

### SMALL SIDED GAMES

### 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.

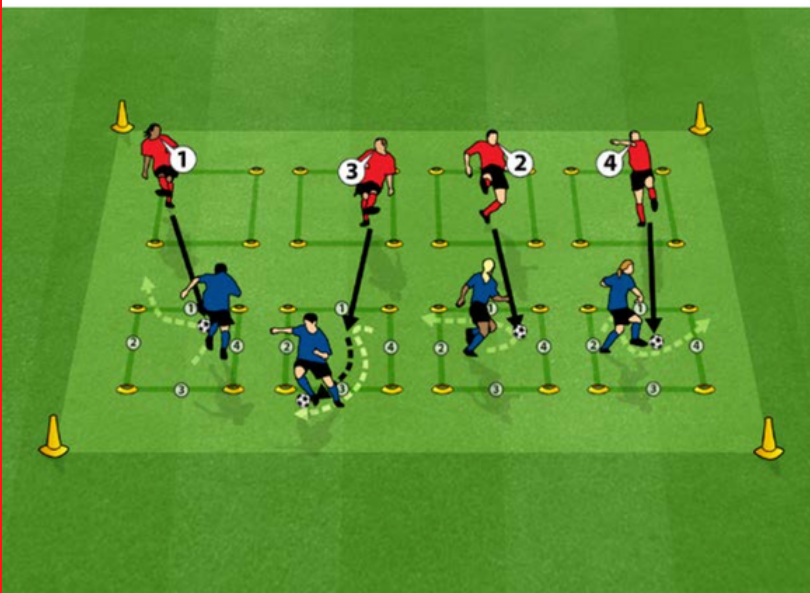
Examples:

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

Coaches observe : Players play

### FOCUS - ATTACKING - RECEIVING TO ATTACK

### SKILL INTRODUCTION 10-15-MINS



#### SETUP

- 2 squares of 3x3m facing each other, 5m apart. Modify size of area depending on age of players
- Make more squares so that you have enough for all players
- Players split into groups of two. They begin inside a square each, facing each other
- One of the players has a Football

#### HOW TO PLAY

- Red player starts with a ball. Red passes to Blue
- Blue must control the ball out of a different side of the square from where it came. Attempt to do it with one touch
- Blues then pass to Reds who then look to repeat
- Players then assign a number to each side of the square - "1", "2" and "3"
- As Red passes to Blue, Red player calls a number and Blue player must take their first touch out of that side of the square
- Play for 1 minute then swap players around to face other players

#### POSSIBLE PROGRESSIONS

1. Provide a variety of service - including higher delivery or bouncing
2. Increase the distance between the squares
3. Increase the speed of the passes

#### SKILL OUTCOMES

- 1st touch control into space
- Passing accuracy

#### DRINKS BREAK DISCUSSION

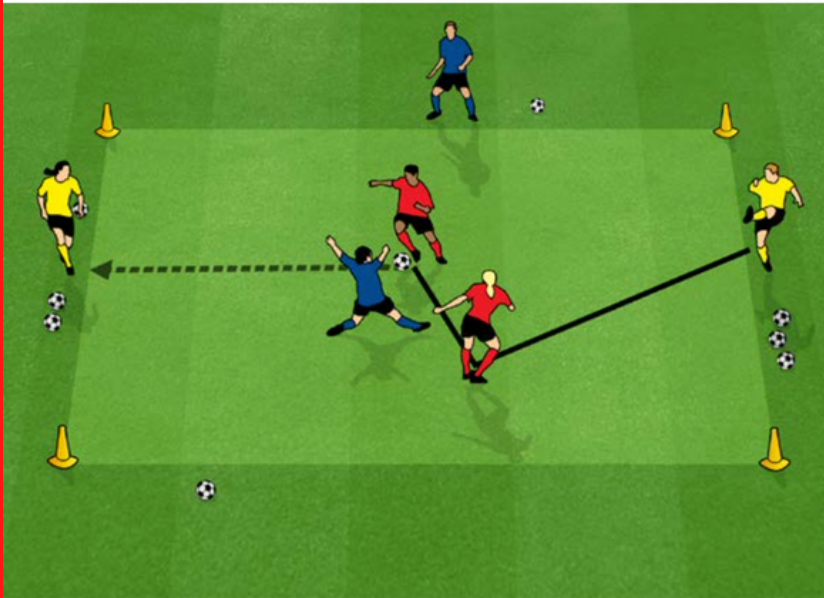
- What do we have to think about in order to take out 1st touch into space?

# JUNIOR CURRICULUM

## 9TH - 12TH GRADE

### FOCUS - ATTACKING - RECEIVING TO ATTACK

### SKILL TRAINING 20-MINS



#### SETUP

- Area of up to 12x18m
- Group split into three pairs. 2 players in Red, 2 in Yellow and 2 in Blue
- 2 Yellows on the opposite sides on the outside of the area, as targets
- 2 Reds begin inside the area
- 1 Blue begins inside the area, 1 waiting on the outside
- Additional Footballs placed around the outside of the area

#### HOW TO PLAY

- Yellow target player passes to a Red player
- Red players try to combine to pass the ball to the opposite Yellow target player
- If successful, Reds receive 1 point
- Reds then attempt to repeat but in the opposite direction
- Reds are able to pass back to Yellow target that served the ball
- If Blue defenders win possession of the ball, they attempt to pass to a Yellow target. If they achieve this, 1 point is removed from the Reds score
- Play for 1 minute, switching the Blue defender quickly after 30 seconds

#### POSSIBLE PROGRESSIONS

1. Reds are unable to pass back to the Yellow target that served them the ball
2. Additional Blue defender start inside area to make 2v2
3. If the Blue defenders win tackle the Reds and play to Yellow targets, roles immediately change. Reds become defenders and Blues attackers

#### EXERCISE TASK

- Can we transfer the ball to the other target player as quickly as possible?

#### PLAYER TASK EXAMPLES

- Can you ensure 1 attacker is to the right and the other to the left of the target player with the ball?
- Can you position yourself to receive the ball facing forwards?
- Target players can you be in a position to receive the ball at all times?

### FOCUS - ATTACKING - RECEIVING TO ATTACK

### SKILL GAME 20-25-MINS



#### SETUP

- Area of up to 50x30m. Modify area depending on number and age of players
- Flat cones to divide the pitch into thirds
- 2 teams of 5 players, bibbed accordingly
- 2 Yellow common players
- GK's in each goal
- Spare footballs around the outside of the area

#### HOW TO PLAY

- Players play a regular game, attempting to score in the opposition's goal
- To progress the ball into the next zone towards goal, the ball must be dribbled
- Players that are not dribbling are restricted to their allocated zone
- When defending, players must stay in their zone
- Common players play with the team in possession and can only play in 2/3 of the pitch
- Common players can dribble over the line too

#### POSSIBLE PROGRESSIONS

1. Common players are assigned to teams (6v6 / 7v5)
2. A defender can also follow opponent into the next area
3. No restrictions on areas in which players must play, but "dribble to next area" rule still applies
4. Normal game but 1 point is provided to team each time they dribble the ball into the next area

#### SKILL OUTCOMES

- 1st touch control into space
- 1st touch control away from defender
- Passing accuracy