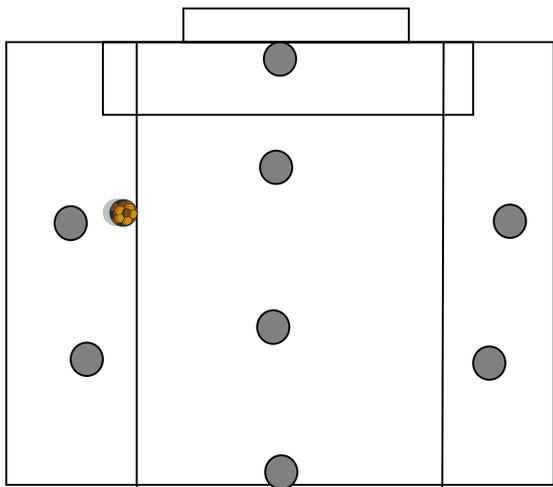




→ Ball  
 - - - - - Player

# Positive playing habits



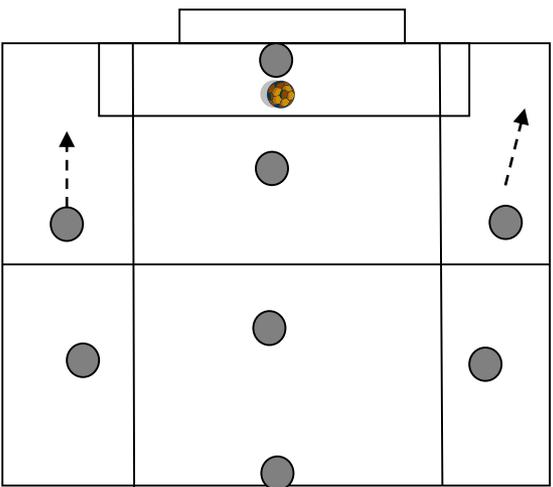
## Organization

Area ½ the field  
 Field is divided into 3 zones 2 wide zones and one central  
 Wide zones are 3 yards in from the edge of the penalty area  
 Players pass the ball around with one condition  
 The ball cannot consecutively be passed in the same zone

## Coaching Points

### Technical

- Coach the players ability to receive with the ball out of their feet and deliver a quality pass
- Checking at an angle distance of support
- Quality of pass – accuracy and pace
- Coach the players awareness of team mates
- Open body shape to the field



Add in a center line making the field now carry 6 zones in attacking and defending  
 Talk to the players on which zone the ball is in

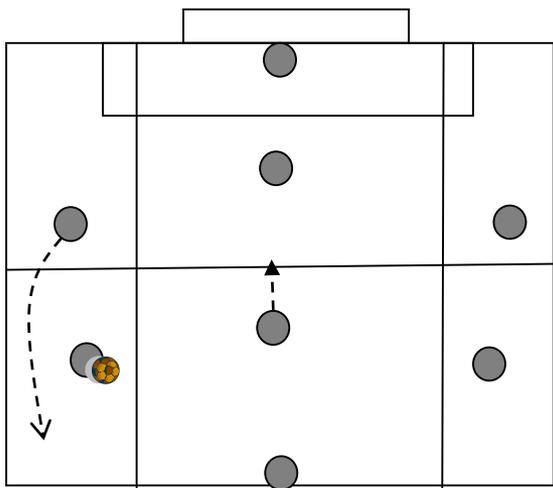
- Defensive right/central/left
- Attacking right/left/central

- Players start to get a shape and appear consistently in certain zones
- Encourage the players to stay in the same central or wide zones going from defensive right to attacking right
- Now add in speed of play in can you go slow to go quickly



→ Ball  
 - - - - - Player

# Positive playing habits



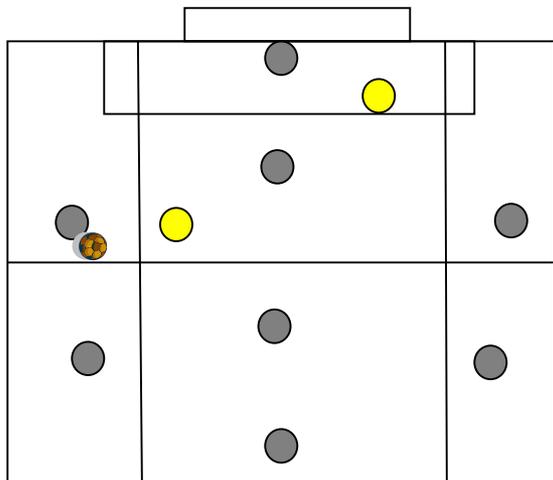
## Organization

Add in certain roles for each player in that position

1. Goalkeeper – when the keeper gets the ball they hold onto it for 3 seconds on the floor
2. The striker looks to check in for 3 seconds and check out
3. The wide players create the overlap

## Coaching Points

1. **Goalkeeper** – have 1<sup>st</sup> touch out of feet and keep head up to see outlets
2. **Wide defenders** – when goalkeeper has ball check towards and wide as early as possible to support. Be ready to overlap
3. **Central defender** Check at an angle to open up Center mid pass.
4. **Wide midfielders**- Hold the ball or dribble inwards to create space for the overlap
5. **Striker**- timing – can you read off checking players to know when to check in to receive?
6. **Central mid** –Make a triangle with Player on the ball and the player on the opposite side or in front of you. Make diamonds and triangles



The goalkeeper holds the ball for 3 seconds triggering the movement and the teams need to play away from pressure

Game 10 players

In pairs, players attempt to score in the goal

The team of 8 scores in these ways

1. The goalkeeper holds the ball at their feet for 3 seconds
2. An overlap
3. Finding the striker
4. Central defender breaks into the attacking central and receives or makes a pass

Add in the coach as a striker or GK and play Vs 3 defenders

- Coach the players to recognize which one they should score with
- Coach the players to utilize one to do the other
- Coach the players ability to use speed of play and slow to execute a goal and quick to hit out
- Can the striker see windows created by movement of team mates or by pressure reacting to movement
- Coach transition of shape from attack to defend and defend to attack
- Speed of play
- Coach the wide player to recognize if the defender goes with the overlap or stays on the ball