

I. WARM-UP

BACK TO PRESSURE: Organize in groups of 4 as shown. Players alternate practicing turns and holding the ball versus a “passive” defender.

KEYS:

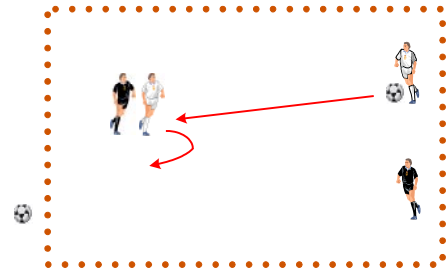
- Defenders are “touch” tight to simulate game-marking when ball is being passed but are passive when attacker is in possession

VARIATIONS:

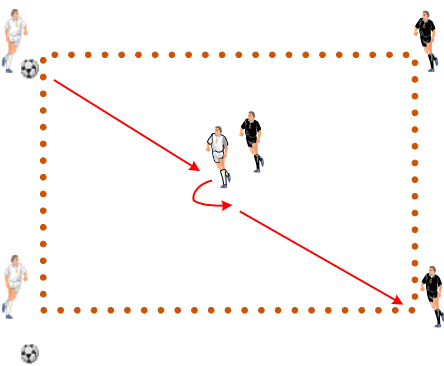
- Turn with inside of foot
- Turn with outside of foot
- Hold ball, fake and turn
- Touch ball away and face defender

COACHING POINTS:

- “Post up” by holding ground and reaching back to “feel” defender
- Turn away from defender while keeping body between defender and ball
- If decision is to turn, attackers first touch should be **BEHIND** defender, if decision is to hold ball, then attacker must receive the ball “sideways on” to keep the most distance between the defender and the ball.



II. SMALL-SIDED GAME #1



TURNING GAME: Organize in teams of 3 as shown. To score a point, players must receive a pass from their own team, turn and pass within a yard of the opponents target players. If a defender wins the ball they must pass it to their own team and then receive a pass to turn themselves. Each team member plays 30-60 seconds and points are cumulative to determine a winner.

KEYS:

- Defenders must make an effort to defend behind the attacker, not try to play in the passing lane in front of the attacker.

VARIATIONS:

- Set up multiple games and winning teams move up a grid to “1st division” and losing teams move down to “2nd division”.

COACHING POINTS:

- Same as above

III. SMALL-SIDED GAME #2

FROM THE POSTS: Set up players in 2 even numbered team as shown. Play is started when the attacker come off of the post to receive a pass from the coach. The attacker may turn and shoot or pass off to a teammate in front of the lines. For every pass made to a teammate standing in line, another defender may enter the game. Situations may be 1v1 up to 4v4. The defending team tries to win the ball and pass to the coach. The attacking team may “press” to deny this pass out to the coach. Play 3 to 5 minute rounds and then teams switch attacking and defending roles.

KEYS:

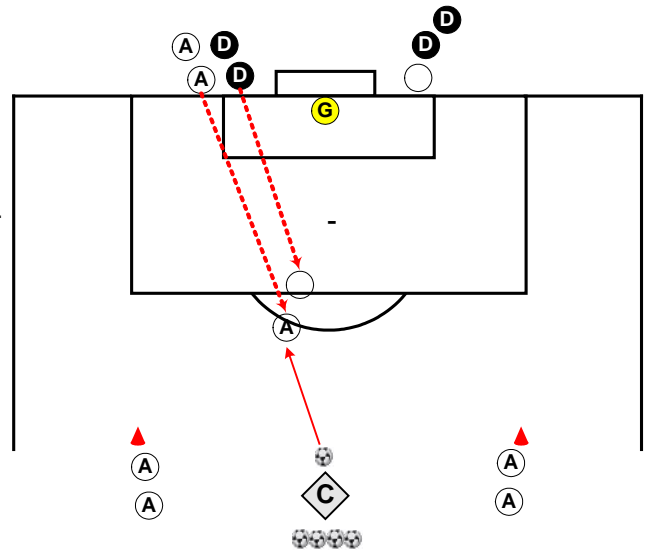
- Coach serves ball so that attacker receives it at the top of the penalty box.
- At least 3 players must be in the attackers line that comes off of the post.

VARIATIONS:

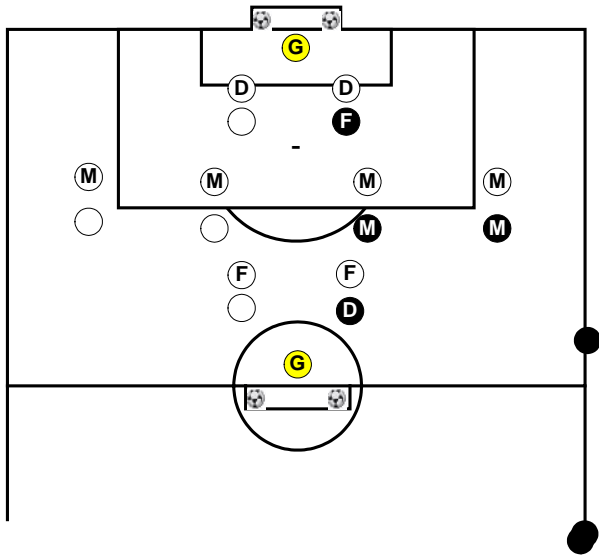
- Set attacking lines in the middle to work on central attacks or out wide to work on flank attacks.

COACHING POINTS:

- Same as above.
- First attacker must assess quickly whether to turn or pass to teammates.
- If pass is made the attack must be made quickly before the next defender can close down space from the post.



IV. SQUAD GAME



2-4-2 vs. 2-4-2: Set up teams so that the forwards are marked tightly and also as close to your team formation as possible.

VARIATIONS:

- Add a sweeper or third defender to one or both teams.
- Can use neutral (+) players in midfield to aid in service to forwards.

COACHING POINTS:

- Reinforce all points given previously

