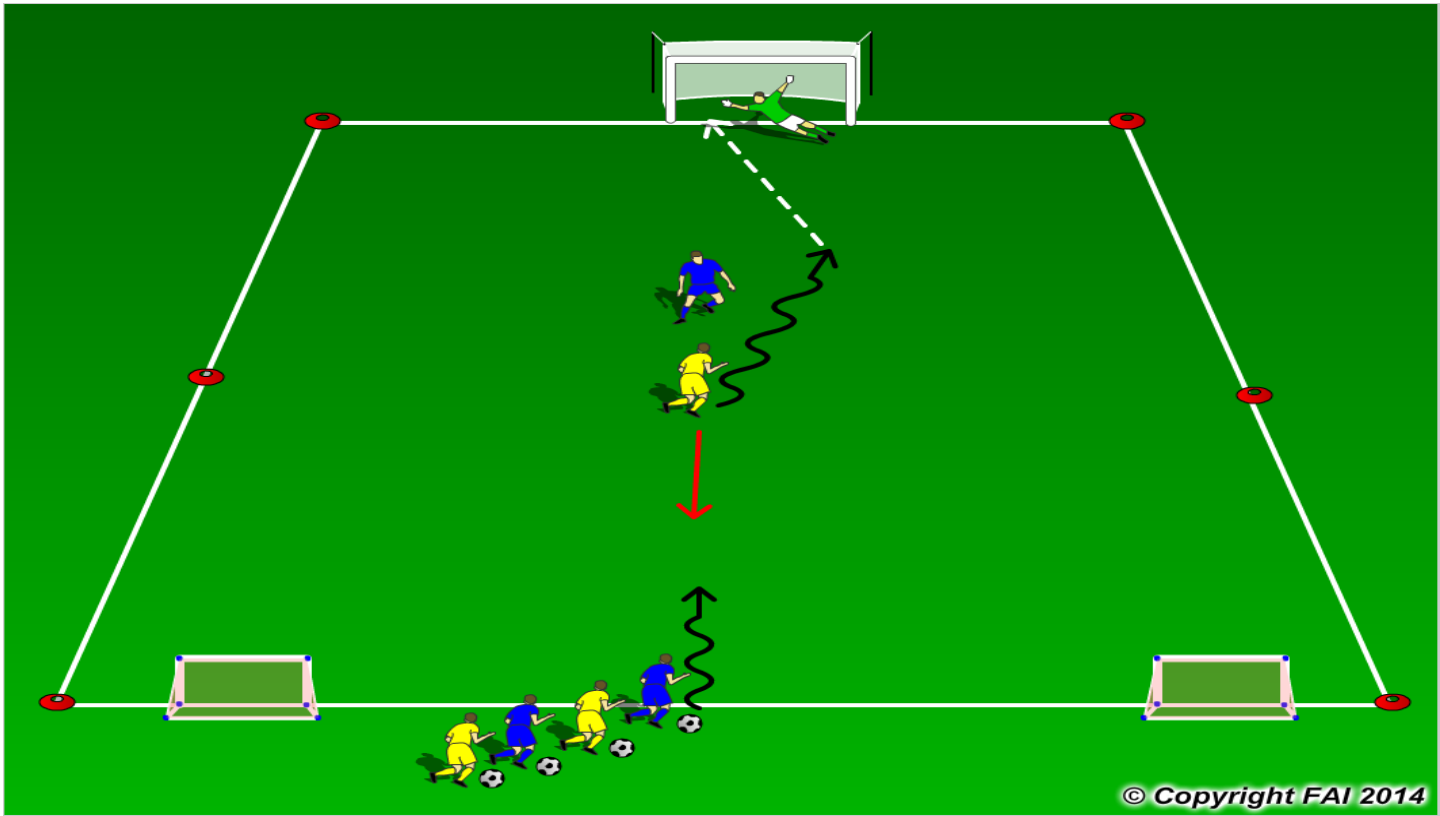


# “(13) 1 v 1's Soccer Drills”



**THEME: 1 v 1 Attacking and Defending**

**DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players 1 v 1 Attacking and Transition to Defend

**ORGANISATION**

- Area 15 x 20 metres
- Yellow Player Attacks Blue player when a goal is scored or the ball goes out of play, the Yellow player now becomes a Defender and the next Blue player is the Attacker
- If the defender or goalkeeper win's the ball they can pass through the two small goals to score

**KEY FACTORS**

- Positive first touch, get the ball out of your feet
- Attack the defender with the ball under control
- Keep your head up to assess defender and goalkeepers position
- Make your move (Skill, trick or speed)
- Accelerate into space created
- End Product
- Transition to Defend quickly but under control

**NOTES**

Encourage players to be creative, attack at speed and play until Goal is scored or ball is out of play





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## **THEME: 1 v 1 Change of Direction**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players 1 v 1 dribbling and change of direction with transition to defend

### **ORGANISATION**

- Area 20 x 15 metres
- Blue and Yellow players both start as attackers either side of the coach. When the coach passes the ball into the area both the Blue and Yellow players run to win the ball as seen in diagram 1. When player wins the ball they must change direction and dribble through either goal at the end that they started from as seen in diagram 2, if in this case the Blue player wins the ball he/she changes direction and tries to dribble through either of the small cones at the other end

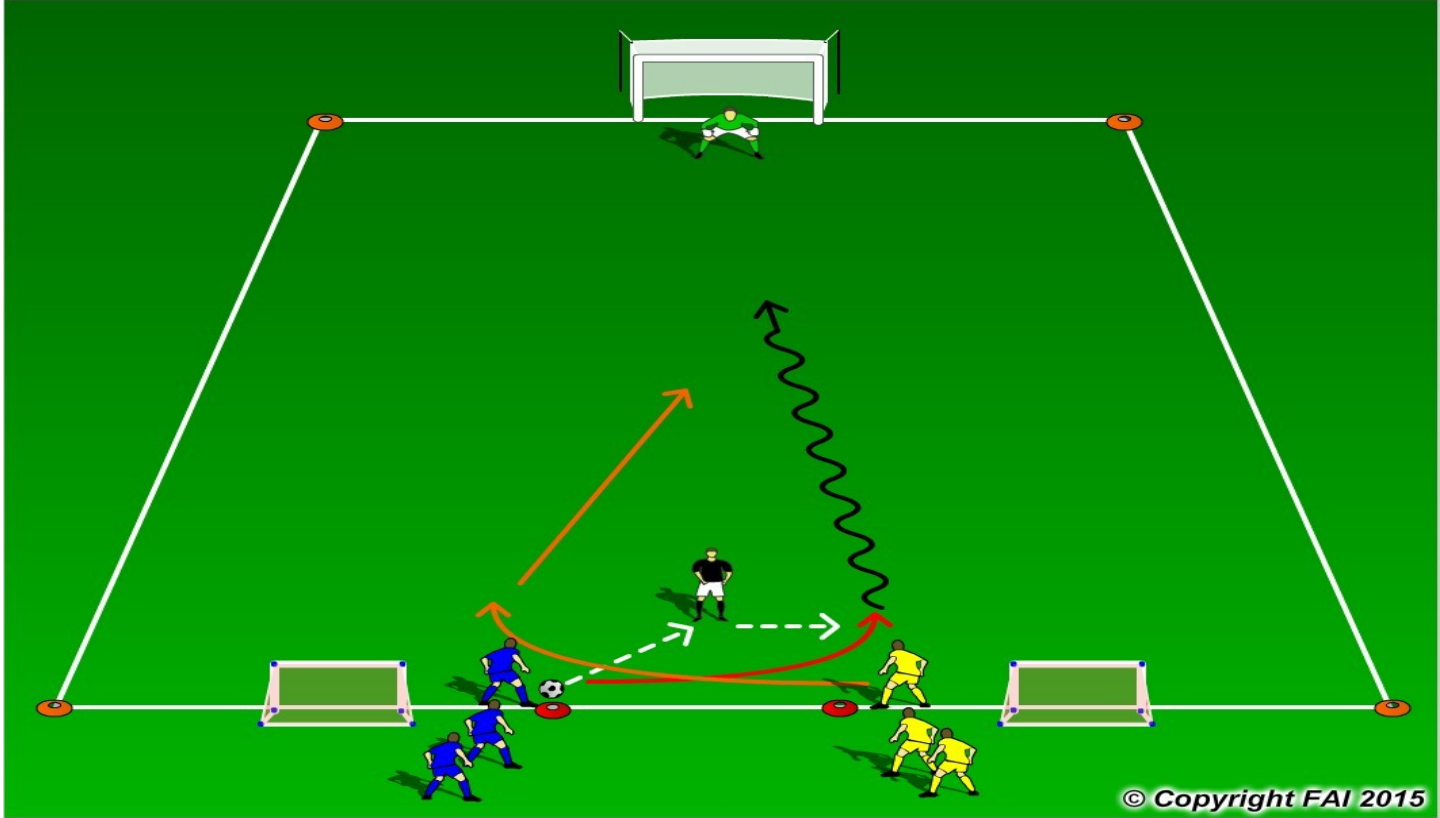
### **KEY FACTORS**

- Standing start, players to have forward lean when they move
- Quick acceleration
- Can player change direction with the ball under control from pressure
- Make your move (Skill, trick or speed)
- Accelerate into space created
- If ball is lost quick transition to defend

### **NOTES**

Make sure that players play till goal is scored, i.e. dribble through either goal, or ball goes out of play and are aware of the transitions. If players of good quality give them time limit to score





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## **THEME: 1 v 1 Passing Combination and Overlap**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players quick passing, movement, and 1 v 1 ability in dribbling and finishing under pressure with transition to defend

### **ORGANISATION**

- Area 20 x 15 metres
- 1 Blue v 1 Yellow with Coach acting as server
- Blue player and coach play a wall pass with the Yellow player overlapping the Blue player on the coaches pass
- On receiving the ball can the Blue player control and dribble at speed with the opportunity to finish while being under pressure from the Yellow player
- If the Yellow player or Goalkeeper wins the ball, he/she must pass through either of two small goals at the opposite end
- Make sure players work of both sides

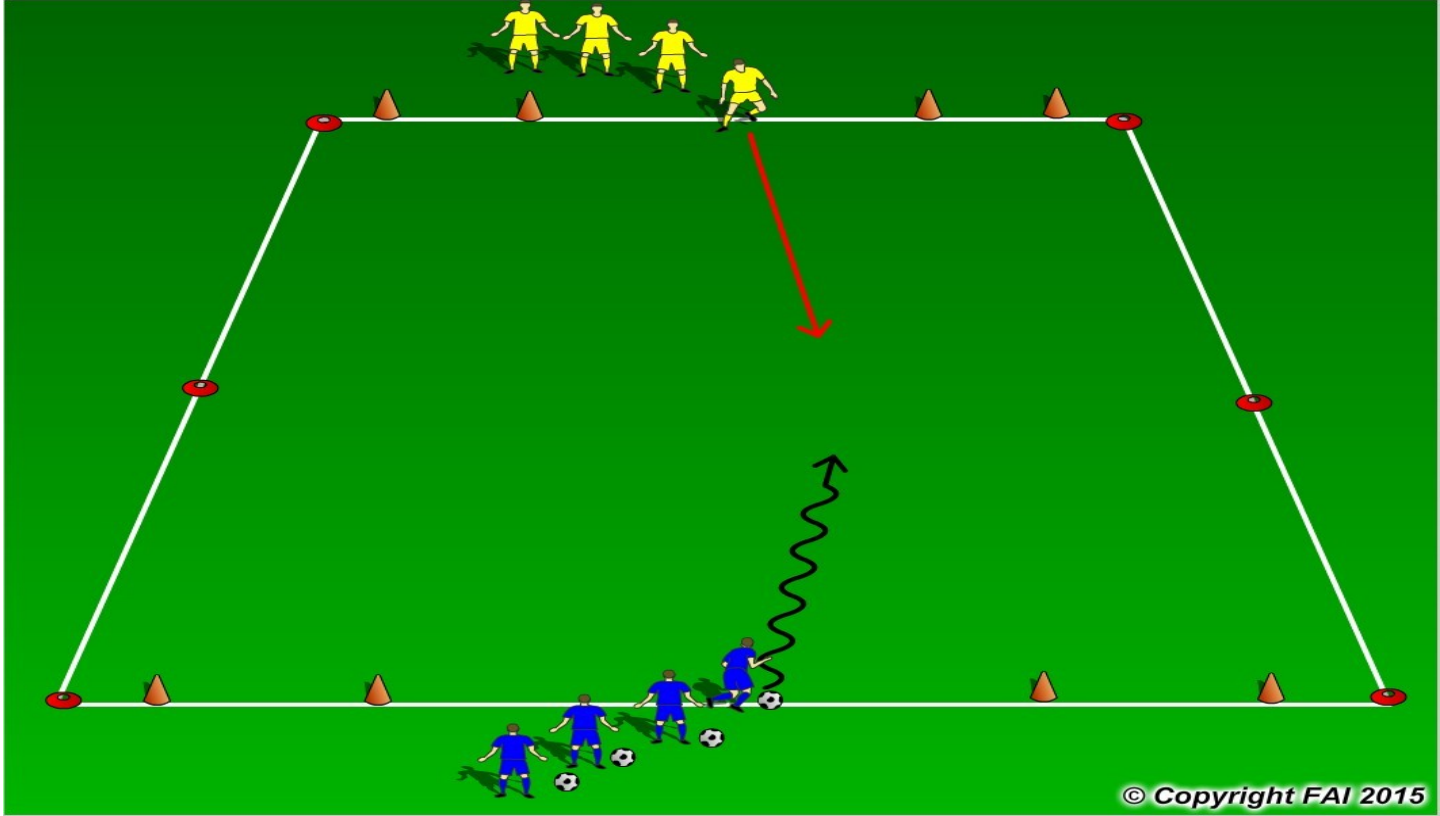
### **KEY FACTORS**

- Quality of pass – pace and accuracy
- Good first touch
- Quick acceleration while dribbling
- Finishing under pressure – assess distance of defender and goalkeepers position
- Quick transition in both attack and defense

### **NOTES**

Make sure that players play till goal is scored, i.e. a goal is scored at either end, or ball goes out of play and are aware of the transitions. If players of good quality give them time limit to score





## **THEME: 1 v 1 Dribbling with Transition to Defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players 1 v 1 Dribbling with Transition to Defend

### **ORGANISATION**

- Area 15 x 20 metres
- 4 Goals – two for Blue players to attack and 2 for Yellow players to attack, to score a goal players must dribble through the goals
- Blues (Attackers) must dribble and try to score in either of the two top goals, If the Yellows (Defenders) win the ball they can try and score in either of the two opposite goals

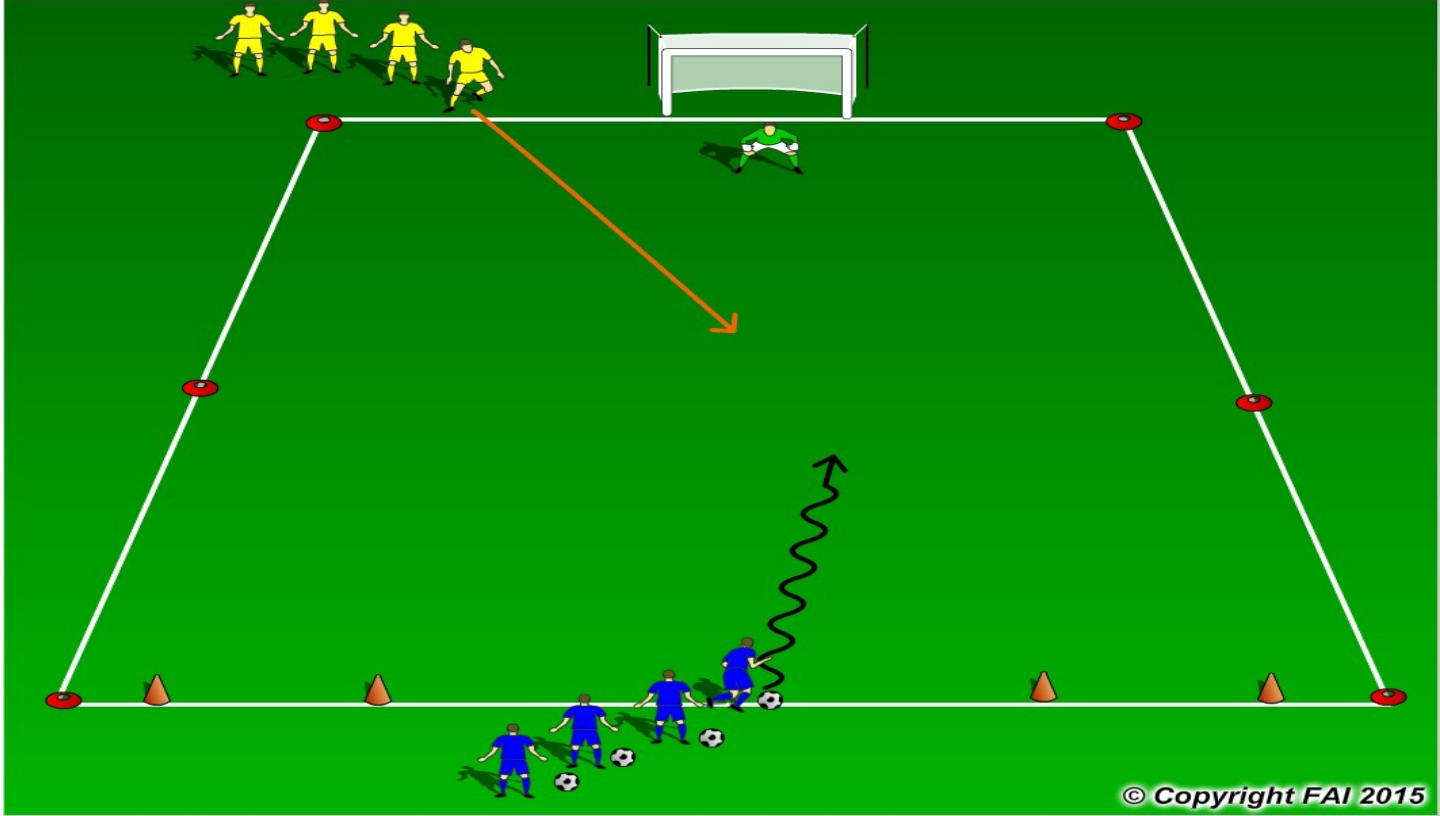
### **KEY FACTORS**

- Positive first touch, get the ball out of your feet
- Attack the defender with the ball under control
- Keep your head up to assess defenders position
- Make your move (Skill, trick or speed)
- Accelerate into space created
- Transition to Defend quickly but under control

### **NOTES**

Encourage players to be creative, attack at speed. Make sure that players play till goal is scored, i.e. goal is scored or ball goes out of play and are aware of the transitions





## **THEME: 1 v 1 Dribbling and Finishing with Transition to Defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players 1 v 1 dribbling and finishing with Transition to Defend

### **ORGANISATION**

- Area 15 x 20 metres
- Blue player attacks the main goal and the Yellow Player and Goalkeeper try to prevent goals and if they win possession they must counter quickly and score through the two small goals at the other end

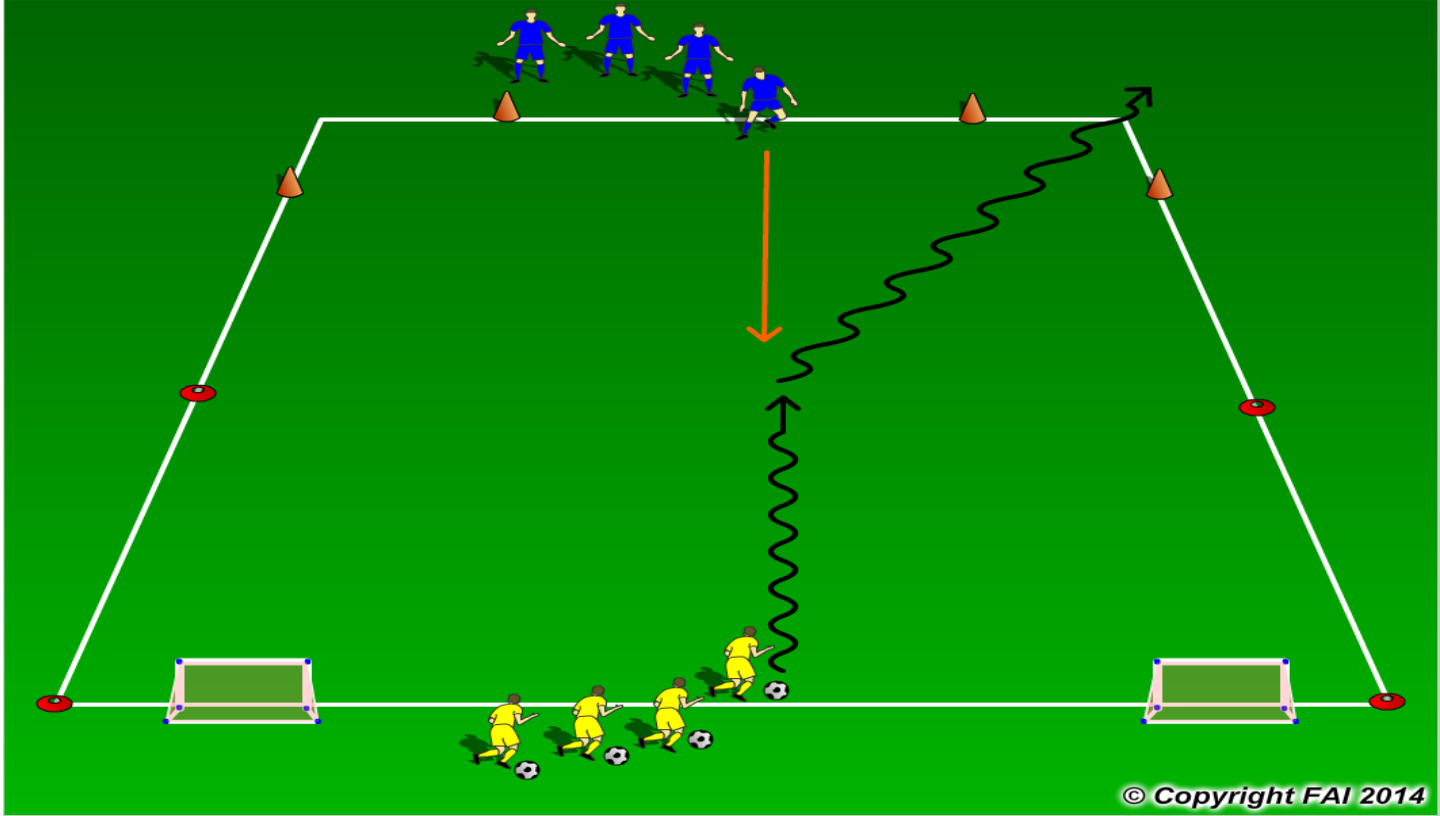
### **KEY FACTORS**

- Positive first touch, get the ball out of your feet
- Attack the defender with the ball under control
- Keep your head up to assess defender and goalkeepers position
- Make your move (Skill, trick or speed)
- Accelerate into space created
- Quality finishing
- Blue players don't always need to beat Yellow player to score, can finish by curling around them or feinting to shoot high and then shoot low (Creativity)

### **NOTES**

Encourage players to be creative, attack at speed. Make sure that players play till goal is scored, i.e. goal is scored or ball goes out of play and are aware of the transitions





## **THEME: 1 v 1 Dribbling/Change of Direction with Transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players 1 v 1 dribbling and change of direction

### **ORGANISATION**

- Area 15 x 20 metres
- 4 Goals – two for Yellow to attack (mark with cones at an angle) and 2 for Blues to attack
- Yellows (Attackers) try to score in either of the two top goals by dribbling through them, If the Blues (Defenders) win the ball they can try and score by passing into either of the two opposite goals

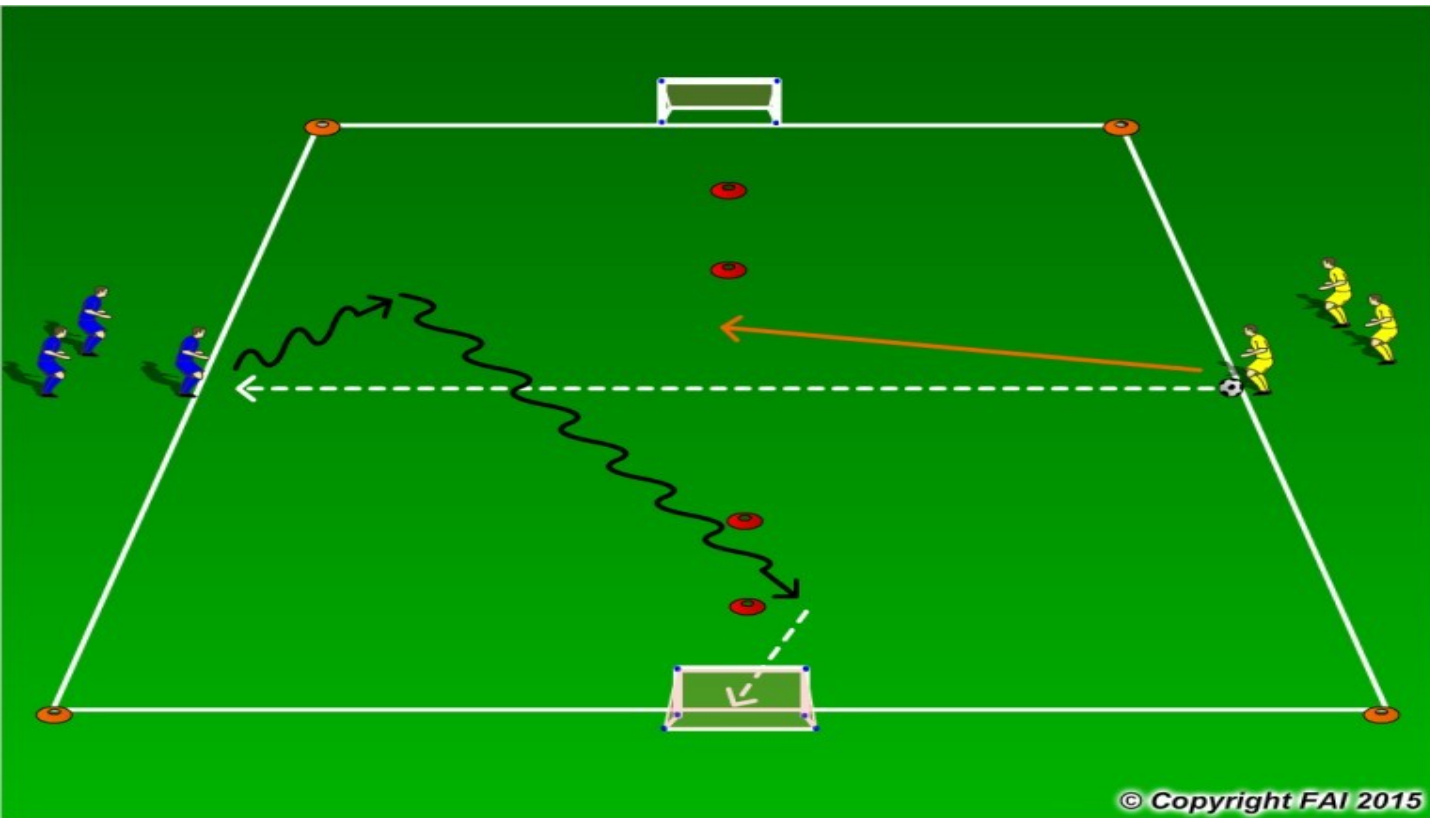
### **KEY FACTORS**

- Positive first touch, get the ball out of your feet
- Attack the defender with the ball under control
- Keep your head up to assess defenders position
- Make your move (Skill, trick or speed)
- Accelerate into space created
- If Defenders recovers use change of direction
- Transition to Defend if ball is lost

### **NOTES**

Encourage players to be creative, attack at speed and play until goal is scored or ball is out of play





## **THEME: 1 v 1 Dribbling to Goal**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to develop perception, awareness, dribbling and decision making in 1 v 1 situations with transition to defend

### **ORGANISATION**

- Area 25 x 20 metres
- 1 Blue v 1 Yellow. Yellow player passes the ball to the Blue player and defends, Blue player can score in either goal
- Before Blue player can score, he/she must first dribble through the small gate in front of the goal before shooting. (as seen in the diagram above)
- If the Yellow player wins the ball, he/she can now attempt to score in any of the two goals while the Blue player must now become the defender (transition)

### **KEY FACTORS**

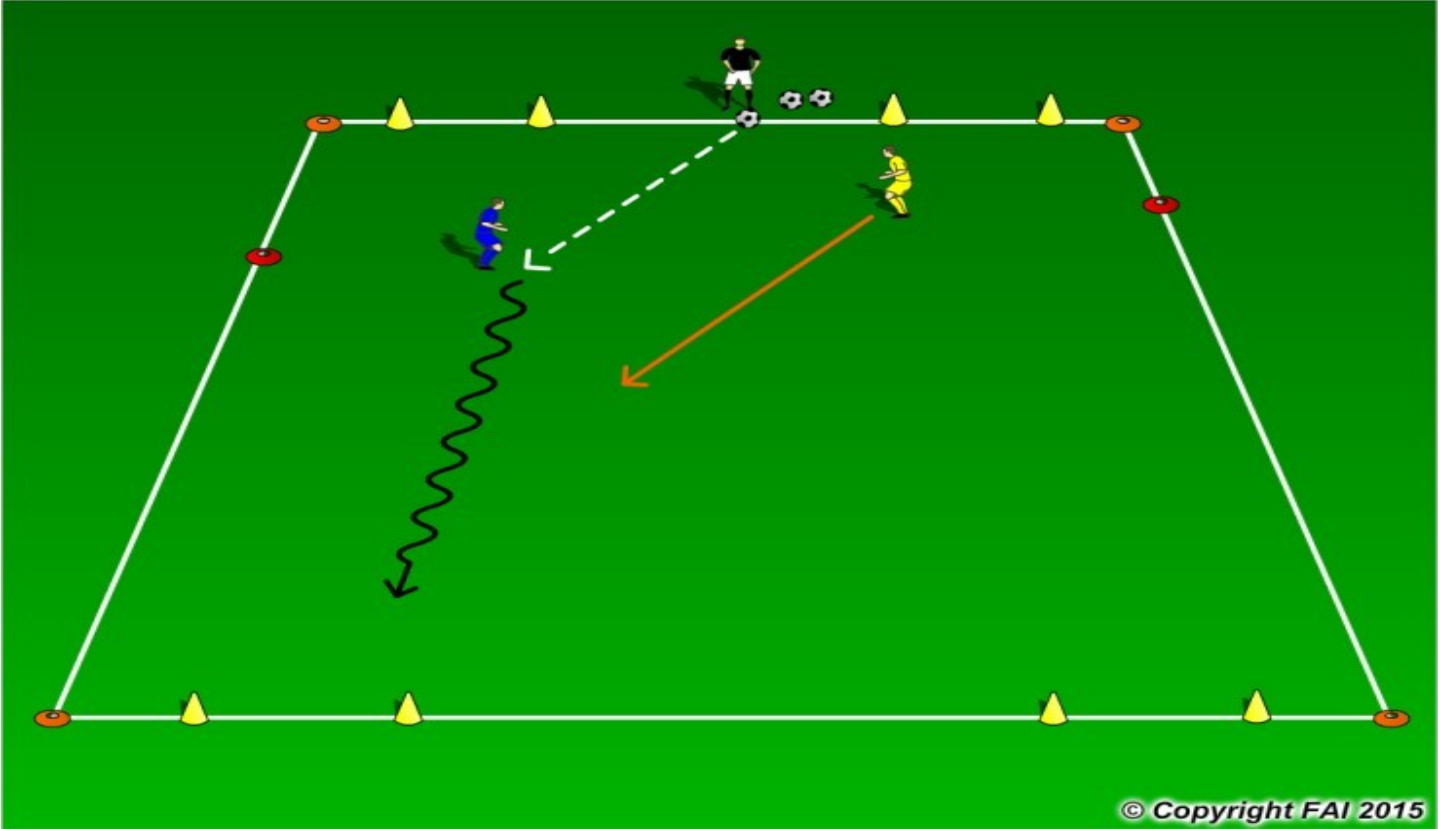
- Positive first touch towards goal (Back Foot)
- Accelerate away from defender
- If defenders recovers, change of direction
- Encourage creative/imagination
- Awareness – dribble with the head up to assess defenders position
- Finishing – shoot with the foot furthest from the defender
- Transition to Defend quickly but under control

### **NOTES**

Make sure that players play till goal is scored or ball goes out of play and are aware of the transitions. Change of direction - inside/outside chops, Cruyff turn, drag back and step over turn







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## **THEME: 1 v 1 Dribbling Under Pressure with Transition to Defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players 1 v 1 ability in dribbling with speed and quick ball control with transition to defend

### **ORGANISATION**

- Area 20 x 15 metres
- 1 Blue v 1 Yellow with Coach acting as server
- Both players start inside the area with the Blue starting 2 metres ahead of the Yellow player
- On receiving the ball can the Blue player control the ball and accelerate at speed while attempting to dribble through either of the small cones
- Yellow player presses after coach passes the ball
- If the Yellow player wins the ball, he/she must dribbling through either of two small goals at the opposite end

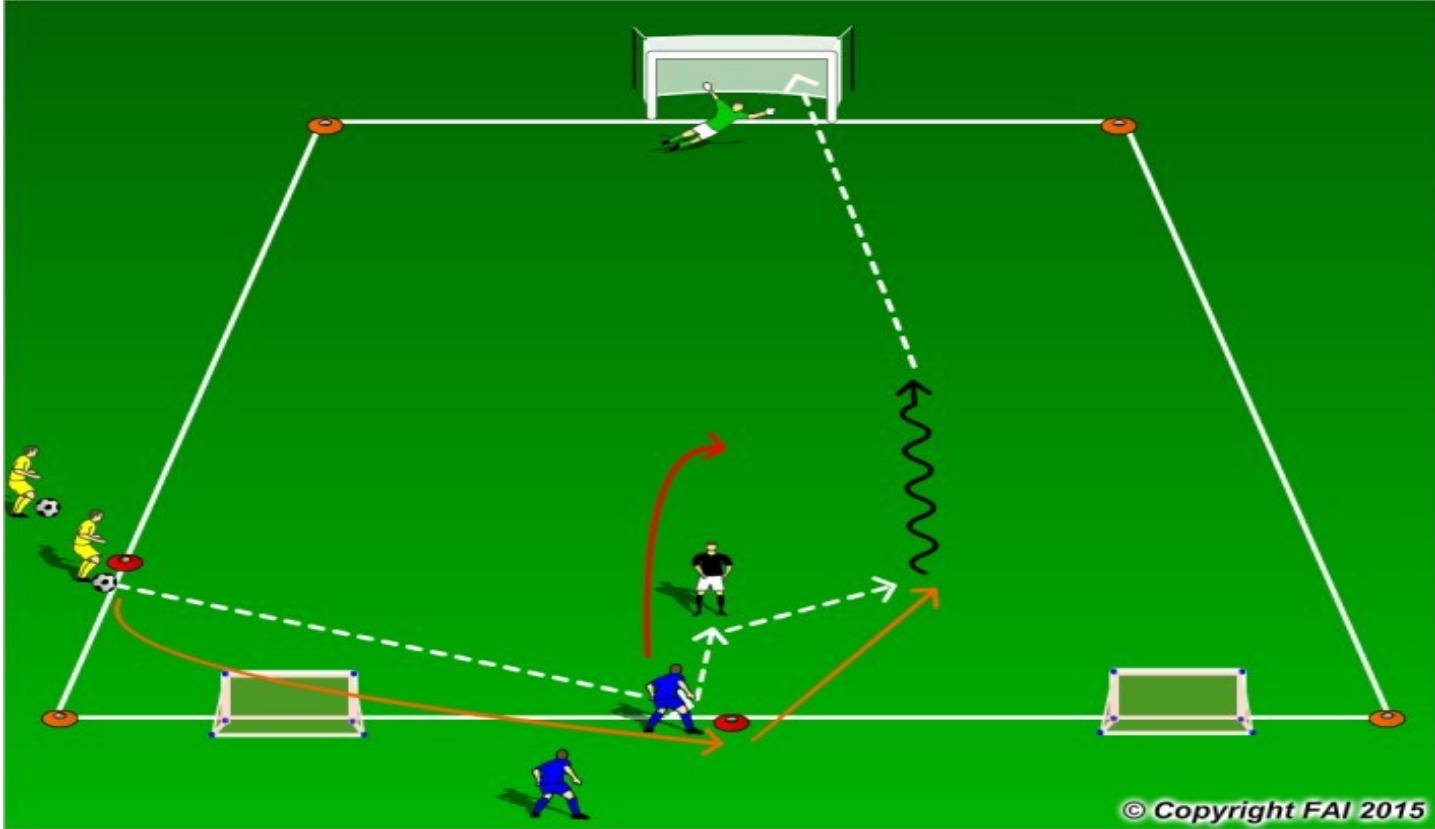
### **KEY FACTORS**

- Opened Body shape to receive and receive on the back foot
- Quick awareness, control and movement
- Can player receiving the ball use feints or disguises to gain an extra yard or two on defender?
- Quick acceleration while dribbling
- Transition to Defend quickly but under control

### **NOTES**

Make sure that players play till goal is scored, i.e. dribble through either goal, or ball goes out of play and are aware of the transitions. If players of good quality give them time limit to score





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## **THEME: 1 v 1 Finishing Under Pressure**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players 1 v 1 ability in finishing with transition to defend

### **ORGANISATION**

- Area 20 x 15 metres
- 1 Yellow (attacker) v 1 Blue (defender) + 1 GK with Coach acting as server
- Game starts as follows:
  - 1 – Yellow player passes to Blue player, after the pass makes a run around the Blue player
  - 2 – Blue player then passes to Coach, and then makes a run around the coach
  - 3 – Coach passes to Yellow who then must attempt to score
- If Blue player wins the ball, he/she attempts to score in either one of the small goals with the Yellow player now transitioning to defend
- Make sure there is a supply of footballs to keep the practice continually flowing

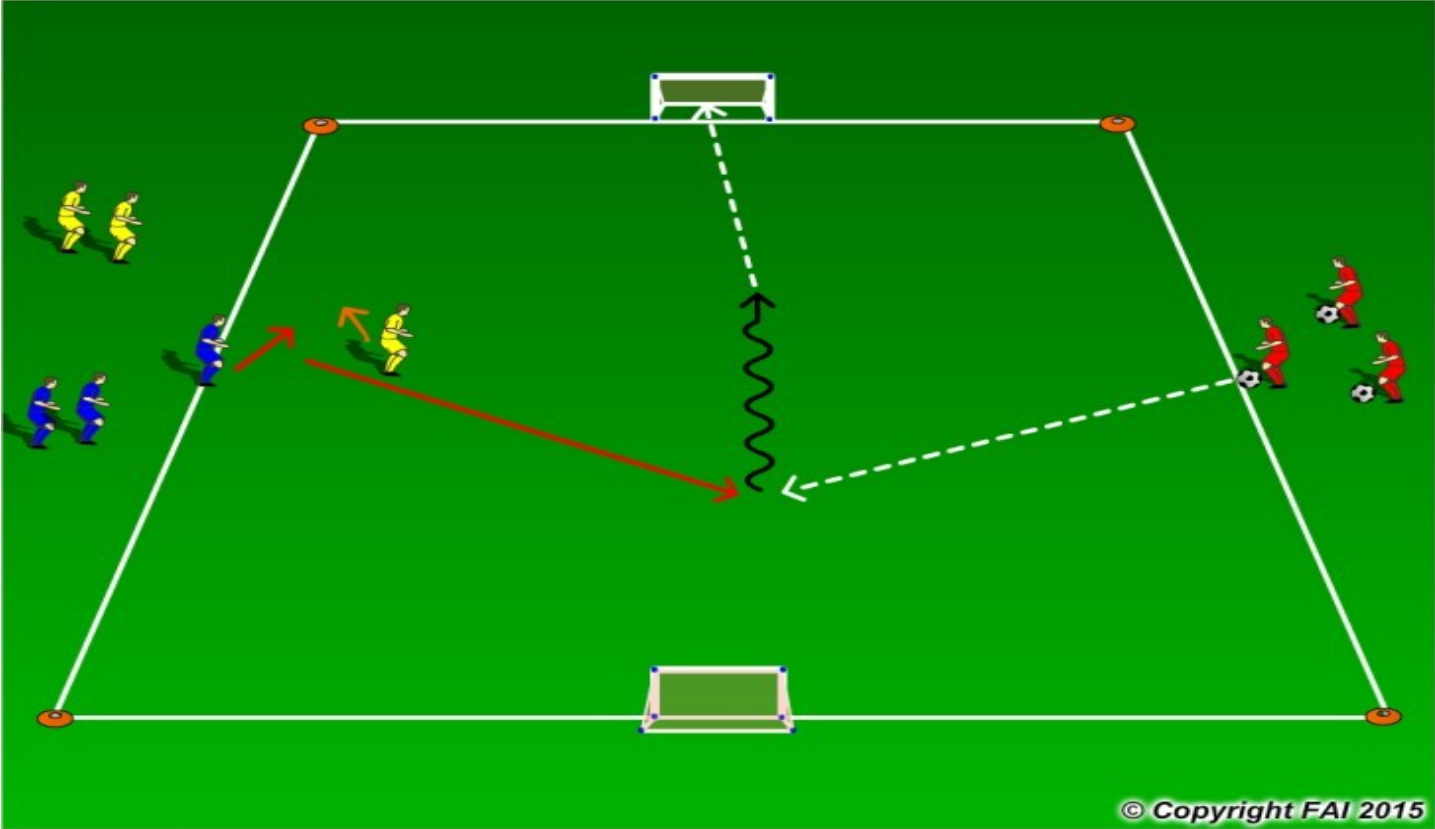
### **KEY FACTORS**

- Quick awareness, control and movement
- Can player receiving the ball use feints or disguises to gain an extra yard or two on defender?
- Good first touch and quick acceleration while dribbling
- Finishing – accuracy over power
- Transition to Defend quickly but under control

### **NOTES**

Make sure that players play till goal is scored, i.e. goal is scored or ball goes out of play and are aware of the transitions. If players of good quality give them time limit to score





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## **THEME: 1 v 1 Movement To Create Space**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players 1 v 1 ability in movement to create space, turning, dribbling and finishing with transition to defend

### **ORGANISATION**

- Area 20 x 15 metres
- 1 Blue (attacker) v 1 Yellow (defender) with 1 Red acting as server
- Blue player starts behind Yellow player and must create space through movement to receive pass from Red player
- On receiving the ball, can the Blue player now dribble towards goal and finishing
- If Yellow player wins the ball, he/she can score in the opposite goal with the Blue player now transitioning to defend
- This process continues until all attackers have completed the cycle, the coach then rotates the players
- Red players to have supply of footballs to keep the practice continually flowing

### **KEY FACTORS**

- Quick awareness and movement to escape defender
- Can player change direction (feints/disguises) to beat defender
- Quick acceleration while dribbling
- Finishing
- If ball is lost quick transition to defend

### **NOTES**

Make sure that players play till goal is scored, i.e. goal is scored or ball goes out of play, and are aware of the transitions. If players of good quality give them time limit to score





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## **THEME: 1 v 1 Shielding and Turning with Transition to Defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players 1 v 1 ability in movement, shielding, turning and dribbling with transition to defend

### **ORGANISATION**

- Area 20 x 15 metres
- 1 Blue v 1 Yellow with Coach acting as server
- Both players start inside the area with the Blue player looking to create movement to receive the ball from the Coach
- On receiving the ball, the Blue player must shield the ball from the Yellow player before attempting to turn and dribbling through either of two small goals as seen in the diagram above
- If the Yellow player wins the ball, he/she must pass through either of two small goals at the opposite end

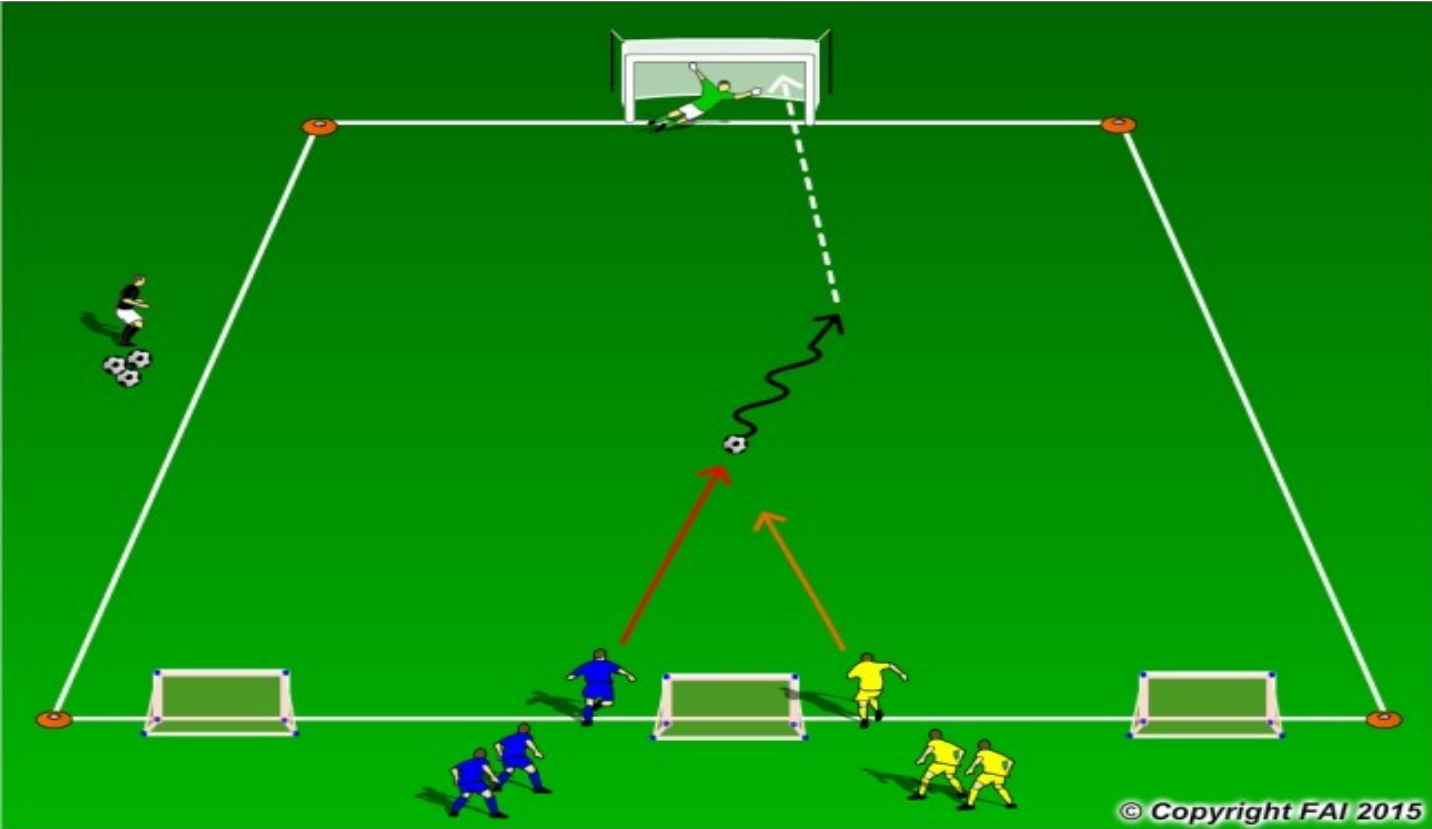
### **KEY FACTORS**

- Quick awareness and movement
- When shielding can player take the ball on foot furthest away from defender while having a side on position, can the player keep the defender at arm's length
- Can player change direction (turning) with the ball under pressure
- If defender is very tight can Attacker turn off their first touch
- Quick acceleration while dribbling after turning defender
- If ball is lost quick transition to defend

### **NOTES**

Make sure that players play till goal is scored, i.e. dribble through either goal, or ball goes out of play and are aware of the transitions. If players of good quality give them time limit to score





## **THEME: 1 v 1 Speed with Transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players 1 v 1 ability in acceleration, speed and finishing with transition to defend

### **ORGANISATION**

- Area 20 x 15 metres
- 1 Blue v 1 Yellow + 1 Goalkeeper
- Football placed 10 yards in front of both players
- Game starts as follows:
  - 1 – On coaches signal both Blue and Yellow player sprint towards the ball (as seen above)
  - 2 – Whichever player gets the ball first has the opportunity to score on the GK, becomes the attacker (as seen above)
  - 3 – If defender wins the ball or Goalkeeper saves the ball they transition to attack in either of the three goals at the other end, attacker now transitions to defend
- Make sure there is a supply of footballs to keep the practice continually flowing

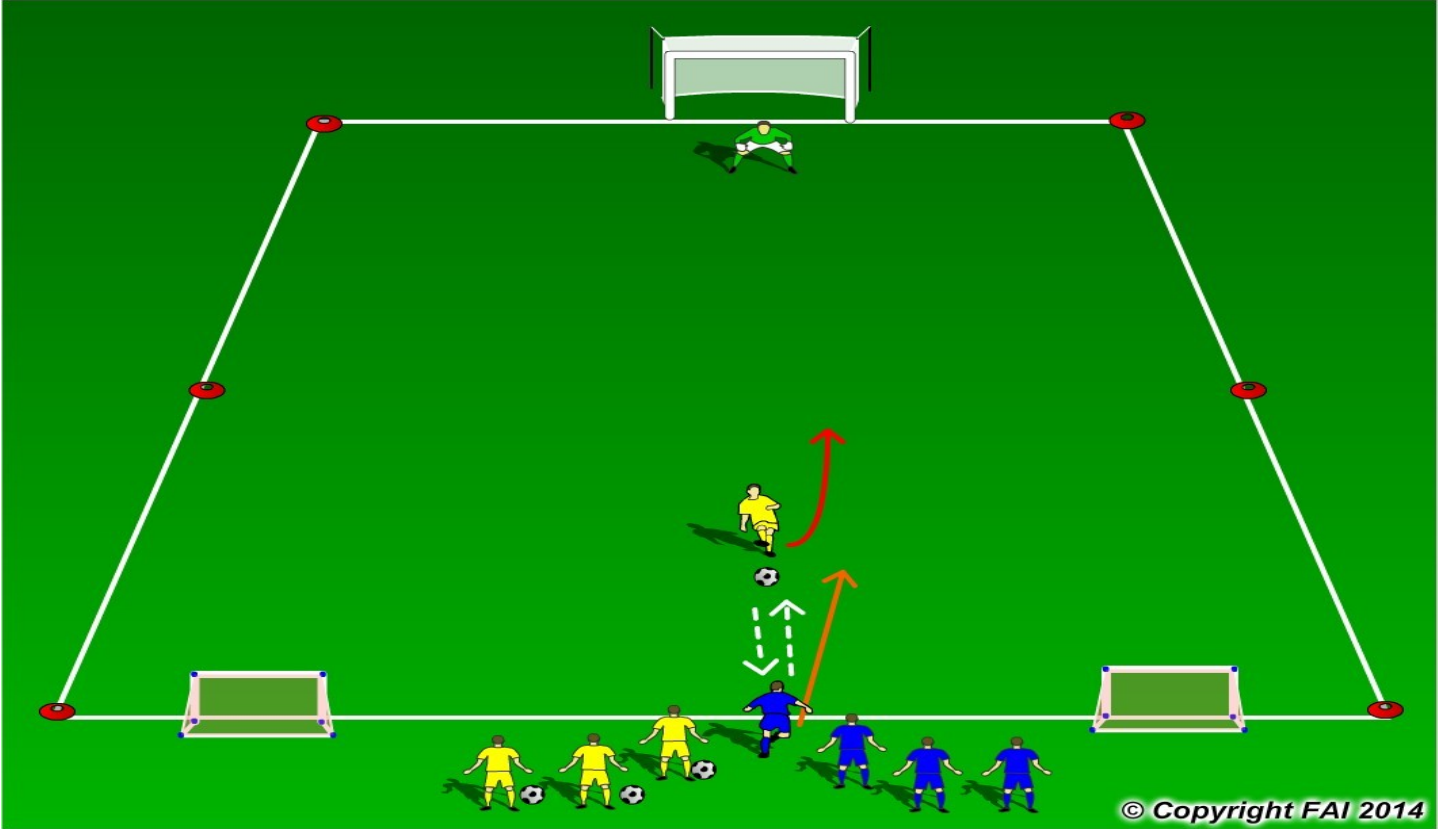
### **KEY FACTORS**

- Standing start, players to have forward lean when they move
- Quick awareness, control and movement
- Good first touch and quick acceleration while dribbling
- Finishing under pressure – assess distance of defender and goalkeepers position
- Transition in both attack and defense to be done at speed

### **NOTES**

Make sure that players play till goal is scored, i.e. goal is scored or ball goes out of play and are aware of the transitions. If players of good quality give them time limit to score





## THEME: 1 v 1 Turning and Running with the Ball

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to improve players 1 v 1 Turning and Running with the ball with Transition to Defend

### ORGANISATION

- Area 20 x 15 metres
- Yellow Player (Attacker) passes back and forth with one touch to Blue Player (Defender)
- On Yellow players decision he/she turns and attacks the goal, Blue player must react and defend
- If the Goalkeeper saves the ball or the blue player wins the ball, they must then transition to attack and try to score in the two small goals
- Players switch roles after each go

### KEY FACTORS

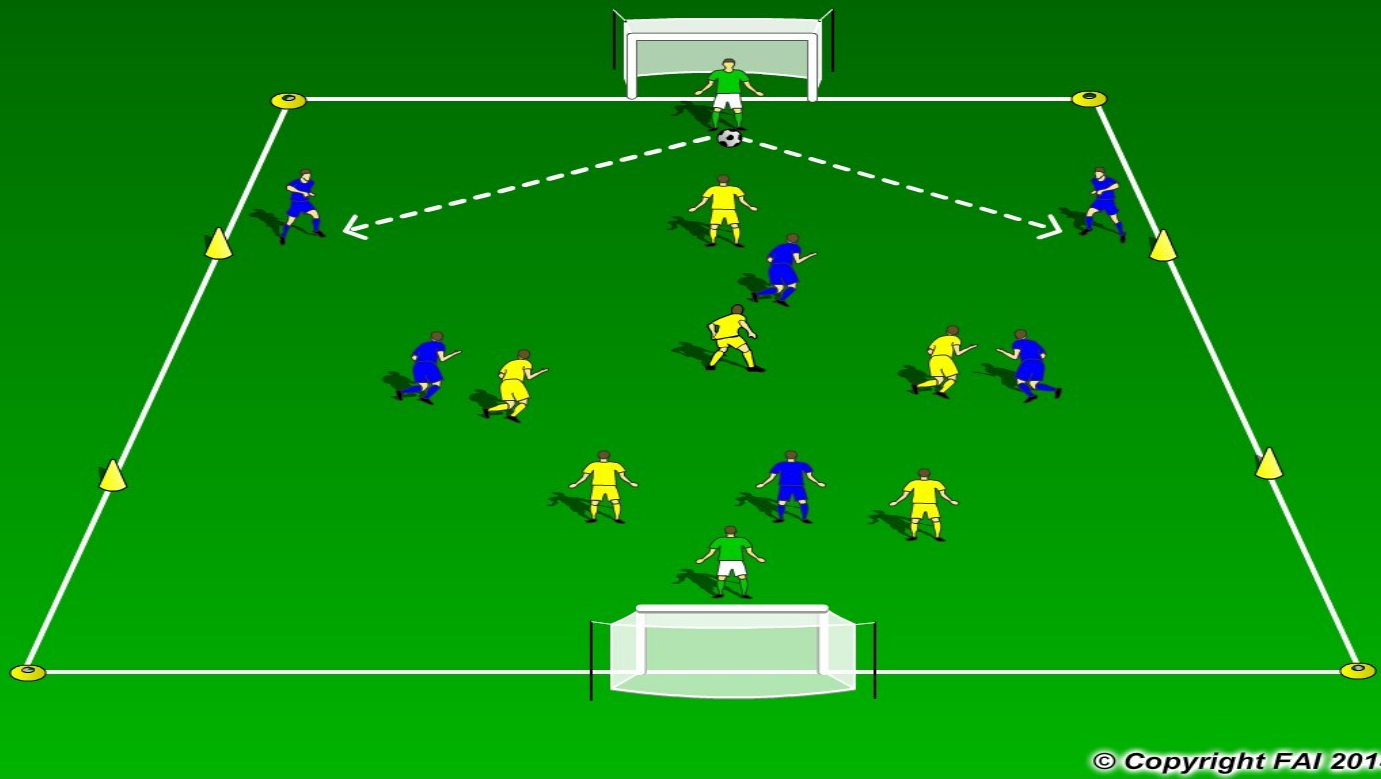
- Quick turn - minimum touches, feints or let the ball run through legs
- Positive first touch, get the ball out of the players feet
- Running with the ball – big touches but under control
- Keep body between Ball and Defender
- Keep head up to assess Goalkeepers position
- End Product

### NOTES

Encourage players to be creative, attack at speed and play until Goal is scored or ball is out of play



# **“(5) 7v7 SSG Soccer Drills”**



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## **THEME: 7 v 7 Small Sided Game**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

7v7 Small Sided Game designed to improve players all round Technique and Tactical Awareness

### **ORGANISATION**

- Area: 60 metres x 40 metres
- 7 v 7 Game: Blue 1.2.3.1 v Yellow 1.2.3.1
- Supply of balls in each goal
- Offside's in the Thirds, marked by cones
- Goalkeeper starts the play at all times with the ball in the middle of 6 yard box
- When Goalkeeper is restarting play only 1 opposition player is allowed to enter that third

### **KEY FACTORS**

Starting positions of Defenders – wide and high, open body shape, awareness and receive on back foot

Midfield with Holding Midfielder (6) and 2 advanced midfielders (8 & 10)

Quality and selection of pass

First touch and body shape (opened looking to play forward)

Angles and distance of support

Awareness and communication

Transition to defend if ball is lost, can they win it back as quickly as possible (Pressing as a unit)

### **NOTES**

Goalkeeper's role very important, Quality of passing and decision making crucial.

Look for high tempo







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## **THEME: Attacking with Midfield 3 and Forward with transition to defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

Phase of Play practice designed to improve the combinations and movement of the midfield and Forward based on a 7 v 7 Small Sided Game with formation 1.2.3.1

### **ORGANISATION**

- Area: 40 metres x 35 metres
- In Yellow 3 Midfielders + 1 Forward V In Blue Goalkeeper + 2 defenders + 3 Midfielders
- 2 Target Yellow Players standing in the gates
- Yellow team attack the Goal, Blue team in possession must score by playing the ball to one of 2 Yellow target players in gates, they can then join in the attack (Center Backs)

### **KEY FACTORS**

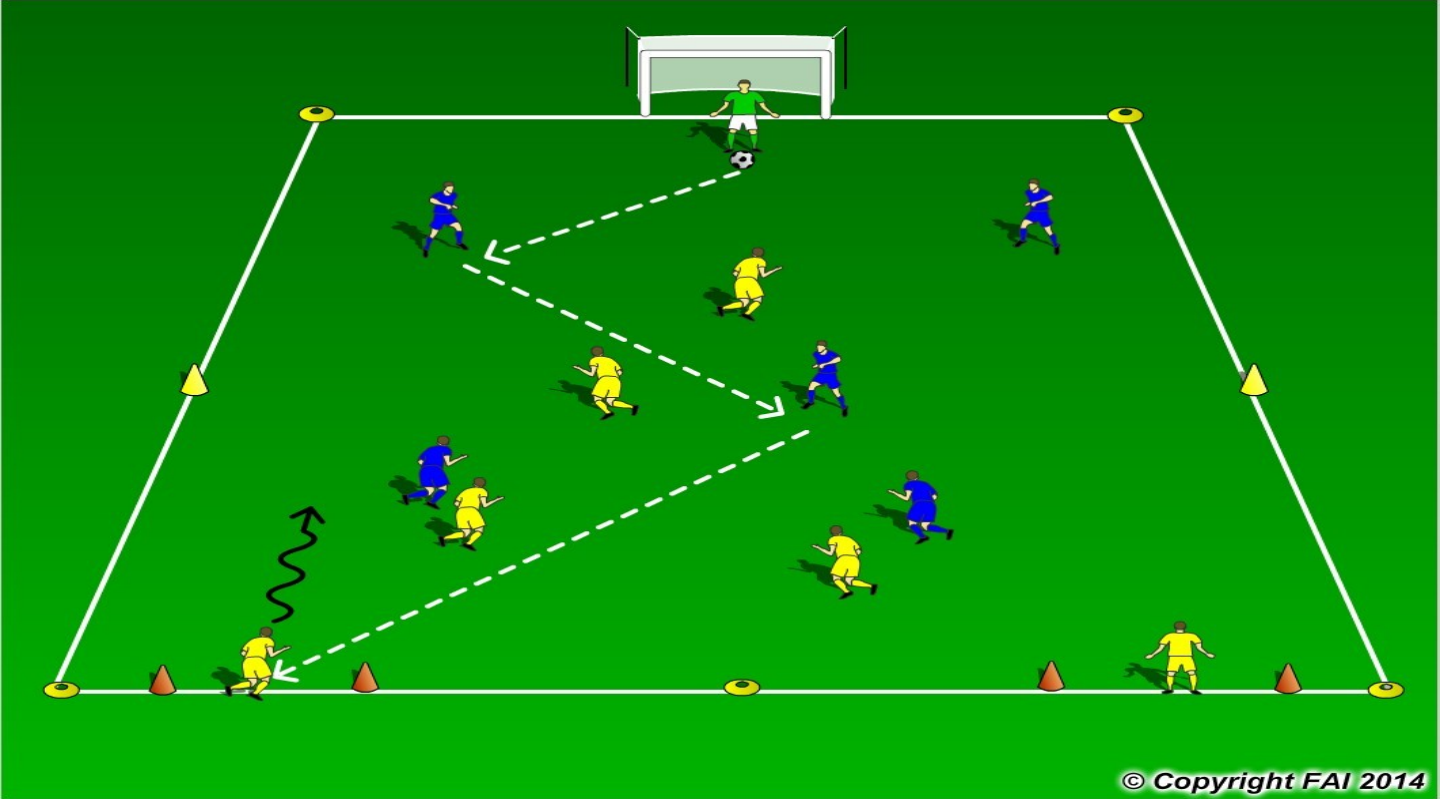
- Starting Positions – Midfield 3 one Holding Midfielder (6) and 2 advanced Midfielders (8 & 10), Center Forward in between Center Backs
- Midfielder's movement to receive, look to play forward, open body shape.
- Quality of pass, accuracy and pace
- Players looking to receive ball in between and behind opposition
- Use combination play to create scoring opportunities
- Transition to defend can we win it back as quickly as possible? As high up as possible?

### **NOTES**

Let players make their own decision, look for high tempo, make sure midfielders aren't crowding space by running towards the player in possession, taking away space.

Yellow target act as Center Backs (create 4v3 in Midfield)





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## **THEME: Attacking with Goalkeeper, Back 2 and Midfield 3 with transition to defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

Phase of play practice designed to improve players technique and tactical awareness when playing out from the back based on a 7 v 7 Small Sided Game with formation 1.2.3.1

### **ORGANISATION**

- Area: 40 metres x 35 metres
- In Blue Goalkeeper + 2 defenders + 3 Midfielders V in Yellow 3 Midfielders + 1 Forward
- 2 Target Yellow Players standing in the gates
- Goalkeeper starts the play at all times with the ball in the middle of 6 yard box
- Blue team looking to build from the back and score through any of 2 gates to Yellow players that then attack Blue goal, Blues must quickly transition to defend

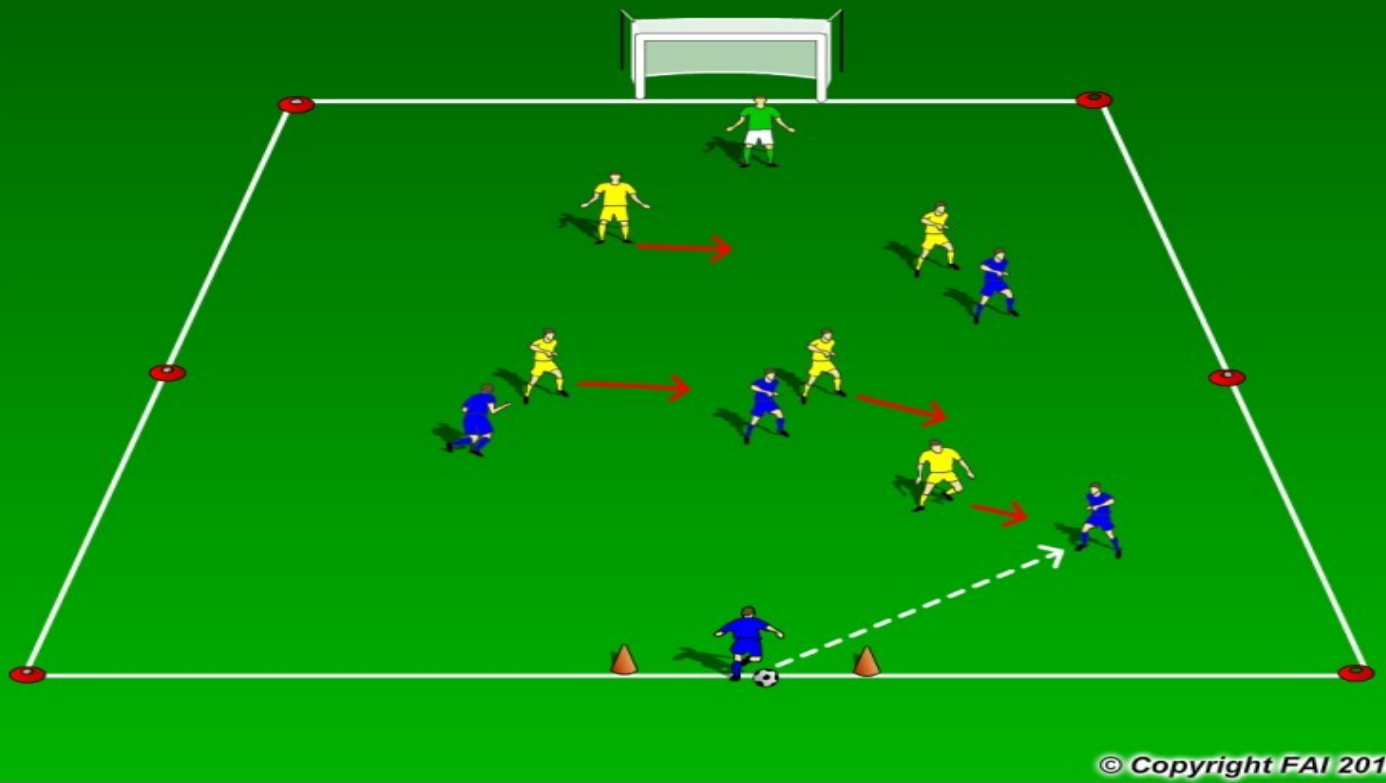
### **KEY FACTORS**

- Starting positions of Defenders – wide and high, open body shape, awareness and receive on back foot
- Midfield with Holding Midfielder (6) and 2 advanced midfielders (8 & 10)
- Quality and selection of pass
- First touch and body shape (opened looking to play forward)
- Angles and distance of support
- Awareness and communication
- Transition to defend if ball is lost, can they win it back as quickly as possible (Pressing as a unit)

### **NOTES**

Goalkeeper's role very important, Quality of passing and decision making crucial.  
Look for high tempo





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## **THEME: Defending with Midfield 3, Back 2 and Goalkeeper with transition to Attack**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

Phase of Play practice designed to improve defending from the Midfield 3, Defenders and Goalkeeper based on a 7 v 7 Small Sided Game with formation 1.2.3.1

### **ORGANISATION**

- Area: 40 metres x 35 metres
- In Yellow Goalkeeper, 2 Defenders + 3 Midfields V In Blue Striker + 3 Midfielders
- 1 Target Blue Player standing in the gate
- Blue team play from the Blue player in the gate and try to score in the main goal, if the Yellow players win the ball they score by playing the ball to the Blue player in the gate
- If the Blue target player receives the ball, he can then join in and attack the main goal with the Blue team (This should be done as a progression to make it more difficult for Yellow team)

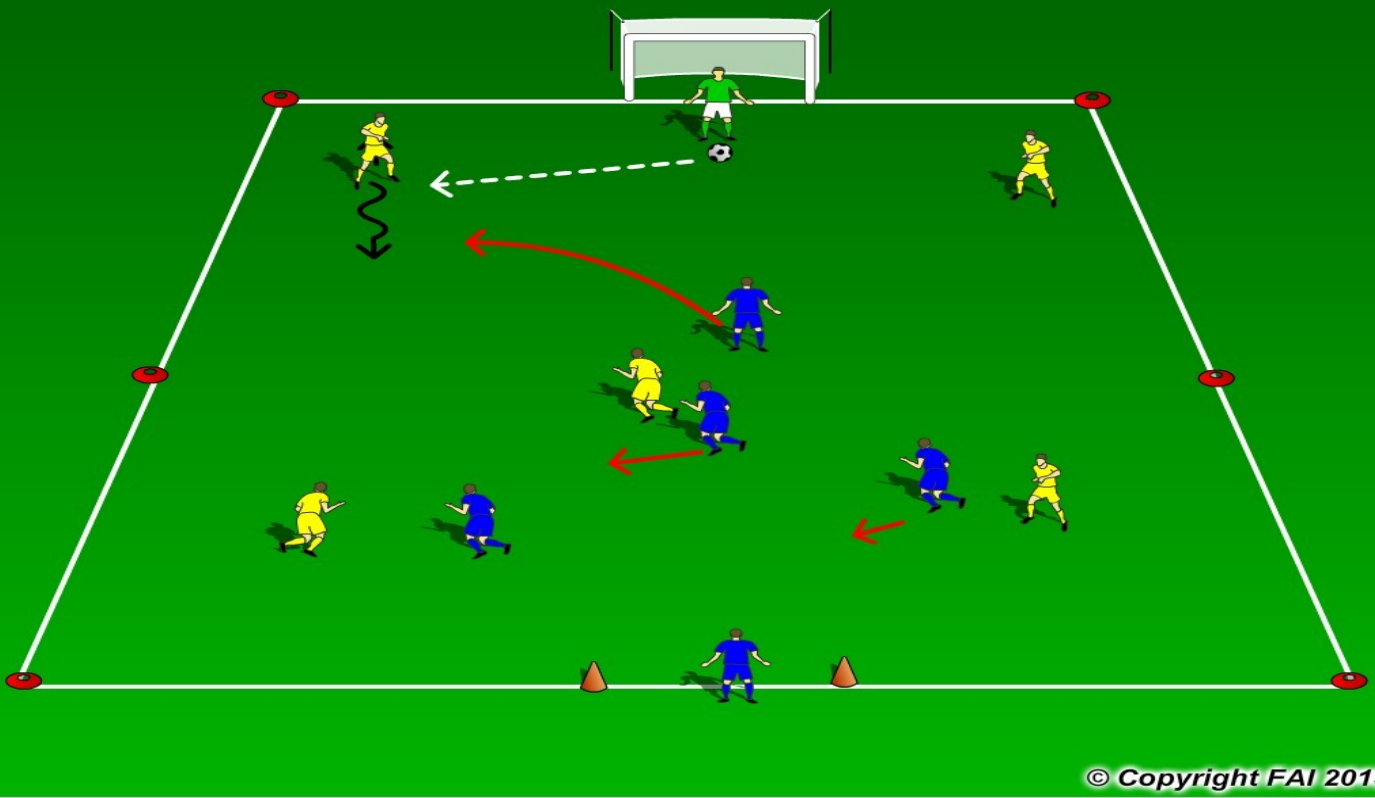
### **KEY FACTORS**

- Starting Positions – narrow and compact, make it difficult for attacking team to play through passes. Two holding midfielders (6 & 8) and one advanced midfielder (10) for the Blue team
- Nearest player to the player on the ball presses (1 v 1 Defending)
- The rest of the team move in relation to this providing close cover and screening forward passes
- Communication from players behind is key
- Opened body shape when defending see the ball and man
- Goalkeeper role is crucial providing communication and cover for the ball over the top (Keeper/Sweeper)
- When ball is won, look to play forward as quickly as possible through quality passing.

### **NOTES**

100% concentration needed, communication between players is vital.





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## **THEME: Defending with Striker and Midfield 3 with transition to Attack**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

Phase of Play practice designed to improve defending from the front with a striker and Midfield 3 based on a 7 v 7 Small Sided Game with formation 1.2.3.1

### **ORGANISATION**

- Area: 40 metres x 35 metres
- In Yellow Goalkeeper, 2 Defenders + 3 Midfields V In Blue Striker + 3 Midfielders
- 1 Target Blue Player standing in the gate
- Yellow team play from the back and try to score by playing the ball into the target blue player, if blue team wins the ball they must attack the main goal
- If the blue target player receives the ball, he can then join in and attack the main goal with the Blue team

### **KEY FACTORS**

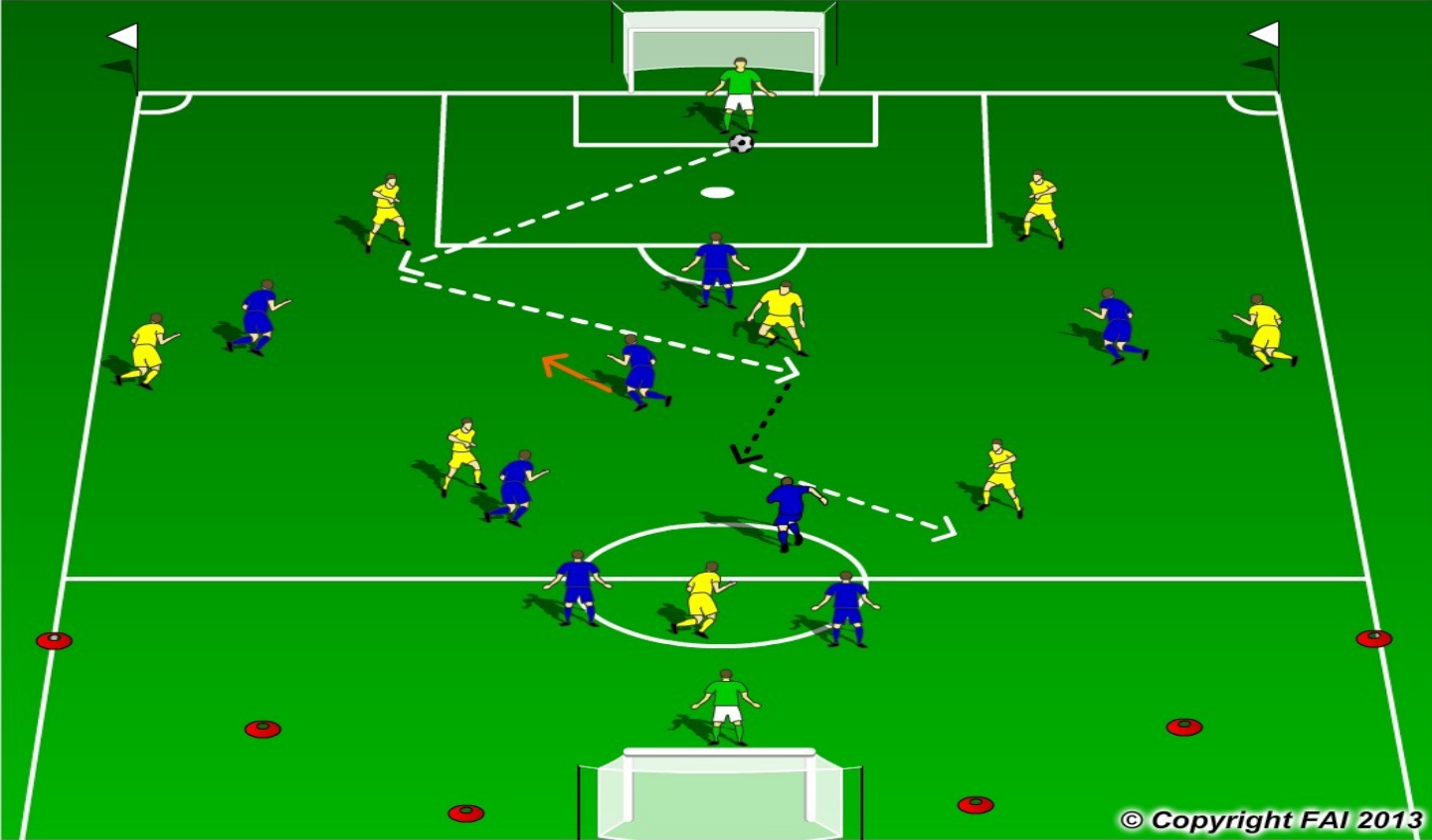
- Starting Positions – narrow and compact, make it difficult for attacking team to play through passes
- As center back moves forward in possession center striker makes a curved run to cut off a pass to Second Center back
- The rest of the team move in relation to this trapping the ball on one side of the pitch
- Communication from players behind is key. Target Blue player key for communication to team mates
- Opened body shape when defending see the ball and man
- When ball is won, look to play forward as quickly as possible through quality passing

### **NOTES**

100% concentration needed, communication between players is vital



# “(5) 9v9 SSG Soccer Drills”



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## **THEME: Attacking with Transition to defend – Goalkeeper, Defenders and Midfielders**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

9 v 9 Small Sided Game designed to improve players technique and tactical awareness when playing out from the back

### **ORGANISATION**

- Area: Full width of pitch, length end line to 18 yard box. Cut off the sides on one end
- 9 v 9 Game: Yellow 1.4.3.1 v Blue 1.2.3.3
- Supply of balls in each goal
- Goalkeeper starts the play at all times with the ball in the middle of 6 yard box

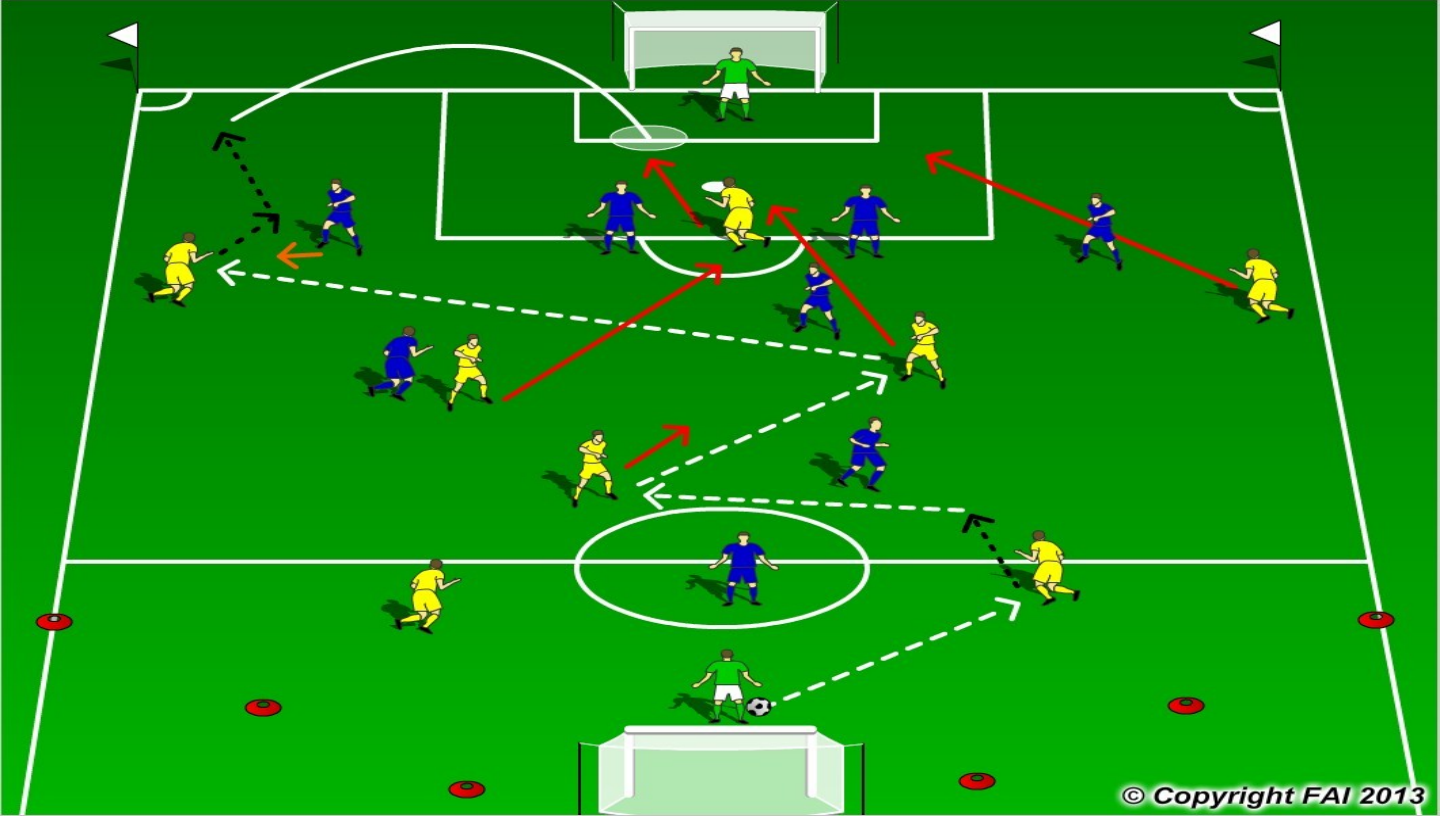
### **KEY FACTORS**

- Starting positions of Center Backs – edge of 18 yard box, Full backs pushed high up near touchline
- Midfield with Holding Midfielder (6) and 2 advanced midfielders (8 & 10)
- Quality and selection of pass
- First touch and body shape (opened looking to play forward)
- Angles and distance of support
- Awareness and communication
- Transition to defend if ball is lost, can they win it back as quickly as possible (Pressing as a unit)

### **NOTES**

Get the blue team to drop off and put on limited pressure at the start to get the blue team comfortable in possession. Goalkeeper's role very important, Quality of passing and decision making crucial





## **THEME: Attacking with Transition to defend – Midfielders and Attackers**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

9 v 9 Small Sided Game designed to improve the combinations and movement of the midfield and Attackers

### **ORGANISATION**

- Area: Full width of pitch, length end line to 18 yard box. Cut off the sides on one end
- 9 v 9 Game: Yellow 1.2.3.3 V Blue 1.4.3.1
- Supply of balls in each goal
- Goalkeeper starts the play at all times with the ball in the middle of 6 yard box

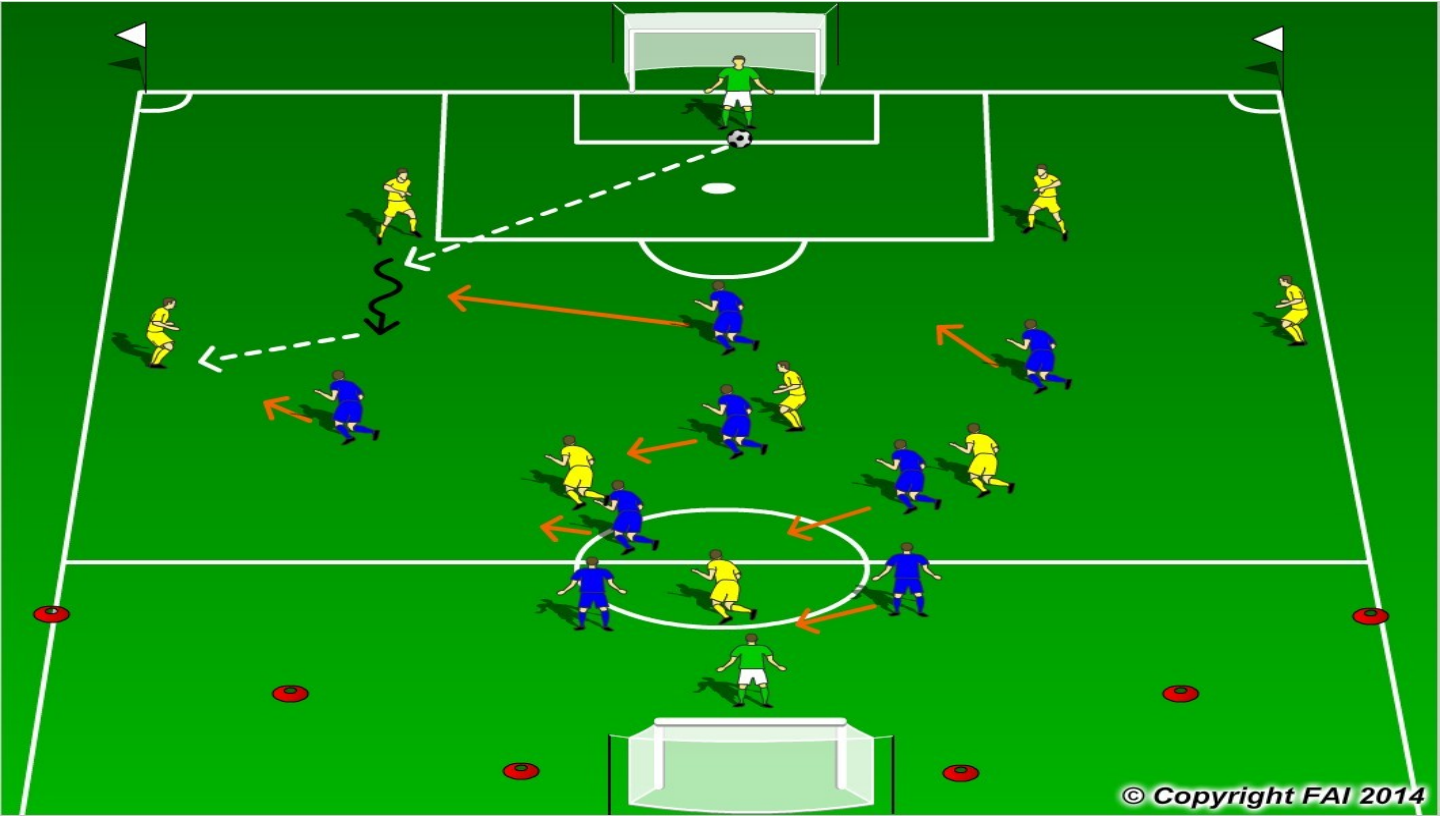
### **KEY FACTORS**

- Starting Positions – Defenders spread out to receive pass from Goalkeeper, Midfield 3 one Holding Midfielder (6) and 2 advanced Midfielders (8 & 10), Wingers wide and Center Forward in between Center Backs
- Midfielder's movement to receive, look to play forward, open body shape.
- Quality of pass, accuracy and pace
- Players looking to receive ball in between and behind opposition
- Encourage 1 v 1's in Wide areas
- Position for crosses as per picture – Center Forward near post, one midfielder on penalty spot, one just outside area and one holding, opposite winger back post
- Transition to defend can we win it back as quickly as possible? As high up as possible?

### **NOTES**

Let players make their own decision, look for high tempo, make sure midfielders aren't crowding space by running towards the player in possession, taking away space. Encourage Yellow Center Backs to create 4 v 3 in Midfield





## **THEME: Defending with Transition to Attack – Front 3 and Midfield 3**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

9 v 9 Small Sided Game designed to improve players defending from the front

### **ORGANISATION**

- Area: Full width of pitch, length end line to 18 yard box. Cut off the sides on one end
- 9 v 9 Game: Yellow 1.4.3.1 v Blue 1.2.3.3
- Supply of balls in each goal
- Goalkeeper starts the play at all times with the ball in the middle of 6 yard box

### **KEY FACTORS**

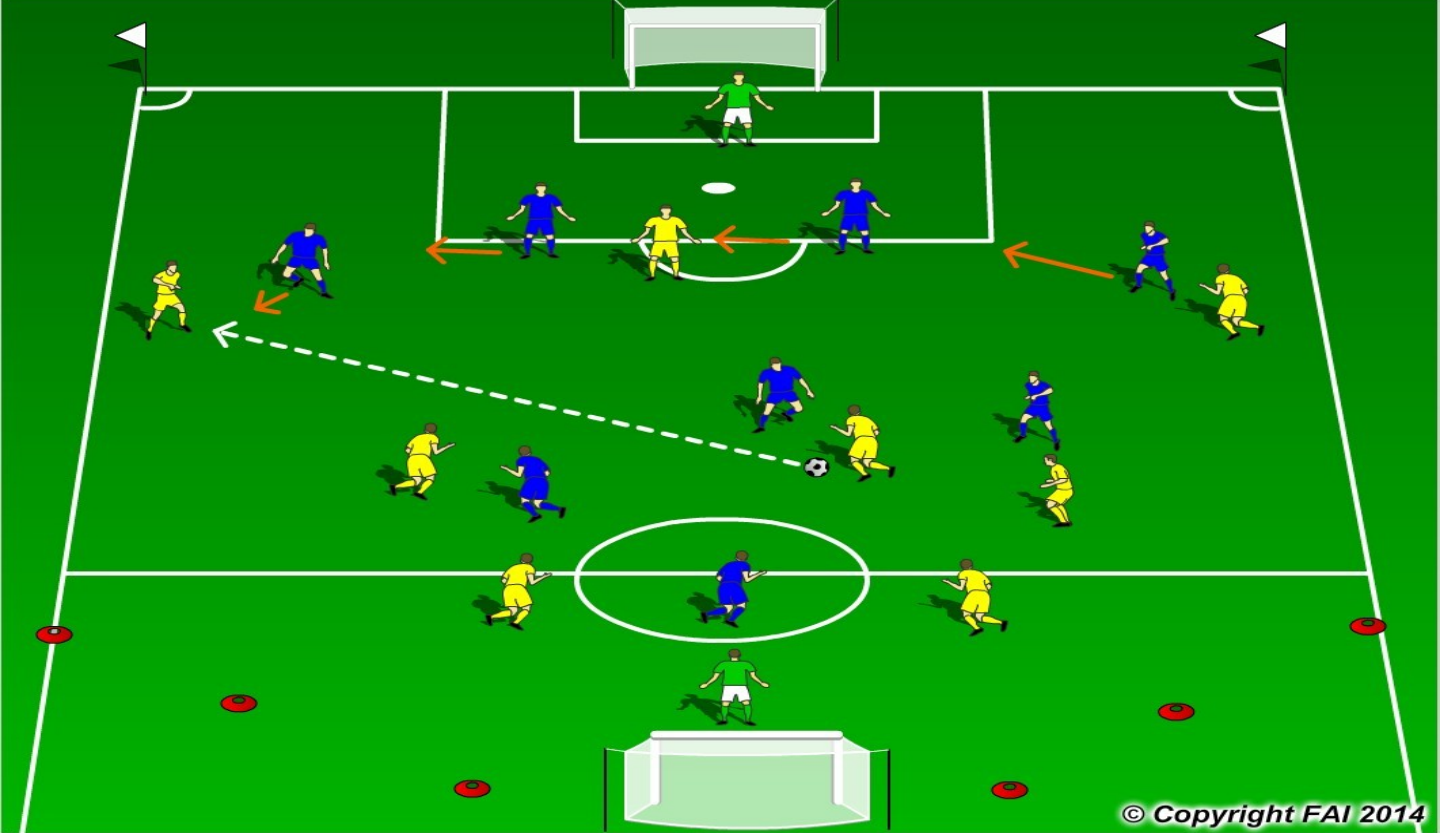
- Starting Positions – narrow and compact, make it difficult for attacking team to play through passes
- As center back moves forward in possession center striker makes a curved run to cut off a pass to Second Center back
- Winger on opposite side tucks in to prevent the second Center back becoming an option
- The rest of the team move in relation to this trapping the ball on one side of the pitch
- Communication from players behind is key
- Opened body shape when defending see ball and man
- When ball is won, look to play forward as quickly as possible through quality passing

### **NOTES**

100% concentration needed, communication between players is vital







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## **THEME: Defending with Transition to Attack – Goalkeeper, Back 4 and Midfield 3**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

9 v 9 Small Sided Game designed to improve players defending in the middle and defensive third

### **ORGANISATION**

- Area: Full width of pitch, length end line to 18 yard box. Cut off the sides on one end
- 9 v 9 Game: Blue 1.4.3.1 v Yellow 1.2.3.3
- Supply of balls in each goal

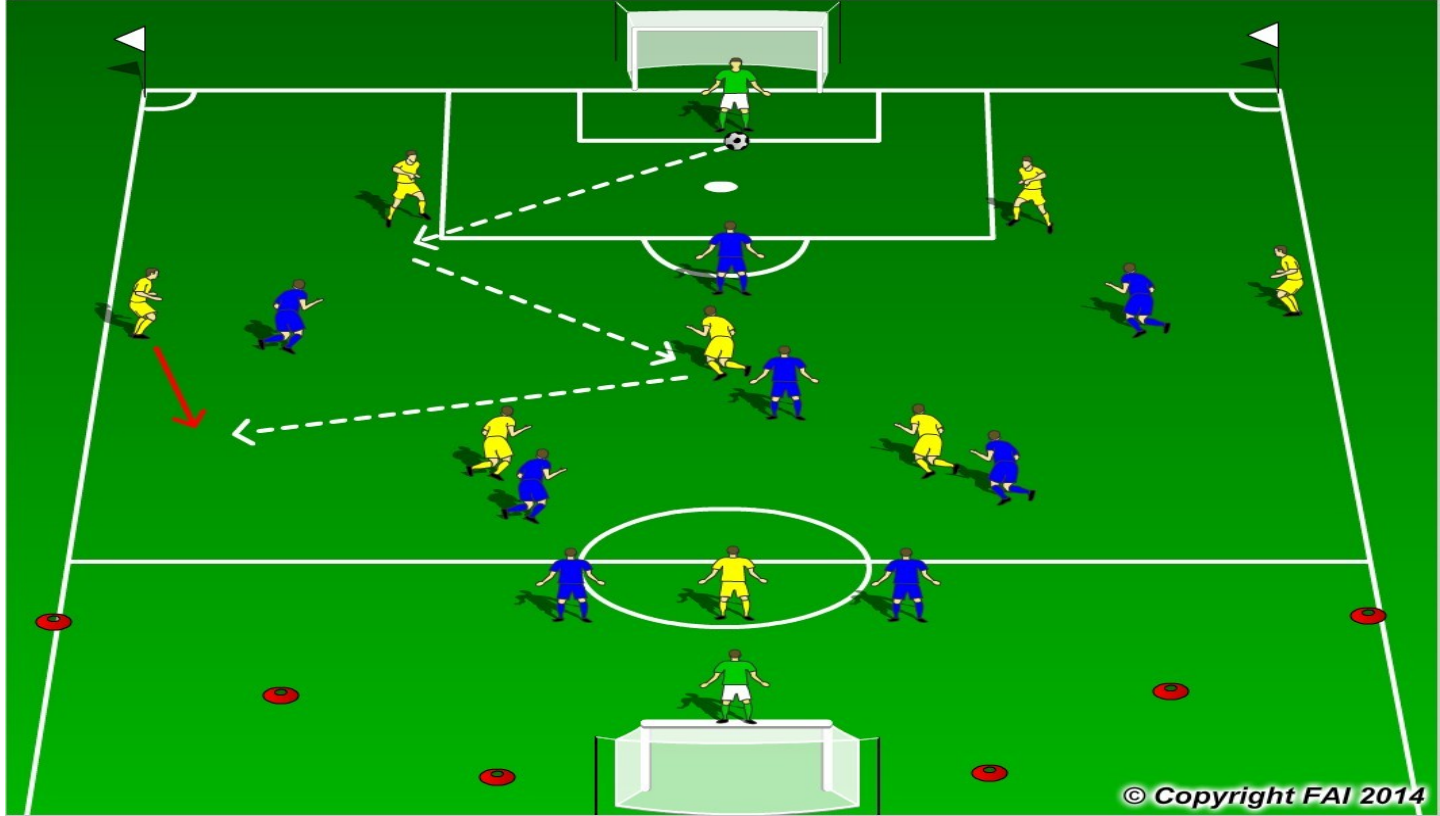
### **KEY FACTORS**

- Defensive shape – In Midfield 2 Holding players (6 & 8) and an advanced Midfielder (10), Back 4 compact, Goalkeeper off his line
- Blues must move as a team as the ball is passed around the pitch, making it difficult to play through them. Keep shape don't allow opposition to pull players out of position
- 1 v 1 Defending – Close Quickly, put on the brakes, defending stance, delay and deny
- Pressure and Cover, Balance – Nearest man presses, second close cover, Opposite full back tucks in to give balance while keeping open body shape
- Communication from players behind is key
- Opened body shape when defending see the ball and man
- Goalkeeper acts as sweeper/keeper
- When ball is won, look to play forward as quickly as possible through quality passing

### **NOTES**

100% concentration needed, communication between players is vital





## **THEME : 9 v 9 Small Sided Game**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

9 v 9 Small Sided Game designed to improve players all round Technique and Tactical Awareness

### **ORGANISATION**

- Area: Full width of pitch, length end line to 18 yard box. Cut off the sides on one end
- 9 v 9 Game: Yellow 1.4.3.1 v Blue 1.2.3.3
- Supply of balls in each goal
- Goalkeeper starts the play at all times with the ball in the middle of 6 yard box

### **KEY FACTORS**

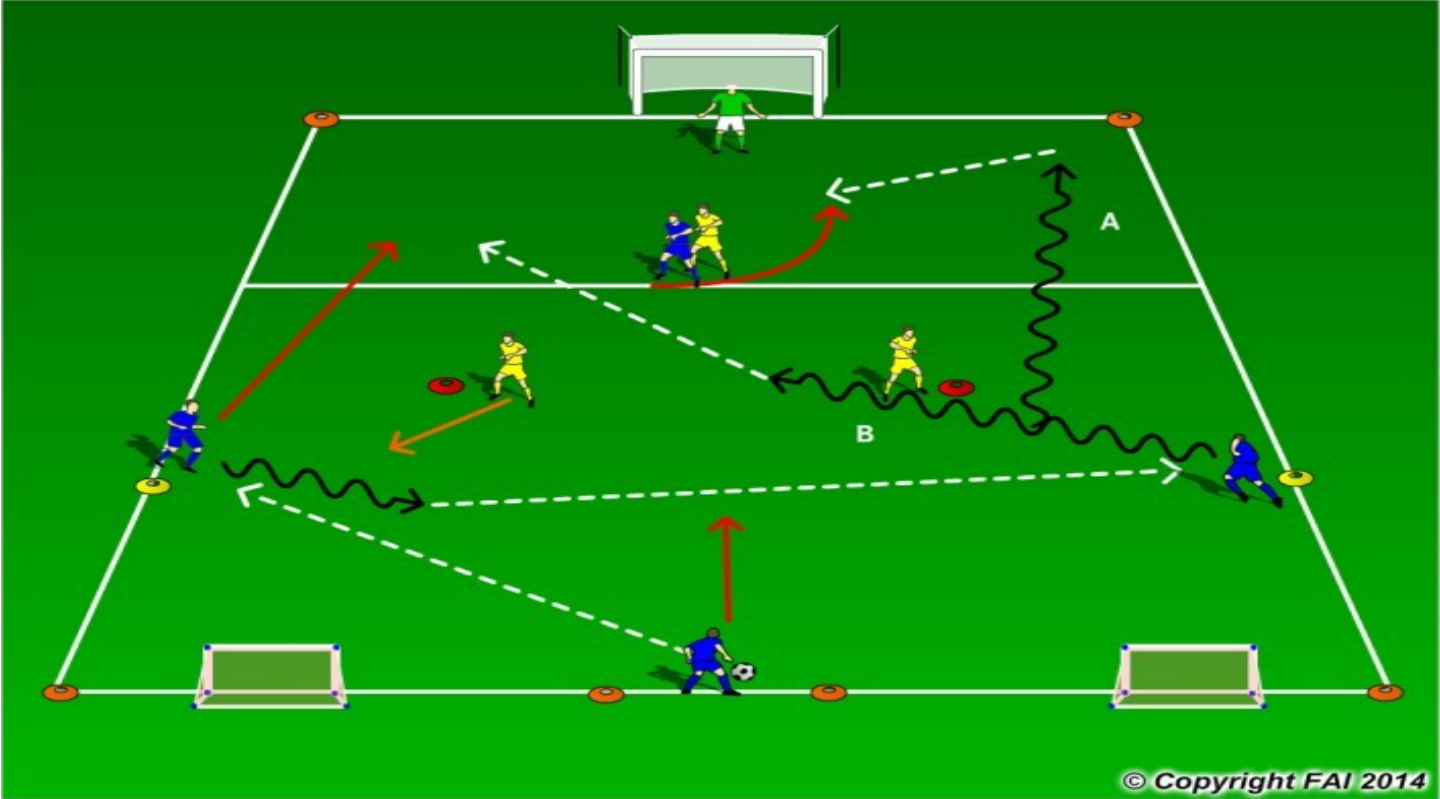
- Starting positions of Defenders – wide and high, open body shape, awareness and receive on back foot
- Midfield with Holding Midfielder (6) and 2 advanced midfielders (8 & 10)
- Quality and selection of pass
- First touch and body shape (opened looking to play forward)
- Angles and distance of support
- Awareness and communication
- Transition to defend if ball is lost, can they win it back as quickly as possible (Pressing as a unit)

### **NOTES**

Get the blue team to drop off and put on limited pressure at the start to get the blue team comfortable in possession. Goalkeeper's role very important, Quality of passing and decision making crucial



# “(11) Attacking Functions Soccer Drills”



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## **THEME: 1 v 1 Situations – Attacking Out Wide and Switching The Play in The Final Third**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players passing, dribbling, movement and finishing with transition to defend

### **ORGANISATION**

- Area 40 x 35 metres
- 4 Blues v 3 Yellows + 1 Goalkeeper
- Blue Team starts with possession
- 1 – Center Midfielder passes to Wide Left (11)
- 2 – Wide left dribbles inside and switches the play to Wide Right (7)
- 3 – Wide Right goes 1 v 1 against Yellow defender going either way as shown in the diagram 4 – Final product? i.e. pass to Forward (9) or try score themselves
- Center Midfielder to stay central and drop a bit, provide defensive cover.
- If the Yellow team win possession can they transition to attack and score in either one of the two small, can Blue team transition to defend quickly?

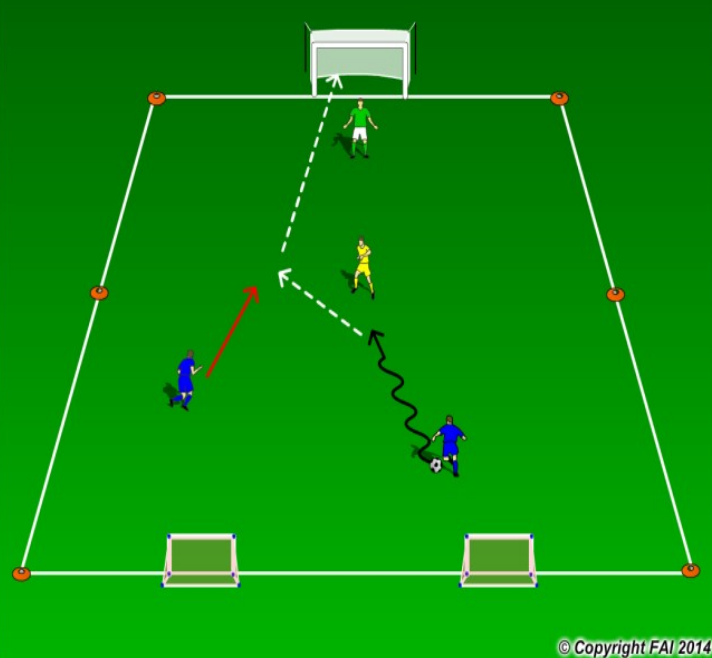
### **KEY FACTORS**

- Dribbling 1 v 1, .i.e. skills/feints to beat an opponent
- Quick acceleration while dribbling
- Quality and selection of pass
- Movement and communication
- Finishing
- Quick transition in both attack and defense

### **NOTES**

Let the practice run freely. Make sure that players play till goal is scored, i.e. a goal is scored at either end, or ball goes out of play and are aware of the transitions. If players of good quality give them time limit to score





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## **THEME: Attacking 2 v 1 with Transition to defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players passing, movement, finishing and transition to defend

### **ORGANISATION**

- Area: 20 x 15 metres
- 2 Blues v 1 Yellow + 1 Goalkeeper
- Blue team starts with possession with the opportunity to score as seen in diagram 1
- The Yellow player must try and win the ball and if successfully can score into either of the small goals as seen in diagram 2
- If the Blue team loses possession of the ball they must try and regain possession (Transition)
- If Goalkeeper saves a shot from Blue team, the game continues with Goalkeeper and Yellow player trying to score in either of the two small goals

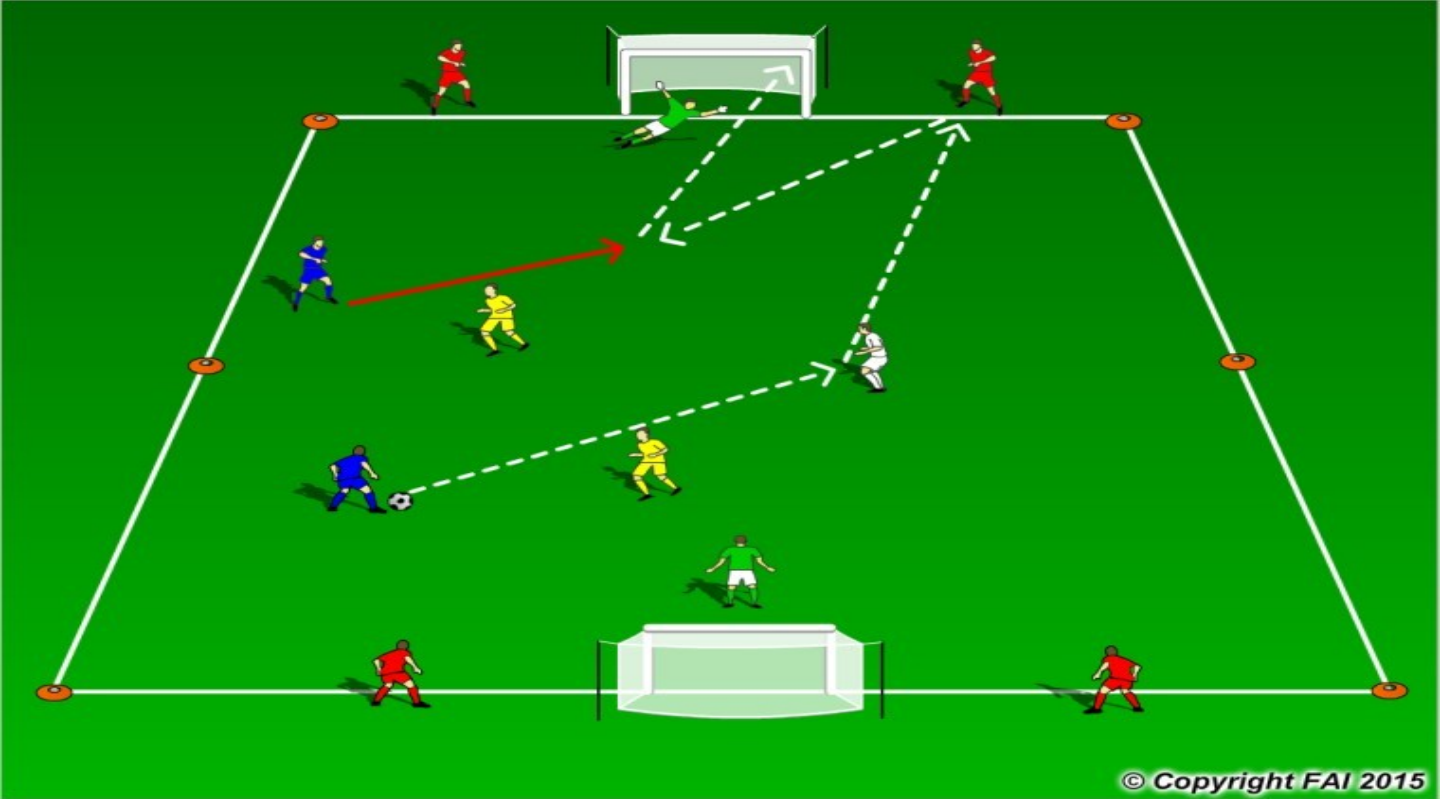
### **KEY FACTORS**

- Quality and selection of pass
- Body shape/Back Foot/First Touch
- Angles and Distance of support
- Awareness of space and defender – Attack Defender to free second player
- Finishing
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – can Yellow play quick pass into either small goal?

### **NOTES**

Offside is in Play. Make sure Attackers drive at the Defender to create space for second player. If players of a high quality use time limit to score





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## **THEME: Possession and Finishing 2 v 2 + 1 + 4**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players short passing with ball control, speed around the pitch and finishing with transition to defend

### **ORGANISATION**

- Area: 25 x 20 metres
- 2 Blues v 2 Yellows + 1 White (neutral player) + 4 Reds (wall players) + 2 Goalkeepers
- Objective of both teams is to move the ball quickly around the playing area with speed and efficiency, exploiting the attacking opportunities that arises
- White player is with the team in possession at all times, while in order to score the team in possession must play a wall pass with a Red player on the outside, either side of the goal
- 2 minutes playing time with a 45 seconds rest. Coach during rest period (Active Rest)
- Have Footballs on the side to keep practice at a high intensity

### **KEY FACTORS**

- Quality and selection of pass
- Ball control/Body shape/first touch/back foot
- Angles and Distance of support
- Awareness of space and defender
- Movement and communication
- Finishing
- Transition to Defend – can we win ball back as quickly as possible?
- Transition to Attack – can we now attack as quickly as possible?

### **NOTES**

Demand high quality – practice must be played at speed, i.e. passes and movement.  
If players of a high ability play two touch.





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## **THEME: 3 v 1 + 2 Overload**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players awareness, passing, movement and finishing

### **ORGANISATION**

- Area: 25 x 20 metres
- 3 Blues v 3 Yellows + 1 Goalkeeper
- 3 Blues start game with an 3 metre advantage on 2 Yellows to attack 1 Yellow on goal
- If Yellow team win the ball they must score in either of the small goals
- When the ball leaves the pitch game restarts with Blue team

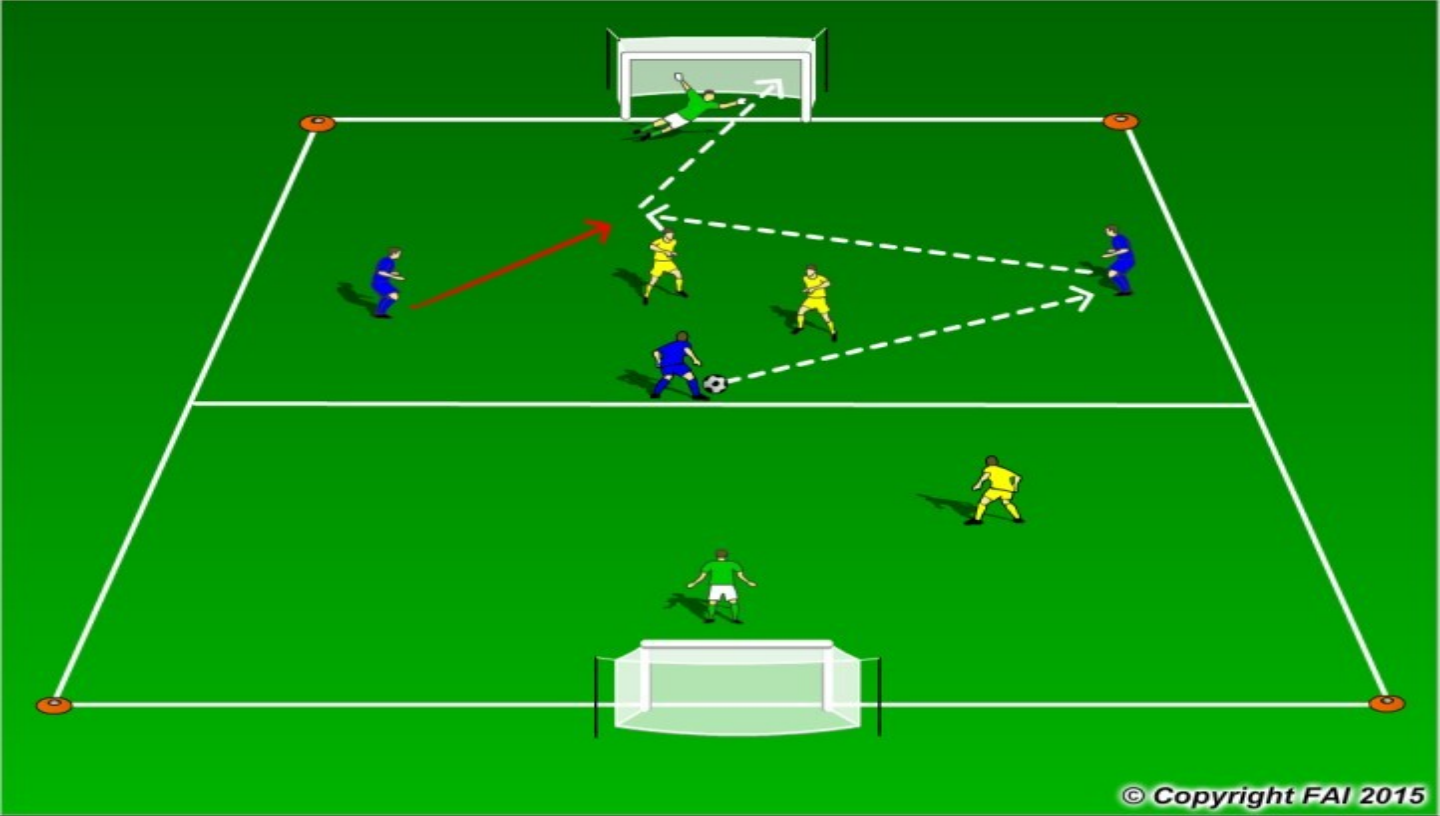
### **KEY FACTORS**

- Let the game flow freely, not too much stops, let the players solve the problems
- Look for players to spread out in possession and make the pitch as big as possible
- Encourage players to play with their head up and check shoulder so they can find the free player and be aware of pressure from opposition
- Angles and distance of support, can the player on the ball pass to you?
- End product
- Team Defending – can the lone defender delay the attacking opposition until teammates catch up with play
- Communication and awareness is key

### **NOTES**

Let the game flow freely, not too much stops, let the players solve the problems. The movement and communication of the players off the ball is key, take up positions away from defenders. The work rate from defending team must be quality. Look for high intensity





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## **THEME: 3 v 2 + 1 Attacking with Transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players passing, movement, decision making and finishing with transition to defend

### **ORGANISATION**

- Area: 30 x 25 metres
- 3 Blues v 2 Yellows + 1 Goalkeeper in zone one, 1 Yellow + 1 Goalkeeper in zone two
- Blue team start with possession and try to score
- The Yellow team must try and win the ball and if successfully must attempt to transfer the ball into teammate in zone two who then attempts to score
- If the Blue team loses possession they must transition to defend with intensity and one Blue player is allowed into zone two
- If Goalkeeper saves shot from Blue team, the Goalkeeper can then transfer the ball into zone two also
- Have a supply of footballs to keep the practice continually flowing

### **KEY FACTORS**

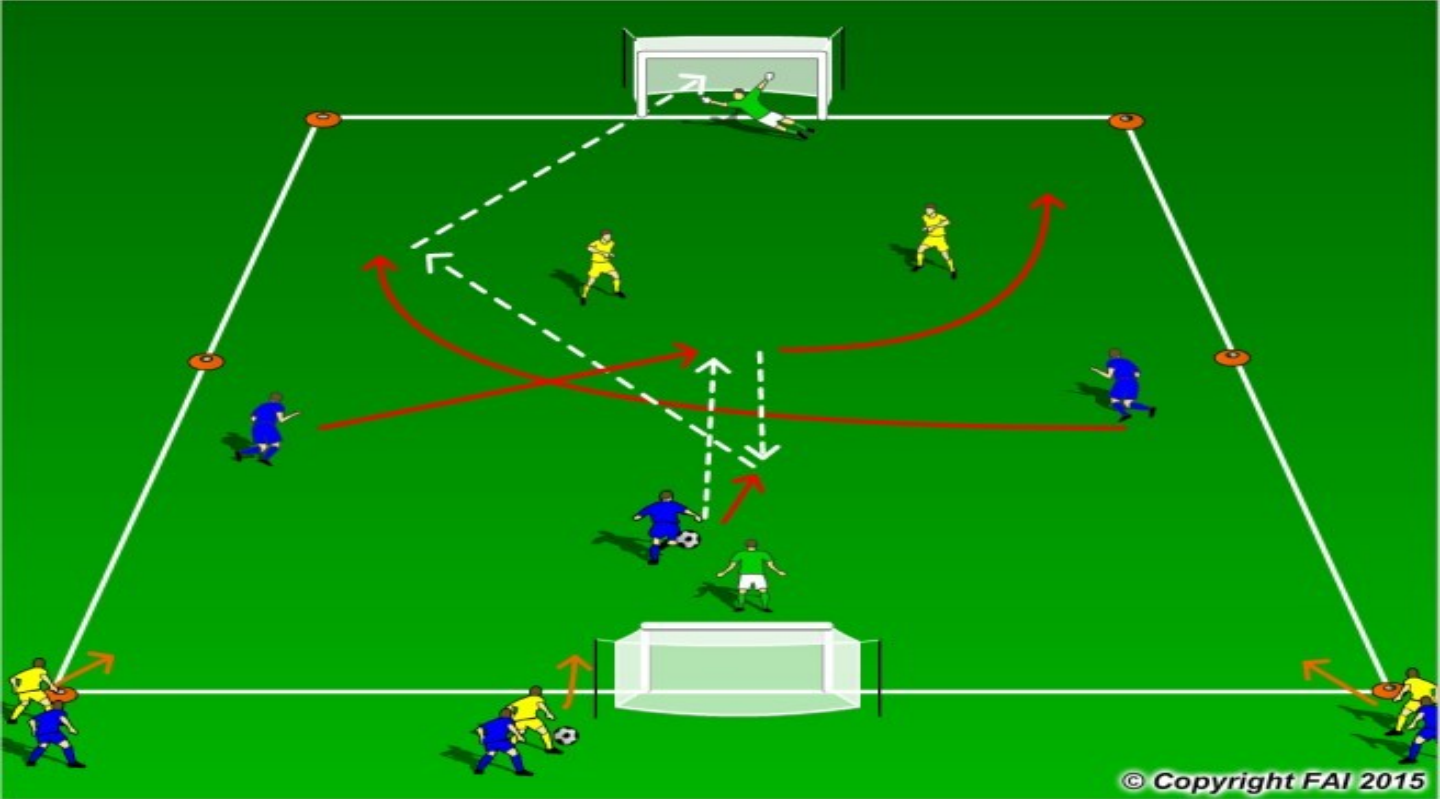
- Quality and selection of pass
- Body shape/Back Foot/First Touch
- Angles and Distance of support
- Awareness of space and defender – Attack Defender to free players
- Finishing assess position of defender and Goalkeeper
- Transition to Defend – can Blue team win ball back as quickly as possible
- Transition to Attack – can Yellow team score as quickly as possible

### **NOTES**

Play off sides and give each team time limit to score







## THEME: 3 v 2 Attacking with 2 v 3 Transition to Defend

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to improve players in both attack and defense with transition

### ORGANISATION

- Area: 40 x 30 metres
- 3 Blues v 2 Yellows + 2 Goalkeepers. Both Blue and Yellow resting players at the same end as seen in diagram
- 3 Blue players start game against 2 Yellow players and try to create a goal scoring opportunity as seen above
- If Yellow team win the ball they transition to attack the opposite goal
- If a goal is scored or the the ball leaves the pitch – the Blue team must quickly transition to defend with two players staying on the pitch while 3 new Yellow players now attack
- Have a supply of footballs on the side to keep the practice at a high intensity

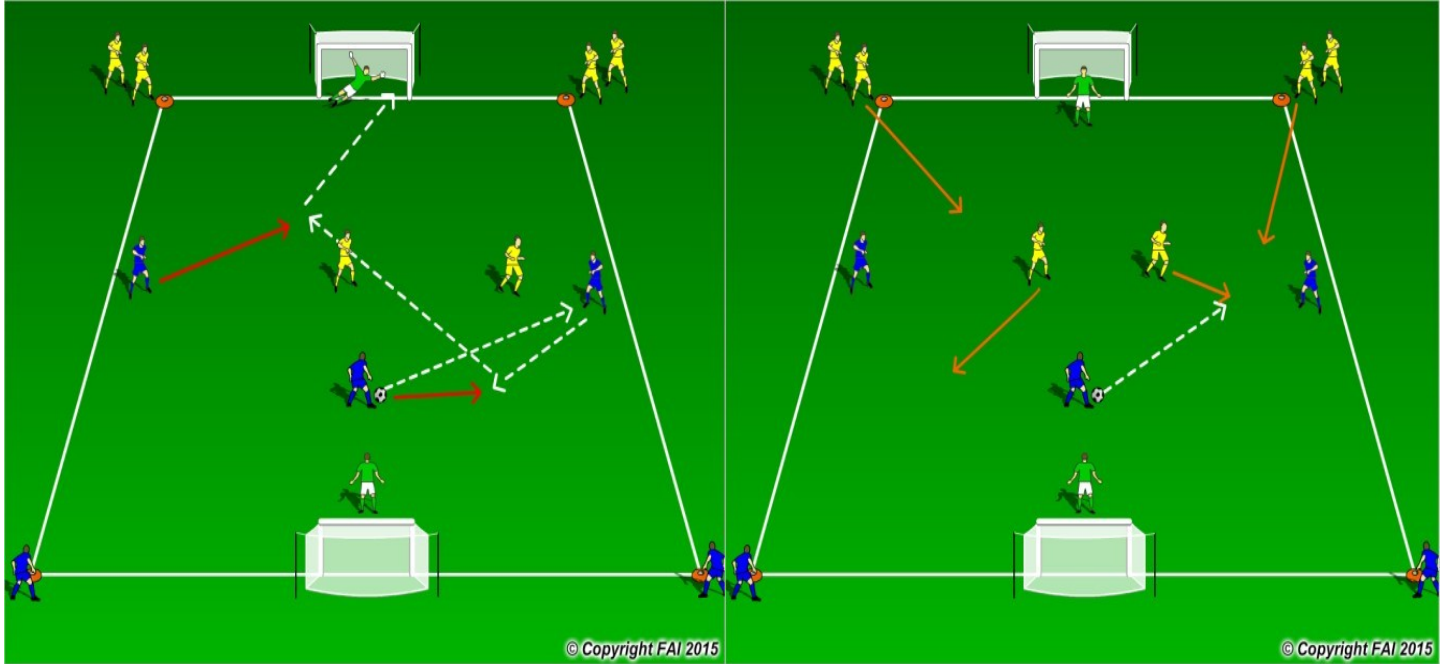
### KEY FACTORS

- **Attacking:** Look for players to spread out in possession and make the pitch as big as possible
- Encourage players to play with their head up and check shoulder so they can find the free player and be aware of pressure from opposition
- Angles and distance of support, can the player on the ball pass to you?
- **Defending:** Can defenders delay 3 attackers in making decisions – press and cover
- Transition to attack – counter attacks
- Quick transition from 3 v 2 into 2 v 3 is important...concentration is vital
- Communication and awareness is key

### NOTES

Let the game flow freely, not too much stops, let the players solve the problems.  
Demand high intensity – give team time limits when on counter attack





## **THEME: 3 v 2 Attacking with 3 v 4 Transition to Defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players awareness, passing, movement and finishing with transition to defend

### **ORGANISATION**

- Area: 40 x 30 metres
- 3 Blues v 2 Yellows + 2 Goalkeepers. Both Blue and Yellow players at either side as seen above.
- 3 Blues start game against 2 Yellows and try to create a goal scoring opportunity as seen above in diagram 1
- If Yellow team wins the ball they transition to attack with 2 teammates joining them in an overload as seen above in diagram 2
- Rotate players to give equal opportunity to attack and defend

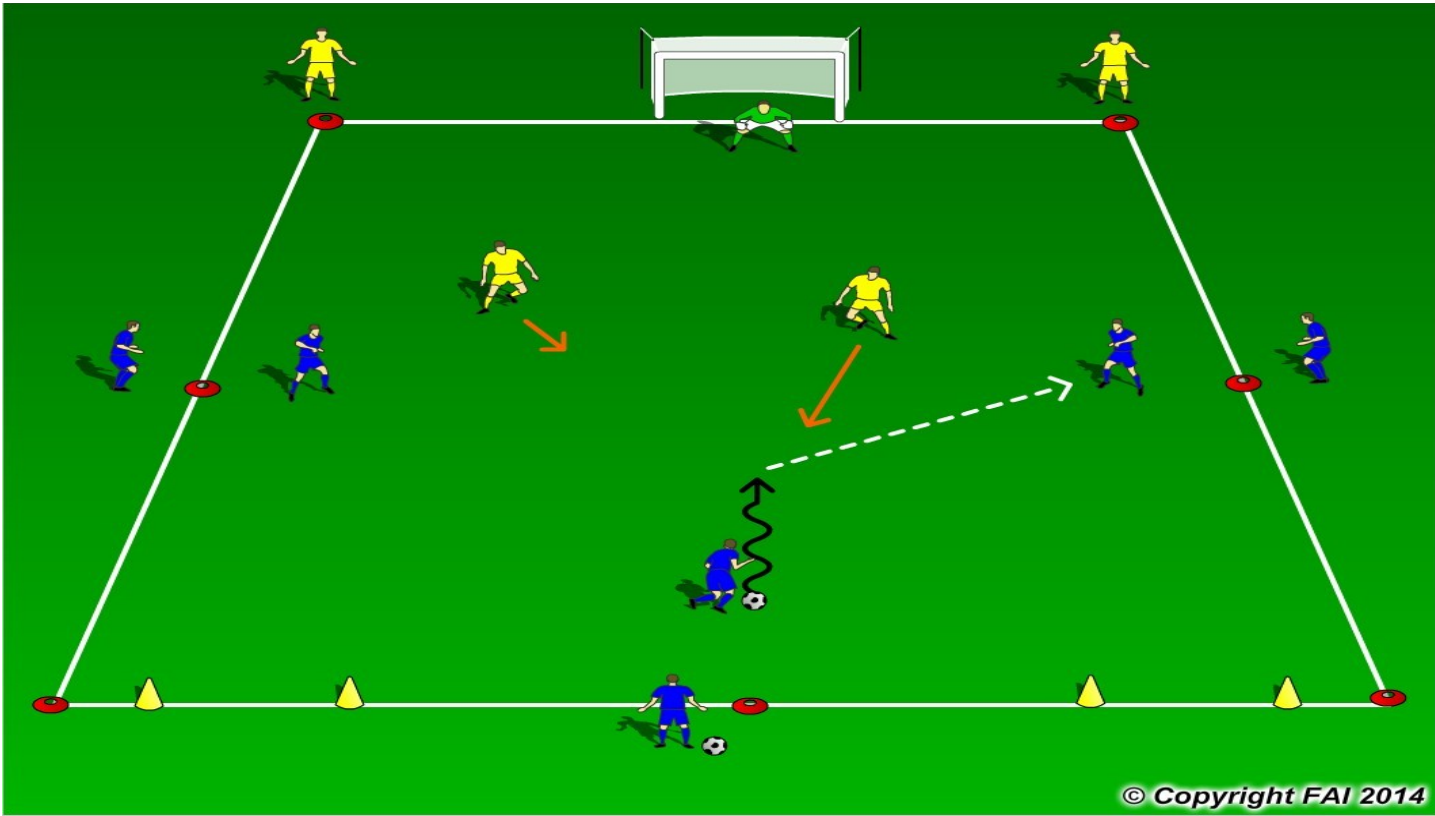
### **KEY FACTORS**

- Look for players to spread out in possession and make the pitch as big as possible
- Encourage players to play with their head up and check shoulder so they can find the free player and be aware of pressure from opposition
- Angles and distance of support, can the player on the ball pass to you?
- End product
- Quick transition to both attack and defend
- Communication and awareness is key

### **NOTES**

Let the game flow freely, not too much stops, let the players solve the problems. The movement and communication of the players off the ball is key, take up positions away from defenders. The work rate from defending team must be quality. Look for high intensity. Give time limit for Yellow team to score on winning possession





## THEME: Attacking 3 v 2 with Transition to defend

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to improve players passing, movement, finishing and transition to defend

### ORGANISATION

- Area: 25 x 20 metres
- 3 Blues v 2 Yellows + 1 Goalkeeper
- Blue team start with possession and try to score
- The Yellow players must try and win the ball and if successfully can score into either of the small goals
- If the Blue team lose possession of the ball they must try and regain possession
- If Goalkeeper saves a shot from Blue team, the game continues with Goalkeeper and Yellow players trying to score in either of the small goals

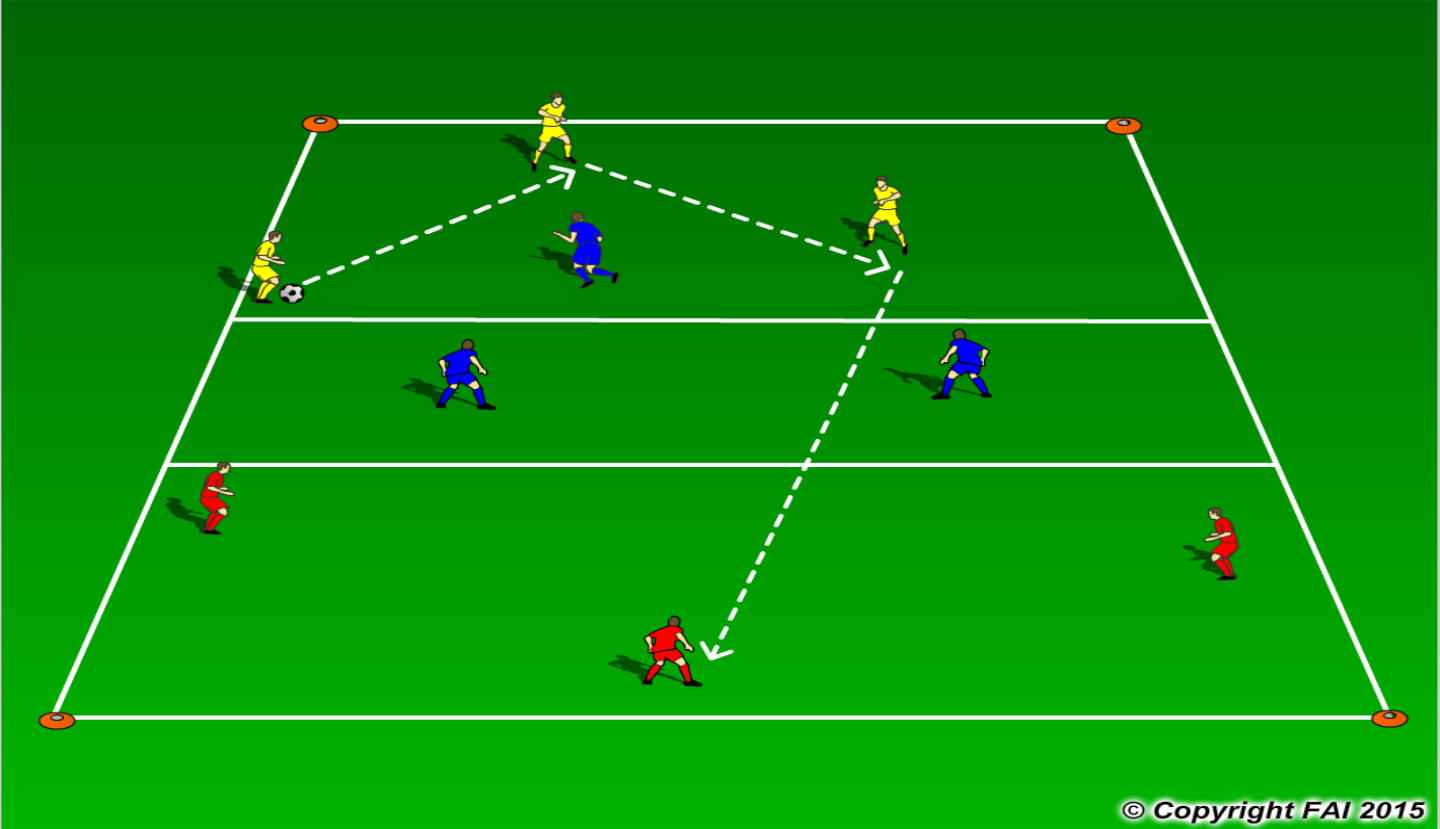
### KEY FACTORS

- Quality and selection of pass
- Body shape/Back Foot/First Touch
- Angles and Distance of support
- Awareness of space and defender – Attack Defender to free player's
- Finishing, assess position of Defender and Goalkeeper
- Transition to Defend – can we win ball back as quickly as possible?
- Transition to Attack – can Yellow play quick pass into either of the small goals?

### NOTES

Offside is in Play. Introduce time limit to score if players of a high quality





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## **THEME: 3 v 3 + 3 “The Killer Pass” with Transition to Defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players judgment of distance, awareness, angles and the “killer pass” in the final third with transition to defend

### **ORGANISATION**

- Area 30 x 20 metres – 2 end zones 10 x 20 metres, middle zone 10 x 20 metres
- 3 Yellows v 3 Blues + 3 Reds
- Yellow team start with possession and must decide when to transfer the ball to the red team
- One defender from the Blue team can go into the end zone and win the ball
- If Blue team wins the ball they must transfer the ball to the Red team while Yellow team transitions to defend in the middle zone and the Blue team now taking up positions in the end zone
- Defending team must work as a unit and try to prevent through balls
- Have Footballs on the side to keep practice at a high intensity

### **KEY FACTORS**

- Be decisive in all actions - movement, decision making, awareness and passing
- Know when to play 2 touch or 1 touch
- Weight and accuracy of pass
- Communication
- In possession can you play with your head up and recognize the moment to pass quickly through a gap
- Quick transition in both attack and defense
- Immediate reaction on winning possession, can you play forward pass? – transition with speed

### **NOTES**

Practices must be performed at a high tempo. If players of a high standard play two touch





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## **THEME: 4 v 3 Attacking into 4 v 5 Transition To Defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players awareness, passing, movement and finishing with transition

### **ORGANISATION**

- Area: 40 x 35 metres
- 4 Blues v 3 Yellows + 1 Goalkeeper. 2 Yellow Players either side behind goal (inactive when Blue team start with possession)
- Blue Team – **Center Attacking Midfielder (10), Wide Right (7), Wide Left (11) and Center Forward (9)**. Yellow Team – **Center Defensive Midfielder (6) and 2 Center backs, 2 full backs to join in on transition**
- 4 Blues start game against 3 Yellows and try to create a goal scoring opportunity as seen above in diagram 1.
- If Yellow team win the ball they transition to attack in either small goal with 2 teammates (Full Backs) joining them in an overload as seen above in diagram 2
- Have a supply of footballs on the side to keep the practice continually flowing.

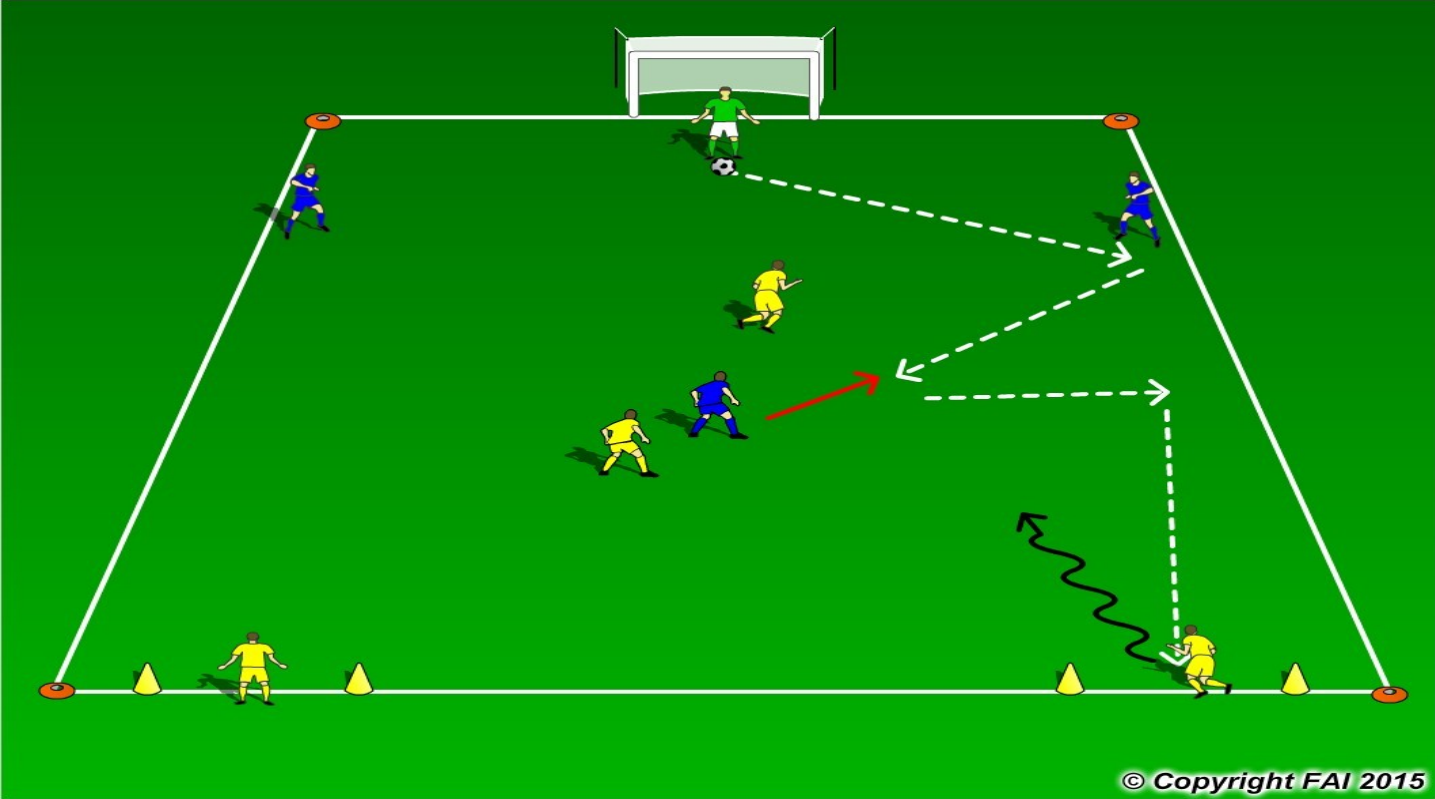
### **KEY FACTORS**

- Look for players to spread out in possession and make the pitch as big as possible
- Encourage players to play with their head up and check shoulder so they can find the free player and be aware of pressure from opposition
- Angles and distance of support, can the player on the ball pass to you?
- Switch of play – create overloads
- End product
- Quick transition to both attack and defend
- Communication and awareness is key

### **NOTES**

Let the game flow freely, not too much stops, let the players solve the problems. The movement and communication of the players off the ball is key, take up positions away from defenders





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## **THEME: Attacking with Goalkeeper, 2 Defenders and 1 Midfielder with transition to defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players technique and tactical awareness when playing out from the back

### **ORGANISATION**

- Area: 30 x 25 metres and 2 Gates positioned at opposite end
- In Blue 1 Goalkeeper + 2 Defenders + 1 Midfielder
- In Yellow 1 Midfielder + 1 Forward
- 2 Target Yellow Players standing in the gates
- Goalkeeper starts the play at all times with the ball in the middle of 6 yard box
- Blue team looking to build from the back and score through any of 2 gates to Yellow players that then attack Blue goal, Blue Team must quickly transition to defend

### **KEY FACTORS**

- Starting positions of Center Backs – edge of area creating width and space
- Midfield player starting centrally
- Quality and selection of pass
- First touch and body shape (opened looking to play forward)
- Angles and distance of support
- Awareness and communication
- Transition to defend, if Blue Team lose the ball in build up, can they win it back as quickly as possible (Pressing)

### **NOTES**

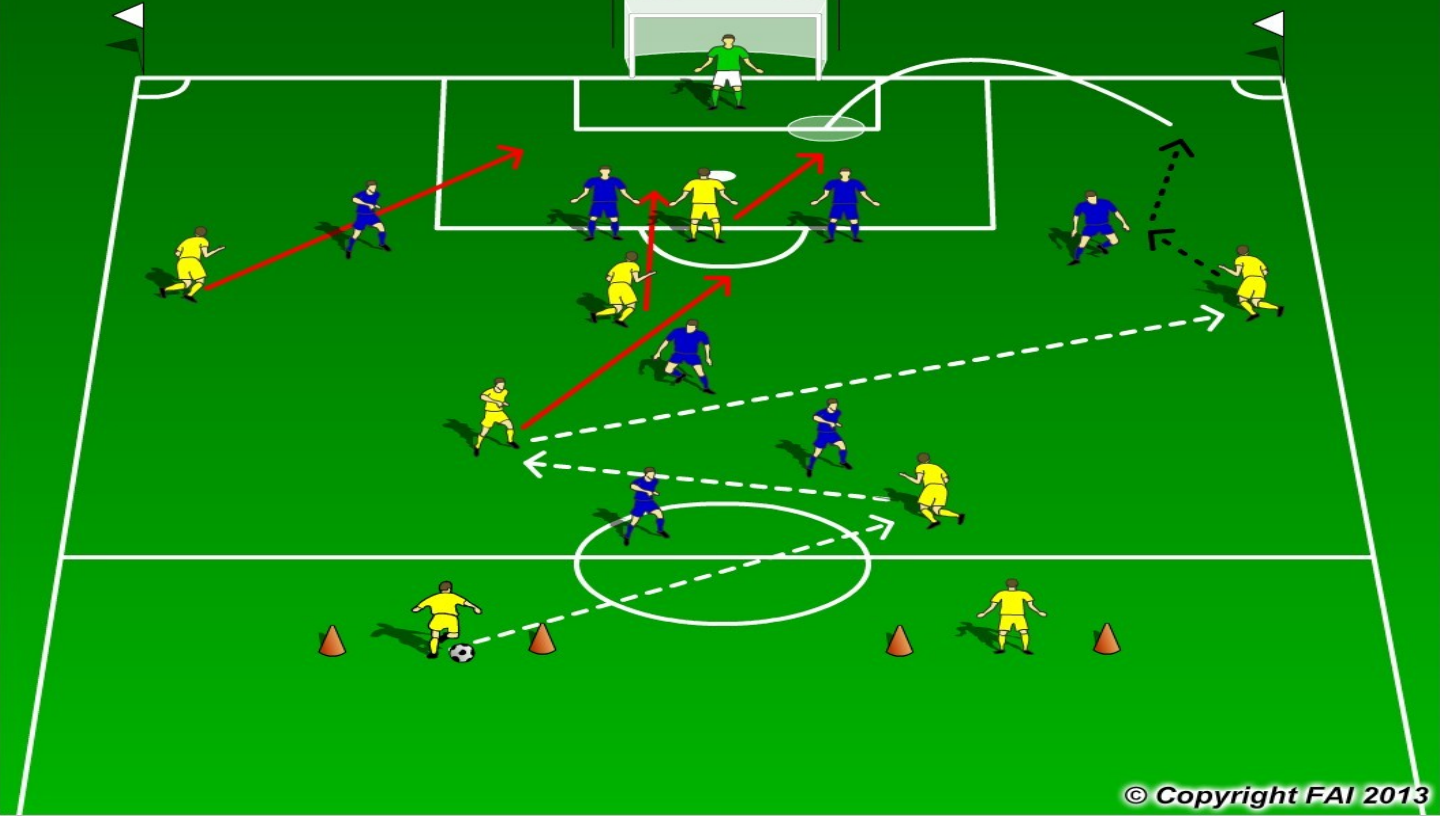
Get the Yellow Team to drop off and put on limited pressure at the start to get the Blue Team comfortable in possession. Goalkeeper's role very important, Quality of passing and decision making crucial



# “(4) Phases of Play Soccer Drills”







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## **THEME: Attacking with Midfield 3 and Front 3 with transition to defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

Phase of Play practice designed to improve the combinations and movement of the midfield and Forwards

### **ORGANISATION**

- Area: Full Width of the pitch and 2 Gates positioned 5 metres over halfway line
- In Yellow Midfield 3 and Front 3 V in Blue Midfield 3, Back 4 and Goalkeeper
- 2 Target Yellow players standing behind cones
- Yellow team attack the Goal, Blue team in possession must score by playing the ball to one of 2 Yellow target players in gates, they can then join in the attack (Center Backs)

### **KEY FACTORS**

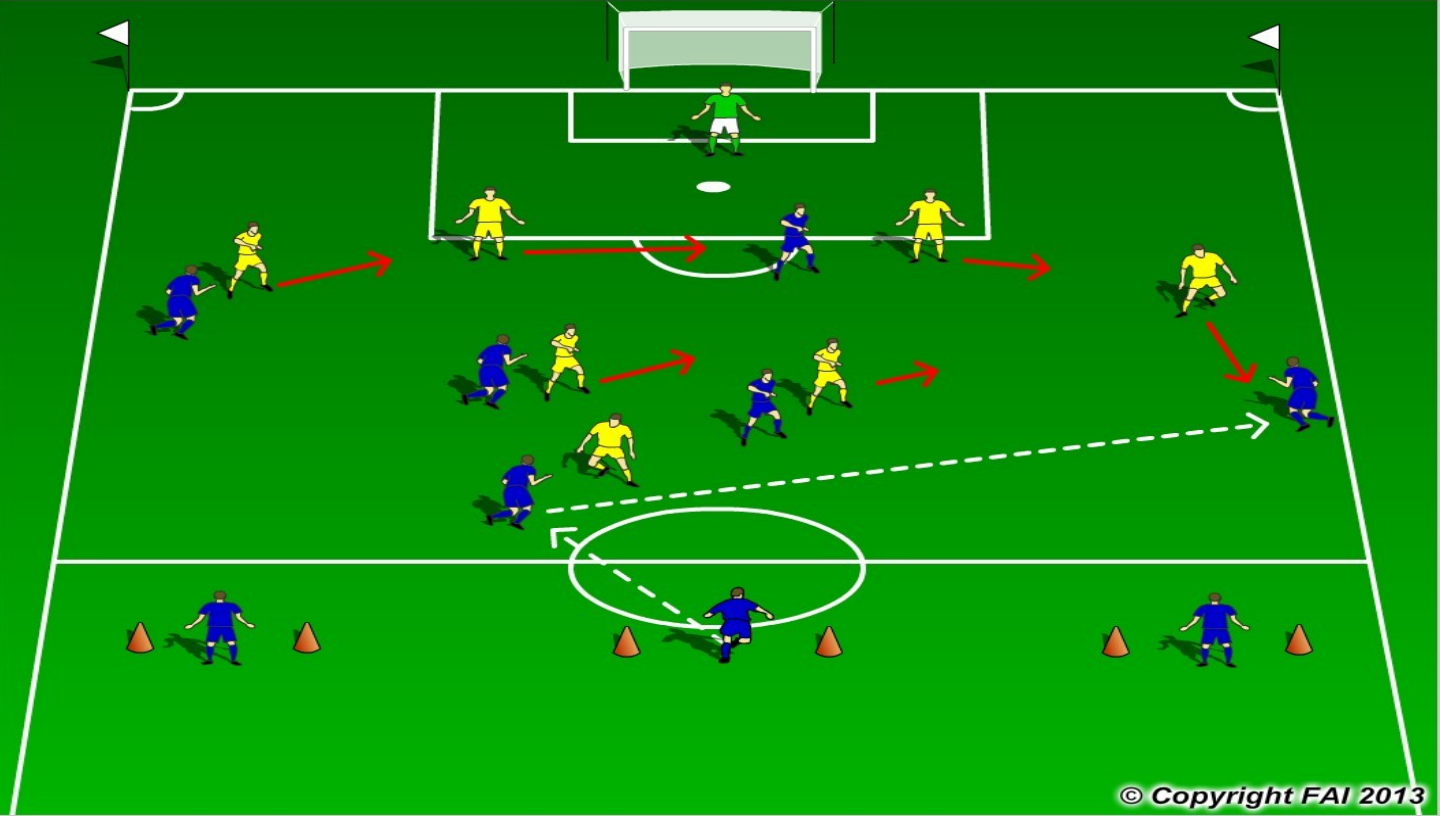
- Starting Positions – Midfield 3 one Holding Midfielder (6) and 2 advanced Midfielders (8 & 10), Wingers wide and Center Forward in between Center Backs
- Midfielder's movement to receive, look to play forward, open body shape.
- Quality of pass, accuracy and pace
- Players looking to receive ball in between and behind opposition
- Encourage 1 v 1's in Wide areas
- Position for crosses as per picture – Center Forward near post, one midfielder on penalty spot, one just outside area and one holding, opposite winger back post
- Transition to defend can we win it back as quickly as possible as high up as possible

### **NOTES**

Let players make their own decision, look for high tempo, make sure midfielders aren't crowding space by running towards the player in possession, taking away space. Yellow target act as Center Backs (create 4v3 in Midfield)







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## **THEME: Defending with back 4 and Midfield 3 with transition to attack**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

Phase of play practice design to improve the defensive organisation of the Midfield 3, Back 4 and Goalkeeper

### **ORGANISATION**

- Area: Full Width of the pitch and 3 gates positioned 5 metres over halfway line
- In Yellow Goalkeeper, Back 4 and Midfield 3 V in Blue Midfield 3 and Front 3
- 3 Target Blue players in the gates
- Blue teams looking to score in the Goal
- Yellow team looking to defend and win the ball back (Transition to Attack) and pass into any of the 3 gates

### **KEY FACTORS**

- Defensive shape in Midfield – 2 Holding players (6 & 8) and an advanced Midfielder (10), Back 4 compact, Goalkeeper off his line
- Yellows must move as a team as the ball is passed around the pitch, making it difficult to play through them. Keep shape don't allow opposition to pull players out of position
- 1 v 1 Defending – Close Quickly, put on the brakes, defending stance
- Pressure and Cover, Balance – Nearest man presses, second close cover
- Communication from players behind is key
- Opened body shape when defending see ball and man
- Goalkeeper acts as sweeper/keeper
- When ball is won, look to play forward as quickly as possible through quality passing.

### **NOTES**

100% concentration needed, communication between players is vital.



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# “ (45) Possession Soccer Drills”



## **THEME**

### **2 + 2 v 2 + 2 Positional Rondo**

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#### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players passing, movement, positional play and decision making with transition to defendin

#### **ORGANISATION**

- Area: 24 x 12 metres (each zone 12 metres x 12 metres)
- 2 Blue players + 2 Yellow Players v 2 Red Players in zone one and 2 Black Players in zone two
- Blue and Yellow Players start with possession and try to keep ball from the Red Players in a normal 4 v 2
- Blue and Yellow Players look to maintain possession they then must attempt to transfer the ball to the Black Players when the opportunity arises. If successful the team that made the pass stay in zone one with the other team moving into zone two (as seen above in diagram after Blue team transfer the ball). Red Players must also transfer to zone two in an attempt to win the ball
- If Red Team win the ball, they transfer the ball into other zone with the team that lost it now transitioning to defend
- Coach has a supply of balls on the outside, if the team in possession lets the ball go outside of the zone, the coach passes the ball into the other zone to start a new game with the team that lost it now starting as the defenders

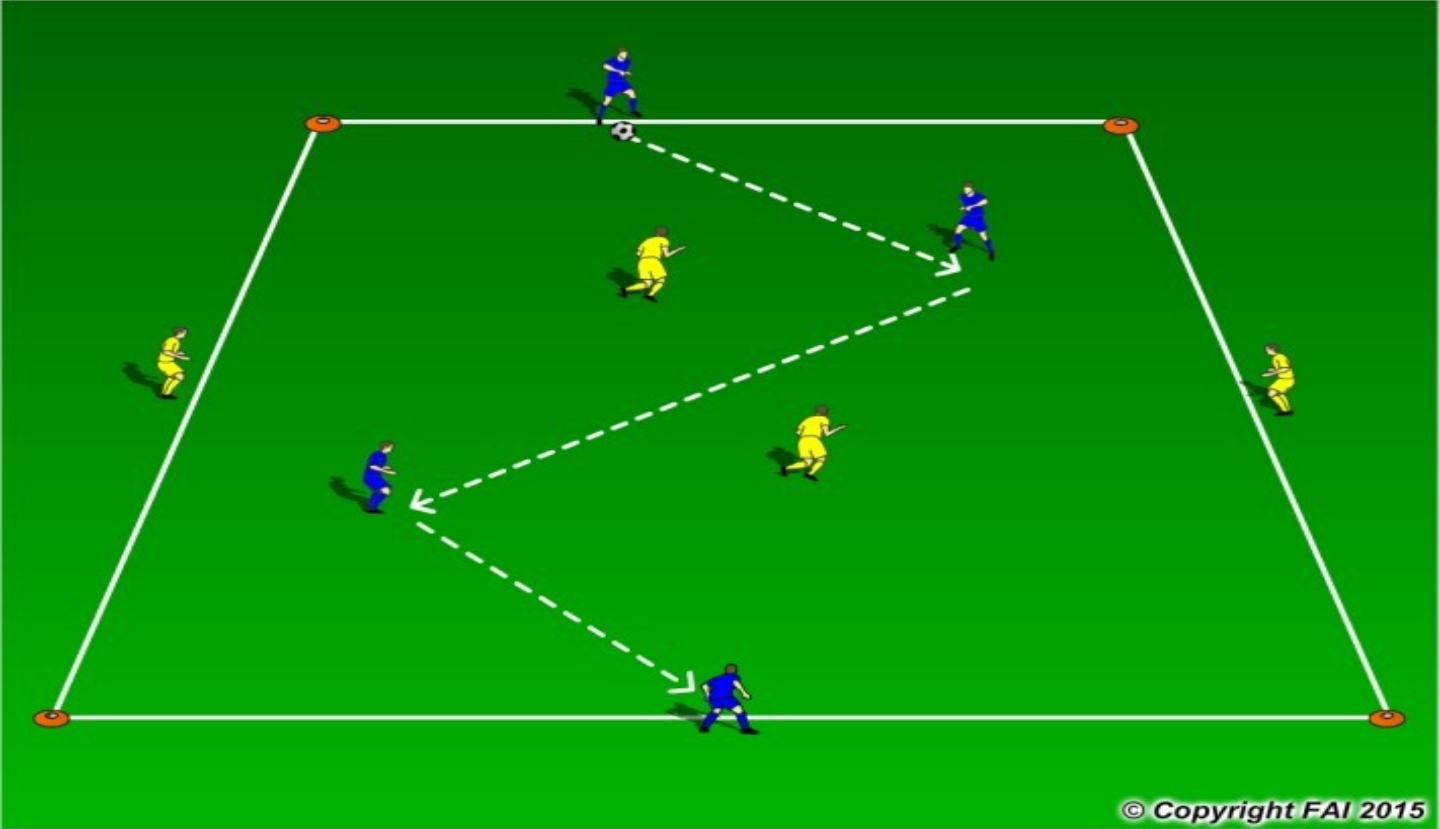
#### **KEY FACTORS**

- Quality and selection of pass
- Body shape/Receive on Back Foot /First Touch
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender – decision making
- Communication between players
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – can we play the ball to the player furthest away from opposition

#### **NOTES**

As this is physically demanding play for 2 minutes, Rest for 30 seconds, make coaching points during rest





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## **THEME**

### **Possession 2 + 2 v 2 + 2**

#### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players actions, explosiveness, passing and movement with transition to defend

#### **ORGANISATION**

- Area: 15 x 15 metres
- 4 Blues v 4 Yellows, 2 v 2 inside the area
- Objective of both teams is to keep possession of the football
- Team in possession have to transfer the ball from one end to the other as seen in the diagram above
- Transition to defend
- 90 seconds playing time with a 30 second rest. Coach during rest period (Active Rest)
- Have Footballs on the side to keep practice at a high intensity

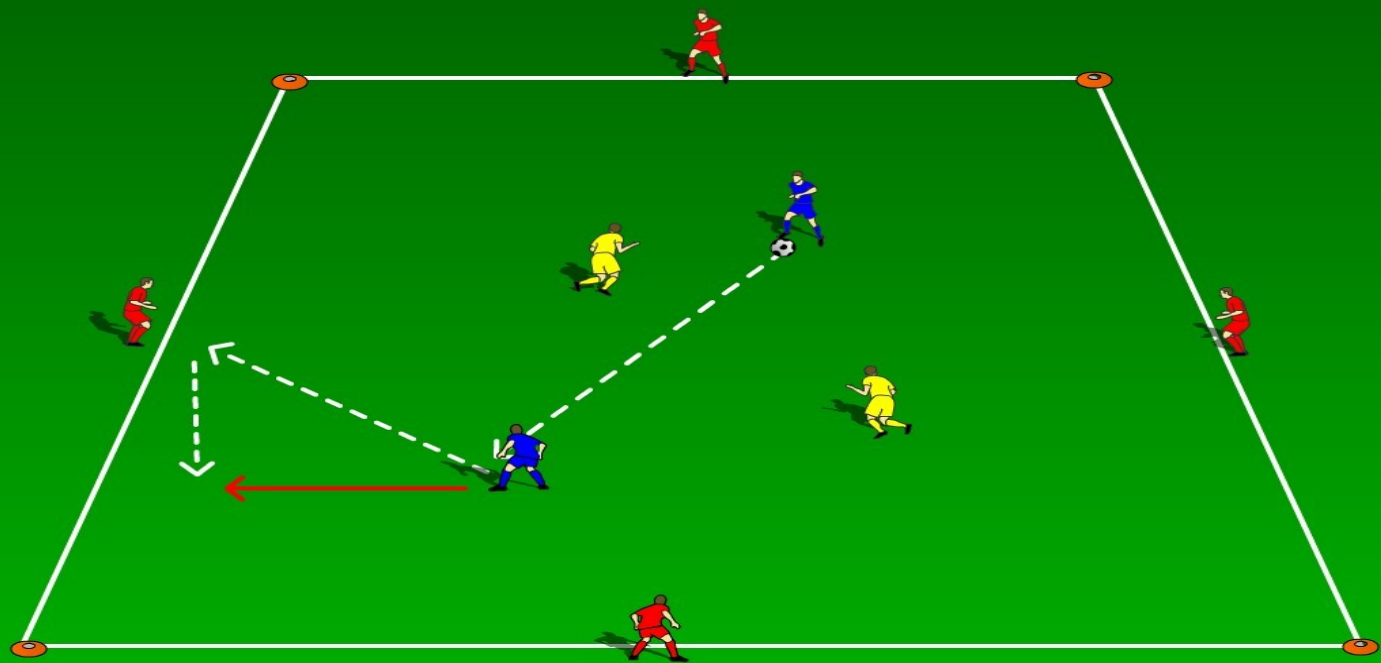
#### **KEY FACTORS**

- Quality and selection of pass
- Body shape/Receive on Back Foot /First Touch
- Angles and Distance of support
- Awareness of space and defender
- Quick combination play
- Communication
- Transition to Defend – can we win ball back as quickly as possible?
- Transition to Attack – can we now keep possession?

#### **NOTES**

If players of a high ability encourage two touch. Coaching points to be made during rest period!





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## **THEME: Possession 2 v 2 + 4**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players actions, explosiveness, passing and movement with transition to defend

### **ORGANISATION**

- Area: 15 x 15 metres
- 2 Blue Players v 2 Yellow Players + 4 Red Players
- Objective of both teams is to keep possession of the football using the Red players
- On receiving the ball the Red Player can only pass the ball back into the area to a player in possession and not to another Red Player, i.e. When Blue team in possession, they can only play a pass back to a Blue Player
- Transition to defend
- 90 seconds playing time with a 30 second rest. Coach during rest period (Active Rest)
- Have Footballs on the side to keep practice at a high intensity

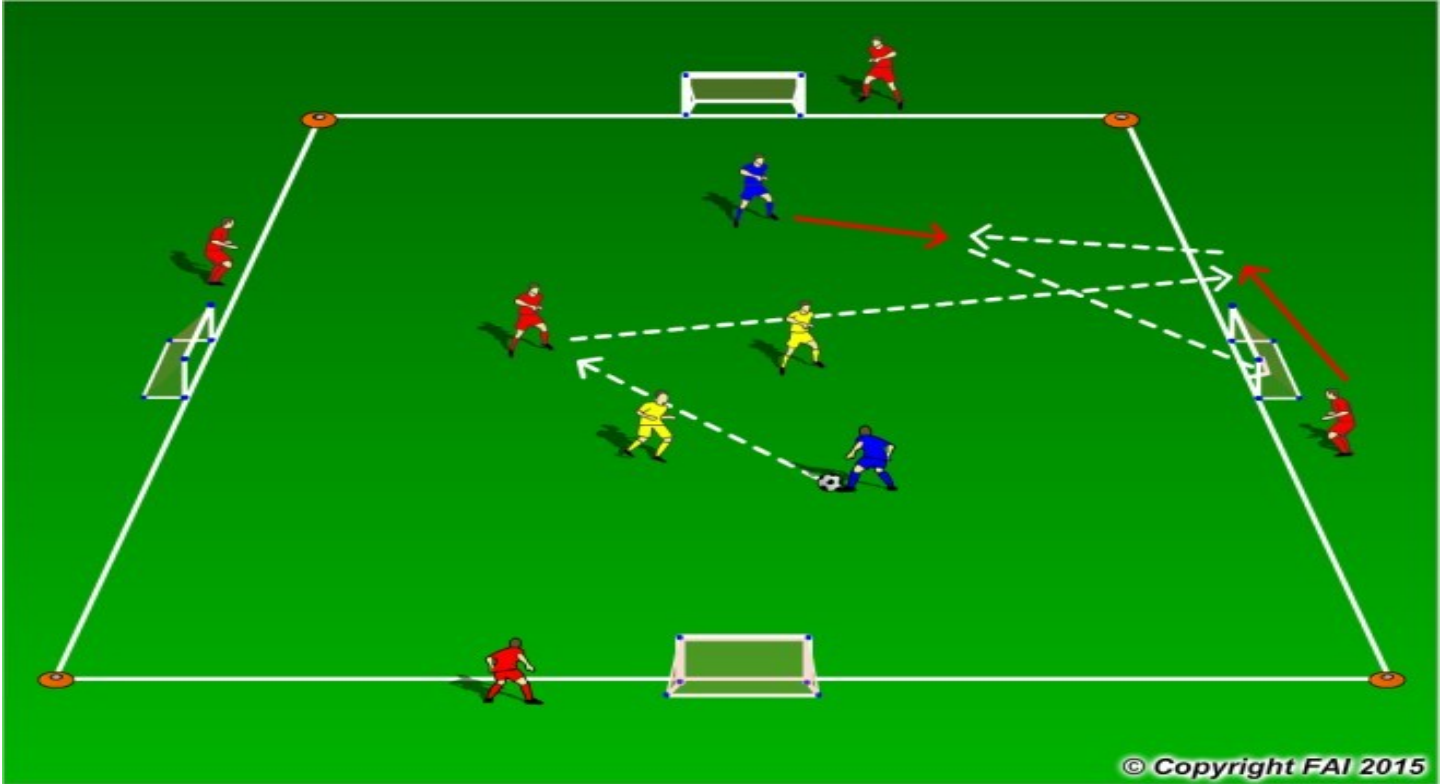
### **KEY FACTORS**

- Quality and selection of pass
- Body shape/Receive on Back Foot /First Touch
- Angles and Distance of support
- Awareness of space and defender
- Communication between players
- Transition to Defend – can we win ball back as quickly as possible?
- Transition to Attack – can we now keep possession?

### **NOTES**

If players of a high ability encourage two touch





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## THEME : 2v2+5 Bumper Possession

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to improve players passing, angles, movement and finishing with transition to defend

### ORGANISATION

- Area: 16 x16 metres
- 2 Blues v 2 Yellows + 5 Red (neutral player)
- 2v2+1 inside the area with bumper players on the outside that move freely up and down along their end line area.
- In order to score, team in possession must use their end line bumper player.
- The neutral player can't score and plays only for team in possession
- Bumper players and neutral player start play with two touch, encourage to play one touch
- Outside bumper players to switch every 2 minutes
- If team scores, game restarts with opposite team
- Have a supply of footballs to keep the practice continually flowing

### KEY FACTORS

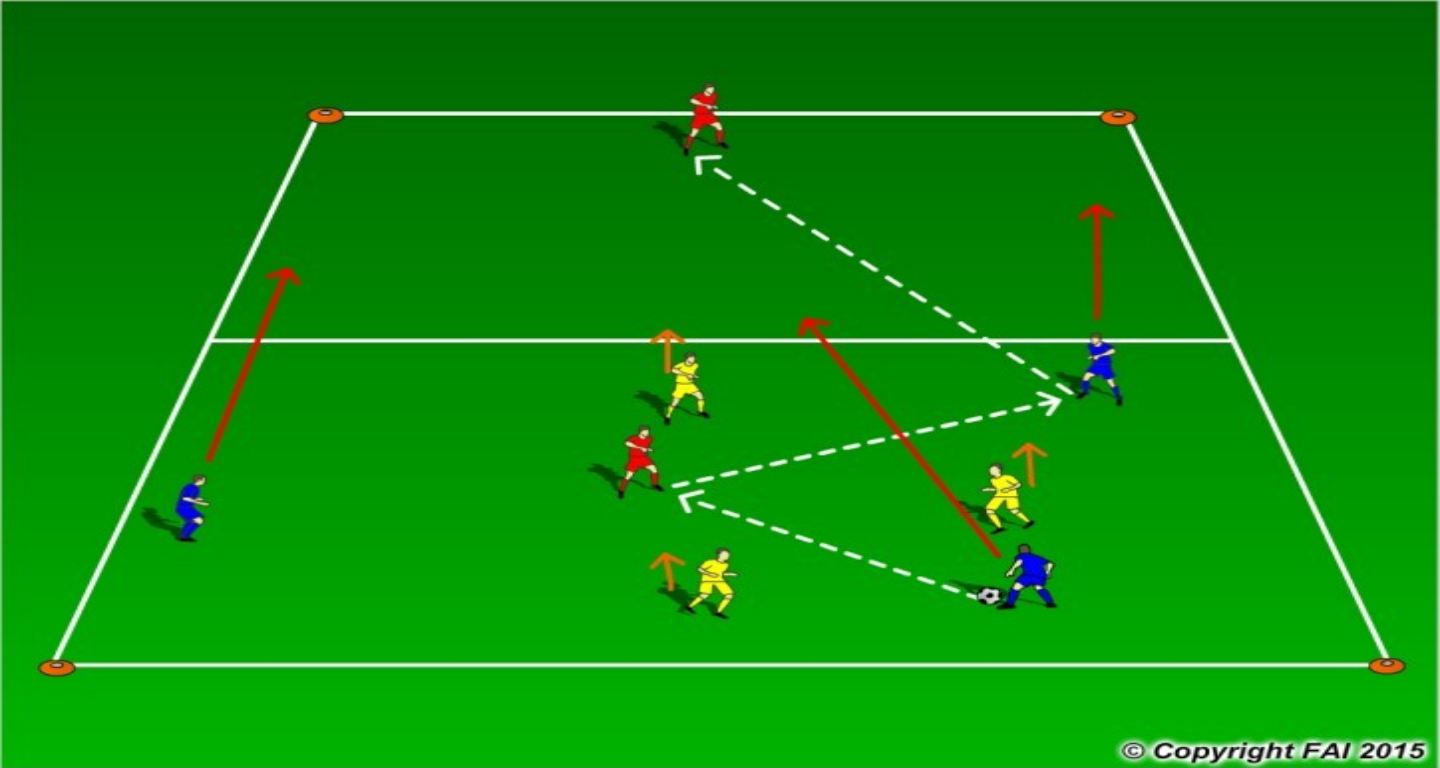
- Quality and selection of pass – Back Foot
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Communication and Movement
- Finishing
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

### NOTES

Demand high intensity. If players of a high ability play one touch







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## **THEME: 3 + 2 v 3 Zonal Possession**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players passing, decision making , movement, positioning and transition play

### **ORGANISATION**

- Area: 30 x 24 metres
- 3 Blue Players + 2 Red Players v 3 Yellow Players (1 Red Player in each zone as seen above)
- When in possession Blue Team play in triangle formation, if the Yellow Team win possession they play in a triangle formation also
- Red Players always play with team in possession and can't leave their zone
- Blue team start the practice with emphasis on keeping possession and when the opportunity arises they can transfer the ball to the Red player in the other zone. After transferring the ball the Blue team and the Yellow team must also transfer into that zone
- When not in Possession Yellows/Blues can leave their position and press to win the ball back
- Have a supply of footballs to keep the practice continually flowing

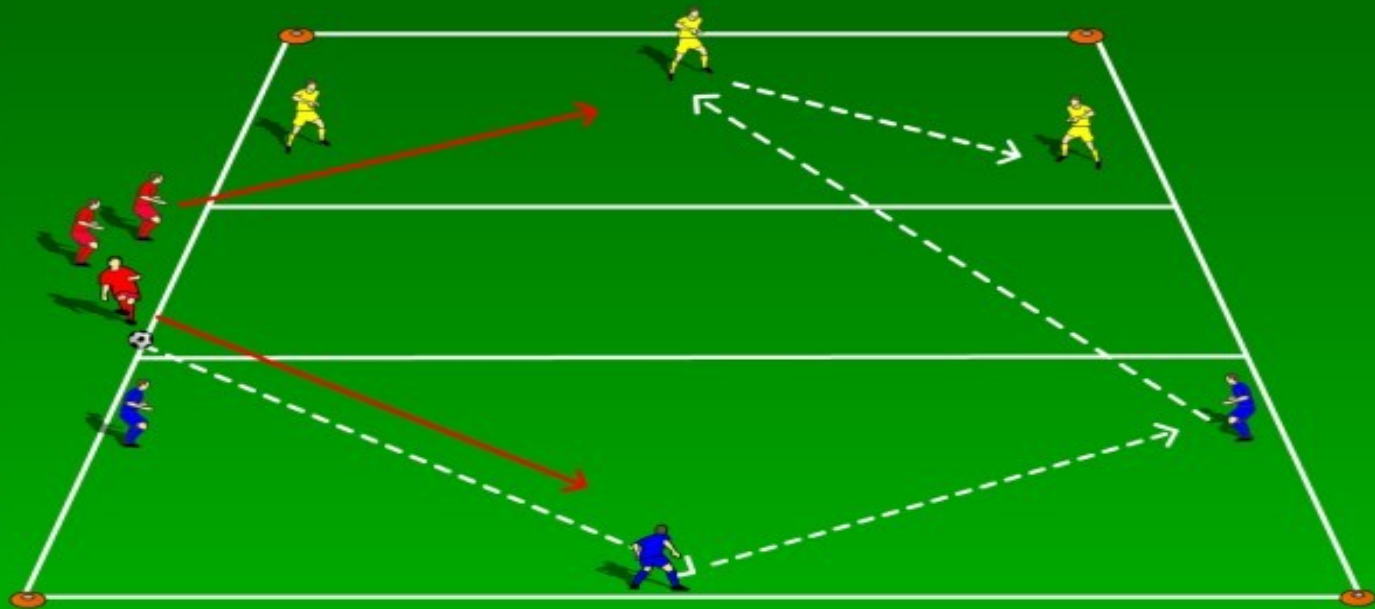
### **KEY FACTORS**

- Quality and selection of pass
- Body shape/Receive on Back Foot /First Touch
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

### **NOTES**

If players of a high ability encourage two touch





## **THEME: 3 v 1 into 3 v 0 Transfer of Possession**

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### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players ability in transfer of possession with transition to defend

### **ORGANISATION**

- Area: 3 x (15 x 12 meters) zones
- 3 Blue Players and 3 Yellow Players start in the two end zones with 3 Red Players positioned on the outside of the middle zone
- 1 Red Player passes the ball into Blue zone and then follows their pass to create a 3 v 1 situation
- Blue Players must establish possession before transferring the ball
- When the ball is transferred the defender leaves the grid while another Red Player on the outside follows the ball into the Yellow grid to again create a 3 v 1 situation
- This process continues until possession is lost in the zone or in the transfer
- If defender wins the ball he/she must dribble outside the zone or transfer to the other zone while the 3 Players in possession must now quickly transition to defend
- If a Red Player dribbles outside the zone or transfers to the other zone, the team that lost possession now becomes the defending team
- Have a supply of footballs for the continuity of the practice

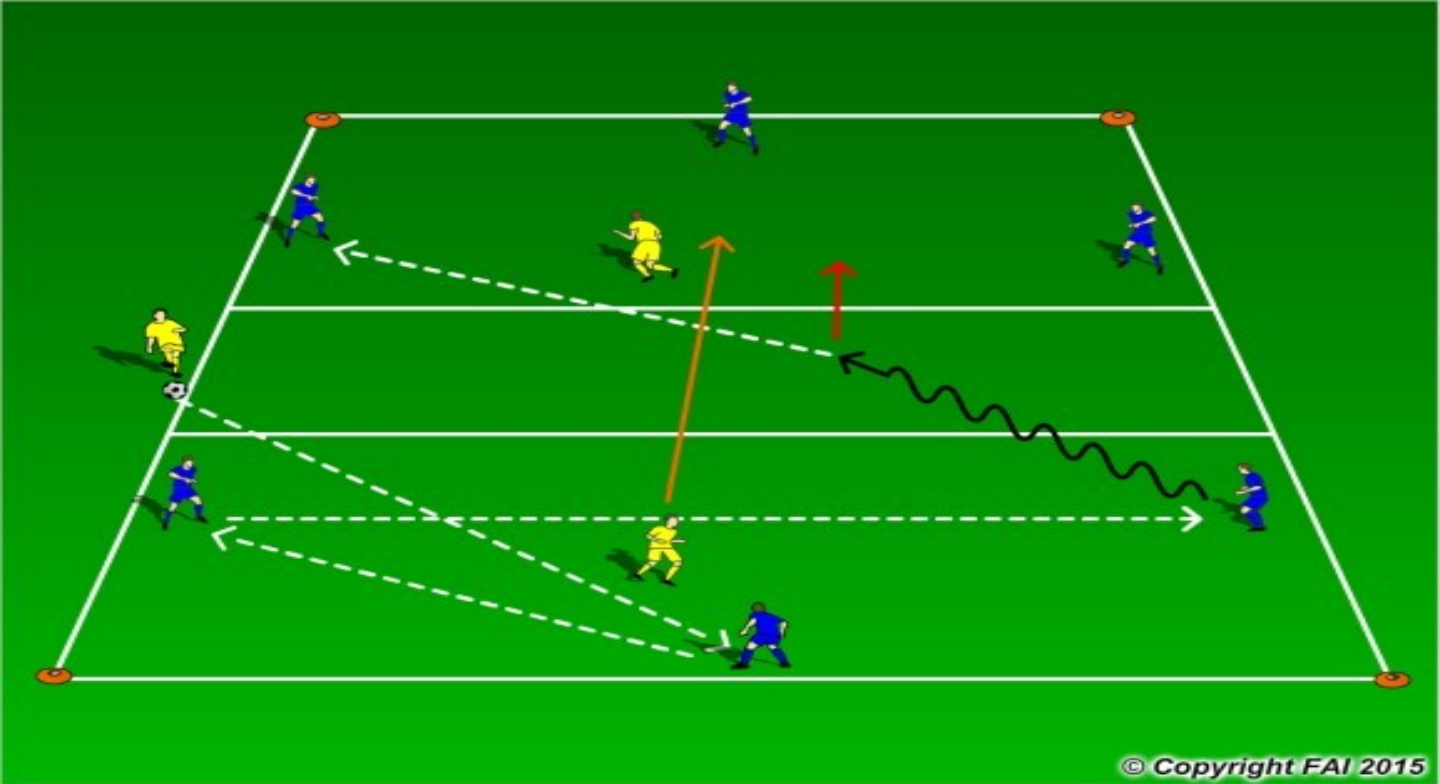
### **KEY FACTORS**

- Create space (by individual & team mobility)
- Weight, accuracy and height of pass
- Body shape/Receive on Back Foot /First Touch
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Communication between players
- Awareness of space – defender in 3 v 1 and also in Transfer
- Transition to Defend – can we win ball back as quickly as possible

### **NOTES**

If players of a high ability encourage two touch. Progression – have one defender in the middle zone to attempt to screen/cut out the transfer of possession





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## **THEME: Transfer of Possession from 3v1 to create 4v2**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players ability in transfer of possession from a 3v1 to create a 4v2 with transition to defend

### **ORGANISATION**

- Area: 3 x (20 x 12m) grids
- 3v1 in the two end grids with the other defender on the outside of the middle area – the outside player starts the practice by passing the ball into 1 of the end grids
- The 3v1 players must establish possession before attempting to transfer to the opposite grid.
- The player transferring possession can either pass or dribble into the new grid (as seen above), and then along with the defender transfer grids to create a 4v2
- During the transfer the outside player will now create a 2v1 in the grid the ball just left
- The 4v2 players must now establish possession with a view to transferring possession to the opposite 2v1 grid – during this transfer, the player transferring the ball along with one other teammate and the defender from that grid must all transfer to create a 4v2
- This process continues until possession is lost in the grid or in the transfer – if defender wins the ball he/she must attempt to dribble outside the area and the players in possession must now quickly transition to defend
- This process continues until all the defenders have completed the cycle or time given, coach to then rotate the groups
- Have a supply of footballs for the continuity of the practice

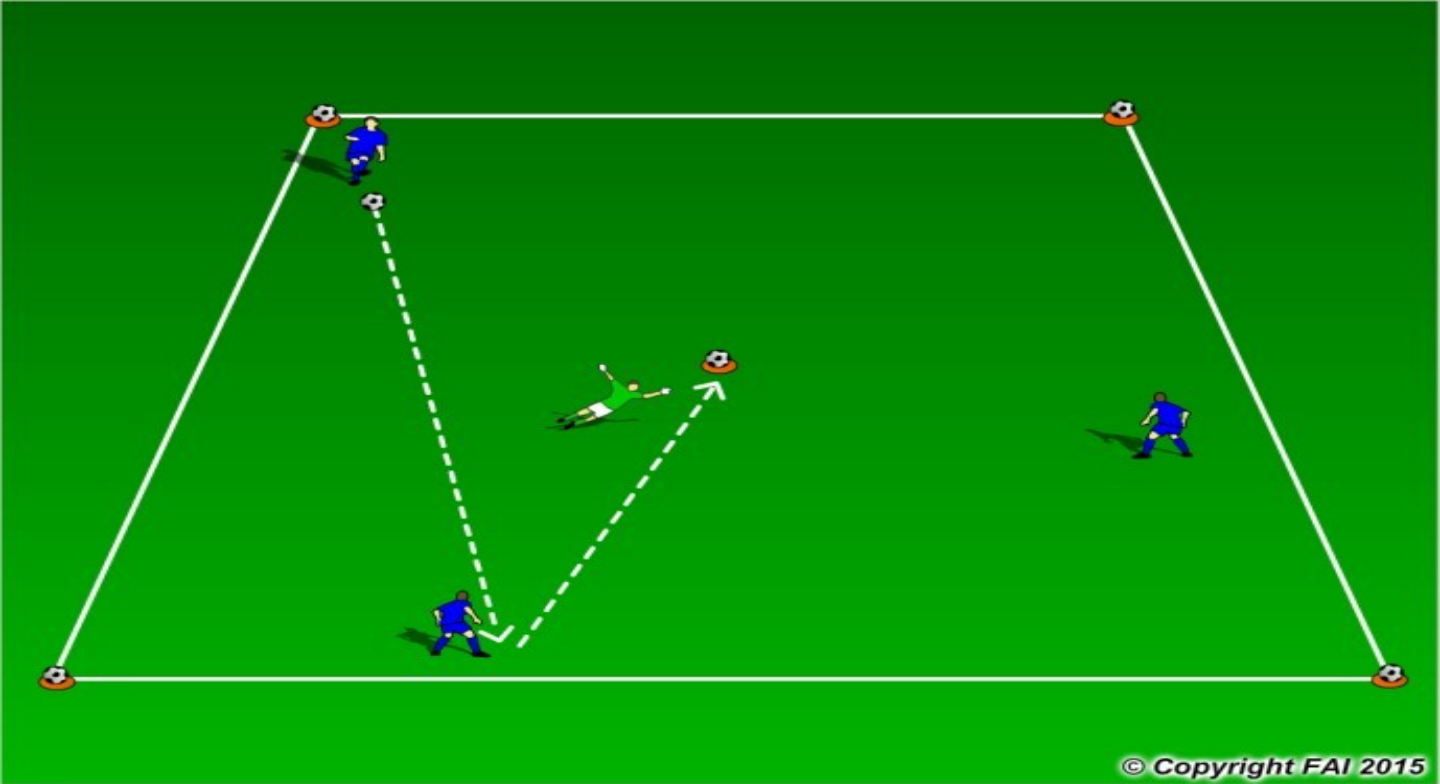
### **KEY FACTORS**

- Create space (by individual & team mobility)
- Weight, accuracy and height of pass
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Communication
- Awareness of space - defender
- Transition to Defend – can we win ball back as quickly as possible

### **NOTES**

Demand high quality and tempo. If players of a high ability play two touch





## **THEME: Possession 3 v 1 with Target and Goalkeeper**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players passing and movement and transition to defending

### **ORGANISATION**

- Area: 12 x 12 metres
- 3 Blue Players v 1 Goalkeeper
- 1 Ball placed on top of cone in the middle of area
- Blue Players start with possession and try and keep ball from the Goalkeeper
- The Goalkeeper must try and win the ball but also stop blue players from knocking ball of the cone in the middle of the area
- The Blue players must pass the ball until an opportunity arises to knock the ball of the cone in the middle of the area
- If the Goalkeeper wins the ball, he/she must try to attempt to knock 1 of the 4 balls of the cones on the outside of the area

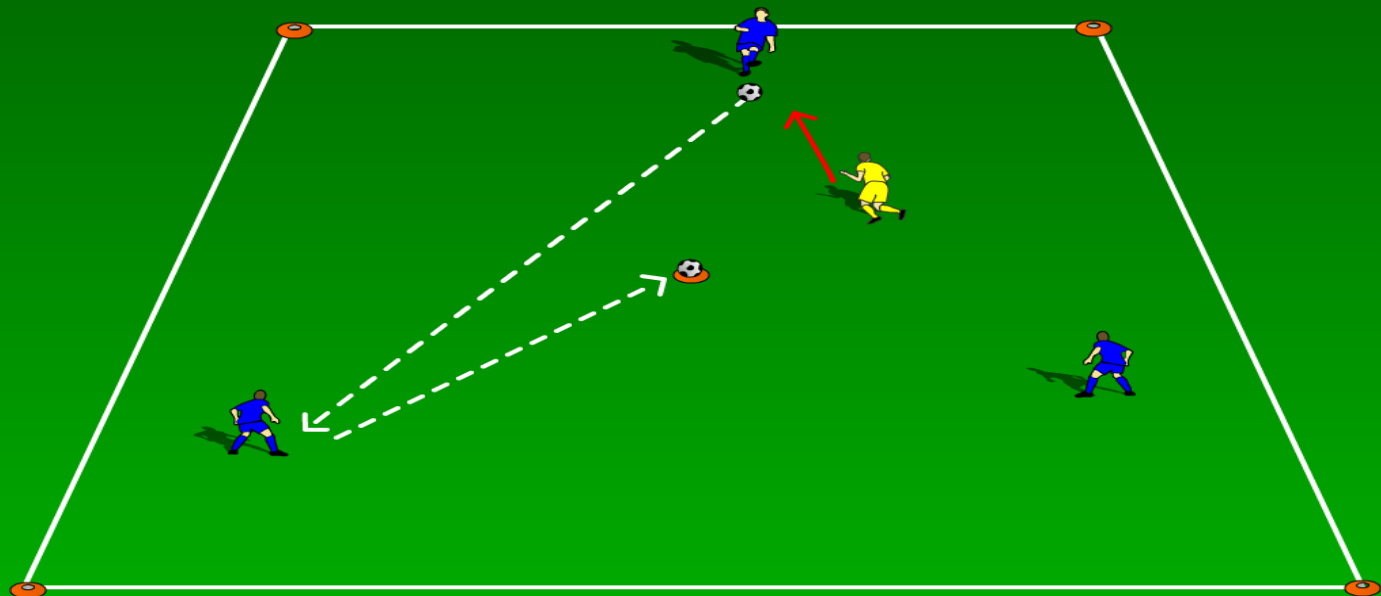
### **KEY FACTORS**

- Quality and selection of pass
- Body shape/Receive on Back Foot /First Touch
- Disguise/Change of Direction
- Angles and Distance of support
- Awareness of space and defender
- Transition to Defend – can we win ball back as quickly as possible

### **NOTES**

If players of a high ability encourage two touch. Can play a game to see who can knock the ball of the cone the most times





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## **THEME: Possession 3 v 1 with Target**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players passing and movement and transition to defending

### **ORGANISATION**

- Area: 12 x 12 metres
- 3 Blue Players v 1 Yellow Player
- 1 Ball placed on top of cone in the middle of area
- Blue Players start with possession and try and keep ball from the Yellow Player
- The Yellow Player must try and win the ball but also stop blue players from knocking ball of the cone in the middle of the area
- The Blue players must pass the ball until an opportunity arises to knock the ball of the cone in the middle of the area
- If the Yellow Player wins the ball, he/she must try and dribble outside the area
- The player that made the mistake then goes into the middle

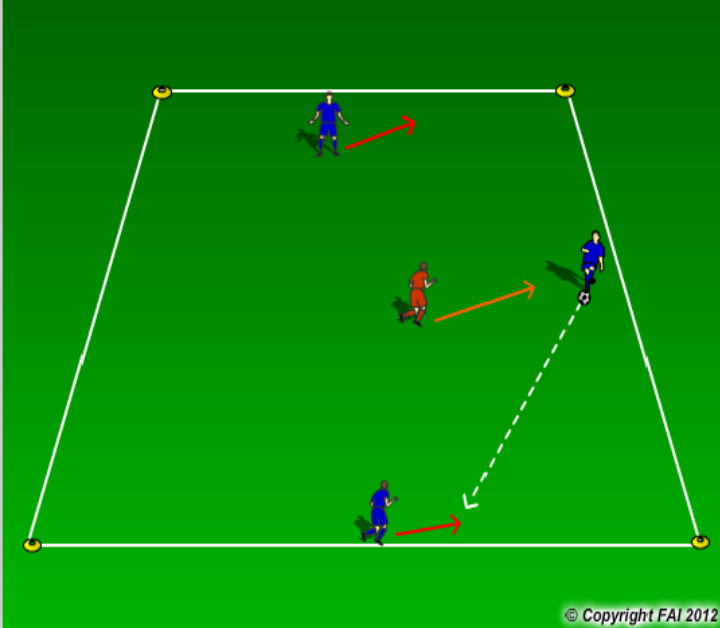
### **KEY FACTORS**

- Quality and selection of pass
- Body shape/Receive on Back Foot /First Touch
- Disguise/Change of Direction
- Angles and Distance of support
- Awareness of space and defender
- Transition to Defend – can we win ball back as quickly as possible

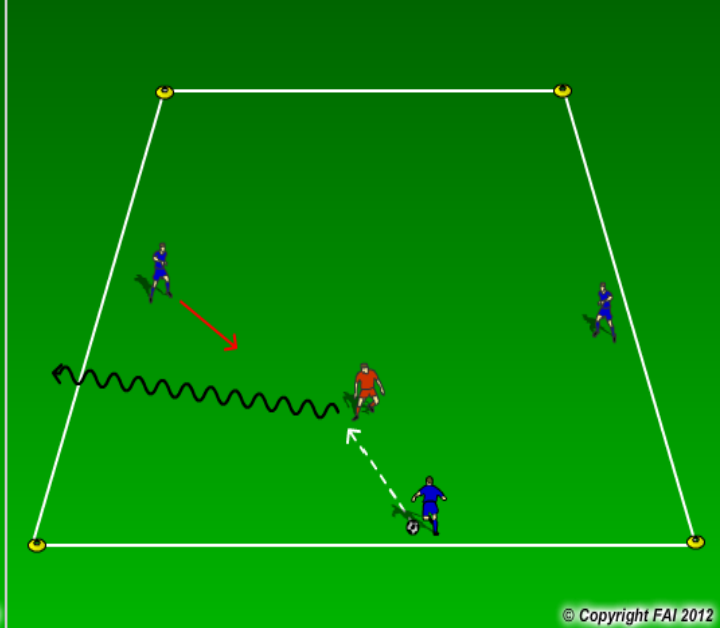
### **NOTES**

If players of a high ability encourage two touch. Can play a game to see who can knock the ball of the cone the most times





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## THEME: Possession 3 v 1 with transition

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to improve players passing and movement and transition to defending

### ORGANISATION

- Area: 12 x12 metres
- 3 Blues v 1 Red
- Blues start with possession and try and keep ball from the Red player (Diagram 1)
- If the reds win the ball, the red player must try and dribbling outside the grid (Diagram 2)
- If blue players give the ball away, they must react quickly to win the ball back.

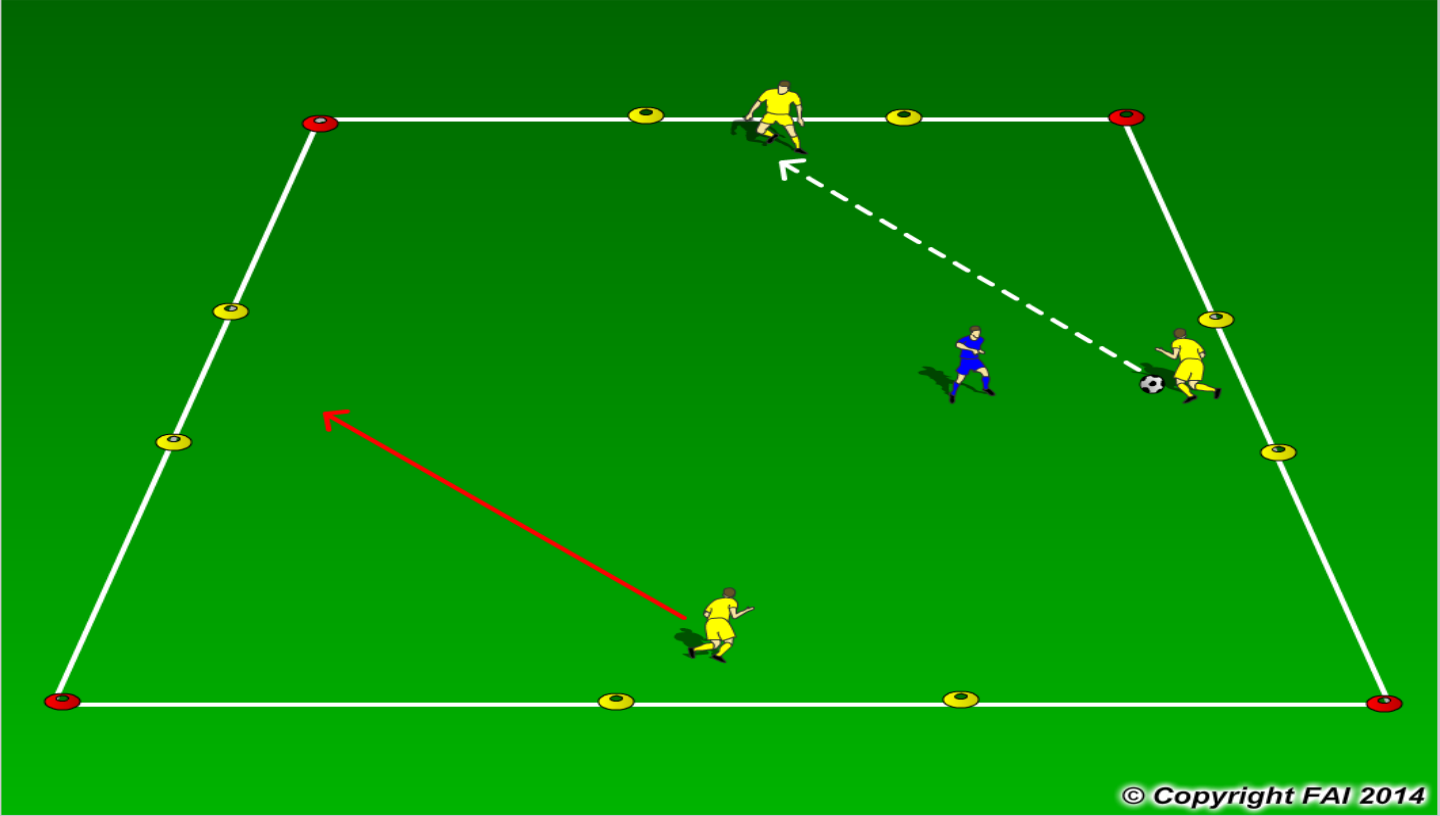
### KEY FACTORS

- Quality and selection of pass
- Body shape/First Touch/Back Foot
- Disguise/Change of Direction
- Angles and Distance of support
- Awareness of space and defender
- Transition to Defend – can we win ball back as quickly as possible

### NOTES

Demand high quality. If players of a high ability play two touch





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## **THEME: Possession 3 v 1 with transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing, movement, decision making and transition to defending

### **ORGANISATION**

- Area: 12 x 12 metres
- 3 Yellows v 1 Blue
- Yellows start with possession and try and keep ball from the Blue player
- If the Blue player wins the ball, they can score by passing the ball through any of the 4 gates marked with Yellow cones, Yellow players must transition to defend and try and win the ball back

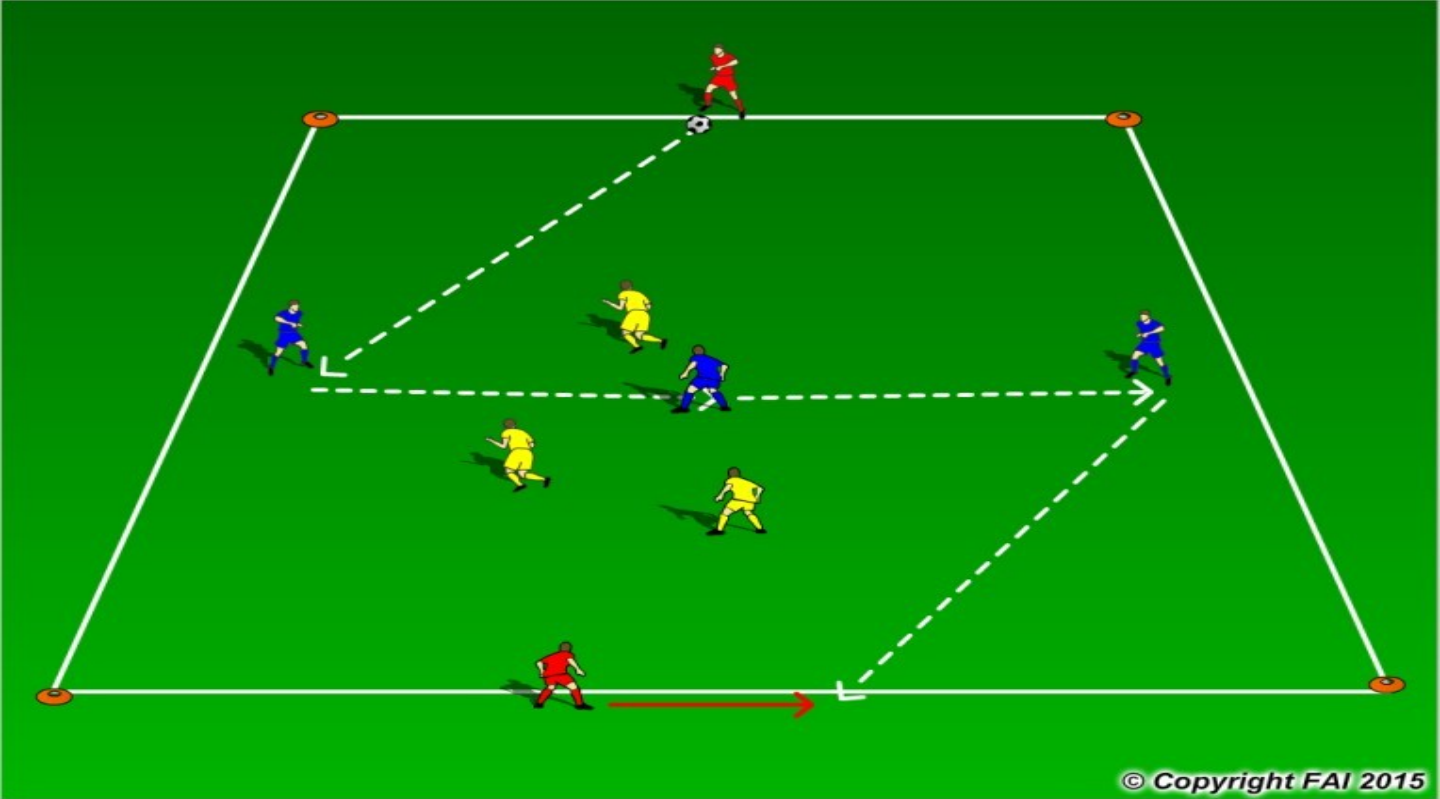
### **KEY FACTORS**

- Quality and selection of pass
- Body shape/First Touch/Back Foot
- Disguise/Change of Direction
- Angles and Distance of support
- Awareness of space and defender
- Communication between players
- Transition to Defend – can we win ball back as quickly as possible

### **NOTES**

Have supply of balls outside area, to keep the tempo high.





## THEME: 3 v 3 + 2 Positional Possession with Transition

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to improve players passing, decision making , movement and positional play in small spaces with transition

### ORGANISATION

- Area: 20 x 20 metres
- 3 Blues v 3 Yellows + 2 Reds
- When in possession Blue player's play in the shape as per diagram, if the yellow players win possession they play in this shape also.
- Red players always play with team in possession and must move between the cones to constantly create angles and passing options for team in possession
- If yellow team win the ball can they quickly transition to attack and keep possession with the blue now transitioning quickly to defend
- Have a supply of footballs to keep the practice continually flowing

### KEY FACTORS

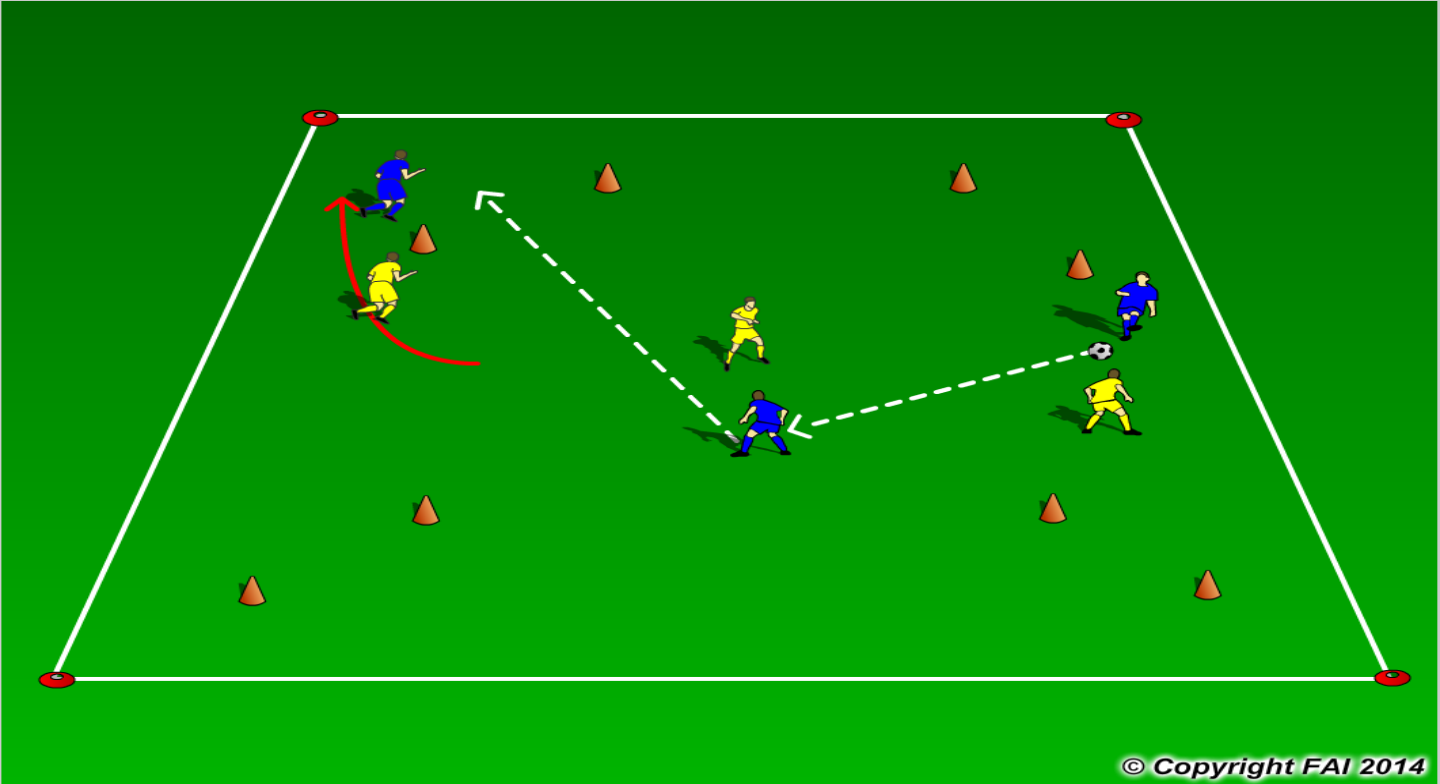
- Quality and selection of pass – Back Foot
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

### NOTES

Demand high quality. If players of a high ability play one/ two touch football.







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## **THEME: Possession and Speed of Play**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

Possession practice to improve players passing, movement, creating space and accurate passing with transition to defend

### **ORGANISATION**

- Area: 20 metres x 20 metres
- 3 Blues v 3 Yellows
- 4 cone gates
- A goal is scored when team in possession pass the ball between the cone gate to a teammate who is able to receive and get the ball under control
- 2 minute games
- There should always be one goal more than the number of teams so a team is unable to simply block the goals

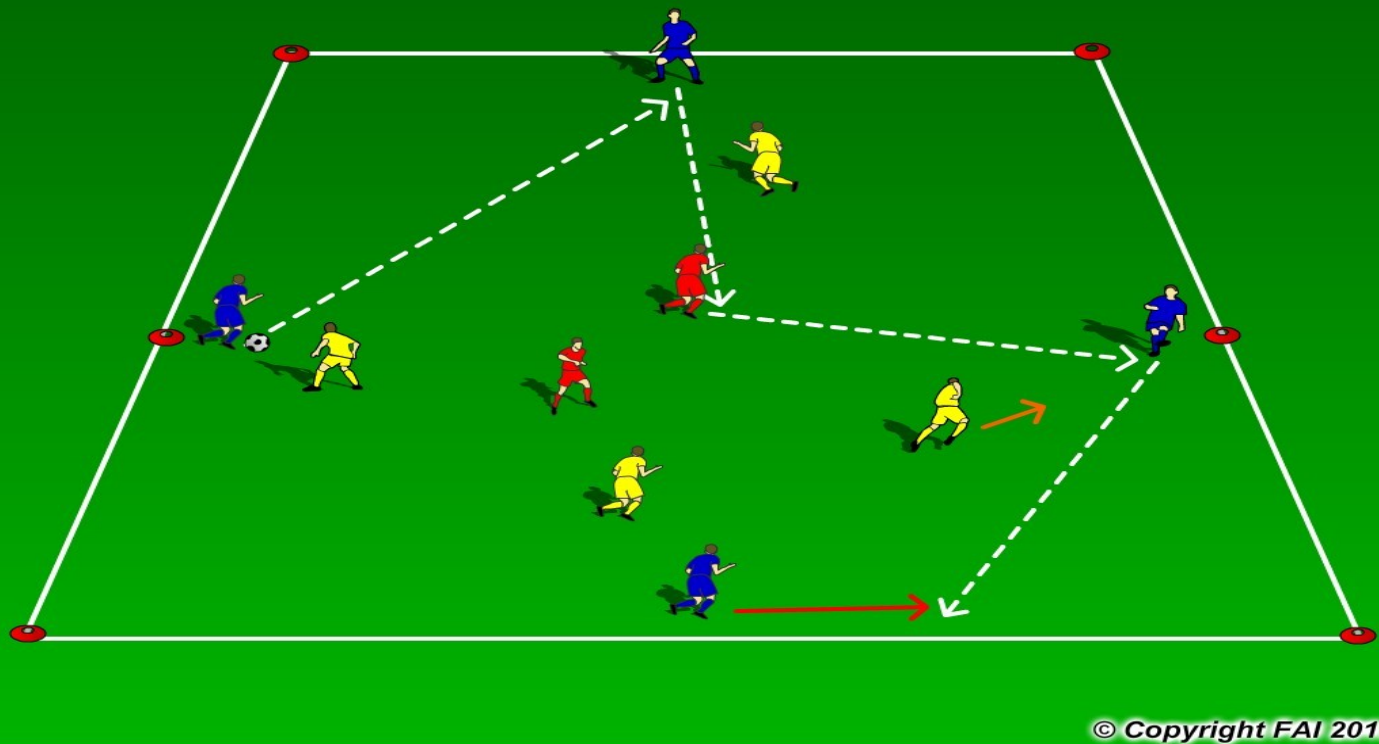
### **KEY FACTORS**

- Quality of pass between the cones – pace, weight and accuracy
- Individual movement to receive pass, open body shape
- Let players make decisions
- Passing triangles – always at least two options for player on the ball
- Communication between players
- Quick Transitions important for both teams

### **NOTES**

Keep intensity high, have supply of balls on the outside. This is a demanding game that should not exceed 2 minutes without having a break.





## **THEME: Positional Possession 4 + 2 v 4**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing, decision making , movement and transition play

### **ORGANISATION**

- Area: 30 x25 metres
- 4 Blues + 2 Reds v 4 Yellows
- When is possession Blues play in Diamond formation as per diagram, if the Yellows win possession they play in a Diamond formation also
- Reds always play with team in possession and stay central in the grid.
- When not in Possession Yellows/Blues can leave their position and press to win the ball back

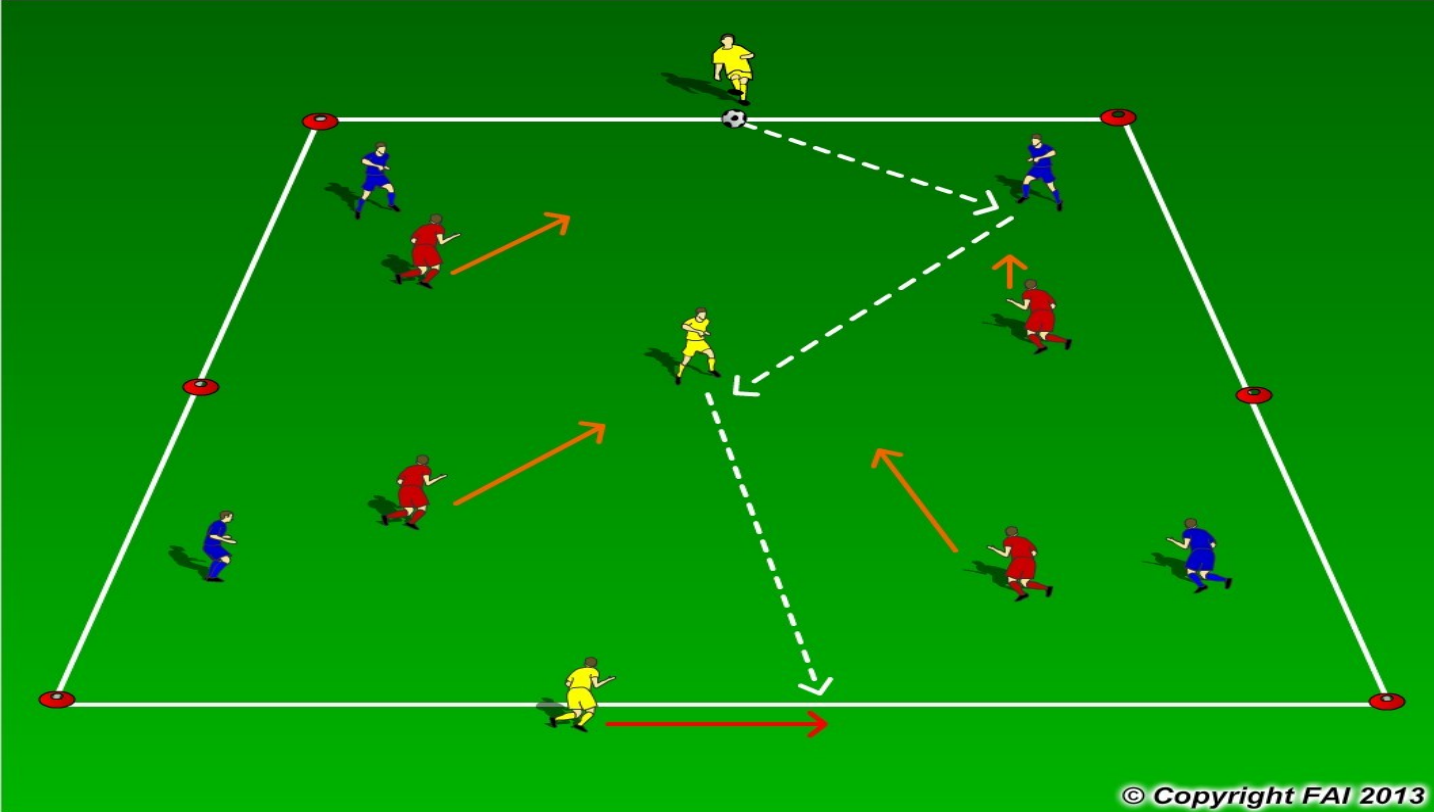
### **KEY FACTORS**

- Quality and selection of pass – Back Foot
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

### **NOTES**

Demand high quality. If players of a high ability play two touch





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## **THEME: Positional Possession 4 + 3 v 4**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing, decision making , movement and transition play

### **ORGANISATION**

- Area: 30 x25 metres
- 4 Blues + 3 Yellows v 4 Reds
- When in possession Blues play in the shape as per diagram, if the Reds win possession they play in this shape also.
- Yellows always play with team in possession, 2 yellows play at the ends of the grid and one plays "Xavi" role in the center of the grid.
- When not in Possession Reds/Blues can leave their position and press to win the ball back

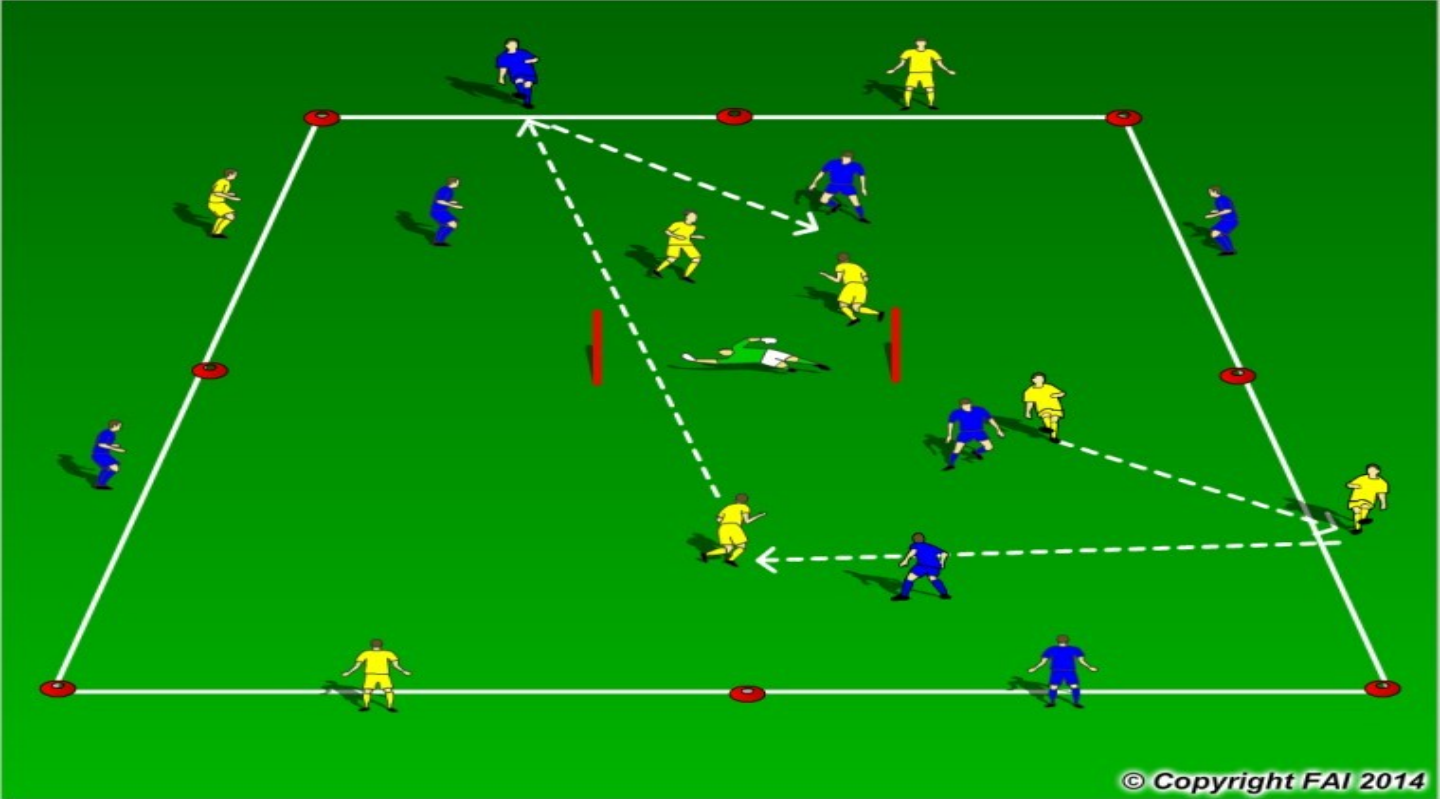
### **KEY FACTORS**

- Quality and selection of pass
- Body shape/First Touch/Back Foot
- Disguise/Change of Direction
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

### **NOTES**

Demand high quality. If players of a high ability play two touch





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## **THEME: Possession and Finishing 4 + 4 v 4 + 4**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A practice to improve players passing and movement, decision making, awareness and finishing

### **ORGANISATION**

- Area: 40 x 30 metres (2 20 x 30 metre grids)
- 2 Blues v 2 Yellows in each grid with Wall Players on the outside
- Goalkeeper in Goals that can be scored in from both sides
- Players in the grid can combine with their teammates that are wall players but also can switch their teammates in the other grid if they are a better option
- Play never stops unless ball goes outside grid
- Play for max 2/3 minutes and switch players on the outside. Coach during breaks in play

### **KEY FACTORS**

#### **Possession**

- Quality of pass – pace, weight and accuracy
- Individual movement to receive pass, open body shape, looking to play forward/shoot
- Pass to feet, space or off the ground? Let players make decisions
- Passing triangles – always at least two options for player on the ball
- Play in between and behind players
- Communication between players

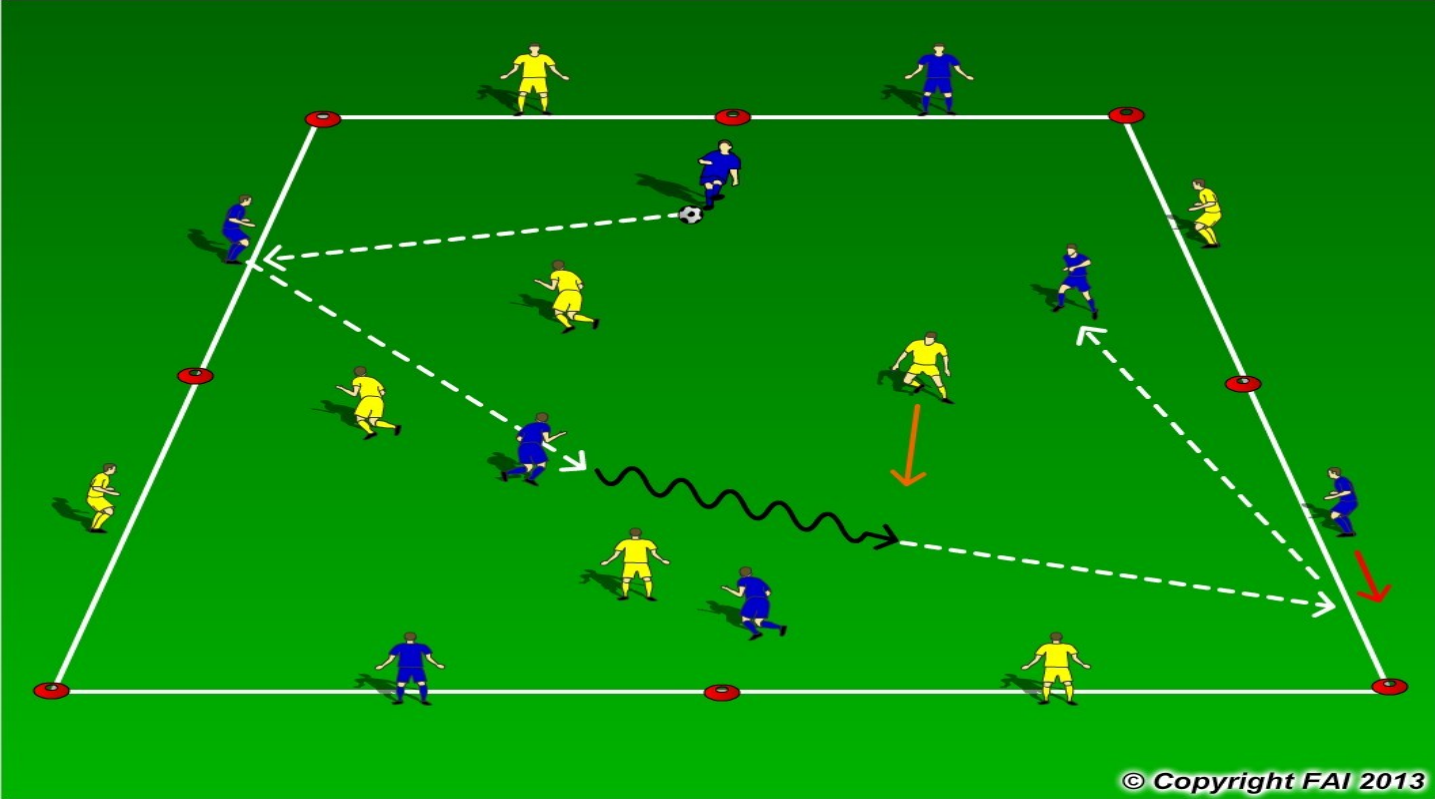
#### **Finishing**

- Accuracy before power, both feet
- Ground Shot, Volleys, Headers? Let players make decisions

#### **NOTES**

Keep intensity high, have supply of balls on the outside.





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## **THEME: Possession 4+4 v 4+4**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

Possession practice to improve players passing and movement and decision making

### **ORGANISATION**

- Area: 30 x 25 metres grid
- 4v4 inside the area, wall players on the outside. When In possession 8 v 4. Wall players can only move up and down along their line and cannot be tackled
- Can progress onto when a pass is played to wall player they come into area and are replaced by an inside player

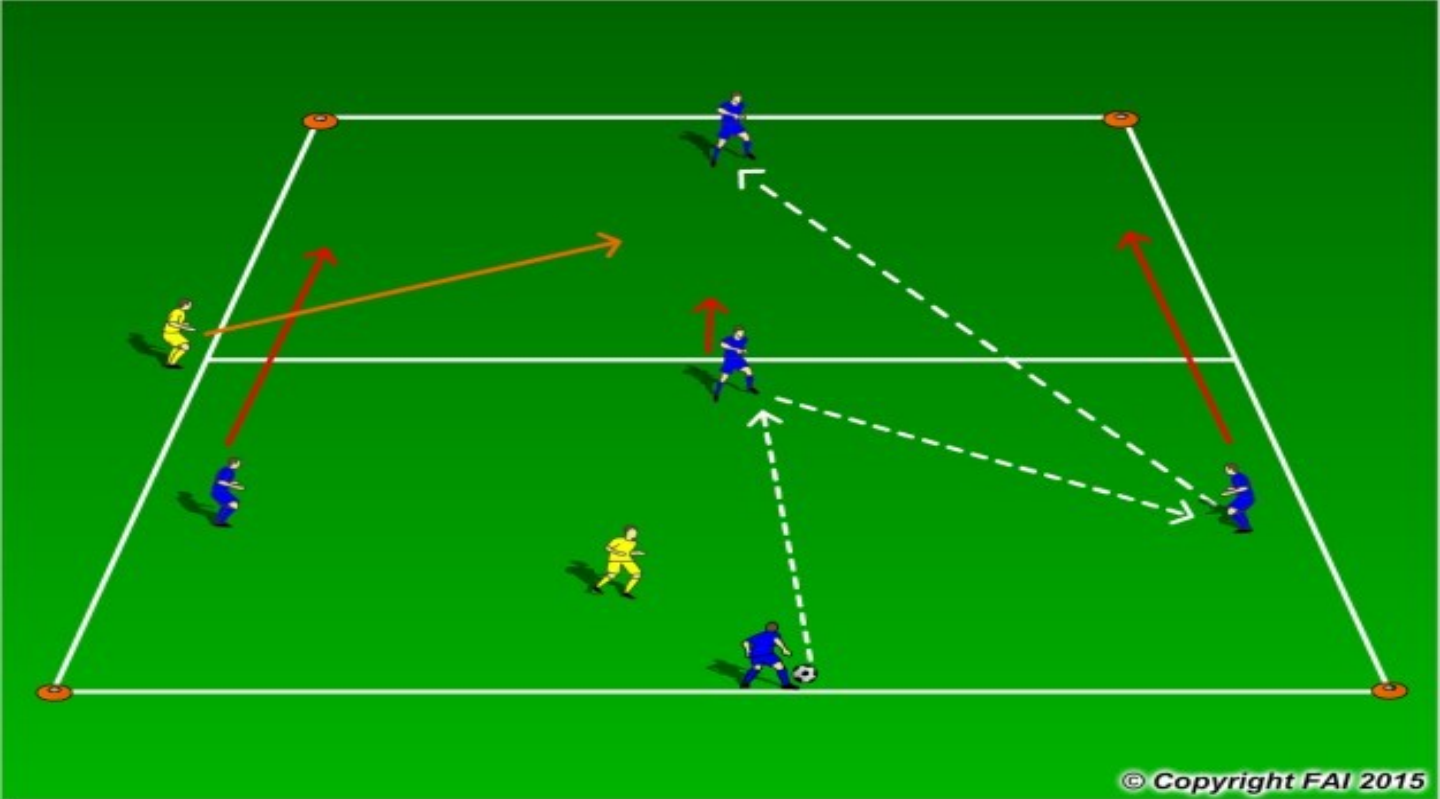
### **KEY FACTORS**

- Quality of pass – pace, weight and accuracy
- Individual movement to receive pass, open body shape, looking to play forward.
- Pass to feet or space? Let players make decisions
- Passing triangles – always at least two options for player on the ball
- Play in between and behind players
- Communication between players

### **NOTES**

Keep intensity high, have supply of balls on the outside. Size of grid depends on quality of players may need to make bigger or smaller. Can use 3v3, 5v5 inside area also.





## THEME: 4 v 1 + 1 Possession with Transition

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to improve players ability in possession and transfer of possession with transition to defend

### ORGANISATION

- Area: 2 x (12 x 12 metre) grids
- 4 Blues v 1 Yellow start in one zone with 1 Blue player in the other zone and one Yellow player waiting on the outside.
- 4 Blues v 1 Yellow start the practice, the Blue players must establish possession before transferring the ball, (i.e. 5 passes)
- When the ball is transferred 3 Blue players now transfer to the other zone while the Yellow player leaves the grid while the other Yellow player on the outside follows the ball into the zone to again create a 4 v 1 situation
- This process continues until possession is lost in the grid or in the transfer
- If Yellow player wins the ball he/she must dribble outside the grid while the 4 players in possession must now quickly transition to defend
- Have a supply of footballs for the continuity of the practice

### KEY FACTORS

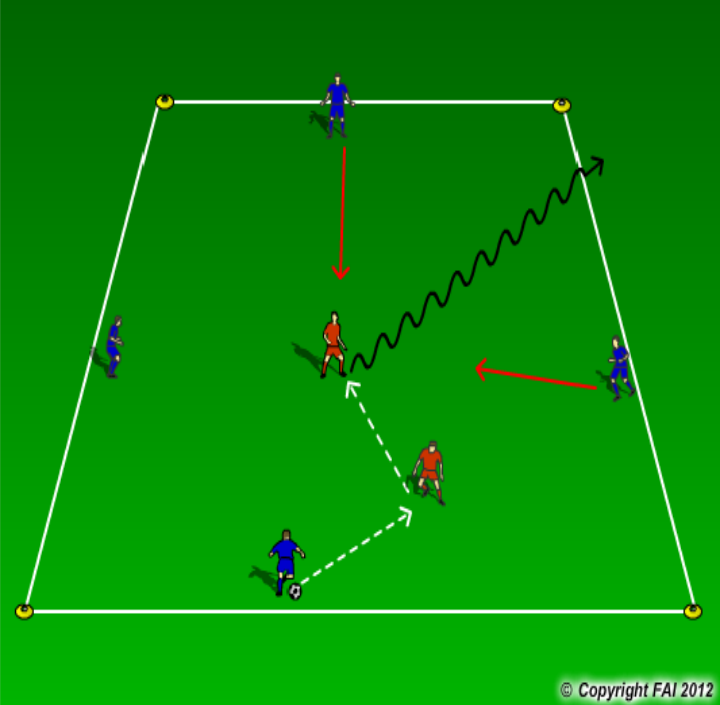
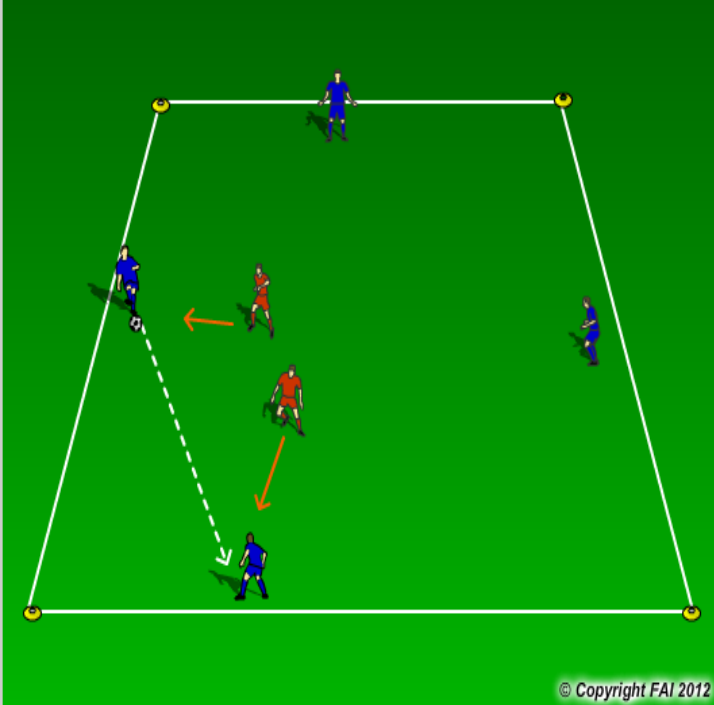
- Create space (by individual & team mobility)
- Weight, accuracy and height of pass
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Communication
- Awareness of space - defender
- Transition to Defend – can we win ball back as quickly as possible

### NOTES

Demand high quality and tempo. If players of a high ability play two touch.

Progression – have one defender in the middle grid to attempt to screen/cut out the transfer of possession





## THEME: Possession 4 v 2 with transition

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to improve players passing and movement and transition to defending

### **ORGANISATION**

- Area: 15 x15 metres
- 4 Blues v 2 Reds
- Blues start with possession and try and keep ball from the Red players (Diagram 1)
- If the reds win the ball, the red player must try combine and then dribbling outside the grid (Diagram 2)
- If blue players give the ball away, they must react quickly to win the ball back.

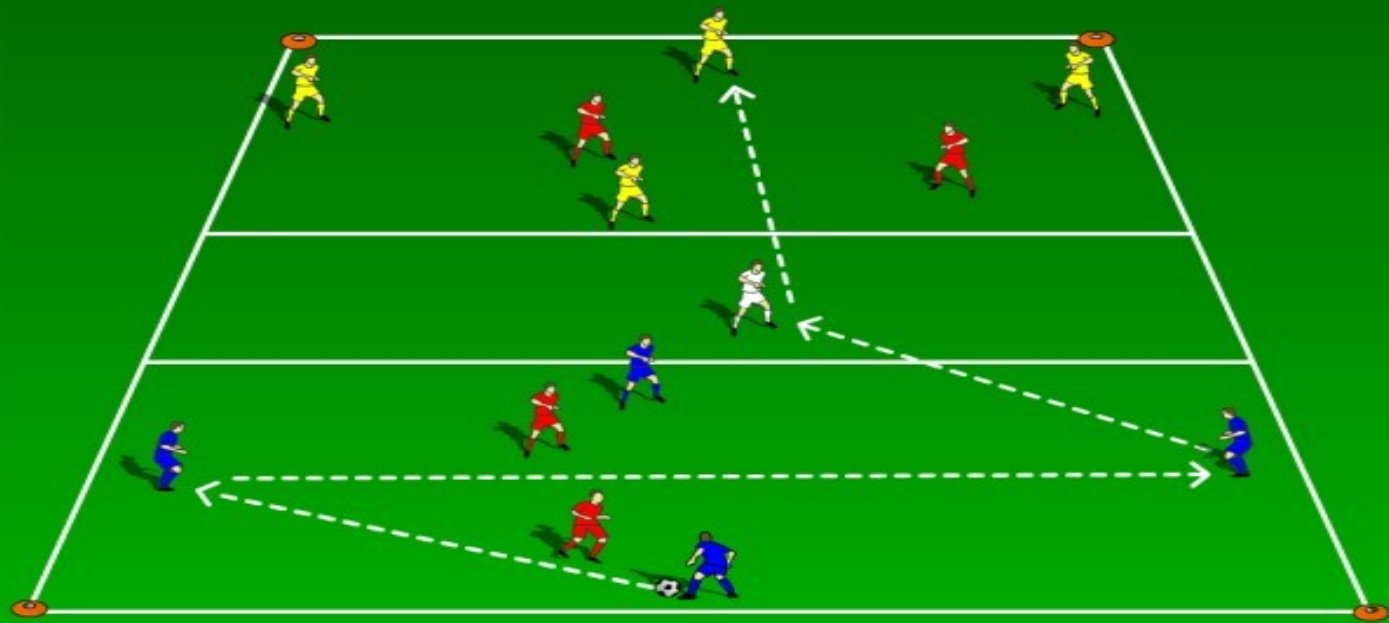
### KEY FACTORS

- Quality and selection of pass – Back Foot
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Transition to Defend – can we win ball back as quickly as possible

### NOTES

Demand high quality. If players of a high ability play two touch





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## **THEME: Transfer of Possession from 4 v 2 into 4 v 2**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players ability in transfer of possession from a 4 v 2 into a 4 v 2 with transition to defend

### **ORGANISATION**

**Area: 3 x (20x15m) grids**

- 4 Blues v 2 Reds in one end grid with 4 Yellows v 2 Reds in the other end grid + 1 neutral player in the middle grid
- The 4v2 players to establish possession before looking to transfer possession to the opposite 4v2 grid through the neutral player as seen above in the diagram
- As the ball is been transferred the 2 defenders in the new grid can intercept the pass into the grid
- The 4v2 players now establish possession with a view to transferring possession from their grid to the opposite grid
- This process continues until possession is lost in the grid or in transfer – 2 defenders attempt to dribble outside the grid with 4 possession players transitioning to defend
- This process continues until the coach rotates the groups

### **KEY FACTORS**

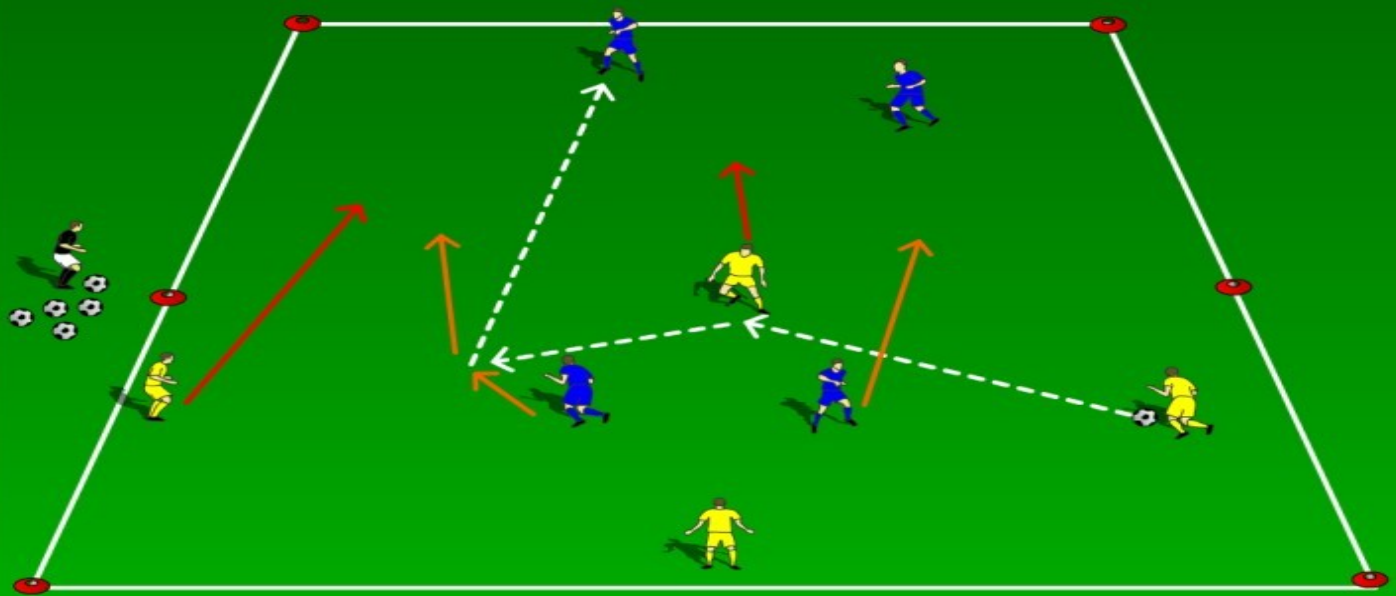
- Create space (by individual & team mobility)
- Weight, accuracy and height of pass – disguise?
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Communication
- Awareness of space - defender
- Transition to Defend – can we win ball back as quickly as possible

### **NOTES**

Demand high quality and tempo. If players of a high ability play two touch







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## **THEME: Possession 4 v 2 + 2 with transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing and movement and transition to defending

### **ORGANISATION**

- Area: 30 x 15 metres (2 15 x 15 metre grids)
- 4 Yellow v 2 Blues in first grid + 2 Blues in second grid
- Yellows start with possession and try and keep ball from the Blue Players in a normal 4 v 2
- If the Blue players win the ball they must quickly transition to attack and play to two Blues in second grid and go and join them, The Yellow team upon losing possession must transition to defend and try to stop the blues playing the ball into the second grid, if unsuccessful two Yellow transfer to second grid and another 4 v 2 starts again.
- Coach has a supply of balls on the outside, if the team in possession lets the ball go outside of the grid, the coach pass the ball into the other grid to start a new game

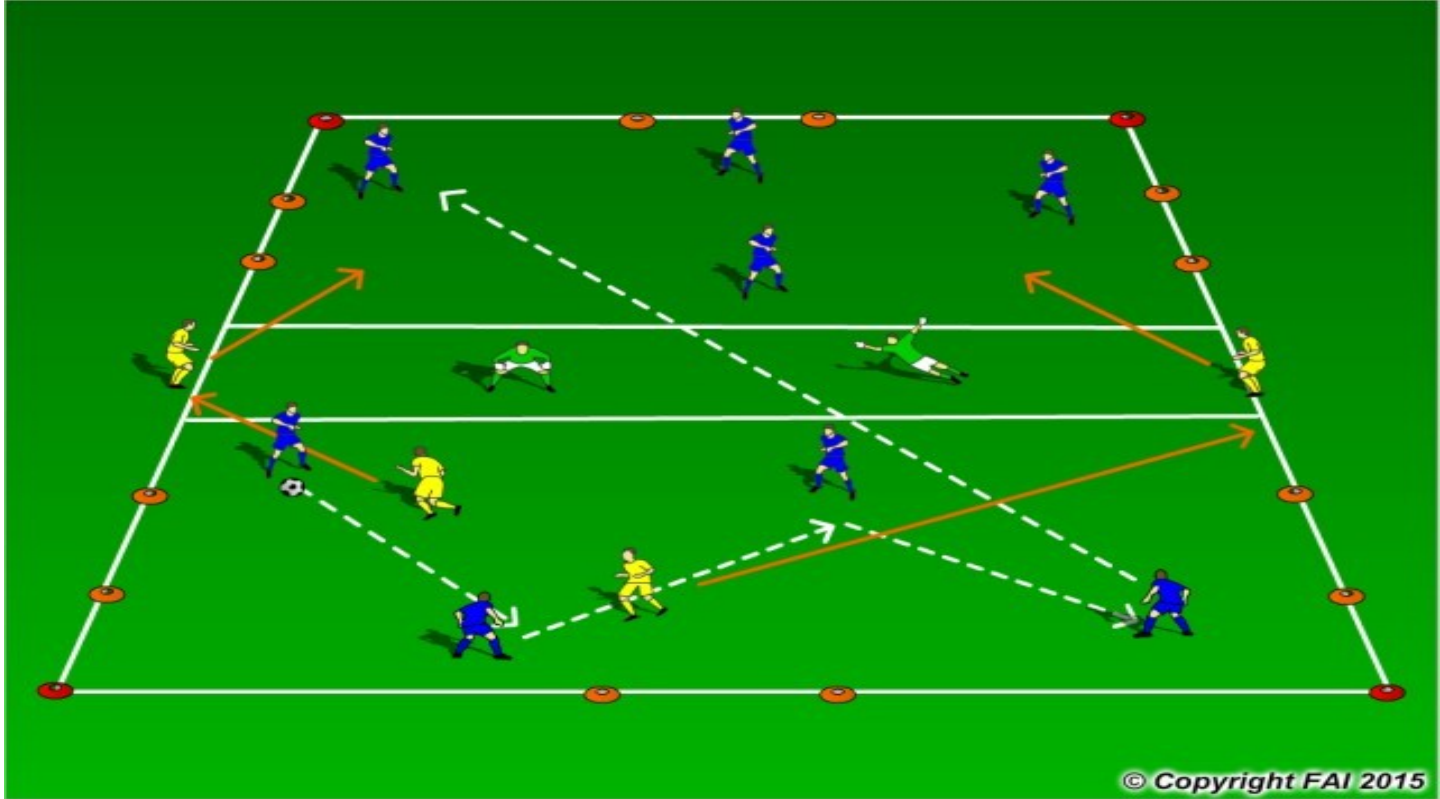
### **KEY FACTORS**

- Quality and selection of pass
- Body shape/Receive on Back Foot /First Touch
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Communication between players
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – can we play the ball to the player furthest away from opposition

### **NOTES**

As this is physically demanding play for 2 minutes, Rest for 30 seconds, coach can make coaching points during this time (Active Rest)





## **THEME: 4 v 2 into 4 v 0 Transfer of Possession + 2 Goalkeepers**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing, movement, awareness, decision making and transition to defend

### **ORGANISATION**

- Area: 2 15 metres x 15 metres with 10 metre middle zone
- End zones - 4 Blues v 2 Yellow/ 4 Blues, Middle Zone – 2 Gk's, 2 Yellows on outside
- Blue Team start the practice with the emphasis on keeping possession and transferring the ball into third zone
- If successful, the two outside Yellow players go and try win possession while the other two Yellow players now go take up the outside positions.
- If Yellows win possession can score into either of the three small goals marked by the cones or can play it to the Goalkeepers. If Goalkeepers gain possession they must distribute to a target outside the playing area, to work on their distribution after gaining possession
- If blue players give the ball away, they must react quickly to win the ball back.

### **KEY FACTORS**

- Quality and selection of pass
- Weight, accuracy and height of pass
- First touch/Body shape/Back Foot
- Disguise/Change of Direction
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Communication
- Awareness of space , defender and positioning of Gk's
- Transition to Defend – can we win ball back as quickly as possible

### **NOTES**

Demand high quality and tempo. Have supply of footballs on the outside





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## **THEME: Possession 4 v 2 with transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing and movement, decision making and transition to defending

### **ORGANISATION**

- Area: 15 x 15 metres
- 4 Yellow v 2 Blues
- Yellows start with possession and try and keep ball from the Blue Players
- If the Blue players win the ball, they can score by passing the ball through any of the 4 gates marked with Yellow cones, Yellow players must transition to defend and try and win the ball back

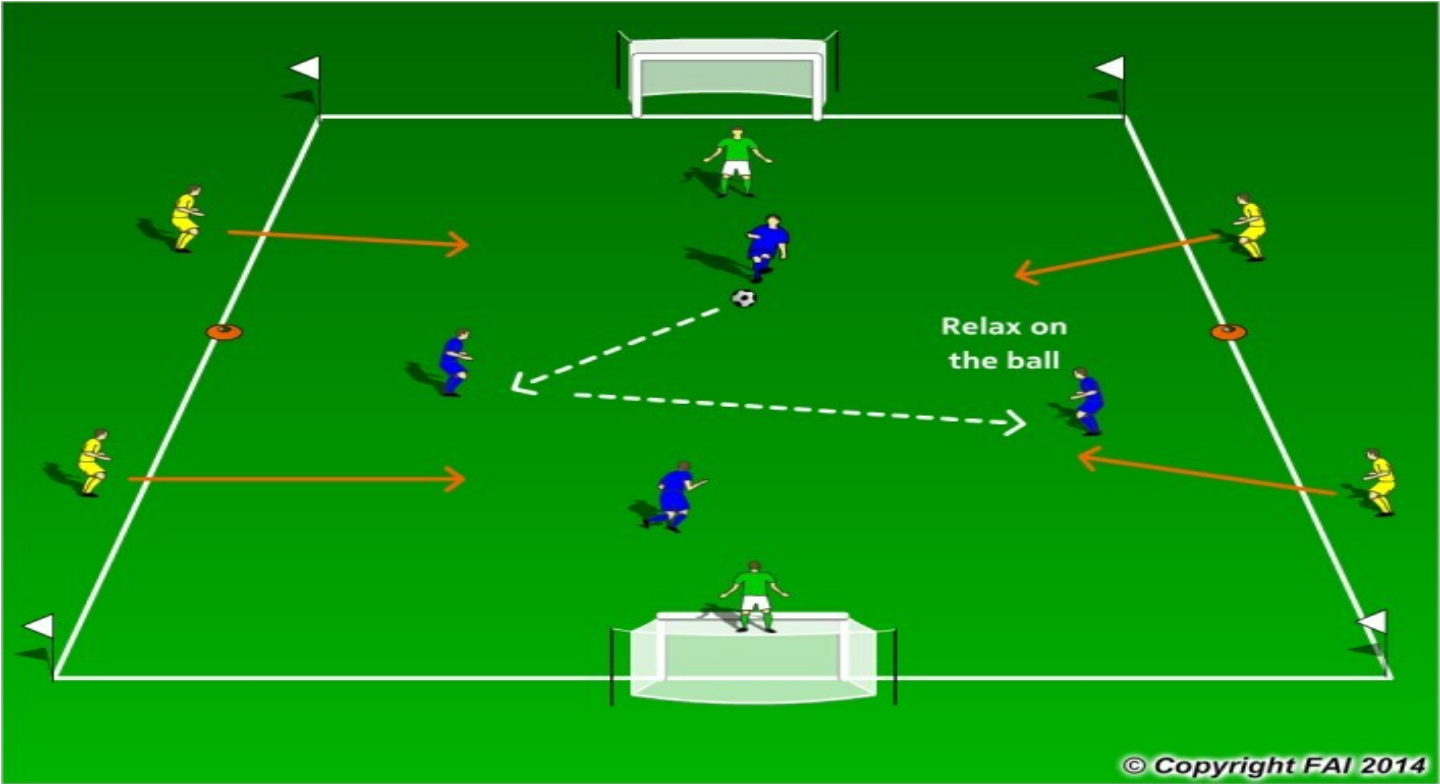
### **KEY FACTORS**

- Quality and selection of pass
- Body shape/First Touch/Back Foot
- Disguise/Change of Direction
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Communication between players
- Transition to Defend – can we win ball back as quickly as possible

### **NOTES**

Have supply of balls outside area, to keep the tempo high.





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## **THEME: Team Possession Under Pressure 4v4+2 Gks**



### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A practice designed to improve players ability of possession under pressure

### **ORGANISATION**

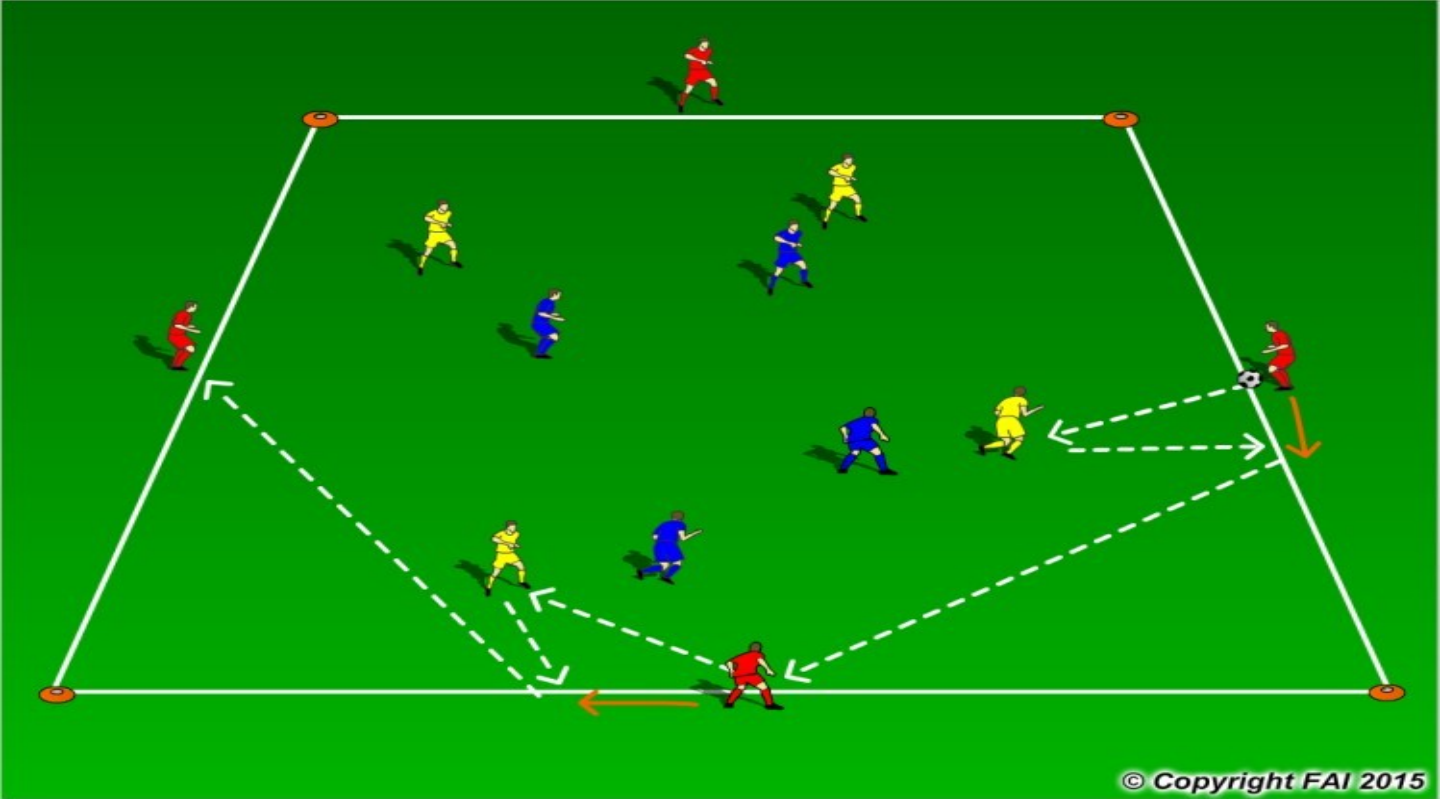
- Area: 30 metres x 20 metres with 2 goals
- 4 blue inside and 4 yellow on outside, Yellow team come in after 30 seconds as to give each blue player time to get comfortable on ball before pressure arrives.
- 2 Gk's can participate with blue team in possession
- If yellow team win the ball they transition to score in either goal while blue team must win ball back.
- Blue team objective is to only keep possession, give goal for a number of passes successful achieved, i.e. 5 passes, 10 passes, etc.
- Each game last 4 minutes with high tempo.

### **KEY FACTORS**

- Quality of pass – pace, weight and accuracy
- Individual movement to receive pass, open body shape, looking to play in the space
- Pass to feet or space? Let players make decisions
- Passing triangles/diamonds – always at least two options for player on the ball – in time should be three
- Communication between players
- High intense pressure from pressing team
- Quick Transitions important for both teams
- Gk's to be vocal and organize team in possession as they see the whole picture and become a constant option when in possession

### **NOTES**

Keep intensity high, have supply of balls on the outside. Size of grid depends on quality of players may need to make bigger or smaller. Progress to two touch and one touch dependent on the quality.



## **THEME: Bumper Possession 4v4+4**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

Possession practice to improve players passing, movement, decision making with emphasis on switching the point of attack, and transition to defend

### **ORGANISATION**

- Area: 30 x 25 metres grid
- 4v4 inside the area, wall players on the outside. When in possession 8 v 4. Wall players can only move up and down along their line and cannot be tackled
- On receiving the ball the target player must 'bounce' the ball off a player in the middle, and switch the point of attack to another yellow, who would attempt to do the same as seen in the diagram above
- Can progress onto when a pass is played to wall player, they come into the area and are replaced by an inside player

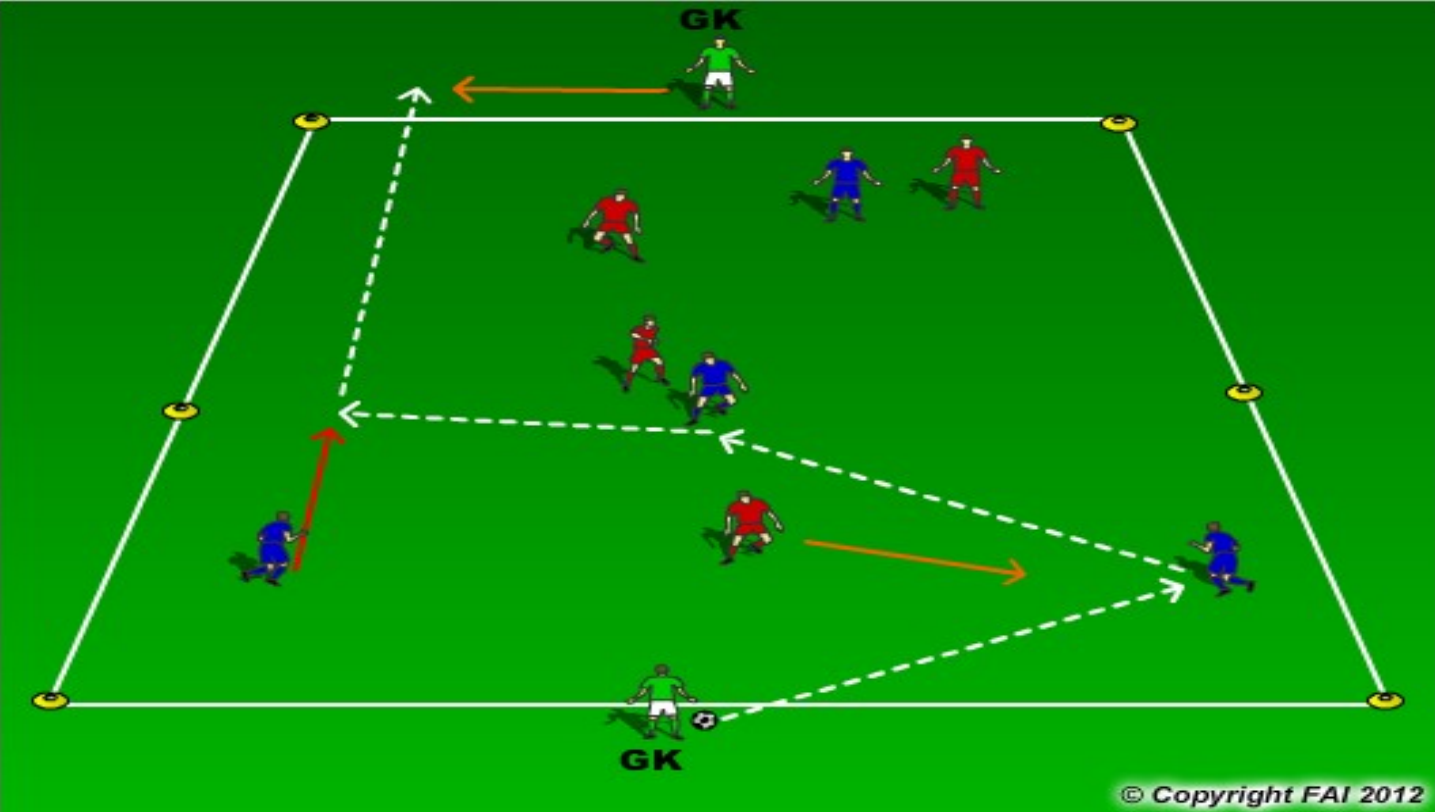
### **KEY FACTORS**

- Quality of pass – pace, weight and accuracy
- Individual movement to receive pass, open body shape, looking to play forward.
- Pass to feet or space? Let players make decisions
- Passing triangles – always at least two options for player on the ball
- Play in between and behind players
- Communication between players
- Can team in possession play short combination passes to draw in the opposition before playing a long pass to open up the play?



### **NOTES**

Keep intensity high, have supply of balls on the outside. Size of grid depends on quality of players may need to make bigger or smaller. Can use 3v3, 5v5 inside area also.



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## **THEME: Possession 4 v 4 + Goalkeepers with transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

Possession practice to improve players passing, movement and decision making

### **ORGANISATION**

- Area: 30 metres x 20 metres
- 4v4 inside the area, formation for both teams 2 defenders, 1 midfielder, 1 striker with 2 Goalkeepers, 1 at each end, Goalkeepers cannot be tackled
- Blues players play to one end (as per diagram) Goalkeeper that receives passes into Reds, Reds they then look to play to the other Goalkeeper

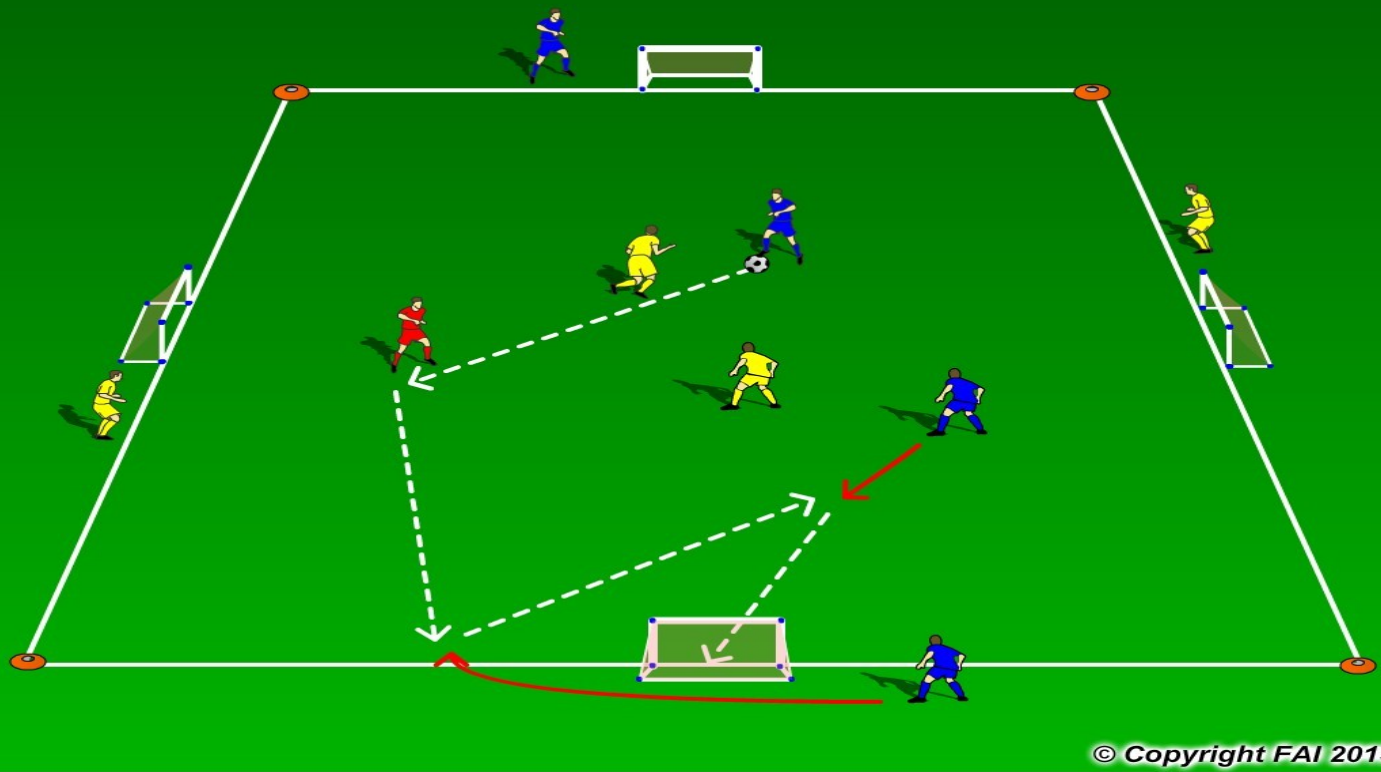
### **KEY FACTORS**

- Quality of pass – pace, weight and accuracy
- Individual movement to receive pass, open body shape, looking to play forward.
- Pass to feet or space? Let players make decisions
- Passing triangles – always at least two options for player on the ball
- Communication between players
- Goalkeepers – good distribution
- Quick Transitions important for both teams

### **NOTES**

Keep intensity high, have supply of balls on the outside. Size of grid depends on quality of players may need to make bigger or smaller. Can use 3v3,5v5 or 6v6 inside area also.





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## **THEME: 4v4+1 Bumper Possession**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing, angles, movement and finishing with transition to defend

### **ORGANISATION**

- Area: 16 x16 metres
- 4 Blues v 4 Yellows + 1 Red (neutral player)
- 2v2+1 inside the area with bumper players on the outside that move freely up and down along their end line area.
- In order to score, team in possession must use their end line bumper player.
- The neutral player can't score and plays only for team in possession
- Bumper players and neutral player start play with two touch, encourage to play one touch
- Outside bumper players to switch every 2 minutes
- Have a supply of footballs to keep the practice continually flowing

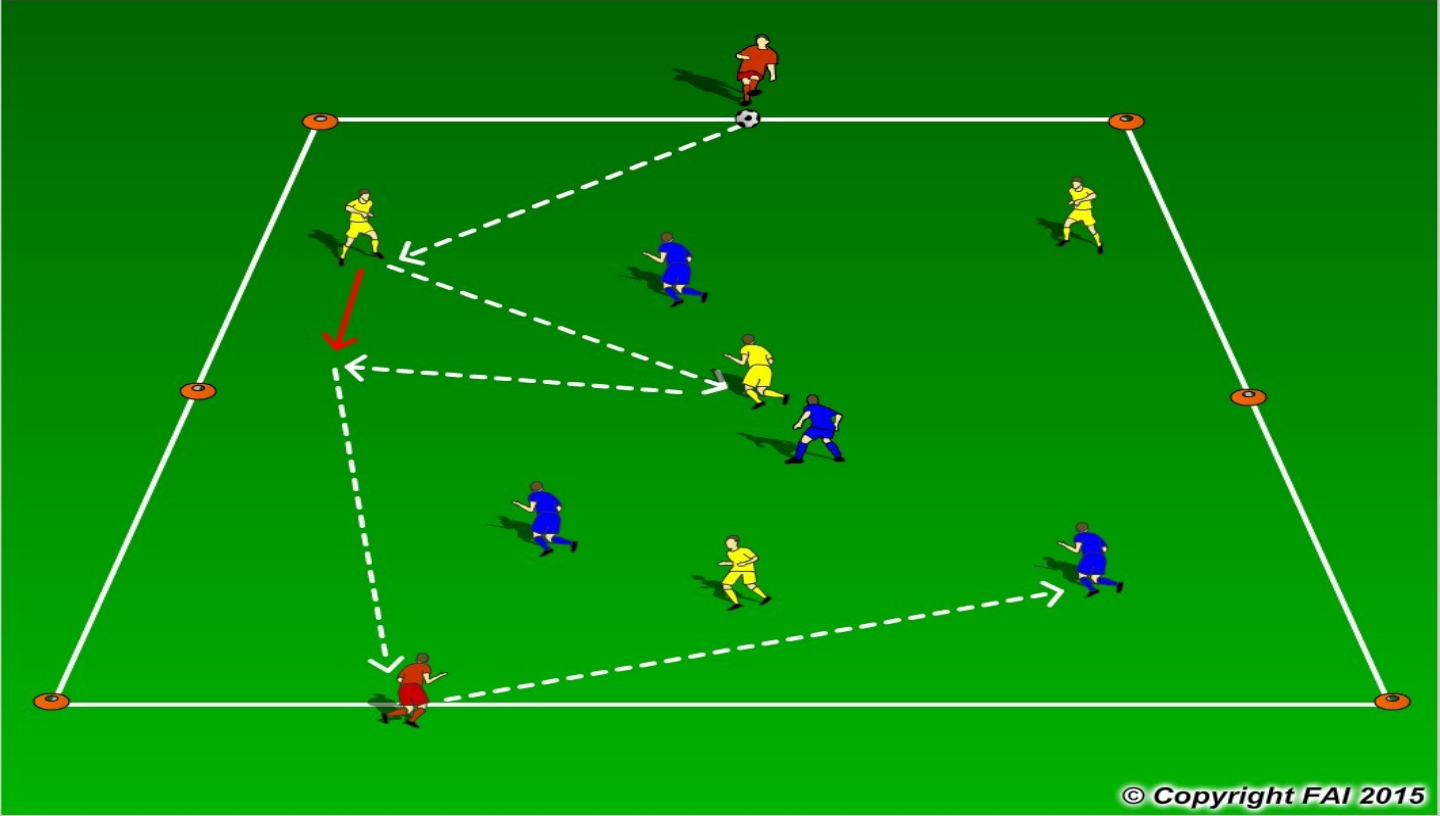
### **KEY FACTORS**

- Quality and selection of pass – Back Foot
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Communication and Movement
- Finishing
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

### **NOTES**

Demand high intensity. If players of a high ability play one touch





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## **THEME: 4 v 4 Possession with transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players passing, movement and decision making

### **ORGANISATION**

- Area: 30 metres x 20 metres
- 4 v 4 inside the area, formation for both teams (Yellow and Blue Players) 2 defenders, 1 midfielder, 1 striker with 2 Red target players, 1 at each end
- Red players cannot be tackled and can move along the end line to receive a pass
- Yellows players play to one end (as per diagram) Red player that receives, passes the ball into Blue Players, Blue players must then look to play to the other to the opposite Red Player
- If the ball goes out of play, game restarts with a kick in from opposite team

### **KEY FACTORS**

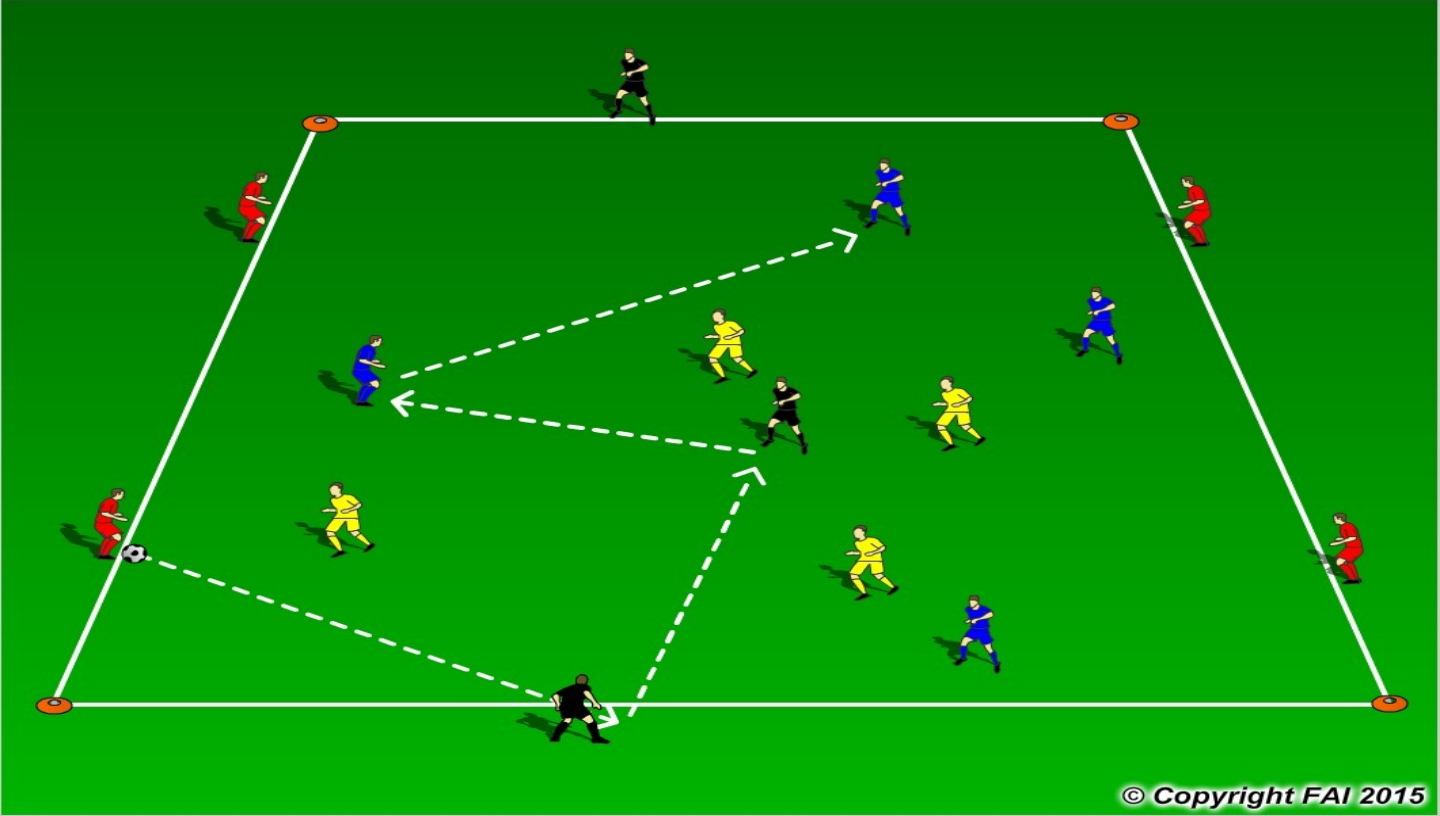
- Team Shape – width and depth
- Quality of pass – pace, weight and accuracy
- Individual movement to receive pass, open body shape, looking to play forward.
- Pass to feet or space?
- Passing triangles – always at least two options for player on the ball
- Communication between players
- Quick Transitions important for both teams

### **NOTES**

Keep intensity high, have supply of balls on the outside







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## THEME: 4+7v4 Possession with Transition

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to improve players passing, decision making , movement and positional play with transition

### ORGANISATION

- Area: 30 x25 metres
- 4 Blues + 4 Reds & 3 Blacks v 4 Yellows
- Red players provide the width, with 2 Black players providing depth with 1 central player
- Blue team start the practice and can use both the Red and Black players in possession
- Yellow team attempt to win the ball and if successful quickly transition to attack now using both the Red and Black players with the Blue team now transitioning to defend
- Have a supply of footballs to keep the practice continually flowing
- Play for 3 minutes with 30 second rest period, swap teams of 4 after every rest period

### KEY FACTORS

- Quality and selection of pass – Back Foot
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Decision making – speed of thought
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

### NOTES

Demand high quality and intensity. If players of a high ability play one/ two touch football.





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## **THEME: 4-3-3 Positional Rondo**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing, positioning, decision making and movement with transition to defend within a 4-3-3 playing formation

### **ORGANISATION**

- Area: 40 x 35 metres
- 5 Blues + 5 Reds v 5 Yellows
- Blues (attacking) v Yellows (defending) compete to maintain possession using the neutral players (Reds) to combine with when in possession.
- If the Yellow team wins the football from the Blue team, they must switch positions. Yellows transition from defense to attack while Blue team now transition from attack to defense.
- When not in Possession Blues/Yellows can leave their position and press to win the ball back
- Have a supply of footballs to keep the practice continually flowing
- Play for 5 minutes with a 1 minute rest period

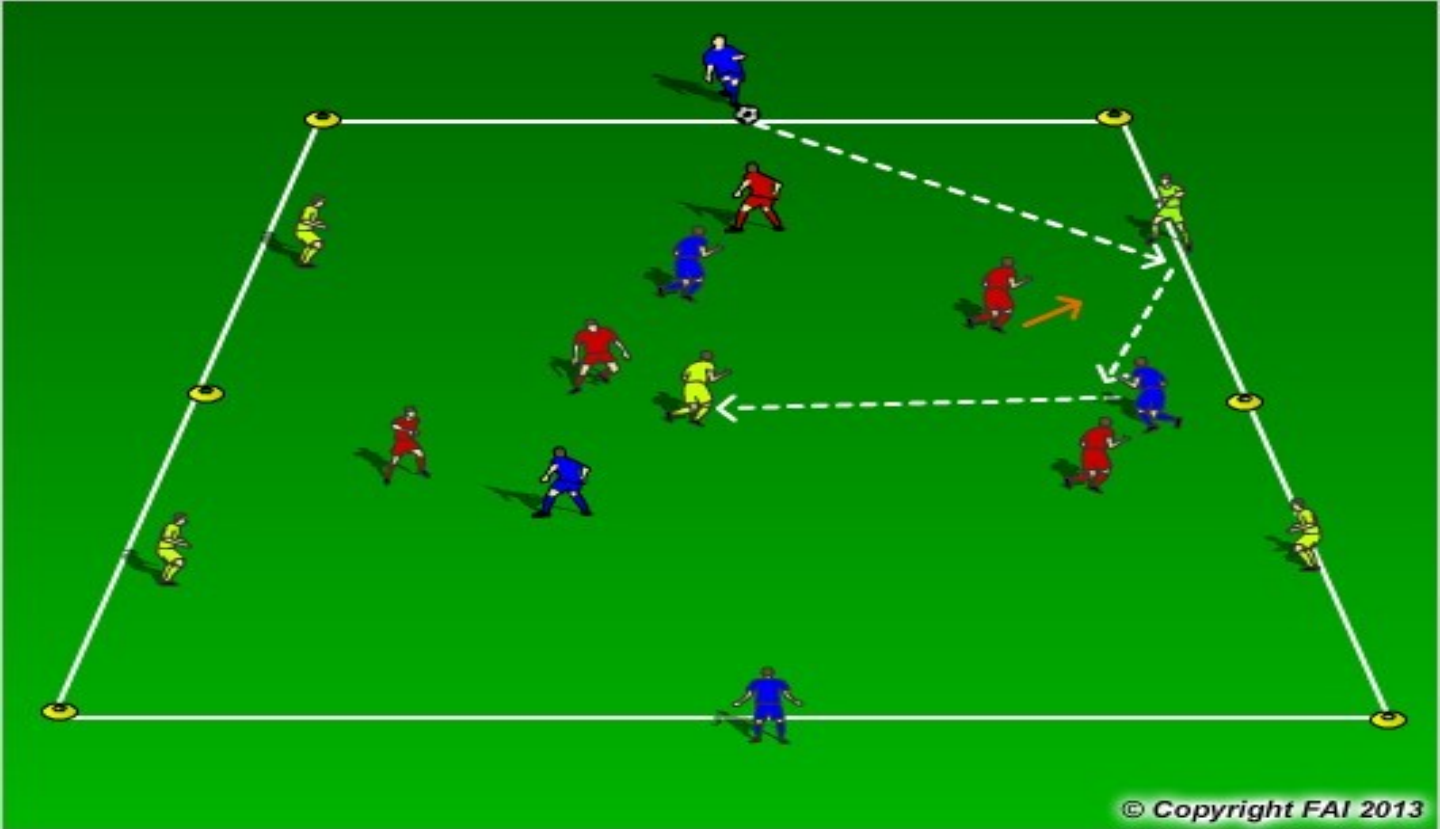
### **KEY FACTORS**

- Quality and selection of pass
- First touch/Body shape/Receive on Back Foot
- Angles and Distance of support – triangle/diamond shapes
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Decision Making – speed of thought
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible



### **NOTES**

Demand high quality. If players of a high ability play one/ two touch football. Modify to play with two CAM's



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## **THEME: Positional Possession 5 + 5 v 5**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing, decision making , movement and transition play

### **ORGANISATION**

- Area: 40 x30 metres
- 5 Blues, 5 Yellows, 5 Reds
- Blue players are neutral players and play with team in possession, there are two end line blue players that cannot be tackled and 3 Blue players play in the middle of the area
- The yellow team is in possession in the diagram and position themselves with 1 in the middle area and 2 along each side, but they play within the area.
- The Red team are not in possession, they can go wherever they want within the area to press and win the ball back
- When the Red team wins possession of the ball they must quickly take up the positions as per yellow players in the diagram, and yellows now must try and win the ball back

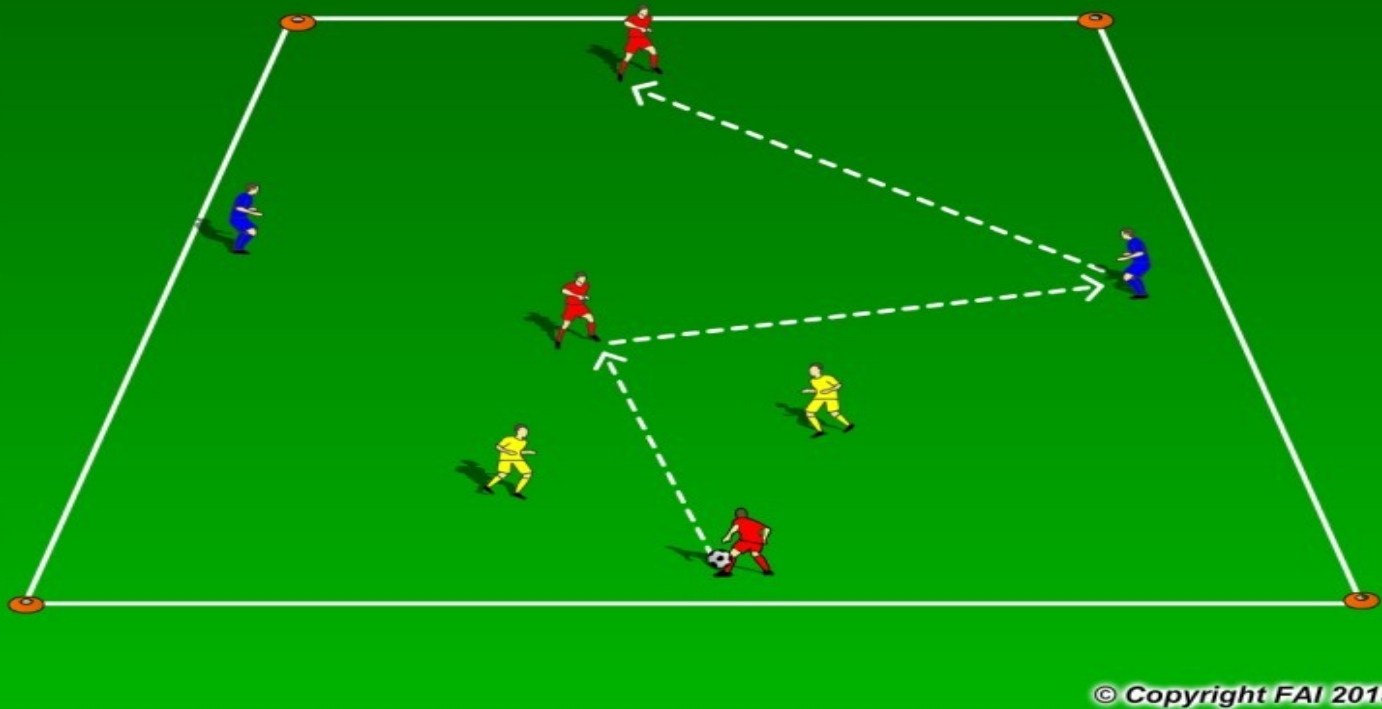
### **KEY FACTORS**

- Quality and selection of pass – Back Foot
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

### **NOTES**

Demand high quality. If players of a high ability play two touch.





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## THEME: 5v2 Positional Rondo

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to improve players passing, decision making and positional play with transition

### ORGANISATION

- Area: 20x25 metres
- 2 Blues + 3 Reds v 2 Yellows
- Red Players - **CB, CM, CF**. Blue players – **RB, LB**
- 3 Red players (neutral) play through the middle of the area with the 2 Blue players (attacking) positioned on either side with the 2 Yellows (defenders) in the middle area trying to win the ball.
- The Red players combine with the Blue players in an attempt to keep possession.
- If Yellow players win the ball they now take up the positions of the Blue players while the Blue players must now transition to defend
- Play for 3-4 minutes with a 30 second rest period
- Have a supply of footballs to keep the practice continually flowing

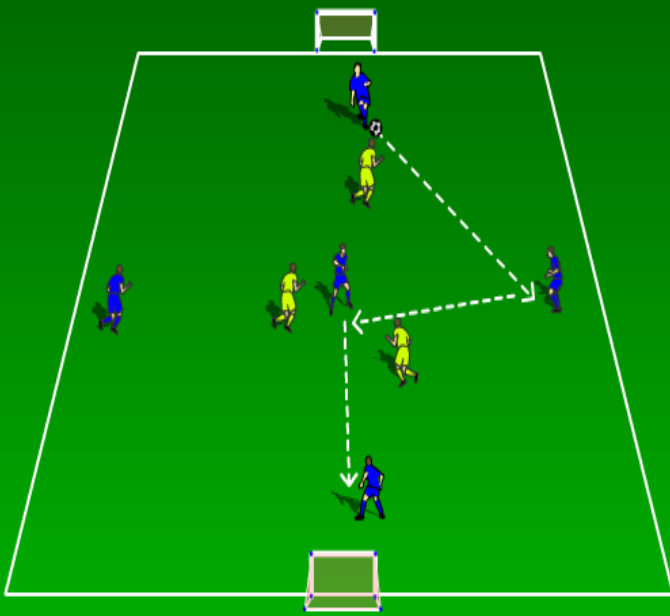
### KEY FACTORS

- Quality and selection of pass
- First touch/Body shape /Back foot
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Patience in possession – no forced/rushed decisions
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

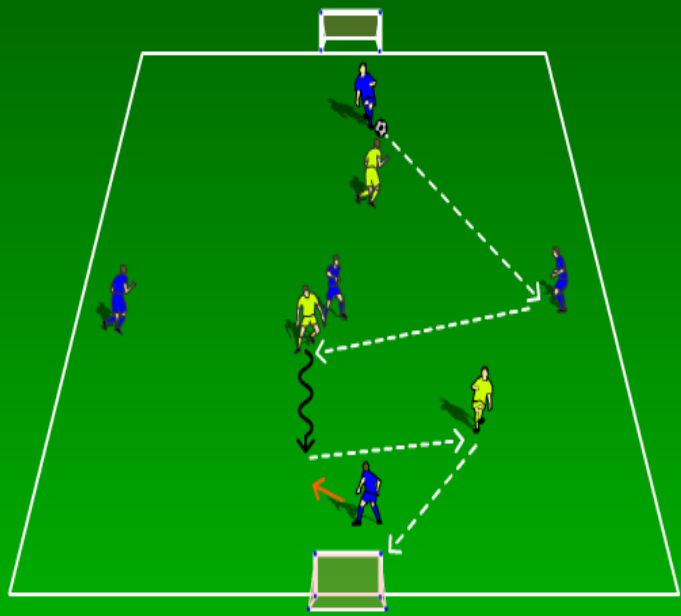
### NOTES

Demand high intensity. If players of a high ability encourage one/ two touch football.





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## **THEME: Possession 5 v 3 with transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing, movement and transition to attack/defense

### **ORGANISATION**

- Area: 30 x 15 metres
- Two teams: 5 Blues and 3 Yellows
- Blues start with possession and try and keep ball from the yellows (Diagram 1)
- Utilize the central blue player to change direction of play
- If the Yellows win the ball, they can score in either of the two small goals. The blues must transition to defend quickly and try and win the ball back (Diagram 2)

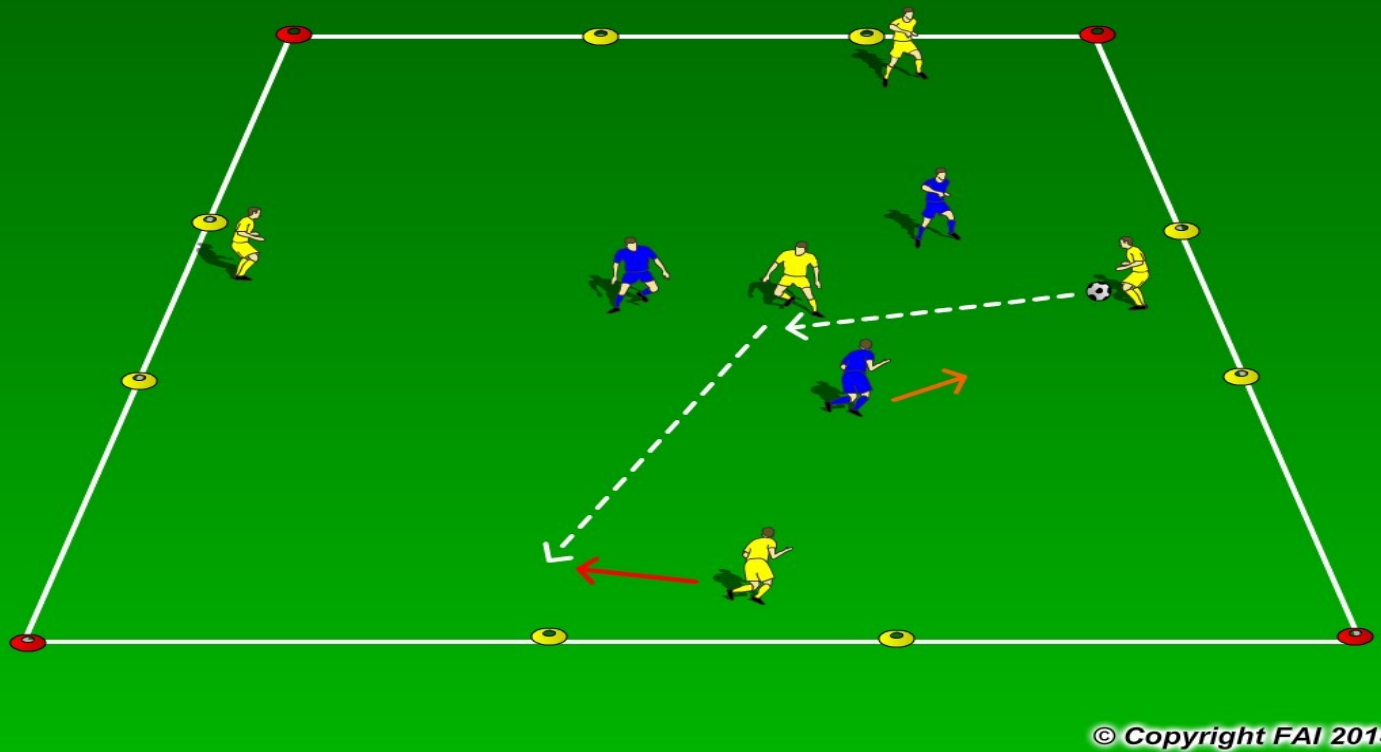
### **KEY FACTORS**

- Quality and selection of pass
- First touch/Body shape – very important for central blue player
- Angles and Distance of support
- Awareness of space and defender
- Transition to attack for Yellow's , to defend for the blues

### **NOTES**

Coach can have supply of balls on the outside, if blues kick the ball out of play. Coach give yellow players possession





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## **THEME: Possession 5 v 3 with transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing, movement, decision making and transition to defending

### **ORGANISATION**

- Area: 20 x 20 metres
- 5 Yellow v 3 Blues, 1 Yellow play's in the middle of grid
- Yellows start with possession and try and keep ball from the Blue Players
- If the Blue players win the ball, they can score by passing the ball through any of the 4 gates marked with Yellow cones, Yellow players must transition to defend and try and win the ball back

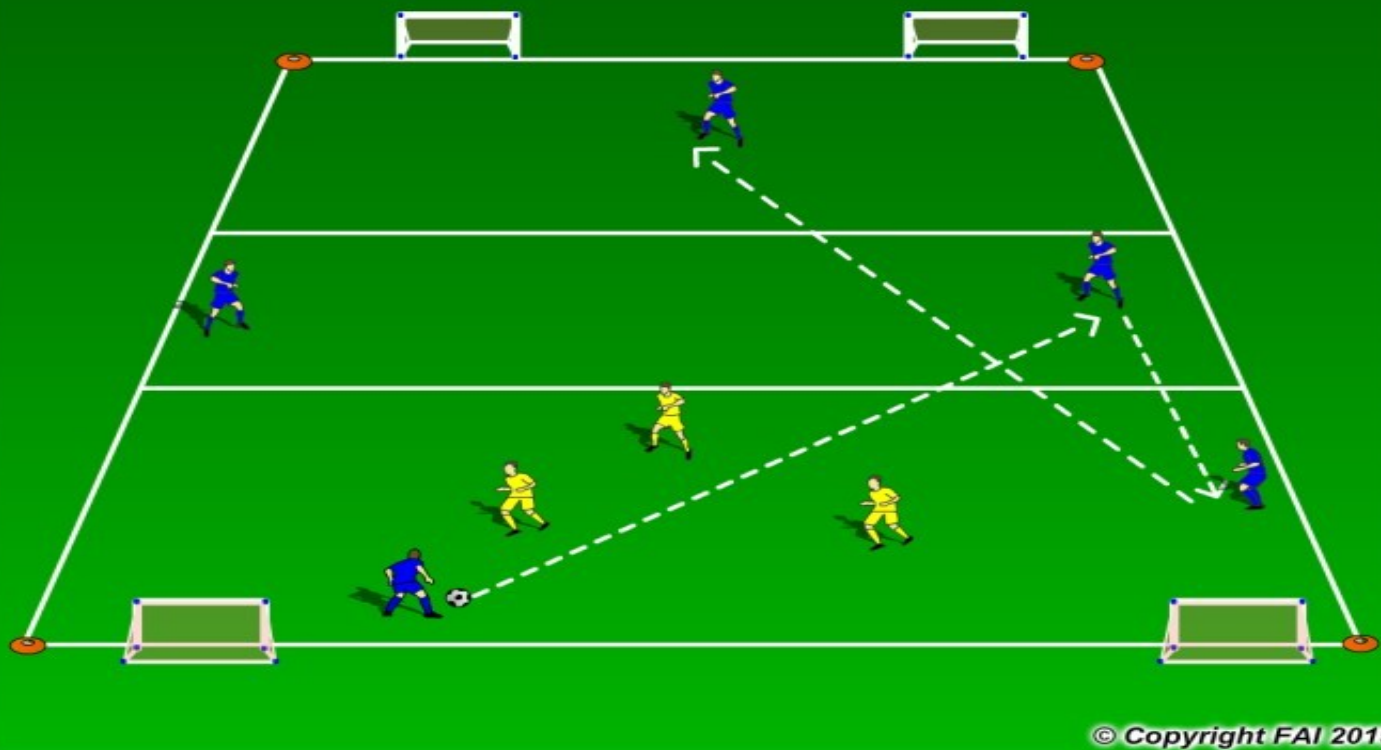
### **KEY FACTORS**

- Quality and selection of pass
- Body shape/First Touch/Back Foot
- Disguise/Change of Direction
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Communication between players
- Transition to Defend – can we win ball back as quickly as possible

### **NOTES**

Have supply of balls outside area, to keep the tempo high.





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## **THEME: 5 v 3 Zonal Possession with transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing, movement and positioning with transition

### **ORGANISATION**

- Area: 30 x 15 metres (3 zones, each 10 x 15 metres)
- Two teams: 5 Blues and 3 Yellows
- Blue players must stay in their zones as seen above in diagram while the 3 Yellow players can enter any zone
- Blue team start the practice with emphasis on keeping possession through the zones
- Utilize playing positions - movement from training to game
- If the Yellow team win the ball they must attempt to score in any of four small goals while the blue team must transition to defend quickly and try and win the ball back – Blue players can leave zones on defending (6 second rule)
- Have a supply of footballs to keep the practice continually flowing

### **KEY FACTORS**

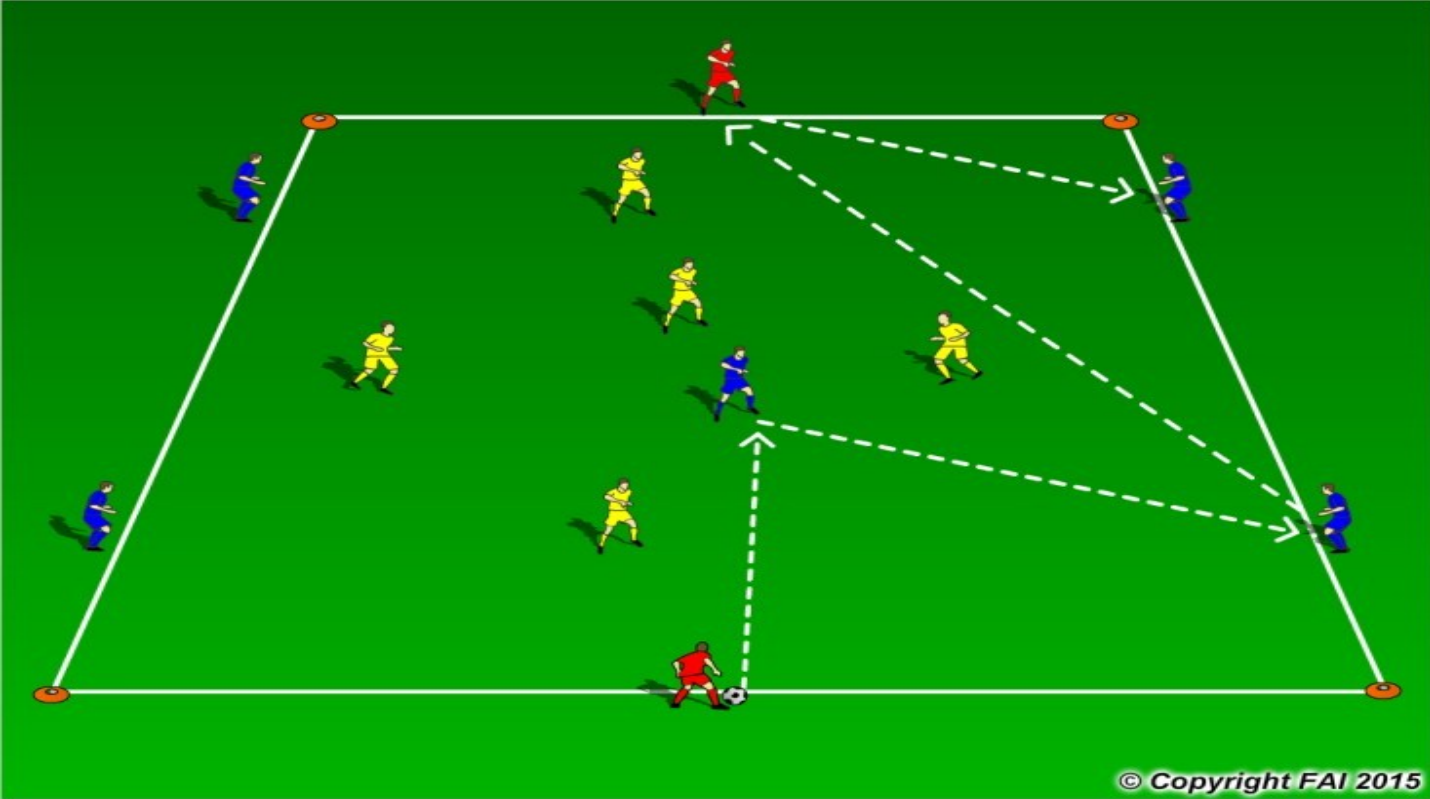
- Quality and selection of pass
- First touch/Body shape
- Angles and Distance of support
- Awareness of space and defender
- Transition to attack and defense

### **NOTES**

Keep intensity levels high. If blues kick the ball out of play,

Coach gives Yellow team possession. If players of good quality encourage two touch





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## THEME: Positional Possession 5 v 5 + 2

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to improve players passing, decision making , movement and transition play

### ORGANISATION

- Area: 35 x 25 metres
- 5 Blues v 5 Yellows + 2 Reds
- When in possession Blue team play in the shape as seen in diagram above, if the Yellow team win possession they play in this shape also.
- Red players always play with team in possession, both players play at the ends of the grid
- When not in Possession Blues/Yellows can leave their position and press to win the ball back as seen above in the diagram
- Have a supply of footballs to keep the practice continually flowing

### KEY FACTORS

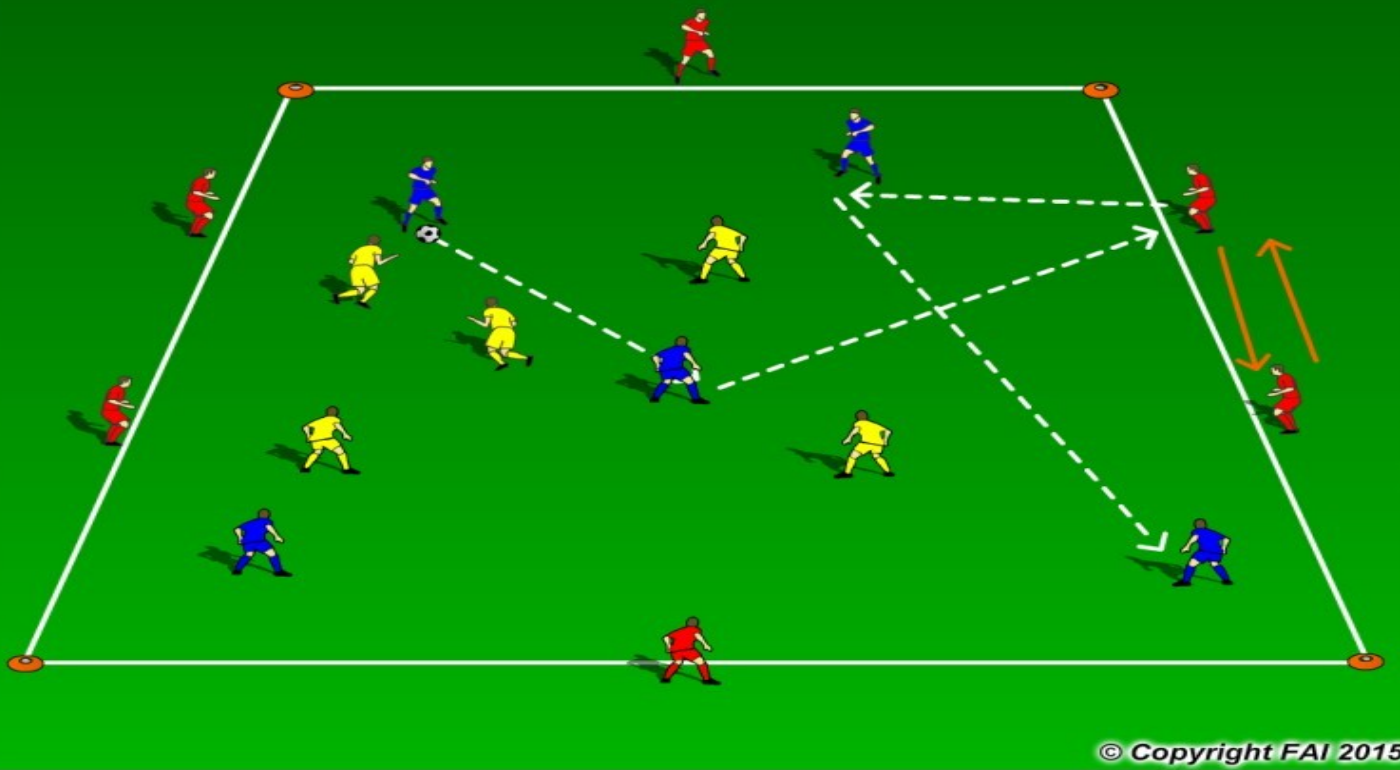
- Quality and selection of pass
- First touch/Body shape/Back Foot
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

### NOTES

Demand high quality. If players of a high ability play two touch







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## THEME: 5v5+6 Possession

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A practice designed to improve players passing, awareness, decision making , and movement with transition

### ORGANISATION

- Area: 50 x 40 metres
- 5 Blues v 5 Yellows + 6 Reds
- Blue team aim to keep possession whilst combining with the Red players on the outside with Yellow team defending aiming to win possession
- The two Red players on the outside when receiving a pass must first pass to the other teammate and on passing the ball back into the area must swap positions. (as seen above)
- If Yellow team win the ball they now aim to keep possession with Blue team now transitioning to defend
- Have a supply of footballs to keep the practice continually flowing

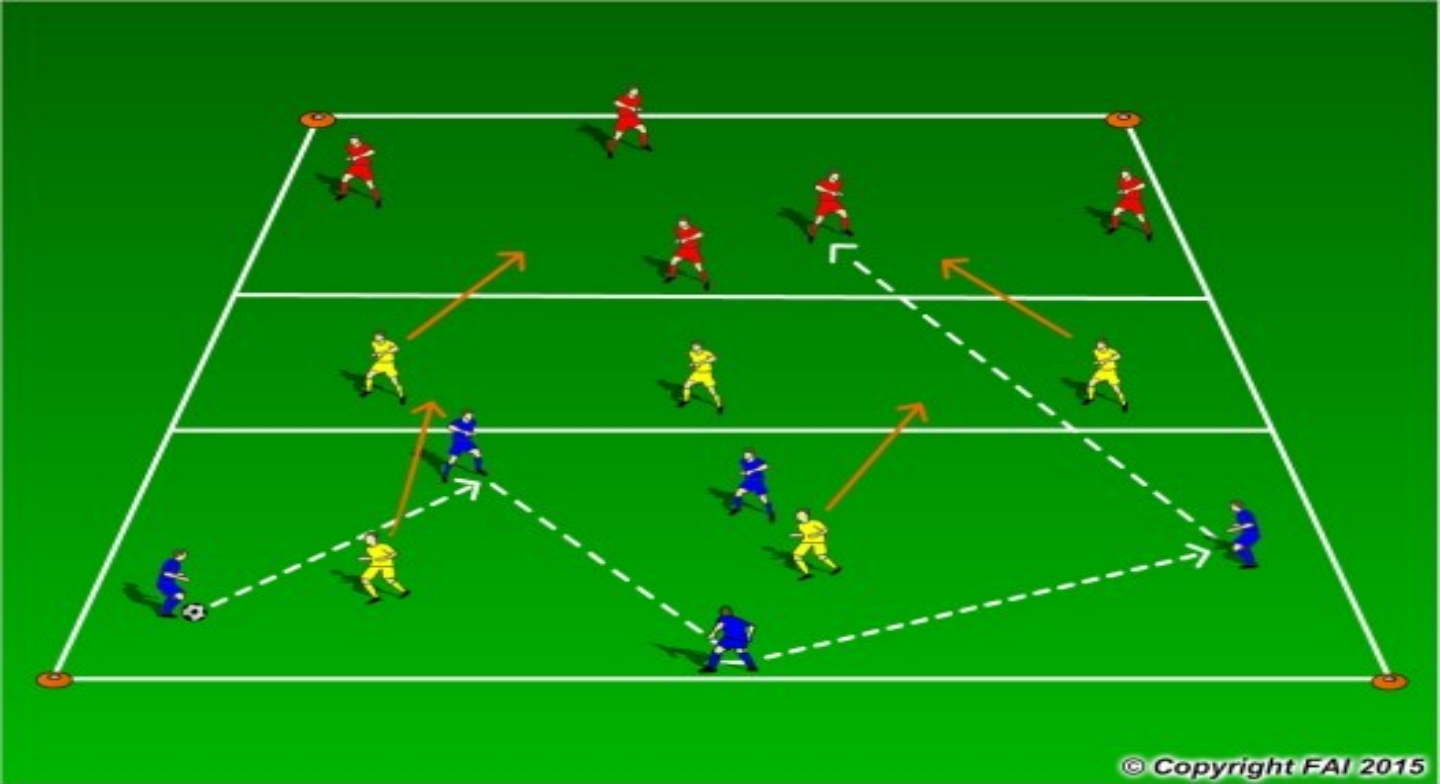
### KEY FACTORS

- Quality and selection of pass – Back Foot
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Communication
- Awareness of space and defender
- Positional play and understanding
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

### NOTES

Demand high quality. If players of a high ability play two touch





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## THEME: 5 v 5 + 5 Transfer of Possession

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to improve players passing, positioning, decision making and transfer of possession with transition.

### ORGANISATION

- Area: 40 x 30 metres
- 5 Blues v 5 Yellows + 5 Reds
- 5 Blues v 2 Yellows in **Zone 1**, 3 Yellows (screening) in **Zone 2**, 5 Reds in **Zone 3**
- Game starts with 5 Blues v 2 Yellows with the Blue team maintaining possession with emphasis on transferring the ball through **Zone 2** into **Zone 3** to Red Team as seen above.
- If Blue team are successful in transferring the ball, 2 of the 3 Yellow players in **Zone 2** must now move into **Zone 3** and attempt to win the ball with the 2 players in **Zone 1** now moving into **Zone 2**, Red team have same objective as Blue team.
- If Yellow team win possession from Blue team, they must now transfer the ball to Red team and transition to attacking team, while Blue team now must transition to defend with 3 players in **Zone 2** and 2 players in **Zone 3** attempting to win the ball.
- Have a supply of footballs to keep the practice continually flowing.
- Team in possession to complete at least 4 passes before transfer.

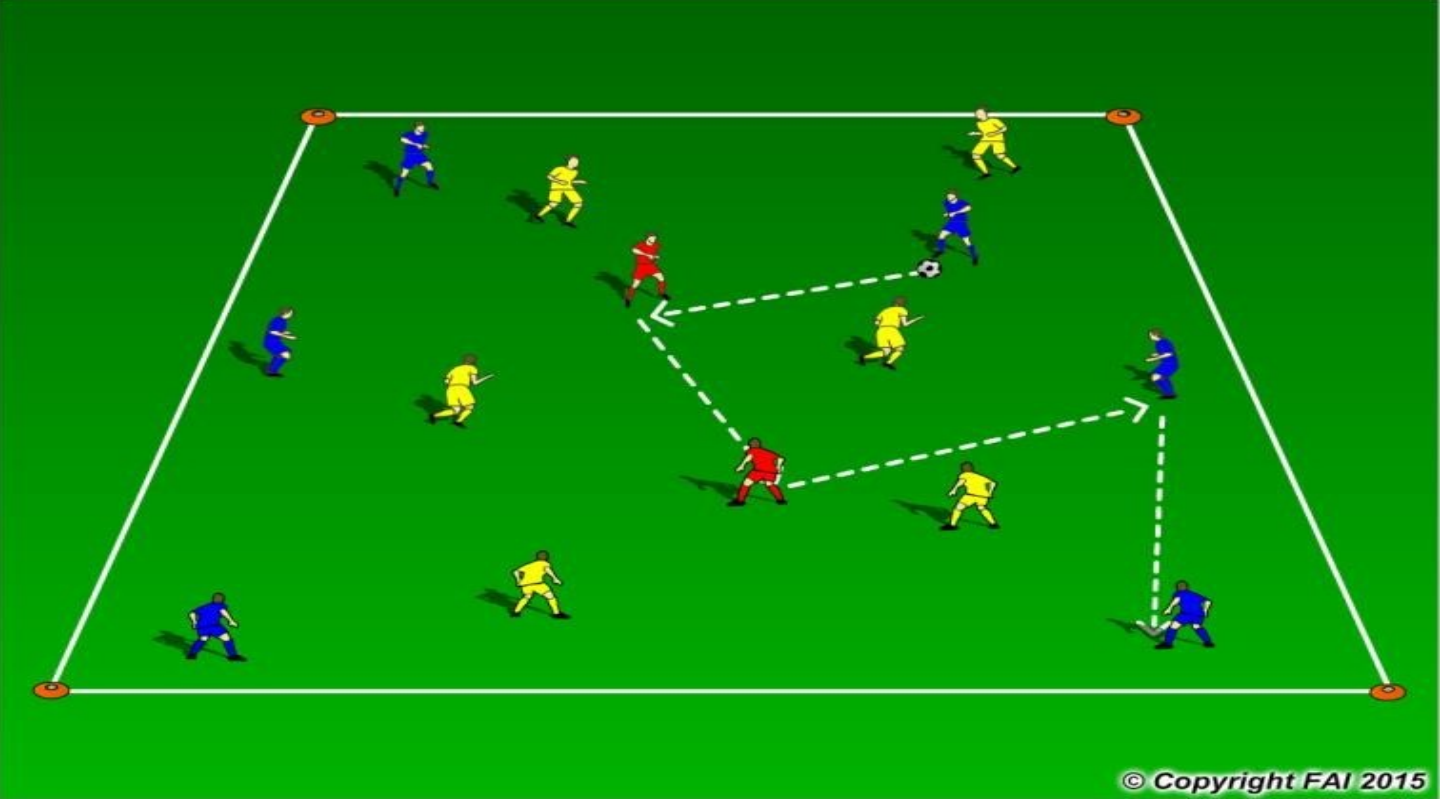
### KEY FACTORS

- Quality and selection of pass
- Body shape/Receive on the back foot/First touch
- Angles and Distance of support – triangle/diamond shapes
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Decision Making – speed of thought
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible



### NOTES

Demand high quality. If players of a high ability play one/ two touch football or modify into a 5v3 in end zones



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## THEME: 6 + 2 v 6 Possession with Transition

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A practice designed to improve players passing, decision making , movement and transition play

### ORGANISATION

- Area: 40 x 30 metres
- 6 Blues v 6 Yellows v 2 Reds
- Blue team start the practice with an emphasis on keeping possession with the Red players
- Red players always play with team in possession, both players play inside the area – ‘Xavi’ and ‘Iniesta’ role.
- Yellow team to press as one unit to win the ball if successful they now try keep possession with the Red players, with the Blue team now transitioning to defend
- Play 3 minutes with 30 seconds break – maximize intensity levels
- Have a supply of footballs to keep the practice continually flowing

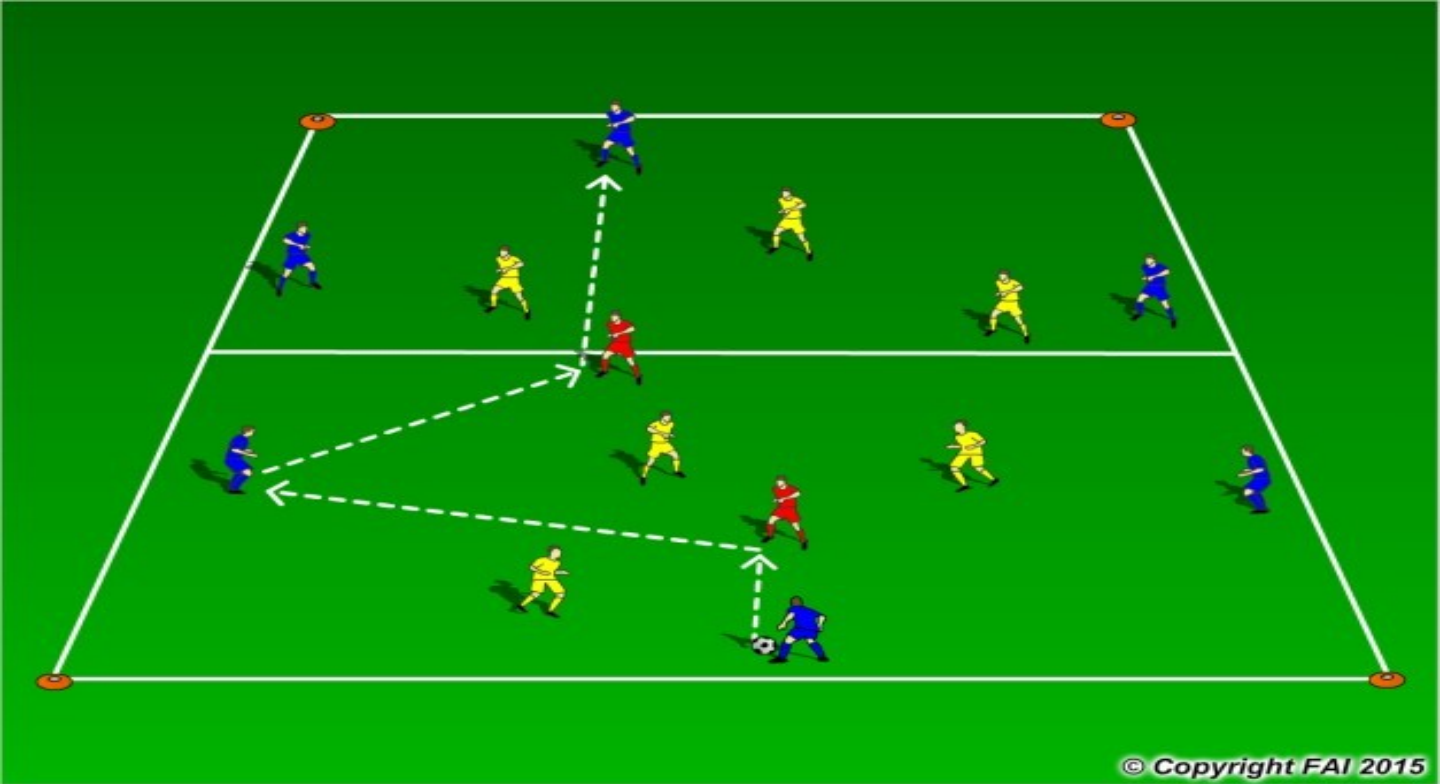
### KEY FACTORS

- Quality and selection of pass
- First touch/Body shape/Back Foot
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Communication and decision making
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

### NOTES

Demand high quality. If players of a high ability encourage two touch





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## **THEME: 6 + 2 v 6 Zonal Possession with Transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A practice designed to improve players passing, positioning, decision making , movement and transition play

### **ORGANISATION**

- Area: 40 x 30 metres - (each zone 20 x 30 metres)
- 6 Blues v 6 Yellows v 2 Reds (neutral players)
- 3 Blues v 3 Yellows in each zone – (players to stay in zones when in and out of possession)
- Red players always play with team in possession and can free foam in both zones – ‘Xavi’ and ‘Iniesta’ role.
- Blue team start the practice with an emphasis of keeping possession and switching the play
- If Yellow team win the ball they now must attempt to keep possession while Blue team must now quickly transition to defend
- Play 3 minutes with 30 seconds break – maximize intensity levels
- Have a supply of footballs to keep the practice continually flowing

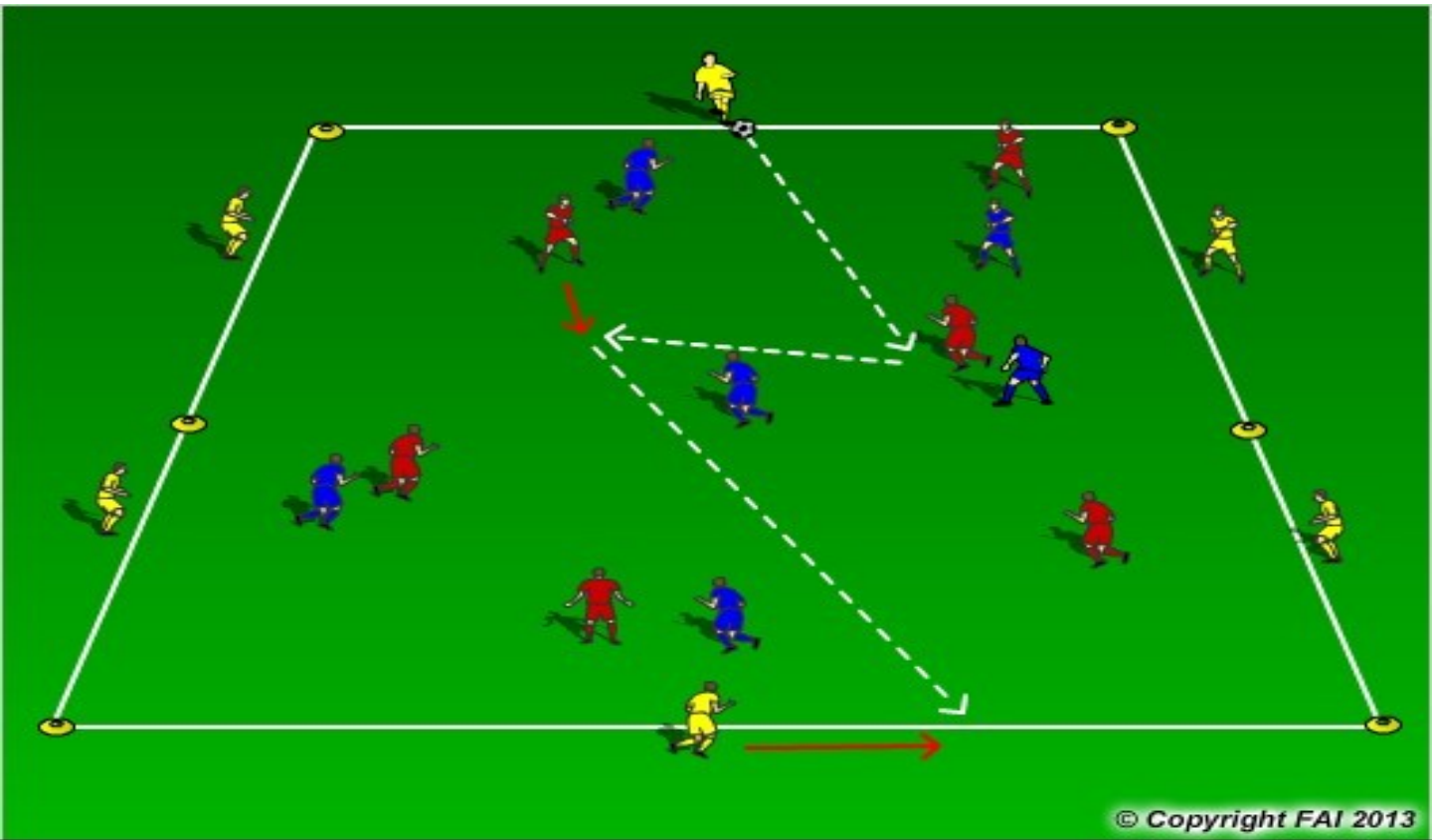
### **KEY FACTORS**

- Quality and selection of pass
- First touch/Body shape /Back foot
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Pass to feet or space? Let players make decisions
- Passing triangles – always at least two options for player on the ball, communication between players
- Awareness of space and defender
- Communication and decision making
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

### **NOTES**

Demand high quality. If players of a high ability encourage two touch





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## **THEME: Possession 6 + 6 v 6**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

Possession practice to improve players passing, movement and decision making

### **ORGANISATION**

- Area: 40 x 30 metres
- 6 Reds v 6 Blues inside the area and 6 Yellow wall players on the outside. When In possession 12 v 6. Wall players can only move up and down along their line, must play two touch and they cannot be tackled
- When the red team loses possession they then become defenders, working on transitions
- Rotate wall players, so every group has a turn

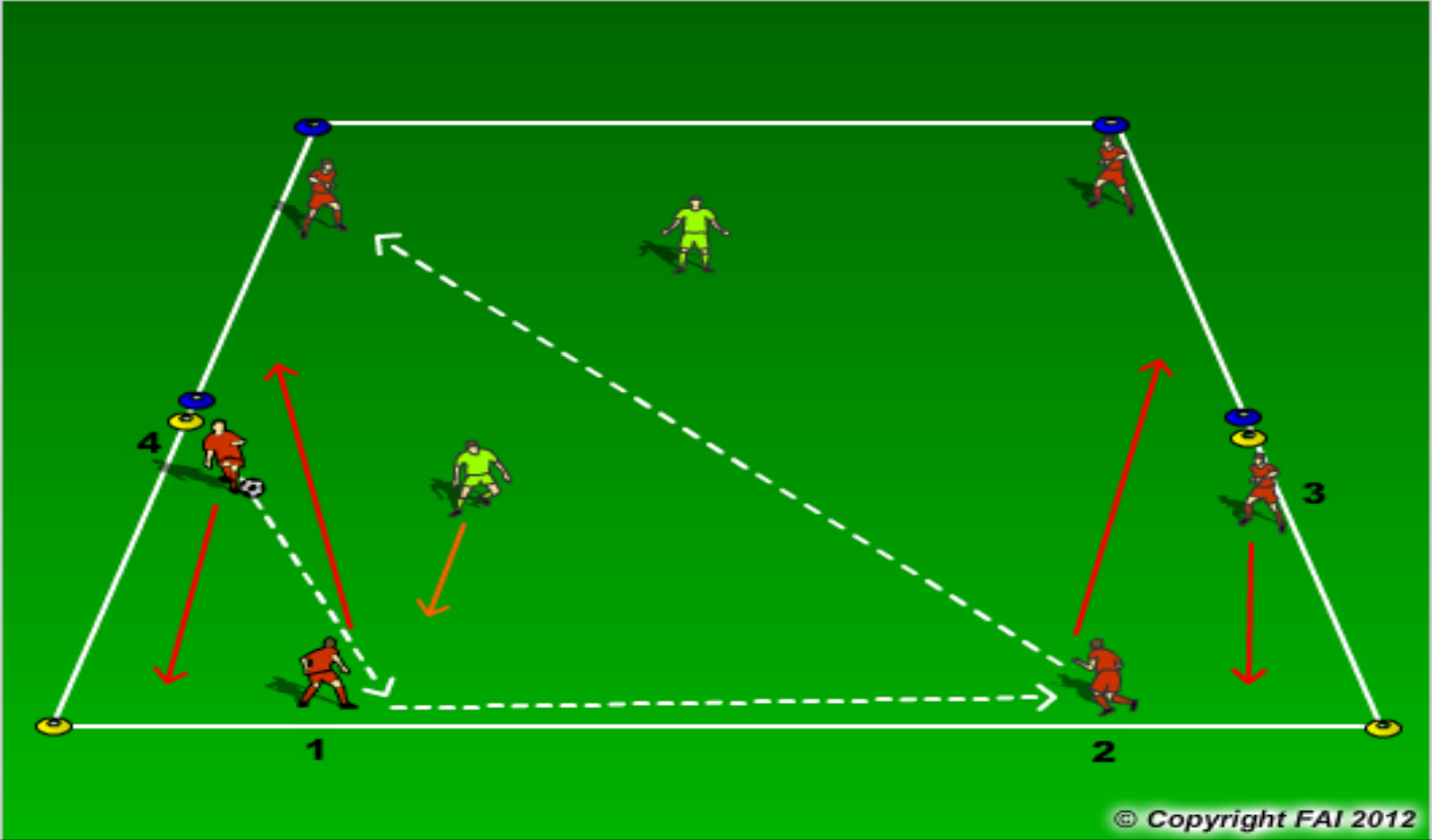
### **KEY FACTORS**

- Quality of pass – pace, weight and accuracy
- Individual movement to receive pass, open body shape, looking to play forward.
- Pass to feet or space? Let players make decisions
- Passing triangles – always at least two options for player on the ball
- Communication between players

### **NOTES**

Keep intensity high, have supply of balls on the outside.  
 Size of grid depends on quality of players may need to make bigger or smaller.





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## Possession: 6 v 2

### DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to improve players passing, decision making , movement and transfer of possession

### ORGANISATION

- Area: 30 x15 metres....2 15 x 15 metres grids
- 6 Reds v 2 Yellows – 4 v 1 in each area
- 4 Reds v 1 Yellow in grid, once possession is established transfer to next grid, two furthest away Reds (1 & 2) transfer into grid they passed ball into as per diagram. Players 3 & 4 moves to the back of the grid to wait for next transfer.
- If yellows win the ball they must dribble outside the grid.

### KEY FACTORS

- Quality and selection of pass – Back Foot
- First touch/Body shape
- Angles and Distance of support
- Width and depth
- Awareness of space and defender
- Quality of transfer pass – accuracy and weight

### NOTES

Demand high quality. If players of a high ability play two touch





## **THEME: Possession 6v3 into 6v3 with Transition to Defend**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing, movement, awareness, decision making and transition to defend

### **ORGANISATION**

- Area: 40x30 metres
- Zone 1 – 4 Blues v 3 Yellows + 2 Reds (neutral players)
- Blue Team start the practice with the emphasis on keeping possession with Red players playing with the team in possession as seen above in diagram 1.
- If Yellow team win possession they must transfer the ball into Zone 2 to their teammate and join him/her along with the 2 Red players while 3 Blue players transition to defend as seen above in diagram 2 with Yellows now keeping possession.
- Coach to have supply of football on the sideline to keep the practice constantly going, if team in possession knock the ball out of play the coach restarts the practice with the opposite team.
- Quick transition in both Attack/Defense

### **KEY FACTORS**

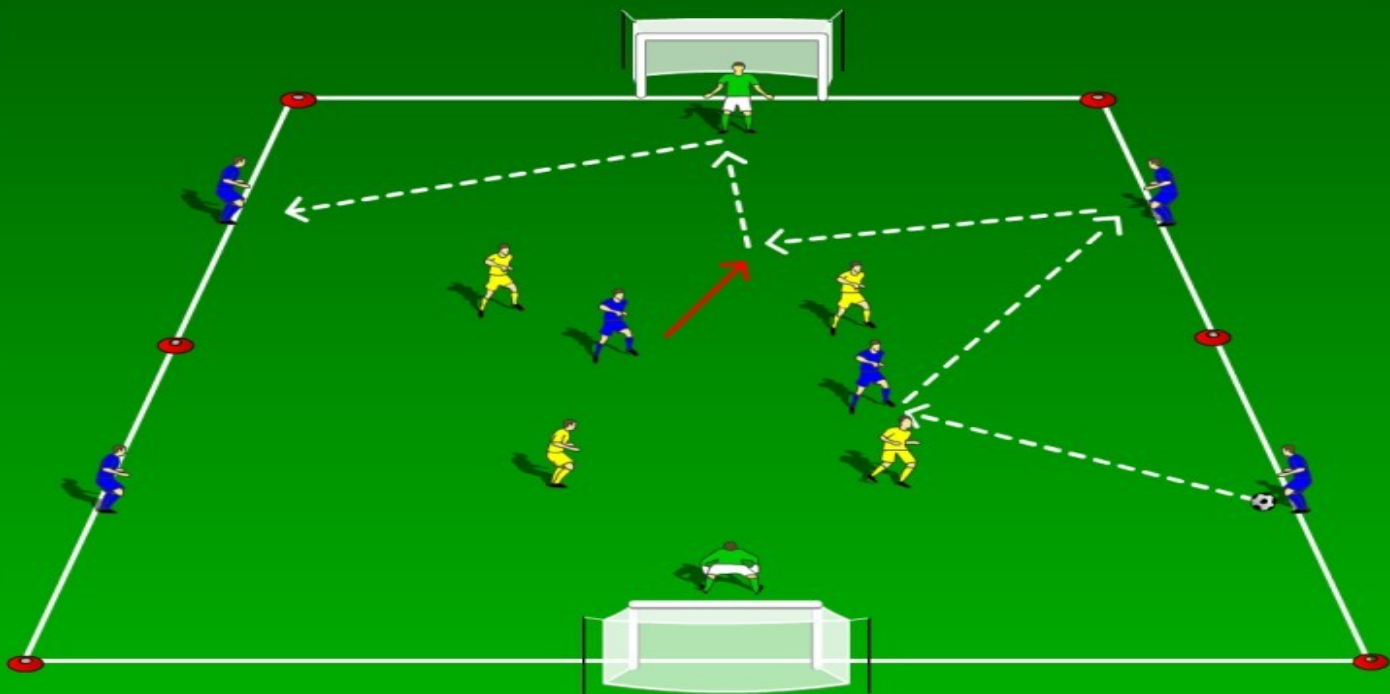
- Quality and selection of pass – Back Foot
- Weight, accuracy and height of pass
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space
- Communication
- Transition to Defend – can we win ball back as quickly as possible

### **NOTES**

Demand high intensity (3 minutes playing time, 1 minute rest).

If players of a high ability play two touch.





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## **THEME: 6 v 4 + 2 Goalkeepers Possession and Finishing**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A practice designed to improve players passing, movement, decision making and finishing with transition to defend

### **ORGANISATION**

- Area: 30 metres x 25 metres
- 2 Blues v 4 Yellow inside the area with 4 Blue players on the outside as seen in diagram above
- Goalkeepers play with team of 6 to make it 8v4 in possession
- Blue team keep possession with the middle players and the outside players and Goalkeepers limited who are limited two touches
- If the Yellow team win possession it becomes 4v2 and they can score in either goal with unlimited touches but look for quick finish

### **KEY FACTORS**

- Quality of pass – pace, weight and accuracy
- Individual movement to receive pass, open body shape, looking to play forward.
- Pass to feet or space? Let players make decisions
- Passing triangles – always at least two options for player on the ball
- Communication between players
- Goalkeepers – good distribution
- Quick Transitions important for both teams
- Finishing

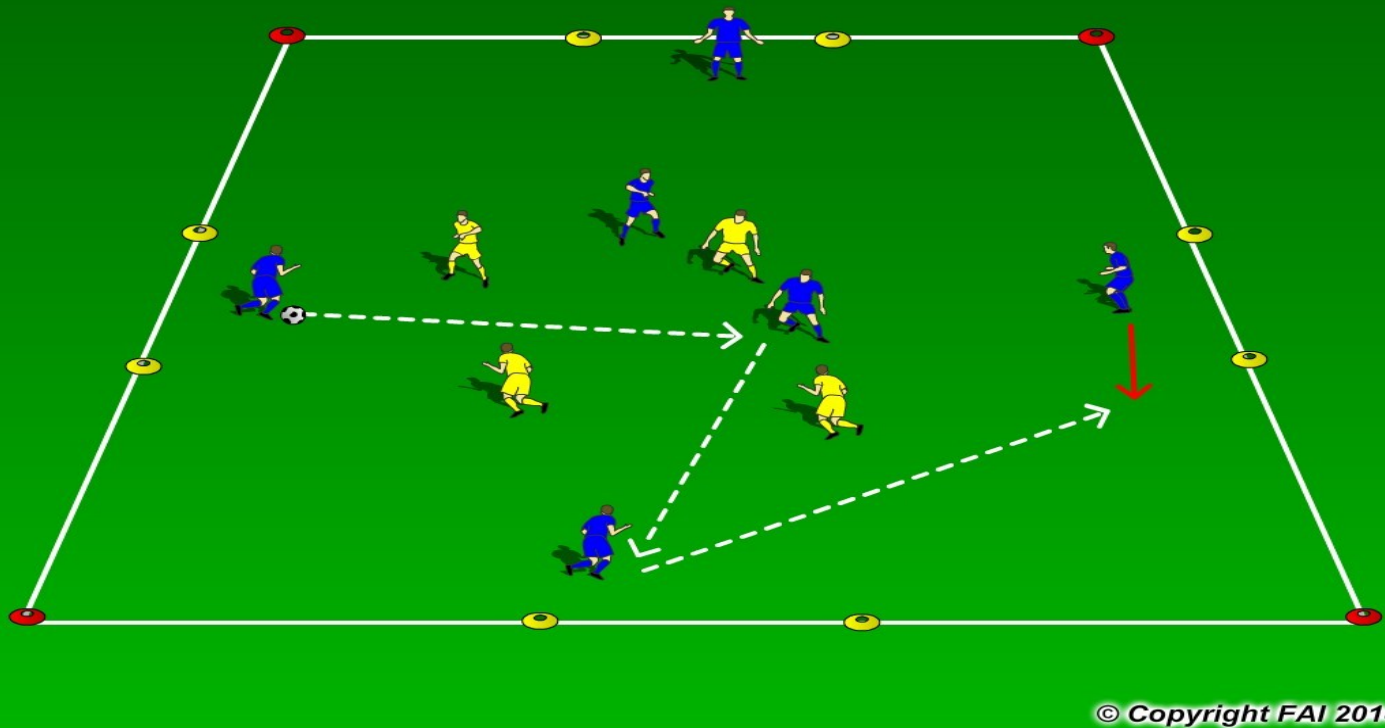
### **NOTES**

Keep intensity high, have supply of balls on the outside.

Size of grid depends on quality of players may need to make bigger or smaller.







## **THEME: Possession 6 v 4 with transition**

### **DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players passing, movement, decision making and transition to defending

### **ORGANISATION**

- Area: 30 x 20 metres
- 6 Blues V 4 Yellows, 2 Blues play in the middle of grid
- Blues start with possession and try and keep ball from the Yellow Players
- If the Yellow players win the ball, they can score by passing the ball through any of the 4 gates marked with Yellow cones, Blue players must transition to defend and try and win the ball back

### **KEY FACTORS**

- Quality and selection of pass
- Body shape/First Touch/Back Foot
- Disguise/Change of Direction
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Communication between players
- Transition to Defend – can we win ball back as quickly as possible

### **NOTES**

Have supply of balls outside area, to keep the tempo high

Encourage Creativity when closed down to find space, Feints/Tricks/Disguise.

