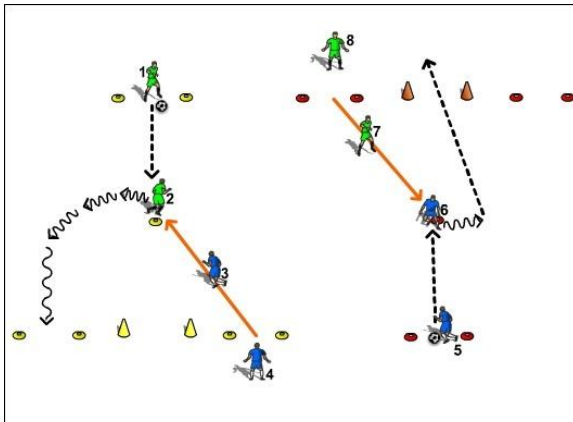


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3, 10x10 grids evenly spaced  
 -1v1 in each grid, additional players (floaters) play freely among grids  
 -Objective is for each team to get and maintain possession in each grid at the same time  
 -Floaters assist their teams as needed to maintain possession, creating potential overload.



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1 & 5 pass ball into feet of 2 & 6  
 As ball is passed, 3 & 7 go live and actively defend against attacker (2 & 6)  
 -2 turned and dribbled ball through wide gate for 1 point  
 -6 turned and scored on goal for 3 points  
 Rotation: 1-2, 2-4, 4-3, 3-5, 5-6, 6-8, 8-7, 7-1

**DEFENSIVE COACHING POINTS:**

- Defender to "get there quickly but arrive slowly"
- Low stance looking past attackers hip at ball, hand up softly to feel for movement
- Patience

**ATTACKING COACHING POINTS:**

- Control ball quickly to allow time for turn/shot
- NO WAITING for 'perfect' shooting opportunity, just need a sliver of space
- Change of pace

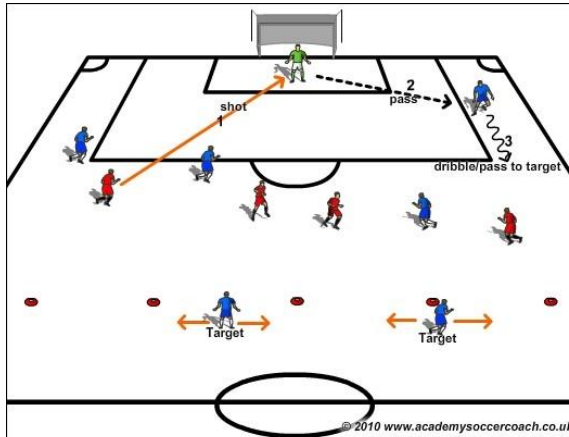


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-Two groups are in the outside zones, group of 4 in the middle zone.  
 -Teams on the outside pass the ball back and forth playing the ball through the middle zone to the team on the opposite side (NO balls can be served over the top of the middle group!).  
 -If team in middle wins possession, switch with the team who tried to play it through.  
 -If the ball goes through the middle, they stay until they win possession of it.

**COACHING POINTS:**

- When, how, and where to pressure ball
- Cover should be at a good angle from first defender, communicating
- Balance should be behind ball, in position to see ball and 3rd attackers ready to transition to attack if the ball is won
- Defensive shape is key - flat, connected and compact

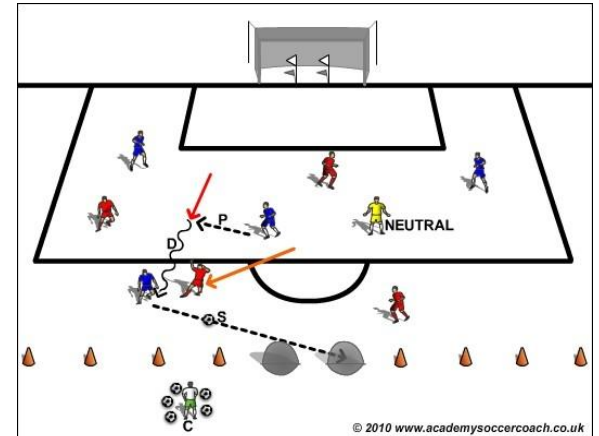


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**Defensive third**  
 4 blue+GK defend the Big Goal, tries to score with pass to a target player.  
 Red tries to score in the Big Goal.

**COACHING POINTS:**

- Defending in the defensive 3rd is more urgent than in the other two thirds of the field.
- Pressure on the ball must be immediate to delay the progress of the attacking team, allowing the defending action to organize.
- While the ball is pressured, other backs must get into good cover and balance positions
- Changing roles quickly, as the ball travels, is vital



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**ATTACKING THIRD GAME - Shooting**

- 4v4 / 4v4+1 / 4v4+GKs --- Full or modified width depending on numbers / playing level.
- Provide "far post goals" (Puggs) on the coned line between middle and attacking third.
- Provide flags defining the far post in the large goalmouth.
- Free play within the "Attacking third"
- Encourage many early shots as is desired in attacking third.
- Encourage far post attempts (additional point?) while still allowing for near post strikes.

**COACHING POINTS:**

- Shooting technique. --low, hard, far post
- Follow up
- Far post runs

**VARIATION:**

Define a midfield line which an attacker may not retreat behind. Provide numbers up for attacking team.  
 "You never score with any of the shots you never take!"

Visual cues for defenders are:

- If player receiving the ball does not have control, then tackle and win possession of the ball!
- If player receiving the ball does have control, then defender has to make a decision as to how closely to apply pressure, whether to contain or delay because they are numbers down, whether to close down space quickly because they are numbers up, and/or whether to force to cover or to the outside, depending upon where they are on the field and where the goal and their cover is located.
- Defender on the ball also wants to be aware of the attacking team's 2<sup>nd</sup> and 3<sup>rd</sup> attacking players.
- If defenders can force the player with the ball into a numbers down situation and cut off weak side players, they are more likely to be effective.
- If there is immediate and tight pressure on the ball, defenders off the ball can squeeze the space centrally, making the field smaller for the attacking team.
- If pressure on the ball is light (loose), then cover and balance are looser, as well.
- The balancing player should recognize third attacker movement off the ball (i.e.: overlapping runs) and shift slightly to weak side if there is loose pressure on the ball. If there is tight pressure, balancing player simply needs to be aware of players coming through, communicating to teammates about when to pick them up, pass them off and when & where to shift on the field defensively.