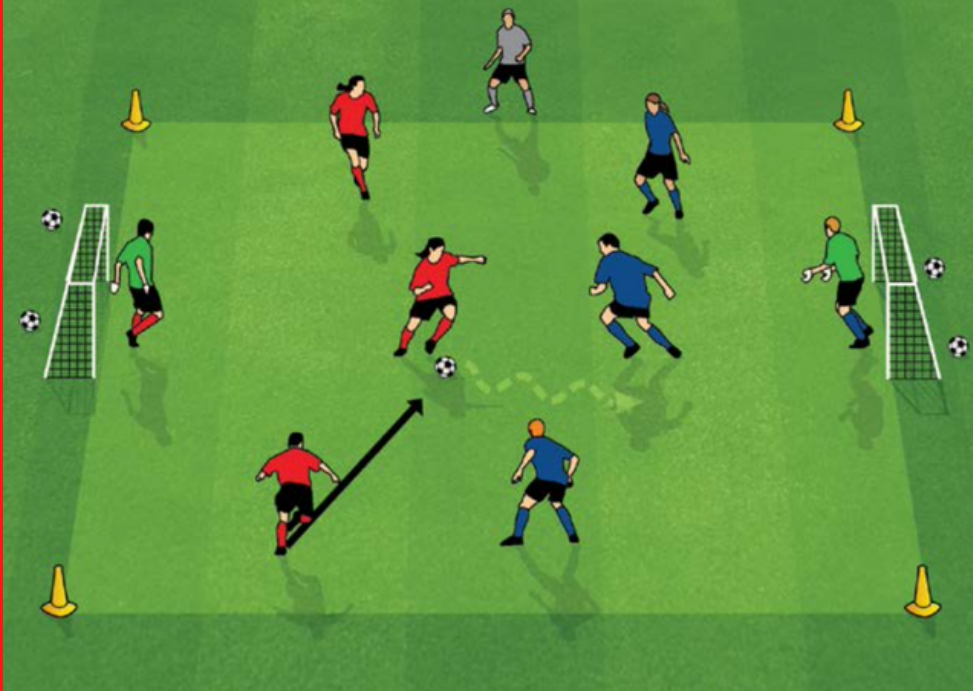


SMALL SIDED GAME

ARRIVAL 5-10-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 - SHOOTING

SKILL INTRODUCTION 10-15-MINS



SETUP

- Area of up to 30 x 20m, split into 2 areas (15x20m). Modify area depending on the number of players
- Assign 2 goal keepers and split players into two teams of equal numbers. Each cone has a server with two balls who has been allocated an individual number
- Striker stands in the middle of his teams area without a ball

HOW TO PLAY

- Coach calls out a number. That number server moves the ball out of their feet and passes to the striker
- Striker then shoots at goal, before the coach calls an alternative number
- Striker scores as many goals as possible in 8 shots
- Players rotate so that each get a go at being the striker

POSSIBLE PROGRESSIONS

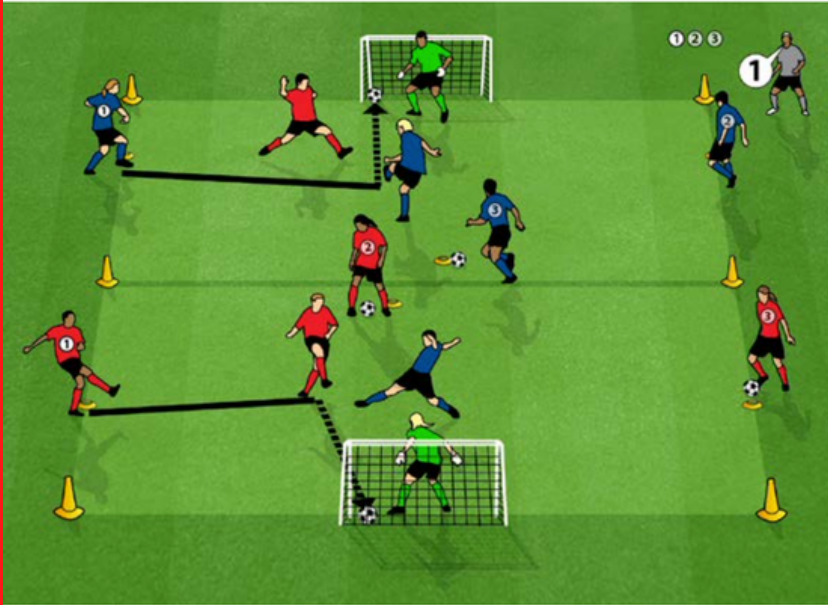
1. Servers are asked to vary the delivery - some along floor / some in air etc
2. Servers have to pass to another server before they pass to striker
3. Encourage the striker to move in the area before receiving
4. Award additional points for a first time finish

SKILL OUTCOMES

- Movement to receive
- Receiving to face forwards
- Power of shot
- Accuracy of shot

FOCUS - ATTACKING - SHOOTING

SKILL TRAINING 20-MINS



SETUP

- Area of up to 30 x 20m, split into 2 areas (15x20m). Modify area depending on the number of players
- Assign 2 goal keepers, a defender in each area and split players into two teams of equal numbers. Each cone has a server with two balls who has been allocated an individual number
- Striker stands in the middle of the area without a ball

HOW TO PLAY

- Coach calls out a number. That number server passes a ball to the striker as quickly as possible
- Striker then shoots at goal, before the coach calls an alternative number.
- Striker scores as many goals as possible in 6 shots
- Players rotate so that each get a go at being the striker, GK, server and defender
- If the defender wins it, they pass to the original server

POSSIBLE PROGRESSIONS

1. Servers are asked to vary the delivery – some along floor / some in air etc
2. Strikers can play back to the server once if they can't shoot
3. If defenders get the ball back to the defender, it removes a point from the attacker's score
4. Add up each striker's score to come up with a team total (Reds vs Blues)
5. Change to 2 attackers and 2 defenders

EXERCISE TASK

- Can we shoot quickly using minimal touches to hit the target?

PLAYER TASK EXAMPLES

- Can you pass the ball so that the forward can shoot 1st time?
- Can you move quickly towards the ball as it leaves the passers foot?
- Can you create space for where you would like the ball to be passed?
- If you can't shoot first time, can you create space to shoot?

FOCUS - ATTACKING - SHOOTING

SKILL GAME 20-25-MINS



SETUP

- Area of up to 50x30m. Modify depending on the age and ability of players involved
- Cones used to mark out the thirds of the pitch
- Two teams of equal numbers, bibbed accordingly
- GKs for each team
- Footballs beside each goal and around the playing area

HOW TO PLAY

- Teams play a regular game of football
- A maximum of 2 attackers are allowed in the final third at any one time
- A maximum of 1 defender is allowed to follow attackers into the final third (creating a 2v1)
- If defending team win it in their attacking third, they are able to attack the goal immediately

POSSIBLE PROGRESSIONS

1. 2 attackers and 2 defenders allowed into the final third
2. 3 attackers and 2 defenders allowed into the final third

SKILL OUTCOMES

- Movement to receive
- Receiving to shoot
- Power of shot
- Accuracy of shot