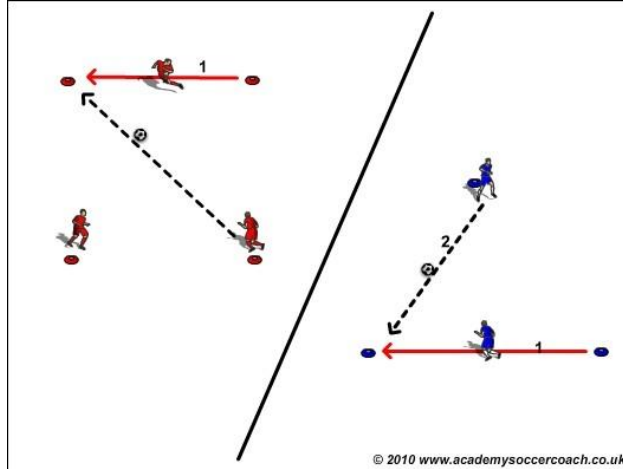


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**2 GRID KNOCK-OUT**

- 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.



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**Passing in groups of 2 or 3**

- Player with the ball plays a push pass into space (at corner/cone) as teammate runs into space.

**COACHING POINTS:**

- Passing technique. Pass should be accurate and properly weighted so as to arrive into space at same time as player making the run.
- First touch. Control and prepare in one motion (second touch should be a pass)



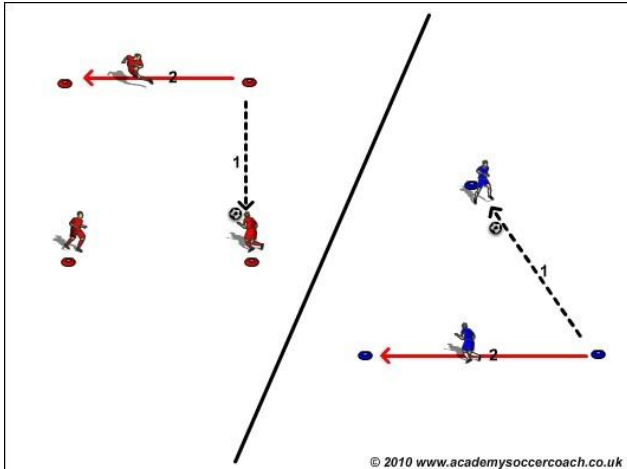
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**-3 White players attack.**

- 3 Red defenders delay/prevent attack, pseudo #'s up created for white via one defender in penalty arc.
- On dead ball (goal, out of touch), white transition to defend, red recover to half, blue attack

**COACHING POINTS:**

- Attacking shape/strategy/technique



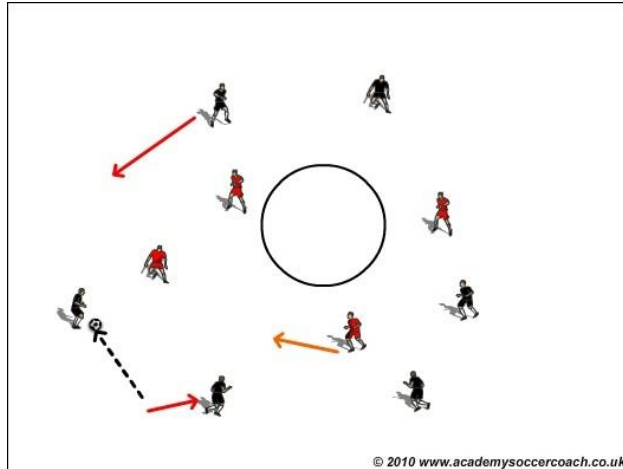
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**Passing in groups of 2 or 3**

- Player with the ball plays a push pass into a teammate
- After pass, player makes a run to the open cone/corner

**COACHING POINTS:**

- Passing technique
- First touch. Control and prepare in one motion (second touch should be a pass)



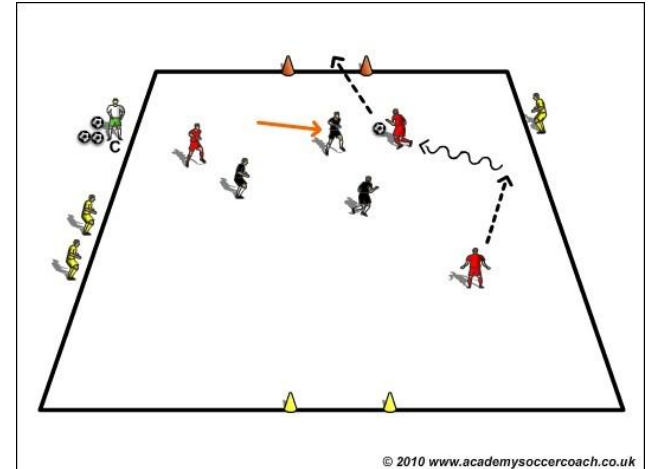
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**POSSESSION, PASSING, and DRIBBLING**

- 6v4, 4 defend the circle
- Attacking team maintain possession and score by dribbling into the circle
- Var.: Also score by completing 5 consecutive clean passes - Prevents 4 guarding circle
- Defending team score by dribbling ball outside of area while in possession

**COACHING POINTS:**

- Creating space
- Dribbling skills
- Quality of passes
- Support and off ball movement



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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**

END WITH FULL, FREE, SSG TO GOALS.