



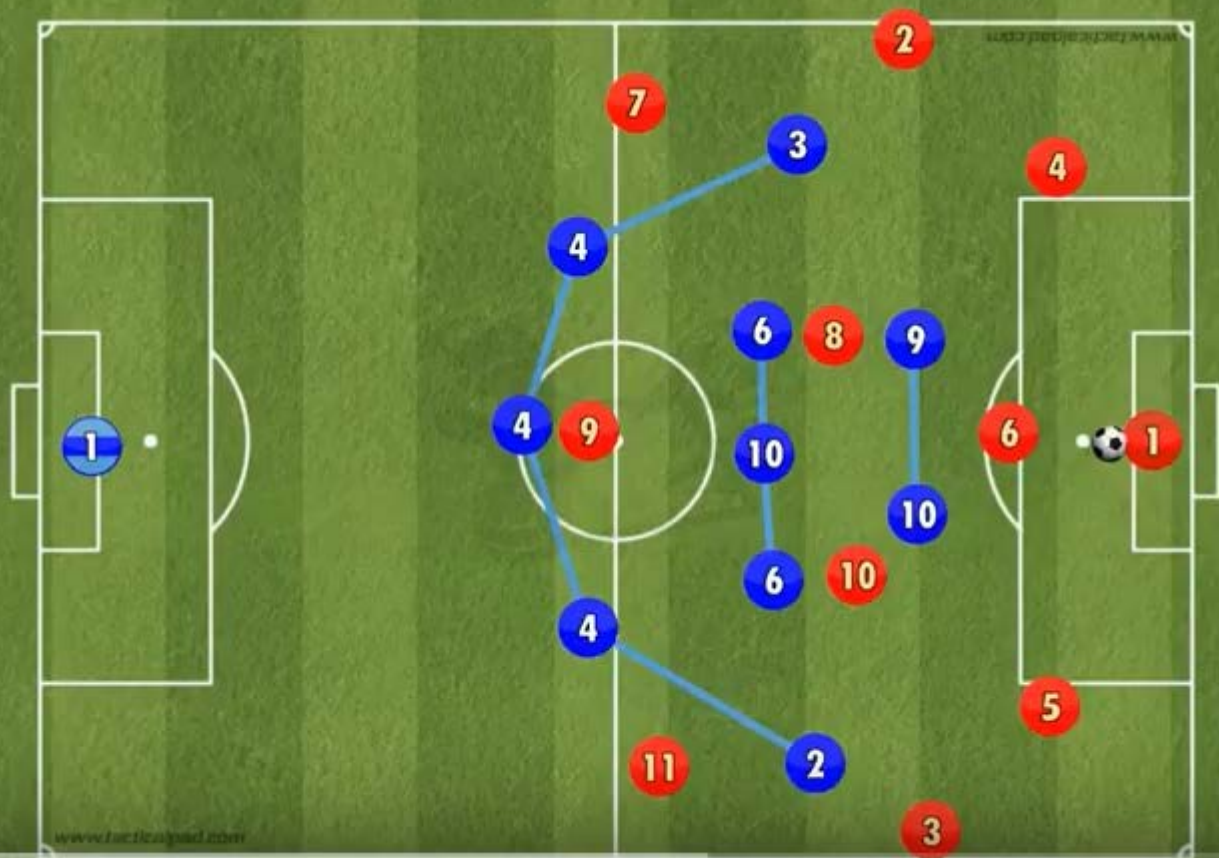
Possession vs penetration grid game.

- Attacking team can pass or dribble in to the midfield third but must pass in to the attacking third to work on penetrating passes in behind.
- Attacking team can go in any grid they want but the defending team can only retreat back one grid meaning the defensive #6 & #10 can't go back in to the defensive third.



0:00 / 0:32





0:00 / 0:30







Attacking  
Overload Game

- Blue 1v0
- Red 2v1
- Blue 3v2
- Red 4v3

Coaching Points:

- Speed of play
- Positivity
- Angle of support
- Weight of pass

Progressions:

- Time limit to score or play is dead.
- Certain combination must be performed before scoring.



0:00 / 0:13



www.kanichan.jp/psd/2007/



0:00 / 0:27



Three unopposed passing patterns.

Focus on:

- Speed of play
- Movement off the ball
- Weight of pass
- First touch
- Communication

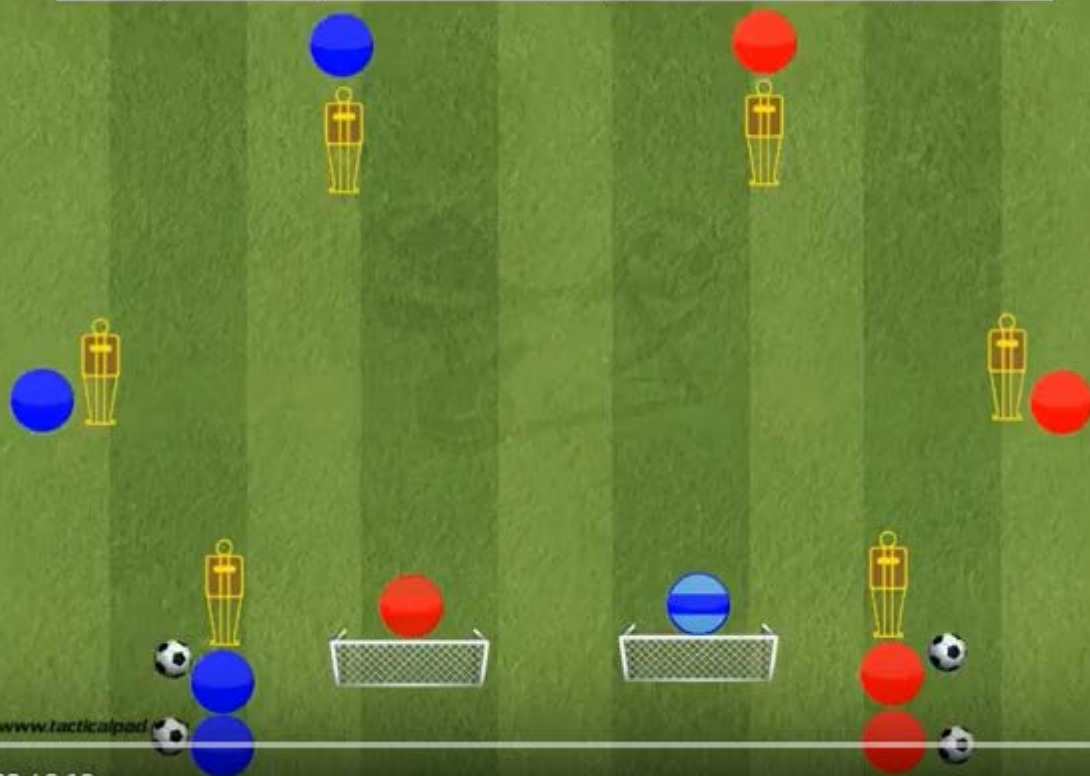
Reset certain cones to ensure you work clockwise and anti-clockwise.



### Passing Patterns To Goal.

\* Work through each of the 3 patterns \* Play to a certain score \* Rotate sides so players work their different back foot \*

Coaching Points: \* Weight of pass \* Communication \* Angle of support \* Movement off the ball \* Timing of the run \*



0:00 / 0:18







#### Positional Rondo Game

Attacking team look to work the ball from #4 to #9. #2 can't play to #7 & #3 can't play to #11 to work on playing through the #6 & #10. Defenders who are locked to their grid transition to two small goals if they win possession.

Progressions: (1) The #6 & #10 can rotate. If the #10 checks out, the #6 checks in. Both the #6 & #10 should never be in the same grid. (2) Add a goal at the end so the #9 can turn and shoot vs opposition #1

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0:00 / 0:12







- Ensure you have two rondo's either side of our goalkeeper.

- When the ball is played to the right for example, our #3 keeps the width on the left incase we need to switch the ball.

- Other CB's shift incase possession is lost.

- Our CB on the ball has many options depending on the shape of the opposition. (find our #2, #6, #10, #9 or to switch out through the #1.)

- When the ball is played, the left sided #6 & #10 also need to shift and be an option to combine so we can have a 4v3 overload in central areas. (our twin #6's & twin 10's vs their #6, #8 & #10).

- If nothing is on, play a channel ball for our #9 to chase or play aerially in to their chest to hold up if they're physically superior.



0:03 / 0:41





0:00 / 0:17





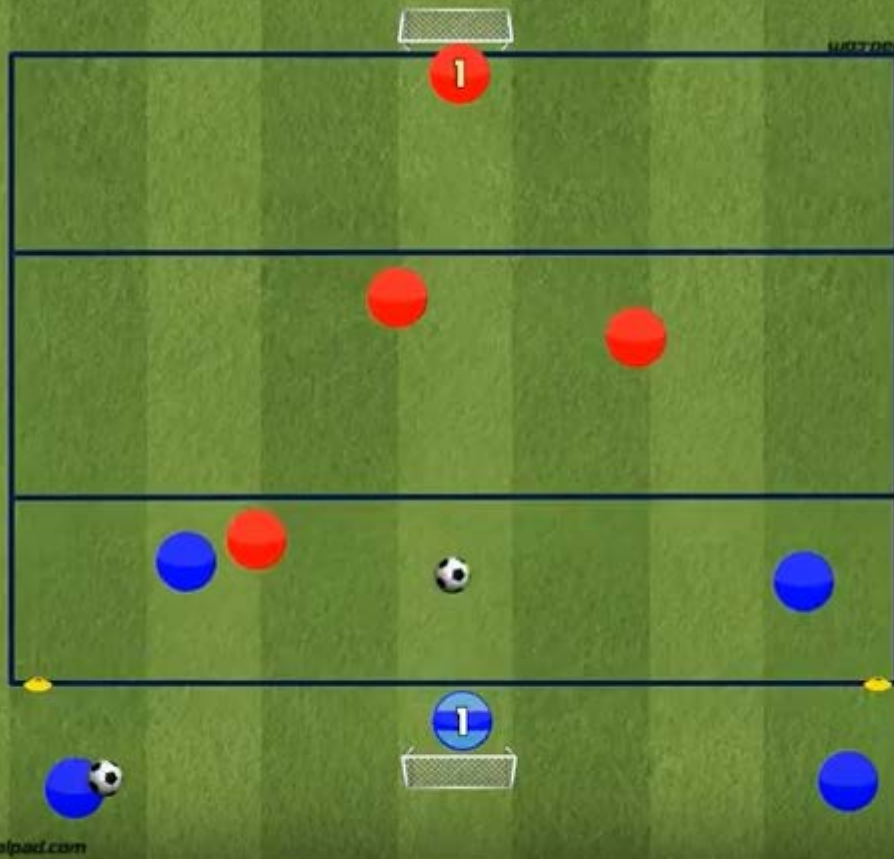
### 3rd Man Run Exercise To Goal. (Unopposed to opposed)

- Complete all 6 patterns and ensure you also start from the right to work both sides.
- Complete the 3rd man run pattern and then go 2v1 against the defender who can only defend inside the box.
- The attacking #9 & #10 rotate with each other after each go as well as the two defenders.
- Defenders transition to any player not currently in for 1pt.

### Progressions

- Allow 2 defenders at a time and tell the #9 to join the attack to create a 3v2 overload.
- Allow the players the freedom to create their own pattern as they play.





#### Fun Combination Game.

Blues are 2v1 in the first third and then 2v2 in the middle third.

- Aim is to get in to the final third to finish past the opposition GK.

- Defenders can go anywhere once they've won possession of the ball and attempt to transition to goal.

Questions for players:

- How can we create space for our teammate?

- How can we look to create overloads?

- How can we combine to penetrate?

- Why is it important to play with speed in these situations?

Progressions:

- 1. Defenders in the middle third can track attackers in to the final third.

- 2. First defender can track runners in to the middle third.





#### - 4v2 Three Team Rondo Competition.

- Two teams start as the attackers with one team starting as the defenders.
- The defending team working in pairs play a ball in to the attacking teams and attempt to win the ball and transition to any of the four mini goals.
- Whichever team loses, become the defending team in the next round.
- If both defending pairs win the ball but miss the mini goals, they stay as defenders in the next round.
- Defenders can also win by making 5 passes to each other to avoid the attackers just standing in one goal each.
- You can also adapt the game to if the defenders win the ball, they have to dribble in to the other grid to win.



0:00 / 0:14





### Pattern Play Crossing Exercise

- Ensure players work both sides.
- Have 2 or 3 teams for competition.
- If a team scores but the build up is slow or breaks down, don't count it.

#### Progression:

- Add one or two defenders.

#### Coaching Points:

- Type of delivery - Curled, Lofted, Driven, Cutback.
- Movement off the ball.
- Timing of the run.
- Weight of pass.
- Communication.
- Supporting angle.



0:01 / 0:21





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### Two Team Combination Finishing Game

- First team to x goals win.
- Work through all 5 progressions.
- Ensure teams swap sides.

#### Coaching Points:

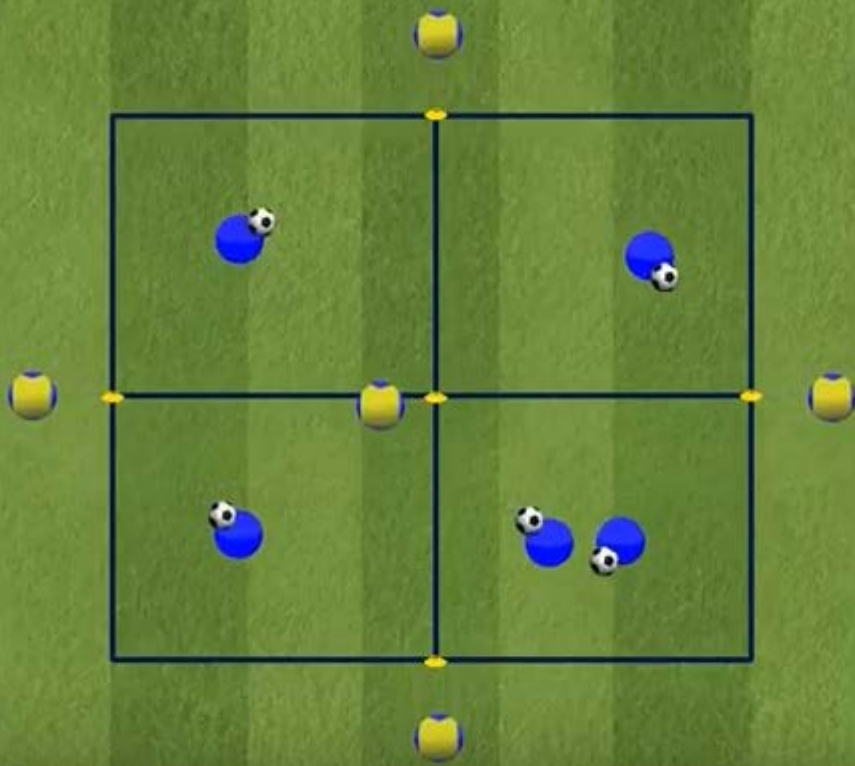
- Speed of play.
- Movement off the ball.
- Timing of the run.
- Weight of pass.
- Communication.
- Type of finish.
- Placement vs power.
- Disguise



0:01 / 0:23







#### Introductory Combination Play Exercise.

Players must perform a combination in order to move in to another grid. Players can only dribble in to another grid if the option of combining is not currently available.

- Work through each combination individually:

- (1) One-Two
- (2) Overlap
- (3) Set & Spin
- (4) Give the players the freedom to perform any of the three combinations. Communication is crucial here.

#### Progressions:

- Add passive defenders.
- Add live defenders who can win the ball. Attackers become defenders if they lose possession of their ball.

#### Coaching Points:

- Weight of pass.
- Receiving technique.
- Disguise.
- Movement off the ball.
- Decision making.
- Speed of play.
- Communication.



### Third Man Run Exercise To Goal.

- Work through all four patterns.
- Up/Back/Through (Switch)
- Up/Back/Through (Same Side)
- Switch/Up/Back/Through (Switch)
- Switch/Up/Back/Through (Same Side)
- Rotate middle players frequently.
- Make it a competition between the pairs.

### Coaching Points:

- Movement off the ball.
- Timing of the run.
- Weight of pass.
- Speed of play.
- Verbal vs Non-Verbal communication.
- Finishing technique.



#### Counter attacking

- Red team start with the ball and look to play through to their #6, #8 & #10 who must attempt 5 passes between them in their grid before scoring in any of the three mini goals.

- The red team are always locked to their grids both in and out of possession.

- Blues are locked to their grids out of possession but can move freely once possession has been won.

- Blues look to transition as quickly as they can towards goal once they win the ball and create overloads.

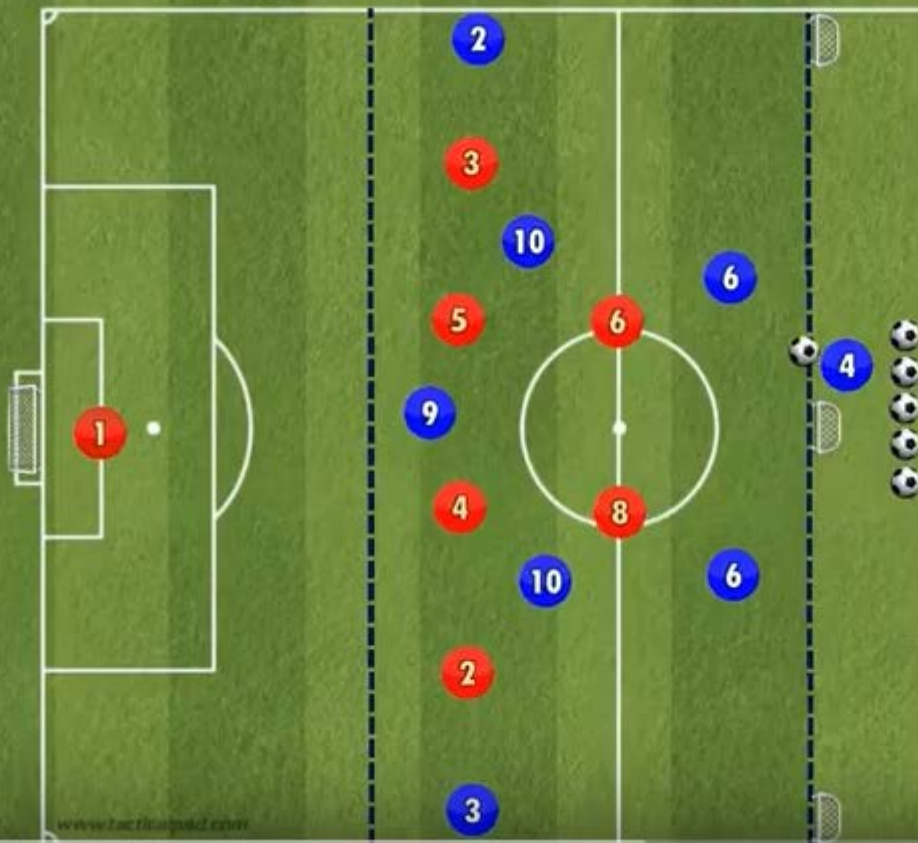
#### Coaching Points

- Speed of play.
- Supporting runs.
- Be direct.
- Maximum numbers forward.
- Think about the threat if the ball is lost.

#### Progressions

- Allow red #6, #8 & #10 to drop back and defend when they lose possession.
- Add more numbers and use the full width of the field for added realism.
- Remove all grids to make it as game related as possible.





Penetrating in behind in a 1-3-4-3.

- Blue team look to score past red #1 but can't dribble in to the final third. (Must be a pass)

- Red defenders can't retreat back in to their defensive third until the ball has been passed. Offside applies.

- If the red team win the ball, they transition to any of the three mini goals.

- Blue #4 starts the practice and can also receive back from the blue team to maintain possession but can't enter the middle third.

Key Coaching Points:

- Pressure on the ball = Movement to.
- No pressure on the ball = Movement away.

- Timing of the run.

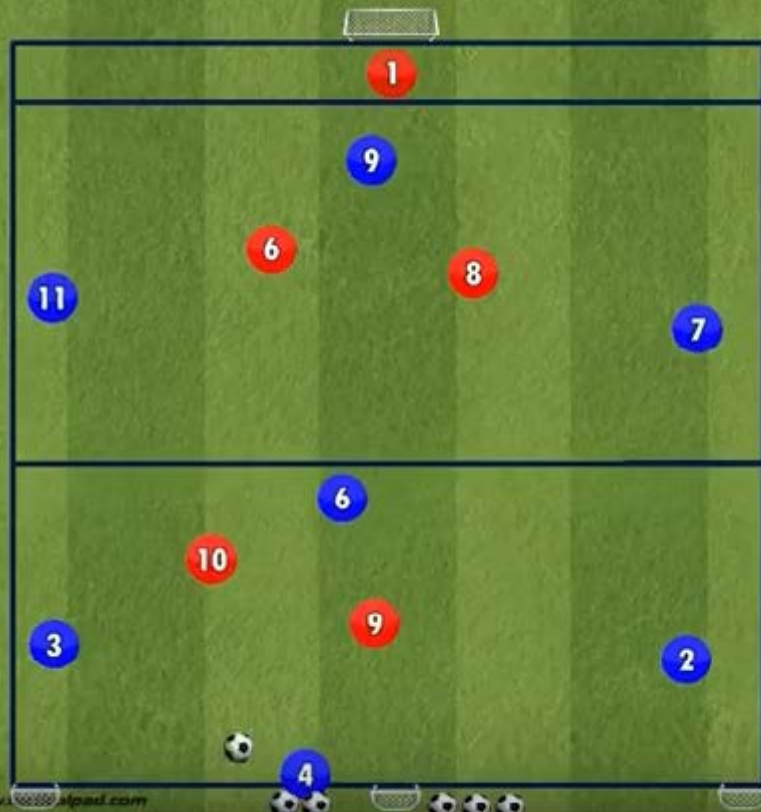
- Combinations to get in behind?

- 3rd man runs.
- Channel runs.
- Set and spins.
- Diagonals.
- Splits.
- 1-2's.

- Don't force penetration.

- Counter press is possession is lost.





## Positional Double Rondo To Goal

- Blue #4 starts with the ball and then play is live.

- All players are locked to their zone apart from the blue #6 who can enter either grid.

- Blues must play through the #6 before entering the next zone.

- If the opposition win the ball, they transition to any of the 3 mini goals.

## Progressions:

- Add an extra defender who can go in either zone for increased difficulty.

- #2 or #3 can join the attack.

- #6 is on a one touch maximum.

## Coaching Points:

- Checking/Scanning.
- Weight of pass.
- Movement on/off the ball.
- Open body shape to play forward.
- Speed of play.





### Playing forward in a 1-4-3-3

[This session focuses on finding your #9 to break lines and play forward when possible]

- Both teams have 2 bounce players on the outside acting as a #6 & #9.
- Teams look to find their #9 who sets a teammate to score in to their target goal.
- If the opposition team win the ball, they attempt to transition to their goal.
- Players are allowed to play back to their #6 who can't be tackled.

#### Progressions:

- #9 must set a teammate on their first touch.
- Must be a 1 touch finish in to the target goal.

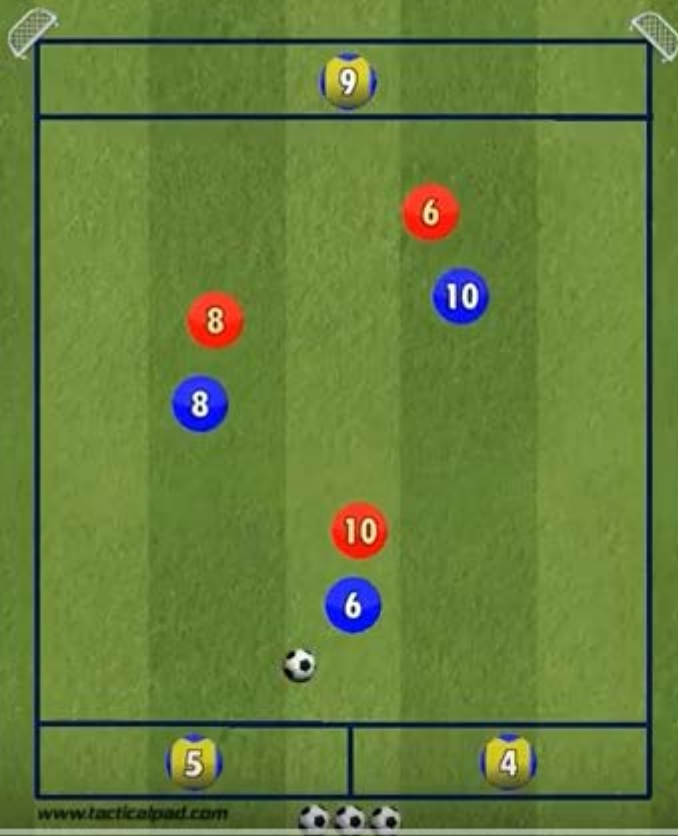
#### Coaching Points:

- Possession vs Penetration.
- Checking and scanning.
- Weight of pass.
- Movement on/off the ball.
- Speed of play.



0:00 / 0:27





Building up from central areas in a 1-4-3-3.

[This session looks at building up from central areas to allow your #7 & #11 to get high and wide]

- Blues start with the ball and look to play through from #4/#5 to #9. Once they play the ball to the #9, they must receive a set and score in either of the mini goals acting as a #7 or #11.

- #4 & #5 can not play square so if they want to switch, must ideally use the #6.

- If reds win the ball, they look to find the #4 or #5 and then if successfully done, they become the attacking team and the blues become the defending team.

Coaching Points:

- Rotation.
- Combination play.
- Movement off the ball.
- Pass appreciation. (Weight & Direction)
- Furthest safest pass.

Progressions:

- #9 must set on their first touch.
- #4 or #5 can drive in with the ball to create an overload.





#### Crossing & Finishing. (Combination play in wide areas)

- This SSG focuses on getting your #2 & #3 to either overlap, underlap or support from behind in order to create an overload in wide areas.
- When in possession, teams have to use one of the neutrals which is then a trigger for the #2/#3 to overlap, underlap or support from behind. The positioning of the winger indicates how the #2/#3 should support.
- Only one member of the opposition can go in to the wide zone to win the ball enabling the 2v1 situation.
- The middle channel is tight for the purpose of having to use your width to unlock a compact defence.

#### Progressions

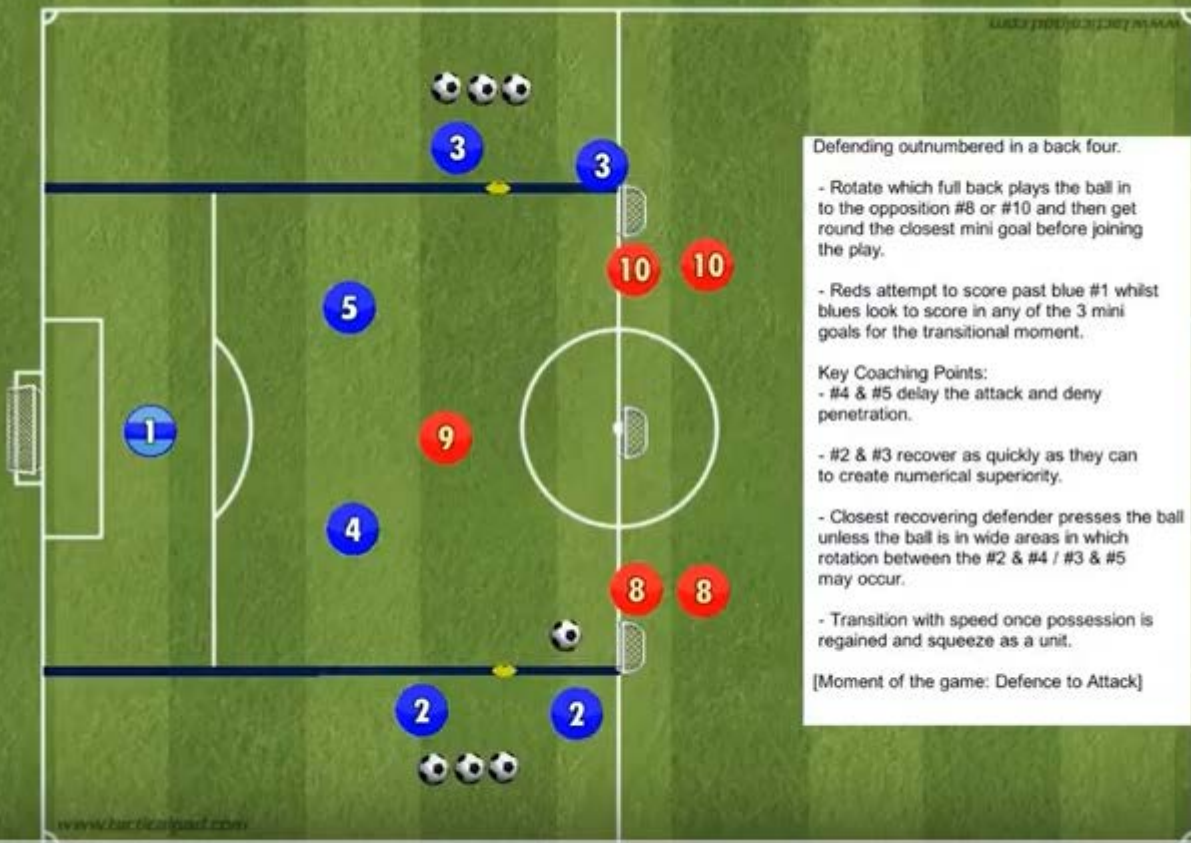
- Allow two opposition players to enter the wide zone to see if you can exploit an overload before the defenders become organised.
- Allow the neutrals to also cross the ball to decrease predictability.
- Remove the zones and play normally to see if players can still get success in a more game related situation.
- Introduce a points system, for example:
  - 1 point for a goal scored from supporting from behind.
  - 2 points for a goal scored from an overlap.
  - 3 points for a goal scored from an underlap.
- Change every 5 minutes which combination get certain points.



0:00 / 0:26







#### Defending outnumbered in a back four.

- Rotate which full back plays the ball in to the opposition #8 or #10 and then get round the closest mini goal before joining the play.

- Reds attempt to score past blue #1 whilst blues look to score in any of the 3 mini goals for the transitional moment.

#### Key Coaching Points:

- #4 & #5 delay the attack and deny penetration.

- #2 & #3 recover as quickly as they can to create numerical superiority.

- Closest recovering defender presses the ball unless the ball is in wide areas in which rotation between the #2 & #4 / #3 & #5 may occur.

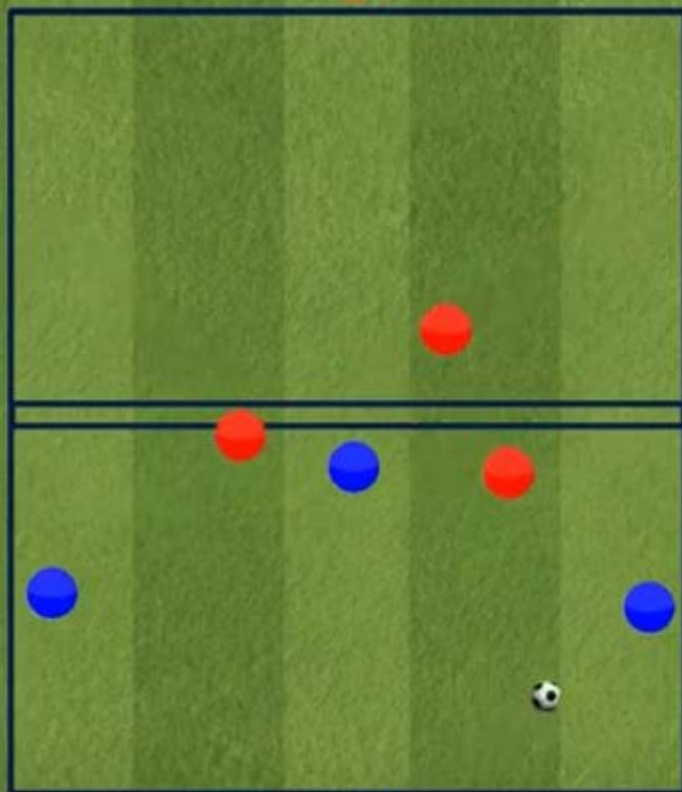
- Transition with speed once possession is regained and squeeze as a unit.

[Moment of the game: Defence to Attack]



0:00 / 0:23





#### 4v2 Directional Rondo Game

- 3 Blues, 3 Reds & 2 Neutrals.

- Whoever has the ball is the attacking team and look to transition the ball from their defensive neutral to attacking neutral.

- The opposition must send 2 players in to the next grid attempting to win the ball back. If they win the ball back, they must play back to their defensive neutral before looking to play back through to the attacking neutral.

- If the attacking team successfully transition the ball from defensive neutral to attacking neutral, possession changes and now they must send 2 players forward in an attempt to win the ball with their spare player looking to deny penetration in their own grid.

#### [Progressions]

- Add a points system.
- Specific number of passes before you can play forward.
- Pass in to attacking neutral must be one touch.
- Defensive neutral plays one touch max.

#### [Coaching Points]

- Speed of play.
- Angle of support.
- Movement on & off the ball.
- Furthest, safest pass.
- Communication (Time/Turn/Set/Man on)

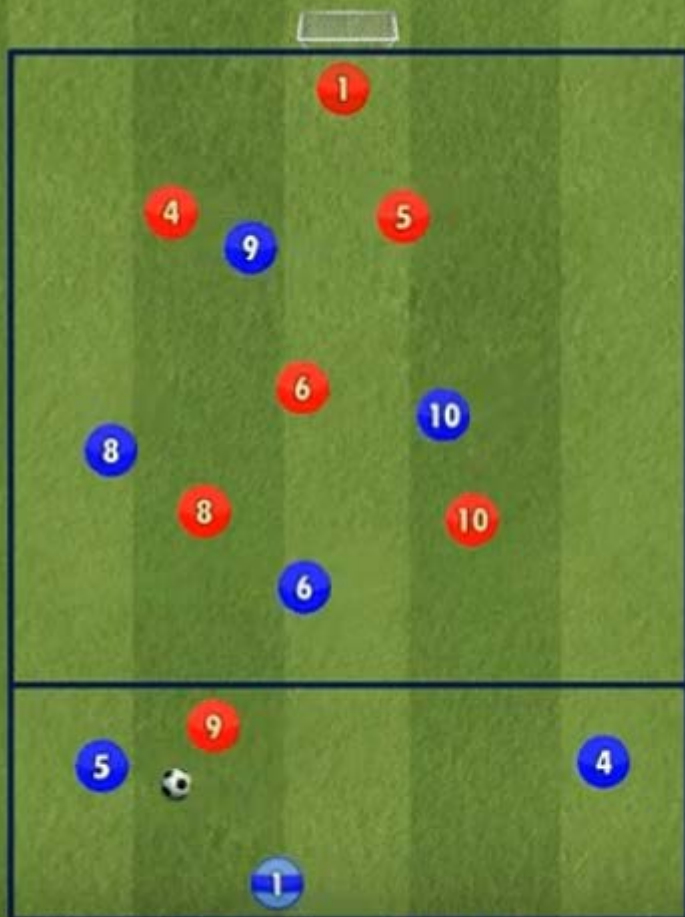
Play (k)

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0:00 / 0:19





#### Building up centrally in a 1-4-3-3

- Blue players (Attackers) are restricted to their zones at all times.
- Red players (Defenders) are restricted to their zones out of possession but may move anywhere whilst in possession.
- Blue team look to build up and score past the opposition #1.
- Red team look to regain possession of the ball and transition to goal.

#### [Coaching Points]

- Furthest, safest pass.
- Patience in possession.
- Movement off the ball.
- Patterns of play. (Up/Back/Through)
- Weight of pass.
- Checking/Scanning.
- Rotation.
- Angle of support.

#### [Progressions]

- Allow #4/#5 to drive in to the next grid.
- Allow #6 to drop in to the previous grid to create an increased numerical superiority.
- Allow blue players to go anywhere both in and out of possession.

#### [Additional Information]

- This session could also be used to work on counter attacking. You would focus on the shape of your red players to deny penetration and then the runs off the ball once possession has been regained.

Play (k)

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0:00 / 0:16











### Continuous Crossing & Finishing Game

- To start with, players must stay in their designated grids. As a progression, allow the #4 & #5 to also join the attacking half to create a 4v2 as seen later in the video. This also maximises the enjoyment factor.

#### Key Coaching Points;

- Type of cross.
- Technique of the cross.
- Timing of the run.
- Angle of the run.
- Type of finish.

#### [Other Progressions]

- Allow the opposite winger to come in and also attack the cross.
- Allow defenders to enter wide zones and dispossess the opposition #7 or #11.
- Add #2 & #3 to introduce overlapping/underlapping runs.
- #7 / #11 have to play first time crosses ensuring the passes out to them are weighted efficiently.

Play (k)

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0:00 / 0:19

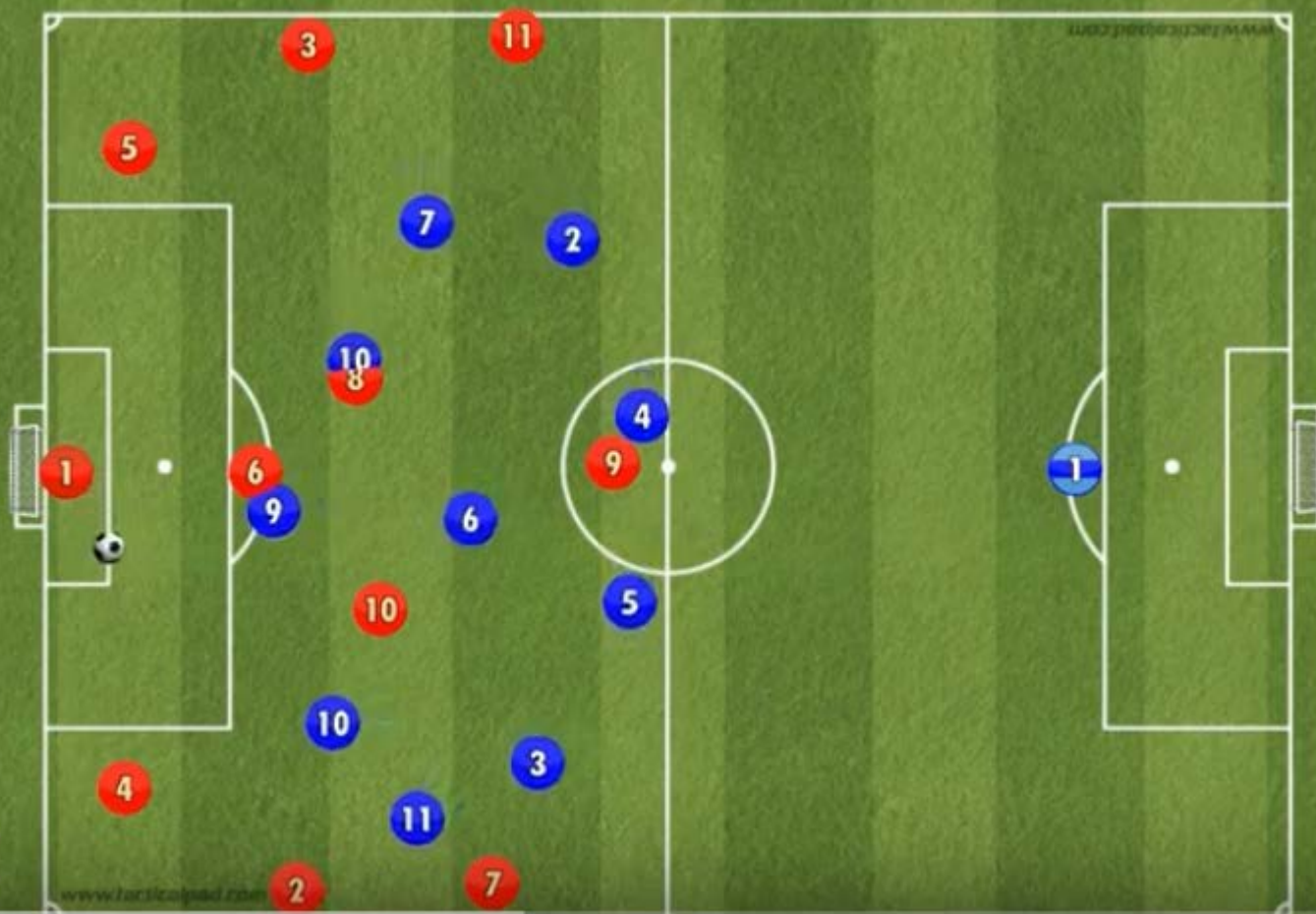




Play (k)

0:00 / 0:18





Play (k)



0:00 / 0:54







### Continuous Crossing & Finishing Game

- To start with, players must stay in their designated grids. As a progression, allow the #4 & #5 to also join the attacking half to create a 4v2 as seen later in the video. This also maximises the enjoyment factor.

#### Key Coaching Points;

- Type of cross.
- Technique of the cross.
- Timing of the run.
- Angle of the run.
- Type of finish.

#### [Other Progressions]

- Allow the opposite winger to come in and also attack the cross.
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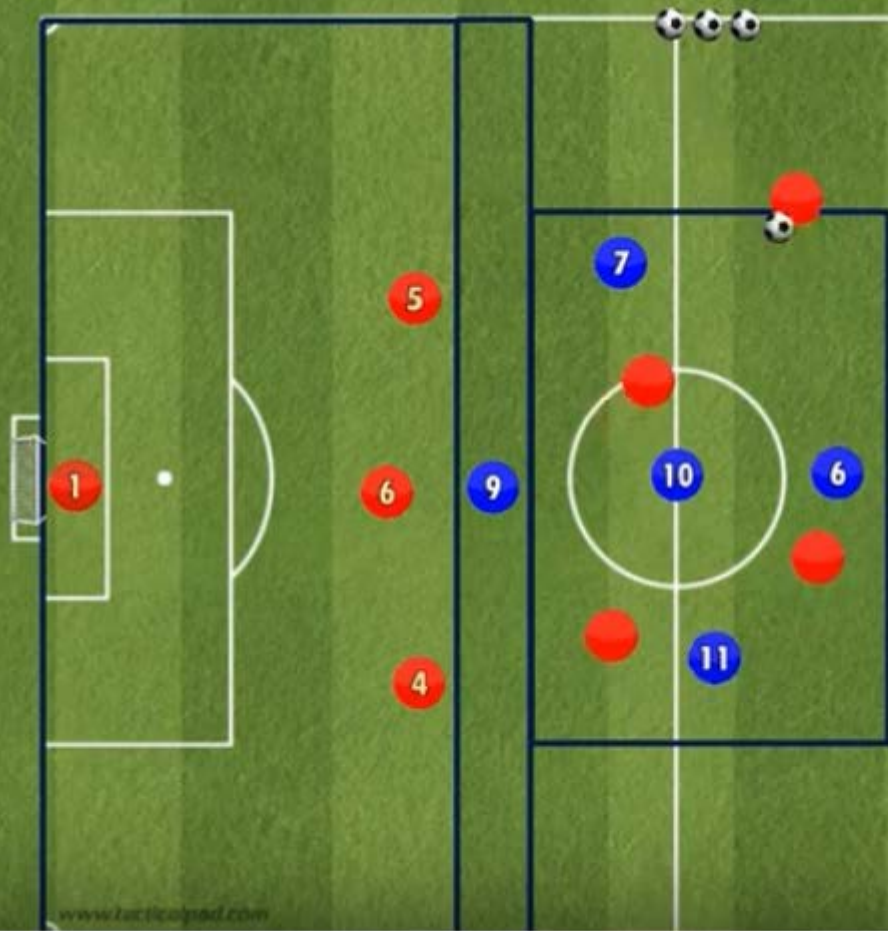
Play (k)

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0:00 / 0:36







### Counter Attacking

- Reds look to keep possession of the ball in the small zone for as long as they can. [Set a target for a challenge]
- When blues win it, they look to transition to goal. The full width becomes available when in the final third.
- Attacking #9 must stay in designated zone.
- Defenders must stay in the attacking third.
- Attackers can play in to the #9 or if there's space, they can drive and look for the #9 to vacate their space.
- If the red defenders win it, they look to transition to their 4 midfield players who look to continue keeping possession of the ball.

### [Progressions]

- Add a goal for the reds to score in to once they've made a certain number of passes.
- Allow the red midfielders to also track back and defend once the blues win the ball and counter attack.
- Remove the designated zone for the #9 ensuring he's now opposed against the defending team.

Play (k)

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0:00 / 0:30





### 3rd Man Run Exercise To Goal

[Focusing on penetrating in behind]

- Coach plays the ball in to either #1. If the ball is played in to the blue #1, all reds have to enter the opposite grid.
- Blues look to transition in to the next grid via a 3rd man run combination playing off the #9.
- Players can be in the middle zone whilst executing the 3rd man run but can't be in the opposite grid or this is deemed 'offside'.
- Defending team look to win the ball and transition to goal.
- Neutral #9 is locked to the middle zone.

### [Progressions]

- #6 stays in their own grid if the attacking team are having trouble combining to get in behind.
- Different combinations working off the #9;
  - > 1-2
  - > Set & Spin
  - > Split Pass

### [Additional Information]

- This session can be easily adapted for any system of play.
- This session could also be used for pressing high.
- If you have no goalkeepers, another variation is to use mini goals or have players pass in to a target player.

Play (k)

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0:00 / 0:18



- 
- A screenshot of a soccer game interface. The field is green with white lines. In the top left, there is a goal with a net. Two red circular icons with white numbers are positioned near the goal: one with the number '1' and another with the number '4'. In the center of the field, there are two yellow circular icons with black numbers: one with '9' and another with '9'. To the left of the center, there is a yellow circular icon with a black number '10'. On the right side, there are two blue circular icons with white numbers: one with '7' and another with '7'. In the bottom left, there is a blue circular icon with a white number '10'. Near the bottom center, there is a black and white soccer ball icon, a blue circular icon with a white number '6', and a yellow circular icon with a black number '6'. In the bottom right, there is a blue circular icon with a white number '2' and a yellow circular icon with a black number '2'. At the very bottom, there are three soccer ball icons on the left and a gear icon, a square icon, and a rectangle icon on the right.

A screenshot of a soccer game interface. The field is green with white lines. In the top left, there is a goal with a net. Two red circular icons with white numbers are positioned near the goal: one with the number '1' and another with the number '4'. In the center of the field, there are two yellow circular icons with black numbers: one with '9' and another with '9'. To the left of the center, there is a yellow circular icon with a black number '10'. On the right side, there are two blue circular icons with white numbers: one with '7' and another with '7'. In the bottom left, there is a blue circular icon with a white number '10'. Near the bottom center, there is a black and white soccer ball icon, a blue circular icon with a white number '6', and a yellow circular icon with a black number '6'. In the bottom right, there is a blue circular icon with a white number '2' and a yellow circular icon with a black number '2'. At the very bottom, there are three soccer ball icons on the left and a gear icon, a square icon, and a rectangle icon on the right.

- 
- A screenshot of a soccer game showing a 4-4-2 formation. The attacking team (blue) has players 10, 9, 9, 7, 10, 6, 2. The defending team (orange) has players 1, 4, 9, 10, 7, 6, 2. The ball is in the center of the field.

A screenshot of a soccer game showing a 4-4-2 formation. The attacking team (blue) has players 10, 9, 9, 7, 10, 6, 2. The defending team (orange) has players 1, 4, 9, 10, 7, 6, 2. The ball is in the center of the field.







## 2. Box, Box, Roll



0:18 / 1:11







## 9. Sole Roll & Single Scissors



0:10 / 1:35





## 18. Half Maradona Turn & Maradona



0:09 / 0:39







## 5. Futsal V-Turns



0:41 / 3:11





## Theme/Objectives:

### Attacking Overloads (MARK SAVVIDES)

Age: ANY

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

#### Organisation/Explanation:

- 4v2 positional rondo. (Defenders can tackle)
- Blues look to play through from #6 to #9 for a point. They then work the ball back to the #6 and attempt to repeat. How many times can they transition from #6 to #9 without losing the ball?
- If defenders win it, they look to transition to any of the 4 mini goals. If they score, both swap out with the player who lost the ball

#### Coaching Points

- Movement on and off the ball.
- Communication (Turn/Time/Man on)
- Quick ball movement.

#### Progression(s)

- 2 touch max for the attacking team.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- 5v4 directional overload (including keepers)
- #6 plays to #9 who checks in and sets first time to either the #6, #7 or #11.
- Play is then live and blues look to score past the red #1 and the reds look to score past the blue #1.

#### Coaching Points

- Positive play.
- Look to score quickly.
- Timing of the runs. (avoid running in straight lines)
- Clever combination play.

#### Progression(s)

- Blues must play a split, 1-2, overlap or 3rd man run before a goal is scored.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

#### Organisation/Explanation:

- 6v5 directional overload (including keepers)
- #1 starts with the ball and then play is live. If the ball goes out of play, FIFA rules apply unless it goes over the bottom end line where a goal kick always restarts play.

#### Coaching Points

- Previous coaching points.
- Scanning and checking
- Play the way you face (back to play forwards)
- All of the above

#### Progression(s)

- Add blue #2, blue #3, Red #10, Red #9

Notes:  
Stage 4 (SSG)



## Theme/Objectives:

Disrupting the build up and preventing scoring opportunities in the defensive half.(MARK SAVVIDES)

Age: 1113-1118

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

### Organisation/Explanation:

- Reds look to score past blue #1. Blues look to win the ball and transition to any of the 3 target players.
- When Target players receive the ball, they play to the reds for continuous defending.
- Target players start the practice when the ball goes out of play.

### Coaching Points

- Compactness.
- Closest player presses.
- Outnumber the opponent.

### Progression(s)

- Different starts points. Play can start from blue #1 to work on the transitional moment.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- Reds look to score past blue #1. Blues look to win the ball and transition to any of the 3 target players.
- When Target players receive the ball, they play to the reds for continuous defending.
- Target players start the practice when the ball goes out of play.

### Coaching Points

- Previous Coaching Points.
- Always pressure in identified situations.
- No pressure on the ball = drop.

### Progression(s)

- Target player who receives it from the blue team can drive in and create a bigger overload.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- Reds look to score past blue #1. Blues look to win the ball and transition to either of the mini goals acting as a #9 & #10.
- FIFA rules apply when the ball goes out of play except over the far end line with the mini goals where play will resume from a blue goal kick.

### Coaching Points

- Previous Coaching Points.
- Distances between two banks of 4.
- No spaces between midfielders to deny opposition #9 receiving to feet.

### Progression(s)

- Add blue #9 & #10.
- Add red #4 & #5

## Notes:

Stage 4 = 11v11.



## Theme/Objectives:

Playing out the back (MARK SAVVIDES)

Age: U13-U18

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

### Organisation/Explanation:

- Groups of 4 working their way through the field from deep to the half way line. Once they get to the half way line, work through the same pattern back to their starting positions. (There will be interference)
- Once the ball goes to the 2, they play back to the 4 and the pattern repeats.

### Coaching Points

- Supporting angles to play out.
- Play quickly. (1 or 2 touch)
- Communication (Time/Turn)
- Support play (in front & behind)

### Progression(s)

- Introduce different pattern to play out. (4-2-5-3)

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- 6v4 Overload looking to play out the back and find any of the 3 Target players.
- If Target players receive the ball, they play to the reds to see how the blues transition from attack to defence.
- Red players starting position must be deeper than the yellow markers to allow the blue team to play out to successfully introduce the topic.

### Coaching Points

- Clever movement to receive the ball.
- Support play.
- Back foot. (First touch where you want to go)
- Quick ball movement.
- Communication. (turn, man on, time)
- Play forward when possible.

### Progression(s)

- Red team can start anywhere they wish.
- Introduce a time limit for the blues to score.
- Blues can only score past the yellow cones.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- Exercise starts from #1 and the blue team look to play through to the target player acting as a 9. Reds can also use this player as a neutral.
- Target player shifts across the line and upon receiving the ball from the blues, plays to the red for the transitional moment.
- If the ball goes out of play, FIFA rules apply. However, if the ball goes over the Target end line without the target player receiving it, play restarts with the blue #1.
- Reds starting position can be wherever they wish during the goal kick for realism.

### Coaching Points

- Scanning and checking.
- All of the above
- #6, #8 & #10 rotation to play through.
- Pressure on the ball = movement to. No pressure on the ball = Movement away.

### Progression(s)

- Allow the Target player to check in to the field to link up play. (Looking then for rotation with the #10)

## Notes:

Stage 4 = 11v11 game.



## Theme/Objectives:

### Switching The Point Of Attack(MARK SAVVIDES)

Age: U13-U18

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

#### Organisation/Explanation:

- Passing pattern play. 4 moves to 6, 6 moves to 3, 3 moves to opposite 4 where the pattern repeats itself. Two balls at the same time starting with one at each end.
- Players must create angles to disable any straight or square balls. Passes must be played on the diagonal.
- Work through different patterns such as the 6 plays a split pass between the two poles for the 3 to run on to.

#### Coaching Points

- Clever movement away from the pole (defender)
- Receive back foot
- Play quickly (2 touch maximum)
- Communication (Time/Turn/Man on)

#### Progression(s)

- Reverse the direction so the 3 becomes a 2.
- Add a time limit to play quicker.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- Blue team look to switch the ball from target player to target player. If red team win it, they look to do the same.
- Teams must use the green neutral before the ball can be switched. Only once the neutral has had their first touch, can an opponent enter the box. neutral must stay inside their designated area.

#### Coaching Points

- Previous Coaching Points.
- Support Play
- Scanning & Checking

#### Progression(s)

- Neutral plays on a one touch limit.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

#### Organisation/Explanation:

- 4,5,6,8,10,7,9,11 vs 1,2,3,4,5,6,8,10
- Red 1 plays to blue 4 or 5 to begin exercise. 7 and 11 must stay in their designated wide zone. Only one defender can go in either wide area at one time. Both the 7 & 11 must touch it before a goal can be scored.
- If red team win it, attempt to score in any of the 3 mini goals.

#### Coaching Points

- Previous Coaching Points.
- Counter Flow. (Attacking one side to slide the opposition across to penetrate through the other side)

#### Progression(s)

- Play as you would. 7 & 11 do not both need to touch it before a goal is scored.

Notes:  
Stage 4 (SSG)



## Theme/Objectives:

Counter Attacking (MARK SAVVIDES)

Age:

U13-U18

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

### Organisation/Explanation:

- Reds look to maintain possession. Every 10 passes = 1 point. Blues look to win the ball back and score in any of the 4 mini goals for a point.
- Rotate roles after a certain amount of time.
- Area size depends on age & ability.

### Coaching Points

- Transition quickly upon regaining possession.
- Look to score early.
- Directness.

### Progression(s)

- Change the overload to make it harder/easier

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- Reds look to maintain possession. Every 10 passes = 1 point. Blues look to win the ball and transition quickly in to the next grid to score. All attackers can go in and score but only one red defender can go in and defend.
- Once players get used to the exercise, allow two red defenders to go in and defend once possession is lost.

### Coaching Points

- Previous Coaching Points.
- Movement away from the ball upon regaining possession.
- Support the counter attack if behind the ball.

### Progression(s)

- Add 1 blue target player and 1 red defender in the next grid to transition quickly and support.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- 2,3,4,6,8,10,7,9,11 vs 1,2,3,4,5,6,8,10,9
- Reds play out from their GK and attempt to score in any of the 3 mini goals. Blues look to win the ball and counter quickly in to the big goal.
- Once the ball goes out, restart from red 1.

### Coaching Points

- Previous Coaching Points.
- Good defensive shape until a trigger to press arises.
- Change direction of attack to continue momentum.

### Progression(s)

- Blue team have to shoot in under a certain amount of time for the goal to stand.

## Notes:

Stage 4 (SSG)



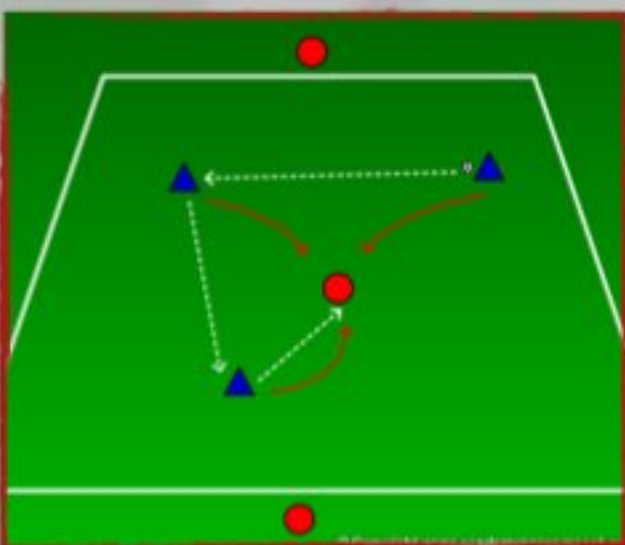
## Theme/Objectives:

Counter Pressing "Pressing the opposition immediately after losing possession." (MARK SAVVIDES)

Age: U13-U18

Mesocycle:

Microcycle:



Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

### Organisation/Explanation:

- Blues play 3v1 in the middle. When the red player wins it, they attempt to play to one of their outside teammates for a point. Blues counter press to keep the ball in the grid and continue their 3v1.
- Rotate roles after a certain amount of time.
- Area size depends on age & ability.

### Coaching Points

- Transition quickly upon the loss of possession.
- Movement to deny passing lanes as you press.
- Transition quickly upon regaining possession.

### Progression(s)

- If the opposition play out, you lose a point. First team to lose all 5 points lose.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- Blues look to keep possession in that specific half of the grid.
- If the red team win it, they look to switch play to the red target player with everyone else joining that specific half of the grid except one blue.
- Once possession is lost, players must look to counter press to deny the ball being switched and continue keeping possession of the ball. (Ball must stay on the floor)

### Coaching Points

- Previous Coaching Points.
- Two closest players press with remaining players locking on to closest passing options.
- Get behind the ball as soon as possession is lost.

### Progression(s)

- The switch can now be played aerially to make sure the counter press is done with speed or possession will be lost.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- Waves of attack.
- 6,8,10,7,9,11 vs 2,3,4,5,6.
- Blues look to score against 1.
- If defending team win it, attackers look to counter press to deny them playing out to the 6/7/11 not currently active.

### Coaching Points

- Previous Coaching Points.
- If opponents have secured good possession, drop back in to a good defensive shape to deny penetration. Communication as to when to press/drop.

### Progression(s)

- 1 goal for a normal goal, 3 goals for a goal that comes from counter pressing.

## Notes:

Stage 4 (SSG)



## Theme/Objectives:

Playing out the back (MARK SAVVIDES)

Age: 1113-1118

Mesocycle:

Microcycle:



Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

### Organisation/Explanation:

- Left group pattern (1-2-3-2-3) When P2 checks in then out, P1 plays them the ball. P2 then plays the ball to P3. P3 performs a one-two with P2 and then dribbles to P1. Follow your pass.
- Right group pattern (1-2-1-3-2-3) When P2 checks out and then in, P1 plays them the ball and then receives it back. P1 then plays it to P3 who performs a one-two with P2 and then dribbles to P1. Follow your pass.
- Two balls going at the same time. Rotate

### Coaching Points

- Clever movement away from the cone.
- Front foot vs back foot
- Play quickly. (1 or 2 touch)
- Communication (Turn)
- Support play (in front & behind)

### Progression(s)

- Introduce different patterns.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- 6v4 Overload looking to play out the back in to the mini goals. (#1, #2, #3, #4, #5, #6 vs #7, #9, #10, #11)
- Blues starting position recommended as shown. From the reds, only the #9 can start beyond the two tall cones. Once the blue #1 plays the ball, players can move freely.
- Red team look to score in the big goal if they win possession.

### Coaching Points

- Clever movement to receive the ball.
- Support play.
- Back foot. (First touch where you want to go)
- Quick ball movement.
- Communication (turn, man on, time)
- Width (2 & 3) and depth (6)

### Progression(s)

- Red team can start anywhere they wish.
- Introduce a time limit for the blues to score.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- Coach feeds the ball in to either #1. Opposing team **must** send either 3 or 4 players in to the opposition half to win the ball back.
- Team with possession must play 5 passes before breaking out of their half. Players must break out by playing a lead pass in to the opposition half.
- If the opposition win the ball back in opponents half, they can score straight away.

### Coaching Points

- Scanning and checking.
- All of the above

### Progression(s)

- Remove pass limit. If they can play forward quickly, do so.
- Players can now lead pass or dribble over the line.

## Notes:

Stage 4 (SSG)



## Theme/Objectives:

### Attacking Overloads (MARK SAVVIDES)

Age: 1112-1112

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

#### Organisation/Explanation:

- Players must play a 1-2 with either of the 5 bounce players to get in to a new grid.
- Other combinations to work on include Overlaps, underlaps and set and spins (Seen at the highest point of the image)
- Make sure all players rotate frequently.
- Make the area size appropriate for your age and ability.

#### Coaching Points

- Quick combination play.
- Movement on and off the ball.
- Communication (Turn/Time/Man on)

#### Progression(s)

- Players can now do any combination.
- Add defenders who play to any B for a pt.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- Standard 2v2 towards goal working inside the area.
- If defenders win the ball, score in any of the 3 mini goals.
- Players must score by completing one of the combinations worked on in stage 1.

#### Coaching Points

- Positive play.
- Look to score quickly.
- Timing of the runs (avoid running in straight lines)

#### Progression(s)

- Attackers have a time limit to score so they utilise the overload with pace.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

#### Organisation/Explanation:

- 5v4 Overload using one half of the field.
- If defenders win it, look to score in either of the wide mini goals or find the inactive #6 who will drive in and replace the current #6.
- Adapt to 6v4 if success is few and far between.

#### Coaching Points

- Scanning and checking
- Play the way you face (back to play forwards)
- All of the above

#### Progression(s)

- More points for a specific combination. Change the 'magic' combination every 90 seconds.

Notes:  
Stage 4 (SSG)



## Theme/Objectives:

Switching Play (MARK SAVVIDES)

Age:

U13-U18

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

### Organisation/Explanation:

- 2x Back foot squares (15x15). Teams check away, play and follow their pass around the square.
- The squares are integrated to create interference.
- Players must play 2 touch receiving back foot.
- Rotate the direction to work both feet.

### Coaching Points

- Clever movement away from the cone.
- Receive back foot.
- Play quickly. (2 touch)
- Communication (Turn)

### Progression(s)

- Make it a competition (First team to complete a certain amount of laps)

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- 3v3 with 2 neutrals and 2 target players.
- Make 4 passes (using the 6v3 overload) before switching the play to the opposite target player.
- Wide neutrals and inside players then support the target player who just received the ball and play continues.

### Coaching Points

- Clever movement to receive the ball.
- Support play.
- Back foot. (First touch where you want to go)
- Quick ball movement.
- Communication (turn, man on, time)

### Progression(s)

- Must switch the ball sideways between both neutrals before switching to opposite T

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- Waves of attack.
- 6,8,10,7,9,11 vs 2,3,4,5,6.
- Blues look to score against 1.
- If defending team win it, they play to the 7,11,6,8 who aren't currently active and they drive in and replace current attackers.
- Attacking team can use the non-active attackers to keep possession.

### Coaching Points

- Scanning and checking
- Play the way you face (back to play forwards)
- All of the above

### Progression(s)

- If players revert to playing too centrally, both the 7 & 11 have to touch the ball before a shot.

## Notes:

Stage 4 (SSG)



## Theme/Objectives:

Switching Play/Switching the point of the attack. (MARK SAVVIDES)

Age: 11-12

Mesocycle:

Microcycle:

Duration: 20 mins Intensity: Medium

Intervals: 4 Work:Rest: 3:2

### Organisation/Explanation:

- Middle player looks to receive wide and deep to switch the ball between each end player.
- Unopposed to get the repetition of the technique in of switching the point of attack.

### Coaching Points

- Pass appreciation.
- Wide and deep.
- Communication – Turn.
- Movement to receive.

### Progression(s)

- Rotation between the end player and middle player after each pass.

Duration: 25 mins Intensity: Medium

Intervals: 5 Work:Rest: 3:2

### Organisation/Explanation:

- 6v3 exercise looking to switch play between each end grid.
- Attacking team must make at least one pass in the end grid before switching the ball.
- Defenders look to win the ball and keep possession for as long as possible.

### Coaching Points

- Invite pressure/destroy pressure.
- Quick ball movement.
- Movement off the ball (check to or away?)
- First touch (Where you want to go.)

### Progression(s)

- Two defenders are allowed in the end grid.

Duration: 25mins Intensity: Medium

Intervals: 5 Work:Rest: 4:1

### Organisation/Explanation:

- Waves of attack.
- 6,8,10,7,9,11 vs 2,3,4,5,6,6.
- Blues look to score against 1.
- If defending team win it, they play to the 7,11,6,8 who aren't currently active and they drive in and replace current attackers.
- Attacking team can use the non-active attackers to keep possession.

### Coaching Points

- Patience if we can't go forward.
- Move the opposition.
- Support from in front/behind.

### Progression(s)

- Add in a big goal for the defending team to attack once possession is

Duration: 20 mins Intensity: Medium

Intervals: 4 Work:Rest: 4:1

### Organisation/Explanation:

- 9v9 scrimmage.
- 1,2,4,3,6,10,7,11,9 vs 1,2,4,3,6,10,7,11,9.

### Coaching Points

- All of above

### Progression(s)



## Theme/Objectives:

Improve your teams ability to recover the ball in the attacking half.

Age:

11-12-13

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

### Organisation/Explanation:

- 2 Defenders look to win the ball from the 4 attackers once a trigger to press arises.
- Triggers to press; Hesitation, poor touch, head down, attacker is isolated.
- Rotate defenders frequently.

### Coaching Points

- Communication.
- Anticipation.
- Patience.

### Progression(s)

- Adjust area size.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- 3 teams of 3. One team start as defenders and whoever they win the ball from, that team then become defenders.
- If your team lose possession, press quickly for 6 seconds to try and win the ball back immediately.
- If possession isn't regained, retreat back in to a good defensive shape and look for the triggers applied in stage 1.

### Coaching Points

- Quickly press upon loss of possession.
- Communication.
- Hunt as a unit when pressing.

### Progression(s)

- If the defending team win the ball back in 6 seconds they get 3 points.

Duration: 25m

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- Play starts from red 1 who attempt to escape the high press and score in any of the mini goals.
- Blues attack big goal with speed once possession is regained.

### Coaching Points

- Make play predictable.
- Cut the line.
- Look for triggers to press.
- Compactness.

### Progression(s)

- Add conditions such as ball has to stay on the floor.

Duration: 25m

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- 9v9 game with teams playing in a 1-3-4-1 formation.
- Alternate formations to suit your needs.

### Coaching Points

- All of the above.

### Progression(s)

-



## Theme/Objectives:

Building up from the midfield third to the attacking third in a 1-3-4-3 (MARK SAVVIDES)

Age: U13-U18

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

### Organisation/Explanation:

- Directional practice with two players playing #6 who also act as target players for the opposition and they must stay outside the grid.
- #2 and #3 must stay outside the grid but work up and down.
- Players look to transition the ball through to the target players with the ball being played from the central area. #2 and #3 cannot play the ball through to the target players.

### Coaching Points

- Furthest safest pass.
- Movement to receive between the lines.
- #6 work together to switch play.

### Progression(s)

- One #6 can drive in.
- Middle players can go out and press #2/#3

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- Play starts from any of the 3 target players and blues look to score past red #1.
- If reds win it, they play to the target players.
- When the target players receive it, they play to the blue team for the transitional moment.

### Coaching Points

- Previous coaching points.
- Wing backs go once we have secure possession.
- Combination play to get in behind. (Third man runs, 1-2s, Set & Spins.
- Channel runs if #2/#3 receive in deep positions.
- #9 finding splits to always receive the ball.

### Progression(s)

- The target player who receives it can drive in acting as a ball playing #4.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- Play starts from blue #4 and blues look to score past red #1.
- If reds win it, they transition to any of the 3 mini goals.
- FIFA rules apply if the ball goes out for a throw in, corner, goal kick etc etc. If the ball goes over the line with the 3 mini goals or a goal is scored, play restarts from either the blue #4 or red #1.

### Coaching Points

- Previous coaching points.
- Pressure on the ball = Movement to.
- No pressure on the ball = Movement away.

### Progression(s)

- Add red #9.
- Remove mini goals, add a big goal & add blue #1

## Notes:

Stage 4 = 11v11 game. Team you are working with must play 1-3-4-3.



## Theme/Objectives:

Building up from the defensive third to the midfield third in a 1-3-4-3 (MARK SAVVIDES)

Age: U13-U18

Mesocycle:

Microcycle:

Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

### Organisation/Explanation:

- Work on a variety of patterns with the ball starting from #1 playing through until the #9 receives the ball on the half way line.
- Work both sides at the same time.
- After working several patterns, give players the freedom to work the ball through the field using their imagination.
- #9 plays the ball back to #1 upon receiving.

### Coaching Points

- Supporting angles to play out.
- Play quickly. (1 or 2 touch)
- Communication (Time/Turn)
- Support play (in front & behind)

### Progression(s)

- Add shadow players for interference.

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- 11 v 6 grid game. Blues are locked to their grids except #2 & #3 can go in any of the three grids and the two #10s can go in either the second or third grid.
- Blues look to score in either of the 3 mini goals and the reds look to win the ball and transition to the big goal.
- Play starts from blue #1.
- Reds can go in any grid upon winning the ball but blues must stay locked except the #2, #3 & both #10s.

### Coaching Points

- Support play.
- Back foot. (First touch where you want to go)
- Quick ball movement.
- Communication. (turn, man on, time)
- Play forward when possible.
- Patience in attack. (do not force the ball)

### Progression(s)

- Add more defenders to increase difficulty.
- #9 can check in to the middle grid but a #10 must take his space. (Mobility)

Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- Exercise starts from #1 and the blue team look to play through and score in any of the three mini goals.
- Reds look to win the ball and transition to the big goal.
- If the ball goes out of play, FIFA rules apply. However, if the ball goes over the end line with the three mini goals, play restarts with a goal kick from the blue #1.

### Coaching Points

- Previous coaching points.
- Pressure on the ball = movement to.
- No pressure on the ball = Movement away.

### Progression(s)

- Add red #2 & #3

## Notes:

Stage 4 = 11v11 game using the 1-3-4-3.



## Theme/Objectives:

Building up from the midfield third to the attacking third in a 1-4-3-3 (MARK SAVVIDES)

Age: U13-U18

Mesocycle:

Microcycle:



Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

### Organisation/Explanation:

- 6v6 directional practice. Play starts from either of the 3 targets acting as a #7, #9 & #11. Blues look to score in the big goal with reds looking to transition and find their targets. Once the targets receive the ball, they play to any blue player for the transitional moment.
- No player can enter the final third until the ball has been passed over the coned line. Once the ball has been played, both the attacking and defending team can enter the zone and play continues as normal.

### Coaching Points

- Furthest safest pass.
- Movement to receive between the lines.
- #6 & #8 work together to switch play.

### Progression(s)

- Remove the coned line for added realism.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- 9v9 directional practice. Play starts from blue #1 and look to play through and score past red #1.
- If the red team win the ball, they look to score past blue #1. If the ball goes out for a throw in, play the throw. If the ball goes out via either end line, play starts again from the blue #1.

### Coaching Points

- Previous coaching points.
- Fullbacks attack once we have secure possession.
- Combination play to get in behind. (Third man runs, 1-2s, Set & Spins.
- Channel runs if wide players receive in deep positions.
- #9 finding splits to always receive the ball.

### Progression(s)

- Add a red #9 if too easy.
- Remove red #8 if too hard.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- 11v10 directional practice. Play starts from blue #1 and look to play through and score past red #1.
- If the red team win the ball, they look to score past blue #1.
- FIFA rules apply including corners for both teams.

### Coaching Points

- Previous coaching points.
- Pressure on the ball = Movement to.
- No pressure on the ball = Movement away.

### Progression(s)

- Add red #10 if too easy.
- Remove red #9 if too hard.

## Notes:

Stage 4 = 11v11 game. Team you are working with must play 1-4-3-3.



## Theme/Objectives:

Disrupting the build up in the attacking third in 9v9.(MARK SAVVIDES)

Age: 1111-1112

Mesocycle:

Microcycle:



Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

### Organisation/Explanation:

- Blue #7 plays to red #1 who then plays either the #2 or #3 attempting to score in either mini goal.
- Blues look to force play inside, deny the pass down the line, win the ball back and transition to goal.
- Ensure blue #7 and #11 switch starting points after their go is finished to become comfortable playing on both sides.

### Coaching Points

- Curve your run and force play inside.
- Compactness.
- Closest player presses.
- Delay & Deny

### Progression(s)

- Points system based on how quickly you win the ball back and score.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- Red #1 plays to either #2 or #3 and then play is live. Red team look to score in either of the three target goals acting as the #7, #9 and #11. Red team are not allowed to play the ball off the floor.
- Blues look to transition to goal upon receiving position.
- Rotate players frequently.

### Coaching Points

- Previous Coaching Points.
- Always pressure in identified situations.
- No pressure on the ball = drop.
- Man Marking (#6 on #10, #10 on #6)

### Progression(s)

- Reds are now able to play aerial balls to find the targets early if there is a lack of pressure.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- Red #1 plays to either #2 or #3 and then play is live. Red team look to score in their target goal acting as the #9.
- Blues look to transition to goal upon receiving position.
- Rotate players frequently.

### Coaching Points

- Previous Coaching Points.
- Distances between lines.
- No spaces between midfielders to deny penetration.

### Progression(s)

- Add red #9 to create added depth to play out.

## Notes:

Stage 4 = 9v9.



## Theme/Objectives:

Overloads in the final third to create goal scoring opportunities (MARK SAVVIDES)

Age: ANY

Mesocycle:

Microcycle:



Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

### Organisation/Explanation:

- Blues start with the ball and go 1v0.
- Reds then drive in to create a 2v1.
- 2 blues then drive in to create a 3v2.
- Next team does not drive in until the team who previously shot makes eye contact with them to ensure they do not go too early.
- If the team currently defending win the ball, they look to play to one of their teammates not currently active for a point.
- Rotate starting points.

### Coaching Points

- Speed of play.
- Invite and destroy pressure.
- Communication.

### Progression(s)

- Time limit to exploit the overload.
- Competition (First to 10)



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- Blues start with the ball and go 1v0.
- Reds then drive in to create a 2v1.
- 2 blues then drive in to create a 3v2.
- 2 reds then drive in to create a 4v3.
- Next team does not drive in until the team who previously shot makes eye contact with them to ensure they do not go too early.
- If the team currently defending win the ball, they transition to goal.
- Rotate starting points.

### Coaching Points

- Positive play.
- Look to score quickly.
- Timing of the runs. (avoid running in straight lines)
- Clever combination play.

### Progression(s)

- Players can also play back to bring in an extra player for an increased overload.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

### Organisation/Explanation:

- Grid game.
- In possession, players are allowed to move freely to create and exploit overloads.
- When out of possession, players are locked to their zones.

### Coaching Points

- Previous coaching points.
- Scanning and checking
- Play the way you face (back to play forwards)
- Do not be afraid to shoot.

### Progression(s)

- When out of possession, 2 players can move freely to make it harder for the team with the overload.

## Notes:

Stage 4 (SSG with FIFA rules)



Theme/Objectives:

Penetrating runs in behind the defence in a 1-3-4-3 (MARK SAVVIDES)

Age: U13-U18

Mesocycle:

Microcycle:



Duration: 15 mins

Intensity: Medium

Intervals: 3

Work:Rest: 4:1

Organisation/Explanation:

- Front 3 work through different combinations to get in behind the defence. Focus on 1-2s, set & spins and third man runs.
- After the group of 3 get in behind, they pass to the next group who repeat the process. Players alternate sides.
- Spend 3 minutes on each individual pattern and then open it up for players to be creative.

Coaching Points

- Speed of play
- Weight of pass
- Movement off the ball
- Disguise
- Communication (type of combination)

Progression(s)

- Have 2 groups going at the same time for added interference.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

Organisation/Explanation:

- 5v5 end zone game. Players must combine to get in to the end zone. Players can not dribble in.
- 1 point every time a team is successful. Every 3 minutes, change which combination is worth triple points to get in to the end zone.

Coaching Points

- Previous coaching points.
- Channel runs.
- #9 finding splits to always receive the ball.
- #10s looking to receive in-between the lines on the half turn.
- Mobility/Rotation

Progression(s)

- Add in the #2 & #3 for added width and realism.



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

- Play starts with any red target player playing in to either blue #6. Blue team look to combine and get in behind the opposition defence to create goal scoring opportunities.
- If the red team become too deep, open up the field another 20 yards to enable space in behind.
- Reds look to transition to their #7, #10 or #11 target players upon regaining possession.

Coaching Points

- Previous coaching points.
- Pressure on the ball = Movement to.
- No pressure on the ball = Movement away.

Progression(s)

- Add more numbers to make it as close to the real game as possible.

Notes:

Stage 4 = 11v11 game. Team you are working with must play 1-3-4-3 vs a 1-4-3-3