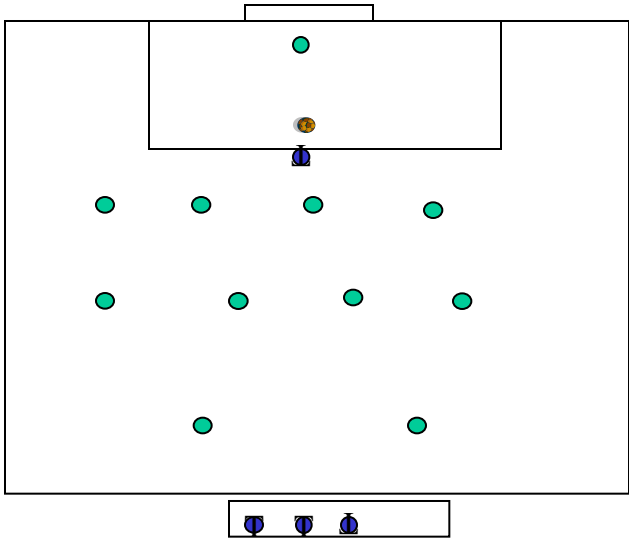




# Coaching in the game

Objective: In a functional training session coach the team to improve their passing and receiving

## Unrestricted (warm up)



## Organization

Half field -functional training

Players line up in U13+ formation 4-4-2

Players complete 1-2 touch passes passing and following linking the team together without opposition

Objective to get the ball over the halfway line without breaking the two touch patterns.

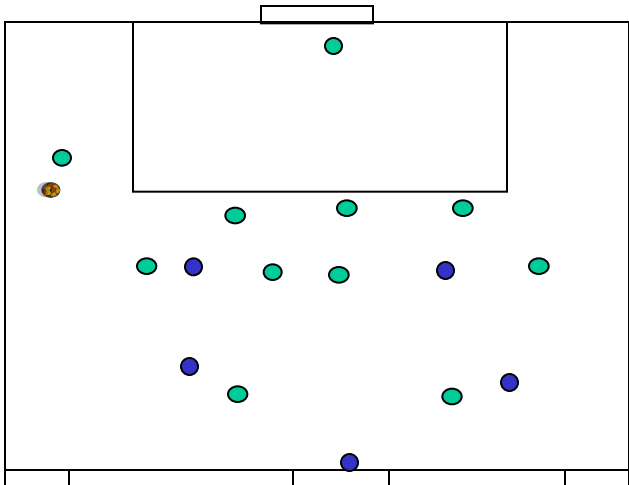
Once the ball gets to the halfway line the targets dribble the ball back to the Gk and play continues

- Observe the players ability to play the way they are facing
- Observe the players ability to pass and move
- Observe good team shape and spacing between players.

## Coaching Points

- Retaining the team shape
- Communication
- Forward runs of the ball
- Players keep the balance in the team
- Players provide cover for team-mates
- Players provide strong forward runs beyond team-mates
- Observe the players ability to improve the speed of play in the team.

## Progression



- Area, Half field large goal to 3 small goals
- 11 players play against 4 outfield players plus a keeper.
- Green players score by dribbling through side goals or shooting through the center goal
- Blue players score by getting ball to keeper
- Add players when needed
- Exercise is recommended for two teams training together on a full field

- Awareness of defenders
  - Movement to create space to play
  - Awareness of attacking channels
  - Awareness of team-mates
  - Angles and distance of support in relation to pressure
- Balancing the team shape
- Playing forward for penetration
  - Forward movement to unbalance the defenders

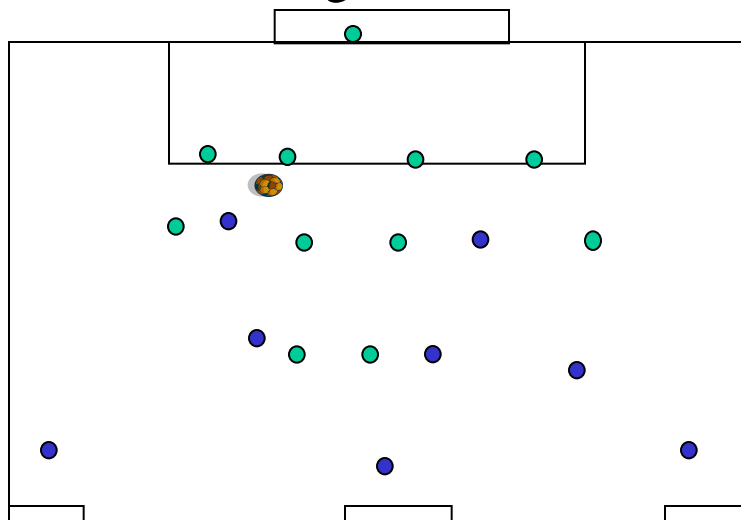


# Tactical Coaching



Functional training session building onto full game

## Progression

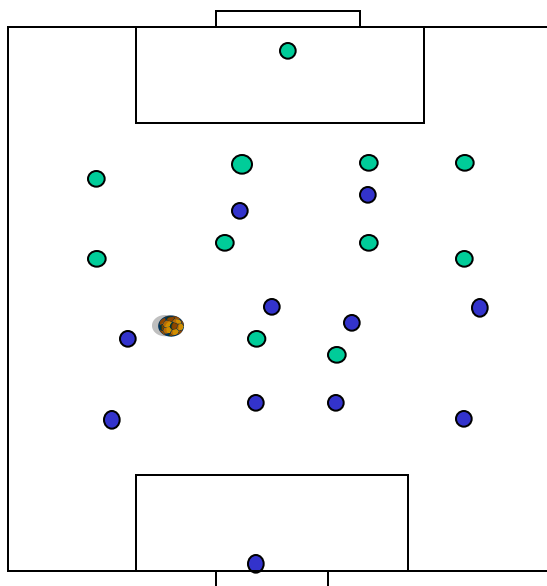


## Organization

- Area 70 x 90 or small 8 v 8 field
- One full size goal, plus 3 x 6 yard goals
- Blue team attacks green goal.
- Green attacks the three goals.
- Free play no restrictions
- Introduce substitutions as required

## Coaching Points

- Observe speed of play
- Observe changing the point of attack
- Observe the accuracy of the passing
- Observe the players ability to penetrate into forward players
- Observe the green players ability to retain possession
- Observe compactness when defending
- Observe team shape and supporting players



- Area. Full field age appropriate
- U11 U12, 8 v 8 = 90 x 50 yards
- U13 + 11 v 11 = 110 x 75
- 
- Game time free play no restrictions
- Teams formation is 4- 4- 2

- Observe team shape and good organization of players
- Observe balance and cover in defense
- Observe penetration and forward movement in attack
- Observe the players ability to keep possession and change the point of attack
- Observe the players ability to cover and balance when defending.