

C1 – Up Back and Through with passive pressure

Area: 30 x 40 yard area with cones as shown.

How to: Pass in sequence as if you're building out from the back starting with the goalkeeper focusing on playing the pass the way that you're facing.

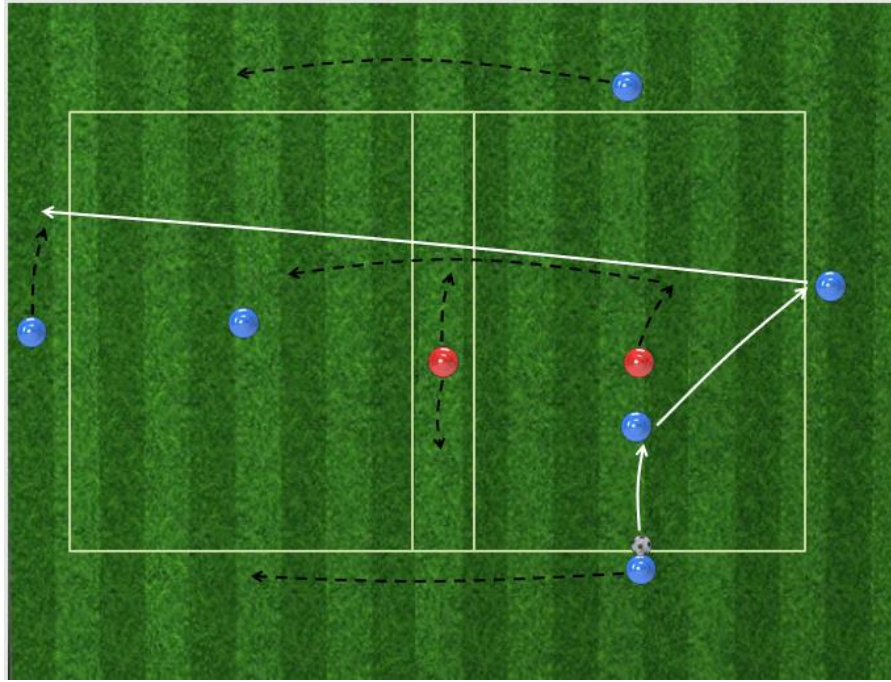


Notes:

Coaching Points:

- Passing accuracy is crucial
- Understand the weight and type of pass whether it is a through ball, or ball to a particular foot.
- Communication
- Control and confidence
- Understanding of movement in relation to the field.

C2 – Switching Play with Interceptions



Area: Two 20 x 25 yard areas with a 2 Yard channel in between the two. 6 v 2 semi opposed transitional Rondo.

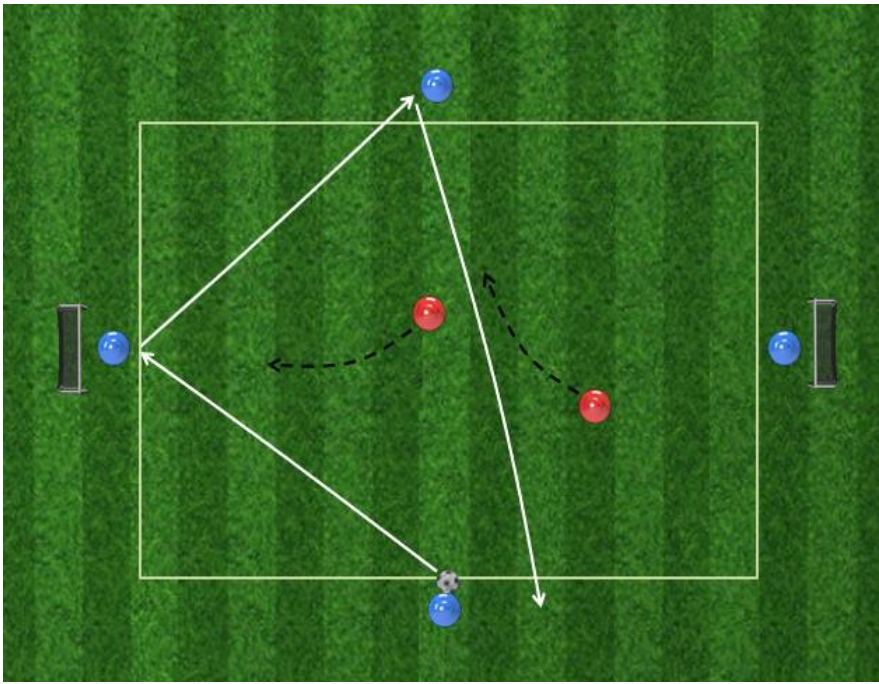
How to: 4 v 1 Rondo keep away in one half linking with the player in the middle playing under pressure from the defender. After a pre defined number of passes a player must switch the ball along the ground to the other side avoiding the intercepting player in the middle.

Notes:

Coaching Points:

- Calmness in possession
- Quality of pass, move the ball quickly from unopposed areas to create gaps to play through
- Move the ball to move the opposition
- Be positive in possession, communicate and look after your pass and first touch.

C3 – Diamond Free Play Rondo



Area: 20 x 25 yard area with a goal either side set back from the area by 8 yards. 4 Players play unopposed around the outside vs 2 defenders.

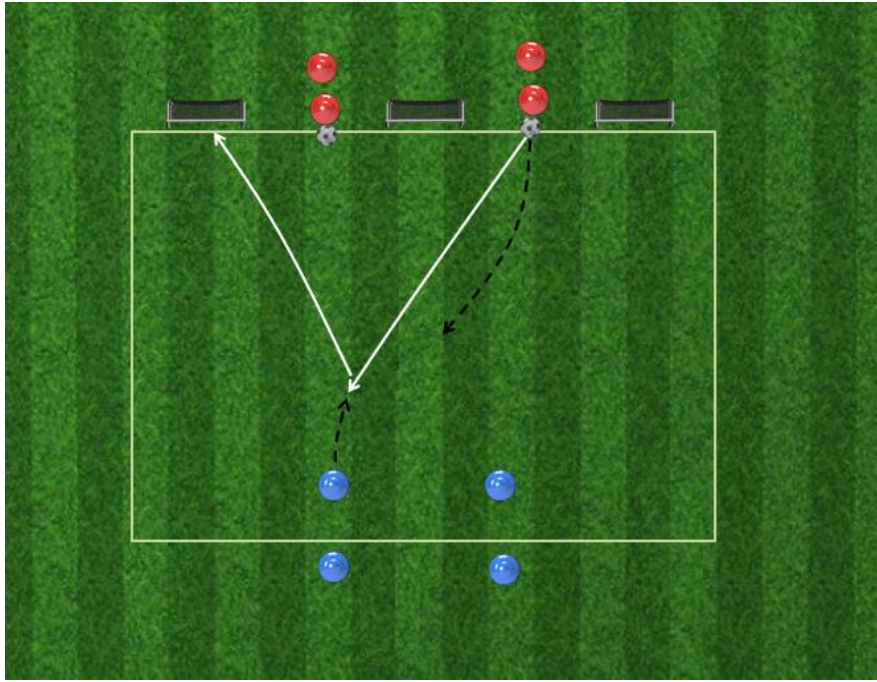
How to: 4 possession players must try to link passes around the area, each pass must enter the area at some point. Defenders try to intercept passes, retain the ball and score a quick counter goal at either end, possession team score double points for a pass the splits the defenders.

Notes:

Coaching Points:

- Move the ball quickly, pass the ball to move the opponent.
- Cleverness in possession to create gaps.
- Move to support your team mates and ask for the ball.
- Long pass to relieve pressure

C4 3 Goal 1v1 Targets



Area: 25 x 30 yard area played width ways with 3 pop up goals on the defender start line.

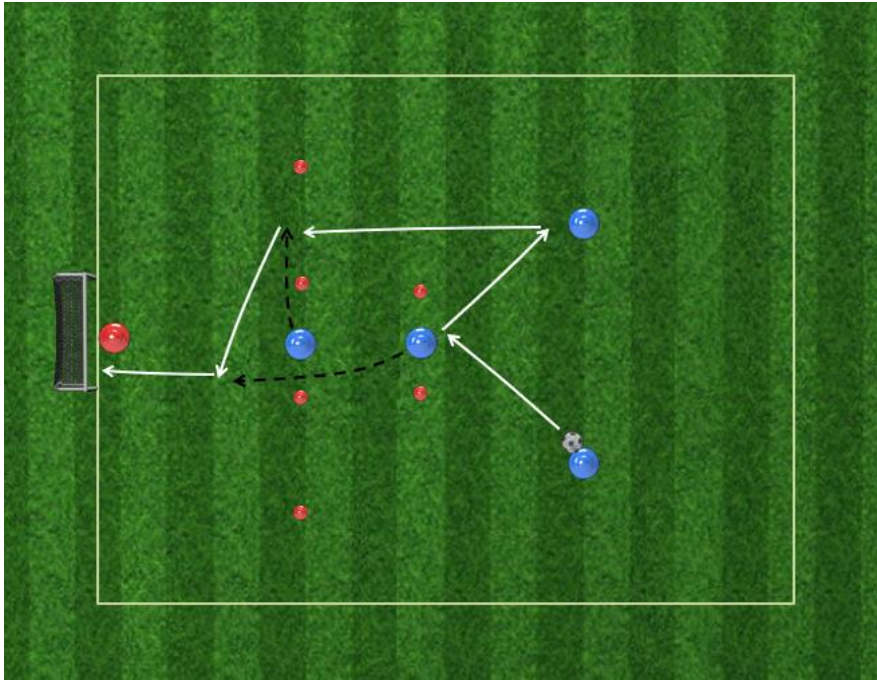
How to: Defender passes the ball into the attacker and moves to close the distance between the attacker and the targets. Attacker must pick an option and pass into one of the three pop up goals quickly.

Notes:

Coaching Points:

- Positive first touch to set up the pass.
- Get your head up and choose your pass quickly
- Consider defender positioning and pick the correct option. Consider body shape and position to trick the defender.
- Pass accurately

C5 Conditioned Attacking Patterns



Area: Use the penalty area for width and start approximately 30 yards from Goal. Set the cones up as shown at distances to suit your players.

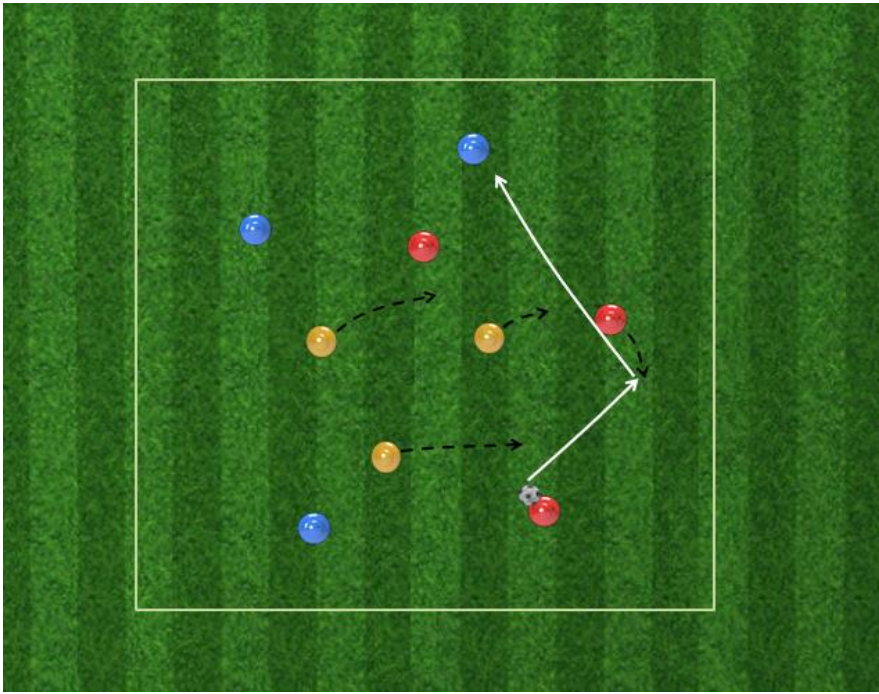
How to: Set up the 4 players as shown as a starting position, cones are defenders. Show your players some patterns to link up play on the route to goal and run through some alternatives. Start to introduce creative free play.

Notes:

Coaching Points:

- Promote understanding between players
- Encourage creativity and taking a chance
- Quality and type of pass in the right situations
- Understand space, movement and your role in the build up. Your run is important even if you don't score the goal.

C6 3v3+3 Interceptions Rondo



Area: 30 x 30 yard area, decrease/increase the size of area to adjust the time on the ball and difficulty. 3 teams of 3 in different colored bibs.

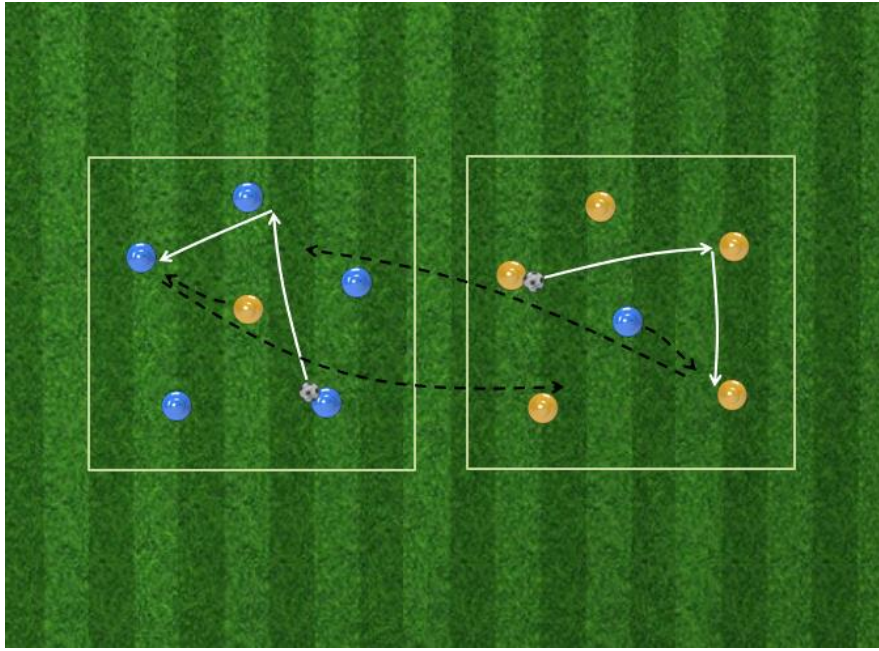
How to: 3 + 3 against 3 defenders. If the defenders win the ball back they become the possession team, switching with the team that lost possession and the game continues.

Coaching Points:

- Look for options early before you receive the ball.
- Make the area as big as you can when you have the ball and restrict space as the defensive team.
- Communicate and move for each other.
- Defenders can only intercept passes.
- Add conditions to change the difficulty like 2 points for passing through 2 defenders.

Notes:

C7 Rondo Transitions



Area: Two 15 x 15 yard areas side by side with a 5 yard gap between them. A 5v1 rondo set up in each.

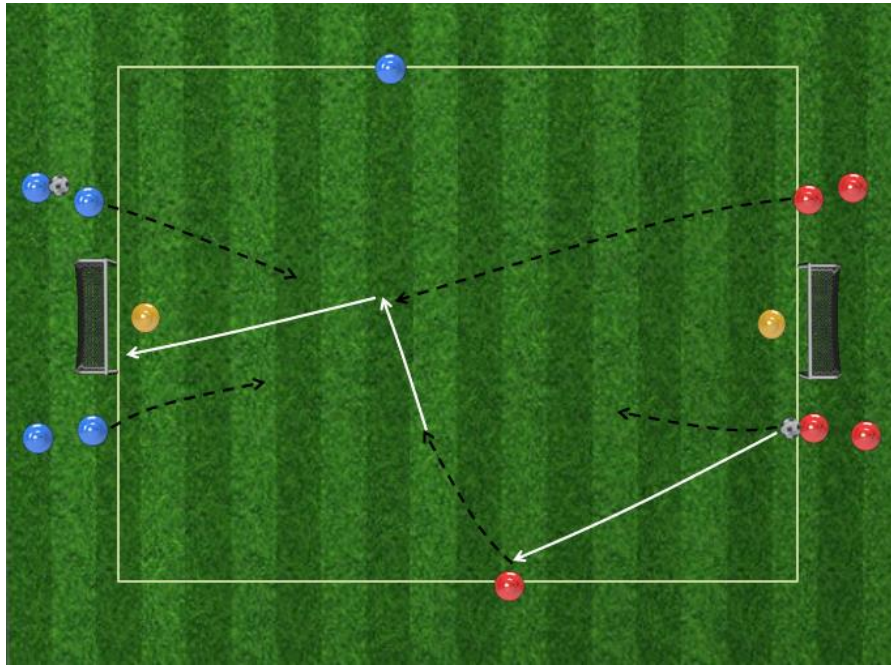
How to: Players must keep the ball away from the defender in their area for as long as possible. If the defender wins the ball back they can return to their own rondo as a possession player. The player who lost the ball moves to the other Rondo to defend. This movement can create a 6v2 for periods. If players can keep away for 6 seconds in the 6v2 they score a point and reset areas.

Notes:

Coaching Points:

- Quality of touch/pass
- One touch soccer where possible.
- Understanding of space and where the available pass and pressure is.
- Communication and technique.

C8 3 v 2 Waves



Area: 45 x 30 yard area with a goal and goalkeeper at either end. 2 players start at either end with one support player at the side.

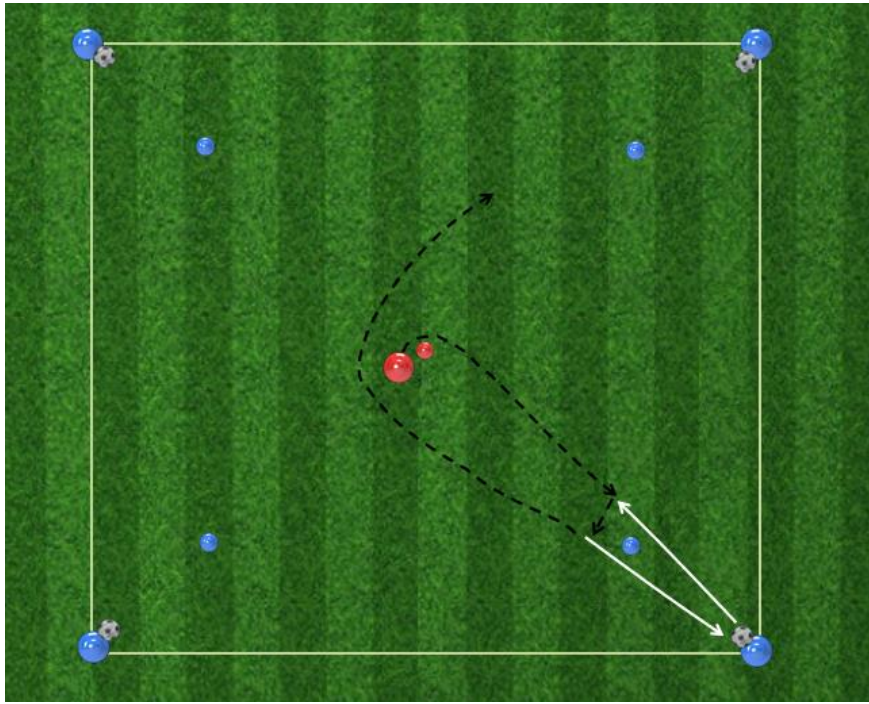
How to: 2 players link with the support to make 3 and play 3v2 against 2 defenders from the other side. The scorer/last to touch the ball from the attacking side leaves the field and the 2 attackers become the two defenders against the wave of attackers from the other side.

Notes:

Coaching Points:

- Build up speed, take advantage of the transition.
- Move ball quickly and positively to make the most of numerical advantage.
- Attack at speed to force defensive decisions and take advantage of space that opens up. Take the shot when you can.

C9 Midfielder Ball Work



Area: 20 x 20 yard area with a player on each corner and a cone 5 yards in field. A cone also in the middle of the field.

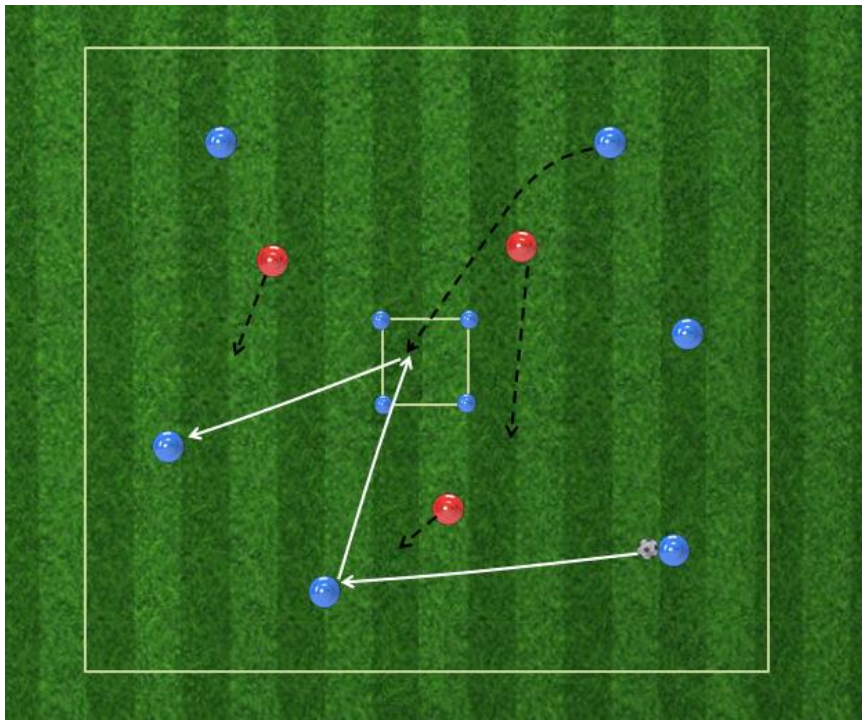
How to: Midfielder working intensely here so rotate midfielder every few minutes. Midfielder loops around the middle cone and moves towards a player on the outside, receiving a pass taking the first touch around the cone and making a return pass.

Notes:

Coaching Points:

- Change the challenge by forcing the midfielder to control a ball out of the air.
- First touch tested here, be positive with directional control.
- Short, sharp passes and quick movement should be a primary focus.
- Test of conditioning and desire.

C10 6v3 Finding the Link



Area: 40 x 40 yard area with a 5 yard area in the middle. 6 attackers vs 3 defenders

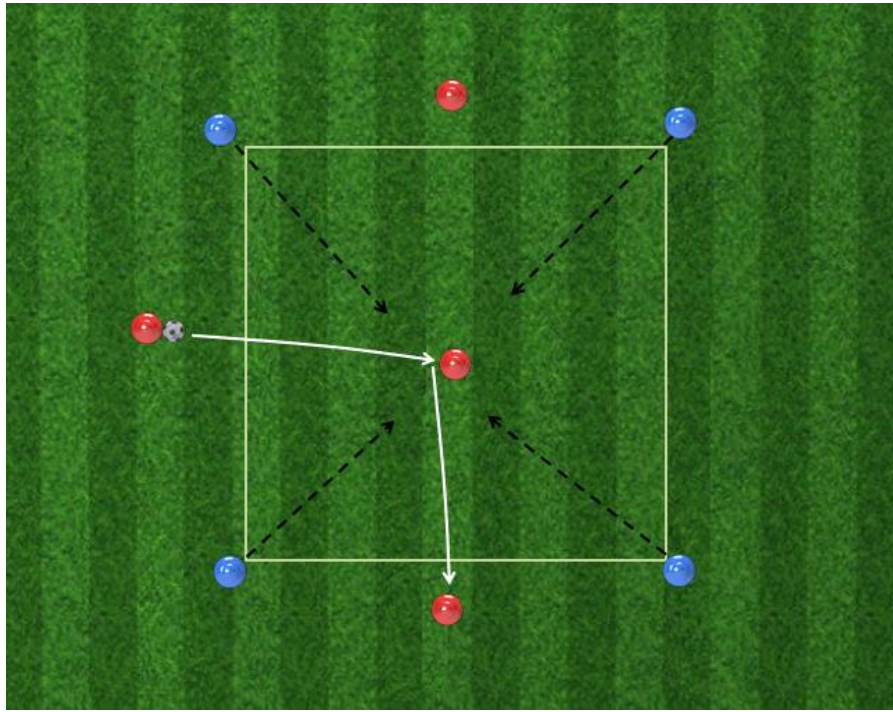
How to: 6 players must keep the ball and look to play a pass into a player who moves to occupy the central area. A point is scored for each successful link through the middle zone. A player cannot stand and wait for a ball in the zone and must be moving on to a pass for it to count.

Notes:

Coaching Points:

- Patience and comfort on the ball. Use all the space to work opportunities in a numbers up situation.
- Longer passes to relieve pressure and work opportunities from another angle.
- Pass accuracy, control and movement.

C11 Numbers Down Beat the press



Area: 12 yard area conditioned 4v4. midfielder operates inside the area, a defender on each corner and 3 supporting attackers on the outside.

How to: an outside player passes a ball into the midfielder who works to find a team mate on the outside of the field. Defenders can press in unison once the pass has been made in field to try to intercept the pass to the outside.

Notes:

Coaching Points:

- Organised defensive press, no physical intervention, just interceptions/blocks.
- Know where your options are before you receive it.
- Support players identify space and communicate to effectively relieve pressure.