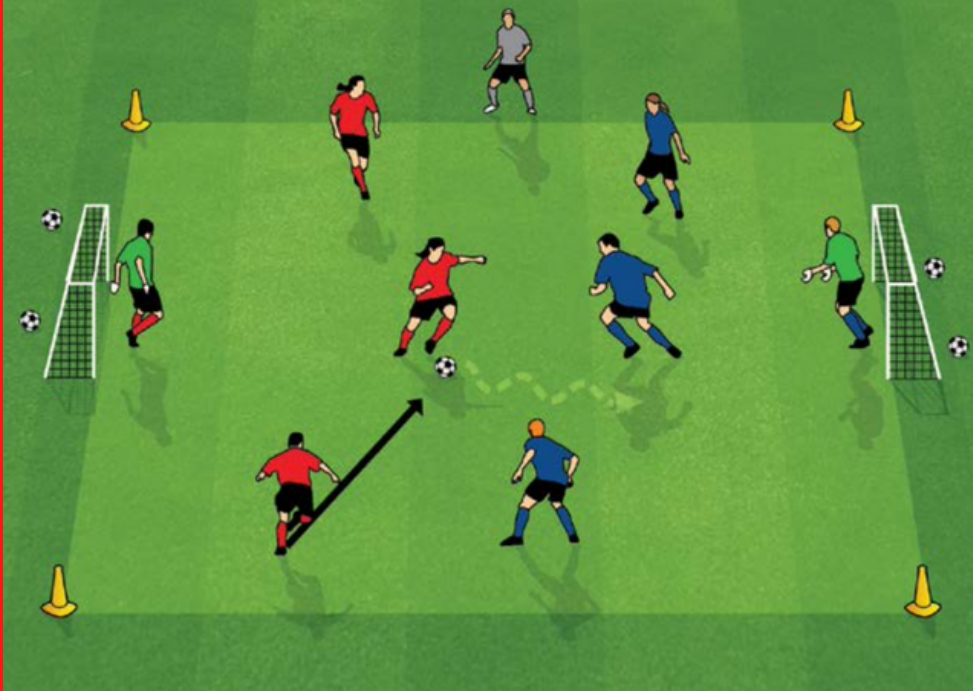


### SMALL SIDED GAMES

### 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.

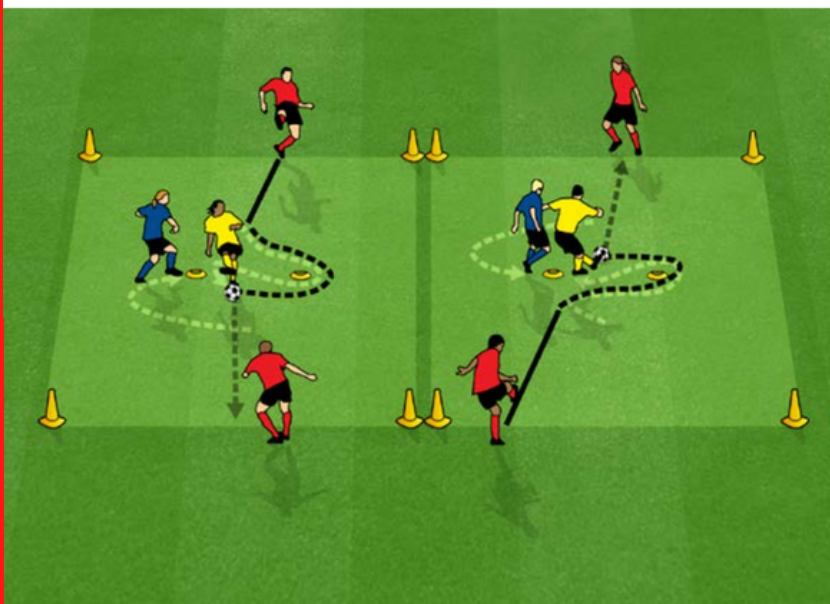
Examples:

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

Coaches observe : Players play

### FOCUS - ATTACKING - RECEIVING TO PROTECT

### SKILL INTRODUCTION 10-15-MINS



#### SETUP

- Set up multiple areas of up to 15x15m squares
- Two flat cones placed in the middle of the area 5m away from each other
- Players divided into groups of four
- Two players begin on the outside of the area acting as servers
- Two players begin in the middle, an attacker (Yellow) and a defender (Blue)
- One football starting with an outside player

#### HOW TO PLAY

- Outside player passes into Yellow attacker to receive
- As the ball is travelling to the Yellow, Blue defender moves to one of the cones
- When the Yellow receives the ball, they must take it in the opposite direction to where the Blue defender is
- Yellow then dribbles to the opposite cone and passes to the other Red server
- The Red servers can move sideways to change the angle of pass
- After completing the rotation the players repeat but in the opposite direction
- Swap over attacker and defender after 30 seconds
- Swap over the inside and outside players on a regular basis

#### POSSIBLE PROGRESSIONS

1. The defender can apply pressure to attacker after touching opposite cone
2. Have two groups of 4 players operating in the same square, increasing the interference levels

#### SKILL OUTCOMES

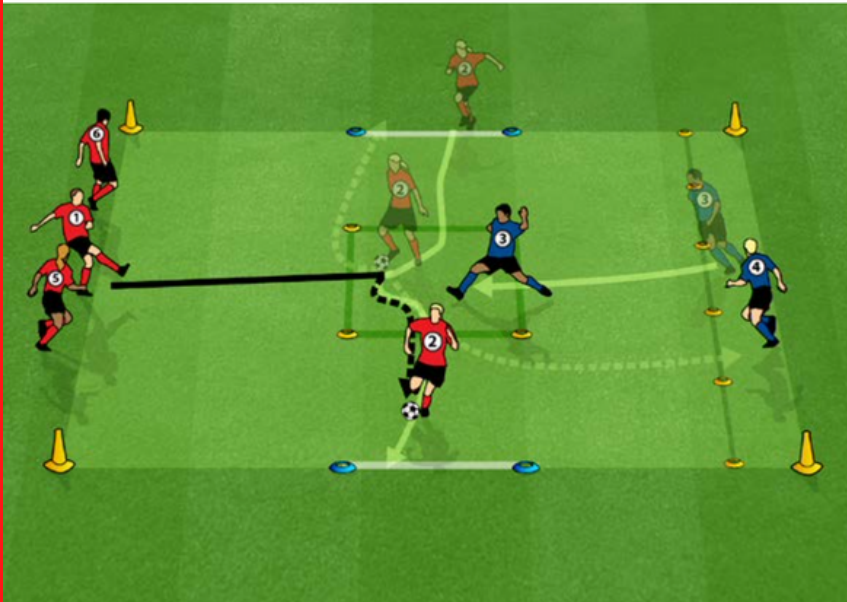
- Awareness of surroundings when receiving the ball
- 1st touch control into space / away from defender
- Receiving the ball with different parts of the foot

#### DRINKS BREAK DISCUSSION

- What helped you when trying to get the ball successfully from one side to the other?

### FOCUS - ATTACKING - RECEIVING TO PROTECT

### SKILL TRAINING 20-MINS



#### SETUP

- Set up an area of up to 20x15m with a 2m end zone at one end. Modify area depending on the age and ability of players
- 5 x 5m square marked out inside the area
- 2 gates on either side of the area
- 6 players in each area, as shown in diagram

#### HOW TO PLAY

- Player 1 passes the ball into the 5x5m square
- Player 2 runs from the gate into the square to receive. At the same time, Player 3 runs into the square to defend
- Player 1 has 7 seconds to try to dribble through one of the 2 wide gates or into the end zone
- If they dribble into end zone - 2 points
- If they point dribble through a side gate - 1 point
- If defenders win the ball and pass back to the server, they win a point
- Players rotate positions after taking part on the inside

#### POSSIBLE PROGRESSIONS

1. Player receiving the ball must protect it inside the square for 3 seconds before attacking

#### EXERCISE TASK

- When close to a defender, can you make sure that they do not get a chance to steal the ball?

#### PLAYER TASK EXAMPLES

- Can you put your body in between the defender and the ball?
- Can you change direction with the ball to stay away from the defender?
- Can you take your 1st touch away from the defender?

### FOCUS - ATTACKING - RECEIVING TO PROTECT

### SKILL GAME 20-25-MINS



#### SETUP

- Set up an area up to 30 x 20m. Modify area depending on the age and ability of players
- Large goals at each end with GK
- Create 3 teams of 4 players and bib accordingly

#### HOW TO PLAY

- Normal small sided game rules
- Goals count as 2 points
- Occasionally the coach is to call out "keep ball"
- The player in possession attempts to keep the ball for 5 seconds without passing to a team mate
- The defending team attempt to tackle the ball carrier with a maximum of 1 defender
- They can't pass or shoot until the 5 seconds is over
- If the player keeps it away from the defending team for 5 seconds they score 1 point and can continue playing the regular game
- Allow the game to flow with "Keep Ball" calls done intermittently
- Rotate teams often

#### POSSIBLE PROGRESSIONS

1. Increase time that players have to keep ball for
2. Increase the number of defenders allowed to win the ball back on "keep ball"

#### SKILL OUTCOMES

- 1st touch control, using different surfaces
- Receiving under pressure
- Changing direction with 1st touch
- Moving the 1st touch away from a defender

#### OBSERVATION TASKS

- What do the players in possession do well to keep the ball away from the defenders? What was most successful?