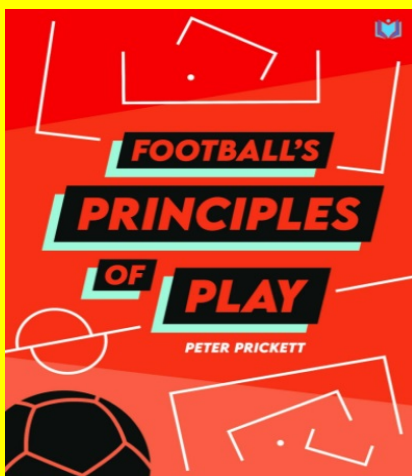
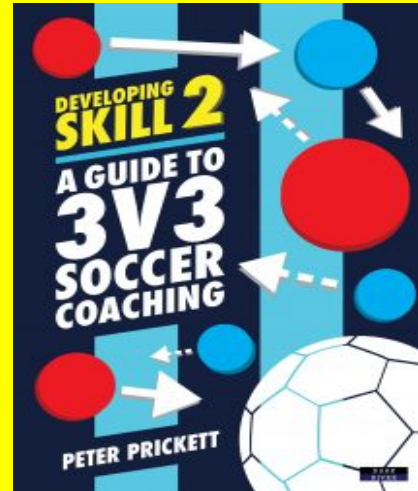
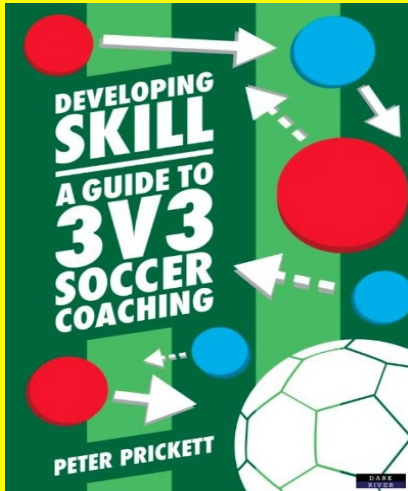
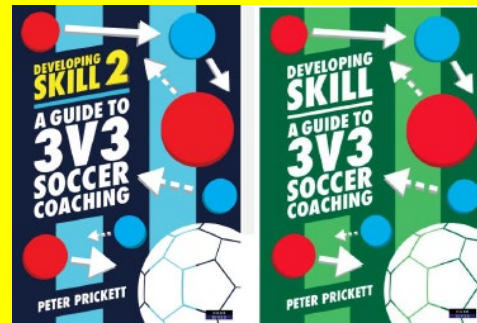


## PETER PRICKETT



## TWITTER



## Switch to 1 v 1



## Switch to an Overlap



## 3 v 3, Press and Play Out



## The Octagon



## 3 v 3, Forward Passing



## Ways to Use a Square





## Play Through the Zones



## Circuit into Game



## Looking For Passes



## 3 v 3, Vertical Zones



## Combination, Rotation



## 3 v 3, Finishing w/GK



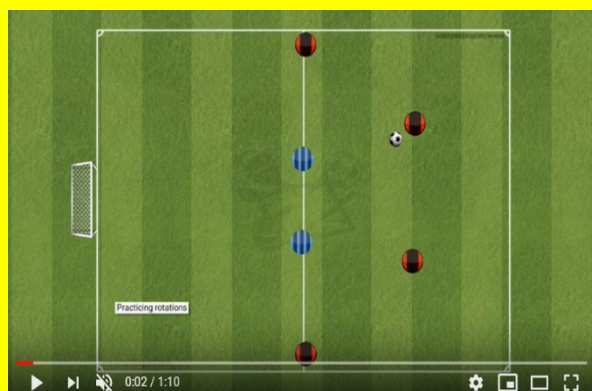
## Ajax Skill Corridor 1



## Ajax Skill Corridor 2



## Four Zero Rotation



## Learning to Fly



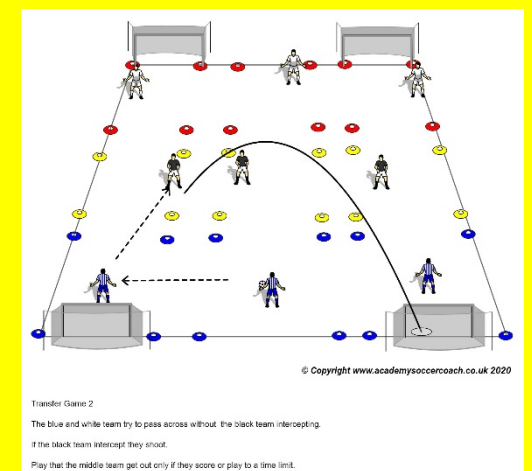
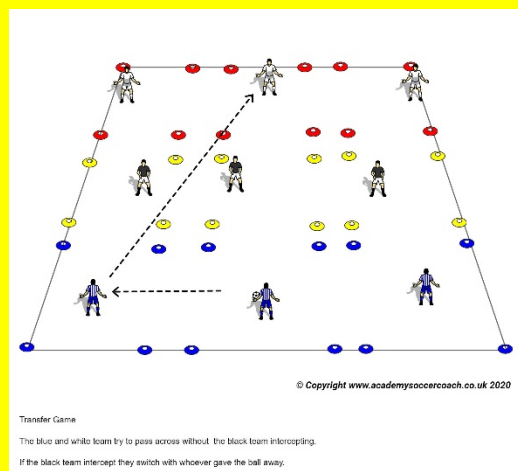
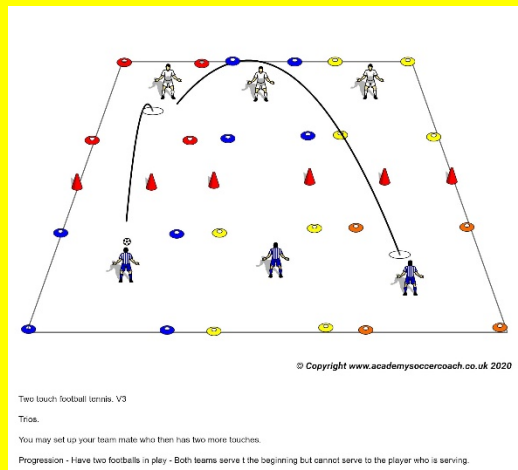
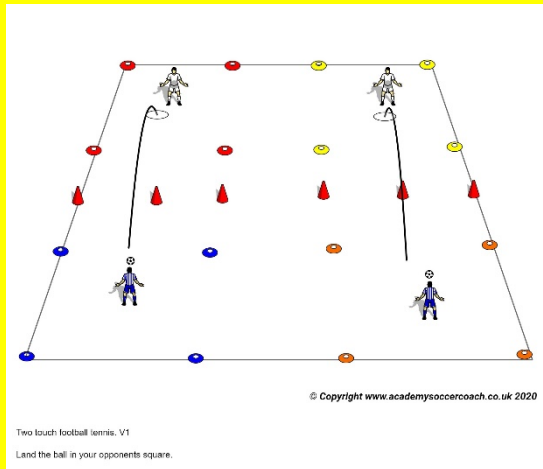
## Overload w/Playmakers

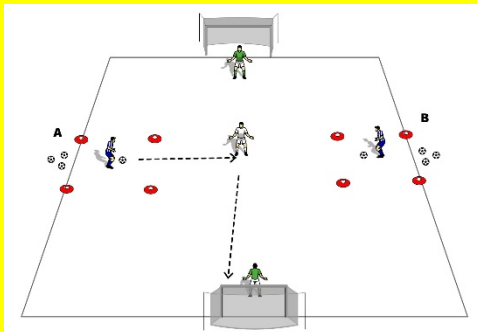


## Technical Warm Up









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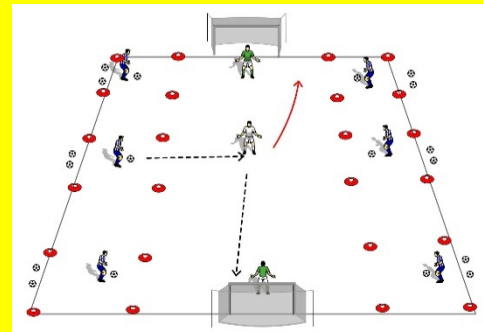
#### Serve and Volley

The players in the red boxes serve to the white in the middle to attempt a volley at goal.

Receive service A then B and repeat.

Alternatively pass the ball on the floor for one or two touch finishes.

Passes may be played as through balls.



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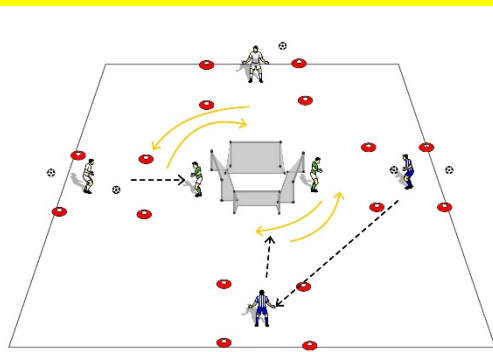
#### Serve and Volley 2

The players in the red boxes serve to the white in the middle to attempt a volley at goal.

The white moves and communicates to whichever player they wish to receive from.

Vary the service.

The middle player will tire as the physical demand is high.

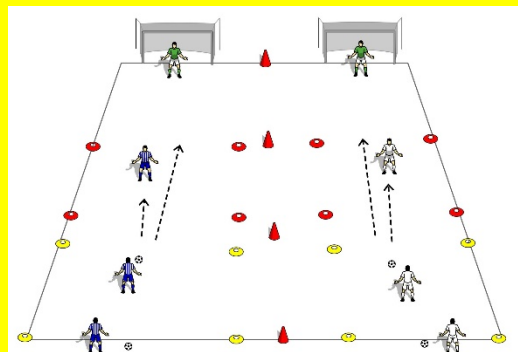


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#### Fake or Finish?

The two central goalkeepers have their two goals each to protect. The players in the boxes work in pairs to score.

Progression - The players in boxes can pass to any other player in a box, including going over the centre.

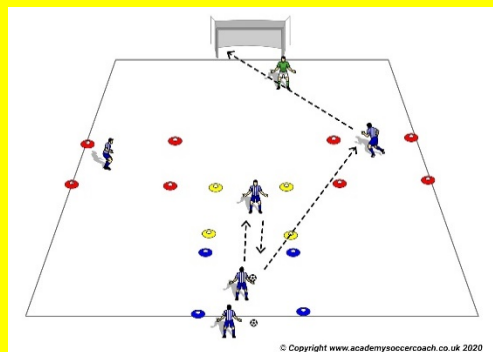


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#### Through to finish

Up back and through followed by a finish.

Use one ball. Up back and through on one side. The player in the other box supports, giving the player on the ball the option of shooting or crossing.



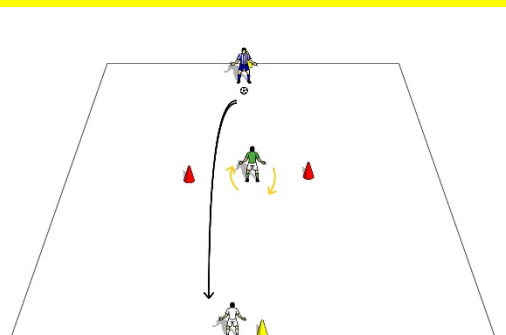
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#### The Y

The two central players play up back and through to set up the side player for a chance on goal. The player from the yellow box goes into the now vacant red box.

The next turn is the same but takes place on the opposite side.

Progression - The player from the yellow box a forward run to support.

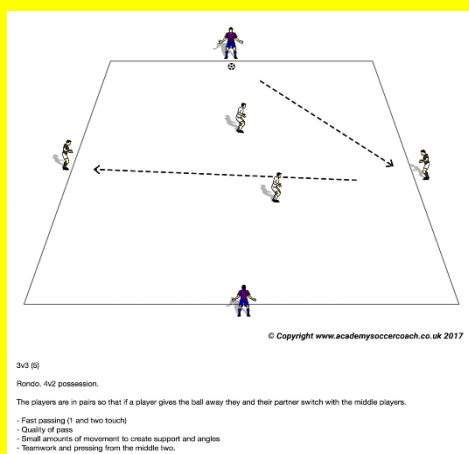
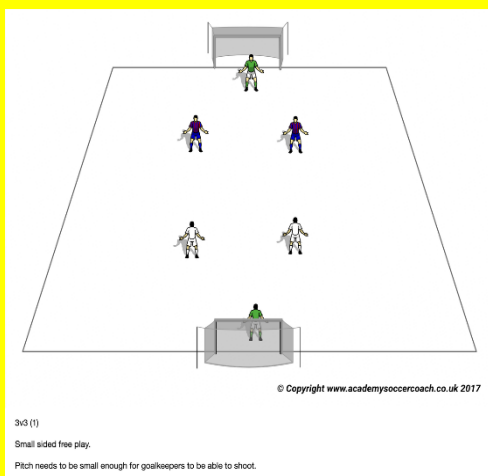


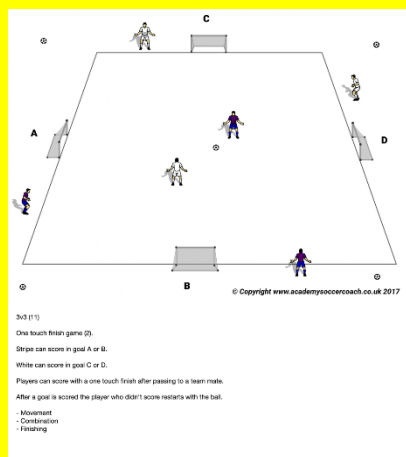
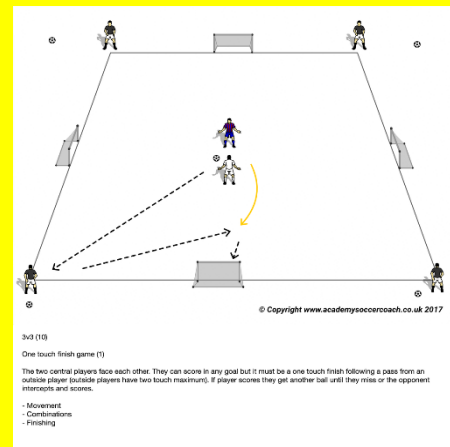
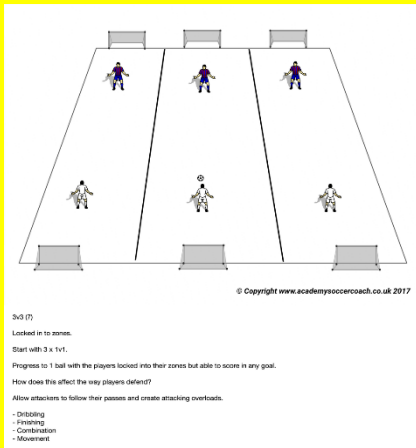
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#### Shooting 1

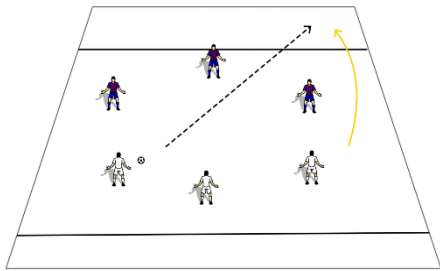
The goalkeeper turns round to protect the goal from either side.









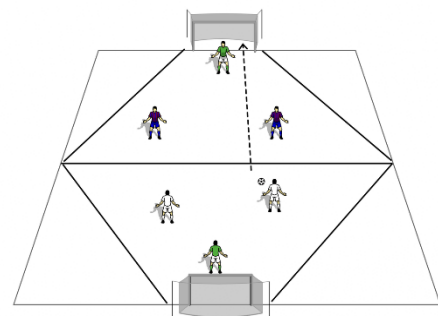


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3v3 (13)  
End zones.

To score a point dribble into the opponent end zone or play a pass for a team mate to run onto in the end zone.

- Movement
- Combinations
- Set moves (up back and through, 1-2, overlap)
- Dribbling/running with the ball



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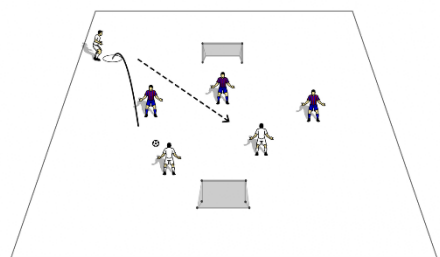
3v3 (14)

Goal to goal.

Players are locked into their own half. All players can shoot.

Progress - Allow one player from each team to enter the opposition half either with a dribble or from a forward pass.

- Types of finish
- Shooting technique(s)
- Awareness of opposition positions and shooting opportunities



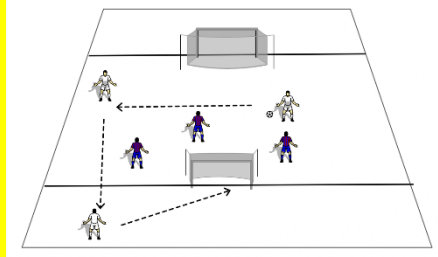
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3v3 (15)

Ice Hockey

Goals are positioned so that there is a good amount of space behind them. Players are able to go behind the goals by dribbling or to receive.

- Awareness of the positions
- Movement
- Lifted passes
- Through passes



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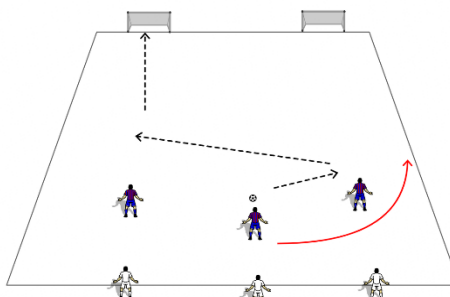
3v3 (16)

Reversed.

Goals are turned round with end zones. Players can make runs into the end zone to receive and finish.

Progress to allowing a recovering defender but also another player moving to support (2v1).

- Movement
- Combination
- Finishing
- Support
- Killer passes



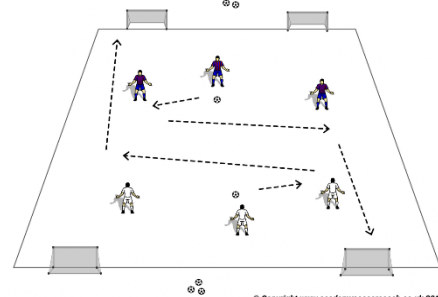
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3v3 (17)

Attacking wave 1

3v0 playing one and two touch, looking to attack smoothly.

- Fast passing
- Specific movements (overlaps, 1-2s, looping runs)



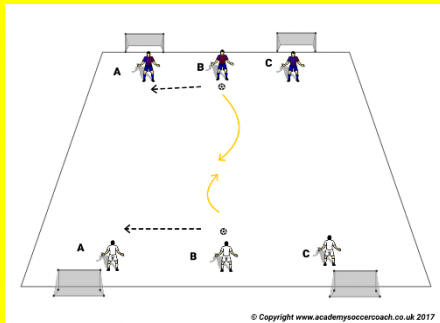
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3v3 (18)

Attacking wave 2

While attack one end, Stripe attack the other end. Both attacks happen at the same time. The two teams need to be aware of interference and play through the other team.

- Movement
- Fast passing
- Runs
- Support



3v3 (19)

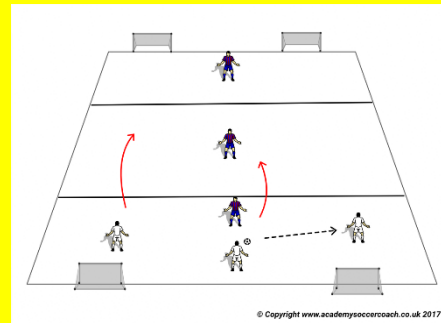
Attacking wave 3.

Player B passes sideways then moves into an offensive position. The attack is 2v1.

Both attacks happen at the same time.

When the attack is over the players shift one position (A to B, B to C, C to A).

- Drooping/Running with the ball
- Combination play (1-2s)
- Forward runs or decoy runs



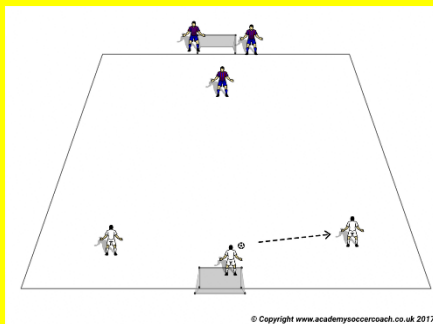
3v3 (20)

Attacking wave 4.

Three zones. One defender locked into each zone. The three attackers play through each zone to try to score.

If the defenders win the ball all three may counter attack together.

- Combinations
- Use of space
- Movement
- Patience or forward passing
- Defenders positioning and covering

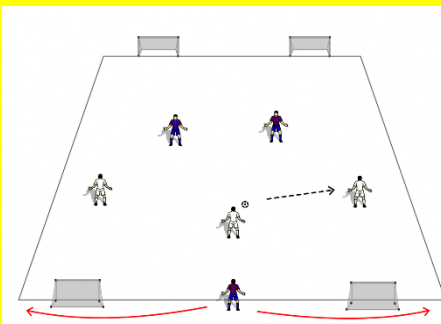


3v3 (21)

Attacking wave 5.

3v1 attack, if the defender wins the ball his two team mates join to attack and counter in a 3v3. After the whites attack 3v1 the stripes then attack 3v1.

- Movement
- Support
- Specific moves (1-2, overlap, looped runs, diagonals)
- Drooping, running with the ball (engage the defender)



3v3 (22)

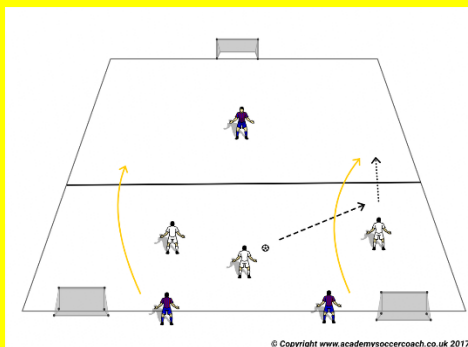
Counter punch.

3v2 attack with an attacking outlet.

If the two defenders win the ball they will have an option available to play a forward pass and then join.

How does this affect the way the whites attack? Do they have to be conscious of this and defend while in possession?

The target player needs to move to find the appropriate space.



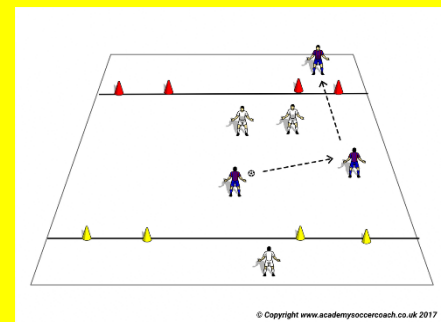
3v3 (23)

Recovery runs.

3v1 attack. Once the attackers cross the line the two players are triggered to recover.

Can the one defender delay long enough for the two recovering defenders to get into position and help?

Progression - Change the trigger. Use a time limit or make the trigger the first pass from the white team.



3v3 (24)

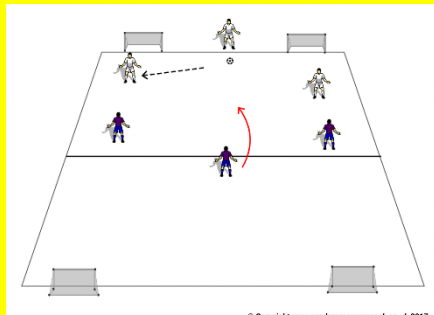
Forward passing, forward movement.

3v2 centrally with target players for both teams. The aim is for the central two to play through the gate to their team mates to score a point.

Progression - Allow the target player to drop into the central area and create a 3v2 situation so a player can dribble through the gate.

- Movement
- Angles
- Quick combinations
- Killer passes





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3v3 (2S)

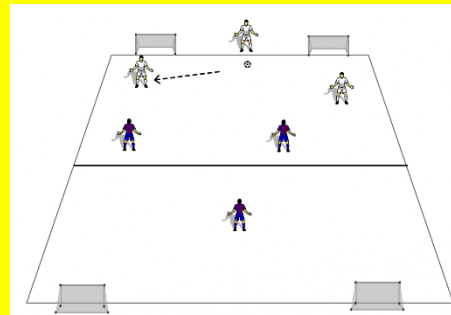
Press 1

Ball starts with white player on the edge of the pitch. Before he passes one of the stripes must be in his own half if he is not then it will essentially be a 2v3. Once the pass is played the stripes steps up.

Can the stripes apply pressure to win the ball and score?

Can the whites play out and score?

- Coordination between the pressing players
- Setting traps/making play predictable
- Making ground quickly



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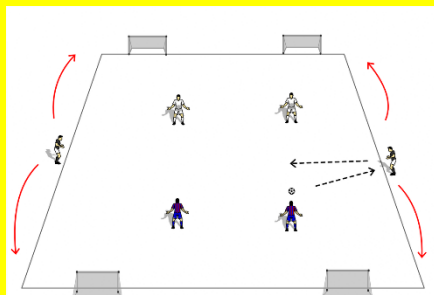
3v3 (2R)

Press 2 (and cover)

Two players press high with the remaining stripes sweeping in behind.

Can the two players direct the play in such a way that they can win the ball?

- Timing of when to press
- Target who to press
- Identify the press triggers (negative touch, ball in the air, overloading the player in possession)



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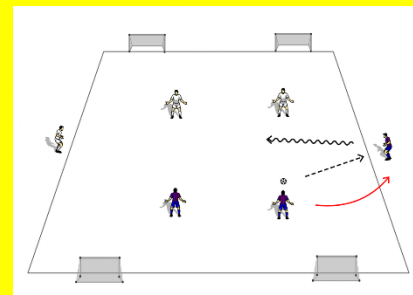
3v3 (2T)

Bounce passers

Two vs two with two neutral players wide. Neutral players can play one or two touch. Neutral players can move anywhere along their line.

If the wide players are not being used add a rule that a goal can't be scored unless one of them has touched the ball within the attacking move. Further rule that both have to touch the ball before a goal is scored.

- Combinations
- Overloads
- Playing wide
- Movement



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3v3 (2B)

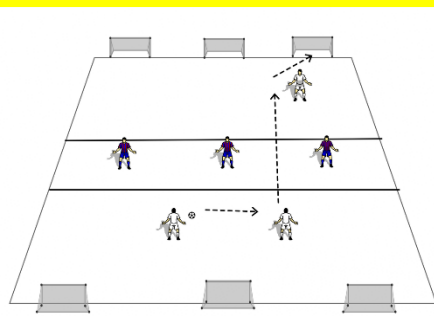
Wide rotation.

Two vs two in the middle. Both teams have a player in a wide position.

If they pass to the wide player they switch positions.

Progressions

- The wide player must touch the ball before a goal can be scored.
- The player who rotates out can rotate into any position, not just on the wing.
- Combinations
- Cutting inside
- Awareness



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3v3 (2R)

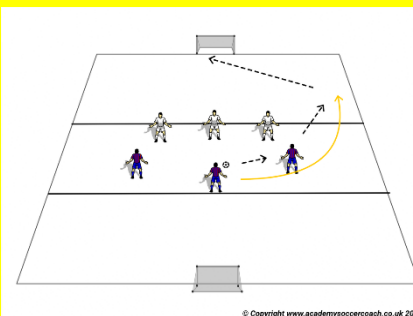
White vs stripes. Stripe team locked into middle section until the moment they win possession.

Can the two white players pass the ball on the four through the stripes so that their team mate can score?

If the stripes win the ball they break away to try to score.

Progressions

- Movement from the white forward to disrupt the stripe line (dropping short to allow a third man run)
- The white team may break through with a dribble



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3v3 (2S)

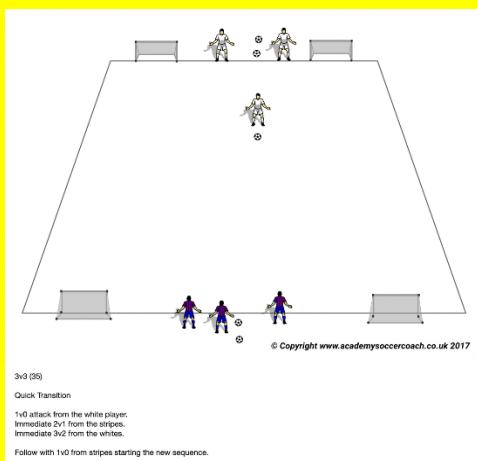
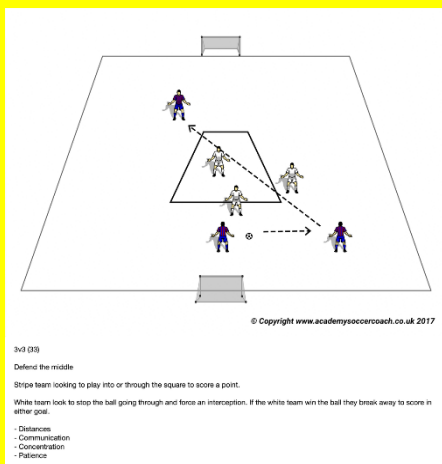
Killer moment.

Three vs three in a tight midfield area.

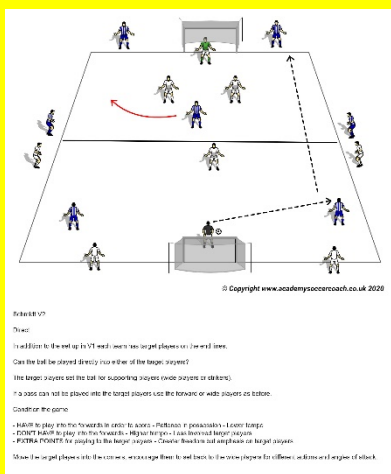
Can the team in possession play into the end zone and score?

They can get through with a dribble or pass to team mate.

- Combinations
- Angles
- Midfield rotations
- Overlaps







7v7

7v7

In addition to the end up in 7v7 each team has target players on the end line.

Can the ball be played directly into one of the target players?

The target players set the ball for supporting players (wide players or strikers).

If a pass can not be played into the target players use the forward or wide players as targets.

Coordinate the game

• Player to play into the forward is only to score, not to pass or possession. 1 point for goal.

• POINT: When to play into the forward. When to play into the forward target players.

• POINT: POINTS for passing to the target players. Create a line to set up the target players.

• Show the target players into the corner or edge of the field to set back to the wide players for different angles of attack.



Escape

Blue vs White

White team score by dribbling out of the area through any red gate.

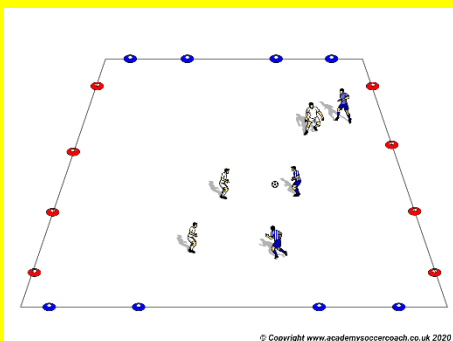
Blue team score by dribbling out of the area through any blue gate.

The game is played through 360 degrees and will require awareness, changes of direction and communication as a high priority.

Defensive players will need to solve a multi-directional problem (possibly by marking a man, not space).

Players will be challenged 7v7.

Progression - pass through the gate for a team score to increase.



Escape 2

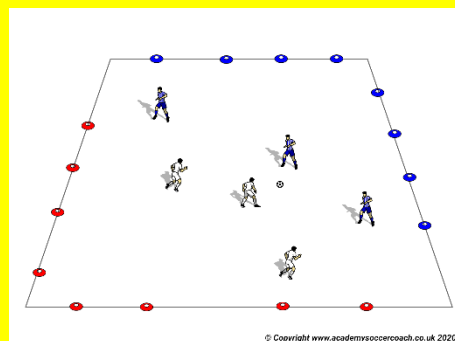
Blue team score by dribbling through any red gate.

White team score by dribbling through any blue gate.

Game is played East to West and North to South.

Players will have to adapt positions, show awareness and communicate.

Angles will differ regularly and players will need to react.



Escape 3

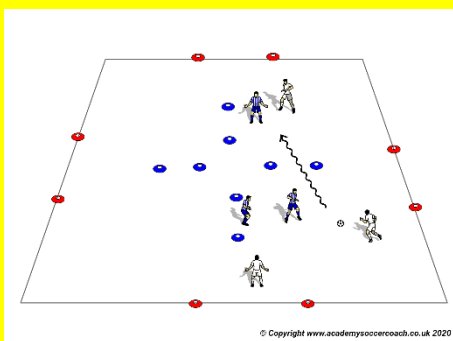
Blue team score by dribbling through any red gate.

White team score by dribbling through any blue gate.

Game is diagonal.

Players may need to overlap, underlap, switch or use third man runs.

Pressing/counter pressing may be an effective defensive solution.



Escape 4

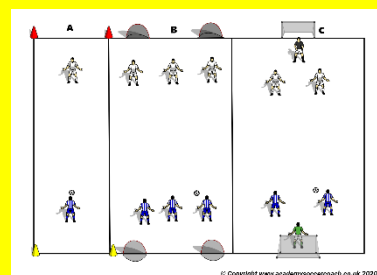
White team score by dribbling through the blue gates. If they dribble through the central diamond they receive double points (or triple points, or whatever stipulation is suitable).

Blue team score one point if they dribble out through any of the red gates.

Encourage blues to defend centrally and break out. White's with heightened decision making and more challenged to be patient.

The available spaces are relatively small.

Progression - Allow teams to score points by passing through the gates.



END 1000 7v7

Game A is a 7v7. The players score a goal if they can shoot the opposition out into the ball and/or control. For the blue player

both the red corner, or the white player, through the yellow corner.

Game B is a 3v3 with 3v3 teams attacking and defending two goals.

Game C is a 3v3 (or 3v3 plus 3v3), scoring is in the goals.

ADD: The central square of the three games together at the end. Rotate players and roles for the next round.

Progression:

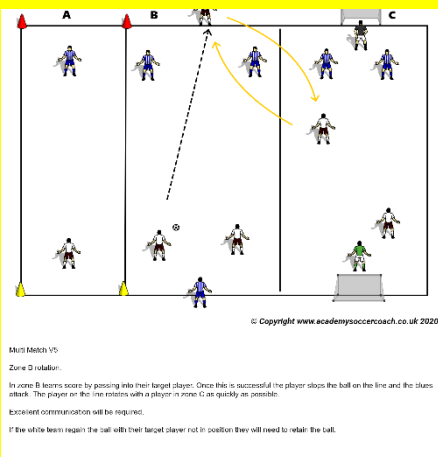
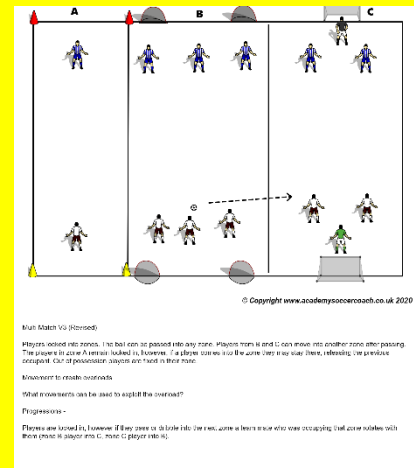
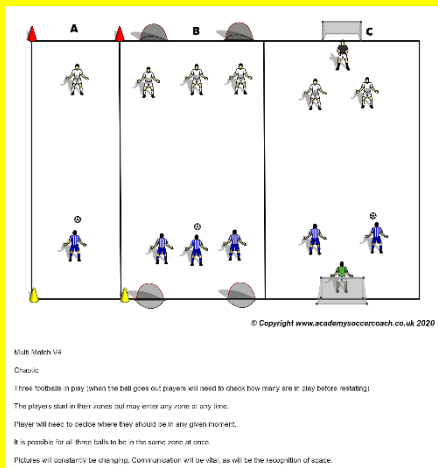
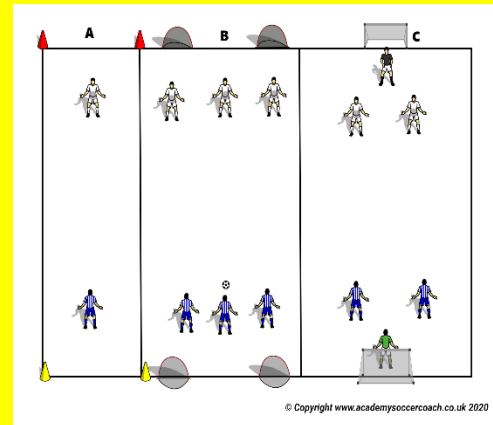
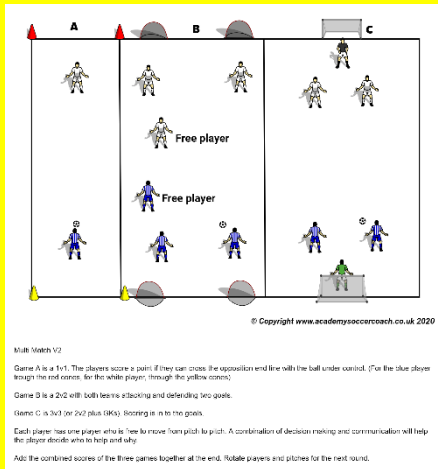
ADD: A defensive scoring mechanism.

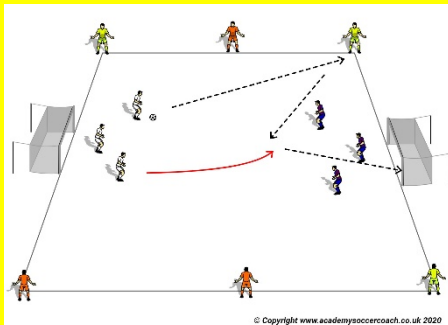
Game A - 1 point for a rebound.

Game B - Additional points for 1 touch 1v1s.

Game C - A point for each successful pass to the goalkeeper.

FTC





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Counter, Cover, Press and Score 2

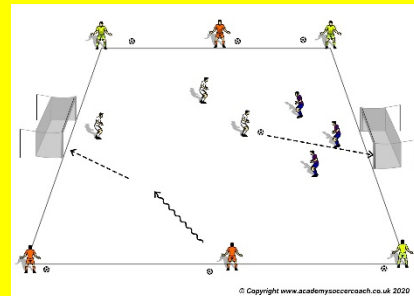
White vs blue

The team who win stay on and switch ends (getting the ball out of the goal to attack).

Win by scoring two goals or after an assist from an outside player (instant win).

The yellow team come onto the pitch to defend the goal that is now vacant. If the game is decided by two goals being scored. However if the game is decided by an instant win the team that assisted comes on.

The team who lose leave the pitch and wait.



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Counter, Cover, Press and Score 3

White vs blue

The team who win stay on

Win by scoring two goals or after an assist from an outside player (instant win).

The team who win do not change ends and regain the ball, instead the new team who win stay on with a ball and attack the team who lost.

The team who lose leave the pitch and wait.

Points:

Communication (who is taking the ball on?)

Ballless situation

Alert



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Counter, Cover, Press and Score 4

White vs blue

Teams are separated by the opposition and on a red line (center to center).

Each team has a ball and a goalkeeper. Each team has a ball.

If a team wins they move onto the next area with the first team just used to score.

The team who score or assist enter the next game.

Progression:

Ball possession.

Max 5-10 goals at each end.

Points to be taken into the outside area or on a red line, a goal is scored.

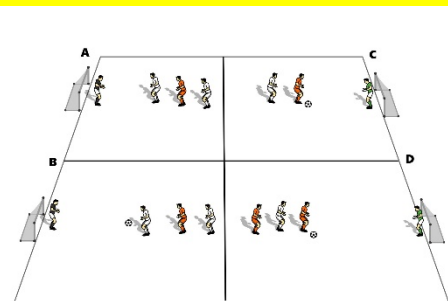
Points:

Communication

Forward passes

Finishing

The team who score on a red line.



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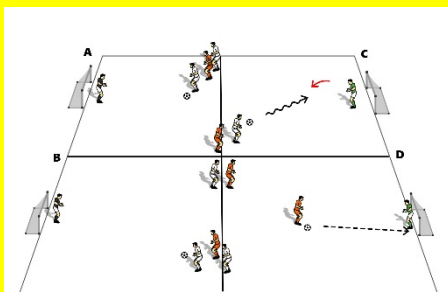
Shoot Out.

Progression into 3rd

Round 1 (personal activity) -

Each player gets a penalty. If they score they move to the next area (A to B to C to D to A). If they miss the GK moves on to the next area and the penalty taker becomes the new goalkeeper.

The winner is the first player to score in all four goals.



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Ice Hockey Pairs

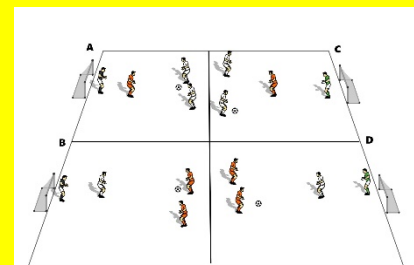
Progression into 3rd

Round 2 (1v1) -

The player dribbles from half way with a 1v1 against the goalkeeper. They can shoot at any stage. The GK is allowed on the line. If the GK gets a "significant touch" on the ball they have successfully defended.

If the attacker scores move onto the next area (A to B to C to D to A). If the GK prevents a goal they swap with the attacker.

The winner is the first player to score in all four goals.



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2v2

Progression into 3rd

Round 2 (2v2) -

Attacking in pairs. One player goes to goal the other works as a defender. The attackers start on half way.

If the attackers score move onto the next area (A to B to C to D to A). If the GK and defender prevent a goal they swap with the attacker.

The winner is the first player to score in all four goals.

Points on possession of attacking ability (story, defense, etc).

Points on possession (play).

Extending 1v1

Chance creation

Finishing





Which areas are likely to be congested? How can we turn this into an advantage?



What is the role of the players in zone 3?  
What happens around it? How?



Focus on movement to create angles and find space.

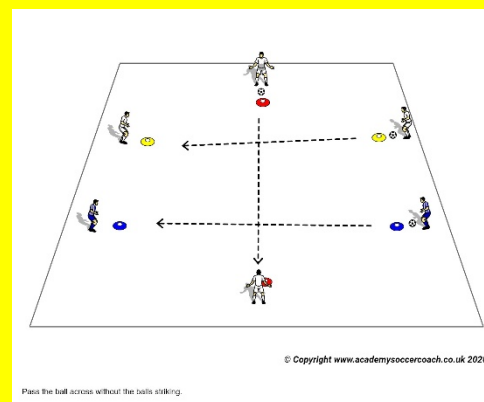
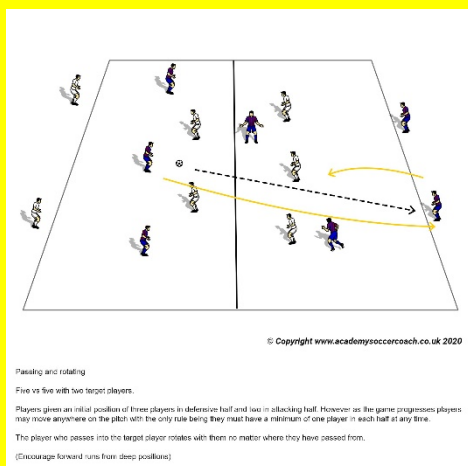


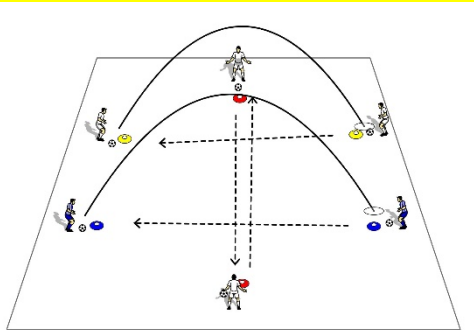
Transition - Seek opportunities to play forward



Players passing from the defensive half into the offensive half may follow and join the half, if this player then passes into a target they do not rotate.

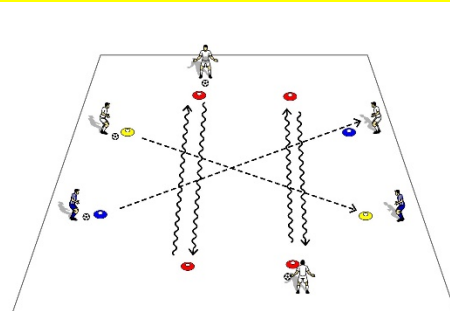






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Instead of a ball between two each player has a ball.  
Yellow and blue cones have one player passing high and the other passing low.  
At the red cones the players both pass on the ground.  
**TAKE A TOUCH!**



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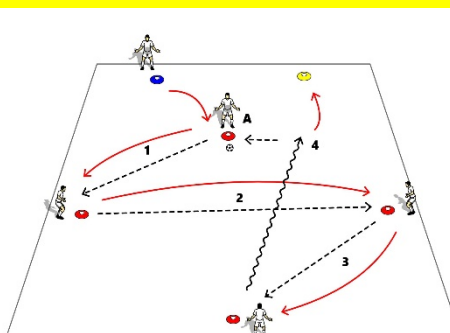
Yellow cones pass diagonally.  
Blue cones pass diagonally.  
Reds dribble from cone to cone, causing interference.  
High movements required.  
Red dribblers can practice specific moves as well as changes of speed.



1. Pass across the area, and rotate to your right-hand row after passing
2. Pass across the area, and rotate to your left-hand row after passing

Points:

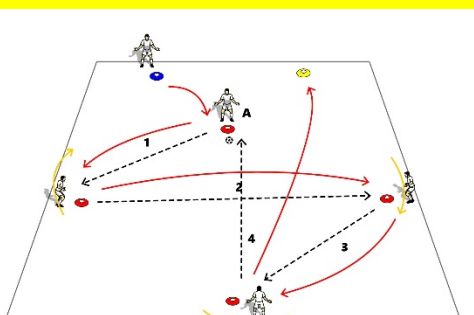
- First touch
- Clean ball strike
- Finding a rhythm/tempo



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Diamond

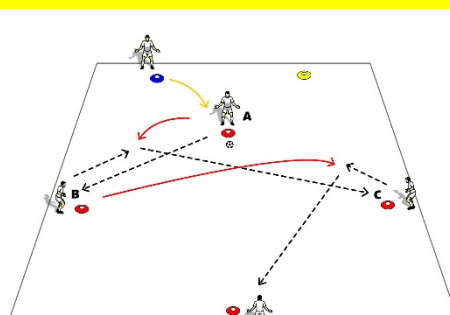
Pass and follow in the sequence 1, 2 and 3. Player 4 dribbles and passes to the player at position A, then waits at the yellow cone.  
On the next turn the blue cone will be empty, the dribbling player should wait at the blue cone.



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Diamond 2

In version two the players at the red cones make a hooked movement away from the cone before receiving. In movement 4 the player passes and then makes a run to the yellow cone (straight pass, diagonal run).



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Diamond 3

Passing patterns can be used. In version 3 we have B setting the ball back to A who then plays across to C. C sets the ball to B who passes to D and so on.

D goes to the yellow cone. When A leaves the red cone, the player at the blue cone steps up to the red.

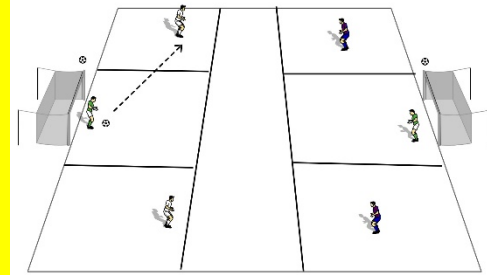
## Diamond 1



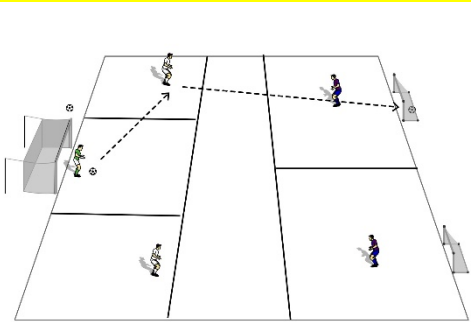
The ball starts at position A. A dribbles to B, B dribbles to C, C dribbles to D, D dribbles back to A. Can the players execute tricks as they dribble?

### Progression 1

Change the direction. A to C, C to D, etc.



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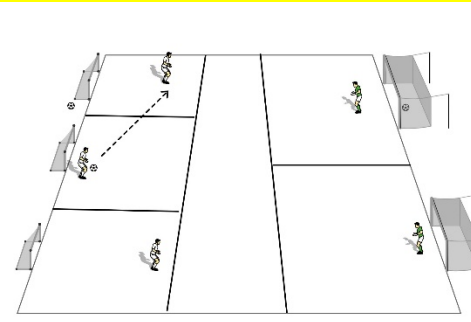


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### Long shots 2

Players are locked into their zone. Middle zone is kept as neutral to maintain distancing.

3v2 with the two defending a two slightly smaller goals than the team of 3 with a GK. The two may not use their hands.  
(If you do not have goals use poles or just mark with cones)



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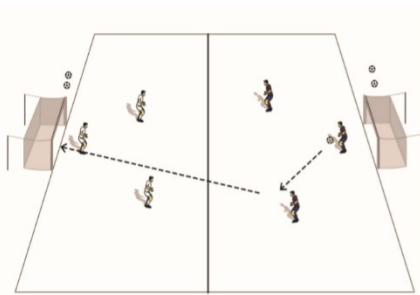
### Long shots 3

Players are locked into their zone. Middle zone is kept as neutral to maintain distancing.

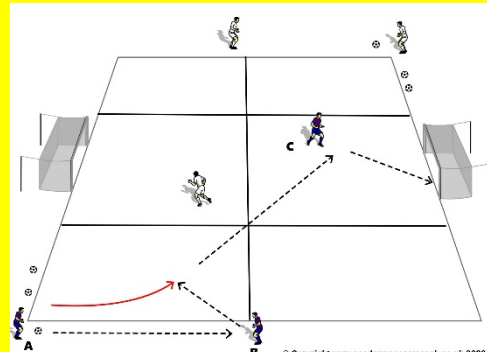
3v2. The team of two are both goalkeepers and have large goals. The team of three have small goals and can not use their hands.  
Use a time limit to keep the game fast.

Allow goalkeepers to throw the ball into the team of three's goals.

## Finishing and Goalkeeping 1



White versus stripes. Teams are locked into their halves, and cannot enter the opposition's half.



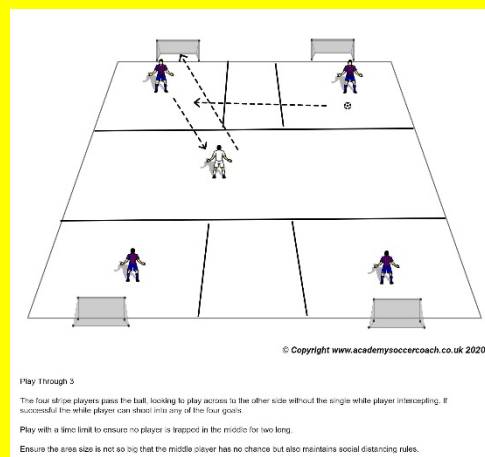
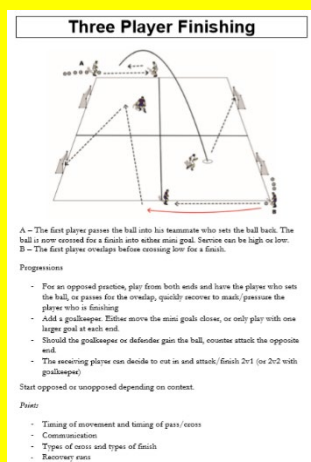
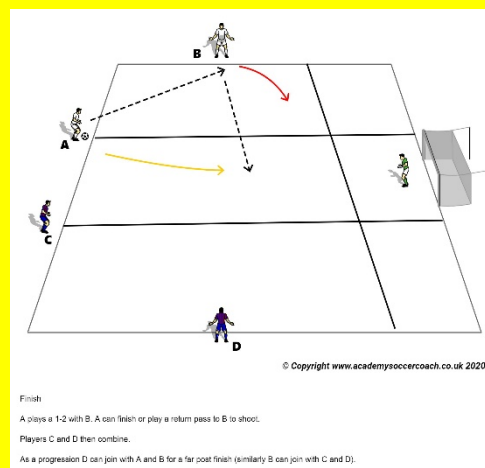
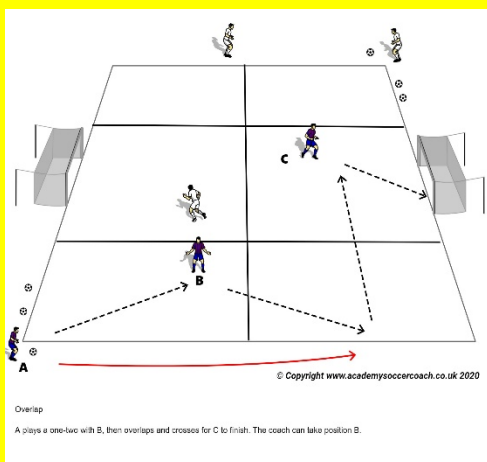
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### Up, back attack

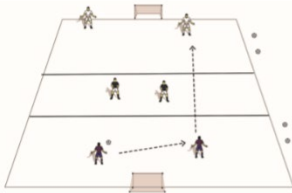
A passes to B who delivers for C to finish (The coach can take position B)

Both the white set of players and the stripes set attack.

Vary the type of service.



## Positional Defend and Attack



Play starts with the middle player in row C passing to either the left or right. The next pass goes into one of the players in row B, who attacks the goal. Row A acts as defenders. Row C sits back to provide support.

After five attacks, row A moves to C, C moves to B, B moves to A.

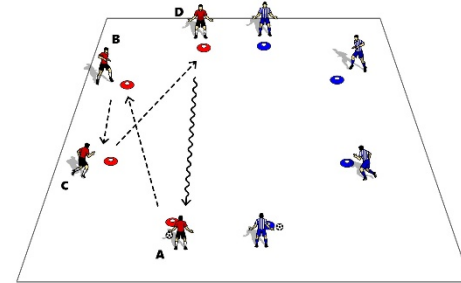
How can B attack? What methods might they use?

*Progression 1*

Allow row C to fully join the attack.

*Progression 2*

Add goals for the players in row A to attack if they regain possession.

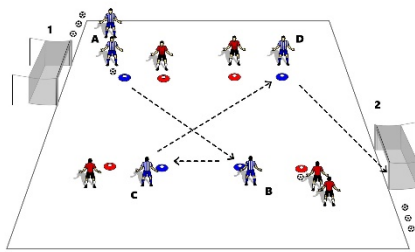


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Up, Back, Attack 1

Player A passes to B, B sets to C who passes to D. D dribbles to the start position. A, B and C follow their pass to take up a new position.

Red and Blue go at the same time.



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Up Back Attack 2

Player A passes to B, B to C, C to D. D takes a touch and finishes in goal 2. A, B and C follow their pass. D moves to the start position after shooting.

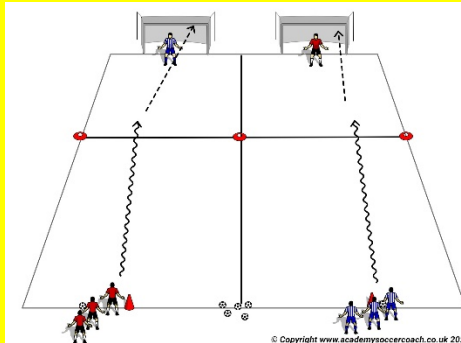
Red follow the same pattern scoring in goal 1.

Begin with 4v4 and add taking turns with their attacks. Progress to 5v5 giving all the same to increase individual involvement.

*Progression 1* - C plays a through ball for D to finish in one touch (if possible).

*Progression 2* - After D receives attack goal 1 dribbling past the waiting blue player and finishes.

Further progression - Add goalkeepers.



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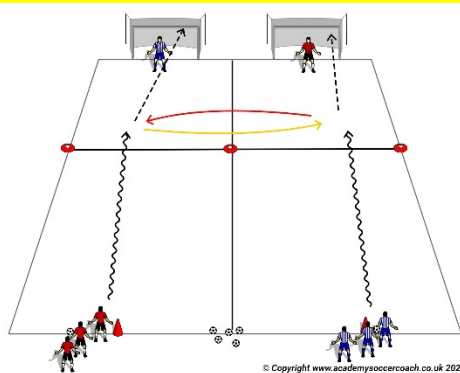
Speed Finish 1

Red team face a goalkeeper from the Blue team.

Blue team face a goalkeeper from the Red team.

On cue the red attacker and the blue attacker dribble/run with the ball to attack the goal. First player to score gets 1 point for their team.

*Progression* - Set a time limit (3 mins) players attack one at a time, the team who score the most goals in that time win.

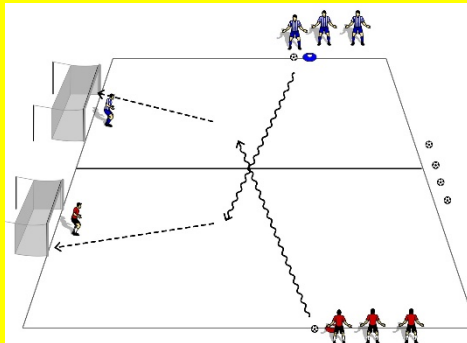


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Speed Finish 2

After the first player has shot they move across and defend their side (along with their GK).

Players are encouraged to attack and finish quickly.



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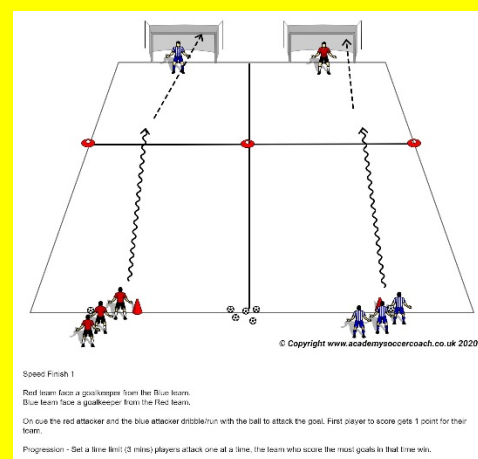
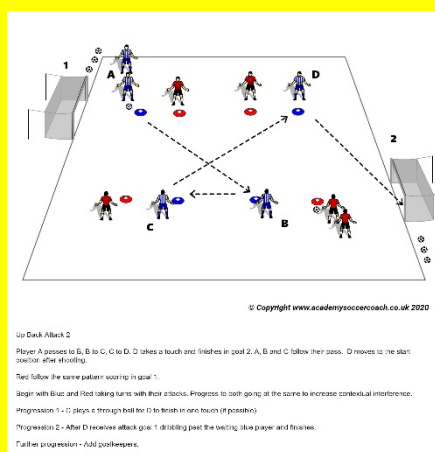
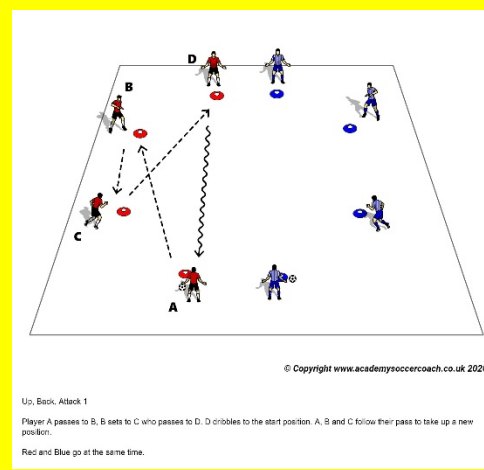
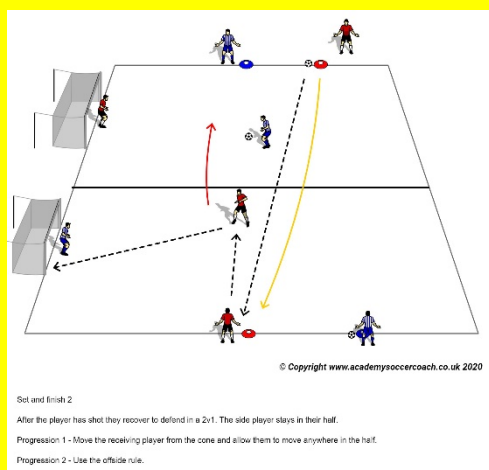
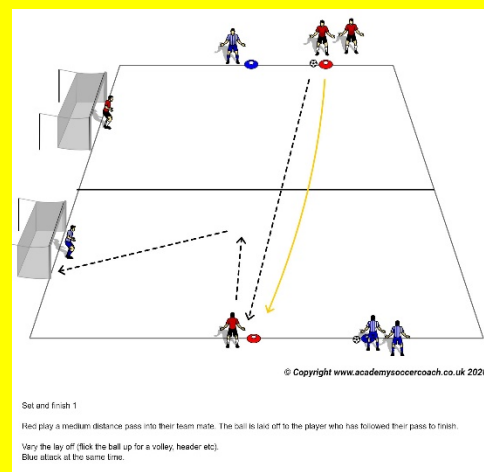
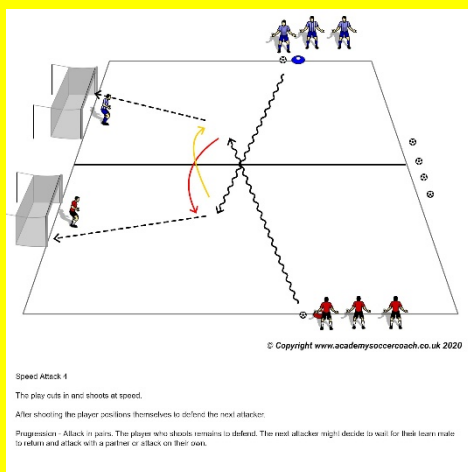
Speed Attack 3

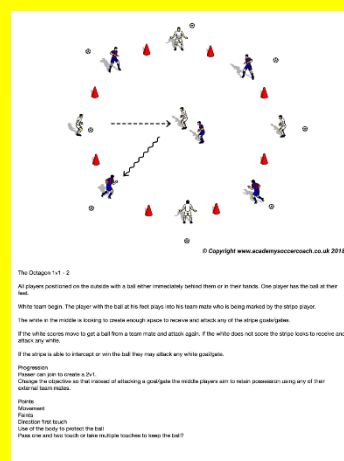
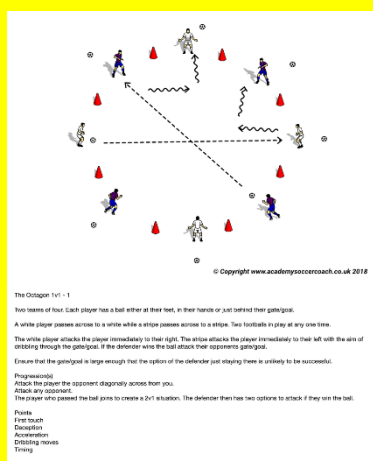
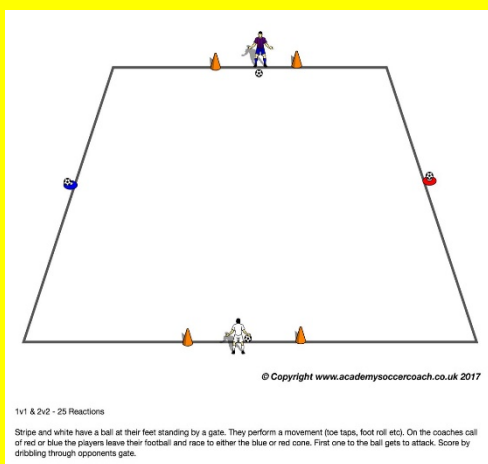
The play cuts in and shoots at goal.

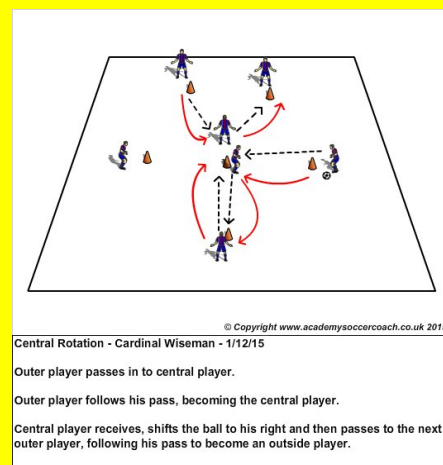
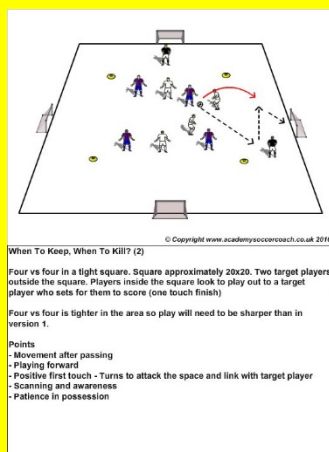
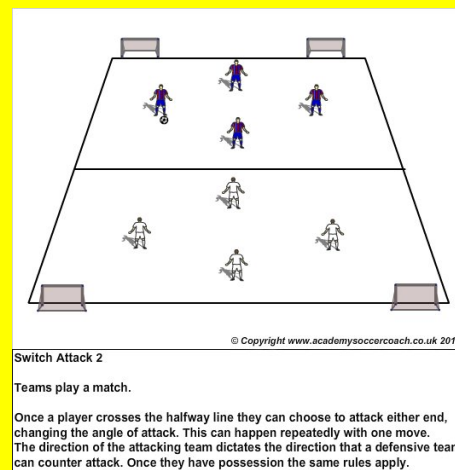
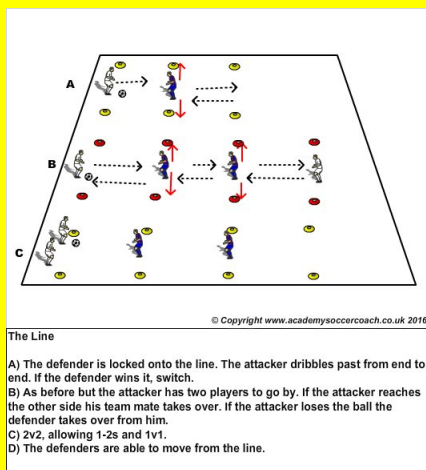
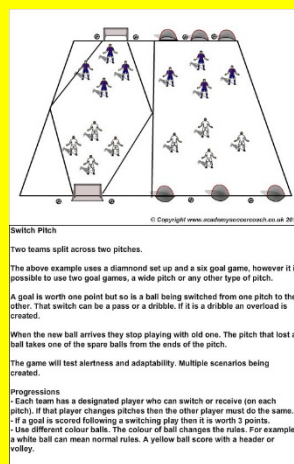
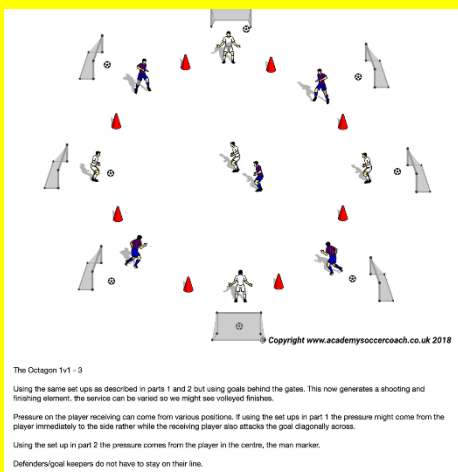
Blue and Red attack at the same time and first to score gets the point.

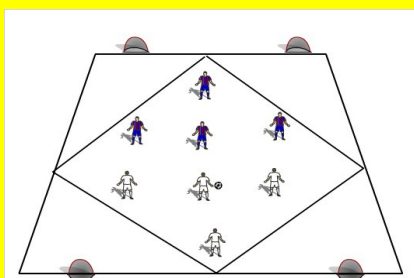
*Progression* - Set a time limit and whichever team scores the most goals gets the point.











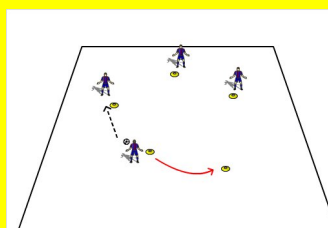
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#### Creating Overlaps

Play takes place in the central diamond. A goal can only be scored if a player makes a run into one of the wide triangles to score. Defenders may not track the run initially. After 5 minutes or so defenders can track.

#### Progression

- Goal can only be scored if a ball is played from one corner into the other for a finish (crosses)
- Place a goal centrally. Goals can still only be scored from the wide triangles. This will create opportunities to finish from angles or the far post.



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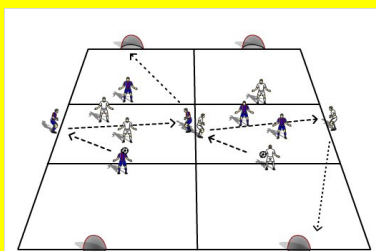
#### Cognitive Movement - Warm Up - Cardinal Wiseman - 17/11/15

Two identical areas set up.

A group of four with one ball and five cones.

- 1) Pass and move. After passing the player who has passed moves to the empty cone.
- 2) The group also have a tennis ball. They need to move the tennis ball amongst themselves but also pass and move in the manner described in 1). If the session is too easy add a second tennis ball to the group.

The challenge is mental more than physical or technical. Communication needs to be strong. Passers need to be quality. Players must think quickly. Patterns will begin to develop.



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#### Cognitive Rondo(s)

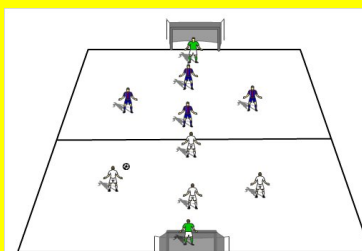
Two 4v2 rondos (the numbers can be adjusted).

If the 2 players win possession their team scores a point.

For the four players they can score a point by making x amount of passes. They can also score by playing a pass that splits the two defenders then scoring in a mini goal.

#### Progression -

The passing players have a tennis ball that they also pass. They may only score if they play a splitting pass to the player holding the tennis ball.



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#### Cudditch

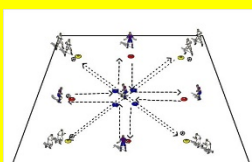
Two teams play 5v5.

Each team has a tennis ball that they pass between each other.

If the player who scores a goal is also holding the tennis ball it is worth 5 points.

#### Progression

Only the player holding the tennis ball is allowed to score. They must work to get both the football and tennis ball into goalscoring positions.



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#### Interference Dribble and Pass

For football and futsal (and various other invasion games)

White players dribble through central blue squares to the line diagonally opposite. They are aiming to avoid each other and the stripe player in the middle.

Stripes pass the ball from in to out with the players looking for gaps and timing the pass.

#### Progressions -

White players look to use different dribbling skills as they pass through the blue square.

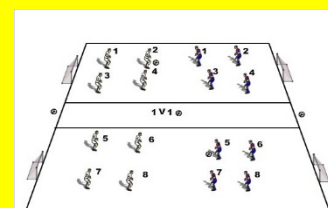
Add a second stripe player to create more interference.

The stripe group have to throw a tennis ball to each other as well (this could be in a fixed order or at random).

The stripes rotate positions. The outer player follows the pass and the inner player fills the empty space after he has passed.

#### Points

- Awareness
- Close control
- First touch
- Accuracy of pass
- Speed of pass
- Movement



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#### IQ and Overloads - Old Actonians - 21/11/15

The stripes and whites form two teams.

Each player has their number. Although these are displayed in order they will be random.

When the number is called the players must get to the ball in the 1v1 channel as quick as they can. They play 1v1 line ball. The winner rejoins his team immediately. The loser must perform 10 keep ups before going back to his team (thus creating an overload).

#### Progressions -

- Make one pitch a four goal game (various alternatives are possible, line ball, handball, throw head catch, end zones etc)
- Play 2v2 in the central area.
- The returning player can join either of his teams to further increase the decision making and possible number of overload scenarios.

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**Using The Pivot - Parallel**

1) GK plays into the defender who uses rotation 3 from the warm up. When the ball reaches the side player he plays a parallel pass along the line. The pivot has tracked the movement of the ball before arriving in a wide position to cross.

The attack begins from the other GK.

2) Using the same rotation the Fio arrives for the ball pulled back. The side player who has played the parallel drops back to become the fiao.

**Points**

- Body shape
- Speed of pass
- To feet or to space?
- Touch and movement of the pivot

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**Small Spaces, Small Sided - Chiswick Futsal - 4/5/16**

**Pitch 1** - Goalkeepers stay on pitch 1. Players combine to score.

**Pitch 2** - 3v3. Score by knocking the ball off the cone. Defenders can't enter the small zone.

**7 minutes per game.**

These games are to replicate the lack of space at Score Centre.

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**Using The Pivot - Diag**

1) GK plays into the defender who uses rotation 1 from the warm up. The ball is played into the pivot. The pivot plays the ball off for one of the side players to attack. The pivot attacks the far post.

The attack begins from the other GK.

2) Use rotation 2 with the same final outcomes.

**Points**

- Body shape
- Speed of pass
- To feet or to space?
- Touch and movement of the pivot

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**Overload Variety**

1 Shoots at goal.

2 GK distributes to 3 or 4 and they attack the goal.

6, 5 and 1 attack against the recovering 3 and 4 with 2 in goal.

Repeat but with a white taking on the first shot.

**Points**

- Play with pace
- Use different finishes
- React quickly
- Positive touch
- Cover the ground quickly

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**CogiGate**

Players have a ball each apart from the players at the gates.

White players guard the gates.

Stripe players will play a 1-2.

The dribbling players need to remember which is which.

**Scoring system**

- Each 1-2 is worth 1 point.
- Each time you dribble past a guard and through the gate you get 5 points. If you are tackled you lose all your points.

**Progression**

- Add a roving defender (or two)

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**Penetrating The Area**

**Movement 3**

Players are locked into their zones.

2v1 on the sides. 3v2 in the middle. Once the ball breaks the line of the box players can make their runs into the box to support.

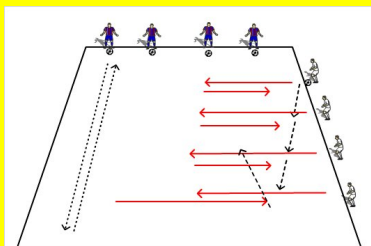
If the defenders win the ball they can score in the wide goals.

Progression, allow the defenders to slide across. This will create a 2v2 in wide areas or have all four defenders in the central area. Forwards can move to help create overloads in the different areas. Work off of the rule that the forwards need to have a minimum of one player in each zone at all times.

**Points**

- Utilise combinations and movements off of the ball to penetrate. For example if the ball is in the right hand zone a player in the left hand zone might make a run into the box to receive. If the ball is in a central position players in the right and left channel can make runs into the area.





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#### Cognitive Crossing

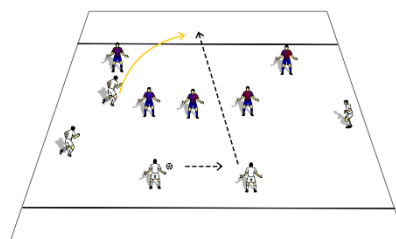
Stripes have a ball each. They dribble from end to end.

White team have one ball, they cross from side to side, combining with passes as they do so. Each player needs to touch the ball at least once.

Both stripes and whites have to avoid the players crossing their pathway.

#### Progressions

- White team have numbers and now pass in sequence (1-2-3-4, 4-1-3-2)
- White team have a tennis ball and pass that between each other as well as the football.
- Stripes use specific parts of the foot or moves as they cross.



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#### Penetrating The Area

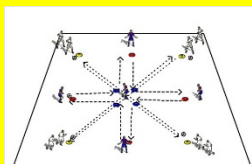
##### Breaking Lines

##### Line Ball 1

Teams score a point if they can break into the opposition end zone. This can be done with either a pass to run on to or with a dribble.

##### Points

- Be creative
- Move after passing.
- Look for space and make movements into it.
- Consider types of pass and how spin will affect the path of the ball?
- Utilise combination moves (2-2, overlap, set and spin, etc)



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#### Conference Dribble and Pass

For football and futsal (and various other invasion games)

White players dribble through central blue square to the line diagonally opposite. They are aiming to avoid each other and the stripe player in the middle.

Stripes pass the ball from in to out with the players looking for gaps and timing the pass.

#### Progressions -

White players look to use different dribbling skills as they pass through the blue square.

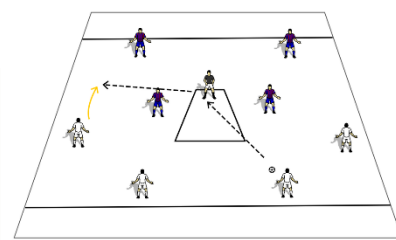
Add a second stripe player to create more interference.

The stripe group have to throw a tennis ball to each other as well (this could be in a fixed order or at random).

The stripes rotate positions. The outer player follows the pass and the inner player fills the empty space after he has passed.

#### Points

- Awareness
- Close control
- First touch
- Accuracy of pass
- Speed of pass
- Movement



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#### Penetrating The Area

##### Breaking Lines

##### Line Ball 2

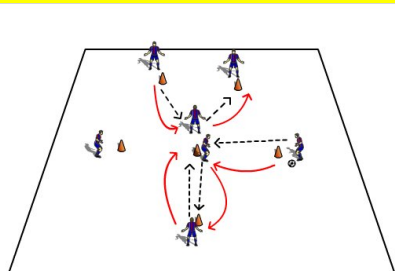
##### Magic square and magic man.

Teams score a point by passing to team mate entering in the end zone or by dribbling into the end zone.

Use the magic man to play killer passes or attacking passes in order to break the line. He represents a number 10 or play maker.

#### Progressions

- Remove the magic man and allow players to move into the area for a limited amount of time or touches.
- Have a player from each team fighting for space in the square.
- Use two squares to represent a team that might use two play makers.



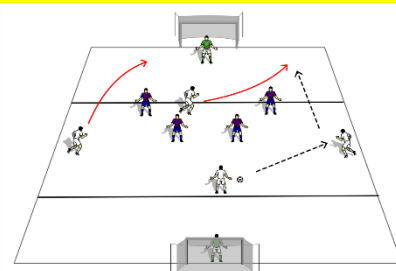
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#### Central Rotation - Cardinal Wiseman - 1/12/15

Outer player passes in to central player.

Outer player follows his pass, becoming the central player.

Central player receives, shifts the ball to his right and then passes to the next outer player, following his pass to become an outside player.



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#### Penetrating The Area

##### Breaking Lines

##### Line Ball 3

Play takes place in the central area. Players may make runs beyond the line at any time to receive the ball but offside is in play. Players may break the line with a dribble at any time. Once inside the area players may shoot at goal.

#### Points

- Movement off the ball
- Third man rule
- Positive play
- Combination play
- Supporting runs into the area

