



# Inside the Circle

**Level: Warm Up with Ball**

**Objective: Controlling surfaces.**

**Organisation:**

Set out a circle of discs in a 30 x 30 area. Station 6 players around the circle and six players inside the circle. All outer players have a ball and are the servers. Players inside the circle (workers) move to any player on the outside (servers). The serving player calls out any body part that he wants the worker to control the ball with. The worker should try and get it back within two touches.

**Progression:**

Place a passive defender in the circle also.

**Coaching Points:**

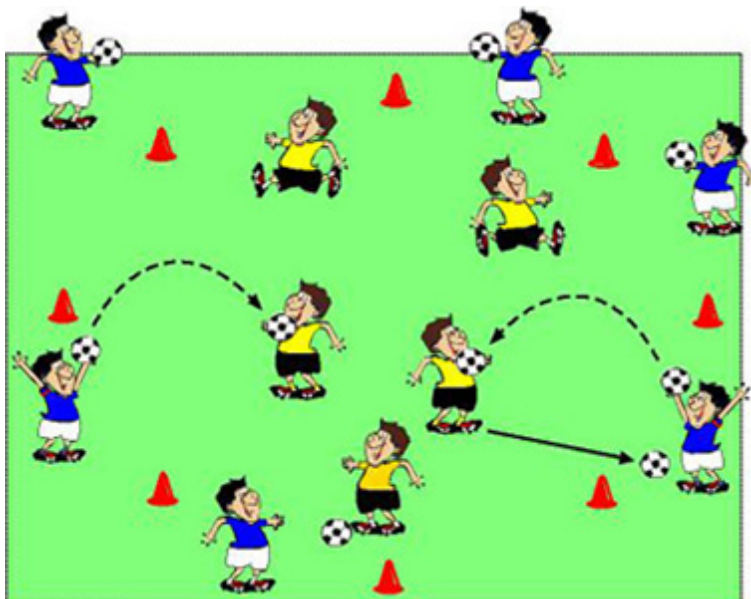
1: Approach to the ball - Line up with where the ball is going

2: Type of pass: Inside push pass, driven pass or lofted pass

3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through as an "œL"•

4: Follow through on pass and use body to generate power

5: Focus on weight and accuracy of pass, both are very important





# Passing Under Pressure

**Level: Technique with Passive Pressure**

**Objective: Possessing the soccer ball**

**Organisation:**

Set up a 40x40 playing area. Split your team into a "numbers up"™ situation such as 3 defenders and 5 attackers. The attackers have two or three balls between them inside the grid and must pass to each other keeping possession. The defenders must stay on the outside of the grid and on the command of the coach they must enter the grid and try to kick-out the attackers'™ balls. If a ball is kicked out, the attackers try to keep possession of the remaining ball(s) until all the balls have gone. Once the game has ended players can switch to give each player turns at both possession and defending.

**Coaching Points:**

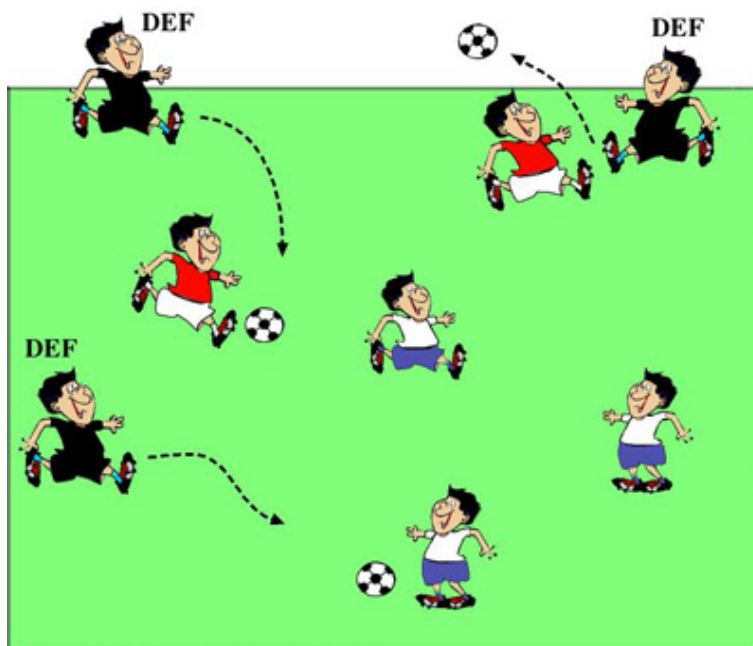
1: Make simple passing and control look easy - Concentration

2: Team mates need to create passing options using width and depth on the field away from defenders

3: Correct passing technique is important for accuracy and weight of each pass.

4: Players have to make the correct option, do not pass to somebody who has limited time.

5: Look for combination passing.





# Defending 2v1 +1 Facing attacker

**Level: Technique with Full Pressure**

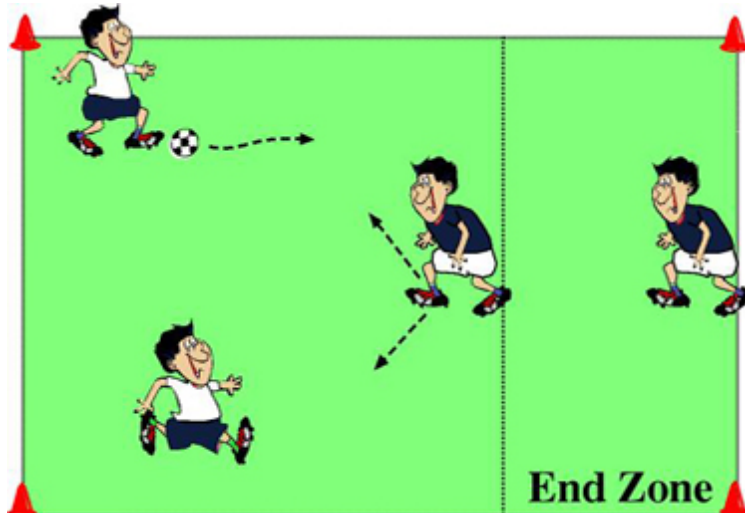
**Objective: Exploiting numbers up.**

**Organisation:**

Set out a 30 x 10 yards grid. Four players in each grid with one ball. Two players are the attackers, the other two players are the defenders. The attackers try to beat both the defender in 1st area marked by cones and then the 2nd defender in in the slightly smaller area and dribble the ball past the end line. The defenders must try to prevent them getting to the opposite end. The 1st defender can only tackle the attackers in the 1st area. The 2nd defender can only tackle the attackers when they move into the smaller area with the ball. Players rotate roles.

**Coaching Points:**

- 1: Make the game look easy, easy pass will equal easy control
- 2: Passing for possession: weight and accuracy of the passes, angles and distance of support
- 3: Passing for penetration: Commit defenders and play into space, pass to leading foot of receiver
- 4: Passing options: Team mates need to create passing angles or passing lanes through or around defenders





# Focus and Alert

**Level: Small Sided Game**

**Objective: Transitioning quickly into attack.**

**Organisation:**

*Set out a 40 x 30 area, play 5 v 5 including two keepers.*

*Balls are placed around the area so that as soon as the ball goes out of play the coach will point to a specific ball on the sideline for them to play in.*

*The first player to that ball can play it in (play kick-ins).*

**Progression:**

*Condition the players to have limited touches.*

**Coaching Points:**

*1: Encourage the players use all the field and stand in space to receive a pass.*

*2: Passing options and angles from team mates - around or through defenders*

*3: Possession or penetration - selecting the correct option*

*4: Communication is key for the success in keeping possession.*

*5: Encourage players to be creative with their passing by making wall passes and through balls*

