

**Development Centre**

**Session Sharing**

**September - December 2007**



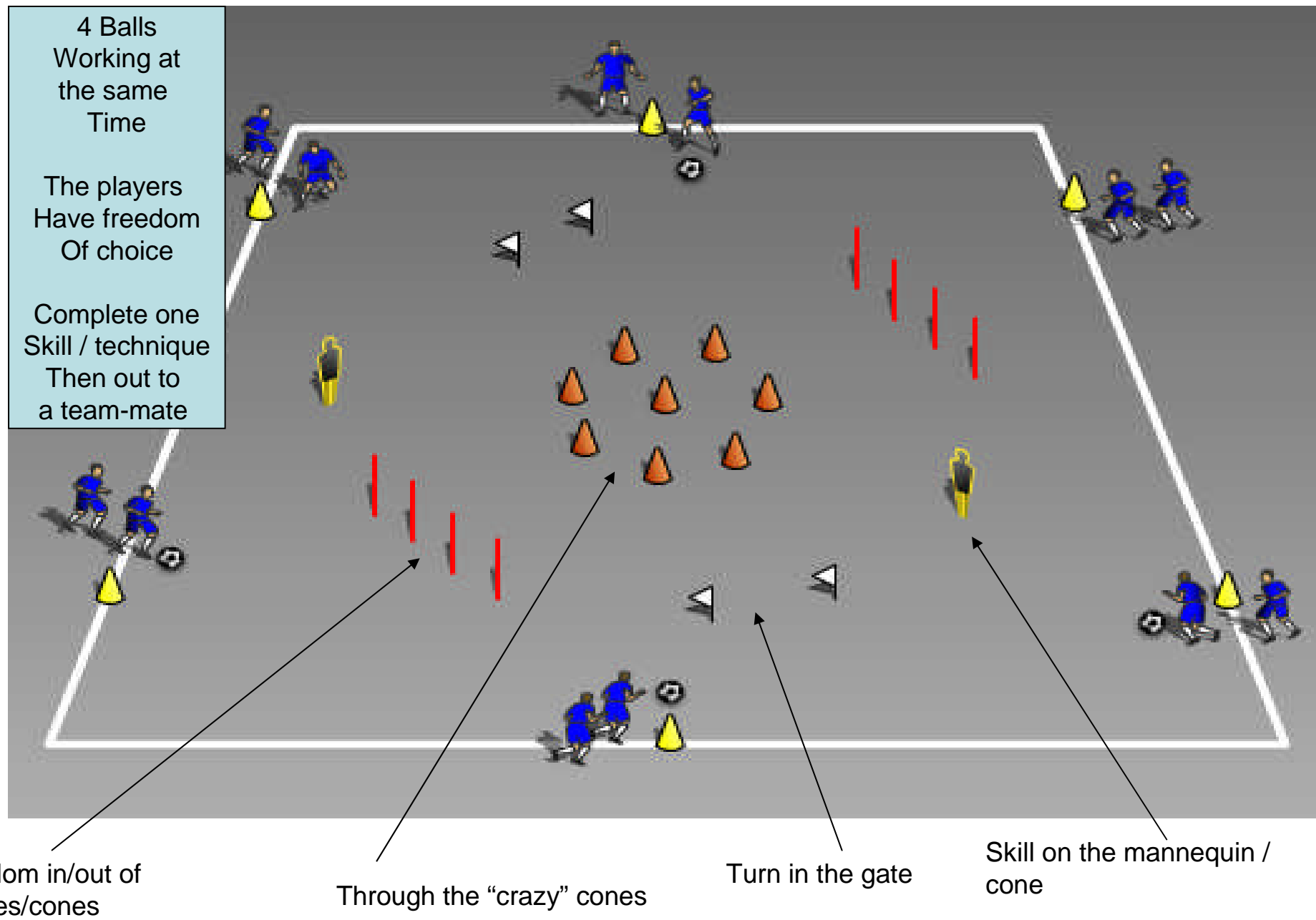
This book was designed by the development centre coaches in order to develop and inspire each other. The book is to be used as a resource of good quality practices that follow the academy “foundation” coaching programme.

The “foundation” coaching programme was designed specifically for the development centres. The programme was put in place to compliment the 9-11 academy programme and enable a smooth transition to academy training. Therefore, when designing practices the programme must be used as a reference and adhered to. The development centres should all follow the same coaching programme and this book will enable a closer interaction between the coaching staff of each centre. The sessions enclosed are simply a guide to what has worked for other coaches in our programme. The book should inspire you to develop further practices and develop your individual coaching skills. Our role in the academy programme is crucial to the recruitment of players. It's our job to make sure the training is fun, enjoyable and allows for personal expression and learning.

The key to producing this standard is not only about designing good practices. A really important part of our work is how we communicate and inspire the players. When the children arrive at training they run to the pitch, are happy to be there and desperate to play the game. If after ten minutes they don't have the same happiness and joy then it is probably something we have done. In addition, we must inspire the players with our personality. We must have bundles of energy, enthusiasm and a smile on our faces. This is so important and an area we can all improve on

Michael Beale  
Youth Development Officer

# DRIBBLING AND RUNNING WITH THE BALL - CIRCUIT



# ABC FINISHING DRILL

## ROTATION OF PLAYERS

For the next Attack

Player A takes the place Of Player B

Player B takes the place of Player C

Player C takes The place of Player C



## Actions

A = Dribble and shoot  
B = one-two with player A and shoot  
C = 1v1 against player B

## PROGRESSIONS

A = Dribble and Shoot

B = 1v1 against player A

C = 2v1 with player A against Player B

A = Dribble and Shoot

B = 1v1 against Player A

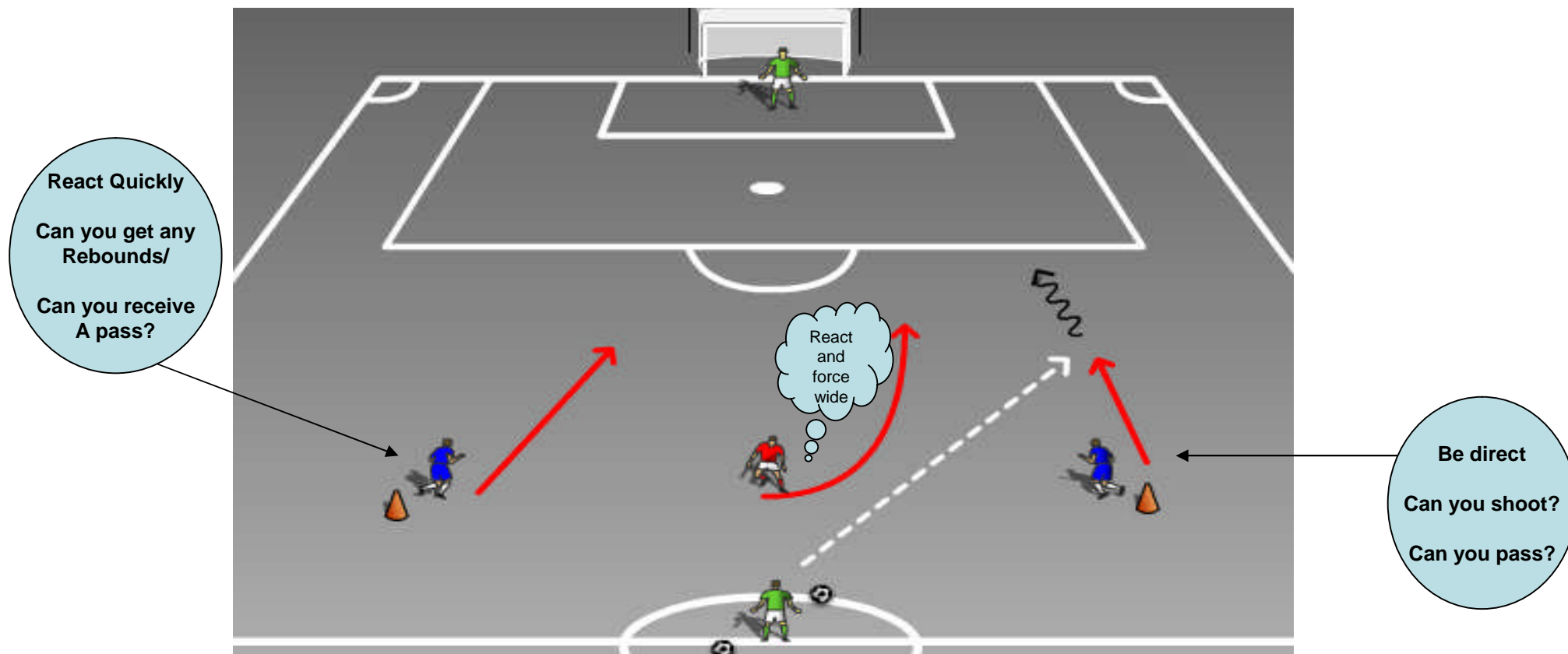
C = 2v1 choice  
Player C calls out team-mates name.

A = Dribble and shoot

B = 1v1 against player A

C = attacks against A+B and attempts to score

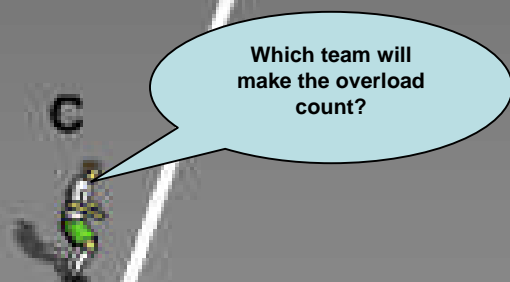
# 2v1 FACING AWAY



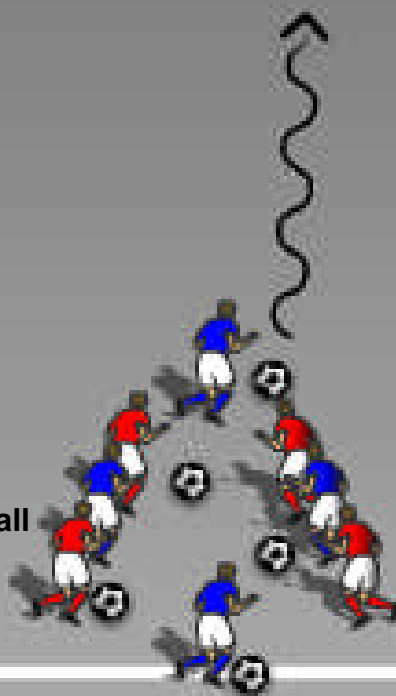
## ACTIONS

The coach starts the practice by making a through pass  
The nearest attacker races to the ball  
The 2<sup>nd</sup> attacker makes a supporting run  
The defender must react, turn and recover to defend a 2v1 situation  
The practice continues until the ball leaves play

## 4 v 4 CONTINUOUS OVERLOADS



- Continuous series of overloads
- No player leaves the pitch
- All players must react to the next ball
- Play at “match speed”



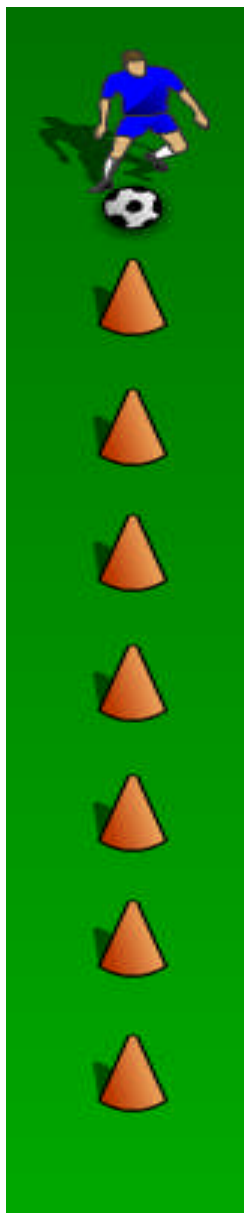
BLUE TEAM	V	RED TEAM
1	V	GK
1	V	2
3	V	2
3	V	4
4	V	4

# CORES


- 1 – In and out using best foot
- 2 – In and out using weak foot
- 3 – In and out using both feet
- 4 – sole “drag” across
- 5 – In and out using outside of foot only
- 6 – in and out using the insides / slalom movements
- 7 – Outside, Inside, stop

These are basic movements using both feet  
There are many progressions / skills

Make the space between each cone realistic  
for the age group

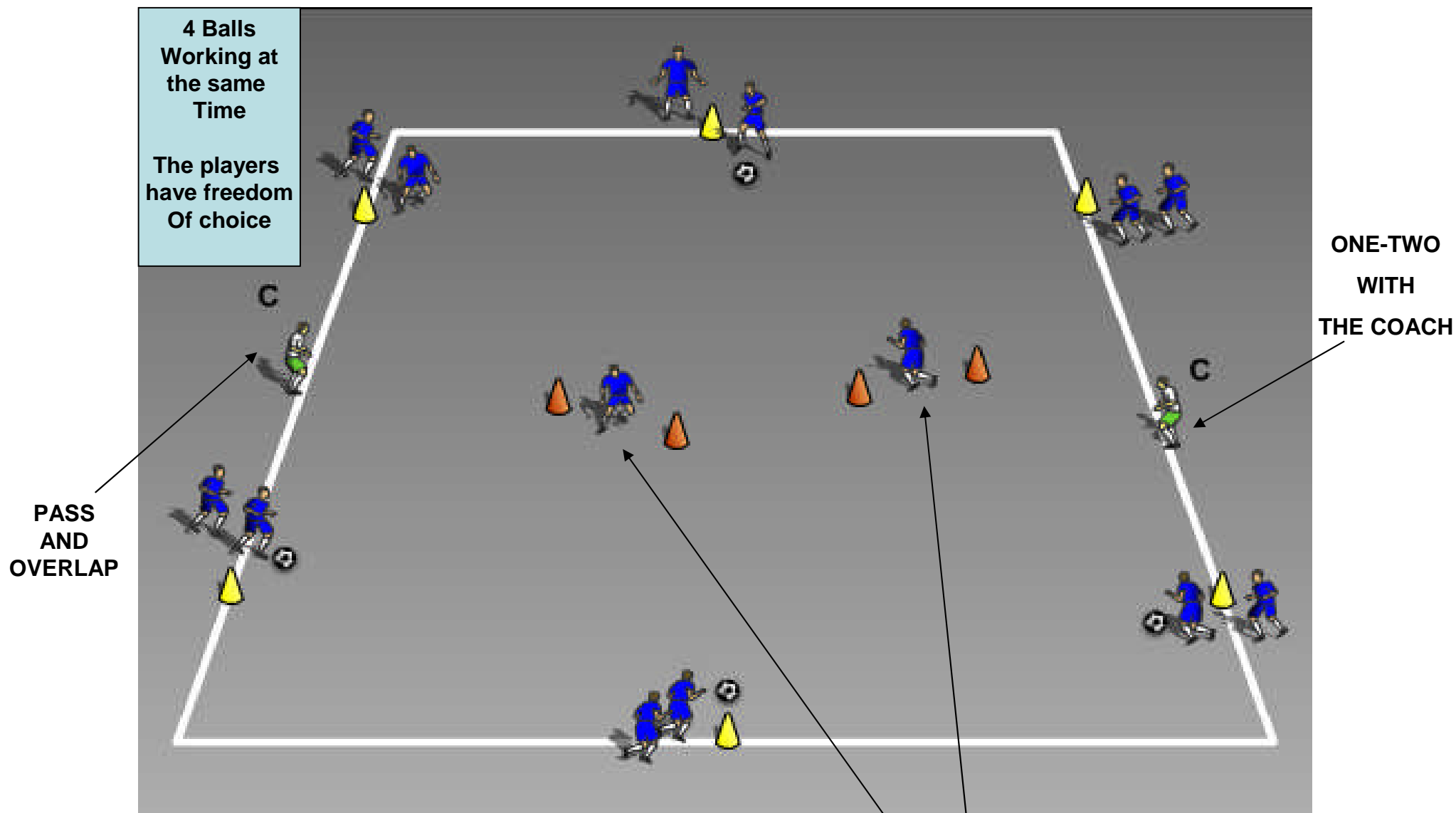


# 1 v 1 CONTINUOUS

ADVICE FOR THE PLAYERS		PROGRESSION
<p><u>In Attack</u></p> <p>“Be Direct”</p> <p>“Show a skill”</p> <p>“Be Creative”</p> <p><u>In Defence</u></p> <p>“Press the ball”</p> <p>“Stand up”</p> <p>“Force away From goal”</p>		<p>Encourage the Players to defend Better</p> <p>Introduce the Following rule</p> <p>“unless you stop the Attacker from Scoring, you Must remain In defence”</p> <p>*The attacker who Scored will then Collect a new ball And attack a 2nd player</p>
<p><u>Tip</u></p> <p>Keep the score. This will make The game Realistic and competitive</p>	<p><u>ACTIONS</u></p> <p>The starting player attacks 1v1 against an opponent of his choice</p> <p>After the 1v1 is completed</p> <p>The defender breaks out, collects a ball and then attacks a new opponent</p> <p>The practice works continuously for a set time period</p>	<p><u>Tip</u></p> <p>To increase the Intensity. Add Additional goals and players</p>



# PASS AND COMMUNICATE - CIRCUIT



**IMPORTANT REMINDER**  
THE PLAYER THAT PASSES OUT,  
GOES OUT

**CHOICE OF ACTION (THEN TAKE YOUR TEAM-MATES POSITION)**

**1 – PASS TO YOUR TEAM MATE AND COMMUNICATE “TURN”**

**2 – DRIBBLE AND COMMUNICATE FOR A “TAKEOVER” MOVEMENT**

# 2 V 1 OVERLAP

## ROTATION OF PLAYERS

If the attackers Score a goal, then the defender must defend for the next attack

However, if the attackers fail to Score.

The defender changes positions with an attacker of their choice

## QUESTIONS FOR THE PLAYERS

### IN ATTACK

What choices do you have in possession?

Do you overlap quickly or slowly?

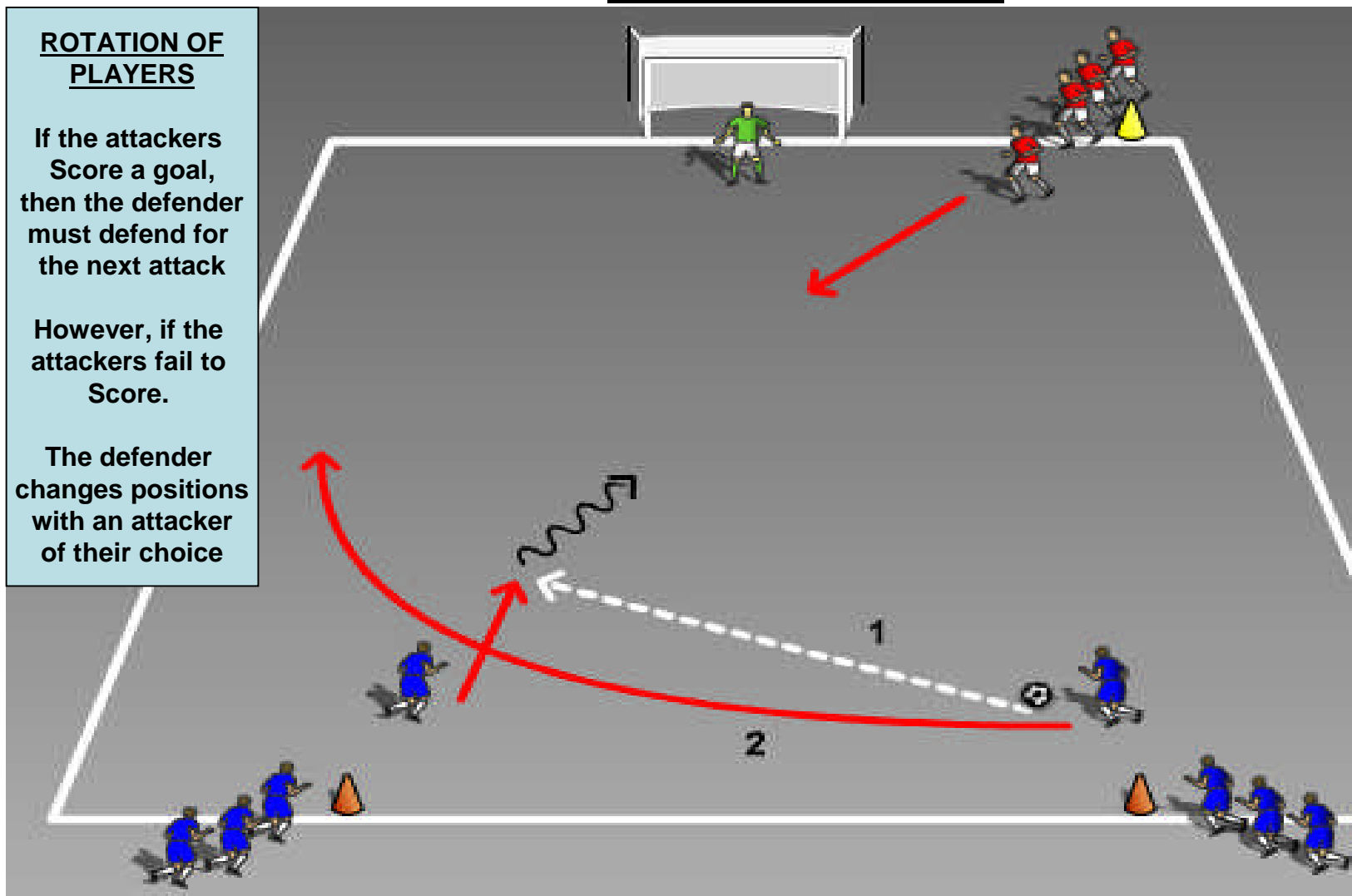
### IN DEFENCE

Where do you Show the attacker?

### COMMUNICATION

Between the two attackers?

Between the keeper and defender?



## ACTIONS

Attacker (1) passes to attacker (2) and makes an overlapping run.

The defender sprints out to defend a 2v1 situation.

The practice continues until the ball leaves play

# 3V2 OVERLAP

## ROTATION OF PLAYERS

If the attackers Score a goal, then the defenders must defend for the next attack

However, if the attackers fail to Score.

The defenders change positions with the attackers of their choice

## QUESTIONS FOR THE PLAYERS

### IN ATTACK

What choices do you have in possession?

Do you overlap quickly or slowly?

Is there Movement off the ball?

### IN DEFENCE

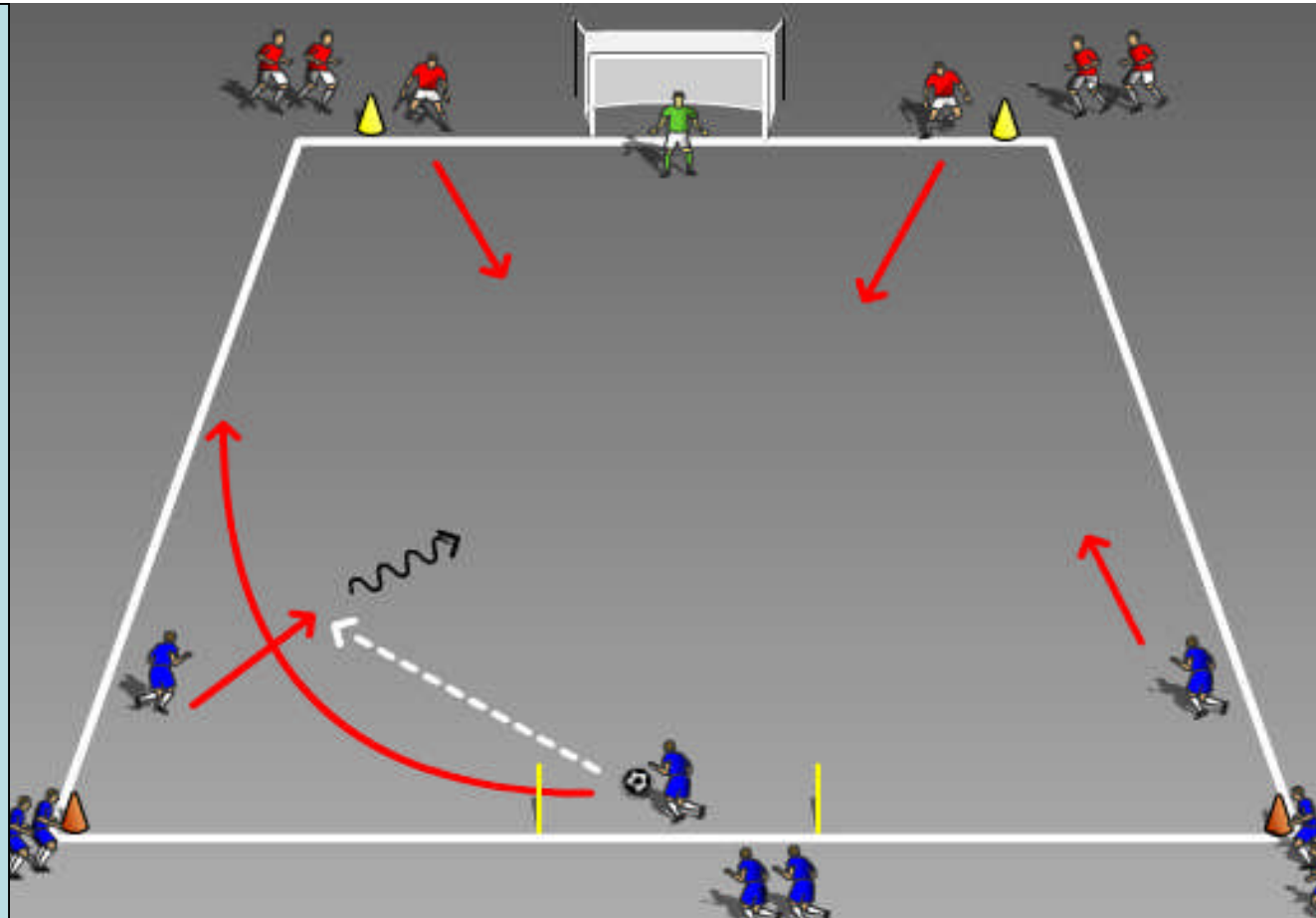
Where do you Show the attacker?

### COMMUNICATION

Between the two attackers?

Between the keeper and defenders?

Between the two defenders?



## PROGRESSION

On winning Possession, allow the defenders to Attack and score In the middle gate

## ACTIONS

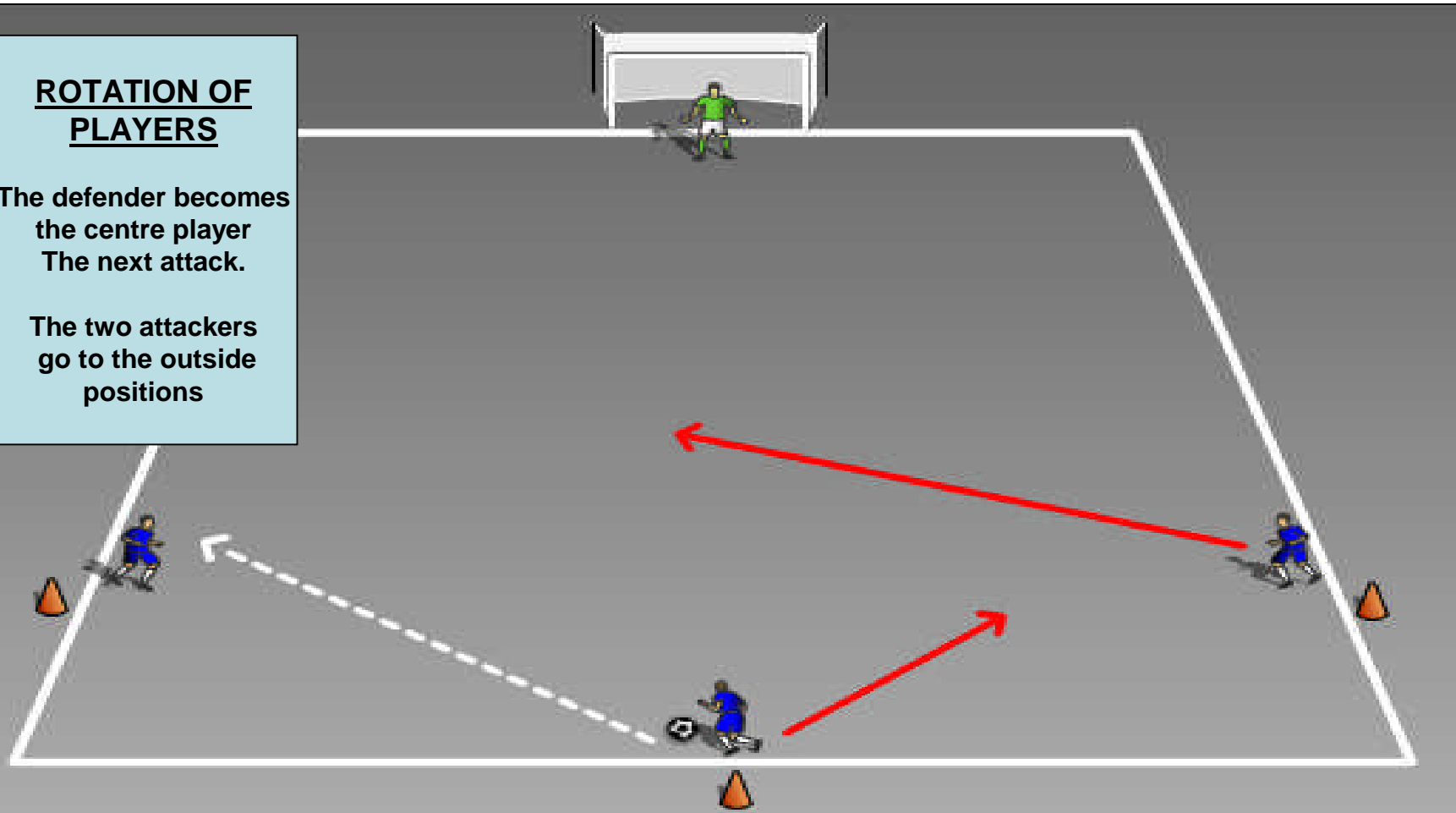
The starting attacker has the choice of which team-mate to pass and overlap.  
The defenders rush out to defend a 3v2 situation  
The practice continues until the ball leaves play

# 2v1 CHOICE

## ROTATION OF PLAYERS

The defender becomes  
the centre player  
The next attack.

The two attackers  
go to the outside  
positions

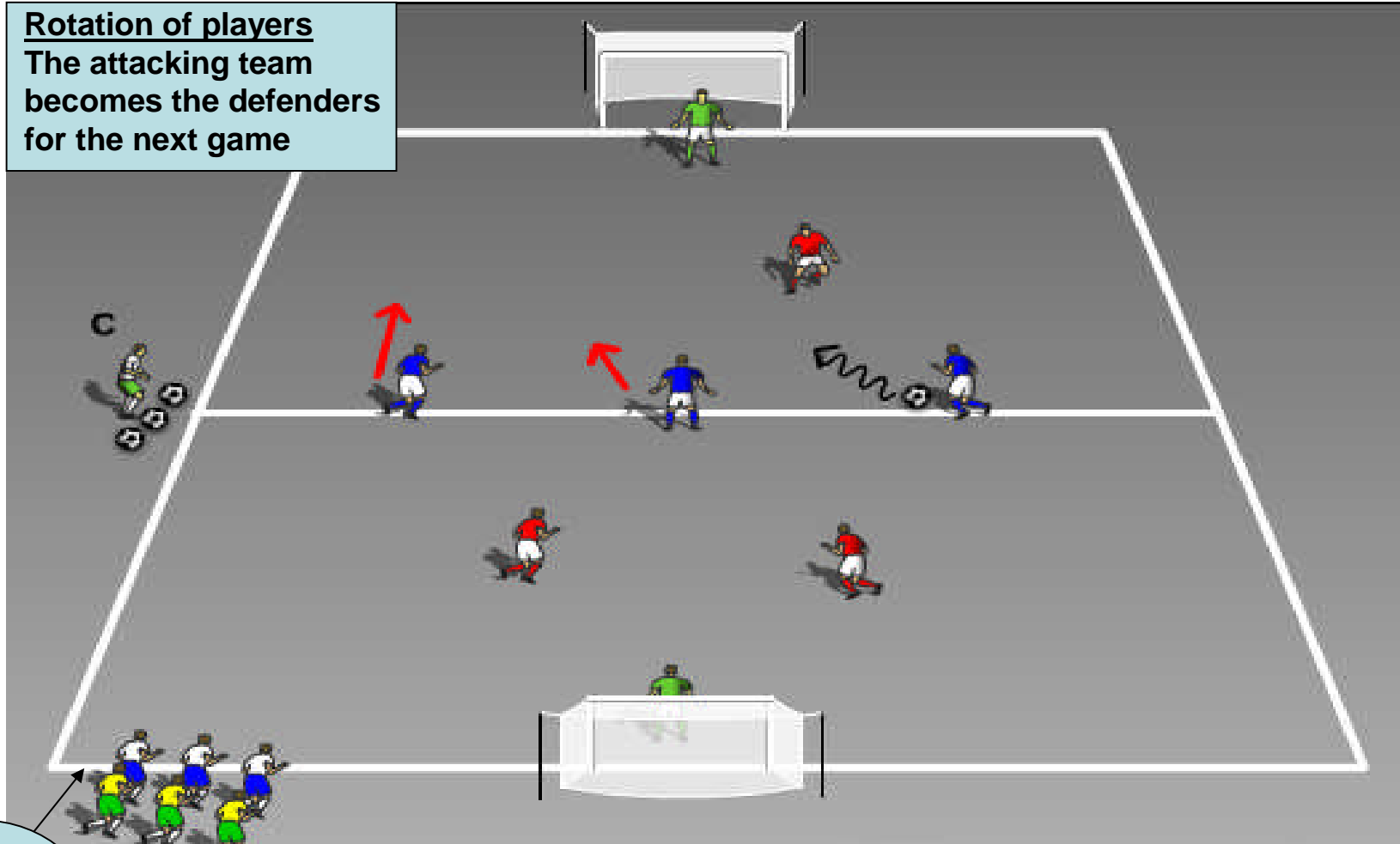


## ACTIONS

The centre player starts the practice by passing to a team-mate of his choice  
The player that doesn't receive the pass, must react quickly and defend  
The practice continues in a 2v1 situation until the ball leaves play

# 3 Player - Overload Game

Rotation of players  
The attacking team becomes the defenders for the next game



## ACTIONS

The attacking team complete three attacks

Firstly they attack 3v1

Then turn, receive a pass from the coach and attack 3v2

Then, turn and receive a 3<sup>rd</sup> ball from the coach and attack all the defenders for a 3v3

Finally the coach passes to the defenders and now it's a normal 3v3 game

This team will come on as the new Attacking team

# 3 v 2 – 6 ATTACK GAME

**EACH TEAM  
HAS A TURN  
AS THE  
ATTACKING  
TEAM**

**MAKE IT  
COMPETITIVE**

**WHICH TEAM  
CAN SCORE  
THE MOST  
GOALS?**



## PROGRESSION

**NOW PLAY  
CONTINUOUSLY**

**THE CENTRAL TEAM  
ATTACKS ONE OF  
THE GOALS**

**IF SUCCESSFUL,  
THEN THEY RECEIVE  
A NEW BALL  
FROM THE COACH  
AND ATTACK THE  
OPPOSITE END**

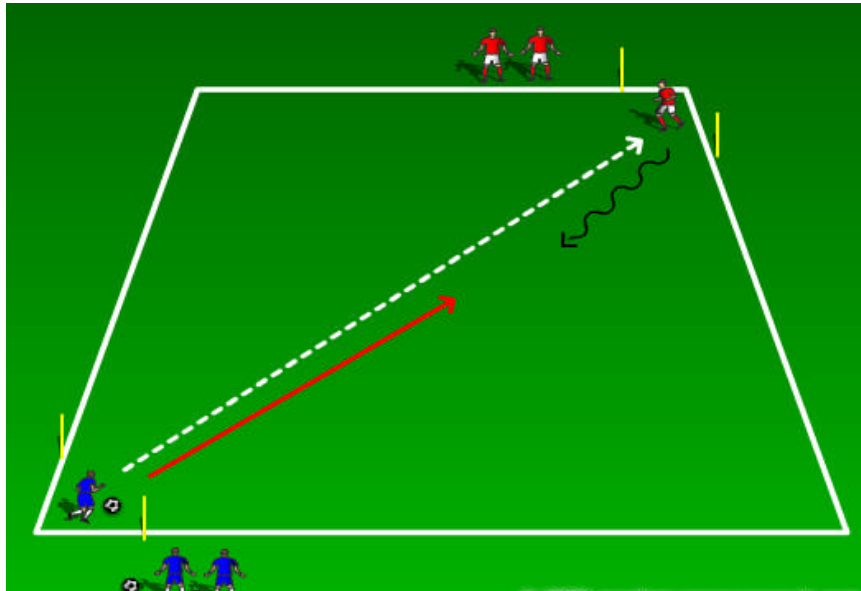
**HOWEVER, IF THEY  
FAIL TO SCORE  
THEN THEY MUST  
SWITCH POSITIONS  
WITH THE  
DEFENDING TEAM**

**PLAY NON-STOP  
FOR A SET TIME  
PERIOD**

## ACTIONS

Three teams of three players  
The two defending teams must number themselves 1 to 3  
Each defender must take a turn as the goalkeeper  
The attacking team have 6 attacks (three at each goal)  
How many times do they make their 3v 2 overload count?

# 1 V 1 GAMES



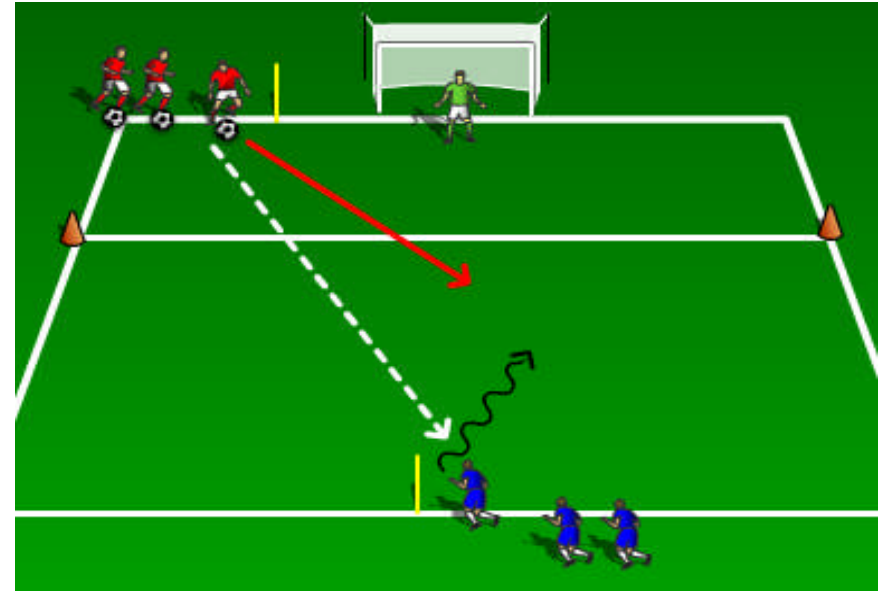
## SET UP / RULES

The defender passes the ball across the box and the Box and then pressures the attacker

The game continues in a 1v1 situation

### Progression

Have two games going across each other



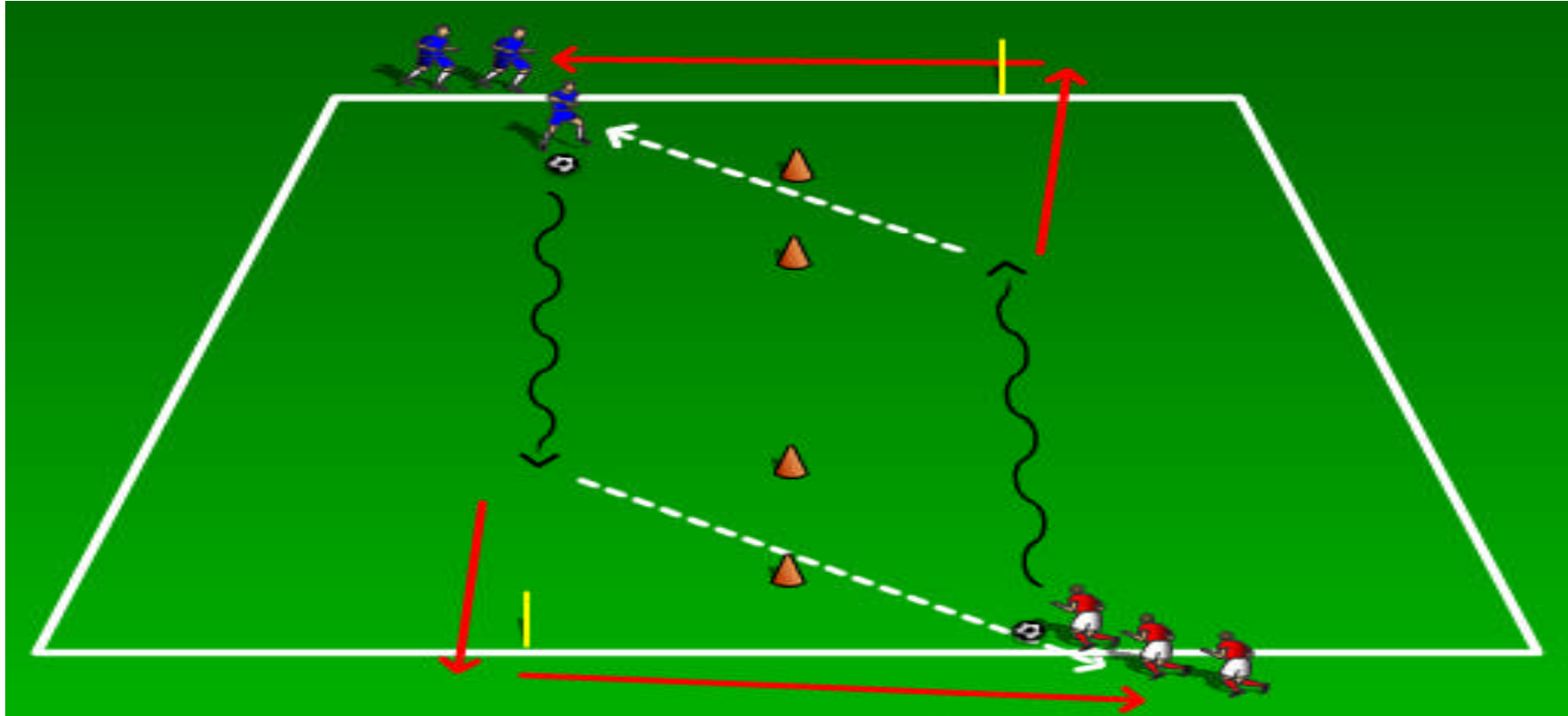
## SET UP / RULES

The defender passes to the attackers

A 1v1 game commences

The attacker must get into the end zone before shooting

# RUNNING WITH THE BALL

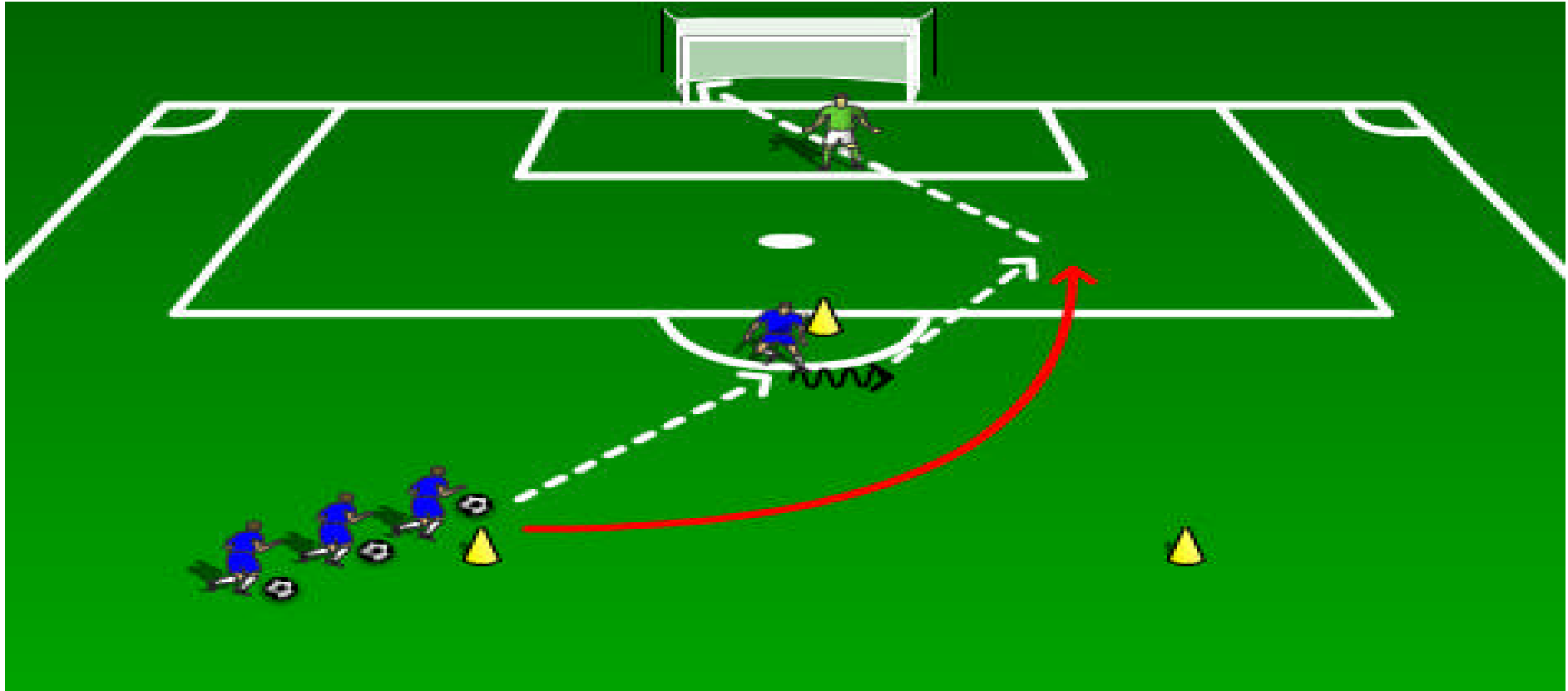


## SET UP / RULES

Two balls working at the same time  
The players must dribble down the sides and then pass across to the opposite group



# PASSING AND MOVING TO SCORE



## SET UP / RULES

The midfielder must pass into the forward

The forward receives the pass on his back foot and passes to the overlapping midfielder

The midfielder then shoots at goal

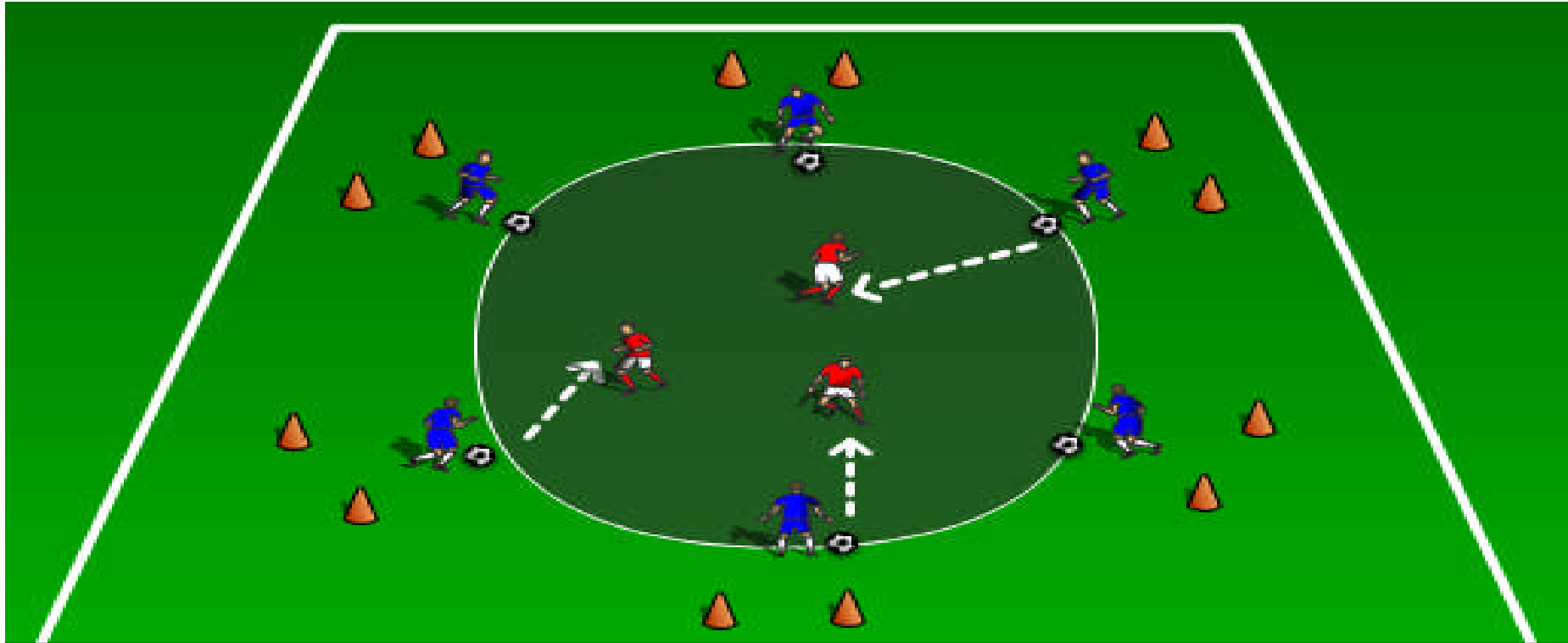
For the next attack, the midfielder becomes the forward.

### Progression

1 - Encourage the forward to look for rebounds after passing to the midfielder

2 – encourage the midfielder to make a “disguised” reverse pass back to the forward

# TURNING INTO SPACE



## SET UP / RULES

Two groups of players

One group work inside the area

The other group work around the outside

The inside group must continually receive passes from the outside players

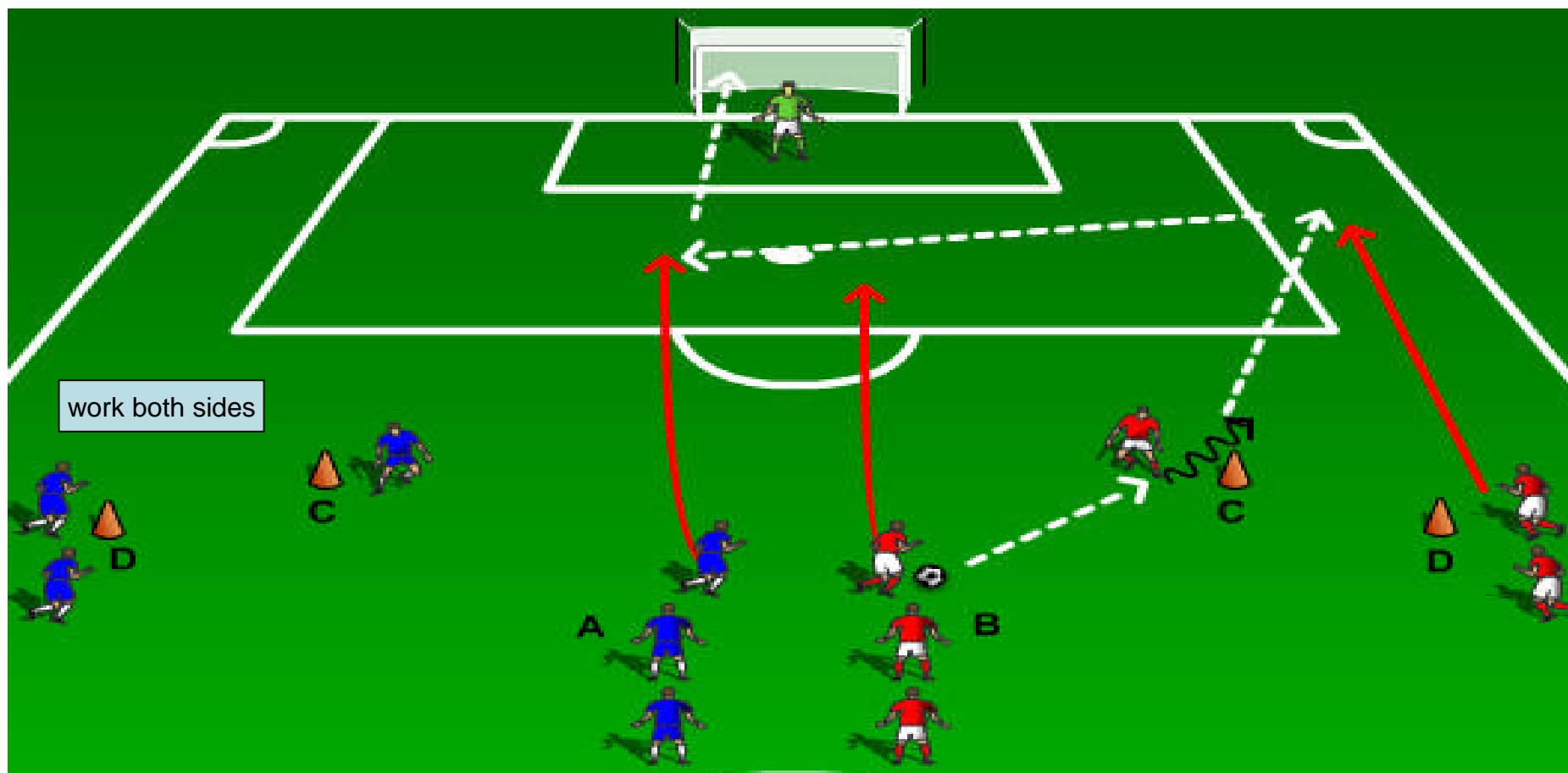
The players must receive the ball on their back foot and then dribble to pass out to a different player

### Progression

1 – the outside players must also receive on their back foot and dribble to turn in their gate before passing into the middle

2 – the outside players must now receive on the back foot, turn and dribble through their gate and back through a different gate

# BUILD UP AND FINISHING



## SET UP / RULES

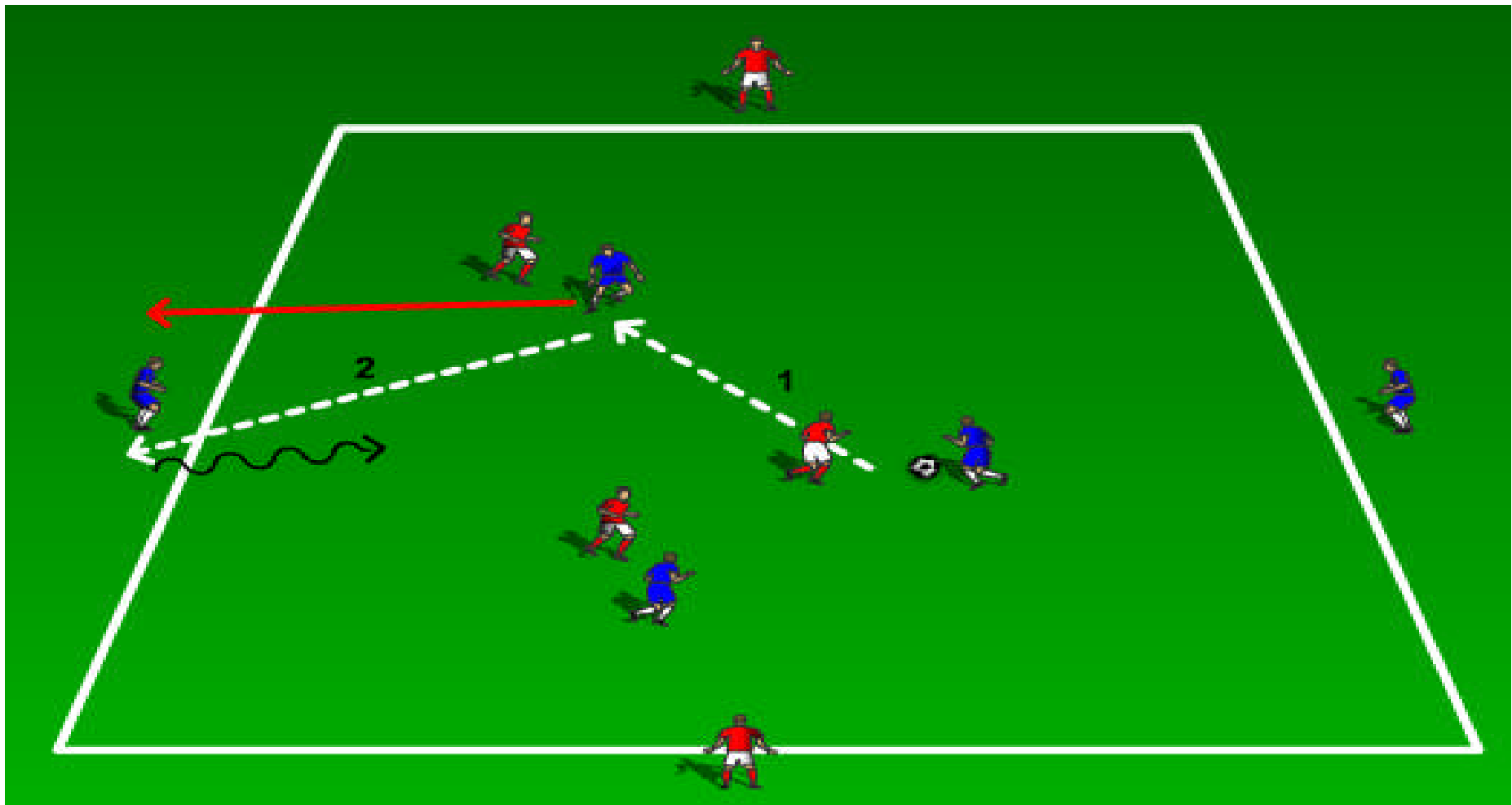
Two groups – midfielders and wide players / forwards

Rotate the groups after a set time period

- 1 – midfielder into forward who turns and passes down the line for the wide player to overlap and cross into the box
- 2 – midfielders pass into the wide player who lays the ball down the line for the forward to cross into the box
- 3 – midfielders into the forward who sets back to the midfielder, the full back then receives a pass into space

\* After being a wide player, become the forward

# PLAY OUT , GO OUT



## SET UP / RULES

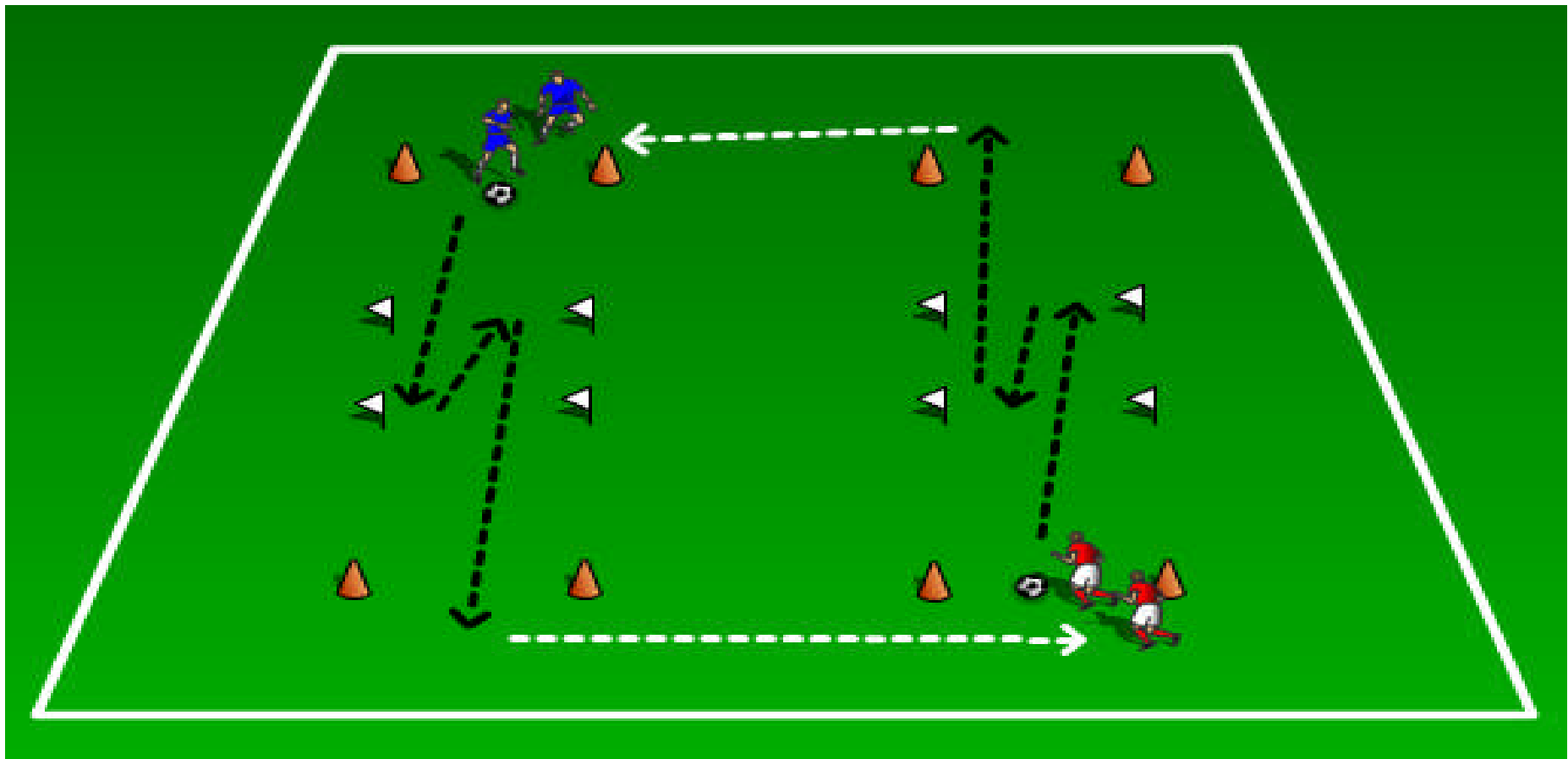
Two teams

3v3 in the middle

Simple rules, play out to a team-mate and go out

The team-mate then dribbles into the pitch

# DRIBBLE AND CHANGE DIRECTION



## SET UP / RULES

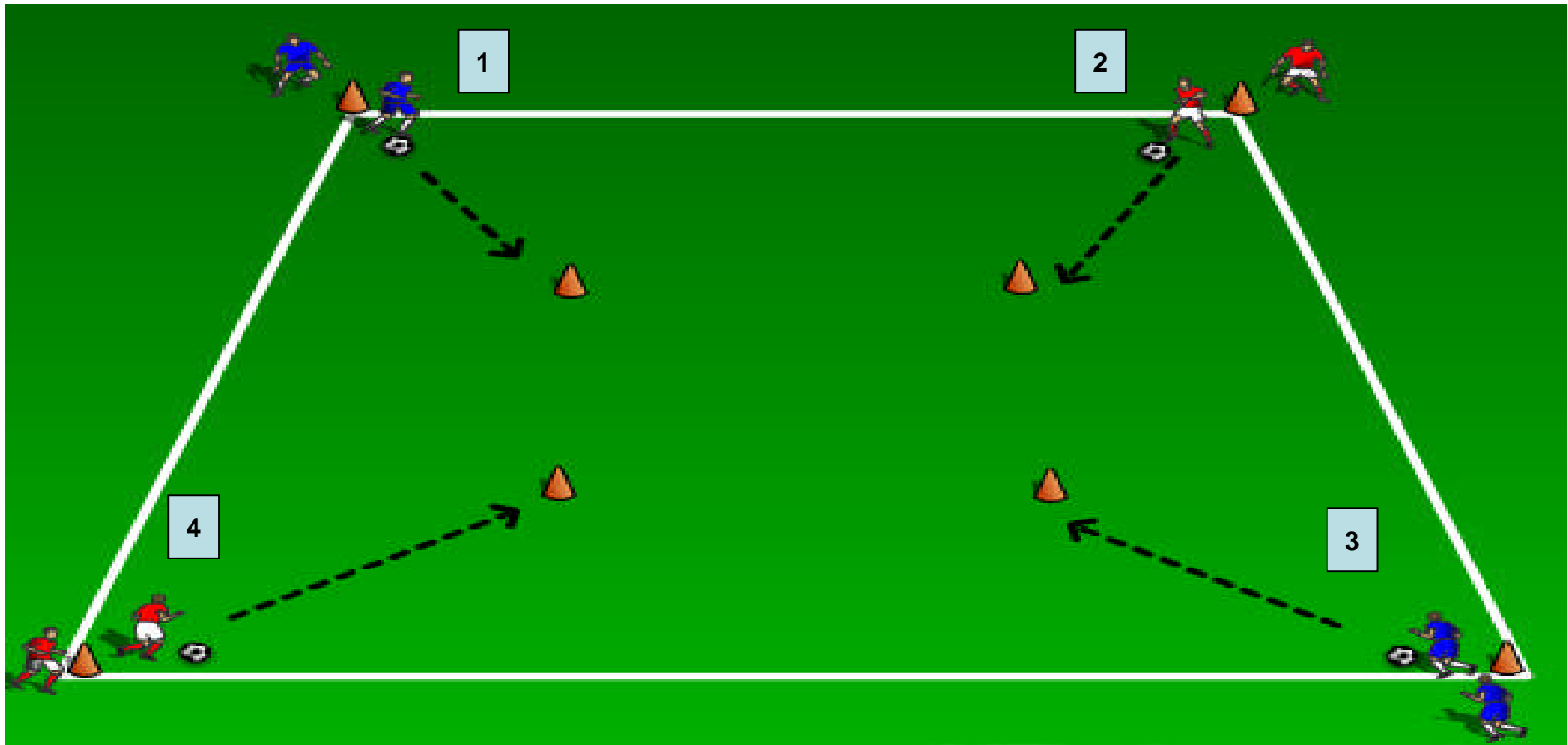
Two balls working at the same time

The players must go to the furthest flags and make a turn

Immediately the players go back to the nearest flags and make a 2<sup>nd</sup> turn

The players then dribble at top speed through to the end cones

# DRIBBLING, SKILLS AND TURNS



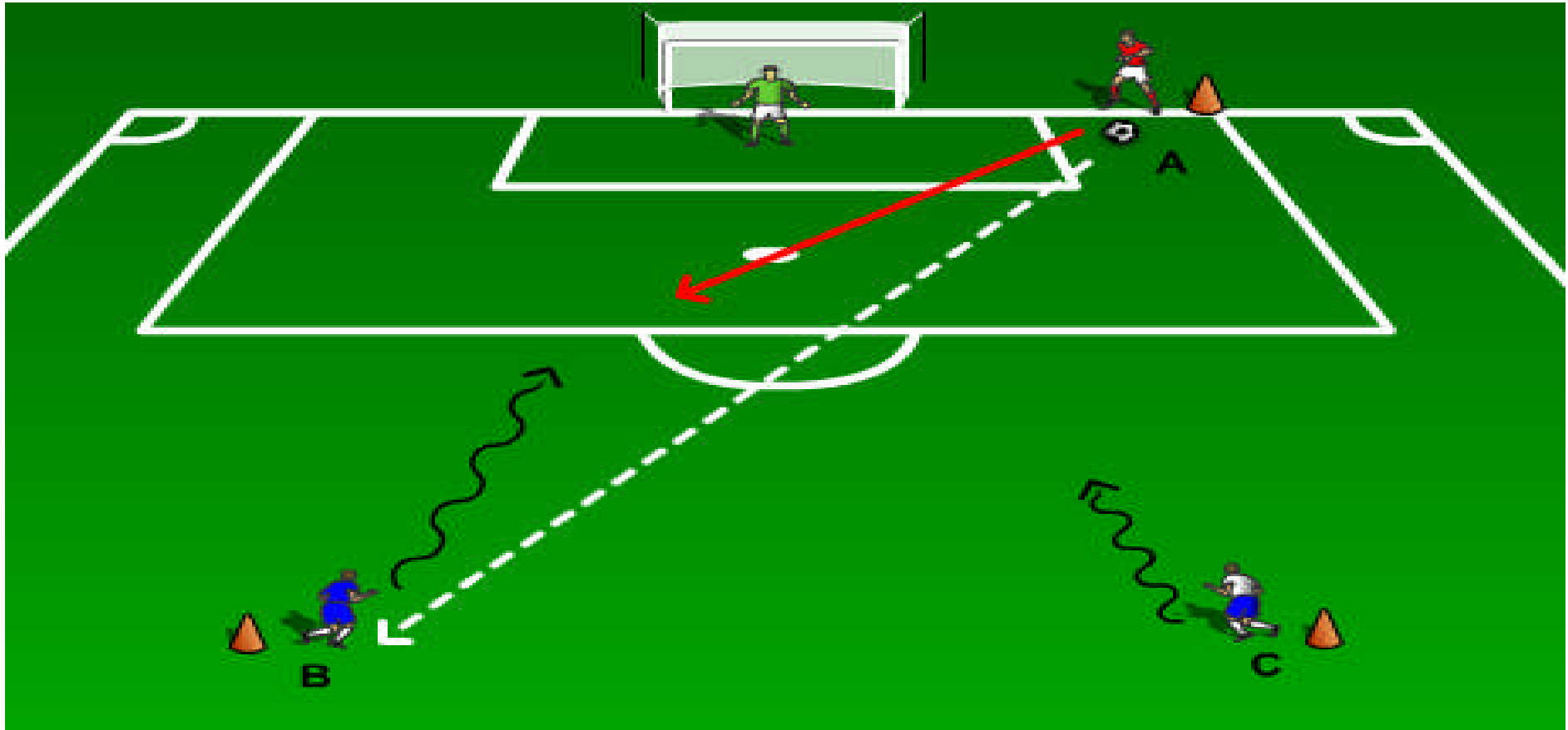
## SET UP / RULES

The players constantly dribble into the cones and make various turns (drag back, outside hook etc)  
This can be progressed to allow the players to move to different corners (drop shoulder and go right )

Once this movement is in place, each corner could be for a different skill

1 – step-over go right, 2 – drag across body, 3 – drop shoulder, 4 – players choice

# 1V1 / 2V1 ATTACK AND DEFEND



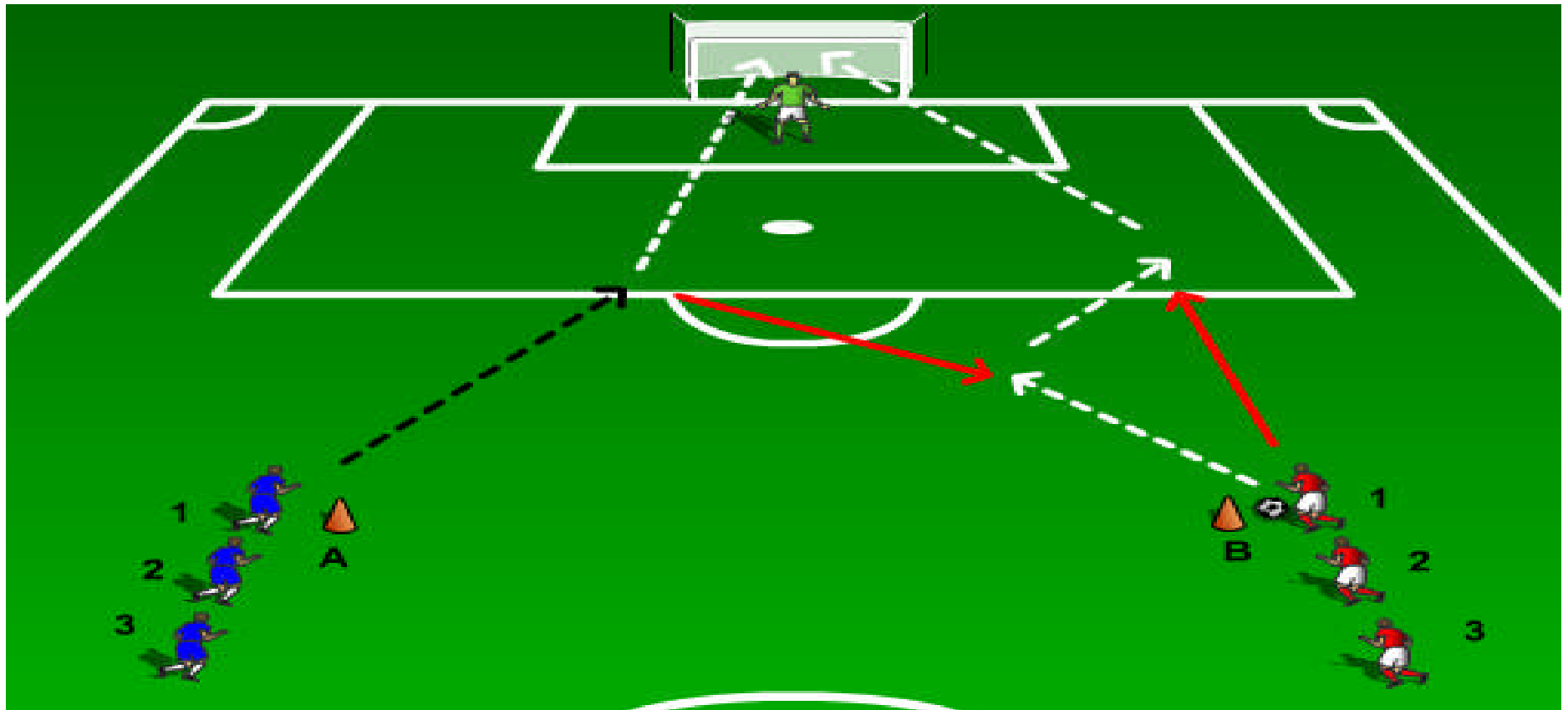
## SET UP / RULES

Player A passes out to player B and then races to defend a 1v1 situation  
Once this is completed, player C dribbles into the pitch to make a 2v1 with player B against player A

### Progression

- 1- player C makes a 2v1 with player A against player B
- 2 – players A and B defend 2v1 against player C

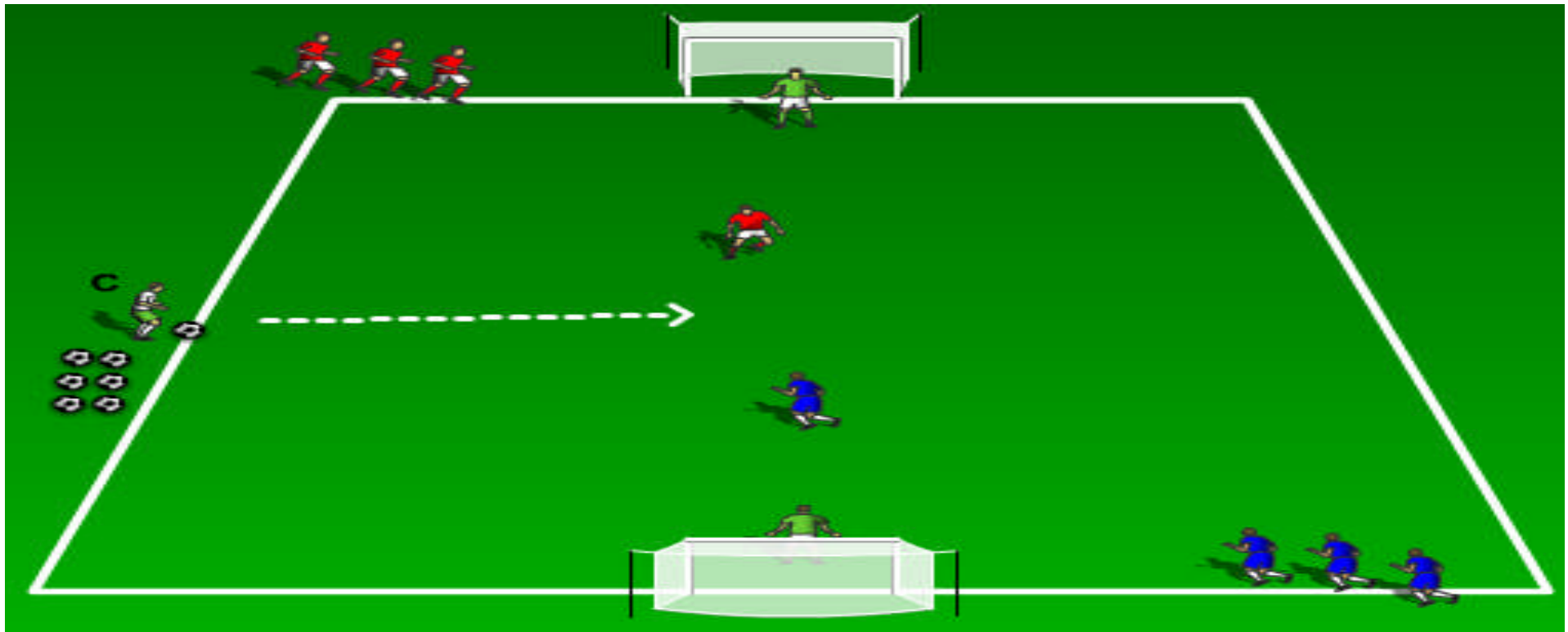
# SHOOT, ONE-TWO SHOOT



## SET UP / RULES

Two groups of players  
The blue group dribble, perform a skill and then shoot  
Immediately the red player passes into the blue player and then runs to receive a return pass  
The red player then shoots at goal  
The two players now switch positions





### **SET UP / RULES**

Two teams of players

Each team is numbered 1-4

On the coaches call, the players called must race onto the pitch

If the coach calls 2 numbers then the game would be 2v2 etc

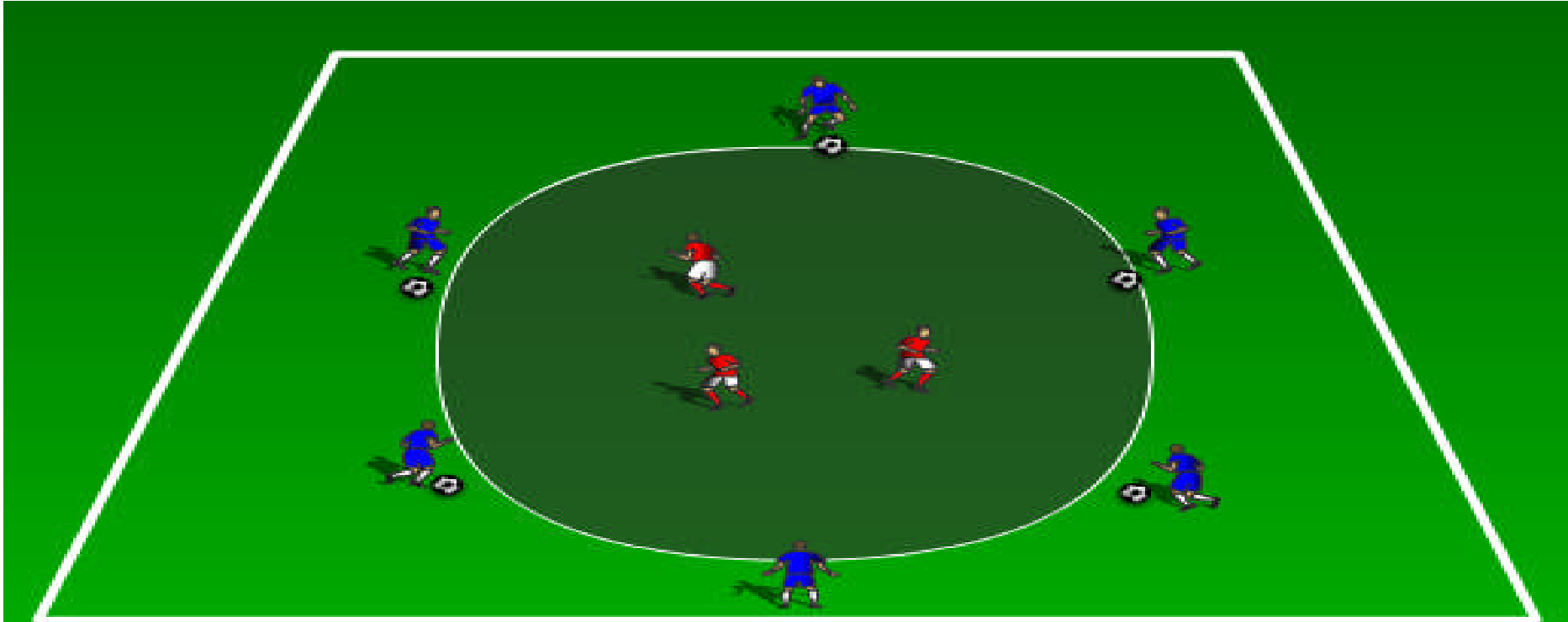
#### Progression

No player leaves the pitch until all players are in the game

Example – 3 (1v1) 4,2 (would make game 3v3) 1 (4v4) now if your number is called you would leave the game.

The above rule, reduces the number of players and enable a rest period but, does not affect the game continually taking place

# PASS, HEAD, VOLLEY TECHNIQUE



## SET UP / RULES

Two groups

One group in the middle

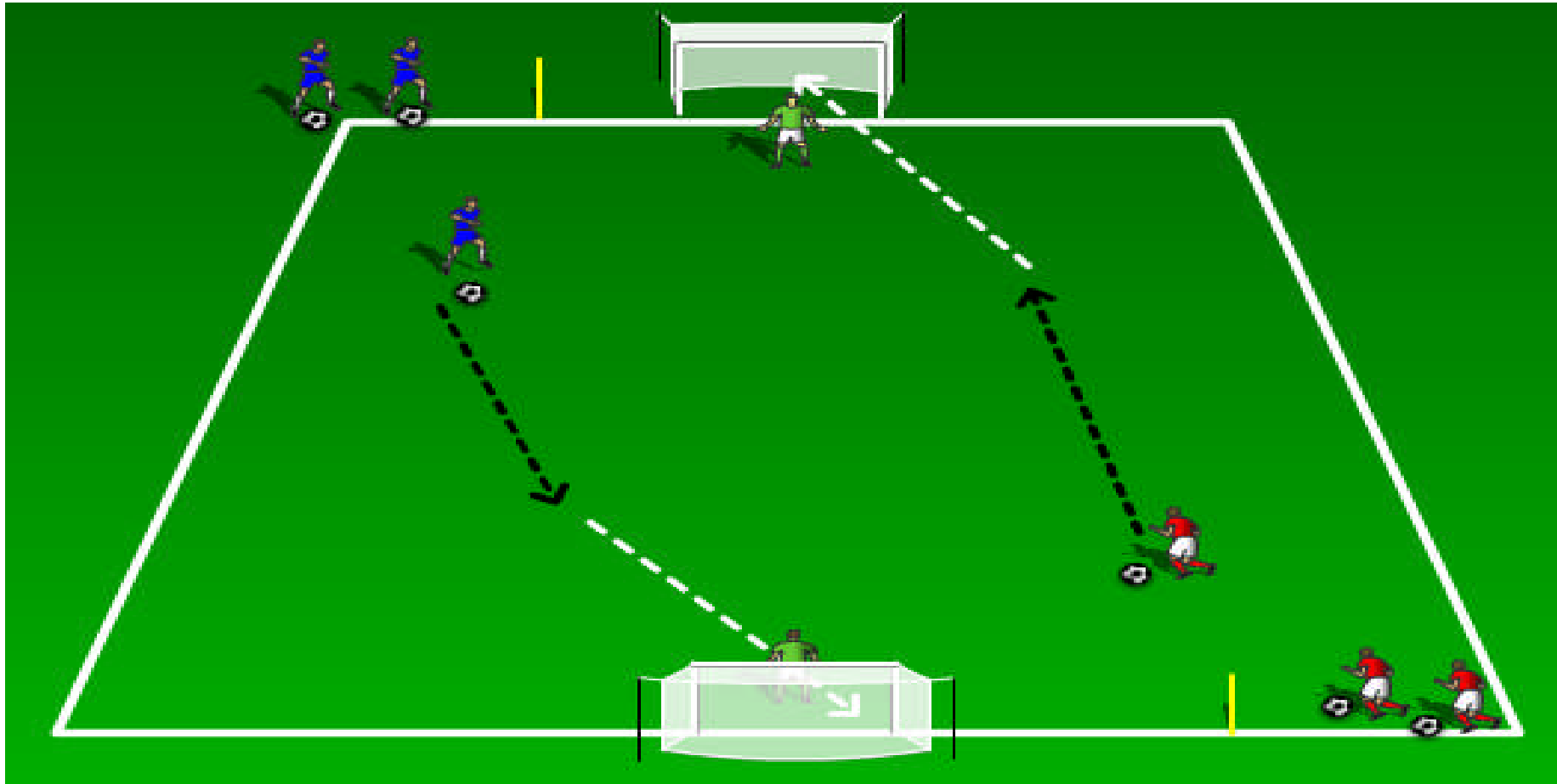
One group on the outside

The outside players serve the ball to the inside players who must control and pass back

The outside players must vary the service (pass, bounce, aerial, over head, to left, to right)

The inside player must be on their toes and react to the service, can you return on the 2<sup>nd</sup> touch?

# RUNNING TO SCORE



## SET UP / RULES

Two balls working at the same time

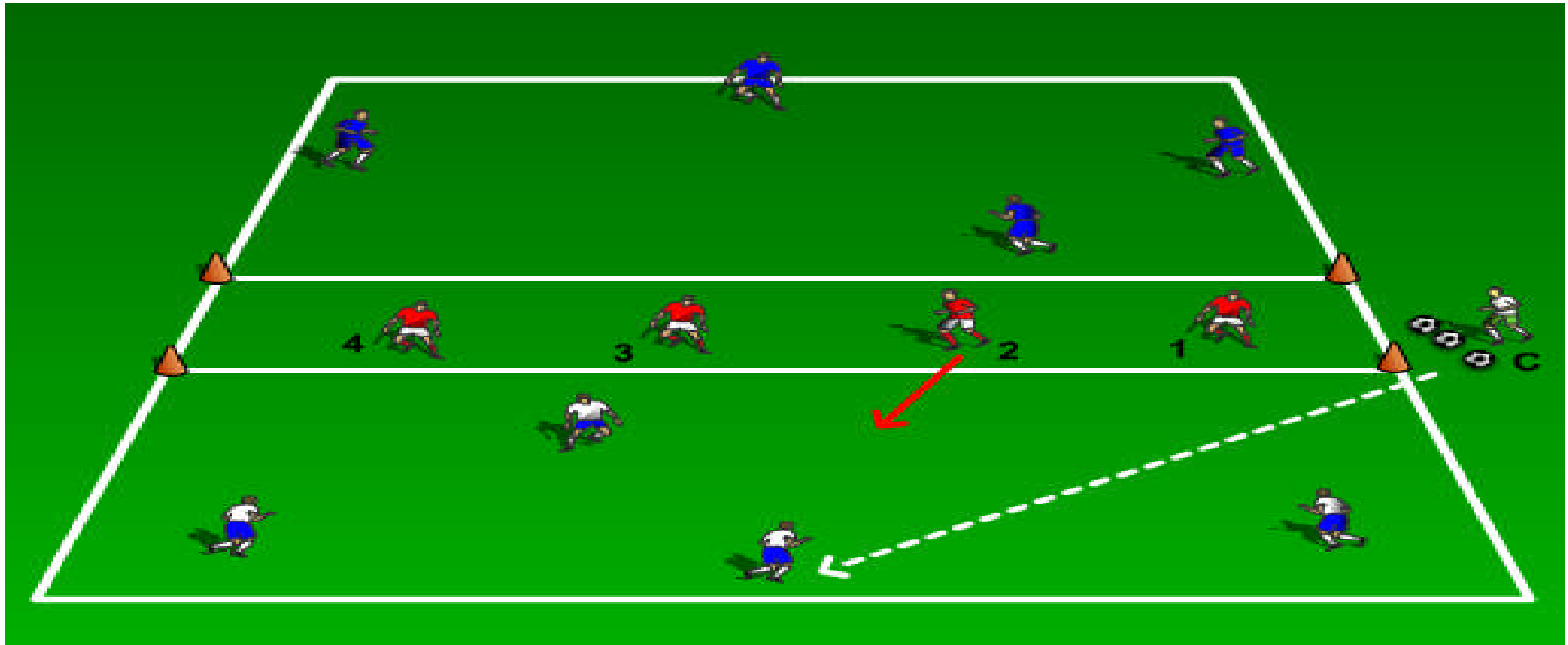
1 – dribble and shoot

2 – dribble and complete skill before shooting

3 – dribble and on coaches whistle, complete turn and shoot at own goal

4 – dribble diagonally and meet the opposite player in the middle, go around the player and shoot at own goal

# 4 V 2 CONTINUOUS KEEPAWAY



## SET UP / RULES

Three teams

One team start in the middle, work as defenders and number themselves 1-4

The other teams go into the end zones

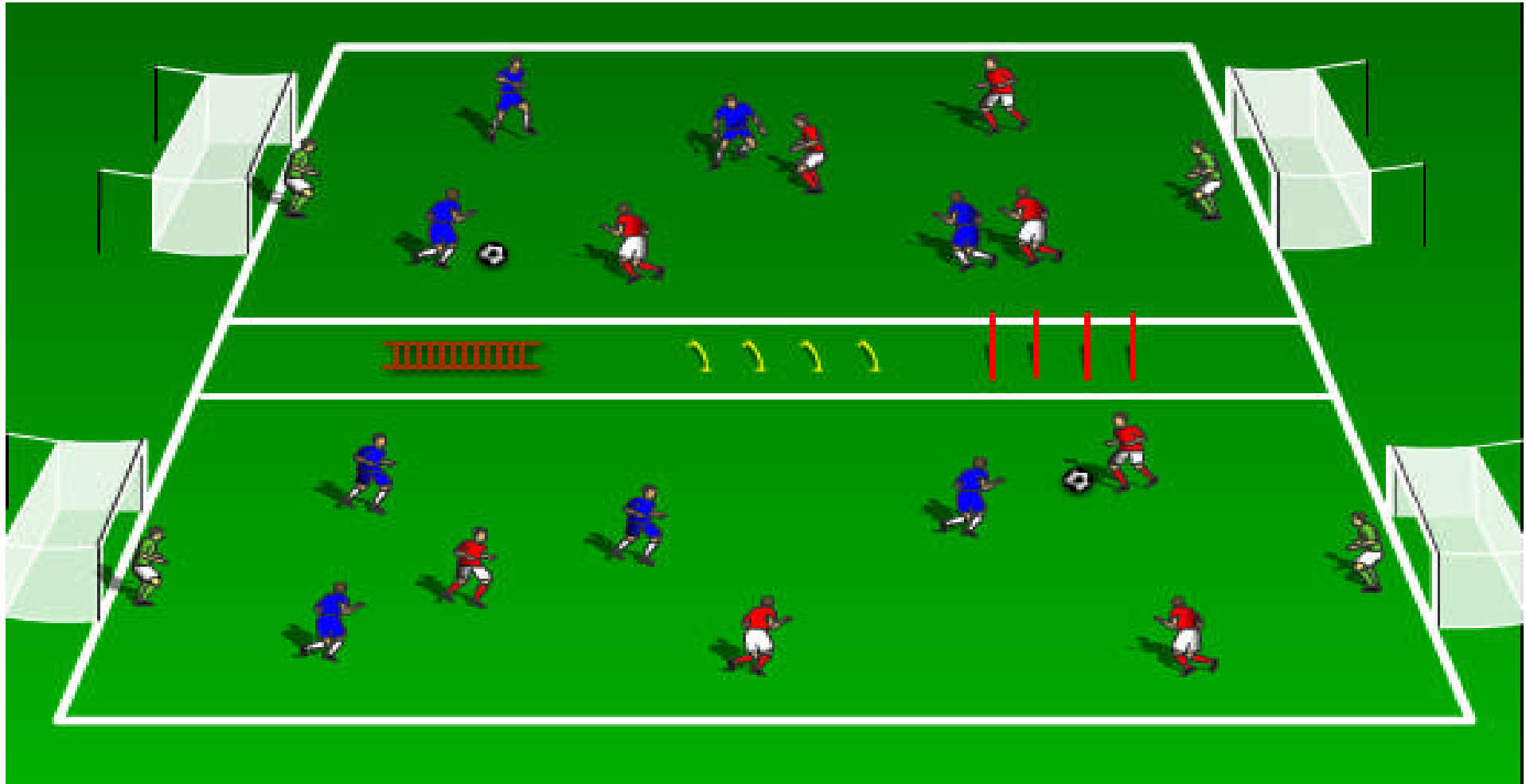
To start, the coach passes into one of the end zones. One of the red players goes to pressure the ball

The passing team must attempt to pass across to the opposite side

Can the three resting defenders block the through pass?

A progression would be to add a 2<sup>nd</sup> pressing defender to make a 4v2 in the end zones

# SAQ - GAME CROSSOVER



## SET UP / RULES

Two teams

The red team are split into two teams and so are the blue team

This allows for two games to work at the same time.

On each pitch, the players are numbered 1-4

On the coaches shout, the players called must leave their pitch and complete a SAQ movement before joining the opposite game

# 2V1 CONTINUOUS

## SET UP / RULES

Nominate four defenders  
The defenders are only allowed  
To defend in one zone

To start, one attacker passes to  
The other one. Immediately the  
Defender comes forward to  
Defend a 2v1 in their zone

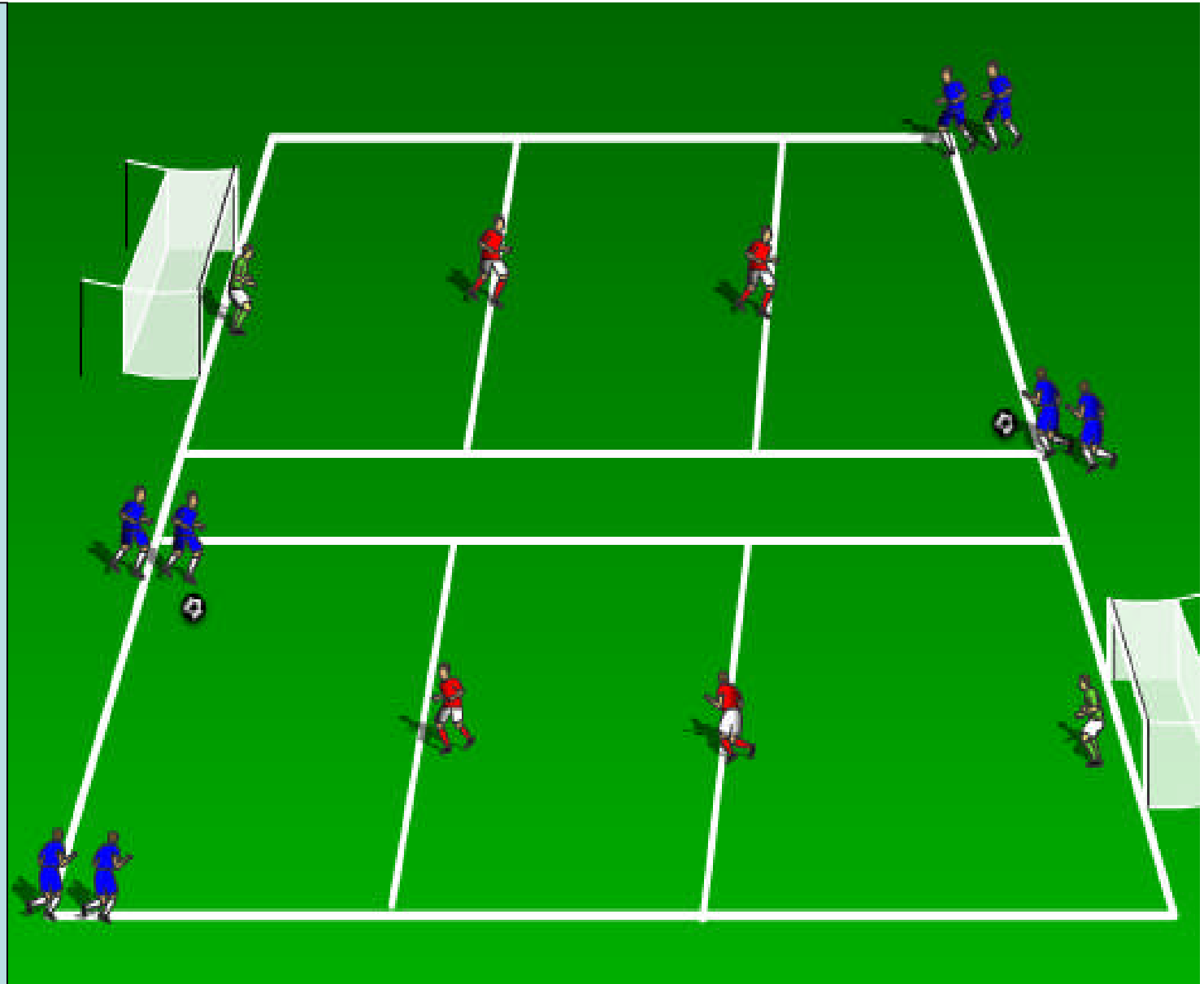
Can the attackers get into the next  
Zone?

If successful the next defender  
Comes forward for a 2v1

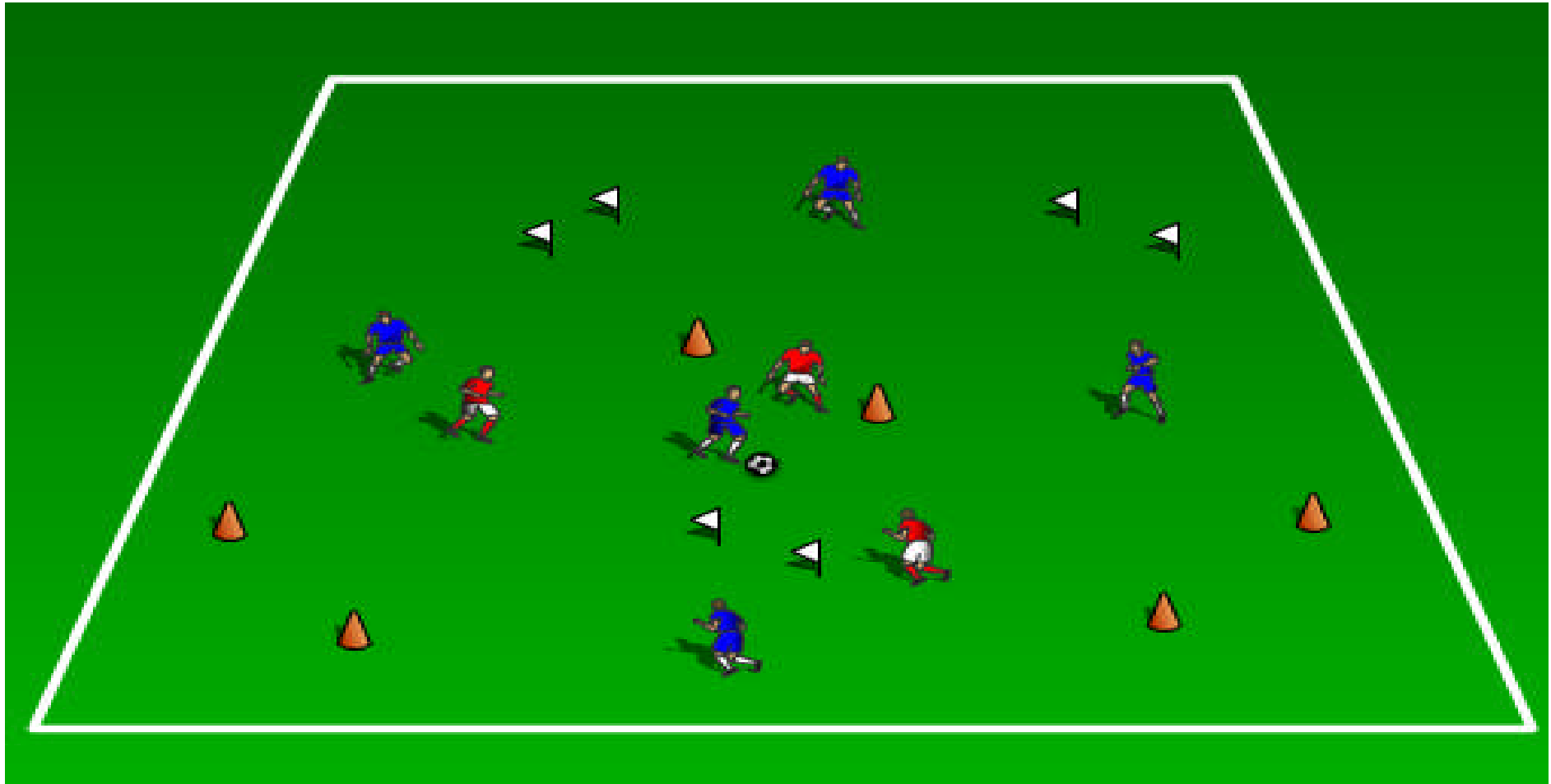
Can the attackers get into the final  
Scoring zone?

### Progression

If taken on,  
Allow the 1<sup>st</sup> defender to turn and  
Sprint back into the scoring  
Zone to defend



# PASS OR DRIBBLE TO SCORE



## SET UP / RULES

Two teams

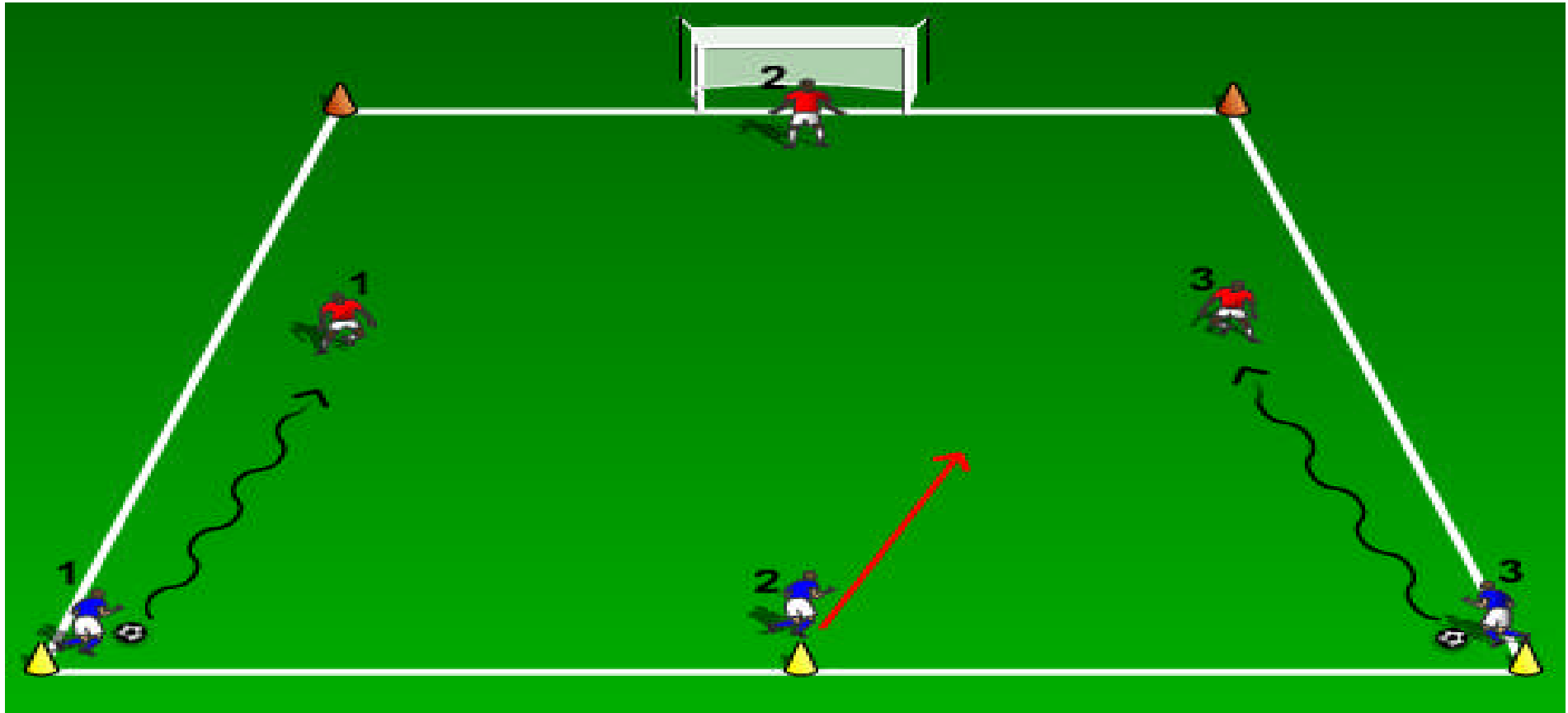
Two ways of scoring a goal

1 – pass through the large gate to a team mate

2 – dribble through the small gate

The coach can add extra point for pass or dribble depending on what they are looking for in the practice, (passing or dribbling)

# 2V1 – WHO DO I HELP?



## SET UP / RULES

Groups of three players

The defending team nominate a goalkeeper

On the coaches whistle, the two defenders dribble and pass to two of the attackers

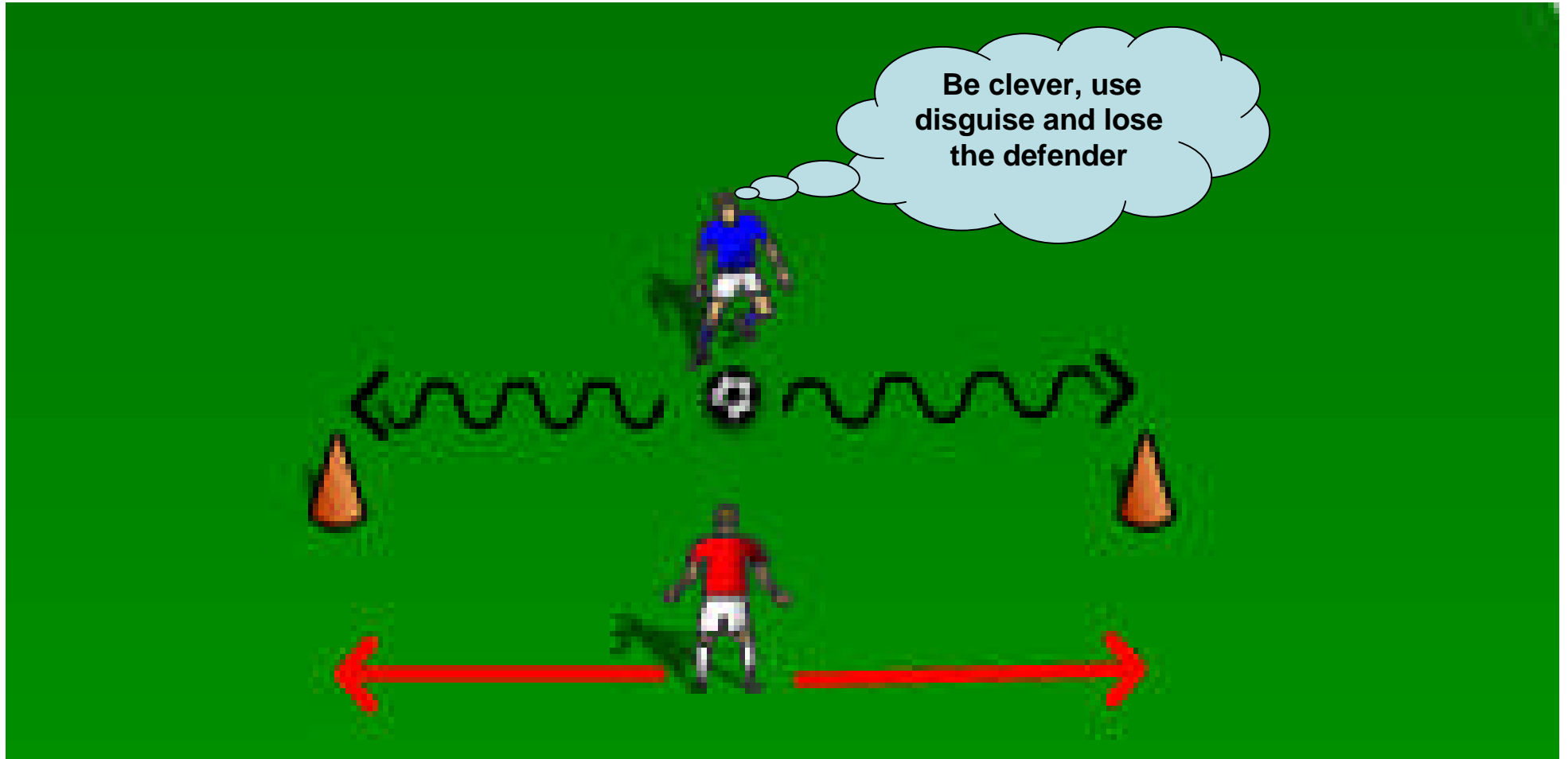
Immediately we have two 1v1 situations. The attacker not receiving a pass must quickly make a decision of who to support

The spare attacking now makes a supporting run to make a 2v1 situation with one of his team-mate

Progression – if one game is completed but the other ball is still in play, all players can support this ball



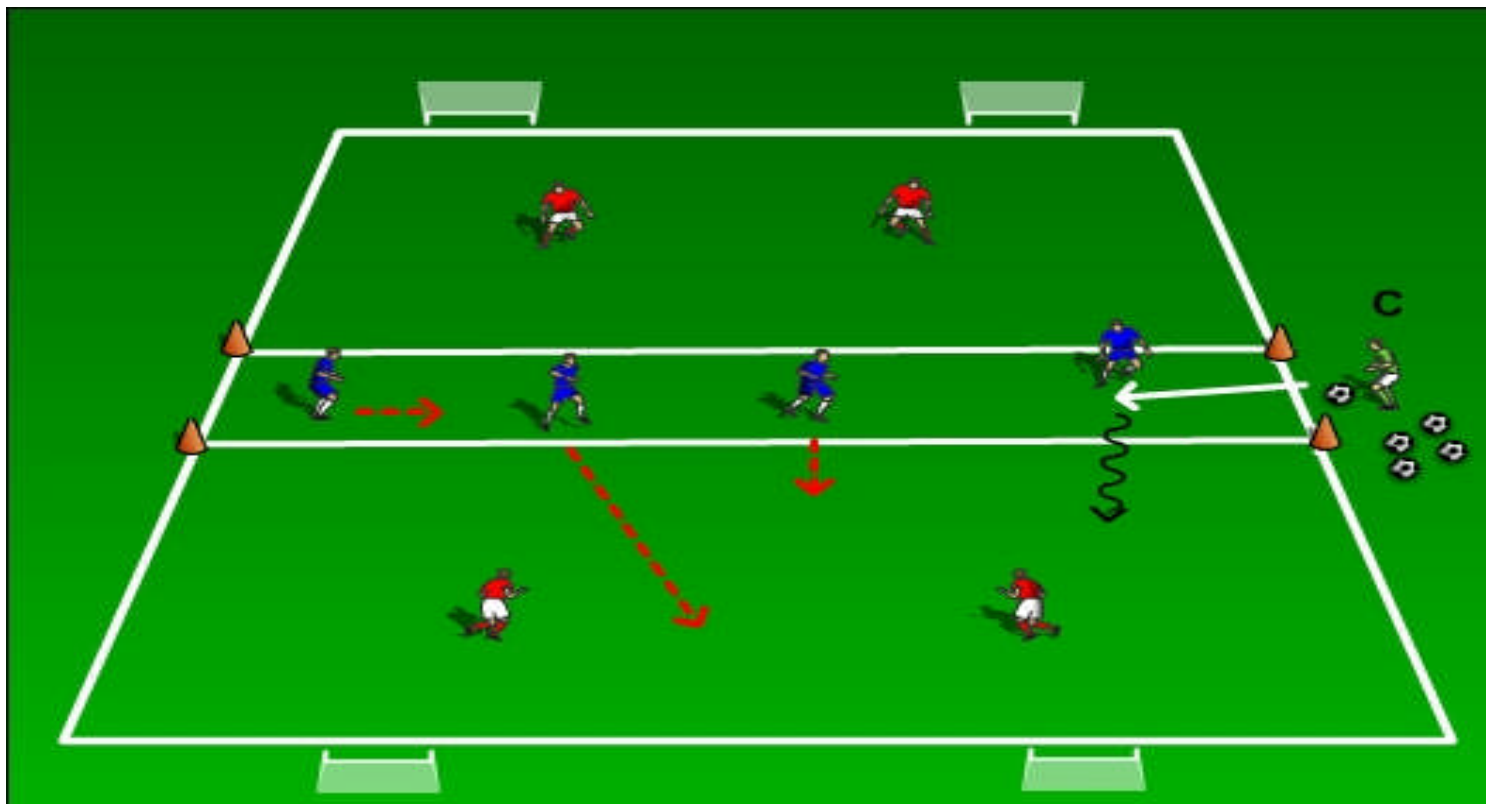
# LOSE THE DEFENDER



## SET UP / RULES

One player starts with the ball and becomes the attacker  
The attacker must attempt to get to one of the outside cones before the defender  
Rotate for the next game

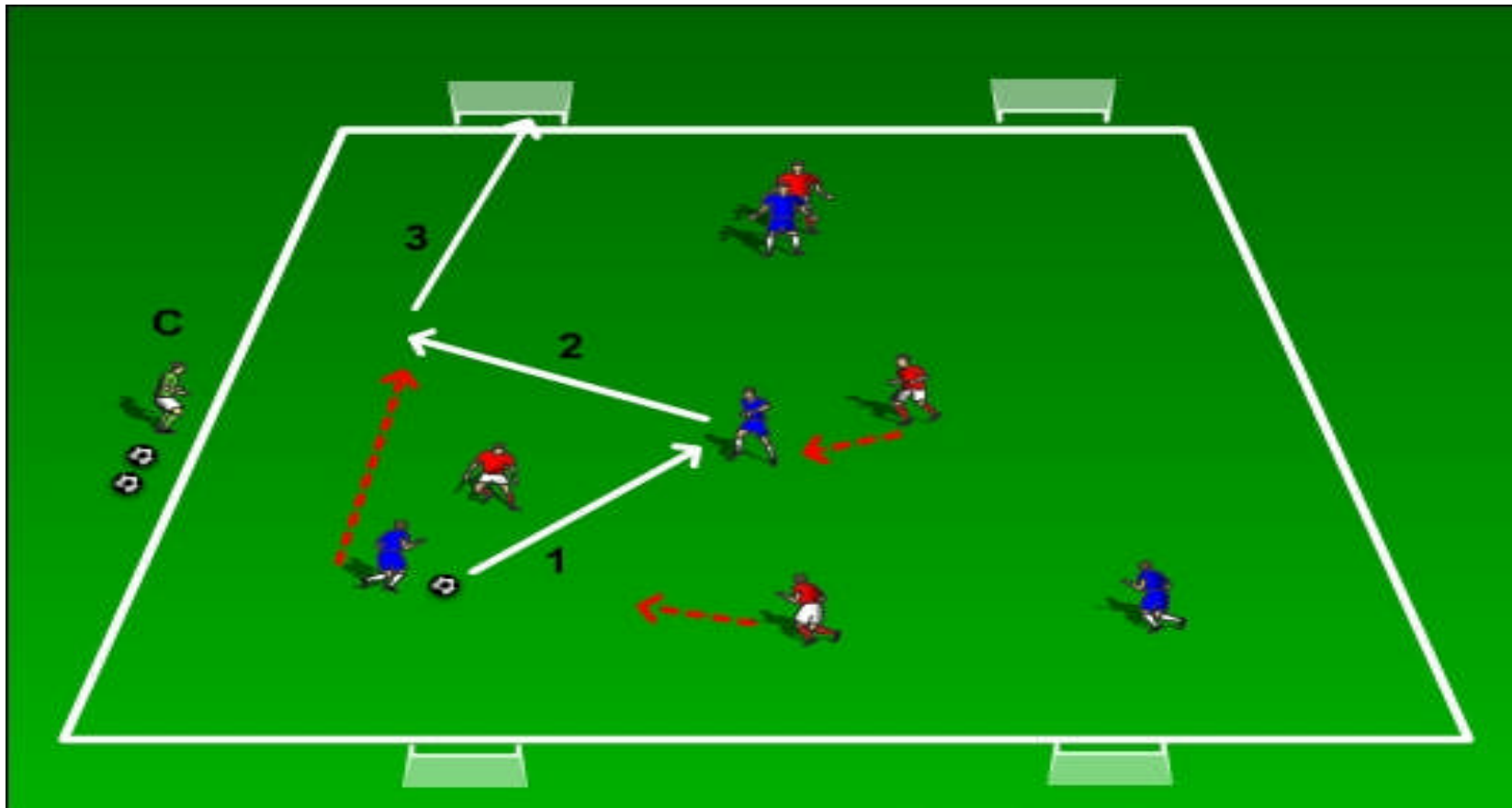
# FOUR GOAL – 10 ATTACKS



## Set up/rules

two teams of four players  
one team work as the attackers  
one team split into two pairs and work as the defenders  
the pitch is cut into two attacking zones that have two mini target goals  
The attacking team has 10 consecutive attacks [5 at each end].  
The aim is to try and score as many goal as possible against the two defenders  
after each attack, the players turn and receive a new ball from the coach  
Once the ten attacks are complete. The score is counted and the roles are reversed

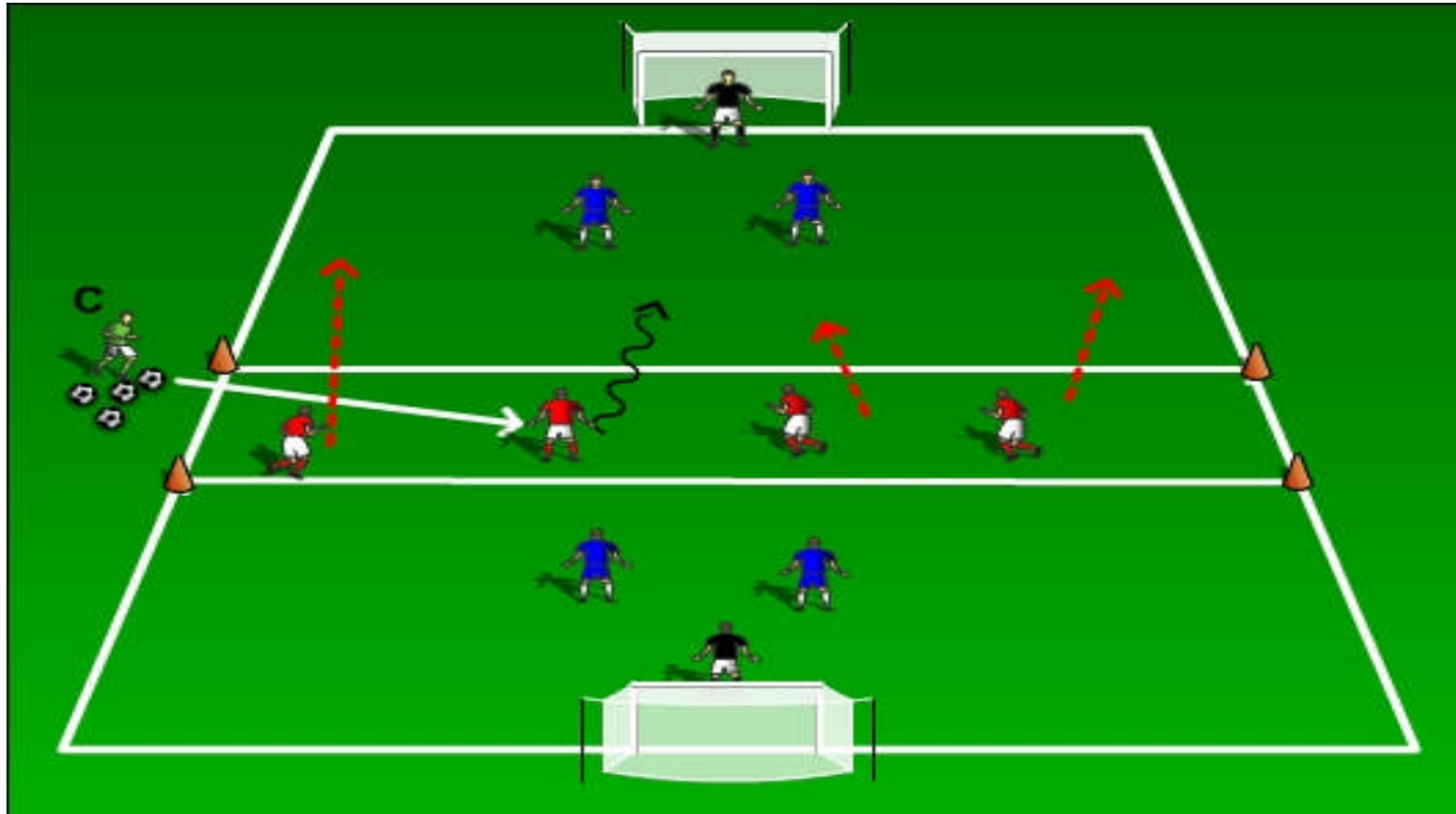
## 4 V 4 – FOUR GOAL GAME



### Set up / rules

two teams of four players  
four mini goals  
each team defend two goals and attack two goals  
the game is played for a set time period

## TWO GOAL – 10 ATTACKS



### Set up/rules

two teams of four players

two keepers

one team work as the attackers

one team split into two pairs and work as the defenders

the pitch is cut into two attacking zones

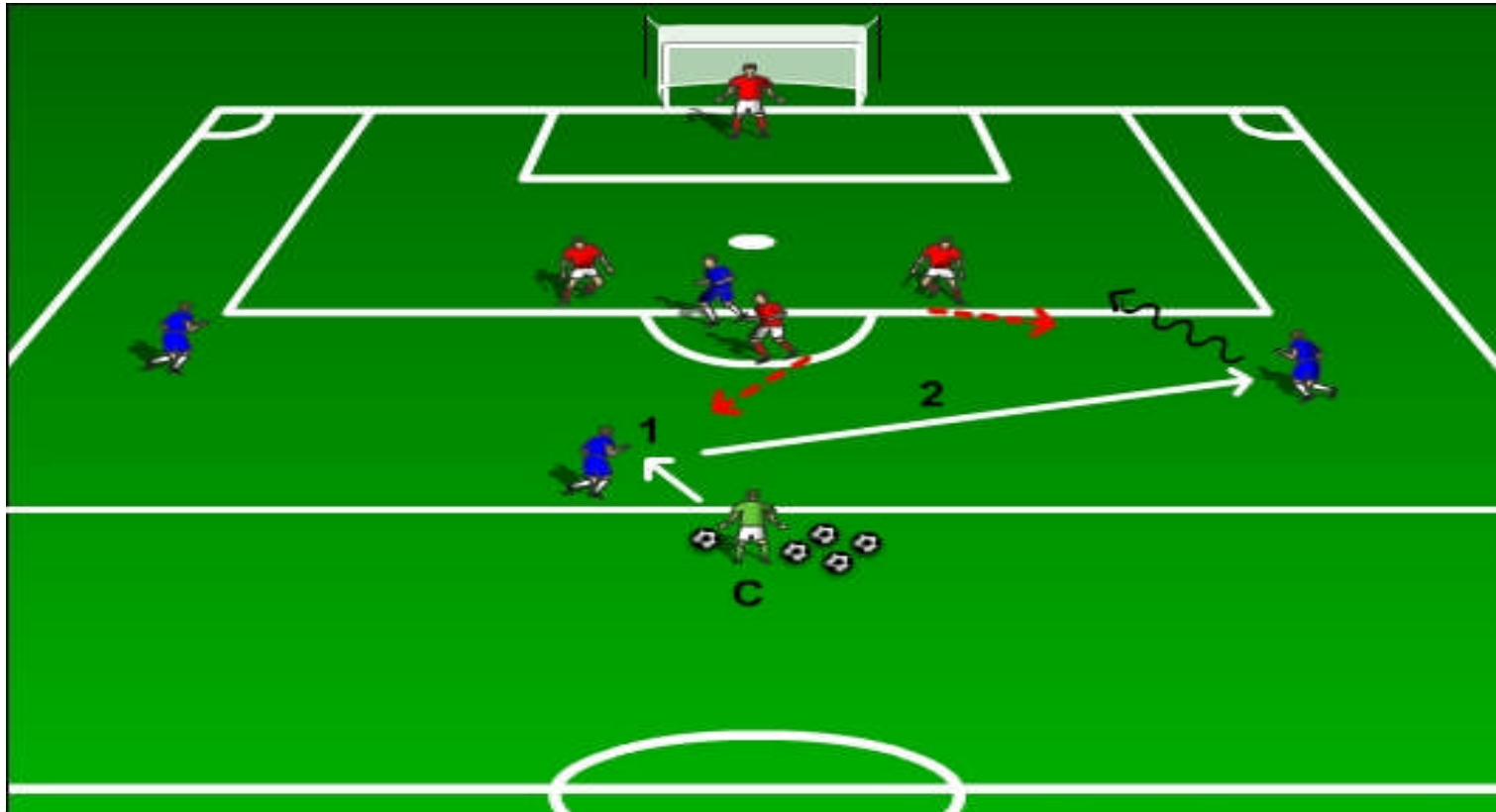
The attacking team has 10 consecutive attacks [5 at each end]. The aim is to try and score as many goals

as possible against the two defenders

after each attack, the players turn and receive a new ball from the coach

Once the ten attacks are complete. The score is counted and the roles are reversed

## 4 V 4 - ROLE REVERSAL GAME



### Set up / rules

two teams of four players  
each team number themselves 1 to 4  
when defending, the players each take a turn to become the goalkeeper  
the attacking team receive a ball from the coach and attempt to build up and score in a 4v3 (+1) situation  
if the attacking team score, then they turn and receive a new ball from the coach  
if the attacking team fail to score then the defending team break out to receive a pass from the coach and the roles are reversed

## 2 V 2 V 2 V 2 GAME



### SET UP/ RULES

two keepers

eight players that are split into four teams of two players

the game is played for a set time period

the teams can score in any of the goals

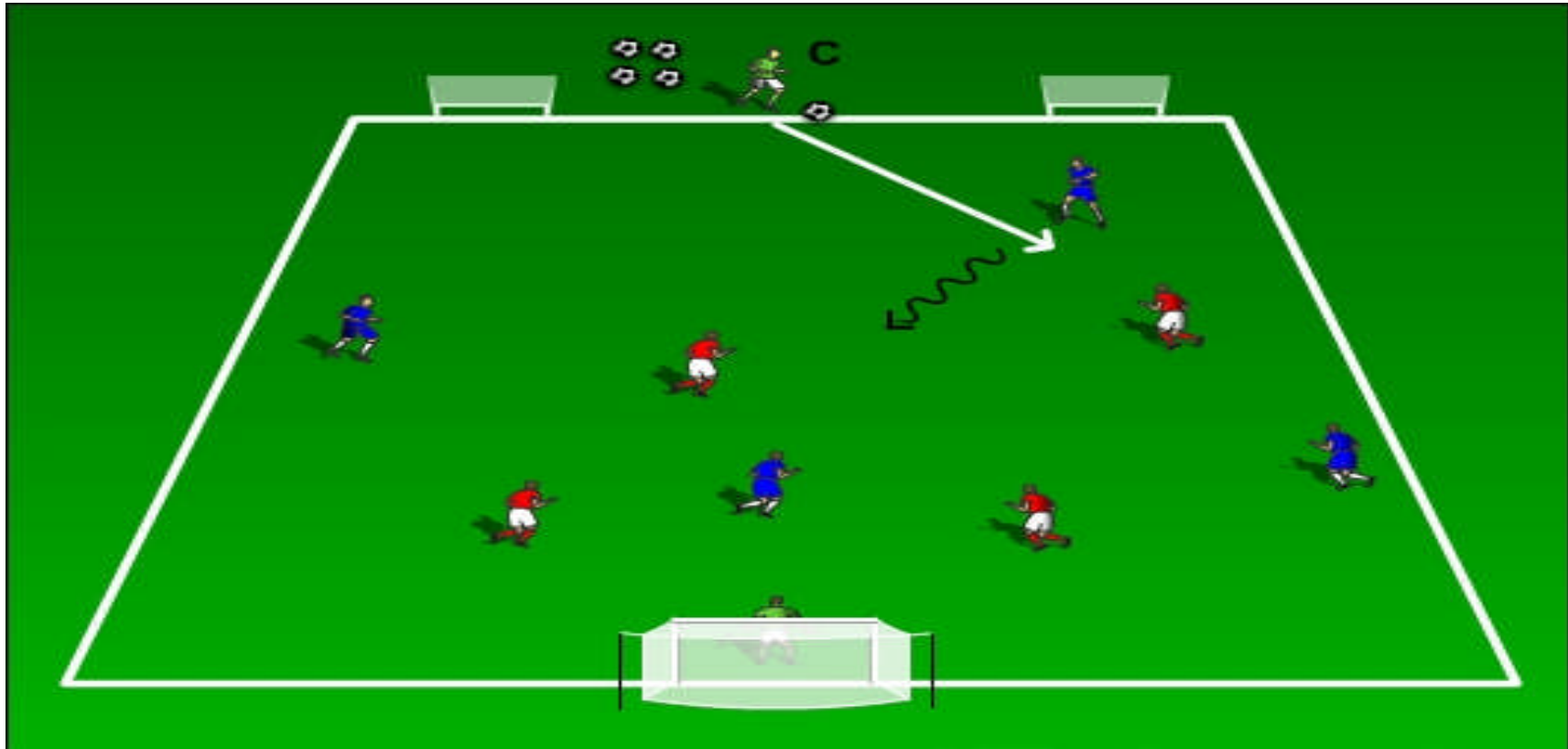
This game attempts to create a school playground where all players are actively involved in both attack and defence.

On the coaches' call, two teams immediately join together and the game continues in a 4v4 situation, an example of a call would be "red and yellow". Both these teams would now join forces.

The coach can also overload the game against one team, for example "red, blue and yellow"

-In all games the teams can score in both goals

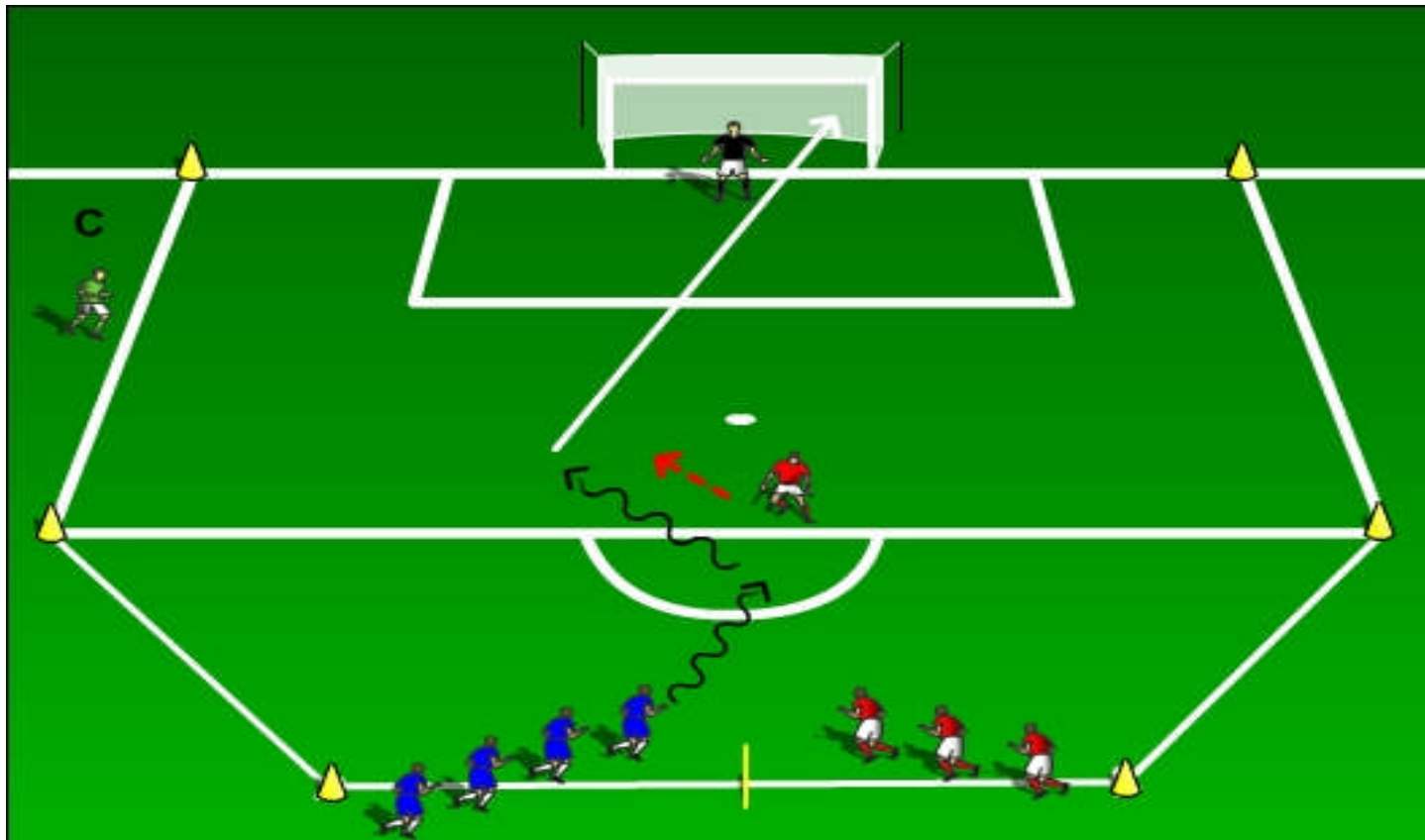
# ONE BIG V TWO SMALL



## Set up / rules

- two teams of four players
- one keeper
- one normal goal
- two mini goals
- one team attacks the normal goal
- one team attacks the two mini goals
- the game is played in two half's
- each team has one half at attacking the normal goal and one half attacking the mini goals

# 1V1 CONTINUOUS



## Set up / rules

two teams of four players

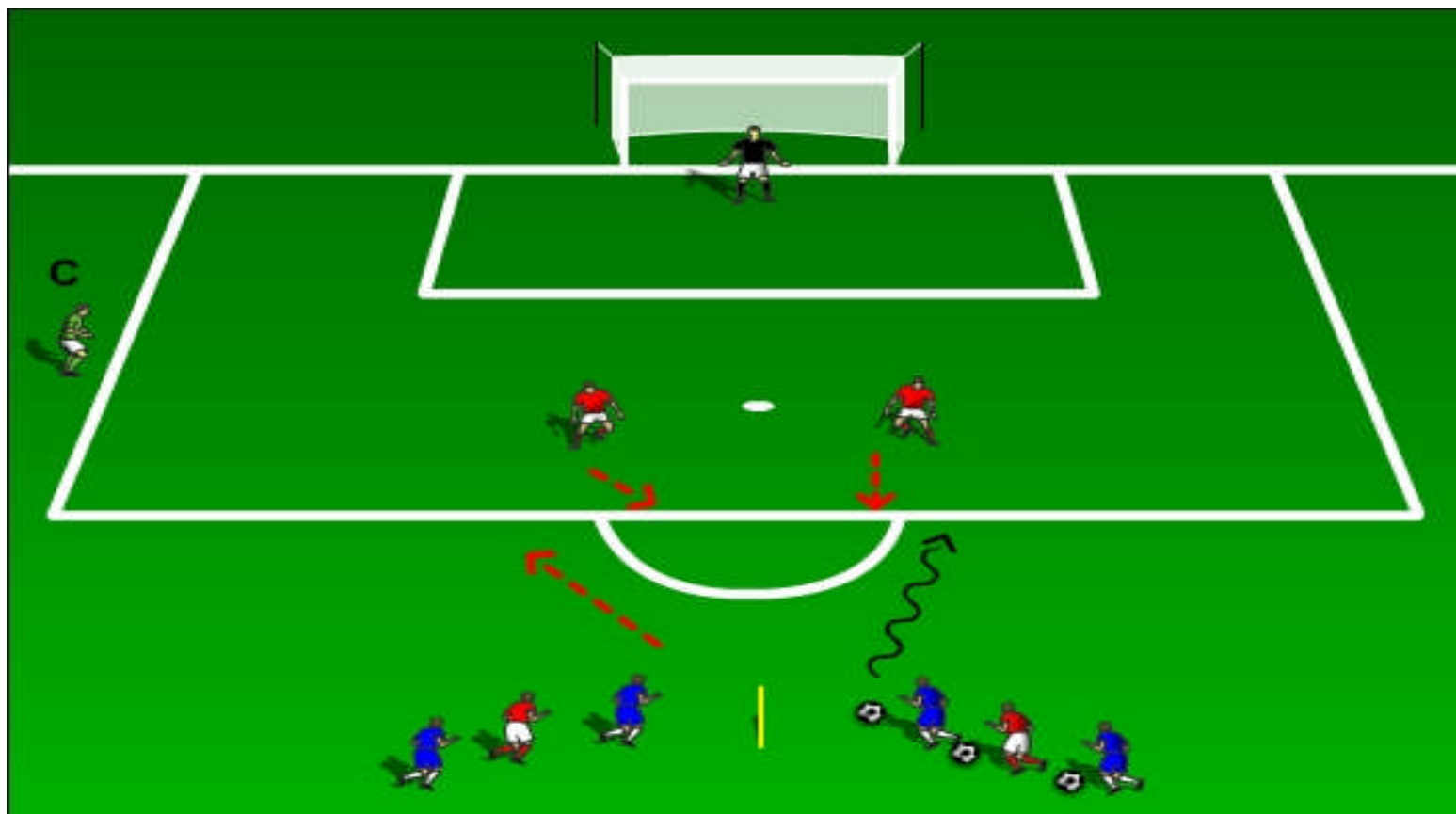
one keeper

a large number of footballs

the game is played continuously for a set time period or until a set number of goals is scored  
the players have a turn at attacking in a 1v1 situation and then immediately defending a 1v1 situation



## 2V2 CONTINUOUS

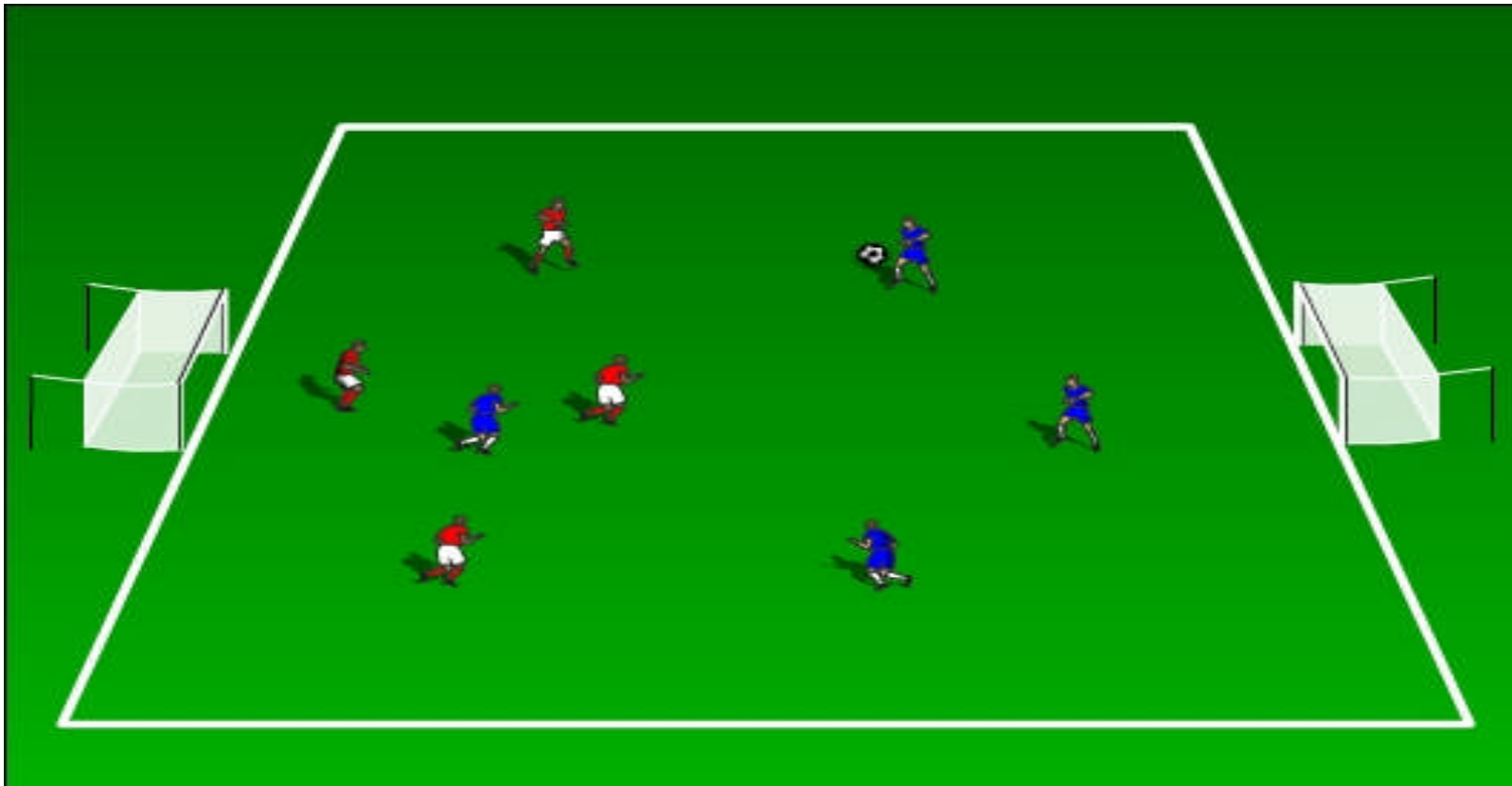


### Set up / rules

two teams of four players  
each team is divided into two groups of two players  
one keeper  
a large number of footballs

the game is played continuously for a set time period or until a set number of goals is scored  
the pairs of players have turns at attacking in a 2v2 situation and then immediately defending a 2v2 situation

# THROW TO PASS, HEAD TO SCORE



## Set up / rules

two teams of four players

the game is played by throwing and catching the ball

the player in possession cannot move with the ball

this encourages the team mates to make movements off the ball

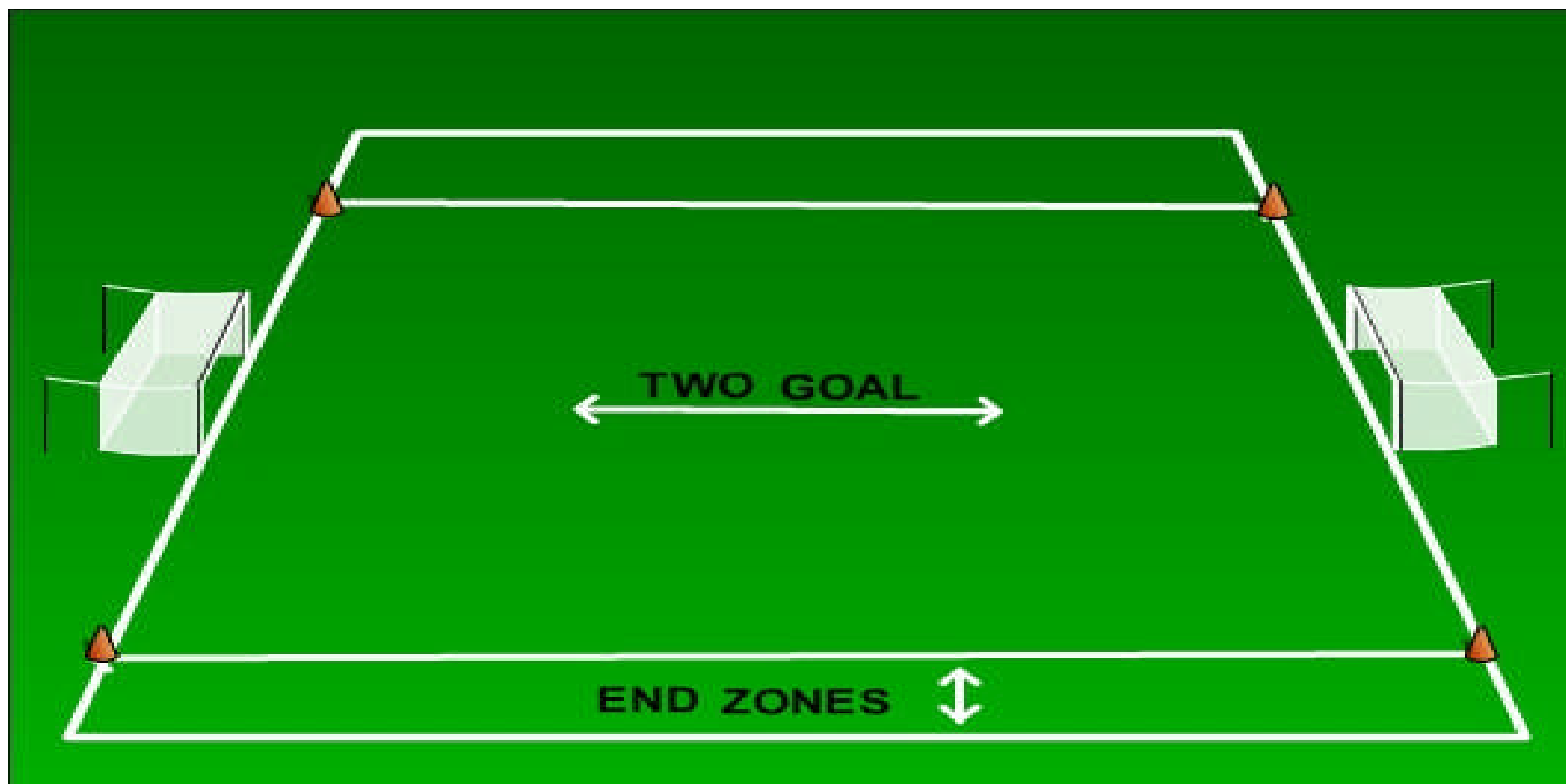
the player in possession must not have the ball in their hands for longer than 3 seconds

this encourages quick passing and decision making

a goal is scored by heading a thrown pass into the goal

a **progression** would be to allow players to score by volleying a thrown pass into the goal

## TWO GOAL AND END ZONE



### Set up/ rules

Two teams of four players

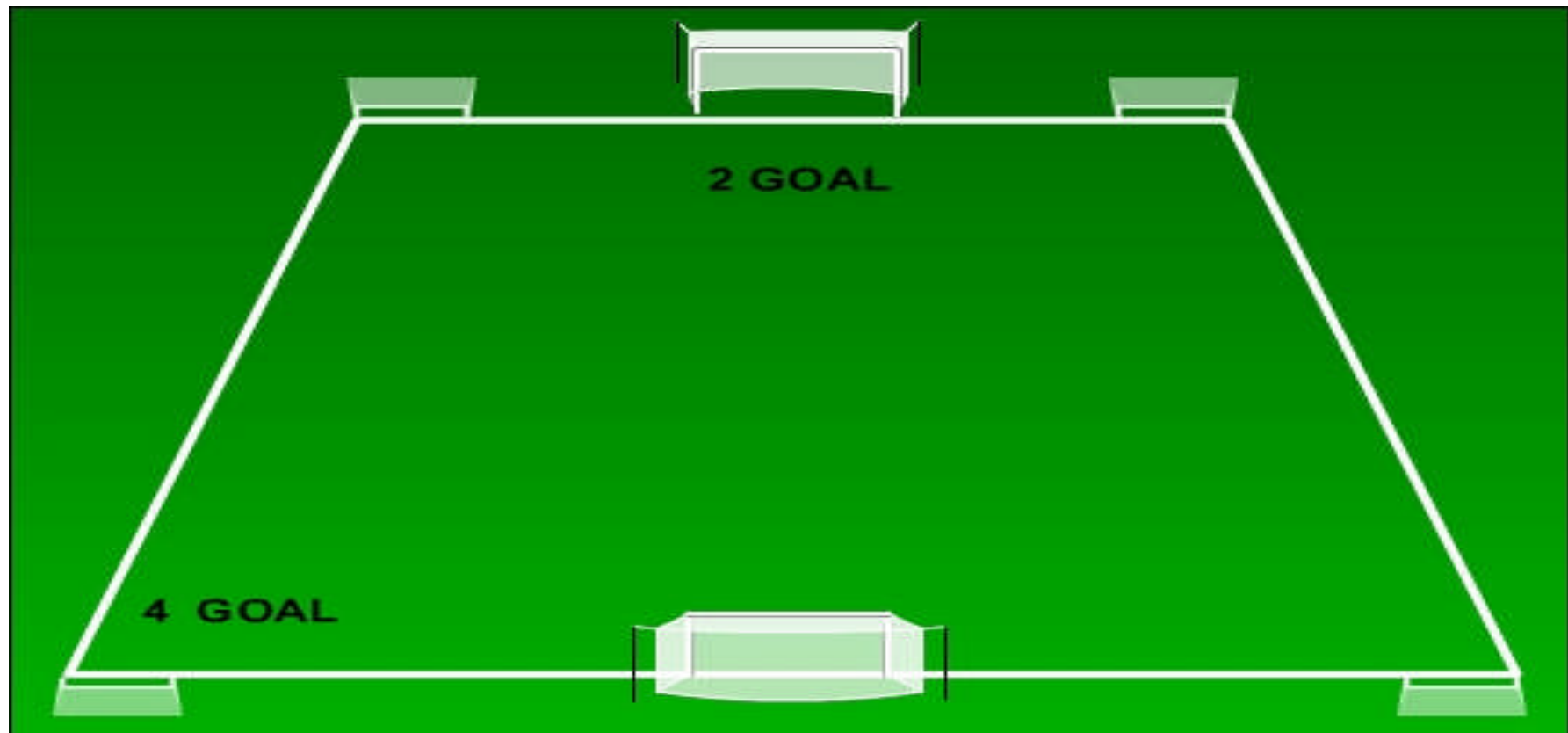
This game is a combination of two games. The two goal and the end zone games

Each team attacks one goal and one end zone

The coach calls out the name of the game to be played

The players must react to the coaches' call in order to change games quickly and take up any advantages.

## FOUR GOAL AND TWO GOAL



### Set up/ rules

Two teams of four players

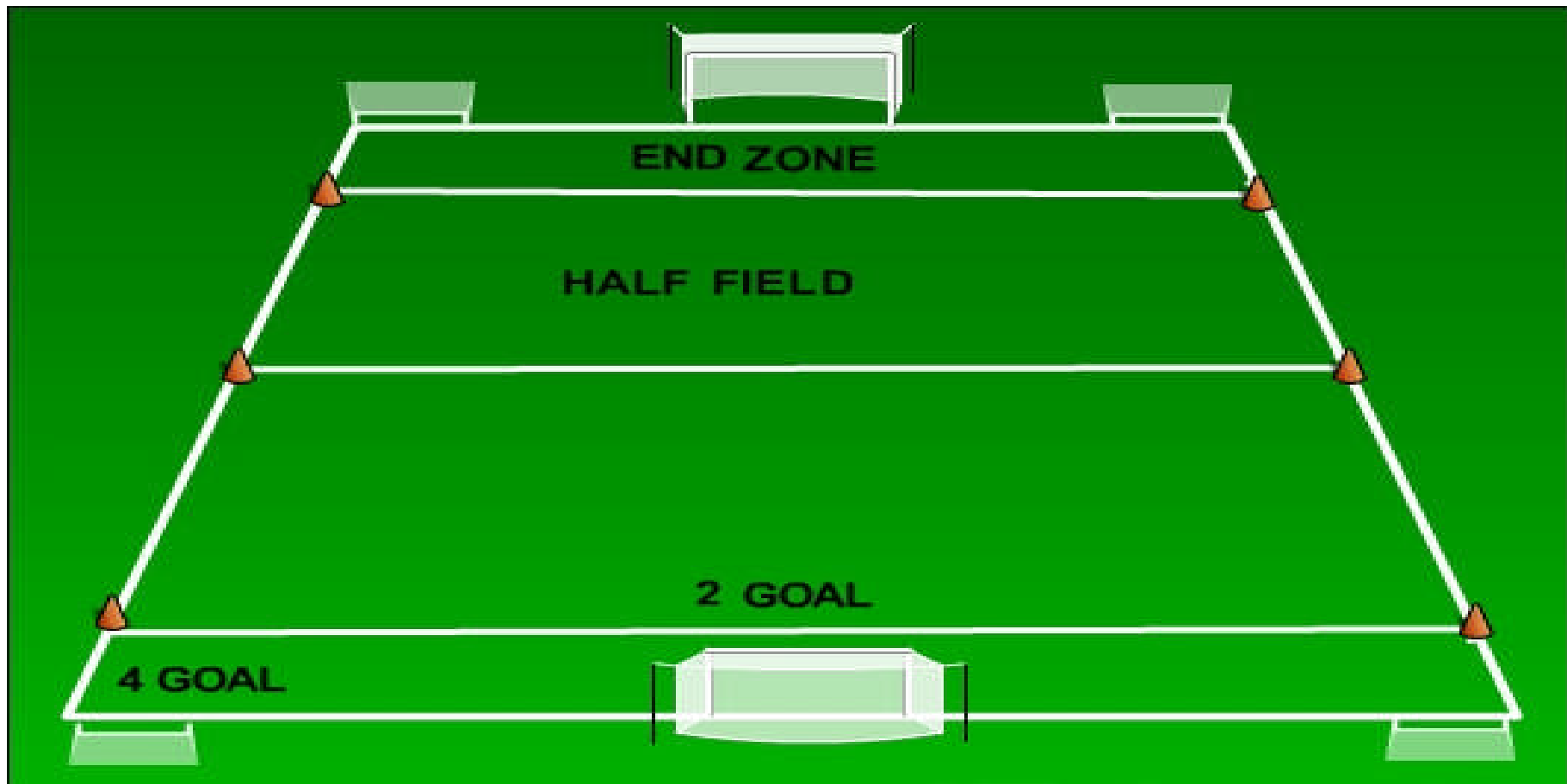
This game is a combination of two games. The two goal and the four goal games

Each team attacks one normal goal and two mini goals

The coach calls out the name of the game to be played

The players must react to the coaches' call in order to change games quickly and take up any advantages

## FOUR GOAL, TWO GOAL, END ZONE, HALF FIELD



### Set up/ rules

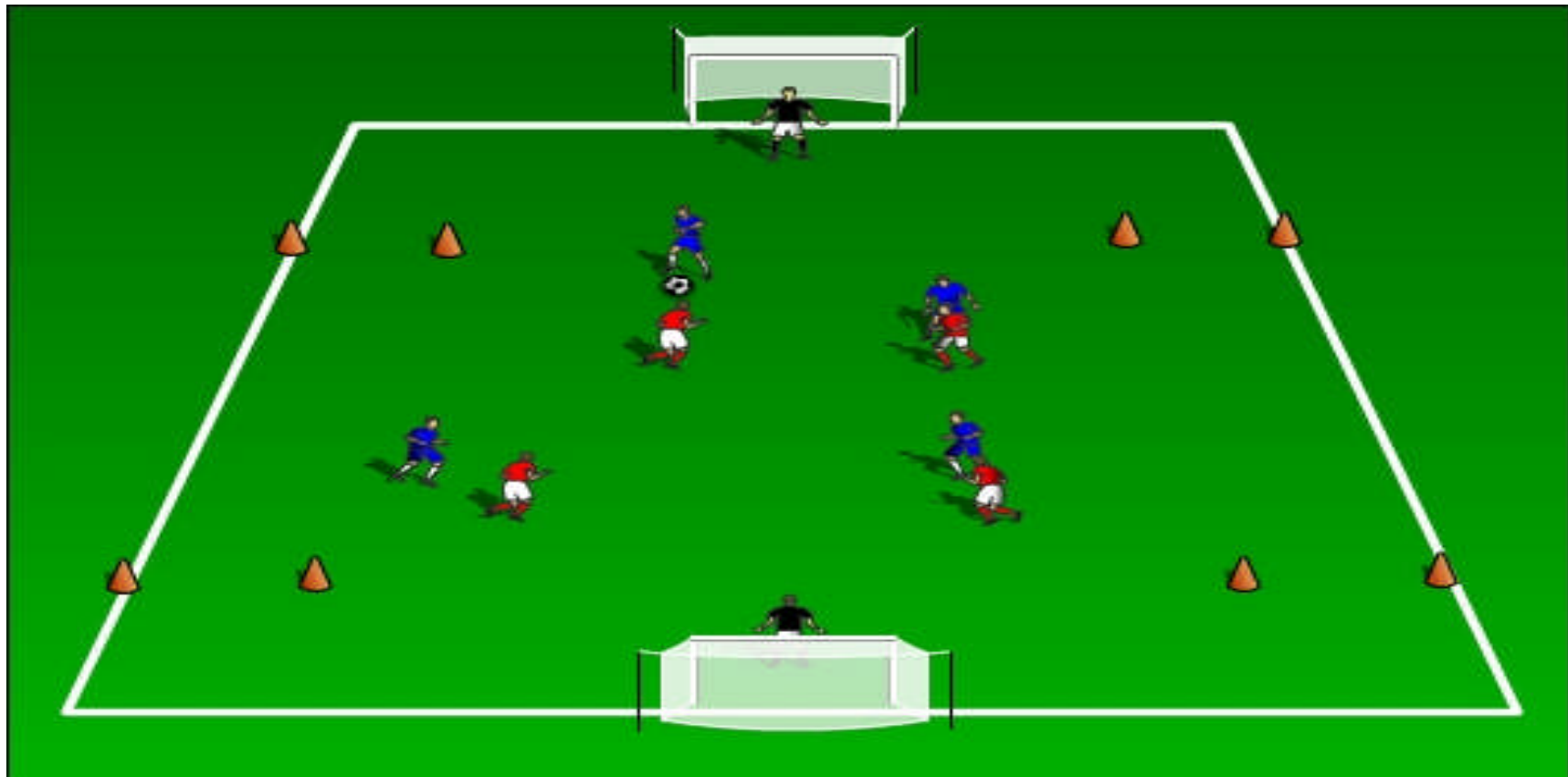
Two teams of four players

This game is a combination of four games. The two goal, the end zone, the four goal and half field possession games

The coach calls out the name of the game to be played

The players must react to the coaches' call in order to change games quickly and take up any advantages.

# THREE GAMES IN ONE



## Set up / rules

Two teams of four players

The teams have three ways of scoring

1. one point is awarded for each time a player dribbles through the attacking gate and crosses the ball
2. two points are awarded for each set of 6 consecutive passes
3. three points are awarded for scoring a goal past the keepers

## FOUR GOAL, HALF FIELD AND END ZONE



### Set up/ rules

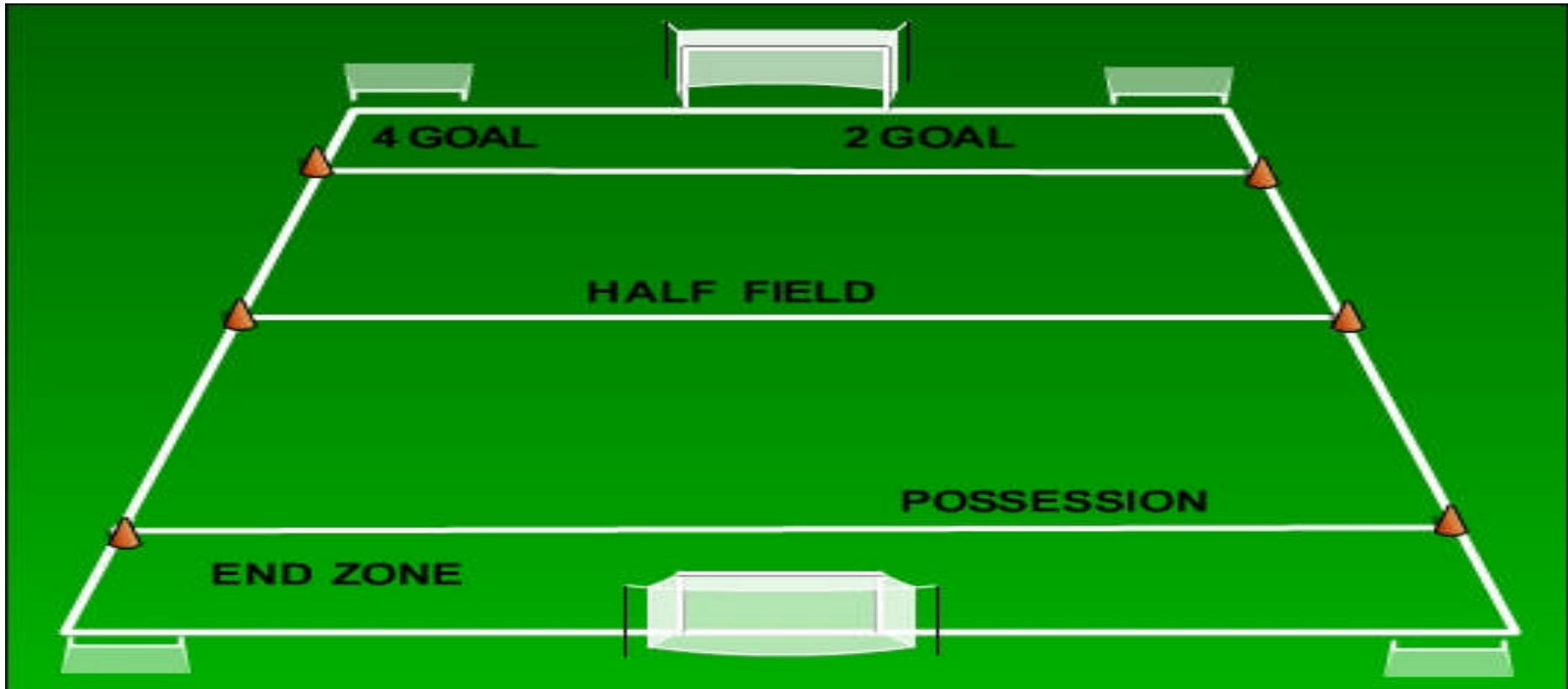
Two teams of four players

This game is a combination of three games. the end zone, the four goal and half field possession games

The coach calls out the name of the game to be played

The players must react to the coaches' call in order to change games quickly and take up any advantages

# ULTIMATE FOUR V FOUR CHALLENGE



## Set up / rules

- two teams of four players
- this game is a combination of five 4v4 games
  - 1.half field possession (1 point for getting all four players into your half)
  - 2.possession game (1 point for making 6 consecutive passes)
  - 3.end zone game (1 point for stopping the ball inside your opponents end zone)
  - 4.4 goal game (1 point for scoring in your opponents mini goals)
  - 5.2 goal game (1 point for scoring in your opponents goal)
- Each game is played for 4 minutes in the above order. The players rest for 1 minute between games.
- Once all five games have been played, the game then goes into "random mode" for a further ten minutes.
- The coach now calls the game to be played. The players must react quickly to the coaches' call and play the new game
- Each game is scored in different ways (see the brackets above)



## 4V4 BUILD UP TO SCORE



### Set up/ rules

two teams of four players

one keeper

one team work as the attackers

one team work as the defenders

the game is played for four balls and then the roles are reversed

to start, the attackers spread out across the pitch whilst only one defender starts the game.

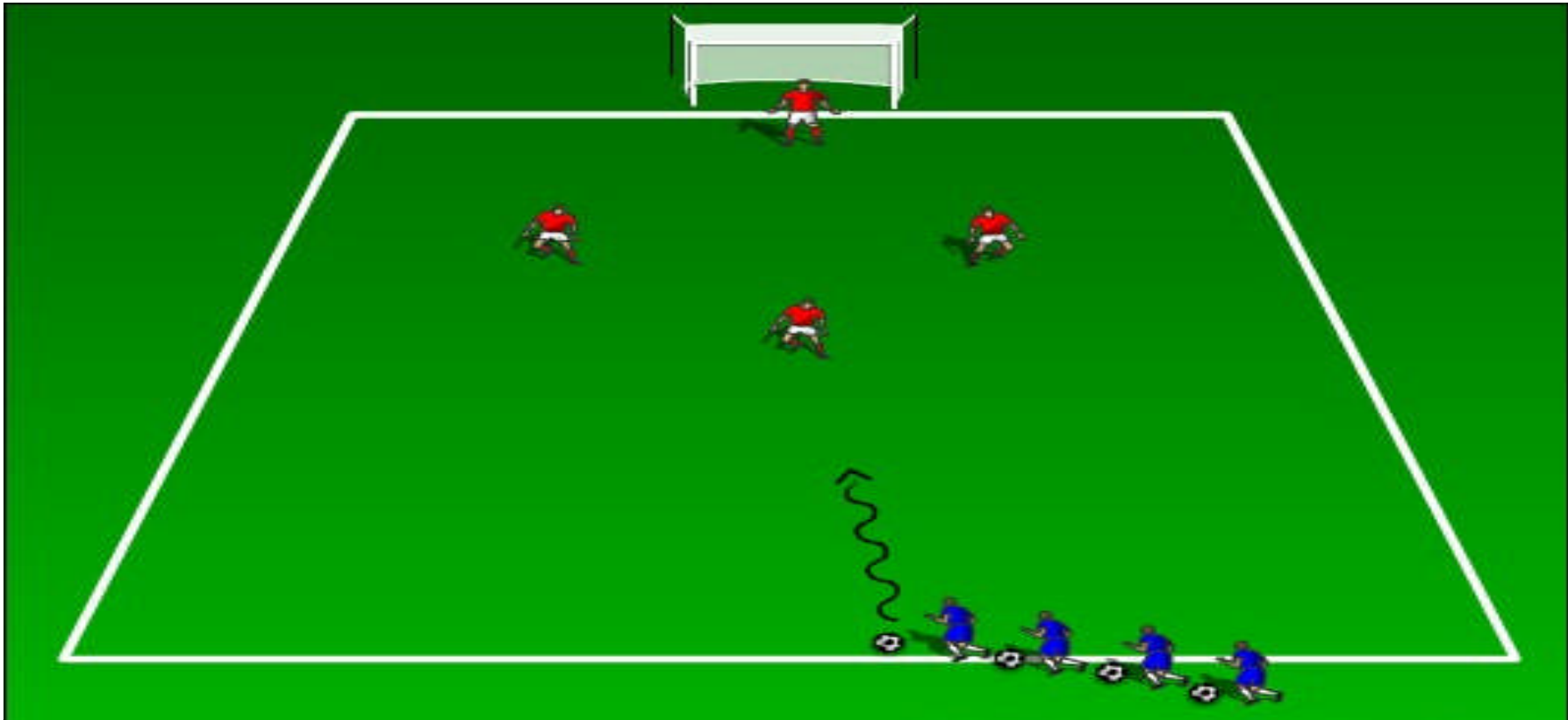
The attacking team receives a pass from the coach and attempt to build up and score in a 4v1 situation.

After each ball is played, a new defender enters the pitch. Therefore the attacking team has four attacks (4v1, 4v2, 4v3, 4v4)

Each time the attackers score, they are awarded a point, however each time they fail to score the defenders are rewarded with a point.

The roles are reversed after all four balls have been played

## 4V4 OVERLOAD DEFENDING



### Set up / rules

- two teams of four players
- one team work as defenders
- one team work as attackers
- the game lasts for four attacks
- the defending team number themselves 1 to 4 and each take a turn as goalkeeper
- the defending team score a point for each time they stop the attackers scoring
- the attacking team score a point for each goal scored

To start the game, one attacking player dribbles into the pitch and attempts to score in a 1v3 situation. Once this ball has been played a new attacker dribbles into the pitch and attempts to combine with his team mate in a 2v3 situation. The game continues until all attackers are on the pitch and the game is a 4v3 (+1) situation

## CONTINUOUS 2V1 GAME



### SET UP/RULES

- two teams of four players
- two keepers
- each team defends one goal
- two players start on the pitch
- the blue team start first and one player must dribble onto the pitch to make a 2v1 situation
- immediately after this ball is played, one of the blue players leaves the pitch
- now one of the red players dribbles onto the pitch to make a 2v1 situation
- the game works continuously for a set time period

# 4V4V4 TEAM 1V1 BATTLES



## Set up / rules

three teams of four players

one team work as attackers, one as defenders and one as goalkeepers

16 balls are needed for this game

the attacking players wait for the coaches whistle, then attempt to score in a 1v1 situation

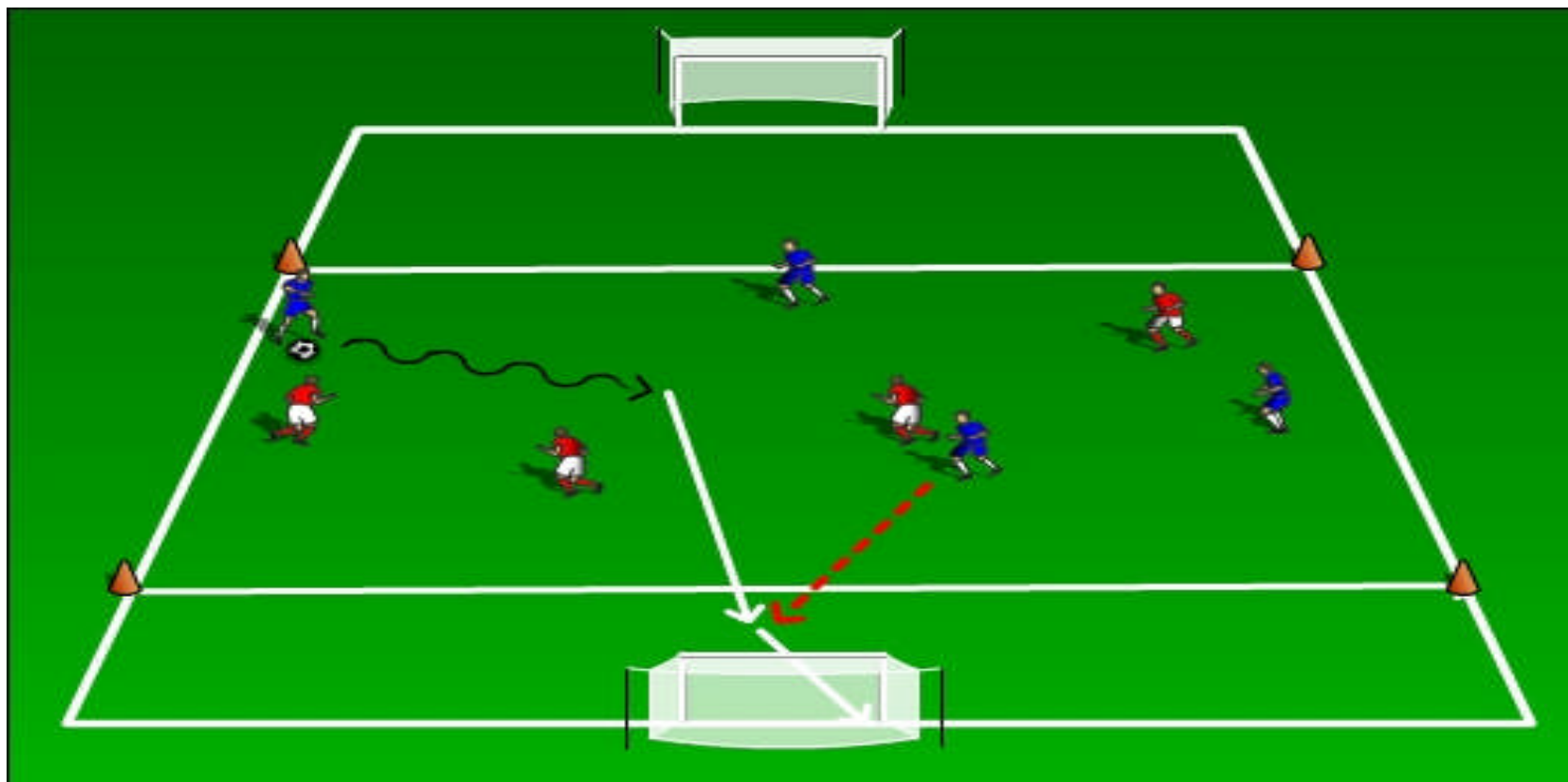
once the ball is played, the attacking player then goes to the next station on their left and waits for the coaches whistle to attack again

therefore each attacking player has four 1v1 situations

once all the balls have been played, the coach counts the total number of goals scored by all four attackers

the roles are then reversed with the new attacking team attempting to beat the previous teams score

## TWO GOAL GAME – SCORE IN THE END ZONE

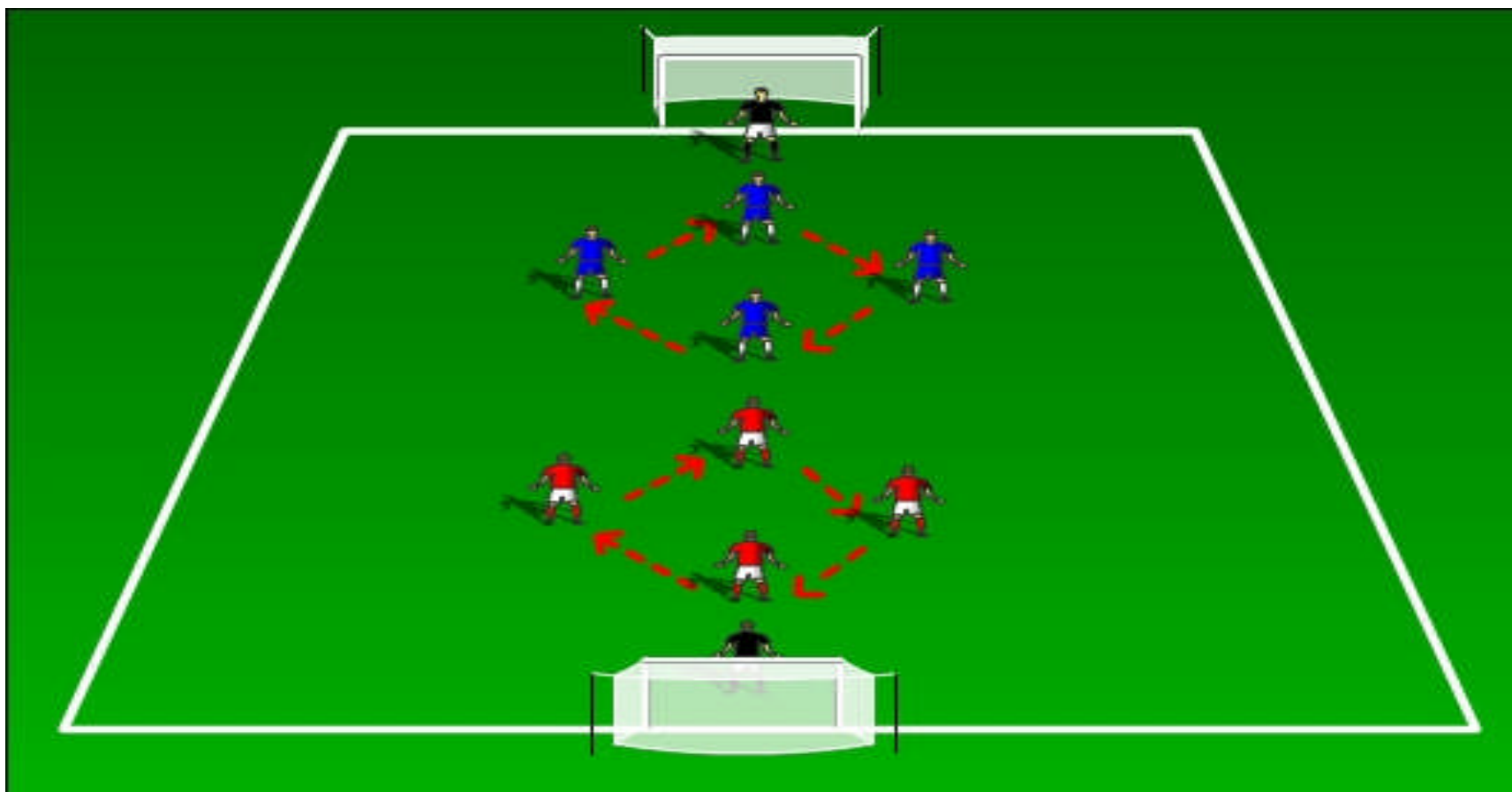


### Set up / rules

two teams of four players  
the pitch has two end zones and two empty goals  
a goal can only be scored from inside the end zones  
if ball leaves play, the coach has a few re-start options

- 1 –the coach passes a new ball onto the pitch
- 2 –the players take a roll in
- 3 –the players take a throw in
- 4 –the players make a pass onto the pitch
- 5 – the players dribble onto the pitch

## TWO GOAL GAME – ROTATE POSITIONS

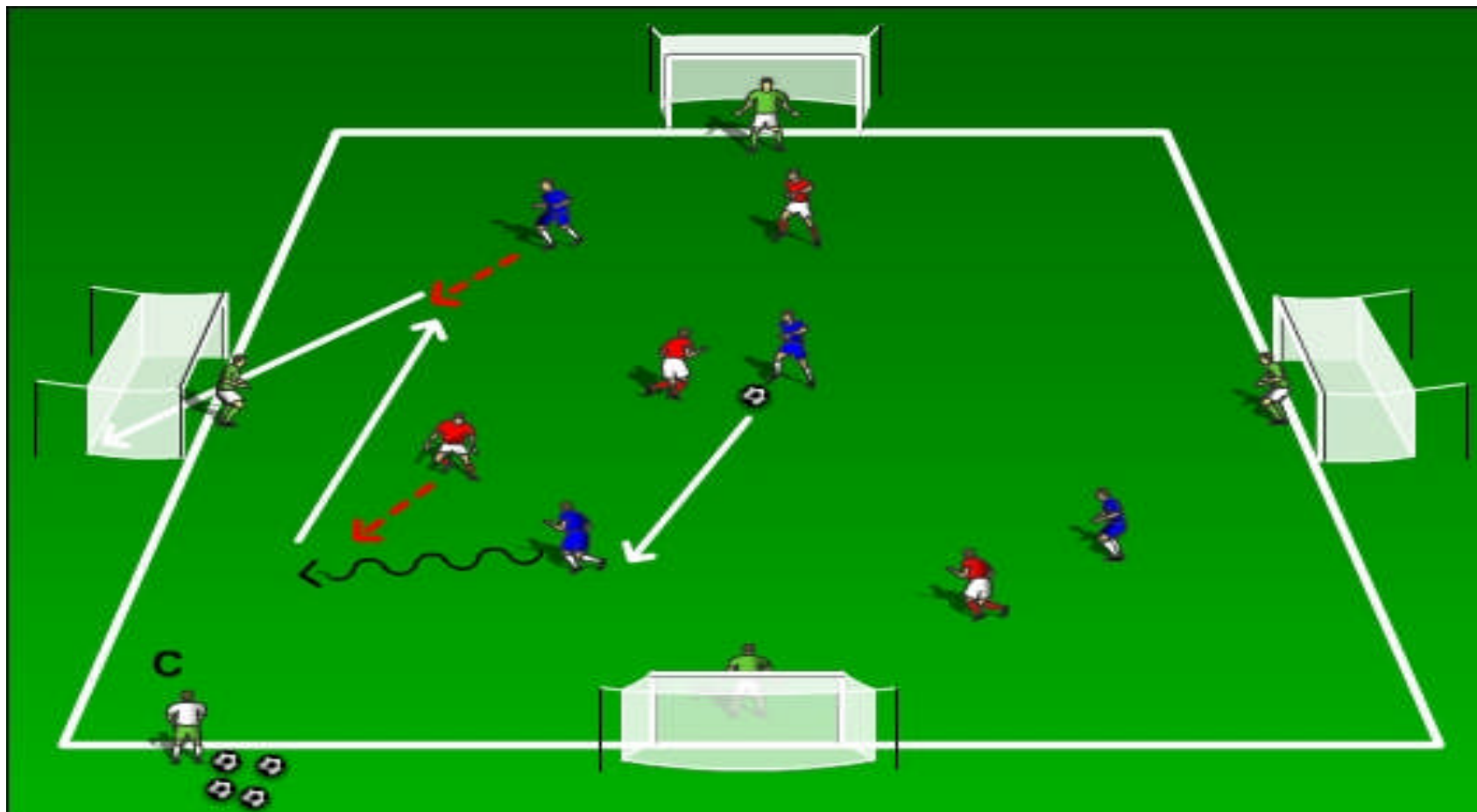


### Set up / rules

two teams of four players  
two keepers  
no offside

The game is played for 15 minutes. This is broken down into 4x3 minute periods with one minute breaks in between. After each 3 minute period the players rotate to the next position on their right. This rule will see the players playing in all four positions of the diamond [top, bottom, left and right] also the players will also come up against a different opponent in each period of the game

## FOUR GOAL GAME – MUST SCORE IN EACH GOAL



### Set up / rules

two teams of four players

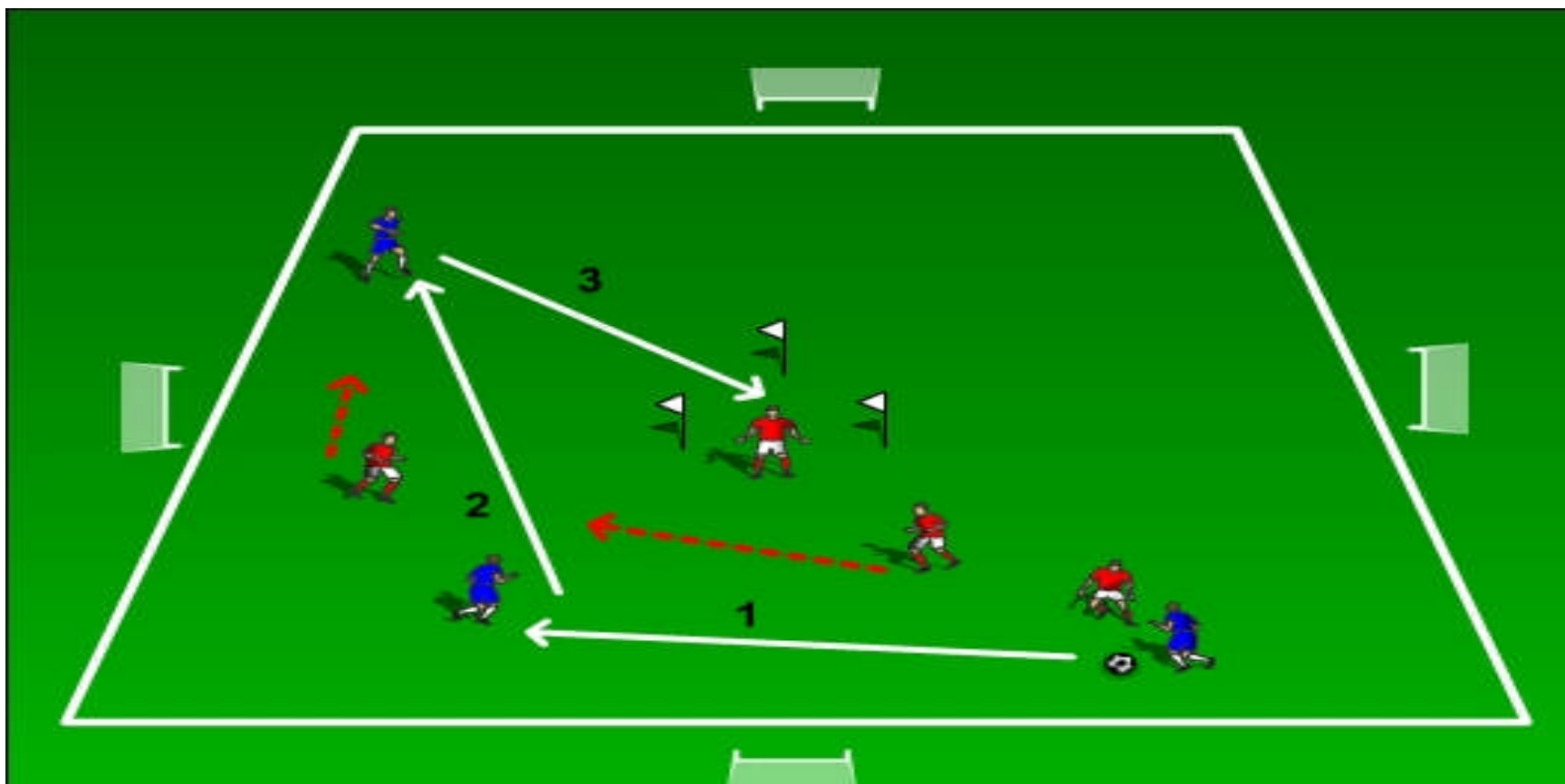
four keepers

no offside

The aim for both teams is to score in all four goals.

The team to complete this task first is declared the winners

# TRIANGLE GOAL



## Set up / rules

Two teams of four players

Four mini goals

Three flags to make a triangle goal

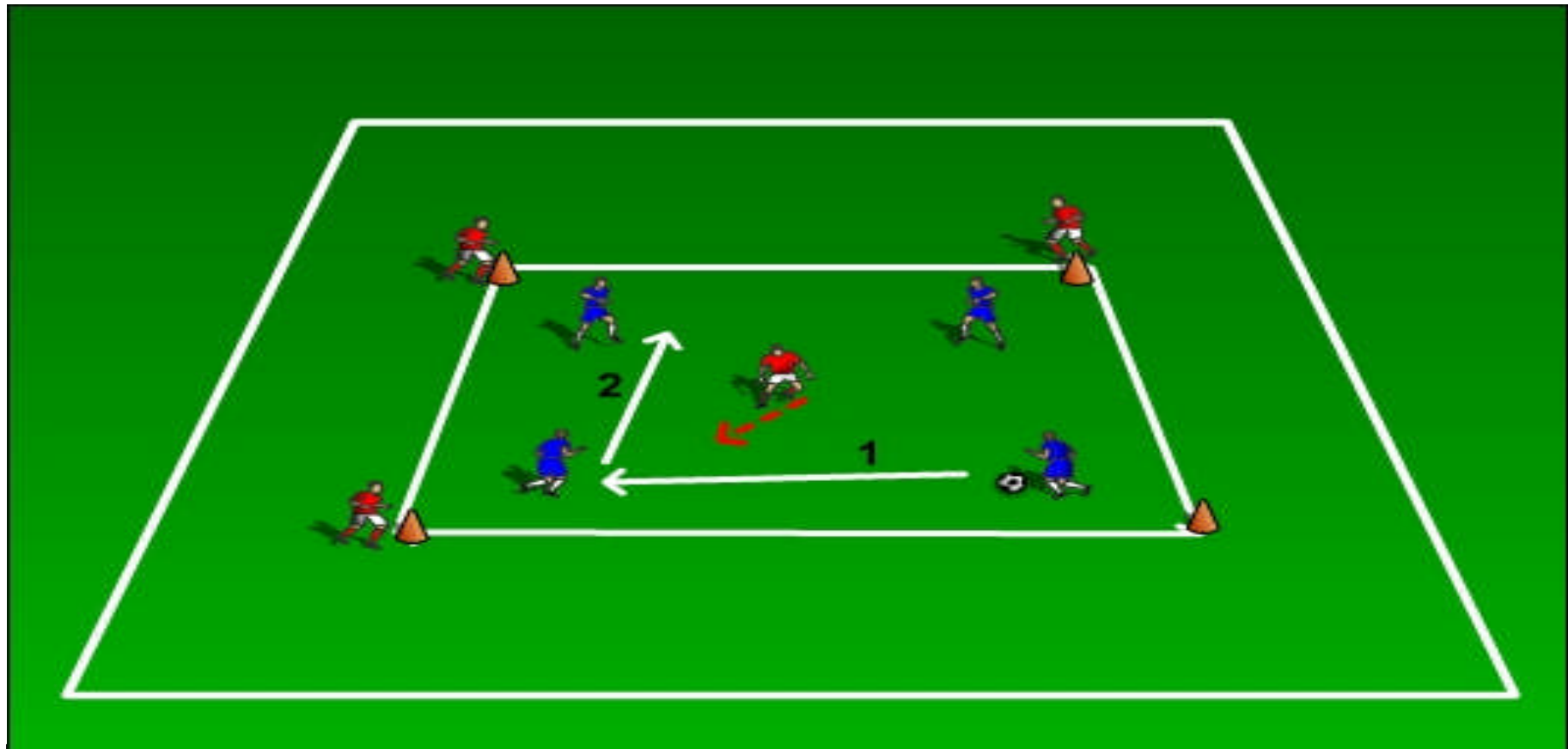
One team is defending the triangle goal and one team is defending the four mini goals.

The team that is defending the triangle goal must nominate a goalkeeper whilst the other three players try to pressure and win the ball.

The game is played for two periods. The roles are reversed for the second period



# POSSESSION - ADD ONE



## Set up / rules

two teams of four players

one team work as the passing team

one team work as the defending team

the passing team spread out into the 15 x 15 yard area and begin the game by playing 4v1

After 30 seconds, an extra defender is added to make the game 4v2, 4v3, 4v4 etc

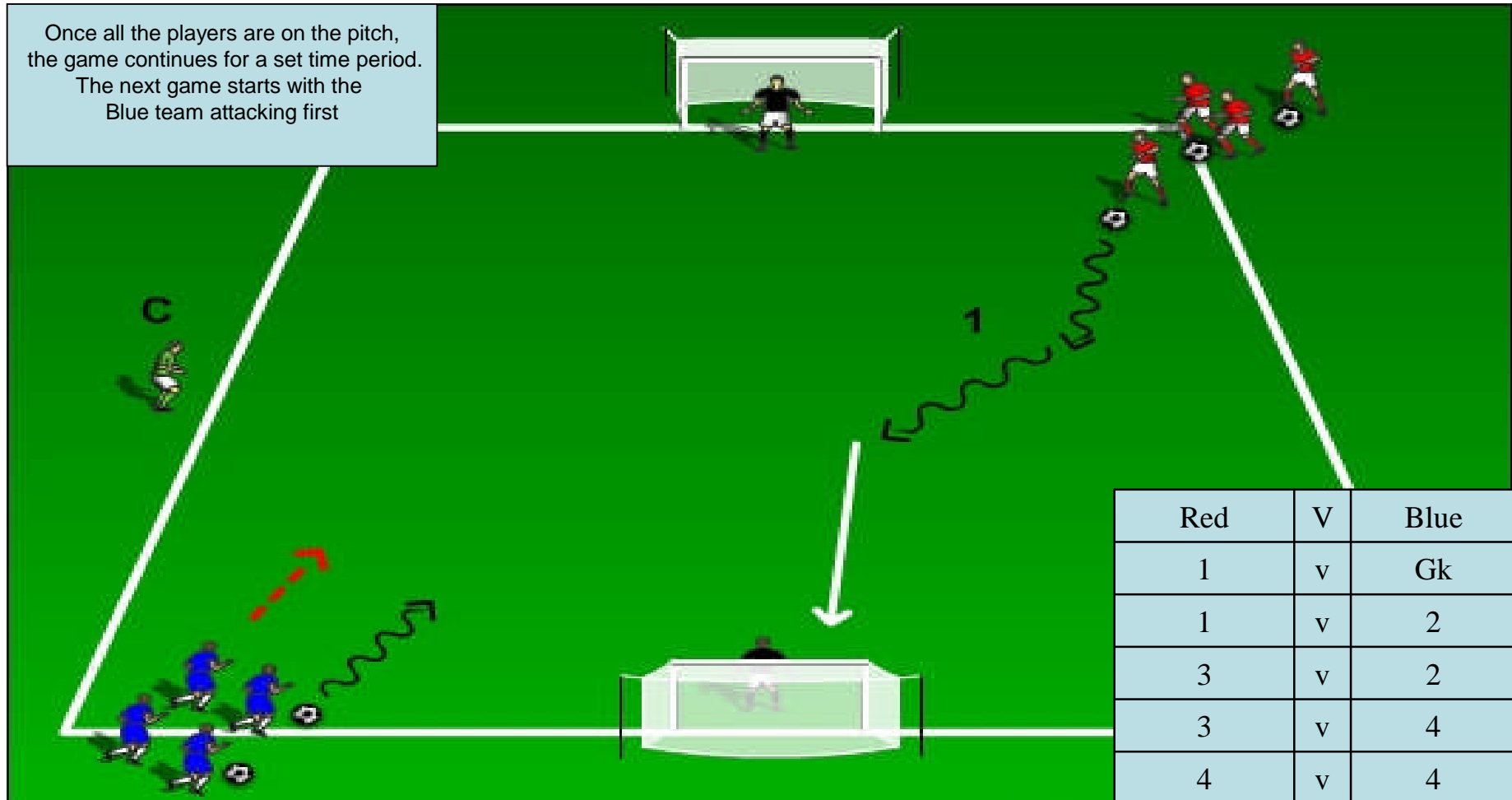
the game is played for 2 ½ minutes

the passing team must count the number of successful passes that they make

the teams rotate roles for the next game and the new passing team tries to beat the number of passes made by their opponents

# OVERLOAD GAME CONTINUOUS

Once all the players are on the pitch,  
the game continues for a set time period.  
The next game starts with the  
Blue team attacking first



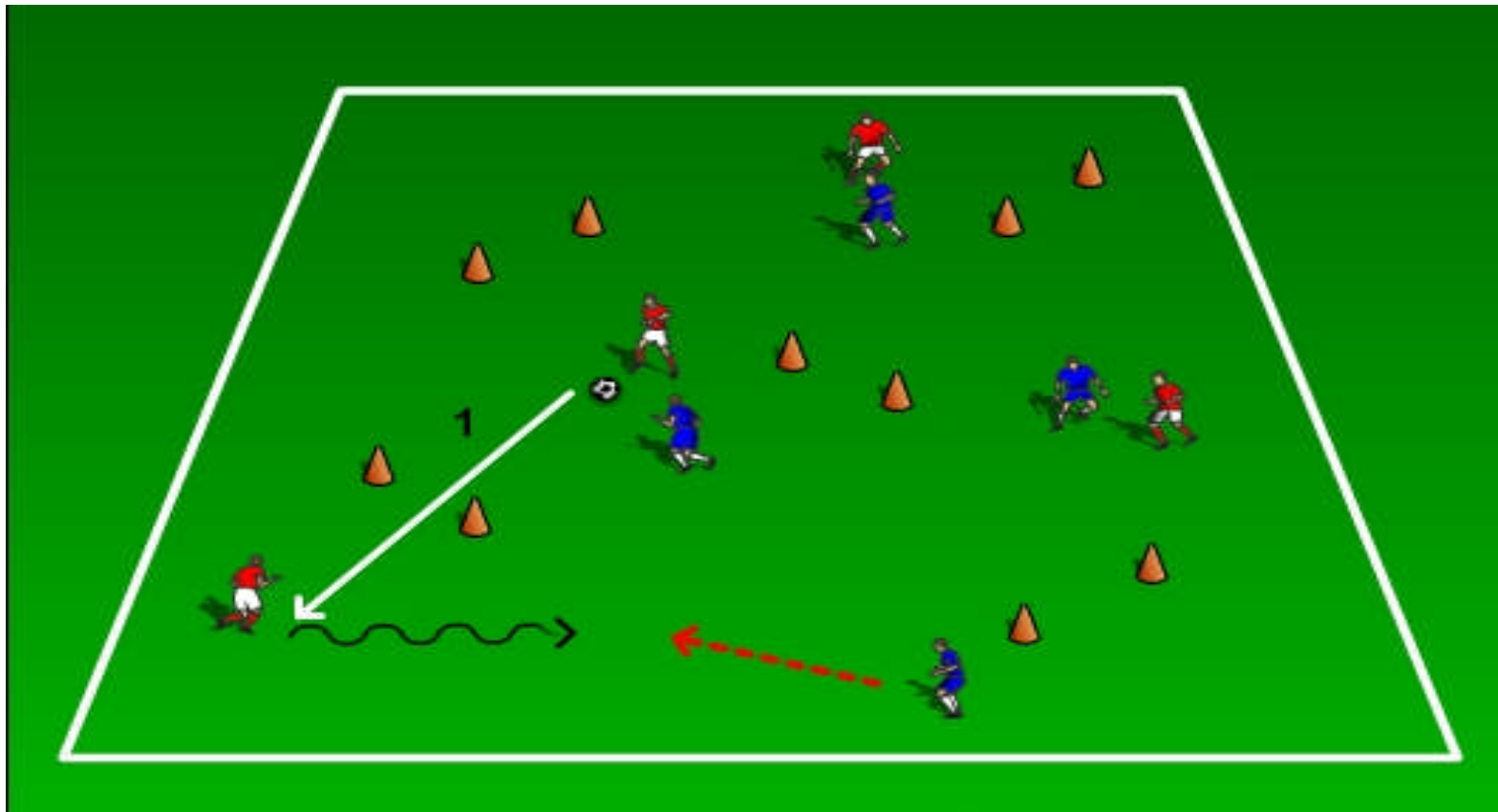
## Set up / rules

two teams of four players  
two goalkeepers

To start the game, the first player on the red team has three touches to score against the blue goalkeeper. Immediately after this ball has been played, two blue team players enter the pitch and make a 2v1 situation against the red player. The game continues until all the players are on the pitch.

The series of attacks is as follows

# GATES GAME

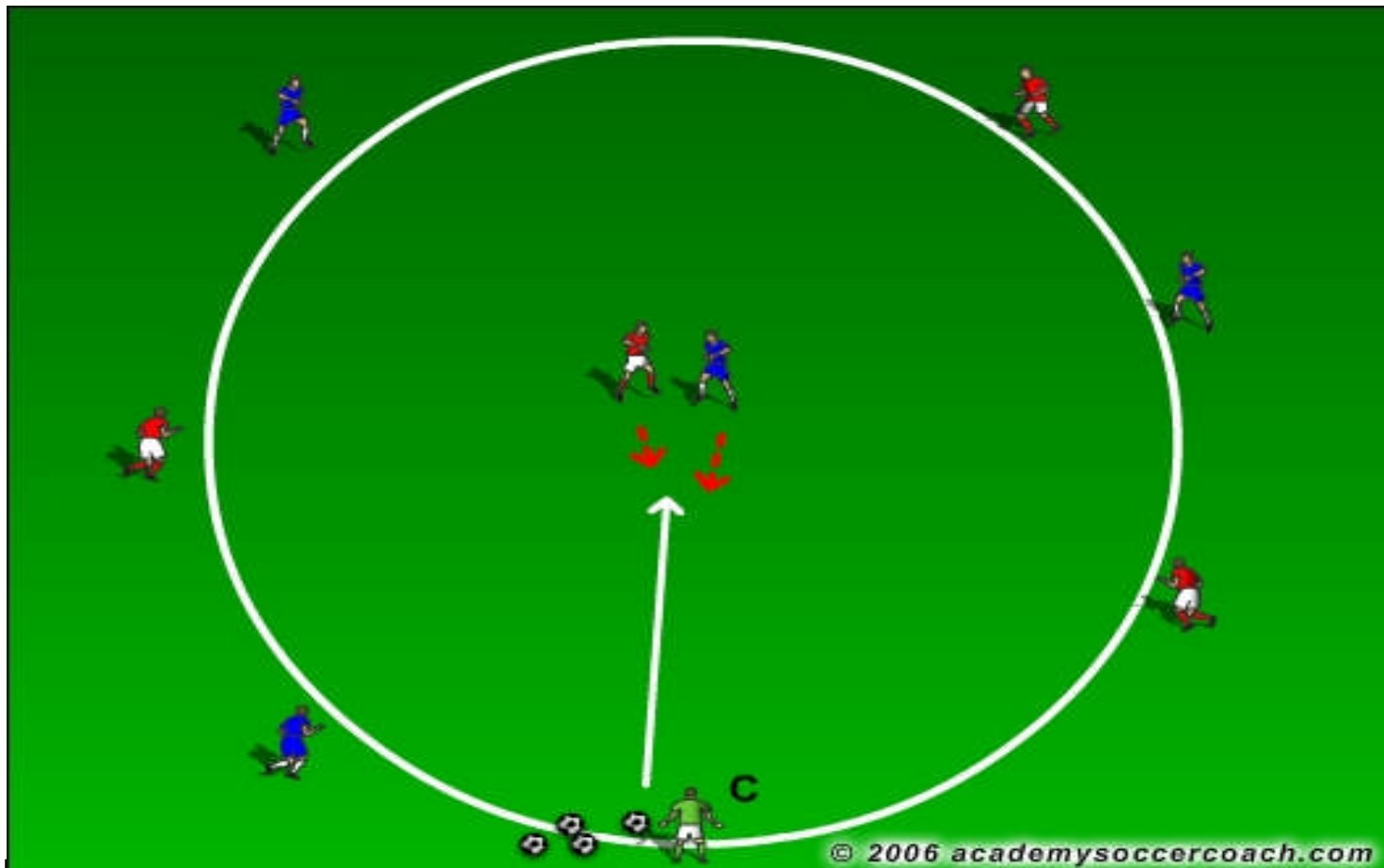


## Set up/rules

two teams of four players  
Gates are placed around the pitch

- the player in possession must dribble through a gate to score
1. the player in possession must make a pass through the gate to a team mate
  2. the player in possession can use both of the choices above

# FREE YOUR TEAM MATE



## Set up/rules

Two teams of four players

Each team has one player on the pitch and three players on the outside

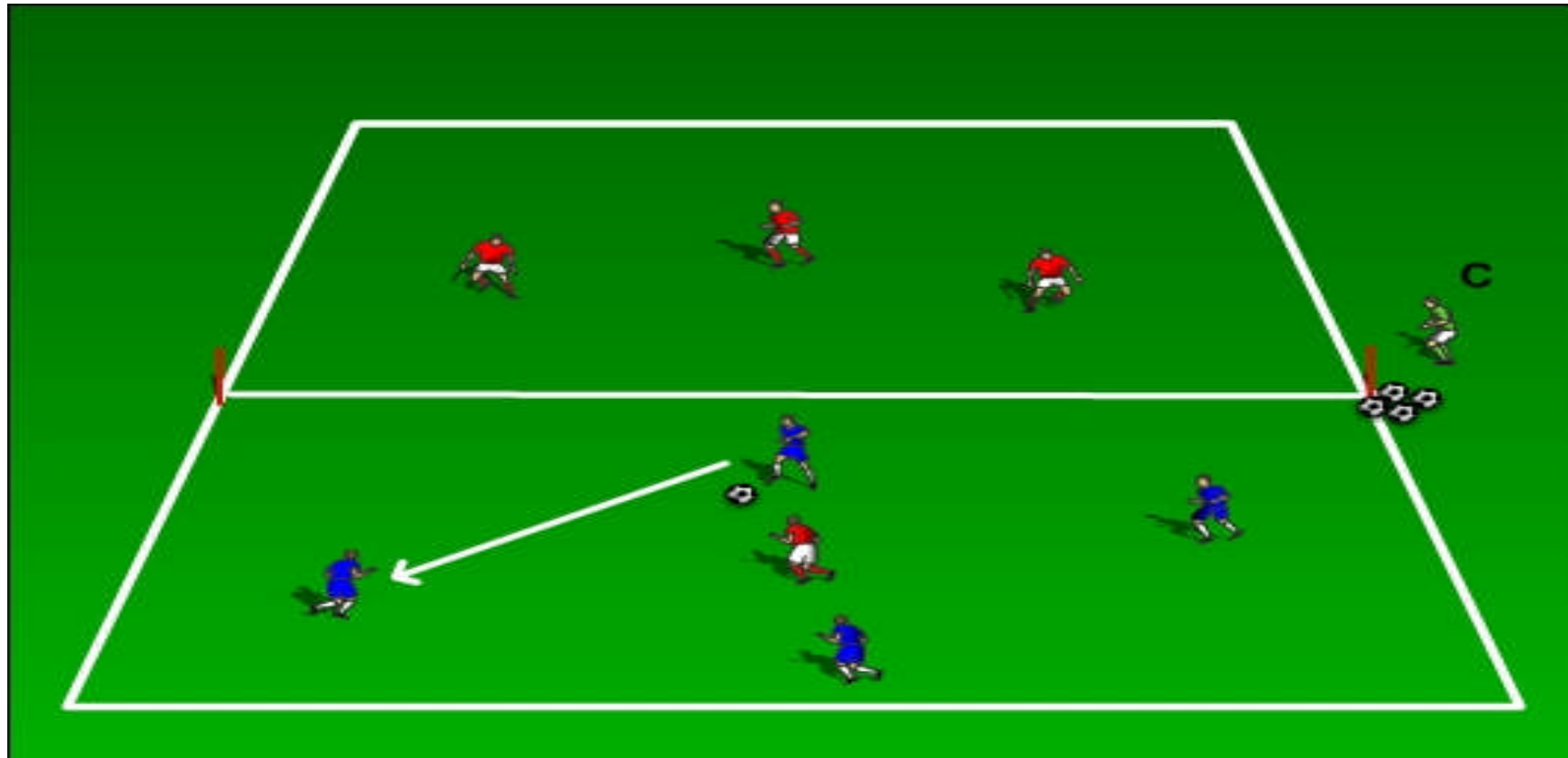
To start, the coach passes a ball into the pitch. the two players compete for possession

the player who wins the ball attempts to pass out to a team mate

if successful, the team mate enters the pitch and makes a 2v1

the winning team is the one that has all four players on the pitch and completes 6 consecutive passes

# HALF FIELD POSSESSION



## Set up/rules

two teams of four players

the pitch is cut into two half's , one team in each

To start, the coach passes into one of the teams, and calls for a player to go into that half and defend

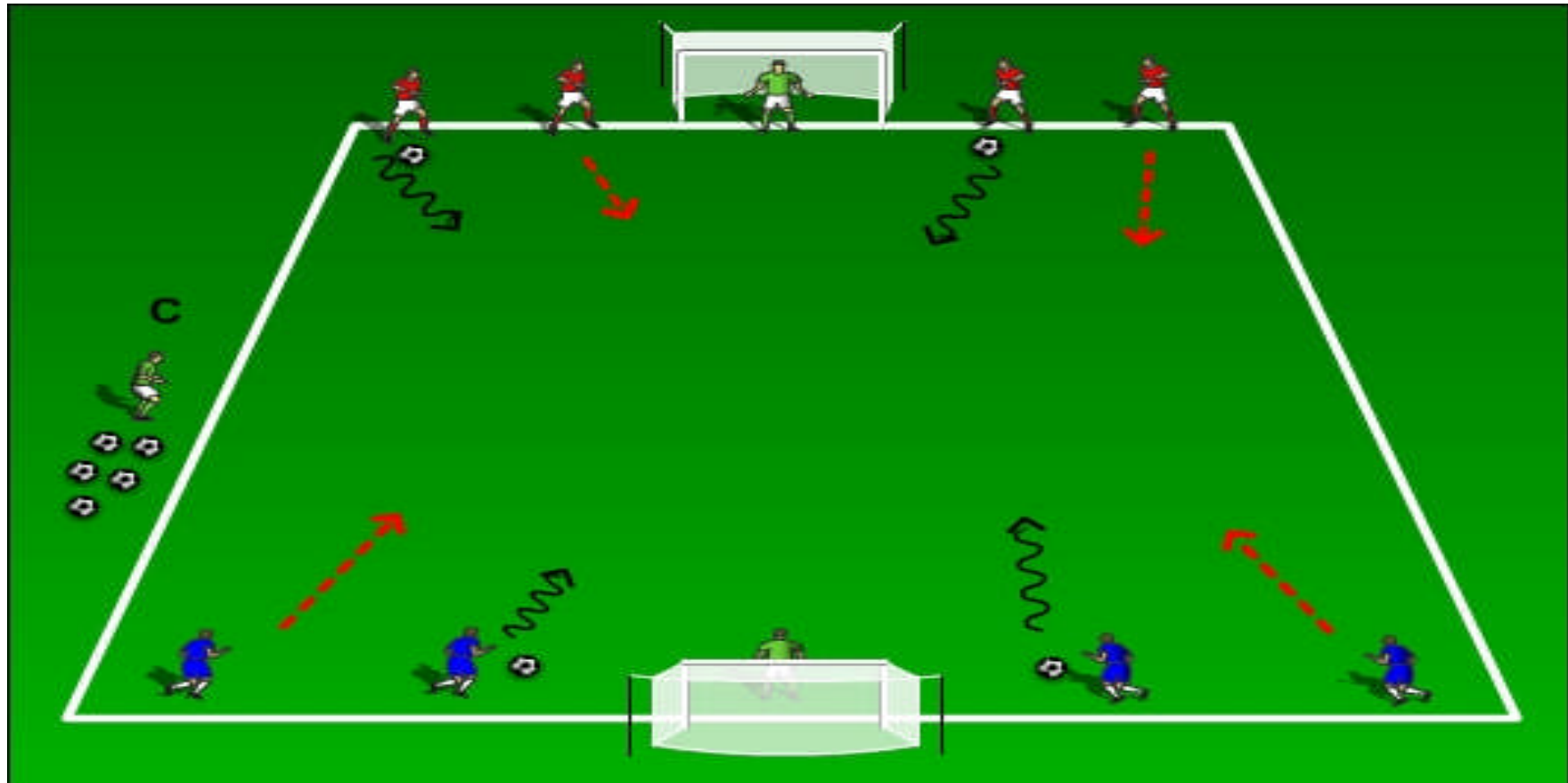
If the team manages to make five passes, the coach calls for another player to go and defend in a 4v2

If the ball is dispossessed then the game transfers to the opposite half and the roles are reversed

The player guilty of losing possession must now run and defend in the other half

The winning team is the one that has all four of their opponents in their half and manages to make 5 passes.

# MULTI BALL GAME



## Set up/rules

two teams of four players

two keepers

each team has two balls

to start, the coach blows the whistle and both teams enter the pitch

each team has two balls to attack with but must also defend two balls

the game continues until all four balls have left the pitch

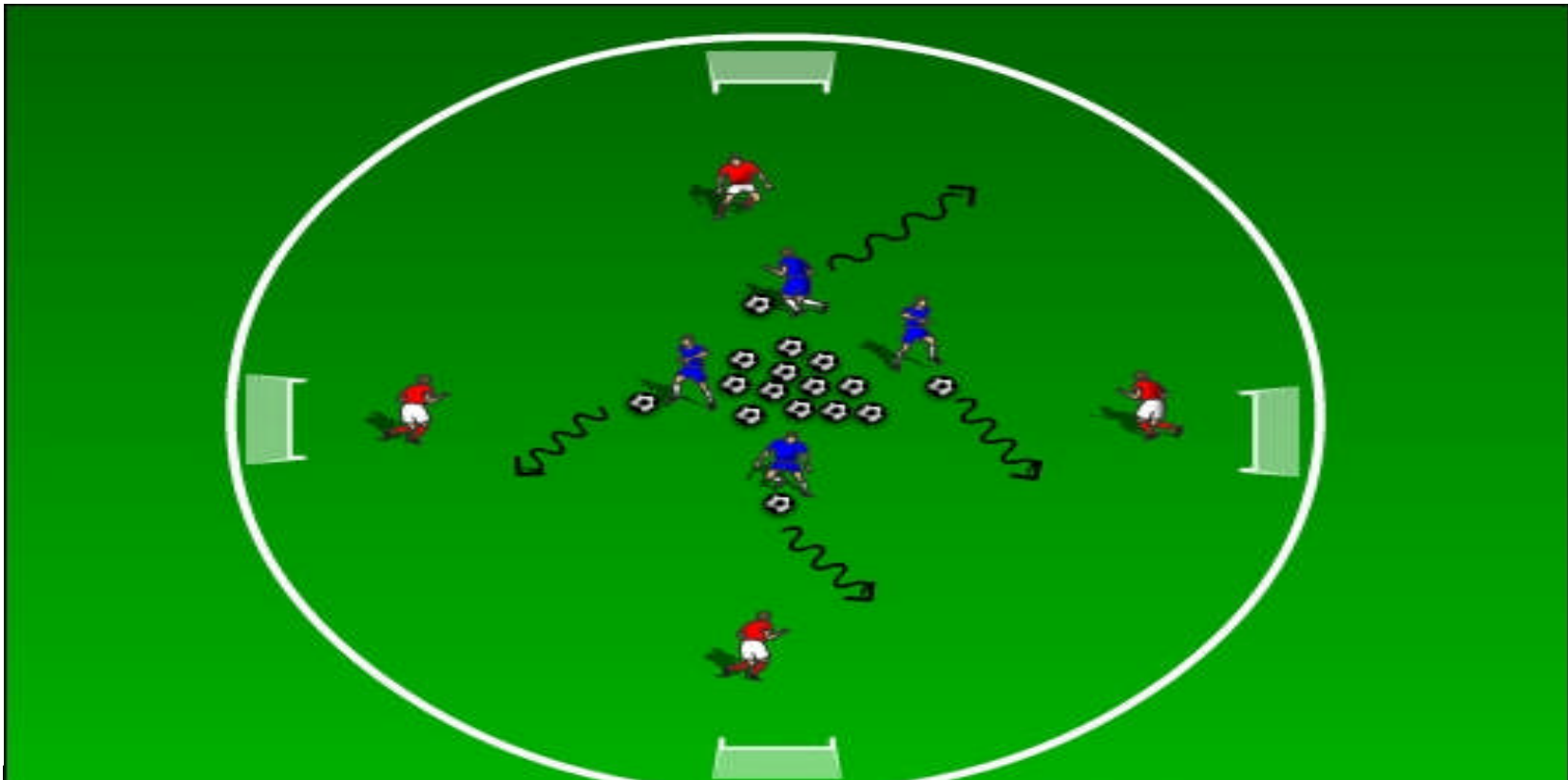
the coach then continues the game for a further five balls which are played one at a time

once all five balls have been played, the coach counts the goals scored and declares the winning team

"Stick with this game. The players will soon learn to communicate as to who should defend and who should attack..

The players will also learn that they must react to the next ball and quickly support their team mates"

# MULTI-GOAL GAME



## Set up/rules

two teams of four players

four mini target goals

a number of footballs in the centre of the pitch

one team work as the attackers

one team work as the defenders

the attacking team attempt to score as many goals as possible until all the balls have been played

the defending team must try to stop the attacking team

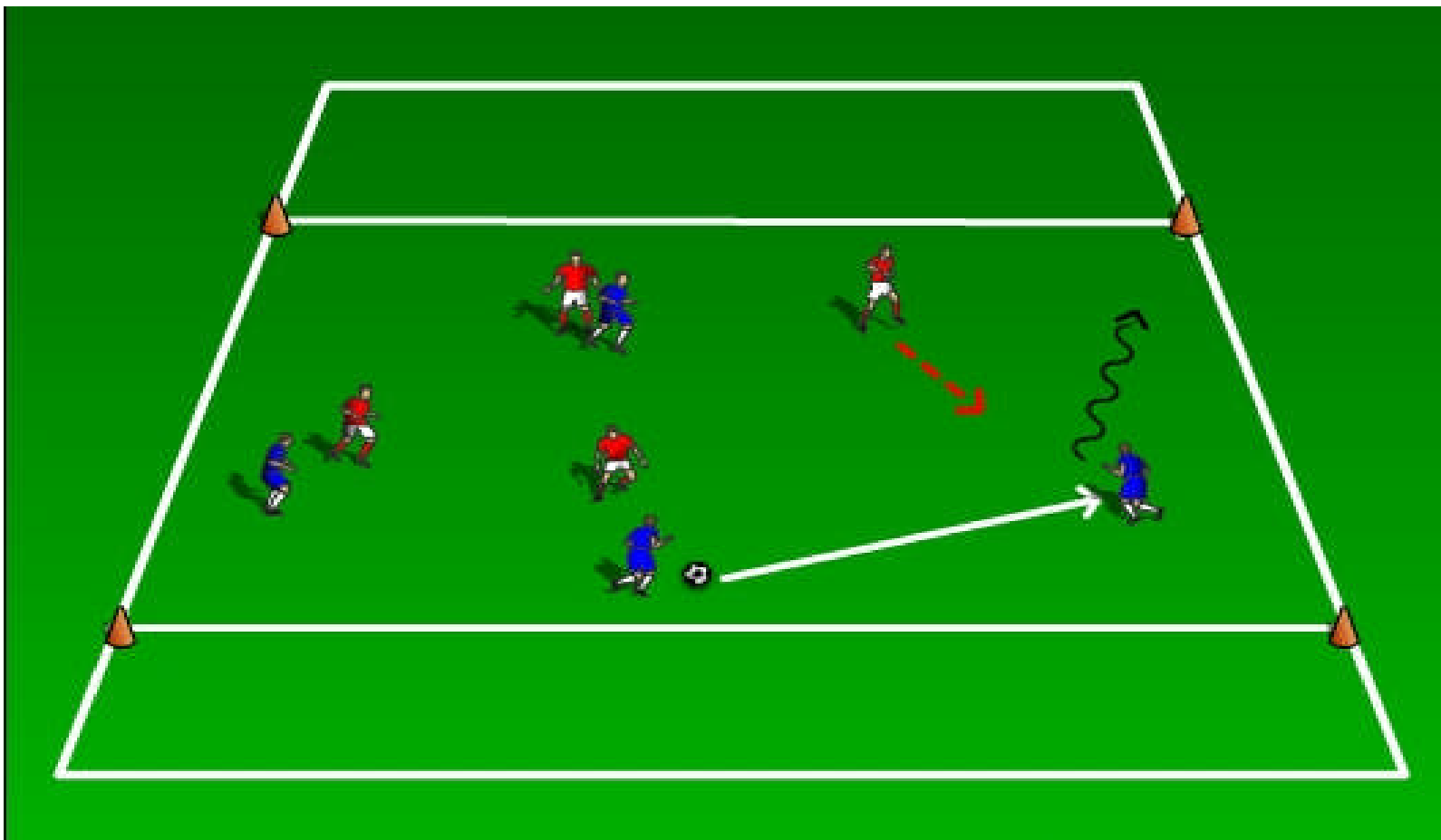
To start, the attacking players have a ball each and must try to score in the mini goals.

Once the ball has been played the attacking player must quickly race back to the centre and retrieve a new ball and attack again.

The game will start with four 1v1 situations but, as the balls decrease it will become a variety of 2v1, 2v2, 3v2's etc

Once the last ball has been played, the coach counts the goals scored and the roles are reversed for the next game

## END ZONE GAME

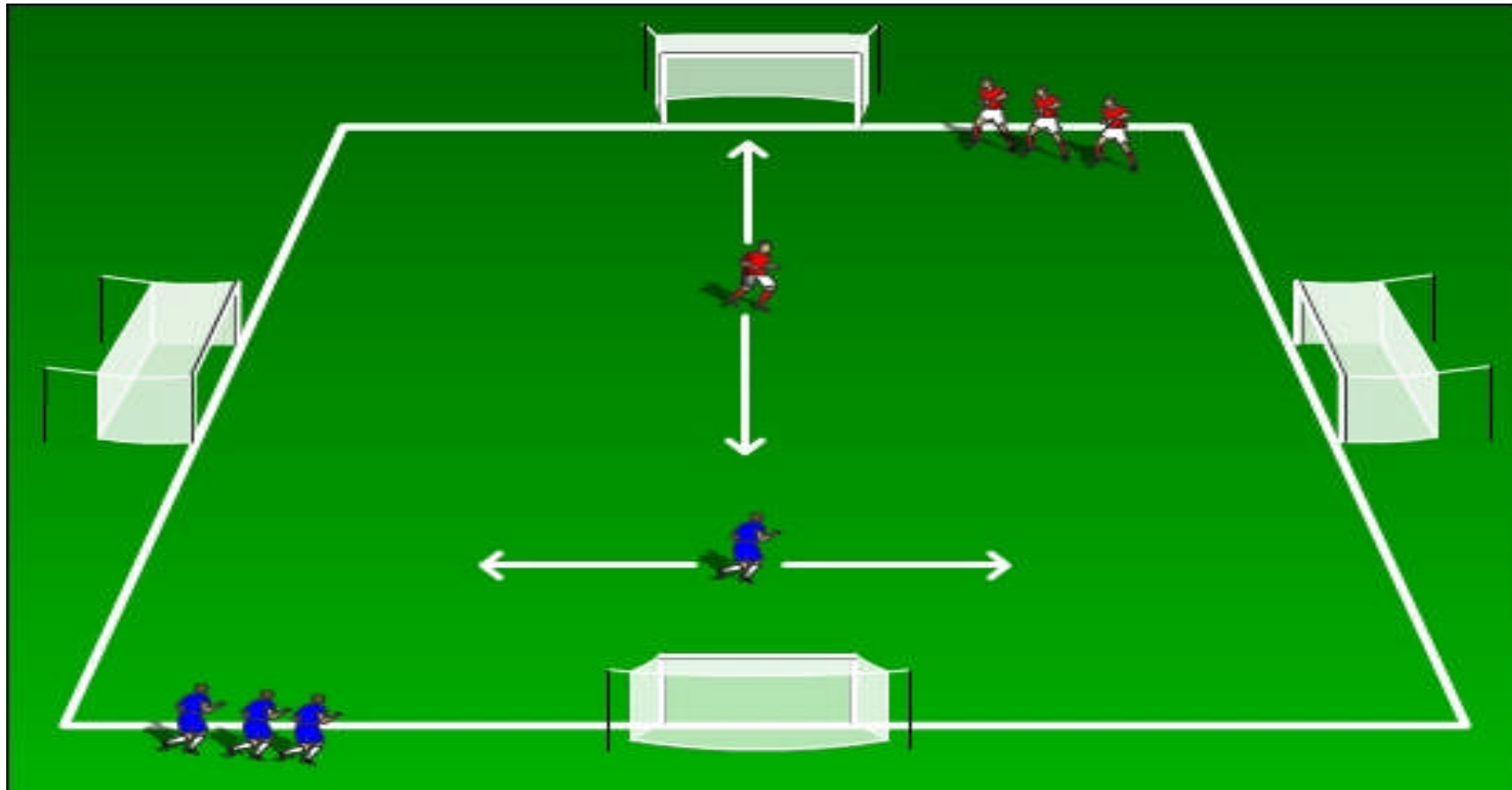


### Set up/rules

two teams of four players  
the aim of this game is to dribble and stop the ball in the end zone  
the team that scores the goal, now turns and attacks the opposite end zone  
if one team is dominating the game then, the rule above can be removed enabling the opposite team to attack



# DIRECTIONAL GAME



## Set up/rules

two teams of four players

four mini goals

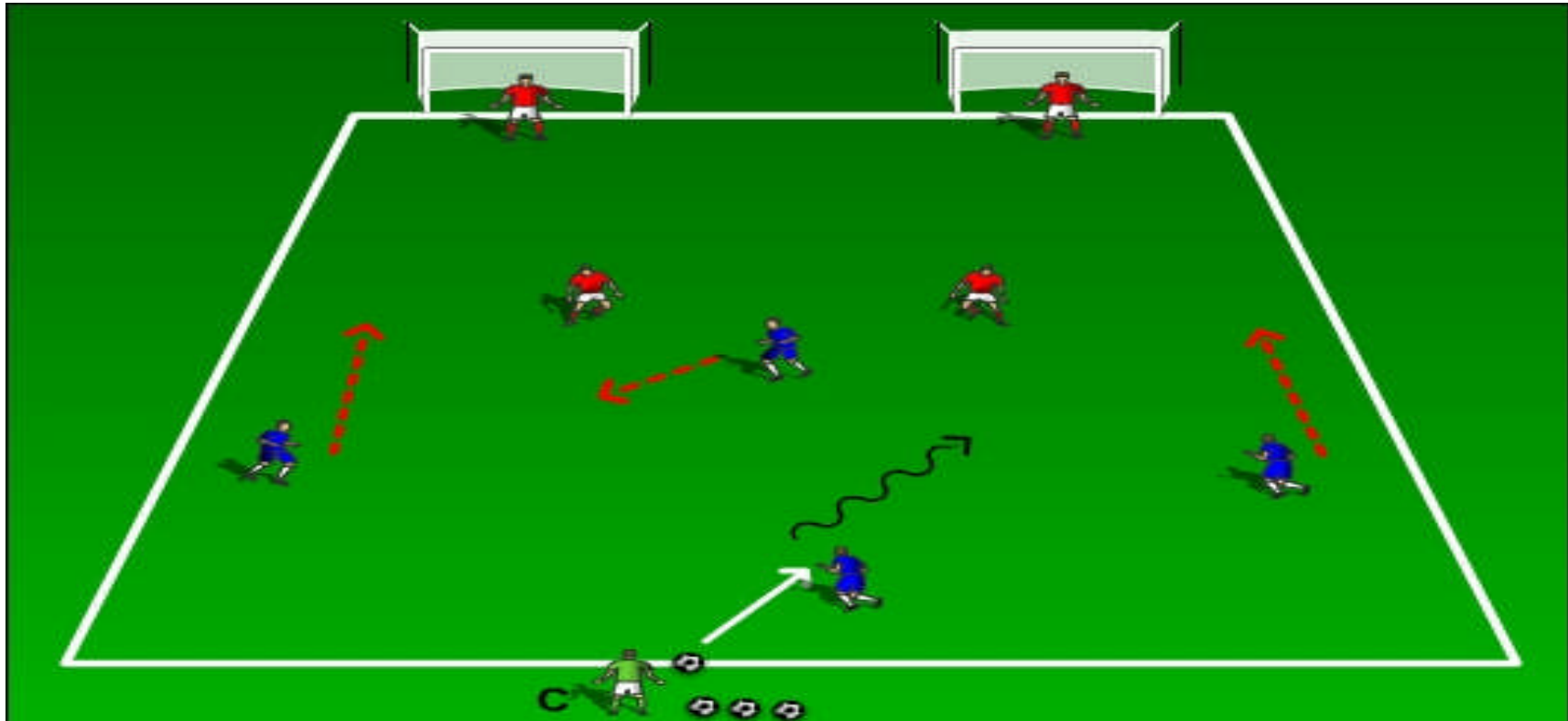
one team attack the goals across the width of the pitch

one team attack the goals down the length of the pitch

the game is played for a set period of time

if a ball is scored or leaves play, the coach passes a new ball onto the pitch

# SWITCH PLAY – ROLE REVERSAL GAME



## Set up/rules

two teams of four players

two full size goals

one team acts works as defenders and has two keepers and two defenders

one team works as the attackers and spread out to attack

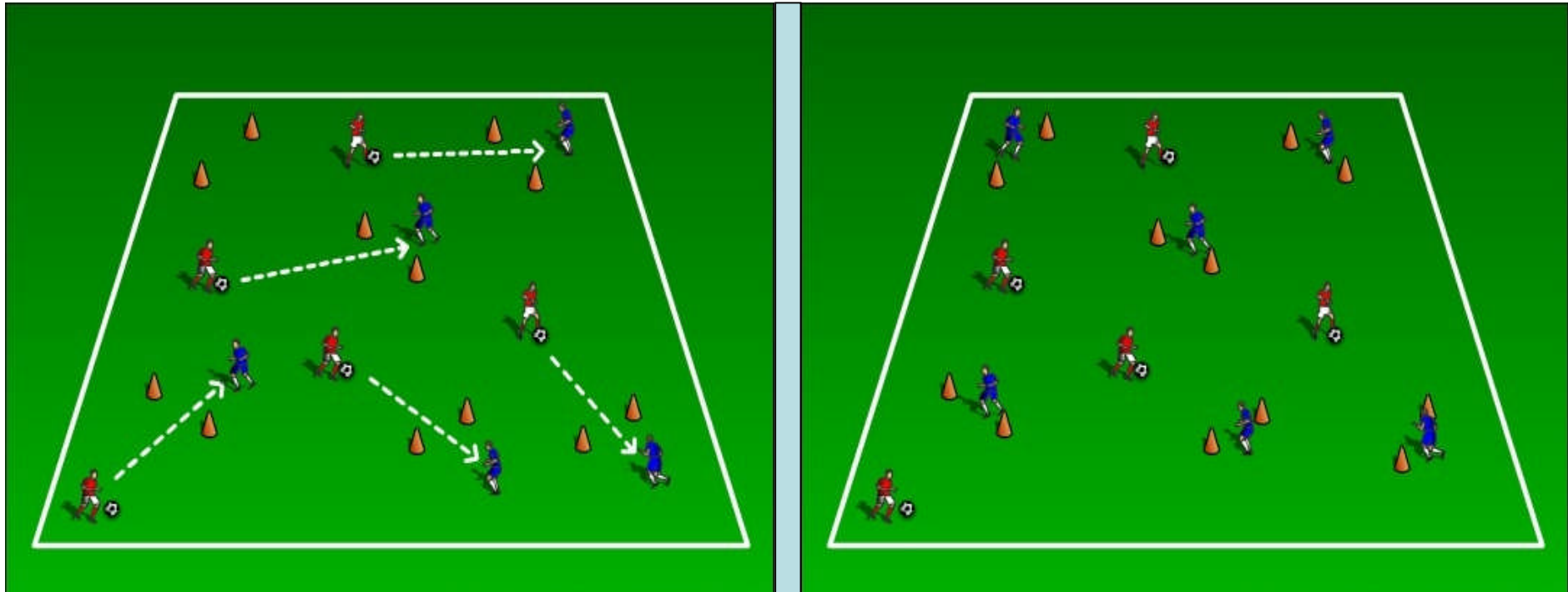
To start, the coach passes into the four attackers who attempt to score in one of goals

If they are successful, they receive a new ball from the coach and attack again

If the defenders manage to win the ball or stop the attackers scoring then, the roles are reversed  
The defenders now race out to receive a ball from the coach and the attackers drop back to defend

The game continues for a set time period

# GATE GAME



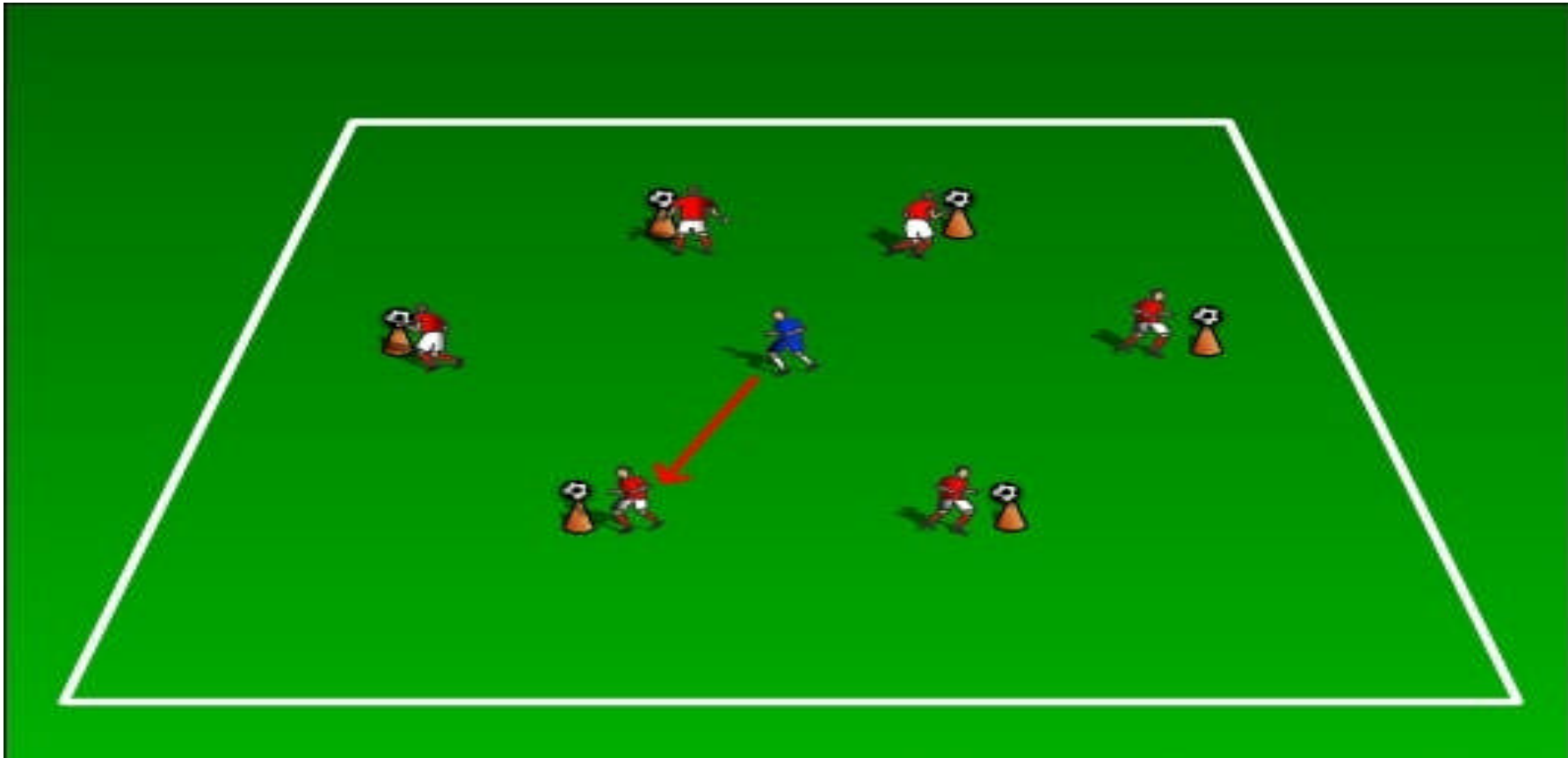
## SET UP / RULES

The set up allows for a number of practices within the same set up

Two groups of players

- 1 – one ball each, who can dribble through the most cones in 30 seconds
- 2 – one ball each, who can make the most turns in the gates in 30 seconds
- 3 – ball between two, which pair can make the most passes through the gates in 30 seconds
- 4 – ball between two, one player in the gate, one dribble dribbles and constantly makes one-two passes
- 5 – ball between two, pass to player in the gate and ask him to “turn out”, the player dribbles away and you take his place
- 6 – ball between two, dribble and complete a skill on the players in the gates (passive defending)
- 7 – now a choice of “turn out” or “one-two” or “skill”. The players must communicate

# SHIELDING / HOLD OFF DOMINO



## SET UP / RULES

The players collect a ball and put it on their cone

One player works as the starting defender

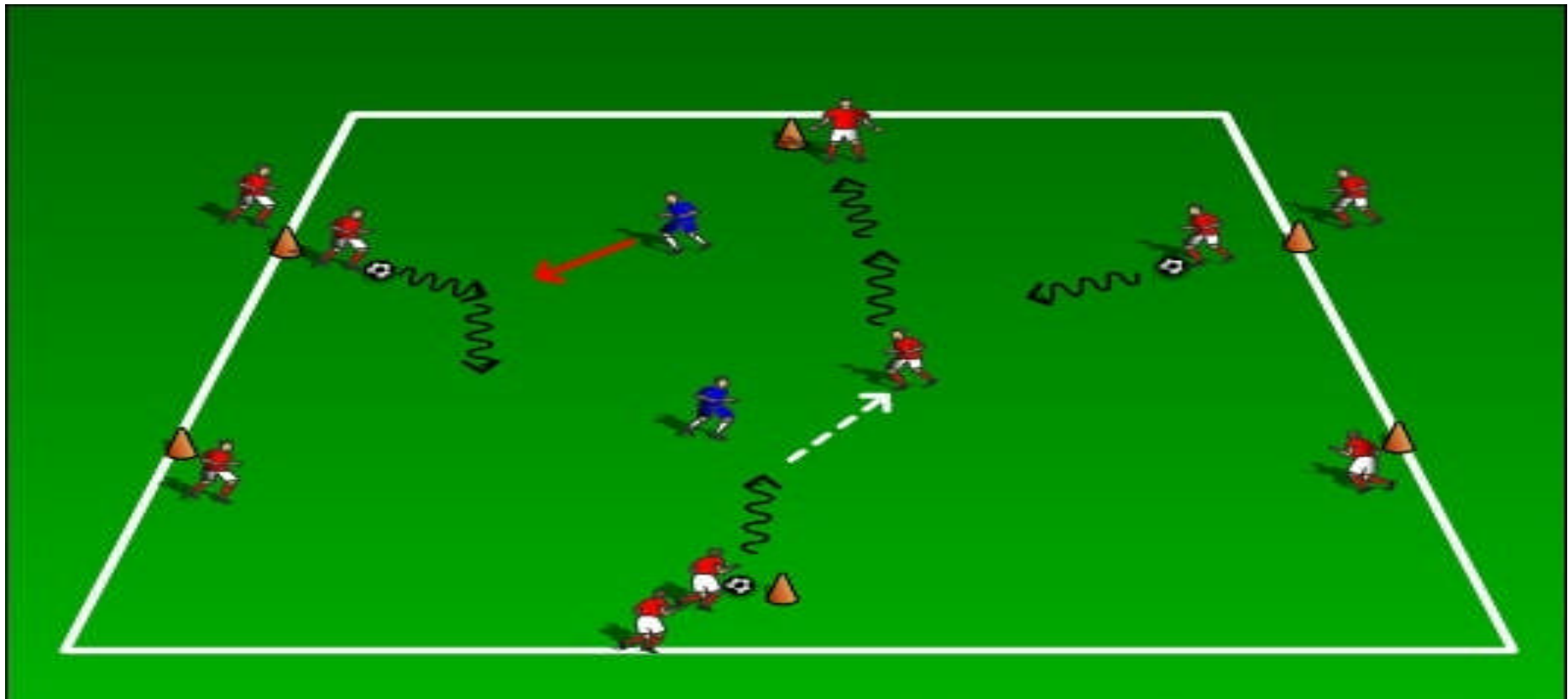
On the coaches whistle, the defender attempts to knock a ball off the cone

The players must attempt to shield their ball from the defender

If the defender is successful in knocking the ball off the cone, then the roles are reversed

The game is played for a set time, whoever is defending when the time elapses is the loser!

# WHEN TO DRIBBLE, WHEN TO PASS



## SET UP / RULES

Three balls working

Six stations

Two defenders are nominated and go into the middle of the pitch holding a bib

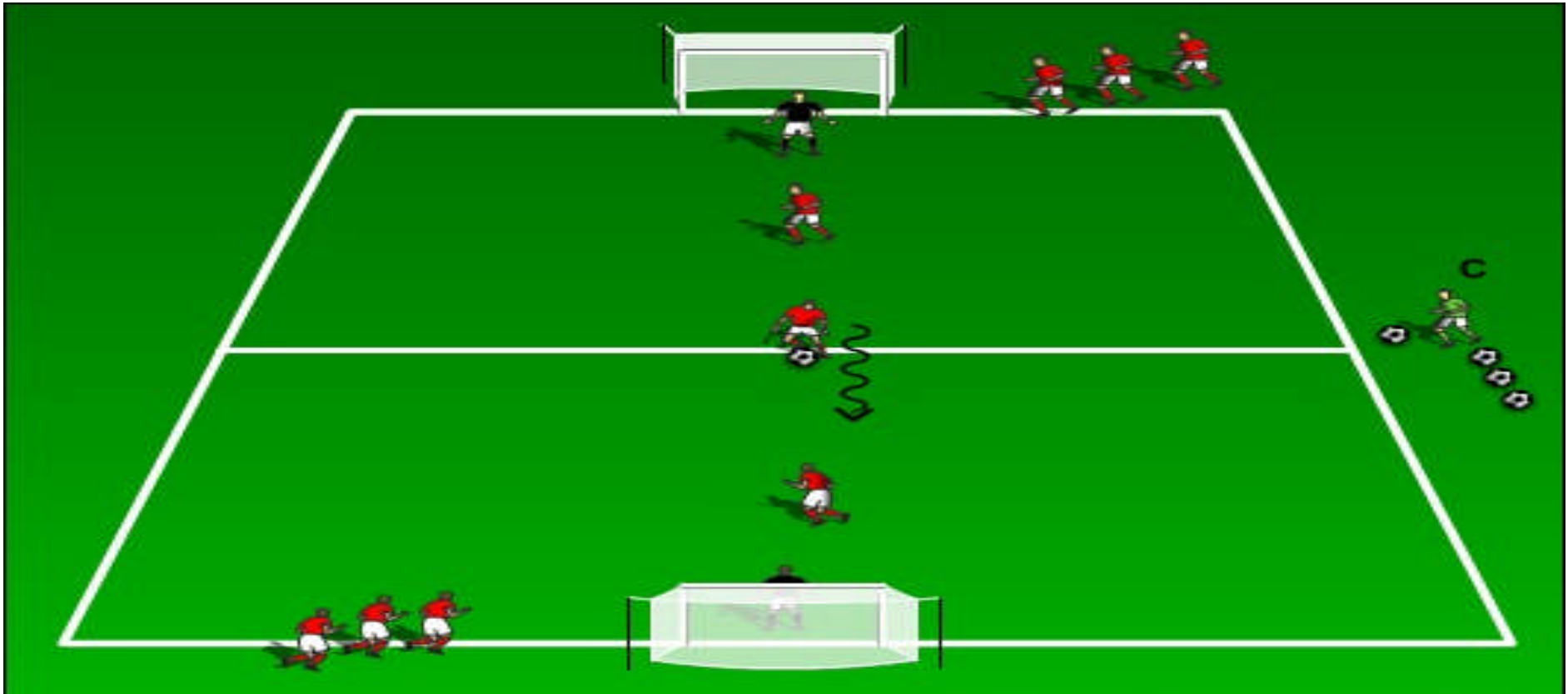
The players must attempt to dribble across the area and out to a team-mate without being tackled

The players can use the coach/free player to play one-twos or overlaps in order not to be tackled

If you are tackled or make a bad pass, quickly take the bib from the closest defender

The roles are now reversed.

# CONTINUOUS 1V1 – 2 GOALS



## SET UP / RULES

This game works continuously

The middle player attacks the end zone and has a 1v1 situation

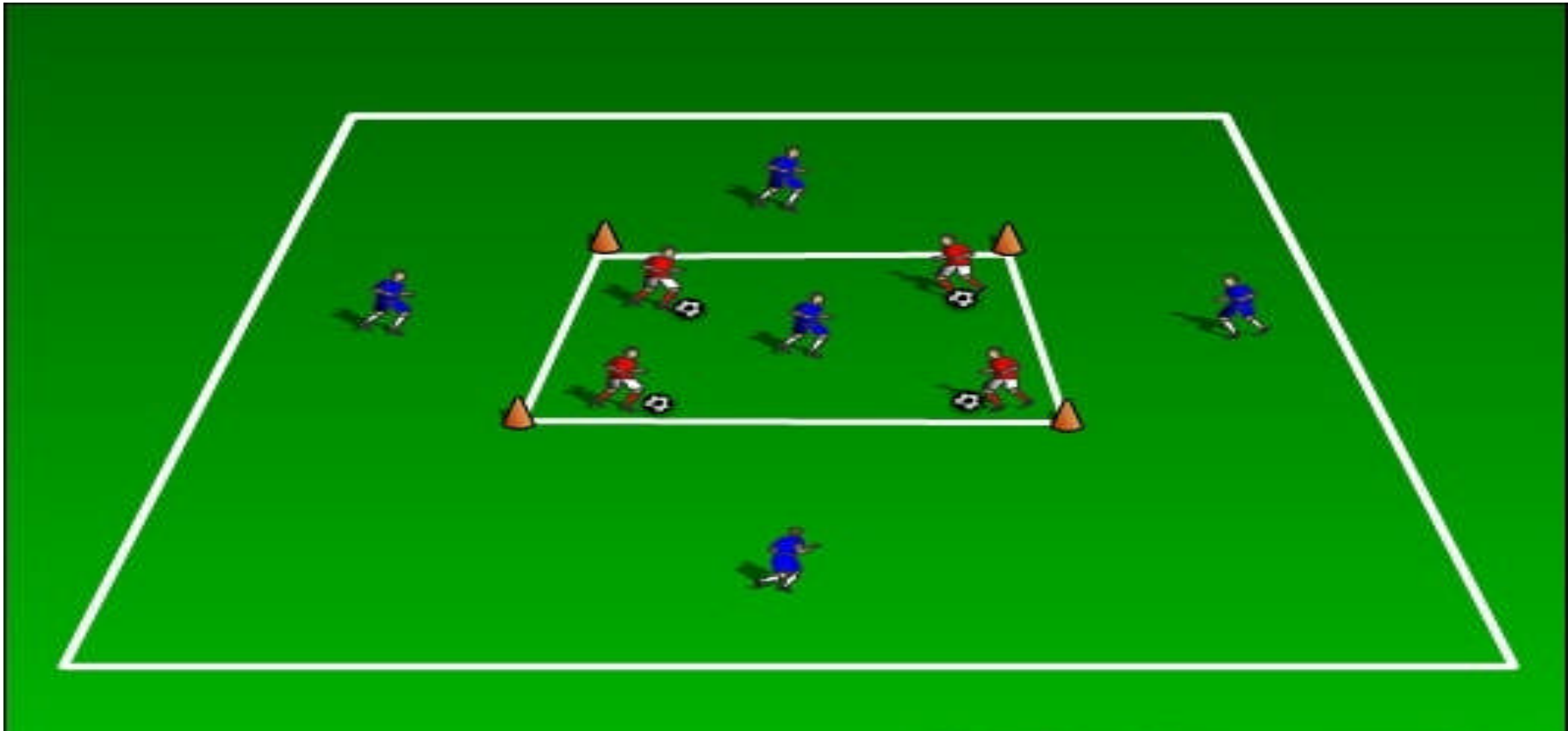
Immediately after this attack, the defender receives a pass from the coach and then attacks 1v1 at the opposite end

The game is played for a set time. The players must count how many goals they have scored

Player rotation

Defend 1v1, attack 1v1 and then rest until your next go

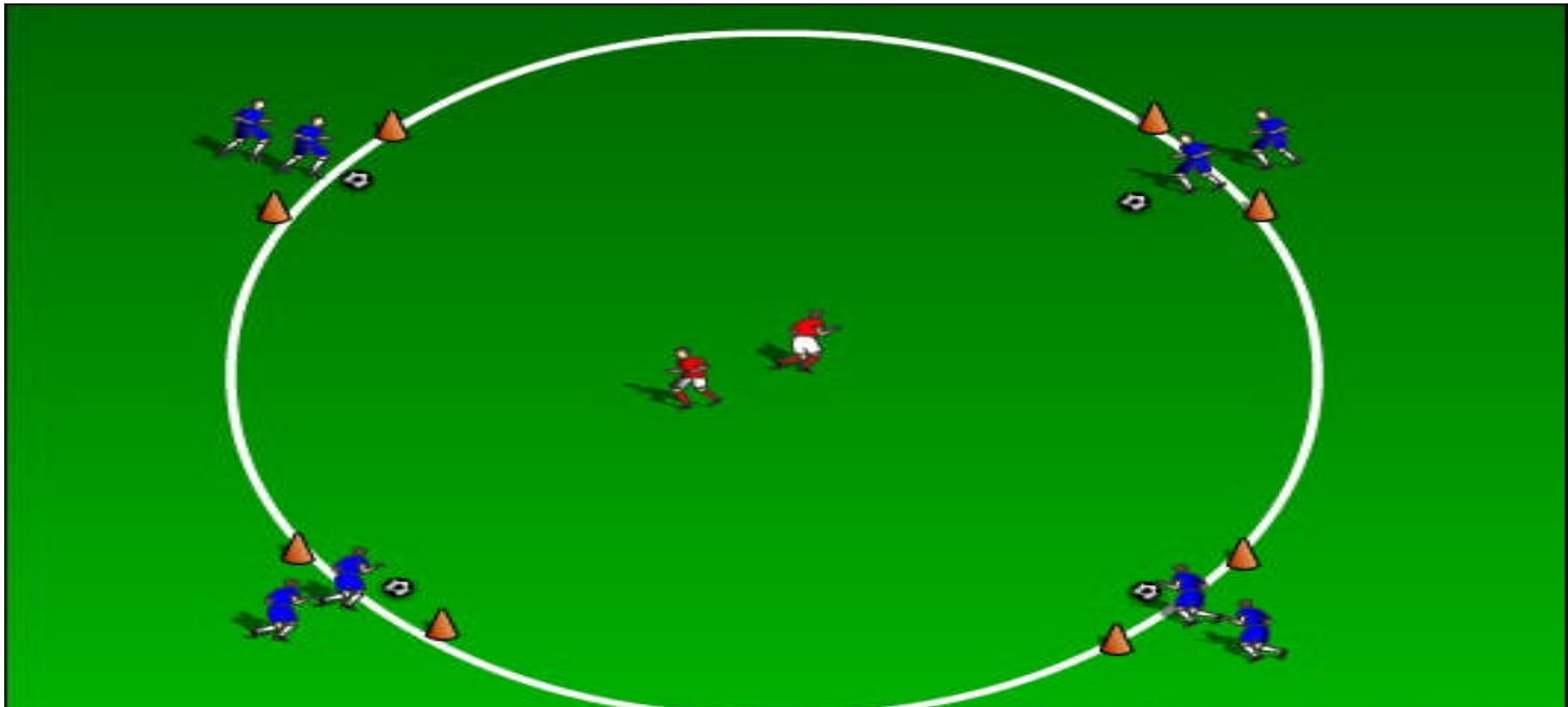
# WIN BALL AND KEEP POSSESSION



## SET UP / RULES

- 9 players (can be modified for bigger or smaller groups)
- Four players work inside the area with a ball
- They are joined by one defender
- The other four players surround the outside of the area
- The defender attempts to tackle one of the attacking players
- Once the defender wins possession, they must pass out to a resting player
- The resting player and defender now rotate positions
- The player who was tackled is the new defender.

# CONTINUOUS 1V1



## SET UP / RULES

Ten players

Two in each corner and two in the middle as defenders

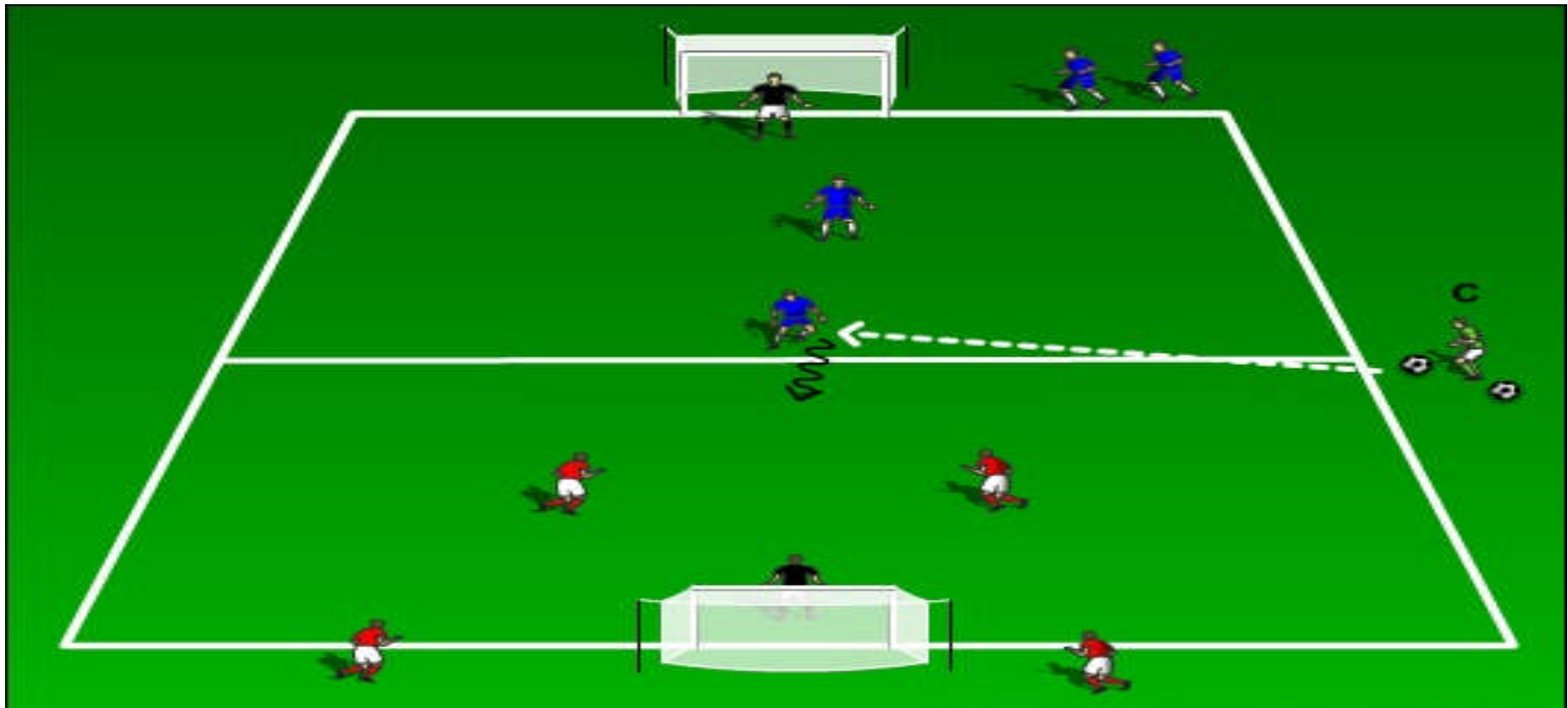
On the coaches whistle, the 1<sup>st</sup> player in each gate must attempt to dribble across to the opposite side

The two defenders must work alone and attempt to tackle one of the dribbling players

If successful, the defender changes position with the dribbling player



# 1 V 2 / 2V1 GAME



## SET UP / RULES

Two teams

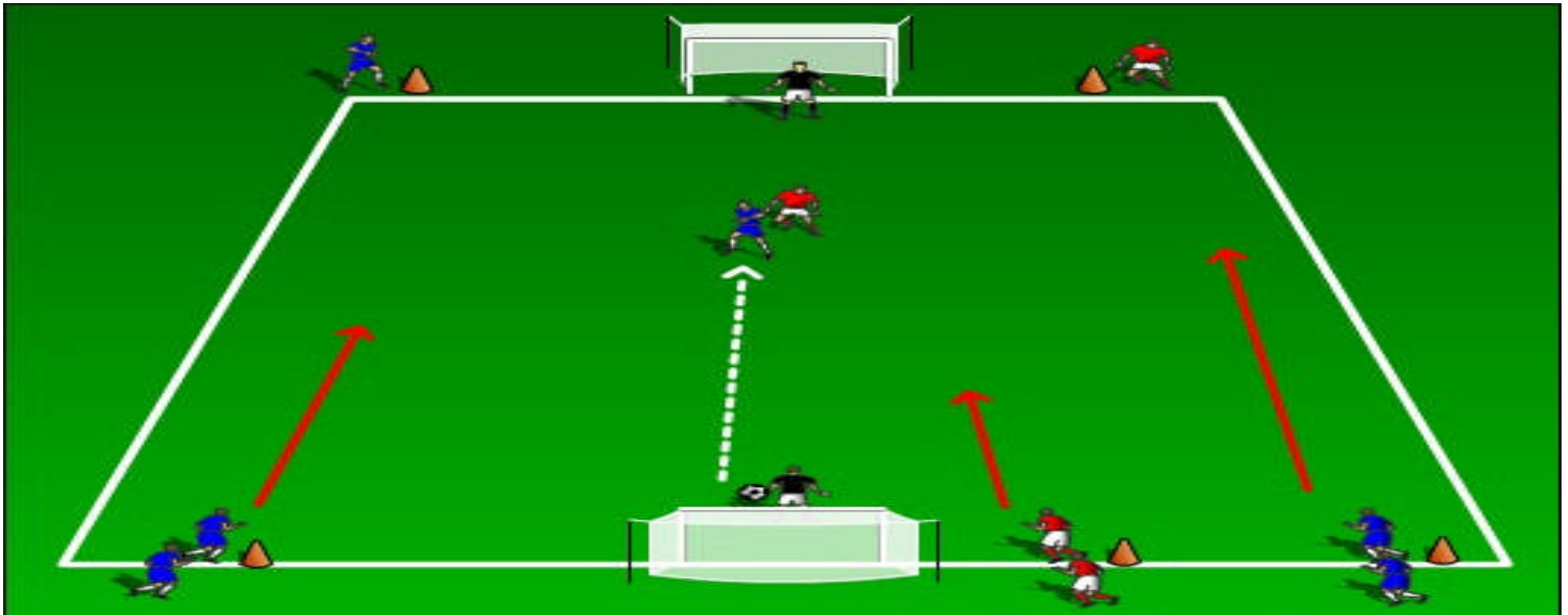
The blue team attack 1 v 2 and defend 1 v 2

The red team defend 2 v 1 and attack 2 v 1

The game works continuously for a set time period

The roles are reversed for the next game

# 3 V 2 – SUPPORT THE FORWARD PASS



## SET UP / RULES

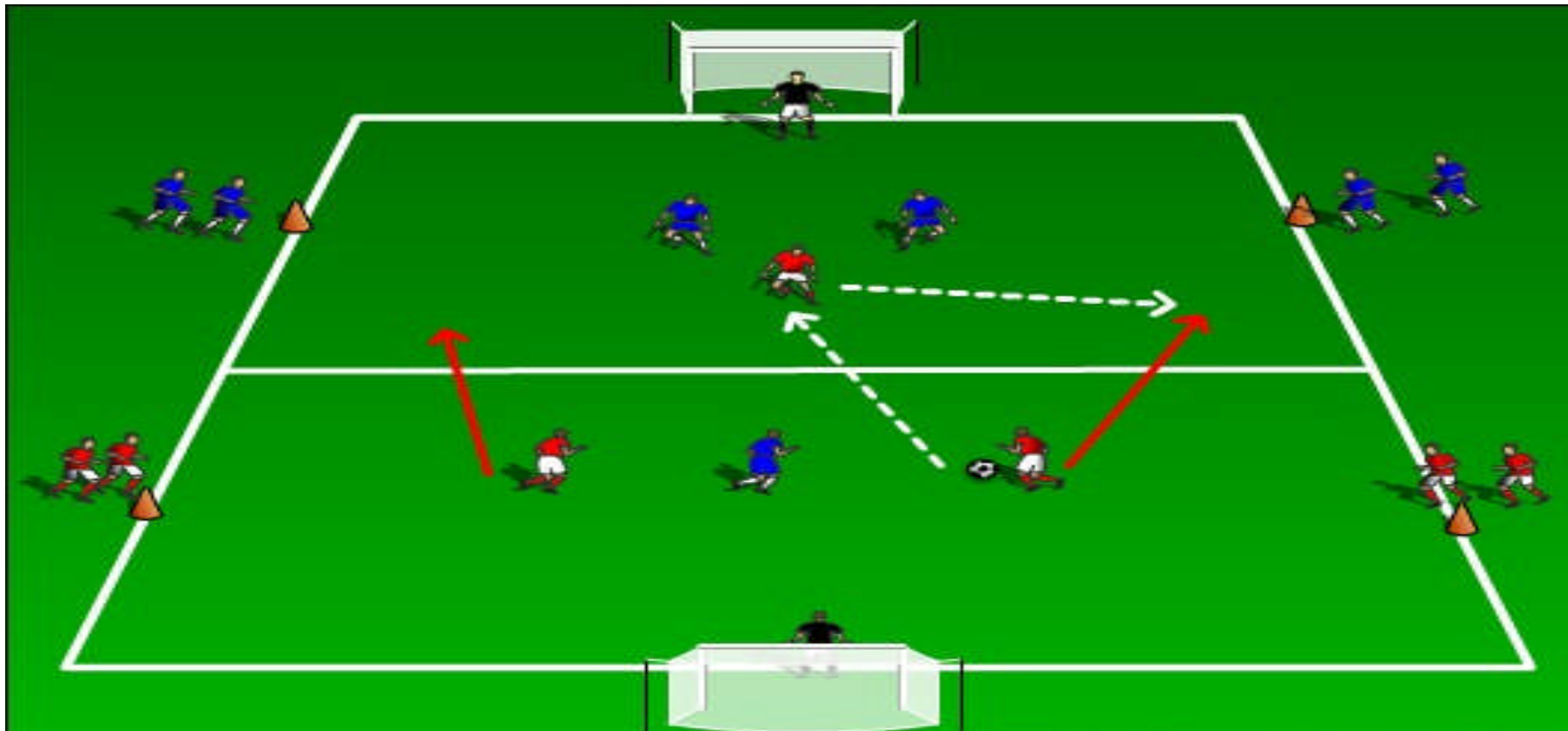
Five stations

The players spend 3 minutes at each station and then move to the next one on the right

To start, the blue keeper passes into the centre forward.

Two blue midfielders make supporting runs to receive and the red midfielder attempts to get back  
The red defender must allow the blue centre forward to have one “free” touch before attempting to tackle  
The attack continues as a 3v2 game until the ball leaves play

# 3 V 2 COUNTER



## SET UP / RULES

Two teams

Each team nominate a forward that continually plays the game

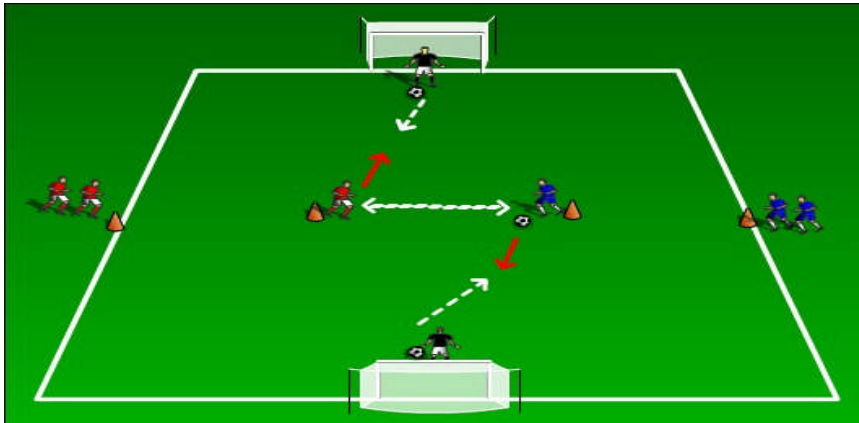
The other players must get themselves into pairs

The red team dribble forward and combine with their forward to make a 3v2 situation in the attacking zone

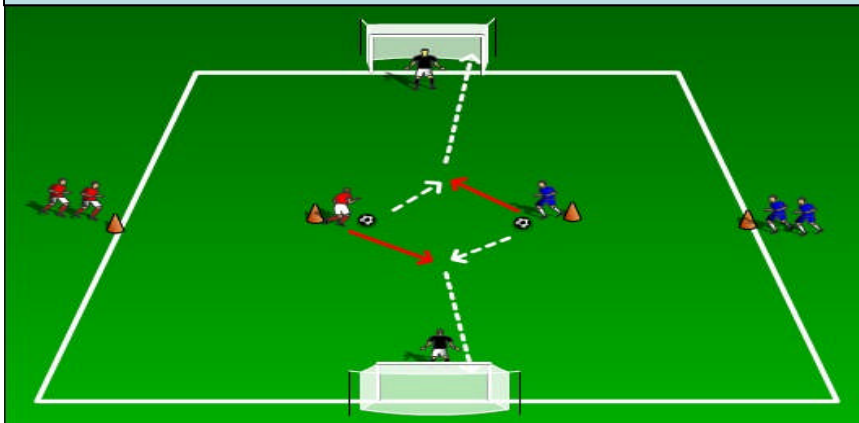
Immediately two new red players come into the defending zone

Once the red team's attack is completed, the game is reversed and the two blue defenders dribble forward for a 3v2

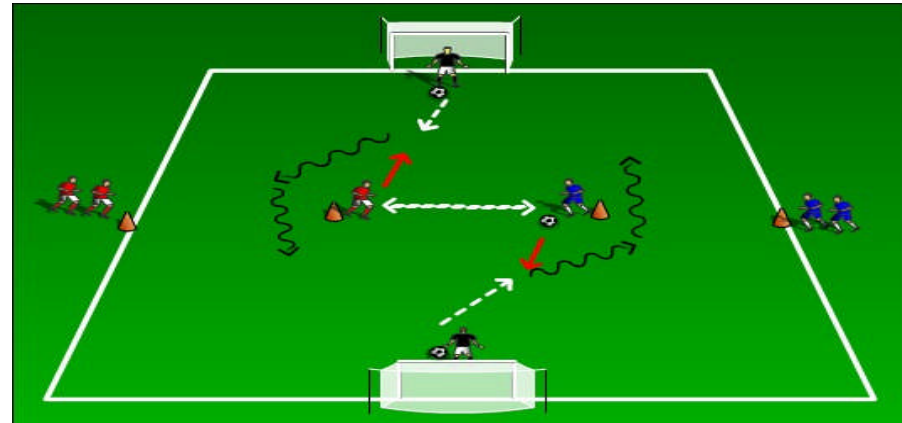
# SPEED REACTION FINISHING



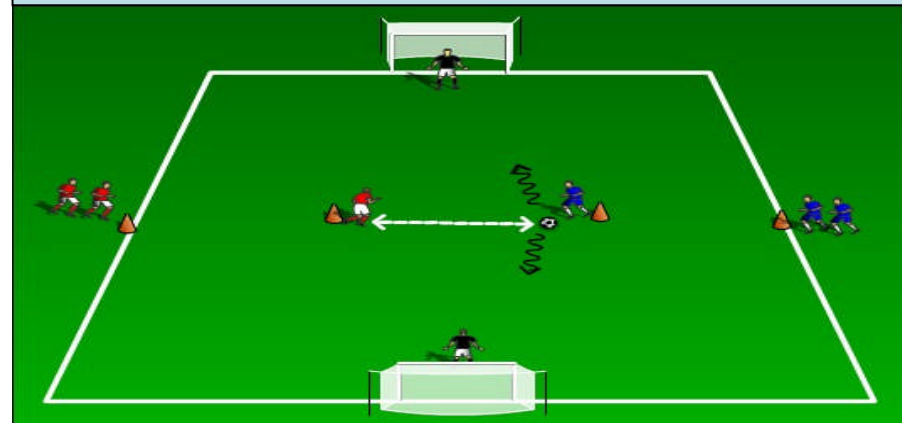
The two players pass the ball  
On the coaches call of "left" or "right"  
The players must sprint to receive the keepers pass and  
Shoot 1<sup>st</sup> time



The two players pass their ball into space  
Immediately they turn and sprint to the other players ball  
And shoot 1<sup>st</sup> time

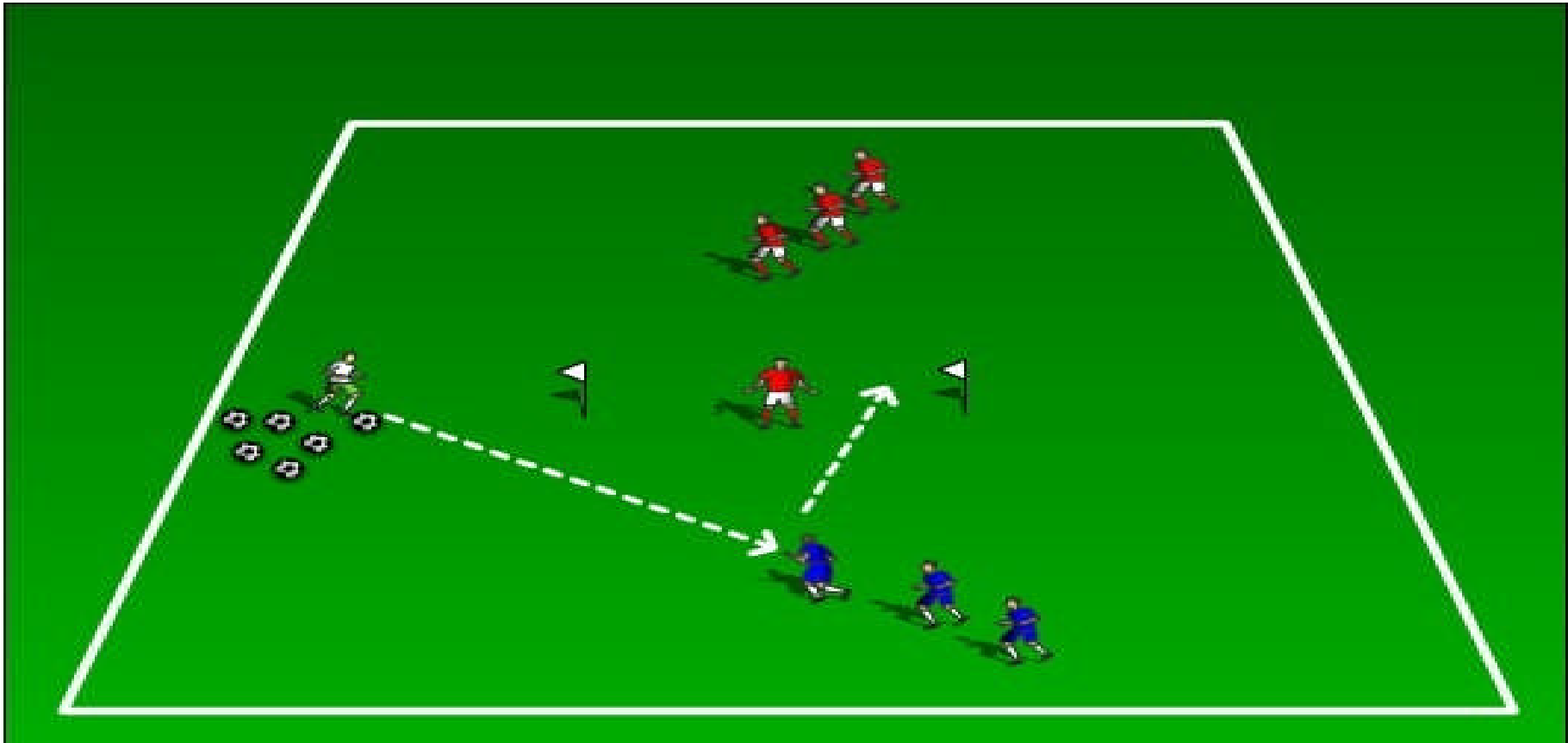


The two players pass the ball  
On the coaches call of "left" or "right"  
The players must sprint to receive the keepers pass and  
Then turn to dribble and shoot at the opposite goal



The two players pass the ball  
On the coaches whistle  
The player in possession becomes the attacker  
This player must use disguise to lose the defender and  
score in either goal

# CONTINUOUS HEADING GAME



## SET UP / RULES

The coach constantly serves balls for the players to make headers / volleys / first time shots  
The players must always react after their turn and become the next goalkeeper  
The game is played until one team has scored five goals