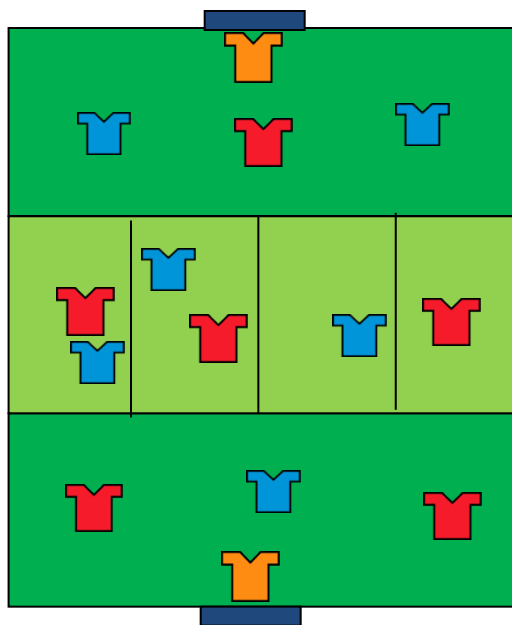
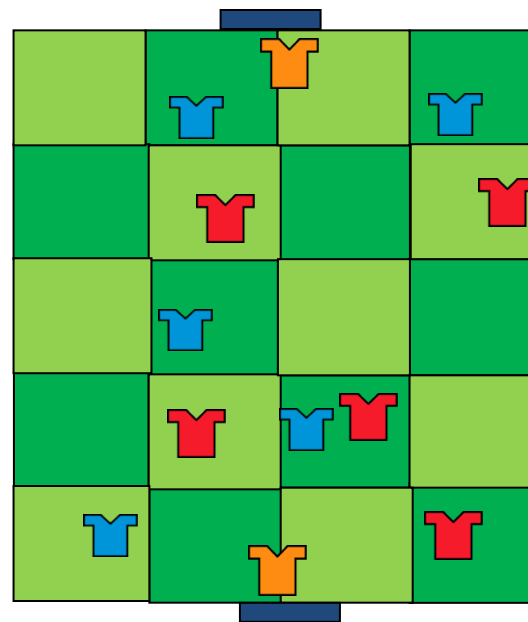


# PRACTICE TEMPLATES

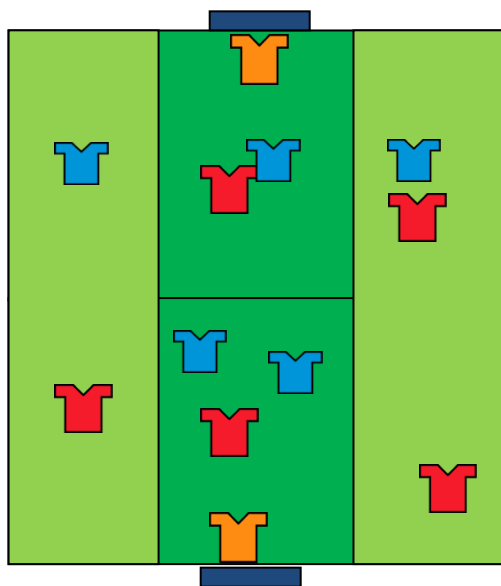
1A



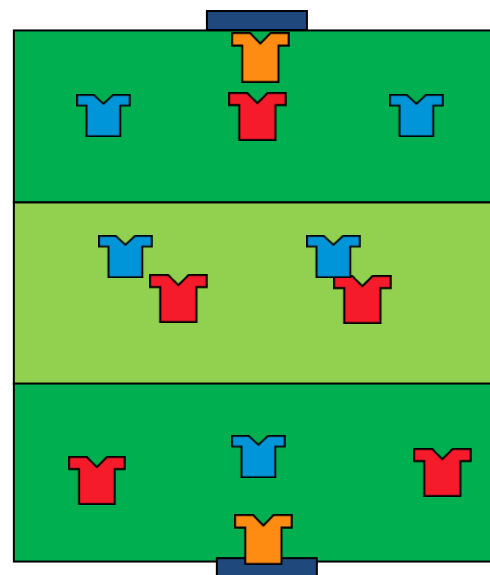
2B



3C



4D



### **1A Division within channels or thirds**

- Using channels within thirds is also a useful template. For example a challenge could focus on defending in midfield areas i.e. *try to cover 2 or 3 channels when defending in the midfield zone*. An attacking challenge could be *try to see midfield channels and support the ball quickly*

### **2B Grids**

- Using grids is a useful template to set multiple challenges and each challenge you can scaffold into another. I.e. you can't be in the same grid as another team mate or you can't receive the ball in a grid standing still, you must move into a grid to receive the ball. Also grids do not have to be 10x10 yards. Some can be bigger, some can be smaller. Some grids can act as safe zones, others can focus on a particular challenge i.e. *try to play 1 touch football out of the centre grids*.

### **3C Channels**

- Channels are useful when giving young players the notion and ideas associated with spreading out, using the width of the pitch or switching points of attack. For example a simple challenge could be – *when in possession of the ball try and cover all three channels as a team, but when out of possession only try to cover two out the three channels*

### **4D Thirds/Offside can apply in end zones**

- Using thirds of the pitch are useful for encouraging players to play through a 'midfield' area and players challenges can also be focussed on particular zones. For example: in the midfield zone, try not to give the ball back to the player who gave it to you. Also offside applies in the end zone, or one touch finish in the end zones. The offside law is one of the ways the game of association football is defined. Therefore the sooner it is introduced to players in either practice or games is helpful to their overall strategic development.

## **Here are some useful challenges you can set within your practice templates;**

1. Play forward – if you can't give the ball to a team mate (attacking principles)
2. Play one touch football when it's on to do so to set up attacks (changing tempo)
3. Not give the ball back to the player who gave it to you (3<sup>rd</sup> man run)
4. Set up attacks by lending the ball and getting it back (wall pass; give & go)
5. Attack and score without using your team mates (RWTB/DRIBBLING)
6. As a team – keep the ball for 5 consecutive passes before setting up an attack (Developing possession)
7. Retain the ball after winning a tackle or interception (Developing possession)
8. Score within 3 passes of gaining possession (Counter Attack)
9. Try to hit forward players as quickly as possible when winning the ball (Counter attacking)
10. Score with a header, volley or a shot from 20 + yards (Attacking/Defending Headers-long range shooting)
11. See and use space in between and outside opponents to set up attacks (seeing and using space)
12. Score one touch from 6 yards or less (quick finishing)
13. Use wide areas of the pitch to set up attacks down the middle (Developing width to attack)
14. Overload wide areas to set up scoring chances (Spreading out; support play wide; switching point of attack)
15. Win the ball back in midfield areas to counter attack (Compactness, interceptions, spoiling, tackling)
16. Play 2 touch or 1 touch football when it's on to do so (Decisions linked to quick play)
17. Visit the wide areas of the pitch twice before setting up attacks (Attacking down the flanks/switching play)
18. Can you support each other quickly (support and movement off the ball)
19. Receive the ball in a new grid (Movement off the ball)
20. Receive the ball in a grid a team mate just moved out of (Seeing and using space)
21. Deliver a pass across or over 2 grids when it is on to do so (Longer/varied range of passing)
22. Defend 3 out of the 4 grids in the middle third (Compactness/when to mark players, when to mark space)

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