

FINAL THIRD ATTACKING PLAY

Instructions

Ball starts with (5) who plays into (8) who receives on the half-turn.

This pass is the trigger for (10) to move away from the mannequin to receive from (8)

The (10) slides into the wide player (3) then the wide player crosses for the (9) who should run on the blind side of the far cone to meet the cross and finish

Once the pattern is complete, the group on the opposite side repeats it

Rotate roles within each group after each repetition: 5 becomes 8 and so on

Coaching Points

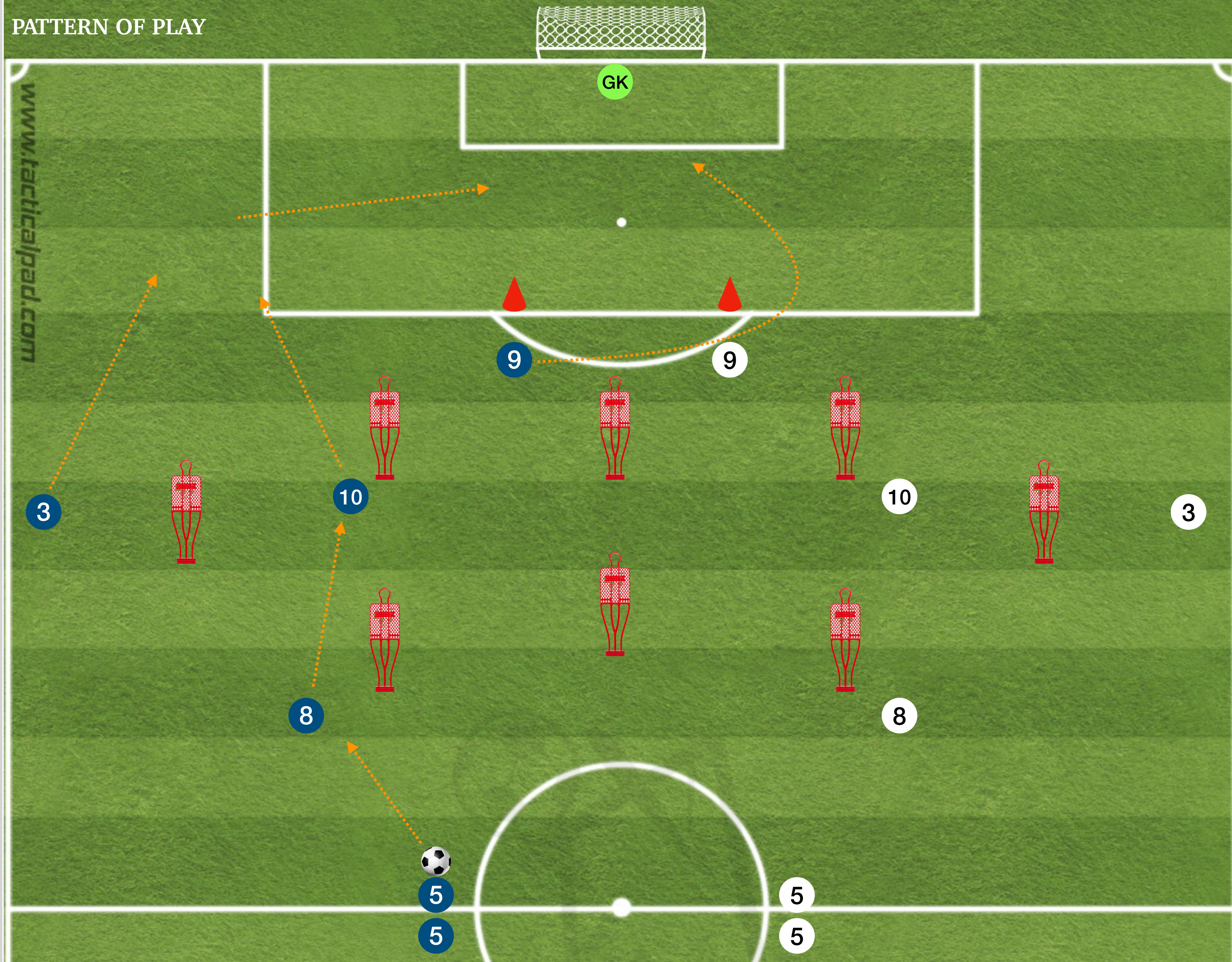
Movements

1. (8) receive on the half-turn to play forward
2. (10) come off the defender and turn on the ball and play forward
3. (3) time your run in behind or across the front of the mannequin as the pass is being played into (10)
4. (9) run around the cone and arrive in the box to meet the cross

Passing

1. (8) and (10) take a tight touch and play quickly on the second touch with punched in pass to the receiver
2. Slide passes into the wide player (3) should be deep, allowing them to run on to the ball and cross first time

PATTERN OF PLAY



Instructions

6v6 with 2 neutral players in wide zone and plays for team in possession

Playing area split into thirds with 2v2 in each third
Aim is to quickly play forward into the final third.

Once in the final third, one midfielder can join in to create 3v2 overload and wide player also available to join in

Wide players are not involved in build-up play and can only receive from slide pass into the final third as they run from out to in to receive and then cross

Players in each third are restricted to their zones

Ball is always played into the midfield by the coach

Coaching Points

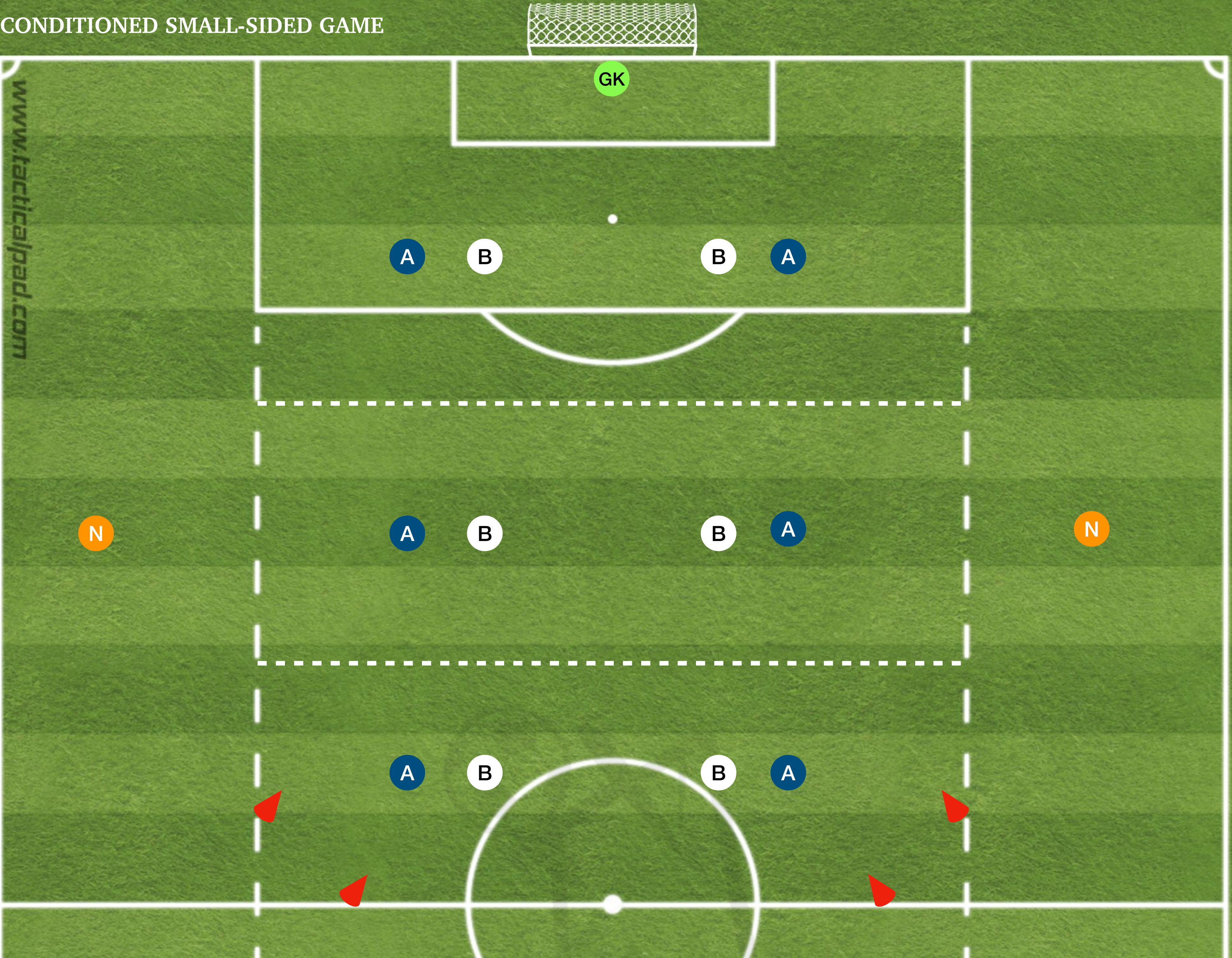
Build-up phase

1. In-possession, take tight touches in central areas and aim to play forward using minimum number of touches
2. Look to combine in the final third to create best possible shooting opportunities

Movements

1. Forwards look to affect the defenders by stretching the game high and wide or coming off to receive to feet and dragging them into areas to create space in behind
2. Play on different lines to open up spaces and passing lanes for wide players to receive in behind defenders
3. Wide players make **out to in runs** inside and across or on the blind side of the full-backs

CONDITIONED SMALL-SIDED GAME



Instructions

Attacking team (A) in 1-2-3 formation with 2 **wide players (N)** in wide channel

Defending team (B) in a 1-3-2-1 formation.

Aim for defenders is to win possession and score into the mini-goals within three passes for one point

Wide players can join in only when making runs on the outside of mannequin and making runs inside and across to receive from a slide pass

Ball always starts with attacking team. Once ball goes dead, defenders have the challenge of sprinting up to offside line as quickly as possible to get ready for next phase of play

Swap sides every 5 minutes

Coaching Points

Crossing

- 1. Crosses should be flashed in low and hard, and directed in between the 6 yard box and the penalty spot

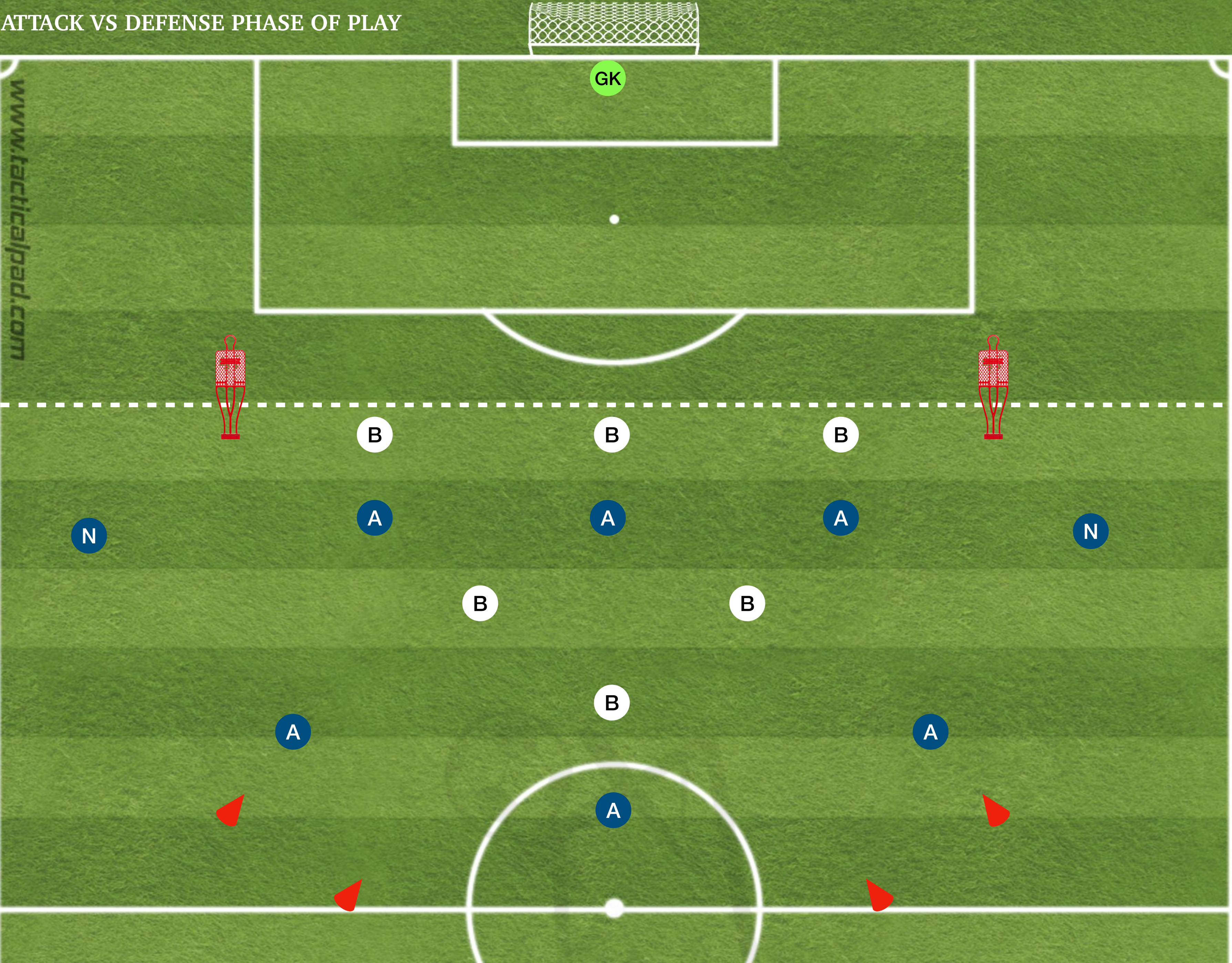
Finishing

- 1. Forwards should look finish quickly using first or second touch
- 2. Place your shots into the corners

Progression

- 1. Two or three touch limit for attacking team in their build up play. To encourage quicker circulation of the ball and increase the pace of the practice

ATTACK VS DEFENSE PHASE OF PLAY



ATTACKING TRANSITIONS

Instructions

1. Player A plays a square pass into player B
2. Player B then passes into the first midfielder (N)
3. Player A and Player B should make cross over runs
4. First midfielder should then set the ball to Player A
5. Player A then passes into second midfielder (N)
6. Player A and Player B needs to make second crossover
7. Second midfielder (N) then sets player B
8. Once Player B gets the ball, he then has a shot on goal

Both player will then join back of the queue and the practice repeats itself

Coaching Points

Quality of pass

1. Passes punched in with correct weight and accuracy to move the ball at match tempo

Receiving Skills

1. Good first tight touch to move the ball forward

Timing of Forward runs

1. Recognise when to hold your run and not go early.

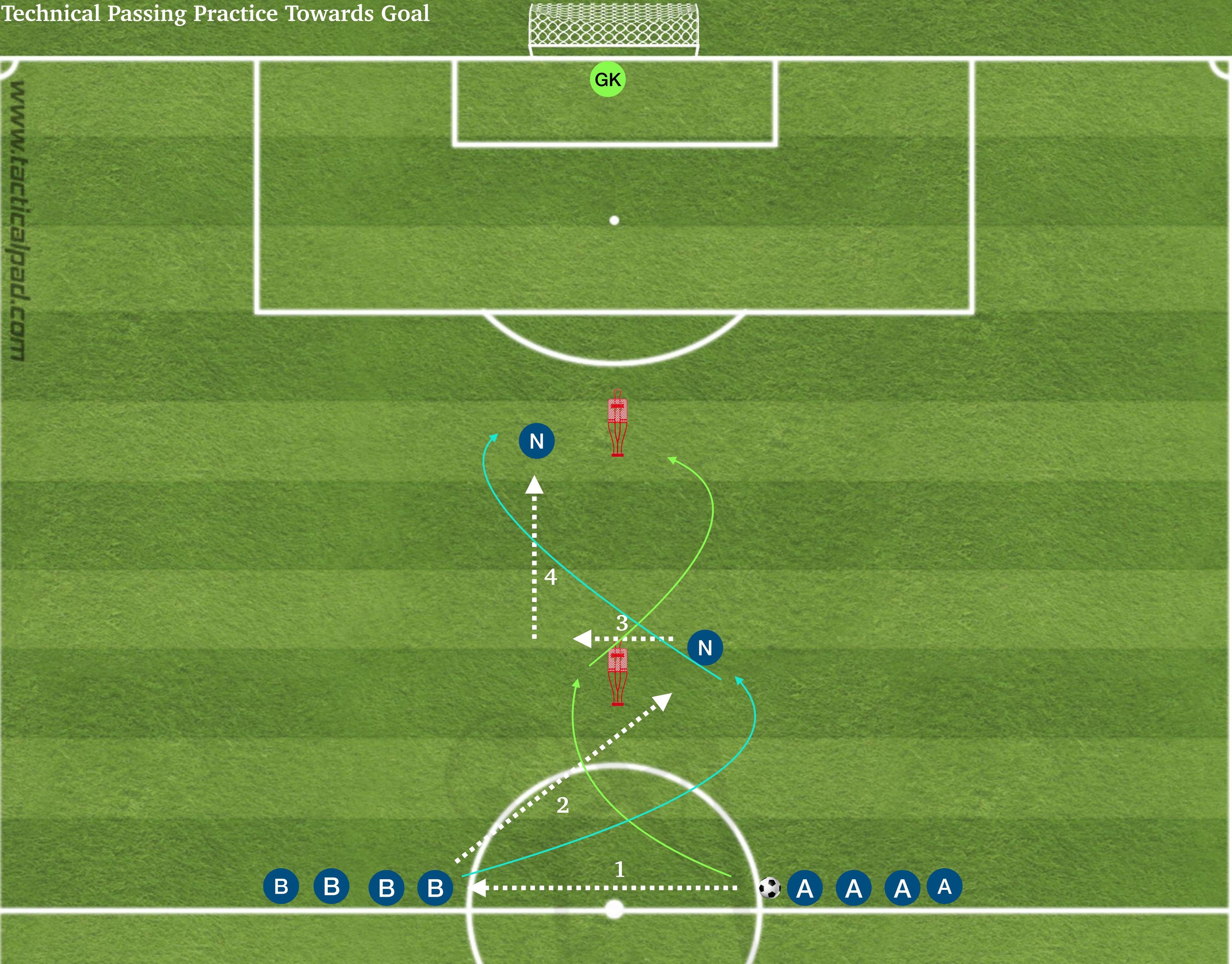
Using One or Two Touches

1. Use one touch to maintain quick ball speed and create goalscoring opportunities quicker
2. Recognise when to take two touches to allow combination opportunities.

Communication

1. Communicate during practice to make passing combinations and forward runs more smoother

Technical Passing Practice Towards Goal



Instructions

1. Two teams work together in-possession, while third team work as the pressing team
2. The teams in possession should attempt to make eight consecutive passes in order to score a point
3. The pressing team should attempt to steam possession and score in any of the four mini-goals for a point
4. Each round will last 1 minute, team swap roles after each round
5. Points to be kept throughout the practice to add an element of competition

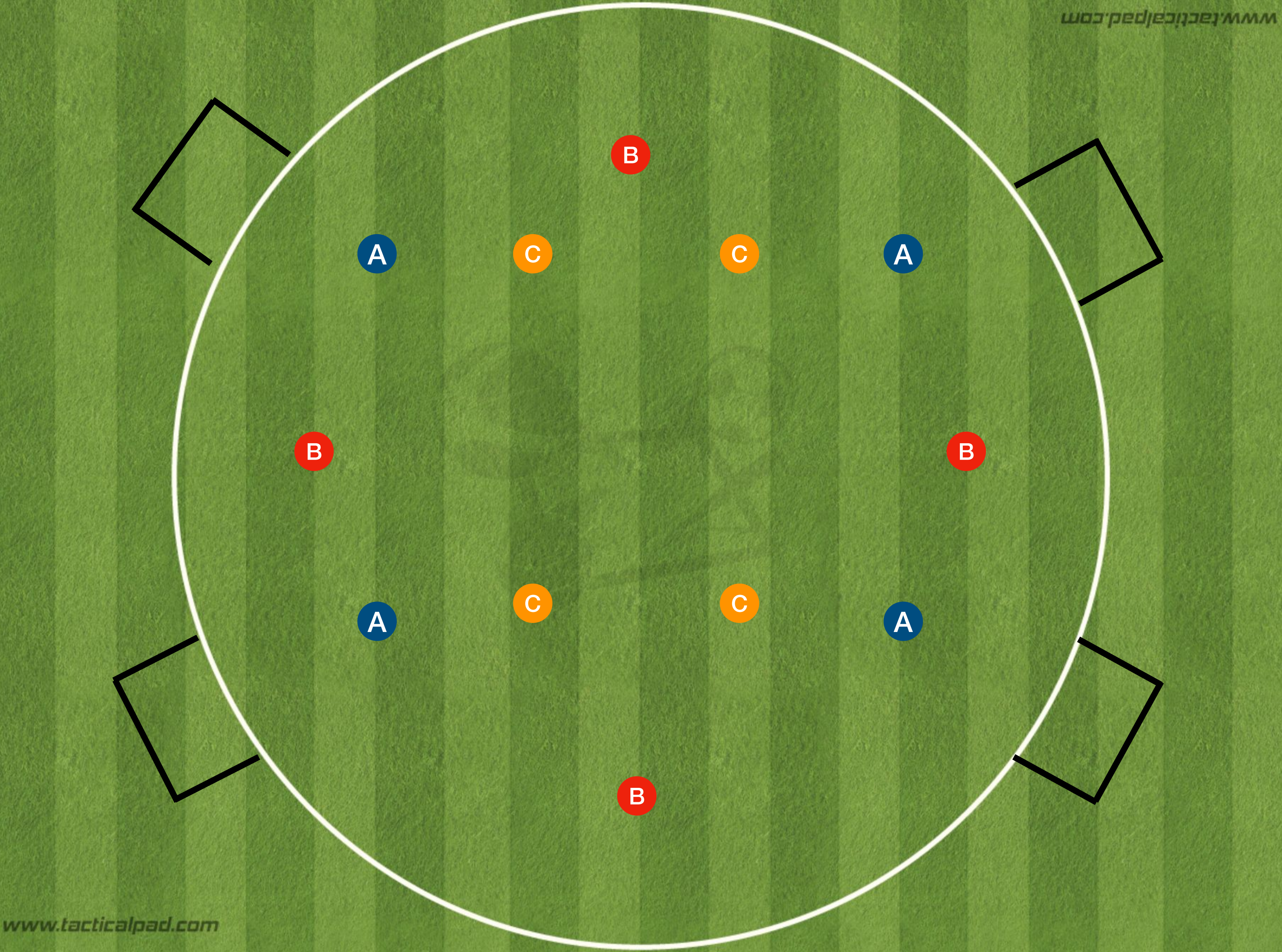
Coaching Points

1. **Quick combination play:** two touches to play quicker
2. **Body shape when receiving:** side-on to receive on both front and back foot
3. **Creating space:** get into empty space
4. Defensive transition: all players must ensure to counter-press to regain
5. **Disguised passes:** to avoid being predictable

Progressions

1. Serve the ball to the pressing team, gives the teams in possession to counter-press
2. The in-possession teams must have a minimum of three-touches before they can pass the ball.
3. Limited to one-touch in possession, to focus on quality of pass and gives pressing team more opportunities to win the ball

FOUR GOAL TRANSITION GAME



Instructions

- 1. GK will always begin the practice
- 2. **Team A** will look to build from the back and score by running the ball past the line. Can use the **Target player** to combine and score
- 3. **Team B** will look to win possession and counter-attack quickly to finish in the big goal
- 4. If **Team A** scores a goal: A ball will immediately fed by the coaches into **Team B** creating attacking transition

Coaching Points

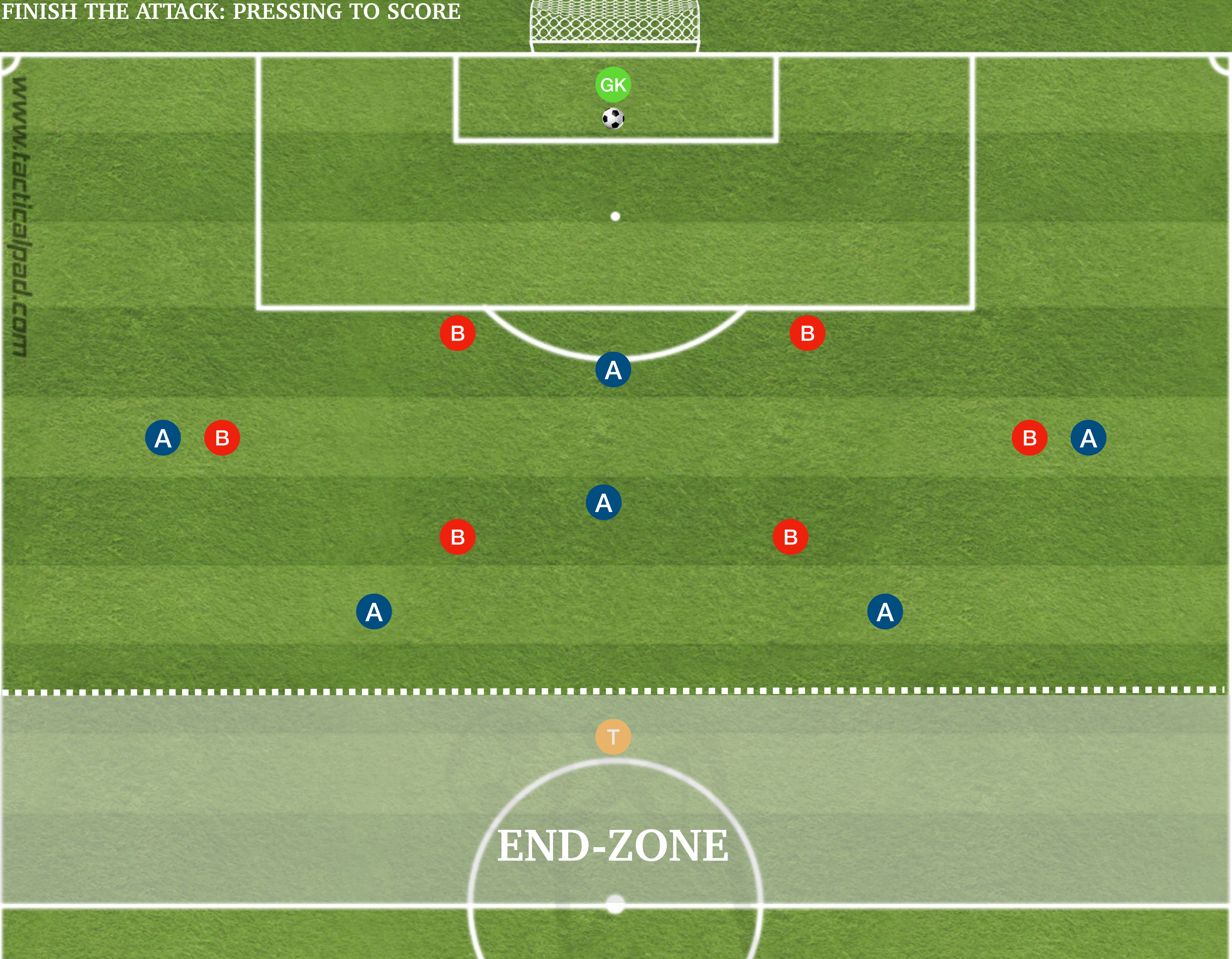
In-Possession

- 1. **Exploiting spaces & gaps:** Quick forward passes through or around the opposition on regaining possession
- 2. **Balance & Cover:** ensure there is balance at the back to deal with any defensive transition and give passing options if play needs to be recycled
- 3. **Forward runs:** Make runs in behind the opposition to disrupt oppositions defending line
- 4. **Penetrating passes:** In transitions, passes must be made with good quality and ball speed to replicate match tempo

Out-of Possession

- 1. **Forcing play wide to prevent a switch of play:** body shape and pressing angle will make play predictable
- 2. **Pressing triggers:** slow ball speed, a poor pass, bad touch
- 3. **Anticipating central passes:** be on front foot and ready to intercept any passes through the middle
- 4. **Compactness:** halving the pitch to limit space, this will prevent time and space on the ball

FINISH THE ATTACK: PRESSING TO SCORE



FORWARD PASSES

Rules

Player A passes into **Player B** who receives in between the mannequins then who then passes into **Player C**

Player A needs to follow their pass who then becomes the middle player then the practice replicates in the opposite direction

Coaching Points

Pass Detail: Passes punched in with correct weight and accuracy. Play the pass into the player's back foot.

Movement to receive: Players to start on the outside of their opponent's shoulder (mannequins) then taking up a position to receive

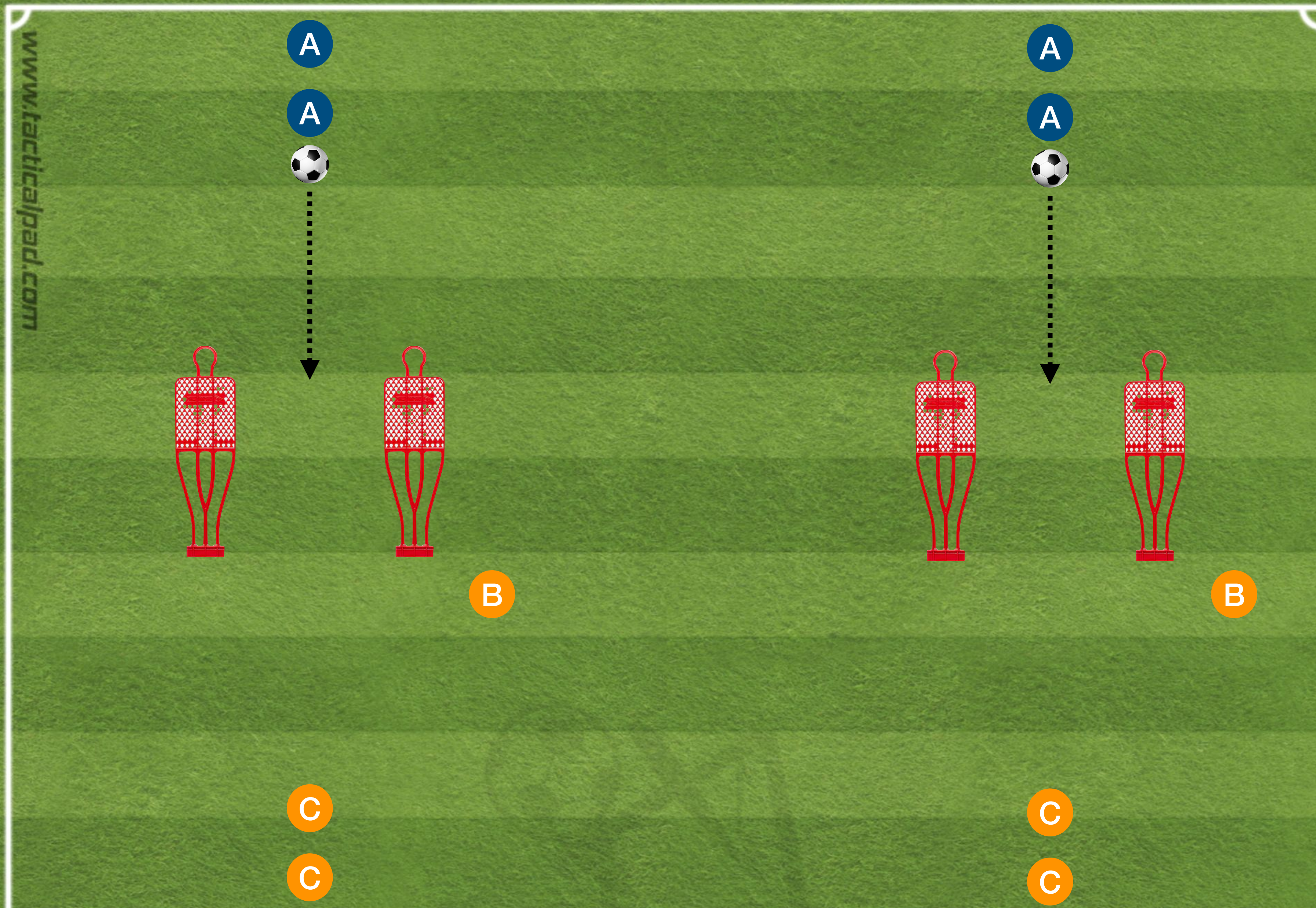
Checking Shoulders: To ensure enough space to receive and turn. Know where opponents are.

Quality of first touch: Positive first touch to get away from defenders

Progression

1-2 Pass: **Player A** passes into **Player B** who sets the ball for **Player A** before playing the into **Player C**

TECHNICAL PASSING PRACTICE



Rules

Teams should attempt to to combine and score by dribbling into the end zone

If a team passes or dribbles through the mannequins they will earn 2 points

Once a team scores, they will retain possession and restart the play

Coaching Points

Opening the pitch: In possession make the pitch big. Occupy the all the spaces to drag defenders out of their position and opening up passing lanes for teammates.

Quick attacking transitions: On regaining possession, look to play forward. Players should recognise whether to drive and dribble with the ball or combine with teammates to progress

Forward runs in behind: Run behind the opposition to create forward passing opportunities

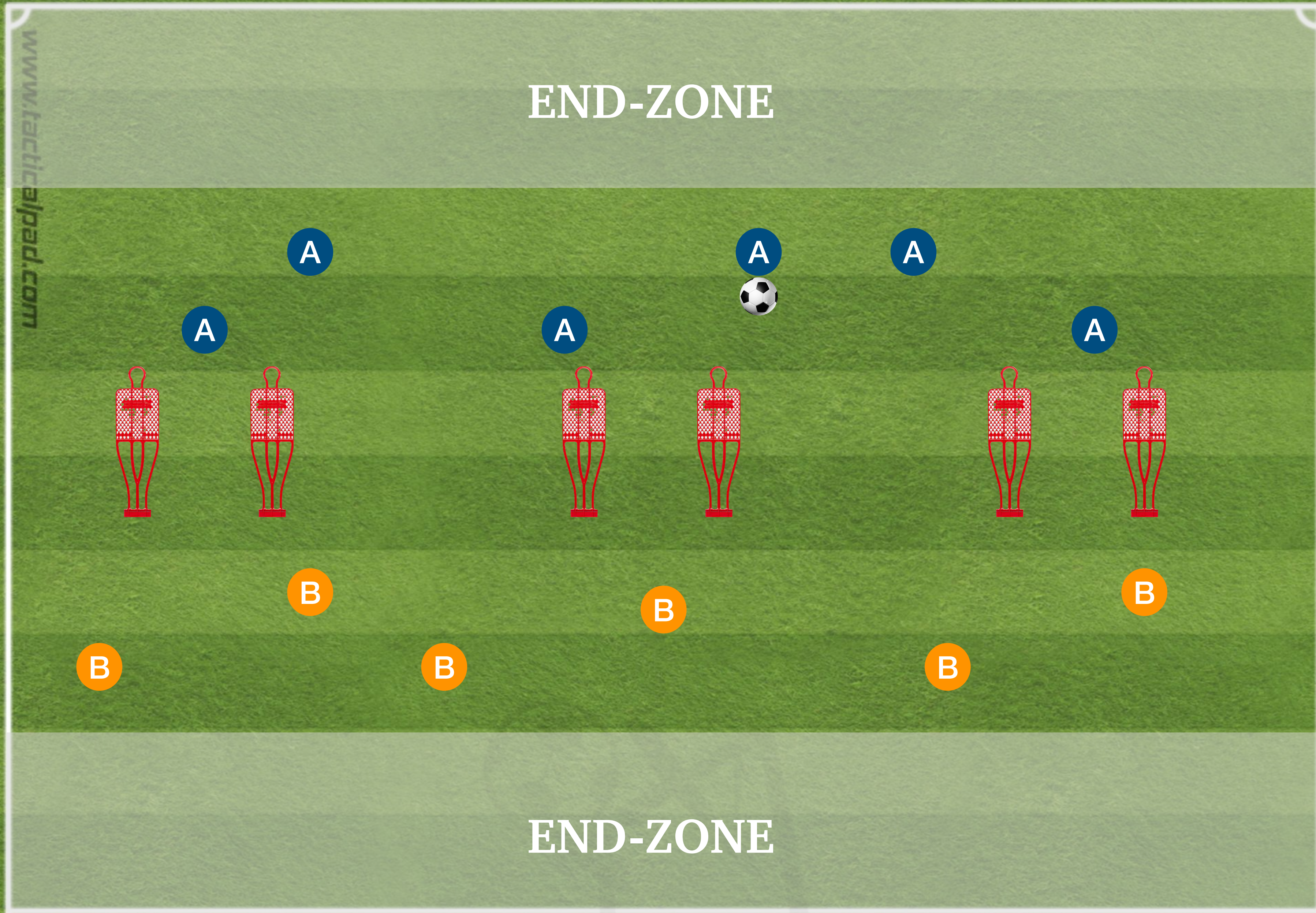
Disguised passing: Use disguise passes to deceive oppositions players

Body shape: Side-on to protect the ball and keep the defender away from the ball. Create forward passes

Progression

Through passes into the end zone for teammates to receive and gain a point

END-ZONE POSSESSION GAME



Rules

Playing pitch is divided into 4 vertical channels

Any player playing backward to teammate in the same channel must play the next pass using one touch.

Coaching Points

Movement to support: Once you've played a pass to teammate, look to get into different positions to offer the ball carrier passing options

1v1 Attacking opportunities: Be brave and take on defenders. Recognise the spaces to get into and create these opportunities

Combination around the box: Quick passing combination to create goalscoring opportunities.

Overlaps & Underlaps: Look to time your run and communicate with teammates in these situations

Controlling the game: Look to keep possession of the ball and wait for the right moment to penetrate with forward runs and passes



DEFENDING AGAINST OVERLOADS

INSTRUCTIONS

- 1. Defending team (**Team B**) starts in middle zone and attacking team (**Team A**) starting in between the mannequins
- 2. Server (**C**) plays the ball into Team A and immediately attacks the goal and Team B presses the attackers to win possession
- 3. If defenders win the ball, their aim is to shoot into the two mini-goals or playing a pass into server (**C**) for a goal

Progressions

- 1. **Time limit:** 10 seconds to attack the goal
- 2. Add a attacker into the same zone as defenders

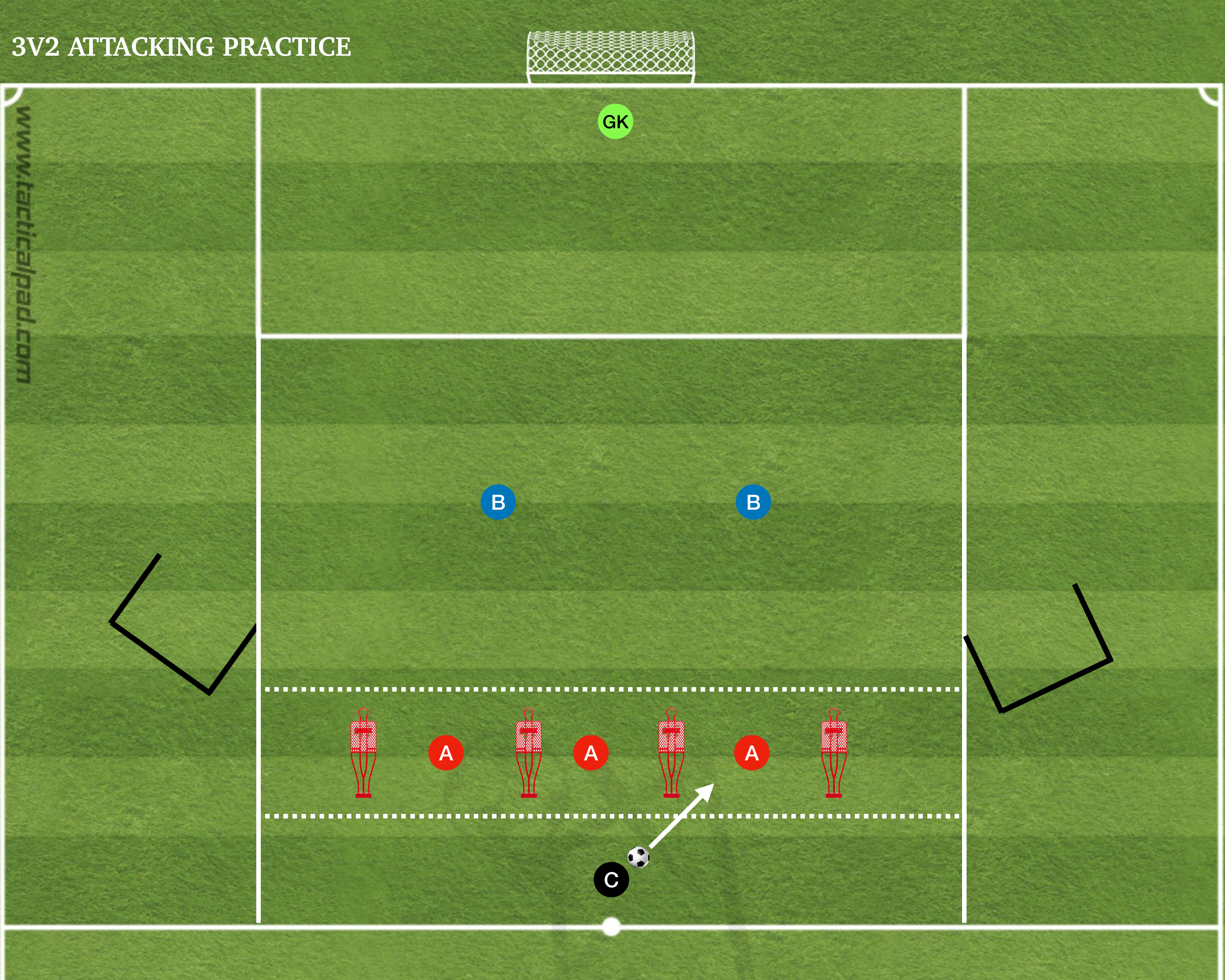
Coaching Points

Out of Possession

- 1. **Angle of approach:** Cut passing lines and force the ball-carrier away from the goal. Close distances between teammates to limit any through balls
- 2. **Patience:** Slow the attackers down
- 3. **Cover:** provide defensive cover for teammate who is pressing the attacker. Allow enough space between teammates and attackers to limit attackers playing around
- 4. **Blocking:** Intercept once attackers get closer to the goal. Keep feet close to the ground to react to feints or dummies

In Possession

- 1. **Direct attacks:** Encourage to be direct and increase the speed at which you are attacking the goal to make the practice more match-realistic



INSTRUCTIONS

- 1. Game starts with 3v3 in the end zone opposite to the goal. Attackers (**Team A**) and Defenders (**Team B**)
- 2. Practice starts with attackers against defenders who attempt to dribble out of their zone to the other zone. When a player dribbles out of the zone, one defender can recover to defend and attackers can play forward to teammates once they pass the half-way line
- 3. If a goal is scored, **Team B** restarts the practice and attempt to score into the two mini-goals by dribbling through it
- 4. If any team win possession in the zones, they can immediately score into the goals

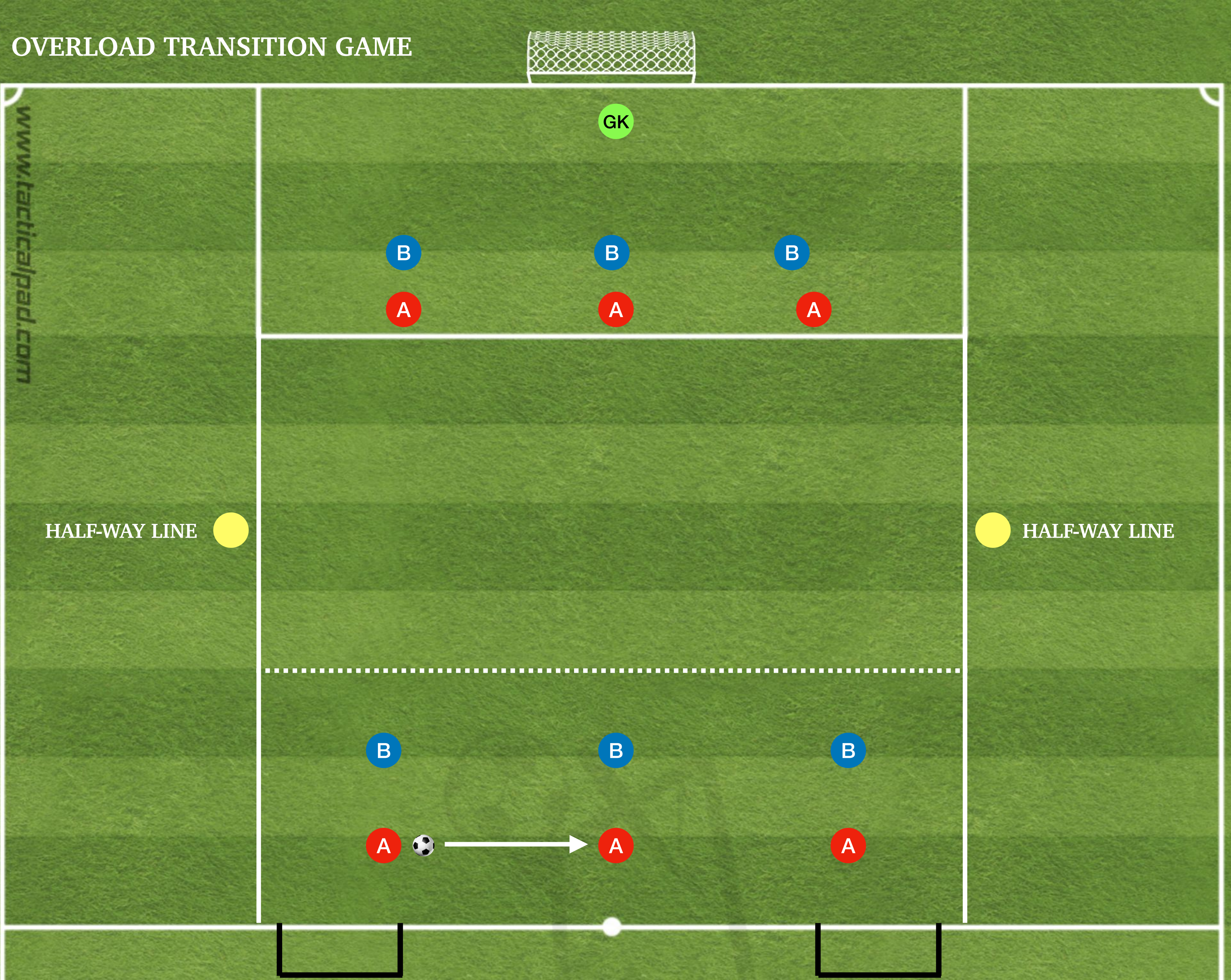
Coaching Points

Out of Possession

- 1. **Delaying the attack:** Be patient and stay on your feet to avoid any fouls or players dribbling past you
- 2. **Recovery runs:** Recover back into defending zone with maximum intensity.

In Possession

- 1. **Using the spare player:** Encourage players to combine and make use of an extra player. Make decoy runs to disrupt the defensive line

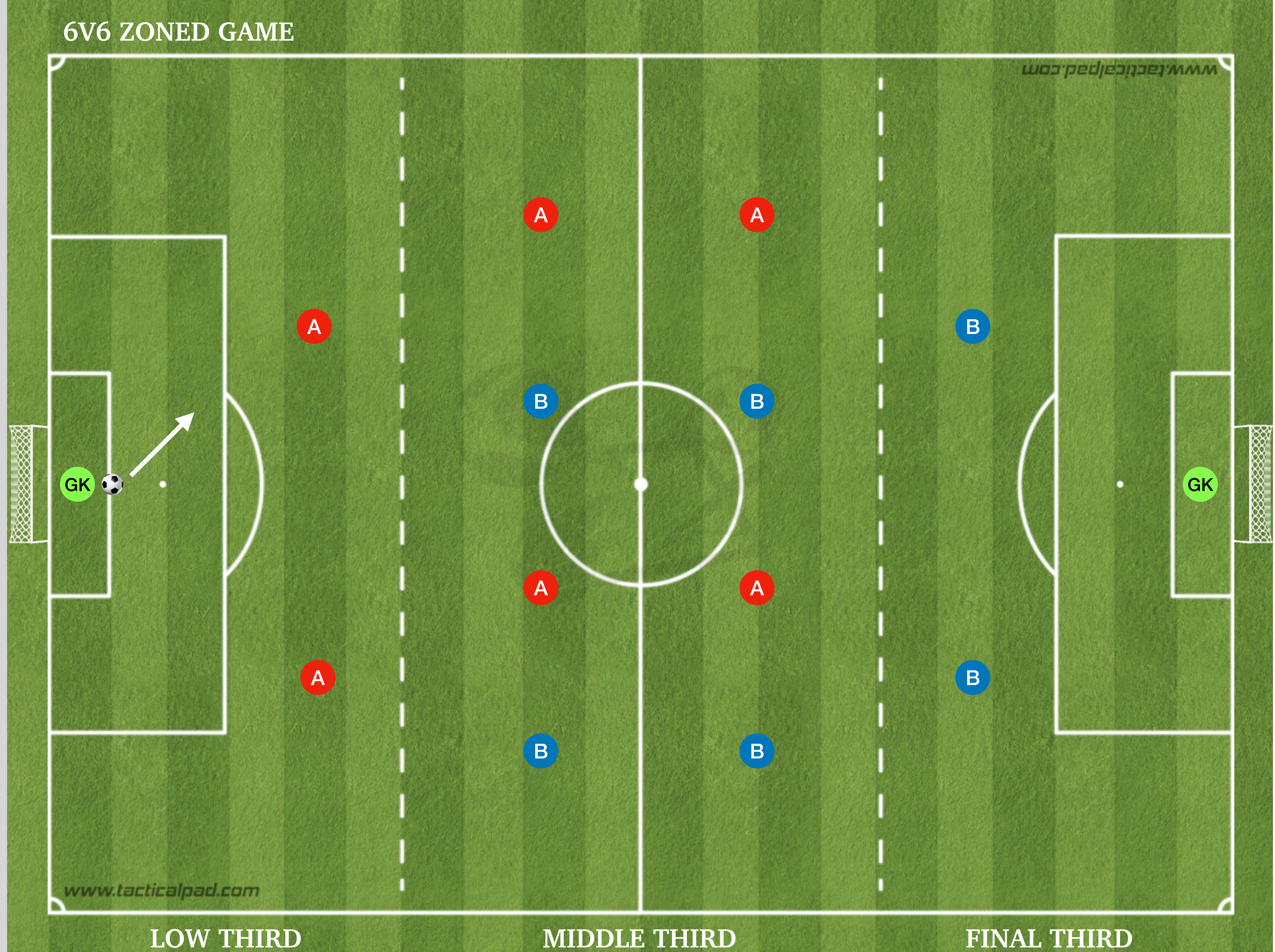


INSTRUCTIONS

1. 6v6, 30x60m pitch split into 20m thirds
2. Each team has two players in their defensive third of the pitch and four players in the middle.
3. In **out-of-possession**, players are restricted to the zones and during **in-possession**, players are allowed to move forward into the next attacking zones
4. When a goal is scored, the team that conceded should restart the practice
5. If the defending team win the ball, they attempt to score and same restrictions apply when a turnover occurs

Progressions

1. One defender from the middle zone to recover into their defence third or
2. One defender can move forward a third to press the ball



RECOVERY RUNNING

Instructions

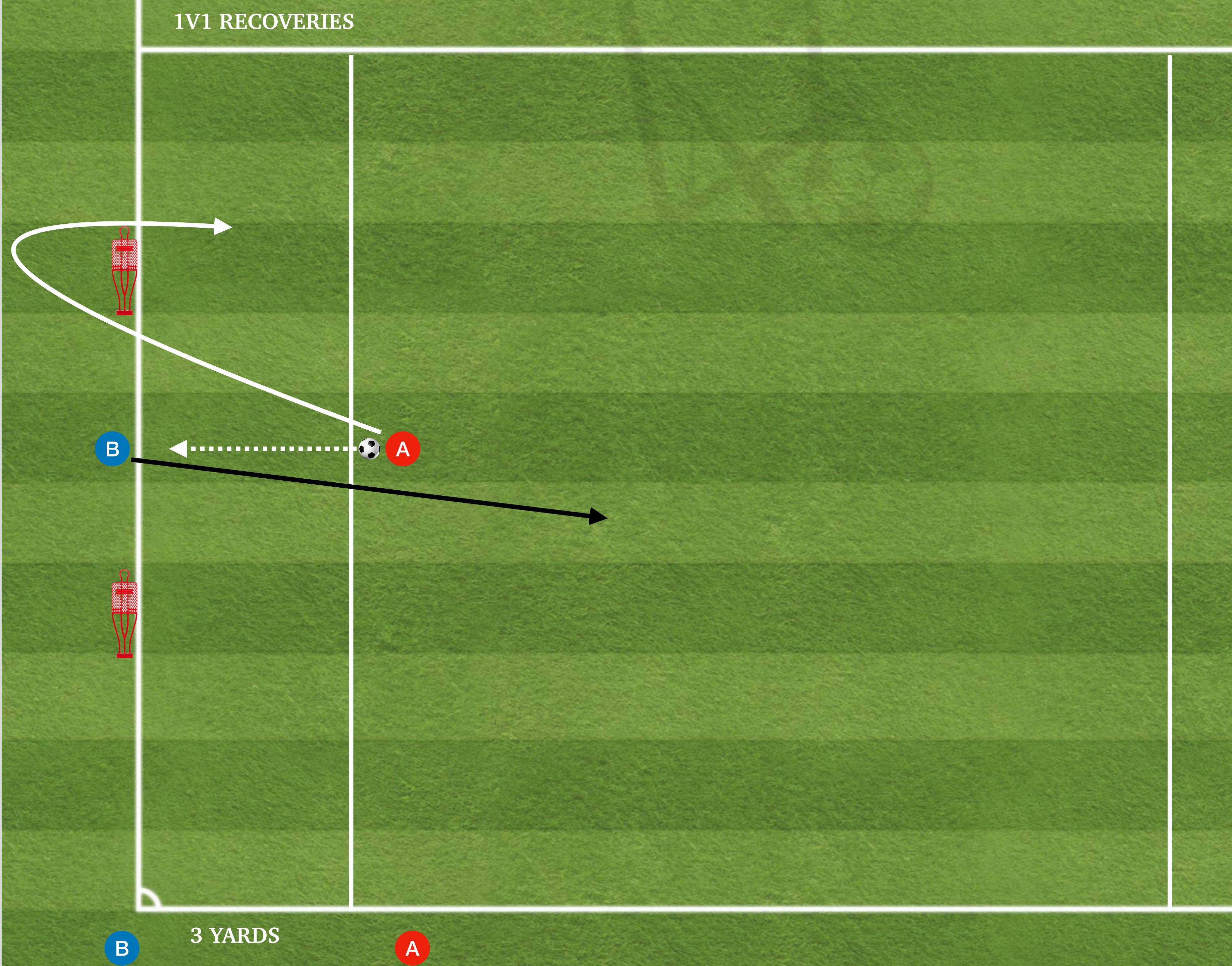
1. **Player A** plays a pass into player **Player B**, on receiving **Player B** aim is to immediately travel with the ball and run the ball over the line
2. As soon as **Player A** passes the ball, they must run around or touch the mannequin to attempt to recover and stop **Player B**
3. If the recovering player wins possession, they should aim to flip and run the ball through the two mannequins while the opponent must react and recover
4. As soon as the first 1v1 duel finishes, the next pair then repeats this 1v1 recovery runs

Progression

1. **Competition:** Add mini-size goals once receiving player gets on the ball they should aim to run over the line and score into the goals

Coaching Points

1. **Immediate reaction:** represents the moment of defensive transition
2. **Direct and aggressive:** recovering run should be aggressive, force the attacker into mistakes or slow them down



INSTRUCTIONS

- 1. 6 Attacking players (**Team A**)
- 2. 5 Defenders (**Team B**)
- 3. 2 Neutral players (N)
- 4. **Team A** attempt to out play **Team B** by playing into one of two neutral players
- 5. Once neutral players receives possession, both of the immediately become members of **Team B**. They will look to break out of their boxes and create 7v6 against **Team A**.
- 6. On gaining possession, **Team B** plus neutral players, they have **10 seconds** to score past the goalkeeper

Coaching Points

In Possession

- 1. **Build-Up:** Provide constant width, provide passing lines behind the oppositions first line of pressure
- 2. **Readiness to react:** Positioning may affect their ability to react to a loss of possession. E.g, Full-back may take up safer position to provide cover and react quickly to counter-attack

Defensive Transition

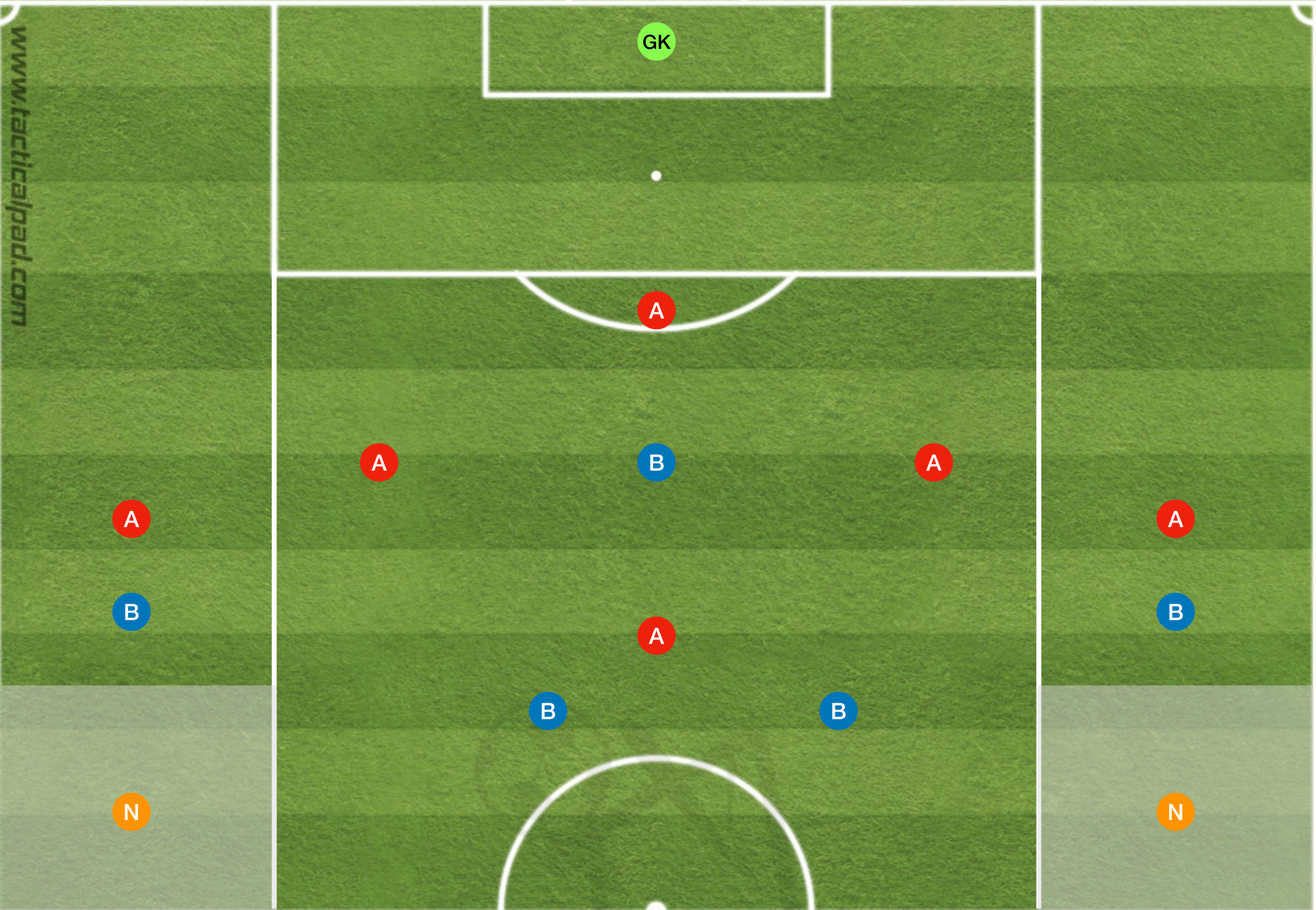
Decide whether to press or drop off: number of factors will affect this decision

- 1. If the nearest player is able to apply quick and aggressive pressure.
- 2. How close the distances between the defenders are
- 3. Quality of opposition’s possession
- 4. How much momentum they have in their play. Ball speed, quick passing

Recovery running

- 1. Recover into defensive block if you can’t press immediately
- 2. Recover with aggression and intensity

PHASE OF PLAY



INSTRUCTIONS

Practice promotes both teams having either to counter-press or make recovery runs into their own-half

- 1. 6v6 Plus GK
- 2. In order for any goals to count, all of team’s players must be on or over the halfway line
- 3. On losing possession, defenders are only allowed to defend their own half after the ball has crossed the halfway line. So they must either press well enough to keep the ball in the opponent’s half or recover quickly in your own half

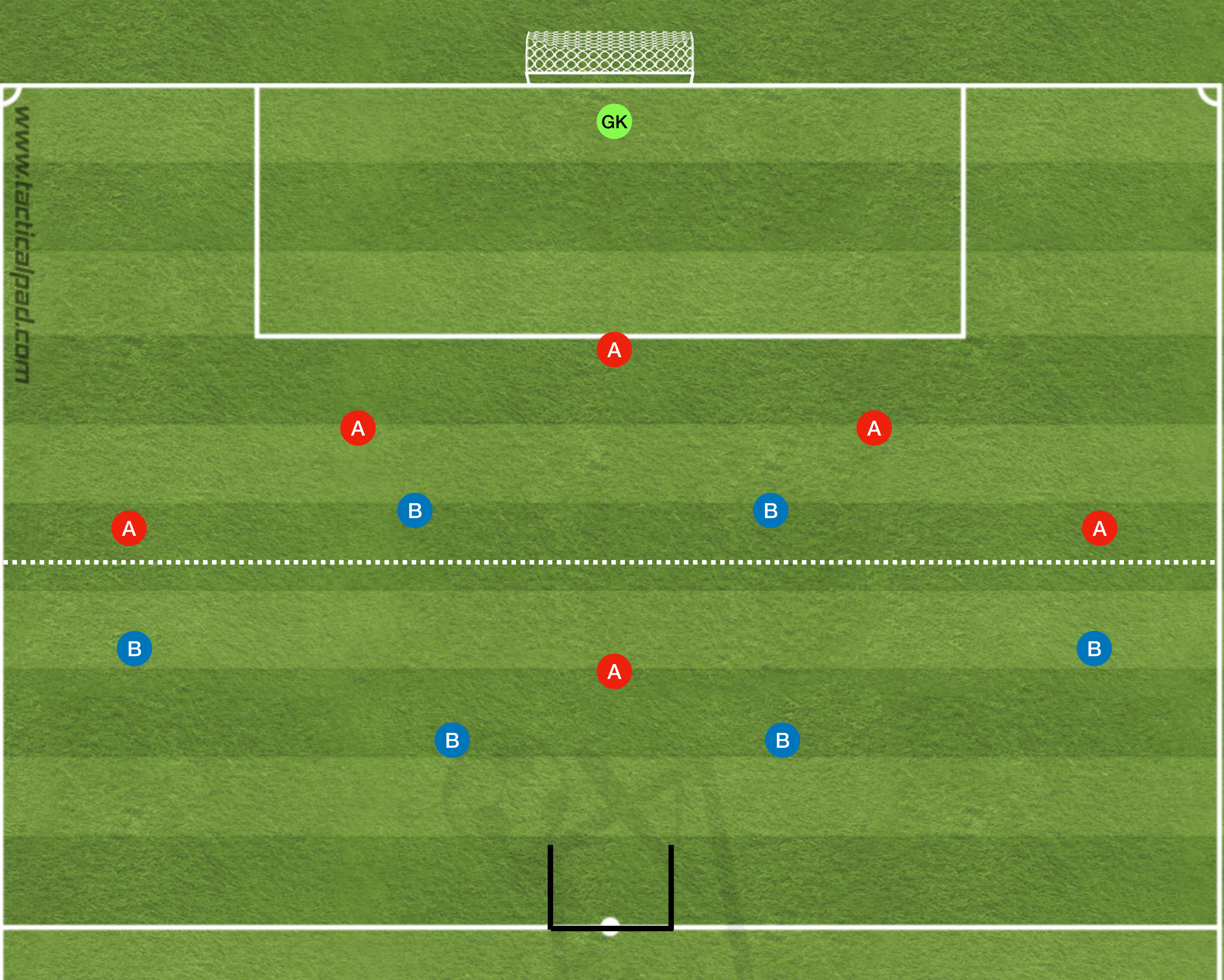
Coaching Points

In Possession

- 1. **Staying connected:** keep short distances between teammates, this provide defensive cover on turnovers and can provide quick counter-press strategy
- 2. Deepest player must anticipate and have good awareness if they play direct ball in behind

Defensive Transition

- 1. **Aggressive counter-pressing:** On losing possession, attempt to lock the ball in and prevent it from crossing the halfway line. There should be minimal distances between each player. Press the ball-carrier, and force play sideways or backward
- 2. **Recovery running:** Recover toward the penalty spot and protect the middle of the pitch. Recovery runs should be immediate and aggressive. They should match or better any run made by an attacker



PLAYING BETWEEN THE LINES

Instructions

Passing practice in the middle of mannequins replicate receiving a line-breaking pass

1. **Player A** plays a pass teammate, who receives on half-turn
2. On receiving the ball in the middle, **Player B** then travels with the ball beyond the mannequins then he plays a pass to **player C**

Variations

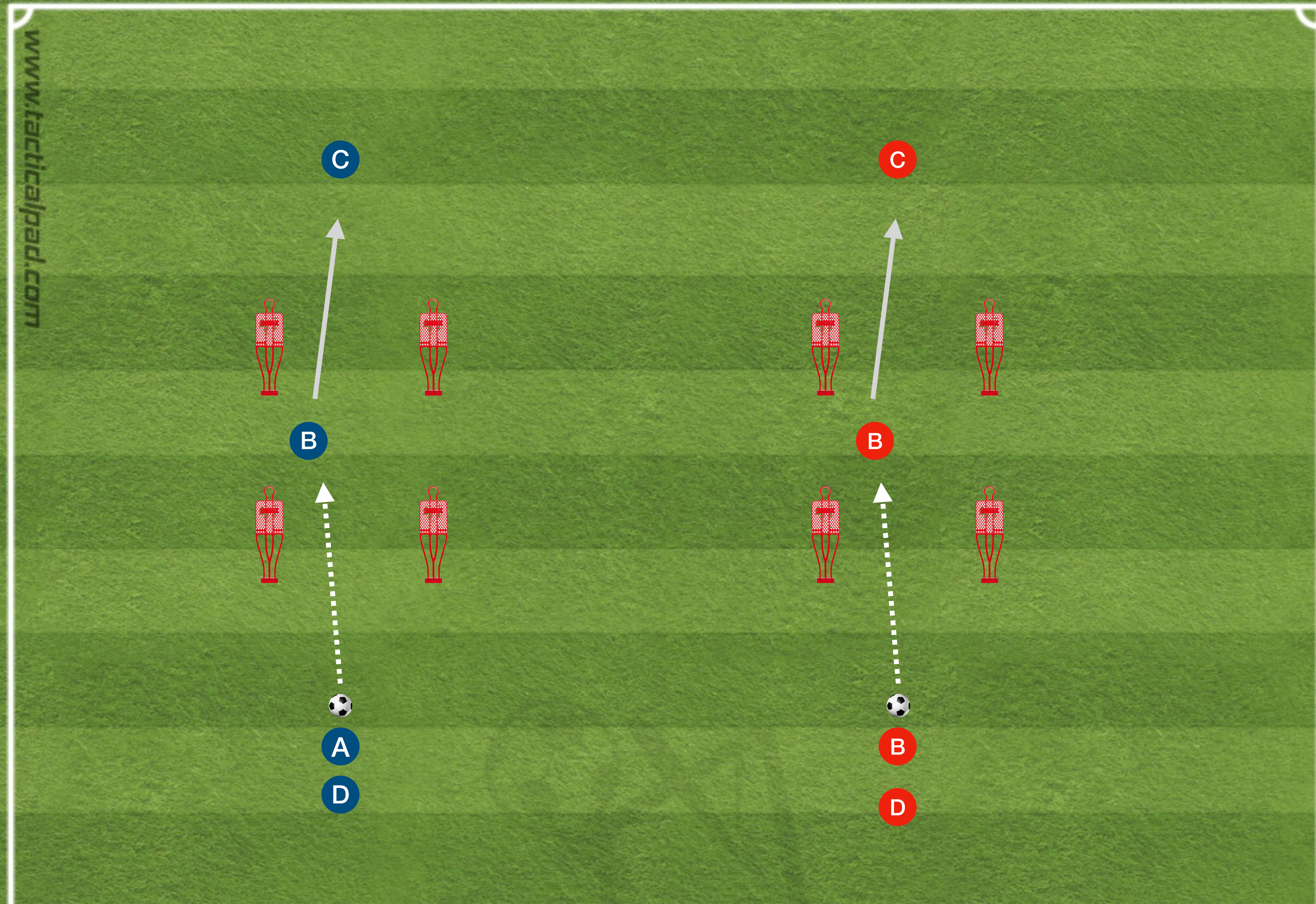
1. Combining: **Player A** plays a pass to **Player B** who receives the ball outside the mannequins then **Player B** then plays back a 'wall-pass' to player A who then sets teammate in the middle again to play forward
2. Pass Forward: **Player A** and **Player B** exchange the same 'wall-pass', once **Player A** receives the ball back he then plays a forward pass to **Player C**

Players can be given the freedom to execute any of the sequences

Coaching Points

1. **Receiving on an angle:** Avoid receiving on straight line
2. **Weight of pass:** Not overhit or underhit
3. **Detail of passes:** Passes into backfoot
4. **Scanning:** Check shoulder
5. **Movement to link play:** Movements to move away from defenders and arrive with pace to receive

UNOPPOSED PASSING PRACTICE



Instructions

- 1. Aim for the team in possession is to play through or around the line of defenders to play into teammates
- 2. If the opposition regain possession, teams roles immediately reverse
- 3. Players are restricted to their zones

Progression 1

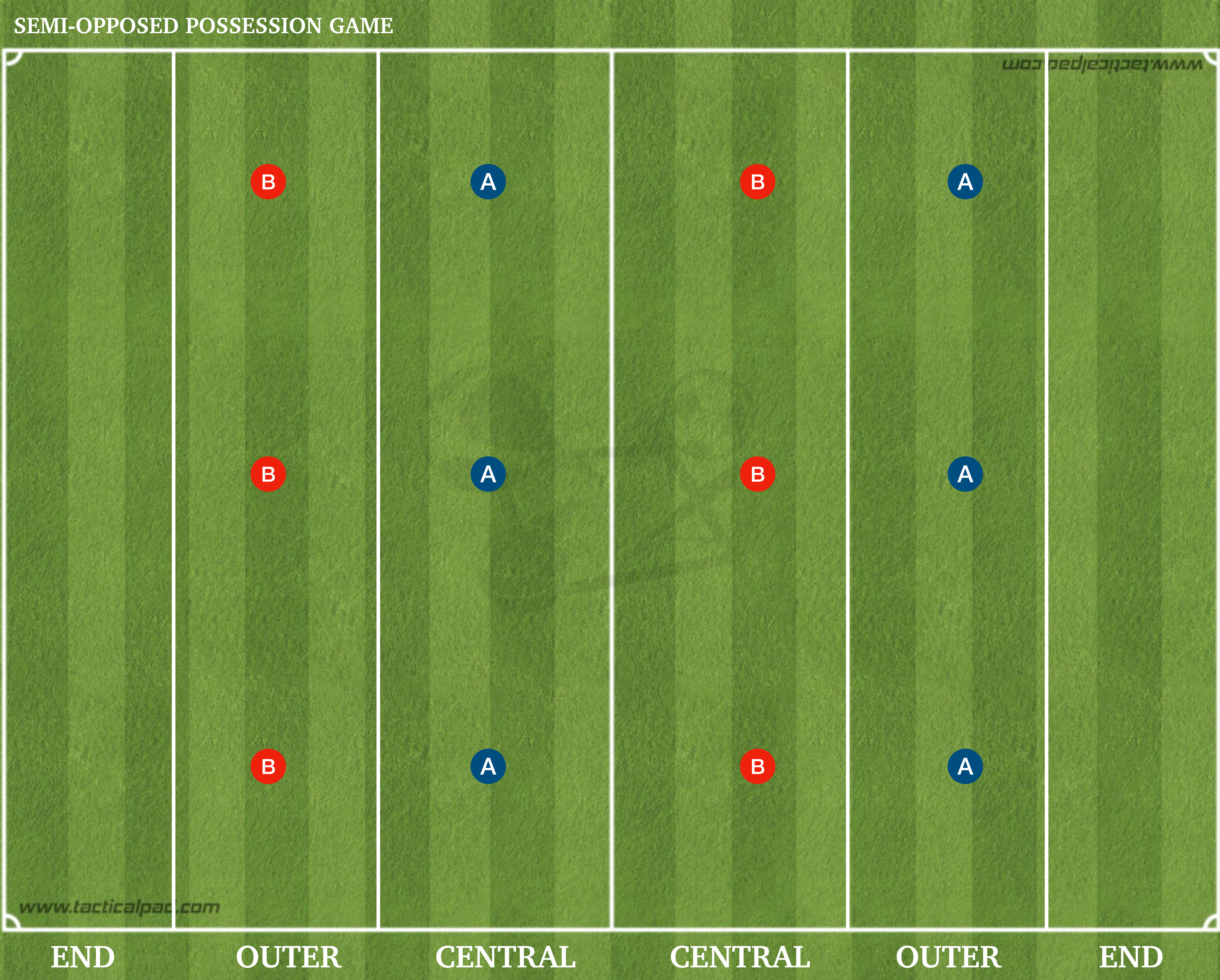
- 1. One attacking player is permitted to dribble with the ball into the defensive zone and attempt to beat a man
- 2. Equally, one player from the defensive line immediately facing the ball can be permitted to enter the opposition zone as a pressing player

Progression 2

- 1. Team in possession attempt to break from central zone to end zone, having worked the ball from their teammates in both outer zones

Coaching Points

- 1. **Disguised passing:** To split opposition defensive line
- 2. **Depth to the attacking line:** Not stood in a straight line
- 3. **Patience:** Wait for right moment to break lines
- 4. **Passing angles:** Open passing lanes / constant movements
- 5. **Running off the ball:** Aggressive forward runs and passing options ahead
- 6. **Compact defensive line:** Maintain small distances between teammates



Instructions

1. 5V5 including GK's in which players are restricted in each third's
2. Formations both teams: 2 - 2 - 1
3. Play always starts with GK's
4. Team in possession aim to play through each third, each time a player joins in the next third to overload the opponents

Variations

1. Forwards to put aggressive pressure on the defenders
2. Forwards to defend from near halfway point in a more compact shape

Coaching points

1. **Build Up play:** look to split and increase the pass distance between each player for more passing options
2. **Playing in pockets:** receive in between opposition lines. To stretch the opposition, players need to make runs in behind the defenders
3. **Scanning:** check shoulder to see the picture behind him
4. Tempo and ball speed: Passes must be played quickly to shift and move the defenders out of position

5V5 GAME

