .

**Key factors**

- Communication .
- Move as a unit .
- Distance between team lines .
- GK contact .
- Player No 5 lead the line and team .
- Good gap between players to close space and channels .
- Tracking the ball .
- Players behind the ball .
- GK commend .
- Win the ball and go to attack .



## MODULE 4

Practice : 3

**play 3 – 5 – 2 formation - defence****In attacking zone****Organization**

- Playing area 65 x 60 yards
- Players No : 20 players .
- Phase of play : 8 plus Gk x 11 players .
- Attacking team formation it is 4 – 3 – 1 .
- Defending team formation it is 3 – 5 – 2 .
- Defending team when they win the ball and they have at most 5 passes to score .

**Key factors**

- Communication .
- Move as a unit .
- Distance between team lines .
- GK contact .
- Player No 5 lead the line and team .
- Good gap between players to close space and channels .
- Tracking the ball .
- Players behind the ball .
- GK commend .
- Win the ball and go to attack .



## MODULE 4

Practice : 1

**play 3 – 5 – 2 formation in attacking****when building up stage****Organization**

- Playing area : 65 X 60 pitch with 2 mini goal on the end of lines .
- Players No : 11 players .
- Phase of play 11 players x 8 mannequins .
- The team formation is 3 – 5 – 2 .
- The team should finish in one of 2 mini goals after 6 – 7 passes .

**Progression**

- Use 6 players and remove the mannequins and play 11 x 6 .

**Key factors**

- Communication .
- Spreading out .
- Players movement .
- Player No 5 , 2 and 3 support play .
- Ball rotation .
- Switching play .
- Change position .
- Support player has ball .
- Create and move in space .
- Keep the ball .
- Finishing .

## MODULE 4

Practice : 2

**play 3 – 5 – 2 formation in attack****In mid zone****Organization**

- Playing area : from the arch of penalty box to the arch of penalty box area .
- Players No : 20 players .
- Phase of play : 11 x 8 players plus GK .
- Attacking team try to score in a big goal .
- Defending team when they win the ball try to score in a big goals .
- Defending team has at most 5 passes to score in a big goal .
- Attacking team formation 3 – 5 – 2 .
- Defending team formation 4 – 3 – 1 .

**Progression**

- Add 2 players to defending team and play 11 x 11 .

**Key factors**

- Communication .
- Spreading out .
- Players movement .
- Player No 5 , 2 and 3 support play .
- Ball rotation .
- Pace of pass .
- Switching play .
- Change position .
- Support player has ball .
- Create and move in space .
- Keep the ball .
- Finishing

## MODULE 4

Practice : 3

**play 3 – 5 – 2 formation in attack****In attacking zone****Organization**

- Playing area : 65 x 60 yards .
- Players No 19 players .
- Phase of play : 11 x 8 players plus Gk .
- Attacking team formation it is 3 – 5 – 2 .
- Defending team formation 4 – 3 – 1 .
- Defending team when they win the ball has at most 5 passes to score .

**progression**

- Add 2 players to defending team and play normal game 11 x 11 .

**Key factors**

- Communication .
- Spreading out .
- Players movement .
- Player No 5 , 2 and 3 support play .
- Ball rotation .
- Switching play .
- Change position .
- Use vertical pass .
- Create and move in space .
- Keep the ball .
- Finishing .

## MODULE 4

Practice : 1 **play 4-2-3-1 formation – defence****Organization**

- Playing area : 65 X 60 yards with 2 mini goals in the end of zone .
- Players No : 19 players plus a feeder .
- Phase of play : 8 players plus a feeder X 11 players .
- Attacking team formation 4 – 3 – 1 .
- Defending team formation 4 – 2 – 3 - 1 .
- Defending team when they win the ball try to score in one of 2 small goals .

**Key factors**

- Communication .
- Move as a unit .
- Distance between team lines .
- GK contact .
- Player No 5 or 4 to lead the line and team .
- Close space and channels .
- Tracking the ball .
- Play without fault .
- Players behind the ball .
- GK commend .
- Win the ball



## MODULE 4

Practice : 2 **play 4-2-3-1 formation defence - in attacking half**

**Organization**

- Playing area : 65 X 60 yards with 3 mini goals on the end of zone .
- Players No :20 players .
- Phase of play : 8 players plus a GK X 11 players .
- Attacking team formation 4 – 3 – 2 .
- Defending team formation 4 – 2 – 3 - 1 .
- Attacking team try to score in one of 3 goals .
- Defending team when they win the ball try to score in a big goal .

**Key factors**

- Communication .
- Move as a unit .
- Distance between team lines .
- GK contact .
- Player No 5 or 4 to lead the line and team .
- Close space and channels .
- Tracking the ball .
- Players behind the ball .
- GK commend .
- Win the ball



## MODULE 4

Practice : 3 **play 4 – 2 – 3 – 1 formation in attacking when Building up**

**Organization**

- Playing area : 65 X 55 yards .
- Players No : 11 players .
- Phase of play : 11 X 8 mannequins .
- The team should finish in one of the 2 big gates after 6 – 7 passes .
- The team formation 3 – 5 – 2 .

**Progression**

- Remove the mannequins and add 6 defenders players and play 11 X 6 .

**Key factors**

- Communication .
- Spreading out .
- Players movement .
- Player No 5 , 2 and 3 support play .
- Ball rotation .
- Pace of pass .
- Switching play .
- Change position .
- Support player has ball .
- Create and move in space .
- Keep the ball .
- Finishing

## MODULE 4

Practice : 4 **play 4-2-3-1 formation in attacking half****Organization**

- Playing area : half full size pitch with 2 mini goals on the half line of the pitch .
- Players No : 21 players .
- Phase of play : 10 x 11 players .
- Attacking team try to score in a big goal .
- Defending team when they win the ball try to score in a big goals .
- Defending team has at most 5 passes to score in a big goal .
- Attacking team formation 3 – 5 – 2 .
- Defending team formation 4 – 4 – 2 .

**Key factors**

- Communication .
- Spreading out .
- Players movement .
- Player No 5 , 2 and 3 support play .
- Ball rotation .
- Pace of pass .
- Switching play .
- Change position .
- Support player has ball .
- Create and move in space .
- Keep the ball .
- Finishing

## MODULE 4

Practice : 1 **play 4-1-4-1 formation defence - zone defence****Organization**

- Playing area : 65 X 60 yards with 2 mini goals on the end of zone .
- Players No : 19 players .
- Phase of play : 8 players plus a feeder X 11 players .
- A feeder player starting play , but not allowed to join the team .
- Attacking team formation 4 – 3 – 1 .
- Defending team formation 4 – 1 – 4 - 1 .
- Defending team when they win the ball try to score in one of 2 small goals .

**Key factors**

- Communication .
- Move as a unit .
- Distance between team lines .
- GK contact .
- Player No 5 or 4 to lead the line and team .
- Close space and channels .
- Tracking the ball .
- Play without fault .
- Players behind the ball .
- GK commend .
- Win the ball

## MODULE 4

Practice : 2 **play 4-1-4-1 formation in defence in attacking half**

**Organization**

- Playing area : 65 X 60 yards with 3 mini goals on the half line of pitch .
- Players No : 21 players .
- Phase of play : 11 X 10 players .
- Attacking team formation 4 – 2 – 3 .
- Defending team formation 4 – 1 – 4 - 1 .
- Attacking team try to score in one of 3 small goals .
- Defending team when they win the ball try to score in a big goal .

**Key factors**

- Communication .
- Move as a unit .
- Distance between team lines .
- GK contact .
- Player No 5 or 4 to lead the line and team .
- Close space and channels .
- Tracking the ball .
- Play without fault .
- Players behind the ball .
- GK commend .
- Win the ball

## MODULE 4

Practice :3

**play 4– 1 – 4 – 1 formation in attack****when building up****Organization**

- Playing area : half full size pitch with 2 big gates on the half line and 6 mannequins .
- Players No : 11 players .
- The team starts building up , they should make 6 -7 passes before they finish in One of a big gates .

**Key factors****progression**

- Use 6 players and remove the mannequins and play 11 x 6 .

**Key factors**

- Communication .
- Spreading out .
- Players movement .
- Player No 5 , 2 and 3 support play .
- Ball rotation .
- Switching play .
- Change position .
- Use vertical pass .
- Create and move in space .
- Keep the ball .
- Finishing .



## MODULE 4

Practice : 4 **play 4-1-4-1 formation in attacking half****Organization**

- Playing area : half full size pitch with 2 big gates .
- Players No : 21 players plus a feeder .
- Phase of play 10 players plus a feeder X 11 players
- Attacking team formation 4 - 1 - 4 - 1 .
- Defending formation 4 - 3 - 2 .
- Attacking team try to score in a big goal .
- Defending team when they win the ball try to score in one of 2 gates .

**Key factors**

- Communication .
- Spreading out .
- Players movement .
- Player No 5 , 2 and 3 support play .
- Switching play .
- Change position .
- Use vertical pass .
- Create and move in space .
- Keep the ball .
- Finishing .

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