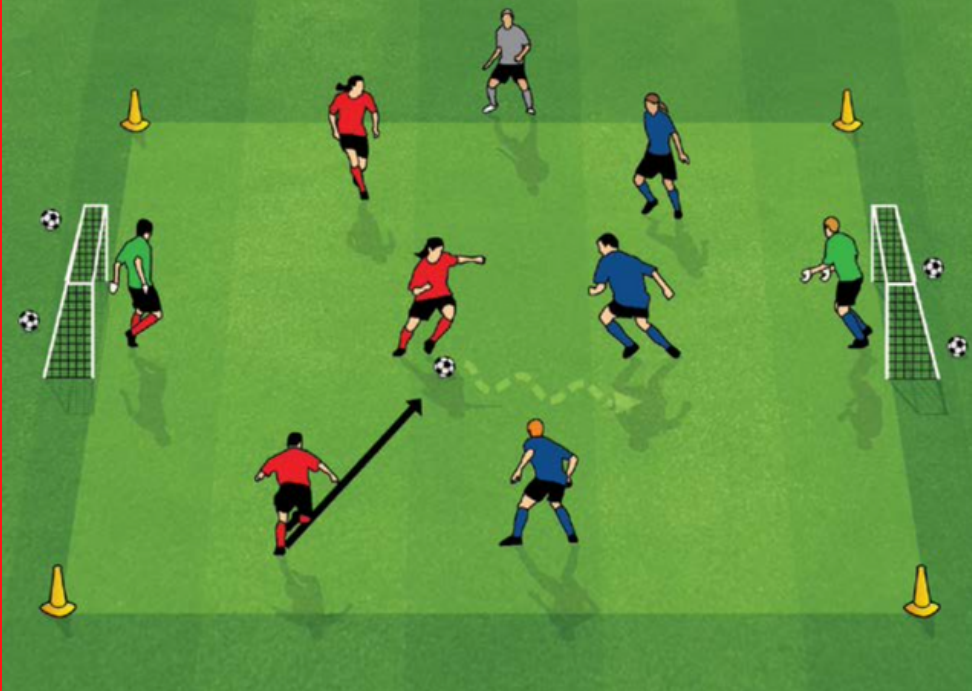


### SMALL SIDED GAMES

### 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.

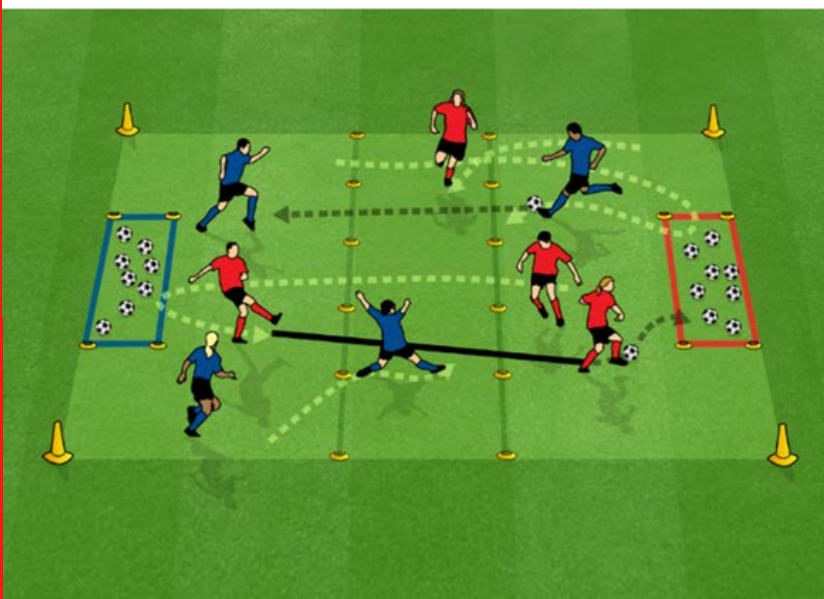
Examples:

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

Coaches observe : Players play

### FOCUS - DEFENDING - INTERCEPTING

### SKILL INTRODUCTION 10-15-MINS



#### SETUP

- Set up area of 25x12m.
- 2 teams of equal numbers
- 2 areas at each end with at least 8 balls
- Create a middle 'intercepting' area 5m deep and across the width and of the area

#### HOW TO PLAY

- Each team attempt to steal balls from the opponents area and pass it to a team mate in their third of the pitch who can put it into their area
- Balls that are passed but go out of the area are voided (coach to replace the void ball)
- To stop losing balls, players can try to intercept passes in the middle zone when an opponents is attempting to get a ball to a team mate
- If they intercept, they can return it to their own area unopposed by dribbling or passing
- Passes must be under hip height of players
- Maximum of 2 players allowed in intercepting zone
- The same players can't stay as interceptors and must rotate at least every 20 seconds
- Players can't intercept outside of the intercepting zone

#### POSSIBLE PROGRESSIONS

1. Passes must be under hip height of players
2. Maximum of 2 players allowed in intercepting zone
3. The same players can't stay as interceptors and must rotate at least every 20 seconds
4. Players can't intercept outside of the intercepting zone

#### SKILL OUTCOMES

- Intercepting short passes
- Positioning with team mates to intercept



# JUNIOR CURRICULUM

## 9TH - 12TH GRADE



### FOCUS - DEFENDING - INTERCEPTING

### SKILL TRAINING 20-MINS



#### SETUP

- Area of up to 20x20m. Modify size of area depending on number and age of children involved
- A second area inside up to 10x10m
- 3 groups of 4 players, bibbed accordingly
- 1 team (Yellows) start on the outside of the area with a ball each
- 1 team (Reds) begin inside the 10m area
- 1 team (Blues) begin between the 20m and 10m areas
- 4 Small goals placed around the outside of the area
- Additional Footballs placed around the outside of the area

#### HOW TO PLAY

- Yellows pass into the Reds, who turn and try to pass to another yellow. Each time they complete this they receive 1 point.
- Blues attempt to intercept the pass and, if successful, pass it into the goal. If Blues score, 2 points are removed from the attackers score.
- Blues are only allowed to intercept a pass from a Yellow player (not Red to Yellow)
- Yellows and Blues stay on their allocated side
- Play for 1 minute and see which Red can achieve the most points
- Rotate teams so that they take part in different role

#### POSSIBLE PROGRESSIONS

1. Blue defenders can intercept all passes (including Red to Yellow)
2. Blue defenders are able to move to a different side
3. Decrease to 2 footballs on the outside

#### EXERCISE TASK

- Can you get between the passer and receiver and anticipate the pass to intercept it?

#### PLAYER TASK EXAMPLES

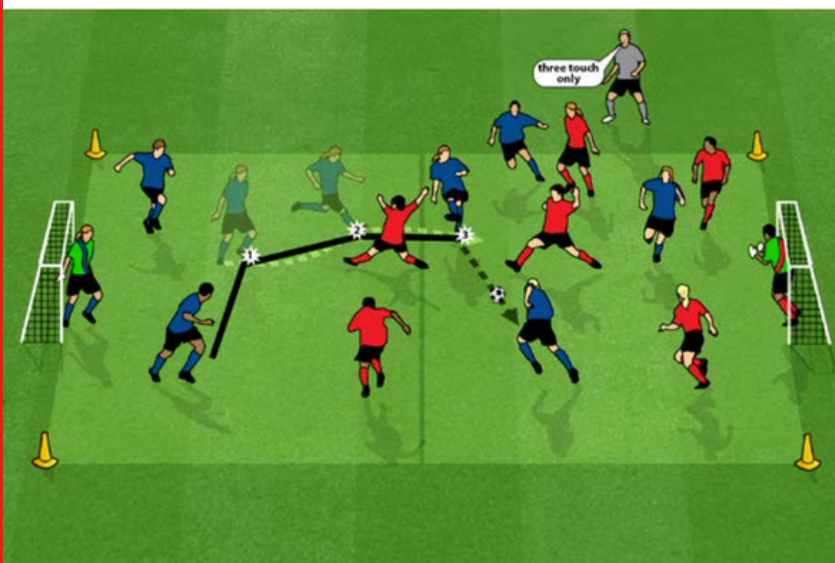
- Can you check to see where the red receiver is as much as possible?
- Can you move to intercept as a Yellow begins to pass the ball?
- As you intercept, can you take your first touch towards the goal in which you wish to score?

#### DRINKS BREAK DISCUSSION

- What were the difficulties when trying to intercept the ball? How did you try to overcome these?

### FOCUS - DEFENDING - INTERCEPTING

### SKILL GAME 20-25-MINS



#### SETUP

- Area of up to 60x40m. Modify area for number and age of players
- Large goals at each end, with GKs
- Group divided into equal teams, and bibbed accordingly

#### HOW TO PLAY

- Players take part in a regular match
- Players are only allowed to take a maximum of 3 touches each time they are in possession
- If they take more than 3 touches, a free kick is awarded to the opposition
- This is to ensure that more passes are made, and more intercepting opportunities are available

#### SKILL OUTCOMES

- Timing of interception
- Assessment of opponents / reading of pass
- Positive 1st touch when intercepting