



# Inside the Circle

**Level: Warm Up with Ball**

**Objective: Controlling surfaces and passing**

**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:**

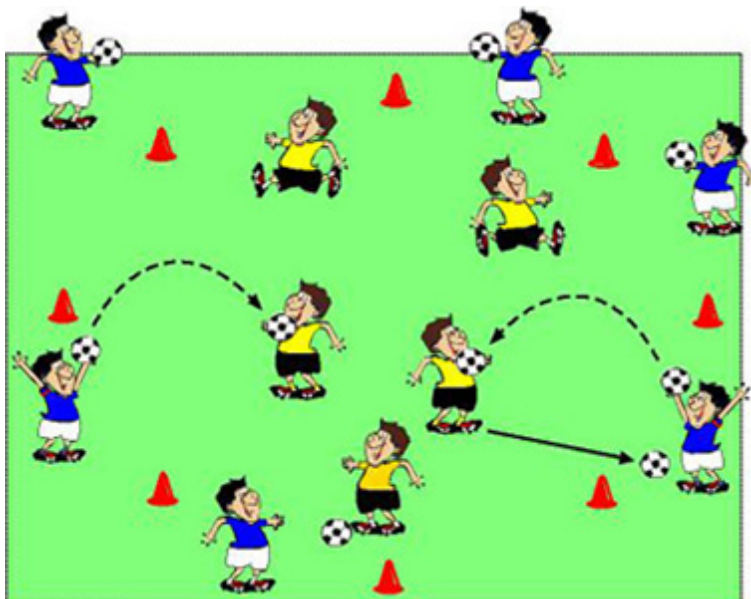
1: Approach to the ball - Line up with where the ball is going

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





# Jurassic Park

**Level: Technique with Passive Pressure**

**Objective: Possessing the soccer ball**

## Organisation:

*Set up a 30x20 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 (Dinosaurs) must stay on the outside of the grid and on the command of the coach they enter the grid and try to kick-out the attackers soccer 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.*

## Progression:

*The game can be timed: Which Dinosaurs can kick all the balls out in the quickest time.*

## 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.*





# Lampards Legwork

**Level: Technique with Full Pressure**

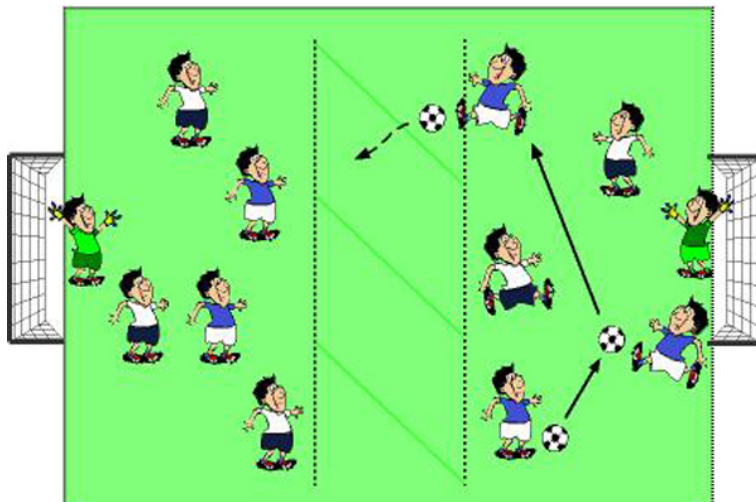
**Objective: Attacking play in a small sided game**

**Organisation:**

Set out a 40 x 30 yard area as shown in the diagram. Play 3 v 2 in the end zone area (there is a keeper who can also be used as a pivot point to switch the possession). Teams make 3 passes in their defending zone before being able to release a player into the central area. Only the ball carrier can enter this area and creates an overload in the final 1/3. Progress to one player from each team in the central 1/3 creating 2v1 and affect decision making to pass (combination play) or run through this third.

**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





# Goal Hunters vs Possession

**Level: Small Sided Game**

**Objective: Passing in a game situation.**

**Organisation:**

Set out a 60x40 playing area. Two teams (5v3) with two goalkeepers. The team of 5 players play to keep possession of the ball without trying to score. For every 5 consecutive passes the team receives one point. The team of 3 players must win the ball and can score in either goal without the need to pass. Each goal is worth one point. Coach the team of 5 players to create as many passing options as possible and move the ball around the grid to keep possession. Coach the team of 3 players to attack quickly, using as few passes as possible to get to goal and score. After 5 minutes, rotate the players so that each player sees the different role of each team.

**Coaching Points:**

**1: Make the game look easy with effective passing and control. Weight and accuracy of passes**

**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: Control the speed of the game. Switching the play, limiting the amount of touches and settling the play can control the tempo of the game**

