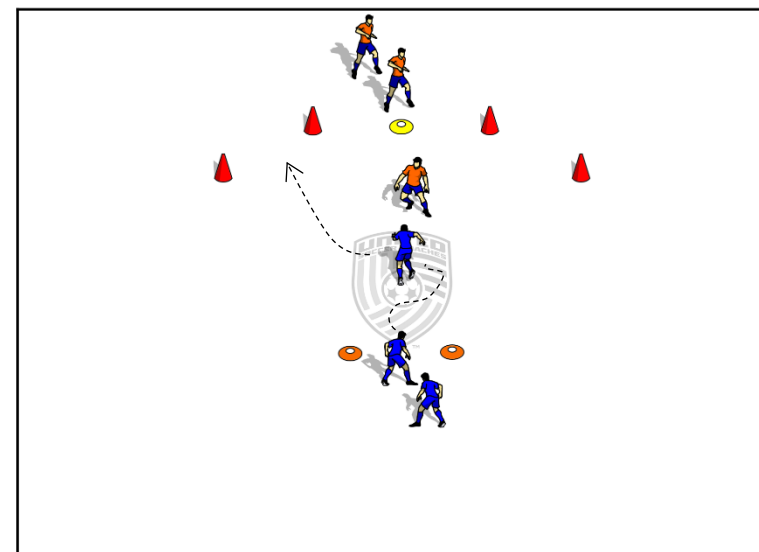


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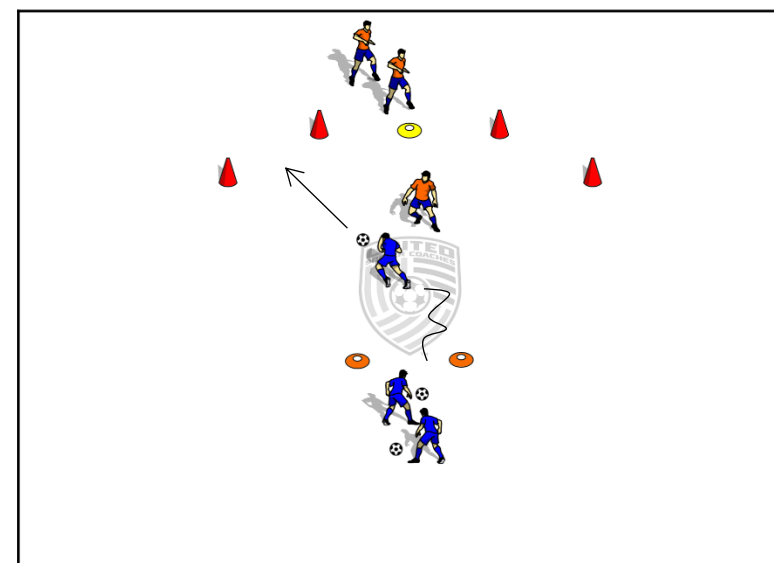
1 V 1 – RUNNING PAST A DEFENDER

- ❖ In this 1 v 1 tag game, the attacking player looks to fake out the defending player and run thru one of the open gates marked by larger cones. The game begins with the defending player touching / stepping on the yellow cone (this means “go”). The attacking player must be paying attention in order to not hesitate. The defending player looks to tag the attacking player before they reach one of the gates
- ✓ Attacking players need to be light on their feet and look to off balance the defending player.
- ✓ Attacking players should look to change their height, direction and speed.
- ✓ Attacking players should also look to take their first 3 steps on an angle, drawing the defending player off to one side which creates space that can be used to fake into or spin off into.



PROGRESSION- INCLUDING THE BALL

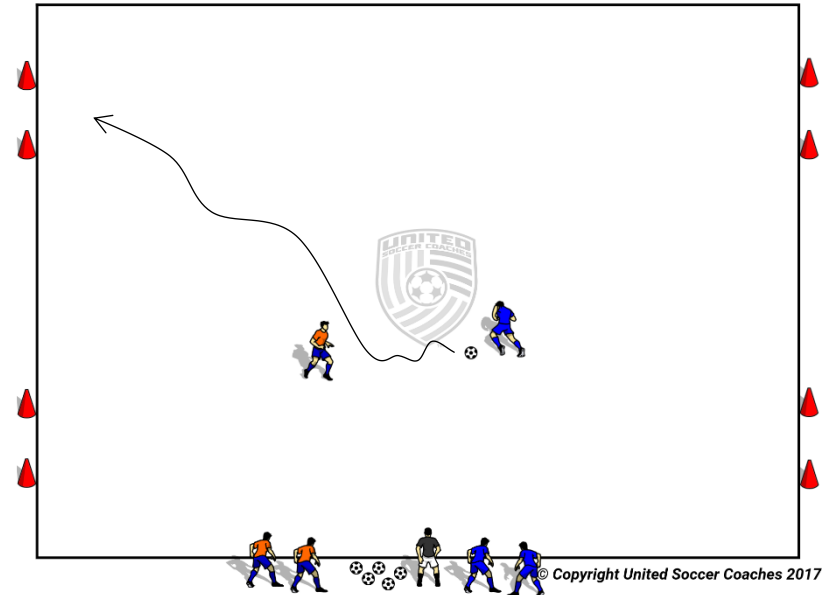
- ❖ In this progression we add a ball. The attacking player must now dribble the ball under control thru one of the gates. The defending player looks to poke the ball away.
- ✓ Attacking players need to keep the ball close and try not to expose it to the defending player.
- ✓ Attacking players should look to fake using their body to make the defending player lean one way then accelerate past them thru the gate.
- ✓ Encourage attacking players to use tricks to fool the defending player
- ✓ If the defending player gets too close, encourage the attacking player to secure the ball by protecting it then teach them how to spin off towards an open gate.



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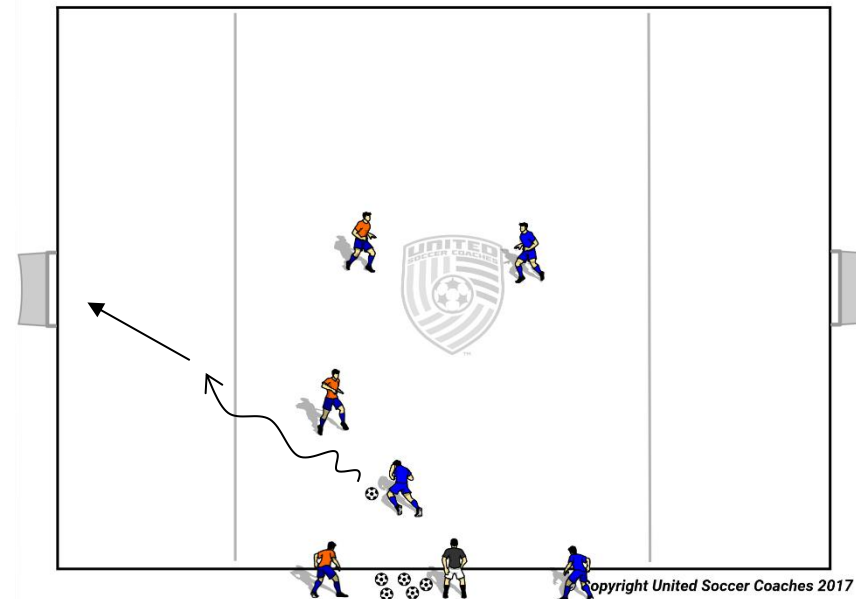
PROGRESSION – 1 v 1 GAME

- ❖ In this 1 v 1 game, players look to run with the ball as much as they can. The coach knocks loose balls onto the park for the players to battle for, dribble thru one of the two gates one the end of the field. The coach has the choice of keeping the same 2 players on the field for a few turns in a row or continually rotate players in and out.
- ✓ Attacking players need to keep the ball close and try not to expose it to the defending player.
- ✓ Attacking players should look to fake using their body to make the defending player lean one way then accelerate past them until the attacking player can see the goal. Encourage them to shoot as soon as they have gone beyond the defending player.
- ✓ Be sure to encourage players to use tricks and be creative but to never expose the ball to the defender. If need be, protect it first then spin off.



PROGRESSION – 2 v 2 GAME WITH 1 v 1 FOCUS

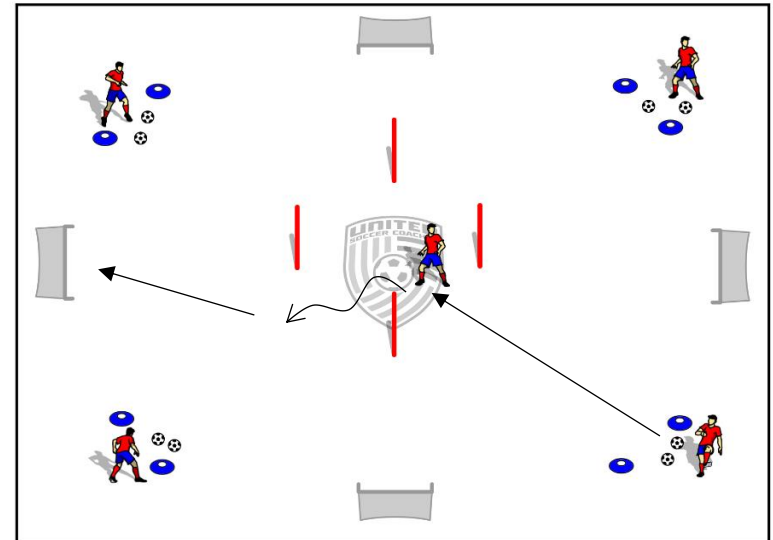
- ❖ In this 2 v 2 game, players still look to run with the ball as much as they can. The coach knocks loose balls onto the park for the players to battle for, dribble and try to score on the goal at end of the field.
- ❖ Players are not allowed to shoot on goal until they have dribbled into the end zone.
- ✓ Players are still encouraged to dribble the ball and attack the end zone every time they have the ball even though they now have a teammate available.
- ✓ The player off the ball can help by moving and opening up space to isolate the 1v1 opportunity.



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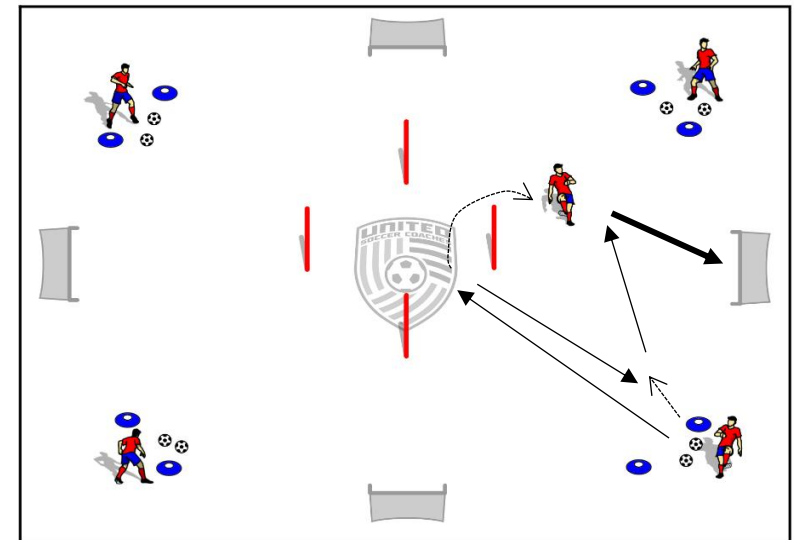
PASSING / RECEIVING & FINISHING

- ❖ In this activity, we increase the group to 5 players.
- ❖ The player in the middle looks to receive a pass, takes a touch in any direction they choose and finishes on goal.
- ❖ Once the player in the middle finishes, they look to receive a new pass from a different player on the outside.
- ❖ Passes need to be crisp and remain on the ground.
- ❖ Players need to move into a space that has a clear path from the passer into their feet and look to receive with an open body so they can attack a new space before finishing.



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- ❖ This time, the player in the middle receives a pass, bumps it back then attacks Around one of the poles / cones towards goal and receives a second pass That they look to finish first time.
- ❖ Once the player in the middle finishes, they take the place of the player who Played the previous pass and that player enters the middle looking to link up With another player on the outside and the rotation / combination repeats.
- ❖ Passes need to be crisp and remain on the ground.
- ❖ 1 touch is ideal but for younger ages, start with 2 (control then play).



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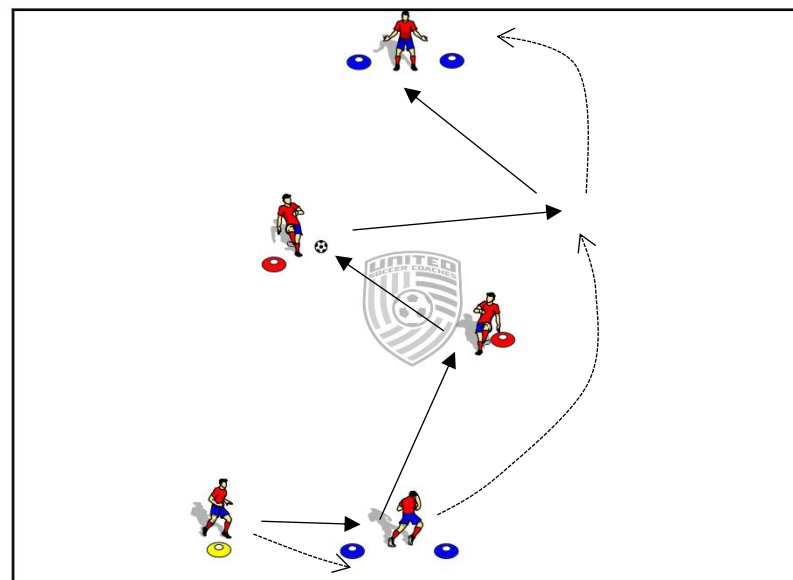
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COMBINATION PASSES – LINKING UP

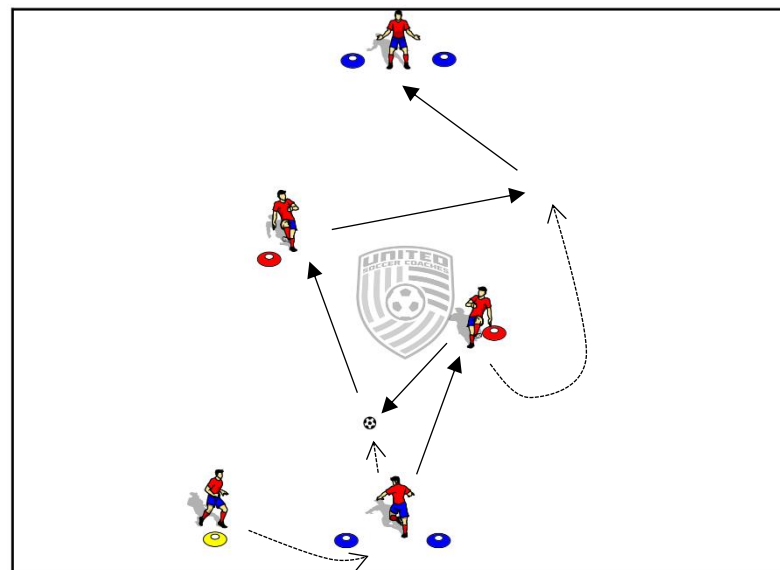
- ❖ In this activity, players look to play quick combination passes.
- ❖ Ask the players on the Red cones to check away before showing / calling for ball.
- ❖ Passes should be played quickly, on the ground, with the correct weight and probably most importantly, the correct side of the receiving players body!
- ❖ The pattern repeats at both ends.
- ❖ Switch the 2 players in the middle every so often.
- ❖ Change the pattern slightly by having the first pass from the blue gate go to the furthest red cone.

✓ Note the first pass is played from the yellow cone. A throw in is also a great way to start the combination.

- ❖ In this activity, we have the players increase the number of combination passes.
- ❖ Remind players to check away before showing / calling for the ball.
- ❖ There is now a rotation thru the middle with the player on the closest Red cone spinning off to receive the forward pass. They join the top of the line while the player who was at the bottom Blue gate takes the up the vacant Red cone.
- ❖ Passes should be played quickly, on the ground, with the correct weight and on the correct side of the receiving players body.
- ❖ Be sure challenge the players by changing the patterns using the same rotation.



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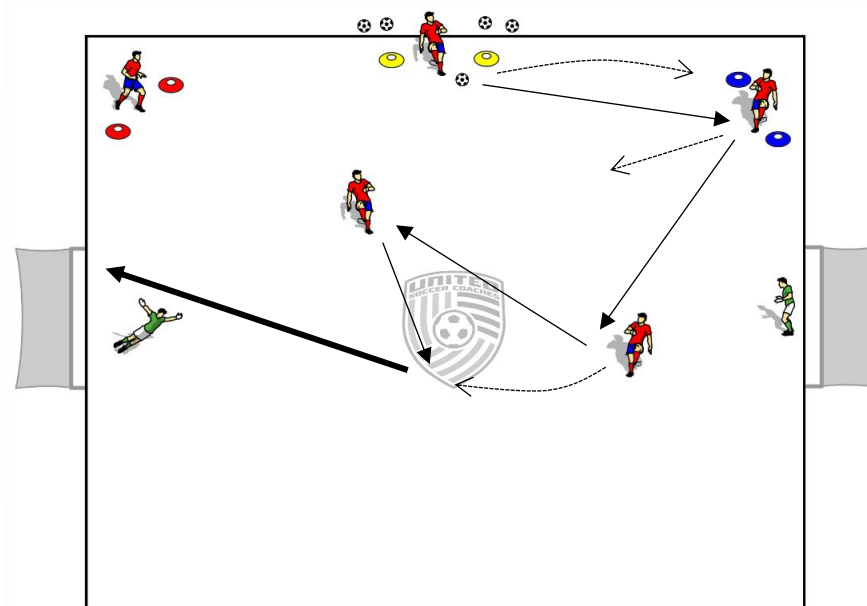


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COMBINATION PASSES – LEADING TO GOAL

- ❖ In this activity, the players are allowed to move more freely within the space.
- ❖ Remind players to check away before showing / calling for the ball.
- ❖ Allow the players to make up their own passing patterns while encouraging them to move around and stay spread out.
- ❖ The activity begins with a player playing a pass from the Yellow gate to the Blue gate. This helps with Social Distancing requirements while allowing the players to combine more.
- ❖ Once the shot is taken, the shooter becomes the new player at the Yellow gate and plays the first pass to the Red gate and the players attack the other goal. The player who received the first pass at the Blue / Red gate, enters the space and looks to link up when the pattern starts.
- ❖ Playing quick, well weighted passes is important!

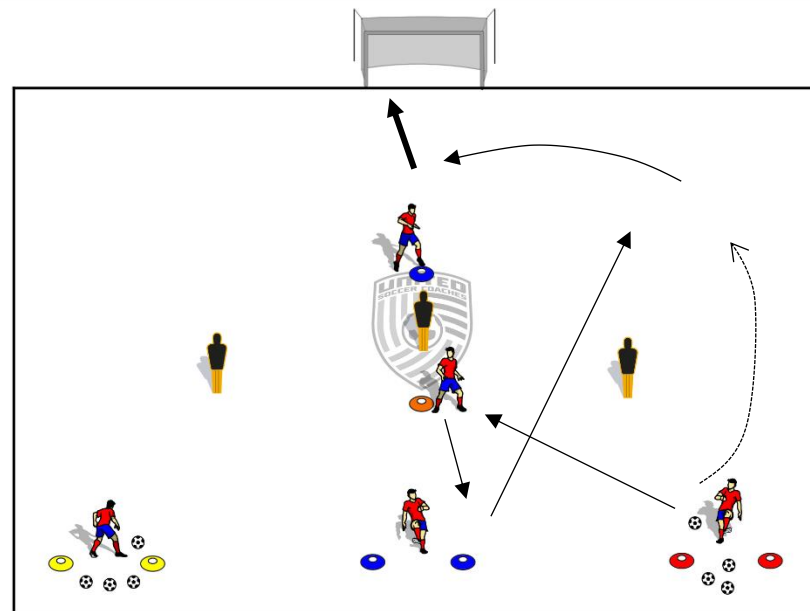
- ✓ Note the first pass is played from the Yellow gate. Playing a throw in is also a great way to start the combination.



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COMBINATION PASSES – CROSSING AND FINISHING

- ❖ In this activity, the players pass thru a set pattern which leads to a cross and Finish on goal.
- ❖ Remind players to check away before showing / calling for the ball.
- ❖ Teach the players different types of passes such as outside of the foot, in the air or driven into the space ahead of the “winger”.
- ❖ Allow the players to make up their own passing patterns.
- ❖ Rotation is as follows... Blue cone – Orange cone – Blue gate – whichever side played the last first pass... The other side then plays...
- ❖ Playing quick, well weighted passes is important!



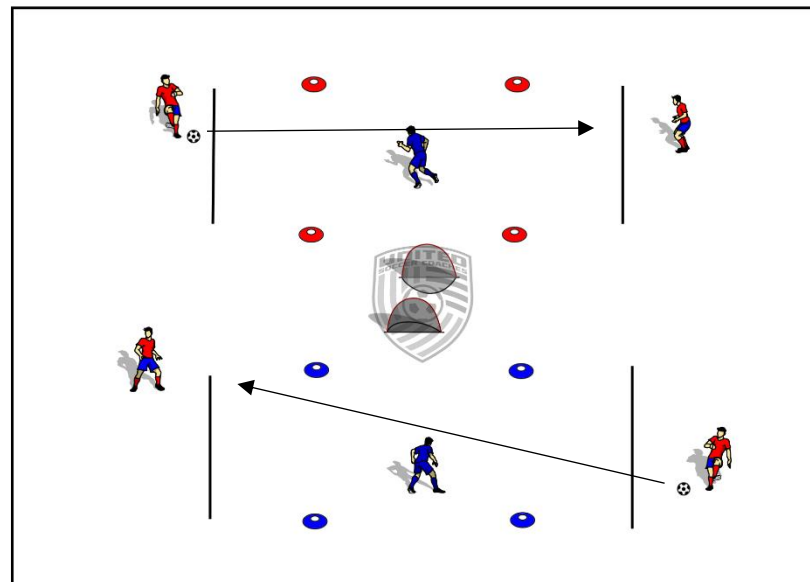
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PASSING – SLIDING TO PROVIDE BETTER ANGLES 2 V 1

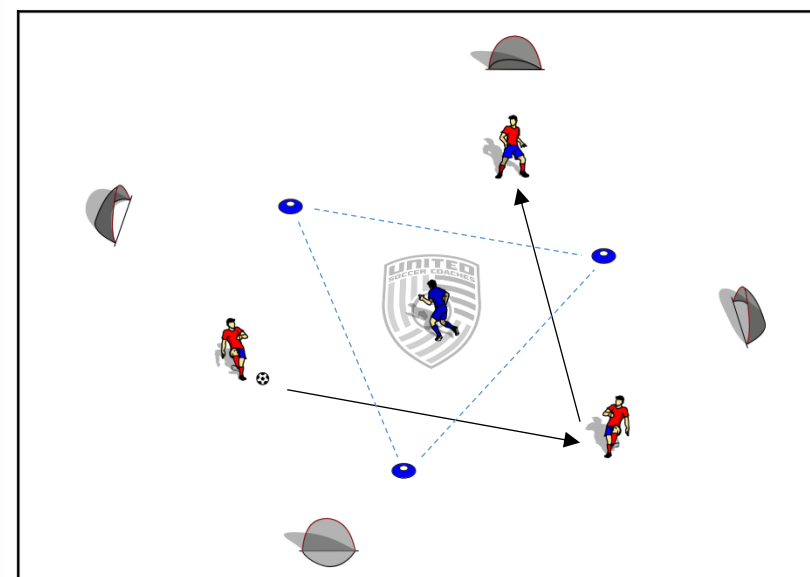
- ❖ In this activity, 2 players look to connect passes by playing past an opponent who is restricted to a colored box. The 2 players in possession must remain behind their respective lines.
- ❖ Players (in Orange) will need to slide side to side in order to create a better passing angle for their partner.
- ❖ At first, do not place restrictions on the players in Orange such as number of touches or time limit with the ball.
- ❖ If the defender (in Blue) intercepts the pass, they look to score a point by passing the ball into a pugg goal.
- ❖ Rotate players every few minutes.



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PASSING – SLIDING TO PROVIDE BETTER ANGLES 3 V 1

- ❖ In this activity, we move to 3v1. Players look to connect passes by playing past an opponent (in Blue) who is restricted to the triangle. Players (in Orange) will need to slide side to side in order to create better passing angles.
- ❖ If the defender (in Blue) intercepts the pass, they look to score a point by finishing a pass into one of the pugg goals on the outside.
- ❖ Players in Orange are not allowed inside the triangle but all passes must cut thru the triangle as seen in the diagram.
- ❖ Again, at first, do not place restrictions on the players passing the ball but eventually increase the difficulty by reducing time / number of touches
- ❖ Playing quick, well weighted passes is important!



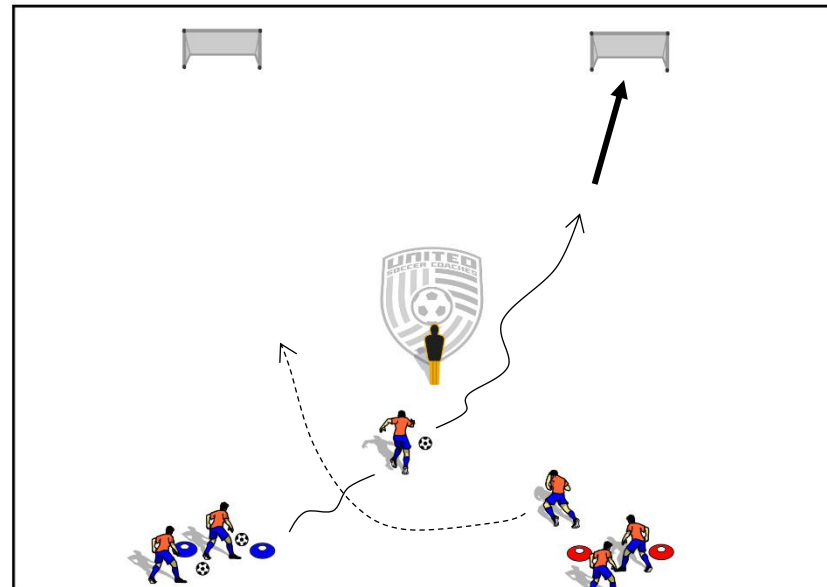
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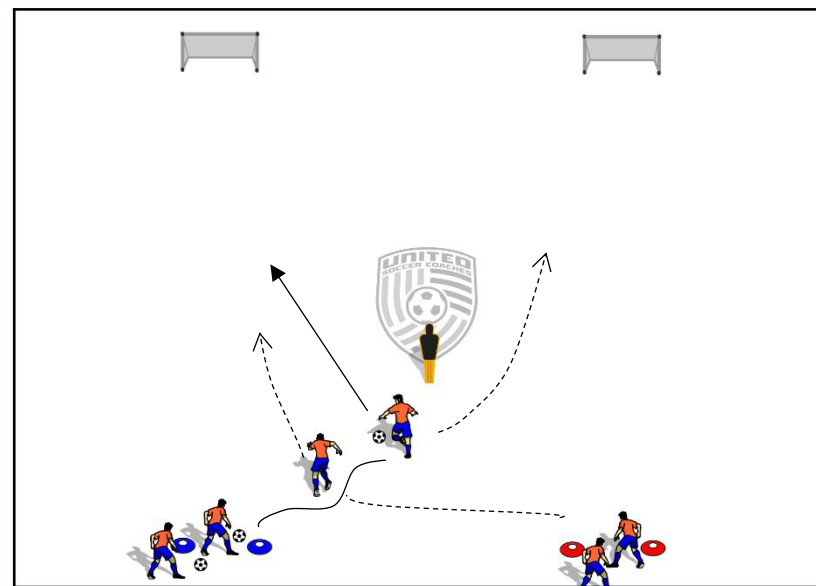
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ATTACKING THE GOAL USING OVERLAPS – 2 V 1

- ❖ Get the players set up in 2 lines as shown in the diagram.
 - ❖ The player at the BLUE gate who has the ball, dribbles on an angle towards the other side of the Mannequin. The player at the RED gate looks to run behind the player with the ball.
 - ❖ Once the 2 players have gone past the mannequin, the player with the ball takes a shot on goal while the player without the ball sprints to touch the goal. When they return, they switch lines.
 - ❖ Players are encouraged to attack as quickly as possible.
 - ❖ Make it a competition... who can score first... the player with the ball or the player racing to touch the goal.
 - ❖ Teach the player without the ball to time their run and always go behind the player with the ball.
-
- ❖ This time, the player with the ball plays a lead pass for their teammate to run onto before taking a shot on goal.
 - ❖ Its important that the pass is played at the right time and the right weight so the player running onto it. They shouldn't have to slow down their run because the pass was too soft or see the ball run off the field because its too hard.
 - ❖ Teach the players to play the pass with different parts of their feet. The Outside of the front foot can be the most effective!
 - ❖ Same as before, make it a competition to see who can score first... the ball in the goal or the player touching the goal.



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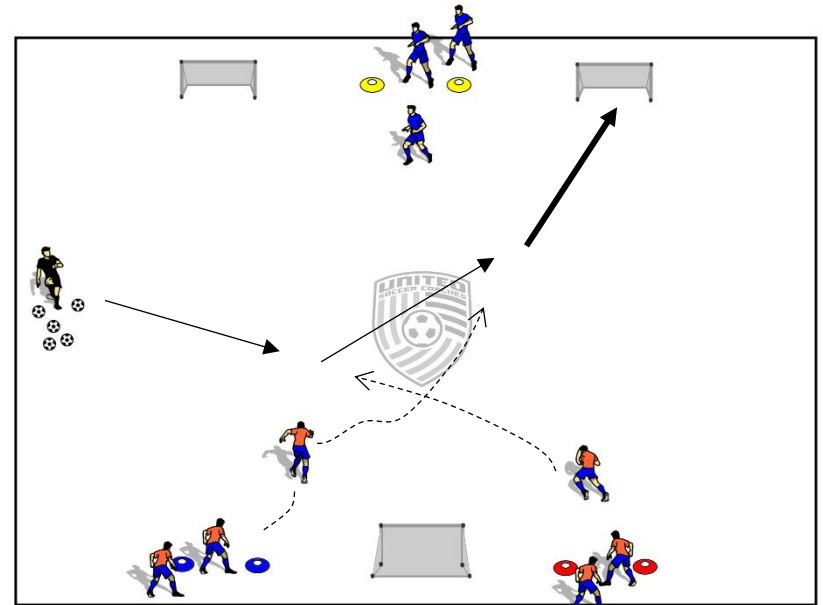
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GAME – 2 V 1

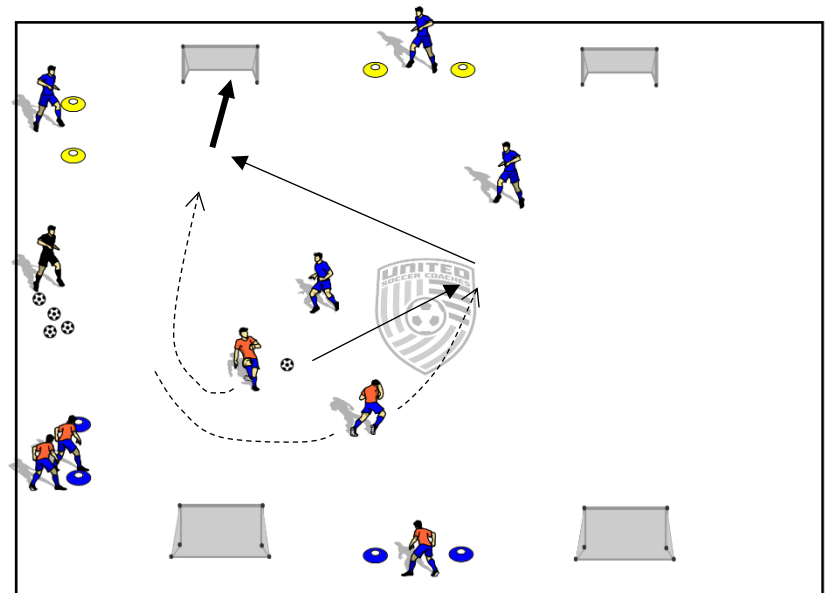
- ❖ In this activity, we play a 2 V 1 game with goals at both ends.
- ❖ If the 2 score, they are awarded 1 point. If the 1 scores, they are awarded 3.
- ❖ Its important to play quickly and make diagonal movements with and without the ball in order to off balance the defending player.
- ❖ In the diagram, the player on the right darts towards the ball. The player on the left recognizes this and makes an overlapping run onto the right side of the field where they collect a pass and shoot on goal.
- ❖ After so many turns / minutes, switch which end each team starts from.



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GAME – 2 V 2

- ❖ We now move to a 2 V 2 game... each team has 2 goals.
- ❖ The coach passes a ball on to the field and the first player in each line comes out to compete for the ball.
- ❖ Encourage players to make overlapping runs. Praise ones you see and award a bonus point if done correctly (regardless the outcome of possession).
- ❖ Keep the intensity high and the session flowing!
- ❖ Freeze the game when the ideal moment to preform an effective overlap becomes present. Show the players when and why this makes sense.



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SHAPE – BUILDING UP FROM THE BACK

- ❖ Players start in their starting positions at the cone.
- ❖ The Coach knocks a ball into the team in Blue and the players in Orange enter and try to steal the ball and score on the goal. The players in Blue pass the ball around building it up and playing a pass into one of the pugg goals located in the corners of the field.
- ❖ Once the team in Blue score, they are asked to “reset” back the starting cones.
- ❖ Be sure to let the players find any way they like to the pugg goals before asking them to share the ball and play different passing patterns... Self-discovery!
- ❖ After a few turns, switch the defenders (players in Orange) with the players in Blue
 - ✓ We will want to encourage them to play passes around the back and thru the mid field then into the target player before trying to score.
 - ✓ Get everyone involved!



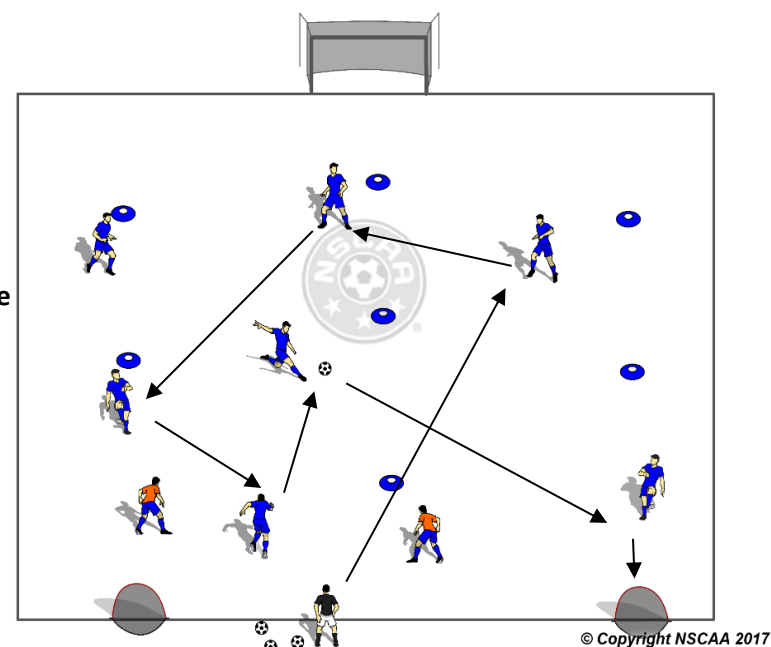
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SHAPE – BUILDING UP FROM THE BACK – BALL IN MOTION

- ❖ In this diagram, the ball is in motion. This is an example of the pattern we are looking for. Add more Defenders to increase difficulty.
- ❖ Its important we emphasize the following terms...

- ✓ Play the way you are facing!
- ✓ Look... Think... Play!
- ✓ Pass on angles... Avoid square passes!
- ✓ Always have support behind the ball!
- ✓ Play away from danger (defenders)
- ✓ Open up and receive on the back foot
- ✓ Play around the back / switch the play
- ✓ Start again / play back when we cant go forward!
- ✓ Drift away from starting cones but keep the field balanced!

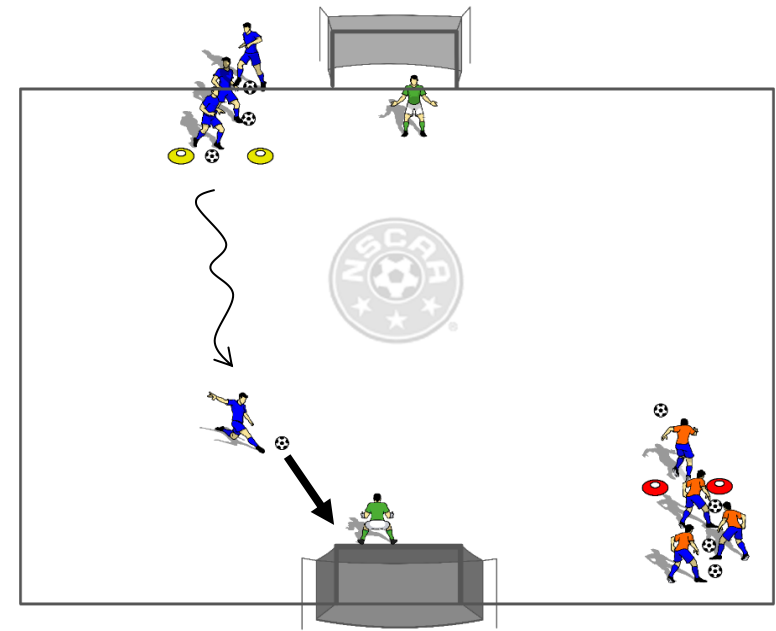
This diagram shows the set up for an 8 aside team. For 6 aside, take away the wide mids and allow wide defenders to venture forward. For 11 aside, add 3 players to suit your formation... 4-4-2 / 3-2-3-2 / 4-3-3 4-2-3-1 / 3-4-3 / 4-1-4-1



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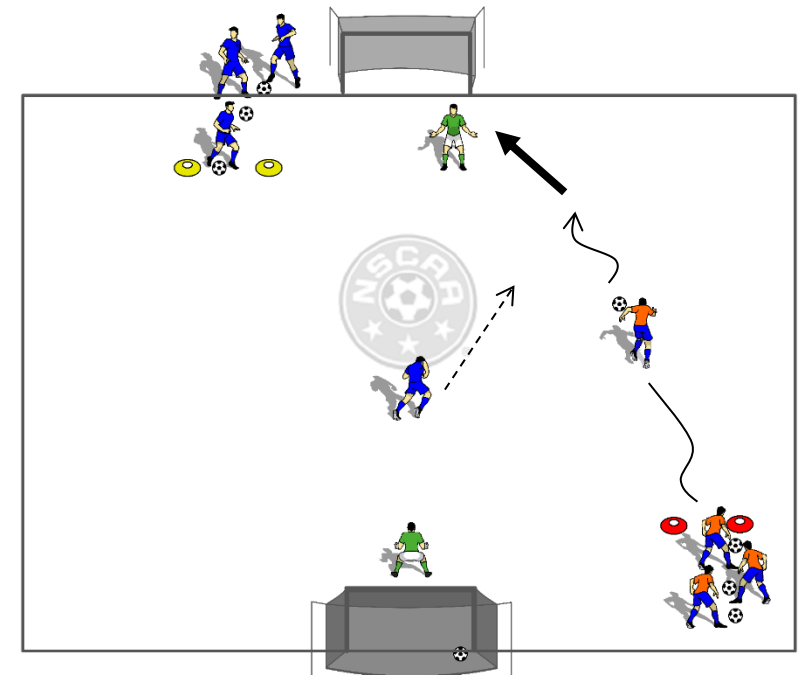
ATTACKING THE GOAL

- ❖ In this activity, the first player in line runs with the ball and attacking the goal ahead of themselves. As soon as the player attacking the goal strikes the ball, the first player in the other line takes off and attacks. The player who had just attacked, chases back and tries to prevent the player now attacking from scoring.
- ❖ The activity continues until 1 team has scored 5 goals.
 - ✓ The player attacking needs to push the ball out of their feet and run / dribble at pace
 - ✓ Players should be looking over their shoulders to see how close the defender / chasing player is to them.
 - ✓ The player attacking needs to also look at the GK and make a decision when to shoot and how to shoot... Strike it, place it in the corner or round the goal keeper and slot it into the open net.
 - ✓ Players need to make sure they do not hesitate when next in line!
 - ✓ GK's look to stop shots / breakaways
 - ✓ GK's need to be brave and come out to challenge the attacking player!



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In this diagram, the player in Blue is now chasing the player in Orange who has taken off towards goal. As soon as the player in Orange strikes the ball, the next player in line on the Blue team will take off.



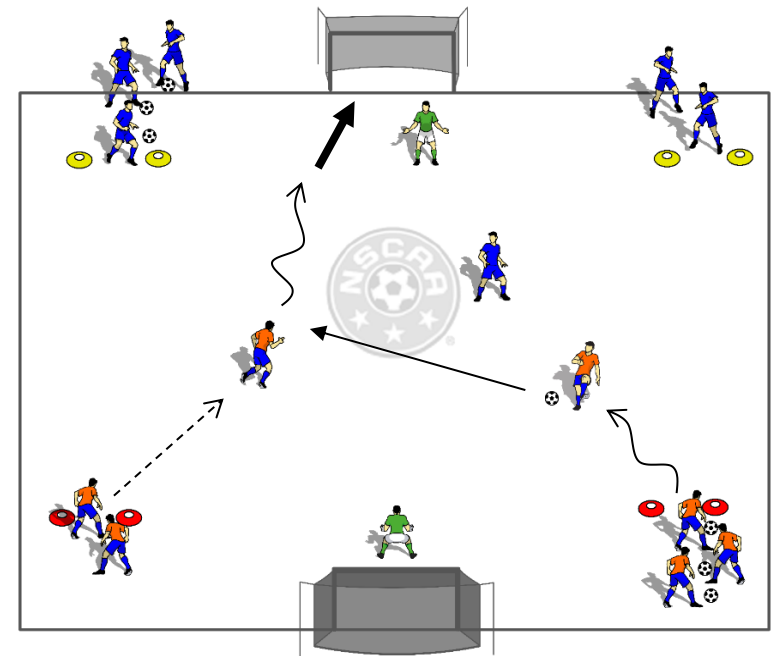
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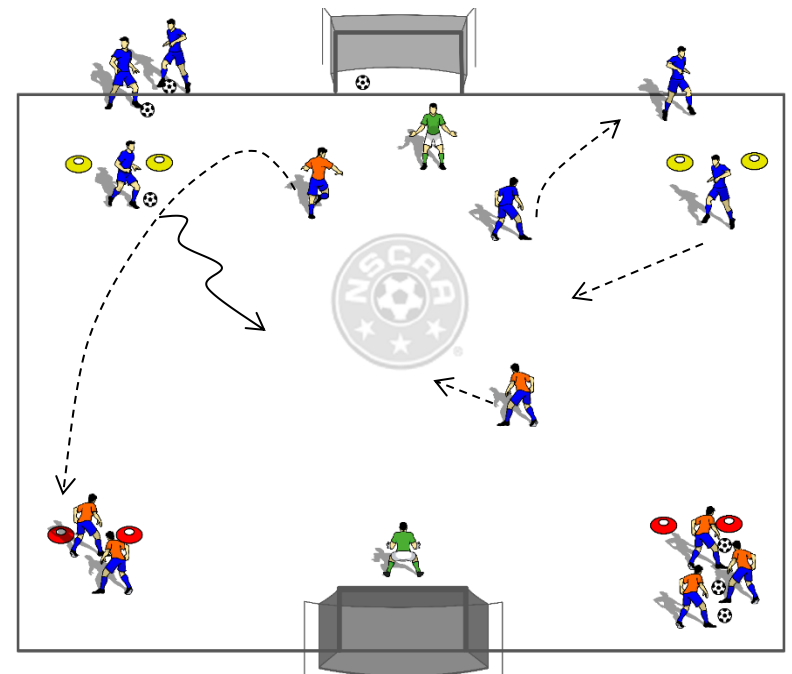
PROGRESSION – 2 V 1 ATTACKING TRANSITION

- ❖ In this progression, we now have 2 attacking the goal. The rotation will always be the same with players attacking, then defending, then returning to their original line.
- ❖ Once the 2 players have attacked the goal, the player who shoots, returns to their line immediately leaving the other player to defend. 2 new players from the other team now attack against this 1 defender.
- ✓ The players attacking must do so at pace and look to share the ball setting each other for a chance on goal. If the defender wins the ball, the attack is finished and the next 2 attack.
- ✓ The player with the ball should look to run with the ball on their own until pressure is created, then pass.
- ✓ Too many players pass when they have no pressure which helps the defender. Look to draw them in... then pass!



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In this diagram, the Orange player who just scored in the top goal, returns to his line while the other Orange player is getting central in order to defend the 2 new Blue players attacking. The Blue player who just defended also returns to their original line.



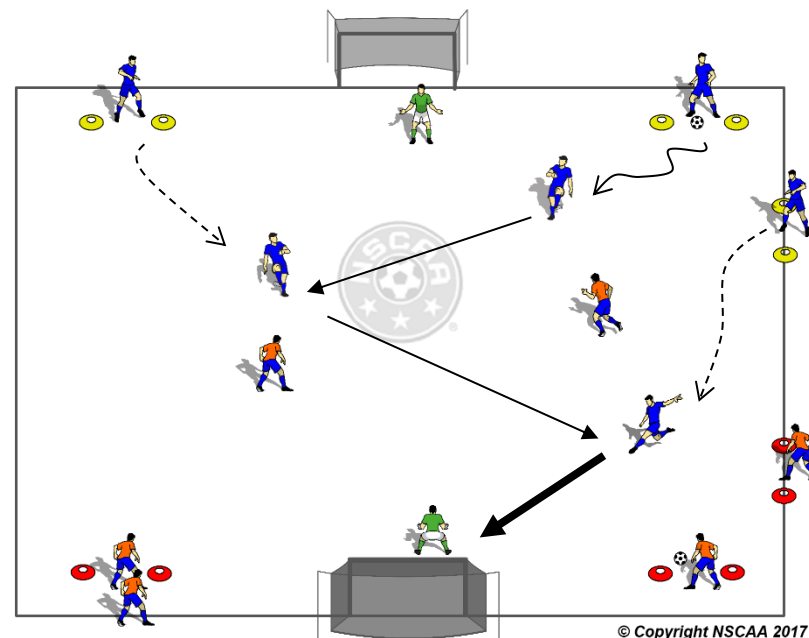
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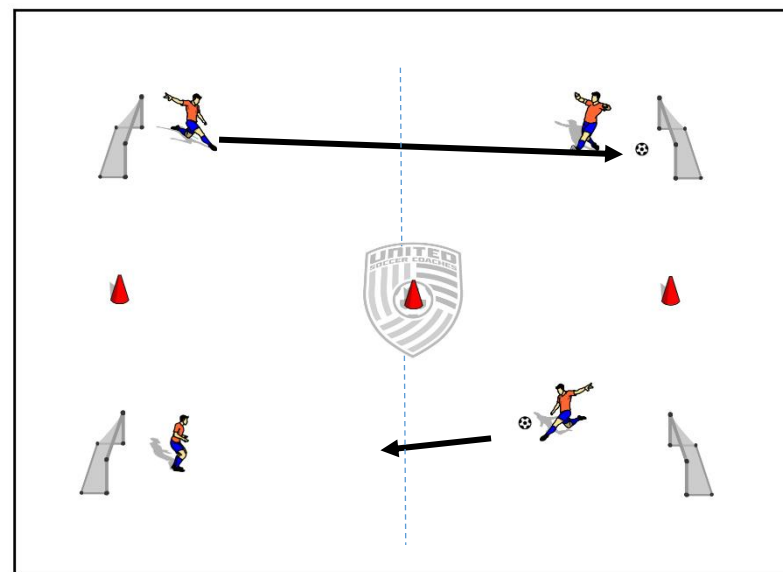
PROGRESSION – 3 V 2 ATTACKING TRANSITION

- ❖ In this progression, we now have 3 attacking the goal. The rotation will always be the same with players attacking, then defending, then returning to their original line.
- ❖ Once the 3 players have attacked the goal, the player who shoots returns to their line immediately as before, leaving the other 2 players to defend. 3 new players from the other team will attack against the 2 defenders.
 - ✓ The players attacking must do so at pace and look to share the ball setting each other for a chance on goal.
 - ✓ This time, if one of the defenders wins the ball, they can attack back towards the attacking teams goal. If a team loses the ball, they should look to win the ball back and attack again.
 - ✓ Teach the players that when attacking, we always need support behind the ball... if we cant play forward, we turn and start again by playing backwards to go forwards somewhere new.



STRIKER WARS

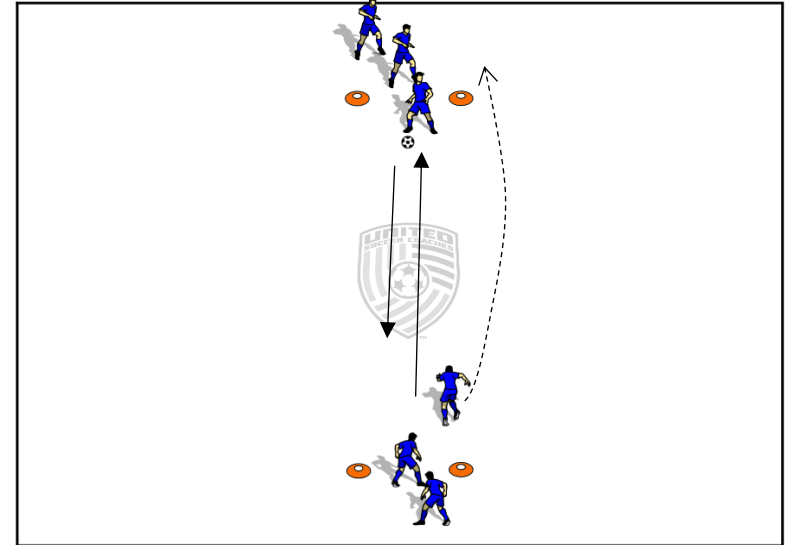
- ❖ Striker Wars is an exciting back and forth game where players play 1 V 1 in a small space. Each player has a goal and is limited to their side of the halfway line.
- ❖ Games last 2 mins.
- ❖ Players are allowed to block the ball with any part of their body including their hands.
- ❖ Encourage the players to play quickly!
- ❖ Coach proper technique ie. Use of the laces for power... side foot for accuracy



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PLAYING INTO A TARGET PLAYER– FINDING PASSING ANGLES TO PLAY FORWARD

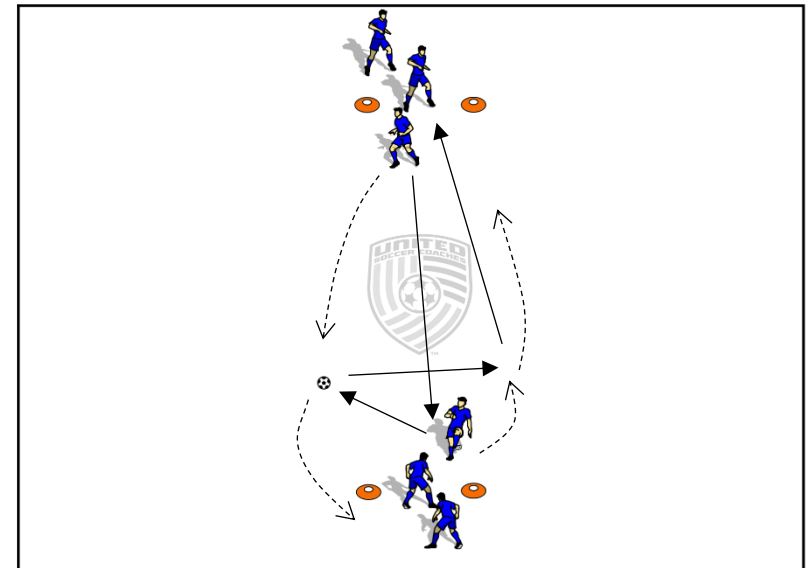
- ❖ In this activity, players make a pass to the other line and follow that pass. It is very important that the passes, whether they be rolling on the ground or traveling through the air, have the correct weight and spin on them as this will help the receiving player with their first touch. Accuracy is key!
 - ✓ Service is the most important part of passing. All passes need to roll and be played crisp into the receiving players feet.
 - ✓ Begin with 2 or even 3 touches in the end lines, but move to 1 touch everywhere once quality has been reached.
 - ✓ For older groups, start with passes on the ground, but then move to passes that travel through the air.
 - ✓ Make sure players work on receiving and passing with both feet!



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PROGRESSION

- ❖ This time the player in the top line supports the player in the bottom line by playing a give and go. It is very important that the player in the top line moves into a space quickly to support the player with the ball. It is also very important that the player who came from the top line plays his give and go pass in front of the player in the bottom line.
 - ✓ All the above coaching points apply here.
 - ✓ Get the players to try playing on 1 touch.
 - ✓ Change the distance between the two lines.



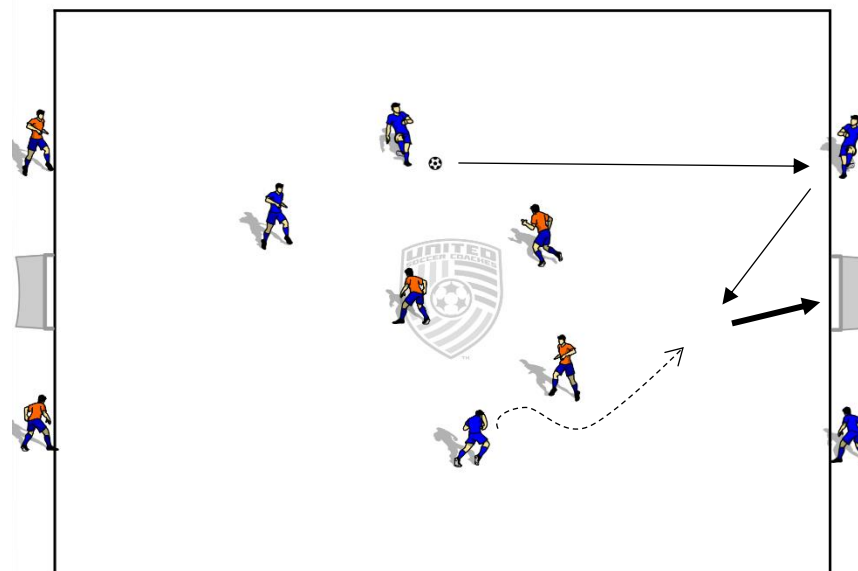
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GAME – 3 V 3 WITH 2 TARGETS

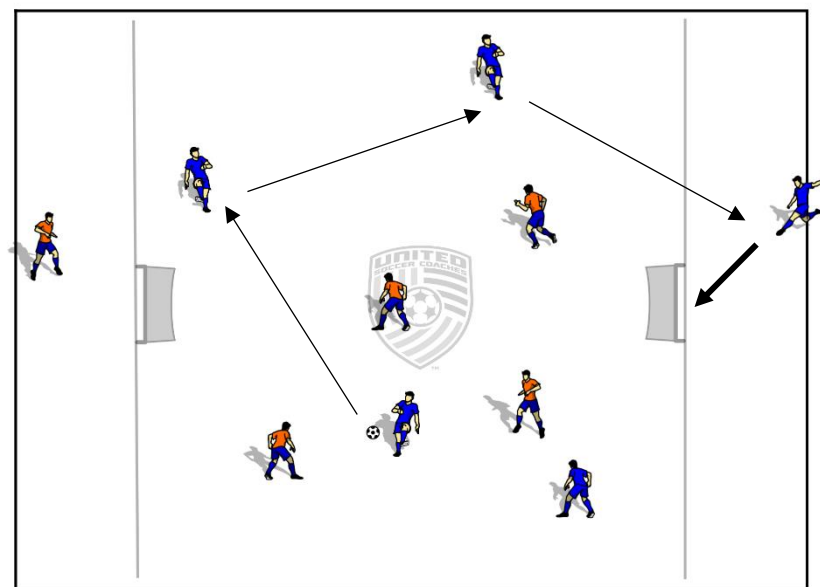
- ❖ In this game there are 2 target players located on either side of the goal while the rest of the players play 3V3 in the middle. Before a team can score, they must play into one of the targets before taking a shot on goal.
- ✓ Target players can start with 2 or 3 touch, but eventually move to 1.
- ✓ Players need to play quickly but should be discouraged from forcing passes into the target players.
- ✓ Target players should look to slide up and down the line providing better passing angles for the player with the ball.
- ✓ If the same player who plays a pass into the target player also scores the goal, that goal is worth 3. This will encourage players to support their passes.



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GAME – 4 V 4 WITH 1 TARGET

- ❖ In this game there is only 1 target player and the goals are turned around. The target will need to move so that they can give a good angle for the player with the ball while still having a good angle to shoot on goal. Start with 2 touches, but quickly move to 1 touch only for the target player. If the target player misses the goal, the game continues as the ball is now back in play.
- ✓ The target player will always want to be on the same side as the goal as the player with the ball and play with as much depth as possible to give a better angle towards the goal allowing them to finish with 1 touch.
- ✓ Make sure players don't force their passes into the target. If a clear, high percentage pass is not available, keep moving the ball until there is one.



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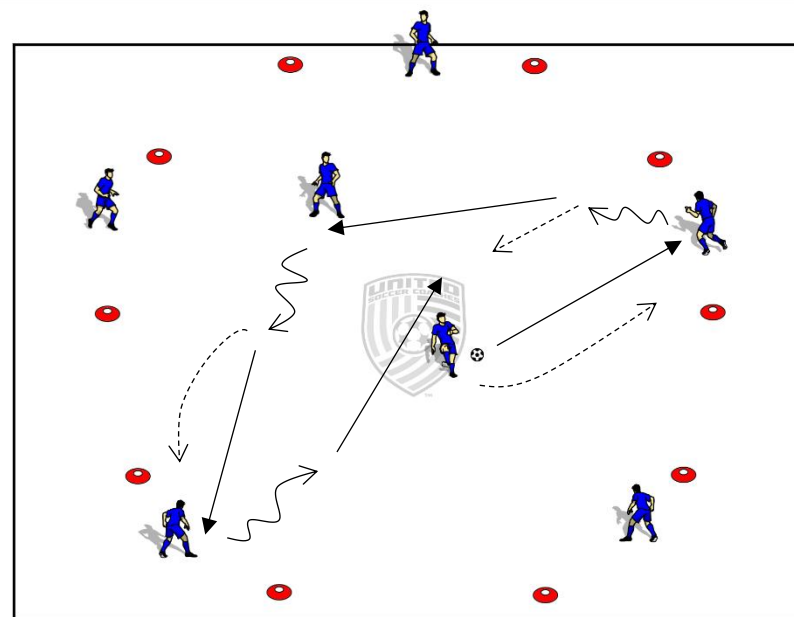
PASSING & SUPPORTING – MOVING THE BALL QUICKLY

- ❖ In this activity, there is 1 ball and the 2 players in the middle who look to work off each other while also combining with the players on the outside of the circle.
- ❖ The pattern starts with the player in the middle with the ball playing a pass to a player on the outside. Once this player in the middle plays the pass, they follow it and replace the player they passed to. That player attacks the inside of the circle and looks for the other player in the middle. A pass is made to this player who is waiting inside the circle and the pattern repeats...
- ❖ Pass out, go out... come inside the circle, pass to other player inside circle.

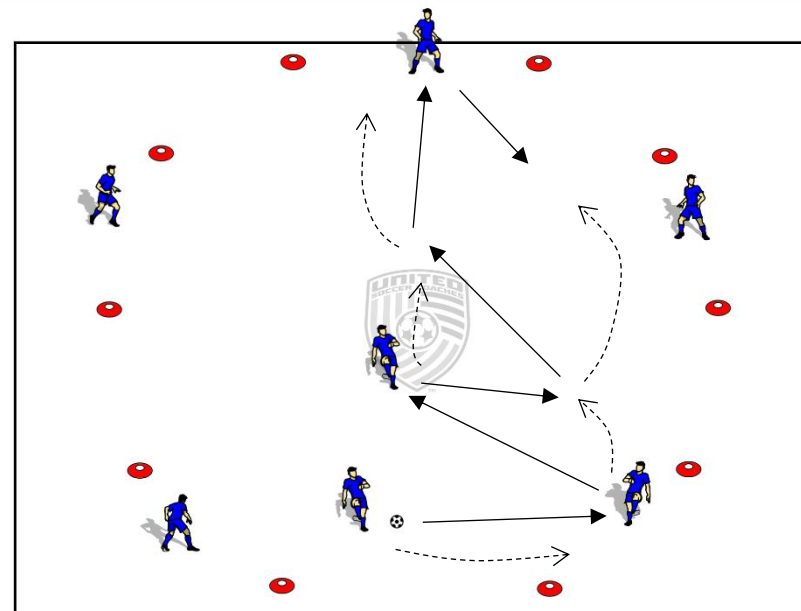
- ✓ Players need to play quickly while making crisp accurate passes.
- ✓ The player in the middle waiting for the next pass from the new player entering the circle should look to get away from the middle and already be open so they can receive on their back foot and play out on a new angle.

PROGRESSION

- ❖ This time, the 2 players in the middle look to combine a give and go before repeating the pattern. This should be done quickly and ideally on 1 touch while attacking new space and playing on a different angle each time.
- ✓ The player in the middle will want to come show for the ball while the new player entering the circle will look to play off them.
- ✓ Playing on 1 touch will be ideal but start with 2
- ✓ Players should look to be creative with their touches and runs!



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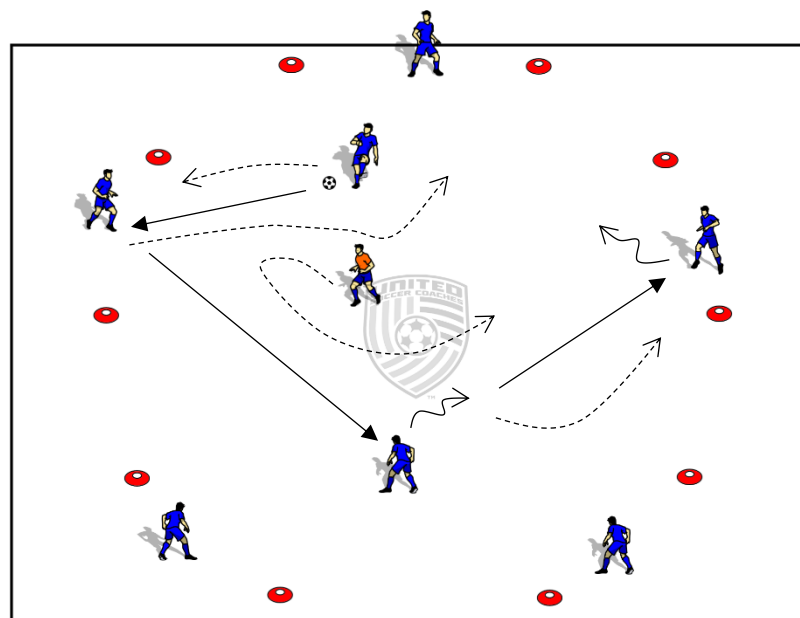
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PROGRESSION

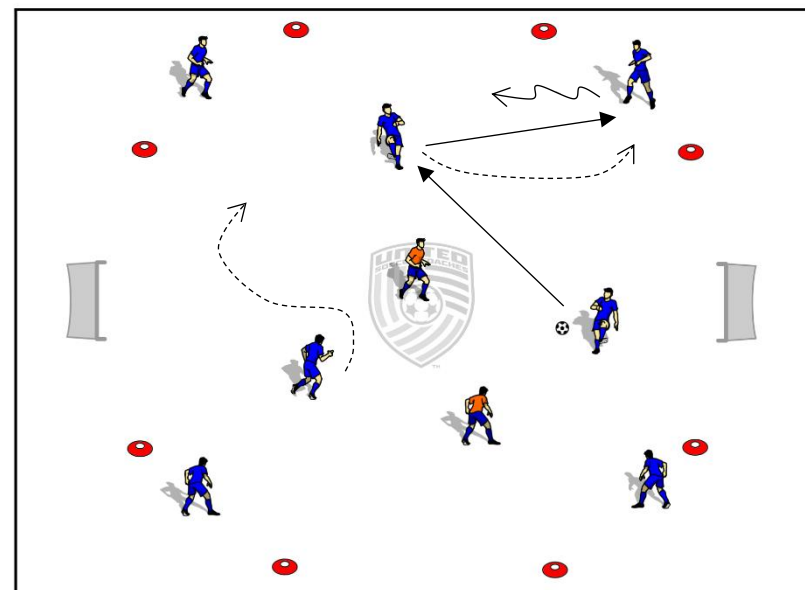
- ❖ This time, the 2 players in the middle need to deal with a defender who looks to win the ball. If the defender does win the ball, they play a pass to anyone on the outside for a point. The ball is then played back in to one of the 2 players in the middle and the pattern restarts with the first one being free to anyone on the outside of the circle.
- ❖ Change the defender after a few turns.
 - ✓ Movement of the player on the inside of the circle is crucial. We don't want to see them hiding behind the defender. They should look to show in space with an open body ready to receive on their back foot and play away from trouble!
 - ✓ Communication between the players will be important!
 - ✓ Crisp rolling accurate passes will help the success of the activity



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GAME – POSSESSION VS STEAL & SCORE

- ❖ In this game, 1 team tries to keep possession while the other team looks to steal the ball and score on one of the two goals located on the outside of the circle.
- ❖ The defending team gets 1 point if they can knock the ball out of the circle and 3 points if they can score on the goal.
- ❖ Change the defending players / team after a few turns
 - ✓ There is no required pattern the players must pass in
 - ✓ Team in possession needs to move the ball quickly!
 - ✓ Playing away from the trouble / defending players will help!



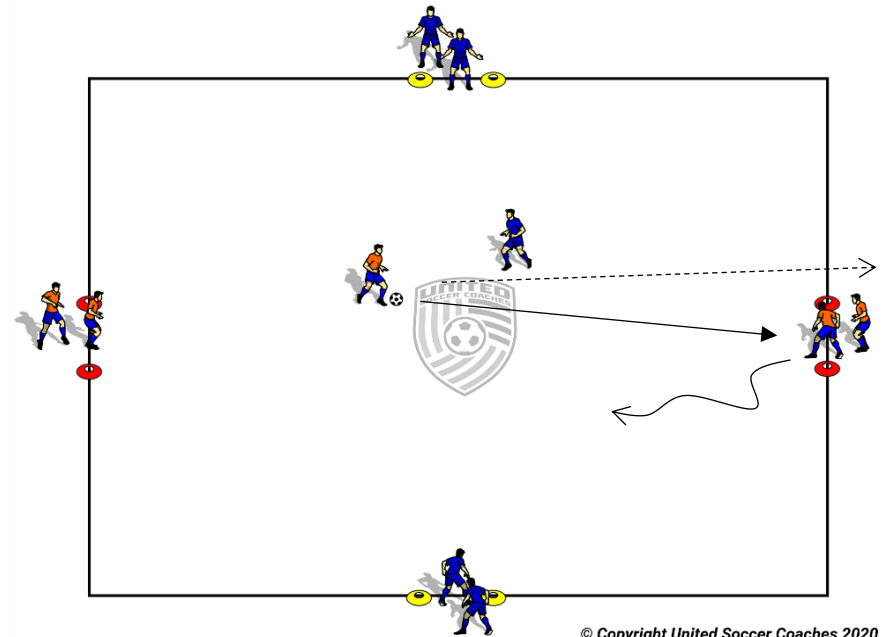
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PLAYING IN TIGHT SPACE – 1 V 1 WITH SUPPORT

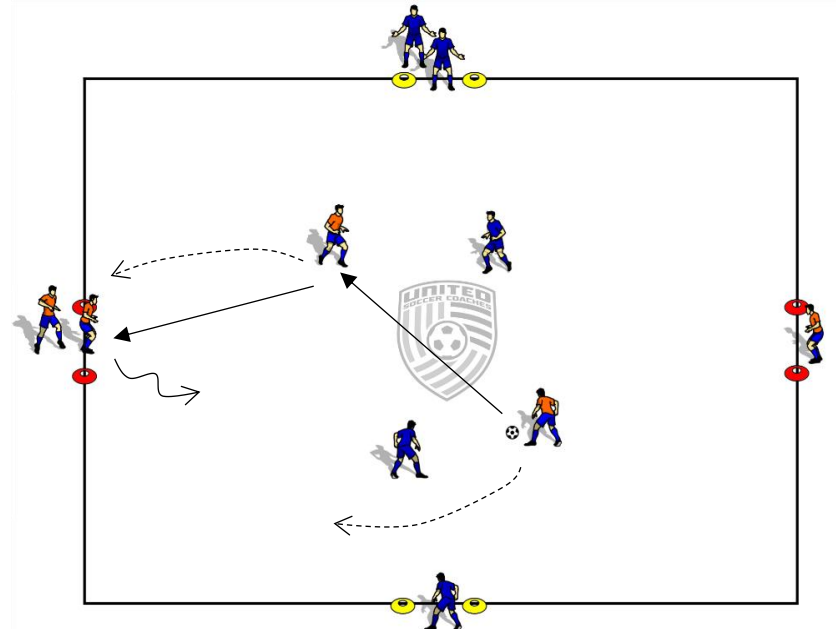
- ❖ In this activity, we play a 2 directional game.
- ❖ One team plays North/South while the other plays East/West
 - ✓ The objective of this activity is to allow the player with the ball the chance to take the opponent on one V one, but its also important to focus on quick ball movement at both ends.
 - ✓ Ask the players to take their first touch out on an angle. This will open up passing lanes to the other end while moving the defender.



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PLAYING IN TIGHT SPACE – 2 V 2 WITH SUPPORT

- ❖ We move to 2 V 2 in the middle of the square.
- ❖ If the space seems too small, don't be scared to open it up as you want the players to have time on the ball and be successful.
 - ✓ The objective of this activity is to allow the player with the ball the chance to take the opponent on one V one, but its also important to focus on quick ball movement at both ends.
 - ✓ Supporting and playing on angles will help stretch the defending 2 And allow players to play splitting passes.



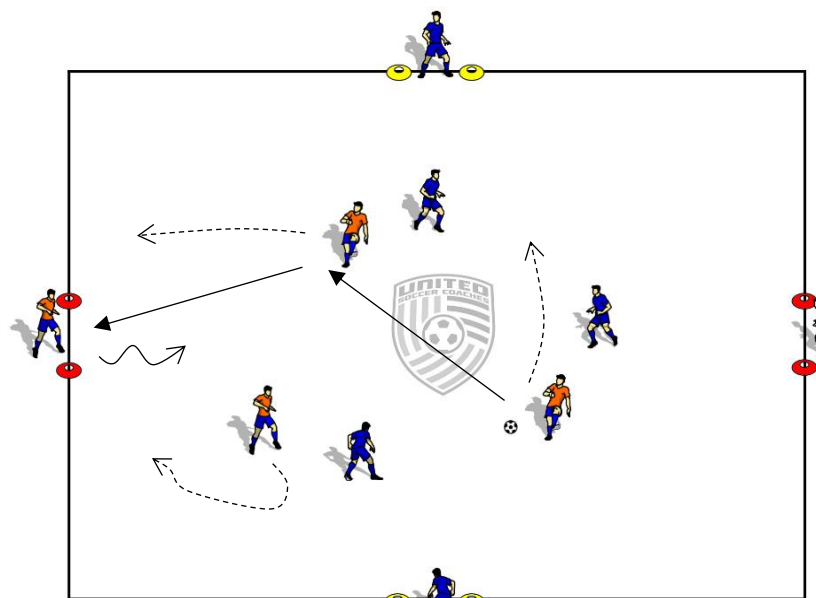
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PLAYING IN TIGHT SPACE – 3 V 3 WITH SUPPORT

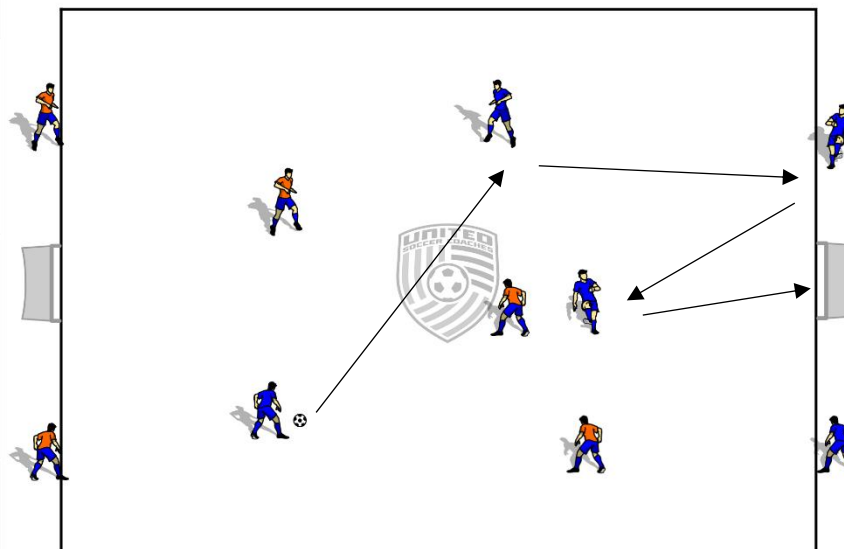
- ❖ Now move to 3 V 3 in the middle of the square.
 - ❖ You will definitely need to open up the space this time.
 - ❖ The larger you make the space, the longer the passes will end up being.
 - ❖ If you keep it small, then very short tight passes will be the best.
-
- ✓ Ask the players to mix it up by playing both short and long passes.
 - ✓ Can the middle players combine between each other and run off the ball.
 - ✓ Supporting and playing on angles will help stretch the defending 3 and allow players to play splitting passes.



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GAME - PLAYING IN TIGHT SPACE – 3 V 3 WITH TARGETS

- ❖ In the game, play 3 V 3 in the middle with 2 Target players on the attacking end.
 - ❖ The larger you make the space, the longer the passes will end up being.
 - ❖ If you keep it small, then very short tight passes will be the best.
 - ❖ In order to score, a team must play into a Target Player and then get it back before shooting on goal.
-
- ✓ Ask the players to mix it up by playing both short and long passes.
 - ✓ Can the middle players combine between each other and run off the ball.
 - ✓ Supporting and playing on angles will help stretch the defending 3 and allow players to play splitting passes.
 - ✓ Target Players should look to move along the line to create better angles.



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