



Sessions



Comox Valley United Soccer Club

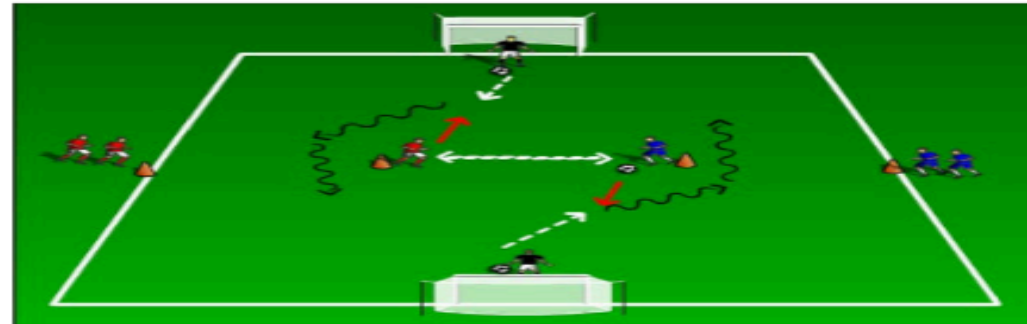
SPEED REACTION FINISHING



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 1st time



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



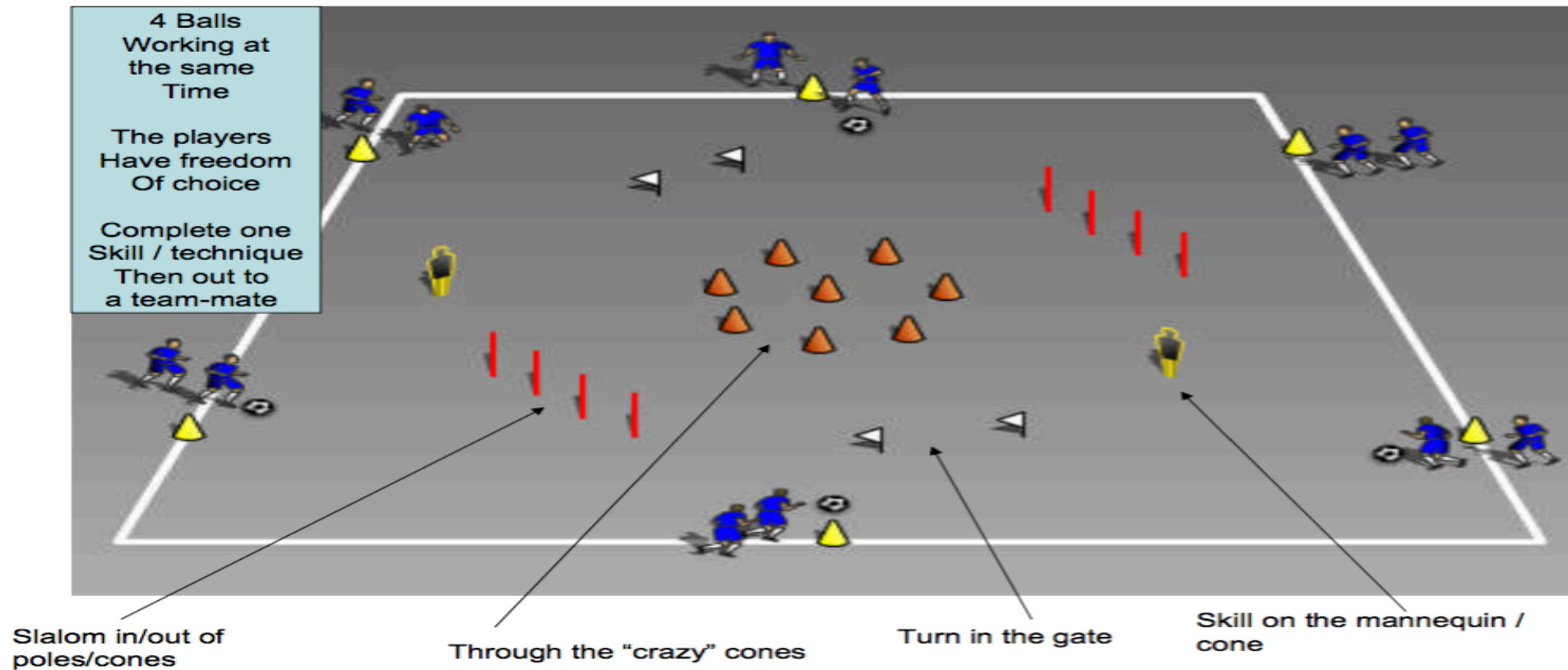
The two players pass the ball
On the coaches call of "left" or "right"
The players must sprint to receive the keepers pass and
Then turn to dribble and shoot at the opposite goal



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

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DRIBBLING AND RUNNING WITH THE BALL - CIRCUIT

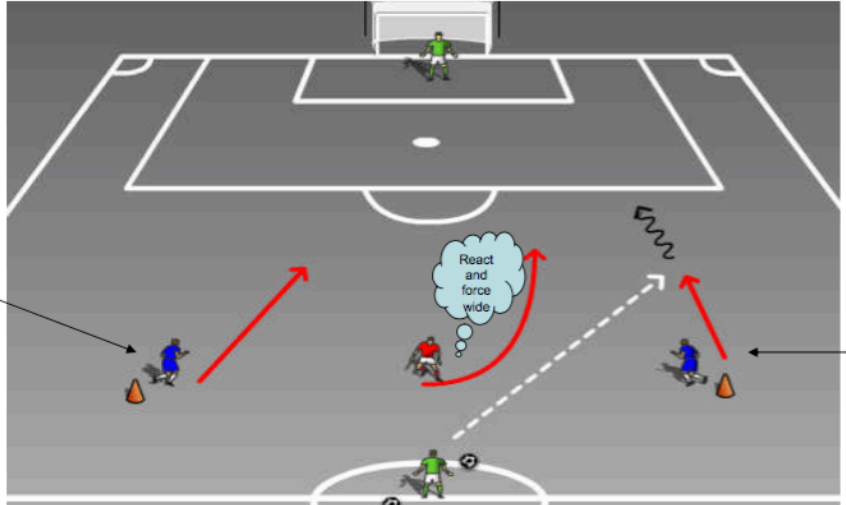


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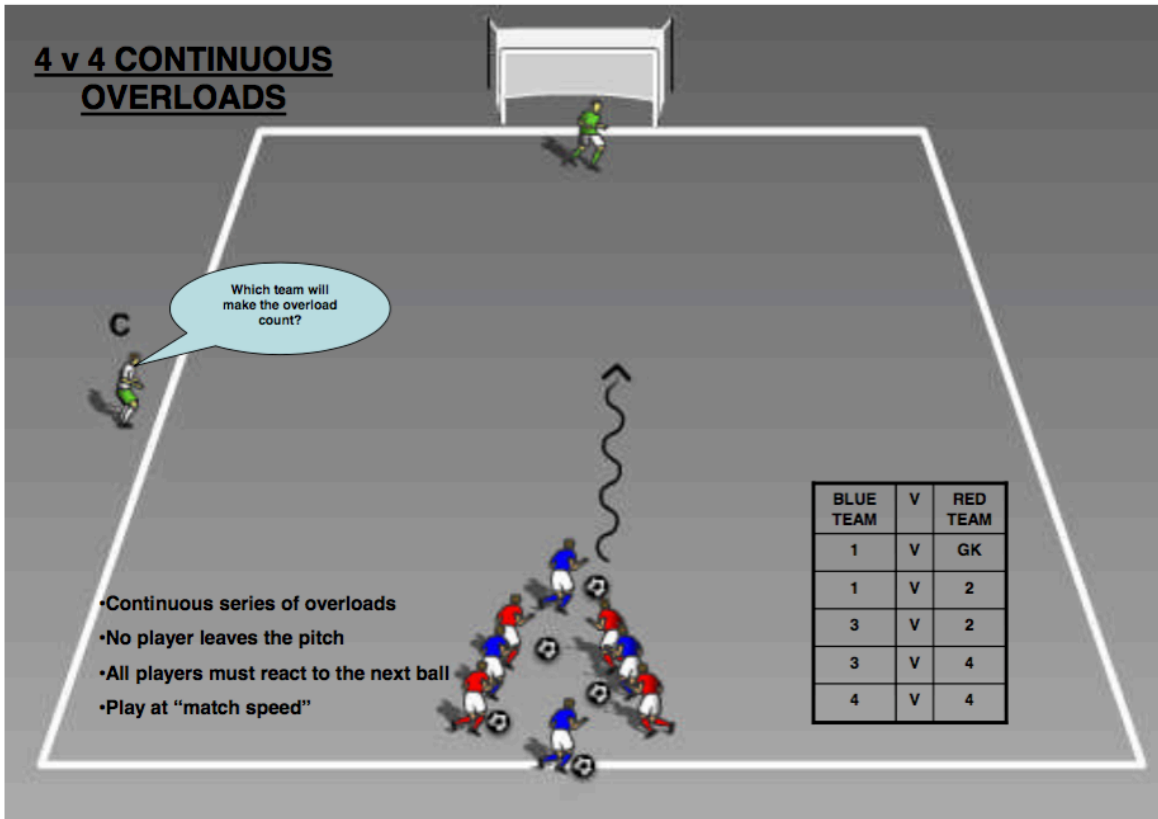
ABC FINISHING DRILL

<u>ROTATION OF PLAYERS</u> 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		<u>PROGRESSIONS</u> 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
<u>Actions</u> A = Dribble and shoot B = one-two with player A and shoot C = 1v1 against player B		

2v1 FACING AWAY


<u>ACTIONS</u> The coach starts the practice by making a through pass The nearest attacker races to the ball The 2 nd 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

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1 v 1 CONTINUOUS

ADVICE FOR THE PLAYERS

In Attack

“Be Direct”

“Show a skill”

“Be Creative”

In Defence

“Press the ball”

“Stand up”

“Force away From goal”

Tip

Keep the score.
This will make
The game
Realistic and
competitive



PROGRESSION

Encourage the
Players to defend
Better

Introduce the
Following rule

“unless you
stop the
Attacker from
Scoring, you
Must remain
In defence”

*The attacker who
Scored will then
Collect a new ball
And attack a 2nd
player

ACTIONS

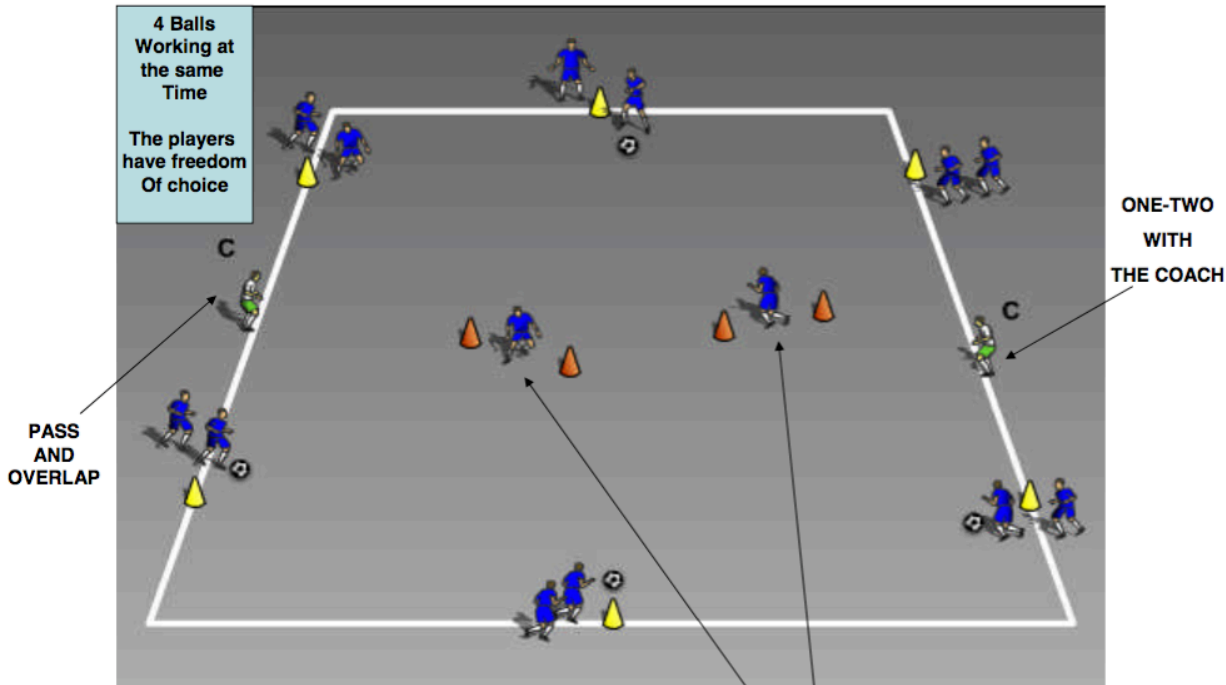
The starting player attacks 1v1 against an opponent of his choice
After the 1v1 is completed
The defender breaks out, collects a ball and then attacks a new opponent
The practice works continuously for a set time period

Tip

To increase the
Intensity. Add
Additional goals
and players

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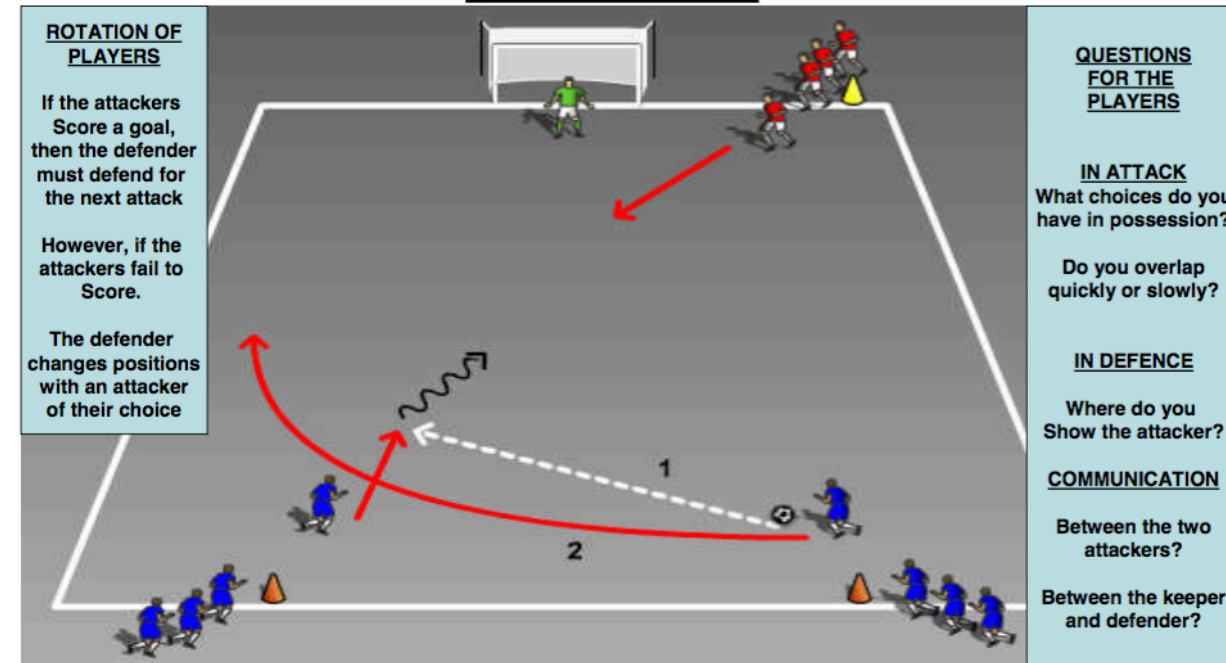
PASS AND COMMUNICATE - CIRCUIT



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



ACTIONS

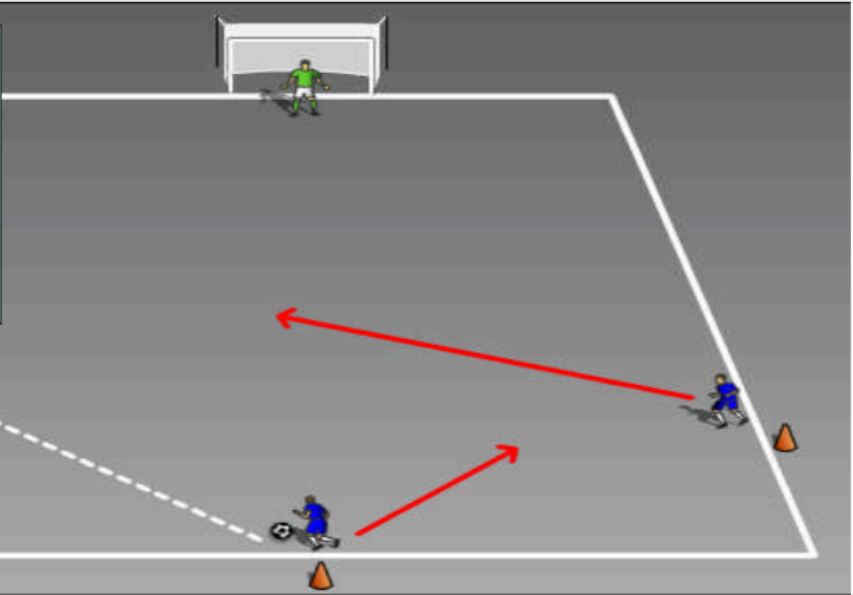
Attacker (1) passes to attacker (2) and makes an overlapping run.
The defender sprints out to defend a 2v1 situation.
The practice continues until the ball leaves play

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3V2 OVERLAP

<p><u>ROTATION OF PLAYERS</u></p> <p>If the attackers Score a goal, then the defenders must defend for the next attack</p> <p>However, if the attackers fail to Score.</p> <p>The defenders change positions with the attackers of their choice</p>		<p><u>QUESTIONS FOR THE PLAYERS</u></p> <p><u>IN ATTACK</u> What choices do you have in possession?</p> <p>Do you overlap quickly or slowly?</p> <p>Is there Movement off the ball?</p> <p><u>IN DEFENCE</u> Where do you Show the attacker?</p> <p><u>COMMUNICATION</u> Between the two attackers?</p> <p>Between the keeper and defenders?</p> <p>Between the two defenders?</p>
<p><u>PROGRESSION</u></p> <p>On winning Possession, allow the defenders to Attack and score in the middle gate</p>	<p><u>ACTIONS</u></p> <p>The starting attacker has the choice of which team-mate to pass and overlap.</p> <p>The defenders rush out to defend a 3v2 situation</p> <p>The practice continues until the ball leaves play</p>	

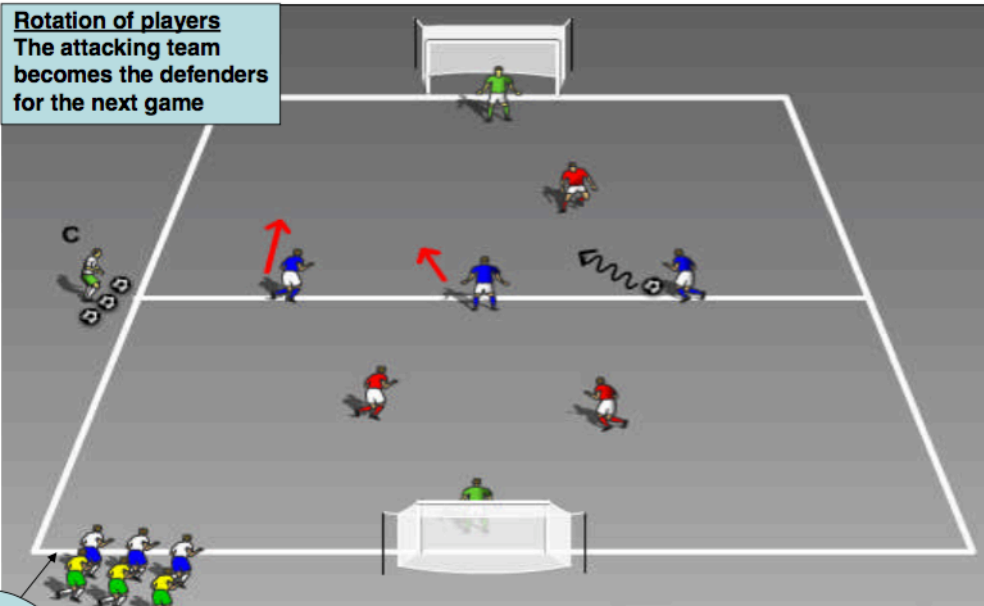
2v1 CHOICE

<p><u>ROTATION OF PLAYERS</u></p> <p>The defender becomes the centre player The next attack.</p> <p>The two attackers go to the outside positions</p>	
<p><u>ACTIONS</u></p> <p>The centre player starts the practice by passing to a team-mate of his choice</p> <p>The player that doesn't receive the pass, must react quickly and defend</p> <p>The practice continues in a 2v1 situation until the ball leaves play</p>	

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3 Player - Overload Game

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



This team will come on as the new Attacking team

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 3rd 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

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?



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?

PROGRESSION

NOW PLAY CONTINUOUSLY

THE CENTRAL TEAM ATTACKS ONE OF THE GOALS

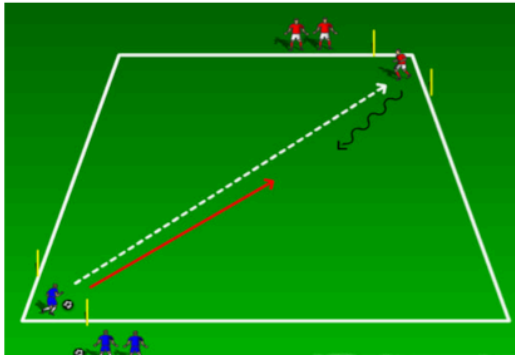
IF SUCCESSFUL, THEN THEY RECEIVE A NEW BALL FROM THE COACH AND ATTACK THE OPPOSITE END

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

PLAY NON-STOP FOR A SET TIME PERIOD

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1 V 1 GAMES



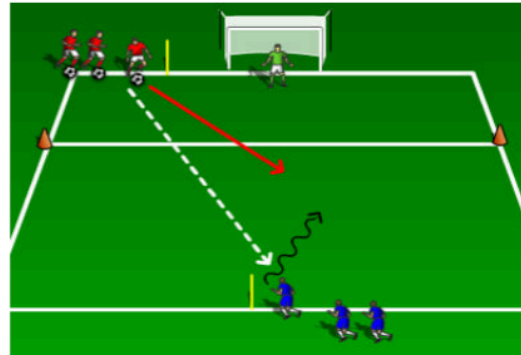
SET UP / RULES

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



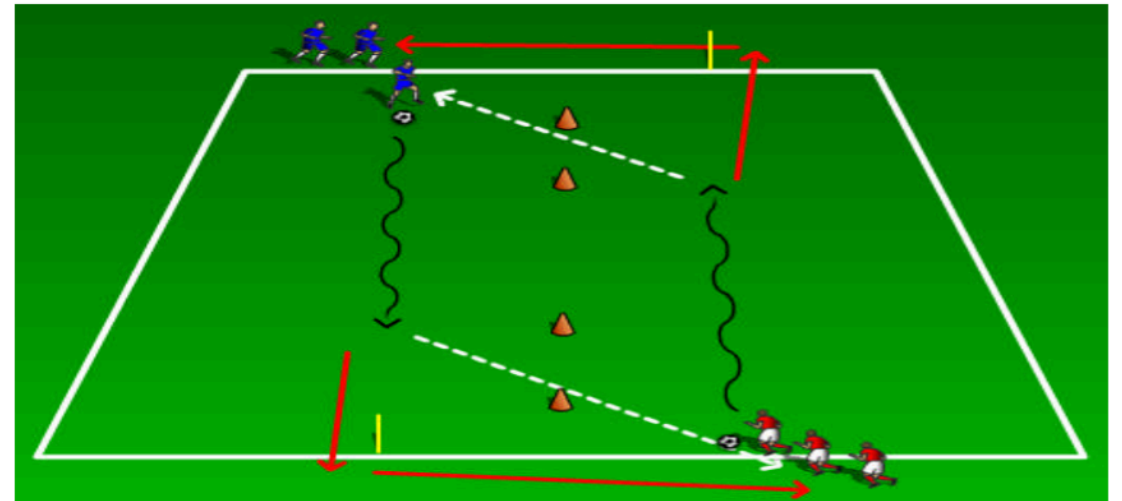
SET UP / RULES

The defender passes to the attackers

A 1v1 game commences

The attacker must get into the end zone before shooting

RUNNING WITH THE BALL



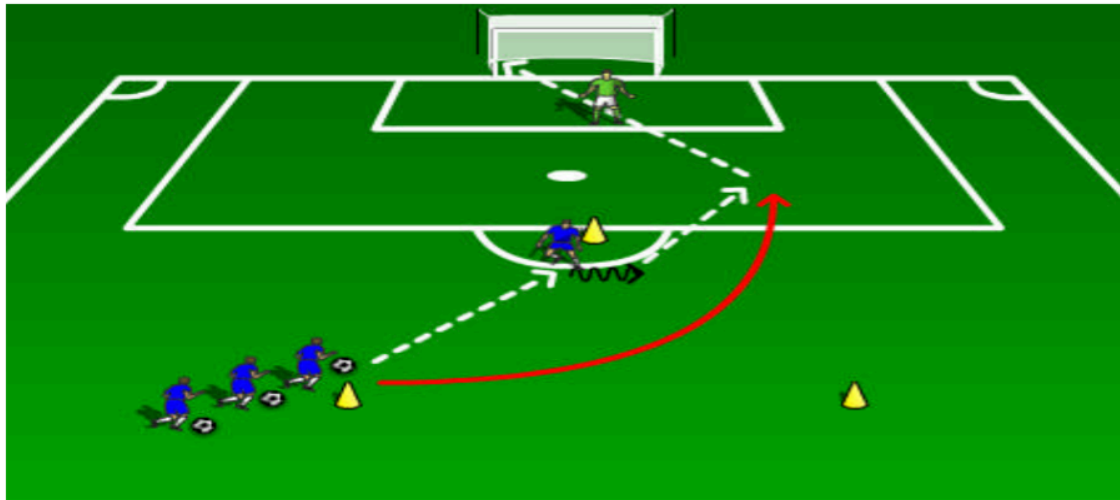
SET UP / RULES

Two balls working at the same time

The players must dribble down the sides and then pass across to the opposite group

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PASSING AND MOVING TO SCORE



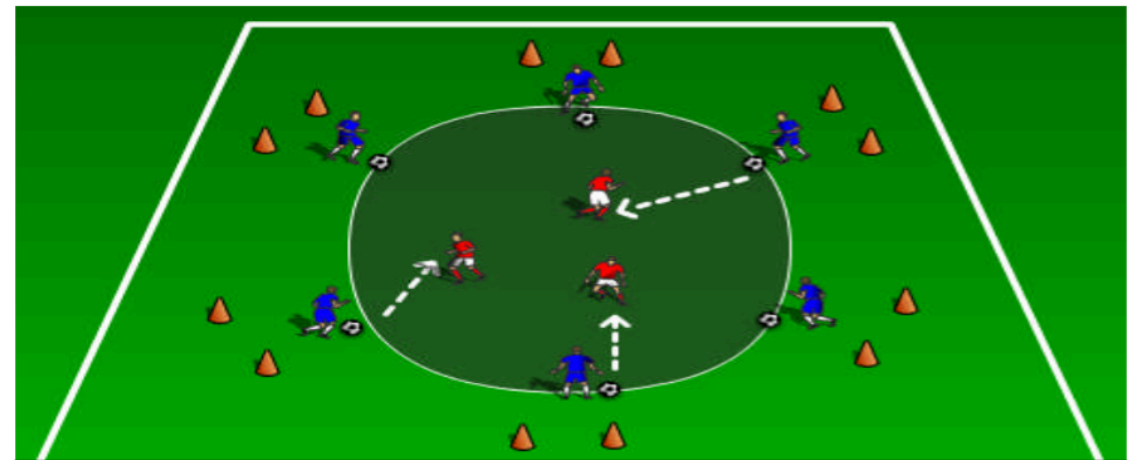
SET UP / RULES

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

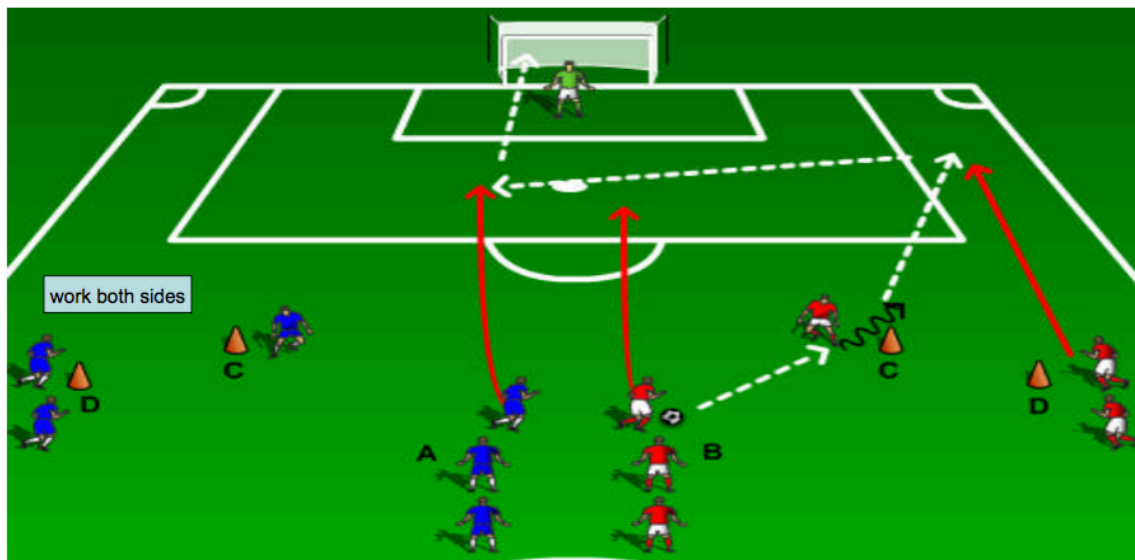
Two groups of players
One group work inside the area
The other group work around the outside
The inside group must continually receive passes from the outside players
The players must receive the ball on their back foot and then dribble to pass out to a different player

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

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BUILD UP AND FINISHING

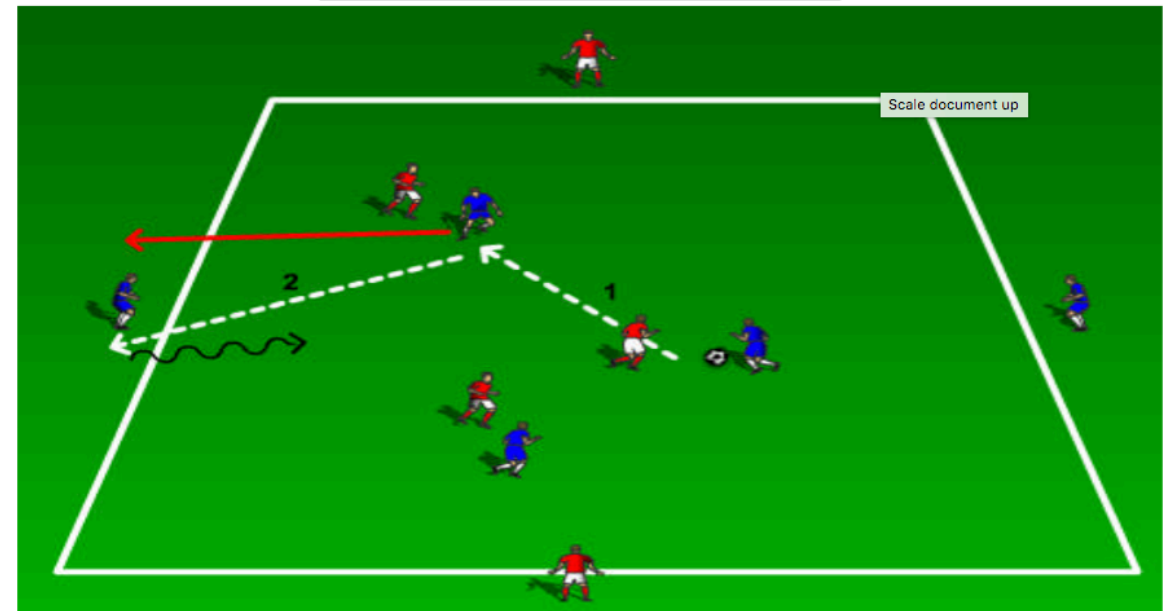


SET UP / RULES

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

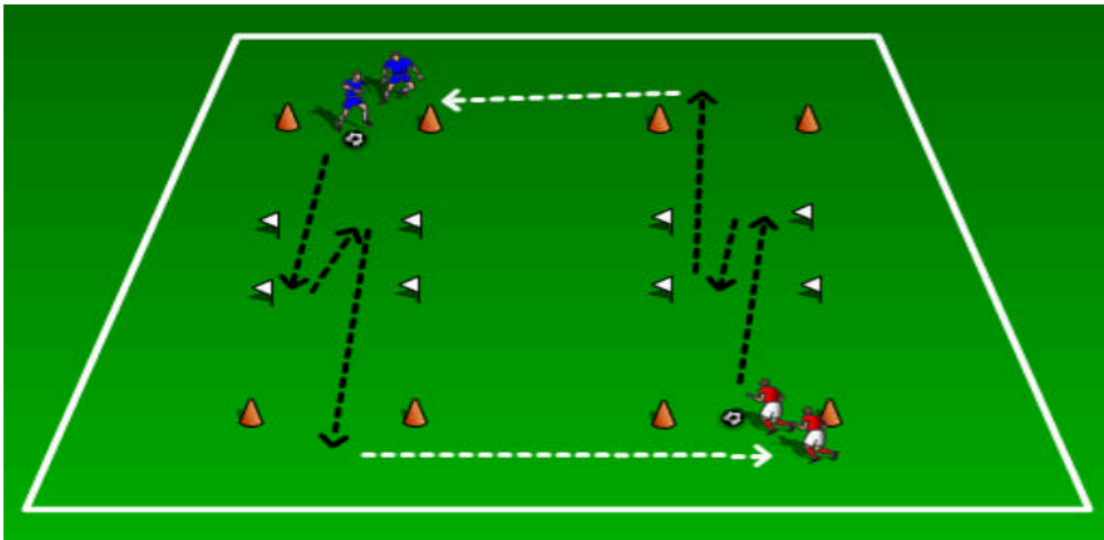


SET UP / RULES

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

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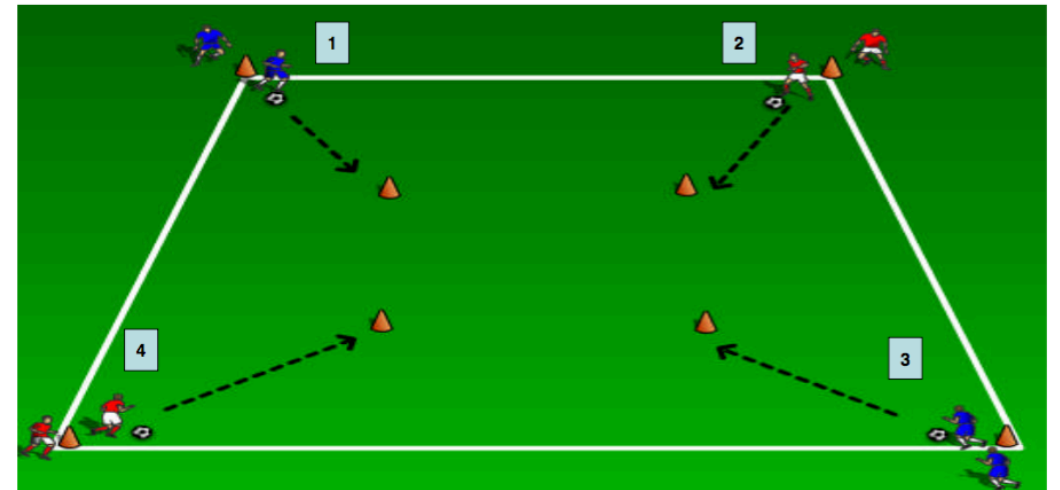
DRIBBLE AND CHANGE DIRECTION



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 2nd turn
The players then dribble at top speed through to the end cones

DRIBBLING, SKILLS AND TURNS

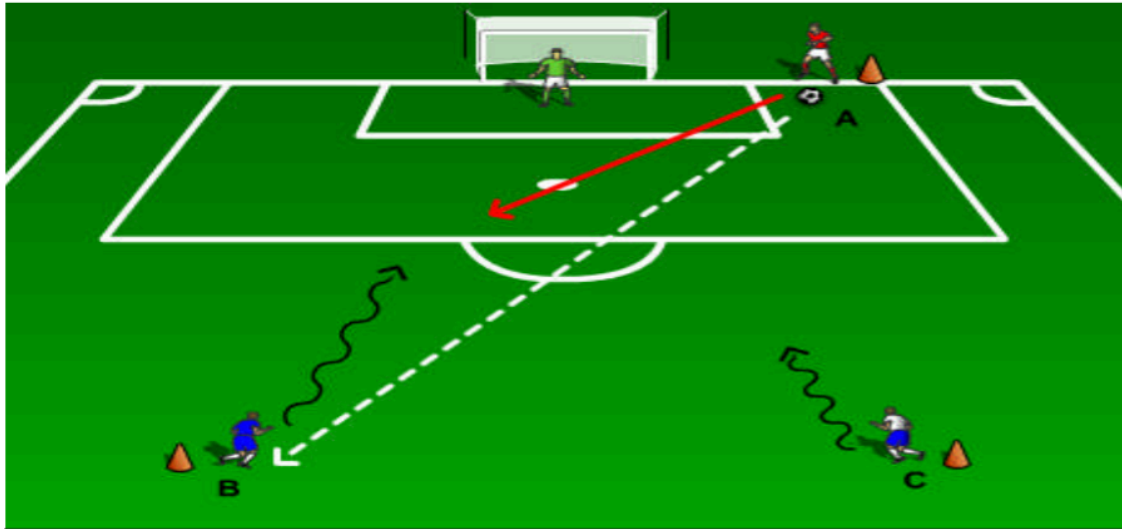


SET UP / RULES

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

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1V1 / 2V1 ATTACK AND DEFEND



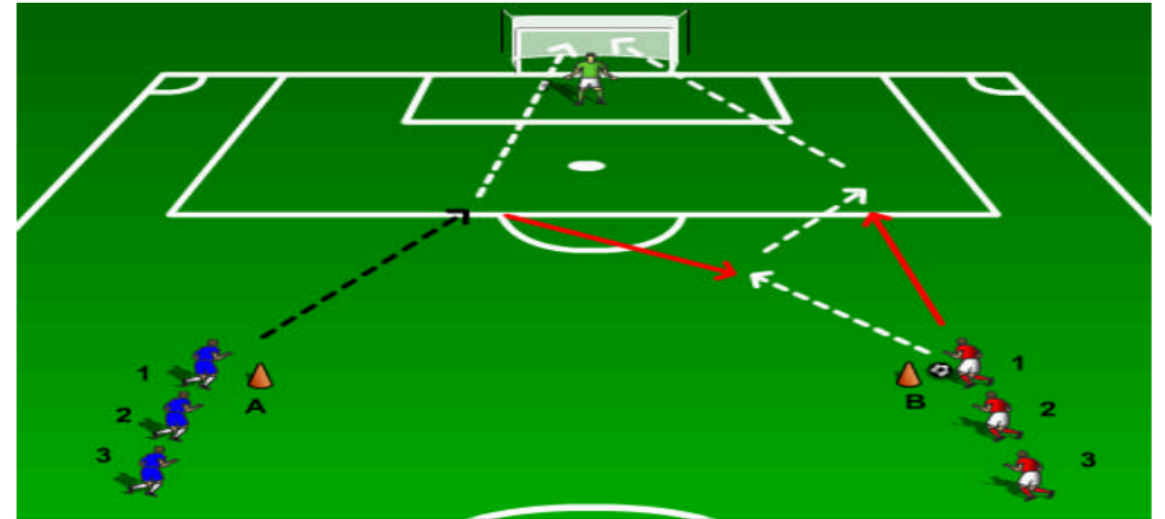
SET UP / RULES

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

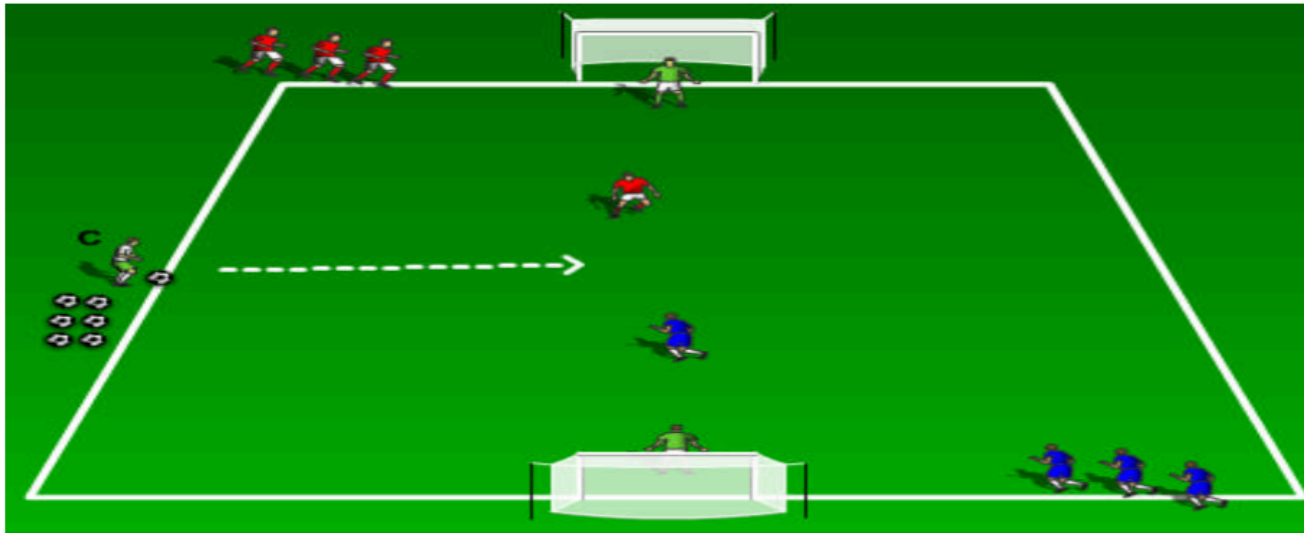


SET UP / RULES

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

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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

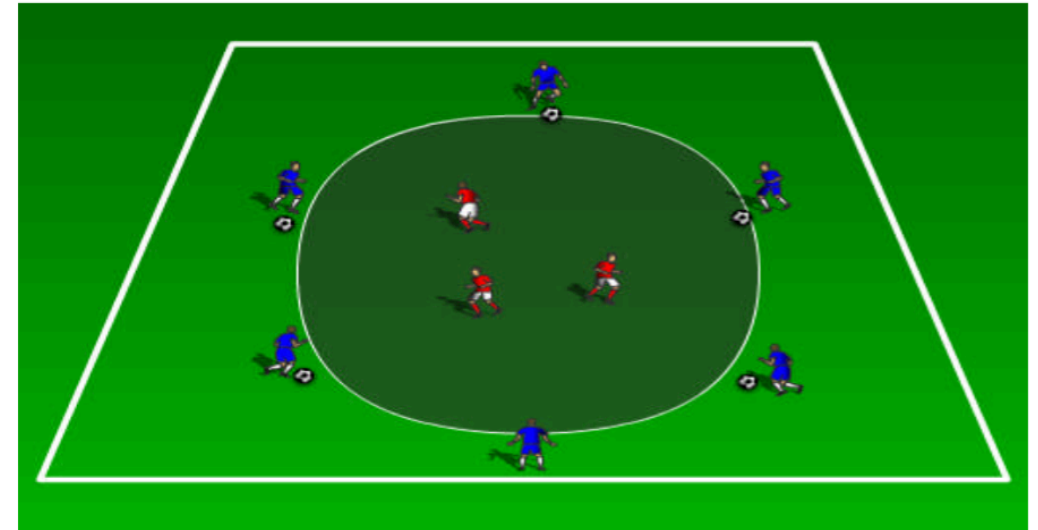
Progression

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

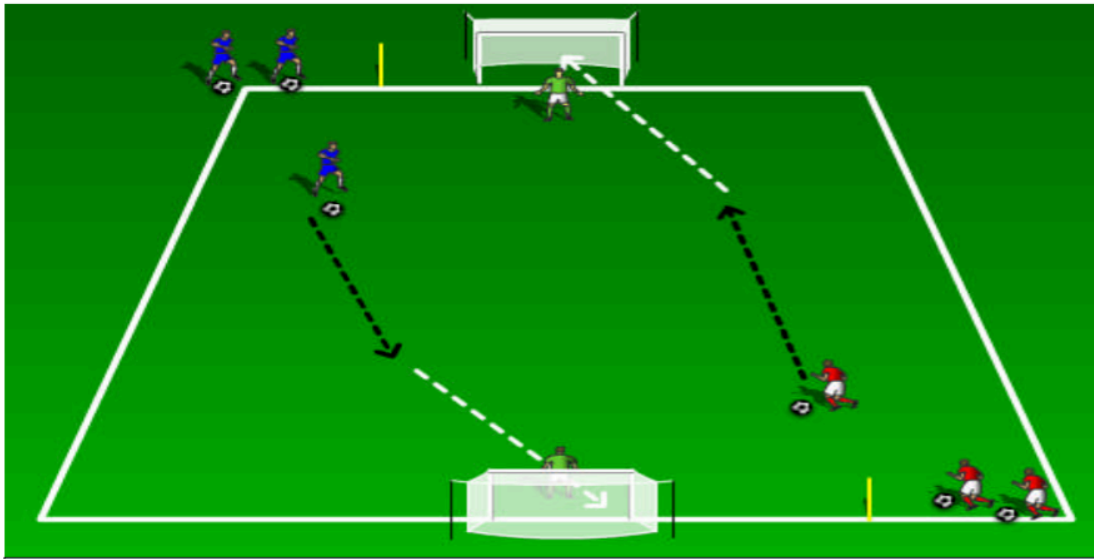
The outside players serve the ball to the inside players who must control and pass back

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 2nd touch?

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RUNNING TO SCORE



SET UP / RULES

Two balls working at the same time

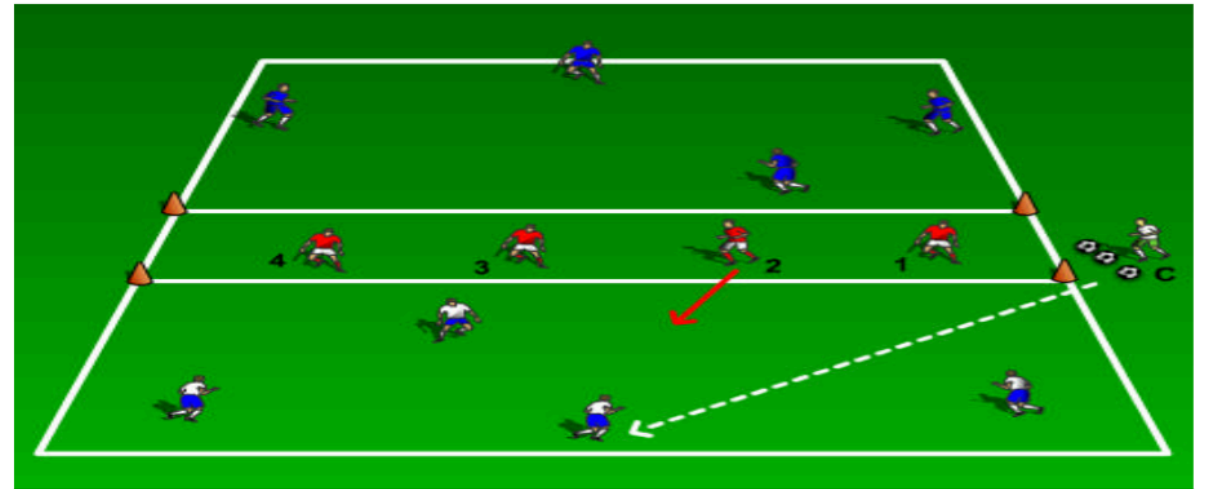
1 – dribble and shoot

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

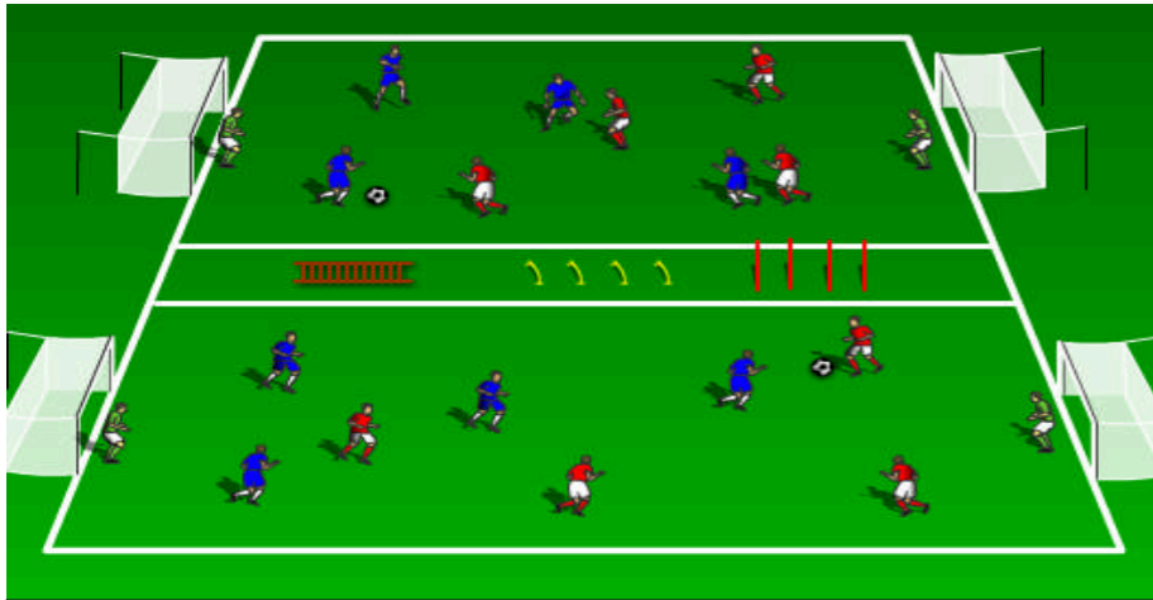
The passing team must attempt to pass across to the opposite side

Can the three resting defenders block the through pass?

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

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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

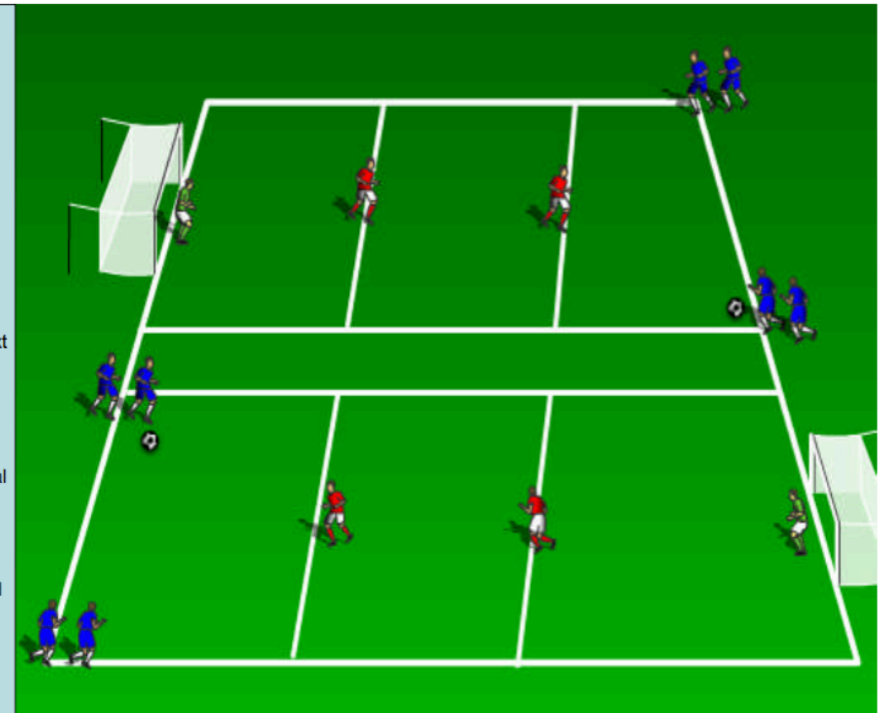
Can the attackers get into the next
Zone?

If successful the next defender
Comes forward for a 2v1

Can the attackers get into the final
Scoring zone?

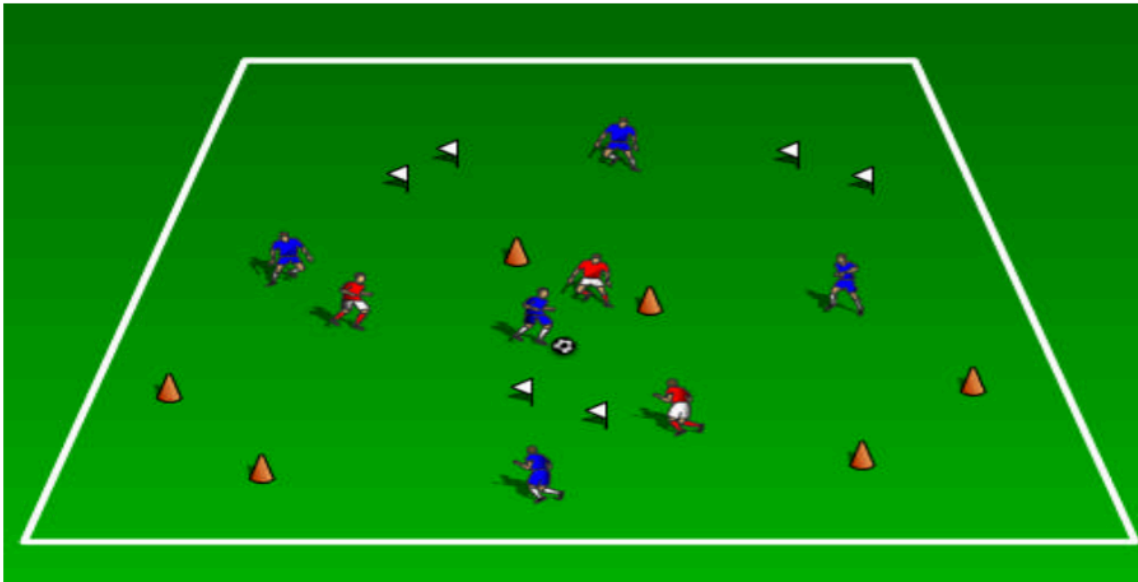
Progression

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



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PASS OR DRIBBLE TO SCORE



SET UP / RULES

Two teams

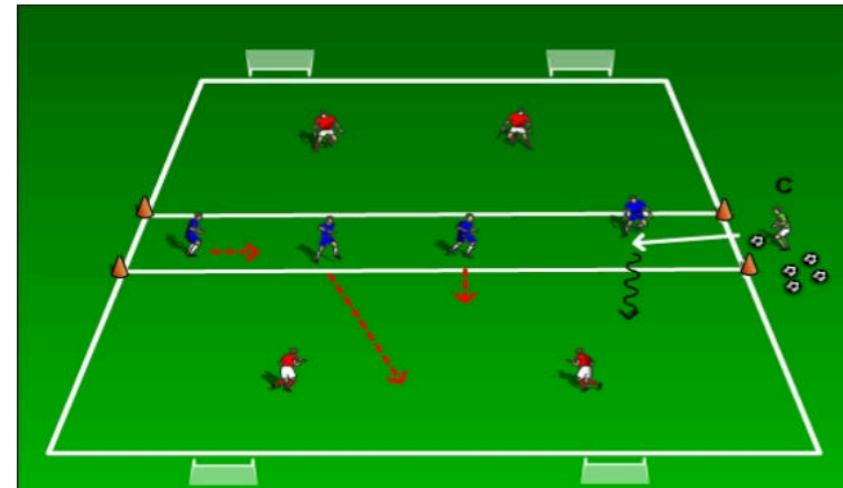
Two ways of scoring a goal

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)

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].

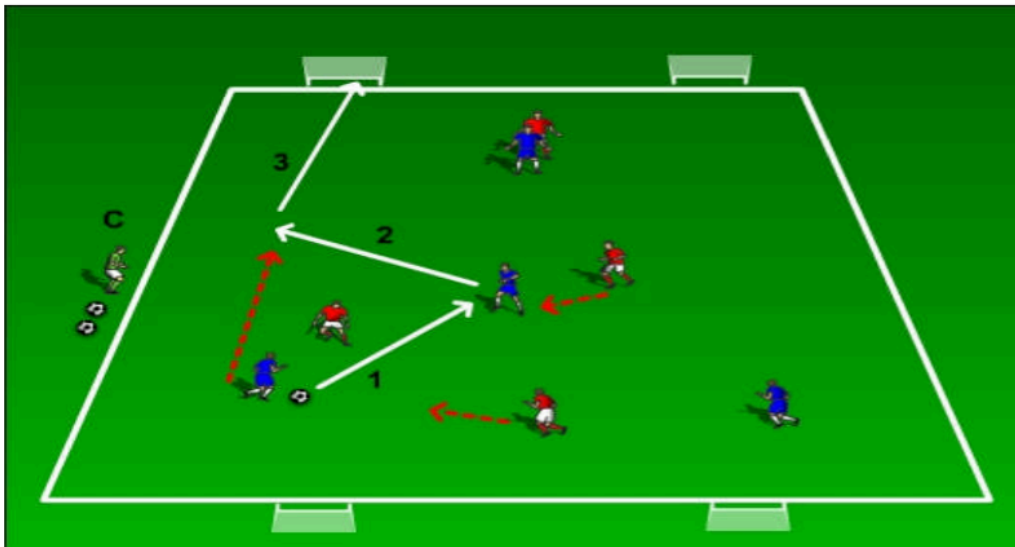
The aim is to try and score as many goal as possible against the two defenders

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

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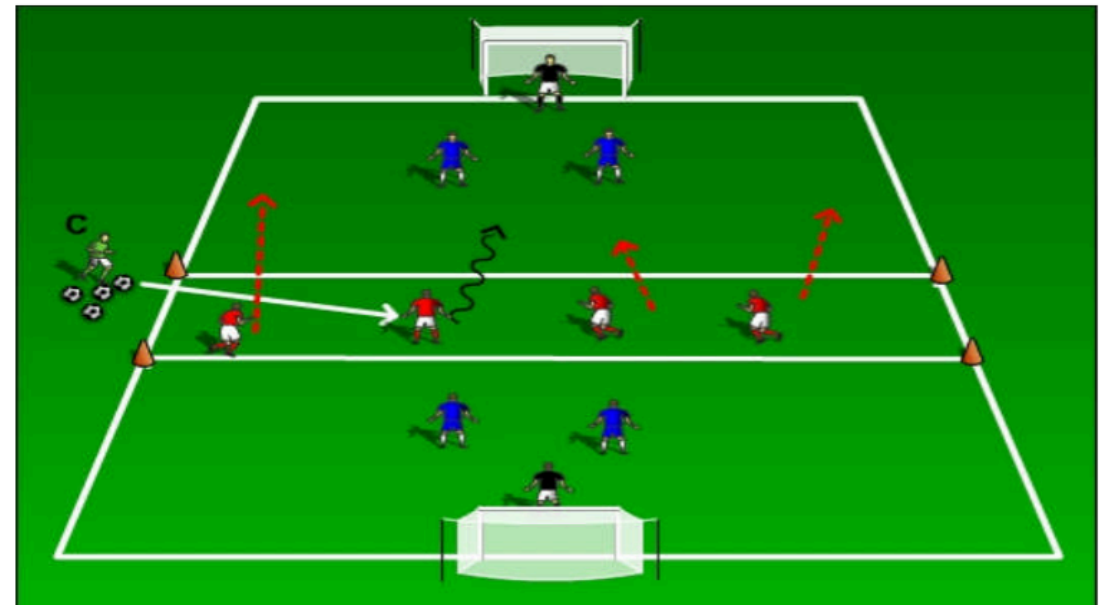
4 V 4 – FOUR GOAL GAME



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

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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

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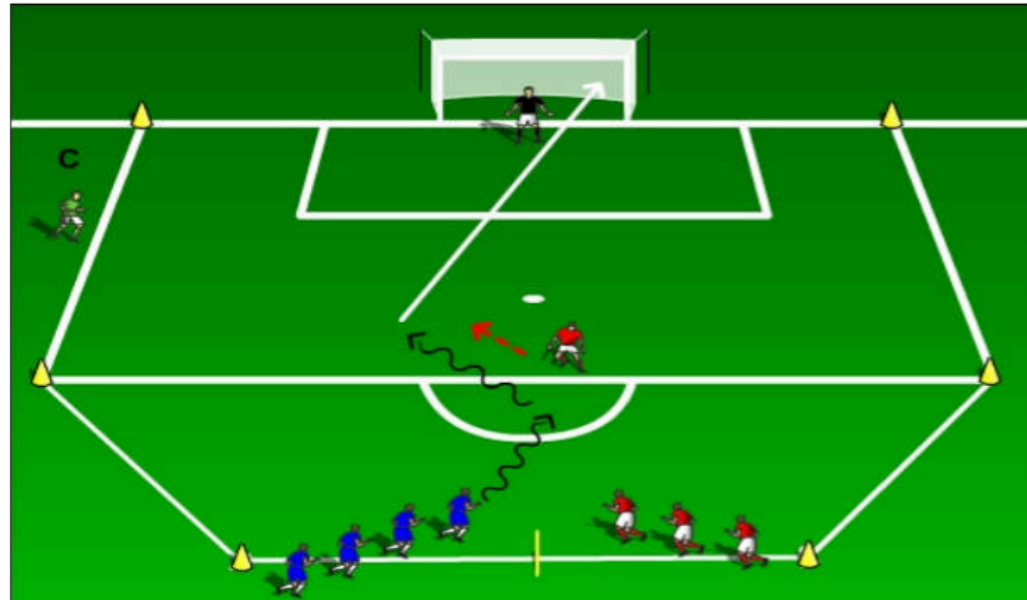
ONE BIG V TWO SMALL



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

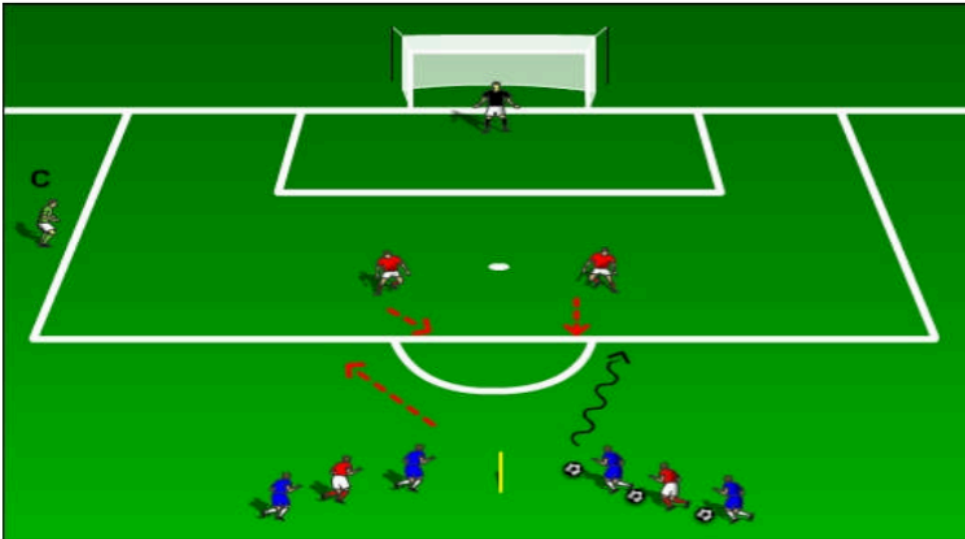


Set up / rules

- 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

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2V2 CONTINUOUS

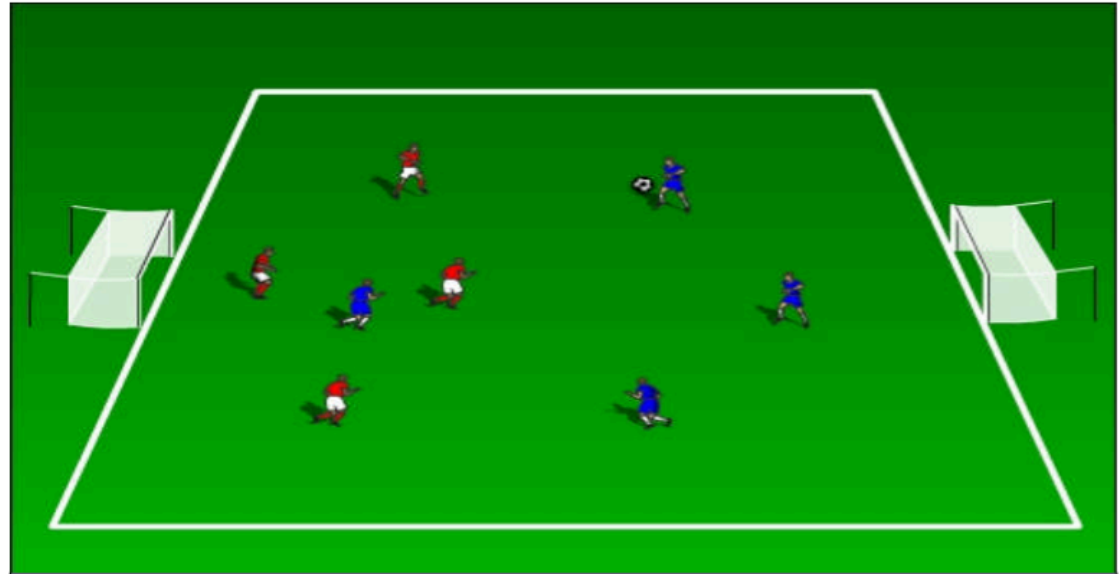


Set up / rules

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

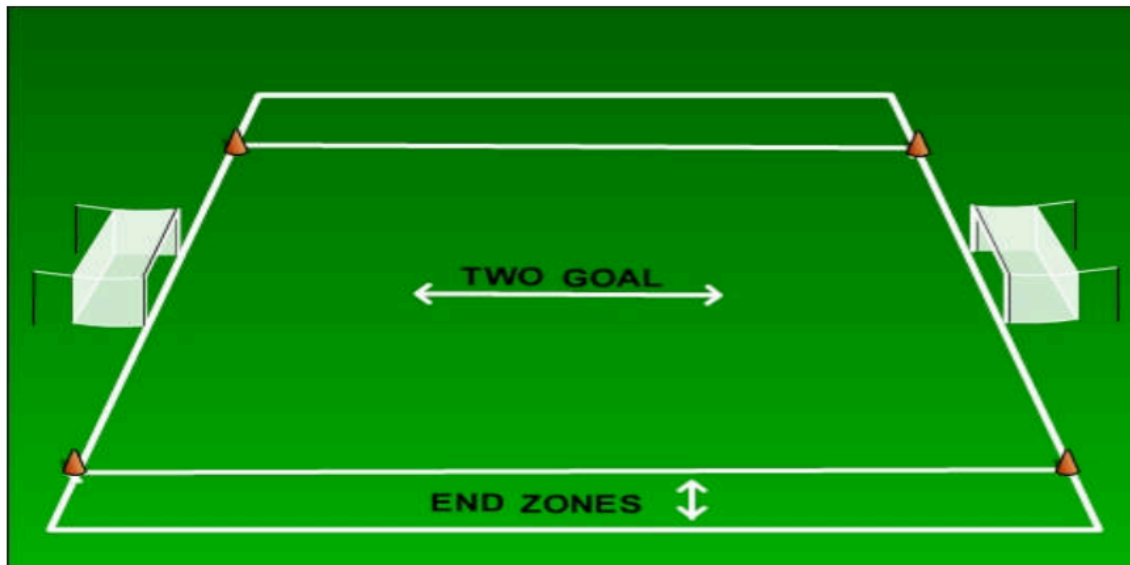


Set up / rules

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

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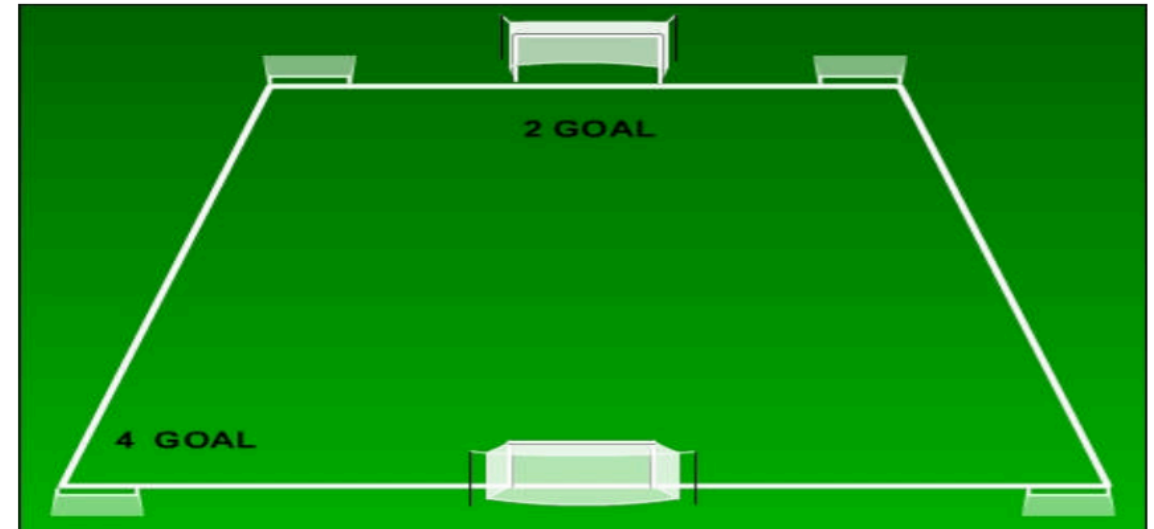
TWO GOAL AND END ZONE



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

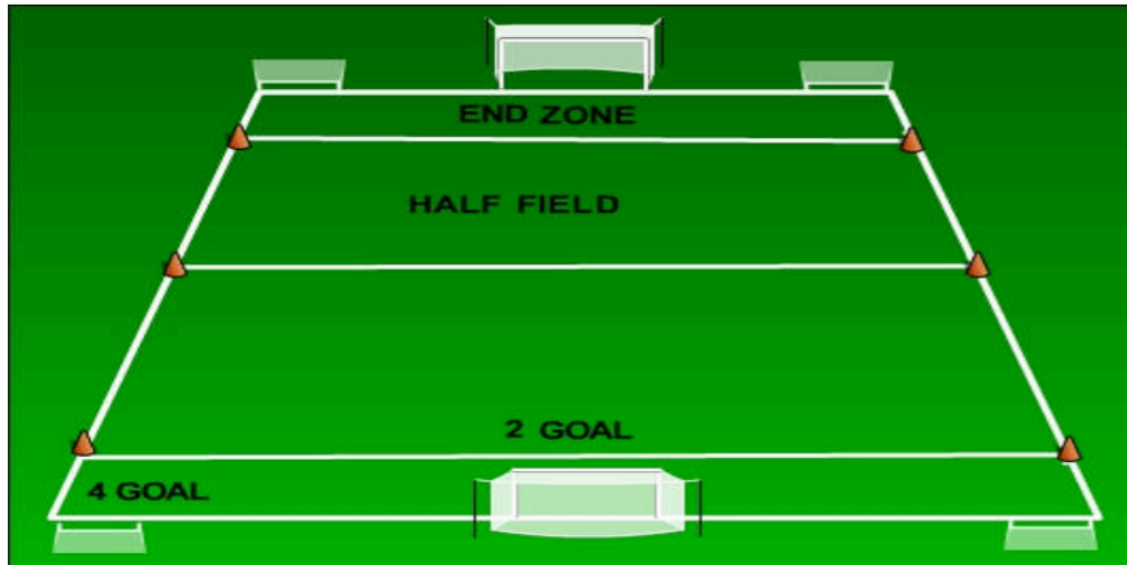


Set up/ rules

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

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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

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FOUR GOAL, HALF FIELD AND END ZONE



Set up/ rules

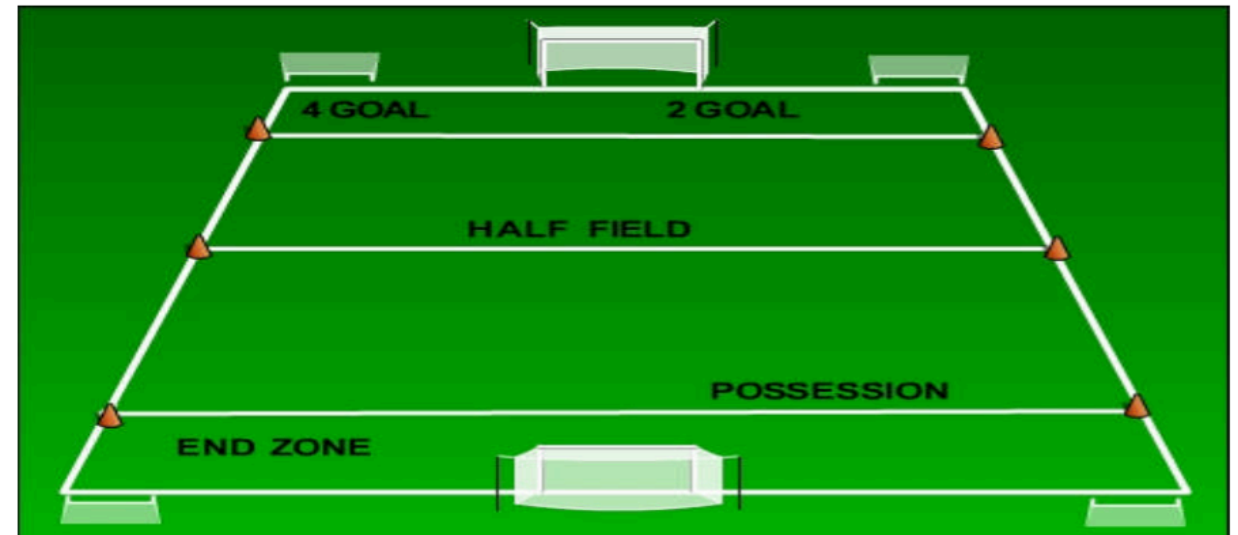
Two teams of four players

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)

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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

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

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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

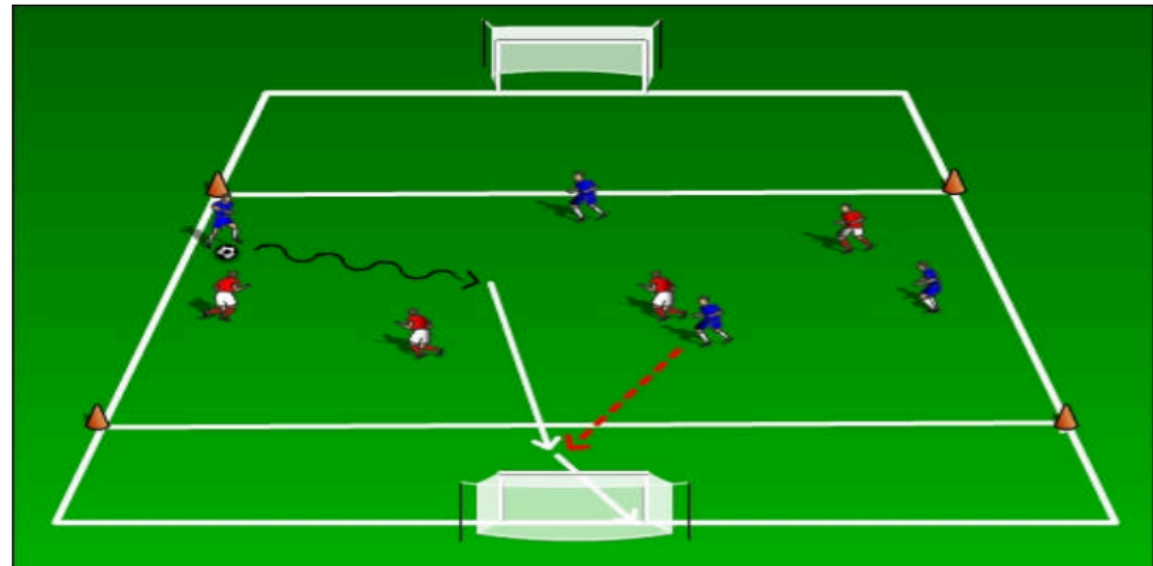
once the ball is played, the attacking player then goes to the next station on their left and waits for the coaches whistle to attack again

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

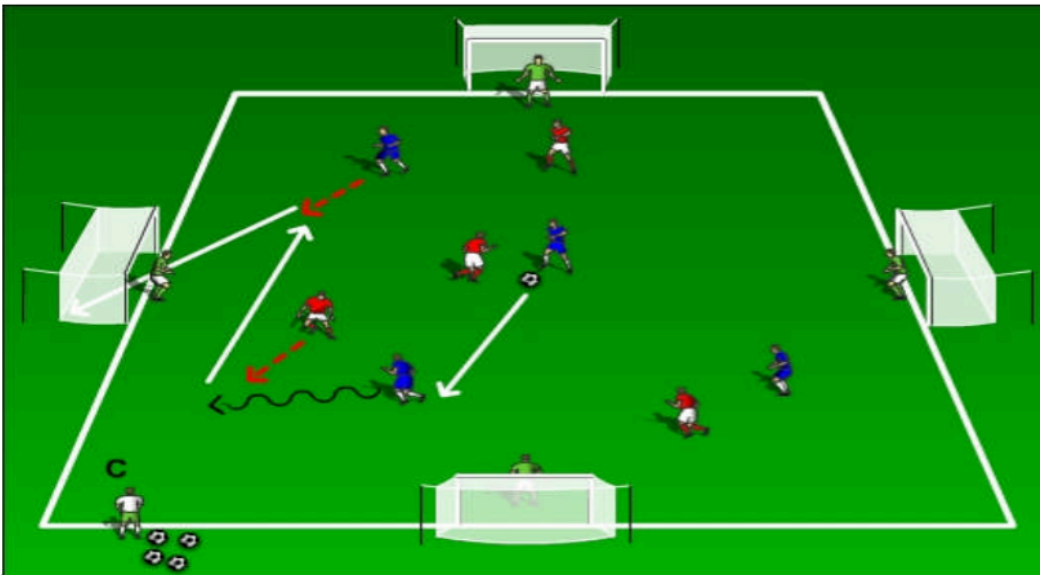
3 –the players take a throw in

4 –the players make a pass onto the pitch

5 – the players dribble onto the pitch

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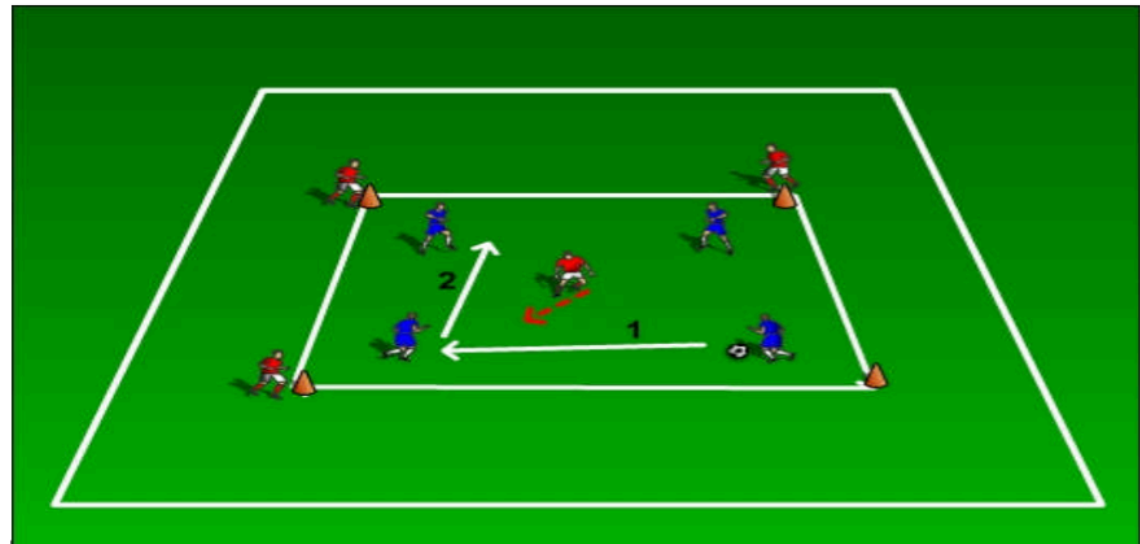
FOUR GOAL GAME – MUST SCORE IN EACH GOAL



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

POSSESSION - ADD ONE



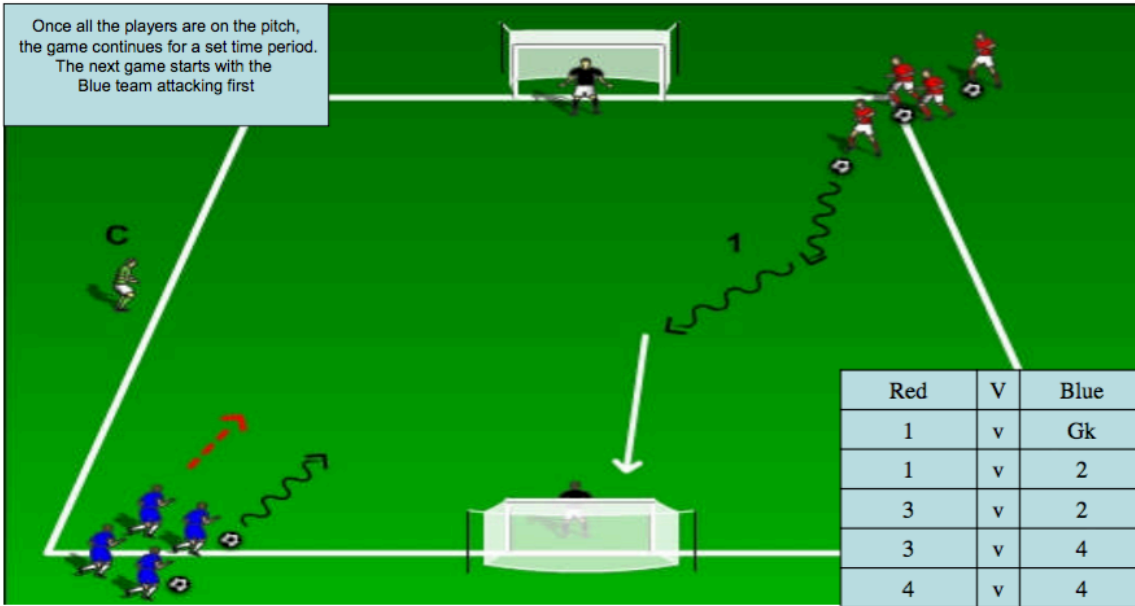
Set up / rules

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

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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

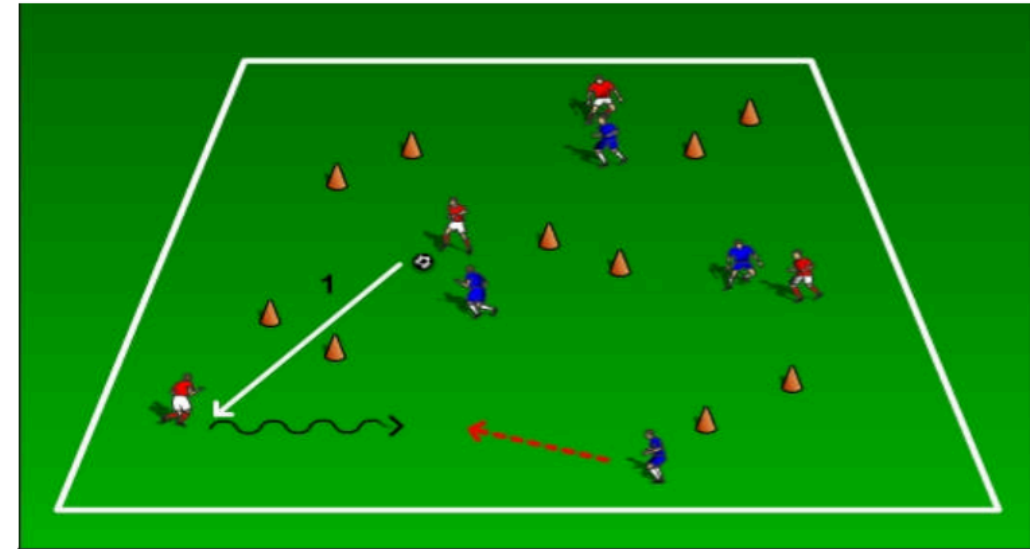


Set up / rules

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



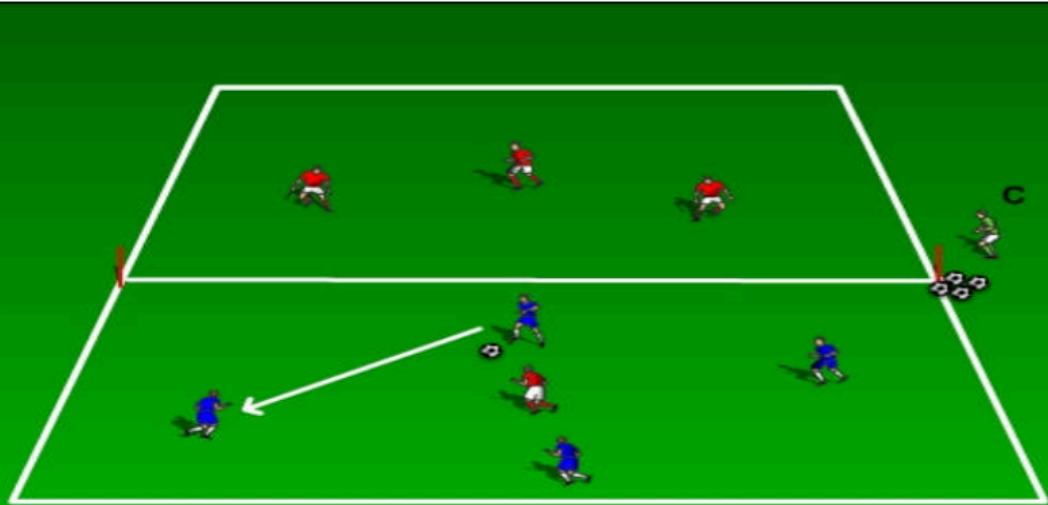
Set up/rules

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

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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

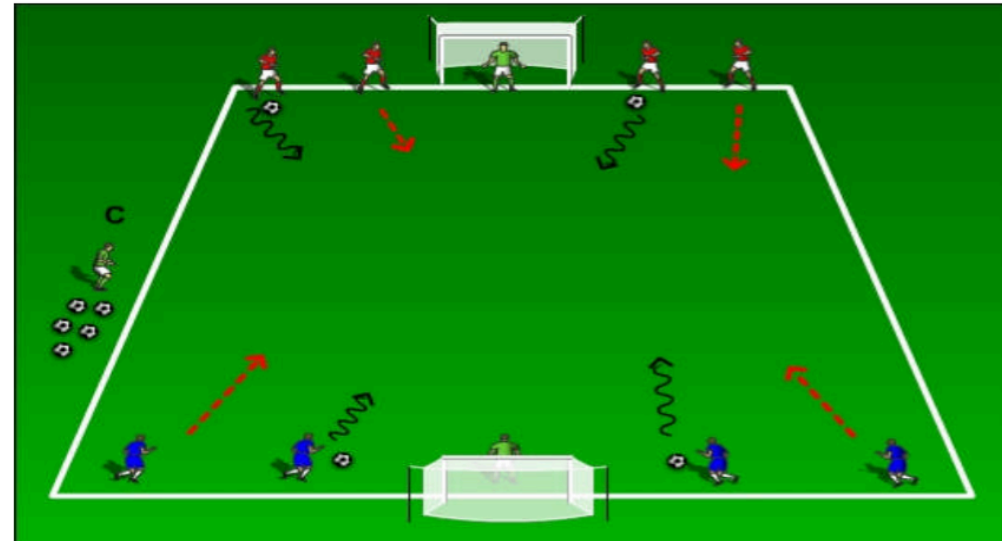
If the team manages to make five passes, the coach calls for another player to go and defend in a 4v2

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

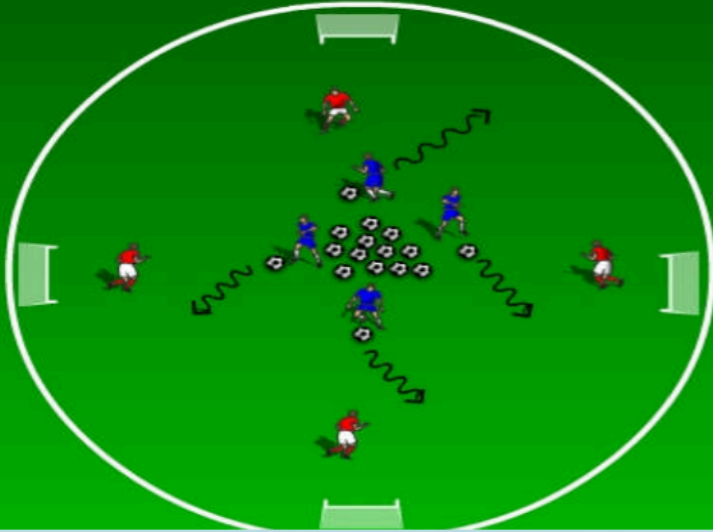
once all five balls have been played, the coach counts the goals scored and declares the winning team

"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"

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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

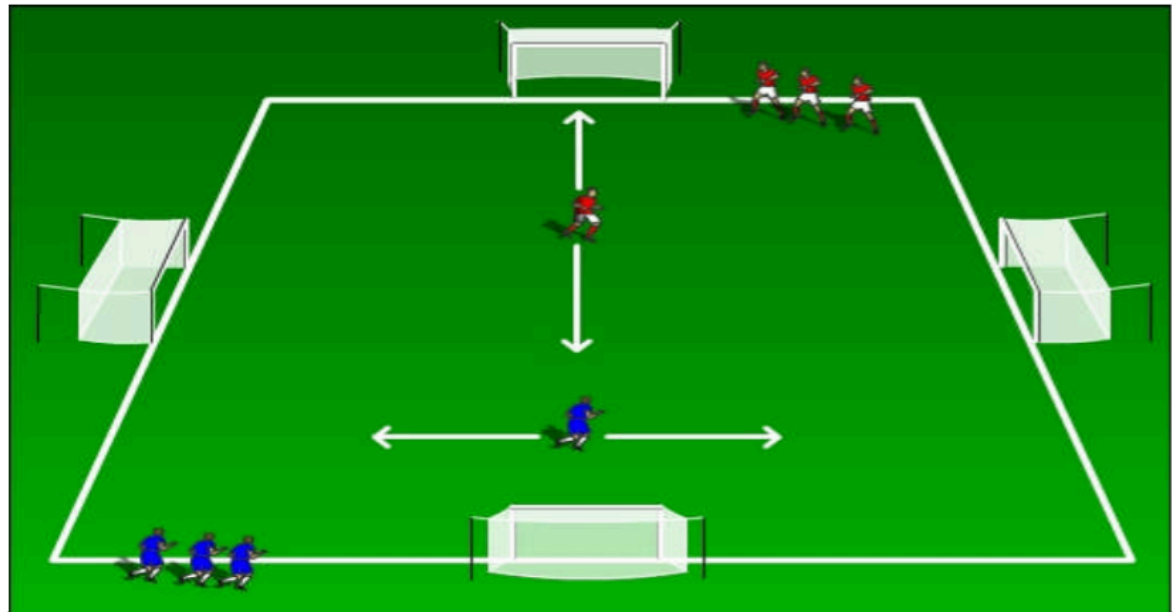
To start, the attacking players have a ball each and must try to score in the mini goals.

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

DIRECTIONAL GAME



Set up/rules

two teams of four players
four mini goals

one team attack the goals across the width of the pitch

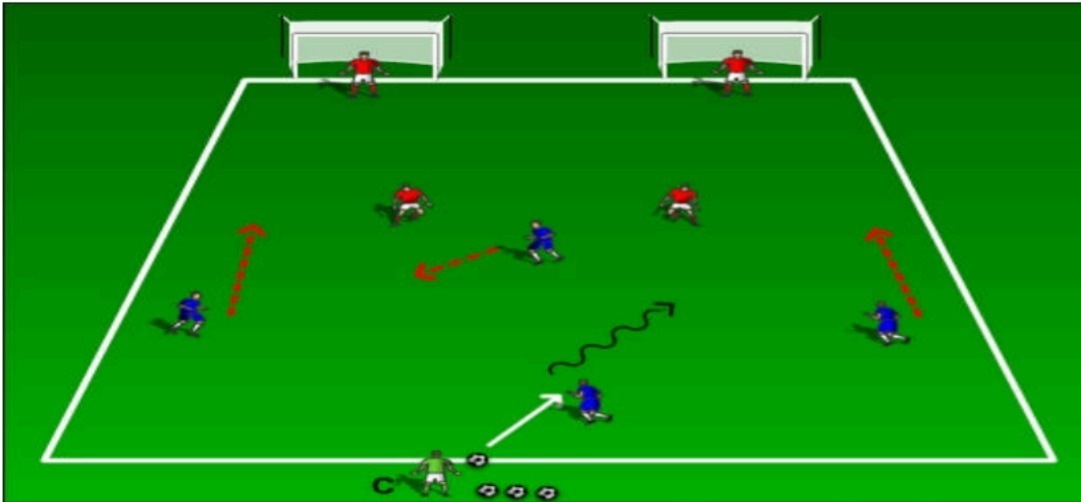
one team attack the goals down the length of the pitch

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

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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

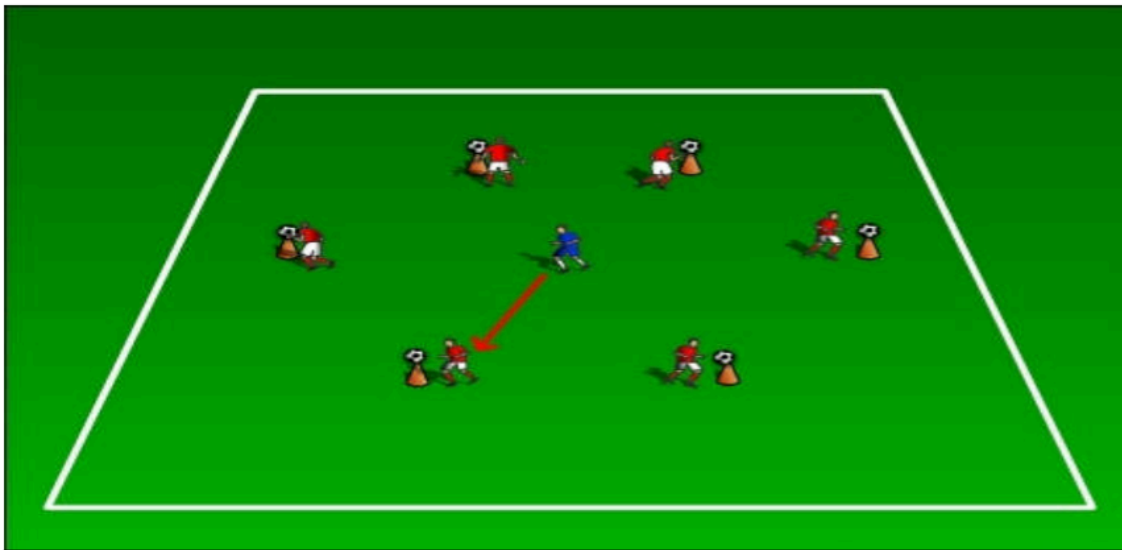
5 – ball between two, pass to player in the gate and ask him to "turn out", the player dribbles away and you take his place

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

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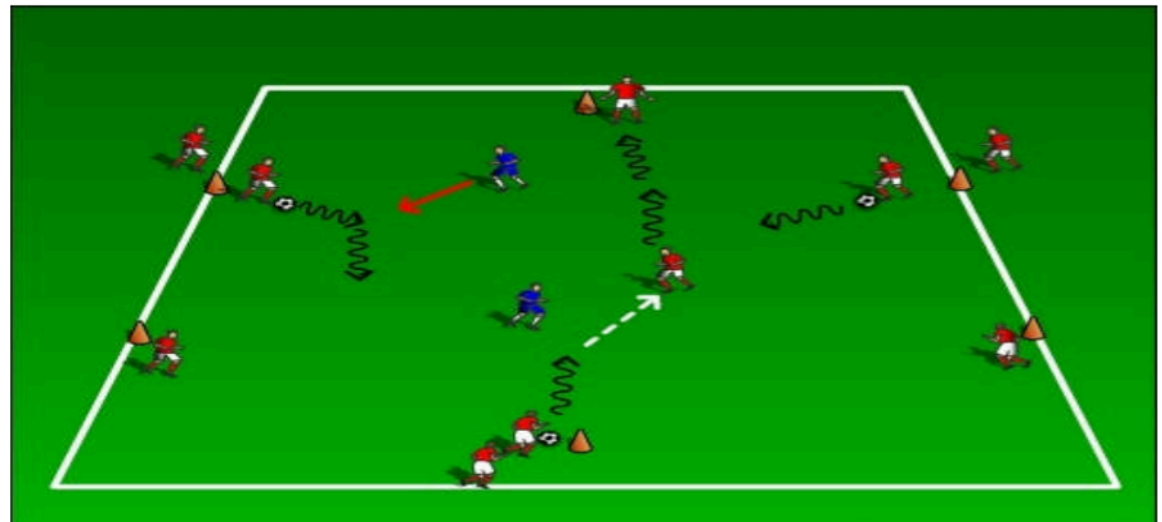
SHIELDING / HOLD OFF DOMINO



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

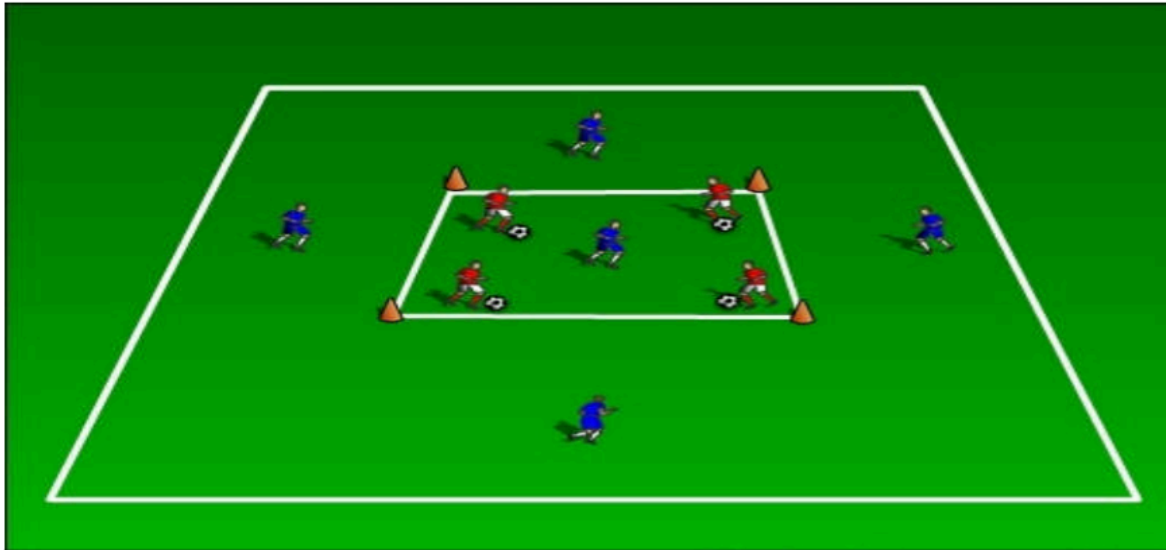


SET UP / RULES

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.

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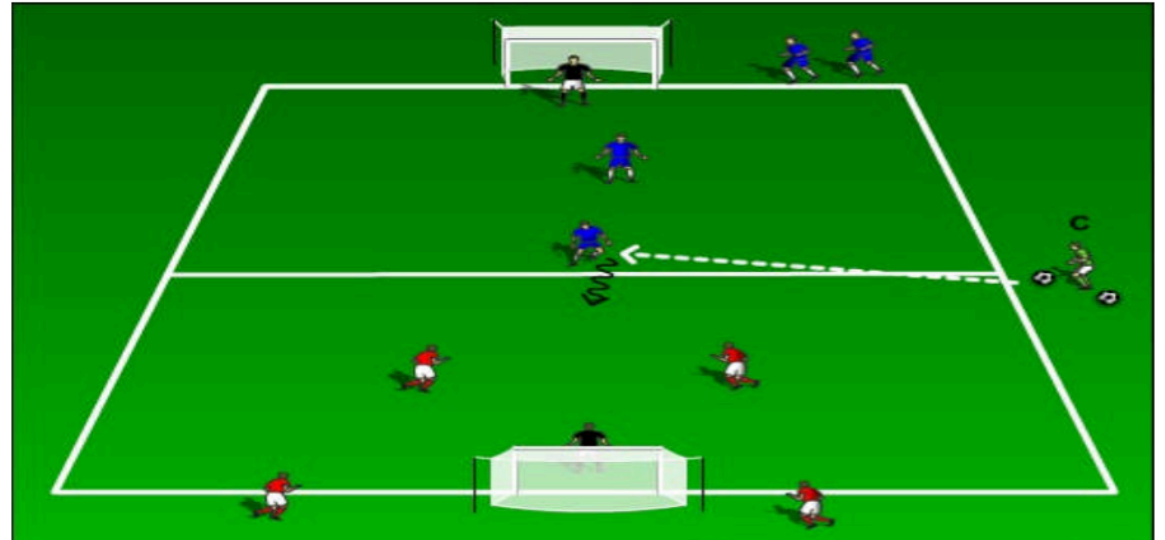
WIN BALL AND KEEP POSSESSION



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.

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

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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

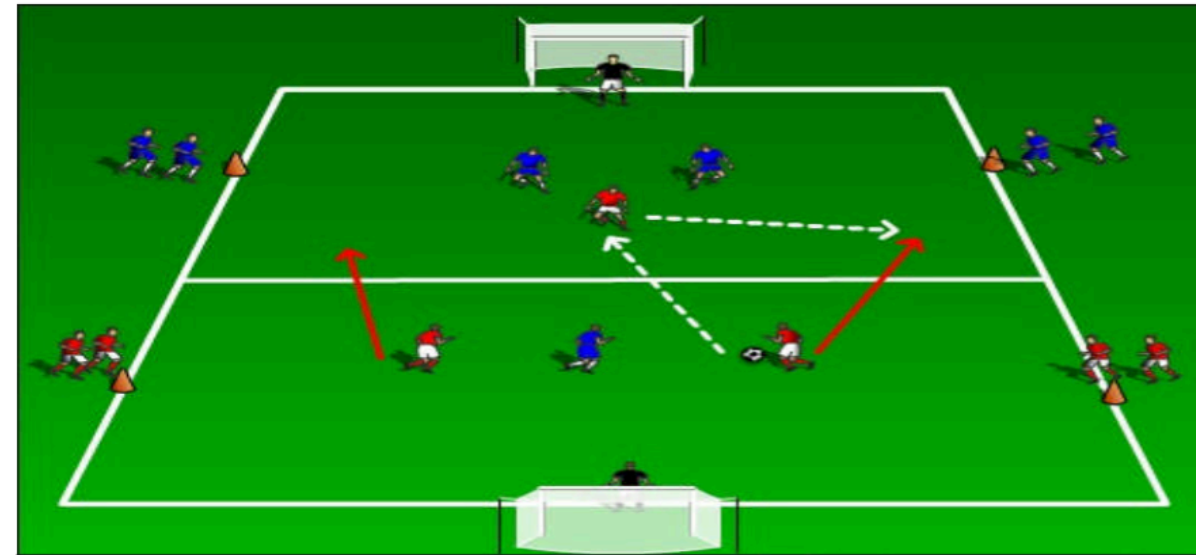
To start, the blue keeper passes into the centre forward.

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 teams attack is completed, the game is reversed and the two blue defenders dribble forward for a 3v2