

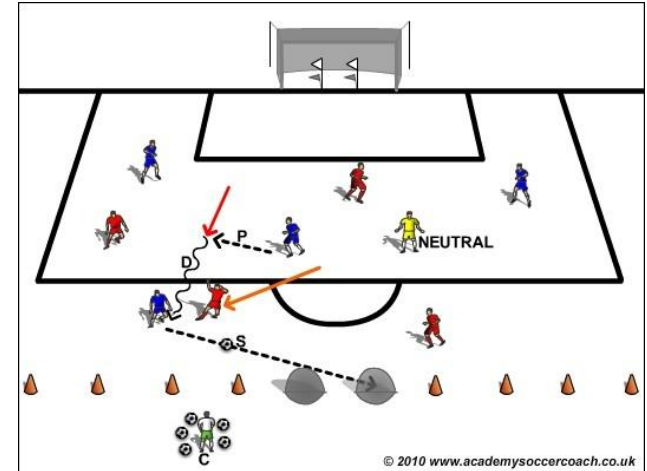
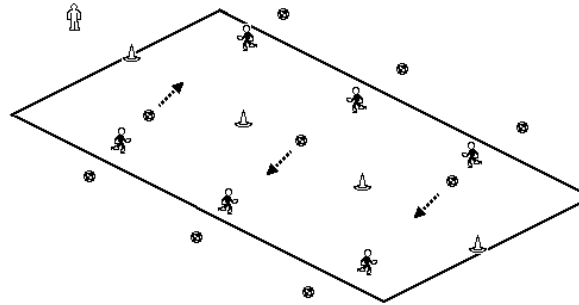
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2 GRID KNOCK-OUT

Begin with players split evenly across 2 grids (sized for numbers and ability)
 -Players protect their own ball while attempting to knock others balls out of their grid.
 -Once knocked out, quickly dribble to other grid and continue play.
 -Congratulate a player that is left by themselves in a grid!
VARIATION:
 -Player must perform a forfeit (3 sit-ups, 3 juggles, 3 star-jumps...) before joining other grid.
 -3 grids for larger numbers of players.]

Shooting

In pairs, shooting THRU goal to each other.



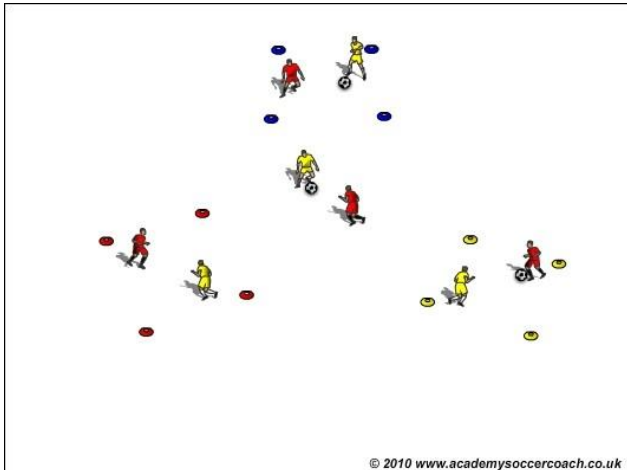
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ATTACKING THIRD GAME - Shooting

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!"

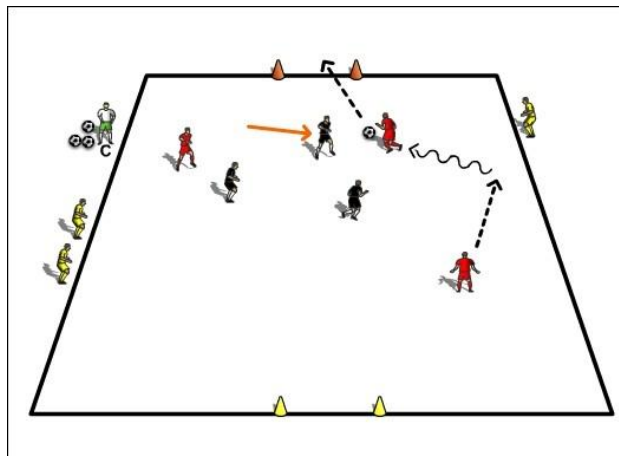
Transition Game

1 goal or 2 minutes, whichever comes first.



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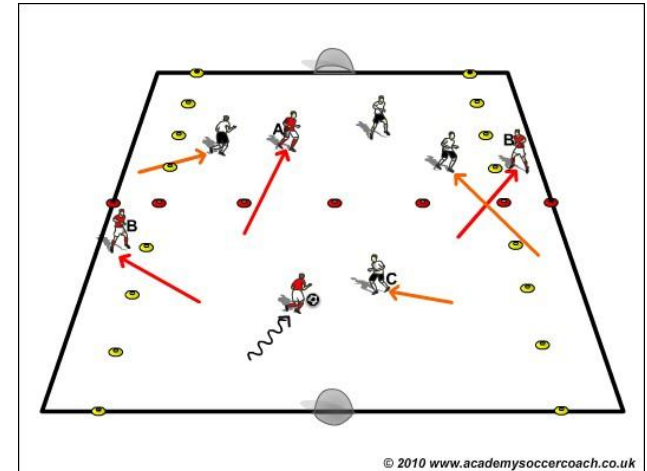
3, 10x10 grids evenly spaced
 -1v1 in each grid, additional players (floaters) play freely among grids
 -Objective is for each team to get and maintain possession in each grid at the same time
 -Floaters assist their teams as needed to maintain possession, creating potential overload.



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1 team waiting to transition on to replace the team scored on.
 Reds score on orange goal, quickly retrieve ball and begin immediate attack on yellow goal.
 As black gets scored on, get off pitch as yellows transition on to defend yellow goal.
NO WAITING FOR TEAM COMING ON TO GET SET BEFORE BEGINNING NEW ATTACK

Incorporate transitional emphasis into SSG above.



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SSG With Transitional Emphasis
 4x4 grid with half and width areas defined
 On possession, attacking players must visit attacking half (A) and each width (B)
 -Width is 'safe' from active challenges from defenders
 -May cheat back in as play dictates
 On losing possession, all defending team save 1 (C) must recover to central defending half
 -Numbers up overload once in attacking half

FREE PLAY SSG TO END. LARGE GOALS!