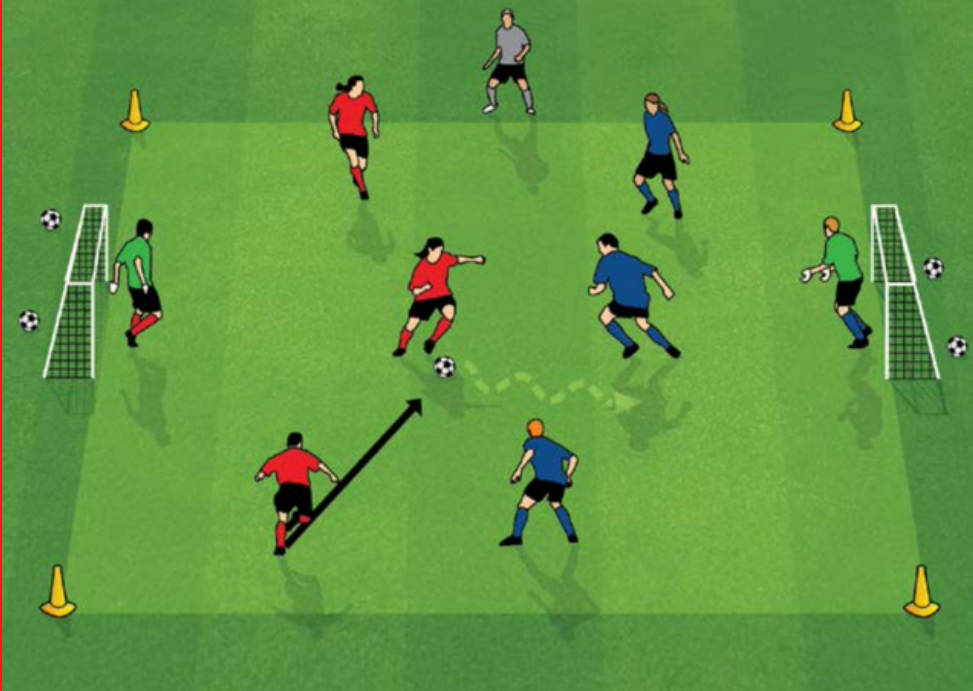


SMALL SIDED GAME

ARRIVAL 10-MINS



Set up 2 x fields for small sided games (no more than 3v3) with no conditions for players to play as soon as they arrive, especially if they are early.

The emphasis is placed immediately being involved in a creative "play" environment.

Make adjustments to teams / pitches as more players get to training.

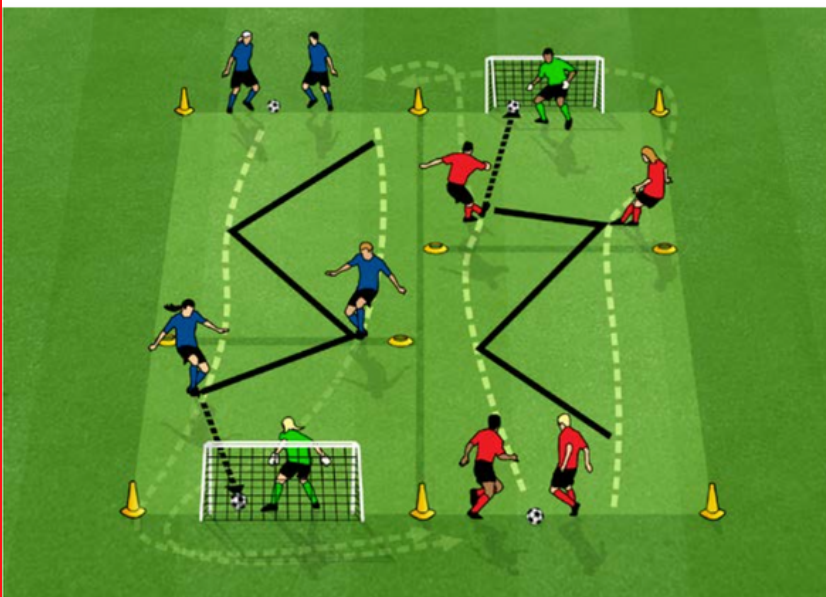
Examples:

- 1V1
- 2V2
- 2V2+1 (1 plays for team in possession)
- 3v3

Coaches observe : Players play

FOCUS - ATTACKING - SHORT PASSING

SKILL INTRODUCTION 15-MINS



SETUP

- Create 2 areas up to 25x15m with a goal, and goalkeepers at the end of each area
- Starting cones placed at each end of the area, opposite the goals
- Add 2 shooting zones 10m away from the goals
- Divide players into pairs, beginning at the starting cones
- Each pair has a ball

HOW TO PLAY

- Players pass the ball between each other until they reach the shooting zone
- Player who receives the ball in the shooting zone takes a shot as quickly as possible
- The next pair begin passing as soon as the previous shot has been taken
- Players retrieve their ball and move to the starting cone of the other area
- If a shot rebounds they can take a 1st time shot to finish

POSSIBLE PROGRESSIONS

1. Players use 1st time passes, including the shot
2. Join the areas together, with 2 pairs attacking in the opposite direction (for interference)

SKILL OUTCOMES

- Accuracy of pass
- Weight of pass
- Combination play



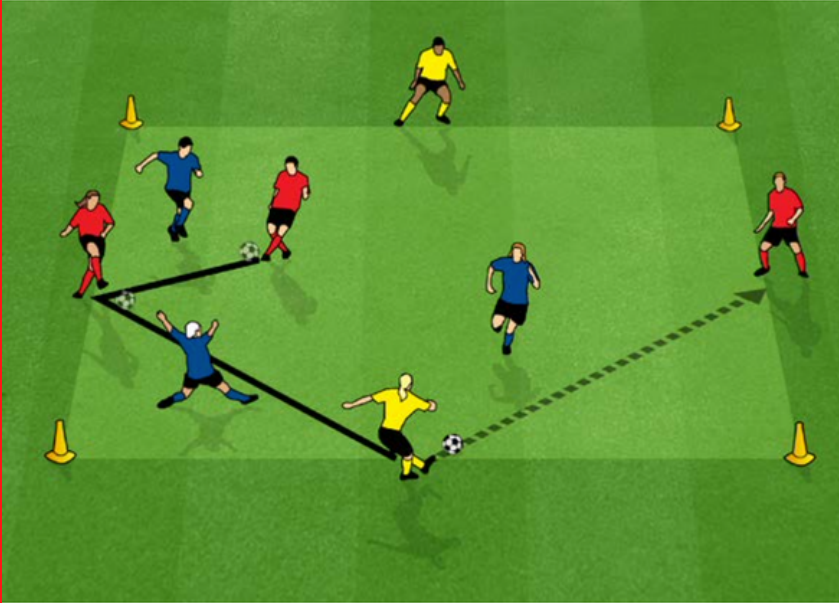
JUNIOR CURRICULUM

9TH - 12TH GRADE



FOCUS - ATTACKING - SHORT PASSING

SKILL TRAINING 20-MINS



SETUP

- Area of up to 20x12m
- 3v3 + 2 neutral players
- Team in possession has 1 player on each end of the area and 1 in the middle of the area
- Neutral players occupy the side lines and can move along the side to support

HOW TO PLAY

- Team in possession aim to keep the ball and they receive a point if they play from one end to the other
- Once the defending team win the ball, they attempt to pass to one of the neutral players
- Defending team then become team in possession and change to take up the positions of attack (roles reverse)
- Neutral players can not be tackled but can have their pass intercepted
- The attacking players at each end can pass straight to one another

POSSIBLE PROGRESSIONS

1. Neutral players can also be tackled
2. If attacking players at the end pass to each other, ball must remain below head height

EXERCISE TASK

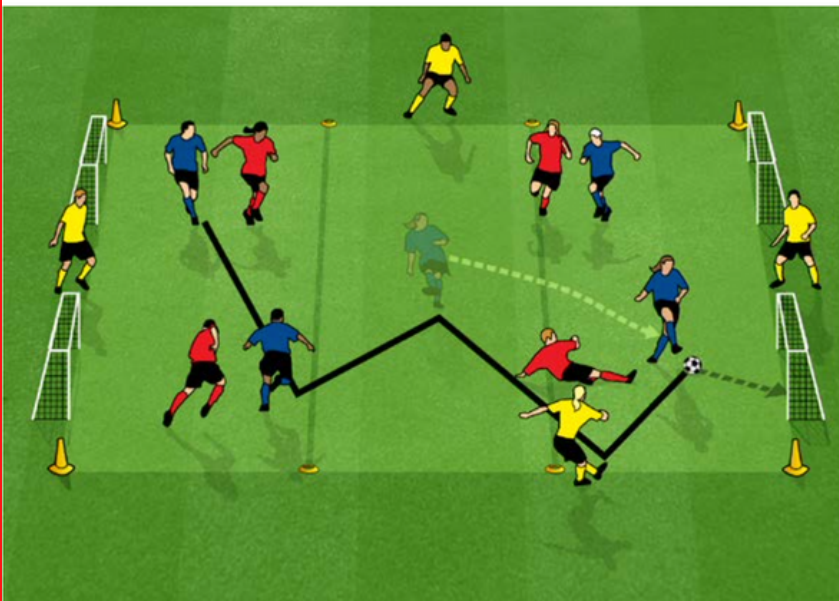
- Can we move the ball from one end to the other as quickly and safely as possible?

PLAYER TASK EXAMPLES

- Can attackers position themselves to the right, left and middle of the ball player?
- Can the attackers position themselves to receive the ball to play forward quickly?
- After passing the ball, can you quickly move to receive the ball back behind a defender?

FOCUS - ATTACKING - SHORT PASSING

SKILL GAME 20-25-MINS



SETUP

- Area of up to 30x20m
- 2 small goals near each corner at both ends
- Cones placed on the side marking the thirds
- Create 3 teams of 4 players and bib accordingly
- 2 teams begin on the pitch, with another team positioned on the outside as shown in the diagram (Wall players)

HOW TO PLAY

- Team in possession can use the wall players (8v4)
- Wall players can't be tackled but are on 3 touches and 3 seconds (on the ball)
- Goals have to be scored in the attacking 1/3 (past the cone)
- Rotate teams after 3 mins or after each goal (scoring team stays on)

POSSIBLE PROGRESSIONS

1. All players are on 3 touch maximum
2. Wall players are on 2 touch maximum
3. Goals count as double if they are scored with a 1st time finish

SKILL OUTCOMES

- Accuracy of Pass
- Weight of Pass
- Movement to create an angle of support
- Combination play