

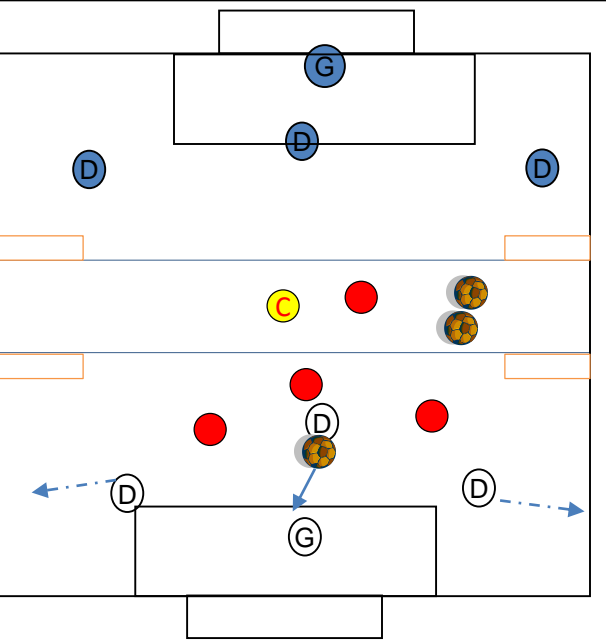
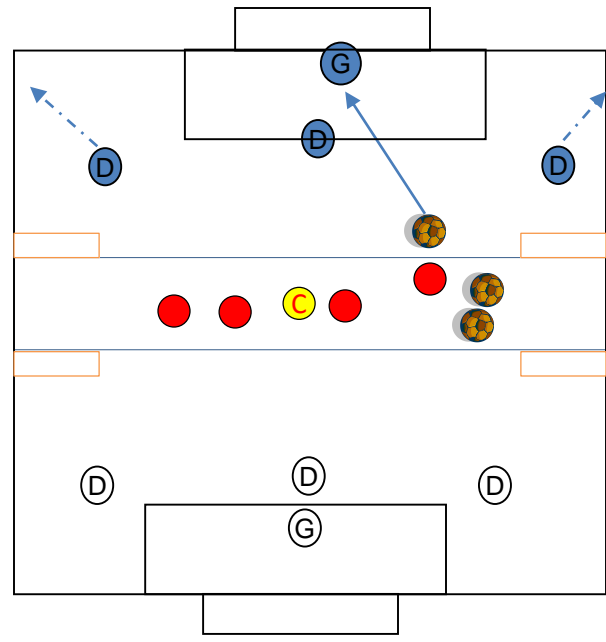


Warm up- focus on the movement pattern





3 team game



Organization

Area 30x40 with a 5 yard safe zone in the middle of the field

3 teams of 4 – 1 Goalkeeper and 3 defenders

Safe zone is split up into 3 areas of 2x wide channels (gates) and once central

The ball is passed into the goalkeeper of the blue team and they look to break out into the central area by

1. Dribbling through the wide zones
2. Passing to the coach (who is the midfielder)

If blue breaks out they pass to the white goalkeeper and 2 players go to pressure

Red team stay and get in position to play out

If red team scores they change places with the defending team and try to break out Vs the Blue Team

Once the players have established the habits needed to get out consistently progress by:

- Allow another player into pressure the ball
- Once in safe zone allow players to either dribble in or wait to get support in attack
- Add in offside
- Finish with a final game of even numbers and restart with passes back to the GK

White defender faces their own goal and is forced to play back and get out through the wide goals

Coaching points

- Awareness of pressure
- Awareness of outlet -coach or gate
- Creating an outlet by either possession or by the GK holding the ball to draw in the defending players
- Speed of play – slow to draw in and quick to hit out
- Attacking principles of play
- Width/ depth and penetration
- Play the way you face
- Central players receive with an open body shape
- Coach transition
- Defending with a tight shape and compress the area
- Transition into attack by changing the shape into a big shape and hitting out

Advanced

- Coach offside
- Quick free kicks from offside