

No. of Players:

- 12-16.

Area Size:

- 2 x (15m x 20m).
- Divide players into two groups on separate areas.

Explanation:

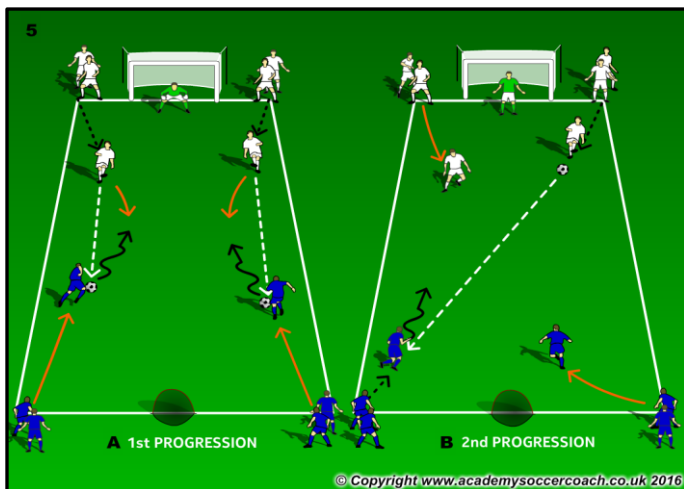
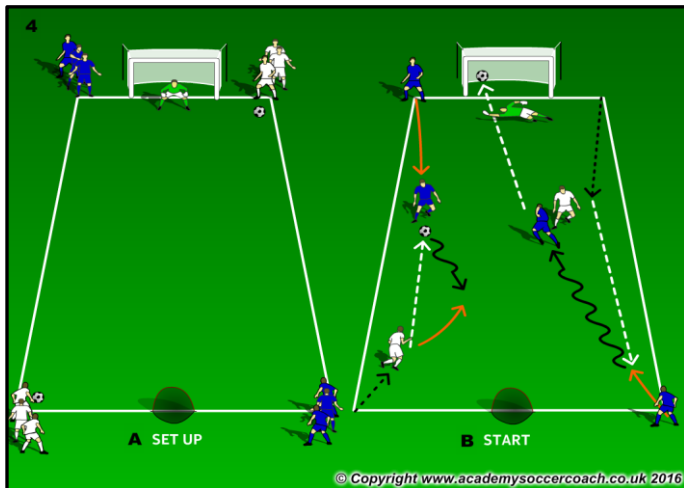
- *Immediate engagement* - For 1 minute, allow each player a ball and unrestricted running with the ball inside the areas.
- Next, set up as shown with two players on the inside with a ball and the rest spread out on the outside of the area **(1A)**.
- Players inside the area run with the ball towards an outside player before passing and swapping **(1B)**.
- Continue this for a few minutes but encourage players to include feints, change of direction, drop the shoulder, change of tempo, use of both feet, etc. when running with the ball.

Progressions:

- After passing the ball, players should accelerate towards the receiver and apply passive pressure. Receivers should engage in the 1v1 before advancing past their opponent **(2A)**.
- Next progression, allow outside players to move freely inside the area. Passing players now have the option to press either ball after passing **(2B)**.

Concluding Competition:

- Divide the players as shown **(3)**. Every player has a ball.
- The Whites start on the end line, and on the Coaches call must run the ball to the other end and back. The Coach will time how long it takes for the last player to return.
- The Blues can't tackle but can use their ball to try and disrupt the Whites as they are running.
- The teams then swap, with the Whites having set a time for the Blues to beat.



Area Size:

- 15m x 20m (use one of the introduction area's).

Explanation:

- Set up as shown (4A).
- Both sides will be working at the same time however they will be attacking opposite goals.
- Starting together, the two Whites run with the ball towards their Blue opponents before passing them the ball (4B).
- The Blues have already entered the area to receive, before engaging with the White player that passed them the ball.
- The objective for the Blues is to beat their opponent 1v1 before finishing in the goal that they are attacking.
- If the defender wins the ball the action is deemed complete.
- Once completed, all players move to the end of the opposite lines and the next players in line get ready to repeat the process.
- Swap the roles every few minutes.

Progressions:

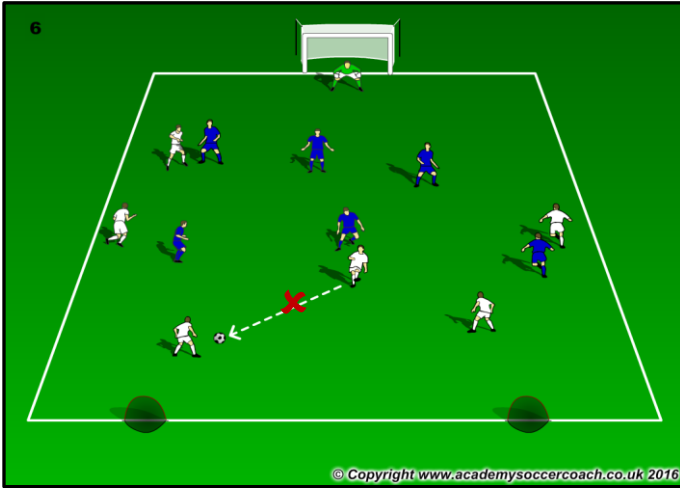
- Start Whites and Blues at opposite ends, with receiving players now attacking the same goal.
- Both Whites play a ball to the opposite Blues, who attack their opponents before trying to score in the big goal (5A).
- Whites must try to win the ball(s) and score in the small goal.
- All four players remain active until both balls have left the area.
- If the Whites are successful in scoring in the small goal, the players quickly change ends and the roles are reversed.
- Now the Blues will pass to the Whites to attack the big goal.
- Finally, end with 2v2's using only one ball (same rules apply) (5B).

Step up:

- Coach counts down, to encourage quicker attacks.

Step down:

- Increase the size of the area.



Area Size:

- 30m x 40m.
- Divide players into two teams.

Explanation:

- Set up the teams in a balanced formation e.g. 3-3.
- Whites are trying to score in the big goal and Blues are attacking the small goals.
- Normal conditions apply, apart from players are not allowed to pass the ball backwards **(6)**.
- Backwards passes result in a free kick for the opposition.
- Swap the teams direction at the halfway point.

Progressions:

- For the final few minutes, remove the restriction and award 'bonus goals' for players that choose the correct moment to engage in a 1v1, which leads to a goal.

Step Up:

- Make the area tighter.

Step Down:

- Allow one backwards pass per possession.

