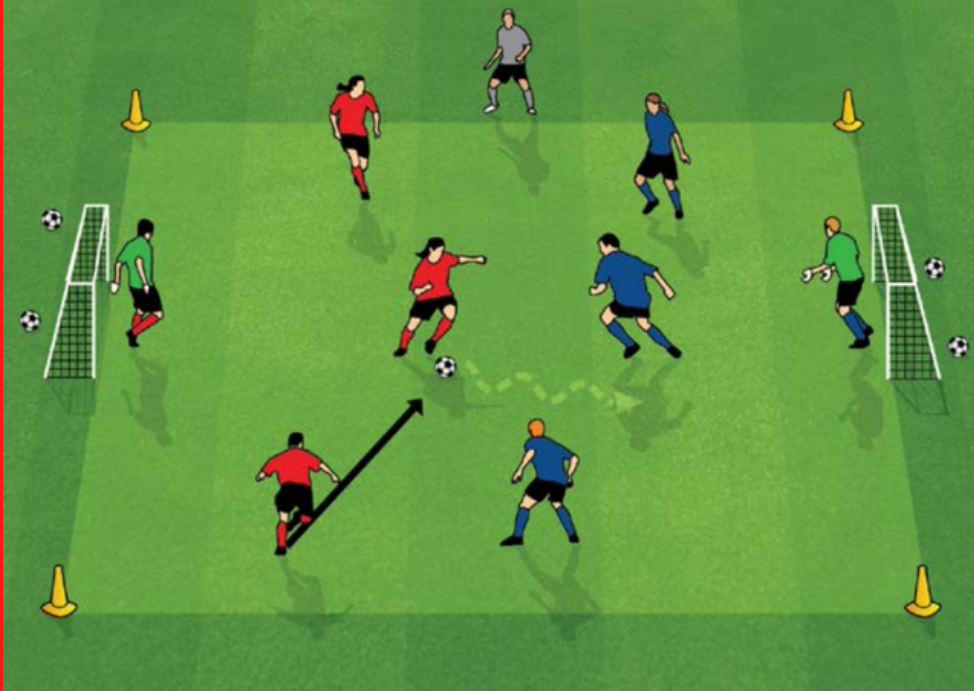


SMALL SIDED GAMES

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.

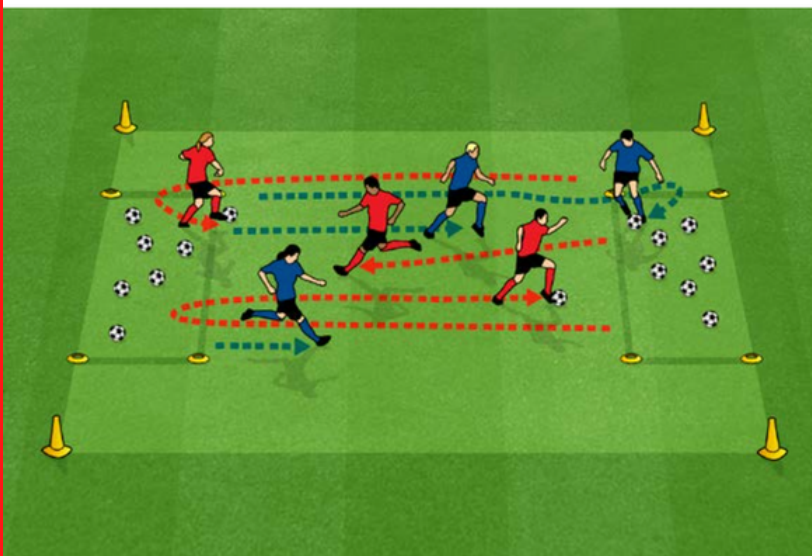
Examples:

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

Coaches observe : Players play

FOCUS - ATTACKING - FACING A DEFENDER

SKILL INTRODUCTION 10-15-MINS



SETUP

- Set up an area of 15x8m
- Two 2x3m zones at each end with 8 balls in each
- Divide players into 2 equal teams and bib accordingly
- Players start practice behind their zone of Footballs

HOW TO PLAY

- Teams have to take opposition Footballs from their zone, dribble and place them in their own team zone
- Players are not allowed to tackle opponents
- Play for 1 minute to see who has the most footballs

POSSIBLE PROGRESSIONS

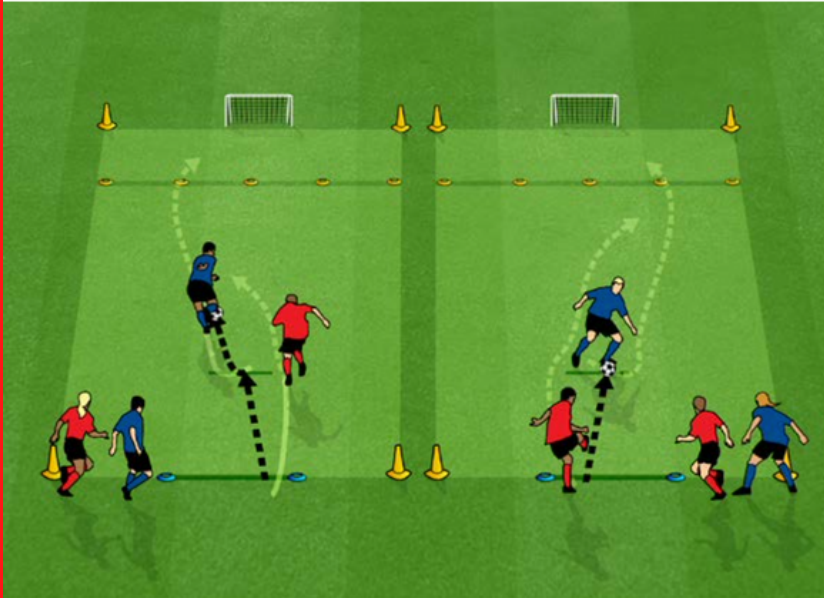
1. Introduce one defender for each team who is allowed to attempt to tackle players

SKILL OUTCOMES

- Acceleration and deceleration whilst dribbling
- Changing direction whilst dribbling
- Ball control and manipulation

FOCUS - ATTACKING - FACING A DEFENDER

SKILL TRAINING 20-MINS



SETUP

- Set up multiple areas of 10x20m
- Small goal at one end of the area
- Starting cones at opposite end to goal
- Line of markers 5m out from the goal
- 4 players per area

HOW TO PLAY

- Two players play at any one time (in each area)
- Player 1 stood in between starting cones, with Player 2 5m away facing them
- Player 1 passes the ball to Player 2
- Player 2 must turn and dribble towards the goal, scoring passed the line of markers
- Player 1 is allowed to defend after Player 2 have taken their first touch (cannot move before)

POSSIBLE PROGRESSIONS

1. Lessen the distance between the players at the starting position

EXERCISE TASK

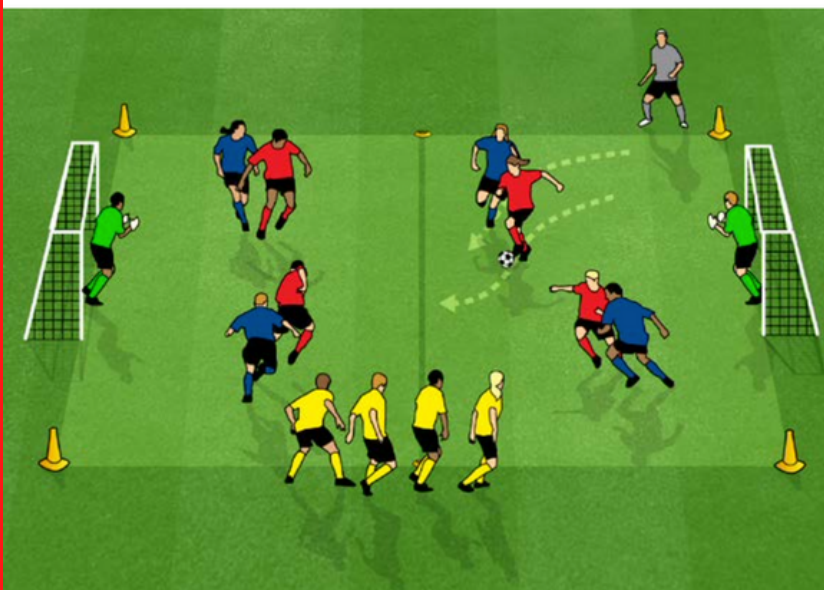
- Can you turn and dribble towards goal as quickly as possible, without engaging the defender?

PLAYER TASK EXAMPLES

- Try to turn with the ball as quickly as possible, using minimal touches, and still keeping the ball under control
- If the defender is getting close, can you put your body in between them and the ball?
- Try to dribble to have a shot at goal and make it difficult for the defender to tackle. You may need to cut across the defender to slow them down

FOCUS - ATTACKING - FACING A DEFENDER

SKILL GAME 20-25-MINS



SETUP

- Set up a pitch size 40x30m
- Large goals at each end, with GKs
- Divide players into three equal teams and bib accordingly
- 2 teams play with 1 team observing

HOW TO PLAY

- Players take part in a regular match
- Matches are no longer than 90 seconds in duration
- Coach emphasis is on 1v1s with a defender to the side and/or behind you, praising moments when players attempt to dribble under pressure at the appropriate times

OBSERVATION TASK

- Are there any examples of when a player has dribbled with a defender behind or to the side of them? If so what did they do well to keep the ball and attack or what could they do differently next time?

SKILL OUTCOMES

- Decision making - when to turn / dribble with the Ball
- Dribbling to protect the ball - through change of speed / direction and / or use of body
- Ball control when dribbling with the Ball
- Receiving the ball to attack quickly