

Attacking & Defending

Two versus two each player attacking and defending

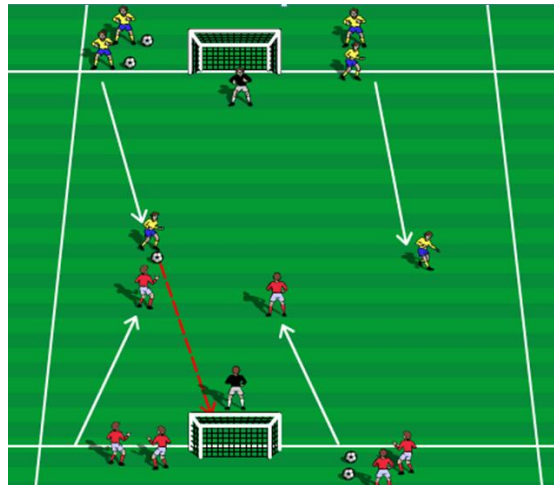
Technical & tactical:

2v2 attacking & transition to defending

15 minutes

Organization:

- Set-up area 30x40m.
- Players work in pairs
- 2 yellows attack the other goal and try to score;
- When the ball is out or in the goal, the next two reds in line go to opposing goal;
- The 2 yellow players must now switch to a defending role.



Coaching Points:

Attackers:

1. Quality technical-tactical skills (passing, dribbling, shooting)
2. Decision making – passing to teammate – dribbling

Defenders:

1. Adjust to speed of opponent
2. Try to gain possession back

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** Quick progression with the ball to score a goal
3. Two players get forward and try to eliminate two opponents to score. If the defender recovers the ball, they must try to score while the two yellow players will work to prevent from scoring.
4. If the ball goes out of bounce, or in the goal, the next two red players in line will get going immediately while the two defenders teammate return at the back of the line. The same two yellows who were attacking must defend.

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SSG - Attacking & Defending

Four versus four without goalkeepers

Attacking and defending one goal line:

Small Sided Game:

4v4 Attacking & Defending one goal line

15 minutes

Organization:

- Using the real width of the pitch for games
- Set up with 2 teams of 4 inside players, 2 wide players and a GK
- Mark up outside channels for the wide players.



Coaching Points:

Attacker:

1. Good technical skills
2. Decision making to go to goal or play wide;
3. Decision making of wide players to go in, dribble or use support

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. 4v4 game where players play freely inside. Each team has two support players on the outside.
 - a. Option 1: wide players must take the defender 1 on 1 on the outside channel to play the ball inside for a goal
 - b. Option 2: wide players have the option to dribble inside to create a 5 versus 4 situation

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SSG - Attacking & Defending

Four versus four without goalkeepers

Attacking and defending one goal line:

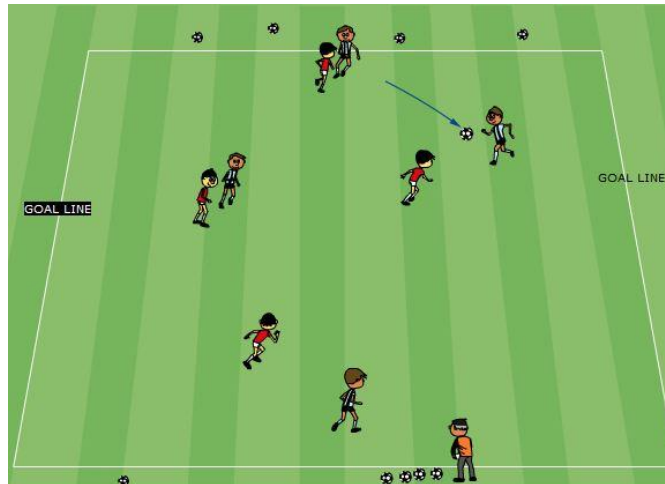
Small Sided Game:

4v4 Attacking & Defending one goal line

15 minutes

Organization:

- Set-up area 40m wide x 20m in deep
- Set up with 2 teams of 4 players
- Mark up lines to identify the goal line for each team to score.



Coaching Points:

Attacker:

1. Player's first option is to play forward & go to goal;
2. Player look to score a goal at every occasion
3. Decision making to run to the line and score
4. Decision to dribble and score
5. Quality control of the ball

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score by stopping the ball on a goal line / to defend the goal line and to win the ball back
3. 4v4 game where players play freely.
 - a. Depending on standard end players should be restricted to two touches.

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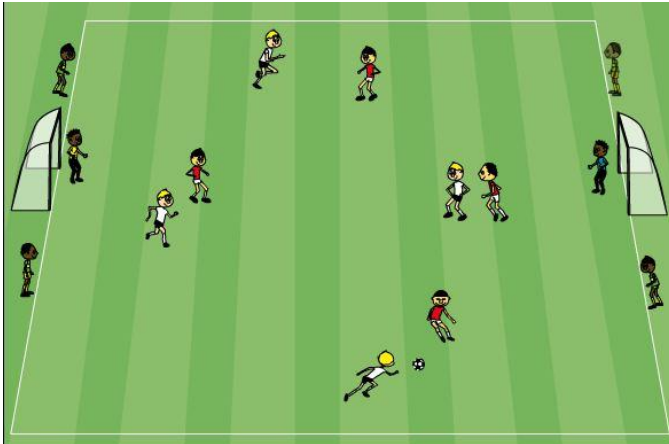


Attacking & Defending

Four versus four each player attacking and defending

1 goal by using support players on end line:

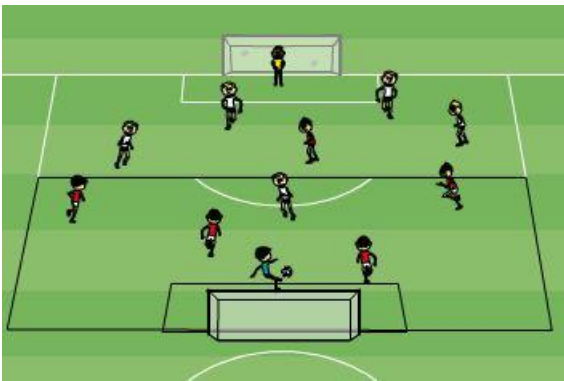
Skill Work:	1v1 Attacking & Defending one goal	15 minutes
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Organization: <ul style="list-style-type: none"> Set-up area 40x40m. Set up with 3 teams of 4, playing on a small pitch with four end players (green) Goalkeepers should be involved in the game where possible. 		Coaching Points: Attacker: <ol style="list-style-type: none"> Width, depth Eye contact & communication on pass; Follow through towards the target when passing; Play forward when possible Defender <ol style="list-style-type: none"> Apply good pressure on offensive players Choose right moment to tackle
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Description: <ol style="list-style-type: none"> Team function: Attacking / defending Meaning in the game: To keep the ball in possession and score / to defend the goal and to win the ball back 4v4 game where players play freely but must hit end players with a pass before supporting and finishing on goal. <ol style="list-style-type: none"> Depending on standard end players should be restricted to two touches.

SSG - Attacking & Defending

Six versus six with goalkeepers:

Small Sided Game:	6v6 Attacking & Defending one goal	15 minutes
<p>Organization:</p> <ul style="list-style-type: none"> • Set-up area 40x40m. • Set up with 2 teams of 6, playing on a small pitch • Goalkeepers should be involved in the game where possible. 		<p>Coaching Points:</p> <p>Attacker:</p> <ol style="list-style-type: none"> 1. Quality technical skills 2. Good decision making 3. Players off the ball look to support 4. Player are mobile rather than static 5. Look to score every time you can <p>Defender</p> <ol style="list-style-type: none"> 1. Apply good pressure on offensive players 2. Choose right moment to regain possession
<p>Description:</p> <ol style="list-style-type: none"> 1. Team function: Attacking / defending 2. Meaning in the game: To keep the ball in possession and score / to defend the goal and to win the ball back 3. 6v6 game where players play freely. <ol style="list-style-type: none"> a. Depending on standard end players should be restricted to two touches. 		

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Dribbling: Small-Sided-Game #2

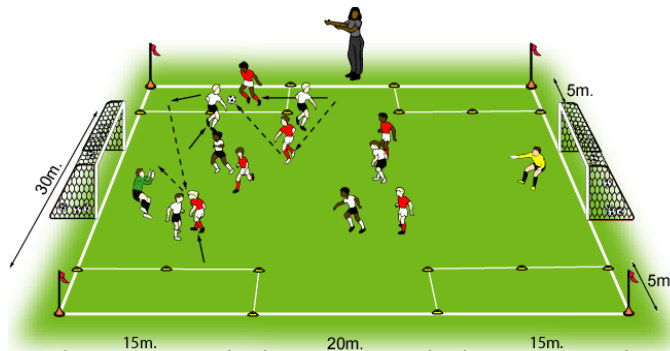
Small-Sided-Game:

7v7 Dribbling Game.

20 minutes

Organization:

- Two teams of 7 including the GKs
- Playing field of 50x40m. to encourage dribbling.
- Markers to indicate crossing zones where only one player at a time can enter and be unchallenged.
- One goal at each end



Coaching Points:

- As with previous exercise.
- Try to cross early to avoid the block
- If blocked, create $\frac{1}{2}$ metre of space for the cross by using various dribbling techniques.
- Fake to pass go for cross.
- Fake to cross and pass.
- Be composed and protect

Description:

1. This game is designed to get players accustomed to playing in tight areas and dribbling or combining with other players to create scoring opportunities. Initially these scoring opportunities must be created from the crossing zones by means of a cross or a pass to a teammate who must shoot with three touches or less. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line.
2. **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
3. **5 Minute Cool Down at the end of the game**

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Finishing Game: Small-Sided-Game #1

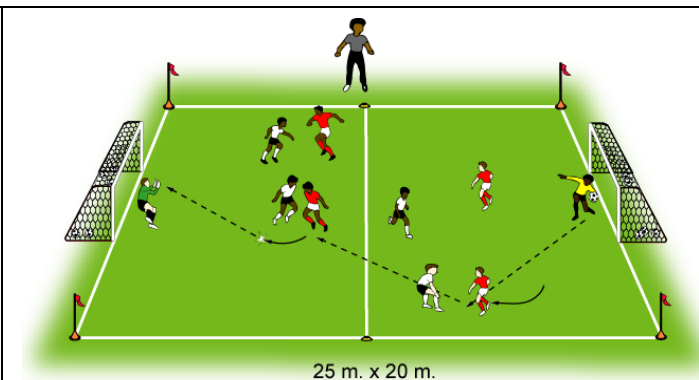
Small-Sided-Game:

5v5 Finishing Game.

20 minutes

Organization:

- Two teams of 5 including the GKs
- Playing field of 25x20m. to encourage finishing.
- One goal at each end.
- Goals can only be scored from inside the opposing team's half of the field.
- All balls in the goals.
- Play starts with the GK.



Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Pass the ball low past keeper
- Be composed.

Description:

1. This game is aimed at getting players to create and finish scoring opportunities around the goal. The game begins when the GK rolls the ball out to one of the red players. The reds then interpass in an effort to get into the opposing half and score. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of his/her players.
2. **Variation:** Introduce a third team and rotate the teams every 2-3 minutes.
3. **Progression:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
4. **5 Minute Cool Down at the end of the game**

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Finishing Game: Small-Sided-Game #2

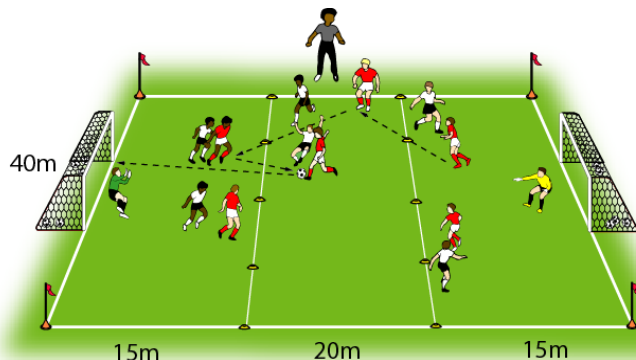
Small-Sided-Game:

7v7 Distance Shooting Game.

20 minutes

Organization:

- Two teams of 7 including the GKs
- Playing field of 50x40m., divided into thirds.
- Strikers restricted to A1/3.
- One goal at each end.
- Goals can only be scored directly from the middle third of the field.
- All balls in the goals.
- Play starts with the GK.



Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of

Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then interpass in an effort to get a player into a shooting position in the middle third. Strikers must stay in the Attacking 1/3 of the field but they can only score from rebounds. All other players can roam freely. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of his/her players.
2. **Progression:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
3. **5 Minute Cool Down at the end of the game**

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Heading Game: Small-Sided-Game #1

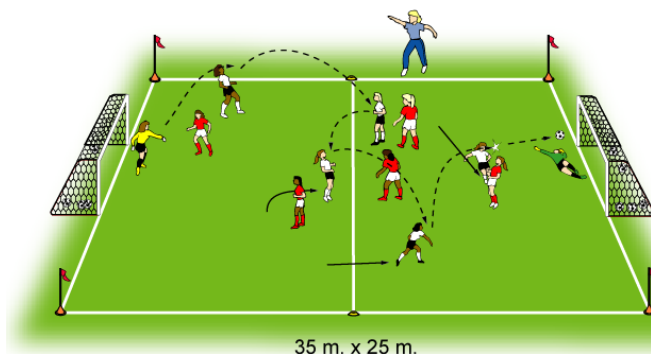
Small-Sided-Game:

Throw-Head-Catch Game.

20 minutes

Organization:

- Two equal teams including two GKs.
- Playing field of 35x25m.
- One goal at each end.
- Playing sequence: throw the ball for someone to head it to someone to catch as the team moves toward the opposing goal.
- Goal can only be scored by heading.



Coaching Points:

- Keep your eyes on the ball.
- Make contact with the forehead.
- Lean back from the waist and use your arms to "pull your head onto the ball".
- Attack the ball - take off of one leg.
- Head through the ball to direct/pass it.

Description:

1. Players must keep to the passing sequence of throw-head-catch while they build play towards the opposing team's goal. Interceptions must also be made in sequence (ie, if ball is thrown, intercept using your head & if headed, intercept by catching). Players cannot run with the ball, so they must pass and move to support the player receiving the ball. If the ball is played out of sequence or the ball hits the ground, possession goes to the other team. Goals must be scored with the head.
2. The same rules apply but the sequence is changed to kick-head-catch. The players must now kick the ball from their hands on to the head of a teammate instead of throwing it.
3. **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played but goals scored with the head count as double.
4. **5 Minute Cool Down at the end of the game**

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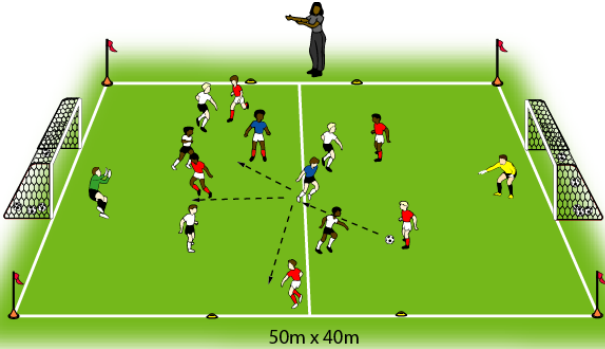
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Passing & Receiving: Small-Sided-Game #1

Small-Sided-Game:	Passing & Receiving Game.	20 minutes
<p>Organization:</p> <ul style="list-style-type: none"> Two teams of 6 including the GKs plus 2 neutral players. Playing field of 50x40m. One goal at each end. The 2 neutral players are always on the team in possession. 	 <p>50m x 40m</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> Get behind the ball to receive it. Receive the ball facing forward if possible Relax your controlling surface on contact. Keep the ball rolling & out of your feet. Watch the ball. Passing: Part of foot; part of ball.
<p>Description:</p> <ol style="list-style-type: none"> This game is designed to allow players in possession of the ball with space and increased passing options in a competitive situation. This is accomplished by establishing an environment where there are always extra players to which the player on the ball can pass. Normal rules of soccer apply with the exception that the game must be restarted with a “kick-in” when the ball goes out over the touch line. Switch the neutral players every 5 minutes. Variation: All restrictions are removed for the last 5-10 minutes and normal game of soccer is played 5 Minute Cool Down at the end of the game 		

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Passing & Receiving: Small-Sided-Game #2

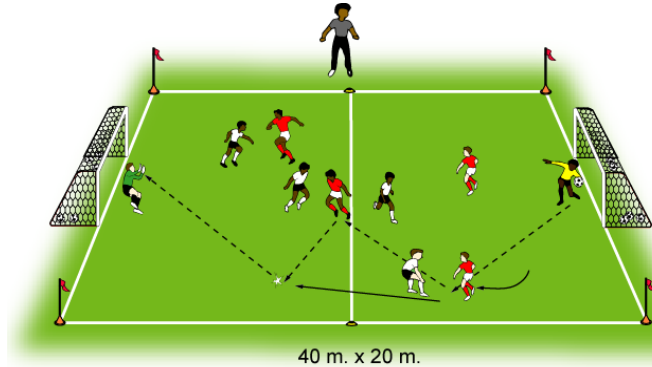
Small-Sided-Game:

Passing & Receiving Game.

20 minutes

Organization:

- Two teams of 5 including the GKs.
- Playing field of 40x20m.
- One goal at each end.



Coaching Points:

- Draw the defender by running at them with the ball.
- Pass the ball and look to get it back behind the defender.
- Disguise the pass (use outside of foot, open out and play back inside, etc)
- Work in triangles with support players.

Description:

1. Goals are scored in the normal way. When the ball crosses the goal line the play is always restarted with a GK's throw (no corner kicks or goal kicks). If the ball crosses the touch line the game is restarted with a "kick-in". Initially, the game is conditioned whereby players are limited to three touches only in their own half of the field but they have unlimited touches in the opponents half. Too many touches in your own half results in a free kick to the opposing team.
2. Goals scored following a combined play doubled.
3. **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
4. **5 Minute Cool Down at the end of the game**

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Passing & Support: Small-Sided-Game #1

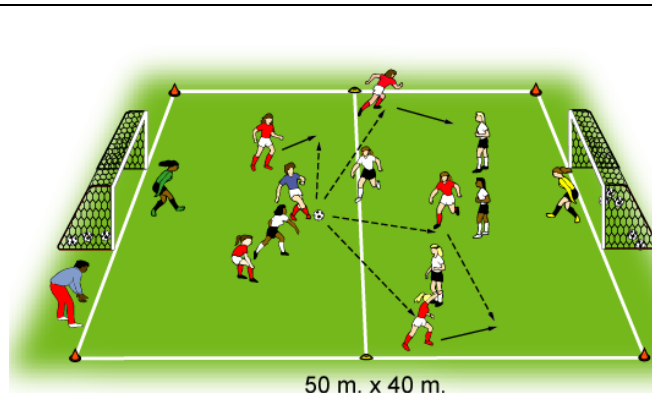
Small-Sided-Game:

6v6 Game with a Neutral Player.

20 minutes

Organization:

- Two teams of 6 including the GKs, plus 1 neutral player.
- Neutral player always plays for the team in possession.
- Playing field of 50x40m.
- One goal at each end.
- All soccer balls in the goals.
- Play starts with the GK.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.
- Be seen between players.

Description:

1. The game begins when the GK rolls the ball out to one of her/his players. The team must then interpass in an effort to create scoring opportunities. The opposing team must try and win the ball so that they can also attack and score. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. **Emphasis** should be made of the importance of players using the additional player advantage to **create good supporting triangles around the ball**.
2. **Progression:** All conditions are removed for the last 5-10 minutes and a normal game of soccer is played.
3. **5 Minute Cool Down at the end of the game.**

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Dribbling & Shooting: Small-Sided-Game #1

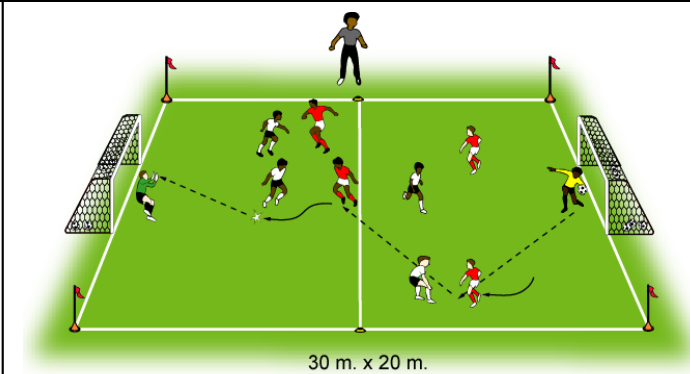
Small-Sided-Game:

5v5 Dribbling Game.

20 minutes

Organization:

- Two teams of 5 including the GKs
- Playing field of 30x20m.
- Markers to indicate the halfway line
- One goal at each end



Coaching Points:

- Take a long first touch to take space quickly.
- Get head up to see what options you have.
- Cut across the defender when you get past them.
- Protect the ball by putting your body between it and the defender.
- Redirect the ball with the inside/outside of foot.

Description:

- 1 Play begins with one of the GKs rolling the ball to a teammate who looks to try and build play toward the opponents goal. All players must attempt to dribble past an opponent in the opposing half of the field but may pass to teammates in when they receive the ball in their own half. Normal rules of soccer with the exception that the ball must be “kicked-in” when the ball goes out over the touch line.
- 2 **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
- 3 **5 Minute Cool Down at the end of the game**

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Defending Game: Small-Sided-Game #2

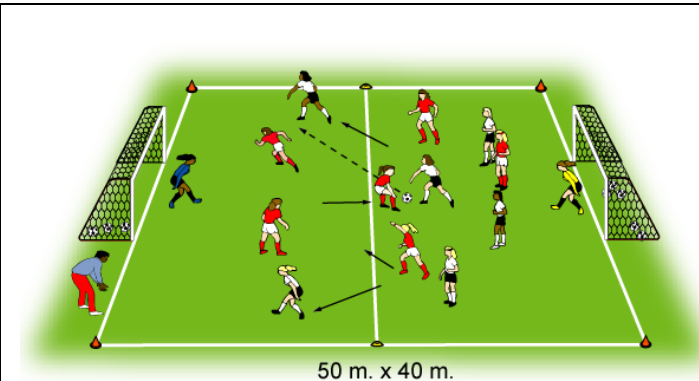
Small-Sided-Game:

7v7 Game.

20 minutes

Organization:

- Two teams of 7 including the GKs
- Playing field of 50x40m., divided into thirds.
- One goal at each end.
- All soccer balls in the goals.
- Play starts with the GK.



Coaching Points:

- 1v1 Coaching Points from Session 8.
- Tight marking near the ball; loose marking away from the ball.
- See player your marking and the ball.
- 1½ jobs - Distance from player your marking vs. amount of space you can cover.

Description:

1. The game begins when the GK rolls the ball out to one of the white players. The whites then interpass in an effort to create scoring opportunities. The red team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. Defenders can score a point for their team if they force the ball out of play with a good challenge (3 points = 1 goal).
2. **Progression:** All conditions are removed for the last 5-10 minutes and a normal game of soccer is played.
3. **5 Minute Cool Down at the end of the game.**

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Defending Game: Small-Sided-Game #1

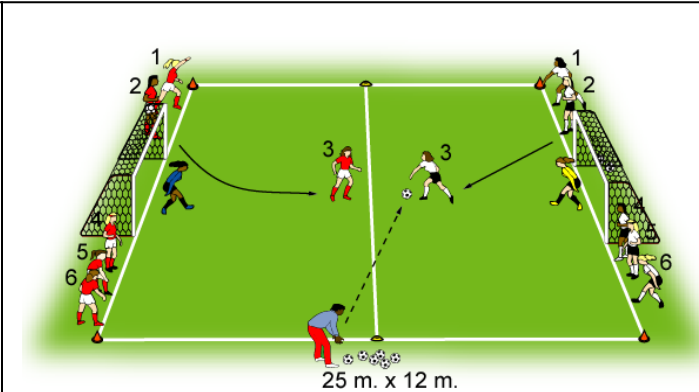
Small-Sided-Game:

The Numbers Game

20 minutes

Organization:

- Two teams of 7 including two GKs.
- Players line-up to the side of each goal and are numbered 1 to 6
- Playing field of 25x12m.
- One goal at each end.
- Change players every 30 seconds.



Coaching Points:

- Take away the shot and close down quickly.
- If forward has a poor touch try and win the ball.
- If forward has a good touch jockey/contain her.
- Watch the ball not the forwards feet/body.
- Angle your body to steer forward to side.
- Be strong in the challenge

Description:

1. The game begins when the coach calls a number and serves a ball into one half of the field. The two players with that number run on to the field and the first to the ball tries to score while the other player must try and win the ball and score. If a goal is scored the coach serves another ball onto the field. After thirty seconds the coach shouts change and calls out another number and the process is repeated. Coach keeps a total score for each team.
2. **Variation:** For the last 5-10 minutes call 2 numbers at a time. Then increase to 3 numbers before the final whistle.
3. **5 Minute Cool Down at the end of the game**

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