

60 TRAINING GAMES

For Elite Player Development



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For Elite Player Development

By Michael Beale





We are living in a time, where children only play football with the supervision of coaches.

Therefore, as coaches we have a huge responsibility to ensure we give time for children to explore, love and play the game.

“Don’t put yourself under so much pressure to coach in every moment of the session – allow the practice to flow and gain rhythm”

Self discovery and peer learning are important ingredients to player development and getting the mix between this and your coaching is very important.

To step back and facilitate children playing the game, to prompt, to encourage, or to give precise feedback are key skills for any coach to develop.

Training sessions need to inspire love for the game, to provoke challenge, to promote individual development and to maximise active playing time.

The most important thing you can do as a coach is to set a positive environment that allows children to express themselves fully. Your personality and communication skills will have a huge positive or negative impact on children and their self belief.

Taking the time to prepare mentally for your session and to prepare your communication is essential to your development as a coach. “Remove the fluff” of too many rules or the rotation of where players need to be next in order to make a practice work. Focus more on the children and fine details of how they move, receive, dribble, pass, interact and make decisions while playing.

In short, make each session about the players and not the practices.

Good luck - If I can help you in anyway with advice or guidance, please don't hesitate in contacting me.

Yours in Football

Michael Beale

1. Messi x Ronaldo
 2. Lose your shadow
 3. Iniesta
 4. Heading game
 5. 1v1 knockout
 6. Outplay game
 7. Two ball possession
 8. 1v1 angle
 9. When to dribble, when to pass
 10. 1v1 Diamond
 11. Multi Pitch Game
 12. Shoulder to shoulder
 13. Eden Hazard
 14. Eject your opponent
 15. Three team rondo
 16. Xavi and Iniesta
 17. Ajax Possession
 18. 2v1 play through zones
 19. Zig zag possession
 20. Defensive slide
 21. Possession v Pressure
 22. Possession breakout
 23. Transition to score
 24. 2v1 / 3v2
 25. 2v1 Alley
 26. 2v1 Choice
 27. 2v2 (+2) Street football
 28. 2v2 Crossing carousel
 29. 3v2 Choice
 30. 3v2 Overlap
1. 3v2 Wave
 2. 3v2 Wing attack
 3. 3v2 Transition 4v3
 4. 3v3 (+2) Combination pitch
 5. Pirlo
 6. 4v3 Breakout
 7. Create the overload
 8. Crossing wave
 9. 4v4v4 Wave
 10. Penalty box game
 11. Overloads game
 12. Build up overload
 13. Between the lines
 14. Breaking lines
 15. High line
 16. Six goal game
 17. Score on the side
 18. Wide or central attack
 19. Forward or wide attack
 20. Forward vs wide attack
 21. Around or through
 22. Messi x Neymar
 23. Back 4, Back 3
 24. Three zone build up
 25. Locked in
 26. Half team counter
 27. Counter game
 28. Testudo
 29. Defending priorities
 30. Set play game



How to use the session plans



No.Players



No. Goalkeepers



Playing Time

The set up instructions

Set up instructions are given for each game. However, these are very difficult to calculate due to:

- ⊕ Age of players
- ⊕ Level of players
- ⊕ Intensity of session required

Therefore, these measurements should be used as a guideline rather than a set playing area. You can adjust the sizes to fit the group or players you are working with.

The rules

Each game has a number of rules listed. This will enable you to begin your session smoothly.

But, again these rules are flexible and I encourage you to change or create new rules that enhance the games and are the best fit for your players.

Players required and playing time

The session plans include a suggested playing time and the minimum number of players required to run the games successfully. This is similar to the set up instructions and can be modified to suit the age/level and number of players available.

Offside rule

The offside rule is used for realism on selected games in this book. These games are marked with a whistle icon next to the set up instructions.

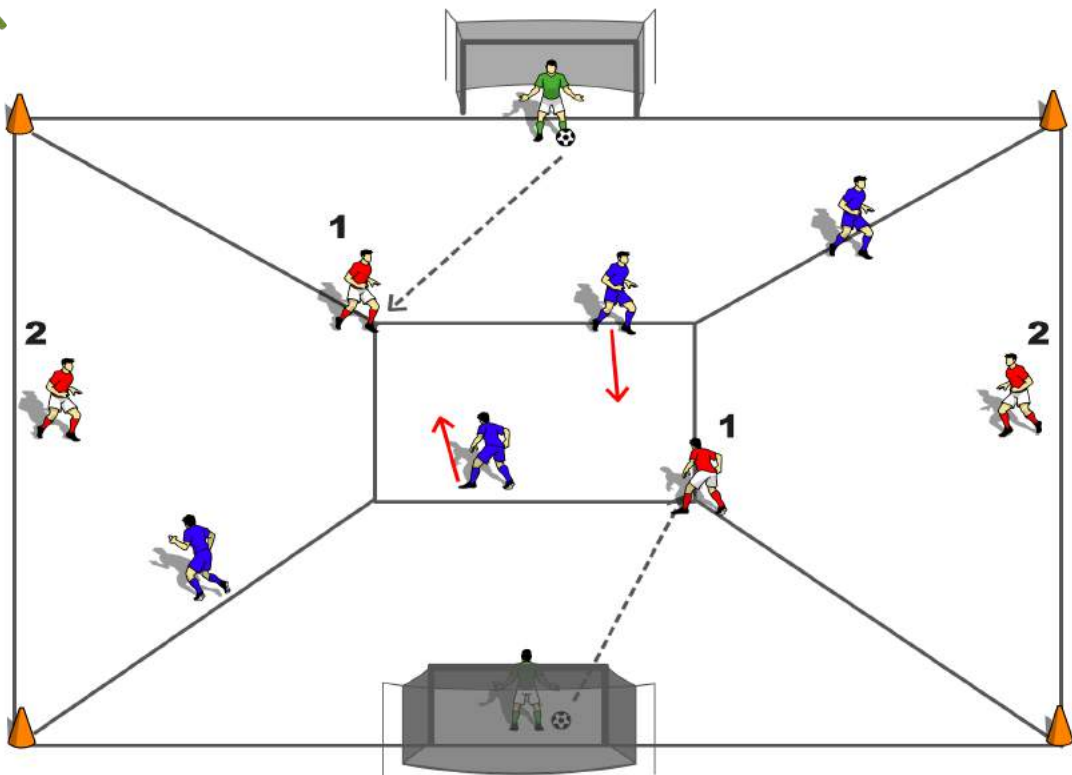


1.

MESSI X RONALDO



6 times
Each 1v1



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Set up

- ⊕ 46 x 40yd area. The distance from top to bottom is 18yd – 10yd box – 18yds.

Rules

- ⊕ Two balls working at the same time.
- ⊕ To start, each goalkeeper passes to the striker on their right.
- ⊕ The striker receives the ball, turns and goes 1v1 against the defender.
- ⊕ The aim is to break past the defenders line and shoot at goal.
- ⊕ The defender can only defend forwards and cannot retreat behind the line.
- ⊕ Once completed, the goalkeepers pass a 2nd ball to their right for the wide players.
- ⊕ The wide player now dribbles diagonally and goes 1v1 against the wide defender.
- ⊕ Again, the defender can only defend in front of the line.
- ⊕ Make sure to keep the score.
- ⊕ This will add competition and intensity to the practice and 1v1 duels.

2.

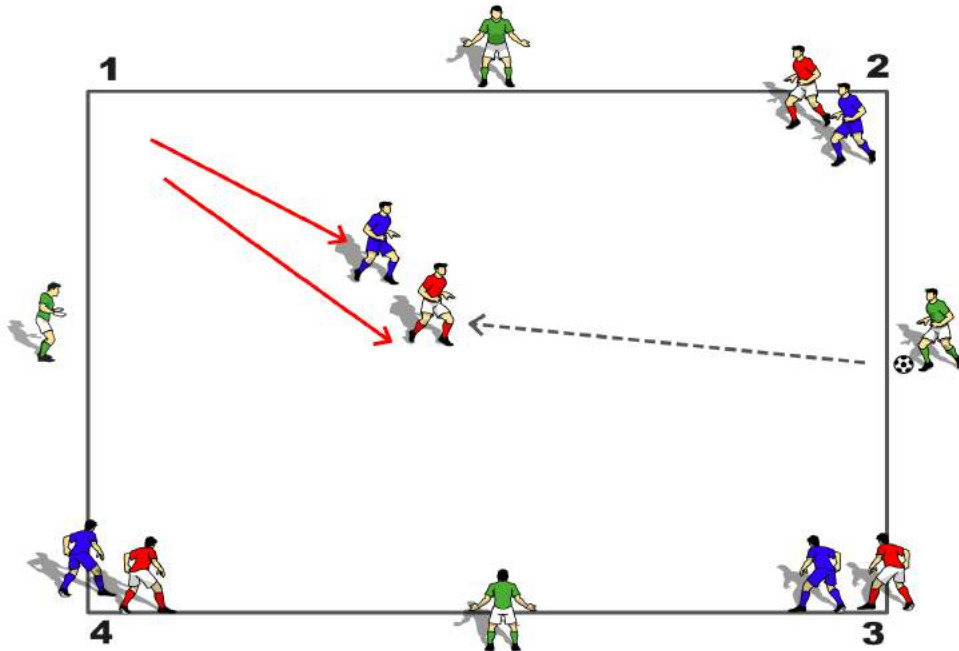
LOSE YOUR SHADOW



12



3 x 2m



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Set up

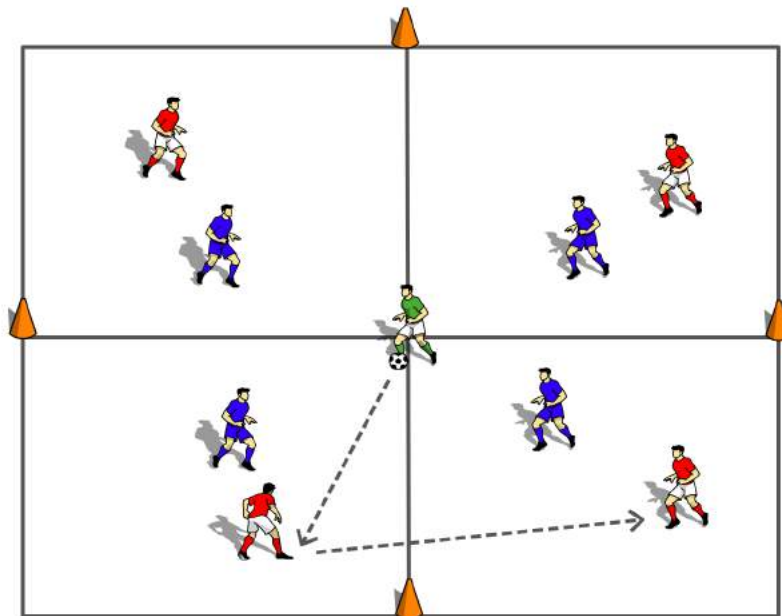
- ⊕ 22 x 22yd area as shown in the diagram.

Rules

- ⊕ Three teams of four players – Blues/Red/Green as shown in the diagram.
- ⊕ One blue player and one red player go into each corner and play man to man.
- ⊕ Each corner is given a number 1,2,3,4 and this is the order in which they enter the playing area.
- ⊕ The green team are the neutral players.
- ⊕ To start, a green player passes into the area for group 1 to compete for possession.
- ⊕ In the diagram, the red player gets to the ball first and must now twist and turn to keep possession.
- ⊕ The aim for the red player is to pass out to another green (neutral player).
- ⊕ If successful, group 1 leave the area and immediately group 2 enter.
- ⊕ The red player in group 2, now receives a pass from the green player with the ball.
- ⊕ If a blue player wins possession, they quickly pass out to a green player and the game continues.
- ⊕ The only rules are that you cannot pass out with your first touch or make a return pass to the same green player. You must play to one of the three other neutrals.

3.

INIESTA



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Set up

- ⊕ 20 x 20yd area. Split the area into 4 x 10x10yd zones as shown in the diagram.

Rules

- ⊕ Two teams of four players (Reds vs Blues).
- ⊕ One neutral player (Green) plays for both teams in order to connect possession.
- ⊕ This neutral player is given the name "Iniesta".
- ⊕ To start, one player from the blue and red teams go into each 10x10yd area.
- ⊕ The players must stay inside their 10x10yd during the game.
- ⊕ The neutral player (Iniesta) is free to move anywhere in the pitch to create 2v1 situations.
- ⊕ The neutral player must constantly look to change the ball from area to area.
- ⊕ The blue and red players can combine passes with the neutral player or with team mates in the other zones.
- ⊕ Play for 1 minute and then rotate the opponents for the players in each 10x10yd area.

4.

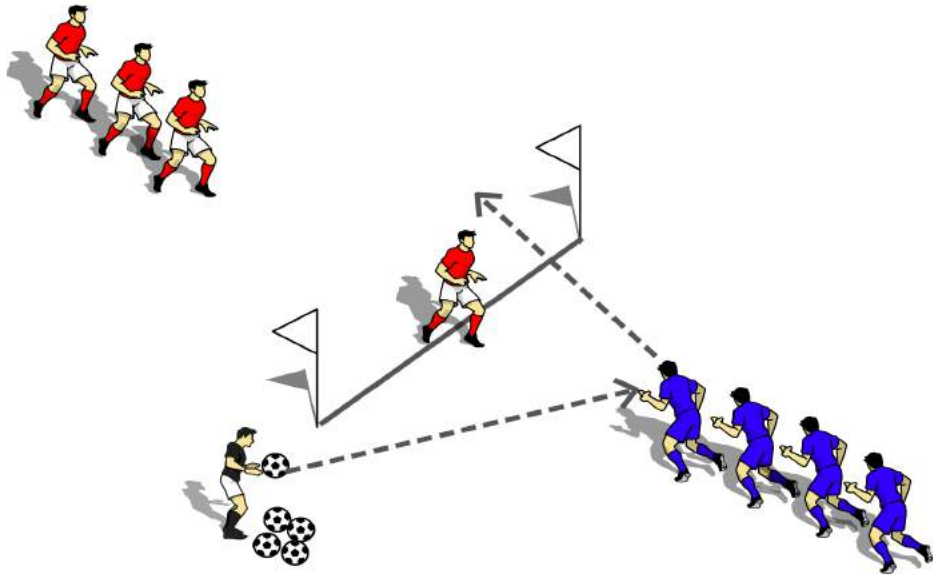
HEADING GAME



6+



5 goals



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Set up

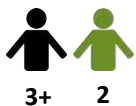
- ⊕ The size of the goal and the distance from the goal, should be determined by the age of players.

Rules

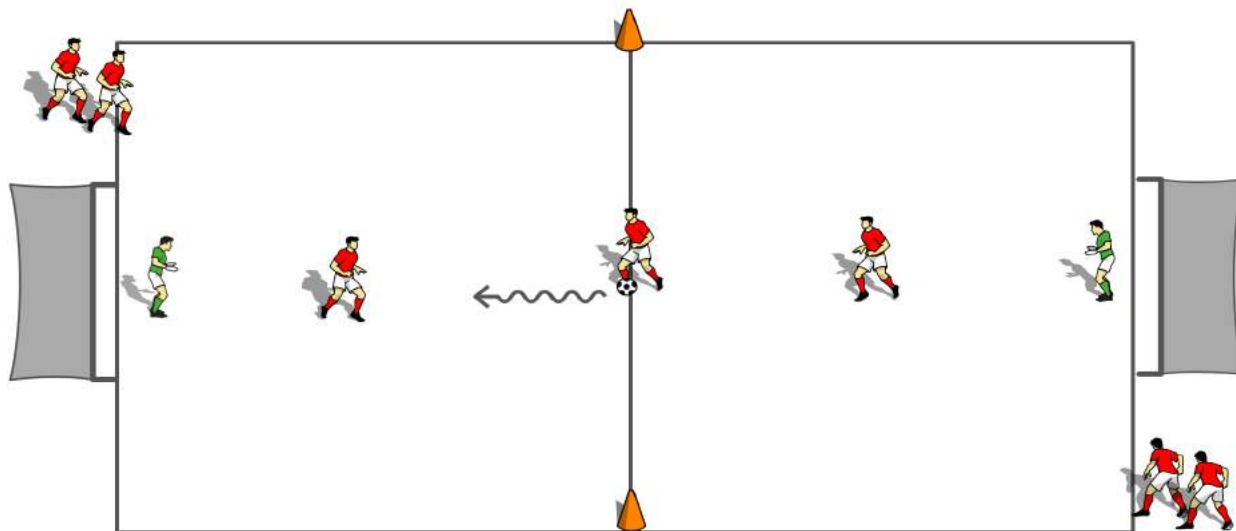
- ⊕ Two teams of players.
- ⊕ Each team line up as shown in the diagram (the distance to the goal should be determined by age).
- ⊕ The coach determines which team must start as the goalkeeper (Reds in the diagram).
- ⊕ The coach must now alternate serves (Blue – Red – Blue – Red).
- ⊕ The players must try to score by heading the ball.
- ⊕ Immediately after making a header, the player must then react and become a goalkeeper.
- ⊕ So the players have two jobs in the game (1) head to score and (2) reacting to become a goalkeeper.
- ⊕ The first team to five goals is declared the winners.

5.

1V1 KNOCKOUT



Determined by goals



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Set up

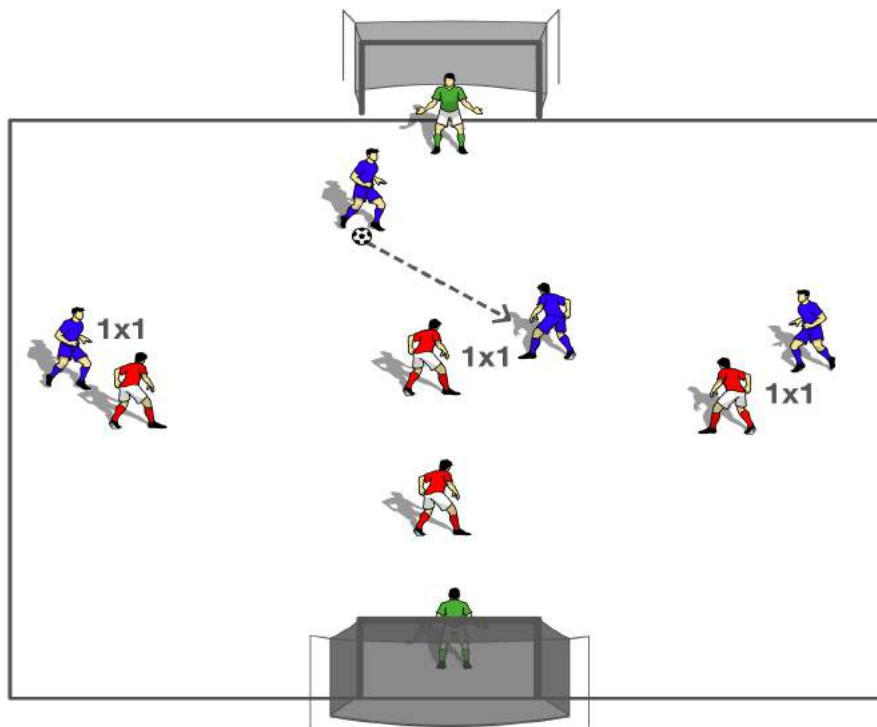
- ⊕ 36 x 20yd area. Therefore, the middle player is never more than 18yds from goal when attacking.

Rules

- ⊕ Continuous 1v1 duels.
- ⊕ Each player has two lives.
- ⊕ The middle player attacks one of the goals in a 1v1 situation against the defender.
- ⊕ If the attacker scores, has their shot saved, or the defender wins the ball. Then the 1v1 is finished.
- ⊕ If the attacker scores – the defender loses a life.
- ⊕ If the attackers shot is saved, the ball is given to the defender who now attacks the other goal.
- ⊕ If the defender wins the ball, they are free to attack 1v1 on the other goal against a new opponent.
- ⊕ The game will come down to a 1v1 situation with only two players remaining
- ⊕ The player that scores 1st in this game is declared the winner
- ⊕ The practices works in a wave motion of (1) defending, (2) attacking (3) leaving the pitch to wait for a new turn – Therefore, after each ball is played, the following rotation happens - the attacker leaves the pitch, the defender attacks the opposite goal and a new defender enters the pitch.

6.

OUTPLAY GAME



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Set up

- ⊕ 40x30yd area as shown in the diagram.

Rules

- ⊕ Two teams.
- ⊕ Each team has a goalkeeper, three players and one sweeper.
- ⊕ Each player must play - man to man - against a player from the opposing team.
- ⊕ In the man to man situation, you can only tackle the player you are playing 1v1 against.
- ⊕ The players are free to dribble or can pass to a team mate and then move into space.
- ⊕ Movement off the ball is essential in this game in order to lose your opponent and receive a pass.
- ⊕ The sweepers must stay behind the ball and help by providing passes when the team is in possession.
- ⊕ When defending, the sweeper is allowed to cover each of their team mates and tackle at any time.
- ⊕ The sweepers are therefore, allowed to tackle any of the opponents.
- ⊕ Due to the physical nature of the game, each game should be played for 2 minutes.
- ⊕ Then you can change the sweeper on each team and also rotate opponents for each player.

7.

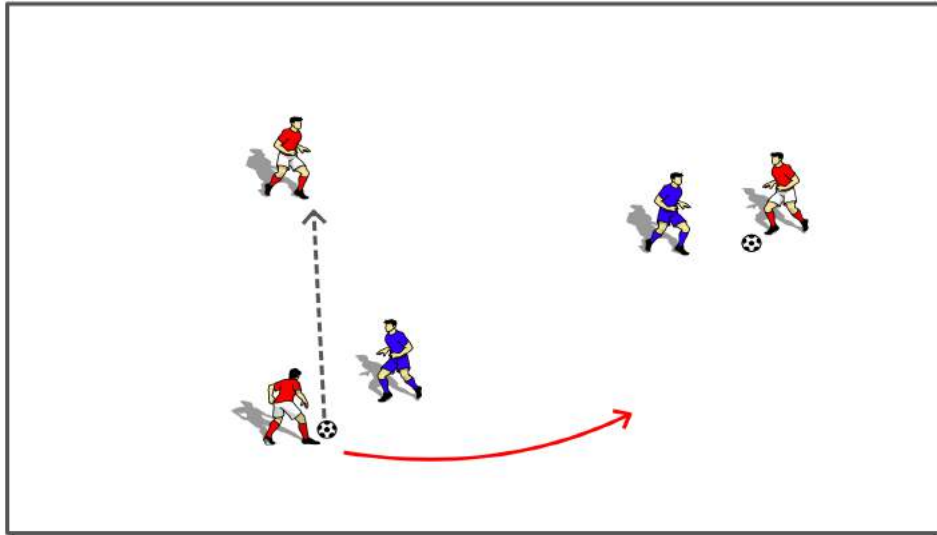
TWO BALL POSSESSION



5+



4 x 90s



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Set up

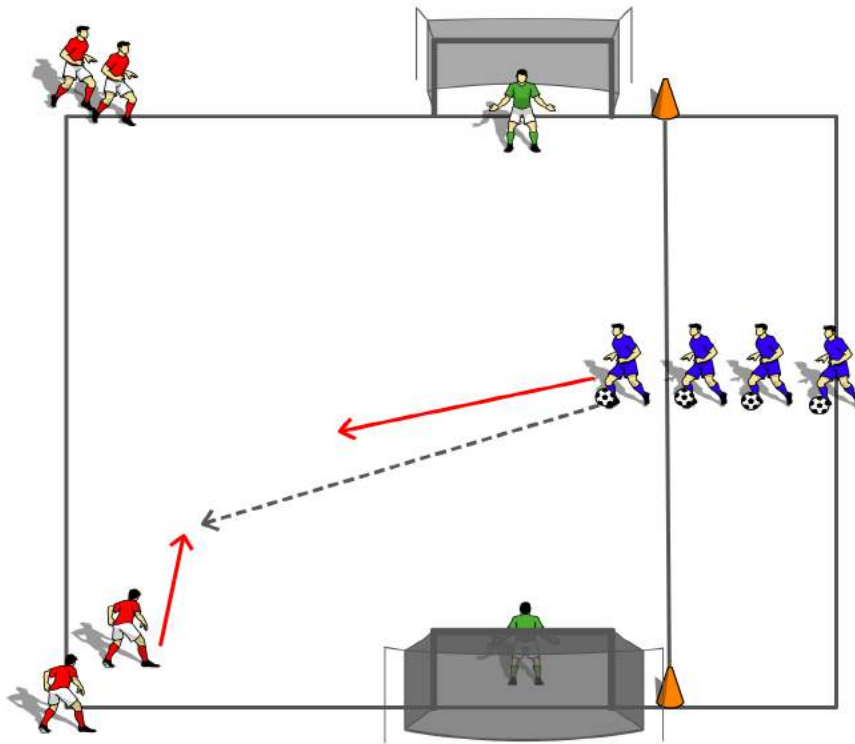
- ⊕ 20x20yd area as shown in the diagram.

Rules

- ⊕ You can set up multiple grids of this game.
- ⊕ Each grid must have 5 players.
- ⊕ Two players hold a bib and act as defenders.
- ⊕ Three players act as the attackers.
- ⊕ Two attackers players have a ball each and one attacking player is without a ball.
- ⊕ The attackers with a ball must dribble and avoid being tackled by one of the defenders.
- ⊕ The attackers can outplay, turn and protect or pass to the attacker who doesn't have a ball.
- ⊕ The attacker without a ball must always be on the move and looking to receive a pass.
- ⊕ If a defender wins the ball or forces the ball to go out of the pitch, they immediately drop the bib and become the new attacker. The player making the mistake, must pick up the bib before they can defend.
- ⊕ Each game should last 90 seconds maximum due to the physical demands and intensity required.

8.

1V1 ANGLE



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Set up

- ⊕ 36x25yd area as shown in the diagram.

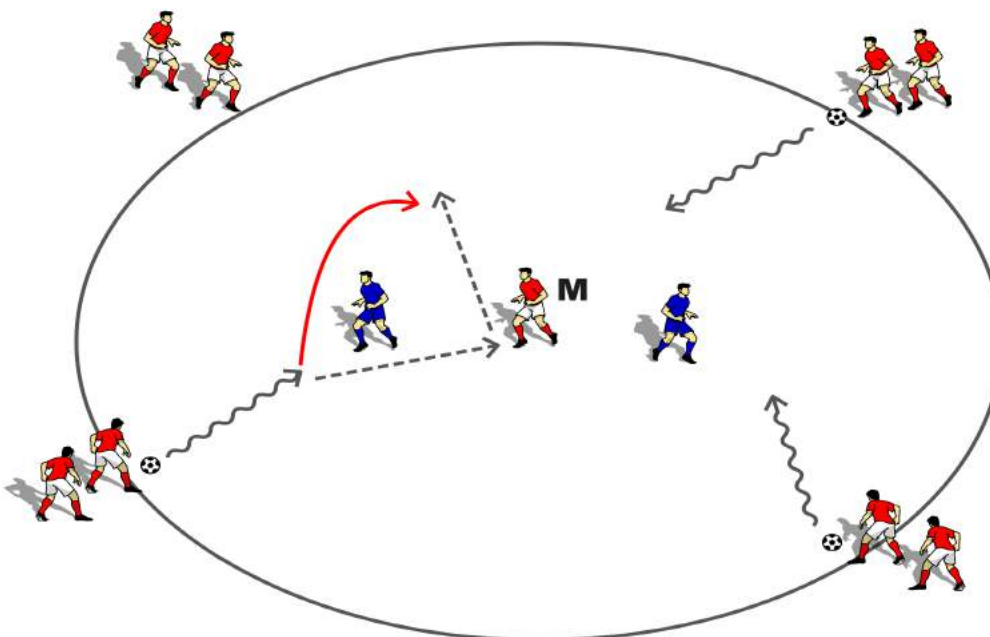
Rules

- ⊕ Two teams of four players and two goalkeepers.
- ⊕ The game is played for 2 x 5 minutes .
- ⊕ This gives each team a chance to be defenders and attackers.
- ⊕ To start, four defenders go to the central line on one side of the pitch (as shown in the diagram).
- ⊕ The four attackers are split into two groups and go on each end line (as shown in the diagram).
- ⊕ The defender at the front of the line must begin the practice by passing diagonally to an attacker.
- ⊕ Immediately, a 1v1 game commences.
- ⊕ The attacker attempts to dribble forward and score in the defenders goal.
- ⊕ The defender attempts to regain the ball and score in the attackers goal.
- ⊕ When the ball leaves play or a goal is scored, the two players leave the pitch.
- ⊕ The next defender now passes to the attacker waiting at the opposite goal and the game continues.

9. WHEN TO DRIBBLE, WHEN TO PASS

12

2 x 4m



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Set up

- ⊕ Mark a circle 20 x 20yds from top to bottom.

Rules

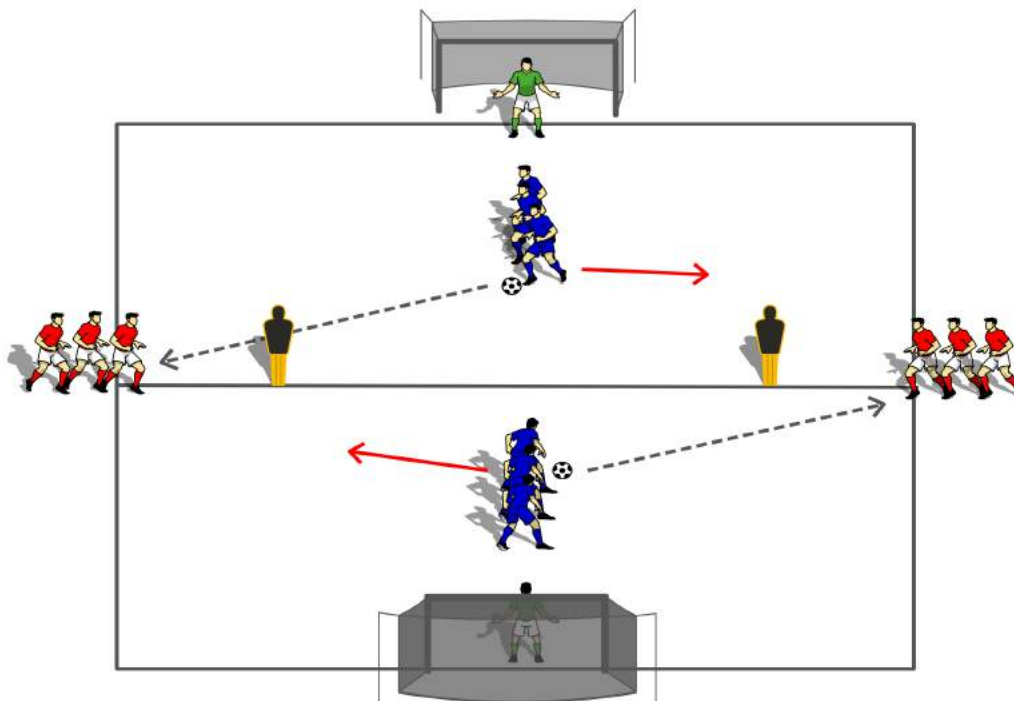
- ⊕ Two defenders hold a bib in their hands and enter the pitch.
- ⊕ One "middle" player also enters the pitch.
- ⊕ The remaining players organise themselves into groups of 2/3 players at each cone outside the area.
- ⊕ Three balls are used at all times. One group does not start with a ball
- ⊕ To begin, three players dribble into the pitch and must try to get to the other side and pass out.
- ⊕ The defenders must try to tackle the attackers and force a mistake. If successful, the defenders drop the bib and change roles with the attacker.
- ⊕ The "middle" player can be used for one-twos.
- ⊕ The "middle" player can also receive a pass, turn and dribble out of the area, now the player passing to them becomes the new "middle" man.

10.

1V1 DIAMOND

12+ 2

6 x 1v1 duels per player



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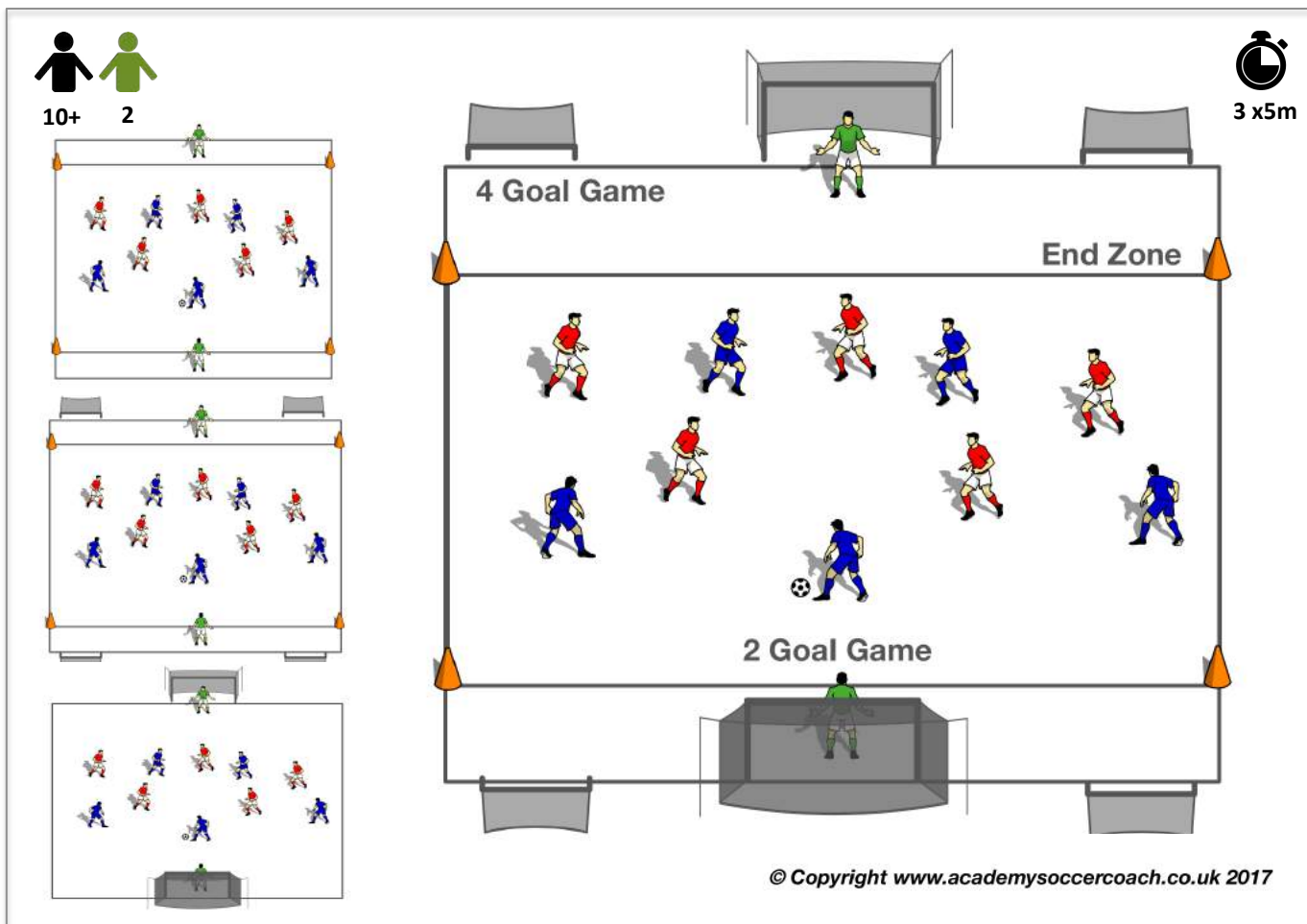
Set up

- ⊕ 20x20yd area. Split the area into 4 x 10x10yd zones as shown in the diagram.

Rules

- ⊕ Two teams.
- ⊕ One team works as the defenders (blue team in the diagram) and splits into two lines at each end.
- ⊕ One team works as the attackers (red team in the diagram) and splits into two lines on the sides.
- ⊕ Two balls work at the same time.
- ⊕ The defenders must pass the ball at the same time.
- ⊕ The defenders pass to one side and then quickly react to defend 1v1 on the other side. For example, both defenders pass to the right and quickly race to defend 1v1 on the left.
- ⊕ The attackers receive a pass and attack 1v1 to score.
- ⊕ The attackers must not dribble cross the waiting defenders. They must score from the angled position.
- ⊕ Therefore, the defenders must try to block the goal and force the attacker wide and away from danger

MULTI PITCH GAME



Set up

- ⊕ Mark the pitch as shown in the diagram. The playing area should be 40 x 30yd with 5yd end zones

Rules

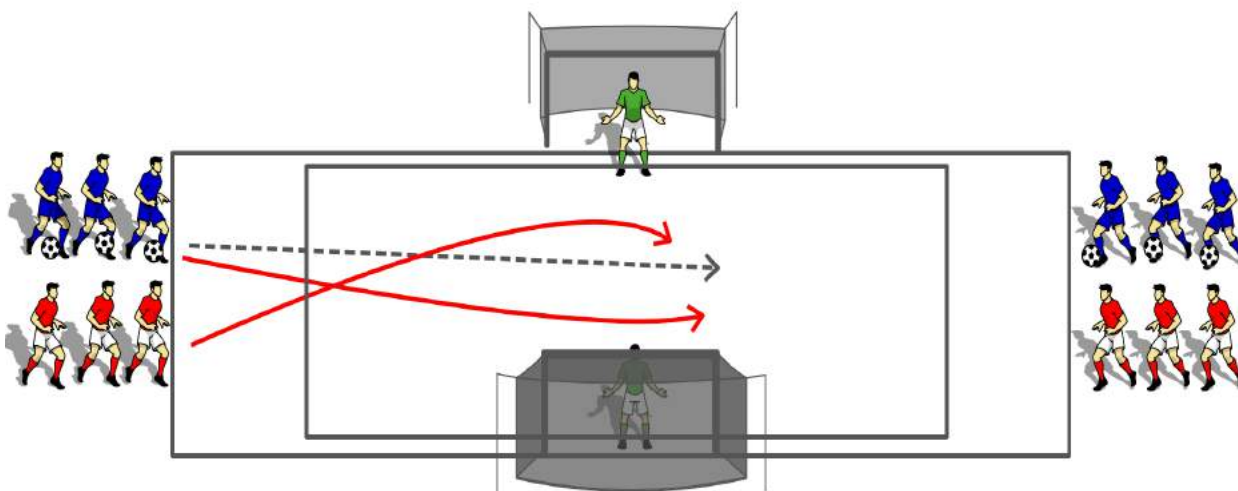
- ⊕ Two teams.
- ⊕ Each team has a goalkeeper and five players.
- ⊕ The game is split into a tournament of three mini games of 5 minutes.
- ⊕ After each game, declare the winner of that game and reset the scores for the new game.
- ⊕ Game 1 – End zone game – The aim is to dribble or to pass to a player running into the opponents end zone to score a goal. The opponents goalkeeper plays in the end zone and is able to intercept the ball.
- ⊕ Game 2 – four goal game – The aim is to score in the small wide goals. The teams are allowed to use their goalkeeper in order to maintain possession of the ball in a 6v5 situation. However, the goalkeeper must stay between the goals and outside the playing area.
- ⊕ Game 3 – Two goal game – A normal 6v6 game.

12.

SHOULDER TO SHOULDER

12+ 2

6 x 1v1 duels per player



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Set up

- ⊕ 20 x 40yd area as shown in the diagram.

Rules

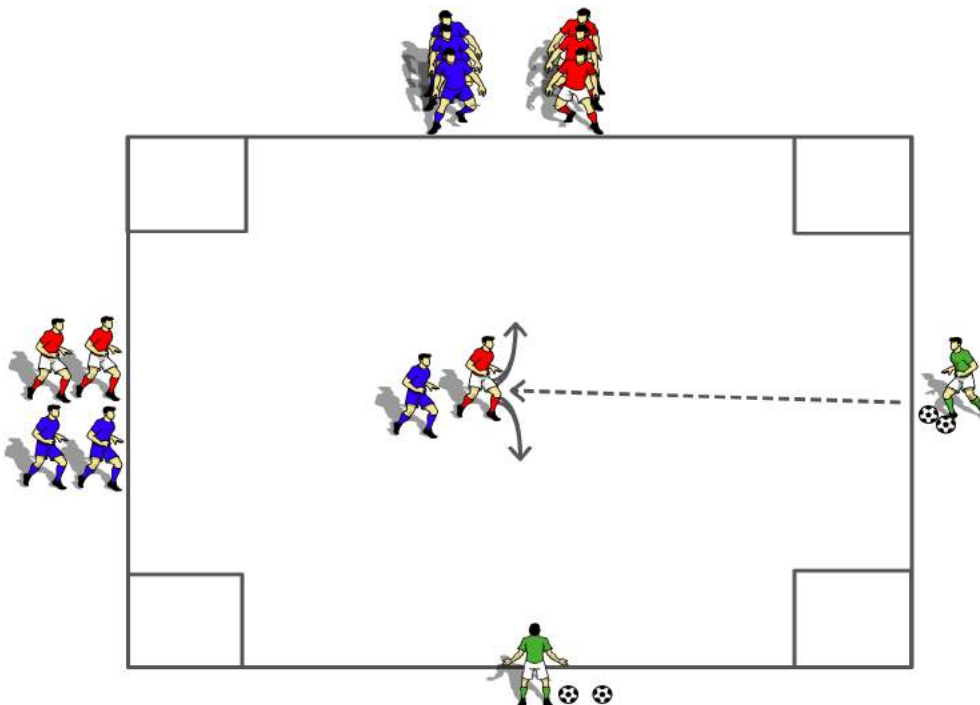
- ⊕ Two teams of six players and two goalkeepers.
- ⊕ Each team has three players on each side of the pitch (as shown in the diagram) who play 1v1.
- ⊕ To start, the blue player makes a forward pass into space.
- ⊕ Immediately, the red player runs after the ball.
- ⊕ The blue player must also run after the ball, but makes a run on the inside of the red player to defend.
- ⊕ When the players arrive at the ball, the red player becomes the forward and the blue player defends.
- ⊕ The red player attempts to shoot or complete a skill to gain space to shoot at goal.
- ⊕ The blue player attempts to block, tackle or regain the ball and then shoot at the red teams goal.
- ⊕ When the ball leaves the pitch, both players exit and the next duel begins from the opposite side.
- ⊕ The player who scores is allowed to continue as the attacker. If the attacker doesn't score or the defender scores, then the roles are reversed for the next turn.

13.

EDEN HAZARD


12


2 x 3m



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Set up

- ⊕ 28x28yd area. In each corner, mark a 4x4yd area as shown in the diagram.

Rules

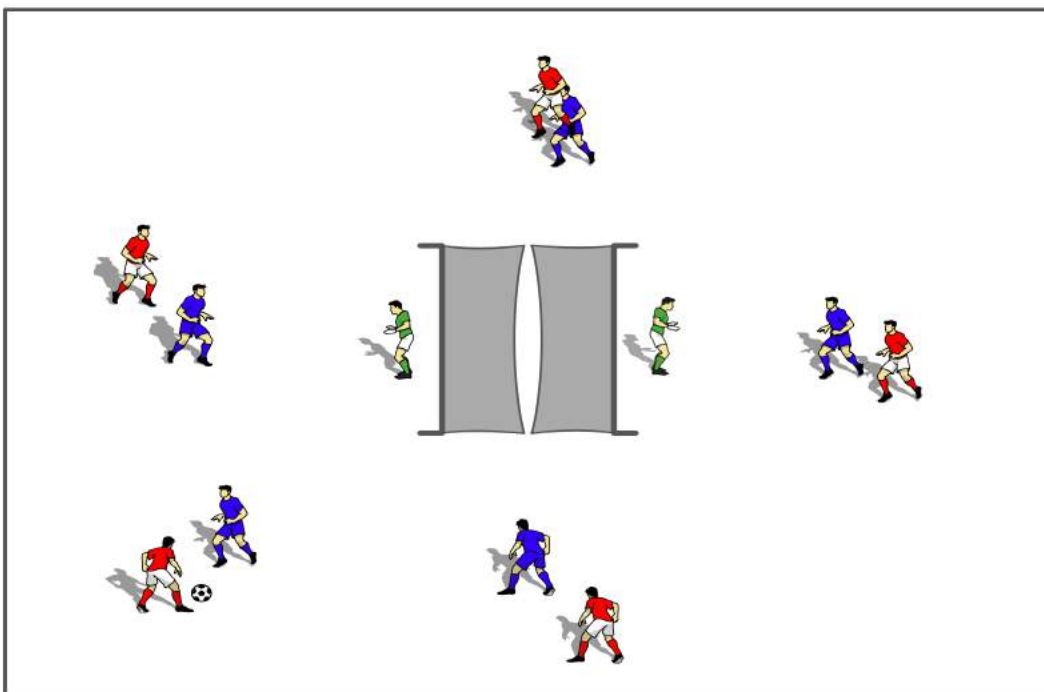
- ⊕ Two teams of six players.
- ⊕ Each team is split into two groups of three as shown in the diagram.
- ⊕ Two servers (coaches or goalkeepers) are placed as shown in the diagram.
- ⊕ To start, the server passes the ball into the pitch for the red player to receive.
- ⊕ The blue player runs behind the red player and works as a defender.
- ⊕ The aim for the red player is to turn and dribble into one of the two boxes to score a goal.
- ⊕ The blue player must try to tackle the red player and dribble forward into one of the two boxes in order to score.
- ⊕ Once completed, the opposite server passes a ball into the pitch for the next red player to receive.
- ⊕ After 3 minutes, rotate the roles, the blue team will now attack and the red team will defend.

14.

EJECT YOUR OPPONENT

14 2

3 x 5m



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Set up

- ⊕ 30x40yd area as shown in the diagram.

Rules

- ⊕ Two teams of seven players and two goalkeepers.
- ⊕ Each team has five players inside the pitch and two players on the outside of the pitch.
- ⊕ Each of the players inside the pitch must play 1v1 against a player from the opposite team.
- ⊕ The players can only tackle the player they are playing against.
- ⊕ In possession, the players can pass to a team mate inside or outside of the pitch to keep possession.
- ⊕ The players are free to score in any of the goals.
- ⊕ When a goal is scored, the player “ejects” their opponent. This player must quickly change with a team mate outside of the pitch.
- ⊕ This rule ensures that players must defend well and that players get experience of playing against different opponents.

15.

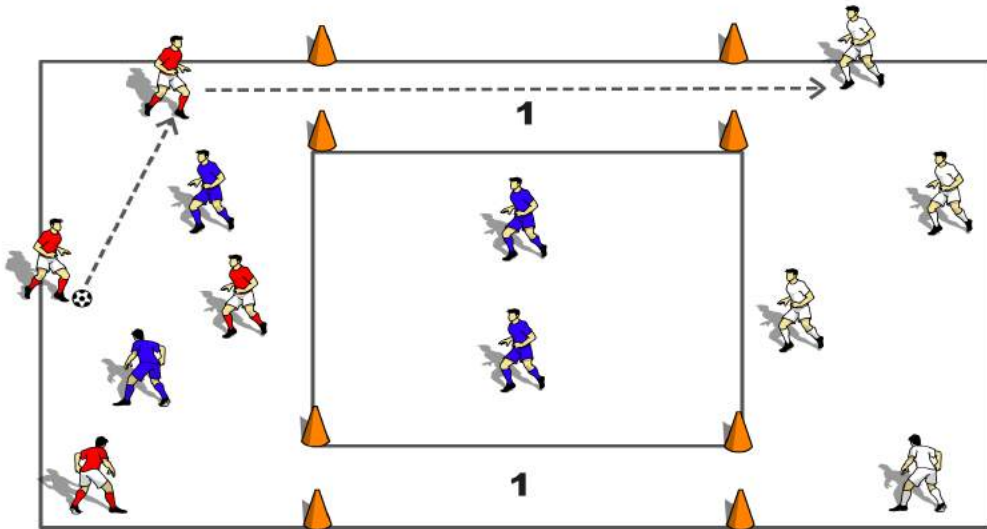
THREE TEAM RONDO



12



3 x 3m



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Set up

- ⊕ 3 areas of 15 x 12yds as shown in the diagram. The middle zone has 3yd channels marked with cones.

Rules

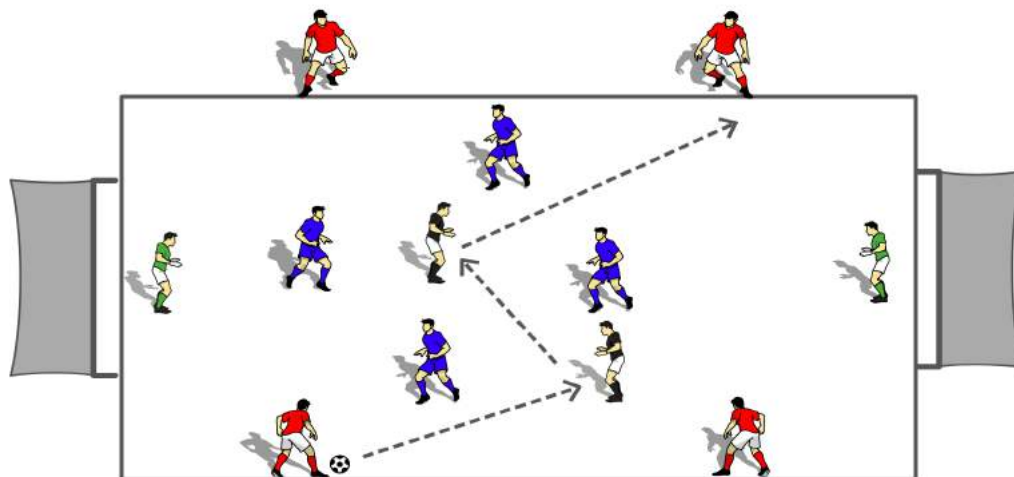
- ⊕ Three teams of four players.
- ⊕ One team in each half of the pitch and one team in the middle zone.
- ⊕ The team in the middle zone must split into two groups of two players.
- ⊕ To start, the red team keep possession against two blue defenders.
- ⊕ The players are limited to two touches.
- ⊕ The players can score in two ways (1) passing down the side channel or (2) making 8 passes.
- ⊕ If the ball is passed down the channel or leaves the pitch, then the two blue defenders return to the middle zone and two other two players must run to defend 2v4 against the white team.
- ⊕ When inside the middle zone, the blue players are not allowed to block passes in the channels.
- ⊕ Play for 3x3 minutes with each team having a turn as the middle team.

16.

XAVI AND INIESTA

10 2

2 x 5m



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Set up

- ⊕ 24 x 20yd area as shown in the diagram. Use intermediate or 7v7 goals for this game.

Rules

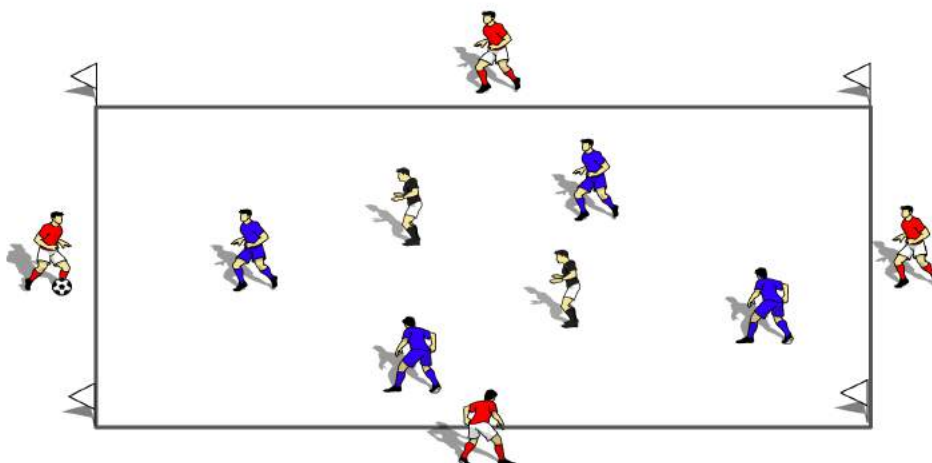
- ⊕ Two teams of four players.
- ⊕ Two neutral players who play for the team in possession.
- ⊕ Two goalkeepers who play for the team in possession.
- ⊕ To start, the red team must keep possession of the ball. They are joined by the two goalkeepers and the two neutral players inside the pitch to make an 8v4 overload. The red players are on the outside of the pitch and are limited to two touches.
- ⊕ The blue team must pressure the goalkeeper and two neutral players inside the pitch and also try to intercept passes from the red players on the outside.
- ⊕ If the blue defenders regain the ball, they now play 4v2 against the two neutral players in order to score in either of the goals. If successful, the blue and red teams quickly change roles in the game.

17.

AJAX POSSESSION


10


2 x 4m



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Set up

- ⊕ 18 x 14yd area as shown in the diagram. Can be amended for different age groups.

Rules

- ⊕ Two teams of four players (reds v blues) and two neutral players (blacks).
- ⊕ To start, the red team are outside the pitch and limited to two touches. They must try to keep possession of the ball and can use the two neutral players. The neutral players are free to use as many touches as they wish.
- ⊕ The four blue players must try to pressure and regain the ball.
- ⊕ When regaining the ball, the blue players must try to dribble outside the area in order to change roles with the red team.
- ⊕ Therefore, the red team and the neutrals must quickly react and counter pressure the blue team in order to steal the ball from them and continue to play possession.

18.

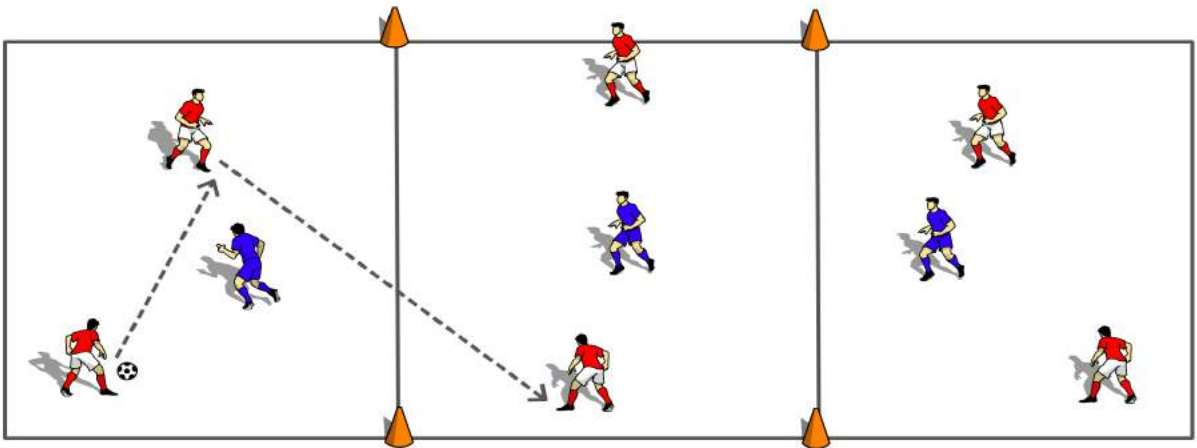
2V1 PLAY THROUGH ZONES



9



3 x 2m



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Set up

- ⊕ 30 x 10yd pitch that is split into three 10 x 10yd areas as shown in the diagram.

Rules

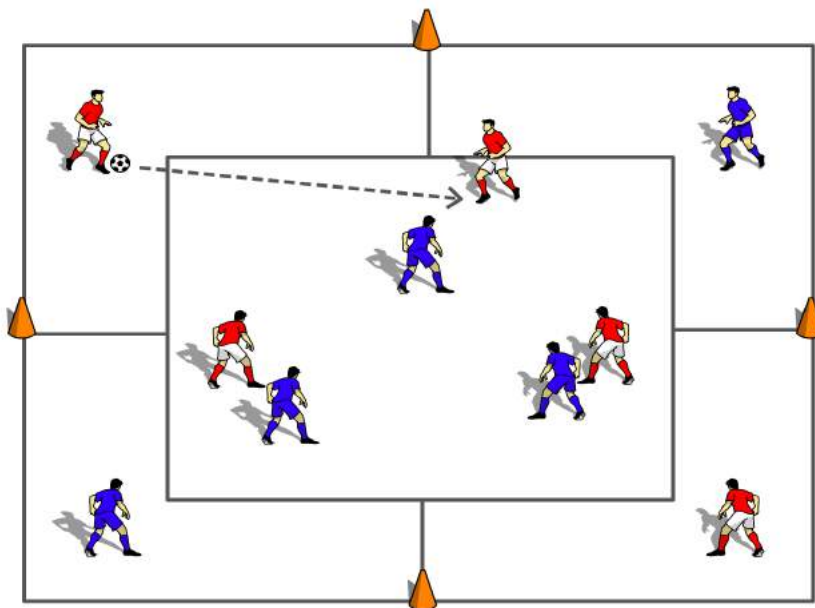
- ⊕ In each zone, you have two red players and one blue player.
- ⊕ All players are limited to 2 touches
- ⊕ The aim is for the red team to maintain possession by moving the ball up and down the three zones.
- ⊕ In order to receive a pass, the players must constantly be moving on angles to receive the ball. Encourage the players to receive a pass with an open body stance (shoulders open) in order to take the ball in a new direction and pass into the next zone.
- ⊕ After 2 minutes, change the defender in each zone.
- ⊕ This ensures that all players have an experience of being in possession and as a defender.

19.

ZIG ZAG POSSESSION


10


3 x 4m



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Set up

- ⊕ 20 x 20yd pitch inside a bigger 30 x 30yd pitch as shown in the diagram.

Rules

- ⊕ Two teams of five players.
- ⊕ Each team has three players in the central pitch and two “support” players on the outside.
- ⊕ The support players can move around the outside zone to the left/right in order to receive a pass.
- ⊕ The teams must try to keep possession by using the “support” players on the outside.
- ⊕ When receiving a pass, the outside players have two options :

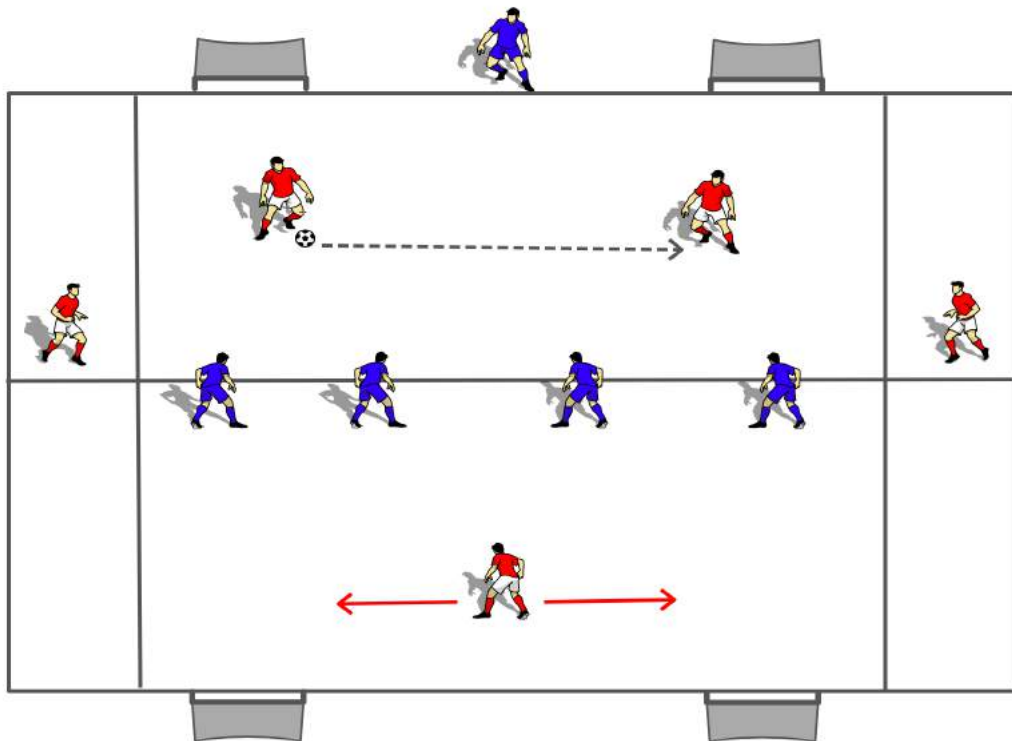
- (1) Pass back into the area.
- (2) Dribble into the area and change places with the player that has passed to them.

20.

DEFENSIVE SLIDE


10


3 x 4m



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Set up

- ⊕ 30 x 24yd area as shown in the diagram. Add a 3yd wide channel on each side line for the full backs.

Rules

- ⊕ Two teams of five players.
- ⊕ Each team has four defenders in one half and one forward in the opposite half.
- ⊕ In possession, the four defenders can expand. The two outside defenders can use the side channel to increase the space between the players.
- ⊕ The aim is for the four defenders to pass into one of the goals to score
- ⊕ The team can also pass to the forward, who has two touches to receive the ball, turn and score.
- ⊕ The defending team must try to intercept and block the goals. They can do this by pressing forward to the middle line and moving across the line to remain compact. If a pass is made to the forward, the defending team can quickly recover backwards to block the goals or tackle the forward.

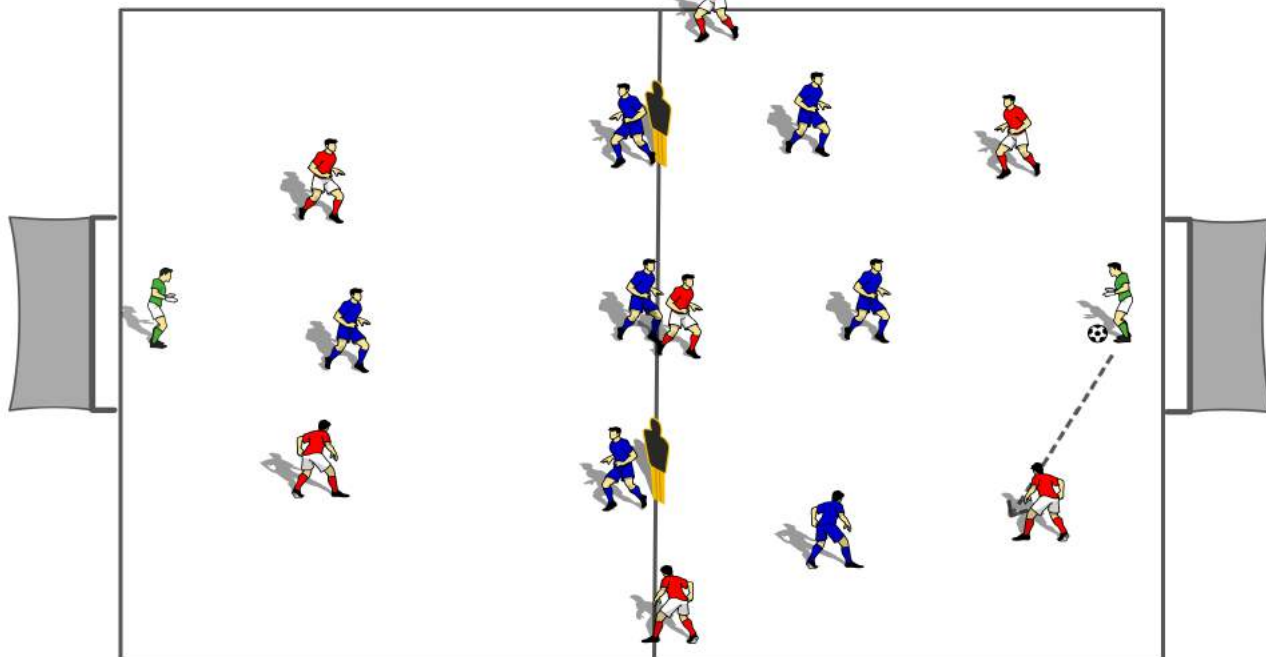
21.

POSSESSION V PRESSURE



 14 2


 3 x 6m



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Set up

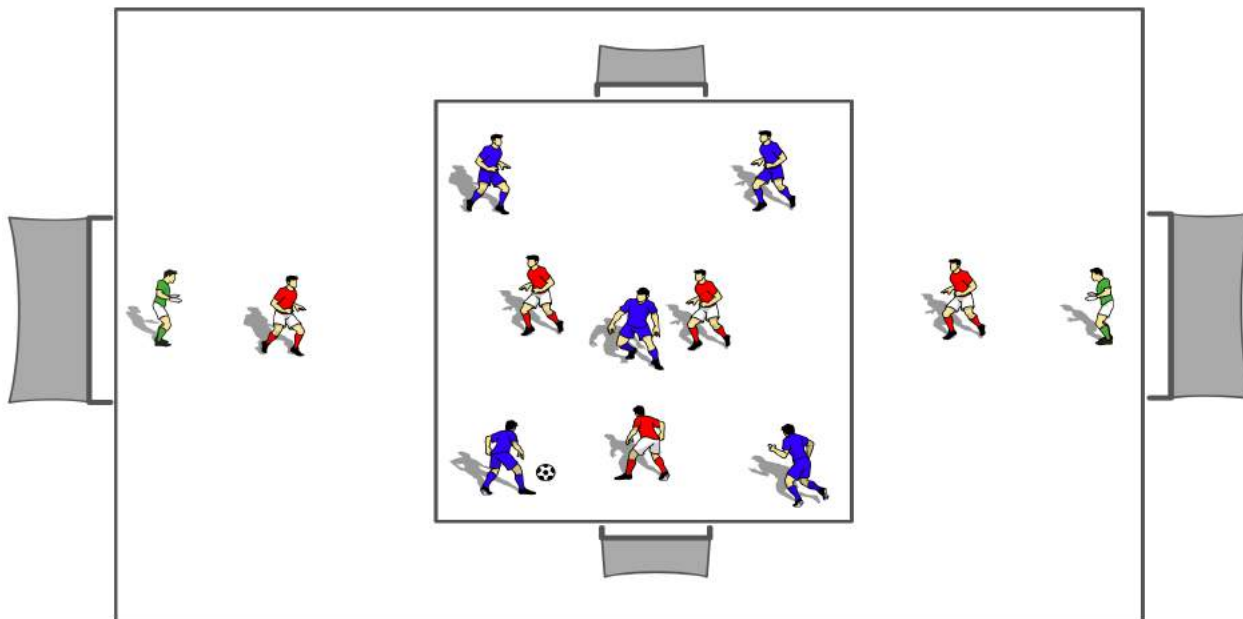
- ⊕ 60 x 40yd pitch as shown in the diagram.

Rules

- ⊕ Two teams of seven players and two goalkeepers.
- ⊕ The red team must try to keep possession of the ball using the two goalkeepers.
- ⊕ The blue team must try to pressure the red team and regain the ball to score in either goal.
- ⊕ To start, the red team has two players in each half and three players (right, left, middle) who are free to move into both sides of the pitch to help with possession.
- ⊕ The blue team has three players in each half and one midfielder who is allowed to go into both sides of the pitch to apply pressure. When the ball is in the opposite half. The blue team must only have one player waiting in the pitch. The two extra players must go back to the middle line (next to mannequins) to wait for the ball to be transferred.
- ⊕ This game replicates a “playing out from the back” scenario against a pressing opponent.

22.

POSSESSION BREAKOUT



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Set up

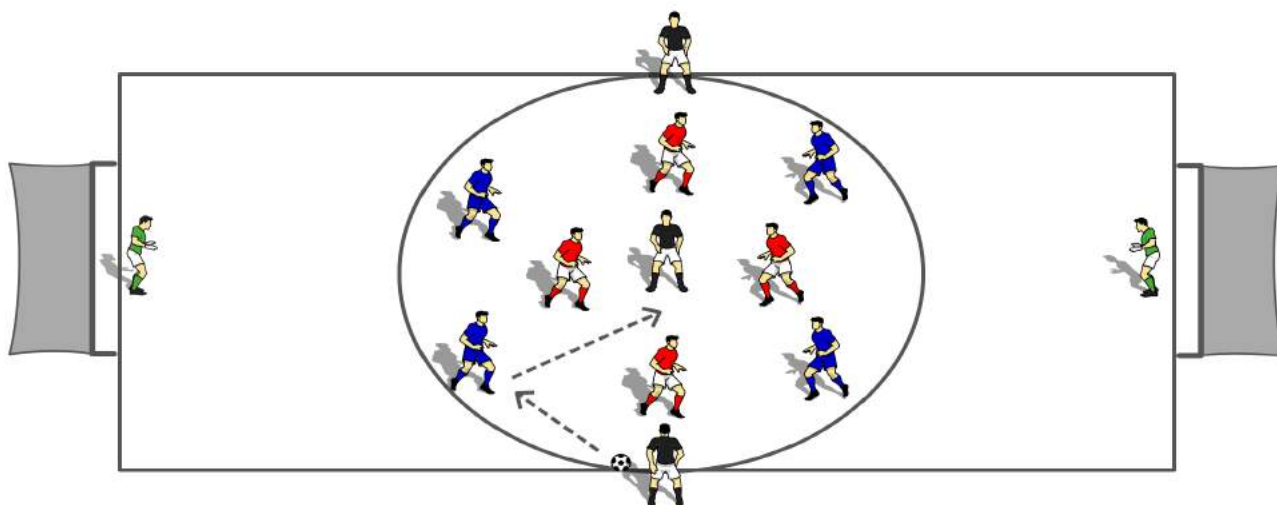
- ⊕ 15 x 12yd pitch for the 5v3 game. The breakout goals are 20yds from each side line.

Rules

- ⊕ Two teams of five players and two goalkeepers.
- ⊕ The blue team has five players in the small area. The aim is to keep possession against the three red defenders.
- ⊕ If the blue team complete 5 consecutive passes, they can then break out of the area with two players in order to attack 2v1 on one of the goals. If the blue team score, they can now return to the small area and restart the game.
- ⊕ The three red defenders must try to regain the ball and score in the mini goals, if successful, they now change roles with the blue team in the game.
- ⊕ When the blue team break out 2v1 – if they are not able to score, the roles are also changed between the two teams.

23.

TRANSITION TO SCORE



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Set up

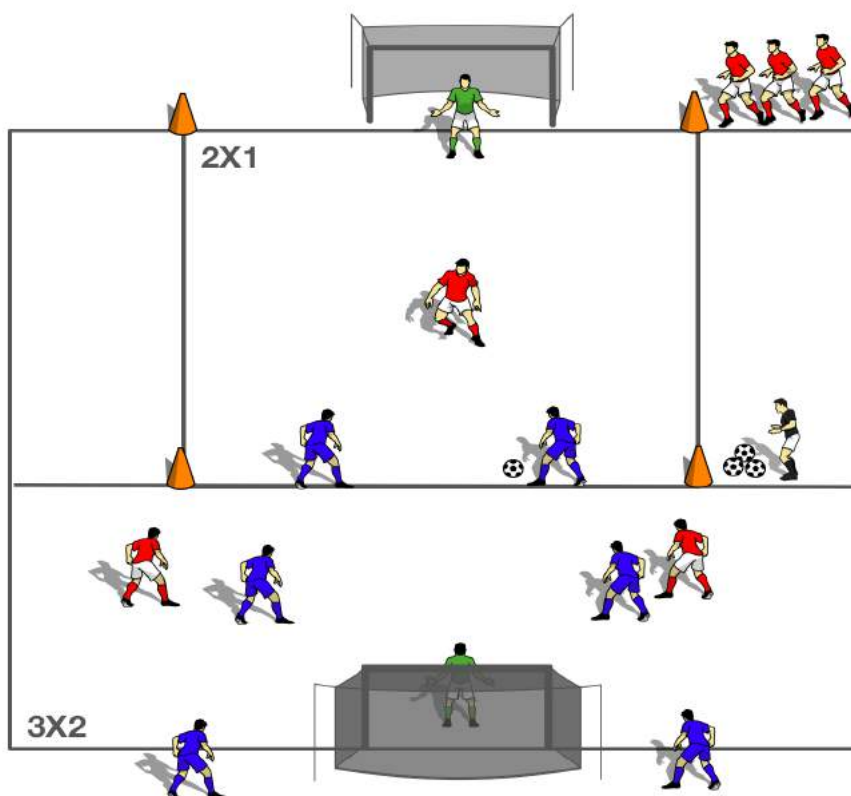
- ⊕ 24 x 24yd circle from top to bottom. The goals are placed 18yds from the circle.

Rules

- ⊕ Two teams of four players.
- ⊕ Two goalkeepers.
- ⊕ Three neutral players
- ⊕ To start, the blue team maintain possession of the ball using the three neutral players.
- ⊕ The red team must try to regain the ball and quickly break out of the area. The red team can choose to dribble or to pass to a team mate running outside of the area in order to score 1v1 against the keeper.
- ⊕ If successful, the red team quickly change roles with the blue team in the game.
- ⊕ All players must be inside the circle.
- ⊕ To add difficulty – you can restrict the blue team and neutrals to two touches in this game.

24.

2V1 / 3V2



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Set up

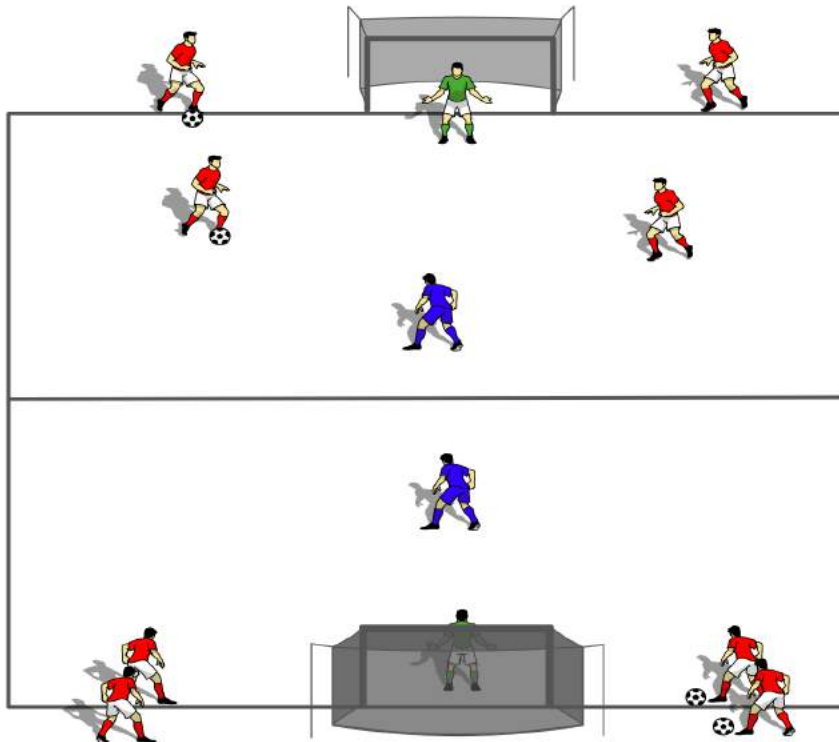
- ⊕ The 2v1 pitch is 20yds x 30yds. The is 30yds by 40yds.

Rules

- ⊕ Two teams of six players and two goalkeepers.
- ⊕ The red team has three players waiting next to their goal, one player in the defensive half and two players in the attacking half.
- ⊕ The blue team has two players next to their goal, two players in the defensive half and two players on the middle line.
- ⊕ To start, the coach passes a ball to the two blue players on the middle line who attack 2v1 to score. After this ball is played (regardless if a goal is scored or not) the blue players exit the pitch and the coach passes a new ball to the red player who dribbles forward to play 3v2 in the blue teams pitch.
- ⊕ The rotation of players is simple. They just move up a place (1) waiting (2) defending (3) attacking. The only alternative is when the red defender becomes an attacker they have two turns before resting. They are the right attacker, then the left attacker.

25.

2V1 ALLEY



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Set up

- ⊕ 40 x 30yd area as shown in the diagram.

Rules

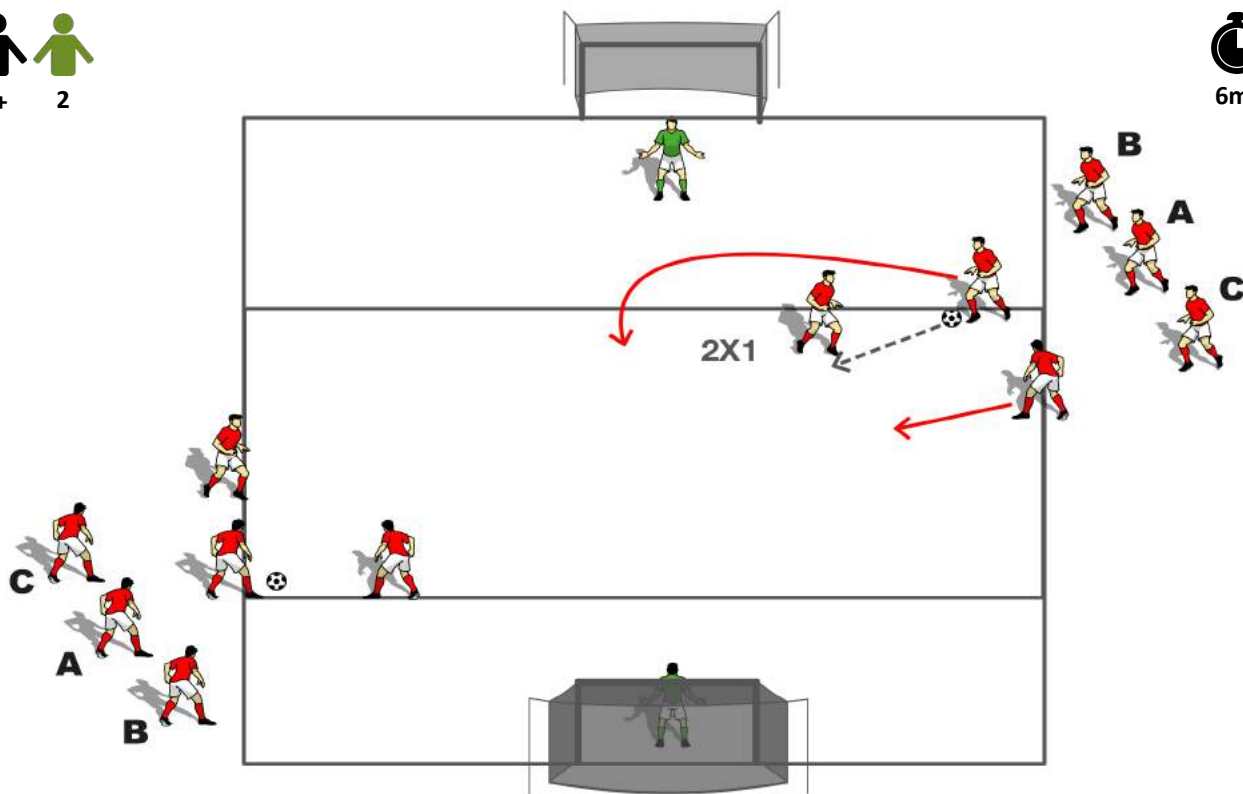
- ⊕ Eight attackers, two defenders and two goalkeepers.
- ⊕ The attackers work in pairs. The two defenders work in one half each.
- ⊕ To start, two attackers enter the pitch and try to score a goal as quickly as possible. The attackers must play 2v1 in the first zone and then 2v1 in the second zone to score.
- ⊕ When the ball passes the first zone, the defender is free to run back and help the defender in the second zone to make the game 2v2. If the defenders regain the ball, they can score in the opposite goal in order to change roles with the two red attackers.
- ⊕ A key rule for this game, if the red team fail to score on three attacks, the blue defenders automatically change with the last team that failed to score. So the blue defenders, must stop the red team from scoring on three attacks to also change roles in the game.

26.

2V1 CHOICE

9+ 2

6m



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Set up

⊕ 45 x 40yd area as shown in the diagram.

Rules

⊕ Groups of three players.

⊕ Two goalkeepers.

⊕ The groups of players must line up with the middle player in possession of the ball and the two other players either side (approximately 6yds).

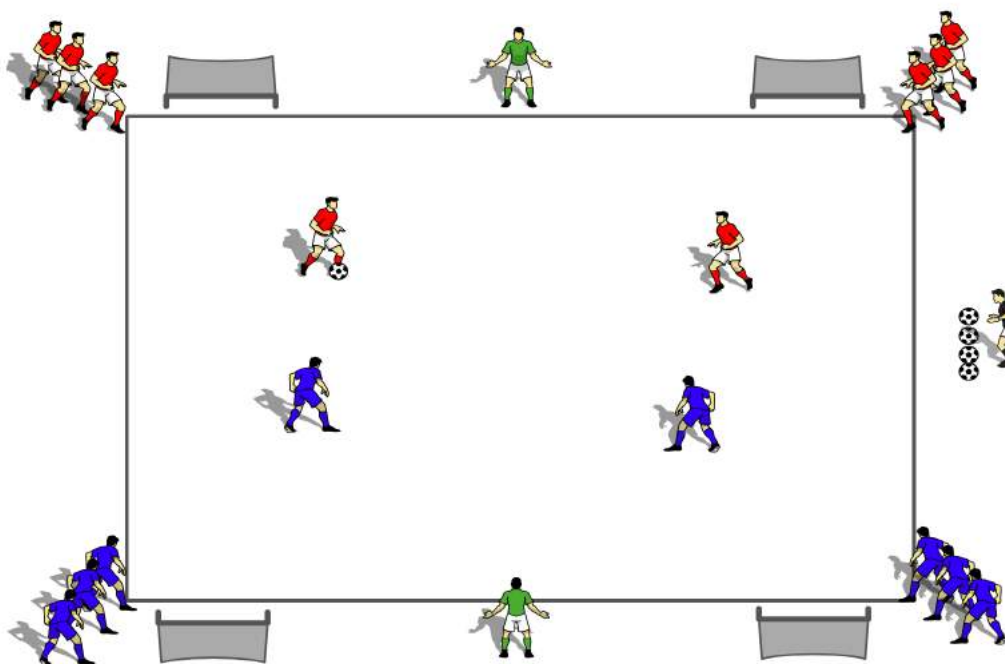
⊕ The middle player has the choice and can pass to either of the side players to create a 2v1 attack.

⊕ The player not receiving the pass must immediately defend 1v2.

⊕ For the next turn, the defender becomes the middle player and now has the choice of who to attack with 2v1.

27.

2V2 (+2) STREET FOOTBALL



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Set up

- ⊕ 20 x 20yd area as shown in the diagram.

Rules

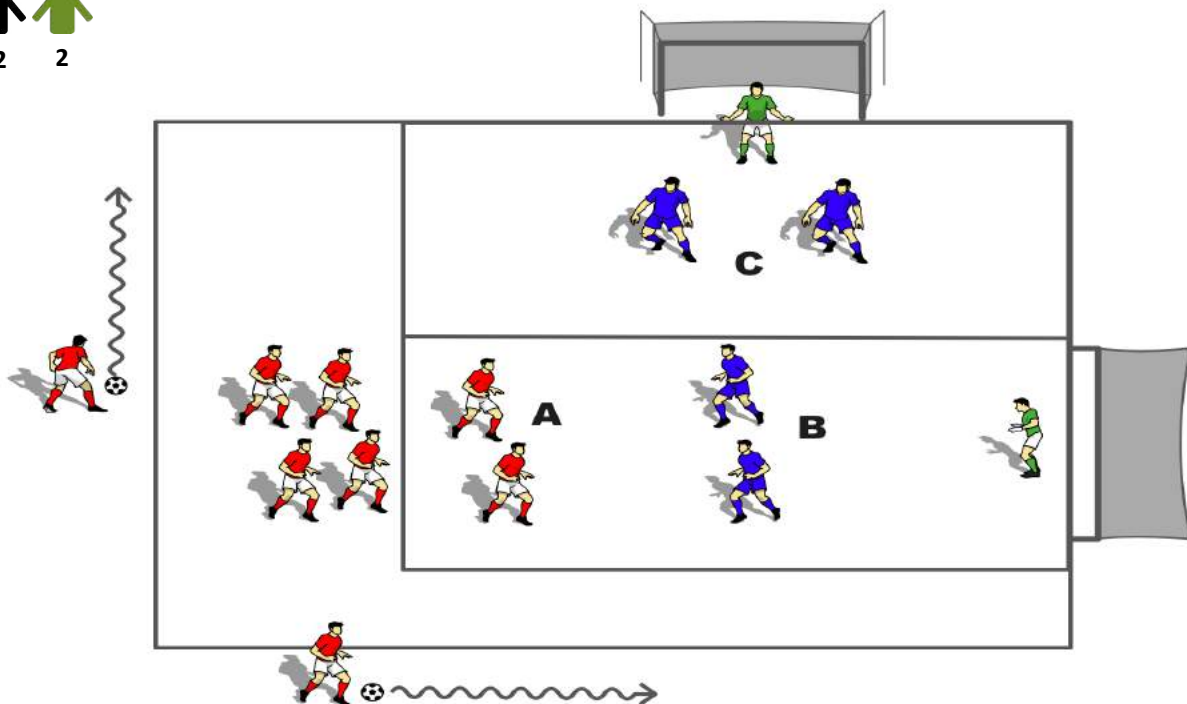
- ⊕ Two teams of eight players.
- ⊕ Two goalkeepers or neutral players work between the goals.
- ⊕ Two start, the coach passes to one of the teams and immediately a 2v2 game commences.
- ⊕ The team in possession, can use the two goalkeepers/neutrals to maintain possession of the ball and create changes to score in the two mini goals.
- ⊕ Encourage the players to play 1v1 where possible and to move off the ball to lose their opponents. The goalkeepers/neutrals should be used for wall passes (pass forward and run to receive) in order to score.
- ⊕ If a goal is scored or ball leaves the pitch then the game is over and four new players enter the pitch. The first team to score 10 goals is declared the winning team.

28.

2V2 CROSSING CAROUSEL

12 2

3 x 5m



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Set up

- ⊗ The attackers are placed 18yds from the each goal.
- ⊗ The crossers are placed 25yds from the nearest post.

Rules

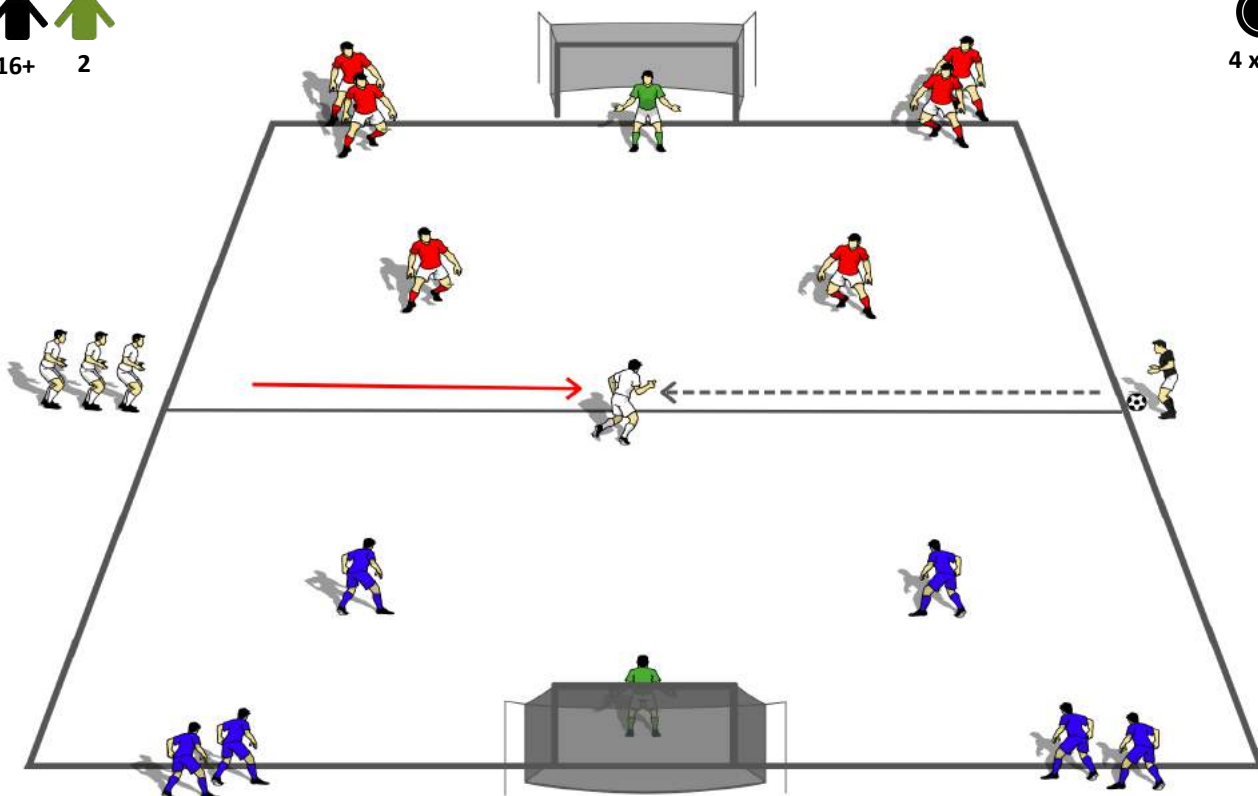
- ⊗ Two goalkeepers.
- ⊗ Two crossers.
- ⊗ The remaining players work in pairs.
- ⊗ To start, team A attack 2v2 from the wide players cross against team B.
- ⊗ Now team A stay in this area and team B attack 2v2 against team C from a cross on the second goal.
- ⊗ Now team B stay in this area and team C return to the start position.
- ⊗ Therefore, the game works on a carousel system.
- ⊗ Once the time is completed. The team scoring the most goals can decide to become the crossers or can choose a pair of other players to become the new crossers.

29.

3V2 CHOICE

16+ 2

4 x 5m



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Set up

- ⊕ 40 x 30yd area as shown in the diagram.



Rules

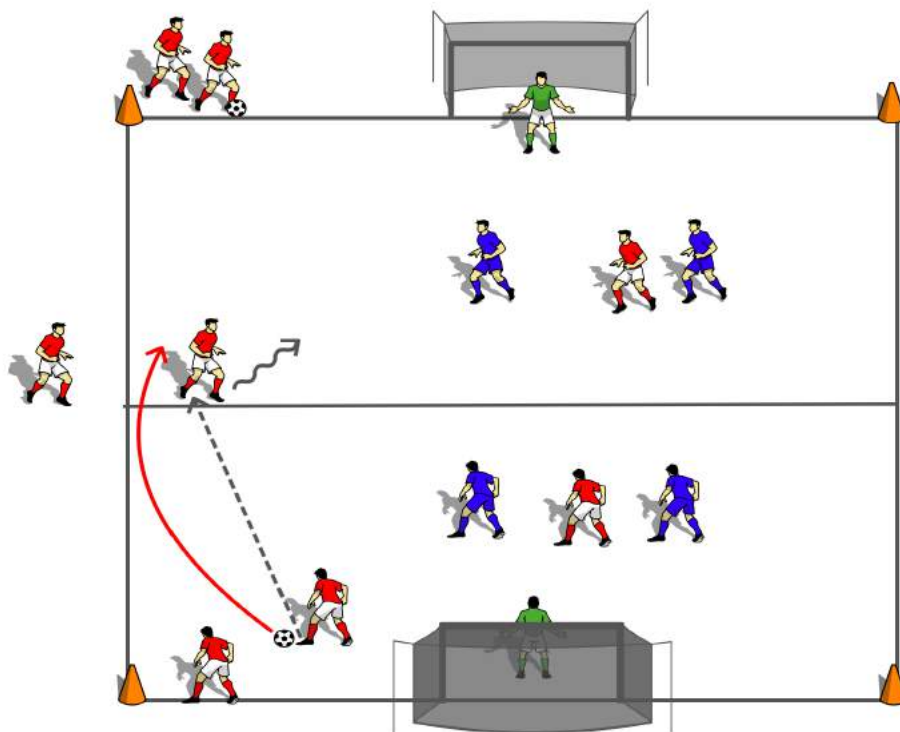
- ⊕ Two goalkeepers
- ⊕ Six red players and six blue players positioned as shown in the diagram.
- ⊕ Four white players on the middle line opposite the coach.
- ⊕ To start, two blue and two red players enter the pitch and a white player goes to the centre point.
- ⊕ The coach passes to the white player who must pass with one touch to the team they wish to join for a 3v2 situation.
- ⊕ Immediately, the 3v2 game commences until the ball leaves the area.
- ⊕ If the defending team regain the ball, then the white player changes teams and creates a 3v2 situation for this team to attack.
- ⊕ Play for 4 x 4 minutes. This enables all players to have a turn as the white players.

30.

3V2 OVERLAP

12 2

8m



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Set up

- ⊕ 40 x 40yd area as shown in the diagram.



Rules

- ⊕ Eight attackers, four defenders and two goalkeepers.
- ⊕ The eight red players are placed as shown in the diagram.
- ⊕ Two blue defenders are placed in each half of the pitch.
- ⊕ To start, the red player on the end line, passes forward to the red player on the middle line and completes an overlapping run to create a 3v2 situation.
- ⊕ The three red players try to score a goal (at top speed).
- ⊕ If the ball leaves play or the blue defenders regain possession of the ball, then the attack is finished.
- ⊕ The game now re-starts in the opposite direction with a new 3v2 situation.

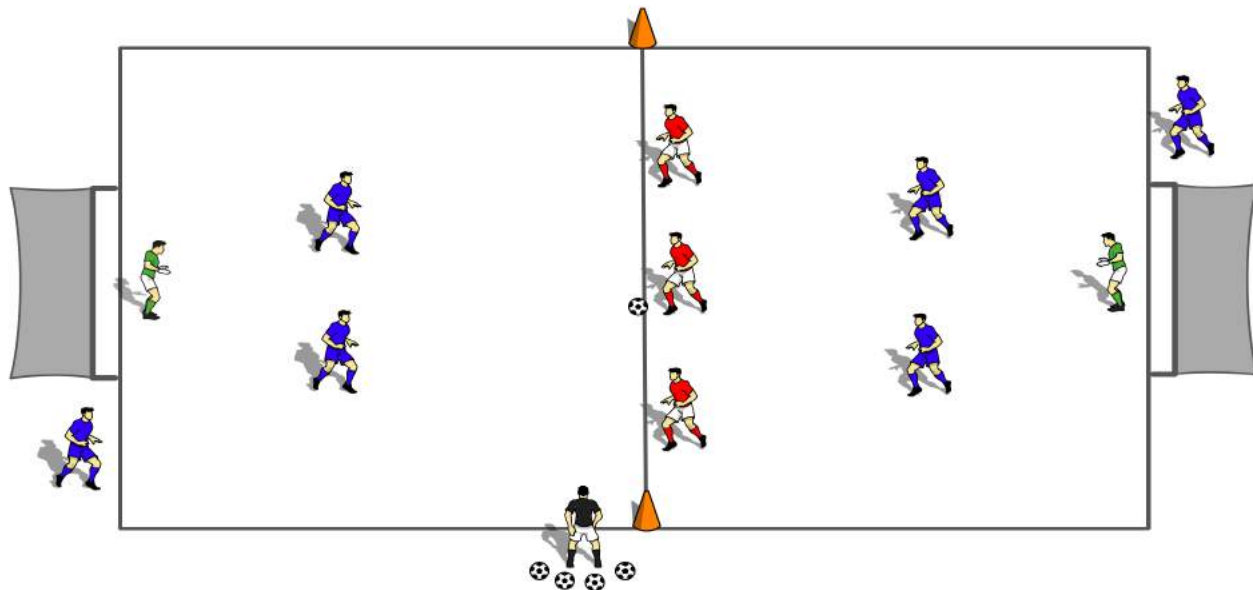
31.

3V2 WAVE



 9 2


 6 balls
 per team



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Set up

- ⊕ 40 x 30yd area as shown in the diagram.



Rules

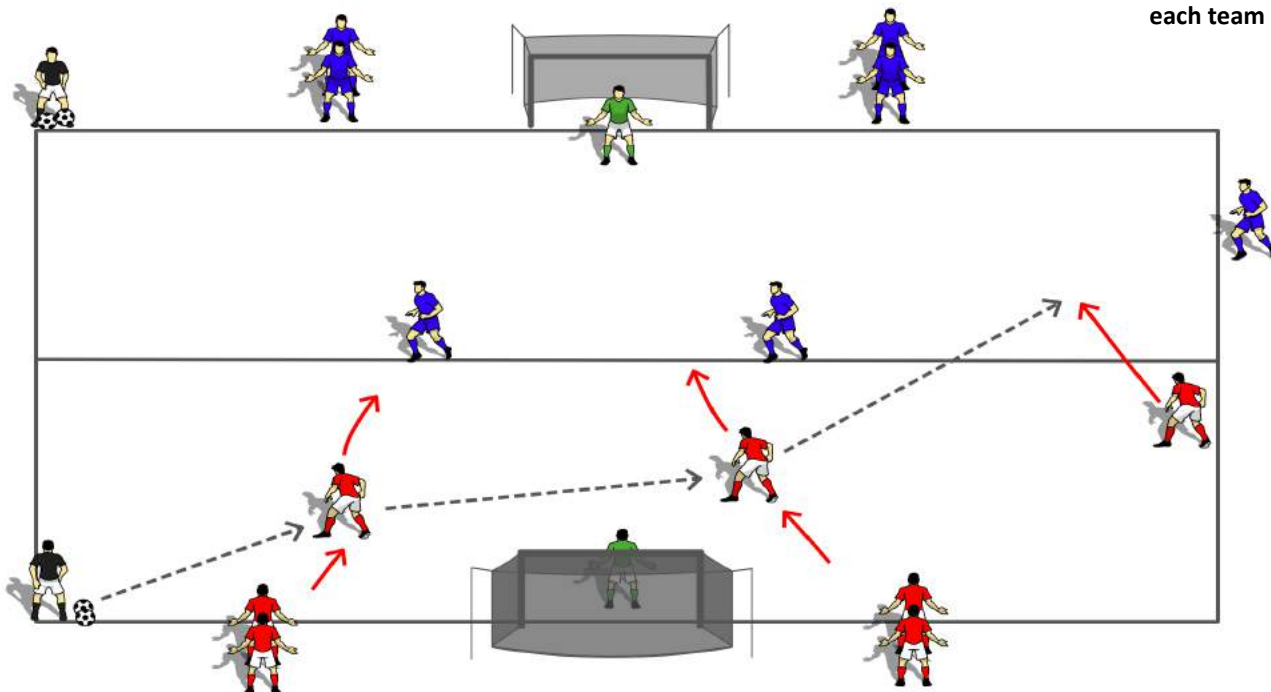
- ⊕ Three teams of three players and two goalkeepers.
- ⊕ When attacking, all three players are used by the attacking team.
- ⊕ When defending, only two players are used. The extra player must wait by the goal and change after ball is defended.
- ⊕ To start, the red team has six (3v2) attacking situations at high speed. The red team must alternate attacks in each half of the field (attack one goal, then turn to attack the other goal).
- ⊕ After the six attacks, the teams are rotated, with a new team attacking and trying to beat the previous teams number of goals scored.

32.

3V2 WING ATTACK

14 2

9 attacks
each team



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Set up

⊕ 36 x 40yd area as shown in the diagram.



Rules

- ⊕ Two teams of seven players and two goalkeepers. The players are positioned as shown in the diagram.
- ⊕ Two servers are placed on the corners of the pitch
- ⊕ Each team attacks with two central players and one wide player.
- ⊕ To start, the red team receives a ball from the server and attacks 3v2 against the blue defenders.
- ⊕ Once the attack is completed (goal, save or ball leaves the pitch) the two red attackers return to the middle line and must defend the next attack against two new blue players. The red wide player must exit the pitch.
- ⊕ Therefore, the players rotation in the practice is to attack 3v2 - then defend 2v3 - then rest.
- ⊕ The wide attackers are only used when their team is attacking.

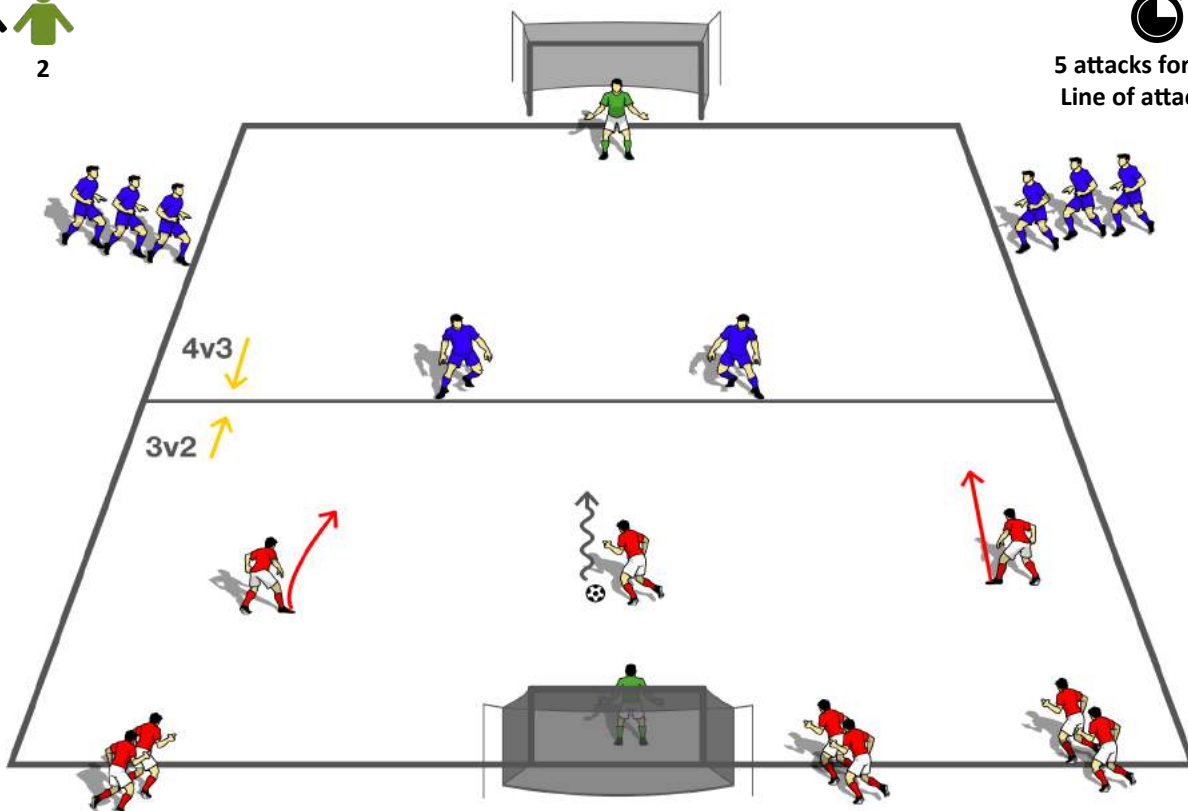
33.

3V2 TRANSITION 4V3

12+ 2



5 attacks for each Line of attackers



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Set up

- ⊕ 50 x 40yd area as shown in the diagram.



Rules

- ⊕ Two teams of players and two goalkeepers.
- ⊕ The teams are positioned as shown in the diagram.
- ⊕ The red team attacks 3v2 against the blue defenders.
- ⊕ The game is played until a goal is scored, the goalkeeper saves a shot or the ball leaves play.
- ⊕ Now, two additional blue players enter the pitch and create a fast 4v3 situation in the opposite direction.
- ⊕ Once the 4v3 is completed. The players exit the pitch and a new group of red and blue players re-start the game.

34.

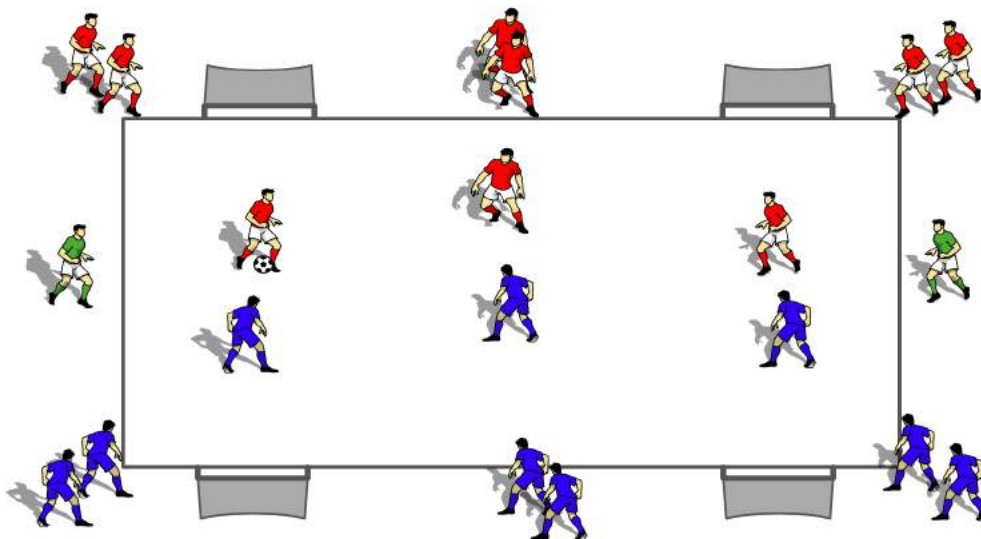
3V3 (+2) COMBINATION PITCH



14+



10 goals



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Set up

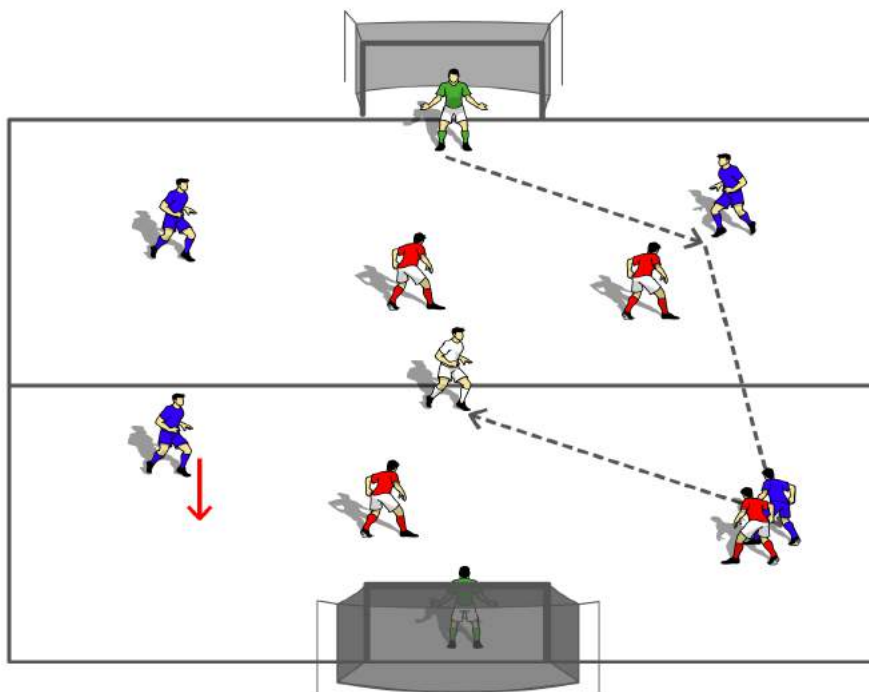
- ⊕ 24 x 30yd area as shown in the diagram.

Rules

- ⊕ Two teams of nine players.
- ⊕ The players are positioned as shown in the diagram.
- ⊕ Two neutral players (shown as green in the diagram).
- ⊕ To start, both teams send three players into the pitch to make a 3v3 game.
- ⊕ The team can use the neutral players for one-two's or to maintain possession.
- ⊕ The aim is to score in one of the opponents two goals.
- ⊕ When the ball leaves the pitch or a goal is scored, two new groups enter the pitch.
- ⊕ The first team to score 10 goals is declared the winning team.

35.

PIRLO



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Set up

- ⊕ 40 x 30yd area as shown in the diagram.



Rules

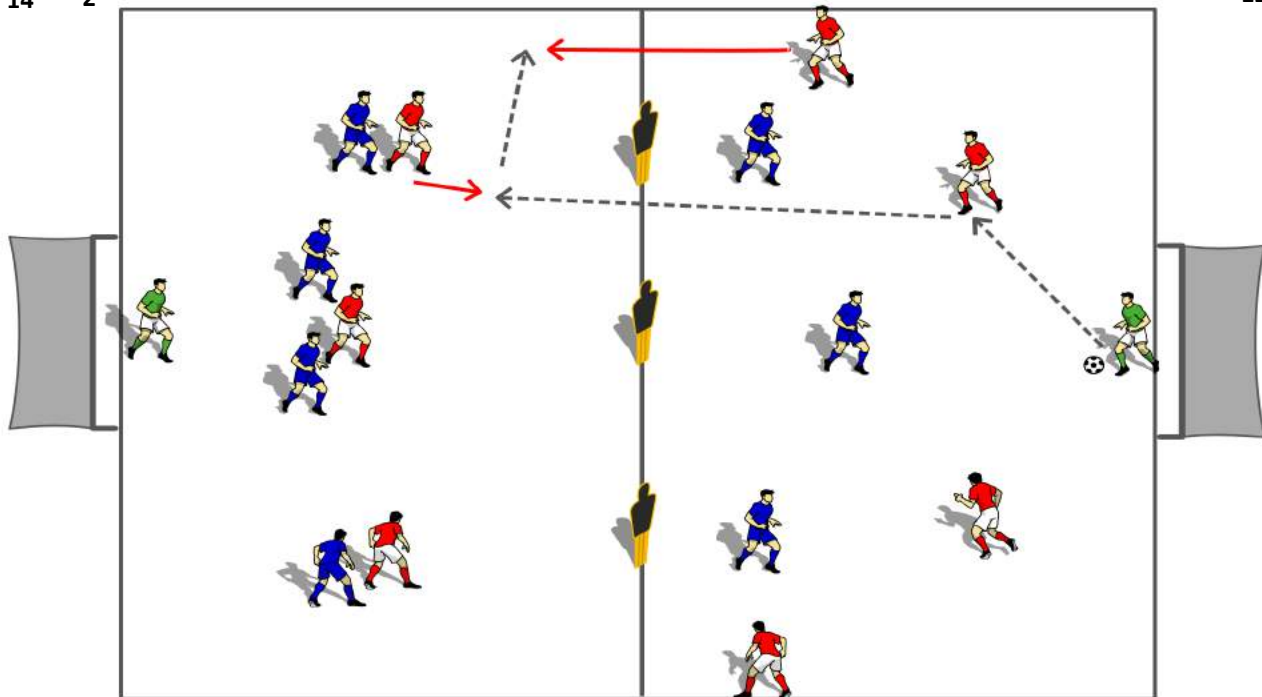
- ⊕ Two teams of four players and two goalkeepers.
- ⊕ One neutral player (as shown in white).
- ⊕ Each team has two defenders in one half and two forwards in the opponents half.
- ⊕ The neutral player is free to go into both sides of the pitch to create 3v2 situations.
- ⊕ The aim is to use the extra player in order to create chances to score a goal.
- ⊕ The only rule is that all goals must be scored with a first touch shot. The neutral player is free to score goals.
- ⊕ This game encourages forward passing and fast combination play.

36.

4V3 BREAKOUT

14 2

12m



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Set up

- ⊕ 60 x 40yd area as shown in the diagram.



Rules

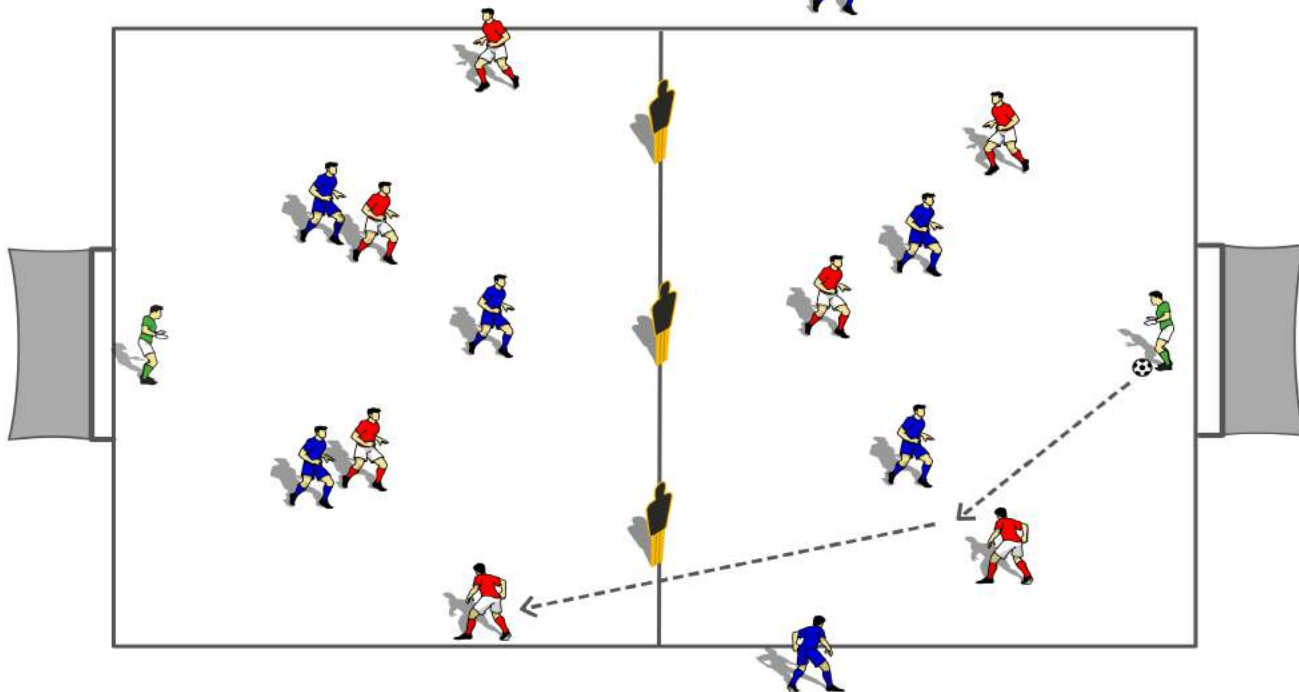
- ⊕ Two teams of seven players and two goalkeepers.
- ⊕ Each team has four defenders in one half of the pitch and three attackers in the opponents half of the pitch.
- ⊕ The aim is to play out of defence 4v3 (or 5v3 with the goalkeeper) and to dribble or pass into the opponents half of the pitch.
- ⊕ One defender can join the attack to make a 4v4 situation.
- ⊕ However, behind the ball, the team must ensure they are balanced and defending 3v3.
- ⊕ This game encourages one full back to attack and one full back to cover/defend in order to ensure the team is balanced.

37.

CREATE THE OVERLOAD

14 2

12m



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Set up

- ⊕ 60 x 40yd area as shown in the diagram.



Rules

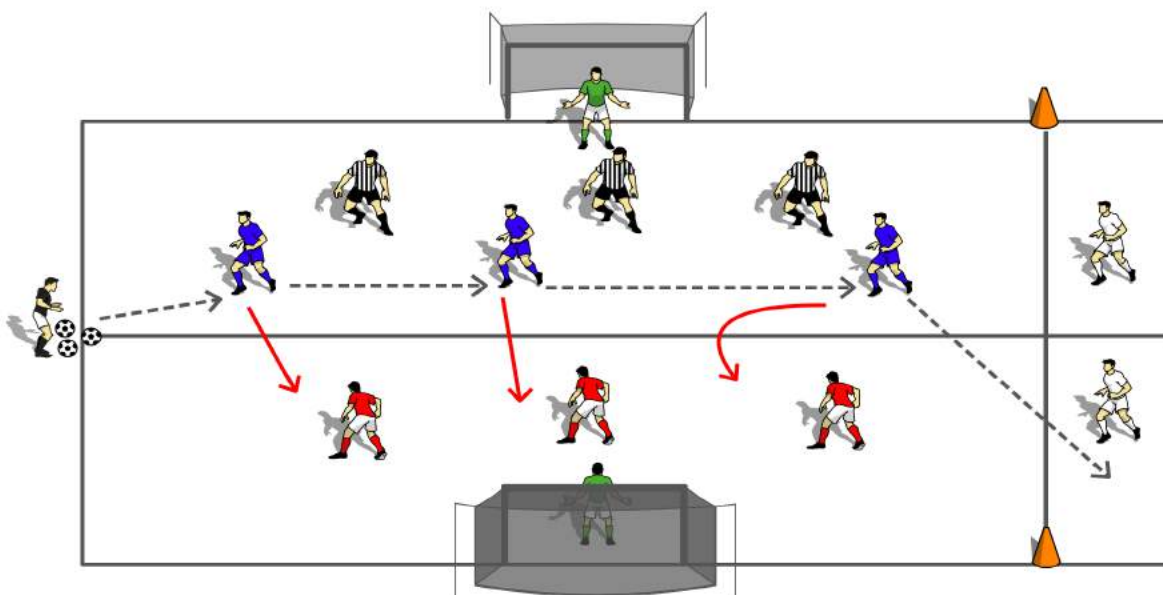
- ⊕ Two teams of seven players and two goalkeepers.
- ⊕ Each team has three players in the defensive half of the pitch (two central defenders and one midfielder) and four players in the attacking half of the pitch (two centre forwards and two wide forwards).
- ⊕ When defending, the two wide forwards must exit the pitch and wait on the side lines.
- ⊕ This rule allows for the goalkeeper, two defenders and midfielder to create a defensive diamond and play out of defence in a 4v2 situation.
- ⊕ The aim is to pass forward to the attackers and create a 4v3 attacking situation.

38.

CROSSING WAVE

11 2

3 x 4m



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Set up

- ⊕ 36 x 40yd area with a 5yd wide channel as shown in the diagram.



Rules

- ⊕ Three teams of three players and two goalkeepers.
- ⊕ Two neutral wide players are positioned inside the wide channel.
- ⊕ To start, the coach passes to the blue team who combine passes and switch play to the wide player.
- ⊕ The wide player makes a cross into the penalty area.
- ⊕ The blue team attacks the cross in a 3v3 situation against the red team.
- ⊕ The game now continues in a “wave” motion with the coach passing a new ball to the red team. The red team now combine passes and switch play to the second wide player. The wide player makes a cross for the red team to attack 3v3 against the black team..

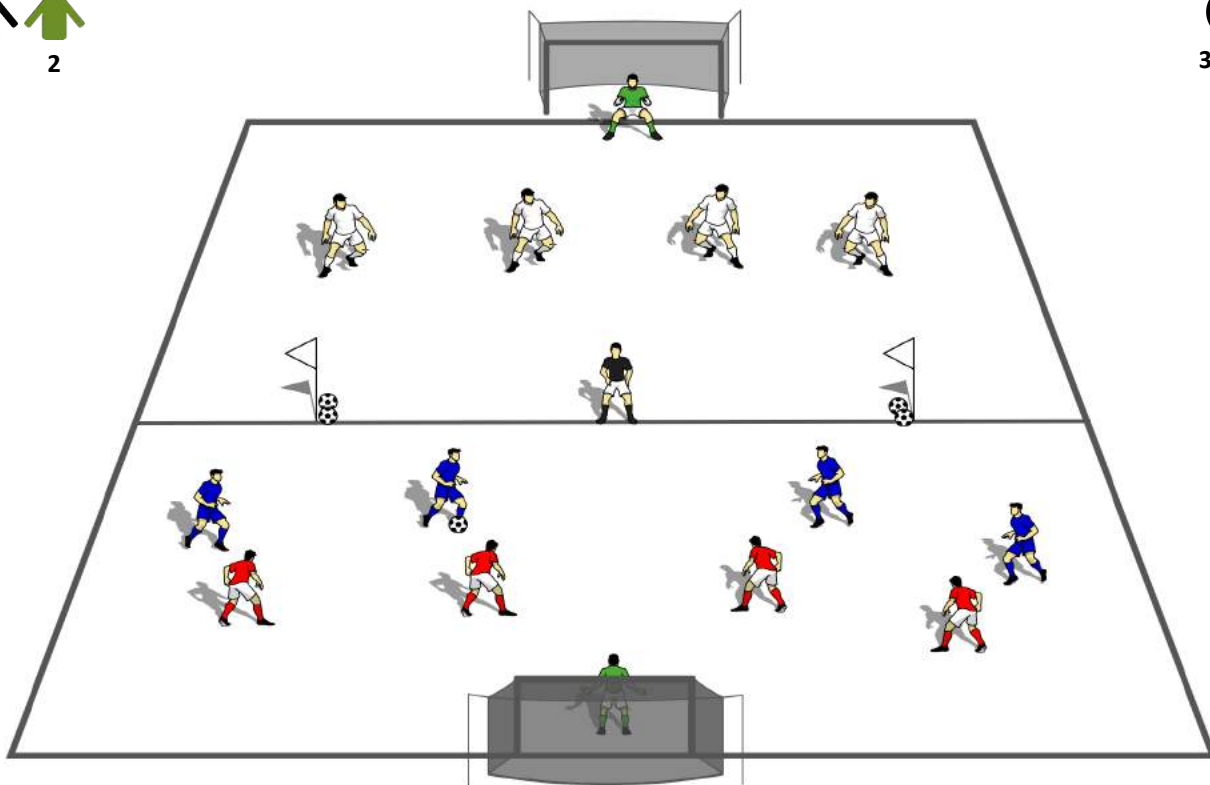
39.

4v4v4 WAVE



 12 2


 3 x 5m



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Set up

- ⊕ 40 x 40yd area as shown in the diagram.



Rules

- ⊕ Three teams of four players and two goalkeepers.
- ⊕ The game is played in a “wave” motion.
- ⊕ To start, the blue team attack the red teams goal. if the blue team score a goal, they receive a 2nd ball and now attack the white teams goal at the opposite end.
- ⊕ However, if the red team regain the ball, they have two ways of scoring.
 - ⊕ (1) Pass to the coach on the middle line.
 - ⊕ (2) Dribble through the wide gates on the middle line.
- ⊕ If successful, now the red team attacks the white teams goal. The blue team now waits in the other half of the pitch.

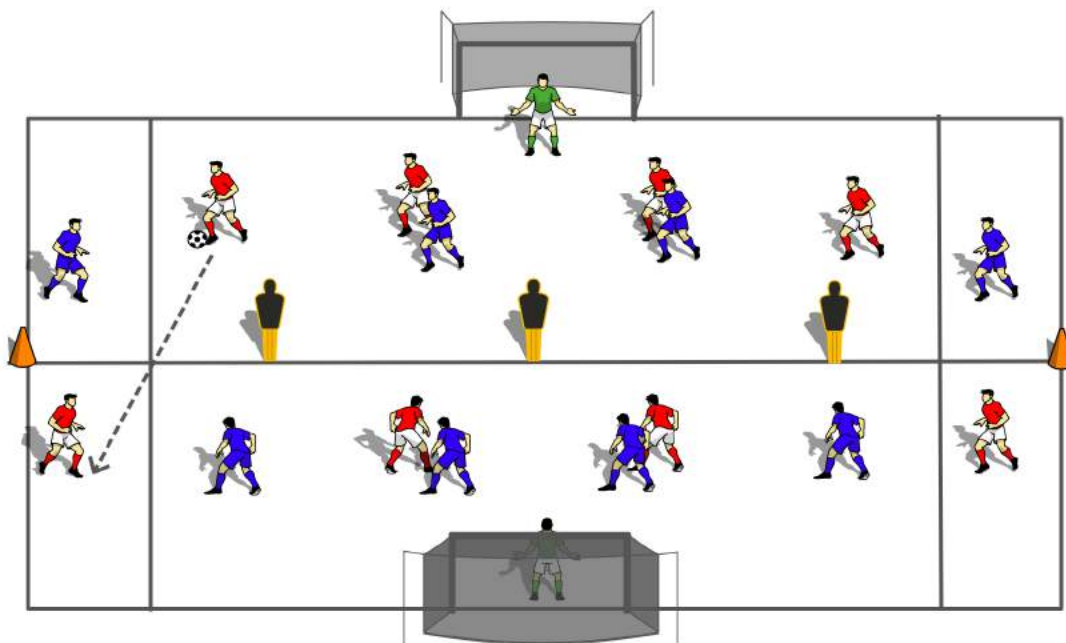
40.

PENALTY BOX GAME



 16 2


 12m



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Set up

- ⊕ 40 x 40yd area with 5yd wide channels as shown in the diagram.

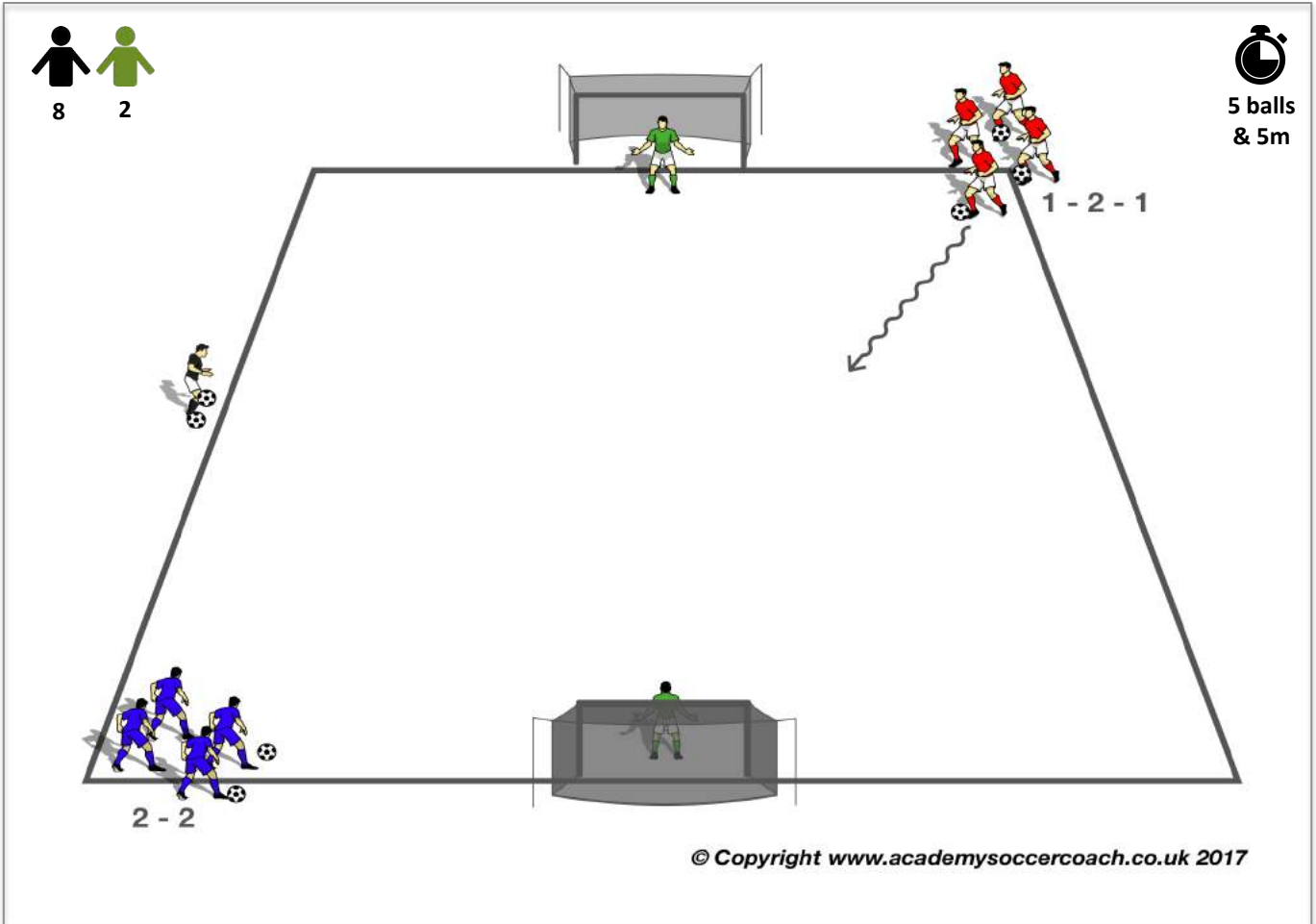


Rules

- ⊕ Two teams of eight players and two goalkeepers.
- ⊕ Each team has four defenders in the defensive half.
- ⊕ Each team has four forwards in the attacking half.
- ⊕ The wide forwards start inside the wide channels and the centre forwards begin in the middle of the pitch.
- ⊕ To start, the teams play out of defence 4x2. The aim is to pass into the forwards in the attacking half.
- ⊕ The wide players are free to cross (unopposed) in the wide channels or dribble and combine inside the pitch with the team mates in the attacking half.
- ⊕ This game encourages 1v1 play in and out of possession.

41.

OVERLOADS GAME



Set up

- ⊕ 36 x 40yd area as shown in the diagram



Rules

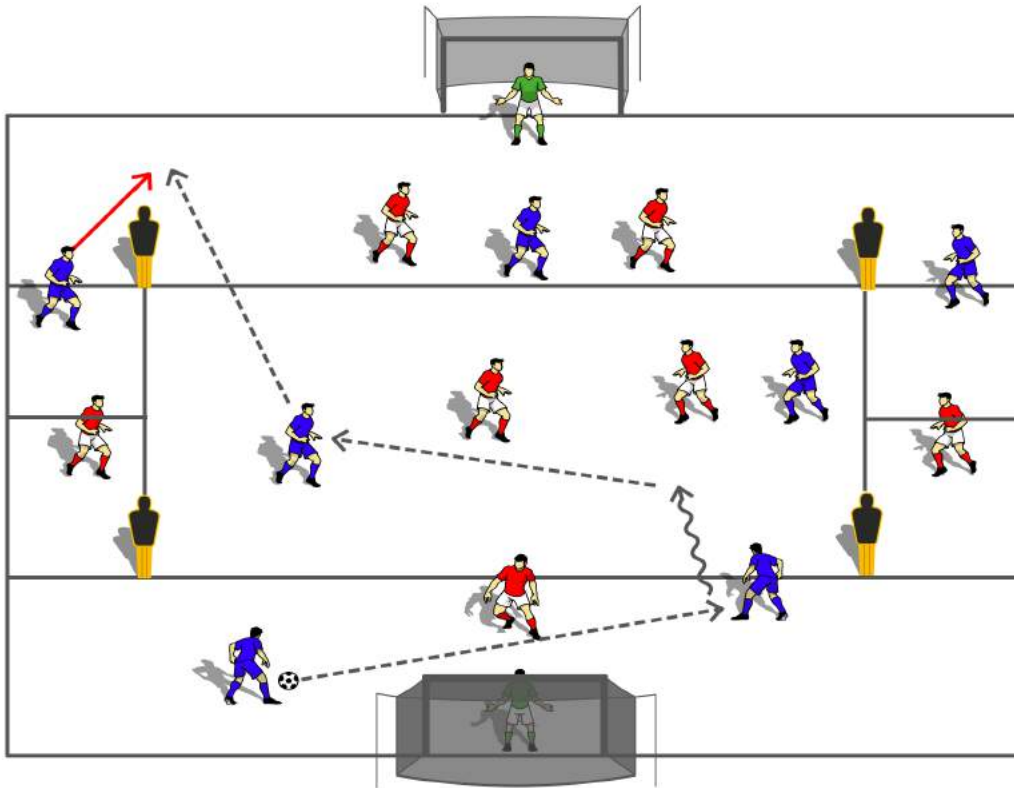
- ⊕ Two teams of four players and two goalkeepers.
- ⊕ Each team takes turns to enter the pitch and create an overload situation.
- ⊕ When a player enters the pitch, they stay in the game for the remainder of the ball and time.
- ⊕ Ball (1) A red player is allowed three touches to dribble and shoot 1v1 against the blue goalkeeper.
- ⊕ Ball (2) Two blue players enter the pitch and play 2v1 against the red player.
- ⊕ Ball (3) Two red players enter the pitch and make a 3v2 situation.
- ⊕ Ball (4) Two blue players enter the pitch and make a 4v3 situation.
- ⊕ Ball (5) one red player enters the pitch and makes a 4v4 situation.
- ⊕ Now a normal game continues for a further 5 minutes.
- ⊕ Once the time is completed, the team who scored the most goals is declared the winning team.
- ⊕ Before the next game commences, the teams switch ends and starting positions.

42.

BUILD UP OVERLOADS

14 2

3 x 8m



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Set up

⊗ 60 x 46yd area that is split into three areas of 20yds x 46yds. The central area has 8yd channels.



Rules

- ⊗ Two teams of seven players and two goalkeepers.
- ⊗ The players are organised as shown in the diagram.
- ⊗ Two defenders in the defensive zone.
- ⊗ Two midfielders in the middle zones.
- ⊗ Two wide players in the wide zones.
- ⊗ One forward in the attacking zone.
- ⊗ In possession, the two defenders play out of defence using the goalkeeper in a 3v1 situation. The aim is to break into midfield and create another 3v2 overload situation. Finally, the team can either pass to the forward in the attacking zone or outside to the wide player in the wide zone.
- ⊗ In both scenarios, the wide players create a 3v2 situation to score. This is from a pass into the forward or from a wide player crossing and the opposite wide player joining the forward (in the zone) to score.

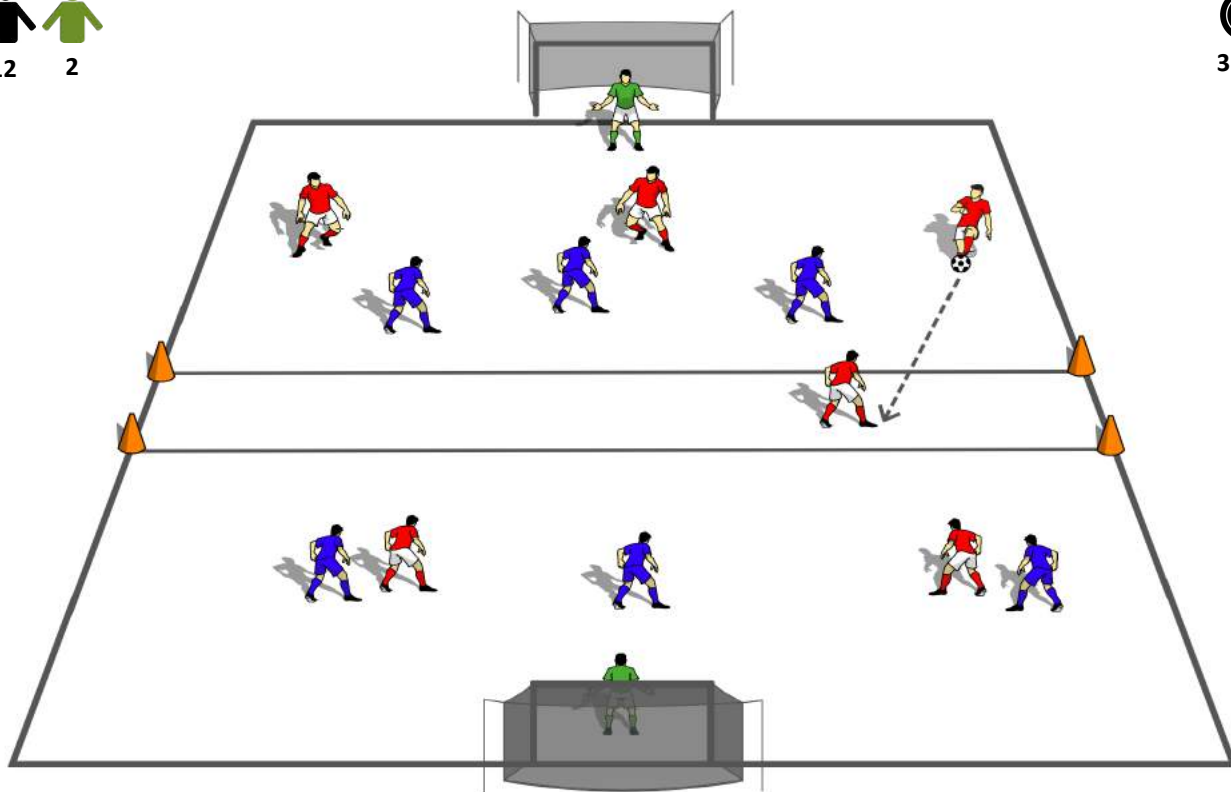
43.

BETWEEN THE LINES



 12 2


 3 x 6m



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Set up

- ⊕ 50 x 40yd area. The central channel is 6yds from top to bottom.





Rules

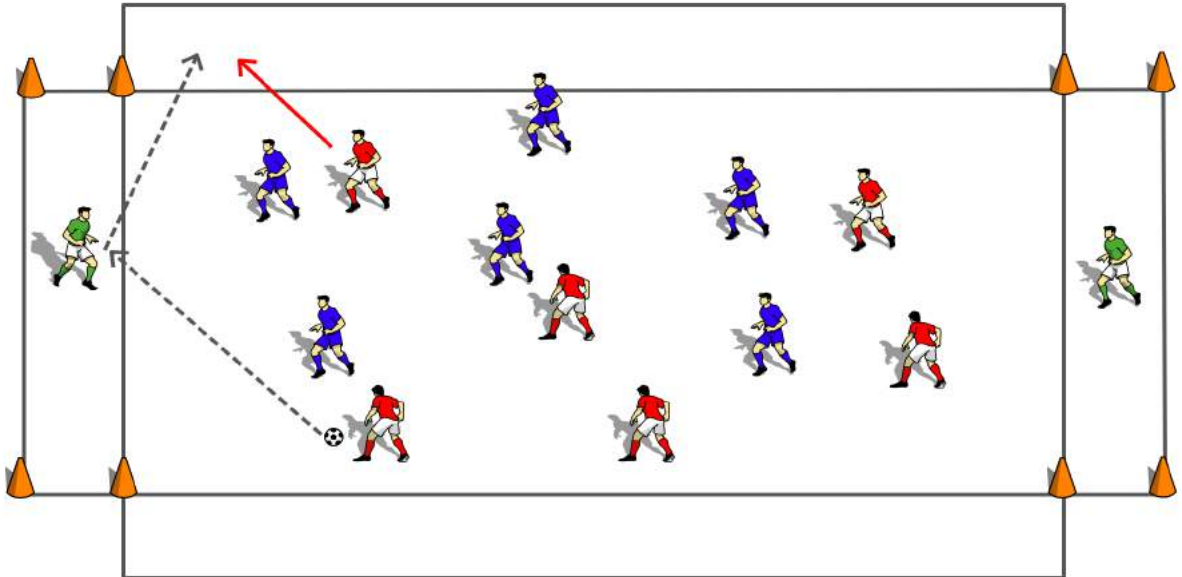
- ⊕ Two teams of six players and two goalkeepers.
- ⊕ Each team has three players in the defensive zone.
- ⊕ Each team has three players in the attacking zone.
- ⊕ The team in possession, can drop one player into the “free” zone in order to receive a forward pass from the teams defenders.
- ⊕ The forward can now turn (unopposed) and dribble forward to create a 3v3 attack in the opponents defensive zone.
- ⊕ This creates a game scenario of a players “receiving between the lines” of the opponents defence and midfield.

44.

BREAKING LINES



 14 2


 2 x 6m



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Set up

- ⊕ 50 x 40yd area - with 5yd wide channels - as shown in the diagram.

Rules

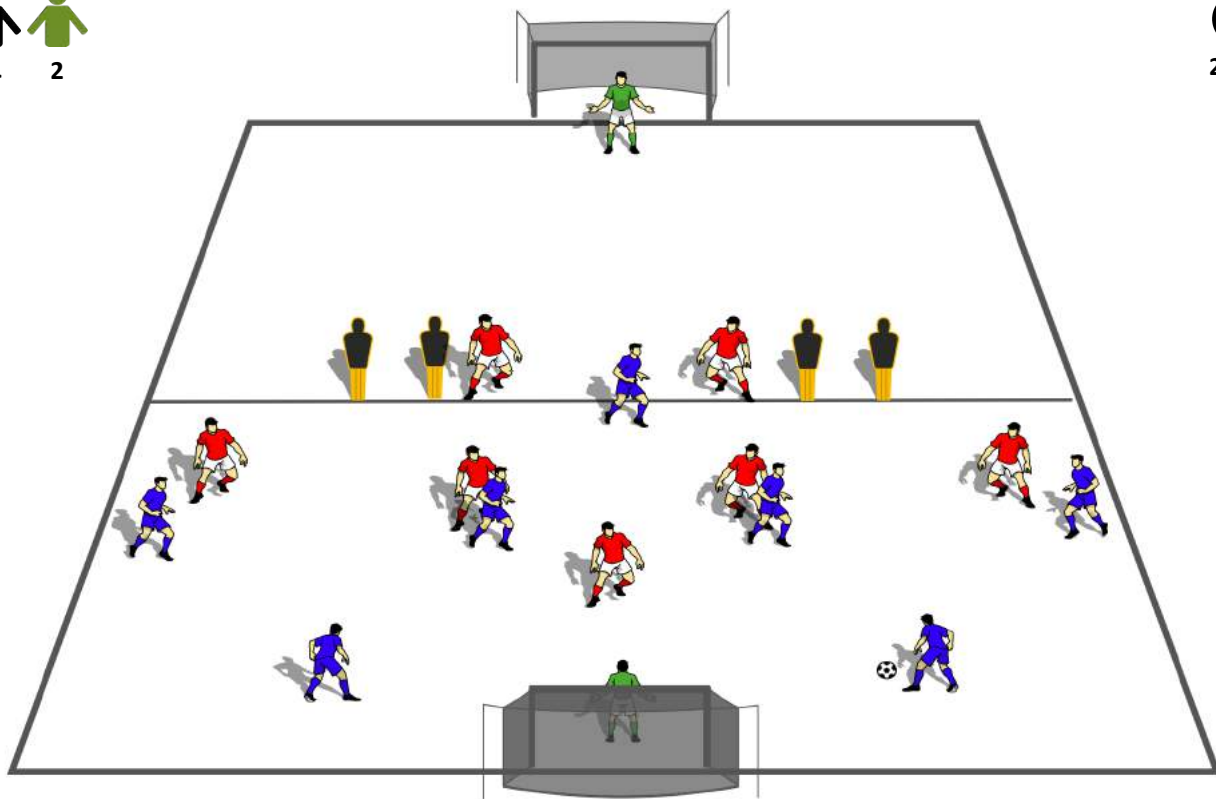
- ⊕ Two teams of six players.
- ⊕ Two neutral players (shown in green).
- ⊕ The neutral players are used by the team in possession and are limited to two touches.
- ⊕ When defending, players are free to go and pressure the green players inside the wide channels.
- ⊕ The aim is to dribble or pass to a team mate that is running into the opponents end zone.

45.

HIGH LINE

14 2

2 x 6m



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Set up

- ⊕ 60 x 46yd area as shown in the diagram.



Rules

- ⊕ Two teams of seven players and two goalkeepers.
- ⊕ Each team play with a 2-4-1 formation when attacking and then drop back into a 4-2-1 formation when defending.
- ⊕ The teams can score in two ways.
- ⊕ Dribble or pass through the gates on the middle line = 1 point (n the direction of the teams attack).
- ⊕ Score in the big goal = 2 points.
- ⊕ These rules encourage the defending team to squeeze forward, blocking the gates on the middle line.
- ⊕ This will create both a compact team and high pressing tactics for the defending team.

46.

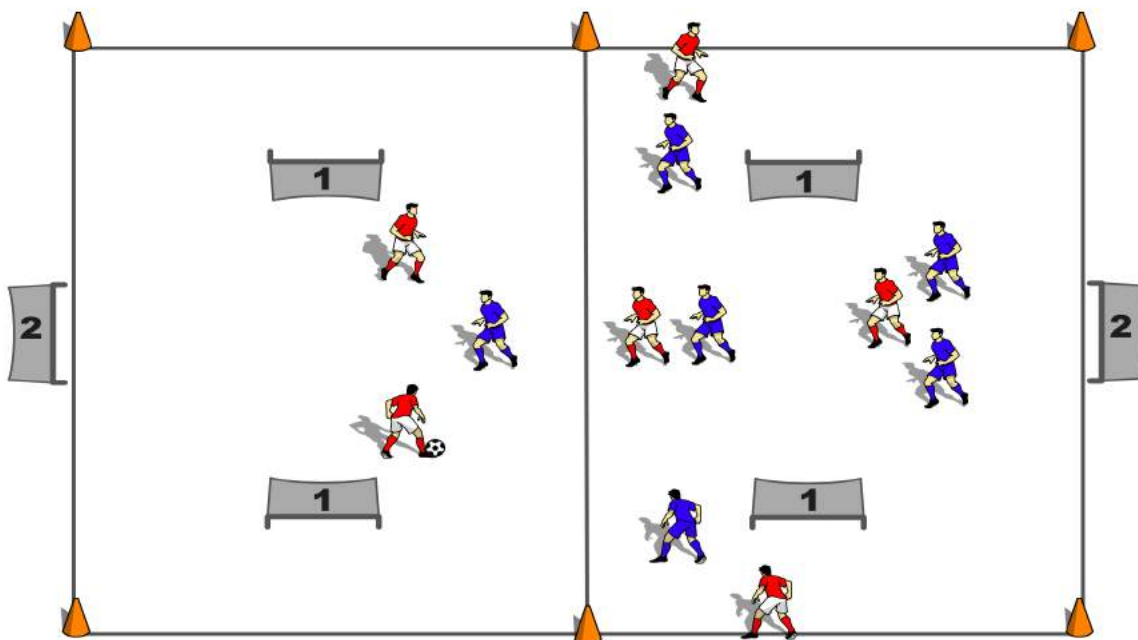
SIX GOAL GAME



12



2 x 6m



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Set up

- ⊕ 60x 40yd area. The wide goals are place 15yds from the end line and 8yds the each side line.



Rules

- ⊕ Two teams of six players.
- ⊕ Each team is given a formation of 2-3-1
- ⊕ This replicates the attacking players in a GK4231 formation.
- ⊕ The aim for each team is to expand and use all areas of the pitch to score a goal.
- ⊕ The teams can score in two ways
- ⊕ The wide goals = 1 point
- ⊕ The central goals = 2 points
- ⊕ Offside rules are used in this game.

47.

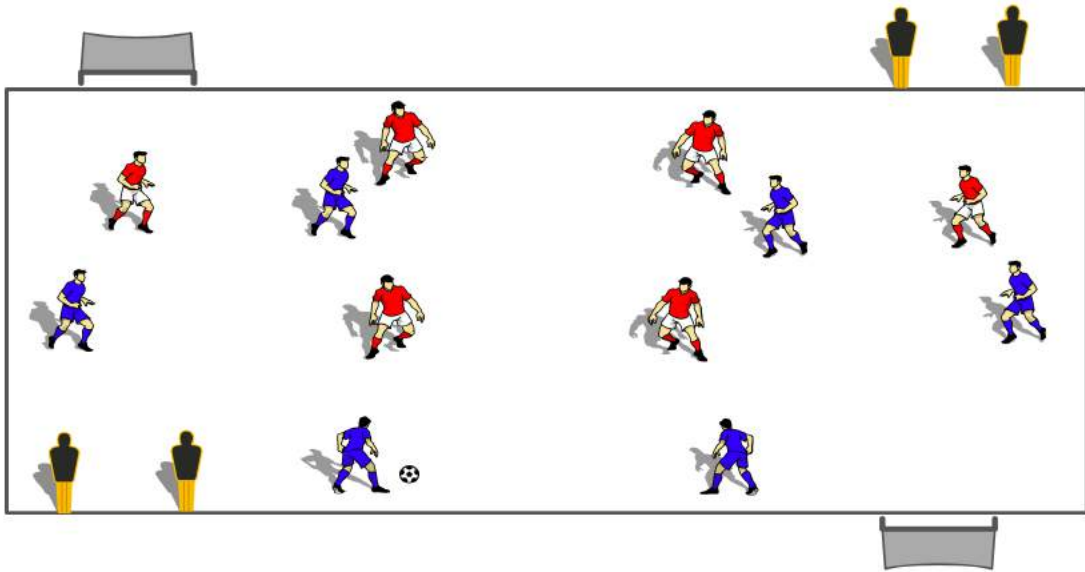
SCORE ON THE SIDE



12



2 x 6m



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Set up

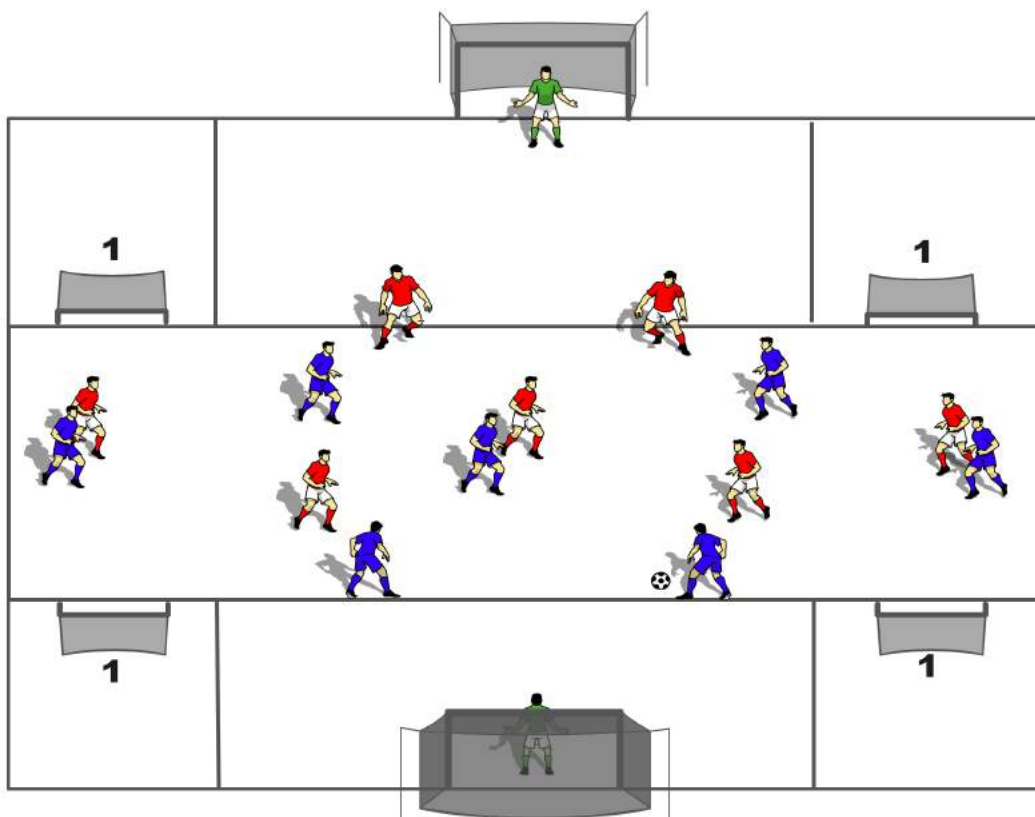
- ⊕ 30 x 40yd area as shown in the diagram

Rules

- ⊕ Two teams of six players.
- ⊕ The teams must defend the full width of the pitch.
- ⊕ Each team, must also defend two types of goal (the gates and the “target” goal).
- ⊕ The teams can score in two ways
- ⊕ Passing into the wide “target” goal = 1 point
- ⊕ Dribbling into the wide gate = 1 point
- ⊕ Encourage the team in possession to continuously change the attack from side to side in order to create opportunities to score.

48.

WIDE OR CENTRAL ATTACK



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Set up

- ⊕ 60 x 40yd area. The middle area is 30yds by 40yds. The end zones are reduced by 5yds on each side.

Rules

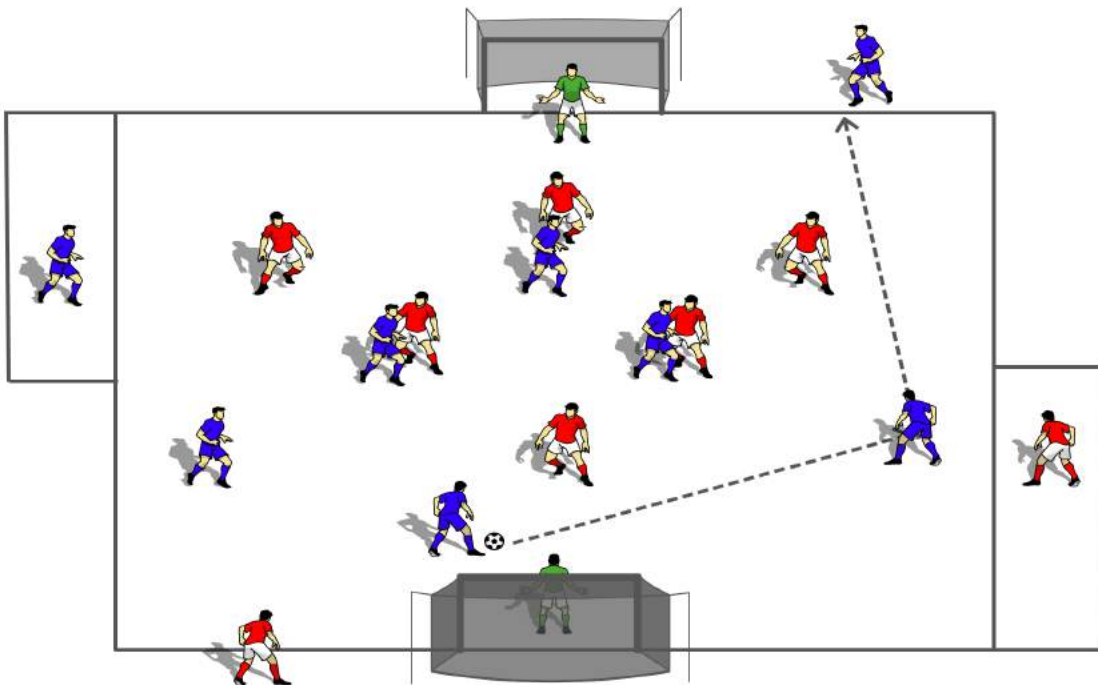
- ⊕ Two teams of seven players and two goalkeepers.
- ⊕ The teams are given a formation of 4-1-2 and play inside the central area of the pitch.
- ⊕ The teams can score in two ways
- ⊕ Passing into the wide “target” goals = 1 point
- ⊕ Breaking through the centre of the pitch to go 1v1 against the opponents goalkeeper = 2 points.
- ⊕ This scoring system encourages the teams to continually change the side of attack in order to create chances to score in the wide goals. Using this tactic effectively will create gaps in the middle of the opponents team and allow for the team to attack in the central goal to score against the goalkeeper.
- ⊕ When a player goes through with the goalkeeper 1v1, they have three touches to score. This enables the player to shoot or go around the goalkeeper. It also keeps the game realistic.

49.

FORWARD OR WIDE ATTACK

16 2

2 x 8m



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Set up

⊕ 50 x 40yd area. In each half – add two 8yd wide channels as shown in the diagram

Rules

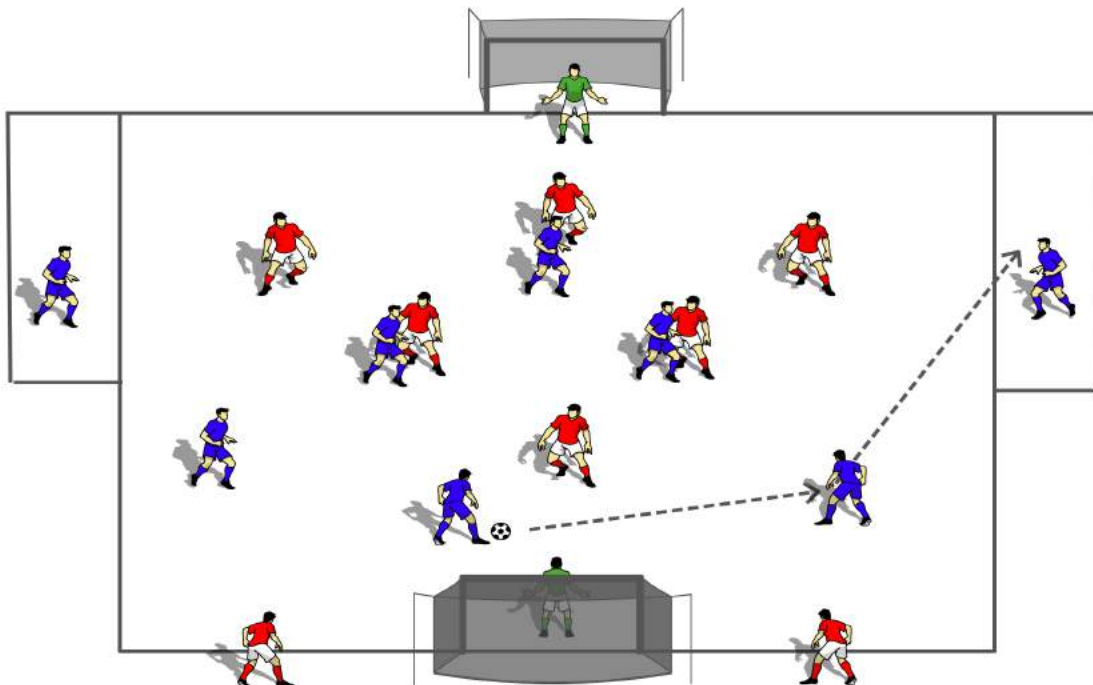
- ⊕ Two teams of eight players and two goalkeepers.
- ⊕ Each team must nominate two players to go on the outside of the pitch.
- ⊕ Each team has one wide player and one target player.
- ⊕ The rules of the game are simple, before scoring, the teams must first pass to one of their players outside the pitch.
- ⊕ When regaining the ball, the rules encourages the teams to quickly pass forward or wide to attack.
- ⊕ The game demands that players run forward to either support the target player or arrive in the penalty area for the wide players cross.

50.

FORWARD VS WIDE ATTACK

16 2

2 x 8m



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Set up

- ⊕ 50 x 40yd area. In one half – add two 8yd wide channels for the blue team, as shown in the diagram

Rules

- ⊕ Two teams of eight players and two goalkeepers.
- ⊕ Each team must nominate two players to go on the outside of the pitch.
- ⊕ The red team has two forward players either side of the blue teams goal.
- ⊕ The red team has two wide players on each side line as shown in the diagram.
- ⊕ The rules of the game are simple, before scoring, the teams must first pass to one of their players outside the pitch.
- ⊕ This rule encourages the red team to pass forwards and make supporting runs. It also forces the blue team to pass wide and make runs into the box to score from crossing situations.

51.

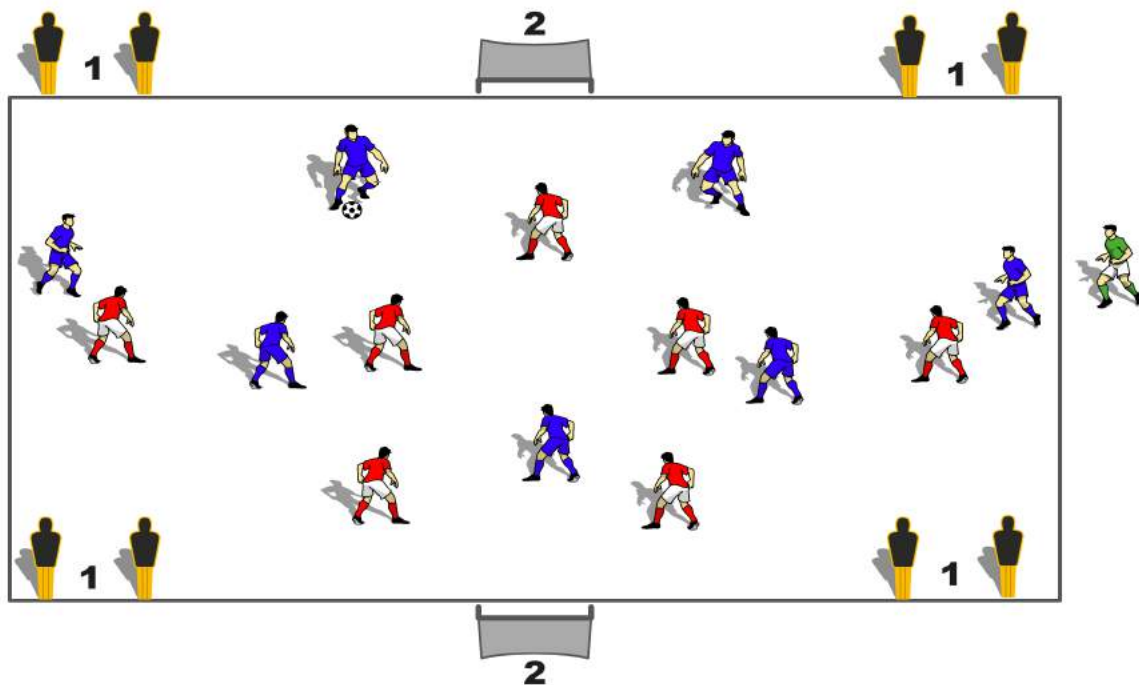
AROUND OR THROUGH



16



3 x 6m



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Set up


- ⊕ 40yd x 50yd area as shown in the diagram.

Rules

- ⊕ Two teams of seven players. The teams are lined up in a 2-4-1 formation.
- ⊕ Two neutral players are placed on each side line (shown as green in the diagram).
- ⊕ Each team can score in two ways
- ⊕ Dribble through the wide games = 1 point
- ⊕ Pass into the small goal = 2 points
- ⊕ Encourage the teams to use fast passing and combination play in order to use the two player advantage.
- ⊕ When the ball is outside the pitch and with a neutral player, this is the moment for forward runs and rotations inside the pitch to create space to receive and score a goal.

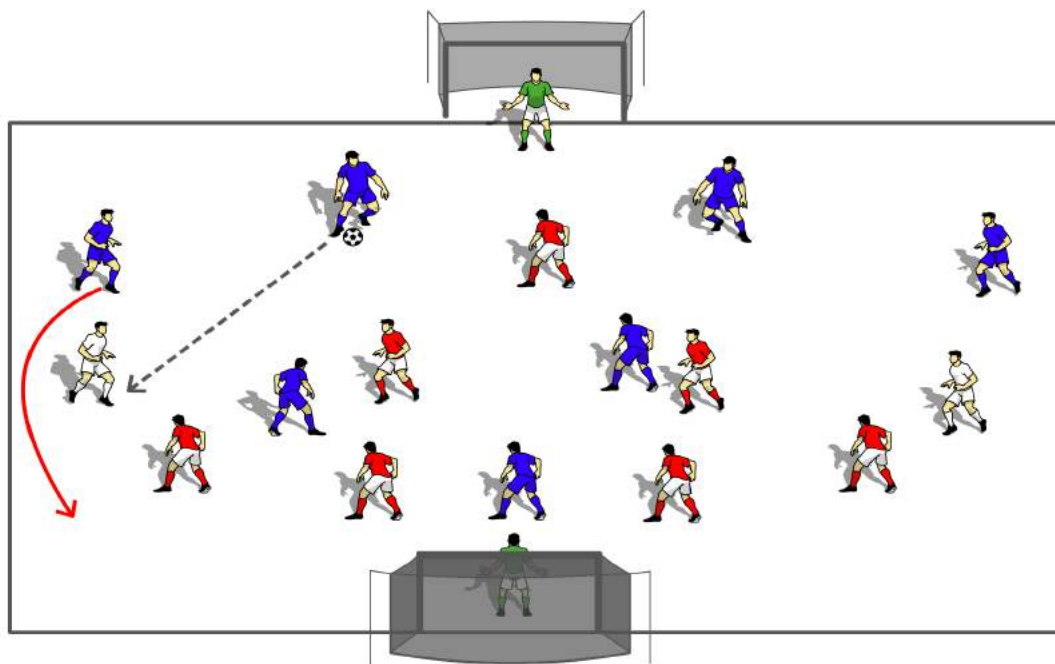
52.

MESSI AND NEYMAR



 16 2


 3 x 6m



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Set up

- ⊕ 50 x 60yd area as shown in the diagram. The width enables space for 2v1 situations.



Rules

- ⊕ Two teams of seven players and two goalkeepers.
- ⊕ Two neutral wide players (shown in white).
- ⊕ The neutral players must play inside the pitch and near to each side line.
- ⊕ The neutral players are used by the team in possession of the ball and they are free to score goals.
- ⊕ The aim for both teams is to create 2v1 situations in wide areas in order to provide crosses into the penalty areas.
- ⊕ Encourage the neutral players to dribble with the ball or to use overlapping runs and one-twos to create opportunities to score.

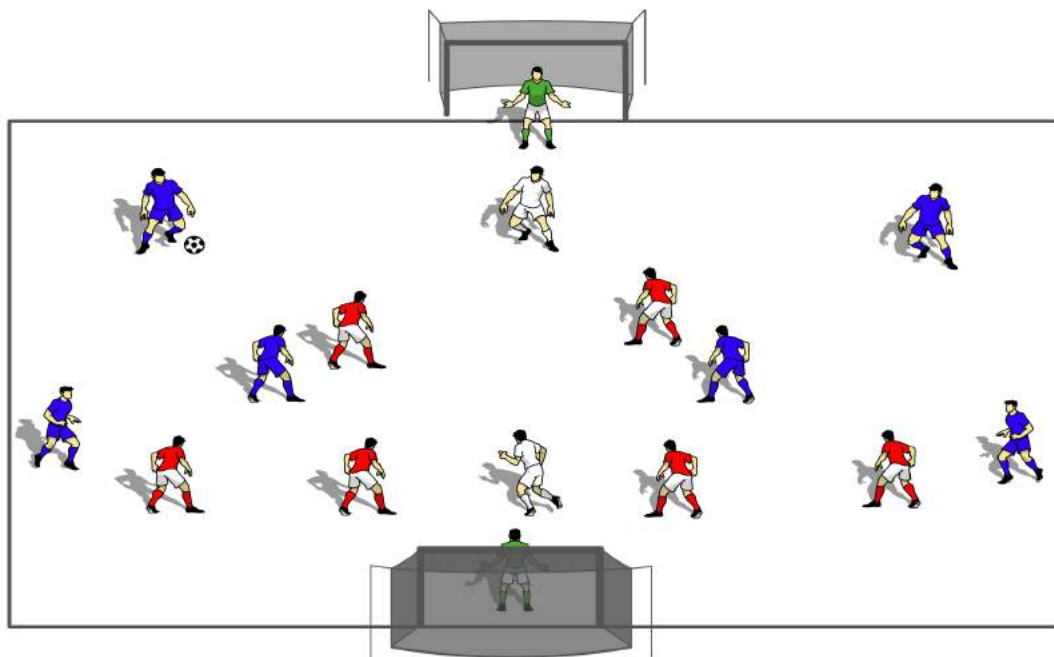
53.

BACK 4, BACK 3



 14 2


 3 x 6m



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Set up

- ⊕ 50 x 60yd area as shown in the diagram.



Rules

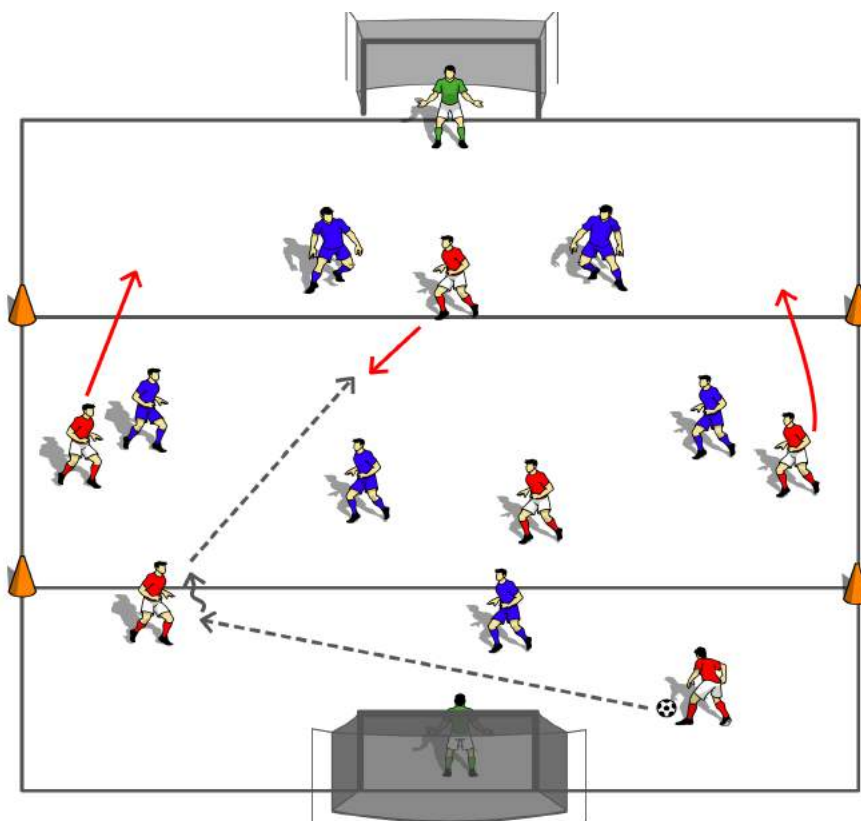
- ⊕ Two teams of six players, two goalkeepers and two neutral players (shown in white). Each team is given a formation of four defenders and two midfielders.
- ⊕ The white players must play for the team in possession. They are limited to two touches.
- ⊕ The while players must play at the top and bottom of the pitch. For the team in possession, this creates a two player overload and gives the team a central attacker and a central defensive midfielder.
- ⊕ With the ball, this allows the two central defenders to split wide and the two full backs to push high. The white players give the team a midfielder to drop and make a three player defence and also a central attacker to be used a number 9.
- ⊕ However, when the attacking team lose possession, the must immediately react to the transition of losing the ball and recover their defensive shape of four defenders and two midfielders.

54.

THREE ZONE BUILD UP

12 2

2 x 6m



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Set up

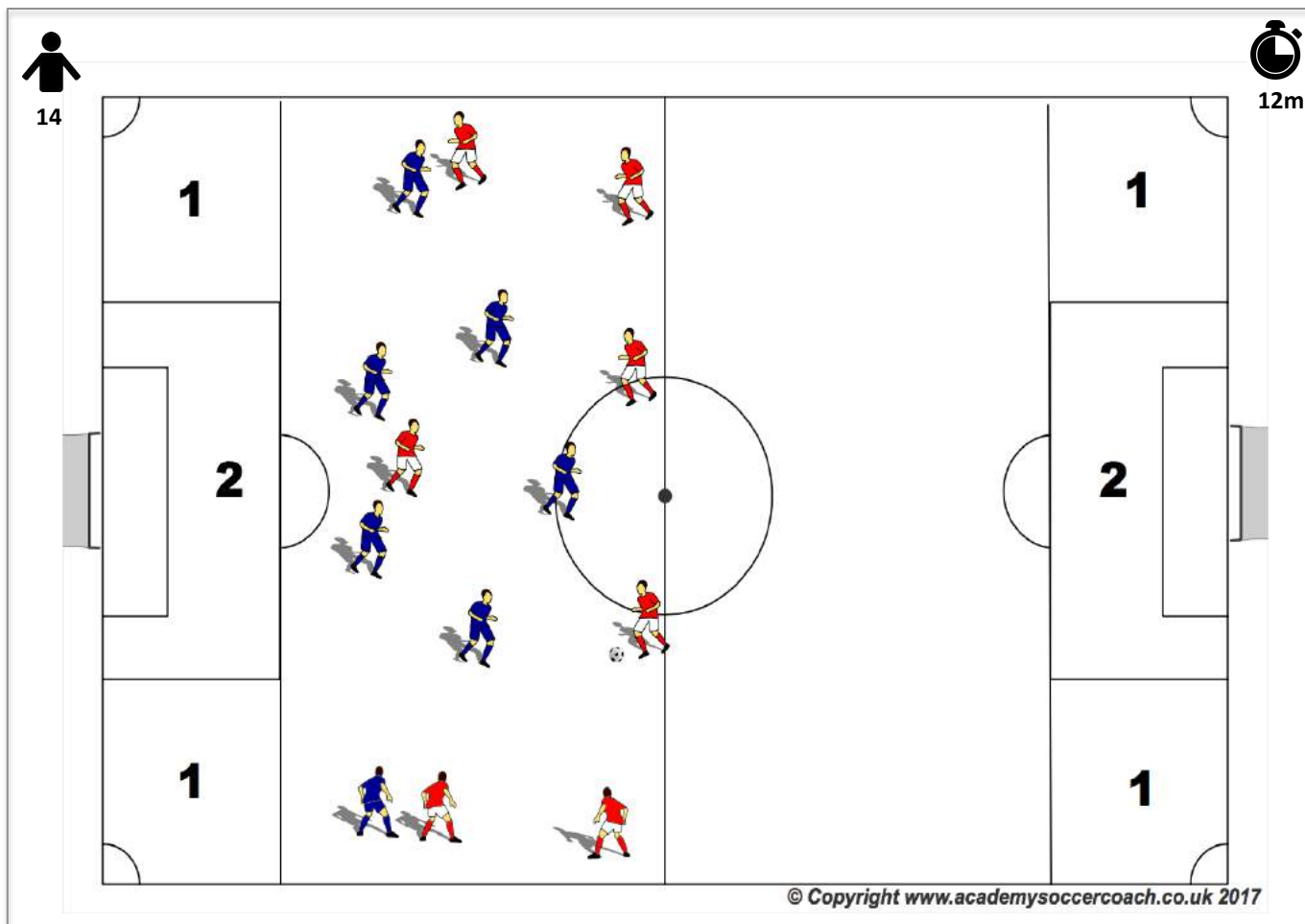
⊕ 50 x 36yd area. The middle area is 14 x 30yds and the end zones are 18 x 30yds.

Rules

- ⊕ Two teams of six players and two goalkeepers
- ⊕ The teams are organised as shown in the diagram (two defenders, three midfielders, one forward)
- ⊕ When attacking, the team in possession can move up and down the zones to overload each part of the teams build up. For example, one defender can break into midfield with the ball and create a 4v3 situation. At the same time, the forward can also drop down to create a 5v3 situation. Now the forward and two midfielders can break into the attacking zone to create a 3v2 situation against the two defenders to score a goal.
- ⊕ The defending team are stuck to their individual zones.
- ⊕ The aim of this game is to improve build up play in the middle of the team. The players missing from a GK433 or GK4231 formation in a normal 11v11 game are the full backs and wide players.

55.

LOCKED IN



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Set up

- ⊕ Play from penalty area to penalty area on a normal size pitch (relevant to age group).

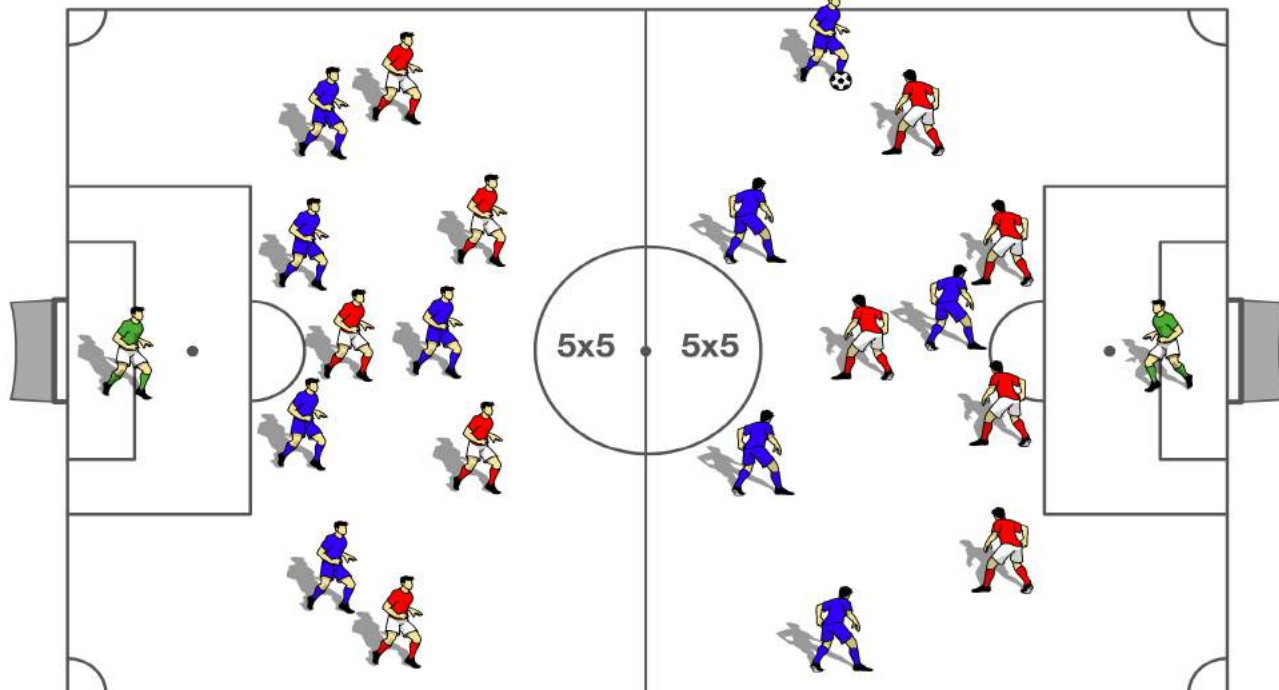
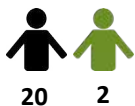


Rules

- ⊕ Two teams of seven players.
- ⊕ The game is played from penalty box to penalty box.
- ⊕ However, the game is locked into one half of the pitch, with the attacking team beginning the game.
- ⊕ To start, the red team attack and try to dribble or pass to a player breaking into the scoring zones. The team score 1 point for breaking into the wide zones and 2 points for scoring in the central zone.
- ⊕ The blue team must try to defend the three zones and also try to regain possession of the ball.
- ⊕ If the blue team regain possession, they must make 4 passes or pass to a player breaking over the half way line in order to stop the game. If this happens, both teams walk into the opposite half and the blue team now re-start the game as the attacking team.
- ⊕ Therefore, the red team must quickly apply counter pressing tactics to stop the blue team making four passes or from advancing forward and over the half way line. The aim is to lock the blue team into their own half.

56.

HALF TEAM COUNTER



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Set up

- ⊕ A normal size pitch (relevant to the age group).

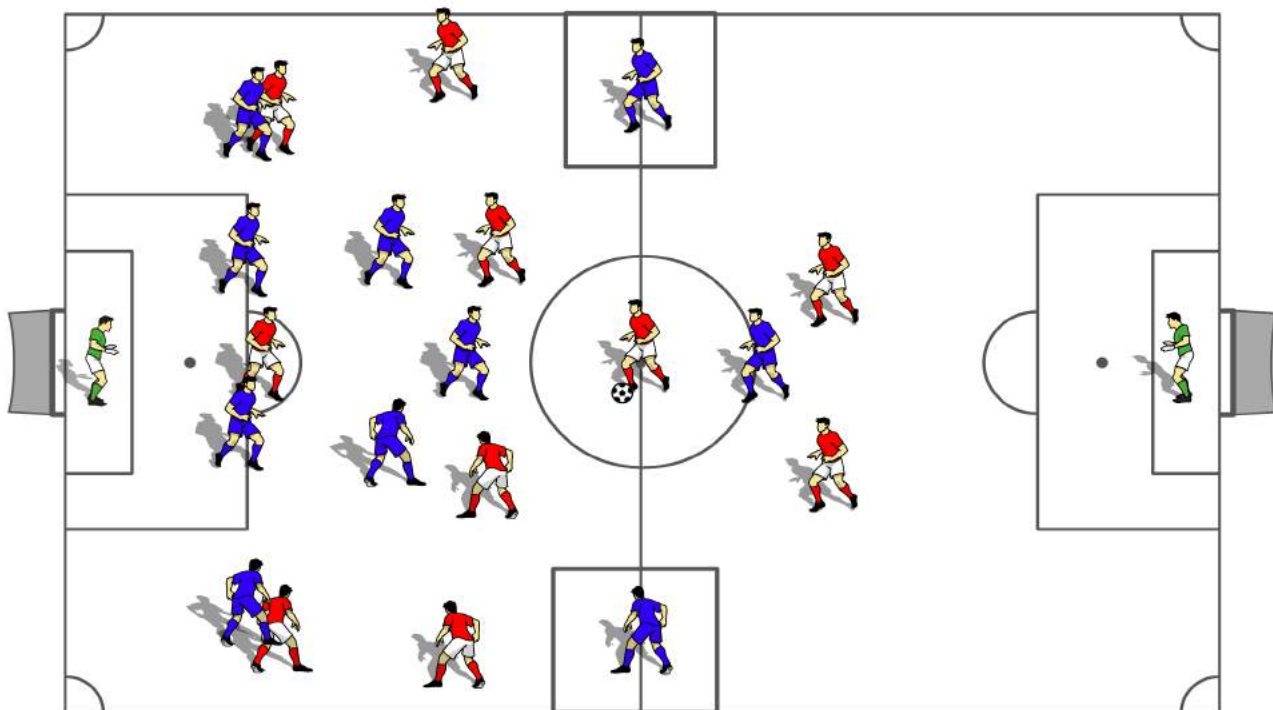
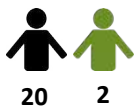


Rules

- ⊕ Two teams of 11 players.
- ⊕ Each team is using a GK433 or GK4141 formation.
- ⊕ In the defensive half, the team lines up with four defenders and one defensive midfielder. In the attacking half, the team lines up with two attacking midfielders and three forwards.
- ⊕ Therefore, each team has 5 players in each half to make 2 x 5v5 situations.
- ⊕ The rules are simple, the blue team begin and attack 5v5 in the red teams half. If the red defenders regain the ball, they are free (unopposed) and allowed to make a forward pass to their attackers in the opposite half of the pitch. Now a new 5v5 situation takes place.
- ⊕ Markers are placed on the floor and the defending players must recover to these starting positions (and rest in formation) while the game is being played in the opposite half.

57.

COUNTER GAME



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Set up

- ⊕ A normal pitch (relevant to age group). A box is marked 20x15yds either side of the half line.

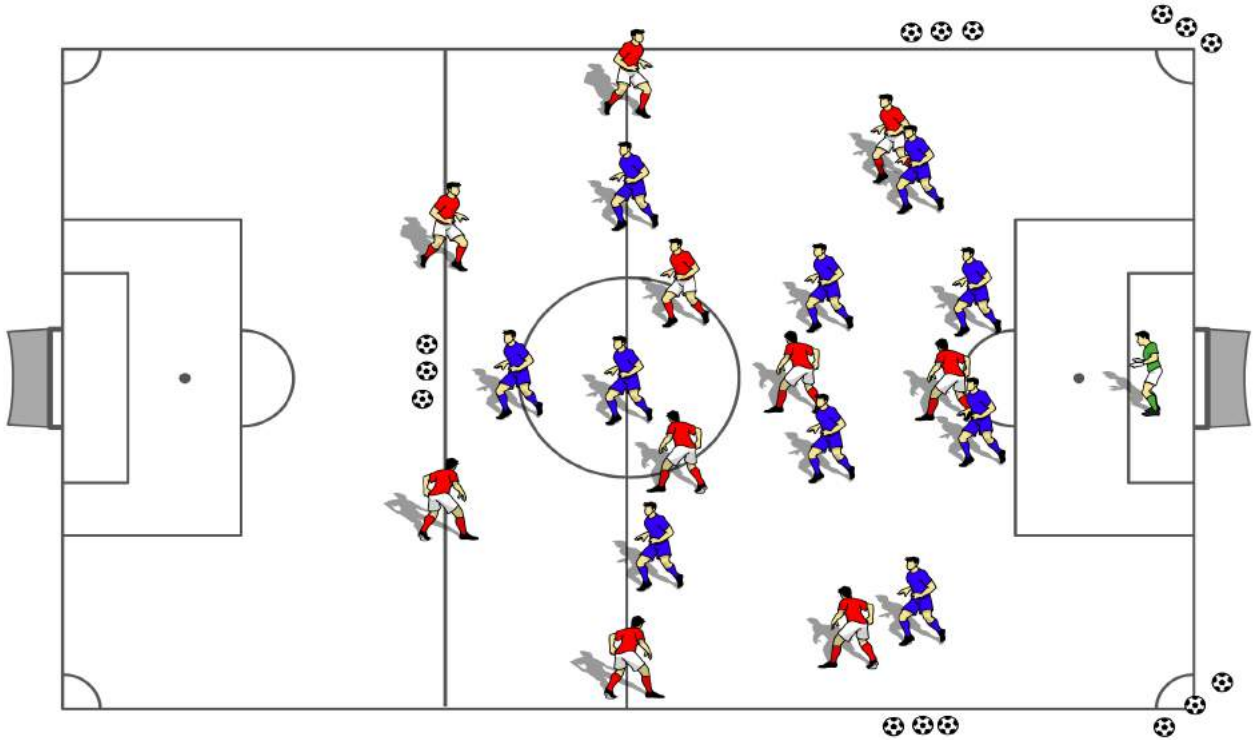
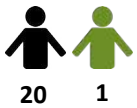


Rules

- ⊕ Two teams of 11 players
- ⊕ To start, the game is organised as shown in the diagram. The red midfielder starts with the ball on the half way line. Behind, he has two central defenders and one attacking blue player.
- ⊕ On either side of the pitch, the blue team has two wide players waiting in the boxes.
- ⊕ The red midfielder makes a pass to begin the game. The red team has an 8v7 overload in attack and attempts to score a goal.
- ⊕ The blue team must defend deep in order to regain the ball and then counter attack by passing to the wide attackers in the boxes or the central attacking player.
- ⊕ Immediately, the game is reversed with the blue team attacking and the red team placing two players in each box and keeping one central attacker against two red defenders.

58.

TESTUDO



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Set up

- ⊕ 3/7 of a normal size pitch (relevant to the age group).

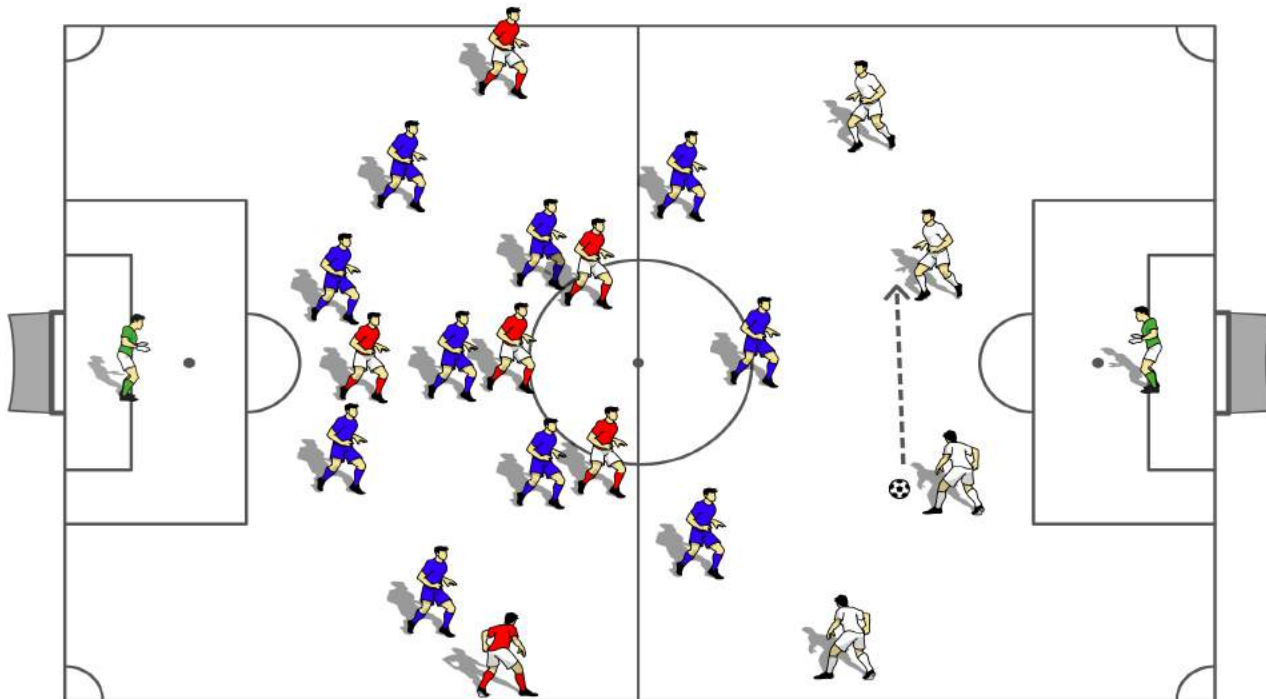
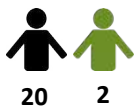


Rules

- ⊕ The red team has ten outfield players.
- ⊕ The blue team has ten outfield players and one goalkeeper.
- ⊕ The red team has 15 balls to attack the blue team.
- ⊕ The aim for the blue team is to remain compact and in a defensive shape that doesn't allow the team to concede goals. This replicates a game situation where your team is under high pressure.
- ⊕ The red team has three balls from the half way line. Three balls from the side line on the right/left at the midway point of the blue teams half and has three corners from the right and three corners from the left side of the pitch.
- ⊕ The red team are awarded 1 point for each shot on target and 2 points for each goal scored.
- ⊕ The blue team are awarded 1 point for each time they break over the half way line in possession.

59.

DEFENDING PRIORITIES



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Set up

- ⊕ Normal size pitch (relevant to the age group).

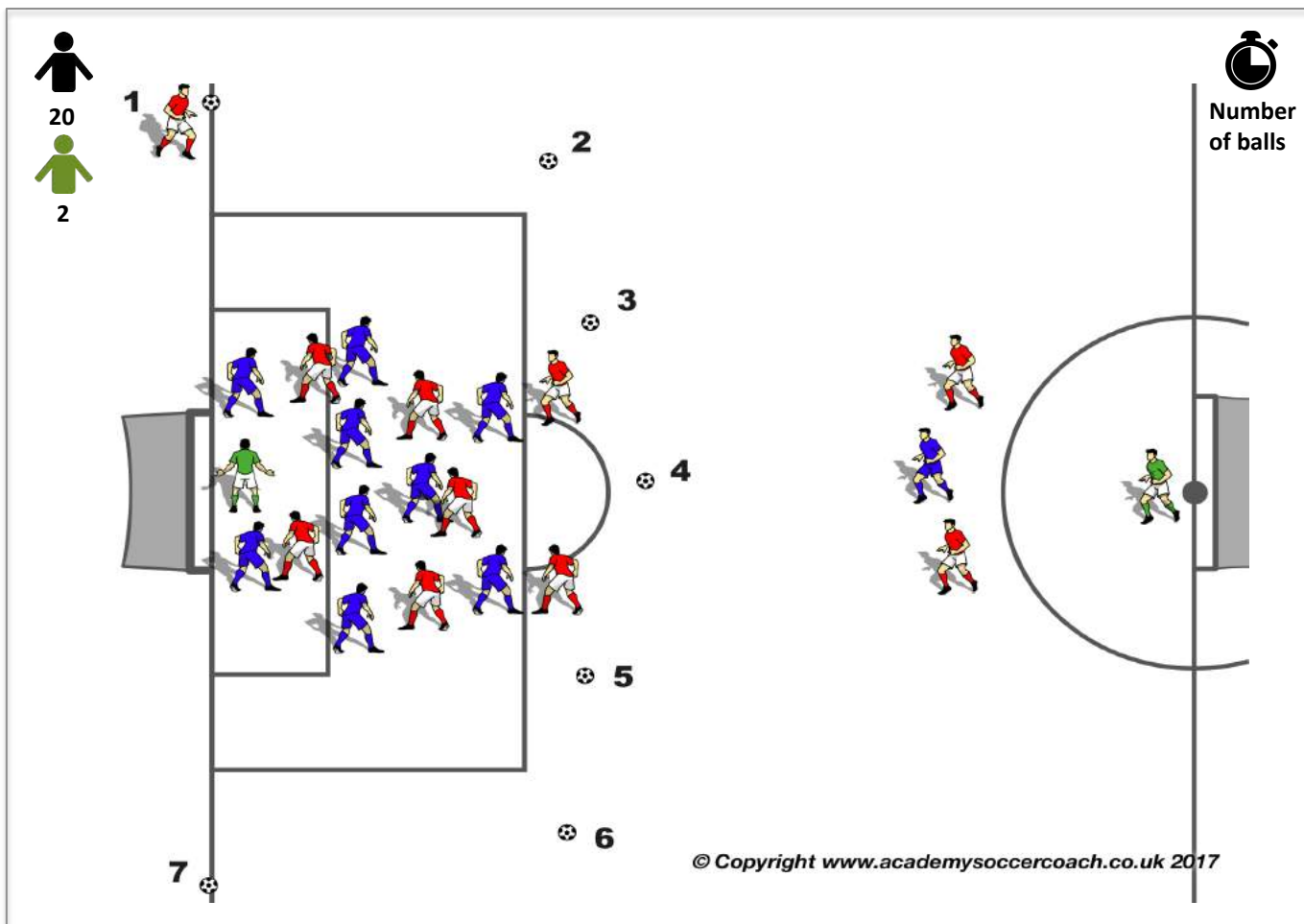


Rules

- ⊕ Two teams of 11 players.
- ⊕ The blue team take up the position as the defensive team in a medium defensive block. The red team is split into attacking players in red and the four defenders in a different colour bib (shown as white in the diagram).
- ⊕ The red team begin with the ball and try to attack. The blue team drop back and block the red shirt players, this creates a 10v6 situation (10v8 if the full backs push forward).
- ⊕ This overload allows the blue team to block and intercept forward passes and also to remain compact when pressing to win the ball.
- ⊕ When the blue team regain possession, they are free to attack against the four white defenders. However, they must ensure they have balance between the number of players attacking and defending or they run a risk of being counter attacked. The red players are not allowed to defend.

60.

SET PLAY GAME



Set up

- ⊕ Half a normal size pitch (relevant to the age group).



Rules

- ⊕ 11 v 11 game in half a pitch.
- ⊕ The red team begin the game as the attacking team.
- ⊕ They have seven set play situations as marked across the pitch.
- ⊕ The game is played as follows, the red team start from position 1 (attacking corner). The game then continues until the ball leaves the pitch, when this happens, the red team restarts the game from position 2 (a wide free kick).
- ⊕ This rule allows the natural counter attack or second ball scenario that occurs in a normal game.
- ⊕ After the red team has completed all 7 set plays, switch ends and play a second half with the blue team now the attacking team.

Coaching Journey

Season by Season



- 2017 Sao Paulo Futebol Clube – Assistant Manager 1st team
- 2016-17 Liverpool FC Senior PDP coach/ u23 Manager
- 2015-16 Liverpool FC Senior PDP coach / u21 Manager
- 2014-15 Liverpool FC Senior PDP/ u21 Manager
- 2013-14 Liverpool FC Head of YDP u16/u15 coach & assistant u21
- 2012-13 Liverpool FC Head of YDP u16/u15 coach & assistant u21 coach



- 2011-12 Chelsea FC Full time youth development officer & u14 coach
- 2010-11 Chelsea FC Full time youth development officer & u14 coach
- 2009-10 Chelsea FC Full time youth development officer & u14 coach
- 2008-09 Chelsea FC Full time youth development officer & u13 coach
- 2007-08 Chelsea FC Full time youth development officer & u10 coach
- 2006-07 Chelsea FC Full time youth development officer & u10 coach



- 2005-06 Chelsea FC u10 coach & Head dev. centre coach u6-u9
- 2004-05 Chelsea FC u10 coach & Head dev. centre coach u6-u9
- 2003-04 Chelsea FC u9 Assistant coach & Head development centre coach u6-u9
- 2002-03 Chelsea FC Development centre coach u6-u9

Other coaching experiences

Michael's first coaching experience was within his own soccer school (a franchise of Brazilian Soccer Schools) which specialised in coaching Futebol De Salao to young school children.

Prior to becoming a full time coach at Chelsea FC, He also spent time coaching with Crystal Palace FC community Programme, as a coach for Chelsea Ladies FC, Crystal Palace Ladies FCs and AFC Wimbledon u19s team.

Coach Education

Michael has authored nine previous books and is the co founder of academysoccercoach.com. In addition, he has presented at coaching seminars in England, Wales, Scotland, Northern Ireland, Ireland, Israel, Australia, Jordan, Canada, Turkey, USA and Brazil. He is currently completing his UEFA Pro Licence.

For more information or to provide feedback on this book.
Please visit - www.michaelbealeblog.wordpress.com
or email - mbeale4980@aol.com

Michael Beale has 16 years experience of working with elite footballers in England and Brazil.

Currently, the assistant manager of Sao Paulo Futebol clube, he previously spent 10 years with Chelsea FC and 5 years with Liverpool FC of the English Premier League.

This book includes 60 small sided games for elite player development.

The games cover a number of themes including:

1v1, 2v2, 3v3, 4v4, 5v5, 6v6, 7v7

Overload situations

Possession

Counter attacking

Counter defending

Attacking play

Defending

Finishing

11v11 development

