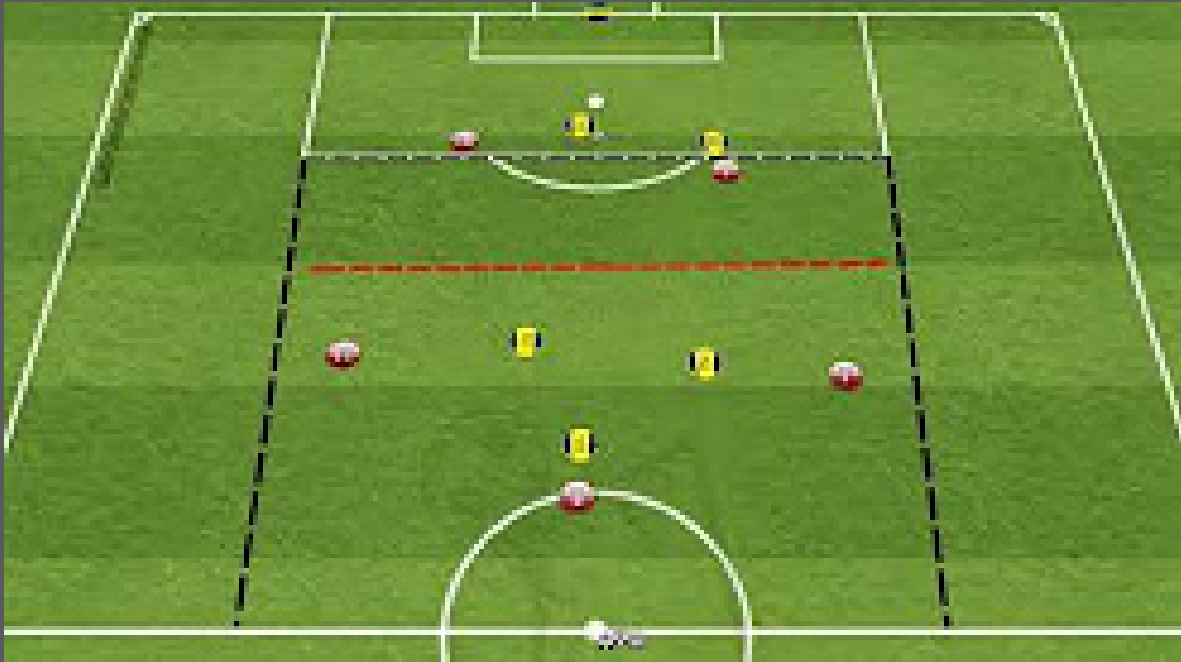
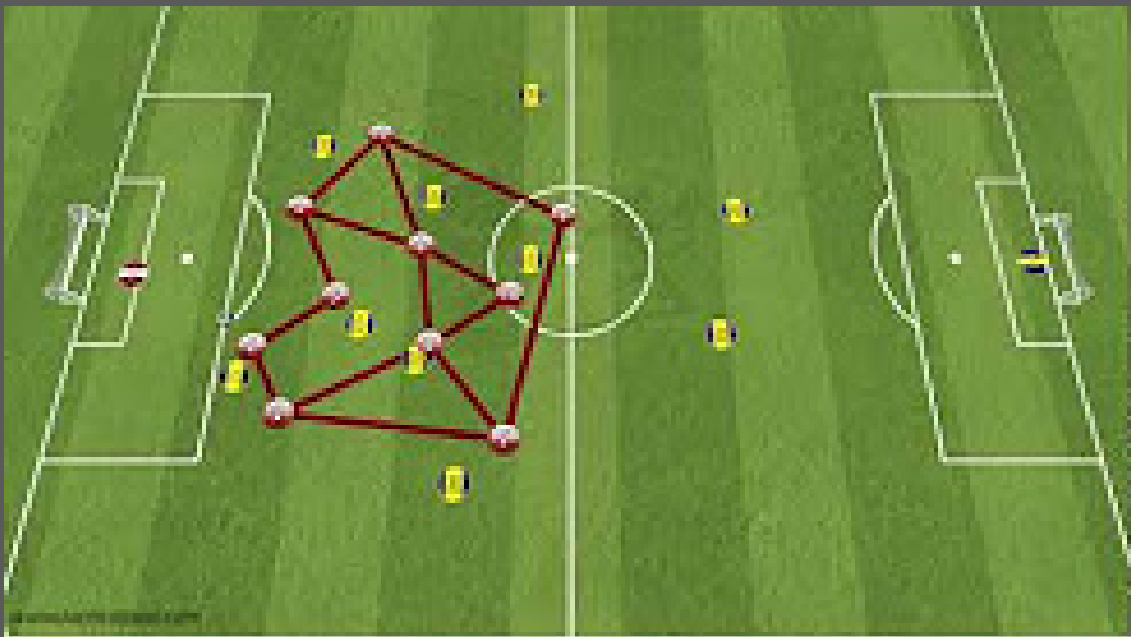




4 v 3 to 2 v 2 Central Attack



Tactical Delay and Compactness



Forward Combinations



3 v 2 to 3 v 3, Final Third



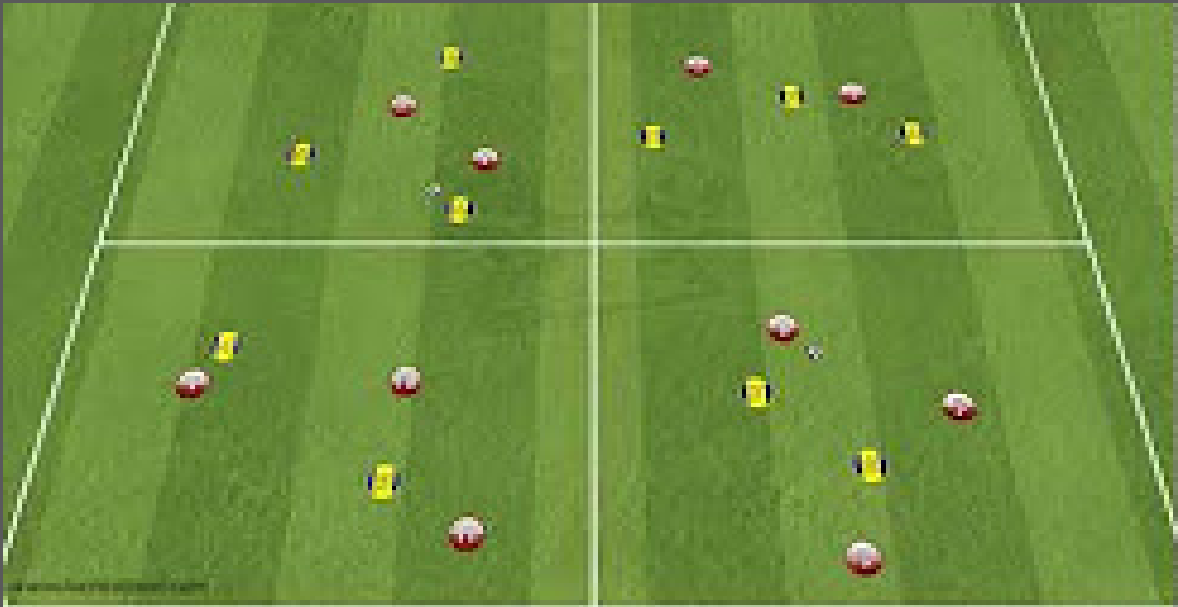
7 v 6 Transitions



5 v 3 + 1 to 5 v 6



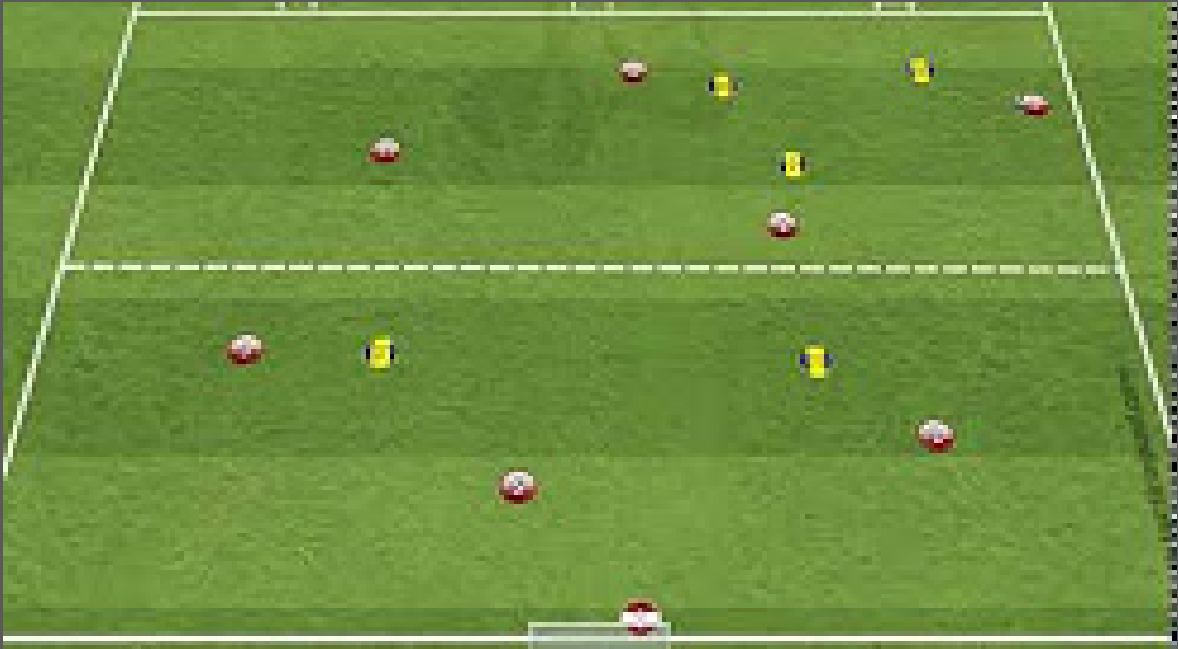
4 v 3 to 3 v 3, Transition Game



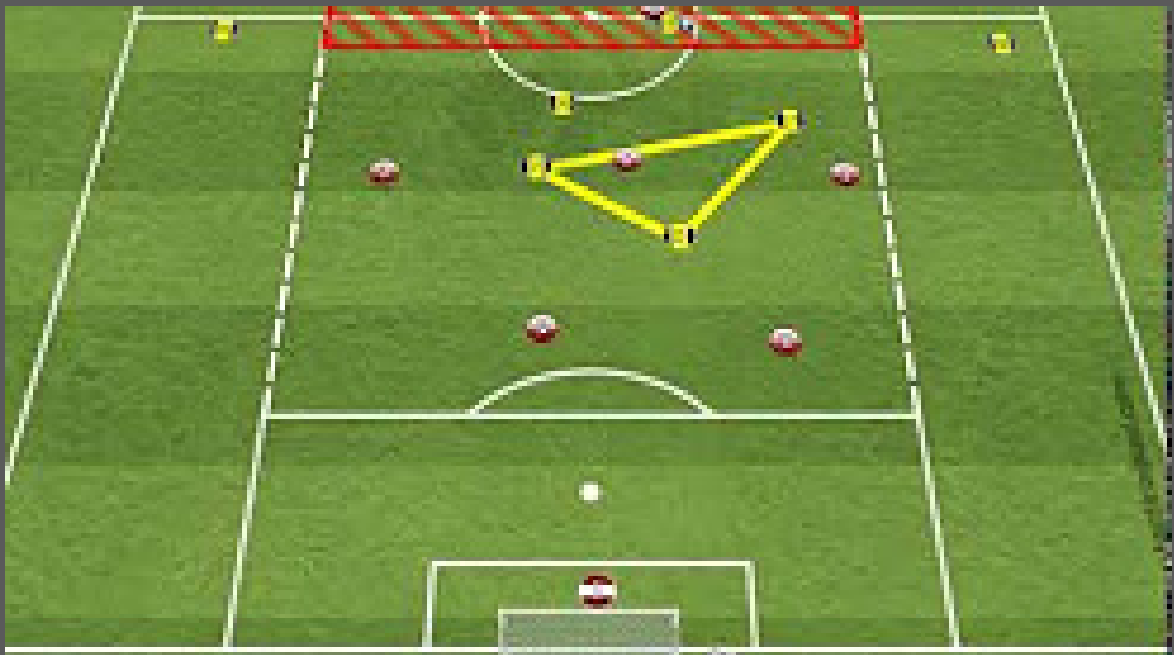
Triangle Passing Patterns



Playing Out Thru the Lines



Connectivity and Breakouts



Goalkeepers Core Work



Positional Build Up



3 v 4, Speed of Attack



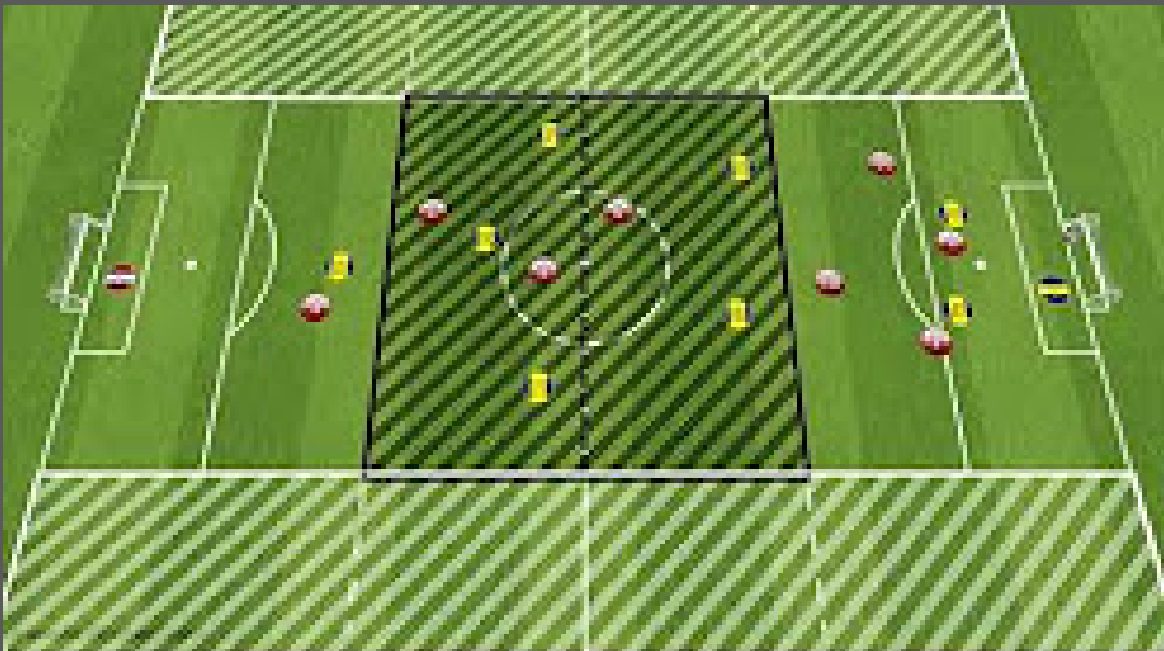
Breaking Lines, Build Up Play



Third Man Runs vs. Counter



Playing Thru Central Zones



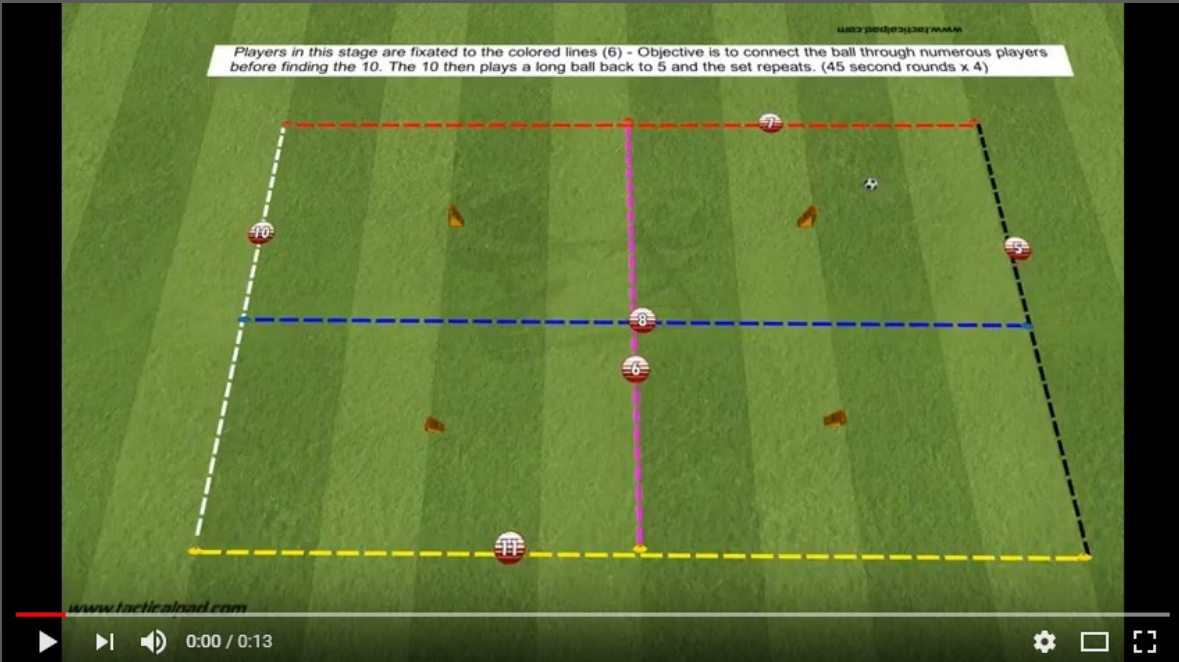
The Hexagon



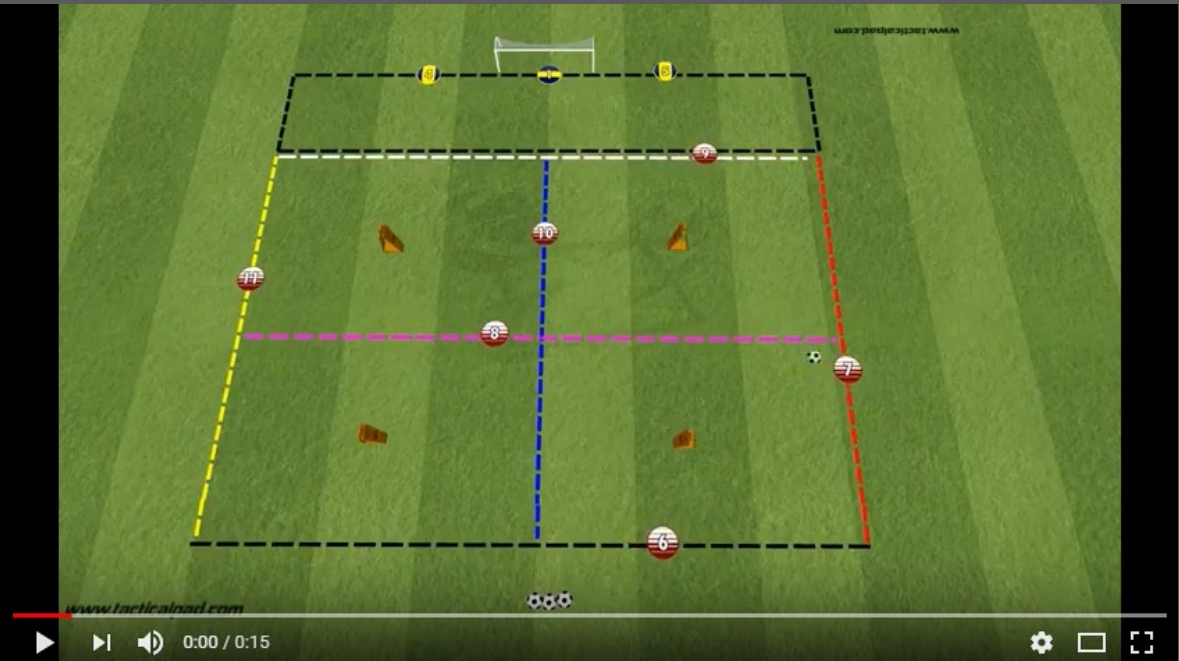
Crossing and Finishing vs. CBs



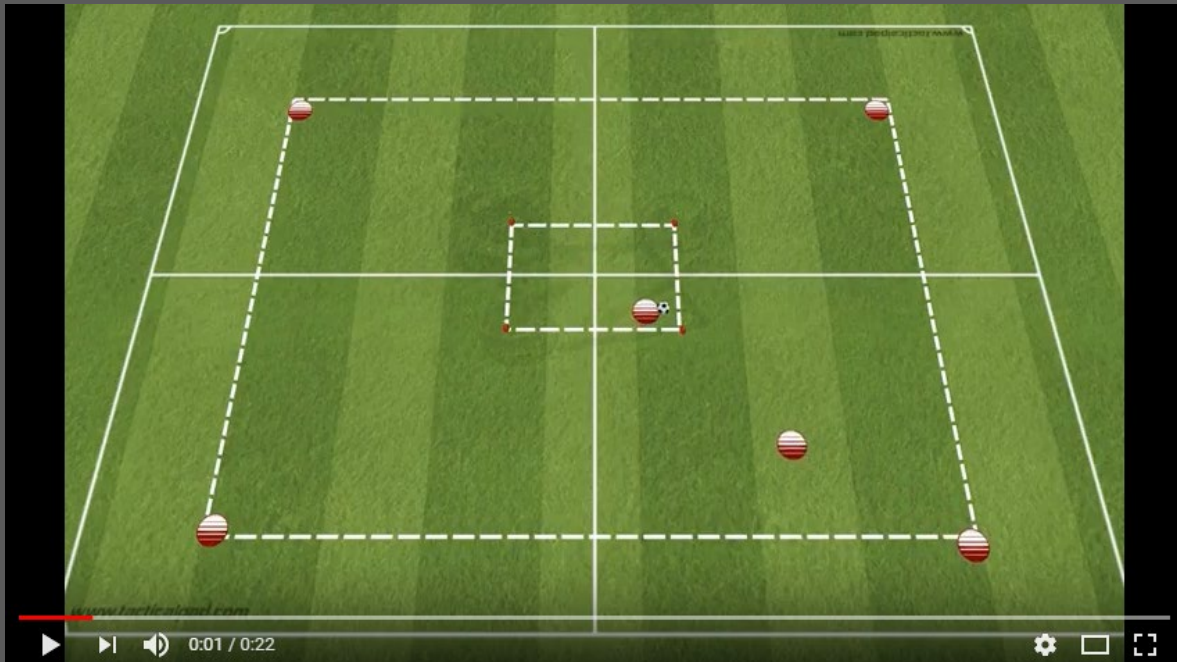
Scanning Session



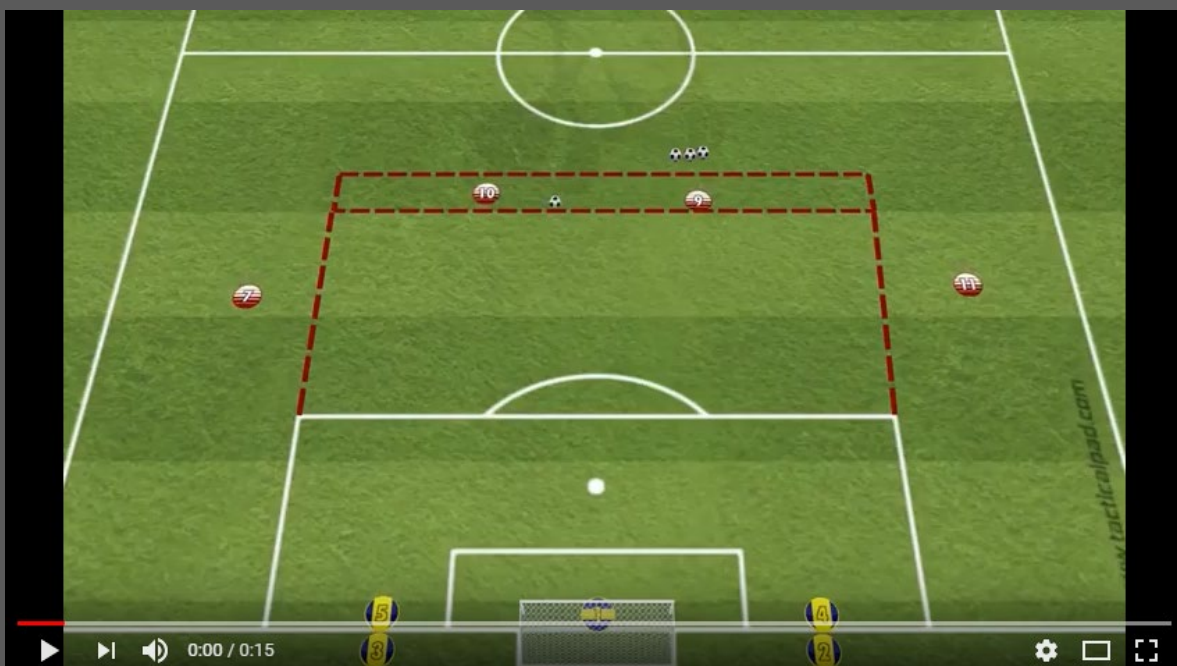
Scanning Progression



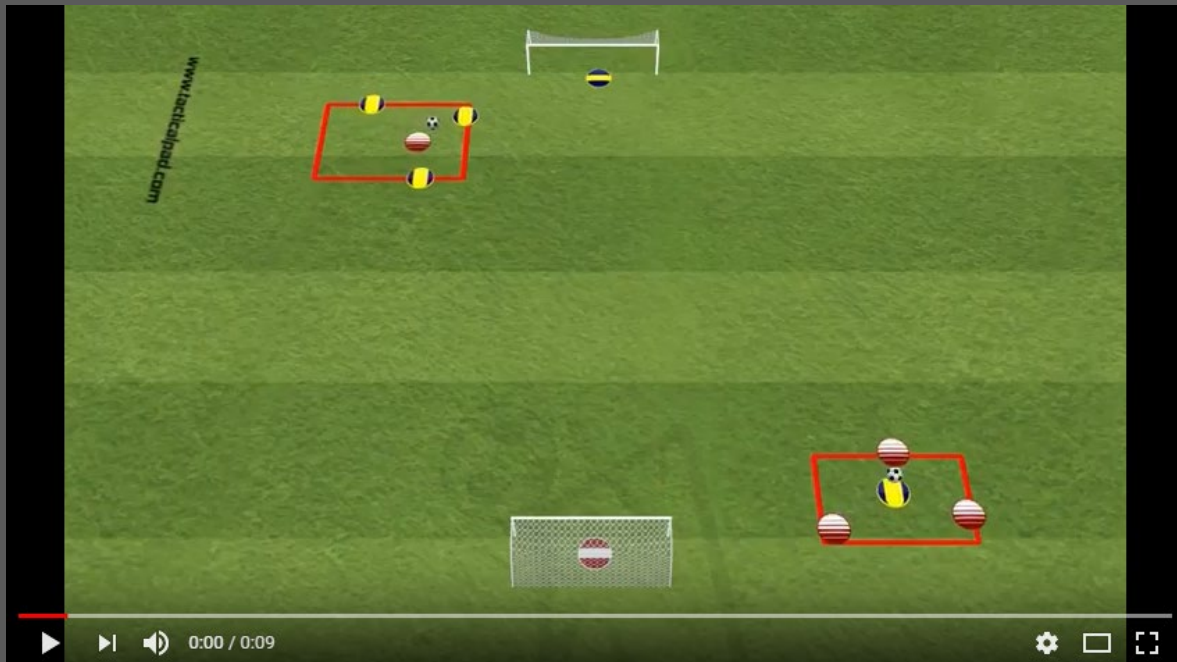
Scanning to Play Out



3 v 2, Integrating the GK



GK Training with 1 v 1



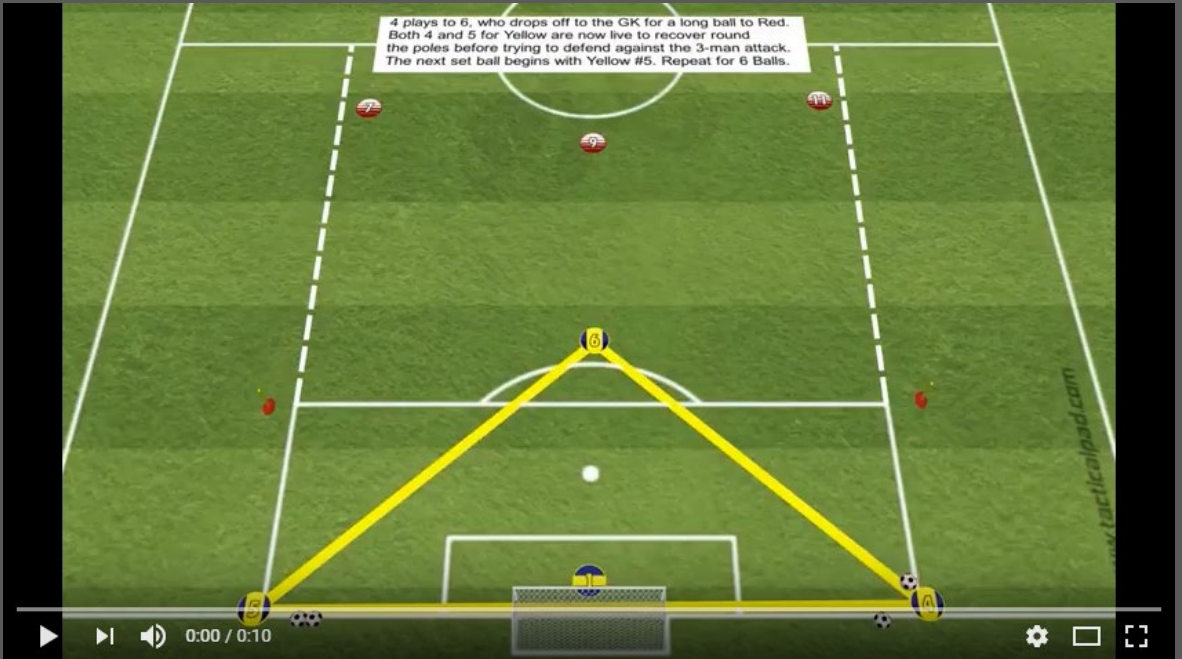
GK Trends in the College Game



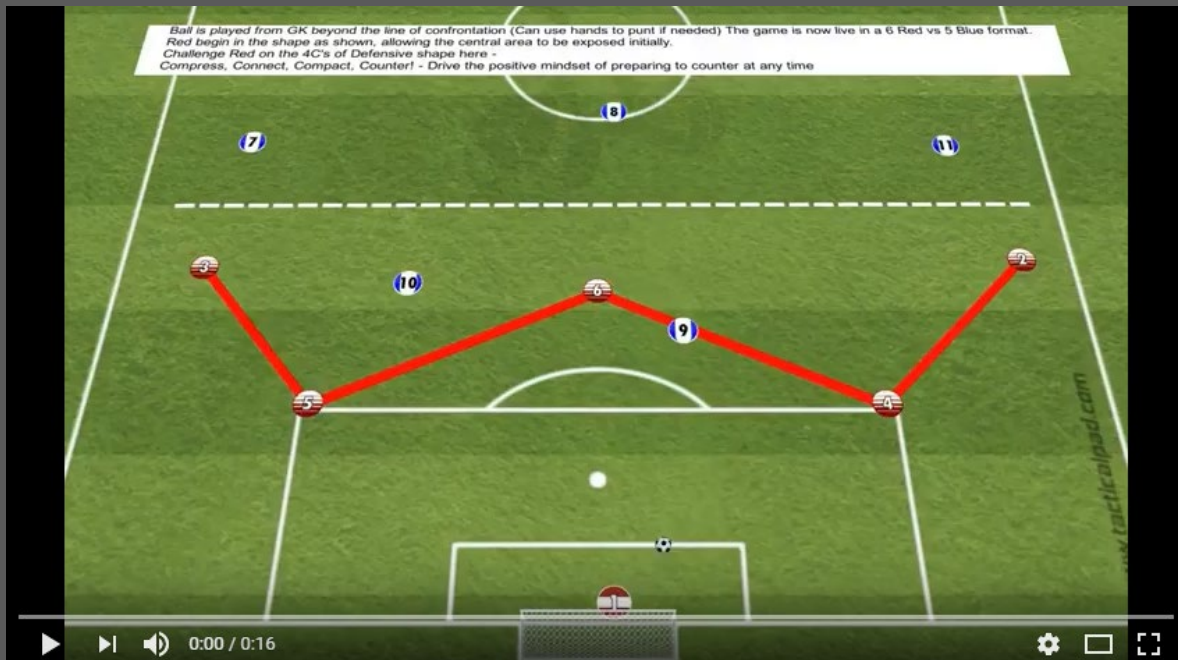
Defending in Transition



Condense, Connect, Compact



Defensive to Offensive Mentality



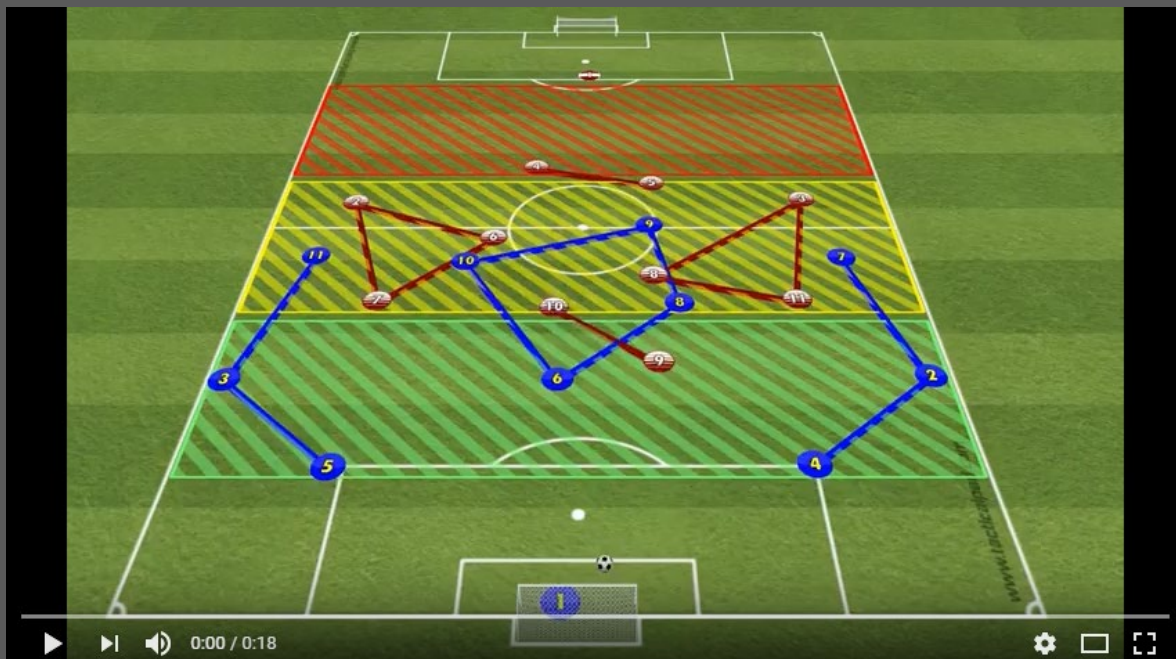
Playing Against an LOC Triggered System



Passing Warm Up



Traffic Light Transitions



5 v 6, Breakout Box



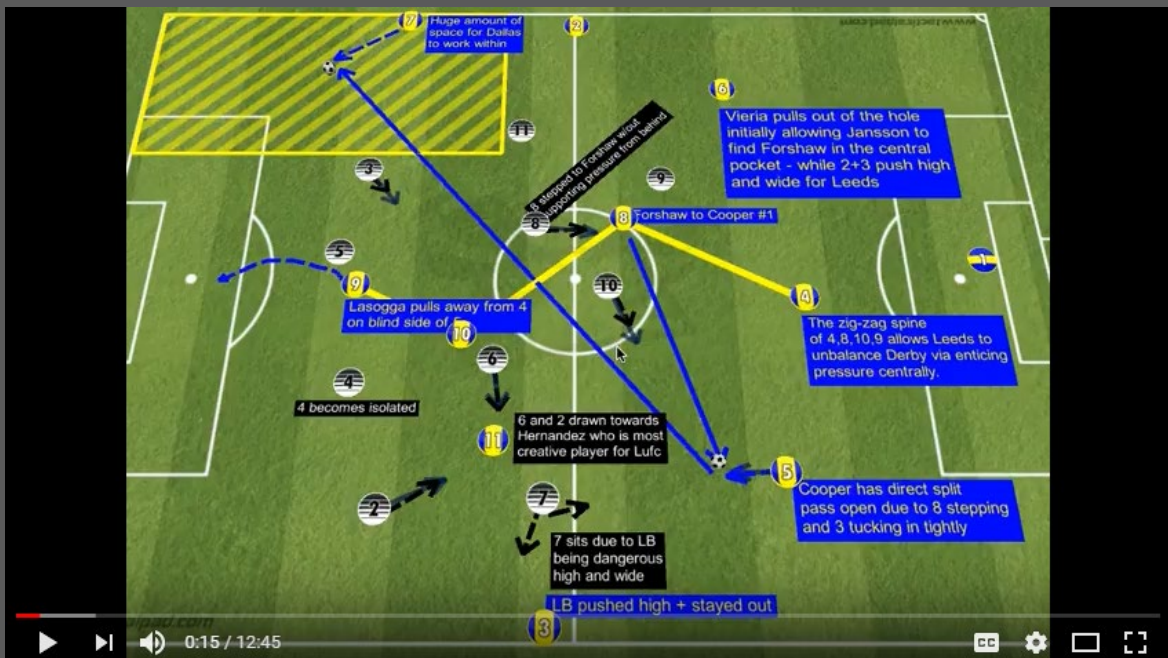
Principles of Defending



3 v 2's to Goal



LUFC Analysis



Technical Refresher



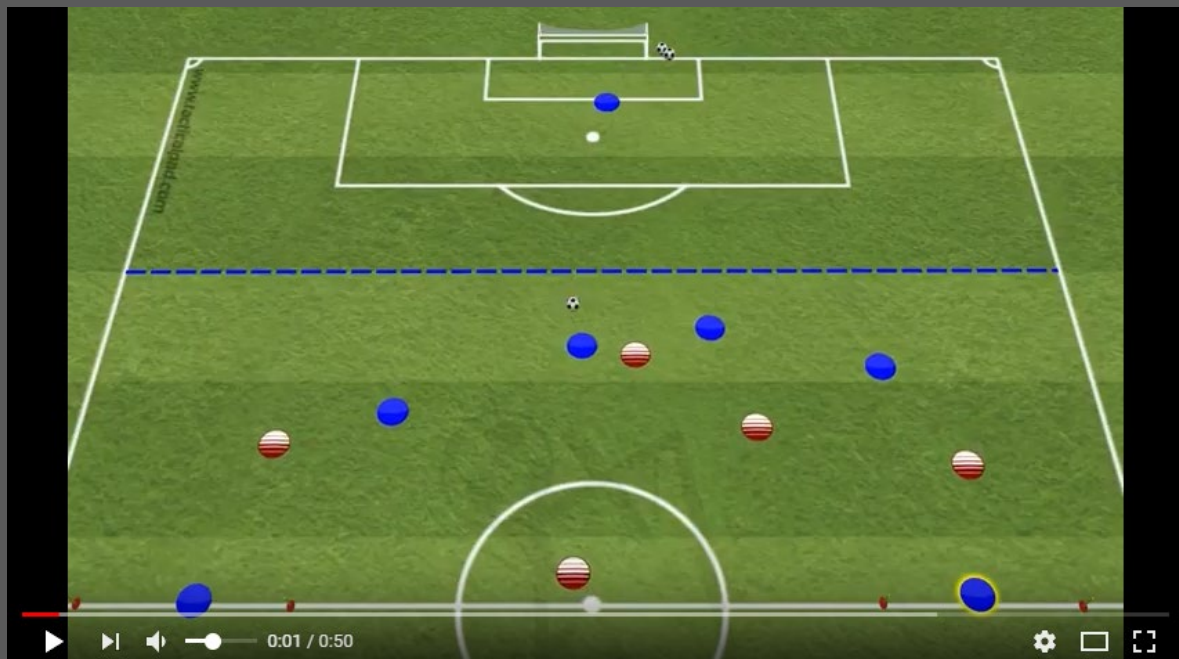
Finishing / Striker Play



Combination Finishing



Decisive Transition Play



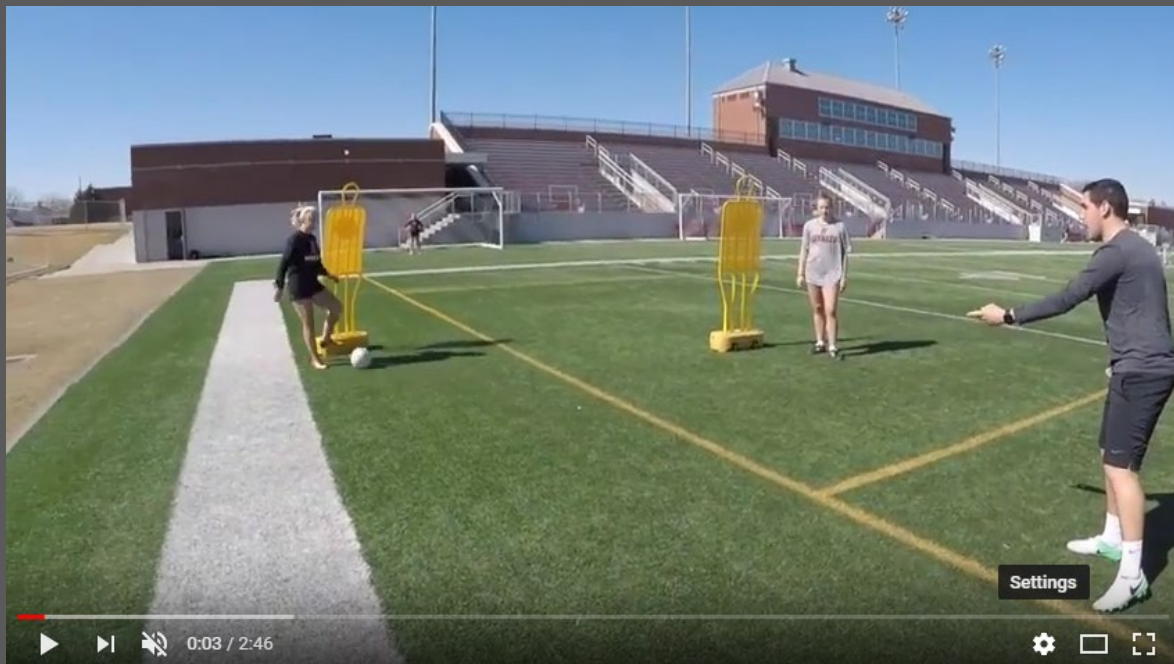
Passing Sequence, Speed of Play



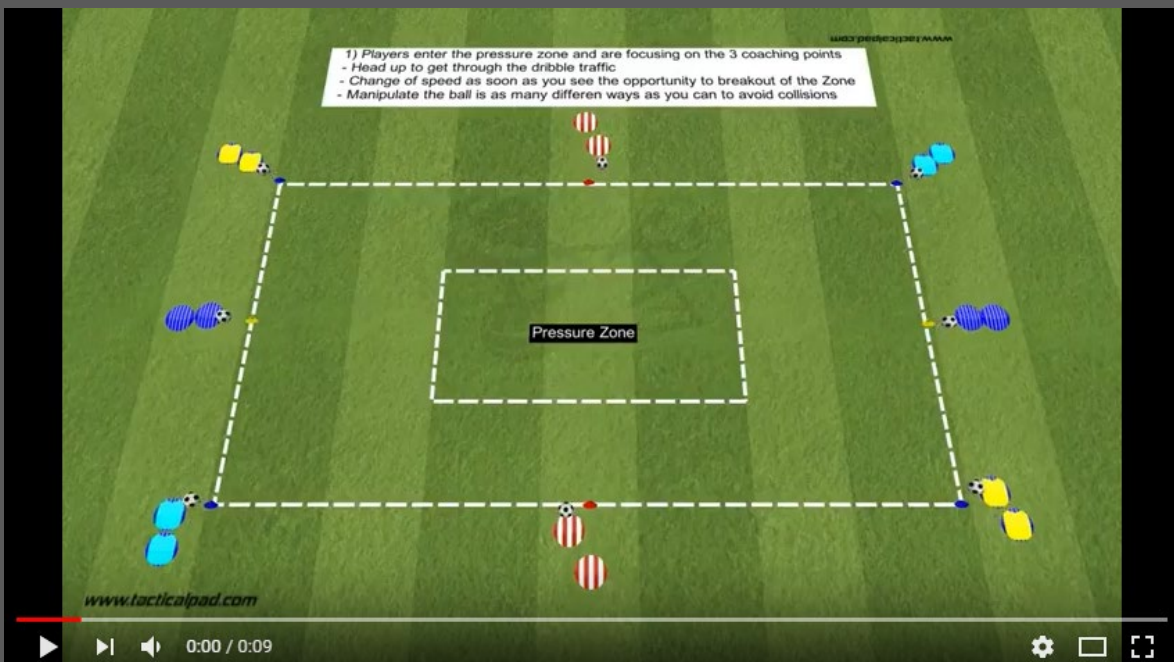
Combining to Goal



Finishing Progression



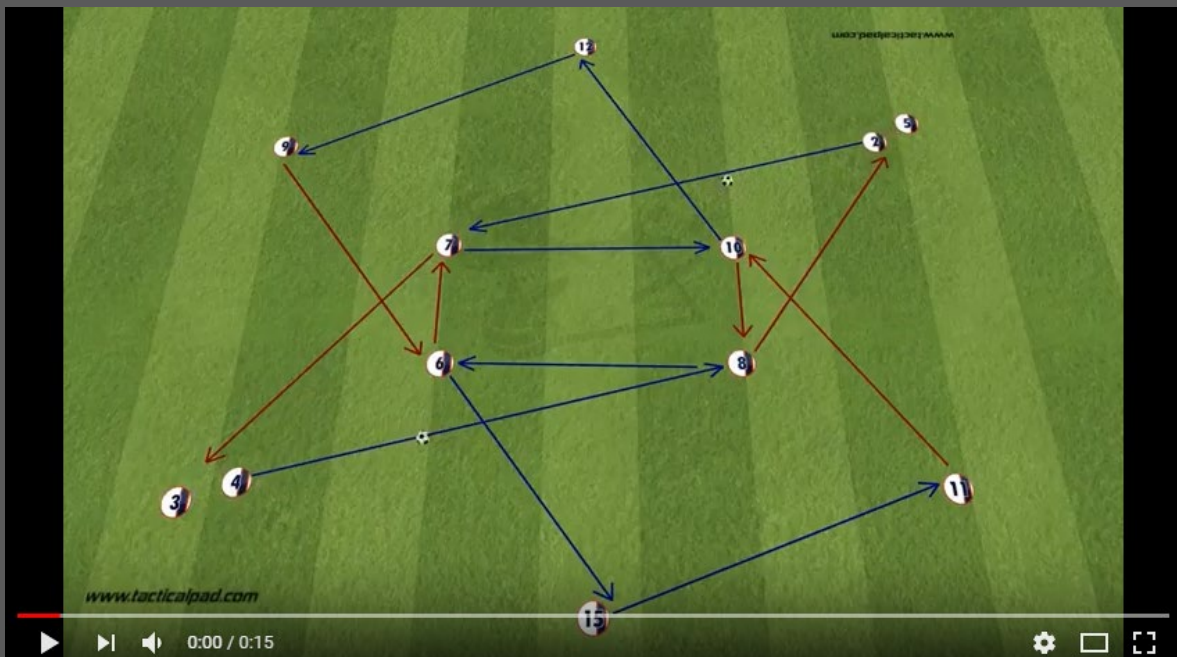
Pressure Zone Dribbling



Individual GK Training



Bayern Progression 1



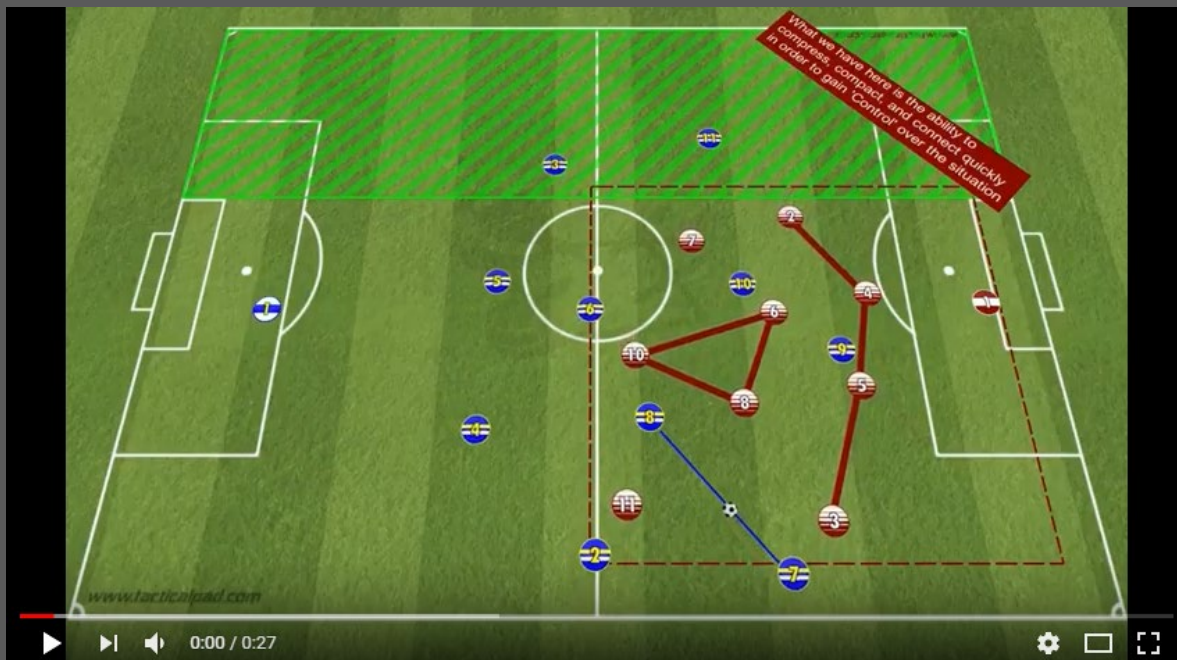
Passing in 8's, #2



Passing in 8's, #3



Denying Numbers Down



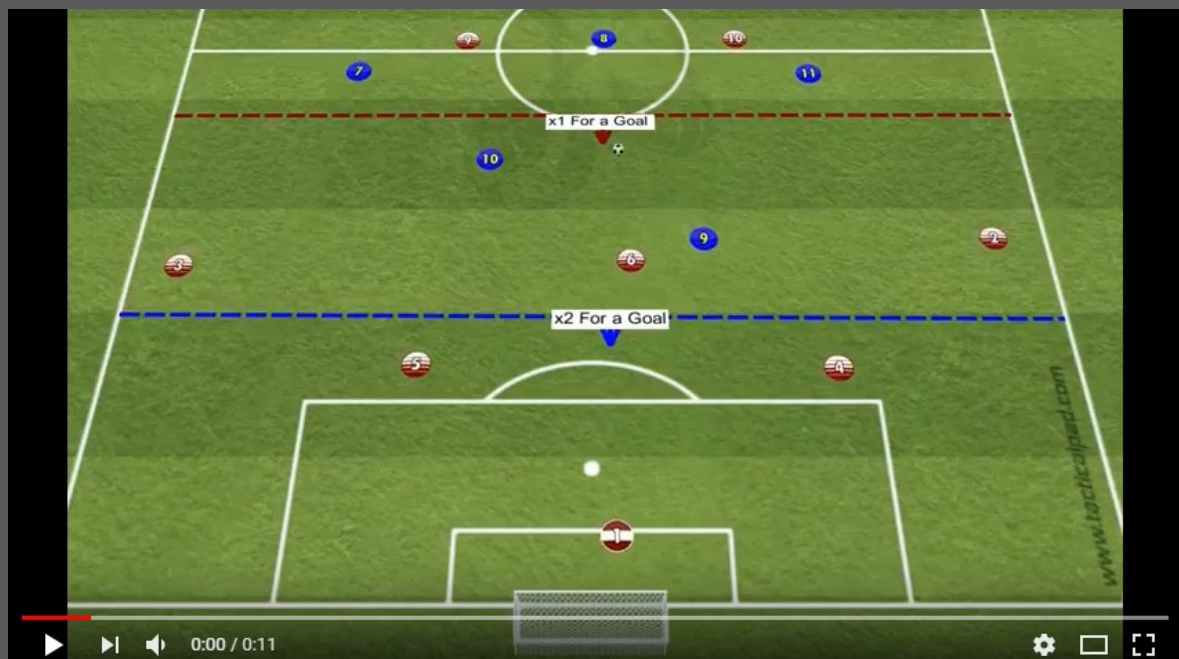
Finishing Circuit



3 Way Circuit



6 v 5 to Two Targets



2 v 2 Central Attacking



Working to Play Out



Wide Attacking Play



Rotational Finishing



Round Robin 1 v 1

Round Robin shootout (1 vs 1)



Setup: 2 goals, 2 GK's. Two teams of 4, Blue and Grey. 4 Mannequins in a diamond shape to act as the divider, with one central mannequin in the middle.

Execution: Blues begin on the inside of the mannequins, while Grey begin on the outside. One ball per team, with the ball starting at opposite ends for each team. Teams begin by two-touch passing (as shown) until the "GO" signal initiates the attacking play.

The "Go" signal is always the cue for the next receiving vertical player to go to goal. The opposite color vertical player who doesn't have the ball immediately becomes the defender. In the animation example - Blue goes 1 vs 1 against Grey + the Keeper. Whereas Grey turns and the Blue player must try recover before Grey gets to goal.

Variations: (Progression) Add 4 goals + 4 GK'S. 1 ball for the GK's to play 2 touch longer distribution around the grid. Only this time the coach can say "GO" for Vertical AND Horizontal players at any time. Meaning any player at any time may go to goal.

Clinical Finisher

Clinical Finisher. 5-rep set.



Setup: As shown on image breakdown.
5 servers, 5 different positions, 1 shooter. 1 GK.

Execution:

Shooter begins by agility footwork through the ladder, before exploding with speed around RED pole for shot 1. - This is a FIRST TIME finish from 10-12 yards out. Shooter then proceeds to wrap around the Right-side mannequin before quickly getting round ORANGE pole for shot 2, (Same as Shot 1).

Shooter then wraps back around mannequins towards left side for shot 3 - coming around the GREY pole for a TWO-TOUCH finish. Shooter receives ball from Grey server, take one touch to set, and one to finish. The ball must be shot from inside the rectangle (18-22 yards out). Repeat on the right side for BLUE - shot 4.

Immediately after BLUE, shooter turns back to face yellow server and finishes the set via receiving with back-to-goal inside the rectangle from YELLOW for shot 5..Shot 5 is a THREE-TOUCH finish.

Variations:

3 v 3 to 1 v 2

Score early? Score Late? Score often! 3 vs 3 to 1 vs 2.. 📌



Setup: As shown on animation. 3 players per team + 2 GK's. (40x25). One mannequin and some cones also utilized.

Execution:

Blue and Yellow (Player 1) play up to their respective teammates from each end line.

The ball is laid off by player 2 to player 3 (to go to goal). As this happens, the two players from each team not shooting become active defenders in transition.

Simple, fun, fast-paced, and rewarding on both sides of the ball.

Points for scoring - first team to 10 wins. If the defenders steal the ball or stop a potential goal. 0 points for the attacker.

Follow animation for clarity

Variations:

4 v 4 Attacking

4 vs 4 Attacking, Recovering + Countering exercise. 📌



Setup: 4 Red's vs 4 Yellow's. One team attacking, one defending. One GK in main goal, then two counter goals for the DF team to transition to.

Execution: Yellow (Attackers begin with ball) and look to build centrally. Red must transition quickly - each players must get around their pole as quickly as possible and try to compact and connect their DF shape. Yellow's aim is to attack quickly and directly to goal. If Red win the ball, they counter to the mini-goal immediately. Red + Yellow switch roles every 5 rounds.

Variations:

Attack Defense Transition Ball possession Senior U13 Main Team 1 Goalie

Unbalancing the Balance

Unbalancing the balance - Final third attacking vs the parked bus. [Pin it](#)



Setup: 5 vs 3. Exercise focus is on Blue attacking at speed, utilizing numbers to their advantage to exploit Yellow in their own defensive third.

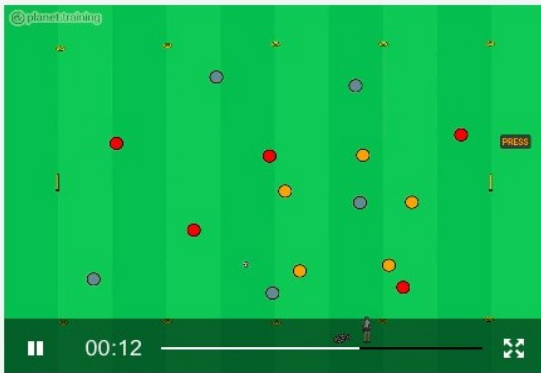
Execution: As shown on animation -

Yellow must collapse into their own box as Blue look to break them down. Rules are simple for Blue - they cannot shoot or score from outside of the box, everything must happen inside the final third (in this exercise the 18 yard box).

Variations: As shown

Passes from the Press

Possess from the Press [Pin](#)



Setup: 3 teams of 5. Two begin inside grid. One team begins outside the grid.

Execution: Coach plays ball in to the two groups inside the grid. Every player must touch the ball, and players count out loud their number. "1, 2, 3, 4..." Until we reach 10. - (Players must remember their number). In this opening sequence, the ball must always go Grey-Red-Grey... in sequence until everyone has touched the ball.

At the 10th pass, Orange can then enter to pressure and look to force a turnover. The passing pattern of "Grey-Red- Grey" can never change. If Red or Grey pass the ball to the same color twice in a row - which ever color is the culprit, they exit the grid and the two new partner teams begin the 10 pass sequence.

Variations: Coach shouts out a number ("2") during the pressure phase of the exercise. At this point - that player with that number (2) must exit the grid and sprint around the pole on the outside of the grid before re-entering. This briefly creates a 9 vs 5 and a greater chance to press the turnover for Orange. Coach then begins calling 2 or even 3 numbers at a time as the exercise progresses.

Creating Chances

Creating chances from the Attacking, to the final third. [Pin it](#)



Setup: Attacking Third, Final Third, and 2 Wide channels.
4 vs 3 in Blue favor in the Attacking third.
With 3 counter goals for Yellow upon potential turnovers.
An 11 and 7 occupying wide channels for Blue.
Two center backs occupying the 18yd Box for Yellow.

Execution:

Blue 11 goes 1 vs 1 with Yellow 4 to goal.
Blue 7 then goes 1 vs 1 with Yellow 5 to goal.
Blue 6, 8, 10, & 9 then go 4 vs 3 in Attacking third with focus on creating chances either centrally or wide.

Blue can go wide - to create a 6 vs 5 (but 7 or 11 must serve the ball) and ALL Yellows can actively defend.

Alternatively, Blue can attack centrally, and try to break down Yellow through the middle. Although, once Blue penetrate the 18 yard box, the 4 central players can break forward to join them and create a 4 vs 2 in the final third. The Yellow central players cannot come back into the 18 yard box from the Attacking third. Therefore Blue have a variety of options to create chances either centrally or wide.

1 v 1 to 2 v 2

1 vs 1 to 2 vs 2 [Pin it](#)



Setup:

3 Yellows and 3 Blues set up in the grid on each side. Coaches are positioned on the outside diagonally from each other with balls.

Execution: Ball is played in to one of the colors, and then the 1 vs 1 begins. Upon a goal or wide finish, the play ends and the transition begins to a 2 vs 2. The second ball is played in to the opposite color, and the two vs two begins. This is a fast-paced transition game with focus on attacking principles in combination, and defensive principles in pressure and cover to stop the shot. Main Rule - Players may only shoot once in the opponents half (via crossing the line of poles)

Variations:

Pressing Thru the Lines

Pressing through the lines - 2018 [Pin It](#)



Setup: As shown on diagram

Execution:

Two blues begin the 'pressing gauntlet' by pressing and showing "outside" at mannequin one, and "inside" at mannequin two (3 seconds jockeying at each).

They then proceed to quickly drive forwards & backwards through 'Red-Yellow-Red-Yellow' cones. They should then meet in the middle to begin working together, this is where individual pressing turns to small-group pressure.

They press and cover accordingly at the two mannequins before them, before going 2 vs 3 inside the Box. The clock begins as they enter the box (30 seconds) - if they win the ball, they may immediately try and score before time runs out.

Building Out

Building out of the back into the attacking third

Fitness: 60% Technique: 100% Tactics: 80%

Tactics, Passing, Practice match, Standards, Ball control, Transition, Tactics Offense, U15, Any, Main, Team, 1 Goalie



Setup: 9 Blue vs 6 (+2) Yellow.

- Using 3/4 of a field, the field is split into thirds as shown.
- 1. Defensive third = 3 vs 1
- 2. Middle third = 4 vs 3 (+2)
- 3. Attacking third = 2 vs 2

Execution:

- Ball begins from the wide Yellow players (circled) and is served into the GK to trigger the activity.
- From the GK - Blue are looking to try penetrate through each third, working the ball up to the #8 or #10 in the attacking third.
- Once they find the #8 or #10, we are then looking for Blue to send one support player into the attacking third to score.
- Blue have 3 mini-goals in which to score using their 3 vs 2 advantage.
- The challenge for the 8 & 10 is to hold the ball long enough in the 2 vs 2 to allow for the support player to join them in the attacking third.
- The midfield third players for Blue must communicate clearly and concisely at speed to determine the support player.
- If Yellow win the ball at any point on the field, the two wide Yellow go to goal and can offer support in any area.

Pressing the Ball

<https://planet.training>

Pressing the ball beyond the defensive line of confrontation

Fitness: 80% Technique: 40% Tactics: 80%

Tactics Defense, U13, Main, Team, Without ball, Game Intelligence, Pressing



Setup: 4 vs 5 in the favor of the Yellow team. Who have 4 counter goes to score at when in possession. 4 Blues who aim to press deep service beyond the defensive when the opponents are facing their own goal.

Execution: One keeper works for Yellow, while the other distributes the ball in behind for Blue. The ball is served deep and beyond the Line of Confrontation - which is marked by cones. Both teams begin inside the coned areas - leaving space in behind Yellow from the onset. Blues must begin closer to the top line of cones, Yellow may begin closer to the deeper line of cones as shown in the diagram. Upon the service deep, Blues must look to press, cover, and shift accordingly to stop Yellow playing out from deep inside their own half. If Blue win the ball, they immediately go to goal. If Yellow can score wide = 2 points. If Yellow score through the middle channel = 1 point. The cue to press for Blue is as soon as the Yellow defenders turn their back to retrieve the ball while facing their own goal.

We are looking for Blue to connect triangle at all times, and press when they recognize that they have defensive balance and compactness with cover for the pressing player. Yellow's must look to shift the ball across the line, utilizing the GK as the 5th man to give them numbers up advantage - allowing the outfield players to stretch depth and width to a greater advantage.

Race to the Finish #2

Race to the finish #2 - 7 vs 7. [Pin it](#)



Setup: 7 vs 7 on this progression of "Race to the Finish" original exercise. 3 mannequins on the 18 yard box as shown. 12 colored "grid areas" as shown, 6 for each color.

Execution: The Ball begins with the "finisher" at the bottom of the field. The pattern is still the same "up, back, up" "up, back, up". Until the 8th pass - this is a flatter pass into the highest middle box to the teammate. Meanwhile, the finisher must jog around the outside of the field until being played in on the final pass, before finishing inside the 18.

Variations:

6 v 4 Zonal Possession

6 vs 4. Zonal possession + connecting the lines. Defensive interception focus. 📌



Setup: 6 vs 4. 6 out the outer lines. 4 inside the box.

Execution: 5 passes = 1 point for 45 second rounds. The possessing team must connect passes on each side of the lines to earn points. Possessing team cannot pass to their teammate on the SAME line as them. Defensive team are attempting to block passing lanes and intercept pass via pressure and cover methods - DF Team cannot leave the box to make a tackle. Focus on sliding, tracking, and intercepting ONLY.

Variations:

Fox in the Box

Numbers In - fox in the box 📌



Setup: 5 attacking players vs One GK. Stations are labelled A-D. Station A begins with 2 players one-touch passing until the coach gives the ("GO") signal. This triggers a 2-touch long ball towards B on the ground. Player B receives around the mannequin and looks to combine with C within two touches - playing a "one-two" as C checks around the mannequin. After receiving the return pass, B plays a 10 yard pass into the feet of player D out wide, who looks to use the dribble to penetrate down the line in preparation for quality service from wide. Players' A, B, and C look to find space within areas in and around the box to receive service for a one-touch finish.

Execution: As above.

Variations:

Race to the Finish

Race to the finish! 📌

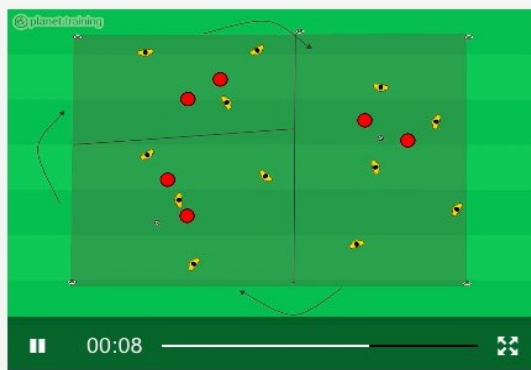


Setup: Race to the finish is a fun exercise for all age groups. The grid is set-up as shown. 4 Yellow and 4 Blue squares in a chequered appearance. Two poles, one on each edge of the 18, with two 'finisher' players situated together on the 18-D... One player of each color on the bottom corners at the half-way line (as shown). One player from each team inside their colored square.

Execution: The race begins with the bottom edge players on half-way with a ball each. And they begin by playing the ball into their closest opposition player. As this happens, the race is underway. Teams must play each ball into the next zone in an UP-DOWN-UP pattern, until it is then laid-off to the wide player (who began the race). The wide player must then get beyond the poles out wide before crossing the ball in to their 'finisher' teammate (who has meanwhile sprinted around their pole before getting back into the box).

5 v 2, 4 v 2, 3 v 2

5 vs 2, 4 vs 2, 3 vs 2. Continual Possession under varied pressure. 📌



Setup: rectangular shaped grid, broken up into 3 sections, unevenly. In the larger section - 5 vs 2, in the middle sized section - 4 vs 2, and in the smallest of the 3 sections - 3 vs 2.

Execution: The aim is for the Yellow team to work as one unit, separately and simultaneously in their own sections. Upon the PLAY signal, Yellow must possess the ball without turnover until "SWITCH" is called. At this point the ball moves clockwise to the next grid, there is ONLY 2 balls in play at any time, which means 1 grid always gets to rest periodically. If Yellow turnover the ball to Red, that group of Yellow must become Red and the game re-starts.

Yellow score 1 point for successfully making it round the 3 sections for ONE full rotation with the possession. You may put a time limit on the rounds to generate added tempo to the exercise. You may also rotate Red players (if numbers available) each round.

Variations:

Pressing Thru Lines

Pressing through the lines - Animated Visual stage 1 + 2 examples [Pin it](#)



Setup: As Shown - With verbal cue's on animation.

Execution: Blue players must jockey at the mannequins for 3 (seconds) at the onset of this exercise..

After getting through the RED Poles and exiting the agility area - One BLUE presses while the other BLUE covers as they look to work as a pair when entering the box area to engage against the Yellow opponents.

When in stage 1, BLUES must slide (in a press and cover shape) to track the ball for 5 passes before retreating back to the start of the exercise.

When in stage 2 it becomes a straight-up functional 2 vs 2 exercise. As soon as Blue enter the grid the Yellow may attack at full speed to try score in one of the mini-goals.

Variations: Multiple progressions and adaptations available

Forward Movement Patterns

Forward movement patterns - Peeling off on the blind side. [Pin](#)



Setup: 3 Attacking players - specifically the 9,10, and the 8 to play underneath to initiate the movement pattern. 3 TOMS or mannequins, positioned in an unequal triangle, for use as reference points of movement. 1 defensive player to apply pressure to the 8 at the onset of the pattern play.

Execution: The defensive recovery player begins by playing a pass into the 8, and then applying pressure immediately. The 8 must turn sharply, and accurately pass into the space for the 9 (checking off the TOM to create separation). Upon this pass being played, this is the 10's cue to peel off in-behind the blind side of the TOM on their side. As the 10 peels off, the 9 should look to play a one-touch ball around the corner for the 10 to run onto and finish within two-touches, or 3 seconds.

Variations:

2 v 2 Scramble

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2 vs 2 Scramble

Fitness: 60% Technique: 60% Tactics: 60%

Attack, Defense, Transition, PowerPlay on short field, Senior, Any, Main, Shot on goal, Group (2-8), 2 Goalies



Setup: 2 vs 2 + Gk in each goal.

Execution: As shown, Orange play to the GK and then rush around the poles. Gk then plays into target player who checks off the mannequin to receive ball. Meanwhile, Red player rushes around pole on left side, while the other tries to contain for support. This is a fast-paced, fun, 2 vs 2 exercise.. The counter is ALWAYS ON for either team until ball is dead.

Variations:

1 v 1 in Transition

1 vs 1 - Against the transitional Pass. 📌



Setup: 3 mini-goals on the top-side. 2 teams with 4 players on each side, + goalkeepers. Coach with balls on top side.

Execution: Ball is played in to the (Striker) team in Black, who must attempt to go 1 vs 1 against (Blue) the defender. Whether a goal is scored or not, once the ball is out, it is dead. The transition is always the same. The coach then plays a second ball out for the DF, while the ST must race around the Yellow pole, and look to recover to the goal-line faster than it takes the Blue DF to score in transition. If Blue miss the first-time pass into one of the goals, extra point is awarded for Black. If Blue score before Black makes it back, 1 point for Blue.

Variations:

8, 9, 10 Link Up

8,10,9 Link up in the final third. [Pin It](#)



Setup: 4 mannequins as shown, One triangle in front of the 18, with one weak-side defender on the corner of the D on the 18.
3 attacking players involved in the central combination - 8, 9, and 10.

Execution: Ball begins with 8 who finds the 9 checking into the pocket to receive on the half turn. 9 must lay-off at a diagonally backward angle to the 10 (who checks off their mannequin to get in-front and into the pocket. During this sequence, 8 arcs their run around the left-side of the closest mannequin to them. 10 aims to thread the ball across and into the space for the 8 to move onto. As 8 meets the ball, 9 should time their run carefully as they arc underneath the mannequin and run on blind-side into space. 9 is allowed 1 touch to finish inside the 18 yard box.

Variations:

Forward Pattern Play

Forward Pattern play + Attacking exercises [Pin It](#)



Setup: The following exercises are all "Attacking" related. Though not necessarily just involving the attacking players in any specific formation.

Execution: As shown on all animations below.

Variations:

This first exercise is an animation suggestion of a movement pattern for a 6 vs 5 attacking pattern of play. The multitude of runs available are endless, and I have just chose to share one, where service comes from wide into the late-runner from deep.

5 Man Build Up

5 man build up progression. Creating chances centrally - Pattern play. 📌



Setup: A progression from the 3 and 4 player central build-up exercises shared earlier this week. This time, using the 8,10,11,9, and 7. Five mannequins, and one GK.

Execution: Ball begins with the 8 centrally, and then goes wide to the 11 who checks-in. It is then dropped off to the 10, while the 8 hovers underneath the mannequins for balance. The 10 then plays a one-two with the 9 who has checked in-between the two 'defenders', before playing it linearly into space for the 8 to briefly join the attack. As this pass is played, the 11 moves into the middle to receive a diagonal ball from the 8, while the 7 is making the back-side run on the blind-side of the far mannequin. The 11 plays in the 7 for a one vs one on goal.

Variations:

Attacking Exercise

Serving in time. High tempo attacking exercise with pressure on wide server. 📌



Setup: 3 Mannequins in a triangle situated in the middle third. 6 Blue players beginning as shown. vs 3 red players (2 recovering wide players + a GK) situated as shown.

Execution: The play begins with the BLUE 6 and 8 playing a one-two either side of the poles at the center circle. This is the trigger for the rest of the play - the winger checks in, receives, turns, and plays up to the opposite-side forward player (for a one-two). As this happens, the RED recovery player may begin to hunt the winger down. The winger carries on their run in-behind and towards the edge of the box. The two forward BLUES must arc runs around the top mannequin, in preparation of receiving service from wide. The wide player must drive forward (without being caught by RED) and may not cross the ball until they get around the 18 yard box. The exercise repeats, only on the opposite side, with the 6 and 8 flipping roles, and the other BLUE winger and BLUE forward being the primary one's in the attack.

6 Player Build Up

6 player build-up progression. 📌



Setup: BLUE players - 6, 8, 10, 7, 11, 9. YELLOW mannequins - 6, + 2 ACTIVE defenders there for recovery and pressure.

Execution: The ball begins on the half-way line with Blue 6.

Two ACTIVE YELLOWS begin 15 yards below the half-way line and are acting as recovery defenders to give pressure on the initial 4 passes in the pattern play. As soon as the Blue 6 plays the ball, Yellow recovery players may start to retreat towards their own goal. If Yellow can make a tackle on Blue, they are legal to do so, but they become "INACTIVE" once they reach the first Mannequin. This added pressure forces Blue to move the ball quickly early on, gaining rhythm and checking quickly into pockets of space to transition the ball.

The Blue 6 plays to the 11, and gets a one-two back into space. It then goes into the 10, who lays-off at an angle to the 8, who looks to find the 7 out wide on the right side. The 7 then times his/her pass to the 11 who makes a hard run diagonally across the line. The 9 and 10 make runs into the box and finish the service as it comes in.

3 Man Attack

3 Man attack vs The transitioning Defense 📌



Setup: 3 BLUE players on the cones situated. Also 3 Yellow poles with 3 Yellow cones 6 yards away from them. The Yellow players begin on the cones, with the movement pattern for each cone shown on the animated diagram.

Execution: The deepest Blue player (7) starts with the ball, playing up to the 9, and then out the other side to the 11. As soon as the first pass is played, This is the Yellow trigger to get around the poles ahead of them and try and regain some form of defensive shape in transition against the Blue attack to goal. Play is confined to the width of the 18 yard box, during the live transition and attack. If Yellow win the ball for 3 seconds, play is dead and the exercise is re-set.

Variations:

4 Man Build Up

4-man build up. Creating chances from the middle third into the final third. [Pin it](#)



Setup:

4 mannequins set up just outside the 18 yard box in an off-center diamond. One deep player to initiate the sequence, 3 attacking players - 7, 10, and 9 on the higher 3 mannequins. One GK.

Execution: The 8 plays forward from the deepest point, into the highest point where the 9 checks into the pocket of space. The 8 then overlaps to the right edge, while the 9 lays-off to the 10 at a diagonal angle. The 10 and 7 play a one-two, before distributing wide to the overlapping 8... While the 8 runs onto the neatly threaded through ball, the 7, 10 and 9 make their arced movements into the box to get on the end of the wider service.

Variations:

Breaking Thru the Thirds

Breaking through the thirds. [Pin it](#)



Setup: Game is broken into 3 sections. The Yellow third, the green third, and the Red third. The Yellow "presser" must maintain their positioning inside the Yellow third at all times against the Blues.. The other 3 Yellows may only work to contain inside the Green third. While only the GK defends the Red third.

Execution: The ball is live from the Yellow third, as Blue look to work the ball via possession and penetration into the Red third for a one vs one to goal against the GK. Blue must shift accordingly when the ball moves, and may only move vertical or horizontal into the next zone/box. In the Green third, Blue must look for the through ball against the 3 defending Yellows in order to penetrate the 18 and go to goal. If the Yellow "Presser" in the Yellow third wins the ball, they may score in the mini-goals. Also if Yellow win the ball in the Green third, they must look to find their attacking player to try counter in the mini-goals.