

2v5 to Goal



OBJECTIVE:

Game is a 5v2 situation. The ball is played into the 5 blues and 2 reds enter the grid to try and win the ball. Once the ball is won they immediately attack the goal. If the blues connect 5 passes they can attack the goal too. First team to score 5 wins, losers collect balls and winners stay in grid.

ORGANISATION

3 teams of 5. As shown in diagram: 5 blues in grid, reds lined up in 2's with yellows behind the goal to collect balls. All balls at the feet of the coach. Includes a goal and goalkeepers.

PROGRESSION

1) Limit touches of the blues; 2) Move box 5 yards away further from the goal.



COMMENTS AND COACHING POINTS

1) Work as a pair; 2) One pressures, one covers; 3) Win it and attack the goal immediately; 4) Work hard and play aggressive.

5v5 w/gks restricted zones



OBJECTIVE:

3v2 in zones. Coach plays the ball into the a zone and the 2 forwards work together to win possession and attack the goal. They have to try and also prevent the ball being played into the 2 forwards in the opposite grid. The defensive team must complete 3 passes before looking to find forwards in attacking zone. First team to score 3 goals win, losers become ball collectors.

ORGANISATION

3 teams of 5 plus goalkeepers. Grid is the size of two 18 yard boxes back to back. 2 large goals are needed. Balls at the feet of coach. Resting team collects stray balls.

PROGRESSION

On advancement of ball into attacking grid 1 additional player can join to attack.



COMMENTS AND COACHING POINTS

1) Pressure ball, with 1 attacker covering; 2) cut off passing lanes; 3) Win an attack immediately.

8v6 defending from the front.



OBJECTIVE:

The main focus is on keeping compact defensively and the space between the midfield and forward line should be minimal. Low pressure scenario with deep line of confrontation. Attack when possession is gained but keep good attacking shape to prevent counter attacks.

ORGANISATION

8 (plus GK vs 6. 1 large goal and 2 target goals on outsides of half way line. Drop pinnines along the desired line of confrontation.

PROGRESSION

No progression in this stage, more tactical coaching.



COMMENTS AND COACHING POINTS

1) Drop to line of confrontation when possession is lost; 2) Pressure on backward passes or poor passes; 3) keep lines compact in center of field; 4) rotate with ball movement; 5) step and drop as a unit.

Full Scrimmage



OBJECTIVE:

Working with only the blue team, focus on overall team shape and line of confrontation with the forward players. For the purpose of todays session restrict movement forward with opponents full backs.

ORGANISATION

2 teams of 11 including goalkeepers. Full field is needed, balls in goals for quick restarts.

PROGRESSION

No progression with this game.



COMMENTS AND COACHING POINTS

1) combination of low and high pressure; 2) Poor or backward passes = high pressure; 3) good possession by opponent = drop off low pressure; 4) keep lines compact; 5) Double team in all areas when possible; 6) Force play backwards / inside / outside at correct moments; 7) restrict forward movements of full backs.