

# GAMES SESSION DESIGN TEMPLATES





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# SAMPLE WARM UP SESSION





sample warm up for pitch		
dynamic warm up		
exercise	reps	
Toe Walk	2	Distance 10 metres jog back
Heel Walk	2	Distance 10 metres jog back
Knee Hug	2	Distance 10 metres jog back
Rotational Lunge	2	Distance 10 metres jog back
Walking Quad Stretch	2	Distance 10 metres jog back
Hamstring Stretch Arms OH	2	Distance 10 metres jog back
running drills		
exercise	reps	
March	2	Distance 10 metres jog back
Skip Forward	2	Distance 10 metres jog back
Skip Lateral	2	Distance 10 metres jog back
High Knees	2	Distance 10 metres jog back
Hip External Rotation Skip	2	Distance 10 metres jog back
Hip Internal Rotation Skip	2	Distance 10 metres jog back
Acceleration drills		
Single Exchange	2	Hold good Technique
Load & Lift	2	Hold good Technique
Jumps		
Forward and Backward	2	compelte as a super set 10 reps of each exercise rest 30 secs repeat
Lateral Jumps	2	
Acceleration		
exercise	reps	
build up run 70%	2	Distance 10 metres walk back
build up run 80%	2	Distance 10 metres walk back
build up run 90%	2	Distance 10 metres walk back



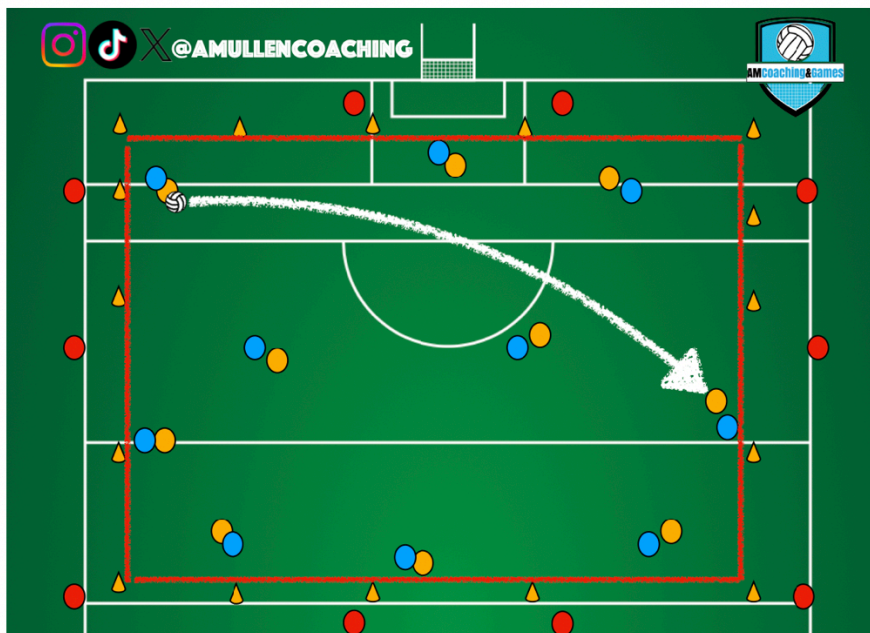
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# ATTACKING SESSION DESIGN TEMPLATES





## Pre Warm Up Activity – Skill Technique (Bilateral) 12 minutes



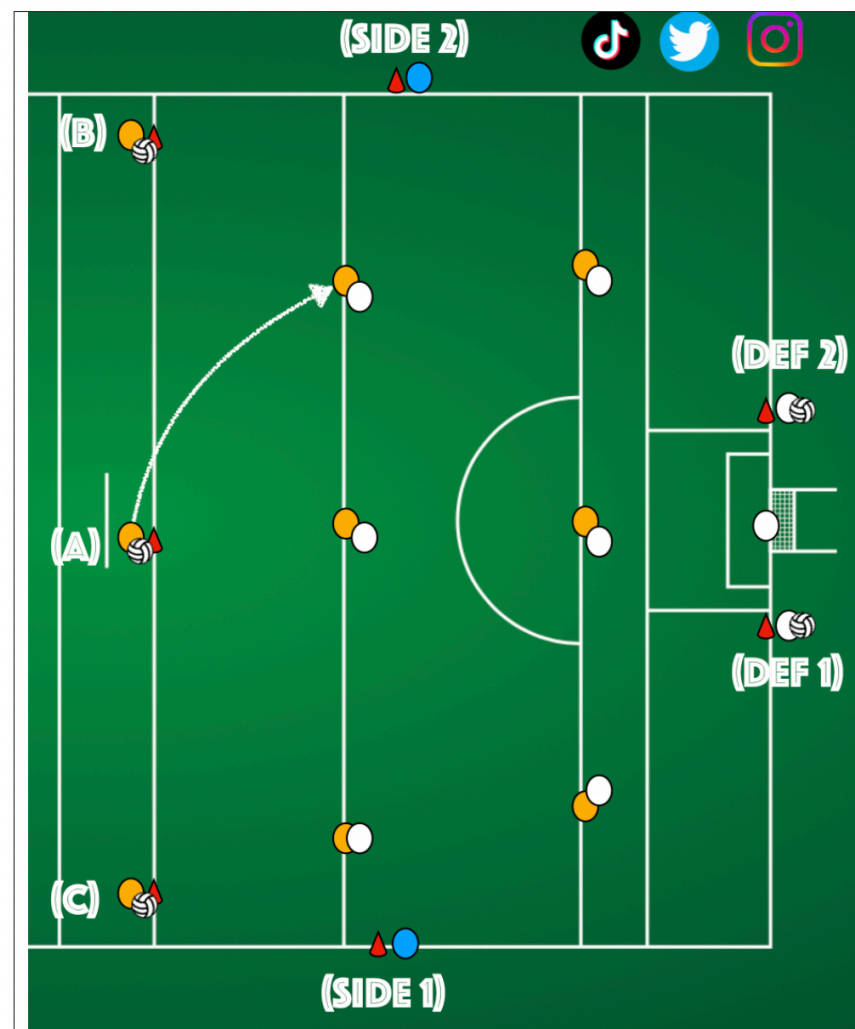
Kick & score - passing & movement activity.

There are 3 teams in this activity. 2 teams playing whilst the others are getting there rest but also been used as support players to create give and go options.

Ball starts with throw in from coach, minimize the plays on the ball to one. In order to create a score the team must execute 2x 20m kick passes before hand. Once two passes are complete they can create a score (point/goal)

Progression: you can only tackle your own player your marking. This will increase the attacking team's role to create separation from defender.

Once ball is dead or 2 minutes are up. One team switch's with reds to allow them into the game



An activity focusing on a 8 v 7 attacking overload from different channels on the pitch.

Coach will start by calling a letter from (a/b/c) to start attack.

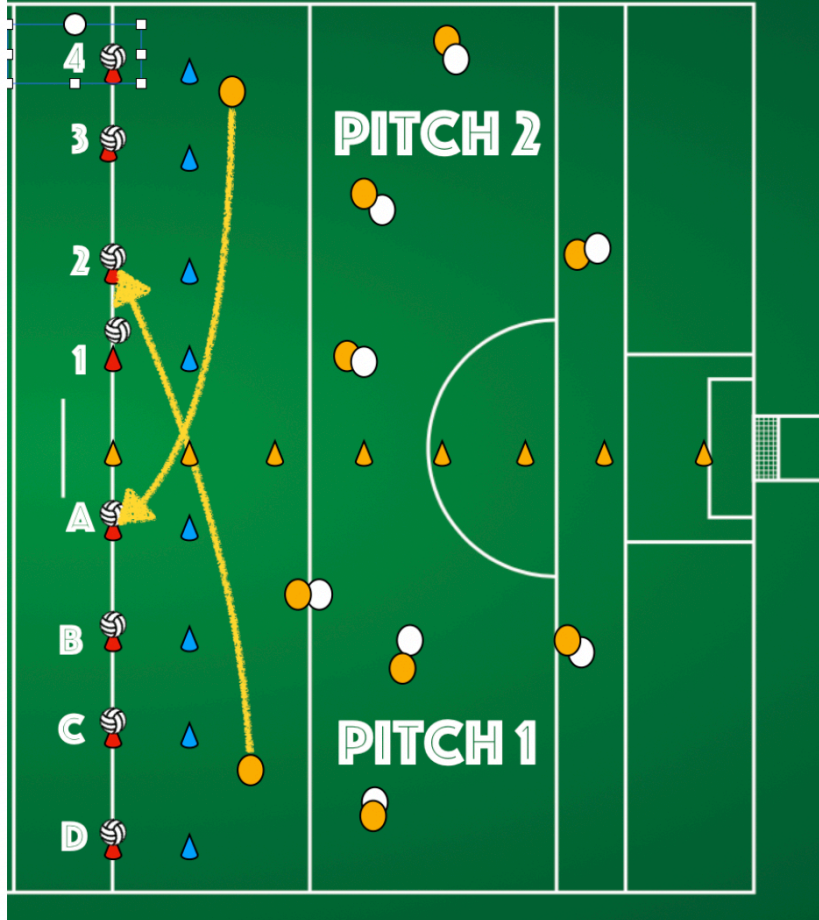
Player from (a/b/c) can deliver pass in or carry the ball once ball is in play full rules apply.

To help out on attacks the (yellow) forwards can pass the ball to (side 1 player) or (side 2 player) if they need to get out of trouble or transition ball. (Side 1/2) are static players and can not become involved in main game.

Once ball is dead coach calls (def 1 or 2) and they must transition ball back out past the red cones creating an 8v8. Defenders can also use (side 1/2) once they are transitioning out of defence.

Once this full movement has happened game restarts from coach's call again.





**An activity focusing on different angles of attack in a 5 v 4 overload scenario**

**Both game starts with the free yellow attacker going to opposite pitch to collect the ball**

**( yellow player in pitch one will get the ball from numbers 1-4) once he receives the ball he can play across field ball back into his pitch or carry back into the pitch.**

**Whilst yellow attacker is gone to get the ball the team mates on that pitch are trying to create pockets of space/ changing the attacking angle and they will finish the movement by taken a score**

**Once ball is dead a new free yellow attacker goes to get the ball and restarts the game.**

**They have 4 attacks and once completed they change over roles and white attack.**

**Minimise the amount of plays that can be taken**





# **Attacking Based Session Template**

## **Game 1**

### **Activity Focus**

- **Key Skills:** Passing accuracy, movement off the ball, support play, creating space, defending 1v1.
- **Primary Objective:** To complete two 20-meter kick passes before attempting a score (point or goal).

### **Coaching Cues**

#### **1. Passing and Movement**

- **Focus:** Accurate execution of kick passes over 20 meters, quick decision-making, and moving to support after passing.
- **Cues:**
  - *"Focus on your body position—plant your foot next to the ball, and follow through for accuracy."*
  - *"Keep your head up before kicking—find your teammate before you strike."*
  - *"After you pass, move into a new space to provide a support option."*
  - *"Communicate with your teammates—let them know where you want the ball."*

#### **2. Support Play (Resting Team)**

- **Focus:** Creating give-and-go opportunities and being available as a passing outlet.
- **Cues:**
  - *"Stay alert even when you're resting—be ready to move into space to receive the ball."*
  - *"Look for quick one-two plays to keep the ball moving."*
  - *"Be an option for the team in possession, especially when they are under pressure."*

#### **3. Attacking Movement**

- **Focus:** Creating separation from defenders and timing runs to receive the ball.
- **Cues:**
  - *"Make a sharp change of direction to lose your marker."*
  - *"Time your run—arrive in the space just as the ball is played."*



- *"Stay wide to stretch the defense, and then cut inside when space opens up."*

#### 4. Defensive Focus

- **Focus:** Staying close to your assigned player, preventing easy kick passes, and maintaining pressure.
- **Cues:**
  - *"Stay tight to your marker—don't give them room to turn."*
  - *"Anticipate the pass—try to cut off passing lanes."*
  - *"Keep your body low and balanced to react quickly."*

#### 5. Scoring Phase

- **Focus:** Creating opportunities to score after completing the required passes, using space effectively.
- **Cues:**
  - *"Be patient—wait for the right moment to take the shot."*
  - *"Aim for accuracy over power when going for goal."*
  - *"Look for a quick give-and-go to create space for a shot."*

#### Progression Focus

- **Marking Restriction (Defensive Focus):** Players can only tackle their assigned player, which challenges the attacking team to use clever movement to create space.
  - *"Use quick direction changes and sudden bursts of speed to shake off your marker."*
  - *"Watch for gaps in the defense created by teammates' movement."*
  - *"Stay disciplined on defense—focus on your player, but be aware of potential overlaps."*

#### Transition & Rotations

- **Focus:** Quick transition between roles and maintaining intensity.
  - **Cues:**
    - *"Be ready to switch in and out—keep your focus during transitions."*
    - *"Use your rest period wisely—watch how the game flows and look for opportunities you can exploit when you're back on the field."*

#### Additional Tips for the Coach

- **Reinforce good habits:** Praise players when they create good passing angles, move into space, and support their teammates.



- **Encourage communication:** Remind players that clear communication helps maintain tempo and supports quick decision-making.
- **Provide feedback:** Highlight when players make smart defensive plays or successfully lose their marker.





# **Attacking Based Session Template**

## **Game 2**

### **Activity Overview**

- **Teams:** 8 attackers vs. 7 defenders , plus 2 static support players (Side 1 and Side 2).
- **Objective:** To capitalize on an attacking overload (8v7) and transition into defence if possession is lost.

### **Setup:**

- Coach starts the play by calling out a letter (A, B, or C), which designates where the attack begins.
- A player from the designated channel (A/B/C) can either deliver a pass or carry the ball into play.
- Full game rules apply once the ball is in play.
- Support players (Side 1 and Side 2) are static and can only be used for passing options but cannot join the play directly.
- After a goal, missed attempt, or loss of possession, the coach calls out "Def 1" or "Def 2" to start a defensive transition back to the red cones, creating an 8v8.

### **Coaching Cues & Focus Areas**

#### **1. Attacking Phase (8v7 Overload)**

- **Focus:** Quick decision-making, utilizing the numerical advantage, and exploiting space.
- **Cues:**
  - *"Look to exploit space quickly before defenders can adjust."*
  - *"Use the overload—find the free player and keep the ball moving."*
  - *"Take advantage of width—stretch the defense with wide passes."*
  - *"Use the Side 1 or Side 2 players if you're under pressure—don't force the play."*
  - *"Be decisive—make quick decisions when near the goal."*
- **Movement Focus:** Encourage players to make overlapping runs and support the ball carrier to ensure multiple options for passing or shooting.



## 2. Support Players (Side 1 & Side 2)

- **Focus:** Be available for passes and help maintain possession when the attacking team is under pressure.
- **Cues:**
  - *"Stay alert—always be an option for a pass out wide."*
  - *"Communicate with the attackers—let them know you're available."*
  - *"Keep the play simple—one or two touches to move the ball."*

## 3. Defensive Phase (7 Defenders)

- **Focus:** Delaying the attack, compacting space, and regaining possession.
- **Cues:**
  - *"Stay compact—don't get pulled out of position by the overload."*
  - *"Force attackers to the outside—away from goal."*
  - *"Anticipate passes—try to intercept and break the momentum."*
  - *"Communicate with teammates—organize the defense quickly."*

## 4. Transition Phase (8v8)

- **Focus:** Quickly transitioning from attack to defense, or from defense to attack, when the coach calls out "Def 1" or "Def 2."
- **Cues for Defenders:**
  - *"Break out quickly when transitioning—get past the red cones."*
  - *"Use Side 1 or Side 2 to help control the ball and create space for the transition."*
  - *"Stay organized—know your next move when transitioning."*
- **Cues for Attackers:**
  - *"Regroup and press the ball immediately—don't give defenders time to organize."*
  - *"Cover the passing lanes and press high to prevent the transition."*

## 5. Restart Phase

- **Focus:** Resetting positions and being ready for the coach's next call (A/B/C) for a new attack.
- **Cues:**
  - *"Reset quickly—get back into position and stay alert."*
  - *"Listen for the call and anticipate the next play."*

### **Additional Coaching Tips**

- **Communication:** Encourage players to communicate constantly, both in attack (directing the play) and defense (organizing the shape).
- **Speed of Play:** Remind players that quick ball movement is essential for breaking down defenses and using the overload effectively.
- **Decision-Making:** Reinforce the importance of making the right decision—whether to shoot, pass, or use the support players.

**This setup challenges the attackers to make the most of their numerical advantage while requiring the defenders to remain disciplined and compact. The progression to 8v8 allows for a realistic transition scenario, testing both attacking fluidity and defensive organization. Let me know if you need any further adjustments or more focus areas!**





# **Attacking Based Session Template**

## **Game 3**

### **Activity Overview**

- **Teams: 5 yellow attackers vs. 4 white defenders.**
- **Objective: Utilize the numerical advantage (5v4) to create attacking opportunities from different angles and finish with a score.**
- **Setup:**
  - Each round starts with a designated free yellow attacker leaving the pitch to retrieve a ball from a specific numbered location (1-4).
  - The yellow attacker can either carry the ball back into their pitch or make a cross-field pass to a teammate.
  - While the attacker is retrieving the ball, the remaining yellow players work to create pockets of space and adjust their angles of attack.
  - Once the yellow attacker returns with the ball, the attacking team aims to finish the play with a score (goal/point).
  - When the ball goes dead (out of play, goal scored, or save made), a new yellow attacker retrieves a ball to restart the game.
  - Each team gets 4 attacking attempts before switching roles with the defenders.
  - **Limitation: Minimize the number of touches (e.g., two-touch rule) to promote quick decision-making.**

### **Coaching Cues & Focus Areas**

#### **1. Attacking Phase (5v4 Overload)**

**Focus: Creating space, adjusting angles of attack, and taking advantage of the overload.**

##### **Cues:**

- *"Look for open spaces—move away from defenders before the ball is in play."*
- *"Adjust your positioning to create different passing angles for the ball carrier."*
- *"Make diagonal runs to open up the pitch and change the angle of attack."*

- *"Keep your head up—scan for the best option before receiving the pass."*
- *"Once you have the ball, be direct and attack quickly."*

## **2. Ball Retrieval and Transition**

**Focus:** Quick retrieval of the ball by the free yellow attacker and efficient transition into an attacking setup.

### **Cues:**

- *"Retrieve the ball quickly—speed is key."*
- *"Decide early—either play a cross-field pass or carry the ball back into play."*
- *"Use a lofted pass or a driven ball to switch play quickly if passing across the field."*
- *"Read the movement of your teammates—look for the best option to maintain the tempo."*

## **3. Movement Off the Ball**

**Focus:** Movement of yellow attackers to create options and adjust the angles for a more effective attack.

### **Cues:**

- *"Move into the gaps between defenders—create passing lanes."*
- *"Change pace and direction to lose your marker."*
- *"Be ready to receive the ball in space—don't wait for it."*
- *"Stay wide initially to stretch the defense, then cut inside if space opens up."*

## **4. Defensive Phase (4 Defenders)**

**Focus:** Delaying the attack, cutting off passing lanes, and staying compact to limit scoring opportunities.

### **Cues:**

- *"Stay tight and compact—don't give attackers space in front of goal."*
- *"Anticipate the pass—try to intercept when the yellow attacker switches the ball."*
- *"Communicate with your teammates to cover gaps quickly."*
- *"Pressure the ball carrier—force them to make a quick decision."*



## 5. Finishing the Attack

**Focus:** Turning the numerical advantage into a scoring opportunity with efficient play.

**Cues:**

- *"Look for quick give-and-go combinations around the box."*
- *"Be precise with your shots—aim for corners, not just power."*
- *"Take the shot early if the opportunity presents itself—don't wait for the perfect moment."*
- *"Follow up on shots—be ready for rebounds."*

## 6. Role Switch & Restart

**Focus:** Smooth transition between attacking and defending roles after each set of 4 attacks.

**Cues:**

- *"Reset quickly—be ready for the next phase."*
- *"Analyze what worked and what didn't during the previous attack—apply adjustments."*
- *"Stay focused even when you're off the ball—watch for cues from the coach's call and be ready to adapt."*

## Additional Coaching Tips

- **Speed of Play:** Emphasize the importance of quick ball movement, especially when transitioning from defense to attack.
- **Communication:** Encourage players to constantly talk, particularly in terms of positioning and when looking for the pass.
- **Decision-Making:** Reinforce the importance of making the right decision, whether to carry the ball back in or switch play with a pass.

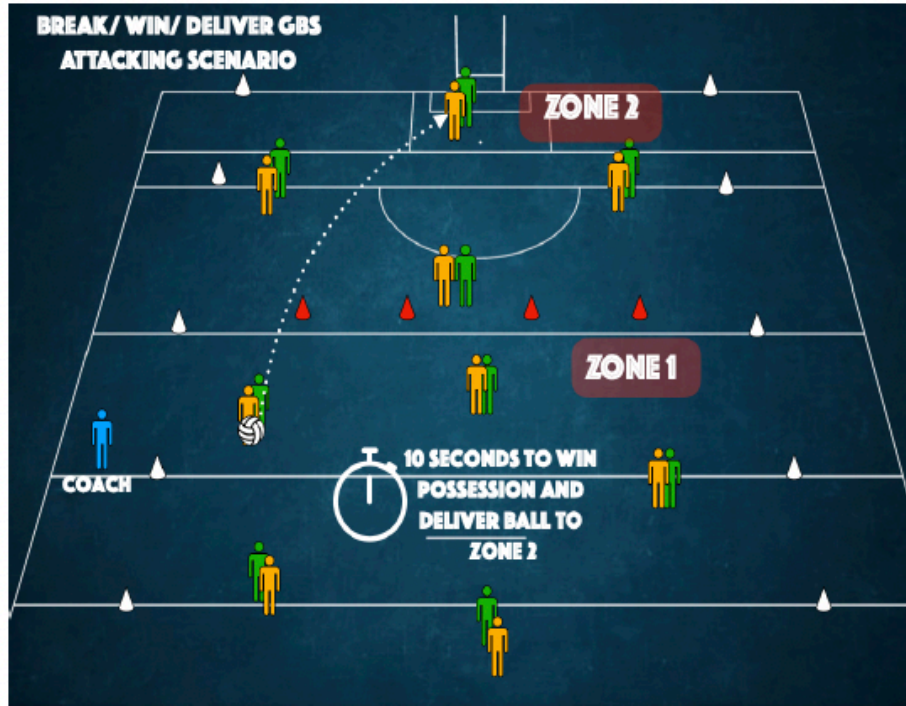
This activity challenges players to think about spacing, adjust their attacking angles, and quickly exploit the overload advantage. It also teaches defenders to remain compact and communicate effectively to cope with the numerical disadvantage. Let me know if you'd like any further adjustments or if you have any questions!



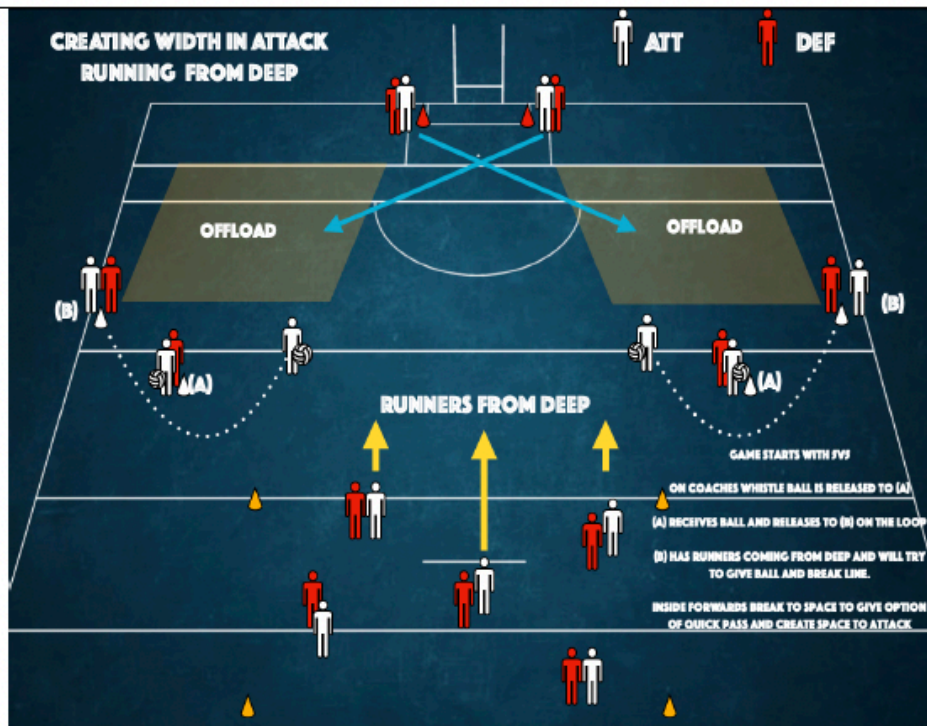
# ATTACKING BASED SESSION TEMPLATE



## Pre Warm Up Activity – Skill Technique ( Bilateral) 12 minutes



**BREAK/ WIN/ DELIVER GBS  
ATTACKING SCENARIO**  
**BALL STARTS WITH COACH  
FROM OUTSIDE THE WHITE  
CONES**  
**COACH THROWS BALL INTO  
ZONE 1**  
**WINNERS OF POSSESSION  
MUST DELIVER BALL INTO  
ZONE 2 UNDER 10 SEC OR  
COACH RESTARTS**  
**ONCE BALL IS DELIVERED TO  
ZONE 2 THEY CAN WORK THE  
SCORE**



**GAME STARTS WITH 5V5**  
**ON COACH'S WHISTLE BALL IS  
RELEASED TO (A)**  
**(A) RECEIVES BALL AND RELEASES  
TO (B) ON THE LOOP**  
**(B) HAS RUNNERS COMING FROM  
DEEP AND WILL TRY TO GIVE BALL  
AND BREAK LINE.**  
**INSIDE FORWARDS BREAK TO  
SPACE TO GIVE OPTION OF  
QUICK PASS AND CREATE SPACE  
TO ATTACK**



## QUICK ATTACKING/RECYCLING GBS (DECISION MAKING)



## WORKING ON QUICK ATTACKING PLAY FOR FORWARDS

**BALL STARTS AT RED CONE  
FORWARDS MUST TRY WORK  
SCORE**

**WHEN BALL IS NO PLAY ZONE WE  
EXPECT TEMPO TO BE HIGH  
ENCOURAGING SUPPORT/LATE  
RUNS**

**WHEN NEED TO RECYCLE BRING  
OUT WIDE TO TAKE PLAY IN  
YELLOW ZONE TO RESET**

**IF DEFENDERS WIN BALL SAME  
RULES APPLY EXCEPT THEY WORK  
OUT THROUGH EITHER GREEN  
GATE**



# **Attacking Based Session Template**

## **GAME 1**

### **Focus:**

- **Transition from Defence to Attack:** The drill emphasizes quickly shifting from winning the ball back (defensive action) to creating attacking opportunities.
- **Speed of Play:** Players need to win possession and deliver the ball forward into Zone 2 within a 10-second time frame, promoting urgency and fast-paced play.
- **Attacking in a Compact Space:** The drill encourages players to work in tight spaces, helping to improve their ability to maintain possession and deliver accurate passes.

### **Key Teaching Points:**

#### **1. Quick Reaction to Win the Ball:**

- Players must react quickly to the coach's pass into Zone 1, focusing on gaining possession immediately. Emphasize closing down the space, pressuring the opponent, and working together to win the ball back.

#### **2. Efficient Ball Movement:**

- Once possession is won, players should focus on moving the ball efficiently into Zone 2. Encourage quick, decisive passing and movement off the ball to find space.

#### **3. Decision-Making Under Pressure:**

- With a time constraint of 10 seconds, players must make quick decisions on whether to pass, dribble, or play forward. This helps to develop their ability to read the game and make effective choices quickly.

#### **4. Supporting Runs and Positioning:**

- Players off the ball should make supporting runs and maintain good positioning to provide passing options. Emphasize creating angles for passes and moving into space to keep the attack fluid.



**5. Communication:**

- **Stress the importance of constant communication between players to identify open spaces, passing options, and organize movements, both defensively and offensively.**

**6. Accuracy in Delivery to Zone 2:**

- **Focus on the quality of passes or plays that deliver the ball into Zone 2. Players should be accurate and thoughtful with their delivery to maximize the chances of maintaining possession and creating an attack in Zone 2.**

**7. Composure in Zone 2 for Scoring:**

- **Once in Zone 2, players should work on maintaining composure to create a quality scoring opportunity. This includes proper body positioning, timing of runs, and finishing skills.**

**The overall emphasis is on quick, coordinated play, transitioning from defence to offense, and working effectively as a unit to create goal-scoring chances.**



# **Attacking Based Session Template**

## **GAME 2**

### **Focus:**

- **Creating Width in Attack:** Emphasizes using the entire width of the pitch to stretch the defence, allowing attacking players to exploit spaces.
- **Running from Deep:** Focuses on timing runs from deeper positions to receive passes and break defensive lines.
- **Combining in the Final Third:** Highlights the importance of quick combinations between attackers to create goal-scoring opportunities.

### **Key Teaching Points:**

#### **1. Effective Use of Width:**

- **Encourage players to utilize the offload zones to create width. This will stretch the defence and open up central spaces for attacking plays.**
- **Wingers or players in wide positions should maintain width until the right moment to cut inside or deliver the ball.**

#### **2. Timing and Coordination of Runs:**

- **Focus on the timing of runs from deep by supporting players. Players should coordinate their movements to arrive in space when the ball is played to maximize the chance of breaking through defensive lines.**
- **Emphasize the importance of timing these runs to avoid offsides and ensure that they are a threat to the defensive structure.**

#### **3. Passing and Combination Play:**

- **The initial pass from (A) to (B) should be executed with precision, followed by quick passes between attackers to exploit gaps.**

- Inside forwards should drop into space to receive passes, turning quickly and looking for runners from deep or wide options.

#### **4. Breaking Defensive Lines:**

- Players in the role of (B) should focus on looking for forward passes that break through the defensive line, especially targeting the runs from deep.
- Teach players to recognize when to play direct passes versus when to retain possession and wait for the right moment to attack.

#### **5. Support and Movement Off the Ball:**

- Inside forwards and other supporting attackers should move into spaces to offer passing options for quick, one-touch combinations.
- Off-ball movement should also be aimed at dragging defenders out of position, creating opportunities for runners to exploit.

#### **6. Decision-Making in Transition:**

- Emphasize quick decision-making, especially during the transition from receiving the ball to playing forward. This includes recognizing when to play wide versus when to play direct to goal.

#### **7. Communication and Awareness:**

- Players should communicate with each other to coordinate runs and maintain awareness of where teammates are positioned.
- This helps in organizing attacks and ensuring that the players in possession have multiple passing options.

**The overall focus of this game is on stretching the defence with width, using dynamic movements from deeper positions, and executing precise passing combinations to create attacking opportunities. It aims to improve players' understanding of when to maintain width and when to exploit central spaces through effective timing and coordination.**





# **Attacking Based Session Template**

## **GAME 3**

### **Focus:**

**This game aims to improve decision-making and quick attacking play for forwards in high-pressure situations. The primary focus is on how forwards can create and finish scoring opportunities through swift ball recycling and intelligent positioning. The game also encourages defenders to react quickly and transition into attack once they win possession.**

### **Key Teaching Points:**

#### **1. Quick Transitions and Tempo:**

- **Emphasize the importance of maintaining a high tempo when the ball is in the central "No Play Zone."**
- **Forwards should be making quick decisions to either shoot or recycle the ball to reset play in the wide yellow zones if a scoring chance doesn't arise.**

#### **2. Support and Late Runs:**

- **Players without the ball should make late support runs, offering options to the ball carrier. Timing of runs is key to creating space and unbalancing the defence.**

#### **3. Recycling to Wide Areas:**

- **If the attack stalls or no clear scoring opportunity presents itself, players should move the ball into the wide yellow zones to reset the play. This allows the team to regain structure and attack from a new angle.**

#### **4. Defensive Transition:**

- **When defenders win the ball, they follow the same principles but work to transition through either of the green gates, simulating a counter-attacking scenario.**

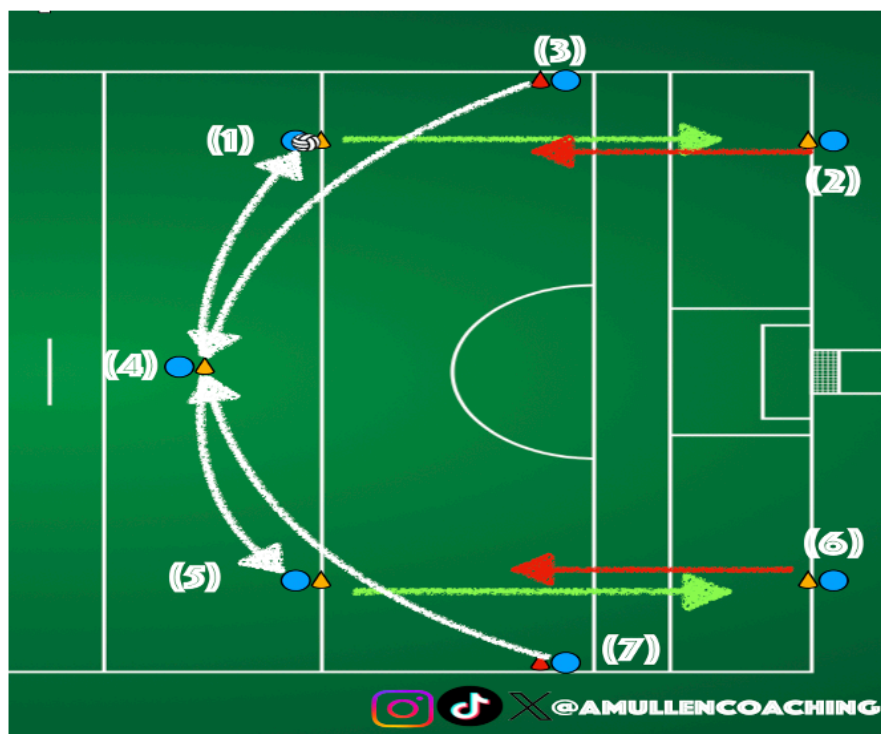
## **5. Attacking with Width:**

- **Encourage the use of the wide areas to stretch the opposition's defence, creating more space in central areas to exploit.**

## **6. Decision-Making Under Pressure:**

- **Players need to quickly assess whether to push for a score or reset to a wide area. Quick decision-making is crucial for exploiting gaps in defence.**

## Pre Warm Up Activity – Skill Technique ( Bilateral) 12 minutes



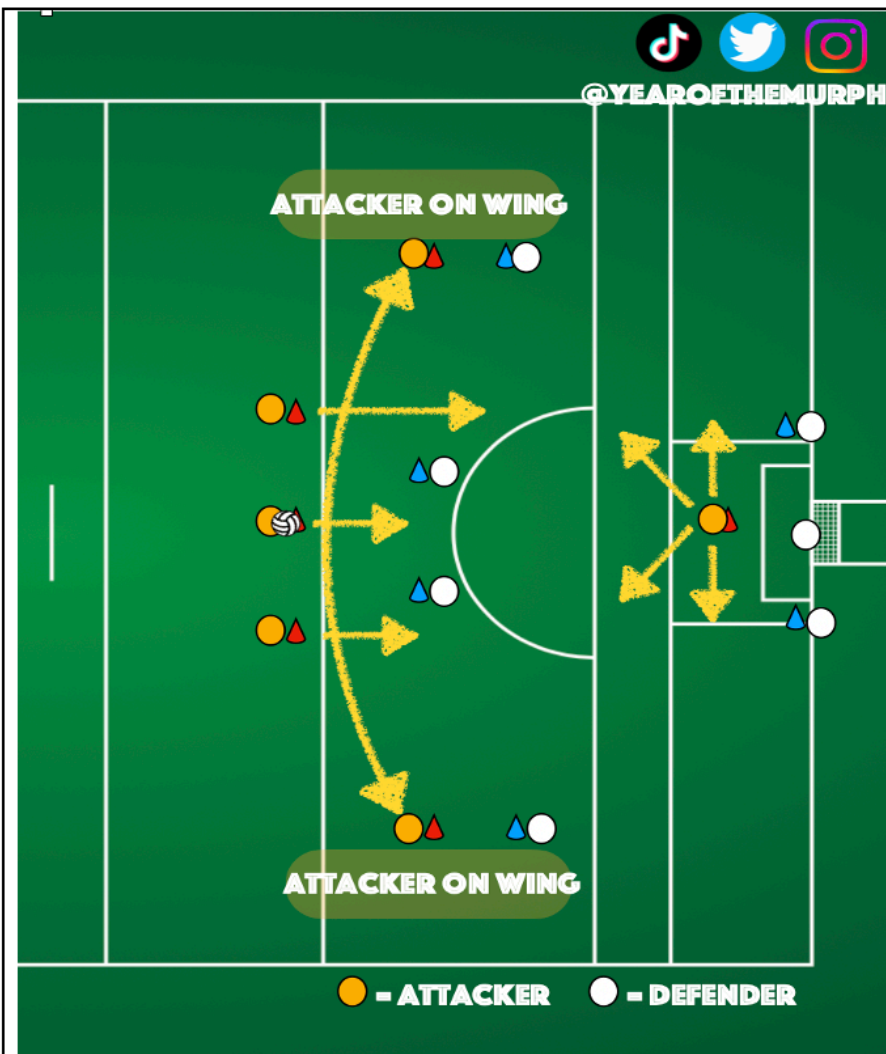
This activity emphasizes player and ball movement while aiming to create width and depth in the attack.

The sequence begins with player 1, who kick-passes to player 2. After the pass, player 1 continues to run forward to take player 2's position at the cone. Player 2 then moves back out and hand-passes to player 3, who is cutting in from the sideline. Player 2 replaces player 3 on the sideline.

Player 3 kick-passes to player 4, who acts as a pivot. Player 4 hand-passes to player 5, who then kick-passes to player 6 while continuing to run forward to take player 6's spot.

Player 6 carries the ball back out as player 7 cuts in from the sideline to receive it and delivers a kick-pass to player 4, the pivot.

Finally, player 4 hand-passes to player 1, and the sequence restarts.



An activity focusing on attackers exploiting defenders out of position.

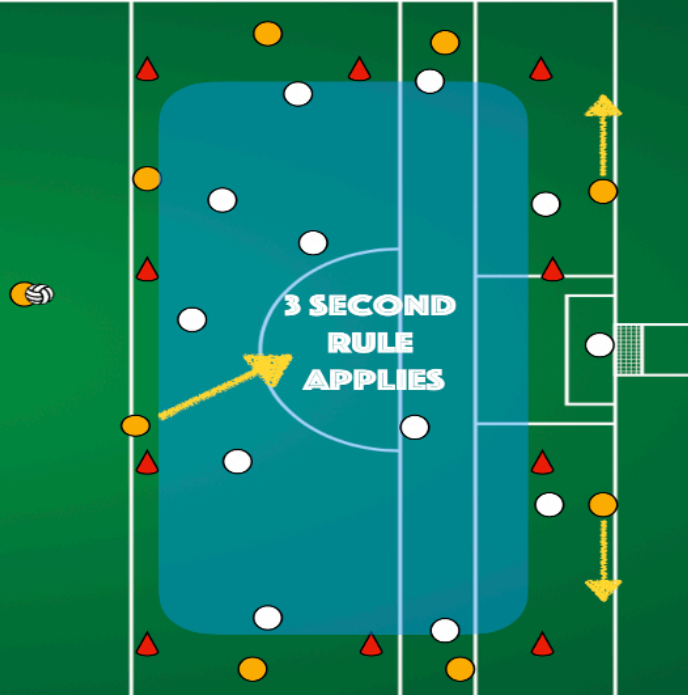
Game starts on coaches whistle.

3 v 2 ( Yellows) start with the ball  
Once ball is in play attackers on either wing can enter the game to either make decoy runs or change direction of play. All defenders enter the game to pick up players

This activity will help defenders with communication in relation to who's picking up the runners as once all players (white) defenders & (yellow) forward are in it becomes a 6v6

Once ball is dead game restarts from 45m line





An activity focusing on trying to get  
 attackers to create width & depth in an  
 overload situation  
 ( 9 Attackers v 11 Defenders)

Ball starts with yellow attacker in the  
 centre of the pitch. They can kick or carry  
 the ball. All defenders must remain inside  
 the red rectangle for the beginning of this  
 game to allow attackers get use to playing  
 against an overload.

An attacker can enter the red rectangle at  
 any time they may wish but if ball is not  
 played to them they must leave the grid  
 after 3 seconds and leave space for the  
 next forward up to run into whilst still been  
 conscious of original setup and creating  
 width and depth to stretch defence



# **Attacking Based Session Template**

## **GAME 1**

**This activity provides an excellent way to build fluidity in attacking play through continuous movement, passing, and positional rotation. Here's how you could phrase the focus and key teaching points for this drill**

### **Focus:**

**The aim of this drill is to develop coordinated player and ball movement with an emphasis on creating width and depth in the attack. Players work on communication, quick decision-making, and maintaining fluidity in their positioning while passing and moving, ensuring attacking shape is retained throughout the sequence.**

### **Key Teaching Points:**

#### **1. Continuous Movement:**

- **After each pass, players must move quickly into new positions to maintain the flow of the sequence. This encourages players to think about the next phase of play, keeping the attack dynamic and unpredictable.**

#### **2. Creating Width and Depth:**

- **Encourage players to use the full width of the playing area, ensuring that they're not congesting central areas. As players rotate, they should aim to open up the field, providing options on the flanks and creating depth by having players move forward into new positions.**

#### **3. Ball Speed and Precision:**

- **Focus on quick, precise passing, especially when transitioning between kick-passes and hand-passes. The pace of ball movement is critical for maintaining the attacking tempo and exploiting defensive gaps.**

#### **4. Positional Awareness:**

- **Players need to be aware of who they are replacing in each phase of the drill. Proper rotation ensures that the attacking shape remains balanced with players in wide, central, and supporting roles at all times.**

**5. Communication:**

- **Encourage constant communication between players to ensure smooth transitions between passing sequences and positional rotations. Clear calls for the ball, movements, and signaling of available options help create a more cohesive attacking unit.**

**6. Pivot Play:**

- **The pivot (player 4) plays a crucial role in this drill, acting as the central hub through which many passes are channeled. Focus on how this player distributes the ball and positions themselves to keep the flow of the attack moving.**





# **Attacking Based Session Template**

## **GAME 2**

### **Focus:**

This game emphasizes attackers exploiting defensive disorganization while challenging defenders to communicate and adjust quickly. The objective is for attackers to use decoy runs, directional changes, and overloads to create scoring opportunities, while defenders must remain coordinated in identifying and picking up runners in transition.

### **Key Teaching Points:**

#### **1. Exploiting Overloads (Attackers):**

- Encourage attackers to recognize moments when defenders are out of position or not fully organized. They should take advantage of this by making quick, decisive movements, including decoy runs to drag defenders out of position or switching the direction of play to open space.

#### **2. Decoy Runs and Movement:**

- Attackers on the wings should make smart decoy runs to pull defenders away from central areas or support play by switching flanks. This creates opportunities for the attacking team to exploit defensive gaps through clever movement.

#### **3. Defensive Communication and Coordination:**

- Defenders must constantly communicate, particularly when additional attackers (wing players) join the game. They need to clearly signal who is picking up each runner, ensuring that all threats are accounted for. Miscommunication or hesitation can lead to attackers gaining an advantage.

#### **4. Quick Transitions (Defence to Attack):**

- Once the defenders win the ball, they should quickly transition into attack. Encourage them to capitalize on disorganized attackers in transition, using speed to exploit the gaps left by their forward runs.

#### **5. Pressure on the Ball (Defenders):**

- The defenders need to close down the ball carrier immediately to reduce time and space. This forces attackers to make decisions under pressure, potentially leading to mistakes.

**6. Reading the Game (Attackers):**

- Attackers must learn to read the defensive setup quickly. If defenders overcommit to a particular area, attackers should exploit space by moving the ball into the opposite side or creating overloads in central areas.

**7. Restarting Quickly:**

- After each dead ball, the game restarts from the 45m line, giving both sides an opportunity to reorganize. Encourage quick thinking and positioning during restarts to gain an early advantage in the next phase.



# **Attacking Based Session Template**

## **GAME 3**

### **Focus:**

This activity is designed to help attackers understand how to create width and depth when playing against a defensive overload. The aim is to stretch the defence by using intelligent movement and positioning, ensuring the attack remains organized and the space is maximized to exploit opportunities for scoring or advancing the ball.

### **Key Teaching Points:**

#### **1. Creating Width (Attackers):**

- Attackers should look to spread the play across the full width of the field, pulling defenders out of their compact shape inside the red rectangle. By doing so, the attacking team opens up space for runners or for the ball to be played into dangerous areas.

#### **2. Depth in Attack:**

- Attackers must be aware of positioning and movement, ensuring that they provide depth in their setup. This includes having players both high up the field and deeper to recycle possession and retain attacking structure. By keeping players at different depths, the attack becomes harder to defend against.

#### **3. Patience and Timing of Runs:**

- Players should be patient with their runs into the red rectangle. Only one attacker should enter at a time, and if the ball is not played to them within three seconds, they must exit quickly. This ensures that attackers continue rotating and running into space at the right moments while avoiding congestion in the key attacking area.

#### **4. Exploiting Gaps:**

- Attackers must be aware of when and where to attack. When a defender is pulled out of position, the attacking team should be quick to exploit the resulting gap by either driving into it or moving the ball quickly to another attacker in space.



**5. Positioning to Stretch the Defence:**

- As attackers enter the red rectangle, other attackers should remain wide or positioned deeper to maintain the attacking shape. This prevents the defence from being able to close down space too easily and forces them to defend across the entire pitch.

**6. Recycling Possession:**

- If the attack is not progressing or if the defence is well-organized, attackers should be prepared to recycle possession by playing the ball back or wide to maintain the attacking shape and create new opportunities. This can tire out the defence and eventually create a breakthrough.

**7. Defensive Compactness (Defenders):**

- For the defenders, the focus should be on maintaining a compact shape inside the red rectangle. However, as attackers start to stretch them, they need to be ready to communicate and adjust positioning to cover gaps without losing shape.

**8. Decision-Making (Attackers):**

- Encourage quick and intelligent decision-making regarding whether to carry the ball, kick-pass, or make a run. Attackers should be thinking one or two steps ahead, anticipating how defenders might react to maintain their advantage.

**This setup creates a dynamic environment for attackers to practice breaking down a well-organized defence using width and depth.**

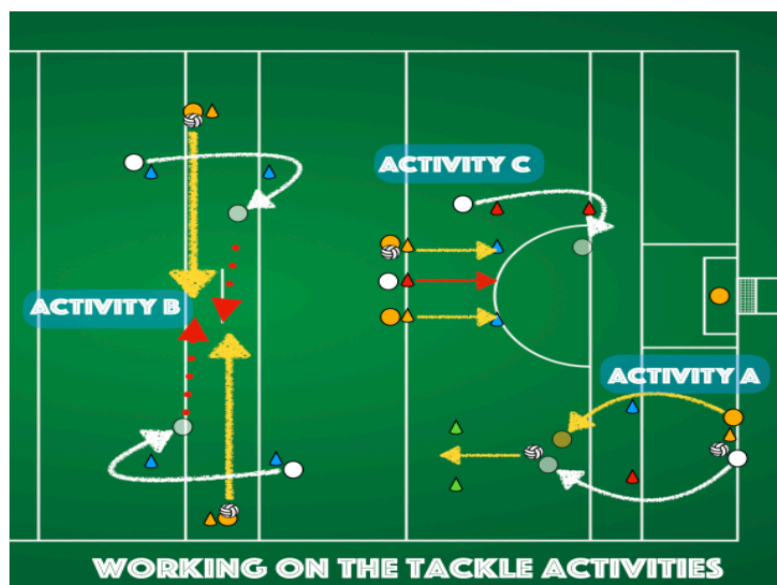
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# DEFENCE SESSION DESIGN TEMPLATES





## Pre Warm Up Activity – Skill Technique (Bilateral) 12 minutes



### ACTIVITY A

DEFENDER AND ATTACKER STAND SIDE BY SIDE ON COACHES WHISTLE THEY BOTH MUST LOOP AROUND THE CONE IN FRONT OF THEM BEFORE THEY CAN HEAD FOR FINISH LINE. WHITE DEFENDER MUST TRY AND TURN BALL OVER BEFORE ATTACKER REACHES THE GREEN CONES.

YELLOW ATTACKER LOOPS BLUE CONE  
WHITE DEFENDERS LOOPS RED CONE

### ACTIVITY B

ON COACH'S WHISTLE YELLOW ATTACKERS EITHER END MUST SOLO AS QUICK AS THEY CAN TO THE OPPOSITE SIDE OF THE PITCH.

ON COACH'S SECOND WHISTLE DEFENDERS MUST LOOP AROUND BLUE CONE BEFORE BEGINNING CHASE AFTER YELLOW ATTACKER.

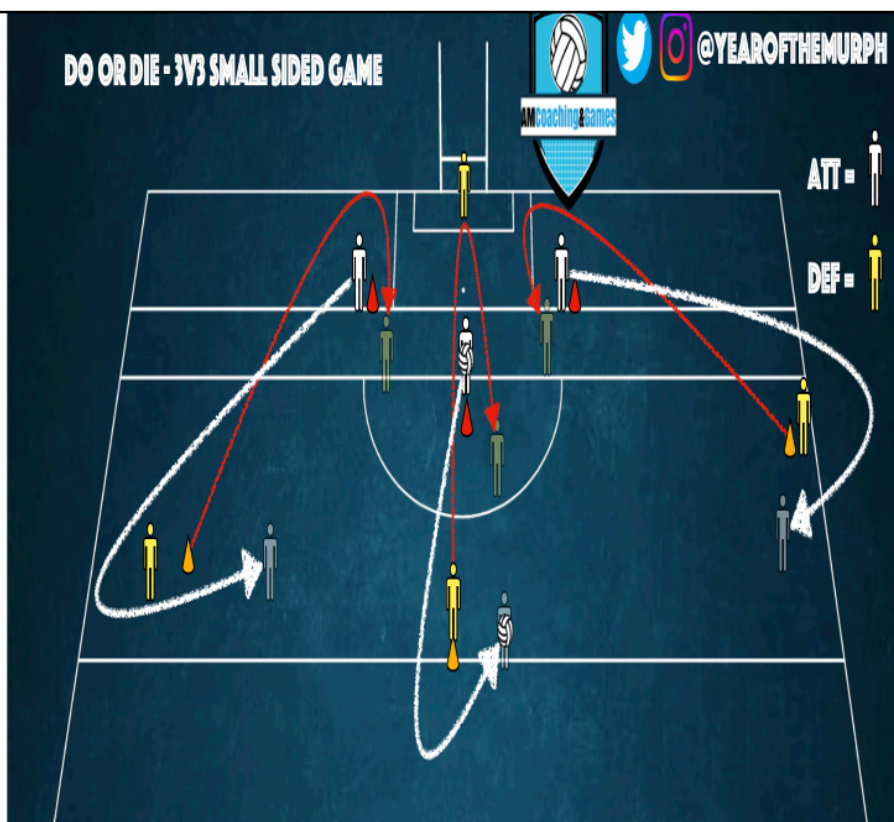
DEFENDERS NOW HAVE A DECISION TO MAKE COMMUNICATE WITH OTHER DEFENDER AND SWAP PLAYERS OR CONTINUE TO FOLLOW THEIR OWN YELLOW ATTACKER

DEFENDERS MUST TURN BALL OVER BEFORE ATTACKERS GET TO OPPOSITE END

### ACTIVITY C

GAME STARTS WITH 2 YELLOW ATTACKERS V 1 WHITE DEFENDER TRYING TO CREATE A GOAL ON COACH'S SECOND WHISTLE THE 2ND WHITE MUST LOOP AROUND THE RED CONE AND ENTER THE PLAY TO MAKE IT A 2V2. DEFENDERS MUST TRY TO STOP THE ATTACKERS CREATING THE GOAL.

## DO OR DIE - 3V3 SMALL SIDED GAME



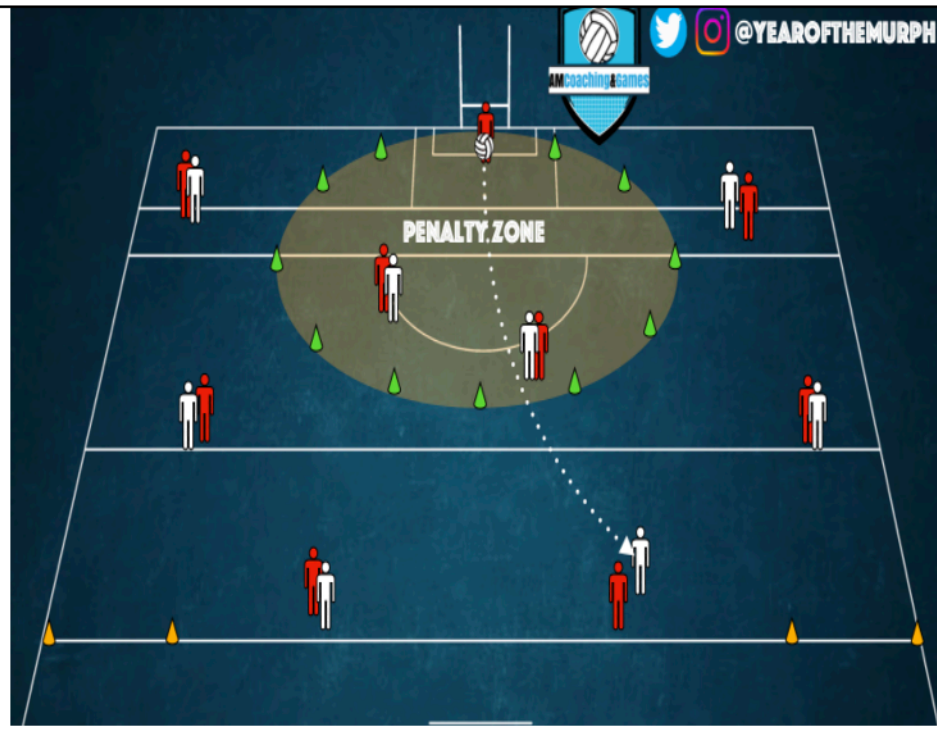
SET UP THREE RED CONES – FOR DEFENDERS TO GO AROUND  
SET UP THREE YELLOW CONES – FOR ATTACKERS TO GO AROUND  
THE THREE WHITE PLAYERS, ARE ATTACKERS AND START ON THE 14 & 21 YARD LINE CONES. THE YELLOW PLAYERS ARE MADE UP OF THE GOALKEEPER AND THREE DEFENDERS. THE DEFENDERS START ON THE OUTFIELD CONES.

ON THE WHISTLE, THE WHITES SPRINT FROM THE CONES TO THE OUTFIELD CONES AND TURN TO ATTACK. THE WHITE PLAYER WITH THE BALL SHOULD SOLO RUN AT PACE.

AT THE SAME TIME, THE YELLOWS SPRINT FROM THE OUTFIELD CONES TO THE END LINE ONES AND TURN TO DEFEND.

WHITES TRY TO COMBINE [OR PERHAPS NOT] TO SCORE A GOAL PAST THE 'KEEPER. YELLOWS MUST WORK OUT HOW BEST TO DEFEND AND STOP THIS..





## **PENALTY ZONE DEFENSIVE GBS**

**8 V 8 GAMES BASE SCENARIO  
WORKING ON DEFENDERS TO ALLOW  
THEM TACKLE WITHOUT GIVING AWAY  
FOULS IN HIGH SCORING AREAS**

**RULES & REGS: KEEPER STARTS WITH  
KICK OUT AND IS LOOKING TO FIND  
THE FURTHEST WHITE FORWARD FROM  
GOAL. RED TEAM ALLOWS WHITES WIN  
POSSESSION BEFORE GAME WILL  
COMMENCE. ONLY POINTS WILL  
COUNT IN THIS SCENARIO. SHOULD  
ATTACKERS SCORE FROM OUTSIDE THE  
GREEN CIRCLE THEY WILL BE AWARDED  
1PT. A SCORE FROM INSIDE THE ZONE IS  
2PT AND A FREE SCORED FROM INSIDE  
THE ZONE IS WORTH 3PTS**



# **Defence Based Session Template**

## **GAME 1**

### **Activity A**

#### **Activity Focus:**

- **Speed of Decision Making and Reaction Time:** Encouraging quick reactions from both the attacker and the defender, while developing their ability to adapt to a changing environment.
- **Defensive Pressure and Tackling:** Working on defensive positioning and the ability to dispossess or delay the attacker.
- **Attacking Speed and Ball Control:** Improving the attacker's speed with the ball while maintaining control and making quick decisions to avoid the defender.

#### **Coaching Points:**

##### **For the Attacker (Yellow)**

- **Quick Start:** React fast to the whistle, and explode off the line to gain an advantage over the defender.
- **Running Lines:** Ensure the loop around the cone is tight to minimize distance traveled.
- **Ball Protection:** When approaching the defender, keep the ball away from their tackle side by shielding it.
- **Decision Making:** Recognize when to take the defender on with pace or when to slow down and engage, depending on distance to the green cones.
- **Speed to the Finish:** Push towards the green cones with maximum speed, while keeping close control of the ball to avoid turnovers.

##### **For the Defender (White)**

- **Explosive Acceleration:** React sharply to the whistle and complete the loop around the cone as quickly as possible to reduce the attacker's advantage.
- **Positioning:** When closing down the attacker, position your body to force them onto their weaker side or into a less favorable space.
- **Tackle Timing:** Stay composed and time the tackle correctly – don't dive in too early. Focus on winning the ball cleanly or disrupting the attacker's progress.
- **Defensive Footwork:** Use short, quick steps to stay balanced and adjust to the attacker's movements.
- **Pressure:** Apply pressure to make the attacker uncomfortable, but stay patient to avoid getting beaten by a quick move.

## **Activity B**

### **Activity Focus:**

- **Speed of Transition and Communication:** Developing quick defensive transitions and effective communication between defenders to make tactical decisions on switching or sticking with their attacker.
- **Attacker Ball Control Under Pressure:** Improving the attacker's ability to maintain control and composure while under pressure from chasing defenders.
- **Defensive Recovery and Decision Making:** Teaching defenders how to recover position after being delayed and how to make smart decisions as a defensive unit.

---

### **Coaching Points:**

#### **For the Attackers (Yellow)**

- **Explosive Start:** On the whistle, explode into the solo run, covering the ground as quickly as possible to create maximum distance before defenders begin their chase.
- **Ball Control:** Maintain control of the ball at high speed—take long strides when space is available, but adjust to keep the ball close when defenders approach.
- **Awareness:** Be aware of where the defenders are at all times. Adjust pace or direction if a defender is closing in.
- **Final Push:** As defenders get closer, focus on ball protection and ensure a clean finish at the opposite end, using quick solo skills to keep them at bay.

#### **For the Defenders (White)**

- **Quick Reaction and Speed:** On the second whistle, sprint quickly around the blue cone and immediately assess your position relative to the attacker.
- **Defensive Communication:** Communicate clearly with your partner. Decide quickly whether to swap attackers based on positioning and distance, or to stick with your original man.
- **Decision Making:** If swapping, ensure the handover is communicated early to avoid hesitation. If continuing, sprint hard to catch up and apply pressure.
- **Pressure and Tackle:** Once close enough, aim to pressure the attacker from the side or behind, forcing them into a mistake or slowing them down. Use well-timed tackling to try and win the ball back.
- **Teamwork:** If one defender engages the attacker, the other should provide cover or anticipate the next move.

---

**This setup encourages a lot of quick thinking, teamwork, and clear communication for defenders while challenging attackers to stay composed under pressure**

## **Activity 3**

### **Activity Focus:**

- **Attacking in Overloads (2v1):** Developing attackers' decision-making, movement, and ability to create and finish in a 2v1 situation.
  - **Defensive Recovery in Transition (2v2):** Training defenders to recover and organize quickly after being outnumbered, emphasizing defensive communication and positioning in 2v2 situations.
- 

### **Coaching Points:**

#### **For the Attackers (Yellow)**

- **Exploiting the 2v1:** Use the numerical advantage by making quick, decisive passes to draw the defender out of position. Look to create space for the shot on goal or for the attacking partner.
- **Off-the-Ball Movement:** The attacker without the ball should move intelligently to create passing lanes, stretching the defender and creating confusion.
- **Timing of the Pass:** Wait for the defender to commit to one player before making the pass to the other attacker. Timing is key to breaking down the 2v1.
- **Composure Under Pressure:** When the second defender enters the play, keep calm and make quick decisions to maintain attacking momentum and finish the move.

#### **For the Defenders (White)**

- **1st Defender in 2v1:**
  - **Delay:** As the sole defender in the 2v1, focus on delaying the attackers and cutting off passing angles. Don't commit too early; instead, try to force a mistake or delay the play long enough for your partner to recover.
  - **Body Positioning:** Angle your body to guide the attacker with the ball away from goal and into less dangerous spaces, cutting off the pass to the second attacker as much as possible.
- **2nd Defender Entering Play:**
  - **Quick Entry:** React immediately to the whistle, sprint around the red cone, and assess the situation as you enter the play.
  - **Defensive Communication:** As soon as you rejoin the defense, communicate with your partner to organize who presses the ball and who provides cover.
  - **2v2 Defensive Shape:** Work as a unit—one defender presses the ball, while the other covers to cut out passing options or intercept.
- **Tackle Timing:** Be patient with your tackling. Don't dive in—try to force the attacker into making a mistake through good positioning and pressure.





# **Defence Based Session Template**

## **GAME 2**

### Activity Focus:

- **Attacking Speed and Decision Making:** Developing the attackers' ability to break quickly from the cones and create goal-scoring opportunities in transition.
- **Defensive Organization Under Pressure:** Teaching defenders how to organize and recover quickly, communicating effectively to block the attack and protect the goal.

---

### Coaching Points:

#### For the Attackers (White)

- **Explosive Start:** On the whistle, sprint at full pace from the cone, especially the player in possession, to maximize space and time before defenders can recover.
- **Solo Run at Pace:** The ball carrier should drive forward at speed, but maintain control. Be mindful of when to take on defenders directly or pass to teammates.
- **Combination Play (Optional):** Decide quickly whether to combine with teammates or go for individual efforts. If combining, use quick, sharp passes to disrupt the defensive structure and create space.
- **Decision Making:** Recognize when to shoot, pass, or dribble depending on the defenders' positioning. Look to create angles for a clear shot on goal.
- **Awareness:** Be aware of the positioning of defenders and the goalkeeper. Adjust the run, solo, or pass depending on where gaps appear in the defensive line.

### For the Defenders (Yellow)

- Quick Reaction and Recovery: On the whistle, sprint from the outfield cones to the end line cones, turn as quickly as possible, and transition into a defensive mindset.
- Defensive Organization: As defenders recover, communicate to organize the defensive shape. Decide whether to press the ball carrier or cover space to block passes and shots.
- Communication: Clear, concise communication is key. Defenders should talk to each other to ensure someone presses the ball while others provide cover or track runners.
- Defensive Shape: Work to close down the space quickly and force the attackers into less dangerous areas. Delay the attack until all defenders have time to recover and get into position.
- Tackle and Pressure: Once in position, time tackles well—don't dive in. Apply pressure without over-committing, looking to either win the ball back or force the attackers into poor decisions.

### For the Goalkeeper (Yellow)

- Command the Defense: Communicate with defenders to help them stay organized and aware of attacking threats. Position yourself to cover both the near and far post as the play develops.
- Decision Making: Decide when to stay on the line and when to come out to cut down the angle or challenge the attacker.

---

This activity promotes quick attacking transitions for the white team and defensive recovery and communication for the yellow team. The mix of decision-making under pressure for both sides will create a dynamic training environment.



# **Defence Based Session Template**

## **GAME 3**

### **Activity Focus:**

- **Defensive Discipline in High-Scoring Areas:** Training defenders to tackle effectively and aggressively without giving away fouls in dangerous areas.
- **Tight Marking and Spatial Awareness:** Helping defenders maintain close marking while covering space to limit high-value scoring chances (2-point scores) inside the green circle.
- **Defensive Transition and Ball Distribution:** Encouraging defenders to win possession and transition to attack through the yellow gates.

---

### **Coaching Points:**

#### **For the Defenders (Red Team)**

- **Tackling Technique:** Focus on clean, well-timed tackles. Encourage defenders to engage with the ball and avoid rash challenges on the player, especially inside the 40m penalty zone. Keep your feet active, stay low, and tackle only when the opportunity arises.
- **Defensive Discipline:** Be patient when defending in high-scoring areas. Avoid diving in or making reckless challenges that could lead to fouls, especially inside the circle where a free is worth 3 points.
- **Body Positioning:** Position your body to guide attackers away from the central scoring zone. Show attackers to the outside where shots are worth only 1 point, rather than allowing them access to the central zone for a 2-point score.
- **Aggressive Pressing (Ball, Not Player):** When engaging the attacker, focus on winning the ball aggressively rather than going through the player. This reduces the risk of fouling while still maintaining defensive pressure.

- **Communication and Organization:** Ensure constant communication among defenders to maintain defensive shape. Organize early to make sure each attacker is marked tightly, and don't allow gaps in the defensive line.
- **Transition to Attack:** Upon winning possession, defenders should quickly look to move the ball up the pitch and through one of the yellow gates. Work as a unit to transition from defence to attack and relieve pressure.

#### **For the Goalkeeper (Red Team)**

- **Distribution:** Play intelligent kick-outs, focusing on finding the furthest forward attacker to start the opposition's play. After the white team wins possession, help organize your defence by calling out attackers and directing defenders.
- **Communication:** Constantly talk to your defenders, alerting them to runs, free players, or dangerous positioning by the attackers.

#### **For the Attackers (White Team)**

- **Shot Selection:** Encourage attackers to identify opportunities to take higher-value shots (inside the green circle for 2 points) but also recognize when to shoot from outside the zone for safer 1-point opportunities.
- **Combination Play:** Look for quick passing combinations to break down the defence, drawing defenders out of position and creating space for higher-value shots.
- **Spatial Awareness:** Be aware of your positioning relative to the green circle. Attackers should work to get into the zone for higher-value scoring opportunities but should also be prepared to take quick points from outside when under pressure.

---

#### **Outcomes for Defenders:**

- **Reduced Fouling in High-Scoring Zones:** Defenders will develop better decision-making and patience in tackling inside dangerous areas.
- **Improved Tackling Technique:** Emphasis on ball-focused, aggressive tackling without over-committing or fouling.
- **Tighter Marking and Defensive Awareness:** Defenders will learn to balance between marking players closely and protecting space around the scoring zone.



- **Effective Transitions to Attack:** Upon winning the ball, defenders should learn to transition quickly into attacking play, rewarding themselves with opportunities to score.
-

## Pre Warm Up Activity – Skill Technique (Bilateral) 12 minutes



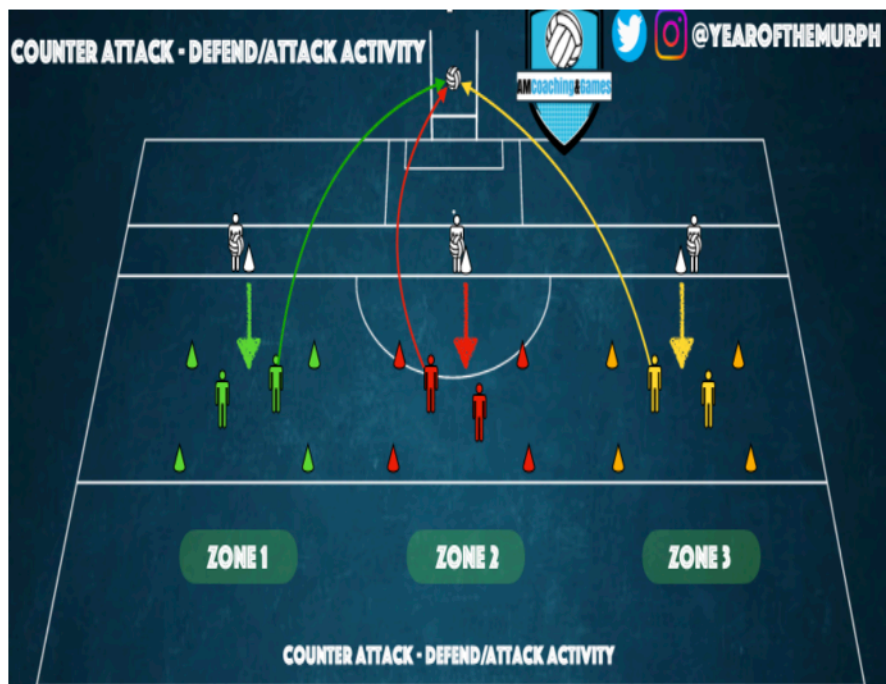
### ANGLED RUNS & CREATE THAT SCORE GBS (6 V 5) OVERLOAD

**GAME STARTS BY GOALKEEPER KICKING OUT TO ANY OF THE 5 ATTACKING REDS ON THE CONE.**

**DEFENDERS START ON VARIOUS POSITIONS THROUGHOUT THE BACK LINE**

**5 RED ATTACKERS PROCEED TO TRY CREATE A GOAL SCORING OPPORTUNITY**

**DEFENDERS WILL HAVE THE EXTRA DEFENDER PLACED INSIDE THE SEMI CIRCLE ONCE BALL IS DEAD KEEPER RESTARTS GAME**



### COUNTER ATTACK - DEFEND/ATTACK ACTIVITY

**A 2 V 1 EXERCISE WORKING ON DEFENDING/ TURNING OVER BALL/ ATTACKING AND CREATING AN OVERLAP.**

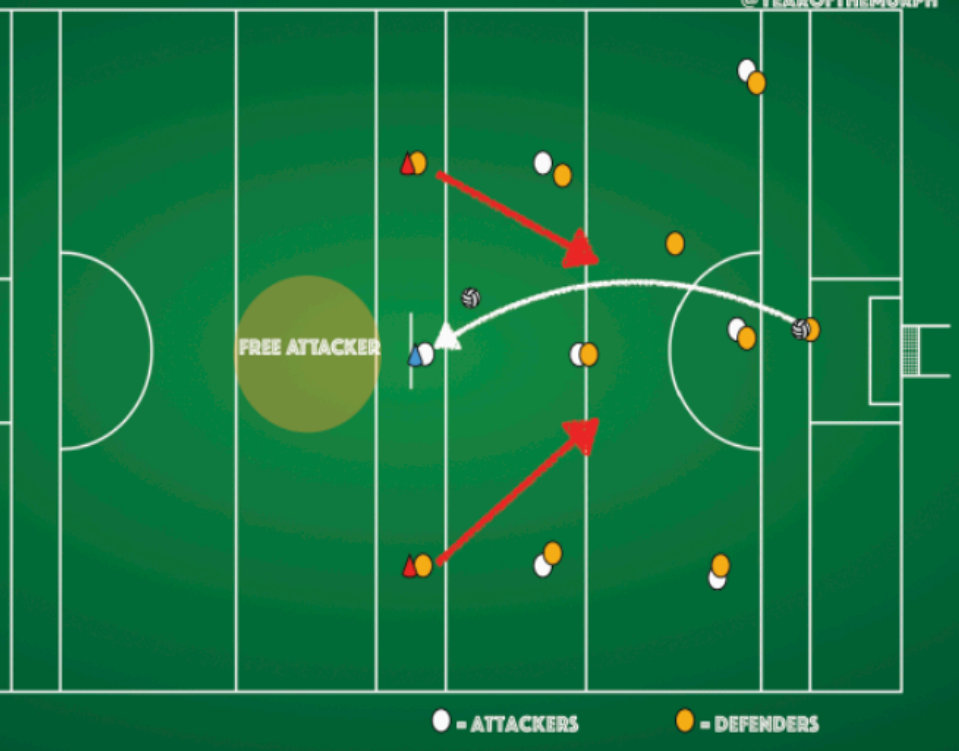
**WHITE PLAYER MUST ENTER THE ZONE IN FRONT OF HIM AND MUST TRY WORK BALL OUT THROUGH THE CONES FURTHEST AWAY FROM STARTING POINT.**

**DEFENDERS IN ZONE (EXAMPLE - GREEN PLAYERS) THEY MUST DENY/DELAY/DEFEND AND TURNOVER BALL.**

**IF BALL IS TURNED OVER BY DEFENCE THEY ATTACK THE GOALS CREATING A 2 V 1 OVERLOAD AND CREATE SCORING OPPORTUNITY**

## BLOCK THE POCKETS - DEFENSIVE ACTIVITY

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**AN ACTIVITY FOCUSING ON THE FORWARDS TRYING TO EXPLOIT THE SPACE BEFORE EXTRA DEFENDERS GET BACK TO CREATE AN OVERLOAD**

**GAME STARTS WITH KEEPER KICKING OUT TO UNMARKED FORWARD (WHITE) ON BLUE CONE. THEY CAN EITHER RUN THE BALL OR KICK PASS INTO INSIDE FORWARDS. ONCE THE UNMARKED FORWARD GAINS POSSESSION OF THE BALL THE TWO DEFENDERS ON THE RED CONES CAN ENTER THE GAME AND CREATE AN OVERLOAD FOR DEFENDERS. IF DEFENDERS TURN OVER THE BALL THEY MUST WORK IT OUT PAST THE BLUE CONES AND GAMES RESTARTS FROM KEEPER**



# Defence Based Session Template

## GAME 1

### Focus of the Game

The primary focus of this game is to teach attackers how to make **angled runs** and **exploit numerical advantages** in order to create **goal-scoring opportunities**. Defenders are challenged to position themselves effectively, despite being outnumbered, while the extra defender in the semi-circle supports defensive structure and goal protection.

---

### Teaching Points for Attackers (Reds)

#### 1. Angled Runs:

- Attackers must focus on making sharp, well-timed **angled runs** to pull defenders out of position, opening space for either themselves or a teammate to exploit.
- Encourage **off-the-ball movement** to create passing lanes and disorganize the defence.

#### 2. Quick Decision Making:

- Players should be encouraged to make quick **decisions on the ball**, reading when to pass, dribble, or shoot depending on the space and defensive pressure.
- Exploit the **numerical overload** (5v4) before the additional defender from the semi-circle engages.

#### 3. Combination Play:

- Encourage use of **1-2 passes (give-and-go)** and overlaps to break down the defence. These moves can help create a clear path towards goal.
- **Timing of support** is key, so attacking players need to maintain close distances for quick combinations but wide enough to stretch the defence.

#### 4. Finishing in Tight Spaces:

- **Composure in front of goal** is essential. Players must work on finishing from different angles and under pressure from multiple defenders.
- 

### Teaching Points for Defenders

#### 1. Communication & Organization:

- Defenders need to **communicate** clearly to manage the overload, ensuring they cover space and mark attackers effectively despite being outnumbered.
- Focus on **defensive shape** to protect central areas and force the attackers wide.

#### 2. Tracking Runners:



- Encourage defenders to closely **track runners**, particularly those making angled runs. Proper positioning and anticipation are critical to shutting down potential scoring chances.

### 3. **Utilize Extra Defender:**

- The **extra defender** in the semi-circle can act as a sweeper, positioning themselves smartly to cut out through balls or block shots. Defenders should also be aware of when and how to use the support of this extra player.

---

These points will help both attackers and defenders focus on key principles, while emphasizing a player-centred approach to learning and decision-making in game-like scenarios.



# **Defence Based Session Template**

## **GAME 2**

### **Focus of the Activity**

This activity focuses on **defensive discipline** to deny or turn over the ball and transition quickly into a **counter-attacking situation**, creating an overload (2v1) to generate a scoring opportunity. Players are challenged to make quick decisions on both sides of the ball, maximizing the effectiveness of counter-attacks.

---

### **Teaching Points for Defenders (Green Players)**

#### **1. Deny and Delay:**

- Defenders should focus on **denying forward progress** by positioning themselves between the ball and the goal. The goal is to **delay the attacker's play**, forcing mistakes and waiting for the right moment to win possession.

#### **2. Tackling & Turnovers:**

- Emphasize **timing the tackle**—defenders should wait for the attacker to expose the ball before committing. Stay patient and don't dive in.
- Once possession is won, quickly **transition** from defence to attack by playing forward and exploiting the space available.

#### **3. Anticipate the Attacker's Moves:**

- Encourage defenders to read the **body language** and intentions of the attacker, anticipating where the ball might be played or passed to increase chances of a turnover.

---

### **Teaching Points for Attackers (White Players)**

#### **1. Ball Retention Under Pressure:**

- Attackers need to practice **shielding the ball** and using body positioning to protect the ball from the defender while looking for opportunities to progress it through the cones.
- **Decision-making** under pressure is key—whether to pass, dribble, or move the ball quickly to keep possession.

#### **2. Creating an Overlap:**

- When in possession, attackers should aim to create a **2v1 situation** by combining quickly to exploit the overload once the ball is turned over by the defender.
- **Support play** is crucial; after turning over possession, the player off the ball needs to move into a space where they can support the attack.

#### **3. Quick Transition:**

- The focus is on **quick transitions** from defence to attack (counter-attacking). After winning the ball, players must react swiftly to exploit the space left by the retreating defence and create a goal-scoring opportunity.

---

### General Points on Counter-Attacking

- **Speed and Support:**
  - Once the ball is turned over, attackers should look to break quickly with **speed and support**, aiming to create numerical superiority (2v1).
  - Players need to have an awareness of the **available space** and make direct movements toward goal.
- **Exploiting the Overload:**
  - In the 2v1 situation, attackers should look to **draw the defender** toward one player and then make a well-timed pass to the free player for a scoring chance.

---

These teaching points emphasize quick transitions from defence to attack and how to create and capitalize on an overload situation. They also cover defending principles to help disrupt the attacker's play before counter-attacking.



# Defence Based Session Template

## GAME 3

### Focus of the Activity

This activity emphasizes **forwards exploiting space quickly** before defenders recover, creating opportunities to attack with a **numerical advantage**. It challenges forwards to make fast decisions and effective use of space, while defenders focus on **recovery runs** and disrupting the attack.

---

### Teaching Points for Forwards (White Players)

#### 1. Exploiting Space Quickly:

- The key for the forward receiving the ball is to **attack space immediately** before the two extra defenders can recover and engage.
- Encourage the forward to **run directly at goal** if there's space, or look for an early **kick pass** to the inside forwards to maintain the momentum of the attack.

#### 2. Awareness of Overload:

- Forwards need to recognize the **numerical advantage** (3v2) that exists for a brief moment before the defenders can get back. Players should **combine quickly** through fast, sharp passing to make the most of the overload.

#### 3. Decision-Making:

- The forward in possession must decide whether to **shoot**, pass, or continue running with the ball depending on the defenders' positioning and how much time they have before the extra defenders recover.
- Inside forwards should be ready to **make runs into space** or position themselves for a pass, anticipating the movement of the defender and their teammate.

#### 4. Finishing Under Pressure:

- Forwards need to work on **finishing** while under pressure from defenders who are closing in. Being composed in front of goal is crucial, especially as the window of opportunity narrows.

---

### Teaching Points for Defenders (Red Players)

#### 1. Quick Recovery Runs:

- The defenders on the red cones must make **quick recovery runs** as soon as the forward gains possession. Their goal is to get back and even the numbers (3v3) as quickly as possible.
- Defenders should aim to **delay the attack** long enough for their teammates to recover.



## 2. **Communication and Organization:**

- As defenders recover, **communication** is key to organizing their defence. They must quickly identify which attackers to pick up and try to disrupt the forward's attack by closing down space.

## 3. **Turnovers and Transition Play:**

- If defenders succeed in turning over the ball, the focus shifts to **transition play**. They must quickly **work the ball out past the blue cones**, using support and short passes to maintain possession and restart the game from the keeper.

---

### **General Points on Exploiting Overloads**

- **Speed and Timing:**

- The forwards must act with **speed** to capitalize on the overload before the defenders recover. **Timing of runs** and quick decision-making are critical to creating and finishing a scoring opportunity.

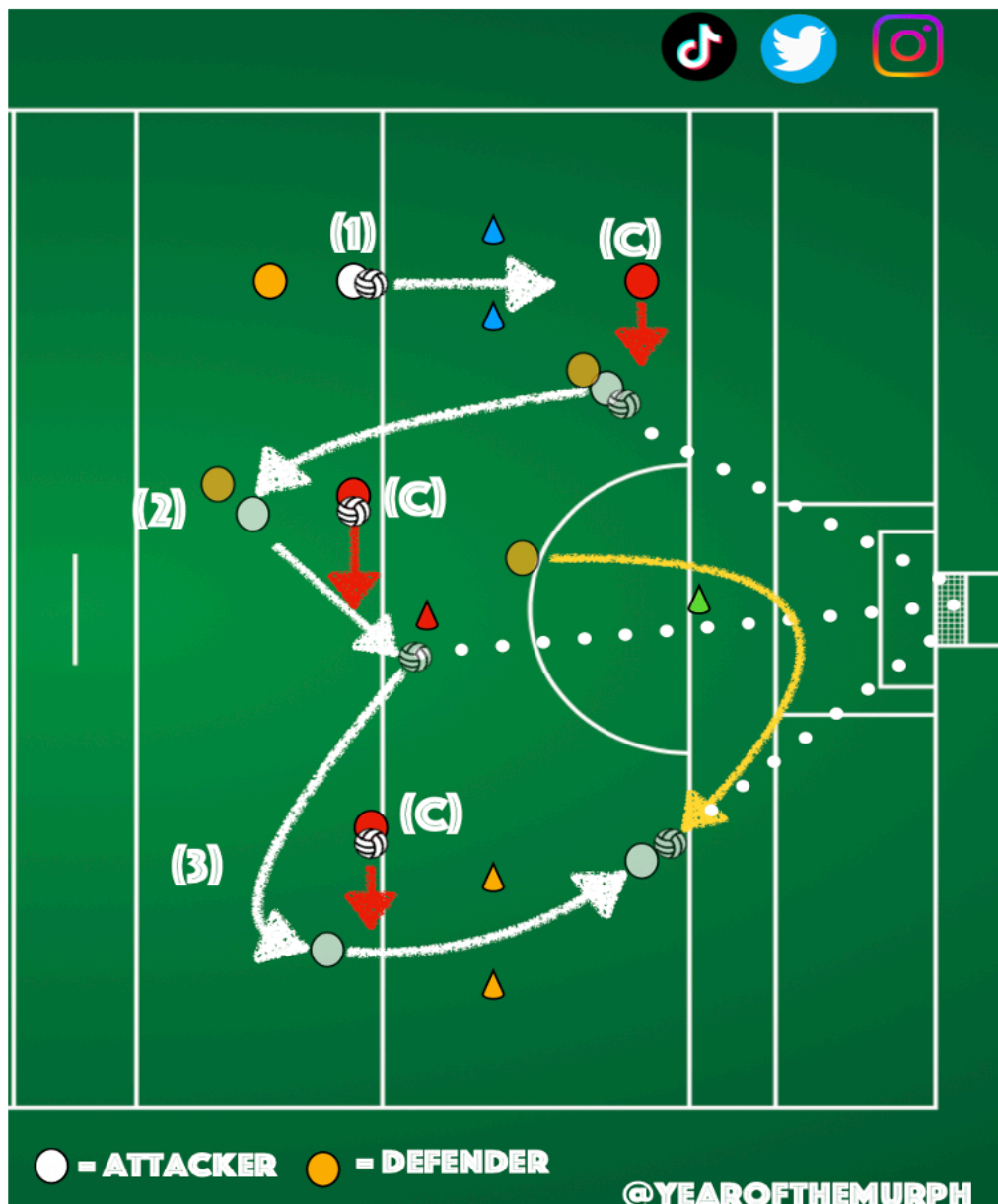
- **Defensive Recovery:**

- Defenders should be mindful of the **angles of recovery runs**, aiming to get back into a position where they can delay or break up the attack, rather than just sprinting toward the goal.

---

These points will help players focus on the importance of exploiting space during brief moments of numerical superiority and on transitioning effectively in both attack and defence

## Pre Warm Up Activity – Skill Technique ( Bilateral) 12 minutes



**AN ACTIVITY FOCUSING ON BEEN CLINICAL IN FRONT OF GOALS**

**ACTIVITY STARTS AT POINT (1) WHERE WHITE FORWARD STARTS WITH BALL AND YELLOW DEFENDER IS IN TOUCHING DISTANCE BEHIND THE FORWARD ON COACH'S WHISTLE FORWARD PASSES TO COACH AND GOES FOR RETURN PASS AND TAKES THE SHOT OFF.**

**ONCE THE SHOT IS TAKEN THE FORWARD THEN DIVERTS BACK OUT TO POINT (2) WHERE HE RECEIVES SECOND BALL FROM COACH AND STRIKES FOR ANOTHER POINT WHILST THE DEFENDER IS STILL CHASING TO CLOSE HIM DOWN.**

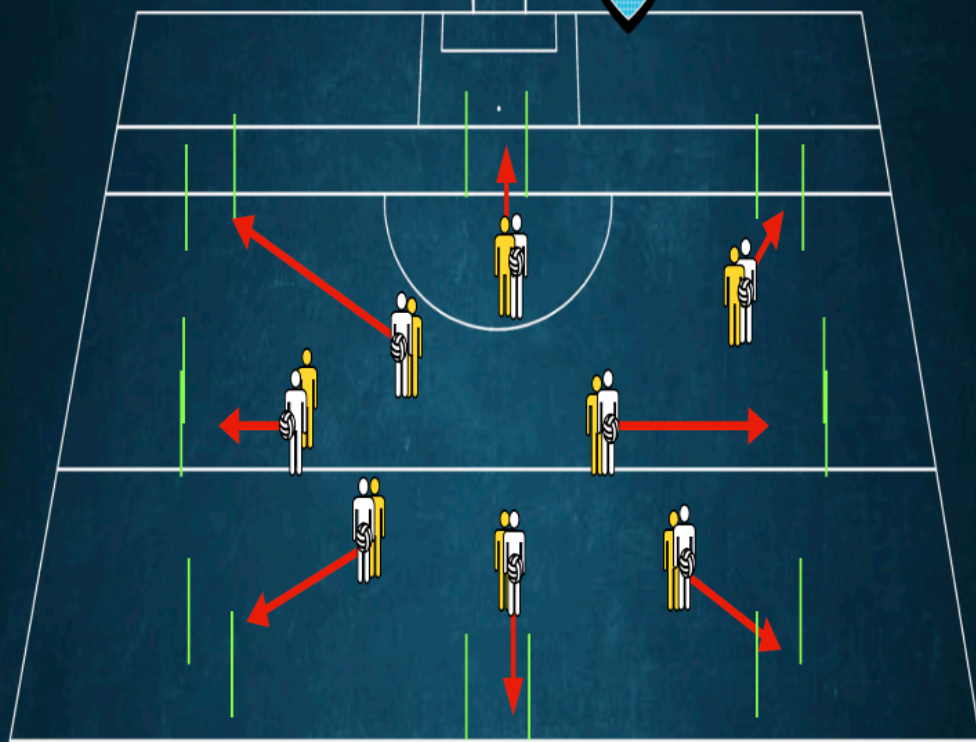
**ON THE FINAL PLAY THE FORWARD WILL DIVERT BACK OUT TO POINT (3) WHILST THE DEFENDER WILL MAKE A RUN INSIDE AND LOOP AROUND THE GREEN CONE TO COME BACK OUT AND DEFEND THE FORWARD COMING THROUGH ON GOAL ONCE THE FORWARD HAS MADE HIS RUN THROUGH THE YELLOW GATE. ONCE ALL 3 ARE COMPLETE. NEXT 2 UP**

**NOTE (SHOOTING POINTS)**  
**POINT 1 - LEFT FOOT**  
**POINT 2- RIGHT FOOT**  
**POINT 3- PLAYERS CHOICE**

## WORK THAT TACKLE - DEFENSIVE ACTIVITY



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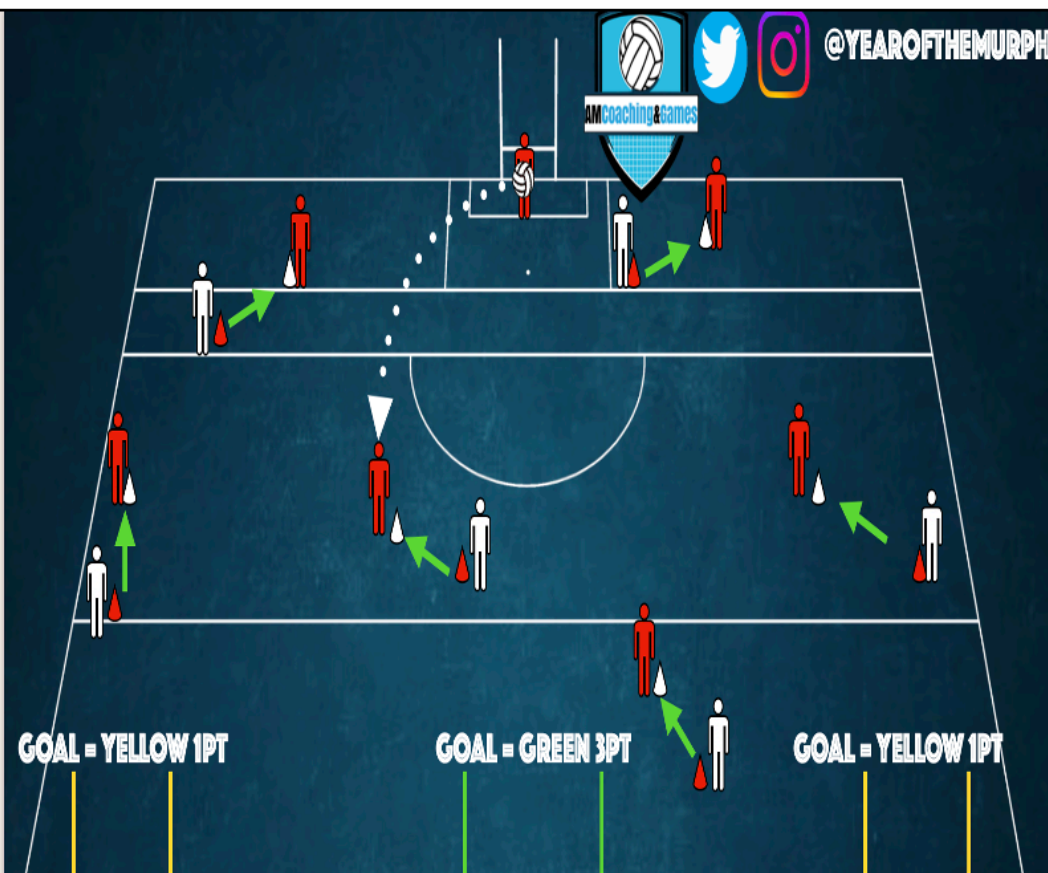
## 1 V 1 DEFENSIVE ACTIVITY WORKING ON FRONTAL TACKLE ALTERNATING ATTACK PLAYER.

FOR EXAMPLE, WHITE STARTS WITH BALL AND GOES THROUGH THE NEAREST GREEN POSTS. ONCE THEY HAVE SOLO'D THROUGH THE GATES THEY DROP BALL AND LET YELLOW PICK UP THE BALL.

YELLOW MUST THEN WORKS THROUGH THE GREEN POSTS AND TAKE ON THE WHITE PLAYER. ONCE BALL IS BACK THROUGH WE THEN GO AND PICK AND ANOTHER GREEN GOALS TO USE.



@YEAROFTHEMURPH



## PRESS THAT BALL GBS

THEME: 6 V 6 GAMES SCENARIO ENCOURAGING DEFENDING PLAYERS TO INCREASE WORK-RATE AND STOP OPPOSITION ATTACK FROM TURNOVER AFTER A MISDIRECTED PASS OR DROPPED BALL INTO GOALIES HAND

GOAL = YELLOW 1PT

GOAL = GREEN 3PT

GOAL = YELLOW 1PT



# Defence Based Session Template

## GAME 1

### Focus of the Activity

This activity emphasizes being **clinical in front of goal** by practicing different types of finishes under pressure from a defender. It challenges forwards to work on **composure**, **accuracy**, and **quick decision-making**, while defenders focus on **closing down space** and applying pressure.

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### Teaching Points for Forwards (White Players)

#### 1. Composure Under Pressure:

- Forward players should remain **calm and composed** when taking shots, despite pressure from the defender. Focus on maintaining good body posture and **technique** for each strike.
- The aim is to **stay focused on the target**, using quick, clean strikes rather than rushing the shot.

#### 2. Variety of Finishes:

- Point 1: **Left-footed finish**—encourage players to confidently strike with their weaker foot, emphasizing **placement over power**.
- Point 2: **Right-footed finish**—encourage a clean, **quick release** with the dominant foot while still being chased by the defender.
- Point 3: **Player's choice**—allow players to decide the type of finish they feel most comfortable with based on the situation, reinforcing the importance of adaptability in front of goal.

#### 3. Quick Transitions:

- Forwards must **transition quickly** between each shooting point, adjusting their position and movement to create enough space for the next shot. This trains their ability to strike quickly after movement and under defensive pressure.

#### 4. Finishing Techniques:

- Emphasize different techniques such as **driven shots**, **curled finishes**, or **low shots**, depending on the angle and positioning. The goal is to work on **accuracy** and **decision-making** under pressure from the chasing defender.

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### Teaching Points for Defenders (Yellow Players)

#### 1. Applying Pressure:

- Defenders need to focus on **closing down the forward quickly**, using recovery runs to apply pressure without diving in too early.

- Although the forward is expected to get their shots off, defenders should try to **block angles** and rush the shooter into less ideal positions.
- 2. **Reading the Play:**
  - Defenders should develop the ability to **read the forward's movements**—knowing when the forward will cut in for a shot, and anticipating their next move to disrupt the play.
- 3. **Recovery and Positioning:**
  - The final play (Point 3) tests the defender's ability to **recover after being beaten** and get back into a good position. Encourage defenders to focus on **positioning themselves between the forward and the goal** as they make their run through the yellow gate.

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### General Points on Clinical Finishing

- **Speed and Accuracy:**
  - Forwards need to focus on **finishing quickly** but not rushing their shot. The goal is to find a balance between speed of execution and accuracy.
  - Encourage **controlled finishes** that are placed beyond the goalkeeper's reach, especially when under defensive pressure.
- **Pressure Situations:**
  - The activity simulates **game-like pressure** where the forward has to quickly get their shots off while a defender is chasing them down. The defender's role is to add just enough pressure to make the finish challenging, while the forward must remain focused.

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This setup helps forwards develop the ability to finish clinically under pressure from defenders, working on both footwork and decision-making in fast-paced scenarios





# Defence Based Session Template

## GAME 2

### Focus of the Activity

This 1v1 activity focuses on **defending against frontal attacks**, with alternating attacking players. The drill emphasizes **timing the tackle**, **defensive positioning**, and the ability to recover and challenge the attacker effectively. Attackers focus on **ball control**, **speed**, and the ability to beat the defender.

---

### Teaching Points for Defenders (White/Yellow Players)

#### 1. Frontal Tackling:

- The primary focus for defenders is on **timing the tackle**. Encourage players to stay low and **balanced**, engaging the attacker at the right moment to win the ball cleanly.
- Avoid diving in too early. Instead, aim to **jockey** the attacker to slow them down and wait for an opportunity to win the ball.

#### 2. Defensive Positioning:

- Defenders should position themselves **between the attacker and the goal** or the next set of green posts, using their body to force the attacker wide or into a less threatening area.
- Maintain a **low center of gravity**, staying light on their feet to adjust quickly to changes in the attacker's direction.

#### 3. Tracking the Ball:

- Teach defenders to **keep their eyes on the ball** rather than being drawn in by the attacker's feints or body movements. This helps them react effectively to the attacker's next move.

#### 4. Recovery After the Challenge:

- After the attacker breaks through the green posts or if the ball is lost, the defender must quickly **recover** and get into position to challenge again. They should react fast to the transition from attack to defence.

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### Teaching Points for Attackers (White/Yellow Players)

#### 1. Speed and Control:

- Attackers should focus on **maintaining control** of the ball while moving quickly through the green posts. Emphasize the importance of **soloing** the ball cleanly and at speed without losing control.
- As they approach the defender, attackers must make quick decisions on whether to take them on directly or use **changes of pace or direction** to beat the defender.

## 2. Beating the Defender:

- Encourage attackers to use **feints**, **body movements**, and **quick changes of direction** to throw the defender off balance and create space to get past.
- Players should also be aware of the **defender's positioning** and adjust their moves accordingly to maximize their chance of breaking through.

## 3. Reacting to Pressure:

- When the defender engages, attackers need to stay calm and focus on keeping the ball under control. Encourage them to use **quick touches** and **sharp movements** to evade the challenge.

---

### General Points on 1v1 Defending and Attacking

- **Defensive Composure:**

- Defenders should remain patient and composed when facing an attacker, focusing on **delaying** the play rather than rushing into a challenge. The longer they can contain the attacker, the better their chances of winning the ball.

- **Attacking Confidence:**

- Attackers should approach the defender with confidence, aiming to **commit the defender** before using skill and pace to get past. Being decisive in their movement will increase their chance of success.

- **Transition Play:**

- The activity naturally builds in a **transition phase** where both players must switch quickly from attack to defence and vice versa. Players should be taught to stay mentally sharp and respond quickly after losing or winning the ball.

---

This drill allows both attackers and defenders to work on key 1v1 principles while also improving their reaction time and ability to transition between attack and defence



# Defence Based Session Template

## GAME 3

### Focus of the Activity

This activity is designed to encourage **defending players to increase work-rate** and apply immediate pressure after a **turnover**, particularly following a **misdirected pass** or a **dropped ball** into the goalkeeper's hands. The focus is on **high-intensity pressing** to win back possession or disrupt the opposition's attacking transition.

---

### Teaching Points for Defenders (Defensive Pressing Team)

#### 1. Immediate Reaction to Turnovers:

- Defenders must react **instantly** after a turnover, particularly following a misdirected pass or when the opposition gains possession from a **dropped ball**.
- Teach players to adopt a "**pressing mentality**", where they immediately look to **close down the ball carrier** and cut off passing options.

#### 2. High Work-Rate:

- Encourage **high work-rate** and **intensity**. Defenders should press aggressively, aiming to force the opposition into rushed decisions or errors.
- The entire defensive unit should move as a group to **compact the space** around the ball, making it difficult for the attacking team to play through them.

#### 3. Cutting Off Passing Lanes:

- While pressing the ball, defenders must also work on **closing down passing lanes** to limit the attacking team's options. Players need to be aware of where the opposition is likely to move the ball and position themselves to intercept or block these passing routes.

#### 4. Winning the Ball Back Quickly:

- Emphasize the importance of **winning the ball back within the first few seconds** after a turnover. The longer the attacking team has the ball, the harder it will be to press effectively. Defenders need to be decisive in their efforts to regain possession.
- 

### Teaching Points for Attackers (Opposition Team)

#### 1. Composure Under Pressure:

- Attackers must maintain **composure** when the defensive team presses aggressively. Focus on **quick, controlled passes** and **calm decision-making** to evade the press and exploit the space behind the pressing defenders.

#### 2. Support Play:

- The attacking team must work as a unit to support the ball carrier. Players should look to **create passing options** and **move off the ball** to make it easier to bypass the press.
- Encourage quick **combination play** (e.g., 1-2 passes) to escape the pressing defenders.

### 3. Exploiting Space:

- Once the press is beaten, attackers should **exploit the space** left behind by the pressing defenders, especially if the goalkeeper can distribute quickly. Transition from defence to attack should be fast, looking for opportunities to create goal-scoring chances.

---

### General Points on Pressing and Reacting to Turnovers

- **Press with Intent:**

- Defenders need to press with the clear intent of winning the ball back or forcing the opposition into a mistake. A half-hearted press won't disrupt the opposition effectively, so all players must commit to the press.

- **Communication and Coordination:**

- Defenders must communicate with each other and work as a unit. If one player presses while others stay back, the press will be ineffective. **Coordination** is key to ensure the team moves as a cohesive block.

- **Transition to Attack/Defence:**

- Both teams should focus on **quick transitions**. If the defensive team wins the ball, they need to immediately look for opportunities to counter-attack. If the attacking team breaks the press, they should quickly transition into an attacking phase.

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This setup emphasizes high-intensity pressing after a turnover, which will help defenders develop the mindset and work rate necessary to recover possession quickly while under pressure.



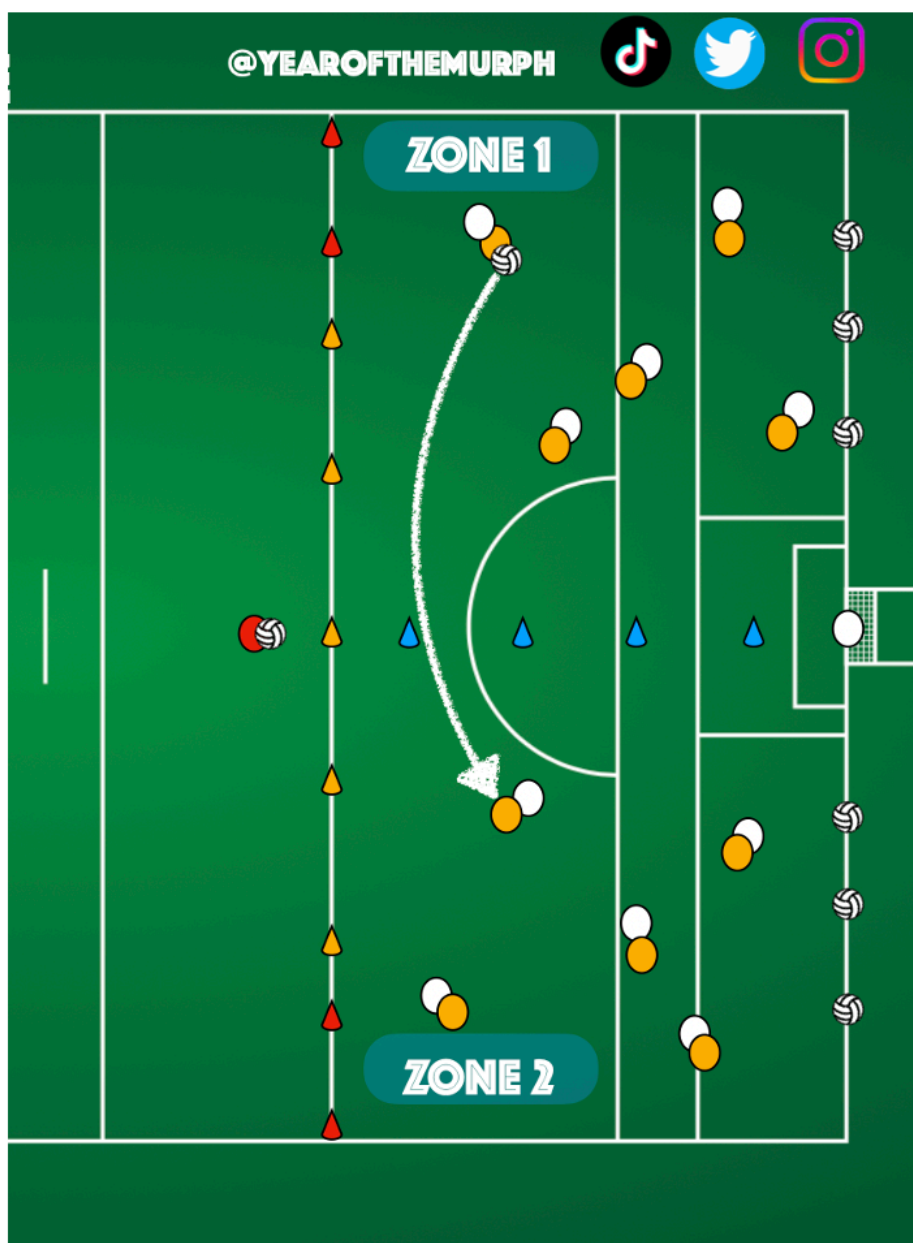
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# QUICK TRANSITION SESSION DESIGN TEMPLATES





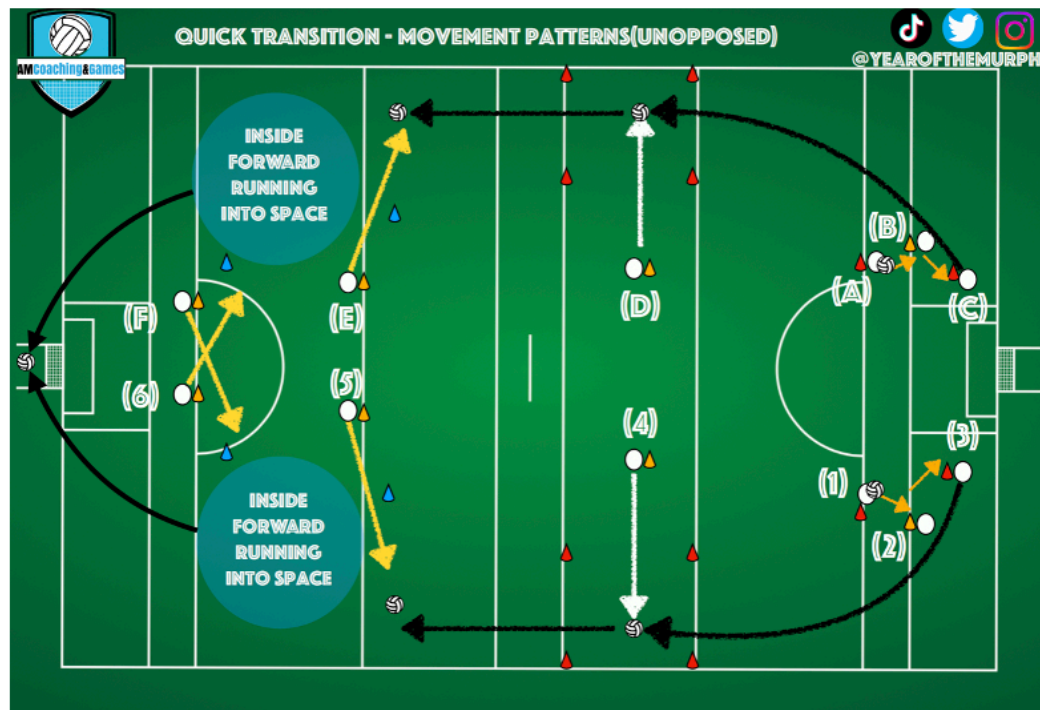
## Pre Warm Up Activity – Skill Technique ( Bilateral) 12 minutes



**GAME 1: TWO 5 V 5'S EITHER SIDE OF THE BLUE LINE. YELLOWS ARE WORKING WITH YELLOWS PLAYERS ON OPPOSITE SIDE. THE YELLOW PLAYERS IN POSSESSION OF THE BALL MUST GET 3 PASSES BEFORE RELEASING THE BALL TO THE OPPOSITE SIDE. IF HANDPASS OR KICK PASS LANDS SUCCESSFULLY ITS WORTH ONE POINT TO YOUR TEAM. FIRST TEAM TO 10 POINTS FIRST WIN. IF WHITE'S TURN BALL OVER THEY CONTINUE WITH POSSESSION.**

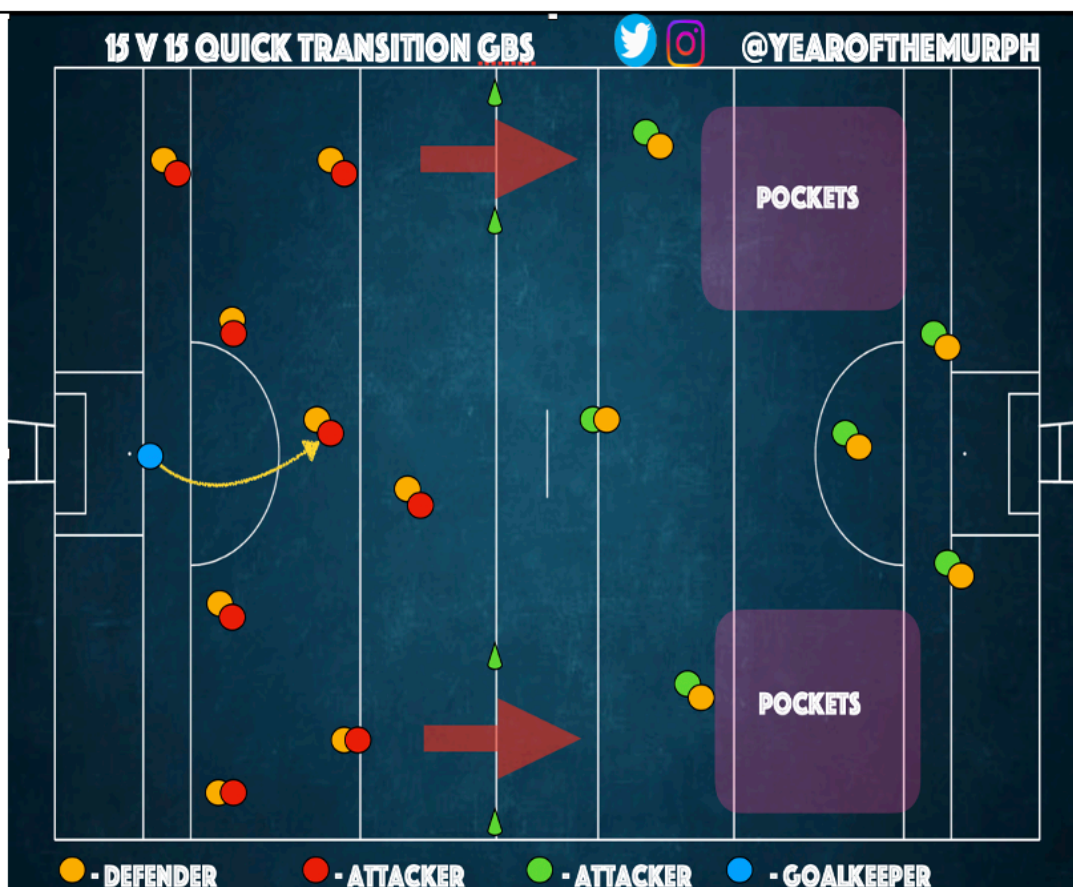
**GAME 2: 5 V 5 IN EACH ZONE. WHITE DEFENDERS HAVE 3 BALLS LINED UP ON THE END LINE. THEY MUST WORK THE BALL OUT PAST THE 45M LINE. IF YELLOWS TURN THE BALL OVER THEY MUST TRY CREATE A SCORE. ONCE BALL IS DEAD GAME RESTARTS FROM WHITE DEFENDERS ON THE ENDLINE AGAIN**

**GAME 3: 10 V 10 GAME. BALL STARTS FROM THE COACH (RED) OUTSIDE THE 45M LINE. ONCE THE YELLOW TEAM RECEIVES POSSESSION OF THE BALL THEY MUST WORK THE BALL OVER THE BLUE LINE ( SWITCHING THE CHANGE OF ATTACK) TO CREATE A SCORE IN THE MAIN GOALS. IF THE WHITE DEFENDERS TURN OVER THE BALL THE MUST WORK IT THROUGH EITHER OF THE RED GATES. ONCE BALL IS DEAD GAME RESTARTS FROM COACH**



**AN ACTIVITY FOCUSING ON PLAYERS MOVEMENT UNOPPOSED. IMITATING A TURNOVER IN OUR BACK LINE AND BREAKING AT SPEED THE BALL STARTS WITH (A) WHO HAND PASSES TO (B) (B) THEN LOOKS FOR A BACKDOOR PASS TO (C) WHO KICKS THE BALL INTO THE RED SQUARE FOR PLAYER (D) TO RUN INTO AND COLLECT. ONCE (D) HAS COLLECTED THE BALL HE IS PLAYING BALL UP THE LINE TO (E) WHO THEN IN RETURNS DELIVERS A DIAGONAL BALL IN TO (F) WHO COMPLETES THE MOVEMENT BY TAKEN A SCORE.**

**(1/2/3/4/5/6) WILL MIRROR THE SAME IMAGE ON THE OPPOSITE SIDE.**



**THIS ACTIVITY IS A GREAT GAME SPECIFIC SCENARIO WORKING ON QUICK TRANSITION FROM KICK OUT TO FORWARDS.**

**GAME WILL ALWAYS START FROM KICKOUT FROM GOALIE. IT WILL BE AN 8V8 IN ONE HALF OF THE PITCH AND 6V6 IN THE OTHER END.**

**ON COACHES WHISTLES GOALKEEPER MUST FIND A RED ATTACKER TO RELEASE KICKOUT TO. ONCE REDS HAVE PRIMARY POSSESSION SECURED THEY MUST ATTACK EITHER GREEN CHANNEL TO ADVANCE INTO FORWARDS.**

**WHEN GONE THROUGH GREEN GATES THEY MUST LOOK TO DELIVER BALL INTO A GREEN HALF FORWARD/FULL FORWARD LINE AND TRY CREATE SCORE.**

**IF BALL IS OVERTURNED THEN YELLOWS MUST WORK IT BACK DOWN THE PITCH AND TRY CREATE A SCORING OPPORTUNITY**

**RED WORKS WITH GREEN PLAYERS / YELLOW WITH YELLOW PLAYERS**



# Quick Transition Session Template

## GAME 1

### **Game 1: 5v5 Passing and Transition**

#### **Focus:**

- **Passing Accuracy & Movement:** Encourages quick ball movement and precision.
- **Transition Play:** Teaches players how to transition possession and move the ball between zones.
- **Communication:** Requires communication between teammates, especially when linking up play across the blue line.

#### **Key Teaching Points:**

1. **Maintain Possession:** Players need to focus on ball retention by finding space, supporting their teammates, and making smart passing decisions.
2. **Spatial Awareness:** Encourage players to identify gaps in the defence and anticipate the movement of teammates on the opposite side.
3. **Patience in Build-Up Play:** Reinforce that players should not rush the pass over the blue line; instead, they must complete the necessary passes to create an opening.
4. **Defensive Pressure:** White team needs to apply pressure to force turnovers, improving defensive reactions.

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### **Game 2: Breakout and Counterattack**

#### **Focus:**

- **Defensive Breakout:** Teaches defenders how to regain possession and transition out of the defensive zone.
- **Pressing and Turnovers:** Focuses on yellow team's ability to press and create turnovers, transitioning quickly to attack.

#### **Key Teaching Points:**

1. **Structured Defence to Attack:** White players should practice their ability to stay calm under pressure and find the best outlet to move the ball past the 45m line.
2. **Pressing Triggers:** The yellow team should recognize when to press aggressively, forcing errors from the defenders.
3. **Quick Decision-Making:** If the yellow team wins possession, they must quickly organize into an attacking shape to create scoring chances.
4. **Composure in Counterattack:** When white defenders break out, stress the importance of composure and precision to prevent turnovers under pressure.

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### **Game 3: Changing the Point of Attack & Scoring**

#### **Focus:**

- **Switching Play:** This game emphasizes the importance of changing the point of attack to destabilize the defence and create scoring chances.

- **Defensive Resilience:** For the white team, the focus is on defensive organization and finding opportunities to turn defence into attack.

**Key Teaching Points:**

1. **Switch Play Effectively:** Yellow team should focus on spreading the defence and recognizing when and how to switch play to maximize space and scoring opportunities.
2. **Defensive Transition:** White defenders must learn to transition quickly when they regain possession, using the red gates as their exit strategy.
3. **Positioning:** Both teams should be mindful of their positioning in relation to the ball and opposition, ensuring they are in the best position to execute their role—whether defending or attacking.
4. **Fast Restarts:** Encourage quick restarts from the coach to simulate match-like conditions, improving focus and game readiness.

These games blend technical skill development with strategic thinking, creating dynamic, match-realistic scenarios for players to grow in both individual and team aspects.





# Quick Transition Session Template

## GAME 2

This activity emphasizes **unopposed movement** and **quick transitions**, simulating a counterattack after a turnover in the back line. It develops players' ability to move into space, make accurate passes, and finish with a score.

### Activity Outline:

1. **Player (a)** starts with the ball near the defensive line and makes a **hand pass** to player (b).
2. **Player (b)** looks for a **backdoor pass** to player (c), who receives the ball on the run.
3. **Player (c)** kicks a long ball into a designated **red square** for player (d) to run into and collect.
4. Once **player (d)** collects the ball, they move up the line and play a pass to **player (e)**.
5. **Player (e)** returns the ball diagonally into the path of **player (f)**, who finishes the sequence by taking a shot on goal.

Meanwhile, the group of players **(1/2/3/4/5/6)** mirrors the same pattern on the opposite side of the field.

### Focus:

- **Movement Off the Ball:** Players must constantly be on the move, creating space and offering support options for their teammates.
- **Timing and Precision:** Accurate passes are crucial, especially when delivering the ball into the red square and executing diagonal passes.
- **Speed in Transition:** Players should move at match tempo, simulating the quick break from defence to attack.
- **Finishing Under Pressure:** Though unopposed, the final shot still requires composure and technique, mirroring real scoring opportunities after a fast break.

### Key Teaching Points:

1. **Timing of Runs:** Players need to focus on the precise timing of their movements to ensure they receive the ball in stride, especially on the backdoor pass and running into the red square.
2. **Communication:** Emphasize the importance of players communicating throughout the drill to coordinate movements and ensure fluid transitions.
3. **Ball Delivery:** The accuracy of the ball into the red square and the diagonal ball to player (f) are critical for success in real game situations.
4. **Speed and Urgency:** While unopposed, players must replicate game-like urgency in their movements, simulating the quick counterattack after a turnover in the backline.



5. **Repetition of Pattern:** Ensure players on the opposite side are mirroring the movement to create symmetry in the drill and maximize involvement.

This activity not only enhances movement and decision-making but also reinforces the principles of quick turnovers and counterattacks, vital in fast-paced gameplay.



# Quick Transition Session Template

## GAME 3

### **Activity Overview**

**Focus:** Quick transitions from kickouts to offensive plays.

**Scenario:** The game begins with a kickout from the goalkeeper. The structure is 8v8 on one half of the pitch and 6v6 on the opposite side.

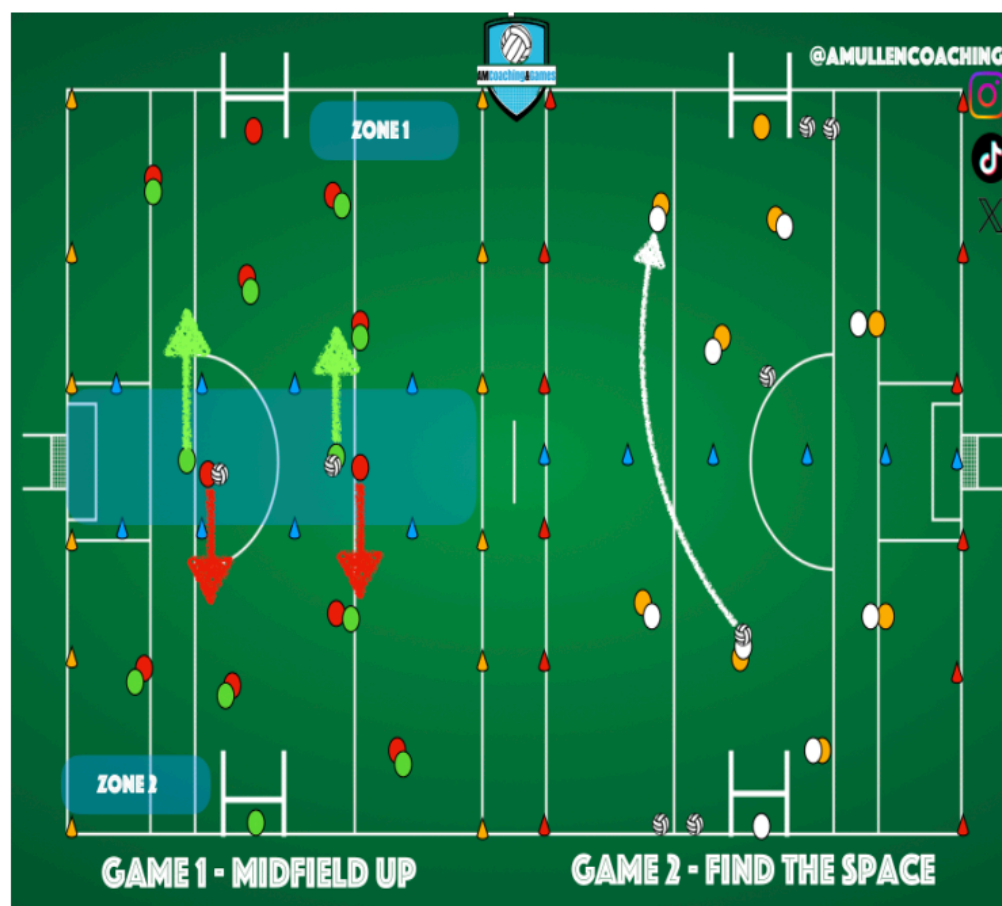
### **Instructions:**

1. **Kickout Execution:** On the coach's whistle, the goalkeeper must quickly identify and pass to a red attacker.
2. **Primary Possession:** Once the red team secures possession, they will advance through either of the green channels.
3. **Offensive Play:** After successfully passing through the green gates, the red team will aim to deliver the ball into the green half-forward or full-forward line, striving to create scoring opportunities.
4. **Defensive Response:** If possession is lost, the yellow team must work to regain control and advance the ball down the pitch to create their own scoring chance.

### **Key Learnings:**

- **Transition Skills:** Focus on rapid movement and decision-making during kickouts.
  - **Team Coordination:** Encourage collaboration between red and green players for effective offensive strategies.
  - **Defensive Organization:** Highlight the importance of teamwork among yellow players to recover possession and counterattack.
-

## Pre Warm Up Activity – Skill Technique ( Bilateral) 12 minutes



### MIDFIELD UP

**OBJECTIVE:** THIS ACTIVITY FOCUSES ON REACTION AND SCORING WITHIN A 6V6 SETUP.

**SETUP:** THE GAME BEGINS IN MIDFIELD (BLUE AREA) WITH A 2V2 FORMATION. ONE PLAYER FROM THE RED TEAM AND ONE FROM THE GREEN TEAM EACH START WITH A BALL. ON THE COACH'S WHISTLE, BOTH TEAMS MUST MAINTAIN POSSESSION OF THEIR RESPECTIVE BALLS UNTIL FURTHER INSTRUCTION. **ACTION:** ON THE COACH'S SECOND WHISTLE, THEY WILL CALL EITHER "GREEN ATTACK" OR "RED ATTACK." IF "GREEN ATTACK" IS CALLED, THE RED PLAYER WITHOUT THE BALL MUST DROP THEIRS TO TRACK THE OPPOSING GREEN MIDFIELDER, TRANSITIONING THE GAME INTO A 6V6 IN ZONE 1. EACH PLAYER IS LIMITED TO ONE PLAY.

IF "RED ATTACK" IS CALLED, THEY WILL ATTACK ZONE 2. ONCE A GOAL IS SCORED OR THE BALL GOES DEAD, THE GAME RESTARTS IN THE MIDDLE ON THE COACH'S WHISTLE

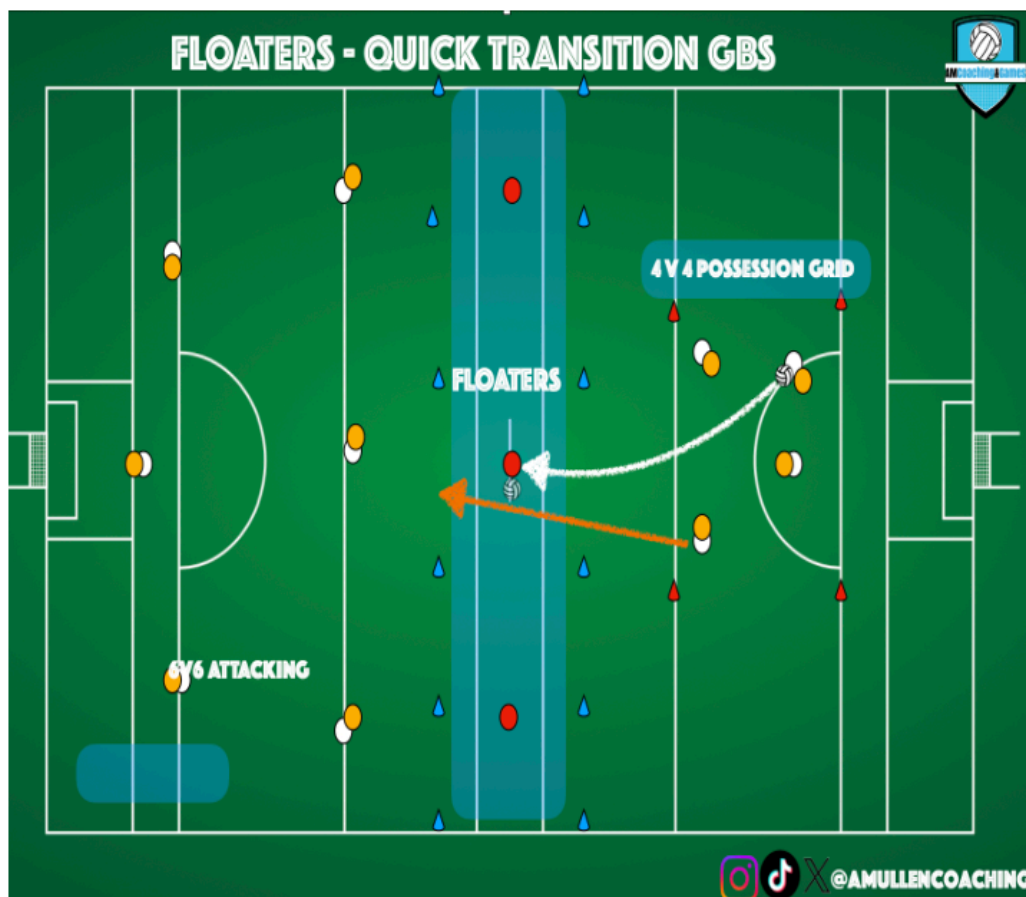
### FIND THE SPACE

**OBJECTIVE:** THIS ACTIVITY FOCUSES ON CREATING SPACE IN A 4V4 ENVIRONMENT AND ENCOURAGING PLAYERS TO ENGAGE IN 1V1 SITUATIONS.

**SETUP:** THE GAME STARTS WITH THE WHITE GOALKEEPER. INITIALLY, THE YELLOW ATTACKERS ALLOW THE WHITE DEFENDERS TO CARRY THE BALL OUT WITHOUT ATTEMPTING TO DISPOSSESS THEM.

**ACTION:** THE WHITE DEFENDERS MUST CARRY THE BALL UP TO THE BLUE LINE WITHOUT CROSSING IT, THEN DELIVER A KICK PASS TO THEIR FOUR WHITE FORWARDS, WHO AIM TO FIND SPACE AND CREATE SCORING OPPORTUNITIES. AFTER THE WHITE TEAM EITHER SCORES OR THE BALL GOES DEAD, PLAY IMMEDIATELY SWITCHES TO THE YELLOW TEAM. THE YELLOW GOALKEEPER PASSES TO THE YELLOW DEFENDERS, WHO CARRY THE BALL TO THE BLUE LINE WITHOUT BEING TACKLED BEFORE PASSING TO THEIR FOUR YELLOW FORWARDS. THEY THEN ATTEMPT TO WORK A SCORING OPPORTUNITY IN A 4V4 SETUP. THIS CYCLE REPEATS UNTIL THE COACH'S WHISTLE SIGNALS THE END OF THE ACTIVITY.

## FLOATERS - QUICK TRANSITION GBS



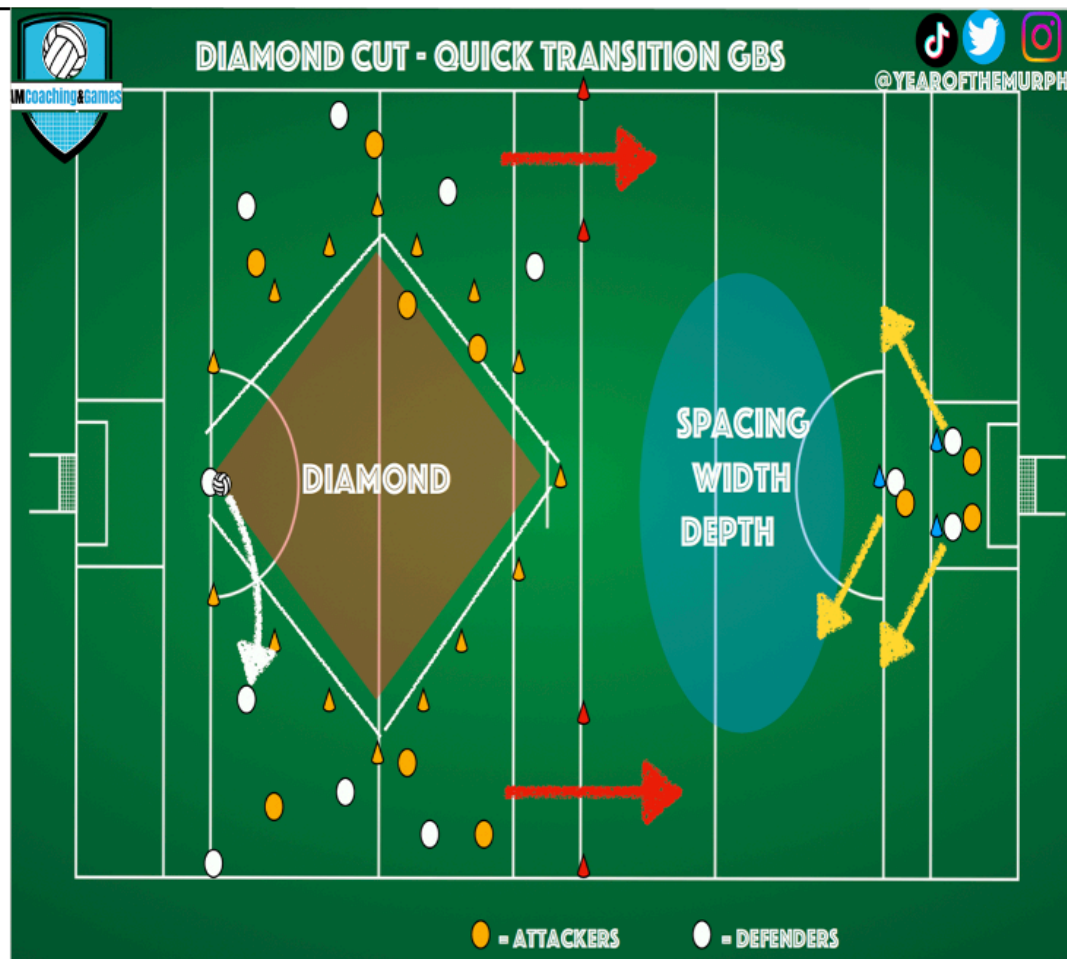
**THIS ACTIVITY IS TO FOCUS ON QUICK MOVEMENT OF THE BALL FROM DEFENCE TO ATTACK**

**GAME STARTS IN THE 4V4 POSSESSION GRID. WHITES START WITH THE BALL ON COACH'S WHISTLE AND THEY MUST MAINTAIN TO HOLD POSSESSION TILL COACH'S SECOND WHISTLE WHERE THEY BREAK FROM THE GRID AND USE ANY ONE OF THE 3 RED STATIC FLOATERS TO RELEASE THE BALL EARLY TO.**

**THE PERSON THAT DELIVERS THE BALL TO THE STATIC RED CAN NOT RECEIVE THE BALL BACK SO ANOTHER PLAYER NEED TO SUPPORT THE RUN AND TAKE THE BALL ON AND DELIVER INTO THE 6V6 ATTACKING GRID WHERE WHITES MUST TRY AND CREATE THE SCORE. THE 4V4 POSSESSION GRID PLAYERS CAN ENTER THE ATTACKING GRID IF THEY WISH TO DO SO.**

**ONCE BALL IS SCORED OR DEAD THE GAME RESTARTS BACK IN THE ATTACKING GRID**

## DIAMOND CUT - QUICK TRANSITION GBS



**AN ACTIVITY FOCUSING ON KEEPING BALL FROM CONGESTED MIDDLE AREA. BALL WILL START WITH GOALKEEPER HE MUST PASS BALL TO ONE OF HIS WHITE DEFENDERS. THE WHITE DEFENDER MUST WORK BALL OUT THROUGH EITHER ONE OF THE RED GATES TO GAIN ONE POINT. THE DEFENDERS CAN NOT CARRY BALL THROUGH THE DIAMOND IF BALL ENTERS DIAMOND THE YELLOW ATTACKERS GAIN POSSESSION AND CAN WORK SCORING OPPORTUNITY. (RULES OF DIAMOND DOES NOT APPLY FOR ATTACKING TEAM) HOWEVER WHITE DEFENDERS CAN RUN THROUGH DIAMOND WITHOUT POSSESSION OF BALL TO CREATE SPACING AND POCKETS FOR TEAM MATES TO RUN INTO RECEIVE KICKOUT FROM GOALIE.**

**(PROGRESSION: ONCE WHITES WORK BALL THROUGH RED GATES THEY CAN LOOK TO KICK BALL INTO SPACE FOR 3 INSIDE FORWARDS TO CREATE SCORE. IF WHITES COMPLETE THIS MOVEMENT IN FULL THEY WILL BE AWARDED 2 POINTS.)**



# Quick Transition Session Template

## GAME 1

### **MIDFIELD UP**

**Objective:** Enhance player reactions and scoring abilities within a 6v6 format.

#### **Setup:**

- The game starts in the midfield (blue area) with a 2v2 formation.
- Each team (red and green) has one player starting with a ball.
- Players must maintain possession of their balls until further instructions.

#### **Action:**

- On the coach's second whistle, the call will be either "Green Attack" or "Red Attack."
  - **If "Green Attack" is called:** The red player without the ball drops theirs to mark the opposing green midfielder, transitioning the game into a 6v6 in Zone 1. Each player is allowed only one play.
  - **If "Red Attack" is called:** The red team will attack Zone 2.
- After a goal is scored or the ball goes dead, the game restarts in the middle upon the coach's whistle.

#### **Key Learnings:**

- **Quick Reactions:** Players must react swiftly to changes in game conditions.
- **Defensive Awareness:** Emphasizes the importance of tracking and marking opponents.
- **Scoring Mindset:** Encourages players to seek out and exploit scoring opportunities.

---

### **FIND THE SPACE**

**Objective:** Develop skills in creating space and engaging in 1v1 situations in a 4v4 environment.

#### **Setup:**

- The game starts with a white goalkeeper.
- Yellow attackers allow white defenders to carry the ball out without attempting to dispossess them initially.

#### **Action:**

- White defenders must carry the ball up to the blue line without crossing it, then execute a kick pass to their four white forwards, who will work to find space and create scoring chances.
- After the white team scores or the ball goes dead, play switches to the yellow team. The yellow goalkeeper will pass to the yellow defenders, who carry the ball to the blue line and pass to their four forwards, aiming to create a scoring opportunity in the 4v4 setup.
  - This cycle repeats until the coach's whistle signals the end of the activity.



### **Key Learnings:**

- **Creating Space:** Encourages players to find and exploit space effectively.
- **1v1 Engagement:** Focuses on developing individual skills in attacking and defending.
- **Ball Movement:** Highlights the importance of effective passing and teamwork to create scoring opportunities.



# Quick Transition Session Template

## GAME 2

### **Activity: Quick Transition from Defence to Attack**

**Objective:** Improve the speed and efficiency of ball movement from defence to attack.

### **Setup:**

- The activity begins in a 4v4 possession grid.
- The white team starts with the ball at the coach's whistle.

### **Action:**

1. **Maintain Possession:** The white team must keep possession of the ball until the coach's second whistle.
2. **Early Release:** Upon the second whistle, the whites can break from the grid and use one of the three static red floaters to release the ball early.
  - **Note:** The player who delivers the ball to a red floater cannot receive it back.
3. **Support Play:** Another white player must support the runner, taking the ball from the red floater and advancing it into the 6v6 attacking grid.
4. **Scoring Opportunity:** In the attacking grid, the white team aims to create scoring chances. Players from the 4v4 possession grid can enter the attacking grid if they wish.

**Restart:** The game restarts in the attacking grid after a goal is scored or the ball goes dead.

### **Key Learnings:**

- **Quick Transitions:** Emphasizes the importance of rapid ball movement from defence to attack.
- **Support Play:** Highlights the need for players to support each other and create options for passing.
- **Scoring Focus:** Encourages players to think creatively and strategically about scoring opportunities in the attacking grid.



# Quick Transition Session Template

## GAME 3

### **Activity: Maintaining Possession and Avoiding Congestion**

**Objective:** Develop strategies to maintain possession while avoiding congestion in the middle area of the field.

**Setup:**

- The activity begins with the goalkeeper, who starts by passing the ball to one of the white defenders.

**Action:**

1. **Ball Movement:** The white defender must work the ball out through either of the red gates to earn one point.
2. **Diamond Rules:**
  - White defenders cannot carry the ball through the diamond. If the ball enters the diamond, the yellow attackers gain possession and can work to create scoring opportunities.
  - White defenders can run through the diamond without the ball to create space and pockets for teammates to receive a kickout from the goalkeeper.
3. **Progression:**
  - Once the whites successfully pass the ball through the red gates, they can look to kick the ball into space for three inside forwards to create a scoring chance.
  - If the whites complete this movement successfully, they will be awarded two points.

**Key Learnings:**

- **Spatial Awareness:** Encourages players to identify and create space to avoid congestion.
  - **Team Movement:** Highlights the importance of supporting teammates and working together to maintain possession.
  - **Strategic Passing:** Develops skills in making effective passes to advance play and create scoring opportunities.
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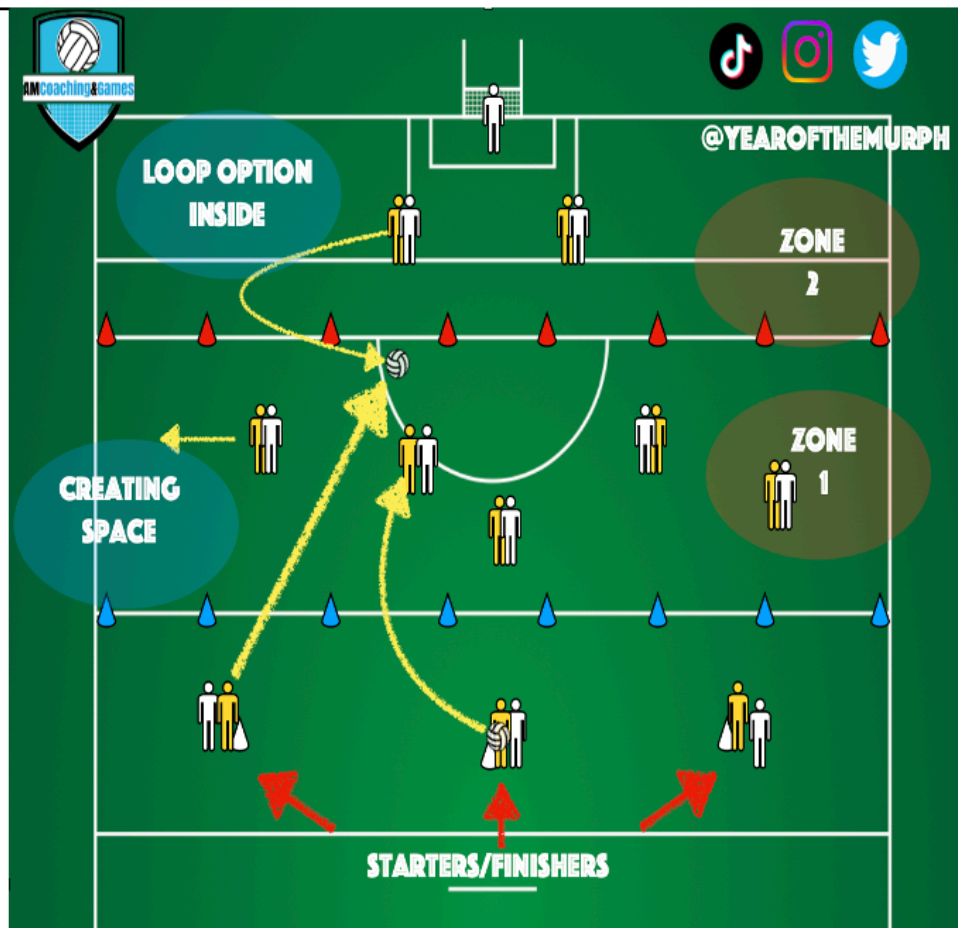
## Pre Warm Up Activity – Skill Technique (Bilateral) 12 minutes



**8V8 GAME BASED SCENARIO**  
**WORKING ON MOVING BALL**  
**WIDE AND NOT GETTING**  
**CAUGHT IN TROUBLE. WHAT WE**  
**WANT TO CREATE IS AN**  
**OVERLAP (GIVE AND GO) WITH**  
**OUR NEUTRAL PLAYER AND**  
**CREATE SCORING**  
**OPPORTUNITIES**

**DEFENDING PLAYERS CANNOT**  
**STEP OVER RED LINE AND MUST**  
**REMAIN IN THE CENTRE.**

**THE 'EXTRA MAN' IS IN A PERFECT**  
**POSITION TO PLAY DIAGONAL**  
**PASSES INTO A SCORING ZONE,**  
**RATHER THAN POINTLESS**  
**PASSES DEEP INTO THE CORNERS**  
**OR BEEN ABLE TO SWITCH THE**  
**ANGLE OF ATTACK**



**AN ACTIVITY WORKING ON LATE**  
**RUNNERS CREATING THE**  
**SCORE/TAKEN THE SCORE.**

**GAME STARTS WITH (YELLOW)**  
**PLAYER ON THE WHITE CONES**  
**OUTSIDE 45M LINE.**

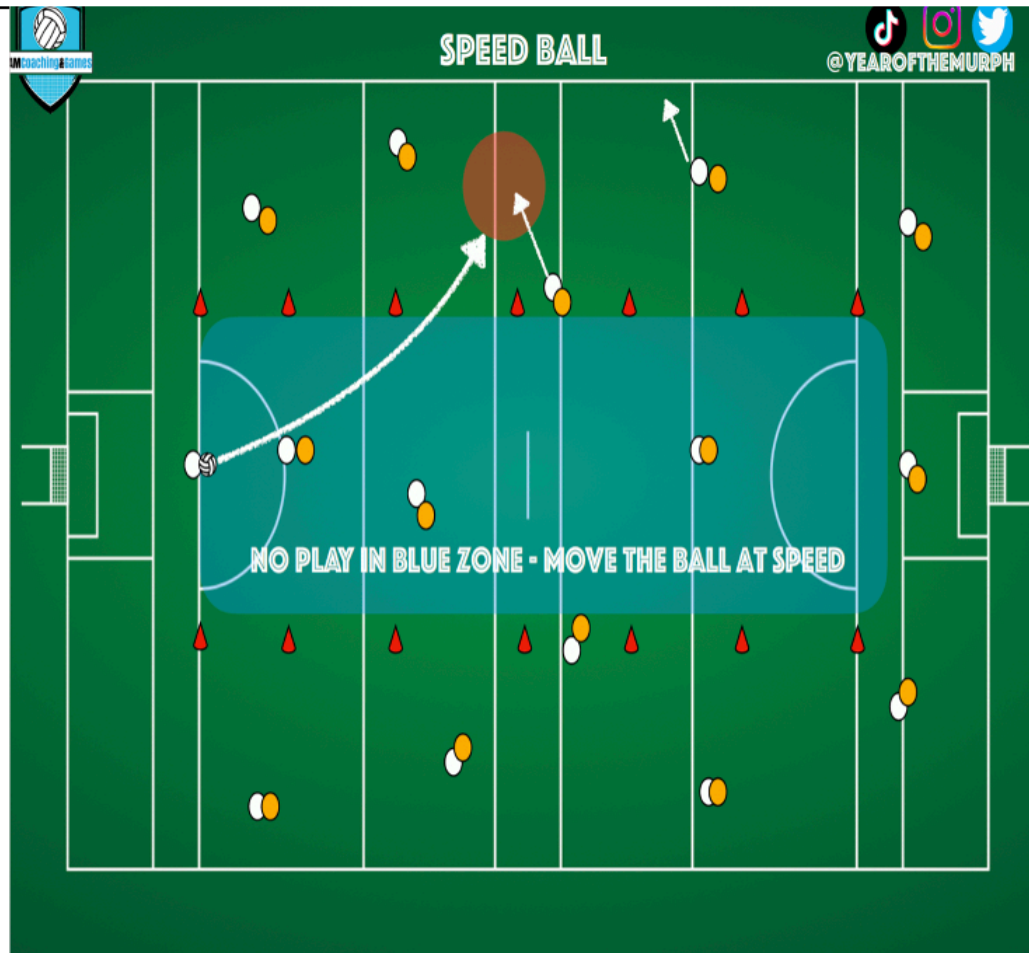
**THE PLAYER MUST TRY FIND A KICK**  
**PASS INTO ZONE 1 BEFORE THEY CAN**  
**ENTER ZONE 2.**  
**IF PASS IS SUCCESSFUL PLAYERS ON**  
**WHITE CAN ENTER ZONE 1 AND TRY**  
**CREATE A GIVE AND GO**  
**OPPORTUNITY FROM THE ORIGINAL**  
**KICK PASS AND ATTACK THE GOALS**  
**AT PACE.**

**IN ZONE 1 WE ARE LOOKING FOR**  
**MOVEMENT/SPACING & TIMING.**

**ONCE YELLOW PLAYER HAS**  
**POSSESSION HE CAN TAKE THE**  
**SCORE ON HIMSELF OR USE THE**  
**LOOP/BACKDOOR CUT RUN FROM**  
**INSIDE FORWARDS IN ZONE 2.**  
**IF DEFENDERS TURNOVER BALL THEY**  
**MUST WORK OUT PAST WHITE CONES**  
**AND GAME RESTARTS**

## SPEED BALL

@YEAROFTHEMURPH



**AN ACTIVITY FOCUSING ON MOVING THE BALL AT PACE TO CREATE A SCORING OPPORTUNITY FROM EITHER A KICKOUT OR TURNOVER**

**GAME STARTS FROM KEEPER AS SHOWN IN THE ABOVE IMAGE. FULL RULES APPLY AS NORMAL. ONCE TEAM ENTERS BETWEEN THE 2 RED CONES (NO PLAY ZONE) CONDITIONS CHANGE AND THEY MUST PLAY THE BALL AT SPEED OUT OF THE MIDDLE TO EITHER WING OR CREATE GIVE AND GO OPPORTUNITIES ALLOWING THE PLAY TO DEVELOP. ONCE BALL IS DEAD KEEPER RESTARTS FROM KICKOUT AGAIN. SEE FURTHER PROGRESSIONS ATTACHED.**





# Quick Transition Session Template

## GAME 1

### **Activity: 8v8 Game Focused on Wide Play and Overlaps**

**Objective:** Enhance ball movement to the wide areas and develop overlapping plays (give-and-go) with the neutral player to create scoring opportunities.

#### **Setup:**

- The game is structured as an 8v8 scenario.
- Defending players are restricted and cannot step over the red line, remaining in the centre.

#### **Action:**

1. **Ball Movement:** The attacking team will work to move the ball wide, utilizing the neutral player effectively.
2. **Overlap Strategy:** Encourage players to engage in give-and-go plays with the neutral player to create space and opportunities for attacking runs.
3. **Diagonal Passing:** The extra man (neutral player) should focus on playing diagonal passes into the scoring zone rather than making deep, ineffective passes into the corners.
4. **Switching the Angle:** Use the neutral player to switch the angle of attack, creating openings for scoring opportunities.

#### **Key Learnings:**

- **Wide Play:** Emphasizes the importance of using the width of the field to stretch the defence.
  - **Collaboration:** Develops teamwork through overlapping runs and effective communication.
  - **Effective Passing:** Teaches players the value of making strategic passes to create scoring chances rather than merely moving the ball around.
-



# Quick Transition Session Template

## GAME 2

### **Activity: Late Runners and Scoring Opportunities**

**Objective:** Develop the ability of late runners to create and take scoring opportunities.

#### **Setup:**

- The activity begins with a yellow player positioned on the white cones outside the 45m line.

#### **Action:**

1. **Initial Pass:** The yellow player must execute a kick pass into Zone 1 before entering Zone 2.
2. **Entry to Zone 1:** If the pass is successful, players on the white cones can enter Zone 1 to create a give-and-go opportunity with the original yellow player and then attack the goal at pace.
3. **Focus Areas:** In Zone 1, emphasize movement, spacing, and timing to facilitate effective plays.
4. **Scoring Options:** Once the yellow player gains possession in Zone 1, they can either:
  - Take the score themselves, or Utilize a loop/backdoor cut run from inside forwards in Zone 2 to create a scoring opportunity.
5. **Defensive Turnover:** If defenders regain possession, they must work the ball out past the white cones, and the game restarts.

#### **Key Learnings:**

- **Late Runs:** Highlights the importance of timing and positioning for late runners to exploit scoring opportunities.
- **Effective Communication:** Encourages players to communicate and support each other during attacks.
- **Movement and Spacing:** Focuses on creating space and moving effectively to generate scoring chances.



# **Quick Transition Session Template**

## **GAME 3**

Activity: Fast Ball Movement to Create Scoring Opportunities

Objective: Enhance quick ball movement to generate scoring opportunities from kickouts or turnovers.

### **Setup:**

The game starts with the goalkeeper, who initiates play.

Normal game rules apply.

Once a team enters the area between the two red cones (No Play Zone), the conditions change.

### **Action:**

Speed of Play: Upon entering the No Play Zone, the team must move the ball quickly out of the middle to either wing or set up give-and-go opportunities to develop the play.

Transition: If the ball goes dead (e.g., due to a score or turnover), the goalkeeper restarts play with a kickout.

Encouragement: Players should focus on making quick, decisive passes to exploit defensive gaps and create scoring chances.

### **Key Learnings:**

Quick Transitions: Emphasizes the importance of rapidly transitioning the ball to capitalize on scoring opportunities.

Wing Play: Develops skills in utilizing the wings to create space and openings for attacks.

Team Coordination: Encourages teamwork through give-and-go plays, fostering communication and movement off the ball.

### Progressions:

Introduce limitations on the number of touches allowed after entering the No Play Zone to increase urgency.

Add a scoring requirement that teams must meet within a certain time frame after exiting the zone.