

**Ball Control Warm Up**



**OBJECTIVE:**

Players on the perimeter of the circle have the balls. Inside player checks to the ball and controls the ball with correct part of the body before passing it back. Roles are switched after 30 seconds of work.

**ORGANISATION**

8 players on outside of grid with balls. 8 players inside grid without balls.

**PROGRESSION**

Feet and back - Volley (inside and faces) - thigh volley - chest volley - head - jump to head - control and find another outside player.



**COMMENTS AND COACHING POINTS**

1) Check sharp to ball; 2) Communicate Check; 3) Soft first touch; 4) On toes; 5) Confident pass back.

**Win and keep - 4v2**



**OBJECTIVE:**

Team in possession plays 4v2 in half of the grid. In the diagram there are 2 grids moving at the same time. If the defenders win it they have to transfer back to their teammates and create a 4v2 in the opposite grid. 5 passes = 1 goal, win and transfer = 1 goal. First team to 7 wins, rotate the teams around the grids.

**ORGANISATION**

4 teams of 4. 2 separate playing grids, split in half. Balls around the edges of the grids for quick restarts.

**PROGRESSION**

1) Ball has to stay below waist; 2) 2 touch maximum.



**COMMENTS AND COACHING POINTS**

1) Pass selection; 2) Diamond shape in possession; 3) Pass and move; 4) Weight of pass; 5) Communication.

**4v4 Diamond shape w /GKs**



**OBJECTIVE:**

The game is 4v4 with the use of 2 wide neutrals to provide the team with width in attack. The shape of the diamond is the main focus and how we incorporate width in our game from what would be our 2 full backs. We now also look at runs into the box and finishing from our midfielders.

**ORGANISATION**

2 teams, red and blue. Lined up in 4's to create 4v4 situations. Balls in goals to provide opportunities for quick restarts. 2 wide channels are created and neutrals are confined to this area. Goalkeepers are also included.

**PROGRESSION**

1) Limit touches in our diamond to 2; 2) have to find both wide neutrals before a goal can be scored; 3) Goals can only be scored from crosses; 4) Overlaps from outside mids to supply crosses.



**COMMENTS AND COACHING POINTS**

1) Pass and move off the ball; 2) Use wide neutrals to go forward and finish from crosses; 3) Bottom of the diamond provides support; 4) opposite mid tucks in to create space for wide player to attack.

**8v8 Game**



**OBJECTIVE:**

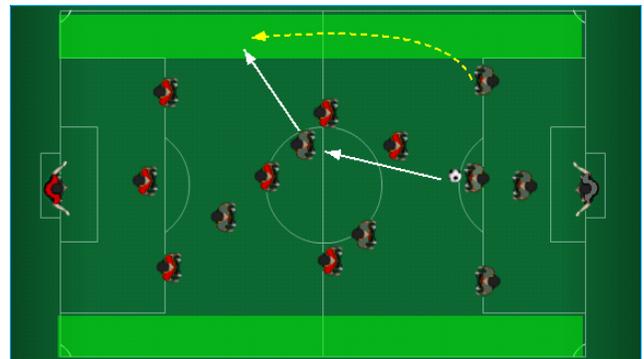
8v8 including goalkeepers. Main focus is on how the midfield diamond works as a unit to start and finish attacking plays. Play game as regular scrimmage with one restriction; goals have to come by finding players in wide channels and finishing from the same play / combination.

**ORGANISATION**

2 teams with goalkeepers 8v8. 10 yard Channels incorporated on outsides. Balls in goals for quick restarts.

**PROGRESSION**

Remove channels towards end of game for unrestricted play.



**COMMENTS AND COACHING POINTS**

1) Keep good team shape in offense with DCM always providing support and switching POA; 2) Incorporate full backs into play; 3) Move forward as a team; 4) Focus on good service and numbers in the box to score; 5) Outside mid tuck in to combine to find full backs in space.